HISTORY OF TOFU AND TOFU PRODUCTS (965 CE TO 2013):

EXTENSIVELY ANNOTATED

BIBLIOGRAPHY AND SOURCEBOOK

Compiled

by

William Shurtleff & Akiko Aoyagi

2013

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DEDICATION AND ACKNOWLEDGMENTS

This book is dedicated to the first wave of Chinese and Japanese tofu makers who brought tofu to the West (1878-1975) and the first wave of Caucasian tofu makers who brought tofu to the West (1929-2013).

Part of the enjoyment of writing a book lies in meeting people from around the world who share a common interest, and in learning from them what is often the knowledge or skills acquired during a lifetime of devoted research or practice. We wish to give deepest thanks...

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This book, no doubt and alas, has its share of errors. These, of course, are solely the responsibility of William Shurtleff.

■ This bibliography and sourcebook was written with the hope that someone will write a detailed and well-documented history of this subject.

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INTRODUCTION

Brief chronology of tofu and tofu products.

965 CE – Tofu is first mentioned in China in a document, the *Qing Yilu* (Wade-Giles: *Ch'ing I Lu)* [Anecdotes, Simple and Exotic], by Tao Ku. It states: "In the daily market were several catties of doufu. People of the region called doufu the 'vice mayor's mutton.'" It goes on to tell the story of a vice mayor named Jishu, who was so poor that he couldn't afford to buy mutton. Instead he bought a few pieces of tofu every day and ate them as a side dish with rice. Soon people in the area came to call tofu the "vice mayor's mutton." The story implies that tofu was widely consumed in China in those days and that it was less expensive than mutton.

1183 – Tofu is first mentioned in Japan in the diary of Hiroshige NAKAOMI, a Shinto priest of the Kasuga shrine at Nara; the tofu was used as an offering at the shrine's altar.

1457 – The word "tofu" is first written in Japan with the characters used today.

1603 – The word "tofu" is first mentioned in a European-language (Portuguese) document, *Vocabulario da lingoa de Iapam*... [Vocabulary of the language of Japan], the earliest dictionary of the Japanese language compiled by Europeans (Jesuits living in Nagasaki, Japan). Tofu is referred to as *Cabe*, *Tôfu*, or *Taufu*.

1613 – The word tofu is first referred to (though indirectly) for the second time by a Westerner, Captain John Saris, in the log of his trip to Japan. He wrote "Of Cheese [probably tofu] they haue plentie. Butter they make none, neither will they eate any Milke, because they hold it to bee as bloud [blood], nor tame beasts." This is the earliest English-language document that mentions tofu in connection with Japan.

1665 – Tofu is first mentioned specifically by a Westerner, Domingo Fernández de Navarrete, in his book *A Collection of Voyages and Travels*. Navarrete, who served as a Dominican missionary in China, wrote: "Before I proceed to the next chapter, because I forgot it in the first book, I will here briefly mention the most usual, common and cheap sort of food all *China* abounds in, and which all men in that empire eat, from the emperor to the meanest *Chinese*, the emperor and great men as a dainty, the common sort as necessary sustenance. It is call'd *teu fu*, that is, paste of kidney-beans. I did not see how they made it. They draw the milk out of the kidney-beans, and turning it, make great cakes of it like cheeses, as big as a large sieve, and five or six fingers thick. All the mass is as white as the very snow, to look to nothing can be finer. It is eaten raw, but generally boil'd and dressed with herbs, fish, and other things. Alone it is insipid, but very good so dressed and excellent fry'd in butter. They have it also dry'd and smok'd, and mix'd with caraway-seeds, which is best of all. It is incredible what vast quantities of it are consum'd in China, and very hard to conceive there should be such abundance of kidney-beans. That *Chinese* who has *teu fu*, herbs and rice, needs no other sustenance to work; and I think there is no body but has it, because they may have a pound (which is above twenty ounces) of it any where for a half-penny. It is a great help in case of want, and is good for carriage. It has one good quality, which is, that it causes the different airs and seasons, which in that vast region vary much, to make no alteration in the body, and therefore they that travel from one province to another make use of it. *Teu fu* is one of the most remarkable things in *China*, there are many will leave pullets for it. If I am not deceiv'd, the *Chineses* of *Manila* [Philippines] make it, but no *European* eats it, which is perhaps because they have not tasted it, no more than they do fritters fry'd in oil of *Ajonjoli* ([sesame seed] a very small seed they have in *Spain* and *India*, which we have not) which the *Chineses* make in that city and is an extraordinary dainty."

1704 – Friar Domingo Navarrete's book is published in English. This is the earliest English-language document that mentions tofu in connection with China.

1770 Jan. 3 – James Flint in Capringe writes Benjamin Franklin in London (in response to an inquiry from Franklin) a detailed description of how the "Chinese convert Callivances into Towfu" (soybeans into tofu).

1770 Jan. 11 – The earliest document seen in which an American mentions tofu is a letter written by the famous Benjamin Franklin (who was in London) to John Bartram in Philadelphia, Pennsylvania. He sent Bartram some soybeans (which he called "Chinese caravances") and with them he sent "Father Navarrete's account of the universal use of a cheese made of them in China, which so excited my curiosity, that I caused enquiry to be made of Mr. [James] Flint, who lived many years there, in what manner the cheese was made, and I send you his answer. I have since learned that some runnings of salt (I suppose runnet) is put into water, when the meal is in it, to turn it to curds."

1821 – The second earliest reference seen to tofu in America, and the first to be published in the USA, appeared when A.F.M. Willich of Philadelphia mentioned it in *The Domestic Encyclopedia*. Speaking of soybeans (which he called "the seeds of the Chinese plant *Dolichos soja*"), he writes: These *seeds* are used in China and Japan as food; they are made into a kind of jelly or curd, which is esteemed very nutritious,

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and which is rendered palatable by seasonings of different kinds."

1870 Dec. – The term "Bean curd" is first used by Emil V. Bretschneider, writing in English in the *Chinese Recorder and Missionary Journal* (Foochow, p. 173). He says: "Bean-curd is one of the most important articles of food in China." Then he gives an accurate description of how it was made.

1880 – Tofu is first made in Europe by Paillieux, in France, for the Society for Acclimatization (but not on a commercial scale).

1878 – The earliest tofu company in the USA, Wo Sing & Co., is in business at 708½ Dupont St. in San Francisco, making both fermented and regular tofu.

1896 June – Tofu first appears in print in an American scientific journal (*American Journal of Pharmacy*), in an article by Henry Trimble, a pharmacist, titled "Recent Literature on the Soja Bean."

1905 – Five tofu shops are now owned and operated by Japanese in the United States: (1) Minato-ya, 24½ Quincy St., San Francisco, California. (2) Murata-ten (Renamed Murata Tofu-ya by 1906), P.O. Box 51, Isleton, California. (3) Nishi Tofu-ya, 87 Japanese Alley, Sacramento, California. (4) Okumura Kuraoka Tofu-ya [Tofu Shop] (Renamed Okumura Tofu-ya by 1906), 632 N. 6th St., San Jose, California. (5) Ichino Tofu-ya / Shintaro Kodama, 446 Jackson St., Los Angeles, California. Note that all are located in California. (Source: *Zaibei Nippon-jin Nenkan (The Japanese-American Yearbook.* 1905).

The first Japanese tofu shop in Washington State was in operation by 1906 (in Seattle); in Utah by 1907 (Ogden); in Nevada by 1908 (Reno); in New York by 1911 (Brooklyn, NYC), and in Idaho by 1913 (Sugar City). Thus, almost all of the earliest known tofu shops in the United States were started by people of Japanese ancestry - most of them in small communities in California, Oregon and Washington.

By 1910 at least 61 Japanese tofu shops had been established in the USA, by 1920 at least 166, by 1930 at least 293, by 1940 at least 392, and by 1950 at least 425.

1906 – Quong Hop & Co. starts making tofu in San Francisco, California. Until Sept. 2010, when it declared bankruptcy, Quong Hop was the oldest existing Chinese-American tofu manufacturer in the USA.

1910 – Europe's first commercial soyfoods manufacturer, named *Caséo-Sojaïne*, is founded by Li Yu-ying, a Chinese citizen, biologist and engineer, at 46-48 Rue Denis Papin, Les Vallées, Colombes (near Asnières), a few miles northwest of Paris. By May 1911 he was making and selling tofu, and by August 1911 he had added smoked tofu, pressed tofu sheets, fermented tofu cheese (in Gruyere, Roquefort, and Camembert flavors), and soymilk.

1911 – Ohta Tofu-ten (Ota Tofu Shop) is now making tofu at 266 Davis St., Portland, Oregon. As of 2013 Ota Family Tofu is still making tofu in Portland, Oregon, making it the oldest existing tofu maker in the United States.

1923 – The two 2nd oldest existing Japanese-American tofu companies (House Foods & Yamauchi Inc. of Los Angeles and Aala Tofu Co. of Honolulu) are founded in Hawaii. They both began as H. Iwanaga Daufu at 1031 Aala St. in Honolulu. In 1926 the company was renamed Shoshiro Kanehori Tofu, and in 1937 Haruko Uyeda Tofu, still at the same address. In about 1939 the company was purchased by Mr. and Mrs. Shokin Yamauchi, who later renamed it Aala Tofu Co. Their son, Shoan Yamauchi, made tofu at the family company until 1946, when he went to Los Angeles, purchased the Hinode Tofu Co., and began making tofu there in 1947. After becoming Matsuda-Hinode Tofu Co. in 1963, the company was renamed House Foods & Yamauchi Inc. in 1983.

1929 Nov. – T.A. Van Gundy, a Seventh-day Adventist and founder of La Sierra Industries in Arlington, California (near Riverside), becomes the first Westerner to make tofu commercially when he introduces La Sierra Soya Cheese. This tofu was canned and pimiento was added to prevent graying after canning.

1930 – Azumaya Tofu Seizo-sho (later renamed Azumaya Co.) starts making tofu, *yaki-dofu* (grilled tofu), and *ganmodoki* (fried tofu patties) in San Francisco at 1636 Post St. between Buchanan and Laguna streets. The company is owned by Mr. Teranishi, who may have started it as early as the early 1920s. In Feb. 1937 it was sold to George and Jack Mizono, and their mother and father (Saichi Mizono).

1932 Dec. – Madison Foods, part of Madison College in Madison, Tennessee, is making Soy Cheese, then by 1939 they had launched Cheze-O-Soy (seasoned tofu), and by 1940 they were making a canned tofu bologna named Yum.

1934 – By this year Loma Linda Food Co. (Adventist) in Loma Linda, California, is making Loma Linda Vege-Cheese (canned tofu with pimiento).

1939 – Paris Tofu, founded by Joe Gon Fung, starts making tofu at 237 Powell St., Vancouver, BC, Canada. In 1957 the name was changed to Sunrise Market Ltd. and Leslie Joe became the owner.

1942 Sept. – Dr. Harry Miller, a Seventh-day Adventist

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doctor who had worked for many years in China as a medical missionary, begins making Miller's Soya Cheese (tofu) at Mt. Vernon, Ohio.

1944 Sept. – Butler Food Co. in Cedar Lake, Michigan, introduces Butler's Soynut Cheese. Note that the first five Caucasian-run tofu companies in the Western World were all founded and run by Seventh-day Adventists. Note also that each of these five Seventh-day Adventist tofu products used the word "cheese" in the name and that each was canned.

1957 Aug. – Shizuka Hayashi, head of the Japanese-American Soybean Institute in Tokyo, publishes (in *Soybean Digest*) the earliest English-language statistics on tofu in Japan. "There are approximately 45,000 tofu manufacturers in Japan, of which about 23,000 are members of the Tofu Association. There is one large factory in Osaka, the largest in Japan, which consumes 2 tons of soybeans a day." In 1957 Japan will use somewhere between 160,000 and 308,000 tons of soybeans to make tofu.

1958 – The world's first packaged tofu is sold in Los Angeles, California, by Matsuda Hinode Tofu Co. Mr. Shoan Yamauchi, owner, conceived of the idea of putting individual cakes of tofu each in a plastic bag with water, sealing the bag with a heat sealer, placing the bag in a stiff paper deli carton with a wire handle, then folding over the top. The process was labor intensive. This happened at about the same time that a letter from journalist George Yoshinaga had led the city to pass a new regulation requiring tofu to be packaged in individual containers.

1958 – Tofu is first sold in a U.S. supermarket, Boys Markets, a supermarket chain which had about 12 stores at the time in Los Angeles. The tofu was sold in individual packages (see above) and made by Matsuda Hinode Tofu Co., whose owner, Mr. Shoan Yamauchi was responsible for this major innovation, and for seeing the mainstream potential of tofu.

1965 – The Library of Congress establishes the subject heading "Tofu" as the official name for that food in cataloging books for libraries across America. However, in the mid-1970's disputes arose there about the proper form of Romanization of that term. The dispute was resolved by the decision to use the common English term "Bean Curd" instead.

1966 – Tofu is first packaged in plastic trays/tubs, the type so widely used today. Again, Mr. Shoan Yamauchi conceived of the idea. He went to the Sealright Company in Los Angeles that made Sealright trays and asked them to make a waterproof plastic tray for his tofu. Mr. Yamauchi created three specific early innovations in tray packaging: (1) A very deep tray, holding 26-28 ounces; (2) A method for heat sealing a plastic film to the flange of a tray which had cold water flooding over the flange; (3) High-speed sealing machines to pack and seal the tofu in his plant.

1975 March – Alec Evans, owner of first of the new breed of Caucasian-run tofu shops, starts to make "Tofu" in Corvallis, Oregon. His Welcome Home Bakery and Tofu Shop is the sixth Caucasian-run tofu company in America.

1975 Dec. – *The Book of Tofu*, by Shurtleff and Aoyagi, is published by Autumn Press. This book, which had sold more than 618,000 copies in English-language editions by April 2013, played a major role in introducing tofu to the Western World. Tofu came to the Westen world from 1975 on as part of a new wave of interest in vegetarianism.

1976 Jan. – Swan Gardens starts making tofu in St. Ingatius, Montana. Founded by Dick & Jocelyn McIntyre. In 1979 they moved the company to Miami, Florida.

1976 Aug. – Larry Needleman introduces The Learning Tree Tofu Kit (Bodega, California).

1976 Sept. – Farm Food Company starts making tofu as part of their Soy Deli at 820 B. St., San Rafael, California. Robert Dolgin and David Sandler are key figures.

1976 Nov. – Island Spring, Inc. begins making tofu on Vashon Island, Washington state. Founded by partners Lukoskie and Sylvia Nogaki.

1976 – Starting in the mid-1970s young American tofu makers start to use tofu in a fundamentally new way – as an ingredient (often in place of dairy products or meat) in a multitude of popular American foods, such as: Tofu Creme Pie (Sprucetree Baking Co., 1976). Tofu Pops (Vegetable Protein Co., May 1977). New Leaf Tofu Dressing (Quong Hop & Co., Sept. 1977). Fried Rice & Tofu Sandwich (Paul Duchesne, Nov. 1977). Tofu Chip Dip, Tofu Baked with Tamari, Marinated Tofu, Mary's Roasted Cashew Tofu Cheese Cake, Mary's Tofu Rice Salad, Mary's Eggless Egg Salad (Swan Foods Corp., 1977). The trend accelerated with time. Many of these foods were a boon to those who (for a variety of reasons) did not consume dairy products or meat.

1977 Jan. – Laughing Grasshopper Tofu Shop starts making tofu in Millers Falls, Massachusetts. Founded by Richard Leviton and Kathy Whelan. In Feb. Tom Timmins joined as a partner and by August of that year so did Michael Cohen. In Nov. 1977 Laughing Grasshopper moved to Greenfield, Massachusetts, was renamed New England Soy Dairy, and before long was the largest of the new wave of tofu makers in the United States.

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1977 Jan. – The Soy Plant (a worker-owned collective) starts making tofu in Ann Arbor, Michigan. Steve Fiering is a key figure.

1977 March to Oct. – Bean Machine, Inc. (BMI) is established by Larry Needleman with headquarters in northern California. Initially, BMI Orders most of its equipment from Takai Tofu & Soymilk Equipment Co. in Kanazawa, Japan. New tofu companies can order specialized tofu equipment they need from BMI.

1977 May – Flying Cloud Tofu (later renamed The Tofu Shop, then Northern Soy) starts making tofu in Rochester, New York. Greg Weaver, Greg Mello, and Andy Schecter are key figures.

1977 July – The Tofu Shop starts making tofu in Telluride, Colorado. In 1980 Matthew Schmit moved this tofu shop and soy deli to Arcata, California.

1977 Aug. – Takai Tofu & Soymilk Equipment Co. publishes its first English-language equipment catalog, which helps many American and European tofu shops to get started. Most order their equipment through Bean Machines, Inc.

1977 Sept. – White Wave, founded by Steve Demos, starts making tofu at 1738 Pearl St., Boulder, Colorado.

1977 – Morinaga Milk Industry Co., Ltd. in Japan introduces the world's first aseptically packaged tofu in a Tetra Brik carton (see U.S. Patent No. 4,000,326 of 28 Dec. 1976). It is named "Morinaga brand Tofu. Soybean Curd." In 1978 the name was changed to "Morinaga brand Ever-Fresh Silken Tofu." In 1981 the product was first imported into the United States,

1977 – Swan Foods Corporation, owned by Robert Brooks and Mary Pung, starts making "Tofu – Organic" at The Soybeanery, 5758½ Bird Rd., Miami, Florida. This is the first tofu in the Western World labeled "Organic." Swan Foods is also the first American company to make a wide variety of soyfoods, and the second to open a soy deli – which had a take-out menu.

1978 Feb. – Victor Food Products, Ltd. starts making tofu in Scarborough, Ontario, Canada. Founded by Stephen Yu, it soon becomes the biggest tofu maker in Canada.

1978 April – Nasoya Foods, founded by John Paino and Bob Bergwall, starts making Nasoya Organic Tofu (water pack) at Mechanic Street Exit, Leominster, Massachusetts.

1978 July 30 – Soycrafters Association of North America (SANA) is founded in Ann Arbor, Michigan. Approximately 70 people attend the foundation meeting, organized and hosted by The Soy Plant, incl. Jerry MacKinnon and Steve Fiering. Larry Needleman (of Bean Machines, California) is elected director and six other people are elected to the steering committee.

1978 Dec. – *The Book of Tofu*, by Shurtleff and Aoyagi, is published by Ballantine Books in a mass-market edition that retails for $2.95. As of April 2013 it is still in print.

1979 April – Tofu is first made in Australia by The Soy Bean Factory in Surry Hills, New South Wales**.** Other early tofu makers in Australia include the following. The notation 1981/01 means January 1981:

Homeland Foundation 1981/01, Sin Ma Trading Co. 1981/11, Protein City 1981/12, Vegetable Protein Co. 1981/12, Blissquick (Natural) Food Products 1981, Soyfoods Australia (renamed Nutrisoy, Pty Ltd, by 1987) 1982/02, Blue Lotus Foods 1982, Chung Hing Bean Curd Manufacturing, 1982/09, Earth Angel Soyfoods 1982/09, Hong Oriental Food 1982/09, Tofu Shop 1982/09, Chinese Farmhouse Tofu 1983/06, Jon Weekes Tofu 1983/06, Soycraft 1984/01.

1979 July – *Tofu & Soymilk Production*, by Shurtleff and Aoyagi, is published by Soyfoods Center in Lafayette, California. This craft and technical manual, with hundreds of line drawings by Aoyagi, is used to start hundreds of tofu manufacturing companies throughout the Western World and in some Third World countries.

1980 Aug. – Wildwood Natural Foods starts making nigari tofu in Fairfax, California. The company name originated in 1978 when Chris Smith started making Brown Rice & Tofu Sandwiches at The Sleeping Lady Café (worker owned and operated) in Fairfax – using tofu purchased from Quong Hop & Co. in San Francisco. The Brown Rice & Tofu Sandwich was first made in Nov. 1977 in Fairfax by Paul Duchesne, who called it Fried Rice & Tofu Sandwich, had no company name, and also bought his tofu from Quong Hop & Co. The four original partners in 1980 are Bill Bramblett, Frank Rosenmayr, Paul Orbuch and Paul Duchesne.

1980 Oct. – Tofu is first made in New Zealand by Harvest Wholefoods in Grey Lynn, Auckland, New Zealand. Other early tofu makers in New Zealand include the following. The notation 1980/11 means November 1980:

John Francis Tofu 1980/11, Sun Hing Foods Co. 1981, Jon Judson Tofu 1982/01, SoySource Tofu Shop 1982/10, Super Bean Foods (renamed The Soy Works in 1986) 1983/02, Bean Supreme Soyfoods 1984/04.

1981 Sept. – Legume, a marketing company in Verona, New

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Jersey, founded by Gary and Chandri Barat, starts selling Tofu Lasagna and Tofu Ravioli (both dairy free), America's first two frozen tofu entrees. By 1983 Legume is soaring, advertising their delectable products creatively and widely, and introducing tofu to millions of new people in a new format.

1982 April – There are 242 tofu manufacturers in the Western world, including 173 in the United States.

1982 June – SOY starts making and selling tofu at Cerny 945 km south of Paris), France, founded by Bernard Storup and Jean de Preneuf. They soon become the largest tofu manufacturer in France, later being renamed Nutrition et Santé (1 Aug. 1994), Nutrition & Soja, and Nutrition & Nature.

1983 Feb. - A tofu mini-boom is now underway in Europe, reminiscent of that which started in the USA in 1977-78. Early tofu makers in Europe, listed chronologically by country, include the following. The notation 1975/12 stands for December 1975:

France: Alimentation Japonais Osaka 1972, Le Bol en Bois 1975/12, La Rousselie 1978/02, Institut Tenryu 1981/01, SOY (Société Soy) 1982/06, Les Sept Marches 1982/09, Sojatour Tofu Shop 1982/09, Ets. Co-Lu 1983/06, Lagadec Tofu 1983/06, Soja d'Oc 1983/10, Nyingma Dzong 1983/11, Tofu Kuehn 1983?, Sojagral Ouest 1984/12.

Netherlands: Vanka-Kawat 1958, FA. L.I. Frank: Frank Soya 1959?, Heuschen B.V. 1964, Firma Post & Teekman 1965, Stichting Natuurvoeding Amsterdam (renamed Manna Natuurvoeding B.V. in 1982) 1977/09, Hwergelmir: Foundation for a Natural Life 1979/07, Firma Ergepe 1981/01, Stichting Oost West Centrum 1981/01, Michel Horemaus Tofu 1981/01, Witte Wonder Products 1981/04, De Morgenstond 1981/12, Soy-Lin or F.M. Lin 1982/09. Jakso: Center for Agriculture & Craftsmanship (later called Yakso) 1983/06, De Vuurdoop 1983/07.

England, UK: Dragon & Phoenix Co. 1966, Wong Chung 1975 or before, Lung Kee 1975 or before, Full of Beans Wholefoods 1978/08, Paul's Tofu & Tempeh 1981/01, Yu's Tofu Shop 1981/01, Cauldron Foods Ltd. 1981/09, The Regular Tofu Co. Ltd. 1981/12, Bean Machine (Wales) 1982, Hong Kong Supermarket 1982/09, Stewart Batchelder Tofu 1983/06.

Belgium: Etablissements Takanami (Takanami Tofu Shop) 1976, Jonathan P.V.B.A. 1977/01, De Brandnetel 1979/07, Unimave Tofu 1980, Aversano Tofu Shop 1981/01, Alternatur 1981/01, Seven Arrows Tofu 1982/04, 1983/10, Vajra 1983/11.

Switzerland: La Moisson 1978, Le Grain d'Or 1981/01, Genossenschaft Sojalade (later renamed Genossenschaftstofurei) 1981/09, Soyana 1982/02, Soy Joy 1982/04, Restaurant Sesam 1982/04, Opplinger Tofu 1982/09, Natural Products Promo Carouge 1982/09, Joya 1982/09, Centre Macrobiotique de Lausanne 1982, Osoja: La Maison du Tofu (later renamed Tofushop Centanin SA) 1983, Tofurei Pfannenstiel 1983/11, Thieu's Soja Spezialitaet 1983/11, Conserves Estavayer S.A. (Sold at Migros Supermarkets) 1984/06, Galactina Ltd. 1984/11, Berner Tofurei 1984?

Italy: Roland A. di Centa 1978, Gilberto Bianchini of Centro Macrobiotico ed Alimentazione Organica (Community Food). Renamed Centro Macrobiotico Tofu 1978/11, Ohnichi Intl. Foods Co. Lotizzazione Industries 1982/09, Circolo L'Aratro 1982/09, C.D.S. Pianetta Terra Soc. Coop. A.R.L.1982/12, Aldo Fortis Tofu 1983/06, Fondazione Est-Ouest 1983/06.

Germany: Svadesha Pflanzen-Feinkost 1979, Alexander's Tofu Shop [Nabben]1981/01, Biogarten 1981/01, Auenland Tofu & Soja Produkte 1982/03, Tofuhaus Belsen (renamed Yamato Tofuhaus Sojaprodukte in Jan. 1984) 1982/07, Thomas Karas und Ingeborg Taschen (associated with Bittersuess; renamed Soyastern Naturkost GmbH in Dec. 1985) 1982/11, Albert Hess Tofuhaus Rittersheim (Later in Tiefenthal) 1983/07, Tofukost-Werk TKW GmbH 1984/05, Christian Nagel Tofumanufaktur 1984/08, Sojatopf (renamed Soto in April 1989) 1984/09.

Austria: Weg der Natur 1980/05, Tofurei Wels (renamed Schoen Tofurei in 1987) 1982, SoyVita Austria 1983/05, Taiwan Restaurant 1983/06, Walter Brunnader Tofu 1983/06, Soyarei - Erich Wallner Tofu 1983/06, Tofurei Ebner 1983/11, Soyarei Wallner Ebner 1984/02, Fernkost Markt Nippon Ya Kondo GmbH 1984/02, Naturkostladen 1984/02, Sojarei Ebner-Prosl 1984/04, Sojvita Produktions GmbH 1984/06.

Sweden: Aros Sojaprodukter 1981/02.

Denmark: Tofu Denmark (Soy Joy?) 1982/03, Dansk Tofu 1983/06.

Portugal: Unimave Tofu 1980, Shogun Produtos Aliment. 1982/09, Jose Parracho Tofu 1982/09, Próvida Lda. 1984.

Spain: Zuaitzo 1984/03.

1983 – House Food Industrial Co., Ltd. of Japan purchases 50% ownership in Yamauchi Enterprises (formerly Hinode Tofu Co., owned by Mr. Shoan Yamauchi) in Los Angeles. The company is renamed House Foods & Yamauchi, Inc.

1985 June – The Library of Congress decides to change its subject heading from "Bean curd" back to "Tofu." This, perhaps more than any other single thing, makes the word tofu "official."

1985 Sept. – Morinaga Milk Industry Co., Japan's leading manufacturer of dairy products, announces the creation of a U.S. subsidiary, Morinaga Nutritional Foods. The new

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company, headquartered in Los Angeles, will market Mori-Nu brand tofu in the United States. With worldwide sales of $1,300 million, Morinaga today markets tofu in more than 30 countries.

1989 Dec. – Sixty-five books (each more than 48 pages long) on tofu have been published in the Western World since 1970. Each one has the word "tofu" or its equivalent in the title. Forty of these books were published in the United States, 6 in Canada, 5 in Switzerland, 5 in Japan (but written in English for sale primarily outside of Japan), 3 in West Germany, 3 in France (but 2 of these were published simultaneously and primarily in Quebec, Canada), 2 in England, and 1 each in Italy, Sweden, and Brazil.

1990 Aug. 3 – Hong Kong Soya Bean Products Co. Ltd. (makers of Vitasoy) acquires Nasoya Foods of Leominster, Massachusetts.

1993 June – Vitasoy purchases Azumaya Inc. (America's largest tofu manufacturer, and the low-price leader) in California for an estimated $4 to $5 million.

1993 – House Foods Corp. of Japan purchases the remaining 50% of House Foods & Yamauchi, Inc. from Mr. Shoan Yamauchi. The new company is renamed House Foods America Corporation.

1995 June – Pulmuone U.S.A., Inc. (pronounced PUL-mu-wun), a subsidiary of Pulmuone Co., Ltd., the largest manufacturer of tofu and of natural foods in Korea, starts making tofu (Firm, Soft, and Extra Soft) in South Gate, California. They focus on marketing their tofu to Korean-Americans, use Korean characters on their labels, and soon capture much of this market. By 12 June 1997 Pulmuone is making 20,000 pounds of tofu per day.

1996 – The Little Tokyo Service Center hosts the First Annual LA Tofu Festival, attracting over 10,000 people.

1997 March 12 – House Foods America Corporation holds the opening ceremony for America's largest tofu factory, in Garden Grove, California; the company soon closes its tofu plant in central Los Angeles.

1998 – Nature Soy, Inc. (*Datian Doupin Chang*) starts making tofu and tofu products in Philadelphia. It grew out of an earlier company, Sunkee Tofu Co., started in 1990 in Philadelphia by Wen Yatsun (Gene He 2013).

2002 May – Pulmuone's tofu plant in Tappan, New York, starts operations – located in an existing older building.

2003 Aug. – Pulmuone's tofu plant in Fullerton, California, starts operations in an existing new building. Shortly thereafter their tofu plant in South Gate, California, is closed.

2004 April 19 – Wildwood Natural Foods, Inc. (formerly known as Wildwood Harvest Foods, Inc.) enters into a strategic alliance with Pulmuone U.S.A., Inc. Pulmuone purchases shares of Wildwood stock and ends up owning a controlling interest – more than 50% of the shares. In May 2004 Pulmuone takes the principals of Wildwood to Seoul, Korea, for 4-5 days to celebrate the Pulmuone's (the parent company's) 25th anniversary. On 16 Dec. 2004 Pulmuone USA acquires the remaining shares of Wildwood and the merged company resolves to use a fictitious name – PMO Wildwood – which was later adopted as the corporate name on 6 Oct. 2005, and then changed to Pulmuone Wildwood on 1 Dec. 2005.

2009 Aug. – Hodo Soy Beanery starts making soyfoods (mostly tofu and yuba) in Oakland, California. Founded as Basic Soy Beanery in May 2004 by Minh Tsai and close relatives, the company was renamed Hodo Soy Beanery in Sept. 2005.

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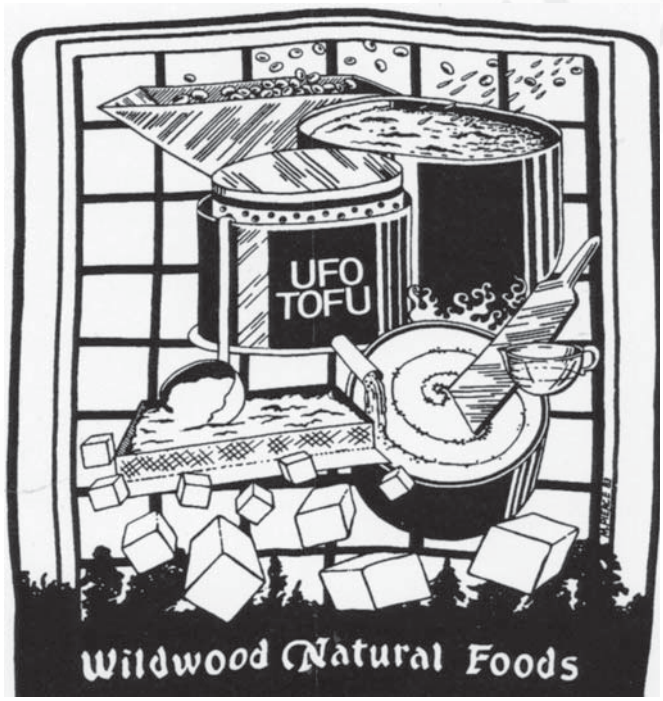

ABOUT THIS BOOK

This is the most comprehensive book ever published about the history of tofu. It has been compiled, one record at a time over a period of 35 years, in an attempt to document the history of this ancient and interesting food. It is also the single most current and useful source of information on this subject.

This is one of more than 100 books compiled by William Shurtleff and Akiko Aoyagi, and published by the Soyinfo Center. It is based on historical principles, listing all known documents and commercial products in chronological order. It features detailed information on:

- 109 different document types, both published and unpublished.
- 8,924 published documents - extensively annotated bibliography. Every known publication on the subject in every language.
- 1,744 unpublished archival documents.
- 1,998 original Soyinfo Center interviews and overviews never before published, except perhaps in our books.
- 3,196 commercial soy products.

Thus, it is a powerful tool for understanding the development of this subject from its earliest beginnings to the present.

Each bibliographic record in this book contains (in addition to the typical author, date, title, volume and pages information) the author's address, number of references cited, original title of all non-English language publications together with an English translation of the title, month and issue of publication, and the first author's first name (if given). For most books, we state if it is illustrated, whether or not it has an index, and the height in centimeters.

All of the graphics (labels, ads, leaflets, etc) displayed in this book are on file, organized by subject, chronologically, in the Soyinfo Center's Graphics Collection.

For commercial soy products (CSP), each record includes (if possible) the product name, date of introduction, manufacturer's name, address and phone number, and (in many cases) ingredients, weight, packaging and price, storage requirements, nutritional composition, and a description of the label. Sources of additional information on each product (such as advertisements, articles, patents, etc.) are also given.

A complete subject/geographical index is also included.

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ABBREVIATIONS USED IN THIS BOOK

A&M = Agricultural and Mechanical
Agric. = Agricultural or Agriculture
Agric. Exp. Station = Agricultural Experiment Station
ARS = Agricultural Research Service
ASA = American Soybean Association
Assoc. = Association, Associate
Asst. = Assistant
Aug. = August
Ave. = Avenue
Blvd. = Boulevard
bu = bushel(s)
ca. = about (circa)
cc = cubic centimeter(s)
Chap. = Chapter
cm = centimeter(s)
Co. = company
Corp. = Corporation
Dec. = December
Dep. or Dept. = Department
Depts. = Departments
Div. = Division
Dr. = Drive
E. = East
ed. = edition or editor
e.g. = for example
Exp. = Experiment
Feb. = February
fl oz = fluid ounce(s)
ft = foot or feet
gm = gram(s)
ha = hectare(s)
i.e. = in other words
Inc. = Incorporated
incl. = including
Illust. = Illustrated or Illustration(s)
Inst. = Institute
J. = Journal
J. of the American Oil Chemists' Soc. = Journal of the American Oil Chemists' Society
Jan. = January
kg = kilogram(s)
km = kilometer(s)
Lab. = Laboratory
Labs. = Laboratories
lb = pound(s)
Ltd. = Limited
mcg = microgram(s)
mg = milligram(s)
ml = milliliter(s)
mm = millimeter(s)
N. = North
No. = number or North
Nov. = November
Oct. = October
oz = ounce(s)
p. = page(s)
photo(s) = photograph(s)
P.O. Box = Post Office Box
Prof. = Professor
psi = pounds per square inch
R&D = Research and Development
Rd. = Road
Rev. = Revised
RPM = revolutions per minute
S. = South
SANA = Soyfoods Association of North America
Sept. = September
St. = Street
tonnes = metric tons
trans. = translator(s)
Univ. = University
USB = United Soybean Board
USDA = United States Department of Agriculture
Vol. = volume
V.P. = Vice President
vs. = versus
W. = West
°C = degrees Celsius (Centigrade)
°F = degrees Fahrenheit
> = greater than, more than
< = less than

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At "Results" click any line that interests you.

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Chronological Order: The publications and products in this book are listed with the earliest first and the most recent last. Within each year, references are sorted alphabetically by author. If you are interested in only current information, start reading at the back, just before the indexes.

A Reference Book: Like an encyclopedia or any other reference book, this work is meant to be searched first - to find exactly the information you are looking for - and then to be read.

How to Use the Index: A subject and country index is located at the back of this book. It will help you to go directly to the specific information that interests you. Browse through it briefly to familiarize yourself with its contents and format.

Each record in the book has been assigned a sequential number, starting with 1 for the first/earliest reference. It is this number, not the page number, to which the indexes refer. A publication will typically be listed in each index in more than one place, and major documents may have 30-40 subject index entries. Thus a publication about the nutritional value of tofu and soymilk in India would be indexed under at least four headings in the subject and country index: Nutrition, Tofu, Soymilk, and Asia, South: India.

Note the extensive use of cross references to help you: e.g. "Bean curd. See Tofu."

Countries and States/Provinces: Every record contains a country keyword. Most USA and Canadian records also contain a state or province keyword, indexed at "U.S. States" or "Canadian Provinces and Territories" respectively. All countries are indexed under their region or continent. Thus for Egypt, look under Africa: Egypt, and not under Egypt. For Brazil, see the entry at Latin America, South America: Brazil. For India, see Asia, South: India. For Australia see Oceania: Australia.

Most Important Documents: Look in the Index under "Important Documents -."

Organizations: Many of the larger, more innovative, or pioneering soy-related companies appear in the subject index – companies like ADM / Archer Daniels Midland Co., AGP, Cargill, DuPont, Kikkoman, Monsanto, Tofutti, etc. Worldwide, we index many major soybean crushers, tofu makers, soymilk and soymilk equipment manufacturers, soyfoods companies with various products, Seventh-day Adventist food companies, soy protein makers (including pioneers), soy sauce manufacturers, soy ice cream, tempeh, soynut, soy flour companies, etc.

Other key organizations include Society for Acclimatization (from 1855 in France), American Soybean Association, National Oilseed/Soybean Processors Association, Research & Development Centers (Peoria, Cornell), Meals for Millions Foundation, and International Soybean Programs (INTSOY, AVRDC, IITA, International Inst. of Agriculture, and United Nations). Pioneer soy protein companies include Borden, Drackett, Glidden, Griffith Labs., Gunther, Laucks, Protein Technologies International, and Rich Products.

Soyfoods: Look under the most common name: Tofu, Miso, Soymilk, Soy Ice Cream, Soy Cheese, Soy Yogurt, Soy Flour, Green Vegetable Soybeans, or Whole Dry Soybeans. But note: Soy Proteins: Isolates, Soy Proteins: Textured Products, etc.

Industrial (Non-Food) Uses of Soybeans: Look under "Industrial Uses ..." for more than 17 subject headings.

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Pioneers - Individuals: Laszlo Berczeller, Henry Ford, Friedrich Haberlandt, Artemy A. Horvath, Englebert Kaempfer, Mildred Lager, William J. Morse, etc. Soy-Related Movements: Soyfoods Movement, Vegetarianism, Health and Dietary Reform Movements (esp. 1830-1930s), Health Foods Movement (1920s-1960s), Animal Welfare/ Rights. These are indexed under the person's last name or movement name.

Nutrition: All subjects related to soybean nutrition (protein quality, minerals, antinutritional factors, etc.) are indexed under Nutrition, in one of more than 70 subcategories.

Soybean Production: All subjects related to growing, marketing, and trading soybeans are indexed under Soybean Production, e.g., Soybean Production: Nitrogen Fixation, or Soybean Production: Plant Protection, or Soybean Production: Variety Development.

Other Special Index Headings: Browsing through the subject index will show you many more interesting subject headings, such as Industry and Market Statistics, Information (incl. computers, databases, libraries), Standards, Bibliographies (works containing more than 50 references), and History (soy-related).

Commercial Soy Products (CSP): See "About This Book."

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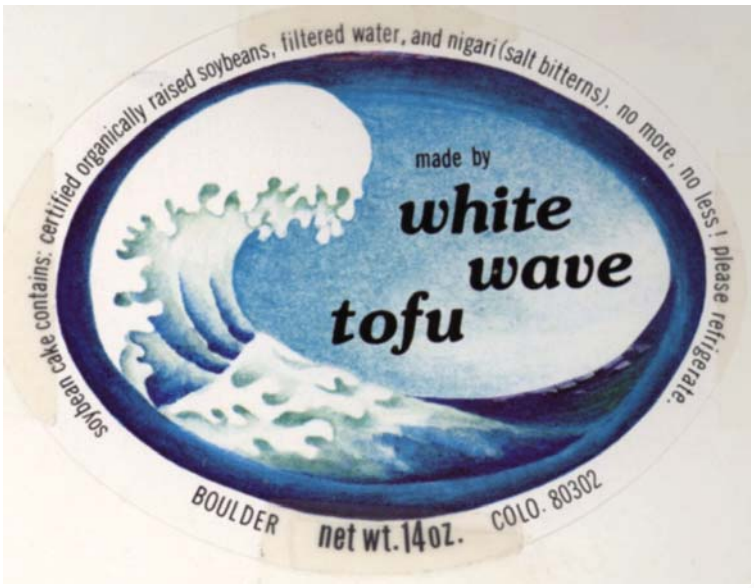

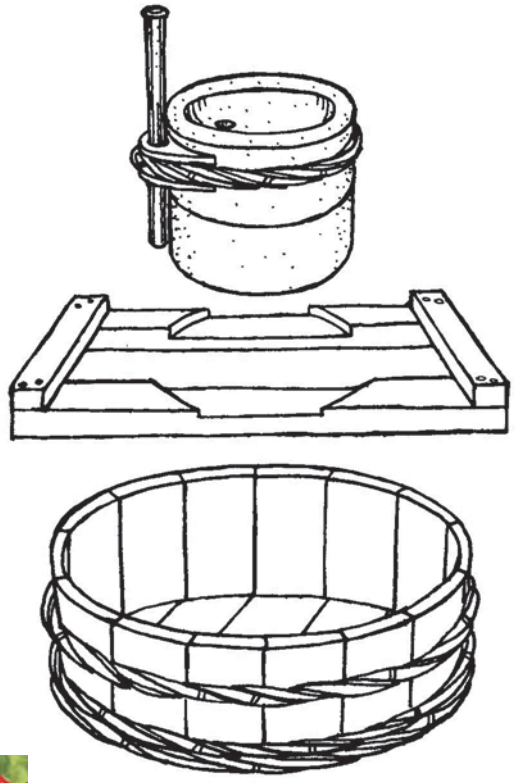

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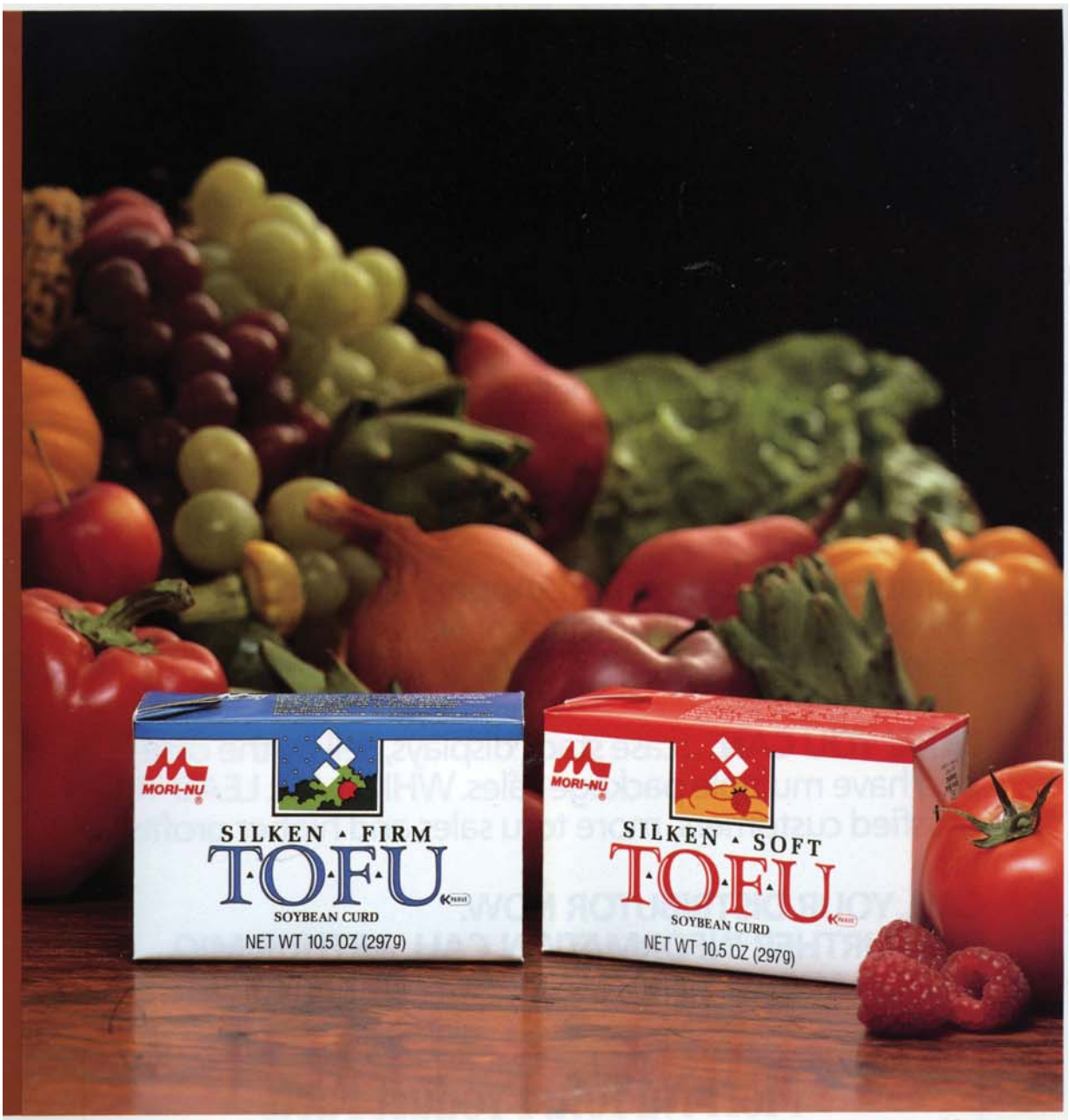

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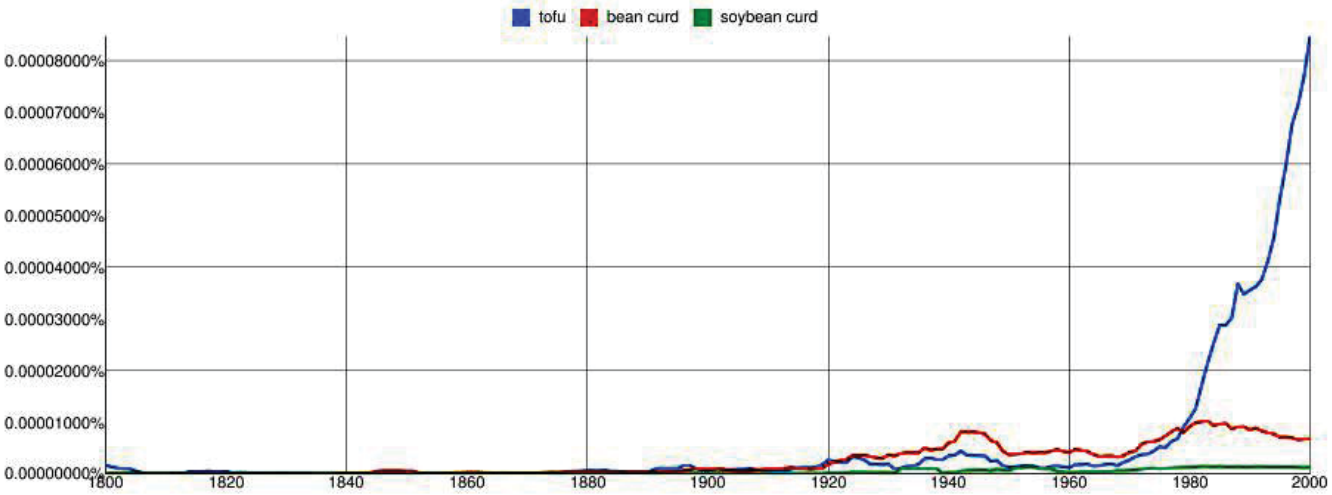

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HISTORY OF TOFU AND TOFU PRODUCTS

1. Sealing of the Eastern Han Tomb No. 1, at Da-hu-ting, Mixian, Henan province, China (Early event). 50? AD. Undated.

• ***Summary:*** Recently, a most interesting kitchen scene was discovered on a mural incised on a stone slab in Han Tomb No. 1, at Da-hu-ting, Mixian, Henan province (W.-G. Ta-hu-t'ing, Mi-hsien, Honan province). This tomb is located about 425 miles due north of the famous Early / Western Han tombs at Mawangdui, near Changsha, Hunan Province. This tomb is from the Later / Eastern Han (25-220 AD).

Part of the scene may possibly depict the preparation of tofu, suggesting that it already existed as a food during the Eastern Han [also called Later Han dynasty, AD 25-220], and adding strength to the traditional view that it was invented several hundred years earlier by Liu An, the Prince of Huainan in the Former / Western Han dynasty (206 BC to 8 AD).

For a detailed discussion of this mural and an evaluation of the debate over whether or not it depicts tofu-making, see Chen, Wenhua (1990, 3 p.) and Huang (2000, p. 305-16, 331-33).

There are at least three problems with the mural: (1) There is no evidence that the scene is in any way related to soybeans. (2) If it is related to soybeans, there is no evidence of any cooking step. The panel which may depict the tofu-making process is divided into five segments, yet there is no segment that shows the cooking of the soymilk. Dr. H.T. Huang (2000, p. 311-12) tried to prepare tofu from uncooked soymilk and said the yield was miniscule, the smell very unpleasant, and the tiny amount of resulting product inedible. He wrote: "I did not taste it at all. It was not appetizing, so I threw it out." You cannot make tofu without first boiling the soymilk for at least 7 minutes. (3) Details of the mural are difficult to discern; one Chinese scholar argued in 1996 that the panel depicts stages in a wine fermentation.

In addition, historical evidence makes us question the existence of tofu at such an early date. There is not one other mention of tofu–or even a hint/clue of it–for the next 1,000 years. It seems inconceivable tofu would have existed in China during this 1,000-year period and never have been mentioned in the vast body of Chinese literature on food and agriculture. Tofu is not mentioned in the *Qimin Yaoshu* (544 AD) even though its author claimed: "From plowing and cultivation, to the making of fermented sauces and vinegar, there is no useful art in supporting daily life that I have not described in detail."

Tofu is first alluded to in China in 965 AD in a work titled *Qing Yilu* [Anecdotes, Simple and Exotic], by Tao Ku.

Tofu is next alluded to in a poem written by Zhu Xi in about 1180, and it first came to be widely used during the Southern Song dynasty (1127-1279)–more than 1,000 years after this tomb mural was created. In short, this tomb mural raises more questions about the origin and early history of tofu than it answers.

Note 1. Henan province is in north China. The Yellow River runs through its northern part. Just south of the river is the city of Luoyang. In early China it was successively the capital of the Eastern / Later Han, Chin, Northern Wei, and Sui dynasties. It was also the eastern capital under the Tang dynasty and the western capital under the Song dynasty. Also in Henan Province, about 120 miles east of Luoyang, is the city of K'ai-feng, one of the most historical cities of China, and capital of the empire during the Five-Dynasties period.

Note 2. Letter from then talk with H.T. Huang, PhD, expert on the history of Chinese food and agriculture. 1991. Jan. 25. The tomb in which the mural appears is located at the village of Ta-hu-ting, 6 km (3.7 miles) east of the county seat Mixian, which lies about 40 km southwest of Zhengzhou (W.-G. Chengchou), the capital of Henan (W.-G. Honan).

Note 3. Talk with H.T. Huang. 2003. July 5. An excellent 1993 Chinese-language book on the subject (*Han Dynasty Tombs at Ta-hu-thing Village in Mihsien County*) states that the exact date this tomb was sealed is unknown, however it is thought to have been sealed in the first century AD. It is believed that the owner of the tomb helped in the restoration of the Han dynasty–after the Former / Western Han–however tomb robbers long ago removed most of contents which would have enabled archaeologists to reconstruct its history.

2. [Watukura A inscription]. 902 AD. Java. Unpublished manuscript. [Jav]*

• ***Summary:*** A.M. Jones (1976 unpublished thesis), on p. 41 gives a list of inscriptions from the period 901-929 A.D. from Central and East Java. The Watukura A (Watu Kura) inscription is dated A.D. 902. The place it was found is unknown. It is a copperplate, now in a private collection in Copenhagen, Denmark. A transcription with translation can be found in v. Naerssen, *Oud Javaansche Orkonden in Daensche en Duitsche verzamelingen* [*Ancient Javanese Documents in Danish and German Collections*] (p. 82-105).

In Jones' section on foods, page 90 states: "There is no mention of the soya bean (Glycine max. Merr.) or of *tempe* but the bean must have been known and cultivated as we find mention of *tahu* [tofu] eaten at a feast in the Watukura A inscription. This name certainly points to Chinese influence* and the process of making *tahu,* beancurd cakes shaped into squares and made from soya beans and still widely eaten in Java today, may have been learned from the Chinese, either resident or visiting. In any case the *tahu* itself must have been made in Java; it could hardly have been imported as

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it does not carry" [i.e., is perishable]. * For footnotes, see Jones 1976.

Note: This is the earliest document seen (April 2013) concerning soybean products (tofu) in Indonesia; soybeans as such have not yet been reported. Address: Java.

3. Tao Ku. 965 AD. Qing yilu [Anecdotes, simple and exotic]. China. Passage on soy reprinted in C.N. Li 1958 #90, p. 75. [Chi]

• ***Summary:*** Wade-Giles reference: *Ch'ing I Lu*, by T'ao Ku. Northern Song dynasty. The section titled *Xiaozaiyang* states: "When Shi Ji was the magistrate of Qing Yang, he emphasized the virtue of frugality among the people, and discouraged the consumption of meat. Instead he promoted the sale of tofu (*doufu*), which gained the sobriquet, 'mock lamb chops' or 'the vice mayor's mutton.' (Translated by H.T. Huang, PhD, July 2002).

Note 1. This is the earliest document seen (April 2013), worldwide, that mentions tofu. Note 2. This is the earliest Chinese-language document seen (April 2013) that uses the term *doufu* to refer to tofu.

Note 3. This is the earliest document seen (July 2002) that advocates both vegetarianism and soyfoods, and that recommends the use of soyfoods (tofu) as a replacement for meat.

Dr. Huang adds: The title of this section can have a double meaning. *Xiao* means "little." *Zai* can mean either "ruler / minister / mayor" or "sacrificial / slaughtered." And *Yang* means "mutton" or "lamb." The intended meaning is clearly "mock (meatless) lamb chops" or "lamb chops for the people." The story implies that tofu was produced and marketed commercially by the latter part of the Tang dynasty, and that it was less expensive than mutton.

In March 1894, Schlegel and Cordier wrote an article in the European periodical *T'oung Pao* (published in France) titled "The Chinese bean-curd and soy and the soya-bread of Mr. Lecerf. I. Tofu" in which they discussed in detail the story from the *Qing yilu* but without actually citing that early Chinese book. Instead they cited the *Shuwu yiming shu* (ca. 1644, late Ming dynasty).

In 1968, in a Japanese-language article on the origin of tofu, the well-known Japanese food historian and sinologist Shinoda Osamu showed that this book (called *Seiiroku* in Japanese) was the world's earliest known *document* to mention tofu (Huang 2000, p. 300).

Then, in the 1980s, Chinese researchers found a tomb mural incised on a stone slab from the Eastern / Later Han dynasty (A.D. 25-220) that clearly shows tofu (or a prototype of tofu) being made (Chen, Wenhua 1990).

Huang (2000) gives a good explanation and translation of this passage and notes that during the Song dynasty, there was a dramatic increase in the number of times that the term "tofu" appeared in Chinese literature (p. 300-01). He adds (p. 126-27) that this food canon of late medieval China is "a compilation of anecdotes of little known facts and unusual events associated with a wide range of topics current in the Sui, Tang and Five Dynasties era. The entire book consists of 648 anecdotes, of which 238 deal with matters relating to food and drink." In addition (p. 354) this book states: Jiang (soybean paste) "is the host of the eight delicacies (*bazhen*), while vinegar (*chu*) is their manager." Thus it places "the value of *jiang* as a condiment higher than that of vinegar."

A second passage in this book, titled *Hutuofan* states that Guang Wu (a person or ruler) is at a place named Hutuo. Someone named Gong Sun recommended soybean congee (*douzhou*) to him. Until now, all through the northwestern prefectures and counties, people call soybean congee as *Hutoufan.* Note 4. *Fan* means "cooked grains." (Translated by H.T. Huang, PhD, July 2002).

Huang (2000, p. 193) also states that an early reference to red rice koji (*hong qu*) appears in this work in an entry titled "Fermented Mash: Bone of Wine." Huang translates this: "Among the recipes there is one for red pot-roast lamb. The method is to simmer the meat with red ferment,..."

Note: This is the earliest document seen (July 2012) that mentions red rice koji / fermented red rice, which it calls *hong qu.*

4. Lu Zanning (Su Shi). 980 AD. Wulei xianggan zhi [Treatise on the mutual responses of things according to their categories]. China. Passage on soy reprinted in C.N. Li 1958 #94, p. 76. [Chi]

• ***Summary:*** Wade-Giles reference: *Wu Lei Hsiang Kan Chih*, by Lu Tsang-Ning. The section titled "Miscellany" states: "Soybean oil can be mixed with tung oil for use in caulking boats / ships." (Translated by H.T. Huang, PhD, July 2002). Huang (2000, p. 301, 436-40, 627) states that this book is attributed wrongly to Su Dongpo (W.-G. Su Tung-P'o); the actual writer is the Buddhist monk Lu Zangning. The book also states that frying tofu in soybean oil produces a flavorful dish. Dr. Huang adds: Although the soybean is one of the principal sources of oil in the world today, it is difficult to obtain this oil from soybeans. Therefore this earliest reference to soybean oil does not appear until the Song dynasty–rather late in Chinese history. The *Qimin Yaoshu* [Important Arts for the People's Welfare (to gain their living in peace)], completed in +544, discusses commercial methods for pressing oils from colza / rape seeds (*manjing*), perilla seeds (*ren*), and almonds. It states that perilla oil was used in cooking and that, as a cooking oil, it was inferior to sesame oil but superior to hemp seed oil. However it does not mention the pressing of either sesame seeds or hemp seeds. Buddhist monks in China, like early European Christian monks, were generally very learned. Lu Zangning may also have written other books.

Note 1. This is the earliest document seen (Sept. 2006) that mentions soybean oil. A non-food use is described (caulking boats). Even though soybean cake / beancake is not

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mentioned, it must have existed in China by this time since it is always a by-product or co-product of the process for making soybean oil.

Note 2. This is the earliest document seen (July 2002) concerning the industrial utilization of soybeans or soybean oil, or the use of soybean oil as a drying oil.

Note 3. This is the earliest document seen (Nov. 2001) that uses the word "caulking" (or "caulk" or "caulked") in conjunction with soybeans.

Note 4. This is the earliest document seen (April 2013) worldwide that mentions frying tofu or fried tofu.

Note 5. Tung oil is a drying oil which, during the 20th century, became a rival of linseed oil in many applications in the Western world.

5. Su Sung [or Kou Tsung-shih]. 1061. Tu jing bencao [Illustrated pharmacopoeia, or Pharmaceutical natural history]. China. [Chi]*

• ***Summary:*** Wade Giles reference: *T'u Ching Pen-Tsao.* In "Translations Concerning the Pai Ta Tou (Soy bean) from the Chih Wu Ming Shih T'u K'ao," Hagerty (1917, p. 6-8) notes that the *T'u ching* (*T'u ching pên ts'ao*), states: "The Ta tou huang chüan (gives Chinese characters = Yellow soybean + roll or coil), or Bean sprouts, and Shêng ta tou, or Fresh [Raw] soy beans, are grown in the marshy land in the vicinity of Tai-shan mountain. At present they are grown everywhere. The Huang chüan, or Bean sprouts, are grown from the Shêng tou (Fresh bean) and also are called Nieh [character; fresh sprouts (see p. 35)]. When these sprouts are grown they should be dried in the sun and preserved in this manner. The name used by the Fang Shu, or Medical Prescription books, is Huang chüan p'i [characters]. At present the sprouts are generally given to women after childbirth to purify their milk and increase their strength.

"The Ta tou, or Soy bean, has two varieties, white and black. These black beans are used medicinally, but the white variety is not. The very small variety is called the Hsiung tou [characters] (Male bean), and is considered to have excellent medicinal virtues, and may be made a constant article of diet without any bad effects upon the system. It is also employed medicinally in many ways. The fluid made from this bean is very cooling to the human system, and is good for the cure of cinnibar [cinnabar, mercuric sulfide, HgS] poisoning and all forms of poisoning from eating herbs, etc. When made into Fu [character], or Bean curd, it has a cold effect upon the human system and excites the temper. If it is fried and eaten, it has a heating effect. If they are soaked in wine they make a good remedy for the cure of colds. When made into Shih [character], or Bean relish [fermented black soybeans], it is very cooling to the system. The Huang chüan, or Bean sprouts, and Chiang [character; Chinese miso], or Soy sauce, both have a uniform or even effect upon the system.

"If bean food is eaten by oxen, it has a warm effect upon their systems, but if eaten by horses, the effect upon them is cooling. Although one article of food, it produces different effects. Generally speaking, it is also suitable to use medicinally. As a cure for poison from eating Wu t'ou (Aconite), it is better than the 'Hsien fang,' or Fairies' prescription. If the Huang, or yellow variety [of soy bean], is ground into a powder and eaten, it will satisfy the hunger during the time of famine. If these bean foods are eaten too freely during a short period, the body will become heavy, but if eaten for a long period you will feel as usual.

"The ancient prescription books had a purple soup which was a good remedy for purifying the blood, curing colds, relieving general oppressiveness of the body, etc. This remedy will have good effect if taken two days after childbirth. Another prescription is made as follows: Take five 'Shêng,' or pints, of selected Wu tou [characters], or Black [soy] beans, wash clean and soak in one and one-half 'tou,' or peck measures, of wine. Fry the beans and wait until the smoke is gone and dip the whole in wine. When the wine has turned into a red-purplish color then remove the beans. The measure of the dose which may be taken can be regulated according to your needs. The ordinary dose is three 'chan,' or cups, during the day and night.

"N.B.–Balance (about six rows of characters) of Fu fang, or Medical Prescriptions, is omitted."

Joseph Needham. 1986. Science & Civilisation in China. Vol. 6, Part 1, p. 281. The "emperor Jen Tsung, ordained in +1057 another pandectal treatise, entrusting its preparation" to four highly qualified men, including "the outstanding scientific thinker and statesman Su Sung... A new procedure was now adopted, an imperial rescript being sent to all the prefectures and *hsien* cities of the empire instructing governors and magistrates to have drawings made of the most important drug plants of their regions. In due course, more than a thousand of these reached the capital." This measure was intended to improve the drawings of the previous century and restore the lost iconography of the Thang [T'ang] dynasty. "But the upshot was two treatises rather than one." The first compilation by Chang Yü-Hsi was published in +1060. "Su Sung in his turn brought out in +1061 the *Pên Ts'ao T'u Ching* (Illustrated Pharmacopoeia, or Pharmaceutical Natural History), not all pictures but containing much text different from Chang's, as we know from the later pandects, which always quote them separately. Both these works were greatly appreciated–and not in China only." Footnote e: The title of this work "was often afterwards quoted inverted as *Thu Ching Pên Ts'ao,* even by high authorities, but wrongly according to evidence from the Sung bibliographies."

Letter from Dr. H.T. Huang, expert on the history of Chinese food and agriculture. 1996. Sept. 29. "The earliest document with an illustration of the soybean is probably the illustrated *Hsin Hsiu Pên Ts'ao* (New, Improved Pharmacopoeia), +659. Illustrations to this work are now lost, but some are preserved in the *T'u Ching Pên Ts'ao* of

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+1061 and later in the *Ch'ung Hsiu Cheng-Ho Ching-Shih Cheng-Lei Pei-Yung Pên Ts'ao,* generally known as *Cheng Lei Pên Ts'ao* (CLPT), +1249 (final version), which remains available today. The entry on soybean (*Dadou*) in the CLPT includes a picture of the plant. A copy is attached."

Huang (2000, p. 296-97). This work "states that the 'white sprouts from the mung bean, *lüdou,* are considered a delicacy among vegetables'" (Footnote: C.N. Li 1958, p. 272), suggesting that they were superior to soybean sprouts.

6. Su Song; et al. 1061. Bencao tujing [Illustrated pharmacopoeia: Or, Illustrated treatise of pharmaceutical natural history]. China. Passage on soy reprinted in C.N. Li 1958 #299, p. 220-21, and #331, p. 234. [Chi]

• ***Summary:*** Wade-Giles reference: *Pên Ts'ao T'u Jing,* by Su Sung, et al. Song dynasty. Li (1958, p. 220-21) cites this as *Tujing Bencao* (+1061) however Needham (1986) has convinced us to cite it as shown above. This is a noteworthy work, however the original has been lost. The following passage has come down to us in the *Zhenglei Bencao* (Reorganized pharmacopoeia) (+1082), Chapter 25. Dried soybean sprouts (*dadou huangjuan;* "yellow curls") and mature raw soybeans (*sheng dadou*). They grow in the plains near Taishan (the famous mountain near the birthplace of Confucius). You find them everywhere. Dried soybean sprouts are derived from the fresh soy sprouts. After it has sprouted, you dry it and use it. Alchemical treatises call it "yellow curls" (*huangjuan*). There are two kinds of soybeans: Black and white. The black ones are used in medicine, the white ones are not. The very small ones are the male beans (*dou*)*;* they are particularly good for medical use.

The young plants (*doumiao*) grow to a height of 1-2 feet. The leaves are round with a pointed tip. The color is green. They are slightly hairy. The stem divides into branches. In the fall, they bear small, white or purple flowers in clusters. They form pods (*jia*) more than one inch (*cun*) long, which may contains 3-4 seeds / beans. Small pods may contain only 1-2 seeds / beans. The seeds fill the pods. When the leaves and the stems are full, then the beans are ready for harvest. There are early, medium, and late varieties. The shapes are large, small, round, or flat. The colors are yellow, white, red, black, spotted / speckled / striped (*ban*), and dark brown. Soybeans are used to make jiang, fermented black soybeans (*shi*), tofu (*fu*), or soy sprouts (*ya*). They can be pressed to give soy oil (*you*), or they can be parched / fried (*chao,* with or without oil, probably without in this case) to give soynuts (*guo,* literally "fruit"). They can also be used to make soy flour candy (*tangmo*). So the soybean has many uses. The pods are called *jia,* the leaves are called *huo,* the stems are called *qi,* and the seeds are called *dou.*

Note 1. This is the earliest document seen (June 2009) stating that *doumiao* grow to a height of several feet. Previously the term *doumiao* was used to refer to long soy sprouts which were typically much smaller and more tender.

Note 2. This is the earliest Chinese-language document seen (Dec. 2012) that mentions soynuts, which it calls *guo.*

Note 3. This is the earliest document seen (Sept. 2004) that mentions brown or dark brown soybeans.

Note 4. This is the earliest document seen (June 2009) which states that there are early, medium, and late varieties of soybeans.

Note 5. This is the earliest document seen (March 2005) that mentions soybean oil for what appears (from the context) to be food or therapeutic use. It is also the earliest Chinese-language document seen that mentions soy oil, which it calls *you* (a general term for all oil).

Red azuki beans (*chixiaodou*) are also mentioned in this book. (See Li 1958 #387).

And there is an entire section titled "Cowpeas" (*jiangdou, Vigna sinensis*) which says that it was widely cultivated in the northwestern provinces of China. (See Li 1958 #476).

And a section titled "Hyacinth beans" (*biandou*) with a long description. (See Li 1958 #537).

There is also a section titled "Broad beans" (*candou, Vicia faba*) with six lines of description, including the statements that it can be boiled, stir-fried, or made into flour (*fen*). When these beans are fed to cows or horses, the animals grow well. The seedlings fertilize the fields. The stems can be used for fuel, and the leaves used for feed. The pods are shaped like silkworms–which is why they are called "silkworm beans" (*candou*). (See Li 1958 #641). Note 6. This is the earliest document seen (Jan. 2005) that mentions broad beans (*candou; Vicia faba*) together with soybeans. (Translated by H.T. Huang, PhD, Jan. and May 2003). Note 7. The above text now exists only in the *Sannongji* (Records of the three departments of agriculture) (1760), by Zhang Zongfa.

Needham (1986, p. 581, 281n) cites this as shown above noting: "Now preserved only in numerous quotations in the later pandects of pharmaceutical natural history." On p. 588 Needham has a second explanatory reference for: *"T'u Ching* (*Pên Ts'ao*). Illustrated Treatise (of Pharmaceutical Natural History). See *Pên Ts'ao T'u Ching.* He explains that the term *T'u Ching* originally applied to one of the two illustrated parts (the other one was a *Yao T'u*) of the *Hsin Hsiu Pên Ts'ao* of +659. But by the middle of the +11th century these had become lost, so the *Pên Ts'ao T'u Ching,* by Su Sung was prepared as a replacement. The title *"T'u Ching Pên Ts'ao* was often later applied to Su Sung's work, but wrongly–according to evidence in the *Sung Shih* bibliographies. Needham (1986) states that this was the first document to mention flax in China (p. 174). Su Sung, also called Su Tzu-Jung, was a statesman and outstanding scientific thinker (p. 252, 281).

Note 8. This is the earliest document seen (Sept. 2004) that mentions soybeans whose color is spotted / speckled / mottled / striped (*ban*).

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Note 9. This is the earliest document seen (June 2003) that mentions flax.

7. Tang Shenwei. comp. 1082. Zhenglei bencao [Reorganized pharmacopoeia]. China. Passage on soy reprinted in C.N. Li 1958 #299, p. 220-221. [Chi]
• ***Summary:*** Wade-Giles reference: *Chêng Lei Pên Ts'ao,* compiled by T'ang Shên-Wei. Song dynasty. Needham (1986, p. 561) says that the full title of this work (in W.-G.) is *Ching-Shih Chêng Lei Pei-Chi Pên Ts'ao.* This important work discusses the medicinal properties of foods. Chapter 25 states that the soybean (*dadou*) can be used to make sprouts. When these sprouts are dried, they are called "yellow curls" (*huangjuan*). You can also use the [undried] sprouts as food.

Chapter 25 also contains a long passage from the *Bencao Tujing* (Illustrated pharmacopoeia) (+1061) on dried soybean sprouts ("yellow curls"), fresh soybean sprouts, and mature dry soybeans (which see).

Chapter 25 states that fermented black soybean sauce (*shizhi;* W.-G. *shih chih*) from Shan or Shanzhou (same as today's Shaanxi province) can be kept for years without deterioration. Note 1. This passage suggests that this type of *shizhi* was a fermented product which would keep as long as today's soy sauce. If this is true, then *shizhi* would be a precursor of the soy sauce (*jiangyou*) that originated in China in the late Song dynasty (Huang 2000, p. 361).

The next passage appears in a much later book titled *Sannongji,* by Zhang Zongfa (W.-G. *San Nung Chi,* by Chang Tsung-Fa) (Records of the three departments of agriculture) (+1760). Young soybean plants (*doumiao*) grow to a height of 1-2 feet (*chi*). The leaves are round with a pointed tip; their color is green (*qing*) and they have hairs (*mao*) on the surface. One stem divides into branches. In the fall, white flowers appear; they are white or purple, and grouped together. The pods (*jia*) are more than an inch (*cun*) long, and they typically contain 3-4 seeds, or at least 1-2 seeds. The seeds fill the pods. The pods grow separately from the leaves. The varieties are early, middle, and late. The pods are either large or small, round or flat. The colors of the seeds are yellow, white, red (*chi*), black, spotted / speckled (*ban*), or dark brown. You can [use the seeds to] make jiang or fermented black soybeans (*shi*), tofu (*fu*) or sprouts (*ya*). You can press them to give yield oil (*you*). You can roast / fry (*chao*) them to give nuts (*guo;* soynuts). You can make candy from grain sweetener (*tangmo*). It has many uses. The pods are called *jia.* The leaves are called *huo.* The stems are called *qi.* The seeds are called *dou.* (Translated by H.T. Huang, PhD, Jan. 2003).

Note 3. This is the earliest document seen (Feb. 2003) that mentions red (*chi*) soybeans.

Also mentions malt sugar (*yitang*) and gluten (Chap. 25). (See Huang 2000, p. 296, 460 {malt sugar}, 498 {gluten}, 611). This work was enlarged in +1116 and retitled *Chêng-Ho Hsin-Hsiu Ching-Shih Chêng-Lei Pei Yung* (New revision of the classified and consolidated armamentarium pharmacopoeia of the Chêng-Ho reign period). It was then re-edited +1204 in Jurchen Chin, and definitively republished +1249 in Yuan; later reprinted many times. See also Hummel (1941).

8. Tang Shenwei. comp. 1082. Jingshi zhenglei beiji bencao [The classified and consolidated armamentarium of pharmaceutical natural history]. China. Passage on soy reprinted in C.N. Li 1958 #299, p. 220-221. [Chi]
• ***Summary:*** Wade-Giles reference: *Ching-Shih Chêng Lei Pei-Chi Pên Ts'ao,* compiled by T'ang Shên-Wei. Song dynasty. See *Zhenglei Bencao* (1082).

9. Gou Zong-shi. 1115? Tujing yanyi bencao [Sung dynasty pharmacopoeia]. China. Undated. [Chi]*
• ***Summary:*** Wade-Giles reference: *T'u-ching Yen-i Pen-ts'ao,* by Kou Tsung-shih. Northern Song dynasty. Address: China.

10. Kou Zongshi. 1116. Bencao yanyi [Dilations upon pharmaceutical natural histories]. China. Passage on soy reprinted in C.N. Li 1958 #300, p. 221. [Chi]
• ***Summary:*** Wade-Giles reference: *Pên Ts'ao Yen I,* by K'ou Tsung-Shih. Song dynasty. An important work. In Chapter 20, the section titled "Whole dry soybeans" (uncooked, *sheng dadou*) after describing the different colors and kinds of soybeans (already found in many earlier documents) it states that soybeans can be ground and made into tofu (*fu*), and eaten.

Red azuki beans (*chixiaodou*) are also mentioned in this book. (See Li 1958 #388). (Translated by H.T. Huang, PhD, Jan. 2003).

Dr. H.T. Huang (personal communication, 5 June 1993) notes that this book states: "Keep chewing (massaging) wheat flour and it will yield *mianjin* (wheat gluten)."

Gai & Guo (2001, p. 44): This book was written by Ke Zhong-Xiang, who wrote: There are three kinds of immature raw soybeans: green, brown and black. The larger ones come mainly from Jiangsu, Zhejiang, Hunan, and Hubei; the smaller ones are from other places.

Needham (1986, p. 283-87): Emperor Hui Tsung, a remarkable man, came to the throne in +1101. His court was a "veritable entourage of virtuosi, appreciative of all the best that the art, the science and the technology of the time could perform." A major of event was the presentation to his throne of an "entirely original treatise on pharmaceutical natural history, by a hitherto unknown Medical Officer," K'ou Tsung-Shih. It was printed in 1119 by the writer's nephew, K'ou Yo. He wrote passages of "cardinal importance about the lodestone and the magnetic needle, recording induction and polarity, with a description of the floating compass," a statement on magnetic declination, and an attempt to explain it, all about 60 years before anything was known

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about magnetic polarity in Europe. He also discussed various fossils, and was perhaps an even better mineralologist and geologist than a botanist. In Chapter 17, he also discussed insect pests and their natural enemies (p. 525).

A modern edition was published in 1937 by Commercial Press.

11. Wang Yan. 1168. Suanxiji [Double rivulets collection]. China. [Chi]*

• ***Summary:*** Wade-Giles reference: *Suan Hsi Chi*, by Wang Yen. Southern Song dynasty. Dr. H.T. Huang, expert on the history of Chinese food and agriculture (personal communication, 5 June 1993), notes that in this book the Sung dynasty poet Wang Yên (lived 1138-1218) wrote a poem in praise of *fu chin* (gluten) which says: "It has the color of fermented milk, and a flavor superior to chicken or pork."

12. Lu Yu. 1176? Doufu [Ode to tofu]. In: Nanjiangao (Southern Sword Drafts). China. Undated. Passage on soy reprinted in H.T. Huang 2000, p. 303. [Chi]

• ***Summary:*** Dr. H.T. Huang, expert on the history of Chinese food and agriculture (personal communications, 8/91 and 1/92), notes: The term *liqi* (W.-G. *Li ch'i*) is used in a poem by the Sung poet Lu Yu who lived A.D. 1125-1210. After Su Tung-p'o, Lu Yu is probably the best known poet of the Sung dynasty. He was a prolific writer. This particular poem is found in a group of poems by titled "Southern Sword Drafts," by Lu Yu. The often-quoted lines of Lu Yu's poem on tofu are:

Shih p'êng tui nien chan. Hsi fu chu li ch'i. Dr. Huang (2000, p. 303) has translated these lines as: "Test the quern to turn it well. Wash the pot and cook the curd." Note that the word for "curd" is *liqi;* Lu Yu says that is what the people in Sichuan call tofu. A "quern" (pronounced "kwern)," is a traditional stone mill for grinding grains, seeds, or beans.

This poem also appears, for example, in: (1) Hung, Kuang-Chu. 1984. *Chung-kuo shih-p'in k'o-chi shih-kao, shang ts'ê* [Draft History of Food Science and Technology in China, Vol. 1]. Beijing, China: Commerce Publishers. p. 54. (2) Hung, Kuang-chu. 1987. *Chung-kuo Tou Fu* [Chinese tofu]. Beijing, China: Commerce Publishers. p. 13.

Note 1. This is the earliest Chinese-language document (Feb. 2004) seen that uses the word "liqi" to refer to tofu.

Note 2. This is the earliest document seen (April 2013) that mentions the curd (or curds) used to make tofu. Address: China.

13. Zhu Xi. 1180? Zhu Xi shi [Poems of Zhu Xi]. China. Passage on soy reprinted in C.N. Li 1958 #108, p. 82. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *Chu Hsi Shih*, by Chu Hsi, a philosopher who lived 1130-1200 in the Southern Song dynasty. His poem titled "Tofu" (*doufu*) is very famous, being one of his thirteen poems extolling the virtues of a vegetarian diet. It has been transcribed (romanized) and translated by Huang (2000, p. 299) as follows: "Planting soybeans (*dou*), the seedlings (*doumiao*) are sparse. / My strength is spent, my heart is weary. / If only I had known Huai Nan's art, / I could just sit idly and reap my gains."

Notice that the word "tofu" does not appear in the poem; apparently long tradition held and everybody was expected to know that "Huai Nan's art" was the art of making tofu. Note also that *doumiao* refers to soybean seedlings growing in the field rather than those used as a food.

Dr. Huang continues in a footnote (p. 299): This poem is quoted in the *Wuli Xiaoshi* (Mini-encyclopedia of the principles of things), by Fang Yizhi (+1664), in Chapter 6 in the section on food and drink. "In his commentary, Zhu Xi said, 'according to tradition, *doufu* was invented by the Prince of Huai Nan.' Zhu Xi may have been somewhat naive in implying that in making *doufu* one could simply sit back and relax, but it is probably true that even in Song times food processing was more lucrative than farming as it certainly is today."

In the text following the poem (p. 299-300), Dr. Huang adds that the origin of tofu is still regarded as an important unsolved problem in the history of food science and nutrition in China. However, this was not always the case. The poem quoted above is the origin of and key piece of written evidence for the long-held tradition that tofu was invented by Liu An, Prince of Huai-Nan; he lived in the Former / Western Han dynasty from -179 to -122. When later Chinese works echoed this view, they would cite this poem as their source. Thus from the time of this poem until the early years of the Republic (which started in 1911), it was generally accepted that tofu was invented by Liu An during the Western Han. This view was not challenged until the early 1950s, when Chinese scholars argued that the story of the King of Huai Han was just an old wife's tale, and that Zhu Xi's poem was just a legend. They thought that tofu was probably invented around +1000.

Note: This is the earliest document seen (July 2003) which implies (but does not state clearly) that Liu An, Prince of Huai Nan, made or invented tofu. It is also the 2nd earliest document seen (Jan. 2009) concerning soyfoods and vegetarianism.

When asked for evidence supporting his statement that "tradition had long held that tofu was invented by Liu An, the Prince of Huai-Nan," Dr. Huang (July 2003) replied: "Zhi Xi referred to tofu only indirectly in his poem. He felt no need to refer to it directly or to explain what he meant since he believed that his readers would understand–based on the long tradition linking Liu An with tofu. Moreover, by this time, tofu was already sold in the markets of China and widely consumed. Likewise, there is no written evidence that rice was cooked by steaming during the Han dynasty; everybody knew it. Even the *Qimin Yaoshu* never explains

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how rice was cooked–because everybody knew since time immemorial. It's quite frustrating."

Wai (1964, p. 91) notes: "King of Wainan was quoted by many literary men as the inventor of tofu. For instance, in Poems Volume III of Chu Hsi (1130-1200), the greatest scholar of the Sung dynasty, it was written: 'Having raised beans for many years, but sprouts were rare; Exhausted in the garden, my heart is bitter; had I known Wainan's skill, anything is within reach of my own will.'" This poem seems to indicate that tofu was just beginning to become popular in China at about this time during the Southern Sung dynasty.

14. Nakaomi, Hiroshige. 1183. Nakaomi Hiroshige nikki [Diary of Hiroshige NAKAOMI]. Entry for January 2. Unpublished manuscript. Japanese summary by Kawakami 1978. [Jap]

• ***Summary:*** This diary was written during the Heian period by a Shinto priest (*kannushi*) of the Kasuga jinja (shrine) in Nara, Japan. The date of the entry, 2 Jan. 1183, is that measured by the old almanac. The diary entry stated that "one type of *shunkin* tofu" was included in the offerings at the shrine's altar.

Note: This is the earliest document seen (April 2013) that mentions tofu in Japan, or tofu in any country outside of China; the document was discovered by the great Japanese food historian Osamu SHINODA (1971).

Saito (1985) states: 1183–Tofu is first mentioned in a document from the Great Kasuga Shrine (*Kasuga Taisha*) in Nara. The characters used to write the word tofu then were different from the characters used today. It seems that this tofu was very hard.

There are four interesting points about this first mention: (1) The word "tofu" was written with characters different from those used today. The first character, pronounced *to* (rhymes with the "toe" on your foot), means "T'ang" as in "T'ang dynasty," and the second character, pronounced *fu*, meanings a "sign, mark, charm, or amulet"; (2) The tofu appears at a Shinto shrine rather than, as expected, at a Buddhist temple, and especially a temple with strong influence from China; (3) The tofu is used, not as a food, but as an offering at the altar. A similar mention appears in the annals of the same shrine on the same date one year later, but this time the reference is to "one type of *sokuan* tofu" (Note: The meanings of the terms *shunkin* and *sokuan* are not clear); (4) The date, January 2, is during the coldest time of the year, when the tofu would stay fresh longest. Address: Nara, Japan.

15. Lu You. 1190. Laoxue anbiji [Notes from the Hall of Learned Old Age]. China. Passage on soy reprinted in H.T. Huang 2000. [Chi]

• ***Summary:*** Wade-Giles reference: *Lao Hsüeh An Pi Chi*, by Lu Yu. Song dynasty. Dr. H.T. Huang, expert on the history of Chinese food and agriculture (personal communication, 5 June 1993), notes that Chapter 7, p. 4a states: "*Tou-fu, mien-chin, niu-ju* (Tofu, wheat gluten and milk) were soaked in honey. Most of the guests could not enjoy it. But Su Tung-Po had a sweet tooth and he ate so much that he was full."

Dr. Huang adds: After Su Tung-p'o, Lu Yu is probably the best known poet of the Sung dynasty. He was a prolific writer.

16. Chen Dasou. 1200. Benxin zhaishu shipu [Vegetarian recipes from the Pure Heart Studio]. China. 13 p. Passage on soy reprinted in C.N. Li 1958 #114, p. 84. [Chi]

• ***Summary:*** Wade-Giles reference: *Pên Hsin Chai Shu Shih P'u*, by Ch'ên Ta-Sou. Song dynasty. C.N. Li (1958) cites the title as simply *Shu shipu*, thus omitting the first three characters. The section on eating soybean gruel (*chuoshu*) begins: "*Shu* (soybeans) are the same as *dou.* Today, tofu is cut into strips, cooked lightly, then mixed with the five flavors." Then the writer turns to the classic Chinese literature: "Does the *Book of Rites* (*Liji*, +100) not say: 'sucking soybeans and drinking water (*chuoshu yinshui*)'? Soybeans are pure and white; they have a clean taste." (Translated by H.T. Huang, PhD, Aug. 2002). Dr. Huang adds: The author of this important work wants to return to simple food. He emphasizes that soybeans are very good, clean food. He could be implying that the *Book of Rites* is really talking about tofu.

Huang (2000, p. 127-28, 301, 621) states that this booklet, written during the Southern Song dynasty, contains 13 pages, mainly of anecdotes. It seeks to reverse the exotic and bizarre gastronomic excesses of the Southern Song by promoting the simplicity and elegance of vegetarian fare. The work states that tofu may be cut into strips and flavored with condiments. Dr. Huang adds (personal communication, 5 June 1993) that this book also refers *mien chin* (wheat gluten); it states that wheat gluten is made from wheat flour.

Note 1. This is the 2nd earliest document seen (Sept. 2002) concerning soyfoods and vegetarianism.

Note 2. This is the earliest document seen that contains the word "recipes" (or "recipe") in the title.

17. Lin Hong. 1200? Shanjia qinggong or Shanjia gongqing [Basic needs for rustic living]. China. Passage on soy reprinted in C.N. Li 1958 #303, p. 221-22. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *Shan Chia Ch'ing Kung*, by Lin Hung. Southern Song dynasty. Japanese reference: *Sanka Seikyo / Sankaseikyo*, by Rinko. An important work. The section titled "Swanlike yellow bean sprouts" states (see Huang 2000, p. 296): Several days before the 15th day of the 7th moon, people soak black soybeans (*heidou*) in water then allow them to sprout as follows: Spread grain chaff on a tray, top the layer with sand, plant the beans in the medium, then press surface with a wooden board. When beans are sprouted [remove board and] cover tray with an [inverted] pail. Remove pail each morning so that sprouts are

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exposed briefly to the sun. This will enable sprouts to grow evenly and be protected from sun and wind. On the 15th day, display tray in front of the ancestral tablet. After three days, remove tray and wash sprouts clean. Grill sprouts with oil, salt, vinegar and spices to give a savory dish. They are especially good when rolled in a sesame pancake. Because the sprouts are light yellow, and are shaped like the neck of a swan [goose], they are called "swanlike yellow bean sprouts" (*Ehuang dousheng*). Huang (2000, p. 296) notes that this is the "earliest documentation we have on the preparation and use of soybean sprouts as a food" is in this book. A footnote (Huang, p. 296) states: "The 15th day of the 7th month is the Summer Festival *Zhongyuan* when offerings are made to the ancestral spirits. A long soybean sprout with a yellow tip may resemble the neck of a swan with a yellow beak, hence the name Swan-like bean sprout. Except for the step of exposing the germinating beans to sunlight, this recipe is basically similar to those given in later works, in which the beans are always kept in the dark to prevent the generation of chlorophyll and the emergence of a bitter taste."

Note 1. This is the earliest document seen (Feb. 2007) that uses the term *heidou* to refer to black soybeans.

Huang (2000, p. 301) states that this work describes two dishes containing tofu: One, named Snow and Red Cloud Soup, is prepared by cooking tofu with hibiscus flowers; the other, Tofu à la *Su Dongpo* [named after the great Song dynasty poet (W.-G. Su Tung-P'o), who lived 1036-1101] is made from yew nuts, scallions, oil and soy sauce.

Huang (2000, p. 354) says that this work contains at least nine recipes in which *jiang* is used, including the celebrated Tofu à la *Su Dongpo* mentioned above.

Huang (2000, p. 358) notes that the earliest references to the term *jiangyou* [soy sauce; the same characters used to write the Japanese word *shoyu*] occur in two works of the late Song dynasty. This work (which may be the first of the two) gives four recipes in which *jiangyou* is used to flavor various vegetables and seafood. A footnote summarizes the recipes, with page numbers from the 1985 modern Chinese version: Soy sauce, ginger threads, and a little vinegar are used as a dressing for lightly cooked young chives (p. 34). A stir fry of spring bamboo shoots, bracken leaves and fish or shrimp is seasoned with soy sauce, sesame oil, salt and pepper (p. 47). Soy sauce is used with sesame oil, pepper and salt to flavour young bamboo shoots, mushrooms and Chinese wolfberry seeds (p. 66). Soy sauce and vinegar are used to season blanched shoots of the daylily [day lily; genus *Hemerocallis*].

Huang continues (p. 358): Neither work tells us how the *jiangyou* was prepared. This does not necessarily mean that soy sauce first originated during the Song. Rather, it means rather that by the time of the Song, *jiangyou* had become the accepted name for the liquid seasoning derived from *shi* or *jiang.* Most scholars agree that soy sauce is almost as old as soy *jiang*, but opinions differ as to what it was called before it became known as *jiangyou* during the Song. A footnote (p. 358) cites three Chinese-language works from the 1980s that discuss this issue.

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Jiang itself is used in 9 recipes, soy sauce called *jiangyou* in 3 recipes, and soy sauce called *jiangzhi* (W.-G. *chiang chih*) in 1 recipe.

Note 2. This is the earliest Chinese-language document seen (April 2012) that uses the word *jiangyou* (one of two documents) or the word *jiangzhi* to refer to soy sauce.

It is surprising that the sauce made from *jiang* should have been called *jiangyou* at all. Throughout the history of the Chinese language *you* has always meant the oily (or greasy), water insoluble substance derived from animal, vegetable, or mineral sources, for example, *zhuyou* (lard), *niuyou* (butter), *chaiyou* (rapeseed oil), *xiangyou* (sesame oil), *tongyou* (tung oil), *shiyou* (petroleum) etc. *Jiangyou* (or *shiyou*) is the one, notable exception. It is an aqueous solution (or suspension) of a variety of substances and by no stretch of the imagination can it be construed as a *yu* (oil). Nevertheless, the term *jiangyou* (soy sauce) gained acceptance in the Song dynasty and is now firmly ensconced in the language, perhaps as an indication of its very special role in the daily life of the Chinese. Thus, we have a surprising situation in which an English translation, 'soy sauce' (sauce prepared from the soybean) is a more rational name for the product than its Chinese original, *jiangyou* (oil derived from *jiang*) (p. 358).

Note 3. This is the earliest document seen (Aug. 2007) that mentions sesame oil, which it calls *xiangyou.*

Question: If soy sauce were made from whole soybeans (which contain about 16-20% oil), why wouldn't that oil rise to the top of the soy sauce, whence it would have to be skimmed off before the soy sauce could be used? Dr. Huang answers (Oct. 2002): There should have been a lot of oil on top of the soy sauce. However in the early Chinese literature, some of which goes into great detail about the process, there is no mention of any oil atop the soy sauce. In the old process, which used mixed cultures of microorganisms, I suspect much of the oil is simply hydrolyzed by lipase enzymes. The oil may have started to appear in modern times when they began to use pure cultures.

Yan-Kit So. 1992. *Classic Food of China* (p. 27-28). "The other book of interest [from the Song dynasty] is *Shanjia Gongqing* or *The Simple Offerings of a Mountain Hermit* by Lin Hong, a hermit who lived in Zhejiang province towards the end of the Song dynasty in the 13th century. Not a pure vegetarian, Lin nevertheless preferred vegetables to meat, and this is reflected in his book. Of the hundred or so dishes, most use only vegetables, fruit, flowers, fungi and bean curd. He was particularly fond of using regional vegetables such as watershield, Chinese clover, bamboo shoots, and chrysanthemums... An

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enthusiastic proponent of medicinal herbs, he also aimed, with his recipes, to provide cures for illnesses."

Lin is "acknowledged as the first person who used the modern term jiangyou for soy sauce." He "may have used the term 'simple offerings' in the title of his book, but many of his dishes [recipes] are anything but simple, both in their preparation and their conception. Lin was fond of using his ingredients to project artistic and sensual images, and he liked to write poems or borrow classical illusions to enhance their significance."

Fukushima (1989, p. 4): "The first appearance of the name of chiang-yu was in *Shan-chia Ch'ing-kung* (*Sanya-Seikyo* in Japanese) by Lin Hung (*Rin Ko* in Japanese) in the Sung dynasty (960-1127 AD)."

Bo (1982): It was recently discovered that the term "chiang-yu," written with the same characters as the Japanese term "shoyu," and both meaning soy sauce, was used for the first time in China (or the world) in this work, written during the Sung dynasty. Shoyu was used either in recipes that didn't contain meat, or in side dishes. It was an important seasoning to be sprinkled on foods.

18. Ge Changgeng. 1240? Qiongguan xianseng ji [Collection of the excellent stone master]. China. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *Ch'iung Kuan Hsien Sêng Chi,* by Ko Ch'ang-Kêng. Song dynasty. Huang (2000, p. 500-01) states that gluten had become so well established among the foods of the Song dynasty, that it was praised in poems / verse. Ge Changgeng, a Taoist monk, wrote:

Tender tofu (*nendofu*) is said to be delectable.

But it is gluten (*fujin;* W.-G. *fu-chin*) that has the cleanest taste.

Footnote: This verse is quoted by Liu Tsün-Ling (1985). Dr. Huang adds: This poem is evidence of the high esteem that the Sung literati had for wheat gluten. The collection is also called the "Shining Stone Collection." Since this is a poem, he took some poetic license in his book in translating the name of this tofu as "Silken tofu" since *nendoufu* is not a type of tofu; he does not known whether it was simply tender tofu (*nen* is still widely used to describe tender foods, including meat or tofu) or whether it was actually made like silken tofu, without the separation of curds and whey.

Note. This may be the earliest Chinese-language document seen (April 2013) that mentions silken tofu, which it refers to as *nendofu.*

19. Wu Zimu. 1275. Mengliang lu [Dreams of the former capital]. China. Passage on soy reprinted in C.N. Li 1958 #121, p. 86. [Chi]

• ***Summary:*** Wade-Giles reference: *Mêng Liang Lu,* by Wu Tzu-Mu. Southern Song dynasty. This important work is a description of Huangzhou, the capital, towards the end of the Southern Song dynasty. The "Different bureaus" section states that they have fields of rice, wheat, and soybeans (*dou*) used [perhaps as forage] mainly to feed horses belonging to the various government agencies.

The "Street vendors on mats" section describes foods they are selling in Hangzhou–capital of the Southern Song dynasty, including bean-flavored water (*douershui*) and sweet soybean soup (*gandoutang*), honeyed jujubes, fruits, and cooked meats.

The "Market that sells things at dawn" section states that in the summer they sell various things including young soybean congee (*douzizhou*). Note 1. Young soybeans might refer to green vegetable soybeans.

The "Miscellaneous products" section states that children are selling different kinds of foods, including two unknown varieties of soybeans (*qidou* and *fadou,* "law + bean"), brownish-green soybeans (*geqingdou*), salted young soybeans (*yandouer,* maybe green vegetable soybeans), and sugared yellow young soybeans (*douer huangtang*), and cooked soybeans ground to make a cake (*doutuan*).

The section on "Noodle shops" says that these shops sell different kinds of soups and dishes, including pan-fried tofu (*doufu*), fried fish, cooked vegetables, fried eggplant. These are shops where the common people get an inexpensive

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meal.

The section on "Produce" mentions grains but concentrates on beans, starting with soybeans of different colors: black (*doudahei*), purple (*dazi*), white (*dabai*), yellow (*dahuang*), and green (*daqing*). Also mentions various non-soy beans including white (flat) beans, black (flat) beans, white azuki beans (*baixiao*), red azuki beans (*chixiao*), mung beans (*lüdou*), and many others. (Translated by H.T. Huang, PhD, Sept. 2002). Dr. Huang adds: The word "former" in the title indicates that author apparently moved away from Southern Song territory, perhaps northward into that controlled by the Yuan (Mongol) dynasty, which began in 1260. Note 2. This is the earliest document seen (Sept. 2004) that uses the term *doudahei* ("bean large black") to refer to black soybeans, or the term *dabai* ("large white") to refer to white soybeans.

Huang (2000): In Lin An (present-day Hangzhou, capital of the Southern Song dynasty), "tofu soup and grilled tofu [pinyin: *jian doufu;* W.-G.: *chien toufu*] were sold in a wine shop, and a food stall specializing in vegetarian stews also sold grilled tofu" (p. 301). Fermented black soybeans (*shi*) are mentioned (p. 341). A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." In this book, jiang (fermented soybean paste) is used in two recipes and fermented black soybean sauce (*shizhi*) is used in one recipe.

This book also "states that 'things that people cannot do without every day are firewood, rice, oil, salt, soybean paste (*jiang*), vinegar, and tea.' It is clear that by the time of the Song, edible oil had advanced to the position as one of the proverbial 'seven necessities' of life" (Huang p. 436). Vegetable "oil pressing establishments were seen in the southern capital of Hangzhou" (p. 441). Northerners loved to use hemp oil for frying food. Wheat gluten (*fu*) was widely served during the Southern Song; names of four dishes served in a pasta restaurant are given (p. 500).

Wilkinson (2000, p. 854) cites this as *Record of the splendors of the capital city,* by Wu Zimu (no date given). These are reminiscences of the Southern Song capital of Lin'an (Huangzhou) modeled after *Menghualu.*

Talk with H.T. Huang. 1995. Dec. 28. The *chiang* mentioned by this work would definitely have been soybean chiang; that is what the word meant, starting a century or two before the beginning of the Christian era.

Letter from H.T. Huang. 1994 April 12, followed by talk of 1995 Dec. 28. The "seven necessities" of life are first mentioned in this book, in chapter 16, p. 136 in the 1982 edition. They are: firewood, rice, oil, salt, *chiang,* vinegar, and tea." Yet according to another respected source, the original version of the book mentioned eight necessities, the eighth being wine, which was widely used both for drinking and as a condiment in cooking. Today, however, all the modern editions of this book include only seven necessities, omitting wine. Later the list was standardized seven (see Chai Hao 1771), and the term "seven necessities of life" became popular in China during the Yuan dynasty (1279-1368). In the Yuan dynasty there were several famous dramas; this period saw the start of Chinese dramatic literature. The words were put together in rhymes of seven characters, and at least one of these mentioned the "seven necessities." They couldn't accommodate eight necessities in the rhyme, so since the Yuan it has always been standardized at seven.

Letter from H.T. Huang, PhD, expert on the history of Chinese food and agriculture. 1993. June 5. This book (1982 edition, p. 136) lists *fu* (gluten) with lamb casserole, dragon (shrimp) *fu,* parched *fu* in five flavors, and grilled *fu.* At this time, *fu* (gluten), used as a synonym for *mien chin,* seems to be widespread in the Southern Sung, China.

Note 3. This work was re-issued in 1982 by Commerce Publishers, Beijing. It is part of a series titled "Culinary Classics of Ancient China."

Note 4. This is the earliest document seen (April 2013) that mentions grilled tofu. It is also the earliest Chinese-language document seen (April 2013) that mentions Chinese-style grilled tofu, which it calls *jian doufu.*

Yan-Kit So. 1992. *Classic Food of China* (p. 18). The book *Mengliang Lu* or *Dreaming of the Capital,* is by Wu Zimu, a Southern Song dynasty writer. It "contains reminiscences about the picturesque and urbane social and commercial life in Hangzhou in the 13th century..." An important source of information for that period, it mentions Mrs. Song's fish soup by name.

20. Saito, Akio. 1292. [Chronology of soybeans, 122 B.C. to A.D. 1292] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Jan. p. 12-14. [Jap; eng+]
• ***Summary:*** 122 B.C.–It is said that Lord Liu An of Huai-nan (*Wainan O Ryuan*) invented tofu. Therefore it is sometimes called "Wainan."

300 A.D.–By this time in Japan people are using fermented foods such as kuki, sake, vinegar, sushi, and hishio made from herbs (*kusa-bishio*) and grains (*koku-bishio*). Kuki is a bean-based product related to miso, natto, or tamari.

630 A.D.–Igunami no Otasuki is sent as a student from Japan to T'ang dynasty China (*Kentoshi*). It is thought that foods like tofu were brought back to Japan by such student monks when they returned [but there are no records of this].

701 A.D.–The Taiho Law Codes (*Taiho Ritsuryo*) are established, and they call for the establishment of the Hishio Tsukasa (Bureau for the Regulation of Production, Trade, and Taxation of Hishio and Misho), located in the Imperial Palace as an annex to the emperor's kitchen (*daizenshoku*). Soybeans were definitely used to make these fermented foods and seasonings such as hishio (like Chinese chiang), fermented black soybeans (*shi, kuki*), and misho (a forerunner of miso; the term "miso" had not yet been

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coined).

741 A.D.–Two new Buddhist temples are added to each feudal domain (*kuni*)*:* Kokubunji is for monks and Kokubunniji is for nuns. It is said that from this time, fermented black soybeans (*tera nattô,* or *shiokara nattô*) spread throughout Japan. They are made from soybean koji, which is soaked in salted water and dried.

794–The capital of Japan is relocated to Kyoto from Nara. The Heian period (794-857) begins.

794-1190–Salted pickles (*shio-zuke*), hishio pickles (*hishio-zuke*), miso pickles (*miso-zuke*), and sake lees pickles (*kasu-zuke*) are eaten. The pickles were made by various methods. But only during and after the Muromachi period (1338-1573) were the various pickles made often.

802–Sakanoue no Tamuramaro (758-811) recommends that farmers in Tanzawa grow soybeans as an emergency food.

840–Each feudal domain (*kuni*) is encouraged to plant millet, barnyard millet, barley, wheat, soybeans, azuki beans, and sesame seeds.

901–The Chinese character *so* in the present word *miso* appears for the first time in the *Sandai Jitsuroku.*

927–The *Engishiki* is completed by Fujiwara no Tokihira (871-811) and others. In this book it is written: "In the feudal domain of Omi 60 koku of soybeans [1 koku = 47.6 gallons or 180 liters], in the domain of Tanba 30 koku, in the domain of Harima 20 koku, in the domain of Misa 10 koku, and in the domain of Iyo 10 koku are recommended (*susumu*). It seems that the soybean was an important crop in those days. Soybeans, rice, wheat, sake, and salt are given as the raw materials for making misho (a product resembling miso). The places famous for making misho are Omi, Hida, Yamato, etc. There are 27 misho shops in the Nishi no Kyo area of Kyoto. It is stated in the *Engishiki* that in order to make 1.5 koku of hishio you need 3 koku of soybeans, 1.5 koku of salt, 0.15 koku each of rice, wheat, and sake, and 0.043 koku of non-glutinous rice (*uruchi-mai*). Hishio at that time would seem to resemble today's kidamari; it would seem to have been very salty.

1068?–Salty natto (*shiokara nattô;* probably fermented black soybeans) appears for the first time in the book *Shin Sarugakki,* by Fujiwara no Akihira (lived 989-1066). In this book the lifestyle, manners, and customs of the time are described.

1083–Stringy natto (*itohiki nattô*) is discovered accidentally in Oshu (northeast Japan) during the conquest of Oshu by Minamoto (Hachimantaro) Yoshiie (lived 1041-1108). It is said that the natto was made when cooked soybeans were placed in a sack strapped over the back of a horse. The warmth of the horse caused the fermentation. There are so many legends like this on in the northeast prefectures (*Tohoku Chiho*) of Japan that it seems possible that natto was originally made there.

1183–Tofu is first mentioned in a document from the Great Kasuga Shrine (*Kasuga Taisha*) in Nara. The characters used to write the word tofu then were different from the characters used today. It seems that this tofu was very hard.

Note: See Diary of Hiroshige NAKAOMI, entry of 1183.

1192–The Kamakura period and shogunate begins as Minamoto no Yoritomo (1147-1199) becomes the first head shogun.

1228–The Buddhist monk Kakushin returns to Japan from Sung dynasty China having learned the method for making fermented Kinzanji miso. While fermenting the miso in Japan, he discovers that the liquid which gathers on the bottom of the vats can be used as a tasty seasoning. Note 1. This tamari is considered the first soy sauce in Japan. Kinzanji miso is a type of *namémiso* (Finger Lickin' Miso) made from roasted soybeans and barley koji. To these are added eggplant, white melon (*shiro uri*), etc., and the mixture is fermented.

1288-1292–Tamari-style shoyu is sold from Yuasa in the Kishu area (in today's Wakayama prefecture).

Note 2. This document contains the earliest clear date seen for the cultivation of soybeans in Japan (A.D. 802, and 840), and for the appearance of the term "tamari" in Japan (1228).

Note 3. This is the earliest document seen (Sept. 2000) that mentions sesame seeds (802 A.D.). Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

21. Jujia biyong shilei quanji [Essential arts for family living (encyclopedia)]. 1301. China. Passage on soy reprinted in H.T. Huang 2000, p. 352. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *Chü Chia Pi Yung Shih Lei Ch'üan Chi,* author probably unknown or maybe by Hsiung Tsung-Li (pinyin Xiong Zongli). Late Yuan (Mongol) dynasty.

Huang (2000, p. 352) states that this book "presents two methods for making jiang from soybeans, one for *shu huang jiang* (ripe yellow soy paste) and the other for *sheng huang jiang* (raw yellow soy paste). The names are actually misleading since the 'ripe' and the 'raw' refer to the manner in which the beans are treated before mixing with wheat flour for the first fermentation and do not refer to the quality of the final product. In the *shu* or 'ripe' case, the beans are roasted and ground into flour; in the *sheng* or 'raw' case the beans are soaked overnight and boiled until soft and tender. The product from the first fermentation is called *huangzi* ['yellow child,' soybean koji] and well as *jianghuang* ['jiang yellow']."

Huang (2000, p. 355-56) gives an interesting full-page table which compares the processes for making the following types of jiang: Soybean (*dou*), wheat (*mien*), sweet flour (*tianmien*), azuki bean (*xiaodou*), jack bean, barley (*damai*), and elmnut (*yuren*). Each of the processes except one is

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based on the *Jujia Biyong* (ca. 1350); the process for making sweet flour jiang is based on the *Bencao Gangmu* (The great pharmacopoeia) (+1596).

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Only seasonings based on jiang (fermented soybean paste) are used in this book; none are based on fermented black soybeans (*shi*). Jiang itself is used in 17 recipes, and soy sauce made from jiang (*jiangqing*) in 1 recipe.

Huang (2000, p. 297) notes that this is the earliest document seen to use the term *douya,* which, in English, is the modern term–"bean sprouts." Mung beans (*lüdou*) are the preferred beans for making such sprouts. A long quotation describes the process in detail and gives a recipe.

Huang (2000, p. 255) quotes a passage describing the process for making *jufu* (also known as *jubing*), from dairy milk curds. Its says to coagulate cow's milk by adding vinegar, just as when making tofu (*doufu*). When the dairy curds are fully formed, drain in a silk bag and press with a stone. Add salt and store in a jar.

Letter from Dr. H.T. Huang. 1996. Sept. 29. "I am glad you brought up the question of when vegetarian mock meat dishes were first prepared in China; it is one that requires further research. The earliest examples of mock meat dishes I have found so far were made with *mien-chin* (wheat gluten)." Gluten is used "in a recipe for mock lung sausage and one for mock eel." The book contains 4 vegetarian recipes using *mien chien* (wheat gluten), found on pages 132-34. These are vegetarian versions of grilled liver, barbecued liver, mock fermented beans (*doushi* = fermented black soybeans), and mock fish.

Note 1. This may be the earliest document seen (Dec. 2005) concerning roasted soy flour.

Note 2. This is the earliest document seen (Aug. 2002) concerning a meatless sausage.

Huang (2000, p. 194-95) notes that this book contains probably the earliest account of the process for making red ferment [*hong qu;* red rice koji] and a red wine.

Bray (1984, p. 623): Translates the title as "Collection of certain sorts of techniques necessary for households (encyclopedia)." Published in Yuan, +1301. Probably by Hsiung Tsung-Li. Ed. Ming, +1560, T'ien Ju-Ch'eng. Partly reprinted in Shinoda & Tanaka (1973), "A Collection of Chinese Dietary Classics." Also discusses hemp oil, which was widely used in traditional China, was considered to have an offensive smell, and was rated lowest of all the cooking oils, but it was a good lamp oil as it did not smoke or hurt the eyes" (p. 51).

Bo (1982): This book mentions wheat chiang. It also gives a detailed description of the method for making fermented black soybean sauce: Two months after September, heat clear sesame oil, stir in 3 *tou* [unit of measure] of good fermented black soybeans (*shi*), mix, steam, and cool. Sun dry then steam again. After repeating this process 3 times, mix in 1 *tou* of white salt and put everything in a large cauldron with 3-4 tou of hot water. Add 1 *ry* each of three spices, 5 *kin* each of white onion and (?). Simmer down to two-thirds the volume and store in a container. From this it is clear that fermented black soybean sauce was a kind of soy sauce with flavorings and spices.

22. Wang Zhen. 1313. Wangzhen nongshu [Wang Zhen's agricultural treatise]. China. Passage on soy reprinted in C.N. Li 1958 #131, p. 92-93, and #307, p. 222-23. Illust. Also published in 1956 by Zhonghua Press, Beijing. (Pinyin: Wang Zhen. Nongshu). [Chi]

• ***Summary:*** Wade-Giles reference: *Wang Chên Nung Shu,* by Wang Chên. The title of this illustrated Yuan (Mongol) dynasty book is also given as simply *Nongshu,* since Wang Zhen is the author. There are three numbered sections titled "Principles of agriculture and sericulture;" soy is mentioned in each.

No. 1. The subsection titled "Annual agricultural activities" states: In the second month, plant soybeans. In the eighth month, mow the soybean stems (*yi doujiao;* i.e., harvest the soybeans). In the ninth month, when you might get frost, it is time to harvest soybeans (*dadou*).

No. 2. The subsection titled "Methods of planting #6" lists all the common seeds that can be planted in a field; these include panicum millet, setaria millet, paddy rice, hemp, barley, wheat, soybeans (*dadou*), and azuki beans (*xiaodou*).

It then describes four different planting methods: (1) Broadcasting (*manzhong*), drill planting in rows (*louzhong*), *guazhong,* and planting in difficult places *ouzhong.* For broadcasting: Carry a container of 2,000 cc (2 *dou*) capacity containing the seed grain under your left arm. Using your right hand, take a handful of seed from the container as you walk and, every three steps, scatter it over the prepared field, trying to get even distribution, so that the young plants will be neither too crowded nor too sparse. This was the method used in northern China during the Qin, Han, and Jin dynasties (221 B.C. to A.D. 420). Another method more often used in northern China was drill planting in rows, which is described in the *Qimin Yaoshu* (+544). A special machine (perhaps pulled by oxen) was used to compact the earth, while drilling holes in it. A person walked behind and stamped the holes with his feet. Today (+1313) they use a seed-drill (see Bray 1984, p. 256-57) which automatically plants the seeds in rows. "One man is needed to lead the ox and one to hold the drill, shaking it as he walks so the seed falls by itself." The *ouzhong* method is used near the hilly areas, where there are steep rocky hillsides or city walls. You apply fertilizer and irrigate [by hand].

No. 3. The subsection titled "Organic fertilizers #8" quotes the *Qimin Yaoshu:* To enrich the field, mung beans (*lüdou*) are best. Next best are azuki beans (*xiaodou*) and sesame seeds (*huma*). It's best to plant in the 5th to 6th

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months. In the 7th to 8th months you kill them [probably by plowing under as green manure]. In the spring, if you plant cereals [after the legumes], you will get 10 piculs per mou. It's as good as using the droppings of silkworms, as well as other excreta [from both farm animals and humans]. Note: Shows Chinese awareness of growing legumes before cereal grains to increase the yield of the cereals. (Translated by H.T. Huang, PhD, Sept. 2002).

The section titled "Soybeans" (*dadou*, also called *bidou*) states: There are three kinds of soybeans (*dadou*)*:* white, black, and yellow. The *Guangya* (+230) says the soybean (*dadou*) is *shu.* The *Erya* (200 B.C.) says that "*rongshu* is the same as *renshu.*" Then comes a long quotation about when to plant soybeans. Black soybeans are good for relieving hunger and also as a reserve against famine years. In years of abundance you can use them as fodder / feed (*liaoshi*) for cattle and horses. Yellow soybeans (*huangdou*) can be used to make tofu (*doufu*), and to make jiang and related materials [perhaps such as fermented black soybeans and soy sauce]. White soybean congee (*baidouzhou*) can be used as a supplemental food. The three soybean varieties (*sandou*) have different colors and different uses, but they are all beneficial grains.

Huang (2000, p. 441-57) states that this is the earliest Chinese document seen which contains a description of an oil press (*youzha;* used to press oil from seeds–in this case sesame seeds). He translates the long passage describing the wedge press, notes that the illustration which accompanies it bears no relationship to the description, then examines why the oil press was developed so much later in China than it was in Mediterranean civilizations–where olive oil was being pressed by the 6th century BC. The most common wedge press was made from large tree trunks, slotted and hollowed out. The seeds were roasted in a large pan over a stove, crushed, then pressed, using wedges hit by a hammer or mallet. A photo (p. 449, from Hommell 1937, p. 91) shows a wedge press. Note: This is the earliest document seen (Nov. 2003) that mentions a wedge press–but not in connection with soybeans.

Bray (1984, p. 628) cites this as *Nung Shu* (Agricultural Treatise). Published in Yuan, +1313. By Wang Chên. Textual references are to the 27 chüan Palace ed. of 1783, prefaced 1774. However it is indexed under *Wang Chên Nung Shu* and refers to many ingenious early Chinese agricultural implements. Concerning woodblock printing (p. 49): The development of printing during the Song dynasty enabled the Chinese government to disseminate both old and newly commissioned agricultural works. Thus, the number of agricultural works published in China increased exponentially from the Song on. Woodblock printing also made possible the use of illustrations, yet relatively few Chinese agronomists used this new technology. The great pioneer in this field was Wang Chên, author of this book in 1313. Sadly, "most subsequent authors were content to simply crib their illustrations, if any," from this book. The book devotes a special section to the preparation and weaving of hemp (p. 535).

Concerning soybeans (Bray, p. 514): "Black soybeans are a food for times of dearth; they can supplement [cereals] in poor years, and in good years they can be used as fodder for cattle and horses." Of the various kinds of soybeans, "although some were thought to be fit only for fodder except in times of famine, others were considered to make wholesome porridges and gruels."

Concerning kaoliang, Bray says (p. 449) that the word *kao liang* (literally "tall millet") first appears in this document, but the plant was more commonly known in pre-modern times as *shu shu* ("Szechwan millet").

Bo (1982): This work states, "Soybeans are the grain that helps the world. Tofu and chiang ryo? are made from them. The latter product, used in the recipes in the book, must be soy sauce."

Bray (1981): A practical handbook on the essentials of agriculture and sericulture in south China. With the *Qimin Yaoshu* perhaps the most fundamental work. The text (except for capitalization and commas) is identical to that in Hagerty 1917.

Perkins (1969): Beancake is not mentioned in the 1313 edition of this book.

Needham (1965), in *Science and civilisation in China. Vol. 4, Physics. Part II: Mechanical engineering,* in the section on oil mills (p. 206-10), states that Wang Zhen first describes the horizontal wedge press used for pressing oil from Chinese oilseeds. However soybeans are not specifically mentioned.

Hagerty (1917, p. 17): Cited as "Nung Shu (Treatise on Husbandry), by Wang Cheng." "The Ta tou bean includes three varieties, Pai, or White, Hei, or Black, and Huang, or Yellow. The Pai tou, or White bean, is utilized for making congees or gruels, but all kinds may be mixed and used for food" (See: Bretschneider, E. 1882. *Botanicon Sinicon.* 1:81).

23. Hu Sihui. 1330. Yinshan zhengyao [Principles of correct diet]. China. Passage on soy reprinted in Buell and Anderson 1999, p. 515-17. [Chi]

• ***Summary:*** Wade-Giles reference: *Yin Shan Chêng Yao*, by Hu Ssu-Hui. Yuan. Reissued in +1456 by imperial order. Huang (2000) shows that this celebrated Yuan nutritional treatise is a rich source of information about Chinese food and drink. One of China's two best known and most important medieval and premodern works on diet therapy materia medica, it contains food prescriptions and was the official nutritional guide for the royal household. The author was the dietician at the Yuan (Mongol) court Fortunately modern editions are available. (p. 135, 137-38). Huang (2000) notes that this work mentions fermented black soybeans (*shi*) (p. 341), and says that in countering

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the toxicity of foods, soybean jiang (*doujiang*) is superior to fermented wheat jiang (*mian jiang*) (p. 357). It also discusses: Red fermented rice (p. 196; also called red ferment, *hongqu* in pinyin, or *hung ch'ü* in Wade-Giles; it is made with the Mold *Monascus purpureus* Went, and used as a natural red coloring agent). Distilled wine (p. 227). Five types of dairy products (p. 256). Malt sugar (*tang*) (p. 460). Pasta-making, including steamed buns (*mantou*) and wheat flour noodles (*mian, miantiao*) (p. 476, 484). Sea vegetables (*haicai*) are mentioned as a cure for goiter (p. 576). Three recipes for curing beri-beri (*jiaoqi*, W.-G. *chiao-chhi*) are given (p. 581).

Wilkinson (2000, p. 649) states that after the Han dynasty, recipe books were called *shijing* ("food treatises"), and after the Tang, *shipu* ("recipe manuals") or *shidan* in the later empire. Most have been lost. One that survives, a treatise on diet written for the khan by the Muslim court doctor, the Mongolian Hoshoi (Husihui), titled *Yingshan Zhengyao* (Essentials of eating and drinking)" has been translated into English.

English translation: Buell, Paul D.; Anderson, Eugene N., trans. 1999. *A soup for the Qan: Chinese dietary medicine of the Mongol era as seen in Hu Szu-hui's* Yin-shan Chêng-yao. London: Kegan Paul International. 715 p. 2nd edition published in 2010.

Section 3 (p. 515-17) states: "Soybeans are sweetish in flavor and neutral and lack poison. They decrease demon *qi*, control pain, and drive out water. They expel heat of the stomach, bring down blood stasis, and counteract the poisons of various drugs. They are made into tofu. Tofu is cooling and moves the *qi."*

Yan-Kit So. 1992. *Classic Food of China* (p. 28-29). One food book, written toward the end of the short Yuan dynasty (AD 1279-1368), "is remarkable for both its content and influence. *Yinshan Zhengyao* or *The Principles of Correct Diet* was written in Chinese by Hoshoi (or Hu Sihui in Chinese) who was the Imperial physician and dietitian from 1314 to 1321." Next to nothing is known of his life, not even his nationality; "some say that he was a Mongol, others that he was a Uighur, and still others that he was a Naiman. His book, which is based on ancient Chinese theories on medicine and herbs, is about food cure and nutrition, and refers to the Yin and Yang principles relating to the cooling and heating elements in the viscera. Besides admonitions and advice for those who wish to nourish their lives, such as pregnant women and nursing mothers, he prescribes remedies which use every known ingredient from land and water. As such, his book is indispensible to anyone who wishes to research the specialised field of Chinese food cures. The general reader will find the woodcut illustrations both fascinating and humorous (see illustrations, pp. 30-33)."

Needham (1984, p. 592) says this book is mainly about deficiency diseases, with the aphorism "many diseases can be cured by diet alone."

Lu, Gwei-Djen; Needham, Joseph. 1951. "A contribution to the history of Chinese dietetics." *Isis–History of Science Journal* 42:13-20. April. The *Yinshan Zhengyao* discusses early Chinese treatments for beri-beri.

24. Kagenki [Kagenki treasure at Horyuji temple in Nara]. 1338. Entry of July 26. First cited by Kawakami 1985. Unpublished manuscript. [Jap]
• ***Summary:*** This document, which was in *Gunsho Ruiju*, mentions "taufu-jiru," pronounced "toufu-jiru." Kawakami says this is the second oldest reference to tofu in Japan. Address: Nara, Japan.

25. Kagen ki [Record of the Kagen era (1305-1364)]. 1338. Japan. [Jap]*
• ***Summary:*** In this document, tofu is referred to in the form of *taufu-jiru.*

Note 1. According to Osamu Shinoda (1968), this is the earliest document seen that refers to tofu in Japan.

Note 2. Kagen is the name of a Japanese era when ran from 1303 to 1306. The Kagen-ki which started in 1305–during the Kagen era–covers the period 1305-1364. Address: Japan.

26. Chia Ming. 1350. Yinshi xuzhi [Essentials of food and drink]. China. A 1968 edition appears in *Yin-chuan p'u-lu*, compiled by Yang Chia-lo. [Chi]
• ***Summary:*** Wade-Giles reference: *Yin Shih Hsü Chih*, by Chia Ming. Late Yuan to early Ming dynasty.

Huang (2000) states that this book discusses food antagonisms and incompatibilities (p. 135). One of the two best known and most important works on diet therapy during the late medieval period, it is concerned mainly with prevention. The author reached the venerable age of 100 years in 1368, when the Ming dynasty was founded, and died six years later. Thus, he was a living testimony to his teachings. Huang summarizes some information on the structure and contents of the work first given in English by Mote (below), then notes that the work, with its emphasis on poisonous and incompatible foods, "tends to be somewhat alarmist in tone, and could give the impression that eating was a highly hazardous occupation" (p. 137-39). It mentions tofu (p. 324). In Chapter 2 it says succinctly: Wash wheat flour (*fu*) to get wheat gluten (*mianjin*). It is sweet and cooling, but when fried, it becomes a heating food. Since it is not easily digested, it should be avoided by children and those who are sick (p. 501).

F.W. Mote notes in K.C. Chang's *Food in Chinese Culture*. (1977, p. 227, 230) that this fascinating book (Essential knowledge for eating and drinking, published in 1368) stresses prevention rather than treatment of disease. The author was from a wealthy family in Hai-yen in northern Chekiang, and had held a minor government post at the end of the Yüan dynasty. He was in his hundredth year of age

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in 1368 when the Ming dynasty was founded, and the Ming founder (Chu Yüan-chang, ruled 1368-98) summoned him to the court to honor him for his longevity. In the polite conversation that ensued, the emperor of course asked him the secret of his long life, to which Chia replied: "The essential is to be most cautious about what one drinks and eats."

This book is divided into 8 chapters. Chapter 2 concerns the fifty kinds of grains, including legumes and some seeds used for food. In Chapter 2, the following appears: "Soybeans: their flavor is sweet; when raw, their character is warm, and when fried [or cooked] it becomes hot. They are slightly toxic. Eaten in excess they block the lungs, produce phlegm and arouse coughing, induce ulcerated sores, and cause a person to become yellow of face and heavy of body. They must not be eaten together with pork. Small greenish black beans, also red and white beans [probably azuki], are similar to soybeans in flavor and character. None should be eaten with fish or mutton." Address: China.

27. Gion shigyô nikki [Diary of an official at Gion-sha]. 1350. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to as *Mori.*

Note 1. According to Osamu Shinoda (1968), this is the 2nd earliest document seen that refers to tofu in Japan.

Note 2: Gion-sha is today's Yasaka Shrine in Kyoto. Address: Japan.

28. Zheng Yunduan. 1355? Zheng Yunduanshi [Poem by Zheng Yunduan]. China. Passage on soy reprinted in C.N. Li 1958 #133, p. 93. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *Chêng Yün Tuan Shih,* by Chêng Yün-Tuan (who lived 1327-1356). This Yuan (Mongol) dynasty Chinese poetess wrote a poem (in non-rhyming free verse) titled "Tofu: Plant soybeans below the southern mountains. The frosty wind adds freshness to the pods. Turn the quern and let the jade milk flow. Boil and let the clear milk flow. The color is cleaner than the spongy soil. The fragrance surpasses the solidity of quartz. The flavor leaves a beauty that is more than sufficient. It is a delicacy that one should not pass on indiscriminately." (Translated by H.T. Huang, PhD, Oct. 2002).

Note: *Merriam-Webster's Collegiate Dictionary* (1998) defines quern (derived from the Old High German *quirn* = hand mill), a word first used before the 12th century, as "a primitive hand mill for grinding grain." Dr. Huang adds: In China, a quern is typically made out of stone and 12-18 inches in diameter. The grains or beans are fed in through a hole in the upper stone, which can be turned manually, by a more efficient push-pull device using human power, or by animal- or water-power. The lower stone is stationary.

See also Huang (2000, p. 303). Huang notes that this poem is also appears in: (1) Hung, Kuang-Chu. 1984. *Chung-kuo shih-p'in k'o-chi shih-kao, shang ts'ê* [Draft History of Food Science and Technology in China, Vol. 1]. Beijing, China: Commerce Publishers. p. 54. (2) Ang Tian-Sê. 1983. "Tou fu k'ao yuan" [On the origin of tofu]. *Papers on Chinese Studies* No. 2. p. 29-39.

Note 1. This is the earliest document seen (April 2003) worldwide that mentions soymilk ("let the clear milk flow").

Note 2. This is the earliest document seen (April 2003) that mentions a quern in connection with soybeans.

29. Huang Ming zuxunlu [Ancestral admonitions]. 1381. China. [Chi]*

• ***Summary:*** Wade-Giles reference: *Huang Ming tsu-hsün-lu.* Ming dynasty. F.W. Mote notes in K.C. Chang's *Food in Chinese Culture.* (1977, p. 212) that the growth of the palace eunuch staff is an important feature of early Ming government. The *Huang Ming tsu-hsün-lu* (Ancestral Admonitions), issued first in 1381 during the reign of the Ming founder, stipulated that separate bureaus within the palace eunuch staff be designated. The imperial wine bureau oversaw the production of wines, soybean meal, tofu, etc. Address: China.

30. Sejong sillok [Veritable Records of King Sejong]. 1434. Korea: See p. 66, 27b-28a. Record of 24 Dec. 1434. [Kor]*

• ***Summary:*** In Korea's dynastic records, an entry from 1434 states that an emperor from China's Ming dynasty (1368-1644) sent some serving women to the Choson court to prepare various foods; one of these was tofu. "The account states that all the dishes were harmonious and served beautifully and the means of preparing the tofu was even more exquisite"

Endnote 17 (p. 202): *Sejong Sillok* (*Veritable Records of King Sejong*), p. 66, 27b-28a (1434-12-24).

Of the many foods that the women brought to the Choson court from the Ming court, only tofu was singled out for praise in this particular entry (Pettid 2008, p. 41, 202).

31. Inryôken nichiroku [Journal of Inryôken]. 1437. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to in the form of *dengaku.*

Note: According to Osamu Shinoda (1968), this is the 3rd earliest document seen that refers to tofu in Japan. Address: Japan.

32. Ise no Jôshin. 1445? Sôgo daisô-shi [Sôgo daisô-shi]. Japan. Undated. [Jap]*

• ***Summary:*** K. Tsuchiya (Soymilk, 1982, p. 30) states that in this book, written in about 1417-1473, there is a section on cooking *unohana* (okara). Tsuchiya thinks this soup was similar to today's soymilk except that the okara had not been removed. The author was the ancestor of Ise no Teijô, who lived during the Tokugawa (Edo) period and wrote that the word *Tofu-kan* should actually be pronounced *Tofu-ko,*

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and that it means "soup" (*shiru*). When the last character is pronounced "kan" it means "yokan." Note: Could Mr. Tsuchiya be confusing Manpukuji's *tofukan* (hard tofu) with the word *tofukan* (written with different characters) that means soymilk?

Note 1. This is the earliest document seen, worldwide (March 2007), concerning okara or the pulp that remains after making soymilk or tofu.

Note 2. This is the earliest Japanese-language document seen (March 2007) that mentions okara, which it calls *unohana.* Note 3. This is the earliest document seen (March 2007) concerning the etymology of okara. Address: Japan.

33. Nijo, Yoshimoto. 1450. Shôjin gyorui monogatari Shôjin gyorui monogatari [A comic tale of the great war between vegetarian foods and animal foods]. Japan. 79 p. Japanese summary by Kawakami 1978. [Jap]

• ***Summary:*** Some say that the author was Yoshimoto NIJO (lived 1320-88), but Kawakami thinks that the work was more likely written a little later, in the mid-Muromachi period (the period ran from 1338 to 1573). The original handwritten copy has been lost but the published copy (79 pages) still exists.

This is a funny story about foods that are depicted as people. There are different fish people, Suri-dofu (grated tofu), Natto Taro (or Natto Taro Itogasane; the last name means "many threads"), etc. The story explains that vegetarian foods and fishes got together at the high ranking samurai's place. A red snapper that showed up late was placed at a lower ranking seat below the vegetarian foods. Natto Taro was placed next to the top samurai. The red snapper got upset and called on the fish, shellfish, poultry, and meats to attack the vegetarian (*shojin*) foods. Some animal names weren't even foods.

Letter from Naomichi Ishige, Japanese natto expert. 2007. Jan. 17. This monogatari contains the 2nd earliest known reliable reference to natto in Japan.

Note 1. This is the 2nd earliest document seen (Jan. 2012) and the 2nd earliest reliable Japanese-language document seen that mentions natto. This is also the 2nd earliest document seen (Dec. 2011) concerning the etymology of natto. For more details see: M. Hirano. 1990. *Nattô bunka-kô* [Thoughts on the culture and history of natto]. *Shoku no Kagaku* (*Food Science Journal*) No. 144. p. 16-22 (see p. 21).

Note: This is the earliest document seen (July 2002) concerning soyfoods and vegetarianism in Japan.

34. Jinson Daisôjô ki [Record of Jinson Daisôjô]. 1457. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to as *tôfu.*

Note: According to Osamu Shinoda (1968), this is the 4th earliest document seen that refers to tofu in Japan, and the earliest that refers to it by the name still used today, *tôfu.* Address: Japan.

35. Luo Qi. 1475? Wu yuan [The origin of things]. China. Passage on soy reprinted in C.N. Li 1958 #138, p. 95. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *Wu Yüan,* by Lo Ch'i. Ming dynasty (15th century). The section titled "Origin of foods, No. 10" states: "Liu An made tofu." (Translated by H.T. Huang, PhD, Oct. 2002). Note: This is the earliest document seen (June 2003) which mentions Liu An in connection with tofu or which states *clearly* that he made tofu. Liu An, Prince of Huai Nan, lived during the Former / Western Han dynasty from 179 to 122 BC.

36. Oyudono no Ue no nikki [Diary of Oyudono no Ue]. 1477. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to in the form of *oden.*

Note: According to Osamu Shinoda (1968), this is the 5th earliest document seen that refers to tofu in Japan, and the earliest that refers to it in connection with oden. Address: Japan.

37. Gohôkôin Konoe Masaie ki [Record of Gohôkôin Konoe Masaie]. 1479. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to as *shirakabe.*

Note: According to Osamu Shinoda (1968), this is the 6th earliest document seen that refers to tofu in Japan, and the earliest that refers to it as *shirakabe.* Address: Japan.

38. Ninagawa Chikamoto ki [Record of Ninagawa Chikamoto]. 1483. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to as *shirakabe.*

Note: According to Osamu Shinoda (1968), this is the 7th earliest document seen that refers to tofu in Japan, and the 2nd earliest that refers to it as *shirakabe.* Address: Japan.

39. Shoken nichiroku [Journal of Shoken]. 1486. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to as *dengaku.*

Note: According to Osamu Shinoda (1968), this is the 8th earliest document seen that refers to tofu in Japan, and the 2nd earliest that refers to it in the form of *dengaku.* Address: Japan.

40. Inryôken nichiroku [Journal of Inryôken]. 1487. Japan. [Jap]*

• ***Summary:*** In this document, tofu is referred to in the form of *mura dengaku.*

Note: According to Osamu Shinoda (1968), this is the 9th earliest document seen that refers to tofu in Japan, and the earliest that refers to it in the form of *mura dengaku.*

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Address: Japan.

41. Ch'oe Pu. 1488. P'yohae-rok [A record of drifting across the sea]. Korea. Unpublished manuscript. [soy ref. Kor]*
• ***Summary:*** This is the diary of a Korean official–Ch'oe Pu. In Feb. 1488, during the Ming dynasty, he and his crew were caught in a storm off the coast of Cheju, at the southernmost tip of Korea; they drifted for 16 days in an open boat, a terrible ordeal, to the southeast coast of China, landing near Ning-po. After being taken captive, he and his crew suffered many more ordeals, but were gradually sent to Peking, following the route of the Grand Canal. On the way, in Shao-hsing prefecture, the Regional Commander and the other two high officials served him tea and fruit, and wrote a list of twelve foods and drinks to be presented to him. The last item on the list was "One plate of bean-curd."

In Peking, his adventure attracted the attention of the highest authorities, who provided the means to return him to the border of his homeland at the Yalu River. In 1488 Ch'oe presented his travel diary to the Korean King, "who was pleased and ordered that it be put into the archives."

Note: In 1965 this work, translated into English by John Meskill, was published by Univ. of Arizona Press. Bean-curd is mentioned on p. 73. Address: Korea.

42. Rokuon nichiroku [Journal kept by supervisory priests (*soroku*) at a subtemple of the Zen Buddhist temple Shokokuji in Kyoto]. 1489. Japan. [Jap]*
• ***Summary:*** In this document, tofu is referred to as *tôfu.*

Note: According to Osamu Shinoda (1968), this is the 10th earliest document seen that refers to tofu in Japan, and the 2nd earliest that refers to it as *tôfu.* Address: Japan.

43. Shichijû-ichiban shokunin-zukushi uta awase [Seventy-one matching poems / songs concerning Japanese craftsmen. 3 vols.]. 1500. Japan. [Jap]*
• ***Summary:*** A woodblock print titled "Tofu seller" (*Tofu uri*) shows a Japanese woman seated in the seiza position (on her heels) on the ground behind a short table (about 4 inches high, 4½ feet long, and 14 inches wide). On the table is one large cake of tofu (about 10 inches square and 3 inches high) and four smaller pieces (each about 6 inches square and 1 inch high).

44. Su Ping. 1500. Doufu [Ode to tofu? (Document part)]. Quoted by Wai 1964, p. 91-92. [Chi; eng]
• ***Summary:*** In an English-language article about fermented tofu titled "Soybean cheese, Nganshou Wai (1964, p. 92) notes that Su Ping of the Ming Dynasty (1500) wrote:

"The best is King Wainan's skill, you see the beauty when you peel.

"Ground in mortar and milk flows.

"Boil in water and it turns to snow.

"Soak in the jar and white curds show.

"Cut apart with a knife yet the jade is sound.

"Who knows the delicacy of the curd? Only the Buddhist and Taoist."

Note 1. This is the earliest document seen (April 2002) clearly linking tofu and Buddhism.

Note 2. This is the earliest document seen (April 2013) that mentions soymilk curds–before they become tofu.

Note 3. Dr. H.T. Huang found in a bibliography the original Chinese name of Su Ping, who flourished in about 1435. He has no further information about this poem or its source.

45. Iseno, Teijo. 1525? Teikun ôrai [Teikun ôrai]. Japan. [Jap]*
• ***Summary:*** Ohta (1975, p. 226) states that this book was written during the Muromachi (Ashikaga) period [ca. 1336-1573] in Japan. It contains recipes for using fermented black soybeans (*shiokara nattô*).

K. Tsuchiya (Soymilk, 1982, p. 30) states that in this book, written during the Muromachi (Ashikaga) period in Japan, the word *tofu-kan* appears in the section titled *Shojin Ryori* (Buddhist Vegetarian Cookery). That word used to mean "tofu soup" but it actually refers to what Japanese today call soymilk (*tônyû*).

Toyo Shinpo. 1983. Jan. 1. "Tonyu no rekishi wa furui" [Soymilk has a long history]. Based on new book by Kanji Tsuchiya.

46. Tsuneatsu Hôin nikki [Diary of Tsuneatsu Hôin]. 1532. Japan. [Jap]*
• ***Summary:*** In this document, tofu is referred to as *taufu.*

Note: According to Osamu Shinoda (1968), this is the 11th earliest document seen that refers to tofu in Japan, and the 3rd earliest that refers to it as *tôfu.* Address: Japan.

47. Shishinki [Record of my heart; diary kept by a priest (1496-1564)]. 1534. Japan. [Jap]*
• ***Summary:*** In this document, tofu is referred to in the form of *tengaku.*

Note 1. According to Osamu Shinoda (1968), this is the 12th earliest document seen that refers to tofu in Japan, and the earliest that refers to it as *tengaku.*

Note 2. This record is related to Ishiyama Hongan-ji, the primary fortress of the Ikkô-ikki, mobs of warrior monks and peasants who opposed samurai rule. It was established in 1496, at the mouth of the Yodo River, on the coast of the Seto Inland Sea–near today's Osaka. In use from 1532 to 1580, it was finally demolished in 1580 by Oda Nobunaga. Address: Japan.

48. Nyôbô shitsukegaki [Women's book of manners]. 1540? Japan. [Jap]*
• ***Summary:*** According to the *Nihon Kokugo Daijiten* [Shogakukan Unabridged Dictionary of the Japanese

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Language, 2nd ed.] the earliest known appearance of the word *okabe*, meaning "tofu" was in the *Nyôbô Shitsukegaki*, a work produced toward the end of the Muromachi period. The entry explains that this is a *nyôbô kotoba* that means "woman's word."

Concerning the idea of *nyôbô kotoba*, the *Encyclopedia of Japan* (Kodansha, 1993; an English-language work) states: "A group of special feminine words originally created and used by court ladies (*nyôbô*) of the imperial household in the Muromachi period (1333-1568) to achieve a certain euphemistic elegance when discussing food and other mundane matters among themselves."

Again, according to the *Nihon Kokugo Daijiten* [Great Japanese Encyclopedia] the earliest known appearance of the word *mame no ko* (written in hiragana) was also in the *Nyôbô Shitsukegaki*.

Kawakami and Kimura (1985) state at "Kinako" (p. 36): The earliest known word for kinako was *mamenoko*, a word or term mentioned in the *Onna no Shitsukegaki* (Women's Book of Manners). They cannot find that book anywhere; it may be in the *Gunsho ruijû* [Great collection of old documents. 670 vols. Published in 1819]. In that latter book we read: *Mame no ko o ba kinako to mosu* (*Mame no ko* is also called kinako). Note: This may well be the earliest document seen (Nov. 2012) that mentions roasted soy flour, which it calls *mame no ko*. Address: Japan.

49. Iida Ichirobei of Shimôsa makes tamari shoyu and sends it to the Takeda family in Koshu. This is the beginning of Noda Shoyu (Early event). 1558.
• ***Summary:*** In *The Book of Miso*, by Shurtleff and Aoyagi (1976, p. 221-22), in the section titled "The development of shoyu," we read: "The area of Shimousa, about 30 miles northwest of Tokyo and already famous as a center of miso production, was to become the birthplace of the product now known as shoyu. In 1561, in the town of Noda, Iida Ichiro Heibei made a new variety of tamari-shoyu from hishio and presented it to the samurai Takeda Shingen, already known for his interest in miso. The flavorful product soon became known by its elegant name: Kawanakajima Goyo Tamari-Shoyu. It was first produced commercially in Shimousa in 1574."

In "Chronology of Soybeans," by Akio Saito (1985. *Daizu Geppo* (*Soybean Monthly News*). Jan. p. 12-14–in Japanese) we read:

1558–Iida Ichirobei of the feudal domain of Shimôsa (*Shimôsa no kuni;* today's Noda city in Chiba prefecture) makes tamari shoyu, called Kawanaka-jima Goyo Tamari, and sends it to the Takeda family in Koshu. This is the beginning of Noda Shoyu. It is said that the taste of shoyu gave a great boost to the energy of Takeda's army. At about this same time Takeda Shingen (lived 1521-1573) starts to use dried-frozen tofu (*kori-dofu*) for his army in Kawanaka-jima after tasting the delicious kori-dofu from Sahtobei?

50. Konko chômi-shû [Present and old cooking collections]. 1580. Publisher unknown. 276 p. Handwritten. Japanese summary by Kawakami 1978, p. 46. [Jap]
• ***Summary:*** The year 1580 was the year the book was copied. The actual year it was written is unknown. It is a sort of encyclopedia of cooking, and includes 17 varieties of sake, 3 varieties each of hishio and miso, plus a tofu section... and much more.

51. Gao Lian. 1591. Yinzhuan fushijian [Compendium of food and drink]. China. Passage on soy reprinted in H.T. Huang 2000, p. 297, 324, 340, 373. [Chi]
• ***Summary:*** Wade-Giles reference: *Yin Chuan Fu Shih Chien*, by Kao Lien (who lived 1574-1624). Ming dynasty. Huang (2000) discusses: Processes for making sprouts from yellow soybeans (*dahuangdou*) and broad beans (*handou*) (p. 297; Footnote: The identity of *handou* is uncertain; it could be either broad beans (*candou, Vicia faba*) or peas (*wandou, Pisum sativum*)). Mention of tofu (p. 324). Brief recipe for making fermented black soybeans (*shi*, p. 340).

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Seasonings based on jiang (fermented soybean paste) are used in 27 recipes: jiang itself in 20, soy sauce made from jiang (*jiangyou*) in 5 recipes, soy sauce named *jiangzhi* in one recipe, and soy sauce named *jiangshui* in one recipe. Seasonings based on fermented black soybeans (*shi*) are used in only 5 recipes: Fermented black soybeans (*shi*) in 4 recipes, and fermented black soybean sauce named *shizhi* in 1.

Huang adds (p. 373): Soy sauce (*jiangyou*) started to rival jiang in importance during the Ming [1368-1644], and by the early years of the Qing [1644-1912] had surpassed it in culinary usage. This book is the last Ming entry in the table. Huang also discusses: Use of red ferment (*hongqu*) to make red rice wine (p. 196).

Huang (personal communication, 5 June 1993), gives the date of this document as +1591, and notes that pages 148-49 mention *fu cha* (tossed gluten salad) and *chien fu* (pan-fried gluten slices). This information is repeated from an earlier book by Han I written ca. +1350.

Bo (1982): This Ming dynasty book contains may recipes that use soy sauce. Partly reprinted in Shinoda & Tanaka (1973), "A Collection of Chinese Dietary Classics."

52. Li Shizhen. comp. 1596. Bencao gangmu [The great pharmacopoeia]. China. Passage on soy reprinted in C.N. Li 1958 #311, p. 224-26. [Chi]
• ***Summary:*** Wade-Giles reference: *Pên Ts'ao Kang Mu*, by Li Shih-Chên (lived 1518-1593). Ming dynasty. This classic work was completed in 1578, but not published until 1596. It describes almost 2,000 animal, vegetable, and mineral drugs and gives over 8,000 prescriptions. A rich source

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of information, it is still very useful. All foods mentioned are considered as medicines, based on the ancient Chinese saying: "Food and medicine have the same origin." The title might also be translated as "Collected essentials of herbs and trees. Illustrated compendium of materia medica with commentaries."

Soybeans and soyfoods are discussed in two chapters of this book. Chapter 24 contains sections on soybeans, soybean sprouts, and yellow soybeans, in that order. Chapter 25 has sections on fermented black soybeans, yellow molded soybeans (Jap. soybean koji), tofu and yuba (*doufu pi*), jiang, and soy sauce. Concerning yuba: If a film should form on the surface of soymilk when it is heated in the process of making tofu, it should be lifted off and dried to give *doufu pi* (yuba), which is itself a delicious food ingredient (Huang 2000, p. 303, 323).

Note 1. This is the earliest Chinese-language document seen (Oct. 2012) that mentions yuba, which it calls *doufu pi.*

Note 2. This is the earliest document seen (Oct. 2012) that describes yuba as being removed at the start of the tofu-making process. If this description is correct it could help explain the deep and ancient connection between making bean curd (Chinese: *doufu;* Japanese: *tofu*) and making bean curd skin (Chinese: *doufu-pi;* Japanese: *yuba*).

The first part of each section is titled "Explanation of names"; when these simply repeat material we have translated from earlier Chinese documents, we will not re-translate it. Another part of each section explains each food / medicine in terms of its "nature" or "vital energy" (*qi*, hot, warm, neutral, cool, and cold) and "flavor " (*wei*, bitter, sour, sweet, pungent, salty).

The section titled "Soybeans" (*dadou*) begins by stating that soybeans are considered a "middle class drug / medicine" according to the *Shennong Bencao Jing* (*Benjing*) (Classical pharmacopoeia of Shennong, the Heavenly Husbandman) (+100). This section has four parts: (1) "Explanation of names." The soybean is *shu.* The pods are called *jia.* The leaves are called *huo.* The stems are called *qi.* (2) "Explanation of uses." After quoting information from earlier Chinese sources, he states: The different soybean varieties are black, white, yellow, spotted / speckled (*ban*), green, and striped. The black ones are also called *wudou.* They are used for both medicine and food, and for making fermented black soybeans (*shi*). The yellow ones are good for making tofu (*fu*), for pressing to obtain oil, or for making jiang. But the other soybean varieties can also be used to make tofu and can be cooked for food. They are usually planted before summer. The young plants (*miao*) grow to a height of 3-4 feet. The leaves are pointed. In the fall they have small white flowers which come in clumps about one inch across. The plants wither in the frost. According to the *Lüshi Chunqiu* (Master Lü's spring and autumn annals) (239 B.C.), when soybeans are in season, the stems are long and the branches are short. The pods come in groups of 27. The more branches there are, the more nodes. The large soybeans (*shu*) are round; the small soybeans (*shu*) are oval. The early varieties tend to grow like vines. The leaves float. The nodes are further apart. The pods are smaller and not solid. The later varieties have fewer nodes, less space between nodes, and they are less solid. According to the *Fan Shengzhi Shu* (The book of Fan Shengzhi {on agriculture}) (10 B.C.), if you plant soybeans in early summer, you should not plant them deep because the flowers do not like too much sun; they will rot and the roots will be scorched. One should adjust the depth of planting according to the variety. [After harvesting] store soybean seeds in a level, shady place in a bag. Take them out 15 days after winter begins; then you can use them for planting. Soybeans can be stored quite easily for one full year, so they can be kept in preparation for a famine year.

(3) Black soybeans–nature and flavor (*heidadou qiwei*)*:* They are sweet, neutral, and nontoxic. Prolonged ingestion will make you / your internal organs feel heavy. When raw, they are warm. When cooked, they become cold–according to *Zhibo* (a person) cited in the *Huangdi Neijing Suwen* (Yellow Emperor's classic of internal medicine: Questions and answers) (200 B.C.). Chang Qi (another person) says: When soybeans are raw they are neutral, but when they are roasted they become hot, and when they are boiled they become cool (*han*). When made into fermented black soybeans they become cold (*leng*). When used to make jiang or soy sprouts ("raw yellow curls") they are neutral. When cattle eat them, they are warm [i.e. they have a warming effect on the cattle]. When horses eat them, they are cold. So even though it is one substance, when it is eaten in different ways, it has different effects.

(4) "Inventions" (*faming*)*:* Explains the complex pharmacology and medicinal effects of soybeans on the five internal organs–such as the kidney, liver, etc.

The section titled "Soybean sprouts" (*dadou huangjuan* or "soybean yellow curls") has two parts: (1) "Explanation of names." These are sprouted [soy] beans (*dounie*). Allow the black soybean to sprout until it is 5 inches (*cun*) long. Then dry it; this is called *huangjuan* ("yellow curls"). It becomes very small when dried. (2) Nature and flavor (*qiwei*)*:* Sweet, neutral, nontoxic. Note 3. This is the earliest document seen (April 2003) that uses the term *dounie* to refer to "sprouted soybeans."

The section titled "Yellow soybeans" (*huang dadou*)–explanation of food uses–is divided into three parts: (1) "Explanation of names." Similar to the passage above stating that yellow soybeans are good for making tofu (*fu*), for pressing to obtain oil, for making jiang, etc. (2) Nature and flavor (*qiwei*)*:* Sweet, warm, nontoxic. (3) Soybean oil (*douyou quiwei*) nature and flavor: Pungent, sweet, and hot (*re*)*;* slightly toxic. Note 4. This is the earliest document seen (Feb. 2003) that uses the term *huang dadou* to refer to yellow soybeans.

Note 5. This is the earliest Chinese-language document

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seen (Sept. 2006) that uses the term *douyou* to refer to soybean oil.

Note 6. Is fermented tofu (*furu*) mentioned in this work? After looking carefully through the Chinese document, Dr. H.T. Huang says (2002) he cannot find any mention of it, after another long search. Moreover, he does not mention this book in the section of his Needham series book about fermented tofu (2000, p. 325-28). However Dr. Masaaki Yasuda, a professor in Okinawa, who has spent his professional career studying tofuyo, a type of fermented tofu, disagrees. When asked by Wm. Shurtleff about this specific point he replied (e-mail of 11 Nov. 2011): "You will find mention of fermented tofu in the Special Issue of *Honso Komoku* (*Bencao Gangmu*) by Li Shih-Chen in 1596. Maybe you only checked 'the main issues' of this book, but actually he also published other special issues that were not included in the main issues. You will find the fermented tofu using the key word *furu*, not fermented tofu nor *rufu. Furu* in this book clearly refers to the fermented tofu that you are searching for. Of course I read it myself in this book; I did not hear it from anyone else."

Red azuki beans (*chixiaodou*) are also mentioned in this book; a listing of alternative names, with commentaries, is given. (See Li 1958 #393).

White beans (*baidou*) are also mentioned as follows: White beans (*baidou*) are mentioned in the Song dynasty. They are also called *fandou.* The seedlings can be used as a vegetable. They are good eaten raw. In eastern Zhejiang the flavor is especially good. They can be used to make jiang and tofu (*fu*). In the north, the watery white beans (*shui baidou*) are similar but is not as good. White beans are also called *fandou.* They can be used to complement congee / gruel (*zhou*) and cooked rice served as a main dish (*fan*). According to the author (Li Shizhen) *fandou* is the same as white azuki beans. Some white beans have a yellow color. The beans are about the size of mung beans (*lüdou*). Plant them in the 4th or 5th month. The leaves of the seedlings are like those of red azuki beans (*chixiaodou*) and can be eaten. The pods are like those of azuki beans (*xiaodou*). One kind of pod comes with leaves like those of the soybean (*dadou*). They can be cooked like rice and used to make tofu (*fu*). They are of the same category. Nature and flavor (*qiwei*)*:* It is sweet, neutral, and nontoxic. (See Li 1958 #467). (Translated by H.T. Huang, PhD, May 2003). Dr. Huang adds: The white bean (*baidou*) could well be the white azuki bean.

53. Li Shizhen. comp. 1596. Bencao gangmu [The great pharmacopoeia]. China. Passages on soy reprinted in C.N. Li 1958 #140, p. 95-96, and #311, p. 224-26. [Chi]

• ***Summary:*** Continued: Wade-Giles reference: *Pên Ts'ao Kang Mu,* by Li Shih-Chên (lived 1518-1593). The following information on soybeans and soyfoods appears in Chapter 25 of the *Bencao Gangmu.*

The section titled "Fermented black soybeans" (*dadou shi*) is divided into four parts: (1) "Explanation of names." The word *shi* (different character but same pronunciation) also means something delectable and highly desirable. According to the *Shuowen Jiezi* (Analytical dictionary of characters) (+121), you get fermented black soybeans by adjusting salt and incubating soybeans (*shu*). (2) "Explanation of uses" gives a long, detailed description of how to make fermented black soybeans. See Huang 2000, p. 340-41. *Shi* can be made from various types of soybeans. When made from black soybeans, they make good medicine. There are two kinds of *shi* [both made by a mold fermentation]: unsalted / bland fermented black soybeans (*danshi*), and salted / savory fermented black soybeans (*yanshi*).

To make unsalted / bland fermented black soybeans (*danshi*)*:* In the 6th month, take 2-3 *dou* (20-30 liters) of black soybeans. Winnow until clean then soak overnight in water. Steam the beans thoroughly then spread on a mat. When almost cool, cover beans with artemisia leaves. Examine them every 3 days. When they are covered, but not luxuriantly, with a yellow coating [of mold], dry them in the sun, then winnow until clean. Add enough water to wet the soybeans, so that when scooped by hand, there will be wetness between the fingers. Place them in an earthenware jar (*weng*) and pack them down tightly. Cover with a 3-inch layer of mulberry leaves. Seal mouth of jar with mud, then let stand in the sun for 7 days. Remove beans from jar and dry them in the sun for an hour. Wet them again and put them back in the jar. Repeat this process [from wetting and sunning] 7 times. Finally, steam the beans, cool, dry, and store in the jar.

To make salted / savory fermented black soybeans (*yanshi*)*:* Take 1 *dou* (10 liters) of soybeans, soak in water for 3 days, steam thoroughly and spread on a mat (as before). When the beans are covered with a yellow coating [of mold], winnow, soak in water, drain off the water, and dry in the sun. For every 4 catties of beans (1 catty weighs about 1.33 pounds), mix in 1 catty of salt, plus half a catty of finely-cut strips of ginger. Place mixture in an earthenware jar. Season with pepper (*jiao*), orange peel, perilla, fennel, and almonds. Add water until it is one inch (*cun*) above surface of mixture. Top contents with leaves, then seal the mouth. Sun the jar for a month; then the savory fermented black soybeans will be ready.

Huang (2000, p. 341) notes that the process described above is identical in principal to that in the *Qimin Yaoshu* (Important arts for the people's welfare) (+544), reiterated about 350 years later in the *Sishi Zuanyao* (Important rules for the four seasons) (+900).

(3) Unsalted / bland fermented black soybeans nature and flavor (*danshi qiwei*)*:* Bitter (*ku*), cold (*han*) and nontoxic. (4) Puzhou fermented black soybeans (*Puzhou shi*) nature and flavor: Salty (*yan*), cold (*han*), nontoxic. Note

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1. Puzhou is a place in Shanxi province, China, noted for its distinctive fermented black soybeans. This is the earliest document seen (Feb. 2003) that mentions *Puzhou shi.*

The section titled "Yellow soybean koji" (*douhuang,* "bean yellow") describes the soybeans covered with yellow mold; they are the first step in making salty fermented black soybeans and are not a consumer food product. This section is divided into two parts: (1) "Explanation of names." Describes how to make *douhuang.* According to Li Shizhen (the author of this book): Take one *dou* (bushel) of black soybeans. Steam until cooked through. Spread on a mat and cover with rushes–as if you were making jiang. Allow the soybeans to mold until they have a yellow coating. Dry, then grind. (2) Nature and flavor (*qiwei*)*:* Sweet, warm, nontoxic.

Dr. Huang offers a comparison of danshi and douhuang (Feb. 2003 Feb): Unsalted / bland fermented black soybeans (*danshi*) is an end product, which is largely free of molds when it is sold; it was traditionally used in Chinese medicine. Dr. Huang has never seen or tasted *danshi,* never heard of it being used in food, and never seen it for sale in the USA. *Danshi* is made by a two-stage fermentation. In the first stage, after the soybeans are covered with a yellow coat of mold, they are winnowed, soaked in water, rinsed to remove most of the white mold and its yellow spores, then sun dried. In the second stage, the beans are packed tightly into a container and incubated for 10-15 days depending on the season. This stage enables the enzymes to act on the soybeans, digesting some–but not all–of the soy proteins. If the incubation is too long, some of the excessive peptides resulting from digestion of soy proteins may give the *danshi* a bitter taste. By comparison, yellow soybean koji (*douhuang*) is an intermediate stage of soybean processing not normally sold, but used to make jiang.

(C) The section titled "Tofu": The first clear recipe for making tofu in China appears in chapter 25 of this book (Huang 2000, p. 303). Li says that the process for making tofu (*doufu*) originated with the Prince of Huai-Nan, Liu An. Black [soy] beans, soybeans, white [soy] beans, mud beans, peas, mung beans, etc. can all be used. There are six steps: 1. Soak the soybeans [in water]. 2. Grind the beans [to give a slurry]. 3. Filter the milk [to remove the insoluble residue {okara}]. 4. Cook the milk [for an adequate time]. 5. Add nigari / bittern (*yen lu*), leaf of the mountain alum tree (*shan fan*), or vinegar to coagulate the milk. 6. Collect the curds.

Note 2. This is the earliest document seen (Jan. 2010) that describes the basic process for making tofu, either at home or on a commercial scale.

Li Shizhen continues: One can also obtain curds by mixing the hot milk in a container with gypsum powder. Various salty, bitter, sour, or pungent materials can also be used to coagulate the soymilk.

Note 3. This is the earliest document seen (Oct. 2002) that mentions nigari. Li (1958) adds: "Vital energy and flavor (*chiwei,* of tofu): Sweet, salty, cold / cooling, slightly toxic." Huang adds (p. 303) that although Li gives no details about the tofu-making process, we can surmise that the procedure used in his time is very similar to that used today in the Chinese countryside. Huang (p. 304-05) reprints line drawings (from Hung Kuang-Chu 1984, p. 58-60) of the traditional process for making tofu still used in China, and notes that the same curding agents or coagulants listed by Li Shizhen (bittern, mountain alum, vinegar, and gypsum) are still in use today.

54. Li Shizhen. comp. 1596. Bencao gangmu [The great pharmacopoeia]. China. See p. 360-71. 1965 ed., reprint of 1885 edition, Peking. Also reprinted in 1916 by Shanghai Hong Pao Chai Book Co., Shanghai. [Chi]

• ***Summary:*** Wade-Giles reference: *Pên Ts'ao Kang Mu,* by Li Shih-Chen (lived 1518-1593). The author: Bretschneider (1882, in *Botanicon Sinicum,* p. 54-55) notes: "Li was born at K'i Chou in Hu pei probably in the first quarter of the 16th century, and died toward the close of the same century. His literary name was *Tung pi.* He wrote under the pseudonym *Pin hu.* As was the case with the majority of early Chinese physicians of note, Li Shi chen was not a professional medical man, but a civil functionary and a magistrate of the district of P'eng k'i (T'ung ch'uan fu, Sz' ch'uan [Szechuan]). Besides this, his principal work, Li left several medical treatises. "Li began compilation of this work in 1552, and after 26 years' labour he completed it in 1578. He wrote out the manuscript three times before he was satisfied to give it out as complete. The author died before it was published, and his son, Li Kien yüan, presented the manuscript to the Emperor, in 1596, who ordered it to be printed."

The work: Called *Honso Komoku* in Japanese, this is the most famous of the many Chinese herbals, and the most important Chinese work on materia medica and natural history. Also called a botanical encyclopedia, it is the first treatise of its kind in which the material is treated critically. Bretschneider (1882, p. 55) adds: "Several editions have been successively issued. The earliest now extant is, it seems, that of Shun chi 15 (A.D. 1658). All editions which I have had an opportunity of examining are printed on indifferent paper and are full of misprints, which make the book very inconvenient for reference... The preface is followed by a general index of the 52 books (chapters) of the work, enumerating the 16 divisions and the 62 classes under which the whole matter is arranged... It begins with a critical review of the 42 capital works on Materia media published" previously.

Concerning the year of publication: Huang (2000, p. 621) says 1596. Yokotsuka (1986, p. 198) says 1590 and cites this as the earliest Chinese work to mention *chiang-yu* and *tao-yu* (the liquid separated from soybean chiang). Wai (1964) says 1596. Reischauer and Fairbank (1960, p. 308) say it was completed in 1578. Li (1958) says 1578. Merrill

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& Walker (1938) say 1590. Bretschneider (1881) says: Completed in 1578 but published in 1596 or 1597.

Talk with H.T. Huang. 1992. March 23. The most current, and one of the best, editions of this work was published in 1982 in Beijing by The People's Health Press (2,977 pages). It is edited and extensively annotated by Liu Heng-ju. He compared several of the most important extant versions, and where they differ (e.g. where a word is written differently in different versions), he explains these differences in footnotes, and explains why he chose the word or text that he did for his basic text. There is no English translation of the *Pen-ts'ao kang-mu*, one of the great scientific works in China (and worldwide) because: (1) It is a huge book which would take a lifetime to translate; (2) A vast amount of research would be required for an accurate translation; and (3) The cost of the translation and publication, and the relatively limited demand for the finished work would probably make the venture unprofitable for a commercial publisher. Perhaps the Chinese Academy of Traditional Medicine would be able to undertake such a translation, working jointly with English-speaking Western scholars.

In the section on soybeans, this work refers to a type of soy wine called *tou-lin chiu* ("bean soak wine") which is described as a sake-like fermented alcoholic beverage made from black soybeans. A recipe is given and it is stated that the *Ts'ung-shu chi-ch'eng ch'u-p'ien* (1473) said that it cures post-partum white sickness, apparently an affliction suffered after the birth of a child.

Note. This is the earliest document seen (Oct. 2012) that mentions a type of soy wine called *tou-lin chiu* ("bean soak wine") as described above.

Wang and Fang (1987) write: The method of preparing chiang-yu (soy sauce) was first described in this work. Cooked soybeans were mixed with wheat flour, pressed into cakes, and left in the room until the cakes were covered with yellow mold growth. The molded cakes, or *ch'ü*, were mixed with salt and water and aged in the sun. After pressing, the liquid was known as chiang-yu. Li also described how to make a similar sauce (*shi-tche*) by boiling fermented black soybeans.

Needham (Botany, 1986, p. 318g): "The soya-bean, *Glycine Soja, ta tou*, was considered an antidote for indigestion and poisoned conditions of the intestinal tract, but Li Shih-Chen found that this never had any effect unless *kan ts'ao* (*Glycyrrhiza glabra*) was given with it (chap. 24, p. 4a)."

Fukushima (1979, p. 5-6): "The chiang-yu described in *Pen-ts'ao Kang-mu* (*Honso-Komoku* in Japanese), published in 1590 by Li Shih-chen (*Ri Jichin* in Japanese) in the Ming (*Min* in Japanese) dynasty, was also made with koji [*ch'ü*] manufactured by using soybeans and cereals (Fig. 4). (In this process soybeans were cooked in water, mixed with wheat, and spontaneously molded to form koji. Salt water was mixed in with a paddle, then the mash was insulated and aged. Finally it was filtered to make chiang-yu). The ratio of soybeans to wheat in the koji making was 3:2. This ratio is very close to that used in making regular Japanese shoyu, which is made by using equal amounts of soybeans and wheat."

Wai (1964) notes that this book infers that soybean curd [tofu] was invented by Liu An.

Sato (1963, p. 20), in his book titled "Documents on Fermented Black Soybeans, Chiang, Miso, and Shoyu," cites this as the fourth earliest Chinese document seen on the subject. It was translated into Japanese by Suzuki Shintai.

Morohashi (1955) translated parts of the *Bencao* related to [soy] bean oil (*douyu*), bean sprouts (*douya, dounieh*), fermented black soybeans (*doushi*), tofu (*doufu*), [soy] bean flour (*doufen*), bean soak wine (*doulinjiu*), soybeans (*dadou*– production; there are black, white, yellow, dark brown, green, and speckled soybeans).

55. Ekirinbon setsuyôshû [Early Japanese dictionary]. 1597. Japan. [Jap]*

• ***Summary:*** This dictionary contains (as of April 2012) the earliest known published reference to shoyu (soy sauce) in Japan, written with the characters used today. Prior to this, other characters were used: Hishio / chiang, mame-bishio, etc. Written by a Japanese priest between 1469 and 1503, it was widely circulated in manuscript form and used by the common people. Modern rendering by Kawakami 1978, p. 220. It also mentions amazake and ko (the early term for amazake).

Note: This is the earliest Japanese-language document seen (June 2012) that mentions amazake, which it calls "amazake" and "ko." This is also the earliest document seen (March 2001) concerning the etymology of amazake.

Yokotsuka (1985, p. 205; 1986, p. 198) gives the title and date as "Ekirinbon-Setsuyoshu (1598)" and notes that the word shoyu [written with the same Chinese characters as chiang-yu / jiangyou, the Chinese word for soy sauce] first appeared in this book.

Akio Saito (1985) states that this book was published in 1521.

Fukushima (1989, p. 9): "The word 'shoyu' first appeared in *Ekirinbon-Setsuyoshu*, a Japanese dictionary published in 1597 during the Muromachi period."

Iino (2001, p. 23): "Next [after the *Tamonin-nikki* entries of 1568 and 1582] we find an entry for shoyu (using contemporary characters) in the *Ekirinbon-setsuyoshu* (1597). The oldest of these dictionary-like *setsuyoshu* is thought to be the *Bunmeibon-setsuyoshu.* Following its publication, similar volumes appeared successively, but none of these contains any reference to shoyu. The entry in the *Ekirinbon-setsuyoshu* appears to be the first reference to shoyu in a *setsuyoshu.* By this stage it seems clear that soy sauce was in common use, both in name and in practice."

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56. Saito, Akio. 1599. [Chronology of soybeans in Japan, 1336 to 1599, the Ashikaga/Muromachi period] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Jan. p. 14. [Jap; eng+]
• ***Summary:*** 1350–Dengaku (Oden) is mentioned in the records of the Gion shrine in Kyoto.

1444 June–The present characters for "tofu" appear in the *Kagakushu* encyclopedia.

1450–The suribachi (a serrated earthenware grinding bowl or mortar) becomes popular among the common people, therefore miso soup becomes popular.

1469–In the feudal domain of Sanuki (*Sanuki no kuni*) the Sakade Salt Farm (*Sakade Enden*) starts operation.

1500–In the published collection of Japanese poems and songs titled *Shichijû-ichiban shokunin-zukushi uta awase,* there is a drawing of a lady in a black kimono and white headband sitting cross legged on a low platform on a street and selling large and small pieces of cut tofu.

1521–The present characters for the word "shoyu appear for the first time in the book *Ekirinbon Setsuyoshu.*

1526–In a memorandum by Munenaga is written: "Late in the night, sitting by the sunken open-hearth fireplace together, and eating many Dengaku tofu" (*Yo mo fuke, irori-be ni hiza o narabe, Dengaku tofu o do kasanari.*) It seems that at the end of the Muromachi period, people spread miso on tofu, grilled it over a fire, then ate it.

1535–In Kishu (today's Wakayama prefecture), Akagiri Umataro? (Zenuemon/Yoshiuemon?) starts selling Yuasa Shoyu, which is derived from Kinzanji miso.

1558–Iida Ichirobei of the feudal domain of Shimôsa (*Shimôsa no kuni;* today's Noda city in Chiba prefecture) makes tamari shoyu, called Kawanaka-jima Goyo Tamari, and sends it to the Takeda family in Koshu. This is the beginning of Noda Shoyu. It is said that the taste of shoyu gave a great boost to the energy of Takeda's army. At about this same time Takeda Shingen (lived 1521-1573) starts to use dried-frozen tofu (*kori-dofu*) for his army in Kawanaka-jima after tasting the delicious kori-dofu from Sahtobei?

1559–The book *Tokitsugu Kyoki* by Yamashina Tokitsugu (lived 1507-1579) states that Tokitsugu sent a small keg of shoyu to Nagahaki kyoku. It seems that at the end of the Muromachi period, shoyu is becoming popular.

1560 May–Oda Nobunaga (who lived 1434-1582) wins the war over Imagawa Yoshimoto (1519-1560) in Okehazama. At about this time people start use the technique of frying to prepare the side dishes to their meals (*fukushoku-hin*) for the first time.

1573-91–Shoyu making starts on the island of Shodo-shima.

1574–Tanaka Chobei of the feudal domain of Shimousa (today's Chiba prefecture) Ichikawa starts making shoyu.

1587–Maruo Magouemon of Hanshu Tatsuno makes shoyu using Mikazuki soybeans.

1591–Akagiri Saburobei of Yuasa in Kishu-han (today's Wakayama prefecture) starts to use Shoyu Kaisen, a ship of at least 200 koku [9,520 gallons] capacity to transport his shoyu to other feudal domains (*kuni*) for sale.

1594–The term *koma-dofu* appears in the Rokuon Diary of Ginkakuji. "Rokuon" means "deer garden." *Koma-dofu* is a very firm tofu which originated in Korea.

Note. This is the earliest document seen (April 2013) that mentions firm tofu. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

57. Companhia de Iesus [Society of Jesus (Jesuit)]. 1603. Vocabulario da lingoa de Iapam, com a declaraçáo em Portugues, feito por alguns padres, eirmaós da Companhia de Iesu [Vocabulary of the language of Japan, with definitions in Portuguese, produced by some fathers and brothers of the Society of Jesus]. Nagasaki, Japan. 403 p. [Por; Jap]
• ***Summary:*** At the bottom of the title page is written: "Com licença do ordinario, & Superiores em Nangasaqui no Collegio de Iapam da Companhia de Iesus. Anno M.D. CIII." The "Licença" or license by Francisco Pasio is dated 2 Jan. 1603. A romanized version of each Japanese word is given, followed by a brief explanation in Portuguese. In Japanese, this book is known as *Nippo Jisho, Nagasaki-ban.* In 1960, Iwanami Shoten published a facsimile edition in Japan, titled *Nippo Jisho: Vocabulario da lingoa de Iapam,* compiled by Tadao Doi (822 p., 22 cm), then in 1980 they published a Japanese translation (xxxiv + 862 p., 27 cm). Kawakami (1978) has summarized some soy-related portions. Iwai (1953, p. 11) notes that this dictionary was compiled by Joao Rodrigues–but this is controversial.

Soy-related terms in this dictionary, and a translation of their definitions from Portuguese, through Japanese, into English, are as follows:

Abura ague. 1. Abura agueno mono. Abura-agé [deep-fried tofu] or abura-agé mono. Things which are deep-fried in oil. Note 1. This is the earliest document seen (April 2013) that mentions fried tofu.

Aburidôfu. Slice tofu, which is made from beans like raw cheese, broil in a fire.

Amazaqe [Amazake], a still-bubbling fermented liquid that has not yet completely become sake; or sweet sake. Note 2. This is the earliest Portuguese-language or Western-language document seen (June 2012) that mentions amazake, which it calls "Amazaque."

Azzuqi or azzuqui [azuki beans]. *"Hus feijoes pequenos como lentilhas"* means "Beans that resemble green peas (endo). Azzuqigai is rice porridge (o-kayu) that contains azuki beans. Azzukimochi is mochi that contains azuki beans. Note 3. This is the earliest European-language document or Portuguese-language document seen (Jan. 2005) that mentions azuki beans, which it calls *Azzuqi* or *Azzuqui.*

Cabe [Kabe]. Same as tofu. A type of food which is

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made from ground beans. This is a woman's word. Note 4. This is the earliest document seen (April 2013) that uses the word "cabe" (or "kabe") to refer to tofu.

Côji [Koji], a yeast [sic] used in Japan to make sake, or mixed with other things. Note 5. This is the earliest European-language document seen (June 2012) that mentions koji.

Daizzu [Daizu]. Mame. Graos, ou feijoes de Iapao [grain, seed, kernel, or Japanese beans].

Dengacu [Dengaku]. Dancing monks (Bôzos). Or tofu which is skewered, and on top of each slice is spread miso; then it is broiled. Note 6. This is the earliest document seen (April 2013) that mentions Dengaku, a type of delicious broiled / grilled tofu seasoned with miso.

Fanben [Hanben]. A type of food which is made by broiling tofu and simmering it with miso.

Icchô. A way of counting some types of food, such as tofu.

Miso. A kind of mixture which is made with *graos* [grains, seeds, kernels], rice, and salt to season Japanese soups.

Note 7. This is the earliest European-language (or Portuguese-language) document seen (March 2009) that mentions miso, which it calls *Miso.*

Misocoxi [*Misokoshi*], a bamboo strainer used for straining miso. Note 8. This is the earliest document seen (March 2011) that mentions a *misokoshi.*

Misoya, a shop that sells miso.

Misoyaqijiru [*Miso-yaki-jiru*], a type of soup (*Xiru*) made with tofu and finely sliced daikon radish. Note that the word tofu was written as "Tofus" in the dictionary but should be written "Tôfus."

Misôzzu, which should properly be called Zosui, is a healing food made from vegetables, rice, miso, etc. and served to those who are old, weak, or sick. Another meaning of this term is a type of porridge [*kayu*] containing a mixture of rice, vegetables, and other things.

Nattô, a type of food made by a brief boiling of grains / seeds [*graos* is the word used, but soybeans are actually employed], which are then put into an incubation chamber (muro).

Nattôjiru, a soup (*Xiru*) made from natto. Note 9. This is the earliest Portuguese-language document seen (Jan. 2012) that mentions *natto* or *Nattôjiru.* However recall that the "natto" used in Nattôjiru may well be fermented black soybeans.

Saqe (sake, saké).

Tamari, a very savory liquid taken from miso which can be used for seasoning foods [when cooking] or at table. Note 10. This is the earliest document seen (April 2012) that mentions tamari.

Tôfu*–Taufu. A type of food. It is made into the shape of a cheese by crushing soybeans. * Note: The sound of the Japanese character for bean (mame) is "tou." But at that time "taufu" was the typical pronunciation. In other documents it is the same, for example the *Iitsugu Kyoki* (Iitsugu Diary) written during the Tensho period (1573-1586), with entries in 1588, 1591, and 1600. Sometimes they used the characters for "T'ang" (as T'ang dynasty in China) and "cloth," although they were also pronounced as "taufu." In this 1603 Portuguese dictionary there appear a number of tofu terms written in the "open sound form" (kaionke): Cabe [Kabe = wall], Dengacu [Dengaku], Fanben, Icchô [One cho or cake of tofu], Vdondôfu, and Yudofu. One exception is the term Aburidôfu.

Tôfuya–Taufuya, a shop which makes and sells that cheese-like thing (tofu), which is made by grinding soybeans that have been soaked in water until they are soft.

Vdondôfu [Udon-dôfu]. Tofu which is made like udon (Japanese-style wheat noodles) and cooked.

Xôyu [Shoyu, or soy sauce], a liquid which corresponds to vinegar except that it is salty. It is used for seasoning foods. It is also called *sutate.* The character *su* means "bamboo mat" [as in "sudare"] and the character *taté* means "to stand up." Note 11. This is the earliest Portuguese-language document seen (April 2012) that mentions shoyu or soy sauce, which it calls Xôyu.

Yudôfu–Yudaufu: A food made from thinly sliced tofu, served next to a *kakejiru*-type sauce [which is then poured over the top].

The following terms are not mentioned: Agé (but abura-agé is), Daitokuji natto, Edamame (or Eda mame or Yeda mame), Fu (or gluten or wheat gluten), Hamanatto or Hamana-natto, Hiya-yakko, Kinako, Koya-dofu (or Kori-dofu), Okara, Soi*, Soj*, Shoyu, Tonyu, Unohana, Yaki-dofu, Yuba, Zoy*.

Note 12. This is the earliest dictionary of the Japanese language compiled by Europeans. It is also the earliest document seen (Feb. 2001) concerning soybeans or soybean products in connection with (but not yet in) Europe or Portugal, and the first such document to mention miso or natto.

Note 13. This is the earliest European-language (or Portuguese-language) document seen that mentions tofu, which it calls *Cabe, Tôfu,* or *Taufu.*

Michael Cooper (1974, p. 222-23), in his excellent biography of Rodrigues, states that in the preface to this celebrated work, the "compilers promised to produce shortly a supplement containing additional terms and words inadvertently admitted from the dictionary. The supplement appeared the following year, and the Bodleian Library, Oxford, possesses a copy of both the *Vocabulario* and its supplement bound together in one volume. The dictionary runs a formidable total of 330 folios, while the supplement extends to 71 more folios, each page carrying two columns of text. The value of this great dictionary, containing a total of 32,798 entries, is considerable." "Whether or not Joao Rodrigues had a hand in the compilation of the *Vocabulario*

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is still a debatable point... Thus until further evidence appears, the identity of the principal European collaborators must remain conjectural." Address: Nagasaki College of Japan.

58. Li Rihua. 1610. Penglong yehua [Night discourses by the Penglong mountain]. China. Passage on soy reprinted in C.N. Li 1958 #151, p. 98. Undated. [Chi]

• ***Summary:*** Wade-Giles reference: *P'êng Lung Yeh Hua,* by Li Jih-Hua (who lived 1565-1635). Ming dynasty. Penlong mountain is in Anhui province, in central eastern China. The text states (in very literary Chinese): The people of the Xi district are skilled in making tofu. They use a quern (hand-turned rotary mill stones) made of very fine purple stone. Each pair of stones is worth 2-3 pieces of gold. They are of the quality of inkstone. When the soybeans are ground, the cakes of tofu are completely smooth, without dregs. When you cook them, you do not have to season them with salt or fermented black soybeans (*shi*)*;* they have a natural, sweet flavor. On this mountain lived old Mr. Wang. He used a clay pot to cook his tofu; the flavor is superb. Legend has it that a scholar, Mr. Xu, was unsuccessful in his state examinations. So he threw down his pen and said, "How much time does one have in a lifetime? Why not return to my village, heat up my pot, and make tofu?" His product became well known as the Tofu of the Xu Pavilion. (Translated by H.T. Huang, PhD, Nov. 2002).

The second paragraph has been translated by H.T. Hang (2000, p. 325-26) who notes that this is the earliest document seen (Dec. 2002), worldwide, that mentions fermented tofu: "The people from the *i* District (in southern Anhui) love to ferment *hai fu* [*hai tou fu*] in the fall.* They wait until it changes colour and is covered with a hairy coat. The hair is carefully wiped off and the cake gently dried. It is then deep fried in hot oil, just like the making of *san* pastry. The oil is drained off and the cake cooked together with other food materials. It is said that the product has the flavor of *yu* fish. (Footnote: **Hai* is the ancient word for making a sauce by auto-digestion. The hairy growth refers to the fungal mycelium. The *i* District lies in southern Anhui).

Chu Yung-Shung (1981, p. 98A). "Fu ru is the fermented form of bean curd. The earliest record for this is in a book called *Night Dialogue under the Shade,* written by Li Ri-huo (1636-1661). He said that fu ru was prepared between summer and autumn in the Qi Men district and briefly described the procedure." Yet in the next sentence the author, Chu, contradicts what he has just said. "In a famous book on Chinese herbal medicine, *Compendium of Materia Medica* [*Bencao Gangmu*], the author, Li Shizhen (1518-1593) describes the preparation in detail."

Note 1. This is the earliest Chinese-language document seen (Oct. 2011) that mentions fermented tofu, which it calls *hai fu.*

Note 2. Concerning the date or year this document first appeared: C.N. Li (1958, p. 98 #151) gives the date as 1610. H.T. Huang suggests we use that date; it seems reasonable since Li lived 1565-1635.

Note 3. Dr. H.T. Huang (Dec. 2002) is unable to find any mention of fermented tofu in the *Bencao Gangmu;* he concludes that Chu may have been repeating misinformation started by Morohashi (1955).

59. Saris, John. 1613. [Log of trip to Japan] (Log–unpublished). Unpublished log. [Eng]

• ***Summary:*** On 29 Aug. 1613, while in Japan (near Shizuoka), Saris wrote: "Of Cheese [probably tofu] they haue plentie. Butter they make none, neither will they eate any Milke, because they hold it to bee as bloud [blood], nor tame beasts."

Note 1. This log was first published in 1900 as follows: Satow, E.M. 1900. "The voyage of Captain John Saris to Japan, 1613." *Works Issued by the Hakluyt Society* (*London*). *Series 2.* 5:126. Saris probably wrote this in Japan in August 1613 as he was traveling by land from Hirado (an island off northwest Kyushu) to Shizuoka, where he would meet Japan's ruler, Ieyasu. His traveling companions included William Adams (the first Englishman to arrive in Japan–by boat in April 1600), 10 other Englishmen, and an escort of 7 Japanese guards to protect them (Samurai William, by Giles Milton, 2002, p. 167-71).

Note 2. This is the second earliest document seen (Feb. 2004) on soy by a European–but note that Saris does not mention soy, presumably because he did not realize that their "Cheese" was made from soybeans. It is the second earliest document seen (April 2013) by a European that mentions tofu (though it is not mentioned by name) or any other soyfood.

Note 3. This is the earliest English-language document seen (April 2013) that mentions tofu, or that uses the word "cheese" to refer to tofu, or that mentions tofu in connection with Japan.

Note 4. This is the earliest document seen (Feb. 2004) concerning soy or tofu in connection with (but not yet in) England.

60. Wang Xiangjin. ed. 1621. Qunfang pu [The assembly of perfumes, or Monographs on cultivated plants]. China. Passage on soy reprinted in C.N. Li 1958 #154, p. 99, and #315, p. 227-28. [Chi]

• ***Summary:*** Wade-Giles reference: *Ch'ün Fang P'u,* by Wang Hsiang-Chin. Li (1958) and Bray (1984) give the date as 1621; Needham (1986) and Huang (2000) give the date as 1630. Ming dynasty. "Heavenly perfumes:" During the 8th month rains, it rained soybean flowers (*douhua*).

In the part titled "Assembly of cereals," section No. 1 is about fertilizing the soil. Green beans are the best; azuki beans and sesame seeds are next best. It is advantageous to plant them before planting cereals. In the 7th or 8th month,

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plow them under. They are as effective as the droppings of silk worms or fresh manure, and are especially good for planting wheat. Note: This passage describing green manuring is found in the *Nongsang Cuoyao* (Selected essentials of agriculture, sericulture, clothing and food) (1314), and even earlier in the *Qimin Yaoshu* (Essential techniques for the subsistence of common people) (+544).

Section No. 3 titled "Black soybeans" (*heidou*) states: *Dou* is the general name for beans in the pod. The large ones are called *shu.* The little ones are called *ta.* The leaves are called *huo.*

Third lunar month: Plant black soybeans (*heidou*) and regular soybeans (*dadou*). Fifth lunar month: Plant the late varieties of regular soybeans, black soybeans, and yellow soybeans (*huangdou*). Ninth lunar month: Harvest the various mature soybeans.

Black soybeans (*heidou*)*:* They are widely grown and the young plants (*miao*) grow to a height of 3-4 feet. The pods are several inches long, and may contain 5 or 6 beans. Some pods contain only 1-2 beans. They mature by the time of the first frost. The smaller ones are used medicinally. The larger ones can be eaten; they are used for making fermented black soybeans (*doushi*) or feeding animals. The flavor is raw (*sheng*) and neutral. When fried, it is considered to be a "hot" (*re,* or "heating") food, but when boiled it is considered to be a "cold" (*han,* or "cooling") food. It can be used several ways. Children 10 years old or younger should not eat the fried beans together with pork; they might suffocate and die. Do not eat hemp seeds together with fried black soybeans. The leaves are called *huo* [and can be eaten]. Planting: A good time to plant soybeans is when the locust trees are free from insects. Plant sparsely in fertile soil and densely in poor soil.

Yellow soybeans: There are two varieties–large and small. You can harvest the seedlings (*miao*), the leaves, and the pods–just like the black soybeans mentioned above. The leaves are slightly lighter in color and the pods are a little fatter than those of black soybeans. The beans can be eaten as whole soybeans (*dou*), or they can be made into jiang (fermented soybean paste), fermented black soybeans (*doushi*), soy oil (*douyou*), or tofu (*doufu*). The residue (*zhi,* Jap: okara) from the tofu can be used to feed pigs. In times of famine, people also eat the okara. The presscake (*zhi,* "residue") that remains after pressing out the oil (*you*) can be used as a fertilizer. The stems can be burned for fuel. The leaves are called *huo,* and when these leaves are young, they can be eaten. (Translated by H.T. Huang, PhD, Nov. 2002).

Note 1. This is the earliest document seen (Sept. 2001) concerning the use of soybean presscake (or cake–the residue from pressing out soy oil) as a fertilizer.

Note 2. This is the earliest document seen (Oct. 2001) concerning the use of okara (residue from tofu) as a feed for pigs or other animals.

Talk with H.T. Huang, PhD, expert on the history of Chinese food and agriculture. 2001. July 10. What is the difference between eating (*doumiao*) and (*huo*)*?* In antiquity in China, soybean leaves (*hou*) were sometimes used to make soup. These leaves were typically picked when the plant was still green but fairly large and mature; the plant was probably not uprooted, but continued to grow. On the other hand, the soybean seedlings (*doumiao*) were uprooted when they were still quite young, and the leaves were more tender. These tender leaves were prepared differently and eaten as a succulent vegetable. (*Doumiao*) is served today as a dish in Chinese restaurants, yet Dr. Huang has never seen it mentioned for use as a vegetable the early Chinese food literature–say before the year 1500. By contrast, Dr. Huang has never seen soybean leaves (*huo*) served as a dish in Chinese restaurants but they are mentioned in the earliest Chinese literature (*Book of Odes / Shih Ching,* 7th to 10th century B.C.).

H.T. Huang (2000, p. 456n) states that the sunflower (*xiangri kui*) originated in North America and was introduced to Europe in about 1510. In China, it first appeared in this 1621 book.

Wang Lianzheng (1987, p. 246) states that the sunflower is first mentioned in China in this book, where it is called *wenju* ("gentle chrysanthemum") and *ying yang hua* ("facing sunlight flower"). Today, sunflowers are an important oil crop in northern China.

61. Anrakuan, Sakuden. 1623. Seisuishô [Laughs to banish sleep]. Japan. [Jap]*

• ***Summary:*** Orie Endô (2006, p. 38) states: There are also examples of men using words such as *murasaki, himojii,* and *okabe* in a collection of popular common stories called *Seisuishô* (1623).

Note: The author's name is not a real Japanese name; it is made up and humorous.

62. Zhang Zilie. 1627. Zheng zitong [Orthography of characters]. China. Passage on soy reprinted in C.N. Li 1958 #162, p. 108-09, and #318, p. 228. [Chi]

• ***Summary:*** Wade-Giles reference: *Chêng Tzu T'ung,* by Chang Tzu-Lieh. Ming dynasty. An important work. Orthography is the art of writing words correctly, in the standard way. The entry for *dou* (with a grass radical on top) (beans) states: Popularly this character is written without the grass radical on top. According to the book *Wulilun* (280 AD), it can also mean *shu* (soybeans). But originally it was *dou* (written without a grass radical on top).

The entry for the archaic character for *dou* (with a sort of grass radical on top) gives a long explanation. Concerning yellow soybeans (*huangdou*), the *Bencao Gangmu* (The great pharmacopoeia, 1596) states that soybeans (*dadou*) come in various colors including black, white (*bai*), yellow, dark brown (*he*), green, and spotted / speckled (*ban*). Also mentions tofu (*fu*) and soybean sprouts (*dadou huangjuan*

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or "soybean yellow curls"). Also cites the *Mingyi Bielu* (Informal records of famous physicians) (0510).

The entry for (*shu*) (soybeans) first explains how it is pronounced; it rhymes with the word for uncle (*shu,* which is also written like the word *shu,* meaning soybeans, but without the grass radical). It is the same as the soybean (*dadou*). The early dictionary *Erya* (200 BC) states that *"rongshu* is the same as *renshu."* This means that the beans of the *rong* (W.-G. Jung) tribe are the same as soybeans. The ancient dictionary *Guangya* (230 AD), an enlargement of the *Erya,* says *dadou* is the same as *shu* (both meaning soybeans). *Xiaodou* is the same as *da* (both meaning azuki beans). The early dictionary *Erya Yi* (1174 AD) says the character *shu* is the general name for all the different *dou* (beans). In the *Shijing* (Book of Odes, 1000 BC), the group of odes / poems called *Xiaoya* states that "Soybeans (*shu*) grow in the middle of the plain." Another group of odes called *Daya* (from this same book) mentions *renshu.* A commentary on the *Book of Odes* by Kong Yingda (642 AD; he lived 574-648) says that *shu* is the same as *dadou* (both mean soybeans); soybean leaves are called *huo.* During the Ding Yuan year of the Spring and Autumn period, a a heavy frost killed the *shu* (soybeans). A tradition holds that *shu* (the soybean) is one of the herbs that is most difficult to kill. The *Hou Hanshu* (History of the Later / Eastern Han Dynasty) (450 AD), states that during a famine year, when people were very poor, half the time they had only *shu* (soybeans) to eat. When the army had no grains, they mixed *shu* (soybeans) with other grains to feed themselves. And the *Qian Hanshu* (History of the Former / Western Han dynasty) (76 AD) says that *shu* (soybeans) are used as food in times of famine.

The entry for *dou* (without a grass radical on top) (beans) states: *Dou* is the same as *shu* (both mean soybeans). *Shu* is the same as *dadou* (both mean soybeans). *Xiaodou* is called *da* (both mean azuki beans). Lü Lan said: When the *dou* is in season, the stem is tall and the foot is short; there are 27 pods per plant, and more nodes on the stem. In the big *shu* (*dashu,* soybeans) the pods are round; in the small *shu* (*xiaoshu,* azuki beans) the pods are elongated. Those that mature first tend to be like vines, the leaves tend to be far apart, and the small pods tend to be solid. Those that mature late have short stems and fewer nodes, and the pods are less solid. The book of Fan Shengzhi (on agriculture, 10 BC) says: In the summertime when you plant *dou,* do not plant the seeds deeply. The flowers of the *dou* do not like the sun; if they get too much sun, the plants wither and dry up. Also, soybeans (*dadou*) are black, green, yellow, white, and spotted / speckled (*ban*) in color. There are 3-4 different types of azuki beans (*xiaodou*). The *Wangzhen nongshu* (Wang Zhen's Agricultural Treatise) (1313 AD) says: Today the dark-red bean (*chidou*), white bean (*baidou*), mung bean (*lüdou*), and *yingdou* are all small beans (*xiaodou*). White beans (*baidou*) are also called the rice beans (*fandou*). They can be cooked as congee (*zhou*). Another kind is called *chadou* ("tea bean"); its leaves are like those of the soybean (*dadou*). It can be cooked like grain (*fan*), which makes it like *fandou* (soybeans cooked like grain). The small black bean is called *ludou.* The northern people feed it to horses and it is also called *daodou* (jack bean, literally "sword bean"; [*Canavalia ensiformis*]). The *Youyang Zazu* (Miscellany of the Youyang Mountain) (860 AD) calls it *jiajiandou* because the pods are shaped like the back of a sword. Another bean is called *lidou* (morning bean), or *hudou* (tiger bean), or *lidou* (fox bean). Because when they pods are old, they become black and hairy. The seeds have black spots like a tiger, and striations like a fox. (Translated by H.T. Huang, PhD, Nov. 2002).

Needham (1986, p. 562) translates the title as "Complete character orthography (dictionary)."

63. Song Yingxing. 1637. Tiangong kaiwu [Exploitation of the works of nature]. China. Passage on soy reprinted in C.N. Li 1958 #160, p. 103-08. [Chi]

• ***Summary:*** Wade-Giles reference: *T'ien Kung K'ai Wu,* by Sung Ying-Hsing. Ming dynasty. For English-language translations of the entire book see: (1) E.-Z. Sun and S.-C. Sun (1966), and (2) Li Chiao-P'ing et al. (1980).

In the section titled "General names" the soybean (shu) is mentioned as one of the "five grains."

The long section titled "legumes" (*shu*) notes that one of the many types of Chinese legumes is the soybean (*dadou*) of which there are two colors: black (*heidou*) and yellow (*huangdou*). Different varieties, their time of planting and harvest, and uses are discussed. North of the Huai River, black soybeans are fed to horses and mules that are used on long journeys. All types of jiang, sauce, and curds [tofu] made from beans are made from the soybean.

The chapter on "Vegetable oils and fats" notes that the oil of yellow soybeans is one of the best for eating; from each *tan* of yellow soybeans, 9 catties of oil is obtained. In Jiangsu (W.-G. Kiangsu) soybean oil is used as food for humans, and the meal cakes are fed to pigs. For more details, see the two English-language translations cited above.

Huang (2000, p. 197-200, 444-45, 447, 450-52) cites and quotes from this book. See also Bray (1984, p. 513n, 518, 631, 707).

In Huang 2000 (p. 197-203) the section titled "Preparation of red ferment in the *T'ien Kung K'ai Wu,"* uses the term *dan qu* to refer to this cinnabar / red koji, which is prepared with regular (non-glutinous rice) and is twice as expensive as regular koji. A detailed translation is given with three illustrations and two photos. The photos show grains of red rice koji from Foochow. The illustrations show: (1) Two men, each carrying two baskets filled with regular rice to a stream using a shoulder pole. (2) Inoculated steamed rice piled on a mat and spread on round woven bamboo trays in wooden racks. (3) Mixing cinnabar / red koji into a pile of steamed rice on a mat to inoculate it.

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Note: These are the earliest illustrations seen that show clearly the koji-making process for regular or red koji. The new koji is used not so much for its ability to turn foods red, but for its ability to keep them from spoiling. The passage in this book on making cinnabar koji begins: The process for making cinnabar / red koji is a recent innovation. It works by extracting wondrous powers out of the rank and putrid, and by transforming and distilling the essences [of grains]. When spread thinly on fish or meat–the foods that spoil most easily–the red koji will enable them to retain their freshness even at the height of summer. No flies will come near them for up to 10 days, and their color and flavor will remain as fresh as before. It is indeed a marvelous medicament (Huang 2000, p. 197).

Letter from H.T. Huang, PhD, expert on the history of Chinese food and agriculture. 1994. May 10. This famous work on Chinese technology is one of the few post-Han Chinese documents that contains information about *Li*, the early Chinese forerunner of Japanese amazake. It states in Chapter 17: "In ancient times, *qu* (rice koji) was used for making wine (*jiu*) and *nie* (malt) for making sweet wine (*li*). In later times the manufacture of sweet wine was discontinued because its flavor was thought to be too weak, and the art of using malt [to make *li*] was consequently lost." (Dr. Huang's translation).

Note 1. This is the earliest document seen (Aug. 2002) that mentions soybean cake or meal.

Perkins (1969) says in a footnote on p. 71: "Beancake is not mentioned in the *Nung shu* (1313 ed.). The first reference of which I am aware is referred to in the Ch'en Tsu-kuei (1958, p. 99). It is also mentioned in Hsu Kuang-ch'i, 1628, and in the *T'ien-kung k'ai-wu*, both seventeenth-century publications."

E.-Z. Sun and S.-C. Sun, trans. and ed. (1966). *T'ien-Kung K'ai-Wu, Chinese Technology in the Seventeenth Century.* University Park & London: Pennsylvania State University Press. Chapter 12, titled "Vegetable oils and fats" states (p. 215-16): "For eating, the oils of sesame seeds, turnip seeds, yellow soy beans, and cabbage... seeds are the best." Next in quality come perilla and rape-seed oil. The yield of oil (in catties per *tan*) is given for many Chinese oilseeds. The two oilseeds with the lowest / worst yields of oil are: cotton seeds 7, and yellow soy beans 9. By contrast, sesame, castor, and camphor seeds yield 40 and rape seeds yield 30-40.

Platt (1956, p. 835) notes: The second volume of this 1637 work "is devoted to oils and fats. From this work it may be deduced (according to information supplied by Dr. G.D. Lu) that the soya bean was grown for its oil as early as the third century A.D. The yield of oil reported at this time was 9 catties per picul of oil seeds; since a picul is a hundred catties it means that, using a simple press, 9% of oil was extracted. [Note 2. 1 picul = 133.3 pounds weight. This is about as much as one man with a yoke can carry]. It may be of interest to those concerned with animal nutrition that the press cake at that time was fed to pigs, or used as fertilizer... The fighting horses and donkeys had to be fed with the black soya bean in order to increase their endurance and muscular power."

Note 3. This is the earliest document seen (Nov. 2005) that mentions cotton seed oil.

Note 4. This is the earliest document seen (March 2005) that mentions both rapeseed (or rapeseed oil, *chaiyou*) and soybean oil. See also Huang 2000 (p. 447-53, 456).

64. Song Yingxing. 1637. Tiangong kaiwu [Exploitation of the works of nature]. China. [Chi]

• ***Summary:*** Wade-Giles reference: *T'ien Kung K'ai Wu*, by Sung Ying-Hsing. Ming dynasty. The following translation is by M.J, Hagerty from the section on "The beans" in the Imperial Encyclopedia (*T'u shu shih ch'eng.* Published, 1728). See p. 10-17 in Hagerty. See also Bretschneider. *Botanicon Sinicum* 1:198. "(Second edition published in 1637). Under the heading of Shu, or Beans, says: 'In the Shu class of grains there are as many varieties as there are among the T'ao, or Rice, and Shu, or Millet. The Shu may be planted and harvested in all four seasons, and is a real substantial grain which may be utilized as a food and drink without satiation. There is one variety called the Ta tou, or Large bean [soybean], which grows in two colors–black and yellow. Those black and yellow beans must be planted about the time of the *ch'ing ming* season (April 5-19). The yellow been includes three kinds, as follows: *Wu yueh huang tou*, or Fifth month yellow bean, *Liu yueh pao*, or Sixth month bean, and *Tung huang tou* (3 Cc = 3 Chinese characters given), or Winter yellow bean. The *Wu yueh hung tou*, or Fifth month yellow bean, yields few grains in its pods, while the *Tung huang tou*, or Winter yellow bean, yields at least double those of the preceding. The *Hei*, or Black variety [of soybean], is harvested in the eighth month. It is customary when taking a long journey north of the Huai river, to feed the horse with black beans in order to make it strong. The abundance or scarcity of the Ta tou [soybean] crop depends, first, upon the fertility of the soil, second, upon diligent weeding and cultivation, and third, upon sufficient rain and dew for moisture. Shih, or Bean relish, Chiang, or Bean sauce, and Fu, or Bean curd, are all made of the Ta tou, or Large beans, as they contain the elements necessary (legumin?). Kiang-nan also has the Kao chiao huang tou, or High foot yellow bean. This is planted in the sixth month in a field from which an early crop of Tao, or Rice, has been harvested, and is harvested in the ninth or tenth month. The people of Chi-chun, a locality of Kiangsi province, practice a very good method in cultivating these beans. This consists of using the fields from which a harvest of rice has been gathered, and instead of plowing the land a hole is scraped out of each clump of the rice stalks with the finger, and in this hole is planted three or four seeds. When the dew falls

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upon the stumps of the rice plant, it will flow down to the seeds, nourishing them. Owing to the nature of the bean, it is very easy to grow, and when the stumps or roots of the rice plant are thoroughly saturated with moisture, they rot and act as fertilizer to the bean plant. If after the seeds send forth their shoots, there is no fall of rain to provide moisture, thereby producing a droughty condition, water should be drawn from a well and the field irrigated, using one *sheng* or pint to each plant. The field should now be cultivated in order to assure a very large harvest. When the Ta tou, or Large beans, have been planted and do not send forth shoots in the proper season, care must be taken in order to prevent injury by pigeons and swallows (eating the seed?). One variety which is called the Lu tou (2 Cc), or Green bean [mung bean], is a round, small variety shaped like a pearl. The Lu tou bean must be planted during the *Hsiao shu*, or slight heat season (July 7-22), if it is planted before that time, the sprouts will creep along the ground, extending a number of *chih*, or feet, and the pods will be very few. If planted after the *Hsiao shu* season at any time up to the *Ch'u shu*, or Limit of heat season (August 23- September 7), the plants will blossom in proper season and while pods will form, they will contain few seeds or grains. This plant includes two varieties, one of which is called *Chai lu chia tou*, or Pick green pods bean. These are picked as fast as they mature and may be gathered from day to day. Another is called *Pa lu tou*, or Pull green Beans. When these are old and sufficiently matured, the whole field is harvested once only. The *Lu tou*, or green beans [mung beans], are ground, washed to purify the grain and then dried in the sun, after which they are made into flour. This flour is used to make *tang pien*, a thin sheet-like cake, and *Ts'o su*, a somewhat similar preparation but made into strips which are narrow and thick. The people regard these articles of food as luxuries and they are considered valuable. Even the water which was used to wash the bean grains may be spread upon the fields, making the soil fertile. To preserve the seeds of the Lu tou, they are mixed with *ti hui* (2 Cc), or Earth lime (?)*Shih hui* (2 Cc) or stone lime (?),*Ma liao* (2 Cc), or Pologonum (the straw, chaff, etc. (?)), or *huang tu* (2 Cc) or yellow earth (clay ? loess ?). If this is done, there need be no fear of damage by worms around the fourth or fifth months. If a period of dryness should ensue, causing a drought, the plants will also be free from worms or bugs. When the Tao, or rice crop has been harvested, either in the summer or winter, the earth, in the fields which are to be planted with Lu tou beans, should be broken up fine, using a long club like an axehandle for this purpose. If there should be a heavy rain within one day after the Lu tou has been planted, which causes the earth to become hard and solid, thereby preventing the beans from growing, steps should be taken to prevent too much water coming onto the fields, and to provide an outlet for the surplus water. Cultivate the Lu tou and Ta tou beans [soybeans] with plow and spade, but this cultivation should be shallow, as the plant does not benefit by deep cultivation and the roots should be short and the stalks straight. If the soil is plowed deeply, the loose earth will cover the beans and half of them will not grow. Deep plowing or cultivation is not suitable for plants of the Shu class [legumes], but the farmers of ancient times were not aware of this.

"'One variety, called the Wan tou, has beans which are black and speckled in color and round in form like the Lu tou, but larger. This variety is planted in the tenth month, and in the fifth month of the following year, the crop is harvested. These beans may also be planted under deciduous trees, the foliage of which, is of slow growth (thereby allowing moisture to penetrate to the bean plants). One variety, which is called *Tsan tou*, or Silkworm bean, has a pod which is similar in form to a silkworm. The bean seeds are larger than those of the Ta tou, or Large bean. These are planted in the eighth month, and in the fourth month of the following year they are harvested. These beans are found in Chekiang province, and are usually planted around the *Sang*, or Mulberry tree. If the foliage of the mulberry tree is so dense that it covers the growing bean plants, thereby intercepting the dew, they will not grow. At the time when the *Tsan tou* and *Wan tou* have very bushy stalks and dense foliage, the pods of the other varieties have already formed and are filled with ripe mature beans. The region around the upper part of the Hsiang and Han rivers (in Hupeh) produce very many of these beans. They are also cheap and are regarded as satisfactory an article of food as *Shu*, or Glutinous millet, and *Chi*, or Non-glutinous millet.

"'One variety which is called *Hsiao tou*, or Small bean [azuki], or *Chih hsiao tou*, or scarlet bean, is utilized medicinally and has remarkable merit. The *Pai hsiao tou*, or Small white bean, also known as the *Fan tou* (2 Cc), is suitable to eat and is a very good nourishing grain. This bean should be planted after the *Hsia chih*, or summer solstice (June 21 to July 6) and is harvested in the ninth month. This variety is found growing abundantly in the region of Yang and Huai (usually means region of Kiangsu and Anhui province). One variety which is called *Lu tou* (2 Cc) was found growing wild in all the fields in ancient times and at present is extensively grown in the northern section of China. For the manufacture of bean curd, the bean rivals the *Lu tou* (2 Cc). This preparation was sold daily by peddlers in Peking, and was commonly called *Lu tou p'i* (3 Cc). Judging from this statement there must have been many of these beans produced. One variety, which is called the *Pai pien tou*, or White flat bean, is a creeping kind which grows around fences. It is also called *O mei tou*, or Beautiful eyebrow bean. Others of this class are the *Chiang tou* (2 Cc) (*Dolichos sinensis*), *Hu pan tou* (3 Cc), or Tiger's stripe bean, *Tao tou* (2 Cc), or String bean, and the Ta tou (2 Cc), or Large bean [soybean]. All are classified into either green-skinned or gray-colored classes. There are many varieties found growing profusely, only in certain localities, which

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are too numerous to describe here. All beans may be used as a vegetable or as a substitute for *ku*, or grain, and provide all the people with food. The naturalist must not neglect the study of these kinds of beans.

"'When the beans which are harvested are few, it is customary to use a flail to separate the grains from the chaff, and in this way save the strength of the farmer. The usual method is to spread them on the surface of the field (thrashing floor?), letting them dry in the sun, and having an ox draw a heavy stone over the surface of the bean stalks, the pressure causing the bean grains to fall out of the pods. It is also customary to beat the bean plants with a flail, the handle of which, is made of stout bamboo, having at the end a crank or swivel-like arrangement with a ring, to which is attached a wand more than three feet in length. The beans to be flailed are spread upon the ground and beaten with this implement. After the beans are separated by beating, they are shaken in the wind, which blows away the pods and leaves, after which they are sifted in order to remove everything but the good bean grains, and finally they are removed to the granary. The *Ch'ung mo* (2 Cc), or pestle and mortar (?), is not used in grinding *Ma*, or hemp seeds, and the *Wei nien* (2 Cc), or millstone (?), is not used for grinding the Shu, or bean.'"

65. Kebukisô [Hair blows like grass]. 1643. Japan. [Jap]*
• ***Summary:*** The second earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

66. Ryôri monogatari yorozu kikigaku [Many tales of cooking I have heard and recorded]. 1643. Japan. [Jap]*
• ***Summary:*** This famous printed book by an unknown author is the earliest Japanese book that specialized in cooking. Therefore it was widely quoted in many subsequent cookbooks. Recipes include miso soup and taremiso.

Some Japanese authors cite the Japanese title as simply *Ryôri monogatari* however the eminent scholar T. Yokotsuka (1985, p. 206) cites it as *Ryôri monogatari yorozu kikigaku.*

The names of the volumes include *Ryôri Taikan, Nihon Ryôri Taikan, Zokugun Shoruiju Inshokubu, Shokumotsu Koza.*

Note: This is the earliest document seen (April 2013) worldwide, and the earliest Japanese-language document seen (April 2013) that mentions dried-frozen tofu or frozen tofu, which it calls *kôri-dôfu.* Miyashita, who cited this early reference, gave the book's date as 1624.

Concerning shoyu: Iino (2001, p. 21) contains a "Table of ingredients used in *tou-miso* and shoyu during the Edo period." The entry for *Ryori Monogatari* (compiled in 1643) states that *Masaki shoyu* is made from the following ingredients: Soybean 19.6%. Wheat / barley 22.5%. Salt 15.7%. Water 39.2%.

In the section on "Foods, Sake," is a section on "Quick preparation of amazake. Wash 1 *sho* (1.8 liters) of cooked and dried glutinous rice (*domyoji*) in hot water and drain. Mix in 1 sho of koji and 1.5 sho of water; grind in a suribachi very well. Strain in a strainer (*suino*), then simmer in a pot, while stirring. It will become good amazake. Adding white sugar is good."

In the section titled "Man Kiki Gaki" is a description of "How to make Shirokawa Amazake. Crack by grinding 3 sho white rice, steam well and cool. Mix in 5 sho of koji, 5 sho of water, and knead well. Strain in a strainer (*suino*). Discard the pulp and keep the liquid to make amazake. Mix it occasionally. In summer it takes 3 days and in winter 5 days until it is ready."

67. Chen Maoren. comp. 1644. Shuwu yimingshu [Compilation of common things with unusual names]. China. Passage on soy reprinted in C.N. Li 1958 #158, p. 103. [Chi]
• ***Summary:*** Wade-Giles reference: *Shu Wu I Ming Shu*, by Ch'ên Mao-gun. The first passage states: "Soybean milk (*shuru*) is the same as tofu (*doufu*). If you cook the beans, you will get the milk."

The second and last passage states: "A Sanskrit (*fanwen*) quotation says that you use soybeans and azuki beans (*daxiaodou*) as a nut or fruit." (Translated by H.T. Huang, PhD, Nov. 2002). Dr. Huang adds: The first passage about soymilk and tofu is garbled and doesn't make much sense. The first passage is from the *Qing Yilu* [Anecdotes, simple and exotic] (+965), but this source is not cited in this work of 1644, and Li (1958) was also unaware of it, because he never cited or mentioned the *Qing Yilu.*

Schlegel (1894, p. 136) (1) "The *Tao-fu* or Bean-curd was also called 'Leguminous milk,' and was prepared by boiling curds or milk from beans." (2) Dr. Huang comments: Schlegel was the first to cite this early reference to tofu, but he did not realize that this passage actually comes from a much earlier source, the *Qing Yilu*, which appeared almost 680 years earlier, at the end of the Tang dynasty!

This work consists of 30 bound volumes of 30 chapters. The wood blocks were carved during the reign period of Chong Zhen, the last Ming emperor, who hung himself on Cold Mountain as the Qing Manchus were conquering his dynasty and preparing to establish the Qing dynasty (1644-1911).

Note 1. This is the earliest document seen (Nov. 2002) which states that the soybean was mentioned in an early Sanskrit source.

Note 2. This is the earliest Chinese-language document seen (Oct. 2003) that uses the term *shuru* to refer to soymilk.

68. Teitoku bunshû [Collected writings of Mr. Teitoku]. 1648-1651. Japan. [Jap]*
• ***Summary:*** The third earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

69. Wang, Shizhen. 1650. Liexian quanzhuan [Biographies of exemplary immortals]. China. [Chi]*

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• ***Summary:*** In this Chinese book, Chapter / Section 21 is titled Huainan. It contains a large illustration showing Liuan of Huainan becoming an immortal sage (Jap: Sennin). Note: Liuan of Huainan was the legendary inventor of tofu.

Letter (e-mail) from Dr. H.T. Huang. 2007. March 10. Huainan is a region in southern Anhui province in central China. Liuan, who lived in the Western Han dynasty from 179 to 122 BCE, was a descendant of the first emperor of the Han dynasty. Therefore he is considered a prince. See also Huang 2000, p. 299.

70. Yorozu kikigaki hiden [Secrets of things heard and written]. 1650. Japan: Publisher unknown. 102 p. 2 volumes. Japanese summary by Kawakami 1978, p. 158. [Jap]
• ***Summary:*** Within the 54 sections, 34 sections concern food preparation, preservation, etc. Includes how to make shoyu, natto, dried-frozen tofu (kori-dofu), and miso. Between 1650-1673, nine printings were made. Each successive publication became more compact and more popular.

71. Tosa, Mitsunobu. 1657. Shichijû-ichiban shokunin-zukushi uta awase [Seventy-one matching poems / songs concerning Japanese craftsmen. 3 vols.]. Japan. [Jap]*

『七十一番職人尽歌合』より―豆腐売りとそうめん売り
（都立日比谷図書館加賀文庫蔵）

• ***Summary:*** A woodblock print titled “Sellers of tofu and somen noodles” (*Tofu to somen uri*) shows two Japanese women. At the lower right, one woman is seated in the seiza position (on her heels) on the floor or ground behind a short table (about 4 inches high, 4½ feet long, and 14 inches wide). She is wearing a dark kimono and a white head-tie. On the table is one large cake of tofu (about 10 inches square and 3 inches high) and four smaller pieces (each about 6 inches square and 1 inch high).

In the upper right, another women is standing near a rack, drying somen noodles.

Note: This book is located in the *Kaga Bunko* section of *Tokyo Toritsu Hibiya Toshokan* (library) at 1-4 Hibiya Koen, Chiyoda-ku, Tokyo 100.

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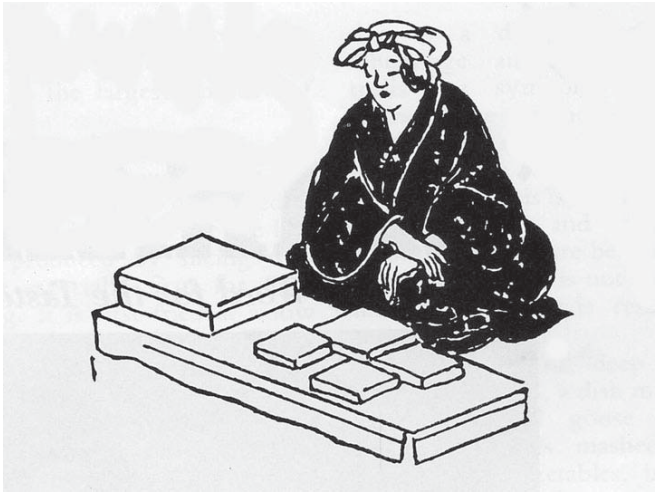

72. Zhang Lüxiang. 1658. Zhangshi bu nongshu [Mr. Zhang's supplement to the agricultural treatise]. China. Passage on soy reprinted in C.N. Li 1958 #167, p. 112, and #322, p. 230. [Chi]

• ***Summary:*** Wade-Giles reference: *Chang Shih Bu Nung Shu*, by Chang Lü-Hsiang. Qing dynasty. The section titled "Land management" compares the cultivation of soybeans (*dou*) with the cultivation of silkworms (*can*) in terms of profit.

The section titled "Plum Soybeans" (*meidou;* the character for *dou* is written with a grass radical on top), which apparently refers to a particular soybean variety, states: The ordinary agricultural treatises do not mention plum soybeans, which are a unique product of a place named Tongyi (probably in Zhejiang). Chongyi, another place in the eastern district of Chongyi, also produces plum soybeans. Places adjacent to Chongyi (which do not produce plum soybeans) include: Jiaxing (a city in Zhejiang province about 53 miles southwest of Shanghai), Xiushui, Wujiang, Wucheng, and Haining; their soil is probably not suitable. The plants will grow there but they do not produce seeds. So only in the Tong [Tongyi] are is this kind of soybean produced. In the 6th and 7th month the mature soybeans (*chendou*) are used to make tofu (*fu*). If the yield of tofu is small, then add plum soybeans to increase the yield. When this soybean is mature and harvested, the merchants come to buy it. Both the officials and the merchants rely on it. Plum soybeans are planted after the 5th day of the 5th lunar month (*chingming*) and they mature before mid-summer, in only 100 days. So the growers get a profit very quickly. The five secrets / methods of getting as good yield are: (1) The seeds must be kept in a dry place; do not allow dampness or steam into the vessel / container (*qi*). (2) When you use clay [for sealing the mouth of the vessel], seal it tightly with a thick layer of clay mixed with straw. The straw enables the winter cold to permeate the clay and kill any insects in the clay. (3) Cultivate the soil early. (4) When you spread ashes on the field, use plenty. (5) When you cultivate, do so thoroughly. Everyone knows these five secrets. If you don't spread enough ashes, the roots will grow down only 5 inches. Cultivation turns the ashes under the ground, but they may not be evenly distributed. However, rain will make the ashes more available to the roots [by dissolving the minerals out of the ashes]. So the beans will grow more luxuriantly. If you allow the ashes to be buried too deeply, the roots will not be able to reach them. Or, if you add the ashes after the seedlings have started to grow, they will not be as easily available. If you follow these instructions, the soybean leaves and stems will grow well and you will get a seed yield of 3 *dou/mou* (about 60 liters per 1/6 acre, or 360 liters per acre, or 10.2 bushels per acre). Note: This is the earliest document seen (Feb. 2003) that mentions the use of ashes as a source of minerals (especially potassium) for fertilizing soybeans.

The section titled "Planting of hemp" mentions the planting of late rice and late (maturing) soybeans (*wandou*). Note: It is not clear whether the hemp is being grown for its seeds or fiber. (Translated by H.T. Huang, PhD, Dec. 2002).

73. Fang Yizhi. 1664. Wuli xiaoshi [Mini-encyclopedia of the principles of things]. China. Passage on soy reprinted in C.N. Li 1958 #170, p. 113-14. [Chi]

• ***Summary:*** Wade-Giles reference: *Wu Li Hsiao Shih*, by Fang I Chih. Ming and Qing dynasties. This is a very well-known work. The section titled "Different oils" states that to eat / cook vegetables, use tea-seed oil or soybean oil (*douyou*). When you press yellow soybeans (*huangdou*), you can get 18 catties of oil from one picul; if you use the wedge press, you can get 22 catties. Note: This is the earliest document seen (Nov. 2003) that mentions a wedge press in connection with soybeans. It it not clear what kind of press gives 18 catties of soybean oil.

The section titled "cattle" says that they fear both hot and cold weather, so its good to feed them hay mixed with beans (*dou*, probably soybeans).

The section titled "sheep" says to feed them hay mixed with beans (*dou*, probably soybeans); this will fatten them more easily. (Translated by H.T. Huang, PhD, Dec. 2002). Dr. Huang adds that the famous poem titled "Tofu" (*doufu*), by Zhu Xi (ca. 1180) appears in this work, which is widely cited as the source of the poem, since it is hard to find it in Ju Xi's collected works.

In chapter 6 of this book, the section on food and drink recommends the use of gypsum to curdle soymilk (Huang 2000, p. 205n).

74. Fernández Navarrete, Domingo. 1665. [Journal]. In: Awnsham Churchill and John Churchill, comps. 1704. A Collection of Voyages and Travels. London: Published by the author. 4 vols. See vol. 1, p. 251-52. Chap. 13. [Spa; Eng]

• ***Summary:*** This passage in Fernández Navarrete's journal, written in 1665 in Spanish, first published in Spanish in 1676, but not published in English until 1704 by Churchill &

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Churchill, appears in Chapter 13 of the Journal, titled "His Journey to Che Kiang" (p. 251-52). The following is from the 1704 translation; the unnamed translator may have been Captain John Stevens:

"16. Before I proceed to the next chapter, because I forgot it in the first book, I will here briefly mention the most usual, common and cheap sort of food all *China* abounds in, and which all men in that empire eat, from the emperor to the meanest *Chinese,* the emperor and great men as a dainty, the common sort as necessary sustenance. It is call'd *teu fu* [tofu], that is, paste of kidney-beans [*Llamase Teu Fu, esto es, masa de frixoles* {*frijoles*}]. I did not see how they made it. They draw the milk out of the kidney-beans, and turning [curding] it, make great cakes of it like cheeses [*quesos*], as big as a large sieve, and five or six fingers thick. All the mass is as white as the very snow, to look to nothing can be finer. It is eaten raw, but generally boil'd and dressed with herbs, fish, and other things. Alone it is insipid, but very good so dressed and excellent fry'd in butter. They have it also dry'd and smok'd, and mix'd with caraway-seeds, which is best of all. It is incredible what vast quantities of it are consum'd in *China,* and very hard to conceive there should be such abundance of kidney-beans. That *Chinese* who has *teu fu,* herbs and rice, needs no other sustenance to work; and I think there is no body but has it, because they may have a pound (which is above twenty ounces) of it any where for a half-penny. It is a great help in case of want, and is good for carriage. It has one good quality, which is, that it causes the different airs and seasons, which in that vast region vary much, to make no alteration in the body, and therefore they that travel from one province to another make use of it. *Teu fu* is one of the most remarkable things in *China,* there are many will leave pullets for it. If I am not deceiv'd, the *Chineses* of *Manila* [Philippines] make it, but no *European* eats it, which is perhaps because they have not tasted it, no more than they do fritters fry'd in oil of *Ajonjoli* ([sesame seed] a very small seed they have in *Spain* and *India,* which we have not) which the *Chineses* make in that city and is an extraordinary dainty."

Note 1. Friar Domingo Fernández Navarrete was born in 1618 in Castrogeriz, Spain (he was Castilian), and he died in 1686 on the island of Santo Domingo, where he was Archbishop and Primate of the Spanish Indies. He wrote in Spanish, and served as a Dominican missionary in China (where he observed soyfoods) from 1658 to 1669.

Note 2. This is the earliest document seen in the Western world, or written by a European, that mentions soymilk, although it is described as a step in the process of making tofu rather than an a beverage. It is the third earliest that mentions soya or tofu.

Note 3. This is the earliest Spanish-language document (April 2013) seen that mentions tofu, which it calls *Teu Fu* or *masa de frixoles* {*frijoles*}. The author is not certain that Chinese in Manila made tofu. If they did, this would be the earliest document seen (April 2013) concerning soybean products (tofu) in the Philippines. This document would also contain the earliest date seen for soybean products in the Philippines (1665); soybeans as such had not yet been reported by that date. Yet if the Chinese were making tofu at this time in Manila, they must have had soybeans. Therefore, this would be the earliest document concerning soybeans in the Philippines. And these soybeans were probably being cultivated at this time in the Philippines.

Note 4. This is the earliest document seen concerning soybeans in connection with (but not yet in) Spain.

Note 5. This is the earliest document seen (Jan. 2002) concerning soybeans in Southeast Asia. This document contains the earliest date seen for soybeans in Southeast Asia (1665).

Note 6. This is the earliest document seen (April 2013) that mentions smoked tofu. It is interesting that a European mentions smoked tofu, which he apparently saw in China, before it is mentioned in any known Chinese document–in 1680.

Note 7. This is the earliest European-language document seen (Aug. 2007) that mentions sesame oil, which it calls "oil of Ajonjoli."

Note 8. This is the earliest European-language document seen (April 2013) that mentions dry / dried tofu ("They have it also dry'd") in China. This probably refers to *doufu-gan* (which literally means "tofu dry" but which we call "pressed tofu").

Note 9. Navarrete's 1665 journal is the earliest Spanish-language document seen (Jan. 2000) concerning soy. When it was published in 1676 in Spanish, it was the earliest Spanish-language publication seen concerning soy.

Note 10. For a biography of Domingo Fernández Navarrete (1610-1698), see J.S. Cummins (1962). In the National Union Catalog, his surname is given as "Fernández Navarrete" (i.e. his name is indexed under "F," not under "N"). In May 1677, long after leaving China, he was nominated Archbishop of Santo Domingo (an early name for the Dominican Republic); he arrived there on 20 Sept. 1677. He learned about food uses of soybeans in about 1665 while he served as a Dominican missionary in China (1658-1669). The island on which he was archbishop, called Hispaniola in English or Española in Spanish, was visited by Christopher Columbus in 1492 and settled in 1493; it became the center of Spain's rule in the West Indies and the base for Spain's expansion to the American mainland. Its capital constitutes the oldest continuous European settlement in the Americas. The natives were soon exterminated by the Spanish and replaced by negro slaves. During the 1600s, the western third of the island (known today as Haiti) was occupied by French buccaneers and ceded to France by Spain in 1697, after Navarrete wrote about soya; it came to be known by the French as the colony of Saint Domingue, while the eastern two-thirds of the island where Navarrete lived

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(Santo Domingo, known today as the Dominican Republic) remained under control by Spain. Hymowitz and Newell (1981) noted that this was the earliest accurate European description seen for the use of soybeans as a food. Thus the first two European references to soyfoods were both about tofu.

For a good biography of Fernández Navarrete, see Cummins 1962.

75. Shiomisaka, Baian (Umean). 1668. Ryôri anbai-shû [Collected cooking instructions]. Japan: Publisher unknown. 120 p. Japanese summary by Kawakami 1978, p. 159. [Jap]
• ***Summary:*** The 21 sections include sections on miso (there are many miso soups) and tofu. Perhaps miso soup became popular at about this time.

76. Ye Mengzhu. 1670? Yueshi bian [Viewing the world]. China. Passage on soy reprinted in C.N. Li 1958 #326, p. 232-33. Undated. [Chi]
• ***Summary:*** Wade-Giles reference: *Yüeh Shih Pien,* by Yeh Mêng-Chu (who lived 1624–ca. 1693). Describes conditions and institutions in the late Ming and early Qing dynasties (late 17th century). The "Economic affairs" section, part 2, states: Soybeans (*dou*, written with a grass radical on top) are used for making oil (*you*) or tofu (*fu*), for feeding horses, and for fertilizing the fields. Their price is about the same as rice. Different qualities of soybeans are produced in different places. Along the coastal regions, a variety named *tangdou* is the smallest and its price is also the lowest. Among those that are produced in the fields, the yellow soybean (*huangdou*) is the most common. The varieties with the largest seeds include the *shigu, qingbai* ("green white"), and *fengtan* ("flour round"), etc.; their prices are higher.

The price of yellow soybeans, in an average year, is slightly less than that of rice. One picul (*dan;* 1 dan = 71.6 kg or 156.76 lb) of soybeans is approximately equal in price to 0.8 to 0.9 piculs of rice. However in the 14th year of the reign of Chongzhen (near end of Ming dynasty), plenty of early soybeans but less rice was available. So 1 bushel of rice is equivalent to (could be traded for) 1 bushels of soybeans. In the 14th year of Shunzhi, the price of 1 bushel of early soybeans was 3½ ounces (oz; *liang*) of silver. But in the winter, the price of rice is only 1 ounces of silver per bushel. And the price of soybeans is 1.8 ounces of silver. Therefore, 2 bushels of rice are equivalent to 1 bushel of soybeans. Yet in the 7th year, 2nd lunar month, 1 bushel of white / polished rice was worth 1 ounce of silver, and 1 bushel of soybeans was worth 2 ounces of silver. In the 9th lunar month, one bushel of new rice was worth 2 ounces of silver, and 1 bushel of soybeans was worth only 1.5 ounces of silver. In the 8th year, 3rd lunar month, 1 bushel of white rice was worth 3.4 ounces of silver, and 1 bushel of soybeans was worth 1.5 ounces of silver. In the 4th lunar month, 1 bushel of white rice was worth 4 ounces of silver, and 1 bushel of soybeans was worth only 1.2 ounces of silver. In the 6th lunar month, 1 bushel of white rice was worth almost 5 ounces of silver, and 1 bushel of soybeans was worth only 1.6 ounces of silver. In the 7th lunar month, 1 bushel of soybeans was worth 3.2 ounces of silver–almost equal to the price of white rice. In the 14th year, 11th lunar month, a bushel of soybeans was worth only 0.8 ounces of silver, and rice was about the same price. In the 16th year, 3rd lunar month, 1 bushel of soybeans was worth 2 ounces of silver, about the same as white rice. In the 18th year, 1 bushel of new rice was worth 1.3 ounces of silver; 1 bushel of soybeans was worth only 0.8 ounces of silver. That winter, 1 bushel of white rice was worth 2 ounces of silver, but 1 bushel of soybeans was worth only 1.2 to 1.3 ounces of silver. In the reign of Kangxi, 2nd year, 10th lunar month, 1 bushel of rice was worth only 0.9 ounces of silver, and 1 bushel of soybeans only 0.5 ounces of silver. One bushel of the *tangdou* variety [smallest and least expensive] was worth only 0.4 ounces of silver, but later it was worth 0.6 to 0.8 ounces of silver. By the 18th year, 3rd lunar month, they actually reached 1.2 to 1.3 ounces of silver. In the 4th month, it rose to 1.4 to 1.5 ounces, then it dropped to 1.1 to 1.2 ounces. That fall, the price of new soybeans was 0.7 ounces per bushel. In the winter, 11th lunar month, it rose to 1.2 ounces. In the 19th year, spring, the price was 1.35 ounces per bushel, then it fell to 1.0 ounces. In the 21st year, spring, each bushel (*dan*) was worth only 0.7 ounces and in the summer, 5th lunar month, it dropped to 0.6. In the 23rd year, winter, the price of a bushel of soybeans came to about 1 ounce of silver. The next spring, it remained about the same. (Translated by H.T. Huang, PhD, Feb. 2003).

Note: This is the earliest document seen (Feb. 2003) that mentions or discusses the price of soybeans, the changes in this price during the one year or over many years (the price fluctuates markedly), or compares their price with that of other grains (rice). More broadly, it is the earliest document seen (Feb. 2003) that analyzes soybeans from a commercial viewpoint. One could make a lot of money by hoarding soybeans, or by knowing when to buy and to sell.

77. Fernández Navarrete, Domingo. 1676. Tratados historicos, politicos, ethicos, y religiosos de la monarchia de China... [An account of the empire of China, historical, political, moral, and religious]. Madrid, Spain: En la Imprenta Real, por Juan Garcia Infancon. A costa de Florian Anisson, Mercador de Libros. [18] + 518 + [25] p. See p. 347-48. 30 cm. [Spa]
• ***Summary:*** This is the earliest published Spanish-language edition of Fernández Navarrete's journal, written in 1665. It was printed/published in 1676 in Madrid by Juan Garcia Infanon. Book VI (*Tratado sexto*), titled "The author's travels" [1646-1674] (*De los viages, y navigaciones que el autor deste libra ha hecho*) begins on p. 289. We are interested in Chapter XIII, titled "My journey to Che Kiang and stay there till the persecution," which begins on p. 344.

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We will give below an exact transcription of part of this 17th century Spanish document, but we will adapt the original letter forms to their contemporary equivalents. Near the end of this chapter, Part 16 (p. 347) begins: *"Antes de passar al capitulo siguiente, escribo aqui con breuedad* [*brevedad*], *por averseme* [*averme*] *olvidado in en Tratado primero, el manjar usadisimo, comunisimo, y muy barato de que abunda toda la China, y que comen quantos ay en aquel Imperio, desde el Emperador, hasta el China mas ordinario, el Emperador, y señores, por regalo, la gente ordinaria por sustento, y necesidad. Llamase Teu Fu, esto es, masa de frixoles* [*frijoles*]. *El modo come se haze* [*hace*] *no le vi, sacan la leche de los frixoles, y quaxada* [*cuajada*] *hazen* [*hacen*] *uno como quesos tan grandes como un arnero, y de gruesso cinco y seis dedos. Toda la masa tan blanca como la mesma nieue* [*nieve*]. *Tiene la vista quanto se puede desear."*

The following translation is from A. Churchill and J. Churchill, comps. 1704. *A Collection of Voyages and Travels* (London): "Before I proceed to the next chapter, because I forgot it in the first Book, I will here briefly mention the most usual, common and cheap sort of food all *China* abounds in, and which all men in that empire eat, from the emperor to the meanest *Chinese,* the emperor and great men as a dainty, the common sort as necessary sustenance. It is call'd *teu fu,* that is, paste of kidney-beans [*masa de frixoles*]. I did not see how they made it. They draw the milk out of the kidney-beans, and turning [curding] it, make great cakes of it like cheeses, as big as a large sieve, and five or six fingers thick. All the mass is as white as the very snow, to look to nothing can be finer."

Note 1. This is the earliest published Spanish-language document (April 2013) seen that mentions tofu, which it calls *Teu Fu;* the author refers to soybeans as simply *frijoles.*

Thanks to Javier Alvarez-Mon of Spain, a student and employee at the Graduate Theological Union Library in Berkeley, for help in transcribing and interpreting this passage in old Castilian (the language of Castile–an ancient kingdom in central and northern Spain–that became the modern official and literary language of Spain). Javier notes that today in Spain beans are no longer called *frijoles.* Rather, they are called *judías* (pronounced hu-DEE-as), a word apparently (for unknown reasons) related to the word "Jews."

Note 2 This is the earliest Spanish-language document seen (Oct. 2003) document seen that mentions soymilk, which it calls *la leche de los frixoles.*

For a good biography of Fernández Navarrete, see Cummins 1962. He was born in 1618 in Castrogeriz, Spain (he was Castilian), and he died in 1686 on the island of Santo Domingo, where he was Archbishop and Primate of the Spanish Indies.

78. Shixian hongmi [Guide to the mysteries of cuisine]. 1680. China. Passage on soy reprinted in H.T. Huang 2000, p. 325-27. [Chi]

• ***Summary:*** Wade-Giles reference: *Shih Hsien Hung Mi.* H.T. Huang (2000, p. 623) states that this book is attributed to Wang Shizhen (Wade-Giles: Wang Shih-Chên) but more probably was written by Zhu Yizun (W-G: Chu I-Tsun).

Huang states (p. 324) that frozen tofu (*dong doufu;* W.-G. *tung toufu*) is first mentioned in Chinese in this work. The section titled "Frozen tofu" states: In the depths of winter, place a cake of tofu (*doufu*) outdoors in a basin of water overnight. The water will freeze even though the tofu itself may not. However the beany flavor will be lost in the water, leaving the flavor of the tofu much improved. Another way is to freeze the tofu itself without the water. When thawed, it will look like a little beehive. Wash it well. Heat it in a soup base or fry it in oil. It will be an unusual dish regardless of how it is cooked. Huang adds that this same description of the process is repeated in the *Yang Xiaolu* (1698).

Note 1. This is the earliest Chinese-language document seen (April 2013) that mentions frozen tofu, which it calls *dong doufu.*

Note 2. Dr. Huang states (March 2004) that the term *dong doufu* almost always refers to tofu that has been frozen, then thawed and dried. However he has never seen an early description of how it was thawed and dried. In addition, he has never heard the term *bing doufu* ("ice tofu"), meaning "frozen tofu."

Huang (2000) states (p. 325) that pressed tofu (*doufugan,* "tofu + dry") is first mentioned indirectly in this work in connection with the preparation of smoked tofu (*xun doufu;* W.-G. *hsün toufu*), which is first mentioned in Chinese in this 1680 book. The section titled "Smoked tofu" states: Press tofu until it is as dry as possible. Soak it in brine, wash well, then dry it in the sun [to give *doufugan*]. Spread sesame oil over the surface, then smoke it. Another method is to soak tofu in brine, wash well, then dry it in the sun. Boil it in soup stock, then smoke it.

When William Shurtleff saw pressed tofu (*doufugan*) prepared in Taiwan and China during the 1970s, it was always pressed using either a hand-turned screw press or a lever-press with huge stones. He never saw it being dried in the sun. Perhaps the efficiency of the screw press in removing moisture from the tofu made the sun-drying unnecessary. Note that sun-drying takes extra time and exposes the warm tofu to unwanted microorganisms.

Huang (2000, p. 326) translates the earliest known account of making fermented tofu*: To make Fujian (W.-G. Fukien) style fermented tofu (*doufuru,* W.-G. *tou fu ju*), press tofu until it contains a little moisture as possible or wrap it in fine cotton paper and desiccate it in fresh ashes. Cut cake into thick square pieces and place them in rows on a bamboo steamer pad. After all steamer tiers are filled, cover steamer. [The best time to make it] is in the 2nd or 3rd month in spring or 9th or 10th month in autumn. Place steamer in an airy place. After 5 or 6 days, surfaces [of tofu] will be

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covered with a hairy growth, which may gradually turn black or greenish red. Wipe hair off tofu squares with a piece of paper. Save it, making sure not to damage the skin. For [the tofu from] each *dou* of beans, prepare 3 catties of soy sauce and 1 catty of fried salt. (If soy sauce is not available, use 5 catties of salt.) Grind 8 ounces of fresh red ferment spiced with clean peppercorn, fennel and licorice, then mix powder with salt and wine. Place tofu in a jar, add wine sauce mixture, then seal mouth of urn with clay. Allow urn to stand for 6 months; an excellent flavour will result."

(Footnote: *The original passage is interspersed with notes that describe a variation of the process as it was practiced in Zhejiang (W.-G. Chekiang). These notes make the text somewhat confusing to read, so they were left out in the translation. However, from these notes we can reconstruct the Zhejiang process as follows: After the steamer is filled with tofu squares, steamed them. Place the steamer, while still hot, on a bed of rice straw and cover completely with rice husks–in a place with little air movement. Remove tofu squares after 5-6 days. Press down and flatten the hairy growth. [This will help to keep the product fresh.] Then layer the squares in a jar. Sprinkle a pinch of salt on each piece of tofu until all surfaces are evenly salted. For each layer of tofu there should be a layer of salt. When salt is dissolved, each piece is heated in the sun by day and marinated in sauce mixture [as indicated in the Fujian process]. Continue sunning and marinating until all sauce is used up. Soak layered tofu in a jar with wine. Then seal mouth of urn with clay. Allow the urn to stand for 6 months and an excellent flavour will result).

Note 3. This is the earliest document seen (Feb. 2007) that mentions fermented tofu, which it calls *doufuru.*

Huang (2000, p. 326) continues by noting: Two other passages in the *Shixian Hongmi* are also of interest in this connection. One describes a method for making *zao rufu* (W.-G. *tsao ju fu*), i.e. fermented tofu (*furu*) aged with a fermented mash [rice wine dregs]: Transfer ripened *rufu* or samples that are too salty in layers to a new vessel. Line fermented mash or residue between layers and allow material to age. A product with a unique flavor is obtained. The other deals with the making of *doufu fu* (W.-G. *tou fu fu*), a deep fried 'stinky' dewatered tofu: Take good quality [pieces of] tofu and grill in oil. Then cover with a cloth screen to keep out flies and other insects. When a "stinky" odour is developed, fry the pieces again in hot "boiling" oil. The flavor is excellent.

Note 4. This "stinky" tofu is probably *chou doufu.* If it is, this is the earliest document seen (Oct. 2011) that mentions a type of *chou doufu* ("stinky tofu").

Huang (2000, p. 326-27) comments further: Two interesting points emerge from these passages. First, by the time that the *Shixian Hongmi* (+1680) was published, *furu* and *rufu* had apparently become synonyms for fermented tofu. The word *fu* could now mean a gel or custard made from any edible suspension or emulsion of food material, and *ru* any type of dairy or soy milk derived product. Second, although the word *zha* (W.-G. *cha*) was not used, there is no question that the frying in "boiling oil" shown in the second passage indicates that deep frying was a common method of cookery during the Ming dynasty.

Huang (2000, p. 341) states that this book contains an interesting recipe in which fermented black soybeans (*shi*) are stewed with pieces of pressed tofu (*doufugan*) and bamboo shoots.

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Seasonings based on jiang (fermented soybean paste) are used in 49 recipes: jiang itself in only 8, soy sauce made from jiang named *qingjiang* in 1 recipe, soy sauce named *jiangyou* in a whopping 37 recipes, soy sauce named *jiangzhi* in 2 recipes, and soy sauce named *jiangshui* in one recipe. Seasonings based on fermented black soybeans (*shi*) are used in only 6 recipes: Fermented black soybeans (*shi*) in 4 recipes, and fermented black soybean sauce named *shizhi* in 2.

Talk with H.T. Huang. 2001. Feb. 20. This 1680 book contains a recipe titled Soy Sauce Pressed Tofu (*Jiangyou Fugan*) which states: Cut pressed tofu (*doufugan*) into pieces. Mix 1 catty of soy sauce with 2 catties of water. Filter the liquid mixture then boil it. Filter it again to remove any remaining residue. Now add to the liquid: mushrooms and 4 different spices (*dingxiang, baiqi, dahuixiang,* and *guipi* {cassia bark, *Cinnamomum cassia*}), and tofu. Boil for several minutes. Remove from heat and allow to stand for half a day. The color still will not be very dark. Remove tofu from liquid and dry it. After 1 night, repeat the process of boiling and soaking several times. Note 5. This yields a highly seasoned tofu with a long shelf life at room temperature.

Note 6. This is the earliest document seen (Feb. 2004) that recommends adding mushrooms or spices / seasonings to soy sauce to enhance its flavor.

79. Chen Qiyuan. 1682. Maoshi jigubian [Examination of Mao's ancient *Book of Odes*]. China. Passage on soy reprinted in C.N. Li 1958 #177, p. 115-16. [Chi]

• ***Summary:*** Wade-Giles reference: *Mao Shih Chi Ku Pien,* by Ch'ên Ch'i Yüan. Qing dynasty. The section titled "Ode to the seventh month," which refers to Ode 154 in the *Shijing* (The Book of Odes); summarizes earlier knowledge of soybeans (*shu, dadou*), azuki beans (*xiaodou*), and other beans. Soybeans come in various colors, including black, white, yellow, dark brown (*he*), green (*qing*), and spotted / speckled (*ban*). They are used to make fermented black soybeans (*shi*), jiang, tofu (*fu*) and oil (*you*). Black soybeans are used as medicine. (Translated by H.T. Huang, PhD, Dec. 2002). Dr. Huang adds: The *Shijing* (Book of Odes) is a compilation which is considered to be the oldest of the

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five Confucian classics. In ancient times, there were several versions of this compilation. The version compiled by Mao Hêng in the early Han dynasty (2nd century BC) is the one that has been handed down to us and is considered the most trustworthy. When people cite or refer to the *Shijing,* they actually mean Mao's compilation.

80. Hishikawa, Moronobu. 1685. Wakoku shoshoku e-zukushi [Various Japanese occupations described in pictures]. Japan. [Jap]*
• ***Summary:*** One woodblock print shows a Japanese man carrying two water-filled wooden tubs of tofu suspended by 4 ropes at each end of a shoulder pole. He is selling tofu, probably in Kyoto. To his left is walking a kimono-clad woman, with a similar wooden tub (covered with a cloth but probably containing tofu) atop her head. She probably bought the tofu from him. Both people are bare footed. The caption says: "Please eat tofu. I came all the way from Nara."

81. Wakan shôjin ryôri-sho [Japanese-Chinese vegetarian cookbook]. 1688. Japan. [Jap]*
• ***Summary:*** The fourth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

82. Gôrui nichiyo ryôri-sho (or ryôri shinan-sho) [The recipe book with mixed variety for daily use]. 1689. Nishimura Hanbei (Edo), Nishimura Nishimura Ichiroemon and Nakagawa Moheibei (Kyoto). 5 volumes. Japanese summary by Kawakami 1978. [Jap]
• ***Summary:*** Other names for this book are *Gorui Nichiyo Ryôri Shinan-sho, Ryôri Shinan-sho,* and *Ryôri-sho.* The author is unknown. Fermented foods (*jozo shokuhin*) are included in volume 1, and tofu in volume 3. Unlike a typical recipe book, this one contains many descriptions of methods and processes for making foods. The book also contains detailed recipes for making and serving natto, plus a history of natto.

83. Gao Shiqi. 1690. Tianlu shiyu [Remnant knowledge from the gift of heaven]. China. Passage on soy reprinted in C.N. Li 1958 #179, p. 116. [Chi]
• ***Summary:*** Wade-Giles reference: *T'ien Lu Shih Yü,* by Kao Shih-Ch'i. Qing dynasty. The section titled "Liqi" states: The King of Huai Nan, Liu An, makes tofu (*doufu*). It is also called *liqi.* (Translated by H.T. Huang, PhD, Dec. 2002).

Note: The term *liqi* was first used to refer to "tofu" in about 1175 in a poem titled *Doufu* by Lu Yu. See Huang (2000, p. 303).

84. Jinrin kinmô zui Jinrin kinmô zui [Illustrated encyclopedia of life in the Edo period]. 1690. Kyoto, Japan. Reprinted in 1990 by Heibonsha (Tokyo); edited by Asakura, Haruhiko. [Jap]
• ***Summary:*** The following page numbers refer to the 1990 reprint edition published in Tokyo by Heibonsha. The compiler of this remarkable work is unknown. At the bottom of almost every page (up to p. 293) are one or two half-page illustrations. Pages 317-31 are footnotes, followed by a syllabary index (a e u e o, ka ki ku ke ko).

The original edition was divided into seven volumes, including: 2. Noh drama. 3. Producers (farmers, woodcutters, fishermen, etc.). 4. Merchants (sellers). 5. Craftspeople. 6. Various and other jobs. 7. Entertainers. At the end is a long section of footnotes and annotations.

Page 121. The illustration is titled *Kuzune-hori* (Digging kuzu root). Yoshino kuzu is the best known in Japan.

Page 142. Shoyu is a famous product of Sakai. Produced in Osaka and Sakai, it is shipped to various places (no illustration).

Page 144. The right illustration is titled *Koji-shi* (Koji maker). Miso makers, manju (steamed bun) makers, and many others use koji. The illustration shows a man carrying four koji trays (*koji-bune*) filled with koji; he is about to put them into the incubation room (*muro,* which has a rounded top) where the koji will ferment. The text mentions a "thin board" (*usuita*), which may be a second type of koji tray, shown on the ground at right, lacking either one or both ends. The volume of koji is measured by the standardized size of the koji tray.

Page 144. The left illustration is titled *Miso-ya* (Miso shop). It shows two men mixing or pounding something (either koji, cooked soybeans and water before fermentation, or miso after fermentation) in a wooden mortar (*usu, suribachi*) using long wooden spatulas or pestles. They use a wooden spatula (*sekkai*) as their store sign. Behind the men to the left is a vat of fermenting miso with stones on top for pressure. Two wooden scoops in a rectangular wooden "boat" are used for scooping and measuring koji, cooked soybeans, and/or salt. The text says: "Miso makes a good seasoning and helps keep people healthy. A day cannot go by without it."

Page 152. The illustration, titled *Kome-ya* (Rice shop), shows a man unloading a bale of rice (wrapped in rice straw) from the back of his horse. Nearby is a rice merchant, standing on a low platform near two other bales of rice. The text notes that the shop sells the "five grains" (*go-koku*), which include soybeans (*daizu*).

Page 160. The left illustration, titled *Yakidofu-shi* (Grilled tofu man), shows a man making grilled tofu over a rectangular brazier. In his right hand is a fan, with which he fans the coals beneath several cakes of tofu. In his left hand is a skewer with two prongs that pierce a cake of tofu. In front of his brazier is a wooden pail, which may be used to store cakes of tofu in water. At the front left is a sloping tray on which slices of tofu are drained. The maker of grilled tofu can found in market places, temple gatherings, festivals, and wherever people gather around. Note: This is the earliest Japanese-language document seen (April 2013) that

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mentions grilled tofu, which it calls *yaki-dôufu.*

Page 162. The illustration, titled *Ko-ya* (Flour shop), shows three people turning a large hand-turned stone mill in which various types of flour (including soy flour, *daizu no ko,* which is probably roasted soy flour {kinako}) are ground. Ropes from the ceiling hold up the t-shaped end of a push-pull device used to help turn the heavy upper stone.

Page 166. The right half of the illustration (not shown) is titled *Seller of Tataki natto in Kyoto.* To make this natto, dice stringy (*itohiki*) natto finely, then shape into a thin, flat square. Mix in finely chopped greens and tofu. It is an inexpensive, fast food. It is sold by walking street vendors from the end of September until February, especially at Tomikoji-dori, Shijo-agaru machi (probably in Kyoto).

The other illustration shows two men in front of a shop. Each is carrying a shoulder pole on one shoulder; from each end are suspended containers used to hold food. Each is also wearing straw sandals (*waraji*). The man on the right carries containers that are shaped like boxes with the long edges oriented vertically. A sliding panel may be used to open each box. Inside are either utensils and the ingredients for making tataki-natto, or bowls of tataki-natto ready to eat.

Note: This is the earliest document seen (Jan. 2012) that contains the word *itohiki* or the term "Tataki natto" in connection with natto,

Page 225. The left half of the illustration is titled *Horo miso,* which is a kind of miso. The character for *Ho* means "law" or "dharma." The man on the left has cylindrical wooden containers (*magemono,* shaped like traditional Japanese steamers) suspended from each end of his shoulder pole. Atop each is a bamboo mat (*sudaré*). The text states: This miso is made with black soybeans (*kuro mame*). The men who sell it all wear orange robes dyed with persimmons. They never put down the merchandise. Its container was covered and they carried it using a shoulder pole to keep it clean. When they had to put it down, they placed it with one side leaning against something. If anyone stepped over it, the seller demanded that that person buy it. To make *horo miso,* cook black soybeans, then drain off and squeeze out the liquid. The result is a very firm miso with a low water content. Originally it was used in temples, but later it came to be used by the common people.

Note: Naomichi Ishige, a scholar of and expert on Japanese food history, writes (personal communication, March 2008): "To make *horo miso,* mix miso, minced

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walnut, sesame, and Japanese *sansho* pepper, then saute the mixture with vegetable oil in a pan. People eat *horo miso* with rice, or have it as a relish when they drink sake.

"In the *Jinrin kinmo zui*, the reason tataki natto is thin and formed is because people thought that type of natto could be easily dissolved in miso soup. However, its rectangular shape does not relate to the way of cooking.

"I am not sure how the peddler in the picture put his goods in a box that he carried. I only imagine that he wrapped a rectangular tataki-natto in a bamboo sheath and stored it in the box.

"When peddlers began to sell granulated itohiki natto, they put the itohiki-natto into a bamboo basket. They ladled up the quantity needed by a rice scoop (*shamoji*) and sold it. Or, they wrapped the itohiki-natto in a straw parcel and sold the parcel." See also letter about natto history from Ishige sensei to Shurtleff, dated 16 March 2008.

Page 225. The right illustration is titled *Tofu-shi* (Tofu maker). The text states: Among the craftsmen, tofu makers rise the earliest each morning. Some sell deep fried tofu pouches (*aburaagé*). The book *Kuni Hana Manyoki* mentions the places named Maruyama and Reizan where the craftsmen lived. There may have been a lot of tofu makers who lived in this area. The illustration shows a tofu maker in his shop, sitting at the end of a firm pole used as a lever press to press the soymilk out of the okara in the pressing sack (which is placed on a rack) into the wooden vat below. It will then be curded to make tofu. Also visible in the tofu shop are a wooden tofu forming box with 3 holes in each side, and four hanging *noren* curtains.

Page 291. The illustration is titled *Yaku-harai* (Driving out bad luck). The text mentions *setsubun* (the annual festival on the evening of the last day of winter, just before the first day of spring, also celebrated by some as New Year's Eve–according to the old lunar calendar) and roasted soybeans (*iri-mamé / iri-mame*). On the evening of setsubun, Japanese wished to be cleansed of all bad spirits and bad luck. So they scattered roasted soybeans (with coins?) and cried out a slogan wishing for long life. This kept them very busy. Note: New Year's Eve and Day are not traditional Japanese concepts; they were imported from China and the West during the 20th century. Address: Japan.

85. Yaoya-shû [Collection of various things]. 1693. Japan: Publisher unknown. Volumes 1-3 have 54, 48, and 46 pages respectively. Japanese summary by Kawakami 1978, p. 152. [Jap]

• ***Summary:*** The three parts of the book discuss (1) processing foods, (2) cooking, and (3) mochi and confectionery (*kashi*). This is mostly a copy of *Gorui Nichiyo Ryôri Shinan-sho*, but the sequence of the material and the wording has been changed. Some new things have been added. Includes discussions of Nara Horin Miso, quick production of shoyu, and quick preparation of amazake, and Ukeire Tofu. It is not known what the latter is.

86. Hitomi, Hitsudai. 1695. [Honcho shokukan. See Pen chao shih chien]. [Chi]*

• ***Summary:*** Yokotsuka (1985, p. 206; 1986, p. 198) cites this as *"Honcho Shokukan* (1692)" but apparently does not cite it in his bibliography in either case.

The Japanese title can be translated as "Japan's food dictionary" or "Our country's food model." Written during the Edo period, the book is mostly about tea. The section about sushi states: Mix fish meat into cold rice, then mix in a little vinegar.

87. Hitomi, Hitsudai. 1695. Pen chao shih chien / Ben zhao shi jian [A mirror of food in this dynasty. 12 vols.]. Osaka?: Hiranoya Katsuzaemon. 22 cm. Widely referred to as *Honchô Shokkan* in Japanese. Modern rendering by Morohashi 1955, trans. p. 13. Complete modern translation into Japanese by Isao Shimada (1976; Tokyo: Heibonsha). [Chi]*

• ***Summary:*** This book, written by a Japanese man in Japan, yet entirely in Chinese, contains early references to yuba, frozen tofu, natto, shoyu, and miso. When Japanese read the Chinese characters for yuba, *doufu-lao*, they pronounce them *tôfu no uba*. *Lao* or *uba* means "old woman" or "wet nurse."

The book states that the word "natto" is derived from *nassho*, meaning "temple kitchen" or literally "place of offering, perhaps because the food was offered to Buddha before being offered to the monks." It also contains the earliest known written mention of natto's medicinal or

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healing effects, together with recipes for preparing natto miso soup (*natto-jiru*).

Note: Recall that this *natto-jiru* may well be made with fermented black soybeans rather than itohiki natto.

Saito (1985, p. 15-16) notes: "In 1695 Dr. Hitomi Hitsudai, a Japanese physician, age 74, writes the *Honcho Skokkan* and talks about the good and bad points of daily foods from his medical viewpoint. The 12 volume book is written entirely in Chinese. He writes: 'Soybean: Makes one feel calm, relaxes the stomach, and is good for the intestines. Miso: One should not be without it. Natto: Makes one feel calm, conditions the stomach, enhances a good appetite, and detoxifies poisons. Tofu: Nowadays tofu in Edo is pretty good. Among the various types, Nishiki-dofu and Kezo-in-dofu are famous... But it cannot compete with the tofu made in Kyoto. Shoyu: Inactivates any poisoning from eating food, drinking alcohol, or taking medicine.' The above is taken from the translation into Japanese by Shimada Isao."

T. Yokotsuka (1985, p. 206; 1986, p. 198) cites this as *Honcho Shokukan* (1692) but apparently does not cite it in his bibliography in either case.

Needham (1986, p. 581) cites this as *Pên Ts'ao Shih Chien* (Materia Medica in Tasteful Verse, by Chu Lun). Ch'ing dynasty. 1739. Partly translated by Swingle. But Needham does not discuss its content.

Fukushima (1989, p. 9) states that the *Honcho-Shokkan* (Hitomi, 1695) describes miso and shoyu.

Concerning shoyu: Iino (2001, p. 21) contains a "Table of ingredients used in *tou-miso* and shoyu during the Edo period." The entry for *Honcho-shokukan* (compiled in 1695) states that *Shoyu* is made from the following ingredients: Soybean approximately 22%. Wheat / barley approx. 22%. Salt approx. 22%. Water approx. 34%.

Iino (2003, p. 8) states: "In the first half of the Edo Period (17th century), soy sauce was made in all regions of Japan and could be purchased anywhere. In addition, soy sauce was made by hand in the large majority of houses"– This is made clear by a reference in this 1695 book (*Honchô-Shokkan*), which also mentions the shoyu production process, noting that barley was used in place of wheat. On p. 9 Iino adds that detailed instructions for making *niban shoyu* (soy sauce from a second pressing of the moromi with salt water) are also described in this book. Iino then comments: "It is clear that with the beginning of soy sauce production, use was also made of the dregs [shoyu presscake] to make *niban shoyu."*

88. Gu Zhong. 1698. Yang xiaolu [Guide to nurturing life]. China. [Chi]

• ***Summary:*** Wade-Giles reference: *Yang Hsiao Lu*, by Ku Chung. H.T. Huang (2000, p. 627) gives the date of this document as +1698. In the section titled "Products associated with tou fu," Huang states: (1) (p. 324) A recipe for making frozen tofu, first mentioned in the *Shixian Hongmi* (Guide to the Mysteries of Cuisine) (+1680), is repeated in this book. (2) (p. 325) that both pressed tofu (*doufugan*) and smoked tofu (*xun doufu*) are mentioned in this book.

In the section titled "Fermented soybeans (*shi*)," Huang states that wheat flour is used as an ingredient in a recipe for making fermented black soybeans (*shi*).

In the section titled "Fermented soy sauce, *chiang yu,"* Huang states (p. 363): About 100 years after the *Bencao Gangmu* (The great pharmacopoeia) (+1596), the next description of the process for making soy sauce (*jiangyou*) appears in this book, in the form of three sketchy recipes, one of which states: Cook yellow soybeans (*huangdou*) or black soybeans (*heidou*) until soft. Mix the soybeans and their cooking water with white [wheat] flour and knead to form a dough. Shape into flat or convex cakes. Cover with artemisia leaves until a good growth of yellow mold appears; then grind these cakes. Incubate the meal in a jar with brine. Warm in the sun to give [a thin] soybean jiang (*doujiang*). Filter through a tightly-woven bamboo sieve placed over a wide-mouthed vat. The jiang (soy paste) stays in the sieve while the soy sauce (*jiangyou*) is collected below.

Note: This is the 2nd earliest document seen (April 2012) that describes the use of a significant amount of wheat (or wheat) flour in making Chinese soy sauce.

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Seasonings based on jiang (fermented soybean paste) are used in 25 recipes: jiang itself in 14, and soy sauce made from jiang named *jiangyou* in 11 recipes. Seasonings based on fermented black soybeans (*shi*) are used in only 1 recipe, which uses fermented black soybeans itself.

Huang adds (p. 373): During the Ming dynasty, soy sauce (*jiangyou*) started to rival *jiang* [which had a consistency like applesauce] in importance; by the early years of the Qing dynasty, soy sauce had surpassed jiang in culinary usage.

Huang notes (personal communication, 5 June 1993) that page 21 contains recipes for deep-fried gluten and smoked gluten.

Bo (1982): Describes the method for making chiang-yu (soy sauce).

89. Saito, Akio. 1699. [Chronology of soybeans in Japan, 1600 to 1699, the early Tokugawa/Edo period] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Jan. p. 14-16. [Jap; eng+]

• ***Summary:*** 1600–Komakabe?, the name of a type of tofu, appears in the *Diary of Oyudono no Kami* (*Oyudono Kami no Nikki*). The very firm tofu called *kata-dofu* that is presently sold in Kochi prefecture (on the southern part of the island of Shikoku) originated from Komakabe.

1601–Daté Masamune (DAH-tay Mah-sah-MU-nay; lived 1567-1636) of Sendai establishes the Goenso-gura and starts making miso. This is the first time that an organized

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method has ever been used to make miso in Japan. The purpose of this is to make miso for the army and to store salt. According to some theories, the date was 1645 rather than 1601.

1603–In *Nippo Jisho,* a Japanese-Portuguese dictionary, tofu (called "taufu") is mentioned. It says that tofu is a food that is made from powdered / ground beans and that looks like freshly made cheese.

1605–Tokugawa Ieyasu commands the monks at Daifukuji temple to make Hamana Natto. Note 1. This is the earliest document seen (Nov. 2011) that mentions "Hamana Natto" (or "Hamanatto," regardless of capitalization). This document contains the earliest date seen for Hamanatto–1605! Note 2. This is the earliest document seen (Nov. 2011) stating that Hamanatto [fermented black soybeans] were made at Daifukuji temple in Hamamatsu.

1616–Tanaka Genba of Kamiusa no Kuni is advised to make tamari shoyu as a side business by Sanagi Kyurouemon of Settsu. The latter runs a sake factory and has a wholesale seafood products shop in Edo. This is the beginning of Choshi Shoyu and Higeta Shoyu.

1619–At about this time shoyu in quantity is brought from the Kyoto-Osaka area (*Kansai*) to Edo by Taru Kaisen and Hishigaki Kaisen. Note 1. A "Kaisen" is a ship that has a carrying capacity of at least 200 koku (= 9,520 gallons or 36,000 liters). That shoyu is regarded as the best quality and it soon takes over the entire Edo shoyu market.

1624-1644–Konpura Nakama (The union of merchants who go to Dejima / Deshima, an island in Nagasaki Bay) starts to export shoyu through the Dutch East India Company (*Higashi Indo Gaisha*) to Europe and Southeast Asia. It is said that in Europe this shoyu even reached the dining table of Louis XIV. Note 2. This document contains the earliest date seen for soybean products (shoyu) in Europe and Southeast Asia (probably Indonesia, 1644); soybeans as such had not yet been reported by that date. [Question: What is the source of these two dates?]

1626–Sendai Han (*daimyo* domain) starts to monopolize the selling of salt for the first time in the history of Japan. Because of this, all other Hans start to do likewise. Makabeya Ichibei of Kokubunji-cho in Sendai starts to sell Sendai Miso. He continues to sell his miso to the Han government for several generations.

1642–Because of famines in various provinces (*kuni*), the people were advised to eat coarse grains (*zakkoku*) and banned from eating rice. The sale of tofu, udon (wheat noodles), soba (buckwheat noodles), and *manju* (steamed glutinous rice cakes with a sweet azuki-jam filling) were also prohibited.

1645–The Ako Han starts a salt farm. Hatcho miso starts to be made in Mikawa, Okazaki. Hamaguchi Gihei of Hiromura in Kishu goes to Choshi and starts making shoyu. This is the beginning of Yamasa Shoyu.

1649 Feb.–The Tokugawa government (*bakufu*) passes a law to control the lives of farmers. Called Kanno Jorei (*Keian no Ofuregaki*), it states that farmers must plant soybeans and azuki beans between their rice fields and farms. Azé-mame (soybeans grown on the raised footpaths between rice fields) may have started from this forceful edict.

1652 May–Various farmers in Waksa, Kohama-han, Enshiki-gun? protest the heavy soybean tax increase. The farmland tax is often paid with soybeans. The leaders of the protest are killed.

1657 Jan. 18-19–A large fire (called *Sodefuri Kaji*) burned Edo (today's Tokyo). Laborers came from throughout Japan to reconstruct the city. To feed them, many sellers of pre-cooked, ready-to-eat food sprung up in Edo.

1666–Maruo Magouemon? Chotoku? of Hanshu Tatsuno makes Usukuchi Shoyu (light-colored soy sauce). After this, Tatsuno Shoyu's main product becomes Usukuchi Shoyu.

1681–The government bans the withholding or monopolizing of crops (such as rice, barley, or soybeans) following a year with a bad harvest.

1695–Dr. Hitomi Hitsudai, a Japanese physician, age 74, writes the *Honcho Skokkan* and talks about the good and bad points of daily foods from his medical viewpoint. The 12 volume book is written entirely in Chinese. He praises the therapeutic virtues of soybeans, miso, natto, tofu, and shoyu. A translation into Japanese was later made by Shimada Isao.

1695–At about this time, tofu is sold by vendors sitting by the road. We do not know for sure when tofu was first sold by walking street vendors, but it is guessed that this may have taken place in about 1837-1853 when the book *Morisada Manko* was written by Kitagawa Morisada.

1696–There is famine throughout Japan. In eastern Japan, especially in Tsugaru Han, half of the population dies of starvation.

1696–One of the greatest scholars of agriculture during the Edo period, Miyazaki Yasusada (1623-1697), write *Nôgyo Zensho* (Encyclopedia of Agriculture). In it he described the many different colors, sizes, and shapes of soybeans cultivated at that time.

1697–Koikuchi shoyu, similar to the type made today, starts to be made from tamari shoyu in Choshi.

1698–After a big fire in Edo, sellers of Dengaku (skewered grilled tofu with a sweet miso topping) start to appear. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

90. **Product Name:** [Silken Tofu].
Foreign Name: Kinugoshi-dôfu.
Manufacturer's Name: Sasa-no-Yuki.
Manufacturer's Address: Tokyo, Japan.
Date of Introduction: 1703.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 307. Based on a 1973 interview with the owner. This is the world's oldest known existing tofu shop. All of the tofu they make and serve is silken tofu.

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Was the tofu they made and served when they opened in 1703 named "Sasa-no-yuki" or was it also referred to as kinugoshi? Whatever it was called, this is the earliest known silken tofu in Japan.

91. Fernández Navarrete, Domingo. 1704. An account of the empire of China, historical, political, moral, and religious. Vol. 1. In: Awnsham Churchill and John Churchill, comps. A Collection of Voyages and Travels. London: Published by the author. 4 vols. 424 p. See p. 251-52. Chap. 13. [Eng]
• ***Summary:*** The subtitle of the entire volume reads: "Some now printed from original manuscripts. Others translated out of foreign languages, and now first pub. in English. To which are added some few that have formerly appear'd in English, but do now for their excellence and scarcity deserve to be reprinted."

At the bottom of the title page of this chapter is written: "Written in Spanish by R.F.F. Dominick Fernandez Navarette [sic, Navarrete], Divinity Professor in the College and University of St. Thomas at Manila, Apostolick Missioner in China, Superior of those of his Mission, and Procurator General at the Court of Madrid for the Province of the Rosary in the Philippine Islands, of the Order of Preachers." Domingo Fernández Navarrete lived 1610-1698. Many curious observations are contained in this work, which is a translation of *Tratados historicos, politicos, ethicos, y religiosos de la monarchia de China* (1676). In this collection it appears as the first item in Volume I, which bears out the tendency for travel literature of this period to be of less significance for geography and history than for literature. The name of the translator is not mentioned, but Cummins (1962, p. cxvi) speculates that it may have been Captain John Stevens. The *Tratados* appears in all the Churchill editions.

The author's exact description of tofu in China, which first became available in English in 1704 in this book as compiled/edited by Churchill and Churchill is as follows:

"16. Before I proceed to the next chapter, because I forgot it in the first book, I will here briefly mention the most usual, common and cheap sort of food all *China* abounds in, and which all men in that empire eat, from the emperor to the meanest *Chinese*, the emperor and great men as a dainty, the common sort as necessary sustenance. It is call'd *teu fu*, that is, paste of kidney-beans [*Llamase Teu Fu, esto es, masa de frixoles* {*frijoles*}]. I did not see how they made it. They draw the milk out of the kidney-beans, and turning it, make great cakes of it like cheeses, as big as a large sieve, and five or six fingers thick. All the mass is as white as the very snow, to look to nothing can be finer. It is eaten raw, but generally boil'd and dressed with herbs, fish, and other things. Alone it is insipid, but very good so dressed and excellent fry'd in butter. They have it also dry'd and smok'd [dried and smoked], and mix'd with caraway-seeds, which is best of all. It is incredible what vast quantities of it are consum'd in *China*, and very hard to conceive there should be such abundance of kidney-beans. That *Chinese* who has *teu fu*, herbs and rice, needs no other sustenance to work; and I think there is no body but has it, because they may have a pound (which is above twenty ounces) of it any where for a half-penny. It is a great help in case of want, and is good for carriage. It has one good quality, which is, that it causes the different airs and seasons, which in that vast region vary much, to make no alteration in the body, and therefore they that travel from one province to another make use of it. *Teu fu* is one of the most remarkable things in *China*, there are many will leave pullets for it. If I am not deceiv'd, the *Chineses* of *Manila* [Philippines] make it, but no *European* eats it, which is perhaps because they have not tasted it, no more than they do fritters fry'd in oil of *Ajonjoli* ([sesame seed] a very small seed they have in *Spain* and *India*, which we have not) which the *Chineses* make in that city and is an extraordinary dainty."

Note 1. This is the earliest English-language document seen (Feb. 2006) that uses the term "kidney- beans" to refer to soybeans.

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "teu fu" (or "teu-fu") to refer to Chinese-style tofu, or that uses the word "cakes" or "cheeses" ("make great cakes of it like cheeses") in connection with tofu. This is also the earliest English-language document that mentions tofu in connection with China. Benjamin Franklin in London read the English translation and in 1770 wrote his friend John Bartram in Philadelphia, Pennsylvania, about tofu and Chinese Garavances / Caravances.

Note 3. This is the earliest English-language document seen (April 2013) that mentions smoked tofu or that uses the word "smoked" (actually smok'd) in connection with tofu.

Note 4. This is the earliest English-language document seen (May 2011) that mentions sesame seeds, which it calls *Ajonjoli*.

Note 5. This is the earliest English-language document seen (April 2013) that mentions dry / dried tofu ("They have it also dry'd") in China. This probably refers to *doufu-gan* (which literally means "tofu dry" but which we call "pressed tofu").

Note 6. This is the earliest book chapter seen (Oct. 2001) that mentions soy.

For a good biography of Fernández Navarrete, see Cummins 1962. Address: Divinity Professor in the College and University of St. Thomas at Manila, Philippines.

92. Tôryu setsuyô ryôri taizen [Our school's big book of cooking]. 1711-1715. Japan. [Jap]*
• ***Summary:*** The sixth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

93. Ryôri kômoku chômi-sho [The book of seasonings by

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cooking category]. 1716-1735. Japan. [Jap]*
• ***Summary:*** The seventh earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

94. Chen Menglei. ed. 1726. Tushu jicheng [Imperial encyclopedia]. China. 10 vols. Passage on soy reprinted in C.N. Li 1958 #327, p. 233. [Chi]
• ***Summary:*** Wade-Giles reference: *T'u Shu Chi Ch'eng,* edited by Ch'ên Mêng-Lei. Title also cited as: *Gujin tushu jizheng* (W.-G. *Ku Chin T'u Shu Chi Chêng*). Or as: *Qinding gujin tushu jizheng* (W.-G. *Ch'in Ting Ku Chin T'u Shu Chi Chêng*). Qing dynasty.

Soybeans are discussed in detail in the lengthy section titled "Beans." The section titled "Explanation of the name soybeans" (*dadou*) states: The word *dadou* is found in the *Shennong Bencao Jing* (*Benjing*) (Classical pharmacopoeia of Shennong, the Heavenly Husbandman) (+100). The simplified character *shu* [the ancient name for soybeans] is found in the *Bencao Gangmu* (The great pharmacopoeia), by Li Shizhen (+1596). The pods are called *jia.* The leaves are called *huo.* The stems are called *qi.* (Translated by H.T. Huang, PhD, March 2003). Dr. Huang adds: In this section on soybeans, there is much more information, but none of it is new; it is all from sources we have translated previously.

Huang (2000, p. 625-26) and Bray (1984, p. 631) give the date as 1726 and translate the title as "Imperial Encyclopedia. [or: Imperially Commissioned Compendium of Literature and Illustrations, Ancient and Modern]." Index by L. Giles (1911).

Wilkinson (2000, p. 605-07, 967) has an entire section on this book, including a table of contents, which is divided into 6 main categories, 32 sections, and 10,000 subsections. He cites it as *The Imperial Encyclopedia* or "Imperially approved synthesis of books and illustrations past and present," Chen Menglei et al., comps. 1726-1728. 10,000 *juan.* It is by far the largest [and last] of the general encyclopedias (*leishu*) to have been printed. "Modern editions are available, including on CD-ROM. The most detailed is that prepared for the 1985 Zhonghua and Ba-Shu edition.

Needham (1986) has an interesting chart (p. 184) that shows the ancestry and descent of this and other major Chinese encyclopedias and dictionaries. He tells the remarkable history of this encyclopedia and its compiler (p. 206-08).

Bray (1984, p. 76, 631): This popular encyclopedia contains sections devoted to crop plants. They "consist of quotations from the classics and from agricultural treatises, and are of little intrinsic interest here except for the illustrations, which sometimes differ slightly from those of the agricultural monographs."

Hummel (1944, p. 93-95): Ch'en Meng-lei, born in 1651, was a scholar, native of Huo-kuan (Foochow). Caught in a rebellion, he was exiled, then in 1698 pardoned and brought back to Peking, where he served as teacher and secretary for the Emperor's son, Yin-chih. There he began to compile a classified encyclopedia consisting of extracts copied from various works. In 1701 he persuaded Yin-chih to finance the project further. Then the emperor Sheng-tsu probably became interested in the project, for he gave it the title "Synthesis of Books and Illustrations of Ancient and Modern Times." The work seems to have become a state enterprise, for officials were appointed to help Ch'en in the compilation. It was completed in about 1722, before the death of emperor Sheng-tsu. The emperor's son, who succeeded to the throne after a bitter power struggle, disliked Ch'en and so had the work "revised" to obliterate all signs of Ch'en's connection to it. The "revision" was completed in 1726. The first edition, comprising 10,000 chüan, plus a table of contents in 40 chüan was printed in 1728. Sixty-four sets were printed. A second edition of 1,500 sets was printed in Shanghai in 1884-88, but was marred by errors. A third accurate edition / set was printed in 1895-98 in Shanghai. One set was presented to the Library of Congress in 1908. An English index to the encyclopedia, with a valuable introduction, was compiled by Lionel Giles and titled "An Alphabetical Index to the Chinese Encyclopedia Ch'in-ting Ku-chin t'u shu chi-ch'eng." It was published in London in 1911.

W.T. Swingle (1942, p. 13): The largest single Chinese account of many plants "is contained in the *Great Chinese Imperial Encyclopedia*, the largest encyclopedia ever printed in any country. It was compiled by order of the Manchu Emperor K'ang Hsi by Ch'êng Mêng-lei, but the work was not completed when K'ang Hsi died in 1723. His son and successor as emperor, Yung Chêng, promptly dismissed Ch'êng Mêng-lei and appointed Chiang T'ing-hsi, a scholar and statesman of some distinction, under whose care the manuscript was printed in 1726. This giant work fills 5,020 volumes, each containing two books or chapters."

W.J. Hagerty (1917) did an excellent translation (which see) of the section titled "Beans." Published by the USDA, Washington, DC. With plates. This section on beans (including soy beans) appears in the encyclopedia in Category IV–Science (*Po Wu Hui Pien*), Section 20–Vegetable Kingdom (*Ts'ao Mu Tien*), Subheading–Beans (*Tou Pu*), Book 35.

95. Rumphius, Georgius Everhardus. 1747. Herbarium Amboinense. Vol. 5 [The flora of Amboina. Vol. 5]. Amstelaedami (Amsterdam). See p. 388-89. Illustration, pl. 140. [Lat; Dut]
• ***Summary:*** Liber IX. cap. XXXI [Book 9, Chap. 31]. The left-hand column, titled "Cadelium. Cadelie." is written in Latin. The right-hand column titled "De Cadelie-Plant" is written in Dutch. This is a *Phaseolus niger,* in growth and shape similar to the *Katjang Kitsjil,* although a smaller bush, about a foot high, with most branches located up high, a little

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tipping down. The lower stem is round, the top rough. The leaves are ordered three-by-three, on long branches, thinner and smaller than the average *Katjang*, and almost similar to the *Lagondi*, but somewhat peaky, with yellow flowers like the little *Katjang*.

The fruit are short pods, more than a finger length long and half a finger wide, rough on the outside and flat, hanging together in groups. Inside are 2-3 little beans, looking like lentils, maybe a little longer but bigger, and very black. The multiple roots are long, thin and fibrous with some swellings or warts here and there.

Names: Latin: *Phaseolus niger, & Cadelium*. Malay, Javanese, and Balinese: *Kadelee*. Flemish (Belgice): *Zwarte Boontjes*. Chinese (*Sinice*)*: Authau* [*au-tau?*].

Occurrence: On Amboina [or Ambon, an island of the Moluccas in today's Indonesia] they are rare, but they are more abundant on Java, Bali, and other Malaysian islands.

Cultivation: If scarce, they were pushed into the soil, but the Javanese and Balinese, who have large fields of them, sow them since the birds do not eat the bitter seeds. The ripe bushes are pulled out completely, the leaves rubbed off (since not a lot of leaves are left on the ripe bushes), bound 8-10 together and hung up. When people want to eat them, they are put in warm water (bush and all), the pods open up and the beans are taken out. Or the dried beans are taken out of the pod and cooked into something special.

When they are sown on plowed land, the rows are covered using a broom of the stiff leaves of the *Goemoetoe* tree or *Sagueers/Sagueri* tree. To keep the birds from eating the ripe seeds, the young white leaves of the aforementioned tree are cut into thin strips, attached to long ropes and hung over the *Katjang* field. The wind moving the strips scare away the birds or a boy is assigned to do so.

Utilization: These little beans were cooked and eaten like other beans, although they are not widely consumed that way because they are harder and bitter. Most were sold to the Chinese, who use them to make flour, which is in turn made into low-quality noodles (Lara in Latin, Laxa in Dutch), called *Tautsjiam*. These are long, flat strips, resembling vermicelli, which they cut out of rolled-out dough, then dry in the sun and bind together into bundles. These noodles are cooked with meat or poultry, and thinly cut cabbage, which creates a special (although in our nation considered to look disgusting) and delicious tasting food, easy to digest, and allowed to be served to all sick people. But the real noodles of this type (Lara, Laxa) are made from rice- and wheat flour, which are thick round strips like vermicelli. The noodles from the little beans are very thin and small flat strips since the flour of the Kadelee makes a flexible but tough dough, which can be rolled out very thinly since of all beans the Kadelee have the toughest substance.

The beans are first roasted a little over a fire until the black skin opens or puffs up, then they are pounded steadily in a mortar (Dutch: Rystbloek) until the hulls come off; then one can run and grind the dehulled beans into a sticky substance. From this flour the Chinese also make another food called Tahu (tofu), because the dough, which is about as thick as one's thumb, and spread out on a table, they cut squares or marbles, which they then cook in bacon fat with spices and coriander, just like our cooks make certain balls from flour, sliced bacon, and spices.

A superb, large illustration (pl. 140) shows a soybean plant with leaves, pods, and roots (but no nodules). In the lower left-hand corner is a close-up illustration of one soybean pod attached to a stem, and two soybean seeds. Rumphius did not draw this himself. Since he was now blind, a scribe drew it following his description (see below).

In summary: Rumphius reported soybeans (Cadelium, Malay name = kadelee) in Amboina in 1747. He also reported many food uses (tofu, roasted soy flour made into noodles, green vegetable soybeans, black whole dry soybeans) and use as green manure. However he did not mention soy sauce (kecap / ketchup), which by 1747 had been exported to Europe as "ketchup" for about a century by the Dutch East India Co. and Dutch traders.

Brief biography of Rumphius: Georg Eberhard Rumpf (lived 1627-1702; Latinized name Georgius Everhardus Rumphius) was a German-born naturalist. In late 1652 he enlisted as a midshipman in the Dutch East India Co. In Dec. he left Texel island in Holland and in June 1653 he arrived at Batavia, the chief Dutch city on Java in the Dutch East Indies. On 8 Nov. 1653 he was sent by the company to Amboina (now Ambon Island in the Maluku Archipelago [Spice Islands, Moluccas], in eastern Indonesia). In Feb. 1662 he was given a salary and permission to work as a naturalist on Amboina. By 1663 he had been at work for some time on his first book, a flora (*Amboinsch Kruidboek, Herbarium Amboinensis*). Most of his writing on this book is thought to have been done between 1653 and 1670. In late 1690 the manuscript for the first six of twelve books were ready to be sent to Batavia. In mid-1692 the text was sent on to the Netherlands with the ship *Waterland*. But on Sept. 12 this ship was sunk by the French and all the text was lost. Fortunately a copy had been retained. But by the spring of 1670 Rumphius had gone blind through overuse of his eyes. So he was given scribes and artists by the company to be his hands and eyes. In 1673, aided by his wife, he commenced to translate the Latin text of his work into Dutch. On 17 Feb. 1674, his wife and youngest daughter were killed in a violent earthquake that devastated Amboina. In 1687 a huge fire destroyed his library, many of his manuscripts, and his illustrations to the book. Although 60 years old, blind, and feeble, Rumphius was undaunted. He started all over describing to scribes and artists the multitude of plants he had written of and illustrated. He, of course, never saw these new illustrations. On 8 Feb. 1696 the remaining manuscript chapters were sent on the ship *Sir Janslandt* to the Netherlands. When, in 1696, the *Herbarium Amboinensis*

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finally arrived in the Netherlands, the directors of the Dutch East India Co. "decided that it contained so much sensitive [valuable] information that it would be better not to publish" the work, which was later edited by J. Burmann. The magnificently illustrated work was finally published in six folio parts in Amsterdam between 1741 and 1750–more than 39 years after Rumphius's death (compiled from many sources). Vol. 5 of 6, which mentions the soybean was published in 1747, after Kaempfer, Hermann, and Linnaeus had published their description of the soybean.

Rumphius gave a good description of the soybean plant, called it *Cadelium*, mentioned that the native Amboinese name was *kadelee* (now spelled *kedele*), said that it grew most abundantly in Java, Bali, and other Malayan islands, and included a remarkably good illustration of the plant. Only the position of the pods is incorrect. (Piper & Morse 1923; Hymowitz 1981).

Note 1. This is the earliest document seen (May 2010) concerning soybeans in Indonesia, or the cultivation of soybeans in Indonesia. This is the earliest written botanical description of the soybean, though the fourth earliest one to be published. He wrote this 20 years before Englebert Kaempfer went to Japan.

Note 2. To determine the earliest date seen for soybeans in Indonesia, we must look at Rumphius's life. From the above we can say that he had probably seen soybeans in Amboina by 1670, and definitely by 1696. These are also probably the earliest dates seen for the cultivation of soybeans in Indonesia. The source of these soybeans is unknown.

Note 3. This is the earliest document seen (May 2010) concerning soybeans in Southeast Asia, or the cultivation of soybeans in Southeast Asia. This document contains the earliest date seen for soybeans in Southeast Asia, or the cultivation of soybeans in Southeast Asia (1747).

Note 4. This is the earliest Latin-language or Dutch-language or document seen (April 2013) that mentions tofu, which it calls *Tahu.*

Note 5. This is the earliest document seen (July 2003) stating that a type of vermicelli or noodles is made with soybeans.

Note 6. This book also contains early references to *Dolichos sinensis* (p. 375; the yard-long bean or asparagus bean) and to *Phaseolus niger* (p. 388). Address: Amboina, Dutch East Indies.

96. Hakubôshi. 1748-1750. Ryôri sankaikyô. 5 vols. [Cooking in mountain and sea countries]. Kyoto, Japan: Nakamura Jinbê [and others]. 19 cm. [Jap]*
• ***Summary:*** The eighth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work. On double leaves, Oriental style in case.

97. Li Hua-Nan; Li Diao-Yuan. 1750? Xingyuan lu [Memoir from the garden of awareness]. China. Undated. [Chi]
• ***Summary:*** Wade-Giles reference: *Hsing Yüan Lu,* by Li Hua-Nan, compiled by his son Li Tiao-Yüan. Qing dynasty.

H.T. Huang (2000, p. 324), in the section on frozen tofu, states that dried frozen tofu is first mentioned in this work, which suggests: Allow a whole batch of thinly sliced frozen tofu squares to thaw slowly, then store them in a cool place so they can be used in the summer.

Huang (2000, p. 327), in the section on "Making of fermented tofu" states: "Technically the most interesting accounts of the making of *furu* are found in the *Xingyuan lu* (1750). Five recipes are presented, representing two types of methodology. One uses ground wheat *ferment* as shown in the translation given below: 'First prepare yellow wheat *ferment* as previously described and comminute it to a fine powder. Take ten catties of fresh tofu and two catties of salt. Cut the tofu into thin rectangular pieces. Sprinkle a layer of salt over a layer of tofu. Allow the tofu to soak in the brine [that is generated]. After five or six days remove the tofu but keep the juice for later use. Arrange the tofu pieces neatly in a steamer and steam until they are well cooked. Hang the steamer with its contents in an empty room for half a month when the tofu becomes covered with luxuriant fungal growth. After scraping off the hairy surface the pieces are air dried. Now treat the tofu with dry yellow *ferment* as follows. Decant the salty juice from the soaking step and mix in dried *ferment* to form a paste. Spread a layer of tofu over a layer of *ferment* paste and cover with a layer of fragrant (i.e., sesame) oil. Add a few whole pieces of fagara. Place the stacks in a crock and seal the mouth securely with mud. Warm the crock in the sun during the day. After a month the product will be ready for the table."

Huang adds (p. 327): "The other methodology uses the mash left from the fermentation of wine from grains."

Huang (2000, p. 341-42) also notes that the process for making fermented black soybeans (*shi*) described in the *Bencao Gangmu* (The great pharmacopoeia) (1596) is repeated in four recipes in this book. Although the first stage, the production of soybean koji (molded soybeans) remains unchanged, "a variety of additional materials such as fagara, sugar, wine, melon juice, melon meat, melon seeds, liquorice [licorice], mint, magnolia bark, fritillary corm [fritilaria; bulbous herbs of the lily family] etc. have been included in one or more recipes for the second stage incubation." These herbs and spices gave each product its own unique fragrance and flavor. One of the four recipes calls for the use of wheat flour. Huang observes that when the amount of wheat flour is large, the process becomes very similar to that for making soybean jiang.

In addition (Huang 2000, p. 363-64) translates the detailed method for making soy sauce, which is presented as a method for making *qingjiang* ("clear jiang"): Clean and wash one *dou* of yellow soybeans. Boil beans until soft and the color has turned red. Blend beans and cooking water

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uniformly with 24 catties white wheat flour. Form into cakes, arrange on bamboo or willow [leaf] trays, then cover with rice straw. Place trays in a wind-free room, and incubate for 7 days or until a good growth of mycelium appears. Remove the straw. Place trays in the sun during the day; bring them indoors at night. Repeat the procedure for 14 days. If it rains during the day, trays should be placed in the sun for addition days until the total of 14 days is attained. This is how to make the yellow koji for jiang (*jianghuang*).

For each *dou* of yellow koji for jiang, measure 5 *dou* of well water into an earthenware crock. Measure exactly 15 catties of raw salt into a bamboo basket, and hang the basket in the well water [inside the crock] until all the salt dissolves in the water. Discard any residue in the basket. Mix the yellow koji into the water; let it warm in the sun for 3 days. On the morning of the 4th day, remove earthenware crock from sun and stir contents well with a wooden paddle. Two days later, remove from sun and stir again. Repeat this procedure 3-4 times. After about 20 days, the "clear jiang" (*qingjiang*, or soy sauce) should be ready for use.

To separate the soy sauce (*qingjiang*), use a finely woven cylindrical bamboo tube that is open at both ends. People in southern China call this a "circular sieve for jiang" (*jiangchou*). It is widely available in local markets of the capital [Beijing]. The same markets also sells various sizes of covers for the crocks. When the jiang / mash is ready [it has a consistency resembling that of applesauce], push the woven bamboo tube down into its center until the bottom of the tube rests securely on the bottom of the crock. Remove the jiang inside the tube so that the bottom of the crock is clearly visible. Place a brick atop the tube to prevent it from floating upwards. Liquid soy sauce will flow from the jiang mash into the tube. The next morning the tube should be filled with liquid. Use a bowl to transfer this clear soy sauce into a clean crock. Cover the crock with a piece of cloth to prevent flies from falling in. Warm the crock in the sun for half a month. To make more soy sauce, increase the amount of raw materials. After the sauce is ready, you can also use a sieve to collect the soybeans that float to the top of the mash. When half-dried, these beans make delicious fermented black soybeans or "fermented bean relish" (*doushi*).

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Seasonings based on jiang (fermented soybean paste) are used in 10 recipes: jiang itself in 4, soy sauce made from jiang named *qingjiang* in 5 recipes, and soy sauce made from jiang named *jiangyou* in 1 recipes. A seasoning named *douyou* is used in 8 recipes. Note: This is the earliest document seen (April 2012) in which a soy-based seasoning named *douyou* (W.-G. *tou yu*) is mentioned. Huang states (p. 371) that *douyou* is written with the Chinese characters for bean + oil.

Wilkinson (2000, p. 646) states that this book (late 18th century) is the first Chinese collection of recipes from a regional cuisine–that of Sichuan.

Fukushima (1989, p. 6): "The general manufacturing methods of soy sauce in the Ch'ing (Shin in Japanese) dynasty are recorded in *Ch'ing-yuan Lu* (sic, *Hsing-yuan Lu; Seienroku* in Japanese), written by Li Hua-nan (Ri Kanan in Japanese). Cooked soybeans and uncooked wheat were the raw materials used in koji making. The resultant koji was mixed with brine. After aging, the soy sauce was collected by pressing a deep bamboo colander into the aged mash and ladling out the liquid which had accumulated."

Bo (1982): Describes the method for making chiang-yu (soy sauce).

98. Oogimachi, Kinmichi [pseudonum: Hakugyoku Ou]. 1750? Hakugyoku Ou tôfu ki [Hakugyoku Ou's record of tofu]. Japan. Undated. [Jap]

• ***Summary:*** The caption of this striking illustration of two Japanese women in kimonos states (in Japanese): *Mizuchaya to Tofuchaya.* This can be translated as "Water Tea House and Tofu Tea House." The woman on the right is making dengaku using skewered pieces of tofu over a charcoal brazier.

水茶屋と豆腐茶屋

This illustration comes from a book that is hard to pin down; we are not even sure that such a book exists. The illustration appears in the book titled *Tôfu no Hon* [The book of tofu], by Koryû Abe and Shigemitsu Tsuji (1974, Tokyo, p. 7, in Japanese). On page 6 they cite the source (somewhat vaguely) as the source we cite above, and give the date as mid-Edo period. The Edo (or Tokugawa) period lasted from 1600 to 1867.

Abe and Tsuji state (p. 6) that the above ancient book mentions *Niken Jaya* ("two tea houses") and their tofu

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(Gion-dofu) and Dengaku. *Hakugyoku* means "white jewel" and *Ou* means "old man / man's."

They then make things more confusing by stating: According to *Sejidan*, written by Kikuoka Senryo of the mid-Edo period, Gion-dofu was made for the first time at these two tea houses (*Niken Jaya*), which were located to the east and west of the tall wooden gate in Kyoto's Gion section (*Gion Rômon*). That was the start of the Kyoto Water Tea House (*Kyo Mizu Chaya*). The two tea houses were named Fuji-ya (the eastern Niken Jaya) and Nakamura-ya (the western Niken Jaya). In those old days they sold tofu. Today only Nakamuraya exists, but its name is now Nakamura-ro.

A Japanese website named Union Catalog of Early Japanese Books (http://base1.nijl.ac.jp) lists some 20 documents by Hakugyoku Ou (the pronunciation of his name is shown in furigana = hiragana written next to the Chinese characters / kanji), but no dates are given. Unfortunately the book about tofu cited above is not mentioned among the 20.

According to *The Book of Tofu*, by Shurtleff and Aoyagi (1975, p. 307): The Nakamura-ro restaurant, which is said to be "the oldest of all existing Japanese restaurants, began about 400 years ago as a simple tea shop serving travelers, pilgrims, and townspeople who came to pay homage at the revered Yasaka Shrine in Kyoto's Gion Quarter. Over the centuries, the shop grew into a restaurant and became famous for its 'Gion-dofu.'... The present master and head chef, Mr. Shigemitsu Tsuji, is famous throughout Japan as a cook, lecturer, and author." An illustration by Aoyagi of the interior of Nakamura-ro appears from the time she and Shurtleff visited the restaurant in about 1973. Address: Japan.

99. Wu Jingzi. 1750? Rulin waishi [Unofficial history of the scholars]. China. Undated. [Chi]
• ***Summary:*** Wade-Giles reference: *Ju Lin Wai Shih*, by Wu Ching-Tzu. Qing dynasty. First printed in 1803. Huang (1993. June 5; personal communication), notes that this is a famous novel, which satirizes the defects of the Public Examinations System. In chapter 2, wheat gluten (*mianjian*) and pressed tofu (*doufugan*) are mentioned as gifts for a scholar.

Wilkinson (2000, p. 492, 623) states that the term *Waishi* (informal history) was generally used in the titles of fictional narratives; the most famous example is the 18th century satire *Rulin wiashi* (The Scholars). The author Wu Jingzi lived 1701-1754. An English translation titled *The Scholars*, by Yang Hsien-yi and Gladys Yang was published in 1957.

100. Kondate [Menus]. 1751-1781. Publisher unknown. 100 p. Japanese summary by Kawakami 1978, p. 47. [Jap]
• ***Summary:*** The menus, by an unknown author, are for tea ceremony cooking. Mentions *Higo-dofu*, which is tofu shaped like a piece of macaroni (hollow tube).

101. Sendai-johoku Haku-furosai. 1755. Chûnin hitsuyô [The cook's necessities]. Publisher unknown. 6 volumes (satsu). Japanese summary by Kawakami 1978. [Jap]
• ***Summary:*** The author's first name is unknown. His last name is apparently Haku-furosai, and he comes from Sendai-johoku. This is a Chinese herbal reference book for cooks. It lists tofu as a product made from soybeans, and lists many tofu recipes which are not found even in the famous Tofu Hyaku-chin.

102. Osbeck, Per. 1757. Dagbok ofwer en Östindisk resa åren 1750, 1751, 1752. Med anmärkingar uti naturkunnigheten, främmande folkslags språk, seder, hushållning, m. m. [Voyage to the East Indies in the years 1750, 1751, 1752...]. Stockholm: Tryckt hos L.L. Grefing. 4 + 376 + [16] p. Illust. 14 cm. German edition published in 1765, English in 1771. [Swe]*
• ***Summary:*** See the English translation of the book made in 1771. Page 358: *Dolichos sinensis*–by the Chinese called Ta-o–Diadelphia decandria.

Note: Osbeck lived 1723-1805. A photostat copy of the original is in the library of the Arnold Arboretum and in the rare book room of the University of Illinois (Champaign / Urbana).

103. d'Incarville, P. 1763. Maniére de faire les fleurs dans les feux d'artifice Chinois [How Chinese make the "flowers" in fireworks]. *Memoires de Mathematique et de Physique, Presentes a l'Academie Royale des Sciences...* 4:66-89. See p. 76. [Fre]
• ***Summary:*** When discussing salpêtre (saltpetre; potassium nitrate) the author mentions *teou-fou* (tofu). He says: "*... son usage pour faire cailler une espèce de fromage mou, fait de lait de haricots, qu'ils appellent teou-fou: il s'en vend beaucoup en Chine. L'eau mère de salpêtre est un poison dont se servent assez souvent ceux qui se veulent donner la mort: comme il en entre très-peu dans le teou-fou, on prétend qu'il n'y a rien à craindre; l'Empereur même en mange.*"

Translation: It is used to curd a type of soft cheese, made from the milk of [soy] beans, which they call tofu; a great deal of it [tofu] is sold in China. The water in which saltpetre is dissolved is a poison, which is often used on those whom one wants to kill: however, as only a very small amount is used to make tofu, it is said there is nothing to fear; even the Emperor eats it [tofu].

Note 1. This is the earliest French-language document seen (April 2013) that mentions tofu, which it calls *teou-fou*, and the earliest which uses the word *fromage* or the term *fromage mou* to describe to tofu.

Note 2. Potassium nitrate is not used as a tofu coagulant. The three main tofu coagulants are calcium sulfate, magnesium chloride, or seawater (of which magnesium chloride and magnesium sulfate are the two main constituents, besides water and sodium chloride–table salt). Address: Abbé, Jesuit Missionary.

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104. Franklin, Benjamin. 1770. [Letter to John Bartram in Philadelphia, from London, dated January 11, 1770, describing enclosed Chinese Garavances / Caravances (soy beans) and how they are used to make tofu] (Letter to the editor)]. In: Willcox, William B. ed. 1973. The Papers of Benjamin Franklin. Vol. 17. January 1 through December 31, 1770. New Haven, Connecticut, and London: Yale University Press. See p. 22-23.

• ***Summary:*** "My ever dear Friend:" Franklin talks about the "true Rhubarb seed" that he is sending. "I send, also, some green dry Pease, highly esteemed here as the best for making pease soup; and also some Chinese Garavances (1), with Father Navaretta's (2) account of the universal use of a cheese made of them, in China, which so excited my curiosity, that I caused enquiry to be made of Mr. [James] Flint, who lived many years there, in what manner the cheese was made; and I send you his answer. I have since learnt, that some runnings of salt (I suppose runnet) (3) is put into water when the meal is in it, to turn it to curds.

"I think we have Garavances with us; but I know not whether they are the same with these, which actually came from China, and are what the *Tau-fu* [tofu] is made of. They are said to be of great increase...

"With love to good Mrs. Bartram, and your children. With sincere esteem, I am ever, my dear friend, Yours affectionately, B. Franklin."

Note 1. This is the earliest English-language document seen (March 2006) that uses the term "Chinese Garavances" (or any related spelling of the second word) or the word "Garavances" to refer to soybeans. This letter, an earlier letter the same month to Franklin from James Flint, and Franklin's other writings show clearly this was his intended meaning. It is not clear from the handwriting in this old, faded letter whether Franklin intended to spell the word "Garavances" or "Caravances," however both published versions of the letter (Darlington 1849 and Willcox 1973) use "Garavances."

Note 2. This is the second earliest English-language document seen (June 2008) that uses the word "Garavances" (or any related spelling, such as "Caravances, Calavanses, Callavanses, Callvanses," etc.) to refer to soybeans. It first appeared (as "Callivances" and "Callevances") in a letter from James Flint to Franklin dated 3 Jan. 1770.

Note 3. Father Navaretta is Domingo Fernández Navarrete (1610-1698), archbishop of St. Domingo, who went as a missionary to China. In 1665 he wrote a passage in his journal about how the Chinese make beans into a cheese which he called "Teu Fu" [tofu]. His observations were first published in 1676 in Spanish under the title *Tratados historicos, politicos, ethicos, y religiosos de la monarchia de China.* They were first published in English in 1704 in a book compiled by Awnsham Churchill and John Churchill, titled *A Collection of Voyages and Travels.* (London: Published by the author. 4 vols.). (2)

Note 4. Runnet is rennet, or natural nigari, derived from natural sea salt or sea water. Franklin says the soybeans are ground dry (without water, to make "meal") before being mixed with water then coagulated with "runnet" to make tofu.

Note 5. Mr. Bartram, a botanist in Philadelphia, probably planted the soybeans sent to him by Benjamin Franklin in his garden, which was located on the west bank of the Schuykill River below Philadelphia (Fox 1919; Hymowitz and Harlan 1983, p. 375-76).

Note 6. This is the earliest document seen (April 2013) concerning tofu mentioned by an American or in connection with (but not yet in) America. It is also the earliest English-language document seen (April 2013) that uses the word *Tau-fu* to refer to tofu, or the word "curds" in connection with tofu.

Note 7. This is the second earliest document seen (Jan. 2004) concerning soybeans in Pennsylvania–or in Philadelphia.

Note 8. This is the second earliest document seen (Sept. 2000) by or about Benjamin Franklin in connection with soybeans. Franklin was a commercial agent, representing four colonies (including Pennsylvania and Georgia) in London. He first learned about soybeans from James Flint, who probably first called them "Chinese caravances" or "Chinese garavances" (Prof. Theodore Hymowitz 13 Sept. 1998).

Note 9. Prof. Hymowitz (31 July 1989) states that "Caravance, garavance, and calavance are variations of the Spanish word *garbanzo,"* which means chick-pea or garbanzo bean. *Garbanzo* is a Castilian word, used also by the Basques under the form *garbantzua,* and by the French as *garvance.*

Note 10. Franklin says in this letter that he wrote Mr. Flint to ask about how the Chinese made tofu. A copy of Flint's reply from Capringe, dated 3 Jan. 1770, is reprinted in: Berkeley, Edmund; Berkeley, Dorothy Smith. 1992. *The Correspondence of John Bartram, 1734-1777.* Gainesville, Florida: University Press of Florida. xv + 809 p. See p. 727-28.

Note 11. What did John Bartram do with these soybeans that he received from Benjamin Franklin? According to Prof. Hymowitz (June 1999 personal communication), Bartram distributed them to eight farmers, whose names appear in the proceedings of the American Philosophical Society. Some of the eight were well-known people, including public (political or judicial) figures. Knowing their names, Ted spent a long time trying to find out what each of them did with their soybeans; he looked in their diaries, biographies, etc., but found nothing.

Note 12. This is the earliest document seen (Dec. 2005) concerning John Bartram of Philadelphia in connection with soybeans.

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Note 13. In *The Works of Benjamin Franklin...,* edited by Jared Sparks (1882, Vol. 7, p. 464) this letter is titled "Rhubarb seed.–Chinese cheese." The word "caravances" is italicized. The text of the letter concerning soybeans is identical.

Note. This is the earliest English-language document seen (April 2013) that uses the term "Chinese cheese" to refer to regular (nonfermented) tofu. Address: London, England.

105. Flint, James. 1770. [Letter to Benjamin Franklin in London, dated Jan. 3d 1770, describing how the Chinese convert Callivances / Callevances into Towfu (soy beans into tofu) (Letter to the editor)]. In: Edmund Berkeley and Dorothy Smith Berkeley. 1992. *The Correspondence of John Bartram, 1734-1777.* Gainesville, Florida: University Press of Florida. xv + 809 p. See p. 727-28.

• ***Summary:*** Benjamin Franklin first read about tofu in the writings of Domingo Fernandez Navarrete (lived 1698-1786), a Dominican missionary to China. Fernandez Navarrete first wrote about tofu–which he called *teu fu*–in his journal in 1665; this was first published in Spanish in 1676. It was translated into English by Awnsham and John Churchill, published in 1704, and subsequently republished; Franklin probably encountered it in the third edition: *A Collection of Voyages and Travels...* (6 vols., London, 1744-46; see Vol. 1, p. 1-113).

Franklin later wrote his friend John Bartram that the idea that a "cheese" could be made of beans "so excited my curiosity that I caused enquiry to be made of Mr. Flint, who lived for many years there [in China], in what manner the cheese was made."

This letter from Flint to Benjamin Franklin reads: "Dear Sir. 1st Process. The method the Chinese convert Callivances into Towfu. They first steep the Grain in warm water ten or twelve Hours to soften a little, that it may grind easily. It is a stone Mill with a hole in the top to receive a small Gram of warm water which passes between the two Stones the time of grinding to carry off the flower [flour?, slurry?] from between & keeps draining into a Tub which has a Sieve or Cloth at the top to stop the gross parts from mixing with the flower.

"2d Process. Then they stir up the flower & put the Water over the Fire just for it to simmer, keeping stirring till it thickens & then taken out & put into a frame that has a Cloth which will hold the Substance, & press the water from it, & when the Water is gone off the Frame with the Contents with a Weight on it must be put over the Steam of boiling Water for half an hour to harden or something longer. The pressing & boiling over the steam brings it into the Form you see it carried about at Canton. This is the process as I always understood.

"Now I shall give you my Opinion in what Manner I should proceed in the first Process. I would send my Callevances to the mill to be ground, then I would put the Flower into water & stir it well very thin. Then strain the gross parts from the Flour & then you proceed for the 2d. For I look upon the reason they steep the Grain & grind it with Water is that it is so hard they could not grind it with their little Stones. I hope you understand it, & wish the Complts [Compliments = best wishes] of the Season. I remain Dr Sr [Dear Sir], Your most obedt [obedient] Servant, J. Flint."

Note 1. This is the earliest English-language document seen (March 2006) that uses the word "Callivances" or "Callevances" (also spelled "Garavances, Caravances Calavanses, Callavanses, Callvanses") to refer to soybeans. But note that in 1764 C.G. Ekeberg, in a Swedish-language article on soy sauce, referred to the Caravance bean, apparently comparing it to the soybean, which he called Pactau ("white bean' = white soybean). Later this month, in a letter to John Bartram dated 11 Jan. 1770, Franklin used the word "Chinese Garavances" (or "Caravances").

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "Towfu" to refer to tofu.

Note 3. Why did Flint write this letter to Franklin? Both Flint and Franklin were in London at the time. Franklin, who first read about tofu in the writings of Fernandez Navarrete, must have asked Flint (either by letter or in person) if Flint knew how tofu was made in China. Flint read and spoke Chinese and had worked (as an interpreter) and traveled extensively in China. However, Flint apparently did not understand that the Chinese use a coagulant to make tofu.

Note 4. This is the earliest document seen (Sept. 2000) by or about Benjamin Franklin in connection with soybeans.

Note 5. This original letter is located in the Bartram Papers of the Historical Society of Pennsylvania (4:14). Address: Capringe.

106. Eckeberg, Charles Gustavus [Ekeberg, Karl Gustaf]. 1771. A short account of the Chinese husbandry. In: Peter [Per] Osbeck. 1771. A Voyage to China and the East Indies... Translated from the German by John Reinhold Forster. Vol. 2. London: Printed for Benjamin White. 367 p. See p. 267-317. [Eng]

• ***Summary:*** For details, see Osbeck 1771. Address: Captain of a ship in the Swedish East India Company's service.

107. Osbeck, Per. 1771. A voyage to China and the East Indies, by Peter Osbeck ... Together with a voyage to Suratte, by Olof Toreen ... and an account of the Chinese husbandry, by Captain Charles Gustavus Eckeberg. Translated from the German by John Reinhold Forster. Vol. 1. London: Benjamin White. See vol. 1, p. 73, 77, 218, 253, 304-05. Original edition published in 1757 in Swedish. [Eng]

• ***Summary:*** Note 1. All of the following passages were written in 1751.

In Canton, China: "Fish cut to pieces were carried about for sale on little tables, which hung on poles as described

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above: the same was done with bacon, and *Fdaufu* [tofu], a dish which is like our sweet cheese, but which was prepared of *Chinese* beans (*Dolichos Chinensis*)*"* (p. 218).

China: "Soya, or the *Tyong-yao* [*jiangyou*] of the *Chinese,* (*Dolichos Soja* Linn.) the *Japan Soya* is better and dearer than the *Chinese.* For its preparation see *Kœmph.* Amoen. p. 839. and likewise *Soja Dolichos, Flor. Zeylan.* 354. It was sold the katty for three kanderins" (p. 253).

Note 2. This is the earliest English-language document seen (Feb. 2007) that uses the word "Soya" in connection with the soybean or with soy sauce.

Note 3. This is the earliest English-language document seen (April 2012) that uses the word "Japan Soya" to refer to soy sauce, probably made in Japan. As of Feb. 2012, the term "Japan Soya" (referring to soy sauce) appears in this database three times from 1771 to 1907.

"Fdau-fu, or *Tou-fu* [tofu], which has been mentioned on page 218, was sold by pieces in several places. The *Chinese* shewed me a sort of small pease, which they call *U-ang-teo* [huangdou = "yellow bean"], and of which cheese [tofu] is said to be made, though the name gives reason to conjecture that it has been made from *Tao,* which are the *Chinese* beans, or *Callvanses."* (p. 305).

Note 4. This is the earliest English-language document seen (April 2013) that uses the word "Fdaufu" (or "fdou-fu"), or the term *Tou-fu* to refer to tofu.

Non-soy: "Spain, March the 6th, 1751. On my arrival at Cadiz [a seaport and province in southwest Spain], I saw the *Hedysarum coronarium,* or French honey suckle, in plenty. The Spaniards call it *Soya,* and the French *Saint Foin* (Note: What we call St. Foin in England is *Hedysarum Onobrychis;* the *Hedysarun Coronarium* is planted for ornament in our gardens); it was brought to town in great bundles as food for the cattle (p. 77).

Note 5. This plant called Soya in Spain is probably not the soybean.

"Callvanses (*Dolichos Sinensis*) (Footnote: *caule erecto ramosissimo, pendunculis erectis multifloris, leguminibus pendulis; Chinensibus Tao*). They are planted on dry hills, and treated like dwarf kidney beans. They do not grow high, and therefore do not much want to be supported; this however is done in some places, and especially where they stand in the open fields... These beans are of the smallest kind, and are quite white except the germen [hilum], which is black, but white in the middle. The *Europeans* buy them in great quantities, and make use of them in their return from China instead of pease. They have thin husks and are very palatable. A katty, which answers to a pound we use for grocery, was sold for two kandarin, or about three stivers" (p. 304). [Note 6. According to *Index Kewensis* and *Hortus III, Dolichos sinensis* (later named *Vigna sinensis* and now named *Vigna unguiculata subsp. sesquipedalis*) is the yard-long bean or asparagus bean, a subspecies of the cowpea.]

"Lack-Tao [Luk Taw or mung bean] (Footnote: *Phaseolus Max, Mungo Persarum*) is the *Chinese* name of another sort of beans, or pease, which are much less than our wild vetches. The plant itself grows like the former... With these pease they feed the parrots. Among the many seeds which I brought to *Sweden,* was a kind of small green pease, which was so nicely eat up by the worms at my arrival, that nothing but the husks were left, which served as a nidus [nest or breeding place] to the little beetles, with which they were almost filled" (p. 304-05).

The author: Peter Osbeck, a Swede, lived 1723-1805. He was a pupil of the great Linnaeus and he generally used botanical terms used by Linnaeus. In 1750 he set out on a journey to China as chaplain to a Swedish East Indiaman, *The Prince Charles*, which visited Java and southern China, and returned to Gothenburg, Sweden, on 26 June 1752. Osbeck was a zealous naturalist and brought home a rich collection of natural objects, chiefly Chinese specimens, for during his long stay at Whampoa and Canton he had ample opportunity to collect. All of his collections he placed in the hands of Linnaeus, who described the plants in his *Species Plantarum,* published a year after Osbeck's return. Osbeck's original account of his voyage appeared in 1757 in his native language, Swedish, titled *Dagbok öfver en ostindisk resa.*

The book: Linnaeus is indebted to this book for the greater part of the Chinese plants and animals he described. All of the 244 Chinese specimens collected by Osbeck belong to the neighborhood of Canton. Most of the plants Linnaeus knew from China were those collected by Osbeck, but Linnaeus seems to have been under the mistaken impression that Osbeck's plants came from India, a place that Osbeck never visited. Strangely, most of the systematic botanists who compiled general systematic works on botany after Linnaeus (Lamarck, Willdenow, Sprengel, de Candolle, Kunth, etc.) incorrectly referred to Linnaeus rather than to his source, Osbeck (Bretschneider 1880, p. 88-91).

Bretschneider (1880, p. 116) notes: "The third account of Swedish naturalists in China translated by John Reinhold Forster, is a treatise on *Chinese Husbandry* by Charles Gust. Eckeberg. Eckeberg was Captain of a Ship in the Swedish E.I. [East India] Company's service. We know from Sparrmann's brief account of his voyage to China that Eckeberg was captain of the Navarcha and that his ship arrived in Canton Aug. 24 in 1766. It was at this place that Eckeberg made his observations on Chinese husbandry, on which subject he subsequently published a very interesting account, of which I shall give an abstract. It seems that Eckeberg had previously visited Canton, about 1762."

Note 7. This is the earliest English-language document seen (Oct. 2010) that uses the word "husbandry" in connection with animals. Address: A Swede and pupil of Linnaeus, he traveled in China, arriving in 1751.

108. Shinsen ryôri kondate bunruishû [Newly selected and collected cooking menus, divided by category]. 1772-1780.

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Japan. [Jap]*
• ***Summary:*** The ninth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

109. Delaporte, Joseph. 1772. Le voyageur françois, ou La connoissance de l'ancien et du nouveau monde. Quatrieme édition, revue, corrigée et augmentéeTome 5 [The French voyager: or, The knowledge of the old and new world. 4th ed. Revised, corrected and expanded. Vol. 5]. Paris: L. Cellot. 480 p. See p. 282. [10 ref. Fre]
• ***Summary:*** This book consists of a series of letters from the author, a French traveler, to a woman in France. Volume 5 contains letters written from China. In his letter from Peking, dated 1 March 1745, when discussing Chinese food, he mentions tofu (*teou-fou*), saying (p. 182-83): A Chinese person prefers vegetables to poultry / foul. We did not follow that example. Our resource was a larder of hams, chicken and ducks. A good foul does not cost more than a few cents. There is no more commonly known food, nor a better priced one, than a certain paste of beans, that is called *teou-fou.* Cakes are made from it, in the shape of a cheese, that are four to five inches in thickness. Eaten raw / plain, it has very little flavor; but cooked in water and seasoned with certain herbs with fish, and other ingredients, it is a very good food: fried in butter, it is excellent. It is also eaten dried and smoked; and this latter technique yields the best results. An incredible amount of it is consumed, from the Emperor to parcel carriers / porters, everybody is passionate about this food, and finds it so delicate that it is often preferred to poultry. Wherever you are, a pound of it, which is more than 20 ounces (*La livre, qui est de plus de vingt onces*) costs no more than very small change.

In French, the part about tofu reads: *"On ne connoît point ici d'aliment plus commun ni à meilleur marché, qu'une certaine pâte de feves, qu'on appelle teou-fou. On en fait des gâteaux, en forme de fromage, qui ont cinq à six pouces d'épaisseur. On y trouve peu de goût, lorsqu'on les mange crus;..."*

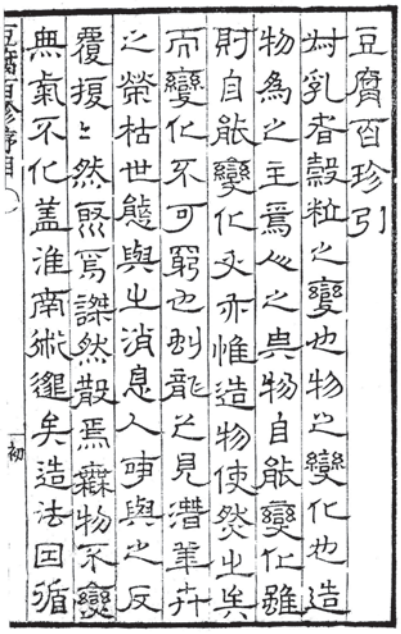

Note 1. This is the 2nd earliest French-language document seen (April 2013) that mentions tofu, which it calls *teou-fou.*
Note 2. Hervé Berbille first discovered on 26 July 2011 that this document mentions tofu. Address: Abbé.

110. Ka, Hitsujun. 1782. Tôfu hyakuchin [One hundred rare and favorite tofu recipes]. Edo: Yamazaki Kinbe; Osaka: Fujiwara Zenshichiro (Kochiya Moheibei). 9 + 31 leaves. Illust. 21 cm. Photoreproduction of original edition. Edited by Abe Koryu, with rendering into modern Japanese. Tokyo: Shinshu Shorin. 280 p. Publ. 1971. Japanese summary by Kawakami 1978. [Jap]
• ***Summary:*** Containing many beautiful illustrations (wood block prints), this is Japan's earliest and most famous book on tofu. Several pages look like this.

In Japanese, the first reads *Wainan seisho,* which might be translated: [Tofu is] The pure and excellent thing from Wainan [Huainan].

This is the earliest Japanese document seen (May 2002) with the word "tofu" in the title, or that contains illustrations of tofu; it mentions dried-frozen tofu as well. Because of its immediate success, a second volume (*Tofu Hyakuchin Zokuhen*) was published the next year. Devoted solely to tofu cuisine and combining the virtues of a travel and restaurant guide with those of a cookbook, the two books introduced the Japanese people to about 230 varieties of (or general recipes for) tofu cuisine served in the different provinces. It is still widely quoted. Abe (1971, 1974) has published a modern facsimile edition, nicely illustrated.

Illustrations (black-and-white wood-block prints on unnumbered pages) show:

(1) A village (2-page spread) seen from a distance with people appearing very small. (2) Five Japanese ladies in kimonos cutting tofu, grilling it to make *dengaku* over a low

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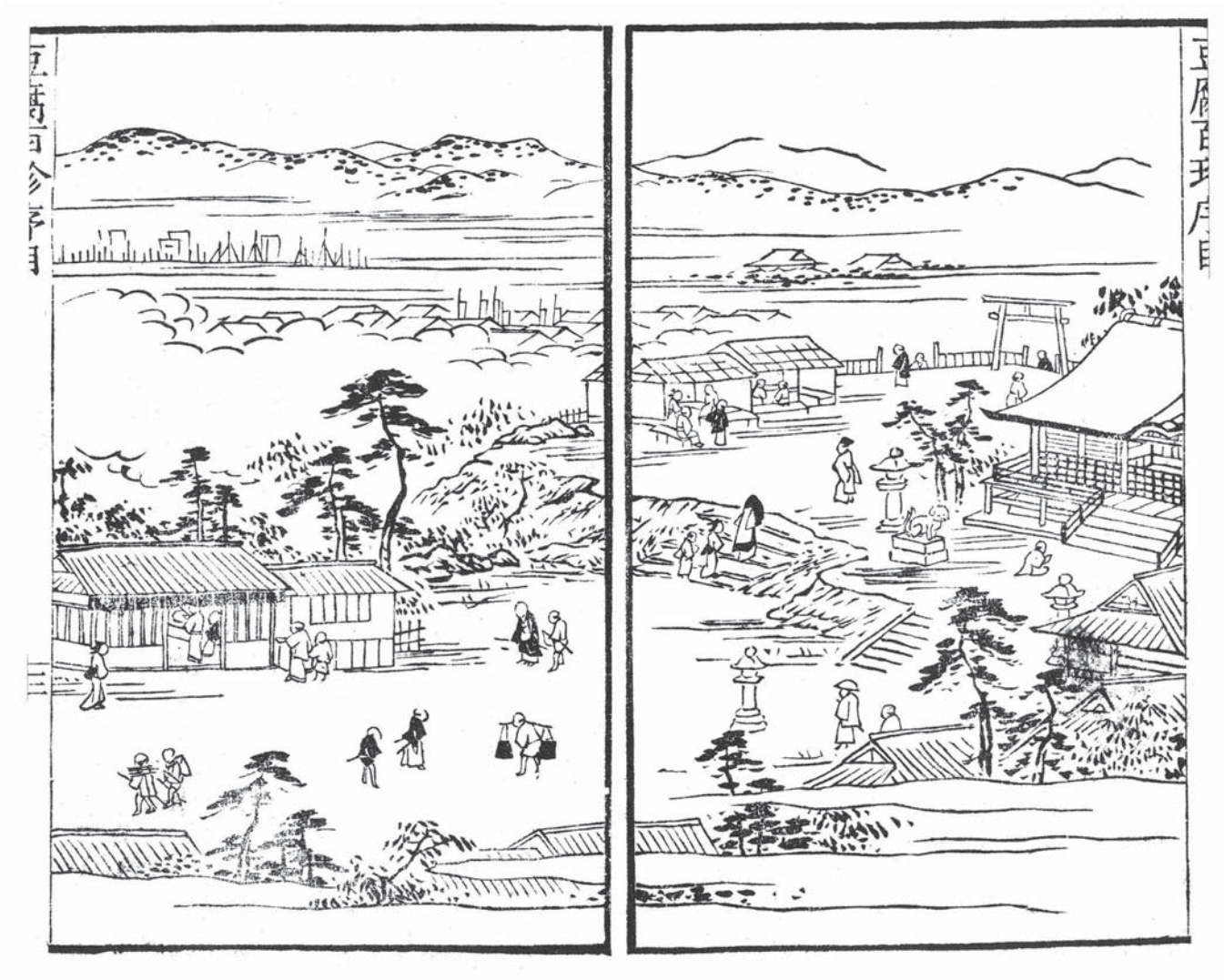

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charcoal stove, and serving it on plates.

Note: This is the world's first book written entirely about tofu, or about soybeans or soyfoods.

111. Ka, Hitsujun. 1783. Tôfu hyakuchin zokuhen [One hundred rare and favorite tofu recipes: Sequel]. Osaka: Kochiya Moheibei. 280 p. (40 cho). Photoreproduction of original edition. Edited by Abe Koryu, with rendering into modern Japanese. Tokyo: Shinshu Shorin. 280 p. Publ. 1971. Japanese summary by Kawakami 1978. [Jap]

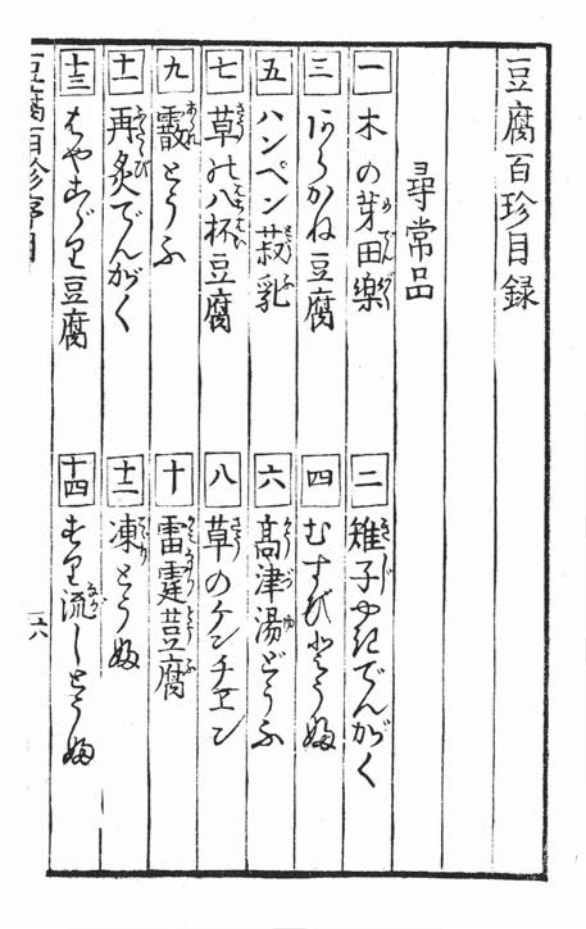

• ***Summary:*** The second volume of the popular *Tofu Hyakuchin*, which see.

Beautiful illustrations (black-and-white wood-block prints on unnumbered pages) show:(1) A lady in a kimono kneeling on her right knee in front of a low table on which are piled cakes of tofu. With a knife in her right hand, she is about to cut the tofu. (2) A restaurant in a temple with various people seated and walking. (3) A busy city street with people walking and eating in restaurants, whose fronts are open to the street, and whose names appear on a little cloth sign (*noren*) hanging from the eves. (4) "Dengaku Hoshi"–A Buddhist priest balancing on a single stilt called a "heron's leg." (5) A hand holding a Japanese-style vegetable knife cutting a large block of tofu rested in an L-shaped wooden support; this helps in cutting the tofu into thin slices / sheets. (6) A specially-shaped long wooden box (*tsukidashi*) having about the same cross section as that of a block of tofu, with a handle on one end, a screen over the opposite exit end, and a wooden pusher, which is used to push a block of tofu into the box and through the screen, thereby creating tofu noodles, similar to those called *tokoroten* made from a block of gelled *tengusa / gelidium* seaweed.

Masaaki Yasuda states in "Fermented tofu, tofuyo" (2011, p. 302): "The earliest known reference to fermented tofu in Japan comes from Osaka. In 1883, Ka Hitsu Jun published the famous book, *Tofu Hyaku Chin Zokuhen* (The Sequel to One Hundred Favorite Tofu Recipes). In this book, 'red tofu' and the other fermented tofu, 'tofu-ji,' were introduced. According to the book, how to make the red tofu was a family secret, and few details on its production were provided. The other description was clearly of Chinese style red furu, because the materials not only included red koji from China, shiro zake (white sake, Chinese distilled liquor named 'Bai-Jiu'), *sansho* (Japanese spice, this spice seems to be used instead of chili), but also refer to it as tofu-ji and use the same method of preparation."

112. Tôfu hyakuchin yôroku [One hundred and favorite tofu recipes, additional record]. 1784. Nishimura Ichirouemon and Nakagawa Toshiro (Heian, Horikawa), Fujio Zenshichi (Osaka, Koribashi). 50 p. Japanese summary by Kawakami 1978, p. 117. [Jap]

• ***Summary:*** There was a book called Toka-shu ("Collection of Bean Flowers") that appeared from an unknown author during the Edo period (1600-1868). A bookstore owner in Osaka bought that book and showed it to Ka Hitsujun, the author of the *Tofu Hyakuchin.* They decided to publish the book under the name *Tofu Hyakuchin Yoroku.* They bought the wood blocks in 1784 but did not actually publish the book until 1788. The contents of the book is like the *Tofu Hyakuchin* except that it has recipes of the Edo-period style.

113. Loureiro, Joao de. 1790. Flora Cochinchinensis: sistens plantas in regno Cochinchina nascentes. Tomus II. [The flora of Cochin China, setting forth the plants in the kingdom of Cochin China. Vol. 2.]. Ulyssipone [Lisbon], Portugal. p. 433-884. See p. 441-42, 522-24. 27 cm. [Lat]

• ***Summary:*** In the section titled "Diadelphia. Decandria" (p. 441-42) we read: "Sp. 13. Dolichos Soja, Dau nanh. Hoam téu [huang-tou = yellow bean]. Writing in Latin, he gives a botanical description of the plant, describes its habitat as Cochin China and China, and cites as sources Thunberg, Kaempfer, and Rumphius. Then he adds: "Uses: These seeds, having been boiled or lightly toasted, are quite acceptable to both the stomach and the palate. From them is made the famous Japanese soy sauce called Soia, which the Chinese and Cochin Chinese frequently use for cooking food and stimulating the appetite. There is also produced a white food

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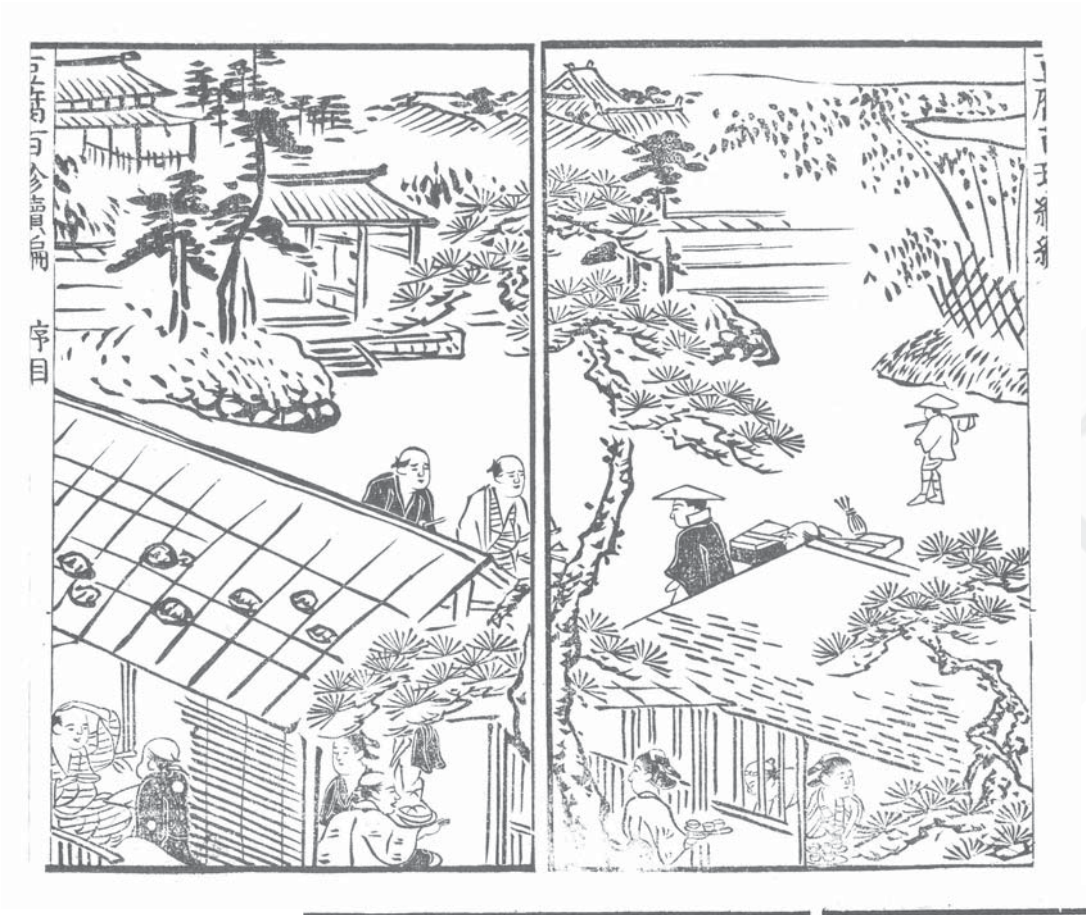

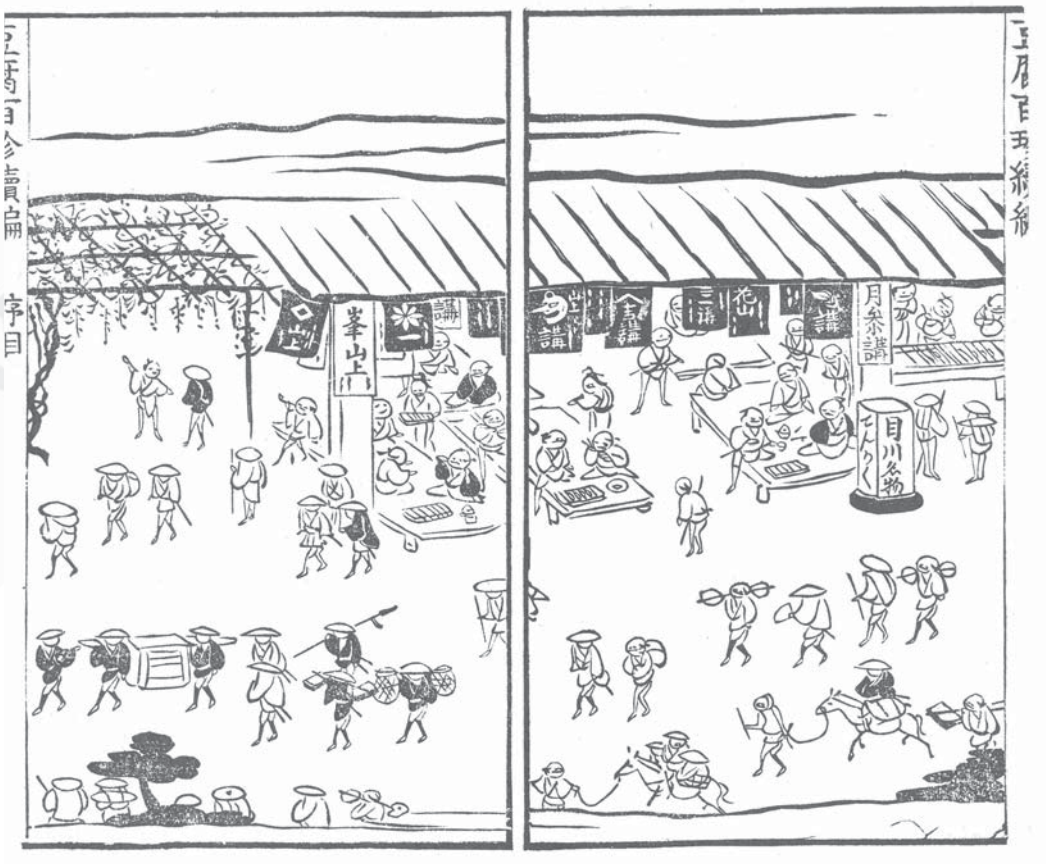

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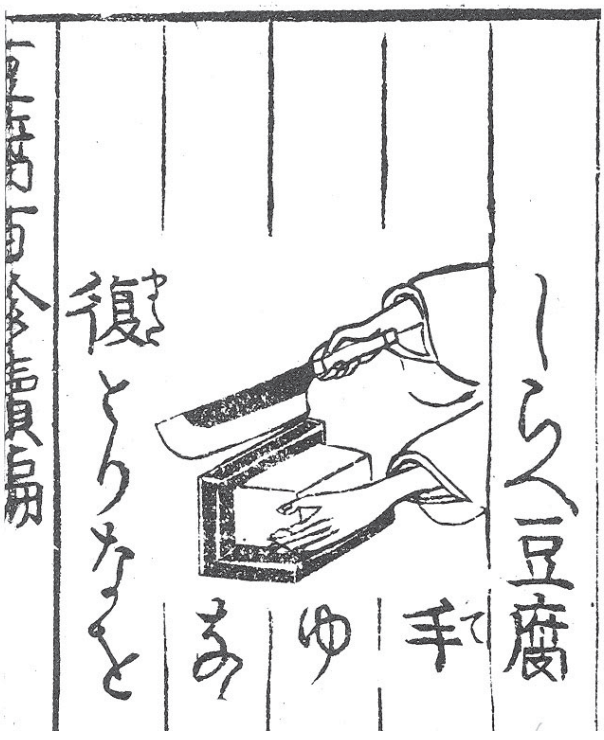

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resembling coagulated milk (*lactis coagulati*) and called Teu hu or Tau hu [tofu] by the Chinese; it is the most widely used food among them. Although it is rather bland by itself, if the appropriate condiments are added, it becomes a food which is neither unpleasant nor unhealthy."

The author: Ioannis (Joao) de Loureiro was born in Portugal in 1715. Somewhere between 1735 and 1743 he arrived in Cochin China (today's Vietnam) as a Jesuit missionary. Living at Hué, the capital, near the sea coast, he tells us that he had no access to European medicines. So he was obliged to depend entirely on native medicinals, and by investigating them he was necessarily induced to study the local flora and to make botanical collections. Thus he developed a herbarium of nearly 1,000 species. In 1779 he went to Canton to do botanical research for 3 years, living within a factory. He left for Lisbon in 1782, and died in 1794 or 1796. He was one of the most prominent botanical collectors of the 1700s, giving rich descriptions of economical and medicinal uses.

The book: Volume 1 was first published in 1789; the set was reissued 3-4 years later edited by Willdenow, with added notes. It describes 1,257 plants (Bretschneider 1880, p. 129-46).

Note 1. This is the 2nd earliest document seen (May 2010) concerning soybeans in Vietnam, or the cultivation of soybeans in Vietnam. This document contains the 2nd earliest date seen for soybeans in Vietnam, or the cultivation of soybeans in Vietnam (1790). The source of these soybeans is unknown.

Note 2. This is the earliest Latin-language document seen (April 2013) that uses the word "Teu hu" or the word "Tau hu" to refer to tofu.

Also discusses: *Dolichos tetragonolobus* (p. 437. Winged bean? Habitat: Cochin China and China). The genus *Arachis* (p. 522-24), with two species: *Arachis asiatica* and *Arachis africana*. He notes (p. 524) that Linnaeus calls the latter *Arachis hypogoea* [peanut]. Address: Portugal.

114. Ryôrisho. Fu to tôfu [Cookbook on wheat gluten and tofu]. 1790. Japan. 38 p. Unpublished manuscript. Japanese summary by Kawakami 1978, p. 175. [Jap]

• ***Summary:*** This must be the last volume of a three volume work. This one is about Zen vegetarian cookery (*shojin ryori*). The other two were about fish and poultry. There are a lot of tofu recipes, including Suizenji Tofu, Enmeiji Tofu, Uneri Tofu, and Shiruko Tofu. A description of how to make sweet simmered miso (*neri-miso*) is also given.

115. Yuan Mei. 1790. Suiyuan shidan [Recipes from the Sui garden]. China. [Chi]

• ***Summary:*** Wade-Giles reference: *Sui Yüan Shih Tan*, by Yüan Mei. Qing dynasty.

H.T. Huang (2000, p. 323-24), in the section titled "Products associated with tou fu," states that this is the

earliest document seen that mentions fresh tofu curds. In a recipe for "Hibiscus Tofu" (*fuyong doufu*) the famous Qing dynasty gastronome says (p. 100): Place fresh tofu curds (*funao* = "tofu brain") in well water and heat to boiling three times to remove the beany flavor. Suspend the curds in chicken soup and heat again to boiling. Before serving, garnish with laver / nori (*Porphyra*, a sea vegetable) and pieces of shrimp. Later, fresh tofu curds were also called "tofu flowers" (*douhua* or *doufu hua*).

Concerning frozen tofu, Huang states (p. 324) that a recipe in this book states: Boil the thawed tofu in water to remove the remaining beany flavor, then simmer it in a soup base.

Huang also states (p. 325, 364) that both pressed tofu (*doufugan*) and smoked tofu (*xun doufu*) are mentioned in this book.

Concerning fermented tofu, Huang (2000, p. 327) notes: By the middle of the Qing dynasty local varieties of *furu* had begun to win national fame, such as the *furu* of Suzhou [in southern Jiangsu; W.-G. Su-chou or Soochow, formerly Wuhsien] and the white *furu* of Guangxi [or Guangxi Zhangzu, an autonomous region in southeast China; W.-G. Kuangsi]. The *Suiyuan Shidan* says:

'Rufu: The ones from the [shops] near the front of the Temple of General Wên in Suzhou are particularly good. The colour is black, and the flavour is clean. There are two types, a wet and a dry. The product with some shrimp paste in it is also attractive, but may have a slight fishy taste. The white

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furu from Guangxi (Kuangsi) is also outstanding, especially that made by the family of the official Wang Ku."

A full-page table (Huang, p. 372) shows the "Usage of soy condiments in food recipes from the Han to the Qing dynasties." Seasonings based on jiang (fermented soybean paste) are used in 48 recipes: Jiang itself in 15, soy sauce made from jiang named *qingjiang* in a 24 recipes, soy sauce named *jiangyou* in 2 recipes, soy sauce named *jiangzhi* in 1 recipe, and soy sauce named *jiangshui* in 6 recipes. Fermented black soybeans (*shi*) are used in 2 recipes, and a new type of soy sauce named *qiuyou* (W.-G. *ch'iu yu*) is used in a whopping 62 recipes. Note: This is the earliest document seen (April 2012) in which a soy-based seasoning named *qiuyou* is mentioned. Huang states (p. 371) that *qiuyou* is written with the Chinese characters for autumn + oil, implying a sauce harvested in autumn.

Wilkinson (2000, p. 647-48). This was the most famous recipe book of its day, yet *wok* dishes accounted for only 16% of the recipes. Yuan Mei (lived 1716-1798) was one of China's four most famous "literati gourmands;" they exerted a considerable influence on the development of a higher cuisine, especially when they compiled their own cookbooks..."

Letter from Dr. H.T. Huang. 1996. Sept. 29. "Page 103 mentions mock roast goose made with yam wrapped in *doufu pi* (yuba)."

Dr. H.T. Huang, expert on the history of Chinese food and agriculture (personal communication, 5 June 1993), gives the date of this document as +1790, and the English translation of the title as "Recipes from the Sui Garden." He notes that page 107 contains three recipes for gluten.

Endymion Wilkinson. 2000. *Chinese History: A Manual* (p. 649). This book *Suiyuan shidan* or *The Suiyuan recipes* was published in 1792, with a modern edition in 1984.

Newman (1989) states: "The idea of freezing bean curd is not new. Iced Bean Curd is one of Yuan Mei's recipes from the Xi Yuan Cookery Book written near the end of the 18th century. This book by a poet, government official and author, is a very comprehensive volume of over 300 recipes, only some are about tofu. One difference is that the Iced Bean Curd recipe is meant to be served hot, the doufu in it is first frozen then prepared for use."

Bo (1982): In this work Yüan Mei states that it is more graceful for a writer to use the term "ch'ing chiang" instead of "chiang-yu" when referring to soy sauce.

Hummel (1944, p. 955-56): Yüan Mei lived 1716-1798. A poet, literary critic, and essayist, he was a native of Ch'ien-t'ang (Hangchow). Resigning (1748) from his post as magistrate of Chiang-ning, he retired (1749) to his newly acquired "Garden of Contentment," Sui-yüan, near Nanking. From 1784-1795, spent in alternate travel and quiet seclusion, he came to be known as one of the most skillful poets of his time.

Reichl (1985): Yuan Mei has been called the "the 18th century philosopher of the table." His sayings are widely quoted. For example: "A great cook cannot with the utmost application produce more than four great dishes a day." Address: China.

116. Yuan Mei. 1792. Suiyuan shidan [The cookery lists of Suiyuan]. In: Sui-yüan Ch'uan-chi, 38 pen, Chu-i-t'ang Shu-chu edition. Shanghai, 1921. [Chi]*

• ***Summary:*** Yan-Kit So. 1992. *Classic Food of China* (p. 34-43). Contains a detailed biography of Yuan Mei, and the best discussion seen to date of his famous book *Suiyuan Shidan* or *The Cookery Lists of Suiyuan*, and its best known, most influential recipes. An illustration (p. 36) shows Yuan Mei. "Sui Yuan" means "Garden of Contentment." "Born in 1716 in Hangzhou, to a rather poor but genteel family, Yuan Mei began his formal education at the age of six, and he immediately got into the habit of making notes on everything he learned. This was to stand him in good stead for the rest of his life. From the age of eleven he began to climb the ladder of examinations and eventually reached the top in 1739, when he passed the Palace Examination in

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Peking, becoming a Hanlin scholar." That year he married a Miss Wang, to whom he had been since he was a child. In 1743 his official career began, as a Prefect in a district near Nanjing (Nanking) and later in Nanjing itself. But his official career lasted only 5 years. Giving up his official residence, he bought a large piece of land on which he built his dream house, Sui Yuan or Garden of Contentment which, when finished, consisted of 24 pavilions joined by lovely courtyards and gardens, with arching bridges and cascading waterways. Here he lived for the rest of his life, writing poems and studying cookery–his twin loves.

Being a Mandarin, he did not do any cooking himself. But he "kept a tight rein on the kitchen, telling his cooks what dishes he wanted to eat and how they should taste. His meticulousness was partially due to a sensitive stomach, the result of illness as a young man... He was constantly in search of delicious recipes, from aristocratic families with great cooks (where he was frequently invited) and even from monasteries, where he learned vegetarian dishes from superb cooks. One of his main sources of culinary information was his own great cook, Wang Xiaoyu (see p. 18) who was employed by him for more than 10 years until Wang died.

In this way, during some 45 years, Yuan Mei collected a repertoire of more than 300 recipes. "These, prefaced by his opinions and advice to cooks in two lists labeled 'the list of essential knowledge' and 'the list of taboos,' he compiled into a cookery book called *Suiyuan Shidan* or *The Cookery Lists of Suiyuan.* It was published in 1792, five years before his death."

"No one before had mustered so much passion in writing about the activity of cooking, eating and entertaining... His *Shidan* has remained the most influential Chinese cookbook and is regarded with great respect by both professional and home cooks..."

Good ingredients are essential: "For an excellent banquet, sixty percent of the credit goes to the chef and forty percent to the buyer of ingredients." One should never disdain inexpensive ingredients. Yuan finds bean curd [tofu], well known to be inexpensive, far more agreeable in taste than bird's nest.

Unlike the great Song poet and gourmet Su Dongpo, Yuan preferred not to indulge in alcohol, which he felt clouded his judgment and enjoyment of fine food. If you must drink, he advised, wait until the meal is over.

Yuan liked to credit the sources of his recipes–which was unusual at the time. The "sources of no less than one hundred recipes are named and traced to the houses or monasteries where he ate them or where he found them to be the most outstanding. Among the dozen or so recipes on bean curd, a food he was fond of and found agreeable to his delicate stomach, nine are credited..." He recommended "the white fermented bean curd 'cheese' [fermented tofu] in Guangxi. In Iced Bean Curd (see recipe p. 222), Yuan says to freeze cakes of tofu overnight on a tiled roof, then mentions the resulting "beehives" after the frozen tofu is thawed and becomes porous.

Of the 300+ recipes in Yuan Mei's famous book, more than 50 are stir-fried dishes. In Mandarin, the "wok" is pronounced *guo.*

Yan-Kit So. 1986. "A study of Yuan Mei's Iced Bean Curd." This is a study of a recipe for frozen tofu. This Qing dynasty book (whose title is also translated *Recipes from the Sui garden*) consists of more than 300 recipes, categorized either according to main ingredients (seafood, meat, tofu) or to specialties (dim sum, sweet cakes, etc.). It is the most comprehensive Chinese cookbook before cookery writing became popular in China in the 20th century. The author, Yuan Mei (lived 1716-1798), above all a poet and government official, was also a gourmet and bon-vivant who had 4-6 concubines. He may have been the ranking poet of his times, yet to many Chinese he is remembered for this cookbook, which has had a far-reaching influence down to the present day. Yuan was extremely fond of bean curd, for he lauded it as "far superior to bird's nest" if it was "well flavored" (Shih-tan, p. 4). His chapter on bean curd, consisting of 9 recipes, showed that he spared neither time, trouble, nor ingredients to flavor his bean curd. His most famous tofu recipe is titled Perfect Wang's Eight Treasure Bean Curd. Arthur Waley wrote a book titled Yuan Mei (1956, Allen & Unwin), which gives this book's publication date as 1796.

Sui Yüan is a sobriquet for Yüan Mei, after his garden of contentment. Hummel (1944:955-56): Yüan Mei lived 1716-1798. A poet, literary critic, and essayist, he was a native of Ch'ien-t'ang (Hangchow). Resigning (1748) from his post as magistrate of Chiang-ning, he retired (1749) to his newly acquired "Garden of Contentment," Sui-yüan, near Nanking. From 1784-1795, spent in alternate travel and quiet seclusion, he came to be known as one of the most skillful poets of his time. His discourse on cooking, written in a vein of charming banter, has been translated into several Western languages. "Tan" means list.

Bo (1982): In this work Yüan Mei states that it is more graceful for a writer to use the term "ch'ing chiang" instead of "chiang-yu" when referring to soy sauce.

117. Loureiro, Joao de. 1793. Flora Cochinchinensis: sistens Plantas in regno Cochinchina nascentes. Vol. 2. Dolichos soja [The flora of Cochin China. Vol. 2.]. Denuo in Germania edita cum notis Caroli Ludovici Willdenow; Bernolini [Berlin], impensis. See p. 537-38. Edited by Willdenow, with added notes. Also published by the Acad. Sci. of Lisbon. [Lat]

• ***Summary:*** The first edition of this important work was published in 1790. The content of this 1793 edition concerning *Dolichos soja,* published in Berlin and edited by Willdenow, is almost identical to that of the 1790 edition. The text has been re-set to fit on the smaller pages, and some

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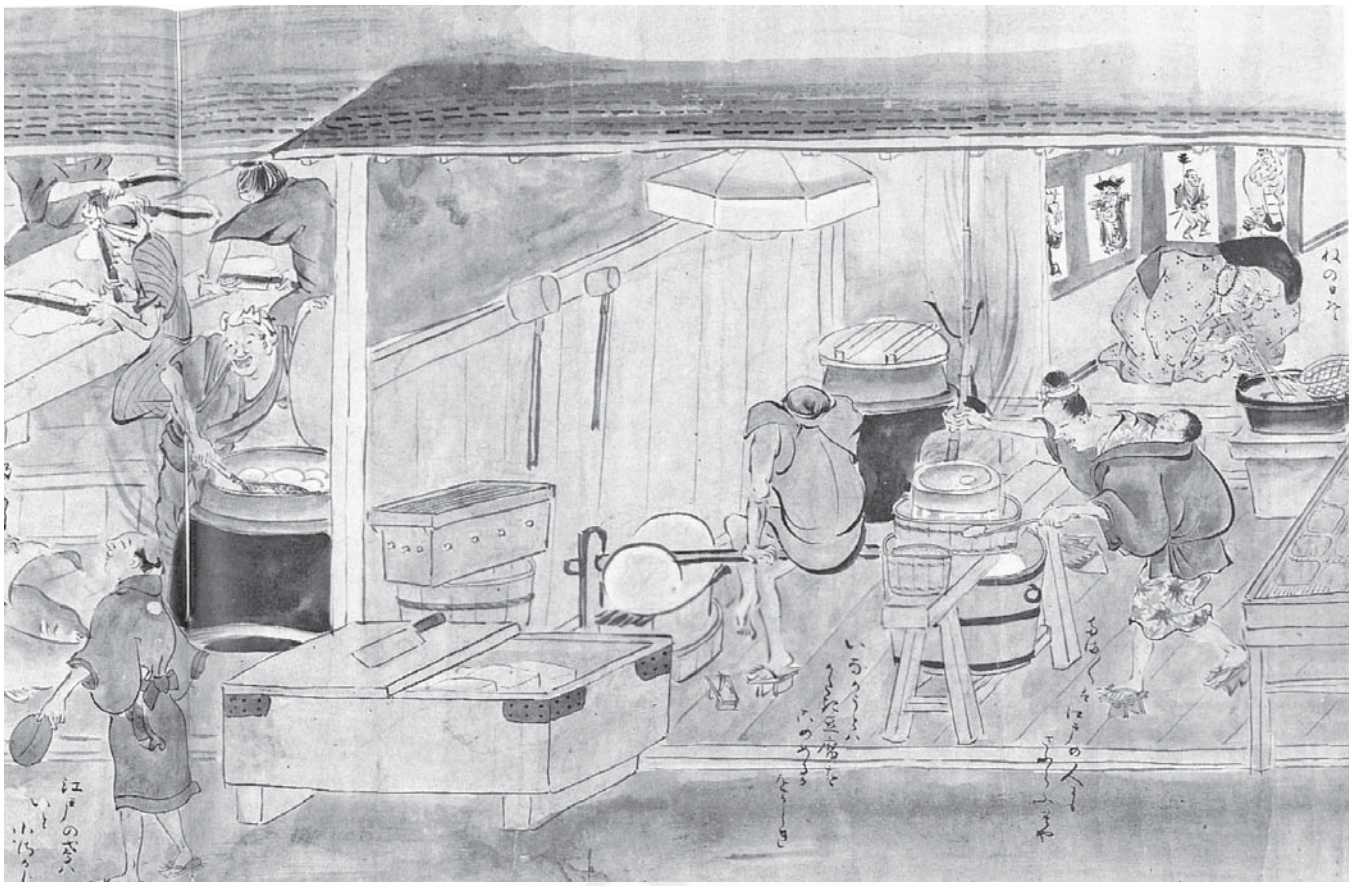

abbreviations have been written out. In the chapter titled "Diadelphia. Decandria" we find: Arachis (p. 430-31; incl. Arachis Asiatica and Arachis Africana, also called Arachis Hypogoea). Phaseolus radiatus (p. 435). Dolichos Soja (p. 537-38).

By unusual coincidence, the earliest known recorded feeding of cow's milk to a human infant (by Underwood) also occurred in 1793. Address: Portugal.

118. Matsudaira, Fumai? 1800. Yotsu no toki no hana [Flowers of the four seasons]. Japan. Publisher unknown. 2 large volumes. Japanese summary by Kawakami 1978, p. 157. [Jap]

• ***Summary:*** These two volumes of writing on cookery contain information on tea ceremony cuisine (*kaiseki ryori*) menus, including grilled tofu (*yaki-dôfu*), Simmering Tofu (*Yu-dôfu*), Miso no Sashimi, Natto Miso Soup (*Natto-jiru*), and Yamabuki Shoyu. The author, Matsudaira, lived 1751-1818.

Note: This is the earliest document seen (Dec. 2011) that mentions *nattô-jiru* [Natto Miso Soup] in connection with sticky natto.

119. Ryôri shinan taizen [The big book of Shinan cookery]. 1801. Japan. [Jap]*

• ***Summary:*** The twelfth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

120. Shôjin gyorui sokuseki ryôri [Quick recipes for Zen vegetarian cookery and fish]. 1802. Kochiya Yoshisuke (Osaka) and Kichimonjiya Risuke. Japanese summary by Kawakami 1978. [Jap]

• ***Summary:*** This book, whose author is unknown, was issued by two publishers in 1802. Kichimonjiya published an edition titled only *Sokuseki Ryôri* (Instant Recipes). One was a folded book 30 by 40 cm, one was a woodblock print 15 by 8 cm. The front side is fish and poultry, the backside is Zen vegetarian cookery. In the latter section there is a recipe named Yuba Anpei that contains yuba and silken (*kinugoshi*) tofu.

121. Honsô kômoku keimô [Collected essentials of herbs and trees, materia medica for enlightenment]. 1803. Japan. [Jap]*

• ***Summary:*** The thirteenth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

122. Nihon ryôrihô taizen [The big book of Japanese cooking methods]. 1804-1817. Japan. [Jap]*

• ***Summary:*** The fourteenth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

123. Kinsei shokuhin zukushi ekotoba [Abundant food

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illustrations and captions of the early modern period]. 1805. Japan. [Jap]

• ***Summary:*** A large, superb illustration (see previous page) shows tofu being made in a commercial tofu shop. The basic steps are unchanged to this day. A lady with a baby on her back, grinds the next batch of soaked soybeans in a hand-turned stone mill. She turns the mill with her right hand while ladling in soaked soybeans using a shallow spoon with her left. She is wearing raised wooden shoes (*geta*) to keep her feet dry and clean. The smooth white puree runs down into a wooden barrel beneath the mill. Puree from the last batch of soybeans she ground has been cooked with water (in front of her) in a large iron caldron covered with a wooden lid. That cooked puree was ladled out into a pressing sack.

A man, probably the tofu maker (with his back to us) is sitting on a lever press (a sturdy board attached to a fulcrum on the wall) pressing a white sack so that the soymilk runs down into a curding barrel and okara remains in the sack.

After a coagulant (nigari or calcium sulfate or both) is added to the hot soymilk in the curding barrel, the milk is transformed into white curds and yellow whey. The whey is ladled off (see two ladles hanging on wall) and the curds are scooped into the cloth-lined perforated wooden forming box that rests atop a wooden tub next to the wall just to the left of the ladles. The curds in the forming box are pressed to make tofu.

A previous batch of tofu is now under cold water in a wooden sink near the left front of the illustration. A knife, used to cut blocks of tofu into smaller cakes, rests on that part of the sink which is covered. A potential customer (far left), with a fan in his left hand, stands on the street.

At the far right of the illustration, thinly sliced pieces of tofu are draining on a mat on a long table, in preparation for deep frying. At the top right, an elderly person from the tofu maker's extended family (probably a parent of the tofu-maker or his wife), kneeling on the tatami mats in the home–one step up from the tofu shop, appears to be deep-frying–probably to make deep-fried tofu pouches (aburagé).

An adjacent room (to the left) is a fish shop where fish are being cut into smaller pieces and deep-fried (perhaps to make cakes or patties of *Satsuma agé*).

On the illustration of the tofu shop are three groups of old, hard-to-read Japanese characters, handwritten in script format. (1) At the top right is written *Ne no hi no.* "Ne no hi" is a word somewhat like "Tuesday," the name of one of the days of the week in old Japan under the lunar calendar system–even though there was no idea of a "week" in Japan at this time. "Ne ho hi" occurred roughly 3 times each lunar month of 28 days, typically at 12-day intervals.

(2) Below the feet of the women with the baby on her back is written: *Tamatama ni Edo no hito* [*?*] *mo saburafu ya,* which may mean "Sometimes people from Edo visit here."

(3) Below the man sitting on the pole that is pressing the sack of okara is written *Inaka* [*?*] *hito wa kataki tofu o konomeruga okashiki,* which may mean "It's funny that country folks prefer firm tofu."

124. Miller, Philip. 1807. The gardener's and botanist's dictionary: Containing the best and newest methods of cultivating and improving the kitchen, fruit, and flower garden and nursery; of performing the practical parts of agriculture; of managing vineyards, and of propagating all sorts of timber trees... The whole corrected and newly arranged..., by Thomas Martyn Vol. II. London: Printed for F.C. & J. Rivington. 2 vol. in 4. Unpaginated. 38 cm. 20 plates. [9 ref. Eng]

• ***Summary:*** The plants are arranged alphabetically in the book by genus, but not alphabetically within one genus by species. "33. Dolichos Soja: *Lin. spec.* 1023. *syst.* 659. *Reich.* 451. *fl. zeyl. n.* 534. *mat. med.* 171. *Kaempf. amoen.* t. 838. (Phaseolus). *Thunb. jap.* 282. *Lour. cochinch.* 441. *Rumph. amb.* 5. t. 140. (Cadelium). *Stems flexuose, racemes axillary, erect, legumes pendulous, hispid, containing about two seeds."*

Three pages later, under "33." is a description of the plant and its uses. "Stem round at bottom and smooth; above striated, very hirsute, a foot and more in height. Leaves petioled, hirsute: leaflets petioled, ovate, obtuse with a point, entire, the middle one on a longer petiole and larger, an inch in length: petiole striated, hirsute, a finger's length. Flowers in short, erect, hirsute racemes: subsessile, from three to five together. Corollas purple, scarcely larger than the calyx.*

"Native of the East Indies, Ceylon, Japan, &c.

"The seeds, which are usually called *Miso* [sic] in Japan, are put into soups, and are the most common dish there, insomuch that the Japanese frequently eat them three times a day. The *Soja* [soy sauce] of the Japanese, which is preferred to the *Kitjap* of the Chinese, is prepared from these seeds, and is used in almost all their dishes, instead of common salt. The Chinese also have a favourite dish made of these seeds, called *Teu hu* or *Tau hu* [tofu], which looks like curd, and though insipid in itself, yet with proper seasoning as [is] agreeable and wholesome.**"

Footnotes: "*Thunb. and Linn. **Thunb. and Loureiro."

Note 1. This is the earliest English-language document seen (April 2012) that uses the word *"Soja"* or "The *Soja"* (regardless of capitalization or italics) to refer to shoyu or soy sauce.

Note 2. Miller associates the word "Kitjap" with Chinese rather than with Indonesian soy sauce, a point of key historical interest.

Glycine javanica: "*Java Glycine. Lin. spec.* 1024. *Reich.* 453. *Thunb. in Linn. trans.* 2. 340. *Leaves ternate; stalk villose; petioles rough-haired; bractes lanceolate minute.*

"Stem twining, as in *Phaseolus,* with yellow, reflex hairs scattered over it. Leaves of *Phaseolus.* Pedicels yellow, with close hairs. Stipules, to the petioles oval-oblong, to the

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peduncles lanceolate. Peduncles the length of the leaves, terminated by an ovate-oblong, close spike of nodding violet-coloured flowers, with very minute bractes between them.– Native of the East-Indies*; and near Nagasaki in Japan, where it is called *Fajo Mame*, and flowers in september and october [sic].**" Footnotes: "*Linn spec. **Thunberg."

On the title page, the subtitle reads: "To which are now first added a complete enumeration and description of all plants hitherto known, with their generic and specific characters, places of growth, times of flowering, and uses both medicinal and economical. The whole corrected and newly arranged, with the addition of all the modern improvements in landscape gardening, and in the culture of trees, plants, and fruits, particularly in the various kinds of hot houses and forcing frames: with plates explanatory both of them, and the principles of botany. By Thomas Martyn, B.D., F.R.S. Regius Professor of Botany in the University of Cambridge."

This elegant set of large books consists of 4 volumes, plus 2 volumes of plates. The soybean appears only in volume 2. Miller gives the most detailed botanical description of the soybean in English up to this time.

Note 3. Philip Miller was head of the famous Chelsea Physic [botanic] Garden in England. Among his many students was William Aiton, who introduced the soybean to England.

Note 4. This is the earliest English-language document seen (Oct. 2004) that uses the term "twining" to describe wild perennial ancestors of the soybean.

Note 5. This is the earliest English-language document seen (April 2013) that uses the word "Teu hu" (or "teu-hu"), or the word "Tau hu" (or "tau-hu") to refer to Chinese-style tofu.

Note 6. This is the earliest English-language document seen (April 2013) that uses the word "curd" in connection with tofu.

Note 7. This is the earliest English-language document seen (Jan. 2004) that uses the word "leaflets" (or "leaflet") in describing the soybean plant.

Note 8. This is the earliest English-language document seen (July 2001) that uses the word "petiole" (or "petioles" or "petioled") in connection with the soybean plant. *Webster's Dictionary* defines petiole (derived from New Latin for little foot), a word first used in 1753, as "a slender stem that supports the blade of a foliage leaf," i.e., the stem of a leaf.

Webster's Dictionary defines stipule (derived from New Latin *stipula*, which is derived from the Latin word meaning "stalk"), a word first used in about 1793, as "either of a pair of appendages borne at the base of the leaf in many plants." Address: F.R.S., Gardener to the Worshipful Company of Apothecaries at their Botanic Garden in Chelsea [England] and a Member of the Botanic Academy at Florence.

125. Pinkerton, John. 1811. A general collection of the best and most interesting voyages and travels in all parts of the world: Many of which are now first translated into English. Digested on a new plan. Vol. 7. London: Printed for Longman, Hurst, Rees, Orme, and Brown. 820 p. See p. 269.
• ***Summary:*** Each book of this 17-volume work is composed of unnumbered chapters, each describing a different voyage. One of these (p. 231-270) is "The embassy of Peter de Goyer and Jacob de Keyzer from the Dutch East India Company to the Emperor of China in 1655. By John Nieuhoff, Steward to the Ambassadors. Translated from the Dutch."

The Introduction begins: "Although China was discovered over land by Marco Polo the Venetian, towards the end of the thirteenth century, yet it was very little known to Europeans, till the Portugueze [Portuguese] arrived there by sea towards the end of the fifteenth, and the Romish [Catholic] missioners found admittance into the empire. In 1517, they established a trade at Quan-tong [Guangdong], commonly called Kanton [Canton]: afterwards they settled a factory also at Ning Po [Ningbo], called by them Liampo, on the eastern part of China, and drove a considerable trade along the coast, between those two famous ports, till their unsufferable [insufferable] pride and insolence brought on their destruction every where but at Ma-kau, or Makao [Macau], an island in the mouth of the river of Kanton [Pearl River], which they still hold, though under great restrictions."

On p. 269 we read that the daily allowance of food by the two ambassadors (de Goyer and Keyzer) included "six tael of mison" (possibly miso). Note: A tael is a unit of weight equal to 1/10 of a catty, or about 50 gm.

"Their secretaries daily allowance was, one katti [catty, a measure of weight] of fresh meat, five measures of tea, one katti of meal, one measure of taufoe [tofu],... four measures of oil, four tael of mison [miso?], one katti of herbs, and one cup of arrac" [arrack, a strong distilled alcoholic beverage mainly in South- and Southeast Asia].

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "taufoe" to refer to tofu.

Note 2. Kaempfer's History of Japan–first published in English in 1727–also appears in this book. The text is almost identical to the 1727 text. The section about soybeans and soyfoods is in Chapter 6, pages 697-98.

Note 3. Pinkerton lived 1758-1826. Address: Author.

126. Chen Jing. comp. 1814. Suanqi wuchanshu [Inventory of products from Suanqi]. China. Passage on soy reprinted in C.N. Li 1958 #335, p. 237. [Chi]
• ***Summary:*** Wade-Giles reference: *Suan Ch'i Wu Ch'an Shu*, compiled by Ch'ên Ching. Qing dynasty. The section titled "Yellow soybeans" (*huangdou*) states: The soybean has many uses. You can make tofu (*fu*), or press out the oil (*you*), or make fermented black soybeans (*shi*) or jiang–with the soybeans produced in our village or elsewhere. But we

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seldom consume soybeans directly. They come is various colors: black, white, yellow, dark brown, green, or spotted / speckled (*ban*). According to the pharmacopoeia (*bencao*) literature, when eaten raw it is neutral (Note: Dr. Huang has never heard of eating soybeans raw), when eaten parched or stir-fried (*chao*) it is heating, when eaten boiled it is cooling, when made into fermented black soybeans (*shi*) it is cold. When eaten by cattle it is warm. When eaten by horses it is cold. It is also said that if small children eat the parched beans with pork, they will suffocate. But after the age of ten years, they are out of danger; we do not know the reason. Dr Huang adds: "I wonder how that story got started." (Translated by H.T. Huang, PhD, March 2003).

127. Morrison, Robert. 1815-1823. A dictionary of the Chinese language in three parts. 6 vols. Macao. Printed at the Honourable East India company's press by P.P. Thomas. 30 cm. [Eng; Chi]

• ***Summary:*** S.W. Williams, in "A Syllabic Dictionary of the Chinese Language," starts his preface by noting the great importance of this very early Chinese dictionary. "This work will ever remain a monument to his industry and scholarship; and its publication in six quarto volumes by the East India Company at an outlay of $60,000 was a just appreciation of its merits. Since then, many similar works have been published, dictionaries both of the general language and its chief dialects."

Part 1. Chinese and English arranged according to the radicals. Part 2. Chinese and English arranged alphabetically. In Part 2, Vol. 1 (published in 1819), page 739 (#9187) gives 3 characters for *she* [shih = fermented black soybeans], pronounced shuh. *Tow she* is a condiment made from pulse, used in cooking. *She yew* or *Tsëang yew* is soy [sauce].

Note: This is the earliest English-language document seen (Nov. 2011) that mentions fermented black soybeans, which it calls *she* or *Tow she.*

In Part 2, Vol. 1 (published in 1819), page 859 (#10358) gives the character for "leguminous plants, peas, or beans." The first example is Tow foo (2 Cc = 2 Chinese characters), "a white jelly-like substance made from pulse."

Note. This is the earliest English-language document seen (April 2013) that uses the term "Tow Foo" (regardless of capitalization or hyphenation) to refer to Chinese-style tofu.

Page 860 (#10365) gives 2 characters for *tow* [pronounced doe]. "A generic name for pulse, beans, and so on. Page 882 (#10622) gives 2 characters for *Tseang* [chiang; like soft Japanese miso]. "A kind of pickle; certain mode of preserving meat, rice, and pulse. *Tseang yew* is soy [sauce].

Part 3. English and Chinese (published in 1822). Page 398 gives "SOI, or Soy" followed by the two characters for "tseang yew" [soy sauce]. Note 1. Illustrations show each of these characters.

Vol. 3, Part 1 (published in 1823) gives Chinese and English arranged according to the radicals. On p. 397 is the 151st radical, *Tow.* Two early original forms of the radical are shown, each resembling a vessel with a lid. "Name of an ancient vessel to contain food, and used in the rites of sacrifice; a certain measure. Grain; leguminous plants, beans, or peas. Name of an office, of a place, and of a district. A surname." Characters containing this radical are shown on pages 397-98: *she*–"A sort of pulpy substance made of pulse [shih; fermented black soybeans]. *wan*–"A substance expressed from pulse; soy. Also read Yuh."

Note 2. The author, Rev. Robert Morrison (lived 1782-1834), a minister, was the first Protestant missionary in China. He was a Scotchman, though born at Morpeth in Northumberland, England. In 1807 he was sent by the London Mission to try to start a mission in China. But the British East India Company opposed missionary activity. So he traveled via the USA and reached Canton in 1808. Once there, the Company was glad to enlist his great linguistic talents, and he was appointed translator to their factory at Canton. Thus, it was at their expense (£15,000) that his great Chinese dictionary was published in 1822. He had previously published complete translations of the New and Old Testaments. A condensed (2 volumes in 1) edition was published in 1865 in London. He also established the Anglo-Chinese College at Malacca for English and Chinese literature, with a view to the propagation of Christianity. He died in 1834 at Canton, but he was buried at Macao in the Christian cemetery.

Note 3. This is the earliest English-language document seen (March 2001) that mentions fermented black soybeans, which it calls *tow she.*

Note 4. *Webster's New Geographical Dictionary* (1988) defines Macao (Portuguese Macau) as a Portuguese overseas territory consisting of the Macao peninsula (located at the mouth of the Pearl River just south of Canton and about 40 miles west of Hong Kong) and the two small islands of Taipa and Colôane. It was settled by the Portuguese in 1557; from 1717 until the 1800s, Macao and Canton were the only Chinese ports open to European trade. Its independence was declared by Portuguese in 1849 but not recognized by Chinese as Portuguese territory until 1887. It was for many years a haven for missionaries and traders. Portugal agreed in 1987 to return Macao to Chinese sovereignty in 1999. Address: D.D.

128. Santo Kyoden. 1815. Kottô-shû [Collected antiques. Historical essay on this transitory world]. 2 volumes. Japanese summary by Kawakami 1978, p. 243. [Jap]

• ***Summary:*** This work contains an early reference to yuba, and offers a different etymology of the term from that given in the *Kyonan Rubetsu-shi* of 1813. "*Doufu-p'i* has traditionally been called *yuba,* however this is a mispronunciation. Its real name is *uba.* Some people say that the reason this film is called *yuba* [written with the characters

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'hot water' plus 'old woman'] is due to its yellowish color and the wrinkled surface, which resembled the face of an old woman. However this is not true. According to the *Isei teikin ourai* [Encyclopedia in question and answer format, written in ca. 1730] yuba is called *tofu uwamono* [literally 'tofu upper substance'] and this is the correct name, since yuba is a film which forms on the surface while making tofu. It is also abbreviated as *tofu-no-ha* ('tofu film'). *Uba* is a mispronunciation of *uha,* in which the sound *ha* is mispronounced as *ba. Uba* and *yuba* each contains the sound *uba,* so that it is quite understandable that the dialectical term *yuba* was created."

129. Ryôri tsû [The connoisseur of cookery]. 1818-1829. Japan. [Jap]*
• ***Summary:*** The sixteenth earliest known reference to Koridofu (dried-frozen tofu) appeared in this work.

130. Golownin, Capt. Vasilii Mikhailovich [Golovnin, Mikhaiforich]. 1818. Narrative of my captivity in Japan, during the years 1811, 1812 & 1813; with observations on the country and the people. To which is added an account of voyages to the coast of Japan, and of negotiations with the Japanese, for the release of the author and his companions, by Captain Rikord. 2 vols. in 1. London: Printed for Henry Colburn. 348 p. See p. 58, 66. No index. 22 cm.
• ***Summary:*** In Vol. II: The author, a Russian, was confined to a prison. Page 58: "... our cages were cleaned out, and our coverlets and night-dresses aired in the sun during our absence. Food was brought to us every morning, noon, and evening. At each meal we received thick boiled rice instead of bread. It was dealt out to us in portions which were more than sufficient for Mr. Chlebnikoff and me;... In addition to the rice, we were served with soup made of sea-cabbage and other wild plants, such as sweet cabbage, wild garlic, and water angelica; to which, for the sake of rendering it savoury, pickled beans (Japanese *misso* [miso]) and some pieces of whale fat were added."

Page 66: "We were now supplied with better food: we were frequently treated with a kind of pudding, which the Japanese call tufa [tofu]; fine beans were boiled with our rice, forming a dish which is considered a great delicacy in Japan;..."

Page 198: "Our food in Matsmai [Matsumae] was incomparably better than it had been in Chakodade [Hakodate]... The fish were fried in oil of poppies, and were seasoned with grated radish [daikon] and soy [sauce]."

Note: This is the earliest document seen (Feb. 2001) concerning soya in connection with (but not yet in) Russia or Eastern Europe.

131. Shôjin ryôri tsû [The connoisseur of Zen vegetarian cookery]. 1818. Japan. [Jap]*
• ***Summary:*** The fifteenth earliest known reference to Koridofu (dried-frozen tofu) appeared in this work.

132. *Port Folio* (*The*) (*Philadelphia and London*). 1819. On China. 7(2):91-111. Feb. See p. 105-06.
• ***Summary:*** The article begins: "The following letter from a gentleman of this city [Philadelphia, Pennsylvania?], now abroad, is the result of careful observation, during a long residence among the people whom it professes to describe."

Page 105: "The Chinese make great use of beans, not only to feed their sheep and cattle, but also as food for themselves, in what they call, *thow foo* [doufu; tofu], and *foo chack,* [dried yuba sticks], a kind of flummery [soft jelly or porridge], exceedingly palatable and nourishing."

Note 1. This is the earliest English-language document seen (Oct. 2012), and the earliest European document seen (Oct. 2012), that mentions yuba.

Note 2. This is the earliest English-language document seen (Oct. 2012), and the earliest European document seen (Oct. 2012), that mentions dried yuba sticks or rolls, which it calls *foo chack* [Chinese; also spelled elsewhere *foo jook, fooh jook* or *fuchu,* "bamboo yuba"]. The yuba is rolled so it looks like a bamboo shoot at each end then folded to form a "V." It is often cooked in a sweet broth, and eaten as a sweet soup; the dried yuba becomes soft, delicate and subtly sweet thin sheets.

"Soy [sauce] is likewise made from beans, with the aid of molasses and salt. The beans are boiled until nearly all the water evaporates and they begin to burn; they are then placed in large jars exposed to the sun, water and molasses are poured upon them and stirred well every day until the liquid is completely impregnated with their flavour; it is then strained off, salted, boiled and skimmed, until perfectly clarified. It will keep any length of time. Many persons have thought that gravy was employed in this condiment, which is not the case, it being entirely a vegetable composition, and certainly very wholesome and agreeable. There are many qualities of it, and it requires much care and attention to make the best. Japanese soy is most esteemed, and is vastly superior to any made in China. Many shopkeepers have large platforms on the roofs of their houses, where a number of jars are placed, for the purpose of making this article of which there is an enormous consumption, since neither rich nor poor can breakfast, dine, or sup without it. It is sauce for every sort of food, gives zest to every dish, and is the *sine qua non* of a Chinese meal."

133. Rees, Abraham. ed. 1819. The cyclopedia; or, universal dictionary of arts, sciences, and literature: Dolichos soja. London: Longman, Hurst, Rees, Orme & Brown. See vol. XII. Dol. N.P. (Unpaginated). [2 ref. Eng]
• ***Summary:*** "Of the upright kinds [of Dolichos], *D. soja,* Linn. Sp. Pl. 1023. Jacq. Ic. Rar. t. 145, a native of Japan and the East Indies, is famous for its seeds, a great article of food in China and Japan. They are made into a kind of jelly or

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curd [tofu], esteemed very nutritious, and rendered palatable by adventitious seasoning; or they are prepared with salt, so as to produce the liquid well known at our tables by the name of Soy [sauce]. The flowers of this species are small and unornamental."

First cited by Hymowitz. 1986. Bibliography of early, previously uncited publications on soybeans in the United States. 2 p. Unpublished.

Note 1. This is the earliest English-language document seen (Feb. 2004) that mentions tofu in connection with Japan.

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "jelly" in connection with tofu.

Note 3. This is the earliest English-language document seen (Nov. 2002) that uses the term "upright" to describe the soybean plant.

Note 4. This is the earliest English-language document seen (Dec. 2003) with the word "nutritious" (or "nutrition," "nutritional," "nutritive," or "nutrients") in the title that also mentions soy.

Note 5. Sylvester Graham is said to have obtained much of his information about milling, bread baking, and early diets from this encyclopedia (McCance & Widdowson 1956, p. 49).

134. Willich, Anthony Florian Madinger. 1821. The domestic encyclopedia: Or a dictionary of facts and useful knowledge. Chiefly applicable to rural & domestic economy. 2nd American edition, with additions, by Thomas Cooper. Esq, M.D.: Sooju or soy. Philadelphia, Pennsylvania: Abraham Small. See vol. 3, p. 264-65.

• ***Summary:*** "SOOJU, or Soy [sauce], is a dark coloured sauce, which is prepared from the seeds of the Chinese plant *Dolichos soja*, which has an erect and hairy stem, erect bunches of flowers, and pendulous bristly pods, each containing about 2 seeds.

"There is a joke amongst seamen, that soy is made from beetles or cockroaches. This probably originates in the seeds of the plant from which the sauce is manufactured, having some fancied resemblance in shape and colour to a beetle. These *seeds* are used in China and Japan as food; they are made into a kind of jelly or curd [tofu], which is esteemed very nutritious, and which is rendered palatable by seasonings of different kinds [see A. Rees 1819]. The liquid which we know by the name of *soy* is thus prepared. After the seeds have been boiled, until they become soft, they are mixed with an equal weight of wheat or barley meal, coarsely ground. This mixture is fermented; and a certain portion of salt and water being added, the whole is allowed to stand for two or three months, care being taken to stir it every day: and by the end of that time it is ready for use.

"Soy is chiefly prepared in China and Japan; but that imported from Japan is considered preferable to any other. The quantity annually vended at the East India Company's sales is from 800 to 2000 gallons; at an average price of sixteen or eighteen shillings per gallon.

"The Soy-bean bears the climate of Pennsylvania very well. The bean ought therefore to be cultivated."

Note 1. This is the earliest document seen, published in America, that mentions tofu. Willich got his definition of tofu from *The cyclopedia; or, universal dictionary of arts, sciences, and literature* (see Dolichos soja) edited by Abraham Rees (1819).

Note 2. This is the earliest document seen (May 2012) that mentions the words "beetles" or "cockroaches" as an ingredient in the production of soy sauce. This idea is, of course, totally incorrect.

Note 3. This is the earliest document seen (Oct. 2010) that gives statistics for the amount of soy sauce sold per unit of time in England, or the sale price per unit volume.

Note 4. According to the *Oxford English Dictionary,* the "East India Company is a company formed for carrying on an East Indian trade, especially the English company incorporated in 1600 and described in its charter as 'The Company of Merchants of London trading to the East Indies', which from 1773 exercised political power in the East, and had the chief part in the administration of the affairs of Hindustan, till 1858, when the government was assumed by the Crown." Address: USA.

135. Sôsôshi–Shokoku Dôchû Kinwaraji [Sôsôshi]. 1822. Japan. [1 ref. Jap]*

• ***Summary:*** An article in *Toyo Shinpo* (Soyfoods News). 1991. March. 21. p. 4, shows this illustration (wood block print) by Mimaru KITAO of a lady in the early 1800s in Japan preparing tofu dengaku over a grill.

The 3 Chinese characters in the book's title are kusa or grass + twin + paper or newspaper. In the subtitle: Shokoku means various countries. Kinwaraji means gold sandal. The meaning of Dôchû is unknown.

136. Shôjin ryôri kondate shû [A collection of Zen vegetarian cookery menus]. 1829. Japan. [Jap]*

• ***Summary:*** The seventeenth earliest known reference to Kori-dofu (dried-frozen tofu) appeared in this work.

137. Dobell, Peter. 1830. Travels in Kamtchatka and Siberia; with a narrative of a residence in China. 2 vols. London: Henry Colburn and Richard Bentley. See vol. 2, p. 324-25. 20 cm.

• ***Summary:*** Note 1. The first several paragraphs of this are copied from *Portfolio* (1819, p. 105-06).

In Chapter XII of the section titled "A Residence in China," the author is describing Chinese food, especially in the Canton area: "An article of food, of which all classes appear extremely fond, is *thow-foo* [tofu] and *foo-chack*, a sort of flummery [soft jelly or porridge], made from beans,

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very palatable and nourishing.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *thow-foo* to refer to tofu.

Note 3. The Cantonese term *foo jook* means dried yuba sticks. Perhaps the author was describing the product after the sticks had been broken into pieces and cooked until soft.

Soy, their famous sauce for all kinds of food, is also made from beans. The beans are boiled until all the water is nearly evaporated, and they begin to burn, when they are taken from the fire, and placed in large, wide-mouthed jars, exposed to the sun and air; water and a certain portion of molasses or very brown sugar are added. These jars are stirred well every day, until the liquor and beans are completely mixed and fermented; the material is then strained, salted, and boiled, and skimmed until clarified; and will, after this last process, become of a very deep brown colour, and keep any length of time. Many persons have thought that gravy was used in preparing this condiment; but this appears not to be the case, the composition being entirely a vegetable one, of an agreeable flavour, and said to be wholesome. There are two or three qualities of it; to make the best requires much care and attention. Japanese *soy* is much esteemed in China, on account of the superior manner in which it is made; perhaps they have a particular sort of bean for that purpose. Shopkeepers at Canton who sell soy, have large platforms on the roofs of their houses, where the jars for preparing soy are all arranged, and exposed to the sun; for the consumption of this article is enormous. Neither rich nor poor can dine, breakfast, or sup without soy; it is the sauce for all sorts of food, gives a zest to every dish, and may be said to be indispensable at a Chinese repast.

"In general, very little meat is eaten."

Note 4. The author spent 7-8 years in China between 1798 and 1820. He died in 1852. Address: Counsellor of the Court of His Imperial Majesty, the Emperor of Russia.

138. Siebold, Philipp Franz von. 1830. Synopsis plantarum oeconomicarum universi regni Japonici [Synopsis of the economic plants from the entire empire of Japan]. *Verhandelingen van het Bataviaasch Genootschap van Kunsten en Wetenschappen* 12:1-74. See p. 54-57. Also first table at end. [Lat; Dut]

• ***Summary:*** The English translation of this periodical title is: "Transactions of the Batavian Society of Arts and Sciences." Batavia roughly corresponds to today's Jakarta on the island of Java, Indonesia. This work lists 447 economic plants, including the soybean. The section on Leguminaceæ [sic, Leguminosæ] (p. 54+), mentions plants of the genera *Dolichos* (incl. *D. hirsutus* or Kudsu / Kudzu), *Sooja, Phaseolus, Pisum, Vicia, Medicago, Arachis, Glycyrrhiza,* and *Mimorsa.* There are two species of soybeans: *Sooja Japonica,* the cultivated soybean, and *Sooja nomame,* the wild soybean. The genus and its species and varieties are described as follows (p. 56):

"CLXXVIII. Sooja, Moench. Sieb. (Sooja du Japon).

296 *S. Japonica,* Sieb. *Sooju* vernacular *Daisu,* Japan.

Varieties, grouped by color: a. White seeds. *Daisu,* Japan. b. White fuscis seeds. *Tobimame,* Japan. c. Fuscis seeds. *Sinsjumame,* Japan. d. Black round seeds. *Kuromame,* Japan. a. Black flattened seeds. *Kurotokorosun,* Japan. a. Greenish seeds. *Awomame,* Japan.

Uses: To make *Sooju, Miso, Toofu* (shoyu, miso, and tofu).

297 *S. nomame,* Sieb. *Nomame ac Jawaraketsmai,* Japan (v.v.). [vidi vivam = I have seen a living plant specimen.] *Plantae sponte crescentis folia adhuc tenera pro potu Thea colliguntur.*

At the end of this article are two large fold-out tables, each 30 by 18 inches, and each titled "Synoptic Table of Plant Uses." Each table contains six vertical double columns. References to soy appear only in table I. At the bottom right corner of the first is written in Latin: *"Dabam in Insula Dezima mensi Novembris 1827, Dr. von Siebold."* This translates as: "Given [as a letter for delivery] from the island of Dezima [Deshima], November 1827, Dr. von Siebold." The plants are divided into categories by type of use. For example: I. Simple foods: A. Cereal grains. B. Legumes. C. Fruits, etc. Under each category is a numbered list of the scientific names of the Japanese plants in that category, followed by its name written in both katakana and Chinese characters. Soy-based uses include: IA. Simple foods (*Alimenta simplicia*) (columns 1-4): Legumes (Legumina). 1. *Sooja Japonica,* Sieb. Daizu, "Yellow + Bean."

Note 1. This is the second earliest document seen (June 1999) written by a European or Westerner in which Chinese characters are used to write the name of the soybean or related products.

II. Composite foods (*Alimenta composita*) (columns 4-5). B. For the sauce "Sooju." Shoyu. Sooja Japonica, Sieb.

C. For the paste (*pulto*) "Miso." Miso. Sooja Japonica, Sieb. plus rice and barley

D. For the cake (*placenta*) "Toofu." Tôfu. Sooja Japonica, Sieb. Note 2. This is the earliest Dutch-language or Latin-language document seen (April 2013) that uses the word "Toofu" or the word "Tôfu" to refer to tofu.

P. For the sprouts (*germinatione artifaali*) "Mogasi." Moyashi. Soja Japonica, Sieb.

Note 3. This is the earliest document seen by Siebold in which the soybean is mentioned. This document also contains the earliest date connected with Siebold and soybeans (Nov. 1827). His name on the title page is written "De. de Siebold."

Note 4. This is the earliest Latin-language document seen (Jan. 2013) that mentions soy sprouts, which it calls *germinatione artifaali,* "Mogasi." Moyashi. Soja Japonica.

Note 5. Siebold was born on 17 Feb. 1796 in Würzburg [Bavaria, Germany]. In 1821, as a young ship's doctor, he arrived in Japan, where he worked as a doctor at Deshima

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near Nagasaki for the Dutch colony.

Also discusses: Column 1 of table 1 also mentions: 13. *Coix lachryma,* P.S., suudama [Job's tears]. 2. *Phaseolus atsuki,* Japon, Azuki. "Red + Small + Bean." 12. *Arachis hypogaea,* L.E. Rakkasei [peanut]. "Fall + Flower + Bean." Column 2 mentions *Sesamum Orientale, P.S., goma* [*sesame seeds*]. Column 3 mentions the wild soybean (*Sooja nomame*), *Amaranthus oleraceus, A. Japonicus,* and *A. bicolor.* Column 4 also includes sea vegetables (*kaiso*).

Column 5 mentions *ame* [grain syrup], *fu* [wheat gluten cakes], *soba, somen* [wheat noddles], *mochi, konnyaku, kudzu,* and *tokoroten.* III. Medicinal foods (*Medicamina*) (columns 5-6).

139. Tôyô kondate ryôri haya-shikumi [Quick plan for impromptu menu cooking]. 1830. Japan. [50+ ref. Jap]*
• ***Summary:*** Contains an early reference to Kori-dofu (dried-frozen tofu).

140. Don, George. 1832. A general system of gardening and botany: Containing a complete enumeration and description of all plants hitherto known; ...Founded upon Miller's Gardener's Dictionary, and arranged according to the natural system. Vol. 2. London: C.J.G. and F. Rivington. 875 p. See p. 356-57 (Soja), 220-21 (Glycine). Index at front. 27 cm. [3 ref]
• ***Summary:*** This work was published in 4 volumes between 1831 and 1838. It was "caused to be prepared" by the proprietors of *Miller's Gardener's and Botanist's Dictionary.* The alphabetical arrangement of genera used by Miller was discarded. "It only remained, therefore, to choose between the Linnæan artificial method, and the Natural System of Jussieu; but the numerous advantages of the latter, particularly in an extensive work like the present, were too apparent to leave any doubt in the mind of the Editor as to which he ought to adopt... In the Linnæan artificial method, it often happens, that genera, intimately related, are separated far apart into different classes and orders, merely on account of the difference in the number of their stamens and pistils; a circumstance now found in many instances scarcely to be of sufficient importance, even to separate species, still less genera... The plan of the present work is founded on that of M. de Candolle, in his invaluable works entitled *Regni Vegetabilis Systems Naturale* and *Prodromus,* with such alterations as were rendered necessary by the rapid increase of science, and with numerous additions of new genera and species..." Like Miller, Don classifies soybeans in the genus *Soja.*

"CXC. SOJA (*sooja* is the name of a sauce prepared from the seeds by the Japanese). Moench. meth. 153. Savi, diss. 1824. p. 16. D.C. legum. mem. ix. prod. 2. p. 396.

Note 1. This is the earliest English-language document seen (April 2012) that uses the term "sooja" to refer to soy sauce.

"Lin. Syst. *Diadélphia, Decándria.* Calyx bibracteolate at the base, 5-cleft, the 3 lower segments straight and acute, but the 2 upper ones are joined together beyond the middle. Corolla with an ovate vexillum, which stands on a short stipe, and with an oblong straight keel." Note 2. *A Dictionary of Botany,* by Little and Jones (1980) defines vexillum (plural: vexilla) as "See Banner." Banner is defined as "The broad uppermost petal of a papilionaceous corolla as in the irregular flowers of certain members of the pea family, Fabaceae. Synonym: Standard or vexillum."

"Stamens diadelphous, the tenth one approximate, but certainly distinct. Stipe of ovary not surrounded by a sheath at the base. Style short. Legume oblong, 2-5 seeded, membranous; the seeds intercepted by cellular dissepiments. Seeds ovate, compressed.–A hispid erect herb, with pinnately-trifoliate leaves, and with the flowers either aggregate in the axils of the leaves on short pedicels, or disposed in short peduncalate racemes.

"1 S. híspida (Moench. l. c.) Annual. Hardy. Native of Japan, East Indies, and the Moluccas. Dólichos Soja, Li. spec. 1621. Jacq. icon. rar. t. 145. Soja Japónica, Savi, diss. 1. c. Kæmpf. amoen. 837 and 838, with a figure. Corolla violaceous, hardly longer than the calyx.

"The seeds, which are usually called *Miso* [sic, error based on Miller 1807] in Japan, are put into soups, and are the most common dish there, insomuch that the Japanese frequently eat them three times a day. The *Soja* of the Japanese, which is preferred to the *Kitjap* of the Chinese, is prepared from the seeds, and is used in almost all their dishes instead of common salt. The Chinese also have a favourite dish made of these seeds, called *ten-hu* [*sic, teu-hu,* i.e. tofu] or *tau-hu,* which looks like curd, and though insipid in itself, yet with proper seasoning is agreeable and wholesome.

"*Var. Beta, pállida* (D.C. prod 2. p. 396.) flowers yellow; seeds white. Roxb. [Roxburgh] hort. beng. p. 55.

"*Hispid* Soja. Fl. [Flowering] July, Aug. Clt. [Cultivated since] 1790. Pl. [Plant] 1½ foot.

"*Cult* [Culture and propagation]. The seeds of this plant only require to be sown in a warm sheltered situation in the month of May."

Under Phaseolus, Don lists a species named *Phaseolus max,* following Linnaeus and Rumphius, but he apparently did not confuse this with the soybean (listed on the same page under Soja hispida), since he noted that the species was not sufficiently known, the seeds were black, about the size of coriander-seeds, and that *Max* is the Spanish name of the plant.

On p. 220 we read: "XCV. Pueraria (in honour of M.N.N. Puerari, a professor at Copenhagen [Denmark]). D.C. ann. sc. nat. 1825. jan. p. 29. Leg. mem.vi. prod.2. p. 240. Lin. syst. Monadélphia, Decándria." Species: *P. tuberosa, P. Wallichii.*

George Don, son of George Don (1764-1814), was a British plant collector and nurseryman, born in Scotland, and

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lived 1798-1856. He collected plants on various expeditions for the Horticultural Society of London in Brazil, West Indies, and Sierra Leone. One of the most indefatigable and accurate botanists. Philip Miller lived 1691-1771. Note the similarity of the section on food uses of soybean seeds to that of Miller (1807). Address: England.

141. Encyclopædia Americana: A popular dictionary of arts, sciences, literature, history, politics and biography. A new edition. 14 vols.: Soy. 1832. Philadelphia, Pennsylvania: Lea & Blanchard. See vol. 11, p. 502-03.
• ***Summary:*** "Soy; a dark-colored sauce, prepared by the Chinese from the seeds of a sort of bean (*dolichos soja*). The plant has an upright and hairy stem, erect bunches of flowers, and pendulous, bristly pods, each containing about two seeds. The common story that soy is made from cockroaches or beetles, has probably originated from the form and color of these seeds. The process of preparing soy consists in boiling the seeds until they become soft, and mixing with them an equal weight of wheat or barley meal, coarsely ground. This mixture is fermented, and, a certain proportion of salt and water being added, the whole is allowed to stand for two or three months, care being taken to stir it daily: at the end of this time it is ready for use. The seeds are, besides, employed in China and Japan as food: they are made into a kind of jelly or curd, which is esteemed very nutritious, and is rendered palatable by seasoning of different kinds. In Japan, they are put into soups, and are the most common dish of the country, being frequently eaten three times a day. Soy [sauce] is chiefly imported from China and Japan, and that from the latter country is the most highly esteemed. The quantity annually sold in England, at the East India company's sales, is from 800 to 2000 gallons."

Note 1. Much of this information is taken from Willich (1821).

Note 2. The identical information appeared in the 1849 edition of this encyclopedia, in the same volume and pages.

142. Yang Shitai. 1833. Bencao shugou yuan [Essentials extracted from the *Explanations of Materia Medica*]. China. Passage on soy reprinted in C.N. Li 1958 #336, p. 237. [Chi]
• ***Summary:*** Wade-Giles reference: *Pên Ts'ao Shu Kou Yüan*, by Yang Shih-T'ai. Qing dynasty. It has three sections titled: (1) Soybeans (*dadou*). Yellow soybeans can be used for making tofu (*fu*), soybean oil (*you*), and jiang. The other kinds of soybeans can be used for making tofu (*fu*) and they can be parched / fried (*chao*) for eating. (2) Black soybeans (*heidadou*). (3) Soybean sprouts (*dadou huangjuan* or "soybean yellow curls"). The text of each is a reiteration of information about soybeans from earlier documents. (Translated by H.T. Huang, PhD, March 2003).

143. Burnett, Gilbert Thomas. 1835. Outlines of botany: Including a general history of the vegetable kingdom,... Vol. 1. London: John Churchill. viii + 1190 p. See p. 666.
• ***Summary:*** "(2145.) *Sooja* is the name of a Japanese sauce, prepared from the seeds of a species of Dolichos, now made into a distinct genus, and called *Soja hispida*. The *Soja* of Japan is preferred as a sauce to the *Kitjap* of China; both, however, are imported into England in large quantities, and are here known as *Soy* [sauce]. In bond it is worth about 6*s.* a gallon; but, after it has been adulterated, it is sold at 3*s.* and upwards a pint. The Japanese make a soup of the seeds, called *Miso*, which is one of their most favorite and common dishes, the natives eating of it three times a day. The Chinese also have a popular dish made of these seeds, called *Teu-hu* or *Tau-hu* [tofu], which looks like curd; and, though insipid in itself, yet with proper seasoning is rendered agreeable and wholesome."

Note: Burnett, like Miller (1807) and Don (1832) before him, associates the word "Kitjap" with Chinese rather than with Indonesian soy sauce, and reports that both are imported into England in large quantities. The Japanese product was clearly called and sold as "soy" in England. But what was the Chinese product called and sold as? Was it sold as "real" ketchup, catsup, catchup, etc.? Address: F.L.S., Prof. of Botany in King's College, London.

144. Murray, Hugh; Crawfurd, John; Gordon, Peter; Lynn, Thomas; Wallace, William; Burnett, Gilbert. 1836. An historical and descriptive account of China: Its ancient and modern history, language,... geology, botany, and zoology. Vol. 3. 2nd ed. Edinburgh: Oliver & Boyd; London: Simpkin, Marshall, & Co. 461 p. Illust. Index.
• ***Summary:*** This comprehensive, almost encyclopedic, book was compiled by reading all accounts of travel in China. Every aspect of China and Chinese life is discussed in 9 chapters. Chapter 8 (p. 331-86) is a "Conspectus of the flora of China... and the important uses to which the important plants are applied by the Chinese.

Page 337-38: "The *lock-soy* of China is a kind of vermicelli made from rice."

Pages 321 and 357 lists many *Dolichos* species, including *D. Soja*.

Pages 357-58: "Many leguminous plants are cultivated by the Chinese both for ornament and use. Peas, beans, haricots, and other pulse, such as some species of dolichos...

"Sometimes whole fields of beans were observed by Staunton; and at others the small spots accidentally left vacant near the edges of banks, or along ridges of corn, the dolichos [soybean] was planted. The seeds of this plant are like those of the kidney-bean, and are usually dressed and eaten like French beans. The pods, however, are from one to two feet in length... From the seeds of the *soja* [soybean] the peculiar savoury sauce known under the name of soy is made, and the *teu-heu* or *tau-hu* [tofu] which is a very popular dish in China, is prepared from the seeds of this plant." Address: 1. F.R.S.E.; 2. Esq.; 3. Esq.; 4. Captain; 5.

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F.R.S.E., Prof. of Mathematics in the Univ. of Edinburgh; 6. Esq., Late Prof. of Botany, King's College, London.

145. Penny cyclopaedia of the Society for the Diffusion of Useful Knowledge: Soja hispida. 1841. London: Charles Knight & Co. See vol. 22, p. 193-94. [2 ref]

• ***Summary:*** "Soja Hispida (Moench), Soja Japonica (Savi), the Dolichos Soja (Linn), a leguminous plant, native of Japan and the Moluccas, and abundant in the peninsula of India, though probably introduced there. The seeds resemble those of the haricot, French or kidney bean, and are used by the Chinese to 'form a favourite dish, called *ten-hu*, or *tau-hu* which looks like curd, and which, though insipid in itself, yet with proper seasoning is agreeable and wholesome' (Don's *Dictionary*). The Japanese call the seeds *Miso* [sic, error based on Miller 1807] and put them into soup, of which they sometimes partake three times a day. They likewise prepare with them the sauce termed *Sooja* which has been corrupted into *Soy.*

"'The beans are boiled until all the water is nearly evaporated, and they begin to burn, when they are taken from the fire, and placed in large wide-mouthed jars, exposed to the sun and air; water and a certain proportion of molasses or very brown sugar are added. These jars are stirred well every day, until the liquor and beans are completely mixed and fermented; the material is then strained, salted, and boiled, and skimmed until clarified, and will after this process become of a very deep brown colour, and keep any length of time. It has been stated that the gravy or juice of meat was used in preparing this condiment, but it appears to be entirely made from vegetable materials. There are two or three qualities of soy. To make the best requires much care and attention. Japanese soy is much esteemed in China on account of the superior manner in which it is made. Shopkeepers at Canton who sell soy have large platforms on the roofs of their houses, where the jars for preparing soy are arranged and exposed to the sun; for the consumption of soy is enormous. Neither rich nor poor can breakfast, dine, or sup without it; it is the sauce for all kinds of food; gives a zest to every dish, and may be said to be indispensable at a Chinese repast.' (Dobell's *Kamschatka.*) Soy is only sparingly used as a sauce in this country. It has the character of being a useful stomachic, but not more so than any of the other condiments when used with moderation."

Note: This is the earliest document seen (May 2004) that uses the word "stomachic" in connection with soy sauce. *Merriam-Webster's Collegiate Dictionary* (1998) defines stomachic (first used as a noun in 1735) as "a stimulant or tonic for the stomach." Address: London, England.

146. Ryôri dokukeiko [Practice in cooking by oneself]. 1843. Japan. [Jap]*

• ***Summary:*** Contains an early reference to Kori-dofu (dried-frozen tofu).

147. Grant, Alexander. 1844. A diary of Chinese husbandry, from observations made at Chusan in 1843-44, illustrated by drawings of the implements of agriculture. *Agricultural and Horticultural Society of India, Journal* (*Calcutta*) 3(Part I, No. 3):119-42. See p. 126-27.

• ***Summary:*** The entry for 31 Oct. 1843 states (p. 126-27): "There are also large fields of a small species of French bean [probably the soybean], much used in the preparation of bean curd [tofu]. In the interspaces of these, trefoil is being sown. The land in this double cropping system seems supported only by assiduous irrigation with water and liquid manure, and the small allotment of vegetable ashes and pulverized earth already referred to, in which the seeds are sown. The young plants are occasionally sprinkled over with the same preparation and its stimulating effects are soon observable in the *deep green colour* of the leaf."

The entry for 21st November 1843 (p. 127) states: "During last week much of the low paddy ground has been drained, ploughed, and collected by the heavy 3-pronged hoe into beds... Of each little farm, about one-fourth is thus laid out in a crop of mustard; another fourth with trefoil, and the remaining two-fourths in wheat, barley and beans, leaving only a very few fields uncultivated... Nearly the last sheaf of the second rice crop has been housed, and old and young are now busily employed in getting up the sweet potatoe crop, and cutting and tying up in bundles the species of bean already mentioned, and which after being dried in the sun is afterwards used to prepare bean curd, a very favorite article of diet among the natives. "The soy bean is also much cultivated here. On such patches as had been under cotton cultivation, the plants have been pulled up and the ground sown with trefoil. The cotton is of inferior quality here, and less attention appears to be bestowed upon it than in other details of the farm."

Note 1. Chusan (pinyin: Zhoushan, W.-G. Chou-shan) is an archipelago in the East China Sea off the northeast coast of Zhejiang province, in eastern China, at the entrance of Hangzhou bay, consisting of about 100 islands. The capital is Dinghai, on Zhoushan Island, the largest one, located about 50 miles east of Ningbo (W.-G. Ning-po). For several centuries, it was a base for trade with foreign governments, especially Japan and Great Britain.

Note 2. At the end of this article are 9 plates on unnumbered pages showing various agricultural implements.

Note 3. This is the earliest English-language document seen (April 2013) that uses the term " bean curd" by itself (with a space before the word "bean," and where it is not preceded by the words "soy," "soya," "soja," etc.) to refer to tofu. The second reference to "bean curd" in this document seems more accurate than the first. Address: Esq., Bengal Medical Service.

148. Ridgway, Archibald R. 1844. Letters from Hong Kong

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and Macao (Concluded from page 313). *New Monthly Magazine and Humorist* 70(279):353-84. See p. 369.
• ***Summary:*** This is in "Letter X," written by Ridgway from his lodgings near Whampoa [the old English transliteration of Huangpu District, just north of Canton, in Guangzhou in southern China]. "In one of the rooms of my orange-grove friend's house, there were heaped up large piles of some coarse cakes, that puzzled me for some time. I asked what they were, but the only answer was 'Chow chow;' [food] upon which I tasted, but could not at all manage to relish them; and no wonder, for although chow chow, they are not chow chow for men, but for beasts. They are [soy] bean-cakes, used for fattening cattle, and the residue of a preparation that the Chinese make from a species of bean [soya bean] grown for the purpose. This preparation, which I have frequently seen hawked about the streets of Macao and Canton, is very like curdled milk, and is made as follows: the beans are, after being first boiled and skinned, ground in a hand-mill with a little water; the mass is then squeezed and strained through a fine sieve. The residue is made into the bean-cakes, while the curds [tofu] are a favourite dish at the tables of Chinamen of all ranks, who eat them, either with the simple addition of a little lime, which they think strengthens the stomach, or with condiments and sweets of all kinds. I tasted them once with lime, and found them very insipid.

"The village of Whampoa is a few hundred yards above Orange Grove, and is situated at a little distance above the river, and surrounded by a wall."

Note: This is the earliest English-language document seen (May 2010) that uses the term "bean cakes" (or "bean cakes" or "bean cake") to refer to ground, defatted soybeans. Address: Esq.

149. E. 1846. Soy (Letter to the editor). *Farmers' Cabinet and American Herd-Book* 10(12):379-80. July 15.
• ***Summary:*** Letter dated 26 June 1846. "Dr. Emerson of this city [Philadelphia] has received from a friend in China, some seeds of the *Dolichos soja*, a plant from which the Chinese and Japanese prepare their celebrated dark coloured sauce called soy [sauce], an article largely consumed by all ranks of people in those populous countries. The consumption is rather limited in the United States, but in England about 1000 gallons are imported annually, in addition to a large quantity counterfeited at home. It is excellent on fish and with soups. The flavour is peculiar, but when once acquired, the taste like that for olives and many other things, becomes very strong. By the Chinese and Japanese *soy* is not only esteemed for its agreeable but for its wholesome qualities. The notion of its being made for cock-roaches is of course a vulgar error."

After giving a brief description of the process for making "soy," the author notes: "The best *soy* comes from Japan. When genuine, it is of an agreeable flavor, neither too salt nor too sweet, of a thick consistence, and clear brown color. When shaken in a glass, it should leave a coat on the surface of a bright yellowish brown color." An alternative method of making soy [sauce] from the seeds of *Dolichos Soja* is then described. Both this and the previous method mention that soy is made by a fermentation process, but they do not mention koji or any other source of microorganisms.

"The seeds or soy-beans are also employed in China and Japan in various ways as food. They are made into a kind of jelly or curd [tofu], which is esteemed very nutricious [nutritious] and is rendered palatable by seasoning of different kinds. In Japan they are put into soups, and are the most common dish of the country, being frequently eaten three times a day."

An editor's footnote to this letter dated June 26 states: "Dr. E. has left with us a few of the *Soy* beans, which will be distributed among those who may incline to plant them. As the season is late, it is doubtful whether they would mature this summer; a few however might be tried, and others left to plant next spring."

Note 1. Hymowitz (1986, personal communication) thinks this may have been Ralph Waldo Emerson. This journal was published in Philadelphia, Pennsylvania. First cited by Hymowitz. 1987. Introduction of the Soybean to Illinois. Economic Botany 41(1):28-32.

Note 2. This is the earliest journal article seen worldwide that refers to tofu–which it calls "a kind of jelly or curd." Address: Philadelphia, Pennsylvania.

150. **Product Name:** [Inari-zushi (Vinegared Sushi Rice in Sweetened Tofu Pouches/Agé)].
Foreign Name: Inari-zushi.
Manufacturer's Name: Jukkenten Restaurant.
Manufacturer's Address: Tokyo, Japan.
Date of Introduction: 1848.
Ingredients: Deep-fried tofu pouches, water, sugar, shoyu, mirin, sushi rice, sweet vinegared gingerroot (gari).
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 194. "In Japan, the most popular way of serving agé [deep-fried tofu pouches] is in the form of *Inari-zushi.* Packed into lightweight wooden boxes and topped with thin slices of vinegared gingerroot, Inari-zushi are often found at picnics and outings of all kinds where they play much the same role as do sandwiches in the West. Served at most sushi shops, they are very inexpensive and are prepared in a different way by each chef.

"Inari-zushi is said to have originated in Tokyo about 1848, the creation of one Jiro Kichi, chef at the *Jukkenten* restaurant. Kichi peddled his new culinary treats at night through the streets of Tokyo carrying a four-sided paper lantern called an *andon.* On this he painted a red Shinto *torii* gateway, the hallmark of the Inari shrine where the Goddess of rice is said to abide. Since foxes are said to be very fond of agé, and since the fox is the patron animal of Inari shrines,

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this pictorial symbolism and its curious logic seemed natural and appropriate; Inari-zushi soon spread throughout Japan."

151. Williams, Samuel Wells. 1848. The Middle Kingdom: A survey of the geography, government, education, social life, arts, religion, &c., of the Chinese empire and its inhabitants. With a new map of the empire, and illustrations, principally engraved by J.W. Orr. London and New York: Wiley and Putnam. 2 volumes. See vol. I, p. 283, 290; vol. II, 402-03.
• ***Summary:*** In volume 1, in Chapter 6 titled "Natural History of China," the section on legumes (p. 283) states: "The widely diffused and extensive tribe of Leguminosæ holds an important place in Chinese botany, affording many esculent vegetables and valuable products. Peas and beans form important objects of culture, and the condiment called *soy* [sauce] (a word derived from the Japanese *soya*) is prepared chiefly from a species of Dolichos. One of the commonest modes of making this condiment is to skin the beans and grind them to flour, which is mixed with water and powdered gypsum, or turmeric. The common Chinese eat few meals, without the addition of one form or other of the bean curd or bean jelly" [tofu].

Note 1. This is the earliest document seen (April 2013) that mentions turmeric in connection with tofu, or the uses the terms "bean jelly" or "bean jam" [probably incorrectly] to refer to tofu. However, Williams seems to be a bit confused here. He starts to describe how the condiment soy sauce is made in China, but he first states (incorrectly), that the dehulled beans are ground to flour which is then mixed with powdered gypsum or turmeric (also incorrect) before the soy sauce fermentation. The powdered gypsum and turmeric are part of the process for making bean curd–in which hot soymilk is curded with gypsum. Typically, to make bean curd in China, soaked (not dry) soybeans are ground to a slurry or paste (not a flour), mixed with water to make soymilk, which is cooked, then mixed with gypsum, which curds the hot soymilk. Firmly pressed tofu can be cooked with turmeric [and often soy sauce] to preserve it and give it a yellow color. Williams' incorrect idea that whole dry soybeans are first ground to a flour before being made into tofu is repeated by many subsequent European writers.

Note 2. This is the earliest English-language document seen (Feb. 2004) that uses the word "flour" in connection with the soy bean.

In a long discussion of the famous *Pun Tsau* [*Pên Ts'ao* or *Ben Cao*] herbal, by Li Shih-chen, the author notes (p. 280) that "The second division of grains contains four families:... 3. That of leguminous plants; and 4. The family of fermentable things, as bean curd, boiled rice, wine, yeast, congee, bread, &c., which, as they are used in medicine and produced from vegetables, seem most naturally to come in this place."

In volume 2, in Chapter 13 titled "Architecture, dress, and diet of the Chinese," the section on "Vegetables eaten by the Chinese" (p. 43) states: "The Chinese have a long list of culinary vegetables, and much of their agriculture consists in rearing them. Leguminous and cruciferous plants occupy the largest part of the kitchen garden; more than twenty sorts of peas and beans are cultivated, and the pods and seeds of two species of Dolichos are eaten, and the beans of another species made into soy by boiling and powdering the kernels, then fermenting them with yeast, and mixing other ingredients according to the taste of the maker or purchaser. Another still more common condiment made from beans, is called bean curd or bean jam, by boiling and grinding them, and mixing the flour with water, gypsum, and the juice of yellow seeds."

Concerning oils and fats (p. 46): "Oils and fats are in universal use for cooking; crude lard or pork fat, castor oil, and that expressed from two species of Camellia and the ground-nut, are all employed for domestic and culinary purposes."

Chapter 20 titled "Commerce of the Chinese," states (p. 402-03): "The silk trade is more likely to increase than any other branch of commerce, after tea, and the Chinese can furnish any amount of raw and manufactured silks according to the demand for them. The best *Soy* is made by boiling beans soft, adding an equal quantity of wheat or barley, and leaving the mass to ferment; a portion of salt, and three times as much water as beans, are afterwards put in, and the whole compound left for two or three months, when the liquid is pressed and strained. The flavor and ingredients of soy vary considerably, even among the people who make it, and much of that exported is supposed to be more or less adulterated." Note: The author apparently does not know what kind of beans are use to make *Soy.* In the 1882 edition of this book, he gives a more accurate description.

Note: This is the earliest document seen (Oct. 2002) concerning soy and adulteration. It speculates that much exported soy [sauce] is adulterated.

Also discusses: *Coix lachryma*, a kind of grass used for weaving floor matting (p. 276). "Hemp is cultivated for its fibres, and the seeds furnish an oil used for household purposes, and medicinal preparations; but the intoxicating substance called *bang*, made from it in India, is unknown in China" (p. 281). Samuel Wells Williams lived 1812-1884. Address: New York, Author of "Easy Lessons in Chinese," "English and Chinese Vocabulary," &c.

152. Wu, Ch'i-chün. 1848. Ta tou [The soy bean]. In: Wu Ch'i-chün, ed. 1848. *Chih Wu Ming Shih T'u K'ao* [Illustrated Treatise on the Names and Natures of Plants]. Published at T'ai-yuan-fu, Shansi, China. 28 cm. [Chi; eng]
• ***Summary:*** This treatise, containing 1,714 plates (including two illustrations of soybean plants), is the most important source of Chinese information on native plants.

The sections on the soy bean were translated into English and indexed by W.J. Hagerty in 1917. The translation

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includes photocopies of plates from the original work. Hagerty, who lived in Berkeley, California, was Chinese Translator for the Office of Crop Physiology and Breeding Investigations, USDA. He drew heavily on Bretschneider 1881, *Botanicon Sinicum.* Wu Ch'i-chün lived 1789-1847.

The translation is divided into two parts, each numbered separately, typewritten and double spaced. Part 1 (Book 1:8-9) is 3 pages translated. Part 2 (Book 1:24-33, titled *Pai ta tou* or "white soy bean") is 98 pages translated and includes a 16-page index to Part 2 only. Pages 1-38 of Part 2 contains numerous translations of the information about soybeans quoted from earlier Chinese texts. Pages 39-75 of Part 2 are extracts concerning beans (both soy beans and other beans) from Chinese gazetteers (*Chih Shêng Chu Shu*). The work concludes with a discussion of individual soyfoods, including many quotes from ancient Chinese documents: Shih or soybean relish [fermented black soybeans] (p. 76-80); Tou fu or bean curd (p. 80-81); Chiang or soy sauce (p. 81-82). The index is on pages 83-98.

In the introduction we read: "The Huang tou is at present commonly called *Mao tou* (characters: 'hair + bean'), or Hairy bean. When this is planted it grows very profusely. The beans are at first eaten as a vegetable, while later they are utilized like grain foods. The people cannot go a day without this food."

Both full-page illustrations (line drawings, apparently original) of soybean plants are bound before the title page. They show: (1) An upright soy bean plant, with two sets of flowers, two pods, and roots. Four types of seeds are shown near the bottom of the plate, but with no Chinese characters. At the left of the page, the following is written in four blocks of Chinese characters from top to bottom: *Chih Wu Ming Shih T'u K'ao* (the title of this book). Ta tou (soybean; literally "big bean"). Page number 8. *Ku lei chüan chih I* (Class–grains–Chapter 1).

(2) White soybean, slanting from lower left to upper right, including flowers two pods with outlines of the seeds, and roots. The seeds of five different types of soybean seeds are shown, each accompanied by its Chinese characters: Tea bean, yellow bean, black bean, white bean, and duck's egg green bean. At the left of the page four blocks of Chinese characters are written from top to bottom. The first and last blocks are the same. The second block is *pai ta tou* (white soybean). The third block is page number 10.

Note 1. The first illustration of the soybean plant (and an azuki bean plant) also appears in K.C. Chang, ed. 1977. *Food in Chinese Culture* (p. 178). Note 2. Letter from Dr. H.T. Huang, expert on the history of Chinese food and agriculture. 1999. July 9. He transcribes and translates the Chinese characters on the left of these two illustrations, then adds: "I presume the illustrations were original since they are different from the other illustrations I have seen in the pharmacopoeias."

Note 3. This is the earliest Chinese-language document seen (June 2009) stating that the term *mao tou* is used to refer to both green vegetable soybeans and to regular dry soybeans. Address: Michael J. Hagerty, Berkeley, California. June 1917.

153. Wu, Qijun. 1848. Zhiwu mingshi tukao [Illustrated investigation of the names and natures of plants]. Peking, China. 60 vol. in 6. Passage on soy reprinted in C.N. Li 1958 #341, p. 241-42. Illust. 29 cm. Reprinted in 1919 by Commercial Press, Shanghai (with Index). 23 cm. [Chi]
• ***Summary:*** Wade-Giles reference: *Chih Wu Ming Shih T'u K'ao,* by Wu Ch'i-Chün. Qing dynasty. A famous compilation or earlier material. The section titled "Soybeans" (*dadou*) reiterates earlier material. The section titled "White soybeans" (*baidadou*) states: Most people think that white soybeans are the same as yellow soybeans, but they are not. When you buy them in the market, you roast (*chao*) the green soybeans. The brown ones are often called "tea beans" (*chadou*)*;* their shape is long and round and they are usually roasted (*chao*) as an accompaniment for tea. They are usually planted in Sichuan province on spare land, but they are not planted as widely as yellow soybeans (*huangdou*). Yellow soybeans are commonly called *maodou* ("hairy beans") and they are the most widely planted of the different colors. In the beginning they were planted as a vegetable [i.e., green vegetable soybeans]. Then it came to be used as a grain. The people cannot do without it, even for a day. The flowers are small, and the beans are yellow, but sometimes they have a black hilum (*qi*). The shape is thin. They come in early and late varieties. If you see them all together, you can tell the difference. (Translated by H.T. Huang, PhD, March 2003).

Bray (1984, p. 647): "Illustrated investigation of the names and natures of plants." Peking, 1848. Reprinted in 1919 by Commercial Press, Shanghai (with index).

Wai (1964) translates the section on Liu An and tofu as follows: "Liu An, King of Wainan, first invented the preparation of tofu (soybean curd). Black beans, cowpeas, garden peas, or mung beans may be used as the raw materials. They are soaked in water, ground, filtered, and boiled. To the boiled filtrate is added bittern, leaves of mountain alum [or China box, *shanfan*, *Murraya exotica*, L.] or sour paste vinegar, and the precipitate is collected in the pan. Sometimes the precipitation is brought about by the addition of gypsum [the dihydrate form of calcium sulfate] and the precipitate is collected in an earthenware tub. Most salty, bitter, sour as well as hot materials can be used to precipitate tofu."

In 1917 M.J. Hagerty translated the section on beans (including soy beans) into English (18 pages). Note: Wu Qijun died in 1846.

154. Darlington, William. ed. 1849. Memorials of John Bartram and Humphrey Marshall. With notices of their botanical contemporaries. Philadelphia, Pennsylvania:

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Lindsay and Blakiston. xv + 585 p. See p. 404-05. 28 cm.
• ***Summary:*** This work, composed largely of letters by Peter Collinson (1693-1768) to John Bartram (1699-1777), includes a letter, sent on 11 Jan. 1770 from Benjamin Franklin in London to John Bartram in Philadelphia. It is transcribed as follows: "I send, also, some green dry Pease, highly esteemed here as the best for making pease soup; and also some Chinese Garavances, with Father Navaretta's [Navarrete's] account of the universal use of a cheese made of them, in China, which so excited my curiosity, that I caused enquiry to be made of Mr. [James] Flint, who lived many years there, in what manner the cheese was made; and I send you his answer. I have since learnt, that some runnings of salt (I suppose runnet) is put into water when the meal is in it, to turn it to curds.

"I think we have Garavances with us; but I know not whether they are the same with these, which actually came from China, and are what the *T'au-fu* [tofu] is made of. They are said to be of great increase...

Note: This is the earliest English-language document seen (April 2013) that uses the term *T'au-fu* to refer to tofu.

"With love to good Mrs. Bartram, and your children. With sincere esteem, I am ever, my dear friend, Yours affectionately, B. Franklin."

See also Smyth 1907 for a slightly different transcription, which omits part of his discussion of tofu and spells "Garavances" as "Chinese caravances." Address: Pennsylvania.

155. Wang Rizhen. 1850? Huya [Lakeside elegance]. China. Passages on soy reprinted in H.T. Huang 2000, p. 319-20, 324-25. Undated. [Chi]
• ***Summary:*** Wade-Giles reference: *Hu Ya*, by Wang Jih-Chên. H.T. Huang (2000, p. 319-20), in the section titled "Products associated with tou fu," notes that by the 19th century many products derived from soymilk had been developed. The most complete discussion of these appears in this book, published in about 1850: Tofu (*doufu*) is prepared by grinding soybeans finely [with water], cooking the milk in a caldron, then coagulating it with gypsum or nigari. Before coagulation, the soymilk is called *doufu jiang* ("tofu + thick liquid").

Note 1. This is the earliest Chinese-language document seen (Aug. 2003) that uses the term *doufu jiang* to refer to soymilk.

The curds are wrapped in a piece of cloth then placed in a wooden box, where excess water is drained off.

The soft product is called watery tofu [*shui-doufu, shuidofu*, which is made like soft Japanese tofu {*momen-goshi, with separation of curds and whey*} and *not* like Japanese kinugoshi, which is made without any separation of curds and whey].

The soft curds (before they are pressed into blocks of tofu) are called *doufu hua* ("tofu flowers") or *doufu nao* ("tofu brain").

Note 2. This is the earliest document seen (April 2013) that mentions soymilk curds, which it calls *doufu hua* or *doufu nao.*

Curds which have been placed in layers between sheets of cloth, then pressed, are known as *qian zhang* ("thousand leaves") or *baiye* ("hundred sheets / leaves").

Note 3. This is the earliest document seen (April 2013) that mentions pressed tofu sheets, or the names *qian zhang* or *baiye.*

When soymilk is heated, a film forms on the surface. When it is lifted off, it is called *doufu i* ("tofu robes") or *doufu pi* ("tofu skin") as noted in the *Bencao Gangmu* (The great pharmacopoeia) (+1596).

Note 4. This film is called yuba in English.

When small pieces of tofu are deep fried, giving a golden-brown outer surface surrounding a hollow interior, they are called deep-fried tofu (*you doufu,* literally "oil tofu").

Note 5. This is the earliest document seen (April 2013) that mentions deep-fried tofu or *you doufu.*

When firmly pressed tofu is cut into small pieces then simmered in soy sauce, the product is known as *doufugan.*

Note 6. Soyinfo Center believes that pressed tofu is now called *doufugan* and that pressed tofu simmered in soy sauce is now called *jiangyou doufugan.* When pressed tofu is marinated in soy sauce with "five spices" then baked, it is called five-spice pressed tofu (*wuxiang doufugan*).

The plain pressed tofu is known as *bai doufugan* ("white tofu dry").

When dried tofu is smoked by burning shavings it becomes smoked tofu (*xun doufu*).

When pressed tofu is soaked in brine and fermented, the product is called *chou doufugan* ("stinky pressed tofu" / "foul-smelling pressed tofu").

Note 7. This is the earliest document seen (Oct. 2011) that clearly mentions a type of *chou doufu* ("stinky tofu") or that mentions *chou doufugan* ("stinky pressed tofu").

Talk with H.T. Huang. 2001. Feb. 20. Tofu was seasoned and flavored long before the first description of the products in this book in about 1850. The use of five-spice was already in common use in China during the Ming dynasty (1368-1644), if not earlier. Five-spice tofu, made by simmering pressed tofu (*doufugan*) in a sauce seasoned with five spice, has the advantage of a longer shelf life than regular tofu.

156. Davis, J.F. 1853. Chusan, with a survey map of the island. *J. of the Royal Geographical Society of London* 23:242-64. See p. 261. Read June 13, 1853.
• ***Summary:*** "The discovery of Liebig, that beans and peas contain *Caseine*, a substance identical with the curd of milk, has been familiar to the Chinese for centuries; and bean-curd, or cheese (called by them *Tow-foo*), is commonly hawked about the streets." Address: Sir, Bart. [baronet], F.R.S.,

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F.R.G.S.

157. Kitagawa, Morisada. 1853. Morisada mankô [Mr. Morisada's book of comical illustrations without particular thoughts]. Japan. [Jap]*

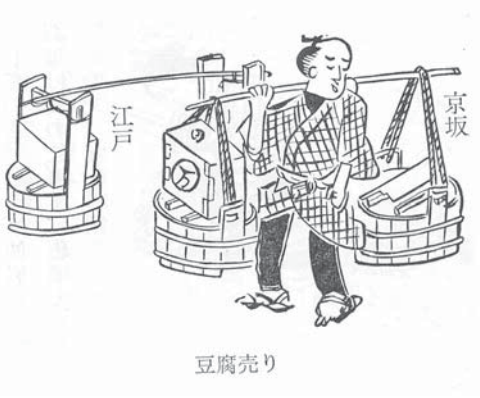

• ***Summary:*** This book contains an early reference to Kori-dofu (dried-frozen tofu), and an illustration of a man selling natto (*nattô*). He is squatting with a bowl in one hand between two baskets of natto which are apparently connected by a shoulder pole. In his right hand is a cup with a handle on it, which he uses to scoop out the natto.

In *Tôfu no Hon* [The Book of Tofu], by Abe and Tsuji (1974, p. 8) is an illustration of a tofu street vendor taken from this book. It shows two types of shoulder poles and attached carrying containers. The upper left one is from the Edo / Tokyo area. The one actually on the man's right shoulder is from the Kyoto & Osaka area.

According to Saito (1985, p. 16) the book may also mention and have an illustration of a walking street vendor selling tofu. The author was born in 1810. The book may have a second title, *Ruijû kinsei fûzoku-shi.*

158. Hakura, Yokyu? 1854. Yôshû roku [A record of small provision]. Japan. Publisher unknown. 46 p. Written in Kanbun (Chinese). Japanese summary by Kawakami 1978, p. 156. [Jap]

• ***Summary:*** Mentions red miso (*aka-miso*), how to make a type of miso soup called *shi-yu* or *kuki-yu,* and tofu. Hatcho miso from Mikawa was recommended as red miso.

159. Montgaudry, Baron de. 1855. Compte rendu des expériences faites pour l'acclimatation des semences importées en France par M. de Montigny [Report of experiments made on the acclimatization of seeds imported into France by Mr. de Montigny]. *Bulletin de la Societe d'Acclimatation* 2(1):16-22. Jan. See p. 17, 20-22. [Fre]

• ***Summary:*** For years Mr. de Montigny has been sending seeds and plants from China to the Society for Acclimatization. When he last returned from China, in April 1854, Mr. de Montigny brought five varieties of seeds; a portion of this collection was entrusted to the Society for Acclimatization for experimentation.

Mr. Montgaudry was given responsibility by the Society for Acclimatization for distributing these five varieties of seeds to its members. These seeds were three varieties of rice, a variety of green bean (*Haricot*) unknown in France, alpist or canary-grass (*Alpiste*), giant maize / corn (*Maïs géant*), and two varieties of soybeans (*Pois oléagineux,* literally "oil peas") (p. 17).

The two varieties of soybeans are completely dissimilar. One has small green seeds; the other has rather large yellow seeds. These seeds are very precious and of the highest usefulness for France. Every year, France is obliged to buy from abroad more than 30 million francs worth of edible oil, but during the years when the two types of rapeseed (*les Colzas et les Navettes*) freeze or cannot produce because of drought, some 60 to 80 million francs must leave the country [to buy oil].

The two types of rapeseed only grow successfully on choice land, which must be both light and rich in humus. Generally, this quality of land comprises only a small proportion of the total is almost all localities [in France]. The soybean (*Le Pois*), however, is much less choosy about the soils where it grows well: it prospers on all terrains. In the valleys it grows wonderfully and on the mountains it gives good crops (p. 20).

The soybeans brought back by M. de Montigny are cultivated on a large scale in the fields of northern China. It is principally in the provinces of Honan, Shantung, and Shansi that one finds vast expanses covered with these soybeans. The climate of these provinces is quite similar to that of our own so-called 'cold provinces.' In China there is a large trade based on products obtained from these soybeans. The oil is used in many ways and is preferred to rapeseed oil and colza oil (refined rapeseed oil). Although it has an aftertaste of peas or beans, this is not as disagreeable as the bitterness from rapeseed or colza oils. With the addition of a little lard, it becomes similar in flavor to second-grade olive oil.

Note 1. He was referring to unrefined, probably filtered soy oil.

The residue left after expressing the oil is in the form of cakes, which the Chinese use to fatten their livestock and enrich their soil. These cakes are a powerful soil amendment in the countryside.

Note 2. *Webster's Dictionary* defines a soil amendment as "a substance that aids plant growth indirectly by improving the condition of the soil."

In China, soybeans are transformed into both a food for the poor and a seasoning highly regarded by the rich. For the poor, the flour of these soybeans [i.e. ground soybeans] is used to prepare a paté resembling that of *fromage blanc* (a fresh dairy cheese resembling cream cheese; quark), known in France as *fromage à la pie;* it [i.e., tofu] is sold in public places for a few cents (*centimes*) a portion and cut into cakes

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by means of a brass wire according to the customer's wishes. Ordinarily the Chinese fry their paté or cheese (*fromage*) [tofu] in the oil which also comes from soybeans; this fried food is highly esteemed.

For the rich, a seasoning (*assaisonnement*) is prepared which requires more care and culinary talent. The soybean paté (*La pâte de Pois*) [fermented tofu] is fermented after having been seasoned with pepper, salt, powdered bay/laurel leaves, powdered thyme, and other aromatics. During the fermentation, the producer bastes the paté with soybean oil (*l'huile de Pois*). After several days of fermentation, the preparation is ready. This paté or cheese [fermented tofu] becomes a very powerful digestive (aid to digestion) and an aperitif, which no one can resist because it is extremely tasty.

"At Kaifeng in Honan, at Tsinan in Shantung, and at T'aiyuan in Shanshi, the oil and cheese of soybeans are made in huge amounts, and are consumed locally. But the city of Ning-po, capital of Chekiang, is the center of production and of shipping of various products made from soybeans. The port of Ning-po is hard to reach in large vessels, but they can stop at the island of Choushan, where there is a very good port. Thousands of Chinese junks leave Ning-po and travel along the coast of China with no cargo but the products of soybeans, which they carry to all parts of the Celestial Empire, to Japan, and to all countries where they are known.

Soybeans have produced seeds in France since 1854. Their acclimatization is assured. Unfortunately we still have only a small quantity of seed, but M. de Montigny, who must return to China, will send the Society a large enough amount so that this precious seed will soon be distributed to all parts of France. This will be an eminent service rendered to the nation.

Mr. de Montigny had brought back a large quantity of soybeans, but it was not going to be up to him (as early as 1854) for this seed to be cultivated on a large scale on French soil. Most of the supply was lost in Paris, for reasons independent of all the zeal, all the planning by Mr. de Montigny, who was not in control of the steps undertaken by persons who appeared to offer to him all the warranties and from whom he could not anticipate the odd way (*façon singulière*) of using such precious seeds (p. 22).

Note 3. Monsignor Louis C.N.M. de Montigny, bearer of the seeds, was born at Hamburg of French parents in 1895. In 1843 he went to China and in 1847 he was appointed Consular Agent at the port of Shanghai, where he stayed, with promotions, until 1895. There he rendered great services to natural science and horticulture by introducing into France useful Chinese plants and animals, via the Society for Acclimatization (Bretschneider 1898, p. 536).

Note 4. The Baron of Montgaudry, author of this article, was the nephew of Comte Georges-Louis Leclerc de Buffon (1707-1788), a French naturalist who held the prestigious position of superintendent of the Royal Garden (*Jardin du Roi/Roy, Jardin des Plantes*) in Paris and was on the cabinet of the Natural History Museum. According to Paillieux (1880, p. 561) starting in 1739, French missionaries in China sent Buffon specimens and seeds of the most important plants in that country. Soybeans were probably received and planted by 1739 or 1740, and definitely by 1779. Buffon was a contemporary and ardent opponent of Linnaeus. He must have been disappointed when, in 1744, Louis XV issued the order that the Linnaean system was to be adopted in the future. Buffon was the author of the superbly illustrated *Histoire Naturelle* (1749-1804) in 44 volumes, some of them published posthumously.

Note 5. This is the earliest document seen (Feb. 2001) concerning soybeans in France, or the cultivation of soybeans in France.

Note 6. This is also the earliest document seen (June 2001) describing the work of the Society for Acclimatization in France with soybeans.

Note 7. This is the 3rd earliest French-language document seen (April 2013) that mentions tofu. It is also the earliest French-language document seen (April 2013) that compares to the particular French cheese named *fromage à la pie* (quark in German).

Note 8. This is the earliest French-language document seen (April 2012) uses the term *pois oléagineux* to refer to the soybean.

Note 9. This is the earliest Western-language, or French-language, document seen (Sept. 2006) that mentions soy oil, which it calls *l'huile de Pois* [*oléagineux*]. This is also the earliest document seen (April 2002) concerning the etymology of soy oil.

Note 10. This is the earliest Western-language document seen (Nov. 2012) that mentions fermented tofu, which it calls *La pâte de Pois*.

Note 11. This is also the earliest document seen in the Western World that mentions an industrial (non-food) use of soybeans (as a fertilizer for the soil).

Note 12. This is the earliest document seen (May 2005) that mentions flavor problems with soy–in this case, soybean oil.

Note 13. This is the earliest document seen (June 2007) that mentions the use of junks (or barges or boats) or water to transport soybeans or soy products within a country (China). Address: French Consul at Shanghai and Ning-po, China.

160. Julien, Stanislas. trans. 1855. Le pois oléagineux de Chine [The "oil peas" (soybeans) of China]. *Bulletin de la Societe d'Acclimatation* 2(4):225-26. April. [2 ref. Fre]
• ***Summary:*** This is a letter addressed to the president of the Zoological Society for Acclimatization, from the session of 30 March 1855. Monsieur and dear colleague. I have the honor of offering you, at the request of my friend Émile Tastet, some information that I have found in a Chinese book on the subject of oil peas (soybeans, *Pois oléagineux, Yeou-teou*).

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One reads in the *Imperial Encyclopedia of Agriculture* (*Cheou-chi-thong khao;* [*Ch'in Ting Shou Shi T'ung K'ao* by Chang Ting-yu and Chiang P'u]), volume 27, fol. 8, first page (recto): 'According to Li Shih-chen (Li-chi-tchin, author of the Great Materia Medica [Pen-ts'ao kang-mu]), the large peas (soybeans, Ta-teou) are found in the following colors: some are black (Hé-teou), white (Pe-teou), yellow (Hoang-teou), or gray (Ho-teou); and there are also some that are spotted with blue (Thsing pan-teou). The black ones are ordinarily called Ou-teou (here the word *ou* has the same meaning as *he,* black); they can be used in medicine, be eaten, and are used in the condiment called *chi* (fermented black soybeans, which are composed of these soybeans, of ginger, and of salt). The yellow can be used to make tofu (*Teou-fou,* a sort of fermented soybean pâté, on which the people nourish themselves habitually); oil is also drawn from them by putting them under a press; they are also used to make chiang (tsiang; Note: a sort of sauce like a soft miso that serves as a seasoning).

The other species of large peas (soybeans) are not good for making tofu (teou-fu, fermented pâté of peas); they are eaten after having been roasted. All the species of large peas (soybeans) described hereafter are planted before and after the summer solstice (June 21). The stem attains a height of 3-4 feet. The leaves are round and terminate in a point. In autumn, the plant bears small, white flowers, which are clustered together. Then they form pods (about as long as one's thumb), which become dry after the frost.

One reads in the *Treatise on Agriculture* by Fan-ching [Fan Sheng-chih, written ca. 10 B.C.]: 'At the summer solstice, the soybean (*teou*) is sown; it is not a big job. The flowers of the soybean do not like to see the sun; otherwise they turn yellow and the and the roots blacken.'

I regret, Monsieur, to be unable to find at the moment more details on the soybean; however, the above extract largely suffices to confirm the remarkable usefulness, unknown in Europe until just now, of the soybean which M. de Montigny has sent to you. I have already called attention to this fact in a large work that I finished a year ago, in which are described all of the Chinese industrial processes that relate to chemistry. But I do not know when I will be able to publish this work.

I am at the disposition of the Society for Acclimatization whenever you would like me to translate Chinese texts that would be of interest.

Note 1. This is the earliest French-language document seen (Nov. 2011) that mentions fermented black soybeans, which it calls *chi.*

Note 2. Bretschneider (1881) calls Julien a "great sinologue."

Note 3. This is the earliest French-language document seen (April 2012) that uses the term *pois oléagineux de Chine* to refer to the soybean, or with the term *pois oléagineux de Chine* in the title.

161. Williams, Samuel Wells. 1856. A tonic dictionary of the Chinese language in the Canton dialect. Canton, China: Printed at the office of the Chinese repository. xxxvi + 832 p. See p. 438, 511. 22 cm. [10 ref. Eng; chi]

• ***Summary:*** At the top of the title page, the title is written in Chinese (Cantonese) but printed in Roman letters: *Ying Wá Fan Wan Ts'üt Iu.* This book contains definitions and expansions of 7,850 characters; it focuses on those in general use. Soy-related characters include the following: Page 61–*Fu.* Corrupted, rotten; *tau fu* bean curd.

Page 438–*Shí.* Salted eatables, as beans, oysters, olives, which are afterwards dried and used as relishes; *tau shí* salted beans; *shí yau* soy [sauce]; *mín shí* salted flour and beans used in cooking; *lám shí* stoned and pickled olives; *tau shí kéung* salted beans and ginger–a relish" [like Hamanatto in Japan].

Note 1. This is the earliest English-language document seen (Nov. 2011) that uses the term *tau shí* or the term "salted beans" or the term "salted beans and ginger" to refer to fermented black soybeans.

Note 2. Concerning the term *mín shí* (min shi), Dr. H.T. Huang (expert on Chinese food history, June 2008 personal communication) says it is simply Cantonese for *mian shi* (pinyin; or in Wade Giles *mien shih,* characters #4503 + #5805). The characters are the same in Cantonese or in pinyin. The term is used only in Cantonese, where it often refers to "soy paste" or jiang / chiang (character #661). Dr. Huang has not seen the term used in classical texts or heard it in Mandarin or Fujian dialects.

Page 511–*Tau.* Pulse, peas, beans, legumes; *hung tau* red pulse [beans]; *ti tau* ground-nuts; *tau fu* bean curd; *tau fu fa* bean curd jelly [soymilk curds]; *tau fu kon* [pinyin: doufugan] bean curd cakes.

Page 533–*To.* A knife; a sword with one edge; *leung min to* a bean-curd knife.

Page 708–*Yun.* Liver, yellow; *tau fu yun* yellow bean curd cakes.

In the Preface, the author refers to ten earlier Chinese or Cantonese-English dictionaries and related works by Kanghi (*Kanghi Tsz T'ien,* which have been in use throughout the empire for nearly 150 years), Morrison (1827), Medhurst (1842-43), De Guines, Gonçalves, Callery, Klaproth, Bridgman (1841), Williams (1841), and Bonney (1854).

Note 3. This is the earliest English-language document seen (April 2013) that uses the term " bean curd" by itself (with a space before the word "bean," and where it is not preceded by the words "soy," "soya," "soja," etc.) to refer to tofu.

Note 4. This is the earliest English-language document seen (April 2013) that uses the term "tau fu kon" or "bean curd cakes" to refer to firm tofu.

Note 5. This is the earliest English-language document seen (March 2001) that mentions *shí, tau shí,* or fermented

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black soybeans, which it calls "salted beans." This is also the earliest document seen (March 2001) concerning the etymology of fermented black soybeans.

Note 6. This is the earliest document seen (Jan. 2012) that contains Cantonese romanization / transliteration. Address: Canton, China.

162. Towns (B.) and Co. 1858. The undersigned offer for sale, the following Chinese goods... (Ad). *Argus* (*The*) (*Melbourne, Victoria, Australia*). April 24. p. 2.

• ***Summary:*** "... now landing, ex Panama, from Hong Kong, -

"Kum chum, vermicelli, soo lew. Beanstick [probably dried yuba sticks], or maccaroni [macaroni], red dates, peas.

"Pearl barley, honied dates, green ginger. Chinese oil in jars; salted vegetables.

"Salted turnips (pieces), white beans curd [tofu].

"Pickle beans curd [probably pickled bean curd, which is fermented tofu?], green peas."

This ad also appears in the April 26 issue (p. 3).

Note 1. This is the earliest document seen (March 2010) stating that beanstick (probably dried yuba sticks), white beans curd (tofu), or pickled beans curd (probably fermented tofu) are now in Australia.

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term "pickle beans curd / pickled bean curd" to refer to fermented tofu.

Note 3. In 1851 gold was discovered in Victoria, in southeast Australia. A huge gold rush followed that lasted until the late 1860s. In 10 years from 1851 to 1861 Australia's population nearly tripled. As was the case with the California gold rush two years earlier (1849+) large numbers of Chinese joined the stampede. These three Chinese soyfood products were clearly imported for the Chinese.

Note 4. This is the earliest English-language document seen (Oct. 2012) that uses the word "Beanstick" (or "Beansticks") to refer to what is probably dried yuba sticks.

Note 5. This is the earliest document seen (Oct. 2012) that mentions yuba as an item of international trade– being imported or exported. Address: 26 William-Street [Melbourne].

163. Duméril, Auguste. 1859. Extraits des procés-verbaux des séances générales de la société. Séance du 4 Feb. 1859 [Excerpts of verbal proceedings from general meetings of the society. Meeting of 4 Feb. 1859]. *Bulletin de la Societe d'Acclimatation* 6:86-110. Feb. See p. 106. [Fre]

• ***Summary:*** Mr. Vilmorin presents a report on the results that he obtained concerning the cultivation of various Chinese plants brought back by Mgr. [Monseigneur] Perny [pronounced per-NEE]. He goes into some detail about his attempts to make the Chinese cheese named tofu (*du fromage chinois nommé teo-fou*) using soybeans (*les Pois oléagineux*).

Note 1. This Mr. Vilmorin is almost certainly Louis de Vilmorin (lived 1816-1860), head of Vilmorin-Andrieux & Co.

Note 2. This is the earliest French-language document seen (April 2013) that uses the term *fromage chinois* or the term *teo-fou* to refer to tofu.

Note 3. "Monseigneur" is an honorific in French. Address: France.

164. Lachaume, J. 1859. Avantages du Pois oléagineux de la Chine [Advantages of "Chinese oil peas" (soybeans)]. *Revue Horticole: Journal d'Horticulture Pratique* (*Paris*) 8(8):222-24. April 16. Series 4. [1 ref. Fre]

• ***Summary:*** "In the *Revue Horticole* (16 Nov. 1857, p. 568) we have given information about the soybean (*Pois oléagineux de la Chine; Soja hispida,* Moench) and about the type of cultivation that suits it.

"New experiments, conducted in 1858, have shown us that this legume can be very well acclimatized in France. Thus, on 18 April 1858, some seeds were sown in Vitry-sur-Seine, a locality whose soil is clay-calcium carbonate and naturally cold... Until Aug. 1, the time when the plants had attained 70 cm of height and were showing their first flowers, the care of the plants was limited to hoeing and weeding. The rest of the seeds were sown the same day in a nursery on a flat-band exposed to noonday sun. On April 26, the cotyledons came up; two weeks later, we replanted them in lines with the same spacing as before, without watering them and without the plants becoming fatigued.

"On June 16, at a temperature of 30ºC, we planted a third lot of these beans in a square."

"The first beans sown on April 18 and those that were replanted, bore the drought without any water other than that which fell from the sky; they came to maturity around Oct. 15.

"This success permits us to place in commerce, for 1859, the quantity of seeds that we have harvested, with the requirement to keep some for the horticultural societies that will ask for them.

"The beautiful tests that M. Vilmorin did in Feb. 1858 to determine the quantity of oil contained in his seeds, will encourage amateurs to introduce this new bean into their gardens and farms. According M. Vilmorin, a first test showed that the seeds contained 21.32% oil, and a second 21.16%.

"Besides the advantage of yielding oil, these beans can furnish an excellent cheese (*fromage;* [tofu]) that the Chinese make by boiling and then crushing the seeds in a mortar. A very white liquid [sic, curds] is produced that thickens if one applies pressure to it. One next places the paste in molds, adding salt in the French manner. The cheeses thus obtained provide an important source of nourishment for the working class.

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"There are numerous varieties of *Soja hispida;* we have cultivated some of them experimentally."

"To summarize, soybeans from China would be a good acquisition from many points of view: 1. As an oilseed; 2. As an edible plant, because the fresh seeds [edamamé] are easy to cook and furnish a pleasant (*agréable*) food, such as the samples from Sept. 1858 have proven; 3. As a forage plant which can yield a large harvest, when one possesses a sufficient quantity of seeds to operate on a large scale; 4. As a plant whose seeds can be used to make cheese [fermented tofu], a test that M. Vilmorin did not hesitate to make." Address: Arboriculteur at Vitry-sur-Seine.

165. Vilmorin, Louis. 1859. Compte rendu des essais de culture sur les plantes de la Chine, rapportées par monseigneur Perny [Report of culture trials on Chinese plants, brought back by Monseigneur Perny]. *Bulletin de la Societe d'Acclimatation* 6:520-28. Nov. [Fre]

• ***Summary:*** "Among the collections which have arrived from China during the past few years, one of the most important is that which the Society for Acclimatization has received from Father Perny (*l'abbé Perny*)." A brief description of each of the plants is given with the Chinese characters, their romanization, sometimes a number, and a description of the plant, sometimes with additional details in a footnote. The following are included:

"*Hé-teou** or black soybean. A small oil bean or soya with black seeds (*Petit Haricot à huile, ou Soya à grain noir*). It appears to be a delicate plant; we have received only three sickly (unhealthy) plants. Only one has produced any mature seeds. (Footnote: *It is from this bean that one makes the Chinese casein (*caseum*) called tofu (*Teou-fou*), which would be useful to introduce in France. In towns nationwide it would be a genuine resource for the poor)" (p. 523).

Note 1. This is the earliest French-language document seen (Oct. 2012) that contains the term *Haricot à huile* or the term *Petit Haricot à huile,* which it uses to refer to the soybean.

Note 2. This is the earliest French-language document seen (Oct. 2012) that contains the term *Soya à grain noir,* which it uses to refer to the black soybean.

"*Ta-lou-teou* [large/great + green + bean] or green soybean, no. 797... We have seen only the green plants, not the seeds. It is a small plant, almost dwarfish, but forming a thick bush and luxuriant vegetation. We awaited an interesting product from it, especially since the seed sown was of a pretty appearance, but the plant was so late that the first frosts destroyed it just as the first flowers appeared" (p. 523-24).

"*Ta-hoang-teou* [great + yellow + bean] or yellow soybean, no. 786. By looking at the seed, this would seem to be a pale green Haricot or Dolic bean. The plant which it produces, analogous in appearance to the oil bean or Soya (*Haricot à huile ou Soya*), appears to be very late and has not yet flowered" (p. 524).

"*Hoang-teou* or yellow soybean, no. 773. This is an oil bean or soya (*Haricot à huile* (*Soya*)) with large smooth seeds, which are more yellow than usual. The plant appears a little more dwarfish; it has flowered and set seeds, but they have not matured" (p. 526).

Note 1. Bretschneider (1882) in his *Botanicon Sinicum* (Part I, p. 130) is unusually critical of P. Perny for the many mistakes he makes in trying to identify Chinese plants. His work "puts sinologists to blush."

Note 2. The author (lived 1816-1860) is head of Vilmorin-Andrieux & Co., France's largest and oldest seed dealer. He died only 4 months after presenting this paper, on 21 March 1860, at the young age of 44. Vilmorin & Co. was selling soybeans by Nov. 1864.

Note 3. This is the fifth earliest document seen (June 1999) written by a European or Westerner in which Chinese characters are used to write the name of the soybean or related products.

Note 4. Also discusses: The sunflower or "Grand *Helianthus* (*Kouey-hoa-tsé,"* no. 771, p. 524-25).

166. Sakato, Shi. 1859. Ryôri chôhô-ki [Records on convenience cooking]. Japan. 60 p. Unpublished manuscript. Japanese summary by Kawakami 1978, p. 177. [Jap]

• ***Summary:*** Contains many recipes for tofu and miso, plus amazake and shirozake (lit. "white sake"), hishio, natto, and Kinzanji miso.

167. Cobbold, Robert Henry. 1860. Pictures of the Chinese, drawn by themselves. London: John Murray. vi + 219 p. + 34 p. of plates. Illust. 19 cm.

• ***Summary:*** The chapter on "The cook-shop" states (p. 202-03): "As to cooking, while it is generally a strong point with the people, the perfection of the art is nowhere more observable than in the monasteries of the Buddhists. They have but the simplest elements of food to deal with. No meat, no fish, no poultry, are allowed at their tables. No eggs, no lard, no butter, no milk, must be introduced in their confectionery. Vegetables alone are permitted; and yet by means of these a dinner of surprising variety is served up to table; and if the guest judged only by appearances, he would suppose that the worthy abbot had forgotten the rigid rules of his monastic establishment, and was about to break his vow by partaking of most heretical viands."

"No one as he travels, even in rural districts, need fear starvation. It may be only the simple bean-soup or bean-cakes [probably tofu] which are offered..."

Note. This is the earliest English-language document seen (April 2013) that uses the term "bean-cakes" (or "bean cakes") to refer to tofu.

Pages 37-38: "In the many monasteries which I visited, I can call to mind but few which indicated, by the care bestowed on them and the strict observance of the rules, that

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there was reality in the members, or which contained men of superior intelligence. Priests of earnest mind will often heave a deep sigh over the degeneracy of the present age.

"In Buddhism there is no distinct order of 'begging friars,' but, as need arises, a few are chosen to travel through the country and collect subscriptions. In their journeys they are received and lodged by the brethren in other monasteries, who, by a law of the order, are bound to extend to them for a stated time such hospitality. They visit alike the houses of the rich and of the poor, and usually bring the artillery of their arguments to bear upon the weaker sex.

"A wallet at their back receives the contributions of the charitable–generally in the form of a little cooked rice, all animal food being prohibited according to the terms of their religious vow. They are the most strict vegetarians in the world, and have not the art of drawing the subtle distinctions between meats discovered by some religionists, or of discovering the essential difference between beef, mutton, and poultry, and salt, butter, eggs, and fish. A piece of common cake, if it contain a particle of either lard, butter, eggs, or milk, is most heretical food; a piece of cheese would be an unpermitted delicacy; a glass of any fermented liquor, a gross violation of propriety. Even the onion is disallowed as too stimulating; the milder and more innocent leek must flavour their porridge."

On page 203 is an illustration (line drawing) of a seller of soybean jiang (*doujiang*).

Note 2. Robert Henry Cobbold died in 1893. Address: Rev., M.A., Rector of Broseley, Salop, Late Archdeacon of Ningpo.

168. Lockhart, William. 1861. The medical missionary in China: A narrative of twenty years' experience. London: Hurst and Blackett, Publishers. xi + 404 p. See p. 63-69. No index. 23 cm.

• ***Summary:*** The author, a Christian medical missionary in Shanghai (he went there with Dr. Medhurst in 1843), describes the daily life of people in China. Chapter 4, which is mainly about food and money, has a long section about "pulse" or "beans," however the soy bean is never mentioned by name.

"Large quantities of *pulse*, a species of round white or yellowish bean, are grown in the north of China, at Shan-tung and Chih-le [Shantung and Chili], and in the south of Mantchouria [Manchuria], the yearly produce of this article is enormous. Its exportation forms a large branch of commerce; and the carrying of the beans, oil, and cakes gives employment to many thousand junks, which bring down their cargoes to Shanghai, Ningpo, and other ports.

"These beans are used chiefly for making oil: the other uses of them are subordinate to this."

He describes how the beans are ground in two different types of stone mills, the latter 30 feet in diameter and pulled by an ox. They are then steamed in baskets, pressed in a long, horizontal wedge press, filtered through straw then cloth, and stored in large baskets "lined with a very tough thin paper glued to the inside of the basket by varnish, and then varnished over. The oil never exudes if the paper has been properly attached to the baskets, each of which will hold 100 pounds of oil, and is the shape of a large flat jar, with a narrow mouth." Note 1. This is the earliest English-language document seen (Nov. 2003) that mentions a "wedge press" in connection with soybeans. It is also the earliest such document seen written by Westerner.

"The bean-cake, or residue after expression of the oil, is largely used as manure, and is found to fatten the land and improve the crops. It is never eaten by cattle.

"*Soy* [sauce] is made from the same bean, which after being slightly boiled in water is placed in the open air, in large jars with basket tops, for the purpose of fermentation. The beans turn brown and soft, and become a brown pultaceous mass. After the soy has drained away or been expressed, it is strained and packed in small jars for sale. No use is made of the residue.

Note 2. "Pultaceous" means "having a consistency like that of porridge."

Note 3. This is the earliest English-language document seen (March 2007) that mentions the "residue" left over after making soy sauce.

"*Tau fu*, or pulse-curd, is made by steeping the beans in cold water, when being soft they are ground between two flat stones. A spindle fixed in the centre of the lower passes through the upper stone, in which a hole is made about halfway between the centre and the rim. Through this hole the beans are passed as the upper stone revolves, by means of a handle fixed in the side of its rim. When ground they pass out at the rim as a creamy liquid, which is placed in a vat to settle. The supernatant fluid is afterwards drawn off, and the curd placed on a suspended square of cloth to get rid of more of the liquid. It is then transferred to square wooden frames lined with cloth, and next into a bean press loaded with a large stone. The remaining liquid drains out, leaving behind a thick cake of solid curd, which is cut up into small squares. [Note 4. The writer fails to mention that a coagulant is added to transform the milk into curd.] The curd is also sold after it leaves the filter and before it is pressed, and in both forms is fried with a little oil, and eaten as relish with rice. Sometimes cakes of curd are exposed to the air to ferment, when they become brown and dry, turning partly into soy, and form a tasty combination, much relished by the Chinese, of curd and soy.

"The beans are also given to animals, especially sheep and goats, as we give them brown peas."

"The bean-oil is used for lamps, and also for cooking purposes. It is a pale, thin, clear oil, rather strong in smell, but not disagreeable (p. 69).

"The oil mills are very large establishments, and always at work. In some of them from fifty to sixty buffaloes are

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kept to perform the work at the stone wheels."

Note 5. This is the earliest document seen (Sept. 2001) concerning the use of soy bean oil in lamps for illumination or lighting.

Note 6. This is the earliest English-language document seen (Sept. 2006) that uses the term "bean-oil" to refer to soybean oil.

Note 7. This is the earliest document seen (July 2002) concerning the feeding of soybeans or soy products to goats. Address: F.R.C.S., F.R.G.S., of the London Missionary Society [England].

169. Wang Shixiong. 1861. Suixiju yinshipu [Discourse on food and drink from the Random Rest Studio]. China. Passages on soy reprinted in H.T. Huang 2000, p. 319n, 324, 371-73. And in N. Wai, 1964, p. 92. [Chi]

• ***Summary:*** Wade-Giles reference: *Sui Hsi Chü Yin Shih P'u,* by Wang Shih-Hsiung. Qing dynasty.

The section on fermented tofu states: Firm tofu (*doufugan*) is difficult to digest. Children, the elderly, and sick people should not eat it. If you transform firm tofu into fermented tofu (*furu*) it will be good for sick people / patients; it gets better the longer it is aged. (Translated by H.T. Huang, PhD, April 2003).

H.T. Huang (2000, p. 319n, 653) states that the list of tofu products in this book (p. 63) is similar to that published about 11 years earlier (ca. 1850) in: *Hu Ya* (Lakeside elegance), by Wang Rizhen.

Huang (p. 324) states that this is the second earliest known Chinese document to mention pressed tofu sheets (*qianzhang* {W.-G. *ch'ien chang*} or *baiye* {W.-G. *pai yeh*}).

Huang (p. 371-73) states that, according to this book, the first batch of soy sauce, produced during the summer and harvested in the fall, was called *qiuyou* (W.-G. ch'iu yu) ("fall oil"). It is called for by this name in 62 recipes in the book. Huang adds that the term is almost never used today.

The book also describes an unusual use for wheat gluten: If one accidentally swallows a coin, roast some gluten without destroying its shape, grind well, mix with boiled water and drink. If the coin is caught in the throat, it will be coughed up. If it is in the stomach, it will be eliminated with the stool (Huang 2000, p. 501).

Huang (personal communication, 5 June 1993), notes that page 28 states: "*Mien-chin* is made by kneading wheat dough under water. It is cooling, disperses heat, mitigates thirst and dispels anxieties. But it is not easy to digest, and should be chewed well."

Wai (1964, p. 92) translates the section on fermented tofu: "Hardened tofu is difficult to digest, and is not good for children, old people, or patients. Sufu [fermented tofu], which is prepared from tofu and gets better the longer it is aged, is very good for patients." Wai concludes: "Therefore, we may presume that soybean cheese [fermented tofu] was sold long before the Ch'ing [Qing] dynasty." He then describes the ancient process. The cubes of tofu are inoculated with the fungus by arranging them on a large bamboo tray and covering them with rice straw (on which the fungus grows wild).

170. Williams, S. Wells. 1861. Notices of Chinese agriculture and its principal products. *Report of the Commissioner of Patents, Agriculture* p. 467-76. For the year 1860. See p. 474.

• ***Summary:*** "Agriculture has held a higher place in the estimation of the Chinese, in comparison with other pursuits, than among any nation of which we have definite knowledge... The fabled founder of agriculture, called Shin-nung [Shennong], *i.e.*, the Divine Husbandman, was likewise one of the five sovereigns, who are regarded as the founders of the black-haired race of China; he flourished during the fourth and fifth centuries after the deluge, and is now worshipped as one of the tutelary gods of the Empire. The ceremony of ploughing a field near Peking is performed every spring by the Emperor or his proxy" (p. 467).

Note 1. This is the 2nd earliest English-language document seen (June 2009) that mentions Shennong or the Divine Husbandman. Describing him as "The fabled founder of agriculture," indicates that he was a legendary / mythical rather than an historical figure.

"A great number of plants are grown in various parts of the country for the oil found in their seeds or nuts, which is consumed in cooking, burning, or in the arts, while the refuse cakes taken from the oil mills are returned to the ground as one of the best manures known. Oil is expressed for these purposes by simple pressure from the ground-nut (*Arachis*) throughout the Southern and Central Provinces, and the nut itself is baked for food." The Chinese also use rape oil, castor oil and the oil of the Sesamum, the Camellia sesanqua, and the oleifera (the latter two are called tea oil), and the croton *Jatropha curcas.*

"The list of leguminous and cruciferous plants cultivated in China is a long one... An emulgent [filtered or milked out] preparation of flour from the Dolichos bean, mixed with ground gypsum or tumeric [turmeric], and a touch of salt, called bean curd [tofu], accompanies every meal; the same materials, differently prepared, are sent abroad as Soy" (p. 474). Note 2. The author is referring here to the soy bean, tofu, and soy sauce. Address: Author of "The Middle Kingdom".

171. *Bulletin de la Societe d'Acclimatation.* 1862. Graines des principales plantes alimentaires de la province de Qwang-Tong, offered by Mgr. Guillemin [Seeds of the principal food plants of the province of Kwangtung (Guangdong), China, offered by Monseigneur Guillemin]. 9:323-24. April. [Fre]

• ***Summary:*** Monseigneur Guillemin was probably a high-ranking French dignitary in China. Kwangtung (Guangdong)

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is a province in southeast China, whose capital is Canton (Guangzhou or Kuang-chou). Among the 49 seeds presented (many of which were destroyed by insects), two samples are soybeans: "13. Yellow soybeans (*Hoang-teou*). Yellow beans from which the Chinese make the cheese called *teou-fou* (tofu). It is the soybean (pois oléagineux) par excellence.

"17. Ou-mi-teou. Soybeans (*Pois à soya*) which are used for the preparation of noodles (*pâtes*), vermicelli, known under the name *pe-teou-sze."* Address: France.

172. Williams, Samuel Wells. 1863. The Chinese commercial guide: Containing treaties, tariffs, regulations, tables, etc... With an appendix of sailing directions. 5th ed. Hongkong: A. Shortrede & Co. xvi + 387 + 266 p. Index. 21 cm. Facsimile edition reprinted in 1966 by Ch'eng-Wen Publishing Co., Taipei, Taiwan.

• ***Summary:*** In the section titled "Description of articles of export" [from China, alphabetical], Chinese characters accompany every entry. On p. 111 is an entry for "Beans and peas" (*tau*) incl. bean cake (*tau ping* or *tau shih* = "bean stones"). "The Chinese cultivate legumes to a greater extent, perhaps, than any other nation."

The manufacture of bean jam [jiang] and bean curd cakes [tofu] for food from the flour employs many people. The cakes used for manure are made by crushing the ripe peas [sic, beans] and boiling the grits soft; the mass is then pressed into cakes in iron hoops, and made solid by means of wedges driven down by heavy mallets. Peas and bean cakes are exported from Yingtsz' [Ying-k'ou, Yingkou?] and Tientzin to Amoy and Swatau [Swatow, Shantou, in Guangdong province]; they comprise one-fourth of all the produce shipped from Tientsin in 1861; and there is little else sent from Yingtsz'. In 1859, about a million piculs [1 picul = 133.33 lb] of the cake were reshipped to the south of China from Shanghai alone, chiefly for the consumption of sugar growers."

In the same section is an entry (p. 139) for: "Soy, *shi yú* [*shiyu* = fermented black soybean sauce], and *tsiáng yú* [*jiangyou* = soy sauce], is a condiment made from the Dolichos bean, which grows in China and Japan; our name is derived from the Japanese *siyau* [*shoyu*]. To make it, the beans are slowly boiled soft, then an equal quantity of wheat or barley flour is added; after this has thoroughly fermented and become mouldy, the beans are washed, and put into jars with their weight in salt, adding some aromatics, and three times as much boiling water as the beans were at first. The whole compound is now left for a month or more, exposed to the sun, and then pressed and strained. Good soy has an agreeable taste, and if shaken in a tumbler, lines the vessel with a lively yellowish-brown froth; its color in the dish is nearly black. There are many qualities of it, and when well made all improve by age. Japan soy is considered superior to Chinese, but both are of different qualities, and are probably made of various materials, some of which may be base enough. It is most commonly sent to England, India, and Europe, to form the basis of other sauces and condiments. It is worth from $4 to $8 per picul and goes chiefly from Canton."

On p. 129 is a section on "Oil" (*yú*), incl. [soy] bean oil (*tau yú*), wood oil (tung), cotton-seed oil, sesamum oil, olive oil, ground-nut oil, cabbage or rape oil, fish oil, etc.

In the same section (p. 149) is an entry for "Vermicelli (Chinese characters) *fun sz*, i.e. flour threads. This article, sometimes called *loksoy* [*lock soy*], manufactured from both rice and wheaten flour, is extensively used among the natives in soups. It is everyway inferior to the European."

Note 1. This is the earliest English-language document seen (Sept. 2006) that uses the term "bean oil" to refer to soybean oil, or that mentions *tau-yú* as the Chinese (Cantonese) name for soybean oil.

Note 2. This is the earliest English-language document seen (Sept. 2006) that uses the term "Dolichos bean" to refer to the soybean. It is also the earliest English-language document seen (Sept. 2006) that repeatedly uses the word "bean" (not preceded by the word "soy" or "soya") to refer to the soybean.

Note 3. This is the earliest English-language document seen (May 2005) that uses the "grits" to refer to coarsely ground soybean flour or pieces.

Note 4. This is the earliest English-language document seen (Sept. 2003) that contains the term "cotton-seed" or term "cotton-seed oil" (each spelled with a hyphen).

Note 5. This is the earliest English-language document seen (Oct. 2006) that that uses the term "crushing" (or "crush," "crushes," "crushed" or "crushings") in connection with soybeans to refer to the process of pressing the beans to yield oil and cake.

This section also discusses (alphabetically): Almonds (but not almond oil), ground-nuts (*hwa sang* characters, ground-nut cake characters hwa sang ping; the "oil is the chief article of export"), gypsum (*shih kau*, used especially in making bean-cakes and curd [tofu], sometimes called bean-macaroni), manure cakes or poudrette (*kang sha*, made from night soil mixed with earth for exportation. "The refuse of ground-nuts, sesamum, rape-seed, and other oleaceous seeds, is prepared for manure and for feeding swine and sheep, and sent from one part of the country to another"), salt, seaweed, sesamum seed, and silk.

A table titled "Rates of freight in steamers to Canton" states (p. 228): "Soy, per tub of 1 picul–$0.75."

In the section on "Foreign commerce with Japan" we read (p. 254): "Camphor, sulphur, porcelain, copper, nut-galls, vegetable wax, cassia, soy, and verdigris, have been furnished at rates and quantities sufficient to export to Europe."

Other sections discuss Chinese, Japanese, and British weights and measures, numerals, coins and currency.

Samuel Wells Williams lived 1812-1884. Address:

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LL.D., Hongkong.

173. Payen, M. 1865. Séance du 30 Novembre 1864 [Meeting of 30 Nov. 1864]. *Bulletin des Seances de la Societe Imperiale et Centrale d'Agriculture de France* 20:65-70. 2nd series. [Fre]

• ***Summary:*** M. Chevreul, presiding. Instructions for a voyage to China: The perpetual secretary [Payen] announces that the young chemist, Mr. Champion, attached to his laboratory, is about to go to China, and the Society would like him to investigate several subjects.

Mr. Payen–thinks it would be useful to collect some information about the culture, products, retting, and usage of various textile plants. And the cheeses [tofu] (*les fromages*) made from the soybean (*Pois oléagineuse*) which contain 13% vegetable oil (*matière grasse*) according to analyses of samples reported by Mr. de Montigny, and sent by the imperial minister of arts and crafts.

Mr. Guérin-Méneville [Guerin-Meneville]–adds that samples of these soybeans soybean (*Pois oléagineuse*) (*Dolichos soja*) have been sent to the southernmost parts of France, where they succeeded perfectly.

Mr. Pépin–we have never seen it bloom in the climate of Paris. Those which we have been able to observe at Toulouse and at Bordeaux being already in bud but not yet bearing seeds; it did not seem, by the way, to be *Dolichos soja.*

M. Payen–Recall that the marshal Vaillant received, under the name of *Pois oléagineuse,* seeds which contained only 2% oil. It is therefore probable that this name of *Pois oléagineuse* can be used to designate various completely different kind of things.

The perpetual secretary–offers a note on the manufacture of this pea cheese [tofu] (*fromage de Pois*). These notes have been taken by Mr. Simon in a scientific voyage to Su-tchen [Sichuan?].

"The process for making tofu (called *teweu*)*."* Note: The source of this quotation / information about tofu appears to be: Champion, Paul. 1866. "Sur la fabrication du fromage de pois en Chine et au Japon [On the production of tofu in China and Japan]." *Bulletin de la Societe d'Acclimatation* 13:562-65. Oct. Meeting of June 1.

Take a variety of soybean (*Pois oléagineux*), which gives the best product and the most abundant quantity of cheese.

Soak the soybeans in lukewarm / tepid water for half a day until they swell. Better to prolong the action of the water until the soybeans are easily crushed between one's fingers; Then grind the beans with a mill while adding small cupfuls of the soaked soybeans and water in which they have been soaked. Collect the puree which runs onto a piece of linen placed on a wooden frame. Heat the liquid until it reaches about 65ºC; then add powdered gypsum (the size of a very small egg for every 2.5 to 3.0 kg of dry soybeans). Continue to heat while stirring. When the liquid starts to boil, remove it with a wooden ladle and put it into a mold, lined on the interior with a rather lose fitting cloth (Chinese molds are in the form of a square 40 cm on a side and 8-11 cm deep). When the mold is almost full, cover it with linen, then a wooden pressing lid atop which stones are placed as a pressing weight.

After being pressed for 1½ hours the cheese [tofu] is ready to eat.

Cheese prepared in this way will not last more than two days in the summer; to make it last longer, press it under greater pressure for a longer time and add spices and/or seasonings. This firmer tofu can be eaten fried in butter or oil.

Four cakes of Chinese tofu (1 cake weighs 640 gm) retail for 2-4 cash (*sapeques*) (100 sapeques = 50 centimes). There are 25 cakes. One can flavor fresh tofu with sweet or saltiness.

Mr. Chevreul–remarks on the importance of investigating the lipids present which are analogous to butyrine, for it has been known for a long time that the main odor of cheese resembles that of butyric acid.

Mr. Champion–has prepared cheese with ordinary peas. In China, cheese is made using peas and beans.

Mr. Brongniart–wishes that samples of all the varieties of legumes which can be used for making this cheese could be sent to France.

Mr. Payen–likewise asks Mr. Champion to collect information on the raising of silkworms and on the manner of preventing their illnesses.

Mr. Guérin-Méneville–adds that it is essential to complete existing information, adding precise details and circumstances, on the processes for making silk and the dividing of cocoons.

Mr. Payen–in closing asks for Mr. Champion to make more observations on the preparation of green tea and brown tea, and on the alimentary regimen [daily diet] of the Chinese people.

Mr. Pepin–wants more information about and samples of ginseng (*Panax quinquefolium*), which plays the role of a universal panacea in China. Address: France.

174. Champion, Paul. 1866. Sur la fabrication du fromage de pois en Chine et au Japon [On the production of tofu in China and Japan]. *Bulletin de la Societe d'Acclimatation* 13:562-65. Oct. Meeting of June 1. [Fre]

• ***Summary:*** "The Chinese and the Japanese eat considerable quantities of a white material rather analogous in its appearance to the French product named *fromage à la pie* (quark), and which they make with a particular type of soybean (*Pois oléagineux*) which is also used for food and from which one can extract a rather expensive and very good quality oil. The production of this cheese [tofu] is simple, but it requires care and rather extensive practice to produce a white product."

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The author then gives a detailed 3-page description of how tofu (*fromage de pois*, literally "pea cheese") is made–though he never mentions its name in either Chinese or Japanese.

Note. This is the earliest French-language document seen (April 2013) that uses the term *fromage de pois* to refer to tofu.

It is coagulated with magnesium chloride, and will keep for 1 day in summer and 1 week in winter. It is also often salted and it is mixed with various sauces which allow it to keep for several years. In the process of making tofu, the hot soymilk is poured into a second tub and allowed to cool before the coagulant is added. The foam is removed using a copper scoop. After several minutes, a skin / film (*une peau*) [yuba] forms on the surface of this liquid. It can be lifted off by passing a stick (*baguette*) underneath it and hung up to dry by inserting one end of the stick into one of many holes that have been deliberately created in the wall. This film, by the way, has a rather agreeable taste, and is eaten either fresh or dried; a second film is often formed and is lifted off in the same manner.

Note 1. This is the earliest French-language document seen (Oct. 2012) that mentions yuba, which it calls *une peau.*

After the tofu has been pressed, so that the volume has been reduced by half, it is removed from the forming box, or the tofu (cheese) is sometimes shipped out to a great distance. To transport them, it is sufficient to close the box with planks, nailed with the aid of bamboo pegs. Arriving at the destination, it is cut into small pieces by means of a large metal knife.

Tofu (pea cheese) is generally a grayish white and looks like a jelly. It does not keep for more than a day during the hot months, and to preserve it from rapid deterioration, it is generally mixed with salt or sauces of various types. It can then be kept for several years. A piece of tofu the size of a fist sells for 2 Cash (i.e., 1 centime).

He then (p. 564) describes shops in China selling hot soymilk for breakfast. "Generally, the shops where this cheese (*ce fromage* = tofu) is made are filled with Chinese, who bring cups to get some of the hot liquid (*le liquide chaud*), which is used to make the cheese and which has not yet been coagulated; they drink this beverage (*ce breuvage*), which has an insipid but not disagreeable taste, just like we enjoy coffee with tea. For many of the poor, the morning meal consists of a cup of this liquid, in which they dip various types of deep-fried crullers" (*des espèces de gâteaux frits à l'huile*).

"I will send with this note some samples of soybeans which, according to the analysis that I am in the process of making, contain more than 10% oil, and all the materials employed in this industry as well as some small preserved dried cheeses (*des petits fromages secs conservés*), of which I have spoken above. I have seen this production established on a large scale in many ports of China from the south to Peking, and also in various ports of Japan which I have visited. This cheese, when well prepared, has a very agreeable flavor. Deep-fried it makes a delicious dish. It is widely consumed among the Chinese and would be able to be employed, I believe, to advantage in Europe."

Note 2. This is the earliest document seen (Oct. 2011) worldwide–in any language or in any country–that discusses the use of soymilk as a beverage. We find this quite surprising! Why are there no earlier references to its use as a beverage in Chinese documents? This is also the earliest French-language document that mentions soymilk, which it calls *le liquide chaud* and *ce breuvage.*

Note 3. This is the earliest document seen (April 2013) that describes how to make tofu on a commercial scale. Address: France.

175. Soubeiran, J.L. 1867. Séance de 5 July 1867 [Meeting of 5 July 1867]. *Bulletin de la Societe d'Acclimatation* 14:448-64. Aug. See p. 453. [Fre]

• ***Summary:*** Page 453: Dr. Mourier sent from Yokohama (Japan) several boxes containing: (1) Upland rice, *Okano-komé,* which is cultivated like wheat... (3) Red-azuki (*Aka-adzeuki*). (4) Black azuki (*Kouro-Adzeuki*). (5) White beans (*Shiro mamé*) [probably white soybeans]. (6) Black soybeans (*Kouro-mamé*)*;* these four seeds [Nos. 3-6] are used to make miso and tofu,

Note: Azuki beans are never used to make miso or tofu, but white and black soybeans are–especially white soybeans. Address: Secretary of the meeting.

176. Hepburn, James C. 1867. A Japanese and English dictionary; with an English and Japanese index. Shanghai, China: American Presbyterian Mission Press. xii + 558 + 132 p. 2nd ed. 1872; Abridged ed. 1873, 1881; 3rd ed. 1886; 4th ed. 1888; 5th 1894; 7th ed. 1903. First edition was reprinted in 1966 and 1983. Index. 24 cm.

• ***Summary:*** This is Hepburn's earliest Japanese-English dictionary. The words are arranged alphabetically by their romanized spelling. Each word is written in three ways. After the romanized word (main entry), written in uppercase letters with diacritical marks (which we have largely omitted below), the same word is written in katakana, then again in Chinese characters. Finally, one or more definitions are given.

Soy-related words and terms in the 1867 edition:
Amazake: Sweet sake, a kind of fermented rice.

Daidz [Daizu]: A kind of large white bean. Soja hispida.

Go: Beans mashed into paste. *Mame no go.*

Gokoku: The five cereals, wheat, rice, millet, beans, *kibi.*

Hiriodz [Hiriodzu, Hiryozu]: A kind of food [made of tofu fried in oil].

Note 1. This is the earliest English-language document seen (April 2013) that contains the term *Hiriodz* (the modern spelling is Hiryozu) which refers to Kyoto-style deep-fried

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tofu treasure balls.

Ireru–*Kono mame wa yoku iremash'ta:* these beans are well parched.

Iriru–Mame wo iriru: to parch peas [beans].

Kinako ["yellow flour"]: A kind of food made of beans.

Kiradz [Kirazu]: The refuse left in making *tôfu.*

Koji: Malt made by fermenting rice or barley, in the process of making sake, and soy [sauce].

Koji-buta: A shallow box for holding malt.

Mame: Bean, pea. *Mame no ko:* bean flour [probably kinako, roasted whole soy flour].

Miso: A kind of sauce made of [soy] beans.

Natto: A kind of food made of [soy] beans.

Nigari: The brine formed by the deliquescence of salt.

Sashi (verb): Shoyu wo sashi–To season with soy [sauce].

Sashimi: Raw fish cut in thin slices and eaten with soy.

Sh'taji [Sorted after "Shis," Shitaji]: Soy (used only by women). Syn. Note 2. This is the earliest English-language document seen (April 2012) that uses the word "sh'taji" or shitaji" to refer to soy sauce.

Shoyu: Soy, a kind of sauce made of fermented wheat and beans. This is the earliest English-language document seen (April 2012) that uses the word "shoyu" (spelled correctly like this) to refer to soy sauce.

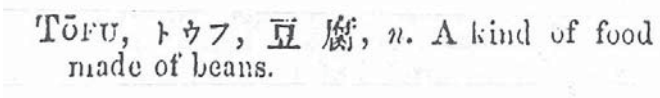
Tōfu, トウフ, 豆腐, *n.* A kind of food made of beans.

Tofu: A kind of food made of beans.

Umeboshi (*hakubai*). Dried plums. Ume-dzke [Ume-zuke]: Pickled plums. *Ume ga mada umimasen:* The plums are not yet ripe.

Yuba [hot water + leaf]: A kind of food made of beans.

Note 3. This is the earliest English-language document seen (Oct. 2012) that contains the word "yuba." The Chinese characters (meaning "hot water" + "leaf") are the same used today.

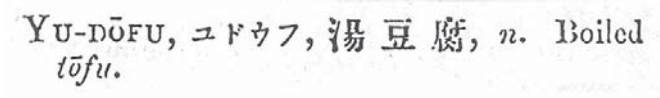
Yu-dōfu, ユドウフ, 湯豆腐, *n.* Boiled *tōfu.*

Yu-dofu: Boiled tofu.

The English-Japanese part of this dictionary starts after p. 558 and is titled "An index; or, Japanese equivalents for the most common English words." Separately numbered to p. 132, it includes: "Bean, Mame. Barm, Kôji, tane. Pea, saya yendo [saya-endo]. Soy [sauce], Shôyu."

Terms NOT mentioned include Aburaage, Aburage, Atsu-age, Daitokuji natto, Edamame (or Eda mame or Yedamame), Ganmodoki, Hamanatto, Hiya-yakko, Kori-dofu, Koya-dofu, Nama-age, Okara, Tamari, Tonyu, Unohana, Yaki-dofu.

Note 4. The author apparently did not realize that the various soyfoods he defined (with the possible exception of soy sauce) were made from soybeans.

Note 5. This is the second earliest English-language document seen (June 1999) in which Chinese characters are used to write the name of the soybean or related products.

Note 6. This is the earliest English-language document seen that contains the word "tofu" (April 2013) or the word "natto" (Jan. 2012), or the word "koji" or the term "koji-buta" (July 2012).

Note 7. This is the earliest English-language document seen (Feb. 2004) that refers to amazake, which it calls "Amazake."

Note 8. This is the earliest English-language document seen (Oct. 2012) that uses the term "Shoyu" (or "shoyu") to refer to soy sauce.

Note 9. This is the earliest English-language document seen (Nov. 2012) that uses the word "Kinako" to refer to roasted soy flour.

Note 10. This is the earliest English-language document seen (Dec. 2008) that uses the word "Kiradzu" to refer to what is now called "okara," or "soy pulp." Address: Shanghai, China.

177. Knight, Charles. ed. 1867. The English cyclopædia–Natural History. Vol. IV: Soja. London: Bradbury, Evans, & Co. 1291 p. See p. 843.

• ***Summary:*** "Soja, a genus of Plants belonging to the natural order *Leguminosæ*.*Soja hispida* (Moench), *S. Japonica* (Savi), the *Dolichos Soja* (Linn.), is a native of Japan and the Moluccas, and abundant in the peninsula of India, though probably introduced there. The seeds resemble those of the haricot, French or kidney bean, and are used by the Chinese to 'form a favourite dish, called "ten-hu," or "tau-hu" [tofu], which looks like curd, and which, though insipid in itself, yet with proper seasoning is agreeable and wholesome' [Don 1832]. The Japanese call the seeds 'Miso' [sic] and put them into soup, of which they sometimes partake three times a day. They likewise prepare with them the sauce termed 'Sooja,' which has been corrupted into 'Soy.' Soy is only sparingly used as a sauce in this country. It has the character of being a useful stomachic, but not more so than any of the other condiments when used in moderation."

Note: The entry for "Soy" says to see "Soja."

Note: Much of the information in this entry for Soja comes from the *Penny Cyclopaedia of the Society for the Diffusion of Useful Knowledge* (London, 1841. See Soja hispida).

Also in this volume: Sesamum (p. 758). Voandzeia (p. 1224).

178. **Product Name:** [Matsuyama-Age Dried Deep-Fried Tofu].

Foreign Name: Matsuyama-agé, or Kansô Aburagé.

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Manufacturer's Name: Hodoya Shoten.
Manufacturer's Address: Doita-cho 499-1, Matsuyama-shi, Shikoku island, Japan.
Date of Introduction: 1868.
Ingredients: Water, soybeans, coagulant, oil for deep-frying.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 190. "Japan's most unique variety of agé is Crisp Agé (*Kanso Aburagé*), which comes in light crisp sheets that are mild in flavor, golden brown in color, and about 6 by 8 by ¼ inch in size. Rich in protein (24%) and natural oils (64%), it has a very low water content (4.5%), which allows it to be stored for more than 3 months at room temperature without spoilage... It has been prepared for several hundred years in the city of Matsuyama on the large island of Shikoku, as well as on Okinawa. Talk with a Japanese from Shikoku. 1981. This product has been made since the start of the Meiji period on Shikoku. Each piece is about 8 inches square. The first manufacturer was Hodoya-Shoten. The current president of Hodoya is Mr. Takaaki."

179. Pagés, Léon. 1868. Dictionnaire japonais-français [Japanese-French dictionary]. Paris: Firmin Didot frères, fils et cie. 933 p. See p. 597. [1 ref. Fre]
• ***Summary:*** This is a French translation of the Japanese-Portuguese dictionary published in 1603 in Nagasaki by the Society of Jesus [Jesuits].

Includes: Daizzou [daizu] (p. 252). (Mame), grains, ou haricots du Japon (*Soja hispida*, Moench.- Hoffm.).

Mame (p. 518). Haricots, ou pois chiches du Japon (*Soja hispida*, Moench.- Hoffm.).

Miso (p. 548): Certaine préparation de graines, de riz, et de sel, avec lequel on assaisonne le *Chirou* [*shiru*] du Japon.

Nattô (p. 597). Certain mets de grains légèrement cuits, et ensuite mis au four. Nattôjirou [nattôjiru]. *Chirou* [*shiru*] ou bouillon fair avec des grains [nattô].

Note: This is the earliest French-language document seen (Jan. 2012) that mentions natto.

Tôfou [tofu] (p. 803). Espèce d'aliment qui se fait avec des grains pulvérisés, en manière de fromage frais. Tôfouya [tofu-ya]. Maison où l'on fait ou vend des especès de fromages, faits de grains amollis dans l'eau et réduits en pâte. Address: Japan.

180. Saito, Akio. 1868. [Chronology of soybeans in Japan, 1700 to 1868, the last half of the Tokugawa / Edo period] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Jan. p. 16. Feb. p. 10-11. [Jap]
• ***Summary:*** 1707 May–The Tokugawa shogunate government (*bakufu*) passes a law to lower the prices of goods. Shops selling high-priced tofu are punished. But tofu makers argue that although the price of soybeans has dropped, the prices of other ingredients such as nigari and oil have risen.

1709–Kaibara Ekken (1630-1714) writes *Yamato Honso,* in which he discusses the shapes and use of the 1,362 products from Japan, China, and other countries. He notes that among the five crops (*go-koku*), soybeans are the second most widely produced after rice.

1712–Kaempfer, the German physician and naturalist who stayed in Japan during 1691-1692, writes *Nihon-shi* in the Netherlands. In the book he discusses soybeans and includes a very accurate illustration of the soybean. This draws the attention of other European scholars.

1722–Kinzanji miso becomes popular in Edo (today's Tokyo).

1724 Feb.–The Tokugawa shogunate government commands that various goods, such as sake and shoyu [soy sauce], should be lower in price because the price of rice has decreased.

1726–The amount of shoyu imported to Edo from the Osaka-Kyoto area (*kudari shoyu*) is about 132,000 kegs (*taru*). Note: The average keg held 9 shô = 16.2 liters = 4.28 gallons (U.S.). Thus, 132,000 kegs = 564,960 gallons or 2,138,400 liters.

1730–The amount of shoyu imported to Edo from the Osaka-Kyoto area increases to 162,000 kegs.

1739–A French missionary living in China sends some soybean seeds to France for the first time. Attempts are made to grow them at the botanical garden, but the weather is not good and they fail. Later unsuccessful attempts were made to grow soybeans in Germany in 1786 and in England in 1790. There is another theory which says that the soybean went to Europe through Russia.

1748–The cookbook titled *Ryôri Kasen no Soshi* is published. It is the first cookbook which introduces the present form of tempura batter.

1753–The Swedish naturalist Linne (Linnaeus; 1707-1778) gives the soybean its first scientific name.

1770–Sugita Genpaku (lived 1733-1817) discusses the nutritional value of foods and uses the word *eiyo* (meaning "nutrition") for the first time in Japan.

1782–The book *Tofu Hyakuchin* (One hundred rare and favorite tofu recipes) is written by Ka Hitsujun (his pen name) of Osaka. He introduces about 100 tofu recipes. The next year he publishes a supplementary volume, *Zoku Tofu Hyakuchin.* He divides tofu recipes into five different categories according to their special characteristics, like common, regular, good, very good, and fantastic (*jinjohin, tsuhin, kahin, myohin, and zeppin*). In his jinjohin category, he includes 36 recipes such as *Kinome Dengaku, Kijiyaki, Dengaku,* etc.–showing that these were common recipes of the period. Over the next several years, many books with the word "Hitsujin" at the end of the title appear.

1783-1787–The terrible famine of the Tenmei period (*Tenmei no Dai Kikin*) occurs. It is worst in Oou province, where several hundred thousand people die of starvation. Many farm villages are abandoned.

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1788–At about this time the word *nukamiso* first appears.

1802–Takizawa Bakin (lived 1767-1848) writes *Kiryo Manroku,* a travel book, and in it he states: "Gion tofu is not as good as the Dengaku of Shinzaki, and Nanzenji tofu is not better than Awayuki in Edo. He criticizes tofu as a famous product from Kyoto (*Kyoto meibutsu tofu*) in his writing.

1804–Takahashi Fumiuemon (or Bunuemon) on the island of Shodoshima starts making shoyu; he starts selling it in 1805.

1810–Choshi Shoyu receives an order from the Tokugawa Bakufu (*Gozen Goyo-rei*).

1818–There are now 10 miso manufacturers in Edo (today's Tokyo). Yomo Hyobei's miso shop in Shin Izumi-cho (presently Ningyo-cho 3-chome, Nihonbashi, Chuo-ku, Tokyo) has a prosperous business. In some funny poems (*Senryu*) this shop is mentioned: "With sake and miso their name is ringing in the four directions" (*"Sake, miso de sono na mo shiho ni hibiku nari"*). And: "This shop is surrounded by nested boxes for food, and these boxes are used for red miso" (*"Jûbako ni torimakaretaru shiho-ga-mise"*). His red miso and his fine sake made with water from a waterfall (*takisui*) are very popular.

1822–Pounded natto (*tataki natto*), an instant food made of chopped natto, sells for about one-fifth the price of tofu on a weight basis. The restaurant Sasa no Yuki in the Negishi area of Edo, becomes well known for its tofu cuisine.

1832–Shoyu production in Noda reaches 23,000 koku (1 koku = 180 liters or 47.6 gallons), compared with only 17,000 koku in Choshi. Thus Noda passes Choshi in shoyu production.

1839–Shibata Kyuo (1783-1839), a follower of Shingaku, writes *Zokuzoku Kyuo Dowa* in which he pens words that later become famous: "In a place where the cuckoo can sing freely, you have to walk 3 *ri* (1 *ri* = 2.445 miles or 3.924 km) to buy your sake and 2 *ri* to buy your tofu" (*Hototogisu jiyu jizai ni naku sato wa, sakaya e san ri, tofu-ya e ni ri*). Shingaku, founded by Ishida Bangai, is a popular teaching of the time combining Shinto, Buddhism, and Confucianism (*Jugaku*). It emphasizes that "to understand heart/mind is the most important thing."

1845–Inari-zushi becomes very popular in Edo. It originated around Hiranaga-cho (presently Sadacho 1-chome, Chiyoda-ku, Tokyo). It is made with deep-fried tofu pouches (*abura-agé*) stuffed with rice or okara and sells for 7 *mon* each.

1851–There are now 140 miso manufacturers in Edo. Half of them are in the Hongo area of Tokyo.

1853–Kitagawa Morisada (born 1810) writes *Morisada Manko,* the story of his life during the Edo period. In it he says of tofu: "In the Kyoto-Osaka area it is soft, white, and delicious, but in Edo [today's Tokyo] it is hard, not white, and not tasty." Of miso he says: "In the Kyoto-Osaka area many people make their own miso each winter, but in Edo people buy red miso and Inaka miso (from the countryside), and nobody makes their own miso." Concerning the sale of natto (*natto-uri*) he says: "Cook soybeans, ferment them overnight, then sell them. In the old days, natto was sold only in the winter, but recently it has also come to be sold in the summer."

1857–Soybean varieties brought back from Japan by the Perry Expedition are distributed to the U.S. Commissioner of Patents.

1858–Eitaro, a Japanese confectionery shop in Nihonbashi, Edo, starts selling Amanatto [sugar-sweetened red beans] made from Kintoki Sasage for the first time. Sasage is a type of cowpea [*Vigna sinensis*].

1864–For the first time shoyu made in the area around Edo (*Kanto shoyu*) is permitted to use the term "highest quality shoyu" *saijo shoyu* to describe the product.

1865–Inflation in Edo. The prices of rice, sake, miso, oil, vegetables, fish, etc. skyrocket. The Tokugawa Shogunate (*Bakufu*) orders people to lower their prices and forbids holding back or buying up goods. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

181. Champion, Paul; Julien, Stanislas. eds. 1869. Industries anciennes et modernes de l'empire chinois, d'après des notices traduites du Chinois par M. Stanislas Julien et accompagnées de notices industrielles et scientifiques par M. Paul Champion [Ancient and modern industries of the Chinese empire. According to accounts translated from the Chinese by Stanislas Julien and accompanied by industrial and scientific accounts by Paul Champion]. Paris: Eugene Lacroix. xiii + 254 p. See p. 185-89. 25 cm. [Fre]

• ***Summary:*** Contains a chapter about tofu titled "Fabrication du fromage de pois en Chine et Japon," by Champion and Lhôte (p. 185-89), which is cited separately. Address: Champion: Prof. of Chemistry at the Polytechnic Assoc. Former delegate of the Society for Acclimatization in China and Japan.

182. Champion, Paul; Lhôte, M. trans. 1869. Fabrication du fromage de pois en Chine et au Japon [Production of tofu in China and Japan]. In: P. Champion and S. Julien, eds. 1869. Industries Anciennes et Modernes de l'Empire Chinois... Paris: Eugene Lacroix. xiii + 254 p. See p. 185-89. [Fre]

• ***Summary:*** This chapter gives a detailed description of the production of tofu, but also mentions soymilk and yuba. "Tofu (*Le fromage de pois*, literally "pea cheese") which is regarded in China and Japan as a very important food, looks similar to *fromage à la pie* (a smooth cottage cheese or soft cream cheese; quark). It is made from a particular variety of soybeans (*pois oléagineux*, literally "oil peas"), which are also consumed directly and which can be used, in addition, to make an oil of very good quality and rather high price.

"The production of tofu is simple, but it demands much care. The soybeans are first soaked for about 24 hours, then

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they are drained in a wicker basket. Next they are ground in a mill, while mixing them with the soak water, which had been set aside. The mill used for this purpose is made of horizontal discs of hard stone. The upper stone is pierced with a conical hole. The apparatus is rotated by means of a connecting rod, connected by joints, that a worker rotates with one hand while the other hand is used to throw the soybeans into the hole of the upper stone with a spoon / scoop (*cuiller*). With each addition of the soybeans, a certain amount of water for grinding is added. The soybeans, ground by the action of the mill, are transformed into a liquid slurry (*bouillie liquide*), which collects between the millstones, falls into a circular channel, and accumulates in a tub. This slurry is poured onto a filter formed of a linen cloth attached to an overhead frame; when the filtration is very slow, the material is mixed. To facilitate this operation, the frame / chassis is suspended from the ceiling at the height of a man.

"The liquid filtrate (*Le liquide filtré*), mixed by hand, is collected in a wooden vat and poured into a cooking pot, where it is cooked slowly. This cooking pot is formed of a deep, wide pan of cast iron, surrounded by a type of wooden tub (frame?); the metallic surface presenting a limited area, permits the person cooking the liquid, without fear, to raise the temperature briskly; this can alter the material. This apparatus is almost always used by the Chinese for cooking organic materials. A second cooking pot is located next to the first one on the same stove, in the form of a parallelepiped (a six-sided polyhedron all of whose faces are parallelograms lying in pairs of parallel planes) and receives the direct action of the fire-box. The liquid which has flowed from the mill starts to be covered with foam at about 100ºC. It is kept boiling for about 10 minutes, then is decanted into the second cooking pot, where it is subjected to a lower cooking temperature, because of the disposition of the stove. The first cooking pot, once empty, is refilled immediately with a new quantity of liquid filtrate. The drained pulp [okara] on the filter cloth is washed with water, and the liquid which runs out is used to wet the beans which undergo grinding. This wash water carries with it a significant quantity of usable material.

"When the liquid (*la liquer*) has been heated for a few moments in the second pot, it is poured into a large tub and allowed to cool. One is careful to agitate it with the aid of one's hand, causing it to rotate. The foam which forms gathers in the middle of the surface and is removed with the aid of a copper scoop. After standing for several minutes, the liquid becomes covered with a thick film

pellicle (*pellicule épaisse*) [yuba], which is removed with a stick (*baguette*) without tearing it. The film is hung up to dry by affixing the stick in the wall. Sometimes a second film is formed; it is treated in the same manner. The material thus solidified at the surface of the liquid is employed in foods. It is eaten either fresh or dried and its flavor is not disagreeable.

Note: This is the earliest French-language document seen (Oct. 2012) that uses the term "pellicule épaisse" to refer to yuba.

"The liquid which remains in the vat is destined to produce the tofu (*fromage de pois*). One first adds to it a small quantity of water mixed with plaster (*plâtre*) [calcium sulfate], which has probably been baked in the cooking stove. Finally one adds a few drops of a concentrated solution from a salt marsh. (According to our analysis, this is nothing but magnesium chloride.) The liquids are mixed slowly to form a homogeneous mass, which soon coagulates and becomes a solid. The plaster is certainly added to coagulate the casein of the soybeans (*pois*). As for the magnesium chloride, it is rather difficult to define the role that it plays; it is used in only a few cities in China.

"Once formed, the tofu curds are poured, while still hot, into a square forming box, 40 cm on a side and 5 cm deep. These boxes, stacked up double, are placed side by side on a long stone table, having gutter drains along the two sides. The boxes on the table are closed at their lower part by a fine-weave linen, through which the water trapped in the cheese (*fromage*) can flow out. When the tofu (*fromage de pois*) is sufficiently drained, it is compressed in the box where it is trapped, by putting on the top a plank laden with weights. When the volume is reduced by half, the box is removed and the cheese it contains is sometimes shipped out to a great distance. To transport them, it is sufficient to close the box with planks, nailed with the aid of bamboo pegs. After arriving at the destination, it is cut into small pieces by means of a metal knife.

"Tofu is generally a grayish white and looks like a jelly. It does not keep more than a day during the hot months, and to preserve it from rapid deterioration, it is generally mixed with salt or sauces of various types [especially soy sauce]. It can then be kept for several years.

"A piece of tofu the size of a fist sells for 2 Cash, i.e., one centime. Sellers of tofu also offer for consumption the hot uncoagulated liquid (*le liquide chaud non coagulé*) [soymilk], of which we have spoken previously. Poor Chinese nourish themselves on this substance, which has a dull flavor but is not disagreeable. The shops where this cheese is sold present a curious aspect at certain times of the day. Chinese workers come in great numbers to buy a portion of liquid cheese (*de fromage liquide*), which they carry away in small cups; others consume the coagulated cheese on the spot.

"For many people of the poorer class, the morning meal consists solely of a cup of soymilk (*une tasse de fromage de pois liquide*) in which they soak some cakes [crullers] that have been deep-fried in oil."

Note: This is the earliest French-language document seen (Oct. 2003) that uses the term *fromage de pois liquide* to refer to soymilk.

"The production of tofu ("pea cheese") is executed on a

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grand scale in most of the ports of China through which we have traveled, from the south to Peking, and in the few towns in Japan that we have been able to visit.

"Tofu is rather agreeable in flavor. It could render a great service to the feeding and nourishment of Europeans if they are able to cultivate the seeds... Tofu, deep-fried like french-fried potatoes, makes a very delicious dish.

"The seeds used to make tofu usually contain 17% of a clear oil, whose flavor is not disagreeable."

"We will add to the above information some analytical results that our colleague, Mr. Lhôte, and we, have obtained on the soybeans (*pois oléagineux*, literally "oil peas") and tofu (*le fromage*)." A table (p. 189) gives: (1) The percentage composition of soybeans (now called *Pois de Chine*, or Chinese Peas) on an as-is basis and on a moisture-free basis: Water 15.07/ -, ash 4.63/5.45, lipids (*matières grasses*) 12.98/15.28, and nitrogen 5.79/6.81.

(2) The percentage composition of tofu (called *Fromage de pois*, or pea cheese) on an as-is basis and on a moisture-free basis: Water 90.37/ -, ash 0.76/7.89, lipids 2.36/24.50, and nitrogen 0.78/8.09.

(3) The percentage composition of yuba (called *Matière coagulée pendant la préparation du fromage*, or "The material coagulated during the preparation of tofu") on an as-is basis and on a moisture-free basis: Water 9.36/ -, ash 4.01/4.42, and nitrogen 9.70/10.71.

From 120 gm of soybeans on obtains 184 gm of tofu.

One full page (frontispiece, facing the title page) contains a specimen of the Chinese text translated by Mr. Stanislas Julien. The characters are written with handsome calligraphy. Address: China & France.

183. Martens, Georg Matithias von. 1869. Die Gartenbohnen. Ihre Verbreitung, Cultur und Benuetzung. Zweite vermehrte Ausgabe [Garden beans. Their distribution, culture, and utilization. 2nd expanded edition]. Ravensburg, Germany: Druck und Verlag von Eugen Ulmer. 106 p. See p. 103-05. With 12 color plates. 28 cm. [94* ref. Ger]

• ***Summary:*** The author discusses the soybean under the name *Soja hispida* Moench, gives a botanical description of the species, then and gives a classification of 13 varieties that he had secured from various sources, of which he apparently grew but one. He grew that one by his window in Stuttgart, having obtained it from the village of Daguiga, near the city of Aigun [or Ai-hun, in northeast Heilungkiang province] on the Amur River. He planted the seeds on May 23 and they were ripe by Sept. 24. He describes their area of distribution in East Asia, from the 50th north latitude in Siberia down to the Moluccas near the equator, but notes that their center of cultivation is Japan, where they are made into a type of butter named Miso, and a famous sauce named Soja that stimulates the appetite (*eine Art Butter, Miso genannt, und eine berühmte, den Appetit reizende Sauce, die Soja,...*). He considers these two delicacies fit for gourmets and epicures. The sauce was introduced to Europe by the English. In China, the beans are cooked to a white, thick paste (*Brei*), tofu (*Teu hu*), one of the most popular foods there.

In Europe, with suitable care, soybeans can be made to ripen / mature as far north as 53º north latitude, near Berlin. Thus, during the last continental blockade [first, of the British, by Napoleon, based on his 1806 Berlin Decree and 1807 Milan Decree; then in 1807 the British retaliated with their own sort of blockade], which is still an infamous memory, in the lands that at that time were part of the French empire, the soybean was prized and cultivated for a while as a coffee substitute (*als Kaffeesurrogat*). Later the milk vetch (*Kaffeewicke; Astragalus baeticus* L.), the chufa or earth almond (*Erdmandel; Cyperus esculentus* L.), and other coffee substitutes were used, but they have all been long since forgotten–except for chicory [*Cichorium intybus;* the thick roots of this perennial herb are dried, ground, and roasted, then used to flavor or adulterate coffee].

Martens divides the species into 3 subspecies based on the form of the seed, under which the varieties are named according the color and size of the seed. In this, he creates an entirely new system for classifying and naming soybeans.

I. *Soja elliptica* Martens. Seeds oval. 1. *S. elliptica nigra.* Seeds black and elongated; obtained through his son from Shanghai and Paris. 2. *S. elliptica castanea.* Seeds brown and elongated; obtained from Chefoo (China), Venice (Italy), and Berlin. 3. *S. elliptica virescens.* Seeds greenish yellow and elongated; obtained from Shanghai and Paris. 4. *S. elliptica lutescens.* Seeds yellow; brought by Mr. Schottmueller from Chefoo as "true Chinese oilbeans."

II. *Soja sphaerica.* Seeds globose/spherical. 5. *S. sphaerica nigra.* Seeds black, large; obtained from Yokohama and Nagasaki, Japan. 6. *S. sphaerica minor.* Seeds black, small; obtained from Japan and Sumatra. 7. *S. sphaerica virescens.* Seeds greenish; obtained through his son from Yokohama as "Ao mame" and from Shanghai. 8. *S. sphaerica lutescens.* (The *Soja pallida* of Roxburgh). Seeds pea-colored to pea-yellow, large; obtained from Dr. Schuebler in Oslo (Christiana), Norway, as "New Japan peas," under which name they have been recommended and popularized in the United States. 9. *S. sphaerica minima.* Seeds yellow, small; obtained through his son as "Shiro mame" from Yokohama.

III. *Soja compressa.* Seeds compressed. 10. *S. compressa nigra.* Seeds black and flat, the largest of all soybeans; obtained as "Kuro Mame" from Yokohama. 11. *S. compressa parvula.* Seeds black, small; obtained via Schotmueller from Chefoo. 12. *S. compressa virescens.* Seeds greenish; obtained from Chefoo and from Berlin as *Soja ochroleuca* Bouché. 13. *S. compressa zebrina.* Seeds brown banded with black like a zebra; obtained from the Berlin Botanic Garden.

Note 1. This is the earliest document seen (Nov. 2012) which states clearly that soybeans have been (or can be) used as a coffee substitute (*als Kaffeesurrogat*). It is also the

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earliest German-language document seen (Nov. 2012) that mentions soy coffee.

Note 2. This is the earliest document seen concerning soybeans in Norway. It is not clear whether or not the soybeans were being grown in Norway at this time.

Note 3. This is the earliest German-language document seen (April 2013) that mentions tofu, which it calls *Teu hu.*

Note 4. This is the earliest German-language document seen (April 2012) that uses the term *die Soja* to refer to soy sauce.

Note 4. This is the earliest document seen that (Aug. 1999) that divides the species into 3 subspecies based on the form of the seed, under which the varieties are named according the color and size of the seed. Martens is the first to use a number of such terms in connection with the soybean, such as "nigra" "castanea," "virescens," "lutescens," "elliptica," "Soja elliptica," "Soja pallida," etc.

Note 5. This is the earliest document seen (Feb. 2007) that uses the word "nigra" to refer to black soybeans.

Note 6. This is the earliest document seen (July 2001) in any language that contains the word "Chefoo," a port city in Shandong province, presently named Yantai (Wade-Giles: Yen-t'ai), and long associated with soybeans and soybean cake.

Note 7. Also discusses *Psophocarpus tetragonolobus* Dec. (p. 101). Address: Doctor der Naturwissenschaften, Germany.

184. *Deseret News* (*Utah*). 1870. Chinese chemistry. June 8. p. 9.

• ***Summary:*** From Shanghae News Letter: "Barley in the husk, sprouted hastily in warm water and then ground, is mixed with soft boiled *numi* [a species of glutinous rice] in the proportion of one of the former to four or five pounds of the latter, then subjected to pressure as in making bean curd [tofu]. The expressed juice, containing the starch of the rice and the saccharine of the barley germ, is then boiled over a brink fire until evaporated to a consistence slightly exceeding that of honey, if desired as a conserving syrup, or still further if intended for candies."

Note: This is the earliest document seen (June 207) concerning soy in connection with (but not yet in) Utah.

185. Bretschneider, Emil V. 1870. The study and value of Chinese botanical works. *Chinese Recorder and Missionary Journal* (*Foochow*) 3(7):172-78. Dec. Published as a 51 page book in Foochow in 1871. [15 ref]

• ***Summary:*** "Ssu-ma-ts'ien [Ssu-ma Ch'ien, lived c. 145–c. 185 B.C.], the Herodotus of China, in his historical work *Shi-ki* [*Shih-chi*, "Historical Memoirs"], written in the second century B.C., states that the Emperor Shen-nung [Shennong] 2700 B.C. sowed the five kinds of corn [grain]. Cf. *Shi-ki* Chap I. [Note: Chinese characters are given for most Chinese words.] In later times the Chinese commentators agreed that here the following corns were meant:" 1. *Shu* Panicum millet (*Panicum miliaceum* L.). 2. *Tsi* [*Chi*] Foxtail / Setaria millet (*Setaria italica* Beauv.). 3. *Shu* Soja-bean (*Glycine hispida*). 4. *Mai* Wheat. 5. *Tao* Rice.

In the section titled *Shu* (p. 175), the author discusses the soja bean at length, with many illustrations of Chinese characters: "*Shu.* This name occurs in the Shi-king and in the Ch'un-ts'iu (v.s.) and was related in ancient times probably to the *Soja-bean* (Soja Glycine) hispida. The Kuang-ya (4th century) says that the Shu and the *Ta-tou* (great bean) are the same. The Pen-ts'ao (XXIV I and 8) states that there are several kinds of Ta-tou, a black, a white, and a yellow (so named after the color of the seeds) and that from these beans *Tsiang* (Soja [chiang]), *Tou-fu* (Bean-curd) and *Tou-yu* (Bean-oil) are made. The drawing for *Ta-tou* in the Ch. W.I. [*Chi wu ming shi t'u k'ao,* a Chinese botany illustrated by woodcuts] represents the Soja hispida.*"

Footnote: *"At Peking two kinds of Ta-tou are cultivated, the *Huang-ta-tou* (great yellow bean) and the *Hei-ta-tou* (black great bean). The name great bean refers not to the seeds but to the whole plant, the Soja bean being an erect herb 3 to 4 feet high. The *Huang-ta-tou,* called also *Mao-tou* (hairy bean) is the true *Soja* bean, an erect hairy plant with trifoliate leaves, little axillare [sic] flowers, pendulous pods, and white yellowish seeds of the size of a great pea, but a little oblong. This is the 'Phaseolus japonicus erectus, siliquis Lupini, fructu pisi majoris candito' described in Kaempfer Amoen. exot., the Dolichos Soja of Thunberg."

"The *Hei-ta-tou,* which resembles much the Soja bean, is also covered with red hairs the seeds are the same size as the Huang-tou but black. I think it is a variety of the Soja bean. Both the yellow and the black bean are used for the same purpose at Peking for making Soja, and Bean-curd. *Bean curd* is one of the most important articles of food in China. It is prepared by macerating the above mentioned beans in water and milling them together with water. The liquid pap is filtered. To this fluid is added gypsum in order to coagulate the Casein and also Chlormagnesium [magnesium chloride {nigari} is a tofu coagulant]. The coagulated Casein or Bean-curd is a jelly-like appearance.

"It is known that Manchuria produces a large quantity of Beans (generally in the Reports on trade called Peas) from which by pressure *Bean-oil* or *Pea-oil* is made. Bean-oil is largely used in China for cooking and for lighting lamps. The *Bean-cakes* are exported to Swatow [pinyin: Shantou, in Guangdong Province, southern China] for purposes of manure in the Sugar plantations. New-chuang [Newchwang, later Ying-K'ou] (in Manchuria) exports chiefly Bean-oil and Bean-cakes. I have not seen the Bean used in New-chuang for this purpose, but from the description of others it must be the Soja bean. Mr. Payen (l.c. 341) has examined leguminous fruits from China, which he calls *pois oléagineux de la Chine* and states that they contain 13 per cent. oil, whilst our common leguminous seeds contain only 2 to 3 per cent. oil."

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End of footnote.

Note 1. This is the earliest English-language document seen (Aug. 2003) that mentions an existing industrial use for soybean oil (for lighting lamps).

Note 2. This is the earliest English-language document seen (Sept. 2006) that uses the the word "Soja-bean" (or "Soja-beans") to refer to the soybean.

Note 3. This is the earliest English-language document seen (Sept. 2006) that mentions *Tou-yu* as the Chinese name for soybean oil.

Note 4. This is the earliest English-language document seen (Aug. 2003) that uses the word "cakes" or the term "Bean-cakes" to refer to ground, defatted soybeans. It is also the earliest document seen (March 2001) concerning the etymology of soybean cake or meal.

Note 5. This is also one of the earliest documents seen (Aug. 2003) that clearly refers to the cultivation of soybeans in Manchuria.

Also discusses: *Coix lachryma* (Job's tears, p. 175), various millets, and buckwheat (p. 175); hemp (*Cannabis sativa*), *Kô* (kudzu, *Pachyrrhisus Thunbergianus*, p. 176), plums, and almonds (p. 176). Address: Esq., M.D., China.

186. Maclay, Robert Samuel; Baldwin, Caleb C. comp. 1870. An alphabetic dictionary of the Chinese language in the Foochow dialect. Foochow: Methodist Episcopal Mission Press. xxiv + 1107 p. See p. 773. 23 cm (8 vo.). [7 ref. Eng; Chi]

• ***Summary:*** Each Chinese character has a number, in parentheses directly above it. Below it is the Mandarin pronunciation. To the upper right of the first character for a certain sound in the Foochow dialect is written that sound. Tones are given for each character.

In the text below, we give the page number and the Mandarin pronunciation, followed by the Foochow pronunciation in parentheses.

Introduction (p. vii): "The work contains 928 different syllabic divisions or sections, as written in Roman letters and numbered in the text. This of course does not include all the distinctions arising from difference in tone."

Page 95 Chiang (Chiong): "A sauce, pickle, brine or condiment, made of salt and sugar [sic], used in cooking; relishes, seasonings, like oilmen's stores; salted preparations: com., *tién chiong* sweet condiments; *chiong heong* or *chiong hwong taing* a shop where condiments are sold; *chiong e* sauces, condiments; Coll. *tau chiong* a bean relish.

Page 234 Fu (Ho): Corrupted, rotten, spoiled. Coll. *tau ho* bean curd; *ho p'iéng* thin slices of curd; *ho kang* dried bean curd [pressed tofu].

Page 401 Chüan (Kwong): *kwong chiéng* rolls of glutinous rice (in thin crusts of bean-curd).

Page 435 K'o (K'o): To cook thoroughly. *k'o tau ho* to cook bean curd thoroughly.

Page 596 Ya (Nga): A germ, plumule, bud, or sprout. *tau nga* bean sprouts.

Page 763 Ssu [Shu] (Seuk): A general term for edible kinds of pulse.

Page 773 Shih (Sié): Salted eatables, as beans, etc., dried and used as relishes... *sié iu*, soy [sauce]; *iu sié* soy-beans or residual grains; *tau sie kiong* a sauce of salted beans and ginger; *sié iu ch'iong*, a soy [sauce] factory.

Page 783 Shao (Sieu): Coll. *sieu king chio* Sieuhing bean curd.

Page 847 Tou (Tau): Beans, peas, legumes. *tau sié* salt-bean relish; *tau ho* bean curd; *tau kang* (coll. *tau kwang*) cakes of bean curd; *tau nga* bean sprouts, made by covering so as to heat or ferment; *tau ho tea* "curd chopsticks"–the film [yuba] from the surface of the curd [hot soymilk] made into rolls [probably dried yuba rolls]; *tau ho peng* a bean-curd press; *peng tau leng* crushed beans; *tau chio* fermented bean-relish.

Note: This is the earliest document seen (Nov. 2011) that uses the term "fermented bean-relish" or the term "salt-bean relish" (with or without hyphens) to refer to fermented black soybeans (*douchi*).

Soy is also mentioned on pages 157 right side ("to diffuse the soy by tossing"), p. 227 right (flavored with soy), p. 257 right (Sort of pork balls seasoned with soy and unions), p. 365 right ("scalded with seasoning of soy, &c."), p. 557 left ("to fry with a seasoning of oil, soy, etc.").

Note: The word Foochow is also spelled Fuzhou (pinyin), and Fuhtchou. Robert S. Maclay lived 1824-1907. Address: Rev., D.D., of the Methodist Episcopal Mission; 2. Rev., A.M., of the American Board Mission [Foochow, China].

187. Williamson, Alexander. 1870. Journeys in north China, Manchuria, and eastern Mongolia: With some account of Corea. 2 vols. London: Smith, Elder and Co. Vol. 1, xx + 444 p.; Vol. 2, viii + 442 p. Illust. No index. 19 cm.

• ***Summary:*** This is a travelogue by a man whose purpose is "the distribution of the Scriptures and books and tracts in the Chinese language throughout the interior of North China. While his main interest is religious and moral (he is very critical of idolatry, ancestor worship, opium smoking, *fung shui* / geomancy, etc.), he also records many observations concerning the daily life of the people. Unfortunately the book has no index.

In volume I, Chapter 7, titled "Province of Shan-tung [Shandong], is a section on agriculture which states (p. 110): "Pulse is divided into three classes, each comprehending several varieties. The first is the common pulse, embracing the yellow and black varieties. The one is chiefly used for the manufacture of bean-cake and oil, and the other for feeding cattle. The second class comprises the small blue bean, the Kiang-teu, the small beans, including the variegated, purple, and black, and the Wang-teu, which has a bitter taste. This latter is sown in autumn like wheat, and comes originally

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from Manchuria. The third class, is the kitchen-bean, embracing the eyebrow bean, the monthly bean, the long-pod pea, and the fragrant bean. From pulse they also make a sauce of excellent quality called 'soy,' and also a bean-curd which is much used for food (Footnote: Regarding the manufacture of bean-cake, bean-oil soy, and bean-curd see *Medical Missionary in China*, p. 63-69. Dr. Lockhart)."

In describing his journey from Peking to Che-foo in November, he states (Vol, 1, p. 202-03): "Here we met many of their extraordinary wheelbarrows moving along on dry ground with a sail set; each barrow having a great wheel in the centre, finely balanced. Those we saw were laden heavily, and had a large sheet of cloth set on a frame-work in front; many of these sails were so rigged as to be capable of being raised or reefed at pleasure, the ropes or braces being attached to a hook close to the driver. We have never seen these wheelbarrows without pity; the strain to the men who manage them is enormous: indeed, we have never witnessed human beings under such heavy labour. We met many with fourteen bean-cakes on one barrow, equal to seven small donkey-loads."

Also mentions ground-nuts (p. 113) in Shan-tung. In Shan-si, in the war-torn town of Hoa-chow, he "could get nothing to eat but bean-cake curd [tofu]; and no dishes to eat even that in" (p. 370).

Volume II includes extensive travels in Manchuria. "Pulse [probably the soybean] is grown in all directions, and is one of the most important crops; there are several varieties, as in Shan-tung, and the purposes for which it is used are much the same" (p. 42). "Oil is extracted from several plants, chief among which is the *Sesamum*, which yields an oil used much in cooking. Next is hemp, the oil of which is used both for cooking and in lamps" (p. 43). Castor oil is also used; soy is not mentioned.

In central Manchuria: "Among the agricultural products, pulse stands first in importance as an article of food and of export;... it is sown in May and reaped in October" (p. 64). "We found the poppy under cultivation in all quarters... Natives told us that it was much more profitable than pulse or any kind of grain... Sad is the havoc this drug is making in China, and the worst is yet to come" (p. 65).

Appendix C (p. 437-38) concerns agricultural observations made by the author in 1868 in and around Che-foo. For example, on May 5, rice, pulse, and sesamum are sown. Sept. 7–Sesamum reaping. Oct. 8–"Barley sowing; pulse and yellow beans reaping; peanuts."

Appendix D (p. 439-42) contains two lists of plants collected by the author in 1869. The first is from Shan-tung. Among the Leguminosæ are "Glycine sp." and "Medicago sativa" [alfalfa]. The second is from North China and Manchuria. Under Leguminosæ the peanut is mentioned, but not the soybean.

Note 1. Rev. Alexander Williamson lived 1829-1890.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "bean-cake curd" to refer to tofu.

Note 3. This is the earliest English-language document seen (March 2007) that uses the term *Medicago sativa* to refer to the scientific name of alfalfa. Address: Rev., B.A., Agent of the National Bible Society of Scotland, Lochwinnoch, near Glasgow, Scotland.

188. Bretschneider, Emil V. 1871. On the study and value of Chinese botanical works, with notes on the history of plants and geographical botany from Chinese sources. Foochow, China: Rozario, Marcal & Co. 51 p. See p. 9. Illust. with 8 Chinese woodcuts. 22 cm. [61* ref. Eng]

• ***Summary:*** In the following, Chinese characters in the text precede most Chinese words, such as the names of plants, foods, authors, and many books. "Ssu-ma-ts'ien, the Herodotus of China, in his historical work *Shi-ki* (pinyin: *Shiji*, by Sima Qian), written in the second century B.C., states that the Emperor Shen-nung [Shennong] 2700 B.C. sowed the five kinds of corn [five grains, *wugu*] (p. 7).

The third of these is *shu*, the soja bean, which is discussed in both the text and in a long footnote (p. 9). "Shu. This name occurs in the *Shi-king* [*Shijing*, Book of Odes, ca. 1000 BC] and in the *Ch'un-ts'iu* [*Chunqiu*, Spring and Autumn Annals, 500 BC] (v.s. [see above]) and was related in ancient times probably to the Soja-bean (Soja / Glycine hispida). The Kuang-ya (4th century) says that the Shu and the *Ta-tou* (great bean) are the same. The *Pên-ts'ao* (XXIV, I and 8) states that there are several kinds of Ta-tou, a black, a white, and a yellow (so named after the colour of the seeds) and that from these beans *Tsiang* (Soja) [sic, jiang], *Tou-fu* (Bean-curd), and *Tou-yu* (Bean-oil) are made.*"

The footnote states: "* At Peking, two kinds of Ta-tou are cultivated, the *Huang-ta-tou* (great yellow bean) and the *Hei-ta-tou* (black great bean). The name great bean refers not to the seeds but to the whole plant, the Soja bean, being an erect herb 3 to 4 feet high. The *Huang-ta-tou*, called also *Mao-tou* (hairy bean) is the true *Soja* bean." "Both the yellow and the black bean are used for the same purpose at Peking for making Soja [soy sauce], and Bean-curd. Bean-curd is one of the most important articles of food in China. It is prepared by macerating the above mentioned beans in water and milling them together with water. The liquid pap is filtered. To this liquid is added gypsum in order to coagulate the Casein and also Chlormagnesium [magnesium chloride, i.e., nigari]. The coagulated Casein or Bean-curd is a jelly-like appearance.

"It is known that Manchuria produces a large quantity of the Beans (generally in the Reports on the trade called Peas) from which by pressure Bean-oil or Pea-oil is made. Bean oil is largely used in China for cooking and for lighting lamps. The Bean-cakes are exported to Swatow for purposes of manure in Sugar plantations. New-chuang [Newchwang; later Yingkou] (in Manchuria) exports chiefly Bean-oil and

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Bean-cakes."

The Preface begins: "In presenting these pages to the learned world, I consider it my duty to confess, that I am neither a Sinologue nor Botanist, my knowledge in Chinese as well as in Botany being very limited. But living in the Chinese Metropolis five years, I was encouraged by the favourable conditions in which I found myself, to make some inquiries into Chinese plants and to venture on the publication of these notes on Chinese Botany... Although I had the advantage of having access to the splendid library of the Russian Ecclesiastical Mission at Peking, where are to be found not only all Chinese works of importance, but also most European books relating to China,–the reader will observe the want of some special works on Botany."

Concerning the *Pên-ts'ao k'ang-mu* (p. 4-6), Bretschneider concludes: "On the whole it can be said... that the descriptions of plants therein are very unsatisfactory." "The *Pên-ts'ao* is often inconvenient for reference, the paper and the impression being bad and the misprints numerous."

As a general overview of the entire subject he concludes (p. 6-7): "It is true, the Chinese possess very little talent for observation and zeal for truth, the principal conditions for the naturalist. The Chinese style is inaccurate and often ambiguous. In addition to this the Chinese have an inclination to the marvelous and their opinions are often very puerile. None of the Chinese treatises can be compared with the admirable works of the ancient Romans and Greeks, *Plinius, Dioscorides* (both of the first century) &c. Nevertheless the Chinese works on natural science are very interesting, not only for the sinologues, but also for our European naturalists" interested in "geographical botany, and the history of cultivated plants."

The last section, titled "List of Chinese works quoted in the foregoing notes" (p. 48-51) gives 61 works, sorted chronologically, and grouped into dynasties. "The information regarding them has been derived from an examination of the *Ssu-k'u ts'üan-shu,* the great Catalog of the Imperial Library 1790. I hereby give only the title, the author's names and the time of publication." The earliest grouping, "Works written before the third century B.C." begins: *"Shen-nung pên-ts'ao-king.* Classical herbal, or Materia medica of the Emperor Shên-nung, 2700 B.C." Note: This is now generally cited as: *Shennong bencao jing* (Classical pharmacopoeia of Shennong, the Heavenly Husbandman) (100 AD).

Originally published as articles in the *Chinese Recorder and Missionary Journal* (Foochow) in 1870-71 (vol. 3). In a footnote describing this original publication, in Bretschneider's article in the *Journal of the North-China Branch of the Royal Asiatic Society,* 1882, he writes, "The editor of this periodical, at that time, seems to have had little experience in proof-reading; at any rate my paper (although presented in a very clear manuscript) came to light with such a profusion of misprints and other inaccuracies, that it would have been ridiculous to append to it a complete list of *errata.* I therefore would feel quite disposed to disavow this my first scientific essay; all the more since at the time I wrote it I had not yet sufficiently mastered the subject, and many of my former statements require modification."

Also discusses: Hemp (*Cannabis sativa, ma;* the male plant is called *si* while the seed-bearing female plant is called *tsü;* p. 5, 10). *Arachis hypogaea* (Ground-nut, *Lo-hua-sheng,* p. 5). Job's tears (*Coix Lachryma,* p. 9). Kudzu (p. 10). Address: M.D., Physician of the Russian Legation at Peking, China.

189. Smith, Frederick Porter. 1871. Contributions towards the materia medica & natural history of China. For the use of medical missionaries & native medical students. Shanghai, China: American Presbyterian Mission Press, and London: Truebner & Co. vii + 237 p. See p. 88, 202-03. 24 cm.
• ***Summary:*** This book, based in part on the famous *Pen-ts'ao kang-mu* by Li Shih-chen (1578-1597), contains a listing of medicinal plants arranged alphabetically by either their popular English name or scientific name. Chinese characters for the plant name, the romanized Chinese name, and key related terms are also given immediately after the main entry. There is no index. The soy bean is listed under "Dolichos soja (*Hwang-ta-tau;* characters = Yellow + large + bean), (*Mau-tau;* characters = hairy + bean).–The hairy, short pods of this Leguminous plant are eaten, when freed from the valves. They are mixed with vinegar and sesamum-

DOLICHOS SOJA.—黃大豆 (*Hwang-ta-tau*), 毛豆 (*Mau-tau*).—The hairy, short pods of this Leguminous plant are eaten, when freed from the valves. They are mixed with vinegar and sesamum-oil, and drank as a cooling draught in summer. The ripe, ovoid, yellow beans are used to make bean-curd 豆腐 (*Tau-fu*), a substance largely consumed by the Chinese when vegetables are not very plentiful. It is the cheese of the Chinaman. The beans are ground and pressed to produce the bean-oil, or pea-oil, as it is sometimes miscalled by foreigners. The beans are said to be laxative, peptic and nutrient. Bean-sprouts 豆芽 (*Tau-ya*), are the germinating beans of this plant, artificially raised in large quantities for food in winter.

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oil, and drank as a cooling draught in summer. The ripe, ovoid, yellow beans are used to make bean-curd (*Tau-fu*), a substance largely consumed by the Chinese when vegetables are not very plentiful. It is the cheese of the Chinaman. The beans are ground and pressed to produce the bean-oil, or pea-oil, as it is sometimes miscalled by foreigners. The beans are said to be laxative, peptic [promoting digestion] and nutrient. Bean sprouts (*Tau-ya*), are the germinating beans of this plant, artificially raised in large quantities for food in winter (p. 88) (see previous page).

Note 1. This is the second earliest English-language document seen (Jan. 2013) that refers to soy sprouts, which it calls "Bean sprouts (*Tau-ya*)... And this is the earliest English-language document seen (Jan. 2013) that uses the term "Bean sprout" or *Tau-ya* to refer to soy sprouts, then goes on to explain what these terms mean.

Note 2. This is the earliest document seen (Feb. 2000) that uses the word "laxative" in connection with soy beans.

Note 3. This is the earliest English-language document seen (April 2013) that uses the term "cheese of the Chinaman" to refer to tofu.

Note 4. This is the earliest English-language document seen (Sept. 2006) that uses the term "pea-oil" ("as it is sometimes miscalled by foreigners") to refer to soybean oil

Also on p. 88, under *Dolichos trilobus* (*Koh*) is a description of kuzu. "The Pachyrizus trilobus is sometimes included under this name... A fibre resembling linen, called (Chinese characters) *Koh-pu* or *Kung koh,* of a yellow color, very fine and durable, and much prized in Hankow, is obtained from the climbing branches. The best of this cloth comes from Wu-chang hien (Hupeh), and from Kwang-sin fu in Kiangsi. The root is eaten, although to some extent deleterious, if not thoroughly cooked. A kind of arrow root (Chinese characters), called *Koh-fen,* is made from the root in Ngan-king fu (Nganhwui), Kwang-sin fu (Kiangsi) and at Teh-ngan fu (Hupeh). Emetic, diaphoretic and antiphlogistic properties reside in the root, which is given in fevers, exanthemata and rashes of all kinds, and in bloody fluxes [excessive abnormal discharge from the bowels]. Every part of the plant is officinal" [medicinal].

Soy sauce (p. 202) is listed under "Soy (*Tsiang-yú*)–The condiment known by this name, derived from a Chinese synonyme used by the Japanese, is a black, thin liquid, having an agreeable, saltish flavour, and frothing up of a yellow colour when very slightly shaken. It is the universal sauce of the Chinese and Japanese, and is largely exported to India and Europe as a convenient menstruum for other flavouring substances used as condiments. The yellow beans of the Dolichos soja are boiled very soft, and mixed with any cereal flour in varying proportions, and allowed to ferment and become mouldy. Salt and tea, or boiling water, are then added, and the mixture is then exposed to the sun and dew of the open air for three weeks or a month, care being taken to avoid rain. The liquid becomes much thicker, darker and more uniform in consistence, and after constant stirring is then strained and kept for use. Bran is sometimes used in making it. Large quantities are both sold from the shops and made at home by the Chinese. It is considered to provoke the appetite, and to correct any injurious quality of food. It is laxative, cooling, and an antidotal, according to Chinese estimation. It is sometimes daubed upon burns, scalds, eczematous and leprous sores."

Note: This is the earliest English-language document seen (April 2012) that uses the term "Tsiang-yú" to refer to the Chinese word for soy sauce.

Under "Maccaroni [Macaroni] (Mien-kin)," following the description of the basic kind made from wheat flour (which is "a part of the diet of priests and those fasting from animal food"), we read: "A kind of macaroni, very much like foreign macaroni, is made from bean-curd and called *Tau-kin* (bean + muscle, sinew, or tendon)."

Under "wheat," the author discusses the grain itself, "wheaten flour," and "wheaten starch," but he does not mention wheat gluten. Nor are azuki beans (*hsiao-tou*) listed. Bretschneider harshly criticizes this book: "Of little value, unreliable." But Rev. G.A. Stuart, M.D., in his Chinese Materia Medica (1911) states on the title page "Extensively revised from Dr. F. Porter Smith's Work." Smith lived 1833-1888. He wrote the preface in Nov. 1870 from Hankow, China. Address: Medical missionary (from England) in central China [Hankow].

190. *Phoenix* (*The*)*: a Monthly Magazine for India, Burma, Siam, China, Japan & Eastern Asia.* 1872. Japanese proverbs. 2(23):191. May. [Eng]

• ***Summary:*** "(52) *Tôfu ni kasugai:* Like using a clamp-shaped nail to fasten Tôfu (a soft kind of food) together."

Note 1. This is a remarkable periodical, with many interesting articles about East Asia in each issue.

Note 2. This article started on page 127 (No. 20, Feb), where it states: "We are indebted to Mr. W. G. Aston, Interpreter to H.M. [British] Legation in Yedo, for the text and translations which we give below, and also to two Japanese gentlemen for a careful revision of both."

191. Young, Alexander. 1872. Chinese food and cookery. *Appletons' Journal* (*New York City*) 8(181):291-93. Sept. 14.

• ***Summary:*** "The Chinese pork has a shining, flabby appearance which is not attractive to foreign eyes, and its rank, coarse taste does not invite renewed attention from the wary stranger. Cut into thin slices and fried in soy, which relieves the gross flavor of the meat, it is not absolutely repulsive" (p. 291 R.2).

"Among vegetables, of which there is great variety, peas and beans are in high favor. Some kinds of beans are made into soy [sauce], by boiling and powdering the kernels, and fermenting them with yeast; others are boiled and ground, and mixed with water, gypsum, and the juice of yellow

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seeds, forming bean-jam" (p. 292 R.6). Note: This "bean-jam" seems to be bean curd / tofu!

"The Chinaman, believing that cookery is the test of civilization, regards the carving processes of European and American society as conclusive proof of barbarism. An Englishman's mode of feeding, he says, allies him to the savages of Formosa; the chief labors of the slaughter-house being transferred to the dinner-table, and the principal work of the kitchen being performed by the stomach. 'In remote ages, before we became civilized,' said a polite Chinaman to a correspondent of the London *Times*, 'we used knives and forks as you do, and had no chopsticks. We still carry a knife in our chopstick-case, but it is a remnant of barbarism– we never use it. We sit down to table to eat, not to cut up carcasses'" (p. 292 C.5).

192. Doolittle, Justus. 1872. A vocabulary and hand-book of the Chinese language, romanized in the Mandarin dialect. 2 vols. in 3 parts. Foochow: Rozario, Marcal, and Company. London: Trubner & Co. New York: Anson D.F. Randolph & Co. Reissued in 1878. [Eng; Chi]

• ***Summary:*** In vol. 1, part 1, p. 272: "Ketchup, (a kind of sauce) shih yu." Note: The two Chinese characters (2 Cc) are printed to the left of their romanized form "shih yu." "Shih" means "fermented black soybeans." We would translate "shih yu" as "fermented black soybean sauce."

In vol. 2, parts 2 and 3. Page 36: Dip in the soy and eat it (Cc).

Page 79: Insipid like bean curd boiled in water (Cc).

Page 433: Ta tou (Cc), Soja hispida, Mön.

Page 443: "Precious as pearls" says a sign in a "Soy and condiment shop" in Canton.

Page 515: Street names in Peking: (1) Bean Curd Lane [Tofu]; Soy Manufactory Lane.

Page 598: Five grains, incl. soja bean (Cc), shu. Address: Rev.

193. Hepburn, James C. 1872. Japanese-English and English-Japanese dictionary. 2nd ed. Shanghai: American Presbyterian Mission Press. xxxi + 632 + 201 p. 28 cm.

• ***Summary:*** This is Hepburn's 2nd Japanese-English dictionary. The words are arranged alphabetically by their romanized spelling. Each word is written in three ways. After the romanized word (main entry), written in uppercase letters with diacritical marks (which we have largely omitted below), the same word is written in katakana, then again in Chinese characters. Then comes an abbreviation of the part of speech (n. = noun; v. = verb, etc.). Finally, one or more definitions are given.

This 2nd edition is 162 pages longer than the original 1867 edition; the Introduction is 19 pages longer, the Japanese-English section 74 pages longer, and the English-Japanese section 69 pages longer.

We will not repeat definitions that are identical to those in the 1867 edition. For new spellings, the 1867 spelling will be shown in parentheses. No new soy-related words were found in this 1872 edition. Soy-related words and terms in the 1872 edition: Adzuki (replaces Adzki) [azuki]. Amazake. Daidzu (replaces Daidz) [Daizu]. Hiriodzu (replaces Hiriodz) [Hiryozu]: A kind of food made of *tofu* fried in oil.

Note 1. This is the earliest English-language document seen (April 2013) that contains the term *Hiriodzu* (the modern spelling is Hiryozu) which refers to Kyoto-style deep-fried tofu treasure balls.

Kinako.

Kiradzu. Koji: Barm or yeast made by the fermentation of rice or barley, in the process of making sake and soy [sauce]. Koji-buta: A shallow box for holding barm. Miso. Miso wo suru: To rub *miso* in a mortar. Natto.

Nigari. Sashi (verb). Sashimi. Shitaji (replaces Sh'taji).

Note 2. This is the earliest English-language document seen (April 2012) that uses the word "shitaji" [spelled like this] to refer to shoyu or soy sauce.

Shoyu. Tofu: A kind of food made of beans, bean curd. Umeboshi (*hakubai*).

Yuba [hot water + leaf]. Yu-dofu.

The English-Japanese part of this dictionary starts after p. 558 and is titled "An index; or, Japanese equivalents for the most common English words." Separately numbered to p. 132, it includes: "Barm, Kôji; tane." "Soy, Shôyu."

Terms NOT mentioned include Abura-age, Aburaage, Aburage, Atsu-age, Daitokuji natto, Edamame (or Eda mame or Yedamame), Ganmodoki, Hamanatto, Hiya-yakko, Kori-dofu, Koya-dofu, Nama-age, Okara, Tamari, Tonyu, Unohana, Yaki-dofu.

Note 2. The author apparently still did not realize that the various soyfoods he defined (with the possible exception of hiriodzu and soy sauce) were made from soybeans. Address: M.D., LL.D.

194. Katagiri, Torakichi; Sakakibara, Yoshino. 1872. Tôfu shûsetsu [Tofu: Collected theories]. Tokyo: Ministry of Education. 40 p. Illust. 19 cm. [Jap]

• ***Summary:*** The cooking teacher and author was Sakakibara Yoshino. The tofu production teacher was Katagiri Torakichi. Both of the first two men told it by word of mouth. It was written by the Japanese Ministry of Education (*Mombusho/ Monbusho*).

This charming booklet contains many illustrations (line drawings) of different types of tofu (*tsuto-dofu, tsumiire tofu, Matsukawa-dofu, yaki-dofu, agé-dofu, chikuwa-dofu, shôro-dofu* [pine-dew tofu]) and tofu making equipment (hand-turned stone mill on a stand, wooden tubs and vats, ladles, bamboo whisk, pressing sack design, a round wooden lever being used to press soymilk from the pressing sack into a wooden vat, bamboo colander, paddle for stirring in nigari, forming box cloths, forming box design, large knife for cutting tofu into cakes).

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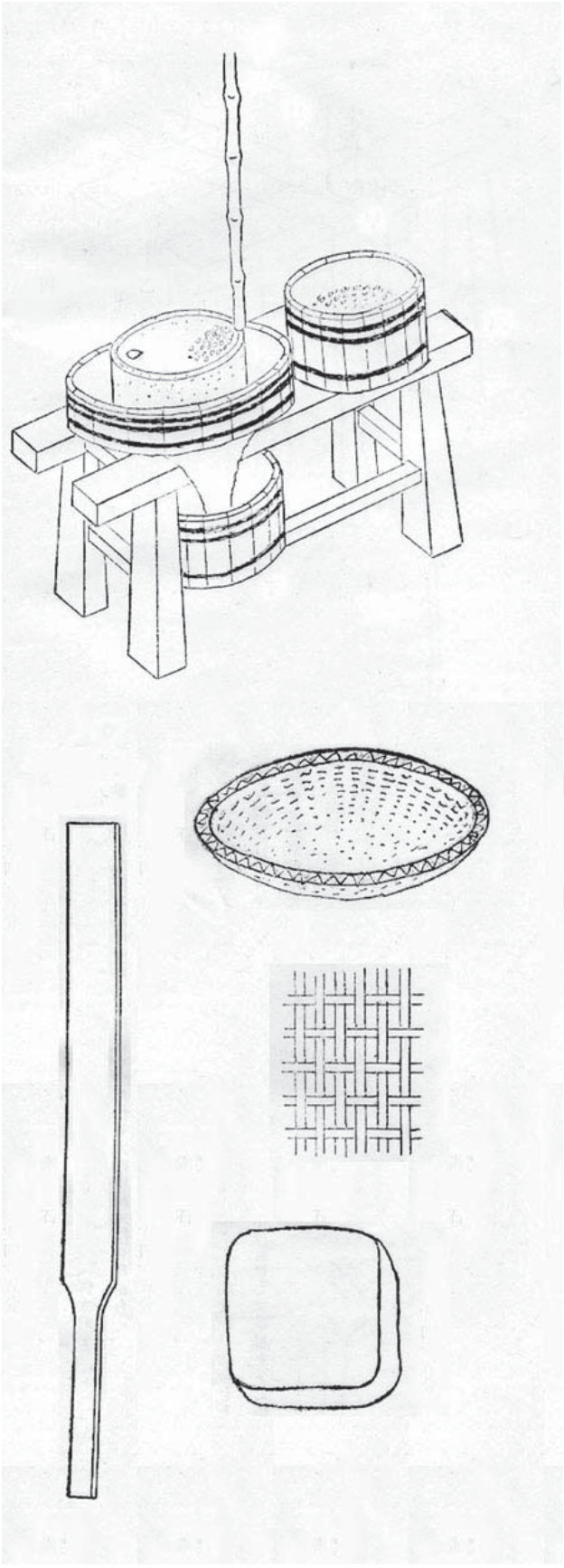

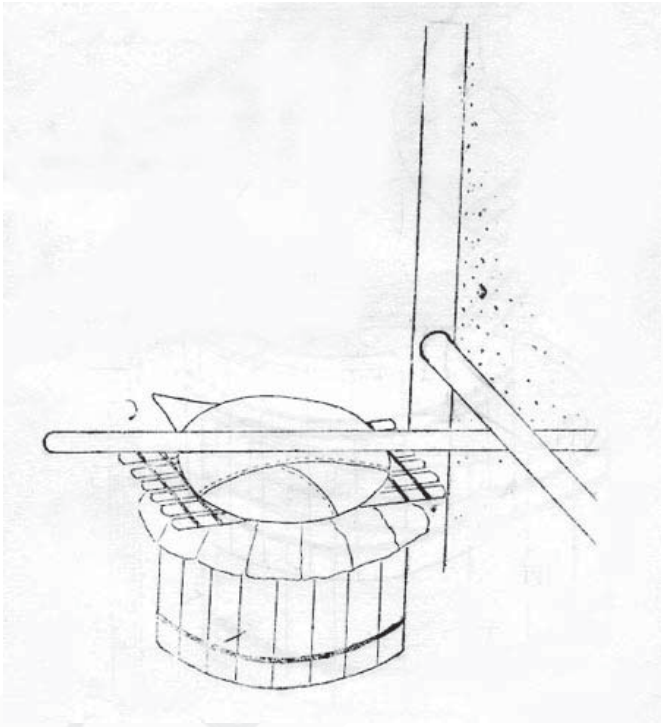

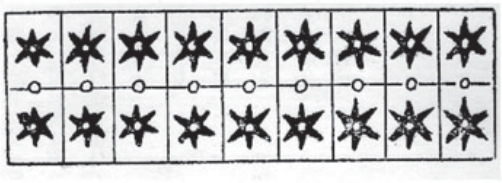

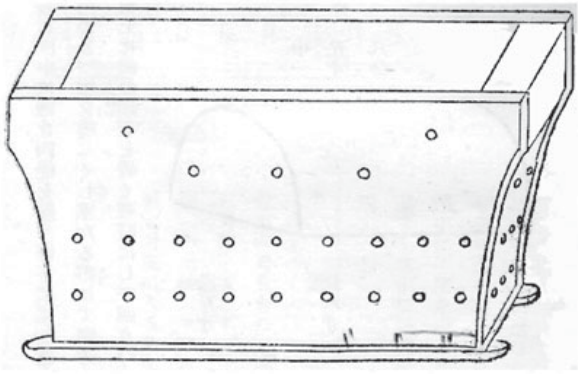

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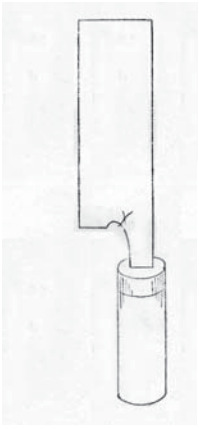

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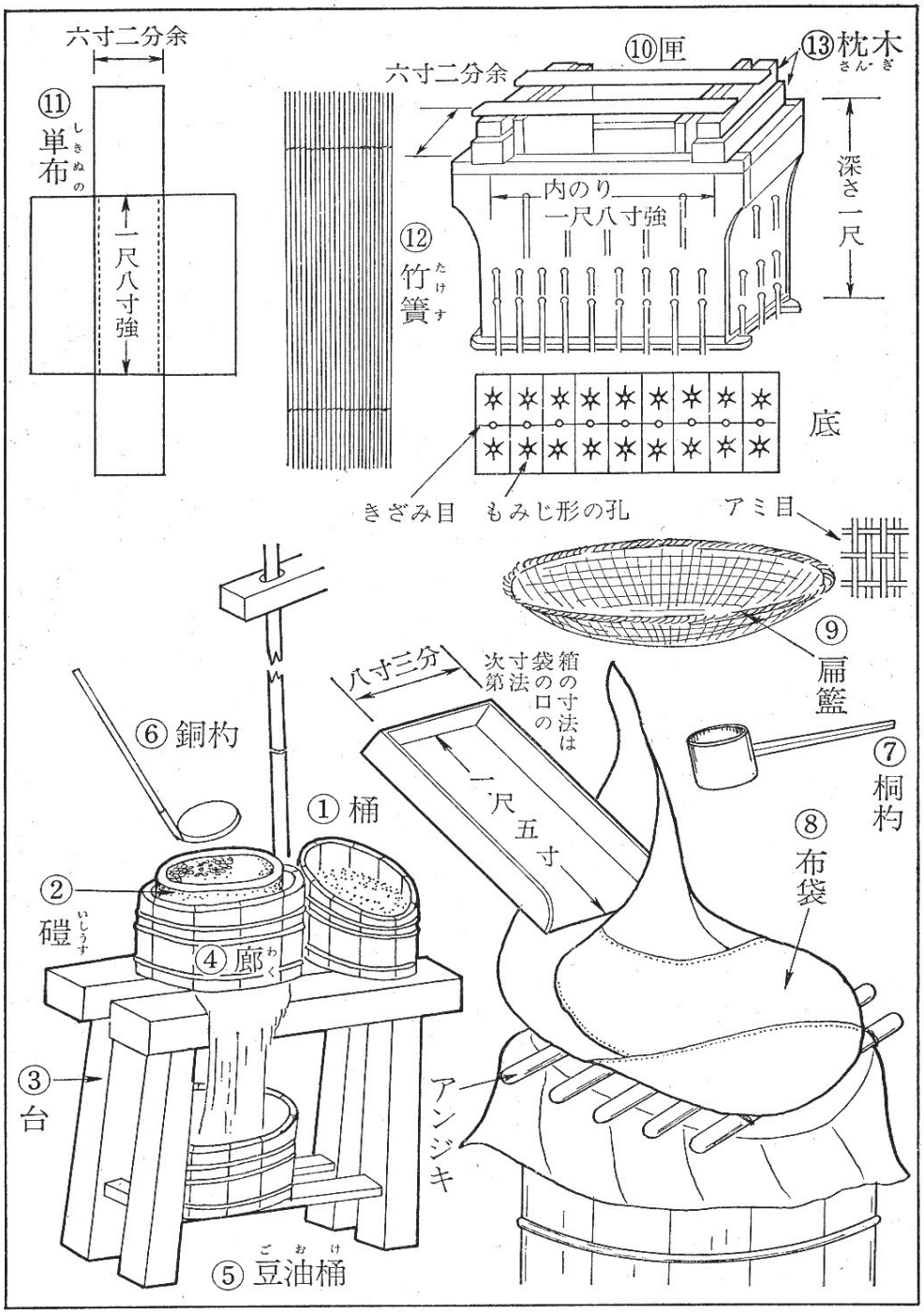

『豆腐集説』に見られる道具類

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For an English-language translation of a document quite similar to this one, with different but related illustrations, see Richard B. Hubbard (1886).

Note 1. This is the earliest document seen (April 2001) that discusses or illustrates equipment for making tofu.

Note 2. This is the earliest booklet seen (Oct. 2001) that mentions soy.

195. Medhurst, Walter Henry. 1872. The foreigner in far Cathay. London: Edward Stanford. v + 190 p. No index. 19 cm. Series: Chinese Materials Center (CMC, San Francisco): Reprint No. 66 (1977).

• ***Summary:*** This is a 19th century guidebook to China. Chapter 11, titled "Eating and drinking in China" states (p. 97): "The truth is, that, unless a Chinaman is at all well to do, he rarely indulges in a meat meal at all, the usual food for the masses being, in the midland and southern provinces, plain boiled rice, with a relish for pickled fish or vegetables, salted eggs, a curd [tofu] made of lentils [sic, soybeans], &c. When meat can be afforded, pork is always the favourite dish..."

Delicacies, which are almost unknown to European palates, include sea-weed. Drunkenness is not a Chinese failing; they rarely get drunk or take to drink as a habit. "A public-house [tavern, bar] is an institution unknown." But public tea-houses abound in every street and public garden. Address: H.B.M. Consul [British], Shanghai, China.

196. Stoeckhardt, Adolph; Senff, Emanuel. 1872. Untersuchung von chinesischen Oelbohnen [Investigation on Chinese oilbeans (soybeans)]. *Chemische Ackersmann* (*Der*) 18:122-25. [Ger]

• ***Summary:*** "On a trip to England, Mr. Berndt, a manufacturer of velvet in Deuben [in Saxony], made the acquaintance of an English seaman, who told him many things about Manchuria, in China, where he had often been. He explained, among other things, that in northern China several varieties of beans are cultivated, and from them is obtained an oil (*ein fettes Oel*) which, like our cottonseed oil, is used as a food oil (*Speiseöl*), and also a type of cheese (*eine Art Käse*) [tofu], which is widely used as food. Finally, from this bean, one can make a type of soy sauce (*eine Art Soya*), which can also be used with foods. Later Mr. Berndt shared with me two small samples of these beans, which were sent to him by post from Hongkong through the arrangement of Mr. C. Eckardt; one was yellowish white and one black. The former, egg-shaped, had somewhat the size and color of small, pale peas; the latter was significantly smaller, shiny black, and of somewhat flattened, egg-shaped form. Both belong to the genus (*Gattung*) Phaseolus."

Note 1. This is the earliest German-language document (April 2013) seen that uses *Käse*, the German word for "cheese," to refer to tofu.

A table (p. 122) gives a laboratory analysis, conducted by Assistant Senff, of the two beans. It showed the following percentage composition (Yellowish white / black): Crude oil (ether extract, *Aetherauszug*) 20.53 / 16.88. Nitrogen-containing substances (*stickstoffhaltige Substanzen*) 38.54 / 38.04. Nitrogen-free extract (*stickstofffreie Extractstoffe*) 24.61 / 27.79. Cellulose (*Rohfaser* = crude fiber) 5.13 / 5.53. Minerals (ash) 4.50 / 4.62. Water 6.69 / 7.14. Note 2. This is the earliest document seen (April 2002) that mentions the term "nitrogen-free extract," which includes starch, sugar, gums, and the like. The nitrogen-free extract and fiber soon came to be classed together under the name of carbohydrates. This is also the earliest document seen (Dec. 2001) that clearly mentions fiber in soybeans, or the fiber content of soybeans.

"The composition of these beans is actually of surprisingly high grade, in part because of the high content of oil which takes the place of starch, and also because of the high nitrogen content. The chemical composition of lupine seeds (*Lupinensamen*) has already provoked lively astonishment, since in these, unlike the seeds of other known legumes, we find no starch, but rather a large amount of oil and protein (*eine reichlichere Menge von fettem Oel und Proteinstoffen*). So we are confronted with the Chinese oilbeans (*chinesischen Oelbohnen* = soybeans) in which the unique characteristic of the lupine seeds seem to be expressed in a higher potency, as shown in the following comparison." A table shows that most beans and peas contain 30-35% starch, 1.5-3% oil, and 24-26% protein. Lupine seeds contain no starch, 5-8% oil, and 30-35% protein. But the seeds of the Chinese oilbeans [soybeans] contain no starch, 16-20% oil, and 38-39% protein. The oilbeans are thus shown to be the most protein-rich livestock fodder; they also have a high respiration value (*Respirationswerth*). They seem even more important because these two main components are also suited for the human diet. The use of the oil as food oil (*die Verwendung des Oels als Speiseöl*) is confirmed, and the use of the proteins is not unlikely, since they consist largely of plant casein, through the application of salt and aromatic plants and subsequent fermentation, may well produce a tasty cheese, like that made from milk casein. Note 3. This is earliest document seen (May 2008) that clearly mentions starch in soybeans, and states that they contain none.

Note 4. This is the earliest German-language document seen (May 2008) which refers to soybeans as *chinesischen Oelbohnen* = "Chinese oilbeans."

"The high nitrogen content of the beans may also be confirmed through an analysis of their cake (presscake?). Upon inquiry to professor Völcker [Voelcker] in London I received the answer that he could not state for sure that the beans could be used to make a type of cheese, however he has investigated the oilcake ('Chinese Oilbean Cake') and found the following percentage composition compared to rapeseed cake: oil 5.32 / 8-9. Nitrogen-containing substances 45.93 / 27-28. Nitrogen-free extract 24.52 / 32-25. Cellulose

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5.71 / 15-16. Minerals (ash) 5.70 / 6-7. Water 12.82 / 12-15.

"Concerning the preparation of soy sauce (*Soya*), this indispensable table seasoning among the people of India and seafarers, a trusted friend who is very familiar with Oriental trade conditions, informs me that 'according to tradition, certain fungi, fruits, and parts of fish (especially also parts of the crablike sea-spider) are added to it, in a very complicated and long process that lasts several months.' From another source I learned the following: 'Soy sauce (Soya) is prepared from an oil-rich bean that grows in China. During the process it is mixed with other ingredients. Thereby a significant percentage of good-tasting oil is obtained and the residue is used as an excellent fodder for cows. Can any of my valued readers provide more specific information on the above?"

Note 5. This is the earliest document seen (May 2008) containing mention of soybean cake in the western world. It also the earliest document seen (May 2008) containing an analysis of the cake.

Note 6. This is the earliest document seen (July 2000) concerning soybeans in Hong Kong. This document contains the earliest date seen for soybeans in Hong Kong (1872). Soybeans were probably also being grown at that time in Hong Kong, but we cannot be certain of this.

Note 7. Mr. Carl Berndt of Saxony, is mentioned several times by Prof. Friedrich Haberlandt in his classic *Die Sojabohne* (1878). In part 1, page 4, Haberlandt states that Carl Berndt, a velvet manufacturer at Hainsberg-Deuben in Saxony, was one of the first people in Germany who attempted to cultivate soybeans. He had no success. "He wrote me about his efforts as follows: 'I had received 8 piculs of those beans [Note 8. A picul is a Chinese unit of weight = 133.33 pounds] (some green and some yellow), which I obtained through an official order of Governor (*des Minister-Präsidenten*) Dr. Weinlich of Shanghai via our local consul. I sent samples of those all over with the request that the recipient inform me of the results of his agronomic trials. Unfortunately I have waited in vain and I assume that the outcome was as unfavorable as it had been in my case and in my neighborhood. Although some gardeners and I managed to raise a few plants and harvest a few seeds, they rotted after being replanted and therefore could not germinate.'" Pages 10-11 of Haberlandt note that the first analysis of the composition of soybean seeds that became known in Germany was carried out by (Mr.) Senff using seeds obtained directly from Japan by Mr. Berndt. The results of this analysis were first published in 1872 in the journal *Chemischer Ackersmann* ("Chemical Farmer," p. 123). The tests showed soybeans to contain on average 38.29% protein and 18.71% oil. Page 14 of Haberlandt describes a letter that Carl Berndt wrote to Prof. Haberlandt. And in part 4, page 79 of Haberlandt states that Carl Berndt conducted soybean trials in 1877 in Deuben with 300 seeds; these trials succeeded beyond all expectations.

Note 9. This is the earliest document seen (Sept. 2002) that mentions the use of ether or any other solvent for extracting soybean oil. The extraction was on a laboratory scale. Ether is a light, volatile, flammable liquid (hydrocarbon), also used as an anesthetic.

Note 10. This is the earliest German-language document seen (Sept. 2006) that mentions soybean oil, which it calls *ein fettes Oel*.

Note 11. This is the earliest German-language document seen (Aug. 2003) that uses the term *Stickstoffhaltige Bestandtheile* to refer to nitrogen-containing constituents / protein in connection with soybeans. Address: Acad. Laborat Tharand.

197. *Far East* (*The*) (*Yokohama, Japan*). 1873. A curious phase of superstition has been exhibited since the formation of lotteries. 4(4):92. Oct.

• ***Summary:*** "The temple of Oiwa Inari is one very much venerated by the citizens of Tokei; and is one to which, actors, geishas, and the like go to pray for success in their profession. Since the lotteries have been in vogue, it has been given out that this is the temple at which to pray for good fortune in the drawings; the fox Oiwa having such things under his special care. The consequence is, it is always crowded with poor people who have invested (many of them their all) in these lotteries: who bring Sekihan (made of rice and red beans) and Aburage (beans fried in oil) of which the fox is said to be very fond; and who pray incessantly for the favour of Oiwa. The crowd is everyday very great from morning until night; but particularly on the days of drawing."

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "Aburage" to refer to deep-fried tofu pouches.

Note 2. This article appears in the section titled "Monthly Notes from Local Papers," which starts on p. 88.

198. Balfour, Edward. 1873. The Cyclopaedia of India and of eastern and southern Asia, commercial, industrial, and scientific; products of mineral, vegetable, and animal kingdoms, useful arts and manufactures. 2nd ed.: Soy [sauce]. Madras, India. Printed at the Scottish and Adelphi presses. See vol. 5, p. 517. 26 cm. Reprinted in 1985 by International Book Distributors, Dehra Dun, India. [6 ref]

• ***Summary:*** The section titled "Soy" (p. 517), which is about soy sauce, states: "Tsiang-yu, Chinese. Soya [sic, shoyu / shôyu], Japanese. This well-known sauce is made from the Soja hispida which grows in China and Japan. In Java it is procured from the Phaseolus radiatus, the green gram, haree moong or putchay payroo of India. The beans are boiled soft with equal quantities of wheat or barley, and left for three months to ferment; salt and water are then added when the liquor is pressed and strained, 1,108 piculs of soy were shipped in Canton in 1844, for London, British India and Singapore; 100 jars, or about 50 gallons of soy were received at Liverpool in 1850. Its price is about 6*s.* per gallon in

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the London market, and the Japan soy is superior to the Chinese. Genuine soy is well flavoured, thick, brown, and clear; and when shaken in a glass, it should have a coat on the surface of a bright yellowish-brown colour. It is obtained from Canton; but the best is exported from Japan, by way of Batavia."

Note: This is the earliest English-language document seen (April 2012) that uses the term "Tsiang-yu" to refer to the Chinese word for soy sauce.

"Good soy is agreeable when a few years old, the Japan soy is superior to the Chinese. Large quantities are shipped for England and America. The Dolichos bean is much cultivated in Japan, where various culinary articles are prepared from it, but the principal products are a sort of butter termed mico, and a pickle called sooja. The flavour and ingredients of soy vary considerably, even among the people who make it, and much of that exported is supposed to be more or less adulterated."

Note: This is the earliest document seen (Oct. 2001) concerning adulteration of (or with) a soy product–in this case of soy sauce.

"Peas and beans form important objects of culture, and the condiment called soy (a word derived from the Japanese soya), is prepared chiefly from a species of Dolichos. One of the commonest modes of making this condiment is to skin the beans, and grind them to flour which is mixed with water and powdered gypsum, or turmeric. The common Chinese eat few meals without the addition of one form or other of the 'bean' curd, or 'bean' jelly. The soy was at one time largely used as a condiment in the several countries of Europe but has latterly been displaced with others."

The next entry is "Soy Bean, Anglo-Jap. *Soja hispida"* (which see).

Soy is not mentioned at Bean Curd, Beans, Legumes, or Leguminosae. Address: L.R.C.S.E., Inspector General of Hospitals, Madras Medical Dep. [India].

199. Balfour, Edward. 1873. The Cyclopaedia of India and of eastern and southern Asia, commercial, industrial, and scientific; products of mineral, vegetable, and animal kingdoms, useful arts and manufactures. 2nd ed.: Soja, Soja hispida. Madras, India. Printed at the Scottish and Adelphi presses. See vol. 5, p. 458. 26 cm. Reprinted in 1985 by International Book Distributors, Dehra Dun, India. [2 ref]
• ***Summary:*** "Soja, a genus of plants belonging to the natural order Leguminosae. Soja hispida (*Moench*), S. japonica (*Savi*), the Dolichos soja, (*Linn.*), is a native of Japan and the Moluccas, and abundant in the peninsula of India, though probably introduced there. The seeds resemble those of the haricot, French or kidney bean, and are used by the Chinese to form a favourite dish called 'ten-hu,' or 'tau-hu' [tofu], which looks like curd, and which, though insipid in itself, yet with proper seasoning is agreeable and wholesome. The Japanese call the seeds 'miso,' and put them into soup, of which they sometimes partake three times a day. They likewise prepare with them the sauce termed 'sooja,' which has been corrupted into 'soy.' Soy is only sparingly used as a sauce in Great Britain. It has the character of being a useful stomachic, but not more so than any of the other condiments when used with moderation.–*Eng. Cyc.*"

"Soja hispida, Moench, W.&A., Grah. *S. japonica,* Savi. *Dolichos soja,* L., Roxburgh. *Garu kulay,* Bengali. Sahuca bean, English. Soy-bean, English. *Bhut,* Punjabi.

"This plant grows in the N.W. Himalaya, in Nepal, at Taong Dong, in China, Japan and the Moluccas. It is found in the Sutlej valley between Rampur and Sungnam at an elevation of 6,000 feet. It is cultivated in many parts in the north of India. This is the well-known Chinese bean, which constitutes such large article of trade between the northern and southern parts of China. Of all vegetable substances, it is richer in nitrogenous or flesh-forming matter than any yet discovered, The Sahuca bean, is the white Soja hispida. *India Museum.*"

Note: This is the earliest English-language document seen (Aug. 2003) that uses the word "nitrogenous" in connection with the soybean–to refer to its protein. Address: L.R.C.S.E., Inspector General of Hospitals, Madras Medical Dep. [India].

200. Douglas, Carstairs. 1873. Chinese-English dictionary of the vernacular or spoken language of Amoy, with the principal variations of the Chang-chew and Chin-chew dialects. London: Truebner & Co. xix + 613 p. 28 cm.
• ***Summary:*** The Preface notes that the written language of China is uniform throughout the whole of China, but it is pronounced differently when read aloud in the different parts of China. Various spoken languages of China have already been studied by Western residents in China: the Mandarin, the Hakka, the vernaculars of Canton and Amoy, etc. The Amoy vernacular is believed to be spoken by 8-10 million people. Chinese characters are not used in this dictionary.

Abbreviations (at start of parentheses): R. = Reading or literary style as to sound or meaning. C. = Chang-ebew dialect. Cn. = Chin-chew dialect.

Soy-related terms include: chiap (R. id.), (Cn. tsap; p. 46 L.2) "juice, sap, gravy, etc. kôe-chiap, brine of salt or pickled fish, &c." kê (Amoy = kôe; p. 201 L.7) "Pickled fish or shell fish." kê-chiap (implied; p. 46 L.2).

hû (p. 156 R.3) tâu-hû "bean-curd shaped into squares (from the pulpy 'tâu-hoe'), but not yet pressed. See tâu.

kôe-chiap (p. 242 L.4) "Brine of pickled fish or shell fish."

tâu (p. 480 L.3) "pease or beans, pulse." tau-khe "bean-cake from north China used as manure." tâu-iû "soy [sauce]." tâu-chiù "a thick sauce made from pulse." tâu-sî "salted beans" [fermented black soybeans]. tâu-hoe "soft bean curd not yet pressed or shaped." tâu-chiû or tâu-hû "bean-curd shaped but not yet pressed." tâu-hû-phê "bean curd made

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into thin sheets [yuba] for wrapping around eatables."

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term *tâu-hû-phê* to refer to yuba.

te tâu-hû "to shape the pieces of 'tâu-hoe' into pieces of 'tâ-hû.'" tâu-koa "bean-curd that has been pressed in a cloth." tâu-jú "bean-curd that has been pressed in a cloth then cut into smaller pieces and salted." tâu-kiâm or tâu-che or tâu-thâu "refuse from manufacture of bean curd" [okara].

Note 1. A new, revised edition of this work was published in 1899 in London by Presbyterian Church of England. A supplement by Douglas and Barclay was published in Shanghai in 1923. In some cases, the 1923 edition is bound at the back of the 1873 edition. The 1873 edition is dedicated to Rev. James Legge, D.D., a Christian missionary and Chinese scholar.

Note 2. This is the earliest English-language document seen (Oct. 2001) that mentions okara, which it calls "refuse from manufacture of bean curd," along with its Chinese vernacular names.

Note 3. This is the earliest English-language document seen (Oct. 2001) that uses the term "cake" or "bean-cake" to refer to ground, defatted soybeans.

Note 4. This is the earliest English-language document seen (Feb. 2013) that uses the many terms such as *tâu-hoe, tâu-hû-phê, tâu-koa,* or *tâu-jú* to refer to the many uniquely Chinese varieties of tofu.

Note 5. This is the earliest English-language document seen (April 2012) that contains the terms "kôe-chiap" or (by implication) "kê-chiap" to refer to pickled fish or shell-fish. These terms are said by some to be the ancestors of the Malay word *ketjap / kecap* meaning soy sauce.

Note 6. Schlegel (1894, p. 143 footnote) gives the character for *Kê-tsiap* but the 1873 ed. of Douglas' dictionary gives no Chinese characters for any of the words defined. Address: Rev., M.A., LL.D. Glasgow, Missionary of the Presbyterian Church in England.

201. Hepburn, James C. 1873. Japanese-English and English-Japanese dictionary. Abridged by the author. New York: A.D.F. Randolph & Co.; London: Trübner & Co. vi + 330 + 206 p.

• ***Summary:*** "Preface: In order to render the Dictionary more portable and convenient in size, the Author has thought it best to abridge the larger work and bring it out in its present form. In so doing, he has omitted the Chinese and Japanese characters, the synonyms, and the examples showing the use of the words, excepting such as contained a peculiar idiom, and which could not be included in a definition. All the native Japanese words, with the exception of those which were rarely used or obsolete [such as Yu-dofu], have been retained; as, also, all the words derived from the Chinese which are in current use."

"The Second, or English and Japanese, Part, has not been abridged or altered from the original, except in the correction of such typographical errors as were met with."

Note 1. New words in this edition that are not in the 1867 edition are preceded by "**."

Soy-related terms: Adzuki: A small red bean. Amazake: Sweet sake, a kind of fermented rice. Daidzu: A large white bean. Soja hispida. Hiriodzu: A kind of food made of tofu fried in oil.

Kinako: A kind of food made of beans. Kiradzu: The refuse of beans left in making tofu. Koji: Barm or yeast. Koji-buta: A shallow box for holding barm. Miso: A kind of sauce made of beans.

** Moromi: The grounds left in making soy [sauce], used as an article of food.

Note: This is the earliest English-language document seen (April 2012) that contains the word "Moromi." However the definition is poor. The word *moromi,* which is often translated as "mash," is the stage in making soy sauce (it has a consistency resembling apple sauce) before the liquid shoyu (soy sauce) is pressed out, leaving behind the shoyu presscake or residue (which could be called "grounds").

Natto: A kind of food made of beans. Nigari: The brine formed by the deliquescence of salt. Sashimi: Raw fish cut in thin slices and eaten with soy. Shoyu: Soy, a kind of sauce made of fermented wheat and beans. Tofu: A kind of food made of beans. Yuba: A kind of food made of beans.

Terms NOT mentioned include Aburage, Abura-age, Aburaage, Daitokuji natto, Edamame (or Eda mame or Yedamame), Hamanatto, Hiya-yakko, Koya-dofu, Kori-dofu, Okara, Tamari, Tonyu, Unohana, Yaki-dofu.

Note 2. The author apparently did not realize that the various soyfoods he defined (with the possible exception of soy sauce) were made from soybeans. Address: M.D., LL.D.

202. *Taranaki Herald* (*New Zealand*). 1874. The gathering of fungus... March 7. p. 2.

• ***Summary:*** "... has of late years become an important industry in this Province. The fact of fungus being of any value was made known here by Mr. Chew Chong offering to purchase any quantity that might be brought to him; and many inquiries were then instituted as to what use was made of it in China." During one year as much as 65,250 lbs. was exported. The Commissioner of Customs has written to the Colonial Secretary at Hongkong respecting its value and use. The Secretary replied:

"'Regarding the accompanying specimen of a kind of fungus on which you desire a report, I have the honor to inform you that this fungus is much prized by the Chinese community, as a medicine administered in the shape of a decoction to purify the blood. It is also used on fast days. A mixture of vermicelli, bean curd [tofu], and this fungus, is boiled and eaten instead of animal food."

Note: This article also appeared under the title

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"Exportation of fungus" in the *Southland Times* (March 11, p. 2), however the word "bean curd" was spelled "beancurds."

It also appeared under the title "Local and general news" in the *Wanganui Chronicle* (March 17, p. 2), however the word "bean curd" was spelled "beancurd."

Note: This latter is the earliest English-language document seen (April 2013) that uses the word "beancurd" or the word "beancurds" to refer to tofu.

203. Ritter, H. 1874. Tofu, Yuba, Ame [Tofu, yuba, ame]. *Mittheilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens* (*Yokohama*) 1(5):3-5. July. [Ger]
• ***Summary:*** The discussion begins with tofu: Tofu (*Das Tofu*), one of the foods that is rather widely enjoyed by Japanese, is made from beans. It can be described most simply as 'bean cheese (*Bohnenkäse*);' the literal translation of the two characters, 'beans rotten,' seems to give us the first glance of its earlier meaning as a cheese–which is a product of fermentation. However, this only appears to be so, since tofu is definitely fresh and unfermented. Perhaps the earlier name signifies that the tofu essentially consists of legumin (*Legumin;* a legume protein), not considered as a portion but as a fermentation product of the beans.

The preparation is very simple. White soybeans (older beans are preferred to newer) are soaked for about 12 hours in cold water or 8 hours in hot water, then ground with water between the stones of a handmill to form a slurry (*Brei*). The slurry is filtered through a silk or very fine-meshed sieve. The larger particles remaining in the sieve are reground in the mill. The amount of water used during grinding is such that from one measure [volume] of beans about 10 measures of slurry are obtained. This slurry is then poured into a kettle, which contains an amount of boiling water equal to about one-third the volume of the slurry; it is simmered over a low / weak fire. It is best, when the kettle is only half full, because the foam will suddenly starts to rise; this rise can be moderated by the addition of some oil. As soon as the contents of the kettle comes to a boil, it is removed from the fire and the slurry is filtered through a cotton sack [over a vat], then pressed with a lever. The pressed residue in the sack (*Der Pressrueckstand* [okara]) is often cooked again with half the amount of water.

"The filtered liquid (*Die filtrirte Fluessigkeit* [soymilk]), which now consists of a solution of legumin, is carefully freed of its foam, and then the precipitation of legumin is brought about using nigari (*shio no nigari, Salzbitter*) as the coagulant. Nigari is the mother-liquor which drips out of [a sack of] sea salt in humid / wet weather, consists mainly of calcium- and magnesium salts. The nigari is added in three steps. First, about ½% of the liquid id added and only on the surface, while stirring slightly, since too much stirring would be disadvantageous. Then a somewhat larger amount is added, and without disturbing the first precipitation, stirred lightly. Finally, after most of it [the curd] has settled, a little more nigari is added, as much for the formation of the final curds and to obtain the right consistency. If you add too little nigari, you won't get any cakes (*Kuchen*) [of tofu], but too much nigari will give you a hard cake; soft tofu is preferred.

The author concludes by noting: "One cannot deny that most of the dishes made from tofu are rather nice, even for the European palate."

Note 1. This is the earliest German-language document seen which contains a description of tofu by a German living in Japan or East Asia.

Note 2. This is the earliest German-language document seen (April 2013) that uses the word *Bohnenkäse* ("bean cheese") to refer to tofu.

Note 3. This is the earliest document seen written by a Westerner (Nov. 2003) that uses the word *Nigari.*

Note 4. This is the earliest German-language document seen (Oct. 2003), that mentions soymilk, which it calls *Die filterte Fluessigkeit.*

Yuba (*das uba*) and *ame* (*das Ame*) are then described briefly. "Yuba is a peculiar preparation made from the legumin of the soybean [Note: *Webster's Third New International Dictionary* (1963) defines legumin (a term derived from the French *légumine*) as "a globulin [a type of protein] found as a characteristic constituent of the seeds of leguminous plants."] This thin yellow or brownish leathery tough film or skin is formed and consists of legumin which has become insoluble through cooking in contact with the air. It is prepared in the manner described above from the legumin solution in the soybean with addition of wood ashes [which raise the pH], cooked in an open kettle. As is the case with all alkaline protein solutions, there forms on the surface an insoluble film, which is then lifted off with a skewer and dried. Yuba is prepared as a food in various ways, but is used mostly as an addition to other foods."

Note 5. This is the earliest German-language document seen (Oct. 2012) that mentions yuba, which it calls *uba.*

Ame (grain syrup or *Midzuame*) is a widely used delicacy and sweet, loved by Japanese children. It consists of glucose (starch sugar) and dextrin that results from the malting of millet (*Hirse*) or rice. The *ame* made from millet is the sweetest, while that made from rice, especially from glutinous rice (*mochi kome*), has the advantage of being whiter." The process of making *ame* is then described in detail.

Dr. Rein adds to these proceedings that tofu is used in place of protein in lacquered or japanned work, in order to produce a more plastic product.

Note 6. This is the earliest document seen that mentions rice syrup (*ame* or *midzuame*) in Japan.

Note 7. The name of this journal varies. This issue was titled *Mittheilungen der Deutschen Gesellschaft für Natur und Voelkerkunde Ostasien's* and also known as the *Transactions of the German Asiatic Society of Japan.* The

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place of publication is Yokohama. This article actually has no title. Address: PhD, Japan.

204. Mayers, William Frederick. 1874. The Chinese reader's manual: A handbook of biographical, historical, mythological, and general literary reference. Shanghai, China: American Presbyterian Mission Press. xxiv + 440 p. See p. 132, no. 412. 23 cm. [Eng]

• ***Summary:*** Part I, titled "Index of Proper Names," lists alphabetically the names of famous Chinese and tells about their lives and work. Chinese characters are used to write the name of each document or person mentioned.

Schlegel (1894, p. 136) states: "According to 'Collected Omissions of *Sieh-choh*' nothing had been ever heard of the confection of bean-curd before or after the period of the three dynasties of antiquity (B.C. 2205-250), and it was only mentioned for the first time in the work of *Liu-ngan*, king of Hwai-nan of the Han (second century before our era). Cf. Mayers, Chinese Readers Manual, No. 412, Cap. 24."

No. 412 in this book (p. 132) states: "Liu Ngan. Died B.C. 122. Commonly called Hwai Nan Tsze. A grandson and founder of the Han dynasty, and feudal prince of Kwang-ling, with the title Hwai Nan Wang. He was an ardent votary of the mystic researches of the Taoists, and assembled around him many hundreds of the pretended adepts in supernatural arts, who professed the ability to effect the transmutation of metals and to compound the elixir of mortality. The results of his study of the phenomena of nature, and the operations of the supreme creative energy, he embodied in a thesis to which he gave the title "History of Great Light" which forms one of the standard works of the Taoist canon, and is known familiarly as the treatise of Hwai Nan Tsze. It is related that having exhausted his wealth in the vain researches of alchemy, he was led into certain treasonable practices which entailed his ruin. Cf. F.S.T. [p. xix]. According to his contemporary Sze-ma Ts'ien, he was encouraged to aim at the succession to the throne by the failure of direct offspring to his kinsman Wu Ti, but the plot which he and other great vassals had concocted being discovered in time, he was proscribed, and perished by his own hand. Notwithstanding the assertions of history, the Taoist writers of a subsequent age maintained that he had reached the state of earthly immortality, and invested him with marvellous demiurgic powers. His writings owed their preservation to the care of Liu Hiang, q.v."

Under Liu Liang (p. 130-31) we read that he was born in 80 B.C. and was "One of the most celebrated among the philosophers and authors of the Han dynasty, with which he claimed kindred by descent from its founder... Notwithstanding his erudition in the orthodox literary canon, his mind displayed a strong leaning toward the more imaginative speculations of the Taoists, and his inclination toward a belief in the supernatural has caused his name to be associated with sundry marvellous stories. Thus it is recorded that the apparition of a venerable being, clothed in a yellow robe, surprised Liu Hiang while absorbed one night in his studies, and revealed to him the mysteries of creation and the evolution of the principles of nature, which are expounded in his treatise on the five primordial elements. The mystic being, before he vanished from sight, declared himself to be the Essence of the Great First Cause. Liu Hiang was author of the History of the Han dynasty, in which he became the founder of the modern style of historical composition."

No mention is made of tofu in this section.

The author, William F. Mayers, lived 1831-1878. Subsequent editions were published in 1910 and 1924. Address: Secretary to her Britannic Majesty's Legation at Peking, China.

205. Williams, Samuel Wells. 1874. A syllabic dictionary of the Chinese language; arranged according to the Wu-Fang Yuen Yin, with the pronunciation of the characters as heard in Peking, Canton, Amoy, and Shanghai. Shanghai, China: American Presbyterian Mission Press. lxxxiv + 1252 p. 28 x 22 cm. [8 ref. Eng; chi]

• ***Summary:*** In this dictionary, the Chinese characters are arranged alphabetically. Each main character, written large, has the pronunciation written below it, and the meaning written in English to the right. Below these are numerous compound words in which the character appears, followed by a definition of each. No pronunciation is given for compounds or combinations of several characters, such as teu-fu [doufu], which makes the dictionary hard to use. The main radical relating to soya is no. 151, Teu, 7 strokes, referring to pulses and sacrificial vessels (p. 874).

Page 145, under fu (rotten, corrupt, spoiled), lists the characters (teu-fu) for "bean curd; low policeman and underlings are named teu-fu-kwan because they live on and are no better than this curd; and also the teachers in low government schools."

Page 764, under shi, lists the characters for "salted beans" [fermented black soybeans], "salted beans and flour," "soy [soy sauce; shi yu in Chinese or shoyu in Japanese], an English word probably derived from this name."

Note: This is the earliest English-language document seen (Nov. 2011) that uses the word "shi" to refer to fermented black soybeans.

Pages 874-75, under teu, list the characters for "legumes of every kind, pea, beans," "bean-curd jelly" [tofu].

Note. This is the earliest English-language document seen (April 2013) that uses the term "bean-curd jelly" to refer to tofu.

Page 968, under tsiang [ch'iang], lists the characters for "a relish made of salt mixed with bean or other kinds of flour, and water, and allowed to remain until cured; it is used as a condiment; relishes, sauces, condiments; salted preparations," "a dry relish," "a shop for sale of oilman's stores, and condiments," "bean sauce, this is the basis of

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most of the Chinese relishes," "vegetables seasoned in soy."

On page 839, under ta (big), there is no listing for ta-teu, the soybean. On page 252, under hwang (yellow), there is no listing for hwang-teu, the yellow soybean. On page 580, under mao (hair), there is no listing for mao-teu (fresh green soybeans). Thus it seems that the compiler of this dictionary was unaware of the soybean.

Page 1111, under yiu, lists the character for oil in various combinations. When preceded by the character for "fragrant" it refers to "sesamum, gingilie, or benne oil," made from the seeds of *Sesamum orientale.* Soybean oil is not specifically mentioned.

Note: This is the earliest English-language document seen (Feb. 2005) that uses the word "benne" to refer to sesame seeds. Address: United States Legation, Peking.

206. Griffis, William Elliot. 1876. The Mikado's empire. New York, NY: Harper & Brothers, Publishers. 625 p. Illust. Index. Map. 23 cm. [25+* ref]

• ***Summary:*** Book 1. History of Japan from 660 B.C. to 1872 A.D. Book 2. Personal experiences, observations, and studies in Japan, 1870-1874.

This is a remarkable book, beautifully written by an American teacher and traveler in Japan who loves the culture and the people, who lived and traveled widely among them in both the countryside and cities during his four years in Japan (29 Dec. 1870 to 25 July 1874), and who speaks Japanese. He has a deep knowledge of many aspects of Japanese history, including the history of Japanese religions (incl. Buddhism). He was invited to Japan to organize a scientific school on the American principle in Fukui, Ichizen, and to give instruction in the physical sciences. This is the 1st of 18 books he wrote about Japan. He returned to Japan in 1926 the receive the Order of the Rising Sun.

Among the Aino [Ainu] in Hokkaido [Yezo] (p. 31): They sit, like the Japanese, on their heels. Their food is mainly fish and sea-weed, with rice, [soy] beans, sweet-potatoes, millet, and barley, which, in Southern Yezo, they cultivate in small plots."

Describing the Japanese origin myth, with the Sun Goddess (Amaterasu), Izanami, Izanagi, etc. (p. 48-49): "The God of Clay and the Goddess of Fresh Water married. Their offspring was Naka musubi. From his head grew the mulberry and silk-worm, and from his navel sprang the five cereals, rice, wheat, [soy] beans, millet, and sorghum." "Reporting the matter in heaven, Amaterasu was angry at Sosanoö, and degraded her (the Moon-goddess) from joint rule, and condemned her to appear only at night, while she, the Sun-goddess, slept. Amaterasu then sent a messenger the second time to see whether the Food-goddess was really dead. This was found to be the case. Out of the dead body were growing, millet on the forehead; silk-worms and a mulberry-tree on the eyebrows; grass on the eyes; on the belly, rice, barley, and large and small beans." Note 1. Large beans are soybeans; small beans are azuki.

Page 208: The native sauce, *shô-yu*, made of fermented wheat and beans, with salt and vinegar, which the cunning purveyors of Europe use as the basis of their high-priced piquant sauces [such as Worcestershire sauce], was made and used as early as the twelfth century. The name of this saline oil (*shô*, salt; *yu*, oil) appears as 'soy' in our dictionaries, it being one of the three words (soy [sauce], bonze, moxa) which we have borrowed from the Japanese." Note 2. The author's derivation is incorrect; *shô* does not mean "salt," but rather *hishio* or *jiang*, which is the mash, having the consistency of applesauce, before the liquid is pressed out.

Page 357: In the cooper shops is a "dazzling array of wood-work, so neat, fresh, clean, and fragrant... There are two coopers pounding lustily away at a great rain-tank, or saké-vat, or soy- tub" [vat]. An illustration shows two coopers at work hooping a vat.

At the pagan temple (p. 381): "Several old women have stands, at which they sell holy [soy] beans, pious pease, and sanctified rice. These are kept ready in tiny earthen saucers. The orthodox buy these, and fling them to the cloud of pigeons that are waiting on the temple eaves, and fly, whirring down, to feed. Ten thousand sunbeams flash from their opaline necks..."

Page 420: "The village houses were built of a frame of wood, with wattles of bamboo smeared with mud, and having a thatched roof. Within, the floor was raised a foot or so above the ground, and covered with mats. When the rooms had partitions, they were made of a frame of wood covered with paper, and made to slide in grooves. In the middle of the floor was the fire-place. From the ceiling hung pot-hooks, pots, and kettles–one for tea, one for rice, another for radishes, beans, or bean-cheese [tofu]. In these villages good-nature and poverty seemed to be the chief characteristics of the people."

Page 426-27: "The seller of fish, vegetables, oil, and bean-cheese, each uttering his own trade trade-cry, ambled on."

Page 455: "Men or women itinerants carry a small charcoal brazier under a copper griddle, with batter, spoons, cups, and shoyu sauce, to hire out for the price of a cash each to the little urchins, who spend an afternoon of bliss making their own griddle-cakes and eating them."

Note 3. This is the earliest English-language document seen (April 2012) that uses the term "shoyu sauce" (regardless of capitalization or hyphenation) to refer to soy sauce.

Page 496: "... a shop to which the *élite* of the epicures of Yedo [today's Tokyo] resorted daily for the delicacy of eels fried in soy [sauce]. The appetizing odor was wafted" into the neighborhood.

Page 516: "May 1st [1871]–During the past month I have made many excursions on horseback through the country round. staying overnight at the village inns. Sasaki

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and Iwabuchi have been my companions. I have seen the paper manufactories, oil-presses, the sake breweries, soy-vats,..."

Page 542: Jan. 22d, 1872. For dinner: "Rice, bean-cheese, daikon, mushroom, fish, are served."

Azuki beans (red beans, small beans) are also mentioned on pages 454 and 469. The population in 1872 was 33.3 million. On pages 587-88 is a sort of bibliography.

William Elliot Griffis lived 1843-1928.

Note 4. This is the earliest English-language document seen (April 2013) that uses the term " bean-cheese" (hyphenated, by itself, with a space before the word "bean," and where it is not preceded by the words "soy," "soya," "soja," etc.) to refer to tofu. Address: A.M., Late of the Imperial Univ. of Tokyo; presently in New York.

207. Imperial Japanese Commission to the International Exhibition at Philadelphia (1876). 1876. Official catalogue of the Japanese section: And descriptive notes on the industry and agriculture of Japan. Philadelphia, Pennsylvania: Published by the Japanese Commission. 130 p. 24 cm.

• ***Summary:*** The Preface (p. 3) begins: "Never until the year 1873, had Japan participated to any great extent in the various European International Exhibitions. Up to that time she had been merely represented by some of the provincial governments, acting independently of the central Government. However, the Government determined to be worthily represented at the Vienna International Exhibition of 1873,..." But Japan was well prepared for the Philadelphia Centennial Exhibition.

Under classes of "Agricultural products" (p. 32, 34): Class 621–Peas, beans, etc. (incl. Soya, adzuki). Class 650–Sea weeds (incl. Vegetable isinglass [agar, kanten]). Class 657–Flour and starch (incl. Kudzu {*Pueraria thunbergiana*}). Class 659–Wines and other kinds of drinks (incl. Sake, Soy {a kind of sauce}).

Page 71 discusses relief painting in lacquer: "The lacquer can even be carved, and, finally, the artisan can incrustate mother-of-pearl shell, ivory, thin metal, or anything he likes into the lacquer. By mixing a sort of paste made of [soy] bean powder, or the white of eggs, with the lacquer, he can thicken it to such an extent as to give it a kind of plasticity, admitting the possibility of making impressions which remain visible after hardening."

In the long chapter titled "Descriptive notes on the industry and agriculture of Japan (p. 37-117) is section on "Agricultural products. Classes 620-21–Cereals, vegetables, etc." (p. 104-06). Beans, generally referring to soy beans, are mentioned many times. "Manures of a mineral nature consist of marls, shells and ashes; those of vegetable origin of inferior kinds of beans and peas or their residues, of [soy bean] oil-cakes, the residues of sake-brewing,..."

"The excellent kinds of beans and peas, which are made into a kind of cheese [tofu] and a peculiar mixed dish called 'misso' [miso] afford the necessary nitrogenous substances, and to a certain extent form the substitute for meat; the Soyu [shoyu; soy sauce] also belongs to this kind of food, and is frequently mixed with other dishes. With regard to animal food, it is limited almost exclusively to fish, poultry and eggs. But a change has already been effected to a certain extent in the larger towns, where butcheries have been established. An experiment of sheep farming was commenced one or two years ago" (p. 106).

Note: This is the earliest English-language document seen (April 2012) that uses the word "Soyu" (regardless of capitalization) to refer to shoyu or soy sauce.

Under "Class 657, 658–Flour, starch, etc. we read (p. 110-11): "It has been mentioned above that the various kinds of beans constitute a very important element of the national diet. Some of the preparations made of beans and peas are worthy of a short notice. In preparing the 'Tofu,' white beans are soaked in water, ground between two stones, strained through a sieve and afterwards boiled. The contents of the kettle are then filtered through cotton cloth and the residue pressed out. The liquid [soymilk], which may be considered as an alkaline solution of legumine, is precipitated by successive additions of the bitter lye [nigari] which runs off from sea-salt by deliquation, and which is mostly composed of magnesium salts. The precipitate is legumine with a small percentage of legumine-composits [-composites] and a large proportion of water. The 'yuba' is also made by boiling the above-mentioned legumine solution in an open kettle, with a slight addition of ash-lye. The insoluble skins which form upon the surface of the boiling liquid, are taken off and dried. Another kind of preserved food is the 'misso' [miso]. White beans are first boiled, pounded in a mortar to form a paste, then mixed with fermenting rice and salt, whereupon the whole mixture is placed in tubs and left in some cool place; at the end of a month it is ready for use. In mentioning the various preparations made of beans, the 'Soy' or, as the Japanese call it, 'Soyu' [shoyu] should not be omitted; but as it belongs rather to the produce of fermentation, the process will be described under the head of Class 660 [Alcohol and malt liquors].

One page 112 we read: "The soy, or 'soyu,' is made of a small bean, the 'Dolichos soja,' or 'Soya hispida,' to which are mixed wheat, salt and water. The beans are first boiled, and the wheat bruised and steamed; both are then mixed with a small addition of fermenting wheat, placed in flat wooden boxes and kept for several days at a fixed temperature in a special room. At the end of three days, the mass [koji] is all covered with fungi and partly with roots of germination. After having been mixed with a salt-lye, which has been prepared hot and allowed afterwards to cool down, and to depose certain impurities, the mashings are now removed to enormous coops [vats] in which they are kept for several years. Experience has shown that the best soy is produced by mixing equal quantities of mashings of three years and

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five years' standing. This mixture is transferred into bags of thick cotton-cloth, placed in large boxes, and then submitted to pressure–at first only to a slight pressure, which yields the best soy, and afterwards, however, to a gradually increasing pressure, the separation of the last portions being assisted by an addition of salt water.

"The soy forms a very important condiment for all kinds of dishes, and is consumed in large quantities. In 1874 the production amounted to 1,506,402 hectolitres."

An interesting term in the Index (p. 129) is "Bean-cheese," which refers to tofu (p. 110).

Also: Use of hemp (*asa*) for manufacture of cloth (p. 77, 113). The tea ceremony (p. 108). Sea weeds, incl. cultivated nori and Asakusa nori in Tokio bay, kanten or vegetable isinglass, and fu (that resembles carragheen [carrageenan] moss and is used in the sizing of the warp of silk goods) (p. 109). Kudzu (p. 110). Sake (p. 111). Address: Japan.

208. Morrison, William T. 1876. An Anglo-Chinese vocabulary of the Ningpo dialect. Revised and enlarged. Shanghai, China: American Presbyterian Mission Press. xv + 559 p. See p. 37, 442. 22 cm. [Eng; Chi]

• ***Summary:*** "Bean-curd (p. 37), deo-vu + two Chinese characters; tsiang-deo-vu + three Chinese characters and tones are given.

"Soy [sauce] (p. 442), tsiang-yiu + two Chinese characters and tones.

Note: William T. Morrison lived 1834-1869. Address: Rev., D.D., Formerly missionary in Ningpo.

209. Warren, C.F. 1877. Places I have visited in Japan. *Church Missionary Intelligencer and Record, a Monthly Journal* 2:475-80. Aug. New series.

• ***Summary:*** (Continued from p. 414). Part "VII. Temple of Inari at Fushimi, near Kiyoto [Kyoto] (p. 479)."

Page 480: "Idolatry is practised here, but the fearful superstition connected with the worship of Inari is carried on beyond the principal shrine in a somewhat more retired spot backed by a hill in the distance. Some 350 wooden *torii*, placed close together, and forming two pathways side by side, show that we are approaching a spot where many press to worship–for these *torii* are offerings made by devotees. The shrine to which they lead is small, the entire building being only a few feet square. Its doors are closed, and there is only a small aperture, a few inches square, left open to admit the numerous offerings. On the shrine small toy-like *torii*, about a foot in height, may be counted by the dozen. What exalted deity is here worshipped? It is the fox! On one occasion I happened to be at the spot, just as an old man came to take away the offerings made the preceding day. When he opened the door I examined the interior of the shrine. The only furniture it contained was a box, placed under the small aperture in the door, to receive offerings, and a tray, placed against the back of the shrine, on which some of the offerings of the previous day had been arranged. The old man was provided with a basket, into which he put the offerings on the tray. He then took fresh offerings from the box by the door, and laid them in order in the place. They consisted of fried bean curd, *mochi*–a kind of unleavened cake made from rice flour-peas, beans, dried fish, &c, and cash. These had all been offered to the fox-gods; and on one side of the shrine I observed a small hole, through which these deified animals are supposed to enter, to feast on the supply provided for them."

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried bean curd."

"Worshippers come to this shrine, ring the bell, clap their hands, present an offering, bow, and mutter a prayer; then they pass into the spacious grounds at the back to visit the holes of foxes. As they go over the well-beaten path, they stop at place after place to pour a few drops of wine, or to make some other small offering at the foxes' holes. Several years ago this form of superstition was discouraged by the Government, but it still survives, and no doubt will survive, until the people are taught to worship the great Creator, and to serve Him alone. The superstition is widespread. Education may do much to show its absurdity; however, nothing will effectually eradicate it but the Gospel of Christ." Address: Rev.

210. Eitel, Ernest John. 1877. A Chinese dictionary in the Cantonese dialect. 3 vols. London: Trübner and Co.; Hongkong: Lane, Crawford & Co. xxv + 1018 + xcvii p. 25 cm.

• ***Summary:*** Page 122: Tau fu: bean curd.

Page 354: Liang, leung: pickle or soy.

Page 615: Shi yau: soy [sauce].

Note: *Shi-yau* is, more precisely, "fermented black soybean sauce."

Page 707, 710: Tau peng: bean cakes. Tau fü no or tau fü fa: bean-curd jelly [tofu curds]. Tai tau or pak tau: soy-bean, Soja Hispida.

Page 739: Tau fu to: beancurd knife.

Page 783: Tsiang, tseung: pickle, preserve in sauce. Tau tseung: bean sauce. Tseung siu ts'oi: vegetables seasoned with soy.

Page 906: Tseung ün: a soy or pickle factory.

Note: This is the earliest English-language document seen (April 2012) that uses the term "bean sauce" to refer to soy sauce. Address: Hongkong (Ph.D. Tübingen [Baden-Württemberg, Germany].

211. Simmonds, Peter Lund. 1877. Tropical agriculture: A treatise on the culture, preparation, commerce, and consumption of the principal products of the vegetable kingdom. London and New York: E&F.N. Spon. xvi + 515 + 5 p. See p. 404. Index. 22 cm. [soy ref]

• ***Summary:*** Near the end of Section 5, "The oil seeds and

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vegetable oils of commerce," is a section titled "Chinese oils" (p. 424-25) which include "ground-nut oil (*Arachis*)*;* til seed (*Sesame orientale*)*;* tea-seed oil from *Thea viridis;* oil pea (*Dolichos viridis*)*;* and the oil bean (*Soja hispida*). The latter product forms a considerable article of commerce in China. This pulse oil possesses a great analogy to the ordinary edible oils of commerce; its odour and flavour are agreeable, and it is useful for burning." It becomes pasty when exposed to low temperature, and "resinifies rapidly when exposed to the atmosphere. Being a drying oil, it might... replace linseed in some of its uses." The seeds yield "about 18 per cent. of fatty matter, and the Chinese regularly obtain 17 per cent. of oil from it."

There are several varieties of this bean: white, yellow, and green. "The yellow are made into a fermented mass, or cheese, called tan-fir [sic, tofu], by macerating them in water and pressing them into a cake, adding lime and salt to precipitate the caseine, which is obtained in the form of a jelly."

This bean is cultivated mainly in the north of China, especially in the province of Shantung. More than 3,000 junks are employed to transport it to southern ports. In 1869 the port of Che-foo [Chefoo or Yantai] exported "242,224 piculs of bean-cake and 5,570 piculs of bean-oil, and about 10,000 piculs of the cake were imported into Foo-Choo-foo [Foochow or Fuzhou], valued at £42,000." The cake is used as a food for both humans and stock, and as manure.

Also discusses: Kudzu (p. 352). Linseed oil (p. 399-400). The ground-nut (*Arachis hypogæa*) and its oil and cake (p. 400-05). Sesame seed (frequently called Til or Gingely) and its oil (p. 412-15). California wines (p. 431-32). Manila hemp (plantain fibre; p. 469).

Note 1. This is the earliest English-language document seen (Nov. 2001) that classifies soybean oil as a "drying oil."

Note 2. The index of this book is filled with errors.

Note 2. This is the earliest English-language document seen (July 2005) that contains the term "oil seeds" (or "oil seed" or "oil-seeds") in connection with soy beans.

Note 3. This is the earliest English-language document seen (Sept. 2006) that contains the term "vegetable oil" in connection with soy beans.

P.L. Simmonds lived 1814-1897. Address: F.R.C.I., editor and author, Cheapside, London [England].

212. *North Otago Times* (*New Zealand*). 1878. New Zealand State Forests. March 22. p. 2 (Supplement).

• ***Summary:*** From the *Gardeners' Chronicle* (29 Dec. 1877)– the following "Report of the Conservation of State Forests, Wellington, 1877."

"... but the most curious article of exportation as a Fungus, *Hirneola polytricha*, of which we are told that in 1871 this plant was first collected for exportation to China, where it is used as an article of food, being boiled and mixed with bean curd [tofu] and vermicelli; it is also administered as a medicine to purify the blood. Its price in Hong Kong is 10½*d* per pound retail."

213. *Chicago Daily Tribune.* 1878. Familiar talk. Chinese dishes. April 13. p. 9.

• ***Summary:*** "Some of the queer dishes with which the Chinese supply their tables were described in these columns last week, but there are others mentioned by Dr. Gray in his very valuable work on China, which are quite as strange and as worthy of notice. A beverage termed snake-wine is sold by Chinese druggists, and held in esteem as a remedy for various bodily ills..."

"Several curious preparations are manufactured from beans, which are a favorite vegetable with the Celestials. One of these dishes is called bean-curds. It is made by reducing the beans to flour, which is sifted through fine cloth, and then boiled for an hour over a slow fire."

There follows a long quotation about bean-curds [tofu] and bean sprouts [probably mung, but could be soy] from pages 136-37 of Vol. II of the following book: Gray, John Henry. 1878. *China: History of the laws, manners, and customs of the people.* Edited by William Gow Gregor. 2 vols. London: Macmillan and Co.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term " bean-curds" by itself (with a space before the word "bean," and where it is not preceded by the words "soy," "soya," "soja," etc.) to refer to tofu.

214. *Mittheilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens* (*Yokohama*). 1878. Sitzung in Tenkoin, Yedo, am 22ten Juli 1878 [Meeting in Tenkoin, Tokyo, on 22 July 1878]. 2(16):271. July. [Ger]

• ***Summary:*** "Concerning Dr. Langgaard's communication on tofu, Mr. Kempermann remarks that in his opinion tofu is mainly a food of the wealthy; for the poor seem to place great significance on sugars [carbohydrates], and in times of great shortages of rice, sugar consumption will be considerable.

"Dr. Langgaard remarks that shoyu plays a very insignificant role as a source of nutrients. Shoyu contains a great deal of salt and serves mainly as a seasoning. It is important to mention, concerning shoyu, that, especially when it is used in fresh condition, at one and the same meal, only small quantities can be enjoyed.

"After this, Mr. Netto pointed out that tofu consumption depends on the price of fish. In Kosaka* the poorest people eat tofu when they must forego the enjoyment of fish."

* Note: The meaning of the term "Kosaka" is unclear. The only known place by that name is a relatively unknown small town in Akita prefecture, in northeastern Japan. Address: Japan.

215. *Tokyo Iji Shinshi* (*Tokyo Medical Journal*). 1878. Miso,

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tôfu, yuba shikensetsu [On the nutritional value of miso, tofu, yuba]. No 25. p. 3-7. July. [Jap]*

216. **Product Name:** [Fermented Tofu, and Tofu].
Foreign Name: Doufu-ru, Doufu.
Manufacturer's Name: Wo Sing & Co.
Manufacturer's Address: 708½ Dupont St., San Francisco, California.
Date of Introduction: 1878.

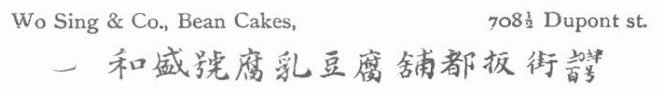
Wo Sing & Co., Bean Cakes, 708½ Dupont st.
一 和盛號腐乳豆腐舖都板街訂

New Product–Documentation: Wells Fargo & Co. 1878. Directory of Chinese Business Houses. p. 43. The first line is in English: "Wo Sing & Co., Bean Cakes, 708½ Dupont st." & Co."

The 2nd line, written in Chinese characters, states: Wo Sing Company Fermented Tofu [and] Tofu Shop 708½ Dupont st.

Wells Fargo & Co. 1882. Directory of Chinese Business Houses. p. 69. "Wo Sing, Bean Cake." Same address.

Note: This is the earliest known commercial tofu product made in the western world. And, this is the earliest known soy product made in California. This is the earliest document seen (Oct. 2011) concerning a manufacturer of fermented tofu or tofu in the western world, the USA, or California. It is also the earliest document seen concerning the use of soybeans in California.

Note: Wo Sing & Co. probably imported from China the soybeans it made into tofu.

217. Commission Imperiale à l'Exposition Universelle de Paris, 1878. 1878. Le Japon à l'Exposition Universelle de 1878 [Japan at the Universal Exposition of 1878]. Paris: Publiè sous la Direction de la Commission Impériale de Japon. 2 volumes in one. 26 cm. Preface by M. Matsugata. Facsimile edition (preservation photocopy) reprinted in 1998 by BookLab, Inc. [Fre]

• ***Summary:*** Part I (159 p.) is about the geography and history of Japan. Part II (192 p.) is about art, education and teaching, industry, production, agriculture, and horticulture in Japan. The Preface is by M. Matsugata, Head of the Imperial Department of Agriculture and President of the Japanese Commission to the Universal Exposition of 1878.

In Part II, the section on "Fermented beverages–Condiments" contains a long section on "Shoyu" (p. 124-25). It gives a brief description and discusses the ingredients (equal parts dehulled wheat, soybeans, and salt; the best salt comes from Ako in the province of Harima), purifying the salt by dissolving then heating it in water, and stirring the mash (2 or 3 times a day from June to September), aging for 15, 20, or sometimes 30 months to obtain shoyu. The mash in then pressed in cotton sacks, and the resulting liquid is boiled, cooled, allowed to settle, then stored in small wooden tubs. The residue from the first pressing can be used to make a second-grade shoyu, which can be mixed in varying proportions into different grades of shoyu.

Note 1. This is the earliest French-language document seen (April 2012) that uses the term *shoyu* to refer to soy sauce.

In the section on "Agriculture," the subsection on "Cereal grains" (p. 133) discusses both soybeans and azuki beans (*Phaseolus radiatus*). "The soybean (*Le Mame*) or *Soja Hispida* is comprised of several varieties: The green soybean (*l'Awo mame*), the white soybean (*le Shiro mame*), the black soybean (*le Kuro-mame*), the yellow soybean (*le Ki mame*), *Konrinza mame, Ichia mame,* and the saddled soybean (*Kurakake mame*). Some of these different varieties are early maturing and some are late.

The soybean finds numerous uses, for it can be eaten cooked, ground into flour [kinako / roasted soy flour], or used for the manufacture of shoyu, miso, or tofu. The bean, its seed coat, pod, leaves, and stem serve as feed for horses. Lately it has been used on a trial basis to feed sheep, and the results proved that it was the best feed that one could give to them.

Tofu is made with two kinds of boiled soybeans: White and yellow. After being pressed and hardened, it will last for a long time. Yuba is a somewhat similar product, made with the same ingredients. Note 2. This is the earliest French-language document seen (March 2004) that contains the word *Tofu.*

The black soybean speckled with white (*Gan Kui mame* [*Gankui*]) is one of the best varieties to eat.

The azuki (*L'Azuki ou Phaseolus radiatus*) includes the early and late types, and comes in several varieties such as the *Hine no Azuki*, the Dainagon Azuki (*le Dai Nagon Azuki*), the White Azuki (*Shiro Azuki*), etc. Sweet azuki bean paste (*L'An*), is widely used in confectionery, is made by mixing the Azuki and sugar. One cake made from it is called *Yokan.* Azuki flour (*farine de l'Azuki*) is used to remove greasy stains from fabric / cloth. The *Yaye Nari*, a green bean (*haricot*), is used in the same ways as the azuki bean (p. 135). Note 3. This is the earliest French-language document seen (Jan. 2005) that uses the word "Azuki."

Also discusses: Sea vegetables (many individual types with both Japanese and scientific names, p. 127-29). Kudzu (*Pueraria thumbergiana* [sic, thunbergiana], starch from the roots and fodder from the leaves, p. 139; fibers used to make cloth, p. 153). Hemp seeds (p. 139). Sesame seeds and sesame oil (*Goma,* p. 145). Peanuts and peanut oil (*Tojin mame,* p. 145). Hemp as a fiber plant (p. 151). Address: Paris, France.

218. Geerts, Antonius Johannes Corelius. 1878. Les produits de la nature japonaise et chinoise:... partie inorganique et minéralogique [The natural resources of Japan and China:

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Inorganic and mineralogic part]. Yokohama, Japan: C. Lévy, imprimateur-Éditeur. xi + 294 p. See p. 150-51. [1 ref. Fre]
• ***Summary:*** This book intends to be a modern-day *Bencao Gangmu* (in Japanese *Honso Komoku*)–a famous Chinese text. Pages 150-51 discuss *nigari* (*yen-tan-sui*, *shiwo-no-nigari*). It is widely used in China for the manufacture of tofu (*fromage végétal*, *to-fu*), by precipitating the legumine or leguminous casein (*légumine ou caseine légumineuse*).

Note: This is the earliest French-language document seen (April 2013) that uses the term *fromage végétal* to refer to tofu.

219. Gray, John Henry. 1878. China: History of the laws, manners, and customs of the people. Edited by William Gow Gregor. 2 vols. London: Macmillan and Co. See vol. II, p. 135-37. Illust. 22 cm.
• ***Summary:*** In Vol. II, chapter XXIII, titled "Agriculture–Arable Farms" (p. 106+), begins with a brief history of China agriculture and the cultivation of the major cereals. On pages 135-37 is a discussion, with three large illustrations, of [soya] beans cultivated in China, and their products–oil, bean cakes, flour, bean curds [tofu], salted and fermented bean [fermented black soybeans], and [soy] sprouts. The author is clearly describing soya beans yet he apparently does not know their name, for he never uses the word "soya." "The [soya] bean farms in the northern provinces are very extensive; and, as the soil as a rule is a rich strong loam, the crops are very luxuriant The varieties of this plant which the Chinese cultivate are the tick and horse beans; they prefer to sow them in February and March." He then describes how the fields are plowed and the seeds are planted. The "[soya] beans are drilled or set in rows, either by an instrument or by hand, with spaces about two English feet apart. These spaces are regularly hoed, and the weeds in the rows are carefully removed by hand. Hoeing is so essential a part of the cultivation of beans that the success of the crop depends in a great measure upon the manner in which it is performed." The plants harvested with a sickle, then taken to the homestead of each farmer and the beans threshed with flails. "These extensive crops of beans and peas are grown for the sake of abundant supplies of oil. For this purpose the beans are placed in a circular trough, and crushed by a massive stone wheel drawn by oxen. The fragments are placed in large presses until all the oil has been expressed into vats. The bean cake from which the oil has been pressed is given, in part, to cattle, and, in part, sent to Swatow, Canton, and the ports of Formosa, where it is regarded as the best possible manure for sugar-producing lands.

"In Kwang-tung there are also extensive bean and pea farms. The crops, however, which are produced on these farms are not crushed for oil, but used as food by the people. When threshed, they are sold in large quantities, and bought extensively by persons who gain a livelihood by selling bean curds. For this preparation the beans are reduced to flour by the ordinary Eastern handmill. The flour is then passed first through a strainer of coarse calico [cotton cloth], and afterwards through one of a finer quality. It is then boiled for an hour over a slow fire, till it attains the proper consistency, and can be sold as food. The Cantonese are very fond of bean curds, which are prepared during the night to be ready for the morning meal. No sooner has the sun arisen than men may be seen in almost every street of the large cities and towns of Kwang-tung, selling the much relished preparation. It resembles *blanc mange* [*blancmange*] so much that for many months after my arrival at Canton, I quite thought that it was something of that kind."

Note 1. This is the earliest English-language document seen (April. 2013) that uses the term " bean curd" by itself (with a space before the word "bean," and where it is not preceded by the words "soy," "soya," "soja," etc.) to refer to tofu. It is also the earliest document seen (May 2000) that compares tofu to blanc mange / blancmange.

Note 2. This is the earliest English-language document seen (Oct. 2001) which gives a detailed description of how flour is made from [soya] beans in China.

The Chinese also salt beans. For this purpose they place four catties of beans in a jar, together with one catty of salt, a half catty of ginger, and a few taels of almonds and other spices. The jar is then hermetically sealed, and placed in the pantry. At the expiration of a month it is opened, and the ingredients [fermented black soybeans] are always agreeable to the Chinese palate. The most singular use, however, to which beans are put is yet to be recorded. Great quantities of them are purchased by a class called N'ga-Tsoi, who subject them to the following treatment in the large establishments in which they carry on their occupation. The beans are deposited in coarse earthen-ware jars, which are filled with very clear spring water. In a few hours the water is drawn off by the removal of plugs; and this process is repeated six times in the twenty-four hours. At the end of seven days the beans are inspected, and each is found to have produced a tender shoot. The beans with the shoots [bean sprouts] are then sold in the vegetable markets as great delicacies. There is an establishment of this kind at the gate of the old Sam-kai Miu, a suburb in the western suburb of Canton. There are two wells in this establishment, containing water which in point of purity cannot be surpassed."

The section on boats on the Canton river in China states (p. 278): "; the Tow-Foo-Teng, or bean curd boats;..."

Note. This is the 2nd earliest English-language document seen (April 2013) that uses the term "Tow-Foo" (regardless of capitalization or hyphenation) to refer to Chinese-style tofu.

Full-page original illustrations (line drawings) show: (1) "Crushing [soya] beans" (facing p. 135). An ox turning a large horizontal millstone while a farmer, seated nearby, holds a whipping stick. His home is in the background and several containers and simple implements related to the oil

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and cake are in the foreground.

Note 2. This is the earliest English-language document seen (June 2001) that uses the word "crushing" (or any cognate thereof) in connection with soybeans.

(2) "Crushing [soya] bean cakes" (facing p. 136). One man uses a wooden mallet to pound wedges between bean cakes in a hollow log to press out the oil. A second man to the right drives an ox which is turning the top stone of a pair of horizontal millstones. These millstones are different than those shown in the first illustration; their diameter is smaller and the top stone has two holes in it–similar to the mill traditionally used to make tofu.

(3) "[Soya] Bean cakes" (facing p. 137). A wealthy merchant is standing by an attractive brick building. To the right is a body of water. One man is stacking round bean cakes (about 12 inches in diameter) to the right of the large front door. A second man is carrying ten bean cakes using a shoulder pole. A small boy and a dog are bringing up the rear.

Both volumes contain 140 illustrations. Pea-nuts are discussed on pages 137-38.

Note 3. This is the earliest document seen (July 2000) concerning soybean products (bean cake) in Formosa (Taiwan). This document contains the earliest date seen for soybean products in Taiwan (1878); soybeans as such had not yet been reported by that date. Address: M.A., LL.D., Archdeacon of Hong Kong.

220. Haberlandt, Friedrich. 1878. Erste Abtheilung [Part 1, pages 10-15 (Document part)]. In: F. Haberlandt. 1878. Die Sojabohne [The Soybean]. Vienna: Carl Gerold's Sohn. ii + 119 p. [4 ref. Ger]

• ***Summary:*** "The value of soybeans results from their high content of the most important nutrients. The first analysis that made the composition of these seeds known in Germany was carried out by [Mr.] Senff using seeds obtained directly from Japan by Mr. [Carl] Berndt. The results of this analysis* (Footnote: *See the journal *Chemischer Ackersmann* ("Chemical Farmer") 1872, p. 123) showed that 100 parts of air-dried soybeans have the following composition:" A table (p. 11) based on two samples and their average shows: Water 6.91%, protein 38.29%, oil (*Fett*) 18.71%, nitrogen-free extract 26.20%, crude fiber 5.33%, and ash (minerals) 4.56%.

A second table (p. 11) which compares the nutritional composition of soybeans, common beans (*Fisole*), peas, lentils, fava beans (*Pferdebohne* = *Vicia faba* = "horse beans") and yellow lupins, shows that soybeans have a much higher content of protein (38.29%, followed yellow lupins at 35.32%), oil (18.71% followed by yellow lupins at 4.97%), and ash (minerals, 4.56%, followed by yellow lupins at 3.78%).

"There are few statements in the pertinent literature concerning soybean utilization. But there is no doubt that, in their native countries, they have heretofore been used exclusively as foods. In *Synopsis der Pflanzenkunde* ("Synopsis of Experience with Plant Culture;" 1877, Hannover, Vol 2, p. 413), Dr. Johannes Leunis says that soybeans taste good and are also used to make a thick brown sauce, which is added to almost all foods in India, China, and Japan, and is also an article of commerce in Europe, used to improve sauces and gravies. However the sauce now available in Germany is said to be made of other ingredients rather than soybeans, namely mushrooms. From England, where this soy sauce is imported from India by the firm Grosse [sic, Crosse] & Blackwell in London, its use is spreading to the continent and is available in Vienna. Kaempfer, who describes the soybean plant so excellently in the classic work on his travels, also gives detailed information about its use as foods in Japan, which has since appeared in numerous other writings, such as Oken's *Allgemeine Naturgeschichte aller Stande* ("General Natural History of All Places") [1841] vol. III, part 3, page 1661."

Haberlandt then quotes in their entirety Kaempfer's descriptions of miso and soy sauce (about 200 words each). He also indicates a vague knowledge of tofu.

"It is reported that in China a type of food is made from the oilcakes or perhaps from soybeans directly, that superficially resembles a soft cheese or Quark (a European white unfermented cheese; *nach dem weichen Käse oder dem Quark ähnliche Speise machen*) presumably the original mush is subjected to a fermentation process and then mixed with pepper and other spices. A large part of China's population is said to use this staple food."

Note 1. This is also the earliest German-language document seen (April 2013) that uses the word "Quark" in connection with tofu.

He goes on to describe the chemical composition and uses of the oil presscake in China.

Page 14: "Since the oil content (*Oelgehalt*) of the soybean is lower than that of other oilseeds, it must be assumed in advance that its application for the production of oil (*Oelgewinnung*) must be disregarded. This also became evident through a test which Mr. Carl Berndt conducted on the rest of the soybeans that hadn't been used for agronomic trials. He was kind enough to give me the following report: 'Although I should have expected that one could not determine the full quantity of oil from a relatively small quantity of seeds, I was still astonished that there was not more than 6%. The analysis had resulted in 16 to 18%, and therefore the mechanical quantity was estimated at 10-12%.

"'Actually it was quite difficult to locate an oil miller who would clean his mill sufficiently that one received pure oil. Moreover, these people didn't proceed with the interest and care that are necessary, since I found lots of oil in the presscakes, indicating that they had not been pressed sufficiently. In terms of quality, I am more satisfied than I had expected to be. I had someone prepared baked goods

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where oil was used in the recipe and I could not detect the slightest after-taste. As a cross-check, I had another part of the baked goods prepared with Provenzer oil, but I could not tell the difference between the two.

"'To what extent the [soybean] oil could be used for industrial [non-food] purposes, especially as a mordant (*Beize*) for the dyeing of Turkish-red, which uses very old, spent oil (that is soluble in carbonic potassium) can only be established when a sufficient quantity of oil becomes available.'"

Note 2. This is the earliest document seen (Oct. 2001) concerning special industrial uses of soybean oil as a non-drying oil, as a mordant for dyeing. Address: Hochschule fuer Bodencultur, Vienna, Austria.

221. Haberlandt, Friedrich. 1878. Zweite Abtheilung. Anbauversuche im Jahre 1875 und 1876 [Part 2: Culture trials in the years 1875 and 1876 (Document part)]. In: F. Haberlandt. 1878. Die Sojabohne [The Soybean]. Vienna: Carl Gerold's Sohn. ii + 119 p. See p. 16-35. [30 ref. Ger]
• ***Summary:*** Contents of Part II: Source of the supply of the various soybean varieties used in the original trials. Trials at the Royal College of Agriculture (*Hochschule für Bodencultur*) in Vienna in 1875. Results from 1876 from Hungarian Altenburg and Gross-Becskerek in Hungary, in St. Peter bei Graz in Steiermark [Styria], in Napagedl in Mähren [Moravia; in the Czech Republic as of Jan. 1993], in Sichrow, Swijan, and Darenic [Czechoslovakia], Tetschen-Liebwerd in Böhmen [Bohemia; in the Czech Republic as of Jan. 1993], in Bukovina [Bukowina or Bucovina, a former Austrian crownland, as of 2005 divided among the Ukraine and Romania; by Dr. Nik. Dimittrievicz], in Proskau [now Proszkow, in southwest Poland] in Preussisch-Schlesien [Prussian Silesia], and in the experimental garden at the Royal School of Agriculture. Comparison of the resulting seeds with the original seeds. Chemical analysis of the seeds and straw. Evidence of the "degree days" or "heat units" (Wärmesummen; "warm temperature summation" or "warm sum," similar to U.S. maturity groups) which the soybeans needed for their development in Vienna, St. Peter, Tetschen-Liebwerd, and Proskau.

In 1875 Prof. Haberlandt conducted the first agronomic trials with the 19 soybeans he obtained at the Vienna World Exposition (*Wiener Weltausstellung*) of 1873. On 2 May 1875 he planted three varieties of seeds at the Royal School of Agriculture in Vienna. The brownish-red variety (plot #1) from China blossomed on June 28, the light-yellow variety (plot #2) from China blossomed on July 1, and the light-yellow variety (plot #3) from Mongolia blossomed on June 29. The seeds of all three varieties ripened on Sept. 11. On plot #1 grew 27 plants, that yielded 249.2 gm of seeds (equivalent to 2,769 kg/hectare). On plot #2 grew 25 plants, that yielded 336.5 gm of seeds (equivalent to 3,739 kg/hectare). On plot #3 grew 15 plants, that yielded 196.9 gm of seeds (equivalent to 2,177 kg/hectare).

Prof. Haberlandt then sent samples of seeds to seven cooperators in central Europe, who planted and tested the seeds in the spring of 1876, with good or fairly good results in each case. These men reported the details of their agronomic trials to Haberlandt, who quoted from their reports. For details see: F. Haberlandt. 1877. "Der Anbau der rauhhaarigen Sojabohne." *Landwirthschaftlichen Versuchs-Stationen* 20:247-72.

In addition, on April 25 and May 5 Prof. Haberlandt planted 7 varieties (some original seeds, some reproductions; 4 black, 2 yellow, and 1 brownish-red [*braunrothe*]) in the experimental garden at the Royal School of Agriculture. A table (p. 26) gives his detailed results. Comparison of the resulting seeds with the original seeds showed that individual seeds in each new generation generally weighed more than those in the previous generation. Page 29 shows a chemical analysis of the seeds and straw. Haberlandt then calculated (p. 33) the "degree days" or "heat units" (*Wärmesummen;* "warm temperature summation" or "warm sum," similar to U.S. maturity groups) which his different soybean varieties needed for their development. For the seeds to begin to ripen they seem to need a total of 1824 to 5924 heat units (ºC), and to be ready for harvest 2230 to 3174 heat units. The minimum need at Proskau was 2246.9. The soybean can be grown as a green fodder plant at locations with less heat units. A table on p. 34 shows the mean temperature for each month, the northern latitude, and the elevation (meters above sea level) at Vienna, Graz, Tetschen-Liebwerd, and Proskau. Graz had the lowest latitude (47º4') and Tetschen-Liebwerd the highest (50º44'). Vienna and Graz had the warmest temperatures in May, June, and July. Address: Hochschule fuer Bodencultur, Vienna, Austria.

222. Isono, Tokusaburo. 1878. On shoyu [Its preparation and analysis, with a description of salt manufacture in Japan]. Inaugural dissertation at Tokyo Imperial University, Japan. 25 p. [Eng]*
• ***Summary:*** Page 4: "Common salt is indispensable as an article of food in Japan as well as... This nigari is used in precipitating to-fu as I stated before on page 3..." Address: Tokyo.

223. Langgaard, A. 1878. Bemerkungen ueber den Naehrwerth des Tofu nach Analysen von J. Schimoyama [Observations on the nutritional value of tofu from analyses by J. Schimoyama]. *Mittheilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens* (*Yokohama*) 2(16):268-69. See also p. 271. [Ger]
• ***Summary:*** This article begins: "A large number of foreigners living in Japan are of the opinion that the physical condition of the Japanese people has completely deteriorated (*körperlich vollkomen heruntergekommenes ist*). This opinion is heard not only from lay people but, also (quite

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often) from physicians, with the additional opinion that with such a nitrogen-poor [low-protein] diet as the Japanese eat, you can hardly expect anything different."

Dr. Langgaard praises tofu as a food which is enjoyed almost daily by all classes of Japanese society, even the poor. In German it is called by the suitable term "bean cheese" (*Bohnenkäse*). One table (based on research by J. Schimoyama [Shimoyama]) gives the nutritional composition of tofu: Dry matter 11.79%. Water 88.21%. Fat: 26.11% of dry matter or 3.08% of fresh tofu. Protein: 69.54% of dry matter or 8.19% of fresh tofu. Salts [ash]: 4.35% of dry matter or 0.52% of fresh tofu.

Note 1. This is the 2nd earliest German-language document (April 2013) seen that uses the term *Bohnenkäse* to refer to tofu.

A second table, combining the research of Liebig with data from the previous table, compares the following foods on an equal nitrogen basis: Mother's milk, tofu, beef, wheat flour, potatoes, and rice. It shows that tofu is very rich in protein, and the lowest of all foods compared in non-nitrogenous [non-protein] substances. A third table shows that the Japanese diet based on rice and tofu is an economical way to obtain the nutrients one needs, and is comparable to the European diet of potatoes and meat. Address: M.D., Japan.

224. *Proceedings of the American Pharmaceutical Association.* 1878. Report on the progress of pharmacy. 25:25-334. See p. 236-37. Held in Sept. 1877 in Toronto, Ontario, Canada.

• ***Summary:*** In the section titled "Materia medica: Vegetable drugs" (p. 116-237), a subsection titled "Useful Plants of the Chinese Province of Shantung" (p. 234+) begins: "From a recent report on the geography and natural history of the province of Shantung, published in Hong Kong, the 'Journal of the Society of Arts' extracts some interesting details, which are copied in "Ph. J. Trans.," July 8th, 1876, p. 26. The following useful plants are mentioned:

Page 236: *"Soja Hispida.*–The bean cheese or bean curd, so common in many parts of China, is made from white or yellow beans steeped in cold water till they are soft, when they are deprived of their skin by pressing them between the fingers, after which, they are reduced to pulp, by pounding them in a mortar or pressing them under a millstone; the pulp is passed through a sieve, and then some *lu-shui*–[nigari] the residuum of sea-salt or nitre, or a gypsum solution is added, which coagulates the albumen; the water is taken off by pressure in linen cloth loaded with stones; this liquid is carefully thrown away, being said to be poisonous. The cake so obtained is salted, and sold fresh in the streets, or dried to the consistence of hard cheese. Flour for food is also made from these beans, as well as sauce or soy.

Note. This is the earliest English-language document seen (April 2013) that uses the term " bean cheese" by itself (with a space before the word "bean," and where it is not preceded by the words "soy," "soya," "soja," etc.) to refer to tofu.

"This sauce, now extensively used in Great Britain and America, is prepared by steeping the beans in water for one hour; they are then half dried in the sun and mixed with wheat flour and allowed to ferment, being placed for that purpose in a hot damp place. The mould which develops itself in abundance on the beans is scraped off, the beans are then dried and put in salted water, which has been properly boiled and cooled (to expel air). The brown and black color of the sauce so obtained is supposed to be produced by a microscopic fungus resembling the ergot of rye, whose properties the soy is said to possess.

"These kind of beans are very extensively used in the manufacture of the now famous bean cake, which appears to be exported in enormous quantities. The beans being thoroughly crushed under heavy stone wheels turned by mules, are heated under water and the cakes compressed between iron hoops. The pressure is slowly and gradually increased by driving wedges with an enormous stone suspended as a pendulum and acting as a ram. The oil which runs from them into a kind of well, is black and very dense; it has a disagreeable smell, and is used for illuminating purposes, and for calking boats, and being mixed with lime it makes a kind of putty. A foreign firm at Nenchavang [sic, Newchwang], sometime ago, tried to extract oil from the beans by the more powerful and expeditious means of a hydraulic press, but the resistance to a sudden pressure was so great that hardly any oil could be obtained."

The next section (p. 236-37) is titled *"Sesamum orientale, Arachis hypogœa, Cannabis sativa, Ricinus communis"* [sesame, peanuts, hemp, castor]; these are among the oil-producing plants of Shantung province.

225. Wells Fargo and Co. 1878. Directory of Chinese business houses: San Francisco, Sacramento, Marysville, Portland, Stockton, San Jose, Virginia City (Nevada). San Francisco, California: Britton & Ray. 86 p. [Eng; Chi]

• ***Summary:*** On page 43 is a listing written in English and Chinese, for "Wo Sing & Co., Bean Cakes, 708½ Dupont st., San Francisco." The Chinese characters indicate that the company made both fermented tofu and regular (non-fermented) tofu.

The following table of contents gives a rough idea of the relative size of Chinese populations in various western American cities in 1878, assuming that the population is approximately proportional to the number of pages of business listings. San Francisco, p. 1-48. Sacramento, p. 49-60. Marysville, p. 61. Portland (Oregon), p. 64-68. Stockton, p. 69-74. San Jose, p. 75-83. Virginia City (Nevada), p. 84-86.

Note: This is the earliest directory seen (i.e., publication with the word "Directory" in the title; April 2001) that lists a

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soy-related company. Address: San Francisco.

226. Wernich, Albrecht Ludwig Agathon. 1878. Geografisch-medicinische Studien nach den Erlebnissen einer Reise um die Erde [Geographical-medicinal studies based on the experiences of a trip around the world]. Berlin: Verlag von August Hirschwald. x + 423 p. See p. 85. No index. 23 cm. [3 soy ref. Ger]

• ***Summary:*** Chapter 5, titled "Japan–Food value and foods" contains a long discussion of the soybean (*Dolichos Soja*) and soyfoods (p. 84-87) including tofu (*Bohnenkäse oder Bohnengefaultes*) and shoyu (*Soja oder Schoju*), with two long quotations. Soybeans are rich in protein and almost free of starch. They can be roasted to taste like nuts and used in baked goods.

Note. This is the earliest German-language document seen (April 2013) that uses the term *Bohnengefaultes* to refer to tofu.

Endnote No. 35 (p. 411) states that miso soup (*Misoschiru*) or shoyu soup (*Schio-ü-schiru*) are part of the typical Japanese breakfast. Miso is made from beans, barley, and salt; shoyu is made from beans, wheat, and salt. The soup typically contains small amounts of vegetables (such as varieties of potatoes), beans, cabbage and mushrooms, turnips or carrots, onions, etc. weighing a total of about 170 gm. The main dish at breakfast is rice (weighing about 470 gm). Also included are fish or an egg, salt-pickled vegetables, and 100 gm of tea.

Also discusses *Pueraria Thunbergiana* (kuzu, p. 87). Total references: 162. Albrecht Wernich lived 1843-1896. Address: Docent for Special Pathology and Therapy at Berlin University.

227. *Kogyo Tokei-hyo* (*Census of Manufacturers*). 1878--. Serial/periodical. Tokyo: Japanese Ministry of International Trade and Industry (MITI), Research and Statistics Dept. (Tsusho Sangyo Daijin Kanbo Chôsa Tokei-bu). Annual. [Jap]

• ***Summary:*** Contains statistics concerning Japan's industries and commodities. For example, in the report for the year 1987 (published in June 1989) under miso we find "124111 Miso (Including powdered or spray-dried miso). Total production in Japan: 641,337 tonnes. Value in million yen: 138,960. ??" Similar figures are given for each of Japan's 47 prefectures, listed from north to south, starting with Hokkaido and ending with Okinawa. The four largest producing prefectures are Nagano 186,316 tonnes (29% of the total), Aichi 63,294 tonnes, and Shin (?) 34,282, and Aomori 32,145 tonnes.

Note: The powerful and influential publisher, MITI, is called Tsûsan-sho in Japanese. Address: Tokyo, Japan.

228. *Hartford Daily Courant* (*Connecticut*). 1879. A Hartford lady at a Chinese dinner. June 4. p. 2.

• ***Summary:*** A lady, formerly living in Hartford but now the wife of an American official in China, writes to her friends at home and describes a ceremonious dinner she attended recently. The feast was given by the "deputy" (whom she describes as a "lovely old man), and "was attended by only seven persons, two American ladies, and two Chinese men besides the host."

She describes each briefly each course of the twenty-course meal, which was preceded by eight dishes of appetizers. "Thirteenth–Stewed pigeons and bean curd." "Twentieth–Rice with chicken soup, salted cabbage, salt bean curd [probably fermented], chestnuts grown in water and I don't know what.

"After that, tea and it was over. This was followed by a two days' headache."

229. *New York Times.* 1879. A Chinese banquet: How the Viceroy of Canton regaled Gen. Grant. July 4. p. 2.

• ***Summary:*** After leaving the White House, President Ulysses S. Grant and his wife, Julia, decided to travel around the world. From the *Hong Kong Daily Press:* That evening, the Viceroy's yamen (residence) was lit with thousands of lamps. The Chinese dinner menu, with many courses listed in detail, with both Chinese and English names, includes: Fu P'i Kap Tan (pigeon eggs inclosed in bean curd [sic, yuba]). Ui Wan Tau Kan (bean soup [sic, soup with pressed tofu]). Hang Yan Tau Fu (almond curd).

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Fu P'i" to refer to yuba.

230. Warington, Robert. 1879. Agricultural chemistry in Japan. *Chemical News and Journal of Industrial Science* 40(1039):195-96. Oct. 24.

• ***Summary:*** "In the International Exhibition, now being held at Sydney [Australia], a collection of soils, manures, and agricultural products is shown by the Imperial College of Agriculture in Tokio, Japan. Accompanying the collection is a descriptive catalogue, compiled by Mr. Kinch, the Professor of Chemistry at the College, in which a short account is given of the various products exhibited, with chemical analyses of the majority of them. The catalogue contains in all about 80 analyses of Japanese products. The whole of this important work has been accomplished in the laboratory of the College, under the superintendence of Mr. Kinch, and is certainly highly creditable to the Institution."

The section titled "Soy Bean (*Glycine* [*Soja*] *hispida*)" (p. 195) mentions miso, tofu, and shoyu.

Starch and sugar: Starch is prepared in Japan from the root of a leguminous plant, *Pueraria Thunbergiana* (p. 196).

"Alcoholic liquors.–Rice-beer (*Sake*) is the most important beverage of the country. It is manufactured only during the winter months. The ferment is first prepared by spreading steamed rice mixed with wood-ashes in shallow trays, which are then seeded with the yellow spores of the

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fungus developed in a previous operation, and kept for some days in a warm chamber. When the fungus has developed, the mass is used to inoculate a fresh quantity of steamed rice. The mash is prepared by adding to steamed rice and water a certain proportion of the above ferment, and the whole is repeatedly agitated for two days. In this stage of the operation the starch of the rice is converted into sugar. The mash is then transferred to a large vessel, and the temperature raised to that of the human body. In this stage an active alcoholic fermentation takes place. The liquor thus formed is not, however, the final product. To it are added fresh quantities of steamed rice, water, and ferment, and after three days mashing this addition is again, and yet again repeated. When the last rice has been added the whole is allowed to ferment for thirteen days. The sake is now strained, and the residue pressed. After standing fifteen days to clear, the pure sake is heated to 120º F. to destroy any remaining yeast, and is then fit for use.

"Finished sake contains, according to six analyses given by Mr. Kinch, 11.33 to 15.0 per cent of alcohol by weight, and 2.33 to 3.05 per cent of solid matter; the total free acid, reckoned as acetic, was 0-20 to 0-27 per cent. Various sweet, imperfectly fermented, liquors are also manufactured. The solid residue left after pressing out the sake is distilled, and yields spirit of various strengths. The strongest spirit exhibited was 10.7 over Proof." Address: M.R.C.S. Eng.

231. *Bulletin de la Societe d'Acclimatation.* 1879. IV. Bibliographie. II. Journaux et revues. 1879. 3e fascicule.–*Le Soja hispida* [IV. Bibliography. II. Journals and Revues. 1879. 3rd volume of *Le Soja hispida*] (Continued). 26:666-71. Nov. [Fre]

• ***Summary:*** Continued (p. 670.3): "One can read in the *Imperial Encyclopedia of Agriculture* (*Cheou-chi-thong-Khao*) [from China], book / volume XXVII, folio 8, recto: 'Yellow soybeans can be used to make tofu (*teou-fou*, a sort of fermented soybean paté consumed regularly by the lower classes). Oil is removed from the beans using a press; they are also used to make jiang (*tsiang*, a sort of sauce used as a seasoning). The *Treatise on Agriculture*, by Fan-Ching states: At the summer solstice, one plants soybeans (*dou*); they don't require heavy labor. The flowers of the soybean don't like to see the sun, otherwise the plants will become yellow and the roots will blacken' (Mr. Stanislas Julien, member of the Institute, this *Bulletin*, 1855, p. 225).

"Soybean oil (*L'huile de Pois oléagineux*) is very similar to our edible oils; its odor and taste are agreeable. It is equally suited to combustion [burning in oil lamps]. Exposed to freezing cold, it thickens; atmospheric oxygen makes it rapidly turn to resin. It belongs, therefore, to the class of drying oils and can, according to this report, replace linseed oil in some of its applications. Soybeans contain 18% oil and, because of the quantity and quality of the oil they contain, should provide a new food and a useful product to the industrial arts (Letter from M.E. Frémy, this *Bulletin*, 1855, p. 382).

"At 3 degrees below zero, the plants are not stressed; at 4 degrees the leaves freeze and the pods are slightly injured. If one considers that Haricot beans freeze at zero degrees, one can consider that soybeans are suited to be cultivated in our climate." There follows a detailed botanical description of the plant. "Each plant bears 80 to 100 pods. The seed yield is excellent: each plant produces on average 183 seeds which, freshly shelled, make a tenth of liter and weigh 58 gm. A liter of soybeans contains 4,000 seeds and weighs 750 gm.

"Independently of these oleaginous qualities, soybeans make a delicious vegetable. Cooking them is very easy: just toss the fresh green seeds into boiling water. The seed coat detaches itself from each seed and floats to the surface, where they are removed. After 30 minutes, the cooking is done and furnishes a delicate dish, recalling the taste of green peas, but less sweet (Note from Mr. Lachaume, this *Bulletin*, 1858, p. 131).

"Look again at a communication from Mr. Paul Champion on the production of tofu (*fromage de Pois*), in China and Japan (this *Bulletin*, 1866, p. 562), etc.

"Let us say again that in the meeting of the Central Society of Horticulture, on Nov. 13 of this year, Mr. Duchartre read a note on the relative richness of peas, haricot beans, dry beans (*Fèves*), lentils and soya (*Soja*) in nitrogenous materials (protein) and oil. He concluded that soya is the richest of all. Up until recently, dry beans (*Fèves*) have been considered the richest, containing 30.80% protein and 70% oil; however soya contains 35% protein and 73% oil" [sic, this percentage is much too high]. Address: France.

232. Kinch, Edward. 1879. Japan: A classified and descriptive catalogue of a collection of agricultural products exhibited in the Sydney international exhibition by the Imperial College of Agriculture, Tokio, Japan. Tokyo: Agricultural Bureau (Naimushô), Home Dept. 65 p. 20 cm. [Eng]

• ***Summary:*** Each item that was displayed is numbered. All chemical / nutritional analyses give percentage composition unless otherwise stated. The chapter on "Manures "begins (p. 4): "The principal manures used in this country are human excrements both solid and liquid, which are collected with the greatest care and applies to the land whilst in a more or less advanced state of decomposition. The excreta are often made into a compost with dried grass.

The section titled "vegetable manures" (p. 7-13) gives analyses of rape cake (*abura kasu*), malt dust (*ame kasu*), sesamum cake (*goma kasu*), rice beer residues (*sake kasu*), soy [sauce] residues (*shoyu kasu;* water 16.37%, ash 4.96%, organic matter 78.67%), rice cleanings (*nuka*), and barley bran (*fusuma*).

Note 1. This is the earliest English-language document

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seen (May 2012) that contains the term *shoyu kasu* (in italics, without diacritics) which it defines as "Soy residues," and the earliest that gives its composition.

The chapter on "Foods" begins (p. 16): "By far the most important national food is rice, *Kome;* more than one half of the cultivated land of the Empire is devoted to paddy fields, *Ta,* and besides the rice grown on this irrigated land a considerable quantity is grown on the dry fields, *Katake." Mochi-gome* or glutinous rice, is specially used for making the new years' cakes, *Mochi.*

The many kinds of leguminous plants include: Peas, field and haricot beans, vetches, lupins; soy beans *Glycine* (*soja*) *hispida, O-mame or Daidzu;* fol. lanceolata (*Midzu-kugiri*)*; Phaseolus radiatus, Adzuki* or *Shodzu; P. radiatus v. pendula, Tsura-adzuki; P. radiatus subtriloba, Bundo;* Horse gram, *Dolichos uniflorus, Sasagi;* Gram, *Dolichos umbellatus, Hata-sasagi;* Overlook pea, *Canavalia incurva, Nata-mame;* Ground nut, *Arachis hypogœa, Rakkasho* or *Tojin-mame.*

"Also should be mentioned the sesamum, *Goma,* the oil of which is extensively used in cooking; *Perilla ocymoides, Ye-goma;* and rape, *Brassica sinensis, Abura-na,* which is cultivated for its seed, the oil being used for burning." Also list (with scientific and Japanese names, p. 17-18) the principal root crops, fruits, sea weed and lichens, fungi, and starch.

Next: Chemical analyses of rice, wheat, rye, "red bean–*Adzuki–Phaseolus radiatus* (large variety and small variety)."

Note 2. This is the earliest English-language document seen (March 2006) that uses the word *Shodzu* (or *shôdzu* or *shôzu* or *shodzu* or *shozu*) or the word "red" or the term "red bean" to refer to the azuki bean, or that gives its scientific name as *Phaseolus radiatus,* or that reports the existence of large and small varieties, or that uses the word *Bundo* to refer to a variety of azuki bean.

Then (p. 22-26): "44. Beans. *O-mame, Daidzu. Glycine* (*soja*) *hispida.* White round soy bean. Miso mame. Percentage composition (table): Water 11.32, albuminoids 37.75, fat 20.89, fibre 1.50, ash 3.86, starch and soluble cellulose 24.58. Total 100.00.

"This bean is met with in several varieties of different colour and size, but they differ little in composition. It is vegetable which approaches nearest in chemical composition to animal food (meat), containing as it does one fifth of its weight of fat and often two-fifths of nitrogenous matter. It is an extremely valuable adjunct to the food of a people who subsist so largely on a purely vegetable diet, of which the bulk is rice so rich in heat producers–starch, and poor in flesh formers–albuminoids.

"*Shoyu, Miso,* and *Tofu,* are made from these beans, and enter largely into the food of the nation.

"45. Miso. *Shiro-miso* or white miso. From Osaka. Percentage composition: Water 50.73, fibre 12.93, ash 6.58 (containing 5.4 per cent of common salt), sugar 17.54, albuminoids 5.64, soluble carbohydrates 6.58. Total 100.00. Soluble in water 35.88 per cent.

"46. Miso. *Aka-miso* or red miso. From Osaka. Percentage composition: Water 50.40, fibre 8.25, ash 12.50 (containing 12 per cent of common salt), sugar 0.61, albuminoids 10.08, soluble carbohydrates 18.16. Total 100.00. Soluble in water 34.71 per cent."

Note 3. This is the earliest English-language document seen (March 2009) that uses the term "Shiro-miso" refer to white miso (and vice versa) or "aka-miso" to refer to red miso (and vice versa).

"In the preparation of *Miso* the beans are boiled, pounded in a mortar into a paste and mixed with fermenting rice, *Koji* (see *sake*) in various proportions, and with more or less salt, and the mixture is placed in tubs and left in a cool place for about a month. It will be seen that one variety, white miso, contains much sugar, derived from the *koji,* and little salt; whilst the other variety contains very little sugar and much more salt.

"47. Tofu. Percentage composition: Water 89.29, ash 0.48, fibre 1.01, nitrogenous substances 4.87, non-nitrogenous substances 4.35 (containing 3.32% fat). Total 100.00.

"This food is made by boiling the white soy beans, *Shiro-mame,* in water after they have been soaked, ground and strained through a sieve. The solution is filtered through cotton cloth and the residue pressed; the liquid, containing legumin in solution, is precipitated by the addition of the brine which runs off from sea salt during its deliquescence in the air. The precipitate constitutes *Tofu."*

Note 4. This is the earliest English-language document seen (Oct. 2008) that uses the word "legumin" to refer to the water soluble protein in soybeans than can be precipitated by a coagulant to make tofu.

"48. Kori tofu. Percentage composition: Water 18.75, ash 1.60, nitrogenous substances 48.80, non-nitrogenous substances, chiefly fat 30.85. Total 100.00.

"Prepared from the above [tofu] by exposing it to the air during frost, until it freezes, and afterwards thawing in the sun, by which the greater quantity of the water is removed.

Note 5. This is the earliest English-language document seen (April 2013) that mentions dried frozen tofu, which it calls Kori tofu.

"49. Soy [sauce]. Shoyu. Specific gravity 1.1996. Grams per litre: Total solid residue 359.888, ash 195.168 (principally common salt), sugar 31.034, albuminoids 41.000, free acid expressed as acetic acid 6.200.

Note 6. This is the earliest document seen (Jan. 2008) that uses the term "specific gravity" in connection with soyfoods–in this case soy sauce.

"Manufacture of *Shoyu. Shoyu* is made from the soy bean, *Glycine* (*soja*) *hispida q.v.* together with wheat, salt and water. Equal parts of beans and wheat are used.

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A small part of the wheat is mixed with *Koji* (see *sake*) and allowed to ferment. The remainder is roasted and the beans are also roasted. The roasted beans and wheat are then mixed together with the fermenting wheat, placed in shallow wooden boxes, and kept for some days, at a fixed temperature, in a warm chamber with thick walls, until the whole mass is covered with fungus. It is very important that the temperature of this chamber should be kept at the proper point. By these processes, part of the starch of the wheat is converted into dextrin and sugar, and lactic acid and acetic acid are formed. It is then mixed with salt lye, the proportion used being about 4 *go* of salt to 12 *koku* of water to extract 1 *koku* of the fermented product. The mashings are removed to large vats and there kept for at least 20 months and generally for 3 or 5 years. The better qualities of *shoyu* are kept the longer times. It is found that the best soy is produced by mixing that kept for 5 years with that kept for 3 years. After it has been kept a sufficiently long time, it is strained through thick cotton bags and the residue pressed in the same manner as in *sake* pressing. Before filtering, honey is sometimes added in the proportion of 10 *kin* to 1 *koku* of *Moromi* or mixed soy, in order to give it a sweet taste. Occasionally a sweet sake, obtained by taking 1 *koku* of *koji* to 7 *to* of water and 1 *to* of steamed rice, mixing them together and steaming for two hours, is added instead of honey. The residue obtained on pressing *moromi* is again mixed with salt and water, in the proportion of 8 *to* of salt to 1 *koku* of water and again pressed, this yields and inferior *shoyu.* Sometimes water is added to this second residue and it is again pressed. The residue first obtained is sometimes used as food, and the last residue as manure. One *koku* of the mixture, *moromi,* produces 4 *kuwamme* of residue at the first filtration and about 3.5 *kuwamme* of residue at the second and third. The *shoyu,* after pressing, is allowed to settle for two days in large tanks, and then drawn off and again filtered. *Shoyu* is a very important condiment, it is mixed with a great many kinds of food and is produced and consumed in very large quantities.

"1000 *Go* = 100 *Sho* = 10 *To* = 1 *Koku* = 4.929 Bushels. 1 *Kin* = 1.325 lbs. 1 *Kuwamme* = 8.28 lbs.

Note 7. This description of how shoyu is made contains several major errors.

Finally, there are chapters on alcoholic liquors (with emphasis on sake or "rice beer, sometimes called rice wine"), sweet liqueurs (*mirin, homeishiu, shiro-zake*), food adjuncts (incl. salt, vinegar, spices, herbs, and perhaps shoyu), edible sea weeds (20 varieties, with both Japanese and scientific names, and an analysis of each), tea, tobacco, fodder, animal foods, dye stuffs, oils and waxes, and starch (incl. *kudzu, Pueraria thunbergiana*).

Note 8. This is the earliest document seen (July 2008) concerning soybean products (tofu, dried-frozen tofu, and shoyu) in connection with (but not yet in) Australia.

Note 9. This is the earliest document seen (July 2008) by Edward Kinch (1848-1920) that mentions soy. Kinch was born on 18 Aug. 1848 at Henley-on-Thames, Oxfordshire, England, the 3rd child of Charles Kinch and Emma Plumbe Kinch. He was baptised there on 12 Dec. 1845 in St. Mary's church. Kinch was a chemist, specializing in agricultural chemistry. In 1869 he became assistant professor at the Royal Agricultural College (RAC) in Cirencester (in southwestern England). From 1876 to 1881 he was a professor of agricultural chemistry at the Imperial College of Agriculture in Tokyo, Japan. Then from 1881 to 1915 he was professor of chemistry at the RAC in Cirencester. He married Edith Shirley Huntington in 1889 in Pembroke district, Pembroke, Wales. They had two children, William (born ca. 1886) and Dora Ann (born ca. 1893). He died on 6 Aug. 1920 in Haselmere, Surrey, England.

Note 10. This catalog was displayed at the Sydney International Exhibition, held in Australia in 1879. The Sydney International Exhibition was Australia's first international exhibition, a showcase of invention and industry from around the world. An imposing Garden Palace was constructed in the Botanic Gardens as a home for the exhibition. Address: F.I.C., F.C.S., &c., Prof. of Chemistry. Imperial College of Agriculture, Komaba, Tokio, Japan.

233. Pickering, Charles. 1879. Chronological history of plants: Man's record of his own existence illustrated through their names, uses, and companionship. Boston, Massachusetts: Little, Brown, and Co. 1222 p. See p. 763. [10 ref]

• ***Summary:*** In the section titled "Chronological arrangement of accompanying animals and plants," at the year 1296 A.D. we read: *"Soja hispida* of Japan. Enumerated by the Chinese official 141 as unknown in Cambodia:–'miso' beans are mentioned in 1444 in the annals of the Japanese emperors (transl. Tits. [Titsingh / Titsing] and Klaproth); were observed by Kaempfer v. 837, and Thunberg, under frequent cultivation near Nagasaki and elsewhere; are known to be made into the condiment called 'soia' (Pers.) in English *soy;* also into a white porridge [tofu] in general use among the Chinese and called by them 'teu hu' or 'tauhu' (Loureiro). Westward, S. hispida was observed by Mason in Burmah; by Roxburgh, and Graham, in the gardens of Hindustan. Transported to Europe, it is described by Jacquin rar pl. 145" [*Icones plantarum rariorum*].

Note 1. This may be the earliest document seen (May 2010) concerning soybeans in Burma (later renamed Myanmar), or the cultivation of soybeans in Burma. This document may contain the earliest date seen for soybeans in Burma, or the cultivation of soybeans in Burma (1879). The source of these soybeans is unknown. However, as of Feb. 2012 we have been unable to find verification for Pickering's statement about Mason in the writings of Francis Mason. Finding the earlier citation by Mason may allow us to push back this date.

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Note 2. This is the earliest English-language document seen (April 2013) that uses the word "tauhu" to refer to Chinese-style tofu. Address: M.D., Boston, Massachusetts.

234. *Hawke's Bay Herald* (*New Zealand*). 1880. The use of the "Jew's ear" fungus in China. Jan. 9. p. 3.
• ***Summary:*** "According to a paper recently read before the Philosophical Society of Wellington, New Zealand, it appears that a large trade is carried on between that colony and China in the fungus known as 'Jew's ear.' This trade is practically restricted to a single species, *Hirneola polytricha*, Mont., which is very abundant on decaying timber in all the forest districts. Small quantities only of this fungus were exported before the year 1872; in that year, however, the amount declared at the various ports in the colony was 57 tons 14 cwt. [hundredweight], of the estimated value of 9,635 dollars; in 1877 it had increased to 220 tons 5 cwt., valued at 16,590 dollars,..."

"China is the sole market for this fungus. The use to which the Chinese apply it is as a medicine for purifying the blood, administered in the form of a decoction. It is also used on fast days, with a mixture of vermicelli and bean curd [tofu], instead of animal food. It seems to be likewise largely used in soups as ordinary food, and is sold at retail at about twenty-five cents per pound."

235. H.K. 1880. Bean-cake manure in China. *Gardeners' Chronicle* (*London*) 13:209. Feb. 14.
• ***Summary:*** "H.K. writes, 'I distinctly remember boarding junks laden with cakes of artificial manure upon the coast of China, but had supposed that it was of another description to the Bean-cake, the refuse [okara] of the Beancurd [tofu], which is so commonly sold in China. If so, the manufacture of a palatable food, which leaves so valuable a refuse, is one which might be adopted with advantage in this country.' Can Mr. Fortune enlighten us?"

Note: This is the second earliest English-language document seen (Oct. 2001) that mentions okara, which it calls "the Bean-cake, the refuse of the Beancurd [tofu]." Address: England.

236. Grisard, Jules. 1880. Extraits des procés-verbaux des séances de la société. Cinquième section. Séance du 6 Avril 1880 [Excerpts of verbal proceedings from meetings of the society. Fifth section. Meeting of 6 April 1880]. *Bulletin de la Societe d'Acclimatation* 27:320. April. [Fre]
• ***Summary:*** The president, Mr. Eug. Vavin, insists on the great interest presented by the soybean (*Soja hispida*) cultivated as a common legume, but he does not believe that the manufacture of cheese [tofu] from the soybean would be of any great interest, especially among members of the Society. Mr. Vavin is convinced that this legume will be widely disseminated and grown within several years, not only because of its fine taste, which will invite research on its uses as a food, but even more because it has the precious advantage of not having been attacked by the broad bean beetle (*bruche* [*Bruchus rufimanus*]).

"Mr. Paillieux observes that this plant can be used in animal feeds; he rejects its use for making [soy] sauce, but believes that it can be used to advantage in the preparation of cheeses, for it contains a large proportion of casein, 35 per cent." Address: Secretary, France.

237. *Bulletin de la Societe d'Acclimatation.* 1880. Extraits des procés-verbaux des séances de la société. Séance générale du 14 Mai 1880 [Excerpts of verbal proceedings from meetings of the society. General meeting of 14 May 1880]. 27:231-49. May. See p. 248. [1 ref. Fre]
• ***Summary:*** Mr. Auguste Paillieux shows the members of the Society a small scale model of a Chinese stone mill used to make tofu, then describes the process for making tofu, which he calls *Teou-fou.*

Mr. Jules Grisard recalls that in the first volumes of this Bulletin, and especially during the years 1855 and 1856, a great deal of information was published about the soybean (*le Soja*), a plant which at that time was generally called *Pois oléagineux.* Address: France.

238. Greev, Edward. 1880. What the Japanese eat. *Frank Leslie's Popular Monthly* (*The American Magazine*) 10(2):164-74. Aug.
• ***Summary:*** A very interesting article with many large illustrations. On page 171 we read: "We quitted the dealer in vermicelli, etc., and entered a shop devoted to the manufacture of *tofu* (bean-curd, or cheese), a national dish. It is semi-gelatinous, white, delicious and wholesome. Yuba is another sort of paste food, made from white beans. Misso [miso] is a white bean paste, mixed with fermented rice and salt. It requires a Japanese-trained stomach to digest this.

Note: This is the earliest English-language document seen (March 2009) that uses the term "bean paste" (not preceded by the word "soy" or "soya") to refer to miso.

"Soyu [shoyu] (soy), a sauce made with boiled beans and wheat, was also sold at this establishment. The mess is fermented until it is a mass of fungi, then cooled and salted with hot lye. It is next transferred to enormous vats, in which it is kept for several years, then pressed in bags made of thick cotton cloth. The brown juice that runs from the horrible mass is soyu, and is not only palatable, but wholesome. The Japanese flavor dishes with it, and use it as we do vinegar, for pickling. It tastes like mushroom catsup.

"I had seen the process of soy-making, therefore declined to visit one of those establishments; whereupon my guide took me to a candy factory. As a nation, the Japanese are not large consumers of sugar."

Mentions many other Japanese foods and beverages including saké (rice-wine or rice-beer); he describes how it is made. Illustrations: (1) Seven Japanese men and women

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seated on tatami mats around a low table having a meal; in the background is a large painted wall. (2) A Japanese butcher's shop, as seen from outside. (3) A salt vender and house servant, carry goods at both ends of a shoulder pole. (4) The *Pelor japonicum*–a curious Japanese fish. (5) A dealer in dried fish with a man carrying goods on a shoulder pole. (6) Japanese entertaining European guests, seated in chairs at a raised table. (7) A rice warehouse near Tokyo. (8) A saké shop at New Year's with a large crowd of men. (9) A Japanese tea house.

239. Paillieux, Auguste. 1880. Le soya, sa composition chimique, ses variétés, sa culture et ses usages [The soybean, its chemical composition, varieties, culture, and uses]. *Bulletin de la Societe d'Acclimatation* 27:414-71. Sept.; 27:538-96. Oct. 28 cm. [73 ref. Fre]

• ***Summary:*** One of the most important and original of the early publications on soya in Europe. Its in-text bibliography on soya was the largest of any published up to that time.

Contents: Part I: Introduction and extracts on soybeans and soyfoods from 30 articles published previously in the *Bulletin of the Society for Acclimatization* from 1855 to 1880 (pages 414-430. Note 1. Each of these articles has a separate record in this database).

1. Soybean botany (p. 430-31). 2. The soybean in Japan (p. 431-42): Engelbert Kaempfer and his writings on miso and shoyu, information on soya from a document titled *Japan at the World Exposition of 1878* (*Le Japon á l'Exposition universelle de 1878,* written in French by a Japanese, p. 29-33), recipe for making shoyu in France, tofu. 3. Soya in Cochinchine (French Indochina, p. 442-46): Black soybeans. 4. Soya in China (p. 446-51): Soy oil (*Huile de Soya*), fermented tofu (*le fromage de soya, teou-fou*), soy sauce (*tsiang-yeou;* In London, England, it is sold under the name of "India Soy" at Cross & Blackwell, Soho-Square {p. 451}).

Note 2. This is the earliest French-language document seen (April 2013) that uses the term *fromage de soya* (p. 449) to refer to tofu. 5. Soya in Austria-Hungary (p. 452-71): Starting with soybeans at the World Exposition of Vienna in 1873, includes a long, in-depth discussion (with many excerpts) of Prof. F. Haberlandt's book *Le Soja,* published in Vienna in 1878.

Tables in Part I show: (1) The chemical composition (in both their normal and dry states) of Chinese soybeans (*pois de Chine*), tofu (*fromage de pois*), and tofu curds (p. 427). (2) The yield of tofu. 120 gm of soybeans yields 184 gm of tofu (p. 427). (3) The weight and nitrogen content of the different components when tofu is made from soybeans (p. 428). (4) The Japanese names of 23 soybean (*mame*) varieties and a very brief description of their characteristics (p. 435-36; e.g., 1. *Go-guwatsu no mame* {5th month bean}. 2. *Use mame* [*sic, Wase mame*] {early}. 3. *Nakate mame* {half season}. 3a. *Okute mame* {late}. 4. *Maru mame* {round}. 5. *Shiro teppo mame* {white, like a pistol bullet} 6. *Kuro mame* {black}. 7. *Kuro teppo mame* {black, like a pistol bullet} 8. *Koishi mame* {small stone}. 9. *Awo mame* {*Ao,* green}. 10. *Kage mame* {shade, shadow}. 11-15. *Aka mame* {red; 1 of same species, two of different species}. 16-18. *Tsya mame* {*Cha,* tea colored}. 19. *Kuro Kura Kake mame* {black saddled}. 20. *Aka Kura Kake mame* {red saddled}. 21-23. *Fu iri mame* {striped, variegated, mottled; see Uzura mame = speckled like quail eggs}). This nomenclature was taken from a Japanese work titled: "Explanation, with figures, of trees and plants recently determined / identified."

(5) The romanized Chinese names of six types of soybeans and a French translation of each (e.g., *Houang-teou = Soya jaune*) (p. 447). (6) Two analyses of soybean seeds, reprinted from *Chemischer Ackersmann,* 1872 (p. 458). (7) The chemical composition of three soybean varieties, including Yellow of Mongolia, Yellow of China, and Reddish-Brown of China; the composition of the original seeds and the first generation seed is given for each type (p. 460-61). (8) The chemical composition of reddish-brown, yellow, and black varieties of soybeans (p. 469-70; data from M. Schroeder, Mach, and Caplan, published by F. Haberlandt). (9) Weight of 1,000 seeds for four generations grown out in Vienna. Original seeds: 81.5 to 105 gm. First generation: 110.5 to 154.5 gm. Second generation: 141.8 to 163.6 gm. Third generation: 116.0 to 151.0 gm.

Contents (continued), Part II. 6. The Soybean, by Count Heinrich Attems (p. 538-60): Soybean cultivation, time of planting, spacing of seeds, quantity of seeds, harvest, uses, and food preparations made from whole soybeans. Practical soybean culture trials on a grand scale, in the domain of the archduke Albert, an extract from a booklet by Edmond de Blaskovics titled "The Soybean, Its Culture, Use, and Value as Forage" (Vienna, 1880). Excerpts of six articles on soya from the *Wiener Landwirthschaftliche Zeitung* (*Viennese Agricultural Journal*) (Jan. 1879 to June 1880) (p. 548-54). Excerpts of ten articles on soya from the *Oesterreichisches Landwirtschaftliches Wochenblatt* (*Austrian Agricultural Weekly*) (March 1879 to Feb. 1880) (p. 554-59).

7. The soybean in France (p. 561-76): History (starting with Buffon, who became director of the *Jardin des Plantes* [Royal Garden, also called Jardin du Roi] in 1739), varieties grown, cultivation, utilization (mainly as forage plant for livestock and as an oilseed for oil and meal), accessory uses (miso, Japanese-style soy sauce {*shoyu*}, Chinese-style soy sauce {*tsiang-yeou*}, Japanese-style tofu {*tô-fu*}, Chinese-style tofu {*téou-fou*}, fermented black soybeans {*téou-che*}, and soy coffee {*café de Soja*}, white fermented tofu {*fromage blanc*}, red fermented tofu {*fromage rouge*}, green vegetable soybeans {*des graines fraîches, écossées encores vertes, comme le Haricot flageolet*}, whole dry soybeans {*les graines sèches comme le Haricot blanc ordinare*}).

8. Conclusion and tables showing French analyses of soybeans (p. 576-78). Appendixes (p. 579-96): Summaries of

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letters to the Society describing 27 cultural experiments with soybeans conducted during late 1880 at various locations in France, Switzerland and Algeria. (Note 3. Though the publication date of this appendix is given as Oct. 1880, some of the letters are dated as late as 21 Nov. 1880). Reprint of a 2-page letter from Eugene Simon, former French consul in China, on soybean farming in China (p. 591-93). Reprint of a description by Eugene Simon, based on the description of a Chinese, of how tofu is made in China (p. 593-94). A French translation of a 1781 article by Isaac Titsingh on preparation of soy sauce in Indonesia (p. 594-95). And some information about soybeans from the ancient Chinese herbal *Pên Ts'ao Kang Mu* (p. 595). Reprints of 2 letters from Eugene Simon in China, on soya and tofu in China. French translation of a 1781 article by Isaac Titsingh on preparation of soy sauce.

Note 4. We find it surprising that this superb work contains no illustrations of a soybean plant, or of any part of the plant, or of any foods made from soybeans; the only illustration (p. 569) is a cross section of an empty pit into which one could put a mixed silage that contained 20% soybean plants. The distance a-b is 3 meters; f-g is 2 meters; e-f is 0.5 meters; a-e is 1 meter; i-h is 0.4 meters.

Note 5. This is the earliest French-language document seen (Dec. 1999) that uses the term *Huile de Soya* to refer to soybean oil.

Note 6. This is the earliest document seen (March 2001) that has a bibliography of more than 50 references concerning soybeans.

Note 7. This is the earliest European-language document seen (Sept. 2004) that mentions the Japanese soybean types *Nakata-mame* or *Okute mame.*

Note 8. This is the earliest French-language document seen (April 2012) that uses the term *tsiang-yeou* to refer to Chinese-style soy sauce. Address: France.

240. Paillieux, Auguste. 1880. Le soya, sa composition chimique, ses variétés, sa culture et ses usages [The soybean, its chemical composition, varieties, culture, and uses (Continued–Document part I)]. *Bulletin de la Societe d'Acclimatation* 27:414-49. Sept. 28 cm. [73 ref. Fre]
• ***Summary:*** Introduction (p. 414): At the moment, when according to all appearances, a precious plant is going to take the place in our culture to which it has the right, we consider it our duty to bring back to light the previous efforts of the Society for Acclimatization, to introduce and propagate this plant in France. We will publish, therefore, word for word excerpts of everything soya in the records, reports with articles, letters and notes published in the bulletins of our society during the past 25 years. Our study, it seems to us, cannot be proceeded by an introduction more interesting than this.

From 1855 until the present (1880), the Society has not ceased to receive and distribute soybean seeds, and to make known its cultivation and utilization. It has rewarded successful trials by recognition and publication, and described the production processes of the industries that use soybeans.

We might have tried to refer the reader to past bulletins of the Society, but not everyone has access to these old documents, and besides looking up these articles on soy takes time and care. These motives led to our decision.

The question of soy has been dormant for a long time. But it awakens today with cultural experiments, which have been carried out for seven years in Etampes, using seeds given by the Society, with tests of tofu making which have been conducted in Marseilles; it was finally highlighted with the introduction of the plant in Austria-Hungary, in Bavaria, in Italy, etc. The question is ripe for a solution.

We do not know, whatever our own hopes may be, what the future holds for soy, but if its cultivation may render one day great service to the country, all the honor would belong to the Society, which, during a quarter century, has not ceased to facilitate and to encourage it.

Written on the 25th anniversary of Society's work with soy. We will divide this work into 6 chapters, starting with excerpts from past bulletins of the Society.

Chapter 1. Linnaeus gave our plant (*Le Soya*) the name *Dolichos Soja* (*Species plantarum,* 1621). Jacquin mentioned it later in his *Icones plantarum rariorum,* p. 143. Moench gave it the name Soja hispida. Moench gave it the name Soja hispidia (*Method plant. hort. bot. et agri Marburgensis,* 1794, p. 153).

Messrs. Bentham and Hooker have not admitted this genre; for them the plant is nothing but a veritable Glycine. This is also the opinion of almost all modern botanists. Miquel affirms that there are two species of *Soja* in Japan, *Prolusio florae Japonicae.* These are: (1) *Glycine hispida* (*Soja hispida,* Moench). (2) Glycine Soja, Sieb. et Zucc.

Note 1. In 1880 Paillieux called it Soja Hispidia.

Chapter 2. The soybean (*Le Soya*) in Japan. Begins with the full story of Englebert Kaempfer [see our chapter on Kaempfer], including translations into French of his writings on miso and shoyu.

There follows a list of Japanese soybean varieties of which they possess the names, 19 names, 22 species (see previous record, table, p. 435), with nomenclature taken from a Japanese work entitled Explications, with figures, of trees and plants newly determined, with the last 3 names taken from a work entitled Japan at the World's Fair of 1878, written in French by a Japanese. (Note that only in 1880 did Paillieux change the name of soybean to Le Soya). Then come descriptions of the characteristics of some of the various beans. "In short we can say that the various types of Mame can be used to make miso, shoyu, or to-fu." The Japanese do not make soybean oil (*huile de Soja*). They use sesame oil for cooking and rapeseed oil to burn in lamps... Soybean straw is given to animals. In Satsuma, in the far south of Japan, horses are given soybeans (*graines de*

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Daizu) at the end of their rations and it is claimed that this is good nourishment and not as expensive as naked barley. (Confusion about Mame and Daizu). Here is what is said about soybeans in the work entitled *Japan at the World's Fair of 1978:* The Mame serves numerous usages; it can be cooked, ground to a meal or flour, and used to make shoyu, miso, and tofu. The soybean, its pods, its leaves, and its stalks serve to nourish horses and sheep; tests show that this is the best nourishment available... Shoyu, after being filtered, is boiled, then cooled. The lees / dregs are then removed and it is stored in small kegs. The reside of first grade shoyu is used as follows. One takes 5 *to* of this residue and one ads one *to* of water. It is mixed, pressed, and boiled, Then one ads 2 *to* of salt, lets it rest and decants it. This second product is then added in larger or smaller quantities to various qualities of shoyu (p. 440). There follows a detailed practical recipe for making shoyu in France by an unnamed correspondent. He recommends substituting peas for soybeans in France. He uses the word *Daizu* for soybean (1½ page description). Here is the recipe for the sauce I have learned in Japan. He made it in France, using 2 parts by volume of naked barley and 3 parts of soybeans (*Daizu*).

Page 441: In Japan, there is no village, no matter how small, that does not have a shoyu maker. It is also made in private homes. The correspondent says: During my stay in Japan, the price of shoyu varied, according to the quality, from 8 to 12 sen, 40 to 60 centimes per *masu,* that is to say per 1.8 liters. To-fu (*Fromage de Daizu*). Note that they now call soybean Daizu. This is a detailed description of how tofu is made in Japan.

Page 442: Key points. Cold extraction of the slurry. The residue is used as fodder for livestock–from beef to rabbits. Soymilk (which he calls "the albuminous liquid" {*Le liquide albumineux*}) is put on the fire. Coagulate it with nigari (*eau de mere*) which contains magnesium chloride. Put the tofu in a basin of running water. To-fu is usually eaten fresh (he says *To-fu* for Japanese tofu and *Teou-fou* for Chinese). It is very frequently cooked with shoyu and dried fish, sometimes fried, more often grilled. Sometimes during the winter it is frozen, then dried to give it a spongelike consistency. In this state it lasts a long time and is cooked / prepared in various ways. In its fresh state, this vegetal cheese (*fromage végétal*) has a very delicate consistency, but it has a certain taste of raw beans that is not pleasant / agreeable.

Note 2. This is the earliest French-language document seen (April 2013) that mentions dried frozen tofu.

Chapter 3. Le Soya in Cochin China (p. 442). France has long been involved in Indochina as a Colonial power. There follows a report from the Committee on Agriculture and Industry in Cochin China. Siebold et Zuccarini. There is a long excerpt (Corroy 1878) from an article about "The feeding of horses and mules imported into Cochin China" from *Bulletin du Comite Agricole et Industriel de la Cochinchine* 1:449-58. For the year 1877. Series 2. See p. 456-58. It is about using black soybeans (*Glycine Soja*)as feed.

Glycine soja is cultivated in India up to the Himalayas and down to Ceylon, in Philippines, Java, etc. The seeds, boiled or lightly roasted are agreeable to the taste and to the stomach. Soy sauce is used to stimulate the appetite. The people also make a white pâté resembling coagulated milk, called Teu hu or Tau hu by the Chinese, which is for them a food more widely used than any other and which, though bland by itself, when served with seasonings and condiments, is a pleasant and healthy dish.

Chapter 4. Le Soya in China (p. 446). The generic name of the soybean is Yeou-Teou. Yellow soybeans are huang-tou. He-tou is black soybeans. Certain varieties are selected for each of the various food uses; not just any varieties are used. Soybeans are used to make fermented spirits and artificial wines called Teou-che.

Soy oil (p. 448). This oil is very widely used. It is of the first grade among the 15 or 20 oils possessed by the Chinese. Europeans find that it has a disagreeable aftertaste of raw beans. Except for this, it is of excellent quality. It was written in the introduction that M. Fremy analyzed the seeds / grains of Soya and that they contained 18% oil. Three samples analyzed by the German chemist Senff contained an average of 18.71% lipids. The analysis of Mr. Pellet of 3 samples of yellow Soya from China, Hungary, and Etampes, that we furnished him, gave about the same result.

Tofu (*Le fromage de Soya,* p. 449): Only the Tartars, scattered throughout the Empire, have continued to use milk. The Chinese do not use it. For them the soya takes its place. From the soybean they extract and filter a milk, a true milk (*lait*) usable like the milk of the cow, goat, or ewe (female sheep).

We are reporting in the chapter entitled Soya in France what type of tests we have done personally and those which have been done by the Society of Horticulture of Marseille. We have but to mention here the immense consumption of soymilk (*lait de Soya*) in China, as such or in form of cheese [tofu]. The Introduction contains reports on tofu by Baron Montgaudry and M. Champion, so there is no need for us to say any more about tofu here. Continued. Address: France.

241. Paillieux, Auguste. 1880. Le soya, sa composition chimique, ses variétés, sa culture et ses usages [The soybean, its chemical composition, varieties, culture, and uses (Continued–Document part III)]. *Bulletin de la Societe d'Acclimatation* 27:571-76. Sept. 28 cm. [73 ref. Fre]
• ***Summary:*** Accessory uses (*Usages accesoires*) (p. 571): The soybean will be used to make miso, shoyu, Chinese-style soy sauce (*le tsiang-yeou*), Japanese-style tofu (*le tô-fu*), Chinese-style tofu (*le téou-fou*), fermented black soybeans (*le téou-che*), and soy coffee (le café de Soja).

We have already said that the soy sauce of the Japanese is excellent; Chinese soy sauce is greatly inferior to it.

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We have made tofu ourselves. Fermented black soybeans (*téou-che*) have been made in Marseilles. We have made soy coffee and presented it to the National Horticultural Society.

For 25 years our missionaries and consuls in China have invited us to make tofu (soy cheese, *fromage du Soja*) in France; we have followed their advice. This fresh cheese in China is a popular food, and the consumption surpasses all that one can imagine. We have made known and want to make known fresh soy cheese, known in the environments of Paris as *fromage a la pie* (quark) and the cheese which is not as fresh as "cheese lightly salted."

Here is how we have proceeded. He then describes how he made tofu... coagulated with vinegar, then boiled 8-10 min after adding vinegar. He made the tofu this way 8 or 9 times. We always got the curds without difficulty, sometimes the same day, sometimes the next. The yield was 1.5, the same as indicated by Champion and L'Hote. The milk may be consumed, as it is in China, before coagulation. The cheese is obtained easily, the danger is in the flavor of raw beans (peas) that we have not been able to remove. We have tried in vain to season it with sweet blue clover (*mélitot bleu*) and with caraway; the bad flavor persists.

We have masked this flavor almost entirely by boiling it for 3 hours, but the result is not satisfactory enough to compensate for the time and fuel. The flavor that we don't like in the milk and cheese is not as repugnant to children as to adults. They kids love the curds, and ask for seconds. If agriculture gets hold of the soybean, if the seeds are everywhere in the hands of cultivators, if its price is low, it will perhaps become the habit to make it into milk and cheese, but it will take some time (Footnote 1: We have presented soy cheese to the National Horticultural Society on 24 June 1880).

We will now discuss the attempts at making soyfoods that have taken place in Marsseille, and which have as their object neither the white cheese or the lightly salted cheese, but fermented black soybeans. We thank Dr. Adrien Sicard, first vice-president of this society, for describing the process which they used to make and perfect the same type of cheese.

Dehull the soybeans. Cook them for 2 hours with 200 gm of rennet per 100 gm of soybeans. They will be ready to eat in 12 hours.

White cheese (p. 573): Add 4 gm salt in a glass pint to 100 grams cheese; cover with Chinese brandy. Note: Without inoculating the tofu with a mold, this process will not work.

Red Cheese (p. 573): Start as above but before placing in the pots, roll the cheese in a powder composed of 4 gm of red sandalwood to which is added a little cinnamon and mace [to get the red color, red koji is traditionally used]. Put spirits on top. Be carefully to seal hermetically air-tight.

Adrien Sicard, first vice president of the Horticultural Society of Marseille, adds the following: At the end of 3½ months the cheese has been found good, but not advanced enough. One month later the white cheese, made with seeds harvested in France, and which I have taken the care to redo, that is to say, to repeat in putting the rind within it by kneading as is done with various cheeses, had bluish marbling and a little of the taste of Roquefort. Beyond this time, it has decompose / fallen apart and had come to the point where I sent it to you.

We saw in Chapter 3 that soy has been cultivated in Tyrol under the name of "coffee bean" (*fève de café*), and that one finds it not only in this country, where it is used to make a coffee substitute, but also in Istria (a peninsula in northwest Yugoslavia) where it is used in the same way. It is supposed that it is used in the same in the south of Italy and in Dalmatia (a region in western Yugoslavia on the Adriatic Sea).

Gustave Huezé, in his book *Les Plantes Alimentaires* (Edible Plants, 2 vols, 1873) gives the soybean the name of the coffee bean (*Dolic à cafe*) and says it is cultivated in all parts of Ariège and of Haute Garonne; we have not been able to verify this. We have roasted soybeans and found that they smell just like roasted coffee. It is inferior to coffee, but for all the world it is a coffee. We presented to the national Horticultural Society a jar of roasted soybeans (26 August 1880) and each one was able to verify the fact that we put forth.

Preparation of soybeans for the table (p. 574): One can praise green vegetable soybeans, still green and shelled, like the Haricot flageolet (tiny French baby lima beans). We don't have personal knowledge of them being eaten in this state, but one of our friends has tested that the cooking has not been any easier than that of the dry soybeans. Moreover, no cook will consent to shell them; that would be too long a job.

We have prepared the dry beans like ordinary white Haricots [dry, as used in cassoulet]. With lots of cooking and care they don't remain hard, but they are still more firm than the Haricot. The flavor is sweet and very pleasant. It doesn't have the same drawbacks as the Haricot. They are excellent in salads, pureed in soups, etc. In mixture with the starchy beans, they complement them by adding nitrogen and fat.

The soybean should be soaked for 24 hours in distilled water or rain water. In the evening, to each liter of distilled water add 3 gm (0.3%) maximum of crystals of soda (baking soda). The water will turn white if it has excess calcium in it, and one must rid oneself of the precipitate by letting it settle the next day.

According to M. Blavet the method of cooking [whole dry soybeans] is as follows: Toss the beans into boiling water and leave them for 2-3 minutes, lift them out, then cook them in new water.

Note: The author fails to understand that whole dry soybeans, when cooked without pressure, require 24 hours over a low flame. Use of baking soda or pressure reduces the cooking time, but they must still be cooked much longer than

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other beans because of their high protein content.

We are inclined to believe that defatted soy meal can be ground to a flour for use in human nutrition. It will consist of 40-45% nitrogenous materials and will not pick up any bad flavors during the production. It will serve to make soups very rich in nutrients and is easier to cook than the whole beans.

Conclusion (p. 576-78; see separate record). Address: France.

242. Kinch, Edward. 1880. Contributions to the agricultural chemistry of Japan. *Transactions of the Asiatic Society of Japan* 8(Part 3):369-415. Oct. See p. 392-93, 398-401, 413-15. Reprinted in March 1907 as a monograph. [29 ref]

• ***Summary:*** "Of vegetable manure the principal are seaweed, the residues from different manufactures, e.g. rape cake, sesamum cake, cotton cake and other oil residues, as from camellia seeds, the residues from the manufacture of *shôyu, ame* [*rice syrup*], *sake, shôchu,* indigo etc." (p. 392). [Note that soybean cake is not mentioned].

"The oil cakes, *ame kasu* (malt dust, the residue from the manufacture of ame from rice, millet and malt of wheat or barley) and *shôyu kasu* [The residue from the manufacture of shoyu] are the most valuable. These manures should not be applied in quantity at the seed time in an unmixed state, owing to their fermenting and also attracting and harbouring insects, which attack the seeds and young plants." Rape cake (*Abura kasu*) and Sesamum cake (*Goma kasu*) are also mentioned.

There are original analyses (p. 393) of 6 samples of "Soy [sauce] residues, *Shôyu kasu* Residue from the manufacture of *Shôyu* from beans and wheat." These vary over an extremely wide range. Nitrogen content ranges from 1.27% to 5.20%, and ash is 0.57% to 11.53%.

"Soy bean, sometimes called Japan pea, *Glycine hispida* (Moench) also known as *Soja hispida:* of this many varieties of different colour and size, etc. are met with, but as far as is known, they differ but little in composition. They are known collectively as *Daidzu* or *O-mame;* a common white round variety is known as *Miso-mame* and *Shiro-mame;* other names of varieties are *Awo-mame, Kuro-mame, Ki-mame, Ichiya-mame, Kurakake-mame* and *Korinza* (p. 398).

Note 1. This is the earliest English-language document seen (March 2008) which states clearly that the present scientific name of the Japan pea is *Glycine hispida* (Moench)–that is, the soybean. Actually, however, the correct scientific name since 1873 had been *Glycine hispida* (Maxim.)

"This bean approaches more nearly in its proximate chemical composition to animal food than any other vegetable known. It contains about one-fifth of its weight of fat and nearly two-fifths of nitrogenous matter. It is extensively cultivated in the north of China and also grows in the Himalayas. In China it is compressed for the sake of its oil, and the residual cake is used for food and also extensively as a manure. In Japan it is used in the preparation of *Shôyu, Tôfu, Miso* and also of *Yuba,* and in these various forms enters to a considerable extent into the food of the nation, to which it is a most valuable contribution, supplying as it does the alimentary principles–albuminoids and fat–in which the staple food, rice, is deficient: it also contains a much larger percentage of the necessary mineral matters than does rice. Of late years this bean has been grown experimentally in different parts of Germany, with success. The haulm and leaves which furnish a valuable fodder, and a variety is cultivated specially for that purpose and known as *Kari-mame.*

"The composition of a sample of the white round variety known as *Miso-mame* was found to be: Water 11.32%, ash 3.86%, fat 20.89%, albuminoids 37.75%, fibre 2.00%, starch etc. 24.08%. Total: 100%" (p. 398). Note 2. This and each of the following nutritional analyses appear to be original, not cited from earlier sources.

A table then contains an analysis of each of the following 4 products: Shiro-miso from Osaka, aka-miso from Osaka, to-fu [tofu], and kori to-fu [tofu]. The composition of aka-miso was found to be: Water 50.40%, ash 12.50% (incl. 11.00% common salt), sugar 0.61%, nitrogenous matter 10.08%, fibre 8.25%, soluble carbohydrates 18.16%. Total: 100%.

The composition of to-fu was found to be: Water 89.29%, ash 0.48%, fat 3.32%, nitrogenous matter 4.87%, fibre -, soluble carbohydrates 2.04%. Total: 100%.

The composition of kori to-fu was found to be: Water 18.75%, ash 1.60%, fat 28.80%, nitrogenous matter 48.80%, fibre -, soluble carbohydrates 2.05%. Total: 100%.

There follows a discussion (p. 398-400) of foods that can be made the soy bean (*miso, kôji, tôfu, kôri-dôfu,* and *shôyu* or soy), and a description of how each is made. "*Miso* is made by mixing the boiled beans with *Kôji* (rice ferment used in *sake* brewing) in various proportions, and with more or less salt, and keeping the mixture in tubs in a cool place for about a month. It will be noticed [from the table above] that one variety contains much sugar, derived from the *Kôji,* and little salt, and the other much salt and little sugar.

"*Tôfu* is made by pounding the soy beans after soaking in water, then straining through a sieve and boiling in water. The solution is filtered through cotton cloth and the residue pressed; the strained liquor, containing vegetable casein or legumin, is precipitated by brine. *Nigari,* formed by the deliquescence of common salt. The precipitate pressed and cut into cakes is *tôfu."*

Note 3. This is one of the earliest English-language documents seen (Jan. 2004) that uses the word "tofu." This is *the* earliest document seen (Jan. 2004) that uses the word "cakes" in connection with tofu.

Note 4. This is the earliest English-language document seen (Oct. 2008) that mentions "vegetable casein" in

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connection with soybeans or tofu, or that equates "vegetable casein" with "legumin" (the word Kinch used in 1979), the water soluble protein in soybeans that can be precipitated to make tofu.

"*Kôri-dôfu* is prepared from the above by freezing it and afterwards exposing to the sun, when, in the process of thawing, the greater quantity of the water is removed, leaving a horny spongy residue.

Note 5. This is the 2nd earliest English-language document seen (April 2013) that mentions dried-frozen tofu, which it calls "kori to-fu" or *kôri-dôfu*. This is also the earliest document seen (April 2013) that uses the word "spongy" to describe the texture of dried-frozen tofu.

"An example of *shôyu* or soy was found to have a specific gravity of 1.199 and to contain per litre: Total solid residue 359.88 grms., ash 195.16 grms., sugar 31.03 grms., nitrogenous matters 41.00 grms., free acid, expressed as acetic acid 6.20 grms. The ash is chiefly common salt, but contains a quantity of phosphates derived from the mineral matter of the beans and kept in solution by the acetic acid formed."

"The [shoyu] mashings are removed to large vats and there kept for many months, usually twenty, and frequently for 3 or 5 years. The better qualities of *shoyu* are kept the longer times. It is found that the best soy is produced by mixing that kept for five years with that kept for three years. After it has been kept a sufficiently long time, it is strained through thick cotton bags and the residue pressed. Before filtering, honey is sometimes added in the proportion of 10 *kin* to 1 *koku* of *moromi* or crude soy, in order to give it a sweet taste. Occasionally a sweet sake, *ama-sake*, prepared by taking, 1 *koku* of *koji* to 7 *to* of water and 1 *to* of steamed rice, mixing them together and steaming for two hours is added instead of honey. The residue obtained on pressing *moromi* is usually again mixed with salt and water, and pressed; this yields an inferior *shoyu*. Sometimes water is added to this second residue and it is again pressed. The residue first obtained is sometimes used as food and the last residue as manure.

"The *Shoyu* after straining is allow[ed] to settle for two days in large tanks, then drawn off and filtered; before sale it is heated to incipient ebullition, otherwise it quickly goes bad.

"The quantity of nitrogenous matter in solution in *shoyu* appears to increase with the length of time elapsing before filtering the *moromi."*

Note 6. *Webster's Dictionary* defines ebullition as "the act, process, or state of boiling or bubbling up."

Also contains detailed information on and chemical composition of adzuki beans or *shôdzu* (*Phaseolus radiatus*), daikon, sea-weeds (incl. three types of Asakusa nori (*Porphyra vulgaris*), kobu (*Laminaria saccharina*) [konbu, which Thunberg and Kaempfer also discussed], wakame, arame or kokusai, awo-nori or ohashi-nori, hijiki, Irish moss or carrageen, tokoroten-gusa or agar agar, kanten or tokoroten, and funori), and sake.

At the end of the article is the summary of a discussion. Professor Atkinson made some remarks about shôyu. He said that Mr. Isono, a graduate of the University of Tôkiyô, had made analyses of *shôyu moromi* at various periods (after 3, 10, and 20 months), which are printed in full, together with an analysis of Kikkoman shoyu. "It was interesting to observe the disappearance of the glucose, and the gradual increase of the soluble nitrogen from the first sample to the last. The greatest change took place between the third and the tenth months. but, after the removal of the greater part of the glucose and dextrin, converted into alcohol and lost by evaporation, very little alteration occurred, except in the color of the liquid, which became darker."

Note 7. This is one of the earliest English-language documents seen (May 1999) that contains an accurate description of miso; it also contains very early information on the composition of different types of miso.

Note 8. This is the earliest English-language document seen (Dec. 2000) that uses the term "chemical composition" in connection with the soy bean.

Note 9. This is the earliest English-language document seen (Nov. 2003) that uses the term "sesamum cake" to refer to sesame cake.

Note 10. This is the 2nd earliest English-language document seen (April 2012) that uses the term "shôyu" to refer to soy sauce.

Note 11. This is the earliest English-language document seen (July 2001) that contains the word "fibre" in connection with soy beans. The fibre content of one variety of soy bean and one miso variety are given.

Note 12. This is the earliest English-language document seen (July 2003) that uses the Japanese word "Goma" to refer to "sesame."

Note 13. This is the earliest English-language document seen (Nov. 2005) that contains the term "cotton cake."

Note 14. This is the earliest English-language document seen (April 2012) that contains the word "Kikkoman."

Note 15. This is the earliest English-language document seen (May 2012) that contains the term *shôyu kasu* (in italics, with diacritics) which it defines as "Residue from the manufacture of *Shôyu* from beans and wheat." Address: Prof. of Chemistry, Imperial College of Agriculture, Komaba, Tôkiyô.

243. Paillieux, Auguste. 1880. Le soya, sa composition chimique, ses variétés, sa culture et ses usages: Le soja en France [The soybean, its chemical composition, varieties, culture, and uses: Soya in France (Document part)]. *Bulletin de la Societe d'Acclimatation* 27:561-76. Oct. [Fre]
• ***Summary:*** Page 561: "Historical–Buffon [Comte Georges-Louis Leclerc de Buffon, lived 1707-1778] became director of the *Jardin des Plantes* [Royal Garden, also called *Jardin*

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du Roi] in 1739. Shortly thereafter French [Catholic] missionaries in China sent him specimens and seeds of most of the important plants of that country. Soybeans or their seeds were almost certainly among their shipments, and without being able to prove it, we have no doubt on this subject. Be that as it may, we have recovered from the Museum [of Natural History] a sachet which, in 1779, contained soybean seeds. It bears the following dates of harvest: 1834, 1836 to 1841, 1843, 1844, 1846, 1847, 1849, and 1850 to 1855 inclusive. Then 1857 to 1859, 1862, 1865 to 1867, 1870, 1871, 1873, 1874, 1877.

"In fact, soybeans have been cultivated at the Museum very probably since 1740, certainly in 1779, and more recently from 1834 to 1880 without interruption. The plant has always germinated and borne fruit as desired, cultivated like haricot beans (French green beans), without any particular problems. It has proved its hardiness and the small influence which changes in atmospheric conditions have on it.

"Since 1855, the abundant distribution of soybean seeds ceaselessly by the Society for Acclimatization, has allowed soybean agronomic trials to be conducted throughout France. But it is difficult, if not impossible, to obtain information about trials made before 1855.

Mr. Blavet, president of the Horticultural Society of Etampes, has uncovered an interesting document in a brochure titled *Seance publique de la Societe d'Agriculture de l'arrondissement d'Etampes* (Public session of the Agricultural Society of Etampes), for the year 1832, page 84. One chapter bears the title "Report by Mr. C. Brun of Beaumes, member of the Agricultural Society of Etampes, chevalier of Saint-Louis, doctor on the faculty of sciences of France, of some agronomic trials conducted by him in 1821, on various species of cereal grains, on his property of Champ-Rond, near Etampes [Seine-et-Oise], France." A final note says: The heat of the summer of 1821 was so favorable to exotic plants that I saw the following plants bear fruit abundantly in my outdoor garden at Champ-Rond, near Etampes: the Dolichos of China (*le Dolichos de la Chine;* perhaps wistaria), the soybean (*Dolichos Soja*), and Dolichos Lablab (also called hyacinth bean). The Niouelle (?) of Senegal showed here for the first time its long pods (*épis*), etc." Note: This is the earliest document seen (April 2000) that describes the 1821 soybean experiment by Mr. C. Brun of Beaumes.

"The duty of the Museum, as a public-interest organization is to distribute seeds, either as a pure gift or as part of an exchange, to persons who request them. Undoubtedly, therefore, trials have been made at various early dates, but we have no record of them.

"Starting in 1855 a large number of participants received seeds from the *Société d'Acclimatation* and experimented with them. Most of these people did not report the results of their trials, as they were obliged to. Others, however, did, including Messrs. Vilmorin, Delisse, Lachaume, etc. But their cultivation did not lead to any progress, so the soybean was not established a permanent crop in France.

"In 1868 Mr. Chauvin, vice-president of the Society of Horticulture at Côte-d'Or [a department in eastern France], cultivated several soybean varieties there, and the culture has continued there to this day.

"In 1874 the Society of horticulture of Etampes received soybean seeds from the Society for Acclimatization, and began experiments that continued until 1880. One can find them mentioned in the Introduction to the Etampes livestock reports. Their cultivation is direct with great seal by Mr. Blavet, president of the horticultural society of that area.

During the same period, one Dr. H... brought the best soybean varieties from Japan and cultivated them. He failed in this trial because his soybeans were late-maturing types. He then restricted himself to cultivating yellow soybeans from China. He encountered no more difficulties and he made *Sho* [perhaps shoyu, or Japanese-style soy sauce] by himself for use in his home.

"In 1878 we received seeds of two soybean varieties. One, from Japan, had white flowers and very pale yellow seeds with a greenish hue. The other, from China, was yellow and belonged to the *Houang-téou* ["yellow soybean"] series; they were among the seeds received from Mr. Montigny and other donors, and have been cultivated at the Museum, at Etampes, at Marseilles, and a little bit all over. (Footnote: These varieties look a little different on the outside, but their chemical composition, usage, and cultivation are the same).

"The seeds from Japan give us nice green foliage, but the plants do not mature their seeds. The Chinese variety succeeds in France as it does anywhere else."

In 1879 a yellow variety received directly from China matured well and was harvested at Marseilles. In 1880 Vilmorin-Andrieux & Company introduced into France one of the varieties tested by Haberlandt in Austria, which variety has proven well adapted to French conditions.

On pages 564-65 the author attempts a sober appraisal as to why a plant with such obvious merits, that has been known in France for over 140 years, is still virtually unknown. Established institutions such as the Museum of Natural History and the government had taken exasperatingly little interest in aiding the private efforts of the Society to introduce new plants. Chemical analyses, demonstrating the nutritional superiority of the soybean, had been lacking until about 1855, when Mr. Frémy [Fremy] confirmed that the soybean contained oil. Messrs. Champion and Lhôte have given an incomplete analysis [published in 1869]. But the classical books on agricultural chemistry, the works of our professors, which make known the chemical composition of the seeds of our typical legumes, omit information on the soybean. There was a general resistance, especially on the part of the establishment, to growing new crops and using new foods. And finally the basic approach of the Society in

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introducing soya first and foremost as a human food was questioned.

"Our point of departure has not been successful. Soya has been presented simply as a new legume. But it is more difficult to cook than other legumes, The flavor is good, but not superior. Fresh, it takes lots of time to shell. Dry, it requires pre-soaking for 24 hours in water that is not hard. If one is ignorant of its nutritive properties, there would be little incentive to grow it, and one would keep growing the traditional legumes instead.

"The people of Austria-Hungary have been wiser. Having already acquired incontestable proof of the value of soya for livestock fodder, they have no other objectives. They seem at the very least to have considered as secondary the utilization of soya for human nutrition. Therefore as soon as they had enough seed, they cultivated large areas, while we were still cultivating the furrows between the rows in the kitchen garden for use as food.

"The seeds will soon be found in all the good markets of southern Germany. The small farmer will then find them (soybeans) all around him at low prices. In eating them, he will find himself strengthened. Then he, in turn, will plant them himself."

Varieties (p. 565-66): In 1878, Japan, China, and the Dutch East Indies have presented all their varieties of soybeans at our Universal Exposition in Vienna. We think that there are more than 30 varieties of soybeans. Let the Society for Acclimatization and Messrs. Vilmorin, Andrieux, etc. get us seeds and we will plant them all. Then we will find among them, perhaps, some early varieties, to add to those we know.

Cultivation (p. 566-56).

Utilization (p. 567-71): We believe it has already been demonstrated that the cultivation of soybeans is easy, that its fecundity is great, and that its chemical composition is superior. Then why have they not been cultivated for the past 10 years?

We tried to introduce soya as a food plant for the garden rather than as a fodder and oilseed. We started where we should have finished. If we persist in this direction we shall fail. Soya will fall back into oblivion, while in southern Germany, the Danube provinces, central Russia, and Italy, it will soon be widely grown and serve as a source of riches.

Accessory uses (p. 571): The soybean is used to make miso (*le miso*), shoyu (*le shoyu*), Chinese-style soy sauce (*le tsiang-yeou* [*jiangyou*]), the tofu (*le tô-fu*) of the Japanese, the tofu (*le teou-fou*) of the Chinese, fermented black soybeans (*le teou-che* [*douchi*]), and soy coffee (*le café de Soja*). We have always said that the shoyu of the Japanese is excellent, whereas the soy sauce of the Chinese is inferior (p. 571).

In the middle of page 571 and near the bottom of page 572 the term *fromage de soja* is used to refer to tofu.

Note 2. This is the earliest French-language document seen (April 2013) that uses the term *fromage de soja* to refer to tofu.

Note 3. This document contains the earliest date seen for soybeans in France, or the cultivation of soybeans in France (very probably in 1740, certainly in 1779). The source of these soybeans was French missionaries in China. Continued. Address: France.

244. Paillieux, Auguste. 1880. Le soya, sa composition chimique, ses variétés, sa culture et ses usages: M.P. Olivier Lecq nous adress une lettre... [The soybean, its chemical composition, varieties, culture, and uses: Letter from Mr. P. Olivier Lecq (Document part)]. *Bulletin de la Societe d'Acclimatation* 27:567-71. Oct. [1 ref. Fre]

• ***Summary:*** The writer believes that the main use for soybeans in France will be as fodder and as a source of oil, with the straw being fed to livestock. When soy is widely cultivated, it will be widely researched.

Its accessory uses will come later, in due time. We will make the Shoyu of Japan, which is excellent and which supplements the juice from meats. We shall make tofu (*téou-fou*), a cheese whose flavor does not appeal to Europeans but that children will eat in its fresh state and will go on eating as they grow into adults.

Mr. Olivier Lecq (p. 568), the writer, is an agronomic engineer from Templeuve, in the department of Nord, located in the far north of France, about 209 km (130 miles) north-northeast of Paris on the border with Belgium. Templeuve is a tiny town about 15 km (9 miles) west of Lille (the capital of Nord) and about midway between Tournai and Roubaix. Mr. Paillieux notes that this letter which he received is of great importance.

Mr. Lecq writes: "As I have already had the honor to tell you, I have pursued the cultivation of the soybean (*du Soja*) only from the viewpoint of feed for animals. Cultivating this plant for the first year, I was unable to conduct trials, and I believe I must rely on the trials made at Séclowitz [Seelowitz], in Moravia. Here is what Mr. Jules Robert told me about the soybean."

"'In 1879 the soybean (*le Soja*) gave me, at maturity, 1,873 kg of beans per hectare and 400 kg of straw. Another part, cut before maturity, gave me 10,500 kg of half-dry hay, ready to be ensiled. (This harvest was relatively poor.) This hay, of which I send you a sample, was mixed with maize and millet... The soya constitutes one-fifth of this mixture, in order to enrich the mass with nitrogenous materials. It is important that the pods be well developed. All the plants must have lost at least 50% of their weight while being dried for hay. When the mass has been well compacted by humans, and if possible by horses, and has been completely covered with 40 cm of soil, it will begin to generate its own heat, turn brown, and again sink down to about half its volume– at which point it will have the appearance and odor of the sample you have.

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"It is important that the piling up be done layer by layer, if these plants, which have such a large mass, are to obtain the desired high temperature.

"If the silo is dug down into the earth to a depth of 1 meter, it is a good idea to have the pile rise 1.5 meters above ground level, so that the total mass, after settling, barely rises above ground level, as if to form a rounded roof.

The best dirt in which to dig a sunken silo is clay with a plastic quality. It would be appropriate to pat the sides with the back of a spade that has been wetted if the weather is dry in order to polish the surface, and to prevent the action of air and the passage of water.

An illustration (p. 569) shows the shape and dimensions of the excavated silo, and the soil covering the silage. The circular pit is 3 meters in diameter at the top and 2 meters in diameter at the bottom, 1 meter below ground level.

A table (p. 569) gives the composition of the forage: Water 8.6%, fatty materials 2.33%, cellulose 43.94%, proteinaceous substances 8.75%, ash 8.80%, and other 27.56% ("extractive substances" or *substances extractives*, probably starch).

This analysis was made at the agricultural laboratory of the prince of Schwarzenberg, at Lobositz (Bohemia).

I am unable to give you the loss in weight which results following the end of the fermentation. I will determine that at the time of my ensilage (*mes ensilages*) of 1880. Thirty oxen which were being fattened were nourished from this mixture whose composition was shown above. A second table (p. 570) shows the average weight of each ox: On Feb. 1, 633 kg each. On March 1, 654 kg. And on April 1 690 kg. A third table (p. 570) shows the ration of six ingredients given to each animal during February, March, and April. In February it was: Natural hay 3 kg. Brown hay (*foin brun* = silage) 5 kg. Corn flour (*farine de maïs*) 1 kg. Peelings of beetroots (*cossettes de betteraves* = mangel-wurzel). Chopped straw 6 kg. And salt 80 gm.

Olivier Lecq continues: In a letter of Sept. 10, Mr. Robert told me: 'I am recognizing more and more the great nutritive value of the forage conserved in silos in which the soybean constitutes about 20%. I increasingly appreciate the importance of this plant from the viewpoint of feeding animals, as we wait for it to be used in human nutrition.'

More nourishing than hay, less exposed to the falling rain and the attacks of insects, the soybean (*le Soja*) in its green state but with pods formed, gave me a harvest of 30,000 kg. I mixed it with green alfalfa (*luzerne*), grass, and maize. I wouldn't dare to give the soybean by itself; I would be afraid of over-exciting the animals with a feed that would be too concentrated.'

One hectare would, therefore, suffice to feed 100 steers for 30 days. 10 kg of this concentrated forage have produced the same effect as 5 kg of maize flour. These 10 kg cost 25 centimes, whereas the 5 kg of maize flour cost at least 1 franc [100 centimes, or 4 times as much].

This, sir, is the information I can give you on soybeans cultivated for the purpose of feeding animals.

I cannot yet give you information on my own crop. I don't yet have much of it, about 3 ares [1 are = 100 square meters], since it did not come up as well as desired. I have some very strong plants and others that are weaker because I had to fill in the gaps by replanting during the drought.

I believe one can compare the soybean with the grape vine for the heat that is necessary for its maturation. I believe that soya requires even less heat–if I can judge by what happened in my case.

One cannot be sure of being able to harvest the beans each year in the department of Nord, but 90% of the time one should be able to.

This crop should, therefore, be encouraged, because even in when it doesn't mature, the soybean will still provide an abundance of very nutritious and beneficial forage, and it will leave the soil in excellent condition for the following crop. Address: France.

245. Paillieux, Auguste. 1880. Le soya, sa composition chimique, ses variétés, sa culture et ses usages: Appendice [The soybean, its chemical composition, varieties, culture, and uses: Appendix (Document part)]. *Bulletin de la Societe d'Acclimatation* 27:579-96. Oct. [Fre]

• ***Summary:*** The first appendix contains summaries of letters to the Society describing 27 agronomic trials with soybeans (*Culture expérimentale de Soja or Soya*) conducted during 1880 (using soybean seeds distributed by the Society) at various locations in France, Switzerland, and Algeria. (Note: Though the publication date of this appendix is given as Oct. 1880, some of the letters are dated as late as 21 Nov. 1880). These letters were received from the following people:

1. Charles Coffin, jardinier en chef au château de Brunehaut, near Etampes (Seine-et-Oise)–18 Sept. 1880. 2-3. Oliver Lecq, at Templeuve (Nord)–20 Oct. 1880 and 30 Oct. 1880. 4. M. Boursier, at Chevrières (Oise)–3 Nov. 1880. 5. M.C.T. at Arras (Pas-de-Calais) 12 Nov. 1880. 6. M.D. at Genlis (Côte-d'Or)–12 Nov. 1880. 7. M.J.S. at Sautin, near Péronne (Somme)–14 Nov. 1880. 8. M.G. at Juvigné (Mayenne)–14 Nov. 1880. 9. M.D. at Saint Lager (Rhône)–14 Nov. 1880. 10. M.L. at Fresnoy, near Hesdin (Pas-de-Calais)–15 Nov. 1880. 11. M.D. at Presles-et-Thierny, near Laon (Aisne)–15 Nov. 1880. 12. M.H. at Montpellier (Hérault)–15 Nov. 1880. 13. M.B. at Andenas, commune d'Alluy, near Chatillon-en-Bazois (Nièvre)–16 Nov. 1880. 14. M.P. at Muides, near Mer (Loir-et-Cher [a department in north-central France])–16 Nov. 1880. 15. M.R. at château de Minillet, near Bornel (Oise)–16 Nov. 1880. 16. M.C. at Montgarny (Meuse)–16 Nov. 1880. 17. M.B. at la Chaise, near Barbezieux (Charente)–17 Nov. 1880. 18. M. de S. at Saint-Sulpice-sur-Lèze, near Noé (Haute-Garonne)–16 Nov. 1880. 19. M.B. at Saint-Riquier, near Abbeville (Somme)–18 Nov. 1880. 20. M.D. at Courtivron

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(Côte-d'Or)–18 Nov. 1880. 21. M.P. at Merville (Haute-Garonne)–19 Nov. 1880. 22. M. de docteur Hénon at Cornières, near Annemasse (Haute-Savoie)–18 Nov. 1880. 23. M.A. Sicard, vice-président de la Société d'horticulture de Marseille (Bouches-du-Rhône)–19 Nov. 1880. 24. M. le docteur Bertherand at Alger [Algiers, Algeria]–19 Nov. 1880. 25. M.L. at Monségur (Gironde)–21 Nov. 1880. 26. M. le docteur Coutaret at Roanne (Loire)–20 Nov. 1880. 27. M.G. at Donneloye (Switzerland {in Canton Vaud, Bezirk Yverdun, southwest Switzerland})–18 Nov. 1880.

Note 1. The report from Dr. Bertherand from Algiers, dated 19 Nov. 1880, reads: "The breeding nursery (*jardin d'essais*) cultivated soybeans (Soya; *Glycine hispida*) many years ago. Soya does rather well here, but its seeds are hard and remain tough. It is possible that it will not be able to compete in the diet with the common haricot for a long time." Note: This is the earliest document seen (Aug. 2009) concerning soybeans in Algeria, or the cultivation of soybeans in Algeria. This document contains the earliest date seen for soybeans in Algeria, or the cultivation of soybeans in Algeria (many years before 19 Nov. 1880; perhaps before 1860 when M. de Montigny is said to have introduced the soybean to Algeria (see Eprémesnil 1860)).

The appendix section ends with: (1) Reprint of a 2-page letter from Eugene Simon, former French consul in China, on soybean farming in China (p. 591-93); (2) Reprint of a description by Eugene Simon, based on the description of a Chinese, of how tofu is made in China (p. 593-94); (3) A French translation of a 1781 article by Isaac Titsingh [Titsing] on the preparation of soy sauce in Indonesia (p. 594-95); and (4) Some information about soybeans from the ancient Chinese herbal *Pên Ts'ao Kang Mu* (p. 595). Address: France.

246. Mene, Édouard. 1880. Des productions végétales du Japon [The vegetable products of Japan]. *Bulletin de la Societe d'Acclimatation* 27:644-66. Nov. [3 soy ref. Fre]
• ***Summary:*** This is part of a longer article, published in several issues, which is an excellent review of earlier publications and work. This part begins with a section on legumes. Among the legumes discussed are *Vicia Faba* (*sora mame, otafuku mame, okakura mame*), *Dolichos unguiculatus* (*sasaghe* [*sasage*, present name: *Vigna unguiculata* (*L.*) *Walp. subsp. unguiculata*], incl. *Jin-roku Sasaghe, Yuhuté Sasaghe, Heritori-yu- roku-Sasaghe*), *Canavalia* (*nata-mame = C. incurva* [*sword bean*], *shiro-nata mame = C. lineata*), *Haricot* (*Phaseolus vulgaris*, incl. *Ingen mame* and azuki {*Phaseolus radiatus* var. *subtrilobata*}), sesame, etc. The author saw samples on display at the Japanese Ministry of Agriculture and at the Exposition at Champ-de-Mars in France.

"Soy sauce (*Le Shoyu*) (p. 648-49): This condiment, so appreciated by the Japanese, had samples displayed is the class of fermented beverages. It is often made with wheat flour and beans (*haricots*), but more often with boiled soybeans (*pois*).

"Chinese *Soye* or *Soya* (*Le Soye ou Soya chinois*) is the same condiment, but more especially made with red beans (*haricots rouges*). Note: Clearly the author did not realize that soy sauce is made from soybeans (not from haricot beans or peas, nor from azuki beans).

Note: This is the earliest French-language document seen (April 2012) that uses the words *Le Soye* or *Soya Chinois* to refer to soy sauce.

"In Canton, it is made in the following way: the red beans are cooked in water for one hour; thrown in a sieve and drained; next the beans are sprinkled with wheat flour and carefully spread out on a wood plank that is put in a warm and humid place that favors the development of considerable mold; after four or five days the mold is taken off and the beans, after having been dried in the sun for 24 or 48 hours, are washed in cold water; salt and water are added, and the mixture is exposed to the sun for two weeks. It is then boiled for half an hour, adding for flavor a bit of star anise, regular anise, and orange peel; the mixture is then filtered through a basket and finally bottled as *Soya."*

There follows a short section titled "Peas" (*Pois, Pisum sativum*), including *Endo mame.* Next comes a detailed but somewhat confused discussion of soybeans (*Pois oléagineux, Soja hispida*) and a listing (often repetitive) of many different types and colors, as follows (p. 649-50): "There was also a variety of soybeans (*Pois oléagineux, Soja hispida*), an early soybean (*mamé*), one with large hanging pods covered with red hairs, and one with large, yellowish-white seeds.

"The principal varieties of *Soja* and *Soja hispida* indicated in the watercolors of the Tokyo Bureau of agriculture were: 1. *Soja* with white flowers, a yellowish-white bean of medium size with white pods. 2. Early green *Soja,* a large yellowish-white bean with large pods covered with red hairs. 3. *Soja blanc,* with large yellowish-white seeds. 4. *Grand Soja blanc,* a large, yellowish-white bean with rather long greenish pods. 5. Green *Soja,* a yellowish-white bean of medium size with little green pods and the stem scattered with brown hairs. 6. *Kinoshita-mame,* a small yellow bean with little hairy pods. 7. Red *Soja,* a red bean of medium size with green, velvety leaves and red flowers. 8. Black *Soja,* a black medium-sized bean. 9. *Kouro-hiro mame,* a large black oval bean [*kouro = kuro* = black]. There are also varieties called: 10. *Awo-mame,* a large, greenish-white bean [*awo = ao* = green]. 11. *Shiro-mame, Kuro-mame, Kuro-kake mame, Kinname* (*Glycine soja*), *Kouringa, and Ichia-mame.*

"In the collection of beans at the Exposition of Champ de Mars the following soybeans were found: 12. *Daizu* (*Soja hispida*), a round yellowish bean of medium size. 13. *Shiro-daizu,* a large yellowish bean [*shiro* = white]. 14. *Oshiro-daizu,* a very large yellowish bean, twice the size of *Shiro-daizu.* 15. *Akayendo,* a medium-sized yellowish bean. 16.

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Awo-mame, a large, greenish-white bean (variety of *Glycine*). 17. *Aokuro-daizu,* a large greenish bean speckled with black. 18. *Thya-iro-mame,* a large, reddish-brown bean (variety of *Glycine*) [*Thya-iro = cha-iro* = brown]. 19. *Shiro-mame,* a white bean speckled with grey (variety of *Glycine*). 20. *Aka-daizu,* a large red bean [*aka* = red]... 21. *Kouro-daizu,* a large black bean."

Near the end of this subsection we read (p. 651): "In China, an oil is extracted (*on extrait*) from soybeans (*pois oléagineux*, literally 'oil peas'); it is used for both cooking and illumination. The green or black peas are often used to color rice wine. Mixed with beans (*haricots*) and wheat, they form the base for the manufacture of soy sauce and of tofu (this latter condiment is composed of two species of boiled beans). With soybean seeds (*Avec les graines de Soja*) the Japanese also prepare a sort of pap (*bouillie*) which for them takes the place of butter and which they call *Miso.* The leaves and branches of the soybean serve to nourish goats and sheep." Address: France.

247. *Brisbane Courier* (*Queensland, Australia*). 1880. Imports (A special charge is made on consignees' announcements inserted in this column). Dec. 29. p. 2.
• ***Summary:*** "Claverhouse, s. [steamer], from Foochow via Hongkong and Cooktown: 1469 packages... 50 packages black tea, 5 boxes bean curd,... 100 cases China oil." Note: What is "China oil"?

248. Bishop, Isabella Lucy (Bird). 1880. Unbeaten tracks in Japan: An account of travels on horseback in the interior, including visits to the aborigines of Yezo [Hokkaido] and the shrines of Nikkô and Isé, by Isabella L. Bird. 2 vols. New York, NY: G.P. Putnam's Sons. See vol. I, p. 232, 237-38.
• ***Summary:*** The section titled "Notes on food and cookery" (p. 232-40) states: "Some fish are fried in the oil of the *Sesamum Orientale,* which produces an odour which makes one fly from its proximity. Eels and other dainties are served with soy (*shô-yu*), the great Japanese sauce, of a dark brown colour, made from fermented wheat and beans with salt and vinegar [sic], and with a dash of *saké* added to give it a higher flavour" (p. 232).

Buddhist teachings on the sacredness of life have, in some parts of Japan, been effaced by contact with foreigners. There some people eat wild birds and fowl. "Seaweed is a common article of diet and is dried and carried everywhere into the interior. I have scarcely seen a coolie make a meal of which it was not a part, either boiled, fried, pickled, raw, or in soup" (p. 234). *Brinjal* or egg-plant are among the many vegetables pickled. Confections consist of sugar-coated [azuki] beans, and *yokan*–made from seaweed. Mochi is a small round cake of unbaked rice dough.

"The common people are also fond of 'a pot-boil of birds' in which a little soy and *mirinshu* are added to the water" (p. 237).

"The chief kinds of soup used by the middle classes are bean soup [miso soup], egg soup, and clear soup. The latter is of two kinds, one water and salt, the other water and soy" [sauce]. Among the lower classes there are many kinds, most of which taste like dirty water with a pinch of salt, and contain cubes of bean curd, strips of dried fish, cuttlefish, etc... Carp is used with bean soup only..." (p. 237-38).

Note: This is the earliest English-language document seen (July 2011) that uses the term "bean soup" to refer to miso soup.

In formal entertainments, the highest of the three classes is *san no zen* in which three small tables of eatables are provided to each guest. The first table includes rice, and "bean soup with carp." Each table contains from 8 to 12 bowls or dishes (p. 238).

Note 2. The author, Mr. J.F. Bishop, lived 1831-1904. Note 3. Yezo (also spelled Yezzo, Yeso) refers to Hokkaido, Japan's northernmost main island. Address: Author [England].

249. Gill, William John. 1880. The river of golden sand: The narrative of a journey through China and Eastern Tibet to Burmah. 2 vols. London: John Murray. With an introductory essay (p. 15-95, about the geography of the area) by Col. Henry Yule, C.B., R.E. [25+* ref]
• ***Summary:*** All the references to soy are in China. Volume 1. Page 68. "October 2–Whilst waiting for the mules to get under way we watched the process of making bean-curd cakes."

Note. This is the earliest English-language document seen (April 2013) that uses the term "bean-curd cakes" to refer to tofu.

"The use that the Chinese make of beans is very remarkable; they cook them in all sorts of ways, eat them pickled, put them into potato patties, and convert immense quantities into bean-curd cakes [tofu].

"The ordinary black and white beans are ground between two circular blocks of granite about two feet in diameter; there is a small hole in the upper stone, through which the beans are swept, water being poured on at the same time.

"As the upper stone is turned a thick white cream runs out from between the stones, and is caught in a receptacle. This thick cream is then boiled with water, a very little rock-salt being added. After a time quantities of froth rise to the surface; this is skimmed off and thrown away, the remainder being tied up in a cotton cloth and squeezed tightly, after which it is put into a flat pan to set. It is finally cut up into squares, and is ready for use.

"The Chinese are particularly fond of this preparation, and in the smallest village even, if nothing else is to be procured, one or two people will be certain to be found selling bean-curd cakes."

Page 108. Oct. 23–Near the villages by little ponds

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where men and boys were busy in the black mud arranging the fish traps that seemed to give them plenty of occupation, for the time that they could spare from threshing corn, making bean-curd cakes, or grinding flour."

Page 185. Feb. 10. The New Year Festival. In the evening we come to our moorings and "the men have their supper. Then the loud cry of the hawkers, who go about amongst the craft selling bean-curd cakes, or little drops of spirit, makes itself heard above the shouts of the sailors;..."

Page 280-81. April 27. "I halted for breakfast at a little wayside tea-shop... Here the customers sit down, drink tea, and call for the dishes they desire; generally a little rice and chopped vegetables; or if particularly rich they may indulge in bean-curd cakes, or some of the innumerable sweetmeats always for sale, such as toffee flavoured with ginger, and hardbake made with walnut instead of almonds."

Page 420: We "arrived at the outskirts of Ch'êng-Tu." "Here were the usual eating and drinking shops, and the number of cakes and pies made of wheaten flour, bean-flour, and flour from all kinds of grain, seemed greater than ever."

Volume 2. Page 18. Near the end of the Han dynasty (3rd century AD), "a certain Liu-Pi, though a member of the imperial family, was in very straitened circumstances, and was at one time driven to making a livelihood by selling straw sandals. He fell in with two men also of poor position, one Chang-Fi, a pork butcher, the other Kuan-Yu, a seller of bean-curd cakes [tofu]. These two counselled Liu-Pi to seize the throne; and they then formed themselves into a confederacy, calling themselves the Three Brothers.

"They had little to start with, but by great bravery and force of character they eventually succeeded in establishing Liu-Pi as emperor." Note: This story, if true, seems to indicate that tofu existed in China in the 3rd century AD.

Page 91. "The Chinaman, on the other hand, loves variety. In every tea-house by the wayside, owing its existence to no more opulent class than the coolies on the road, there are always several little dishes of some sort. Beans simple, beans pickled, bean-curds, chopped vegetables in little pies,..."

Page 279. "... up to the very gates of Chien-Ch'uan-Chou, the first walled city we had seen for months. The walls of the city and the gates were in good repair, and if they suffered much, have been entirely restored since the Mahometan rebellion, but the streets through which we passed were poor and wretched, with miserable houses. Here the old familiar Chinese sights again appeared–fruit-stalls, eating-stalls, with the favourite bean-curd cake;..."

Page 332. This porridge is simply made by pouring boiling water over buckwheat flour, and mixing it up well with an enormous quantity of coarse brown sugar into a paste. The Chinese make a similar porridge of bean-flour; indeed it is hard to say what they do not make of beans; and how they would get on without this useful vegetable it is impossible to say.

Page 365. "... the face of my Ma-Fu, as he made short work of [i.e., ate quickly] innumerable dishes of pork, onions, chilies, bean-curds, and good bowls of rice, was a sight well worth paying for." Address: Capt., Royal Engineers [England].

250. Special catalogue of the Ningpo collection of exhibits for the international fishery exhibition, Berlin, 1880. Preceded by a description of the fisheries of Ningpo and the Chusan Archipelago. 1880. Shanghai, China: Statistical Dept. 132 p.

• ***Summary:*** In the section titled "International Fishery Exhibition, Berlin, 1880," is a subsection (p. 3) on the "Food" of Ningpo: "The great staple of the food of the fishing population consists of rice, generally the glutinous kind called *Ngo mi,* and fish... The condiments are the black sauce called 'soy,' or a red one made from shrimps pounded in salt water. Salt is largely used, as well as a kind of cheese made from beancurd, and called *toufu."*

Note: This section is translated into German (p. 94) under *Nahrungsmittel;* the words *Soya* and *Tou fu* are used.

Another subsection (p. 15-16) on "River fishing" with cormorants in Ningpo (on the Ningpo river), China. Under "Feeding" we read: "The young birds are at first fed with a mixture, in equal parts, of beancurd and raw eel's flesh cut fine... At the end of a month the down begins to be covered by the larger feathers, and the quantity of fish-flesh fed to them is increased, while that of beancurd is reduced. A second month elapses, and the young birds, having grown to double their original size, are fit for the market; a male fetches $1 or $2, and a female half as much."

"After fishing two or three hours the birds are allowed to come on board and rest. At the end of the day the hempen ring is loosened or removed altogether, and they are either allowed to fish for themselves, or are fed by the hand of their master. Seizing the birds one after another by the upper mandible, the fisherman thrusts into their throats a handful of small fish and a ball of beancurd, as large as his fist, the ingurgitation of which he helps with the other hand by stroking the neck of the bird, who seems to enjoy it, as he promptly returns for a second supply. The entire scene is most ludicrous."

251. Nanrido Eiraku. 1880? Nenjuban saisen: Shirôto ryôri. Sassoku hôchô [Year-round recipes: Speedy cooking for amateurs]. Publisher unknown. Undated. Japanese summary by Kawakami 1978. [Jap]

• ***Summary:*** Written in the Kyoto-Osaka area of western Japan some time during the 1800s, this book quoted the *Tofu Hyakuchin.* It lists daily home recipes, including tofu recipes and some using shoyu. Kirazu, the early term for okara, is mentioned. The recipes are listed according to the season in which they are best prepared.

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252. Organov, N. 1881. Soia ili maslichnyi gorokh (Soja hispida *) [Soybean or oil-bearing plant (Soja hispida *)]. *Trudy Imperatorskago Vol'nago Ekonomicheskago Obshchestva, St. Petersburg* (*Transactions of the Imperial Free Economic Society*) 1(2):184-198. Feb. [3 ref. Rus]
• ***Summary:*** The asterisk in the title refers to a footnote (p. 184) which states: Some call this plant "Chinese beans"; in Austria they call them "Haberlandt's beans." Haberlandt is responsible for the successful cultivation of such useful soybeans in Germany. Thanks to Haberlandt, soybeans also became known in Russia. In 1877, Haberlandt sent about 50 soybeans to I.G. Podoba; from these soybeans we have already (1881) obtained 15 pounds of soybeans. This article is based on a brochure by Haberlandt [his superb book, *Die Sojabohne*, 1878], plus the scarce information from the Russian agricultural literature.

The origin of the soybean is in Asia (India, China, Japan, Mongolia). Large quantities of numerous varieties are cultivated there. Soybeans are also grown in the Caucasus, Tunisia, and Algeria, as well as in southern and central Europe. Many attempts have been made to cultivate soybeans in Europe, but more were unsuccessful. Attempts were made in: Hohenheim [Germany]–unsuccessful. Bamberg [southern Germany], by Dr. A. Rauch, who obtained the seeds from their native country–unsuccessful. Germany, by Carl Berndt, using seeds from Shanghai–unsuccessful. France, where soybeans are more commonly known as *pois oleagineux.* 1872–During the Franco-Prussian War [1870-1872, France lost], Sergeant Otto Wehrman found soybeans in the botanical garden of Montigny near Metz and brought them to Germany, where in 1875 attempts to cultivate them were again made.

In 1877 Prof. Haberlandt (Austria) cultivated soybeans received from Capodistria in Istrien [Istria or Istrian Peninsula; as of 2003 divided between Croatia and, at its base, Slovenia]. In Istria, soybeans were used to make coffee. They were also cultivated in Dalmatia [as of 2003 largely in Croatia] and southern Italy.

Such methods of cultivation resembled experimental gardening of horticultural and hothouse plants rather than scientific research on the acclimatization and growing capabilities of soybean plants.

The soybean plant has been well known and well documented by botanists and travelers since the last [18th] century. Kaempfer called the soybean *Daidzu* or *Mame.* Linnaeus called it *Glycine soja.* Jacquin–*Dolichos soja.* Dr. von Siebold and Zuccarini *Soja Japonica,* Sav. and *Soja hispida,* Mönch. Each name represents a different variety of soybeans [sic].

A footnote (p. 181) states: The famous essay by Kaempfer, titled *Amoenitatum exoticarum politico-physico-medicarum,* describes his travels in Persia and Central Asia in 1712. The essay includes descriptions and uses of soybeans in Japan, China, India, and other places.

Knowledge of and interest in soybeans in Europe expanded during and after the 1873 Vienna World Exhibition. Twenty varieties of soybeans were obtained by Haberlandt, who planted them in 1875 in the Vienna Botanical Garden.

A description of Haberlandt's studies (p. 186) includes favorable growing conditions, a description of planting, and identification of different soybean varieties. In 1876, there were only 7 interested people or organizations who wanted to continue Haberlandt's research on soybean cultivation. However by 1877 Haberlandt's successful results interested more people (up to 160). These people received samples of soybeans from Haberlandt and reported their results back to him. Footnote (p. 187): The results of Haberlandt's experiments and those of the colleagues to whom he sent samples were published in the 1878 brochure [sic, book] *Die Sojabohne: Ergebnisse der...*

Describes the physical appearance of soybeans.

Page 188 proposes uses for the soybean in Europe, as food for people, feed for livestock, soybean oil, coffee, and soy sauce. Quotations from Oken (p. 189-90) discuss various uses of soybeans, including a description Miso (a substitute for butter) and Shoyu (a sauce added to fried meat), and how each is made. In China, soybeans are used to prepare a soft cheese or cottage cheese (tofu). A footnote (p. 188) is a reference to a book: Oken. 1841. *Allgemeine Naturgeschichte für aller Staende.* Vol. 3, p. 1661. Page 190 continues with comments on the great nutritional value of soybeans when used as food. A quotation from Dr. F. Leithner [of Krems, lower Austria, on the Danube River, 38 miles west-northwest of Vienna] describes his positive experiences in preparing soybeans as dinner for his guests. Prof. W. Hecke recommended that soybeans be combined with potatoes to make a kind of porridge. A quotation from Dr. Eduard Mach [of St. Michele, South Tirol] describes the taste of soybeans. Other food uses of soybeans proposed by Haberlandt: a substitute for peas in pea sausages, chocolate substitute.

Three tables (p. 191) show the nutritional value / chemical composition of soybeans. (1) The first analysis of the composition of soybeans (soybean seeds) in Germany was conducted by Senff, who obtained the seeds from Japan [from Mr. Berndt]. Their average chemical composition is given. (2) Mr. A. Tomaszek / Tomasek [in Napagedl in Mähren / Moravia, a region in today's Czech Republic] gives the following composition percentages for two types of soybeans from China, grown by him in 1876: yellow (column 1) and dark red (col. 2). (3) Further analysis by Tomaszek / Tomasek shows extremely high concentrations of fat and nitrogen [protein] for the two types of soybeans shown in table (2).

Three more tables (p. 192) give a more detailed analysis, by the Technical Laboratory in Vienna, of three soybean varieties: yellow (from Mongolia), yellow (from China), and

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dark red (from China). There are three columns: Original soybean sample, soybeans grown the first year, and soybeans grown the second year. For each variety, data are given for water, protein, fat, nitrogen-free extract, crude fiber, and ash.

A table (top of p. 193) shows the chemical composition of seven types of legumes: Peas, lentils, wild beans, yellow lupins, haricot beans, broad beans [Vicia faba], Chinese beans (soya), and soya beans. For each legume, data are given for water, protein, fat, nitrogen-free extract, crude fiber, and ash. The data for the first five legumes come from Emil T. Wolff. The data for the broad beans and Chinese beans (soya) come from J. Kuehn / Kühn. The data for the soya beans come from Zulkowski.

A quotation from Carl Berdt includes details on soybean composition, and discussion of the uses of soybean oil (including in bread). A table (p. 193-94), based on the research of Prof. Völker [Voelcker, of London] gives the percentage composition of dried soybean oil-cake (Chinese oilbean cake). A table (2 columns) by Caplan (p. 194) gives the chemical composition of soybean pods, and of the leaves and stems. Another table (p. 194-95) gives an analysis by Zulkowski of the composition soybean straw and chaff dried at two temperatures: air-dried, and dried at 100ºC. A table (p. 196) shows the mineral composition of soybeans.

Pages 197-98 summarize: (1) Cultural trials and harvest information by Attems with Mongolian yellow and Chinese brownish-red soybeans. He was satisfied with the results and sees a future for soybeans. (2) Harvest results of Tomaszek. (3) Harvest results of Prof. Kulisz. Continued.

Note 1. This is the second earliest Russian-language document seen (Nov. 2002) concerning the soybean.

Note 2. This is the earliest Russian-language document seen (Sept. 2006) that mentions soy oil.

Alternate Journal Name entry: Trudy Vol'nogo-Ekonomicheskogo Obshchestva (Scholarly Works of the Free Economical Society).

253. *Clutha Leader* (*Otago, New Zealand*). 1881. Chinese superstitions. April 1. p. 2.

• ***Summary:*** "I propose in the present paper to follow an imaginary Chinaman from the cradle to the grave, and note a few of the superstitions by which he is bound."

On the first day after the birth of a child, the first idolatrous ceremony takes place. A feast is made to the 'Zong-kong zong-bo,' which seems to refer to a god and a goddess "who reside in the bed and look after the children, teaching them to talk and laugh in their sleep. Two large and ten small bowls of rice and some bean curd [tofu] are offered, candles lit, incense and gold paper burned. The idea connected with this feast is that a multitude of spirits have congregated, waiting for a chance of inhabiting a human frame, and as only one can enter the child, this feast is to conciliate the unsuccessful candidates, and induce them to disperse quickly in quest of another abode."

254. Podoba, Ivan Grigor'evich. 1881. Maslichnyi gorokh ili soya (Soya hispida): Svoistva, kul'tura i sposob upotrebleniya [Oil-bearing pea plant or soybean (Soya hispida): Composition, cultivation, and uses]. Odessa, Ukraine, Russia: Printing House of L. Nitche. 14 p. 20 cm. [4 ref. Rus]

• ***Summary:*** Discusses: The soybean plant is attracting interest in agriculture, as being a prominent plant in the future, competing with the domestic potatoes and maize (*kukuruza*). Introduction of soybeans to Europe from Asia (Austria, Germany, France). The yellow soybean found best suited for acclimatization. Botanical indications of a useful / healthy soybean plant. Cultivation of soybeans. Uses of soybeans: Dairy cattle–Podoba says it is already known that soybeans can be used to feed dairy cattle and recommends it to be used likewise in the Southern agriculture. Table comparing soybeans to other plants in its chemical composition. Preparation of soybeans for food: soybean flour, "bean" cheese [tofu], uses in the army, "bean" sausages, substitutes for coffee and chocolate. Cultivation of soybean in the Tavricheskaia region (Crimean region of today's Ukraine).

Note 1. This is the third earliest Russian-language document seen (Nov. 2002) concerning the soybean. Note 2. This is the earliest document seen (July 2002) concerning the feeding of soybeans or soy products to dairy cattle. Address: Odessa, Ukraine, Russia.

255. Renouard, Alfred. 1881. Sur l'introduction du soja hispida en Europe [On the introduction of the soybean to Europe]. *Association Francaise pour l'Avancement des Sciences, Comptes Rendu* 10:945-51. April. Session of 17 April 1881, Algiers. [3 ref. Fre]

• ***Summary:*** Contents: Introduction. History. Cultivation and harvest. Soya as a forage plant. The edible soybean [food uses]. "The *soya*, or rather the *soja hispida* is a plant that is cultivated at many locations in Europe, but whose name is not well known here, and which has only been cultivated for several years. Japan has long known the specialties of its cultivation. There it is well known under the name of *o'mamé* and from it is extracted, from the roasted seeds, the sauce called "japonaise," which is found in the commerce of Europe, where it enjoys a good reputation.

History: At the Exposition of Vienna, in 1873, the Japanese government exhibited, for the first time, the soya as a forage and food plant. Some Austrian scholars, including Prof. Haberlandt of the Institute of Agronomy at Vienna, then studied the composition of this oilseed and perceived that it would make an excellent forage. In 1877 trials started in Austria. In 1871 the Society for Acclimatization in Paris sent several samples of soya seeds to M. Blavet, president of the Horticultural Society of Étampes. He grew the crop and sent samples to other departments and abroad. Later the

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seed house of Vilmorin coined the name "Soya of Etampes" (*soya d'Étampes*). But it does not seem that these laudable efforts have been crowned with success. Mr. Paillieux of the National Society for Agriculture, Mr. Saint-André, director of the Agronomic Station at Montpellier, Mr. Vavin of the Society for Acclimatization, have all worked with soya and are still working for the propagation of this useful plant.

"In the region of Nord, it is to a Frenchman, who actually lives in Moravia, that we owe the actual propagation of soybean culture: Mr. Julius Robert, who cultivates nearly 3,000 hectares at Seelowitz. Last year he made a gift of several hundred liters of soybeans to the Society of Farmers of Nord. At the instigation of Mr. Corenwinder, several farmers tried them. The results obtained by the first experimenters were, in general, satisfying, but we should not yet make a final judgment as to the plant's definite acclimatization. Nearly 30 farmers from around the town of Lille are proposing to plant soybeans again. Free samples, provided to our society by Mr. Olivier Lecq (of Templeuve), an agent for Mr. Robert and those who conducted the first trials, have been rapidly distributed. Today we can consider the soybean as definitely well tested in our department.

"Cultivation and harvest of soybeans: Mr. Yossida [Yoshida], a Japanese man from Tokyo, was sent to the town of Lille by his government to work seriously on cultivation and preparation of flax / linseed. He told us that there were at least 100 varieties of soybean in Japan. A Japanese book titled *Explanation, with Illustrations, of Trees and Plants Newly Determined*, mentioned 25 very distinct varieties of soybeans. The Chinese herbal only cited five varieties, which seems to prove that the soybean is native to Japan.

"In France, we barely know 2 or 3 varieties: the yellow and the brown soybean for temperate climate, and the black for the warm climate. It is the yellow variety that was tried in the department of Nord, and also, by the way, the one that has been cultivated at the Museum since 1790; there we can observe that it comes up well but it does not produce seeds every year" (p. 946).

"In the department of Nord the soybean, can be harvested toward the end of September or during October. However, in warmer countries or regions, the harvest can begin in August or September."

"The harvest ought to be done like that of the like the dwarf bean (*haricot nain*), in the department of Nord, in ripping out the stalks entirely, then suspending them from poles in an open field, the bundles of soybeans tied just above the top of the roots [hung upside down]. The plant thus dries rapidly, if the weather does not pose an obstacle to it. When the soybeans are well dried out, they can easily be stored: they are not attacked by weevils (*bruches*) that cause, as everyone knows, so much damage to beans, peas, lentils, etc."

In 1879 in Austria trials were conducted by Mr. de Blackowicz [Edmund v. Blaskovics] under orders from the Hungarian Ministry of Agriculture. In 1879 he obtained an average yield of 1,699 liters/hectare (range: 237 to 3,262).

Mature and well dried, the soybean constitutes an excellent feed for animals in France. On this subject, comparative experiments on the nutritional value of air-dried soybean pods and dead leaves were conducted in 1879 by Messrs. Weiske, Delmel, and Schulze at the Proskau agronomic station.

In total, 1,000 gm of pods were fed to each of two sheep, from Jan. 8-15 then from Jan. 16-23. One table shows percentage of each nutrient in the pods digested by each sheep (p. 948). A second table shows the percentage of each nutrient in the dead leaves digested by each sheep (p. 949).

"Finally, the soybean has been fed to animals after having been ensiled in a mixture with various forages. The fermentation which these forage crops undergo changes the composition of each. For example, in mixing soya with maize (which contains only 4-5% protein), the protein content of the mixed silage is increased. The following analysis, made in 1879 at Lobozitz (Bohemia) in the agricultural laboratory of the prince of Schwartzenberg, is of a forage composed 80% maize on the stalk and 20% soya on the branches. A table (p. 949) shows: Moisture 8.62%, fatty materials 2.33%, cellulose 43.94%, nitrogen-free extracts 27.56%, proteins 8.75%, and ash 8.80%.

On the farm of Mr. Julius Robert, the cattle being fattened were fed as follows (per head per day). A table (p. 949) shows–in February: Hay 3 kg. Soya and maize ensilage 5 kg. Corn flour 1 kg. Beet peels 40 kg. Chopped straw 6 kg. Salt 80 gm. The amount of soy and maize silage fed in March and April were increased to 8 kg. The next table (p. 950) shows that the cattle gained (on average) 633 kg in Feb., 654 kg in March, and 690 kg in April. The increases in weight gain in March and April must be due entirely to the marked increase in the amounts of soy and maize silage fed during those two months.

The article concludes: "To make from the soybean what the Japanese and Chinese make from it is the least important part of the question; because we think that Europe will leave them with their soy butter (*mizou* [miso]), their sauce (*soyo* [shoyu]) and their cheese [tofu]. It is not surprising that people tried to make cheese; the legumine [a kind of protein] which the soybean contains in large proportion, is, as we know, analogous to casein and undergoes the same chemical reactions. By the way, all these products, except the sauce, are detestable to the European palate.

"Next year I shall give an account of the results obtained during three years of trials in the department of Nord" [in far northern France on the border with Belgium].

Contains eight tables from earlier publications by other authors.

Note: This is the earliest French-language document seen (April 2012) that uses the word *soyo* to refer to soy sauce. Address: The Younger (*fils*), Civil engineer,

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manufacturer at Lille, secretary general of the Industrial Society of Nord [a department in northern France] (Ingénieur civil, Manufacturier à Lille, Secretaire général de la Société industrielle du Nord).

256. Bellain, P. 1881. Rapport: Sur les brochures des mois d'avril et mai [Report: On publications of the months of April and May]. *Société Nantaise d'Horticulture: Annales et Résume des Travaux* p. 185-90. See p. 185-86. [Fre]
• ***Summary:*** Gentlemen, it is possible that at of one of our meetings, we adopted, perhaps, a position too harsh / severe towards the soybean (*le Soja hispida*), a plant that several of us had tested on a rather large scale. Many Societies, in reports that I shall not produce here, praise the soybean (*du Soja*), extol its culture and predict a fine future for it, when its qualities, whether for animal fodder or as a human food, will be duly noted. Thus we would do well, Gentlemen, to start our trials, to taste soya more thoroughly and then, maybe, will we recognize that it can become, as a vegetable, a favorable substitute to the green pea or the green bean, or a plentiful fodder, without even mentioning the very fine properties assigned to it in Japan or in China for making cheese [tofu].

Should I mention to you the black soybean (*Haé-Téou*), a new vegetable, obtained from seeds shipped from China where it is cultivated on a large scale. A long and very interesting notice that I read in the February issue of the *Bulletin of the Society for Acclimatization,* prompted me to address myself to the propagator of this new legume (*léguminuse*) to obtain a few seeds. Mr. Faibre, banker at Beaune (Côte-d'Or), most graciously, shipped me some black soybean (*Haé-Téou*) seeds; I am going to try them and for further input, I refer you to the article in the Bulletin I just mentioned. Mr. Faivre added to this shipment some other seeds about which I shall also report to you at a later time.

Note: "Nantaise" means "of the city of Nantes." Nantes is a city in Western France, located on the Loire river 50 km (30 miles) from the Atlantic coast. Nantes is the capital city of the *Pays de la Loire region* and the *Loire-Atlantique département.*

257. *Oesterreichische Monatsschrift fuer den Orient* (*Vienna*). 1881. Zur Verwendung der Soja-Bohne als Nahrungsmittel [The utilization of the soybean as food]. 7(7):119-20. July 15. [2 ref. Ger]
• ***Summary:*** This article is about tofu (*Bohnenkäse*), based on sources published earlier.

258. Roman, E. 1881. Correspondance: Sur le Soja [Correspondence: On the soybean]. *Nature* (*La*) (*Paris*) 10(425):115. July 25. Letter. [Fre]
• ***Summary:*** "The soybean (Le Soja or Soya), of which you have spoken in previous issues of *La Nature*, is a very interesting plant and destined to play a major role in our agriculture, but it is not new, and its introduction [to Europe?] should not be attributed to Italy [but rather to France]. The [Natural History] Museum was already in possession of its seeds in 1779, but at that time it was nothing but a curiosity. It has been cultivated there up to 1880 inclusive.

"It is now grown not only in Italy but also in Austria-Hungary, where its cultivation seems to have undergone a major development, and in France at various points, especially at Etampes and at Montpellier. Likewise, I had some planted at Orange [capital of Vaucluse in southeast France] this year.

"This plant is probably destined to play as important a role in the future as the potato. Its qualities, which have already been confirmed in France by many experimenters, leave no room for doubt. *La Revue Horticole* has already published several articles on soya; and Mr. Paillieux has written a brochure on this subject (published by la *Maison rustique*).

"Although it seems incredible, soya a hardy plant in France, especially from the latitude of Paris southward, grows in any soil, even the driest, and can provide us with the following: 1. An excellent forage, that is good for fattening cattle. 2. Seeds similar in shape to small haricot beans, but containing 37% protein, 20% fat, and only 3% starch.

"None of our French legumes has an equal chemical composition. The nutritional composition of soya is much better than that of haricots and lentils. It comes close, in that respect, to that of cheeses and could possibly replace the famous dry pepper sausage (*saucisson aux pois*).

"Cooked with rain water and certain precaution, those beans can make a nice dish similar to haricots.

"From it, the Chinese make milk (*du lait*), various cheeses (*divers fromages*), oil, a condiment (*Indian Soy* [sauce]), etc., etc.

"In France, people have envisioned roasting the seeds to make imitation coffee.

"I immediately tried it to check the idea and, although I am very choosy when it comes to coffee, I recognized that the flavor and properties of this decoction of soya were quite similar to those of an average quality coffee. It goes without saying that a cup of soy coffee, well prepared, is immensely preferable to what we are served under the name of mocha in 75% of publish establishments.

"Mixed with milk, the decoction of soya is, in my opinion, better than the coffee with the best aroma. For some time now, we have been drinking this soy coffee with milk every morning. The awareness of these properties of soya would be very useful to the poorer classes, for it actually costs 1.20 French francs per kg at Vilmorin, and this price will certainly drop by more than half when soya comes to be extensively cultivated.

"You can see from the above that soya is one of the most

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valuable plants and that its cultivation merits encouragement in France. It is doubtful that, to start with, we will develop all of the applications mentioned above. But we could–and this is the advice given by those who introduced it–cultivate it first for use as forage. Animals are not sensitive to routine; they accept with pleasure anything savory that one offers them, and have already adopted the soybean. Once the plant is extensively cultivated and well known, we will gradually come to take advantage of all of its qualities."

Note: This is the earliest French-language document seen (Oct. 2003) that uses the word *lait* to refer to soymilk. Address: Ingenieur en chef à Périgueux.

259. *Gardeners' Chronicle* (*London*). 1881. Soy beans in China. 16(411):632. Nov. 12. New series.
• ***Summary:*** "The Soy Bean (Soja hispida), as is well known, is very largely used in China as an article of food. A kind of curd is prepared from them, but they are mainly used to manufacture an edible oil, and the refuse pulp after the expression of the oil is manufactured into cakes the size and shape of large cheeses weighing about 60 lb., which are used either as fodder for animals, or more frequently as manure, especially for Sugar-cane plantations in the southern parts. The beans are known under three distinct varieties, black, yellow, and green: the yellow are said to be the best, as producing most oil. It is stated in a recent report from Newchwang [a treaty port, today's Yingkou, in Manchuria] that the natives of that place boast that the oil made on the spot is much better than that made from the same beans after their arrival in the South.

"The harvest takes place in August and September, and the beans from the neighbouring localities are shipped from Newchwang before the river closes, and during the winter, when the roads are hard and the rivers can be crossed on the ice, thousands of carts arrive from the more distant districts with produce that is shipped away the following spring or summer. In fact, the shipment of produce goes on all the year round as long as the port is open. Bean-oil and bean-cake can be kept any length of time without spoiling; the beans themselves are more perishable, but will keep for a year or more if preserved from damp."

Note 1. This is the earliest document seen (April 2007) stating that soybean cakes (or meal) are used as a fodder or feed for animals.

Note 2. This is the earliest document seen (June 2007) describing the transportation of soybeans over roads using carts or trucks; this takes place in Manchuria. Address: England.

260. Penhallow, D.P. 1881. Meiso [Miso]. *Kansas City Review of Science and Industry* 5(7):437-41. Nov.
• ***Summary:*** "It is well known that the Japanese are a rice-eating people, with whom this article, meiso, is perhaps, the most important of all their foods, but it is not so generally known that the flesh of animals could hardly be considered a regular article of food until within the past few years, and even now, with the great mass of the people, meat is seldom used. Thus for centuries, these people have lived almost wholly without that which western people consider so important a source of nitrogen. It seems, however, that the demands of nature were recognized and met by obtaining from the vegetable kingdom what they failed to secure from the animal, and thus it is we find them consuming enormous quantities of beans prepared in a great variety of ways. Some of the important preparations from beans are cheese, or tofu–a white, curdy mass strongly resembling cottage cheese, unflavored with salt, and held in high estimation. It is prepared in a variety of ways, but almost invariably forms a part of every meal as a constituent of soup. Cake–a stiff, jelly-like confection made by straining boiled [azuki] beans and incorporating with a large proportion of sugar. Pickles–beans in the pod and frequently on the stem [edamame], pickled in a strong brine; they are eaten without further preparation. Sugared beans–roasted beans enveloped in a heavy coating of sugar, and sold as a confection. Shoyu, or Soy–a liquid of dark color and salty flavor, made by fermenting a mixture of salt, beans, and roasted wheat or barley. It is largely eaten with fish and rice. There are other modes of preparation which we will pass over with the exception of meiso, which forms the subject of this article.

"The pasty mass manufactured and sold under this name constitutes one of the most important of the preparations from beans, and enters largely into the diet of all classes as a basis for soup, or, in various forms, as a sauce for fish and meat. In composition it consists of:

"Salt–4.5 *to* = 2.30 bushels.

"White [soy] beans–1 *koku* = 5.13 bushels.

"Rice–4 *to* = 2.05 bushels.

"Salt.–The salt employed is of a very crude sort. It is obtained from sea water by evaporation under the influence of solar heat, and as no attempts are made to secure any special degree of purity, it is consequently contaminated with other salt's and its specific value thereby lessened. Sticks, straw–especially from the coarse bags in which it is transported–and dirt are also always to be found, and as no efforts to cleanse or purify, beyond removal of the larger fragments of straw, etc., are made at the factory, the product into which such salt enters has a rather uninviting appearance. It is always used dry.

"Beans.–The ordinary white [soy] beans appear to be used in preference to any others. They are prepared by boiling for about six hours, when the fire is drawn and they are allowed to cool in the boiler. The next morning they are removed from the boiler and placed in mash boxes which measure 10 x 3 x 1 feet, where they are thoroughly reduced and mixed with the rice and salt by means of a round pole used as a pestle.

"Rice.–White rice, or that which has been well cleaned,

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is soaked in cold water for two days. It is then well drained and transferred to a boiler containing fresh water, when it is steamed for three hours. While yet hot, it is taken to a warm room and allowed to remain under the influence of a warm, moist air for four days, when the whole is found to be covered with an abundant growth of fungus.

"The room in which this operation is performed usually measures about 10 x 20 feet, is constructed of mud walls–eight or ten inches in thickness, and is made as close as possible with the exception of one small window to admit light for the workmen, and a door through which to enter. The only moisture in the room is that which comes from the moist rice, but a constant temperature of 80ºF. is maintained by means of a large charcoal fire at each end of the room. It is regarded that a warm, moist air, undisturbed by draughts, is quite essential to the success of the operation, though darkness is not deemed requisite, the absence of windows being more a matter of economy than anything else. The production of the fungus is usually regarded as the critical part of the whole manufacture, and failure sometimes occurs. No reason could be obtained from the Japanese why the subsequent fermentation is dependent upon the presence of the fungus; that its production is an essential part of the process was all the information that could be obtained.

"At the end of four days, the rice is taken out into a large airy room and spread upon straw mats, 3 x 6 feet, and allowed to cool for one and a half hours. It is then transferred to small trays which measure 18 x 8 x 8½ inches, for convenience in handling, when it is allowed to cool as rapidly as it can. Whether the rice now dries or remains moist appears to be a matter of indifference. As soon as thoroughly cooled, it is incorporated with the salt and beans. It is generally customary, however, to prepare the rice in large quantities once in four days, and thus have a stock always on hand. In that case, as soon as cooled, it is mixed with the salt and placed in large storage vats, where it is tamped solid by the feet, and will then keep without trouble for two months.

"When all the ingredients have been thus prepared, they are placed, cold, in the mixing boxes already described, and thoroughly incorporated into a stiff, pasty mass by means of a long mixing rod. This mixture is then placed in large vats having a capacity of about seventeen koku or eighty-seven bushels. Here it is packed solid by the feet and allowed to undergo a very slow fermentation. Every effort is made to keep the temperature of the mass down as low as possible, and if, during the summer, the heal of fermentation gets too great, the whole mass spoils. It is then mixed with roasted wheat and by further fermentation converted into shoyu or soy. Sometimes the mixture fails to ferment properly, when it is taken out and mixed with a fresh portion of beans. The fermentation is allowed to continue six months in summer und eight months in winter, at the end of which time the meiso is ready for the market.

The result of these various operations is a stiff, pasty mixture of repulsive appearance and disagreeably sour odor, and though it would hardly find favor with Americans or Europeans, possibly excepting epicures, it seems to be in great demand with the Japanese.

"The factory where these facts were obtained employs six men, and the annual produce amounts to from 900 to 1,000 *koku*, equal to 4,617 to 5,130 bushels. The cost of the various ingredients and the finished product is as follows: *"

"Beans, 1 *koku*–5.13 bu–6 yen.

"Rice, 1 *koku*–10 yen.

"Salt, 1 *koku*–5.40 yen.

"Total cost of meiso per koku–7.13 yen.

"Market price per koku–13.20 yen.

Footnote (*): "Prices for 1880; probably somewhat higher at present. Yen, gold, is equal to the U.S. dollar." Continued. Address: Prof., late of the Imperial Agricultural College of Japan [Tokyo].

261. Bankoku gokuhiden [For all nations, top secret]. 1881. Japan. 126 p., handwritten. Publisher unknown. Japanese summary by Kawakami 1978, p. 129. [Jap]

• ***Summary:*** Contains 90 interesting recipes, including goma-dofu (sesame tofu), tofu umeboshi, aniri tofu, and tofu kamaboko.

262. Paillieux, Auguste. 1881. Le soya, sa composition chimique, sa culture et ses usages [The soybean, its chemical composition, culture, and uses]. Paris: Librairie Agricole de la Maison Rustique (26 Rue Jacob). 126 p. 28 cm. [42 ref. Fre]

• ***Summary:*** This is largely a reprint in book form of Paillieux's excellent article by the same title published in the September and October 1880 issues of the *Bulletin de la Societe d'Acclimatation.* The arrangement of text on the pages is somewhat different from (and clearer than) the earlier publication, and it contains small amounts of new information–as on p. 87-88.

Note 1. This is the earliest book seen (July 2012) about the soybean published in French and the second earliest book seen (July 2012) about the soybean published in the western world; the first was by Haberlandt in 1878. This book contains only one unimportant illustration, the same one found in the preceding articles.

2. In France (Dec. 2011) there is "une Rue Paillieux" at Crosne. Since it is on the same page on the Web as Nicolas Auguste Paillieux–http://jacques. colliard.pagesperso -orange.fr/ JournalFamille/ Salats_MJEa.h tml–it is probably the same Auguste Paillieux. Address: Membre de la Societe d'Acclimatation, France.

263. Phares, David Lewis. 1881. Farmer's book of grasses and other forage plants, for the southern United States. Starkville, Mississippi: Published by the author. J.C. Hill,

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printer. 148 p. See p. 19. 22 cm.
• ***Summary:*** "Glycine hispida Japan pea: This bean (it is not a pea) came under my observation some twenty-five years ago [i.e. in about 1856], as the Japan Pea. It was then cultivated to a limited extent for a few years; but ceased to attract attention till the close of our civil war; when it was again widely sold as the Southern Relief Pea. The catalogues name it Soja hispida. Though not a climber, it may be the Dolichos Soja, or Soy bean of China and Japan.

"In this country, this bean is probably not esteemed so highly as it should be either for the table or for forage. Few people bring it to the table more than once; for when prepared as other beans it is inedible and disgusting. But when the ripe seeds are soaked from twelve to twenty-four hours they may be cooked so as to afford a most delicious and nutritious dish. The soaking changes the shape of the bean from globose to oblong."

"This is probably the Sooja or Miso of Japan so much used in soups in that country. The soy or sauce made from these seeds is used three times a day, as salt with us, in nearly all dishes. The favorite Chinese curd-like dish, *Teu hu,* also is made of these beans."

Phares lived 1817-1892. He resided in Mississippi in 1881, and says that he observed soybeans being cultivated in about 1856, but it is not clear that they were being cultivated in Mississippi, either in about 1856 or at the time this letter was written. Later documents (Riley 1909) prove that soybeans were grown in Mississippi as early as 1857.

Note 1. This is the earliest American document seen that uses the term "Glycine hispida" to refer to the soybean.

Note 2. This is the earliest document seen (April 2008) that mentions the soybean in connection with the U.S. Civil War. Address: A.M., M.D., Prof. of Biology, A&M College of Mississippi, Sanitary Commissioner for the State at large of Mississippi.

264. *Otago Witness* (*New Zealand*). 1882. Gleanings. Jan. 21. p. 7.
• ***Summary:*** "M. Roman, a French engineer, states that the cultivation of the interesting plant, the soja or soya, has been largely developed in Hungary and in various parts of France. He thinks that it may in the future become as important an article of food as the potato. It grows in any soil, even the driest; and the plant is an excellent fodder for cattle. The seeds are very nutritious and have the form of small kidney beans. An agreeable soup [miso soup] may be made of them. The Chinese use them for various kinds of cheese [tofu, fermented tofu], to make a condiment with oil [soy sauce? The second character in basic Chinese word for "soy sauce," *jiang-you,* means "oil"], &c. In France the seeds are roasted like coffee, and M. Roman says the decoction of the soja bean is very similar to that of average coffee."

Note 1. This article also appeared (again in the "Gleanings" section) in the May 6 (p. 7) issue of this newspaper.

Note 2. This is the earliest document seen (March 2010) concerning soybeans (the soja or soya) in connection with (but not yet in) New Zealand.

265. *Tropical Agriculturist* (*Ceylon*). 1882. Practical hints for planters on arboriculture: Soy beans in China. 1:706-08. Feb. 1. [1 ref]
• ***Summary:*** This is a reprint of: *Gardeners' Chronicle.* 1881. "Soy beans in China." 16(411):632. Nov. 12.

266. Penhallow, D.P. 1882. Meiso [Miso]. *Scientific American Supplement* 13(319):5091. Feb. 11.
• ***Summary:*** Originally published in *Kansas City Review of Science and Industry.* 1881 5(7):437-41. Nov. Address: Prof., late of the Imperial Agricultural College of Japan [Tokyo].

267. Kraevskii, -. ed. 1882. Peterburskago sobranii sel'skikh khoziaev: 16-go fevralia 1882 goda [St. Petersburg meeting of agriculturists: 16 Feb. 1882]. *Golos* (*"Voice"*) (*St. Petersburg, Russia; Newspaper*) No. 72. March 18. p. 5. [Rus]
• ***Summary:*** This full-page article begins: Head of the meeting: "Our colleague, K.A. Skachkov, who is well acquainted with China and its agriculture, will present his report about the soybean and its use in Chinese agriculture."

K.A. Skachkov: He notes the previous mention of soybeans by A.V. Sovetov. Soybeans are considered "new" only in Europe; they have existed for centuries in China and Japan, where they are well documented in monographs on soybeans. He discusses soybeans in northern China (methods of cultivation, climate, yield) and uses of soybeans in China and Japan such as soy sauce (*tsiap yu*), jiang (after processing soybeans to make jiang, which is fermented, the jiang is used to pickle the roots of vegetables which, being well salted, are eaten between meals and called *jiang-tsai*), soybean prices in Russia, and various types of tofu (*age-dofu, yaki-dofu,* etc.). He notes that in China soybeans are not sold in raw form (?), but can be obtained from factories.

After the talk, the head of the meeting asks if there are any questions or comments; various Russian participants (not only Skachkov) answer the questions. First, K.A. Skachkov comments on the preparation of tofu; the "60-day" soybean is best planted during the latter half of June in Russia.

E.I. Ragozin, asks: "What are the practical uses of the soybean for us [in Russia]? How can it be used in our agriculture? Can it be used only as feed for livestock or can it play a more important role? It is very interesting to discuss the theoretical possibilities of soybeans, but in my opinion it would be better to put them to use." A.V. Sovetov replies that, as he has discussed in a previous report, the soybean can be used as both livestock feed and human food. "It is of high nutritional value and contains twice as much nitrogen as meat, but only 18% fat. The answer to the

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question of how soybeans can be assimilated into Russian agriculture (and how successfully it can be bred here) lies in numerous experiments and trials of actually growing this plant here. Podoba has already proven that it can be grown in the far southern region of Russia (Tavricheskaia), as has Chernoglazov in the Poltavskaia region and Levanda in the Kiev region. However, I do not known how far north soybeans can be grown, although I have heard of trials in the Voronezhkaia region."

A.S. Ermolov: "My cultivation of soybeans in the Voronezhkaia region was not successful. I know that they are not acclimatized to withstand frost." Again A.V. Sovetov replies that soybeans can handle a light spring frost, but an early fall frost kills soybean plants just as it does pea plants. As Podoba reports, it can survive temperatures 2-3ºC below zero. Discusses successful times and temperatures for soybean cultivation.

A.S. Ermolov: "Nevertheless, the soybean plant is fairly easily acclimatized. I talked about this matter with Friedrich Haberlandt, who agrees with me. It is just a matter of obtaining the right varieties."

Head of the meeting: "I would like to add that with time and patience, plants can be gradually acclimatized to almost any environment." A.V. Sovetov, in agreement, adds: Cucumbers and pumpkins, which are warm-weather plants, have been acclimatized to the colder climates of northern Russia. Likewise with beans. E.I. Ragozin adds that he cultivates beans here in the St. Petersburg region.

A.S. Ermolov concludes that soybeans can be cultivated perfectly well in at least *southern* Russia. However, he still questions how soybeans can be used in Russia. None of the other agriculturists at this meeting have told the society how they use the soybeans they grow, so Ermolov suggests listening to the ideas Sovetov has and will present.

A.V. Sovetov: Soybeans can be used to make: Soybean broth, a substitute for beans or peas, soybean potato cakes, a mixture with rice or corn. Soybeans have a very high nutritional value. They can also be used as a feed for livestock, or as food for the army or navy.

Head of the meeting: Difficulties in cultivating this plant should not prevent us from trying.

E.I. Ragozin: Would it be possible for me to obtain and attempt to cultivate the 60-day bean plant? A.V. Sovetov: Of course, but this 60-day bean plant is not a soybean plant, so the previous statements may not apply to it. Head of meeting: Closing remarks.

268. Mene, Édouard. 1882. Des productions végétales du Japon [The vegetable products of Japan]. *Bulletin de la Societe d'Acclimatation* 29:466-90. Sept. See p. 477-90. [40 soy ref. Fre]

• ***Summary:*** This excellent review of earlier publications and work, which is largely about the soybean, contains 40 references to earlier publications, many of them from the *Journal of the Society for Acclimatization* and from early European botanists. Much of the information is taken from earlier issues of this periodical and from the book *Le Japon a l'Exposition universelle de 1878.*

Contents: The soybean (*Soja hispida, O mame: Daizu*, p. 477). The wild soybean (Glycine hispida, Soja hispida, p. 477; it is found in the wild in the coastal regions of the island of Kyûshû. Called *Tsuru-mame* and *Nô-mame* by Franchet and Savatier. Soybeans in the catalog of the Japanese Universal Exposition of 1878: No. 24–The black soybean (*Kuro-mame*), No. 25–The white soybean (*Shiro-mame*), No. 26–The green soybean (*Ao-mame*), No. 37–The black soybean speckled with white (*Gankui-mame*). Where the soybean is cultivated: Not only on the island of Japan, but also in India, on the island of Ceylon, on the Malacca peninsula (i.e., Malay Peninsula), on the Philippine islands, in Borneo, Java, in the Kingdom of Siam, in Cochin China, at Tong-King [Tonkin, formerly in North Vietnam] and throughput China, but mainly in Mongolia and in the provinces of Honan, Shengking [Liaoning], Shantung, and Shansi.

Note 1. This is the earliest document seen (May 2010) concerning soybeans in Malaysia, or the cultivation of soybeans in Malaysia. This document contains the earliest date seen for soybeans in Malaysia, or the cultivation of soybeans in Malaysia (1882). The source of these soybeans is unknown.

Note 2. This is the earliest document seen (May 2010) concerning soybeans in the Philippines, or the cultivation of soybeans in the Philippines. This document contains the earliest date seen for soybeans in the Philippines, or the cultivation of soybeans in the Philippines (1882). The source of these soybeans is unknown.

Note 3. This is the earliest document seen (May 2010) concerning soybeans in Siam (renamed Thailand in 1938), or the cultivation of soybeans in Siam. This document contains the earliest date seen for soybeans in Siam, or the cultivation of soybeans in Siam (1882). The source of these soybeans is unknown.

Note 4. This is the 2nd earliest document seen (May 2010) concerning soybeans in Siam Vietnam, or the cultivation of soybeans in Vietnam. This document contains the 2nd earliest date seen for soybeans in Vietnam, or the cultivation of soybeans in Vietnam (1882). The source of these soybeans is unknown.

The Chinese exposition (class 73) contains samples of all the varieties of soya cultivated in the provinces of the empire: No. 2991 and 3000–Green, white, black, yellow, striped / streaked / variegated (*panachés*), and red soybeans. Source: Chinese customs at Newchwang. No. 3014-3016–Yellow, black, and green soybeans. Source: Customs at Tientsin [Tianjin]. No. 3058 to 3061–Yellow, green and black soybeans., from the customs at Chefoo [Yantai]. No. 3091. Yellow soybeans, from the customs at Chinkiang

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[Zhenjiang]. No. 3103 to 3109–White, red, black, and yellow soybeans from the customs at Shanghai. No. 2135 to 3128–White, black, red, and green soybeans from the customs at Wenchow [Wenzhou]. No. 3152 to 3156–White, green, and black soybeans from the customs at Takow [Kao-Hsiung].

At the Japanese exposition (class 74, condiments and stimulants) are samples of miso and shoyu from Tokyo and the province of Hizen, especially the town of Nagasaki.

The Chinese exposition also contains in class 74 (condiments and stimulants) samples of soy sauce [*soye, soya*] called *Tsiang-yeou* from the Chinese customs at Chefoo, Ning-po, Wenchow, and Canton. The Chinese often add aroma in the form of star anise, green anise, and orange rind. Chinese soy sauce is made with yellow soybeans called *Houang-téou.*

Descriptions of how to make shoyu, miso, tofu, and soybean oil based on earlier European publications (p. 479-83).

In France, Mr. Vilmorin and Dr. Adrien Sicard (of Marseilles), both of whom are involved with soybean cultivation, have prepared soy cheese (*fromage de Soja*) numerous times. Dr. Sicard has made both the white cheese and the red cheese; the latter is rolled in a powder made by grinding red sandalwood (*santal; Pterocarpus santalinus*), mace, and cinnamon (p. 482).

In China, quite a few soy oil factories are found at Calfond in Henan, at Tsinan in Shantung, and at Tayeurn in Shanxi. But the center of soy oil production in China is Ning-po in Zhejiang / Chekiang. From the port of Ning-po and from a port on the island of *Tcheou-chan* [*Zhoushan?*] a large number of junks, carrying only soy oil, depart. Two other manufacturing centers are Newchwang and Chefoo (p. 483).

There follows a long section on the introduction and acclimatization of the soybean in Europe (p. 484-89) based on earlier European documents.

The next section, about kudzu (*Pueraria Thunbergiana,* p. 489-90) cites 9 early references, including *Le Japon a l'Exposition universelle de 1878,* vol. II, p. 153). Address: France.

269. Giliaranskii, V.P. 1882. Monografiya Kitaiskago maslichnago gorokha "Soja hispida" [Monograph on Chinese oil-bearing pea plant *Soja hispida*]. *Trudy Imperatorskago Vol'nago Ekonomicheskago Obshchestva, St. Petersburg* (*Transactions of the Imperial Free Economic Society*) 3(3):269-71. Nov.; 3(4):435-50. Dec. [10 ref. Rus]
• ***Summary:*** Part I (Nov.): Soybeans were introduced to Russia to increase the country's food production. Discusses the nutritional value of soybeans. Haberlandt introduced the cultivation of soybeans to Europe, and his trials proved that soybeans could be successfully grown in various European countries. However Podoba was the first who practically / experimentally proved the success of soybean in Europe. Podoba also installed a laboratory partner named Fein in southern Russia. The first popularizer was A.V. Sovetov, who initiated further projects and data collection.

Giliaranskii began his work in 1881 when he received 5 soybean seeds from his director, Nikolai Pavlovich Ill'inu, who also allowed Giliaranskii to use his equipment and laboratory. In 1880 the Asian Department of Foreign Ministry (of Russia) obtained soybean samples by demand. In the same year, crop information about soybeans was received from the Consulate.

In the text, Giliaranskii then cites five documents that were helpful to him in compiling this article: (1) Organov, N. 1881. *Soia ili maslichnyi gorokh* (*Soja hispida* *) [Soybean or oil-bearing plant (Soja hispida *)]. *Trudy Imperatorskago Vol'nago Ekonomicheskago Obshchestva, St. Petersburg* (Scholarly Works of the Imperial Free Economical Society 1(2):184-198. Feb.; 1(3):304-325. March). (2) The publications of Dr. Bretschneider, who was on a mission to Peking. (3) La Planta Soja hispida, by Geerts, a report from a mission to Japan. Chapters 3 and 4 from Part 1; Chapters 4 and 5 from Part 2 (translation from French), including much information about soy sauce and miso. (4) The famous book: Haberlandt, Friedrich. 1878. *Die Sojabohne: Ergebnisse der Studien und Versuche ueber die Anbauwuerdigkeit dieser neu einzufuehrenden Culturpflanze* [The soybean: Results of studies and trials on the potential for growing this newly introduced crop plant]. Vienna, Austria-Hungary: Carl Gerold's Sohn. ii + 119 p. (5) *Oesterreichische Monatsschrift für den Orient* (Vienna). 1881. *Die japanische Sojabohne als Nahrungsmittel* [The Japanese soybean as a source of food]. 7(12):204-05. Dec. 15.

Part II (Dec.): Chapter 1. Oil of soybean seeds (*Maslo semian soi*). Bretschneider discusses the taste and use of soybeans in Russia. Karl Brendt is mentioned again. Giliaranskii states: "My yield included 40 *zolotnik* (1 *zolotnik* = 4.26 gm) of oil, produced from the variety of seeds received from Mr. Podoba. The oil was extracted using sulfuric ether. I had about 4 lb of soybeans, which I ground in a coffee mill. Then I immersed the flour in ether in a test tube for 4-5 days. Almost all of the oil was extracted. I also extracted the oil using carbon bisulphide, but the yield was 1.5% less than with sulfuric ether.

"I also tried to extract the oil using petroleum ether, but again the yield was unsatisfactory. In addition, the petroleum ether dissociates from the soybean oil, thus changing the latter's smell and taste. The product known as *rigolen,* which has a boiling point of 35ºC, would be the best solvent of all, it is impossible to obtain in St. Petersburg.

"The oil I extracted using sulfuric ether had a clear, heavy yellow color, similar to olive oil in color and viscosity... however as time passes, under certain conditions, it becomes black in color." Through his experiments, Giliaranskii proved that soybean oil contains nitrogen. Sato and his experiments are mentioned (p. 436-37).

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A table (p. 437-38) gives the percentage composition of soybean cake (water, protein, fat, nitrogen-free extract, cellulose, ash), with two columns based on the research of Völcker (1872) and J. Küehn (see Pott 1889, p. 490). Soybean oil cakes, known in English as "bean-cakes," are an important export from the port of Newchwang to southern China, especially to Syamou (?). Discusses the price of soybeans.

Chapter 2. Uses of soy sauce (in China, as well as Europe). Methods of preparing soy sauce are described in numerous Chinese and Japanese publications, but also in European publications such as: (1) *Etude pratique du commerce d'exportation de la Chine*, by N. Rondot (1848, Renard, p. 188). (2) *Chinese Commercial Guide*, by W. Williams (1863, Hong Kong, p. 139). (3) Newspaper article by K.A. Skachkov in *Golos* [Voice] (No. 72, 1882). The main ingredients used in making soy sauce are yellow soybeans (*Soja hispida*, Shiro-daizu or Teppo-mamé or Shoyu-mamé), wheat koji, salt, and water. A detailed description of the process is given. Amazake is sometimes added to soy sauce to give variation in the flavor. Kinch's analysis of Geerts' data (p. 443) gives the relative density of soy sauce as 1.199. The density of soy sauce solids is 359.88 gm/liter. A table (p. 443) gives the density (in gm/liter) of soy sauce constituents as follows: Ash 195.16. Sugars 31.03. Albumen 41.00. Acids 6.20.

Chapter 3. Sauce *miso* or *dai-dzu-ko*. Describes seven different types of Japanese miso and how each is made: 1. Original miso or *shiro miso*–white with little salt. 2. *Chu-miso*–very salty. 3. *Aka-miso*–red, prepared with koji. 4. *Nagoya-miso*. 5. *Kinzanji-miso*–made with soybeans, eggplant and gingerroot. 6. *Mugi-miso*–made with barley and soybeans. 7. *Kogane-miso*–a type of *aka-miso*. A table (p. 445) compares the nutritional composition of *shiro-miso* and *aka-miso*.

Chapter 4. Tofu. Chinese name: doufu. English name: bean-curd. Japanese name: tofu. Yellow soybean varieties (*Gogwatsu-mamé*, *Wase-mamé*, and *Natsu-mamé*) are widely used in Japan to make tofu. A table (p. 447-48) gives the percentage composition of tofu, with two columns based on the research of Kinch (1880) and Geerts (1876). Tofu is seen as an excellent alternative for dairy cheeses.

Chapter 5. Preparation and composition of dried-frozen tofu (kori-tofu) and other types of tofu (dried cheeses). A table gives the nutritional composition of kori-tofu (based on Kinch 1880). Also discusses *agé-tofu*, *abura-tofu*, and yuba. Describes the method for preparing yuba, which is eaten in soups in Japan. Several tables were summarized by Nikitin in Russian (1900) and German (1901).

Note: This is the earliest Russian-language document seen (Oct. 2012) that mentions yuba. Address: USSR.

270. Kinch, Edward. 1882. Die Sojabohne [The soybean]. *Biedermann's Central-Blatt fuer Agrikulturchemie* 11:753-55. Nov. [Ger]

• ***Summary:*** According to Watt (1890, p. 511): "In 1882, Professor Kinch urged the advisability of renewed efforts [to grow soya] in the Himalayan tracts, and, as a consequence, the government of India directed the attention of local officials to the subject. Seed obtained from the Government Gardens, Saharanpur, were distributed to Madras, the Panjab, Bengal, Bombay, Hyderabad, and Burma, for experimental cultivation. It appears to have been grown from seed obtained from China with a fair amount of success at the Saidapet Experimental Farm in 1882."

"The chemical composition of the bean, according to Professor Kinch, places it above all other pulses as an albuminous food, while that of the straw also surpasses in nitrogen value that of wheat, lentils, and even hay."

Table 1 gives original analyses of the nutritional composition of various soybeans, including: from Japan, pale/colorless from China, yellow from Germany, from India, brown, round black, and oblong black soybeans.

"The average composition of the straw, the pods, and of a type of soybean straw from Japan, which are used as very tasty feeds for horses, cows, and sheep" are given in table 2.

Table 3 gives the nutritional analyses of various soybean products: White miso, red miso, Tofu or *Bohnenkäse*, frozen tofu (*gefrorener Bohnenkäse*), and soybean cake (*Sojabohnenkuchen*) which remains after pressing out the oil (*Abpressen des Oels*).

Table 4 shows the percentage composition of nine different mineral salts in the ash of soybean seeds and straw.

Note 1. This may be the 2nd earliest document seen (May. 2010) concerning soybeans in Burma. It seems likely that soybeans were cultivated in Burma at that time, but that is not certain. This document may contain the 2nd earliest date seen for soybeans in Burma (1882).

Note 2. This may be the second earliest document seen (Oct. 2010) concerning soybeans in Pakistan, however that is not certain. The nation of Pakistan was created out of British India in 1947. In 1882 Panjab (Punjab) was a province in British India. It was divided in Aug. 1947 into East Punjab, India (with about 1/3 the area and ½ the population of the original province), and West Punjab, Pakistan. West Punjab was renamed simply Punjab and is now one of Pakistan's four provinces; its capital is Lahore.

Note 3. This is the earliest German-language document seen (April 2013) that mentions dried-frozen tofu, which it calls "gefrorener Bohnenkäse." Address: Professor, Cirencester, England.

271. *Indian Agriculturist* (*The*) (*Calcutta*). 1882. The Japan Pea in India. Dec. 1. p. 454-55. [2 ref]

• ***Summary:*** "If all accounts of this vegetable be true, it is a most important addition to the stock of Indian food, and fodder plants." An American paper writes of it: -

"'The Japan Pea is the most productive as well as good

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food for all kinds of stock; horses, cattle, sheep, and hogs will eat the peas, stems, and leaves, if harvested before fully matured, and cured like all other hay, with as much relish as they do corn. Then, there is no pea for the table–it is soaked in water the night before cooking–that has a more exquisite flavour. They grow on a stout bushy stalk from two to three feet high, somewhat resembling the cotton plant. The main stalk, as well as the branches of the limbs, are literally loaded with small pea-pods, filled with little yellow peas, similar in colour, size, and flavour, to the English garden pea. The way to get the greatest yield is to plant in hills two and-a-half feet each way, allowing but one stalk to the hill to remain after the first working. That will give you 6,960 stalks to the acre, and on ordinary land, cultivated the same as corn, will average at the lowest estimate a pint of shelled peas to the stalk, or a fraction over 108 3/4 bushels per acre. With high cultivation and good soil, it would be an easy matter to double that yield: besides, there is no other crop that will yield more hay to the acre. It is a sure cropper, neither wet not dry weather materially interferes with the quantity or quality of the yield.'

"In a paper on the Soy bean, as the Japan pea is sometimes called, Mr. Kinch, Professor of Chemistry at the Royal Agricultural College, Cirencester, says, that it is worth more than a passing notice, as it is the vegetable which approximates most nearly, in its chemical composition, to animal food:

"'The Soy bean is extensively cultivated in the north of China, whence it is exported to the southern provinces; it is here pressed for the sake of its oil, and the residual cake largely used as food for man and beast, and also as manure. In Japan it is known by names signifying the bean, and from it are made not only *soy* [sauce] but a paste, known as *miso*, which is in constant request at nearly every meal, *tofu* or bean cheese, and other foods used to a less extent. This bean cheese is also well known in China, and is obtained by extracting the legumin from the beans with water, and precipitating it with brine. These foods are most valuable additions to the dietary of the Oriental nations, and especially of the Japanese, who use so little animal food; they tend to supply the deficiencies of the staple food, rice, nitrogenous matter, fat, and also in mineral constituents. The Buddhist priests, who are strictly forbidden the use of animal food, consume considerable quantities of these beans, principally in the form of *miso.* The soy bean first attracted attention in Europe in the year 1873, when specimens from Japan, from China, and from India were shown at the Vienna International Exhibition. Dr. Forbes Watson, Reporter on the products of India, called attention to it in the catalogue of the exhibits of the India Museum. Since then, numerous experiments have been made on the European continent on its growth, and also feeding experiments with the bean and its straw, on different kinds of animals, have been prosecuted. Such experiments have been carried on by Woolling and Wein at Munich; by Haberlandt, Lehman, Harz, Stahel, Zimmerman, Siewert, Wieske, and others, at various stations in Germany, Austria, and Hungary; and experiments have also been made in France and in Italy... The kinds most suited for cultivation there are the yellow, brown, round black, and long black varieties, especially the first three named.'"

"'Taking into account the great richness of these beans in valuable food constituents, their easy digestibility, the value of the straw, and the great probability of some variety being able to be acclimatized without great trouble, this *soja hispida* is worth consideration. The bean would form an exceedingly useful addition to the food of the poorer classes, as a substitute for a portion of the animal food which in the kitchens of the labouring classes is so wastefully cooked. One use it has already found, not altogether to be recommended, *viz.*, after roasting, as an adulterant of, and substitute for, coffee.'" Address: India.

272. *Waikato Times* (*Waikato, New Zealand*). 1882. Gleanings: The soy bean. Dec. 7. p. 3.
• ***Summary:*** "A recent number of the *Agricultural Students Gazette* (Royal Agricultural College, Cirencester [England]) contains an article by Prof. E. Kinch on the Soy bean (*Soja hispida*). This bean, of which there are a dozen or more varieties known in the East, is very largely used as an article of food in Japan and China, where it is manufactured not only into soy [sauce], now exported in considerable quantities to Europe, but also into bean cheese [tofu] and other forms of food..."

"Prof. Kinch is trying to grow one of the varieties in the Botanic Garden at Cirencester, and though our climate is probably too uncertain, and the temperature often too low for most of the varieties to attain perfection, if any of them could be acclimatized, a valuable leguminous crop would be added to our present list."

273. **Product Name:** [Fermented Tofu, and Tofu].
Foreign Name: Doufu-ru, Doufu.
Manufacturer's Name: Sam Sing.
Manufacturer's Address: 615 Dupont St. basement, San Francisco, California.
Date of Introduction: 1882.
New Product–Documentation: Wells Fargo & Co. 1882. Directory of Chinese Business Houses. p. 45. The first line is in English: "Sam Sing, Bean Cake. 615 Dupont st. basement."

The 2nd line, written in Chinese characters, states: Sam Sing Fermented Tofu [and] Tofu Shop 615 Dupont st.

Note 1. Wo Sing and Sam Sing, the two companies in San Francisco that made tofu or fermented tofu, were both located on the same street (Dupont St.).

Note 2. This is the 2nd earliest known commercial soyfoods manufacturer in California (after Wo Sing, 1878).

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274. Blyth, Alexander Wynter. 1882. Foods: Their composition and analysis. A manual for the use of analytical chemists and others. With an introductory essay on the history of adulteration. London: Charles Griffin and Company. xxviii + 586 + 36 p. See p. 191. Illust. 19 cm. [2 soy ref]

• ***Summary:*** The focus of this book is adulteration of foods, its detection and history. Page 191 states: "Chinese Peas. A Pea or bean, much used in China in the form of cheese, is *Soia hispida."* The composition of 3 varieties of soybeans according to G.H. Pellet [1880] is given.

Note: This is the earliest English-language document seen (Aug. 2011) that uses the term "Chinese peas" to refer to soybeans.

A translation of information on tofu from Stanislaus Julien and Paul Champion [1869] *Industries anciennes et modernes de l'empire chinois...* states: "The pea-cheese is considered, in China and Japan, a very important food. The peas (*Soia hispida*) are soaked in water for about 24 hours, then strained; they are next ground to a thin paste with some of the water which has been put on one side. The grinding is effected by a mill. The matters are filtered, and the filtrate is concentrated by heat; and after skimming once or twice is cooled, the caseine [casein] coagulated by plaster, and a salt, which appears to be chloride of magnesium, added. The cheese is grayish-white, and has the following general composition:"–Water 90.37%, fatty matters 2.36%, nitrogen 0.78%, and ash 0.76%.

Also discusses: History of adulteration, especially in England (p. 1-63), gluten (p. 150-51), coffee and its adulteration (p. 349-53; soy is not mentioned), almonds and almond oil (p. 503-07), specific gravity of various oils including sweet almond oil, arachis oil, and sesame oil (but not soybean oil).

In England, recent acts prohibiting adulteration of foods, beverages and drugs were passed in 1860, 1872, 1875, and 1879. Address: M.R.C.S., F.C.S., &c., Public Analyst for the County of Devon, and Medical Officer of Health and Public Analyst for St. Marylebone, England.

275. Bretschneider, Emil V. 1882. Botanicon sinicum. Notes on Chinese botany from native and Western sources. I. *J. of the Royal Asiatic Society, North China Branch. Series 2.* 16:18-230. For the year 1881. [1882* ref. Eng]

• ***Summary:*** The single most important early work on Chinese botany written by a Westerner. Bretschneider, an M.D., lived 1833-1901. Contents: Preliminary Notices (p. 18-22). 1. Contribution towards a history of the development of botanical knowledge among eastern Asiatic nations: Chinese literature on materia medica and botany (p. 22-75, incl. the Materia Medica of Shen Nung, p. 26-32), Chinese works on agriculture (p. 75-86). Chinese geographical works containing botanical information (p. 86-92). Early acquaintance of the Chinese with Indian and Western Asiatic plants (p. 92-95). History of materia medica and botany in Japan (p. 96-101). On the botanical knowledge of Coreans [Koreans], Manchoos [Manchus], Mongols, and Tibetans (p. 101-05).

2. On the scientific determination of the plants mentioned in Chinese books (p. 105+, incl. Cleyer, Siebold, and Kaempfer, p. 124-27). 3. Alphabetical list of Chinese works (p. 131-216). Index of Chinese authors (p. 217-22). Celebrated mountains of China (p. 223-28).

Concerning Shen nung, "Chinese works on agriculture" (p. 75) states: "The primeval Emperor *Shen nung*, whom the Chinese believe to have composed the first treatise on Materia medica, is also credited with having laid the foundation of Chinese Husbandry. His name implies this tradition, for Shen nung means: the Divine Husbandman. It is related in the early records that the people of his age were rude and wholly unacquainted with the advantages of agriculture. They subsisted on fruit, vegetables, and the flesh of birds and beasts. Shen nung examined first the quality of the soil, fashioned timber into ploughs and taught the people how to till the ground and raise grain. On a previous page I referred to the mountain in Shan si, where tradition makes him first teach his people the fundamental processes of agriculture. Sz' ma Ts'ien [Ssu-ma Ch'ien] (B.C. 163-85) records in the *Shi ki* [*Shih chi; Historical records*] (book 1) that Shen nung sowed the five kinds [of cereals]."

In the section on the work of early Europeans who studied the flora of East Asia, the following researchers are discussed in detail: Cleyer (p. 124), Kaempfer (p. 125-26), Thunberg (p. 126), Siebold (p. 126-27), Miquel and Zuccarini (p. 127), Hoffman and Schultes (p. 127-28), Dan. Hanbury (p. 128), O. Debeaux (p. 128), Dr. Fr. Porter Smith (p. 128-29), and P. Perny (p. 130; very critical). Address: China.

276. Bretschneider, Emil V. 1882. Botanicon sinicum. Notes on Chinese botany from native and Western sources [Part I]. London: Trübner & Co. 228 p. No index. 28 cm. [1882* ref. Eng]

• ***Summary:*** The contents of this book was first published in 1882 as an article in the *Journal of the Royal Asiatic Society, North China Branch.* (Vol. XVI, 1881; Article III). Series 2. The contents and pagination of this book is the same as the original article (which see). Address: M.D., Physician of the Russian Legation at Peking, China.

277. Figuier, Louis; Gautier, Emile. 1882. Le soya [The soybean]. *L'Année Scientifique et Industrielle:...* (*Paris*). p. 391-93. [Fre]

• ***Summary:*** For a long time, French agriculturists have worked to introduce this new leguminous plant which has distinct advantages over its close relatives, the haricot bean and the pea.

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The soya, or soja, is of Chinese or Japanese origin. For more than a century, the Museum of Natural History in Paris has possessed specimens. The Society for Acclimatization has spread / disseminated the seeds throughout France, but distrust and apathy have always led to the abandonment of the cultivation of this plant, which nevertheless grows very well in our climate.

More intelligently, Austria tried importing this plant in 1873, and it had soon spread throughout Austrian territory. In Italy and Bavaria it was also grown here and there.

A brief botanical description of the plant is given.

In China and Japan the soybean is used in various forms as a food. An oil is extracted from it which, in part, serves domestic needs. But the two principal forms in which it is used are *shoyu,* a type of sauce or condiment, and *to-fu* [tofu] or *téou-fou* of the Chinese, which has the appearance and certain qualities of *fromage à la pie* (the French term for a fresh dairy cheese resembling cream cheese; quark).

Many people believe that the Chinese eat a diet composed only of rice; however it is clear that they also have their "cheese." An interesting brochure by Mr. Valllieux contains all of the information necessary to make tofu (*fromage de soja*). Doctor Picard has perfected this process and has succeeded in making with tofu (*fromage de soja*) a product that resembles Roquefort cheese [probably fermented tofu].

The dry seeds of the soybean (*de soja*) can be eaten as is, as you would with haricot beans; they provide an excellent purée, and–we must emphasize–they offer none of the drawbacks of haricot beans.

They can also be roasted, in lieu of coffee beans. The aroma and the decoction properties of roasted soybeans would be quite analogous to those of coffee of medium quality, thus far superior as a consequence to all that is served under the name of coffee in many public establishments.

The pods, stems and leaves are fed to cattle and horses. Mixed with green lucerne [alfalfa] growing in the fields, soya produces very rapid fattening / growth; this is easily explained when one examines the chemical composition of the plant.

Cultivation of soybeans is possible throughout the southern part of France; but in the north and in countries which are somewhat cold, they require a great deal of care and attention.

In summary, because of its completely unique nutritive qualities, the soybean is a plant whose cultivation should be expanded as much as possible.

278. Wells Fargo and Co. 1882. Directory of Chinese business houses: San Francisco, Oakland, Sacramento, San Jose, Stockton, Marysville, Los Angeles, Portland, Virginia City (Nevada), Victoria (B.C.), Denver (Col.). San Francisco, California: Britton & Ray. 146 p. [Eng; Chi]

• ***Summary:*** On page 45 is a listing written in English and Chinese, for "Sam Sing, Bean Cake, 615 Dupont st. basement, San Francisco." On page 69 is a listing for Wo Sing, Bean Cake, 708½ Dupont st., San Francisco. The Chinese characters indicate that both companies made both fermented tofu and regular (non-fermented) tofu.

The following table of contents gives a rough idea of the relative size of Chinese populations in various western American cities in 1882, assuming that the population is approximately proportional to the number of pages of business listings. San Francisco, p. 1-76. Oakland, p. 77-84. Sacramento, p. 85-96. San Jose, p. 99-106. Stockton, p. 107-13. Marysville, p. 114-18. Los Angeles, 119-23. Portland (Oregon), p. 124-31. Virginia City (Nevada), p. 132. Victoria (B.C., Canada), p. 133-38. Denver (Colorado), p. 139-46. Address: San Francisco.

279. Williams, Samuel Wells. 1882. The Middle Kingdom: A survey of the geography, government, literature, social life, arts, and history of the Chinese empire and its inhabitants. Revised ed. 2 vols. New York, NY: C. Scribner's Sons. 2 vols. Illust. 24 cm.

• ***Summary:*** In volume 1, in Chapter 6 titled "Natural History of China," the section on legumes (p. 365) states: "The leguminosæ hold an important place in Chinese botany, affording many esculent vegetables and valuable products. Peas and beans are probably eaten more in China than any other country, and soy is prepared chiefly from the Soja or Dolichos. One of the modes of making this condiment is to skin the beans and grind them to flour, which is mixed with water and powdered gypsum, or turmeric. It is eaten as a jelly or curd, or in cakes, and a meal is seldom spread without it in some form."

In Chap. 13 titled "Architecture, dress, and diet of the Chinese," the section on "Vegetables eaten by the Chinese" (p. 773) states: "The Chinese have a long list of culinary vegetables, and much of their agriculture consists in rearing them. Leguminous and cruciferous plants occupy the largest part of the kitchen garden; more than twenty sorts of peas and beans are cultivated, some for camels and horses, but mostly for men. Soy is made by boiling the beans and mixing water, salt, and wheat, and producing fermentation by yeast; its quality is inferior to the foreign. Another more common condiment, called bean curd or bean jam, is prepared by boiling and grinding black beans and mixing the flour with water, gypsum, and turmeric."

In volume 2, Chapter 20 titled "Commerce of the Chinese," states (p. 396): "*Soy* is a name derived from the Japanese *sho-ya;* it is made by boiling the beans of the *Dolichos soja,* adding an equal quantity of wheat or barley, and leaving the mass to ferment; a layer of salt and three times as much water as beans are afterward put in, and the whole compound stirred daily for two months, when the liquid is pressed and strained. Another method of making the

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condiment has already been mentioned in Volume I., p. 365."

Samuel Wells Williams lived 1812-1884. Address: Prof. of the Chinese Language and Literature at Yale College, Author of Tonic and Syllabic Dictionaries of the Chinese Dictionary.

280. Geerts, A.J.C. 1883. Observations on Kinch's list of plants used for food. *Transactions of the Asiatic Society of Japan* 11(Part 1):31-35. April. [3 ref. Eng]

• ***Summary:*** Note 1. Geerts is referring to the article by Kinch titled "List of plants used for food or from which foods are obtained in Japan," on pages 1-30 of this issue of this periodical.

"Prof. Kinch seems not to have been acquainted with the list of 447 economical plants, published in 1826 by Ph. Fr. von Siebold in the *Transactions of the Batavian Society of Arts and Sciences* [*Verhandelingen van het Bataviaasch Genootschap van Kunsten en Wetenschappen*], Vol. XII, under the title of *'Synopsis plantarum oeconomicarum universi regni Japonici,'* for Mr. Kinch mentions only the more imperfect list given by Thunberg in his *Flora Japonica.* Further, several articles written on the subject of economic Japanese plants, published by von Siebold in the Journal of the Royal Dutch Society for the Advancement of Horticulture, during the years 1844-45-46, etc., might be perused with advantage by those who wish to study the practical side of Japanese economic plants.

"In Karl von Scherzer's work, *Fachmaenuische Berichte ueber die oesterreichisch-ungarische Expedition nach Siam, China und Japan,* Stuttgart, 1872, there is an extensive article by Dr. S. Syrski, on Japanese horticulture and economic cultivated plants, pp. 175-220. Several interesting observations on the mode of culture, time of sowing, planting, and harvesting, will be found there."

"As a preliminary catalogue Mr. Kinch's list may be useful for those persons who do not possess the botanical literature on the Japanese flora, but as a practical indication for horticulturists the list is deficient. Note 2. Chinese characters (or katakana) are given for each for the following Japanese terms.

"For instance the plant *Dai-dzu* or *O-mame,* the Soja hispida, Moench, has in Japan five distinct cultivated varieties and eleven or perhaps more sub-varieties, viz:

"I. White or slightly yellow beans, Haku-dai-dzu. 1. Very early variety with very small bean. Harvest in July. *Goguwatsu-mame* 2. Early variety with small white bean, *Wase-mame* or *Natsu-mame.* These [first] two varieties are also called *Bai-to* or *Tofu-mame* and serve especially for preparing *To-fu* [tofu]. 3. Middle early variety with somewhat larger round beans, *Nakate-mame.* Much used for preparing miso. 4. Late variety with round and hard beans, *Okute-mame.* 5. Late variety, with smaller, perfectly round and hard beans, *Maru-mame.* Can be kept a very long time and is much used as food for horses. 6. Late variety, with large, perfectly round, and very hard beans, *Teppo-mame* or *Aki-mame.* Is much valued for the preparation of *Shoyu* [soy sauce].

II. "Black beans, *Koku-dai-dzu* or *Kuro-mame.* 1. Middle late variety, with round, small, hard, black beans, *Kuro-mame.* 2. Middle late variety, with round, large black beans, *Kuro-teppo-mame.* 3. Late variety, with flat, elliptic, black beans, *Go-ishi-mame* or *Kuro-torokusun* or *Hachi-bu-name* or *Tamba-kuro-mame.* These kinds [in category II.] are eaten in a boiled mixed with sugar as *entremets.*

"III. Brown beans, *Katsu-dai-dzu.* 1. Round reddish brown beans, *Aka-mame.* According to the size the Japanese distinguish even six subvarieties of this brownish Soya-bean. The reddish kinds are far less cultivated than the white and black varieties. 2. Light brownish-red and round beans, *Cha-mame.* According to the more or less intense colour the Japanese distinguish three sub-varieties of *Cha-mame.* They are rarely cultivated. [Both these types] are eaten with sugar in a boiled state" (p. 34).

Note 3. This is the earliest English-language document seen (Oct. 2004) that mentions red or reddish soybeans (actually brownish-red).

Note 4. This is the earliest English-language document seen (Feb. 2007) that contains the word "Soya-bean" or ("Soya-beans").

"IV. Greenish or blue-greenish beans, *Sei-dai-dzu* or *Aö-mame.* 1. Round, middle-sized greenish beans, *Aö-mame.* The Japanese distinguish two sub-varieties, viz., α. *Sei-hi-to* with the epidermis only of a green colour, but white inside [and] Beta. *Nikuri-Sei,* which are outside and inside of a greenish colour. 2. Light green round beans, *Kagemame.* [All] are only cultivated in the provinces of Ise, Iyo, Harima, Idzumo [Izumo], Omi. Eaten with sugar in a boiled state. Note 5. This is the earliest English-language document seen (Oct. 2004) that uses the term "light green" to describe the color of a soybean.

"V. Spotted beans, *Han-dai-dzu* or *Fu-iri-mame.* 1. Greenish, flat, oblong beans with a black spot at the navel. *Kuro-kurakake-mame.* Relatively rare and only cultivated in Nagato [an old province on the southwest tip of Honshu, Japan; as of 2003 part of Yamaguchi prefecture], Idzumo [Izumo] and the environs of Kiyoto [Kyoto]. 2. Yellowish-green, flat, and slightly oblong beans, with a dark brown spot at the navel. *Aka-kura-kake-mame.* Rare. 3. Yellowish-green beans with many dark spots. *Furi-mame* or *Udzura-mame.* Rare. Cultivated in Harima province."

Note 6. This is the earliest English-language document seen (Oct. 2004) that uses the term "Yellowish-green" to describe the color of a soybean.

Note 7. This is the earliest English-language document seen (Sept. 2004) that uses the word "spots" (or "spotted" or "spotting") or the term "reddish brown" to describe the color of soybean seeds.

Note 8. This is the earliest English-language document

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seen (June 2009) that discusses the color of many soybean varieties.

Note 9. This is an excellent, original article, which gives the names of many Japanese soybean varieties for the first time in English or any other European language. That information is largely derived from Iinuma (1861 and/or 1874).

281. *Brisbane Courier* (*Queensland, Australia*). 1883. Imports (A special charge is made on consignees' announcements inserted in this column). June 9. p. 4.
• ***Summary:*** "Venice, s. [steamer], from Hongkong: 46 cases merchandise,... 47 boxes soy [sauce],... 1 bag seaweed,... 18 packages preserved ginger, 5 boxes bean curd, 15 boxes sauce, 8 baskets ginger,... 10 boxes bean cake,... 5 boxes bean stick" [dried yuba sticks].

Note 1. Bean cake, which is apparently a food, is probably fermented tofu, but could possibly be dried frozen tofu. If it is fermented tofu, this is the earliest English-language document seen (Oct. 2011) that mentions fermented tofu, which it calls "bean cake."

Note 2. These goods are clearly for Chinese customers in Australia.

Note 3. This is the earliest document seen (Jan. 2010) that clearly mentions yuba being imported or exported.

282. Giliaranskii, V.P. 1883. Monografia kitaiskogo maslichnogo goroxa (Soja hispida) [Monograph of Chinese oil-bearing pea plant (Soja hispida)]. St. Petersburg, Russia: Printing House of "Obschestvennaya Pol'za" Union. 48 p. 20 cm. [1 ref. Rus]
• ***Summary:*** Contents: Foreword. Part I: Natural history of *Soja hispida.* 1. Soybean history (including I.G. Podoba's experiments). 2. Plant description. 3. Soybean varieties. 4. Summary table of soy varieties cultivated in Japan. 5. Cultivation of soybeans. 6. Physical and physiological properties of soybean seeds. 7. Chemical composition of soybean seeds.

Part II: Soybean processing and utilization. 1. Soybean oil. 2. *Shoyu* [soy sauce]. 3. *Mi-so* [miso] sauce. 4. Vegetable cheese *to-fu* [tofu]. 5. Dried vegetable cheese *Kori-tofu* [dried-frozen tofu] and other varieties of *tofu.* Address: First Class Technologist/Production Engineer, St. Petersburg, Russia.

283. Koenig, Franz Joseph. ed. 1883. Chemie der menschlichen Nahrungs- und Genussmittel. Vol. 2. Zweite sehr vermehrte und verbesserte Auflage [The chemistry of human foods and food adjuncts (stimulants / enjoyables). Vol. 2. 2nd ed.]. Berlin: Verlag von Julius Springer. xviii + 816 p. See p. 371-72, 387. Illust. Index. 25 cm. [5 ref. Ger]
• ***Summary:*** In the section on "Legumes" is a subsection titled "Soybeans" (*Sojabohne*) (p. 371-72) which begins with short summaries of Haberlandt (1878) and Wein (1881). The first table, based on calculations by Wein, shows that, on a per hectare basis, soybeans yield about 1/3 more protein and about ten times as much vegetable oil as common beans or peas. The second table gives the average chemical composition of 43 soybean varieties analyzed by König, and first published in detail in Vol. 1, p. 103-04. The range: Protein 26.5 to 40.0%. Oil 14 to 19%. The third table gives the average analysis of the ash found by Edward Kinch in 1882. The soybean is unique among legumes in its combination of a high oil content with an even higher protein content. Moreover, its straw makes a nutritious fodder for cattle. "The soybean is therefore highly recommended for cultivation in Germany, and efforts should be made to find ways of producing good-tasting foods from it."

In China and Japan, soybeans have long been used to make human foods such as miso (*Misobrei*), shoyu (*Soohu*), and tofu (*Tofu*). The fourth table gives the nutritional composition of five soy products as determined by Edward Kinch: White miso, red miso, fresh tofu, frozen tofu, and soybean cake. While some of these products may not be suited to German tastes, E. Wein has used soybeans to prepare a tasty German dishes, including a soup like that made from beans and peas, a salad like that made from garden beans, or by cooking soybeans with potatoes or rice, a purée, which resembles Italian "Polenta" and has been called "Sojenta" by Haberlandt (1878). The taste of dishes made from soybeans reminds one of somewhat of almonds or chestnuts, but even more of garden beans. A soybean flour (*Mehl*), similar to the flour made from beans and peas, has already been made for kitchen use from soybeans (see p. 387).

The section titled "Legume flours" (*Leguminosenmehle*) (p. 387) contains a table that gives the nutritional composition of such commercial flours: Bean flour (*Bohnenmehl*), pea flour (*Erbsenmehl*), lentil flour (*Linsenmehl*), and soybean flour (*Sojabohnenmehl*). The latter contains: Water 10.23%, protein 25.69%, oil / fat 18.83%, carbohydrate 38.12%, cellulose (*Holzfaser*) 2.75%, ash 4.36%. On a moisture-free basis: Nitrogen 4.58%, carbohydrate 42.45%.

Also discusses: Lecithin in egg yolks (not in soy, p. 223, 233). Composition of vegetable oils, incl. olive, linseed, poppyseed, hempseed, rapeseed, white sesame, black sesame, cottonseed, peanut, palm kernel, coconut (p. 325). Lupins (yellow or blue, p. 373-75). Almonds (p. 495, 497). Agar-Agar (p. 496-97). Peanuts (p. 495, 497). Coffee substitutes (not incl. soy, p. 607). Address: Head, Agricultural-Chemical Experiment Station, Muenster in Westphalia, Germany (Vorsteher der Agric.-Chem. Versuchsstation Muenster in Westphalia).

284. Pogson, Frederick. 1883. Manual of agriculture for India. Calcutta, British India: Thacker, Spink and Co. 296 p. See p. 280-81. Index. [1 ref]

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• ***Summary:*** Chapter 14, "Field pea crops, including the Japan pea" states (p. 184): "The Japan pea assumes the form of a bush from two to three feet in height. In the plains it should be sown after the rains cease. Drills should be made three feet apart, and a single seed should be sown at every three feet; the spot where the seed is sown being manured as for beans. The botanical name of the Japan pea is *Soya Hispida.* It is half pea and half bean in appearance, with singular leaves, and pods somewhat like the pods of the *Cajanus sativa* or *Urhur Dall* [*Dahl*] of the next chapter."

In the Appendix (p. 267+) is a section titled "Japan pea" which states (p. 280-81): "A small supply of this pea-bean was received by the writer in the spring of 1882. It was freely distributed in Dehra, but failed entirely as a hot-weather crop. A few seeds sown at Mussoorie grew to the height of two feet, and bore pods very much resembling those of the *Urhur Dall* (*Cajanus sativa*). At the writer's request a supply of the seed was sent to Simla, and the result is given beneath.

"'The Government of India has decided on the cultivation of the Japan pea being extended in this country, and with this view it has suggested that further experiments should be made in suitable places. This bean or pea has its natural habitat in China and Japan, it also grows in Mongolia, and in India in the Himalayas, and within the last few years it has been cultivated experimentally in several European countries, under the name of the Soy bean. It is a vegetable, which approaches most nearly in its proximate chemical composition to animal food. The Soy bean first attracted attention in Europe in the year 1873, when specimens from Japan, from China, and from India were shown at the Vienna International Exhibition. Dr. Forbes Watson, reporter on the products of India, called attention to it in the catalogue of the exhibits of the India Museum. Since then numerous experiments have been made on the European continent on its growth, and also feeding experiments with the bean and its straw on different kinds of animals have been prosecuted. Such experiments have been carried on by Woolling and Wein at Munich; by Haberlandt, Lehman, Harz, Stahel, Zimmerman, Siewert, Wieske, and others at various stations in Germany, Austria, and Hungary; and experiments have also been made in France and in Italy.

"'In Japan it is known by names signifying THE bean, and from it are made not only soy [sauce] but a paste, known as *miso,* which is in constant request at nearly every meal, *tofu* or bean cheese, and other foods used to a less extent. This bean cheese is also well known in China, and is obtained by extracting the legumin from the beans with water and precipitating it with brine. These foods are most valuable additions to the dietary of the Oriental nations, and especially the Japanese, who use so little animal food. They tend to supply the deficiencies of the staple food, rice, in nitrogenous matter [protein], fat, and also in mineral constituents. The Buddhist priests, who are strictly forbidden the use of animal food, consume considerable quantities of these beans, principally in the form of *miso.'–Vide 'Simla Argus,' 18th November, 1882.*"

Note: Simla was a hill station in British India. The *Argus* was a periodical published at Simla, a hill station in British India in the 1880s. The Simla Argus Press published a few books at the same place and time. Address: Lieutenant, Her Majesty's Bengal Army, Dehra Doon; Honorary Member Agri-Horticultural Society of India.

285. Scheube, Botho. 1883. Die Nahrung der Japaner [The food of the Japanese]. *Archiv fuer Hygiene* p. 352-83. [3 soy ref. Ger]

• ***Summary:*** In the Japanese diet, rice plays the most important role. From a special type of glutinous rice, the Japanese prepare their beloved rice cakes, called mochi, which are found in every house during the New Years festival. The Japanese bake no bread, yet *Fu* (made from wheat gluten) could be considered a kind of bread. The process for making it is described.

Legumes, beans and peas, also are important in the Japanese diet. Countless types are cultivated, but the most important is the remarkable soybean (*Sojabohne–Glycine hispida*), on account of its richness in nitrogen [protein] and fat, and its relatively low starch content. The most important foods made from soybeans are tofu, miso, and shoyu; a detailed description is given of the process by which each is made. Two analyses of shoyu, by Ogata and by Kinch, give its composition. Beans and peas are also eaten as vegetables by the Japanese, and bean meal [probably kinako] is used in the preparation of many kinds of cakes.

On pages 361-67 are many tables containing descriptions of the diets consumed by various individual Japanese persons, usually for three days or three meals. For each is given: The age and approximate weight of the person, the foods consumed, and the weight (in grams) of each food consumed each day. Tofu (*Bohnenkäse*), miso soup (*Miso-Suppe*), and wheat gluten cakes (*fu*) appear with rice (and/or sushi or mochi) and tea in most diets. The word *Bohnensauce* (p. 362) appears to refer to shoyu (soy sauce).

Botho Scheube lived 1853-1923. Address: Docent, Univ. of Leipzig, Germany.

286. Vilmorin-Andrieux & Co. 1883. Les plantes potagères: Description et culture des principaux légumes des climats tempérés [Garden vegetables: Descriptions and culture of the principal vegetables from temperate climates]. Paris: Vilmorin-Andrieux & Co. xvi + 652 p. See p. 549-50. Illust. Index. 25 cm. [Fre]

• ***Summary:*** The section titled "Soja–*Soja hispida* Moench" (p. 549-50) describes the soybean. It is a member of the legume family (*Légumineuses*). Synonym: *Pois oléagineux de la Chine.* A description is given of this Chinese annual, of its cultivation and usage.

Two specific types of soybeans are then described and

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an illustration (line drawing) shows the live plant of each type with many pods growing thickly on the stem, plus a separate enlargement of a cluster of pods: (1) Ordinary soja with yellow seeds (*Soja ordinaire a graine jaune*). A cluster of about 7 pods appears to the upper left of the plant. This illustration first appeared in 1880.

(2) The soybean of Etampes (*Soja d'Étampes*). A cluster of about 3 pods appears to the lower right of the plant. A note states that the plant is reduced to one-eighth its normal size, and the pods to one-third.

See also the 1885 English edition.

Note: Both of these illustrations are copied from earlier publications, as follows: (1) Vilmorin-Andrieux et Cie. 1880. *Prix Courant Général de Graines, 1880-1881.* See p. 30. (2) J.R.F. 1882. *Garden* (*The*). July 29. p. 93. Address: Paris, France.

287. *Brisbane Courier* (*Queensland, Australia*). 1884. Imports (A special charge is made on consignees' announcements inserted in this column). April 8. p. 4.
• ***Summary:*** "Suez, A.C.J. and S.S.S. Company's s. [steamer], from Hongkong direct: 2,432 bags rice, 50 cases oil, 50 cases Chinese oil, 10 cases China oil,... 10 boxes bean curd,... 8 boxes salt beans [probably salted black soy beans; fermented black soybeans],... 54 boxes sauce,... 5 boxes bean sauce [perhaps soy bean sauce],..."

Note: The ambiguous term "bean sauce" is used in 4 issues of this Australian newspaper from 8 April 1884 to 8 March 1897.

288. *Times* (*London*). 1884. Japan at the health exhibition. Aug. 28. p. 2, cols. 4-5.
• ***Summary:*** "The last foreign court completed at the International Health Exhibition [in London] is that of Japan." In a few days, a Japanese restaurant will be opened. "Two Japanese cooks have accompanied the Commissioners, and here the visitor will be able to make the acquaintance of some of the dishes which find a place on the *menus* of the Parisians of the East. Sweet-tasting bamboo sprouts, sweetmeats and confectionary of fanciful appearance; *saké*, 'the wine of the country,' a fermented drink made of rice and containing 11 to 12 per cent. of alcohol, the nutritious *miso* made from soy beans and fermenting rice [koji], frozen töfu [sic, dried frozen tofu] or bean curds, tangle [kombu], salted mushrooms, dried shrimps, cured bonito, laver [nori], various edible sea-weeds, orange vinegar, and several soys [soy sauces], are among the good things which those who are adventurous in dietary may enjoy."

Note: This is the earliest English-language document seen (April 2013) that uses the word "frozen" in connection with tofu; there is no such word as *töfu.*

289. International Health Exhibition, London. 1884. The Health Exhibition Literature. Vol. XVII. London: William Clowes and Sons, Ltd. 749 p.
• ***Summary:*** Also cited as: (1) "Catalogue of the exhibits of Japanese Food Products at the International Health and Education Exhibition, held in London, 1884." (2) "Japan. International Health Exhibition A. Descriptive catalogue..." (3) "London, International Health Exhibition, London. 1884. The Health Exhibition Literature. Vol. XVII."

A map of the "International Health Exhibition, London, 1884" (p. 537-38), which was held at the Royal Albert Hall in South Kensington, on Exhibition Road near the High St. Kensington Station; gives an overview of the hall and surrounding roads and railway stations. The title of the section related to food is "Japan. A descriptive catalogue of the exhibits sent by the sanitary bureau of the Japanese Home Department," prepared under the direction of K. Nagai, Commissioner, and J. Murai, Assistant Commissioner. There follows a 2-page Introduction by Kiuichiro Nagai, dated Sept. 1884. Then a table of contents of five groups; Group I is food. Then a table of Japanese weights and measures. Pages 545-71 begin: the "Descriptive catalogue." Group I–Food. Detailed information and / or chemical analyses are given of the following: are given: (7) Soy bean (*Glycine hispida*) *O-mame.* (7A) Phaseolus radiatus. Adzuki. (192) Dried fruit of *Lagenaria vulgaris–Kan-pio* [*kanpyo*], cook with soy sauce. Mushroom (*Agaricus campestris*). *Shii-take* [*Shiitake*], cook with soy sauce. Kanten, vegetable isinglass, cook with soy sauce. Frozen konniaku [konnyaku]. Minoboshi daikon, cook with soy sauce. Fu, nama-fu, yaki-fu (roasted) (Wheat gluten). Kuzu starch. Buckwheat soba, cook with soy sauce. (203) Hijiki sea weed (*Cystoseira* species), cook with soy sauce. (204) Ogo sea weed (*Gigartina* sp.), cook with soy sauce. (205) Wakame sea weed (*Alaria pinnatifida*), cook with soy sauce. (206) Agar-agar (*Gelidium corneum.* Tengusa). Use to make tokoroten or kanten. (207) Tangle (*Laminaria japonica*). Kombu [konbu]. (208) Laver, dried (*Porphyra tenera*). *Asakusa-nori.* (209) Awonori [Aonori], dried (*Enteromorpha compressa*).

(210) Frozen bean-curd. *Kôri-tôfu.* "Preparation.–It is made by steeping soy beans in water and then grinding them, after which the refuse is removed by boiling and dissolving it in a little oil. This refuse is called 'Kiradzu' [kirazu] or 'Unohana.' The liquid [soymilk] remaining after taking away such refuse is put into a kettle and again boiled. Upon the surface of the water [sic, soymilk] there forms a thin substance [film] like wet paper; this is skimmed off and dried. It is called 'Yuba' (lit., bean-curd skin), the taste of which is very agreeable. When it [the soymilk] begins to bubble up brine is sprinkled over it in order to stop the bubbles, and it is put into a special wooden box, then thrown into a cotton cloth bag and coagulated into long square shapes, which is bean-curd."

Three tables follow: (1) "Analysis of bean curd" [tofu]. (2) "Analysis of dried bean-curd" [dried frozen tofu]. (3) "Analysis of refuse of bean-curd" [okara].

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Note 1. In the description of making tofu (above), yuba is removed during the tofu-making process.

(211) Yuba (Skin of bean curd; "Yuba is made during the process of making bean curd, and is a thin, yellow, transparent substance)."

Note 2. This is the earliest English-language document seen (Oct. 2012) that uses the term "bean-curd skin or the term "Skin of bean curd" to refer to yuba.

(213) Somen (Vermicelli), cook with *shioyu* (soy sauce).

Note 3. This is the earliest English-language document seen (April 2012) that uses the term *shioyu* to refer to shoyu / soy sauce.

(228) Umeboshi (Salted and dried plums). (229) Miso (a fermented substance made from soy beans and yeast [koji]). *Miso-ai, Sansho-miso, shoga-miso, wasabi-miso, togarishi-miso, goma-miso* [*sesame miso*], *keshi-miso, katsuwo-miso* [*katsuo-miso*]. (229a) Konomono [*Kô-no-mono*] (Vegetables pickled in fermenting mixture of bran and salt (incl. Nukamiso-dzuke ([Nukamiso-zuke] pickled in salt and bran), Takuwan-dzuke (Takuan-zuke; daikon radishes pickled in salt and bran), Shiwodzuke ([Shiozuke] salt-pickled), Shio-oshi (salted and pressed), Kasudzuke ([Kasuzuke] pickled in sake residue), Misodzuke (Misozuke; pickled in miso), &c.)). Takuwandzuke [Takuanzuke; Takuan pickles]. (229b) Kasu-zuke (mentions miso soup). (230-35) Shoyu (Soy) and how it is made [p. 21 of section]. Chemical analysis of Kikkoman shoyu. Eight chief brands of shoyu. (236) Mirin (a kind of sweet liquor), with koji. Sembei [senbei], with miso. (242) Yokan, three varieties. (246) Midzu-ame [mizuame]. Frozen mochi.

Class III–Prepared animal substances. Dried cod fish, cooked with soy [sauce]. Beef tsukudani, cooked with soy [sauce].

Class IV. Beverages. Sake (wine), made with koji (yeast). "Koji (yeast) is used for brewing Sake in Japan, almost like malt used for brewing beer in western countries,..."

Class VI. Cookery practically demonstrated. Nippon Ryoriya (Japanese restaurant), incl. misoshiru (miso soup), and konomono. Address: England.

290. International Health Exhibition, London. 1884. (210) Frozen bean-curd. Kôri-tôfu (Document part). In: International Health Exhibition, London. 1884. *The Health Exhibition Literature.* Vol. XVII. London: William Clowes and Sons, Ltd. 749 p. See p. 560-61.

• ***Summary:*** "It is made by freezing common bean-curd. Bean-curd is made of *Daidzu Glycine* (*soja*) *hispida* and contains a largo quantity of vegetable albumen. This is one of the most frequent kinds of food of the middle and lower classes of the people of Japan; it contains an abundance of nourishment, and Hygeists [Hygienists] recommend its use. However, bean-curd is indigestible as in passing through the process of freezing, it undergoes a change. Ordinary bean-curd is not a safe eatable to remove to a distance, as it spoils very readily: therefore, frozen bean-curd only is exhibited here with explanation of the ingredients of the common curd.

"Preparation.–It is made by steeping soy beans in water and then grinding them, after which the refuse is removed by boiling and dissolving it in a little oil. This refuse is called 'Kiradzu' or 'Unohana.' The liquid remaining after taking away such refuse is put into a kettle and again boiled. Upon the surface of the water there forms a thin substance [yuba] like wet paper; this is skimmed off and dried. It is called 'Yuba' (lit., bean-curd skin), the taste of which is very agreeable. When it begins to bubble up brine is sprinkled over it in order to stop the bubbles, and is put into a special wooden box, then thrown into a cotton cloth bag and coagulated into long square shapes, which is the bean-curd.

"Analysis of bean curd: Nitrogen 0.76%. Fat 2.36%. Water 90.37%. Ashes [ash] 0.76%.

"Analysis of dried bean-curd [moisture free]: Nitrogen 8.09%. Fat 24.59%. Ashes [ash] 7.79%.

"Analysis of refuse of bean curd [kirazu or unohana]: Albumen 3.664%. Fat 0.837%. Glucose 0.266%. Starch 2.630%. Cellulose 2.896%. Other non-nitrogenous substances 6.156%. Water 85.660%."

Note 1. This is the earliest English-language document seen (July 2012) that seems to use the word "nitrogen" and the word "albumen" interchangeably.

"Use.–Bean curd is prepared for eating by boiling it or holding it over a fire; it is usually eaten with soy [sauce] and various condiments. It easily digests and is suitable food for adults, for infants, or for invalids, but it cannot be preserved for more than a day or two, owing to its perishable nature, whereas frozen bean curd does not easily spoil and can be preserved for a length of time, but it is indigestible and furnishes less nourishment than the unfrozen."

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "Frozen bean-curd" or the term *Kôri-tôfu* or the term "dried bean-curd" or the term "frozen bean curd" to refer to dried-frozen tofu. Address: England.

291. International Health Exhibition, London. 1884. (211) Yuba (Skin of bean curd) (Document part). In: International Health Exhibition, London. 1884. *The Health Exhibition Literature.* Vol. XVII. London: William Clowes and Sons, Ltd. 749 p. See p. 561-62.

• ***Summary:*** Preparation.–Yuba is made during the process of making bean curd [tofu], and is a thin, yellow, transparent substance.

"Use.–It is used as a food adjunct with boiled rice, by most persons, by boiling or warming over a fire and salting it.

"Analysis: Albumen 51.597%. Yellow oil 15.620%. Cellulose 0.401%. Nitrogenous substances 6.651%. Ashes [ash] 2.821%. Water 22.850%. Total 100.000%

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"Analysis of dry substance [moisture free]: Carbon 2.821%. Nitrogen 22.850%. Hydrogen 42.024%. Oxygen 8.257%. Ashes 5.868%. Water 18.180%. Total 100.000%" Address: England.

292. *Gardeners' Chronicle* (*London*). 1884. Japanese food vegetable products. 22:781-82. Dec. 20. New Series.
• ***Summary:*** "The Japanese Commission at the late International Health Exhibition have produced an excellent catalog of their exhibits, which contains a great deal of valuable information on the production and uses of the specimens in question. In the first group, devoted to food products, a series of analyses is given of the principal grains and pulses, fungi, cucurbitaceous fruits, &c."

"*Kori-tôfu: Frozen Bean Curds.*–It is made by freezing common Bean curd, which is made of Daidzu (Glycine [Soja] hispida), and contains a large quantity of vegetable albumen. This is one of the most frequent kinds of fruit of the middle and lower classes of the people of Japan; it contains an abundance of nourishment, and hygeists [hygienists?] recommend its use. Bean curd is indigestible, but in passing through the process of freezing it undergoes a change. Owing to the Bean curd spoiling very readily, it is not suitable for carrying long distances. It is made by steeping Soy Beans in water and then grinding them, after which the refuse is removed by boiling and dissolving it in a little oil. The liquid remaining after taking away such refuse, is put into a kettle and again boiled. Upon the surface of the water a thin substance, like wet paper, forms, this is skimmed off and dried and known as 'Yuba,' the taste of which is very agreeable. When it begins to bubble up brine is sprinkled over it in order to stop the bubbles and it is put into a special wooden box and afterwards thrown into a cotton-cloth bag and coagulated into long square shapes, which is the Bean curd.

"Bean curd is prepared for eating by boiling it, or holding it over a fire. It is usually eaten with soy [sauce] and various condiments; it is easily digestible and is suitable food for adults, infants, or invalids, but it cannot be preserved for more than a day or two owing to its perishable nature, whereas frozen Bean curd can be preserved for a length of time, but it is indigestible and furnishes less nourishment than the kind first named. The "yuba" or skin of the Bean curd is used as a food adjunct, with boiled Rice, by most persons, by boiling or warming over a fire and salting it."

Other Japanese foods described in detail in this early article are Ginkgo biloba (Ginnan, the fruit of the maidenhair tree), Lagenaria vulgaris (Kau-pio, a dried fruit), Agaricus campestris (Shii-take [Shiitake] mushrooms), Gelidium corneum (Agar-agar or Kanten), Frozen Kouniaku [Konnyaku], Katakuri Starch, Kuzu Starch (from the root of Pueraria Thunbergiana), Warabi Starch, Hijiki (Cyrtoseira sp.), Ogo (Gigartina sp.), Wakame (Alaria pinnatifida), Tangre [Tangle] or Kombu (Laminaria japonica. "It is used as a food by boiling with soy, sugar, mirin, &c., or served in soup"), Laver, dried–Asakusa-nori (Porphyra vulgaris) [Note that items from Hijiki to Laver are sea vegetables], Umeboshi: Salted and dried plums.

Continued in the issue of 10 Jan. 1885.

Note 1. This is the earliest English-language document seen (April 2013) that uses the terms "frozen," or "Kori-tôfu," or "Bean Curds," or "Frozen Bean Curds" to refer to frozen tofu.

Note 2. This is the earliest document seen (Jan. 2010) concerning the use of soya in infant foods or infant feeding.

Note 3. This is the earliest English-language document seen (Dec. 2006) that uses the word "Umeboshi" or the term "Salted and dried plums" to refer to umeboshi salt plums.

Note 4. As of 1975, the scientific name of the shiitake mushroom was *Lentinus edodes.* It had been cultivated and used as human food for centuries in China and Japan. It is not used much in most developing countries, nor in the West where the common champignon *Agaricus bisporus* (*A. brunnescens*) is the mushroom of commerce. One important advantage of shiitake is that it can be cultivated on wood.

Note 5. This is the earliest English-language document seen (Oct. 2008) that uses the term "vegetable albumen" to refer to soy protein.

293. Cohn, Ferdinand. 1884. Ueber Schimmelpilze als Gaehrungserreger [On molds as instigators of fermentation]. *Jahres-Bericht der Schlesischen Gesellschaft fuer Vaterlaendische Cultur* (*Breslau/Wroclaw*) 61:226-30. For the year 1883. [Ger]
• ***Summary:*** In this lecture, presented on 31 May 1883, Prof. Cohn named the species *Aspergillus oryzae.* It had previously been named *Eurotium oryzae* Ahlburg (now a synonym).

Note: Thom and Raper (1945, p. 261) note that "The name *E. oryzae* with an incomplete description for the saké organism was published by Korschelt, in *Dingler's Polytechnisches Journal* 230:330. 1878, as taken from a letter from 'Herr Ahlburg.'"

On page 227 Cohn notes: "In the winter of 1883 I obtained some grains of tane kosi [sic, *tané koji, tane koji*] (the so-called mother-yeast of the Japanese rice wine, saké) from Shinkizi [Shinkiji] Nagai, a native of Tokyo who was staying in Breslau as a student of agriculture. I prevailed upon this intelligent and industrious young man, under my supervision, to make sake using the tané koji and methods he had learned in Japan. After a number of unsuccessful trials, we met with excellent success. The Japanese methods are, although used for hundreds of years, so rational, that they can hardly be improved based on a scientific understanding of the process. Tane Kosi are grains of rice which are overgrown with the mycelium and spore bodies (*Fruchttraegern*) of *Aspergillus oryzae,* the splendid rice mold with its greenish-yellow conidia."

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"Another fermentation product made by *Aspergillus oryzae* is the well-known soy sauce (*Sojasauce*). This was also prepared at our institute by Mr. Shinkizi Nagai using the Japanese method. This soy sauce was prepared from soybeans (*Sojabohne, Dolichos Soja*) that have recently been cultivated here. Soybeans are different from our typical beans in that they have a very low content of starch and are very rich in fat and 'Cheese-stuff' (literally *Kaesestoff*, Legumin, vegetable casein) [i.e., protein]. Because of this fact, the soybean is used to make cheese [tofu] in Japan."

A detailed description of the process for making soy sauce is then given.

Note 1. This is the earliest German-language document seen (April 2012) that uses the term *Sojasauce* to refer to soy sauce.

Note 2. Breslau is the German name for Wroclaw, a city in southwest Poland. Address: Prof., Dr.

294. Gordon, Charles Alexander. comp. 1884. An epitome of the reports of the medical officers to the Chinese Imperial Maritime Customs Service, from 1871 to 1882; with chapters on the history of medicine in China, materia medica, epidemics, famine, ethnology, and chronology in relation to medicine and public health. London: Baillière, Tindall, and Cox. xvi + 435 p.

• ***Summary:*** This book is about public health, epidemics, and medicine in China. Contents: Part I: Local conditions in relation to public health. The names of 19 Chinese treaty ports are given: Peking, Tiensin, Newchwang, Chefoo, Chinkiang, etc.

Part II: Historical notices of medicine in China, and of certain epidemics, etc. Diseases (the names of 83 are given), various.

Part III: Therapeutics and drugs (the names of 24 are given).

Part IV: Some diseases of animals. Appendix (44 items, including: 35. Note on the great famine of 1877-78. 36. Note on the ethnology of China. 37. Note on Chinese chronology in relation to medicine and public health. 38. Table of Chinese weights. 39. Table of Chinese measures. 40. Table of Chinese money. 41. Table of Hong Kong money. 42. Table of Siamese money [Siam, today's Thailand]. 43. Note on Siamese weights. 44. Note on Siamese measures).

Soy is mentioned on pages 232, 244, 253. The section on "Iodine" states (p. 232). Two examples of prescriptions of sea-weed are given in the Reports before us. The second dates from the 14th century. "Hai-tsao [type of seaweed], 1 tael; hwang-lien (justicia), 2 taels. Grind to powder and eat it regularly, avoiding fatty things, and things difficult of digestion. As a diuretic the following is the prescription: Kwen-pu [type of seaweed], 1 catty. To be digested in a kettle of rice-water, and then cut into slices; again digested to a pulp, to which salt, vinegar, soy, orange-peel, etc., are added."

The contents of the *Bencao Gangmu* [The great pharmacopoeia], by Li Shizhen (1596) consists of 52 chapters, and is divided into several sections. Under Vegetable [plants], the five divisions are herbs, grains, culinary herbs, fruits, and trees. Under "Grains," the 4th and last subdivision is "Alimentary preparations of a vegetable nature, and used in medicine (as boiled rice, yeast, soy, vinegar, wine, etc.)."

The section titled "Materia medica" is divided into three parts: The vegetable, animal, and mineral kingdoms. Under *Dolichos lablab* we read (p. 253): "Seeds: taken in great quantity, being considered protective against fever. (Sp. ?)– The beans fermented and salted [fermented black soybeans], from Hupeh, are used as a sudorific [they induce sweating]. The small black kind are purgative. Soy is prepared from beans of Dolichos or Soya,..."

In the section on "Peking" we learn (p. 2) that crops raised in North China "include wheat, barley, maize, three kinds of millet, buckwheat, yams, sweet potatoes, beans, various kinds of cabbages, cucumbers, carrots, turnips, radishes, egg plants, onions, celery, parsley, pepper, and spinach. Tobacco and cotton are cultivated." Besides these there are "ground-nuts (*Arachis*)... and salted beans [fermented black soybeans] are eaten extensively by natives.

The section titled "Lu-shui" [nigari, p. 233] begins: "In the Report on Chefoo for the year 1873, the medical officer alludes to a substance used by the Chinese for preparing bean-curd [tofu], and styled 'Native hydrochloric acid.' It is also known by the Chinese under the name of *lu-shui."*

Sir Charles Alexander Gordon lived 1821-1899. Address: Surgeon-General, M.D., C.B., Honorary Physician to Her Majesty the Queen [Victoria], author of many books.

295. Podoba, Ivan Grigor'evich. 1884. Soya i lallemantsiya: Novye ves'ma poleznye rasteniya, ikh svoistva i kul'tura [Soya and *Lallemantia iberica* (dragon's head): New useful plants, their composition and cultivation]. St. Petersburg, Russia: Printing House of I.P. Voschinskii. 24 p. 20 cm. [8 ref. Rus]

• ***Summary:*** Discusses: The soybean plant is attracting interest in agriculture, as being a prominent plant in the future, competing with the domestic potatoes and corn. Introduction of soybeans to Europe from Asia (Austria, Germany, France). The yellow soybean found best suited for acclimatization. Botanical indications of a useful / healthy soybean plant. Professor Garts divided soybeans into two varieties according to their shape and color: Soja platycarpa and Soja tumida. Cultivation of soybeans. Uses of soybeans: Dairy cattle–Podoba says it is already known that soybeans can be used to feed dairy cattle and recommends it to be used likewise in the Southern agriculture to enhance the quality and quantity of the milk. Table comparing the chemical composition of soybeans to that of other plants. Preparation of soybeans for food: soybean flour, "bean" cheese [tofu],

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uses in the army, "bean" sausages, substitutes for coffee and chocolate. Cultivation of soybean in Tavricheskoi region (Crimean region of today's Ukraine [2002]).

A full-page table (p. 14) gives the chemical/nutritional composition of soybean seeds, straw, and pods, and compares that of yellow soybeans with the composition of a similar part of other legumes. Values are given for the following: Water, protein, fat, nitrogen-free extract, fiber, and ash (minerals). Under seeds, for example, six types of yellow soybeans are used individually for comparison: (1) Pallida. (2) Those grown in Vienna, Austria, in year 1. (3) Those grown by Podoba in Ukraine in year 3. (4) Castanea [brown]. (5) Atrosperma. (6) Melanosperma. These are compared with nine other legumes. Average figures are given, but no individual investigations.

Introduction of soybeans into various regions of Russia (p. 15): 1. Khersonskaia and Tavricheskaia (Taurida) regions. In 1877, fifty seeds were acquired from Haberlandt. Podoba released his soybean experiments in his yearly report, and later published them in the sixth volume of *Zemledel'cheskaya Gazeta.* Note: Khersonskaia (Kherson) is a region in southern Ukraine extending north of Crimea from the Sea of Azov to the Black Sea.

2. Grodnenskaia region. Experiments not known and not published. 3. Poltavskaia (Poltava) region [part of Ukraine as of 2005]. Positive results of acclimatization by L.A. Chernoglazov. 4. Penza region. A frost in May did not damage soybeans, however many other crops died. 5. Bessarab region [part of Moldova as of 2005]. K. Morkarov successfully produced 5 lb of soybeans. 6. Samara region. Unsuccessful results due to late harvest which was damaged by frost and hail.

A half-page table (p. 16) gives information about people, from different regions in today's (2002) Ukraine, who presented each year from 1879 to 1883 at the Annual Exhibition of the Independent Economic Society (*Vol'no Economicheskim Obschestvom*) held on Oct. 31 each year. In 1879 I.G. Podoba presented from Tavricheskaia. In 1881 Grigorii Ivanov Yaschenko and L.A. Chernoglazov presented from Poltavskaia, and N. Zhelekhovskii presented from Kievskaia. In 1882 Gr. Iv. Yaschenko presented from Poltavskaia and L.V. Illyashevich from Khar'kovskaia. In 1883 Gr. Iv. Yaschenko and L.A. Chernoglazov presented from Poltavskaia.

A half-page table (p. 17) gives the prices (in rubles) for which soybeans were sold in 1883. 2.50 per pood (36 lb) by Gr. Iv. Yaschenko in the Khar'kovskaia region (today's Ukraine). 2.50 per pood by the agricultural store of K.V. Laskari in Kishinev (Chisinau), Bessarabia (today's Moldova). 3.00 per pood by L.V. Illyashevich in the Khar'kovskaia region (today's Ukraine). 8.00 per pood by seed-seller Grachev in St. Petersburg (today's Russia). 0.60 per lb by seed-seller Gol'dring in Warsaw (today's Poland).

History of *Lallemantia iberica* (dragon's head). It is a plant native to Georgia, introduced to Europe from Persia in 1873 at the World Exposition in Vienna. Description and cultivation. History of the spread of Lallemantia throughout Russia.

Note 1. This is the earliest document seen (July 2002) concerning the feeding of soybeans to dairy cattle.

Note 2. *Lallemantia iberica* (dragon's head) is an annual plant with a short vegetative cycle adapted to dry climates, cultivated for its seeds, from which a drying oil is extracted. The oilcake is used as a feed for horses, ruminants, and rabbits. A cow can be fed up to 2 kg/day. Address: Candidate/Applicant of Natural Sciences, St. Petersburg, Russia.

296. *Times of India* (*The*) (*Bombay*). 1885. The maxims of a Chinese gourmand. Jan. 30. p. 6.
• ***Summary:*** That gourmand was Yuan Tsu-tsai, who lived in the last century. He lived to age 80 and "left behind him a cookery book, in which he discussed the subject of food and drink from a scientific and artistic point of view. Parts of this volume were recently translated by the North China Asiatic Society in Shanghai, and are thus rendered accessible to English readers. His maxims are more polished and more ambitious than those of the immortal Mrs. Glasse, but they are equally sensible and practical."

"His first maxim is, 'Don't eat with your ears'–in other words, do not have whatever you have heard is a dainty. 'Remember,' he says, 'that well-cooked bean-curd is much nicer than badly-cooked birds'-nest;..."

297. Furukawa, Sakae. 1885. Tôfu ryakusetsu [Brief explanation of tofu]. *Tokyo Iji Shinshi* (*Tokyo Medical Journal*) No. 362. p. 298-302. March 7. [Jap]
Address: Igaku-shi (M.D.), Japan.

298. *Brisbane Courier* (*Queensland, Australia*). 1885. Imports (A special charge is made on consignees' announcements inserted in this column). June 23. p. 4.
• ***Summary:*** "De Bay, s. [steamer], from Hongkong:... 30 cases 20 boxes, 10 packages and 38 bundles tea, 10 cases eggs, 4 boxes opium, 50 cases oil, 2,693 bags and 2 boxes rice, 5 boxes wine, 1 box beans,... 2 boxes beansticks [probably dry yuba sticks],... 29 cases soy [sauce],... boxes bean cake [fermented tofu],... 4 boxes bean sauce,... 4 boxes sauce beans, 4 packages ginger,..."

Note: This is the earliest English-language document seen (Oct. 2012) that uses the word "beansticks" to refer to what are probably dried yuba sticks.

299. *Times* (*London*). 1885. The maxims of a Chinese gourmand. Oct. 3. p. 7, col. 1.
• ***Summary:*** From a correspondent. Yuan Tsu-tai, who lived to age 80 in the 1700s in China, wrote a "cookery-book, in which he discussed the subject of food and drink from a scientific and artistic point of view. Parts of this volume

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were recently translated by the North China Asiatic Society in Shanghai, and are thus rendered accessible to English readers." His maxims are polished and ambitious. He devotes several chapters to the diners after the dinner is served. "His first maxim is,–'Don't eat with your ears'... 'Remember, he says, that well-cooked bean-curd is much nicer than badly-cooked bird's nest;..."

300. Watanabe, Eijiro. 1885. Tôfu no setsu [Theories on tofu]. *Tokyo Kagaku Kaishi* (*J. of the Tokyo Chemical Society*) 7:62-76. [Jap]
• ***Summary:*** Begins with a brief biography of the author by a friend named Sugiura. The author was an organic chemist employed at the Japanese patent office, and this article is an analysis of the chemical composition of tofu, published in part for reasons of public health and hygiene. Address: Japan.

301. Balfour, Edward. 1885. The Cyclopædia of India and of eastern and southern Asia, commercial, industrial, and scientific; products of mineral, vegetable, and animal kingdoms, useful arts and manufactures. 3rd ed.: Beans. London: Bernard Quaritch. See vol. 1, p. 303-04. 26 cm. [1 ref]
• ***Summary:*** Page 303: "Bean-curd, Tau-fu of the Chinese, is largely used as a condiment in China. It is an emulsive preparation of a species of Dolichos, D. soja. The bean is boiled and skinned, and ground with water to a pulp, which is strained, and water added. In this state it resembles bonny clabber or curdled milk, and is called tau-fu-hwa, or bean curd jam; the water is sometimes all strained off, and it is then sold in slices, or small seeds called hwang-tze are added. The Rev. Mr. Gray [1878] says the bean flour is sifted through coarse calico, and then through a finer sort, and is then boiled for an hour over a slow fire, until it thickens to a consistence suitable as food; it very much resembles blanc-mange [blancmange].

Page 304: "Bean-sprout, the Tan-ya [sic, Tau-ya] of the Chinese, are the germinating sprouts of the Dolichos soja bean, artificially raised by the Chinese in large quantities for wood [sic, food] in winter.–*Smith, Chin. Mat. Med.; Gray,* ii. 136."

Note 1. This is the earliest English-language document seen (Oct. 2001) that uses the term "bean flour" to refer to soybean flour.

Note 2. This is the earliest English-language document seen (Jan. 2013) that uses the term "Bean-sprout" or "Tan-ya" to refer to soy sprouts, then goes on to explain what these terms mean. Address: 2 Oxford Square, Hyde Park, London [England]. Founder of the Madras Muhammadan Library; of the Government Central Museum, Madras; of the Mysore Museum, Bangalore [India].

302. Balfour, Edward. 1885. The Cyclopædia of India and of eastern and southern Asia, commercial, industrial, and scientific; products of mineral, vegetable, and animal kingdoms, useful arts and manufactures. 3rd ed.: Leguminosae. London: Bernard Quaritch. See vol. 2, p. 697-98. 26 cm.
• ***Summary:*** "Leguminosae is a name of the Fabaceae or bean tribe, *q.v.* Leguminous and cruciferous plants occupy the largest part of the Chinese kitchen garden; many sorts of peas and beans are cultivated, and the pods and seeds of two species of dolichos are eaten, and the beans of another species made into soy by boiling and powdering the kernels and then fermenting them with yeast, and mixing other ingredients, according to the taste of the maker or purchaser. Peas and beans form important objects of culture, and the condiment called soy (a word derived from the Japanese Soya) is prepared chiefly from a species of dolichos. One of the commonest modes of making this condiment is to skin the beans and grind them to flour, which is mixed with water and powdered gypsum or turmeric. The common Chinese eat few meals without the addition of one form or other of the bean-curd or bean-jelly. The soy was at one time largely used as a condiment in the several countries of Europe, but has been displaced for others. See Fabaceae. ['The bean tribe, leguminous plants.' Soy is not mentioned.]" Address: 2 Oxford Square, Hyde Park, London [England]. Founder of the Madras Muhammadan Library; of the Government Central Museum, Madras; of the Mysore Museum, Bangalore [India].

303. Balfour, Edward. 1885. The Cyclopædia of India and of eastern and southern Asia, commercial, industrial, and scientific; products of mineral, vegetable, and animal kingdoms, useful arts and manufactures. 3rd ed.: Soy [sauce]. Bentham. London: Bernard Quaritch. See vol. 3, p. 715. 26 cm.
• ***Summary:*** This entry is shorter than and different, in parts, from its counterpart in the 1873 edition. New text: "Chinese use Soja hispida pulse when ripe for the manufacture of an oil, and give the remnant of the grain, together with stalks and leaves of the plant, as a food for cattle. Its cultivation has become general in Syria [sic, Styria], Dalmatia [in Croatia], and Hungary. In the two former countries, the grain, after being allowed to ripen, is threshed out and roasted, and then employed for making coffee. In China, the grains are soaked till they swell and become soft, and then cooked like the small sort of beans. In other places, the seeds are set in a very damp, watery soil, and kept in darkness until they sprout up into a long white stalk, 4 or 5 inches high, which is then cut and served up after the manner of a salad. A sort of cheese, consumed in quantities by the poorer people both in China and Japan, is made from Soja hispida.

Note: This appears to be the earliest document seen (June 2007) concerning soybeans in Syria, or the cultivation of soybeans in Syria. However, Balfour got his information

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about Syria, Dalmatia, and Hungary from Friedrich Haberlandt's classic book *The Soybean* (*Die Sojabohne*), the only early work in which Dalmatia and Hungary are both discussed. The third place, however, is Styria (Steiermark in German), not Syria! The next earliest reliable document concerning cultivation of soybeans in Syria was published in 1975, and describes soybean trials in Syria in April 1974. Address: 2 Oxford Square, Hyde Park, London [England]. Founder of the Madras Muhammadan Library; of the Government Central Museum, Madras; of the Mysore Museum, Bangalore [India].

304. Mene, Édouard. 1885. Des productions végétales du Japon [The vegetable products of Japan]. Paris: Au Siège de la Société Nationale d'Acclimatation. 592 p. Index. 24 cm. [34 soy ref. Fre]

• ***Summary:*** The title page states in small letters: *Extrait du Bulletin de la Société Nationale d'Acclimatation*, indicating that much of the material in this book is based on articles previously published in this French-language Bulletin. However many other early books on Japanese agriculture have also been consulted and are carefully cited.

In the Introduction, the author explains that he was appointed by the Society for Acclimatization to prepare this report on the vegetable products of Japan which had been exhibited at the Universal Exposition of Paris in 1878–in two parts. Those displayed by the Japanese firm Trocadero, and those displayed in the galleries of the palace at Champ-de-Mars. The author and many others were deeply impressed by this exhibition.

Grains (class 69, p. 31): Wheat or rice are mixed with beans or peas and fermented to make shoyu and miso. Shoyu is one of the most widely used condiments in Japanese cuisine. The method of production is described briefly. Among the condiments displayed in class 74 were a number of flasks of shoyu from Tokyo.

Legumes (p. 40-47): Discusses soybeans, tofu, azuki beans (*Phaseolus radiatus* var. *subtrilobata*, p. 42-44; incl. yayenari, red, white, black, and yellowish azuki, Dainagon azuki, azuki flour, an, yokan), shoyu, soybeans (*Pois oléagineux, Soja hispida*, p. 45-46; incl. Kuro-mame {Black soybeans}, various colors and shapes of dry soybeans {green, yellowish, large yellowish, greenish black, brownish red, white, large red}).

There is also a special, long section on soybeans (*Soja hispida. O mame: Daizu;* p. 270-83) and soyfoods. In the Japanese exposition, the display of useful products (*tableau des productions utiles*) designates: No. 24. *Kuro-mame.* Black-seeded soybeans, the size of an average sized haricot bean. No. 25. *Shiro-mame.* White-seeded soybeans, spotted / flecked / speckled / mottled (*tachetées*) with gray. No. 26. *Ao-mame.* Greenish-seeded soybeans. No. 34. *Gankui-mame.* Black-seeded soybeans, flecked with white.

The soybean (*Le Soja*) is cultivated in Japan, India, Ceylon, the Malacca peninsula [today's Malaysia], the Philippine islands, Borneo, Java, the kingdom of Siam, Cochin China, Tongkin (*Tong-King*), and throughout China, primarily in Mongolia and in the provinces of Henan / Honan, Liaoning (*Shenking*), Shandong / Shantung, and Shanxi / Shansi (*Chan-si*).

The Chinese exposition (class 73) contained samples of all the varieties of soya cultivated in all the provinces of the empire. Nos. 2991 to 3000. Green, white, black, yellow, striped or variegated, and reddish soybeans, provided by the Chinese customs office at Newchwang. Nos. 3014-16. Yellow, black, and green soybeans from the customs office at Tientsin. Nos. 3058-61. Yellow, green, and black soybeans from customs at Yantai / Chefoo. No. 3091. Yellow soybean from customs at Chinkiang. Nos. 3013-19. White, red, black, and yellow soybeans from customs at Shanghai. Nos. 3125-28. White, black, red, and green soybeans from customs at Wenzhou / Wenchow. Nos. 3152-56. White, green, and black soybeans from customs at Kao-hsiung (*Takow*).

The soybean is one of the plants most widely used in Japan and China for both food and industrial purposes. As indicated previously, shoyu, miso, and tofu are indispensable to the Japanese diet. Samples of these products were displayed in the Japanese exhibit in class 74 (condiments and stimulants); they came from Tokyo and from the province of Hizen, mainly from the town of Nagasaki. In the Chinese exhibit, also in class 74, were samples of (*soye*) or (*soya*) which are similar to Japanese shoyu but are called *Chiang-yu* (*Tsiang-yeou*) in China. They were provided by the customs offices at Yantai / Chefoo, Ning-po, Wenzhou / Wenchow, and Canton. For aroma, the Chinese often add star anise, green anise, and orange peel. Chinese soy sauce is made from yellow soybeans (*Houang-téou*).

Note: This is the earliest French-language document seen (April 2012) that uses the term *Chiang-yu* to refer to soy sauce.

Note: This is the earliest document seen (Jan. 2006) describing a soy sauce made with star anise, green anise, orange peel or other spices or herbs outside of Indonesia.

A detailed description of the method for making Japanese shoyu is given, excerpted from the book *Le Japon à l'Exposition universelle de 1878* [Japan at the Universal Exposition of 1878] (1878, vol. II, p. 124). Additional excerpts concerning shoyu, miso, and tofu are taken from: Simon 1862, Kaempfer 1712, *Bulletin of the Society for Acclimatization* 1880 (p. 248), and Champion 1866.

In France, Mr. Vilmorin and Dr. Adrien Sicard (of Marseilles), who are both involved with soybean cultivation, have prepared soy cheese (*fromage de Soja*) numerous times. Dr. Sicard has made both the white cheese [probably tofu] and the red cheese; the latter is rolled in a powder made by grinding red sandalwood (*santal; Pterocarpus santalinus*), mace, and cinnamon (p. 276).

One of the most important soy products is the oil,

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which is obtained from the seeds–especially the large yellow soybeans that the Chinese call *Houang-téou.* The Japanese do not make soy oil (*huile de Soja*) but in China manufacture of this product gives rise to considerable commerce. Fremy (1855) found that soybean seeds contain 18% oil. The oil is a drying oil, yellow in color and with a special odor and a taste of dried legumes, similar to that of peas. It is used in cooking and illumination. In China, quite a few soy oil factories are found at Calfond in Henan, at Tsinan in Shantung, and at Tayeurn in Shanxi. But the center of soy oil production in China is Ning-po in Zhejiang / Chekiang. From the port of Ning-po and from a port on the island of *Tcheou-chan* [*Zhoushan?*] a large number of junks, carrying only soy oil, depart. Two other manufacturing centers are Newchwang and Chefoo. There follows a detailed description (p. 276-77) of how soy oil is obtained from soybeans.

Another common use is as fermented black soybeans (*Chi*) which (according to Stanislas Julien) contain soybeans mixed with ginger and salt. Kiu-tsee is a fermented soy product made in Canton; it contains red rice, soybeans, and the leaves of *Glycosmis citrifolia.* The Chinese also make a pasta and a sort of vermicelli from soybean seeds named *Hou-mi-téou.*

The stems and leaves make excellent forage. Black soybean seeds are often mixed with chopped soybean hay and fed to horses and mules in northern China and Manchuria.

In Japanese and Chinese medicine, black soybean seeds, ground and made into a decoction, are used to combat asthma attacks.

There follows a long history (p. 277-83) of the introduction of the soybean to Europe (starting at the Jardin des Plantes in Paris, in 1740 or 1779) and its acclimatization, based largely on articles from the *Bulletin of the Society for Acclimatization.* It includes a summary of the work of Prof. Haberlandt in central Europe.

Also discusses: Japanese plum trees (*Prunus mume*) and umeboshi salt plums (p. 52-54, 466-67). Sesame seeds and sesame oil (p. 54-55). Amaranths (p. 63-64). Job's tears (*Coix lacryma;* p. 214-15). Kudzu, kuzu powder, and kuzu cloth (*Pueraria Thunbergiana;* p. 283-85). Peanuts and peanut oil (*Arachis hypogœa, Tojin-mame;* p. 286-87). Sesame seeds and sesame oil (*Sesamum indicum, Goma;* p. 518-20). Hemp and hemp oil (*Cannabis sativa, Asa;* p. 558-59). Address: Médecin de la Maison de Santé de Saint-John de Dieu [Paris, France].

305. Welch, Adonijah Strong. 1885. Report on the organization and management of seven agricultural schools in Germany, Belgium, and England. Washington, DC: Government Printing Office. 107 p. See p. 73-77. Made to Hon. George B. Loring, U.S. Commissioner of Agriculture.
• ***Summary:*** The last section is titled "The Royal Agricultural College at Cirencester, England," where the author visited on 8 Feb. 1884. The subsection titled "Work of the laboratory" (p. 73) describes seven types of current original research. including: "7. On the soy bean (Soja hispida), its chemical composition and value as a food.

"The following is a detailed account of Prof. Edward Kinch's description and analyses of the soy bean of China. I append his entire report of the results of this interesting investigation, because it not only shows the character of the work done in his laboratory, but indicates that this bean may be profitably grown in some parts of the Western States. Indeed, the same bean was grown on the experimental grounds of the Iowa Agricultural College last year, and showed a very large yield."

Prof. Kinch's report, titled "The Soy bean," states: "This bean, sometimes known as the Japan pea and China bean, is the seed of the *Soja hispida,* Miquel (*Glycine hispida,* Moench; *Dolichos Soja,* Linné; *Glycine Soja,* Jaquin), a plant of the natural order Leguminosae,..." suborder Papilionaceae, and tribe Phaseolæ. Its natural habitat appears to be China and Japan; it also grows in Mongolia and in India, in the Himalayas, and within the last few years it has been cultivated experimentally in several European countries. This bean is worth more than a passing notice, as it is the vegetable which approaches most nearly in its proximate chemical composition to animal food. This will be seen later on. There are a great number of varieties of the soy bean known, which differ to some extent in the shape, size, and especially in the color of the seed, and in a few minor particulars, but which seem to vary comparatively little in chemical composition. Dr. C.O. Harz has classified the principal varieties as follows:

"Group I.–*S. hispida platycarpa. 1. olivaeea. 2. punctata. 3. melanosperma* (*a. vulgans. b. nigra. c. renisperma. d. rubro-cincta*). *4. platysperma. 5. parvula.*

"Group II.–*S. hispida tumida. 6. pallida* (*Roxburgh*). *7. castanea. 8. atrosperma.*

"These names sufficiently indicate the nature of the variety as far as the seed is concerned. The soy bean is extensively cultivated in the north of China, whence it is exported, to the southern provinces; it is here pressed for the sake of its oil and the residual cake largely used as a food for man and beast, and also as a manure.

"In Japan it is known by names signifying the bean, and from it are made not only soy [sauce] but a paste known as *miso,* which is in constant request at nearly every meal, *tofu,* or bean cheese, and other foods used to a less extent. This bean cheese is also well known in China, and is obtained by extracting the legumin from the beans with water and precipitating it with brine. An analysis of it is given below.

"These foods are most valuable additions to the dietary of the Oriental nations, and especially of the Japanese, who use so little animal food; they tend to supply the deficiencies of the staple food, rice, in nitrogenous matter, fat, and also in mineral constituents.

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"The Buddhist priests, who are strictly forbidden to use animal food, consume considerable quantities of these beans, principally in the form of *miso.* The soy bean first attracted attention in Europe in 1873, when specimens from Japan, from China, and from India were shown at the Vienna International Exhibition. Dr. Forbes Watson, reporter on the products of India, called attention to it in the Catalogue of the Exhibits of the Indian Museum. Since then numerous experiments have been made on the European Continent on its growth, and also feeding experiments with the bean and its straw on different kinds of domestic animals have been prosecuted. Such experiments have been carried on by Wolling and Wein, at Munich; by Haberlandt, Lehman, Harz, Stahel, Zimmerman, Siewert, Wieski, and others, at various stations in Germany, Austria, and Hungary, and experiments have also been made in France and in Italy.

"The proximate chemical composition of some of the different varieties, grown in different places, is now given and compared with some other foods of vegetable and animal origin."

Table 1, titled "Percentage composition of the soy bean," gives the percentage of six constituents (water, nitrogenous matter [protein], fat, carbohydrates, fiber, and ash) in seven different types of soy beans: Pale yellow (from Japan, China, Germany &c., India), brown, round black, and long black.

"It has been shown by Levallois (*Comptes-Rendus*) that the soybean contains a special variety of sugar, many of its properties resembling mellitose; this constitutes about 10 per cent, of the soluble carbohydrates. Of the nitrogenous matters nearly all is in the form of albumenoids; a small quantity, about 1 per cent., appears as a peptone-like body, and about one-tenth to two-tenths per cent. is non-albuminoid."

Table 2, titled "Percentage composition," compares the percentage content of the six constituents listed above for six foodstuffs: Peas, [common] beans, lupins, lentils. lean beef, and fat mutton.

"These analyses show the greater richness of the soy beans in nitrogenous matter and in fat than the common bean and pea, and that, when the water is equalized, it more nearly approaches meat in proximate composition. The only leguminous seed of common occurrence, which contains more oil than this bean, is the earth-nut or ground-nut, *Arachis hypogæa,* which is now so largely cultivated abroad for its oil and its cake. In order to compare the soy bean straw with hay and with other straws of like nature, the following average analyses are given:

Table 3 (untitled) compares the percentage content of the six constituents listed above for six feeds: Meadow hay, bean straw, pea straw, lentil straw, soy bean straw, soy bean hulls.

"A special variety of *Soja hispida* is cultivated in some parts of Japan as a fodder crop and cut just as the pods are fully formed. The hay made from this is much relished by horses, cattle, and sheep. A sample of a crop grown on the Imperial College of Agriculture Farm, Komaba, Tokiyo, gave on analysis: Water 15.0%, nitrogenous matter 19.8%, fiber 35.9%, ash 6.8%, carbohydrates and fat 22.5%. Total 100.0%.

"It will be seen that this hay exceeds even lentil straw in the amount of nitrogenous matter it contains." Continued. Address: LL.D., Ames, Iowa.

306. Welch, Adonijah Strong. 1885. Report on the organization and management of seven agricultural schools in Germany, Belgium, and England (Continued–Document part II). Washington, DC: Government Printing Office. 107 p. See p. 73-77. Made to Hon. George B. Loring, U.S. Commissioner of Agriculture.

• ***Summary:*** Continued from page 76: "The following are means of various analyses made in Japan of food products obtained from the soy bean, and which are largely consumed there:"

Table 4, titled "Percentage composition," shows the percentage content of the six constituents listed above in four Japanese food products: White miso, red miso, bean cheese [tofu], and frozen bean cheese [dried frozen tofu].

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "frozen bean cheese" to refer to dried-frozen tofu.

"The ash of miso consists mainly of common salt, which is added in the process of manufacture.

"The ash of the soy bean was found, as a mean of several samples, to have the following percentage composition. The composition of that of the straw is also given: Table 5 (untitled) lists the percentage composition of each of the following constituents in soy bean ash and soy bean straw ash: Potash, soda, lime, magnesia, ferric oxide, chlorine, phosphoric pentoxide, sulphur trioxide, and silica.

"The crop takes from the soil a large amount of valuable mineral constituents, phosphoric acid and potash, as well as a large amount of nitrogen.

"The results of the German and Austrian experiments show that where temperature is not too low, the result of the harvest as compared with that of ordinary beans or peas is exceedingly satisfactory.

"The kinds most suited for cultivation there are the yellow, brown, round black, and long black varieties, i. e., *pallida, castanea, atrosperma,* and *melanosperma,* especially the first three named. They require a vegetation time of about one hundred and fifty days, during which the average temperature must be about 58º F. (14.3 C.), and number of heat units (the average temperature multiplied by the number of days) [*Wärmesummen*] about 2,100 C. They may be sown the beginning of May and harvested the end of September or even the beginning of October.

"The seeds should not be sown deeply, not more than 1 to 1½ inches deep, and about eighteen plants to the square yard may be left after weeding and thinning out. The plants

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grow to a small bush about 2½ feet high, and produce pods with two to five seeds. The most suitable soil is a peaty soil, or one containing a good deal of organic matter, and the next most favorable is a calcareous soil. Nitrate of soda has been found to be a good manure for the crop in Germany and also potash salts, especially potassium sulphate. Ammonium sulphate did not give as good a return as the same amount of nitrogen in the form of nitrate; on soils poor in organic matter it would probably be better to supply the nitrogen in some organic combination, such as rape-cake, shoddy, and the like. Phosphoric acid, especially as a dicalcic phosphate was a help on some soils.

"Field experiments made by myself on this crop in Japan showed that wood ashes had a good effect, and that anything like an excess of nitrogen was very harmful to the yield of grain. In that country the plants are often sown on the dividing ridges between the plots of paddy and without any manure. The yield of seed and straw in the German experiments compares very favorably with that of peas and beans grown under the same conditions; from 2,000 to 3,000 pounds of seed and from 5,000 to 10,000 pounds of straw per acre have been obtained.

"Feeding experiments with the produce have been made with pigs, sheep, oxen, and milch cows, and with very good results. The bean is a most excellent addition to other foods, especially such as are deficient in nitrogenous matter and fat. The digestion co-effients of the nitrogenous matters of the fat and of the non-nitrogenous matter of the soy bean, and also in the cake left after its pressure for oil, closely approximate to 90 in each case. As a mean of two direct experiments with soy bean straw, the digestion coefficients were found to be as follows: Nitrogenous matter 60.8, fat 6.2, fiber 33.6, and non-nitrogenous extractive matters 69.0. The hulls are rather less digestible.

"The albuminoid ratio in the bean is about 1 to 2.3, in the straw 1 to 8.1, in the hulls about 1 to 20, and in the cake 1 to 1.3. An analysis of the cake shows: Water 13.4%, nitrogenous matter 40.3%, fiber 5.5%, carbohydrates 28.1%, fat 7.5%, ash 5.2%. Total: 100.0%.

"In good condition it would be a valuable addition to our feeding cakes, but it is too highly valued in the East to enable it to be imported to any extent at a profit.

"The soy bean plant has considerable power of resisting unfavorable climatic influences, as cold, drought, and wet; and appears to be particularly free from insect attacks, and, indeed, from all parasites; this last, if it continues, is by no means a slight advantage. The soy beans are eagerly bought by the natives of Southern Italy, an almost vegetarian race; that they are easily digested I can speak from experience, having frequently used them on my table, cooked after the manner of haricots. Taking into account the great richness of these beans in valuable food constituents, their easy digestibility, the value of the straw, and the great probability of some variety being able to be acclimatized without great trouble, this *Soja hispida* is worth consideration. The bean would form an exceedingly useful addition to the food of the poorer classes, as a substitute for a portion of the animal food which in the kitchens of the laboring classes is so wastefully cooked. One use it has already found, not altogether to be commended, viz., after roasting, as an adulterant of and substitute for coffee.

"We have procured seeds of several varieties direct from Japan, and of one variety from Germany, and these are now being cultivated in the botanic garden. They were sown rather late, and the month of June has not been favorable to their growth, but some of the varieties promise fairly." Address: LL.D., Ames, Iowa.

307. Scott, J. George (Shway Yoe). 1886. The Chinese brave. *Asiatic Quarterly Review* (*London*) 1(1):222-245. See p. 227. Jan.

• ***Summary:*** The Chinese are fighting the French. From Aug. to Nov. of 1884 "there was a seemingly endless stream of Chinese marching on the north-east frontier of Tongking" (p. 222).

Page 227: "The men lived in tents, or more often in rough and ready thatched huts built of branches of trees,... From ten to thirty men lived in each hut, and each section had its cooking pots, meals, and other arrangements in common, the fireplace being the primitive three bricks... The braves lived far from badly, according to their modest ideas of good living... Vegetable gardens sprang up in the neighbourhood. Numbers of peddlers with refreshment stalls followed the troops and ministered to the wants of the epicure by the supply of the bean-curd [tofu], the salt fish, and brews of different kinds of vegetables, from nettles to bamboo shoots, in which the peasant delights. The officers had their ragouts of chickens and ducks; their jars of soy [sauce], and peanut, and other oils; their bottles of wine, mostly in old champagne quarts, with Chinese labels of a magniloquence calculated to convert a teetotaller. On the whole, the Chinese armies were far from badly off."

308. Hubbard, Richard B. 1886. Japanese bean curd. *Monthly Consular and Trade Reports* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) 19(68):646-51. Sept. [1 ref. Eng]

• ***Summary:*** "I transmit herewith a translation of an article on the manufacture of tôfu, or Japanese bean curd, published by the Educational Museum of Tokio. The use of this bean (the *Soja hispida* or *Glycine hispida*) in the manufacture of so nutritious an article of diet, the nearest approach as it is stated, in its chemical constituents to animal food among known vegetable foods, seems to me to be one to which our attention should be called, with a view to introduce it to our tables. Richard B. Hubbard, United States Legation, Tokio, June 24, 1886."

Contents: Early history. Method of preparation (with

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5 excellent illustrations {line drawings}, described below). Preparing tofu for the table. Uses of tôfu. The soy bean (excerpts from Prof. Kinch's article upon the Agricultural Chemistry of Japan, *Transactions of the Asiatic Society of Japan.* 1880. Vol. 8, p. 398).

The translation was made by Dr. W.N. Whitney, interpreter of the legation. "Early history: Tôfu or bean curd was first used in China, according to the statement of Chinese authorities, in the reign of Wai-rau-wo of the Han dynasty (B.C. 206 to A.D. 25). In Japan, the record of its uses only dates back to the third decade of the fourteenth century, mention being made of it in the works called Tei-kiu-wo-rai and Isei-tei-kui-wo-rai, edited by Kitabatake Geni, and previous to which time we do not find any reference whatever to tôfu of the bean from which it is made, the *Soja hispida."*

"Method of preparation: The yellowish-white beans are soaked in water for twenty-four hours, or a night and a day, when they are poured into a stone mill (Illustration, Fig. 1) and ground. As the quality of the product of manufacture is largely dependent upon the purity of the water used, it is necessary that the purest water obtainable should be employed. The beans, having been first pounded, are mixed with an equal quantity of water in the oblong tub, Fig. 1 (a), and gradually poured into the orifice in the upper stone of the mill with a copper dipper. This mill resting within a bottomless tub (b) some eight or ten inches in height, upon the narrow wooden stand, is rotated by means of a bamboo rod or handle (d), which has one end inserted into a socket in the upper millstone. The thin pulp [slurry] of ground beans and water as it flows between the stones of the mill is directed into a tub beneath (e), and kept from running along the horizontal bars of the table by the perpendicular sides of the bottomless tub which surrounds the mill.

"The pulp which is collected in the under tub (e) is put into an iron pot and heated over a wood fire until it begins to boil, which stage is indicated by the appearance of bubbles or foam upon the surface. One or two gills of cold water [a gill is ½ cup or ¼ pint] are then poured around the edge of the pot inside, and as soon as the foam has subsided the pot is covered and a second boiling takes place; cold water is then again poured in and the contents allowed to stand. In stirring and mixing the pulp in the pot, a kind of wisp [whisk], made of split bamboo and coated with thickened oil dregs, is employed. The pulp is then dipped out of the pot with a ladle of bamboo, into a grass-cloth bag (Fig. 2, a), to prevent it running over the sides of which, a kind of flat trough (b) is used. Several dipperfuls of water are then poured into the bag, the mouth of which is tied up and the whole laid upon a mat of sticks (c), and over a linen cloth stretched over the top of a shallow tube [sic, tub], as shown in Fig. 2.

"Pressure is then brought to bear upon the bag by means of the round wooden stick used as a simple lever, as shown in Fig. 3. The liquor [soymilk] which oozes out, filters through the cloth laid over the top of the shallow tub, into the vessel beneath. Should the quantity of pulp ground up be large, several bags will be necessary, or one bag may be refilled several times.

"The contents of the tub, being the liquor expressed from the grass-cloth bag containing pulp, is then stirred up with about a gill of brine* poured in with a little bamboo ladle, and the cloth cover replaced." (Footnote: *"The brine used is obtained by deliquescence, and precipitates the vegetable caseine [casein] or legumen contained in the liquor [soymilk] expressed from the pulp.–Translator"). The cloth is again removed after the lapse of a few minutes allowed for the brine to thoroughly mix, and two gills more of brine are poured in, and, a few minutes later, still another portion of two or three gills, a little at a time.

"Whenever coagulation takes place in the filtered liquor in the tub, a shallow bamboo basket (Fig. 4), containing a stone to keep it down, is twice let down into the liquor, and the water [whey] which runs into the basket is removed. When coagulation is complete, the bamboo basket is inverted and the tub tilted to one side, to allow the water to drain off through the meshes of the basket.

"The next step is to transfer the coagulum from the tub to a rectangular-formed box (Fig. 5), which is accomplished in the following manner: A wooden frame, which just covers the edges of the forming box, is placed in position upon the open top of this box, which, it should be stated is 1.8 feet long, 0.62 feet wide, and 1 foot deep inside..." After the tôfu is pressed, the "box with its contents are then placed in a large trough of cold water." After cooling, the tofu, which has assumed "the consistency of a cooked omelet, is cut up with a broad-bladed brass knife into quite thick slabs of about 4 by 6 by 1½ inches in size. The quantity of water and brine used in the preparation of tôfu should be in the proportion of 15 sho (1 sho = 107.92 cubic inches) of water and ½ sho of brine to 4.5 sho of the bean.

"Preparing tôfu for the table: Tôfu may be prepared in many ways for the table, such as by frying or toasting, or making into soup. It may also be scrambled or made into croquettes. When fried, toasted, or scrambled, it has very much the taste of sweet-bread, and when saturated with Japanese soy is not unlike that dish in appearance and consistency. When used in soup it is cut up in little squares. There are several books in Japanese treating of this subject, such as the 'Tôfu-zoku hyaku-chin,' or the 'Hundred curiosities in Tôfu.'

"Uses of Tôfu: Tôfu, and the residue [okara] in its manufacture, are used for various other purposes, such as in the imitation of *tsuye-shu*, a kind of vermilion. For this purpose tôfu from which the water has been expressed is mixed with a kind of red lacquer, with a spatula, and thoroughly kneaded. This resulting paste is laid upon the articles to be manufactured, and after drying it may be carved or engraved upon.

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"The warm water in which the beans are first boiled is used to extract grease from clothing, and to cleanse the mats used upon the floors of Japanese houses, and also for washing the ceilings, for which purposes it has no equal. The pulp [okara] remaining in the grass-cloth after the vegetable caseine has been expressed, is used by the Japanese women as a substitute for soap in washing the hair. It is also used when mixed with finely-chopped straw as a food for horses and cattle, and sometimes as manure."

Note 1. This is the earliest English-language document seen (Oct. 2001) that uses the word "residue" or the word "pulp" to refer to okara. Note 2: This is the earliest English-language document seen (Sept. 2004) that uses the term "yellowish-white" to describe the color of soybean seeds.

Note 3. This is the earliest document seen (June 2001) that uses the word "soap" in connection with soybeans; okara is used in Japan as a soap. Address: Minister, United States Legation at Tokio, Japan.

309. Tamari, Kizo. 1886. Vegetables in Japan. *Transactions of the American Horticultural Society* 4:77-80. For the year 1886.

• ***Summary:*** "Peas and beans are so numerous in varieties that they can not be easily described. Besides common cultivated peas and beans, we have asparagus beans with long and tender pods, ensiform beans [shaped like a sword blade], many kinds of kidney beans and soy beans (*soya hispida*), etc. Some [such as soy beans] are used green, in pod, and the seeds are mostly used for making different kinds of cakes [confections] or as parched beans" [soynuts / irimame].

Note 1. This is the earliest English-language document seen (Dec. 2012) that uses the term "parched beans" to refer to soynuts.

The most important crop among our pulse is the soy bean. The annual product is about the same as that of wheat, viz.: eleven and one-half [11.5] million bushels. This large amount is consumed in three different forms in our culinary uses, viz.: miso, shioyu [shoyu] and tofu. The first and second are made of the beans, wheat or barley, common salt and water; the first in the form of paste, and the second a liquid, commonly called Japanese sauce. The third is a white mass, made by coagulating extract juice of the bean with a solution of epsom [sic, Epsom] salts. This is called Chinese cheese by the English."

Note 2. This is the 2nd earliest English-language document seen (April 2013) that uses the term "Chinese cheese" to refer to regular (nonfermented) tofu.

"Tofu is very extensively and commonly used, especially among those living apart from the seacoast, and where they can not get fresh fish, this is cooked and used as a substitute for fish. This bean is exceedingly rich in nitrogenous substances. It contains about thirty-seven per cent. of albuminoids, or over three times as much as wheat, barley, or oats, and one and a half times as much as peas or beans. So far, our people are the most extensive consumers of pulse of any people in the world. It seems to me that it is caused by the demand for nitrogenous food, which was almost excluded from animal food besides fishes on our table."

Note 3. The latter refers to the fact that Buddhism in Japan prohibits the consumption of four-legged creatures.

Note 4. This volume is a report of the seventh annual meeting, held at Cleveland, Ohio, September 7th to 10th, 1886. Address: Japan.

310. *Brisbane Courier* (*Queensland, Australia*). 1886. Imports (A special charge is made on consignees' announcements inserted in this column). Nov. 20. p. 4.

• ***Summary:*** "Tannadine, from Hongkong: 10 baskets and 6 chests bean sticks [probably dried yuba sticks],... 1 basket bean curd [tofu], 10 baskets [soya] bean sauce, 3 baskets salt bean [probably fermented black beans / fermented black soybeans],... 6 boxes preserved plums,... 4 boxes beans,... 15 chests soy [sauce], 1 chest Joss sticks,..."

311. *J. of the Society of Arts* (*London*). 1886. Manufacture of tofu in Japan. 35(1778):102-03. Dec. 24.

• ***Summary:*** "The United States Minister at Tokio says that considerable attention is paid in Japan to the manufacture of *tôfu*, or bean curd, which approaches more nearly in its chemical composition to animal food than any other vegetable known." An excellent, detailed description is given of the method of preparing tofu in Japan.

Note 1. For the full report, see: Hubbard, Richard B. 1886. "Japanese bean curd." *U.S. Bureau of Manufactures, Department of Commerce and Labor, Monthly Consular and Trade Reports* 19(63):646-51.

Note 2. This is the earliest English-language document seen (April 2013) with the word "tofu" in the title. However in the body of the article, the word is always italicized and spelled *töfu*.

312. Church, Arthur Henry. 1886. Food-grains of India. London: Published for the Committee of Council on Education by Chapman and Hall, Ltd. 180 p. See p. 140-44. Illust. Index. 27 cm. 35 plates, with Fig. 26 being of the soybean. South Kensington Museum science handbooks. With 23-page supplement, 1901. Reprinted in New Delhi, India in 1983 by Ajay Book Service. [17 ref]

• ***Summary:*** "The soy-bean. *Glycine Soja*, Sieb. and Zucc. *Synonyms*–Soja hispida (Moench.); Dolichos Soja (Linn.); Soja angustifolia (Miq.). *Hind.* [Hindi]–Bhat, Bhatwan. *Punjab* [Panjabi]–Bhút. *Beng.* [Bengali]–Gari-kulay. *Naga*–Tsu-dza.

"This important bean is the seed of Glycine Soja, a small, sub-erect, trifoliate, hairy annual, with pods generally 3 to 4-seeded. It belongs to the natural order Leguminosae,

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sub-order Papilionaceae, tribe Phaseoleae, and sub-tribe Glycineae; 5 genera are included in this sub-tribe. Glycine contains about 12 species, chiefly Australian, but 3 are Indian, namely *G. javanica, G. pentaphylla,* and our present species.

"The soy-bean forms a considerable article of food in China and Japan. Since 1873 it has been successfully grown, as an experiment, in some of the warmer parts of Europe. It is widely spread in the outer Himalaya, and tropical regions from Kumaun to Sikkim, and the Khasir [Khasia / Khasi Hills], and the Naga Hills to Upper Burma. It is often cultivated, rather largely in Busti and Gorakhpur [in today's Uttar Pradesh], Patna, and Purniah [Purnea] Districts [both in today's northeast India].

"This crop is generally grown by itself; the seeds are sown from June to September; the harvesting takes place between November and January. It is consequently a kharif crop. The seeds should be placed at a depth not exceeding 1 to 1½ inch; 18 plants may be left, after weeding and thinning, to the square yard. A peaty soil, or one rich in organic matter, suits the plants best; a calcareous soil is also favourable to its growth. Sulphate of potash is a good manure, nitrogen may be supplied either as nitrate of soda or, in the case of soils poor in organic matter, in the form of rape or mustard cake, but it is rarely needed, while large applications of nitrogenous manure exert a distinctly injurious effect upon the yield of beans. So far as we know, this very important, vigorous, and productive pulse is not attacked by any insect or parasitic fungus."

A full-page illustration (p. 141) shows the upper part of a soy-bean plant, with flowers and a lengthwise cross section of one of the pods.

"Very few vegetable products are so rich as this bean at once in albuminoids and in fat and oil, the former constituent amounting to 35 per cent., and the latter to 19. The cultivation of the pale large-seeded varieties should be extended."

A table titled "Composition of soy-beans" (p. 143) shows that the seeds contain 35.3% protein, 18.9% fat, 4.6% ash, 11.0% moisture. "The nutrient-ratio is here about 1:2, while the nutrient-value is 105. Potash forms nearly one-half, and phosphorus-pentoxide one-third of the ash of the soy-bean. Ripe soy-beans require long soaking, preferably in warm water, in order to render them soft.

"In China and Japan three preparations are extensively made from the soy-bean. Soy sauce is the best known of these, but more important are the soy or bean cheeses, and a kind of paste. The beans are sometimes pressed for the sake of the oil they yield; the residual cake forms an extremely rich cattle food, containing as it does 40 per cent. of flesh-formers and 7 per cent. of oil. The soy-bean may also be grown as a fodder plant. If cut just when the pods are fully formed it makes an excellent hay, superior to that of the lentil."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "bean cheeses" or (by implication) "soy cheeses" to refer to tofu.

Webster's New Geographical Dictionary (1988) defines Bengal (earlier Bengal Presidency) as a former province in northeast British India, and now a region encompassing West Bengal, India, and Bangladesh. The capital was Calcutta, located on the Hooghly River about 90 miles from its mouth. Calcutta is now the capital of West Bengal, India. Dhaka (Dacca) is the capital of Bangladesh. Bangladesh was formerly East Bengal (part of India, 1700s-1947), then East Pakistan, 1947-1971. It became Bangladesh in 1971.

This one of the earliest document seen (March 2001) that clearly refers to soybeans growing in Burma, but it is not clear whether these are cultivated or wild soybeans.

Page 127 discusses "The Pea-Nut. *Arachis hypogaea,* L." Six local vernacular names are given. "This plant is probably of American origin, although it has long been cultivated in India, on the West Coast of Africa, and in many other tropical countries. There is a similar plant, *Voandzeia subterranea* [Bambara groundnut], allied to Vigna, which grows under the same conditions." The composition of pea-nuts (in 100 parts and in 1 pound) is given. "Half the weight of pea-nuts is oil... Pea-nuts, after the greater part of the oil has been extracted by pressure, yield a cake well adapted for feeding cattle." An excellent full-page illustration (line drawing, p. 126) shows the pea-nut plant with seeds growing under ground and details of flowers and seeds.

Note 2. This is the earliest document seen (March 2001) that mentions *Voandzeia subterranea. Webster's Third New International Dictionary* has an entry for "voandzeia: [NL, from Malagasy *voandzou*]. A genus of tropical creeping herbs (family Leguminosae) with trifoliate leaves and small axillary flowers." We later learn that one species, *Voandzeia subterranea* (L.) Thouras, is called the Bambara groundnut. The Bambara are a Negroid people of Upper Niger.

Note 3. This is the earliest English-language document seen (Oct. 1999) that contains the term "nitrate of soda" (as a fertilizer) in connection with soy-beans. It was later renamed "sodium nitrate."

Note 4. This is the earliest document seen (Oct. 2002) that uses the word "kharif" to refer to the rainy season in South Asia.

Note 5. A long, positive review of this book appeared in the *Times of India* (25 Dec. 1886, p. 4), which mentioned that even though Church had never been to India, he derived his knowledge from reliable sources. The word "soy-beans" appeared twice in the review. Address: Prof. of Chemistry, Royal Academy of Arts, London.

313. Gordon Cumming, C.F. (Constance Frederica). 1886. Wanderings in China. 2 vols. New edition. Edinburgh and London: William Blackwood and Sons. Illust. Index. 21 cm.
• ***Summary:*** The author is a Protestant Christian; she praises

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Christian mission work in China and sees all Chinese (except Christian converts) as heathens and idolaters. She traveled in Hong-Kong and China in late 1878 and 1879. Each entry is dated, like a journal.

Volume I: In describing a Chinese feast on the island of Nantai, she notes that beef is prohibited by Confucianism on utilitarian grounds; however sea-weed and "almonds with bean curd" are among the many delicacies served. All manner of delicate little dishes "were scattered about the table for the guests to play with between courses, and each was provided with a tiny silver plate for mustard, soy [sauce], or any other condiment" (p. 220-23). A footnote on delicacies of old states that in the late 1500s at Launceston, England, porpoise was served with furmenty [frumenty; a dish of wheat boiled in milk and usually sweetened and spiced], almond-milk, sugar, and saffron (p. 222).

She describes a vegetarian meal at Kushan Monastery, noting that butter is considered as unfit for food, and milk is fit only when curdled and sweetened (p. 260).

Volume II: In a delicious vegetarian dinner at the Tien-Dong Buddhist Monastery, "pea-nuts" were served on the first tray. "Of course the whole was entirely vegetable [vegetarian], though some portions of corn-husk and other things tasted so very much like meat and preserved fish that we found it difficult to persuade ourselves that such was not the case" (p. 39). From vendors with portable street ovens in Peking: "Bean pudding in a crust of mashed potatoes, fried in oil, seemed to be in great demand..." (p. 281).

"But the favorite food here [Peking] is a cake made of bean curd. Common small beans are ground between two granite millstones like a hand quern. As the upper stone is turned, water is poured on, and a creamy white fluid oozes out, which flows into a tub, and is boiled with salt. The froth is skimmed off, and the curd is tied up in a cloth, put under pressure, and so formed into square cakes [tofu], which really taste rather like our own curds. They are generally, however, fried in oil, or else eaten with soy, which is a sauce obtained from the same bean when fermented." (p. 282).

"Every now and again among the curious vehicles dragged noisily along the street, came a gigantic wheelbarrow, laden with wicker oil jars. It seems that the manufacture of oil from the yellow and white pulse bean is one of the great industries of Northern China, and thousands of junks are annually employed in transporting the oil and bean-cake to the Southern Provinces. The beans are first crushed in oilmills, whose revolving stone wheels are turned by bullocks. Some mills are so large as to employ about sixty bullocks. The beans are then steamed, and when very hot are (by a somewhat elaborate process) subjected to great pressure whereby the oil is expressed. It is filtered through a cloth, and is then generally poured into large jar-shaped baskets, each made to contain a hundred pounds of oil. They are lined with tough paper, which is glued to the wicker-work by a strong varnish, and is quite oil-proof. The narrow mouth of the jar is then covered with the same varnish paper, and no further packing is required even for a sea voyage. The oil, which is clear and pale, is used both for lamps and for cooking purposes.

"The bean-cake which remains after the oil has been expressed, is used as manure for the land, but is never given to cattle, who, however, are largely fed on the bean itself. As the aforesaid very popular pulse curd and soy sauce are both prepared from the same bean, it must be allowed that it holds an important place among the vegetable products of the land" (p. 283).

Miss Constance Frederica Gordon Cumming, a woman, lived 1837-1924. A portrait photo of the author appears as the frontispiece of each volume. Address: Author and world traveler.

314. Hepburn, James Curtis. 1886. A Japanese-English and English-Japanese dictionary. 3rd ed. Tokyo: Z.P. Maruya & Co., Limited. Yokohama, Shanghai, Hongkong & Singapore: Kelly & Walsh, Limited. London: Trübner & Co. 962 p. 22 cm.

• ***Summary:*** "During the fourteen years which have elapsed since the publication of the last edition of this Dictionary [in 1867], the Author has kept it constantly before him, correcting errors, improving and enlarging the definitions, and adding new words and illustrations, according as his time and other important engagements allowed him. But owing to the amazing changes and rapid advancement of the Japanese in every department, he has found it difficult to keep pace with the corresponding advance of the language in the increase of its vocabulary. He has endeavored, however, to collect these words, examine, classify and define them. Many, no doubt, have escaped his notice. Still there is an addition of more than ten thousand words to the Japanese and English part."

New soy-related definitions in this edition, not found in or changed from the 1867 edition: Aburage: Anything fried in oil or grease, especially fried *tofu.* [fried tofu].

Amazake: Sweet *sake,* a kind of drink made of fermented rice.

Azuki: A small red bean, Phaseolus radiatus. Daizu: A kind of large white bean, Soja hispida.

Hiriôzu: A kind of food make of *tôfu* fried in oil.

Note 1. This is the earliest purely English-language document seen (April 2013) that contains the word *Hiriôzu.* It refers to Kyoto-style deep-fried tofu treasure balls.

Kinako: A flour made of beans.

Kirazu: The refuse of beans left in making *tôfu* [okara].

Note 2. This is the earliest purely English-language document seen (Aug. 2011) that uses the word "Kirazu" to refer to what is now called "okara" or "soy pulp."

Koji: Barm or yeast made by the fermentation of rice or barley in the process of making *sake* or *soy* [sauce].

Miso: A kind of sauce made of beans, wheat and salt.

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Miso wo suru: To rub miso in a mortar.

Sake: A fermented liquor brewed from rice. Sake wo kamosu: To brew sake. Sake ni yô: To be drunk. Sake no uye ga warui hito: One who behaves disorderly because of drink. Sake ni oboreru: To be addicted to drink [alcohol].

Shoyu: Soy, a kind of sauce made of fermented wheat and beans. Syn. [Synonym]: Shitaji.

Tamari: Soy, shôyu. Note 3. This is the earliest English-language document seen (April 2012) that uses the word "Tamari" to refer to a type of Japanese soy sauce,

Tofu: A kind of food made of beans, bean curd.

Unohana: The Deutzia scabra; also refuse of beans from making tofu. Yuba: A kind of food made of beans, the skin of bean curd.

Terms listed unchanged from the 1867 edition include Natto, and Yu-dofu.

No listing is given for: Daitokuji natto, Edamame [Yedamame], Hamanatto, or Okara.

The "English and Japanese dictionary," which starts on page 771-73, contains the most important English words with numerous examples. Included are: Bean: Mame. Spec. Azuki, sora-mame, daizu, endo, ingen, sasage. Bean pod: Mame no saya. Bean curd: Tôfu.

Soy: Shôyu.

Note 4. This is the earliest English-language document seen (Oct. 2001) that uses the word *Unohana* to refer to okara. Address: M.D., LL.D., Yokohama, Japan.

315. Lanessan, J.-L. de. 1886. Les plantes utiles des colonies françaises [Useful plants of the French colonies]. Paris: Impremerie Nationale. 990 p. See p. 710. [Fre]

• ***Summary:*** Dau-nanh is the name of the soybean in Cochin China. Gives a botanical description of "*Dolichos Soia* or *Soja* L.–Annual, erect, fuzzy stalk, simple with ascending branches; ternate, oval velvety leaves; purplish flowers in simple bunches, axillary; calyx with five sharp divisions, the upper ones shorter;... oblong wings; slightly carinate; ten stamens, nine shorter; hispid hanging pod; whitish oval beans.

"In Japan they prepare with these beans and some meat broth a sauce of great renown, *Sooju* or *Soja,* that the Chinese and Vietnamese also use to stimulate their appetite. They also make a white purée resembling coagulated milk, called *Teu-bu* [tofu] in China, where it is highly appreciated. Although it is rather insipid, it is neither disagreeable nor indigestible."

Note: Meat broth is not used in preparing shoyu, which acquires a hearty, meaty flavor through the fermentation process. Address: Professeur Agrege d'Histoire Naturelle a la Faculte de Medecine de Paris, France.

316. Rein, Johann Justus. 1886. Japan: Nach Reisen und Studien, im Auftrage der Koeniglich Preussischen Regierung dargestellt [Japan: Travels and researches undertaken at the cost of the Prussian government. Vol. II.]. Leipzig, Germany: Verlag von Wilhelm Engelmann. 679 p. See p. 5, 65-70, 123-27, 185, 649. Illust. Indexes (1 German and Latin, 1 Japanese). 2nd ed. 1905. [9 ref. Ger]

• ***Summary:*** A superb book, showing the high German art of studying other cultures. The many illustrations are either beautiful wood engravings (*Holzschnitte*), real photographs, or actual samples of paper or textiles (glued in). In the chapter on "Food plants" (*Nährpflanzen*), the following is a partial contents of the section on "Pulse or leguminous plants" (*Hülsenfrüchte oder Leguminosen,* p. 65-71): Introduction to crops cultivated in Japan. 1. The ground-nut and ground-nut oil. 2. The soybean: "Among the pulse of Japan (and not the less of China), the soy-bean ranks first in extent, variety of use, and value; and chemical analyses prove the empirical judgment is well founded. In point of nutriment, the soy-bean is of all vegetables the nearest to meat. It contains nearly two-fifths of its weight in legumin rich in nitrogen, and nearly one-sixth in fat. The soy-bean is to the inhabitants of Japan what their *garbanzos* (chick-peas) are to the Spanish, and their *feijao preto* (black beans) to the Brazilians. The author then describes the characteristics of the soy-bean, the work of Haberlandt with soy-beans in Austria, and the yields that he and his co-workers obtained.

"In Japan the varieties of soy-bean are distinguished–according to colour, as white (more properly yellowish), black, brownish red, green, and spotted; according to duration of growth [maturity] as early-ripening, middle-ripening, and late-ripening; according to form, as spherical, ellipsoidal, kidney-shaped, and compressed laterally; and according to use, as to those which serve primarily in making Shôyu (soy), Tôfu (bean-cheese), and Miso (a sort of sauce), and those eaten in any plain shape."

Soy-bean varieties in Japan include: 1. "White (pea-yellow) soy-beans, Japanese Shiro-mame or Haku-daidzu. To this division belongs an early-ripening sort with very small seeds, called Goguwatsu-mame [Go-gatsu], or 'five-months-kind,' because it ripens in the fifth month of the old Japanese calendar, our July; also another small-seeded, early-ripening variety, the Wase-mame or Natsu-mame, that is, early and summer-bean. These two are also called Tôfu-mame, because they are used chiefly in making Tôfu. Another sort serves to produce Miso. It is called Nakate-mame, 'middle-late bean,' its time of maturity occurring half-way between that of the early and late kinds. Its seeds are round and somewhat larger. The late ripening varieties, Okute-mame (late-bean), Maru-mame (bullet-bean), and Teppô-mame (gun-bean), or Aki-mame (autumn-bean) have, as their names indicate, mostly bullet-shaped seeds, which become harder and larger than the early ones. The variety last named is used in making Shôyu, while Maru-mame is valuable as horse-feed.

2. Black soy-beans, Japanese Kuro-mame or Koku-daidzu. These are eaten boiled with sugar, as an entrée, or as a relish to rice. There is a middle-late sub-species, with

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round, elliptical seeds, Kuro-mame, in short, and another like it with big, bullet-shaped beans is called Kuro-teppô-mame. And again there is a late-ripening sort with flat, elliptical seeds under several names.

3. Brown soy-beans, Japanese Katsu-daizu (thirsty soy-bean) are much less grown than the white and black sub-species, and are used like the latter. They are distinguished as Aka-mame, red soy-beans, round, reddish-brown in colour, in different varieties, and Cha-mame, tea beans, three light-brown sorts of small extent and significance.

4. Greenish or bluish green soy-beans, Japanese Ao-mame or Sei-daizu, are eaten mostly boiled and with sugar, like the black and brown-red varieties. And, with the brownish sorts, they are much less widely grown than the black and yellowish. The Japanese distinguish the following sub-species of Aö-mame [sic, Ao-mame]:–(a) Sei-hito,–epidermis green, inside a whitish yellow. (b) Nikuri-sei,–greenish throughout. Both sub-varieties run from roundish-ellipsoidal to a bullet roundness, are of medium size, and remind one of green peas. (c) Kage-mame, with pale green, round beans. 5. Speckled soy-beans, Japanese Fuiri-mame or Han-daidzu. This group is not important. Its cultivation is confined to a small area, in a few provinces. Its sub-varieties are known as:–(a) Kuro-kura-kake-mame, with a black spot on the saddle (eye), otherwise greenish; flat and with the outline of an egg. (b) Aka-kura-kake-mame, with a brown spot on the saddle (eye), otherwise yellowish-green, flat and drawn out long. (c) Fuiri-mame or Udzura-mame, speckled or spotted soy-bean, yellowish-green with many dark flecks. A rare variety, grown only in a few places, especially in Harima.

"Early-ripening soy-beans are sown as early as April in Southern Japan, in Central Japan during May. Those that ripen in autumn need much more warmth, and are sown, as a rule, one month later... Late-ripening Daidzu is also a favourite for planting along the edge of fields and on the new-built dykes of rice-fields."

Returning to the work of Haberlandt: "At the end of his above-mentioned treatise, Haberlandt summed up in five noteworthy propositions, the results of his experiments with the soy-bean and of its chemical analysis. His conclusions are as follows:

"(a) The acclimatization of the early-ripening sorts, particularly those with yellow and reddish brown seeds, appeared to have fully succeeded in Central Europe.

"(b) The seeds obtained were larger, heavier, and handsomer than those from Eastern Asia, the chemical composition, however, remaining unchanged.

"(c) The soy-plant resists light spring frosts better than our young beans, and endures greater dryness in summer than most leguminous plants, though otherwise much like other kinds of beans.

"(d) It is distinguished by heavy crops, besides furnishing, in its stems and leaves, either green or dried, a nourishing feed, of which cattle are very fond.

"(e) In their high percentage of protein and fat, they far excel all other pulse in nutritive quality; and when properly prepared are second to none in flavour.

"After such favourable judgments, it might have been expected that the soy-bean, at least in the warmer regions of the Austro-Hungarian monarchy, would soon become popular and generally cultivated. The result, however, was quite otherwise. The hopes which he had aroused in behalf of this plant seem to have disappeared with Haberlandt, who died in 1878.

3. Azuki beans (many varieties are named and described).

Two tables (p. 73-74) show the following: (1) Analysis of 10 different numbered samples of soybeans, empty pods, and straw and leaves. Eight are from Haberlandt's book *Die Sojabohne* [The Soybean] (1878), two are from Caplan, and one each from Mach, Senff, Levallois, and Kinch. (2) Comparative composition of 9 different legumes, including soybeans, azuki beans, common peas, broad beans / faba beans, lentils, yellow lupins, and peanuts. The soybean has by far the most crude protein, is second in fat (after peanuts), and is average in (minerals).

Foods made from soybeans (p. 123-27): Shoyu (*Shôyû, die japanische Bohnensauce, auch Soja*). Miso (made with rice koji [*Kôji oder fermentierender Reis*]). Tofu (*Tôfu, Bohnenkäse*, made with *Shio-no-nigari* (*Salzbitter*)) incl. dried-frozen tofu (*Kori-tôfu, gefrorener oder Eis-Tôfu*).

"Kori-tôfu, frozen or ice-Tôfu, is the spongy, horn-like substance that remains when common Tôfu is allowed to freeze and then thawed and dried in the sun, thus getting rid of most of its water. By Yuba [Yuba] is meant a third preparation, consisting of brownish, tough skins (*Häuten*), made by boiling the dissolved legumine of the Tôfu-process, with the addition of some wood-ashes, and then taking away in succession the skins that rise" (p. 126-27; see Rein 1889).

Note 1. This is the earliest German-language document seen (Oct. 2012) that contains the word Yuba.

The section on "Oil plants and their products" (p. 176-89) gives details on 13 plants and the oil obtained from them, including: 1. Rapeseed oil. 2. Mustard oil. 3. Camellia oil. 4. Cottonseed oil. 5. Peanut oil. 6. Sesame oil. 7. Perilla oil (*Perilla ocymoides*). 11. Hempseed oil. Soybean oil is not one of these. However a table (p. 185) gives the average composition of various Japanese oilseeds (Source: E. Wolff et al.; Ollech 1884): Rapeseed, peanuts, cottonseed, sesame (brown and white), hemp seeds, shelled beech-nuts, and soybeans.

Note 2. Volume 1 was published in 1881. The title of volume 2 is Land-und Forstwirtschaft, Industrie und Handel. Johann Justus Rein lived 1835-1918.

Note 3. This is the earliest German-language document seen (April 2013) that uses the term "kori-tôfu," or "gefrorener Tôfu," or "Eis Tôfu" to refer to dried-frozen

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tofu.

Note 4. Also discusses: Ame, midzu-ame, and barley malt syrup (p. 121-22). Fu, or baked wheat gluten cakes. Hemp, hempseed, and hempseed oil (p. 88, 177, 184-85). Kudzu (p. 75, 199, 217). Peanuts and peanut oil (p. 176-81, 185). Sea-weeds–especially marine algae (p. 93-96). Sesame seeds and oil (p. 88, 176-78, 181-82, 185). Address: Prof. of Geography, Univ. of Bonn, Germany.

317. *Otago Witness* (*New Zealand*). 1887. Miscellaneous. Feb. 11. p. 8.
• ***Summary:*** From The Standard: "The cultivation of the Soy bean (Soja hispida), extensively used in Japan, is being recommended in the United States, where it has been tried on a small scale. It is a round, yellowish-white bean, which is constituents is said to come nearer to animal food than any other vegetable. According to an article published at the Educational Museum of Tokio, this bean was first raised in China about 200 years B.C. [sic, 11th century BC] and its use in Japan dates back to the fourteenth century [sic, at least the 8th century]. In the latter country it is chiefly used as 'tofu' or bean curd, which is cooked in various ways. Analysis shows that the bean contains 37 per cent. of albuminoids, and nearly 21 per cent of fat. In Germany the Japanese bean has been cultivated with success."

318. *Vegetarian Messenger* (*Manchester, England*). 1887. Notes and queries: Vegetable cheese [tofu]. May. p. 154-55.
• ***Summary:*** "There is some possibility, we are authorised to state, that cheese, as made in China from beans, will at last shortly be profitably be manufactured and sold in this country. Those interested in its production, or desirous in any way to forward its sale, which will, on account of its low price, at no distant date unfavourably interfere with ordinary cheese made from curds of milk, should communicate with M. Nunn, Fox Hill, Upper Norwood."

Note: This is the earliest English-language document seen (April 2013) that uses the term "vegetable cheese" to refer to tofu.

319. Williams, W. Mattieu. 1887. Tofu and vegetable cheese. *Gentleman's Magazine* (*London*) 257(1878):616. June.
• ***Summary:*** The article begins: "Vegetarians should look to this. Tofu is a curd manufactured from beans in Japan. According to the 'Journal of the Society of Arts.' December 24, 1886, it 'approaches more nearly in its chemical composition to animal food than any other vegetable known.'"

The author describes briefly how tofu is made in Japan. "The fibrous residue left in the bag [okara], after the filtering out of the vegetable casein [protein], may be mixed with chaff as a food for cattle."

He adds that he has made tofu from common split peas in a similar manner and precipitated the vegetable casein with acetic acid. "All kinds of peas and beans will yield soluble casein when thus treated, and most valuable food may thus be obtained free from the woody fibre, which is difficult to digest.

"My experiments were avowedly but preliminary and suggestive; they, however, point to the possibility of a very important industry in the manufacture of a new and most desirable food, viz. vegetable cheese. If I am not altogether mistaken, it may be produced on a large scale at about threepence per pound, and be equal, if not superior, to the best cheese made in the dairy. As I have shown in the work above quoted, a sheep weighing 60 pounds contains less nutritive matter than 20 pounds of ordinary cheese. This also applies to the vegetable cheese."

320. Kellner, O.J.; Mori, Y[ôtarô]. 1887. Beitraege zur Kenntnis der Ernaehrung der Japaner [Contributions to an understanding of the nutrition of Japanese]. *Mittheilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens in Tokio* (*Yokohama*) 4(37):305-21. Aug. [37 ref. Ger]
• ***Summary:*** *Vegetarian Messenger* (May 1888, p. 127-28) states that the staple diet of the Japanese "is almost wholly Vegetarian... As to beef, however (there is no mutton in Japan), there can be no question that its consumption is very small. In 1882, only 36,288 beasts were slaughtered, or about one kilogramme of meat per head of population, and it must be borne in mind that a large consumption takes place at the open ports amongst Europeans, and in the proximity of vessels... It would appear that the flesh of mammals is almost entirely excluded from that diet." Address: Tokyo.

321. Osawa, Kenji; Ueda, Keiji. 1887. Shokumotsu shôka no ryôhi (zokkô) [The quality of digestion of foods (continuation)]. *Chugai Iji Shinpo* (*Medical News, Foreign and Domestic, Tokyo*) No. 177. p. 16-21. Aug. [Jap]*
• ***Summary:*** A digestion experiment with tofu continued for two days, October 28-29, 1885. The subject, K.U., weighed 51.45 kg at the beginning and 49.36 kg at the end of the experiment. The diet consisted of tofu with some shoyu and starch. The following percentages of the basic nutrients were digested: Protein 96.1%. Fat 97.4%. Carbohydrates (incl. fiber) 88.4%. Ash 72.4%. Address: Physiological Institute, University of Tokyo.

322. Kellner, O.J. 1887. Zusammensetzung Japanischer landwirthschaftlicher und technischer Producte und Materialien [Composition of Japanese agricultural and technical products and materials]. *Mittheilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens in Tokio* (*Yokohama*) 4(35):205-22. Sept. See p. 205, 208-09. [Ger]
• ***Summary:*** The introduction (p. 1) contains a list of publications on agricultural chemistry and chemical

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nutritional physiology published by this laboratory under Dr. Kellner's direction. These include investigations of seeds, hay, straw, manures, and technical products (alcoholic drinks and shoyu).

A large table (p. 8, probably based on Kellner's research) gives the German name, botanical name, Japanese name, and nutritional composition of 12 leguminous seeds and oilseeds (on a dry-weight basis, plus their ash), including soybeans (*Sojabohne, Soja hispida, daizu*), shelled peanuts (*Erdnuss, Arachis hypogaea, Nankin mame*), and sesame seeds (*Sesam, Sesamum orientale, goma*).

A discussion of the soybean (p. 209) notes that it is widely cultivated in Japan and also used to make a variety of other products that resemble those made from milk. Soybeans are not often consumed directly, but are used in the preparation of tofu (*Bohnenkäse*), miso, and shoyu sauce. A small table gives the nutritional composition of three additional soybean varieties that are used for shoyu production. They all contain less protein and more fat than the soybean from the previous large table.

Another large table (p. 215) gives the German name, botanical name, Japanese name, and nutritional composition of 12 plants purchased at a market in Tokyo, including: kuzu (-, *Pueraria Thunbergiana, kudzu*), peanuts (*Erdnuss, Arachis hypogaea, Tojin-mame*), and soybeans (*Sojabohne, Soja hispida, kari mame*). The soybeans contain 13.67% water. Their dry matter contains 18.11% raw protein, 3.07% ether extract [crude oil], 39.16% crude fiber, etc.

Other large tables gives the composition of kudzu (p. 217), kombu (*Laminaria japonica,* p. 219), okara (*Tofukuchen, Tofurückstände,* p. 221), and various alcoholic beverages (p. 221, including sake {made from koji}, mirin, shirosake (white sake), white Kofu wine, and Sakurada beer brewed in Tokyo). A small table (p. 221) gives a nutritional analysis of three samples of shoyu, including the specific gravity (density relative to water), dry matter, organic matter, ash, and acid (as acetic acid). Address: PhD, Tokyo.

323. *Vegetarian Messenger* (*Manchester, England*). 1887. Japanese bean curd. Sept. p. 303-07. [1 ref]
• ***Summary:*** This excellent, detailed article on tofu, by Mr. Hubbard of the United States Legation at Tokio, is reprinted from: R.B. Hubbard. 1886. "Japanese bean curd." *U.S. Bureau of Manufactures, Department of Commerce and Labor, Monthly Consular and Trade Reports* 19(63):646-51.

324. *Vegetarian Messenger* (*Manchester, England*). 1887. Correspondence: Notes and queries. Oct. p. 341-43.
• ***Summary:*** "Soy beans.–Where can these be procured, and how are they to be cooked?–X.Z."

"Vegetable boots and shoes.- Are these now made and sold? If so, where?–T.B." No reply is given to either question.

"Vegetable cheese.- *Querist* asks when we are to have the vegetable cheese [tofu] promised in a former number of the *Vegetarian Messenger* [May 1887, p. 154-55]. (We fear that the death of an active friend, Mr. Nunn, who was making experiments in this direction, and who made the promise alluded to, will postpone the appearance of vegetable cheese indefinitely. Experiments should, however, be made by those who have any practical acquaintance with the chemistry of foodstuffs. Mr. Mattieu Williams, writing in the *Gentleman's Magazine* for June, on the subject of the manufacture of Japanese bean cheese," discusses his experiments with peas and beans. These investigations "'point to the possibility of a very important industry in the manufacture of a new and most desirable food, viz., vegetable cheese. If I am not altogether mistaken, it may be produced on a large scale at about 3 pence per pound, and be equal, if not superior, to the best cheese made in the dairy.'").

Note. This is the earliest English-language document seen (April 2013) that uses the term "Japanese bean cheese" to refer to tofu.

325. Tawara, R. 1887. Nihon shoku no chôsa (Zen kôno tsuzuki). Shoku sen chôsa [Investigation of Japanese foods. Part II]. *Tokyo Kagaku Kaishi* (*J. of the Tokyo Chemical Society*) 8:53-76, 77-101. [Jap]
• ***Summary:*** Discusses miso, natto, tofu, and yuba.

326. China Inland Mission. 1887. A primer in the Mandarin dialect: containing lessons and vocabularies, and Chinese construction and idioms;... Shanghai, China: China Inland Mission; and American Presbyterian Mission Press. xxii + 250 p. Map. 23 cm.
• ***Summary:*** Page 180: (3 Cc = Chinese characters given), *ch'ao-teo-fu,* fried bean-curd.

Page 181: 3 Cc, *ts'ing-iu-ping,* oil cake [press-cake of oilseeds].

Page 197: 3 Cc, *teo-fu-ru,* bean-curd [fermented tofu]; 4 Cc, *teo-fu-kan-tsï,* dried bean-curd cakes [pressed tofu]. Note: This is the earliest English-language document seen (Oct. 2011) that uses the term *teo-fu-ru* to refer to fermented tofu.

Page 220: 3 Cc, *teo-fu tien,* bean-curd shop.

Page 229: Oil of beans, 2 Cc (bean + oil). Address: China.

327. Hepburn, James C. 1887. A Japanese-English and English-Japanese dictionary. Abridged by the author. Second edition. Revised and enlarged. Tokyo: Z.P. Maruya & Co., Limited. Yokohama: Kelly & Walsh, Limited. London: Truebner & Co. vi + 330 + 962 p. 16 cm.
• ***Summary:*** Soy-related definitions include: Dengaku: A kind of food made of baked *tôfu.*

Go: [Soy] Beans mashed into paste for making *tôfu;* also used by dyers to limit colors. Mame no go: [Soy] bean paste.

Go-koku [Gokoku]: The five cereals–wheat, rice, millet,

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beans, and sorghum.

Hitashi-mono [Hitashimono]: Beans or vegetables boiled or steeped in *shôyu* [shoyu].

Irimame: Parched peas [sic, parched soybeans = soynuts].

Kirazu: The refuse of beans left in making *tôfu.*

Mamemaki: The ceremony of scattering parched beans [parched soybeans] about to drive out evil spirits on the last evening of the old [lunar] year.

Toshi-koshi [Toshikoshi]: The crossing from the old to the new year; the ceremonies observed on the last day of the year,... when parched beans [parched soybeans] are scattered after sundown to drive off noxious influences and evil spirits. The parched beans used this evening, if kept and eaten when the first thunder of the new year is heard, are supposed to protect against lightning.

Note 1. This is the 2nd earliest English-language document seen (Dec. 2012) that uses the term "parched soy beans" to refer to soynuts / irimame.

Tsui-na (*oni yarai*)*:* The ceremony of driving evil spirits out of the house by scattering parched [soy] beans about on the last evening of the old year.

Note 2. This is the earliest English-language document seen (Dec. 2012) that uses the term *Tsui-na* in connection with Setsubun and the ceremony scattering of roasted soybeans in Japan.

Yô-kan [yokan]: A kind of confectionery made of sugar and [azuki] beans.

Yuba: A kind of food made of beans.

James Curtis Hepburn lived 1815-1911. Address: M.D., LL.D., Tokyo, Japan.

328. Li Wenpei. 1887. Shiwu bencao [Materia diatetica]. China. Passage on soy reprinted in C.N. Li 1958 #343, p. 242-43. [Chi]

• ***Summary:*** Wade-Giles reference: *Shih Wu Pên Ts'ao,* by Li Wên-P'ei. Qing dynasty. The section titled "Black soybeans" (*heidadou*) states that it is also called *wudou* ("crow-black beans"). Appendix green soybeans (*qingdou*). Sweet, neutral, and nontoxic. Clears the eyes and stabilizes / settles the heart (*xin*). Warms the spleen (*pi*). Consumed over a long time, it improves the complexion and makes it light / white rather than old. When cooked by boiling, its nature is cold. Prolonged eating makes the body heavy. It is an antidote to various poisons. The small, flattened kind is called "horse fodder bean" (*maliaodou*). It cures ruptured hernia. Prolonged ingestion encourages a black head of hair. The type with a green seed coat is even more effective than the black or the yellow soybean; the green seed coat type is best parched for food, or used to make tofu (*fu*).

The section titled "Yellow soybeans" (*huangdadou*) states: It is sweet, warming, and nontoxic. It helps to alleviate intestinal gas, and improves the functioning of the large intestine. It can be roasted for food, used to make tofu (*fu*), or pressed for oil (*you*). (Translated by H.T. Huang, PhD, March 2003).

329. *Moniteur Scientifique-Quesneville.* 1888. Fabrication du tofu au Japon [Manufacture of tofu in Japan (Abstract)]. 31:368-69. March. 4th Series. [Fre]

• ***Summary:*** A French-language summary of the following English-language article: *J. of the Society of Arts* (London). 1886. "Manufacture of tofu in Japan." 35(1778):102-03. Dec. 24.

330. Lecerf, Ch. 1888. Sur la valeur alimentaire du Soya hispida [On the nutritional value of the soybean]. *Bulletin de la Societe de Medecine Pratique de Paris* p. 442-49. Meeting of April 26. Presided over by M. Laburthe. [Fre]

• ***Summary:*** Because of the difficulty many people have in tolerating gluten bread, we are anxious to find another food free from sugar and amylaceous materials for diabetics. I thought it would be interesting to do some trials on the use of the seeds of a bean used often in China, Japan, and Malaysia.

I had the occasion to study this bean under the direction of my master, Mr. Muntz, when I was at his laboratory at the Agronomic Institute (*l'Institut agronomique*). I wish to speak of soybeans (*Soya*).

In 1855, Mr. de Montigny, struck by the considerable nutritional value of soybeans, imported some to France, and submitted them to the Society of Acclimatization (*la Société d'acclimatation*), hoping that our farmers would make the best of this legume that is the foundation of the food of the poor classes of China and Japan. In these countries, the soybean equals the potato in our countryside, in consumption. We shall see, in a bit, that the bean of this legume (sub-order *papillonacée* [sic, papilionaceæ]) is richer by far in nutritious elements than the tuber of Parmentier [the potato].

Since this attempt [by Mr. Montigny in 1855], many agronomical trials have been conducted, at different places in our territory [France and its colonies], and they have proven that the acclimatization of this plant, in France, is possible. They have also permitted us to hope that the climate of our regions is analogous to that of the Chinese and Japanese provinces where the soybean (*le Soya*) is cultivated on a large scale. Unfortunately, these trials had the goal of feeding animals rather than the introduction of this bean into the human diet.

However, eight years ago, Count Attems, who was busy with the cultivation of soybeans in Austria, wrote: "We fool ourselves when we think that soybeans are only an advantageous pasturage, or when we believe that they constitute a delicate dish only for the table of the rich. Soybeans have also been discovered for the large class of less idle consumers, for the country folk and the workers; and although it is a plant of ancient Asia, future generations will make a great case for them and without a doubt will

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call them "Haberlandt's bean" (*Haricot de Haberlandt*) in recognition."

Professor Haberlandt, who tested the cultivation of soybeans following the Exposition of 1873, published his results in 1878 and became the popularizer of their cultivation and use in Austria. Here is this author's [Haberlandt's] opinion on the nutritive value of this bean:

"I think that soybeans are a food too concentrated to be prepared alone and that, consequently, it is better to mix them with other foods, especially those containing starch... They can furnish armies with provisions of little volume, and enter with good right, as the best equivalent, in pea sausages."

In France, although many notes relative to the cultivation and use of soybeans have been addressed to the Society of Acclimatization, I believe that the first, if not the only monograph that was made of it, is that of Mr. Paillieux. This work was published in 1881; I have borrowed from him numerous times. As for me, it was in 1883 at the Agronomical Institute that I came to know soybeans, following the analyses and experience of Mr. Muntz, and of my dear friend, the late Levallois, from whom the Academy of Sciences received last April 3rd a posthumous communication on the composition of the beans that he harvested at the agronomic station in Nice, of which he was the director.

The name *Dolichos soya* was given by Linnaeus to this Chinese bean that Moench later named *Soya hispida.*

In Japan, they call it *Daïzu Mame,* that is, food seed *par excellence.* In China, it is known under the name *Yéou-téou;* its cultivation there is less important than in Japan, although it enters largely into the food of the working class and is used, as in Japan, for the commercial / industrial preparation of a variety foods.

The soybean is also cultivated and consumed in India, the Himalayas, Ceylon, Tonkin, Cochin China, and the Dutch possessions in Malaysia. In these different lands, it is eaten in its natural state (*en nature*), and used to make many food products, on the one hand the daily food of the poor, on the other condiments sought after by the rich.

Because of the high content of fatty materials in soybeans (17-18%), its flour emulsifies with water, giving with oil a certain quantity of *légumine* [a protein found in soybeans]. The mixture, passed through a cloth, yields, as a filtered liquid, a true milk (*vrai lait*), used like that of cows, goats, or sheep. This is the milk (*le lait*) of the Chinese.

This milk is used to prepare a cheese (named *Téou-fou* in China, *Tou-fou* in Japan), that resembles a white cheese known, in France, under the name of *fromage à la pie* (quark). The lightly heated milk is coagulated when it is warm with the help of a few spoonfuls of liquid nigari / pure sea water (*d'eaux mères de sel marin*). The curds (*caillé*) thus obtained are allowed to drain, then submitted to the action of flowing water. Note 1. The drained curds are first pressed to make tofu, then cut into cakes, which a placed into a container of cold, circulating water.

According to Mr. Champion, in China a piece of tofu (*fromage de pois*) as big as a fist sells for a cent (*un centime*). For many people of the working class, it constitutes the morning meal, either in a liquid state [as soymilk], or coagulated and fresh [as curds], or in a dried state [probably as pressed or firm tofu, or possibly as yuba] and fried in oil extracted from soybeans.

According to the analyses of Mr. Fremy, the soybean contains 18% of this oil, which is in the first rank among the 15-20 types of oils that the Chinese possess. It is of excellent quality and for Europeans, has the sole drawback of retaining the aftertaste of the raw bean.

In Canton [China], soybeans figure in the composition of a solid ferment, *Kiu-tsée,* that the Chinese use to make an artificial wine and their brandy (*eau-de-vie*).

Note 2. This is the earliest document seen (Oct. 2012) that contains the term *Kiu-tsée* (written with an acute accent), which it uses to refer to a solid Cantonese wine ferment.

Continued.

331. Petit, Léon. 1888. L'huile de soya. Son emploi en médecine comme purgatif à petite dose [Soy oil. Its use in medicine in small doses as a purgative]. *Bulletin de la Societe de Medecine Pratique de Paris.* p. 449-52. Meeting of April 26. Presided over by M. Laburthe. [Fre]

• ***Summary:*** Kaempfer first introduced soybean seeds into Europe from Japan, where they are used to make *miso* and *shoyu* (a black and limpid liquid). These two are indispensable condiments in the Japanese diet. They also make a vegetable cheese, tofu, which is usually eaten fresh, and of which the people are very fond.

In Cochin China, soya occupies a major place in the culinary art. The Chinese do not consume milk; instead, they crush the soybean and obtain from it a liquid, rich in casein and oils, which they use like we use the milk from cows' goats, or sheep. From it, they also make white cheeses, red cheeses [fermented tofu], and a sauce, *Tsiang-Yéou* (*jiangyou* or soy sauce), which are greatly appreciated. For my part, I have had the occasion to taste this condiment several times and I admit that I do not share, in this regard, the enthusiasm of the Chinese. Much more, *soya* enters in the preparation of a ferment used for making spirits and wines.

Nothing could be easier than obtaining soybeans; in France, they germinate as easily as haricots. They contain 30-35% protein and make excellent forage.

The soybean has been tested as a forage plant, either alone or mixed with hay, oats, barley, sugar beets, etc. Mr. Paillieux, a distinguished agriculturalist, even conducted various trials in using the soybean for human food.

He cooked the seeds, like one cooks haricot beans, after they had been soaked in distilled water. He also roasted soybean seeds to make a sort of coffee. He successfully

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reproduced the various Japanese and Chinese food preparations. He even tried to make a flour by grinding the beans, but this flour degenerated [rancidified] because of the large quantity of oil and fat that it contains.

It is possible that if this oil were extracted, the soybean oilcake (*le tourteau de Soya*) could be ground / reduced into flour which would contain more than 40% nitrogenous materials [protein] and would have no bad [after]taste. But unfortunately, this flour would have a rather high net cost, because of the manipulations that its production would necessitate, unless a use for soybean oil, which is the object of an enormous traffic in China, is found. This very limpid oil, which has a beautiful yellow color like olive oil, leaves a little acrid taste in the mouth which is not disagreeable. It possesses very obvious drastic qualities. I had a liter at my disposition, and I observed that with a minimum dose of 10 gm, you obtain a very energetic purging [like diarrhea], without any type of abdominal pain / colic (*colique*). I hope, before long, to receive a certain quantity of soybean oil that I shall place at the disposition of those of our colleagues who would like to test it as a purgative.

Note: The writer is the only person ever to ascribe a "purging" or "purgative" property to soy oil.

There follows a question and answer session. Mr. Terrier asks: Can Mr. Lecerf provide us with some information about the use of this oil in China and Japan? Mr. Petit responds: I believe that the Chinese and Japanese use this oil only for therapeutic purposes. Soy sauce (*La liqueur de Soya*) is widely employed in England as a condiment. Mr. Lecerf adds: I know nothing about how the Chinese and Japanese use soy oil as a medical substance; but, as I said, this oil is of the highest rank among the oils consumed throughout China. I would say to Mr. Petit that the *India Soy,* which the English consume, is a product which contains only a small proportion of soybeans; it is made with considerable quantities of barley and rice [sic], and it comes from China. However *Shoyu,* which I present to you, is originally from Edo [Tokyo, Japan]. Like that from Batavia [Jakarta] (Ket-Jap [ketjap, kecap]), it is made with from equal parts wheat and soybeans (*Soya*).

Mr. Gillet de Grandmont asks: Very precise and extensive information on the cultivation of soybeans can be found in the *Annals* [*Bulletin*] *of the Society for Acclimatization.* This bean, which I have tried to use for food, does not soften easily upon cooking; it always retains a very disagreeable, acrid taste. I could hardly stand it, except consumed in the form of a salad after cooking.

Mr. Lecerf replies: In the fresh state [as green vegetable soybeans], soybeans are not hard and their taste is even agreeable. In the dry state, it is easy to render them less tough, by adding a small quantity of sodium bicarbonate [baking soda] to their cooking water, and by taking care to soak them in water 24 hours in advance. Address: M.D., 2 Rue Casmir-Delavigne, Paris.

332. Carrière, E.-A.; André, Ed. 1888. Chronique horticole [Horticultural chronicle]. *Revue Horticole: Journal d'Horticulture Pratique* (*Paris*) 60:217-21. May 16. See p. 220. [Fre]

• ***Summary:*** The section titled "Soy 'cheese'" (*Le "Fromage" de Soja*) states (p. 220): The starch [sic, protein] of the soybean is sometimes used for the preparation of a cheese.

Those who try to prevent the consumption of this product from expanding say that it has a rather strong taste of raw haricot beans.

The Society for Acclimatization, according to a proposal from Mr. Paillieux, is going to establish a prize of 500 francs to be awarded to the person who finds a practical process for removing this disagreeable taste from soy cheese, fresh or fermented / ripened. Address: France.

333. Suchi, Tokutaro. 1888. Shibô no eiyôtaki kôyô [Digestion experiments with rice and tofu]. *Tokyo Igakkai Zasshi* (*J. of the Tokyo Medical Society*) 2(9):457-62. May; 2(10):511-20. June? [Jap]

• ***Summary:*** K. Oshima (1905, p. 153) reports that T. Suchi, age 21 and in good health, conducted these experiments upon himself. "The amount of fresh rice and fresh tofu eaten per day was exactly the same in both experiments. In cooking the tofu 40 cubic centimeters of shoyu and 10 gm of sugar were used each day. In experiment No. 17 the tofu used was fried in rapeseed oil by the investigator himself, the amount of oil thus used being carefully weighed." Urine and feces were collected and analyzed.

Digestion experiment No. 16 continued for 7 days, Nov. 18-24, 1887. Suchi weighed 41.30 kg at the beginning and 41.51 kg at the end. The diet consisted of rice and tofu. Suchi digested 95.2% of the protein (*tanpakushitsu*) in the diet, 96.5% of the fat, 98.3% of the carbohydrates, and 77.2% of the ash.

Digestion experiment No. 17 continued for 6 days, Nov. 29 to Dec. 4, 1887. Suchi weighed 41.42 kg at the beginning and 41.47 kg at the end. The diet consisted of rice, tofu, and vegetable oil. Suchi digested 94.2% of the protein in the diet, 93.9% of the fat, 99.5% of the carbohydrates, and 78.9% of the ash.

Note: This is the earliest Japanese-language document seen (Aug. 2003) that uses the term *tanpakushitsu* to refer to protein in connection with soybeans. Address: Physiological Institute, Tokyo University.

334. *Chicago Tribune.* 1888. An eel dinner in a Tokio cafe. An appetising meal that is manipulated with chop sticks. June 9. p. 16.

• ***Summary:*** From Rumah in St. Louis Globe Democrat: "A specialty of Tokio houses of refreshment is eel houses." "We celebrated a recent anniversary day by an eel dinner at a

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famous eel house."

"The feast began with a soup or stew of eels, the bottom of the bowl being filled with a delicate white curd [tofu], and the flavor of the dish being as mild and evasive as flaxseed tea... The plain broiled eels are called white eels, and after them came black eels, or eels dipped in soy [sauce] before and during the broiling. They acquire a rich brown tint and a most piquant flavor by this treatment, and the soy, or bean sauce, with which the Japanese always improve their fish and birds, might be used in the same way in other countries. Japanese soy is the foundation of Worcestershire sauce, and is much better before it is charged with all the spices and cayenne that convert it into the English condiment."

335. Kellner, O.J. 1888. Researches on the composition and digestibility of Japanese feeding stuffs. *Bulletin of the College of Agriculture, Tokyo Imperial University* 1(2):1-45. July. See p. 25-29, 39-45. [3 ref. Eng]

• ***Summary:*** Section "V. Hay of soy beans (karimame)" (p. 25-29) describes experiments feeding soy bean hay to sheep (rams). "This hay is considered the best coarse fodder in this country. It is usually cured, when the pods have developed their normal size but the leaves are still green. A specimen of such hay was examined in 1883 by Mr. *M. Ota."*

In part "II. Soy bean (daizu)" (p. 39-45), Kellner notes: "Although the soy beans are somewhat expensive owing to their principal utilization as human food (tofu, miso and shoyu), it may happen that small proportions of them are resorted to in the feeding of the live-stock, for the purpose of supplementing the protein of a ration otherwise too poor in that nutrient." Soy beans, apparently raw, were fed to sheep. Feces ejected, water drunk, and live weights were measured. The article concluded: "The specimen of soy beans examined by us contains the following proportions of digestible nutrients, percent of the dry matter: Crude protein 34.30, fat 18.25, fiber 9.09; nitrogen-free extract 19.65; the last 2 total 28.74.

"Of all raw vegetable products, earth nuts perhaps excepted, the soy beans are the richest in the most valuable nutrients, protein and fat, and contain them in a highly digestible form."

Note 1. This is the earliest English-language document seen (April 2008) that uses the term "human food" in connection with soy beans.

Note 2. This is the earliest English-language document seen (Aug. 2003) that contains the term "crude protein" (or "crude-protein" or "crude proteins") (one of two documents). Address: Dr., Prof. of Agricultural Chemistry, Imperial College of Agriculture and Dendrology, Komaba, Tokyo, Japan.

336. Egasse, M. 1888. Le soja et ses applications économiques et thérapeutiques: Matière médicale et therapeutique [Soja and its economic and therapeutic applications: Medical and therapeutic subject-matter]. *Bulletin General de Therapeutique Medicale, Chirurgicale, Obstetricale et Pharmaceutique* 115:433-48. Nov. 30. [28 ref. Fre]

• ***Summary:*** This is a review of the literature, especially the use of soy in diabetic diets. The author was one of the first Westerners to suggest the therapeutic use of soybeans in diabetic diets. Illustrations show: (1) A soy bean plant (from Vilmorin 1883, p. 434). (2) Two views of a soy bean and a cross section of soy bean seed (both from Blondel, p. 435).

Discusses (with 11 tables) the work with soybeans of Haberlandt in Austria-Hungary, Steuff [Steuf] in Germany, Schroeder (a chemist) in Napagedl [in Mähren / Moravia, a region in today's central Czech Republic], Capan [sic, Caplan] in Vienna, Pellet in France, P. Muntz, A. Levallois, Stingl and Morawski, E. Kaempfer, Eug. Simon, Champion, L'hôte and Champion, Mr. Lecerf, Mr. Dujardin-Beaumetz and Mr. Bourdin at Reims (soy bread), and Mr. Lailleux in Algeria.

Blondel (1888) reports the absence of starch in all parts of the soybean seed (p. 435).

"Soybeans are used above all to prepare foods: in Japan, miso and shoyu (*le sooju*), in China an imitation of milk (*une imitation du lait* [soymilk]) and a cheese (*un fromage* [tofu]) greatly appreciated by the common people" (p. 441).

"Throughout China, soybeans (*les graines du soja*) are also used to prepare a milklike / lacteal emulsion (*une émulsion leiteuse*) which replaces milk and which is obtained by crushing the seeds, soaking them in water, and simply passing the liquid through a fine sieve. The [soy] milk, this liquor (*liqueur*), only looks like [dairy] milk, but since [dairy] milk is extremely rare, this liquor supplements the milk [i.e., soymilk supplements dairy milk] from the alimentary point of view" (p. 443). Note: This is the earliest French-language document seen (Oct. 2003) that uses the term *une imitation du lait* or *une émulsion leiteuse* to refer to soymilk.

"The applications of soybean seeds for the feeding of diabetics is not numerous. Yet we know, via an oral communication from Mr. Lailleux, former intern at the hospital in Algiers, that a certain number of diabetic Arabs under treatment at the hospital of Dey, in Algiers, have seen, under the influence of a dietary regimen based on soybean pap, that not only did the content of sugar in their urine diminish by a considerable proportion, but also the condition of their sores was improved, a condition which like all of its type had resisted other treatments employed. If this fact can be verified again, either with soy pap or soy bread, the therapy would have found in soybeans an aid of great utility in the ordinary treatment of diabetes mellitus, which is so difficult for most patients to stand, especially because they must abstain from starches for which they generally show such a strong appetite" (p. 447). Address: France.

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337. Antonini, Paul. 1888. Au pays de Chine: le pays de Chine, ses habitants, moeurs, usages, institutions, l'oeuvre du catholicisme, persécuteurs et martyrs [In the country of China: The country of China, its inhabitants, manners and customs, institutions, the work of Catholicism, persecuters and martyrs]. Paris: Librairie Bloud et Barral. 300 p. See p. 117-19. [1 soy ref. Fre]

• ***Summary:*** A frequent companion to rice, which one finds on every table, is tofu (*le teou-fou*), a name which literally means "rotten beans," or, to say better, decomposed. However this name gives no idea of what tofu really is.

It is a cheese (*un fromage*) made with the milk of a small bean. There follows a detailed description of how soymilk is made and then curded to make tofu. In some parts of China, calcium sulfate is used to produce the curds. Europeans would enjoy these curds. For the poor, tofu is a precious resource. We would do well to cultivate the little bean from which it is made.

A footnote explains that the scientific name of this bean is *Soja hispida.*

338. Blyth, Alexander Wynter. 1888. Foods, their composition and analysis: A manual for the use of analytical chemists and others. 3rd ed. London: Charles Griffin & Co. xxxi + 640 p. See p. 375. Illust. 19 cm. The 1st ed. was 1882. [2 soy ref]

• ***Summary:*** In Part III, "Carbohydrates," is a section titled "Chinese peas" which is entirely about soya beans. It begins: "A pea or bean much used in China in the form of cheese is the *Soia hispida."* A large table shows the composition of three samples of this bean according to G.H. Pellet [1880].

The author continues, apparently using Champion and Julien [1869] as his source: "The pea-cheese [tofu] is considered, in China and Japan, a very important food. The peas (*Soia hispida*) are soaked in water for about 24 hours, then strained; they are next ground to a thin paste with some of the water which has been put on one side. The grinding is effected by a mill. The matters are filtered, and the filtrate is concentrated by heat; and after skimming once or twice is cooled, the casein coagulated by plaster, and a salt, which appears to be chloride of magnesium, added. The cheese is grayish-white, and has the following general composition:-" Water 90.37%. Fatty matters 2.36%. Nitrogen 0.78%. Ash 0.76%.

In the section titled "Adulterations of coffee and their detection" is a table (p. 382) based on Moeller [1886] which shows the length and breadth of the palisade layers in 11 leguminosae, including "Soya" and Lupine. The text adds (p. 383): "In soya, lupus seed, and canavalia, the pillar cells are as high as broad, and very much like cotton reels."

Also discusses: Linseed (p. 151). Gluten (p. 156). Oleo-margarine and butterine (p. 302-04). The sweet and bitter almond, and oil of almonds (p. 549-53, with 14 references). Adulterants of olive oil (incl. arachis [peanut] oil and sesame oil, p. 557-58). The British Margarine Act of 1887 ("An Act for the Better Prevention of the Fraudulent Sale of Margarine," p. 619-21; refers to the Sale of Food and Drugs Acts of 1875). Address: Court House, St. Marylebone. M.R.C.S., E.C.S., Public Analyst for the County of Devon [southwest England], and Medical Officer of Health and Public Analyst for St. Marylebone.

339. Holbrook, Martin L. 1888. Eating for strength: or, Food and diet in their relation to health and work, together with several hundred recipes for wholesome foods and drinks. New York: M.L. Holbrook & Co. 236 p. No index. 20 cm.

• ***Summary:*** The author, a health reformer, advocates a vegetarian diet. Chapter 9, titled "Alimentary products of the vegetable kingdom," has a section on "Peas, beans and lentils" which states (p. 117): "The special characteristic of the bean, as compared with cereals, is a less amount of starch and a larger amount of nitrogenous matter. This renders it an excellent substitute for flesh meat. All experience goes to show that it is a more satisfying vegetable product for hard-working men than almost any other. In Catholic countries, especially France, where flesh food is less used, and where during Lent and on Fridays it is proscribed, leguminous products are more extensively used than elsewhere. They are much used by the vegetarians of India and China..."

"In Japan the bean is made into a curd [tofu], a most nutritious article of diet, and the nearest approach in its chemical constituents to animal food of any of the vegetable foods. A very full account of the mode of preparing and using it was published by the United States Government in the consular reports for 1886. This curd is used in soup, croquetts [croquettes] and a hundred other ways, and is said to be well liked. It might to our advantage be introduced into our country, and so might the soy bean generally used in Japan and China, which is richer in fat than our own beans are." A table (p. 118, based on Kinch 1880) gives the composition of the soy bean.

Note 1. This is the earliest English-language document seen (Nov. 2003) that contains the term "substitute for flesh" or "substitute for flesh meat" to refer to a meat alternative.

Note 2. This is also earliest document seen (March 2001) concerning the etymology of meat alternatives.

The chapter on "Food in various diseases" recommends remedies for constipation (brown bread, fruit, and fresh vegetables), chronic rheumatism (a vegetarian diet), diabetes (gluten bread, "made now by many health food companies"), food for orphan asylums, prisons, etc. ("a rightly constituted vegetable diet," 'non-flesh' diet, or 'Vegetarian' dietary).

Note 3. This is the earliest English-language document seen (Sept. 2006) that contains the term "health food" (or "health-food" or "health foods"). Address: M.D., Prof. of Hygiene in the New York Medical College and Hospital for Women, Editor of the *Herald of Health,* etc.

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340. Leuillieux, Abel. 1888. Le "Soya hispida," sa valeur alimentaire, ses indications ["Soya hispida," the soybean: Its nutritional value and indications]. Paris: Imprimerie de A. Davy. 53 p. 8vo. [21 ref. Fre]
• ***Summary:*** Contents: 1. Historical and botanical description. Soya (*Le Soya*) in Japan: Miso (according to Kaempfer), shoyu (*Le Sooju, Shoyn*), soybean varieties (23, soy oil, tofu), Japan at the exposition of 1878, practical recipe in France by the correspondent of the Horticultural Society of Paris (*Sociète d'Horticlture de Paris*), soy cheese or tofu (*fromage de daizu* (*To-ju*)), soya in China, soy oil, fermented tofu (*Le fromage de Soya, Teou-Fou*) (white fermented tofu, red fermented tofu), soya in Cochinchina (black soybean), soya in France (history), preparation of soya for the table. Letter from Maurice Dupuy (chemist at Vienna, June 1888, to M. Lecerf; nutritional value of Soya hispida, nutritional composition of 2 samples). Conclusions. Bibliography. Address: M.D. Faculté de Médecine, Paris; Former student at the Industrial and Agronomic Institute of Nord [Ancien élève de l'institut industriel et agronomique du Nord].

341. Osawa, Kenji. 1889. Shôka shiken tsuika [Additional investigations on digestion]. *Chugai Iji Shinpo* (*Medical News, Foreign and Domestic, Tokyo*) No. 211. p. 6-8. Jan. [Jap; eng+]
• ***Summary:*** Experiment no. 18 was a digestion experiment with rice and tofu, plus small amounts of starch (kuzu powder), shoyu, and sugar. It was conducted for 3 days, June 20-22, 1887. A table shows the amount and nutritional composition of each food used. The following percentages of the basic nutrients were digested: Protein 95.2%. Fat 94.8%. Carbohydrates 98.8%. Ash 83.4%. The author concluded that mixed foods (except for fat) are more easily digested than single foods. Address: Physiological Institute, Tokyo University.

342. Kellner, O.J. 1889. Tofu cakes. *Bulletin of the College of Agriculture, Tokyo Imperial University* 1(4):24-25. March. [Eng]
• ***Summary:*** This article is about okara and its uses. "Tofu, e.g. bean curd essentially consists of legumin, and is prepared from soy beans, which are steeped in water, finely ground on stone mills and extracted with much water. The solution of legumin thus obtained is heated to boiling, filtered after cooling, and precipitated with the brine that drains off from the crystals of common salt during the preparation of the latter from sea water. The precipitate, after being pressed in wooden frames represents the tofu, a common human food in China and Japan. The portion left undissolved of the beans, called *tofu kasu* [okara] is chiefly used as food for domestic animals, but sometimes also consumed by the poorer classes or used as manure.

An analysis of such cakes, by Mr. J. Sawano, gave the following results (fresh substance): Water 85.74%, crude protein 3.82%, fat 1.44%, crude fibre 3.15%, nitrogen free extract 5.38%, ash 0.47%, total nitrogen 0.611%, albuminoid nitrogen 0.024%. The following are "per mille" [i.e., mg/100 gm]: Potash 1.71, soda 0.07, lime 0.97, magnesia 0.40, ferric oxide 0.10, phosphoric acid 1.20, sulphuric acid 0.12, silica and sand 0.12, chlorine 0.01.

"As the dry matter of the cakes is still rich in protein (26.7%) and fat (10.3%), they deserve, of course, to be more recommended as a food for cattle and hogs, than as a manure for direct application."

Note: This is the earliest English-language document seen (Oct. 2001) that uses the term *tofu kasu* or *kasu* to refer to okara. It is also the earliest document seen (Oct. 2001) stating that okara is fed to "hogs" or "domestic animals." Address: Tokyo, Japan.

343. *Medical Record* (*New York*). 1889. Soya bread in diabetes. 35(14):386. April 6. Whole No. 961. [1 ref]
• ***Summary:*** "Dr. Lecerf has used bread made from Soya flour in a number of cases of diabetes and regards it as a valuable addition to the dietary in this disease, and as far superior to gluten bread (*Journal de Medicine de Paris*, December 9, 1888). *Soya hispida* is a leguminous plant growing in Japan and the far East, the grain of which is used by the natives in the preparation of sauces [including soy sauce] and to make a sort of vegetable cheese [tofu]. It contains a large proportion of fat, which takes the place in great measure of the starch in other grains. The bread made from it resembles rye-bread, has an agreeable taste, and is quite digestible. It has a tendency to cause diarrhoea [diarrhea] at first, but patients soon become accustomed to its use and can then take it without any inconvenience."

344. Wileman, A.E. 1889. Salt manufacture in Japan. *Transactions of the Asiatic Society of Japan* 17(1):1-66. April. See p. 27. Read 14 Nov. 1888. [Eng]
• ***Summary:*** In Japan, salt is made from sea water "in the numerous salt gardens, or salterns, scattered along the coast." After the water has been evaporated from salt, it still contains "bitterns" or "mothers," which possess a very bitter or acrid taste due to the magnesium salts (mainly magnesium sulphate) present in solution.

The pans used for making salt by evaporation last only 35-40 days because of a build-up of "pan scale" on the inside surface.

Page 27: "Several expedients are resorted to for diminishing the pan scale as much as possible and frequently with success.

"One consists in adding to the brine contained in the boiling pan the lees [sic, whey] obtained from the manufacture of Tôfu [Tofu] or Bean Curd. This bean curd is made by treating a large white bean called the 'Daizu,' or scientifically, Soja Hispida, with water and then boiling

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it. The liquor exuding from these beans when squeezed in a cloth, is what is used for putting into the brine. For a boiling of two *koku* (= 40 gallons) of brine, two *shô* (= 3 quarts) is the regulation quantity."

345. Lecerf, Ch. 1889. Le soya, sa valeur alimentaire et son emploi thérapeutique [The soybean. Its food value and therapeutic applications]. In: Compte Rendus, Congrès International de Thérapeutique et de Matière Médicale. 1889. Paris. 347 p. See p. 296-302. Meeting of Aug. 3. Therapeutic section. [4 ref. Fre]

• ***Summary:*** The soybean (*Le Soya or Soja*) is a legume of the group *Phaséolées*, widely cultivated in China, Japan, and the Far East, where it serves as a foundation of the food of the indigenous people.

The Dutch traveler Kaempfer, in 1712, first reported on this plant, which he designated under the Japanese name Daïdsu. After that it was named: *Dolichos soja* by Linnaeus, *Soja hispida* by Moench, and *Glycine hispida* by Siebold. A detailed botanical description is given. It is an annual herbaceous plant, having slender stems about 80-90 cm in height. Its leaves are trifoliate with a special pattern of veins (*imparipennées- trifoliolées*), its leaflets / folioles are hairy and oval but pointed on the ends. Its flowers are small, papilionaceous corolla, varying in color from white to purple; they are disposed in axillary groups, etc.

The type that I have just described is the one that acclimatizes itself most easily to the European regions where the cultivation of corn / maize is possible. In Japan and China, there are numerous varieties of soya, having brown, black, or greenish seeds. In these countries, each of these varieties has a special use: One kind is used to make tofu (*le Téou-fou*), a kind of cheese of which the Chinese people are very fond. Another is used in the preparation of Shoyu, a kind of sauce which is (so to speak) indispensable to the Japanese. Yet another kind is employed by the Chinese to make Cantonese wine starter (*Kiu-tsée;* [from China]) a solid ferment, which is used in making wines and artificial brandies.

All that is known about the various uses of Soya, about the trials that have been made concerning the acclimatization of this plant in Europe, as well as the chemical composition of the plant and its seeds, can be found in an excellent monograph by Mr. A. Paillieux [1881].

In April 1888, in a communication to the Society for Practical Medicine (*Société de médecine pratique*), I called to the attention of the medical corps the services that this legume could render to diabetics and to invalids, and presented samples of bread made with soya flour.

I am happy to note that my idea did not remain without a response / an echo. Our learned president, Prof. Dujardin-Beaumetz, was kind enough to present to the Academy of Medicine (on 29 May 1888) the soya bread (*pains de Soya*), which I made with no flour other than non-soy flour; he was kind enough to conduct trials with this bread in his department at the Cochin hospital [a famous hospital in Paris].

Later, Mr. Blondel published (*Journal de pharmacie et de chimie*, 5th series, vol. 18, p. 537) a very interesting study on the structure of soybean seeds., and demonstrated the almost complete absence of starch in their tissues. Then Mr. Egasse, in an excellent article in *Bulletin général thérapeutique* (30 Nov. 1888) summarized the various works concerning Soya and its economic and therapeutic applications.

Not much attention was given to Soya [in Europe] until after the Exposition of Vienna in 1873, to which the Japanese brought numerous samples. Professor Haberlandt and Count Cettems were the principal popularizers, and even though they recommended its cultivation mainly from the viewpoint of feeding and fattening livestock, they opened the door to the idea that the seed could be of service if it were introduced as a human food.

In France, the Society for Acclimatization encouraged cultivation trials with Soya, which it sought to popularize; but in spite of the numerous trials that were made and of which the majority gave excellent results, its cultivation continued only in and around Étampes (Seine-et-Oise).

The analyses [of the chemical composition] of soybean seeds that have been made in Austria, Germany, and France are numerous. The writer then gives the composition (in two large tables on p. 299) of three samples of soybeans (from China, Hungary, and Etampes) and their ash as conducted by Mr. Pellet and published in the *Comptes Rendus des Seances de l'Academie des Sciences* (Paris) (1880, vol. 40, p. 1177).

The analyses of Mr. A. Muntz was based on French samples, whose content of starch and sugar was rather high. They contained 6.4% (p. 299).

The sweet material (*matière sucrée*) of the soybean was studied by Mr. Levallois, who also made comparative analyses of the proportion of phosphoric acid and nitrogen contained in wheat and in soybeans. His latter results are given in the form of a short table.

If we compare the chemical composition of Soya, according to the analyses of Mr. A. Muntz, and that of beef that has been defatted (as in a laboratory) according to the analyses of M. Lehmann, we see that the Soya contains more of the useful nutrients / principles than the meat. A table (p. 300) compares the amylaceous and sweet materials, proteins, fats, phosphoric acid, and water for the two foodstuffs.

Soya is therefore a precious plant, which, in a small volume, offers a large nutritive value. Its low starch content makes it very useful in diabetic diets.

The oil contained in the soybean seed, even though it is said that the Chinese use it as an edible oil, is a laxative and has a taste that is not very agreeable; this taste would make it hard to use, even as a substitute for castor oil. It is the oil, above all, which makes it difficult to make bread from Soya

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flour, and which gives this flour a disagreeable taste, which even cooking does not diminish noticeably. This oil is not, strictly speaking, a drying oil as is often said; it is a mixture of resin, fixed oil, and essential oil (*de résin, d'huile fixe et de huile essentielle*).

With the flour, from which most of the oil has been removed, I have succeeded in making a bread that is not disagreeable. It stays fresh for 4 to 5 days, and has the great advantage for sick people over gluten bread of having a good crumb (the soft, white part of a loaf, other than the crust), not to mention the insignificant amount of starch that it contains.

This bread, cut into slices and dried in a drying stove, furnishes biscuits; finally the flour, mixed with egg yolks, enables us to makes wafers / thin waffles than can be sweetened with saccharine.

Soya bread, in appearance, has a great similarity to rye bread; its color darkens gradually as it ages. And it is easily digested, provided, as Mr. Dujardin-Beaumetz advises, one does not consume more than 250 gm per day.

In using this bread, a certain accommodation must be made; during the first few days it has a mild laxative effect, but this diminishes as one gets used to it.

Many sick people, having previously used gluten bread, have switched to Soya bread basted on its good taste. Then they discovered the additional advantages of a bread that absorbs and retains moisture well, and that stays fresh and soft for rather a long time. Note: At mealtimes, many French people used to dunk their bread (which is served next to the meal) into a hot, tasty liquid (soup, milk, coffee, gravy, etc.) and use it like a utensil to move or push other foods around, and clean the plate at the end of the meal.

The trials conducted to date do not yet allow us to say for sure, in diabetes mellitus, what the action of Soya is on the production of sugar. But we can affirm, already, that the quantities of glucose (*glycose*) do not increase when Soya bread is substituted for gluten bread. A fact that appears to remain constant with diabetics who use Soya, is a decrease in the volume of urine excreted in 24 hours.

If, by virtue of their low starch content, Soya preparations are useful to diabetics, the relatively large proportions of proteins and of phosphates which they contain make them a substantial food which can render a service to debilitated persons.

Discussion: Mr. Constantin Paul says–Concerning Soya biscuits, sweetened with saccharine, recently recognized as good for the feeding of diabetics, I would like to call the attention of the Congress to the services which can be rendered, in the diets of the sick, by the use of saccharine in general, so convenient to use to console the diabetics that that they do not have completely suppress all sweets...

Mr. Stokvis adds that saccharine has been recently used in Holland and he would like to make the same observation as Mr. Paul. As long as saccharine is used in a sufficiently alkaline milieu, no stomach problems are observed. Address: Pharmacist, Paris.

346. Dujardin-Beaumetz, Georges Octave. 1889. L'hygiène alimentaire: Aliments, alimentation, régime alimentaire dans les maladies. Deuxième édition revue, corrigée et augmentée [Food hygiene: Foods, feeding, special diets for illnesses. 2nd ed., revised, corrected, and expanded]. Paris: Octave Doin. viii + 239 p. Series: Conférences de Thérapeutique de l'Hopital Cochin, 1885-1886. Illust. [1 soy ref. Fre]

• ***Summary:*** Dr. Dujardin-Beaumetz, a world-famous physician, lived 1833-1895. He wrote the preface to the first edition on 15 Oct. 1886, and to the second edition in July 1888. This book contains papers presented by the author at 15 conferences. Soya is discussed extensively at the 5th (p. 71-90) and 11th (p. 175-80). Page 72 notes: The principal vegetable proteins (*albuminoïdes végétaux*) have been well studied by Ritthausen (see his book *Die Eiweisskoerper,* 1872, Bonn). They consist of vegetable albumin, vegetable casein, legumin, vegetable gelatin, gluten, and conglutin [*Ils se composent d'albumine végétale, de caséine végétale, de légumine, de gélatine végétale, de glutine et de conglutine.*] As for gluten, its composition is more complex, and Ritthausen affirms that it contains at least four albuminous substances, gluten-casein which is insoluble in alcohol, and three substances which are soluble in alcohol; gluten-fibrine, gliadin [a term first used in about 1828], and mucedin (*mucédine;* a nitrogenous substance, one of the constituents of gluten. Word first used in English in 1879). Note: This is the earliest French-language document seen (Nov. 2003) that contains the word *caséine* or that uses the terms *caséine végétale* or *albumine vegetale* to refer to "vegetable protein."

Page 88 notes: Dr. Bovet has shown that legumin, which is rich in protein and low in starch, can serve as a base for cakes and pâtés to be used in diabetic diets. But certainly the most interesting fact is that which was communicated by Lecerf to the Society for Practical Medicine (Société de médecine pratique; June 1888) concerning soy flour (*farine de soya*).

"Soya (*Le soya*) is a legume very similar to our haricot, which originated in China and Japan, and which is cultivated presently in Austria. From soya one can extract a fatty substance, which the Chinese use as milk and from which they even make a cheese [tofu]. As for the flour, it contains a considerable quantity of protein, more than even beef (36.63% vs. 22.74%), as one can see from the following table... But what is most interesting is its low content of starches and sugars. Lecerf proposed that this flour be used to make a bread for diabetics. Such a bread would contain 45% water, 20.1% protein, 9.35% oil, 2.794% starches and sugars, and 0.863% phosphoric acid. Thus, this bread, which has an agreeable flavor, can be substituted for gluten bread, which contains at least 16-17% starches and sugars.

The chapter on diabetic diets contains a long discussion of bread (p. 181): Bread is an indispensable food. The

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introduction of gluten bread in the feeding of diabetics, which we owe to Bouchardat, is one of the most important points in the dietary treatment of this disease. But there are various types of gluten bread, each with a different content of starches and sugars; dry gluten bread, sold in slices, contains the least. This brand, made by Cormier, is widely praised by Bouchardat. Page 185 shows a table stating that fresh gluten bread contains 27.07% sugars and Lancry gluten bread contains 31.15%. Boussingault wrote an article titled *"Analyse comparative du biscuit de gluten et de quelques aliments"* [Comparative analysis of gluten biscuits and of some other foods]. (1876, *Annales de Chimie 5:114-26*).

Concerning soya bread (*pain de soja;* p. 187-88): Soya bread constitutes a major step forward in the feeding of diabetics. As noted above, Lecerf has given its composition; it contains less than 3% starches and sugars compared with at least 16% in gluten breads. It is also rich in protein. Therefore there is real interest in replacing gluten bread and potato bread by soya bread in diabetic diets. Address: Membre de l'Académie de médecine et du Conseil d'hygiène et de salubrité de la Seine médecin de l'hôpital Cochin.

347. Dôjin, Enankyô. 1889. Tôfu hyakuchin: tegarû ryôri [One hundred and rare and favorite tofu recipes: Easy cookery]. Osaka, Japan: Shinkada Seishichi. 18 p. 19 cm. [Jap]

• ***Summary:*** This book appears to be a simplified and condensed version of the 1782 classic *Tôfu Hyakuchin*, by Ka Hitsujin.

348. Hirayama, Akira. 1889. Shinsen tôfu ryôri [Fresh tofu cookery]. Japan: Published by the author. 70 p. 18 cm. [Jap]*

349. Kellner, O.J.; Mori, Y[ôtarô]. 1889. Untersuchungen ueber die Ernaehrung der Japaner [Investigations on the nutrition of the Japanese]. *Zeitschrift fuer Biologie* 25:102-22. [16 ref. Ger]

• ***Summary:*** The Japanese practice a near-vegetarian diet and consume very little meat. In 1882 only 36,288 cattle were slaughtered and the 37 million inhabitants consumed less than 1 kg per capita each year. The authors found that rice constitutes about 50% of the total vegetable food of the Japanese, followed by barley and wheat (27%), other small grains such as millet and buckwheat (13.9%), with green vegetables, roots, tubers, etc. making up the remainder. Soybeans, which are rich in protein and fat, are not widely consumed as such directly, but are made into other unique foods such as tofu and miso, and a tasty sauce, shoyu. Miso is made in almost every household in Japan. The process for making miso, tofu (*Bohnenkäse*), and shoyu is described (p. 103-04).

A table (p. 121) gives the chemical composition of various Japanese foods (on a moisture-free basis), including soybeans cooked with shoyu, and tofu (*Bohnenkäse*).

Address: Tokyo, Japan.

350. Koenig, Franz Joseph. ed. 1889. Chemische Zusammensetzung der menschlichen Nahrungs- und Genussmittel. Vol 1. Chemische Zusammensetzung... Ed. 3 [Chemical composition of human foods and food adjuncts (stimulants / enjoyables). Vol. 1. Chemical composition... 3d ed.]. Berlin: Verlag von Julius Springer. 1161 p. See p. 241-42, 595-600, 625, 631-32, 1041. See also Vol. 2, 1893. [21 ref. Ger]

• ***Summary:*** Summaries of early studies on chemical composition of soybean seed and of miso. The long and interesting section titled "Commercial sauces and food seasonings" (p. 241) is discussed in a separate record.

A table (p. 389) gives numerical data on the oil from various oilseeds, including the soybean: Melting point, saponification number, neutral fat (*neutralfett*), free fatty acids, total fatty acids, molecular weight of the fatty acids, lecithin, stearic acid from lecithin, phosphorus, unsaponifiable components.

Pages 486-90 give a good review of the literature on soybeans, discussing the various types, composition, shoyu or soy sauce, koji, Japanese miso, and tofu. A table (p. 489) gives the composition of 5 soy products analyzed by Edward Kinch: White miso, red miso, fresh tofu, frozen tofu, and soybean cake. König notes that some of these foods are not suited for the German palate, however E. Wein makes several good-tasting dishes from soybeans, used in a soup like beans or peas, in a salad like green beans, or cooked with potatoes or rice and pureed to resemble the Italian 'Polenta'–called 'Sojenta' by Haberlandt. The taste of these soybean preparations reminds one somewhat of almonds or chestnuts. See also soy flour under "Meal" (*Mehl*) (p. 625).

Pages 595-600 give detailed nutritional analyses of soybeans based on studies by various authors: Black oblong soybeans (based on E. Wein 1881, and Edw. Kinch 1882). Yellow soybeans (Anderson, Senff, Fr. Schwackhoefer and Joh. Stua, Zulkowski, E. Mach and K. Portele [of Versuchs-Station St. Michele, original communication; harvested in Tirol, Austria, in 1877], R. Ulbricht and von Koritsánsky [Koritsansky, of Acad. Laborat. of Hungarian Altenburg, original communication; harvested in Hungarian Altenburg in 1878], E. Wildt [of Vers.-Stat. Posen, original communication; harvested in Posen], Schroeder-Napagedl, Blaskovics, Wein, Weiske, Kinch). Brown soybeans (Schwackhoefer, Zulkowski, E. Mach and K. Portele, Ulbricht, E. Wein, Schroeder, Weiske, Kinch). Black round soybeans (Senff, Mach, Wein, Kinch). Other soybeans (Caplan, Mach, Wagner, H. Pellet, Carriere, Kinch, Meissl, Kellner, Jenkins). Soybeans grown with fertilizer / manure (*Gedüngte Sojabohnen*, E. Wein).

Page 625 contains one analysis of whole soybean flour (Sojabohnenmeal) conducted in 1882 by C.H. Knorr in Heilbronn; the analyst was *v. d. Becke und Cosack*. This flour

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contained 10.23% water, 25.69% nitrogenous substances, and 18.83% fat, etc.

Pages 631-32 give detailed nutritional analyses of soybean products based on studies by various authors: Leguminose-Maggi (18 brands made by Jul. Maggi & Co. in Kempthal, Switzerland; sampled from 1885-1888; studies by E. Schumacher-Kopp, M. Wesener [personal communication]). Soybean preparation named "miso" (Made by Jul. Maggi & Co. in Kempthal; sampled in 1888; Study by W. Kisch [personal communication]). Miso (red or white, 1882; by Edw. Kirch [sic, Kinch]). Tofu (fresh or frozen; E. Kirch [sic, Kinch]). Address: Prof. and Head, Agricultural-Chemical Experiment Station, Muenster in Westphalia, Germany (Professor und Vorsteher der Agric.-Chem. Versuchsstation Muenster i. W., Germany).

351. Rein, Johann J. 1889. The industries of Japan. Together with an account of its agriculture, forestry, arts, and commerce. London: Hodder and Stoughton. xii + 570 p. See p. 6, 55-59, 62-63, 105-08, 157. Illust. Indexes (English and Latin; Japanese). 26 cm. [3 ref. Eng]

• ***Summary:*** This book is a translation of volume II of his superb book *Japan nach Reisen und Studien,* published in 1886. The result of many years of study, including a stay in Japan, it is based on travels and researches undertaken at the cost of the Prussian government. Rein spent the first five months of 1874 in Japan, residing in the German Legation in Tokio and studying lacquer. After submitting a detailed report on the subject, he traveled throughout Japan.

On page 6, the author discusses the *Gokoku* (five chief cereals) and the introduction of agriculture to Japan. "As Tokugawa Ieyasu, the founder of the last Shôgun [shogun] dynasty, emphasizes in the twelfth of his 'Eighteen Laws,' the introduction of agriculture into Japan is ascribed to the sun-goddess *Tenshô Daijin* (Amaterasu). She was, to the old Japanese, Janus and Ceres in one. Her temple, at Yamada, in Ise, was the great national sanctuary, which had to be cared for according to law, and built anew every twenty-one years out of consecrated Hinoki-wood (*Chamæcyparis obtusa* S. and Z.) 'in order that the land might have peace and thrive.' By Gokoku (five chief cereals) were meant rice, barley and wheat, Italian millet, other kinds of millet, and beans–in fact, the principal *Kokurui,* that is, cereals and pulse. The term Go-koku, however, did not meant the same thing in all ages. Thus we find in Kaempfer, *Amoenitatum exoticarum* (1712, p. 834), Kome (*Oryza*), O-mugi (*Hordeum*), Ko-mugi (*Triticum*), Daidsu (*Dolichos soja,* L.), and Adzuki (*Phaseolus radiatus,* L.) mentioned as Gokoku. Later the idea was extended farther, and included all important food-plants belonging to the group of cereals and pulse."

"The Emperor Shinnung [Shen Nung] had introduced and spread the practice of agriculture in China, about the year 2700 B.C. For this he was deified after death, and a temple was dedicated to him in Peking. In the park-like surroundings of this temple, the emperor of China since then, at the time of the spring equinox, annually ploughs a piece of land and sows it with go-koku." Note 1. This is the second earliest document seen (Dec. 2000) that gives an early date (2700 B.C.) for Shen Nung. It is the earliest document seen (Dec. 2000) that weakly links Shen Nung with soybeans, which were probably one of the Gokoku.

Soy-bean is described in the chapter on "Food Plants," under "Pulse or Leguminous Plants." "Among the pulse of Japan (and not the less of China), the soy-bean ranks first in extent, variety of use, and value; and chemical analyses prove the empirical judgment is well founded. In point of nutriment, the soy-bean is of all vegetables the nearest to meat. It contains nearly two-fifths of its weight in legumin rich in nitrogen, and nearly one-sixth in fat. The soy-bean is to the inhabitants of Japan what their *garbanzos* (chick-peas) are to the Spanish, and their *feijao preto* (black beans) to the Brazilians. The author then describes the characteristics of the soy-bean, the work of Haberlandt with soy-beans in Austria, and the yields that he and his co-workers obtained. Note 2. This is the earliest English-language document seen (June 2008) that uses the word "garbanzos" (or "garbanzo") to refer chick peas.

"In Japan the varieties of soy-bean are distinguished–according to colour, as white (more properly yellowish), black, brownish red, green, and spotted; according to duration of growth [maturity] as early-ripening, middle-ripening, and late-ripening; according to form, as spherical, ellipsoidal, kidney-shaped, and compressed laterally; and according to use, as to those which serve primarily in making Shôyu (soy), Tôfu (bean-cheese), and Miso (a sort of sauce), and those eaten in any plain shape." Soy-bean varieties in Japan include: 1. "White (pea-yellow) soy-beans, Japanese Shiro-mame or Haku-daidzu. To this division belongs an early-ripening sort with very small seeds, called Goguwatsu-mame [Go-gatsu], or 'five-months-kind,' because it ripens in the fifth month of the old Japanese calendar, our July; also another small-seeded, early-ripening variety, the Wase-mame or Natsu-mame, that is, early and summer-bean. These two are also called Tôfu-mame, because they are used chiefly in making Tôfu. Another sort serves to produce Miso. It is called Nakate-mame, 'middle-late bean,' its time of maturity occurring half-way between that of the early and late kinds. Its seeds are round and somewhat larger. The late ripening varieties, Okute-mame (late-bean), Maru-mame (bullet-bean), and Teppô-mame (gun-bean), or Aki-mame (autumn-bean) have, as their names indicate, mostly bullet-shaped seeds, which become harder and larger than the early ones. The variety last named is used in making Shôyu, while Maru-mame is valuable as horse-feed.

2. Black soy-beans, Japanese Kuro-mame or Koku-daidzu. These are eaten boiled with sugar, as an entrée, or as a relish to rice. A species like it with big, bullet-shaped beans is called Kuro-teppô-mame. 3. Brown soy-beans,

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Japanese Katsu-daizu (thirsty soy-bean) are much less grown than the white and black sub-species, and are used like the latter. They are distinguished as Aka-mame, red soy-beans, round, of red-brown colour, in different varieties, and Cha-mame, tea beans, three light-brown sorts of small extent and significance. 4. Greenish or bluish green soy-beans, Japanese Ao-mame or Sei-daizu, are eaten mostly boiled and with sugar, like the black and brown-red varieties. And, with the brownish sorts, they are much less widely grown than the black and yellowish. The Japanese distinguish the following sub-species of Aö-mame:–(a) Sei-hito,–epidermis green, inside a whitish yellow. (b) Nikuri-sei,–greenish throughout. Both sub-varieties run from roundish-ellipsoidal to a bullet roundness, are of medium size, and remind one of green peas. (c) Kage-mame, with pale green, round beans. 5. Speckled soy-beans, Japanese Fuiri-mame or Han-daidzu. This group is not important. Its cultivation is confined to a small area, in a few provinces. Its sub-varieties are known as:–(a) Kuro-kura-kake-mame, with a black spot on the saddle (eye), otherwise greenish; flat and with the outline of an egg. (b) Aka-kura-kake-mame, with a brown spot on the saddle (eye), otherwise yellowish-green, flat and drawn out long. (c) Fuiri-mame or Udzura-mame, speckled or spotted soy-bean, yellowish-green with many dark flecks. A rare variety, grown only in a few places, especially in Harima. Note 3. This is the earliest English-language document seen (Sept. 2004) that uses the word "speckled" (or "speckling" or "specks"), or the word "flecks," or the term "light-brown" to describe the color of soybean seeds.

"Early-ripening soy-beans are sown as early as April in Southern Japan, in Central Japan during May. Those that ripen in autumn need much more warmth, and are sown, as a rule, one month later... Late-ripening Daidzu is also a favourite for planting along the edge of fields and on the new-built dykes of rice-fields."

Note 4. This is the earliest English-language document seen (June 2009) which states that there are early-, medium-, and late-ripening varieties of soybeans.

"At the end of his above-mentioned treatise, Haberlandt summed up in five noteworthy propositions, the results of his experiments with the soy-bean and of its chemical analysis. His conclusions are as follows:

"(a) The acclimatization of the early-ripening sorts, particularly those with yellow and reddish brown seeds, appeared to have fully succeeded in Central Europe.

"(b) The seeds obtained were larger, heavier, and handsomer than those from Eastern Asia, the chemical composition, however, remaining unchanged.

"(c) The soy-plant resists light spring frosts better than our young beans, and endures greater dryness in summer than most leguminous plants, though otherwise much like other kinds of beans.

"(d) It is distinguished by heavy crops, besides furnishing, in its stems and leaves, either green or dried, a nourishing feed, of which cattle are very fond.

"(e) In their high percentage of protein and fat, they far excel all other pulse in nutritive quality; and when properly prepared are second to none in flavour.

"After such favourable judgments, it might have been expected that the soy-bean, at least in the warmer regions of Austro-Hungary, would soon become popular and generally cultivated. The result, however, was quite otherwise. The hopes which he had aroused in behalf of this plant seem to have disappeared with Haberlandt, who died in 1878.

"As I know from a reliable source, people soon became convinced that it was possible to cultivate with certainty the early-ripening yellow sorts. The crops from these, however, are unsatisfactory. It is so difficult to boil them soft that they have no sale and cannot be turned to due account."

The seeds of certain wild kinds of beans also serve for food, incl. Tsuru-mame or No-mame (*Glycine soja*, S. and Z.) and No-adzuki (*Atylosia subrhombea*, Miq.). (p. 62).

Tables (both based on other sources) show: (1) Analyses of soy-beans (*Glycine hispida*, Moench) (p. 62). Gives the nutritional composition of 8 varieties, plus the empty pods, and the straw and leaves. (2) Comparative "analyses of various pulse" (p. 63), including *Glycine hispida* (*Daidzu*–soy-beans), *Phaseolus radiatus* (*adzuki*), *Pisum sativum* (*Yendo*–peas), *Vicia faba* (*Sora-mame*), lentil, yellow lupine, and ground-nut.

Pages 105-08 contain accurate, detailed discussions of shoyu, miso (which "does not spoil, and is said to be at its best when three years old"), and tofu.

A table titled "Average composition of various Japanese oil-seeds according to E. Wolff and others" (p. 157) includes the composition of ground-nut [peanut], sesame (brown, or white), hemp-seed, and soy-beans.

Also discusses: Adzuki (*Phaseolus radiatus*, p. 60, 108). Algae, marine, used as food [sea vegetables] (p. 77, 80-82). Ame, midzu-ame, and barley malt (p. 103-04). Arachis hypogæa (p. 56, 153-54). Fu (wheat gluten, p. 108). Hemp (*Cannabis sativa*, p. 75, 157, 165-66). Kudzu (p. 65, 160, 184). Sesame seeds (Benni-seed, gingeli, p. 154-55). Address: Prof. of Geography, Univ. of Bonn [Germany].

352. Rein, J.J. 1889. Tofu, kori-tôfu, and yuba (Document part). In: J.J. Rein. 1889. The Industries of Japan. Together with an Account of its Agriculture, Forestry, Arts, and Commerce. London: Hodder and Stoughton. xii + 570 p. See p. 107-08. [3 ref. Eng]

• ***Summary:*** "8. Tôfu, called in English bean curd, in German and French, less appropriately, *Bohnenkaese* and *fromage de pois*, is a valuable article of food made in Japan and China from yellow Soja-beans. It consists of fresh coagulated legumine [legumin], so that the English term suits it better than the German. Its preparation is simple.

"The yellow Soja-beans are put to soak, in cold water for from twelve to twenty-four hours, or a shorter time in

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warm, and then ground between the stones of a hand-mill, water being added to assist maceration. It becomes thus a thin mass, in which the quantity of water exceeds that of the beans about ten times. This is next filtered or pressed through a fine sieve, and the remnant put through the mill a second time. Ten volumes of this filtered stuff are now diluted with three volumes of hot water, and heated to boiling-point. This is done in a kettle, which is only about half filled. When cool again, the mass is filtered through a woollen sack, and the process ends with pressing it under the lever.

"As in our soups from leguminous plants, the legumine is now found dissolved in the filtrate. To coagulate and separate it, there is added Shio-no-nigari (salt-bitter), i.e. brine from sea-salt, consisting principally of chloride of magnesium. Care is taken to have the precipitation take place slowly and quietly. (In China, according to St. Julien, burnt gypsum is also added.) When the liquor has cleared it is dipped out carefully, while the stuff precipitated is placed in four-cornered wooden forms with punctured, movable walls, which are lined with cloth. This is folded together over the Tôfu, a board is laid on top, and the Tôfu pressed out with a moderate weight of stones. Finally, the soft greyish mass is cut into tablets with broad latten [resembling brass] knives, and put away under water. In summer this suffices only for a short time. To be kept longer, it is put up in Shôyu, or pickled, etc.

"Kori-tôfu, frozen or ice-Tôfu, is the spongy, horn-like substance that remains when common Tôfu is allowed to freeze and then thawed and dried in the sun, thus getting rid of most of its water. By Yuba is meant a third preparation, consisting of brownish, tough skins, made by boiling the dissolved legumine of the Tôfu-process, with the addition of some wood-ashes, and then taking away in succession the scums that rise."

Note 1: This is the earliest English-language document seen (April 2013) that uses the term "frozen Tôfu" or "ice-Tôfu" to refer to dried-frozen tofu.

Note 2. This is the earliest English-language document seen (Oct. 2012) that uses the word "scums" to refer to yuba. Address: Prof. of Geography, Univ. of Bonn.

353. Simmonds, Peter Lund. 1889. Tropical agriculture: A treatise on the culture, preparation, commerce, and consumption of the principal products of the vegetable kingdom. New [i.e. 3d] ed. London and New York: E&F.N. Spon. xvi + 539 p. See p. 426. Index. 22 cm.
• ***Summary:*** Near the end of Section 5, "The oil seeds and vegetable oils of commerce," is a section titled "Chinese oils" (p. 426) the content of which is identical to that of the 1877 edition–except that the last paragraph, about oil-seeds in India, is missing.

Also discusses: Linseed oil (p. 399-400). The ground-nut and its oil and cake (p. 400-05, 415-17, 421, 425-426). Sesame seed and its oil (p. 413-17, 426-426).

P.L. Simmonds lived 1814-1897. Address: F.L.S., F.R.C.I. 85 Finborough Road, South Kensington [England].

354. Whitney, William Dwight. ed. 1889. The century dictionary: An encyclopedic lexicon of the English language. 6 vols. New York, NY: The Century Co. See vol. I, p. 488.
• ***Summary:*** This dictionary contains three entries related to the soy-bean in Volume 1. At the entry for "bean" we read: "Sahuca or soy beans, the seeds of *Glycine Soja*, largely cultivated in India and China, from which the sauce known as *soy* is made.

"bean-cake, n. A large cheese-shaped compressed cake of beans after the oil has been expressed, used largely in northern China as food for cattle, and in the sugar-plantations of southern China as manure."

"bean-curd, n. A thick white jelly resembling blanc-mange [blancmange], made of beans, much eaten by the natives of northern China, Corea [Korea], and Japan."

Note 1. This is the earliest document seen concerning soybean products (bean-curd) in Korea; soybeans as such have not yet been reported.

Note 2. This edition of *The Century Dictionary,* published from 1889-1891, is the earliest edition listed in the *National Union Catalog.* Address: Prof. of Comparative Philology & Sanskrit in Yale Univ.

355. Yeo, I. Burney. 1889. Food in health and disease. London, Paris, New York and Melbourne: Cassell & Company, Ltd. x + 583 p. See p. 432-33, 440. Illust. Index. 19 cm. Series: Clinical Manuals for Practitioners and Students of Medicine. Reissued in 1890 in Philadelphia by Lea Brothers & Co.
• ***Summary:*** In Part II, "Food in disease," Chapter 3 is titled "Food in diabetes." "Soya" is mentioned on pages 432-33. "Dujardin-Beaumetz also objects both to gluten bread and to almond cakes; the former he maintains is often found to contain a considerable percentage of starch."

"Quite recently Dujardin-Beaumetz has advocated (Footnote: 'L'Hygiène Alimentaire.' Second edition) the use of 'soya' bread for diabetics, of which he gives the following as the composition:–Soya Bread: Water 45.000. Proteids 20.168. Fats. 9.350. Starch and sugar 2.795. Phosphoric acid 0.863.

Note 3. This is the earliest English-language document seen (Dec. 2011) that contains the term "proteids" (or "proteid") in connection with soybeans.

"This bread, he states, keeps well, and has an agreeable taste, and contains much less sugar-forming material than gluten bread, the best kind of which, he asserts, contains at least 16 per cent. of starch and saccharine substances.

"Lecerf (Footnote: *Journal de Médicine Pratique,* 10 June 1888, p. 923) was one of the first to call attention to the value of the meal of the *Soya hispida* in dietetics. It has a leguminous fruit like the haricot, and is a native of China

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and Japan, but is now cultivated in Austria. The Chinese extract from soya a fatty substance which they use as milk [soymilk], and even make cheese [tofu] with it. The meal is very rich in nitrogenous substances, more so than animal flesh, and the amount of starchy and saccharine substance is very small."

The section on "Diabetic dietaries" contains "5.–Dujardin-Beaumetz's" (p. 440) which begins: "He adopts with little modification the dietary of Bouchardat. He strongly recommends... *the use of soya bread."*

The author (who lived 1835-1914) mentions gluten on pages 7, 10, 74, 76, 78-83, 184, 186, 193, 194, 428-33, 437, 439-40, 541, and 556.

He seems favor a non-vegetarian diet Chapter 4 (p. 73+), which is titled "Vegetable foods," begins: "We derive from the vegetable kingdom a great variety of foods, many of them of a highly nutritious character, and therefore of great importance to the human race... but as a rule, in vegetable foods the non-nitrogenous constituents are greatly in excess of the nitrogenous ones, and occur chiefly as carbo-hydrates; and, save in the case of certain fruits and seeds, they contain but little fat."

"There is legumin or vegetable casein, abundant in the seeds of the leguminosae, and resembling in all essential particulars the casein of milk" (p. 74). Chapter 12 (p. 341-54), which is titled "The relative advantages of animal and vegetable foods–Vegetarianism (Beneke's diet for carcinoma)," contains a fair and balanced review of the literature on vegetarian and non-vegetarian diets. He states (p. 344-45): "There are few persons in the present day who advocate the practice of limiting the human dietary to substances of exclusively *vegetable* origin. The majority of the so-called 'vegetarians' of modern times adopt no such exclusive diet, but take, together with the more highly nutritive forms of vegetable food, such typical animal foods as eggs, milk, cream, butter, and cheese. They object only to animal flesh. But those who take for their food the egg and the milk prepared by animals from the vegetable substances they feed on, and reject only animal flesh, have no claim to call themselves 'vegetarians.' They feed, as has just been said, on the most typical and concentrated of animal foods. They have a *sentimental* objection to killing animals for food, and they found upon it a scheme of diet which we believe to be utterly impracticable on an extensive scale, and irreconcilable with the existing state of civilised man, not so much on strictly physiological grounds as on general economical considerations. There can be no objection to individuals adopting any kind of diet which they may find answer their needs and minister to their comfort; it is only when they attempt to enforce what they practise on others that they must expect to encounter a rational opposition."

"But there exists also abundance of evidence that a purely vegetable diet is not the most appropriate for the production of either physical or intellectual effort.

"Jules Béclard has recorded in his well-known text-book on Physiology that 'the workmen employed at the forges of Tarn were for a long period fed with vegetable substances. It was then found that all the workmen lost, on an average, fifteen days' work a year on account of exhaustion or illness. In 1883, Mons. Talabot, deputy of La Haute Vienne, took charge of the forges. Meat was then made an important part of the diet. The health of the men afterwards improved so greatly that they did not lose more, on an average, than three days' labour a year. Animal food produced a gain on each man of twelve days' work a year.'

"It has also been stated that the Italian labourers from Lombardy, with their largely vegetable dietary, performed much less work when engaged in piercing the St. Gothard Tunnel than their Swiss co-labourers with a more richly animalised scale of diet."

The author also mentions the words "vegetarian," "vegetarianism," or "vegetable diet / dietary, / foods / kingdom / origin / substances" on pages vii, x, 32, and 406-408. Address: M.D., F.R.C.P., Prof. of Clinical Therapeutics, King's College, London, and Physician to King's College Hospital [London, England].

356. *Lancet.* 1890. Analytical Records: Bread and biscuits made from the soya bean (G. Van Abbott and Son, 6, Duke Street Mansions, Grosvenor Square, W. [London]). 136(3494):342-43. Aug. 16.

• ***Summary:*** "The use of 'soya' bread has recently been advocated for diabetics by no less eminent an authority than Dujardin-Beaumetz. Lecerf, according to Professor Yeo was one of the first to call attention to the value of the meal of *Soya hispida* in dietetics. It has a leguminous fruit like the haricot, and is a native of China and Japan, but is now cultivated in Austria. The Chinese extract from soya a fatty substance which they use as milk [soymilk], and even make cheese [tofu] with it. The meal is very rich in nitrogenous substance, more so than animal flesh, and the amount of starchy and saccharine substance is very small. Our examination of the bread before us confirms this. We find it to contain as much as 25.02 per cent. nitrogenous matter, and as little as 2.72 per cent. starch, and 4 per cent. of mineral matter. In texture it is just like ordinary wholemeal bread, and it possesses quite an agreeable taste. Messrs. Abbott have evidently made a very valuable addition to their list of foods which are intended for the use of the diabetic. The biscuits are not less satisfactory." Address: England.

357. Schlegel, G. 1890. Re: Dr. Vorderman's comments on tofu (Letter to the editor). *T'oung Pao* (*General Newspaper*) 1:273. Oct. [Eng]

• ***Summary:*** Dr. Vorderman writes from Samarang [Semarang], Central Java: "The better I get acquainted with the Chinese, the more I am astonished at the relative height they have reached in (medical) practice." He discovered that

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their well-known *beh ko* (Cc = Chinese characters given) is exactly the same preparation as our malt-extract, and is often prescribed for poor patients in the same way.

"Without knowing any thing of the theory, they prepare leguminous curds: *Tau-hoo* (Cc for doufu/tofu) and *Tau-koa* (Cc for *dougan* or pressed tofu) from Kedelei-beans (Phaseolus mas [sic, max]) by precipitating the legumine with calcined gypsum, which gypsum is imported in a crude state from China to Batavia [Jakarta, West Java, Indonesia], and is there called *Batu tau* (Malay *batu* = 'stone' and Chinese *tau* = 'bean')."

Note: This is the earliest English-language document seen (April 2013) that uses the word "Tau-hoo" or "Tau-koa" (or "tau hoo" or "tau kua") to refer to Chinese-style tofu. Address: Semarang, Central Java.

358. Chamberlain, Basil Hall. 1890. Things Japanese: Being notes on various subjects connected with Japan. London, K. Paul, Trench, Trübner & Co.; Tokyo, the Hakubunsha, Ginza; etc. ii + 408 p. Index. 21 cm. 2nd ed. 1891. Slightly revised edition published 1905. Reprinted in 1970 by Charles E. Tuttle Co., Inc. (Rutland, Vermont, and Tokyo). [50+* ref]

• ***Summary:*** The author, who arrived in Japan in 1873 and was first introduced to the mysteries of the Japanese language by a dear old samurai, has lived through the transition stage of modern Japan.

This book is arranged alphabetically by subject. An extensively revised 2nd edition was published in 1891. Food (p. 122-25): "The following is a specimen of the bill of fare at a Japanese banquet. The reader must understand that everything is served in small portions, as each guest has a little table to himself, in front of which he squats on the floor:–Preliminary course, served with sake:–*suimono,* that is, a kind of bean-curd [tofu] soup;... *sashimi,* minced raw fish; *hachi-zakana,* a fine, large fish, either boiled with salt or boiled with soy [sauce]; *uma-ni,* bits of fish or sometimes fowl, boiled with lotus-roots or potatoes in soy and in a sort of liqueur called *mirin;*...

"First course (*Zembu*):–*Shiru,* soup which may be made of bean-curd [tofu], of fish, of sea-weed or of some other material;... *aemono,* a sort of salad made with bean sauce [miso] or pounded sesamum seeds;..."

"It is the custom, too, to set food before a guest, at whatever time of day he calls. On such occasions soba is in request–a sort of buckwheat vermicelli, served with soy [sauce] and the sweet liqueur called *mirin;* or else *shiruko,* that is, rice-cakes [mochi] with a sauce made of red beans [azuki] and sugar."

On Buddhism and vegetarianism in Japan (at Food, p. 122-23): Beans are a constant part of the daily diet. Buddhism has left its impress here, as on everything in Japan. To Buddhism was due the abandonment of a meat diet, now over a thousand years ago. The permission to eat fish, though that too entailed the taking of life, which is contrary to strict Buddhist tenets, seems to have been a concession to human frailty. Pious frauds, moreover, came to the rescue. One may even now see the term 'mountain whale' (*yama-kujira*) written up over certain eating-houses, which means that venison is there for sale. The logical process is this:–A whale is a fish. Fish may be eaten. Therefore, if you call venison 'mountain whale,' you may eat venison. Of course no actual prohibition against eating flesh, such as existed under the old *régime,* exists now. But the custom of abstaining from it remains pretty general; and though beef and pork were introduced at the time of the late revolution,... recent statistics show that meat-eating is again on the wane."

There are also interesting sections on Kaempfer, Engelbert (p. 187-88), Perry (Commodore) (267-69), and Siebold, Philipp Franz, Freiherr (p. 320-22).

For an excellent, later book with the same title, written by a Japanese in English, see Mock Joya (1960). Address: Prof. of Japanese and Philology in the Imperial Univ. of Tokyo, Tokyo [Japan].

359. Gorkom, K.W. van. 1890. Supplement op De Oost-Indische Cultures, in betrekking tot handel en nijverheid [Supplement to East-Indian crops: In relation to commerce and industry]. Amsterdam, Netherlands: J.H. de Bussy. vii + 303 p. See p. 283-87. Supplement to the 1884 publication of the same title. 25 cm. [2 ref. Dut]

• ***Summary:*** The section titled "Kadelé" (Soybeans) discusses the cultivation of soybeans (also called *katjang djepoen* [Japan beans], Soya, *Glycine hispida,* or *kadelé boontjes*) on Java and the experimental culture in Europe. Interest is shown in the cultivation of soybeans as a food for diabetics.

Soya is cultivated in Java both for its seed and for its green leaves which are used as animal feed. The small soy beans are roasted by the indigenous people or, in the form of cakes / patties (*tetempé* [tempeh]), eaten like bean-cheese (*boonen-kaas* [tofu]). ("*De kadele boontjes worden door de inlanders geroosterd of, in den vorm van koeken* (*tetempé*), *als boonen-kaas gegeten*").

Note. This is the earliest Dutch-language document seen (April 2013) that uses the term *boonen-kaas* to refer to tofu.

The author considers that Indonesian soy sauce (*kétjap*) is inferior to Japanese soy sauce. Nutritionally, soya is rich in proteins (*proteïnestoffen*) (± 38%) and fat (± 21%), and low in starch and sugar.

In Germany and Austria, many years have been spent in developing and cultivating varieties of soybeans adapted to the European climate. Dr. Haberlandt, professor at the University of Vienna, distinguished himself for this work, even to the extent that a variety was named after him. In the experimental gardens at the National Agricultural in Wageningen [Netherlands], a field of soya is cultivated, but the results are not yet satisfactory. Yields are low, especially during the dry and warm summers, when the

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plant flowers abundantly, but the seeds don't have time to develop properly. The author hopes that through continued experiments, a suitable variety will be developed.

The soya bean has received attention from the medical profession because of its composition. Dr. Le Cerf of Paris was one of the first to try using soya with diabetic patients. He introduced soya bread instead of an almond bread and was successful with it. Dr. Stokvis, a professor in Amsterdam, recommended soy bread (see *Nederlandsch Tijdschrift voor Geneeskunde* No. 10), and the chemical analyses published by Mr. L.C.W. Cox in the same journal (issue No. 19) supported the recommendation. Patients were content with the bread, although they did not find it very appetizing. The author states that if rye or wheat flour could be used together with soy flour, they would yield a very digestible and nutritious food. For this reason also he recommended experiments aimed at acclimatizing soya to Europe.

Dr. Sollewijn Gelpke has published a work titled "The Yield and Cultivation of Dryland Crops," in which he writes that the cultivation of soya is quite easy and in Java takes place on sawahs (wet rice fields) and clay, in contrast to peanuts (*katjang-tanah*), which is grown on tegals and sand. [Note: A tegal is a dry (not irrigated) field, near the rice fields, but used for vegetables and other secondary crops.] Soya beans are sun-dried, soaked in water for 24 hours, then sown on land that has first been flooded with water. Otherwise they are sown by poking holes in the ground and dropping in the seeds. Gelpke says that soya is so appealing to the indigenous people that, if the soil is hard, he just opens the surface with a crowbar and sows his seeds. This way of cultivation is seen especially on the heavy clay soils of Java.

In the Netherlands it is not well known that soya is cultivated in Java, because it could be imported for less money than is currently the case. The author has samples of the beans and has noticed that the seeds from European experiments are smaller in size than those grown in Java.

Various laboratory analyses are given. It is noted that soya flour coming from Hungary is used for the production of soy bread, baked by Mr. Koehler of Amsterdam. Mr. Cox studied this bread. The author believes that the sugar content of this bread is high enough to make it unsuitable for diabetic patients, and notes the presence of starch and dextrin. Morawski and Harz have confirmed that ripe soya beans don't contain starch, whereas unripe beans do.

Note 1. Kempski (1923) says: "see van Gorkom's Oost-Indische Cultures, neu herausgeg. von Prinsen-Geerligs, Verlag de Bussy, Amsterdam, 1913, Vol. III, p. 283/86."

Note 2. This is the earliest Dutch-language document seen (Aug. 2003) that uses the word *proteïnestoffen* (or *proteïnestoff*) to refer to proteins in connection with soybeans. Address: Dr., Former Head Inspector of Crops, Dutch East Indies (Oud-Hoofd-Inspecteur der Cultures in Nederlandsch Oost-Indië).

360. Henderson (Peter) & Co. 1890. Henderson's American farmers manual. New York, NY. 26 p. 28 cm.

• ***Summary:*** In the section titled "Miscellaneous Plants for Forage, Soiling, &c.," the soybean appears on page 24, along with 24 other such plants. The entry reads: "Soja or Japan Bean. (*Glycine hispida.*)–A variety altogether distinct from any other Bean. The haulm is strong and vigorous, and covered with soft fur. The pods contain four to five small Beans of a yellowish brown color. This Bean is very suitable for growing in the *South*, and is used largely for plowing under. In Japan the beans are used principally for making 'Tofu' or bean curd. Per lb., 20 cts. [$0.20]; per bushel of 60 lbs., $6.00."

Note 1. This is the earliest listing seen for the soybean in any seed catalog published by Peter Henderson & Co. where a description of the plant is given. Sherry J. Vance, research aide at the L.H. Bailey Hortorium (462 Mann Library, Cornell University, Ithaca, New York 14853-4301) wrote to William Shurtleff of Soyfoods Center on 22 April 1997: "Per your request, I have checked our catalogs for Peter Henderson from 1881 to 1890 looking for entries on soybeans. Despite a thorough search, I was unable to locate soybeans offered in any of the Henderson catalogs from 1881-1889."

Note 2. Peter Henderson lived 1822-1890. On the cover of this catalog are four illustrations of farming scenes. Across the top is written: "If you have no use for this Catalogue, kindly give it to some of your farmer friends." Address: 35 & 37 Cortland St., New York.

361. Hosie, Alexander. 1890. Three years in Western China; A narrative of three journeys in Ssu-ch'uan, Kuei-chow, and Yun-nan [1882-84]. London: George Philip & Son. New York: Dodd, Mead. xxxiv + 302 p. Illust. Index. 23 cm. 2nd edition published in 1895.

• ***Summary:*** In pinyin, these three provinces are now written: Sichuan (northernmost of the three), Yunnan (southern), and Guizhou (southeastern). The author, an excellent observer and writer, was stationed in Western China by the British government from 1882 to 1884. Throughout this travelogue, on 18 separate pages, he reports that [soy] beans were being grown, usually with other local crops such as barley, buckwheat, ground-nuts, hemp, maize, millet, oats, opium poppies, rape, and wheat.

On the way to Ch'ung-King [Chongqing] in Sichuan province: "My men, who for the last few days had been unable to procure rice, and had subsisted for the most part on bean-curd, rejoiced to find themselves in a valley of their own province where paddy, maize, tobacco, hemp, and beans were well advanced..." (p. 68).

Near Ch'ung-King: "The hill-sides were also covered with [soy] beans, which seemed to thrive well on a scanty soil." The greenery, houses, and restaurants "invite the

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traveller to tarry for a moment and enjoy their cool shade. As pack animals are usually turned loose to forage for themselves, the peasantry, whose lands adjoin the high-road, have hit upon a novel plan to prevent their depredations. Wheat and beans were thickly sprinkled with feathers, which, as might naturally be supposed, are not a pleasant sauce" (p. 72).

In the city of Hou Chou in Sichuan province: "A special industry of the city is the manufacture of a soy [sauce], which is famous, not only in Ssu-ch'uan, but in other provinces. Chinese soy, as is well known, is imported to England in large quantities, and is, I believe, used in the manufacture of sauces. In China itself there is amongst foreigners a decided prejudice against soy, and a fresh arrival is often solemnly assured that it is made of boiled down cockroaches; yet, to the best of my information, it contains nothing more deleterious than the juice of a bean" (p. 164).

The city of Nei-chiang [Neijiang] in Sichuan province exports "bean-sauce" [probably soy sauce], opium, grass-cloth, and several other things. Sugar cane and ground-nuts cover the hill slopes (p. 169). A fold-out map at the back shows the author's route.

Also discusses: Ground-nuts [peanuts] (p. 83, 169) and the sweet cooking oil extracted from them (p. 83). Women who wore coarse hempen clothes (p. 152). Address: H.B.M. Consular Service, Wenchow, China.

362. Purdy, Charles W. 1890. Diabetes: its causes, symptoms, and treatment. Philadelphia and London: F.A. Davis. viii + 184 p. See p. 87. Index. Physicians' and students' ready reference series, No. 8. [2 soy ref]

• ***Summary:*** In Section VI, "Treatment of diabetes mellitus," the soya bean is mentioned (p. 87): *Soja*, or Japanese bean, owing to its high nutritive properties and its low percentage of starch, is likely to enter largely into the diabetic diet of the future. It has recently been much cultivated in some parts of Europe, especially in Hungary. Its composition is as follows: Nitrogen, 36.6 per cent.; fatty matter, 17 per cent.; starchy matter, 6.4 per cent.

"A sauce is made from *soja* which bears the name of *miso* and *soju* [shoyu]. A kind of cheese [tofu] is made from it, and very much prized in Japan as a table-luxury. (Footnote: See Egasse 1888, p. 433-38).

"In Europe the soja has already been utilized for food of men and animals, and recently the attempt has been made to make bread of it. This is very difficult because of the large proportion of oil which it contains. This oil is very purgative [sic], and hence it becomes necessary to rid the meal of it in order to render it fit for domestic usages. Lecerf in Paris and Bourdin in Rheims have succeeded in rendering the bread made from this meal very well supported by the stomach.

"This bean, which, as the analysis shows, is more nutritive than meat, serves for nourishment to a great country like Japan, under the forms of sauce, of cheese, of farina, and even of *real* artificial milk" (Footnote: Therapeutic Gazette, March 15, 1890, p. 150).

Gluten is also mentioned several times (p. 84-85): "First in importance ranks the question of bread in the construction of any diabetic diet-list. The withdrawal of this article from the list is usually the most serious deprivation the patient has to encounter. In consequence of this fact, an almost endless number of breads have been placed upon the market, which are *claimed* to be free, or nearly free, from starch, and are hence named diabetic breads. Now, I do not hesitate to say that most breads which have been put upon the market with such claims are 'a snare and a delusion,' and have unquestionably shortened the lives of hundreds of diabetic patients. Most samples of so-called 'diabetic flour,' from which the starch is claimed to have been eliminated, 'or nearly so,' contain from 30 to 70 per cent. of that article... But Dr. Chas. Harrington, of Boston, has rendered us under perpetual obligations to him for fearlessly exposing the most of these deceptions, by publishing a careful analysis of most of them in detail. It may first be noted that his analysis of home-made bread gives the proportion of contained starch as 44.99 per cent. The Graham wafer, made of Graham flour, contains 58.45 per cent. of starch. The gluten flour, of Farwell & Rhines, of Watertown, N.Y., contains 67.17 per cent. of starch... The gluten flour of the New York Health Food Company contains 66.18 per cent. of starch. Bread made of this flour would contain 35 per cent. of starch... The Boston Health Food Company's diabetic flour, No. 1, sold as absolutely non-starchy, contains 62.94 per cent. of starch. Bread made of this flour would contain 30 per cent. of starch." Address: M.D., Queen's Univ. [Kingston, Ontario, Canada].

363. Watt, George. 1890. A dictionary of the economic products of India. Vol. 3. London: W.H. Allen & Co.; Calcutta, India: Office of the Superintendent of Government Printing. 534 p. See p. 509-11. Index (in Vol. 7). 25 cm. [14 ref]

• ***Summary:*** Contents related to the soy bean: *Glycine* (p. 509-10). *Glycine hispida*, Maxim. (p. 510-11): Synonyms, vernacular, references, habitat, oil, medicine, food and fodder, chemistry, the bean, oil.

Under Glycine: "Reference having been made to the authorities of the Calcutta Herbarium on the subject of G. soja, Sieb. et Zucc., being, as shown in the Flora of British India, a native of this country, Dr. Prain kindly went into the subject very carefully. He writes: 'We have not, from any part of India, any specimens of G. soja proper. The Khasi Hills plant is more erect, more hispid, and has larger legumes than the Himalayan, and indeed resembles G. hispida, Maxim., quite as much as it does the Indian cultivated "G. soja," which, indeed, it connects with G. hispida. It is, in fact, the plant most like the wild G. soja, S. et Z., which no one ever professes to have found wild in India, while it is

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also the one most like G. hispida, Maxim. (which has never been found wild anywhere). It is the plant collected by Dr. Watt and myself in the Naga Hills.'

"The writer noted on his Naga Hill specimens that they were found in a semiwild state, and that the plant was known to the Angami Nagas as *Tsu Dza*, a name not unlike soja. Throughout India, the soy bean is cultivated, black and white seeded forms being met with, which vary to some extent, but all preserve the specific characters of G. hispida. Plants raised at Saharanpur from Japanese seed have larger and broader leaves than the usual Indian forms. The fact that this cultivated plant possesses, even among the aboriginal tribes, names which are original, i.e., in no way modern derivatives, points to an ancient cultivation, if, indeed, it may not be accepted as an indication of its indigenous nature. (Editor.)"

"Vern[acular]–Bhat, bhatwan, ram kurthi (Hind. [=Hindi or Hindoostanee]); Bhut (Punj. [= Panjabi]); Gari-kulay (Beng. [=Bengali]); Hendedisom horec (black-seeded), Pond disom, horec (white-seeded variety) (Santal); Tzu-dza (Naga); Bhatnas, bhatwas (Nepal); Seta, kala botmas (Parbat.); Musa, gya (Newar); Khajuwa (Eastern Terai); Bhut (Kumaun).

References: The author cites 17 early references concerning soya and, using information from these.

This brief bibliography on soya is one of the best and worst seen. Its is good in that it cites a host of previously uncited publications. It is bad in that the references are so abbreviated as to often be incomprehensible; and some of them are incomplete or incorrect.

Habitat: "Extensively cultivated throughout India and in Eastern Bengal, Khasia hills, Manipur, the Naga hills, and Burma, often found as a weed on fields or near cultivation."

Medicine: "A decoction of the root is said to possess astringent properties." Food and fodder: "The Soy-bean forms an important article of food in China and Japan. Since 1873, it has been successfully grown in the warmer parts of Europe. It is also widely spread, in a cultivated state, over a great part of the Himálaya [Himalaya] and the plains and lower hills of India. On the plains the crop is generally grown by itself, as a *kharif* crop; the seeds are sown from June to September, and the harvesting takes place from November to January.

"The bean is eaten in India in the localities where cultivated. The Rev. A. Campbell states that in Chutia Nagpur it is generally used roasted and ground as *satu*, or simply roasted in the form of *atá*. In other parts of the country it is also eaten in the form of *dal*. In China and Japan three preparations are made from the soy-bean, namely soy-sauce, soy-cheese, and a kind of paste. The last two of which are manufactured by crushing and pressing the seeds."

Note 1. An extensive "List of works consulted" (bibliography) appears in Vol. I (1889, p. xiii-xxii), followed by a list of contributors (p. xxiii-xxvi) and list of abbreviations (p. xxvii-xxxiii).

Note 2. This is one of earliest documents seen (March 2005) that clearly refers to the cultivation of soybeans in Burma.

Note 3. This is the earliest English-language document seen (Nov. 2012) that uses the word *satu* to refer to roasted whole soy flour, or that mentions roasted whole soy flour is made and used in India.

Sir George Watt lived 1851-1930. This 7-volume work, published from 1889 to 1896, is arranged alphabetically by product. An extensive bibliography is in vol. 1, and the index comprises vol. 7. Address: M.B., C.M., C.I.E., Reporter on Economic Products with the Government of India.

364. Turner, Fred. 1891. New commercial crops for N.S. Wales: The cultivation of the soy bean (*Soja hispida*, Moench.). *Agricultural Gazette of New South Wales* 2(11):648-50. Nov.

• ***Summary:*** "The soy bean is indigenous in India, Japan and China. There are numerous varieties of the plant cultivated in those countries, including both tall and dwarf-growing kinds, but it is the large-seeded varieties of the latter which I would particularly recommend for cultivation in this Colony, because they are not only more easily managed, but, generally speaking, are more productive to any given area than the tall growing kinds. The dwarf soy is an annual hairy growing plant, growing about 2 feet high, with trifoliate leaves, and small flowers borne is short axillary racemes. These are succeeded by oblong three or four seeded hairy pods. As will be seen from the engraving of the plant, it is a good deal like the ordinary dwarf kidney bean in its habit of growth, but differs materially in the superior quality of the pulse which it yields. The very productive and pulse yielding plant has been cultivated in Asiatic countries probably from time immemorial, but only within the past twenty years or so has it attracted the attention of European cultivators. In the southern parts of Europe, the cultivation of the dwarf kinds have proved a great success, and in France they are said to be an important crop.

"Some of our leading seedsmen have now become aware of the value of the soy bean, and seeds are now obtainable in Sydney. The plant has already been grown in a small way in a few places in this Colony, and has proved itself well adapted to our climate, so that there is no risk in attempting its cultivation here, in suitable places, on a large scale."

Note 1. This is the 2nd earliest document seen (March 2010) that clearly refers to the cultivation of soybeans in Australia or Oceania. This document contains the 2nd earliest clear date seen for cultivation of soybeans in Australia or Oceania (Nov. 1891). The source of these soybeans is unknown.

"Moreover it is not only a vigorous growing and a heavy yielding pulse plant, but it appears to keep remarkably free from both insects and fungoid pests." Note 2. This is the earliest English-language document seen (Aug. 2007) that

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uses the word "fungoid" to refer to fungal.

"Having eaten the seeds of the soy bean, I can say that they are an excellent addition to the pulse yielding plants we have already under cultivation. As regards their chemical composition I cannot do better than quote the analyses of Professor Church and Dr. Forbes Watson. 'Although there are a number of varieties of the soy bean, the chief differences between them lying in the size, shape, and colour of the seeds, yet these varieties are not distinguished by definite differences in chemical composition. That composition entitles the soy bean to the highest place, even amongst the pulses, as a food capable of supplementing the deficiencies of rice, and of other eminently starchy grains. Very few vegetable products are so rich as the bean at once in albuminoids and in fat or oil, the former constituent amounting on the average to 35 per cent, and the latter to 19 per cent. The cultivation of the pale large seeded varieties should be extended."

Facing this first page is a full page illustration of a soy bean plant, titled *Soja hispida*, Moench. "Soy Bean." with an enlarged pod (A) and seed (B). It has been copied from an 1882 issue of *The Garden* (July 29, p. 93) then modified slightly.

Two tables are titled "Composition of soy bean." The first, by Professor Church, shows the composition in 100 parts [percentage] and in 1 lb. The second by Dr. Forbes Watson, shows the composition with husk and husked.

"'The nutrient ratio here is about 1.2 while the nutrient value is 105. Potash forms early one-half and phosphorus pentoxide one-third of the ash of the soy bean. The beans are sometimes pressed for the sake of the oil they yield; the residual cake forms an extremely rich cattle food, containing as it does 40 per cent. of flesh-formers [albuminoids = proteins], and 7 per cent of oil.'"

"The soy bean can be grown nearly all over that portion of the Colony where late spring or early autumn frosts do not occur, and with irrigation it might prove a valuable plant to grow in the interior. A good guide to go by is to cultivate the plant in those parts where the kidney bean will flourish, and this is over an immense area of New South Wales. The soybean is rather an exhausting crop, therefore it should be an alternating one. It would do very well to follow after a root crop. To obtain the best results it should be grown on a moderately light, well drained, and well worked soil that is rich in organic matter. The plant will grow well enough on other kinds of soil provided that they are drained, and well worked, and, if not naturally fertile, some suitable manures are applied. If well rotted farm-yard manure is not available, then sulphate of potash, or nitrate of soda, might be used with advantage. If farm yard manure is applied to the land, it should be ploughed in some time previous to sowing the crop, or it might have a tendency to cause a too rank growth of the plants, at the expense of the yield of beans. Commercial manures may be used on the land when it is prepared to receive the crop.

"Sowing the seed. From the Hunter to the Tweed Rivers, it would be possible to obtain two crops in the year by sowing in October, then again in December if there is a sufficient amount of moisture in the soil. South of the Hunter River, however, it will be hardly likely that more than one crop can be harvested during the year. The seed for this should not be sown before the middle of October, or the beginning of November, according to situation. It would perhaps be as well to state that the young plants are very susceptible to frost, 2º Fahr. being quite enough to blacken them." Gives more details on sowing, then a paragraph on harvesting.

The last section is titled "Uses: The beans can be picked from the plants whilst green, and cooked and eaten without previous preparation. Ripe soy beans should, however, be steeped in warm water for some time before they are cooked, otherwise they will remain almost as hard as they were before cooking. In China and Japan the soy bean cheese [tofu] and a kind of paste [miso] are important articles of food. In those countries also soy sauce is made from the beans, which is not unknown to European palates. The sauce is said to be made in the following way. Boil the beans with equal quantities of wheat or barley, and leave it for three months to ferment, after which salt and water are added, and the liquid strained. Soy sauce is extensively used in Asia, and to some extent in Europe for flavouring certain dishes, especially beef, and it is supposed to favour digestion."

Note: This is the earliest English-language document seen (April 2013) that uses the term "soy bean cheese" to refer to tofu.

365. Chamberlain, Basil Hall. 1891. Things Japanese: Being notes on various subjects connected with Japan... 2nd ed. revised and enlarged. London: Sampson Low, Marston and Company, Ltd.; Hongkong, Shanghai, Yokohama, and Singapore, Ltd.: Kelly & Walsh, Ltd. [8] + 503 p. Index. 1st ed 1890 (408 p.). Slightly revised edition published 1905. Reprinted in 1970 by Charles E. Tuttle Co., Inc. (Rutland, Vermont, and Tokyo). [14 ref]

• ***Summary:*** This book is arranged alphabetically by subject. Festivals (p. 154): "*Setsubun* is the name of a movable feast occurring sometimes late in January, sometimes early in February, on the eve of the first day of spring, old calendar. Beans [roasted soybeans] are scattered about the house on the evening of this day in order to scare away demons, and of these beans each person present eats one more than the number of the years of his age."

Food (p. 168): Same as in the 1890 ed.

Sun, moon and stars (p. 394): There are three great nights of the lunar year for moon viewing. "The 15th night of the 8th moon, which is no other than our harvest moon at the full, is celebrated by an offering of beans and dumplings and of bouquets of eulalia-grass [*susuki*] and lespedeza blossom.

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This moon is termed the 'bean moon.'"

Note: In *Chado: The Way of Tea,* a translation of the Japanese classic *Sado-sai-jiki,* and various other Japanese books we learn that the full moon on the 15th night of the 8th lunar month is the brightest and most widely viewed one of the year and is called *meigetsu* (literally "bright moon"). Aesthetic appreciation of the full autumn moon originated in China as early as the Han dynasty (202 BC to AD 220). Moon-viewing became popular in China during the Tang dynasty (618-907) and this tradition was transmitted to the Japanese court in Kyoto in about the 8th century; the aristocracy called this festival *Otsukimi* ("moon viewing") and celebrated it, outdoors, by composing poems, listening to music, etc. Today that date falls in mid-September. In both Japan and the West, this is the "harvest moon" and its celebration a pre-harvest festival.

However it is the *next* full moon, about a month later, on the 13th day of the 9th lunar moon that is called the "bean moon" (*mame-meigetsu*). It is indeed, as Chamberlain says, celebrated by an offering of beans (*edamamé,* or green vegetable soybeans) and dumplings (glutinous rice steamed with chestnuts). In some parts of Japan the edamamé are mashed, sweetened with sugar, then used to coat rice-flour dumplings. This *mame-meigetsu* is still celebrated at the Kitano Tenmangu Shrine in northwest Kyoto.

Tea (p. 403): Other tea-like infusions: "*Mugi-yu,* an infusion of parched barley; *Mame-cha,* a similar preparation of beans. *Fuku-ja,* or 'luck tea,' is made of salted plums, sea-weed, and xanthoxylon seeds, and is partaken of in every Japanese household on the last night of the year."

Concerning red beans [aduki]: Birthdays (p. 56): "Birthdays are not much observed in Japan, except that rice mixed with red beans [azuki] is eaten on the auspicious day."

Festivals (p. 154-55): Dec. 13.–This day is called *Koto-hajime,* that is, "the beginning of things," because such preparations for New Year as house-cleaning, decorating, and the pounding of rice for cakes (*mochi*), are then taken in hand. People eat *o-koto- jiru* on this day,–a kind of stew whose ingredients are generally red beans [azuki], potatoes, mushrooms, sliced fish, and a root called konnyaku."

Jan. 15-16.–The end of the New Year holidays. The 16th is the *Hokônin no Yado-iri,* or Prentices Holiday Home. Rice-gruel mixed with red beans [azuki] is eaten."

N.B. *Azuki-meshi,* that is, rice mixed with red beans, is eaten on the 1st, 15th, and 28th of each month, these being the so-called *san-jitsu,* or "three days." On the 30th, people eat buckwheat vermicelli (*misoka-soba*).

Overview of Japanese commerce: "The chief progress made during the past thirty years has been in industrial developments" (p. 433). A large table show imports to Japan in 1890 (p. 434): The top five imports (with the value in million yen) are: Textiles and textile fabrics 20.49. Rice 12.30. Sugar 8.48. Raw cotton and wool 5.74. Kerosene oil 4.95. "Oil cake" [mostly soybean cake] is another major import, but grouped with oils, oil wax, and paints in oil 0.41.

Exports from Japan (p. 434-35): The top five are: Raw silk, waste silk, and cocoons 16.75. Tea 6.28. Copper 5.36. Silk piece goods and silk manufactured goods 3.64. Coal 3.10. Also seaweed 0.68.

The top five ports for exports and imports are (p. 435): Yokohama 73.0. Kobe 49.0. Nagasaki 7.7. Osaka 3.80. Shimonoseki 1.77.

Japan's leading trading partners (imports + exports) are: Great Britain 32.5. USA 26.7. Hongkong 14.8. China 14.0. France 12.2. Address: Emeritus Prof. of Japanese and Philology in the Imperial Univ. of Tokyo, Tokyo.

366. Dujardin-Beaumetz, Georges Octave. 1891. Ueber die Behandlung des Diabetes mellitus [On the treatment of diabetes mellitus]. In: Verhandlungen des X. Internationalen Medizinischen Congresses. See vol. 2, part 5, p. 78-101. Held 4-9 Aug. 1890 at Berlin, Germany. [Fre]

• ***Summary:*** This section of the International Medical Congress consists of three papers on the treatment of diabetes. The first, by Mr. Pavy of London, is in English. The second, by Mr. Dujardin-Beaumetz of Paris (p. 84-91), is in French. Since Mr. Dujardin-Beaumetz was unable to attend, his paper was read by Mr. Ewald of Berlin. The third paper, by Mr. Seegen of Vienna, Austria-Hungary, is in German. Thereafter is a long discussion with many participants.

Only the paper by Mr. Dujardin-Beaumetz includes a discussion of soybeans. Gluten bread, introduced by Bouchardat, was a step forward, but it contained too much starch. Almond bread, as suggested by Seegen, was tried in France with fairly good results. But the best results came from soy bread (*le pain de soja*).

The soybean (*Glycine hispida*), which provides a much-appreciated food in Japan and a cheese (*un fromage*) [tofu] now widely researched, is presently cultivated on a large scale in Europe. It contains almost no starch, and the histological samples taken by Blondel proved that soybean seeds contain almost no starch. However, it contains a purgative oil, soya oil (*l'huile de soja*), which creates difficulties when making soy bread.

Nevertheless, a soy bread is now made commercially in France, either with or without gluten. It is accepted by numerous diabetics and it is far superior to the best gluten bread. Unfortunately the unusual and rather strong soy taste will always limit the use of this bread.

The first participant in the discussion is Mr. Miura (Tokyo, Japan), who comments (in German, p. 100-01) on the treatment of diabetes in East Asia and notes that soybeans are widely used. Address: Paris, France.

367. Rathgen, Karl. 1891. Japans Volkswirtschaft und Staatshaushalt [Japan's economy and national budget]. Leipzig: Duncker & Humblot. xx + 785 p. See p. 328, 331, 397, 445, 611-12. In: Staats- und Socialwissenschaftliche

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Forschungen. Vol. 10. No. 4. [2 ref. Ger]
• ***Summary:*** Wheat flour is an important component in the production of shoyu (p. 328).

"Production of soybeans by year was as follows. (Note 1. 1 cho = 2.45 acres and 1 koku = 180 liters or 47.6 gallons): 1878 was 414,961 cho and 1,642,183 koku. 1881 was 427,557 cho and 2,175,337 koku. 1884 was 440,647 cho and 2,323,435 koku. 1887 was 466,315 cho and 3,253,790 koku (p. 330). The large increase in numbers is due mainly to a 76% increase in yields during this 9 year period. This must be difficult since most soybeans are grown around the edges of fields, on paddy bunds and in very small plots.

"Soybeans are grown throughout Japan, but they are concentrated in Tokyo plain and the prefectures bordering on its north. In 1887 the following 12 prefectures accounted for 56% of Japan's total production: Kanagawa, Saitama, Chiba, Ibaraki, Tochigi, Gunma, Nagano, Niigata, Yamagata, Fukushima, Miyagi, and Iwate.

Note 2. This is the earliest document seen (Jan. 2005) that gives soybean production or area statistics for Japan.

"This exceptionally nutritious bean appears in all possible forms in Japanese cooking, as a vegetable, boiled in sugar, as tofu ("als Tofu (Bohnenkäse)" = bean cheese), and as the main component of fermented miso soup (*Miso-Suppe*) and of soy sauce (*Soja-Sauce*).

"During the period 1870-74, the price of soybeans averaged 3.015 yen/koku. In 1875 it was 4.46 yen and in 1886 3.98 yen, with a high of 7.11 yen/koku in 1882."

"Since 1885, with the introduction of use taxes, new production statistics have begun to be kept on the shoyu industry. In 1887/881 some 1,180,188 koku of shoyu was taxed from 11,687 businesses, averaging 101 koku per factory. By comparison, the amount of shoyu taxed in 1888-89 was 1,304,551 koku from 10,634 businesses, averaging koku per factory. As with sake breweries, the number of plants has diminished from 13,682 in fiscal year 1885/86 to 10,634 in the fiscal year 1888/89. Although shoyu factories are found throughout Japan, there are certain regions of concentration. Chief among these is Chiba prefecture, which in 1887/88 had 689 factories and a production of 121,816 koku, averaging 177 koku/factory. The capital of the industry is the city of Choshi. Other major shoyu producing prefectures are Ehime (555 plants, 73,525 koku), Hyogo (544 plants, 73,168 koku), Okayama (580 plants, 64,389 koku), Fukuoka (381 plants, 58,022 koku), Ibaraki, Aichi, Kanagawa, and Saitama.

On p. 611-12 is a detailed discussion of Japan's shoyu tax. Shoyu production was already being taxed in 1875. Then law 10, enacted on 8 May 1885, which went into effect of 1 July 1885, reinstated the tax. This tax is similar to the sake tax. A yearly license costing 5 yen is required and a tax of 1 yen/koku of shoyu produced is levied. Government tax revenues from shoyu grew from 640,379 yen during the partial year 1885/86 to 1,215,254 in 1889/90.

Rathgen lived 1856-1921. Address: Leipzig, Germany.

368. Riley, C.V. ed. 1891. Reports of the United States commissioners to the Universal Exposition of 1889 at Paris. Vol. 5, Agriculture. Washington, DC: Published under direction of the Secretary of State by authority of Congress. 935 p. See p. 127. Index.
• ***Summary:*** In the section on "African and Asiatic countries" is a subsection titled "Japan" (p. 127) which (according to the table of contents) is about "The Soja (*Glycine hispida*) and the azouki [azuki] (*Phaseolus radiatus*), two important Japanese vegetables."

The actual entry states: "The exhibit in class 71 was particularly interesting; beside the Government exhibit there were fifteen private ones and eleven of these exhibits contained soja or *daizon* [*sic, daizu*]. The soja (*Glycine hispida*) is a leguminous plant closely resembling the pea, and is one of the principal vegetables in use among the Japanese, who employ it in various ways; *kôritôfou*, or cheese of the soja [dried frozen tofu], is a sort of alimentary paste, prepared by coagulation and freezing. The soja is also grown to a small extent in France, and was exhibited in a collective exhibit from the département de l'Aube. Its grain contains very little amylaceous matter (starch) and sugar, and is therefore particularly adapted for food for diabetic patients, while it also contains much nitrogenous matter and phosphoric acid, which renders it very nutritive.

Note. This is the earliest English-language document seen (April 2013) that uses the term *kôritôfu* to refer to dried-frozen tofu.

"Another vegetable much used in Japan is the *azouki* (*Phaseolus radiatus*), a sort of bean [azuki]. Dried prunes, *anzous* (*Prunus armeniaca*) [apricots], were also shown and were of good quality. There was a fine exhibit of dried ginger. Raisins, nuts, peanuts, preserved bamboo sprouts, etc., were also shown, and the whole display was a good one."

Note: This is the earliest document seen (Aug. 2011) about the United States Department of Agriculture (USDA) in connection with the soybean. Address: Ph.D., Representative of the U.S. Dep. of Agriculture.

369. *Brisbane Courier* (*Queensland, Australia*). 1892. Imports (A special charge is made on consignees' announcements inserted in this column). Jan. 7. p. 3.
• ***Summary:*** "Taiyuan, s. [steamer], from Hongkong:... 3,260 bags rice, 16 packages tea,... 5 cases preserved ginger, 7 boxes beans, 10 cases oil, 23 boxes shamsho, 2 boxes bean curd,... 5 boxes soy [sauce], 2 boxes eggs,..."

370. Coupin, Henri. 1892. La soya [The soybean]. *Nature* (*La*) (*Paris*) 20:203-04. Aug. 27. [Fre]
• ***Summary:*** An overview of the soybean (*La Soya*). It is not possible to encourage too much the acclimatization of exotic

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plants in France. One cannot doubt the worthiness such an interest when a plant, such as the soybean, has found, in its country of origin, such numerous applications.

This plant is used in China and Japan for human food and for animal feed, for making bread, cheese [tofu], for extracting an oil [soy oil], etc. Why would we not do the research necessary to raise such a precious plant in France? Many trials have already been conducted and have succeeded rather well; we will return to that later, but first we must see how the soybean behaves in Japan and China.

The soybean (*Glycine Soya*) belongs to the legume family. A botanical description is given.

In Japan, the soybean is one of the most widely used plants. It is known under the name of either *mame* or *daizu*, and it is widely used to make a sort of paste, named *miso* (*le Miso*). The process for making miso is described. [Note: However koji is not mentioned so it will not work]. It ferments for 1-2 months, and then is ready for food use. It is part of the breakfast of many Japanese.

The second product made from soybeans is a condiment, a liquid named *Shoyu.* It is a sort of dark brown syrup which serves as a sauce to season dishes, especially fish. The manufacture of shoyu is a very important industry in Japan. In the city of Nagasaki alone there are as many as ten factories, and each makes more than 1.2 million kilograms per year of shoyu. A description of how shoyu is made is given using equal quantities of boiled soybeans and roasted wheat, plus salt. 1.8 liters sells for 40-50 centimes.

The third product made from soybeans is a cheese called tofu (*le To-fu* or *fromage de Daizu*). The process for making tofu is described. It can be eaten fresh, but unfortunately it retains the taste of raw beans, which is not very agreeable.

In China the soybean is known as *Yeou-teou,* but ice it is not ordinarily cultivated on a large scale, as it is in Japan. According to Eugene Simon: Each person makes his or her own cheese [tofu]. Very also, often, each one makes his oil, if not at home, then at least at one of his parents' homes or in the neighborhood; it is distributed by the head of the family.

There is a variety of black soybean which constitutes the principle food of animals; horses and mules eat the seed in nature. People use mainly the white soybean (*la Soya blanche*)*:* from it they extract an oil [soy oil], which is the object of an enormous trade and which occupies the top rank among the oils used in China. As in Japan, the Chinese also make tofu. According to Paillieux and Bois, in the entire Chinese empire, only the Tartars use daily milk; the [Han] Chinese do not consume it at all. They use soymilk instead. The soybean is solid milk. Not all legumes contain legumine, as the soybean does. Describes how to make soymilk from soybeans.

Trials for the acclimatization of soybeans in Europe are rather numerous. In 1875, the first ones were conducted by F. Haberlandt and Blaskovics in Austria-Hungary. In France, Buffon received soybean seeds and cultivated them at the Museum [of Natural History]. One of the problems with the soybean is that its seed mature very late. However some varieties mature their seeds earlier than others.

An illustration [non-original] shows a soybean plant. At the bottom of the column on page 1, we read: See No. 425, of 25 July 1881, p. 115 [an article by E. Roman]. Address: Ingenieur en chef à Périgueux.

371. *Times* (*London*). 1892. Chinese roads. Sept. 20. p. 7, col. 5.

• ***Summary:*** "An account by Mr. Clennel, an officer of the British consular service in China, of a journey which he made recently from Amoy [Xiamen, a seaport in Fujian province] to Foochow [Fuzhou, the capital of Fujian province] overland has been published as a Blue-book."

The large number of travelers "needs sustenance and rest and supports a truly wonderful number of cookshops and small wayside inns... Here hot water, tea, rice, dried fish, tobacco, fruit, sweet potatoes, pea-nuts, bean-curd cakes, slices of sugarcane, and sweetmeats in great variety may be had on payment of a fraction of a penny for each."

372. Georgeson, C.C. 1892. The economic plants of Japan–XVI. Leguminous plants. *American Garden* (*New York*) 13(12):727-29. Dec.

• ***Summary:*** This article begins: The soy bean (*Glycine hispida,* Moench); Jap. *O-mame, Diadzu* [*sic, Daidzu*]. A bush-bean extensively cultivated in all parts of Japan. The plant varies from 1½ to 3 feet in height, according to the variety and soil, and the varieties, which are numerous, differ much in size, color, time of ripening and the general appearance of their beans... The beans are more or less lenticulate, some almost globular.

"This vegetable is always grown in rows about two feet apart, and usually as a second crop, the early beans being planted between the rows of wheat and barley, and the late ones immediately after these crops are harvested. After the beans are well up, they are cultivated with the hoe once or twice, and if the soil is poor, enriched with liquid manure, but otherwise they receive no special care. The beans are, for the most part, not used until ripe, when they are prepared for food in a multitude of ways. Occasionally the green pods, containing nearly full-grown beans, are boiled, and the beans shelled and eaten from the pod. The early varieties mature in from 80 to 100 days, and the late ones from 100 to 120 days.

"Varieties of this bean are numerous. Probably more than a hundred can be found in the country. Beans of all varieties of this species are in shape intermediate between peas and our common beans. Many of them are nearly round, many are somewhat flattened on two sides, or lentil-shaped, and some are oblong, but never to the same degree that our common beans are elongated. As to size, they vary from that of duck-shot to a little above very large peas. The size of the hilum and its markings are in many cases characteristic."

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Note: This is the earliest English-language document seen (April 2007) that uses the word "hilum" in connection with soy bean seeds. The hilum is the place on the seed where it is attached to the pod. The hilum of most soybean varieties is dark in color.

"The beans are easily classed, according to color, as white, yellow, black, brown, green and spotted varieties. About 38 sorts that came under special observation I noted down as being worthy of more general culture. Some of these were sent from the Japan Imperial College of Agriculture to the French Exposition in 1889. Four of the varieties have been grown successfully at the Kansas Agricultural College for several years, and may be trusted to mature seed in this latitude. Two other kinds tested here proved failures because they ripened too late. The successful kinds yielded under field culture last year from 16 to 18 bushels of beans an acre. They promise to become quite valuable in this country, not only for the table but for stock-feed. Soy beans are more nutritious than any other known species of bean. They yield as much nourishment as good beef–pound for pound. Most of the housekeepers who have tried those grown here pronounce them fully equal to the navy bean for table use, and some think them superior. They contain more albumen and less starch than the navy beans, and so do not cook quite so mealy as the latter, but they are fully equal to them in flavor. Their rough and rather tough pods render them unsuited for use in the green state, hence they will not come in competition with wax beans; but they can compete with the navy beans, and they have doubtless a great future as stock feed. Not only is the bean itself nutritious, but the entire plant is rich in nitrogen. The Japanese as yet consume but little meat; with them the soy bean takes the place of meat, especially with the middle classes. One of their favorite uses of this bean is in the form of bean-cheese, or tofu.

"For making bean-cheese the *Shiro-mame*, or white soy bean, is commonly used. The beans are soaked in cold water for 24 hours, then while still wet they are ground between two small millstones turned by hand, the product being not flour but a thin paste, which is collected in a tub below. To this more water is added, and it is then boiled in a large kettle for an hour. On being removed from the fire it is strained through a bag to remove the hulls, the filtrate running into a tub or vessel of suitable size. Water is stirred into it, and a small quantity of 'bitter brine' (refuse from the salt-works, consisting chiefly of chloride of magnesium) is added, about a quart of 'bitter brine' to every two gallons of dry beans. This causes the legumin to be precipitated; when it has settled to the bottom of the tub, a little pressure is applied by means of a lid, which fits inside the vessel and is weighted somewhat. When cool, the water is decanted off, and the *tofu* or curd is cut in slices, and is now ready for the market. In this condition it is a spongy yellowish white substance, resembling cheese-curd. It is peddled from house to house, and is universally esteemed; but it is always roasted, fried, baked or cooked in some way before it is served. It has been my privilege to eat it on many occasions, and I can testify that it is both palatable and satisfying. The only scruple one need have about eating it is concerning the purity of the water used in its preparation. According to Professor Kinch, *tofu* has this composition: water, 89.29; ash, 0.48; fiber, 1.01; nitrogenous substances, 4.87; non-nitrogenous substances, 4.35. Americans eat many things less nourishing than this bean-cheese." Address: Prof., Kansas Agricultural College.

373. Giles, Herbert Allen. 1892. A Chinese-English dictionary. London: Bernard Quaritch; Shanghai, Hongkong, Yokohama & Singapore: Kelly and Walsh, Ltd. xlvi + 1416 p. 31 cm. [4 ref. Eng; chi]

• ***Summary:*** This massive volume, weighing almost 12 lb, contains more than 1,450 pages and 13,848 Chinese characters. Contents: Dedication (to the Honourable C.P. Chater). By the same author (17 books). Preface: Number of characters, the characters numbering, duplicate characters, phonetic arrangement, orthography, the tones, the dialects (Beneath the number attached to each character will be found its rhyme (R) as given in the *P'ei-wên-yün-fu.* The romanization of each character is given in Cantonese, Hakka, Foochow, Wênchow, Ningpo, Peking, Mid-China, Yangchow, and Ssuch'uan {Szechwan} dialects, as well as in Korean, Japanese, and Annamese, each being distinguished by its initial letter), the definitions, the entries, etymology, grammar, difficulty of Chinese, personal. Philological essay (incl. tones, ranging from 4 to 9, in ten dialects). Table of sounds.

Examples of soy-related characters:

Chiang (p. 122, No. 1220). "A soy made by mixing salt with bean-flour. Sauce. Pickled food." Fourteen compounds using this character are given, including: Bean sauce, soy. Pickled bean curd [fermented tofu]. Bean sauce. Soy [sauce] is of two kinds, the clear and the thick. Dry relishes. Soy colour–a dark reddish drab. He won't use money for vinegar to buy soy.

Ch'ih (p. 205, No. 1996). "Salted fruits, etc., dried and used as relishes." Four compounds incl.: Salted beans. Soy, sauce.

Ch'ou (p. 259, No. 2521). "Sweet-smelling; strong-smelling. Stinking. *Ch'ou fu.* "stinking bean-curd; noxious."

Note 1. This is the earliest English-language document seen (Oct. 2011) that mentions *Ch'ou fu* which it translates as "stinking bean-curd." This is also the earliest document seen (Oct. 2011) that uses the term "stinking bean-curd."

Fu (p. 458, No. 3686). "Rotten; putrid; worthless." Eleven (p. 458, No. 3686). "Rotten; putrid; worthless." Eleven compounds and sayings include: Bean curd, see No. 11,417. Bean curd officials–a term of contempt applied to certain of the poorer classes of official servants who are compelled to feed largely on this cheap food. Also explained

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as flabby or unenergetic officials. A Mongol name for cheese. A kind of milk made from beans (*rufu* = milk + fu) [Note: Probably fermented tofu, *not* soymilk].

Huang (p. 522, No. 5124). Yellow. Compounds: Yellow beans [soja].

Mao (p. 778, No. 7,679). "Hair, down, feathers." But the word "Hairy beans" = edamame does not appear here.

Shih (p. 988, No. 9999). See No. 1996.

Ta (p. 1,036-37, No. 10,470). "Great." But the word "Great bean" = soybean does not appear here.

Tou (p. 1,127, No. 11,417). "Beans; pulse." See also No. 11,412. Thirty compounds, incl.: Bean-sprouts. Bean-curd. A cheap restaurant (a bean-curd restaurant). Bean-cake. Bean oil. Big bean, black bean, or yellow bean = the soja bean (*Glycine hispida*, Max.), used for making bean-curd, soy, oil, etc. Ground-nuts.

Yu (p. 1,316-17, No. 13,409). "Oil, fat, grease." 45 compounds incl. Sesamum-seed oil. Linseed. Wood oil. An oil factory. Oil dregs. But "bean-oil" = soybean oil does not appear here.

Note 2. This is the earliest English-language document seen (Aug. 2007) that contains the term "sesamum-seed oil." Note 3. Herbert Giles lived 1845-1935.

Note 4. Unfortunately, the pronunciation of the compounds is not given (as in Mandarin).

Note 5. This is the earliest English-language document seen (Oct. 2001) that uses the term "bean-flour" to refer to soy bean flour.

Note 6. This is the earliest English-language document seen (Oct. 2011) that uses the term "pickled bean curd" to refer to fermented tofu.

Note 7. This is the earliest English-language document seen (Oct. 2002) that uses the term "Wood oil" to refer to what would later be called "China wood oil" or "tung oil," a pale yellow drying oil obtained from the seeds of tung trees (any of several trees of the genus *Aleurites*), and used mainly in quick-drying varnishes and paints, and for waterproofing. Address: H.B.M. [Her Britannic Majesty's] Consul at Ningpo [Zhejiang province, China].

374. Kellogg, Ella Ervilla Eaton. 1892. Science in the kitchen: A scientific treatise on food substances and their dietetic properties, together with a practical explanation of the principles of healthful cookery, and a large number of original, palatable, and wholesome recipes. Battle Creek, Michigan: Health Publishing Co. 573 p. Illust. Index. 23 cm. • ***Summary:*** The wife of the famous Dr. John Harvey Kellogg discusses the principles and methods of the dietary system employed at the Battle Creek Sanitarium. The Preface, written by the publishers, begins: "The interest in scientific cookery, particularly in cookery as related to health, has manifestly increased in this country within the last decade..." Many successful schools for instruction in cookery have been established. Unfortunately the focus has been on "the preparation of toothsome and tempting viands, but little attention has been paid to the science of dietetics, or what might be termed the hygiene of cookery.

"A little less than ten years ago the Sanitarium at Battle Creek, Michigan, established an experimental kitchen and a school of cookery under the supervision of Mrs. Dr. Kellogg... the demand for instruction has become so great that classes are in session during almost the entire year. During this time Mrs. Kellogg has had oversight of the cuisine of both the Sanitarium and the Sanitarium Hospital, preparing bills of fare for the general and diet tables,... [for] 500 to 700 inmates.

"These large opportunities for observation, research, and experience, have gradually developed a system of cookery... [that] may justly be styled, *A New System of Cookery.* Although based on modern chemistry, the methods are simple, and the results are tasty, wholesome and attractive. Many people say its has never occurred to them "to do it this way before." Great success has also "attended the cooking school in connection with the Bay View Assembly (the Michigan Chautauqua),..."

In the Introduction, the author emphasizes that diet and cooking should be studied as a science whose aim is to promote good health. This book focuses on those scientific principles. The most important foods, the legumes and grains, and their products, are given extra space and special attention.

Chapter 1, titled "Foods," discusses the properties of food, the food elements (starch, sugar, fats, albumen, mineral substances {phosphates, carbonates}, and indigestible substances), uses of the food elements, proper combination of foods (6 of carbonaceous to one of nitrogenous), condiments (which have no real food value, are all strong irritants, and only disguise the natural flavor of food. The use of condiments invites habitual use of intoxicating drinks), etc. Each chapter is followed by a page titled "Table topics" containing quotations, often from well-known or respected people. For example: "A man's food... suggests his moral nature. Many a Christian is trying to do by prayer that which cannot be done except through corrected diet.–Talmage." The first two food chapters are about cereal grains (p. 78-107, and about breads and bread-making). In the next chapter, titled "Fruits," is a long section on "nuts, or shell fruits" with recipes. Note 1. Neither peanut butter nor "nut butters" are mentioned in this book.

The long chapter on "Legumes" (p. 217-27) focuses on dry peas, beans, and lentils. Although neither soybeans nor soyfoods are mentioned, we read (p. 217-18): "The nitrogenous matter of legumes is termed *legumin*, or vegetable casein, and its resemblance to the animal casein of milk is very marked. The Chinese make use of this fact, and manufacture cheese [clearly tofu] from peas and beans."

Note 2. This is the earliest document seen (June 2007) concerning soyfoods in connection with Dr. John Harvey

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Kellogg–actually his wife, Ella.

The chapters on animal products are toward the back of the book, after the chapter on desserts. The first of these, titled "Milk, cream, and butter" (p. 364-79) says that milk is best used in its fresh, natural state, and includes discussions of "adulteration of milk, quality of milk influenced by the food of the animal, diseased milk, kinds of milk to be avoided, and distribution of germs by milk." The section on "artificial butter" discusses various "fraudulent preparations" such as oleomargarine. The use of cheese is strongly discouraged, since it "is very difficult of digestion" and "is very liable to contain a poison called tyrotoxin, capable of producing most violent and indeed fatal results..." Recipes for non-fermented cheese are given. The next chapter is titled "Eggs" (p. 380-88).

Surprisingly, this is not a vegetarian cookbook, although the author and her husband were long-time ardent vegetarians. Next comes a long chapter on meats, with recipes (p. 389-417). Possible reasons for including such a chapter are: (1) As a place to criticize the use of the "flesh and various organs" of animals, poultry and game as food. (2) As a place to praise the vegetable [vegetarian] diet. (3) To help prevent other leaders of the domestic science / scientific cookery movement (most of whom were not vegetarians) from categorically dismissing the book. On the first 3 pages of this chapter we read: "At the present time there is not much question in the minds of many intelligent, thinking people as to the propriety of using foods of this class, and especially of their frequent use. Besides being in no way superior to vegetable substances, they contain elements of an excrementitious character, which cannot be utilized, and which serve only to clog and impede the vital processes, rendering the blood gross, filling the body with second-hand waste material which was working its way out of the vital domain of the animal when slaughtered. To this waste matter... are added those productions of the putrefactive process which so quickly begin in flesh foods exposed to air and warmth.

"That flesh foods are stimulating has been shown by many observations and experiments.

"Flesh foods are also specially liable to be diseased and to communicate to the consumer the same disease... It has been abundantly proved that such diseases as the parasitic, tuberculous, erysipelatous, and foot and mouth diseases are most certainly communicable to man by infected flesh. All stall and sty fed animals are more or less diseased. Shut up in the dark, cut off from exercise, the whole fattening process is one of progressive disease... Add to this the exhaustion and abuse of animals before slaughtering; the suffering incident to long journeys in close cars, often without sufficient food and water; and long drives over dusty roads under a burning sun to the slaughter house, and it will be apparent to all thoughtful persons that such influences are extremely liable to produce conditions of the system that render the flesh unfit for food." Note 3. The main concern here is human health, not animal suffering.

"Meat is by no means necessary for the proper maintenance of life or vigorous health, as is proved by the fact that at least 'four tenths of the human race,' according to Virey, 'subsist exclusively upon a vegetable diet, and as many as seven tenths are practically vegetarians.' Some of the finest specimens of physical development and mental vigor are to be found among those who use very little or no animal food." "The use of large quantities of animal food, however free from disease germs, has a tendency to develop the animal propensities to a greater or less degree, especially in the young, whose characters are unformed. Among animals, we find the carnivorous the most vicious and destructive, while those which subsist upon vegetable foods are by nature gentle and tractable." Nevertheless, many meat-centered recipes are given. The page of "Table topics" at the end of the chapter contains only quotations critical of eating meat.

The chapter on "Food for the sick" contains recipes (p. 426-28) for: Beef tea. Chicken broth. Mutton broth. Chicken panada, etc. The section titled "Grains for the sick" (p. 429) states: "The various cooked preparations of grains–granola, wheatena, avenola, wheat gluten, and gluten meal–Manufactured by the Sanitarium Food Co., Battle Creek, Michigan, form excellent articles of diet for many invalids, when served with hot milk or cream..." Then comes a section on "Meats for the sick" with 7 recipes (p. 430-31).

A closing chapter titled "A year's breakfasts and dinners" (p. 481-538) gives 365 days of sample healthy menus, with this introduction: "We have given meats no place upon these bills of fare, as we wished particularly to illustrate how good, substantial menus of appetizing variety could be provided without their use;..."

Caramel coffee, one of "various grain coffees" is mentioned on at least 7 pages in this book. For example, the chapter on "Beverages" (p. 357+) discusses caffein, the adulteration of tea and coffee, and the idea that these beverages contain "poisons." A section in this chapter on "Substitutes for tea and coffee" gives recipes for making five different types of "Caramel Coffee." The first one states (p. 360): "Take three quarts best bran, one quart corn meal, three tablespoonfuls of molasses; mix and brown in the oven like ordinary coffee. For every cup of coffee required, use one heaping tablespoonful of the caramel. Pour boiling water over it, and steep, not boil, for fifteen or twenty minutes."

This book also discusses: Artificial human milk (3 recipes, one based on pearl barley). Graham bread, Graham flours, and other whole-wheat flours. Wheat gluten (with many recipes).

A 3rd ed. was published in 1898, a 4th edition in 1904, and a final edition in 1910.

Concerning the Bay View Assembly School of Cookery, this was connected with the Michigan Chautauqua, which

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was a Methodist camp meeting resort begun in 1875. A chautauqua was an institution of the time that provided popular education combined with entertainment in the form of lectures, concerts, plays, etc., often presented outdoors or in a tent. Ella Kellogg was very involved with the Women's Christian Temperance Union (WCTU), which built a hall on the grounds of the Bay View Assembly in 1890. Address: A.M., Superintendent of the Sanitarium School of Cookery and the Bay View Assembly School of Cookery, and Chairman of the World's Fair Committee on Food Supplies for Michigan [Battle Creek, Michigan].

375. Paillieux, Auguste; Bois, D. 1892. Le potager d'un curieux: Histoire, culture et usages de 250 plantes comestibles, peu connues ou inconnues. Dieuxième édition [The inquisitive person's kitchen garden: History, culture, and uses of 200 edible, little-known or unknown plants. 2nd ed.]. Paris: Librairie Agricole de la Maison Rustique. xii + 589 p. See p. 502-49. Illust. Index. 24 cm. [2 ref. Fre]
• ***Summary:*** Contents of section on soy: Introduction: Work of the Society for Acclimatization with soy, structure of this book, excerpts on soy from past issues of the *Bulletin the Society for Acclimatization.* Botany of the soybean. 1. Soy in Japan: Kaempfer's writings, including miso and shoyu, Japan at the World's Fair of 1878, miso, shoyu, tofu. 2. Soy in Cochin China: Black soybeans, various foods. 3. Soy in China: Soy oil, tofu and fermented tofu, soy sauce, other uses. 4. Soy in Austria-Hungary. 5. Soy in France: Historical, varieties, cultivation, utilization.

The author's full name is Nicolas-Auguste Paillieux (lived 1812-1898; he died on 8 Feb. 1898 at age 85). An illustration (non-original line drawing; p. 503) shows a mature soybean plant bearing many pods, plus a close-up of three pods to the lower right of the plant (from an original in J.R.F. 1882). Note: Desire Bois lived 1856-1946.

Also discusses (listed alphabetically): arachide (peanuts, p. 26-28), haricot mungo (azuki, p. 201-09), kudzu or ko (p. 271-84), quinoa (p. 460-66), souchet comestible (chufa, p. 498-502, with illustration). Address: 1. Member of the Societe Nationale d'Acclimatation 2. Asst. de la Chaire de Culture, Museum d'Histoire naturelle de Paris.

376. Shimizu, Sazao. 1892. Tôfu putomain chûdoku [Ptomaine poisoning from tofu]. *Yakugaku Zasshi* (*J. of the Pharmaceutical Society of Japan*) No. 129. p. 1130-33. [Jap]
• ***Summary:*** This is the earliest document seen (Feb. 2012) expressing concern with the microbiological safety of tofu.

Note: *Webster's Dictionary* defines ptomaine (derived from the Greek ptoma = corpse, and first used in 1880) as: "any of various organic bases which are formed by the action of putrefactive bacteria on nitrogenous matter and some of which are poisonous." Webster's defines ptomaine poisoning (first used in 1893) as: "food poisoning caused by bacteria or bacterial products." Address: Gifu-ken, Japan.

377. *Avenir de Diego-Suarez* (*Madagascar*). 1893. [Foods made from the soybean]. March 2. [11 ref. Fre]*
• ***Summary:*** Note 1. As of Oct. 2012 we have been unable, after great effort, to obtain a copy of this article; we do not even know the title. However a detailed summary (which we have; which see) appears in *Le Temps* (Paris) of 8 April 1893.

Note 2. Diégo-Suarez (renamed Antsiranana or Antsirane in 1975) is a harbor and town at the northern tip of Madagascar. In 1893 Madagascar was part of the French colonial empire. The place was named for Diego Soares, a Portuguese navigator (brother of the better-known Bartholomew Dias) who visited the bay in 1543.

The estimated population in 1990 was 54,400. A French naval base (maintained since 1901) was handed over to Madagascar in 1975.

378. *Temps* (*Le*) (*Paris*). 1893. On lisait dans *l'Avenir de Diego Suarez* du 2 mars cet avis: [One reads in *l'Avenir de Diego Suarez* of March 2 this notice:]. April 8. p. 2, cols. 2-3. No. 11641. [1 ref. Fre]
• ***Summary:*** The governor hurriedly lets the residents know that he has just received from Mr. de Mahy a box of soya bean seeds (*une boîte de graines du haricot* soya), with which is made a cheese [tofu] that keeps for a very long time. It improves with age and that is a precious resource for settlers who live far from the urban centers.

This notice appears to have surprised a few of our colleagues. It did not contain, however, the revelation of an unknown food.

Cheese made from soya is called tofu (*to-fu*). Here is the recipe for tofu, which seems to us of interest to reproduce given the efforts being made to acclimatize this legume in Europe. You begin by softening the seeds of this bean in water, then you crush them in a mortar so as to make a milky paste. When this paste is pressed in a piece of linen it separates into two parts: one [okara] stays inside the linen and is used for animal feed. The other, a liquid which passes through the linen, is rich in emulsified fatty matter and in albuminoidal matter (albuminoids). This liquid is heated; coagulation is facilitated by adding nigari (eau mere / mother water, which flows out of sea salt piles). This curd separates and gives the cheese. It is eaten either raw, or cooked with fish, or most often pulverized. During the winter [after being frozen], it is dried. In this state, it keeps for a very long time.

Soya cheese (*Le fromage de soya*) is a very important food in China. Only the Tartars / Mongols have continued to use [cow's] milk. The Chinese do not consume any such milk. In its place they use soya. Its seed is a sort of solid milk. No other legume contains as much legumin (a substance chemically analogous to casein) as the soybean. None other is as rich in fatty acids. All you need to do is to crush the soya seed, dilute it with water, and filter through a sieve to obtain a product with milklike properties that can

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be used just as you would milk. Soya cheese looks just like quark cheese (*fromage à la pie*).

The soybean (*La soya*) which is cultivated in Japan, in China, in the Indies [Dutch East Indies, today's Indonesia], in Cochin-China [today's South Vietnam], in Tonkin [today's North Vietnam], etc. is used for more than just making tofu. It is used in these countries in a great variety of ways to make human foods and seasonings. Transformed by cooking in water into a gruel / pap (*bouillie*) which is mixed with salt and polished rice, one obtains miso, which is served at lunch [as the seasoning in miso soup] by many Japanese.

Mixed with barley and submitted to fermentation, after adding additional water and being pressed, one obtains a syrupy liquid, called shoyu, a unique sauce used to season almost all Japanese foods (*mets*), and which is employed in such large quantities that the factories of the city of Nagasaki make more than 1,200,000 kilograms of it each year. Finally, an oil is extracted from the soybean which is the object of an important trade and which serves for both human consumption and in industry.

379. *Natuur* (*De*). 1893. Soja [Soya]. 42(20):233-34. May 13. [1 ref. Dut]

• ***Summary:*** This Dutch-language periodical appears inside a German-language periodical titled *Die Natur* (Halle). The author of this article (whose initials "CKN" appear at the end) discusses: The soybean plant, named *Glycine Soya* or *Dolichos Soja* or (in Dutch) *de Sojaboon,* which is widely used for food in Japan (where it is called *Mame* or *Daizu*) and China. Food products made from the soybean in Japan: Miso, shoyu (soy sauce), To-fu [tofu] or *Kaas van Daizu;* a brief description is given of how each is made. Soybeans in China, where it is called "Yeou-teou," and where they make a cheese (*Soja kaas*), oil (*eigen olie*), and milk (*melk*) which resembles cow's milk.

Note. This is the earliest Dutch-language document seen (April 2013) that uses the term *To-fu* or the term *Kaas van Daizu* or the term *Soja kaas* to refer to tofu.

Black soybeans (*zwarte Soja*) are widely used. Proteins in the soybean, including legumine. In Europe, by 1881, the soybean was known in Italy, Austria, Hungary, and France (especially at Etampes and Montpelier); from the seeds, people learned to obtain oil, milk, cheese, an excellent cattle feed, and a vegetable for humans–similar to the French bean but much better (*en een groente voor den mensch, gelijkende op onze spersiebonen, maar veel beter*). Soybeans are used by doctors to treat people suffering from diabetes.

In France, the seeds are roasted like coffee beans; the result is a good-tasting coffee substitute (*dure koffie,... een even goed smakend surrogaat verkrijen*).

A large illustration (engraving) shows a soybean plant bearing many pods. In the lower left corner is one large pod. In the lower right is written "Al Clement," which appears to be the artist's name.

Note 1. This is the earliest Dutch-language document seen (Nov. 2012) that mentions soy coffee.

Note 2. This is the earliest Dutch-language document seen (June 2009) that mentions green vegetable soybeans, which it calls *"een groente voor den mensch,..."*

Note 3. This is the earliest Dutch-language document seen (Oct. 2003) that mentions soymilk, which it calls *melk.*

Note 4. This is the earliest Dutch-language document seen (Oct. 2003) that mentions oil from the soybean, which it calls *olie.*

380. *Chemist and Druggist* (*London*). 1893. The manufacture of soy in China. 43:38-39. July 8.

• ***Summary:*** "The manufacture of soy [sauce] and beancurd [tofu] is one of the most flourishing industries in the prefecture of Wênchow, China. The method is not supposed to be a secret, but the native manufacturers do not encourage inspection by foreigners. The beans used in the industry are principally white beans from Chinkiang. Besides these little else is required than a large amount of salt and flour, and an unlimited supply of fresh water.

"There are five large manufacturers in Wênchow, who work under licenses issued by the provincial Government and (as salt is a Government monopoly) are subject to periodical inspection of their premises by excisemen. The largest manufacturer at Wênchow takes out a license for 8 salt 'passes,' each 'pass' representing 368 bags of 85 1/3 lbs., or 2,243 cwt. [1 cwt (British) = hundredweight = 112 pounds] of salt every year. For each 'pass' obtained the manufacturer is permitted to set up 36 vats, to each of which, again, are annexed two feeding-vats. The vats are arranged at the bottom of a reservoir; the salt is stored in a similar reservoir at the back of the premises, where it is allowed to stand and drain for one year, Chinese salt being mostly unclarified sea-salt. Each vat is provided with an impervious cover.

"The beans, having been carefully washed, are placed in a cauldron holding 133 1/3 lbs. They are boiled for six hours, and then simmered and cooled through another eighteen hours. The broth is drawn off for use later on in the process, while the mash is mixed with flour (apparently wheat flour) at the rate of 213 lbs. of flour for each cauldron of mash. The resultant mixture is placed in large shallow baskets of bamboo, fitting each upon a wooden frame. These frames are piled one on the top of the other to a great height, and are left in the sun for five to eight days. When the mash emits a yellow exudation and turns yellow it is ready for further manipulation. It is now placed in the vats, and over it is poured a mixture of 2 parts of salt to 5 parts of water.

"To this clarified brine is added the bean-broth, and with this mixture the mash (now dry) is beaten up, and left to ferment. As it dries in the sun the process is repeated, and so on throughout the hot season (say, July to September), care being taken to cover the vats during rain. After three months

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or so a yellow oil appears, each vat producing about 667 lbs. of the oil. To this oil are added 2,400 lbs. of brine (but no bean-broth) thickened by 10 per cent. of salt, and the result is the soy [sauce] of commerce. Of this there are six grades, the prices of which per catty (1 1/3 lb.) are respectively 96 cash, 80 cash, 56 cash, 40 cash, 24 cash, and 20 cash–1,040 cash to the dollar (2*s.* 10*d.*). The soy [sauce] of one year can be used in that year, but it is considered always better to give it a second summer's fermentation."

Note 1. This is the earliest English-language document seen (May 2003) that contains statistics on the production or consumption of soyfoods (in this case soy sauce) in China.

Note 2. The ratio of wheat to soybeans in making this soy sauce is apparently 213 to 133.3, or 1.6 to 1. It is not clear whether the 133.3 pounds refers to dry or to washed soybeans, however the weight should not be much different.

381. *Los Angeles Times.* 1893. The ru-ying: Fish eagle, or fishing cormorant of the Chinese. Sept. 3. p. 18.
• ***Summary:*** "The little birds are fed on bean curd [tofu] and chopped eels. At the age of 4 weeks the males are worth from $1 to $2."

382. Vorderman, Adolf G. 1893. Analecta op bromatologisch gebied. I. [Writings on foods: Mold-fermented foods. I.]. *Geneeskundig Tijdschrift voor Nederlandsch-Indie* 33(3):343-99. Sept. See p. 350-360. [Dut]
• ***Summary:*** The Dutch microbiologist discusses bean sprouts (p. 350-54; *taôge*), light-colored, brown and black soybeans (p. 354-56; *kadelé poetih, merah, item* [*Bat. maleisch*], *Licht gekleurde, bruine en zwarte soja-boontjes*), tofu (p. 356-57; *tao-hoe*), firm or pressed tofu (p. 357-59 (*tao-koa*)), ragi (p. 359-60; a traditional inoculum, though he does not mention tempeh), tapej (p. 360; [tapeh], Tsao in Chinese), arak (p. 369-78).

Plates at the end show microorganisms for ragi, tapej, sugarcane brem, and rice wine.

Note: This is the earliest Dutch-language document seen (April 2013) that uses the term *tao-hoe* or the term *tao-koa* to refer to tofu. Address: Inspect. burg. geneesk. diest voor Java en Madoera (Civil Medical Service in Java and Madura).

383. *St. Louis Post-Dispatch* (*Missouri*). 1893. Use of the soya bean. Nov. 12. p. 20.
• ***Summary:*** "The use of the Soya bean in the dietary of diabetics has recently attracted much attention. Heretofore the bean has been used only for culinary purposes, the Japanese using a liquid called sooju [shoyu] or soja [soy sauce], a condiment which they prepare by fermenting the seeds of the Soya bean. The Japanese name of the plant is Daidsu [Daizu]. Linnaeus, the great botanist, called it *Dolichos Soja.*"

The Japanese call the beans Mame, and make 'miso' or sooju from them. The preparations are used principally in cooking meat. In China an emulsion [soymilk] is made from the oil of the beans [sic, from the whole beans]. It forms a white liquid and is drunk in the districts in which milk is too dear for the poor to buy it. The Chinese also make a kind of cheese [tofu] from the beans. Soy sauce is exported to and used in many European countries. The Dutch call it 'Zoya.' In the East Indies it is known as 'Ket Jay' [sic, 'Ket Jap'] (probably the source of 'catchup' or 'ketchup'). This liquid is obtained by fermentation of cakes of roasted barley and boiled soya bean. After [the first] fermentation salt is added. The whole is kept for two or three years and then the sauce is squeezed out of the mass.

"Bread and biscuit, made from the flour of the beans, have been highly recommended for diabetics on account of the low proportion of starch and the high proportion of fat and proteid. They are said to be pleasant to the taste. Dr. W. Hale White, writing from Guy's Hospital, London, where he has used the bread and biscuit for some time, says: 'They are to patients suffering from diabetes not only a good substitute for gluten bread, but they form a pleasant change from it, and many patients much prefer the taste of them to gluten bread.'"

384. Bretschneider, Emil V. 1893. Botanicon sinicum. Notes on Chinese botany from native and Western sources. II. *J. of the Royal Asiatic Society, North China Branch. Series 2.* 25:i-ii, 1-468. For the year 1890-91. See pages 35-36, 137-39, 162-65. [200+* ref. Eng]
• ***Summary:*** The single most important early work on Chinese botany written by a Westerner. Bretschneider, an M.D., lived 1833-1901. Contents: Corrigenda and addenda to Part I. Introduction (p. 1). Notes on Chinese, Japanese and European works consulted (p. 4). Plants mentioned in the *Rh ya* (p. 20). Plants mentioned in the *Shi king*, the *Shu king*, the *Li ki*, the *Chou li* and other Chinese classical works (p. 137). General remarks by Dr. E. Faber (p. 402). Classification of Chinese names of plants (p. 411). Index of Chinese names (p. 435). Index of European names (p. 461).

Pages 35-36 state: "29.–*Jung shu* is the same as *Jen shu.*

Kuo P'o:–This is the plant called *Hu tou* (foreign bean).

"Hing Ping:–Fan Kuang as well as She Jen and Li Sün all explain the above names of the *Rh ya* by *hu tou.* But they were mistaken. As *jung* is likewise a term for foreigners [western barbarians] they concluded that *jung shu* and *hu tou* are the same. Cheng Hüan and Sun Yen identified the *jung shu* correctly with the *ta tou* or great bean. [Comp. infra, 355, *Shi king.*]

"The *ta tou* is the *Soja hispida*, Moench, or soy bean. The *hu tou*, or foreign bean, is the *Faba sativa* [sic, *Vicia faba*], or common bean [sic, broad bean], one of the cultivated plants introduced from Western Asia into China, in the second century B.C., by the famous general Chang K'ien [Chang Ch'ien, traveled 139-115 B.C.].

Chapter 2, "Plants Mentioned in the Shi King, the Shu

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King, the Li Ki, the Chou Li and Other Chinese Classical Works," begins with a discussion of cereals or grains (*ku*). "The term *wu ku* [*wugu*] (Cc = Chinese characters given) or five kinds of grain seems to be the oldest classification of grain. It is attributed to the Emperor Shen Nung. The ancient commentators enumerated these five kinds as follows (Cc): 1. *tao,* Rice. 2. *mai,* comprising Wheat and Barley. 3. *tsi, Panicum miliaceum,* the common Millet. 4. *shu, Panicum miliaceum,* the glutinous variety [of Millet]. 5. *shu,* the Soy bean, *Soja hispida.* Note 1. This is the earliest English-language document seen (Aug. 2002) which mentions the *wu ku* ("five grains") and states that the soy bean (*shu*) is one of them. Since the classification of the *wu ku* are attributed to Shen-Nung, it is the earliest English-language document that links him with the soy bean.

"Some commentators have *liang, Setaria italica,* instead of *tsi,* others substitute *ma,* hemp, *Cannabis sativa,* for *tao,* rice." Mencius and the *Li ki* both use the term *wu ku.*

"The ancient Chinese term 'the five kinds of grain' is also usual in Japan. We read in [Kaempfer's] *Amoen. exot.,* 834, under *come* [rice]..." The soy bean is included. The *Chou li* mentions the six kinds of grain, or *liu ku,* which did not include the soy bean, and the nine kinds of grain, or *kiu ku,* which listed the soy bean, *ta tou,* as number six and the adzuki bean as number 7.

Pages 164-65 state: "355.–In the *Shi king* we have the term *jen shu,* which Legge translates as 'large beans,' 468:–Hou Tsi planted large beans [dadou = soy beans] which grew luxuriantly. Note: This is the earliest English-language document seen (June 2003) that mentions Hou Tsi in connection with soy beans.

"In the *Rh ya* [29] *jen shu* is given as a synonym of *jung shu.* Sun Yen identifies it with the *ta tou* or great bean, which latter name seems to appear first in Fang Cheng-chi's book on husbandry [1st century B.C.] This is the soy bean, *Soja hispida,* Moench [See *Pên ts'ao kang mu,* XXIV, 1.] A good drawing of the plant is found in *Chi wu ming shi l'u k'ao,* I, 8. This bean has always been considered by the Chinese as the most important of the cultivated leguminous plants. It is grown in numerous varieties all over the Empire, especially in the north, and is much esteemed for the oil yielded by its seeds. The name great bean refers to the plant, not to the seeds, which are small, of the size of a pea.

"The soy bean is also largely cultivated in Japan. It is described and figured under the Chinese characters meaning "great bean" in *Amoen. exot.,* 838, and *So moku,* XIII, 18-21.

"The soy bean is much employed in China and Japan for preparing the so-called 'bean-curd' and the sauce called 'soy.' The first is prepared by macerating the beans in water and milling them together with the water. The liquid pap is filtered. To this fluid is added gypsum, in order to coagulate the casein, and also chloride of magnesium. The coagulated casein or bean-curd is of a jelly-like appearance. Soy is made by boiling the beans, adding water, salt and wheat, and producing fermentation by yeast.

"Bean-curd and soy were most probably known to the Chinese in the classical period, although no distinct mention is made of these condiments in the classical writings. The ancient term *tsiang,* which Legge translates by 'sauce,' includes, we may suppose, soy. [See *Li ki,* I, 459-461 'Diet of the Ancient Chinese.'] Confucius *Analects,* 96. Biot translates the *tsiang* mentioned in the *Chou li* by 'mets delicats.' I,70:–Pour les mets delicats on emploie cent vingt objects differents. Compare *Pên ts'ao kang mu,* XXV, 26, on the preparation of the *tsiang.* At Peking the common name for soy is *tsiang yu* (*tsiang* oil). [S.W.] Williams [*Dictionary* (1874), 764] states that the English word soy is probably derived from *shi yu,* in Japanese *si yu.* [I should think rather from the characters pronounced *sho yu* in Japanese. See Hepburn's *Dictionary* (*1867*).] The character *shi* written with another radical replacing the "bean" radical to the left of the main character, in the *Shuo wen* is explained there by 5 characters, made of salt and beans [I cannot understand what the third character here is intended to mean]. See also *Pên ts'ao kang mu,* XXV, 2, under *ta tou shi.*

"As to the bean-curd, *tou fu,* it appears from the quotations in *Pên ts'ao kang mu,* XXV, 7, that this term and the mode of making bean-curd are first mentioned in the *Huai nan tsz'* [2nd century B.C.], but it was no doubt much earlier known in China." Address: China.

385. Fesca, Max. 1893. Beitraege zur Kenntniss der japanischen Landwirtschaft. II. Specieller theil [Contributions to an understanding of Japanese agriculture. II. Special part]. Berlin: Paul Parey. ix + 929 p. See 187-203, 872-73. Also published as vol. 2 of 2 volumes bound in one (Paul Parey, 1893). [7 ref. Ger]

• ***Summary:*** The chapter on the legumes (*Die Huelsenfruechte,* p. 187-203) is partly a review of the literature, with emphasis on soybeans (*Daizu, Omame, Sojabohne*). He begins by noting that for a nation like Japanese, where the people live predominantly on plant foods (*Pflanzenkost* = vegan diet), legumes are of major importance for the nutrition of the people, in that they offer a substitute for meat. They also supply important nitrogen to the soil. A table (p. 188) shows soybean production and yield in Japan from 1879 to 1887. The area increased from 441,699 *cho* to 466,315. Note: 1 *cho* = 2.45 acres Production increased from 2,280,135 *koku* to 3,253,790. Note: 1 *koku* = 180 liters or 47.6 gallons. Yield increased from 5.1 *cho/koku* to 7.69. Soybeans like the climate of northeastern *Yezzo* [Hokkaido]. A table (p. 190) gives the date of planting, date of harvest, and days to maturity at Hakodate, Sapporo, and Nemuro (all on Hokkaido). Also discusses: Soy sauce (*Shoyusauce;* p. 190), dates for other locations, and fertilizer (*Düngung*) needs (p. 191-92, incl. phosphoric acid, potash, wood ashes, straw, and superphosphate). A table (p. 193) shows soybean area (in *cho*), production. and yield in 1887

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in 6 parts of Japan (Yezzo, northern Japan, central Japan [which had by far the greatest planted area and production], western Japan, Shikoku, Kyushu).

Also discusses: The extraordinarily high nutritional value of the soybean (p. 196), yellow lupins (p. 196), defatted soybean cake (*Daizukasu,* p. 196), shoyu or soy sauce, *Shoyubohne,* and koji (p. 197-99), tofu, *Bohnenkäse,* and *Tofumame* (p. 199), Kori-Tofu and E. Kinch (p. 199).

His analysis of shoyu presscake (*Shoyukasu*) and okara (*Tofukasu*) showed that they contained respectively: Water 53.6 and 85.7%. Ash: 6.7 and 0.5%. Crude protein: 12.6 and 3.8%. Crude fat: 13.7 and 1.4%. Nitrogen-free extract: 6.7% and 5.4%. Crude fiber (*Rohfaser*)*:* 6.7 and 3.2%. *Tofukasu* is a rather good livestock feed, and it is also eaten by poor people. The shoyu presscake, although richer in nutrients than okara, is used, at most, only in small amounts in feeds and then it must be cooked. Living yeast cells in the koji can easily cause stomach diseases and problems, and the presscake also has a high salt content. Note: This is the earliest German-language document seen that mentions okara (Oct. 2001), which it calls *Tofukasu.*

Miso (4 types; p. 200-02): (1) White miso (*Shiro-Miso:* Low salt content and short shelf life; keeps for 10 days); made with rice koji. Fermented for 3-4 days. (2) Edo Miso (*Yedo-Miso*)*:* Higher salt content, shelf 5-4 months up to 1 year. Made with rice koji. Fermented for 10 days in summer, 30 days in winter. (3) Farmhouse miso (*Inaka-Miso*)*:* Very high salt content. Shelf life: About a year; made with barley koji. Fermented for about 11-12 months. (4) Sendai miso, also known as Red miso (*Sendai-miso: auch Aka-Miso genannt*)*:* Red color and high salt content. Shelf life: several years. Made mostly with barley koji. Fermented for 1½ to 2 years.

Azuki (*Phaseolus radiatus,* with planted area, production and yield for 1883 and 1884, p. 203).

A table (p. 873) shows a valuation of Japan's agricultural production for about 17 major crops (Source: *Japan's Volkswirtschaft und Staatshaushalt*). For each crop, the annual production (in koku), the worth per unit, and the value of the total crop in yen are given. The most valuable crops are: Rice: 40 million koku, 200 million yen. Dehulled barley (*beschalte Gerste*)*:* 7 million koku, 14 million yen. Naked barley (*nakte Gerste*)*:* 5 million koku, 12.5 million yen. Soybeans (*Sojabohnen*)*:* 3 million koku, 12 million yen. Wheat (*Weizen*)*:* 3 million koku, 12 million yen. Address: Prof., Dr., Germany.

386. Henderson (Peter) & Co. 1893. American farmers manual. New York, NY. 26 p. 28 cm.
• ***Summary:*** In the section titled "Miscellaneous agricultural seeds" (p. 24) is an entry for: "Soja or Japan Bean. (*Glycine hispida.*)*"* It is identical to the entry in the 1890 edition of this *Henderson's American farmers manual.*

This catalog is owned by Special Collections, USDA National Agricultural Library, Beltsville, Maryland. Address: 35 & 37 Cortlandt St., New York.

387. Henry, Augustine. 1893. Notes on economic botany of China. Shanghai, China: Printed at the Presbyterian Mission Press; Kilkenny, Ireland: Boethius. 68 p. See p. 13-14. 18 cm. Facsimile edition printed in 1986 by Boethius Press, Kilkenny, Ireland. [Eng]
• ***Summary:*** The book begins: "Missionaries and others living in the interior, are often in a position to make enquiries concerning the natural production of China, the results of which would be of great service to science. I intend to publish a few notes, pointing out the direction in which such work might be done as regards articles derived from the vegetable kingdom."

The author focuses on the vegetable products of Shêng-king [Liaoning, a province in northeast China whose capital is Mukden]. The soja bean is a staple of Newchwang trade.

"7. The Soja bean, *Glycine hispida,* Max. is noted for its numerous varieties and manifold uses. *Ta-tou* is the book-name of the *species;* but in the colloquial the varieties have each a distinct name, and these have not been very well made out for China. In Japan there are five great varieties, the white or yellowish, green, black, brown, and spotted, divided into sixteen sub-varieties, according to difference in form (which varies from spherical to flattened elliptical) size and colour. These sub-varieties differ in their use, time of arriving at maturity, etc. In China the chief kinds are *Huang-tou* [Yellow soybean] and *Hei-tou* [black soybean]: and perhaps the following sorts mentioned in the Paris Ex. C. [Exhibition Catalogue?] as occurring at Newchwang, are simply varieties of the Soja bean, viz., *Pai-tou* [*white soybean*], *Ch'ing-tou* [green soybean] and *Ma-tou* ["sesame bean"]. Information is wanted about these varieties. The Soja bean is the most important of the legumes cultivated in China; from its seeds *bean-oil* is produced; the refuse in the manufacture of which, *bean-cake,* is largely used in the South for manuring the sugar plantations. From certain varieties *bean-curd, soy* and *bean-sprouts* are prepared...

"For Sheng-king we wish descriptions and uses of the different varieties of the Soja bean, distinguished according to the local names."

Also discusses other species of beans and peas cultivated in China (p. 12-13; each is accompanied by two Chinese characters): 1. *Pien-tou,* the *lablab* bean, of which there are two varieties, one with purple, the other with white flowers. Botanists call this species *Dolichos lablab,* L.

2. *Kang-tou, Vigna sinensis Hassk,* the "chow-lee" of India [cowpea].

3. *Tao-tou* ([jack bean], literally "sword bean"), *Canavalia ensiformis,* D.C., the "over-look" pea of the West Indian negroes.

4. *Tsan-tou* ("silkworm bean"), *Vicia Faba,* L, the common bean, the broad bean.

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5. *Wan-tou, Pisum sativum,* L., the common garden pea.

6. *Phaseolus mungo,* L. This haricot includes in China two if not more very distinct varieties. (a). *Lu-tou* ("green bean"), the Chinese vermicelli pea [mung bean]; the small seeds of this are ground into flour and are used for making the kind of vermicelli known as *Fên-t'iao.* (b). *Ch'ih-hsiao-tou* ("red small bean"), small red haricots [azuki].

8. Besides the foregoing there are several other species of beans cultivated to a small extent, among which may be mentioned the *Man-tou* of Hupeh, *Phaseolus chrysanthus,* Sav. and lentils, *Ervum Lens,* L. which is called at Ichang *Chin-mai-wan.*

Note 1. This is the earliest English-language document seen (April 2003) that uses the term "lablab bean."

Also: kudzu (*ko,* p. 57-59), which is said to grow all over China, especially in the vicinity of Kiukiang.

Note 2. The edition published in Ireland in 1893, having the same title, has E. Charles Nelson as the 2nd author. It has vx [15] pages of front matter plus 6 unnumbered pages. And it is 21 cm tall, rather than 18. According to OCLC / Worldcat (Oct. 2010) the edition published in Ireland is owned by 44 libraries worldwide, compared with only 2 for the Shanghai edition. Address: I.M. Customs, Shanghai, China.

388. Japan, Dep. of Agriculture and Commerce, Agricultural Bureau. 1893. A descriptive catalogue of the agricultural products exhibited in the World's Columbian Exposition. Tokyo: Printed at the Seishibunsha. 115 p.

• ***Summary:*** The World's Columbian Exposition was a World's Fair held in Chicago, Illinois, to celebrate the 400th anniversary of Christopher Columbus's arrival in the New World in 1492.

Discusses 38 commercial products, with most divided into basic information and products made from the crop. Includes: Rice ("The manures applied to rice fields" include "green manures, farm yard manures, composts, ordures, fish manures, Sake kasu, Shoyu kasu, rape seed cake, and soy bean [cake] {p. 11}), barley ("It is much used as the material for making miso. Miso is prepared by pounding together boiled soy bean, salt, and the Koji {yeast}* prepared from common barley or naked barley; and is one of the most common articles of food in Japan." (Footnote: *"Eurotium oryzae). It [barley] is also used for making *ame* {p. 23}).

Wheat ("Wheat is used principally for preparing soy [sauce], vermicelli, onmen [sic, somen?], undon [sic, udon], and several kinds of confectionary" {p. 27}. It is also used for making *fu* or wheat gluten; "Roast 'fu' is used as food by boiling it with soup, soy, mirin, etc." {p. 29}), naked barley (*Hordeum nudum; hadakamugi*), Job's tears (*Coix lacryma; hatomugi*), soy bean (*Soja hispida; daidzu*), adzuki (*Phaseolus Radiatus,* [*azuki*]), sasage (*Dolichos Umbellatus*), haricot bean (*Phaseolus vulgaris*), peas, buckwheat ("Sobakiri" and "Kôri-soba" are both seasoned with soy sauce {p. 46}), rape seed (*Brassica chinensis, natane*) and rape seed oil (*natane abura*), sesame seeds (yellow {*kigoma*}, white {*shirogoma*}, and black {*kurogoma*} are displayed) and sesame oil (made from only yellow and white sesame), yegoma (*Perilla occimoides*), hemp, shiitake, chilli (*Capsicum Longum; tôgarashi;* "The fresh unripe fruit and leaves of certain varieties are eaten by cooking them with soy, sugar, "Katsuwobushi" [katsuobushi],* etc." {p. 103}). Also discusses: Dried daikon (p. 109-11), konjak flour (*Conophallus konjak; konniak-ko, konnyaku;* "For cooking, it is cut into small pieces and boiled with soy, soup, mirin, sugar etc." {p. 112}), kampio (*Lagenaria vulgaris; kampio* [*kampyo, kanpyo*]*;* "It is used as an article of food by boiling with water, soy, sugar, mirin etc." {p. 113}), wine.

Concerning the soy bean: In 1887, the total area of arable land devoted to soy bean cultivation is 4,633,152 *tan* (1 *tan* = 0.245 acre; thus 1,142,472.2 acres or 462.352.16 hectares). The total production of soy bean in the Empire was estimated to be 3,253,790 *koku* (1 *koku* = 180 liters, and 1 bushel = 35.2390 liters; thus 585,682,200 liters = 16,620,284 bushels).

Note 1. From the above figures, a yield of 14.53 bushels per acre can be calculated.

From 1887 to 1891 the price of soybeans per *koku* ranged from 4.180 yen in 1888 to 5.319 yen in 1890. Four specimens of soybeans were exhibited: Green soy bean (*awo-daidzu*). Black soy bean (*kuro-daidzu*). Common soy bean.

"Daidzu or soy bean is extensively used in Japan to prepare various kinds of foods indispensable for the daily meal, such as 'soy' or 'shôyu,' 'tamari' (a kind of soy), tofu, and miso. It is also largely used as a food for horses and manure [bean cake].

Note 2. This is the 2nd earliest English-language document seen (April 2012) that mentions tamari, which it calls "tamari" (not "tamari shoyu").

A analysis of the percentage composition of 3 kinds of soy beans analyzed by the Sanitary Experiment Station at Tokio is given; Green soy beans have the highest crude protein content (42.85% with 12,28% water). White soy beans (*shiro-daidzu*) have the highest ash content (5.00% with 13.46% water). Black soy beans have the highest fat content (18.26%, and the 2nd highest crude protein content 40.25%, with 11.09% water). Soy bean (*Itachi-daidzu*) from Saitama prefecture.

Although daizu is abundantly produced in Japan, since its daily consumption by all classes of people is great, it is now imported from China and Korea in large quantity. However imported soy bean is never used to make first class shoyu or soy, since the imported beans are inferior to those produced in Japan.

A table shows the quantity (in *kin*) and value (in *yen*) of soy bean exported from Japan from 1887 to 1891; 2.1 million *kin* were exported in 1889.

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Four specimens of soy sauce are on display. Two brands (the trade marks are shown) are made by Mr. Mogi Shichiroyemon, and two are made by Mr. Mogi Saheiji. All are made at Noda-machi, Chiba prefecture, Japan. Brands (a) and (c) are of the first quality; brands (b) and (d) are of the second quality.

A table shows the amount of shoyu made in Japan each year from 1887 to 1891; the amount ranges from 1,304,551 *koku* in 1888 to 1,157,982 *koku* in 1890. Since 1 *koku* = 180 liters, the amount made in 1888 is 234,819,180 liters. The total number of shoyu manufacturers in 1889 was 10,682. A table shows the price (in yen) of various brands and quantities of shoyu from 1887 to 1892. A brief description of the process for making shoyu is given. The word "barm" is used instead of koji. Either barley or wheat can be used with daizu to make the barm. The "mixture is kept for about 25 months, stirring it occasionally with a paddle, say twice a day during winter and three times in summer, and when it is fermented to the required degree, soy is extracted by means of a soy press. The clear liquid thus obtained is pasteurized by heating to about 130º F. and when entirely cooled, it is transferred into casks."

As shoyu is manufactured from daizu, wheat, etc., "it naturally contains a large quantity of albuminous matter. Shoyu is used in Japan as table salt is in Europe and America; consequently it is indispensable for daily use for cooking fish, meat, vegetables. etc. It has a remarkable merit when applying it in the place of sauces (like 'worcestershire') for beefsteak, fry, stew, etc. It answers better than salt when used with cold meat.

"Japanese soy or 'Shoyu' has long been exported to various parts of Europe where those who once taste it never fail in extolling its flavour. It is said that in Holland, Japanese soy has been used by many people from long years ago and highly esteemed by them." A table shows the chemical composition of shoyu.

"Since the fine flavour of Japanese soy has recently become known to people abroad, several trial consignments were made both to Europe and America, and the result, though it has obtained a high reputation among them, still it has not yet become a leading article of export." A table shows the annual amount and value of shoyu exported from Japan from 1887 to 1891. It ranges from 1,302.71 *koku* worth 11,091 in 1887 to 3,749.01 *koku* worth 41,028 yen in 1891. Thus the exports are growing rapidly.

Three specimens of tamari are one display, one dilute and one concentrated. The first two are made and sold by Mr. Ishima Mosaku. The 3rd (regular tamari) is made and sold by Mr. Morimoto Chôhachi. All are made at Yokkaichi in Miye [Mie] prefecture. Tamari is made chiefly in the prefectures of Miye, Aichi and Gifu [in central Japan]. Tamari is very similar to shoyu except that no wheat is used in manufacturing tamari.

Tofu (bean curd): "Tofu is one of the most favourite foods of Japanese and sold in all places both in towns and villages. The specimen here exhibited is called Yakidofu and is prepared by roasting partially dried 'Tofu' over a charcoal fire." "As 'Tofu,' sometimes called bean curd, being a coagulated vegetable albumen of soy beans, it contains a large proportion of nutritious matter, most important to human life, especially, to those who subsist mainly upon vegetables." The price of this Yakidofu is 18 yen per 10 dozen.

Note 3. This is the earliest English-language document seen (April 2013) that mentions grilled tofu, which it calls *Yakidofu.*

A specimen of Kôri-tôfu or frozen bean curd is displayed; it is made in Minami Adzumi-gun, Nagano prefecture. "As it can be preserved for many years it is a suitable for provision for vessels undertaking long voyages."

Concerning adzuki: There are both red adzuki and white adzuki. Early varieties are sown in the spring; late varieties {called aki-adzuki in the autumn}. "It is mostly used for preparing "An"–a pulpy mixture of boiled Adzuki flour and sugar, and in that state is largely used for making various kinds of confectionary." It is also used to make "Sarashi-an or refined flour of 'adzuki," and "shiruko–a juice prepared by boiling the flour with a suitable quantity of water and adding sugar..." Note 4. Shiruko could be described as adzuki bean soup with mochi (rice cake).

Concerning rape seed: "Rape was formerly cultivated to a great extent but since the introduction of Kerosene Oil, the acreage of its cultivation has been much diminished, yet it is grown in nearly all parts of Japan and forms one of the important farm crops."

389. Kellogg, Ella Ervilla Eaton. 1893. Science in the kitchen: A scientific treatise on food substances and their dietetic properties, together with a practical explanation of the principles of healthful cookery, and a large number of original, palatable, and wholesome recipes. Chicago, Illinois: Modern Medicine Publishing Co. 581 p. Illust. Index. 23 cm. • ***Summary:*** This 1893 edition is very similar to the 1892 edition. All the pages up to about p. 440 are identical, but somewhere after that 8 pages have been added. Pages 551-58 are blank except for "New recipes" and the page number printed at the top of each page. There are also 14 blank pages after the last numbered page.

Note: An ad in the Sanitarium health foods booklet (1893, inside rear cover) states: "The new hygienic cook book. Thoroughly scientific; entirely practical. Over 800 carefully tested recipes. Bright and entertaining in style, concise, the result of Ten Years of patient research and experimentation in the Experimental Kitchen connected with the Sanitarium at Battle Creek, Michigan. Ought to be in every family." Address: A.M., Superintendent of the Sanitarium School of Cookery and the Bay View Assembly School of Cookery, Battle Creek, Michigan, and of the Bay

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View Assembly School of Cookery, and Chairman of the World's Fair Committee on Food Supplies, for Michigan.

390. Koenig, Franz Joseph. ed. 1893. Chemie der menschlichen Nahrungs- und Genussmittel. Zweiter Theil. Ihre Herstellung, Zusammensetzung und Beschafftenheit, ihre Verfaelschungen und deren Nachweis. Dritte Auflage [The chemistry of human foods and food adjuncts (stimulants / enjoyables). Vol. 2. Their production, composition and properties, their falsification and proof of that. 3rd ed.]. Berlin: Verlag von Julius Springer. xvi + 1385 p. See p. 194-95, 389, 486-90, 529-30, 1044-53, 1071. Illust. Index. 24 cm. [12 ref. Ger]

• ***Summary:*** Summaries of early studies on the chemical composition of soybeans and various soyfoods, including some original studies. Discusses (p. 194-95) commercial sauces, including Japanese shoyu (*"Japanisch Soya oder Shoya oder Soy"*). See separate entry.

Discusses (p. 1044-51) adulteration of coffee and coffee substitutes. Under "Coffee made from legumes" (p. 1051) we read: "The soybean (compare p. 486) is also used for the preparation of a coffee substitute." A table (p. 1053, based on Kornauth) compares the composition of 12 roasted seeds and fruits used to make coffee substitutes, including chicory, barley, figs, soybeans, white lupins, and chufa.

An illustration (p. 1071) shows different cellular layers of the soy bean sprout leaves (*Keimblätte*)–after an illustration by J. Moeller.

Also discusses: Peanuts (*Erdnusse, Arachis,* p. 322, 373, 385, 389, 494, 621, 686, 1051). Sesame seeds (p. 322, 385, 372, 389, 408, 494). Almonds (p. 322). Hemp (p. 322, 385, 493). Lupins (p. 372, 385, 389, 490-91, 1050, 1053, 1068-69). Chufa (*Erdmandel, Cyperus esculentus,* p. 1051, 1053). Address: PhD, Prof. (who teaches but does not have a faculty seat or voting rights) at the Royal Academy and Head of the Agricultural-Chemical Experiment Station at Muenster, in Westphalia, Germany (ordentlicher Honorarprofessor der Koeniglichen Akademie und Vorsteher der agric.-chemischen Versuchsstation Muenster i. W.).

391. Sagot, Paul Antoine; Raoul, Edouard François Armand. 1893. Manuel pratique des cultures tropicales et des plantations des pays chauds [Practical manual for tropical crops]. Paris: Augustin Challamel. xxxii + 734 p. See p. 151-55. [Fre]

• ***Summary:*** In the chapter titled *Légumes et Culture Potagère,* there is a section on soybeans and soyfoods written by Edouard Raoul titled "Soja hispida Moench, Pois Soja, Pois oléagineux de Chine. Daïzou des Japonais." It discusses the widespread culture of soybeans in southern Asia, China, and Japan. "The seed is very rich in oil and in casein soluble in water. Its consistency, especially before maturation, is very tender and fine. Unfortunately it does not have much taste of its own. The pod is very small and contains only 2-3 seeds. It is not easily opened. I prefer soybean seeds having a color that is clear fawn-colored or tawny (*fauve*) or greenish, to those which are black."

"The plant must be sown from very fresh seeds. The germination (in Europe) is often very unequal, and many of the seeds don't develop... Some seeds sent by me to French Guiana (*la Guyane*) have been cultivated by Mr. Bar au Maroni, and have borne fruit, but I don't have precise details on their vegetation or ease of utilization."

Brief descriptions are then given of miso, shoyu, tofou (tofu), *kouri-tofou* [dried-frozen tofu], "which is nothing but tofu dried using heat" [sic], and *uba* (yuba, "a product very rich in nitrogenous materials {proteins} and fats"), followed by a list of the names of the best-known Japanese soybean varieties, and a discussion of the difference between *Glycine hispida* Moench (*Kuro mame* [black soybeans], *no mame, kuzu, yama-daizou* [wild soybeans]), and *Glycine soja* Siebold et Zuccar. (*kiu mame* and *tsourou-mame*). Typical analyses of the stems and leaves, seeds, and entire plants are given based on research conducted by M. Joulie. A comparison of the nutritional value of soya and wheat is given based on the research of Wechler in Austria and Messrs. Fremy, Muentz, and Pellet in France. Dr. Menudier uses soy flour in diabetic diets.

Also discusses: Winged beans (p. 149-50; *Psophocarpus tetragonolobus* Dec., *Dolichos tetragonolobus* L., *Pois carré*). Peanuts (p. 150-51; *Arachide, Arachis hypogœa*). Bambarra groundnuts (p. 151; *Voandzou, Voandzeia subterranea* Dup. Th.).

Note 1. This is the earliest document seen (May 2009) concerning soybeans in French Guiana, or the cultivation of soybeans in French Guiana. This document contains the earliest date seen for soybeans in French Guiana, or the cultivation of soybeans in French Guiana (1893). The source of these soybeans was Prof. E. Raoul, who was apparently in France.

Note 2. This is the earliest French-language document seen (April 2013) that uses the term *kouri-tofou* to refer to dried-frozen tofu.

Note 3. Sagot lived 1821-1888.

Note 4: This is the earliest document seen (Nov. 2003) concerning general information on soybean production in the tropics.

Note 5. Notice that "kuzu" is given as a name for the wild soybean in Japan. Address: 1. Docteur en Médecine, Ancien Chirurgien de la Marine, Ancien Professeur d'Histoire Naturelle a l'École Normale Speciale de Cluny; 2. Pharmacien en Chef du Corps de Santé des Colonies. Professeur du Cours de Productions et Cultures Tropicales a l'École Coloniale.

392. Schlegel, Gustave; Cordier, Henri. 1894. The Chinese bean-curd and soy and the soya-bread of Mr. Lecerf. I. Tofu. *T'oung Pao* (*General Newspaper*) 5:135-46. March. [11 ref.

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Eng]

• ***Summary:*** "Of late these Chinese preparations have again attracted the notice of Europeans. The *Temps* in France published last November [sic, April 8, 1893] a note upon the subject after an article in the *Avenir de Diego-Suarez* of 2 March 1893, and Dr. Vorderman, of the civil medical service in Java and Madura... We will add to these notices what is written about the subject by the Chinese themselves.

"I. Tao-fu or Bean Curd. According to 'Collected Omissions of *Sieh-choh'* nothing had been ever heard of the confection of bean-curd before or after the period of the three dynasties of antiquity (B.C. 2205-250), and it was only mentioned for the first time in the work of *Liu-ngan* [*Liu An*] king of Hoai-nan [Huai Nan] of the Han (second century before our era) Cf. Mayers, Chinese Readers Manual, No. 412, Cap. 24."

"The *Tao-fu* or Bean-curd was also called 'Leguminous milk', and was prepared by boiling curds or milk from beans.

"It is further related that when *Shi-tsih* [pinyin: Shi Ji] was governor of *Ts'ing-yang* [pinyin: Qing Yang] (Latitude 30º45', Longitude 115º26') he, in order to purify himself and to rouse the population, did not permit himself the use of meat, but bought every day in the market several pieces of bean curd, so that the townpeople called these curds 'The little slaughtered sheep.'

"The bean of which this curd is prepared is known in science by the name of *Soja hispida,* and has been imported in the form of a meat-sauce from Japan to Europe under its japanese name of *Sho-yu,* the corrupted japanese pronunciation of the chinese *tsiang yu* or 'relish-oil' which this sauce bears in some parts of China, and which has been further corrupted by the Dutch into *Soja,* by which name (also written *soya* and *soy*) it became known all over Europe. We will return to this by and by.

"According to Dr. Vorderman (loc. cit. p. 354) the soy-beans are distinguished in light-colored (cream-color, straw-yellow, light ochre-yellow and amber-yellow), brown and black. The first two sorts are roundish, the last either roundish or oblong, as they come from the one or the other variety of the plant. Accordingly, the plant with roundish seeds is called *Soja hispida, tumida* and that with oblong seeds *Soja hispida, platycarpa,* amounting, with the differences in color, to four varieties: 1. Soja hispida, tumida Beta pallida; 2. Soja hispida, tumida Beta atrospuma [atrosperma]; 3. Soja hispida, tumida Beta castanea; 4. Soja hispida, platycarpa Beta melanosperma.

"No. 2 and 4 are black and serve especially for the fabrication of Soy or Ketchup, whilst No. 1 (pale-yellow) and No. 3 (brown) are used for other culinary purposes.

"Since the Vienna [Austria] exhibition of 1873, when several samples of Chinese, Japanese and Indian soybeans were exhibited, their great nutritive proprieties and richness of azote [nitrogen] and fat have been shown by chemical analysis, and the culture of this plant has been largely introduced into Europe, especially in Hungary."

Note 1. This is the earliest English-language document seen (July 2003) that contains the word "soybeans"–spelled as one word.

König in his work *Die menschlichen Nahrungs und Genussmittel,* 2nd Ed., Vol. II, p. 372, gives an analysis of the composition of 4 types of soybeans. "Dr. Vorderman says that he has not been able to detect amylum [starch] in the Soybeans of Java, China and Annam in applying the reaction of jodium [iodine] upon the section of the bean. The texture of the cotyledons consists principally of oblong, radiating parenchyme-cells, about five times longer than broad.

Note 2. This is the earliest English-language document seen (Oct. 2004) that uses the word "cotyledons" in connection with soybeans.

"II. *Tao-kan* or Preserved Bean Curd. The Chinese make of the Soy-beans two preparations, one called in Java *Tao-hu* and the other *Tao-toa.* They both consist of leguminous cheese, obtained from the light-brown beans, principally those obtained from Annam. But at present many Chinese in Batavia prefer the so much cheaper *kadele putih* grown in the *Preanger* and the *Ommelanden* (circumjacent territory of Batavia).

"These lightcolored beans are macerated during five hours in rainwater, when they swell up to about twice or thrice their original size. After having been cleansed from accidental dirt or admixtures, they are ground in a stone handmill, very much resembling that in which Europeans ground colors. One Chinese turns the mill, whilst the other throws the macerated beans, still in their husk, with a little water into the mill, so that the stuff runs as a white, thin mass, by a small gutter, into a tub prepared for its reception. This mass is then heated upon the fire in a large iron open cauldron, until it reaches the boiling-point. The froth is skimmed, and the fluid strained, after boiling, through a cotton cloth, in which a white, doughy residu [sic, residue = okara] remains, having a peculiar oily smell, and which serves as food for ducks and fowl.

"The filtrated fluid, which has a milkwhite color, is mixed, whilst it is being cooled, with a certain proportion of common Madura-salt or with a little calcined gypsum.

Note 3. This is the earliest English-language document seen (Oct. 2003) that refers to soymilk, which it calls the "milk from beans" and "The filtrated fluid, which has a milkwhite color..."

"This gypsum is imported from China in the form of large lumps of radiated gypsum. As it is specially used for preparing the leguminous cheese of the soybeans, it is called by traders in Batavia by the Malay-Chinese hybrid word *Batu-tao* i.e. 'bean-stone.'\ "The salt (or, as in China, the chloride of magnesium) and gypsum change the juice, by precipitation of the legumine [legumin], into a white, gelatineous [gelatinous] mass, which, when sufficiently cooled, obtains a certain consistency, allowing it to be cut

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into flat square pieces. This can, however, not be done for after two hours after the precipitation. These squares are then laid upon plantain-leaves protected by a white cotton cloth against dust, and hawked about in the streets.

"They have an unpleasant raw bean-flavor, but when mixed with other victuals, this taste is lost. It is used as well in the preparation of Chinese victuals, as in that of the so-called Indian rice-dish.

"In order to preserve the *tao-fu* for continuous use, it is made to *tao-koa* (or dried beans) by the following method.

"The *tao-fu*, cut into flat squares, is plunged into a decoctum of *Curcuma longa*, which colours it intense yellow. These yellow cakes are then wrapped up in white square pieces of cotton, laid between boards and exposed to a certain pressure. Generally they are at the same time stamped with Chinese characters.

"By this pressure a good deal of water is lost, but the cakes can be preserved much longer.

"Dr. Vorderman says that both *tao-fu* and *tao-koa* can be successfully used in the nourishment of feeble children, who refuse to take eggs. *Tao-koa* is also imported from China, but these cakes are much larger than those prepared in Java, and are always stamped with Chinese characters."

Note 4. This is the earliest document seen (Aug. 2002) that mentions Liu An of Huai Nan in connection with tofu.

Note 5. This is the earliest English-language document seen (April 2013) that uses the word "Tao-fu" (or "Tao fu"), or the word "Tao-hu" (or "Tao hu"), or the word "Tao-kan" (or Tao kan") to refer to Chinese-style tofu.

Note 6. This is the earliest English-language document seen (Sept. 2004) that uses the term "pale-yellow" or the term "straw-yellow" to describe the color of soybean seeds.

Note 7. An article in this same issue, titled "The Chinese in Boston" [Massachusetts], notes that presently "1,000 Chinese live in Boston, of which 700 work in the 180 laundries, and about 300 are merchants and traffickers, all dwelling on Harrison Ave. Here one also finds 63 gambling dens (or houses of ill repute) and several others where opium is smoked–visited in part by the most vile class of Americans."

Note 8. We wonder if there wasn't at least one tofu shop in Boston at this time. Address: 1. Professeur de Chinois à l'Universite de Leide [Leiden]; 2. Professeur à l'Ecole spéciale des Langues orientales vivantes et à l'Ecole libre des Sciences politiques à Paris.

393. *Weekly Argus* (*Crawfordsville, Indiana*). 1894. Too sacred to touch. Stricken down, he lay where he fell until death came to his relief. May 19. p. 7.

• ***Summary:*** "The ex-lord abbot, of the Otani sect, who died lately at his residence in Kyoto, was the head of all the Buddhist priests in Japan." He had been in poor health since the previous year. While making his way along a hallway, attended by a male servant, he fell. The alarm was sounded, and instantly about twenty women charged will all sorts of duties and ceremonial offices in the house of the prelate ran to the spot. But so inflexible is the etiquette of the abbot's household "that in the absence of his wife not one of the attendants might touch the body of the incarnate Buddha, even in the moment of his death agony." He died about an hour later. Describes the many ceremonies conducted.

The funeral ceremony was on a grand scale. However: "The viands served were of the plainest kind–a little miso soup, with square cut pieces of bean curd, and some rice."

394. Cavendish, Alfred Edward John; Goold-Adams, Henry Edward. 1894. Korea and the sacred white mountain: Being a brief account of a journey in Korea in 1891. London: George Philip & Son. 224 p. Illust. (40 original, many color). Maps. Index.

• ***Summary:*** This book is an amplification of the author's diary kept during a stay of a few weeks in Korea. Soy is mentioned as follows: Page 12: "Chefoo is the watering-place for Korea, Pekin, Tientsin, and Shanghai, but the foreign portion of it is very small, with three indifferent boarding-houses, but good pears and good bathing, if you do not mind a naked fisherman or two about. The chief exports appear to be straw plait for hats and bean-cake for manure."

Page 33-34: Korean ponies, which carry foreign travelers and their belongings, are very small. The forage ration consists of about 2 lbs. of beans and millet boiled in water, and the whole poured hot into a trough; the average feed is two gallons of this mixture, given three times a day, and supplemented by 2 lbs. of chopped straw (rice or millet)." "Other means of transport are found in donkeys, cattle, and coolies."

Page 48: Beans are becoming largely grown in Korea, for the demand for them in Japan is increasing, as they are used in the manufacture of Bean-curd, Miso, and Soy [sauce], while the Japanese are growing instead mulberries for sericulture. Wheat, barley, and rice, the latter of two kinds, one of which grows in dry soil, are also increasing, the export of these in 1890 being–barley, 5,260,533 lbs., value $50,341; beans, 87,950,800 lbs., value $1,004,762; wheat, 5,869,466 lbs., value $60,381; rice, 116,622,000 lbs., value $2,057,868."

Page 54. "Besides flax, maize, and cotton, there were fields of the small millet (*Setaria italica*), substitute for porridge, and of the tall millet, Susu or Kaoliang (*Holcus Sorghum*), with stems 8 to 12 feet high and as thick as a man's thumb, turning to golden yellow or bright mahogany colour; from the latter kind the Koreans make the coarse cloth of which their rough garments are composed, when they do not use Manchester shirtings; also fields of beans, food for cattle and men, and the foundation of Japanese soy [sauce] and our Worcestershire sauce."

Pages 146-47: "He produced some samshu, a muddy fluid which smelt and tasted like Kaffir beer, with strong

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spirit in it; this peculiar taste is due to the bean-water [water in which soy beans have been boiled] which they mix with the spirit distilled from rice or millet. We were given a bottle of this liquor by the head-man, and the cook bought another of Chinese make, which was quite clear and less diluted with bean-water."

Pages 195-96: "Whilst waiting in the inn to-day, I had plenty of opportunities of observing the nauseous smell of the food greedily devoured by the Koreans. Five or six little dishes, containing various preparations of meat or fish, chillies, [soy] beans, cabbage, rice, &c., were ranged on a little table a foot high, and gave forth a most evil odour. A Korean likes his viands very highly seasoned, and in eating takes a little of every dish into his mouth, that he may enjoy the pleasant mingling of the different flavours." Note: At least one of these dishes probably contained Korean-style soy sauce or miso–but we cannot be sure.

Bean or beans (usually noted in passing as a crop with other crops) are mentioned on pages 66, 67, 68, 134, 138, 150, 191, 194, 199. Address: 1. Captain, F.R.G.S., 1st Argyll and Southern Highlanders, now in Edinburgh; 2. Captain, R.A.

395. Kellner, O.J. 1895. Ueber die Bereitung von Sake, Shoyu, und Miso [On the preparation of sake, shoyu, and miso]. *Chemiker-Zeitung* 19(6):97-98; 19(7):120-21. Jan. 19. [6 ref. Ger]

• ***Summary:*** The first installment of this article gives details on the production of sake in Japan. The process can be divided into 4 steps: The production of a diastatic ferment (koji), the culturing of the yeast (*Hefezüchtung*), the main fermentation, and separation of the fermented liquid (sake). A detailed description is given of the preparation of both koji starter (the ash of camellia wood is used) and koji. The koji, make in koji cellars, contains a very powerful, inverting ferment (*ein sehr kräftiges, invertirendes Ferment*), whose effect goes further than the diastase of malt. The finished sake, which contains 11-14% alcohol, is consumed hot. Sake makers in Japan, like beer makers in earlier times in Germany, are very conservative and will hardly allow the introduction of a thermometer into their operations.

Shoyu or "Bohnen-Sauce" is called Soja or Shoja in Germany. About one-fourth of the wheat is finely pulverized. It is fermented in vats for various times ranging from 8 months to 5 years. Then the liquid is pressed out in cotton sacks. Finally the press-cake is mixed with salt water, and re-pressed to yield a lower quality product. The finished product consists of a mixture of soy sauces of different ages to improve the flavor and aroma. The best soy sauce is made from equal parts of 3-year and 5-year soy sauce. The press-cake is used for fertilizer.

A nutritional analysis of shoyu is given. Its relative density ranges from 1.182 to 1.193. In 1888-89 in Japan 10,634 shoyu plants produced 1.3 million koku [1 koku = 180 liters or 47.6 gallons, so 1.3 million koku = 234 million liters or 61.88 million gallons]. Per capita consumption was about 5.5 liters per year.

Concerning miso, the author discusses rice miso first, then barley miso, implying that the former is more widely used. He notes that miso can be made in only 4 days by incubating it hot. He then gives nutritional analyses of 5 types of miso that he made in 1889. "According to my estimation, at least 30 million kg, over half of the yearly soybean harvest, is used in miso production... Those soybeans that are not used for shoyu and miso production, serve largely for the production of tofu (*Bohnenkäse*)." The tofu is coagulated with a solution obtained from sea salt that is rich in magnesium chloride [i.e. nigari]. Address: Privy Councillor (Hofrath), Japan.

396. Martin, Ernest. 1895. Le Tao-fu (soya), son origine, ses propriétés, son acclimatation [Tofu (soya): Its origin, properties, and acclimatization]. *Revue Scientifique* (*Revue Rose*) 3(5):144-46. Feb. 2. Series 4. [Fre]

• ***Summary:*** A French-language review of the literature on tofu, including a brief discussion of soy sauce and soybeans. The Soya hispida (Family: Papilionacées; Glycine Phaseolus) is an oilseed (*graine oléagineuse*) that originated in China. According to the research of Prof. Schlegel at the University of Leiden, it was first mentioned in the work of Liu-An, king of Huai-nan, of the Han dynasty, in the 2nd century before the Christian era. From this period, the seed was boiled and a milk-like liquid [soymilk] was extracted which had the reputation of possessing beneficial properties.

When the soybean (*le soya*) was imported to Europe, it was in the form of a sauce made in Japan and sold by the Dutch who were the first [sic] European navigators to arrive in Japan. Note: Portuguese navigators arrived in and traded with Japan before the Dutch.

Its name was *sho-yu*, which is nothing but the corruption of the Chinese characters *tsiang-yu*, which signifies savory oil [sic]. From sho-yu, the Dutch made the word "soya" or "soy" the name by which the bean is known in Europe.

Discusses: The shape and color of soybeans. The Exposition of Vienna [Austria] in 1873. König's discovery that soybeans contain 31-33% protein. The research of Vorderman and Pellet. Tao-Kan, Tao-Hu (tofu in Java), and Tao-Koa. Tofu exported from Annam. How Chinese in Batavia make soymilk and tofu (curded with gypsum); use of the residue [okara] for feeding to penned poultry, such as chickens and ducks. Further processing of tofu to extend its shelf life. Preparation of soy sauce. Many uses of tofu in Chinese therapy. Shi-tsih as the founder of the vegetarian diet. Writings of Montigny, the French consul general. Soy bread in diabetic diets. Mr. Desvilles. Soybean trials and acclimatization in France. Composition of soybeans grown in France.

"From the viewpoint of practical utility, we conclude

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that the acclimatization of species of the vegetable and animal kingdoms, which was formerly the goal of multiple costly tests, has now lost much of its importance. The ease of communications and the rapidity with which exotic shipments can be made often provide the same results.

"However we must continue to be attentive to failures of acclimatization, for they have much to teach us. One of the most interesting problems of science is that of mutations. The work of the mutationists (*tératologistes*), and especially of Dareste, on the production of artificial anomalies, has led to new proof that the variability of animal organization is much greater than one would be tempted to believe–and this variability extends also to plants... Such research can help elucidate the problem of the origin of races, which has heretofore remained in the deepest obscurity despite the work of savants such as Is. Geoffroy Saint-Hillaire, Darwin, and Quatrefages.

"Thus there is nothing surprising in the transformations manifested in living things which, transplanted from afar, find themselves placed in telluric [terrestrial] and climatological conditions completely different from those of their original habitat. Examples of this transformation multiple with each new day;" they include the opium poppy, rhubarb, some legumes, numerous varieties of bamboo. "What is the reason for these laws of transformation and degeneration that extend over each of the large kingdoms of nature? The problem is posed but has not been seriously addressed.

"As for the soybean (*graine de soya*), we have shown that it undergoes this transformation in a very sensitive manner: in it, the protein molecule progressively gives way to the starch (*amylacée*) molecule. At the heart of the plant organism, a special synthesis is accomplished: its chemical composition is modified in proportions such that it becomes inappropriate for the goal targeted by its cultivation in Europe."

397. Inouye, M. 1895. The preparation and chemical composition of tofu. *Bulletin of the College of Agriculture, Tokyo Imperial University* 2(4):209-15. Aug. [6 ref. Eng]
• ***Summary:*** One of the best early articles on tofu in Japan. Inouye tried to make a product resembling Swiss cheese with tofu, with moderate success.

"The efforts to prepare an easily digestible food from soya beans led to the preparation of *miso* and *natto*, two kinds of vegetable cheese, which were investigated some time ago in the laboratory of this college. (Footnote: On the preparation of *miso*, by O. Kellner, this Bulletin, Vol. 1, No. 6. On *natto*, by Yabe; Bulletin Vol. 2, No. 2).

"But the most interesting preparation is *tofu*, which consists principally of the protein-matter of the soya bean and which, according to the investigation of Prof. Osawa in Tôkyô, is as easily digestible as beef. This preparation is freshly made every day and sold in the form of tablets [cakes] about 10 c.m. broad, 2 c.m. thick, and 25 c.m. long [4 by 10 by 0.8 inches thick], is of snow-white appearance and of the consistency and taste of freshly precipitated casein of milk, but as there is no trace of bacterial action connected with its preparation, the name vegetable cheese is certainly not justified." A table (p. 211) shows the composition of tofu a determined by *Kellner.*

"*Tofu* is also sold in another form called *kori-dofu* [dried-frozen tofu]. It is prepared by exposing the fresh *tofu* tablets to the action of frost, under which they shrink considerably, lose water, and become more compact. While fresh *tofu* contains, on an average, 89.02% of water, *kori-dofu* contains only 15.32% in the air dry condition. The analysis of *kori-dofu* gave me the following results: Water 15.32%. Albuminoids 41.42%. Fat and lecithin 23.65%. Non-nitrogenous extract 15.05%. Cellulose 1.48%. Ash 3.08%."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *kori-dofu* to refer to dried-frozen tofu.

The author then describes the tofu manufacturing process, noting that it "is manufactured only on a small scale, by people who sell it in their own shops." "The beans are first soaked for about twelve hours in water and then crushed between two mill-stones until a uniform pulpy mass is obtained. This is then boiled with about three times its quantity of water for about one hour, whereupon it is filtered through cloth. This liquid is white and opaque, exactly like cow's milk; while the smell and taste remind one of fresh malt." "I also analyzed the fresh milky liquid with the following results" for "Soya bean milk" and cow's milk, respectively (p. 212): Water 92.53% / 86.06%. Albuminoids 3.02% / 4.00%. Fat 2.13% / 3.05% Fibre 0.03% /–. Ash 0.41% / 0.70%. Non-nitrogenous extract, including carbohydrates 1.88% /–. Milk sugar–/ 5.00%.

"The fat contained in this liquid as well as in the *tofu*-tablets was found to consist partly of lecithin. *Tofu* dried at 100º yielded 26.65% fat and 4.83 gr. of this fat yielded, after igniting with carbonate of soda and nitrate of potash in the usual way, 0.280 grm. of magnesium pyrophosphate, which, when multiplied by the lecithin-factor, 7.2703, corresponds to 2.035 grm. lecithin, amounting to 11.2% of dried *tofu*, leaving for the genuine fat 15.4% (Footnote: A portion of this lecithin was probably present in the soya bean as lecithalbumin; comp. Leo Liebermann, J.B. f. Thierchemie, 1893, p. 32, and E. Schulze, *Chemiker Zeitung*, 1894, No. 43); more of the latter, therefore, is left in the refuse than of the former."

Note 2. This is the earliest English-language document seen (March 2001) that contains the word "lecithin" or "lecithalbumin" in connection with soy–in this case tofu.

"In the manufacture of *tofu*-tablets from the freshly prepared milky liquid, about 2% of concentrated brine [natural nigari] as it is obtained as mother liquor from the

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preparation of sea salt, is added with constant stirring, whereupon a flocculent precipitate is soon formed which is separated by means of a cloth filter, slowly pressed, and then cut into tabular shape. I have tried to arrive at a satisfactory explanation of the nature of *tofu*, and have found that the salt-brine does not act by its chloride of sodium, but by the calcium and magnesium salts which are in it; for we can at once obtain precipitate from the milky liquid if we add a little calcium nitrate or magnesium sulphate, while we can not obtain any separation or precipitation by adding even considerable quantities of sodium chloride or sodium sulphate."

"I have analysed a sample of the salt brine used for *tofu* making and found it to contain, besides chloride of sodium, 27.9% of chloride of magnesium and 7.0% of chloride of calcium."

Footnote 4 (p. 213): "In order to see whether a product similar to Swiss Cheese could be obtained from the crude soya casein or *tofu*, I infected 50 grm. of fresh *tofu* with a small dose of pulverised Swiss cheese, and added ten per cent of common salt to the mixture, pressed it in cloth, and allowed it to stand in a moist beaker glass for several months. The product resembled, only to a limited extent, the cheese from milk, but further experiments with the addition of small quantities of milk sugar are intended."

Note 3. This is the earliest English-language document seen (Oct. 2003) that contains the term "soya bean milk."

Note 4. This is the earliest English-language document seen (Oct. 2003) that contains the word "milky" in connection with soymilk, or that uses the term "milky liquid" to refer to soymilk. It is the second earliest English-language document seen (Oct. 2003) that mentions soymilk, and the earliest that mentions it in connection with Japan. However there is no suggestion that Japanese consume soymilk as a beverage.

Note 5. This is the earliest English-language document seen (March 2009) that uses the term "vegetable cheese" to refer to miso. Address: Nôgaku-shi [Prof. of Agriculture], Japan.

398. Prinsen Geerligs, H.C. 1895. Eenige Chineesche voedingsmiddelen uit Sojaboonen bereid [Some Chinese foods made from soybeans]. *Pharmaceutisch Weekblad voor Nederland* 32(33):1-2. Dec. 14. Summarized in Teysmannia (1897) 7:413-15. [5 ref. Dut; eng]

• ***Summary:*** Contents: Introduction. Tofu or bean cheese (*Tao-hoe of boonenkaas*). Chinese soja or Fao-ijoe (boonenolie; soybean oil). Japanese soya (soy sauce; In Japanese: Shoijoe; in Chinese: Sex-sze-ijve). Taucho or bean paste (*Fao toio of boonenbrei*).

In the section on tofu, soymilk is mentioned twice.

Note 1. This is the earliest Dutch-language document seen (April 2013) that uses the term *boonenkaas* (unhyphenated) to refer to tofu.

Note 2. This is the earliest Dutch-language document seen (Oct. 2003) that uses the term *melkachtige, vettige vloeistof* ("milky, fatty liquid") or *gefiltreerde melkachtige vleistof* ("filtered milky liquid") to refer to soymilk.

Note 3. This is the earliest document seen (March 2009) that mentions Indonesian-style miso, which it calls "Fao toio." This would later be spelled tao-tjo, taotjo, tauco, or taucho.

At the end of the section on tofu, the author continues: Another widely used bean preparation is soy sauce (de Soja), of which two kinds exist: the Japanese and the Chinese Soja. The first-mentioned has already been repeatedly described, for example by König (1889, p. 241), further by J.J. Hoffman in his "Contributions to the Knowledge of the Language, Geography, and Ethnology of the Netherlands Indies" (*Bijdragen tot de Taal-, Land- en Volkenkunde van Nederl. Indië;* Vol. V, p. 192), and recently by G. Schlegel in T'oeng pao [T'oung Pao 1894] (Part 5, No. 2) and O. Kellner in *Chemiker Zeitung* (1895, p. 120). While I could not find anything in the literature about the preparation of Chinese soy sauce (*Soja*), I have copied the following from the manufacturers themselves.

Chinese Soja or Fao-ijoe (bean oil). For this, only black varieties of the *Soja hipida* [*sic, hispida*] *humida Beta atrosperma* or *Soja hipida platycarpa Beta melanosperma* have been used. Their seeds are cooked and the water poured off, after which the beans are left in the sun for half a day to dry. Now they are cooled on big trays of woven bamboo out of the sun, then covered with leaves of a *Hibiscus* variety. On the beans there will always appear a type of mold, the *Aspergillus Oryzae* to be precise, which, at least on Java, appears every time again on moist soybeans exposed to the open air, but strangely enough does not appear on other foods. The beans are allowed to stand until the mold sporulates, which can be seen by the green color of the mold threads (hyphae), then they are dried again for some days and then put in a strong salt solution that has been cooled. This mixture is put in the sun for 8 days and afterwards it is boiled. The salt solution is then poured off from the beans and saved. The beans are boiled again and the water is added to the first salt solution. This process is repeated as many times as it takes to extract the residue completely.

"The decoction is strained through a fine sieve, boiled again, and the sugar from the areng palm, star anise (not the leaves), and some other herbs (which are available from Chinese druggists as "soya herbs") are added. Finally, this dark brown, pleasantly aromatic liquid is boiled down until salt crystals start to appear on the surface, indicating that the liquid is completely saturated with salt. After cooling, the soy sauce (*soja*) is ready to use. It yields a spice which is used together with all different kinds of foods as a pleasant condiment, and in the Chinese, Javanese, and even the European kitchen on Java it is an irreplaceable ingredient.

"Soy sauce is sold in several quality grades, of which the

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best is a thick sauce with a special aroma. The lesser kinds are thinner and are made by diluting the thick soy sauce with salt water, while in the very low-grade kinds, instead of the pleasantly sweet-tasting palm sugar, the bitter, sour-smelling unassimilated molasses from sugar factories is used.

Note 4. This is the earliest document seen (May 2010) that describes the preparation of a sweet Indonesian-style soy sauce quite similar to *ketjap manis* (which seems to have been first created about 1960), yet the writer does not mention its name.

"The Chinese soy sauce appears as a black colored, thick, clear liquid in which sometimes a viscous sediment can be found. When diluted with water it turns turbid or cloudy, but after adding salt this cloudiness disappears. Here is an analysis of one of the most common varieties: Specific gravity 1.254, saccharose and glucose 15.60%, nitrogen containing substances (*stikstofhoudende stof*) soluble in alcohol 4.87%, nitrogen containing substances not soluble in alcohol 2.62%, nitrogen-free substances soluble in alcohol 0.25%, nitrogen-free substances (*stikstofrije stof*) not soluble in alcohol 0.75%, salt 17.11%, other ash components 1.65%, water 57.12%. Total 100%.

"The substances insoluble in nitrogen consist (except for peptone) mainly of legumin, which is soluble in strong salt solutions (compare Beilstein, *Handbuch Organische Chemie*, III, p. 1275) and will precipitate when diluted. This protein product (*eiwitstof*) has, by repeated precipitation with alcohol and renewed dilution in water and salt, been cleaned and could be recognized as a legumin. The elementary analyses gave these figures: Carbon 51.6, hydrogen 7.1, nitrogen 15.9.

"Furthermore, the dilution in water was precipitated by ammonium sulfate, magnesium sulfate and sodium sulfate and not by a large quantity of sodium chloride.

"The nitrogen containing substances soluble in alcohol were leucine, tyrosine and aspartic acid, all breakdown products of legumin, plus a little ammonia. Nitrogen-free extraction substances are almost not present and consist of a little pectin and the black coloring agent from the skin of the soybeans, which gives the black color to the soya.

"Just like Kellner (*Chemiker Zeitung* 1895, p. 121) remarks, the composition of the soya is very similar to the one of meat extract, by which the big importance of this condiment in countries, where mainly vegetable type food is consumed, can be readily explained. Very peculiar moreover is the way in which during the preparation of the soya the heavily digestible protein substances, which are locked into the thick skinned cells of the soya, have been converted into an easily digestible, very delicious food.

"One lets the boiled beans mold by means of the *Aspergillus oryzae*, which above all has the quality of changing amylodextrine and starchy substances into sugars followed by carbonic acid and water breakdown. We can say that a microscopic investigation of a molded soybean shows that the mold threads (hyphae) penetrate the cell walls of the complete soybean and partly dissolve them so the contents will be more readily available. When the mold has used up all that food, as shown by its fructification, the beans are put into a strong solution of salt water so that the legumin will dissolve, producing a thick fluid liquid. At the same time, the broken down substances of the legumin will dissolve pepton [peptone], leucine, tyrosine and ammonia, next to the aromatic substance that will start to form in this stage. The continued manipulations, addition of sugar, herbs, etc., are of course of minor importance, but principally the clever way in which the mold is being used to dissolve the cell walls is highly interesting. This, like so many Chinese preparations, is completely empiric and no Chinese would have the slightest notion of what all this molding is about."

This article describes the first attempt to identify the tempeh mold. In the section on Indonesian miso (taucho), the author notes: "In a similar way, in Java, other molds are used to make leguminous seeds into more digestible foods. Thus the presscake, which remains after making peanut oil and would be indigestible without further preparation, is subjected to the action of molds. In central and eastern Java *Chlamydomucor Oryzae* [now known as *Amylomyces rouxii*] is used, whereas in western Java an orange mold of the family Oospore (Neurospora) is used. In the former case, the food is called 'bongkrek,' and in the latter 'ontjom.' If soybeans are molded with *Chlamydomucor* the spice is called 'tempets' [sic, tempeh]. In the preparation, the seeds are boiled, spread, mixed with a little molded cake from a former batch, and left alone for a while until the mass is bound into a solid white cake.

"All the aforementioned molds have the ability to break starch and pectin substances down into sugars, by which means the cell walls are opened and the seeds made more easy to digest.

"In the case of the starch-containing peanut presscakes, the breakdown of starch into sugars, followed by the use of the resulting sugars, proceeds so rapidly that the cakes become warm and within 1 day about 5% of their weight will disappear.

Kagok Tegal 28.9.95.

Note 5. This is the earliest document seen written only in Dutch that mentions Indonesian miso, which it calls *Fao toio* or *boonenbrei*, and *tao tsioe.*

Note 6. This is the earliest document seen stating that Hibiscus leaves are used in Indonesia to make soyfoods–in this case soy sauce.

Note 7. This is the earliest document seen (April 2012) that mentions "bongkrek"–but the explanation is incorrect.

Note 7. This is the earliest document seen (Sept. 2011) that mentions "ontjom." Address: Java, Indonesia.

399. Atwater, W.O. 1895. Methods and results of investigations on the chemistry and economy of food. *USDA Office of Experiment Stations, Bulletin* No. 21. 222 p. See p.

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193-94.

• ***Summary:*** In the section on "Food Consumption" a subsection titled "Japanese Dietaries" (p. 193-94) states: "The legumes are little eaten in their natural state but form the basis of a number of prepared foods and relishes, such as miso, tofu, and shoyu, all of which are made from the soja bean. The miso is prepared from cooked beans, which are rubbed to a thick paste and fermented with the ferment used in the preparation of the rice wine. Tofu, or bean cheese, is essentially the legumin of the soja bean, which is first extracted with water and then precipitated by the addition of the mother liquor (magnesium chlorid), obtained from the evaporation of sea water in the manufacture of salt. The cheese is eaten fresh. The shoyu sauce is prepared from a mixture of cooked and pulverized soja beans, roasted and pulverized wheat, wheat flour, salt, and water. The mixture is fermented with the above-mentioned rice ferment for 1½ to 5 years in casks. This sauce is used very largely by all classes." Address: Prof. of Chemistry in Weslyan Univ. Director of the Storrs (Connecticut) Agric. Exp. Station, and Special Agent of the U.S. Dep. of Agriculture.

400. Bretschneider, Emil V. 1895. Botanicon sinicum. Notes on Chinese botany from native and Western sources. III. Botanical investigations into the materia medica of the ancient Chinese. *J. of the Royal Asiatic Society, North China Branch. Series 2.* 29:1-623. See p. 9-13, 385-86, 389. [200+* ref. Eng]

• ***Summary:*** The single most important early work on Chinese botany written by a Westerner. Bretschneider, an M.D., lived 1833-1901. Contents: Introduction (p. 1-9). Abbreviated references to Chinese, Japanese and European books (p. 9-12). Medicinal plants of the *Shen Nung Pan Ts'ao King* [pinyin: *Shennong Bencao Jing*] and the *Pie Lu* [pinyin: *Mingyi Bielu*] (p. 13-). Pages 385-86: Section "229.–ta tou, Soy-bean, *Soja hispida,* Moench. P., XXIV, 1. T., XXXV.

"Comp. *Rh ya,* 29, *Classics,* 355.

Pen King:–Ta tou. The seed of the (3 Cc = Chinese characters given) *hei dadou* [black soy bean] is used in medicine. Taste sweet. Nature uniform. Non-poisonous. When eaten it causes the body to become heavy.

Pie lu:–The ta tou is produced in T'ai shan [in Shan tung, App. 322] in marshes. It is gathered in the 9th month.

Su Sung [11th cent.]:–The ta tou is now generally cultivated in two varieties–the white and the black. The latter is used in medicine.

Li Shi-Chen:–There are many sorts of the ta tou–the black, white, yellow, gray, green and spotted [according to the colour of the seeds]. The black sort is used in medicine, is also a valuable food, and is employed in making Cc shi (Soy [nuggets]. V. infra, 234, and Bot. sin., II, 355). From the yellow sort oil is expressed and Cc tsiang [jiang] (sauces) and Cc fu (beancurd [tofu]. See l.c.) are prepared. These beans are also eaten roasted. Besides the seeds of the ta tou, and the oil expressed from them, other parts of the plant are likewise officinal, viz. the Cc ta tou p'i (the valves of the legume), the leaves, the carbonized straw and the flowers.

"See P. Smith, 88, *Dolichos soja.* -

"230.- Cc [yellow soybean sprouts] *ta tou huang kuan.* P., XXIV, 7.

This drug is noticed in the *Pen king.* As T'ao Hung-King and Li Shi-Chen explain, this consists of the germs of the black Soy bean, produced by steeping the beans in water and causing them to germinate. These germs are used as food.

"This is still an article of food at Peking, but produced from the yellow Soy bean and called Cc *huang tou ya.*

Note. This is the earliest English-language document seen (Jan. 2013) that gives a name to soy sprouts; it calls them *ta tou huang kuan* (old name) and *huang tou ya* (present name).

Pages 389-90: "234.–Cc [fermented black soybeans] *ta tou shi.* P., XXV, 2. Comp. *Bot, sin.,* II, 355:–Soy. It is noticed in the *Pie lu.* Li Shi-Chen says it is prepared from the black soy bean.

"In the *Cust. Med.* the Cc *tou shi* is mentioned as an article of import, p. 110 (183) Wu hu,–p. 164 (368) Shang hai,–p. 216 (89) Wen chou. It is said to come from Han kow and Ning po, and is identified there with salted black beans.–See also *Hank. Med.,* 45 [by R. Braun, 1888].

Appendixes. Chinese geographical names (p. 547). Alphabetical index of Chinese names of plants (p. 606). Alphabetical index of genus names of plants (p. 616). Address: Late physician to the Russian Legation at Peking.

401. Kingsford, Anna Bonus. 1895. The perfect way in diet: A treatise advocating a return to the natural and ancient food of our race. 6th ed. London: Kegan Paul, Trench, Truebner & Co. Ltd. xiii + 121 p. 16 cm. [92* footnotes]

• ***Summary:*** *The Encyclopedia Britannica* (1929, at Vegetarianism) considers this book one of the two classics on the subject. It is a revised and enlarged translation of the author's July 1880 thesis, from the University of Paris, under the title *De l'Alimentation Végétale chez l'Homme.* The original thesis was published in Paris in French, then translated into German. The first English edition was published in 1881. The author, a physician (M.D.) deals much more with the physical and social aspects of a vegetarian diet, than with its moral and philosophical aspects. This is not because she regards the latter of lesser importance, "but because their abstruse and recondite nature renders them unsuitable to a work intended for general reading."

This long essay, which is not divided into chapters, discusses both vegetarianism and animal welfare. It begins with a Proem (prose poem, from *The Light of Asia,* about the life of the Buddha by Edwin Arnold), then discusses anatomy and physiology, cookery, physical force, national habits,

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chemistry, stimulating effects of flesh food, alcoholism, slaughter houses, social considerations, sufferings of cattle, dangers of flesh-eating, treatment of disease, economical considerations, over-breeding, the leather question, cruelty in the fur trade, the manure question, sport, recapitulation, conclusion.

On page 26 the author praises the Japanese diet: "The Japanese not only abstain from animal food, but even from milk and its productions. One of the laws which they most religiously observe is, not to kill, nor to eat anything that is killed... The Japanese are represented as robust, well made, and active, remarkably healthy, long-lived and intelligent...

"'Fish and rice are the staple articles of Japanese diet... Beans are an important article, and from these is manufactured *tofee* [sic, tofu]–literally bean-cheese, an article largely used by the poorer classes'" (*New York World* 1887).

"China.–'The perfection of the art of cooking is nowhere more observable than in the monasteries of the Buddhists. They have but the simplest elements of food to deal with. No meat, no fish, no poultry are allowed at their tables. No eggs, no lard, no butter, no milk must be introduced into their confectionery. Vegetables alone are permitted, and yet by means of these a dinner of surprising variety is served, and if the guest judged only be appearances he would suppose that the worthy abbot had forgotten the rigid rules of his monastic establishment, and was about to break his vow by partaking of most heretical viands'" (*Pictures of the Chinese*, by Rev. R.H. Cobbold, M.A.).

On pages 93-94 the author shows that a meatless diet will support a much larger population from a given area of land than a meat-centered diet for which the land is used for pasture and grazing. Address: Doctor of Medicine of the Faculty of Paris, 11 Chapel Street, Park Lane [London?].

402. Thompson, William Gilman. 1895. Practical dietetics: With special reference to diet in disease. New York, NY: D. Appleton & Co.; London: Henry Kimpton. xxii + 802 p. See p. 135, 656. Illust. Index. 24 cm.

• ***Summary:*** The chapter titled "Vegetable Foods" states (p. 135): "Soya bread is made from an oily pea which grows in China and Japan, and is used sometimes by diabetics, for it contains over one third part gluten and but 1.17 per cent of glucose."

In the chapter on "Diseases especially influenced by diet" (p. 599+), in the section on "Diabetes mellitus" is a subsection titled "Dietetic treatment." Under "Substitutes for bread" we read (p. 654) that there are five breads made from flour especially prepared for diabetics: Gluten bread, bran bread, almond bread, inulin bread, and soya bread. The passage on "Soya bread" (p. 656-57) states: "A meal [flour] is made from the fruit of the *Soya hispida*, a bean which is grown in China and Japan and also raised in Austria. It is very rich in proteid. It has a peculiar taste and holds a purgative oil.

Note: This is the earliest English-language document seen (May 2005) that uses the word "meal" to refer to soy flour.

"The published percentage compositions of the more important ingredients of soya bread is as follows: Water, proteids, fats, starch and sugar, phosphoric acid.

"Soya bread is nutritious on account of the large percentage of fat which it contains, but according to an analysis made by an expert chemist it contains more carbohydrates than it is advertised to hold. This, in fact, is true of all the breads and biscuits made of substitutes for flour. Prof. Leeds says that some breads which are falsely called gluten breads contain from 50 to 75 per cent of carbohydrates, and hence they are unreliable and deceptive."

Also discusses: Vegetarianism (p. 28-30). Wheat bran and gluten (p. 120-21). Gluten bread (p. 128-29). Prepared farinaceous foods, incl. Liebig's Foods, Nestlé's Food, Gerber's Food (p. 130-33). Diastase and malt extracts (p. 142-43. "Diastase is a vegetable ferment [enzyme]..."). The chief vegetable proteids and a "purely vegetable diet" (p. 143-45). Erbstwurst or pea sausage (p. 146-47; "It was invented in 1870 by a cook named Grünberg, and the German Government bought the secret of its preparation. It is a cooked food composed of pea meal mixed with fat pork and salt, so treated as to prevent the decay of legumin." Highly nutritious, it is rich in nitrogenous [protein] and starchy material, and the fat provides energy, but it often produces flatulence and diarrhea. Erbstwurst may be quickly made into soups. It was used by the German army in the Franco-Prussian War, and was known as the "iron ration.") Peanuts and peanut flour (p. 172). Oleomargarine and Butterine (p. 176-77). Peanut oil (p. 179. "Peanut oil is used to some extent in this country, like cotton-seed oil, mainly to adulterate or imitate olive oil, which is much more expensive"). Adulteration of coffee (with chicory, beans, or peanuts) and coffee substitutes (from wheat, rye, or oatmeal to which butter is added) (p. 200-01). Food preservation and ferments (p. 253). Vegetarian diets (p. 296-97). Digestion of proteids in the stomach (incl. gluten and vegetable casein, p. 325). Artificial digestion, using scientifically prepared digestive ferments or enzymes (p. 329-35): "To physiologists we are indebted for the discovery and development of the scientific preparation of digestive ferments of enzymes and the predigestion of food outside the body. The composition of the various digestive ferments and their action in general have been understood for a long time, but it is only within the last two or three decades that the use of these organic bodies has been made practicable on a large scale for rendering food more digestible or assimilable by invalids."

"The different ferments which can be used for increasing the activity of digestion within the body or for partially digested foods outside of the body are principally diastase, pepsin, and extracts of pancreatic juice, which are usually

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called pancreatin, and which are compounds of several substances. Besides these there are several vegetable ferments, such as papain from the American papaw, and ferments are present in the juice of the pineapple, and the century plant or agave.

"Predigestion of starches: There are a variety of ferments which have the power of converting starch into dextrin and sugar. They are ptyalin in the saliva, amylopsin [an amylase] in the pancreatic juice, diastase, a ferment in the intestinal juice, and the substances inulin and lichenin... Mucin and certain gums are also amylolytic. Of these different ferments, the one which is found to be of most practical service for predigestion is diastase. The action of the diastase of malt resembles that of the ptyalin of saliva and the amylopsin of pancreatic juice, which alter starches into dextrin and maltose." "Ground malt itself possesses even stronger digestive action upon starches than malt extracts." "For manufacturing malted foods the wheat or barley flour should be baked in order to rupture the starch granules and make them more soluble."

"Predigestion of proteids: The digestion of proteids may be accomplished either within the body by prescribing pepsin and hydrochloric acid, or without the body by use of the same agents, or, as is more often done at present, by pancreatinisation. Pepsin was among the first digestive ferments to be isolated and employed for artificial fermentation. This ferment differs from diastase in the fact that it is capable of continuing its digestive functional activity within the body, and it is therefore frequently prescribed in cases of deficient gastric secretion, to be taken with the meals, or immediately after, as a powder or in solution. The action of pepsin is confined to the conversion of albuminous food, and it requires an acid reaction." A table (p. 332) shows the relative digestive power of 6 commercial products as reported by Prof. Chittenden on 16 Feb. 1889; Parke, Davis & Co.'s Pepsinum Purum in Lamellis was found to be best. "Pancreatin is the name of a complex fermentative body derived from extracting the pancreatic gland." It is "a powerful digestive agent and, on the whole, more serviceable for the predigestion of food than any of the other ferments. It contains both trypsin and amylopsin. This extract also emulsifies fats... and since its action is so powerful and varied, the majority of the predigested food preparations–the so-called 'peptonised foods'–are made with pancreatin instead of pepsin." Predigested infant foods and milk are popular but expensive and sometimes have a bitter or disagreeable flavor. Papoid [from papaya] is an excellent vegetable ferment favored by Prof. Chittenden (of Yale Univ., Connecticut), who states that it "has the power of digesting to a greater or less extent all forms of proteid or albuminous matter, both coagulated or uncoagulated. Furthermore, papoid is peculiar in that its digestive power is exercised in a neutral, acid, or alkaline medium."

Food absorption takes place from the stomach to a limited degree, from the small intestine to a great degree, and from the large intestine to a lesser degree.

The first U.S. edition was published in 1897 (copyrighted 1895). A second edition was published in 1902. A fourth edition was published in 1909 (xxvi + 928 p.). William Gilman Thompson lived 1856-1927. Address: M.D., Prof. of Materia Medica, Therapeutics, and Clinical Medicine in the Univ. of the City of New York.

403. **Product Name:** Tofu.
Manufacturer's Name: Hirata Co?
Manufacturer's Address: Sacramento, California.
Date of Introduction: 1895?
New Product–Documentation: This is the earliest known soyfood product made by a Japanese in the Continental USA. However the initial company name, address, and starting date are not clear.

Washizu, Shakuka. 1930. *Zaibei Nihonjin shi kan* (*A History of Japanese in America*). Pages 36-37. "Pioneers of tofu and konnyaku production in America." A person named Chieto HIRATA, who lived in Sacramento, California, imported konnyaku from Japan. He came to the USA in about 1891. He is one of the old timers who transmigrated Hawaii. A native of Hiroshima prefecture in Japan, he was very clever and business-minded. In 1893 his wife began a company making konnyaku in Sacramento, California. Shortly after that she started making tofu.

"Footnotes: (1). Mr. Hirata is presently engaged in business in Korea. (2) Since the Chinese were the most skilled in making tofu, only recently [in the last 20 years] have Japanese started specializing in its production. There are many who claim to be the first; I am afraid of making any errors."

404. Ralph, Julian. 1896. The story of Miss Pi. *Harper's New Monthly Magazine* 92(548):189-200. Jan. See p. 190.
• ***Summary:*** This is a Chinese fairytale. Miss Azalea Pi is a fairy. In Hang-chow: "They stared at the live fish in the tanks and tubs of the fish-dealers, at the huge immaculate white mounds of bean curd, and the gorgeous displays of green, pink, and yellow vegetables. Everything was new to them."

405. *Times* (*London*). 1896. Agriculture: Crops and live stock. Jan. 13. p. 8, col. 3. [1 ref]
• ***Summary:*** "A vegetable preparation possessing many of the dietetic properties of meat is produced in Japan under the name of 'tofu.' It consists principally of the protein matter of the soya bean, and is said to be as easily digestible as beef. It is freshly made every day, and is sold in thin tablets of snow-white colour, and of the consistency and taste of freshly-precipitated casein of milk. The name 'vegetable cheese,' proposed to be applied to it, is not justifiable, as there is no trace of bacterial action associated with its preparation. Another form, known as 'kori-dofu,' is prepared by exposing

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the fresh tofu tablets to the action of frost, with the result that they shrink considerably, lose water, and become more compact. Fresh tofu contains, on the average, 89 per cent of water, whilst kori-dofu contains only 15.3 per cent, in air-dry condition. Tofu is manufactured by the people who sell it in their shops. The beans are first soaked for 12 hours in water, and then crushed between two millstones to a uniform pulpy mass. This is boiled for an hour with three times its quantity of water, and is then filtered through cloth. The liquid passes through white and opaque, exactly like cow's milk, whilst the smell and taste is suggestive of fresh malt. Upon standing, very fine particles separate on the surface, and these under the microscope are easily recognizable as small globules of fat. After two or three days there is a strong development of lactic acid, under the influence of which the casein separates exactly as in the souring of milk. Mr. Inouye, of the College of Agriculture at the Imperial University, Tokio, states that in preparing tofu tablets from the fresh milky liquid about 2 per cent of concentrated brine is added with constant stirring; a flocculent precipitate soon forms and is separated by means of a cloth filter, slowly pressed, and cut into tabular shape. In this way about one-fourth of the total quantity of the proteid in soya beans is obtained in the tofu. The brine employed is made from sea water, and it is to the potassium and magnesium salts contained in this that the precipitation of the tofu appears to be due. Wherever rice forms the principal food of man, as in China and Japan, the addition of some other food rich in nitrogenous matters, or proteids, is necessary to make up for the deficiency of proteids in rice. The people of the sea coast supply this want by the use of marine animals, whilst inland the seeds of various leguminous plants, and notably the soya bean, are employed, as beef and other meats have only recently come into use. Tofu, therefore, may be regarded as a kind of vegetable beef prepared artificially from a plant product, and, when consumed in conjunction with rice, filling the *róle* of a nitrogenous or proteid food in the presence of a larger quantity of a carbonaceous one."

Note: This is the earliest article seen (Dec. 2005) in the *Times* (London) that contains the term "soya bean."

406. Prinsen Geerligs, H.C. 1896. Einige chinesische Sojabohnenpraeparate [Some Chinese soybean preparations]. *Chemiker-Zeitung* 20(9):67-69. Jan. 29. (Exp. Station Record 8:72). [3 ref. Ger]

• ***Summary:*** This is a German translation of the author's 1895 Dutch article, but with two mistakes concerning tempeh corrected. He changed the name of the mold from *Chlamydomucor Oryzae* to *Rhizopus Oryzae* and he changed the name of the product from "tempets" to "tempeh." He added in conclusion that "it was finely sliced and enjoyed, mold and all." But he continued, apparently mistakenly, to refer to tempeh as a Chinese soyfood.

He also improved his description of Chinese-style soybean paste, which he now calls *Tao-tjiung* (*Bohnenbrei*) [*doujiang*], and says has much similarity with the miso of the Japanese (p. 68 R.7).

Note 1. These two articles by Prinsen Geerligs ushered in the era of scientific research on tempeh by European microbiologists and food scientists.

Note 2. This is the earliest document seen (Sept. 2011) that contains the word "tempeh"–spelled with an "h" on the end.

Note 3. It is also the earliest German-language document seen (Sept. 2011) that mentions tempeh, which it calls "tempeh."

Note 4. This is the earliest German-language document seen (Oct. 2003) that uses the term *milchweisse Flüssigkeit* ("milk-white liquid") to refer to soymilk. Address: Java, Indonesia.

407. *Vegetarian Messenger* (*Manchester, England*). 1896. Tofu, a Japanese vegetable cheese. Feb. p. 33-35.

• ***Summary:*** A summary of a long paragraph on tofu from an article titled "Agriculture: Crops and live stock," in the *Times* (London) (13 Jan. 1896, p. 8).

408. Ralph, Julian. 1896. The "boss" of Ling-Foo. *Harper's New Monthly Magazine* 92(550):620-31. March. See p. 624.

• ***Summary:*** "She trotted seventeen hours a day on those doubled-up ends of hers [feet that had been bound]–like the pig-deer in the rice-fields–cooking the rice, preparing the bean curd in all its forms, serving the food, the tobacco, the lighted paper spills for the men who smoked the water-pipes."

409. Kellogg, John Harvey. 1896. Bean cheese: Editorial. *Modern Medicine and Bacteriological Review* (*Battle Creek, Michigan*) 5(5):112. May.

• ***Summary:*** "A variety of cheese known as *tofu* is much used by the Japanese. It is made from the soja bean, which, after soaking for twelve hours in water, is ground to a uniform pulpy mass, then boiled for an hour in three times its quantity of water, and afterward filtered through a cloth. The milky liquid thus obtained is allowed to stand two or three days, when lactic acid develops, by which the vegetable casein is separated as in sour milk. Ten per cent. of concentrated brine is added by constant stirring, which causes a flocculent precipitate. This is separated by a cloth filter, and is formed into tablets by a slow pressure.

"*Tofu* is eaten in the form of soup and in many other ways. The solid nutriment which it contains amounts to only about ten per cent. Sometimes the greater part of the water is separated by freezing, and the block of frozen *tofu* afterward allowed to thaw in the sun. When prepared in this way, the proportion of solid nutriment, chiefly fat and vegetable casein, is nearly eighty per cent."

Note 1. This is the earliest document seen (June 2007) in

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which Dr. John Harvey Kellogg clearly mentions a soyfood product–tofu.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "frozen tofu" to refer to dried-frozen tofu. Address: M.D., Battle Creek Sanitarium, Michigan.

410. Trimble, Henry. 1896. Recent literature on the soja bean. *American J. of Pharmacy* 68:309-13. June. [12 ref]
• ***Summary:*** One of the best early reviews of the literature, especially the Japanese and European literature, published in the United States. This paper introduced several new soyfoods (such as *natto* and *kori-dofu*) to the United States Contents: Introduction. Nutritional composition of the soja bean based on analyses of 5 samples from China, Hungary, France, and Japan. Diastatic enzyme / ferment "present in the soja beans to a greater extent than in many other leguminous seeds (see Güssmann 1890). Composition of etiolated soja shoots [sprouts]. The oil [of the soja bean]. Starch content. Sugar content. Use of soybeans as food in Japan. Miso. Natto. Tofu. Kori-dofu. Introduction of the soja bean to the United States in about 1888. Ability to obtain nitrogen from the air.

Note. This is the earliest English-language document seen (Jan. 2013) that uses the term "etiolated soja shoots" to refer to soy sprouts.

"The immediate excuse for the appearance of this paper is the fact that a number of contributions have recently appeared on the soja bean, notably from the College of Agriculture, Imperial University of Japan."

"The oil may be extracted by pressure or by means of solvents [in the laboratory]; it is said to possess some laxative properties, is of a yellowish brown color, and has a slightly aromatic odor; it is intermediate between the drying and non-drying oils." The following constants, based on Stingl and Morawski (*Chemiker Zeitung,* 1886, p. 140) are given: "Specific gravity at 15ºC: 0.924. Point of solidification: 8-15ºC. Fusing point of the fatty acids: 27-29ºC. Point of solidification of fatty acids: 23-25ºC. Temperature rise: 59ºC. Iodine number: 121.3. Iodine number of the fatty acids: 122. Saponification number: 192.5. Note: Trimble actually got these constants from *J. of the Society of Chemical Industry,* 31 May 1893, p. 453-54, which summarised an Italian-language article by De Negris and Fabris (1891), whose values confirmed those obtained by Stingl and Morawski.

Trimble (p. 311-12) gives a good, detailed description of natto based entirely on Yabe (1894). Parts of his summary perceptive: "Yabe found in this substance four kinds of microbes present, and he believes the chemical decomposition of the proteids to be due to one or more of these microbes... A chemical investigation by the author just mentioned [Yabe] revealed tyrosine, peptone, guanine, leucin and xanthine. The total proteids amounted to considerably more in the *natto,* when allowance is made for moisture, than existed in the original bean, and the artificial product is also considered to be much more digestible."

Concerning tofu and soymilk: "A still more interesting preparation of the soja bean than either of the preceding [miso and natto] is *tofu.* This has been described and investigated by M. Inouye (*Bulletin Imp. College of Agriculture,* Vol. 2, No. 4 [1895]). The beans are first soaked for about twelve hours in water, and then crushed between two millstones until a uniform pulpy mass is obtained. This is then boiled with about three times its weight of water, and filtered through cloth. The liquid filtrate is white and opaque, very closely resembling cow's milk, while the odor and taste remind one of fresh malt. On standing, the liquid becomes sour from the formation of lactic acid, and a coagulation of the casein takes place. The freshly boiled and filtered liquid is coagulated either by the addition of a portion of the sour liquid which has been set aside from a previous lot, or it is treated with about 2 per cent of a concentrated brine, such as is obtained as mother liquor from the preparation of sea salt."

"Somewhere about the year 1888 the soja bean was introduced into the United States. It has been tried in a number of State Experiment Stations, and is gradually working into favor in the Southern States. In Kansas the plant has been found to withstand considerable drought... The plant is valuable for forage or soiling. The beans have been produced in South Carolina to the amount of 10 to 15 bushels per acre. On account of their richness in oil they have been used as a substitute for cotton-seed meal in feeding cattle, with very satisfactory results.

"The plant is believed to have, in common with most leguminosæ, the power of obtaining some of its nitrogen from the air, and hence, of acting as a soil renovator."

Note 1. This is the earliest document seen (March 2002), published in the USA, that contains the word *tofu,* or *kori-dofu* [dried-frozen tofu], or that discusses soymilk.

Note 2. This is the earliest English-language document seen (March 2003), published in the USA, that uses the word "crushed" or one of its cognates (crushing, crushers, etc.) in connection with soybeans.

Note 3. This is the earliest U.S. document seen (Sept. 2002) that mentions the use of a solvent for extracting the oil from soybeans.

Note 4. This is the earliest English-language document seen (March 2008) that contains the term "iodine number" (regardless of hyphenation or capitalization).

Note 5. This is the earliest English-language document seen (March 2008) that contains the word "drying" in connection with soy oil and its iodine number, or that states that soy oil is intermediate between the drying and non-drying oils. Address: USA.

411. Guo Yunsheng. 1896. Jiuhuang jianyishu [Treatise on simple methods of alleviating famine]. China. Passage on

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soy reprinted in C.N. Li 1958 #344, p. 243-47. [Chi]
• ***Summary:*** Wade-Giles reference: *Chiu Huan Chien I Shu*, by Kuo Yün-Shêng. Qing dynasty. The major division titled "Monthly ordinances for famine relief" contains the following sections: In the third month, you can plant large-seeded black soybeans (*heidou*). In the third month, plant small-seeded yellow soybeans (*huangdou*)*:* they can be used cooked as a main dish / grain (*fan*) or as a side dish / vegetable (*cai*), or they can be used for making jiang, fermented black soybeans (*shi*), soy oil, or tofu (*fu*). In the third month, plant large-seeded yellow soybeans (*huangdou*)*:* they can be used in all the same ways as small-seeded yellow soybeans, described above.

In the fourth month, plant large-seeded black soybeans, small-seeded yellow soybeans, and large-seeded yellow soybeans: In the early fall, they young pods can be eaten [as green vegetable soybeans].

In the fifth month, plant the large-seeded black soybean, the small-seeded yellow soybeans, and the large-seeded yellow soybeans: everybody knows what to do with them.

The major division titled "Saving the soil when it is depleted" contains the following sections: Plant large-seeded black soybeans, small-seeded yellow soybeans, or large-seeded yellow soybeans: Do not till the soil [which could cause erosion]. Note: Planting these legumes will help enrich the soil with nitrogen.

Plant large-seeded black soybeans, small-seeded yellow soybeans, or large-seeded yellow soybeans on land which has been infested by insects: Soybean seedlings contain no sugar, so the insects do not like to eat them.

New beans [those on land that has not been previously planted to beans] should be planted in a shady place: These new beans came from a place named Fanxian in Sichuan province. Note: This is apparently a famous soybean variety from a place where soybeans are apparently grown a lot.

Large-seeded black soybeans, small-seeded yellow soybeans, and large-seeded yellow soybeans should be planted in a shady place.

Barley can use black or yellow soybeans as green manure. Wheat can use black or yellow soybeans as green manure.

Barley can use dried black or yellow soybean leaves as manure. Wheat can use dried black or yellow soybean leaves as manure. Note: In times of famine, recycle all possible crop wastes.

In sandy places, use the dry empty pods of black soybeans or yellow soybeans as manure.

In hard soil, use dried leaves of black or yellow soybeans as manure.

Black soybeans and yellow soybeans should not follow (fears) the red flowered plant [safflower?] in rotations– according to certain old farmers. Note: Safflower has orange-red flowers, which were long used in China as a source of red dye. Southern melons (*nangua*) should not follow black or yellow soybeans in rotations. Bamboo shoot melons (*sungua*) should not follow black or yellow soybeans in rotations. False southern melons (*jianangua*) should not follow black or yellow soybeans in rotations. *Nuogua* melons should not follow black or yellow soybeans in rotations: in the midst of their growth, the melons will wilt. Black soybeans should not follow yellow soybeans in rotations, and vice versa.

The major division titled "Planting for famine relief" [plants which yield a crop quickly] contains two sections: Quick-maturing / early soybeans (*dadou*) or plum soybeans (*meidou*) can planted any time (and staggered) from the 2nd month to the 5th month: Soybeans planted in the 2nd month will ready to harvest in the 5th month. Small-seeded yellow soybeans whose seedlings are to be used as a vegetable (*huangdou miaocai*) can be planted for 3 months / three times [meaning unclear]: The grain changes into a vegetable; they are grown everywhere. (Translated by H.T. Huang, PhD, March 2003).

Bray (1984, p. 641): "A treatise on simple methods of alleviating famine." 1896.

412. Thompson, William Gilman. 1896. Practical dietetics: With special reference to diet in disease. New York, NY: D. Appleton and Co. xxii + 802 p. Illust. Index. 24 cm.
• ***Summary:*** Very similar to the 1895 edition, with the same number of pages. Soya is mentioned on pages 135, 654, 656-57, 785, and 799. Address: M.D., Prof. of Materia Medica, Therapeutics, and Clinical Medicine in the Univ. of the City of New York.

413. *Bruce Herald* (*Otago, New Zealand*). 1897. Miscellaneous. Jan. 12. p. 6.
• ***Summary:*** "Vegetable meat of Japan, called "torfu" [sic, tofu], is said to consist chiefly of protein of the soya bean, and to be as nutritious and digestible as meat. It is sold in tablets, is white as snow, and tastes like fresh malt."

414. Tokio Nurseries Co. 1897. General catalogue of plants, bulbs, seeds, &c. &c. Tokio, Japan. v + 53 p. 25 cm. [Eng]
• ***Summary:*** In the section titled "Vegetable seeds" (p. 45-50) is a subsection on "Pulse" (p. 47-48). The first entry is: "Soya Hispida, glycine hispida, soy bean, wide cultivation of this bean in the East, is used in the preparation of Japanese Soy [sauce], of Vegetable Bean Cheese [tofu], as well as Green fodder and manure. Thus the bean forms one of the staple products of Japan.

"'Early Variety,' sow April, crop in June. $1.20 per 10 lbs. $12.00 per 100 lbs.

"'Late Variety,' sow May, crop in August, eaten only when fully boiled down. $2.00 per 10 lbs. $18.00 per 100 lbs."

Other species of pulse listed are: *Phaseolus Mungo var. subtrilobata* ([azuki], 4 varieties; "'Common,' a very

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hardy productive one, sending out bushy crowns. The beans are crushed and made into sweets. $1.00 per 10 lbs." Also: White, Black-Eyes, New Prolific), *Phaseolus Mungo var. radiatus* ([mung beans]; "green podded, which when smashed is made into sweets, June-Sept., $1.50 per 10 lbs."), broad beans, peas ("Ordinary pisum sativum, also used in the preparation of viscous soy" [sauce]), red pea, *Dolichos Lablab, Mucuna Capitata,* French beans, Speckled Partridge ("correct botanical name is not yet identified"), *Canavalia ensiformis.*

"Cable address: Nurseries Co., Tokio. Headquarters for lily bulbs, Cycas revoluta, Japanese plants and seeds." On the cover are two photos: (1) A horse pulling a two-wheeled cart loaded with boxes. (2) People packing things into trays and baskets outdoors.

Note 1. This is the earliest Japanese seed catalog seen (Dec. 2004) that mentions soybeans.

Note 2. This is the earliest Japanese seed catalog seen (Dec. 2004) that contains one or more photographs.

Note 3. This is the earliest English-language document seen (April 2012) that mentions a non-soy sauce made from peas that resembles soy sauce. Address: Komagome, Denchu, Tokio, Japan.

415. Langworthy, C.F. 1897. Soy beans as food for man. *Farmers' Bulletin* (*USDA*) No. 58. p. 20-23. July 7. Revised (very slightly) in 1899. [1 ref]

• ***Summary:*** Describes and gives the nutritional composition of various Japanese soyfoods, including natto, miso (white, red, or Swiss), tofu, frozen tofu, yuba, shoyu. Many of his descriptions of soyfoods are based on Trimble (1896).

"Tofu, or bean cheese, is prepared as follows: The beans are soaked in water for about twelve hours, and crushed between millstones until of a uniform consistency. The ground material is then boiled with about three times its bulk of water for about an hour, and filtered through cloth. The filtrate is white and opaque, having somewhat the appearance of milk. It has, however, the taste and smell of malt. This milky liquid, to some extent, resembles cow's milk in composition, as is shown by the following table:" The table, titled "Comparison of the composition of soy-bean milk and cows' milk," shows that the two liquids (soy / cow) have the following composition: Water 92.53% / 86.08%, albuminoids 3.02% / 4.00%, fat 2.13% / 3.05%, etc.

"The protein in soy-bean milk is precipitated by adding the mother liquor obtained in the manufacture of salt from sea water, which contains considerable magnesium chloride. The precipitate is filtered off and formed into cakes with the hands. It is eaten in the fresh state or frozen. In the latter case it loses part of its water."

"Though these soy-bean products are prepared chiefly in Japan and other eastern countries, their manufacture has been attempted to some extent in Switzerland and elsewhere..."

"Bean sausages in considerable variety are prepared in Germany, and formed part of the ration of the German soldier in the Franco-Prussian war. So far as can be learned, these are always made from ordinary varieties of beans and not from soy beans...

"Under the name of coffee beans, soy beans are eaten to some extent in Switzerland as a vegetable, and dried and roasted are also used as a coffee substitute. Their use for this latter purpose is not unknown in America. The attempt has recently been made by certain dealers to place the soy bean on the market as a new substitute for coffee and to sell it under other names at an exorbitant price.

"Bulletin No. 98 of the North Carolina Experiment Station recommends soy beans as a palatable vegetable when prepared as follows: Soak the beans until the skins come off and stir in water until the skins rise to the surface and then remove them. Boil the beans with bacon until soft, season with pepper, salt, and butter, and serve hot. If the beans are green the preliminary soaking may be omitted. No other references to the use of soy beans for human food in the United States have been found."

Note 1. This is the earliest English-language document seen (Oct. 2003) that contains the term "soy-bean milk." It is also the earliest U.S. government document or USDA document seen (May 2006) that uses the term "soy-bean milk" (or any other term containing the word "milk") to refer to soymilk.

Note 2. This is the earliest document seen (Jan. 2005) concerning the work of the USDA with nutrition (or home economics) and soybeans. Address: Office of Experiment Stations, USDA, Washington, DC.

416. *New Zealand Tablet* (*National*). 1897. Science notes: The flavours of butter and cheese. Oct. 22. p. 27.

• ***Summary:*** "We learn some curious facts about butter and cheese from that section of Professor Marshall's learned Presidential Address on Botany, at the meeting of the British Association, which was devoted to the bacteriology of the dairy. To different forms of bacteria, he tells us, are due the distinctive flavours of varieties of butter and cheese..."

"The lecturer suggested that interesting results might be obtained from the investigation of the vegetable cheese [tofu] made in China and Japan from the curd of the soy bean, which is allowed to become mouldy in the process" [fermented tofu].

417. *Sydney Mail* (*Australia*). 1897. Horticultural notes. Nov. 20. p. 1057.

• ***Summary:*** "The several thousand of Chinese residents in San Francisco are remarkable for their aversions to 'white devils' bread,' and for using in its stead a number of articles, either imported at considerable expense direct from China or grown by them in the rich alluvial valleys of California. One may frequently see offered for sale in the provision-dealers' stores in China-town, San Francisco, large baskets of

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yellowish-white lily-bulbs..."

"Among other things frequently met with in the provision stores of China-town are:–... Chinese cabbage, Brassica chinensis; sprouted seeds of the Soy bean, Glycine Soja; black, white, and green seeds of Glycine Soja, and a small, square, white cheese made from the same, wrapped in a yellow cloth, and bearing a brown Chinese monogram;..."

Note 1. This is an early report of soybeans, soy sprouts, and probably pressed tofu in California. It is the only document ever seen (Jan. 2010) describing pressed tofu being sold, wrapped in cloth, bearing a Chinese monogram [character] on the cloth. The source of this information is unclear.

Note 2. This is the earliest English-language document seen (Jan. 2013) that uses the term "sprouted seeds of the Soy bean" to refer to soy sprouts.

418. Trimble, Henry. 1897. The soy bean. *American J. of Pharmacy* 69:584-93. Nov. [11 ref]

• ***Summary:*** Much of this material is derived from Williams and Langworthy (1897). Illustrations (p. 585, from Williams, p. 5) show: (a) flowering branch of a soy bean plant (reduced 2/3), (b) one of the flowers (enlarged), (c) pods of a soy bean plant (reduced 2/3).

One table (p. 588) shows the chemical composition of various kinds of forage made from the soy bean (fresh or air-dry substance, or water-free substance): Fodder (early bloom to early seed), soy-bean hay, straw, straw (hulls and vines after threshing), soy-bean seed, soy-bean meal (18.9% / 21.0% fat), soy-bean ensilage, corn and soy-bean ensilage, millet and soy bean ensilage.

Another table (p. 591) shows the composition of the following "Soy-bean food products": Fresh tofu, frozen tofu, natto, yuba, white miso, red miso, Swiss miso, and two types of shoyu. For each is given the percentage of water, protein, fat, nitrogen-free extract, fiber, and ash [minerals].

Note: This is the earliest English-language document seen (Sept. 2011) that contains the term "soy-bean food" or "soy-bean food products." It is also the earliest document seen (Sept. 2011) concerning the etymology of the word "soyfoods." Address: USA.

419. Angell, Stephen H. 1897. Soya as food and fodder. *Consular Reports* [*USA*] 55(207):551-52. Dec. [2 ref. Eng]

• ***Summary:*** A remarkable article about all aspects of soybeans and soyfoods. It begins: "The following is a translation from an article by M. Henri Fortune, the well-known French agriculturist. 'There exists a plant extensively cultivated throughout China, Japan, Cochin China, and Tonquin, of which the culture on clay and flinty clay lands would be an excellent experiment for agriculturists and persons interested in the progress of agriculture. This plant acclimatizes perfectly in Belgium.

"'It is employed in the above countries as a food and for divers other purposes. Transformed by cooking into a pulp, which is mixed with salt and rice, we obtain the 'miso,' which constitutes the regulation breakfast of the Japanese. I have eaten this preparation in Yedo [Edo, Tokyo] in 1892, and I found it excellent in taste and very nourishing.

"'Mixed with barley, fermented with water and pressed, this product yields a sirup known as the "soya," which is, so to speak, the unique sauce for all and every Japanese dish, and is employed in such large quantities that the works in the town of Nagasaki have a yearly production of 2,000 tons. The soya also yields a very superior quality of oil, which advantageously replaces olive oil.'"

"'The bread made from the flour of the soya is as good as cake without sugar, and is very appetizing, and is not to be compared with gluten bread, which constipates.'" Fortune believes that 'soya bread is twice as nourishing as wheaten bread, five times as poor in starch, and ten times as rich in fatty materials, and, once its qualities are fully known, the soya may be pronounced the bread of the future.' He recommends the use of soya in bread and biscuits for diabetic diets.

"'In China, the soya replaces milk, which the Chinese do not drink at all. To make this milk, the grain must be crushed, put in a sieve, water slowly poured over it, and a product obtained having all the qualities of milk.

"'The cheese made from soya is delicious. The grain is softened in water and pounded in a mortar. The pulp compressed in a cloth gives two parts; that which is hard is used to feed poultry, etc., and the other, which passes through the cloth, is albumen, and is put on the fire, the curds separated with the aid of rennet, and, when coagulated, a little salt is added.'"

Of green vegetable soybeans he writes: "'We have a project in hand to call together the principal Paris restaurant keepers this winter, to allow them to partake of this new vegetable, which will advertise it throughout the world under the patronage of such substantial connoisseurs.

"'In a few years hence, one will buy soya at the grocers, as to-day one buys beans. It is an excellent substitute for hay, and keeps horses in good condition, and cows, when fed on it, will yield at least 20 per cent more milk daily than when fed on ordinary hay.

"'The soya produces per hectare (2.471 acres) from 2,500 to 3,000 kilograms (5,512 to 6,614 pounds) of seed, especially if phosphate fertilizers are sufficiently employed.'"

Note: This is the earliest document seen (Feb. 2001) concerning soybeans in Belgium, or the cultivation of soybeans in Belgium. This document contains the earliest date seen for soybeans in Belgium, or the cultivation of soybeans in Belgium (Dec. 1897). The source of these soybeans is unknown. Address: Commercial Agent, Roubaix, France July 13, 1897.

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420. Hosie, Alexander. 1897. Three years in Western China; A narrative of three journeys in Ssu-ch'uan, Kuei-chow, and Yun-nan [1882-84]. 2nd ed. London: George Philip & Son. New York: Dodd, Mead. xxvii + 302 p. See p. 68, 164. Illust. Map. Index. 22 cm. First edition published in 1890.
• ***Summary:*** The contents and pagination of this book are largely the same as those of the first edition (1890). Bean curd [tofu] is discussed on p. 68, and soy sauce on p. 164. Also contains a fold-out map showing the author's route. Address: M.A., F.R.G.S., H.B.M. Consular Service, Newchwang, China.

421. Krafft, Guido. 1897. Die Pflanzenbaulehre. Sechste, neuarbeitete Auflage [Instruction in plant cultivation. 6th ed.]. Berlin: Verlagsbuchhandlung Paul Parey. viii + 279 p. Illust. (incl. many color). Index. 23 cm. Series: Lehrbuch der Landwirtschaft auf wissenschaftlicher und praktischer Grundlage. 2nd Bd. [2 ref. Ger]
• ***Summary:*** In Chapter 2, "Legumes (Cultivation of protein-rich seeds)," section 7 (p. 80-81) is about the soybean (*Die Sojabohne*) also called the hirsute Soya (*rauhhaarige Soja*) or the "Haberlandts bean" (*Haberlandt's-Bohne*) (*Soja hispida* Mönch). Discusses: Botanical description, color of seeds, two important German-language publications about soybeans (Wein 1881 and Haberlandt 1878), widely cultivated in China and Japan, bears seeds in Europe only in areas which in 20-25 weeks accumulate 2500 to 3000ºC heat units (*Wärmeansprüchen*), description and chemical composition of yellow soybean seeds, used as food to make [soy] sauce and cheese [tofu] in China and Japan, a source of oil in Europe, and a feed for cattle, imported also as soya cake and meal (*Sojakuchen, Sojaschrot, Sojamehl*), best soil for cultivation, planting time, care, flowering, typical yields of seeds (62-72-75 kg/ha) and straw. A non-original illustration (line drawing) shows a soybean plant with many pods growing thickly on the stem, plus an enlarged view of a cluster of about 7 pods to the upper left of the plant. The soybean is also mentioned on p. 64. Also discusses Lupines (p. 80-85).

Chapter 3, Oilseeds (*Ölfrüchte;* the cultivation of oil-containing seeds, p. 81+) mentions: Peanuts, almonds, white sesame, brown sesame. It discusses: rapeseed (p. 82-83). Address: PhD, Professor der Land- und Forstwirtschaft an der k.k. technischen Hochschule in Wien (o. ö. Professor der Land- und Fortswirtschaft and der k.k. technischen Hochschule in Wien).

422. Lafar, Franz. 1897. Technische Mykologie. Ein Handbuch der Gaerungsphysiologie... Erster Band: Schizomyceten-Gaerungen [Technical mycology. A handbook of fermentation physiology... Vol. 1: Schizomycetic fermentations]. Jena: Verlag von Gustav Fischer. xiii + 362 p. See p. 290, 305-15. Illust. No index. 25 cm. Foreword by Prof. Dr. Emil Chr. Hansen (Carlsberg-Laboratorium, Kopenhagen [Copenhagen]). [7 ref. Ger]
• ***Summary:*** The introduction gives a detailed early history of the discovery of fermentation, microorganisms and *Mikrozymen / Mikrozyma* (microzymes) (including the work of Needham, Spallanzani, Franz Schulze, Theodor Swann, Schröder and Dusch, Louis Pasteur, and Béchamp), its relation to spoilage, the development of fermentation theory, and the nature of the fermentation organisms.

In Chapter 31, "Cheese fermentations and related decompositions," section #179 is titled "Natto and miso." These fermented foods are both made from the soybean (*Soja-Bohne*). For natto: The fermentation results in a partial transformation of the proteins into amides, peptones, guanin, xanthin, and tyrosin. The resulting mass is called natto in Japan, and is sold commercially. Note: Even though the word "enzymes" is not used, the author describes their action. This is the earliest document seen (July 2003) describing the action of enzymes produced during a soybean fermentation. At the end of the same section, koji, shoyu, tofu, nukamiso, taohu, and tao-yu (Chinese-style tofu and soy sauce) are mentioned–with 7 partial references.

Chapter 33, titled "The binding of free nitrogen by bacteria" (p. 303-17) discusses this relatively new idea in depth, including the discovery of root nodules on legumes, the origin and function of the nodules, and the nodule bacteria; Soybeans are mentioned on p. 303. Chapter 36, titled "Nitrogen-fixing bacteria" (p. 335-43) gives more details.

Note 1. Although there are many in-text citations, the bibliography for this volume appeared in Vol II, published in 1901-1907. An English-language translation of this volume was published in 1910.

Note: This is the earliest document seen (Sept. 2002) concerning the early history of microbiology and the discovery of enzymes. Address: Unestablished university lecturer (*Privatdozent*) for Fermentation-Physiology, Technical High School. Assistant at the Physiological Laboratory of the Royal Experiment Station for the Fermentation Industry at Hohenheim near Stuttgart [Germany].

423. Lindley-Cowen, L. Western Australia Bureau of Agriculture. ed. 1897. The West Australian settler's guide and farmer's handbook: Descriptive notes on the agricultural areas and crown lands open for selection... Perth, Australia: Bureau of Agriculture. E.S. Wigg & Son, Printers. 22 + 818 + 23 p. Issued in 6 parts. See Part 1, p. 447-48. Edited by L. Lindley-Cowen, Secretary.
• ***Summary:*** Chapter 3, titled "Fodder and forage plants (Exclusive of grasses)" begins: "The bulk of the information given in the following pages is taken from Bulletin No. 2, issued by the United States Department of Agriculture, division of agrostology. Numerous other plants are mentioned in the bulletin, but only those have been selected

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which it is considered might be successfully introduced into this colony."

In this chapter (which is mostly about legumes, with the plants listed alphabetically by scientific name) is a subsection (p. 447-48) on the soja bean. It starts with a large illustration (line drawing), "Fig. II.- Soja bean (*Glycin* [*sic, Glycine*] *hispida*) which shows the upper part of a soybean plant with leaves, pods, and a flower.

It continues: "*Glycine hispida* (Soja bean; soy bean; coffee bean. Fig. II)–An erect annual legume, with hairy stems and leaves, which has been cultivated in China and Japan from remote antiquity. It was long grown in botanic gardens, but when the facts concerning its use as a human food by oriental nations came to light about twenty years ago, it was largely introduced into this country [USA] and Europe, where thorough trials of its forage and food value have been made. There are a large number of named varieties, which vary in the color of their seeds and the length of time which the plants require to come to maturity. The seed is planted at the rate of half a bushel to the acre, in drills 2½ to 3 feet apart, and cultivated about the same as Indian corn. In Virginia, soja beans are planted between the hills of corn, so that two crops are produced on the same field at the same time. The yields of seed are often enormous. Soja beans are fed to stock green, as silage, or as hay. The haulms are rather woody, and do not make the best quality of hay, but as either ensilage or green forage they are unsurpassed. The hay contains from 14 to 15 per cent. crude protein and 3 to 6 per cent. of fat. The beans contain from 32 to 42 per cent. protein, and from 12 to 21 per cent. of fat in fresh material. When fed to milch cows, a ration of soja beans increases the yield of milk, improves the quantity of the butter, and causes the animal to gain rapidly in weight. It is an excellent addition to a ration for fattening cattle. In China and Japan, where the soja bean is an article of diet, substances similar to butter, oil, and cheese [tofu], as well as a variety of dishes, are prepared from it. The yield of green forage amounts to from 6 to 8 tons per acre, and of the beans from 40 to 100 bushels. The feeding value of the bean has been found to be greater than that of any other known forage plant except the peanut."

Also mentioned in this chapter are the peanut (p. 433), astragalus (p. 434), *Brassica napus* (winter rape, rape, dwarf Essex rape, p. 436-37), chick pea (p. 439), *Cyperus esculentus* (chufas, hognut, ground almond, p. 440), lentil (p. 440), etc. Address: Perth, Australia.

424. Naudin, Charles Victor. 1897. Nouvelles recherches sur les nodosités ou tubercules des légumineuses (et sur leurs rapports avec ces plantes) [New investigations on legume nodules or tubercles (and on their connection with these plants)]. Paris: Librairie Agricole de la Maison Rustique. 75 p. [Fre]

• ***Summary:*** In Part I (p. 1-20), soybeans are mentioned on pages 5 and 16, and peanuts on p. 6. In Part II, section 4 is *Arachis hypogaea* (p. 24-27), and section 26 is *Soja hispida* (p. 56-58). The conclusion is p. 69-75.

Part I is an introduction and a commentary on how our knowledge about edible legumes has increased over the ages as a result of contact with people in various cultures. "In Europe and in our colonies, the haricot beans of America, the Dolichos and Soja of the Far East, the peanut from Brazil, the cashew from India, and many other economic legumes have shown no difficulty finding their home with us or elsewhere when the nature of the soil and climate were favorable." The author then discusses natural vs. sterilized soil and the different results from nitrogen, nodules, and nodulation.

Concerning the soybean (p. 56-58): *Soja hispida*– Edible legume from China, introduced a few years ago into Europe and cultivated in several countries. It is also found in America where it appears that it is esteemed as an edible plant. We know that its beans are so rich in albuminoid materials [protein] that the Chinese make a sort of cheese [tofu] from it, and in France its use is recommended for diabetics.

In 1895, I cultivated it at Rastine [perhaps the name of his home or estate; it may be in southern France near Toulouse] where it did well, despite the drought, and proved to be very productive. I found no root tubercles on any of these plants. At Villa Thuret in the last days of May, I planted 7 soybeans in a very large pot of earth sterilized by boiling, and 7 other seeds in a similar pot filled with control soil from the garden. All these seeds came up at the same time, but the plants from the sterilized pot quickly took a lead upon those from the control soil. They were greener, more vigorous, and rose to 0.5 or 0.6 meters while those of the other pot hardly passed 0.4 meters in height.

On September 6, the 14 plants were pulled out of the earth, and the large clod that enclosed their roots was dissolved in water. In the sterilized pot three plants presented neither tubercles nor bulges of any sort. On the fourth plant we distinguish on the gnarl a pustule of doubtful nature. On the three others we find 7 or 8 tubercles spread out on the roots or agglomerated and forming tuberosities the size of a small pea. The 7 plants from the control soil all bore tubercles but not very many and hardly the size of a cabbage seed. This comparative experiment shows first that the earth rid of microbes that it could contain by boiling is more favorable to soybeans than soil with bacteria in it, and that the seeds of this legume can contain bacteria that, depending on the circumstances, will develop or will remain inert, which is the case with all other legumes.

Note 1. Naudin lived 1815-1899. Itie (1910, p. 48) notes: "Naudin finally confirmed that, rich in tubercles in its country of origin, the soybean does not take these with it when planted in a distant location."

Note 2. A footnote states that this is a revised edition of

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des tubercules et des tuberculoïdes des légumineuses in: (1) *Memoires de l'Academie des Sciences de Toulouse*, 1893; and (2) *Comptes Rendus des Seances de l'Academie des Sciences*, June 1896, p. 407.

425. *Tropical Agriculturist* (*Ceylon*). 1898. The soy beans. 17(7):460. Jan. 1. [1 ref]
• ***Summary:*** "The Madras Government sends us a paper showing how Surgeon-Lieutenant -Colonel W.G. King, Sanitary Commissioner for Madras, addressing the District Medical and Sanitary Officer, Vizagapatam, the Deputy Collector of Bellary and the Tahsildar of [nearby] Saidapet [Tamil Nadu], on 8th September 1897, says:

"I have the honour to forward herewith __ oz of soy beans, with the request that you will kindly cause them to be sown in any suitable place where they can be carefully watched as to progress of growth, and that you will oblige me by stating the nature and amount of crop obtained and whether you think the beans can be grown successfully in your district from the experience so obtained. I need not remind you that the 'Soy bean' is probably the most nutritious form of readily assimilable pulse at present known, and that, should it prove possible to introduce it widely in this Presidency, it would prove of great advantage in jail administration and also to the poorer classes generally... In asking you to kindly undertake the experiment, I may state that it was only after long and persistent search in India and Burma that I have ultimately obtained specimen."

"Very few vegetable products are so rich as this bean at once in albuminoids and in fat or oil, the former constituent amounting on the average to 35%, and the latter to 19... In China and Japan three preparations are extensively made from the soy bean. Soy sauce is the best known of these, but more important are the soy or bean cheeses, and a kind of paste. The beans are sometimes pressed for the sake of the oil they yield; the residual cake forms an extremely rich cattle food, containing as it does 40 per cent. of flesh-formers and 7 per cent. of oil. The Soy bean may also be grown as a fodder plant. If cut just when the pods are fully formed, it makes an excellent hay, superior to that of the lentil."

426. *Ashburton Guardian* (*Canterbury, New Zealand*). 1898. Magna est veritas et prævalebit: Local and general. Feb. 10. p. 2.
• ***Summary:*** "Of the thousands of Chinese residing in 'Frisco' [San Francisco], the great majority have a decided aversion to what they call 'white devils' bread,' preferring articles all the way from China, or such products as can be raised in the alluvial valleys of California. In the stores of Chinatown, San Francisco, are to be seen, large baskets of yellowish-white lily bulbs... Among other articles frequently met with in the provision stores of Chinatown are:–... Chinese cabbage, Brassica chinensis; sprouted seeds of the Soy bean, Glycine Soja; black, white, and green seeds of Glycine Soja, and a small, square, white cheese made from the same, wrapped in a yellow cloth, and bearing a brown Chinese monogram;..."

Note 1. This article is a paraphrase of an article published about 3 months earlier, on 20 Nov. 1897, in the *Sydney Mail* (Australia) (p. 2).

Note 2. The phrase *Magna est veritas et prævalebit* [Truth is great and will prevail] comes from the King James version of the Old Testament.

427. *Southland Times* (*Otago, New Zealand*). 1898. Soja bean. March 26. p. 6.
• ***Summary:*** "Glycine hispida (Soja bean; soy bean; coffee bean). It is an erect annual legume with hairy stems and leaves, which has been cultivated in China and Japan from remote antiquity. It was long grown in botanic gardens, but when the facts concerning its use as a human food by oriental nations came to light about twenty years ago it was largely introduced into this country [USA] and Europe, where thorough trials of its forage and food value have been made. There are a large number of named varieties which vary in the color of their seeds and the length of time which the plants require to come to maturity.

"The seed is planted at the rate of half a bushel to the acre, in drills 2½ to 3 feet apart, and cultivated about the same as Indian corn. In Virginia soja beans are planted between the hills of corn, so that two crops are produced on the same field at the same time. The yields of seed are often enormous. Soja beans are fed to stock green, as silage, or as hay. The haulms are rather woody, and do not make the best quality of hay, but as either ensilage or green forage they are unsurpassed. The hay contains from 14 to 15 per cent crude protein and 3 to 6 per cent of fat. The beans contain from 32 to 42 per cent protein, and from 12 to 21 per cent of fat in fresh material. When fed to milch cows a ration of soja beans increases the yield of milk, improves the quality of the butter, and causes the animal to gain rapidly in weight. It is an excellent addition to a ration for fattening cattle.

"In China and Japan, where the soja bean is an article of diet, substances similar to butter, oil, and cheese [tofu], as well as a variety of dishes, are prepared from it. The yield of green forage amounts to from 6 to 8 tons per acre, and of the beans from 40 to 100 bushels. The feeding value of the bean has been found to be greater than that of any other known forage plant except the peanut."

428. Dujardin-Beaumetz, Prof. 1898. The soya bean: A vegetarian treasure. *Vegetarian* (*The*) (*London*). July 23. p. 468.
• ***Summary:*** From *Health News:* The Soja, or Soya bean, is the Japanese bean (*Glycine soja*), cultivated in certain countries of Europe, and more particularly in Hungary, since 1875. This bean, which contains extremely little starch, and has been employed in the dietetic treatment of diabetes by

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Lecerf, contains a very large amount of albuminoid matter (flesh formers); and, on referring to the different analyses published by Steuff [Steuf], Capan, Pellet, and Muntz, we find the following percentage of alimentary principles contained in the bean:–Albuminoid matter, 36.67 per cent.; fatty matter, 17.60 per cent. If this analysis is compared with that of meat, the Japanese bean has a decided advantage over beef.

"From an alimentary point of view, the soya bean serves several uses. A sauce is made from it, which bears the name of *stiso* [*miso?*] and *soju* [shoyu], but the most curious and interesting point in the application of soja to dietetics, is a kind of cheese made from it–it is the *pea or bean cheese* [tofu], very much prized in Japan.

"In Europe, the soya bean has been utilized as the food of men and animals, and in the last few years the attempt has been made to make bread of it, which is a matter of considerable difficulty, by reason of the large proportion of oil which this bean contains. This oil, as Leon Petit has shown, is very purgative, and might replace castor oil in medical practice. Hence it becomes a necessary to rid the meal of this oil, in order to render it fit for domestic use. Lecerf, in Paris, and Bourdin, in Rheims, have succeeded in rendering the bread made from this meal very well borne by the stomach.

"Here, then we have a bean which is more nutritive than meat, and which serves for nourishment to a great country like Japan, under the different forms of sauce, of cheese, of farina, and even of an artificial milk. The advantage which the Vegetarian dietary may derive from such a food is evident." Address: Physician to the Cochin Hospital, Paris.

429. Fesca, M. 1898. Die Sojabohne [The soybean]. *Tropenpflanzer* (*Der*) (*Berlin*) 2(8):233-46. Aug. [7 ref. Ger]
• ***Summary:*** The author writes about the importance of soybeans for the German colonies. This is primarily a review of earlier writers, such as O. Kellner and E. Kinch. "The soybean is one of the most important cultivated plants in East Asia. In Japan and most parts of China, it is by far the most important legume. It is also cultivated in India..." In Japan, 385,000,000 kg of soybeans are produced on 430,000 to 450,000 ha of land. This is 8½ to 9% of Japan's total agricultural land and 19% of the land not planted to rice. Large amounts of soybeans are also planted around the edges of fields and on the tops of dams. The yield of soybeans in Japan for 1892-94 was 880–900 kg/ha. The soybean is one of the main crops in Shantung province, China, according to travelers Williamson and von Richthofen; it is used extensively for oil. An excellent 5-part illustration (p. 235) shows the cultivated- and the wild soybean plant, with close-ups of the pods, seeds, and flowers.

The author then discusses *Shoyu.* Through a long, slow fermentation process some of the starch is transformed into dextrin and sugar, then lactic and acetic acids are formed. Aromatic compounds are also formed but little is known about their amount or composition. The fermentation breaks down proteins. He then gives Kellner's analysis of the composition of shoyu. According to E. Kinch, one liter of shoyu contains 31.03 gm of sugar and 41 gm of nitrogenous substances.

The author praises tofu as a fine protein source and cites E. Kinch's 1879 analysis of the composition of tofu and dried-frozen tofu [*Kori-Tofu*].

He gives analyses of the composition of shoyu presscake (*Shoyuruechstande*) and okara (*Tofurueckstande*). Of the shoyu presscake he says: "Unfortunately the high content of salt (NaCl; 3-5%) makes it unusable for man or beast. It can, however, be used as a fertilizer." Address: Prof., Dr.

430. Dunnell, Mark B. 1898. Our policy in China. *North American Review* (*Cedar Falls, Iowa*) 167(503):393-410. Oct. See p. 397.
• ***Summary:*** "Fine as these cereal crops are, beans are a still more important crop. They are grown in enormous quantities for their oil, which is used extensively by the Chinese for illuminating and cooking purposes. After the oil is extracted, the beans are pressed into huge cakes, which are shipped from Newchwang [Yingkou; one of the treaty ports] to the southern ports of China, and there used as a fertilizer for sugar cane.

"Beans are also ground into a pulp and converted into a white jelly-like substance, which is called bean curd [tofu] and highly relished by the Chinese." Address: Formerly Deputy Consul-General of the United States at Shanghai [China].

431. Brinkley, Frank; Nanjô, F.; Iwasaki, Y.; Mitsukuri, K.; Matsumura, J. 1898. An unabridged Japanese-English dictionary: With copious illustrations. Tokyo: Sanseido. xxvi + 1687 p. Illust. 19 cm. [Jap; Eng]
• ***Summary:*** "... with coöperation of Prof. K. Mitsukuri in zoological terms, Prof. J. Matsumura in botanical terms."

For each entry, the romanized word comes first, followed by the word written in hiragana and then in kanji (Chinese characters). Note: The authors often use the word "bean" when they should use the word "soybean." Soy related:

"Aburage: Bean-curd fried in oil.

"Amazake: Sweet *sake;* a kind of drink made of fermented rice. Syn. [Synonym]: Hitoyozake, Kozake.

"Ame: A honey-like jelly made of flour of various grains; starch-sugar.

"Ammochi: Mochi stuffed or covered with boiled and crushed pea-beans [sic, azuki beans] mixed with sugar.

"Azuki [bot.] Mungo.

"Azuki meshi: Rice and red pea beans mixed and boiled for food.

Azuki mochi: Same as Am-mochi.

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"Dengaku: (2) (Coll.) *Tôfu* baked and covered with sweetened miso. *Dengaku wo yaku:* to bake or prepare *dengaku.*

"Dengaku-dôfu: See above.

"Daizu (Bot.) Soja bean.

"Edamame: (1) (lit.) Branch bean. (2) (coll.) [Soy] Beans boiled in pods on the stalks.

"Gobuzuke: Dried radish chopped into pieces of about 5 *bu* (of half an inch) in length and cooked with soy [sauce] and sugar.

"Gusokuni: Lobster chopped into transverse pieces and cooked with sugar and soy.

"Hachihaidôfu: *Tôfu* chopped into small pieces and boiled in a soup composed of four cups full of water, two of soy, and two of sake.

"Hitasu–Shôyu ni hitasu: To steep in soy.

"Hiyayakko: *tôfu* served cold.

"Ikanago-shôyu: Soy prepared in Sanuki [on Shikoku island], from a kind of fish called *Ikanago.*

Irimame: Parched peas or [soy] beans. *Irimame ni hana ga saku* (coll. Prov.) (lit.) blossoms on parched peas; something regarded as impossible.

"Iritori: Fowls boiled with a mixture of sugar, soy and *mirin* until the sauce is fully absorbed.

"Iritsuke: Any fish roasted or boiled in a pan until the sauce or soy is fully absorbed.

"Kabayaki: (1) A way of roasting fish. (2) Eels cut open on the dorsal line, covered with soy mixed with sugar, and roasted. (3) Unagi no kabayaki: Roasted eels.

"Kenchin: (Modern Chin.) (1) Black beans malted and fried, and eaten with soy or table salt. (2) A soup containing various vegetables and *tôfu* mixed together and fried.

"Kigaracha-meshi: Rice boiled with water and a small quantity of *sake* or soy (so called from its yellowish color).

"Kijiyaki: The flesh of bonito or tunny-fish covered with soy and sugar, and baked.

"Kinako: [Soy] Bean flour (of yellowish or greenish color).

"Kinome-dengaku: *Tôfu* or the fruit of the egg plant covered with a pasty mixture of *miso,* sugar, and the buds or leaves of the *sanshô,* and baked.

"Kiuri-momi: Cucumber chopped fine and seasoned with salt, vinegar and soy.

"Kôji: Yeast, barm [sic]. *Kôji wo nekasu:* To make yeast [sic, kôji].

"Kokushô: A soup prepared with *miso* and the flesh of *koi* [carp] (*cyprinus haematoperus*).

"Kombumaki: Roasted or cooked fish wrapped in a piece of *kombu,* tied and boiled with sugar and soy.

"Kuromame: (Bot.) Black soy bean.

"Kyarabuki: The stems of the *fuki* boiled with soy.

"Mamemaki: A ceremony of scattering parched peas [sic, soybeans] about in an occupied house to drive out evils spirits, celbrated on the last night of December, or the early part of January (o.s.) [old style] crying aloud the while *fuku wa uchi* (fortune inside), *oni wa soto* (devils outside). Syn. Oniyarai, Setsubun.

"Mame-no-ko: [Soy] Bean flour used for covering or sprinkling over *mochi, dango.* Syn. Kinako.

"Miso: A kind of sauce made of wheat, [soy] bean, and salt. *Miso wo tsukeru:* (a) (lit.) to spoil (as one's coat) with miso. (b) (fig. coll.) to disgrace one's self; *Tonda miso wo tsuketa:* (coll.) have met with a shocking failure.

"Misokoshi: A miso strainer.

"Misomame: (Bot.) Soja bean, Glycine.

"Misoshiru: A kind of soup made with miso.

"Moromi: The grounds or lees left in making soy or *sake* and used as food.

"Moromi-sake: A kind of sake with rice grounds not separated from the liquid. Syn. Doburoku, Nigorizake.

"Murasaki: Another name for the sardine, or for soy.

Namaage or Nama-age: Not listed.

"Nattô: A kind of food made of boiled [soy] beans (usually sold in small packages made of rice straw).

"Nigari: The brine left by the deliquescence of salt.

"Nigashio: Same as Nigari.

"Oborodôfu: (1) A *tôfu* boiled down until it is almost dry and relished with soy and sugar. (2) A kind of *tôfu* [sic, unpressed tofu curds].

"Omame: (Bot.) Soy bean.

"Satsuma-iri: Food prepared by cooking a mixture of parched rice and finely chopped sweet potato, and relishing it with soy and sugar.

"Shitaji: Soy. See *Shôyu.*

"Shôyu: A kind of sauce made by pressing a fermented mixture of calcined barley meal, boiled [soy] beans, yeast, water, and salt; soy. Syn. Shitaji, tamari.

"Shôyu no moromi: Soy before it is pressed.

"Suiri: Cooked with vinegar. *Iwashi no suiri:* A sardine cooked with a mixture of vinegar and soy. Syn. Suni.

"Sukimi: Flesh of fish sliced thin, and eaten relished with soy and *wasabi* or horse-radish.

"Sukiyaki: Roasting sliced meat or flesh with soy, in a shallow pan. Note: This is the earliest document seen (April 2012) that contains the word "sukiyaki."

"Sumiso: A kind of sauce made by rubbing together *miso* and vinegar in a mortar [suribachi].

"Suribachi: An earthenware vessel used in rubbing *miso;* a mortar.

"Sushi: (1) Fish seasoned with vinegar. (2) A general name for food made of boiled rice and fish, eggs, vegetable, etc. seasoned with vinegar and soy. As an affix the form is changed to *zushi. Inari-zushi:* food made of fried *tôfu* stuffed with a kind of *chirashi-zushi.*

"Tamari: Soy before it is pressed [sic].

"Tekkamiso: A kind of food made by roasting *miso* mixed with parched beans, chopped burdock, and a little oil.

Temae: (1) One's own side. *O temae miso wa shio ga*

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karai: (coll.) Self approbation is disgusting.

"Teriyaki: Flesh of fish baked with a kind of sauce composed of soy, *mirin*, and sugar.

"Tôfu: A kind of food made from bean curd hardened by mixing with a small quantity of the brine left after the deliquescence of salt [nigari]. In composition the form changes into dôfu. *Tôfu ni kasugae:* (Prov.) (lit.) an iron clamp to connect pieces of tofu; no effect. Yaki-dôfu: Baked [grilled] *tôfu.*

"Tsukuru: To pickle in sake, brine vinegar, etc. *Shôyu wo tsukete yaku:* To bake [grill] seasoned with soy. Syn. Hitasu, uruosu.

"Uchimame: The soy bean flattened with hammer and boiled in soup.

"Udondôfu: Tôfu cut into udon like pieces, and eaten boiled in a soup made of cups of soy, two of *sake* in four cups of water.

"Yuba: The skin of bean curd used as food. Syn. Uba.

"Yudôfu: Boiled *tôfu."* Address: 1. Captain, R.A., Editor of the *Japan Mail;* 2. M.A., Bungakuhakushi; 3. Nôgakushi.

432. Chamberlain, Basil Hall. 1898. A handbook of colloquial Japanese. 3rd ed. London: Sampson Low, Marston, & Co.; Tokyo: The Shuyeisha, Ichigaya; Yokohama, Shanghai, Hongkong, Singapore: Kelly & Walsh, Ld. ix + 567 p. 19 cm.

• ***Summary:*** Page 241: Court words, used by the Imperial Family, include: For miso they say *"o mushi* (lit. honourably steamed). English: bean sauce." For tôfu they say *"o kabe.* English: Bean-curd." O-kabe belongs also to the language of women.

Note. This is the earliest English-language document seen (Oct. 2012) stating that *o-mushi* is the Japanese court word or women's word for "miso."

Page 451: A poem of 31 syllables (5, 7, 5, 7, 7) says: Hototogisu / Jiyû jizai ni / Kiku sato wa,–/ Saka-ya ni san ri, / Tôfu-ya ni ni-ri!" Translation: "The village where one may listen undisturbedly to the cockoo's song is–three leagues from the grog shop, and two from the bean-curd shop!"

Anglo-Japanese vocabulary: soy [sauce], *shôyu, shitaji.*

Japanese-English vocabulary: "kabe, (with honorific prefix *o*), the Court word for tôfu, bean-curd."

Page 517: "miso, a kind of bean sauce."

Page 520: "mushi, (with honorific prefix *o*), the Court [women's] word for miso, bean sauce."

Page 538: "shôyu, soy (our word comes from the Japanese)."

Page 546: "tôfu, bean-curd: tôfu-ya, a shop for or seller of bean-curd." Address: Emeritus Prof. of Japanese and Philology in the Imperial Univ. of Tokyo, Tokyo.

433. *Proceedings of the American Pharmaceutical Association.* 1898. Report on the progress of pharmacy. 46:582-1120. See p. 857-60.

• ***Summary:*** In the section titled "Materia medica," under "Vegetable drugs," we read: *"Soy Bean-Food Value, etc.*– Referring to his paper on the soja bean (see Proceedings 1896, 634), in which he gave a summary of the literature on this valuable food product, Prof. Henry Trimble reproduces in the abstract a recent paper entitled "The Soy Bean as a Forage Crop," by Thomas A. Williams, with an appendix on "Soy Beans as Food for Man," by C.F. Langworthy, published in *Farmer's Bulletin,* No. 58, issued by the U.S. Department of Agriculture. While not adding anything new to the knowledge of the digestive ferment, which was prominently discussed in the summary above referred to, there is much valuable information that is of interest to the pharmacist.

Discusses *Glycine hispida,* soy bean, Prof. Haberlandt, yuba, shoyu, tofu, frozen tofu, natto, and miso.

See: Trimble, Henry. 1897. "The soy bean." *American J. of Pharmacy* 69:584-93. Nov.

434. Simmonds, Peter Lund. 1898. The dictionary of trade products, manufacturing and technical terms, moneys, weights, and measures of all countries. New ed., revised & enlarged. London and New York: George Routledge and Sons, Ltd. viii + 510 p. 20 cm.

• ***Summary:*** This book consists of a reprint of the body of his 1867 book *Commercial Dictionary of Trade Products,* plus a different preface and a shorter supplement (p. 423-510). New soy-related entries in the Supplement include: "Pea oil, a fixed oil obtained in China by pressing the seeds of *Dolichos soja.* "Soy bean (*Glycine soja.* This pulse, a native of the far East, is now grown in Thibet, Assam, and other parts India)." "Tofu, the oil-cake of beans and peas in Japan and China, used for soups and sauces.

New non-soy entries in the Supplement include: Alfalfa, earth-pea (*Voandseia* [*sic, Voandzeia*] *subterranea*), ginguba (a name in Angola for the ground-nut), yaourt [yogurt] (a name among the Turks for fermented milk).

Note 1. This book has no date on the title or copyright pages. The most recent date seen in the Supplement is 1891 (p. 500–Telescope). Note 2: Peter L. Simmonds lived 1814-1897. Address: F.L.S., F.R.C.I., Vice-President of the City of London College, 16 Whittingstall Road, Fulham [England].

435. Trabut, Louis. 1898. Le soja [The soybean]. *Algerie, Service Botanique, Informations Agricoles. Bulletin* No. 16. 7 p. [7 ref. Fre]

• ***Summary:*** The author, who demonstrates a good knowledge of American and European publications on the soybean, has cultivated soybean varieties at Alger (Algiers) and Rouïba since 1896. The soybean resists dryness well. "Soya (*le Soja*) has remained a curiosity and is not well known among agriculturists. This is explained by the large diversity of soybean races having very different needs, and also by their very varied aptitudes and uses. This is not

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astonishing, for soya is cultivated in the country of its origin in both temperate and tropical zones, and is used for the feeding of animals, which eat it in the form of grain, hay, and green forage. It plays a major role in the human diet, providing abundant nutrition in the form of sauce, vegetable milk (*lait végétal*) or cheese [tofu], oil, flour, and bread. Soya completes rice, which is lacking in nitrogen. It is very widely used, furnishing, at a low price, a food which replaces meat or fish." Note 1. This is the earliest French-language document seen (Oct. 2003) that uses the term *lait végétal* to refer to soymilk.

"We have made the mistake of presenting soya as a rival to the haricot bean: the comparison turned out to be advantageous for the latter legume (haricot) and soya was rejected.

"In Algeria we think that, for the moment, soya must be looked at primarily as a forage plant. Very remarkable for its richness in nitrogenous materials and fat, it can be very useful in the feeding of animals, for fattening and for the production of dairy milk. Its role in the human diet is less evident, however the indigenous people might find a precious resource in this legume. The soya would perfectly complement 'bechna' [probably a local grain] and barley, which are used to make a flat cake which, is too low in nitrogenous materials."

"At this station the maximum yield has been obtained from a large yellow soybean obtained directly from China. On an area of 10 ares (1,000 square meters or 0.1 hectare) the yield has been 30 tonnes/ha of green forage giving about 70 quintals (7,000 kg) of dry forage." Note 2. This is the earliest document seen (Jan. 2001) that uses the word "quintals" (or quintal") in connection with soybeans. Note: 1 quintal = 100 kg.

"The yield of the seed had been high enough that cultivation of soybeans can be considered profitable. The early varieties have given the following yields in kg/hectare at the Rouïba Station in 1896/1897: Chocolate dwarf 1370 (not watered)/1735 (watered). Compact green 2980/1735. Yellow early 2500/1785. The spring of 1896 was very rainy, while the spring of 1897 was very dry and it was necessary to water the crop.

On page 7 is a brief description of miso, shoyu, and tofu (made by coagulation of soymilk).

Concerning nodulation: Until this year, the numerous varieties of soya which I have cultivated at the station did not show any trace of nodulation on the roots; it is therefore evident that in our soils the special microbe which determines these nodules or tumors is not present. In Jan. 1897 I contacted Prof. Kirchner (at the School of Agriculture at Hohenheim), who is especially interested in the rhizobium of soya, and I asked him to send me several nodules in order to allow me to introduce to the soya crops here the microbe which assimilates atmospheric nitrogen.

All the pots that were inoculated produced soybeans whose roots were covered with nodules the size of peas. It was not formerly possible to appreciate the influence of the nodules on the development of the plant. Field trials concerning this point will be made during 1898.

An illustration (non-original, p. 2) shows a soybean plant (from an original in Carrière 1880). Address: Algeria.

436. Tran, Nguyen Hanh. 1898. Fromage de pâte de haricots [Fermented tofu]. In: Essais Agricoles et Industriels Faits en Cochinchine Depuis la Fondation de Cette Colonie Jusqu'en 1897. 2 vols. Saigon, Vietnam: Imprimerie Commerciale Rey. See Vol. 2, p. 190-92. [Fre]

• ***Summary:*** At top of title page of this volume 2: "Publications de la Société des Études Indo-Chinois de Saigon–No. 1." In middle of title page of volume 2: "Extraits des Bulletins du Comité Agricole et Industriel (1865-1883) et de la Société des Études Indo-Chinois (1883-1896)."

With the haricot bean [soybean] (*dau-nanh* in Annamite) the indigenous people prepare a series of foods which are consumed abundantly in this country [Vietnam] and in China. It could be that with carefully-made preparations, Europeans could make use of it [the bean].

The soybean contains an abundance of a milk-like substance with which the followings cheese can be prepared.

1. Tofu (*Dau hu*)–A type of cheese that is eaten the day it is made. It has a consistency somewhat similar to that of Swiss cheese. It is widely used as an ingredient in other dishes, seasoned with either sugar or salt, or in cooked foods, because heat does not damage it.

2. Pressed tofu (*Dau-hu-cu.ng;* [*cu.ng* means "hard"])–Used in the same way as No. 1, it is always cut into pieces and cooked with other ingredients. Having a firmer consistency than No. 1, it can be kept for a day or so.

3. Yuba (*Dau-hu-ky;* [literally "bean curd skin"])–This cheese comes in dry sheets. It is cooked in other culinary preparations. It serves as a mild seasoning and as a wrapper like some Italian pastas.

Note 1. This is the earliest French-language document seen (Aug. 2010) that uses the word *Dau-hu-ky* (regardless of hyphenation or capitalization) to refer to yuba.

4. Fermented tofu (*Dau-hu-nhan;* [*nhan* means "bitter"])–This fermented and salted cheese will keep for a month or even a year. It is eaten with bread, with cooked rice, or even with meats.

5. Chao–Another fermented and salted tofu, but sold in an alcoholic brine, and diluted to make a soft paste. Used in much the same way as butter. It sometimes accompanies starchy foods (grains, bread, etc.) and sometimes it is added to meats or fish.

6. *Dau-hu-oa*–A creamy cheese which is eaten with sugar or water sweetened with sugar. Note 2. These are soymilk curds (*doufu-hua* in pinyin). Also called *Tao pho* (in Hanoi). *Dao-hu hoa* (in Hue). Tau-hu (Saigon).

The next section describes how to make each of the six

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different types of tofu and yuba.

1. Tofu–As with other cheese, each of these must be prepared with care. Start by crushing soybeans into pieces–3 or 4 pieces per bean at most, then soak in water for 18-20 hours. Stir from time to time so that the hulls rise to the surface, then decant then off. Grind the rest finely to obtain a fluid puree. Bring to a boil. After 15 minutes, add sea salt to coagulate the liquid. The sea salt can be replaced by gypsum, but the result will not be the same.

2. Pressed tofu–Prepare like No. 1 but cook longer and press in a form with a very heavy weight for several hours until it is about 1 cm thick and of firm consistency so that it will last for several days.

3. Yuba–Lift off the thin films that form on the surface of hot soymilk with a fork. Let them dry in the sun. The films, which are either white or yellow, will last for a year, if care is taken to dry each film slowly and for a long time; otherwise they will turn red.

4. Salted, fermented tofu (Da-hu nhan)–Cut tofu in pieces a little larger than one's thumb and spread them on a plate covered by a banana leaf. According to the season, leave them here for 2-3 days or more, until each piece is entirely covered with mold. Wipe off the mold and layer them in a deep crock. Between each later add powdered salt. Hermetically seal the mouth of the crock / vase and expose it either to the rays of the sun or to a source of heat; continue this for 10-15 days, until the cheese is ready. It is an excellent condiment.

5.–Chao. The complex fermentation is described in detail.

6. Soymilk curds before they are pressed. Very light and delicate, with subtle sweetness.

437. Blasdale, Walter C. 1899. A description of some Chinese vegetable food materials and their nutritive and economic value. *USDA Office of Experiment Stations, Bulletin* No. 68. 112 p. See p. 32-36. [19 ref]

• ***Summary:*** "According to Prinsen-Geerligs [*Chemiker-Zeitung,* 20 (1896) 67-69], 'tao hu,' or bean cheese, is prepared from the seeds of the white variety of soy bean. These are allowed to soak for three hours in water, are then reduced to a thick paste, and the mass cooked. The cooked mass is strained through a coarse cloth. The filtrate consists of a milky-white liquid containing protein and fat. As soon as this becomes cool some material is added (for instance, crude salt containing magnesium chlorid [chloride]), which precipitates the proteid material, the fat being inclosed in the coagulated mass. The coagulated material is pressed and kneaded into small cakes. The cakes may be dipped for a few moments into a saline solution of curcuma. Variations in the process give rise to a number of varieties of bean cheese. This is essentially the method used by the Chinese of San Francisco in the preparation of the bean cheese used by them. It is sold either in the form of a freshly precipitated curd or in the form of small square cakes obtained by compressing the former material. It is usually cooked in peanut oil before being eaten and, in the author's opinion, is a palatable food. A partial analysis of one of the cakes gave 81.35 per cent, fat 5.19 per cent, and ash 0.80 per cent.

"The filtrate from the cooked soy beans resembles milk, and, on heating, a skin [yuba], not unlike that formed on milk, rises to the surface of it."

A large number of varieties of the soy bean are in cultivation in China and Japan, but only two were found in the Chinese markets in San Francisco, a yellow and a black variety. Aside from a difference in color, the two forms apparently do not differ materially from each other. The yellow variety is known as 'wong tau,'and is designated by the characters 'yellow' + 'bean,' while the black is known as 'hak tau,' and is designated by the characters 'black' + 'bean.'

"Both varieties obtained from the Chinese market in San Francisco grew readily in Berkeley, attaining a height of about 3 feet, and in spite of a very dry season produced an abundant crop of seeds... The composition of the seeds of the two varieties is shown in Table 10 (p. 33), the average composition of American-grown soy beans being quoted also for purposes of comparison." On a dry-weight basis, the original black soy beans contained, on average, 0.35% more protein (39.62% vs. 39.27%) and 0.72% less fat (18.77% vs. 19.49%) than the yellow soy beans. The soy beans grown in Berkeley (average of 8 analyses) contained 38.1% protein and 19.00% fat.

Photos show: (1) The upper portion of a plant of the black soy bean (p. 33).

(2) "Mature plant of yellow soy bean" (showing only the pods and stems, no leaves, p. 35). Address: Instructor in Chemistry, Univ. of California.

438. *Foreign Seeds and Plants Imported by the Section of Seed and Plant Introduction, USDA, Inventory.* 1899. [Soy bean introductions]. No. 2. S.P.I. Numbers 1001-1900. 94 p. Transmittal date: 5 July 1899.

• ***Summary:*** 1492-1493. "Glycine hispida. Soy bean. From France. Received through Mr. W.T. Swingle, December 1898.

"1492. (2 packages.) 'An erect annual legume, with hairy stems and leaves, which has been cultivated in China and Japan from remote antiquity. It was long grown in botanic gardens, but when the facts concerning its use as a human food by oriental nations came to light about twenty years ago, it was largely introduced into this country and Europe, where thorough trials of its forage and food value have been made. There are a large number of named varieties, which vary in the color of their seeds and the length of time which the plants require to come to maturity. The seed is planted at the rate of half a bushel to the acre, in drills 2½ to 3 feet apart, and cultivated about the same as

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Indian corn. In Virginia soy beans are planted between the hills of corn, so that two crops are produced on the same field at the same time. The yields of seed are often enormous. Soy beans are fed to stock green as silage, or as hay. The stems are rather woody and do not make the best quality of hay, but as either ensilage or green forage they are unsurpassed. The hay contains from 14 to 15 per cent crude protein and 3 to 6 per cent of fat. The beans contain from 32 to 42 per cent protein, and from 12 to 21 per cent of fat in fresh material. When fed to milch cows, a ration of soy beans increases the yield of milk, improves the quantity of the butter, and causes the animal to grow rapidly in weight. It is an excellent addition to a ration for feeding cattle. In China and Japan, where the soy bean is an article of diet, substances similar to butter, oil, and cheese, as well as a variety of dishes, are prepared from it. The yield of green forage amounts to from 6 to 8 tons per acre, and the beans from 40 to 100 bushels. The feeding value of the bean has been found to be greater than that of any other known forage plant except the peanut.' (Jared G. Smith.)

"1493. (1 Package.) 'Soja hispida à grain noir' (black-seeded *Soja hispida*)." Address: Washington, DC.

439. **Product Name:** Doufu, Doufu Curds, and Fried Doufu.
Manufacturer's Name: Chinese Tofu Shops.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1899.
New Product–Documentation: Blasdale. 1899. USDA Office of Experiment Stations, Bulletin No. 68. p. 35. The method for making tofu "is essentially the method used by the Chinese of San Francisco in the preparation of the bean cheese used by them. It is sold either in the form of a freshly precipitated curd or in the form of small square cakes obtained by compressing the former material. It is usually cooked in peanut oil before being eaten and, in the author's opinion, is a palatable food. A partial analysis of one of the cakes gave 81.35 per cent, fat 5.19 per cent, and ash 0.80 per cent."

440. Kano, S.; Iishima, S. 1899. Honpo-san shizenbutsu oyobi shikohin 18 shu no kyûshû ni tsuite [Digestion experiments on 18 Japanese foods]. *Gun-i Gakko Gyofu Koku Nobu* (*Bulletin of the Army Medical College*) No. 3. p. 101-33. [Jap]
• ***Summary:*** These human digestion experiments with single food materials were conducted at the Army Medical College in Tokyo. They are summarized in English by Oshima (1905, p. 168-73). Most of the experiments used shoyu as a seasoning. Experiment #89 used *kingyo fu* (a gluten preparation) and raw red azuki (adzuke) beans. #92 used tofu. #93 use tofu cake or okara. #94 used yuba. #97 used kuzu starch (made from *Pueraria thunbergiana*). Address: Army Medical College, Tokyo.

441. Chamberlain, Basil Hall; Mason, W.B. 1899. A handbook for travellers in Japan: Including the whole empire from Yezo to Formosa. 5th ed., revised and augmented. London: John Murray; Yokohama, Shanghai, Hongkong, Singapore: Kelly & Walsh, Ltd. ix + 577 + 53 p. "With 28 maps and plans and numerous illustrations." Index.
• ***Summary:*** Contents: Introduction. Routes: 1. Eastern Japan. 2. Routes connecting Tokyo and Kyoto. 3. Central Japan. 4. Western Japan and the Inland Sea. 5. The island of Shikoku. 6. The island of Kyushu. 7. Northern Japan. 8. The island of Yezo [Hokkaido]. 9. Luchu and Formosa. Glossary.

Page 10: Provisions: "Curry-powder will often help to make insipid Japanese dishes palatable, and *shôyu* (soy [sauce]) adds a zest to soups." "The following Japanese articles of food are considered palatable by most foreigners: *Kaseteira* [*Kasutera*], sponge cake. *Miso-shiru,* bean-soup [miso soup],... *Sakana no tempura,* fish fritter. *Unagi-mesihi,* layers of rice with eels done in soy. *Yokan,* sweet bean-paste" [azuki].

Gods and Goddesses (p. 56): Toyo-Uke-Bime, also called Uke-Mochi-no-Kami, is "the Shinto Goddess of Food or of the Earth. The *Nihongi,* one of the two principal sources of Japanese mythology and early history..." The Moon God killed the Goddess of Earth. From the body of the murdered Earth sprang cattle and horses, millet, silkworms, rice, barley, and [soy] beans, which the Sun-Goddess decreed should thenceforth be the food of the human race. In the *Kojiki* version of the myth, it is Susa-no-o who slays the Goddess of Food, and there are other differences of detail."

Eastern Japan (p. 225): "Tenjin-yama or Minato (Inn, Suiryo-kwan). This prettily situated place contains a few sake breweries and soy manufactories, the produce of which is shipped in junks to Tokyo;..."

Mountains of central Japan (p. 281): "Narada (accommodation at a Buddhist temple)" consists of but a few households; the people are isolated and poor. "Rice, *sake,* and soy [sauce] are with them luxuries to be indulged in on rare occasions, their ordinary food consisting only of millet and potatoes."

Central Japan (p. 334): "Yuasa (Inn, Edo-ya) is a dull town, noted for its manufacture of soy."

Central Japan (p. 336): "There is a current belief to the effect that Koya-san is so precipitous that such luxuries as bean-curd (*tôfu*) cannot he carried up to it, but that the priests place coppers on the temple balustrade, with which the crows fly off to Kumano and bring back bean-curd in return."

Central Japan (p. 389-90): Kasuga no Miya (a Shinto temple). The oratory "is now used by the townspeople on the evening of the Setsubun (3rd February) for the performance of the ceremony of scattering [roasted soy] beans to expel evil spirits."

Central Japan (p. 403): Matsudô. "Travellers will remark the great industry and economy practised in the agriculture of this district, even the ridges between the rice-fields being

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sown with beans or barley." Note 1. Soy beans were often planted on such ridges, then harvested as green vegetable soybeans.

Note 2. The last 53 pages of this book are advertisements. Address: 1. F.R.G.S., Emeritus Prof. of Japanese and Philology in the Imperial Univ. of Tokyo, Tokyo; 2. Corresponding member of the Royal Scottish Geographical Society, and late of the Imperial Japanese Dep. of Communications.

442. Douglas, Carstairs. 1899. Chinese-English dictionary of the vernacular or spoken language of Amoy, with the principal variations of the Chang-chew and Chin-chew dialects. New edition. London: Presbyterian Church of England. xix + 612 p. 27 cm. [2 ref]

• ***Summary:*** The Preface begins: "The vernacular or spoken language of Amoy, which this dictionary attempts to make more accessible than formerly, has been also termed by some 'The Amoy Dialect' or 'The Amoy Colloquial;' and it particularly coincides with the so-called 'Hok-kien Dialect,' illustrated by the Rev. Medhurst in his quarto Dictionary under that title."

On page 58, under the character for *chiang–chiu* a sort of sauce or condiment. *tau chiu* sauce made from beans and flour. *chiu-chheng* the thinner part of *tau chiu. koan-kiu-chiu* this sauce seasoned with cayenne pepper. *chiu-liau* various sorts of vegetables preserved in *tau chiu. chiu-koe* pumpkins so preserved. *chiu-kiu* ginger so preserved. *chiu-mia-chia* wheaten dough balls in this sauce.

On page 156, under the character for *hu–tau-hu* [tofu] bean curd shaped into squares (from the pulpy "tau-hoe"), but not yet pressed. See *tau.*

On page 176, under the character for *iu* meaning oil or fat. On the last line of the right column–*tau-iu* soy [sauce]. *e-tau-iu* dark-colored soy. *seng-iu* the common oil from ground-nuts. *moa-iu* oil from hemp-seed.

On page 423, under the character for *shi–si* salted vegetables and fruits. *tau-si* pickled and salted beans [soybeans]. *tau-si-pe* black beans [soybeans] boiled, dried, and kept till mouldy, to be made into soy [sauce]. *tau-si-phoh* beans from which soy has been made, broken down small. *mi-si* (Cantonese) = *tau-chiu* (Amoy), sort of salted sauce.

On page 480, under the character for *tou–tau* peas or beans; pulse. *tau-khe* bean cake from North China, used as manure. *tau-iu* soy (see iu). *tau-chiu* a thick salt sauce made from pulse. *tau-si* salted beans [fermented black soybeans]. *tau-hoe* soft bean curd not yet pressed or shaped. *tau-chiu* same. *tau-hu* [tofu] bean curd shaped but not yet pressed. *tau-hu-phe* same, but made into thin sheets for wrapping around eatables. *teh tau-hu* to shape the *tau-hoe* into pieces of *tau-hu. tau-koa* bean-curd that has been pressed in a cloth. *tau-ju* same cut into smaller squares and salted. *tau-kiam* (Cantonese) same. *tau-che* refuse from manufacture of bean-curd [okara]. *tau-thau* same. *the-tau* = lok-kha-seng, the Arachis, ground-nut, or pea-nut, from which oil is made. *tho-tau* same.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *tau-hoe,* or the term *tau-ju,* or the term *tau-hu-phe,* or the term *tau-koa* to refer to tofu.

Note 2. This is the earliest English-language document seen (Nov. 2011) that uses the term "pickled and salted beans" to refer to fermented black soybeans.

Note 3. The first edition of this book was published in 1873. In 1970 the Ku-T'ing Book Store in Taipei published a photoreprint of the 1899 London edition; it was bound with a Supplement photoreprinted from the 1923 Shanghai ed. (612 p., 27 cm). Carstairs Douglas lived 1830-1877. Address: Rev., M.A., LL.D. Glasgow, Missionary of the Presbyterian Church in England.

443. Heuzé, Gustave. 1899. Les plantes alimentaires des pays chauds et des colonies. 2 ed. [Edible plants of the tropics and colonies. 2nd ed.]. Paris: Librairie Agricole de la Maison Rustique. xii + 381 p. See p. 174-78. 19 cm. Series: Cours d'Agriculture Pratique. [Fre]

• ***Summary:*** The soybean is referred to in French as "Dolic du Japon ou soja." An illustration (non-original, p. 175; by Thiebault, from Carrière 1880) shows the soybean plant (titled *Dolic du Japon ou soja*) and a cluster of pods. Its scientific names are Soja japonica, Sav. or Soja hispida, Moench. Synonyms are Dolic soja, and Dolic à café. A botanical description is given. "Varieties which are most widely cultivated are the yellow soybean (le soja jaune; Soja ochroleuca) and the black soybean (le soja noir; Soja hispida). A sub-race named *soja d'Étampes* is the most widely appreciated in France. It is very productive but it needs 4-5 months to ripen its seeds. The soybean is an annual; it was introduced to France from China by de Montigny under the name *pois olèagineux.* It is successfully cultivated in China, Japan, the Indies, the Moluccas, etc. It is rather easily sold in the green state at various markets. Its principal merit is its ability to resist drought. It needs as much heat as haricots...

"The Japanese transform the seeds of this legume into a puree (tofu; *ten-hu*) or a paste (*miso*) with which they make a sauce (soja), which they use to prepare various seasonings named *shoyu* or *sooju* and *tofu* or *daïzu.*

"Soybean seeds germinate very irregularly and very late in Europe, especially in their second year of existence. An analysis of the soybean seed on a moisture-free basis, conducted by Mr. Joulie, is given.

"The soybean is richer than wheat in fatty and proteinaceous materials. When one prepares dry soybeans, it is useful to soak them in water for 8-10 hours before cooking, for they are naturally very hard. They are also eaten in the shelled green state.

"The varieties with branches [les variétés à rames]

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are not yet cultivated in Europe." Gustave Heuzé lived 1816-1907. Address: Membre de la Société Nationale d'Agriculture. Inspecteur Générale Honoraire de l'Agriculture.

444. Langworthy, C.F. 1899. Appendix: Soy beans as food for man. *Farmers' Bulletin* (*USDA*) No. 58 (Revised ed.). p. 20-23. [1 ref]
• ***Summary:*** This part of Bulletin 58 is identical to the original July 1897 edition. Address: Ph.D., Office of Experiment Stations, USDA, Washington, DC.

445. Paillieux, Auguste; Bois, D. 1899. Le potager d'un curieux: Histoire, culture et usages de 250 plantes comestibles, peu connues ou inconnues. Troisième édition entièrement refaite [The inquisitive person's kitchen garden: History, culture, and uses of 250 edible, little-known or unknown plants. 3rd ed. completely redone]. Paris: Librairie Agricole de la Maison Rustique. xvi + 678 p. See p. 575-625. Illust. Index. 25 cm. [2 ref. Fre]
• ***Summary:*** The information about soy in this 1899 third edition is very similar to that in the 1892 second edition, but the page numbers are different. Contents of section on soy: Introduction: Work of the Society for Acclimatization with soy, structure of this book, excerpts on soy from past issues of the *Bulletin the Society for Acclimatization.* Botany of the soybean. 1. Soy in Japan: Kaempfer's writings, including miso and shoyu, Japan at the World's Fair of 1878, miso, shoyu, tofu. 2. Soy in Cochin China: Black soybeans, various foods. 3. Soy in China: Soy oil, tofu and fermented tofu, soy sauce, other uses. 4. Soy in Austria-Hungary. 5. Soy in France: Historical, varieties, cultivation, utilization.

The author's full name is Nicolas-Auguste Paillieux (lived 1812-1898; he died on 8 Feb. 1898 at age 85). An illustration (non-original line drawing; p. 576) shows a mature soybean plant bearing many pods, plus a close-up of three pods to the lower right of the plant (from an original in J.R.F. 1882). Note: Desire Bois lived 1856-1946.

Other related or interesting subjects (listed alphabetically): Adzuki (p. 224). Amande de terre: See Chufa. Amarantus / Amarante (p. 14-16). Arachide / Arachis hypogæa (p. 32-35). Chufa / *Cyperus esculentus / souchet comestible* (p. 571-75). Daikon (p. 173). Gado-gado [Salad with peanut dressing] (p. 224). Gobo (p. 45). Jinenjo (p. 246). Katakuri (p. 336). Koniaku [konnyaku] (p. 289). ko / kudzu (p. 300-315). Mioga (p. 396). Moyashi (p. 226). *Phaseolus radiatus* / azuki (p. 222-24). Pistache de terre: See arachide. Quinoa (p. 523-25). Udo (p. 448). *Voandzou / Voandzeia subterranea* (p. 650-53). Wasabi (p. 420). Yama gobo (p. 496). *Zingiber mioga* (p. 396). Address: 1. Honorary member of the Council of the Societe Nationale d'Acclimatation 2. Asst. de la Chaire de Culture, Museum d'Histoire naturelle de Paris.

446. Saito, Akio. 1899. [Chronology of soybeans in Japan, 1868 to 1899, first half of the Meiji period] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Feb. p. 11-12. [Jap]
• ***Summary:*** 1871 July–A brewing tax (*jozo-zei*) and patent tax are levied on clear sake (*seishu*), unclear sake (*dakushu*), and shoyu. But in 1875 the two taxes on shoyu are discontinued because shoyu is considered one of the necessities of life.

1873–At about this time a sincere farmer, Itoi Mosuke, of Akita prefecture finds a special type of soybean and names it Itoi-mame. Later the name changes to Ani and they are cultivated all over Akita prefecture.

1873 May–The Japanese government exhibits soybeans at the exposition in Vienna, Austria. And the USA becomes interested in soybeans. Also at this expo, Kikkoman uses glass bottles for their shoyu for the first time.

1875–At about this time, shoyu becomes so popular overseas that a German-made fake shoyu appears.

1877–There are now 40-50 miso shops in Tokyo, centered in Hongo (which comprises the areas of Yotsuya, Fukagawa, Shiba, Shinagawa, Ooi, Oshima, etc.).

1877 Feb.–Dried-frozen tofu (*kôri-dôfu*) is purchased as an army supply for the Seinan no Eki war.

1877 Aug.–The first domestic exposition is held in Japan, at Ueno Park, Tokyo. Kikkoman shoyu wins an award.

1878–The quick method of miso fermentation (*miso no sokujo-ho*) is mentioned in a government report.

1878–The first official government statistics on soybean cultivation in Japan start to be compiled. This year the area is 411,200 hectares and production is 211,700 tonnes [yield = 514 kg/ha].

1879–The price of high-quality miso in Tokyo is 4 *sen* per kg. In 1980 the price is 303 yen/kg–or about 7,575 times higher. Note: From now on prices from the Meiji era come from a book titled *History of Lifestyle of the Meiji, Taisho, and Showa periods as seen from prices of the day* (*Nedan no Meiji Taishi Showa Fuzoku Shi*). It is published by the Weekly Asahi (*Shukan Asahi*).

1882–Around this time many small shoyu manufacturers appear and quite a few bad quality shoyu products are on the market. Shoyu loses considerable consumer confidence.

1885–The price of 1 keg (*taru*, 16.2 liters or 9 *sho*) of shoyu at this time is as follows: Highest grade (*jo no jo*) (Kikkoman) 1 yen, 40 sen; Middle upper grade (*jo no chu*) (3 makers including Yamasa) 1 yen 38 sen; Lower upper grade (*jo no ge*) (Kamibishi) 1 yen 25 sen; Upper middle grade (*chu no jo*) (Fujita) 1 yen 25 sen; Lower middle grade (*chu no ge*) (Chigusa) 1 yen 17 sen; Lower grade (*ge*) (Kinka) 80 sen. Yamaguchi Yoshibei of Yamasa Shoyu starts to sell Worcestershire Sauce, called "Mikado Sauce."

1885 May–The government reinstates the tax on shoyu to raise money for the army.

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1887–Soybean production in Japan tops 400,000 tonnes (419,700 tons) for the first time.

1890–The Tokyo-Area Shoyu Brewers' and Wholesalers' Union (*Ichifu Rokken Shoyu Jozo-ka Tokyo Tonya Kumiai Rengokai*) forms a cartel for the first time because of a 50% increase in the price of their raw materials.

1891–Mogi Kenzaburo of Kikkoman (1st generation) starts to use a special press (*gendo maki assaku-ki*) invented by Yamazaki Izuko to press the shoyu out of the moromi mash more efficiently and quickly.

1893–In recent years the import of soybeans to Japan has increased rapidly, and this year it reaches 96,000 tonnes. These soybeans are grown mainly in Manchuria. The average price of 2 liters of high-quality shoyu in Tokyo is 10 sen. (In 1982 it is 584 yen, or 5,840 times more than in 1893).

1894–Around this time miso soup is recognized for its value as a protein food. Dr. Sito Nesaku, an agricultural specialist, says that miso is a farm household's milk.

1894–Yabe Kikuji (1868-1936) calls natto "Japanese cheese" and presents the first academic paper on natto bacteria in Japan.

1895–Around this time the number of walking vendors of tofu, natto, and boiled whole soybeans (*ni-mame*) increased, as did the production of dried-frozen tofu (*kori-dofu*). The number of small shoyu makers decreased dramatically as Kikkoman, Yamasa, and Higeta increasingly used advanced industrialized methods. Recipes and methods for making miso pickles (*miso-zuke*) using carrots, daikon, udo, and ginger are given in women's magazines such as *Jokan, Katei Zasshi* and *Jogaku Kogi.*

1896–Around this time the importation of salt starts, as shoyu makers in Noda and Chiba buy 15,000 tons of salt from England.

1897–Soybean imports this year increase to about 140,000 tonnes, which is one-fourth of Japanese consumption. Domestic soybean production is 400,000 tonnes.

1899–Mogi Keizaburo of Kikkoman of Kikkoman (1st generation) starts using a boiler for the first time in the shoyu industry. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

447. Gomilevskii, V.I. 1900. O kitaiskom bobe (Soja hispida) i ego znachenii dlya rysskogo khozyaistva [The Chinese soybean (Soja hispida) and its meaning in Russian economy]. St. Petersburg, Russia: Printing House of "Obschestvennaya Pol'za" Union. 32 p. 22 cm. [17 ref. Rus]

• ***Summary:*** Contents: I. Research of Gil'desgeim proved that soybeans could replace meat in daily diet. More than 20 varieties of soybeans from Japan and China were introduced to Central Europe and Russia in 1873 at the World Exposition in Vienna. Soybeans were first recognized in Russia by agricultural writers Yaroshevskii and Semnalovskii in an article in their journal (name of which is not stated) and later in another article in the *Zemledel'cheskaya Gazeta.* During about the same time articles were written by I.G. Podoba and Mel'nikov. In the 1884 exhibition in Odessa, various Russian regions presented soybeans in various stages of development and soybeans which can be used as coffee substitutes. Soybeans were also cultivated in Kiev, now part of Ukraine.

II. Description of soybeans. Different varieties of soybeans in Europe (*Soja hispida* praecox is recommended for cultivation in Russia). III. Composition of soybeans. Use of soybeans as meat substitutes for poor people and the army. Soybeans as substitutes for coffee. Soybeans used in tofu, miso and spicy sauces for meat. Recipes: food uses of soybeans: soybean flour for bread, soybeans for soybean oil. IV. Composition of soybeans. Use of soybeans as feed for cattle, dairy cows, pigs and horses.

V. Characteristics of the soybean: How it stands hot and cold weather, uniqueness, not a demanding plant (needs little fertilizer), prefers southern climates/latitudes. VI. Cultivation of soybeans: Type of soil, preferred temperatures and time of year for planting, spacing between seeds and rows. VII. Soybean maintenance. VIII. Harvesting of soybeans. IX. Harvesting/gathering of soybeans. X. Conclusion: Soybeans have a bright future in Russia, they may help fight hunger in the poor regions, as well as provide an excellent source of nutrition and energy for the army and the marines. Address: St. Petersburg, Russia.

448. *New York Times.* 1900. A missionary exhibit: Oriental curios to be seen soon at Museum of Natural History. March 4. p. X8.

• ***Summary:*** It is chiefly an exhibit of curios from Asia, collected by various missionaries. The Japanese department is one of the most complete. "There are specimens of Japanese food supplies, beans of different kinds, rice, dried edible mushrooms grown in an oak grove [probably shiitake],... long, transparent strips of a tempting looking stuff which is labeled 'seaweed'; a bottle of [soy] sauce made of fermented wheat and beans; a cake made of wheat flour and looking much like ordinary bread but with odd black lines running through it [*fu*, or dried wheat gluten cake with nori]; a stick for stirring bean curd [tofu];..."

Note: An almost identical article appeared in this newspaper on June 12, p. 2. It describes the exhibit that this article is announcing.

449. Nikitin, A.F. 1900. Bobi soi i poluchayemiye iz nikh produkti v khimiko-dieteticheskom otnoshenii [The soybean and its products from a chemical and dietetic viewpoint]. *Viestnik Obschestvenoi Gigieny, Sudebnoi i Prakticheskoi Meditsiny* (*Bulletin of Public Hygiene, Forensic-, and Applied Medicine*) (*St. Petersburg*) 4(2):453-69. April. English-language summary in Experiment Station Record 13(2):166 (1901). German summary in Zeitschrift fuer

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Untersuchung der Nahrungs- und Genussmittel 4:39-40 (1901). [46 footnotes. Rus]

• ***Summary:*** An excellent summary of the Russian and foreign literature on soybeans. Nikitin published two of his own original analyses of the chemical composition of soybeans, plus six analyses done by Giljaranski and one by Lipskii. These were black, yellow, and greenish soybeans from Russia, China, and Japan. He published numerous investigations on the nutritional value of soybeans. Lipskii found, in his investigations on the digestibility of soybeans, that in a diet consisting exclusively of mashed soybeans, 19.5% of the nitrogen and 19.2% of the fat remained undigested. The nitrogen loss is also somewhat larger than a diet of mashed peas, which Rubner found to be 17.5% undigested.

I.G. Podoba, a researcher, made Zwieback from soybeans. It consisted of 11.4% water, 24.57% nitrogenous substances, 9.16% fat, 47.09% nitrogen-free extract, 5.10% crude fiber and 4.62% minerals. Podoba gave this Zwieback for 4 consecutive days to five children at 9:00 A.M. They felt full until 2:00 P.M., whereas they usually felt hungry by 12:00 noon.

Tables show the nutritional composition of the following based on various investigations: 1. Soja hispida platycarpa var. melanosperma Harz (black, long; 3 investigations {1879} by E. Wein and Kinch, plus average). 2a. Soja hispida tumida var. pallida Harz (yellow; 25 investigations {1861-1881} by Anderson, Senff, Schwackhöfer & Stua., Zulkowski, Mach, Ulbricht, Wildt, Schröder, Blaskowics, E. Wein, Weiske, Kinch, plus average, p. 456). 2b. Soja hispida tumida var. castanea Harz (brown; 13 investigations {1876-1882} by people mentioned above, plus average, p. 457). 2c. Soja hispida tumida var. atrosperma Harz (black, round; 5 investigations {1872-1882} by Senff, Mach, Wein, Kinch, plus average, p. 457). 3. Analysis of soybeans whose botanical origin is unknown (17 investigations {1877-1886} and average, p. 457-58; Planted soybeans and harvested soybeans by Caplan. Tirol "coffee bean" by Mach. Unknown by Wagner. From China, Hungary {Pressburg}, and Étampes by H. Pellet. Unknown by Carriére. From Japan and India by Kinch. From Japan by Meissl. Three from Japan by Kellner. Two from Japan (Dai-dzu) by unknown. From America by Jenkins). 4. Analyses of soybeans derived from other sources and grouped together (13 analyses, p. 458). Address: USSR.

450. *Washington Post.* 1900. Dinner a la Japanese: A repast that is certainly picturesque and may be digestible. May 20. p. 22.

• ***Summary:*** From the Boston Evening Transcript: "In each course there are half a dozen dishes and the host tells what they are. First suimono, a bean soup [sic, clear soup, often with tofu];... sashimi, raw fish cut into thin slices and covered with ice. This is dipped into rich sauce called soy, and is really very good."

451. Langworthy, C.F. 1900. Vegetable cheese. *Sanitary Home* (*Fargo, North Dakota*) 2(3):55-57. May.

• ***Summary:*** "It is commonly believed that the Japanese, Chinese, and other oriental peoples live almost exclusively on rice, eating little or no meat... In the course of centuries the Japanese and Chinese have evolved the art of preparing substances resembling dairy products from vegetable sources. It is well known that beans, peas, and other legumes contain large amounts of protein... The soy bean, which is perhaps the principal legume grown in Japan and China, is less suited for food in its natural state."

"Though the soy bean is not relished when cooked in the ordinary way, the Chinese and Japanese prepare very satisfactory foods from it in ways which are unknown to western cooks. Bean cheese or bean curd, called by the Japanese tofu and by the Chinese tao hu, is one of the most important of these products and is prepared as follows: The soy beans are soaked in water for about 12 hours and crushed between mill stones until of a uniform consistency. The ground material is then boiled with about three times its bulk of water for an hour or more and filtered through cloth. The filtrate is white in appearance and has somewhat the appearance of milk. It has the taste and smell of malt. Analysis shows that it resembles cow's milk in composition. When heated a film forms on the surface which in appearance suggests cream. This is dried and eaten under the name of yuba. As soon as the soy bean milk becomes cool, some material is added; for instance, crude sea salt, containing magnesium chlorid [chloride], which precipitates the proteid material, the fat being inclosed in the coagulated mass. The coagulated material is pressed and kneaded into small cakes or cheeses. These are sometimes dipped in saline solutions of curcuma to color them. The bean cheese cakes are sometimes eaten fresh or may be cooked in different ways. Often when practicable they are frozen. This removes a considerable part of the water present. As shown by analysis, the fresh bean cheese contains about 5 per cent of protein and 3 of fat. Ordinary cheese made of milk contains about 28 per cent protein and 36 per cent fat.

"Miso resembles tofu to some extent. It is prepared from cooked soy beans, which are rubbed to a thick paste and fermented with rice wine ferment. Shoyu is a thick sauce prepared from a mixture of cooked pulverized soy beans, roasted and pulverized wheat, wheat flour, salt, and water. The mass is fermented with rice wine ferment in casks for from one to five years being frequently stirred. The resulting product is a moderately thick, brown liquid, in odor and taste, not unlike a good quality of meat extract, though perhaps a trifle more pungent. Throughout the East it is eaten in large quantities with rice and other foods and is an important source of protein. Under the name of soy sauce, it has been known to Europeans in India for many years, and is not unknown in the United States. Most of the

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soy bean products are fermented; that is, they are prepared with the aid of micro-organisms. The micro-organisms break down the cell walls and similar materials and thus the cell contents are rendered more accessible to the digestive juices at the same time peculiar and pleasant flavors are developed. The manufacture of these products is of very ancient origin and affords an interesting, practical illustration of the use of bacteria for economic purposes.

"The Chinese residents of San Francisco and other cities consume large quantities of these soy bean products and it is stated on good authority that soy bean cheese is manufactured in this country, though doubtless it is seldom, if ever, eaten by any except the Chinese."

Note 1. This periodical was later named *North Dakota Farmer.*

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "bean cheese cakes" to refer to tofu.

Note 3. This is the earliest document seen (June 2011) concerning soybeans in connection with (but not yet in) North Dakota.

Note 4. This is the earliest English-language document seen (Oct. 2003) that contains the term "soy bean milk."

Note 5. Dr. E.F. Ladd was a nationally-known pioneer in food safety and sanitation in the United States. He published this periodical, *Sanitary Home,* in Fargo and distributed it free of charge like an extension publication before the extension service was created; North Dakota State Univ. paid the printing and mailing expenses. Interested in home safety, he rewrote technical publications in a language homemakers could understand. He did much work with North Dakota food purity and chemical purity laws. Address: PhD, Office of Experiment Stations, Dep. of Agriculture, Washington [DC, USA].

452. Abel, Mary Hinman. 1900. Beans, peas, and other legumes as food. *Farmers' Bulletin* (*USDA*) No. 121. 32 p. See p. 9-11. Illust. Revised Nov. 1904. Corrected March 1906. [1 ref]

• ***Summary:*** A section titled "Soy Bean (*Glycine hispida*)" (p. 9-11) briefly describes the soybean plant and the rich nutritional composition of its seeds. The first paragraph is quoted from USDA Farmers' Bulletin 58.

Starting with paragraph 2: "This leguminous plant, probably native in China, is the most important legume of China and Japan... In the Orient this bean and the various food products made from it are so largely consumed that it is perhaps the most important food plant next to rice. The soy bean is eaten to a small extent boiled like other beans, but in China and Japan it is elaborated into a variety of products, all of which have a high percentage of protein, and when eaten in connection with the staple food, rice, which is so deficient in that constituent [protein], helps to make a well-balanced dietary. Some one of these products is eaten at perhaps every meal and by rich and poor alike, especially in the interior of these countries, where sea food is not obtainable.

"One of the most important of these preparations is shoyu, and it is the only one that has been introduced to any extent into other countries, where it is known as soy sauce...

"There are also several varieties of bean cheese or similar products made from this legume which are very important foods. These are natto, miso, and tofu. Natto is made from soy beans that have been boiled for several hours until very soft, small portions of the still hot mass being then wrapped securely in bundles of straw and placed in a heated, tightly closed cellar for twenty-four hours. Bacteria, probably from the air or the straw, work in the mass, producing an agreeable change in its taste.

"For tofu, the soy bean, after soaking and crushing, is boiled in considerable water and filtered through cloth. To the resulting milky fluid 2 per cent of concentrated sea brine is added, which, probably by virtue of the calcium and magnesium salts present, precipitates the plant casein, which is then pressed into little snow-white tablets. It is made fresh every day. Tofu is sometimes cooked in peanut oil before it is eaten. In natto and miso the action of minute organisms plays an important part. In tofu there is no such action. The composition of a number of these products is as follows:"

A table (p. 11) shows the nutritional composition of food products made from soy beans, including fresh tofu, natto, white miso, red miso, Swiss miso, and shoyu (2 samples).

An illustration (non-original line drawing, p. 10) shows a soy bean plant with a cluster of 7 pods to its upper left (slightly changed from an original in Carrière 1880, p. 154).

This bulletin also discusses (with an illustration of each): The bean–Broad or Windsor bean (*Vicia faba*). Kidney bean (*Phaseolus vulgaris*). Lima bean (*Phaseolus lunatus*). Scarlet runner (*Phaseolus multiflorus*). Frijole (*Phaseolus spp.*). Cowpea (*Vigna catjang*). Lablab bean (*Dolichos lablab*) and other common varieties. Locust bean (*Ceratonia siliqua*).

The pea–Field pea (*Pisum arvense*). Garden pea (*Pisum sativum*). Chick-pea or gram (*Cicer arietinum*).

The lentil (*Lens esculenta*). The peanut (*Arachis hypogæa*).

Note 1. This is the earliest English-language document seen (Aug. 2011) that uses the term "milky fluid" to refer to soymilk.

Note 2. Mary Hinman Able was not an employee of the USDA or of the federal government. She was a pioneer in the fields of nutrition, nutrition education, home economics, and popularizing science for the general public. Between 1904 and 1913 she wrote several farmers bulletins for the USDA. From 1909 to 1915 she was editor of the *Journal of Home Economics.*

453. *Foreign Seeds and Plants Imported by the Section of Seed and Plant Introduction, USDA, Inventory.* 1900. [Soy bean introductions]. No. 7. S.P.I. Numbers 2701-3400. 86 p.

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Transmittal date: 18 Aug. 1900.
• ***Summary:*** 2869/2873. "Glycine hispida. Soy bean. From China. A collection of seeds presented by Prof. G.D. Brill, of the Hupeh Agricultural School, Wuchang. Received March 1899. They comprise the following:

"2869. 'This is called the yellow bean and is very much grown here, generally on a trellis. The pods are long and contain many beans each. It is soaked in water for a day or two, then ground and the skins and coarser parts separated by filtering through a coarse cloth. This filtrate is boiled with powdered gypsum, which causes it to curdle, after which it is pressed in molds. The seeds are also soaked in water until the sprouts are 2 or 3 inches long. These are then fried and eaten. The bean is also a source of oil.'

"2873. 'I think this is the same as the Soy bean already grown so much in the United States. Here it is often planted among the growing rice of the second crop, and matures the seed after this is cut. It is planted as a catch crop. It is eaten while green, cooked with rice, and when dry it is ground with poor rice, made into dough with water, rolled out thin, cooked and cut into narrow strips, and eaten at the Chinese New Year–why more at that time than any other I do not know.'"

Note: This is the earliest document seen (April 2005) that uses the term "catch crop" to refer to soy beans. A catch crop is one that is grown as a substitute for a staple crop that has failed, or one that is grown as an intermediate between two crops in an ordinary rotation, or between the rows of another crop. Address: Washington, DC.

454. Aymar, R.W. 1900. Looting Peking's priceless treasures: When allies entered the Imperial City. *Atlanta Constitution* (*Georgia*). Oct. 9. p. 5.
• ***Summary:*** "'Look at this,' begged a soldier, holding up to me a lantern of bronze. It was of superb design, with tracings on it as fine as the filaments of a spider's web. The treasure was at least 400 years old. The most marvelous thing about it was the translucent globe–made of what do you think? Of bean curd, a wonderful fabrication, flimsy as gelatin and warranted not to break or crack."

Note 1. It is unclear how one could make a translucent globe out of bean curd [tofu]. H.T. Huang says: I really have no idea how it was done. My best guess is that it was made by using bean curd skin (yuba).

455. *Chicago Daily Tribune.* 1900. Simple diet of the Japs. Nov. 25. p. 36.
• ***Summary:*** The "Japanese have an advantage because of their simpler and cheaper diet. The Japanese eat thrice a day, but their food is so simple that foreigners find it difficult to satisfy themselves with it until they try it for two or three weeks, by the end of which time they generally concede its merits over the heavier foods of America and England.

"A Japanese breakfast consists of a tiny cup of tea, followed by a soup which may be made of bean curd, fish, or seaweed, a small piece of boiled fish, a small omelette, and a small cup of hot rice."

"The monotony is so great to a European that there is never any temptation to overeat, and the Japs are not gluttons. Yet this is the diet of the Japanese" against whom the Americans "will soon be pitted for commercial supremacy."

456. Boorsma, P.A. 1900. Scheikundig onderzoek van in Ned.-Indie inheemsche voedingsmiddelen. De sojaboon [Chemical analysis of some indigenous foodstuffs in the Netherlands Indies. The soybean]. *Geneeskundig Tijdschrift voor Nederlandsch-Indie* 40:247-59. [18 ref. Dut]
• ***Summary:*** Contents: Literature review. Introduction (Boorsma is living in Java). Chemical composition of indigenous soybeans: Table giving figures (based on Boorsma's original research) for large black, large yellow, small yellow, unripe or immature black soybeans, soy protein (*eiwit in de soja*) or legumine, the oil (*De vette olie*), analysis of the ash, starch, the black soybean (*zwarte kedeleh*), use of soybeans in Java and Japan. Japanese soy preparations (*Japansche soja preparaten*)*:* Shoyu (soja) made with koji, tofu, yuba, miso and natto. Indigenous (Chinese) preparations: Tempeh (*tempe kedeleh*), Indonesian soy sauce (*Ketjap–Bataviasche soja*), tofu and pressed tofu (*Tao-hoe en Tao-koan*), Indonesian miso and fermented black soybeans (*Tao-tjo en Tao-dji*).

Note 1. This is the earliest document seen (Jan. 2012) in any language that mentions "Tao-dji."

Note 2. This is the earliest Dutch-language document seen (Jan. 2012) that mentions fermented black soybeans, which it calls *Tao-dji.*

Note 3. This is the 2nd earliest document seen (March 2009) that mentions Indonesian-style miso, which it calls "Tao-tjo." This is the earliest Dutch-language document seen (Feb. 2009) that uses the word "Tao-tjo" to refer to Indonesian-style miso.

The section titled "Japanese soy preparations" (p. 251-53) includes descriptions of koji, tofu, dried frozen tofu (*kori-tofu*), yuba, miso and natto, as follows: Tofu is the Japanese name for a yellow-white to gray mass, which is prepared by macerating the finely ground up soybeans with water; an initial [natural] fermentation, which occurs alongside, creates enough acid to precipitate part of the protein. Then a short heating, causes as much fat as possible to bind to the protein, so that the liquid after filtration has a milky appearance. Through the addition of the highly alkaline magnesium concentrate, a by-product of making sea salt, the protein is precipitated, separated out by hand and shaped into cakes–which contain lots of water, protein and fat. As a side dish or in the preparation of soup, tofu is used a lot. To remove most of the water, it is common to freeze and dry the cakes in the sun afterward. Then they are called kori-

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tofu.

Note. This is the earliest Dutch-language document seen (April 2013) that mentions dried frozen tofu, which it calls kori-dofu.

Yuba is an even fattier product obtained by the evaporation of the cream layer, that aggregates on the surface of the just mentioned bean milk.

In Japan, most soybeans are processed into cheese types, called miso and natto [which the author confuses in the following].

The cooked beans, that have been formed into a firm dough are fermented again with koji, kitchen salt and water. The temperature and the amount of kitchen salt, that one uses, affect the nature of the product [miso] and the speed of fermentation. Finally the mass is cooked for a long time in the brine, separated and shaped into cakes. The resulting vegetable cheese [natto] is then wrapped in bundles, of about 500 grams, of straw, and left to its own for a few days in a heated space; where, according to Loew [sic, Yabe 1895, p. 438-39] the microbes attached to the straw cause an additional post-fermentation.

The reason for the somewhat extensive attention [in this writing] to the latter, is that the native soybean (katjang kedeleh) preparations of the Dutch East Indies are, more or less, patterned after the Japanese.

This excellent article contains a 4½-page description (the best seen to date, p. 253-58) of the traditional process for making soybean tempeh (*Tempe kedeleh*). The soybeans are parboiled, soaked in water for 2-3 days, drained, steamed in a steamer (*koekesan*), spread in a layer several centimeters thick on woven bamboo trays in shelves, and covered completely with banana leaves. They are then inoculated with the *bijang*, which is the "mold containing residues of a previous preparation." This is mixed in here and there, then the trays are covered lightly with banana leaves so as to let in some air. "Rampant growth of the mold soon begins. In the evening the mass is molded a little and after two 24-hour periods one will obtain a coherent cake, which is cut into pieces and taken as is to the market."

The cotyledons are stuck together by a dense mycelium, which has grown into a somewhat white covering. According to Prinsen Geerligs (cited above), the name of the mold is *Chlamydomucor Oryzae.*

During the two days of rampant mold growth, a radical conversion takes place in the components of the seeds; a lot of water, carbonic acid, and heat start to develop... A thermometer inserted into the fermenting mass shows a temperature 10-12ºC above that of the environment.

As the preparation is finished, the banana leaves are taken away; the temperature drops slowly to normal, the rampant mold growth stops, and the mass dries out slightly. In this condition, the tempeh can be kept for several days without spoiling.

When the rampant mold growth is allowed to continue for a third day, simply by leaving the banana leaves in place, the conversion will soon become much stronger as noted by the formation of ammonia. Also poisonous products start to form; a monkey, given a little bit [of overripe tempeh] among his other foods that day was vomiting violently one hour later. Thus we should admit that the stories about poisonings caused by various sorts of tempeh [such bongkrek, made from coconut presscake] probably have some foundation. But there is little fear of this from soybean tempeh.

After microscopic examination, Boorsma concluded that Prinsen Geerligs and others were wrong in stating that (1) the mold hyphae penetrate and dissolve the hard soybean cell walls, and (2) cellulose is decreased during tempeh (*tempe*) fermentation. He studied the chemical and compositional changes at four stages during a 3-day tempeh fermentation; a table shows his findings. He observed that fats and soluble carbohydrates decreased substantially, while nitrogen decreased only slightly. He also discussed the hydrolysis of soybean lipids, and why tempeh is easier to digest than whole soybeans.

Note 4. This is the earliest Dutch-language document seen (Sept. 2011) that uses the term *tempe kedele* or the word *tempe* to refer to tempeh.

Note 5. This is the earliest document seen (Jan. 2012) that describes how to make tempeh on a commercial scale.

On page 258 Boorsma briefly discusses Ketjap (which he called *Bataviasche soja*, or Jakarta soy sauce) and Tao-hoe and Tao-koan (tofu and firm tofu), based on information from Prinsen-Geerlings (for both) and Vorderman (for firm tofu). For each he gives a nutritional composition. On page 259 Boorsma briefly discusses *Tao tjo* and *Tao-dji* (Indonesian-style miso and fermented black soybeans). Note 6. This is the earliest Dutch-language document seen (Dec. 1999) that uses the term *Tao tjo* to refer to Indonesian-style miso or tauco / taucho.

Note 7. This is the earliest document seen (April 2001) that contains the term *Tao-koan.*

Note 8. This is the earliest Dutch-language document seen (Jan. 2012) that contains the word *natto.*

Note 9. This is the earliest Dutch-language document seen (Oct. 2012) that mentions yuba, which it calls *Yuba* and describes as *een nog vetrijker product dat verkregen wordt bij uitdampen van de roomloog, die zich bij de zooeven genoende boonenmelk aan de oppervlatke verzamelt."*

Note 10. Boorsma was a Dutch naturalist who lived in Indonesia in the early 1900s. Address: Netherlands.

457. Hutchison, Robert. 1900. Food and the principles of dietetics [1st ed]. New York, NY: William Wood & Company. xviii + 548 p. Plus 3 leaves of colored plates. Illust. Index. 23 cm. [100+* ref]

• ***Summary:*** Chapter 13, "The pulses–Roots and tubers," contains a table (p. 225) titled "Composition of pulses," which gives the nutritional composition (based on many

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analyses) of 13 pulses, including soy beans, soy bean flour, peanuts, lentils, horse beans (dry), broad or Windsor beans, French beans (*haricots verts*), haricots (*haricots blancs*), etc. For each is given the percentage of water, proteid, carbohydrates, fat, cellulose, and mineral matter. Soy bean flour is the highest in proteid (39.5%), followed by soy beans (32.9%). Peanuts are the highest is fat (44.3%), followed by soy beans (18.1%), and soy bean flour (13.7%).

There is a basic description of each of the major pulses. We read (p. 226-27): "The Soy Bean (*Glycine hispida*) is the richest of all the pulses in proteid, and also has a large amount of fat, but very little starch. For this reason it is of use as a bread substitute in diabetes, a flour being prepared from it and made into loaves or biscuits. In China and Japan it is extensively eaten in the form of soy cheese [tofu], and as various sauces and pastes [miso], all of which are rich in proteid and so are fitted to supplement the deficiencies of rice. It is also grown in Southern Europe.

"The Peanut (*Arachis hypogæa*), although botanically one of the pulses, really resembles more closely the true nuts. Like these, it is rich in proteids and fat, and may be used as a diabetic food. It enters into the composition of a patent food know as 'Nutrose,' and after expression of the oil it forms cakes for cattle."

The section on diabetes has a subsection on "Diabetic breads" (p. 475-76) stating that gluten, the chief proteid of wheat, was one of the first substances to be used in making them. More recently, oily nuts and "the soja bean" have also been used. Many of these breads, and especially the gluten breads, "are by no means free from starch."

A table (p. 196) compares the "composition of wholemeal and white bread." Wholemeal bread contains 5 times as much "cellulose" [dietary fiber] as white bread, yet white bread contains slightly more proteid. A second table (based on analyses by Atwater) compares the composition of "white bread, brown bread, and Graham bread." There is a vigorous debate as to which of these is better nutritionally. Also discusses: Wholemeal bread, and Graham bread. Robert Hutchison was born in 1871. Address: M.D. Edinburgh, F.R.C.P., Asst. Physician to the London Hospital and to the Hospital for Sick Children, Great Ormond St. [London].

458. Satow, Ernest M. ed. 1900. The voyage of Captain John Saris to Japan, 1613. London: Printed for the Hakluyt Society. viii + lxxxvii + 242 + 20 p. See p. 126. Series: Works Issued by the Hakluyt Society (London). 2nd Series. No. 5. [20 ref]

• ***Summary:*** On 29 Aug. 1613, while in Japan (near Shizuoka), Saris wrote: "Of Cheese* they haue plentie. Butter they make none, neither will they eate any Milke, because they hold it to bee as bloud, nor tame beasts."

(Footnote [by Satow]: *"This must be a mistake of Saris. Perhaps he mistook bean-curd (*tôfu*) for cheese, which is not known to have at any time formed part of the diet of the Japanese").

Note 1. The body of this work is a log kept by Captain Saris during his voyage to Japan and nearby areas. Each entry is dated. His spelling conventions have been preserved.

Note 2. Richard Hakluyt (pronounced HAK-luyt; lived ca. 1552-1616) was an English geographer and historian of Welsh extraction. He decided at an early age to devote his life to "globes, maps, and spheres." A good researcher, he burrowed into all the records he could find of the early Spanish and French voyages, and laid before Queen Elizabeth a one-man encyclopedia of the wonders of America. It was, he assured everyone, a land "of huge and unknown greatness," though he himself had never been west of Bristol, England. In short, he helped to paint a picture of America as a land veined with gold and blazing with precious stones–the English version of the Spanish El Dorado.

An illustration (frontispiece) facing the title page shows the Shogun Ieyasu, seated in flowing robes. Address: Sir, K.C.M.G. [Knight Commander of (the Order of) St. Michael and St. George, Her Majesty's Envoy Extraordinary and Minister Plenipotentiary to Japan [England].

459. VanBuskirk, J.D. 1900. Some common Korean foods. *Transactions of the Korea Branch of the Royal Asiatic Society* 14:1-8.

• ***Summary:*** Table 1, "Korean food products," based on statistics published in the 1917 report by the Bureau of Agriculture of the Government General, shows Korean production in millions of bushels: Rice 61. Barley 25. Millet 19. Wheat 8. Beans and peas 18. Since exports and imports of foodstuffs are relatively small compared to the amount produced, and the number of animals fed is not large, "these figures should give us a good idea of the amount of food eaten."

Rice is sometimes cooked with peas or beans (incl. soy beans) mixed in (called *pat-pap* or *kong-pap*). But the cooking takes longer and the beans are often not well cooked, and thus less digestible (p. 3).

The section titled "Bean and pea foods" (p. 4-5) gives the name of each food in Korean characters and discusses: (1) Bean curd (*tu-bu*), equivalent to Japanese tofu, is curded with the "concentrated mother liquid from sea water" [Jap. nigari]. The bean residue [okara] (*pi-ch'i*) left over from making tofu is also sometimes eaten. Bean curd "is not generally eaten without further preparation; it is commonly added to soups and stews and often made into omelets with eggs; another palatable food is made by cooking the bean curd for a short time in bean sauce (*chang*) and serving this with sesame oil, pepper and onions; it is called *to-bu cho-rim.* Bean curd may be eaten without further cooking served in sauce."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *tu-bu* to refer to Korean

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tofu.

Pea curd (*mook*) is similar to beancurd in composition but made from peas using a very different process.

"Bean Sauce (*kan-chang*) is somewhat like the Japanese 'sho-yu' but is more salt and not sweetened. Soy beans are thoroughly boiled, mashed, made into cakes and partially dried. These cakes (*me-ju*) are stored for months and allowed to mold and slowly ferment: when ripe they are broken up and soaked in salt water for a long time, then strained, the solid part being dried and used as a condiment (*toin-chang*). The liquid is boiled and the coagulated protein scum frequently removed; when sufficiently concentrated the liquid sauce is cooled and stored. This is the indispensable condiment for Koreans.

Note 2. This is the earliest English-language document seen (April 2012) that uses the term *kan-chang* to refer to Korean soy sauce.

"Another bean sauce (*ko-cho-chang*) is made by taking about equal parts of the fermented bean cakes, rice, and salt, with a large amount of red pepper, the mixture being soaked in a small amount of water till ripe. This too is very important as a condiment."

Note 3. This is the earliest document seen (March 2009) that clearly mentions a Korean-style miso, which it calls "ko-cho-chang,"–today commonly called "red pepper sauce."

"'Kong-cha-ban' is made by boiling beans in the bean sauce; they do not swell but are hard, brittle, and very salty. Sugar and sesame oil may be added when serving them.

"Sprouted beans (*kong-na-mul*) are very common. The beans are soaked in water and allowed to sprout. When the sprouts are quite long both beans and sprouts are boiled and served–sauce is generally added."

Kim-chi, a fermented food made from cabbage or sliced turnips, is sometimes served with added bean sauce.

Among animal foods: "'Mut-chim' is dried fish soaked in water, then shredded; it is then soaked in bean sauce. Sesame oil and pepper are added; it is then allowed to stand for a shot time." Address: M.D.

460. Zavitz, C.A. 1900. Co-operative experiments in agriculture. *Ontario Agricultural and Experimental Union, Annual Report* 21:6-37. For the year 1899. See p. 9, 16, 31-32.

• ***Summary:*** A table (p. 7) shows the number of distinct experiments in agriculture, number of experimenters, and number of satisfactory reports each year for 1886, 1888, and 1891-99. For 1886 these numbers were 1, 12, and 8. For 1888 they were 1, 90, and 40. For 1891 they were 12, 203, and 126. For 1895 they were 15, 1699, and 513. For 1899 they were 23, 3485, and 739. Thus, during these 14 years the Union made remarkable progress.

A table titled "List of experiments for 1899" (p. 9), under "Grain crops" includes "Testing three varieties of Japanese beans–3 plots."

In a long "List of experimenters" we read (p. 16) that the Japanese beans were grown by: (1) F.B. Doud, Branchton, Brant Co. (2) Simon Miller, Unionville, York Co. (3) Jno. D. Neilson, Thedford, Lambton Co. (4) O.A.C., Guelph, Wellington Co.

In the section titled "Conclusions" (p. 31-32), table 15 shows the results (based on 4 tests) of testing three leading varieties of Japan [soy] beans: Medium Green (estimated value 72), yielded 2.6 tons/acre of straw and 22.4 bu/acre of grain. American Coffee Berry (estimated value 100), 1.4 tons/acre of straw and 21.3 bu/acre of grain. Extra Early Dwarf (estimated value 86), 1.1 tons/acre of straw and 12.7 bu/acre of grain.

The text immediately below the table explains: "The Soy beans [sic] (Glycine hispida) is a leguminous plant native of Japan and China, and ranks very high from a chemical point of view. The plant is an annual, erect in growth and branches profusely. There are a large number of varieties, nearly all of which are too late for the conditions of Ontario. The different varieties are distinguished largely by the time required for the plants to mature and by the color of the seed; the yellow, the green, and the black, being the most common. The Soy beans are used for green fodder, silage, hay, pasture, and as a soil renovator, and the grain is used as a feed for live stock. These beans have been used as a food for man from the earliest times in Japan and China, and more recently in the European countries. They are not used as a food by themselves, but are made into different complex forms, of which five are quite common among Japanese, namely: natto, tofu, miso, yuba, shoyu.

"Conclusions.

"1. The Soy beans gave very good results in the Union experiments in 1899.

"2. The medium green Soy beans which gave the largest yield of grain per acre of the three varieties tested over Ontario in 1899, is the latest of the three varieties.

"3. The American Coffee Berry was the most popular variety with the experimenters when yield, time of maturity, etc., were all taken into consideration."

Note 1. This is the earliest report seen (Aug. 2002) in this periodical concerning soy beans. C.A. Zavitz is also secretary of the Ontario Agricultural and Experimental Union, and a member of its Committee on Agriculture (appointed at the last annual meeting).

Note 2. This is the earliest document seen (Jan. 2012) that mentions natto in Canada. Address: B.S.A., Director of Co-operative Experiments in Agriculture, O.A.C. [Ontario Agricultural College], Guelph [Ontario, Canada].

461. Carpenter, Frank G. 1901. How John Bull built upon barren rocks: The richest colony in the world. *Atlanta Constitution* (*Georgia*). Jan. 27. p. B3, B10.

• ***Summary:*** About Hong Kong (and the city of Victoria), which is rapidly becoming a manufacturing center, based on

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cheap Chinese labor. It is regarded as an example of what the Americans might do in the Philippines with Chinese immigrant labor.

In Hong Kong, the "Chinese make soap and dye stuffs. They have rice mills, bean curd factories, tooth powder factories and cigar works." Four photos show different views of and buildings in Hong Kong.

462. Fraser, Hugh (Mrs.). 1901. Shiwo San's pilgrimage. *New-York Tribune.* Feb. 10. p. B5.
• ***Summary:*** Shiwo San recalled: "I had a present from my married daughter, a mosquito net and some bean curd, and she had another son, but Kokichi is naughtier than ever." "... daikon, whose smell already ravaged the house."

463. D.A.R. 1901. Katjang-Kedelihpraeparaten [Soyfoods]. *Orgaan van de Vereeniging van oud Leerlingen der Rijks Landbouwshool* (*see Landbouwkundig Tijdschrift*) 13(161):242-45. Dec. [Dut]
• ***Summary:*** The author wrote an article in the April issue of this magazine about soybean cultivation. Now he will discuss how soybeans are used to make foods. As mentioned in the previous article, soya beans as such are not good to eat, even boiled or roasted; they need to be processed so as to digest the indigestible protein; then this protein can be absorbed by the digestive enzymes of the stomach and intestines.

As Japan is *the* soya country, we will start with the product that is most popular there, soy sauce, which has also earned its place in Europe. It is made from equal parts of roasted soybeans and wheat, 1-3 parts water, and much salt. The koji is fermented for a long time. Prof. Dr. M. Fesco [sic, Fesca], who provided much of this information, said it takes about 20 weeks to 5 years. The longest and slowest fermentation gives the best quality product. In Japan, every housewife makes her own soya sauce and there is competition for the best homemade soy sauce. Late-ripening protein-rich soybeans, called shoyu-mame, are used. In Java, the residue from soy sauce is used a lot, along with peanut presscake, for fertilizing sugar-cane fields.

In the Netherlands Indies, ketjap [Indonesian-style soy sauce] is made solely by the Chinese. Also called Tao-yoe, it is prepared by covering cooked soybeans with hibiscus (*waroe*) leaves. The age and variety of the leaves is very important. The mold that grows produces substances [enzymes] that digest legumin [soy protein]. More of the process is described.

Note 1. This is the earliest document seen (Feb. 2009) that contains the term Tao-yoe. H.T. Huang (e-mail of 25 Feb. 2009) states: "Tao-Yoe sounds like Cantonese for *Douyou* (pinyin) or *tou yu* (W.-G.) which in Mandarin mean soy sauce, and which first appeared in about 1750 in the *Xingyuan Lu* (*Hsing Yüan Lu*). See Huang 2000, p. 371-73.

Star anise (*Hades manies*) is also added to Indonesian soy sauce. Some Chinese have gained a reputation for their knowledge of the different additives (*boemboengs* [*boemboes*]). 61. kg of soybeans (1 gantang or 10 katties) can yield 3 bottles of number 1 ketjap (which retails for 50 Dutch cents per bottle), plus 3 bottles of 2nd extraction ketjap (each 40 cents), plus 3 bottles of ketjap no. 3 (which is little better than salt water with a light brown tint; each 20 cents).

The Japanese also use soybeans to make tofu (*tofoe*). Precipitated with magnesium chloride, it is a greyish-white dough, or sometimes yellow product. Although containing 90% water, it is a concentrated food. A table (based on analyses by E. Kirch [sic, Kinch] of Tokyo) shows the composition of tofu and kori-tofu; the latter is made by freezing tofu then thawing it. Tofu is a good product for vegetarians, but beware than it can act as a laxative because of the magnesium chloride.

Note 2. This is the earliest Dutch-language document seen (Sept. 2011) with the term *Katjang-Kedelihpraeparaten* in the title; it means "Soyfoods."

Note 3. This is the 2nd earliest Dutch-language document seen (April 2013) that mentions dried-frozen tofu, which it calls kori-tofu.

464. Bie, H.C.H. de. 1901. De landbouw der inlandsche bevolking op Java [The agriculture of the indigenous people in Java]. *Mededeelingen uit 's Lands Plantentuin* (*Buitenzorg*) No. 45. 143 p. See p. 97, 99, 138-43. [Dut]
• ***Summary:*** The soybean is discussed in the chapter titled "Cultivation of crops other than paddy rice: Cultivation of secondary crops (*Palawidja*)." Soya bean is one of the secondary foods served with rice, but it is mostly used to make soy sauce and tempeh (*tempe*). One variety of soybean, which originally came from Japan, is widely grown as a second crop on the wet rice fields (*sawahs*), and it is easy to cultivate at altitudes of 1,200 to 1,500 feet above sea level. It is called *katjang kedele* in Central and East Java, but *katjang djepoen* in Sunda or West Java (*de Soendalanden;* [the area around Bandung only]). A description of the plant and the method of cultivation in Java is then given. It is planted much more on wet rice fields than on dry (non-irrigated) fields (*tegalans*) near the rice fields used for vegetables and secondary crops. Usually the soybean seeds are planted right after the paddy stumps have been cut away, but sometimes they are planted just before or during the paddy harvest, and pressed into the earth under the feet of the paddy cutters. They are rarely weeded, excepted when the crop is suffocated by tall weeds. At harvest, the plants are pulled completely out of the ground and bound into bunches. At night they are stored under a specially-constructed roofed shelter in the field, and during the day they are sun-dried on bamboo structures or on the ground. This takes at most 3-4 days, if the plants are really ripe and the weather is good, after which the bunches are put on bamboo mats in heaps and threshed. To protect the seeds from damage, one preferably

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uses piece of banana tree branches which still have fibrous veins. The fibrous plant stems and branches are removed together with the soybean pods and burned on the sawah fields. Poor people first sort out the pieces good enough for fuel and take these home. Immature green leaves are fed to animals. Sometimes soybeans are planted on the dikes of the paddy fields at the same time as or a few days later than the paddy rice. The fresh seeds from this harvest are then planted in the sawah fields after the paddy is harvested. Soybeans planted in this way are called *katjang apitan.*

There are two varieties of soya: one has an ivory yellow seed coat and the other is black. The latter is used almost exclusively to make soy sauce; the former to make pastry and condiments for rice or as a vegetable (*sayur; sajoer*). Soya is cooked with salt in the green pod and eaten as a snack.

The indigenous people do not occupy themselves with the production of soya (soy sauce) or *ketjap* or other products made from soybeans such as *taoetjo* [*tao tjo, tauco, taucho* = Indonesian style miso], *taoehoe* [*tao hoe, tahu* = tofu], *taoekwa* [*tao koan, taokoan or takoa* = fermented tofu], and *taoetji* [*tao dji, tausi* = fermented black soybeans]. The work is too involved and takes too long before the product is ready to be sold. Most people are too inexperienced and there is not enough of a market for the product.

The only food that most people make out of soybeans is tempeh (*témpé*), which plays the same role in Central and East Java as does ontjom in Sunda or West Java, and is prepared similarly. The tempeh-making process is described. It takes place indoors, out of the light. It is sometimes cut into smaller pieces. It is usually eaten pan-fried after being soaked in a solution of tamarind and salt. It is also cooked with vegetables.

Most soybean seeds are sold to the Chinese, who export them or process them to make soy sauce and other products. To make soy sauce, the seeds are roasted to aid in removing the hulls. Some people pound the seeds instead. They are cleaned, boiled in water, drained, spread on flat bamboo trays (*tampah* or *njiroe*) and dried daily for a week in the wind. They are washed again then soaked for 30-40 days in salt water which has been boiled then cooled. This mash is mixed thoroughly and strained through a cloth. To the black liquid is added a boiled and cooled mixture of cane sugar and water, then the mixture is boiled until its volume is reduced by 20%. If the solid residue removed by filtering still tastes salty, it is put into water, kneaded and strained again. A sugar solution is added and all is boiled down as before to make second-grade ketjap.

To make *taoetjo* (*tauco, taucho* or Indonesian-style miso), the soybeans are soaked in fresh water, the hulls are removed, the seeds boiled and spread on bamboo trays to cool. Rice or glutinous rice flour is roasted until golden brown, then mixed with the seeds and set aside for 2-3 days to ferment between hibiscus (*waroe*) leaves on flat trays. When the mass has molded, it is sun dried for a few days until very hard. Note: This is the soybean koji used making taucho.

Remove the leaves and put this mass of soybean koji into salt water. On the third or fourth day, add some yeast (*gist*) and some cane sugar syrup. Continue the soaking and fermentation in salt water for 2-3 weeks. Place it [in crocks] daily outside in the dew, taking care that no rain gets on it.

To stimulate the fermentation, take steamed rice or glutinous rice that is only half cooked. Add *ragi* starter and allow it to ferment for 2-3 days until a sweet, alcoholic flavor develops. This kind of fermented rice is called *peujeum* in West Java, or *tapé* in Central or East Java. Now add this fermented rice to the soybeans in salt water to enhance both the fermentation and the product.

After 3-4 weeks the soybeans should be very soft like porridge; then the taucho is ready to be used. It is eaten raw with cooked or raw vegetables, or mixed with meat or rice dishes; other condiments are also made from it.

Another product that the Chinese make out of soybeans is tofu (*tahoe* or *tauwhoe*). Soaked soybeans are ground and the puree is mixed with fresh water. Then a milky liquid (*melkachtige vloeistof*) is filtered off and coagulated. The Chinese use a coagulant called *tjiogo* (gypsum or calcium sulfate), which is specially imported from China and is not always available, even to the Chinese apothecary. It is first burned, then cooled before being added to the milky liquid. The white mass which is precipitated is called tofu. A similar product can be made from mung beans. Address: Batavia (Jakarta), Java.

465. Chamberlain, Basil Hall; Mason, W.B. 1901. Handbook for travellers in Japan: Including the whole empire from Yezo to Formosa. 6th ed., revised. London: John Murray; Yokohama, Shanghai, Hongkong, Singapore: Kelly & Walsh, Ltd. ix + 577 + 94 p. “With 28 maps and plans and numerous illustrations.” Index.

• ***Summary:*** This 6th edition is quite similar to the 1899 5th edition, but with some important changes, and 41 pages of additional advertisements at the rear. In the concise English-Japanese dictionary (p. 21-22): Beans–mame. Soy–shôyu, shitaji.

Eastern Japan: Chôshi (Inn, Daishin): “Chôshi is noted for its soy, the manufacture of which may be seen at Tanaka Gemba’s establishment, the oldest and largest, which supplies the Imperial Household.”

In the ads at the back is a full page advertisement (p. 49) for “Higeta Soy, manufactured by G. Tanaka, Chôshi, Shimôsa, Japan.” An illustration shows the Higeta trade mark. “Higeta Soy dates from 1615 A. D. (Second year of Genwa).

“Higeta Soy is honoured with the distinguished patronage of the Imperial Household.

“Higeta Soy was awarded the superior medal at the

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World's Fair at Chicago [Illinois], and gold and other superior medals by the Home Exhibitions.

"Higeta Soy has an excellent flavour and is very nutritious, being made of the best kind of bean, wheat, rice, and table salt." A table gives a nutritional analysis.

"Higeta Soy, not being acrid, is suited for ladies and children.

"Higeta Soy can be preserved even in hot countries, if kept in a dark place. This fact has been proved by many years' experience." Detailed directions for use are given.

Note: This is the earliest document seen (Feb. 2012) that mentions "Higeta" in connection with soy sauce. Address: 1. Emeritus Prof. of Japanese and Philology in the Imperial Univ. of Tokyo, Tokyo; 2. Corresponding member of the Royal Scottish Geographical Society, and late of the Imperial Japanese Dep. of Communications.

466. Hosie, Alexander. 1901. Manchuria: Its people, resources, and recent history. London: Methuen & Co. xii + 293 p. See p. 180-84, 218-24, 240-45, 252-53. Illust. Index. 23 cm.

• ***Summary:*** The Preface states that Hosie was in charge of the British consulate at Newchwang in Manchuria from Nov. 1894 to July 1897 and from April 1899 to April 1900. In 1900 he made the first careful estimate of soybean production in Manchuria, calculating the amount at 600,000 tons. He noted that during that period most of Manchuria's soybean exports went to southern China, through the ports of Swatow, Amoy, and Canton, where mills were erected for extracting the oil; the cake was used for fertilizing sugar plantations there and in Java. Nearly all of the soybean oil exported from Manchuria was consumed in China.

Chapter 2, titled "Recent events in Manchuria" (p. 39-72) begins with the Sino-Japanese war of 1894-95 (it began on 3 Aug. 1894 and concerned a dispute over the kingdom of Corea [Korea]), the Japanese invasion of Corea and Manchuria, Japanese victory and the treaty of Shimonoseki (17 April 1895), the complexities of railway construction and financing in Manchuria (from the start of construction of the Manchurian Railway on 28 Aug. 1897), and the expected effects of the new railroads on Manchurian trade. Manchurian trade currently labors under serious disadvantages due largely to climatic conditions, absence of good roads, and the slow and clumsy methods of transport. "I have said that it is practically impossible to sow, reap, and export [soy] beans, the most valuable trade product of the country, in the same year, and that they have to be carried by cart and stored at depots on the waterways to await shipment when the ice breaks up in the following spring. In this way capital is locked up for months and heavy storage charges are incurred" (p. 67). The Russian Central Manchurian Railway should greatly alleviate these problems. Bubonic plague struck Manchuria in 1899 (p. 69).

Note 1 This is the earliest document seen (Jan. 2008) concerning the transportation of soybeans by railway.

Chapter 7, titled "Agriculture and agricultural products" (p. 172-98) contains extensive information on "Beans" (which are actually soybeans). Beans are often used on large farms in the second year of a 4-year crop rotation consisting of millet, beans, rice (or barley or wheat), and millet. Other important cereal crops are Job's tears (*Coix lachryma*, used medicinally and in making sweetmeats) and tall millet (*Kao-liang*).

"A large variety of beans is grown in Manchuria, and, together with their resultants, bean-cake and bean-oil, they constitute by far the most valuable item in the export trade of the three provinces." In April they are sown by hand in drills, and the crop ripens in September. "The Chinese distinguish the beans of commerce by their colours, and they are known as Yellow (Huang Tou), Green (Ch'ing Tou), Black (Hei, or Wu Tou), White (Pai Tou), Red (Hung Tou) and Small Green (Lü Tou). The yellow, green and black are varieties of the soy bean (*Glycine hispida, Moench.*, or *Dolichos soja*, L.)..." The white and red beans are "the ray-fruited dwarf bean (*Phaseolus radiatus*, L.)" [azuki bean]. The Lü Tou (small green bean, *Phaseolus mungo*, L.) [mung bean], "the smallest but one of the most important of the beans of commerce cultivated in Manchuria," is used to make vermicelli and bean sprouts.

Concerning soy beans: The "yield per acre, which requires from 16 to 18 lb. of seed, is estimated at from 27 to 39 bushels, with a weight of about 40 lb. per bushel." [Note: A U.S. bushel of soy beans weighs 60 lb.]. "Each variety of soy bean has a number of sub-species. The yellow has three, known respectively as (a) Pai-mei (white eyebrow), from the white scar on the saddle or point of attachment to the pod; (b) Chin-huang, or Chin-yüan (golden yellow or golden round), from the golden colour and more rounded shape of the bean; and (c) Hei-chi (black belly), from the dark brown scar on the saddle. All the three sub-species are highly prized for the quantity of oil or fat which they contain, but sub-species (a) and (b) are noted for the quality of the bean-curd (Tou-fu) or legumine obtained from them, as well as for the sprouts which are procured by soaking the beans in water, and which are greatly relished as a vegetable.

"There are two sub-species of the green bean (Ching-Tou)." One has a green epidermis (skin) but is yellow inside, while the other is green on the both the surface and inside.

The black bean (Wu Tou) has three sub-species:–(a) To-wu-tou (large black bean), where the epidermis is black and the inside green. It yields oil or fat, and it is likewise boiled with millet or rice and used for food.

"(b) Hsiao-wu-tou (small black bean), where the bean is somewhat smaller than the sub-species (a), with a black epidermis and yellow inside. It is largely used for horse feed and also yields oil, the refuse being employed for feeding pigs. It is likewise pickled for food.

"(c) Pien-wu-tou (flat black bean), where the epidermis

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is black and the inside yellow. It is flattened and elliptical in shape, and is mostly used for pickling and for horse feed." (p. 181-82).

A detailed description is then given of Tou-fu, or bean curd, and how it is made (p. 183-84).

"Besides these beans of commerce there are several varieties of garden beans cultivated for food, such as...; the Mao Tou, or hairy bean [probably green vegetable soybeans], with short hairy pods, each containing one to three beans (epidermis white and inside green);... With the exception of the Mao Tou these are usually cooked and eaten with the pods" (p. 186).

"The plants grown in Manchuria whose seeds yield oil are six in number. They are (1) *Dolichos soja,* L., or soy bean," (2) Castor oil plant. (3) *Sesamum orientale,* or sesame. (4) *Perilla ocymoides,* L., or perilla. (5) The cotton plant. (6) *Cannabis sativa,* L., or the true hemp plant. "The names and uses of these [six] oils are the following: (1) *Tou yu* [soy bean oil]–cooking, mixing paints and lighting" [illumination]. All these six "oil-yielding seeds" (with the exception of *sesamum seeds,* which are roasted) are crushed, steamed and subjected to great pressure. A table (p. 188) shows the percentage and value of the oil and cake extracted from these six seeds.

A black-and-white photo shows a Chinese bean mill at Newchwang with a huge granite stone wheel (facing p. 220).

Also discusses: Job's tears or pearl barley (p. 180-81). *Phaseolus radiatus* (the ray-fruited dwarf bean [azuki] which is red or white, p. 182-83). Hemp, a valuable textile plant (p. 186-88, 251). Sesamum seed (p. 188). Ground-nuts [peanuts] (p. 188, 251). The ground nut (*Arachis hypogœa,* L.) is cultivated in Manchuria for food, however not to any great extent. The oil is not extracted from the nuts, as it is in the south of China. Seaweed (p. 258).

A second edition of this work was published in 1904 (London: Methuen & Co., 293 p.; New York: C. Scribner's Sons; see p. 181-87). In the 1910 ed. (published in Boston by J.B. Millet Co.; 320 p.), see p. 75-79. Address: M.A., F.R.G.S., Once Acting British Consul, Tamsui; Now at Aberdeen (Scotland or Hong Kong).

467. Hosie, Alexander. 1901. Manchuria: Its people, resources, and recent history. Tou-fu or bean curd (Document part). London: Methuen & Co. xii + 293 p. See p. 183-84.
• ***Summary:*** "The Tou-fu, or bean curd,... is a product of universal consumption in China. The beans–yellow or green–are steeped overnight in cold or, if time is an object, in warm water. In the morning they are taken out much swollen and ground in a stone mill, water being poured in at the hole in the top of the mill-stone every few seconds to hasten the process. The whole is then collected and passed through a sieve or piece of cloth, which retains the epidermis of the beans. The filtrate is thereafter poured into a pot and brought to the boil. It is then poured into an earthenware *kang,* or jar, and half a bowl of brine (*Lu shui*) [nigari], from sea-salt, well diluted, is added to and stirred in it to cause coagulation of the legumine. This occurs in about an hour, when it is transferred to a wooden frame some three inches deep, with wooden sides and bottom, whereon a cloth has been previously spread. The water escapes through the cloth and by a drainage opening at the end of the frame, the cloth is folded over the legumine, and a lid of bamboos or reeds is placed on the top and weighted with stones to press out the moisture and shape the curd to the size of the frame. This is soon completed; the stones and lid are removed; and the cloth folded back exposes a whitish grey mass of the consistency of cream cheese. It is now ready to be cut up by knife, and is sold at from 8 to 9 copper cash (960 to 1,000 copper cash = 1 Mexican dollar = about 2s.) a catty of 1 1/3 lb. Three shêng (1 shêng = 3 catties = 4 lb.) of beans will yield 50 catties, or 66 2/3 lb. of bean-curd. Besides the actual curd various analogous substances are produced, such, for example, as Tou-fu-kan-tzu (dry bean-curd cakes), where the curd is cut up and undergoes additional pressure; Tou-fu-nao (bean-curd brain), a substance of less consistency than the curd itself, obtained by putting powdered gypsum instead of brine in the filtrate after it has been brought to the boil; Tou-fu-p'i (bean-curd skin [yuba]), the scum of the boiling filtrate, which is taken off and hung up to dry; Ch'ien-chang-tou-fu (bean-curd wafers or sheets), made by placing thin layers of the legumine in cloth and subjecting them to considerable pressure, and Tung-tou-fu (frozen bean-curd), where the bean-curd is cut up, frozen and then exposed to the rays of the sun, whereby the greater part of the moisture is removed during the process of thawing."

Note 1. This is the earliest English-language document seen (Oct. 2012) that uses the term *Tou-fu-p'i* to refer to yuba.

Note 2. This is the 2nd earliest English-language document seen (Oct. 2012) that uses the term "bean-curd skin" (regardless of hyphenation or spacing) to refer to yuba.

Note 3. This is the earliest English-language document seen (April 2013) that uses the term "dry bean-curd" or the term "dry bean-curd cakes" (regardless of hyphenation or spacing) to refer to pressed tofu (*doufu-gan*). Address: M.A., F.R.G.S., Once Acting British Consul, Tamsui; Now at Aberdeen (Scotland or Hong Kong).

468. Hosie, Alexander. 1901. Manchuria: Its people, resources, and recent history. Chapter IX–Special industries of Manchuria (Document part). London: Methuen & Co. xii + 293 p. See p. 218-24.
• ***Summary:*** One of the most important commercial industries of Manchuria is that which makes bean-cake and bean-oil, using a crush-stone mill and wedge press. The author explains "the method adopted in Manchuria for extracting the oil. A large stone wheel of dressed granite about ten feet in diameter and two and a half feet thick at

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the axis, gradually contracting to a foot at the rim, which is smooth, revolves in a circular well from thirty to thirty-six inches broad, paved with stone and bounded on each side by a low wall of concrete or wood two to three feet high. The massive wooden axle on which the wheel revolves has its opposite end firmly fixed in a huge beam which rises vertically from the centre of the hollow circle formed by the inner wall of the well and which revolves with the wheel. Behind the wheel and supported by a plank fixed near the opposite end of the axle is a wooden framework which just sweeps the floor of the well."

"The beans to be crushed are heaped in the well against the inner wall. Two mules, blindfolded, are harnessed to the wheel, one in front, the other behind, and walk in a track outside the outer wall... In this way the beans are crushed into thin wafers; but this style of wheel is now somewhat antiquated, and has been to a great extent superseded by an improved method of feeding and crushing, which I shall now describe. A massive stone roller, measuring forty-two inches long with a diameter of fifty-three inches, has the centre of its rim cut to a depth of a quarter to half an inch and polished." "Two mules, whose track lies outside the low encircling wall, are harnessed to the projecting ends of the planks." A full-page photo (facing p. 220) shows a "Chinese bean mill in Newchwang."

When the first process, the crushing of the beans, is finished, the bean wafers are removed from the gutter in baskets and steamed. Details of the steaming apparatus are given. A circular wooden grating, lined with hempen cloth, is placed over a a large, shallow, circular iron pot more than half full of boiling water. Bean wafers are placed on the cloth and steamed for 15 minutes. They are then placed in numerous iron hoops, each 23 inches in diameter, lined with grass. These are stacked five high and pressed. The press "consists of four massive wooden pillars, some ten feet high, embedded in the ground, and arranged in two pairs at a short distance from each other, each pair bound together at the top and forming an angle." Longer logs are placed crosswise so they pass "through the two angles made by the two pairs of pillars until the space between the cakes and the cross log uniting the pillars is filled. Wooden wedges, bound at the thick end with iron, are now driven in between the upper logs at each side by the workman, who wields with great effect a heavy, short-handled iron hammer suspended at each side from a cross beam erected above the press. After a few minutes the oil may be seen pouring from the cakes, descending to the wooden base, and thence finding its way to the underground tank. From time to time the wedges are knocked out, another log inserted, and the wedges again driven home. This process goes on for two hours, when the extraction is complete. The cakes are then dragged from the press and the iron hoops and grass casings removed. Each cake is now a solid mass, twenty-three inched in diameter and four inches thick, with a slight protuberance all around the centre of the edge, caused by the great pressure on the weak part of the cake between the two iron hoops." The trimmed cakes weigh 53 catties each. About 9% of the original weight of the soybeans is expressed as oil. The trimmed cakes "are stored in godowns ready for shipment to Swatow and Amoy, where they are macerated and applied to the sugar cane fields as manure." The average prices (in Newchwang taels) of [soy] beans, bean-cake, and bean-oil during the decade (decennary) ending in 1891, and in the year 1897, are given. "In the decennary ending 1891 the average values were: Beans, Newchwang taels 2.91 per picul of 300 catties (400 lb); Bean-cake, N. taels 3.69 per ten pieces, and Bean-oil, N. taels 3.43 per picul of 100 catties."

"This oil is used for both cooking and lighting [in lamps], and is exported by steamer and junk to all parts of China. Up the Yang-tsze, however, and in the southern provinces, it has rivals in the so-called tea-oil and ground nut-oil manufactured from the seeds of *Camellia sasanqua, Thunb.,* and *Arachis hypogæa, L.,* respectively. In 1896 a bean-oil factory with foreign machinery manufactured in Hong-Kong was erected in the port of Newchwang. The beans are crushed between pairs of iron cylinders driven by steam, and the crushed bean wafers, treated as above described, are placed in iron screw presses turned by capstan bars by hand. With this exception the process of manufacture is the same as in the native mills. In the foreign mill the oil is pumped from the underground reservoirs into iron tanks, where it is stored before being run into the wicker waterproof baskets for shipment. Oil extracted in the mills in the far interior of Manchuria is packed in large waterproof boxes to enable it to bear the rough transit by cart to the port, and on arrival at Newchwang the boxes are opened and the oil transferred to baskets for export." Address: M.A., F.R.G.S., Once Acting British Consul, Tamsui; Now at Aberdeen (Scotland or Hong Kong).

469. Jaffa, M.E. 1901. Nutrition investigations among fruitarians and Chinese at the California agricultural experiment station, 1899-1901. *USDA Office of Experiment Stations, Bulletin* No. 107. p. 1-43. [15+* ref]

• ***Summary:*** Contents: I. Nutritive value of fruits. Introduction. Analysis of food materials: Description of samples. The dietary studies: Individual studies of 6 fruitarians, discussion of fruitarian dietaries. Digestion experiment with a girl: Metabolic nitrogen, balance of income and outgo of nitrogen.

II. Dietary studies of Chinese. Introduction. Composition of food materials. Dietary studies and a discussion of the results of each: A dentist's family, a Chinese laundry association, employees on a Chinese truck farm. Summary. Conclusions.

In part I, the author studied a family of 6 healthy fruitarians living in California almost exclusively on fruits and nuts. He found that they were apparently in good health,

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although underweight. The children were somewhat smaller in stature than average American children of their age and sex. However the youngest child in this family, "and the only one who had lived as a fruitarian [on nuts and fruits] almost from infancy, was certainly undeveloped. Her bones were very small, although she showed no tendency toward rachitis. She looked fully 2 years younger than she was" (p. 20).

In part II, "Dietary Studies of Chinese," the introduction begins: "We often hear those who recommend a vegetarian diet say, 'See how much hard work the Chinamen can do, and they live almost entirely upon rice,' and many believe that the Chinese to a great extent are vegetarians." The author notes that in Japan "bean cheese [tofu], and other foods comparatively rich in protein which are made from soy beans are eaten in large quantities by all classes." Of the 3 groups of Chinese studied, each one ate "bean cheese" [tofu] and 2 of the 3 ate "dried bean cheese" [probably dried-frozen tofu] during the study. The food was inexpensive, costing an average of $0.19 per man per day. Rice was consumed in large amounts, but was far from being the only food eaten. In fact "the diet was about as varied as that in the ordinary American households."

"The Chinese studied, who are believed to be fairly representative of Chinese residents in California in similar employment, did not, as is often supposed, live almost entirely upon a vegetable diet. Indeed, they approached no nearer to such a diet than does the average American, who has no thought of doing without animal food.

"Rice on an average constituted between one-half and one-third of the total food consumed and held much the same relation to the total food of the Chinese as do bread and other cereals, starches, etc., to the total food of the ordinary American family." Address: Asst. Prof. of Agriculture, Univ. of California.

470. *Washington Post.* 1902. A great national crisis. Aug. 12. p. 6.
• ***Summary:*** The Chinese prince, Tsai Chen, is traveling in the United States. His dinner menu for last Sunday night [apparently in New York City] included, among its 12 dishes, "11. Stewed bean curd."

471. Meyer, Frank Nicholas. 1902. Letters of Frank N. Meyer. 4 vols. Compiled by Bureau of Plant Industry, USDA. 2444 [i.e. 2577] leaves. Unpublished typescript.
• ***Summary:*** Only two copies of these rare, magnificent unpublished documents exist. One is Rolls 28-30, Vols. 105-109, Project Studies, Division of Plant Exploration and Introduction, Record Group 54: Records of the Bureau of Plant Industry, The National Archives. The second is at the University of California at Davis. Most are carbon copies of typewritten letters. Includes some illustrations (pencil sketches) by Meyer.

The first letter in this collection, dated 7th Oct. 1902, is from Meyer in Santa Ana, California, to Mr. Adrian J. Pieters (a fellow Dutchman) at USDA in Washington, DC. Meyer arrived in California on 18 Sept. 1902 and started immediately to work for USDA at the plant introduction garden in Santa Ana; he stayed 7 months. In April 1904 Meyer is in Guadalajara, Mexico. In March 1905, Meyer receives an offer from David Fairchild and Pieters to work for USDA as an agricultural explorer in northern China. In August 1905, he is in Nagasaki, Japan. In Sept., he is in Shanghai, China. In Oct. 1905, he writes a long letter to Fairchild. Meyer made four very fruitful expeditions to Asia, eastern Europe, and the Middle East. His first expedition was to China, Manchuria, and Siberia, 1905-08. His second was to Europe, Russia, Caucasus, Transcaucasia, Turkestan, and Siberia, 1909-12. His third was Russia, Siberia, Manchuria, China, and Japan, 1912-15. And his fourth and final expedition was to Japan and China, 1916-18.

On 23 Dec. 1917, war engulfed Frank Meyer at Ichang (I-ch'ang or Yichang) on the Yangtze River. He was trapped there until 2 May 1918 when he managed to break through lines of soldiers. The last letter in this collection, dated 18 May 1918, is from Meyer to Fairchild written from Hankow, China. He died about 1-2 June 1918, having drowned in the Yangtze River below Anking, and above Wuhu, China.

Meyer did not report any soybeans in Russia or Turkestan.

Note 1. This is the earliest document seen (July 1998) concerning Frank N. Meyer.

Note 2. Ichang, which opened as a treaty port in 1876, was a city of 40,000 people by 1920. It is situated at the head of steam navigation on the Yangtze, at the throat of the main outlet from Szechuan, and at the point where the mountains of Szechuan and western Hupeh meet the central plain of Hupeh.

Note 3. Soyfoods Center owns all pages that mention soy, plus: (1) The full U.C. Davis cataloging record for the archival collection, which is in Special Collections SB108 A7M49 1902 v1-4. (2) A letter from Melissa Tyler of U.C. Davis, dated 22 Sept. 2003, discussing the collection and its lack of front matter. (3) Appendix A: Bureau of Plant Industry, by Knowles Ryerson about a dispute he had with Secretary of Agriculture Henry Wallace involving Nicholas Roerich, Dr. H.G. MacMillan, and James F. Stephens over a plant exploration expedition to Manchuria and the Gobi Desert. In 1934 Ryerson was appointed Chief of the USDA's Bureau of Plant Industry; this dispute led to his removal that same year; he was replaced by Frederick D. Richey. Address: USDA Bureau of Plant Industry.

472. *Washington Post.* 1902. Like oriental cuisine: Many Americans eat at Chinese restaurants. Nov. 30. p. 28.
• ***Summary:*** The ordinary bill of fare at Chinese restaurants in this city is bird's nest soup, or birds' nests a la Chinois;

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chop suey, chow fou, yet quo mien, chow mein, fou young dong and kee heong chan."

"Yet quo mien is perhaps the most popular item on the menu." "Chop suey stands next in order of popularity." The ingredients, which are listed, are hashed fine and fried in peanut oil. For cooking, the Chinese, being good Buddhists, never use lard or any other animal fat, employing in their place all manner of vegetable oils. With each dish of chop suey the waiter brings a small dish, such as is used for butter in American restaurants, filled with a peculiar brown sauce. This [soy sauce] is made in China of fermented beans, rice, and cabbage [sic], and is a great appetizer.

"Many years ago a shrewd Englishman who had been in the East India service took this sauce, and by adding certain other ingredients, evolved the famous Worcestershire sauce, which to-day is found on the tables of every hotel in the civilized world.

"It is surprising what the Chinese are able to make of beans. In the Heavenly Kingdom 'bean curd' is as staple an article of diet among the masses as bacon in this country. It is made by grinding beans moistened with water between two heavy stones, the product resembling cream. It is then taken, strained, flavored, and subjected to several processes known only to the makers, and finally pressed into long cakes like castile soap, in which shape it is cut up in slices and sold."

"There the ordinary bill of fare is bird's nest soup, or bird's nest a la Chinois; chop suey, chow fou, yet quo mein, chow mein, fou young dong and kee heong chan."

473. Becker, Joseph Ernest de. 1902. The sexual life of Japan: being an exhaustive study of the nightless city... or, The "History of Yoshiwara Yûwaku." New York: American Anthropological Society. xvi + 386 p. + 25 unnumbered leaves of plates. See p. 160. Illust. 25 cm. *
• ***Summary:*** By an English student of sociology. On prostitution in Tokyo. J.E. de Becker lived 1863-1929.

474. Candolle, Alphonse Louis Pierre Pyramus de. 1902. Origin of cultivated plants. New York, NY: D. Appleton and Company. viii + 468 p. See p. 330-32. 20 cm. The international scientific series, vol. XLVIII. [15 ref. Eng]
• ***Summary:*** The section on soy in this edition is identical to (in fact, a facsimile of) that in the 1885 edition by the same publisher in New York. The author, a famous Swiss botanist, whose father was also a famous botanist, lived 1806-1893. Address: France.

475. Law, James Thomas. comp. 1902. Law's grocer's manual: A practical guide for tea and provision dealers, Italian warehousemen, chandlers, drysalters, bakers, confectioners, fruiterers, and general store-keepers. 2nd ed. London: Gilbert & Rivington, Ltd. 1185 p. See p. 872-73 (soy), 957 (torfu [sic, tofu] or bean curd). Illust.
• ***Summary:*** "Soy.–This thick, brown liquid sauce, or ketchup, is not made from black beetles, as some humorous connoisseurs persist in suggesting, but from Soja beans, a kind of black beans, variously known as *Glycine*, or *Dolichos soja*, *Soja hispida*, etc., or Soy-beans, or peas...

"Soy is generally made by boiling the beans till soft, and then mixing them with an equal weight of crushed wheat or barley and salt. After covering and leaving this mixture about 24 hours to ferment, other ingredients are added, and the whole is then stirred daily for about two months. Finally, it is squeezed, and the liquid is filtered, and preserved in wooden vessels, in which it gradually brightens and clears by long keeping. It should be thick, but of a clear brown colour, not too salt or sweet, and of agreeable flavour. When shaken in a glass bottle, it should leave a coat on the surface of a bright yellowish-brown colour.

"The manufacture of China soy and 'bean-curd,' or 'cheese' (see *Torfu* [*tofu*]), is said to be one of the most flourishing in the prefecture of Wenchow, where there are five large factories making them from the Chin-Kiang *white* beans, sea-salt, flour, and water.

"The ordinary batch there is 123 1/3 lbs. of beans, which are first washed and boiled for six hours in a large cauldron, after which the fire is withdrawn, and the beans are allowed to simmer and cool for about 18 hours, after which they are ground to a thin paste with the water in a mill. The 'broth' is then drawn off and kept for use later on in the process. To the mash is added 213 1/3 lbs. of flour. After being well mixed it is filled into large shallow baskets of bamboo, each of which is then fitted on a wooden frame. These frames are piled one on top of another to a great height, and are exposed in the sun for five or six days, or in cold weather for seven or eight days, until the mash gives out the proper effluvium and turns yellow. The mass is next emptied into a large vat, and on it is poured a quantity of clarified brine, which has already been mixed with the bean 'broth' above mentioned. It is all then beaten up together and left to ferment. After three months or so, a yellow oil appears, and to this oil more brine is added (to each 667 lbs. of oil, 2,400 lbs. of brine), and about 10 per cent. of salt to thicken it. The result is 'China Soy,' of which there are about six different qualities, the best being about five times the value of the lowest.

"English soy.–An inferior article sometimes made in this country by simply saturating molasses, or treacle, with common salt. The better sort is made as follows:–Take 1 gallon of malt syrup, 5 lbs treacle, 4¼ lbs. of salt, 1 qt. [quart] mushroom juice; mix with a gentle heat, and stir until thoroughly blended, and in a fortnight [14 days] the clear portion may be drawn off as a very fair imitation soy.

"Soy forms the chief base of nearly all the bottled sauces and relishes in the market.

"Apply to C. Windschuegl & Co., 1 Leadenhall Street, E.C.

Note: The entry for tofu is listed separately in this bibliography (Law 1902) as a "document part."

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The first edition was published in 1896. A third edition was published in 1931 in London by W. Clowes & Sons (xiii + 774 p.; edited and revised by C.L.T. Beeching). A fourth edition was published in 1950 in London by William Clowes & Son (xv + 814 p.; edited and revised by W.G. Copsey).

476. Law, James Thomas. comp. 1902. Law's grocer's manual: A practical guide for tea and provision dealers, Italian warehousemen, chandlers, drysalters, bakers, confectioners, fruiterers, and general store-keepers. 2nd ed.: Tofu (Document part). London: Gilbert & Rivington, Ltd. 1185 p. See p. 957. Illust.

• ***Summary:*** "Torfu [sic, tofu] or Bean Curd.–(See also *Soy.*) A Japanese food product which is said to approach more nearly to animal food than any other vegetable. It is made by powdering the yellowish-white beans grown chiefly in the North of China and the Himalayas. The powder, or meal, is impregnated with brine, and undergoes elaborate treatment until coagulated. and preserved in a mass. It contains about 1-5 [one-fifth] its weight of fat and 2-5 [two-fifths] of nitrogenous matter, and when wanted for use is cut up into slabs which may be fried or toasted, and saturated with soy [sauce], so as to taste like a sweet bread, or it may be divided into small squares for soups, sauces, etc."

The first edition was published in 1896. A third edition was published in 1931 in London by W. Clowes & Sons (xiii + 774 p.; edited and revised by C.L.T. Beeching). A fourth edition was published in 1950 in London by William Clowes & Son (xv + 814 p.; edited and revised by W.G. Copsey).

477. Rorer, Sarah Tyson. 1902. Mrs. Rorer's new cook book: A manual of housekeeping. Philadelphia, Pennsylvania: Arnold and Company. 730 p. Illust. Index. 21 cm.

• ***Summary:*** The soy bean is mentioned in two special sections: Botanical classification of our common vegetables (p. 281): "Leguminosae: Pulse family. Soy bean, peanut, kidney bean, string bean, lima bean, black bean, pea, chick pea, lentil, St. John's bread."

Soy bean (*Glycine hispida*, Maxim.) (p. 334-35): "Soy beans are grown principally in China where they form an important article of food; in fact, they are the richest of all in food constituents. It is also grown to a considerable extent in India [sic], where it is mixed with rice. This bean ranks high in fat and albuminoids and is their only muscle-making food. It has more than meat value. By the Chinese it is made into cheese [tofu], pastes [jiang], and sauces [Soy]. Soy sauce is used by them on all meat and fish dishes. For the English and Americans it forms the foundation for such sauces as club-house and Worcestershire."

Note 1. This is the earliest document seen (Feb. 2012) stating clearly that soy sauce is used as an ingredient in making Worcestershire sauce.

"Soy is an agreeable seasoning to creamed meat dishes and a very pleasant addition to French salad dressing. It can be purchased in jugs at any Chinese shop, or at the American wholesale druggists by measure." A table (based on Church) gives the composition of the soy bean: Albuminoids, etc. 35.3%. Fat 18.9. Starch and dextrin 12.5. Sugar 12.0. Cellulose 4.2. Water 12.5. Mineral matter 4.6.

"Soy" [sauce] is used as an ingredient in 12 recipes: Japanese fish sauce (p. 228). Japanese eggs (p. 253). Sautéd [sic Sautéed] celery ("When ready to serve sprinkle over two tablespoonfuls of soy or mushroom catsup, and send at once to the table," p. 389-90). Ginger chutney (p. 435). Japanese dressing (p. 442). Celery salad ("This is greatly improved by adding a few drops of Worcestershire sauce, soy or mushroom catsup," p. 451). Bobotee salad (p. 457). Philadelphia cream salad (p. 459-60). Shad roe salad ("one tablespoonful of Worcestershire sauce or soy," p. 469). Salad seasoning ("Agreeable seasonings to be kept on hand for salad making: Garlic, mushroom catsup, tomato catsup, Worcestershire sauce, soy, tobasco oil [sic, Tabasco], tarragon vinegar, mint sauce, capers and celery seed," p. 472). "A group of Hawaiian recipes"–To cook beef ("bake until brown. Then pour over it a half pint of sweet cream, to which you have added a tablespoonful of soy. Cook slowly for one hour, basting frequently with the cream," p. 691-92). Cream lettuce sauce to serve with fish ("a half saltspoonful of pepper and a teaspoonful of soy," p. 695).

Worcestershire sauce is used as an ingredient in at least 25 recipes. The first four are: Ox tail soup (p. 62). Cream of cheese soup (p. 74). Mock turtle soup (p. 80). Baked carp (p. 104).

Peanut butter is used as an ingredient in 5 recipes: Cream of peanut soup (p. 75). Lentil pie (p. 337-38). Peanut wafers (p. 535). Nut and fruit crackers (with almond butter or peanut butter, p. 537-38). Marguerites (p. 556).

The earliest recipe seen for homemade peanut butter states (p. 535): "Peanut Butter: Roast the nuts, shell and blow off the brown skins. When making it in large quantities, it will pay to have a bellows for this purpose, or put the peanuts on a coarse towel, cover them with another towel, rub them gently, then blow off the skins. If you use salt dust them lightly with it and grind at once. Pack the butter into glass jars or tumblers, cover them and keep in a cool place. This may be used plain or diluted with water."

Two recipes use almond butter as an ingredient: Almond wafers (p. 525). Nut and fruit crackers (p. 537-38). A recipe for homemade almond butter is given (p. 525).

The word "vegetarian" is mentioned in connection with 7 sections of recipes: Meats (p. 135-36). Vegetables (p. 277-78). Salsify (p. 317-18). Tomatoes and okra with curry (p. 417-18). Nuts (p. 522-23). Nut croquettes (p. 538). Sample menus–Vegetarian (p. 666). The author speaks very favorably of a balanced vegetarian diet. Scientists in general agree, she says, that animal proteids are easier to digest than vegetable proteids. "I must contend, however, that a well selected vegetable diet will give health, bodily vigor

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and mental strength to those who live rationally." In other countries and cultures, vegetarians are quite equal in strength to those of the same economic class who live largely on meat or on a mixed diet of proper proportions–and are most likely freer from disease. The out-door laborer would probably do better on a vegetarian diet whereas the sluggish digestive apparatus of an indoor is probably better suited to beef (p. 135-36).

"The American people, as a class, in their rushing and bustling life, prefer to take their nitrogen from animal products, which are more easily digested and assimilated than vegetables." "The Japanese, who do in their country the work performed by horses here, are practically vegetarians." The "vegetarian requires but two meals per day," yet they are more nourishing than three meals of meat. They take less time to eat, cost less, and offer more variety. "The amount of cellulose or waste in vegetable foods keeps up the peristaltic motion of the intestines and lower bowels; hence, vegetable eaters are rarely troubled with constipation and torpid livers." America has "grown into a meat-eating nation" in large part because the scullery maids who preside over the kitchen are largely uneducated, do not understand nutrition, and have never learned the subtleties of preparing vegetables (p. 277-78).

"To the vegetarian, they [nuts] are indispensable; they furnish his meat, milk and butter. They are palatable, nutritious, and, if well prepared, easy of digestion. Being of vegetable origin, they are free from the danger of disease germs. Their food value is generally overlooked by Americans as they are generally served as dessert"–on top of a heavy meal. "From the general awakening in regard to healthful diet, societies have sprung up all over the world, recommending the use of vegetable foods, especially fruits and nuts. We have well established, both in New York and London, large vegetarian societies, many with separate branches of 'fruit and nut eaters.' Personally I have tried the experiment, and find it most satisfactory" (p. 522).

The Preface notes that this "new book on Domestic Science... represents on paper The School at its highest period of development..." "A great change in the methods of living has taken place in America during the last few years." Not long ago, schools of cookery taught "fancy cookery"–"to succeed with these elaborate, dyspeptic-producing concoctions as the highest ambition. All this has now changed: the teacher or cook book (an ever present teacher) that does not teach health, body building, and economy in time and money, is short lived. There are still a few women who do elaborate cooking to please the palate and appetite,... They are still at the palate stage of existence. Strive to reach a higher plane of thought–eat to live. Why should any woman be asked to stand for hours over a hot fire mixing compounds to make people ill? Is this cookery? Is the headache that follows a food debauchery more pleasant or pardonable or less injurious than that which follows drink? Results of intemperance are identical. Simple living and high thinking have the approval of learned men and women,..."

Sarah Tyson Heston Rorer (1849-1937) "is one of the great ladies of American culinary history. She was a nationally recognized cookery expert, founded and ran a cooking school in Philadelphia for 18 years, authored over 75 books and pamphlets, edited her own magazine *Table Talk*,... and was domestic editor of the *Ladies Home Journal* for 14 years." With over 1,500 recipes, tips and advice, and more than 125 recipes, this "is one of America's great cookbooks. The *Ladies Home Journal* reprinted it in 1970. It offers an excellent view of American cookery at the turn of the 19th to 20th centuries" (MSU introduction).

Note 2. This is the earliest document seen (Jan. 2001) which states that "body building" is widely considered part of a healthy way of life. Address: Philadelphia.

478. Thompson, William Gilman. 1902. Practical dietetics: With special reference to diet in disease. Second edition, enlarged and thoroughly revised. New York and London: D. Appleton and Company. xxiii + 828 p. See p. 152, 164, 676. Index. 23 cm.

• ***Summary:*** In the chapter titled "Vegetable Foods" we read (p. 152): "Soya bread is made from an oily pea which grows in China and Japan, and is used by diabetics, for it contains over one third part of gluten and but 1.17 per cent of glucose."

Page 164 states: "The *soy bean* is the chief legume of China and Japan, where it furnishes the necessary protein to add to a rice diet. From its vegetable casein several varieties of bean cheese [tofu] are made."

Also discusses: Nestle's Food (p. 150-51). Granose (p. 151). Gluten and the amount of gluten in wheat and various wheat products, pasta, and rye bread (p. 136, 145, 151-53, 161, 676). Sago (p. 158). Diastase and malt extracts (p. 159-60). *Erbstwurst,* or pea sausage (p. 163-64). Peanuts (p. 165, 191, 198; peanut oil is used mainly to adulterate or imitate olive oil, which is more expensive). Almonds (p. 190-91, 198, 674). Oleomargarine and Butterine (p. 196).

The first U.S. edition was published in 1897 (copyrighted 1895). A third edition was published in 1905 in New York and London, and a fourth edition in 1909 (xxvi + 928 p.). The author lived 1856-1927. Address: M.D., Prof. of Medicine in the Cornell Univ. Medical College.

479. Vorderman, Adolf G. 1902. Analecta op bromatologisch gebied. IV. [Writings on mold-fermented foods. IV.]. *Geneeskundig Tijdschrift voor Nederlandsch-Indie* 42:395-431. See p. 411-31. [10 ref. Dut]

• ***Summary:*** Describes the "ontjom" and "tèmpé" [he spells the word tempeh with these two accents throughout] processes, including *ontjom beureum* [a Sundanese food made from *boengkil katjang* (bean waste or okara) and *Monilia sitophila* mold], onggok, and tempe-kedele. He

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describes two ways of making tempeh that he saw. The first is the well-known one in which soybeans are fermented between banana leaves. In the second way the soybeans are wrapped in a banana leaf to form a package about 20 cm (8 inches) long and 7 cm (2.8 inches) wide, then wrapped in a djati (jati) leaf. These packages are stacked in a bamboo basket covered with sacks for 24 hours, then taken out and spread on the floor to cool for another 24 hours.

He also describes: Tempe bongkrek katjang; same as ontjom beureum [okara onchom] except that a *Rhizopus* mold is used. Ontjom bodas; same as tempe bongkrek katjang except that another *Rhizopus* mold, not similar to Oryzae, is used. Tempe bongkrek kelapa (from South Banjoemas [Banyumas]); Quite similar to ontjom beureum, it is made from pressed coconut and inoculated in the old leaves from tempe kedele. It is eaten mostly by poorer people because of its lower price. Tempe morrie made with Soempiaoeh type soybeans (from Banjoemas) and coconut residue pressed 3 times. The soybeans are treated like soy tempe up to the laroe [laru] process. Then they are mixed with coconut presscake, which has been washed, steamed, and inoculated with ground bibit leaves on which there is *Rhizopus oryzae.* Finally it is packed in the skin of the banana stem to make long slender rods, and fermented. Tempe enthoe, from South Bagelen, is made from coconut (no soy) wrapped in a banana stem. Tempe tjenggereng is made with coconut presscake (called gatok in Banjoemas) and ragi, no soy; "This tempeh has, like the tempeh bongkrek kelapa, led to several cases of fatal food poisoning. Dagé [Dage, Dageh] is made with bacteria rather than molds on a substrate of oilseed cakes, primarily pressed coconut, sesame seeds, or peanuts." The last page contains detailed illustrations (drawings) of *Rhizopus* species from *Ontjom bodas* and *Rhizopus oryzae* from *tempe kedele*, each magnified 60 times.

Note 1. This is the earliest Dutch-language document seen (Oct. 2001) that mentions okara, which it calls *boengkil katjang.*

Note 2. This is the earliest document seen (Sept. 2011) that mentions and correctly describes tempeh bongkrek, which, for the sake of clarity, he describes as *tempeh bongkrek kelapa.*

480. Blyth, Alexander Wynter; Blyth, Meredith Wynter. 1903. Foods: Their composition and analysis. A manual for the use of analytical chemists and others. 5th ed. With an introductory essay on the history of adulteration. London: Charles Griffin and Company, Ltd.; New York, NY: D. Van Nostrand Co. xxv + 616 p. See p. 184, 356. Index. 23 cm. The 1st ed. was 1882. [1 ref]

• ***Summary:*** This book begins with a very interesting 46-page essay of the history of food adulteration in England, France, and Germany, including a history of English legislation (from 1860) to deal with this problem, a history of the present scientific processes for the detection of adulteration, and the present law in England concerning adulteration of food. History has witnessed the adulteration of many common foods, including bread, honey, milk, cream, butter, cheese, tea, coffee, cocoa, alcoholic beverages, spices, oils, etc. Coffee, for example (p. 17), began to be adulterated almost immediately after its introduction–especially with chicory. In 1718 the first legislation against this practice was enacted, followed by a broader act in 1803.

In the section on "Peas" is a subsection titled "Chinese peas" (p. 184) which defines them as "A pea or bean much used in China in the form of cheese, is the *Soya hispida."* A table gives the composition of three samples of Chinese peas" according to G.H. Pellet. A footnote on this page states: "The pea-cheese [tofu] is considered, in China and Japan, a very important food." A brief description of the process for making this greyish-white cheese, coagulated by plaster and magnesium chloride, is given, followed by a table showing its general composition–according to Julien and Champion (*Industries de l'Empire Chinois*).

Note: This is the earliest English-language document seen (April 2013) that uses the term "pea-cheese" to refer to tofu.

The section titled "Margarine" (p. 272-73) discusses how it is manufactured and its constituents–followed by a long section (p. 274-305) on the "Analysis and adulteration of butter."

The section on "Coffee" (p. 346-63) gives analyses of the true coffee bean, roasted and unroasted. Chicory is still the main adulterant. The subsection titled "Microscopical detection of adulterations in coffee" contains a table (p. 356; based on J. Moeller [1886], *Mikroskopie der Nahrungs- und Genussmittel*) that shows the length and breadth of the palisade layers of eleven legumes used to adulterate coffee–including "Soya" and "Lupine."

Also discusses: Adulteration of almond oil (p. 505-07), and of olive oil (p. 509-13–with sesame oil, arachis oil, etc.). The Margarine Act of 1887 (p. 589-90). Act regulating the sale of horseflesh / horsemeat for human food, 1889 (p. 591). Address: 1. M.R.C.S., F.I.C., F.C.S., Medical Officer of Health and Public Analyst for the Borough of Marleybone; Public Analyst for the County of Devon; Barrister-at-Law (London, England).

481. Deux missionnaires [Two missionaries], 1903. Au Laos [To Laos]. Tours, France: Maison Alfred Mame et Fils. [Fre]

• ***Summary:*** This is the first of three volumes in a series, all by the two missionaries. They are: (1) Au Laos (To Laos). (2) Du Thibet en Chine (From Tibet in China). (3) De Chine au Thibet (From China in Tibet). Information about tofu (*teou-fou*) is found in the first volume (see p. 122-23, 138).

Page 122: Along the roads used, even if there are no vegetables, one can always find pea cheese or teou-fou [tofu]. At first glance, from far away, one would take this

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block, white as snow and square, for a piece of (cow's) milk cheese. This teou-fou, that is to be found everywhere in China, is the national cheese. It is made by soaking in water for several hours special peas or beans that must be made of stone; it is useless to try to boil them for a whole day: they would still be inedible.

Page 123: These peas, soaked but still very hard are ground with a stone mill by hand, at cockcrow or even before: every morning, it is the first job of the hostel boy. The mill is placed over a wood frame that itself rests on a cooking pot into which the crushed peas drop as a white boiled mass. The cooking pot, full of a kind of thick white milk, is then heated over a hot fire; the soap milk it holds is chemically treated; a bit of white powder derived from a rock called *ngay-yen* [calcium sulfate] in Chinese, the scientific name of which I do not know, is thrown into it. The pea milk then coagulates as a cheese does; it can be eaten and some gourmets prefer to eat it this way, but most ordinarily, it is placed in a square form where, while dripping, it acquires consistency. As the need arises, it is cut into slices, it is sauteed into a pan with, or often without grease, for the poor. As this cheese is totally insipid, taste is added with a copious amount of peppers. It is also dried and fermented according to certain rules. Submerged in Chinese wine with peppers, it turns into a rotten mass unpleasant to the smell but delicate to the taste [fermented tofu] to the point of delighting...

Page 138: They are walking and nothing is happening. Suddenly there appears to be a table along the road set for a meal. Line 12: They are offered tofu (*teou-fou*) and some other fermented vegetables, bread and tea. It is obvious: everything is ready for a fortifying meal. First through a happy happenstance, (fortune is decidedly smiling upon us), an old man, very pleasant, an ambulant merchant, offers us a piece of concentrated tofu (*teou-fou*), expertly aromatised but mostly strongly seasoned that makes not just our mouth but also our eyes water. While we were savoring this distinguished cheese, our butler made haste and here we are being served... (with several non tofu courses).

482. Koenig, Franz Joseph. ed. 1903. Chemie der menschlichen Nahrungs- und Genussmittel. Vol 1. Chemische Zusammensetzung... Ed. 4 [The chemistry of human foods and food adjuncts (stimulants / enjoyables). Vol. 1. Chemical composition... 4th ed.]. Berlin: Verlag von Julius Springer. 1535 p. See vol. 1, p. 97-98, 595-600, 638, 651-53, 1463, 1483-84, 1509. [31 ref. Ger]

• ***Summary:*** Summaries of early studies on the chemical composition of soybeans and various soyfoods, plus some original studies. Commercial sauces and Japanese shoyu (p. 97-98). Cites: Wein, Kinch, Anderson, Senff, Schwackhöfer & Stua, Zulkowski, Mach, Ulbricht, Wildt, Schröder, Blaskovics, Caplan, Pellet, Carriere, Kellner, Jenkins, Becke & Cosack, Kornauth. Soybeans in Russia: Nikitin, Giljaranski, Lipski [Lipskii] (p. 1483-84). Address: Geh. Reg.-Rath, o. Professor an der Kgl. Universitaet und Vorsteher der Agric.-Chem. Versuchsstation Muenster in Westphalia, Germany.

483. Lange, Rudolf; Noss, Christopher. 1903. A text-book of colloquial Japanese. Based on the *Lehrbuch der japanischen Umgangssprache.* Translated and revised by Christopher Noss. Tokyo: Methodist Publishing House. xxxii + 573 p. 23 cm.

• ***Summary:*** Page 32: The prefix *mi* expresses respect, as in *mikado* (Emperor), or *miya* (shrine). A woman's expression, *o mi o tsuke*, in which we find two honorifics, means a soup made of miso.

Page 66: Shô-yu or soy is a kind of sauce.

Page 71-72. Tôfu means "bean curd." A tôfuya is a tofu shop. "Tofu is one of the most important articles of food among the Japanese."

Page 108: *Shirouri wa misosuke ni suru to, taisô umô gozaimas'.* If you pickle white cucumbers in miso, they are quite delicious.

Page 353: *"Shoyu wo* (*o*) *shitaji to mo iimasu.* Shoyu is also called *shitaji."*

Page 395: A mixture of soy, *mirin,* and vinegar is called *sambaizu.*

In the Japanese-English dictionary are definitions of: *miso,* a kind of sauce (p. 510), *shô-yu,* a kind of sauce (p. 533), *tô-fu,* bean curd (p. 541). Address: 1. PhD, Prof. of Japanese at the School of Oriental Languages, Univ. of Berlin [Germany]; 2. Formerly missionary of the Reformed Church, Sendai.

484. **Product Name:** Tofu.
Manufacturer's Name: Tanaka (K.) & Company.
Manufacturer's Address: 326 Amsterdam Ave., New York, NY 10023 (Manhattan's West Side). Phone: 212-874-6600.
Date of Introduction: 1903?
How Stored: Refrigerated.
New Product–Documentation: Shin Sekai-sha. 1905. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 41. There is no company having "Tanaka" in its name listed in New York City. There are relatively few Japanese in New York at the time. Most of the businesses are import-export houses, banks, publishers of newspapers and magazines, hotels, boarding houses, and restaurants.

Takai. 1971. Tofu Shops in America. 326 Amsterdam Ave. President: I. Tachikawa. Produce 1,250 cakes of tofu/day (250 gm).

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Tanakaya & Co., Inc., 326 Amsterdam Ave., New York City. Phone: TR4-6600.

Wells. 1978. New York Times. May 3. p. 19-20. Sugawara.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops

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and Soy Dairies in the West." p. 397. Owner: Mr. Eisuke Murakami.

1981. Living Book magazine. Nov. 11. p. 82. "The company was founded in 1903." Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Eisuke Murakami.

Marcea Newman. 1994. Re: Early work with tofu and tofu cheesecakes in America. She first learned of tofu at this tofu shop in the late 1960s or early 1970s.

Note: This is the earliest known commercial soy product made in New York state.

485. *New-York Tribune.* 1904. Chinese food products: Beans a leading article of diet in China. April 10. p. A9.
• ***Summary:*** From What to Eat: "Dr. Yamei Kin, a Chinese woman doctor now studying in America, gives some interesting facts about Chinese food products. One surprising thing Dr Yamei Kin tells is that Chinese soy is made from a sort of red bean ground up and fermented. While fermenting it smells like sauerkraut, only worse. The fermented product is shipped in cases to England, where it is mixed with vinegar and other products and sold as Worcestershire sauce.

Note: This is the earliest document seen (April 2012) that mentions Dr. Yamei Kin in connection with soy.

"The Chinese laborer lives on beans as much as does the Boston typewriter girl. The bean in China is more like our small round cow-pea. This is ground fine, mixed with water and a little salt. Then the water is pressed out and the bean cake [tofu] is sold to the poor. This bean cake may be cooked and mixed with other things, fish, chickens, etc. It is highly nutritious and explains why the Chinese laborer can endure so much on so little food. Vegetables are eaten in quantities... Fish is popular but very little meat is eaten. An animal is never killed to be eaten until it is too old to work; hence the Chinese do not like beef, considering it too tough. Pork is popular and every family keeps one or two pigs.

"The Chinese are great cooks, and love to give elaborate dinners. This is the chief means of entertaining in China. However, the dinner consists of sixty courses, and it takes several hours."

Also appeared in the *Detroit Free Press.* 1904. May 1 (p. 2).

486. Humphreys, Mary Gay. 1904. The aesthetic housekeepers of Japan. *Ogden Standard Examiner* (*Utah*). April 29. p. 23.
• ***Summary:*** The author, an American, writing from her experience of living in Tokio, notes that Japanese housekeepers bring a strong sense of beauty or aesthetics to every part of their daily life. Concerning foods: "One of these is bean curd, 'tofu,' a white substance that is sliced and fried like mush, with soy [sauce] for a flavor. This curd is so nutritious and so cheap that an American who lives in Japan suggested its being introduced into this country as a food. Soy is a liquid made from the black bean and is said to be the foundation of Worcestershire sauce. It enters into almost all cooking, and most agreeably."

A Tokio restaurant meal: "It was charming, a meal to be remembered, and meat thus cooked in soy [sauce] something 'Japanesy' that we might well import."

Nuta salad: "This is made of clams, rape tops and onion with a sauce of bean paste, rice, mustard and soy [sauce], rubbed into a brown liquid." One large illustration shows a Japanese woman with elaborate dress and hairdo; three others show her working at home.

487. *Boston Daily Globe.* 1904. Typical dishes. Japanese service is dainty in the extreme. May 22. p. 35.
• ***Summary:*** "Meat plays a small part in the Japanese menu,... Fish and rice are the staples... The following is a typical menu for a dinner of ceremony:" Soy-related dishes include: "Suimono–A kind of bean-curd [tofu] soup." "Hachi-zakana–A fine, large fish, either boiled with salt or boiled [broiled?] with shoyu." "Umani–Bits of fish or sometime fowl, boiled with lotus root or potatoes in shoyu and with 'mirin,' a sort of sweet liqueur." "Tsubo–Seaweed..." "Ayemono [Aemono]–A sort of salad made with bean sauce [miso?] or pounded sesamum [sesame] seeds." Raw fish–The favorite for festive occasions is the *tai* [sea bream], "on account of its name, which is the last syllable of the word *me-de-tai*, meaning 'congratulatory.'... Before eating, the slices are dipped lightly in soy [sauce], seasoned with grated horseradish or ginger."

488. Brunson, John A. 1904. A glimpse of Japanese life. *Good Health* (*Battle Creek, Michigan*) 39(5):237-42. May.
• ***Summary:*** A good photo (p. 239) shows a Japanese vegetable vendor carrying his goods in baskets on a shoulder pole. Page 240 notes: "*Tofu,* or 'bean curd,' as the foreigners call it, is a favorite dish. The beans are first ground fine in hand mills. These mills consist of two stone discs about eighteen inches in diameter, and perhaps six or eight in thickness, one being placed above the other. To the upper stone is attached a handle by which it is turned, and the motor power is supplied by two women. It is a familiar sight in Japan to see 'two women grinding at the mill.' The husks and coarser parts of the bean flour are then carefully removed, and the fine white residuum is mixed with water and pressed into squares which somewhat resemble cottage cheese in appearance. The *tofu* is then boiled, and is both palatable and nutritious, but rather concentrated."

In Japan, fish are served raw, while yet fresh, "with *shoyu,* a kind of Japanese Worcester sauce."

Note 1. This is the earliest article seen (Aug. 1996) with detailed information on soyfoods in Dr. John Harvey Kellogg's periodical *Good Health.*

Note 2. This is also the earliest document seen (Aug. 1996) that compares tofu with cottage cheese.

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489. *Atlanta Constitution* (*Georgia*). 1904. Chinese vegetables. June 6. p. 10.
• ***Summary:*** From The Boston Home Journal: "The vegetables used by the Chinese are entirely different from what we are accustomed to, and make a wonderful collection. An investigation and analysis of the vegetables and food offered for sale in the Chinese markets of San Francisco has recently been made by Professor Walter Blasdale, of the chemistry department of the University of California, from which we gather the following facts:..."

There follows a summary of: Blasdale, Walter C. 1899. "A description of some Chinese vegetable food materials and their nutritive and economic value." *USDA Office of Experiment Stations, Bulletin* No. 68. 112 p. See p. 32-36.

"Beans are a staple article of food with them. There are many varieties and they are baked, boiled, made into soup, and even made into a bean cheese [tofu]. The most important is the 'soy bean.'

"Many of these vegetables are imported from China, but most of them are now raised along the banks of the Sacramento [River in California] and are brought every morning fresh to the Chinese market."

490. Hitier, H. 1904. Société Nationale d'Agriculture de France: Communications diverses [National Society of Agriculture of France: Various communications]. *Journal d'Agriculture Pratique* 68:2. p. 55. July 14. [Fre]
• ***Summary:*** During the session of 6 July 1904 Mr. Bouvier presented a sample, to pique our curiosity, of tofu (*fromage de Soja*) that Mr. Paul Serre had sent to the Society from Java. This cheese is obtained after grinding the soybeans in water, in a double boiler or steam-jacketed kettle (*bain-marie*). The albumin is precipitated, just like casein, with the aid of a special ferment (*d'une ferment spécial*) and with it one makes a special sort of cheese, of which the indigenous people are very fond. It would be interesting to study the one or several particular "ferments" used for this cheese.

Note 1. The reporter seems confused between fermented and non-fermented tofu. Note 2. Ferments were later called "enzymes." Address: France.

491. *Times* (*London*). 1904. Summer conditions and food supplies in Manchuria. Aug. 9. p. 2, cols. 5-6.
• ***Summary:*** From a correspondent. There are two harvest seasons in Manchuria. The first is that of wheat and barley; the second is that of yellow millet and red millet, followed by [soya] beans, "which are the product *par excellence* of Manchuria," and finally *kao-liang*, or tall millet.

"The vast quantities of [soya] bean cake, stored in the country from last year's stock, which were not exported as usual to Japan, were enough to support at least 50,000 Russian horses. The beans and cake were stored in towns within easy access of the Russian centres. and have long since been secured."

"As regards food for her [Russia's] army, the natives can furnish a relatively small proportion of coarse flour made from wheat... The small millets can be used as porridge. Natives travel long distances on this alone. For the cold season the bean curd is splendid food for men who live in the open air. The supply of this is practically unlimited.

Note 1. This was written in the midst of the Russo-Japanese war (Feb. 1904–Sept. 1905); Japan beat mighty Russia.

Note: This is the earliest document seen (March 2008) that mentions Russo-Japanese War in connection with soya beans.

492. *Evening Post* (*Wellington, New Zealand*). 1904. Seasons in Manchuria: Conditions and food supplies. Interesting particulars. Sept. 21. p. 5.
• ***Summary:*** "A correspondent of the London Times gives the following particulars of the conditions in Manchuria: -

"'It should be well understood that there are two harvest seasons in Manchuria. The first is that of wheat and barley, which in the central and southern provinces ripen at the end of June or early in July, immediately before the usual summer rains, whereas in the northern provinces it follows the rainy season, being cut towards the end of August.

"The second or greater harvest commences, in the extreme south, early in September, and later as one advances northwards, around Kharbin [Harbin], for instance, about the first week in October. The small yellow-grained millet or *ku-tze* is the first, followed quickly by small red millet or *mi-tze;*... Beans, which are the product par excellence of Manchuria, next claim the reaper's attention, and last, but not least, the kao-liang [kaoliang], or tall millet.'"

"'The vast quantities of [soya] bean cake stored in the country from last year's stock, which were not exported as usual to Japan, were enough to support at least 60,000 Russian horses. The [soya] beans and cake were stored in towns within easy access of the Russian centres, and have long since been secured.'"

"'For the cold season the bean curd [tofu] is splendid food for men who have to live in the open air. The supply of this is practically unlimited."

493. Hutchinson, Jonathan. 1904. Chinese in the Rand and the risk of leprosy (Letter to the editor). *Times* (*London*). Sept. 24. p. 3, cols. 1-2.
• ***Summary:*** The writer fears that Chinese coolies now working the mines of South Africa will bring leprosy with them. "Wherever Chinese labour goes there also goes leprosy... Leprosy and the Chinaman's dietary are inseparable." The writer believes that eating improperly cured salt-fish make Chinese susceptible to leprosy. To try to prove his point, his gives a "Schedule of breakfasts and suppers to be supplied to Chinese coolies awaiting

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embarcation [embarkation] for South Africa in the depôts of Kowloon." Salt fish are supplied every day except Thursday, when "bean curd" takes their place. Address: London.

494. Hosie, Alexander. 1904. Report by Consul-general Hosie on the province of Ssuch'uan. Presented to both houses of parliament by command of His Majesty. Oct. 1904. London: Printed for H.M. Stationery office, by Harrison and Sons. 101 p. See p. 10-11. 34 cm. China No. 5.
• ***Summary:*** Sir Alexander Hosie (lived 1853-1925) traveled to Ssuch'uan in June and July, 1884.

In Part A, titled "Agricultural and horticultural products," section II on "Pulse" (p. 10-11) states: "1. Soy Bean (*Glycine hispida*, Max.).–The soy bean does not play the same part in Ssuch'uan [Szechwan] as it does in Northern China, and especially Manchuria, where it is cultivated almost entirely for its oil and for the refuse cakes, which find a ready market not only in China and adjacent countries, but are winning their way as fertilisers into remoter regions. The great oil-yielding plant of Ssuch'uan is rape, and although oil is extracted from the soy bean, it is as an article of food, whether cooked whole or in the form of resultant products, that the latter is appreciated in Western China. Three well-marked varieties, each with two or more sub-species, are cultivated." A bushel of each weighs 40 pounds.

(I.) Yellow Soy Bean (all are ovoid in shape; oil is extracted from the first two): (a) "Pai Huang Tou" or White Yellow Bean. This is the lightest in color of the three sub-species of the yellow bean. A bushel of 40 lbs. costs T. [Taels] 0.8.8, or about 2*s.* 1*d.* There are about 150 beans per ounce. "As a rule they are cooked whole and served as a vegetable condiment." (b) "Ta Huang Tou" or Large Yellow Bean. Has a light tinge of green. Eaten in the same way as the white-yellow bean. (c) "Hsiao Huang Tou" or Small Yellow Bean. This bean is much smaller and less expensive than the other two sub-species. "For this reason it is in demand for the manufacture of beancurd in its various forms. It is also used as a vegetable. "Oil is extracted from (a) and (b), and to a much less extent from (c); but this subject will be dealt with under the head of oil-yielding plants.

(II.) "Ch'ing Tou"–Green Soy Bean. "There are two sub-species of this bean, (a) where epidermis and inside are both green, and (b) where epidermis is green and inside yellow. The former is more commonly cultivated in Ssuch'uan, and both are eaten and cooked as a vegetable. They are also salted and put away in jars for winter use. The bean is of the same size, shape, and weight as the white-yellow bean. The above yellow and green varieties of the soy bean occupy the ground from April to August, whereas the next variety (black) takes a month longer to mature.

Note 1. This is the earliest English-language document seen (May 2009) that contains the word "Green Soy Bean." It refers to mature dry soybeans with a green seed coat–not to green vegetable soybeans.

(III.) "Hei Tou"–Black Soy Bean. "There are two sub-species of this bean: (a.) The first is much larger, rounder, and heavier than the yellow and green variety. Only 88 are required to make up an ounce and the cost is T. 0.6.5 per bushel of 40 lbs. Like the green bean, it is used cooked in its fresh state as well as pickled. (b) The second is a small flattish bean, about 450 going to the ounce. It is used in medicine and for food, principally the former. The cost is T. [Taels] 0.8.0 for 40 lbs. Both these sub-species are black outside and yellow inside, the epidermis of the former being readily detachable when crushed."

In section VI, "Products of cereals, pulse, and starch-yielding plants," the first entry (p. 19) is for "1. Beancurd and Jellies.–In my book on Manchuria I have fully described the manufacture of beancurd from the yellow soy bean, and it is therefore unnecessary to go into details in this place; but in Ch'êngtu it is preserved and exported in jars like wine. The beancurd is cut into small pieces, drained of its water, and packed in jars with layers of salt. There they remain for forty days, when they are taken out, drained of the brine, packed in other jars with ground up bread, red rice (dyed), star-aniseed, and red wine. The jars are then closely stoppered and the preserved beancurd is ready for export. It is also preserved without the wine, which is replaced by the cold water which had previously drained from it, but with a seasoning of ground-up chillies, star-aniseed, &c." Related products are "pea jelly," "sweet potato jelly," "rice jelly," and "buckwheat jelly." Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term "preserved beancurd" to refer to fermented tofu.

Note 3. This is the earliest English-language document seen (Oct. 2011) that uses the word "wine" (including rice wine or "sake" / "saké") in connection with fermented tofu, and explains how that wine is used in the two-step fermentation process.

We also read (p. 19): "3. Soy or bean sauce. Two kinds of soy are manufactured in Ssuch'uan–white or red–or, as the latter is frequently called, black:–(a) Red soy.–In describing the manufacture of soy, I propose to give the exact quantities employed, so that a better idea of the amount of soy yielded by them may be obtained.

"Twenty-eight catties of yellow soy beans are steeped overnight in cold water. In the morning they are removed in their swollen state and steamed for five hours. They are then taken from the steamer, spread out on mats, and allowed to cool, after which they are thoroughly mixed with 20 catties of wheat flour and placed in a basket made of split bamboo. [Note: The ratio by volume of soy beans to wheat flour is 1.4 to 1]. In six or seven days, as soon as yellow mould begins to appear, they are placed in an earthenware jar with 30 catties of cold water (well-water preferred) and 30 catties of granular salt and the whole is thoroughly mixed and the jar covered. In three or four days the jar, which has been placed in the sun, is uncovered and the contents stirred by hand, and

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the same takes place daily for three months. At the end of this time the liquid has all evaporated. During the following months the cover is removed during the day and replaced at night. The contents are now a black pickle, and may be eaten as such; but to obtain the soy they are divided up into equal parts and placed in two earthenware jars, to each of which is added 40 catties of boiling well-water. The contents of each jar are now thoroughly mixed and stirred up and a fine bamboo sieve in the shape of a basket is placed in the jar. The liquid escapes into the basket while the dregs are kept back by the sieve. In two or three days the liquid has all drained into the basket, when it is baled out and boiled with two catties of white sugar or glucose manufactured from glutinous rice, already described, with the addition of two or three ounces of mixed whole chillies and star-aniseed. Each jar will yield 35 catties of red soy, valued at 96 cash a catty, so that the 28 catties of yellow beans, with the other ingredients, yield 70 catties of soy. A whole year is required from the steeping of the beans to the production of this soy.

"(b) White soy.–In the case of white soy the beans are first roasted in sand which has been previously heated in an iron pan with a mixture of rape oil. This roasting is complete when the beans open or split, and the sand is removed by sieve. They are then placed in an earthenware jar and steeped in cold water for twelve hours. They are afterwards steamed as in the manufacture of red soy, and mixed with flour and salt; but, instead of 30, some 60 catties of water are added to prevent the blackening of the beans and the discoloration of the soy. The daily uncovering, stirring, and recovering take place as in red soy, but at the end of 120 days the solid matter is removed and the liquid alone is exposed in the jar to the sun. This soy is ready for use at the end of the 120 days, but improves by keeping and exposure to the sun. No sugar or glucose is used, and the seasoning is placed in the jar with the 60 catties of water. Nor is there any boiling before use. The cost of white soy, which is more yellow than white, is from 80 to 96 cash a catty, according to quality."

In the section on oil-yielding plants, p. 34 states: "(e.) *'Glycine hispida, Max.'*–In Ssuch'uan the soy bean of Northern China and Manchuria is replaced by rape seed, and it is cultivated more as a vegetable than for its oil. The production of the latter is insignificant from a commercial point of view."

In 1922 a derivative work titled "Szechwan, its Products, Industries, and Resources," was published in Shanghai by Kelly & Walsh, Ltd. (185 p.).

495. Abel, Mary Hinman. 1904. Beans, peas, and other legumes as food. *Farmers' Bulletin* (*USDA*) No. 121. 39 p. See p. 11-13, 18-20. Revised. Illust. [1 ref]*

• ***Summary:*** A revised edition, 3 pages longer than the 1900 original. The information about soy is unchanged, however it is on different pages (see above). The section titled "Nutritive value of the legumes" (p. 18-20) includes a table titled "Composition of fresh and dried legumes compared with that of other foods." Under "Dried legumes," the composition of "Soy beans" (dry, containing 10.8% water) is given.

496. *Agricultural Bulletin of the Straits and Federated Malay States.* 1904. Soy and bean cheese. 3(12):494-96. Dec.

• ***Summary:*** "Among the number of small manufactures by natives in Singapore, many of which are quite unknown to the ordinary residents, the manufacture of the Chinese sauce known as Soy, is one of some interest and importance, and having had occasion lately to visit three of these factories, I put together such notes on the manufacture as I was able to make. Soy is made from the seeds of the bean *Glycine hispida*, which is cultivated in China and also in India, and the beans are imported from China to Singapore for making Soy and Bean-cheese.

"The present price of the beans is high, six dollars a picul, probably owing to the Russo-Japanese war.

"The Soy beans are first boiled, which causes them to swell up considerably, and then put into stone jars about three feet tall and two feet across, with a quantity of brine made of coarse salt, which I was told was made of equal parts of salt and water. The brine is first made in jars, and occasionally skimmed as the extraneous matter floats to the top. The jars when full of beans and brine are covered on wet or dull days with a conical tin cover which is taken off in sunshine. At one factory I was told that wheat flour was put into the jars with the beans, and a note in 'Spon's Encyclopedia' states that an equal quantity of roughly ground barley or wheat is boiled with the beans, but this does not appear to be done here.

"The beans are left to soak for from sixteen days, when there is a big demand for the product, to a year, and the longer it is kept the better the Soy is considered. Six to eight months, however, seems the usual length of time.

"The beans are then strained out, squeezed in a cloth, and the deep brown liquor filtered through a cloth laid in a rattan basket, and then boiled. It is afterwards poured into stone jars such as the Chinese use for their pickled cabbages, and sold to various places in the East.

"I could not find that any ferment was added to produce fermentation of the beans, and the Chinese said there was none. There is, however, a general idea of there being some secrets, known only to the head man and religiously preserved by him, as to the manufacture. This is, however, commonly stated by any Chinese manufacturer, however simple and well known his manufacture may be.

"There are two kinds of beans of the *Glycine*, black and white, which are used separately.

"Soy is extensively used as a condiment both by Chinese and Europeans in the East, and forms the basis of most of the sauces used throughout the world.

"Bean cheese: Bean cheese or bean-cake [tofu], is also

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made from the Soy beans, but the white ones only are used. The beans are first cracked in a stone quern or mill, worked by hand, the beans being poured through a hole in the upper millstone. They are then immersed in water for a day, which causes them to swell. Then they are transferred to another quern and ground to the consistency of a cream. This is boiled and when cool poured into a cloth and squeezed and pounded on a small table with a square hole in the centre till much of the water is squeezed out, when the cheese is made into square flat cakes four or five inches across and about ½ or 3/4 inch thick, then wrapped in cloth and put each in a little rattan tray or dish, they are put over a low fire, till they are firm enough. Some are coloured yellow by a decoction of the seeds of a capsular plant brought from China, the seeds being steeped in water and the liquid brushed over the top of the cheese. A little alum and a quantity of powdered gypsum is sometimes at least added to the bean cake during its manufacture. The former probably to make it whiter, the latter probably to increase the weight. The Chinese seem to be very fond of adding gypsum to such manufactured articles. It has been mentioned in an earlier *Bulletin* that it is mixed with Jelutong rubber.

"Bean cheese is a very popular article of food with all kinds of natives, and costs about one cent a cake, and about 6 or 8 cents a pound.–Ed."

Note: This article also appeared in *The Gardens' Bulletin, Singapore* (1904, p. 496).

497. **Product Name:** Doufu, and Fuyu (Fermented Tofu).
Manufacturer's Name: Sing-how Lee & Co.?
Manufacturer's Address: Jackson St., San Francisco, California.
Date of Introduction: 1904.
New Product–Documentation: Shurtleff & Aoyagi. 1980. History of Tofu. p. 63. based on interview with Stanley Lee: In about 1904 Mr. Sing-how Lee started a tofu shop in San Francisco with several partners. No one remembers the name any longer. Because of conflicts with the partners, he left and started Quong Hop in 1906 in Chinatown. The company may also have made fermented tofu. And some fermented tofu was probably being imported to America from Hong Kong and China.

Note: Unfortunately, after decades of searching, Soyinfo Center has been unable to find any documents to confirm this story.

498. Burg, Cornelis Leendert van der. 1904. De voeding in Nederlandsch-Indië [The foods of the Netherlands Indies]. Amsterdam, Netherlands: J.H. de Bussy. viii + 526 p. See p. 210-20, 222-23, 255-56. Index. 24 cm. [49 ref. Dut]
• ***Summary:*** Burg describes the preparation of tempe as follows: "Yellow soy-beans are boiled, soaked in cold water for 48-72 hours, squeezed out between cloths, and then steamed in a conical basket, made of flattened bamboo or of cane (Malay: kukusan) till they are done. Afterwards they are spread out on wire frames, which are entirely covered with banana leaves, and mouldy remains of a previous preparation are added, then all is covered again with banana leaves. The whole mass is stirred a few times, and after 2 days a cake has been formed, from which pieces are cut, which are fried in cocoanut oil and eaten afterwards. During the preparation, the cotyledons have been bound together by a tight mycelium, much water and carbonic acid being secreted in the meantime and the temperature of the mass rising 10 to 12ºC above that of the surroundings. The cellular walls are not dissolved by the hyphae, but the soluble carbohydrates and the fat diminish, the nitrogen content remains about the same, but in tempé only 70% is to be found of the protein, as originally present in the beans."

He also describes, on Prinsen Geerligs' authority, the preparation of *tao-tjo* (Indonesian-style miso). Peanuts are discussed on p. 220; *tempé boengkil, tempé bongkrek, ontjom beurreum, ontjom bodas* on p. 222.

499. Geil, William Edgar. 1904. A Yankee on the Yangtze: being a narrative of a journey from Shanghai through the Central Kingdom to Burma. New York, N.Y.: A.C. Armstrong and Son. xv + 312 p. Plus 100 unnumbered pages of plates. Illust. No index. 21 cm.
• ***Summary:*** The author is in a boat on the Yangtze, just up-river from Shanghai, in China. The section titled "Early rice" (referring to breakfast) states (p. 15): "These dishes bore frightful dragon and other terrifying decorations, and contained first, superannuated and odoriferous shrimps; second, sickly bean curd floating gently on a summer sea of native vinegar and mustard seed oil; the third dish boasted pickled turnip tops and other refuse; and the fourth, bean curd cheese which reminded me of wild-cat's liver soaked in sulphurated hydrogen."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "bean curd cheese" (regardless of hyphenation) to refer to Chinese-style fermented tofu.

The section titled "Mr. Ma's inn" states (p. 114): "We stopped at the 'Perpetual Provider' Inn and had Early Rice at seven-forty, at which meal I ate two large bowls of rice and bean-curd." Address: Doylestown, Pennsylvania.

500. Hosie, Alexander. 1904. Manchuria: Its people, resources, and recent history. London: Methuen & Co.; New York: C. Scribner's Sons. xii + 293 p. Plus 16 unnumbered leaves of plates. See p. 180-87, 218-24, 240-45, 252-53. Illust. Map. Index. 23 cm.
• ***Summary:*** For details, see the original 1901 edition; the two editions are very similar and contain the same number of pages.

This book contains information about Manchuria's railways including the Central Manchurian Railway, Imperial

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Chinese Railway, Siberian Railway, South-Baikal Railway, Trans-Baikal Railway, Trans-Manchurian Railway, and Ussuri Railway. However neither the South Manchuria Railway nor the South Manchuria Railway Company are mentioned. Address: Once Acting British Consul, Tamsui; Now at Aberdeen (Scot or HK).

501. Kellogg, Ella Ervilla Eaton. 1904. Science in the kitchen: A scientific treatise on food substances and their dietetic properties, together with a practical explanation of the principles of healthful cookery; a thousand choice, palatable, and wholesome recipes. Revised and enlarged edition. Battle Creek, Michigan: Modern Medicine Publishing Co. 508 p. [39] leaves of plates. Illust. Index. 24 cm.

• ***Summary:*** In this new edition, the wife of the famous Dr. John Harvey Kellogg discusses the principles and methods of the dietary system employed at the Battle Creek Sanitarium. Although this is a vegetarian cookbook (which includes the use of eggs and milk), that fact is not discussed anywhere in the book.

The "Preface to the fourth edition" (p. 4) begins "Cookery is a progressive science. Within the past few years several new and very valuable food products have been developed in the food laboratories of the Battle Creek Sanitarium and put upon the market, making necessary the evolution of many new recipes for their preparation for the table."

The long chapter on "Meats" (p. 389-417) in the 1892 ed. has been replaced by an even longer chapter on "Nuts and nut foods" (p. 389-425). After that we find all new chapters: "Food for the sick" (p. 426-52), "The daily menu (p. 453-63), and "Appendix" (p. 464+) with many pages of nutritional analyses, copied from the "Battle Creek Sanitarium Diet List," showing the "Food value of the large variety of foodstuffs when prepared for the table."

In the new "Introduction," the section on dairy products has been rewritten to deemphasize their use.

The long chapter on "Legumes" again notes that the Chinese "manufacture cheese [clearly tofu] from peas and beans" (p. 217-18).

The chapter on "Milk, cream, and butter" states (p. 369): "Various nuts, as almonds, filberts, and cocoanuts furnish products which make excellent substitutes for milk, and which can be utilized in cooking in early all recipes where milk is needed. These milk substitutes approach very closely the same composition as cow's milk, thus affording equal nourishment, while they have the advantage of being perfectly clean and free from germs. Recipes for their preparation are given elsewhere."

The chapter on "Nuts and nut foods" begins with a description of the major nuts. The long section on "The peanut or groundnut" notes: "In this country they are more commonly roasted, but in this form are almost indigestible, for the peanut is really not a nut at all, but a legume, and requires thorough cooking... to render it digestible. Peanuts are, however, a very wholesome and nutritious food when properly cooked" (p. 393). Recipes include: To blanch almonds. To blanch peanuts. Cocoanut cream. Nut pulp (from well blanched and baked peanuts). Peanut butter (Blanch, then cook in a double boiler for 8-10 hours before grinding). The section titled "Nut preparations" states: "Within the last few years, various processes have been discovered whereby nuts of different kinds are converted into most valuable and palatable foods. Chief among these nut products may be named protose, or vegetable meat, almond and peanut butters, nuttolene, nuttose, nut meals, and nut soup stock" (p. 398). Then come subsections on: "Protose and nuttolene recipes" (p. 399-411, incl. 2 recipes for Vegetarian roast, Vegetarian chili sauce, Protose steak, Nut steak in gravy, Mock hamburger steak, Nuttolene cutlets, Nut fillets, Protose patties, and Rice and lentil croquettes). "Nut products with vegetables" (p. 411-16). Nut cream and butter (p. 416+, incl. Nut butter, Nut milk). Sandwiches (p. 214+, incl. with almond nutter or nut butter).

The Appendix showing nutritional value of foods (p. 464-84) includes all the new nut products. At the very end is a half-page table titled: "The following table shows clearly the inferior value of flesh foods." The nutritional composition of 23 such foods (red meat, poultry, fish, and shellfish) is given. The book contains 31 excellent illustrations and 39 unnumbered pages of glossy black and white photos, each page printed on only one side.

Note 1. This is the earliest document seen (Jan. 2007) that mentions a kind of meatless burger or patty, which it calls "Mock hamburger steak" and "Protose patties."

Also discusses: "The superiority of bread made from the entire wheat or unbolted meal" also called "whole-wheat bread" (p. 112, 143). Many gluten recipes throughout. Diabetic biscuit (p. 452, made of Graham or entire-wheat flour). The following words do *not* appear in the Index: Animal, beef, bulk, fiber, fish, flesh, roughage.

Note 2. The 1904 date appears only on page 4 in the section titled "Preface to the fourth edition." No mention of a 4th ed. appears on the title page. The copyright page gives only the 1892 date. Address: Battle Creek, Michigan.

502. Kiliaan, H.N. 1904. Madoereesch-Nederlandsch woordenboek [Madurese-Dutch dictionary]. Leiden, Netherlands: Boekhandel en Drukkerij voorheen E.J. Brill. vii + 384 p. [Dut]

• ***Summary:*** Dutch-language definitions are given for each of the following words: (1) ketjap (p. 193) = soy sauce. Made from soja.

(2) "kadhelli" (p. 260) = soybean. Jav. kedele. Glycine soja. De soja boon.

(3) kotok (p. 281) = "koffie, amfioen of soja voor de tweede maal koken; koto kotoghan." (4) "tahu" (p. 302) =

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tofu. includes the words “kadhelli” [kadele / kedele] and “soya.” Address: East-Indian civil servant with permission [Oost-Indisch Ambtenaar met verlof.

503. Kingsford, Anna Bonus. 1904. The perfect way in diet: A treatise advocating a return to the natural and ancient food of our race. 4th ed. London: Kegan Paul, Trench, Truebner & Co. Ltd. xii + 121 p. 17 cm. [92* footnotes]*
Address: Doctor of Medicine of the Faculty of Paris, 11 Chapel Street, Park Lane [London?].

504. Koenig, Franz Joseph. ed. 1904. Chemie der menschlichen Nahrungs- und Genussmittel. Vol 2. Ihre Herstellung, Zusammensetzung und Beschafftenheit... Ed. 4 [The chemistry of human foods and food adjuncts (stimulants / enjoyables). Vol. 2. Their production, composition and properties... 4th ed.]. Berlin: Verlag von Julius Springer. xxv + 1557 p. See p. 243, 788-91, 839-41, 1090-94. [12 ref. Ger]
• ***Summary:*** Summaries of early studies on the chemical composition of soybeans and various soyfoods, including some original studies. The section on meals (p. 839-40) gives the composition of various legume meals (*Hülsenfruchtmehle, Leguminosesmehle*), including [whole] soybean flour (*Sojabohnenmehl*) and defatted soybean meal (*Desgl., entfettet,* which may have been defatted in the laboratory). “The various preparations made from leguminous meals by Jul. Maggi & Co. in Kempthal (Kemptal) (Switzerland) (see Vol. 1, p. 467) are made by mixing leguminous meals with gluten-rich varieties of cereal grains, and sold under names such as Leguminose-Maggi A (2% fat), B, C, AA (6.54% fat), AAA (14.60% fat), etc. The composition of these products on an as-is and on a dry-weight basis is given on page 841. These can be categorized into those which are low in fat and those which are rich in fat. The fat from the latter is derived from the process of making soybean meal.”

In the section on coffee substitutes, the subsection on “coffee from legumes” (p. 1093-94) mentions briefly that a coffee substitute can be made from soybeans (see also p. 788). The composition of this soybean coffee (“Sojabohnen-Kaffee”) is given. Address: Geh. Reg.-Rath, o. Professor an der Kgl. Universitaet und Vorsteher der Agric.-Chem. Versuchsstation Muenster in Westphalia, Germany.

505. Lemaréchal, J.M. 1904. Dictionnaire japonais-français [Japanese-French dictionary]. Tokyo: Librairie Sansaisha; Yokohama: Librairie Max Nössler & Co. viii + 1008 p. See p. 133. Illust. 26 cm. [Fre; jap]
• ***Summary:*** Page 133: gammodoki, 2 Cc = Chinese characters given, *Tôfu* frit auquel ou mêle differents légumes hachés.

Page 877: tôfu, 2 Cc, Pâte de haricots détrempés dans l’eau et broyés sous une meule; yaki-dôfu, tôfu rôti. Address: M.A., de la Société des Misions-Étrangèrs de Paris.

506. Loew, O. 1904. Ueber die Anwendung des Frostes bei der Herstellung einiger japanischer Nahrungsmittel [On the use of frost in the production of some Japanese foods]. *Mitteilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens* 10(1):75-76. [Ger]
• ***Summary:*** Prof. Dr. O. Loew discusses the preparation of frozen tofu (*kôri-tofu*), frozen konnyaku (*kôri-konnyaku*), and frozen mochi (*kôri-mochi*). Address: Japan.

507. *Treasury Decisions under Tariff and Navigation Laws, Etc.* 1904. Bean cake, bean stick, and potato cake (24513–G.A. 5361). 6:542-44. For the year 1903.
• ***Summary:*** Bean cake is koya tofu [dried-frozen tofu]. Bean stick is dried yuba sticks. Potato cake is konnyaku.

“The merchandise in question in these cases was imported from Japan and China into the port of Honolulu, Hawaiian Islands, and consists of so-called bean cake, bean stick, and potato cake. The goods were classified and assessed for duty under the provision for “all vegetables prepared or preserved,” in paragraph 241 of the tariff act of 1897 at 40 per cent ad valorem, and are claimed to be dutiable at 20 per cent ad valorem, as nonenumerated manufactured articles, under section 6 of the act.

“The bean cakes are small, approximately rectangular shapes of porous consistency and yellow color, which break into crumbs under pressure. The bean sticks [dried yuba sticks] are lengths of hard, brittle, yellow substance, having a glazed appearance and resembling a piece of molasses candy.

“Kikujiro Shimada, owner of the Tofu Manufactory in Yokohama, who has been engaged in this business over thirty-five years, thus describes the manner in which bean cake is made: To manufacture bean cake, koya tofu, first keep soja beans in water at least twenty-four hours (beans are now mostly imported from China), and when the beans become very soft, grind them under the millstone; mix the ground beans with water and boil the mixture in kettles about half an hour. When cooled, by pouring it into a cloth sack and squeezing it, we get a milk-like juice, which is too rich for tofu manufacturing. What remains in the sack is mixed with water and boiled again and the squeezing repeated. The thin milk-like juice we get is mixed with the rich one obtained by the first squeezing, and while the mixture is yet warm it is poured into the mold and a little quantity of nigari (the brine left by the diliquescence [deliquescence] of a salt) is added to cause the bean juice to coagulate. The mold has several holes lined with fine cloth to allow the water to drop away. In the course of an hour or so we get tofu, white jelly-like food. Slice the tofu carefully and freeze it in cold nights and then dry it in the sun. Repeat this for days and nights until the frozen tofu is perfectly dry, when it is marketable.

Note: This is the earliest English-language document seen (April 2013) that uses the term “koya tofu” to refer to

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dried-frozen tofu.

"The process of making bean stick is described in a letter dated February 20, 1903, from the commercial museum, department of agriculture and commerce, Tokio, received by the collector from the same source as the manufacturers' affidavits above quoted. It is as follows:

"Yuba (bean stick). Keep the soja beans in water until they are very soft; then rub them fine in "suribachi" (mortar like earthen pot) and then boil these. Thick creamlike matter will collect on the surface. This when dried by fire is yuba" (p. 544).

508. *New York Times.* 1905. Old China: Arthur Judson Brown's book about the new forces now developing there. Jan. 7. p. BR3.

• ***Summary:*** The book is titled *New Forces in Old China: An Unwelcome but Inevitable Awakening.* "Mr. Brown traversed vast portions of China... At a grand banquet... some of the dishes were stewed sea slugs with ginger root and bean curd,..."

509. *USDA Bureau of Plant Industry, Inventory.* 1905. Seeds and plants imported during the period from September, 1900, to December, 1903. Nos. 5501 to 9896. Seed and plant introduction and distribution. No. 10. 333 p. Feb. 8. Also titled USDA Bureau of Plant Industry, Bulletin No. 66.

• ***Summary:*** Soy bean introductions: Glycine hispida.

5764-5766. "From Washington, D.C. Three varieties of soy beans from Japan, grown during the season of 1900 on the Potomac Flats.

"5764. Common. (S.P.I. No. 4912.)

"5765. Best White. (S.P.I. No. 4913.)

"5766. Best Green. (S.P.I. No. 4914.)"

6312/6314/6326/6333 -6336. "From the Tokyo Seed and Plant Company, Tokyo, Japan. Received April 20, 1901.

"6312. *Black Flat.*

"6314. *Yoshioka.*

"6326. *Rokugatsu.*

"6333. *Gosha.*

"6334. *Black Round.*

"6335. *Green Medium.*

"6336. *Bakaziro"* [*Bakajiro*].

6379. "Grown on the Potomac Flats, District of Columbia, under the direction of W.R. Beattie, from No. 3870."

6386/6396/6397/6414/6416. "From Pyeng Yang, Korea. A collection of seeds of economic plants which are cultivated in Korea. Presented by Rev. W.M. Baird. Received May 3. 1901.

"6386. *Black.*

"6396. *White.*

"6397.

"6414. 'Plant in May.' (Baird.)

"6416. *Black.*" Note:

Note 1. This is the earliest document seen (June 2000) concerning soybeans in Korea, or the cultivation of soybeans in Korea.

6556/6558-6561. "From China. Received through Dr. G.D. Brill, May 17, 1901. A collection of seeds and plants made during an extended trip through China in 1900. The notes regarding the various numbers are copied from letters written during this period, no separate descriptive list of the various introductions having been furnished. Doctor Brill's numbers are given.

"6556. (No. 57.) 'Much used for bean curd and oil all over central China. Probably as many of these are grown as all the other varieties together.' (*Brill.*)

"6558. From Hankow. (No. 59.) 'Used for bean curd and oil. Considered better than No. 6556.' (*Brill.*)

"6559. From beyond Chiu Niu. (No. 60.) 'Planted between the rows of rice and ripening late in the fall, after the rice is harvested. Used the same as No. 6556, only quality poorer. Will grow on very wet land.' (*Brill.*)

"6560. From beyond Chiu Niu. (No. 61.) 'Planted and used the same as No. 6559. Planted in July or August.' (*Brill.*)

"6561. From Hankow. (No. 62.) 'A black bean, used for same purposes as Nos. 6559 and 6560, but of better quality. Not planted with other crops.' (*Brill.*)"

8422-8424. "From Yokohama, Japan. Received through Dr. S.A. Knapp, February 24, 1902.

"8422. *Ita Name.* Early.

"8423. *Ita Name.* Medium.

"8424. *Ita Name.* Late." Note 2. This is the earliest document seen (Jan. 1999) that contains the words/name "Ita Name," which make no sense in Japanese. Perhaps "Eda Mamé" was intended.

8489-8497. "From Washington, D.C. Received March 10, 1902. A collection of seeds grown on the Potomac Flats by Mr. W.R. Beattie from seeds furnished by the Office of Seed and Plant Introduction.

"8489. Grown from No. 6314.

"8490. Grown from No. 6333.

"8491. Grown from No. 6334.

"8492. Grown from No. 6386.

"8493. Grown from No. 6396.

"8494. Grown from No. 6336.

"8495. Grown from No. 6397.

"8496. Grown from No. 6416.

"8497. Grown from No. 6312."

8584/8586. "From Chin-kiang, China. Received through Dr. S.A. Knapp from Rev. Dr. S.P. Barchet, Shanghai, China, April 15, 1902.

"8584. 'A very prolific, nearly white variety used for making oil and also for food. It is sometimes ground into flour and used for making cakes.' (*Knapp.*)

"8586. 'A very oily variety, used chiefly for fattening purposes. Planted in July or August.' (*Knapp.*)"

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8900. "From Anjo, Japan. Received through Messrs. Lathrop and Fairchild (No. 963, June 29, 1902), July 24, 1902. 'Twenty-six numbered seeds of a giant soy bean presented to the Department by Mr. K. Obata, director of the Tokai branch agricultural experiment station at Anjo, Japan, on condition that should any of the seeds prove to have inherited the characteristics of its female parent he is to have returned to him a fair quantity of the beans which it produces. All the beans have been numbered, and it is desired especially that a record of each be kept for information. This "most exceptional sport" ["an individual exhibiting a sudden deviation from type beyond the normal limits of individual variation usually as a result of mutation, esp. of somatic tissue"] from which these beans are taken measured 12½ feet in length and had a stem 1 inch in diameter at the base. It yielded about one-fifth of a gallon of beans, while ordinary plants, I am assured by Mr. Obata, give from 50 to 60 seeds only. Its root system is well developed, but whether unusual it is impossible to say, as it was dug before Mr. Obata saw it. The history of this "most remarkable sport" is as follows: Mr. J. Miyazaki, a descendant of a Samurai and now a second-hand clothier in the village of Okasaki [Okazaki?], found in his small back yard a soy bean which neither he nor his wife had planted purposely, but over which they quarreled, the wife wishing to pull it up because it grew to such unusual proportions and spread over the whole yard. Mr. Miyazaki, however, found in this abnormal plant something to interest him, and when the local district fair was held in Mukada in October he dug up the plant and exhibited it there, but he unfortunately and thoughtlessly ate up most of the beans. Mr. Obata, of the experiment station at Anjo, saw the plant at the fair, visited Mr. Miyazaki's place, and rescued the remaining handful of seed. He got samples of the soil where the plant grew and has sown about 20 seeds in this soil at the experiment station. I have seen and photographed this remarkable sport and think it worth of the most careful attention.' (*Fairchild.*)"

9344. "From Chiu-hua, China. Secured by Dr. S.P. Barchet, of the United States consulate, Shanghai, China, at the request of Dr. S.A. Knapp. Received January 22, 1903. *Chiu-hua.* 'In case of future reference to the bean, if you call this the *Chiu-hua* bean I shall know what is meant, in the absence of a botanical name, as I have not seen this bean anywhere else. It is sown broadcast in paddy fields before the rice is harvested. The moist ground favors the sprouting, and the standing grain shields the sprouting plant from the sun. By the time the rice is harvested the beans have taken firm roots and require no further care. Horses and cattle are very fond of them green or in the ripe state. The bean also makes a good food for man. This bean I think well worth a trial in the Southern States.' (*Barchet.*)"

9407-9418. "A collection of soy beans grown by Mr. W.R. Beattie on the experimental grounds on the Potomac Flats, from introduced seed.

"9407. Grown in 1902 from S.P.I. No. 4912.
"9408. Grown in 1902 from S.P.I. No. 4913.
"9409. Grown in 1902 from S.P.I. No. 4914.
"9410. Grown in 1901 and 1902 from S.P.I. No. 6312.
"9411. Grown in 1901 and 1902 from S.P.I. No. 6333.
"9412. Grown in 1901 and 1902 from S.P.I. No. 6334.
"9413. Grown in 1901 and 1902 from S.P.I. No. 6336.
"9414. Grown in 1901 and 1902 from S.P.I. No. 6386.
"9415. Grown in 1901 and 1902 from S.P.I. No. 6396.
"9416. Grown in 1901 and 1902 from S.P.I. No. 6397.
"9417. Grown in 1901 and 1902 from S.P.I. No. 6414.
"9418. Grown in 1901 and 1902 from S.P.I. No. 6416."

Note 3. This is the earliest document seen (June 2007) that clearly refers to the cultivation of soybeans in Washington, DC (on the Potomac Flats). This document contains the earliest clear date seen for the cultivation of soybeans in Washington, DC (1900).

Note 4. This is the earliest document seen (March 2003) that mentions the Potomac Flats, an experimental garden owned and used by the USDA in Washington, DC, before it purchased the Arlington Farm in 1900. Even before that, starting in 1865, there was an experimental garden around the original USDA building on The Mall. The Potomac Flats were acquired by the USDA in 1899. They were located in Washington, DC, on the banks of the Potomac River, probably in what is now Potomac Park.

Note 5. This is the earliest document seen (July 1998) concerning David Fairchild and soybeans. Address: Washington, DC.

510. Kadono, C. 1905. The diet of the Japanese. *Times* (*London*). Feb. 11. p. 6, cols. 3-4.

• ***Summary:*** This article is actually mostly about soya beans and their products. "It is well known that the Japanese diet consists chiefly of rice, vegetables, and fish, with very small and occasional additions of butchers' meat. The relative quantities of these, and vegetables and products thereof used, would be interesting and in some respects instructive.

"The following bill of fare, which attempts to give the three meals of a day for a family of moderate circumstances, will show how they live. It may also be said that all Japanese live rather simply whether high or low in their station of life, and the menu can be taken as typical of all classes.

"Breakfast (about 7 to 7:30 a.m.).–Miso soup (with vegetables, tofu, &c.), pickles, boiled rice, tea (sometimes raw egg or boiled sweet soya beans, or natto, &c.).

"Lunch (12 noon).–Fish boiled in soya, vegetables stewed in soya, pickles, boiled rice, tea.

"Supper (6 to 6:30 p.m.).–Soya soup (with vegetables, fishes, &c.), raw fish sliced and eaten with soya sauce, broiled fish (or boiled) with vegetables (or butchers' meat or fowl and vegetables stewed), rice, tea...

"From the foregoing it can be seen how cereals and vegetables predominate in Japanese diet. Rice and miso and

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soya, as will be seen from the menu, form the predominant feature of the food, and it may not be an exaggeration to say that the Japanese physique is mainly built up on the products of soya beans, such as miso, soya sauce, tofu, &c."

There follows a detailed table titled "Analysis of Soya Beans and Their Products. (Extract from a table by Mr. C. Omura.)" Nutritional analyses are given for the following, written exactly as they appear: Soya beans (5 varieties), miso (white, red Osaka, red Tokio, red Sendai), soya sauce (regular or Noda), tofu, dried frozen tofu, fried tofu, mash residue from tofu (Okara), yuba (Dried skim off tofu-mash), natto (Steamed beans with surface fermentation).

Note 1. This is the earliest English-language document seen (April 2013) that contains the term "fried tofu."

"Soya beans are grown all over Japan and in Manchuria, and so far as I know cannot be had here [in England]. They are eaten boiled, either young or ripe." They are manufactured into those articles shown above, of which miso, soya, and tofu are the most important..." The author then gives a 5-10 line description for each of how miso, soya sauce, and tofu are made. Tofu is coagulated with a "strong brine. "The remnant (okara), being a white pulverized mass, called fancifully 'snow balls' by Japanese, is eaten boiled and seasoned with soya sauce.

"I have given Japanese meals to some English friends and most have pronounced the food excellent, and some have even braved the sliced raw fish with soya sauce."

Note 2. Concerning the idea that okara is sometimes fancifully called "snow balls," the term *kirazu* is written with three characters: yuki = snow, hana = flower(s), and sai = vegetable(s). Or the author may be referring to a local term from some part of Japan.

Note 3. This is the earliest English-language document seen (Oct. 2001) that uses the Japanese word *okara* or the term "mash residue from tofu" to refer to okara.

Note 4. This is the earliest English-language document seen (April 2013) that contains the term "dried frozen tofu" (or "dried-frozen tofu"). Address: England.

511. *Manchester Guardian.* 1905. What the Japanese eat. Feb. 13. p. 12.
• ***Summary:*** This is a summary of: Kadono, C. 1905. "The diet of the Japanese." *Times* (London). Feb. 11. p. 6, cols. 3-4. Mentions soya beans, miso soup, tofu, natto, soya sauce, etc.

512. *Chambers's Journal* (*London*). 1905. Japanese diet. Vol. 8. March 25. p. 270. Sixth series. [1 ref]
• ***Summary:*** "The nations of the world have now had the opportunity of learning many a valuable lesson from the general management of the Japanese army... It is interesting to note that the hard work done by the Japanese Tommy is performed on a dietary table which would hardly satisfy the soldiers of any other country. A large quantity of the Japanese soldiers' rations is made up of compressed fish-meal... Another form of food which seems peculiar to the Japanese army is obtained from kelp and other seaweeds, many of which afford very nourishing sustenance...

"At home this is the bill of fare of a Japanese family in moderate circumstances, according to C. Kadono in the *Times.* Breakfast (about 7 to 7.30 A.M.)–miso soup (with vegetables, tofu, &c.), pickles, boiled rice, tea (sometimes raw egg or boiled sweet soya beans, or natto). Lunch (12 noon)–fish boiled in soya, vegetables stewed in soya, pickles, boiled rice, tea. Supper (6 to 6.30 P.M.)–soya soup (with vegetables, fish, &c.), raw fish sliced and eaten with soya sauce, broiled fish (or boiled) with vegetables (or butcher meat or fowl and vegetables stewed), rice, tea. The Japanese physique is thus largely built up on the product of soya beans, which are grown all over Japan and in Manchuria, and from which miso, soya, and tofu are made. Soya beans, which, we believe, are not to be had in this country, are much richer in albumen than either beef or mutton. The Japanese diet, therefore, mainly consists or rice, vegetables, and fish, with very small and occasional additions of butcher meat."

513. *Vegetarian Messenger and Health Review* (*Manchester, England*). 1905. The diet of the Japanese (Abstract). April. p. 86-87.
• ***Summary:*** This article is a summary of: Kadono, C. 1905. "The diet of the Japanese." *Times* (London). Feb. 11. p. 6.

514. *Eureka Reporter* (*Utah*). 1905. Soy bean cheese [tofu]. June 2. p. 2.
• ***Summary:*** "The municipal laboratory of Paris has been examining the experiments made by Dr Vogel who has manufactured a very succulent cheese from the small Chinese beans known as soy beans. The doctor finds that the pulp of these beans contains many of the caseine qualities and that the resulting composition is both nourishing and pleasant to the taste."

Note: This same article also appeared in the *Emery County Progress* (Utah) (3 June 1905, p. 2).

515. Li, Yu-ying. 1905. Le lait végétal fabriqué en Chine [The vegetable milk made in China]. In: 2nd Congrès International de Laiterie: Compte-Rendu des Séances (2nd International Dairy Congress: Proceedings): Paris: Comité Français–Fédération International de Laiterie. 548 p. See p. 387-89. Held 16-19 Oct. 1905 at Paris, France. [Fre]
• ***Summary:*** The president of this international milk congress introduces Li Yu-ying as attaché at the Chinese Legation, and official delegate to the congress. Li begins by expressing his happiness at being able to speak to the congress and getting to know the many scholars and very competent people from many countries.

"In China, not much animal milk is consumed. It is replaced by another product: *vegetable milk* (*le lait végétal*).

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This latter product could not be used here and, therefore, is of little interest to you. I will speak to you about it only as a curiosity, first to explain the special method employed in my country for the production of vegetable milk and vegetable cheese, and finally to increase interest in these products because of their hygiene and economy.

"Everyone knows that animal milk is an excellent substance with numerous advantages. One may ask, therefore, why so little of it is consumed by the people of China. The reason is because it is relatively expensive and because cows cannot be raised in all parts of China. Dairying is practiced only in the north and the west of China. In the other provinces dairying is difficult because of the climate and the nature of the soil; so vegetable milk is consumed there.

"The latter is made with the seeds of *Soja hispida* or 'oil peas of China.' This is an annual legume which has been imported to England, Spain, Belgium, and France. Presently it is widely cultivated in America as forage.

"Mr. Lechartier, director of the agronomic station at Rennes, has experimented with this plant in France; he obtained yields of up to 25,000 to 30,000 kg of green forage per hectare. This plant is therefore already known here."

"As forage, the soja hispida is as rich in protein as clover (*trèfle*), horse beans or dried kidney beans (*les féveroles*), etc.; but it is richer in fats than the other legumes. The seeds are richer in nitrogenous materials [protein] than other plants of the same family. Analyses show that they contain 30% protein, oil, and little starch.

"The seeds of this plant can also be used to make a cheese (tofou [tofu]) which is a major source nourishment for the peoples of China and Japan. It is consumed, in effect, every day and at every meal, as a main dish.

"The production of these two products [milk and cheese] is very simple. First the seeds are cooked, then they are pressed strongly to obtain a sort of puree, which is coagulated by a mineral salt that plays the role of rennet. The fresh cheese, which is made daily, must be sold and consumed the same day. It can be used in recipes like vegetables or meats. However it can also be preserved, either hot, or by putting it in a salt solution: in this way one obtains various cheeses which are used as desserts, as following:

"(1). Salted and smoked cheese (*Le fromage salé et fumé*), which in both flavor and form bears some resemblance to gruyere cheese. It can be stored for a rather long time; (2) Salted cheese (*Le fromage salé*), white in color, whose taste somewhat resembles that of goat cheese; (3) Fermented cheese (*Le fromage fermenté*). Its color is white, yellow, or gray, and it flavor is very strong, like that of Roquefort.

"The processes which give rise to Chinese milk and cheese also give residues [okara] which are not lost. They are employed either as fertilizer, or as feed for farm animals. Thus nothing is wasted from soybeans. Moreover, the factories where this plant is processed are very numerous, and the products made by them are the most moderately priced. A square or cake of vegetable cheese (*carré de fromage végétal*) (11 by 10 by 2½ cm), consumed daily by one person, costs about one centime, or about one-fiftieth the price of an animal cheese of average price.

"It is of interest, finally, to compare the products of the animal dairy with those of the vegetable dairy, not only in terms of their similarity in appearance, but also in terms of their chemical composition. It is well known that animal milk contains a large proportion of casein; the same is true of vegetable milk, which contains legumine that has the same chemical formula as casein.

"Furthermore, during processing, the peas (*le pois*, i.e. soybeans) undergo a complete chemical and mechanical transformation which concentrates the nutritive parts and eliminates the others; it is this which explains the richness of the vegetable milk and cheese in nutritive principles.

"After all these considerations, you can realize the interest present in this industry in China.

"It can also be interesting in places where raising livestock is impossible. It is evident that this would be more difficult than in the countries which produce animal milk in large quantities. I am well aware that animal milk has a real superiority over vegetable milk, but doesn't it also have its disadvantages: Fraud, on the one hand, and its contagious diseases on the other? Moreover, milk merchants have various categories of milk at different prices; it is clear that the most expensive is the best, and vice versa. But the consumer knows full well that some milk is not of good quality, yet he is obliged to take it in order to earn money. Thus it is the fate of the poor to be condemned to drink milk of inferior quality, and often fraudulent. However, vegetable milk does not support fraud and cannot transmit contagious diseases. It is the same for everyone; the poor consume the same product as the rich.

"Let the culture of soybeans expand therefore in Europe. One might try to make vegetable milk which will be destined, not for those who have the means to buy good milk, but rather for those who can only afford low-price milk; thus, fraud becomes useless, and this will a benefit for public hygiene and for the purse of poor people."

Note 1. This is the earliest document seen (May 2011) concerning Li Yu-ying. It is also the earliest publication seen by him on the subject of soya.

Note 2. These proceedings contain a list of attendees and of excursions. Address: Attaché at the Chinese Legation, and official delegate.

516. Macmillan, H.F. 1905. The "Soya (or Soy) Bean." (Glycine hispida). A new vegetable, fodder, and green-manure product for Ceylon. *Tropical Agriculturist* (*Ceylon*) 25(5):682-83. Nov. 15.

• ***Summary:*** "It is strange that a product so important,

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so simple of cultivation and so quick in yielding returns as this has not hitherto attracted attention in Ceylon. Notwithstanding the fact that it has been introduced several years ago by the Royal Botanic Gardens, and successfully grown at Peradeniya year in and year out, both for the instruction of visitors to the Gardens and for distributing seeds; I question whether there are at present half-a-dozen gardens or estates in Ceylon which count this amongst their crops."

"The Soya Bean thrives at Peradeniya, and appears to be well-suited to the climate and soil; whilst it also flourishes in the Mediterranean region and Southern Europe. It would therefore seem reasonable to expect it to thrive at a comparatively wide range of elevations in Ceylon, provided the conditions of soil and rainfall were at all favourable. In China and Japan the Soya Bean forms a standard article of food with all classes of the community, being prepared for use chiefly in the form of a sauce, paste or cheese, the latter two preparations being made by crushing and pressing the seeds. In India the seeds are said to be cooked and used in various ways, often 'roasted and ground as *satu*, or simply eaten in the form of *dal*.' Soy sauce is said to form the basis of many popular sauces made in Europe." A few years ago soy sauce in London was worth 2 shillings and 6 pence per gallon. "Personally I think Soya Bean as a vegetable is very agreeable and forms a good substitute for the Lentils and Broadbeans of Europe if cooked and served similarly. Its chemical composition, according to Professor Church, places it above all other pulses as an albuminous food."

The soya bean is also considered valuable as a fodder plant and for green manuring. A brief description of its cultivation is also given. "Regarding cultivation, probably few crops are less exacting in their requirements than this. Its most striking characteristic, judging by results recorded at Peradeniya, is the remarkably short space of time in which the plants grow and produce a crop. Here the seeds germinate in 3 to 5 days, the plants flower when a month old; a fortnight later the pods are fit for picking [for use as a green vegetable], and the harvesting is complete in about two months from the time of sowing. Thus, granted the seasons were favourable, it should be possible to obtain four crops a year. In making these statements, which may seem unduly optimistic, it is not by any means intended to convey the impression that practically no expenditure of labour is involved in the production of this crop. On the contrary it is pretty certain that to make it a profitable product for whatever purpose, even under the most favourable conditions for its growth, a reasonable amount of cultivation will be required. It has yet to be proved how far it would repay cultivation in Ceylon for fodder and green-manuring, but that it should prove a welcome adjunct to the food products of the natives, if not as a general vegetable, there seems no question."

A footnote states: "* Since writing this Mr. Kelway Bamber has presented a small quantity of Soya Bean seed to the Botanic Gardens, remarking that he intended to recommend it as a green-manure crop." Address: Curator of the Royal Botanic Gardens at Peradeniya.

517. De Becker, J.E. (Joseph Ernest). 1905. The nightless city: or, the "History of Yoshiwara Yûwaku." 5th ed. revised. Shanghai, Yokohama, Bremen: Max Nössler & Co.; London: Probsthain & Co. xvi + 386 p. + 46 unnumbered leaves of plates. See p. 158-61, 221. Illust. 2 maps. 19 cm. Reprinted in 1971 by Tuttle & Prentice-Hall.

• ***Summary:*** A book about prostitution in Tokyo. Note 1. The approximate date of this 5th edition, Dec. 1905, is given on p. xvi, at the end of the "Preface to the fifth edition." The first edition was published in 1899.

"It was not until after the City of Yedo had become the seat of the Tokugawa government that regular houses of ill-fame were established, and up to the period of Keicho (1596-1614) there were no fixed places set apart for brothels and assignation houses" (p. 1).

The section titled "Dai-ya no koto (Cook-houses of the Yoshiwara)" (p. 158-61) notes that "these cook houses supply every conceivable kind of food be it *sushi* (a fish and rice roll), *kwashi* [*o-kashi*] (cakes)..."

"By the way, there is, in the *Shôbai Orai* (Chinese characters) by Ikku, an item which shows a bill of fare in a *dai-ya* a hundred years ago. It is as follows;–The bill of the *Ki-no-ji-ya* consisted of:... *Teri-gomamé*–Dried young sardines roasted and boiled in sugar and soy... *Aburage*–Bean-curd fried in oil [fried tofu]... *Yaki-dôfu*–Roasted bean-curd... *Umani*–Any food cooked in a mixture of soy, *mirin*, sugar, and the shavings of dried bonito... *Ankake*–A kind of soup containing *tôfu* or arrowroot, etc., all of which foods are suitable to those persons who stop in brothels for several consecutive days.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "Yaki-dôfu" or the term "Roasted bean-curd" to refer to grilled tofu.

"Famous things of the Yoshiwara... *Sanya-tôfu*–Bean curd of Sanya... *Kobu-maki*–Rolled seaweed... *Ni-mamé*–Boiled [soy] beans... *Dengaku–Tôfu* baked and covered with sweetened miso... These things were very popular (even outside the Yoshiwara)" from 1772 to 1829.

Page 221: "The *yûjo* (prostitutes) did not all appear in the cages until the 20th of the 1st month, so the night aspect of the Yoshiwara did not resume its normal appearance until this date. The *saruhiki* (One who goes about getting money by leading a monkey who performs tricks) and *dai-kagura* (A kind of dance performed in the streets by boys wearing wooden lion-head masks) began to pour into the Yoshiwara from the 1st day of the 2nd month: on the night of the first 'horse day' the front of every brothel in the first and second wards of Yeido-chô and of Kyô-machi was illuminated by a large lantern on which was written the names of the *yûjo*

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in the house. Votive offerings of red rice [probably *sekihan*, azuki beans cooked with rice], fried bean-curd, and fruit were made to the family shrines of the god Inari."

J.E. de Becker lived 1863-1929. Address: Kamakura, Twenty years a resident of Japan, an English student of sociology.

518. **Product Name:** Tofu.
Manufacturer's Name: Minato-ya.
Manufacturer's Address: 24½ Quincy St., San Francisco, California.
Date of Introduction: 1905.
New Product–Documentation: *Zaibei Nippon-jin Nenkan* (*The Japanese-American Yearbook*). 1905. No. 1. Published by Mr. Kyutaro Abiko, of Nichibei [Shinbun], Japanese-American News. Page 10. Under the category heading "Tofu Shops (Tofu-ya)" is listed Minato-ya, 24½ Quincy St., San Francisco. No owner is listed. Also in 1906, p. 14.

Note 1. This is the earliest known Japanese tofu maker in the continental United States (one of three).

Note 2. (1) Quincy St. is a small alley between Kearny St. and Grant Ave. near California. It still exists (1989). (2) Mr. Oka, head of the History Room, Japan Cultural and Community Center, says this was probably a restaurant that made tofu on the side. (3). This was before the earthquake and before Quong Hop & Co.

519. **Product Name:** Tofu.
Manufacturer's Name: Murata-ten. Renamed Murata Tofu-ya by 1906. P.O. Box 51, Isleton, California.
Manufacturer's Address: P.O. Box 51, Isleton, California.
Date of Introduction: 1905.
New Product–Documentation: Nichibei Shinbun-sha. 1905. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 22. A 1/6 page ad (square, on unnumbered page before p. 22) in this 1905 yearbook states that Murata-ten makes tofu (*Tôfu seizô*). Owner: Ichimatsu Murata. They also make food to order. Also in 1906, p. 32. However the address has changed to P.O. Box 41. Also in 1907, p. 63.

520. **Product Name:** Tofu.
Manufacturer's Name: Nishi Tofu-ya.
Manufacturer's Address: 87 Japanese Alley, Sacramento, California.
Date of Introduction: 1905.
New Product–Documentation: Nichibei Shinbun-sha. 1905. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 10. Also in 1907, Directory p. 55. Also in 1908, Directory p. 67 (Japanese numbers). Also in the 1909 Yearbook, Directory entry p. 39 (same address, except it was called "87 Jap Alley").

Note: This is the earliest known Japanese tofu maker in the continental United States (one of three).

521. **Product Name:** Tofu.
Manufacturer's Name: Okumura Kuraoka Tofu-ya [Tofu Shop]. Renamed Okumura Tofu-ya by 1906.
Manufacturer's Address: 632 N. 6th St., San Jose, California.
Date of Introduction: 1905.
New Product–Documentation: Nichibei Shinbun-sha. 1905. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 24. Ad (1/32 page). On an unnumbered page in the block of ads after Directory p. 28. This tofu company is owned and run by Ichitaro (spell?) Okumura, and Kinsaku Kuraoka. Also in 1906, p. 38. But the name is now "Okumura Tofu-ya." Note: Nomitsu Tofu-ya was at this address in 1912.

522. **Product Name:** Tofu.
Manufacturer's Name: Shintaro Kodama.
Manufacturer's Address: 446 Jackson St., Los Angeles, California.
Date of Introduction: 1905.
New Product–Documentation: *Zaibei Nippon-jin Nenkan* (*The Japanese-American Yearbook*). 1905. No. 1. Published by Mr. Kyutaro Abiko, of Nichibei [Shinbun], Japanese-American News. Page 34. Under the category heading "Fish Retailers and Tofu Shops (Sakana-ya, Tofu-ya)" are listed two companies. The first is Santa Monica Sakana-ya, clearly a fish retailer. The second is Shintarô Kodama, but no specific mention is made of tofu in his company name. These companies were probably grouped together because they sold fresh, perishable foods.

Note: This is the earliest known Japanese tofu maker in the continental United States (one of three).

523. **Product Name:** Soybean sprouts.
Manufacturer's Name: Wing Chung Long, later named Wing Chong Lung.
Manufacturer's Address: 307 Marchessault St., then 752 N. Alameda St., Los Angeles, California.
Date of Introduction: 1905.
New Product–Documentation: Los Angeles City Directory. 1905. First listing for Wing Chung Long, general merchandise, 307 Marchessault.

1910 listing same but grocery instead of general merchandise.

1915 listing same but 307 E. Marchessault. 1916 First listing for Wing Chong Lung Co., general merchandise, 307 Marchessault. 1917 listing is Wing Chong Lung Co., merchandise, 752 N. Alameda. 1918 listing same but "Chinese merchandise."

1930 listing. Wing Chong Lung, grocery. 752 N. Alameda. Note: None of the above state that they made soy sprouts or tofu.

Company invoice dated 1 Sept. 1936. Tofu was selling for 5 cents a piece, and bean sprouts were 3 cents a pound.

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Interview with Bill Lee of Wy Ky. "Wing Chong Lung was the first Chinese company to try to break into the Los Angeles tofu market, controlled by Matsuda-Hinode. They tried in 1952 but Hinode kept them out. They now make bean sprouts."

Talk with Grant Tom of Wing Chong Lung. 1988. Oct. 4. He was born in 1934. The company was founded in 1871, importing foods from China and selling them in California. He thinks they were making Chinese-style firm tofu, soft tofu (*sui-daufu*), soymilk curds (*daufu-fa*, eaten with syrup), and soy sprouts at about the turn of the century, probably before 1900. At the time they were located on Alameda St., and the owner was Tom Chong Man. In 1934 the company moved to the present address, 922 South San Pedro St. He thinks they stopped making tofu shortly after World War II because of too much competition from Matsuda and Hinode. They stopped making soy sprouts about 3 years ago.

Note: This is the earliest commercial soy product or document seen (Dec. 2003) in connection with Los Angeles, California.

524. Bardet, M. 1905. Sur un pain sans matières amylacées à base de soja hispida [A bread without starch based on soja hispida (soybeans)]. *Bulletin General de Therapeutique Medicale, Chirurgicale, Obstetricale et Pharmaceutique* 149:181-84. [Fre]

• ***Summary:*** This is a presentation by Mr. Bardet to the Therapeutic Society (*Société de Thérapeutique*) in France about a new bread for diabetics. Soya, which is widely used in Japan, has met with little success in France. However it is of interest because it contains almost no sugars or starches–less than 5-6%–yet an average of 35% vegetable casein. The Japanese consume enormous quantities of vegetable cheese (*fromage végétal*) [tofu], which is obtained from soya.

"The bread which I have the honor to present has been prepared under the name of Krube bread (*pain Krube*). This is the first soy bread I have found which is truly acceptable. When fresh, it resembles a brioche, being somewhat soft and oily; when stale, it becomes firm but still retains the taste of a brioche. It is obtained by grinding the seeds in a special way to defat them (*dégraisser*) and make them better suited to bread." The man who developed the bread is a diabetic.

A table shows the composition of the soy flour: Nitrogenous materials (proteins) 28.69%. Oils and fats 38.00%. Minerals 4.24%. Inert substances 15.21%. Sugars and starches 5.80%. Moisture 8.06%. Total 100%. The bread contains 508 calories per 100 gm. Thus soy bread supplies 3.5 times the protein and twice the calories as regular bread.

Question from Mr. Berlioz: "What is the digestibility of this bread compared with wheat bread?" Answer: They are different foods and cannot be compared.

Question from Mr. Saint-Yves Mesnard: "These seeds [soybeans] were introduced to France by Montigny in 1855; people have tried unsuccessfully to acclimatize them in various places in France, so at present all our soya is imported from Japan. Thus soya is destined to remain a deluxe and rare food. This is very unfortunate, for it is a legume with nutritive properties which could be used advantageously by both diabetics and healthy individuals. It seems to me that this bread has been prepared extremely well and would almost give the illusion of a brioche, if its odor was not so strong. It represents major progress over the former breads which were more like rubber than bread." Answer: "Yes, soya is presently a deluxe product. I believe that the price of 100 kg of flour is about 150 francs, and that is enormous."

Comment by Mr. Laumonnier: "Soya has been successfully cultivated in and around Marennes (Charente-Inférieure) [Note: A department in western France on the Bay of Biscay by the Gironde River, now called Charente-Maritime]. The climate of this region is both temperate and humid–important factors for the culture of this plant. The Japanese army has tried to use soya in its food rations, but found them difficult to preserve."

525. Becker, Joseph Ernest de. 1905. The sexual life of Japan: Being an exhaustive study of the nightless city... or, The history of Yoshiwara Yûwaku. 3rd ed. Japan? Box of Curios Printing and Pub. Co.: Privately printed [Published by the author]. xvi + 386 p. + [25] leaves of plates. See p. 160. Illust. 24 cm. [Eng]*

• ***Summary:*** J.E. de Becker lived 1863-1929.

526. Bui, Quang Chieu. 1905. Des cultures vivrières au Tonkin [On the food crops of Tonkin, Indochina]. *Bulletin Economique de l'Indo-Chine* 48:1152-90. New Series 2. Many illust. and photos. [4 ref. Fre]

• ***Summary:*** This article begins with a foreword by H. Brenier, Director of Agriculture, Forestry and Commerce for Indochina. He notes the importance of soybeans, soy products (including soy sauce and tofu) and adzuki beans (*Phaseolus radiatus*), among the people of Asia. In Annamite (south Vietnamese), tofu is called *dau phu* and the soybean is called *dau nanh* or *dau tuong.*

Adzuki beans are discussed (p. 1153-55, 1157) and a nutritional analysis of the azuki bean, which has been cultivated in France, is given. The section on the soybean (p. 1153, 1157-68) discusses: The local names and varieties of the soybean, botanical characteristics, cultivation, utilization (to make soy sauce, *tuong*, tofu, etc.), commerce and trade (in the province of Hungyen, the stalks of the soybean plant are used to make a sort of incense). An illustration (line drawing, p. 1159) shows a Soja plant with pods.

A detailed description is given of the manufacture of *tuong* (a sort of soft miso) in Tonkin. First *moc*, or molded glutinous rice is prepared. After glutinous rice is cooked, it is covered with banana leaves and allowed to mold for 2-3 days. Then the soybeans are prepared. They are grilled,

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ground to a powder, boiled with water, and put into a jar for 7 days until sweet. Six parts of rice koji are then mixed with 5 parts soy. The mixture will be ready to eat after it has fermented for 15-30 days. If it is too thick, add salt. Good tuong is soft and mildly sweet. It is sweeter and smoother than nuoc mam. Annamites say that only the prosperous households succeed in making tuong. If the tuong starts well, then becomes sour, that is a bad omen.

Tuong can also be made from corn (*maïs*), which is grilled, ground, sifted, covered with taro leaves, and allowed to mold. Put it in salt water, then after 5-6 days add roasted soy flour as above. Stir it before sunrise and let it stand open in the sun for 15 days, putting on the cover as soon as the sun disappears. If this is done, it will last a long time.

Note 1. This is the earliest document seen (Jan. 2009) that mentions *tuong.* The importance of this fermented seasoning, a close relative of Chinese *jiang,* is indicated by the local name for the soybean (*dau tuong*), or "the bean used to make tuong."

Production of tofu (*dau-phu*)*:* Lots of dau-phu is made in Tonkin, especially in Hanoi, where it constitutes the basis of the poor people's food. It is never made in large factories, only small shops. Soak the soybeans, wash them and remove their hulls, cook to soften them, then grind them with a hand-turned mill over a wooden bucket. The soymilk is extracted with cold water then boiled for 30 minutes. There remains in the sack a white residue (*un résidu blanc*) [okara] which is fed to the pigs. The next day, add some fermented whey from a previous batch to coagulate the soymilk. Then press the curds. The finished tofu cakes are each 15 by 8 by 1 cm thick. Tofu is widely used in soups. A table (p. 1165) shows the costs of equipment to start a tofu shop, and a profitability analysis. Early analyses of the composition of the soybean, conducted by Fremy, Muentz and Pellet (in France) and Wechler (in Austria), are reproduced. Photos show key steps in the process: (1) A person is washing soybeans in a bamboo colander while standing in a stream near Hanoi. (2) The soybeans are ground in a small, traditional, hand-turned stone mill by a person sitting on the same wooden bench as the mill, in a bamboo hut, surrounded by various wooden tubs and colanders. (3) Using a sack to filter the ground puree from the stone mill. (4) Cooking the filtered liquid over a small wood fire in an earthenware pot. (5) Pressing the curds (outdoors) after precipitation of the protein. (6) More forceful pressing. (7) A merchant walking the streets selling tofu on two trays, each suspended by 3 ropes from the ends of a shoulder pole.

Note 2. This is the earliest French-language document seen that mentions okara (Oct. 2001), which it calls *un résidu blanc.*

Note 3. This is the earliest document seen stating that okara is fed to "pigs." Address: Indo China.

527. Clubb, Henry Stephen. 1905. Unpolished rice, the staple food of the Orient: A lecture to the Vegetarian Society of America; to which is added over one hundred receipts [recipes] for cooking unpolished rice, rice flour, rice polish; and testimonials of eminent food reformers. Philadelphia, Pennsylvania: The Vegetarian Society of America. 32 p. 18 x 14 cm. Pages unnumbered.

• ***Summary:*** Rev. Henry Clubb (born 1827) was an early advocate of the use of brown rice in America. He notes that this is the food on which the Japanese Army won its great victories (in the recent Russo-Japanese War), performed its rapid marches, remained comparatively free from camp diseases, and recovered rapidly from battle wounds.

On page 5 he notes: "In China, Japan and Java soy sauce, soy bean cheese [tofu], or a similar product is eaten with rice in considerable amounts, and furnishes a large part of the protein necessary for the daily diet of the laborious people."

On the inside rear cover of the booklet is a list of publications and products sold by the Vegetarian Society, which is located at 1023 Foulkrod St., Philadelphia.

Note 1. This is the earliest document seen (April 2011) concerning unpolished rice (brown rice).

Note 2. This is the earliest English-language document seen (April 2011) that contains the term "unpolished rice." Address: Rev., Philadelphia.

528. Fernie, William Thomas. 1905. Meals medicinal: With "herbal simples," (of edible parts). Curative foods from the cook; in place of drugs from the chemist. Bristol, England: John Wright & Co.; London: Simkin, Marshall, Hamilton, Kent & Co., Ltd. xxii + 781 p. See p. 84. Illust. Index. 22 cm.

• ***Summary:*** In this collection of unusual facts about the healing power of foods, the various foods are listed alphabetically. The section titled "Bean" states (p. 84): "The Soy Bean (*Glycina soja*) [sic, *Glycine soja*] is of three varieties, black, green, and white. These Beans are boiled, then mixed with barley, or wheat, until, through fermentation, they become covered with fungi; then brine is added, and further fermentation goes on for a couple of years. The sauce thus concocted is afterward boiled afresh, and put, when cool, into bottles, or casks. From a nutritive point of view it is superior to any other sauce in our markets." Soy is made throughout Japan, and most Japanese partake of it with every meal. "In China, Soy Cheese [tofu] is extensively eaten, whilst various sauces, and pastes [jiang] are prepared from the Beans... An old fable said that Soy was made from certain beetles, and Londoners have improved this to 'black beetles.'" Note: This is also the earliest English-language document seen (April 2013) that clearly uses the term "Soy Cheese" (or "soy cheese") to refer to tofu.

The author then quotes a four-line poem by Edward Lear from his *Book of Nonsense* (1862) which begins: "There was an old person of Troy / Whose drink was warm brandy and

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soy,..."

Also discusses: Seaweeds (p. 495-96, 627-33; Incl. Irish moss or carrageen, dulse, laver, sloke, samphire, sea holly, bladderwrack, and *Laminaria digitata* or sea-tang, sea spinach, agar-agar or Japanese isinglass). The Pea-nut (Arachis hypogæa, p. 504-05; Incl. pea-nut candy and nut cream). Vegetarianism (p. 711-17). The book contains no recipes. Address: M.D [England].

529. Fujimura, Tôtarô. 1905. Tôfu keiran ryôri-hô: katei jitsuyô [Tofu and hen's egg cookery: For practical household use]. Tokyo: Daigaku-kan. 184 p. 22 cm. [Jap]

530. **Product Name:** Tofu.
Manufacturer's Name: Ichino Tofu-ya.
Manufacturer's Address: 446 Jackson St., Los Angeles, California.
Date of Introduction: 1905. January.
New Product–Documentation: Nichibei Shinbun-sha. 1906. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 48. Also in 1907, p. 39. The phone is now Red 2022. Also in 1908, p. 44 (Japanese numbers).

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 88.

531. Kikuchi, Senkichi. 1905. Tôfu oryôri [Tofu cookery]. Tokyo: Hôeikan. 200 p. 18 cm. [Jap]*
Address: Japan.

532. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1905. Zaibei Nihonjin nenkan [Japanese-American yearbook. No. 1]. 234 Turk St., San Francisco, California. 345 p., many unnumbered. Reprinted in 25 Oct. 2001 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 1-kai [Collected Documents on Japanese Emigration. No. 1]. [Jap; eng]
• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. There is no English-language title page. The company that publishes this yearbook also publishes (at the same address) a daily newspaper titled *The Japanese American.*

The book is composed of: 16 unnumbered pages of ads and basic information; page 14 is "About this publication, and pages 15-16 are the table of contents, 12 unnumbered leaves of black and white photos (including two maps, in Japanese, of northern and southern California, on glossy paper), 192 pages which are the body of the book, a directory interspersed with 80 pages of ads in groups of either 16 or 32 pages.

The table of contents reads: 1. Census of Japan and USA (both population and agriculture). 2. U.S. law. 3. U.S. agriculture as it relates to Japanese. 4. Commerce. 5. Education and religion. 6. Cities in which a significant number of Japanese live. 7. Statistics. 8. Japanese farmers in U.S. agriculture. Appendix: Directory and index to the directory.

Sources are cited: U.S. Agricultural Census for 1900. Trade information from Japan's Dept. of the Treasury (*Ökurasho*) and the U.S. Dept. of Commerce. Then there is a 2nd table of contents for the directory, listing different city place names, by state. This directory was compiled by this newspaper using every means at their disposal.

Imports of Japanese shoyu (soy sauce) to the USA were 429,135 *sho* worth $86,681. Note: 1 *sho* = 10 *go* = 1.8000 liters. So this amount is 772,443 liters or 203,925 gallons (p. 136). A significant amount of Japanese miso was also imported but this yearbook was unable to get the exact statistics (p. 136).

The top half of p. 137 is about shoyu; the bottom half is about sake. Concerning shoyu: Shoyu is one of the daily necessities for Japanese. It is the 3rd largest item imported [probably after white rice and sake]. In Meiji 36 (1903) the amount imported was 4,291 *koku*, 3 *to* and 5 *sho* worth $86,681 (see above). It is the No. 1 "direct import" because it is relatively easy to import due to its packaging, documentation, basic liquid nature, and way of invoicing (it does not require double invoicing). It is easy to sell; not much capital is needed to stock it and it is a very popular item. Like bread or flour in U.S. groceries, it has a small profit margin and the stock turns over rapidly. Many varieties of shoyu are imported from many parts of Japan: Choshi in Chiba prefecture, Hamaguchi Yoshibe, Sa-jirushi, Mogi Saheji's Yama Kikkoman in Noda (Chiba prefecture), Ka-jirushi, Yamagata-hi, Sendai jirushi, and Bunmei jirushi. The best selling brands are those which are of medium price. Recently, in San Jose, Mr. Yamamori, started a shoyu making plant and is working hard to make it successful. We look forward to receiving his product.

In San Jose, California, there are two shoyu makers (p. 156, bottom right).

The Directory shows Japanese companies making soyfoods only in California.

Note: This is the earliest document seen (July 2011) that is a directory of Japanese living in the United States. Address: San Francisco, California.

533. Oshima, Kintaro. 1905. A digest of Japanese investigations on the nutrition of man. *USDA Office of Experiment Stations, Bulletin* No. 159. 224 p. See p. 20-33, 40-43, 46-47, 145-53, 168-73. [26 ref. Eng]
• ***Summary:*** One section titled "The Soy bean and its preparations" (p. 23-33) gives detailed discussions of tofu (including yuba, frozen tofu, kara [okara], and fried tofu), miso (incl. white miso, red or Sendai miso), shoyu, and natto. The nutritional composition of each is given, and many early studies by Western and Japanese scientists are cited.

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"Next to rice in importance in the Japanese diet are legumes, which are universally used... Of the different legumes used as food in Japan, the soy bean (*Glycine hispida*) is by far the most important. According to agricultural statistics for the years 1879 to 1887, nearly 10 per cent of the cultivated land in Japan was devoted to the growth of this legume, an area somewhat larger than that devoted to wheat growing. In the northern Island [Hokkaido] in 1887 nearly 17 per cent of the total cultivated area was devoted to the soy bean. The average yearly production of soy beans amounts to about 360,000,000 kilograms... A part of the product is of course used for seed, and a not inconsiderable part is used as fertilizer.*" (Footnote: * "In northern China soy beans are used to some extent in the production of oil, which is used for cooking and illumination [in oil lamps]. The residue from this process [the presscake] is imported largely into Japan, where it is used as a fertilizer"). Other legumes widely used in Japan include the mungo bean (*Phaseolus mungo radiatus*) and the adzuki bean (*Phaseolus mungo subtrilobata*) (p. 23-24).

"Many varieties of soy beans are known, being designated according to the color, size or shape of the seed, and the time required for maturity. For example, there are black, green, yellow, and white varieties, and these are again designated as early, medium, or late, according to the season of maturity, and small, medium, and large, according to the size of the seed. The black soy beans are used chiefly for cooking, with sugar and shoyu; the green variety is also used in this way, either in the fresh state or after being dried" (p. 24). There follows a long section on tofu (detailed in a separate record).

The "larger part of the leguminous food in the Japanese diet consists of the preparations of soy beans, such as miso, shoyu and tofu,..." (p. 46).

In Japan, legumes about 8% of the protein and 11% of the fat in the diet (p. 137). Many digestion experiments are described (p. 144-87), including those with tofu, shoyu, "tofu cake or kara, the soy-bean residue remaining from the preparation of tofu (see p. 26)," and yuba conducted in Japan by Osawa and Ueda (1887), T. Suchi (1887), Kano and Iishima (1899). Table 91 (p. 191) is a "Summary of results of digestion experiments with legumes and legume preparations." The percentages given are "coefficients of digestibility." Experiments No. 6 and 7–soybeans (average): Protein 65.5%, fat (uncertain), carbohydrates (incl. crude fiber) 85.7%. Experiments No. 8 and 92–tofu (average): Protein 92.7%, fat 96.4%, carbohydrates (incl. crude fiber) 93.3%. Experiment No. 94–"yuba (soy legumin coagulated):" Protein 92.6%, fat 95.7%, carbohydrates (incl. crude fiber) 86.6%, crude fiber 35.5%. Experiment No. 93–"tofu cake (soy-bean residue [okara]):" Protein 78.7%, fat 84.3%, carbohydrates (incl. crude fiber) 82.8%, crude fiber 89.6%.

Note: This is the earliest English-language document seen (Oct. 2001) that uses the Japanese word *kara* to refer to okara.

Other Japanese foods discussed include adzuki or adzuke beans (*Phaseolus mungo subtrilobata*) (p. 24, 170), dried algae (sea vegetables, p. 34), and kuzu (p. 170). Address: Director, Hokkaido Agric. Exp. Station, Sapporo, Japan.

534. Oshima, Kintaro. 1905. A digest of Japanese investigations on the nutrition of man: Tofu (Document part). *USDA Office of Experiment Stations, Bulletin* No. 159. 224 p. See p. 26-28. [1 ref. Eng]

• ***Summary:*** "Tofu: This term is commonly translated as bean cheese–though sometimes bean curd–in English and *Bohnen-käse* in German. Tofu is not strictly equivalent to cheese, however, as neither bacteria nor ferments are involved in the process of manufacture. It consists chiefly of the albuminoid materials of the soy bean combined with magnesium and calcium salts, as pointed out by Inoue." To make tofu, soaked soybeans are ground between millstones. "The mass is then mixed with about three times its bulk of water and boiled for about an hour, after which it is filtered through a cloth. By this process about 30 per cent of the total protein of the beans is dissolved and contained in the filtrate, ready to be precipitated as tofu. The filtrate is white and opaque, somewhat resembling milk. To this is added, with constant stirring, about 2 per cent of the concentrated mother liquid [nigari] obtained in the manufacture of salt from sea water, whereupon the albuminoid material is precipitated in combination with calcium and magnesium salts." After pressing, the tofu is finally cut into cakes about 10 cm broad, 2 cm thick, and 25 cm long [about 3.9 by 0.79 by 9.8 inches], though the size varies in different localities.

"The residue from the boiled and filtered beans is known as kara [okara], or tofu cake, and contains a large quantity of protein and carbohydrates. It is a good food material, being used considerably by poor people as an ingredient of miso soup.

"If the milky filtrate mentioned above is boiled, a sort of film forms on the surface. This film, which consists mainly of coagulated albuminoids and fat, is sometimes prepared in large quantity, and when dried is used as an article of food, being known as yuba.

"Tofu is generally prepared every day and is eaten in the fresh condition simply with a little shoyu, though it is also frequently cooked in shoyu or in miso soup. Fried tofu, called abura-age, is also a very popular article of food. Rape-seed oil is generally used in frying, though sesame oil is sometimes used. Note 1. This is the earliest English-language document seen (April 2013) with the word "Tofu" in the title in a document published in the United States,

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "abura-age" to refer to deep-fried tofu pouches.

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"Tofu may also be prepared for preservation and transportation. For this purpose it is cut into smaller pieces and exposed to severe cold weather, to remove the water by freezing, and then dried in an oven. As thus prepared it can be preserved for several years. When the tofu is frozen the water collects in fine needles of ice distributed throughout the mass. When the ice melts and the water runs out, it leaves the tofu porous and it may be easily dried. If it is not frozen, it is difficult to dry it and the resulting material is dense and horn like."

Table 2 (p. 28) gives the average composition of the above-mentioned tofu preparations: "Fresh tofu, frozen tofu, fried tofu, tofu cake [okara], yuba."

The digestibility of the nutrients in tofu has been found to be high, as will be seen from the results of digestion experiments summarized later (p. 191). As much as 95 per cent of the protein is digested and about the same proportion of fat. The carbohydrates were found to be somewhat less digestible when the tofu was eaten alone, but when it was eaten with rice about 99 per cent of the total carbohydrates of the diet was digested.

"Both the composition and the digestibility of tofu, therefore, prove it to be a very nutritious food material. This is extremely significant, because tofu in its various forms is used very extensively by all classes of Japanese. In the interior of the country, where fish can not be easily obtained, it is a most important source of protein. For Buddhist priests, as well as the strict adherents to Buddhism (who eat no animal food), it forms a very popular and almost indispensable dietary article. Though no authentic record has been found regarding the manufacture of tofu in Japan, it is believed on good authority that the method was first introduced from China by Buddhists for their own use." Address: Director, Hokkaido Agric. Exp. Station, Sapporo, Japan.

535. Thompson, William Gilman. 1905. Practical dietetics, with special reference to diet in disease. Third edition, enlarged and thoroughly revised. New York & London: D. Appleton & Co. xxiii + 846 p. See p. 155, 167. 10 plates. Index. 25 cm.

• ***Summary:*** Chapter 4, titled "Vegetable Foods," contains a section on "Prepared farinaceous foods, which contains a subsection (p. 155) that reads: "Soya bread is made from an oily pea which grows in China and Japan, and is used sometimes by diabetics, for it contains over one third part gluten and but 1.17 per cent of glucose."

Another section in the same chapter, titled "Legumes, peas, beans, and lentils" states (p. 167): "The soya bean is the chief legume of China and Japan, where it furnishes the necessary protein to add to a rice diet. From its vegetable casein several varieties of bean cheese [tofu] are made."

The section on "Vegetarianism" (p. 35-37) concludes that this "eventually results in a loss of strength and general resisting power against disease..."

Also discusses: Diastase and malt extracts (p. 163-63). Erbstwurst or pea sausage (p. 166-67). Gerber's Food and Nestle's Food (p. 152-53; both foods are dextrinized, then evaporated with milk or cream. Nestlé's food is made in Vevay [Vevey], Switzerland, "from sterilised fresh cow's milk to which wheaten bread crust is added after dextrinisation by additional heat. Cane sugar is mixed in, and the mass is dried, pulverised, and hermetically sealed in tins. For use it requires dilution with water."). Gluten (p. 139, 148, 164, 689). Oleomargarine and Butterine (p. 199). Peanuts and peanut oil (p. 168, 201, 222; "Peanuts contain considerable oil, which is extracted and sold largely as spurious olive oil.").

The first U.S. edition was published in 1897 (copyrighted 1895). A second edition was published in 1902. A fourth edition was published in 1909 (xxvi + 928 p.). The author lived 1856-1927. Address: Prof. of Medicine in the Cornell Univ. Medical College, New York, NY.

536. Favre, Joseph. 1905? Dictionnaire universel de cuisine pratique: encyclopédie illustrée d'hygiène alimentaire: modification de l'homme par l'alimentation. Edition 2. 4 vols. [Universal dictionary of practical cuisine: Illustrated encyclopedia of food hygiene. Modification of humans by food. 2nd ed. 4 vol.]. Paris, France: Published by the author. Undated. [1 ref. Fre]

• ***Summary:*** The entry for Soja (p. 1811) has the following contents: About the plant: Chemical analysis (by M. Léon Padé), culinary uses. Soy sauce: Formula No. 5,145, basic description. Tofu (*Fromage de Soja*)*:* Formula No. 5,148, basic description, remarks.

Masculine noun. Pronounced "so-ya" (*Soja hispida platycarpa*). A plant of the legume family, also called *pois oléagineux de la Chine* ("oil pea of China").

Pierre Poivre, who visited the Indies in 1750, tells us in his work *Voyage d'un Philosophe* of a species of phaseolus called *pois du Cap*–which is probably not related to the soybean. Nevertheless, an illustration (not original) shows a soybean plant.

A table gives a chemical analysis of soybean seeds by M. Léon Padé.

Culinary uses: Mentions soy flour, dried frozen tofu (kôri tô-fu), tofu, soy sauce.

Recipe for making soy sauce (Sauce soya, Formula 5,147–apparently located elsewhere in the book) using fresh soybeans. Recipe for making tofu (Fromage de Soja, Formula 5,148) also from fresh soybeans.

Joseph Favre lived 1849-1903. Address: 11 rue Guénégaud (near le Pont-Neuf), Paris.

537. Abel, Mary Hinman. 1906. Beans, peas, and other legumes as food. *Farmers' Bulletin* (*USDA*) No. 121. 38 p. March 25. See p. 11-13, 18-20. Corrected. [1 ref]

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• ***Summary:*** A corrected edition, one page shorter than the 1904 revised edition. On the cover, below the title is written "(Corrected March 25, 1906)," yet at the bottom of the same page the publication date is given as 1904.

The section about soy (p. 11-13) is titled "Soy bean (*Glycine hispida*) and its preparations," but the information in that section appears to be the same as in the original 1900 edition, as is the illustration of the soy bean plant (p. 12) and the table on page 19.

538. Bloch, A. [Armand-Aron]. 1906. Quelques mots sur la fabrication et la composition du Teou-Fou (Fromage de haricots chinois fourni par le *Soja hispida*) [Some remarks on the production and composition of tofu (Cheese from Chinese beans furnished by the *Soja hispida*)]. *Bulletin des Sciences Pharmacologiques* (*Paris*) 13:138-43. March. (Exp. Station Record 18:857). [Fre]

• ***Summary:*** The author, a pharmacist to France's colonial troops, describes tofu as *fromage de Haricots* (bean cheese) or *fromage de Haricots chinois* (cheese of Chinese beans) and gives a detailed description of how it is made. "It is said to be a food at the frontier of Tonkin [in today's Vietnam]; the church fathers of Szechuan speak of tofu in their dictionary, it is used in all of Pet-chi-li [Petchili or Chili, today's Hebei province] (I have helped several times in making it in the city of Tien-Tsin {Tientsin, Tianjin})."

Note. This is the earliest French-language document seen (April 2013) that uses the term *fromage de Haricots* or the term *fromage de Haricots chinois* to refer to tofu.

Note 2. Chihli was a former province in northeast China; its capital was Peking. In 1928 it was divided largely into Hebei (formerly called Hopei or Hopeh), Jehol, and Chahar. The largest part was Hebei. There was also a Gulf of Petchili / Chihli, which is today's Bo Hai, the huge gulf east of Tianjin.

Tofu shops start work at 1:00 in the morning and finish by 9-11:00 A.M. Soaked soybeans look a little like the French Flageolet. The mill used for grinding soybeans to make tofu is turned by an animal, usually a donkey. The puree is cooked for 10-30 minutes. From 1 kg of *Soja hispida* (soybeans) one can get 3.3 to 4 kg of tofu. Tofu is also made into sheets.

The author then gives a nutritional analysis of tofu (water 83.5%, protein 11.25%, oil 4.33%, ash 0.57%) and okara (*tourteau, teou-fou-tcha, le résidu*–water 88.75%, protein 10.85%, oil 0.4%, ash 0.36%). Finally he analyzes two coagulant solutions: Nigari (*solution coagulante, yen lou;* it is rich in magnesium chloride) and magnesium sulfate.

In conclusion Dr. Bloch recommends introducing tofu among France's Indochinese troops since it is rich in protein, contains no starch, is inexpensive, and can be used in a wide variety of forms and recipes, and is easily preserved in thin dried sheets.

This entire article was reprinted in *Annales d'Hygiene et de Medicine Coloniales* 9:298-304 (1906). German summary in *Chemisches Central-Blatt* 1906(1):1502-03. Address: Pharmaceutical doctor to the colonial troops (Docteur en pharmacie, Pharmacien-major de 2e classe des troupes coloniales).

539. List or manifest of alien passengers applying for admission to the United States: Heiji Ota. 1906.

• ***Summary:*** Line: Ocean Steam Navigation Line / Co. Sheet 10. No. 287. Name of passenger: Heiji Ota. Age: 32. Sex: Male. Married or single: Single. Occupation: Farmer. Able to–Read: Yes. Write: Yes. Nationality–Country: Japan. Race or people: Japanese. Last residence: Okayama. Destination: Portland, Oregon. 12 (?). By whom on passenger list: Self. Whether in possession of (?) money: Yes, $50. Whether going to a residence and relative: 54 N. 4th Dr., Portland, Oregon. Hashiya (?) 21. Port of Landing: Victoria [B.C.]. Date of Arrival: April 19, 1906. Date of embarcation: April 25, 1906. Head tax paid to: G.N. Ry.

Note 1. Heiji seems to be the only Ota on this ship. The Ota Tofu Co. of Portland, Oregon, had almost surely not yet been established.

Note 2. "Required by the regulations of the Secretary of the Treasury of the United States, under Act of Congress approved March 3, 1903, and Department Circular No. 97, dated Nov. 1, 1901."

540. Katayama, T. 1906. On the preparation of a vegetable cheese from the protein of the soy bean. *Bulletin of the College of Agriculture, Tokyo Imperial University* 7(1):117-19. April. German summary in Chemisches Central-Blatt 1906(2):540. [4 ref. Eng]

• ***Summary:*** Describes experiments to make a cheese similar to Swiss cheese. The soybean contains (according to Osborne and Campbell 1898) as its "chief proteid constituent glycinin, a globulin similar in properties to legumin, but of somewhat different composition, containing nearly twice as much sulphur..." and having the following composition: Carbon, 52.12; hydrogen, 6.93; nitrogen, 17.53; sulphur, 0.79; and oxygen, 22.63 per cent.

This protein can be extracted from [soaked, ground] soybeans by boiling. "The liquid thus obtained resembles cow's milk in appearance," and when treated with calcium and magnesium salts, yields a precipitate which is sold in Japan under the name of Tôfu. The author has attempted the preparation of a cheese from tofu. 450 gm of pressed tofu were mixed with 60 gm of common salt, 50 gm of finely-ground Swiss cheese, and the mixture was wrapped in a linen cloth saturated with brine, and left for five months in a room with an average temperature of 15º C. At the end of this time the mass was of a grey color, and quite compact; it was free from the numerous pores produced by evolution of gas in Swiss cheese. The cheese had an agreeable taste different from that of Swiss cheese, and when extracted with water,

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yielded a solution in which the presence of albumoses and peptones was detected. Further experiments with mixtures containing larger quantities of milk-sugar, but no casein, gave similar results. Address: Japan.

541. Katayama, T. 1906. A condensed vegetable milk. *Bulletin of the College of Agriculture, Tokyo Imperial University* 7(1):113-15. April. German summary in Chemisches Central-Blatt 1906(2):540. [1 ref. Eng]
• ***Summary:*** A liquid closely resembling cow's milk is obtained by soaking soy-beans in water, crushing them, and boiling with water. "The composition of this milk prepared in Japan for the purpose of obtaining Tôfu by the precipitation with calcium or magnesium salts, is in average as follows:" A table titled "Soy-bean milk" shows: Water 92.53%. Protein 3.02%. Fat 2.13%. Fibre 0.03%. Non-nitrogenous extract, including carbohydrates (galactan), 1.88%. Ash 0.41%.

"There can be no doubt that this vegetable milk is of a certain value as an easily digestible food, although in regard to the nourishment of children it cannot replace cow's milk or mother's milk, even if the necessary amount of milk sugar be added.

"The idea suggested itself to prepare from that vegetable milk, the soy milk, by addition of sugar and evaporation a durable preparation resembling condensed cow's milk."

"In 4 litres of soy-milk were dissolved 4 g. dipotassium phosphate [to prevent separation of protein] and 600 g. cane sugar and the solution concentrated *in vacuo* to a very thick liquid. This no doubt can replace the much more expensive condensed cow's milk for certain purposes of the cuisine as e.g. for sweetening coffee and tea, and for the preparation of chocolate.

"It has an agreeable taste like cow's milk, but a very feeble odor recalling crude beans and a slightly yellowish color. If this preparation should be manufactured on a large scale, it must be, of course, always sold under its proper name, and adulteration of condensed cow's milk with condensed soy milk, must be strictly prohibited." Chemical investigations "must determine whether such an adulteration can be easily discovered. My experiments in this direction answer this question in the affirmative."

Such adulteration could be detected by addition of sodium carbonate, when a yellow coloration would indicate the presence of the soy milk. Also, if a portion of the suspected milk were mixed with twice its bulk of water, treated with a few drops of dilute sulphuric acid, and one-tenth of the whole distilled off, the distillate would possess the characteristic odor of the raw beans, if soy-milk were present. Adulteration might also be detected by separating the casein from the suspected sample with rennet, and adding calcium nitrate to the filtrate; the formation of a precipitate would indicate the presence of the globulin of soy-milk, the so-called glycinin.

Note 1. This is the earliest English-language document seen (Oct. 2003) that contains the term "soy milk" or the term "soy-milk."

Note 2. This is the earliest English-language document seen (April 2010) that uses the term "vegetable milk" to refer clearly to soy milk.

Note 3. This is the earliest English-language document seen (Dec. 2010) that uses the term "condensed vegetable milk" to refer to condensed soymilk. It is also the earliest document seen (Dec. 2010) that mentions or discusses condensed or concentrated soymilk. Address: Japan.

542. Bloch, A. 1906. Fromage de haricot chinois [Chinese bean cheese (Abstract)]. *Revue du Service de l'Intendance Militaire* (*France*) 19:647-51. July. [1 ref. Fre]
• ***Summary:*** A French-language summary of the following French-language article: Bloch, A. 1906. "Quelques mots sur la fabrication et la composition du Teou-Fou (Fromage de haricots chinois fourni par le *Soja hispida*)" [Some remarks on the production and composition of tofu (Cheese from Chinese soy beans)]. *Bulletin des Sciences Pharmacologiques* (Paris) 13:138-43. March.

It begins: "Among the innumerable products used to feed the population of China, one can mention, in the top rank, tofu (*le Téou-fou*), a bean cheese made from the Soja hispida. Tofu is a food that is very rich in protein, and one that would be of interest to introduce among our Indo-Chinese troops. Its cost price is modest, its food forms are numerous, and it can be easily stored in thin sheets." Address: Docteur en pharmacie, Pharmacien Major, Professeur à l'Ecole d'application du Service de Santé des troupes coloniales à Marseille [Marseilles, France].

543. Peltrisot, C.N. 1906. Les cultures alimentaires en Indo-Chine [The food crops of Indochina]. *Bulletin des Sciences Pharmacologiques* (*France*) 13:427-435. Aug. See p. 429-30, 434. [1 ref. Fre]
• ***Summary:*** "Next we will discuss the seeds of the soybean (*Soja hispida ou Glycine hispida*). This interesting product is used in many ways: the most interesting is, undoubtedly, the preparation of soy cheese (*fromage de soja* [tofu]), which is real vegetable casein (*veritable caséine végétale*).

Next is the complicated and difficult preparation of the fermented sauce, known under the name of *tuong* [a sort of soft miso]. Then, the therapeutic use of soy bread (*pain du soja*), commended for diabetes, because of its low content of sugars and starches, and its richness in albuminoids (*albuminoïdes*). Finally, the industrial and food uses of the oil obtained by expression / pressing (*expression*).

A table of synonyms (p. 433-35) gives the family name, the scientific name, and vernacular / local name in Indochina of 66 plant species, including: "Légumineuses–*Soja hispida* Sieb et Zucc–Dâu nành."

Also discusses: *Cajanus indicus. Dolichos sinensis et tonkinensis.* Cowpeas (*Vigna sinensis*). Mung beans

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(*Phaseolus radiatus* L.; *haricot mungo*), which has green seeds, widely used for sprouting. An illustration (facing p. 430) shows mung bean sprouts and an entire mung bean plant. Job's tears (*Coïx Lacryma* L.; *larmes de Job*). Quinoa (*Chenopodium quinoa; Ansêrine, Quinoa blanc*). Address: Head of micrographic work, Elite Public College of Pharmacy of Paris (Chef des travaux micrographiques à l'École supérieure de Pharmacie de Paris).

544. Bloch, A. 1906. Einige Worte ueber die Fabrikation und Zusammensetzung des Teou-Fou (chinesischer Bohnenkaese, aus der Soja hispida bereitet) [Some remarks on the production and composition of tofu (Chinese bean-cheese made from soybeans) (Abstract)]. *Zeitschrift fuer Untersuchung der Nahrungs- und Genussmittel* 12(9):564-65. Nov. 1. [Ger]

• ***Summary:*** A German-language summary of the following French-language article: Bloch, A. 1906. "Quelques mots sur la fabrication et la composition du Teou-Fou (Fromage de haricots chinois fourni par le *Soja hispida*) [Some remarks on the production and composition of tofu (Cheese from Chinese beans furnished by the *Soja hispida*)]*." Bulletin des Sciences Pharmacologiques* (*Paris*) 13:138-43. March.

545. Bois, Désiré. 1906. Les plantes potagères indigènes de l'Indo-Chine [The indigenous kitchen-garden plants of Indo-China]. *Journal d'Agriculture Tropicale* 6(66):355-58. Dec. 31. [Fre]

• ***Summary:*** Mr. Bois, of the Museum, recently returned from a trip to Indo-China. One of these plants is the soybean (p. 357-58). This member of the legume family plays a major role in the diet of the Annamites. It is the soybean (*le soja, Glycine hispida*) which the indigenous people call *dau tuong.* This plant, which stands about 50-10 cm high, is highly valued for all of its parts. Its leaves remind us of those of the haricot bean. Its flowers are very small and violet. They give birth to a flattened pod, that is hairy and 2-4 round seeds, white, yellow or black in color, according to the variety.

Before its complete maturity, the seed of the soybean can be consumed [as a green vegetable] like the seed of flageolets (*haricot flageolet*)*;* but it is rather difficult to extract from the pod.

It is a food very rich in the element nitrogen, if it is compared which the seed of wheat, for example. A table shows that the soybean contains 36.67% nitrogen, vs. 11.9% for wheat, the soybean contains 17.00% oil, vs. 15.5% for wheat, and only 6.4% starches and sugars, vs. 61.5% for wheat.

It is from the soybean that the Chinese prepare the sauce well known under the name of shoyu, as well as a vegetable cheese (*fromage végétal*) [tofu].

In Indo-China, the Annamites use soybeans to make a sauce known as *tuong*, which is widely used.

Tuong replaces *Nuoc Man* [*Nuoc Mam*] (a fish sauce) for seasoning foods; its savoriness is sweet, a little sugary, and it is often preferred to nuoc man.

Tuong is prepared as follows: grill the soybeans, then pulverize or grind them, and let them boil in water until the mass acquires a certain consistency.

Then put the product in a jar. At the end of 7 days add glutinous rice which has been cooked and fermented [to make koji]; add some salt. The mixture will be ready in 15 to 30 days.

The soybean also serves to prepare a fresh vegetable cheese, which constitutes the basis of the diet of the poor of Hanoi, and of which a large amount is consumed in Tonkin.

This cheese is called *dau phu* by the Annamites.

To prepare it, soak soybean seeds in water for 2 hours. Then crush [or grind] them well, then add the mass to water so that it is well diluted. When water becomes milky, it is filtered through a coarsely woven sack to separate the liquid from the solids.

Put the milky water in a boiler; when it comes to a boil, add a little cold water. Then pour in some sea water, stirring slowly, until it produces a precipitation comparable to that which is observed in milk under the action of rennet.

The precipitant is vegetable casein. When pressed, it becomes small square curds. When completely pressed one obtains small parallelepipeds of dau phu or tofu. This cheese must be consumed immediately. It can be conserved in fresh water for 24 hours. With the addition of salt, it is usable 2-3 days after it is prepared. The soybean, thanks to its richness in nitrogen, plays a very important role in the food economy of the Annamites, the Chinese and the Japanese. Because they contain a large percentage of oil, they are sometimes called "oil peas" (*pois oléagineux*).

In Manchuria, the home par excellence of the soybean, the oil that is extracted from the seed of this precious legume is used for illumination [in lamps] and as a food. The cake is an excellent fertilizer. Address: Agricultural engineer (*Ingénieur agronome*).

546. **Product Name:** Tofu.
Manufacturer's Name: Hayashi Tofu-ya.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1906.
New Product–Documentation: Talk with Mr. Seizo Oka, Head, History Room, Japanese Cultural and Community Center, San Francisco. 1989. Dec. 5. He has talked with Mrs. Sumiko Kawashima (maiden name Oye/Ohye) who now lives in Hinode Tower. Her father, Mr. Masuzo Oye was an early tofu maker in San Francisco. Before him, one of the earliest in San Francisco was said to be Jitsutaro Hayashi. Mrs. Kawashima thinks that Mr. Hayashi started making tofu in San Francisco in about 1906.

Talk with Dr. Paul Hayashi. 1989. Dec. 5. Paul lives in Orinda, California (phone: 254-5074). Paul's paternal grandfather was Jitsutaro Hayashi. He emigrated from

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Japan to Hawaii, where he worked as a cook on Grove Farm Plantation for the Wilcox family, who had bought the plantation from General Grove. His first two sons had been born at the plantation. Tokutaro "Terry" Hayashi, Paul's father, was born in 1893 in Hawaii (He later graduated from the University of California Dental School in 1917; he died several years ago). Then Jitsutaro moved into Honolulu, where he started a small grocery store. After a short time, the family moved to San Francisco, where Jitsutaro again opened a grocery store. Paul thinks the family stayed in San Francisco until the earthquake, then they moved to near Treat Blvd. near Walnut Creek. They worked for a farmer for a short time. Then they moved to Sacramento, where Jitsutaro again opened a grocery store. Paul recalls hearing that his grandfather made tofu in San Francisco and peddled it along with other groceries out of a horse-drawn cart; Paul's father, as a young boy, went along to protect Jitsutaro from unfriendly Caucasians. Paul imagines that his grandfather would probably also have made tofu in Sacramento.

547. **Product Name:** Doufu (Tofu), and Soy Sprouts.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: Wentworth Place (between Jackson and Washington Streets), San Francisco, California.
Date of Introduction: 1906.
How Stored: Refrigerated.
New Product–Documentation: San Francisco City Directories. 1906-1966. In the years prior to about 1927 these directories did not list the names of Chinese residents or companies. In 1927 they listed three companies whose names started with "Quong" but not Quong Hop & Co. which was first listed in 1930 as a grocery company at 135 Waverly Place. This listing continued until 1938, when the term "groceries" was replaced by "food manufacturers" at 133 Waverly Place. In 1948-49 the company was listed as an "importer" at the same address.

In 1951 for the first time the company listing was associated with tofu; the occupation was described as simply "bean cakes," still at 133 Waverly Place. The term "bean cakes" may well have referred to fermented tofu, or to both fresh and fermented tofu. This was changed in 1955 to "bean cake manufacturers." In 1960 Hom O Hing and Yee Let Wong were apparently the owners. In 1966 the address changed to 1779 Folsom St. The occupation was still "bean cake manufacturers."

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. 161 Beacon St., South San Francisco, California 94080. James Miller & Stanley Lee.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Quong Hop, 161 Beacon St., South San Francisco, 94080. Phone: 415-873-4444. Owner: Stanley Lee, Jim Miller: nigari tofu. In S.F. since 1906.

Soya Bluebook. 1980. p. 55. 161 Beacon St.

Shurtleff & Aoyagi. 1980. History of Tofu. p. 63. Based on interview with Stanley Lee: "In about 1904 Mr. Sing Hau Lee started a tofu shop in San Francisco with several partners. Because of conflicts with the partners, he left and started Quong Hop & Co. [the name means 'Great Unity'] in 1906 in Chinatown, on an alley called Wentworth Place, between Jackson and Washington Streets. In the basement of the store the company made tofu (firm and wine-fermented) and sprouts (soy and mung). The shop was very similar to a typical small tofu shop in China; the foods were sold at the store-front upstairs. After the 1906 earthquake, the company moved across the bay to Oakland for 6 months, then moved back to San Francisco to a new location at 135 Waverly Place in Chinatown. Quong Hop did a good business until the beginning of World War II when their supply of soybeans, all of which were imported from China, was cut off. So they restricted their tofu production to only fermented tofu. In the mid-1960s the company moved to 1779 Folsom St. at 14th. As the natural foods movement began, they decided in 1971 to start again to make regular tofu (plus several new varieties) and soymilk. In 1972 they moved to a large new factory at 161 Beacon St. in South San Francisco and developed many innovative products using tofu and soymilk."

Note: This is the earliest record seen (April 2001) concerning Quong Hop & Co. and tofu. But note that the early documentation is missing! The first solid listing is in 1951!

548. **Product Name:** Fuyu Bean Cake (Fermented Tofu).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: Wentworth Place (between Jackson and Washington Streets), San Francisco, California.
Date of Introduction: 1906.
New Product–Documentation: San Francisco City Directories. 1906-1966. See record for Quong Hop, Tofu.

Hokubei Mainichi Year Book. 1951, p. 17. Ad (½ page, horizontal). The top ¼ of this ad is in English: "Quong Hop & Co., 133 Waverly Place, San Francisco 8, California. Phone: YUkon 2-1739." A large photo shows a pint jar of Quong Hop fermented tofu. The front label reads: "Since 1906. Quong Hop & Co. Bean Cake..." Directory entry, p. 38. Category: "Funyu wholesalers."

Francis Kalnay. 1959. House Beautiful. May. p. 174-75. "Soybean has all the answers." A photo shows the jar and label. The English portion of the front panel reads (from top to bottom): "Since 1906. Quong Hop & Co. Bean cake."

Hokubei Mainichi Nenkan (Year Book). 1970. Page 15. Half-page ad. Across top of ad in English: Quong Hop & Co., 1779 Folsom St., San Francisco, Calif. Phone: 552-2476. A large photo at the center of the ad shows a jar of their "Bean cake" [fermented tofu]. In Japanese: Since 1906 the old maker (shop). Many years of experience and using

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very selective raw materials. It is the best side dish with your evening drinks. After 3 months you can enjoy it [Does this mean you must wait for 3 months before eating it?]. Please buy it at your local grocery store. (Directory entry, p. 37 under "Food Products").

Shurtleff & Aoyagi. 1980. History of Tofu. p. 63. based on interview with Stanley Lee: "Quong Hop & Co. started in 1906 in San Francisco to make tofu (firm and wine-fermented) for the local Chinese population. The label bore the Cantonese characters pronounced 'fuyu,' as well as the English term 'Bean Cake,' a termed coined by the company to help health inspectors understand what type of product they were inspecting. During the Prohibition era (1919-1933) and thereafter, the term aided government inspectors from the Treasury Department's Bureau of Alcohol, Tobacco, and Firearms to understand what they were taxing. Hop did a good business until the beginning of World War II when their supply of soybeans, all of which were imported from China, was cut off. So they restricted their tofu production to only fermented tofu. In the mid-1960s the company moved to 1779 Folsom St. at 14th. As the natural foods movement began, they decided in 1971 to start again to make regular tofu."

Letter from Gordon Chang, Prof. of Chinese Studies, Stanford Univ. 1999. July 19. He likes fermented tofu and would like to learn to make it himself. He called Quong Hop and they no longer make it. They stopped three years ago, much to the dismay of his friends and relatives.

549. Bloch, A. [Armand-Aron]. 1906. Quelques mots sur la fabrication et la composition du Teou-Fou (Fromage de haricots chinois) [Some remarks on the production and composition of tofu (A cheese made from Chinese beans)]. *Annales d'Hygiene et de Medecine Coloniales* 9:298-304. [Fre]

• ***Summary:*** This is a reprint, with several small changes, of an article published in March 1906 under the same title in *Bulletin des Sciences Pharmacologiques* (Paris) 13:138-43. Address: Pharmacien-Major de 2e Classe des Troupes Coloniales, Docteur en Pharmacie.

550. Hearn, Lafcadio; Bisland, Elizabeth. 1906. The life and letters of Lafcadio Hearn [1890-1904]. 2 vols. Boston and New York: Houghton, Mifflin Co. 560 p. See Vol. 2, p. 28-30. Illust. Index. 23 cm.

• ***Summary:*** In a letter to Basil Hall Chamberlain, from Matsue, dated May 1891, Hearn writes: "Dear Professor Chamberlain,–I have just returned from a pilgrimage to the famous Kwannon temple of Kiyomizu–about 18 miles from Matsue–where it is said that the sacred fire has never been extinguished for a thousand years, to find your postal card."

"The scenery at Kiyomizu is superb. But there is no clear water except the view of Nanji-umi from the pagoda and the hills. The mamori, I regret to say, are uninteresting. There is, however, a curious Inari shrine. Beside it is a sort of huge trough filled with little foxes of all shapes, designs, and material. If you want anything, you pray, and put a fox in your pocket, and take it home. As soon as the prayer is granted you must take the fox back again and put it just where it was before. I should like to have taken one home; but my servants hate foxes and Inari and tofu and azuki-meshi and abura-gi [aburage] and everything related to foxes. So I left it alone."

"Through the goodwill of Basil Hall Chamberlain, Hearn gained a teaching position in the summer of 1890 at the Shimane Prefectural Common Middle School and Normal School in Matsue, a town in western Japan on the coast of the Sea of Japan. Most Japanese identify Hearn with Matsue, as it was here that his image of Japan was molded." In "1896, with some assistance from Chamberlain, he began teaching English literature at Tokyo (Imperial) University, a post he held until 1903" (Source: Wikipedia, at Lafcadio Hearn, Oct. 2008). Address: Matsue, Japan.

551. **Product Name:** Tofu.
Manufacturer's Name: Kawaoka Tofu-ya.
Manufacturer's Address: P.O. Box 128, Lodi, California.
Date of Introduction: 1906. January.
New Product–Documentation: Nichibei Shinbun-sha. 1906. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 33. Also in 1907, p. 59.

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 152. Unnamed Japanese tofu maker. Male owner and no employees. Also in 1910. Census entry p. 178. Female owner and no employees.

552. **Product Name:** Tofu.
Manufacturer's Name: Kitayama Tofu-ten.
Manufacturer's Address: 610 S. Sixth St., Seattle, Washington.
Date of Introduction: 1906. January.
New Product–Documentation: Nichibei Shinbun-sha. 1906. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 56.

Note: This is the earliest known commercial soy product made in Washington state (one of two).

553. Loew, O. 1906. Ueber einige sonderbare japanische Nahrungsmittel [On some special Japanese foods]. *Mitteilungen der Deutschen Gesellschaft fuer Natur- und Voelkerkunde Ostasiens* 11(1):109-11. [Ger]

• ***Summary:*** Prof. O. Loew includes a discussion of tofu, soymilk, yuba, and shoyu (*shôyû-sauce*). On the coasts of Japan there were fresh seafish, and in the inland regions some salted fish were used. People have learned how to prepare wheat gluten (*Jap: fu; German: Weizenkleber*) in various dried forms, which are very porous and easily

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digested. The protein of the soybean, under the name of tofu (*Tôfu*), comes in the form of soft white cakes and is prepared daily. It is sold from door to door by salespeople.

The cooking of the softened soybeans, before the precipitation of the tofu, has a very milklike consistency. Without doubt, it is similar in nutritional value to milk but it can be recommended only for adults, and not for sensitive infants. "When this soybean milk (*Soyabohnenmilch*) mixed with some gelatine [sic] is simmered down, and while in a concentrated condition the mixture is poured into flat, level containers, there results from the drying of the gelatinous mass thin skins, which are sold under the name of yuba."

Note 1. This is the earliest German-language document seen (Oct. 2003) that uses the term *Soyabohnenmilch* ("soybean milk") to refer to soymilk.

Note 2. The date on the title page is given as 1907-09. The place of publication has now changed to Tokyo. Address: Prof. of Agricultural Chemistry, Imperial University, Tokyo, Japan.

554. **Product Name:** Tofu.
Manufacturer's Name: Mano Tofu-ten.
Manufacturer's Address: 413½ Maynard St., Seattle, Washington.
Date of Introduction: 1906. January.
New Product–Documentation: Nichibei Shinbun-sha. 1906. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 56.

Note: This is the earliest known commercial soy product made in Washington state (one of two).

555. **Product Name:** Tofu.
Manufacturer's Name: Murata Tofu-ya.
Manufacturer's Address: 226 Jackson St., San Jose, California.
Date of Introduction: 1906. January.
New Product–Documentation: Nichibei Shinbun-sha. 1906. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 38. Note: Mitsunaga Tofu-ya was at this address in 1909.

556. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1906. Zaibei Nihonjin nenkan [Japanese-American yearbook. No. 2]. 234 Turk St., San Francisco, California. 345 p., many unnumbered. Reprinted in 25 Oct. 2001 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 1-kai [Collected Documents on Japanese Emigration. No. 1]. [Jap; eng]
• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. There is an English-language title page.

The book is composed of: 4 unnumbered pages of front matter, 4 unnumbered leaves of black and white photos (mostly of San Francisco) on glossy paper, 20 unnumbered pages of ads and basic information, of which the 4th to last page is why and how they wrote this book (they got a lot of help from people in various areas to gather data, although no names or places are given), and of which the last two pages are the table of contents, 224 numbered pages which are the body of the book, 44 unnumbered pages of ads, 59 pages of directory interspersed with 50 pages of ads in groups of either 16 or 32 pages.

There is a tofu shop in San Francisco (p. 183, bottom right) and a shoyu (soy sauce) maker in San Jose (p. 189, top right); last year Yamamori Shoyu Jozo-sho made 1,000 koku of shoyu. Note: 1 *koku* = 10 *sho* = 180 liters. Therefore the company made 180,000 liters of shoyu. Since 1 liter = 0.264 gallons, this is 47,520 gallons of shoyu.

There is 1 tofu shop in Florin (p. 203, top right) and two tofu shops in Isleton (p. 204, top right).

The Directory shows Japanese companies making soyfoods in California and Washington state. It is preceded by an index of the Directory. Address: San Francisco, California.

557. Okumura, Hanjirô. 1906. Tôfu hyakuchin: eisei ryôri [One hundred and rare and favorite tofu recipes: hygienic cookery]. Tokyo: Hagiwarashin Yôkan. 44 p. 18 cm. [Jap]
• ***Summary:*** This book appears to be a simplified, condensed and (somehow) sanitized version of the 1782 classic *Tôfu Hyakuchin*, by Ka Hitsujin.

558. Senft, Emanuel. 1906. Ueber einige in Japan verwendete vegetabilische Nahrungsmittel, mit besonderer Beruecksichtigung der japanischen Militaerkonserven [On some vegetable foods used in Japan, with special attention to Japanese military canned foods]. *Pharmazeutische Praxis* 5(12):481-91. [5 ref. Ger]
• ***Summary:*** Working for the German Food Administration, the author examined a number of preserved foods that had played an important role in helping Japan to win the Russo-Japanese war. He drew heavily on Loew (1895). "Widely distributed in Japan is a unique baked good, which is produced primarily from wheat gluten with only a little of wheat flour; it is called *Fu* (wheat gluten bread).

"A very important role is played by the soybean and the many diverse products made from it: Yuba, the vegetable cheeses tofu, natto, and miso, plus shoyu or soy-sauce (*Shoju oder Soy-Sauce*). Like the soybean, tofu and natto are rich in protein. They supply the protein lacking in rice."

Also discusses fresh konnyaku, dried-frozen konnyaku, dried persimmons, sea vegetables (12 types in great detail, with an illustration of the cells of a kombu plant), and warabi (dried ferns). Address: Official of military medicines, Committee of military hygiene.

559. Soya Gakugawa (Chusuke). comp. 1906. Tôfu sanbyakuchin [Three hundred rare and favorite tofu recipes].

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Kyobashi: Shiki Shimaya Shobo. Japanese summary by Kawakami 1978. [Jap]
• ***Summary:*** This work is composed of three earlier books published as one: Tofu Hyakuchin (1782), Tofu Hyakuchin Zokuhen (1783), and Tofu Hyakuchin Yoroku (1788).

560. Tôfu ryôri: Hôichi Shinbun kenshô tôsen [Tofu cookery: Hoichi Newspaper prize winners]. 1906. Tokyo: Hôichi Shinbunsha. 79 p. 21 cm. [Jap]*

561. *Bulletin of the Imperial Institute* (*London*). 1907. Utilisation of the soy bean. 5(1):86-87. [2 ref]
• ***Summary:*** "The plant yielding the "soy bean" (*Glycine soja*) has of late received much attention at the hands of agriculturists in tropical countries on account of its value as a green manure. The bean itself has long been employed in the East as a vegetable and food-stuff, and has been imported in large quantities into European countries, principally for use as a feeding-stuff for animals. It is also an important ingredient in Indian soy, which forms the basis of chutney. More recently the introduction of the extraction of cheaper methods for the extraction of fixed oils by the use of solvents has made it possible to utilise such materials as the soy bean, which contains only 10 per cent. of fixed oil, as a source of oil, and considerable quantities are now used in the United Kingdom in this way." Note: This is the earliest English-language document seen (March 2003) that uses the term "solvents" (or "solvent") in connection with the crushing of soybeans to give oil and meal.

Also discusses briefly the preparation of soymilk and tofu in Japan.

562. Marre, Francis. 1907. Le lait végétal en Chine [Vegetable milk in China]. *Nature* (*La*) (*Paris*) 35(1776 Supplement):13. June 8. [Fre]
• ***Summary:*** The use of milk as food in China is very limited. The immense empire, which is governed by the Son of Heaven, is not suited for raising livestock, except in its northern and western regions, which occupy only a small part of its total area. Moreover, the climate and nature of the soil do not permit the culture of forage crops. These purely geographical reasons are enough to explain why vegetable milk is consumed abundantly in the majority of Chinese provinces.

This milk, whose name seems strange and a bit paradoxical, is made from the seeds of *Soja hispida*, also called the oil pea of China (*haricot oléagineux de Chine*), an annual plant of the legume family. To obtain it, the seeds are first [ground with water], boiled and then pressed, making a sort of puree which, when dissolved in water, makes a very nourishing vegetable milk. When treated with a mineral salt, which acts much like rennet in milk, it coagulates and may be made into a kind of cheese (*to-fou*) [tofu] which plays an important part in nourishing the Chinese and Japanese people. It is one of their basic daily foods and can be made into a great variety of culinary preparations. It is generally consumed fresh, the day it is made. But it may be cooked, and preserved by salting or smoking. In commerce, three principal varieties of vegetable cheese (*fromage végétal*) [tofu] are found. One, which is fermented [fermented tofu], is white, yellow or gray, and has a piquant flavor like that of Roquefort. The second is white and salty, resembling goat cheese / goat's milk cheese. The third is smoked and quite like Gruyere (*gruyère*).

In the process of making vegetable milk and tofu, they recover with care the various by-products [okara, whey] and use them with ingenuity to nourish their animals and as fertilizer for their fields; in this way nothing is lost. Even the stems of the plant and the pods that envelop the seeds are used as forage. Thanks to the fact that every part of the plant can be used, and thanks also to the low cost of manpower in China, soy cheese (*fromage de soja*) can be sold for such a low price that enough to serve a man for a day (110 square cm of surface by 2.5 cm thick) costs less than a centime [one-fifth of a U.S. cent], or 50 to 60 times less than an equal quantity of animal cheese.

As for the food value of soymilk, it is approximately equal to that of cow's milk; it contains significant quantities of legumine, whose chemical composition is very close to that of casein.

Mr. Li Yu-Ying, an attaché at the Chinese legation in Paris, made soymilk (*lait de soja*) the subject of an important presentation at the last dairy congress, and forecast the introduction of soya (*soja*) into French culture.

Note 1. This is the earliest French-language document seen (April 2013) that uses the term *to-fou* to refer to tofu.

\ Note 2. This is the earliest French-language document seen (Oct. 2003) that uses the term *lait de soja* to refer to soymilk. As of Oct. 2003 *lait de soja* is the modern French word for soymilk.

563. *New York Times.* 1907. Here is a Japanese bill of fare: Prof. Chittenden shows value of simple diet used in Japan. Aug. 11. p. SM5.
• ***Summary:*** A typical bill of fare of a Japanese family in moderate circumstances includes: "Breakfast (from 7 to 7:30 A.M.)–Miso soup with vegetables. Boiled rice, pickles, and tea. Sometimes raw egg or boiled sweet soya beans or natto.

"Lunch (12 noon)–Fish boiled in soya. Vegetables stewed in soya. Boiled rice, pickles, tea.

"Supper (from 6 to 6:30)–Soya soup. Vegetables. Raw fish sliced, eaten with soya sauce..."

"The miso, soya sauce, and topi [sic, tofu] are all products of the soya bean, on which, with rice, the Japanese physique may be said to be built up." "Rice is the main foodstuff, with the soya bean a close second."

Prof. Chittenden of Yale University notes that Japan's "exploits in war have recently attracted the attention of

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the civilized world." Yet the great majority of Japanese have "remained untouched by the prodigality of Western civilization." Their "habits and customs still bear the imprint of simplicity and frugality."

Since Japan defeated Russia in war, many observers have noted that "the people of no other nation... have greater powers of physical endurance, or greater bodily strength and agility..."

564. Bloch, A. [Armand-Aron]. 1907. Le soja. Sa culture, sa composition, son emploi en médecine et dans l'alimentation [The soybean. Its culture, its composition, its use in medicine and in food]. *Bulletin des Sciences Pharmacologiques* (*Paris*) 14:536-51. Sept.; 14:593-606. Oct. [46 ref. Fre]
• ***Summary:*** A review of the literature drawing heavily on Egasse (1888), Trimble (1896 and 1897), and Williams & Langworthy (1897, revised 1899), and including many others. Contents: Introduction (mainly a long history of the soybean worldwide, with emphasis on Europe). Chemical composition of the soybean. Chemical composition of the soybean plant.

Part II: Preparation of shoyu. Preparation of miso. Natto. Preparation of tao-yu ([Chinese-style soy sauce] a condiment made with black soybeans, hibiscus leaves, and *Aspergillus Wentii* mold) and tuong. Tofu and yuba. Other soyfoods, incl. soy coffee.

"We are presently looking everywhere for ways of giving economic value to our colonies. It seemed interesting to me to draw attention to the soybean, the Chinese bean (*le Soja*, *Haricot chinois*) which contributes a large part of the food of the people in China, Japan, and the Far East. Already in use in Indochina, tested in Europe with success then abandoned for no apparent reason, the soybean could acclimatize itself in other colonies of ours, particularly in Madagascar, and perhaps in certain of our African possessions, and therefore could contribute to increasing their riches and the well being of their indigenous peoples."

Soy oil "can be extracted partially by pressure or completely by ether or petroleum ether. It is yellowish red with a not particularly disagreeable odor."

Mr. Lailleux, a former intern at the hospital in Algiers, has reported that a certain number of diabetic Arabs under treatment at the hospital of Dey, in Algiers [Algeria], have been helped by a dietary regimen based on soybean pap.

Note: This is the earliest document seen (Aug. 2009) concerning soybeans in connection with (but not yet in) Madagascar. Address: Pharmacist major 2nd class of the colonial troops. Doctor of pharmacy.

565. Ruata, Guido; Testoni, Giuseppe. 1907. La soia nell'alimentazione italiana [Soy in the Italian diet]. *Ministero d'Agricoltura, Industria e Commercio. Bollettino Ufficiale* 6(6):698-718. Dec. 18. (Chem. Abst. 2:864). [35 ref. Ita]
• ***Summary:*** Contents: Introduction. Description of the soybean. Cultivation and its history in Europe. Harvest and yield. Nutritional value of the soybean: Tables show analyses according to König (10 tables), to Balland (1 table analyzing 3 varieties, from Cambodia {Exposition of 1900}, from Cochin China, and from Tonkin), to Gautier (1 table), to Maurel (1 table), and to Lechartier and Joulie (from Grandeau 1903, analyzing 3 varieties, from Etampes, black soybean, and yellow soybean–all grown in France; each either as is or dry). Tables of nutritional analyses by Ruata & Testoni (includes the weight of 1,000 seeds for each variety): I. Black soybean, from Vilmorin-Andrieux of Paris, France; from Dammann & Co. [seedsmen] of Naples (Italy); and from the Inst. of Hygiene of Bologna, Italy. II. Giant Yellow, from Etampes (Pinolini), from Naples (Dammann), from Bohemia (*Boemia*–Ingegnoli); III. Small yellow soybean (from Dammann in Naples). IV. Green soybean (from Dammann). V. Brown soybean (from Dammann). The authors believe the Giant Yellow soybean is best adapted to Italian conditions. The analysis of the variety from Naples is as follows: Weight of 1,000 seeds: 205 gm. Water 9.80%. Albuminoids 37.13% (*albuminoidi*, protein) Carbohydrates 24.40%. Fat 18.36%. Lecithin 1.62%. Crude fiber 4.47%. Ash: 4.30%.

Preparation of soybeans (detailed descriptions and nutritional analyses): The whole seeds, miso (*Il miso*), tofu (*To-Fu* or *to-fu*), shoyu (fermented; made with koji), soy flour and bread (*farina e pane di soia*, incl. experiments by Brugia, and Rimini), soy polenta. Conclusions.

Three non-original illustrations (line drawings; between p. 700 and 701) show three different full-size views of the Soja plant, including: (1) Plant with roots. (2) Stem, leaves and pods. (3) Stem and pods (Original from Pinolini 1905).

Several bar charts (following p. 712) give nutritional composition comparisons of 12 staple foods, mainly legumes, cereal grains, dairy products, and meat: Fig. 2–Albuminoids (protein content); soya is the highest with 37.13%. Fig. 3–Carbohydrate content. Fig. 4–Fat content; soya is highest with 18.36%. Fig. 5–Salt (*Sali*).

Other tables show: (1–p. 701): For four soybean varieties, weight of 100 liters in kg and number of seeds per kg. Soia d'Etampes yellow 72 / 7,400. Black soybean from Podolia 74.5 / 7,400. Yellow soybean 72.5 / 8,550. Black soybean 73 / 12,200. Note that the black soybean has by far the smallest seeds.

Selected translations of the text: The first part of the article discusses dietary problems in Italy, especially pellagra, a skin disease caused by deficiencies in protein and niacin. One of the causes seems to be the consumption of corn, especially spoiled corn (*maiz guasto*) (p. 699-700). The authors are interested in studying the soybean as a potential new food for Italy, based on the examples from other countries where it has been consumed for a long time and where corn is unknown or almost unknown. They want to take the initiative in getting the best possible advantage

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from the introduction of soybeans as an Italian food (p. 700). In Italy the varieties which grow well are the early black, the yellow, the brown, the green, and the giant yellow; the latter is similar to the variety Soya Etampes, which has been acclimatized in France (p. 701). History in Italy: According to Pinolini, the soybean made its appearance around 1840, and has been cultivated with success around Verona, along the Lombard coast of Lake Maggiore, and near Mantua and Lucca (Mantova and Lucchese). As far as we know, it either was cultivated or is still cultivated in Liguria, Friuli, the Marches, and Emilia. Around Naples, it is especially cultivated in San Giovanni a Teduccio, under the care of Dammann & Co., a seed company (p. 702).

In the year 1906 in a field annexed to the Institute of Hygiene, we conducted experimental cultivation of soybeans, sowing the black variety from Podolia, sent to us by the Vilmorin-Andrieux, a seed company in Paris. A similar experiment was carried out on a larger expanse of land, at the same time as ours and with the same seeds, by Dr. Ignazio Buldrini at his farm near Bologna. The land at the Institute of Hygiene, being rather rich in humus, was fertilized with phosphate fertilizer at the rate of 500 kg/ha and potassium sulfate at the rate of 100 kg/ha. Dr. Buldrini's land, well supplied with potassium and phosphoric anhydride,... was fertilized with plenty of manure. The seed was planted on both fields in early May. The vegetation developed regularly and in August we obtained a harvest that yielded 1,500 kg/ha of seeds reaching perfect maturation (p. 703).

Brugia (1902) has conducted numerous experiments in baking with soy flour, and here is what he writes about it: "It is necessary to find an inexpensive food with great nutritional value for the poor farmers and rural people. It would be ideal to be able to make bread from soybean flour, thus creating a food that would be physiologically balanced and complete." He first tried mixing soy flour with wheat flour in the proportions 50/50 and 30/60, but the results were unfavorable. Then they tried using brewer's yeast in the process and had very good results, except that the price was a little high. It was then necessary to substitute a mixture of bicarbonate of soda and cream of tartar (½ gm per 3 g of flour) for the brewer's yeast. This worked very well. He then gives a table showing the nutritional analysis of the best bread (p. 716). In the conclusions of his work, Brugia says: "Soy flour cannot be used by itself in baking. But mixed with wheat it gives an optimum bread, soft textured, complete and balanced nutritionally, economical, and convenient. A second table shows an analysis of soy bread published by Rimini (1902) (p. 716).

Soy polenta, a mixture of soy and corn, was named Soyenta by Haberlandt who first prepared it. It could be of nutritional benefit to the people in those parts of Italy who get almost all of their nutrients from polenta. We have conducted numerous tests to find a type of Soyenta (to adopt Haberlandt's name) which, because of taste and ease of preparation, could enter into the diet of our rural population without difficulty. Here are the results of our experiments with various types of Soyenta: (1) With whole yellow soy flour: The resulting product does not have a soft consistency; it is coarse and crumbles rather easily, but the taste is nice. (2) With sifted soy flour: This product is not as good as the previous one, because it is too sticky. The taste reminds us of infant cereal made of wheat flour. (3) Soy flour mixed with wheat flour in varying proportions: Not advisable because it presents in various degrees the difficulties of the former. (4) (p. 717). Soy flour mixed with corn flour: Best results were obtained with a mixture of 1 part soy flour to 4 parts corn meal (coarsely ground, Veronese style). The consistency of this product is not unlike that of regular polenta, and the flavor is also very close. Hot or cold it slices very well, and overall it can be used just like regular polenta, but it has more nutritional value (p. 717).

Note 1. This is the earliest Italian-language document seen (April 2013) that mentions tofu, which it calls *To-fu.*

Note 2. This is the earliest Italian-language document seen (April 2012) that mentions soy sauce, which it calls *Il shoyu* ("shoyu").

Note 3. This is the earliest Italian-language document seen (March 2009) that uses the word "miso" (*Il miso*) to refer to miso.

Note 3. This is the earliest Italian-language document seen (Aug. 2003) that uses the term *albuminoidi* to refer to protein in connection with soybeans. Address: 1. Direttore dell'Istituto d'Igiene della Regia Universita di Bologna (Director of the Inst. of Hygiene at the Univ. of Bologna); 2. Insegnante nella Regia Scuola Media Commerciale, Direttore del Laboratorio chimico Compartimentale delle Gabelle di Bologna, Italy.

566. *USDA Bureau of Plant Industry, Inventory.* 1907. Seeds and plants imported during the period from December, 1905, to July, 1906. Nos. 16797 to 19057. No. 12. 125 p. Dec. 20. Also titled USDA Bureau of Plant Industry, Bulletin No. 106.
• ***Summary:*** Soy bean introductions: Glycine hispida.

17251-17280. "From Arlington Farm, Virginia. A collection of soy beans grown on the Arlington Farm in 1905 from seed received through the Division of Agrostology.

"Black varieties:

"17251. Medium early, black. Grown from Agrost. Nos. 1978, 1979, and 2033, combined.

"17252. Flat, medium large, late, black; third crop from Agrost. [Agrostology] No. 1293.

"17253. Medium black; second crop from Agrost. No. 1536.

"17254. Medium black, small seeded; first crop from Agrost. No. 1980.

"17255. Medium black, medium early; second crop from Agrost. No. 1188.

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"Brown varieties:

"17256. Medium, reddish brown; second crop from Agrost. No. 1542.

"17257. *Brown Eda Mame,* medium early; second crop from Agrost. No. 1185.

"17258. *Ogemaw,* early; first crop from Agrost. No. 1992 or S.P.I. No. 13502.

"17259. Brown, early; first crop from Agrost. No. 2031.

"Green varieties:

"17260. *Green Samarow,* medium, medium early; first crop from Agrost. No. 1972.

"17261. Large, medium, green; fourth crop from Agrost. No. 912 or S.P.I. No.13503, first crop from Agrost. Nos. 1764 and 1971, combined.

"Greenish-yellow varieties:

"17262. Small, early, greenish yellow; third crop from Agrost. No. 1297.

"17263. Small, medium late, greenish yellow [Haberlandt]; second crop from Agrost. No. 1539.

"17264. Medium late, greenish yellow; second crop from Agrost. No. 1198.

"17265. Medium late, greenish yellow; second crop from Agrost. No. 1200.

"17266. Large, medium late, greenish yellow; second crop from Agrost. No. 1171 or S.P.I. No. 9409.

"17267. Late, large, greenish yellow; third crop from Agrost. No. 1298.

"Yellow varieties:

"17268. *Ito San,* medium, early, yellow; first crop from Agrost. Nos. 1973, 1974, 1975, and 1765, combined.

"17269. Dwarf, early, yellow; third crop from Agrost. No. 976.

"17270. Medium yellow, small seed; fourth crop from S.P.I. No. 4912, third crop from Agrost. No. 1169 or S.P.I. No. 9407, and first crop from S.P.I. No. 12399.

"17271. Medium early, yellow [Haberlandt]; second crop from Agrost. No. 1194.

"17272. Small, medium yellow; second crop from Agrost. No. 1538.

"17273. Medium early, yellow; second crop from Agrost. No. 1197.

"17274. Small, early, yellow; second crop from Agrost. No. 1199.

"17275. Medium yellow, large seed; third crop from Agrost. No. 1170 or S.P.I. No. 9408, first crop from Agrost. No. 1170-2 or S.P.I. No. 12400, and third crop from Agrost. No. 1296.

"17276. Medium early, yellow from Thackara; second and third crops from Agrost. No. 1299.

"17277. Medium early, yellow; third crop from Agrost. No. 1295.

"17278. Large, medium late, yellow; first crop from Agrost. No. 2032.

"17279. Large, late, yellow; first crop from Agrost. No. 2034.

"17280. Large, late, yellow; first crop from Agrost. Nos. 1976 and 1977.

17520. "From Richmond, Va. [Virginia]. Received through T.W. Wood & Sons, February 16, 1906. *Hollybrook Early.* 'A particularly valuable strain of soy beans, which matures its crop three weeks earlier than the *Mammoth Yellow* soy, and is consequently better adapted for planting in sections north of Virginia, or for planting late in order to make a crop of shelled beans. The yield from the *Hollybrook Early* soy is very nearly equal to that of the *Mammoth Yellow,* and they are sure to make a crop of beans. The *Mammoth Yellow* soy requires the full growing season to mature its crop, and frequently an early frost will cut short the yield of the crop of beans. There is no such danger with *Hollybrook Early* soys, and they will prove to be a distinct and valuable acquisition.' (*Wood & Sons.*)

17852/17857/17861/17862. "From Peking, China. Received through Mr. F.N. Meyer, February 23, 1906. A collection of seeds, as follows: [These are the first soy beans introduced by agricultural explorer Frank Meyer, listed in this journal.]

"17852. From Peking. '(No. 17a.) These beans are roasted and sold in Peking as delicatessen.' (*Meyer.*)

"17857. From Shan-hai-kwan. '(No. 42a.) Used for food in Shan-hai-kwan.' (*Meyer.*)

"17861. From Sachon. '(No. 28a.) A small, black soy bean grown for fodder; late variety. An excellent food for stock; must be boiled before being fed.' (*Meyer.*)

"17862. From Tientsin. '(No. 152a.) A fine variety of soy bean used to make bean cheese from.' (*Meyer.*)

18227. "From Khabarovsk, East Siberia. Received through Director Gagin of the Khabarovsk Experiment Field, March 26, 1906. *Tchernie bobi.* 'A black variety of *Soja hispida,* which is cultivated in several places in Manchuria and Amur land.' (*Gagin.*) 18258/18259. "From Peking, China. Received at the Plant Introduction Gardens, Chico, California, through Mr. F.N. Meyer, February 26 and 27, 1906. Seeds and cuttings of Chinese plants, the seeds indicated by the letter 'a' following the number as follows:

"18258. From Pee-san. '(No. 5a.) This soy bean is extensively cultivated in the mountains north of Peking and is highly esteemed for human food; requires but little irrigation, and is well worth trying in the arid West.' (*Meyer.*)

"17259. From Tschang-ping-tsu. '(No. 6a.) This bean is grown in the northern country as a nitrogen-supplying crop with sorghum, corn, or millet; does not scatter much when ripe, but seems to be late in ripening.' (*Meyer.*)

18459/18460. "From West Branch, Michigan. Received through Mr. Edward E. Evans, May 2, 1906.

"18459. *Green.*

"18460. *Early black."*

18619. "From China. Received through Mr. F.N. Meyer, at the Plant Introduction Garden, Chico, California, May 18,

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1906. Seeds and cuttings of Chinese plants, the seeds being indicated by the letter 'a' following the numbers, as follows:

"18619. From Shanghai. '(No. 188a.) A very large variety of yellow soy bean.' (*Meyer.*)"

18707. "From China. Renumbered for convenience in recording distribution, June 21, 1906. A dull reddish brown colored variety of soy beans, the actual source of which is in doubt." Note: This is the earliest American document seen (Sept. 1996) that uses the word "soy" (as in the phrase "the *Hollybrook Early* soy is very nearly equal to that of the *Mammoth Yellow*") to refer to the soy bean rather than to soy sauce. Address: Washington, DC.

567. Kato, Yogoro. 1907. Tôfu no gyôko ni tsuite [On the coagulation of tofu]. *Tokyo Kagaku Kaishi* (*J. of the Tokyo Chemical Society*) 28:1249-61. Dec. [Jap]

568. Charabot, Eugene; Collot, Georges; Chevron, Maurice; Villar, Pierre. 1907-1908. Exposition coloniale nationale de 1907, au Jardin colonial [National colonial exposition of 1907, and the colonial garden. 2 vols. in 1]. Paris: Augustin Challamel. 270 p. See p. 171. [5 ref. Fre]

• ***Summary:*** Soja: The soybean (*Le soja; Soja hispida* Sieb. et Zucc, *Dolichos soja* L.) is a legume of China, Japan and also Indo-China. It seed is especially used for making a vegetal cheese, the soy cheese (*du fromage végétal, le fromage de soja*) [tofu]. Manchuria is the homeland par excellence of the soybean, but here it plays the role of an alimentary oilseed and for illumination, rather than as a simple food plant, as it does in Indo-China and the rest of China. Huge quantities of soybeans are exported from Manchuria–196,680 metric tons in 1903. Nevertheless Indo-China exports, on average, 2,000 to 3,000 metric tons a year of soybeans to East Asia. Address: Member, Société d'histoire naturelle des Ardennes, France.

569. **Product Name:** Tofu.
Manufacturer's Name: Fukushima Tofu-ya.
Manufacturer's Address: 228 N. East St., Visalia, California.
Date of Introduction: 1907.
New Product–Documentation: Nichibei Shinbun-sha. 1907. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 52.

570. **Product Name:** Tofu.
Manufacturer's Name: Murakami Tofu-ten.
Manufacturer's Address: 140 Main St., Watsonville, California.
Date of Introduction: 1907.
New Product–Documentation: Nichibei Shinbun-sha. 1907. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 28. Also in 1908, p. 29 (Japanese numbers). But the address is now 138 Main St.

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 102. But the entry now reads: Murakami Tofu-ya, 138 Main St. Also in 1911 directory, p. 100. Also in 1912, p. 126. Also in 1913, p. 150. Also in 1914, p. 156.

571. **Product Name:** Tofu.
Manufacturer's Name: Shinoda Tofu-ya.
Manufacturer's Address: 1218 Third St., Sacramento, California.
Date of Introduction: 1907.
New Product–Documentation: Nichibei Shinbun-sha. 1907. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 55. Also in 1908, Directory p. 67 (Japanese numbers).

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 39. But the address is now 1222 Third St.

572. **Product Name:** Tofu.
Manufacturer's Name: Tofu oyobi Mochi-ya.
Manufacturer's Address: 265 24th St., Ogden, Utah.
Date of Introduction: 1907.
New Product–Documentation: Nichibei Shinbun-sha. 1907. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 72. Note 1. *Oyobi* means "and." *Mochi* means "pounded glutinous rice cake." *Ya* means "shop." So, this shop makes tofu and mochi.

Note 2. This is the earliest document seen (Aug. 2011) concerning soybeans in Utah. This document contains the earliest date seen for soybeans in Utah (1907). The source of these soybeans is unknown. A tofu shop must have soybeans in order to make tofu. Other early tofu shops in Utah were in Ogden (1909, 1911, 1912) and in Salt Lake City (1912, 1914).

573. **Product Name:** Tofu.
Manufacturer's Name: Ueno Tofu-ya.
Manufacturer's Address: 632 N. 6th St., San Jose, California.
Date of Introduction: 1907.
New Product–Documentation: Nichibei Shinbun-sha. 1907. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 23. Also in 1908, Directory p. 60 (Japanese numbers). Note: Okumura Tofu-ya was at this address in 1906.

574. **Product Name:** Tofu.
Manufacturer's Name: Akiguchi Tofu-ya.
Manufacturer's Address: Tesla Coal Mine, 12 miles SE of Livermore, California.
Date of Introduction: 1907. January.
New Product–Documentation: Nichibei Shinbun-sha. 1907. *Zaibei Nihonjin Nenkan* [*Japanese-American*

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Yearbook]. Directory entry p. 22. Note: Coal was discovered here in 1855. Today its hard to believe that this pastoral scene once supported over 200 buildings and 1,500 inhabitants. In 1890 John Treadwell, a millionaire gold miner, opened the Tesla coal mines. After five years of development work and building a railroad to Stockton, Treadwell organized the San Francisco and San Joaquin Coal Company. Two years later, the first trainload of Tesla coal rolled into Stockton. The mine produced over 80,000 tons of coal per year over the next ten years, during which time Tesla became the leading coal producer in California. In 1897, John Treadwell named the town for Nikola Tesla, a famous electrical inventor, who was first to harness the use of alternating currents. Treadwell planned to use Tesla's invention to send electricity to Bay Area cities from a coal-burning power plant at Tesla. However, this plan never materialized for fear of competing with California's new hydroelectric power plants. Instead, Treadwell built the first successful plant to make briquettes (from coal) in the United States; the plant operated from 1901 to 1905, when a fire destroyed the plant and eventually forced coal mining to shut down at Tesla in 1911. Tesla then became a ghost town.

575. Balland, A. 1907. Les aliments; Analyse, expertise, valeur alimentaire. Vol. II. Légumes, fruits, viandes, laitages, conserves, boissons & fourrages [Foods: Analysis, expertise, food value. Vol. II. Legumes, fruits, meats, dairy products, conserves, beverages & fodder plants]. Paris: Librairie J.-B. Baillière et Fils. 508 p. See p. 180-81, Soja. [1 ref. Fre]
• ***Summary:*** The author notes the antiquity of the soybean in Cochin China (citing A. Candolle 1885) and their use in making tofu (citing A. Bloch 1906). He then gives nutritional analyses of three soybeans, one each from Cambodia, Cochin China, and Tonkin, obtained at an exposition in the year 1900. Their protein content (*matières azotées*) is 35.14%, 34.85%, and 38.41%, and their fat content (*matières grasses*) is 14.80%, 12.95%, and 13.35% respectively.

Note: This is the earliest document seen (May 2010) concerning soybeans in Cambodia (renamed Kampuchea in 1979). This document contains the earliest date seen for soybeans in Cambodia (1900). The soybean was probably being cultivated in Cambodia at that time. The source of these soybeans is unknown. Address: Ancien Pharmacien Principal au Laboratoire des Expertises du Comite de l'Intendance, France.

576. Chalmers, John. 1907. English and Cantonese dictionary. 7th ed. Revised and enlarged by T.K. Dealy. Hongkong: Kelly & Walsh, Ltd. xi + vii + 822 p. 23 cm. [Eng; Chi]
• ***Summary:*** On page 20 are the Cantonese characters and term for bean-curd (tau-foo). On page 437 are the Cantonese characters and terms for soy [sauce], shi-yau, and for soy bean (*Soja hispida*) (taai tau, paak tau) or *Dolichos soja* (wong taai tau, or mo tau [literally "hair beans" = green vegetable soybeans]).

A 5th edition was published in 1878 in Hongkong, and a 7th edition in 1907 in Hongkong.

Note: This is the earliest English-language document seen (April 2013) that uses the term "tau-foo" (or "tau foo") to refer to Chinese-style tofu. Address: Chalmers: LL.D; Dealy: Queen's College, Hongkong.

577. Gagnepain, Francois. ed. 1907. Flore générale de l'Indochine. Vol. 2 [A general flora of Indochina. Vol. 2]. Paris: Masson et Cie. 1213 p. See p. 398-99. Published under the direction of H. Lecompte. [soy ref. Fre]
• ***Summary:*** In the section on the genus Glycine, there is a subsection on *Glycine soja* Sieb et Zucc. Cultivated in Tonkin, Laos, Cochinchine. Vernacular names: *Dàu nanh, Mak toua kon* or *ta tone.* Uses: The seeds can be consumed like those of the haricot, or used to make a cheese [tofu] or a condiment, and they also yield oil. The black variety is used to feed livestock. The stem and leaves can be used as forage. The author lived 1866-1922.

Note: This is the earliest document seen (Feb. 2012) concerning soybeans in Laos, or the cultivation of soybeans in Laos. This document contains the earliest date seen for soybeans in Laos, or the cultivation of soybeans in Laos (1907). The source of these soybeans is unknown.

578. Hurrier, Paul. 1907. Matière médicale et pharmacopée Sino-Annamites [Chinese and Annamite (Vietnamese) materia medica and pharmacopoeia]. Paris: Vigot Frères. viii + 292 p. Illust. Index. 25 cm. Preface by Prof. Em. Perrot. [25 ref. Fre]
• ***Summary:*** The book begins with a chapter titled "History of medicine in China," which includes many abbreviated bibliographic references in the text. Pages 21-22 discuss acupuncture and a large fold-out illustration (facing p. 20) shows several views of the meridians on the human body. Part two of the book, titled "Special Chinese and Annamite drugs with therapeutic uses," contains four chapters: 1. Mineral kingdom. 2. Animal kingdom. 3. Vegetable kingdom. 4. Five indexes: Latin names, Chinese names, Annamite names, Japanese names, and Cambodian names.

In chapter 3, "Vegetable kingdom," in the section on Legumes (p. 144) is a subsection titled *Dolichos soja* L. (p. 147). It begins with the three Chinese characters for "Yellow soy bean" = *Teou-Ko* (Mérat); *Mau-tau* (Porter Smith); *Houang-teou* (in Chinese), *Dan-dèn* (in Annamite). The laxative seeds of this variety are used to make a special condiment, soy sauce (*le soy; Tsiang-yu*) composed of soybean flour, tea, and salt. From the cooked seeds, the Annamites make a vegetable cheese (*fromage végétal; Teou-fou*), which resembles goat cheese, and of which they consume very large amounts. Mr. Bloch, in a recent study on tofu (*"Quelques mots sur la fabrication*

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et la composition du Teou-Fou," published in *Bulletin des Sciences Pharmacologiques* (Paris), March 1906, p. 138-43), described the process of making tofu, which is coagulated with magnesium chloride. The entire plant is used to make a decoction for treating smallpox and rheumatism.

Glycine javanica (*no-mame* in Japanese is also mentioned on p. 148).

Also discusses: Various sea vegetables (*kombu, kanten, funori, amanori;* p. 71-72). *Cannabis sativa* (hemp; p. 102). *Phaseolus radiatus* = small red bean (azuki in Japanese; p. 150). *Sesamum orientale* (sesame seeds; kuro-goma [black sesame] and shiro-goma [white sesame] in Japanese; p. 178). Address: Pharmacien de 1re class, Docteur de l'Université de Paris, France.

579. Jumelle, Henri L. 1907. Les resources agricoles et forestiéres des colonies Françaises [The agricultural and forestry resources of the French colonies]. Marseille, France: Barlatier, Imprimeur-Éditeur. viii + 442 p. See p. 333. No index. 28 cm. [2 ref. Fre]

• ***Summary:*** In the chapter on Indo-China (p. 267-363) is a section on coconuts (p. 322+) followed by a section on "Other oil-bearing plants" (*Les autres plantes oléagineuses*), which contains paragraphs (p. 326-27) on the sesame seed (*Le sésame,* cultivated in Cambodia) and the peanut (*L'arachide,* long cultivated in Cochin China and central and south Annam). Some confusion exists concerning the oil of *Aleurites cordata* (Chinese wood oil, *l'huile d'abrasin*) (p. 331-32): "Why is this oil, so well known and widely used in Indo-China, not exported, as is its analogous oil from China? It is not ignored by European and American manufacturers; and in the United States, as in Europe, it is in demand * by the factories that make linoleum or that prepare varnish from copal." (Footnote: *"It seems that the oil imported into Europe and the United States is often adulterated with oil from the seeds of *Soja hispida* [soybeans], which is likewise a very drying oil").

The next section, titled "The indigenous food" (*L'alimentation indigène*) (p. 332-35) includes a discussion of various legumes consumed in Indo-China. "Among the leguminous seeds used as food, there is a large consumption of kidney-beans (*de haricots*), of dolichos beans (*de doliques*), and, even more, of soybeans (*de sojas*)." "The large consumption of the soybean (*du soja*) is due to the fact that its beans, not only are eaten after a long cooking, but, again, serve as the base for various preparations, as in Japan and China (Footnote: It is with these soybeans, mixed with wheat and *koji,* and coarse salt, that the Japanese make their *shoyou* [*shoyu,* soy sauce] and their *miso,* and the Chinese their sauces or analogous dishes, *teou-ju* and *teou-tiung.* In Java, the indigenous people make similar preparations. The fermentations are, in all these cases, caused by various molds.) It is thus that the Annamites [of central Vietnam] make a cheese called *dau-phu,* which is the *teou-fou* of the Chinese, the *tofu* of Japan. They likewise make a sauce named *tuong,* which is almost the same as the *teou-tiung* [*doujiang*] of the Chinese, and two cheeses [tofu], one solid, the other of a softer consistency, called *dau-hu* and *dau-hu-ao* in Cochin China." Address: Prof., Faculte des Sciences de Marseille [Marseilles], France.

580. Katayama, T. 1907. On the preparation of a vegetable cheese from the protein of the soy-bean. *Zentralblatt fuer Bakteriologie. Series 2.* 19(19/20):601. [1 ref. Ger]

• ***Summary:*** German summary of an article from *Bulletin of the College of Agriculture, Tokyo* 7(1):117. The vegetable cheese is tofu. Address: Japan.

581. Macgowan, John. 1907. Sidelights on Chinese life. London: Kegan Paul. Trench, Trübner & Co., Limited. viii + 367 p. Illust. (12 in color by Montague Smyth and 34 others). 26 cm.

• ***Summary:*** Chapter 1, "The Chinaman," begins (p. 1): "The Chinaman's mind is a profound and inexplicable puzzle that many have vainly endeavoured to solve. He is a mystery not simply to the foreigner, who has been trained to more open methods of thought, but also to his own countrymen, who are frequently heard to express their astonishment at some exhibition of character, that has never occurred to them during the whole of their oblique life."

Page 9: "A coolie, for example, in [sic, is] engaged by you to do general household work. He comes to you from an inland country where poverty is the prevailing characteristic of the whole population. Sweet potatoes are the staple food three times a day, year in, year out, helped down perhaps by salted turnip, bean curds [tofu] and pickled beans [fermented black soybeans]–for it is only on special occasions that they have the rare happiness of indulging in the luxury of rice."

Page 163: "At the same time he placed before him a tiny little platter in which were some nicely browned strips of fried bean curds [deep-fried tofu] to act as appetizer to the rice, and to arouse his flagging appetite."

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried bean curds."

Page 170: "In addition to this precious crop [rice] that needs so much attention, the cultivator has others that claim his thoughts and time. These are the beans that are used in the manufacture of soy [sauce] and in the making of bean curds [tofu] that are considered so important as condiments to be eaten with the rice.

Page 183: "The Chinese, who are connoisseurs in the art of cooking rice, can never tolerate it being boiled to a pulp... There are also bean curds [tofu] and cucumbers pickled crisp and juicy, and celery and lettuce, and salted beans [fermented black soybeans] and plates of various kinds of fish, and different kinds of soy, which are sprinkled with a sparing hand over the bowl of rice to give it a flavour in order to induce an appetite with the first sip that the customer takes of

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the savoury compound." Address: Rev., London Missionary Society and author.

582. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1907. Zaibei Nihonjin nenkan [Japanese-American yearbook. No. 3]. 234 Turk St., San Francisco, California. 398 p., many unnumbered. Reprinted in 25 Oct. 2001 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 1-kai [Collected Documents on Japanese Emigration. No. 1]. [Jap; eng]

• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. There is an English-language title page.

The book is composed of: 4 unnumbered pages of front matter, 6 unnumbered leaves of black and white photos (mostly taken after the San Francisco earthquake and fire) on glossy paper, 18 pages of ads and basic information, numbered using Japanese numbers (NUJN), of which the last two pages are the table of contents, 176 numbered pages which are the body of the book, 84 unnumbered pages of ads, 75 pages of directory (preceded by an index of the directory) NUJN, 35 pages of ads and back matter NUJN.

There are two tofu shops in San Jose, California, and also two breweries (*jozo-sho*). Note: One may have been for brewing shoyu and the other for sake (p. 153). The San Jose shoyu maker [Sa-shi Shoyu Jozo-sho] helped Komada Shoten [probably not a shoyu maker] in San Francisco last year. Although they used wheat and salt made in the U.S., they had to get soybeans and also the bamboo hoops for the wooden kegs (*taru*) from Japan. It cost them over 50 cents to make one wooden keg; that's a problem (p. 154, top right). There is one tofu shop in Watsonville (p. 154, bottom center).

The Directory shows Japanese companies making soyfoods in California and Utah. Address: San Francisco, California.

583. Senft, Emanuel. 1907. Ueber einige in Japan verwendete vegetabilische Nahrungsmittel, mit besonderer Berueecksichtigung der japanischen Militaerkonserven [On some vegetable foods used in Japan, with special attention to Japanese military canned foods]. *Pharmazeutische Praxis* 6(3):81-89; 6(4):122-24, 131-32; 6(6):211-12, 219. [19 ref. Ger]

• ***Summary:*** These three sections contain a good review of the literature (especially the Japanese literature) in German. Issue No. 3 begins with "Phanerogams. Chapter 5. Legumes. Soybeans and soybean preparations" (p. 81-89). Contents: Introduction. Varieties: Group I. Soja platycarpa-Harz (5 forms–olivacea-Harz and punctata-Harz, melanosperma, platysperma, parvula Martens). Soja tumida-Harz (3 forms–pallida Roseb. [sic, Roxb = Roxburgh], castanea-Harz [brown], atrosperma-Harz). Anatomy and cell structure of different parts of the plant and seeds. A non-original illustration (line drawing; p. 83) shows a soy bean, full-size and at cellular levels. Haberlandt and the Vienna World Exposition of 1873. Foods made from soybeans in China and Japan described by Charles Bryant (1785): Miso, soy sauce (*sooju-sauce* or soy), Roos, Koji. Tofu, sake. Shoju or Soja-Sauce. Miso (vegetable cheese; "Recently the firm Jul. Maggi & Comp. in Kempthal makes a type of miso and sells it commercially").

Issue No. 4 begins with "Natto and tofu" (*Bohnenkäse*) (p. 122-24) and includes fresh tofu and frozen tofu (*gefrorener tofu*). Yuba. A separate section on miso pickles (*Misozuke;* p. 131-32) describes the different types, especially those made with daikon (*Rettiche*).

Issue No. 6 discusses shoyu (called *Extrakt-Sauce Japonica,* or Shoju-Sauce) (p. 211). A table (p. 212) lists the main food plants of Japan, including five different "varieties" (*"var."*) of soybeans: *Kuro-mame, Shiro-mame, Ao-mame, Goishi-mame, Gankui-mame*. A photo (p. 219) shows various Japanese preserved foods, including a metal box containing "Fukujinsuke" [*fukujinzuke*] consisting of sliced vegetables (cucumbers, bamboo shoots, onions) preserved in soy sauce. Address: Military medicine official, Germany.

584. Smyth, Albert Henry. ed. 1907. The writings of Benjamin Franklin: Collected and edited, with a life and introduction. Vol. 5, 1767-1772. New York, NY: The Macmillan Co.; London: Macmillan & Co., Ltd. xi + 555 p. See p. 245-46. This is a 10-volume work. Also in William B. Wilcox, ed. 1973. The Papers of Benjamin Franklin. Vol 17, Jan. 1 through Dec. 31, 1770. New Haven, CT and London: Yale University Press. p. 22-23. [4 ref]

• ***Summary:*** "To John Bartram. From London, January 11, 1770. My ever dear friend,... I send also some green dry peas, highly esteemed here as the best for making pea soup; and also some Chinese *caravances*, with Father Navarrete's account of the universal use of a cheese made of them in China, which so excited my curiosity, that I caused inquiry to be made of Mr. [James] Flint, who lived many years there, in what manner the cheese was made, and I send you his answer. I have since learned that some runnings of salt (I suppose runnet) is put into water, when the meal is in it, to turn it to curds. I think we have *caravances* with us, but I know not whether they are the same with these, which actually came from China. They are said to be of great increase... With esteem I am ever, my dear friend, yours affectionately, B. Franklin."

Footnotes state: (1) This letter was "First printed by Sparks." (2) "Domingo-Hernandez [sic, Fernández] Navarrete (1610-1698) went as missionary to China. Many curious observations of Chinese life are contained in his 'Tradutos [sic, Tratados] historicos, politicos, ethicos y religiosos de la monarchia de China' (1676).–Ed." (3) *"Caravances or calavances* seems to be used loosely for various kinds of pease, beans, lentils, etc.–Ed."

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Note: Franklin's letter is not reproduced here in its entirety; it omits some of his discussion of tofu.

585. Strakosch, Siegfried. 1907. Das Problem der ungleichen Arbeitsleistung unserer Kulturpflanzen [The problem of the unequal production efficiencies of our crop plants]. Berlin: Verlagsbuchhandlung Paul Parey. 110 p. No index. 23 cm. [Ger]

• ***Summary:*** This book, dedicated to Julius Wiesner, "the master of plant physiology," looks at national food supplies from the viewpoint of plant physiology. In the section on "Calculation of assimilative effects," a table (p. 44-45) compares rye, wheat, corn, rice, soybeans, and potatoes in their production per hectare of starch, digestible protein, value of product in German marks, value of nutritive elements consumed, assimilative effect (defined as the ration of the value of the usable substance produced per unit area to the value of the nutritive elements borrowed from the soil by producing this substance), assimilative effect compared with rye, and difference between the production and consumption in German Marks. Soybean produces much more protein per given area of land than the other crops, has the highest assimilative ratio, 6.68 times larger than that of rye. Thus the culture of soybeans should be the most remunerative.

In the same section, a bar chart (p. 48) shows the value (in marks) of physiologically useful substance resulting from withdrawal of one mark worth of soil nutrients. The soybean gives the greatest returns of the 22 plants listed.

In the section on "Consideration of plant production efficiency in crop rotations" (p. 66+), the legumes are praised and soybeans are mentioned on pages 71 (the most productive of all legumes with an enormous number of 668) and 73. In this context, the work of Friedrich Haberlandt with soybeans and his book, *Die Sojabohne* (The Soybean, Vienna, 1878) are described in detail (p. 74-76). Haberlandt died shortly after the publication of this book, and Hecke, his friend, carried on his work.

In the last chapter, "Goals and consequences," a table (p. 102) shows the productivity in the northern U.S. states of nine crops, including wheat, barley, corn, sugar beets, peas, Jerusalem artichokes, and soybeans. In value of crop per hectare, soybeans are third after Jerusalem artichokes (German: Topinambur; French: Topinambour) and sugar beets. Two long footnotes (No. 122 and 123, p. 109-10) discuss the importance in Japan of soybeans and the various foods made from them including shoyu (Shoju, Shoyu), miso, tofu, and yuba. Address: Dr., Wien-Hohenau.

586. **Product Name:** Chinese-style firm tofu, soft tofu (sui-daufu), and soy milk curds (daufu-fa).
Manufacturer's Name: Wing Chong Lung.
Manufacturer's Address: Alameda St., Los Angeles, California. Phone: 213-627-5935.
Date of Introduction: 1907?
New Product–Documentation: Company invoice dated 1 Sept. 1936. Tofu was selling for 5 cents a piece, bean sprouts were 3 cents a pound, leg of pork was 25 cents a pound, and eggs were 25 cents a dozen.

Mildred Lager. 1945. The Useful Soybean. p. 86-87. Every Chinatown has its tofu factory... There is just such a one hidden away in the heart of Los Angeles, run by two old Chinese who grunt at curious visitors and can't be bothered to answer questions. The methods of these two Chinese are both crude and primitive, yet they product an excellent cake of cheese or tofu."

Interview with Bill Lee of Wy Ky. "Wing Chong Lung was the first Chinese company to try to break into the Los Angeles tofu market, controlled by Matsuda-Hinode. They tried in 1952 but Hinode kept them out. They now make bean sprouts." Talk with Shoan Yamauchi. 1982. Aug. 11. Wing Chong Lung had been making tofu in Los Angeles from before the 1920s.

Talk with Grant Tom of Wing Chong Lung. 1988. Oct. 4. He was born in 1934. The company was founded in 1871, importing foods from China and selling them in California. He thinks they were making Chinese-style firm tofu, soft tofu (*sui-daufu*), soymilk curds (*daufu-fa*, eaten with syrup), and soy sprouts at about the turn of the century, probably before 1900. At the time they were located on Alameda St., and the owner was Tom Chong Man. In 1934 the company moved to the present address, 922 South San Pedro St. He thinks they stopped making tofu shortly after World War II because of too much competition from Matsuda and Hinode. They stopped making soy sprouts about 3 years ago. They no longer make any food products. They now have two divisions: produce and meat, both distribute and retail. He is not aware of company archives or any histories written about the company. He talked to the older generation about the company history when he was a kid.

587. Rafu Shinposha. comp. 1908. Rafu nenkan dai 1 kan [Rafu Shimpô's year book, No. 1]. Los Angeles, California: Rafu Shinpôsha. [14] + 107 + 66 + [38]. Plus 4 unnumbered leaves of plates. Illust. 28 cm. [Jap]

• ***Summary:*** Contents: Title page. Foreword (2 p.). Ad. Table of contents (2 p.). Ad. Map of Southern California. Ads (2 p.). Photos (2 leaves, printed one side only). Ads (2 p.). Photos (2 leaves, printed one side only). Ads and New Year's greetings (14 p.). Rafu Nenkan L.A. yearbook: Current events and situations (p. 1-107, numbered). Page 46 (top left): Number of tofu shops in Los Angeles in 1906: Zero. In 1907: Four. Increase: 4. Appendixes: (1) Useful information for Japanese-Americans (*Zaibei Nihonjin Nichiyôbinran*) (p. 1-32). (2) Japanese American Directory (*Zaibei Nihonjin Jûsho Seimeiroku*) (p. 33-66). Ads and New Year's greetings (38 p.). Note: This book focuses on southern California, but also covers Northern California, Colorado, Utah, Oregon, and Washington state. Address: Los Angeles.

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588. **Product Name:** Tofu.
Manufacturer's Name: Sakana-ya, Tofu-ya Nakakuma (Nakaguma?) (Nakakuma Fish and Tofu shop).
Manufacturer's Address: P.O. Box 15, Santa Anita (near Los Angeles), California.
Date of Introduction: 1908. January.
New Product–Documentation: Rafu Shinposha. 1908. *Rafu Nenkan* [*Rafu Shinpo Japanese-American year book*]. Ad, unnumbered page near front. Sakana-ya, Tofu-ya Nakakuma (Nakaguma?), Ka-shuu Santa Anita Yuubako 15 Yûgô (ariawase?), Oryori, Udon and Soba Restaurant. (Nakakuma Fish and Tofu shop. P.O. Box 15, Santa Anita).

Note: The word *ariawase* in Japanese means "what you happen to have on hand at home." So when welcoming honored guests to the dining table, Japanese love to say humbly: *Kore was ariawase no mono desu ga omeshiagari kudasai.* This might be translated: "I made this with some things I happened to have on hand at home, but I hope you can enjoy it." Thus, this restaurant may feature home cookin.'

589. Lamarche, Cyrille de. 1908. Le soja de Chine [The soybean of China]. *Magasin pittoresque* (*Le*). Nov. 1. p. 494-95, [5 ref. Fre]
• ***Summary:*** The soybean is a sort of pea widely cultivated in China and Japan and used above all in these countries [sic, only in China] to make a thick, viscous oil, which is light yellow in color, which would not be much appreciated in France. It is above all as a food and as forage that this plant could render us a great many services. It could be used as a substitute for wheat in making bread, as a substitute for oats for feeding horses, and as a substitute for hay and lucerne / alfalfa for feeding livestock / animals. The seeds can be consumed like peas or beans at, without having a remarkable flavor, they nevertheless constitute a good food. Roasted, they can be used as a replacement for coffee, and they are, according to this report, superior to chicory.

The seeds furnish a flour which has a high fat content and which gives rapid weight gain to animals that are fattened, such as cattle, pigs, sheep, and poultry. It quickly returns horses that are thin or tired to good shape.

Rich in nitrogen, they are very low in starch (and actually may not have any that is use in nutrition) they furnish an excellent bread for diabetics, and can be very useful in this regard as a medicine since starch, as is well known, is the enemy of diabetes. Used together with wheat flour, soybean flour gives a bread a bright whiteness and decreases by one-third its net cost. Here is a nutritional analysis by Mr. Joulin. A table is given.

One can see from this analysis that soy bread (*le pain de soja*) contains twice as much protein and one-fifth as much starch as wheat bread; as for the fat, it contains ten times as much. Also, a robust man is hardly satiated with a kilogram of wheat bread, but 620 grams of soy bread is enough to obtain the same result.

Here are the results of an experiment made several years ago by Mr. Fortuné, an agronomist at Trie-Chateau (in Oise) which demonstrates the advantages offered by soy in fattening farm animals.

In the countries of its origin, the soybean forms the basis of another important industry; it is used to make a cheese which is widely used in the diets of the people of East Asia. There are some people who do not like this cheese. Address: Member, Société d'histoire naturelle des Ardennes, France.

590. **Product Name:** Tofu.
Manufacturer's Name: Hirano Tofu-ya.
Manufacturer's Address: 446 Jackson St., Los Angeles, California. Phone: Broadway 1910.
Date of Introduction: 1908.
New Product–Documentation: Rafu Shinposha. 1908. *Rafu Nenkan* [*Rafu Shinpo Japanese-American year book*]. Directory, p. 43. Hirano Tofu-ya, 446 Jackson St. Phone: Broadway 1910.

Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 91. Also in 1913, p. 126. Phone: A 2896. Note: Ichino Tofu-ya was at this address from 1905 to 1909 (Directory entry p. 88). Also in 1912 directory, p. 115.

591. **Product Name:** Tofu.
Manufacturer's Name: Inoue Tofu-ya.
Manufacturer's Address: 108 N. San Pedro St., Los Angeles, California. Phone: Main 1948.
Date of Introduction: 1908.
New Product–Documentation: Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 44 (Japanese numbers).

592. **Product Name:** Tofu.
Manufacturer's Name: Kodama Tofu-ya.
Manufacturer's Address: 600 N. 6th St., San Jose, California.
Date of Introduction: 1908.
New Product–Documentation: Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 60 (Japanese numbers).

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 109. Also in 1911 directory, p. 109, but the address is now 602 N. 6th St.

593. **Product Name:** Tofu.
Manufacturer's Name: Kurata Tofu-ya.
Manufacturer's Address: P.O. Box 325, Salinas, California.
Date of Introduction: 1908.

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New Product–Documentation: Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 31 (Japanese numbers).

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 105.

594. **Product Name:** Tofu.
Manufacturer's Name: Mitsunaga Tofu-ya.
Manufacturer's Address: 226 Jackson St., San Jose, California. Phone: Black 1861.
Date of Introduction: 1908.
New Product–Documentation: Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 60 (Japanese numbers).

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 109.

595. **Product Name:** Tofu.
Manufacturer's Name: Ogawa Tofu-ya.
Manufacturer's Address: 149 Vine St. / 149 N. Central Ave., Los Angeles, California.
Date of Introduction: 1908.
New Product–Documentation: Rafu Shinposha. 1908. *Rafu Nenkan* [*Rafu Shinpo Japanese-American year book*]. Directory, p. 43. Ogawa Tofu-ya, 149 Vine St. No phone.

Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 44 (Japanese numbers).

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 88. Address: 149 N. Central Ave., Los Angeles, California.

596. **Product Name:** Tofu.
Manufacturer's Name: Sankaku (Mitsuno? Sankado?) Tofu-ya / Konmaasharu (Commercial) Tofu.
Manufacturer's Address: 315½ Commercial St., Los Angeles, California. Phone: Broadway 3757.
Date of Introduction: 1908.
New Product–Documentation: Rafu Shinposha. 1908. *Rafu Nenkan* [*Rafu Shinpo Japanese-American year book*]. Directory, p. 43. Sankaku (Mitsuno? Sankado?) Tofu-ya, 315½ Commercial St., Tel: Broadway 4757.

Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 44 (Japanese numbers). Konmaasharu Tofu.

597. **Product Name:** Tofu.
Manufacturer's Name: Tsukamoto Tofu-ya.
Manufacturer's Address: 128 E. First St., Reno, Nevada.
Date of Introduction: 1908.
New Product–Documentation: Nichibei Shinbun-sha. 1908. *Zaibei Nihonjin Nenkan* [*Japanese-American Yearbook*]. Directory p. 86 (Japanese numbers). The address is now given as 128 E. Front St., Reno.

Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 121.

Note 1. This is the earliest document seen (July 2011) concerning soybean products (tofu) in Nevada. This document contains the earliest date seen for soybean products in Nevada (1908); soybeans as such have not yet been reported.

Note 2. This is the earliest document seen (July 2011) concerning soybeans in Nevada. This document contains the earliest date seen for soybeans in Nevada (1909). The source of these soybeans is unknown. A tofu shop must have soybeans in order to make tofu.

Note 3. This is the earliest known commercial soy product made in Nevada.

598. Agricultural Bureau, Department of Agriculture and Commerce. 1908. Agriculture in Japan. Tokyo: Agricultural Bureau, Department of Agriculture and Commerce. x + 455 p. See p. 225-29, 434, 439, 448, 453-54. No index. 23 cm. [Eng]

• ***Summary:*** A table of moneys, weights and measures (p. x) includes British equivalents of the following Japanese units: Money–*yen, sen, rin.* Length: *ri, chô, ken, shaku, sun.* Area: *cho, tan, sé, bu* or *tsubo, kô* (*9.724 tan*). Capacity / volume: *koku, tô, sho, go.* Weights: *kwan or kwamme, kin, momme.*

In Chapter 6 titled "Agricultural products," in section 2 on "staple food stuffs" is a subsection titled "Soja beans" (p. 225-29) which begins: "In point of production and use, soja beans occupy an important position among the various beans, they are extensively cultivated from the Hokkaido in the north to Formosa in the south. They find a congenial soil to prosper, the acreage for 1906 was 460,895 *cho* (1 cho = 2.45 acres) which with the exception of the acreage of barley (503,498 *chô*) is equalled by no other products from the upland fields. Their use is quite extensive. They are eaten boiled, baked and powdered while *soy, miso* and *tofu* (bean curd) made out of beans, are found even in the remotest villages. They are found on the table both of high and low. In making *soy* [*sauce*], a by-product in a shape of soy-cakes is obtained and may be used as excellent manure, while in making *tofu*, the remaining ingredients [okara] may be used as a subsidiary diet and as food for cattle. Soja beans may also be pressed, and its oil used for the purpose of diet and for various technical uses, while the residue forms excellent manure. The fresh stalks of soja beans may be used as forage or as effective green manure. In short, soja beans, either as an article of Japanese diet, or as agricultural manure or as food for cattle are indispensable.

"The cultivation of beans under the circumstances was developed from ancient times, and numerous varieties are most extensively cultivated while by its peculiar nature of root, it absolves nitrogen from air so that high priced nitrogenous manure may be dispensed with, and therefore the cultivation of beans like other agricultural products do

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not exhaust the productive power of the soil, but on the contrary, it operates favourably to improve the soil. As for rotation of crops of wheat, millets, corns and potatoes, beans are indispensable. Seeds are sown early in the beginning of May."

Tables show: (1) Output of soja beans in Japan, 1897-1906." For each year is given the area (in *chô*), the production (in *koku*) and the yield (in *koku* per *tan*) (1 *koku* = 4.962 bushels; 1 *tan* = 0.245 acres). The area increased from 435,605 *chô* in 1897 to a peak of 482,044 *chô* in 1898, then slowly fell to a low of 446,844 *chô* in 1904, then rose to 460,895 *chô* in 1906. Production increased from 3,100,973 *koku* in 1897 to a peak of 4,069,619 *koku* in 1901, then slowly dropped to 3,557,592 in 1906. The yield in 1897 was 0.712 *koku* per *tan*, rising to a peak of 0.830 in 1904. Hokkaido has the largest area (43,924 *chô*) and production (392,140 *koku*). The principal soja bean producing districts are Ibaraki (33,000 *chô*), Saitama (29,000 *chô*), Iwate (26,000 *chô*), Nagasaki (26,000 *chô*), Kumamoto (26,000 *chô*), Niigata (22,000 *chô*). There is no prefecture where the production does not exceed 10,000 *koku.*

(2) "As mentioned above, soja beans are used either boiled, baked or powdered or as material for *tofu* (bean curd), frozen *tofu*, *soy* and *miso* (bean-cheese), and particularly the latter two products besides meeting with domestic demands, are exported abroad in large quantities, as may be seen in the following table." This table shows amount and value (in *yen*) of miso and soy [sauce] exported from Japan each year from 1903 to 1907, inclusive. Miso exports increased from 1,670,092 *kin* (1 *kin* = 1.322 lb) in 1903 to a peak of 5,199,957 *kin* in 1907 (a 3.1 fold increase in 4 years), while soy [sauce] exports increased from 1,974,119 *shô* (1 *shô* = 1.9 quarts) in 1903 to 4,403,851 *shô* in 1907 (a 2.2 fold increase). The total yen value of these two exports rose from 489,213 *yen* in 1903 to 1,354,517 *yen* in 1907 (a 2.8 fold increase). In American units: Miso exports increased from 2.20 million lb (worth $347,647) in 1903 to a peak of 7.50 million lb (worth $132,652) in 1905, dropping to 6.86 million lb (worth $135,833) in 1907.

Shoyu exports increased from 5.92 million lb (worth $204,959) in 1903 to 13.21 million lb (worth $541,425) in 1907. Note that in 1907 shoyu exports are worth about 4 times as much as miso exports.

(3) Because of increasing exports, Japan now needs to import soja beans from abroad. This table (p. 227) shows the amount and value of soybeans imported by Japan for the years 1903-1907, inclusive. They rose from 146,971 tons (worth $3.18 million) in 1903 to a peak of 193,479 tons (worth $4.92 million) in 1905, dropping to 177,365 tons (worth $4.79 million) in 1907. They are mostly imported from Manchuria and Korea. "While a greater portion of these imports is used as material for *soy and miso*, it is also used in making bean-cakes and is sown for obtaining green manure, or used as manure or for feeding cattle."

(4) This table (p. 228) shows the quantity and value of [soy] bean-cakes imported into Japan for the years 1903-1907, inclusive. The cake was used mostly for fertilizer. Cake imports rose from 216,198 tons (worth $3.81 million and representing 57.8% of all fertilizers) in 1903 to 367,210 tons (worth $8.71 million and representing 44.8% of all fertilizers) in 1907. (5) This table (p. 229) shows acreage and production (output) of [soy] beans in Formosa [today's Taiwan]. Acreage doubled in 3 years from 11,226 *kô* in 1901 to a peak of 22,641 *kô* [53,886 acres] in 1904, then decreased slightly to 21,220 *kô* in 1906. Note 1. 1 *kô* = 9.724 *tan*, and 1 *tan* = 0.245 acres. Therefore 1 *kô* = 2.38 acres.

Production in Taiwan increased more than 3-fold from 44,661 *koku* in 1901 to 135,271 *koku* in 1904, then decreased slightly to 100,803 *koku* in 1906. Note 2. Production of soja beans in Formosa in 1904 was only 3.6% as much as production of soja beans in Japan in 1904.

The next section, titled "Red-beans" (p. 229-30) gives similar detailed statistics on acreage, production, and yield for azuki beans in Japan. *Sarashi-an* (the powdered red bean) is made in Osaka, Tokyo, Niigata, and Aomori. A second table gives annual imports of red [azuki] beans to Japan from 1903 to 1907. They are imported mainly from China, Korea, and British India.

In Chapter 9, titled "Agricultural products in commerce," section 2 is on imports to Japan. A table (p. 433-34) gives imports of the following grains and seeds (in quantity / piculs and value / yen) from 1903 to 1907: Italian millet, soja beans, red beans [azuki] (small white), and sesame seeds. Another table (p. 438) titled "Miscellaneous" includes imports of "bean's oil cake" for the same period. An explanation titled "Soja-beans" (p. 439) states: "Not only as foodstuffs, but also as a manure a large quantity of beans are consumed each year, as that from China and Korea a considerable amount is imported. Besides beans, bean-cakes are imported from China in large quantity." Imports of sesame seeds, rice, wheat and rape-seed are also discussed on the same page. In this same chapter, section 3 is on Exports and imports in Formosa. Soy is mentioned on pages 434, 439, 442, 448, 453-54. "Beans, Soja: The demand for soja beans in Formosa is enormous and as the Formosan product was not sufficient to meet the demand, a large amount is imported from abroad. Soja beans produced in Manchuria, and Chin-kiang [Chinkiang, Zhenjiang] are imported from China and Hongkong." "Oil, Beans [soybean oil]: This is principally produced in Manchuria and is brought here through China and Hongkong. Originally it was used as an illumination, but the demand has greatly increased as it is used in making cut tobacco" [to keep it moist]. Ground-nut oil is used for the same purpose (p. 453-54).

Note 3. This is the earliest document seen (Oct. 2003) concerning miso in international trade–exported from Japan; export statistics are also given. Note 4. The preface, by Chuzi [Chuji] Shimooka, explains that this book was compiled for

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the International Agricultural Association meeting to be held in Italy in the autumn. The compiler did not have time to explain all the terms [and units] adequately. Address: Tokyo, Japan.

599. Allen, Horace Newton. 1908. Things Korean: A collection of sketches and anecdotes, missionary and diplomatic. New York, Chicago, Toronto, London, Edinburgh: F.H. Revell Co. 256 p. See p. 74. Illust. (black and white photos). No index. 19 cm.
• ***Summary:*** Page 74: "Products.–The great product of Korea is rice, which is the staple of diet. Next come [soy] beans, which are largely used as a food for man and beast, being mixed with rice in the human dietary or used in the form of curd or cake [tofu], while they are indispensable for making the sauce so highly prized in Asia, and which is shipped abroad in vast quantities for the preparation of a celebrated English sauce as well as others, since it is the foundation for most of our sauces. Any one who patronizes a Chinese restaurant will be familiar with this bean sauce. Millet, rye, barley, oats, wheat and some poor corn, together with cotton and vegetables, form the chief farm crops raised in Korea after rice and beans."

Note 1. By "bean sauce" the author probably means "soy sauce," but he might also mean soybean jang (Korean-style soybean miso).

Note 2. The term "celebrated English sauce" clearly refers to Worcestershire sauce.

Preface: The author lived for 22 years "in China and Korea, including practically the whole period of the latter's diplomatic intercourse with the outside world,..." He spent 3 years in Korea as a medical missionary, 3 years in the Korean service, and 15 years in the diplomatic service of the United States government, "beginning as secretary of legation and ending as minister plenipotentiary." The poor Koreans are in desperate straits but opposition by them to their situation "seems at present to be unavailing if not suicidal." Sadly, the United States "deserted them in their time of need and ignored the solemn agreement we had entered into with them as an inducement for their abandoning the centuries-old position of exclusion and non-intercourse and emerging into the dazzling glare of treaty relations. Our treaty with Korea of May 22, 1882, in its first article, makes the following promise: 'If other Powers deal unjustly or oppressively with either government, the other will exert their good offices on being informed of the case, to bring about an amicable arrangement, thus showing their friendly feeling."

The U.S. disregarded this solemn pledge at the time of the Portsmouth convention; we violated our sacred covenant.

Chapter 16, "Political changes and probabilities."

1884–The "haughty Chinese drove the then inconspicuous Japanese so precipitately from the land that they left their dead in the streets to be devoured by the dogs" (p. 243); the Chinese continued their traditional domination of Korea.

1894-1895–First Sino-Japanese War, over domination of Korea; the Japanese won and in Oct. 1895 the treaty of Shimonoseki was signed. During this war the world got its first intimation of the excellence of Japanese military organization and power. But diplomatic mistakes in Korea by Japan, after her victory, enabled Russia to gain the upper hand. Yet Russia too made diplomatic blunders while for 10 years Japan prepared for another war over Korea.

1904-1905–Russo-Japanese war; Japan won, gained control of Korea, and drove Russia from the entire area except in the vicinity of Vladivostok. During the 20 previous years when Korea could have fortified the country, it "played at all manner of silly pastimes." Now Korea is Japan's to exploit for herself. The U.S. position in the area has been weakened. Japan's next great objective will surely be China; it is only a matter of time. Address: Toledo, Ohio; M.D., Late Envoy Extraordinary and Minister Plenipotentiary of the United States.

600. Bloch, A. 1908. Le soja. Sa culture, sa composition, son emploi en médecine et dans l'alimentation [The soybean. Its culture, its composition, its use in medicine and in food]. *Annales d'Hygiene et de Medecine Coloniales* 11:85-122. [29 ref. Fre]
• ***Summary:*** This article is identical to that published by Bloch in 1907 in *Bulletin des Sciences Pharmacologiques* (Paris). Address: Pharmacist major 2nd class of the colonial troops. Doctor of Pharmacy.

601. Heppe, Kurt. 1908. Explanations of all terms used in coockery [sic]–cellaring and the preparation of drinks. Pocket dictionary. New York, NY: Published by the author. 335 p. See p. 45-46.
• ***Summary:*** The Preface begins: "This book has been specially adapted to American methods." Pages 45-46. Under the entry for "Cheese" we read: "Tao-foo cheese; Chinese cheese prepared from peas."

Under Sauces, ready-made (p. 274+) we find: Page 274: "Catchup; from the East Indian, kit-jab, (to get the essence). Page 275: Lea and Perrins Worchester [sic] sauce; a very hot dark sauce for meats, rarebits, fish, etc.

Page 286: "- a la Soy or Soya; of Japan beans with butter, brown fish essence, velouté.

Page 313: "Soy–a ketchup of the Soy bean."

602. Huang Shirong. 1908. Weituiju suibi [Random notes from the "plain flavor" studio]. China. Passage on soy reprinted in C.N. Li 1958 #349, p. 248-49. [Chi]
• ***Summary:*** Wade-Giles reference: *Wei T'ui Chü Sui Pi,* by Huang Shih-Jung. Qing dynasty. A revised edition of this book, edited by Huang's son, appeared in 1916 during the Republican period. This is a summary by Mr. Huang (in China) of a publication by Li Yu-ying–who was in France at

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the time.

The section titled "Soybeans efficacy and use" (*gongyong*) states: Mr. Li Yu-Ying recommends that China establish an association / society for soybeans and soybean technology for Chinese manufacturing. Li wrote two articles: One, to promote the establishment of a society for soybeans, and the second to promote manufacture of soybean products in China using modern technology. It is most important to invent new methods of production and manufacture, which would have a great effect on the industry. These two, which contained 5,000 words, were published in a Chinese newspaper [probably in China] the 2nd month on the 6th, 7th, 8th, 9th, 10th, 11th, and 12th days. Note: The name of the newspaper is not given. Mr. Huang summarizes the content as follows:

The nutrients of the soybean benefit health, economics, and commercial production; it is worthy of future development. Its wider propagation will improve the fertility of the soil because the roots contain nodules which fix nitrogen to enrich the soil. Soybeans are a rich source of dairy products (milk content) and oil, so they are very nutritious. They can be used to make good substitutes for meat. They are rich in phosphorus and potassium, so they are healthful and strengthen the brain. Since they are lacking in starch, they are good for diabetic diets. Because they are a rich source of dairy products (milk content) and oil, they would be a good material for industrial exploitation. And its very inexpensive; it sells for only about one-fifth as much as legumes from other countries. When you compare the milk / protein content with that of meat, milk, or eggs, or with other legumes and cereal grains, it is at least 2-10 times higher.

The soybean is rich in phosphorus, which is equal to the efficacy of Western medical phosphorus. Other products: Whole soybeans (*douren*). Soybean noodles (*doumian;* wheat pasta enriched with soy); it is a substitute for wheat gluten (*mianjin*). Soybean oil (*douyou*). Soybean cake–defatted (*doubing*). Okara or residue from making soymilk (*douzha;* [mostly fed to animals]). Soymilk (*doujiang*). Spray-dried soymilk (*doujiangfen*). Canned soymilk (*guandoujiang*). Soured soymilk (*suandoujiang;* by lactic acid fermentation). Soybean extract (*doujing*). Tofu (*doufu*). Pressed tofu–sliced (*doufugan yupian*). Fermented tofu (*faxiao doufu*). Whey–from making tofu (*yujiang*). Soy sauce (*jiangyou*). Sweet wheat-flour jiang (*tiandoujiang*). Soy sprouts (*douyacai*). Soybean coffee (*douren jiafei*). (Translated by H.T. Huang, PhD, April 2003).

603. Kato, Yogoro. 1908. Physico-chemical studies on tofu. *Memoirs of the College of Science and Engineering, Kyoto Imperial University* 1:325-31. (Chem. Abst. 3:2182). [2 ref. Eng]

• ***Summary:*** Tofu is a foodstuff made by grinding the soy bean with water, filtering to obtain a milky liquid, and coagulating the suspended matter by the addition of a bitter salt solution (bittern). This bitter salt solution is obtained as the residue in making common salt from sea-water by evaporation. The author concludes that the tofu solution contains a negative colloid and belongs to the class of solutions which might be called colloidal suspension. "It seems quite probable that the manufacture of tofu is based upon the coagulation of the colloid by electrolytes: consequently, several electrolytes containing cation [cations] of high valency, besides calcium and magnesium, may be employed for the coagulation."

Note: This is the earliest English-language document seen (Aug. 2010) that contains the term "physico-chemical" or with the term "physico-chemical" in the title. Address: Chemical Lab., Higher Technological School of Tokyo.

604. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1908. Zaibei Nihonjin nenkan [Japanese-American yearbook. No. 4]. 234 Turk St., San Francisco, California. 491 p., many unnumbered. Reprinted in 25 Oct. 2001 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 1-kai [Collected Documents on Japanese Emigration. No. 1]. [Jap; eng]

• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. There is an English-language title page.

The book is composed of: 4 unnumbered pages of front matter, 3 unnumbered leaves of black and white photos (two show before and after the San Francisco earthquake and fire) on glossy paper, 20 pages of ads and basic information, numbered using Japanese numbers (NUJN), of which the last four pages are the table of contents, 210 numbered pages which are the body of the book, 84 pages of ads NUJN, 6 unnumbered pages of index and ads, 95 pages of directory NUJN, 37 pages of ads and back matter NUJN.

The import tax on shoyu is either 40% or 4% (unclear, p. 48). There is one tofu shop near (but not in) Oakland, California (p. 180, lower right). There are three tofu shops in San Jose, one in Watsonville, one in Salinas, and a brewery [that may make shoyu and sake] in San Jose (p. 182).

The Directory shows Japanese companies making soyfoods in California and Nevada (Reno). Address: San Francisco, California.

605. Visser, M.W. de. 1908. The fox and the badger in Japanese folklore. *Transactions of the Asiatic Society of Japan* 36(1):1-159. See p. 126. [100+* ref]

• ***Summary:*** "The words and deeds of the persons so possessed are very strange. They ask, for example, for azuki-meshi (rice and red pea-beans mixed), tôfu-juice (bean curd) and tai fish laid in miso (sauce made of wheat, beans and salt), and after having eaten very greedily the possessing fox demands through the mouth of the patient a piece of ground belonging to the family of the latter (in behalf of the fox keeper), menacing the life of the patient if it is refused."

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Contains a long discussion about "Inari, the fox-shaped spirit of rice" (p. 129+), but does not mention Inari-zushi. Address: PhD, Japan.

606. Watt, George. 1908. Commercial products of India. Being an abridgment of "The Dictionary of the Economic Products of India." London: John Murray. viii + 1189 p. See p. 564-65. [15 soy ref]

• ***Summary:*** Since Watt's *Dictionary of the Economic Products of India* has been out of print for some time, the Government of India asked him to write an updated 1-volume abridgement. He said that soybeans in India were first introduced from Indonesia. "The Soy Bean; in Indian vernaculars, *bhat, ram, gari-kulay, hendedisom horec, pond disom, an-ing-kiyo, tzu-dza, bhatnas, seta, musa, khajuwa,* etc.

"A sub-erect or creeping annual native of China, Cochin-China, Japan and Java, comparatively recently introduced into India, though recorded as acclimatised and even seen as an escape from cultivation. It might, in fact, be described as extensively cultivated, though more as a garden than a field crop; is especially prevalent in Eastern Bengal, Assam (Barpeta Sub-division), the Khasia hills, Manipur, the Naga hills and Burma. It is not infrequent in the plains of India proper, especially in Busti, Gorakhpur, Patna and Purnea, etc. In Bombay and Madras, however, the Soy Bean has apparently hardly passed the experimental stage.

"Cultivation.–Two chief varieties occur, one called white, the other black. On the plains it is generally grown by itself as a *kharif* (autumn) crop. The seeds are sown from June to September, and harvested from November to December... In Assam it is sown with*áhu* (autumn rice) in April and May. The*áhu* crop is removed in July and August, and its stubble acts as a support for the bean plants, which are ready for harvest in December and January."

"It is eaten in India in the localities where it is cultivated, chiefly in the form of *dál* or *satú.* In Japan it is largely used as a sauce, cheese (*natto*) or paste, and in China an edible oil is obtained from the seed. If cut when the pods are fully formed it makes a most nutritious fodder, and the seed-cake, as already stated, is an extremely rich cattle food."

Also discusses: Alfalfa (p. 778). Almonds (*Prunus amygdalus,* p. 905). Broad bean or Windsor bean (*Vicia faba,* p. 1106-07. "There are two distinct forms, the long-podded and the broad-podded, the latter originating the name 'Broad' or 'Windsor bean'"). Chufa (*Cyperus esculentus,* p. 465; also called Rush-nut, earth-almond, or tiger-nut). Coffee (p. 363-68, with an excellent history). Cowpeas (p. 1107-08). Lucerne or alfalfa (*Medicago sativa,* p. 778-79).

Mung bean, *udid,* and *urud / urd* (*Phaseolus mungo* or *P. radiatus,* p. 880-82). "There has been some confusion regarding the nomenclature of *Phaseolus Mungo* and the species which follows–*P. radiatus,*–due chiefly to Roxburgh having transposed the original Linnean names. *P. Mungo, Linn.,* is the present plant, udid or urd; while *P. radiatus,* Linn., is the plant known in the vernacular as mung. There are two varieties of udid, one with large black seeds, the other with smaller greenish seeds, and these correspond very possibly with *P. Mungo* proper and the variety *Roxburghii.*

Sea-weeds (Kelp, p. 50). Address: Kew Gardens, England; Formerly, Prof. of Botany, Calcutta Univ., Superintendent Indian Museum (Industrial Section) and reporter on economic products to the Government of India.

607. *USDA Bureau of Plant Industry, Inventory.* 1909. Seeds and plants imported during the period from January 1 to March 31, 1908. Nos. 21732 to 22510. No. 14. 64 p. Jan. 9. Also titled USDA Bureau of Plant Industry, Bulletin No. 137.

• ***Summary:*** Soy bean introductions: Glycine hispida (Moench) Maxim. [Note the first use of this terminology in this publication.]

21754-21757. "From Paris, France. Purchased from Vilmorin-Andrieux & Co. Received January 3, 1908.

"21754. Yellow seeded.

"21755. *Ogemaw.* Extra early, brown seeded.

"21756. Black seeded.

"21757. Extra early, black seeded."

21818. "From Paris, France. Purchased from Vilmorin-Andrieux & Co. Received January 17, 1908. *Ito San.* Called by the French, *Yellow Etampes.*

21825. "From Hokkaido, Japan. Presented by Mr. K. Hashimoto, Kuchchau Agricultural Society, Abutagun. Received January 14, 1908. *Amherst* (?). 'Used in the manufacture of "soy," "miso," "tifu" [tofu], etc.' (*Hashimoto.*)"

21830/21831. "From Hokkaido, Japan. Presented by the Yokohama Nursery Company, Yokohama, Japan. Received January 24, 1908.

"21830. *Butterball.* Japanese name *Akita.*

"21831. Japanese name *Rumoi.*"

21946. "From Buitenzorg, Java. Presented by Dr. M. Treub, director of the Department of Agriculture. Received February 11, 1908. *'Zwarte kadelee'"* [black soybeans].

21999. "Received through Mr. F.N. Meyer, agricultural explorer for this Department at the Plant Introduction Garden, Chico, Cal., February 12, 1908. From Boshan, Shantung, China. '(No. 799a, Sept. 18, 1907.) A rare variety of soy bean, sparsely grown near Boshan. Chinese name *Ta ha tau.* Used by the higher classes as a vegetable in soups.' (*Meyer.*)"

22311/22312. "From Shanghai, Kiangsu, China. Presented by Rev. J.M.W. Farnham, Chinese Tract Society. Received March 11, 1908.

"22311. Black. 'Similar to *Nuttall* but larger.' (*Nielsen.*)

"22312. Yellow."

22317-22322. "From Erfurt, Germany. Purchased from Haage & Schmidt [seedsmen]. Received March 16, 1908.

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"22317. Probably *Butterball.*

"22318. *'Giant Yellow.'* Probably *Amherst.*

"22319. Brown.

"22320. *Samarow.* Like No. 17260.

"22321. Probably *Cloud.*

"22322. *'Early Black* from Podolia [Ukraine].' Probably *Buckshot."*

22333-22337. "Grown at Arlington Experimental Farm, Virginia, season of 1907. Received March 19, 1908.

"22333. *Baird.* 'This variety was mixed with *Brownie* when received from Pingyang [Pyongyang / P'yongyang], Korea. This mixture was given S.P.I. No. 6414. The two varieties were grown together under these numbers, 9417, 17256, and Agrost. No. 1542, respectively. The two varieties were separated in the 1907 seed from Arlington Farm, and *Baird* given the above new number, *Brownie* remaining as No. 17256.' (*Nielsen*).

"22334. Flat black. 'Received from Mr. H.B. Derr, Agricultural Experiment Station, Champaign, Illinois. The original source of the seed is not known. It is quite similar in growth to *Nuttall,* but the seed is not the same shape, being flatter and larger.' (*Nielsen.*)

"22335. Yellow. 'Received from Mr. H.B. Derr, Agricultural Experiment Station, Champaign, Illinois, where it was grown as *Illinois Medium Yellow.* It is very similar to *Hollybrook,* and perhaps is the same, but appears different on account of having been grown farther north.' (*Nielsen.*)

"22336. *Guelph.* 'Received from Mr. H.B. Derr, Agricultural Experiment Station, Champaign, Illinois. Original seed was procured from the Agricultural Experiment Station, Wooster, Ohio.' (*Nielsen.*)

"22337. *Guelph.* 'Received from Mr. H.B. Derr, Agricultural Experiment Station, Champaign, Illinois. Original seed was procured from the Agricultural Experiment Station, Fayetteville, Arkansas' (*Nielsen.*)."

22379-22381. "From Canton, Kwangtung [province], China. Presented by Dr. J.M. Swan, Cooks Hospital. Received March 20, 1908.

"22379. Yellow.

"22380. Black.

"22381. Green mixed with yellow and a few brown."

22406/22407. "From Hongkong, China. Presented by Mr. S.T. Dunn, Botanical and Forestry Department. Received March 26, 1908. [Note: It is not clear whether or not they were ever cultivated in Hongkong. These two soybeans (#22406 and #22407, both black seeded) were later given the names "Hongkong" and "Nigra" respectively, and introduced to the USA in about 1910].

"22406. Yellow.

"22407. Black."

22411-22415. "From Naples, Italy. Purchased from Dammann & Co. Received March 25, 1908.

"22411. *Samarow.*

"22412. Black. 'Similar to *Cloud.'* (*Nielsen.*)

"22413. Brown.

"22414. Yellow. 'Similar to *Acme.'* (*Nielsen.*)

"22415. Giant yellow."

"Glycine soja Sieb. & Zucc." [Note the first mention of this species.] 22428. "Grown at Arlington Farm, Virginia, season of 1907, under C.V.P. No. 0474. Received March, 1908. 'Original seed presented by the Botanic Gardens, Tokyo, Japan. A near relative to the soy bean, but a spreading or decumbent plant, abundantly provided with large root nodules. Has considerable promise as a cover or green manure crop.' (*Piper.*)"

22498-22501. "From Hangchow, Chehkiang, China. Presented by Dr. D. Duncan Main, through Mr. J.M.W. Farnham, Shanghai, China. Received March 26, 1908.

"22498. Yellow. Similar to No. 18619.

"22499. Yellow.

"22500. Green. Similar to No. 17857.

"22501. Black."

22503-22507. "From Yokohama, Japan. Purchased from L. Boehmer & Co. Received March 31, 1908. The following seeds with Japanese names quoted; varietal descriptions by Mr. H.T. Nielsen:

"22503. *'Teppo Mame.'* Yellow, similar in appearance to *Amherst,* No. 17275.

"22504. *'Kaze Mame.'* Green.

"22505. *'Gogwatsu Mame.'* Yellow, similar to *Haberlandt,* No. 17271.

"22506. *'Maru Mame.'* Yellow.

"22507. *'Vieuri Lei.'* Green, similar to *Yosho,* No. 17262." Address: Washington, DC.

608. Holland, Edward B. 1909. Soy beans and soy bean oil. *Massachusetts Agricultural Experiment Station, Annual Report* 21(Part II):111-19. Jan. 1909. [30 ref]

• ***Summary:*** Contents: Economic uses. The chemistry of soy bean meal. Table showing composition of Medium Green soy beans. Soy bean oil: Physical tests (tables show specific gravity, specific viscosity, refractive index, mean dispersion), chemical tests (tables show acid number, ether number, Hehner number, insoluble acids, neutralization number, mean molecular weight, iodine number).

The oil was removed from the soy beans by the V.D. Anderson Company of Cleveland, Ohio, using torsional pressure. "An analysis of the resulting cake indicates that from 55 to 60 per cent. of the oil was removed. The oil was passed through a filter press, but was not refined otherwise. The oil was clear and of a dark amber color, with an odor similar to that of other vegetable oils." The author found the oil to have following physical constants: Specific gravity at 15ºC 0.9206. Specific viscosity 8.43. Refractive index at 20ºC 1.4749. Mean dispersion at 20ºC 0.00938.

In chemical tests, the author found the following constants: Saponification (*Koettstorfer*) number 191.95. Acid number 1.27. Ether number 190.68. Iodine number 130.77.

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"According to the classification of Lewkowitsch, based on iodine number, soy bean oil is a semi-drying oil of the cotton-seed oil group."

Note 1. E.B. Holland is no relation to J.H. Holland of London, who wrote about soy in 1910.

Note 2. This is the earliest English-language document seen (Sept. 2006) with the term "soy bean oil" in the title.

Note 3. This is the 2nd earliest document seen (Sept. 2006) that uses the term "Refractive index" in connection with the soja bean, and the first that gives a value (1.4749 at 20ºC).

Note 4. Values for the specific gravity and saponification number of soy bean oil, attributed to Shukoff in "correspondence with Dr. Lindsey," are the same as those published by Shukoff in *Chemische Revue ueber die Fett- und Harz-Industrie* (Hamburg, Germany) (Dec. 1901, p. 250-51). Address: M.Sc., Assoc. Chemist, 28 North Prospect St., Amherst, Massachusetts.

609. *USDA Bureau of Plant Industry, Inventory.* 1909. Seeds and plants imported during the period from April 1 to June 30, 1908. Nos. 22511 to 23322. No. 15. 81 p. Feb. 25. Also titled USDA Bureau of Plant Industry, Bulletin No. 142.
• ***Summary:*** Soy bean introductions: Glycine hispida (Moench) Maxim.

22534/22535. "From Weihsien, China. Presented by Mrs. C.W. Mateer. Received April 4, 1908.

"22534. Yellow. 'This bean is used for making lamp and cooking oil and for flour to make cakes; also for bean curd (a mush curdled by caustic soda and eaten fried). All these are nourishing, but more esteemed by Chinese than foreigners. The refuse after expressing the oil forms a cake (round) 2 feet in diameter and 3 inches thick. This is exported for feeding animals (pounded fine) and enriching land.' (*Mateer.*)

"22535. Black. Similar in appearance to *Cloud."*

22536-22538. "From Chefoo [Yantai], Shantung, China. Presented by Mr. Hunter Corbett, through Rev. J.M.W. Farnham, of Shanghai, China. Received April 4, 1908. The following seeds, varietal descriptions by Mr. H.T. Nielsen:

"22536. Green. Similar to No. 17857.

"22537. Green. Similar to No. 17262, *Yosho.* 'Chinese names (S.P.I. No. 22536) *Ching teo* and *Luh teo;* (S.P.I. No. 22537) *Whong teo.* These beans are used extensively for the manufacture of oil; the bean cake which remains after the oil has been pressed out is shipped south and extensively used as a fertilizer in vegetable gardens. Will grow well on level or high and hilly land. Is used by the people largely for food, being ground and made into a curd, also put in water and soaked until well sprouted and used as a vegetable. It is also boiled and eaten in the same manner as rice.' (*Corbett.*)

"22538. Black. Similar in appearance to *Cloud.* 'Chinese name *Shao hih teo.* Used chiefly for feeding animals.' (*Corbett.*)"

22633/22634. "From Sheklung, Kwongtung [Kwangtung / Guangdong], China. Presented by Mr. A.J. Fisher, American Presbyterian Mission. Received April 3, 1908.

"22633. Yellow. Similar in appearance to *Acme,* No. 14954, but seed is a trifle larger.

"22634. Black. Seed flatter than any other of the same size received from China."

22644-22646. "From Hangchow, Chehkiang, China. Presented by Mr. John L. Stuart. Received April 18, 1908. The following seeds, varietal descriptions by Mr. H.T. Nielsen:

"22644. Smoky yellow. Looks like it might possibly be a mixture.

"22645. Greenish yellow. Similar in appearance to *Haberlandt,* No. 17263.

"22646. Yellow. Practically identical with No. 18619."

22714. "From Saigon, Cochin China. Presented by Mr. Jacob E. Conner, American consul. Received April 21, 1908. Yellow."

22874-22885. "From Tokyo, Japan. Purchased from the Tokyo Plant, Seed, and Implement Company. Received May 14, 1908. The following seeds, varietal identifications and descriptions made by Mr. H.T. Nielsen:

"22874. Green.

"22875. *Flat King.* Same as Nos. 19982 and 17252.

"22876. Yellow. Similar in appearance to *Hollybrook,* No. 17269.

"22877. *Okute.* Apparently identical with No. 19986.

"22878. *Butterball.* Apparently identical with Nos. 19981 and 17273.

"22879. Yellow. Evidently two varieties; most of the seed very similar in appearance to *Acme,* No. 14954.

"22880. Yellow. Quite closely resembling *Hollybrook.*

"22881. Green.

"22882. Yellow. Apparently identical with No. 20892.

"22883. *Buckshot.* Apparently identical with No. 19987.

"22884. Yellow, with a slight purple marking on many of the seeds.

"22885. *Amherst.* Apparently identical with Nos. 19983 and 17275."

22886. "From Swatow [Shantou], Kwangtung [province], China. Presented by Mr. William Ashmore, Jr., through Rev. J.M.W. Farnham, Chinese Tract Society, Shanghai, China. Received May 14, 1908. Black."

22897-22901. "From Paotingfu, Chihli [later Baoding, Hebei], China. Presented by Rev. J.W. Lowrie, D.D., through Rev. J.M.W. Farnham, Chinese Tract Society, Shanghai, China. Received April 22, 1908. The following seeds. Chinese names in italic as given by Mr. Lowrie. Descriptions of varieties by Mr. H.T. Nielsen.

"22897. *Da ching don.* Green. Similar to No. 17857.

"22898. *Hwang don.* Yellow.

"22899. *'Hei don.* Boiled as a fodder for mules and horses. Oil expressed from it, and refuse used as manure.'

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(*Lowrie.*)

"22900. '*Da wu don.* Tends to vary after successive plantings.' (*Lowrie.*) Black. Similar in appearance to *Nuttall,* Nos. 17253 and 19183, but has green cotyledons.

"22901. *Hsiao bai hei don.* Smoky yellow."

22919-22922. "From Ingchung, via Fuchau, China. Presented by Mr. J. Willis Hawley. Received May 22, 1908. The following seeds. Varietal descriptions by Mr. H.T. Nielsen:

"22919. Black. Very similar to No. 22886.

"22920. Yellowish green.

"22921. Yellow. Very similar to No. 22714.

"22922. Yellow. Seed resembles *Mammoth* very closely, but slightly smaller."

22927. "From Shanghai, Kiangsu, China. Presented by Rev. J.M.W. Farnham, Chinese Tract Society. Received May 27, 1908. Black. 'Identical with *Shanghai,* No. 14592; cotyledons are green.' (*Nielsen.*)"

23205. "From Shanghai, Kiangsu, China. Presented by Dr. S.P. Barchet, interpreter, American consulate. Received June 30, 1908. 'Similar in appearance to *Ebony,* No. 17254.' (*Nielsen.*) An important bean for dry rice land. Chinese name *Pu chi.'* (*Barchet.*)"

23207-23209/23211-23213/23229/23232. "From China. Received through Mr. Frank N. Meyer, agricultural explorer, and brought by him to the Plant Introduction Garden, Chico, Cal., June, 1908. Forwarded to Washington, D.C., and received July 6, 1908. The following seeds:

"23207. From Soochow, Kiangsu, China. '(No. 960a, April 27, 1907.) A large, greenish soy bean, grown around Soochow on the rather low-lying lands. Used when slightly sprouted as a vegetable. Chinese name *Tsin tou.'* (*Meyer.*)

"23208. From Tangsi, Chehkiang, China. '(No. 961a, April 20, 1908.) A large, yellow soy bean, often purplish colored on one side. Considered locally a very good variety. Chinese name *Sian chu tou.* Grows on the ridges around inundated rice fields.' (Meyer.)

"23209. From Tangsi, Chehkiang, China. '(No. 962a, April 20, 1908.) The ordinary variety of yellow soy bean as grown around Tangsi on the ridges and strips of land around and between inundated rice fields. Chinese name *Huang tou.'* (*Meyer.*)

"23211. From Tangsi, Chehkiang, China. '(No. 964a, April 20, 1908.) A very dark brown colored soy bean, grown near Tangsi; said to be very productive. Chinese name *Tsze pi tou.'* (*Meyer.*)

"23212. From Hangchow, Chehkiang, China. '(No. 965a, April 24, 1908.) An early-ripening, yellow soy bean, called the sixth month's bean, meaning ripening in the Chinese sixth month (our July). Chinese name *Lu ya pai mou tou.'* (*Meyer.*)

"23213. From Hangchow, Chehkiang, China. '(No. 966a, April 24, 1908.) A yellow soy bean called the seventh month's bean, meaning ripening in the Chinese seventh month (our August). Called in Chinese *Chi ya pai mou tou.'* (*Meyer.*)

"23229. From Tientsin, Chihli, China. '(No. 982a, April 4, 1908.) A dark brown colored soy bean; rare. Said to grow near Tientsin. Used for human food; boiled in soups or as a vegetable when slightly sprouted. Chinese name *Tse doh.'* (*Meyer.*)

"23232. From Shanghai, Kiangsu, China. '(No. 985a, May 11, 1908.) The *Barchet* soy bean, growing on wet rice lands. Chinese name *Ma liao tou.* Obtained through Dr. S.P. Barchet, of Shanghai, who procured these soy beans from Chinhuafu, in the Chehkiang Province, central China.' (Meyer.)"

23291/23292/23296/23297/23299/23303/23305/23306/23311/23312. "From China. Received through Mr. Frank N. Meyer, agricultural explorer, and brought by him to the Plant Introduction Garden, Chico, Cal., June, 1908; forwarded to Washington, D.C., and received July 6, 1908. The following seeds:

"23291. From Wutaishan, Shansi, China. '(No. 922a, Feb. 26, 1908.) Black soy bean, growing at 5,000 to 6,000 feet elevation. Are considered by the Chinese the best food for their hard-working mules and horses; they must always be boiled before being fed to the animals; otherwise they may cause colic; the Chinese also mix a liberal quantity of sorghum seed and chopped straw with these beans. Chinese name *Ghae doh.'* (*Meyer.*)

"23292. From Wutaishan, Shansi, China. '(No. 923a, Feb. 26, 1908.) Yellow soy bean. Growing at 5,000 to 6,000 feet elevation. They are used all through northern China for making bean curd and bean vermicelli. Chinese name *Huang doh.'* (*Meyer.*)

"23296. From Taichou, Shansi, China. '(No. 929a, March 2, 1908.) Yellow soy beans, found growing on strongly alkaline lands. Chinese name *Huang doh.'* For further remarks see No. 923a (S.P.I. No. 23292).' (Meyer.)

"23297. From Taichou, Shansi, China. '(No. 930a, March 2, 1908.) Black soy bean. Grows on strongly alkaline lands. Chinese name *Ghae doh.'* For further remarks concerning their uses see No. 922a (S.P.I. No. 23291).' (Meyer.)

23299. "From Tsintse, Shansi, south of Taiyuanfu, China. '(No. 933a, March 12, 1908.) Black and yellow. A rare local variety of a strange soy bean used as a vegetable when slightly sprouted, and after having been scalded for a few minutes in boiling water is eaten with a salt sauce; the skin must be removed before scalding. Chinese name *Yang yen doh,* meaning sheep's eye bean.' (Meyer.)

"23303. From Shiling, Chihli, China. '(No. 949a, Jan. 25, 1908.) Yellow soy bean. Chinese name *Ta huang doh.* For further remarks see No. 923a (S.P.I. No. 23292).' (Meyer.)

"23305. From Peking, Chihli, China. '(No. 951a, Feb.8, 1908.) Large, light yellow soy bean. Used mostly as

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a vegetable when slightly germinated, and eaten with a salt sauce. Chinese name *Ta huang doh.'* (*Meyer.*)

"23306. From Peking, Chihli, China. '(No. 952a, Feb. 8, 1908.) Large, black soy bean, green inside. Comes from Manchuria and is used mostly like the preceding number (S.P.I. No. 23305.) Chinese name *Ta ghae doh.'* (*Meyer.*)

"23311. From Shiling, Chihli, China. '(No. 957a, Jan. 25, 1908.) Large, green soy bean. Used as a vegetable when slightly sprouted, after having been scalded in boiling water. Chinese name *Ta ching doh.'* (*Meyer.*)

"23312. From Pautingfu, Chihli, China. '(No. 958a, Jan. 28, 1908.) A rare, local variety of soy bean, being small and of greenish yellow color. Chinese name *Shau ching doh.'* (*Meyer.*)"

Note: This is the earliest English-language document seen (Oct. 2004) that uses the term "dark brown" to describe the color of soybean seeds. Address: Washington, DC.

610. Russell, W.P.M. 1909. China. Report for the year 1908 on the trade of Antung. *Diplomatic and Consular Reports, Annual Series* (*Foreign Office, Great Britain*). No. 4185. 18 p. March.

• ***Summary:*** The section titled "Exports for 1908" (p. 7-8) discusses the amount and value of Beans [soybeans], bean cake, and bean oil exported from this port. An excellent full-page map shows the Eastern Manchuria and Shenking Province, including all the major ports, rivers (Antung is a port on the Yalu River), railroads, and bodies of water.

"Products of Eastern Manchuria.–The following are some of the principal agricultural products of Eastern Manchuria: -

"Beans.–Many varieties are produced, of which the chief are: -

"1. Huangtou, yellow [soy] beans.–These are most extensively grown and are used for making bean cake and bean oil. The average bean cake weighs 50 catties and is worth 1 dol. 20 c to 75 c. small money at the place of production. The oil sells for about 15 c. a catty. The beans themselves fetch 10 dol. a picul on an average. [Note: 1 picul = 133.3 pounds weight.] They are also used for making bean curd, which is one of the chief foods of the people. It has the appearance of curds of milk and is made by a somewhat similar process. The beans are also used for feeding cattle.

"2. Hsiaotou, small beans [azuki].–These are used as a vegetable and also for feeding cattle. They are also used for making vermicelli. Note: This is the earliest English-language document seen (March 2006) that uses the term "small bean" to refer to the azuki bean.

"3. Lutou, green beans [mung beans].–The young sprouts of these are used as a vegetable. The bean is principally used for making vermicelli.

"4. Hetou [Heitou], black [soy] beans, are much grown and much used for feeding cattle and also for making oil and bean cake."

The section on "Exports for 1908" under "Beans" states that "owing to an exceptionally heavy supply coupled with a weak demand from the consuming quarters in Japan and South China, there was speedily a very heavy fall in price and 5 taels 50 c. was quoted [down from 7 to 8 taels last year]... It is stated that the restriction of the opium crop has caused an expansion of the area of the bean crop. The returns show an export of bean cake more than doubling that of the year 1907. Beans largely figure in the money market as a standard for deferred payments." Address: Acting Vice-Consul.

611. Foster, Walter L. 1909. Visit to Shikoku, Japan. *Advent Review and Sabbath Herald* 86(16):13-14. April 22.

• ***Summary:*** "That night was spent at a very simple hotel by the roadside... For supper I had a few dried minnows, *tofu* (bean curd), and a bowl of rice."

612. Ruhräh, John. 1909. Soy beans in infant feeding; preliminary report. *J. of the American Medical Association* 53(2):140. July 10.

• ***Summary:*** This is a summary of the author's pioneering article that first appeared in *Archives of Pediatrics*, July 1909, p. 496-501. Address: M.D., Baltimore, Maryland.

613. Ruhräh, John. 1909. The soy bean in infant feeding; Preliminary report. *Archives of Pediatrics* 26:496-501. July.

• ***Summary:*** This pioneering paper was read before the Twenty-first Annual Meeting of the American Pediatric Society, Lenox, Massachusetts, May 28, 1909. "The soy bean (glycine hispida), sometimes incorrectly called the soja bean, is an annual leguminous plant which originally grew in a wild state from Cochin China to the south of Japan and Java."

There follows a brief but accurate history of the soy bean. "In 1875 Professor Haberlandt began a series of investigations with this plant in Austro-Hungary, and in his work published in 1878 he urges the importance of the soy bean as a food both for man and animals. After his death, which occurred in 1878, very little notice was taken of the soy bean in Hungary and the prophecy that he made for its future failed."

"As early as 1829 Thomas Nuttall wrote an article in the *New England Farmer* concerning the bean as a valuable crop for this country. The Perry expedition to Japan also brought back soy beans, but until the last fifteen or twenty years the plant was known only as a curiosity."

"The plant is grown in America, but is used chiefly for the purpose of a forage crop and comparatively little reference has been made to its use as food for man." The plants "bear a remarkable number of beans and the flowers are self-pollinated, making the yield independent of insects. The bean may be easily grown in Maryland. I am indebted to three friends for experimenting with this plant in their

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gardens and obtaining good crops..."

Note 1. This is the earliest document seen (May 2009) that mentions soybean pollination–quite remarkable since it is by a pediatrician writing about a completely different subject. It is also the earliest document seen (May 2009) that uses the term "self-pollinated" (or self-pollinating, etc., with or without the hyphen) in connection with soybeans.

"At the present time there are seven varieties handled by seedsmen, and some twenty-two distinct varieties are known." The varieties Mammoth Yellow, Hollybrook, and Ito San have been used in infant feeding experiments. "The other varieties are the Guelph (green), the Samarow (green), the Ogemaw (brown), and the Buckshot (black). All of these latter may be grown in the north."

"I am indebted to Mr. Frank N. Meyer, agricultural explorer for the Department [U.S. Department of Agriculture], for information concerning the use of the beans in the East... The light-colored beans are eaten in soups and the pods are sometimes picked green, boiled, and served cold with a sprinkling of soy sauce. The green varieties are often pickled in brine and eaten moist or dried with meals as promoters of appetite; the same varieties are often slightly sprouted, scalded and served with meals in winter time as a green vegetable." Also discusses soybean oil, soy bean milk (which "has a composition nearly the same as that of cow's milk" as shown in a table), "natto, tofu, miso, yuba, shoyu,..." (p. 498).

"The soybeans are sometimes roasted and then used as a substitute for coffee" (p. 499)

"The fact that the soy beans contain little or no starch suggested to Dujardin-Beaumetz that they be used as a food for diabetics. The soy bean flour has been placed on the American market, but was withdrawn owing to the fact that according to the manufacturers it contained 8 per cent. carbohydrate. It contains much less carbohydrate, however, than any of the other diabetic foods."

"As regards the use of the beans in infant feeding it seemed to me that soy bean gruel or milk, either alone or with cow's milk, might be of value in feeding several classes of cases, viz., of marasmus and malnutrition, as a substitute for milk in diarrhea, and in intestinal and stomach disorders, and in diabetes mellitus."

Note 2. This is the earliest document seen (July 2008) that suggests the use of a soybean preparation as a milk substitute for infants."

Note 3. This is the earliest document seen (Aug. 2003) concerning the actual feeding of soymilk to infants or children, or concerning a soy-based infant formula. The author was the world's first pediatrician to use soybeans in infant feeding, and did the first U.S. studies with soyfoods and human nutrition.

Note 4. This is the earliest English-language document seen (Oct. 2003) that uses the term "substitute for milk" to refer to soymilk. Note 5. This is the earliest English-language document seen (Nov. 2002) that uses the word "malnutrition" in connection with soyfoods.

The writer had hoped to conduct experiments and make a more complete clinical report but several misfortunes attended his efforts to secure the beans. "My first crop was eaten by rats, my second moulded in the pods owing to some unusually damp weather, and insects ate about two-thirds of my last crop. Fortunately, the beans may now be obtained from Messrs. T.W. Wood & Son, Richmond, Virginia.

"So far the gruel has been prepared by soaking the beans over night, stirring to remove the envelope surrounding the bean. Three times the amount of water is added to the beans and they are boiled until a smooth gruel results. This is strained if necessary [to make real soymilk]. This has the odor and taste of malt, but with the addition of a little salt is well taken, especially after the first bottle or two. The gruel is retained unusually well and seems to be easily digested. The stools are not more frequent than with other foods. The stools are light brown in color like those from malted milk. This soy bean gruel has nearly the same food value as milk and for certain children may need further dilution. About the same size feedings should be used as if milk were being given. Five percent sugar may be added to increase the fuel value.

"I have not used the beans in a sufficiently large number of cases nor over sufficient periods of time to justify any further statements at this time, but I do feel that properly used they will be a most valuable addition to the dietary of the sick infant. Grinding them to a bean meal would simplify matters very much, and, if success attends their use, a soy bean meal could easily be prepared.

"I hope to be able to make a second report at the next meeting and have called your attention to the bean in hope that other members may try them and report at the same time."

Note 6. Pediatrician Herman F. Meyer (1960, p. x) published a long poem by Dr. John Ruhräh titled "A Simple Saga of Infant Feeding," which described the history and present status of infant feeding. Meyer described Ruhräh as a "philosopher, teacher, poet, pediatrist [pediatrician] and able historian."

Note 7. This is the earliest English-language document seen (Oct. 2001) that uses the term "soy bean flour."

The following photo of Dr. John Ruhräh (1872-1935) was taken in about 1914. Born in Chillicothe, Ohio, he was a graduate of the College of Physicians and Surgeons (Baltimore, 1894), did post-graduate work at Johns Hopkins, the Pasteur Institute, Paris (1897), and in other European schools (1900-1901), and was quarantine physician of the port of Baltimore (1898-1900), where he became Professor of pediatrics in the University of Maryland Medical School and in the College of Physicians and Surgeons.

His autograph is shown below. Address: M.D., Baltimore, Maryland.

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614. *Tropenpflanzer* (*Der*) (*Berlin*). 1909. Die Soja-Bohne [The soybean]. 13(8):388-90. Aug. [2 ref. Ger]

615. United States Land & Irrigation Exposition. 1909. Will the United States export rice to the Orient? (Ad). *Chicago Daily Tribune.* Oct. 4. p. 8.
• ***Summary:*** This organization believes that, using highly-productive mechanized agriculture, the answer to the above question is "yes." "Food value of rice: The nutritive value of rice is greater than that of any other cereal, and it is easily digested, With a little seasoning–dried fish, soy sauce or soy bean cheese [tofu, or fermented tofu] it furnishes for the Oriental a large part of the protein necessary for daily diet."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "bean cheese" or the term "soy bean cheese" (regardless of hyphenation) to refer to fermented tofu. Address: 4th Floor (#407) Commercial National Bank Building, 115 Adams Street [Chicago].

616. Edie, E.S. 1909. Cultivation and uses of soya beans. *Liverpool University, Institute of Commercial Research in the Tropics, Bulletin* 1(1):1-7. Oct. 8. [1 ref]
• ***Summary:*** An excellent article. Contents: Introduction. Uses of the soya bean: Forage, hay, ensilage, soya oil, soya milk, a type of cheese made from soymilk [tofu], soya meal [flour]; use of soya bean oil for soap, illumination, paints and other industrial products, soya bean meal used as a fertilizer on Chinese sugar plantations, soya beans as a legume for enriching the soil with nitrogen, planting between rows of maize. Cultivation of soya beans. Varieties of soya beans.

"The Soya bean (*Glycine hispida*) is a native of South-eastern Asia, where it has been cultivated for centuries in China and Japan. It was introduced at a later period into India, and arrived in England towards the end of the eighteenth century. A considerable number of experiments were carried out with the plant were carried out in Austria about thirty years ago, but it is only quite recently that it has become an article of commercial importance in Europe."

After discussing uses as hay and silage: "It is in the bean itself, however, that the chief value of the Soya plant lies. As food for man and domestic animals it is used to a very large extent in the East. In some parts of China the bean forms one of the staple articles of food, and it is cooked much as beans and marrowfat peas are, and also in soups and other forms. The oil is used largely for making salads and sauces, and is also mixed with flour in the manufacture of cakes. Mr. Turner tells me that the Chinese extract casein from the bean, and I have also seen this stated elsewhere.

"A liquid closely resembling cow's milk is prepared from Soya beans in Japan." The process is described. "This condensed product is of considerable value as a food, but it is unsuitable for the use of infants. This "Soya Milk" is also used in the preparation of a kind of cheese" [tofu]. Note: This is the earliest English-language document seen (Oct. 2003) that contains the term "Soya milk."

"Soya bean meal is now use in the manufacture of biscuits, and for mixing with flour for making brown bread in this country. In some parts of the Continent Soya meal is now being used in preference to rye meal for making bread."

"One of the most valuable products of the Soya plant is the oil. As mentioned before, it is used largely for eating purposes in the East, and Mr. Turner tells me that on the Continent a greater percentage of Soya oil than of Copra oil is allowed in the manufacture of margarine.

"Soya oil is largely used for soap making in the East, and I understand that it has recently been tried with very good results in this country also.

"As a considerable proportion of oil is left behind in the cake after expression of the oil, it may be more profitable to extract the oil by solvents such as naphtha and use it all for manufacturing purposes, as extraction by means of naphtha renders the oil unsuitable for edible purposes.

"In the East Soya bean oil is used as an illuminant and also in the manufacture of paints. The oil has a comparatively high iodine value, which is an index of the drying quality of an oil of that class." Note: This is the earliest English-language document seen (March 2008) which states that soy oil can be used in paints (or other coatings) in connection with its iodine number.

Cultivation: "Recently the question of raising this crop in various British colonies has been discussed. In most of the African colonies, including West Africa, the Soya bean would probably be successfully grown, and in rotation with, or along with maize and other crops, its cultivation would be a very profitable investment. I have seen samples of Soya beans at least three years old, which showed no signs of weevilling or deterioration in any way. Cargoes of the beans shipped from Vladivostock [Vladivostok] and Dalny to Hull and Liverpool are stated to have arrived in perfect condition."

Varieties: A table (p. 6) gives a nutritional analysis by S.H. Collins of "a sample of Chinese yellow Soya beans." Moisture: 10.23%. Oil 15.62%. Albuminoids 37.54%. Carbohydrates 27.27%. Woody fibre 5.02%. Ash 4.32%.

"I have analysed samples of five distinct varieties of Soya beans, some of which were obtained from the shop of a Chinaman who sells them to the Chinese in Liverpool for food. I do not, of course, know the age of the samples, nor their source..." After describing the shape and color (2 green, 2 brown, 1 black) of each, and noting that No. 4 came from Hong-Kong, he gives a nutritional analysis of each in tabular form, and the weight of 20 seeds of each in grams.

"In conclusion I have to thank Mr. A. Grenville Turner, Grain and Seed Broker, member of the Liverpool Corn Trade Association, for much valuable information regarding the Soya beans and for his kindness in obtaining samples for me. I am also largely indebted to an excellent article on Soya

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beans in the *Natal Agricultural Journal,* November, 1908.

"Since the above was written I have been enabled, through the kindness of Sir Alfred Jones, to analyse a sample of yellow Soya beans grown in West Africa from seed sent out by him early this summer." A table shows the analysis. Moisture: 10.52%. Oil 17.26%. Albuminoids 36.05%. Carbohydrates 26.16%. Woody fibre 5.39%. Ash 4.62%.

"The results show that in the first season at least the Soya bean underwent no deterioration in West Africa, and the plants also came rapidly to maturity."

Also published in 1909 as a 7-page booklet by C. Tinling & Co., Liverpool. Also published in 1911 Spanish by: Mexico. *Ministerio de Fomento, Colonización e Industria* under the title "Explotación de la soya," by E.S. Edic [sic, Edie]. The last line of the article seems to say that the author is at the central agricultural station (*Estación Agrícola Central*).–San Jacinto [probably in or near Mexico City], January 1911. Address: M.A., B.Sc, Liverpool Univ.

617. *San Francisco Chronicle.* 1909. Experimenting with the soya bean. Oct. 15. p. 6.

• ***Summary:*** From Consular Report: "The first complete cargo of soya beans that arrived in the United Kingdom reached Liverpool February 14, 1909, and the interest in this new industry has grown apace since then, experiments being made in various other parts of England as well as in Liverpool that range from a blend of soya flour, made by an expert Liverpool baker with flour and meal, about one-fifth for mixing with flour and one-sixth for meal, to a soya dog biscuit.

"The blending of soya flour above referred to is desirable by the reason of its demonstrated food value. In albuminoids soya beans are stated to be nearly three times as rich as oats and wheat, and possessed of more fiber and ash. A few German millers are reported to have mixed soya and rye flour in experiments in the making of the black bread of that country, and local millers here are experimenting with a blend to improve their brown bread.

"A vegetable cheese [tofu] is known to be produced from the caseine [casein] that the bean contains, but this has not advanced from the experimental to the commercial stage. It is reported that one or two important Liverpool merchants have sent their own investigators to Manchuria to study the products of that country, chiefly the soya bean. It is also stated that one of the large shipowners of Liverpool contemplates the introduction of the soya bean into West Africa, where soil and labor conditions are thought to be peculiarly favorable to the growth of good crops. This enterprise is cited as a parallel to the British cotton-growing movement at its inception, and some measure of the same success is confidently predicted for it."

618. *Chicago Daily Tribune.* 1909. Notes of science. Nov. 14. p. E3.

• ***Summary:*** "A vegetable cheese [tofu] is being made in an experimental way in England from the caseine contained in soya beans."

619. *USDA Bureau of Plant Industry, Inventory.* 1909. Seeds and plants imported during the period from January 1 to March 31, 1909. Nos. 24430 to 25191. No. 18. 73 p. Dec. 24.

• ***Summary:*** Soy bean introductions: *Glycine hispida* (Moench) Maxim.

"24610. From Trenton, Kentucky. Purchased from Mr. S.J. Leavell. Received January 6, 1909. *Trenton.* 'A brown-seeded variety picked out of *Mammoth* by Mr. Leavell in 1904, and in that year 12 plants produced 7 pounds of seed; in 1905 these 7 pounds produced 10 bushels; in 1906 Mr. Leavell reports that with exactly the same treatment it out-yielded *Mammoth* by 50 percent. Seems like a promising variety.'" (H.T. Nielsen).

24641-43. "From Taihoku, Formosa. Presented by Mr. I. Kawakami. Received January 21, 1909. The following seeds:

"24641. Cream-yellow.

"24642. Black, small.

"24643. Black, very small."

24672/24711. "From India. Presented by J. Mollison, esq., M.R.A.C., Inspector-General of Agriculture in India, Nagpur, C.P. Received February 10, 1909. The following seeds (quoted notes by Mr. Mollison; descriptions of varieties by Mr. H.T. Nielsen):

24672-2490.

"24672. '*Rymbai-ktung.* From Khasi Hills, Assam.' Similar to no. 18258a.

"24673. '*Bhatumsh* (red). From Darjeeling, Assam.' Light chocolate color, looks like no. 17852.

"24674. '*Bhatumsh* (yellow). From Darjeeling, Assam.' Straw-yellow with brown hilum.

"24675. '*Bhatwas.* From Safipur, Unao, U.P. [Uttar Pradesh].' Black, small seed about the same size as *Cloud,* but rather more dull in color.

"24676. '*Bhatwas.* From Hasangani, Unao, U.P.' Black, looks like no. 24675, only seeds are shiny like *Cloud.*

"24677. '*Bhatwas.* From Ranjitpurwa, Unao, U.P.' Black, just like no. 24676, only seeds are a trifle smaller.

"24678. '*Chabeni khurti* (spotted variety). From Hardupurwa, Teh Bidhanna, Etawah, U.P.'

"24679. '*Chabeni khurti* (black variety). From Bant, Teh, Sadar, Etawah, U.P.'

"24680. '*Chabeni khurti* (black variety). From Atsu, Teh, Auraya, Etawah, U.P.'

"24681. '*Bhatwas* (mixture of spotted and black). From Mainpuri, U.P.'

"24682. '*Kali khurti, Chabeni khurti, Khajwa.* From Mainpuri, U.P.'

"24683. '*Chabeni khurti* (black variety). From Kilerman, Teh, Sadar, Etawah, U.P.'

"24684. '*Chabeni khurti* (black variety). From Amapur,

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Teh, Kasaganj, Etawah, U.P.'

"24685. '*Chabeni khurti* (black variety). From Aliganj, Etawah, U.P.'

"24686. '*Chabeni khurti Bhundadar* (spotted variety). From Jalesar, Etawah, U.P.'

"24687. *Khajwa or kulti.* From United Provinces.'

"24688. '*Bhatwas.* From Cawnpore [Kanpur], U.P.'

"24689. *Bhatwas.* From Nanbasta, Cawnpore, U.P.'

"The preceding S.P.I. Nos. 24678 to 24679 are black, with small seed, about the size and shape of S.P.I. No. 20410. There is some slight variation in the size of the seed, but the entire lot might easily be taken for the same variety if judged by the seed only.

"24690. '*Bharat Safed.* From Dehra Dun, U.P.' Similar to S.P.I. No. 22901."

24693-24711. Japanese varieties of soy beans grown on Poona Farm, Bombay Presidency.

"24693. Straw-yellow, with rather an indistinct hilum, quite similar to *Manhattan,* S.P.I. No. 17277.

"24694. Straw-yellow, very similar to S.P.I. No. 24693; seeds may be a trifle larger.

"24695. Straw-yellow, seed very similar to *Ito San,* but the brown speck at end of hilum is very faint.

"24696. Just like above, S.P.I. No. 24695.

"24697. Similar to S.P.I. No. 20405.

"24698. Olive-yellow, very similar to No. 20893a.

"24699. Straw-yellow, seed about the size of S.P.I. No. 17269.

"24700. Pale straw-yellow, with a black hilum; seed about the size of *Acme,* S.P.I. No. 14954.

"24701. Dirty olive-yellow, with slate-colored hilum; seed about the size of *Ito San,* but more globular.

"24702. Straw-yellow, with very faint hilum; similar to *Butterball,* S.P.I. No. 17273, but seed rather smaller and not so bright in color.

"24703. '*Oylan Dai Dizen.'* Straw-yellow, very similar to *Okute,* S.P.I. No. 19986.

"24704. '*Gosha Dai Dizen.'* Very similar to S.P.I. No. 24700.

"24705. Light shade of chromium-green, similar in appearance to S.P.I. No. 17857, but the color is not quite the same. Note 1. This is the earliest English-language document seen (Oct. 2004) that uses the term "chromium-green" to describe the color of a soybean.

"24706. Black. Apparently just like our *Buckshot,* S.P.I. No. 17251.

"24707. '*Kuru Maru.'* Apparently just like *Nuttall,* S.P.I. No. 17253.

"24708. '*Sirohaha'* [Shiro-haha = white mother]. Apparently just like *Butterball,* S.P.I. No. 17273. "24709. *'Teppo.'* Citron-yellow, seeds about the size of *Butterball.*

"24710. '*Motonari.'* Seed very similar to S.P.I. Nos. 24700 and 24704, but the hilum is russet in this case.

"24711. '*Rokugatsu.'* Citron-yellow, with very faint hilum, seed about the size and shape of *Mammoth."* 24839-40 Grown at the Arlington Experimental Farm, Virginia, from seed obtained from Dr. S.P. Barchet, Shanghai, China, in 1906. Seed of the following:

"24839. Greenish. Grown in 1908 under temporary numbers 0578 and 0579, which proved to be identical.

"24840. Yellow. Grown in 1908 under temporary number 0580."

25116-25118. "From Pithoragarh, Kumaun District, India. Presented by Miss L.W. Sullivan. Received March 26, 1909.

"25118. '*Bhat dal.'* A small black variety of soybean."

25130-31. "From Knoxville, Tennessee. Grown at the Agricultural Experiment Station. Received through Prof. H.A. Morgan, March 29, 1909. Seeds of each of the following.

"25130. Early brown.

"25131. Medium yellow."

25132/25149. "From Soochow, Kiangsu, China. Presented by Rev. R.A. Haden, B.D. Received March 19, 1909. The following seeds:

25133-25137

"25133. Small yellow. 'Tom Thumb soy. The smallest variety; used only for bean sprouts.' Note 2. This observation, that Chinese prefer very small soybeans for sprouting, is very important.

"25134. Large yellow. 'Mammoth yellow soy. This is the very largest of the yellow soys. Used especially for oil and bean curds.'

"25135. Large green. 'Tea green soy. Sutt variety. May be put to all the uses of soy, but in practice they are only used to make parched Sutt beans eaten as a relish.'

"25136. Large reddish brown. 'Mammoth red soy. Used only for eating in the green state, but may be used for all the soy purposes. This is the largest of all the soys.'

"25137. Looks like *Meyer.* 'Mammoth mottled soy. Used especially for bean curd; said to give a special flavor to this; has also abundant oil qualities."

"25161. Grown at the Arlington Experimental Farm, Virginia, season of 1908, under Agros. No. 0824. Numbered for convenience in recording distribution, March 31, 1909. *Eda.* (?) Original seed from the Indiana Agricultural Experiment Station, where it was grown as *Early Brown.* 'This turned out to be identical with *Ito San* in every particular except color of seed. It is a uniform light brown, while *Ito San* is yellow. Neither superior or inferior to *Ito San.'* (H.T. Nielsen.)"

"25138. *Glycine soja:* 'Horse-feed peas, a literal translation of the Chinese. It grows wild over a very large portion of China. In the north peas by the same name, but a different variety, are extensively cultivated. Long vines, climbing on anything in reach; fruited from bottom to top. I think this should receive special attention, for the following reasons: It will be a good nitrogen producer. It is extensively

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used in Chinese medicine, entering largely into prescriptions taken internally for eye trouble. It will make a better drink than anything except good coffee. Parch until brown the whole pea, grind, and treat as boiled coffee. This I have tried and am very fond of it as a drink.' *Distribution.*- An annual vine, native and cultivated in the eastern part of Asia, extending from Amur and Manchuria through China and eastern India; also in Japan." Address: Washington, DC.

620. Wildeman, É. de. 1909. Le soja [The soybean]. *Agronomie Tropicale; Organe Mensuel de la Societe d'Etudes d'Agriculture Tropicale* 1(12):195-200. Dec. 25; 2(1&2):5-8. Jan/Feb. 1910. [10 ref. Fre]
• ***Summary:*** An overview of the subject, including a brief history, based largely on a summary of about ten documents. It begins: "For some years now, attention has been drawn to the soybean (*Soja hispida* (Mönch) or *Glycine hispida* (Max.)), which comes from Manchuria; its products are now used in various ways in our daily lives."

"It is not a question of exhausting the question, but as the *Bulletin of the Imperial Institute* of London has already devoted several articles to this plant this year and that the first part of vol. I of the *Liverpool University, Institute of Commercial Research in the Tropics, Bulletin* [Edie, 8 Oct. 1909] is entirely devoted to it, it appeared useful to us to insist here on the soybean which would also have a certain importance for our colonies."

This legume originated in Southeast Asia, and has been cultivated for centuries in China and Japan. It is now abundant throughout Manchuria, where the seeds are widely appreciated for their nutritive value. It was later introduced into the Indies (*l'Inde*) and arrived in England at the end of the 18th century. About 30 years, it was the subject of numerous trials [by Haberlandt and co-workers] in Austria, but is only recently that it has become an article of commercial importance in Europe.

"The occupation of Northern Manchuria by Russian troops, during the Russo-Japanese War, gave rise to numerous demands for this bean, which stimulated the extension of [its] agriculture. After the departure of the troops, the local demand fell naturally, and it was necessary to find an outlet in foreign markets. From 1906 to 1908, a large part of the products of N. Manchuria were exported to Japan via Vladivostok, but in 1908 the economic crisis of Japan diverted a part of these products to Europe, which actually received large quantities of soybeans, especially in England. The first large shipment of soybeans contained 5,200 tonnes (metric tons) and arrived at Hull on 2 March 1909. The beans arrived at the destination in perfect condition despite the distance. They were classed in three categories: 1. Shipped from Dalny; 2. Shipped from Vladivostock; and 3. Shipped from Hankow. The value of those in category No. 1 is about £6 8*s.*/tonne [metric ton]; those in No. 2 and No. 3 is about £6 6*s.*/tonne, these prices being, naturally, subject to the fluctuations of the market. Most imported beans are monopolized by the manufacturers of oil who obtain 10-18% of the weight of the beans in oil. [The remaining] oilcake can be used in the feed of livestock."

There follows a long discussion of soybean cultivation and production, including soils, fertilizers, nitrogen fixation by root nodules, planting, intercropping, yields of forage and seed, use as silage, soil restoration, soybean varieties, tables showing the chemical composition of the plant and seeds showing their excellent nutritional value.

"Until recently, soybean cultivation has been confined to Asia and some states of the USA. Recently, the question of cultivating this plant in the various British colonies has been raised. In most of the colonies of West Africa, the soybean could probably be cultivated with success in rotation or mixed with maize or other crops, and give significant yields."

"In China, Japan, and Indo-China the seeds are used to prepare a sort of milky liquid (*liquide lactescent*) [soymilk] and a sort of cheese" [tofu]. A brief description of each process is given. The milk has considerable nutritional value "but is not suited for infants."

"The flour of soybeans (*La farine de fèves de soja*) is used to make biscuits, and, mixed with wheat flour, is used to make a brown bread; it is sometimes even preferred in this application to rye flour. Since it contains neither sugar nor starch, the soybean has been recommended as the basis of diabetic diets." Address: Prof., School of Horticulture, Vilvoorde, Belgium (Professeur au Cors colonial de l'École d'Horticulture de Vilvorde).

621. *Monthly Consular and Trade Reports* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*). 1909. Soya bean traffic. No. 351. p. 65-67. Dec.
• ***Summary:*** In the section titled "China: Large profits to several concerns handling them," Vice-Consul Gordon Paddock of Harbin, Manchuria, states: "The exports of these beans in the raw state to England was initiated in this district by the Mitsui Company, one of the most important Japanese mercantile concerns, which is said to have made over 1,000,000 yen ($498,000) in this business alone within the last year. More recently, since the beginning of 1909, several British concerns engaged in business in China, have become interested in the export of these beans to England." These include such important concerns as Jardine, Matheson & Co. (Limited), and Samuel Samuel & Co. (Limited) of London. "No large Chinese concern has thus far been interested in the export of these beans from this district."

The section titled "United Kingdom" states: "There is every prospect of the bean trade in North Manchuria developing into a complicated and highly speculative business... American firms have recently entered the market. German firms, in view of the repeal of the duty on beans

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in Germany, will undoubtedly buy largely; while a well-known Japanese firm, by far the largest operators till now, were believed to be preparing for export on an even larger scale than hitherto. The tendency promises to be for Chinese merchants to get the business into their own hands, buying from the local producers and selling again to the European firms."

The section titled "Liverpool: Experiments in Europe of mixing with flour, etc." states: "Oil millers of Liverpool are disposed to regard the products of the soya bean as additional articles of trade and not as competing to replace the manufactures of cotton seed... The first complete cargo of soya beans that arrived in the United Kingdom reached Liverpool February 14, 1909, and the interest in this new industry has grown apace since then." An expert Liverpool baker, as an experiment, has made a blend of soya flour and wheat flour for use as a "soya dog biscuit... A few German millers are reported to have mixed soya and rye flour in experiments in the making of the blackbread of that country, and local experimenters her [in Liverpool] are experimenting with a blend to improve their own brown bread.

"A vegetable cheese [tofu] is known to be produced from the caseine [casein] that the bean contains, but this has not advanced from the experimental to the commercial stage."

It is "stated that one of the large shipowners of Liverpool contemplates the introduction of the soya bean into West Africa, where soil and labor conditions are thought to be particularly favorable to the growth of good crops. This enterprise is cited as a parallel to the British cotton growing movement at its inception, and some measure of the same success is confidently predicted for it.

"Soya Bean Growing for Africa." Consul Horace Lee Washington of Liverpool "reports that several British firms displayed in the Liverpool office of a large shipping concern samples of soya-bean products. These samples are to be sent to the Calabar and Lagos [Nigeria] agricultural exhibitions, in order to encourage the cultivation of these beans in West Africa for transport to Liverpool. The samples consist of edible and crude oil, flour (for bread making), meal, biscuits, oil cake, soap, and a substitute for coffee.

"Russia: High Cost of Transportation Restricts Their Use." Consul Hernando de Sota, of Riga [as of 1994, the capital of Latvia] "writes that high freight rates on shipments from Manchuria to that district will probably prevent it use to any large extent. He says: 'The Manchurian soya bean has until the present date neither been imported into nor exported from the ports of this consular district. Some time ago one of the largest mills in this city purchased from Manchuria a few carloads of the bean for the purpose of making experiments in converting the bean into cake." However "on account of the high cost of transportation over the Siberia road, by which the bean could not be delivered at Riga for less than 1.20 rubles (62 cents) per pood (36 pounds), the business would not be profitable."

Note 1. This is the 2nd earliest document seen (Feb. 2005) concerning soybeans in Latvia. This document contains the earliest date seen for soybeans in Latvia (1909) (one of two documents).

Note 2. This is the earliest document seen (Aug. 2009) concerning soybeans/soya in connection with (but not yet in) Nigeria. Address: Washington, DC.

622. **Product Name:** Tofu.
Manufacturer's Name: Aramachi Tofu-ya.
Manufacturer's Address: 1675 Sutter St., San Francisco, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 14.

623. **Product Name:** Tofu.
Manufacturer's Name: Fish & Tofu-ya.
Manufacturer's Address: 416 Front Alley, Spokane, Washington.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 144.

624. **Product Name:** Tofu.
Manufacturer's Name: Hashii Tofu-ya.
Manufacturer's Address: 108 N. San Pedro St., Los Angeles, California. Phone: Main 1948.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 88. Note: Inoue Tofu-ya was at this address and phone number in 1908.

625. **Product Name:** Tofu.
Manufacturer's Name: Hieda Tofu-ya.
Manufacturer's Address: 1620 Park St., Alameda, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 29. Note: Mizoda Tofu-ya was at this address in 1911.

626. **Product Name:** Tofu.
Manufacturer's Name: Kaimei Tofu-ya.
Manufacturer's Address: 79 Jap Alley, Sacramento, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*].

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Directory entry p. 39.

627. **Product Name:** Tofu.
Manufacturer's Name: Konishi Tofu-ya.
Manufacturer's Address: P.O. Box 66, Armona, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 48. Note: Armona is in California's Central Valley, south of Fresno, just west of Hanford and further west of Visalia. Also in 1911. Directory entry p. 73.

628. **Product Name:** Tofu.
Manufacturer's Name: Ogata Tofu-ya.
Manufacturer's Address: 1625 Post St., San Francisco, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 14.

629. **Product Name:** Tofu.
Manufacturer's Name: Ogawa Tofu-ya.
Manufacturer's Address: P.O. Box 35, Dinuba, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 72. Also in 1910. Census entry p. 180. The place name in Japanese is written Dainyuubaa. Male owner and no employees. Note: Dinuba is in California's Central Valley, in Tulare County, about 25 miles southeast of the city of Fresno, and a few miles south of Reedley.

630. **Product Name:** Tofu.
Manufacturer's Name: Saza Tofu-ya.
Manufacturer's Address: 1415 Laguna St., San Francisco, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 14.

631. **Product Name:** Tofu.
Manufacturer's Name: Shigematsu Tofu-ya.
Manufacturer's Address: 2119 Berkeley Way, Berkeley, California. Phone: Berkeley 4595.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 27.

632. **Product Name:** Tofu.
Manufacturer's Name: Tofu-ya Shimada (Shimada Tofu-ya).
Manufacturer's Address: 1441 Kern St., Fresno, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 69. Census entry p. 153. Two un-named Japanese tofu makers. Two male owners and one female employee. Also in 1910. Census entry p. 179. Male owner and no employees. Also in 1911, p. 158.

633. **Product Name:** Tofu.
Manufacturer's Name: Tofu-ya Tanabe (Tanabe Tofu-ya).
Manufacturer's Address: 830 F St., Fresno, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 69. Also in 1911. Directory entry p. 72. The address is now Japanese Alley and the company name is now Tanabe Tofu-ya. Also in 1912. Directory entry p. 90. The address is now 847 China Alley. Also in 1913, p. 102. Also in 1914, p. 104. The address is now 847 Japanese Alley. Note: This is the earliest known tofu shop in Fresno, California.

634. **Product Name:** Tofu.
Manufacturer's Name: Tsuruya Tofu-ya.
Manufacturer's Address: 390 L. St., Sacramento, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 39.

635. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Selma, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 153. Male owner, one male and one female employee. Also appeared 1910. Census entry p. 179. Male owner and no employees. Note: Selma, is in California's Central Valley, in Fresno County, about 15 miles southeast of the city of Fresno.

636. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Reedley, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 153. Male owner and one male and one female employee. Also in 1910. Census entry p. 180. Male owner and no employees. The place name in Japanese is

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written Reedoray. Note: Reedley is in California's Central Valley, in Fresno County, about 20 miles east southeast of the city of Fresno, and a few miles north of Dinuba.

637. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Santa Barbara, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 158. One tofu shops in Santa Barbara. Male owner and no employees. Also in 1910. Census entry p. 185. Two tofu shops in Santa Barbara. Two male owners and no employees.

638. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Ogden, Utah.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 161. One male owner and one female employee. Also in 1910. Census entry p. 235. One male owner and no employees.

639. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: New York City, New York.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 165. One male owner and no employees. Also in 1910. Census entry p. 248. One male owner and no employees.

Note: This tofu maker might be K. Tanaka & Co. (See 1903?).

640. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Isleton, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 152. Male owner and no employees. Also in 1911. Census entry p. 156. Male owner and no employees. Note: Isleton is in northern California, near Rio Vista, northeast of Antioch.

641. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: San Bernardino, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 157. Male owner and no employees. Note: San Bernardino is in southern California, just north of Riverside and directly east of Los Angeles.

642. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Sparks, Nevada.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 160. Male owner and one female employee.

643. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Boat / Port Burakure, Washington.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 164. Three male owners and 1 female owner.

644. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Portland, Oregon.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 166. Male owner and one female employee.

645. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu makers (three).
Manufacturer's Address: Seattle, Washington.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 216. There are three tofu shops in Seattle, Washington. Four male owners, 3 male and one female employees. Also in 1910. Census entry p. 216. There are three tofu shops in Seattle, Washington. Three male owners and 3 male employees.

Note: Kitayama Tofu-ten and Mano Tofu-ten both existed in Seattle in 1906. Those are the only two whose names we know before this time.

646. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu makers (two).
Manufacturer's Address: Tulare, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 154. Male owner and no employees. Also in 1910. Census entry p. 181. Male owner and no employees.

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The place name in Japanese is written Tsurare. Note: Tulare is in California's Central Valley, in Tulare County, about 42 miles southeast of the city of Fresno.

647. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu makers (two).
Manufacturer's Address: Oxnard, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 156. Two tofu shops in Oxnard. Two male owners and no employees. Also in 1910. Census entry p. 184. Two tofu shops in Oxnard. Two male owners and no employees. Note: Oxnard, in Ventura County, is just south of Ventura, near the coast of the Santa Barbara Channel, 30 miles west northwest of Los Angeles.

648. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu makers (two).
Manufacturer's Address: Riverside, California.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 156. Male owner and no employees. Also in 1910. Census entry p. 184. Two tofu shops in Riverside. Two male owners and no employees. Note: Riverside is south of Los Angeles and 10 miles south Southwest of San Bernardino.

649. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu makers (two).
Manufacturer's Address: Denver, Colorado.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 162. Two Japanese tofu shops. Two male owners and no employees. Also in 1910. Census entry p. 245. One Japanese tofu shop. One male owner and no employees.

650. **Product Name:** Tofu.
Manufacturer's Name: Ushijima Tofu-ya.
Manufacturer's Address: 2336 Lincoln Ave., Alameda, California. Phone: Alameda 2263.
Date of Introduction: 1909.
New Product–Documentation: Nichibei Shinbun-sha. 1909. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 29.

651. Baulmont, René. 1909. Le fromage de soja [Soybean cheese {Tofu}]. *Bulletin de la Société d'histoire naturelle des Ardennes* 16:12-16. June. [5 ref. Fre]
• ***Summary:*** The *Magasin pittoresque* (a French magazine), in its issue of 1 Nov. 1908, published an article on the soybean of China (*Le soja de Chine*) by Mr. Cyrille de Lamarche. The author, after describing the cultivation of this plant, discusses its numerous uses.

Note 1. Much of the first 1½ pages of this article is very similar to (or a summary of) the earlier article by Cyrille de Lamarche.

The information is given by Mr. de Lamarche without any indication of the part of China to which it applies.

Note 2. Ardennes is a department in northeast France, bordering on southern Belgium and named after the Ardennes area. Address: Member, Société d'histoire naturelle des Ardennes, France.

652. Carson, John M. 1909. Soya bean and products. *Special Consular Report* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) No. 41. Part 5. 35 p. Erroneously numbered Special Consular Reports, Vol. XL.
• ***Summary:*** Contents: Introduction. I. Countries of production. China: Newchang (Varieties of beans and amount produced {in centals [hundredweights; 1 cental = 112 pounds]}, methods of cultivating and harvesting, prices and exports, shipments to Europe–use by natives), Dalny (Manufacture of bean cake and oil, preparing the cake, expressing the oil and wages paid, freight charges to Dalny, exports, stock on hand, and prices), Chefoo (Beans imported for cake manufacture, quantity and value of output, bean vermicelli made by a peculiar process [from the small green bean lü tou {mung bean}], preparation of beans, drying of product and prices [for vermicelli]), Shanghai (Extent of export trade in beans), Shantung (manufacture of bean oil and cake, harvesting and pressing, shipping and prices), Swatow, Tientsin (Exports of raw beans, shipments of bean cake, extent of trade at Tientsin). Tables (p. 5) show prices and exports of soya beans, bean cake and bean oil at Newchang for the years 1905-1908. Japan: Cost of production and prices (of soya beans, quite detailed), imports of beans and cakes, use of the bean as food (shoyu, miso, tofu, koya-tofu, natto, flour), Kobe (Beans as human food {eaten boiled with a little soy [sauce], "made into bean curd, and a kind of sauce made of wheat, beans, and salt"}–small exports {"The total exports of beans, pease, and pulse [incl. soy] in 1908 were valued at $25,971, of which about $24,000 worth went to Hawaii, the United States, and Canada for use by the Japanese residents in those countries as an article of food"}, manufacture of cake), Nagasaki (Production of beans, imports of beans–market prices). Shipments from Vladivostok * [Russia, of soybeans probably grown in Manchuria] (Fluctuations in prices, shipments during present season, immense shipments planned next season (by Mitsui)).

"It is the intention of Mitsui Bussan Kaisha, the largest

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exporter from this port, to ship about 200,000 tons of beans via Vladivostok during 1909 and about double that quantity via Dalny. Many large contracts have been made for next season, and from present indications a strong effort will be made against the control of Mitsui Bussan Kaisha as the Chinese are making arrangements to deal direct with the European market without the aid of the Japanese" (p. 18).

Tables show: The quantities and value of soya beans, soya-bean cake, and bean oil imported into Japan during the year 1908 (p. 15). The soya bean harvests (in bushels) reported in various Japanese districts (p. 16).

II. Markets. Denmark: Experimental imports made, views of an importer. France: High duties prevent importation of soya beans, soya-bean flour bread used by diabetics, unknown in Calais district. Germany: Danger of feeding cattle on soya-bean products, oil value–prices at Hamburg, comparative food value of the bean. Italy: Beans imported and cultivated in limited quantities, prices of soya products–American cotton-seed oil, not imported into Catania, home products supply Piedmont district. Netherlands: A great future for the soya-bean trade predicted, prices of the bean and bean cake, soya cake as cattle feed, manufacture of soya-bean products begun, English soya-bean cake defective. Norway: Imports of soya-bean meal and cotton-seed meal. Russia: Beans and products unsatisfactory as feeding stuffs. Spain: Soya bean unknown in Valencia district [They are neither cultivated nor imported in this district]. Straits Settlements [Singapore and Malaya]. Sweden: Soya-bean products introduced through England. Comparative value of cattle feed [work by Nils Hansson of Sweden], comparative prices of feed stuffs. Turkey. England: Liverpool (Conversion of the soya bean into cake and meal), Plymouth (Soya cake and meal extensively consumed), Southampton (The bean appreciated as a fattener and as a dairy ration, the soya bean as human food [for use in diabetic diets]). Ireland: Chinese bean products are favorably received, soya bean introduced in Belfast, small imports at Cork. Scotland: Statistics as to use in Dunfermline not available, test of feeding value of soya cake [by Prof. Douglas A. Gilchrist], Edinburgh mills making experiments (based on 1909 report 1909 of U.S. Consul Rufus Fleming from Edinburgh).

III. Competitive American exports. Tables (p. 35) show exports for 1907, 1908, and 1909 of cotton-seed meal, cotton-seed oil, and cottolene, lardine [not defined: presumably shortening made from cottonseed oil], etc. to major countries, especially in Europe.

The Introduction notes: "In compliance with requests from manufacturers of cotton-seed products in the United States, who desired that an investigation be made of the production and use of the soya bean and its manufacturers in the Far East and of the extent to which they compete with American cotton-seed products in the European markets, the reports following have been submitted by consular officers in the various countries concerned...

"The reports of the consular officers have been placed in two groups, the first having to do with the countries that produce the soya bean and the second with the countries that are sought as markets. Statistics as to the imports of soya-bean products in many European countries were not available at the time the reports were submitted, but inasmuch as the prices quoted were generally lower than for other seed products, emphasis has been laid on the relative merits of the two classes of goods as shown by experiments and analyses in these countries. These manufacturers will have to work in meeting this new competition."

Note 1. This is the earliest document seen (Dec. 2007) concerning soybean products (oil or meal) in Turkey, Denmark, Ireland, the Middle East, or Sweden (one of two documents); soybeans as such have not yet been reported in any of these countries. This document contains the earliest date seen for soybean products in the Middle East or Turkey (1909).

Note 2. This is the earliest English-language document seen (Oct. 2001) that uses the term "soya-bean flour." Address: Chief of Dep.

653. Carson, John M. 1909. Soya bean and products: Straits Settlements (Document part). *Special Consular Report* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) No. 41. Part 5. p. 26. Erroneously numbered Special Consular Reports, Vol. XL.

• ***Summary:*** "Vice-Consul-General George E. Chamberlin, of Singapore, reports that the soya bean is not cultivated in that district. As to the imports and the uses to which the beans are put, he writes:

"The beans are imported into Singapore and other ports of this district from China, Japan, and India, principally from the former country, in considerable quantities, and are used for making soya [soy sauce] and bean cheese [tofu], or bean cake–popular articles of food among the natives and Chinese. Practically no beans are exported and no bean cake, all being consumed locally.

"Soya beans in this locality are not made into meal, nor are they used for the same purpose as cotton-seed meal and cake. The present market price is about $2 per picul (133 1/3 pounds) for the white soya bean and $1.75 for the black."

Note 1. The Straits Settlements is a former British Colony on the south and west coast of the Malay Peninsula, including adjacent islands, comprising Singapore, Penang, and Malacca settlements.

Note 2. This is the earliest document seen (May 2010) concerning soybeans in Singapore. This document contains the earliest date seen for soybeans in Singapore (1909). Address: Chief of Dep.

654. Carson, John M. 1909. Soya bean and products: Shanghai: Extent of export trade in beans (Document part).

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Special Consular Report (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) No. 41. Part 5. p. 11. Erroneously numbered Special Consular Reports, Vol. XL.
• ***Summary:*** On page 11, the Vice-Consul-General of Shanghai writes that while the Shanghai district does not produce any beans, there is considerable shipping of beans and bean products from that port. "The soya bean is little known in this district by the name 'soya,' as it is generally stated that the soya bean is any bean from which soy [sauce] is made. The best bean for making soy is the yellow bean [*huang-tou*]. The consular district of Shanghai does not produce any yellow beans of commercial importance... The total reexport of white and yellow beans from Shanghai to foreign countries, Hongkong, and Chinese ports during 1908 was $1,548,572. Bean cake, a product principally of the yellow bean, was reexported to foreign countries, Hongkong, and Chinese ports in 1908 to the value of $791,606.

"The bean curd, or a form of soy, is largely exported to Chinese ports, $17,085 worth being exported in 1908."

"Many of the beans from up the river are shipped into Shanghai and made into soy [sauce] for export."

Note: This is the earliest document seen (April 2001) that contains tofu industry or market statistics by geographical region. Address: Chief of Dep.

655. Carson, John M. 1909. Soya bean and products: Japan (Document part). *Special Consular Report* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) No. 41. Part 5. p. 13-16. Erroneously numbered Special Consular Reports, Vol. XL.
• ***Summary:*** Vice-Consul-General E.G. Babbitt of Yokohama writes: "The soya bean, or soja bean, as it is known here (Common Japanese name 'daidzu' [daizu]), is cultivated throughout the Empire of Japan. The total area of cultivation is in the neighborhood of 1,200,000 acres, or about 3.8 per cent of the total area devoted to the cultivation of rice and other cereals and grains. The soya bean is often cultivated, not in fields by itself, but in rows along the edges of rice or wheat fields. These edges are, as a rule, very soft, for they have been previously plowed, and little labor is required in planting... In harvesting the plants are uprooted, and, after being dried in the sun for several days, flails are used to separate the beans from the pods. The flails are of a very primitive type, with bamboo handle and of light weight. Female and child labor is invariably employed in flailing.

"The kinds of fertilizers used differ by districts. In the prefecture of Miyagi, for example, straw ashes and superphosphate of lime are commonly employed, while in the prefecture of Akita wood ashes, superphosphate of lime, and horse dung are used."

The average yield of soybeans in Japan over the past 10 years is 15.30 bushels per acre. For the year 1907 the highest yield is from Ishikawa prefecture, 21.62 bushels/acre, whereas the lowest yield is from Okinawa prefecture (Loochoo Islands, south of Kiushu [Kyushu]), 8.48 bushels/acre. During 1908 huge amounts of soya beans (3.3 million piculs; 1 picul = 132.277 pounds weight) were imported to Japan from China, Kwantung, and Korea, with small amounts coming from Asiatic Russia. Large amounts of soya-bean cake (7.760 million piculs) were imported from China and Kwantung, with small amounts coming from Asiatic Russia and none from Korea. "The total imports of bean oil in 1908 amounted to only 49,993 pounds, valued at $1,325."

"The soya bean is one of the most important articles of food in Japan. The beans are cooked in various ways, while in brewing soy (shoyu), in the manufacture of miso (pea or bean cheese), tofu (bean curd), koya-tofu (frozen bean curd), and natto (steamed beans) they are the chief ingredient. They are also manufactured into flour and make up the principal part of many Japanese sweetmeats. All these foodstuffs are daily used in Japanese homes.

"To a limited extent soya beans are used as horse or cattle food, being sometimes boiled and mixed with straw, barley, bran, etc."

The vice consul of Kobe states that in 1908 Japan produced 18,812,228 bushels of soya beans. Small amounts are exported "to Hawaii, the United States and Canada for use by the Japanese resident in those countries as an article of food." Three factories in the Kobe district make bean cake, largely from imported, lower-cost soya beans. "The beans are first crushed flat, then put into a big container and steamed, after which they are put into a steam press to extract the oil and to be made into cakes. The cakes come in circular pieces, a yard in diameter and an inch thick, each weighing about 50 pounds. The oil is used for lubricating machinery. The cake is used only as a fertilizer and is not fed to animals as it causes their hair to fall off."

Note 1. This is the earliest document seen (Feb. 2004) stating that soya bean oil can be used as a lubricant.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "koya-tofu" to refer to dried-frozen tofu.

Note 3. This is the earliest document seen (Aug. 2011) in *Chemist and Druggist* in which the toxicity of a soy product is discussed or alleged, namely soya cake "is not fed to animals as it causes their hair to fall off." Address: Chief of Dep.

656. Cornet, Paul. 1909. Le régime alimentataire des malades: Considérations pratiques sur les aliments et les boissons diététiques et sur l'hygiene de l'alimentation [The dietary regimen for the sick: Practical considerations on dietetic foods and drinks and on the hygiene of feeding]. Paris: G. Steinheil, Éditeur. 484 p. No index. 23 cm. [144* ref. Fre]
• ***Summary:*** In Part III, "Foods drawn from the vegetable kingdom," Chapter 20 titled "Starchy vegetables" discusses

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various fruits, grains, and legumes. The section on "Soya" (p. 269-70) gives the name of the soybean in Japan (*daizu*), Annam (*dau-nauh*), and China (*théou*), and notes that the seeds can be used to make shoyu, miso, and tofu–which are widely appreciated.

"Dietetic uses: Without having recourse to these exotic preparations, the nutritional value of soybeans is not used enough in our country. Soy bread is only used in anti-diabetic diets*, whereas one could prepare a pap and a drink (*boisson,* [soymilk]) no less precious, as well as extracts [soy sauce] which could be substituted for meat extracts." Footnote: *Soya is well suited for diabetics, for the seed contains only 3% starch plus 16% oil and 27% protein.

In Part V, "The regimens," Chapter 30 titled "General solid regimens" has two parts: The first, the "Vegetarian regimen" (p. 341-55) has the following contents: Indications for the vegetarian regimen. Application of the vegetarian cure: Absolute [vegan foods plus water], mitigated (lacto-ovo vegetarian), total vegetarian diet (*régime total*) throughout the seasons (incl. dry legumes such as soybeans, peanuts, etc.), culinary preparations. Vegetal calendar (*Calendrier végétal*)*:* soups, main dishes, and desserts for each month of the year. Address: Dr., Professeur at the municipal schools of the infirmaries of the Hospitals of Paris (aux Ecoles municipales d'Infirmières des Hôpitaux de Paris).

657. Edie, E.S. 1909. Cultivation and uses of soya beans. Liverpool: C. Tinling & Co. 7 p.
• ***Summary:*** See: Edie, E.S. 1909. "Cultivation and uses of soya beans." Liverpool University, Institute of Commercial Research in the Tropics, Bulletin 1(1):1-7. Oct. 8. Also published in Spanish in Mexico (1911). Address: M.A., B.Sc.

658. Maurel, Edouard César Emile. 1909. Traité de l'alimentation et de la nutrition à létat normal et pathologique. Vol. 3 [Treatise on food and nutrition in normal and diseased conditions. Vol. 3]. Paris: O. Doin, Éditeur. xii + 685 p. Index (in vol. 4). 25 cm. [Fre]
• ***Summary:*** The last entry in the section on "Legumes," titled "Soy peas or beans" (*Pois ou fèves de Soja / Soya*), states: In order to be complete, to the preceding dried legumes I add the soybean, used here only as a therapeutic agent, but whose consumption in China and especially in Japan is considerable.

Its use in food is, moreover, completely justified by its great nutritive value. Here are some analyses of its nutritional composition: A table (p. 495) gives 6 analyses by three authors (each of whom cites other researchers) as follows: Balland (Gautier): maximum, minimum, mean. König (Siderski): black or yellow soybeans. König (Siderski): soy flour.

As you see, despite their great nutritive value, all the other legumes remain below that of the soybean. It contains more than 30% protein and 400 calories per 100 gm. It must be added that no other legume is as rich in minerals, for soy always contains at least 4%.

This legume, known in Japan by the name of *daidzou* [*daizu*], can be made into a cheese, tofu (*tôfou*,) and above all the national sauce, shoyu (*shôyou*) and miso. These three substances result from fermentation, but under different conditions.

Japanese miso is a venerable food; it's the *tao-tzung* of the Chinese. It is made of crushed soybeans, boiled and mixed with rice or wheat koji, then submitted to fermentation. Miso consumption in Japan is 30 million kg.

Tofu is also used frequently but less than the preceding [miso], and much less than soy sauce which constitutes the universal seasoning. The consumption of this last would be, in fact, 5.5 liters per inhabitant.

Discussed in this section are: Dry beans (*haricots secs;* [*Phaseolus vulgaris*]), lentils, peas or round peas (*pois ronds* [Pisum sativum]), square peas (*pois carrés;* probably winged beans {*Psophocarpus tetragonolobus*}, or flat pea / Lathyrus pea / chickly vetch {*Lathyrus sativus*}, or *Pisum sativum medullare*), chickpeas (*pois chiches*), and dry [broad] beans (*fèves sèches;* [probably *Vicia faba*], broad beans). Address: M.D., principal physician for the Naval Reserves, Prof. at the Faculty of Medicine, Toulouse (Médecin principal de réserve de la Marine).

659. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1909. Nichi-Bei nenkan [Japanese-American yearbook. No. 5]. 650 Ellis St., San Francisco, California. 605 p. Reprinted in 2001-02 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 5-kai [Collected Documents on Japanese Emigration. No. 5]. [Jap; eng]
• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. The English-language title page reads: *The Japanese American Year Book.*

The book is divided into 17 parts, each numbered separately. Contents: (1) Front matter (5 p.) (2) Table of contents (3 p.). (3) Maps (2 p.): Map of the United States. Map of California (1 p. each, in Japanese). (4) Black and white photos on 6 unnumbered pages (single sided). (5) Advertisements (A-1 to A-32). (6) Front part (p. 1-168), including general information about America, Japanese in America, U.S. and agricultural census data, etc. (7) Ads from San Francisco printers (2 p.). Appendixes: (8) Appendix 1: Table of contents (2 p.) (9) Appendix 1. Japanese agricultural workers in the various states (p. 1-60). (10) Ads (p. B-1 to B-96). (11) Appendix 2 table of contents (2 p.). (12) Ads (3 p.). (13) Appendix 2. Japanese living in America, alphabetically by state, and within each state by city (p. 1-148). (14) Ads (2 p.). (15) Ads on numbered pages (C-1 to C-66). (16) California ads (p. C-1 to C-42). (17) Publication data / Copyright page (1 p.).

Basic information about how this book was compiled

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and the survey conducted is given on pages 60-66, 140-41, and on the title page of Appendix 1 of this year book. Pages 60-66 show various existing government registration forms that Japanese are required to fill out, such as birth, marriage, death, and divorce certificates, employment / occupation, agricultural details (employer, land use, nature of relationship with employer, etc.), and visa.

The tariff (import duty) on shoyu and miso from Japan is 40% for each (p. 32).

The value of the 1900 soybean crop in the United States is $7,634,262 and the value in California is $1,022,586 (p. 69). Note: This is the earliest document seen (March 2009) that gives soybean production or area statistics for either the USA or California–much earlier than any U.S. Department of Agriculture statistics. Unfortunately, the source of these statistics is not given. During the period 1900 and 1909 many Japanese were farming land in California, and there was a significant number of soyfoods manufacturers in California and, more broadly, west of the Rocky Mountains. Therefore we should not be surprised to learn that these farmers were growing soybeans in California, either for use as edamamé (green vegetable soybeans in the pods) or for sale as whole dry soybeans to soyfoods makers.

Value of selected imports from Japan to the USA in 1906: Miso–Imported to the mainland $55,648. To Hawaii $43,108. Total $98,756. Shoyu [soy sauce]–Imported to the mainland $241,345. To Hawaii $211,265. Total $452,610 (p. 119).

Retail prices of Japanese foods in San Francisco (on 1 Nov. 1908): Amazake [cup] for 15 cents (100 cents apparently = $1.00). Kikkoman shoyu: 1 cho for 300 cents. Yamasa shoyu: 1 cho for 280 cents. Miso: 1 cho for 180 cents. Tai [sea bream] miso: 1 piece (*ko*) for 10 cents. Note: A *cho* is an undefined, vague unit of Japanese measurement. A photo shows the inside of a Japanese retail store (p. 120). Note: The meaning of "1 cho" is unclear.

In 1908 the Japanese population in the United States totaled 103,630, including 93,149 men (89.9%), 6,379 women, and 2,100 male children, and 2,010 female children. Six pages of tables give the Japanese populations of different U.S. states and cities.

The directory (p. 5) gives a listing of sake and shoyu sellers in San Francisco: Hokubei Boeki Kaisha, 318 Front St. Tel. [Phone] Kearny 451. McKendry Shosha, 149 California St. Tel. Kearny 2970. Iwagami Shokai, 441 Commercial St. Tel. 2447. Kagawa Soko Shiten, 41 Commercial St. Tel. 1263. Ichida Shoten, 1968 Bush St. Tel. West 1688. Murai Ishikawa Shokai, 2001 Pine St. Tel. West 5407. Tanaka Kyodai Shokai, 1609 Gough St. Tel. West 6615.

The Directory shows Japanese companies making soyfoods in California, Colorado, Nevada, New York, Oregon, Utah, and Washington.

Note: A big jump in the number (and geographical extent) of Japanese tofu shops occurred in 1909. A translation (from older Japanese) of the pages describing how this book was compiled and the survey conducted (on pages 60-66, 140-41, and on the title page of Appendix 1 of this year) would probably help to explain this jump. William Shurtleff has a theory that it had something to do with contact between the people who conducted the Mackenzie survey of Japanese in America (1910). He spent a large amount of time trying, unsuccessfully, to find out how those surveyors knew where to look. He thinks that they worked with the owners of *Nichibei Shinbun* using its list of subscribers to locate communities of Japanese living in California.

At some point a light when on in the minds of the publishers of the annual directory. (1) If the businesses in those communities started advertising in our annual directory, it could become a major source of income. (2) Each new address of a Japanese person or business we find represents a potential new subscriber to our newspaper. Hence their interest and follow-through. So each helped the other to their mutual satisfaction. A win-win situation. Address: San Francisco, California.

660. Yukawa, Genyô. 1909. Ueber die absolut vegetarische Ernaehrung japanischer Bonzen [The strict vegetarian (vegan) diet of Japanese Buddhist monks]. *Archiv fuer Verdauungs-Krankheiten* 15:471-524. [5 ref. Ger]

• ***Summary:*** The author studied a group of 12 strict vegetarian [vegan] Buddhist monks in Japan and found them to be in good health. He estimated that their daily diets, if evaluated for a 150-pound male, supplied 3,575 calories and 113 gm of protein. The older men ate somewhat less. The diet consisted chiefly of rice and barley, with soy products, vegetables, and rape seed oil.

A table (p. 478-79) summarizes the author's research on the protein content of vegetarian meals by previous Japanese researchers. These meals contained various soy products: Miso (*Soybohnenmus*), soy sauce (*Soy*), and tofu. On pages 489-91 are definitions of miso soup, miso, soy sauce (*Soy*) koji, grilled tofu (*Yakidofu*), cooked soybeans (without the hulls removed), azuki bean paste, and mochi, which are served at Nanshuji temple. A table (p. 497-98) gives the nutritional composition of these and other foods. Amounts served at each meal are shown on p. 501, 514, 522, including daikon pickled in miso. The terms "Makrobiotik" and "Makrobier" are used. Address: Aus der Privatklinik fuer Magen- und Darmkrankheiten von Dr. Yukawa in Osaka, Japan.

661. Hitier, H. 1910. Société Nationale d'Agriculture de France: Le soja [National Society of Agriculture of France: Soya]. *Journal d'Agriculture Pratique* 74(1):24-25. Jan. 6. [Fre]

• ***Summary:*** "Mr. Sagnier, on behalf of Mr. Liyuying [Li

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Yu-ying], delegate of the government of China in Europe, gave a very interesting presentation on the soybean (*le soja*), and its alimentary, therapeutic, agricultural, and industrial utilization. (This journal will soon publish an article on the soybean.)

After his presentation, Mr. Sagnier showed the members of the Society various products that can be extracted from soybeans: flour, bread for diabetics, cake, seasoning sauce, confections, raw milk, fresh cheeses, etc.

Mr. Schribaux recalled that the soybean, which is widely grown in East Asia, is also cultivated in Europe, but the varieties introduced up to this time have been very sensitive to the cold. In the USA the crop has expanded rapidly.

Mr. Lindet remarked that the soybean contains 16-17% oil, a rather low percentage. Mr. Ch. Girard has cultivated soya at Joinville as a forage plant, but the forage obtained is mediocre, in part because the plant is covered with hairs.

The prince of Arenberg noted that prior to 1908 not one kilogram of soybeans passed through the Suez Canal, yet in 1908 35 million kilograms passed through. This gives a good idea of the commercial development of this plant. Address: France.

662. *Bulletin de l'Association Amicale Franco-Chinoise.* 1910. Le soja [Soya]. 2(1):62-64. Jan. [Fre]

• ***Summary:*** This periodical was established to promote understanding and friendship among the people of France and China.

The name *Soja* or *Soya* comes from the name that the Japanese give to the sauce made from soybeans. In Chinese it is called *tsiang-yeou* (Cc = Chinese characters given [soy sauce]) and it is made from *houang-teou* (Cc [yellow soybeans]). This sauce, which is used in the well-known *Worcester sauce,* is widely used in China and Japan. Some Chinese residing in Paris [incl. Li Yu-ying] recently took the initiative to introduce into France this sauce, as well as several other products derived from these same 'yellow peas' (*pois jaunes*).

They have just built a factory near Paris in a town named Les Vallées (rue Denis-Papin), on the train line going to Saint-Germaine-en-Laye. There, perfected machines / equipment and the resources of western science allows them to obtain from the raw materials a much better yield than could be obtained using the rudimentary Chinese process. These things made it possible, at the same time, to develop many new soy products suited to European tastes.

A retail store named the Golden Jar in Paris (La Jarre d'Or, 4, rue du Renard) received the right to sell these products from *Caséo-Sojaïne.* And an exposition [of the soy products] was organized at the Grand Palace, at the time of the opening, last Nov. 20, of the Food Fair / Expo (*Salon de l'Alimentation*). There various products were offered.

A summary of the contents of an interesting brochure from that exposition is reprinted. Contents of the brochure: Introduction to the soybean. Products based on soymilk (*Le lait de soja, Le lait végétal*)*:* Liquid, powdered, or fermented soymilk, soy cheese (*Le fromage de soja, Le fromage végétal* [tofu]) (fresh, hard, and fermented). Soy sauce. Soy oil. Sweet soya preserves (*Confiture de Soja;* this soy cream {*crème de soja*} resembles chestnut cream {*crème de marron*}). Soybeans used as a vegetable (dehulled dry soybeans, and soy sprouts {*les germes de soja*}). Other soy products (including soy flour, bread for diabetics, whole-meal bread, and soybean cakes–used as feed for animals).

Note 1. It is unclear whether the Chinese-run factory, *Caséo-Sojaïne,* has started to make and sell commercial soy products, or whether they are just about to. They may have started on Nov. 20 of the previous year, however there is no description of soyfood products now being sold in Paris.

Note 2. This is the earliest document seen (April 2013) that contains the term *Caséo-Sojaïne,* which appears to be the name of a business, not of a product. This term would soon be used to also refer to "tofu." Li Yu-ying's name is not mentioned.

Note 3. This is the earliest document seen (Sept. 2002) that mentions soy cream (*crème de soja*).

Note 4. This is the earliest document seen (Sept. 2002) that mentions powdered soymilk (*Le Lait de Soja, en poudre*).

Note 5. This is the earliest document seen (Sept. 2002) that mentions fermented soymilk (*Le Lait de Soja Fermenté*).

Note 6. This is the earliest French-language document seen (Jan. 2013) that mentions soy sprouts, which it calls *les germes de soja.*

663. Sagnier, Henry. 1910. Le soja et ses produits [The soybean and its products]. *Journal d'Agriculture Pratique* 74(1):307-10. March 10. [4 ref. Fre]

• ***Summary:*** The soybean was a curiosity in Europe until 2-3 years ago, when large amounts started to be imported. The prince A. d'Arenberg, president of the Suez Canal Society, told the National Society of Agriculture, that prior to 1908 no soybeans had passed through the Suez Canal, yet in that year 35,000 tons passed through it. It seems that the new commerce has been stimulated by the expansion of the crop in Manchuria and Korea, under Japanese influence. Most of the imports have gone to England and northern Europe. In England, the oil is used to make soaps and the cakes are fed to livestock.

Recently it was announced that the Chinese government, preoccupied with the expansion of exports, would have manifested the intention to prohibit these exports in view of preventing a shortage of soybeans in the interior of the country.

"The Chinese are now greatly expanding their efforts to make known in Europe the advantages to be gained from soya and from the products that can be extracted from its seeds. I recently had the occasion to present to the

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National Agricultural Society of France a study written by Mr. Liyuying [Li Yu-ying], delegate of the government of China for several missions. It was titled *Le soja, utilisation alimentaire, thérapeutique, agricoles et industrielle*. This study was accompanied by samples of yellow and black soybean seeds, and by the principal products which can be extracted from this plant: flour, bread for diabetics, cake (*gâteau*), seasoning sauce (*sauce condimentaire*), confections (*confitures*), raw milk (*lait cru*), cooked and sweetened milk (*lait cuit et sucré*), cake for livestock feed, (*tourteau pour l'alimentation du bétail*), fresh cheese (*fromage frais* [tofu]), and smoked cheese (*fromage fumé* [smoked tofu]).

"These products originated from processing imported soybeans. They have been prepared at a test factory (a photo, p. 309, shows the interior) set up just outside of Paris, at Vallées, near Asnières. Li Yu-ying's study gives complete details on these products" which are made from imported soybeans. This factory, named *Caséo-Sojaine*, "has been established by the agents of a civil society constituted in China under the name of *Société biologique de l'Extrême-Orient* (Far Eastern Biological Society). Made up of physicians, scholars (men of letters), and businesspeople, this society would seem to have as its principal goal/object to make known and have used in Europe the pharmaceutical and agricultural products of the Far East [East Asia]."

Note: This is the earliest document seen (May 2011) that mentions the Far Eastern Biological Society (*Société biologique de l'Extrême-Orient*)

The author concludes by discussing soymilk (*lait de soja ou lait végétal*), soybean cakes (*les tourteaux d'huilerie*), and a brief history of the soybean in France.

Illustrations (p. 308) show: Mature soy bean plant with pods. Close-up of soy bean pods and seeds. Soy milk and soy flour viewed under a microscope (p. 309).

664. Le Goff, Jean. 1910. Sur l'emploi de la graine du "Soja Hispida" de Chine dans l'alimentation des diabétiques [On the use of soybeans in diabetic diets]. *Gazette des Hopitaux* 83(34):476-78. March 22. Also published as a brochure. [5 ref. Fre]

• ***Summary:*** The writer is interested in using diet to treat or manage diabetes. As early as Feb. 1908, she suggested the use of almond cake in diabetic diets. The almond is not the only oilseed that is available. Nuts, poppy seeds, roasted peanuts, etc. also taste good. "I am here today to call attention to a legume, *Soja Hispida* (Moench), popularly known as the oil-pea of China (*pois oléagineux de Chine*), which serves as the basis of the diet for the inhabitants of that vast country.

"Like wheat, it is an annual plant. It has been cultivated in China since antiquity, and is likewise found in Cochin China, Cambodia, the Indies, and Japan.

"Its cultivation not been tried much in France. The trial by Lechartier (1903), with the goal of using soya as a forage plant, has not yet been repeated.

"Desiring to increase the number of foods permitted for diabetics and, above all, providing them with a fresh vegetable capable of replacing [dry] peas and haricot beans, I had the idea of trying to cultivate soybeans in France. The trials I made in 1909 were very encouraging.

"The soybean (*Le soja*) planted last May in the department of Loir-et-Cher [in north-central France] gave a magnificent stand of plants 100 to 110 cm in height, which bore fruit in September, even though that month was very rainy.

"Just like grapes, soybeans need plenty of heat to mature. The soybean harvest will be greatest in areas which are dry and warm. In short, the best regions for growing grapes would also seem to be preferable for soybean cultivation.

"It seems to me this demonstrates that the soybean can be cultivated in our country, like peas and haricot beans. It is the one new resource for diabetics who are living in the countryside where it is often difficult to obtain starch-free foods.

"Introduction of the soybean as a vegetable garden crop may be easier, since the trade has usually sold seed from the previous year's crop–or even older. Seeds that were not fresh contributed to the poor quality of foods made from them, and contributed to the discredit into when they fell."

"If soybeans are crushed in a mortar and mixed with water, you get a vegetable milk, resembling almond milk. With this milk, as with animal milk, one can make a cheese [tofu], the cost of which is practically insignificant. In China it is consumed in large quantities."

A table, by Mr. Balland, shows the chemical composition of soybeans from Cambodia and Tonkin.

"It is not only because of its low starch content or its richness in protein that one can recommend the soybean to diabetics; it is also because of the oils that it contains. From that point of view its action approaches that of almond cake.

There follows a long discussion of the action and importance of oils in diabetic diets.

Note: This is the earliest article seen (July 2001) by Dr. Le Goff on soy and diabetic diets. Address: M.D., Lauréat de la Faculté de médecine de Paris [France].

665. Japan, Bureau of Agriculture (Norinsho, Nomukyoku), Dep. of Agriculture and Commerce. 1910. Outlines of agriculture in Japan. Tokyo: Agricultural Bureau, Department of Agriculture and Commerce. 132 p. March. Illust. No index. 23 cm. [Eng]

• ***Summary:*** This book was compiled to acquaint foreigners with agriculture in Japan. Company name with diacritics is: Nôrinshô, Nômukyoku. A map near the front shows Japan and its empire (incl. Korea, Formosa, Kwantung, Karafuto, and the Kurile Islands, with an inset pie chart showing the value of Japan's agricultural products). Oval

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photos show Japan's six top agricultural officials. A full-page table shows the moneys, measures and weights of Japan with English equivalents. Contents of the first part of the book: Introduction: Geographical location, area, population, topographical position, climate. 1. General remarks. 2. Condition of farmers. 3. Condition of agricultural land.

The section titled "Upland fields" (p. 18) states: "Upland fields are those portions of land being located in high and dry places which by wanting means of irrigation could not be converted into paddy fields. The utilization of these fields is commonly made by the rotation system and crops are raised twice a year. The commonest instance is that barely, naked barely, and wheat are raised as the first crop in winter whereas soja beans, sweet potatoes and millets are raised during the summer as the second crop." The profits from upland fields are generally smaller than from lowland / paddy fields. The average yield of soja beans over the past 10 years is given in Japanese units (p. 19).

In Japan only cows and horses are kept as work animals. In 1907 Japan had 1,008,922 cows and 2,204,031 horses. But they were used more for their manure than for plowing.

A table (p. 28) shows the value (in yen) of the principal commercial fertilizers in Japan from 1905 to 1907. "Soja bean cakes" (a key source of nitrogen) is by far the largest, averaging 12.9 million yen for these three years, followed by superphosphate of lime, mixed manure, rape-seed oil cakes, herring cakes, bone dust, and cotton-seed oil cakes. Note 1. This is the earliest English-language document seen (Nov. 2005) that uses the term "cotton-seed oil cakes" (plural or singular) to refer to cotton-seed cakes.

A table (p. 37) gives the cultivated area (in 1,000 *cho*) of major Japanese crops in 1887, 1892, 1897, 1902, and 1907. In 1907 rice had by far the largest area (2,906), followed by naked barley (694), barley (658), soja bean (471), wheat (444), mulberry tree (390), sweet potato (288), Indian millet (202), rape seed (143), small red bean ([azuki], 135). Soja bean area remained almost unchanged between 1887 (466) and 1907 (471).

A table (p. 39) gives average yield (in *koku/tan*) of the same major Japanese crops for the same years shown in the previous table. Yield of soja beans rose from 0.698 in 1887 to 0.777 in 1907. Since 1 *koku* = 4.963 bushels and 1 *tan* = 0.245 acres, the 1907 yield is 15.74 bushels/acre.

A table (p. 40) gives the production (in 10,000 koku) of the same major Japanese crops for the same years shown in the previous table. Production of soja beans rose from 325 in 1887 to 366 in 1907. Since 1 *koku* = 4.963 bushels, and 10,000 *koku* = 49,630 bushels, then 366 *koku* is 18.164 million bushels. The next table (p. 42) shows the value (in yen) of each of these agricultural products in 1905-07, and a table (p. 46) compares the cultivated area of each of these crops with rice; soja beans are 16.2% of rice.

In the section on "Food crops" (p. 47+) is a detailed discussion of each. Concerning "Soja bean" (p. 50-51) we read: "The use of this bean is extremely extensive since they are used for the purpose of supplying to the people low priced starchy food by being made into *miso* (pea cheese), soy, *tofu* (bean curd), and other food-stuffs required by the Japanese. The residue obtained from making these food-stuffs from the bean is used for the purpose of feeding cattle or of pressing oil while as manure it is highly valued. Soja bean is easily cultivated requiring less amount of manure and labour. It is therefore cultivated all over the country and occupies the principal position among summer crops of upland fields. Within recent years the demand for it has considerably increased at home and also the export of various food-stuffs prepared out of bean has shown some increase so that no small amount of bean is imported either from China [Manchuria] or Korea. The amount imported actually reaches 10,000,000 *yen.* Over and above these, the import of bean cakes is approximately figured at 20,000,000 *yen* so that the domestic output has somewhat been affected."

Also discusses: Barley and naked barley. Indian millet, Barnyard millet and sorghum. Small red bean [azuki] ("A large amount of small red bean is used as a material for cakes [confections], Hokkaido being the principal producing district." p. 51). Flax and hemp. Green manure crops, incl. *genge* (*Astragalus sinicus*, *umagoyashi* (*Medicago denticula*)), soja beans, etc.

Note 2. This is the earliest English-language document seen (March 2006) that uses the term "small red bean" to refer to the azuki bean.

Chapter 4, titled "Animal industry and poultry" (p. 69+) contains many statistics which may be of interest to vegetarians. Japanese traditionally ate fish rather than meat. "Even at present, the amount of meat consumed per capita a year does not exceed 1.7 pounds while that consumed in America is 150 pounds and in England 118 pounds per capita." etc.

A table (p. 85) shows imports of principal agricultural products (quantity and value) each year from 1906 to 1908. Imports of soja beans increased from 286 to 352 (x 10,000 piculs) during this period, while imports of [soja] bean cake increased from 433 to 776. Both were imported mainly from China. However "the output of *soy* [sauce] and *miso* made of soja bean is exported to the amount of 1,200,000 yen, while bean cake forms the principal fertilizer in Japan" (p. 86). Address: Tokyo.

666. Brenier, Henri. 1910. La question du soja [The soya question]. *Bulletin Economique de l'Indochine* (*Hanoi*) 13(83):105-28. March/April. Series 2. [22 ref. Fre]
• ***Summary:*** This is an in-depth look at the relevance of the soybean to France, both now and in the future. It is prompted by the rapid growth of soybean imports to Europe from Manchuria. The author has a good knowledge of the literature on soybeans and a familiarity with the crop in the field in French Indochina and China.

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Contents: 1. Soybean cultivation: Species and varieties, major soybean producing countries (China, Japan, Korea, Indochina), other countries (Java and the Dutch East Indies, France, USA. The Imperial Institute of London is conducting trials in the Cape of Good Hope and Natal [South Africa], in British West Africa, and in Gambia), methods of cultivation and yield. 2. Commerce: Exports of soybeans and soybean cake (beancake, *tourteaux de soja*) from China and especially Manchuria (Newchwang, Dairen/Dalny, Antung, Ta tung kow, Suifenho [Suifenhe] / Sui-fen-ho), importing countries in 1908 in descending order of amount imported (Russian ports on the Pacific [Vladivostok, for re-export to Europe], Great Britain, France, Holland, Italy, Belgium, Germany), prices. 3. Soybean utilization: Chemical composition, use as a forage plant and for improving the soil, use in human foods (tofu, shoyu, Worcestershire sauce, tuong [Annamite soy sauce], miso, natto, soymilk), the soybean as an oilseed (yield of oil from various oilseeds), soybean cakes. Conclusions.

Page 109 discusses soybeans in Indochina, according to information received from M. Crevost, Curator of the Agricultural and Commercial Museum of Hanoi, and from the article by Bui-quang-Chiêu (Dec. 1905). The names of the soybean are different in the various parts of Indochina. In Cochin China (especially in the provinces of Chaudoc and Baria), in Annam (sporadically), and in Tonkin it is called *dau-nanh* or *dau-tuong* (*Tuong* is a sauce made with soybeans, described later under "Uses"). In Cambodia (*Cambodge*) it is called *sandek sieng.* The variety most widely cultivated in Indochina seems to be one with a yellowish-white color, more oblong than round, a little flattened (*soja platycarpa* of Harz [1880, 1885] (?)), different therefore from the fine (*belle*) varieties of Manchuria and Japan that are well rounded and pure yellow.

A table (p. 112) shows soy bean grain exports (in 1,000 metric tons) from different Manchurian ports for the years 1905-1908. The author notes that Indochina could be exporting soybeans to France. One factor that stimulated the large exports of soybeans from Manchuria in 1908 (besides an excellent harvest in 1907) was a program to suppress the cultivation of opium by expansion of soybean acreage (p. 113). The author uses the scientific name *Phaseolus radiatus* to refer to the *petit haricot vert* (probably mung bean). He observed soybeans planted in mixed culture in Szechuan.

Page 116 notes that the rise of soybeans in Manchuria is due in part to the power of the Japanese commercial house Mitsui Bussan Kaisha and the large English oil mills, which joined to develop an industry that had not previously existed. At the end of 1906, Mitsui, which had a dominant commercial role in Southern Manchuria, sent one or two trial shipments of soybeans to England. Mitsui was followed mainly by the British trading houses (Samuel & Samuel, Jardine, Matheson), then by the Germans (Otto Reimers, Arnhold Karberg), and the Russians. Continued suppression of opium growing led to further expansion of soybean cultivation.

A table (p. 117) gives the price of soybeans (per picul of 300 catties = 180 kg), soybean cake (per 10 cakes of 53 catties each or 318 kg for the 10), and soybean oil (per picul of 100 catties = 60 kg) in New chwang [Newchwang] taels and in French francs in the average year from 1882-1891, and in the year 1897. Prices were up in 1897.

Page 124 states: "A factory was recently founded near Paris (at Saint Germain en Laye), with Chinese capital, for the preparation of a series of products derived from soya: milk, *"caséo-sojaïne,"* cheese [tofu], sauce, and sweet soya preserves (*confiture* (*?*) *de soja*)*."* A footnote states: "I owe this curious piece of information to the amicability of the secretary of *Ecole française d'Extrême-Orient,* Mr. Ch. Maybon, who pointed it out in the January 1910 issue of the *Bulletin de l'Association amicale franco-chinoise.*

A table (p. 125) shows that the soybean gives the lowest yield of oil of all major oilseeds: copra (from coconut) yields 67-70% oil, sesame seeds 50-56%, poppy seed (*pavot*) 43-50%, castor oil plant 42-50%, rapeseed (colza) 42-45%, linseed 43%, peanuts 35-47%, cottonseed 21-26%, soybeans from Manchuria 16-18%.

Note: This is the earliest document seen (March 2000) that describes *caséo-sojaïne* as a product. Yet this may well be a mistake since its source of information is given as *Bulletin de l'Association Amicale Franco-Chinoise* (Jan. 1910)–which uses the term to refer to a business name. Address: Inspecteur-Conseil des Services Agricoles et Commerciaux de l'Indochine.

667. Noorden, Carl von; Lampé, Eduard. 1910. Ueber Sarton, ein neues Naehrpraeparat fuer Zuckerkranke [Sarton, a new food for diabetics]. *Therapie der Gegenwart: Medizinische-Chirurgische Rundschau* 51(4):145-46. New Series Vol. 12. [Ger]

• ***Summary:*** This article is mainly about soybeans, their chemical composition, and the various foods that can be made from them. "By coincidence, the soybean (*Soja hispida*), of Japanese origin, fell into our hands. The first experiments on this plant were conducted many years ago, initially in our private clinic in Frankfurt, then later by another one of us in Frankfurt and the other in Vienna.

"Soja hispida, a legume, produces a seed that lies somewhere between peas and beans in appearance. There are numerous varieties of soybeans and each has different qualities. Only certain varieties are useful in the kitchen. In Japan it is used to make the Japanese "bean sauce [*Bohnensauce*], called shoyu; it is also found in fine European kitchens. Moreover, in Japan, a peculiar dish called tofu (*Tofou*) is prepared from soybeans. It is rich in protein; almost all other nutrients of the beans are removed during its preparation. In its simple boiled state, the soybean is used as a vegetable or salad in Japan by the poor. Also in southeast

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Europe, people have been planting soybeans for three decades, but they don't have the same value here as in Japan.

"The high concentration of protein in soybeans (30-35%), the low concentration of starch and of digestible carbohydrates (ca. 6%) leads us to want to try soybeans in diabetic diets. But the plain, unprocessed bean, regardless of what we add to it, does not suit European palates..."

"Finally a method was found that removes almost all of the carbohydrates from soybean meal (*Sojabohnenmehl*), and also gets rid of the unpleasant tasting materials. Because this process is much too complicated to be carried out in one's household, Bayer & Co., a paint factory in Elberfeld, took over the production on a large scale. The preparation was next produced in the form of a thick puree, put into sterilized tin cans (about 18-19% solids, of which 8-9% was protein). Meanwhile they succeeded in making a dry powder, and the firm even told us that they would probably prefer to sell the preparation in a powdered form.

This soybean puree, given the name Sarton by the factory, contains no starches or red dextrins (*Erytrodextrins*) as indicated by a test with Lugol's solution. If properly prepared, the taste is excellent. All patients, and even healthy workers, accepted it very well. Like pea soup and lentil soup, the Soybean soup invites the use of plenty of butter or other fats, and thereby enables the incorporation of a high level of total nutrients–with little resulting sugar in the urine.

"More detailed communications about the soybean, about the chemistry of this and other preparations, about its digestibility, etc. will soon be published by Dr. E. Jürgensen from the Vienna Medical Clinic (*Wiener I. medizinischen Klinik*).

Note: This product, which originated in Japan, was made in its own factory in Potsdam. Address: 1. Vienna, Austria; 2. Frankfurt am Main, Germany.

668. Langworthy, C.F. 1910. Apendice. La soya como alimento para el hombre [Appendix: The soy bean as human food]. *Boletin de la Sociedad Agricola Mexicana* 34(20):389-92. May 25. [1 ref. Spa]

• ***Summary:*** This is a Spanish-language translation of USDA Farmers' Bulletin No. 58 (1897, Revised 1899). The soybean is referred to throughout as "La haba soya." It describes and gives the nutritional composition of various Japanese soyfoods, including natto, miso (3 types; *miso blanco, colorado, Suiza* [*Swiss*]), tofu (*Tofu o queso de haba; Tofu fresco*), soymilk (*leche de la haba soya*), frozen tofu (*Tofu helado*), yuba, soy sauce (*salsa de la haba soya*).

Note 1. This is the earliest Spanish-language document seen (Oct. 2012) that mentions yuba, which it calls *yuba.*

Under the name of coffee beans (*habas de café*), soybeans (*las habas soya*) are sometimes consumed in Switzerland as legumes (*como legumbres*)*;* when they are dry and toasted, they are used as a substitute for coffee (*sustituir al café*). No mention is made of soybeans or soyfoods in Mexico.

Note 2. This is the earliest Spanish-language document seen (April 2013) that uses the term *Tofu* or the term *queso de haba* or the term *Tofu fresco* to refer to tofu

Note 3. This is the earliest Spanish-language document seen (Jan. 2012) that mentions natto, which it calls *natto.*

Note 4. This is the earliest Spanish-language document seen (March 2009) that mentions miso, which it calls *miso.*

Note 5. This is the earliest Spanish-language document seen (Nov. 2012) that mentions soy coffee or soy as a substitute for coffee, which it calls *sustituir al café.*

Note 6. This is the earliest Spanish-language document seen (Oct. 2003) that uses the term *leche de la haba soya* to refer to soymilk.

Note 7. This is the earliest Spanish-language document seen (April 2013) that mentions frozen tofu, which it calls "Tofu helado."

Note 8. This is the earliest Spanish-language document seen (April 2012) that mentions soy sauce, which it calls "salsa de la haba soya." Address: PhD, Office of Experiment Stations, USDA, USA.

669. Blin, Henri. 1910. Valeur alimentaire du tourteau de soja [The nutritional value of soybean cake]. *Journal d'Agriculture Pratique* 74:667-68. May 26. [Fre]

• ***Summary:*** The industry that manufactures soya cakes (*tourteaux de Soja*) is very important in China, and their exportation has expanded greatly in recent years. Europe absorbs a large portion of the production. Major ports of export are Chefou and Newchwang [Manchuria].

In England an oil is extracted from the soybean which is used for food and has great value in soaps. Soybeans (*Les fèves de Soja*) contain a large portion of fermentable materials and a ferment analogous to the diastase of malt, which converts the starch into fermentable sugar. Dr. Calmette, of the Pasteur Institute of Lille, has succeeded in extracting from soybean seeds (*des graines de Soja*) diastases of different effects; they show whether soybeans are more or less advanced in maturity.

A table (from Meissel & Böcker) shows the composition of soybeans. Soya cakes, the usage of which is expanding in France, are manufactured from the residues of two clearly distinct Chinese industries: the extraction of oil and the manufacture of tofu (*fromage de Soja*). These cakes are round and weigh 30-32 kg; they are 9 cm thick and 58 cm in diameter.

A wide table shows the nutritional composition of 11 feeds, including soya cake and three other types of cakes, plus soybeans and six grains. For each is given the content of water, ash, nitrogenous materials (soya cake is by far the highest), nitrogen free extract, crude cellulose, crude fat, and economic value (in French francs) per 100 kg. (soybeans are the highest {20.97 francs}, followed by soybean cake {20.62 francs}). Wolff attributes a value of only 20.02 francs to the

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soya cake; the small difference is due to small differences in nitrogen content of various cakes. The writer concludes that soya cake has a marked superiority over other feeds; it can therefore be used advantageously in the rations of animals. In Germany and Austria it is already widely used, especially to fatten hogs; it is used with potatoes in the proportion of 1.25-1.5 kg per head per day. This cake is also very well suited for the fattening of cattle, and for nourishing milk cows and sheep. It can be very valuable in enriching forages of mediocre quality.

Soya cake is increasingly used in agriculture in the north of France; it is imported via the ports of Havre [Le Havre, on the English Channel], and Dunkirk–both in northern France. Address: France.

670. Wilkinson, F.E. 1910. China. Report for the year 1909 on the trade of Newchwang. *Diplomatic and Consular Reports, Annual Series* (*Foreign Office, Great Britain*) No. 4440. 23 p. May.

• ***Summary:*** The section titled "Exports" (p. 9) gives a detailed discussion of the amount and value of Beans [soybeans], bean cake, and bean oil exported from this port. An excellent full-page map shows the south of Manchuria and Corea including all the major ports (Newchwang, Port Arthur, Tairen [Dairen], Antung), cities, rivers, railways (existing and proposed), and bodies of water. Export of [soy] beans from Newchwang reached 4,242,943 cwt [1 cwt = hundredweight = 112 pounds], which has only once been exceeded, in 1899, before the port of Dairen came into existence. Export of bean cake has broken all previous records. Some 86% of the 6,365,654 cwts were sold to Japan, "where, owing to the dearth of fish manure, bean cake has become indispensable as a fertiliser in the rice fields... Experimental shipments of bean cake for cattle consumption were made during the year under review both to the United Kingdom and Germany. The shipment to the United Kingdom proved a failure, the cake arriving in a mildewed condition. The result of the shipment to Germany, which as a comparatively large one of about 500 tons, has for some reason or other been kept a secret. Special precautions were taken in this case to keep the consignment in good condition."

The great market for bean oil "is South China, where it is mainly used for cooking purposes as a substitute for lard, which is a more expensive commodity. In spite of its unpleasant odour, the poor consume the oil, as a rule, in its crude state without any attempt at refining it, but amongst the better classes it is boiled before being used and allowed to settle in jars for a couple of months. This process is said to do away to a great extent with the objectionable smell and to improve the flavour. There is also amongst the poorer classes a fairly brisk demand for bean oil for lighting purposes. They find it more economical than kerosene, besides saving them the cost of a lamp, for all they need to do is pour a little into a cup or bottle and drop a proper wick into it... A small quantity of bean oil was shipped to the United Kingdom, where their appears to be a demand for it for soap making... The shipments in 1909 were made in kerosene oil tins, but they have not been a success, as in every case there was a heavy loss by leakage."

"Total production of [soy] beans in South Manchuria." The author will now attempt to estimate this total based on the exports of beans and bean cake from Newchwang and Dairen in 1909. The "consumption by Manchuria of these special products is very limited, and the two ports between them almost monopolise the export. Beans, except to a limited extent, in the form of bean curd [tofu] or vermicelli, which is made of the green variety, do not enter into the diet of the population, nor is any use made by farmers of bean cake either in manuring their fields or feeding their cattle. The staple food of both man and beast in this country is millet, and, for the rich soil in the interior, the ordinary farm manure is the only fertiliser needed. It is probable, therefore, that at least 90 per cent. of the total crop is available for export. In 1909 212,000 tons of beans and 318,000 tons of bean cake were exported from Newchwang, and 438,000 tons of beans and 276,000 tons of bean cake from Dairen, or from the two ports together 650,000 tons of beans and 594,000 tons of bean cake. It is computed that it would require about 653,000 tons of beans to produce 594,000 tons of bean cake, so that the total quantity of beans represented by the combined exports of bean produce from the two ports was 1,303,000 tons. Exports from other places on the coast may account perhaps for another 30,000 tons, which brings the total exports from South Manchuria to 1,333,000 tons. The production therefore, under favorable conditions, may be safely estimated at not far short of 1,480,000 tons."

Tables show: Value of the total trade of Newchwang during 1905-09. Value of trade for beans, bean cake, and bean oil from 1908-09. Distribution of bean, bean cake, and bean oil export from Newchwang. Address: British Consul, Newchwang.

671. *Christian Science Monitor.* 1910. Rapid development of the soy bean trade in China. July 21. p. 2.

• ***Summary:*** London. From the black variety of soy bean "is manufactured soy (so called from the Japanese equivalent So Yu [sic, Shoyu]), a sauce used by the Japanese as well as the Chinese in astonishing quantities with all kinds of cooked food. It is manufactured by boiling the beans and by allowing them to ferment with yeast [sic] after mixing thoroughly with water, flour, and salt, and is sold in glazed earthenware jars.

"The variety of yellow beans is used for making another product of general use, a clear [sic] jelly like substance known as bean curd. It is to be seen on sale in large slabs on every wayside food stall. The cheerful looking coolies in the accompanying photograph are pausing a moment in their work of grinding beans for the purpose under a revolving

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stone mill. The pulp [okara] so produced will be filtered, [the soy milk cooked], the casein coagulated by the addition of gypsum and the jelly-like coagulated mass pressed into shape for market.

"But it is the cultivation of a third variety, the white bean, which has developed during the last few years from a mere local crop, to supply far eastern demands, into an industry of world-wide importance. At a recent meeting of the Linnaean Society of London Mr. Holland, on behalf of the director of the royal botanic gardens, Kew, gave some statistics of the remarkable innovation for which Manchuria is apparently responsible. The output of soybeans from that country prior to 1907 did not exceed 120,000 tons annually, nearly all being taken by neighboring ports in China and Japan; but during 1908, owing to the demands from Europe, the export rose to 330,000 tons, while the 1909 crop has been estimated at 700,000 to 800,000 tons. The principal use of the beans in Europe is for the extraction of oil, of which they contain some 18 per cent, which is suitable for soap making, while the cake left after crushing is said to be a valuable cattle food likely to prove a serious competitor to cotton seed and linseed cake, at present in use for this purpose. The beans fetch $20 to $21 a ton in London, the oil from $84 to $88 per ton, and the cake about $26 per ton.

"The sudden influx upon the markets of the world of this extremely useful product is, strange as it may seem, undoubtedly due to the Russo-Japanese war, for the cultivation of the crop was extended in Manchuria in direct consequence of the large demand for the bean for food for the Russian army. When the troops were withdrawn other markets had to be sought for the products, the supply of which was at once greatly in excess of demand."

The photo caption reads: The grinding process. Soy beans being prepared for market in a Kwangtung [Guangdong] village. Note: Guangdong is a province in southeast China; its capital is Canton (Guangzhou).

672. Crowe, E.F. 1910. Japan. Report for the year 1909 on the trade of Japan. *Diplomatic and Consular Reports, Annual Series* (*Foreign Office, Great Britain*) No. 4511. 86 p. July.
• ***Summary:*** "Imports of manures.–The question of manures forms one of the most interesting items of 1909. A detailed table showing the quantities and values imported during the past three years will be found in Table 1 (B), page 61. Bean cake, of course, heads the list as regards value. The total amount imported in 1909 was 575,180 tons, worth £2,283,700, or £3 19*s.* 4*d.* a ton, as compared with 461,950 tons, worth £2,220,000 in 1908, or an average of £4 16*s.* 1*d.* a ton.

"Next comes the sulphate of ammonia, but in this item there was a big drop from 66,445 tons, valued at £898,000, to 45,835 tons, worth 604,700, while in the case of both phosphate rock and fish guano there was a decrease of about £100,000. Nitrate of soda made a small gain.

"It is a well-known fact that bean cake has for years occupied the position of the most popular imported fertiliser in Japan. Now, however, that the United Kingdom, and the Continent of Europe and America to a lesser extent, have become purchasers of Manchurian beans the questions arises as to whether Japan will be able to continue to buy bean cake in huge quantities if the price rises appreciably. In studying this question two factors should not be lost sight of; one is that Japan is herself a large grower of soya beans, having, according to the latest available returns (1908) over 1,200,000 acres under cultivation, producing annually some 19,000,000 bushels of beans, while the other is that Japan imports very large quantities of soya beans from China and Corea.

"The greater part of these beans is used for the purposes of human food, *i.e.*, the making of "soy," "miso," and bean curd, but a portion, by no means small, is used also as a fertiliser.

"The Russo-Japanese war had such an effect in curtailing the supplies of beans and cake that to arrive at a just appreciation of the position it is necessary to go back a good many years." A table (p. 18) shows imports of [soy] beans and bean cake (in piculs; 1 picul = 132.27 lb), the value of each, and the average price of silver each year from 1900 to 1909. Imports of [soy] beans increased from 1,575,022 piculs in 1900 to a record 3,623,377 piculs in 1909. Imports of bean cake increased from 2,280,687 piculs in 1900 to a record 9,663,036 piculs in 1909. The average price of silver fell by about 16% during this period. "Should the price in future be forced up very high in consequence of British and other demand, the presumption is that Japan would turn to sulphate of ammonia if the cost per unit of nitrogen therein were to be less than in the bean cake. On the other hand it must be remembered that the removal of duty on sulphate of ammonia in the United States of America means that that country will probably absorb large quantities of the British output and that Japan will have to pay a bigger price if she wants a share of this fertiliser.

"Thus the outlook for nitrate of soda becomes a good deal brighter and now that, owing to the subsidised Japanese line which runs to South America, it is possible to get cheap direct rates of freight, it looks as though the nitrate of soda will be a serious competitor to the other nitrogenous fertilisers, except in the matter of wet rice cultivation."

Page 31 shows the shares of principal countries in the import and export trade of Japan during the years 1908 and 1909. Japan's biggest imports came from the United Kingdom, followed by the USA, then China. The biggest customer of Japan's exports was the United States, followed by China then France (p. 31). Japan's biggest port (in terms of value of imports and exports) was Yokohama, followed by Kobe than Osaka (p. 37). Japan's population at the end of 1909 was estimated at 49,769,704 (not including Formosa or Karafuto [Japanese Sagalien]). Japan's most valuable

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exports in 1909 were tea, followed by rice then fish. Exports of "Soy" [sauce] rose from £110,500 in 1907 to £111,100 in 1909.

Summarized in *J. of the Board of Agriculture* (*London*), Aug. 1910, p. 410.

Note: This is the earliest document seen (Sept. 2001) that gives statistics concerning industrial utilization of soybeans–in this case soybean meal used as a fertilizer in Japan. Address: Attaché, British Embassy, Tokio [Tokyo].

673. Hervier, F. 1910. Le pois oléagineux de la Chine (*Soja hispida*) [The "oil peas" of China (*Soja hispida*)]. *Jardin* (*Le*) 24:233-36. Aug. 5. [1 ref. Fre]

• ***Summary:*** The elder readers of this garden magazine will know well this plant, which is so useful and versatile. "But that we will take advantage of the resurgence of interest in the soybean to give our young readers a summary of what various people appreciate this useful plant. It can be used as food, forage, in industrial products, and as a medicine. Those who have written about it include Blavet, D. Bois, A. de Candolle, Chevallier, Cusin, Foëx, Fruewirth, Grandeau, Guichard, Haberlandt, Lachaume, Ladureau, de Lunaret, Michelin, de Mortillet, Paillieux, Trabut, Vavin, Vianne, Vilmorin, and many more. We also want to encourage our young readers to at least try cultivating the soybean, since this is not difficult."

Contains a brief botanical description of the soybean, a list of the Asian countries where it is grown and its vernacular names in some of these countries, a long quotation from Kaempfer (1712) describing the soybean, and a history of the soybean in France from about 1740 when it was sent to the *Jardin du Roi* (today called the Museum) by missionaries in China–although the first records date from 1779. In 1821 it was tested by Mr. C. Brun of Beaumes on his land at Champ-Soue, near Etampes (Seine-et-Oise). At the end of 1855 the Society for Acclimatization distributed it to some farmers for trial. "Then in 1880, thanks to the introduction in the catalog of the house of Vilmorin-Andrieux & Co. of a variety cultivated in Austria-Hungary which could be propagated very easily, serious trials were conducted in different parts of France. From these, we can conclude that the early yellow soybean (*Soja jaune hâtif*) or oil-pea of China (*Pois oléagineux de la Chine*) (*Houang-teou* or *Houang-ta-teou*, whether referred to as the dwarf or as the tall variety) could be usefully cultivated" (p. 233).

"Being better advised than we are, the Austro-Hungarians, after the first trial they conducted in 1850, acquired incontestable proof of the value of Soya in the feeding of cattle / livestock (*du bétail*). So they developed this crop more and more; it took off strongly, especially after the Vienna World Exposition of 1873."

"In the climate of Paris, only the yellow Chinese and the Mongolian varieties can be cultivated successfully, since their vegetative cycle is 3-4 months. South of the Loire River, one can add the brownish-red variety of China. Finally, even further south, in Languedoc, Provence [regions in south central France], and Algeria, all the late varieties can be cultivated, especially the ones with black seeds and those from Japan. A large number of these varieties are found in commerce, especially the early ones designed by names such as Early of Podolie and Early of Etampes (see fig. 140).

Gives details on how to sow, cultivate, and harvest the soybean for garden use. Its needs are quite similar to those of the Haricot. "Unlike Haricot beans, which can only be eaten as green beans (pods and all), soybean seeds (*Pois oléagineux de la Chine*) can be consumed either fresh or dry. Moreover, soybeans are easily digested and do not cause the all-too-well-known inconvenience of Haricot beans. To eat them in the fresh green stage, they should be prepared/cooked like small green kidney beans (*flageolets*), which they resemble in taste. For the dry beans, soak them overnight in twice their volume of either rain- or river-water in which you have dissolved (per liter) 3 gm of baking soda or 50 gm of sugar. The next day, drain them then put them like any dry legume in cold water, bring to a boil, and simmer for 2½ hours. Half way through the simmering process, add salt and a walnut-sized piece of butter. After they are cooked, you can serve them either with or without fat [butter or lard] or meatless seasonings (*au gras ou au maigre*). The cooked dry soybeans are also excellent pureed" (p. 234).

A table (p. 234) compiled by Prof. Haberlandt of Vienna compares the composition of seeds of soybeans, haricot, peas, lentils, feves, and yellow lupins. It shows that soybeans are the most nutritive, because they contain the most protein and fat.

A second table (p. 235) shows that this plant, cultivated in the garden solely for its seeds, removes from the soil the following amounts of minerals per 100 kg of seeds: Phosphoric acid 0.729 kg, lime 3.146 kg, magnesia 1.106 kg, and potash 0.811 kg.

A third table shows the amount of these four substances removed when the soybean is grown for forage; the yield is 20,000 to 30,000 kg/ha.

"The Asiatics and particularly the Chinese and Japanese greatly value the seeds of the soybean (*du Soja*), which are both nutritive and rich in fat; they form the basis of their diet, replacing butter, oil, and milk. They are used in culinary preparations greatly appreciated in these regions."

The seeds are the richest of all legumes in the protein legumine, which is actually "solid milk." The Orientals soak, then grind the beans and extract the milk, which they use like dairy milk. "Much of it is coagulated to make a cheese, similar to our *fromage à la pie* (quark), which is called *Teou-fou* in China and *To-fu* in Japan, and which they consume in large quantities, fresh or dry, uncooked or cooked.

"This cheese, when well prepared, is very tasty, and it forms a very exquisite dish when it is deep fried like

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potatoes.

When the seeds are roasted with an equal quantity of wheat or barley, then mixed with water and allowed to ferment, they become the appetizing condiment sauce of great renown, known as Tsiang-yeou or Shoyu; at this time it is greatly in vogue in England and America under the name of "Indian Soy." This sauce is greatly appreciated with roasted meat or fish; added to beef or beef bouillon, it communicates a color and savor that are very agreeable."

Aside from these food uses, the soybean is also used in Asia for forage and to make oil and meal. "Finally, the soybean can be used as a coffee substitute–as it has long been in the regions of Languedoc and Tyrol [Tirol]." Also discusses soy flour and its high nutritional value.

A non-original illustration (p. 235) shows a soy bean plant with pods and a close-up of the pods on stem (from an original in Carrière 1880).

674. Lemarié, Charles. 1910. Les sojas du Japon [The soybeans of Japan]. *Bulletin Economique de l'Indochine* (*Hanoi*) 13(85):493-98. July/Aug. [4 ref. Fre]

• ***Summary:*** "As a contribution to the study of the question of soybeans, so clearly revealed by the Inspector-Consul Mr. Brenier in a recent edition of this Bulletin, he judged it useful to ask me for the notes hereafter collected as much over the course of my lectures as upon the occasion of my voyage to Japan in 1903.

"I borrow much from Rein (*The industries of Japan*) and from Messrs. Paillieux and Bois (*Le Potager d'un Curieux* or *The Kitchen-garden of a Curious One*) who summarized all that we know about soybeans (*soja*) in Europe up until recently" (p. 493).

Describes and gives the names of more than twenty cultivated varieties, using the classification system of Rein and the Japanese based on seed coat color.

"I have already said that it [the soybean] needs heat and frequent watering. These considerations explain, in part, the failures encountered up to now in the attempts to introduce this crop into Europe. I fear the same obstacles for Mr. Li-yu-Ying, of Chinese nationality, formerly a student at the school of practical agriculture at Chesnoy, near Montargis (Loiret).

Note: Loiret is a department of France just south of Paris. Montargis is a commune in the Loiret department; the ancient town is located about 110 km (68 mi) south of Paris.

According to a lecture he gave last year to his former classmates, Li set himself the task of taking up these trials on the outskirts of Paris: or was it on the manure fields / sewage farms (*champs d'épandage*) of Gennevilliers or Achères.

"But even if the cultivation of soybeans in France is not profitable, nevertheless the popularization of the diverse products that come from them is no less useful; Indochina, if the need be, could provide for new industrial ventures. With Mr. Albert Demolon, a scientifically educated agriculturist (*ingénieur-agronome*), then professor at Chesnoy, and today director of the Agricultural Station of Aisne [northeast of Paris] and of the Laboratory of Bacteriology at Laon, Mr. Li-yu-Ying again took up his previous studies related to these various products. In particular, he compared soymilk, which he calls *Caséosojaïne*, with animal milk, and he believed [it] possible, employing the highly developed procedures of handling and fermentation used [in France] with cow's milk, to obtain forms of tofu (*Téou-fou*) acceptable for our Western palates. That is to say: first, before any fermentation, a liquid [form of tofu] lends itself to the same uses as milk, especially useful for artificial feeding of livestock; then, after coagulation: 1. a hard cheese, corresponding to cheese of the firm sort (*fromage à pàte ferme*), cooked egg, or cooked meat in richness of protein; 2. a soft cheese, corresponding to fresh cheese (*fromage frais*) and able to be consumed as a legume; 3. a fermented cheese, after sterilization then inoculation with microorganisms of certain special cheeses, corresponding to these diverse fermented animal cheeses" (p. 497-98).

Also discusses: Azuki (p. 497). Address: Directeur des Services agricoles et commerciaux du Tonkin.

675. Choles, H.J. 1910. Soy beans: Their cultivation and uses. A new Natal industry. *Natal Agricultural Journal* 15(3):281-307. Sept. [4 ref]

• ***Summary:*** Contents: Introduction. I. Botany and habitat: Introduction, varieties. II. Cultivation: Conditions of growth, methods of culture, soy bean mixtures. III. Harvesting: When to harvest, curing, frame for curing soy bean hay, harvesting for seed, yield of seed, yield of forage. IV. Chemistry of the soy bean: Introduction, digestibility, soy bean oil, soy bean bake. V. Value and uses of the soy bean: Introduction, the uses of the soy bean (uses of the oil {7 uses}, uses of the bean as a vegetable in Natal {like marrowfat peas or haricot beans}, in bread or biscuits in Paris [France] for diabetics, in France and Switzerland as a coffee substitute or adulterant, soy bean flour used for making bread and biscuits in England, soya meal for cattle feeding, oil-free residue made into cake for stock-breeding purposes, liquid closely resembling cow's milk made in Japan, vegetable cheese [tofu] made from the milk, a sauce called "Shoyu" made in Japan, soy-bean cake used as a fertilizer in Japan and China), as a soiling crop, as a silage crop, as a hay crop, as a pasture plant, as a soil renewer. VI. Value of the bean for feed: Introduction, soy beans for hogs, soy beans for dairy cows, other experiments with milch cows.

Illustrations (non-original line drawings) show: The soy bean plant with pods and roots (p. 280; from an original in Piper 1909). Flowering branch with close-ups on flower, leaves and pods (p. 285; from an original in Lamson-Scribner 1899). Frame for curing soy bean hay (p. 291; reproduced from Messrs. Lever Bros. pamphlet on Soy Bean Cultivation). Roots of soy bean plant with nodules (p. 301).

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Note: This is the earliest document seen (May 2005) concerning Lever Brothers in connection with soybeans.

676. Gilbert, A.W. 1910. Soy beans and fertilizer question. *Daily Consular and Trade Reports* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) 13(79):55. Oct. 5. [1 ref]
• ***Summary:*** The following is an extract from the *National Review*, of Shanghai, China: "It is well known that soy-bean cake has for years been the most popular fertilizer in Japan. Now, however, that the United Kingdom, and the Continent of Europe and America to a less extent, have become purchasers of Manchurian beans, the question arises whether Japan will to be able to buy bean cake in huge quantities if the price rises appreciably. In studying this question two factors should not be lost sight of: One is that Japan is herself a large grower of soy beans, having according to the latest available returns (1908) over 1,200,000 acres under cultivation, producing annually some 19,000,000 bushels of beans, while the other is that Japan imports very large quantities of soy beans from China and Korea. The greater part of these beans is used for the purpose of human food–i.e., in making of 'soy,' 'miso,' and bean curd–but a portion by no means small is used also as a fertilizer.

"The Russo-Japanese war had such an effect in curtailing the supplies of beans and cake that to arrive at a just appreciation of the position it is necessary to go back a good many years. In making such a review it will be noted that, both in the case of beans and of cake, the amounts imported in 1909 were record importations, but that the average price was the lowest since 1903. Should the price in the future be forced up very high in consequence of British and other demands, the presumption is that Japan would turn to sulphate of ammonia, if the cost per unit of nitrogen therein were less than the cost of bean cake. On the other hand, it must be remembered that the removal of the import duty on sulphate of ammonia in the United States of America means that the United States will probably absorb large quantities of the British output, and that Japan will have to pay a higher price if she wants a share of this fertilizer. Thus the outlook for nitrate of soda becomes a good deal brighter, and now that, owing to the subsidized Japanese line to (South) America, it is possible to get cheap freight rates, it looks as though (Chilean) nitrate of soda will be a serious competitor to the other nitrogenous fertilizers, except in the matter of wet rice cultivation.

"There is a point which, though obvious enough to those intimately connected with the trade, is sometimes overlooked in general discussions on the subject of bean cake, viz, that the British farmer can afford to pay a proportionately higher price for cake than the Japanese farmer, the reason being that in the United Kingdom the cake, after serving for provender, turns into a fertilizer, whereas in Japan it is employed as a fertilizer directly, without any intermediate use.

"As regards rock phosphate, most of the supplies have hitherto come from Ocean and other islands. Owing, however, to the new fertilizer law which prohibits any admixture in Japan of earth and sand with rock, it will probably be found that the phosphate from the above-mentioned islands, being pure and expensive, will be displaced by the cheaper varieties of rock from Tennessee and Algiers, which are naturally mixed with impurities." Address: Vice-Consul, Nanking.

677. *Los Angeles Times.* 1910. Fertilizers for Japan. A scarcity of soy beans makes a market for Tennessee rock phosphate. Oct. 13. p. I13.
• ***Summary:*** "It is well known that soy-bean cake has for years been the most popular fertilizer in Japan. Now, however, that the United Kingdom, and the Continent of Europe and America to a less extent have become purchasers of Manchurian [soy] beans, the question arises whether Japan will continue to be able to buy bean cake in huge quantities if the price rises appreciably.

"In studying the question, two factors should not be lost sight of: One is that Japan is herself a large grower of soy beans, having according to the latest available returns (1908) over 1,200,000 acres under cultivation, producing annually some 19,000,000 bushels of beans, while the other is that Japan imports very large quantities of soy beans from China [Manchuria] and Korea. The greater part of these beans is used for the purpose of human food–i.e., in making of 'soy' [sauce], 'miso,' and bean curd [tofu]–but a portion by no means small is used also as a fertilizer.

"The Russo-Japanese war had such an effect in curtailing the supplies of beans and cake that to arrive at a just appreciation of the position it is necessary to go back a good many years." In 1909 Japan imported record amounts of beans and cake, but "the average price was the lowest since 1903. Should the price in the future be forced up very high in consequence of British and other demands, the presumption is that Japan would turn to sulphate of ammonia, if the cost per unit of nitrogen therein were less than the cost of bean cake."

The "British farmer can afford to pay a proportionally higher price for cake than the Japanese farmer," since in the UK the cake, "after serving for provender [feed], turns into a fertilizer [manure], whereas in Japan it is employed as a fertilizer directly, without any intermediate use. "

678. *Oil, Paint and Drug Reporter.* 1910. The soya bean and the fertilizer question. 78(17):41. Oct. 24. [1 ref]
• ***Summary:*** "An extract from the *National Review of Shanghai*, regarding the relation of the soya bean to the fertilizer question, has been sent to the Department of Commerce and Labor by Vice-Consul A.W. Gilbert from Nanking. The discussion of the subject by the Review is as follows:" There follows a long excerpt.

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679. Main, F. 1910. Les produits du soja: Fourrage, engrais, huile, torteau alimentaire, usages médicaux, Etat actuel de la production et de la consommation. Avenir [The products of the soybean: Forage, manure, oil, edible cake, medical uses. Present state of production and consumption. Future]. *Journal d'Agriculture Tropicale* 10(112):297-301. Oct. [soy ref. Fre]

• ***Summary:*** Contents: Introduction. Oil. Cake. Forage. Green manure. Medical usages and various other uses. The future of soya.

Page 300: Chinese factory near Paris and the factory of the Biological Society of the Far East (*l'usine de la Société Biologique d'Extrême-Orient*), recently installed in France, with the goal of disseminating among sick Europeans, soymilk, soy bread, and soy cheese (*fromage de Soja*, [tofu]), supported by exact scientific facts. In 1890 Menudier used soy flour to treat diabetics. Address: Agricultural engineer (*Ingénieur agronome*).

680. Mene, Edouard. 1910. La Chine a l'Exposition de Bruxelles [China at the Brussels Exposition]. *Bulletin de l'Association Amicale Franco-Chinoise* 2(4):336-46. Oct. See p. 340-43, 346. [Fre]

• ***Summary:*** 1. The Chinese pavilion: In the beautiful and grandiose Universal Exposition of 1910, that a frightful fire partially destroyed, the Chinese section merits special mention. It is not an official exposition organized through the care of the Chinese administration. Rather, it is an exposition organized by five Chinese merchants The last one, Mr. Tsu represents both soya and the ideal kite (*soja et cerf-volant idéal*).

Note: The meaning of *cerf-volant idéal* is unclear. The Chinese have long been known for their beautiful and well-designed kites, some with long, flowing tails. However, if Mr. Tsu was exhibiting kites, he would have used the plural form of the noun. Is he saying that soy is like a high-flying kite?

These exhibitors have gathered a certain amount of indigenous and modern objects, commercial and artistic in a pavilion located in the section reserved to foreign countries (start of p. 339).

In the back of the room, to the right are displayed by Mr. Tsu, the different products extracted from one of most utilized plants in China: *Soja hispida*, Houang-teou, the soybean of the leguminous family.

One can observe plates filled with soybean seeds (*graines*), looking like little round (broad) beans (*fèves*), and some dehulled soya beans; jars filled with white soya cheese, looking like quark [tofu], cheese in round boxes, looking like Camembert [fermented tofu]; a jar with the skin of the soya cheese [yuba]; a vial with soya casein [soy protein].

A display case is filled with jars of different types of yellow, green, and black soybeans, of soya flour, of semolina, of a brownish soya coffee in bean and powder form, of bottles of soymilk, of soy oil, and of Soy [sauce], this condiment so utilized in Chinese cuisine. On a table are displayed soya pastries resembling in their shape, the Commercy madeleines [small sponge cakes shaped like sea shells], some noodles, macaroni and soya bread that is prescribed to diabetics as well as a gruel of soya flour. On the floor are placed several square soybean cakes (*tourteaux*), residue of the soya oil production, of a grey-yellow color, to be used as fertilizer. A brochure on soya-based food products, excerpted from the book *The Soybean* (*Le Soja*) by Mr. Li Yu-ying is being handed out through the care of the exhibitor, Mr. Tsu.

This brochure, titled: 'Soya based Food Products' (*Produits alimentaires à base de Soja*), Caseo-Sojaine, rue Denis-Papin, les Vallées (Seine), describes these products and their preparation: soya milk, liquid or in powder form, derived from the grinding of the beans, after immersion, in water, for several hours. The grain content consisting of legumin or vegetable casein, is placed under a grindstone: one derives an homogenous, nutritive and digestible milk product. Fermented and powdered milk is produced, soya casein, extracted from the soya milk, with uses in food and in industry; soya flour, obtained by the grinding of the dehulled beans, completely deprived of their seed coat to lessen the proportion of cellulose and increase its digestibility. It does not contain any starch; soya bread, well utilized to feed diabetics; by perfecting fermentation, one makes a rather light bread, one that reminds one of rye bread; pasta / noodles; cookies, pastries, white- and pink-tinted pasta prepared with soya flour, soy sauce (Soy) with a bouquet that reminds one of burned onion that is used to enhance fish and vegetables; soya jam (*confiture de Soja*), similar in appearance and taste to chestnut cream (à la crème de marrons), soya oil for food use; green vegetable soybeans (*légumes de Soja*), whose sprouts may be used as a salad. As for the soybean cakes (*tourteaux*), these are used for animal feed and fertilizer.

In China, the *Soja hispida* (the soybean), with hairy pods, with yellow, reddish, black, green, white, variegated beans, whose taste echoes the green bean, the lentil, the pea, and that has a high content of culinary oil, is grown, on a large scale, in Mongolia, in Manchuria, and in the provinces of Henan, Zhejiang, Jiangxi (*Ho-nan, Tchokiang, Chan-si et Chang-tong*). It is one of the most utilized plants from the culinary and industrial point of views.

Soy sauce, called Soy in English and in Chinese *Tsiang-yeou*, is a greatly-appreciated condiment that is prepared with yellow soybeans named *Houang-teou* and that one flavors with star anise, green anise, and grated orange rind. It is a blackish liquid, lightly syrup-like used to enhance the flavor of fish, meat, and vegetables. Another Chinese condiment [fermented black soybeans] is made with soybeans mixed with salt and ginger. In Canton, *Kiu-tsu* [*jiuzi*, Cantonese

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wine starter, a ferment] is made with soybeans, red rice, and leaves of *Glycosmis citrifolia*. As for soya cheese, it is made as follows (see footnote): Soak the soybeans in water for 24 hours to make them swell; drain off the water, grind while adding fresh water to form a slurry that is run through a filter. Stir it by hand, then pour it into a caldron, where it undergoes a slow cooking. Let it cool in a tub and remove and foam with a big spoon.

A thick film [yuba] is formed on the surface. It is lifted off with a round wooden stick shaped like a long chopstick (*baguette*) and it is allowed to dry on thin ropes. This skin is called skin of soya cheese [yuba]. To the remaining soymilk, add a little water mixed with calcium sulfate (*plâtre*) and several drops of nigari, which is magnesium chloride derived from the salt in salt beds.

Footnote at the end of page 342: See (1) *Bulletin of the Society for Acclimatation,* second series, volume 13, page 562, 1866, "On The production of tofu in China," by Paul Champion.

Stir in the liquid coagulant which will cause the casein in the soymilk to coagulate. Pour the warm mass into in a wooden frame or box lined internally with a fine cloth through which the liquid whey will seep. Atop the frame or box place a board loaded with weights to press the cheese which is of a grayish white color, looks like quark, and has a pea-pod taste (*à goût de pois*)*;* with the addition of salt, this cheese will keep; without this precaution, it spoils. It is used to feed the impoverished portion of the population: often, it is fried in soya oil. Soya cheese [tofu] is manufactured on a large scale near Peking and in most of the sea ports of Southern China. It is mostly the town of Ning-po that is the center of this production. Each year, thousands of junks (*jonques*) loaded exclusively with soya cheeses leave this town harbor to reach other Chinese harbors.

Besides cheese [tofu], the most important soya product is the oil that is extracted from its beans, mostly the yellow beans called *Houang-teou.* This yellow oil, which is siccative / drying, has a special smell and a pea-pod taste. At Kaifeng (K'ai-fong) in Henan (Ho-nan) province, at Tsi-nan in the Chan-tong, and at T'ai-yuan in the Chan-si, are located important soya oil manufacturing plants. But it is mostly Ningpo in the Tcho-kiang, that is the center for the production and the centralizing of soya oil. Much is also produced in Newchwang [Nieou-tchouang], and in Chefoo / Tantai (Tche-fou) in Shantung province. The soybean cakes (*tourteaux*), the by-products of soya oil processing, are a major export out of Newchwang and Chefoo; they are shipped to Swatow and Amoy to be used as fertilizer in sugar cane plantations.

These soybean cakes (*tourteaux*) are sought after as much as the beans themselves, and are to feed cattle, as are the pods, the stems and the foliage of the plant. The beans of *Hei-teou,* the black soya bean, mixed with cut up straw, are given as feed to horses and mules in Northern China and in Manchuria.

Note: This periodical was established to promote understanding and friendship among the people of France and China. Soja is mentioned on pages 341, 342, 343, and 346. Address: Dr.

681. *Times of India* (*The*) (*Bombay*). 1910. The soy bean. Nov. 1. p. 4.

• ***Summary:*** From Pioneer: "It will interest those who are now busily engaged in this country in the cultivation of soy beans, in the hope of intercepting some of the wealth that is freely flowing to Manchuria, where this class of cultivation has proved so important and so profitable, to know that, in addition to its many other claims to utility and popularity, a method has just been discovered of converting the soy bean into a kind of coffee, a kind of milk, and also a kind of cheese. Generally speaking imitation food stuffs are harmful, but the claim is made that these latest products of the now famous Manchurian bean are wholesome to a degree and are likely to find a ready sale amongst those classes of the community who cannot always afford a regular supply of pure coffee and milk and sustaining cheese. At all events there now seems to be a run on soy bean specialties."

"Experiments have shown that this bean can be cultivated in many places in India and required no very particular attention. Even when carelessly sown in an ordinary flower pot in a verandah in Calcutta it sprang up in a few days, strong and vigorous. The point to be borne in mind is this: The soy bean has been proved to be such an all-around useful commodity that the demand for it during the past year or so has become enormous in practically all parts of the world, and, as we have seen, new uses continue to be found for it. Secondly, the growth in this trade is such that it is evident that Manchuria will find it difficult to keep pace with it even if there were any desire on the part of those in a position to complete to allow her an undisputed monopoly of this profitable trade. And, finally, it must not be forgotten that the growing popularity of the soy bean is only acquired at the expense of other oil seeds which are chiefly grown in India, and it is not at all improbable that cultivators in this country will soon have to decide whether there are to be less oil seeds or more soy beans."

682. *Times* (*London*). 1910. Soy bean as a fertilizer. Nov. 21. p. 14, col. 6.

• ***Summary:*** "Several subjects of importance to this country are discussed in the *Daily Consular and Trade Reports* published by the Bureau of Manufacturers, Department of Commerce and Labour, Washington [DC]. A note upon soy beans as a land fertilizer is particularly noteworthy in view of the doubt expressed in this country last year as to their manurial value."

There follows a summary of: Gilbert, A.W. 1910. "Soy beans and fertilizer question." *Daily Consular and Trade*

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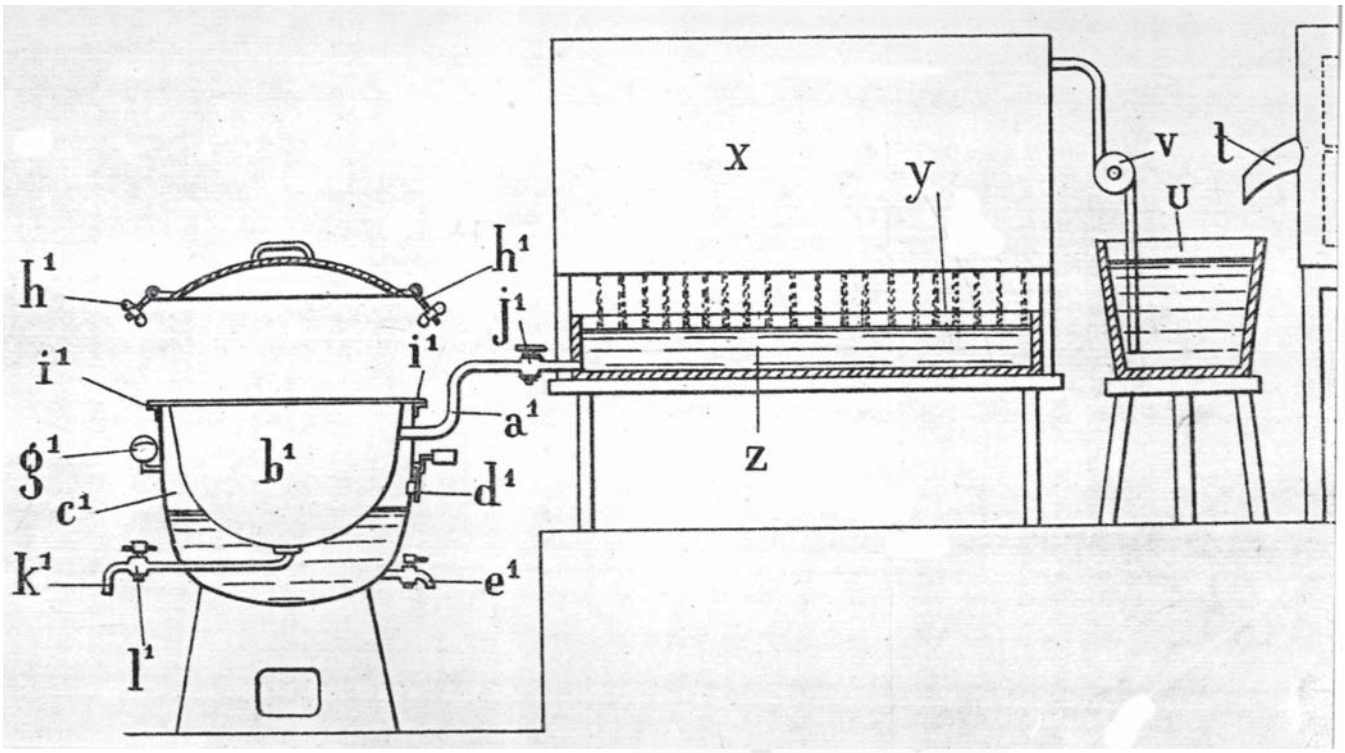

Reports (U.S. Bureau of Manufactures, Department of Commerce and Labor). Oct. 5. p. 55.

683. Li, Yu-ying. 1910. Vegetable milk and its derivatives. *British Patent* 30,275. 5 p. Date of application, 30 Dec. 1910. Accepted 29 Feb. 1912.

• ***Summary:*** Li gives his occupation as "Engineer." "This invention consists in the manufacture of a vegetable milk and its derivatives by means of soja grains (Chinese peas), the milk thus produced having the appearance, the colour and the taste of ordinary milk, its chemical composition greatly resembling the same. It has moreover the same nutritive and alimentary properties." The grains are cleaned, decorticated, soaked and ground with water in a mill of the kind specified in British Patent Application 11,903 of 1911. The mechanized mill is composed of a fixed lower millstone above which the upper millstone is mounted on a vertical shaft.

"The clear milky liquid produced by grinding the grain previously mixed with water in combination with the supply of water in the millstone enters a channel then passes into a shoot (*t*) which conveys it to a tank (*u*) from which it is drawn off by a pump (*v*) which forces it under pressure into the filtering press (*x*). On leaving the filter, it falls, after passing through a sieve (*y*) into a vat (*z*). From this vat it is conveyed through a pipe (*a*) to the boiler or digester (*b*)." It is cooked with steam in a water-jacketed vessel, then pasteurized or sterilized. "It is then bottled and is ready for consumption. The soja milk may be utilised in the two following cases. 1st. As a substitute for ordinary milk. It may be consumed as sterilised at temperatures of 110º to 120ºC. 2nd. As a raw material for use in different manufactures (cheeses, casein, and the like). It must then be heated from 60º to about 120ºC.

"It may also be concentrated, dried, or fermented. "The milk obtained may be humanised or animalised," i.e., its composition may be brought to resemble that of human or animal milk. It is coagulated for making cheese by magnesium salts, organic salts, rennet, lactic ferments, or "sojaobacille," a ferment obtained by cultivation in a mixture of the above-described liquid and sodium chloride the fermented paste obtained by putting into salt water soy beans that have been cooked with water and allowed, alone or mixed with cereal flour, to stand in the air.

"For obtaining fermented cheese such as roquefort [Roquefort], parmezan [Parmesan], romatour [Rahmatour; Bavarian cream cheese], camambert [Camembert], and gruyere, suitable ferments are employed."

"For the fermented milk, the special ferment termed 'sojaobacille' is employed or other ferments used for obtaining fermented milks–kephir [kefir], yoghourt [yogurt], koumiss, and the like, and which are the saccharomyces cerevisæ, dispora caucasica, maya bulgare, and the like, and the said milk is modified by the addition of sugar levulose, and the like and particularly of lactose."

In making casein, the oil may be expressed from the beans before the preparation of the milk. The casein, obtained by coagulating the milk, may be used as food, paste, etc., or may be mixed with borax, oxide of zinc, magnesia, gelatin, etc., to obtain a hard industrial (non-food) substance

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termed “sojalithe” [resembling ivory, horn, or shell]. The filter press residues may be dried and ground to form a food for human beings, or may be used as food for cattle, or as manure. The liquid expressed in making cheese [soy whey] may also be used for feeding animals.

An illustration shows a longitudinal view of all the equipment used in the invention; each important part is marked with a letter.

Note 1. This is the earliest document seen (Sept. 2012) that mentions soy yogurt or fermented soy yogurt.

Note 2. This is the earliest document seen (Sept. 2012) that mentions kefir in connection with soymilk.

Note 3. This is the earliest document seen (June 2011) that mentions the word “sojalithe” (a hard plastic) or that discusses a specific non-food industrial use for soy protein; “sojalithe” is probably derived from “Galalith” (a registered trademark; see F.G.J. Beltzer, June 1911). Galalith, or Erinoid in the United Kingdom, a synthetic plastic material manufactured by the interaction of casein and formaldehyde, was introduced in 1900 at the Paris Universal Exhibition in France. In France, Galalith was distributed by the Compagnie Française de Galalithe located near Paris in Levallois-Perret. It was first used to make buttons, resulting in a revolution in the button industry. In 1913 some 30 million liters (8 million U.S. gallons) were used to make Galalith in Germany alone. Ever the entrepreneur, Li apparently saw “sojalithe” as a potential substitute for expensive ivory.

Note 4. This is the earliest English-language document seen (Oct. 2011) that uses the term “fermented cheese” to refer to a type of fermented tofu, or to a Western-style soy cheese (Roquefort, Parmesan, Camembert, or Gruyere types). It is interesting to note that all of these Western-style cheeses are traditional mold-ripened cheeses.

Note 5. This is the earliest document seen (Sept. 2012) that mentions a fermented Western-style soy cheese (see above).

Note 6. Levulose, now more commonly called fructose, is a sugar.

Note 7. This is the earliest English-language document seen (Oct. 2003) that contains the term “soja milk.”

Note 8. This is the earliest document seen (Feb. 2011) that mentions the bottling of soymilk or the sale of soymilk in bottles. Address: Engineer, 46 rue Denis Papin, aux Valées [Vallées] (Seine), France.

684. Piper, Charles V.; Morse, W.J. 1910. The soy bean: History, varieties, and field studies. *USDA Bureau of Plant Industry, Bulletin* No. 197. 84 p. Dec. 31. Includes 8 plates showing plants, pods, and seeds, and an excellent 6-page index. [27 ref]

• ***Summary:*** Contents: Botanical history and identity of the soy bean. Botanical classifications of soy-bean varieties. Varietal characteristics of soy beans: Habit of growth, foliage, pubescence, flowers, pods, seeds. Frost resistance. Period of maturity (soybeans were planted at the Arlington Experimental Farm, near Washington, DC, from 3 June 1905 to June 1909). Changes in life period (soybeans were planted at the Arlington Farm in 1902). Pollination and hybridization. Mutations. Nomenclature and classification. Early agricultural history in the United States. Varieties introduced in the United States independently of the Department of Agriculture or previous to 1898: Enumeration, Ito San, Mammoth, Buckshot, Guelph, or Medium Green, Butterball, Kingston, Samarow, Eda, Ogemaw, or Ogema.

Varieties grown in Europe (p. 32-33; Early history, Samarow, Etampes, Chernie [from Khabarovsk, Siberia], “Yellow Riesen,” Buckshot, “Yellow,” “Brown,” Butterball, S.P.I. No. 5039. European seed companies carrying soybeans include Dammann & Co., Naples, Italy; Haage & Schmidt, Erfurt, Germany; Vilmorin-Andrieux & Co., Paris, France).

The soy bean in Asia (p. 34-35): Asiatic sources of soy beans, list of varieties with SPI numbers from each of the following countries and places: Siberia (South Usuri [Ussuri], Khabarovsk, Merkoechofka), Manchuria (Newchwang, Harbin, Tieling), Korea (Pinyang, Ko-bau), Japan (Tokyo, Kobe, Yokohama, Hokkaido, Anjo), China (many places), Formosa (Taihoku), Cochin China (Saigon), India (Darjiling [Darjeeling] and Khasi Hills–Assam; Pithoragarh–Kumaon Dist.; Safipur, Hasangani, Ranjitpurwa–Unao, Uttar Pradesh; Etawah, Manipuri–Uttar Pradesh; Cawnpore, Dehra Dun, United Provinces; and Poona Bombay), Java (Buitenzorg), Celebes (Macassar).

Desirable characters in soy-bean varieties (p. 36-37): Considerations governing choice, habit of the plant (“Erectness of stem with upright or ascending branches is a prime requisite of a desirable variety. A tall habit is also important, as dwarf varieties usually bear pods very close to the ground, so that many will be left on the stubble...”), coarseness (a coarse, woody stem makes mowing difficult. However slender varieties often have small pods and seeds, often with vining tips and a tendency to lodge), ability to retain leaves, color of the seed (“Yellow or green seeds are preferable to darker colors, as the shattered seeds are more easily found by hogs pasturing the field or stubble”), shattering, resistance to disease (“In sections where nematodes and cowpea wilt occur most soy-bean varieties are seriously affected by both these diseases”), nonfilling of pods. Synopsis of the groups (plants bushy vs. twining). Synopsis of the varieties (within each group lists the total number and acquisition numbers of varieties with various colored seeds and germs: Group I–190 varieties (seeds straw-yellow, germ yellow–71 varieties; seeds olive-green, germ yellow–45 varieties; seeds chromium-green, germ green–17 varieties; seeds brown to olive, germ yellow–28 varieties; seeds black, germ yellow–18 varieties; seeds black, germ green–7 varieties; seeds bicolored, germ yellow–4 varieties). Group II–4 varieties. Group III–8 varieties. Group IV–76 varieties. Group V–7 varieties.

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Of the 285 varieties in the five groups, 152 varieties (53.3%) have yellow (straw-yellow or olive-yellow) seeds, 55 varieties (19.3%) have black seeds, 44 varieties (15.4%) have brown seeds, 24 varieties (8.4%) have green seeds, and 10 varieties (3.5%) are bicolored).

Catalogue of soy-bean varieties (by S.P.I. number, from no. 480 in 1898 to no. 27,501 in 1909; p. 39-74). In 1908 USDA acquired soybean seeds from Vilmorin-Andrieux & Co. (Paris, France), Haage & Schmidt (Erfurt, Germany), and Dammann & Co. (Naples, Italy) (p. 57-60).

The best varieties of soy beans (p. 75, in 7 groups from very early to very late). Explanation of plates. Index.

The "Catalogue of soy-bean varieties" (p. 39) is "a complete list of soy beans imported by the United States Department of Agriculture, arranged chronologically in accordance with the sequential S.P.I. (Seed and Plant Introduction) numbers assigned to them by the Office of Foreign Seed and Plant Introduction." These numbers start at #480 (imported from South Ussuri, Siberia, in 1898) and end at #27501 (imported from Shanghai, Kiangsu, China, in 1909). Concerning No. 21825 (p. 58): "From Hokkaido, Japan, 1908... This variety is said to be used principally in the manufacture of 'soy,' 'miso,' 'tifu' [sic, tofu], etc. It has also been obtained again from the same place and grown under Nos. 21830 and 21831."

"The best varieties of soy beans" (p. 75) lists 35 varieties, each with a name and S.P.I. number, arranged in seven groups based on time to mature, from "Very early.–Ogemaw, 17258" to "Very late.–Barchet, 20798; Riceland, 20797 (In 1908 at Biloxi, Mississippi, it displayed astonishing diversity)." This list is "based primarily on the results at Arlington Experimental Farm [in Virginia], but those obtained in cooperation with various experiment stations have also been given due consideration:

"Very early.–Ogemaw, 17258.

"Early.–Early Brown, 25161 (from Indiana Agric. Exp. Station, 1909); and Vireo, 22874.

"Medium early.–Chernie, 18227; Auburn, 21079 A; Merko, 20412 (from Merkoechofka, Siberia); Elton, 20406; Chestnut, 20405 B.

"Medium.–Ito San, 17268; Medium Yellow, 17269; Tashing, 20854; Shingto, 21079; Swan, 22379; Brindle, 20407; Sedo, 23229; Lowrie, 22898 A.

"Medium late.–Brooks, 16789; Flava, 16789 A; Cloud, 16790; Ebony, 17254; Haberlandt, 17271; Peking, 17852 B; Wilson, 19183; Taha, 21999; Austin, 17263.

"Late.–Mammoth, 17280; Edward, 14953; Acme, 14954; Flat King, 17252; Tokyo, 17264; Hope, 17267; Hollybrook, 17278 (from Arkansas Agric. Exp. Station, 1904); Farnham, 22312.

"Very late.–Barchet, 20798; Riceland, 20797."

Matsuura (1929 and 1933) cites this as the world's earliest publication on soybean genetics: "Recording segregation of seed- and flower-color in its natural hybrids." Page 11 notes that soybeans named "New Japan peas" were obtained from Norway (Source: Martens 1869). Page 20 notes that the Ogemaw variety of soybeans, which takes 92-97 days to mature, was obtained in 1908 from the Idaho Agricultural Experiment Station, where it had been grown for several years. Note 1. This document contains the earliest date seen for soybeans in Idaho, or the cultivation of soybeans in Idaho (about 1906).

Page 20 also notes that Buckshot variety of soybeans, which takes 92 days to mature, was obtained in 1908 from the Minnesota Agricultural Experiment Station, where it had been grown for several years. This is the second earliest document (April 2004) seen concerning the cultivation of soybeans in Minnesota. "Potomac Flats" is not mentioned in this report.

Concerning "Habit of Growth" (p. 12-13), the author states: "All soy beans are strictly determinate as to growth; that is, the plants reach a definite size according to the environment and then mature and die. The great majority of the varieties are erect and branching, with a well-defined main stem (Plates I and III)... In other varieties the stems and branches, especially the elongated terminals, are more or less twining, and usually weak, so that the plant is only suberect or even procumbent (Plates I-III)."

Photos show: (1) Plants of a wild soy bean grown in a greenhouse in a pot. (Fig. 1) (2) Plants of a wild soy bean from Soochow, China, grown at the Arlington Experimental Farm.

(3) Plants of a soy bean from Cawnpore, India. (4) Rows of different varieties of soy beans at Arlington Farm.

(5) Plants of seven varieties of soy beans, showing types of habit: Meyer 17852, Peking 17852 B, Austin 17263, Pingsu 18259, Unnamed 22504, Hollybrook 17278, Haberlandt 17271. (6) The same seven varieties shown in plate 4 after hanging in a dry room for 6 months.

(7-8) Eleven soy bean pods, ranging in size and shape.

(9) 36 varieties of soy bean seeds, showing variation in size and form.

Note 2. This is the most important document ever published on early soybean varieties in the USA.

Note 3. This is the earliest document seen (Oct. 2010) that uses the word "determinate" in connection with soybeans. Determinate plants terminate main stem elongation at, or soon after, the onset of flowering. Indeterminate cultivars continue main stem elongation several weeks after beginning flowering. Determinate / indeterminate is a genetic trait.

Note 4. This is the earliest publication see (Aug. 2011) written jointly by Piper and Morse, two of the most influential early advocates of the soybean in the USA. It is also the earliest document by or about Morse in connection with soybeans. Morse graduated from Cornell University, New York, on 20 June 1907 and 2 days later reported for duty at the Bureau of Plant Industry in Washington, DC, to

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work under Dr. C.V. Piper.

Note 5. This is the earliest document seen (Feb. 2004) in which Piper or Morse mention miso, tofu, or the use of soy beans as a coffee substitute.

Note 6. This is the second earliest document seen (July 1998) that uses the word "shatter" (or "shattered" or "shattering") in connection with soybeans. The earliest document (in 1854) used the word "shatter" in a very general sense. This document uses it more precisely, as the title of a section and for comparing varieties (p. 36): "When grown for grain alone, shattering is a serious fault. Some varieties, like Guelph, shatter inordinately; others, like Peking, scarcely at all... As a rule the varieties with large pods and seeds shatter much worse than those with small pods and seeds..."

Note 7. This is second the earliest English-language document seen (Oct. 2004) that uses the term "germ" to refer to a part of a soy-bean seed. The germ or embryo is the part of the seed inside the seed coat.

The section titled "Seeds" (p. 15) states: "The germs or embryos of soy-bean seeds are yellow, except in the green-seeded and part of the black-seeded sorts, in which they are green." Address: 1. Agrostologist; 2. Scientific Asst., Forage-Crop Investigations, Bureau of Plant Industry, USDA, Washington, DC.

685. Friedenwald, Julius; Ruhräh, John. 1910. The use of the soy bean as a food in diabetes. *American J. of the Medical Sciences* 140:793-803. Dec. [9 ref. Eng]

• ***Summary:*** The article begins: "The soy bean (Glycine hispida), sometimes incorrectly called the soja bean, is an annual leguminous plant..." It continues with a brief but accurate history of the soy bean in Europe and the USA, a botanical description of the plant, examples of food uses such as boiled whole dry soybeans, green vegetable soybeans ("The beans are eaten as a vegetable, in soups, sometimes picked green, boiled and served cold with a sprinkling of soy sauce and sometimes served as a salad... If the beans are green, the preliminary soaking may be omitted."), soy sauce or shoyu, natto, tofu, miso, yuba, a coffee substitute, and whole dry soybeans. A brief description of the process for making tofu is given, together with nutritional analyses of tofu, and 4 varieties of soybeans. "The most striking point about the bean is that it contains no starch, or, at least a very small quantity, which is strange when one considers it resembles the various beans very closely and all other varieties of beans are extremely rich in starchy materials." An analysis of the "gruel flour from the soy bean" made by the Cereo Co., Tappan, New York, shows it to contain 14.64% protein, 19.43% fat, no starch, and no reducing sugars. "Our own experience with the soy bean in diabetes extends over a series of eight cases." The 8 cases are then described individually. Cooking directions and recipes are given for making gruels, broths, and muffins using "soy gruel flour" or "soy flour."

The authors conclude: "(1) The soy bean is a valuable addition to the dietary of the diabetic on account of its palatability, and the numerous ways in which it can be prepared. (2) The soy bean in some way causes a reduction in the percentage and total quantity of sugar passed in diabetic subjects on the usual dietary restrictions." Address: 1. M.D., Prof. of Diseases of the Stomach, College of Physicians and Surgeons, Baltimore, Maryland; 2. M.D., Prof. of Diseases of Children and Therapeutics same college.

686. Honcamp, F. 1910. Die Sojabohne und ihre Verwertung [The soybean and its utilization]. *Tropenpflanzer* (*Der*) (*Berlin*) 14(12):613-34. Dec. (Chem. Abst. 30:45). [9 ref. Ger]

• ***Summary:*** Contents: Introduction. Utilization as food and food adjuncts (stimulants / enjoyables) (*als Nahrungs- und Genussmittel*). Use for technical purposes. Use for fodder.

According to English consular reports the total production of soya beans in China amounted in 1907 to 580,000 tons, rising in the following year to 850,000 tons. During the year 1909 no less than 35 million kg of the beans passed through the Suez Canal.

Harz classified the varieties of Soja hispida into 2 main groups, one containing those of strongly compressed form and of olive green to brownish-black color, and the other swollen varieties more or less sickle-shaped, and of yellowish-brown to deep brown color.

Dietrich and König [1891] conducted 20 analyses of the soybean and found the following average composition: Water 11.34%, crude protein 35.11%, crude fat 16.98%, nitrogen-free extract 26.18%, crude fiber 5.88%, and ash 4.51%.

An analysis of the inorganic constituents of the beans by Schwackhöfer gave the following results: Potassium oxide, 44.56%; sodium oxide, 0.98%; lime, 5.32%; magnesia, 8.92%; iron oxide, trace; silica, trace; phosphoric acid, 36.89%; sulphuric acid, 2.70%; and chlorine, 0.27%.

Both in China and Japan the black varieties are boiled and roasted and eaten with rice, while the green and white varieties are ground to meal and baked into cakes, etc. The soy sauce, which is now largely exported to England and America, and used in the manufacture of other sauces, is prepared from wheat and a small light yellow variety of the bean, with the addition of salt and water, the prepared mass being fermented in open vessels at as low a temperature as possible for a period of 8 months to 5 years, and the sauce then separated from the residue. Another product made from the beans in Japan, and used in the preparation of soups and flavors for cooking, is know as miso. In addition to these, a so-called bean cheese (tofu), and a similar product from which the bulk of the water has been removed (kori-tofu), are prepared from soya beans in Japan.

Attempts to acclimatize the plant in Germany have not yet proved successful, although it may be possible to introduce an early-ripening variety with a short vegetation

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period.

Note: This is the earliest document seen (Aug. 2007) that gives soybean production or area statistics for China. It is not clear whether or not this includes Manchuria, or refers only to Manchuria. Address: Prof., Germany.

687. Honcamp, Fr. 1910. Die Sojabohne und ihre Abfallprodukte [The soybean and its by-products]. *Landwirtschaftlichen Versuchs-Stationen* 73:241-84. Dec. (Chem. Abst. 4:3099). [18 ref. Ger]
• ***Summary:*** Largely a good review of the literature. Contents: Introduction and history. Botanical and microscopic characteristics. The best varieties for production of seeds / beans (incl. Soja platycarpa, Soja tumida, etc.). Soybean cultivation (incl. Fesca, Haberlandt). Chemical composition. Utilization of the soybean and its products: Use as food and food adjuncts (stimulants / enjoyables) (*Genussmittel*) (incl. boiled or roasted soybeans, shoyu or soy sauce {*Shoyu oder Bohnensauce*} made with rice- or wheat koji {*Reis- oder Gerstenkoji*}, miso, tofu {*Bohnenkäse*}, dried-frozen tofu {*Kori-Tofu oder Eisbohnenkäse*}, soybean meal {*Sojabohnenmehl*}, soybean oil {*Sojabohnenöl*}), industrial and technical uses of soybean oil (illuminant, soaps, table of constants), use as a livestock feed (Sheep were fed soybean oil meal and meal {*Sojakuchen, Sojamehl*}, pressed residue {*Pressrückstand*}, or solvent processed {*Extractionsrückständen, Sojamehle, Sojakuchenmehl*}; soybean hay {*Sojabohnenheu*} and straw also make good feeds).

Illustrations show: (1) A soy bean plant with pods (non-original, p. 245; from an original in Fesca 1898). (2) Soy bean pods, seeds, and cells (non-original, p. 246; from an original in C.O. Harz 1885).

Note: This is the earliest German-language document seen (April 2013) that uses the term "Eisbohnenkäse" to refer to dried-frozen tofu. Address: Rostok, Germany.

688. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Oakland, California.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 174. Consists of the male owner and one female employee.

689. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Stockton, California.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 178. Male owner and one male employee. Also in 1911, Census entry p. 157. Male owner and no employees.

690. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Monterey, California.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 186. One male owner and no employees.

691. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Alviso, California.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 187. One male owner and no employees. Note: Alviso is at the southern tip of San Francisco Bay, midway between Fremont and San Jose. Also in 1911, Census entry p. 166.

692. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Oregon.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 201. There is one tofu shop in the state of Oregon. Two male owners and no employees.

693. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Tacoma, Washington.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 216. One male owner and 1 male employee. Note: Tacoma is a seaport city, capital of Pierce County, at the southern tip of Puget Sound, 26 miles south of Seattle.

694. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Bellingham, Washington.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 217. One male owner and 1 male employee. Note: Bellingham is a commercial city, capital of Whatcom County, on Bellingham Bay, about 18 miles south of the Canadian border, between Vancouver, BC, and Seattle, Washington.

695. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu makers

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(two).
Manufacturer's Address: Vancouver, BC, Canada.
Date of Introduction: 1910.
New Product–Documentation: Nichibei Shinbun-sha. 1910. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 224. Two tofu shops in Vancouver, British Columbia, Canada. Two male owners and no employees.

696. Hosie, Alexander. 1910. Manchuria: Its people, resources, and recent history. Boston, Massachusetts: J.B. Millet. x + 320 p. Illust. Index. 25 cm. Oriental Series Vol. 14

• ***Summary:*** This book is similar in many ways to the 1901 edition with the same title except: (1) It contains 25 more total pages. (2) Chapters 7-10 in the 1901 edition have the same titles, are in the same order, and contain most of the same information as chapters 4-7 in the 1910 edition. (3) Most of the information on soybeans and soyfoods in this 1910 edition is identical or similar to that in the original 1901 ed, but usually on different pages. For example, the long, excellent section on tofu and related products on pages 183-84 in the 1901 edition is identical to that on pages 78-79 in this 1910 edition. And the description of how a traditional crush-stone mill and wedge press are used to make bean-cake and bean-oil, on pages 218-24 of the 1901 edition is identical to that on pages 121-27 of this 1910 edition. Many more such examples could be cited. (4) There is extensive and very interesting new information on railways, which are discussed at great length in this 1910 ed.; they are found in a separate record in this database as a "document part."

Editorial note by Charles Welch (p. ix-x): The whole world is now closely linked together as newspapers keep us informed of the events in far-of lands. Manchuria was practically unheard of until the last two wars which Japan had to fight there against China (1894-1895) and Russia (1904-1905). Port Arthur fell easily when held by the Chinese, but its strong defense by the Russians "turned the eyes of the world to the citadel which lay at the point of the far Eastern peninsula called Manchuria." The Trans-Siberian Railway, started in 1889, ran east-west, eventually connected St. Petersburg (the capital of Russia from 1712 to 1918) to the Pacific Ocean port of Vladivstok–a distance of 5,772 miles. The Chinese Eastern Railway, started in 1897, ran north-south, connecting Mukden and Port Arthur. The building of these two railroads has shown to the world the great wealth of Manchuria, a province of China.

The war between Japan and Russia was fought in large part because Russia claimed special exclusive rights to mining, timbering, etc. in Manchuria. Japan fought for an "open door" policy in this wealthy region, the right to trade and commerce in Manchuria. Sir Alexander Hosie has been a resident of China for practically 40 years.

The Chinese call Manchuria the Tung-san-shêng (Three Eastern Provinces); it "is an agglomeration of petty Tartar or Manchu principalities, lying to the north-east of China Proper" (p. 3).

Soy beans or [soy] beans, bean oil, bean cake, or soyfoods are mentioned or discussed on the following pages of this 1910 edition: 69 (outer leaves of kao-liang or tall millet are woven into mats used for packing loads of grains and beans), 71 (barley in large amounts is ground with peas or beans as a ferment in the distillation of native spirit {*Shao chiu*} from tall millet / kao-liang), 75-80 (beans are the most important agricultural crop for external trade, and the second most important article of cultivation after kao-liang. The most important bean, considered together with its products bean-cake and bean oil, is the soy bean–*Glycine hispida;* discusses the many varieties of soy beans and soy bean products), 82 (Mao-Tou, soy beans cultivated as a garden bean for food), 84 (soy bean is one of six plants grown in Manchuria whose seeds yield oil), 101 (each skein or hank of silk is dipped in bean-flour water), 121-28 (how the oil is expressed from soy beans; Recent prices of soy beans and products. 1896 bean oil factory driven by steam), 142 (how boats carry soy beans and other export crops down the Liao River each spring after the ice breaks up), 146-47 (value of exports of soy beans and products; total value in Manchuria), 168 (the flourishing bean-oil and bean-cake industry at Dalny started in 1908, practically speaking), 172 (the 1907 depression in Manchuria's soy bean market), 174 (the 1907 depression is now over and the outlook for American goods in Manchuria is hopeful), 181-84 (value and amount of exports of soy beans and products from Dalny and other ports, mostly in 1908; ports of destination and uses at each), 196 (the matting, woven by hand from the outer sheaths of millet stalks, that rises high around every large cart carrying loads of loose beans and millet), 208-11 (city of T'ieh-ling on the Liao and its growing importance in the soy bean trade; met 1,000 carts heavily laden with produce from the interior), 216 (a large cart carrying beans and pulled in an ongoing sort of race by mules or ponies, has overturned, and the beans are scattered all over the roadway; such accidents are taken as a matter of course, and the way is cleared so that traffic can resume), 234 (Yi-t'ung [pinyin: Yitong, in central Jilin province] Chou, like T'ieh-ling [pinyin: Tieling], is a great storehouse for beans and grain, and there is extensive trade between the two cities), and 237 (met several caravans laden with empty "bean-oil boxes." Beans are carried from Newchwang by boats when the river is open and by carts when it is closed by ice).

Also discusses (see index): Job's tears or pearl barley. *Phaseolus radiatus* (the ray-fruited dwarf bean [azuki] which is red or white). Hemp (*Cannabis sativa*) and Abutilon hemp, the true hemp plant, *Abutilon avicennæ,* both valuable fiber crops. Sesamum seed. Ground-nuts [peanuts] (*Arachis hypogæa,* L.) Seaweed. Address: British Consul-General at Tientsin [Tianjin, China].

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697. Hosie, Alexander. 1910. Manchuria: Its people, resources, and recent history. Railroads (Document part). Boston, Massachusetts: J.B. Millet. x + 320 p. Illust. 25 cm. Oriental Series Vol. 14

• ***Summary:*** Railroads in Manchuria are discussed at great length in this book. These include the Chinese Eastern Railway Co., the Siberian Railway (incl. the Trans-Baikal and the Southern Ussuri sections), South Manchuria Railway, Trans-Manchurian Railway, and the Trans-Siberian Railway.

The South Manchuria Railway, the newest, is discussed in the most detail, especially in Chapter 7, titled "Trade of Manchuria" (p. 138-191). Page 145: "In addition to the purely foreign imports, however, there should be mentioned an item of $10,000,000 worth of railway materials imported from the United States by the South Manchuria Railway Company, on which no duties were paid, and which was omitted from the Chinese Customs Returns."

Page 149: "Although considerable interest in the mineral deposits of Manchuria has been evinced by American, British, and German engineers during the year, but little has been accomplished by them toward the development of the country's mineral resources. The South Manchuria Railway Company, on the other hand, has pushed forward development work on the Fu-shun (pinyin: Fushun) coal mines with great energy, and extensive additions to the equipment of the mines have more than doubled the output" daily during the year from 500 tons the beginning to 1,200 tons by the end of December. The Fu-shun coal mines constitute one of the chief assets of the Company."

Page 153. "Railway developments: The South Manchuria Railway has been standardised and the installation of new rolling stock has greatly increased the road's carrying capacity. Under the narrow-gauge regime the line's daily carrying capacity was about 2,000 tons, whereas at the present time, with its standard gauge, new American rolling stock, and improvement in its freight service, the capacity is more than 6,000 tons. Similar improvement has been made in the passenger service."

Page 154: "These trains are thoroughly modern in every respect, the cars and locomotives being of the latest designs of American make. Each train is composed of a mail car, a Pullman sleeper, a diner, and a combination day coach and baggage car. In addition to these improvements the South Manchuria Railway Company has established a weekly steamship service between Dalny and Shanghai, which shortens the time of travel between the latter city and Manchuria by two to five days, and will also bring about a reduction of freight rates. The Company is already issuing through bills of lading between Shanghai and Manchurian points."

Page 162: "The net increase of the Japanese population in Manchuria for the year 1908 was 14,149, of whom 5,296 settled in the leased territory and 8,853 scattered throughout the country, mostly along the line of the South Manchuria Railway. A conservative estimate of the number of Chinese immigrants during the year would place the figure at 25,000, the majority of the newcomers being of the agricultural class, who have come to Manchuria to find permanent homes and have settled in the fertile regions surrounding Fakumen and Chengchiatun. Should the plans of the Government for the settlement of waste lands meet with success, the number of Chinese arrivals will rapidly increase."

Page 165: "The general plans sanctioned by the management of the South Manchuria Railway provide for a northern terminal at Suchiatun, a station on the main line of the South Manchuria Railway some 10 miles south of Mukden. Suchiatun is already the junction of the branch line to the Fu-shun collieries, having the necessary yards and transshipping facilities. By making Suchiatun instead of Mukden the terminal of the line the company will obviate the necessity of bridging the Hun River and at the same time will save several miles of track."

Page 169-70: "First place in the import trade of Dalny is held by goods from Japan, which were valued by the customs last year at $6,824,440, but which Japanese figures place at $8,429,393. This total is made up of a large variety of articles, from lumber and railway material to notions and a great part simply represents the supplies of food, clothing, furniture, etc., drawn from Japan by Japanese residents in Manchuria for their own use. Of the staple goods for the Chinese market, the most important are cotton goods and cigarettes."

"The United States is second in the import list, with $3,762,653, according to customs figures, or about 32 per cent. This was almost entirely trade with the Japanese in Manchuria, and was made up mainly of supplies for the South Manchuria Railway Company. The figure seems to be too small, as the value of railway supplies ordered in America and received during 1907 and 1908 was approximately $10,409,000, of which much less than half came in during 1907. The explanation may be that entries of duty-free goods for the railway or for general consumption in the leased territory are less carefully prepared, as to details, by the consignees."

Page 171: "The domestic goods brought in from Chinese ports were valued at $1,310,622. The rails, locomotives, bridge work, and most of the cars purchased on the first orders for supplies for the South Manchuria Railway were bought in the United States and delivery was completed in 1909. Of the new purchases under this head, the most important were an order placed in Russia for some 6,600 tons of steel rails worth about $250,000, a new electric-power outfit costing $135,000, ordered in the United States; rails, cars, and trucks for the Dalny street railway, ordered in Germany and England and costing approximately $277,000; and a gas-generating plant and distributing pipes, purchased in Germany and Great Britain, respectively."

Page 182-83: "Coal seems destined to become an

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important item among the exports, but the business is still in an experimental stage. In 1908 shipments to foreign countries amounted to 4,686 long tons. Already the South Manchuria Railway Company has a contract for furnishing coal to the mail steamers of the Osaka Shosen Kaisha, which come here twice a week from Osaka and Kobe. The price has not been made public, but it would seem to be not far from $2.75 to $3 per ton delivered on board, and at this low cost it is said to be quite satisfactory. With the exception of $239,828, representing the customs valuation of [soy] beans shipped to England, and $1,209 for exports to Korea, the entire foreign export trade of Dalny is with Japan, the total value of exports to that country being $4,574,057."

Page 186: "In August, 1908, the South Manchuria Railway Company began a weekly freight and passenger service between Dalny and Shanghai, and while little business offered at first, both the number of passengers and the freight tonnage seem to be steadily increasing, as the railway company is making special efforts to develop this line by selling through tickets and by offering through bills of lading to interior stations at moderate rates.

"The trade to South China ports continues in the hands of two leading British coasting lines, whose business has greatly increased of late, so that they have had as many as eight ships in port at one time loading cargo or waiting for berths." Address: M.A., F.R.G.S., Once Acting British Consul, Tamsui; Now at Aberdeen (Scotland or Hong Kong).

698. Inouye, Jukichi. 1910. Home life in Tôkyô. Tokyo, Japan: Printed by the Tokyo Printing Co. vii + 323 p. No index. Illust. (some color). 23 cm. Facsimile edition reprinted in 1985 by KPI (London & Boston). [Eng]

• ***Summary:*** Chapter 5, "Meals," states (in a description of making breakfast): "But in point of utility the soy bean comes next to rice, for our soy sauce which enters into almost all dishes is made from the bean, wheat, and salt. So extensively is this sauce employed that table salt is comparatively little needed. The bean is also the principal ingredient in *miso,* which is a mixture of the soy bean, steamed and pounded, with rice-yeast [koji] and salt. This *miso* is largely used in making soup; and the soups into which it does not enter are usually flavoured by boiling shavings of sun-dried bonito and straining them off" (p. 58).

"After the rice-pot is removed, another pot is put over the hearth for making *miso*-soup... *Miso*-soup contains strips of garden radish [daikon], edible seaweed (*alopteryx pinnatifida*) [wakame], bean-curd [tofu], egg-plant, or other vegetables according to season. These two, the rice and the soup, are all the cookery required in the morning. There must, of course, be hot water for tea." Pickled vegetables (called *kôkô* or *kô-no-mono*) especially garden radish, invariably accompany Japanese meals (p. 58-59).

"The breakfast, then, is very simple. Sometimes the family take their meals at a large low table which is set before them [as they sit on their heels in the *seiza* position on tatami mats] at each repast; but often a small tray, about a foot square and standing six inches or more high, is placed before each member. In the left corner of the tray near the person before whom it is set, is a small china bowl of rice, while on the right is a wooden bowl of *miso*-soup. A tiny plate of pickled vegetables occupies the middle or the farther left corner, while any extra plate would fill the remaining corner. This plate also holds something very simple, such as [*umeboshi*] plums preserved in red perilla leaves, boiled kidney beans, pickled scallions, minute fish or shrimps boiled down dry in soy sauce, a pat of baked miso, shavings if dry bonito boiled in a mixture of soy and *mirin.*" An illustration (line drawing) shows such an individual meal tray, with chopsticks resting on the rim of the tray (p. 59-60).

"Soy [sauce] is usually sold in wooden kegs as it does not change [spoil] with time; but the poor buy it in half-pint bottles" (p. 68).

The midday meal is very simple. But the "evening repast is the principal meal of the day... fresh fish is more frequently served than at noon. The fish may be boiled in a mixture of *mirin* and soy, be put into a soup made with an infusion of dried bonito shavings, be roasted on the iron netting with a sprinkling of salt or repeated coatings of soy, or be taken raw in thin slices [*as sashimi*]. This raw fish is a peculiarly Japanese dish" (p. 70).

Note 1. In Japan, almost everything is done in an orderly way, followed by nearly everyone. There are rules (often unwritten) for how to do almost everything.

Chapter 6, "Food," states: "Sea-weeds are also in great demand. Of these the principal are the *konbu* (*Laminaria japonica*), which is largely exported into China, and the laver [*Porphyra tenera*], which is obtained in this sheets [*nori*] and taken with soy alone or with rice rolled into it." Yellow chrysanthemum flowers are also used as food, "either fried with a coating of *kuzu* (*pueraria Thunbergiana*) or boiled in brine and pressed" (p. 72).

Eels are eaten, with bamboo skewers passed through them; "they are roasted over a fire, being from time to time dipped in a gravy [sauce] of *mirin* and soy. Tokyo is especially noted for eels served this way." Sun-dried cuttlefish, which are flat and hard, "are cut into slices which are roasted and dipped in soy" (p. 73).

"As we do not use a knife and fork at table, all fowls have to be cut up before they are served... The commonest method with the domestic fowl and duck is to boil them in small slices in a shallow pan with bits of onion in a gravy [sauce] of soy, *mirin*, and sugar." "It is only of recent years that we have begun to eat beef and pork; but we have in Tokyo a large number of shops where they are sold." One kind of shop is "a sort of restaurant where beef is served in the same manner as the domestic fowl and duck above mentioned" (p. 74).

"Though cooking is mostly done at home, no small

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quantity of small quantity of prepared food is bought for the meals. The most important of such food is the bean-curd [tofu]. For this the soy bean is soaked in water, ground, steamed, and strained; and the liquid is allowed to coagulate by the addition of brine [nigari] and then pressed in a square box with a cotton-cloth bottom until the water has been drawn off, leaving behind a soft white curd. This curd is cut into small slices and put into soup in the morning; it is sometimes thrown into hot water, and as soon as it is warmed [as *yudofu*], dipped into a mixture of soy and *mirin* and eaten. It is also fried. Indeed, the bean-curd shares with the *tai* [sea-bream] the distinction of having a special treatise dealing with a hundred ways of dressing [cooking / serving] it" (p. 74).

"As there is no dessert at a Japanese meal, fruits are commonly eaten at odd hours, especially by children." Apples are grown mostly in Yezo [Hokkaido], "the most northerly of the larger islands" (p. 75).

A common dish for the bever [a light lunch eaten between meals] is the (*soba*) or buckwheat noodles. Soba "is dipped before eating, into an infusion of bonito shavings flavoured with a little soy and *mirin*, to which small bits of onion [*negi*] and Cayenne pepper have been added" (p. 77).

Another inexpensive food "is a kind of cracknel [*senbei*] made by baking and dipping small disks of rice or wheaten flour in soy" (p. 78).

"The bulk of confectionery is made of rice, red beans [*azuki*], millet or sugar. Glutinous rice is steamed, pounded in a wooden mortar into a pasty consistency, and left to cool" [to become mochi]. "The red bean is boiled, pounded, and strained through a coarse cotton bag to get rid of the skin, though the latter is sometimes retained, in which case the straining is unnecessary, and finally mixed with sugar" to make "red bean jam" [*an*], which "is the most important ingredient of Japanese sweetmeats as there is in our confectionery no other equivalent... The red bean jam is also used in making soup into which small rice dumplings are thrown; this soup is much in demand, especially in winter, to while away the tedium of long evenings. The red bean is also boiled with rice to give it a colour; the red-bean is eaten in old-fashioned families three times a month, on the first, fifteenth, and twenty-eighth" (p. 80).

Note 2. This is the earliest document seen (May 2011) that uses the term "red bean jam" to refer to Japanese *an* [sweet azuki bean paste].

"Starch extracted from the root of the *kuzu* (*pueraria Thunbergiana*) is also much employed in confectionery." "By steaming a mixture of red beans, sugar, wheat, and *kuzu*, we get a sweet dark-red cake, which is almost as popular as the sponge-cake" (p. 80).

Inouye, who lived 1862-1929, lived to witness the Meiji period end and westernization begin. A scholar, journalist, translator and Japanese diplomat, he served at Japanese embassies in Belgium and the United States. Returning to Japan in 1918, he devoted the remaining years of his life to compiling English-Japanese and Japanese-English dictionaries.

Note 3. This book comes in an elegant, traditional "folding case" (*chitsu*), consisting of five stiff pieces of paperboard, covered with cloth, and held in place by two ivory-looking pegs (each 3 cm long), each of which slips into a cloth sleeve. This folding case performs much the same function as a Western slipcase. Address: Tokyo, Japan.

699. Kellogg, Ella Ervilla Eaton. 1910. Science in the kitchen: A scientific treatise on food substances and their dietetic properties, together with a practical explanation of the principles of healthful cookery; a thousand choice, palatable, and wholesome recipes. Revised and enlarged edition. Battle Creek, Michigan: The Good Health Publishing Co. 508 p. Illust. 23 cm. *

• ***Summary:*** In the last edition of this book, the wife of the famous Dr. John Harvey Kellogg discusses the principles and methods of the vegetarian system employed at the Battle Creek Sanitarium. Address: Battle Creek, Michigan.

700. Lafar, Franz. 1910. Technical mycology: The utilization of micro-organisms in the arts and manufactures. Vol. I. Schizomycetic fermentation. Translated from the German by Charles T.C. Salter. London: Charles Griffin & Co. xvi + 312 p. Introduction by Dr. Emil Chr. Hansen (Principal of the Carlsberg Laboratory, Copenhagen). Illust. (90 figs). Index is in Vol. II. 23 cm. [Eng]

• ***Summary:*** This first volume discusses bacterial ("schizomycetic") fermentations. Richly illustrated, it also includes accurate historical background on many subjects. An extensive bibliography for both this volume and volume II appears at the back of volume II (p. 417-518).

The Preface, by Emil Chr. Hansen of Copenhagen, states (p. vi): "Within the last two decades the study of Microbiology has made gigantic strides, both in the pathological and technical branches of the subject; and just as investigations into the Physiology of the higher plants gave the first impetus to the establishment of Agricultural Experiment Stations in all countries, so, in like manner, have the Physiology of Fermentation and Technical Bacteriology called into existence, within the last few years, a number of Stations and Laboratories for the development of those branches of industry where micro-organisms play an important part." The first three chapters, comprising the introduction, give an interesting early history of the discovery of fermentation. Their contents: 1. The theory of spontaneous generation: Definition, discovery of fermentative organisms, Needham's demonstration in favour of 'Generatio Æquivoca', Spallanzani's experiments, Franz Schultze's experiment, foundation of the science of antiseptics by Schwann, labours of Schröder and Dusch, Pasteur's examination of

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the theory, Béchamp's microzyme theory, spontaneous generation only unproven, not impossible. 2. Theories of fermentation: The alchemists–Stahl's theory of fermentation, Gay-Lussac's opinion, Cagniard-Latour's vitalistic theory, Th. Schwann's researches, Fr. Kützing's general theory, Liebig's decomposition theory, Pasteur's theory. Nägeli's physico-molecular theory, the enzymes and M. Traube's ferment theory, general definition of fermentation, so-called spontaneous fermentation of sweet fruits, decompositions effected by light and air.

In Chapter 31, titled "The fermentation of cheese and allied decompositions" (p. 243-52) are sections on "Pure culture ferments" (p. 246-47) and "Natto and miso" (p. 247-48; each a kind of "vegetable cheese"). The latter section also discusses the Soja bean, Fr. Haberlandt, koji, shoyu (called shojou, soy or shoyn), tofu and nukamiso. Reports by H.C. Prinsen-Geerligs "on the preparation (by the aid of fungoid ferments) of other dishes from soja beans in Chinese cookery, such as Taohu or bean-cheese [tofu], the sauce Tao-yu, &c."

In Chapter 33, titled "The fixation of free nitrogen by bacteria" (p. 259-71) are sections on "The discovery of leguminous nodules" (p. 261-62; Malpighi, Boussingault, Hellriegel), "Formation and functions of the nodules" (p. 262-64; Lachmann, Frank, Woronin, Hellriegel, Wilfarth), "The nodule bacteria" (p. 264-66; organized albuminoids, *Bacillus radicicola*), and "The bacteroids" (p. 266-69). Concerning bacteroids: "The first successful, artificial production of nodules by the aid of pure cultures was made by A. Prazmowski. This worker, in view of the absence of the sporogenic faculty in these organisms, changed the name of *Bacillus radicicola*, bestowed on them by Beyerinck, into *Bacterium radicicola."*

Note 3. This is the earliest English-language document seen (March 2003) that uses the word "bacteroids" (or "bacteroid") in connection with root nodules on plants.

Note 4. This is the earliest English-language document seen (April 2013) that uses the word "Taohu" to refer to Chinese-style tofu. Address: Prof. of Fermentation-Physiology and Bacteriology, Imperial Technical High School, Vienna.

701. Li, Yu-ying. 1910. Ta tou: Le soja [The soybean]. Paris: Société Biologique de l'Extrême Orient. 66 p. Illust. 28 cm. [Chi]

• ***Summary:*** This remarkable work, written entirely in Chinese, was the first of Li's major works on soybeans and soyfoods. Published in Paris, it was written in Chinese and meant to be read by young people in China interested in coming to Paris to study or in helping Li with research on Chinese soybean varieties. An expanded and revised version was published into French the next year (1911).

Contents: Soybeans: 1. Introduction. 2. Names and varieties (colors, sizes, and shapes) of soybeans. 3. Where soybeans are produced and their history. 4. The place of soybeans in the hierarchy of plants (taxonomy). 5. Nutritional composition of soybeans. 6. Characteristics of soybeans (physiological, morphological, etc.). 7. Food uses of soybeans (incl. tables comparing the price of tofu with various meats, and the various sicknesses associated with eating different types of meat). 8. Equipment used in making soyfood products (a photo shows the equipment in Li's modern soymilk and tofu plant near Paris; p. 37), and compares soymilk with cow's milk. A large soybean utilization diagram in Chinese (p. 44) shows all the products that can be made from soybeans using the wet process (from soymilk) or the dry process (from flour). Note: This is the earliest document seen (July 2002) that contains a diagram of this type.

9. Value of soybeans in agriculture (incl. fertilizer use). 10. Conclusion. Appendixes: (1) About the *Société biologique de l'Extréme Orient* (Far-East Biological Society). (2) Membership form for the Far-East Biological Society (Paris): Date, name, A.K.A., Address, Occupation or subject of study, Place of birth. Please enclose 2 yuan membership fee (p. A6). (3) Bibliography of publications on soybeans by the Society of the Far East (p. A7-8). (4) Special announcement concerning soybean research (p. A9).

Illustrations (line drawings) show: (1) Comparison of shapes and colors of 7 different colors of soybeans (p. 5). (2) Five views of soybean pods with beans, incl. outside of pod, inside of both halves when open, with beans in one half, the two cotyledons of a single soybean (p. 11). (3) Soybean plant with pods (p. 12). Photos show: (1) The cellular components and layers of soybeans and hyacinth beans (p. 22, 23). (2) The interior and equipment in Li's soymilk and tofu plant on the outskirts of Paris (p. 37). (3) Microscopic views of soymilk (*doujiang*) and a liquid resembling soymilk made from soy flour (p. 38).

Tables show: (1) Size range (length, width, and thickness; maximum, average, and minimum) of 7 colors of soybeans: yellow bean, green skin bean, green bean, dark bean {"black" or "crow" bean}, black bean, red bean, spotted bean (p. 4). (2) Composition of four parts of a soybean plant: Comparison, water, protein, oil, carbohydrates, ash (p. 18). (3) Comparison of oil and protein content of 5 colors of soybeans (red, black, green, white, yellow) from various countries and regions: China, Japan, Southeast Asia, Russia, Hungary, and France (p. 19). (4) Composition of soybeans, hyacinth beans, and wheat (p. 21). (6) Comparison of the price of tofu with that of various meats (p. 29). (7) Ash content of soybeans, hyacinth beans, duck, uncooked rice, cabbage, egg, beef, chicken, lamb, pork, carp, wheat flour (p. 31). (8) Carbohydrate content of uncooked rice, wheat flour, hyacinth bean, soybean (p. 32). (9) Weight of products containing 100 gm of protein: Soybeans, tofu (somewhat firm), hyacinth bean, uncooked rice, bread, cooked rice, vegetables (p. 32).

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Publications listed in the Bibliography (p. A7-8): *Ta tou–The soybean* (this book; published 1909). *Bean curd–20 centuries of great craftsmanship around the world* (1908). *Soycrafting–China's manufacturing specialty* (1908). *The Paris Bean Curd Company* (1908, illustrated). *An outline of the agricultural societies of France* (1908). Note: the above publications concern industrial matters.

A description of herbs (*Chinese medicinal plants etc.*) (1909). *TB* [*Tuberculosis*] *and its cure* (1909). Note: the above publications concern medicinal herb and health matters.

The benefits of soyfoods (1909). *Smoking and its relationship to health, economics and industry* (1909). Note: the above publications concern industrial and health matters.

Special announcement concerning soybean research (p. A9): "Gentlemen–Many of us in this society are researching the benefits of the soybean. It may be considered as China's greatest resource. We have already published a number of specialized reports. These have been made available to you. In view of the fact that there are so many varieties of soybean in China and that the regions of cultivation are so extensive, we must rely upon you, our colleagues, in all parts of the country to go into the field and collect data for us. Only then will we be able to complete our research into every variety of Chinese soybean. If we should receive your kind consent, we beg you to be so good as to send the soybean varieties to the Peking postal address of this Society (address is given). We are interested only in soybeans (see pages 1-6 of this book) and need one or two catties (0.5-1.0 kg) of each. Once our research into the benefits and properties of these beans is complete, we will submit a further report to this Society, in order to repay your goodwill. If you would please advise us of the cost of the beans and the postal charges, we will make the appropriate refunds. We will also send you a copy of this book as a modest token of our gratitude. Enclosed please find an explanatory document. Please take the trouble to complete this and send it together with the beans.

"The Paris/Far-East Biological Research Society"

On page A-10 is a form to be used when submitting the Chinese soybean varieties.

702. Midorikawa, Kôjirô. 1910. Tôfu to yasai no ryôrihô:*Hôchi Shinbun* kenshô tôsen [Way of cooking tofu and vegetables: *Hochi Newspaper* prize winners]. Tokyo: Kyôdô Shuppan. 87 + 130 p. 23 cm. [Jap]
Address: Japan.

703. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1910. Nichi-Bei nenkan [Japanese-American yearbook. No. 6]. 650 Ellis St., San Francisco, California. 278 p. Reprinted in 2001-02 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 5-kai [Collected Documents on Japanese Emigration. No. 5]. [Jap; eng]

• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. The English-language title page reads: *The Japanese American Year Book.*

The book is divided into 10 parts, each numbered separately. Contents: (1) Front matter, incl. 1 ad (5 p.) (2) Table of contents (3 p.). (3) Map of California agriculture (fold out, in Japanese, 1 p.). (4) Black and white photos on unnumbered pages (6 p., single sided). (5) Front part of Nichibei Nenkan No. 6 (p. 1-237), including general information about America, Japanese in America, U.S. and agricultural census data, etc. (6) Ads (9 p.). (7) Nichibei Nenkan continued (p. 238-50). (8) Original printing and publication dates and data (1 p.) (9) Ads (2 p.). (10) New printing and publication dates (2001), data, and ISBN (1 p.).

A table (p. 39) shows Japanese population by states. For each state the population is subdivided by men, women, and children. For Japanese, the 8 most populous states are: California 55,901, Washington 16,930, Colorado 4,557, Oregon 3,873, Utah 2,529, Idaho 2,399, New York 2,260, and Wyoming 1,409. The totals are: Adult men 87,170. Women 7,323. Children 4,222. Total 98,715.

A table (p. 42) compiled from census data, shows that there were 2 shoyu makers in the USA, with 2 male owners and 4 male employees. There were 42 tofu makers with 47 male owners, 10 male employees, and 1 female employee.

Note: Unlike other volumes, this relatively slender 1910 volume has no directory to give us the names the names and addresses of these Japanese tofu and shoyu makers in the USA.

A table (p. 54-55) shows the general population (not only Japanese) each decade in California from 1850 to 1910: It grew from 92,597 in 1850, to 379,994 in 1860, to 1,208,130 in 1890, to 1,484,053 in 1900, to 2,564,363 in 1910.

A table (p. 56) shows the Japanese population of California: 120 in 1878, 270 in 1880, 420 in 1884, 500 in 1885, 1,000 in 1887, 2,300 in 1890, 4,500 in 1892. 6,000 in 1895, 13,000 in 1897, 25,000 in 1900, 30,000 in 1902, 35,000 in 1903.

A table (p. 56-60) shows the 1910 Japanese population in various counties and cities in California. For each it subdivided into men, women, boys, and girls. In 1910 the Japanese population of California was 55,901, which was about 2.2% of California's total population.

A table (p. 62) shows the total value in 1900 of various crops in the USA and California. The soybean crop was worth $7,634,262 in the USA and $1,022,586 in California.

A table (p. 172) gives the population of Japanese in California by occupation; there is 1 shoyu maker (in Oakland) and 32 tofu makers.

The Directory shows Japanese companies making soyfoods in California, Oregon, Washington, Utah, Colorado, New York City, and Vancouver, British Columbia, Canada.
Address: San Francisco, California.

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704. Polk's Portland [Oregon] city directory. 1910. Portland, Oregon: R.L. Polk & Co., Inc. *
• ***Summary:*** Ota, Charles. Cook. Residence at 352 Oak St. Address: Portland, Oregon.

705. Sawer, E.R. 1910. Studies in agriculture. Series 2. The soya bean. Div. of Agriculture and Forestry, Natal, South Africa. 33 p. Reprinted from the Natal Mercury. [10 ref]
• ***Summary:*** Contents: 1. The agricultural romance. 2. The commercial aspect. 3. The adaptability of the bean. 4. The cultivation of the crop. 5. Soya bean oil. 6. A food for man. 7. A stock food and fertiliser (the cake is widely used as an agricultural fertiliser in the Far East). A photo (opposite contents page) shows two men standing in a crop of soy beans at the Central Experiment Farm, Cedara, 1908-09.

Concerning "Soya bean oil": "In the Far East it is largely employed for edible purposes; it is suitable for cooking, for a salad oil, and as a component in such butter substitutes as margarine. In the 'Mark Lane Gazette' for Jan. 20, 1910, it is stated that one third of the frying oil used in London kitchens now comes from the soya bean, instead of from cotton seed as heretofore" (p. 21).

Illustrations on unnumbered pages show: (1) A typical soya bean plant. (2) Botanical characters of soya bean, with close-ups of vegetative parts, floral parts, and fruit. (3) Seeds and pods of 7 varieties of soya beans. (4) Soya bean seedlings, with roots. (5) Roots of soya bean plant, with nodules (by Blanchard). (6) Curing frame for harvesting soya beans. Address: Director, Div. of Agriculture, Natal, Durban, South Africa.

706. Wheldon, Rupert H. 1910. No animal food: And nutrition and diet with vegetable recipes. New York, NY; Passaic, New Jersey: Health Culture Co. 125 p. Plus 18 unnumbered pages of advertisements at end. Undated. No index. 19 cm.
• ***Summary:*** A comprehensive appeal to vegetarianism, advocating exclusion of all foods of animal origin [i.e., a vegan diet]. Contents: I. No animal food: 1. The urgency of the subject. 2. Physical considerations. 3. Ethical considerations. 4. The aesthetic point of view. 5. Economical considerations. 6. The exclusion of dairy produce. 7. Conclusion. II. Nutrition and diet: 1. Science of nutrition. 2. What to eat. 3. When to eat. 4. What to eat. Food table. Recipes (100 "strictly vegetarian" [vegan] recipes as they appear in the English edition).

The Preface states that "the following pages are in vindication of a dietary consisting wholly of the products of the vegetable kingdom, and which therefore excludes not only flesh, fish, and fowl, but milk and eggs and products manufactured therefrom." "This work is reprinted from the English edition with changes better adapting it to the American reader."

Pages 30-31: "As to the testimony of individuals it is interesting to note that some of the greatest philosophers, scientists, poets, moralists, and many men of note, in different walks of life, in past and modern times have, for various reasons, been vegetarians, among whom have been named the following:–Manu, Zoroaster, Pythagoras, Zeno, Buddha, Isaiah, Daniel, Empedocles, Socrates, Plato, Aristotle, Porphyry, John Wesley, Franklin, Goldsmith, Ray, Paley, Isaac Newton, Jean Paul Richter, Schopenhauer, Byron, Gleizes, Hartley, Rousseau, Iamblichus, Hypatia, Diogenes, Quintus Sextus, Ovid, Plutarch, Seneca, Apollonius, The Apostles (Matthew, James, James the Less, Peter), The Christian Fathers (Clement, Tertullian, Origen, Chrysostom, St. Francis d'Assisi), Cornaro, Leonardo da Vinci, Milton, Locke, Spinoza, Voltaire, Pope, Gassendi, Swedenborg, Thackeray, Linnaeus, Shelley, Lamartine, Michelet, William Lambe, Sir Isaac Pitman, Thoreau, Fitzgerald, Herbert Burrows, Garibaldi, Wagner, Edison, Tesla, Marconi, Tolstoy, George Frederick Watts, Maeterlinck, Vivekananda, General [Bramwell] Booth, Mrs. [Annie] Besant, Bernard Shaw, Rev. Prof. John E. B. Mayor, Hon. E. Lyttelton, Rev. R. J. Campbell, Lord Charles Beresford, Gen. Sir Ed. Bulwer, etc., etc., etc."

The chapter title "What to eat" states (p. 83): "The Mongol procures his supply of protein chiefly from the Soya bean from which he makes different preparations of bean cheese [tofu] and sauce." "Among the foods rich in protein are the legumes, the cereals, and nuts... Fat is chiefly found in nuts, olives, and certain pulses, particularly the pea-nut."

Several recipes (p. 116-17) call for: Nut-milk, Vegeton, Nutter or nut butter, Marmite, Carnos, Pitman's Vigar Gravy Essence. These can be ordered from stores in England (see p. 111). The last 16 pages contain advertisements for *Health-Culture* magazine (monthly), "health appliances" (such as Dr. Forest's massage rollers and colon syringes), and many books published by The Health Culture Co., Turner Building, 45 Escension St., Passaic, New Jersey.

707. Labbé, Henri. 1911. Le soja et ses usages [The soybean and its uses]. *Revue Scientifique* 49(1):171-76. Jan. 7. [6 ref. Fre]
• ***Summary:*** A summary of earlier publications (mostly in French) on soybeans and soyfoods. Discusses: Soy flour (*farine de soja*) for diabetics. Soy bread (*pain de soja*). Soy flour used to make various foods for diabetics as well as for vegetarians. Soymilk (*lait végétal à base de soja*, p. 174). Soy kefir and soy yogurt (Kephir, Yohourt). Soy sauce (*sauce de Soja, soyou, choyou*). Tofu (*Le fromage de Soja ou Tou-Fou*), which was invented by the ancient Chinese philosopher Whai Nain Tzu. Fresh tofu and dry tofu [dried frozen tofu, containing 53.6% protein]. How shoyu is made.

Note: This is the earliest French-language document seen (April 2012) that uses the word *soyou* to refer to soy sauce.

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The section on the nutritional value of soy and soy protein (p. 173) ends with this interesting thought: For a long time the Chinese and Japanese, who cared little about the future justification of their habits and customs, have adopted the consumption of soy on a large scale, without realizing that science would perhaps one day come to bestow / confer on them a certificate or testimonial of complete approbation.

The section on soymilk ends as follows: Soya milk, according to trustworthy Chinese persons, is not just a mere curiosity. It is used, in China, for breakfast, being mixed with cow's milk. It is also used for infant formula [literally "artificial breast feeding"] or therapeutically. For this latter purpose, it is the fermented foods, such as Kefir, Yogurt, etc. that appear to be of interest. (*"Le lait de Soja, au dire de Chinois dignes de foi ne serait pas une simple curiosité. On s'en sert, en Chine, pour le dèjeuner du matin, et en mélange avec le lait de vache. On l'utilise aussi pour l'allaitement artificiel, ou dans un but thérapeutique. Dans ce denier but, ce sont plutôt les laits de soja fermentés, genre Kephir, Yohourt, etc. qui paraissent intéressants"*).

The author notes (p. 175, footnote) that a Chinese proverb says: *Le To-Fou est la viande des os* ("Tofu is the meat of the bones"). Note: This makes no sense and appears (April 2013) to be a mistake. Tofu has long been known as "the meat without bones" (Horvath 1927, 1931, 1938, etc.) or "the meat without a bone" (Lager 1945, etc.).

The writer also notes that France is not taking any part in the development of an industry to produce soy oil (p. 176, footnote). Illustrations (p. 72) show: Soy bean plant, with roots and pods. Close-up of soy bean pod and seed. Address: Doctor of Sciences (*Docteur ès-sciences*), France.

708. Li, Yu-ying. 1911. A propos du Soja hispida [About Soja hispida, soybeans]. *Journal d'Agriculture Pratique* 75(1):48-50. Jan. 12. [4 ref. Fre]

• ***Summary:*** This is a the author's point-by-point reply to 12 points of a critical article in this journal on March 24 by M. Demolon, Li's former professor. Note: Li studied the soybean at Demolon's laboratory at the school of practical agriculture at Chesnoy. Li discusses: Carbohydrates and starch in soybeans, soy flour, the quality of vegetable proteins vs. animal proteins, the absence of lactose in soymilk, the lecithin in soybeans (*fèves de soja*), soymilk, soy bread for diabetics and their superiority to gluten breads.

"The soybean will grow in almost all climates, from Manchuria to the south of China. This year [1910], at the Exposition of Nanking, we found nearly 400 soybean varieties exhibited by different provinces. In Europe and America, successful trials have already been conducted. In France the Society for Acclimatization has already studied the soybean for many years. Mr. Paillieux has written a very well documented book on this subject which concludes in favor of the adoption of soybean cultivation in Europe. The fact that there was an isolated unsuccessful trial at the School of Agriculture at Chesnoy does not seem sufficient to demonstrate that soybean culture cannot succeed in France."

"Mr. Demolon represents the soybean to us as being of interest merely from the viewpoint of pure science." Li concludes by re-stating his belief (stated two years earlier in this journal, on 2 July 1908): "The question up to this point has nothing to do with industry and commerce; it is purely scientific, but pure science always precedes applications. And there is nothing to say that tofu or soy cheese (*le to-fou* {*fromage de soja*}) won't one day become a prized food for Europeans."

Note: This is the earliest document seen (Oct. 2004) that mentions the Exposition of Nanking, where 400 soybean varieties were exhibited by different provinces. Address: Paris.

709. Rousset, H. 1911. Chronique et correspondance: Chimie industrielle. Laits et beurres végétaux [Chronicle and correspondence: industrial chemistry. Vegetable milks and butters]. *Revue Generale des Sciences* (*Pures et Appliquees*) 22(1):182-83. Jan. 15. [2 ref. Fre]

• ***Summary:*** Vegetable butters are made from coconut oil. Soymilk is made from the soybean, a unique type of bean which is grown in China. Huge quantities have recently been exported. This paradoxical plant can be used in many different ways–as to make oil and soap, special breads for diabetics, forage and fodder for animals, and confections. The Japanese transform the soybean into a cheese [tofu], the Chinese make it into milk, and the English use it to make sauces [such as Worcestershire sauce].

According to Mr. Li Yu-Ying, who, as a former student at a French school of agronomy, is well qualified by his origins and knowledge to know the soybean, as well as the milk (*les émulsions*) prepared from seeds which have first been submitted to the beginning of germination. This milk is not different, at first glance, to animal milk. A table shows the composition of soymilk. A long discussion of soymilk and its uses follows.

710. *Lancet.* 1911. Notes from China (From our own correspondent): The soya bean. i(4560):202. Jan. 21. Summarized in *J. of the New Zealand Department of Agriculture*, 15 Feb. 1913, p. 149.

• ***Summary:*** "Within the past three years the outstanding merits of this pulse have come prominently to the front, and its export from Manchuria, where most of it is raised, has lately assumed very large dimensions. For the past 2000 years it has been used in North China for making bean curd, a thick nutritious jelly eaten daily by all classes of the people. A widely used vegetable oil is also expressed from it, the refuse left over serving for cattle food and manure for sugar plantations."

"It is a cheap product, each bean when sown multiplying itself, on an average, 450 times. On account of the great

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nutritive value of the Soy Bean, it is well worth medical attention, more particularly for diabetic cases, because of its low proportion of starch. For making biscuits, soup powder, infant and other foods, it will be widely used in future when its dietetic value becomes better known." The composition is then given, and it is shown to be rich in albumin [protein, 40%], fats (20%), sugar 8-11%, and minerals 4-6%. "The most abundant salt is sodium phosphate. Advocates of the fleshless diet have to contend with large amounts of indigestible cellulose which occurs in vegetarianism. This cellulose is present in 4 to 11 per cent. of the soya bean, but is easily eliminated from the other products. Bean curd is entirely free from it" as is "a most excellent vegetable milk which resembles animal milk in that it coagulates." The author then gives some comparative nutritional figures, based on "the work of a French-trained Chinese chemist, Mr. Li Yu Ying."

711. Shaw, Norman. 1911. The soya bean of Manchuria. *Shanghai, Statistical Department, Inspectorate General of Customs. China Imperial Maritime Customs. II. Special Series* No. 31. 32 p. Also published by P.S. King & Son, 2 Great Smith St., Westminster, London SW, England. [6 ref. Eng]

• ***Summary:*** Contents: Introductory. Varieties. The plant. Soil and climate. Cultivation. Soil infestation. Yield. Uses of the soya bean: In the Far East: Bean sauce or soy (called shoyu in Japan [whence the name "soya"] and *chiang-yu* in China), the Chinese paste *chiang* (incl. *ta chiang* {great, made with yellow soybeans} and *hsiao chiang* {small, made with soybeans and maize}), tofu (incl. firm tofu {*tou-fu kan-tzu*}, tofu curds {*tou-fu nao*, curded with calcium sulphate instead of brine}, curd skin or yuba {*tou-fu p'i*}, layers of tofu pressed in cloth [pressed tofu sheets] {*ch'ien-chang tou-fu*}, and "frozen curd" {*tung tou-fu*, tofu that is frozen then dried}), bean flour, bean refuse {okara}, bean oil for food or industrial uses. Beancake and its uses. Uses in the Western world (beancake in Europe, and bean oil in Europe). The bean oil and cake industry in Manchuria. Trade development (statistics on exports from Newchwang have been kept since 1864). Beginnings of the European trade. Bean oil and cake production in South Manchuria. Chief sources of supply. Map references. Supplementary note.

Appendixes: 1. Table showing values (in Haikwan taels) per picul of [soya] beans, beancake, and bean oil at Newchwang, 1864-1909. 2. Graph showing monthly values (in silver yen) at Dairen of beans, bean oil, and beancake, 1907-10. 3. Table showing estimated [soya] bean production of Manchuria in normal years, compiled by the South Manchuria Railway Co. in 1909. 4. Estimates of [soya] bean production of Manchuria for the last 5 years by province and territory, compiled by the South Manchuria Railway Company in 1909: Fengtien province 1,092,350 tons. Kirin province 626,500 tons. Heilungkiang province 280,250 tons. Grand total for all Manchuria: 1,999,100 tons. Estimated soya bean production in Manchuria has increased from 600,000 tons in 1906 to a peak of 1,500,000 tons in 1908, to 1,400,000 tons in 1910. Percentage contributed by various colors of soya bean in 1910: Yellow 80.1%, green 9.4%, white-eye 3.8%, black-eye 3.2%, and black 3.4%. 5. Table showing total export of [soya] beans and bean products from Manchuria, 1909. For export of soya beans: Dairen 51% of total, Suifenho [Suifenhe] 25%, Newchwang 23%. For export of bean cake: Newchwang 50%, Dairen 44%, Antung 2%. For export of oil: Newchwang 75%, Dairen 21%, Harbin 1%. The writer frequently refers to Sir Alexander Hosie's book on Manchuria (1901, 1904).

The introduction begins: "It is only in the last three years that soya beans have become important in intercontinental commerce, and their rapid emergence from obscurity has, indeed, been one of the most remarkable commercial events of recent times. The circumstance that 'the rise of a great export trade in beans is that fact that overshadows all others,... the soya bean thus taking at a bound a position equal to that of tea in the list of exports and, with the addition of beancake, even challenging the position of silk at the top of the list'"* (Footnote: * = "Statistical Secretary's Report on the Foreign Trade of China in 1909").

The "bean district *par excellence* is the upland country beyond Moukden [Mukden] where the hills... are overlaid with wind-deposited soil..."

"Cultivation: In Manchuria the beans are produced almost entirely by hand methods. The plough, which is drawn by quaintly mixed teams of oxen, mules, and donkeys, has only one handle and a rough steel-tipped cutter. The seed is sown by hand, on top of the drills, in April, and is covered by hand. A heavy hoe is used for a good deal of the turning and breaking. When the plant appears the earth is heaped up round it, so that the roots may derive the maximum of nourishment from the soil."

"The harvest takes place in September, and the pods are usually harvested before they are quite ripe, as otherwise they are liable to burst on drying, a loss of seed being thus occasioned. The plants are pulled up by hand or cut with a straight-bladed sickle in Manchuria, and collected into small heaps in order to facilitate drying, and, when dry, the seed is separated by means of a cylindrical stone roller having longitudinal cuts on its surface, which is dragged over the plants by a mule as they lie on the threshing-floor. After this primitive threshing operation has been completed, the beans are winnowed in the usual Chinese method–that is, by throwing them against the wind. The only manure used is a compost of stable manure and earth, which is often taken from the miry pools formed in the roads–the despair of the carter but a boon to the farmer. In countries where chemical manures are used, it is only necessary to apply potash and phosphoric acid where they are lacking, for nitrogenous manure is unnecessary, owing to the property which the soya

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bean possesses, in common with other leguminous plants, of obtaining nitrogen from the air by means of colonies of bacteria."

Yield: In 1867 the Rev. A. Williamson, who travelled in the upper Sungari district at the time and who appears to have been a very close observer, estimated a maximum yield of 2,000 lb., or 15 piculs, to the acre.

The Chinese paste *chiang* is not the same as the Japanese paste miso. Chiang "is made by farmers and eaten with fish, meat, and vegetables, while the more expensive Chinese soy [sauce] is only made by wealthy families and restaurant keepers and is not consumed by the very poor. There are two kinds of *chiang: ta* (great) and *hsiao* (small)." Describes in detail how each is made. Great chiang is made from yellow soybeans, salt, and water. Small chiang contains a small amount of maize (p. 7).

Industrial uses of bean oil: (1) As an illuminant, where it has not been superseded by kerosene oil. One advantage is that "no lamp is needed to hold it, the wick being inserted into the basin or plate containing the oil." (2) As a lubricant, bean oil is used to a very considerable extent in north China and Manchuria "for greasing axles and parts of native machinery" (p. 8-9).

In China, bean oil "is used as a substitute for lard, in cooking. Although it is inferior to rapeseed and sesamum oils for this purpose, these oils cannot compete with it in point of price... In spite of its unpleasant characteristic odour and unpalatability, the poorer classes in China consume it in its crude state, but among the rich it is boiled and allowed to stand until it as become clarified" (p. 8). In Europe "Refined bean oil may be used as a salad dressing in place of other oils (but, owing to its unpleasant odour, is usually mixed with an oil of animal origin or with rapeseed oil), or in the manufacture of margarine, when a greater percentage of soya oil than of copra oil is allowed" (p. 10).

Traditional methods of pressing out the oil yield only about half of that present in the seed (9% of the weight of the beans); the rest is left in the cake, and this distracts very much from its fertilizing value. "By gasoline extraction the beans give up practically all their oil, which, as refined by this process, is a clear, pure liquid, hardly resembling the muddy, dark oil produced in the old way" (p. 14).

Photos on unnumbered pages show: (1) Seven varieties of soya beans: Large black, small black, large flat black, small flat black, two green, and two yellow. (2) Soybean root nodules. (3) A massive granite roller for crushing beans. (4) "Steaming vat with grating on which [soya] beans are placed in gunny bags during the steaming process." (5) Native bean press, showing cakes in receptacle and log wedges driven in to press out the oil. (6) Modern bean press [hand turned screw?] set up in bean mill. (7) Oil-motor and crusher. (8) Modern crushing machinery. (9) Piles of beans in sacks awaiting loading onto trains at Changchun. (10) Color fold-out map titled [soya] "Bean districts of Manchuria." A schematic diagram (in the form of a rhombus / diamond) shows the probable relationships of the different groups of soya beans based on their color. A beautiful map, approximately 17 by 22 inches, is attached between page 26 and page 27. "Wuchang" [not Wochan] is in the area labeled "Yellow Beans" in the map. Other labeled growing areas on the map include "Grasslands," "White eye," "Black beans" [soy], "Maize" and "Green beans." The major railways, rivers, roads, and towns / cities (with their Chinese characters) are shown. The major soybean markets (underlined) are Fenghwa / Maimaikai, Kungchuling, Changtufu, Tungkiangtze, Sinminfu, Tienchwangtai, Newchwang, Kaiyüan, Tiehling, Mafengkow, Moukden, Takushan, Antung, Harbin, and Shwangcheng.

Shaw finished writing this yellow book on 31 December 1910.

Note 1. This is the earliest document seen (July 2000) that mentions the South Manchuria Railway Company in connection with soybeans. This company was run by Japan. According to the *Encyclopedia Nipponica* (vol. 22, at "Minami"), the South Manchuria Railway Company (*Minami Manshu Tetsudo K.K.*) was established in 1905 based on the Portsmouth Treaty ending the Russo-Japanese War; Japan took over the rights to the railway from Russia. The company started to actually run the railway in 1907.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "frozen curd" to refer to dried-frozen tofu.

Note 3. This is one of the earliest English-language documents seen (Sept. 2006) that repeatedly uses the word "bean" (not preceded by the word "soya") to refer to the soya bean.

Note 4. This is the 2nd earliest English-language document seen (Oct. 2012) that uses the term "tou-fu p'i" (regardless of capitalization or hyphenation) to refer to yuba.

Note 5. This is the earliest English-language document seen (April 2012) that uses the term *chiang-yu* to refer to Chinese soy sauce. Address: 4th Asst., Custom House, Dairen.

712. Clerget, Pierre. 1911. La question du Soja [The question of the soy bean]. *Revue Generale des Sciences* (*Pures et Appliquees*) 22(3):100-01. Feb. 15. (Chem. Abst. 5:1637). [2 ref. Fre]

• ***Summary:*** Contains a brief description of the soybean and discusses its commercial importance, distribution, soil requirements, the value of the oil and its uses, and the composition and commercial value of the cake. During the past 2 years, the large amounts of soybeans exported from Manchuria to Europe have called attention to this plant. It is cultivated all over China, but especially in Manchuria (in the Liao Valley, where it is the second most important crop after sorghum), Japan, Korea, and Indo-China. In China it is often cultivated with maize; it demands a great of work, care, and

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good soil. The main exports come from the Manchurian ports of Newchwang and Dairen, and from Vladivostok. In 1908 some 859,200 tonnes of soybean and cake were exported from Manchurian ports, up from only 88,900 tonnes in 1905. Until 1908, Japan was the principal outlet for Manchurian soybeans (615,900 tonnes), but at the start of that year, exports to Europe began: 69,200 tonnes to Great Britain, 21,390 tonnes to France, 7,290 tonnes to Holland, etc.–for a total of 204,440 tonnes.

According to chemical analyses made at the Colonial garden of Nogent-sur-Marne, Manchurian soybean seeds contain 17.64% oil and 33.5% protein; yellow varieties contain more oil than black varieties. The soybean is used as a forage plant and for soil improvement, but its most important role in China and Japan is as a human food among people who consume little meat. According to Bloch (1908), it is most widely used in making a sauce [soy sauce] and a cheese [tofu]. It is also used to make numerous pastes and a sort of soymilk (*lait de soja*).

It also has industrial uses, thanks to its oil content of 16-18%. Indigenous mills can obtain only 8-10% oil, but modern hydraulic presses can obtain 12-14%. The oil and cake have made the soybean rise so rapidly on European markets. The oil, which has an agreeable smell and taste, is widely employed for culinary purposes in Manchuria. In England, as in France, it is used in making soap and margarine. It is more drying that cottonseed oil and can likewise be used in making paints. Soybean cakes (*Les torteaux de soja*) would give the same results as cottonseed cakes in terms of milk yield from dairy cows. As a fertilizer, they are used throughout Japan and on the sugarcane plantations of southern China.

The soybean could be introduced to Indo-China where, even if it has to compete against Manchurian soybeans, it could be service locally for soil improvement in the rice fields and as a food in the densely populated districts where there is hardly any room for animals, or where the animals have been decimated by disease. Address: Professeur à l'Ecole supérieure de Commerce (Graduate School of Commerce) de Lyon [France].

713. Quintus Bosz, J.E. 1911. De samenstelling van Indische voedingsmiddelen [The composition of Indonesian foods]. *Bulletin van het Kolonial Museum te Haarlem* No. 46. 261 p. March. Also published in Amsterdam by J.H. de Bussy as a book. [8 ref. Dut]

• ***Summary:*** The nutritional composition and the source of information is given in a table for the following: Soybean seeds (p. 74-77). Soybean oil (*sojaboonen-olie*) (p. 76-77). Soybean flour or meal (p. 154-55). Soybean biscuit (*Beschuit*, 170-71). Japanese soy sauce and soybean tempeh (*Japansche soja, Tempé kedeleh* p. 242-43). Indonesian soy sauce (*Ketjap, Bataviasche soja* p. 244-45). Firm tofu (*Tao-koan*, 79.8% water. p. 244-45). Address: Dr., naar onderzoekingen in het Laboratorium van het Koloniaal Museum verricht onder leiding van Dr. M. Greshoff.

714. Li, Yu-ying. 1911. Charcuterie de soja [Cold cuts and meatlike products from soya]. *French Patent* 428,718. 2 p. Application filed 20 April 1911. Granted 6 Sept. 1911. [Fre]

• ***Summary:*** A very interesting, innovative, and important French patent.

"This invention concerns the products of the pork-butcher's shop (*charcuterie*) such as fresh sausages (*saucesses*), pâtés, etc. to which are added a soy-based product (*un produit à base de soja*) (*pois chinois*). The preparation of these products of the pork-butcher's shop involves the use of tofu (obtained by the coagulation of soymilk) *fromage de soja* (*obtenu par la coagulation du lait de soja*) to replace ordinary meats in part or in totality, tofu being a sort of vegetable meat (*le fromage de soja constituant une sorte de viande végétale*).

Note 1. This is the earliest French-language document seen (April 2013) that uses the term *une sorte de viande végétale* to refer to tofu.

The author then discusses how to cook tofu and use it in to make fresh sausages (*les saucisses*), large dry sausages or salami, (*saucissons*), pâtés, etc. Aromatics (*aromates*) which can be used for seasoning are soy sauce, salt, pepper, and the oil and juice of onions.

Likewise, tofu can be mixed with ordinary meat to obtain charcuterie products.

Note 2. This is the earliest document seen (Aug. 2002) in the Western world concerning soy-based meat alternatives or a soy-based meatless sausage, or soy-based pork alternatives. Address: Resident of France (Seine).

715. *Poverty Bay Herald* (*Gisborne, New Zealand*). 1911. The soya bean. April 22. p. 2.

• ***Summary:*** "Will the soya bean 'boom' extend to Victoria? [Australia], asks the *Age* [an Australian periodical]. Present indications are that it will. In the meantime the bean is here [in New Zealand], if not the 'boom,' and the plant is thriving remarkably well. Last year the Department of Agriculture obtained four tons of the seed from Shanghai, and planted some on its experimental plot at Cheltenham, where the bean attained a height of five feet on sandy soil, one variety yielding 13 tons and another 12 tons to the acre."

Note: Cheltenham is located just southeast of North Shore City, in the Auckland region of New Zealand's North Island."

"On different soil at Ballarat [a city in central Victoria, Australia] an even more vigorous growth is shown. Mr. J.M.B. Connor, Superintendent of Agriculture, said recently that he considered the plant greatly benefited the soil by the nitrogen which the nodules extracted from the air. The uses of the soya bean are manifold. A Chinese in Victoria was handed a parcel of the beans to convert them into

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merchantable goods. He made them into bottled preparations known as soya milk, soya currants, soya cheese [tofu], straws for making soup and soya curd, which the Japanese use as a cure for sciatica.

Note. This is the earliest English-language document seen (April 2013) that uses the term "soya cheese" to refer to tofu. This is also the earliest English-language document seen (April 2013) that uses the term "soya curd" however it is not clear to what it refers.

"In Manchuria it is primarily utilised for its oil extract and the manufacture of cake. The *London Times* reports that soya beans are now one of the principal imports of Hull, and are likely to seriously affect the importation of cotton seed. Their value is widely recognised by soap makers. The first commercial crop was sent to Europe [from Manchuria] in 1906, and the requirements from Manchuria for the coming season are estimated at 1,000,000 tons, worth £6,500,000. That Victorian farmers are alive to the possibilities of the soya bean is shown by the fact that Mr. Connor disposed of two tons and a half of the seed in small lots in one day."

Note: The meaning of "soya currants" and of "straws for making soup" is unclear.

716. Bontoux, Emile. 1911. Le Soja et ses dérivés [The soybean and its products]. *Matieres Grasses* (*Les*) (*Paris*) 4(36):2195-99. April 25; 4(37):2239-43. May 25; 4(39):2326-29. July 25; 4(40):2364-66. Aug. 25; 4(41):2405-07. Sept. 25. [48 ref. Fre]

• ***Summary:*** Contents. Introduction. The plant: origin and history, species and varieties, culture, and production: USA, Japan, Manchuria, France, England, China, Korea, Indochina (it is cultivated for the needs of the population in Cochin China {especially in the provinces of Chaudoc and Baria}, Annam, Tonkin, Cambodia), Formosa, Java, India, Africa. The soybean–a food plant: The plant, the seed, large table showing many analyses from many countries of the chemical composition of many soybean seed varieties.

Introduction to food products made from soybeans in East Asia. Shoyu [soy sauce] (and koji). Miso. Natto (from Japan). Le Tao-yu (a Chinese condiment also widely used in Japan. It is a thick, clear liquid made from black-seeded soybeans) Tao-tjiung (doujiang, from China). Tuong (from Annam). Tofu. Li Yu-ying. Table showing composition of powdered soymilk, fresh tofu, and soy flour.

The soybean–an oilseed plant. The soybean as an oilseed in the Far East. Table showing exports of soybean cake and oil from various Manchurian and Chinese ports in 1908 and 1909. The soybean as an oilseed in Europe and the United States. Table showing imports of soybeans to various British ports in 1909 and 1910 (the leading port by far is Hull, followed in 1909 by Liverpool, London, Bristol Channel, Scotland, and Other ports {Rochester, etc.}). Table showing exports of soy oil from Great Britain in 1910: To Germany, Austria, Australia, USA, Belgium, Denmark, Egypt, France, Holland, Italy, the Indies (*Indes*), Norway, Russia, Sweden, other, total (115,372 barrels, each weighing 175 kg). Discussion of soy oil and cake in most of the above countries.

Trade in soybean seeds: Mitsui Bussan, Manchuria, England, China, Japan. Soybean cake.

Soy oil: Physical and chemical properties. Applications and uses as food and in industry: Margarine, for illumination, soaps, as a drying oil, paints and varnishes, linoleum, artificial rubber. An extensive bibliography is at the end of the last article in the series.

Note: This is the earliest document seen (May 2010) concerning the cultivation of soybeans in Cambodia. This document contains the earliest date seen for the cultivation of soybeans in Cambodia (April 1911). Earlier documents imply that soybeans were being cultivated in Cambodia by 1900, and it is highly likely that they were being cultivated for at least a century before that time. Address: Ingénieur-chimiste E.C.I.L., France.

717. *USDA Bureau of Plant Industry, Inventory.* 1911. Seeds and plants imported during the period from April 1 to June 30, 1910. Nos. 27481 to 28324. No. 23. 88 p. April 29.

• ***Summary:*** Soy bean introductions: *Glycine hispida* (Moench) Maxim.

"27498-27501. Grown at Arlington Experimental Farm, Virginia, season of 1909. Numbered for convenience in recording distribution, April 14, 1910. Seeds of the following. Notes by Prof. C.V. Piper:

"27498. 'Chromium green; late. Grown under temporary number 0867, from seed found in cowpea No. 23307, from Peking, China.'

"27499. 'Straw yellow; very late. Grown under temporary number 0869, from Mr. W.W. Williams, Ingang, Fukien [Fujian], China.'

"27500. 'Straw yellow; very late. Grown under temporary number 0888, from Rev. J.M.W. Farnham, Shanghai, China.'

"27501. 'Olive yellow; very late. Grown under temporary number 0889, from Rev. J.M.W. Farnham, Shanghai, China.'"

"27531/27537. From San Giovannia Teduccio, near Naples, Italy. Purchased from Messrs. Dammann & Co. Received April 11, 1910. Seeds of the following:

"27535. Brown."

"27553/27558. From Choon Chun, Korea. Presented by Mr. J. Robert Moose. Received April 4, 1910. Seeds of the following:

"27557. Yellow seeded."

"27704/27713. From Hankow, China. Presented by Mr. A. Sugden. Received April 14, 1910.

"27707. Yellow seeded."

"28048/28058. From Manchuria. Procured by Mr. Edward C. Parker, agriculturist, Bureau of Agriculture,

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Industry and Commerce, Mukden, Manchuria. Received June 2, 1910. Seeds of the following; descriptive notes by Mr. Parker:

"28049. Large yellow. '*White Eyebrow* soy bean. Chinese name, *Paimei.* A well-known and famous variety of the soy bean grown over large areas on the alluvial bottom lands of the Liao Ho River in Manchuria. This seed sample came from valley lands near Kwangning, 42º north latitude, where the variety has been commonly grown for several centuries. Valuable in America as foundation stock for selecting and breeding improved varieties of oil-producing seeds.'

"28050. Small yellow. 'Small, round soybean. Chinese name, *Chinyuan.* This variety is grown in Manchuria as far as 47º north latitude. This seed sample came from a district northeast of Harbin, Manchuria, 46º north latitude. The beans of this variety, grown in northern latitude, are highly prized because of their heavy weight and large percent of oil. This variety should be especially valuable to plant breeders in the upper Mississippi Valley.'

"28051. Black. 'Black curd bean. Chinese name, *Heitou.* Commonly grown in central Manchuria. This seed sample comes from Mukden, Manchuria, 42º north latitude. These beans are principally used for the production of bean curd. The beans are soaked, ground into coarse meal, and a filtrate formed that is coagulated with salt. The coagulated mass is pressed into a curd with stones. A meal made from these beans is mixed with corn meal for baking cakes.'"

28052 is Adzuki bean (*Phaseolus angularis* (Willd)). "Red bean. Chinese name, *Hungchiangtou.* Commonly grown in Central Manchuria for human food."

28053 is mung bean (*Phaseolus radiatus, Lutou*) and 28054 is hemp. The latter is grown in large quantities in Manchuria for the production of fiber. Address: Washington, DC.

718. *USDA Bureau of Plant Industry, Inventory.* 1911. Seeds and plants imported during the period from January 1 to March 31, 1910. Nos. 26471 to 27480. No. 22. 100 p. May 4.
• ***Summary:*** Soy bean introductions: *Glycine hispida* (Moench) Maxim.

"26643-26646. From Mukden, Manchuria. Presented by Mr. Nelson T. Johnson, American vice consul-general in charge. Received January 21, 1910. Seeds of each of the following; quoted notes by Mr. Johnson:

"26643. Black, very similar to *Cloud,* No. 16790. *'Ho tou* or *Hei tou* (black bean) as they are known colloquially. These beans are used solely as food for cattle and horses.'

"26644. Olive brown. '*Mo shih tou* or the *Mo shih* bean. This bean is mostly used for cattle feed. They also sometimes extract the oil and use it for hair tonic.'

"26645. Green, very similar to No. 20854. *'Ch'ing tou* or green bean. This bean is used to make bean curd, an article of food much prized by the Chinese; the sprout of this bean is also much liked.'

"26646. Yellow, very similar to No. 17273. *'Yüan tou* or *Huang tou* (yellow bean). This bean forms the staple crop of Manchuria, and is eaten by the natives in many ways. Oil is also extracted from them and the residuum forms the bean cake of commerce which is used so extensively in Japan for fertilizer.'"

"26839-26840. From Kalgarh, Midnapur [Midnapore], India. Presented by Mr. A.L. Keenan. Received February 17, 1910. Seeds of the following:

"26839. Large black seeded.

"Small black seeded."

"26857\26858. From Shanghai, China. Presented by Rev. J.M.W. Farnham. Received January 31, 1910.

"26858. Yellow"

"27194/27198. From Shanghai, China. Presented by J.M.W. Farnham. Received March 25, 1910.

"27196-27198.

"27196. Large yellow seeded.

"27197. Large green seeded.

"27198. Black seeded." Address: Washington, DC.

719. Teichmann, William C. 1911. Soya-bean industry in Germany. *Daily Consular and Trade Reports* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) 14(112):680-81. May 13.
• ***Summary:*** "The recent arrival at the port of Stettin, by direct shipment from Vladivostok, of 4,823 tons of soya beans, valued, according to the local press, at $166,600, marks the entry into this market of a new raw material for industrial exploitation.

"Following the example of Hamburg manufacturers, Stettin capitalists have organised a company with a capital of 1,500,000 marks ($357,000) for the utilisation of the soya bean for industrial purposes. The removal of the German duty on these beans in March, 1910, will develop an industry of importance for several reasons: First, as a competitor of linseed oil, soya-bean oil can be sold at a price one-third lower than the former; second, as a valuable oil for soap manufacture, where such oils can be substituted; third, for cattle-feed purposes the residue remaining in the process of oil extraction can compete with the American cottonseed-oil cake. Meal can also be produced therefrom which, when mixed in correct proportion with wheat flour, makes an edible bread or biscuit, provided the meal has been manufactured by the extraction process, which removes the 8 per cent of oil present in the ordinary meal.

"Some analyses have shown the bean to yield as high as 23 per cent of oil, but this is exceptional, and the average percentage is figured to amount to about 17 per cent; loss in manufacturing reduces this to 8 or 9 per cent. The ordinary meal contains about 8 per cent of oil and 41 per cent of protein, but by a refining process 90 per cent of this oil can be extracted, only 1 per cent of fat remaining in the meal,

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which has about 45 per cent of protein and 28 per cent of carbohydrates."

"Uses of the bean–Its culture outside of China: In Japan soya-bean oil [sic, soy sauce] is still used as a favored aromatic constituent of sauces, and enormous quantities are said to be absorbed there for this purpose. The bean is much used as a spice [sic]. A cheese called tofu is also prepared therefrom. The cakes are useful to a certain extent as fertilizers and as fodder, although definite conclusions as to the value of this feed have not yet been reached thus far... Scandinavia has become the largest consumer of the cakes made in England, Denmark alone having imported about 150,000 tons during the 1909 season.

"Efforts to cultivate the soya bean on European soil have been made as far back as 40 years ago, especially in Germany and Hungary, but as yet without success. Some investigations resulted in the alleged discovery that all these failures were to be ascribed to the absence of a specific bacterium, present in the plants in Manchuria but absent in those grown in Europe; in fact, not until this so-called *Knoellchenbakterium* [root nodule bacterium] had been cultivated in Japan and the seed inoculated therewith was the plant brought to growth in Europe. In Italy and southern France the cultivation of the bean is said to have shown better results than in Germany.

"The demands made upon the yield in Manchuria, the hinterland of Kiaochow, and Shantung have created the necessity for the cultivation of this bean in other countries, and the Tropics and subtropics, as best adapted, will probably take up its production."

Note 1. This is the earliest English-language document seen (Nov. 2005) that uses the term "cottonseed-oil cake" (plural or singular) to refer cotton-seed cake.

Note 2. Stettin [Sczcecin] is the largest seaport in Poland (as of Feb. 2008); it is located on the Baltic Sea and the Oder River. Address: Consul, Stettin.

720. Dahle, Alfred. 1911. Ueber das fette Oel der Sojabohne [On the oil of the soybean]. Dissertation from University of Jena. Published in Neustadt by J.K.G. Wagner (Wagnerschen Buchdruckerei). 43 p. 22 cm. See Jena Dissertations 1910-11. v.1, no. 7. [28 footnotes. Ger]

• ***Summary:*** The author's advisors were Prof. Dr. H. Matthes, and Prof. Dr. Haussner. Contents: Introduction: Nomenclature, history in Asia and Europe (Kaempfer, Haberlandt), taxonomy, chemical composition, Maggi and shoyu, miso, tofu, soy bread for diabetics, coffee substitute, soy oil in China and Japan, in England and Germany, use in soaps and as a substitute for linseed oil, constants (such as iodine number), fatty acids, the work of Prof. Matthes. Experimental part.

In Japan and China, two fermented products are made from soybeans: Shoyu or bean sauce (*Bohnensauce*) and miso. Shoyu is enjoyed with almost all foods as a seasoning, and for quite some time has been exported in abundance to England and America, where it is used in the manufacture of English and American sauces. Shoyu is even used in the well-known Maggi seasoning. With respect to its nutritional value and stimulating effect (on the appetite), shoyu sauce (*Shoyu-Sauce*) is somewhat comparable to meat extract. For the preparation of shoyu sauce, milled wheat, soybeans broken into large pieces then cooked until half soft, water, and table salt are combined in specific proportions and allowed to ferment in large vats. The fermentation lasts anywhere from 8 months up to 5 years.

The preparation of miso seems similar to that of shoyu except that barley or rice are used [instead of wheat]

Moreover, in Japan, a type of raw cheese, so-called "bean cheese" (*Bohnenkäse*), is made from soybeans (*Soja*); in Japan it is called tofu (p. 8). (p. 8).

Biography: The author was born on 20 March 1884, in Halberstadt, the son of a chemist, who was later the director of a sugar factory. Address: Halberstadt, Germany.

721. Beltzer, Francis J.-G. 1911. Études sur la caséine végétale du "soja" et ses applications [Studies on the vegetable casein of soybeans and its applications]. *Revue Scientifique* 49(23):716-20. June 10. [4 ref. Fre]

• ***Summary:*** The author did his research in Cochin China [today's Vietnam], then a French colony. This is a very original and important article.

Contents: Introduction. Vegetable milk [soymilk]. Vegetable cheese [tofu and fermented tofu]. Industrial vegetable casein (*La caséine végétale industrielle;* i.e. soy protein). Production of vegetable casein: Cleaning and washing the soybean seeds, extraction of the oil (which can be used in soap), extraction of the casein. Industrial [non-food] applications of vegetable casein: Paint, paper coating, Galalith, etc. Conclusion.

The preparation of vegetable milk and vegetable cheese are widely practiced today in Cochin China and in Annam [today's North Vietnam], as recently discussed by Mr. Henri Labbé in *Revue Scientifique* (11 Feb. 1911).

Soymilk (*lait végétal*). After describing the process for preparing soymilk, the author notes: This soymilk serves for the feeding of infants and for general nutrition (*Le lait sert à l'allaitement des enfants et à l'alimentation génerale*); it can also be used for the production of a vegetable cheese (*fromage végétal*).

Tofu (*fromage végétale*): When vegetable milk is treated with a mineral salt or an acid, playing a role analogous to that of rennet, it produces curds through coagulation, resembling those of ordinary casein. By draining and washing, one obtains a sort of white cheese (*fromage blanc*) which plays a major role in the nutrition of the peoples of the Far East. In Indochina the milk is coagulated by the addition of a very small quantity of a powder called Tchach-Kao or plaster [calcium sulfate], which comes from a selenite

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pulverised by the action of fire.

Tofu is generally eaten fresh, the same day it is made, but it can also be preserved by salting or smoking. In Annam, three main varieties of tofu are found: 1. Fermented tofu, gray or yellow in color, with a flavor resembling Roquefort cheese; 2. White or salted tofu resembling goat's cheese; 3. Baked or smoked tofu, resembling Gruyere cheese. At the market in Saigon, Chinese sell regular tofu to the natives for one-tenth the price of Gruyere cheese.

Industrial vegetable casein: Defatted soybean meal from oil presses is ground between millstones with cold water to give a slurry that is filtered to obtain soymilk. The soymilk is heated to boiling, then calcium sulfate is added to precipitate the protein, which is collected (just like tofu curds) on filter cloths. The presscake is mixed with forage and molasses, then fed to livestock. The curds are then dissolved in diluted soda lye (sodium hydroxide), filtered, precipitated with acetic acid. The finely divided precipitate is filtered out, washed on the filter, left to evaporate in the open air, then dried to a yellowish powder at a low temperature. The casein thus obtained is white, and, from an industrial viewpoint, very pure. It is insoluble in water, but soluble in dilute caustic alkalies and in ammonia. It exhibits almost precisely the same properties as the casein obtained from ordinary milk. It is found on experiment to be susceptible of the same industrial applications as animal casein, and may come to largely supersede this because of lower cost. 100 gm of soybeans yields about 25 gm of this "vegetable protein," which has both food and industrial uses.

Note 1. This is the earliest document seen (June 2011) concerning isolated soy protein. The author says that his "vegetable protein" has both food and industrial uses.

Note 2. This is the earliest French-language document seen (Aug. 2003) that uses the term *caséine végétale du "soja"* or *caséine végétale industrielle* to refer to isolated soy protein.

Industrial applications of vegetable casein: "Like animal casein, industrial vegetable casein, free of fat or buttermilk, can be used in a host of applications. It can be used in making paints, and for the preparation of moisture-resistant products. Note 3. This is the earliest document seen (Oct. 2001) that mentions the use of soy protein in paints.

"It may be used also for the sizing (coating used to fill the pores) of paper, which consumes such large quantities of ordinary casein. Being soluble in ammonia and caustic solutions it is capable of forming a smooth and solid size.

Note 4. This is the earliest document seen (Oct. 2001) concerning the use of soy protein as a sizing for paper.

"Other uses are in certain manufacturing processes in the preparation of silks and artificial textiles, as well as of rubber, leathers, plastic materials, films, photographic emulsions, etc.

Note 5. This is the earliest document seen (Sept. 2001) concerning the use of soy protein to make silks, artificial textiles, or other industrial (non-food) fibers.

Note 6. This is the 2nd earliest document seen (Dec. 2001) concerning the use of soy protein as a raw material for making plastics.

Large amounts of animal casein are at present employed in the manufacture of 'Galalith,' from which are made numerous objects which imitate articles made from ivory, tortoise-shell, bone, horn, etc. The Soya casein, when free from fats, is equally well adapted for these purposes.

"Formol acts upon this casein in the same way as on ordinary casein, rendering it insoluble. Hence it may be used for the water-proofing of fabrics, straw hats, etc., as well as for the preparation of sizes and dressings... A solution of vegetable casein and borax can be successfully utilized in the process of calico printing."

"It will be seen from the foregoing rèsumè, that the fabrication of vegetable casein for industrial purposes has immense possibilities, only exceeded in importance by the alimentary value of its food products for man and for beast.

Note 7. *Webster's Third New International Dictionary* (1963) defines Galalith (a registered trademark)–as "used for a hornlike plastic [also resembling ivory or bone] made from casein [milk protein] and formaldehyde and used especially in making small molded objects (as buttons, beads, or combs)." This is the earliest document seen (Nov. 2003) that mentions Galalith in connection with soy protein. Galalith, "a new horn-like product from cow's milk," was sold commercially by Nov. 1905 and the process was protected by patents "in all civilized countries" (*Monthly Consular and Trade Reports*, USA. 1905. No. 302. Nov. p. 243.)

Conclusion: "A Chinese factory has already been established on the outskirts of Paris (at Vallées near Colombes) to make food products based on soya (*produits alimentaires à base de Soja*). This factory now produces tofu (*Caséo-Sojaïne*) and the following food products: Soy flour, soy bread, soy sauce, sweet soya preserves (*confiture de Soja*), soymilk (*lait de soja*), fermented soymilk (*lait de Soja fermenté*), tofu (*fromage de Soja*), etc.

Note 8. We wonder: Was Beltzer influence more by Li Yu-ying, or was Li influenced more by Beltzer? Both did independent and original research, however by Dec. 1910, some 6-7 months before this article was published, Li had applied for two French patents and three British patents which describe how to make various soy products in detail–including many of those products described by Beltzer. Therefore, we believe that Li influenced Beltzer more than Beltzer influenced Li.

"The Indochinese prepare, in addition, a fermented liquor, a concentrated milk, an alimentary flour, and a casein which forms the essential food of the people... Many Europeans are preoccupied with extracting part of the nutritive principles that exist so abundantly in the seeds, for the feeding of armies at war and of colonial troops... Hopefully the question of food uses of soy will be taken up

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at the same time as the manufacture of industrial casein, and that this will permit the utilization of the immense resources that our Indochinese colonies offer as raw materials."

Note 9. Later in 1911 this article was summarized in *Scientific American* Supplement and printed as a special booklet.

Note 10. This is the earliest document seen (May 2000) that uses the term *la Caséo-Sojaïne* to refer to a food–clearly to tofu. Li Yu-ying coined this term, apparently after considerable thought and research. However the author also uses the term *fromage végétale* to refer to tofu–perhaps more generically. Martine Liguori, a native French speaker who is interested in tofu, noted in an interview (May 2000): "This term for tofu doesn't sound foreign. Rather it sounds somewhat scientific, learned, and upper-class, as from the techno-elite. If you don't know what it means, that's because you are not well enough educated. In France, people will adopt something that is upper class, but they resist foreign things–even foreign words. This whole idea originated in France when Napoleon created the *Grandes Ecoles* (French graduate schools) to develop an intellectual elite to replace the royal elite."

Note 11. This is the earliest document seen (April 2001) that mentions dried tofu. Address: Ingénieur-chimiste.

722. *Farben-Zeitung.* 1911. Die Sojabohnen-Industrie in Deutschland [The soybean industry in Germany]. 16(37):2067. June 10. [Ger]

723. Figart, D. Milton. 1911. Notes from Malaysia. *Daily Consular and Trade Reports* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) 14(135):1114-16. June 10. See p. 1116.

• ***Summary:*** "The valuable soya bean: The soya bean has lately come into some prominence by reason of its extensive uses in the manufacture of oil and soap, and also because it forms return cargoes for tramp steamers bringing coal to the East. Dr. Gilbert Brooke, port health officer of Singapore, describes some new uses for the article:

"'The object of this paper is to show that we have at hand an article of diet which is cheap, which can be grown over large areas of the globe, which is palatable, which is not attacked by any known insect or fungus, which forms valuable by-products, and–most important of all–which contains, more nearly than any other known animal or vegetable substance, all the essential and properly proportionate constituents of a perfect diet.

"'Rice is a very badly balanced food, consisting mainly of starch, having next to no nitrogen, and hardly any fat or salts. In this rice stands, in the scale of food values, almost at the bottom, whereas the soya bean stands at the top. But it is remarkable that nature and experience seem to have taught rice-eating races that one of the best accompaniments to rice is some form of leguminous food, such, for instance, as dhal, the small yellow pea so much used by natives of India. Following out this analogy it would seem to be most desirable to foster among Asiatic races that depend mainly upon rice as a staple the simultaneous consumption of the soya bean as supplying in abundance those essential food elements that can not in the least be derived from rice.'

"Among the economic products derived from the soya Dr. Brooke enumerates these:

"'(1) Bean curd. A most nutritious jelly can be made from the soya bean. This has been known and widely used by all classes in north China for the last 2,000 years.

"'(2) Bean milk. The beans are dried, very finely ground, and made into an emulsion with water. This forms a valuable milk, which resembles cow's milk in that it coagulates when heated and acidified. The possibility of this is due to the fact that the proteid is composed of casein, as in the case of animal milk.

"'(3) Bean cheese. A nutritious cheese [tofu] is frequently made in Japan from bean milk.

"'(4) Bean flour. The dried and pulverized bean is most valuable as a soup basis. It is also useful for making biscuits and infant foods. Soya biscuits, produced by a Scotch firm, are supplied on several P. & O. mail boats.

"'(5) Bean oil. There is a very high percentage of fat in the soya bean. This is of commercial value. It is edible, and also forms an excellent basis for candle and soap manufacture.

"'(6) Bean cake. The seed cake left after expression of the oil from the soya bean forms one of the most valuable and rich cattle foods known.

"'(7) Bean sauce. The soya bean ground up and steeped in vinegar or brine forms a basis for Worcestershire and other sauces.

"'(8) Bean coffee. A substitute for coffee may be made from the soya bean, by dry toasting and grinding it, then adding boiling cow's milk or hot soya milk.

"'(9) The straw surpasses in nitrogenous value that of wheat or even hay. It is quite possible that the leaves or root may have medicinal properties, but this has not yet been worked out.'" Address: Vice Consul General, Singapore.

724. **Product Name:** [Tofu or Soy Cheese].
Foreign Name: Caséo-Sojaïne (Fromage de Soja).
Manufacturer's Name: Usine de la Caseo-Sojaine.
Manufacturer's Address: Valles, Colombes (near Asnieres, Seine), northwest of Paris, France.
Date of Introduction: 1911. June.
New Product–Documentation: Beltzer, Francis J.-G. 1911. *"Études sur la caséine végétale du "soja" et ses applications* [Studies on the vegetable casein of soybeans and its applications"]. *Revue Scientifique* 49(23):716-20. June 10. See p. 720. Conclusion: "A Chinese factory has already been established on the outskirts of Paris (at Vallées near Colombes) to make food products based on soya (*produits*

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alimentaires à base de Soja).*"* This factory now produces tofu (*Caséo-Sojaïne*) and various food products, including soy cheese (*fromage de Soja*).

Scientific American Supplement. 1911. "Extended utilization of soya bean products: Milk, cheese, and a variety of other products from a vegetable seed." Aug. 19. p. 115. "A Chinese factory has been established [by Li Yu-ying] not far from Paris for the purpose of manufacturing alimentary products from Soya, and it has already put on the market... Soya cheese,..." The plant made fresh firm tofu, curded with salt or rennet.

Li, Yu-ying; Grandvoinnet, L. 1911. *"Le soja* [The soybean"]. *Agriculture Pratique des Pays Chauds* (Bulletin du Jardin Colonial) 11(105):459-74. Dec. See p. 471. A chart (p. 471) titled "Soy based food products" (*Produits alimentaires a base de soja*) includes: I. Soymilk and its derivatives. These include tofu (soy cheese) (*Caséo-Sojaïne; fromage de Soja*). A photo (p. 473) shows soymilk being made inside his factory, using modern machines. More detailed information on Li's tofu is given in the Jan. 1912 issue of this magazine (p. 32-38, especially p. 34-35), including: Method of production, coagulants used, perfected modern production methods at Li's factory, tofu yields, preservation and storage, composition of tofu, digestibility of tofu, culinary preparations based on tofu. The introduction (p. 32) states: "Soy cheese (the Teou fou of the Chinese, To fu of the Japanese, Dau Phu of the Annamites) was first developed by the Chinese philosopher Whai Nain Tze before the Christian era."

Fuerstenberg, Maurice. 1917. *Die Soja, eine Kulturpflanze der Zukunft und ihre Verwertungsmoeglichkeiten* [The soybean, a cultivated plant of the future, and possibilities for its utilization]. Berlin: Paul Parey. 40 p. See p. 5-6. The first manufacture of soyfoods in Europe took place in France, at Valees near Asnieres, where they made flour, bread, cakes, cheese [tofu], and soymilk (*Mehl, Brot, Kuchen und Käse, vegetabilischer Milch*)– though only in small quantities and, above all, for diabetics.

725. Barrau, Fernand de. 1911. La situation agricole dans l'Aveyron: La fève soja; Lait et fromage de soja [The agricultural situation in the department of Aveyron. Soybeans, soymilk, tofu]. *Journal d'Agriculture Pratique* 75(2):21-22. July 6. [Fre]

• ***Summary:*** The Roquefort cheese industry in the region of Roquefort is experiencing hard times and the author fears that soy cheese (*le fromage de Soja* [*tofu*]) may offer additional competition. "Many provinces of China, especially Manchuria, and all the countries of East Asia, cultivate on a vast scale the bean called *Soja* or *Soya* from which one can extract at will an excellent bread, oil, milk, butter, or cheese. Already, quite near Asnières (Seine), there exists a factory named *Caséo-Sojaïne*, supplied by soybeans imported from these distant countries. In this factory attempts have been made to make a special bread for diabetics using the flour of this bean. (Soybean seeds are very low in starch, which is the enemy of diabetics, and very rich in oils and protein.) The factory also produces confections, raw milk, cooked and sweetened milk, oil, various cheeses, not to mention the various cakes used to feed livestock.

"In the region of Roquefort, certain people are starting to ask themselves if they won't soon have to fight against another products besides the cheese made in Corsica, or in the Pyrenees region, or in the plains of the Crau (near Avignon in Bouches-du-Rhone province). This product which they see as a competitor in the near future is soy cheese."

"With special reference to soy cheeses, it is stated in the *Revue Scientifique* of last June 11, that the Orientals obtain three varieties of it: (1) A fermented variety, gray or yellow in color, reminiscent of Roquefort; (2) A white, salted variety resembling goat's cheese; (3) A broiled or smoked variety (*cuite ou fumée*) resembling Gruyère."

Since the Orientals themselves make a cheese from soya milk that reminds us of Roquefort, doesn't this tell us that tomorrow the factory at Asnières, with the same milk, won't also imitate Roquefort cheese very well? And how do we know that one day an industrialist won't come right here to Roquefort to establish a factory, similar to that at Asnières, to convert to cheese the milk drawn from soybeans (*fèves de Soja*)*?* "Thus speak those who are always trembling for our old and glorious Roquefort cheese. They would like to limit clearly the territory and the rights of soja, and have Parliament decide that one can never make from it a cheese resembling ours, and above all that such a soy cheese can never be imported into the commune of Roquefort. But is that possible? No. What is possible is to let it be known, by the local tribunals (courts of law), what has already been pronounced 100 times, that Roquefort cheese is made from the milk of sheep, and that a cheese made from vegetable milk cannot be sold under the name of 'Roquefort cheese.'"

"After all this time, we don't really see that soya cheese could jeopardize our Roquefort. And if ever there are measures to take against soya, ordinary local tribunals will doubtless suffice, without national legislators getting involved."

Note: This article also appeared in the *Le Cultivateur du Sud-Centre... Aveyron / Aveyronnais.* 1911. "Chronique agricole: La situation agricole dans l'Avetron." July 16. p. 420-21. Address: France.

726. *Los Angeles Times.* 1911. Wonderful soya bean: Has great food possibilities and is grown in great quantities in China and Japan. July 16. p. II-11.

• ***Summary:*** From *The Pathfinder.* "The Western world is only just beginning to appreciate the possibilities of the soy, soja, or soya bean, which is produced in such vast quantities in China, Japan and other parts of the East and which is

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adapted to so many different purposes. Large quantities of these beans are now being brought to Europe and this country, as they form a good return cargo for vessels that carry manufactured goods to the oriental markets."

"Dr. Gilbert Brooke, British health officer at Singapore, has issued a paper emphasizing the merits of the soya bean. He recommends it as a very desirable food... and–most important of all–which contains more nearly than any other known animal or vegetable substance, all the essential and properly proportioned constituents of a perfect diet. Among the economic products derived from the soya Dr. Brooks enumerates these:" Bean curd, bean milk, bean cheese [probably tofu–not fermented], bean flour, bean oil, bean cake, bean sauce ("the well-known 'soy' sauce"), and bean coffee.

"The straw surpasses in nitrogenous value that of wheat or even hay. Like other leguminous plants it enriches the land on which it grows, instead of impoverishing it."

727. Beltzer, Francis J.-G. 1911. Le lait végétal, la caséine végétale et les produits industriels retirés des graines de "soja" [Vegetable milk, vegetable casein, and industrial products extracted from soybeans]. *Revue de Chimie Industrielle et le Moniteur Scientifique, Quesneville* 22(259):209-15. July; 22(260):241-51. Aug. (Chem. Abst. 5:3597). Also published in Paris by Librairie Bernard Tignol (1911). Bibliotheque des Actualites Industrielles, No. 144. [13 ref. Fre]

• ***Summary:*** Contents: Introduction: Chemical composition of the soybean and of soy oil. Fermented soyfoods and koji: Li Yu-ying and his soyfoods plant established near Paris (at Vallées, near Colombes), the products it makes (tofu or soy casein {*Caséo-Sojaïne*}, soy flour, bread, sauce, confections, milk, fermented milk, tofu, etc.), soyfoods made in French Indochina. Soymilk (*lait végétal*). Tofu (*fromage végétal* or *to-fou*)*:* fresh tofu, fermented tofu (*La variété fermentée*, which is gray or yellow and has a piquant taste resembling that of Roquefort cheese), white and salted tofu (which resembles a goat's cheese), smoked tofu (which resembles a gruyère cheese)...

Industrial production of vegetable casein from soybeans (cleaning the seeds, extraction of the oil), cost of a plant to make vegetable casein, industrial applications of vegetable casein: in paints, glues, paper coatings, plastics resembling Galalith, conclusion.

An illustration (schematic drawing; p. 248) shows two views (a cross-sectional side view and an overhead floor plan) of a factory for producing vegetable casein, with a capacity to process 10 tons of soybeans per day.

Note: This is the earliest document seen (Sept. 2001) concerning the use of soy protein in glues or adhesives. Address: Ingénieur-chimiste, Expert, Professeur de Chimie Industrielle, France.

728. *Scientific American Supplement.* 1911. Extended utilization of soya bean products: Milk, cheese, and a variety of other products from a vegetable seed. 72(1859):115. Aug. 19. Summary of Beltzer 1911, in Revue Scientifique. [Eng]

• ***Summary:*** "A Chinese factory has been established [by Li Yu-ying] not far from Paris for the purpose of manufacturing alimentary products from Soya, and it has already put on the market Soya flour, Soya bread, Soya sauce, Soya Milk, Soya cheese, preserves, fermented milk, etc."

"The well-known chemical engineer, F.J.G. Beltzer, who has made a careful study of the whole subject, publishes in the *Revue Scientifique* a report of whose most important features we present an abstract."

"For purely industrial applications it is necessary, as we have said, that the vegetable casein be entirely free from fatty matters.

"In the industrial treatment of Soya, therefore, the process is somewhat different. The 3 objects sought are: the pure oil, the casein entirely free from oil, and the residuary cake.

"The oil is extracted by pressing, and 2 grades are obtained. The first or purest is sold for edible purposes, while the second is useful for soap-making and other manufactures where oils and fats are employed...

"The pure casein is prepared from the pulp which remains after the extraction of the oil. The milky liquid obtained by triturating the pulp with cold water, is filtered and treated with powdered gypsum. About 1 kilo of gypsum per 1,000 liters of the liquid is used. The mixture is brought to a boil and the resulting coagulate is drained and washed in cloth filters. The casein thus obtained is dissolved in a quantity of very dilute soda solution, so weak that the reaction is either neutral or very slightly alkaline. The solution is filtered and then precipitated by acetic acid. The finely divided precipitate obtained is filtered out, washed on the filter and finally dried at a low temperature.

"The casein thus obtained is white, and, from an industrial point of view, very pure. It is insoluble in water, but soluble in dilute caustic alkalies and in ammonia. It exhibits almost precisely the same properties as the casein obtained from ordinary milk. It is found on experiment to be susceptible of the same industrial applications as animal casein, and may come to largely supersede this because of lower cost.

"Among the various uses to which it may be applied we may mention its employment in painting, and for the preparation of products having a resistance to moisture.

"It may be used also for the sizing of paper, which consumes such large quantities of ordinary casein. Being soluble in ammonia and caustic solutions it is capable of forming a smooth and solid size.

"Other uses are in certain manufacturing processes in the preparation of silks and artificial textiles, as well as of rubber, leathers, plastic materials, films, photographic

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emulsions, etc. Large amounts of animal casein are at present employed in the manufacture of 'Galalith,' from which are made numerous objects which imitate articles made from ivory, tortoise-shell, bone, horn, etc. The Soya casein, when free from fats, is equally well adapted for these purposes...

"It will be seen from the foregoing rèsumè, that the fabrication of vegetable casein for industrial purposes has immense possibilities, only exceeded in importance by the alimentary value of its food products for man and for beast.

"The residuary cake left after the extraction of both oil and casein still retains sufficient nutritive qualities to be useful as an addition to the feed of animals."

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term "soya cheese" to refer to fermented tofu.

By 1905 Li presented a paper (in French) describing how he had tofu to make "Fermented cheese (*Le fromage fermenté*). Its color is white, yellow, or gray, and it flavor is very strong, like that of Roquefort." In Dec. 1910 he applied for British Patent 30,275, titled "Vegetable milk and its derivatives." It was accepted / issued on 29 Feb. 1912. It stated: "For obtaining fermented cheese such as roquefort [Roquefort], parmezan [Parmesan], romatour [Romadur, Rahmatour], camambert [Camembert], and gruyere, suitable ferments are employed."

Note 2. This is the earliest document seen (Oct. 2008) that uses the term "Soya casein" to refer to an isolated soy protein product; it is used for industrial purposes.

Note 3. This is the earliest English-language document seen (Dec. 2004) that uses the term "silks" (or "silk") to refer to spun soy protein fiber used like a textile fiber.

729. **Product Name:** [Pressed Tofu Sheets (Salted, or Unsalted)].
Foreign Name: Caséo-Sojaine (Durs); En fueilles minces (Salés, Non salés); En morceaux demi-secs salés.
Manufacturer's Name: Usine de la Caseo-Sojaine.
Manufacturer's Address: Valles, Colombes (near Asnieres, Seine), northwest of Paris, France.
Date of Introduction: 1911. August.
New Product–Documentation: Li, Yu-ying; Grandvoinnet, L. 1912. Le soja [The soybean]. *Agriculture Pratique des Pays Chauds* (Bulletin du Jardin Colonial) 12(106):28-38. Jan. In Li's factory tofu can be made into either non-fermented or fermented cheeses. The non-fermented cheeses {*Fromages non fermentés*} are of two types: Fresh and hard/firm. The fresh are white in color and the consistency of hard-boiled eggs. The hard / firm are of two types: In diced sheets {salted or unsalted}, and in salted, semi-dry pieces / morsels.

Li and Grandvoinnet. 1912. Le soja. p. 101.

730. **Product Name:** [Smoked Tofu].
Foreign Name: Fromage de soja fumé.
Manufacturer's Name: Usine de la Caseo-Sojaine.
Manufacturer's Address: Valles, Colombes (near Asnieres, Seine), northwest of Paris, France.
Date of Introduction: 1911. August.
New Product–Documentation: Li, Yu-ying; Grandvoinnet, L. 1912. Le soja [The soybean]. *Agriculture Pratique des Pays Chauds* (*Bulletin du Jardin Colonial*) 12(106):28-38. Jan. See p. 35, 37 (*Fromage fumé*). The smoked tofu is very firm and has a long shelf life, especially when it is sold wrapped in tin foil.

Note: This is the earliest known commercial smoked tofu made or sold in Europe or in the Western world.

731. Li, Yu-ying. 1911. Procédés et dispositifs pour la transformation intégrale du soja [Processes and apparatus for the complete transformation of soybeans]. *French Patent* 433,986. Application filed 6 Sept. 1911. Granted 20 Jan. 1912. [Fre]
• ***Summary:*** The beans, freed from stones and decorticated, are passed into a pipe from which they are withdrawn, through a number of branch-pipes, to be converted into flour (by dry grinding and bolting) suitable for bread-making, etc. They are also converted into oil and press-cake, or into "milk" (by wet grinding and pressing) and press-cake [okara], or into sauce, or after roasting into "coffee" or "chocolate." The "milk" may be concentrated or reduced to powder, or converted into "cheese," or into sauce, or it may be used for the preparation of casein (*sojalithe*, for various industrial uses). The cake obtained on expressing the "milk" may also be used for the preparation of casein, and the cake obtained on expressing the oil from the bean serves for the preparation of "milk" or meal.

Soybeans can be used in seven different food industries: (1) Milling. (2) Dairy and cheese. (3) Baking, pastry, and pâtes. (4) Confectionery. (5) Chocolate. (6) Charcuterie–Pork butcher deli business. (7) Preserves and canned foods.

They can also be used for industrial (non-food) uses in: (1) The casein industry (*Caséinerie*, incl. sojalithe for various industrial uses). (2) The oil industry (*Huilerie*, incl. soap, paint, candles {*bougies*}, and artificial rubber).

Note: This is the earliest document seen (Dec. 2005) that mentions the use of soy oil to make candles (one of two documents). However no description or details are given as to how the candles are actually made. Were they made from hydrogenated soybean oil? Address: Resident in France (Seine).

732. H.L. 1911. Le Haricot soja ou Fève de Mandchourie: Cultures exitoques [The soybean or Manchurian bean: Exotic crops]. *A Travers le Monde* 17(36):288. Sept. 9. Bound in the back of *Le Tour du Monde*. [Fre]
• ***Summary:*** Contents: Introduction. Its utilization by the Japanese: Fertilizer, oil, and oil cakes. Its utilization by the Annamites [Vietnamese]: Milk and cheese. How will

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soybeans be used: The first exports to Europe. Some figures on the present trade in soybeans. The Germans are becoming masters of the European soybean market. Soya in France: It is utilized by foreigners.

Concerning the Germans: "Until the spring of 1909, the Japanese were the masters of the soybean market. Some German companies have in turn entered into competition in places of production, and there followed a rather significant rise [in production]. There resulted as a counter-measure some soybean cultural trials in terrains that seemed favorable to them in China. The result of these trials is not yet known.

"Be that as it may, the Germans hasten to assume first rank among the importers of soybeans in Europe.

"In effect, it follows from a report published by *The Chemical Trade Journal* (10 June 1911) that the port of Stettin recently received from Vladivostok a shipment of 4,823 tonnes (metric tons) of soybeans; the manufacturers of Stettin have established a society with capitalization of 1,875,000 francs for the utilization of this product.

"Its importation into Germany duty-free will favor its use for several reasons: first, soybean oil, a substitute for linseed oil, can be sold at a price that is one-third lower; secondly, it can be used in soap-making; thirdly, the cakes remaining after the extraction of oil can be used to feed livestock in the same way as cottonseed cakes. Finally, after the appropriate extraction of oil, the pulp, reduced to a flour and mixed with cereal flour, yields an edible bread or biscuit.

"The nascent industry in Germany of cottonseed oil, flour, and oil cakes, whose primary material is cottonseed imported from America, will have before long to struggle against the formidable competition of soybean products."

Concerning soya in France. "Soya (*soja*) is hardly known in France except by a few products that are found in certain food stores and that are bought sometimes, but without realizing their origin. (Footnote: Notably many flour products whose fortifying qualities are incontestable.)

"For, there would be every advantage to introduce this industry into our country where the mechanical and chemical resources would permit an improvement of yields. The example, moreover, is already given, not by French industries, but by the Chinese, who have established a factory at Vallées, Colombes, near Paris, where a Chinese workforce, exclusively employed, make all types of soy-based food products.

"Our industries would draw great profit from entering this path and not allowing themselves to be surpassed by German chemistry any longer."

733. Ruhräh, John. 1911. Soy bean cookery. *Medical Record* (*New York*) 80:626-27. Sept. 23. [4 ref]
• ***Summary:*** Two tables give the nutritional composition of yellow soy beans and of "soy-bean flour" (also called "soy bean flour" and "soy flour" in this article). The flour [a whole- or full-fat soy flour] contains 44.64% protein and 19.43% fat.

"Egasse [1888] first suggested the use of the bean in the diet of various diseases, particularly in diabetes, and the first trials in this disease were made by Dujardin-Beaumetz at the Cochin Hospital in Paris.

"Since publishing the articles referred to above [3 articles relating to soy published between July 1909 and Dec. 1910], I have had so many requests for information about the preparation of the soy bean, especially for diabetics and also for its use in other diseases, that I thought it best to bring together a few of the methods of preparation which have been used with success."

"The simplest way to use the beans is to cook them like the ordinary navy bean, preparing either bean soup, boiled beans, or baked beans, the flavor usually being rather improved by the addition of a piece of fat salt meat. It is also a good plan to soak the beans for eight to ten hours, stir them up, and remove the rather firm envelope which encloses them, most of which will be found to come to the surface, from which they may be easily skimmed off."

The author then gives recipes for using soybeans or soy bean flour: Gruels, broths, muffins, nut-cakes, soy bean cakes, breakfast food, pancakes, soy bean cheese (tofu; "In Seattle, Washington, and other places in the West, I am informed that tofu is made by the Japanese and sold to the Oriental residents"). The following suggestions for cooking the bean are made by Goff (*Gazette des Hopitaux*, 7 March 1911, p. 399): Grilled soy beans, soy beans with butter, soy beans au gras, bread or cakes of soy beans. Address: M.D., 839 North Eutaw Street, Baltimore, Maryland.

734. Abel, Mary Hinman. 1911. Beans, peas, and other legumes as food. *Farmers' Bulletin* (*USDA*) No. 121. 38 p. See p. 11-13, 17-20, 35-36. Revised Nov. 15, 1906. Reprint, Sept. 30, 1911. [1 ref]
• ***Summary:*** This is a reprint of the 1906 revised edition. The information about soy is unchanged. On pages 17-18 is a section titled "The peanut" (*Arachis hypogæa*). On pages 35-36 is a section titled "Peanuts and peanut preparations" which includes a subsection titled "Peanut butter.–The roasted peanut ground to an oily meal has somewhat the consistency of butter and is now marketed under the name of peanut butter. Salt is perhaps quite generally added during the process of manufacture. Water is also sometimes added–usually before serving. Peanut butter is used like other butter to spread on bread, for the making of sandwiches, and in the preparation of a number of made dishes. Many persons like its flavor when it is fresh and of good quality, and it seems fair to say that the use of this and other sorts of nut butter is growing. As regards composition, peanut butter, which is essentially the ground roasted peanut, contains more protein and less fat than ordinary butter. Little is known regarding the digestibility of peanut butter, but the fine grinding would naturally seem to be of an advantage. Judged by Jaffa's

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experiments with a ration containing peanuts, it would be well digested. (See p. 26)

"Peanut oil.- At present the American peanut crop is not large enough to more than supply the roaster and the confectioner, hence the expressing of oil from the peanut has never become established here, but in Europe large quantities of the African-raised nuts are used for this purpose. The shelled nuts contain from 30 to 50 per cent. of oil. The oil is said to be of fairly good flavor, but inferior to olive oil. In 1899 some 80,000 tons of the nuts were used in Marseille alone for oil making. The unhusked nuts are passed between a pair of rapidly revolving grooved rollers and the shells and red inner skins are then removed by a winnowing process with the use of air currents and oscillating sieves. The cleaned kernels are ground and enveloped in fibrous mats and pressed to extract the oil.

"According to Brannt, "the first cold pressure yields 16 to 18 per cent of very fine table oil. The residue is then broken up, moistened with water, and again cold pressed, yielding 7 to 8 per cent of more or less valuable oil, used for table purposes and burning. The residue from this is heated and then pressed, giving 7 to 8 per cent more oil, unfit for table use, but used for soap and lubricating." The grades of oil are sold as salad oil alone or mixed with olive oil.

"Peanut cake.- When the oil has been pressed from the ground nut, the mass remaining, called oil cake, is used for fattening. Some experiments have also been made as to its food value for human beings. Containing, as it does, 47 per cent of protein and 9 per cent of fat and starch, and costing about 5 cents a pound, this attracted the attention of German scientists. The oil cake broken up and cooked a long time in water and eaten as a soup or porridge in a hospital. Most of those who tried it ate it with apparent relish, not once only, but again and again. No effort have been made to ascertain to what extent it was digested, and the use of the cake does not seem to have passed the experimental stage."

735. **Product Name:** Tofu.
Manufacturer's Name: Japanese Tofu Shop (Name Unknown).
Manufacturer's Address: Seattle, Washington.
Date of Introduction: 1911. September.
New Product–Documentation: J. Ruhrah. 1911. *Medical Record.* Sept. 23. p. 626. "Soy Bean Cookery." "In Seattle, Washington, and other places in the West, I am informed that tofu is made by the Japanese and sold to the Oriental residents."

Henry M. Loomis. 1914. *American Food Journal* 9(8):472-74. Aug. "Food products from the soy bean." Describes tofu made in Seattle, Washington.

736. Dorsey, George. 1911. Skill of the Chinese shown on farms: Few people have grown more food on rocks or developed more plants. Their cookery an art. *Chicago Daily Tribune.* Oct. 29. p. A2.
• ***Summary:*** "No other dense population has so thoroughly adjusted itself to its physical surroundings, depending throughout the course of its history on its own natural resources and the ingenuity of its brain. We speak of the application of science to agriculture as if science were something quite new... Few countries can show such a record of great inventions as the Chinese."

"China is just enough saturated with Buddhism to make people afraid of eating meat at times... There are societies in China, like our temperance societies, the members of which vow never to eat beef. There is in Chinese a formula to the effect that the ox, as man's most useful helper in plowing and winning his daily bread, shall be inviolable [not available for slaughter to eat].

"In parts of China where Mohammedans are numerous, beef and mutton are largely consumed. The butchers of Peking are all Mohammedans. The Chinese abhor milk. Nor do they prepare cheese. Pork is the favorite meat throughout China."

"Variety of grains:... Chinese grow all kinds of pulse– white, yellow, red, green, and black. Bean curd, prepared from the yellow and black bean, is the principal food article in China and Japan. The beans are macerated in water and milled. The liquid filtered [and boiled], and gypsum added to coagulate the casein. Vermicelli and a kind of jelly are made from [mung] bean flour. From the starch extracted from green beans a meat sauce is made; from fermented beans a condiment known as soya [soy sauce]... Turnips and cucumbers are seasoned with soya." Address: PhD, LLD, Hankow, Hupeh Province, China.

737. Barrett, O.W. 1911. Rice ally crops. *Philippine Agricultural Review* 4(11):592-98. Nov. See p. 594-96. [1 ref]
• ***Summary:*** The section titled "Soybeans" (p. 594-96) begins: "Probably every tourist who has visited any of the cities of Japan or China has noticed in the markets these peculiar blocks of a grayish white, jelly-like substance and wondered whether they were really good to eat, but comparatively few have ever tried there the three or four varieties of vegetable 'cheese' prepared from the soybean*."

*Footnote: A 3/4 page footnote, extracted from USDA Farmers' Bulletin No. 58 by Langworthy, discusses five preparations commonly made in Japan from the soybean: natto, tofu or bean cheese (eaten in the fresh state or frozen), miso, yuba, and shoyu.

"Experts in threpsology, the new science of nutrition, seem to be in accord on the fact that in dietary matters two kinds of food are at least four times as good as one... Recently the European food experts have realized the high nutritious value of the soybean and a factory has been established near Paris [by Li Yu-ying] for the manufacture of various food products from this wonderful seed."

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"Now is the time for the Philippine Agriculturist to take up soybean culture in earnest, and to develop it in the same way, even if not to the same degree, as our neighbors across the way have been doing for centuries. The fact that there are practically no seeds of this valuable crop at the present in the Philippines is a sad commentary on the progressiveness of the Philippine farmer; but it is never too late to learn" (p. 596). Address: Chief of the Div. of Experiment Stations, Philippines.

738. Li, Yu-ying; Grandvoinnet, L. 1911. Le soja [The soybean]. *Agriculture Pratique des Pays Chauds* (*Bulletin du Jardin Colonial*) 11(105):459-74. Dec. [18 ref. Fre]
• ***Summary:*** Contents (continued): 2. The soybean in human nutrition. The soybean in general nutrition: From the viewpoints of physiology, economy, and gastronomy. The role of soybeans in special diets/regimens: Vegetarianism and vitalism, remineralization, anti-diabetic, others, lactose-free.

Foods made from soybeans (*Produits alimentaires à base de soja*)*:* 1. Soymilk and its derivatives: Soymilk (developed by the Chinese philosopher Whai Nain Tze {Liu An of Huai Nan} well before the Christian era, method of production, Chinese method, modern method used at Li's factory *l'Usine de la Caséo-Sojaïne* at Vallées (Seine)), cleaning the seeds, steps in soymilk preparation (grinding and filtration), the nature of soymilk (physical properties). A graphic illustration (p. 465) shows a comparison of nutritional elements between soybeans, tofu, and beef. A chart in outline form (p. 471) titled "Soy based food products" (*Produits alimentaires a base de soja*) shows the numerous and varied food products that can be derived from the soybean: I. Soymilk and its derivatives: Normal soymilk, concentrated soymilk, powdered soymilk, fermented soymilk (*lait fermenté*), soy cheese (*Caséo-Sojaïne; Fromage de soja* [*tofu*]), soy casein. II. Soy flour and its derivatives: Soy flour, soy bread for diabetics, whole-grain bread (*Pain complet*), cakes, biscuits (*Biscottes*). III. Soy oil and its by-products (cake). IV. The soybean used as a vegetable. V. Condiment products based on fermented soybeans. VI. Confectionery products: Soy confection, soy powder. VII. Soy coffee. Soy-based ferments: Kiu-tsee, lactic ferments based on soymilk. (*Ferments lactiques à base de lait de soja*).

Photos show: Inside view of Li's factory as the equipment is producing soymilk (p. 473). Microscopic view of soymilk, and of soy flour dissolved in water (p. 474). Also contains various tables, charts, and graphs from other sources.

Note: This is the earliest document seen (March 2000) written by Li Yu-ying which contains the term *Caséo-Sojaïne*. On p. 471 he states clearly that he uses it as a synonym for soy cheese (*Fromage de soja*) [tofu], which is made from soy milk–perhaps to avoid disputes over the word *fromage* with manufacturers of dairy cheese. On p. 472-73 he states that *Usine de la Caséo-Sojaïne* is the name of his modern factory at Vallées (Seine) which makes a variety of soy products. Address: 1. Counseiller de 1ere classe au Ministère de l'Agriculture de la Chine; 2. Ingénieur agricole (G.).

739. **Product Name:** Tofu.
Manufacturer's Name: Akaboshi Tofu-ya.
Manufacturer's Address: 1509½ Geary St., San Francisco, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 17. Also in 1912 directory, p. 17. Note: Hidejima Tofu-ya was at this address in 1914.

740. **Product Name:** Tofu.
Manufacturer's Name: Ashiura Tofu-ya.
Manufacturer's Address: 232 Nassau St., Brooklyn, New York City, New York.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 136. Note: This may have been the unnamed Japanese tofu shop in New York City in 1910, or in 1903.

741. **Product Name:** Tofu.
Manufacturer's Name: Fukuzawa Tofu-ya.
Manufacturer's Address: 1629 Oak St., Alameda, California. Phone: Alameda 1589.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 33. Also in 1912 directory, p. 38. The company name has changed slightly, to Fukuzawa Tofu-ten. Also in 1913, p. 40–name changed back to Fukuzawa Tofu-ya. Same phone no. Also in 1914, p. 44.

742. **Product Name:** Tofu.
Manufacturer's Name: Hamada Tofu-ya.
Manufacturer's Address: P.O. Box 683, Vacaville, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 36. 1911 Census entry p. 155. Male owner and no employees. Note: Vacaville is in northern California, between Fairfield and Sacramento. Also in 1912, p. 43. Also in 1913, p. 47.

743. **Product Name:** Tofu.
Manufacturer's Name: Hashii Tofu-ya.
Manufacturer's Address: 319 Jackson St., Los Angeles, California. Phone: A2766.

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Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 91.

744. **Product Name:** Tofu.
Manufacturer's Name: Hayashi Tofu-ya.
Manufacturer's Address: 1621 Buchanan St., San Francisco, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 17. Also in 1912 directory, p. 17. Note: Ooe Tofu-ya was at this address in 1913.

745. **Product Name:** Tofu.
Manufacturer's Name: Izumi Tofu-ya.
Manufacturer's Address: 950 Front St., San Diego, California. Phone: A2188.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 97. Also in 1912 directory, p. 123.

746. **Product Name:** Tofu.
Manufacturer's Name: Kawaoka Tofu oyobi Sentaku-jo (Tofu shop and laundry).
Manufacturer's Address: P.O. Box 128, Lodi, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 43. Note: Note: Kawaoka Tofu-ya was at this address in 1906. This may have been the un-named Japanese tofu shop in Lodi in 1909 and 1910. Also in 1912 directory, p. 100, but the name is now Kawaoka Sentaku (Laundry), Tofu-ya.

747. **Product Name:** Tofu.
Manufacturer's Name: Kozawa Tofu-ten.
Manufacturer's Address: 6th and Jackson St., Seattle, Washington. Phone: L 5394.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 144. Note: This may have been one of the three un-named Japanese tofu shops in Seattle in 1909 and 1910.

748. **Product Name:** Tofu.
Manufacturer's Name: Matsumoto Tofu-ya.
Manufacturer's Address: P.O. Box 116, Isleton, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 61. Also in 1912. Directory entry p. 72. Also in 1913, p. 81. Also in 1914, p. 87. Note: This may have been the un-named Japanese tofu shop in Isleton in 1909. Isleton is in Sacramento County, California, about 25 miles south of the city of Sacramento, west of Rio Vista and southwest of Walnut Grove.

749. **Product Name:** Tofu.
Manufacturer's Name: Matsumoto Tofu-ya.
Manufacturer's Address: P.O. Box 15, Alviso, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 111. Also in 1912. Directory entry p. 138. Note: This may have been the un-named Japanese tofu shop in Alviso in 1910.

750. **Product Name:** Tofu.
Manufacturer's Name: Minakami Tofu-ya.
Manufacturer's Address: P.O. Box 25, Selma, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 79. Note: This may have been the un-named Japanese tofu shop in Selma in 1910. Also in 1912 directory, p. 94, but the address is now P.O. Box 31. Also in 1913, p. 107.

751. **Product Name:** Tofu.
Manufacturer's Name: Mizoda Tofu-ya.
Manufacturer's Address: 1620 Park St., Alameda, California. Phone: Alameda 3092.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 33. Note: Hieda Tofu-ya was at this address in 1909 (Directory entry p. 29).

752. **Product Name:** Tofu.
Manufacturer's Name: Mizoue Tofu-ya.
Manufacturer's Address: 1 Lake St., Salinas, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 105. An ad also appears on p. C-28. Mizoue Tofu-ya. Owner: Mr. Kamuzo Mizoue. Salinas, Lake St. Also in 1912 directory, p. 131, but the address is now 12 Lake St. Also in 1913, p. 156. Also in 1914, p. 160.

753. **Product Name:** Tofu.
Manufacturer's Name: Motooka Tofu-ya.
Manufacturer's Address: 1319 20th, Denver, Colorado.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha.

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1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 132. Also in 1914, p. 198. But address is now 1848 Market St. Note: This may have been the un-named Japanese tofu shop in Denver in 1909 and 1910.

Note: This is the earliest known soy product made in Colorado.

754. **Product Name:** Tofu.
Manufacturer's Name: Nakajima Tofu-ya.
Manufacturer's Address: 265 24th St., Ogden, Utah.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 122.

Note: Tofu oyobi Mochi-ya. was at this address in 1907. This may have been the un-named Japanese tofu shop in Ogden in 1909 and 1910.

755. **Product Name:** Tofu.
Manufacturer's Name: Noguchi Tofu-ya.
Manufacturer's Address: 2152 Dwight Way, Berkeley, California. Phone: Berkeley 6629. Home F1490.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 31. Also in 1912 directory, p. 36. The phone has changed to Berkeley 6620.

756. **Product Name:** Tofu.
Manufacturer's Name: Ohta Tofu-ten (Ota Tofu Shop).
Manufacturer's Address: 266 Davis St., Portland, Oregon. Phone: A4069.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 151. In Japanese: Ohta Tofu-ten. In English: 266 Davis St., Portland. Phone: A4069. Note: This may have been the un-named Japanese tofu shop in Portland in 1909. However it is definitely the earliest document seen (March 2013) that mentions Ota Tofu in Portland, Oregon.

Also in 1912 directory, p. 177, but the address is now 96 N. 5th St., and the phone is A1069. Also in 1913 directory, p. 226, but the address is now 86 N. 5th St., and the phone is A 4069.

Hokubei Nenkan–North American Yearbook. 1913, p. 43. The names of the Ota brothers, Saizô and Heiji given in Japanese characters. No address is given, but the entry says they came from Okayama.

Nichibei Nenkan: Also in 1914, p. 215. But the address is now 86½ N. 5th St.

Ad in *Oregon News / Oshû Nippô*. 1915. Jan. 1 (Taisho 4). p. 20. Includes Ota Tofu-ten (at 86½ N. 5th Street, Portland). Note: The new location is only about 3 blocks from the original one. This ad was discovered by Dave Conklin of Portland, Oregon (See March 2007 SoyaScan Interview).

Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 357. Ota Tofu-ten, 86½ North 5th St., Portland. No phone number is given.

The Japanese American Directory. 1920. p. 451 (directory; Ota Tofu-ten, 86½ N. 5th St., Portland. Phone: A4069). Also in 1921, p. 471 (directory). Also in 1923, p. 554 (directory; slightly new address: 86 N. 5th St. Slightly new phone: 5-4069). Also in 1924, p. 595 (directory; new address: 86 N. 4th St. New phone number: Bea 4069). Also in 1925, p. O-75. Also in 1926, p. O-76.

The Japanese American Directory. 1930. p. S-319. Ota Tofu-ten, 86 North 4th St., Portland. Phone: BEa 4069. Also in 1932, p. 612 (directory; 86 N. 4th St. Bea. 4089). Also in 1934, p. 519 (directory; new address: 322 N.W. 5th Ave., Portland. Phone: Bea. 4069). Also in 1936, p. 608. Also in 1937, p. 541. Also in 1938, p. 564. Also in 1939, p. 553. Also in 1940, p. 573 (directory; new phone number: BE 1720).

Hokubei Nenkan–The North American Times Year Book. 1936, p. 201. Saijiro? (or Takajiro? Katajiro?) Ota / Ohta. 322 N.W. 5th Ave., Phone: BE. 1720.

Polk's Portland City Directory for 1915 has a listing for "Ota, S. Baths 86½ 5th N." The 1921 edition, p. 954, lists "Ohta, H. (T). Baker. 86½ 5th N. Home same." The 1924 edition, p. 1276, lists "Ota, H. Restaurant 86½ 5th N. Home same." The 1926 edition lists "Ohta, S. Baker. 86½ 5th N. r do" (= Residence, ditto). The 1930 edition, p. 1232, lists "Ohta, Saizo (Shino). Food products. 86½ 5th N. Home, 92 5th N." The 1936 edition, p. 976, lists "Ohta, Saizo wholesale baker 322..." The 1941 edition, p. 1130, lists "Ohta Saizo (Shina) wholesale baker 322 NW 5th av h324 do." The 1950 ed, p. 802, first mentions soy: "Ohta Shina (widow of Saizo) (Soybean Cake Co) home 322 NW 5th av." Note: Why does this Caucasian-owned directory fail to understand that this company makes tofu, when the Japanese-owned directory understands so clearly? (1) It could have been a lack of interest, combined with some racism. (2) There may well have been a language barrier, especially with a word like tofu, which was not yet part of the English vocabulary. (3) The Japanese, who were being persecuted during this time, may not have wanted the dominant culture to know what they were doing–for various reasons.

Crane Portland Directory. 1949, p. 12. "NW 5th–322 Soy Bean Cake Co."

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 410. Under "Stores." Surprisingly, there is no listing for Ota Tofu Co. However there is an entries (p. 413) for four Ohtas residing in Portland: Ohta, George. 4743 S. Hawthorne St. Phone: EM. 5137 Ohta, Zenjiroo (or Yoshijiroo), 415 N. Kiska St. Ohta, Shina, 322 N.W. 5th Ave. Tel. BR. 8363. Ohta, Suejiroo, Rt. 7, Box 80-E. There is also an entry (p. 410) for: In Japanese: Asahi Tofu-ten. In English:

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Asahi Tofu Co., 322 N.W. 5th Ave., Portland. Note: Talk with Eileen Ota. 2009. April 9. Ko said their grandmother is said to have renamed the company Asahi Tofu Co. She remembers because when they were trying to choose a logo for their first packages, Ko's father chose one with a sun on it; he said it was because the company used to be called Asahi. At some point the grandmother moved (Eileen recalls) from 5th Ave. to 322 N.W. Everett St.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 799. Directory entry, under "Japanese Food Stores." In Japanese: Oota Tofu Seizô-sho. In English: Ota Tofu Factory, 322 N.W. Everett, Portland, Oregon. Phone: 222-2454.

Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Portland, Oregon, at the front of the book (unnumbered page) shows "Ohta Tofu Mfg." located on 5th Ave., between N.W. Everett and N.W. Flanders. Page 780 states this map is from the 1920s, but a Portland librarian believes it was from 1935.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Ota Tofu Factory, 322 N.W. Everett St., Portland, OR 97209. Phone: 503-222-2456. Owner: Unknown.

The company is now Ota Tofu Factory, 322 N.W. Everett St., Portland, Oregon 97209. Phone: 222-2456. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Shurtleff & Aoyagi. 1983. Soyfoods Industry & Market. Starting date given as 1919. Dixon. 1987. Willamette Week (Portland, Oregon). May 14. "Tofu and Tortillas on the Line. Third generation members of the Ota clan continue a business started in 1918." The company is now named Ota Tofu Co.

Talk with Eileen Ota. 1992. March 26. History of Ota Tofu Shop in Portland, Oregon (which see)

Talk with Eileen Ota of Ota Tofu Co. in Portland. 2007. May 7 and June 11. The first character of the name Ota has always been written with the character pronounced "futoi" or "Oh" and meaning "fat." Therefore, the name of this company is pronounced "Ota" / "Ohta," not "Futoda." Both of the above addresses were definitely in Japantown, which was north of Burnside Street. Chinatown was south of Burnside. During World War II, when the Japanese were evacuated and relocated, the Chinese moved into Japantown and largely took it over. Eileen (who was born in 1949) recalls that when the Japanese were allowed to return to Portland after World War II, when she was growing up, there were still many abandoned buildings in the old Japantown with winos and gypsies living in them or in their doorways. Today Ohta Tofu is located on the east side of the Willamette River, where they moved in about 1980-81.

Letter (fax) from Geoffrey Wexler, Senior Archivist, Oregon Historical Society, 1200 SW Park Ave., Portland, Oregon, to Mr. Roy Yotsuuye. 2007. June 1. Concerning the Ota Tofu Co. The "two addresses (226 [sic] Davis Street and 96 North Fifth St.) were not the same location. The major street renaming took place around 1892, when the 'alphabet' streets (A, B, C, etc.) were given the names of Portland pioneers (Ankeny, Burnside, Couch, Davis, etc.). The next major change was between 1931 and 1933, when all the house numbers in the city were changed and many street names were altered too. At that time North Fifth Street became Northwest Fifth Avenue, and Davis Street became Northwest Davis Street."

757. **Product Name:** Tofu.
Manufacturer's Name: Okamoto Tofu-ya.
Manufacturer's Address: 87 Jap Alley, Sacramento, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 45. Note: Nishi Tofu-ya was at this address in 1909 (Directory entry p. 39).

758. **Product Name:** Tofu.
Manufacturer's Name: Okamoto Tofu-ya.
Manufacturer's Address: 440 Turner St., Los Angeles, California. Phone: A2188.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 91.

759. **Product Name:** Tofu.
Manufacturer's Name: Okazaki Tofu-ya.
Manufacturer's Address: P.O. Box 749, Tulare, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 78. Note: This may have been the unnamed Japanese tofu shop in Tulare in 1909.

760. **Product Name:** Tofu.
Manufacturer's Name: Oouchi (Ohuchi) Tofu-ya.
Manufacturer's Address: 79 Jap Alley, Sacramento, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 45. Note: Kamei Tofu-ya was at this address in 1909 (Directory entry p. 39).

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761. **Product Name:** Tofu.
Manufacturer's Name: Sasaki Tofu-ya.
Manufacturer's Address: 1675 Sutter St., San Francisco, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 17. Note: Aramachi Tofu-ya was at this address in 1909 (Directory entry p. 14).

762. **Product Name:** Tofu.
Manufacturer's Name: Shigemoto Tamekichi Tofu-ya.
Manufacturer's Address: 370 8th St., Oakland, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 27.

763. **Product Name:** Tofu.
Manufacturer's Name: Tateishi-ya (Tachiishi) Tofu-ya.
Manufacturer's Address: P.O. Box 46, Oxnard, California.
Date of Introduction: 1911.
New Product–Documentation: JAY. 1911. Ad (lower left corner), p. C-14. Public bath (*yuya*), tofu shop (*tofu-ya*). Mr. Kanzo Tateishi. Note: This may have been one of the two un-named Japanese tofu shops in Oxnard in 1910. Also appears in 1912 directory, p. 121.

764. **Product Name:** Tofu.
Manufacturer's Name: Tomita Tofu-ya.
Manufacturer's Address: 1216 3rd St., Sacramento, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 45. Also in 1913, p. 58 at 1216 C 3rd St.

765. **Product Name:** Tofu.
Manufacturer's Name: Un-named Japanese tofu maker.
Manufacturer's Address: Carson, California.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Census entry p. 157. Male owner and no employees. Note: Carson is in Los Angeles County, southeast of the city of Los Angeles.

766. **Product Name:** Tofu.
Manufacturer's Name: Yonemura Tofu-ya.
Manufacturer's Address: 184 E. 14th St., Santa Barbara, California. Phone: A2188.
Date of Introduction: 1911.
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 94. Note: This may have been one of the un-named Japanese tofu shops in Santa Barbara in 1909 or 1910.

767. Boname, P. 1911. Soja [Soybeans]. *Ile Maurice* (*Mauritius*), *Station Agronomique, Rapport Annuel* For the year 1910. p. 67-71. Also titled Bulletin No. 25. [1 ref. Fre]
• ***Summary:*** Summarizes the world soybean situation and soybean uses, then states: "We believe that this crop culture has been tried this year in various small plots on Maurice. We have distributed seed from various sources but we do not have precise information on the results obtained." The need for nitrogen fixing bacteria is discussed.

Note: Moutia (1975, p. 218) states that in this report "Boname called soybean a fashionable plant, referring to the huge quantities being imported into Europe and to the yields of 4 to 10 hectoliters of seed per acre being obtained in the United States. 'It is really a crop to try,' he wrote, 'being better than cowpeas in that flowering is uniform and pods come to maturity all at the same time.' The 1910 trials at Reduit had given better results than those obtained in the past. When sown between December and March, soybean matured in 2½ to 3 months, yielding 7 to 8 hectoliters of well-formed seed per arpent of full stand, or 6,000 to 7,000 kg of green fodder. In addition to hares, the other pests were birds, snails, and the bean fly Agromyza.

"Soybean was planted on a small scale in Mauritius in 1910 and the not very encouraging results were thought to be perhaps due to the absence of the special bacteria–the particular Rhizobium strain–which the newly introduced legume required." Address: Directeur, Station Agronomique, Mauritius.

768. Hooper, David. 1911. Soy bean in India: Glycine hispida. *Agricultural Ledger* (*Calcutta*) No. 3. p. 17-33. (Vegetable Product Series No. 114). Also reprinted in Tropical Agriculturalist, 1912. 38:11-15, 99-103.
• ***Summary:*** Contents: Introduction. Experimental cultivation in India. Vernacular names of the soybean. Method of cultivation: Green manure, harvesting. Races and varieties. Races in India: Yellow [grown in Poona Experimental Farm, Burma, Darjeeling, Dehra Dun, Simla, Punjab], green [Poona], black [Poona, Kashmir to Darjeeling, Simla], brown [Kashmir, Kalimpong to Darjeeling], mottled [Shillong, Assam]. Composition of the seed: From Church, from König, from Dr. J.W. Leather (1903), tables showing analyses made in India of Indian-grown Soy beans from various provinces (Burma, Hill Tracts, United Provinces [black seeds], and Poona). Soy bean oil. Soy bean oil-cake. Composition of hay. Use as food: Soy-bean milk, bean cheese (topo, sic tofu, or "Soy-bean cheese"), shoyu ("Under the name of 'Soy sauce' and other fanciful names it has formed the basis of most of the important sauces of Europe for many years."), roasted soy beans as a coffee substitute, soy beans in diabetic diets.

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Trade (exports of Soy bean from Manchuria to England). Price.

"The plant was introduced into the United States of America in 1854 and was grown to a small extent in the Southern States, but from the year 1885 its cultivation as a forage crop has gained in importance in all the agricultural centres. Within the last two or three years a great deal of interest has been taken in the cultivation of Soy, and experiments are in progress in Government Farms in Cape Colony, Natal [South Africa], East Africa, Gambia, Mauritius and Australia.

Contains a good early history of the soybean in India: "It is difficult to ascertain the date of the introduction of Soy beans into India. There is no doubt that certain hill tribes, mostly of Mongolian origin, have cultivated the bean for a long time. At the Punjab Exhibition held at Lahore [later divided between India and Pakistan] in 1864 Soy beans identified by Dr. Cleghorn, were sent from the Hill States. This is the first record of the beans being exhibited in this country, and shows that the cultivation was on a insignificant scale.

"Experiments in India. In 1882 Messrs. Jardine, Matheson & Co. of Hong-Kong sent a sample of Soy beans for experimental cultivation in the Saidapet Experimental Farm, Madras. The plants raised from these seeds were healthy but the yield of the crop was small.

"In 1897 Surgeon-Colonel W.G. King, Sanitary Commissioner, Madras, strongly advocated the cultivation of Soy bean as a valuable food worthy of the attention of the people. In two experiments carried on at Saidapet during 1897-98, the yield of seed per acre was 468 to 495 lbs., respectively. Recent enquiries in Madras resulted in the opinion that the cultivation in the Presidency is still in an experimental stage.

"In 1882 some Japanese Soy beans were sent by the Government of India for trial to Saharanpur. In 1885 very good results were obtained, the black seeded variety giving a yield of 1,124 lbs. per acre, and the white seeded variety giving a yield of 561 lbs. per acre. In 1886 the acclimatised seed was widely distributed; in some cases the crop failed and in others it was fairly successful, but as a rule where seed was harvested it was said that the pulse was not popular in any form. The Botanical Gardens grew the crop for a few years longer but as there was no demand for the seeds the cultivation was abandoned. An interest in Soy bean, however, seems to have revived for the Agricultural Department has this year sent to the Reporter on Economic Products samples of the black variety of Soy beans from forty villages of the United Provinces.

"At the Experimental Farm at Nagpur, Central Provinces, the bean was grown experimentally from Japanese seed first planted in 1885. The yield at the end of the first year was at the rate of 180 lbs. per acre, but taking the average of five years the result was 88 lbs. per acre. In the Report for 1908-09 it is stated that Soy beans were grown on a small area under field conditions and the yield was fair, but there was little local demand for the seed. It was, however, ground and formed an excellent addition to the diet of the farm cattle. Last year only 43 lbs. were obtained on light soil on the Nagpur Farm, the crop being practically a complete failure; on heavier soil 380 lbs. of seed were raised.

"Soy beans have been grown at Poona for nine or ten years with varying results, and they have also been tried at Nadiad in Gujrat [Gujarat] and elsewhere in the Bombay Presidency. In the Experimental Farm Report for 1901 a large yield was chronicled, but next year the crops at Poona and Surat failed. In 1904 a yield of 300 lbs. per acre was obtained in light land. One year later nineteen plots were under trial but with unpromising results, for only five yielded seed enough to repay the cost of cultivation. The yield varied from 50 to 293 lbs. per acre, and it was found that only when the yield exceeded 200 lbs. was the crop profitable. In 1905-06 the Manjri Farm, Poona, grew nineteen plots with better results, probably due to better soil. The yield of some of the plots was on an average of 680 lbs. per acre–a highly remunerative return. A year later it was reported by Mr. Fletcher, Deputy Director of Agriculture, that an experiment made on the edge of black cotton soil gave a yield of 1,166 lbs. per acre, while adjacent plots gave from 395 to 650 lbs. per acre.

"In the Agri.-Horticultural Gardens at Lahore Soy bean planted on a small area in 1894 yielded an estimated crop of 349 lbs. of seed per acre and 349 lbs. of fodder. Evidently it varies greatly in suitability to different soils and climates and does not seem to be adapted to the sea level plains of India.

"Gollan observed that the Japanese plant is erect, attaining a height of 12 to 15 inches, while the Himalayan form is a trailing plant. So far this vigorous growing plant does not appear in India to have been attacked by any insect or parasitic fungus.

"With regard to Burma, Mr. Burkill remarks: 'The Burmese grow it under the names of Pe-nga-pi and Pe-kyat-pyin, sowing it never in great quantities along with other beans on the mud banks as the falling rivers leave them bare in October, or more sparingly still away from the rivers. The Kachins and other hill tribes grow a little of it on their hill clearings, the Kachins call it Lasi. The Khasis, the Nagas and other tribes between the Brahmaputra and Upper Assam cultivate it similarly... In the Brahmaputra Valley it is grown as far as known only towards Barpeta in the Kamrup District.'

"Soy beans are called 'Bhut' in the Punjab, 'Bhat', 'Bhatwas' or 'Bhatmas' in the United Provinces and in the hills as far as Darjeeling, and 'Rymbai ktung' in Shillong and the Khasi Hills. Mr. B.C. Basu gives the Assamese name for *Glycine* as 'Patani jokra' and the corresponding Bengali name as 'Chhai.' In the Naga Hills it is called 'Tsudza' or 'Sudza.' It is grown by the Lepchas in Sikkim and is called

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by them 'Salyang' or 'Silliangdun.' 'Pe-nga-pi' is the usual name for Soy bean in Burma, but it has been received under the name of 'Lasi shapre tum' from Bhamo, and as 'Lasi N'Loi' and 'Lasi N'Hti' from Myitkyina. The Santali name appears to be 'Disom Horee.'"

"Dr. J.W. Leather in 1903 analysed the seeds of seven samples of Soy bean from Japanese seeds cultivated at Manjri, near Poona. The amount of oil in them varied from 14.92 to 23.05 per cent. being on the dry weight 15.97 to 24.41 per cent. with an average of 19.99. In 1902 Dr. Leather examined five samples grown on the Dumraon Farm. They yielded from 14.27 to 19.72 per cent of oil on the air-dried seeds.

"Fourteen samples of the seeds grown from Japanese seeds at the Manjri Experimental Farm were again analysed last year by a leading European firm. The percentage of moisture varied from 9.90 to 12.06, and the percentage of oil from 16.80 to 22.48...

"The following analyses of Indian-grown Soy beans were made in the laboratory of the Indian Museum in 1909 and 1910." Gives names and composition (oil [as is and on a dry basis], water, and ash) for 17 varieties from Burma, 21 from the Hill Tracts, 11 from the United Provinces [black seeds], and 15 varieties from Poona. "An attempt in 1903 to extract oil from these beans with the country *ghani* or indigenous oil-mill was a failure in Bombay."

Note: This is the earliest English-language document seen (April 2013) that uses the term "soy-bean cheese" to refer to tofu.

769. Hutchison, Robert. 1911. Food and the principles of dietetics. 3rd ed. New York, NY: William Wood and Co. viii-xx + 615 p. See p. 234-36, 496. Illust. Index. 22 cm. [100+* ref]

• ***Summary:*** Contains exactly the same information about soy and related products as the 1906 edition, in the same chapters, except it is on slightly different pages: See p. 234-37, and the section on diabetes, which has a subsection on "Diabetic breads" (p. 496-97). Robert Hutchison was born in 1871. Address: M.D. Edinburgh, F.R.C.P., Physician to the London Hospital [London].

770. Jingu Shicho. 1911. Koji ruien [Encyclopedia of early references to things Japanese]. Tokyo: Koten Kokyusho. Revised editions publ. in 1931 and 1971 by Yoshiko Bunkan; 51 volumes. Key volumes are Inshoku (#39) and Shokubutsu (#50). [50+ ref. Jap]

• ***Summary:*** Koji means "ancient things" or "origins." Rui means "varieties" or "description." En means "dictionary." This is one of the best books for doing historical research on Japanese culture, including foods. The book is divided into 30 major subject areas, such as Food and Drink. Within that section all basic Japanese foods and beverages are listed. After each one is listed many of the important early works in which that food is mentioned, with a quote of what is said. Furigana are used liberally to assist with pronunciations of hard-to-pronounce early document names and terms. Compiled from 1896 to 1914, volume 1 of the original edition is dated 1908. The works cited are from ancient times to 1867. The final volume is an index to the whole.

The volume on Food and Drink is titled *Inshoku-bu* (Vol. 51). Whole soybeans, p. 229-35. Black soybeans, p. 235-36. Green soybeans (*ao-daizu*), p. 236-37. Green vegetable soybeans (*edamame*), p. 239-40. Soybean cultivation, p. 240-42. Soybean utilization, p. 243-47. Daizu-ko Mochi, p. 555. Amazake, p. 695-97. Shirozake, p. 697-98. Hishio (Chiang), p. 836-40. Shoyu, p. 840-49. Miso, p. 851-68. Kuki (fermented black soybeans), p. 868-71. Natto, p. 871-74. Tofu (incl. Dengaku), p. 984-1005. Yuba, p. 995-96.

771. Langworthy, C.F. 1911. Cheese and other substitutes for meat in the diet. *Yearbook of the U.S. Department of Agriculture* p. 359-70. For the year 1910. See p. 363-64.

• ***Summary:*** Physiologists "admit that meat is not essential to a well-balanced diet, and there are many who, for one reason or another, are interested to know the rational ways of lessening the amount of meat which they consume or of replacing it with other foods." "Meat apparently supplies "a greater abundance than other foods of the substances which stimulate the normal or natural flow of the digestive juices" (p. 359).

The section titled "Dried beans and other legumes" (p. 363-64) states: "In Eastern countries, where conditions differ from those in Europe and America, the lack of abundant supply of food animals has been responsible for the production of a series of food products made from legumes, chiefly the soy bean. By ingenious processes, the nitrogenous material and more or less of the fat which the beans contain are separated and made into a number of special articles of diet, for instance, bean cheese or bean curd, a white material not unlike cottage cheese in appearance, and soy, a thick brown sauce which is the common flavoring material as well as a condiment of millions of people who thus supply nitrogenous material and flavor to a diet of vegetables, rice, and other similar foods."

The section titled "Commercial meat substitutes" notes: "There are on the market numbers of proprietary or patent foods recommended by their makers as meat substitutes. For some it is claimed that they are made from nuts, and judging from their flavor and other characteristics they may be prepared from the peanut or other nuts, in part at least. It has been suggested that some of these special foods contain wheat gluten. Undoubtedly considerable quantities of these foods are used by those who follow some one of the vegetarian systems of diet, but they are not used in any general way as substitutes for meat in the average home." Address: Expert in Charge of Nutriton Investigations, Office of Experiment Stations [USDA].

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772. Mexico. Ministerio de Fomento, Colonización e Industria. 1911. La soya: Traduccion de varias publicaciones extranjeras sobre la explotación de esta planta [Soya: Translations of various foreign publications on the development and cultivation of this plant]. Mexico: Secretaria de Fomento. 57 p. [3 ref. Spa]

• ***Summary:*** The *Ministerio de Fomento* is the Ministry of Public Works. The first three-fourths of this publication contains Spanish-language translations of the following three articles: (1) "The soybean: A valuable fodder plant" by H.J. Choles (p. 3-26). Contents: Introduction. Botany and history of the soybean (*de la Soya*). Varieties. Cultivation: Conditions of growth, methods of culture. Harvesting: When to harvest, curing, harvesting for seed, yield of forage, yield of seed. Chemical composition. Digestibility. Value and uses of the crop: For green forage, as a silage crop, as a hay crop, as a pasture plant, as manure, value of the soybean as human food.

(2) "Utilization of soybeans" by E.S. Edic [sic, Edie] from *Estación Agrícola Central–San Jacinto.* Jan. 1911 (p. 26-36). Contents: Introduction. Uses of the soyabean: As a forage plant, hay, ensilage, soy oil (*El aceite de soya*), soymilk (*leche de soya*), a type of cheese (*una especie de queso*) [tofu], soy flour (*harina de soya*), use of soybean oil for margarine (*margarina*), for soap, illumination, paints and other industrial products, soy bean meal used as a fertilizer on Chinese sugar plantations, soybeans as a legume for enriching the soil with nitrogen. The cultivation of soybeans. Varieties of soybeans.

Note 1. This is the earliest Spanish-language document seen (April 2013) that uses the term *una especie de queso* to refer to tofu.

(3) "Importance of the Soybean: Products which can be obtained from the soybean. Its marvelous value as food." reprinted from *Milling* magazine, Aug. 1909 (p. 36-42).

The last one fourth of this publication (p. 42-57) discusses the following: The soybean (possibilities for importation to Mexico). The new world trade in soybeans. Soybean production in the British empire (Sir Alfred Jones, soya in Africa, trials in British Columbia). Consumers of soybeans (Countries that import the seeds, especially for their oil to make margarine, soap, and paints; Canadian research commission). As a food. Dark bread. Wheat gluten. The latest news about soya: Products that can be obtained (oil and meal), the soybean (vegetable casein), experiments making bread with soy flour, opportunity for the manufacture of biscuits or crackers (*galletas*). Summary.

Note 2. This is the earliest Spanish-language document seen (Sept. 2006) that mentions soy oil, which it calls *El aceite de soya.*

Note 3. This is the earliest Spanish-language document seen (Oct. 2003) that uses the term *leche de soya* to refer to soymilk. As of Oct. 2003 *leche de soya* is the modern Spanish term for soymilk. Address: Mexico.

773. Sawer, E.R. 1911. Cedara memoirs on South African Agriculture. Vol. II. Containing reports on feeding crops and livestock experiments in South Africa. Natal/ Pietermartizburg, South Africa. 371 p. See p. 131, 177, 183-218. Report X. The Legumes as Grain and Oil Crops: Soya Beans. [15 ref]

• ***Summary:*** A superb, early overview of soybeans and their uses in South Africa and England. Contents: An agricultural romance. Early experiments with the soya bean [in Europe and South Africa]. Export trade from Manchuria. The course of prices. Consumption in Great Britain. Botanical character. The commercial aspect. History of the oil market during 1910. The adaptability of the bean. Germination of seed. Climatic requirements. Classification of varieties. Variety tests at Cedara: Black seeded (Buckshot and Nuttall tested in 1906), brown seeded, green seeded (Samarow and Guelph), yellow seeded (Mammoth and Hollybrook, planted Nov. 1908). The cultivation of the crop. Times of planting. Distances of planting. Manure experiments at Cedara. Nodule formation and composition of the plant. Harvesting soya beans. Storage of seed. Comparative yields of grain. Soya bean oil. Uses of the oil [for cooking, paint, soap, etc.]. Soya beans as human food (incl. natto, tofu, miso, yuba, shoyu {p. 209-11}). Digestion experiments [on humans in Japan]. Milling experiments. Soya beans as stock food and fertiliser. Live-stock experiments. Soya cake as fertiliser. Soya bean as green forage.

Concerning industrial utilization: The Vice-Consul-General at Yokohama writes that "the annual value of fertilisers employed in this country (Japan) amounts on an average to about £8,000,000 represented in equal proportions by artificial fertilisers and soya bean cake." The year 1908 was exceptional, however, in that the value of the bean cake was 3.5 times that of the artificial fertilizers.

During 1910 the linseed oil reached its highest price in 50 years. Soya oil, now produced in large amounts in Manchuria after the Russo-Japanese war took its place. It was used in making paints, candles, and soaps. "Soya bean oil has been found eminently suitable for the soap-makers' purpose on account of its low content of free fatty acids and of unsaponifiable matter or impurities. In the latter respect it has been shown superior to any of the other oils or fats of commerce, whether of vegetable or animal origin. The glycerine, which is secured as a by-product of soap and candle manufacture, is subsequently distilled for explosives, such as dynamite, blasting gelatine, cordite, etc., and for various purposes in the arts, for filling gas-metres, for the manufacture of inks, printers' rollers, etc. The residue from the distillation of glycerine is used in the manufacture of boot blacking."

Concerning germination (p. 191): At Cedara: "The first crop was planted in 1903, and a maximum yield of

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920 lb. of grain obtained per acre. In the following season, characterized by unfavourable weather conditions, the heaviest yield on a new series of plots was 780 lb. per acre. A third season's trial on the same ground, however, witnessed a marked increase with local seed, the heaviest crop totalling 1,252 lb. of grain."

Concerning soybean cultivation in British colonies in Africa (p. 192): "Early last summer the late Sir Alfred Jones shipped to West Africa soya beans for experimental purposes, and it was subsequently reported by Mr. A.G. Turner, who was entrusted with a special mission to encourage this culture on the west coast, that the soya bean could be successfully cultivated throughout the Gambia, Sierra Leone, Nigeria, and the Gold Coast Colony, but that the yield to the first experiment had only been from six to eight bushels per acre, there having been a considerable loss owing to faulty germination. Later results, however, were phenomenally successful."

Concerning soybean trials in South Africa (p. 192-93): "During the past year favourable results have been received from Umzinto [from Messrs. Archibald and Co., 52 miles south of Durban; elevation 300 feet], Nel's Rust Estate [64 miles north of Durban; elevation 2,710 feet], Nottingham Road [elevation 4,807 feet], and Naval Hill [Mr. J.R.T. Clouston of Garrow planted a few acres in 1908], Colenso [elevation 3,200 feet], and Cedara [82 miles by rail from Durban; elevation 3,540 feet; a number of varieties were tested in 1906] in Natal; and from Barberton and Pretoria in the Transvaal."

Concerning comparative yields (p. 203): "As a grain producer, the soya bean compares very favourably with other leguminous crops, such as field beans, peas, etc. At Cedara no other legume has produced, with chemical manures only, so heavy a yield of seed; and no other legume, except the lupine, has showed itself so much to be depended upon as a grain producer." "Land that will produce 10 muids of maize per acre should yield at least six muids of beans after the second year's cultivation,..."

Concerning human digestion experiments (p. 212): "The general opinion of Japanese investigators, and others familiar with Oriental dietetics, is that the protein in articles of food prepared from soya beans is in a very available form, and that these preparations are most valuable foods."

Five photos show various men standing in a crop of soya beans and in some of the variety plots at Cedara (1909-11). An illustration (line drawing) shows a curing frame for soya beans.

Tables show: (1) Yields in lb. per acre of soya beans sown at different times, during 3 years (19-3-04 to 1905-06). For each year is given: Date of sowing, date of harvest, yield of grain and straw, and manures used (superphosphate, gypsum, and potash). The variety tested was Henderson's Early Green (Guelph) (p. 198). (2) Results of manure experiments with soya bean (Early Green) in lb. per acre. Sown 4 Nov. 1904. Harvested 13 March 1905. Increasing yields "may be attributed to the association of nitro-bacteria, the benefits of constant cultivation, and the accumulation of humus and residues of fertilizers" (p. 200). (3) Feeding value of soya bean cakes for manure, based on experiments by Messrs. Lever Bros., Port Sunlight, Liverpool (p. 215).

Note 1. This is the earliest document seen (June 2004) that mentions the use of a soy oil derivative (glycerine) in printing inks.

Note 2. This is the earliest document seen (May 2004) that mentions the use of soy oil to make candles (one of two documents).

Note 3. This is the earliest document seen (June 2004) concerning the use of soy oil (or the glycerine derived from it) to make explosives.

Note 4. The next section of this report (p. 218+) is about ground nuts (*Arachis hypogoea*). Address: Director, Div. of Agriculture and Forestry, Natal; Principal, Cedara School of Agriculture; Formerly Asst. Secretary of Agriculture, Southern Rhodesia.

774. Stuart, George A. 1911. Chinese materia medica: Vegetable kingdom. Shanghai, China: American Presbyterian Mission Press. 558 p. See p. 189-96, 411. 23 cm. Reprinted in 1928 in Shanghai at the Presbyterian Mission Press. [6 ref]
• ***Summary:*** Below the title is written: "Extensively revised from Dr. F. Porter Smith's work." This excellent book contains good summaries of the information on soyfoods found in the famous *Pen-ts'ao kang-mu* (1578-1597) by Li Shih-chen. Rev. Stuart, a physician (M.D.), minister, and missionary in China, adds a number of observations on medicinal properties ascribed to these foods by the Chinese. He began to write this revision of Dr. Smith's 1871 work in 1900 when the Boxer trouble (movement) drove him to Shanghai. He died shortly before the work was published and before he was able to finish the Preface. The section on the soy bean (p. 189-96) begins: "Glycine hispidia [sic, hispida].–(Ta-tou), (Shu), (Jên-shu), (Jung-shu), (Shih-tou), (Hei-tou), (Huang tou) (Chinese characters given before each term). This is the same as *Soja hispidia* [sic, *hispida*] and *Dolichos soia* [sic, *soja*], and is the Chinese and Japanese *soy bean.* It has been known in China from ancient times, and has always been considered by the Chinese as the most important of the cultivated leguminous plants. A very large number of varieties is found throughout the Empire, especially in the north. The name 'great bean' applies to the plant, not to the seeds, as these are quite small. It is employed in China and Japan in the preparation of three products which are of almost universal use in oriental cookery. These are 'bean oil,' 'bean-curd,' and 'soy.' There are many varieties of this bean, which the Chinese distinguish by the color of the seeds; these being black, white, yellow, gray, azure, and spotted."

"The black sort [of soybean] is used in medicine, and the

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yellow is especially valued in the preparation of bean-curd [tofu] and soy [sauce]. The black kind is not used much as food as it is thought to render the body heavy. The Chinese regard those things which give lightness to the body with more favor than those which promote flesh and sluggishness. The characters (Shu) (three separate Chinese characters are given) are the classical name, while (Jên-shu) and (Jung-shu) (Chinese characters given before each) are equally ancient compound names for this plant. (Chinese characters given) (Shih-tou), 'bean-relish bean,' indicates its use in making the bean relish and soy [fermented black soybeans and soy sauce].

"Medicinally, the black beans are considered to have much value. Their frequent use is thought to have a most beneficial effect upon the body, giving strength and vigor, albeit with heaviness. This latter fact is the only objection offered to the use of these beans. They are regarded as an admirable counter-poison against most of the vegetable poisons, such as *Aconite* and *Croton tiglii.* Carminative and quieting properties are also ascribed to them. They are prescribed in a large number of difficulties, notably post-partum and sexual disorders; but as they are always in combination with other active drugs, it may be readily supposed that the beans play no very important part in these prescriptions. The green bean hulls, 1317, chewed into a pulp, are applied to small pox ulcers, corneal ulcer, and the excoriation produced in children by urine. The bruised leaves of the plant are used as a local application in snake bite. The flowers, 1310, are used in blindness and opacity of the cornea."

"The *bean sprouts,* called (Ta-tou huang-chüan) and (Tou-nieh) (Chinese characters are given before each term) are also mentioned in the *Pentsao.* Bean-sprouts (Chinese characters are given, Tou-ya) are a common article of diet with the Chinese, but these former are made with the black bean and are especially used in medicine. Li Shih-chen gives the following method of preparation: "On a water day (Three Chinese characters) soak black beans in clear water, and after the sprouts have grown, take off the hulls and dry the sprouts in the shade." Their medical properties are considered to be laxative, resolvent, and constructive. They are reputed to have special influence upon the growth of the hair, and to be curative in ascites and rheumatism.

Note 1. This is the earliest English-language document seen (Jan. 2013) that uses the term *Ta-tou huang-chüan* or the term *Tou-nieh* to refer to soy sprouts.

Note 2. *Webster's Dictionary* defines ascites (pronounced uh-SAIT-ez, and first used in the 14th century) as "accumulation of serous fluid in the spaces between tissues and organs in the cavity of the abdomen."

"The yellow variety of beans is also given a separate discussion in the *Pêntsao.* As was before said, these are used for the most part in the preparation of bean oil, bean-curd, and soy [sauce]. The beans and pods of this variety are larger than those of the black kind, and in the green state they are highly esteemed by the Chinese as an article of food [green vegetable soybeans]. But they are also considered 'heavy,' and if partaken of too freely they are thought to produce jaundice. They are considered to be carminative and deobstruent, and are recommended in ascites. Locally they are applied to smallpox ulcers. The ashes of bean stalks are specially recommended as an application to unhealthy granulations in hemorrhoids (possibly fungous growths of the anus).

"The [soy] oil, (Chinese characters for bean + oil) (Tou-yu), is considered to be very slightly deleterious, and is used as a local application to ulcers and skin diseases, and for removing bandoline (defined by the *Oxford English Dictionary* as "a gummy preparation for fixing the hair or a moustache" and in use by 1846) from the hair. This oil is manufactured in large quantities, especially in Manchuria, and is shipped to every part of China. It is used as food, chiefly by the poorer people, and was formerly used as a burning oil; but kerosene has now almost superseded it for this latter purpose. It is usually dark colored, and has a not very pleasant odor."

On page 411 we read: "Soja hispida–(Chinese characters for white + bean) (Pai-tou). Also called (Chinese characters are given) Fan-tou. This is a small bean, a variety of *Glycine hispidia* [sic, hispida], the stalks of which, when young, are eaten as a pot-herb. The bean is sometimes used to make soy [sauce] and bean-curd, and is eaten boiled and as a congee. It is considered to belong to the kidneys, therefore those suffering from diseases of this organ should use it. The bean is regarded as very nutritious, and both it and the leaves benefit the viscera."

Note 3. Congee is rice cooked with excess water to make a porridge. In China, there are many types of medicinal congee (*jook*) containing grains, vegetables or herbs, eggs, meat, etc. See: Flaws, Bob. 1995. *The Book of Jook: Chinese medicinal porridges.* Boulder, Colorado: Blue Poppy Press. $16.95. Address: Rev., M.D., Shanghai, China.

775. Stuart, George A. 1911. Chinese materia medica: Vegetable kingdom. Bean curd (Document part). Shanghai, China: American Presbyterian Mission Press. 558 p. See p. 194-95. 23 cm.

• ***Summary:*** "Bean curd.–(Chinese characters given) (Tou-fu). The method of making bean curd had its origin in the Han dynasty, during the reign of Huai Nan Wang (A.D. 23), at Liuan. All sorts of black beans, yellow beans, white beans, clay beans, green beans, and peas can be used in its preparation. The process of manufacturing is given in the *Pêntsao* as follows: 'Wash the beans and crush them in water. Skim off what floats, and boil. Make a natron [sodium carbonate] solution, or a decoction of the leaves of Shan-fan (Chinese characters given), *Symplocos prunifolia,* or use sour soy vinegar, and add to the beans. Heat all together in a

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cauldron. Afterwards pour into a large jar in which has been placed powdered gypsum and mix well together.

"What will be produced is a saltish, bitterish, sour, acrid mixture, and what congeals upon the surface of the compound is to be taken out and dripped clean of the other solution. This is *bean-curd.'* The taste is sweet, alkaline, and cooling. It is considered to be slightly deleterious. It is thought that the ingestion of bean curd prevents the curing of diseases, but if carrots are put with the bean curd, this action is prevented. It is reputed to be beneficial to the internal organs, improving the breath, harmonizing the spleen and stomach, removing flatulence, and expelling evil gases from the bowels. Used warm it disperses subcutaneous hemorrhage. It is prescribed in chronic dysentery, ophthalmia, swellings, and drunkenness." Address: Rev., M.D., Shanghai, China.

776. Tsuyutani, Heiji. 1911. Tôfu no goyô [An order for tofu]. Kobe: Tsuyutani-dô. 71 p. 19 cm. [Jap]*
• ***Summary:*** In the olden days (as late as the 1950s), tofu vendors peddled their wares down every street in major cities. They would wait outside for potential customers to come out and buy. Address: Kobe, Japan.

777. Ward, Artemas. 1911. The grocer's encyclopedia–Encyclopedia of foods and beverages. New York, NY: Published by the author. 748 p. Illust. (color). 29 cm.
• ***Summary:*** Soy-related entries: Bean (p. 49-54): "The bean of European history is the Broad or Windsor variety,..." "The principal beans of United States cultivation are the Kidney and Lima, both of them believed to be native to South America.

"The Kidney Bean is the Haricot of the French and in Great Britain is sometimes called the French bean." The many varieties can be classified into "tough podded" and edible podded." "The 'tough podded' class produces the bulk of the dried beans of commerce, variously known as 'Kidney Beans,' 'Navy Beans,' 'Marrow Beans,' 'Black Beans,' 'Turtle Beans,' etc., in many colors, shapes and sizes." "'Flageolets' are cultivated with special regard to the consumption of the fresh seeds or beans." To the "edible podded" class of kidney beans belong Wax or Butter Beans, the Cranberry Bean or Red Speckled Bean, String Beans, Snap Beans, French Beans. "Pea Beans are the Cowpeas of the agriculturist." "Among numerous other 'special' varieties are the Soy Bean (which see), Asparagus Bean, Frijole, Lab-lab (or Egyptian Kidney), Red Bean, and Scarlet Runner." Asparagus Beans are known as *Tou Kok* by Chinese gardeners in California.

"Catsup, Catchup, Ketchup: a word derived from the name of an East Indian pickle, which was formerly applied specifically to the boiled spiced juice from salted mushrooms, but is now freely attached to various sauces (sold both bottled and in bulk) which consists of the pulp–bottled, strained and seasoned–of various fruits, as tomatoes, green walnuts, etc." Note: At "Catchup" and "Ketchup" we are told to see "Catsup."

Locksoy ([Lock Soy], p. 346): "Rice boiled into a paste and drawn into threads, imported from China. It is used to thicken soups."

Nuts (p. 412-13): A table shows the nutritional composition of all major American nuts, including almonds, chincapin [chinquapin] or water chestnut, chufa (earth almond), cocoanut, peanut, and peanut butter. "Many special nut foods, such as malted nuts, meat substitutes, etc., have been devised and extensively advertised by manufacturers for general dietetic use and for the special needs of vegetarians and fruitarians. It is said that some of these products contain soy beans, but apparently the peanut is very important in their composition.

Sauces (p. 552-53): In bottled sauces, vinegar is the most common liquid ingredient. "Commercial sauces of the Worcestershire kind, if of good quality, generally have Soy (which see) as their chief character ingredient. A typical formula of Worcestershire-style includes, in addition to Vinegar and Soy, a considerable percentage of lime juice, onions and tamarinds and small quantities of garlic, fish (as anchovies or pickled herrings), red chilies and spices. The product, after cooking, is strained through fine hair sieves. Leicester Sauce resembles Worcestershire in general characteristics but is less pungent."

Soy (p. 576): "A brown sauce, valuable to the commercial sauce market, made from the Soy Bean, a native of Southeastern Asia [sic] and widely grown in China and Japan. The beans are boiled, mixed with ground wheat or other grain, salt, etc., and allowed to ferment for a month or 6 months. The liquid is then strained off and clarified. Molasses is frequently added. In appearance it resembles Worcestershire Sauce, of which it is an important ingredient. It should not be too salt [salty] or too sweet, and although thick and syrupy, should be clear. When shaken in a bottle or glass it should, if it is genuine, leave a bright yellow film on the glass. Being a very desirable article, it is often counterfeited."

Soy bean (p. 577): "Commercial and government circles, both in Europe and this country are devoting increased attention to the cultivation of the Soy Bean as a food product, as it contains a large percentage of protein and a fair amount of fat, thus resembling meat in general nutritive value. The cell-walls of the raw bean are very tough, but thorough cooking makes it readily digestible. Boiled with bacon and other fatty broths until soft and then seasoned, the result is a vegetable dish very pleasing to the average palate. If the beans are dry, a preliminary soaking to remove the skins is necessary.

"The Soy Bean is largely consumed in Japan, China and other parts of Asia as an adjunct to rice and other foods, taking the place of meat in the popular dietary. It is most

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popular in these countries in fermented form, the best known types being *Shoyu* or Soy Sauce; *Tofu*, a kind of cheese; *Miso*, Soy Bean 'Milk' [sic]; *Yuba*, the evaporated product of 'Miso" [sic], and *Matto* [sic, *Natto*], a product obtained by simple fermentation of the boiled beans. The various degrees and styles of fermentation serve the double purpose of rendering the beans more easily digestible and producing new flavors, just as by the fermentation of milk and cream we produce the different flavors of cheese.

"The plant is an annual, growing chiefly in bush form..." The different varieties are classified principally by the color of the beans: "Black, Yellow, White and Brown,... Types of all these four classes are grown to some extent in Germany, Austria, and Switzerland, and the first three also in this country, in North Carolina and other Southern States. Under favorable conditions a single plant may bear a hundred or more pods.

"Because of the fact that the beans contain little if any starch, they have been recommended as a desirable food for diabetics, and Soy Bean Bread and Soy Bean Meal are prepared for that purpose in Paris. The dried beans are also used in Switzerland and elsewhere as a coffee substitute." An illustration shows the top of a soy bean plant, with leaves, pods, and flowers.

Note 1. This book is full of fascinating information about the food system in the USA in 1911, with entries such as cold storage (first attempted in 1860, it has grown to extraordinary proportions), coloring matter (great improvements, no longer harmful), ice and refrigeration (ice manufacture dates from about 1870; today nearly 200 companies produce ice for general sale, mostly using the compressor and anhydrous ammonia). Dictionary of food names in five languages (English, French, German, Italian, and Swedish, p. 710-724) and a dictionary in English of "Culinary and bill-of-fare terms" (p. 741-45).

Note 2. The author, Artemas Ward, lived 1848-1925. His father was Henry Dana Ward (1797-1884), his grandfather was Thomas Walter Ward (1758-1835), and his great-grandfather was Artemas Ward (1727-1800), the first Commander-in-Chief of the colonial troops before the arrival of George Washington (a little-known Virginia planter) on 3 July 1775. Thereafter he served as second in command after Gen. Washington and was a Major General in the American Revolutionary War. Address: Formerly (from 1874) founder and editor of *The National Grocer*, 30 Union Square, New York.

778. Hooper, David. 1912. Soy bean in India: Glycine hispida. *Tropical Agriculturist* (*Ceylon*) 38(1):11-15. Jan. 15; 38(2):99-103. Feb. 15. [1 ref]

• ***Summary:*** This is a reprint of an article by the same author with the same title published in 1911 in *Agricultural Ledger* (Calcutta) No. 3. p. 17-33. Address: Australia.

779. Li, Yu-ying; Grandvoinnet, L. 1912. Le soja [The soybean]. *Agriculture Pratique des Pays Chauds* (*Bulletin du Jardin Colonial*) 12(106):28-38. Jan. [16 ref. Fre]

• ***Summary:*** Contents (continued): Soymilk (continued): Chemical properties, composition (comparison with 8 animal milks–in bar chart form showing protein, lipids, carbohydrates, and ash), action of ferments [enzymes] and diastases [diastatic enzymes] on soymilk (*Action des ferments et des diastases sur le lait de soja*) (1. The lactic ferments {kefir, yogurt, etc.} act in the same way on vegetable milk and on animal milks. 2. The ferments of certain European cheeses make analogous vegetable cheeses {*fromage végétal d'une façon analogue*}. 3. Rennet coagulates soymilk, but the optimum temperature is a little higher than for cow's milk. 4. The ferments that we have extracted from shoyu [Japanese soy sauce] coagulate animal milks in the same way as vegetable milk).

Uses of soymilk (p. 30): They are the same as those of the animal milks. We will note, mostly, its use in China as a substitute for mother's milk. (Footnote 1. One of our parents was nourished, from the first phase of life, with soymilk. He/she is now 37 years old and has always been in excellent health).

Residues of the [soy] dairy (*residus de laiterie;* okara).

Condensed soymilk (*lait de soja concentré*). Powdered soymilk (*lait de soja en poudre*). Fermented soymilk (Kefir, yogurt, etc. are increasingly used therapeutically. One can compensate for the lack of carbohydrates in vegetable milk by the addition of lactose {or levulose for diabetics}). Tofu–which Li calls *Caséo-Sojaïne* (*fromage de soja*)–meaning "tofu or soy cheese": Method of production, coagulants used, perfected modern production methods at Li's factory (In this factory, tofu can be made into either non-fermented or fermented cheeses. The non-fermented cheeses {*Fromages non fermentés*} are of two types: Fresh and hard/firm. The fresh are white in color and the consistency of hard-boiled eggs. The hard/firm are of two types: In diced sheets {salted or unsalted}, and in salted, semi-dry pieces/morsels. The fermented cheeses {*Fromages fermentés*} may be of the Gruyere, Roquefort, or Camembert types), tofu yields, preservation and storage, composition of tofu (compared with 4 meats on a moisture-free basic, in bar chart form showing protein, lipids, carbohydrates, and ash), digestibility of tofu, culinary preparations based on tofu (tofu omelette with egg, smoked tofu with shoyu, tofu pâté, soy sausage–made like regular sausage except that meat and fat are replaced by fresh, hard tofu plus butter or cocoa butter). Soy casein (*Caséine de soja;* for food or industrial uses). Contains various tables and charts from other sources.

Residues of the [soy] dairy (*residus de laiterie;* okara, p. 30-31): After filtering the [soy] milk, a slightly firm, aqueous oilcake remains in the filter cloth that is still very rich in nutrients (*substances alimentaires*). According to Dr. Bloch, it does not contain any trace of starch (our tests agree

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with this conclusion). Consisting of torn cells emptied of the largest part of their content, it would have the following percentage composition (see Bloch 1907):

Protein 0.248, water 88.75, ash 0.36, fat .04, other 10.85.

"The oilcake (*torteau*) obtained at the factory of 'Soy-Casein' (*Caséo-Sojaine*) and analyzed at the municipal laboratory of Paris yielded:

Water 80.04, protein 33, fat 8.44, carbohydrates 22.63, mineral salts 4.24.

"This oilcake was very easily dried to 10% water. The milk can only be filtered after boiling, thus according to Prinsen [Geerligs]:

Proteins 29.38, oil 12.81, ash 4.66, carbohydrates that are convertible to sugar 26.80, fiber 11.10, cellulose 10.2.

"The oilcake can be diluted in water. The liquid thus obtained is used in grinding to make the second extraction of [soy] milk."

Soy casein (p. 38): The casein or legumine of soymilk can be prepared by precipitation, purifying it by several dissolutions and precipitations, and finally drying it. One obtains a yellowish powder resembling animal casein obtained by the same processes.

It is generally admitted that vegetable albumins have a coefficient of assimilation greatly inferior to those of animal albumins. But confirmation of this is far from being definitive. The experiments of Messrs. H. [Henri] Labbé and Marchoisne have showed, in effect, that vegetable albumin is as well assimilated as animal albumin.

Legumine is different from animal casein, but the differences are of the same order as those which exist between the various animal caseins. The differences existing between the caseins of the various animal milks have been noted by many chemists.

The casein extracted from soymilk can be used in the same applications as casein from cow's milk. These are of two types: food and industrial. For food uses, one can point out the manufacture of powders, of lacteal flours (*farines lactées*, perhaps wheat flour enriched with soy casein), of whole-grain bread, etc.

Note 1. This is the earliest document seen (April 2001), worldwide, that mentions a Western-style soy cheese (Gruyere, Roquefort, or Camembert types), or a tofu sausage. This is also the earliest French-language document seen that mentions soy cheese, which it calls *fromage de soja*.

Note 2.

Note: This is the earliest document seen (April 2013) concerning the use of tofu in a second generation product.

Note 3. This is the earliest document seen, worldwide, that mentions powdered soymilk or dried soymilk.

Note 4. This is the earliest document seen, worldwide, that mentions soy kefir. Address: 1. Counseiller de 1ere classe au Ministère de l'Agriculture de la Chine; 2. Ingénieur agricole (G.).

780. Gibbs, H.D.; Agcaoili, F. 1912. Soja-bean curd, an important Oriental food product. *Philippine J. of Science* 7A(1):47-54. Feb. Section A. [13 ref]

• ***Summary:*** Discusses chemical analyses of soybeans, method of manufacture of the curd around Manila, and adulteration of the product in the locality. "One of the most important foods manufactured from the soy-bean is the curd which is sold in the form of small cakes. The Chinese have introduced and extended the use of this product throughout the East, and Bloch [1906] states that there is no Chinese settlement without one or two bean-cheese factories.

"This curd is known by a number of different designations. In English it is often spoken of as 'bean cake' or 'bean cheese,' although it is not entitled to the designation 'cheese,' since no ripening process takes place in its manufacture... Among the natives of the Philippine Islands surrounding Manila, it is called *toqua* [tokua], a name of Chinese origin. In China the substance is known as *teou-fou* and *tao-hu* and in Japan as *topu* [sic, tofu].

"In this district, as far as observation has extended, the manufacture is carried on entirely by Chinese practically in the manner described by Bloch and Geerligs, except that methods have been introduced which border on adulteration [sic, with powdered gypsum, which coagulates the soymilk].

"The soja-bean, *Glycine hispida* Maxim, is imported into the Philippines from southern China in large quantities, principally from Amoy and Hongkong. In the markets of the latter place they are known as 'soy-beans' or *pak-tau*" ["white beans"].

The author conducted two analyses of baked cakes of *toqua* and found they contained: Moisture: 73.0% and 72.1%. Protein: 13.88% and 17.56%. Fat: 10.78% and 10.99%. Ash: 1.2% and 1.27%.

"The same food product, known locally under the name *tahuri* or *tahuli* [tofu pickled in brine] is imported from southern China in large stone jars. It is preserved by covering the cakes with a strong salt solution. During shipment, the cakes are somewhat broken, giving to the liquid portion the appearance and consistency of an emulsion. The two portions of the mixture were analysed separately." Table III shows that the solid and liquid portions of *tahuri / tahuli* contain: Water: 55.76% and 57.86%. Protein: 14.56% and 9.56%. Fat: 7.12% and 2.09%. Sodium chloride: 12.7% and 16.38%.

Note: In this book the word *tahuri* appears 21 times compared with only 6 times for *tahuli*.

A photo (see next page) shows the inside of a Chinese bean-curd factory in Manila, with four people, seated on stools, working at a table.

Note 1. This is the earliest document seen (April 2013) that uses the term "soja-bean curd" or the word *toqua*, or the word *teou fou* (or *teou-fou*) to refer to tofu.

Note 2. This is the earliest English-language document seen (Oct. 2011) that contains the word *tahuri* or the word *tahuli*. There is no suggestion that the product is fermented.

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However it is salted, and later documents explain that it is pickled / fermented in this salt solution.

Note 3. This is the earliest English-language document seen (Sept. 2006) with the word "Soja-bean" (or "Soja-beans") in the title. Address: 1. Assoc. Prof. of Chemistry, Univ. of the Philippines. From the Lab. of Organic Chemistry, Bureau of Science, Manila, P.I.

781. *Pure Products* (*New York*). 1912. Products of the soy bean. 8(3):157-60. March.
• ***Summary:*** "Three very interesting food products are manufactured from the soy bean, one known as vegetable milk, another known as vegetable cheese or vegetable casein, and soy sauce." "Vegetable milk, like animal milk, may be may be homogenized; that is to say, it may be passed through an apparatus known as a 'homogenizer'..." Concentrated or "condensed vegetable milk has a characteristic odor, but this can be improved by adding a little coumarin or vanillin, which corrects the taste so as to make it more nearly resemble that of cow's milk."

Vegetable cheese is coagulated "by the addition of a white mineral powder known as tchach-kao, which consists largely of plaster of paris."

"Soy sauce, or fermented soy,... may well serve as the basis of sauces of the Worcestershire type." Address: USA.

782. Li, Yu-ying; Grandvoinnet, L. 1912. Le soja [The soybean]. *Agriculture Pratique des Pays Chauds* (*Bulletin du Jardin Colonial*) 12(109):302-08. April. [2 ref. Fre]
• ***Summary:*** Contents (continued): Products and condiments based on fermented soybeans (continued): Tuong (an Annamese condiment that can replace nuoc mam or fish sauce; preparation with rice or corn/maize as described by Bui), Tao-yu (a condiment widely used in China and Japan, as described by Prinsen Geerligs; preparation, properties, chemical composition).

6. Confectionery products (*Produits de confiserie*): Sweet soya preserves made from whole soybeans (*Confiture de soja*, such as soy-based *crème de marron*, a chestnut cream), soya powder (two types are made at Li's plant: one by drying soy pâté and one by grinding roasted soybeans {*par mouture des graines de soja grillées*}), soy chocolate. At Li's tofu factory (*l'usine de la Caséo Sojaine*) near Paris, soy chocolate (*Chocolat de soja*) is prepared using roasted soybeans, sugar, and cocoa butter [a pale-yellow, pure edible vegetable fat extracted from the cocoa bean]. From these one is able to obtain almost the same composition, appearance, and flavor as chocolate. But this product has the advantage of containing considerably less toxic theobromine.

Note. This is the earliest French-language document seen (Dec. 2012) that mentions roasted soybeans, which it calls *graines de soja grillées.*

7. Soya used as coffee (*Le soja employé comme café*). For a very long time, soybean seeds, dried and roasted, have been used in certain parts of Europe (Switzerland) to replace coffee. By an infusion of these roasted seeds, a liquid is obtained which resembles coffee in color and flavor. Moreover, under a different name [Cole's Domestic Coffee Berry, 1892], soybeans have been launched in the United States for this usage. This very special use of the soybean will be of interest to those who are forbidden to drink coffee, for they will now be able to enjoy it in a different way. A table shows the composition of Swiss soya coffee, made from dried and roasted soybeans, according to Kornauth.

8. Ferments or starter cultures for fermentation: Kiu-tsee (a special ferment from Canton described by M. Daby de Thiersant), lactic ferments (fermented soymilks).

Industrial uses of soybeans: Uses of the oil to make soap, wax candles (*bougie*), paint, or artificial rubber. Uses of the protein (*caséine de soja*) to give products resembling those made from milk proteins: sojalithe or soy stone resembling lactite, insulators for electrical apparatus, soy glues, etc. Illustrations (line drawings, p. 305) show cellular elements of different soya confections. Address: 1. Counseiller de 1ere classe au Ministère de l'Agriculture de la Chine; 2. Ingénieur agricole (G.).

783. *Chicago Defender* (*Big weekend ed.*). 1912. Milk mills. May 11. p. 5.
• ***Summary:*** From the London Globe: According to *L'Opinion*, an "artificial milk" is "already consumed extensively in China, and a mill is to be set up in France. The Chinese drop a few grains of powder [sic] into water, stir it, and it becomes milk. The powder is the soja bean crushed, and the French mill is to treat the bean so as to enable the milk powder to be sold in packets. It is said that an excellent cheese [tofu?] is obtained by the same process."

784. *USDA Bureau of Plant Industry, Inventory.* 1912. Seeds and plants imported during the period from April 1 to June 30, 1911. Nos. 30462 to 31370. No. 27. 99 p. May 31.

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• ***Summary:*** Soy bean introductions: *Glycine hispida* (Moench) Maxim.

"30593-601. From Manchuria. Procured through Mr. Edward C. Parker, Agricultural Experiment Station, Mukden, Manchuria. Received April 19, 1911. Seeds of the following; quoted notes by Mr. Parker:

"30593. 'Yellow. Chinese name *Huang tou.* Sample collected at Ninguta, in Kirin Province, 45º north latitude. Ninguta is a Chinese town about 10 miles south of the Trans-Siberian Railway and halfway between Harbin and Vladivostok. The Ninguta beans are famous as seed beans, large quantities being distributed among the Chinese in Kirin province for seed purposes. The date of maturity for this variety is the last weekend in September, the crop having occupied the land about 130 days. This variety is known to have been grown in the Ninguta district for 40 years, or since the time the country was opened for settlement. Chinese state that the variety is prized for its thin skin, heavy weight per bushel, and its high oil content.'

"30594. 'Green. Chinese name *Ching tou.* Sample collected at Ninguta (See No. 30593). No information is available concerning time of maturity or special qualities of this varieties. It has been grown at Ninguta for about 40 years.'

"30595. 'Big, round, green. Chinese name *Tah ching yuan tou.* Sample collected at Antung, in southeast Shengking [Liaoning] Province, 40º north latitude. Antung is west of the Yalu River, which divides Chosen (Korea) and Manchuria. No information is available concerning the time of maturity, special qualities, or length of time this variety has been grown in the Antung region. From my own observations, however, I will say that the green soy beans of the Antung region require more time to mature than the small, yellow soy beans of the north. Antung has been settled by Shantung Province people for about 75 years and the variety is doubtless somewhere near the same age. The first recorded exports of soy beans from Manchuria took place from a port in this region (Takushan) about the year 1830.'

"30596. 'Small, round, green. Chinese name *Hsiao ching yuan tou.* Sample collected at Antung (See No. 30595).'

"30597. 'Big, iron corner, green. Chinese name *Tah tie chiao ching tou.* Sample collected at Antung (see No. 30595).'

"30598. 'Small, iron corner, green. Chinese name *Ilsao tie chiao ching tou.* Sample collected at Antung (see No. 30595).'

"30599. 'Compact, round. Chinese name *Chin yuan tou.* Sample collected near Ninguta. Probably the same variety as the 'yellow soy bean' (No. 30593). No description can be furnished other than that given under that number.'

"30600. 'Compact, round. Chinese name *Chin yuan tou.* Sample collected at Shuangchengfu in Kirin Province, 45º north latitude. Shuangchengfu is a Chinese town about 40 miles south of Harbin on the Southern division of the Russian railway. One of the most extensive and fertile soil areas in Manchuria is tributary to Shuangchengfu. This variety is undoubtedly the same common stock as Nos. 30593 and 30599. It matures in about 130 to 140 days and is prized (according to Chinese report) for its thin skin, heavy weight per bushel, and high oil content. It has been grown in this district for about 40 years.'

"30601. 'Compact, round. Chinese name *Chin yuan tou.* Sample collected near Petuna, southwest of Harbin, at the confluence of the Nonni and the Sungari rivers, about 45º north latitude. Soy beans have not been grown more than 15 years in this district because the land was held until recently as an imperial preserve. The variety is doubtless the same common stock as Nos. 30593 and 30599.'

"30744/30748. From Wulukai, 20 miles north of Kirin, the capital of Kirin Province, Manchuria, 44º north latitude. Procured by Mr. Edward C. Parker, agriculturist, Bureau of Agriculture, Industry, and Commerce, Mukden, Manchuria. Received May 3, 1911. Seeds of the following; quoted notes by Mr. Parker:

"30744-30747.

"30744. 'Black-eyebrow soy bean. Chinese name *Hei mei tou.* This variety is classified by the Chinese as being medium late in date of maturity.' Note: This is the earliest document seen (Aug. 2004) that uses the term "Black-eyebrow"; it is apparently a descriptive term rather than a variety name.

"30745. Yellow. 'White-eyebrow soy bean. Chinese name *Pei mei tou.* This variety is classified by the Chinese as being late in date of maturity.'

"30746. Yellow. 'Compact, round soy bean. Chinese name *Chin yuan tou.* This variety is classified by the Chinese as being late in date of maturity.'

"30747. 'Big black soy bean. Chinese name *Tah hei tou.* This variety is classified by the Chinese as being very early in date of maturity. It is used principally as a feed for work horses and mules, also for bean curd and for oil production.'"

"30839-41. From Bengal, India. Presented by Mr. E.J. Woodhouse, Department of Agriculture. Received May 9, 1911. Seeds of the following:

"30839. Black.

"30840. Yellow.

"30841. Chocolate.

'These varieties of soy beans are cultivated to a very small extent on the plains of Bengal, mostly north of the Ganges. They have probably spread outward from the Himalayas, as their vernacular name, *Bhetmas,* is the same as that used by the Bhutias. They have been grown here for two years and breed true; they have been analyzed by Mr. C.S. Taylor, agricultural chemist to the government, who finds that the black-seeded variety yields an average of 38.4 per cent of proteid (N x 6.3), the yellow variety 36.5, and the chocolate 32.6. They are all decumbent plants with small

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violet flowers and with the upright end of the branches more twining. The black-seeded variety is not so tall growing and has rather small bullate leaves, so that can be easily distinguished in the field from the other two varieties. Plate II, fig. 2, of Bulletin 197, Bureau of Plant Industry, U.S. Department of Agriculture, gives a fair idea of the vegetative stage of the chocolate and yellow seeded varieties.

"'The seeds are sown here in June at the break of the monsoon and are harvested in December. The plants die out very easily if water-logged early in growth and yield badly if the moisture fails at the flowering season.' (Woodhouse.)" Address: Washington, DC.

785. *Washington Post.* 1912. A new kind of cow. June 30. p. M1.

• ***Summary:*** From The Vegetarian: "Notwithstanding vegetarians are being scoffed at and dubbed 'cranks,' more and more are coming into the field, and the cause is advancing at a rapid rate.

"This is not so much due to the effort of vegetarians as it is the result of sociological conditions." The human population is increasing so "that the raising of cattle for culinary purposes [meat or dairy products] is each year becoming more of a problem. Each year science gives us some new food element to replace the barbarian piece of roast flesh.

"The latest announcement reveals that milk, butter and cheese can be made out of beans. This milk-producing bean is a special variety, however–the Soja bean, a native of China. A Chinese chemist [Li Yu-ying] has a factory in France working out the problem of milk from beans. He has succeeded in making from this Soja bean milk, a fine quality of butter [made of whole soybeans that have been cooked, pureed, and seasoned], and a highly delectable cheese [tofu]."

786. *Christian Science Monitor.* 1912. Famous soya bean of China. July 31. p. 19.

• ***Summary:*** "It is interesting to note in conjunction with the awakening of China that a Chinese article of food, or at any rate a vegetable product which grows most profusely in Manchuria, is attracting the serious attention of Europe and America. Authorities say that the soya bean contains more of the ingredients of a perfect food than any other one known product, and an important experiment is being tried in France, where a wide assortment of foods is being made from soya beans [by Li Yuying, near Paris]. They include milk, cheese [tofu], casein, oil, jellies, flour, bread, biscuits, cakes and sauces.

"Now an article in the *Journal of Chemical Industry* [29 June 1912, p. 572-74] shows that the use of soya bean oil for paint purposes is established as a practical fact. While it is said that soya oil is not yet proved a perfect substitute for linseed oil in exterior painting, in interior painting it is entirely satisfactory and for some sorts of finishings, like 'baking japans,' it is even better than linseed oil.

"Soya beans to the number of 280 varieties are listed already by the United States governmental investigators. The orientals have made a close study of the product, and apparently know beans. Soya beans have been grown in Virginia and used as a substitute for corn to feed stock, Planted with the corn they act as a fertilizer, and the animals that can get soya beans let the corn alone.

"In China and Japan there is hardly a meal in which some preparation of the soya bean is not used. There would seem to be, after all, some subtle affiliation between bean-fed New England culture and the wisdom of the Orient.

"A Georgia man who tried the soya bean declares that he planted in rich soil and got stalks 20 feet high which he could harvest. It is plain that Jack's, then, was a soya beanstalk." Note: Soybean plants typically grow to height of 2-3 feet, never 20 feet.

787. *USDA Bureau of Plant Industry, Inventory.* 1912. Seeds and plants imported during the period from July 1 to September 30, 1911. Nos. 31371 to 31938. No. 28. 71 p. Sept. 10.

• ***Summary:*** Soy bean introductions: *Glycine hispida* (Moench) Maxim.

"31548-31552. From India. Presented by Mr. E.J. Woodhouse, Department of Agriculture, Sabour, Bengal, India. Received July 26, 1911. Seeds of the following.

"31548. Chocolate variety.

"31549. Greenish yellow.

"31550. Black.

"31551. *Nepali.*

"31552. Yellow."

"31780/31832. Received through Mr. Frank N. Meyer, agricultural explorer, September 11, 1911. Seeds of the following:

"31802-31804.

"31802. From Karghalik [Yecheng or Yeh-ch'eng], Chinese Turkestan [in far western China]. '(No. 1494a, December 12, 1910.) A large, green variety of soybean called *Ching tou*, used when slightly salted and roasted as an appetizer before meals. To be tested like No. 1491a (S.P.I. No. 31799).' (*Meyer*).

"31803. From Kashgar [Kashi], Chinese Turkestan. '(No. 1495a, October 23, 1910.) A black soy bean, used like No. 1494a (S.P.I. No. 31802) and also used to make bean curd. To be tried like No. 1491a (S.P.I. No. 31799).' (*Meyer*).

"31804. From Karghalik, Chinese Turkestan. '(No. 1496a, December 12, 1910.) A large, black soy bean called *Ghae tou.* Used like No. 1494a (S.P.I. No. 31802).' (*Meyer.*)"

Note: This is the earliest document seen (April 2008) concerning soybeans in Turkestan, or the cultivation of soybeans in Turkestan (including Chinese Turkestan, which was actually called Sinkiang at this time). This document

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contains the earliest date seen for soybeans in Chinese Turkestan, or the cultivation of soybeans in Chinese Turkestan (1912). The source of these soybeans is unknown. Address: Washington, DC.

788. Li, Yu-ying; Grandvoinnet, L. 1912. Le soja: Sa culture. Ses usages alimentaires, thérapeutiques, agricoles et industriels [The soybean: Its culture. Its food, therapeutic, agricultural, and industrial uses]. Paris: Augustin Challamel (Rue Jacob 17). 150 p. Illust. Index. 25 cm. Translated into French and expanded from the Chinese edition, published by la Societé Biologique d'Extréme-Orient (1910). [151 ref. Fre]

• ***Summary:*** One of the earliest, most important, influential, creative, interesting, and carefully researched books ever written about soybeans and soyfoods. Its bibliography on soy is larger than any published prior to that time. It was first published as a series of eight articles in *Agriculture Pratique des Pays Chauds* (*Bulletin du Jardin Colonial*) from September 1911 to April 1912. Before being published as a book, it was revised slightly by adding a table of contents at the back, dividing the material into 5 parts with 19 chapters, and adding several photos (p. 16-17), a world map showing the distribution of soybean cultivation (p. 21), and an interesting 2-page table (p. 66-67).

Contents: The soybean: Origin and history. Part I: Soybean culture. 1. Species and varieties of soybeans: Botanical characteristics, species, varieties (Chinese, Japanese, Indian, Indochinese, Hawaiian, USA, European). 2. Needs of the soybean: Climatic, geographical area of the soybean by region worldwide, agrological/soil needs, fertilizers, soil preparation, the place of the soybean in crop rotations. 3. Soybean seeds: Study of seeds (by weight, by germination rate, selection of seeds), time of planting, plant spacing, depth of seeding, rate of seeding per hectare, method of seeding (broadcasting, in rows, in mounds). 4. The soybean during its vegetative stage: Germination, transplanting, types of care (e.g., second dressings), irrigation, flowering and fruiting, enemies of the soybean (e.g., insects). 5. Harvest of soybeans: Time for harvest (forage or grain), methods of harvesting (forage or grain; mechanical mower), threshing (use of machine), yields of soybeans (forage and grain in various countries, ratio of seeds harvested to straw is about 1 to 2, yield of nutrients). 6. Fixation of atmospheric nitrogen by soybeans, and improvement of the soil. 7. The soybean in mixed cultures and alternate rows: With corn, cowpeas, rice, sweet sorghum, or millet.

Part II: Chemical composition of the soybean. 1. Composition of the plant: Minerals in the leaves and total plant. 2. Study of the seed: Composition, chemical composition, microscopic comparisons, table of analyses by 28 previous researchers, albumins, sugars, starch, dextrin or dextrine, diastase, lipids, ash/minerals.

Part III: The soybean as human food and animal feed. 1. The soybean as feed for animals: Green forage and hay. 2. The soybean in human feeding: From the viewpoints of physiology, economy, and gastronomy. The role of soya in special diets: Vegetarianism, remineralization, diabetic, and lactose intolerant.

Part IV: Food products based on soya. 1. Soymilk and its derivatives: Soymilk (Methods of manufacture, Chinese and modern at l'Usine de la Caséo-Sojaïne, nature and properties [physical and chemical] and composition of the milk, action of ferments and diastases (enzymes) on the milk, uses of the milk, the residue from the soy dairy [okara], condensed soymilk, powdered soymilk, fermented soymilk (kefir, yogurt, etc.)), tofu (called Caséo-Sojaïne, or fromage de soya; methods of production, coagulants, yield of tofu, storing tofu, composition and comparison with various meats, digestibility, culinary preparations made from tofu (smoked tofu, tofu pâté, tofu sausages)), Soy casein (food and industrial uses). 2. Soy flour and its derivatives: Soy flour, soy bread, wholemeal bread, other products based on soy flour (as biscuits and cakes for diabetic diets). 3. Soy oil and its by-products: Soy oil, physical and chemical properties, usage, residue of the oil mill: the cake, price, uses. 4. Use of the soybean as a legume: Whole soybeans (composition and digestibility), soy sprouts (*germes de soja*), green vegetable soybeans (*le soja frais*). 5. Fermented soy condiments: Solid condiments from Japan: Tokyo natto (*Le Tokio-Natto*) and Ping-Ming natto or tao-tche (*Le Ping-ming-Natto;* fermented black soybeans with salt, ginger, orange rind, etc. A similar product is made in China and called tao-tche). Paste condiments: Miso (four types and composition), tao-tjung (Chinese miso). Sauces: Shoyu (its production, varieties, properties, composition), chiang-yu (*tsiang-yeou*), ketjap [kechap, from Java], tuong (from Annam, with rice or corn), tao-yu (widely used in China and Japan, described by Prinsen Geerligs). 6. Confectionery products: Comparison with chestnuts, roasted soy flour to replace chocolate. 7. Soy coffee (with analysis by Kornauth). 8. Special fermented products: Kiu-tsee (a special commercial ferment from Canton described by Thiersant), fermented soymilks.

Part V: Industrial uses of soybeans. Oil based: soap, wax candles (*bougie*), and paint oils. Protein based: sojalithe or soy stone which corresponds to lactite, insulators for electrical apparatus, glue, etc. Conclusion. Addendum (*Complément*) to Part III, Chapter 1: Soybean straw and stems. Composition of various seeds, including soybeans. Soy flour. The cakes from oil mills. Soymilk and the cake from soy dairies (*tourteau de laiterie*, okara).

A very interesting table (p. 66-67, which does not appear in the original 8 articles) shows earlier nutritional analyses of the composition of soybeans by Steuf (from Hungary, Mongolia and China), Schroeder, Caplan, Pellet (from China, Hungary, Etampes), Muntz, Nikitin (black soybeans from Russia, 2 samples), Lipski [Lipskii] (yellow, from Russia),

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Giljaranski (yellow from Russia, China and Japan; black from China and Japan; green), König (*Hispida platycarpa* black, Tumida yellow, brown and black), Prinsen (white from Java and China), Goessmann, Kellner, USDA, Chemiker Zeitung (white from Java and China, 29 Jan. 1896), Scuff (misomame; miso soybeans), Zulkovski (yellow from China, reddish brown from Mongolia), Institut Agr. de Vienne (Austria; yellow from Vienna, reddish brown from Tirol), Ecole Imp. et Roy d'Ag. Hong (yellow from Mongolia and China, reddish brown from China), Chez M. Olivier Lecq (from Moravia), Lechartier (Etampes and black), Joulie (yellow), Stingl and Morawski, Bloch (yellow, green, and black), Balland, Cavendish Evelyn Liardet (yellow, brown, green, black, and white), Jardin Colonial (Laos, Tonkin, China), Aufray (Tonkin, Yun-nan), Homes Laboratory (black from China, or white). Photos and illustrations are the same as those referenced in individual sections of the book, except for the following: A field of soybeans (p. 16). A soybean plant growing in Europe (p. 17). Color illustrations appear facing pages 12, 22, and 64. Address: Li is from Societe Biologique d'Extreme-Orient (Chine). Grandvoinnet is from Ingenieur Agricole (G.).

789. Hawthorne, H.L. 1912. An official visit to the Japanese army. *J. of the Military Service Institution of the United States* 51(179):156-72. Sept/Oct.

• ***Summary:*** The first Appendix, titled "Schedule for carrying out theoretical and practical studies of the recruits in the first term, 1911-1912. By the 2d [2nd] Company, the 3d [3rd] Battalion, Engineers" states (p. 172) under "Bills of fare. Prepared by the 1st Battalion, the 68th Regiment, Infantry. (Extract)."

Sunday (March 10, 1912). Breakfast includes: *Moritsuki*, with Soy, 2 shaku. Tiffin includes: *Furofuki* radish [daikon] with Miso (bean paste), 13 momme. Supper includes: *Shitashi*, with Soy, 15 sai. Cost of fish and vegetables per man, Yen 0.11 7/10.

Monday (March 11, 1912). Breakfast includes: Miso soup with Fried bean-curd 1/3 piece. Bean curd 1/4 piece. Miso, 18 momme. Tiffin includes: *Nimame* with Black [soy] bean, 4 shaku. Soy, 1 shaku. Supper includes: Fresh beef, 10 momme.

"Note: Momme–about 3.8 gram. Shaku–0.004 gallon. Sai–1/10 shaku." Address: Lieut-Col., U.S. Army, Military Attache, Tokyo, Japan.

790. Kuijper, J. 1912. Soja [Soya]. *Departement van den Landbouw, Suriname, Bulletin* No. 29. p. 24-29. Nov. [Dut]

• ***Summary:*** In recent years, since 1908, soya has become a product of great importance on the world market. There are few products whose exports have risen so dramatically in just a few years. The reason for the great expansion of trade in soya can be found in the great demand by industry for oilseeds. For more than 30 years, experiments have been conducted on growing soybeans in Europe, but the results have not been very promising. Some people have suggested that soya might be able to be grown in Suriname. It is grown in many tropical countries, including Siam, British India, and Java. Requirements for cultivation and yields are discussed. Japan reports the highest yields, 2,500 kg/ha, compared with 1,000 to 1,400 kg/ha from the USA. Soybeans produce more protein and oil per unit area of land than any other farm crop. The seed is used mainly for human consumption but the plant also yields, fresh or dried, an excellent livestock feed, which is why so much research on it is now being conducted in Australia and America. It is important for Suriname that soya can be used as a green fodder, for example interplanted and fed with corn.

From soya one can make numerous products such as soymilk (*soyamelk*), soy cheese [tofu] (*soyakaas*, whose food value is higher than that of meat), soy flour, soy bread (*soyabrood*), oil (*olie*), various sauces (soya sauce, Worcester sauce, etc.), and various substitutes for coffee and chocolate, etc. (*surrogaten voor koffie en chocolade enz.*).

In Suriname soya is cultivated on a small scale by the Javanese, for example in Lelydorp and in the settlements of Johan and Margaretha. Many experiments with Soya have already been conducted in the experimental garden (*Cultuurtuin*). Seeds imported from America did not give good results; the plants remained small, yielded few fruits, and died quickly thereafter. It is a common occurrence that plants from temperate or subtropical regions do not grow well in the warm tropics in the rainy season. Of the seeds cultivated in Suriname, two varieties give good results. Those cultivated by the Javanese give hardy plants and a lot of seed though exact yield figures are not available; the planted area is still quite small. But the yield is about 1,000 kg/ha. Apparently the necessary bacteria are present in the soil, for the roots show nodulation.

In the experimental garden two beds of soya were planted on May 24. The first seeds ripened after 3 months and within 4 months all was harvested. Thus the plants developed during the rainy season, and they probably got too much water. The results would probably be better if this season could be avoided. Soya is sold in Suriname for hfl 30 per bag, a considerably higher price than that paid in Europe. On the plantations Peperpot and Jaglust experiments with soya have also been conducted. The European seed that was used gave very limited results. The experiments will be conducted again using Suriname seeds.

With the market price at hfl 10 per bag, it seems very unlikely that the cultivation of soya in Suriname will ever be profitable, unless high yields can be obtained. As mentioned above, this seems unlikely. Small scale cultivation for sale in Suriname, however, seems advantageous at present, while in areas where cattle are raised the use of soya as a green feed to replace more expensive secondary feeds will likely give good results.

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Note 1 This is the earliest document seen (May 2009) concerning soybeans in Suriname, or the cultivation of soybeans in Suriname.

Note 2. This is the earliest Dutch-language document seen (Nov. 2012) that uses the term *surrogaten voor koffie* to refer to soy coffee.

Note 3. This is the earliest Dutch-language document seen (Oct. 2003) that uses the term *soyamelk* to refer to soymilk.

Note 4. This is the earliest Dutch-language document seen (April 2013) that uses the term *soyakaas* to refer to tofu. Address: Surinam.

791. Tonnelier, Adolfo C. 1912. Soja hispida, Moench: Metodos industriales de elaboracion de sus diversos derivados [The soybean: Industrial methods of manufacturing its various derivatives]. *Revista Industrial y Agricola de Tucuman* (*Argentina*) 3(6):236-39. Nov. See also p. 396. With 5 photos of soybean plants and soybeans. [Spa]
• ***Summary:*** Contents: Introduction. Vegetable milk (*leche vegetal*, soymilk). Vegetable cheese (*queso vegetal*) [tofu]. Oil and casein (*aceite y caseina*, including preliminary operations of washing the seeds, extraction of the oil (*El aceite de Soja*), extraction of the vegetable casein {*caseina vegetal*} which has numerous industrial applications, as in the preparation of water-resistant paints, in the textile, paper, silk, and artificial textile industries, rubber, leather, plastic materials, films, photographic emulsions, etc.). Soy flour. Artificial rubber (*caucho artificial*). Shoyu or soy sauce (*choyou ó salsa de soja*).

"In the vicinity of Paris a factory for the production of soy-based food products has been founded. In England important manufacturers of soy flour, soybean cakes, and the extraction of the oil are in operation. Mr. Karajama [sic, Katayama (1906)], a Japanese chemist, uses soybean seeds to prepare a concentrated milk, a flour of the type that Nestlé makes, and biscuits (*biscochos;* not cookies), obtaining in this way a maximum of food and nutrition at very reduced volume.

"The experiments carried out since one year ago at this part of the Experiment Station, attached to the National School of Agriculture at Córdoba, have verified the easy acclimatization of this plant, the abundance and goodness of its products.

"It is to be hoped that its cultivation with be extensively propagated in the zones that are favorable for it. This leguminous oilseed is not only of interest to the farmer, agriculturist, and landowner, but also to the industrialist, and on no smaller scale.

"It is a new fountain / source of riches for the nation, that we must not neglect."

Note 1. This is the earliest Spanish-language document seen (Aug. 2003) that uses the term *caseina vegetal* to refer to isolated soy protein.

Note 2. This is the earliest Spanish-language document seen (Sept. 2006) that uses the term *El aceite de Soja* to refer to soy oil.

Note 3. This is the earliest Spanish-language document seen (April 2012) that uses the word *choyou* or the term *salsa de soja* to refer to soy sauce.

Note 4. This is the earliest Spanish-language document seen (April 2013) that uses the term *queso vegetal* to refer to tofu. Address: Chief of the Experiment Station, attached to the School of Agriculture, Argentina.

792. *Grey River Argus* (*West Coast, New Zealand*). 1912. Milk made by machinery: Dairies turned into factories. Germ free and cheaper than cow's milk. Dec. 9. p. 1.
• ***Summary:*** "The familiar sign 'Milk from our own dairies' may soon be supplanted in London by the announcement 'Milk from our own factories.'

"This startling development of man's struggle to improve on nature is the result of the discoveries of Dr. Saner and Dr. Gooseell [sic, Gössel; Goessel], two German scientists, who claim to be able to make by machinery milk that is superior to that supplied by the cow.

"A demonstration of this synthetic milk was given at Dane's Inn House, London, in October, in the presence of medical men and Press representatives. Apart from a sort of clinging taste after drinking it, the synthetic draught passed the palate test. It went a little better with coffee.

"The inventors of synthetic milk have been experimenting in Germany for three years, and they claim they have now produced a perfect substitute for the natural article. Analysts in Germany have reported favourably on the new product.

It is claimed that the new milk is:–Free from bacilli; More wholesome than natural milk; Made in various grades to suit, the infant or the adult; Easily standardised; And that it is much, cheaper than the natural article.

"The raw material is said to be purely vegetable, one of the main ingredients being the Soya bean, which is grown in Japan and Corea [Korea], and much used in those countries. As to the process of manufacture. Mr. Faulding stated that various vegetables were put into a machine and subjected to great heat. In plain English the machine does the work of the cow, the raw material, in the scientific sense, being exactly the same as that which supplies the natural article. It takes about seven hours to turn out the finished milk, and it is proposed to 'brew' twice a day.

"The plant is not costly, and taking an average of the various grades of strength the inventors intend to make, the price to the public will be 3*d* per quart. Cheese [tofu] can also be made from synthetic milk, which would be sold for about 3*d* a pound.

"The substitute will not make butter, but it is possible that it may be used in the manufacture of margarine.

"Synthetic milk also gives cream, but it takes longer to

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make it, as the fat is more evenly distributed than in the case of natural milk.

"Other claims made for synthetic milk are that it is not touched by hand throughout the process of manufacture and that it is not exposed to the atmosphere while being made, except for the brief period required for bottling.

"This, the inventors claim, makes it absolutely free from bacilli [bacteria], and thus, it is claimed, the substitute will greatly diminish consumption [tuberculosis] and other illnesses which are due to or aggravated by, tuberculosis milk.

"It is said that the new milk will keep good twice as long as cow's milk, but as it will be offered for sale in bottles of all sizes, this is not very material.

"If the invention is favourably received it is intended to build a factory in London."

793. *Poverty Bay Herald* (*Gisborne, New Zealand*). 1912. An artificial milk,... Dec. 13. p. 2, col. 2.
• ***Summary:*** "... manufactured from vegetables, which is said to contain all the elements of the best cow's milk, and can be used for the same purpose, was shown to a gathering of scientists in London. Mr. A.J. Faulding, who will be responsible for the introduction of artificial (or synthetic) milk to this country, told a press representative that it was more digestible than ordinary milk, and its cream was for more nourishing. The milk could be used for all cooking purposes, and a very good cheese [tofu] could be made from it, but it would not produce butter. As the milk was germ-free, it would keep longer than cow's milk. The discovery was the work of three Germans, who spent three years in perfecting it. The soya bean in the principal source of the ingredients." Address: Prof.

794. Gibbs, H.D.; Agcaoili, F. 1912. Some Filipino foods. *Philippine J. of Science* 7A(6):383-401. Dec. Section A. Plus 6 unnumbered pages of plates at end. See p. 398-99 + plates III, IV. [2 ref]
• ***Summary:*** "Toyo sauce–This condiment is made principally by Chinese from soja beans, *Glycine hispida* Maxim., imported from China. It is a Chinese sauce of the Worcestershire type." Boiled beans and salt are placed in earthenware jars and spontaneous fermentation is allowed to go on in the sun for 2-4 months (see plate V). "The fermented mass is again boiled for another 12 hours, and the clear liquid is bottled and sold under the name of the toyo sauce. Sometimes it is boiled two or three times producing different grades of strengths of sauce. Molasses or sugar are sometimes added, and this variety is called *si yao* (Chinese).

Photos show: (1) A man in a bihon (thick rice vermicelli) factory using a push-pull apparatus, suspended by ropes from the ceiling, to rotate a traditional stone mill.

Note 1. This same kind of apparatus and mill are used in traditional shops making tofu throughout East Asia.

(2) Soja beans fermenting in earthenware jars, covered with conical woven bamboo lids, in a courtyard, in the manufacture of toyo sauce.

"The Macao Chinese add a quantity of wheat flour to the boiled beans and dry the mixture in thin layers on trays several days before placing in jars for fermentation. This process hastens the fermentation." Note 2. Macao [Macau] is a Portuguese overseas territory, located about 40 miles west of Hong Kong.

Table XVIII gives "Analyses of toyo sauce," including regular toyo, toyo made with sugar, and crude molasses.

Note 3. This is the earliest document seen (April 2012) that uses the word "toyo" or the word "toyo sauce" to refer to Filipino-style soy sauce. Address: 1. Assoc. Prof. of Chemistry, Univ. of the Philippines; 2. Food and Drug Inspector, Bureau of Health. Both: From the Lab. of Organic Chemistry, Bureau of Science, Manila.

795. Linder, William V. 1912. Soy bean cheese. *J. of Industrial and Engineering Chemistry* 4(12):897-98. Dec.
• ***Summary:*** "In the line of my official work a few weeks ago, I had the occasion to examine two samples sent to the laboratory from a western state; these were suspected of being filled cheese... The samples somewhat resembled in appearance and taste a very soft and mushy cream cheese, saturated with water."

Analyses showed that the samples were made from soybeans, and contained no milk, cream, or butterfat. "The investigation proved that the product submitted for examination could not be classed as filled cheese, although a very good substitute."

Note: The "soy bean cheese" was probably tofu, though it could possibly have been fermented tofu. Address: Lab., Bureau of Internal Revenue, Washington, DC.

796. **Product Name:** Tofu.
Manufacturer's Name: Hashimoto Tofu-ya.
Manufacturer's Address: 87 Jap Alley, Sacramento, California.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 53. Also in 1913, p. 58–at 87 Japanese Alley. Note: Okamoto Tofu-ya was at this address in 1911 (Directory entry p. 45).

797. **Product Name:** Tofu.
Manufacturer's Name: Hashimura Tofu-ten.
Manufacturer's Address: 1620 Park St., Alameda, California. Phone: Alameda 3092.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 38. Note: Hieda Tofu-ya was at this

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address in 1909 (Directory entry p. 29), and Mizoda Tofu-ya in 1911.

798. **Product Name:** Tofu.
Manufacturer's Name: Higashiuma (Toouma?) Tofu-ten.
Manufacturer's Address: 522 Jackson St., Seattle, Washington. Phone: A1697.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 188. Note: This may have been one of the three un-named Japanese tofu shops in Seattle in 1909 and 1910.

799. **Product Name:** Tofu.
Manufacturer's Name: Kajikawa Tofu-ya.
Manufacturer's Address: P.O. Box 186, Oxnard, California. Phone: Home 236.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 121. Note: This may have been one of the two un-named Japanese tofu shops in Oxnard in 1910.

800. **Product Name:** Tofu.
Manufacturer's Name: Kimura Tofu-ten. Renamed Kimura Tofu-ya by 1913.
Manufacturer's Address: 1521 C St. So., Tacoma, Washington. Phone: A 2425.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 190. Also in 1913, p. 219. However the company name is now Kimura Tofu-ya and the address has changed slightly to 1519 South C [St].

801. **Product Name:** Tofu.
Manufacturer's Name: Kitayama, Hayashi Tofu-ten.
Manufacturer's Address: 509A 7th Ave. So., Seattle, Washington. Phone: Ind 2222.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 188. Note: This may have been one of the three un-named Japanese tofu shops in Seattle in 1909 and 1910.

802. **Product Name:** Tofu.
Manufacturer's Name: Konno Tofu-ya.
Manufacturer's Address: 1216C 3rd St., Sacramento, California.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 53. Note: Tomita Tofu-ya was at this address in 1911 (Directory entry p. 29).

803. **Product Name:** Tofu.
Manufacturer's Name: Matsumura Tofu-ya.
Manufacturer's Address: 602 N. 6th St., San Jose, California. Phone: S.J. 3512.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 135. Also in 1913, p. 164. Also in 1914, p. 167. But the phone is now 3657.

804. **Product Name:** Tofu.
Manufacturer's Name: Murata Tofu-ya.
Manufacturer's Address: P.O. Box 41, Moneta, California. Phone: A2766.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 118. Also in 1913, p. 136. Note: Moneta is near Gardena and Norwalk, directly south of Los Angeles.

805. **Product Name:** Tofu.
Manufacturer's Name: Nabejima Tofu-ya.
Manufacturer's Address: 257½ 54th St., Ogden, Utah. Phone: 1089Y.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 154. Also in 1913, p. 117. Address is now 257 24th St. They also sell liquor–in Utah! Also in 1914, p. 183. Address is now 256½ 24th St. Phone: 2301-W.

806. **Product Name:** Tofu.
Manufacturer's Name: Nomitsu Tofu-ya.
Manufacturer's Address: 632 N. 6th St., San Jose, California. Phone: S.J. 3379.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 135. Also in 1913, p. 164. Also in 1914, p. 167. But the phone number is now S.J. 786. Also in 1919, p. 110. But the phone number is now "San Jose 786." Also in 1920, p. 119. Also in 1921, p. 130. Also in 1922, p. 119. But the address is now 615 N. 6th St. No phone number is given. Also in 1923, p. 138. But the address is now 635 N. 6th St. Still no phone. Also in 1925, p. N-113. Still no phone. Also in 1926, p. N-116.

Also in 1930, p. 115.

Timothy J. Lukes and Gary Y. Okihiro. 1985. *Japanese legacy: Farming and community life in California's Santa Clara Valley.* p. 22-23. A map titled "San Jose Nihonmachi" shows Nomitsu Tofu located on 6th St, 4 doors from Taylor

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Street.

807. **Product Name:** Tofu.
Manufacturer's Name: Oogushi Tofu-ya.
Manufacturer's Address: 319 Jackson St., Los Angeles, California. Phone: A2766.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 115. Note: Hashii Tofu-ya was at this address in 1911 (Directory entry p. 91).

808. **Product Name:** Tofu.
Manufacturer's Name: Oouchida Tofu-ya.
Manufacturer's Address: 79 Jap Alley, Sacramento, California.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 53. Note: Oouchi (Ohuchi) Tofu-ya was at this address in 1911 (Directory entry p. 45).

809. **Product Name:** Tofu.
Manufacturer's Name: Sakamoto Tofu-ya.
Manufacturer's Address: 1675 Sutter St., San Francisco, California.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 17. Note: Aramachi Tofu-ya was at this address in 1909 (Directory entry p. 14), and in 1911 was named Sasaki Tofu-ya (p. 17).

810. **Product Name:** Tofu.
Manufacturer's Name: Shomi (Komi? / Omi?) Tofu-ten.
Manufacturer's Address: 119 E. Lafayette St., Stockton, California.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 80. Also in 1913, p. 90. Also in 1914, p. 61. Note: This may have been the un-named Japanese tofu shop in Stockton in 1910 (p. 178) and/or 1911 (p. 157).

811. **Product Name:** Tofu.
Manufacturer's Name: Yaoya (Tofu-ya).
Manufacturer's Address: 370 8th St., Oakland, California. Phone: A5599 (Home).
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 29. Note: Shigemoto Tamekichi Tofu-ya was at this address in 1911 (Directory entry p. 27).

812. **Product Name:** Tofu.
Manufacturer's Name: Yasunobu Tofu-ya.
Manufacturer's Address: Care Meiji Riyokan [Ryokan], Salt Lake City, Utah.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 153.

813. **Product Name:** Tofu.
Manufacturer's Name: Yonemura Tofu-ten.
Manufacturer's Address: 184 E. 14th St., Riverside, California. Phone: Home 236.
Date of Introduction: 1912.
New Product–Documentation: Nichibei Shinbun-sha. 1912. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 122. Also in 1913, p. 142–but now named Yonemura Tofu-ya. Phone: Home 1887. Note: This may have been one of the two un-named Japanese tofu shops in Riverside in 1910.

814. Beltzer, Francis J.-G. 1912. Industries du lactose et de la caséine végétale du soja [Industries producing lactose and soy vegetable casein]. Paris: Librairie Bernard Tignol. 144 p. Undated. (Bibliotheque des Actualites Industrielles, No. 144). [17 ref. Fre]
• ***Summary:*** Contents: Preface. Part 1: The lactose industry (p. 9-95; 4 chapters). Part II: Vegetable milk, vegetable casein, and products from soybean seeds. Introduction. 1. Vegetable milk (*Le lait végétal;* soymilk), microscopic examination of vegetable milk. 2. Vegetable cheese (*Le fromage végétal;* tofu). 3. Industrial uses of vegetable casein, proximate analysis of soybean seeds, quantity and dosage determination, the price of soybeans, price of recovery of vegetable casein, industrial production of vegetable casein, cleaning the soybeans, extraction of soy oil, extraction of soy casein. 4. Plan and installation of a factory for processing (10 tons/day of) whole soybeans [to make industrial vegetable casein], estimate and specifications for special materials, general materials, the buildings, price of recovery of vegetable casein, industrial uses of vegetable casein. Illustrations (line drawings) show: (1) Microscopic view of soymilk globules. (2) Microscopic view of soya bean tegument (exterior). (3) Schematic drawings (cross section and overview) of a factory for making vegetable casein.

Matagrin (1939, p. v) states that with this book, Francis G. Beltzer, a practical chemist, became a major force in visualizing new industrial uses for the soybean in the West.

The Preface notes that in Indochina, vegetable milk and vegetable cheese made from the soybean form the base of the people's nutrition. Cow's milk is largely unknown, and the people raise and nourish their children largely with soymilk. Tofu serves equally for the current nourishment of the poor (p. 6).

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The Introduction (p. 101-07) notes that soy protein is a globulin, called glycinin or vegetable casein (*caséine végétale*). Osborne & Clapp submitted this substance to acid hydrolysis and found its composition, which is very rich in glutamic acid (p. 102). Soy flour (*farine de Soja*) contains little starch but a large amount of nitrogenous materials, similar to gluten; it is widely used in making bread for diabetics. It can also be used as the basis of foods that are rich in protein and very nutritious, as for colonial or European troops (p. 103).

Soy sauce (*Soja fermenté*) is made in Japan from a mixture of soy and wheat (*koji*). The number of brewers (*brasseurs*) of soy sauce exceeds 12,000 in the entire Japanese Empire, furnishing more than 2,500,000 hectoliters of this condiment (p. 103).

A Chinese factory has been founded on the outskirts of Paris (at Vallées, near Colombes) for the production soy-based food products (*produits alimentaires à base de soja*). This factory currently makes *Caséo-sojaïne* [tofu] and the following food products: Soy flour (*Farine de soja*), soy bread (*Pain de soja*), soy sauce (*Sauce de soja*), soymilk (*Lait de soja*), fermented soymilk (*Lait de soja fermenté*), soy cheese [tofu] (*Fromage de soja*), soy confections (*Confitures de soja*), etc. The Journal, in its issue of 9 Jan. 1911, under the title *"Une usine chinoise fonctionee dans la banlieue parisienne* [A Chinese factory is operating on the outskirts of Paris]" gives some details (p. 106).

In our colonies in Indo-China, the indigenous people have long prepared soymilk, tofu, and several other foods. Soymilk is used like regular milk for feeding babies. Soy cheese, when cooked, is analogous to gruyere cheese; fresh soy cheese resembles our goat cheese. Many Europeans are now preoccupied with making the best of the abundant nutritive principles found in the soybean. One can eat green vegetable soybeans (*Les fruits verts*) like green peas (*pois verts*). In Annam and Japan a sauce is also made from soybeans; its use has spread from East Asia just like that of tofu (*fromage végétal*) (p. 107).

The introduction into Europe and France of soyfoods (*aliments retirés du Soja*), especially soymilk and tofu, will enable us to combat periods of scarcity of animal milk and periods when the prices of certain foods are high. Will the substitution of vegetable casein for milk casein enable us to likewise conserve milk for food use instead of delivering it to industry? (p. 107).

Chapter one, "Soymilk" (p. 108-13), discusses the work of the Japanese chemist T. Katayama (1906) with soymilk and notes that it can be homogenized and condensed. Illustrations show a microscopic view of the globules of soymilk and of okara. The absence of starch in soybeans is a very positive characteristic.

Chapter two, "Tofu" (p. 114-18), notes that in Cochin-China, calcium sulfate is called *Tchack-kao*, and there are three main varieties of tofu: (1) The fermented variety, which is gray or yellow in color, has a piquant taste and resembles Roquefort cheese. (2) The white salted variety resembles goat's cheese. (3) The baked (*cuite*) or smoked variety resembles gruyere cheese and keeps as well as the salted variety.

Chapter three, "Industrial uses of vegetable casein" (p. 119-32), observes that the oil in soybeans must first be removed by pressing or extraction. A table (p. 120) gives the chemical composition of soybeans from Laos and Cochin China, Tonkin, and China and Manchuria. They contain 17.64 to 18.28% oil. In Indochina a food which Beltzer calls *La caséine végétale en lames* ("vegetable casein in sheets" = yuba) has a rather high oil content–about 25-28%. There follows a section (p. 126-32) which contains details on industrial production of soy casein. Chapter four, "Design and installation of a factory for processing soybeans into industrial vegetable casein," describes each piece of equipment and its cost, itemizes the costs of general and special materials plus, buildings and working capital. Also includes a detailed schematic diagram (p. 136-37) with three production lines, and both top and side views. Finally, it lists expenses, income, and profit (p. 139). The last section, applications of industrial vegetable casein, includes paints, paper coatings, silk and artificial textiles, Galalith, and waterproofing of textiles and straw hats. The book contains no bibliography, few footnotes, and no mention of the work of Li Yu-ying–from whom the author appears to have borrowed much.

Note: Although this book is undated, all major sources (except a Seattle Public Library bibliography) give its date as 1912. Address: Ingenieur-Chemiste-Expert, Professeur de Chimie Industrielle.

815. Giles, Herbert Allen. 1912. A Chinese-English dictionary. 2nd ed., revised & enlarged. 2 vols. Shanghai, China: Kelly & Walsh, Ltd.; London: Bernard Quaritch. 33 x 26 cm. Reprinted in 1964, 1978. [4 ref. Eng; chi]

• ***Summary:*** These two massive volumes, each weighing about 9½ lb, contain more than 1,800 pages and 13,848 Chinese characters. Contents of Vol. I: Part I. By the same author (25 books). Dedication. Preface. Extracts from preface to first edition. Dialects (The romanized pronunciation of each character is given in Cantonese, Hakka, Foochow, Wênchow, Ningpo, Peking, Mid-China, Yangchow, and Ssuch'uan {Szechwan} dialects, as well as in Korean, Japanese, and Annamese, each being distinguished by its initial letter). Tables: Insignia of official rank, the family names, the Chinese dynasties, topographical, the calendar, miscellaneous (the Chinese digits, the Chinese decimal system). The 214 radicals. Radical index. Part II. A Chinese-English dictionary (p. 1-1711, in two volumes). Examples of soy-related characters:

Chiang (p. 149, No. 1220). "A soy made by mixing salt with bean flour. Sauce." Fourteen compounds using this

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character are given, including: Bean sauce, soy. Pickled bean curd. Bean sauce. Soy is of two kinds, the clear and the thick. Dry relishes. Soy [sauce] colour–a dark reddish drab. He won't use money for vinegar to buy soy.

Ch'ih (p. 249, No. 1996). "Salted fruits, etc., dried and used as relishes." Four compounds incl.: Salted beans. Soy, sauce.

Fu (p. 458, No. 3686). "Rotten; putrid; worthless." Eleven compounds and sayings include: Bean curd, see No. 11,417. Bean curd officials–a term of contempt applied to certain of the poorer classes of official servants who are compelled to feed largely on this cheap food. Also explained as flabby or unenergetic officials. A Mongol name for cheese. A kind of milk made from beans (milk + fu) [Note: Probably fermented tofu].

Huang (p. 635, No. 5124). Yellow. Compounds: Yellow beans.

Mao (p. 955, No. 7,679). "Hair, down, feather." But the word *Maodou* ("Hairy beans") = edamame does not appear here.

Ta (p. 1,294-96, No. 10,470). "Great." But the word "Great bean" = soybean does not appear here.

Tou (p. 1,412, No. 11,417). "Beans; pulse." See also No. 11,412. Thirty compounds, incl.: Bean-sprouts. Bean-curd. A cheap restaurant (a bean-curd restaurant). Like making bean curd–very tedious. A tongue like a knife, but a bean-curd heart (soft). Bean-cake. Bean oil. Big bean, black bean, or yellow bean = the soja or soya bean (*Glycine hispida*, Max.), used for making bean-curd, soy, oil, etc. Ground-nuts.

Yu (p. 1,661, No. 13,409). "Oil, fat, grease." 45 compounds incl. Oil, salt, soy, and vinegar = condiments generally. Sesamum-seed oil. Linseed. Wood oil. An oil factory. Oil dregs. But "bean-oil" = soybean oil does not appear here.

Note 1 (see p. vii): Other earlier important Chinese dictionaries are: Morrison (1819, English). Medhurst (1843, English). Williams (1874, American). Giles (1892, English). Giles lived 1845-1935.

Note 2. Unfortunately, the pronunciation of the compounds is not given (as in Mandarin). Address: Prof. of Chinese, Univ. of Cambridge, Cambridge, England; and sometimes H.B.M. Consul at Ningpo.

816. Hashimoto, Yojizaemon. 1912. The dairy industry in Japan. MSc thesis, University of Wisconsin. [2] + 67 p. See p. 41-42 [3 ref. Eng]

• ***Summary:*** Chapter 10, "The manufacture of tofu," describes the process in detail, using equipment that was common in 1912. The soaked soybeans are ground with a stone mortar, adding water little by little, then boiled with water for 20-30 minutes. "If it boils over, add a little rape oil in order to prevent foam. After 20 or 30 minutes, pour into a hemp cloth bag and press with the hydraulic press so that a milky substance [soymilk] is squeezed out of the bag which is collected. The deposit remaining in the bag is cooled and is known as Kirazu. This is very palatable and is eaten by the people and domestic animals."

Note 1. This is the earliest English-language document seen (Aug. 2008) that uses the term "milky substance" to refer to soymilk.

Note 2. This is the earliest purely English-language document seen (Dec. 2008) that uses the word "Kirazu" to refer to what is now called "okara" or "soy pulp."

"To this boiling, milky substance is added, little by little, saturated magnesium sulphate (obtained from sea salt) until about 1/20 of a gallon is added. Then cover about ten minutes without disturbing. This curd is poured into a wooden mold, which has a hoop of cheese cloth, and pressed about 30 minutes with light weights.

"The Tofu is a little firmer in texture than junket, which can be handled easily without breaking. Tofu has a mild, pleasant flavor and smooth texture. It is prepared economically and conveniently throughout the Japanese empire and is a most digestible food. It is cut into blocks about four or five inches square, weighing about one pound, which are sold for about half a cent each to customers. It is eaten fresh or may be frozen and kept for a year or more."

A table shows the chemical composition of tofu. Digestibility: Crude protein: 2.7. Carbohydrates: 7.1? Fat 1.2.

On page 63 is an interesting discussion of why dairying has developed slowly in Japan.

Note 1. This thesis was submitted for the Degree of Master of Science in Agriculture. Note 2. At this time, the word "kirazu" appears to have been more popular than "okara" or "unohana."

817. Polk's Portland [Oregon] city directory. 1912. Portland, Oregon: R.L. Polk & Co., Inc. See p. 1142, 1735. *

• ***Summary:*** "Ota H baths 86½ 5th N"

"Oya H." Note 1. This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.*

Note 2. Note: This is the earliest document seen (March 2013) that mentions Heiji Ota. Address: Portland, Oregon.

818. Polk's Portland [Oregon] city directory. 1912. Portland, Oregon: R.L. Polk & Co., Inc. *

• ***Summary:*** Ota S. Baths. Business and residence at 86½ 5th St. North. Note: This may be the earliest document seen (July 2008) that mentions Saizô Ota. Address: Portland, Oregon.

819. Tonnelier, Adolfo C. 1912. La Soja hispida y sus aplicaciones [The soybean and its applications]. Buenos Aires, Argentina: J. Carbone. 16 p. [Spa]

• ***Summary:*** Various tables give the chemical composition of soybeans based on different previous analyses (incl. moisture, ash, oils, nitrogenous substances / proteins

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{*materias azoadas, materias proteicas*}, cellulose, and carbohydrates).

"The results obtained during these last two periods in this Experimental Station permit us to predict a bright future for these industries. The soybean is adequate to use as green manure, green fodder and hay; it produces a grain with which flour is made for the maintenance of people and animals; it also produces oil which leaves a residue cake that can be fed to livestock. Besides these products, soybeans can be a source for artificial milk (*leche artificial;* soymilk), cheese (*queso*) [tofu], and a certain sauce (*cierta salsa;* soy sauce), all of which, even if their use has not yet become part of our custom, are at least widespread in the Chinese Empire" (p. 1).

"The main center for the utilization of the soybean and for the production of flour, oil and cakes is found in Hull, England." Tables show the composition of soy flour and the soybean cake, based on analyses by Maret and Delattre (p. 8).

On page 10 is a discussion of vegetable milk or soy milk. Page 12 discusses *"queso de Soja, ó To Fou"* ("soy cheese, or tofu") and *"la famosa salsa de Soja, llamada Soyou ó Choyou"* ("the famous soy sauce, called Soyou or Choyou" [actually shoyu]). A table gives the chemical composition of fresh and dry tofu.

A full-page table (p. 13) compares the chemical composition of soybeans and soyfoods with similar foods from other sources in six categories: Seeds or grains, cakes (for feed), flour, green forage, milk (incl. soymilk), and cheese (incl. fresh and dry tofu; *Queso de To Fou, fresco; Queso de To Fou, seco*). The dry tofu cheese may be dry-frozen tofu.

"Experiments carried out at this Experimental Station in Cordoba during the last three years plainly confirm the favorable effects that legumes produce as green/unripe manure over other crops such as corn, flax, wheat, barley, rye and potatoes. In the period 1910-1911, as is well known, was not a very favorable one for forage production. A yield corresponding to 36,000 kg/ha of green forage was obtained [from soybeans] at this Experimental Station" (p. 15). "The experimental cultivation of the hispid/hairy soybean in the period of 1910-1911 was carried out on soil of mediocre composition, inferior to that of the average crops in the region. As I stated earlier, that year was extremely unfavorable for all vegetation. Half of the crop either failed to bloom or did not ripen. As a result, by January 19, 1911, the harvest of green forage was 36,800 kg/ha, leaving the other half for seed" (p. 16).

Photos show: (1) A field of soy bean plants (Soja hispida). (2) Close-up view of a man standing with a measuring stick in a field of soy bean plants. (3) Close-up view of leaves of a soy bean plant. (4). Close-up of soybean pods on stem. (5). Soybean pods placed next to a ruler.

Note 1. This is the earliest document seen (May 2009) concerning the cultivation of soybeans in Argentina (one of three documents).

Note 2. The last two lines of the article read: "Cordoba, July 1911. A.C. Tonnelier." Therefore this document contains the earliest clear date seen for soybeans in Argentina, or the cultivation of soybeans in Argentina (1908). The source of these soybeans is unknown.

Note 3. This is the earliest Spanish-language document seen (Aug. 2003) that uses the term *materias azoadas* or *materias proteicas* to refer to nitrogenous substances or protein in connection with soybeans.

Note 3. This is the earliest Spanish-language document seen (April 2013) that uses the term *queso de Soja* refer to tofu. Address: Jefe de la Estación Experimental, anexa á la Escuela Nacional de Agricultura y Ganaderia de Córdoba (Chief of the Experiment Station, attached to the School of Agriculture and Cattle Raising of Cordoba, Argentina).

820. Winkler, Hubert. 1912. Botanisches Hilfsbuch fuer Pflanzer, Kolonialbeamte, Tropenkaufleute und Forschungsreisende [Botanical guidebook for colonial settlers and officials, buyers of tropical goods, and explorers]. Wismar: Hinstorffsche Verlagsbuchhandlung. 322 p. See p. 240-41. [1 ref. Ger]
Address: Privatdozent an der Universitaet Breslau [Germany].

821. Harland, Marion. 1913. Common sense in the home (Letter to the editor). *Chicago Daily Tribune.* Jan. 26. p. F3.
• ***Summary:*** The letter titled "Some inexpensive dishes," by "Real Estate Bill," begins: "With regard to the high cost of living, here are three plants that are little known to the average cook." First come Kaffir corn and cow peas.

"Then try the soy bean. This is known as 'soja bean,' and also as the German coffee beery. It is a highly valued food in Japan. You ought to be able to get them for along about $2 a bushel. I think you will find that they are valued along with cheese and beefsteak, pound for pound, when made into a kind of cake or cheese [tofu]. Beefsteak or cheese at not over 5 cents a pound looks mighty good to a slim pocket-book I am told that much of the salted peanuts now sold are made from soy beans. Try it. Parch a few of them, putting in some butter and salt. Then try a few for coffee. If you don't want to try roasting them yourself take a few of them to the corner peanut man and get him to do it for you... The soy bean and rice help the Jap, and they will help us to solve the high cost of living problem."

822. Granato, L. 1913. A soja [The soybean]. *Sao Paulo Secretaria de Agricultura, Comercio e Obras Pulicas. Boletim de Agricultura, Series 14.* No. 3. p. 159-67. March. Series XIV. [Por]
• ***Summary:*** Contents: Names of the soybean: Scientific and in various foreign countries. Botanical characteristics.

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Soybean cultivation: In Russia, France, Italy, Austria. Harvest and yield: In Italy, Hungary, France, in Brazil at the Agronomic Institute of Campinas (*instituto Agronomico de Campinas*) where Dutra reported yields of 2,200 to 2,300 liters/hectare. The soybean as a food: Nutritional composition and food value of the seeds of varieties analyzed by König, of varieties cultivated in 1899 at the Agronomic Institute of Campinas and analyzed by Mr. R. Bolliger. Soja as a forage crop. Uses of the soy bean (esp. in Japan and China): Miso, tofu (a type of cheese {*queijo*} called *To-fu*), shoyu, koji, soy flour.

Note. This is the earliest Portuguese-language document seen (April 2013) that uses the word *queijo* or the word *To-fu* to refer to tofu.

Three bar charts (p. 165-66) compare the protein (*albuminoides*), oil and fat, and carbohydrate content of the soybean with those of other major foodstuffs (of both animal and vegetable origin, such as common beans {*feijao*}, beef, eggs, wheat, etc.). Soybeans have the highest content of protein, and of oil or fat, of all foods with which they are compared.

823. Lemarié, Charles. 1913. Les plantes alimentaires du Tonkin [The food plants of Tonkin]. *Bulletin de la Societe d'Acclimatation* 60:367-76. March. See p. 371. [Fre]

• ***Summary:*** In the section on legumes, we read: *"Glycine hispida* Moench.–Soybeans (*Les Sojas*) are cultivated everywhere for the preparation of purées or of kinds of cheeses [probably tofu], or else for the production of sprouts, a food of which the indigenous people are fond. They are not used as a source of oil.

"Varieties from Japan, distributed by the Colonial Garden (*Jardin colonial*) in 1910, to Tonkin, as well as to the Sudan, have given nothing but poor results. These varieties were not adapted to the soil or the climate.

"But the improvement of local varieties and, if possible, the introduction of better varieties, continues to be studied."

Note: The term "Sudan" refers imprecisely to a region (not a political unit) that extends across the African continent from the west coast to the mountains of Ethiopia. Much of it was under French rule from 1898 as part of French West Africa, and included Dahomey (*Dahomey*), French Guinea (*Guinée*), French Sudan (*Soudan français*), Ivory Coast, Mauritania (*Mauritanie*), Niger, Togo (*Territoires Militaires du Niger et Togo*), Senegal (*Sénégal*), & Upper Volta (*Haute-Volta*). It is not clear to which part of the Sudan the soybeans were introduced, nor whether or not they were cultivated there, nor with what results. Address: Director of Agriculture, Tonkin [Vietnam].

824. Woodhouse, E.J.; Taylor, C. Somers. 1913. The varieties of soy beans found in Bengal, Bihar, and Orissa and their commercial possibilities. *India Department of Agriculture, Memoirs. Botanical Series* 5(3):103-76. March. Plus 4 plates on unnumbered pages. Also published as a book in Calcutta by Thacker, Spink & Co. and in London by W. Thacker & Co. 28 cm. [15 ref]

• ***Summary:*** Contents: 1. Introductory. 2. Nomenclature. 3. Varietal characters of soy beans: Habit, foliage, pubescence, flower (morphology, pollination, extent of natural crossing), pods, seeds (morphology), seeds (composition; black, yellow, and chocolate seeded varieties grown by the authors from seed obtained in 1909; the back varieties contained significantly more nitrogen/protein and less oil), maturity, diseases. 4. Description of types: *Kala Bhetmas, Safed Bhetmas, Lal Bhetmas, Barmeli Bhetmas, Nepali Bhetmas* (obtained from Kalimpong and tested at Sabour in 1911). 5. Distribution. 6. Cultivation. 7. Yield. 8. Price. 9. Uses: Food-stuff, bean sauce (soy, or shoyu), chiang or miso, tou-fu (tofu), soy beans as a green vegetable, oil (for use in England in soap-making, or in China "as an illuminant, as a substitute for lard in cooking, though it is inferior to rapeseed and sesamum oil for this purpose, as a lubricant for greasing cart axles, or for waterproofing cloth"), cake and flour. 10. General conclusions.

"In 1909 the survey work on the crops of Bengal was commenced, and in July of that year a number of trial plots of the chief pulse crops of the Province were sown for identification and field study. Among these were three samples of *Bhetmas*, of which one sample of black-seeded *Bhetmas*, received from the Settlement Officer, Bhagalpur, was found to be pure for seed characters... All the plots did well and were identified as varieties of the Soy Bean, but in October it became apparent that the black-seeded type differed from the other two in having darker bullate leaves and a more prostrate habit...

"In 1910 the seed of the single plants which had been analysed was sown together with some samples obtained by Mr. A.C. Ghosh from the Kurseong bazar [bazaar]... a distinctly earlier black seeded form was obtained from a plot (E256 of 1910) grown from seed collected at the Bankipur Exhibition. The trial plots of the seed from Kurseong failed."

"In 1911... the success of the plots of the acclimatized American varieties induced us to exchange seeds of the Bengal types with Mr. Piper, of the United States Plant Industry Bureau, who kindly supplied us with seed of the varieties, Barchet, Duggar, Haberlandt, Hollybrook, Mammoth, Pekin [Peking], Pingshu. Another attempt was made to cultivate at Sabour the varieties grown in the Sikkim Himalayas, and plots of the Nepali, Barmeli, black seed, greenish yellow seed and chocolate seed varieties were obtained from Mr. Goodwin, Superintendent of the Kalimpong Homes Farm, and grown successfully at Sabour" (p. 104-05). Note 1. This is the earliest document seen (Sept. 2004) that spells the soybean variety named "Peking" as "Pekin." This spelling also appeared in Cuba in 1920 (3 documents), in Argentina in 1922, and in the United States in 1925 (in Alaska, see Georgeson 1925).

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Concerning seed morphology (p. 114-15): The weight of 100 seeds in some of the American varieties such as Barchet, Pekin and Pingshu have remained approximately constant, whereas others, such as Duggar, Hollybrook and Mammoth have decreased in weight more or less considerably during the past season. The Nepali type has decreased in weight from 24.4 grams to 12.8 grams per 100 seeds. The variation in weight per 100 seeds in the case of varieties cultivated in new localities would appear to give a good indication of the adaptability of a variety to its new environment."

The authors record the results of a large number of selection experiments which they have carried out with a view to obtaining early-maturing types rich in oil, and also deal briefly with the cultivation and uses of soy beans.

Concerning uses (p. 138): "In Bengal, soy beans are used very little for food as they are said to be too heat producing. It is usually taken after frying over a heated sand bath as *bhunja*, but it is also heated, crushed, and then used as *dal*, and also as *larua* mixed with *gur."* In the "Soya Bean of Manchuria" (1911), Shaw states that soy beans can also be used to make bean sauce or shoyu, chiang or miso, and tou-fu (tofu). They can also be used to make oil, cake, and flour.

"General conclusions (p. 140): At the present time, Soy Beans are grown to a slight extent only in the Darjeeling hills and to no appreciable extent elsewhere although satisfactory yields have been obtained in the experiments conducted by the Agricultural Department in both these areas. We may ascribe the present unpopularity of the crop to the following reasons. For export the price offered in Calcutta is not yet sufficiently attractive; as a food-stuff it is more potent than the ordinary pulses to which the people are accustomed; as a crop for growth in the plains it has the disadvantage of occupying the land during two seasons, it may suffer from waterlogging during the rains, and requires plenty of moisture in October, and it harbours rats during the last two months of its growth. These objections do not appear to us by any means unsurmountable [insurmountable]... The use of Soy Beans for food could be extended if the educated classes once appreciate its value as an addition to a rice diet, and experiment with its preparation for food on the lines suggested."

"Its cultivation in the hills would probably be largely extended on the present lines as soon as the price reached a satisfactory figure. It only remains to say that our work is being continued on the lines indicated in this paper with a view to isolating early maturing types possessing a high yield of oil."

Contains many tables (the 13 tables before page 143 are unnumbered, and many contain no caption), mostly showing the composition of various black, yellow, and chocolate soy beans and the history of descendants of various singly selected plants. Black soy beans contain on average 6.72% nitrogen and 13.52% oil. Yellow soy beans contain 5.61% nitrogen and 16.99% oil.

Note 2. Therefore black soy beans contain 19.8% more nitrogen [protein] and only 79.6% as much oil as yellow soy beans. Chocolate-colored soy beans contain 5.57% nitrogen (the least of all three types) and 17.13% oil (the most of all three types).

A table titled "Life periods of American varieties of Soy Beans grown at Sabour, 1911" (p. 124) gives information on eight varieties: Barchet, Duggar, Haberlandt, Hollybrook, Mammoth, Pekin, Pingshu, and Riceland. For example, Duggar: Origin: S.P.I. No. 17268C. Date of planting: July 12, 1911. Date of harvesting: Oct. 11. Life period at Sabour: 91 days. Life period in the U.S.A.: 110-120 days.

Another table titled "Yield of the types of soy beans found in Bengal, Bihar, and Orissa" (p. 135) lists 8 varieties, and for each: Where grown, dates of sowing, area sown, approximate yield in lbs/acre, corresponding yield (on unmanured land) in mds., srs., and chtks. [mds. = maunds; 1 maund = 82.28 pounds or 37.32 kg; srs. = seers; 1 seer = 2.05 pounds; chtks. = chittaks or chittacks or chattaks or chattacks; 1 chittak [also chattak or chattack] = 1/16 seer = 900 grains = about 2 ounces], and remarks. Two trials gave yields of more than 2000 lb/acre (2,189 lb from the variety Nepali in Kalimpong, and 2,164 lb for a Chocolate variety at Bankipur Farm). Seven additional trials gave yields of 1,000 to 1,400 lb/acre.

Numbered tables (starting on p. 143) show: (1) Black soy beans: The history of descendants of various single selected plants. (2) Yellow soy beans (Type 3): The history of descendants of various single selected plants. (3) Chocolate soy beans (Type 4): The history of descendants of various single selected plants. (4) Variations in 24 plots grown from each plant descended from sowing of seed from the single plant No. 94c. (5) Detailed table showing the results obtained from 150 samples of black soy beans analysed in 1911 (p. 146-55). (6) Detailed results obtained in 1911 with 150 samples of yellow soy beans (Type 3) (p. 155-64). (7) Detailed results obtained in 1911 with 152 samples of chocolate soy beans (Type 4) (p. 165-74). (8) Life periods of Bengal varieties of soy beans grown in Bengal.

Photos on unnumbered pages near the end show: (1) Type I–"Late Black-seeded" soybean variety, photographed 28 Oct. 1911. (2) Type V–Barmeli variety. (3) Type VI–Nepali variety on left, and Type IIIa–"Upright long branched greeny yellow seeded variety on right." (4) Barchet variety, photographed 30 Oct. 1911.

Four graphs on the last page show the distribution of chocolate, black, and yellow soybeans according to both their nitrogen and oil contents.

Note 3. This is the earliest document seen (Oct. 2010) that clearly refers to the cultivation of soybeans in Bengal (probably later Bangladesh). Address: Economic Botanist to the Government of Bihar and Orissa, India.

825. *American Review of Reviews.* 1913. Vegetable milk and

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vegetable meat (Abstract). 47(4):500-01. April. [1 ref]
• ***Summary:*** An English-language summary of the following French-language article: Neuville, A. de. 1913. "Les nouveaux aliments artificiels" [The new artificial foods]. *Revue* (*La*) (Paris) 100(3):384-89. Feb. 1. 24th year. 6th Series.

This summary begins: "In most families the two heaviest items in the cost of food are the expenditures for milk and milk-products and for meat. Moreover, milk and meat are the most difficult foods to procure, to preserve, and to transport in a pure and wholesome condition. And it is this difficulty, coupled with modern standards of hygiene and sanitation, that has helped to make their cost mount steadily higher year by year. All of us, must be warmly interested in the successful efforts of certain foreign chemists to produce synthetically both milk and meat from vegetable sources, since it claimed that the 'near-milk' and 'near-meat' are not only as nutritious as their prototypes, but far freer from dirt and disease-germs, as well as very much cheaper."

The new artificial milk is made from the seed of the soy bean or the Chinese pea.

"From other sources we learn the interesting fact, not mentioned in *La Revue*, that an excellent cheese [tofu] can be made from this milk, which widens its usefulness materially.

The Belgian chemist, M. Effront, has proposed using the refuse from breweries to make a palatable and nutritious [non-soy] substitute for meat.

Note: This is the second earliest English-language document seen (Nov. 2003) that contains the term "vegetable meat" (or "vegetable meats"–with any combination of quotation marks)–and the first to mention "vegetable meat" in connection with soy.

826. Li, Yu-ying. 1913. Method of manufacturing products from soja. *U.S. Patent* 1,064,841. June 17. 3 p. Application filed 10 Oct. 1911.
• ***Summary:*** Li describes himself as "a subject of the Emperor of China, residing at Vallées, in France." "The object of this invention is to provide a simple, efficient and economical method of producing a product from soja beans, and from which product it is possible to obtain by adding certain substances a product resembling human or animal milk, and also to obtain fresh or fermented cheese, milk in the form of powder and concentrated milk, fermented milk, sauces, preserves, etc. The manufacture of this milk comprises a series of operations viz., the cleaning and decorticating of the beans, which are effected in the ordinary manner, the grinding of the said grain previously mixed with a certain quantity of water, the passing of the crude product through a filtering press, from which the liquid, which is of a milky color, runs off to cool through a filter and passes thence into a boiler heated with a water bath, where it is pasteurized or sterilized, and from which it is removed, ready to be delivered for consumption as milk, or for use in the manufacture of the products mentioned above.

"The apparatus necessary for this manufacture is illustrated in the accompanying drawings by a longitudinal sectional elevation." Li's signature, written "Yu Ying Li," is just below the mechanical drawing. A detailed description of the ingenious equipment and process follows. The ground paste is mixed with water; a pump "forces it under pressure into the filtering press..." The slurry is cooked in a "boiler or digester" which is actually a steam-jacketed kettle; there "it is heated to a variable temperature for the purpose of pasteurization or sterilization."

Concerning the okara: "When the operation is finished, the grain [okara] is removed from the filter-press and now forms cakes which can be utilized for feeding human beings (they are in that case dried and reduced to powder). They may also be used for feeding cattle, and, even if these cakes are greatly exhausted, they form a very good nitrated manure, after undergoing certain treatment; drying and dressing."

"The soja milk contains more casein and less lactose and butter than human or animal milk, but by reducing its quantity of casein by adding certain matters a product is obtained resembling human and animal milk. With this milk fresh or fermented cheese can be made as desired.

"In making fresh cheese [tofu], the milk is curdled or coagulated by means of magnesia salts, organic acids and ferments, rennet or lactic ferments.

"The coagulated milk is molded and pressed, and cheese of different forms and consistency obtained according to the degree of coagulation or pressure. The cheeses may be eaten fresh or they may be dried. They are salted or not according to the nature of the manufacture...

"In producing fermented cheese: Roquefort, Permesan, Romatour, Camembert, Gruyère, etc., ferments suitable for the manufacture of those products are employed...

"The fermented milk is obtained by using ferments such as the ferments employed in producing fermented milks–kephir [kefir], yoghourt [yogurt], koumis [koumiss], etc. These are the *Saccharomyces cerevisiae*, *Dispora caucasica*, *Maya bulgare*, etc., and the manufacture is effected by modifying the said milk through the addition of sugar (glucose, levulose, etc.), and more particularly lactose.

"The casein derived from *Soja* is manufactured either from the milk itself obtained as indicated or with the cakes remaining after the extraction of the oil or fatty matter of the soja beans...

"In order to prepare it the soja milk is coagulated. The coagulation having been effected, the product is dried, asepticized or not, ground or not, and may be employed as an alimentary or as an industrial product. This latter product may be employed for all purposes; paste, bedding paper, manufacture of the objects, etc. the same as animal casein. To the casein thus obtained chemical products such as borax, oxid of zinc [zinc oxide], magnesia, gelatin, etc.,

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may be added in different proportions in order to obtain solid casein. It is also possible to produce sauce with soja milk the fermentation of which is effected by means of special ferments such as sojaobacille and the acetomyces. This sauce is more or less salted with chlorid of sodium [sodium chloride] and an addition may be made of spices; pepper, clove, nutmeg, piment*, etc. The sauce having been made may be concentrated or dried by heating. Soja preserves may also be obtained with soja milk slightly thickened with sugar. In this case, the soja grains are cooked before being ground and may be mixed with or added to dry fruits, chestnuts, almonds, hazelnuts, cocoa, etc."

Note 1. This is the world's 2nd earliest patent seen (June 2011) concerning a fermented cheese made from soja, and also the earliest U.S. soymilk patent.

Note 2. *Webster's Third New International Dictionary* (1963) defines piment as "wine flavored with spice and honey." It defines pimento as a synonym for allspice. Address: Vallées, France.

827. Seattle (Washington) passenger and crew lists, 1882-1957. Immigration and emigration: Saizo Ota. 1913.
• ***Summary:*** Name of ship: S.S. Minnesota, sailing from Yokohama, Japan. Name of passenger: Saizo Ota. Birth: 1881–Japan. Departure: Yokohama, Japan. Arrival: 24 June 1913–Seattle, Washington.

Note: The correct name of this document may be: List or manifest of alien passengers for the United States. Required by the regulations of the Secretary and Labor of the United States, under Act of Congress approved February 20, 1907,...

828. Seattle (Washington) passenger and crew lists, 1882-1957. Immigration and emigration: Shina Ota. 1913.
• ***Summary:*** Name of ship: S.S. Minnesota, sailing from Yokohama, Japan. Name of passenger: Shina Ota. Birth: (?)–Japan. Departure: Yokohama, Japan. Arrival: 24 June 1913–Seattle, Washington.

Note 1. Saizo and Shina Ota, husband and wife, traveled together on this ship from Yokohama to Seattle. Note 2. The correct name of this document may be: List or manifest of alien passengers for the United States. Required by the regulations of the Secretary and Labor of the United States, under Act of Congress approved February 20, 1907,...

829. Dodd, Robert; Humphries, Herbert Brooke Perrin. 1913. Preparation of plastic substances and the like from protein containing materials. *British Patent* 15,316. Application filed 3 July 1913. 3 p. Complete specification left 5 Jan. 1914. Accepted 18 June 1914.
• ***Summary:*** "This invention relates to the manufacture of semi-plastic materials resembling ivory, horn, and the like, from protein containing substances, and from the soya bean in particular.

"It has been an ancient custom in the Far East to prepare crude cakes having some strength and hardness, from the soya bean,–for example by macerating the beans with water, adding sea-water to coagulate the emulsion or cream so obtained, and drying and weathering the curd [i.e. dried-frozen tofu]. Further, it has been suggested that the protein or 'casein' of the soya bean should be suitable for the preparation of a plastic material by coagulation with salts or acids at about 100ºC. We have found however that special treatment is necessary to obtain a product commercially satisfactory in regard to strength and workability... closely resembling vegetable ivory or the corozo nut, and capable of replacing the said vegetable ivory in its applications, such as the manufacture of buttons and the like."

This material is prepared by removing the bulk of the soya bean's oil, macerating and extracting the soya cake or meal with water, separating the insoluble and non-emulsifiable substances from the liquors or paste so obtained and coagulating the liquor either warm or cold with aluminum sulfate or formaldehyde. Suitable glutinous, coloring, filling, hardening or other materials may afterwards be added. The resulting cake is treated in a bath of weak formaldehyde and dried. Address: 1. Chemist, 56, Valley Road, Streatham, London, S.W.; 2. Chemical engineer, B.Sc., A.R.C.Sc., Queen Anne's Chambers, Westminster, London, S.W. [England].

830. Contant, Philippe-Jules; Perrot, Jean-Baptiste-Félix. 1913. Nouvelle matière plastique, transparente, flexible, ininflammable, pouvant remplacer le celluloïd, servir d'apprêts, être filée et tissée [Transparent, flexible, non-inflammable plastic material [from soy beans] capable of replacing celluloid, suitable for finishing, spinning and weaving]. *French Patent* 461,007. Dec. 17. 2 p. Application filed 1 Aug. 1913. First addition 5 Jan. 1914. [Fre]
• ***Summary:*** This new product has as its principal constituent the milk obtained from soybeans (*pois de Chine ou graine de soja hispida*). This milk, obtained by the current process, is used to make tofu (*teou-fou*).

The milk from the seeds of Soja hispida is treated with bases, e.g., ammonia, soda or pyridine in the proportion of 5-10 gm per liter; 10-15 gm of a mixture of acetic, lactic, phosphoric and nitric acids are added at a temperature of 35ºC. The material is then heated to boiling in a solution of aluminum sulfate and the reaction is allowed to proceed for 2-8 days. The plastic product obtained is gelatinized by solvents, such as pyridine, acetic acid and resorcinol and may be hardened by formaldehyde. Address: 1. Côte-d'Or, France; 2. Ain, France.

831. Heyne, K. 1913-1917. De nuttige planten van Nederlandsch-Indië, tevens synthetische catalogus der verzamelingen van het Museum voor Technische- en Handelsbotanie te Buitenzorg [The useful plants of the Netherlands Indies. 4 vols.]. Batavia [Jakarta]: Printed by

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Ruygrok & Co. Vol. 1, 250 + xxvii p. Vol. 2, 349 + xxxix p. Vol. 3, 402 + xlviii p. See vol. 2, p. 242-43, 316-22. See also 2nd ed. 1927 and 3rd ed. 1950. 24 cm. [12+ ref. Dut]
• ***Summary:*** Contains detailed information on soybeans in Indonesia, including various local names, soybean production in Indonesia by province from 1918-1925 (the top producers in 1925 were Madoera and Madioen; total production grew from 222,426 to 260,125), soybean culture, imports, exports, tempeh, tofu (tao hoe), tao koan, tao tjo (Indonesian miso), and soy sauce (ketjap). Also discusses ontjom and dagé made from peanuts.

Note 1. This is the earliest document seen (May 2010) that gives soybean production or area statistics for the Dutch East Indies (later Indonesia).

Note. This is the earliest document seen (April 2001) that contains the term *tao koan.* Address: Chef van het Museum voor economische botanie te Buitenzorg (Bogor).

832. **Product Name:** Tofu.
Manufacturer's Name: Fugetsu-do.
Manufacturer's Address: 1848 Market St., Denver, Colorado.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 139. They also make Japanese confections (*o-kashi*). Note: Motooka Tofu was at this address in 1914.

833. **Product Name:** Tofu.
Manufacturer's Name: Hideshima Tofu-ya.
Manufacturer's Address: 1509½ Geary St., San Francisco, California.
Date of Introduction: 1913.
New Product–Documentation: The Japanese-American Yearbook (Nichibei Nenkan). No. 9 (Published by Nichibei [Shinbun], Japanese-American News). 1913. p. 25. Also in 1914. p. 14.

Talk with Mr. Seizô Oka, Head, History Room, Japanese Cultural and Community Center, San Francisco. 1989. Dec. 5. The man who ran this company was probably Shichisaburo Hideshima. He was later head of an employment agency.

834. **Product Name:** Tofu.
Manufacturer's Name: Hinode Yao-ya.
Manufacturer's Address: 376 8th St., Oakland, California. Phone: Oakland 6613.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 34. Fresh produce, fish market, and tofu maker. Also in 1914, p. 37. At the same address and phone. This time they have an ad (in Japanese only, titled Japanese American foods) but no directory listing, making us wonder whether they make tofu or buy it from elsewhere. Yet there are no other tofu makers in Oakland. Their ad features tofu, but they also sell vegetables, pickles, dried goods and other food items.

Note 1. A "yao-ya" is a greengrocer. Note 2. This company is still in Oakland in 1940, but at a different address.

835. **Product Name:** Tofu.
Manufacturer's Name: Ito Tofu-ten.
Manufacturer's Address: P.O. Box 6M6, Sugar City, Idaho.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 186.

Note 1. This is the earliest known commercial soy product made in Idaho.

Note 2. This is the earliest known commercial tofu maker in Idaho.

836. **Product Name:** Tofu.
Manufacturer's Name: Jackson Tofu-ya.
Manufacturer's Address: 522 Jackson St., Seattle, Washington. Phone: Elliott 1697J.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 217. Note: Higashiuma (Toouma?) Tofu-ten was at this address in 1912 (Directory entry p. 188).

837. **Product Name:** Tofu.
Manufacturer's Name: Kawamura Seigyo oyobi Tofu-ya.
Manufacturer's Address: P.O. Box 84, Florin, California.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 61. Fresh fish market and tofu shop. Also in 1914, p. 66. But the company name is now simply Kawamura Tofu-ya.

838. **Product Name:** Tofu.
Manufacturer's Name: Kikuya.
Manufacturer's Address: 1429 20th, Denver, Colorado. Phone: Main 4090.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 139. They also make Japanese confections (*o-kashi*).

839. **Product Name:** Tofu.
Manufacturer's Name: King Tofu-ya.
Manufacturer's Address: 507A 7th Ave., Seattle,

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Washington. Phone: Elliott 2222.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 217. The Japanese American Directory. 1919. p. 447 (directory; King Tofu-ya. Slightly new address: 507½ 7th S. Alley, Seattle. New phone number: Ell. 2222).

840. **Product Name:** Tofu.
Manufacturer's Name: Kuwamoto Tofu-ya.
Manufacturer's Address: 2516½ Shattuck Ave., Berkeley, California. Phone: Berkeley 6916.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 39. Also in 1914, p. 42.

841. **Product Name:** Tofu.
Manufacturer's Name: Misuzu (?) Tofu-ya.
Manufacturer's Address: 319 Jackson St., Los Angeles, California. Phone: A 1682 or Bro. 3503.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 126. Also in 1914, p. 128. Note: Oogushi Tofu-ya was at this address in 1912 (Directory entry p. 115).

842. **Product Name:** Tofu.
Manufacturer's Name: Nitahara / Nidawara Tofu-ya.
Manufacturer's Address: 1620 Park St., Alameda, California. Phone: Alameda 3092.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 42. Note: Hieda Tofu-ya was at this address in 1909 (Directory entry p. 29), Mizoda Tofu-ya in 1911, and Hashimura Tofu-ten in 1912 (Directory entry p. 38). Same phone no.

843. **Product Name:** Tofu.
Manufacturer's Name: Ooe Tofu-ya.
Manufacturer's Address: 1621 Buchanan St., San Francisco, California.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 25. Also in 1914, p. 14. Phone: West 2157.

844. **Product Name:** Tofu.
Manufacturer's Name: Oohira Tofu-ya.
Manufacturer's Address: 7 Nassau Court, Brooklyn, New York City, New York.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 209.

845. **Product Name:** Tofu.
Manufacturer's Name: Shikasho Tofu-ya.
Manufacturer's Address: 79 Japanese Alley, Sacramento, California.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 58. Note: Oouchida Tofu-ya was at this address in 1912 (Directory entry p. 53).

846. **Product Name:** Tofu.
Manufacturer's Name: Shirai Tofu-ya.
Manufacturer's Address: P.O. Box 186, Oxnard, California. Phone: Home 236.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 140. Also in 1914, p. 145. Note: Kajikawa Tofu-ya was at this P.O. Box in 1912 (Directory entry p. 121).

847. **Product Name:** Tofu.
Manufacturer's Name: Takahashi Tofu-ya.
Manufacturer's Address: P.O. Box 94, Visalia, California.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 112.

848. **Product Name:** Tofu.
Manufacturer's Name: Tsumiyoshi (Sekizen?) Tofu-ya.
Manufacturer's Address: P.O. Box 46, Oxnard, California. Phone: Home R 129.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 140. Also in 1914, p. 145. Note: Tateishi (Tachiishi?) Tofu-ya was at this address in 1911 (Ad p. C-14).

849. **Product Name:** Tofu.
Manufacturer's Name: Tsuruta Tofu-ya.
Manufacturer's Address: 218 1st St., Marysville, California.
Date of Introduction: 1913.
New Product–Documentation: Nichibei Shinbun-sha. 1913. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 71. Also in 1914, p. 76.

850. Friedenwald, Julius; Ruhräh, John. 1913. Diet in health and disease. 4th ed. Thoroughly revised and enlarged.

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Philadelphia, Pennsylvania: W.B. Saunders Co. 857 p. Illust. 24 cm. [4 soy ref]

• ***Summary:*** The section titled "The soy bean" (p. 124-26) states: "This bean (glycine hispida), sometimes called the soja bean, is an annual leguminous plant extensively used as a food in China and Japan. Until recently it has been regarded as a botanical curiosity in the Occident. It has recently been extensively used in America as a forage crop and to improve the soil if plowed under... There are a large number of different varieties, which vary in size, shape, color, and length of time they take to mature. Some are grown exclusively for the oil they contain, and it is used for culinary, illuminating, and lubricating purposes. The light-colored beans are eaten in soups, and the pods are sometimes picked green, boiled, and served cold with a sprinkling of soy sauce. The green varieties are often pickled in brine and eaten moist or dried with meals as appetizers; the same varieties are often sprouted, scalded, and served with meals in winter as a green vegetable. The bean forms the basis of the so-called soy sauces, used as a condiment all over the world. The Oriental races most frequently eat the bean, in more or less cheesy-like foods, which are prepared from it. The most common of these are natto, tofu, miso, yuba, and shoyu. Natto is a sort of bean cheese made by boiling the beans until they become soft and then placing the resulting mass in a warm cellar where it ferments. Tofu is made by soaking the beans in water, crushing between millstones, and boiling in about three times their bulk of water. The protein is precipitated and the resulting cheese eaten. The white milky liquid of the above has nearly the composition of cows' milk, and tastes something like malt. It may be used in infant feeding to advantage (see same).

"Americans may eat the beans in numerous ways described under the head of soy bean cookery in the recipes at the end of this book. The bean is of particular value in diabetic diets (see same). It may be used to increase the protein of the diet.

There are variations in the composition of the different varieties." A table shows the chemical composition of yellow soy beans grown in the USA, both as is and calculated on a water-free basis. "The Cereo Company of Tappan, New York, have made a soy bean flour which is useful." Its composition is given. "The percentage of protein in this flour is almost one-third greater than the percentage of protein in the whole beans. This is caused by removing the coarse fibrous hulls which contain little protein.

"Vegetable food of such composition certainly is remarkable when compared with round beef, medium"– whose composition is given.

Soy flour can be used as a gruel, in broths, and in making biscuits. A table (p. 126) shows the "Composition of fresh and dried legumes (incl. soy beans, cow peas, chick-peas, peanuts) with that of other foods" (Based on Abel, Farmers' Bulletin No. 121 [1900, p. 17]).

The section on "vegetarianism" (p. 130-31) is the same as that in the 1909 edition (p. 113-14).

In the chapter on "Infant feeding," the section on "Other food for infants" has a subsection on "The soy bean" (p. 297-98) which begins: "In certain conditions the soy bean... is of great value. In cases when milk is badly borne, in certain forms of intestinal disorders, in diarrhea, and especially in the convalescence after diarrhea, in certain cases of marasmus and in malnutrition, the soy bean flour, properly used, is of great value. Each ounce contains 13 grams protein and 120 calories." A table shows the composition when mixed with various amounts of water. Recipes for making gruels are given.

In the chapter on "Diet in disease," in the section titled "Diseases in which diet is a primary factor," is a subsection on "The soy bean" (p. 592) states: "The bean contains about 8 per cent. of sugar and no starch, and furnishes a large amount of available protein and fat." "A patient on a strict diabetic diet, who is excreting a certain amount of sugar, will excrete less sugar when the soy bean is added to the diet. It seems to be of particular value in severe cases. In addition to this action, it is a very valuable food, both on account of its nutritious properties and owing to the fact that it may be prepared in a number of different ways, and so serves to vary the diet."

In the section on "Diabetic Foods" (p. 601-02) is based on Winton (1906) and contains the same information, including that about The Health Food Company of New York.

In the chapter on "Recipes" is a section on "Bread" (p. 740-41) which includes whole-wheat bread, zwieback, and bran muffins for constipation. The same chapter has a section on "Soy bean cookery" (p. 766-69) with the following recipes: Introduction, gruels, broths, muffins, nut-cakes, soy bean cakes, breakfast food (like oatmeal), pancakes, soy bean cheese ("In Seattle, Washington, and other places in the West we are informed that tofu is made by the Japanese and sold to the Oriental residents").

Goff (1911) offers the following: Grilled soy bean [dry roasted soynuts], [whole] soy beans with butter, soy beans au gras (fried with onions and fat), bread or cakes of soy beans.

On page 822 is a "Short list of books on food and diet." 33 books are cited; some are in German or French.

Note 1. Julius Friedenwald lived 1866-1941. John Ruräh lived 1872-1925.

Note 2. This is the earliest English-language document seen (Dec. 2012) that uses the term "Grilled soy bean" to refer to dry roasted soybeans / soynuts. Address: 1. Prof. of Gastro-Enterology; 2. Prof. of Diseases of Children. Both: College of Physicians and Surgeons, Baltimore, Maryland.

851. Griffis, William Elliot. 1913. The Mikado's empire. 2 vols. New York, NY: Harper & Brothers, Publishers. 754 p. Illust. Index. Map. 23 cm.

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• ***Summary:*** The material in this book up to page 578 is identical (page for page) to that in the 1876 edition. Thereafter begins "Book III: Supplementary chapters, including history to the beginning of 1912"–about 129 pages of new information in the following chapters:

1. Japan in 1883. 2. Japan in 1886. 3. Japan in 1890. 4. Japan in 1894. 5. War with China (Sino-Japanese War, 1894-1895). 6. Facing the twentieth century. 7. Japan a world power (including a detailed description of the Russo-Japanese War, 1904-1905). 8. Japan on the Asian continent. A separate index covers this supplementary material; soy is not mentioned.

The author reveals his basic viewpoint on the last page of this book (p. 734) by expressing his fervent hope that all of Japan's traditional religions will be "transformed by the spirit of Christ." Address: D.D., L.H.D., Late of the Imperial Univ. of Tokio; presently in New York.

852. Japan year book. 1913. Tokyo, Japan: Y. Takenob and G. Takeda (The Japan Year Book Office). 702 p. See p. 163-64, 230, 351, 356, 358, 438, 654, 659, 672, 690. [Eng]

• ***Summary:*** In chapter 11, "Agriculture" (p. 155-77) is a table titled "Beans, sweet potato and potato (p. 163) which gives "Soy bean" production in Japan for 1906-1910 (in *koku*).

On page 164 we read: "The three daily articles of diet for all classes, viz. soy [sauce], *miso*, and *tofu* are manufactured from this bean..."

In chapter 15, "Industry," is a paragraph titled "Soy" (p. 230) on the patented Suzuki process for brewing soy [sauce]. "For soy the prefecture of Chiba, which is contiguous to Tokyo municipality, heads all other places on the list. Parched wheat mixed with salt and beans is a principal ingredient. The process is still far from scientific, requiring about 12 months before the liquid is ready for sale. It is also costly, as it does not admit so much labor-saving appliances. To obviate these advantages, several patented processes, notably that by Mr. Suzuki, have been tried, but they do not seem to have attained ideal perfection. It was on the strength of the Suzuki process that a company backed with yen 2,500,000 paid up was started, in 1907, and the '2-months' brewing, the chief merit of the invention, was started. It is to be regretted that this first machine-brewing has failed to produce the soy which can compare with the old process soy in taste and flavor, and that the company has been wound up."

In Chapter 25, "Home trade" is a table (p. 351) titled "Prices of principal commodities in Japan," which includes prices for 1905-1911 in yen for soy beans (per *koku*), soy [sauce] (per *koku*), and miso (per *kwan*).

In Chapter 26, "Foreign trade" is a table (p. 356-58) titled "Imports" (in 1,000 yen). Under the heading "Staples articles of over yen 1,000,000" (p. 356) is given the value of soja bean imports for 1908-1912. Under the heading "Trade with China (p. 359) is given the value of imports of "beans" and of "oil-cakes" for 1906-1911.

In chapter 30, "Finance," is a paragraph (p. 438) titled "Tax on Japanese soy" [sauce].

In chapter 34, "Chosen (Korea)," a table (p. 654) on "Exports (in 1,000 yen), under the heading "Foreign trade" has data on beans and peas for 1906-1912. Under the heading "Agriculture" is a paragraph (p. 659) titled "Barley and soya bean," giving acreage and yield for soya bean (no year is specified) with the value (in yen) of exports to Japan in 1909.

In Chapter 35, "Taiwan (Formosa)," under the heading "Agriculture," a table (p. 672) titled "Agricultural products" has production data on "Beans and peas" (in 1,000 *koku*) for 1905-1909.

In Chapter 37, "South Manchuria," is a paragraph (p. 690) titled "The soya bean" which has information on South Manchuria's soya bean yield, [soya] bean-cake output, and amount exported. Address: Japan.

853. Jumelle, Henri L. 1913. Les cultures coloniales: Légumes et fruits. Deuxième édition [Crops of the colonies: Vegetables and fruits. 2nd ed]. Paris: Librairie J.-B. Baillière et Fils. 122 p. See p. 47-51. Illust. No index. 18 cm. [Fre]

• ***Summary:*** This is the 2nd volume of an 8-volume work. In Chapter V, "Vegetables," the section titled *Glycine hispida* Max. discusses soybeans and soyfoods.

Henri Jumelle lived 1866-1935. Address: Prof., Faculte des Sciences de Marseille [Marseilles], France.

854. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1913. Nichi-Bei nenkan [Japanese-American yearbook. No. 9]. 650 Ellis St., San Francisco, California. 716 p. Reprinted in 2001-02 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 5-kai [Collected Documents on Japanese Emigration. No. 5]. [Jap; eng]

• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. The English-language title page reads: *The Japanese American Year Book.*

The book is divided into 13 parts, each numbered separately. Contents: (1) Front matter (incl. how this book was created) (5 p.). (2) Table of contents, general (4 p.). (3) Table of contents, ads (4 p.). (4) Photos (black and white on 12 unnumbered pages). (5) Graphs and charts on 4 unnumbered pages: Three pie charts for 1912: (A) In which U.S. states do Japanese live. (B) Occupations of Japanese in USA. (C) Japanese in USA by gender. Two pie charts (D-E). Increase and decrease of Japanese population by gender. (F) Bar chart: Agricultural land use by Japanese by state. (G) Agricultural crops grown by Japanese. (6) Photo of the site to be of the Panama-Pacific International Exposition (1915) in San Francisco. (7) Two maps: Map of the United States. Map of California (2 p.). (8) Advertisements (A-1 to A-18). (9) Front part (p. 1-152), including general information about

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America, Japanese in America, U.S. and agricultural census data, etc. (10) Ads (p. 1-16). (11) Back part (p. 1-142). (12) Ads (B-1 to B-64). Appendixes: (13) Table of contents for directory of places where Japanese live in America, by state, and within each state by city: In Japanese (2 p.). In English (2 p.). (14) Directory of Japanese living in America, interspersed with ads (p. 1-228). (15) Ads (p. 1-50). (16) Copyright page.

In a table (p. 57), one vertical line gives soybean production statistics in Japan from 1905-1909 (five year average): Area: 464,021 *cho* (*1 cho* = 2.45 acres; so 1,136,851 acres). Production: 3,766,962 *koku* (*1 koku* = 180 liters = 47.6 gallons = 308 lb = 5.13 bushels; so 1,932,452 bushels). Average yield 0.87 *koku/tan or tanpo.* Note: Something seems to be wrong with these soybean statistics. The yield of Japanese soybeans seems too low; only about 1-2 bushels per acre.

A table (p. 92) shows Japanese population in the top 8 U.S. states in 1912. There are 7 columns: Male adults, female adults, male children born in USA, male children born in Japan, female children born in USA, female children born in Japan, and total. The totals are: California: 58,555. Washington: 16,037. Colorado 3,556. Oregon 3,518. New York 2,002. Idaho 1,392. Utah 1,390. Montana 972.

Individual lines in various tables (p. 115-150) show tofu, miso and shoyu makers in the United States by state, and within California by city. There are 7 columns: Location, total no. of shops, no. of owners, investment ($), sales ($/year), workers, salary ($/year). The number of tofu makers by state is: California 28. Utah (Ogden) 1. Idaho 2. Colorado (Denver) 2. Oregon 1. Washington 9. There are also 2 miso makers in Los Angeles and 1 shoyu maker in Oregon. Columns 1-2 are filled out for all entries, columns 3-4 for all California entries, and columns 5-6 for about half the California entries.

A table (p. 26-27) shows import tariffs on goods from Japan. These include: Soybeans $0.45/bushel. Shoyu, miso, deep fried tofu pouches (*aburage*), dried frozen tofu (*Koyadofu*) and yuba 40% of their value, but a request is being made to change the shoyu, the two tofu products and the yuba to 20%.

The Directory shows Japanese companies making soyfoods in California, Utah, Idaho, Colorado, New York, Washington state, and Oregon. Address: San Francisco, California.

855. Paerels, J.J. 1913. Tweede Gewassen [Second crops]. *Oost-Indische Cultures* (*Dr. K.W. van Gorkom's*) 3:276-88. [11 ref. Dut]
• ***Summary:*** See Prinsen Geerligs (1913, vol. 3, p. 276-88). Address: Indonesia or Netherlands.

856. Polk's Portland [Oregon] city directory. 1913. Portland, Oregon: R.L. Polk & Co., Inc. *
• ***Summary:*** Ota E. Cook. Address: Portland, Oregon.

857. Prinsen Geerligs, H.C. ed. 1913. Dr. K.W. van Gorkom's Oost-Indische Cultures, opnieuw uitgegeven onder redactie van H.C. Prinsen Geerligs. Compleet in drie deelen [Dr. K.W. van Gorkom's East-Indian crops. New edition. 3 vols.]. Amsterdam, Netherlands: J.H. de Bussy. See vol. 3, p. 276-88. Illust. Index. 27 cm. [7 ref. Dut]
• ***Summary:*** In vol. 3 is a section on "Second crops (*Tweede Gewassen*)" (p. 243-91). Chapter 4 (*Hoofdstuk IV*) of that section is titled "Soybeans (*Soja*)" (p. 276-88). Contents: Origin and native land. The soybean plant: Botanical description (flowers, seeds, fertilization, germination), types and varieties, geographical distribution. Cultivation of soybeans: General instructions for growing, planting, manuring, diseases and pests. Production, trade, and use of soybeans: Tofu (*Tao-Hoe*), Chinese soy sauce (*Tao-Yoe*), soybean paste (*Tao-Tjiong*), Tempeh, composition and nutritive value (*samenstelling en voedingswaarde*).

Note: This is the earliest document seen (Feb. 2009) that contains the term Tao-Tjiong, a term, and perhaps a product, that appears to be between *doujiang* (Chinese-style miso) and *tao-tjo* (Indonesian-style miso).

Photos show: (1) A soybean plant that bears black-seeded varieties (p. 277). A soybean plant that bears white-seeded varieties (p. 278).

Also discusses (in vol. 2): Peanuts (p. 227-41). Sesame seeds (p. 247-51).

Reprinted in Van Gorkom 1918, p. 839-51. Karel Wessel van Gorkom lived 1835-1919. Address: Amsterdam, Netherlands.

858. Sornay, Pierre de. 1913. Les plantes tropicales alimentaires et industrielles de la famille des légumineuses [Edible and industrial tropical plants of the legume family]. Paris: Augustin Challamel. xii + 489 p. Illust. Index. 26 cm. [77* ref. Fre]
• ***Summary:*** This book is dedicated to "Mr. P. Boname, my excellent master and friend." Boname, who wrote the Preface and is now director of the agronomic station on Maurice, was the soybean pioneer in Maurice.

The section on the soybean (*Le Soja,* p. 195-205, 272, 276, 469, 471, 473, 475) is largely summarized from earlier writers, including Aiton, Bonâme, Bloch, Church, Grandeau, Joulie, Kaempfer, König, Korentschewski and Zimmermann, Lechartier, Li and Grandvoinnet, Paillieux, Paillieux and Bois, Pellet, Trimble, and Watt. Most of the section is about soybean production, but there are also subsections on soymilk, tofu (*Fromage de soja*), and shoyu (p. 204-05), plus soy coffee, soy bread and biscuits for diabetics, and trade in soybeans and soybean products (p. 205).

Also discusses: Alfalfa or Lucerne (*Medicago sativa,* p. 309, 453-54, 471, 474). Bambarra groundnuts (*Voandzeia subterranea, pistache voandzou,* 72-75, 277-78, 469, 473,

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476). Kudzu (*Pueraria Thunbergiana,* p. 429-30). Lupins (*Lupinus albus,* p. 264, 309, 453-54, 468). Peanuts (*Arachis hypogæa, arachide* p. 47-72, 270, 273, 453-54, 467, 471, 472, 474-76). Winged bean (*Psophocarpus tetragonolobus, pois carré,* p. 183-94, 273, 276, 468, 471, 473-76). Address: Asst. Director, Agronomic Station, Mauritius (Station agronomique de l'Ile Maurice).

859. Wilson, Ernest H. 1913. A naturalist in Western China, with vasculum, camera, and gun: Being some account of eleven years of travel, exploration, and observation in the more remote parts of the flowery kingdom. 2 vols. London: Methuen & Co. Ltd. See vol. 2, p. 49, 54-56, 61, 87-88. Introduction by Charles Sprague Sargent, LL.D. Illust. Index. 23 cm.

• ***Summary:*** In volume 2, chapter VI (p. 48-63) is titled "Agriculture: The principal food-stuff crops." "The Chinese nation is to a very large extent vegetarian, flesh being eaten only in small quantities except on festival occasions... The Chinese fry most of their vegetables, and for this purpose a vegetable oil is nearly always used. The oils expressed from members of the Cabbage (*Brassica*) family [such as rapeseed], the Soy Bean (*Glycine hispida*), and Sesamé (*Sesamum indicum* [sesame]) being most in request" (p. 49). The seeds of ground-nut (*Arachis hypogæa,* called "Lao-hua-tsen), opium poppy, sunflower, and cotton seed are also used as oilseeds (p. 61).

Beans are discussed on pages 55-56. "Since the Chinese are to such a large extent a vegetarian people, the various members of the pea and bean family are necessarily most important crops... The soy bean is everywhere a summer crop." The country's most important legume, it is "planted everywhere–in fields by itself, around rice and other fields, and as an undercrop to maize and sorghum. It yields seeds in three colours, namely yellow, green, and black. The Chinese distinguish three kinds of the yellow and two kinds each of the green and black. These varieties yield a succession of beans, the black being fully a month later than the others. The 'Huang-tou' [yellow soybean] is cooked and eaten as a vegetable, or ground into flour and made into vermicelli; preserved in salt it makes an excellent pickle. It is also extensively used in the manufacture of soy sauce and soy vinegar. A variety with small yellow seeds is largely employed in making bean-curd [tofu]. While in Central and Western China the soy bean is cultivated exclusively as a food-stuff, in Manchuria it is grown almost solely for the oil which is obtained from the seeds by pressure, and for the residual-cakes that remain after the oil has been expressed. From Newchwang, the port of Manchuria, there is an enormous export trade done in 'Bean-cake,' which is in great demand as an agricultural fertilizer in all parts of China. The soy bean has recently been exported to Europe in large quantities and the soy-bean oil is employed in soap making and for culinary purposes.

"Two kinds of Gram, *Phaseolus mungo,* 'Lu-tou' and *P. mungo,* var. *radiatus,* 'Hung-tou,' are grown as summer crops. The seeds of the 'Lu-tou' (green bean [= mung bean]) are especially valued for their sprouts... Of the 'Hung-tou' (red bean [azuki bean]) there are two or three varieties. The seeds of these are used as a vegetable or ground into flour and employed for stuffing cakes and sweetmeats."

"Both sesamum and soy bean are cultivated extensively in Western China, but for local consumption only. The large exports of these products that pass through Hankow [located on the Yangtze River near Wuhan and Wu-ch'ang] are brought down by the Peking-Hankow railway. Szechuan is capable of growing enormous quantities of these valuable plants, but cheaper and better facilities for transport are necessary before the products can become articles of external trade. When the much-discussed Hankow-Szechuan railway is *fait accompli* the raw products of the west will be available as articles of export, and a much-needed stimulus given to the agricultural industries of the regions concerned" (p. 87-88).

Note: *Webster's Dictionary* defines vasculum (derived from the Latin meaning "small vessel"; the term was first used in 1844) as "a usually metal and commonly cylindrical or flattened covered box used in collecting plants." Address: V.M.H., England.

860. Grimme, Clemens. 1914. Die Sojabohne und ihre Verarbeitung zu Nahrungs- und Genussmitteln [The soybean and its processing for food and stimulants]. *Konserven-Zeitung* 15(1):1-3, 10-11. Jan. 2. [1 ref. Ger]

• ***Summary:*** The author discusses the many food uses of soybeans and how they are made and used, drawing heavily on *Le Soja* by Li & Grandvoinnet (1912). He notes that there is a steadily rising interest in soyfoods in almost all branches of the German food industry [perhaps in anticipation of World War I].

Foods made from natural [unfermented] soybeans include: Soymilk (*Sojamilch*), tofu (*Sojakäse*), frozen tofu (*Kori-Tofu*), soy flour (*Sojamehl*), soy bread (*Sojabrot*), soya confections (*Sojakonfekt*), soy chocolate (*Sojaschokolade*), soy coffee (*Sojakaffee*), and green vegetable soybeans (*Soja als Gemüse*). Foods and seasonings made from fermented soybeans include: (1) Solid seasonings: Natto (Japan; Tokio Natto, Ping-Ming Natto). Tao-tche (China [fermented black soybeans]. The process for making this Chinese food is exactly the same as that used to make natto in Japan [sic, almost completely different]); (2) Seasonings in paste form: Miso (4 types), and Tao-tjiung (Doujiang, Chinese miso); (3) Liquid seasonings: Shoyu (Schoyou), Tsiang-Yeou (Chinese soy sauce), Ketjap (Javanese soy sauce), Tuong (Annamite soy sauce, made with rice or corn), Tao-Yu (soy sauce made with black soybeans in China and Japan).

Note 1. This is the earliest German-language document seen (April 2013) that uses the word *Sojakäse* to refer to

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tofu.

Note 2. This is the earliest German-language document seen (June 2009) that mentions green vegetable soybeans, which it calls *Soja als Gemüse.*

Note 3. This is the earliest German-language document seen (Oct. 2003) that uses the term *Sojamilch* to refer to soymilk. As of Jan. 2009 *Sojamilch* is the modern German word for soymilk.

Note 4. This is the earliest German-language document seen (Jan. 2009) that uses the word *Sojaschokolade* to refer to soy chocolate. The German word for "chocolate" is *Schokolade.*

Note 5. This is the earliest German-language document seen (Dec. 2011) that mentions fermented black soybeans, which it calls *Tao-tche.* Address: Dr.

861. Anderson, George E. 1914. Soya bean as food in China. *Daily Consular and Trade Reports* (*U.S. Bureau of Manufactures, Department of Commerce and Labor*) 17(23):362-63. Jan. 28.

• ***Summary:*** "The soya bean is not generally used for food by the Chinese, though at times it is so used, and its use seems to depend largely upon whether or not supplies of the more usual food products of the people can be had at prices within their reach rather than upon any element of preference. Various other beans, notably a large flat white bean, are used extensively both in the manufacture of flour and as bean 'curd.'" Note 1. Virtually all beans used to make 'bean curd' in China and worldwide are soya beans.

"Soya bean has been raised by the Chinese chiefly for its oil and for the residue, known as 'bean cake,' for fertilizer. Its cultivation on so large a scale as that witnessed in Manchuria in recent years is a matter of development in the past five years or so and represents the response of Chinese farmers to the demand of Europe and the United States for cheap vegetable oil rather than any great Chinese production in the first place."

"The varieties of beans and their uses: There are six varieties of beans commonly grown in North China and shipped more or less extensively to this part of the country and also grown to some extent in South China as well. These varieties are distinguished among the Chinese by their colors and are known as the yellow, the green, the black, the red, the white, and the small green. Of these, the yellow, green, and black are soya beans and are distinguished from the others by their size and ovoid shape. The red bean [xiaodou, azuki] is used by the people as food in much the same shape it is used in other parts of the world, being used largely while green, the pods and all being cooked and served, chopped, with oil or other dressing.

"The white bean is used for the manufacture of a cheap meal or flour like other beans, but is used chiefly in manufacture of what is known as 'bean curd,' one of the most common food products used by the people of central and northern China and used to some extent in South China. The beans are partially cooked and are then ground in a stone mill which often is one of the picturesque features of a Chinese village picture, the mill consisting of a large millstone set in a stone cup, operated by a buffalo or donkey passing around and around the mill, turning the heavy stone directly by a beam it draws. With these beans as they are ground a considerable quantity of water is mixed and the ground product is gathered on a tray and is drained of most of the water. It partially solidifies or rather 'jellies' or 'curds.' When drained it is cut in slices and is eaten with soy sauce, which in itself is the fermented liquor of ground soya beans, ripened for several months. This curd also is dried to a fair degree and is made into cakes, which are fancifully stamped with red or yellow designs or characters, and are sold in shops as cakes. The curd, as it is freshly made, sours in a comparatively short time, while the dried cakes keep longer.

"A substitute for flour–soy sauce: The use of the soya beans, properly so called, as human food among the Chinese is comparatively small, and is, as above indicated, more in the way of substitution. Whenever wheat flour from abroad or from north or central China itself rises in prices beyond the convenient reach of the average Chinese consumer, beans of various sorts, including the soya bean, are brought into use in the manufacture of a substitute. For such purposes the small green variety of soya beans are usually employed in South China, though apparently other varieties are also used in the north, and the small black variety is sometimes used in Canton. Considerable quantities of such flour are imported into Hongkong at times, but the Chinese of South China regard such flour as a substitution, however, and it is not popular.

"Bean oil, of course, which constitutes on an average substantially 20 per cent of the soya bean, is used for all purposes by the Chinese, both as food and as illuminant, and at times in paints. As a food it is used in substantially the same way, and with more or less interchanging with peanut oil, though the bean oil is less readily absorbed by articles cooked in it.

"Soy, the Chinese sauce which is the basis for most modern table sauces, is manufactured extensively in Hongkong from the soya bean, the process simply being that of grinding the beans and mixing the meal with water and a Chinese yeast. The mixture is then allowed to stand for from three to four months, the resulting liquor being the sauce. The United States imports about $50,000 worth of soy [sauce] annually from Hongkong in addition to quantities imported from Japan." Address: Consul General, Hongkong.

862. *Queensland Agricultural Journal.* 1914. The soya bean. 1(1):7-9. Jan. [3 ref]

• ***Summary:*** "Much has been written in the Australian Press during late years of the Soya bean as a profitable crop for farmers, and experiments have been made with it at the State

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Nursery at Kamerunga, but nothing has resulted from the experiments beyond proving that the soils and climate of some parts of Queensland are well adapted for the cultivation of this crop."

This article summarizes three articles received by the Department of Agriculture and Stock: (1) A communication from "Messrs. Thompson and Co., Dalny, South Manchuria, giving interesting information concerning the commercial possibilities of the [soy] bean, and suggesting that the Department experiment with the seed at the State Farms and in Western districts like the Marona, where the rainfall is comparatively small and uncertain, offering at the same time to supply the necessary seed, and, if the experiments proved successful, the firm would consider the taking up of a large tract of land in Queensland and growing the bean in quantity, as there would be no difficulty in disposing of the product. The present price of the beans in Europe is £9 per ton."

(2) "Messrs. Thompson and Co. furthermore enclosed an extract from the report (for 1912) of the Trades Commissioner for the Government of the Union of South Africa on the subject, which we summarise as follows,..." (see Turner 1914). The Queensland Journal then reflects: Profitability: "But the question to our mind is, whether, under our labor conditions, it would pay as well as it does in cheap-labor countries. A 1,000-lb. crop, at the highest prices for the beans, would sell for £4 10*s.* in Europe, and, deducting labour for production, freights, commission, &c., there would appear to be little in it to attract the attention of farmers, who can make far more [profit] out of dairying, sugar-planting, potato, onion, and maize growing. As a catch-crop amongst coconut and rubber trees, the Soya bean would doubtless prove of great value.

"As far as the feeding value of the [soy] bean is concerned, it is said to be at least twice as valuable for food as maize, as it is very rich in protein, but it is best fed in conjunction with maize. As a green manure, it is undoubtedly valuable in restoring the soil, being a leguminous plant.

"The expenses per ton for bags, railage, and freight to Harbin to Vladivostock [Vladivostok] are set down at £1 13*s.;* add ocean freight to England, £1 10*s.*–£3 3*s.*

"The expense of transport from South Africa to England is set down in the report we quote from at £1 9*s.*

"But Queensland is further from England than South Africa; and while it might pay to grow and export Soya beans thence to Europe, we cannot see that the crop could be profitably produced in this country."

(3) "The following summary of the uses of the Soya bean and its products given by *Tropical Life* [published in England], April, 1913 [p. 71-72], is interesting:–For dynamite and high explosives, soap, linoleum, India-rubber substitute, margarine, paints and varnishes, in place of linseed oil, various edible foods, toilet powder, salad oil, vegetable cooking oil in place of lard, oil, &c., preserving sardines, lamp oil, lubricating, as food in place of peas, flour for soups, biscuits, brown bread, artificial milk and cheese [soymilk and tofu], substitute for coffee, for sauces; cake for feeding cattle, and for manure."

Note: In this same Jan. 1914 issue (p. 3) of this journal, an article titled "Queensland Agricultural Journal," states: "With this number of the Journal we commence a New Series of issue, dating practically from the 1st July 1913, on which date the Journal completed its sixteenth year of publication." It first appeared in July 1897, and today some 60,000 copies a year [5,000 copies a month] are mailed to subscribers worldwide. From now on the Journal will accept "advertisments having reference solely to productions of the land or to manufactured articles needed by rural occupiers, thus not interfering in any way with the general run of advertisements in the public Press." Address: Australia.

863. Eddington, Jane. 1914. Economical housekeeping: More about soy beans. *Chicago Daily Tribune.* Feb. 4. p. 16.
• ***Summary:*** Because of its high protein content, the [whole dry] soy bean must be soaked for a long time then cooked gently for "several hours to reduce it to the required softness.

"It does not make as smooth a purée as the pea or peanut–in fact a rather granular one is obtained–but that nevertheless is palatable when dried over a hot fire, with a seasoning or butter, pepper, and salt if needed." We should manufacture "soy sauce from this bean–that sauce without which chop suey and many other Chinese dishes would not be what they are. In a government bulletin on the legumes we have a general description of how this is made." There follows a summary, with long quoted excerpts, of the section titled "The soy bean and its preparations" in: Oshima, Kintaro. 1905. "A digest of Japanese investigations on the nutrition of man." *USDA Office of Experiment Stations, Bulletin* No. 159. 224 p. See p. 23 on. Shoyu, tofu, miso and natto are discussed briefly.

864. Eddington, Jane. 1914. Economical housekeeping: Soy beans. *Chicago Daily Tribune.* Feb. 11. p. 11.
• ***Summary:*** It is called "the soy or soja bean." "In an English food magazine of two years back there is an interesting and very suggestive article, 'About the Soy Bean.' In the first paragraph it is said that medical men have been experimenting with it and writing about it for a year or so. Then it says:

"'The soja (or soy) hispida is the only representative of a genus of leguminosae or the tribe papilionaceæ, and it has been cultivated from time immemorial in Japan and China. It grows freely in tropical countries, and since 1878 it has been grown successfully in the warmer parts of Europe. There are a number of varieties of the soy bean, the difference lying in the size, shape, and color of the seeds. The Japanese is the most highly esteemed and in appearance it is a good deal like the common dwarf kidney or French bean...

"'The bean, which has a most agreeable flavor, is used

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by the orientals in many ways. The oil is expressed, used as a food, and the residual cake, which contains 40 per cent of flesh forming material, is eaten by the poorer classes [sic]. A paste [miso] and a kind of cheese [probably tofu] are also obtained from the bean, but one of its principal uses–perhaps the best known to us–is for the manufacture of the celebrated soy sauce, the making of which has always been surrounded by a certain amount of mystery.

"'It is the chemical composition of the soy bean which has attracted so much attention of late, and it has been found to be worthy of the highest place among pulses. It is rich in albuminoid, or flesh forming constituents, also in fat or oil, and contains but a very small proportion of starch or sugar.

"'The bean has been said to favor digestion, and it is a fact that the protein it contains is particularly easy of assimilation. A delicate infant, unable to digest cow's milk, often will thrive on a gruel made of the soy bean flour and water, and during the little intestinal disturbances of summer, to which children are so liable, it is much to be recommended. Diabetic patients find it an invaluable article of diet on account of the small amount of starch and sugar which it contains.

"'One might well expect that so valuable a food necessarily would be expensive, but when one learns that both bean and flour are sold for about 3*d* (6 cents) a pound, one feels that it is high time to give it a trial.

"'It is in the form of flour that the soy bean is likely to be most popular on this side of the globe, although the beans themselves, when properly cooked, make good soups and form the basis of many of those little dishes beloved of those who prefer a meatless fare [vegetarians]...

"'The soy bean thus is a cheap substitute for meat. In the dried state it looks more like a pea than a bean, but when soaked in warm water it expands and assumes its beanlike appearance...'"

"The article says that these beans soaked and cooked are excellent mixed with a well flavored tomato or other sauce and made up into cutlets, croquettes, etc., to be used with cheese, etc., because its flavor is not pronounced, for which reason it is more valuable in the kitchen.

"These beans can be obtained at a seed store at just the price one pays for other sorts of beans at a grocery."

865. *Times* (*London*). 1914. Artificial milk. Butter and cheese from soya beans. Romance of a new industry. March 17. p. 4, col. 1.

• ***Summary:*** "A discovery which should prove of great interest to housewives and mothers has recently been brought to perfection in a London chemical laboratory. This is a process of manufacturing synthetically a pure and wholesome milk of high nutritive value, possessing all of the virtues of the original article, none of its many dangers." A German chemist has developed the process.

"The fluid, as far as its appearance is concerned, is quite indistinguishable from rich cow's milk. It is delightfully smooth on the palate. On the other hand, the taste seems to some persons slightly different from that of ordinary milk. It is said that even this slight 'taste' can be removed at will. A dairyman was recently asked to express his opinion of the new milk, and two glasses, one containing his own milk and the other the artificial milk, were placed before him. He praised what he supposed was his cow's milk and expressed a very modified appreciation of the other. His surprise on hearing of his error was naturally great.

"Introduction of bacteria. The new milk has been built up from a basis of casein obtained from the soya bean. Casein, of course, is likewise the basal constituent of cow's milk. The beans are treated by a special process whereby all oil and waste matter are removed and only the pure casein left. To this basis are added in exact proportions fatty acids, sugars, and salts, and emulsification carried out... In order that the synthetic milk may approximate in all respects to the real milk, bacteria of the required strains, including the lactic acid (sour milk) bacilli rendered famous by Metchnikoff a few years ago, are introduced to the fluid and permitted to act upon it until it reaches exactly that state of what may be termed maturity at which fresh cow's milk is obtained. That it is indeed a real milk is proved by the fact that excellent cheeses and 'butter' can be made from it.

"The advantages of the new milk are obvious. It is, of course, free from all suspicion of being contaminated with milk-borne diseases like tuberculosis, scarlet fever, or diphtheria."

The first consignment of soya beans was sent to Europe as recently as 1906. "In this country soya oil has now a very ready and extensive market. It is used instead of the cotton seed variety on account of cheapness. Soap manufacturers are also coming to depend upon it. The chief use, however, would seem to be as cattle cakes for winter feeding. That the article which has fed so many milch cows during the past few years should itself be used in the making of artificial milk is undoubtedly something of a coincidence.

"Most of the soya beans entering this country pass through Hull, which, with its great oil and seed mills, is the natural centre for such a commodity."

866. Nagel, Oskar. 1914. Vorschlaege zur Herstellung neuer und billiger Futter- und Naehrstoffe [Proposals for the production of new and inexpensive feeds and foods]. *Zeitschrift fuer Angewandte Chemie* 27(1):208. April 7. (Chem. Abst. 8:2583). [Ger]

• ***Summary:*** Similar to the plant albumins are the plant caseins, above all the casein of the one plant which is richest in this casein, the soybean (*Sojabohne*), which has been used for centuries in the form of soy cheese (*Sojakäse* or tofu), soy sauce (*Sojasauce*), etc. and is an important Japanese foodstuff. Now in recent years, the soy oil factories of Europe have grown to large dimensions, and presently

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large amounts of soybean oil cake (*Sojaölkuchen*) and sold inexpensively. So it is time to recognize the value of this raw material for nutritional purposes. The extraction of casein from defatted soybean cake is simple. It dissolves in a dilute alkali solution, is filtered, washed with alkali and dried–for use as food. When we realize that 100 kg of protein contained in soybean oil cake costs less than 50 Marks and that it can be produced less expensively than milk protein, it is clear that large amounts should be used as a raw material.

867. Meyer, Frank N. 1914. Re: Artificial milk, butter, and cheese from the soy bean. In: Letters of Frank N. Meyer. 4 vols. Compiled by Bureau of Plant Introduction, USDA. 2444 p. See p. 1889-90. Letter of 29 April 1914 from Peking, China, to David Fairchild of USDA.
• ***Summary:*** "I am also enclosing a clipping re *artificial milk, butter* and *cheese* from the *soy bean!* Is the fact already known to our specialists?"

One week later, on 2 May 1914 (p. 1898) he adds: "No. 2038a, *Soya hispida,* is a rare local variety. I think I have only seen it once."

Location: University of California at Davis, Special Collections SB108 A7M49. Address: USDA Plant Explorer.

868. *Asie Francaise* (*L'*). 1914. Le soja: Une légumineuse alimentaire Chinoise [The soybean. A Chinese food legume]. 14(158):196-98. May. [Fre]
• ***Summary:*** Begins with a good introduction to the soybean (*haricot soja*), including its early history in France and statistics of current trade between Europe and Manchuria. A footnote (p. 196) states that the statistics are from the Chinese maritime customs. The shipments to Europe for first reported in 1908 by the official statistics. The Suez Canal Company (*La Sociéteé du canal de Suez*) made it known that for some years when not a single kg of soybeans passed through the canal, but 35,000 passed through it in 1908.

At the Nanking Exposition [Nanjing] of 1910 in China, some 400 varieties of soybeans were on display.

Continues with a long discussion of the work and writings of Li Yu-ying (p. 197-98). "It was soymilk that Li first introduced to French vegetarians (*végétariens français*). In 1908 he established a laboratory in Paris for the study of tofu (*la caséo-sojaïne*). Then he set up a factory at Vallées, on the outskirts of Paris, where he employed about 30 specialist Chinese workers. The machinery was constructed in France based on designs by Li and his collaborators.

"The creation of this Chinese factory, smack in the middle of France, was not lacking in originality. But it seems that its output could be as wide and varied as its founders had dreamed. In a shop which sells exotic products, we were told that the Parisian clientele scorned (looked down on) the soy preserves / jams (*confitures*), cheeses, condiments, eggs, and other unique soy products, but they remained faithful to flour, rusks / zwieback (*biscottes*, twice baked bread without added sugar), and the housewives appreciate the soy sprouts that are found today in all the markets of Paris and its outskirts."

869. *Le Monde des Plantes* (*le Mans, France*). 1914. Nouvelles: Lait, creme, beurre et fromage de soja [News: Soy milk, cream, butter and cheese]. 16(88):19. May. Series 2 [2 ref. Fre]
• ***Summary:*** According to the *Molkerei Zeitung,* an institute name Soyama Wecke [sic Soyama Wercke, Soyama-Werke, Soyamawerke] has been founded near the railway station of Bockenheim (Germany). The goal of this institute is the manufacture of artificial milk (*lait artificiel*) from the seeds of the soybean (*de Soja; Soja hispida*) and other substances. The soybean furnishes almost all of the product.

According to the Assembly of Agriculturists (*l'Assemblée des Agriculteurs*), which meets in Frankfurt, a few years ago 50,000 liters of soymilk arrived daily on the market when the factory was pushed to its full capacity. A deputy of the German parliament (*Reichstag*) is at the head of this enterprise which has several million dollars of capital. The Soyama-Werke also makes soy cream, butter and cheese [tofu].

Source: *Journal de la Société national d'Horticulture de France,* Feb. 1914.

Note: In May 1914 Germany was involved in World War I.

870. *Washington Post.* 1914. Beans for milk. June 14. p. M13.
• ***Summary:*** From Worcester (Massachusetts) Post: "Massachusetts lands which fail to give up forests and other crops of sufficient value to suit the tillers should be devoted to raising soya beans. A few Chinamen should be imported to show how that crop is produced to the best advantage. The experts claim it does best in hot climates, but that does not rob the beans of a change in Massachusetts. There is a great need of the beans here." Every session politicians urge less cows in the commonwealth. Farmers have long said, and keep saying, "that they cannot keep cows at the prevailing prices allowed for them for the milk. They are undoubtedly right." Let them quit. "But the soya beans in the course of scientific treatment give up a casein from which the best of butter and cheese are made.

"The imported figures indicate that an acre of land devoted to the beans will make more milk, butter or cheese than any cow in Massachusetts in a year, and no acre supports a cow. The milk and other products of the bean carry no bacteria, so far as reported by science, and that means they will keep indefinitely. There is nothing for the farmers to do but to raise the beans."

The state can save a lot of money by abolishing milk inspectors. "The beans can be sent to central points in bags without regard to special sanitary cars, and there be made

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into milk, butter and cheese for the community at hand."

This simple change would solve about half of the state's problems. "The soya bean of the Chinese is the solution."

871. *Independent* (*The*). 1914. Milk and cheese from the soya bean. 78:487. June 15.
• ***Summary:*** "A large concern known as the 'Synthetic Milk Syndicate, Ltd.' is about to establish a factory in Liverpool, at which soya milk will be made according to the process of Dr. Fritz Goessel, of Essen, Germany." A detailed description of the process follows. "It is expected that this milk will be retailed in England at 4 cents a quart. It is claimed to have the same nutritive value as natural milk, and will be free of the characteristic oily flavor which makes other soya bean products unpalatable to most people who have not acquired the tastes of the Orient... Treated with a mineral salt or an acid, which acts the part of rennet, vegetable milk can be converted into cheese of several varieties. In Indo-China, where the soya milk industry has assumed large proportions, three principal kinds of cheese are made: a fermented variety with a taste suggesting Roquefort; a white salted variety, resembling goat's milk cheese; and a cooked or smoked variety, like Gruyère."

Note: This is also the earliest English-language document seen (April 2013) that uses the word "smoked" (not including "smok'd") in connection with tofu. Address: England.

872. *Mercury* (*The*) (*Hobart, Tasmania, Australia*). 1914. Rival to milk. Produce from soya beans. Romance of an industry. June 20. p. 14.
• ***Summary:*** This is a summary of: *Times* (London). 1914. "Artificial milk. Butter and cheese from soya beans. Romance of a new industry." March 17. p. 4. The summary begins: "The keen rivalry between margarine and butter is to have a parallel in the fluid product of the soya bean threatening to knock cow's milk out of the market."

873. Loomis, Henry M. 1914. Food products from the soy bean. *American Food Journal* 9(8):472-74. Aug.
• ***Summary:*** Loomis collected information on soybean products while stationed on the Pacific Coast. "Probably the most interesting and important of these food products is soy sauce, or shoyu, as the Japanese call it. It is the only one which is used to any extent among Occidental nations, with whom it forms the principal ingredient of Worcestershire and similar table sauces. It is also used to some extent as an ingredient of bouillon cubes. König estimates that the consumption of this product in Japan amounts to two or three fluid ounces per day for each person, which would make a total consumption for that country alone of three to four hundred million gallons. No figures are available as to the amount of this sauce which is used in China, but all except the poorest class eat it habitually on rice and fish, which form their principal articles of diet."

Japanese soy sauce "is prepared on more scientific principles and it is considered much superior to Chinese soy. Each manufacturer of Japanese soy has special brands or trade marks under which his products are sold. Japanese soy is usually imported into this country in wooden tubs holding about three gallons each and sells at wholesale price of from 75 cents to $1.50 per tub" [i.e. 25 to 50 cents per gallon]. A brief description of the Japanese process for making soy sauce follows; it mentions Koji.

Brief descriptions are also given of the following foods and their method of preparation: (1) "Soy bean curd, or, in Japanese, Tofu, is as its name implies prepared by coagulating or precipitating the legumin or vegetable proteid, of the soy bean by mineral salts. (2) "The frozen bean curd, or 'Koritofu,'..."

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "Koritofu" to refer to frozen tofu. (3) [Yuba]. "The liquor or bean milk is the milky fluid produced in the manufacture of bean curd after straining and before coagulating. Chinese bean curd [sic], or Toufu-pi, is prepared by drying the scum produced on boiling the bean milk. It is imported in the form of vitreous, brittle, yellowish sticks in appearance like dried casein. (4) Soy bean oil. (5) "Kinako is prepared by roasting and grinding soy beans. It has a very agreeable flavor and is much used in the preparation of confections, particularly as a sort of coating powder. (6) Miso, which is made from "Koji, the same ferment as is used in the making of soy. There are two principal kinds imported into this country, the white and red Miso. They differ principally in the rapidity of fermentation and in the amount of salt used."

"Winton and others have suggested the use of soy bean products as foods for diabetics and it appears that there are many of the foods mentioned above which would serve a useful purpose in this regard. There are a number of firms now putting out soy bean meal or flour on a commercial scale and notices have appeared recently that soy bean curd and milk are to be manufactured on a large scale in Europe.

A large table contains nutritional analyses of four types of soy [sauce] (incl. Kikkoman, Kikkoraku, typical Japanese shoyu and Chinese soy) plus each of the foods mentioned above, including tofu (8.6% protein) made in Seattle, Washington, and "Bean milk (strained bean liquor before coagulating; 2.09% protein).

Mr. J.T. Willard notes: "I remember twenty years ago [i.e., 1894] that Prof. Georgeson of the Kansas Agricultural College had half a dozen varieties [of soy beans]. He was a teacher of agriculture in Japan and I suppose he learned as much there as he taught, and he became very enthusiastic over the soy bean. I remember there was a great difference in the different varieties of the soy bean." A portrait photo shows Mr. H.M. Loomis.

Note 2. This is the earliest English-language document

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seen (April 2013) that uses the term "soy bean curd" to refer to tofu. Address: Bureau of Chemistry, USDA.

874. Eddington, Jane. 1914. Economical housekeeping: Soy beans. *Chicago Daily Tribune.* Nov. 13. p. 14.
• ***Summary:*** "The soy bean is one of the staples with which we are not very well acquainted, but it is inexpensive and richer in protein than any of the other legumes."

"This bean is considered of particular value in diabetes, but it is the flour that is chiefly used in dishes for the sick, a considerable number of recipes for which will be found in [the book] *Diet in Health and Disease,* by Friedenwald and Ruhräh. A long quoted excerpt is given. "The oriental races most frequently eat the bean in more or less cheesy foods, which are prepared from it. The most common of these are natto, tofu, miso, yuba, and shoyu."

"There is an American company in America [perhaps Waukesha Health Products Co., in Waukesha, Wisconsin] which makes the soy bean flour, the address of which will be sent on request (stamped and addressed envelope) to any one interested. There are about three pages of recipes in the book quoted from. In recommending them for diabetics it says:

"'The simplest way to use the beans is to cook them like the ordinary navy bean, preparing either bean soup, boiled beans, or baked beans, the flavor being rather improved by the addition of a piece of fat salt meat.'"

875. Melhuish, William James. 1914. Improvements in the manufacture of vegetable milk and its derivatives. *British Patent* 24,572. Dec. 29. Application filed 29 Oct. 1913. Complete specification left 23 Dec. 1913.
• ***Summary:*** In manufacturing artificial milk from soy beans by a process similar to that of 27,860, 1912, the oil is first extracted from the beans or meal, or is centrifugally separated from the albuminous extract, which is obtained by treating the meal at about 90º with water containing potassium phosphate, etc., and then filtering. Sesame or other oil mixed with butyric and other cream acids is then thoroughly emulsified in the liquid, which may be done by b. *in vacuo* or by a mixing or homogenizing machine. Dextrin and various sugars such as malt extract, dry maltose, cane sugar, milk sugar, dextrose, honey, etc., sodium bicarbonate, etc., sodium chloride, citric acid, and lactic bacteria are added. When the required acidity is reached, part is set aside, and the rest may be pasteurized. The part set aside is mixed with pasteurized soy milk and added to the next batch. The sesame oil, etc., may be omitted, or may be gradually added to obtain a thick cream, which may be made into margarine. Sugar may be replaced by saccharine, and medicinal iron may be added. Humanized, sterilized, fermented, condensed, or dried milk may be prepared. For making cheese, the casein may be coagulated by lemon juice, etc., rennet, or the ferments present. The soy cake in the filter press may be used as cattle food. Address: Highwood House, Upper Parkstone, County of Dorset [England].

876. **Product Name:** Tofu.
Manufacturer's Name: Fujiwara Tofu-ten.
Manufacturer's Address: 168½ W.S. Temple St., Salt Lake City, Utah. Phone: Was. 4816.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 180.

Note: Between the two shops listed on this page is another business named Yaezono, which may well be a tofu shop as well, but this is not clear. Yaezono is located at 47 S.W. Temple St, Salt Lake City, Utah. However, strangely, in the census part of this book, there are no tofu shops listed in Salt Lake City.

877. **Product Name:** Tofu.
Manufacturer's Name: Hashimoto Tofu-ya.
Manufacturer's Address: P.O. Box 94, Visalia, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 117. Note: Takahashi Tofu-ya had this P.O. Box in 1913.

878. **Product Name:** Tofu.
Manufacturer's Name: Hidejima Tofu-ya.
Manufacturer's Address: 1509½ Geary St., San Francisco, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 14.

879. **Product Name:** Tofu.
Manufacturer's Name: Kurosumi (Kokuju?) Tofu-ya.
Manufacturer's Address: P.O. Box 427, Sebastopol, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 174. Note: Sebastopol is a town in Sonoma County, about 52 miles north of San Francisco.

880. **Product Name:** Tofu.
Manufacturer's Name: Matsumoto Tofu-ya.
Manufacturer's Address: P.O. Box 95, Dinuba, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 115.

881. **Product Name:** Tofu.

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Manufacturer's Name: Nakadate (Nakatate or Nakatachi?) Tofu-ya.
Manufacturer's Address: 21 Sausal St., Salinas, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 160.

882. **Product Name:** Tofu.
Manufacturer's Name: Nakajima Tofu-ya.
Manufacturer's Address: 220 Japanese Ave., Sacramento, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 62.

883. **Product Name:** Tofu.
Manufacturer's Name: Nishimoto Tofu-ya.
Manufacturer's Address: 184 14th St., Riverside, California. Phone: Home 1887.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 149. Note: Yonemura Tofu-ya was at this address in 1913.

884. **Product Name:** Tofu.
Manufacturer's Name: Nojima Tofu-ya.
Manufacturer's Address: P.O. Box 136, Isleton, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 87.

885. **Product Name:** Tofu.
Manufacturer's Name: Okamoto Tofu-ya.
Manufacturer's Address: P.O. Box 185, San Juan, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 164. Note: Today, San Juan, located in Orange County, is probably the same as San Juan Capistrano, named after the mission founded there by Padre Junipero Serra on 1 Nov. 1776.

886. **Product Name:** Tofu.
Manufacturer's Name: Oye (Ohye) Tofu-ya.
Manufacturer's Address: 1621 Buchanan St., San Francisco, California. Phone: West 2157.
Date of Introduction: 1914.
New Product–Documentation: The Japanese-American Yearbook (Nichibei Nenkan). No. 10 (Published by Mr. Kyutaro Abiko, of Nichibei [Shinbun], Japanese-American News). 1914. p. 14. The company name is written with the Chinese characters meaning "Large + Bay." Tofu-ya means "Tofu company."

Talk with Mr. Seizô Oka, Head, History Room, Japanese Cultural and Community Center, San Francisco. 1989. Dec. 5. He has talked with Mrs. Sumiko Kawashima (maiden name Oye/Ohye) who now lives in Hinode Tower. Her father, Mr. Masuzo Oye was an early tofu maker in San Francisco. Before him, one of the earliest in San Francisco was said to be Jitsutaro Hayashi.

887. **Product Name:** Tofu.
Manufacturer's Name: Rafu Tofu-ya (Los Angeles Tofu Shop).
Manufacturer's Address: 446 Jackson St., Los Angeles, California. Phone: A2896.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 128. Note: Rafu is the Japanese nickname for Los Angeles. Hirano Tofu-ya was at this address in 1911.

888. **Product Name:** Tofu.
Manufacturer's Name: Sakai Tofu-ya.
Manufacturer's Address: P.O. Box 231, Walnut Grove, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 85. Walnut Grove is a small town in Sacramento County, California, at the bend in the Sacramento River, about 20 miles south of the city of Sacramento.

889. **Product Name:** Tofu.
Manufacturer's Name: Satake Tofu-ya.
Manufacturer's Address: 79 Japanese Ave., Sacramento, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 62.

890. **Product Name:** Tofu.
Manufacturer's Name: Takao Tofu-ya oyobi Gyokujo / Tamaba? (Pool Hall / Billiards).
Manufacturer's Address: Care of Quon Chong Kee, Loomis, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 70. Note 1. No street address or P.O. box number is given. Note 2. Loomis is in Placer County,

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northeast of Sacramento between Rocklin and Auburn.

891. **Product Name:** Tofu.
Manufacturer's Name: Tamada Tofu-ya.
Manufacturer's Address: P.O. Box 402, Lodi, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 98.

892. **Product Name:** Tofu.
Manufacturer's Name: Tanaka Tofu-ya (K. Tanaka Co., Inc.).
Manufacturer's Address: 885 3rd Ave., New York City, New York. Phone: Plaza 5218.
Date of Introduction: 1914.
New Product–Documentation: The Japanese American Directory. 1925. p. O-69. Company name is in Japanese characters: Tanaka Tofu-ya. Address and phone are in English: 885 3rd Ave., New York City, NY. Phone: Plaza 5218.

See also Tanaka Tofu Seizo-sho (Tanaka Tofu) (1934). Are these two companies, which have very similar names and the exact same addresses, related?

Hokubei Shinpo-sha. 1948. *Nyuyoku Benran: Tsuketari jushoroku, 1948-1949 nendo* [*New York Japanese American directory: 1948-1949*]. Who's Who section, p. 22. In 1914, after a brief visit to Japan, he returned to the U.S., settling in New York, where he soon entered his present business. He continued the tofu shop until the outbreak of World War II. In 1942 he moved into his present shop at 159 East 53rd St [between Lexington and 3rd Ave. if in NYC]. Note: It is not clear when (probably in about 1914) and at what address he began making tofu in New York–nor what the first name of his tofu company was. In the same book an ad on an unnumbered page about 22 pages after Mr. Tanaka's biography states in English: K. Tanaka Co. Inc., 144 West 65th, New York 23, N.Y. Tel. TRafalgar 4-6600. Tel. TRafalgar 4-6601. 159 East 53rd Street, New York, 22, N.Y. Tel. Plaza 3-5218. In Japanese: Tanaka Shokai, Mr. Kaijiro Tanaka and Mr. Kazuo Nakayama. All Japanese foods. Tofu manufacturer. Care package shipping service to Japan. Direct import of foods. Note 3. Of the two addresses given above in English, the 2nd one (159 E. 53rd St.) is for the tofu shop.

In section (3) titled Nyuyoku Benran, on page 29 is a subsection on tofu business. In about May 1943 they were selling 400 to 500 cakes (*chô*) of tofu per month. One year later in 1944 they were selling 1,200 cakes per month. Mr. Tanaka said that one reason for the increased price of tofu was the increase in the Japanese population in New York, as they returned to the city.

The all-English directory at back of book states under New York City–Oriental Foods: "Tanaka, K., Co., Inc. (Sunrise Rice Cake Co.), 159 East 53rd St., New York (22). Plaza 3-5218. Branch: (Formerly E.L. Sauce Co.), 144 W. 65th St., New York (23); TRafalgar 4-6600 and TRafalgar 4-6601."

893. **Product Name:** Tofu.
Manufacturer's Name: Tayama Tofu-ya.
Manufacturer's Address: P.O. Box 524, Penryn, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 72. Note: Penryn is in Placer County, northeast of Sacramento, near Auburn.

894. **Product Name:** Tofu.
Manufacturer's Name: Wada Tofu-ya.
Manufacturer's Address: P.O. Box 33, Selma, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 109.

895. **Product Name:** Tofu.
Manufacturer's Name: Yamamoto Ryokan, Tofu-ya.
Manufacturer's Address: P.O. Box 372, Newcastle, California.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 73. Note: A *ryokan* is a traditional Japanese inn. So the owners operate both an inn and a tofu shop. Newcastle is in Placer County, northeast of Sacramento, in the foothills of the Sierra Nevada mountain range, between Loomis and Auburn.

896. **Product Name:** Tofu.
Manufacturer's Name: Yamamoto Tofu-ten.
Manufacturer's Address: 39½ S.W. Temple St., Salt Lake City, Utah. Phone: Was. 4816.
Date of Introduction: 1914.
New Product–Documentation: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 180.

897. Bosse, Sara; Watanna, Onoto. 1914. Chinese-Japanese cook book. Chicago and New York: Rand, McNally & Co. 120 p. Index. 17 cm.
• ***Summary:*** A remarkable and pioneering East-Asian cookbook. It may well be the earliest Japanese cookbook seen published in America. It is one of the earliest Chinese cookbooks published in America. The cover illustration shows a well dressed Japanese woman in a Japanese room kneeling and cooking over a brazier. Contents: Preface. Part I: Chinese recipes (12 sections, p. 9-64). Part II: Japanese

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recipes (7 sections, p. 74-110). List of Chinese and Japanese groceries.

The Preface begins (p. 1): "Chinese cooking in recent years has become very popular in America, and certain Japanese dishes are also in high favor. The restaurants are no longer the resort of curious idlers, intent upon studying types peculiar to Chinatown, for the Chinese restaurants have pushed their way out of Chinatown and are now found in all parts of the large cities of America." "There is no reason why these same dishes should not be cooked and served in any American home."

Concerning shoyu, or Japanese-style soy sauce (p. 2-3): "Syou, sometimes called Soye, is similar to Worcestershire and similar European sauces. In fact, the latter are all said to be adaptations of the original Chinese syou, and most of the European sauces contain syou in their makeup. It lends a flavor to any meat dish, and is greatly esteemed by the Oriental peoples."

Note 1. This is the earliest English-language document seen (April 2012) that uses the word "syou" to refer to shoyu or soy sauce.

Syou (soy sauce) is an ingredient in at least 55 recipes in this book, both Chinese and Japanese–starting with Chinese soups (p. 12-17). When first mentioned here it is called "syou (Chinese sauce)," but thereafter simply "syou."

"Miso paste" appears in 5 Japanese recipes: Satsuma soup ("one quarter pound of aburage {oil-fried Tofu}; one quarter pound of miso paste {soy bean and rice cheese}," p. 71-72). Uwo shiru (Fish soup) ("one pound of miso paste {bean and rice paste}; one half cupful of syou sauce," p. 73-74). Shika shiro (Pot-roasted venison) ("one cupful of syou sauce;... one quarter pound of miso paste," p. 80). Tamago bolan (Peony eggs) ("finely mashed miso," p. 91-92). Shiro uri (Stewed squash) ("syou sauce... two tablespoons of miso," p. 95).

"Aburage (oil-fried Tofu)" and regular tofu appears in Satsuma soup (p. 71, see above). Yaki zakana (Fried fish) (with "oil-fried Tofu... Note: Tofu is made from a mixture of syou bean [soy bean] and rice. It is mashed and rolled into a thin cake, and fried in oil, very much like pancakes," p. 77-78). Note 2. A poorer definition of tofu would be hard to find. Yaki udzura (Broiled quail or pigeons) ("aburage {bean cheese paste}" and "Tofu cakes," p. 79). Fried squab (with "fried Tofu," p. 81). Tamago tofu (a tofu-like custard made with eggs and syoyu sauce, but no real tofu, p. 89-90).

Bean sprouts are used in many recipes, but we are never told what type of beans are sprouted [probably mung beans]; a recipe for homemade bean sprouts (p. 109) calls for "ordinary white beans, or dried lima beans." Other interesting ingredients include: "Adzuki (purple beans)" (mentioned once in Yohan candy). Goma seeds [sesame] or goma-seed oil (mentioned 15 times). Kudzu starch (6 times, misspelled once as "kudze"). Peanut oil (at least 10 times). Seaweed (1 can of seaweed; small piece of seaweed), seaweed jelly or gelatine, or Kanton [kanten, agar] (15 times). Sweet rice [mochigome].

The authors, "Winnifred and Sara Eaton were sisters, daughters of a Chinese-born mother and an English-born father, and grew up in a large family in Montreal, Canada. Winnifred Eaton was a very successful fiction writer who, by taking on a Japanese identity, both exploited the public's craze for 'Japonica' at the time, and obscured her Chinese heritage during an age of anti-Chinese sentiment and policies. This cook book was her first collaboration with Sarah, who may have done very little of the writing. A painter, Sarah (1868-1940) lived out her life with her German artist husband, Karl Bosse, in New York. Winnifred (whose Japanese pseudonym was Onoto Watanna) lived 1879-1954, knew almost nothing about Japanese cooking. Winifred's biographer and granddaughter, Diane Birchall, says that the authors' claim in the Preface that the Chinese recipes are "... secret recipes handed down from Vo Ling, worthy descendant of a long line of noted Chinese cooks...' is just a hoax. "According to Birchall, Eaton was awful at cooking Chinese dishes" (MSU introduction and biography).

Note 3. This is the earliest document seen (Jan. 2009) concerning soy ingredients used in Japanese-style recipes, food products, or dishes outside Japan.

898. Chiappini, C. du P. 1914. The trade of the Union: Soya beans. In: W.H. Hosking, ed. 1914. South African Year-Book 1914. London: George Routledge and Sons, Ltd. New York: E.P. Dutton & Co. See p. 192-261, especially p. 247-56.
• ***Summary:*** "The Annual Report of the Trades Commissioner in London for the Union Government of South Africa for the year ending 31st December, 1912, and dated 16th April, 1913, was presented to both houses of Parliament by command of His Excellency the Governor-General."

Soya Beans: Trials in connection with these beans have been, and are being, made by farmers in the Union–principally in Natal. During the past nine years many useful experiments have been made by the Agricultural Department, mainly at the Cedara, Winkle Spruit, and Weenen Government Farms (Natal), and also at Skinner's Court, Pretoria. A great deal of knowledge has thus been gained and made known to farmers by means of bulletins, etc., issued by the Government. I am, however, informed that there has been a check in the progress of this industry, and that in some parts farmers have been disheartened by their first trials, and have dropped the matter... I submit the [following] details in the hope that they will stimulate farmers through the Union to continue their experiments and carry them to a successful issue, my object being to support Mr. Burtt Davy and other officers of the Agricultural Department who are doing such good work in this direction.

"I have been fortunate in securing the valuable assistance of Mr. A. Grenville Turner, Grain and Oilseed

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Broker, and Assistant Secretary to the Seed, Oil, and Cake Trade Association, C 20, Exchange Buildings, Liverpool, and of Mr. Harold Beckwith, of Peter's Buildings, II, Romford Street, Liverpool, who is a specialist on the production of vegetable oil and on oil milling plant generally...

"During the year 1909 experiments were conducted in the Argentine Republic, Mr. A. Grenville Turner reporting that a crop of beans may be secured there in about thirteen weeks, as against six months in Manchuria, and ten weeks to five months in South Africa, according to zone and climatic conditions. Worldwide interest is now evinced in the culture of the Soya bean, and experiments are being conducted in practically every British Colony. The late Sir Alfred Jones, K.C.M.G., entrusted Mr. Turner with a mission to introduce the cultivation of the bean throughout West Africa, the result of the experiments being successful. On his return from the coast, Mr. Turner was entrusted with a mission by Messrs. Lever Brothers, Limited, to encourage the cultivation of the Soya bean throughout the Union of South Africa. The scheme was enthusiastically taken up by the farmers. Large quantities of seed (with descriptive pamphlets) were distributed by Messrs. Lever Brothers, the result of the experiments proving that South Africa can raise a crop of Soya beans equal, if not superior, to those from Manchuria...

"At the Government Experimental Farms in South Africa, over 80 varieties have been tested, and as high as 2,000 lb. per acre was recorded, while in many instances the yield was well over 1,000 lb. per acre. In Manchuria the yield per acre is from 1,100 to 1,600 lb. per acre...

"The subject has received the hearty support of the Union Government Agricultural Department, the Agricultural Unions, and Messrs. Lever Brothers, Limited, by whose assistance, through Mr. Turner, seed for the planting of three to five acre plots was distributed to over 300 farmers in all parts of the Union, together with printed report forms and descriptive bulletins. One factor was proved–viz., the capability of the plant to resist a long sustained drought, and to grow under conditions that would probably in many instances be too severe even for maize.

A list is given of 18 products which can be obtained from the Soya bean, including "Human consumption, as a vegetable, like marrowfat peas, and in preparation of soups. As a substitute for meat, specially manufactured. Manufacture of a substitute for chocolate. Preparation of macaroni. As flour for biscuits and brown bread. As artificial cream and milk. Manufacture of cheese. As a substitute for coffee. Preparation of plastic substances and artificial horn." Diabetic foods, soy sauce, meal for feeding cattle, stallions or dairy cows, seasonings, beverages, industrial products, and livestock feeds.

The oil can be used for the manufacture of "Dynamite and high explosives. Soaps. Linoleum. India-rubber substitute. Margarine. Paints and varnishes in place of linseed oil. Edible goods and toilet powder. Waterproof cloth, paper umbrellas, and lanterns. Salad oil. Lubricating oil, in China, for greasing axles and native machinery. Lamp oil instead of kerosene oil. It is used on English railways for burning. The Soya oil is also used for preserving sardines, and in place of lard, and cotton-seed oil for cooking.

"Chemical analyses of the beans made in Europe show considerable variation in the percentages of the different constituents... of oil from 15.62 to 23.20 per cent., the latter oil content being the highest recorded, the beans being grown by Mr. Turner, at Sierra Leone (West Africa).

"At the latter end of the year 1908 the Soya beans started to be exported from Manchuria to Great Britain and Europe; the price on the London market being £4 15*s.* per ton, which recently rose to £9 2*s.* 6*d.* per ton in England; the value on the spot at Hull being now given as £8 7*s.* 6*d.* per ton; the value of soya oil on the spot, crushed, is £24 10*s.*, and extracted, £23 15*s.* per ton, and of Soya oilcake, £6 15*s.* per ton."

Note: This is the earliest English-language document seen that uses the term "oilcake" or "Soya oilcake" to refer to ground, defatted soybeans. Address: Trades Commissioner, South Africa.

899. Davison, Mrs. 1914. Domestic economy in Japan. [Tokyo, Japan]: Kyo Bun Kwan (Methodist Publishing House). Tokyo Katei Mondai Kenkyu Kurabu. v + 73 + [16] p.; 17 + 1157 + 6 p. No index. 19 cm.

• ***Summary:*** On the title page: "Compiled by the Home Problem Club, Tokyo." Contents: Soups. Fish. Meats and substitutes. Vegetables. Salads. Puddings. Pudding sauces. Sweets. Cakes. Breads. Native cereals. Preserves. Jams. Pickles. Suggestions. Japanese disinfectants. Useful addresses. Menu-maker (from *Ladies Home Journal*).

The front part of this book (p. v + 73 p.) is in English. The back part (17 + 115 + 6 p., reading from back to front) is in Japanese, and numbered separately. In the middle is a 16-page "Advertising section," mostly in English, on unnumbered pages. Each recipe is numbered sequentially, from 1 to 1-186, in each part. The recipe numbers in the English part correspond exactly to the numbers in the Japanese part.

Soy related recipes: "Tofu" (bean curd) soup (p. 2). [Soy] Bean roast (p. 12). "Tofu" roast (3 types; calls for 1 *cho* or 1 square of tofu, p. 12-13). "Tofu" and celery stew (p. 14). In the chapter on vegetables: "Daizu" (p. 23): "Soja or Soy bean. There are white, green and black soy beans. This bean is used in the preparation of *miso, tofu,* etc. A drink is made from the black soy bean and unhulled barley. These are parched and then boiled in a tea, sweetened with sugar ad used in the summer time." Soya beans (p. 24): "Hull and boil; remove the skins and dress like lima beans. *Azuki* a little red bean may be prepared in many ways. One way, boil, place in center of a mound of rice, and serve with a curry sauce made with apple and onion in it."

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Tofu (p. 26-29): "Tofu is a most nourishing inexpensive curd made from the bean. It may be served in many ways. The process of preparation takes away part of the bean difficult to digest and leaves one of the most wholesome of foods. It is especially good for diabetic patients. It may be bought in any part of Japan. Always pour boiling water over it before using." These recipes follow: Scrambled "tofu". "Tofu" and cheese. "Tofu" croquettes (3 recipes). "Tofu" box. "Tofu" and tomatoes. "Tofu" and peanut butter. "Tofu" and cheese (2 recipes). "Tofu" and corn.

"Tofu" (bean-curd) salad (with 2 *cho* [= cakes] of "tofu," p. 38). "Tofu" custard (p. 40).

This book also calls for peanuts in many recipes. A few recipes call for *goma* (sesame seeds), *kanten* ("a kind of gelatine made from seaweed. A substitute for gelatine," p. 61). in a few. Pudding sauces and sweets include many recipes for "mizu-ame" ("1 pint of golden-colored mizu-ame." Some is made from millet, and some from rice). "Health food" is mentioned on p. 52. Address: Tokyo, Japan.

900. Fugetsu-do. 1914. Fugetsu-do (Ad). In: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook.* No. 10]. p. 45 in last block of ads. [Jap; eng]
• ***Summary:*** Ad (1/8 page). All in Japanese, except for 1 line (the company address in English). Mr. Torakichi Honoka [owner]. This Japanese company sells tofu, Japanese confections, and fish. Note: In 1913 this company made tofu. But in 1914 Motooka Tofu was also located at 1848 Market St. What does that mean? Address: 1848 Market St., Denver, Colorado.

901. Fujimoto, Taizo. 1914. The nightside of Japan. London: T. Werner Laurie, Ltd.; Philadelphia: Lippincott. xii + 233 p. Plus 40 p. plates on unnumbered pages. Illust. No index. 21 cm.
• ***Summary:*** "Howling of a 'oinarisan' pedlar [peddler] (oinarisan is a kind of sushi, and its pickled rice is wrapped with a piece of fried bean-curd flavoured with sugar and soy [sauce]) and flute of a Chinese buckwheat seller are faintly heard in a distant street" (p. 39).

"To classify the labourers who are staying in these lowest lodging-houses, according to the kinds of their work or business, one half of them are stall- keepers who sell... amé (wheat gluten),... *shiruko* (a dish made of rice cake [mochi] and sugared beans), *inarisushi* (another name of *oinarisan*, which is a mass of pickled rice wrapped up with a piece of fried bean curd),..." (p. 44-45).

Note: This is the earliest English-language document seen (April 2013) that contains the word *inarisushi* (one word without hyphenation).

"Consequently, every night till midnight the streets in the vicinity of these lowest inns are full of small shops and stalls of cheap food and drinks, awaiting the customers from those *kichinyado.* Stalls of hot wine and *oden, inarisushi, shiruko, mochi* (rice-cake), *tsukeyaki pan* (pieces of bread toasted and flavoured with soy [sauce]),..." (p. 47). Note: Mochi is also mentioned on pages 172, 173, and 202.

"In this book you read often of stalls of *odenya*, but the Marugin is a large house situated at the cross-roads of Sudachô, and though it belongs to the eating-houses of the lowest class, it may probably be the first and largest *odenya* in Tokyo. The room, lighted with electric lights, is furnished with tables and chairs, in place of mats and futon, very common in the shops of the lower rank. Oden is, as previously explained, a special kind of food boiled down with soy, its chief materials consisting of fish, bean-curd, konnyaku, and taro" (p. 63-64).

"You often find little boys of nine or ten years at the temple, and their true object of the visit seems not to be prayer to the temple, but they are ambitious to taste the sweet *amazake* (hot beverage made of fermented yeast [sic]), which the temple entertains to the visitors" (p. 153).

902. Gulick, Sidney L. 1914. The American Japanese problem: A study of the racial relations of the East and the West. New York, NY: Charles Scribner's Sons. 349 p. Index.
• ***Summary:*** The author believes that Japanese in America are being treated unfairly, and that they are a real asset to the United States. He tackles each of the accusations against Japanese head-on and very effectively. Of special interest are his summaries of the report of J.D. Mackenzie (p. 29, Appendix B).

Dedication: "To Andrew Carnegie and the host of loyal workers for universal peace and the friendship off the East and West this book is dedicated."

Page 29: "Fortunately, the State of California itself has conducted such an investigation, an appropriation of $10,000 having been made for this purpose in 1909. Much to the surprise of those who had inside information, the report proved unexpectedly favorable to the Japanese. No appropriation, however, was made for its publication. Some assert that it was purposely suppressed. We are, accordingly, dependent for our knowledge of its contents on a brief 'Summary for the Press' furnished by J. D. Mackenzie, Labor Commissioner, May 30, 1910.1 As it is impossible, advantageously, to condense further the material there summarized, the entire summary is reproduced" in Appendix B. Footnote: "Portions of the statistical tables were subsequently published in the Biennial Reports for 1911 and 1913 of the State Department of Labor."

Appendix B: "Summary by Labor Commissioner J. D. Mackenzie of the report of the "Special State Investigation of 1909" of Japanese in California. Given to the press May 30, 1910.

"In 1909 the legislature of California appropriated $10,000 to provide for a "drastic investigation of the Japanese question... This covered free-hold and lease-hold lands, the estimation of Japanese by their neighbors,

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their value and need of them as farm laborers, their moral relations to society and the industrial, financial, and social effect of their presence here. This exhaustive inquiry was ordered in the language of the act authorizing it, 'to inform the legislature and the President and Congress.' The investigation was made by the State Labor Commission, and the testimony taken by him, names of witnesses, and all facts went into his report. The result was that this investigation so thoroughly disproved the ground upon which anti-Japanese legislation demanded by the legislators who promote it, that our State Government has suppressed the report and it has never been published."

"Quotation from the letter of the Delta Association of California to Hon. William J. Bryan, April 24, 1913, on the occasion of his visit to California to confer with Governor Johnson and the State legislature in regard to the proposed anti-alien legislation."

"The investigation of Japanese in agriculture covered visits to 4,102 farms scattered over thirty-six counties and growing almost every crop common to the State of California. Of this total number of farms visited, 1,733 were operated by Japanese farmers as owners, cash lessees and share lessees. The remaining 2,369 farms were operated by white farmers, being equally distributed between those employing white help exclusively and those employing mixed races, including Japanese. These 4,102 farms contained 697,236 acres and produced crops valued approximately at $28,000,000 annually. On these farms there were employed during the past year an aggregate of 80,982 persons of all races, 9,452 of whom were women, the length of employment varying from a few days to a year. On the 2,369 farms operated by white farmers, employing a total of 63,198 persons, 53.4 per cent of the labor employed was white, 36.4 per cent Japanese, and 10.2 per cent various other races, including Chinese, Mexicans, Hindus, and Indians. On the 1,733 farms operated by Japanese farmers, employing 17,784 persons, 96 per cent of the labor employed was Japanese, while 872, or 4 per cent, was equally divided between male and female white; in other words, on the basis of numbers employed, the Japanese furnished practically 50 per cent, or one half, of the labor necessary to grow and harvest the crop, valued at $28,000,000, produced on the farms visited in this investigation.

"The farms on which Japanese were not employed were, as a rule, much smaller than those on which they were employed, the former averaging 159 acres, the latter 357, demonstrating the necessity of a class of temporary laborers on large acreages. Another important fact developed by this investigation was the relation between the character of the crop grown and the employment of Japanese. On the farms where whites were employed exclusively, no berries or nursery products were grown and very little vegetables outside of beans."

There are sections on average wages paid Japanese vs. white farm workers, "Japanese farms," Landownership by Japanese," "Leasing by Japanese," "Japanese in commercial pursuits," "Japanese population," and Japanese school children."

Japanese in Commercial Pursuits.–That part of the investigation relating to Japanese in business and activities other than agriculture is practically complete. 2,548 establishments [such as tofu shops] were visited throughout the State. 1,934 were owned by individuals, 550 by partnerships, and 64 by corporations. 19.4% have been in business less than one year, 24.2% for one year, 17.2% for two years, and 15.9% for three years, making a total of 76.7% of the total established since 1906. Only 58 establishments, or 2.3% of the total, have been in existence for ten years or more. The capital invested in most instances was very small, 68.7% of the total having a capital of less than $1,000. The total aggregate cash invested amounted to over $4 million. The total annual transactions of these Japanese establishments amounted to $16,114,407, of which $5,938,012 or 36.8% was with white people. The total annual rent paid by these firms was over $900,000. 6,556 persons were engaged in the conducting of these establishments, of which number 2,546 were males and 562 females (principally wives of owners) were employers and 3,214 males and 234 females employees. In addition there were employed by these Japanese firms 35 male and 20 female white persons.1,410, or 55.3% of the total establishments, were conducted entirely by the owners. In 1,782 establishments, or 69.9%, the employees lodged at the place of work.

The sanitary conditions of the places of work were: Good 81.8%. Fair 16.8%. The sanitary conditions of the places of lodging were: Good 68.5%. Fair 27.3%. Bad 4.2%.

1,568, or 61.5% of the total number of establishments were located in seven principal cities of the State, as follows: Los Angeles 505, San Francisco 497, Oakland 178, Sacramento 154, Fresno 100, San José 79, Stockton 54.

Although San Francisco did not contain the largest number of establishments, 34% of the entire investment was represented there and 40.2% of the total amount of business transacted therein.

The prevailing number of hours worked per day was ten and over, and the prevailing wages paid were from 25 to $35 per month with board and $40 to $50 without board. Address: M.A., D.D., Prof. in Doshisha Univ. and Lecturer in the Imperial Univ. of Kyoto, Japan; also author of 4+ books incl. The White Peril in the Far East.

903. Kawakami, Kiyoshi Karl. 1914. Asia at the door: A study of the Japanese question in Continental United States. New York, Chicago, Toronto, London and Edinburgh: Fleming H. Revell Co. 263 p. With a prologue by Doremus Scudder and an epilogue by Hamilton W. Mabie.

• ***Summary:*** The author responds to the charges of

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nonassimilability and economic competition, while recording the achievements and prominent Japanese and discussing the 1913 California Alien Land Law.

Page 106: "The habit of intensive cultivation, which he must perforce acquire in such a country [Japan], he naturally brings with him to the new country whither he emigrates. It is, therefore, but natural that the Japanese farmers in California should show unique skill and fastidiousness in cultivating their lands. Because of the care which they lavish on the soil, the farm rented to a Japanese commands an unusually high price. This fact is unreservedly recognized in the special report on the Japanese prepared a few years ago by the commissioner of labour of California, Mr. J. D. Mackenzie. The charge that the Japanese abuse the soil finds no endorsement either in the annual report of the Bureau of Labour of California or in the voluminous reports of the United States Immigration Commission, of which Senator Dillingham was chairman."

"When Mr. John D. Mackenzie, commissioner of labour statistics of California, instituted at the direction of the State legislature a special investigation into the conditions of Japanese in the Golden State [including their commercial enterprises, such as tofu shops] one of the surprising facts disclosed was that almost every Japanese, whether a farmer or a farmhand, had in his possession English-Japanese dictionaries and conversation books. All were eager to learn English, and through the knowledge of the language American customs and institutions. Many of them subscribed to local English papers, while their favourite magazines were not fiction magazines, but such substantial publications as the *Outlook,* the *Independent,* the *Review of Reviews,* and the *Literary Digest.* The United States census states that fifty-five per cent. of those Japanese who have been in this country less than five years can speak English. Among those who have lived here more than five years the rate of illiteracy is very small."

904. Koenig, Franz Joseph. ed. 1914. Chemie der menschlichen Nahrungs- und Genussmittel. Vol 3. Untersuchung von Nahrungs-, Genussmitteln und Gebrauchsgegenstaenden. II. Teil. Die tierischen und pflanzlichen Nahrungsmittel... Ed. 4 [The chemistry of human foods and food adjuncts (stimulants / enjoyables). Vol. 3. Investigation of foods, food adjuncts (stimulants / enjoyables), and kitchen utensils. Part II. Animal and plant foods... 4th ed.]. Berlin: Verlag von Julius Springer. xxxv + 972 p. See p. 488-89, 610. Illust. Index. 25 cm. [Ger]
• ***Summary:*** The section on commercial sauces (p. 149) mentions Japanese and Chinese soy sauce (*Soya oder Shoja oder Soja oder Soja* {*auch das japanische Shoyuugt* [*Shoyu*]}). The section on plant cheeses (*Pflanzenkäse,* p. 331) mentions those made from soybeans, including natto, tofu (Japan), and tao-hu (China). In Africa the seeds of *Parkia africana* are used to make products such as "Daua-Daua" of "Afiti" whose composition is similar to those made from soybeans. A table gives the composition of Dawa-Dawa cheese (*Daua-Daua Käse*) and Parkia seeds as reported by H. Fincke (1907).

The section on legumes (p. 488-89) discusses soybeans, which are best known in the form of products such as "Indian soy sauce" (*India Soja,* p. 149) or Tofu (p. 331). Recently, defatted soybean press-cake has been introduced as a feed for cattle.

The section on "Microscopic investigations of flours and starches" (p. 609-10) gives details and five cross-sectional illustrations of soybean tissue and cells. The first two, based on A.L. Winton, show: (1) A general cross section (source: Winton 1906, p. 248). 2. Surface of the cotyledons (epidermis), with palisade cells and aleurone cells. The last three, based on A. Scholl, show: (1) A tangential section. (2). Palisade cells. 3. Parenchyma under *Traegerzellen.* Address: Geh. Reg.-Rat, o. Prof. an der Kgl. Westfaelischen Wilhelms Universitaet und Vorsteher der Landw. Versuchsstation Muenster in Westphalia, Germany.

905. **Product Name:** Tofu.
Manufacturer's Name: Miyajima-kan.
Manufacturer's Address: P.O. Box Q, Oxnard, California. Phone: Home 236.
Date of Introduction: 1914. January.
New Product–Documentation: *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. 1914. Directory entry p. 62. Ad (in English and Japanese) on p. 40 in last block of ads. They sell Japanese and western foods, and other goods. They have a billiard parlor, and they make and sell tofu. Note: This company has the same phone number as Shirae Tofu-ya in Oxnard.

906. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1914. Nichi-Bei nenkan [Japanese-American yearbook. No. 10]. 650 Ellis St., San Francisco, California. 693 p. Reprinted in Feb. 2002 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 5-kai [Collected Documents on Japanese Emigration. No. 5]. [Jap; eng]
• ***Summary:*** This book is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. The English-language title page reads: *The Japanese American Year Book.*

The book is divided into 14 parts, each numbered separately. Contents: (1) Front matter (incl. how this book was created) (5 p.). (2) Table of contents, general (4 p.). (3) Table of contents, ads (4 p.). (4) Photos (black and white on 15 unnumbered pages). (5) Maps and charts on 3 unnumbered pages. (6) Advertisements (A-1 to A-16). (7) Front part (p. 1-165), including general information about America, Japanese in America, U.S. and agricultural census data, etc. (8) Ads (p. 1-13). (9) Back part (p. 1-136). (10) Ads (p. 1-66). Appendixes: (11) Table of contents for directory of

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places where Japanese live in America, by state, and within each state by city: In Japanese (2 p.). In English (2 p.). (12) Directory of Japanese living in America, interspersed with ads (p. 1-228). (13) Ads (2 p. + p. 1-50). (14) Copyright page.

In the front part: There is no import duty / tax on soybean oil. The value of the total amount imported was $733,937 (p. 87). There is also no import tax on soybeans (written "sooyabinzu" in katakana for the first time in these Yearbooks) (p. 87). The total value of soybeans imported to San Francisco was $27,867 (p. 91). There is (again) no tax on soy oil (written Soyamame Abura, in kanji). The total value of soy oil imported to Portland, Oregon was $13,692. No tax on soy sauce pickled imported to Portland, Oregon, worth $10,353 (p. 94).

A table (p. 97) shows the Japanese population in the USA for most years from 1860 (6 people) to 1913. For recent years: 1907–89,573. 1908–103,683 (peak). 1909–98,715. 1910–91,958. 1911–93,359. 1912–93,751. 1913–95,843.

A table (p. 98) shows Japanese population in the USA in the 8 states with the highest populations: California, Washington state, Oregon, Colorado, New York, Utah, Montana, Wyoming.

A table (p. 102) shows the number of tofu shops in the USA: Total 48. Owners 48. Workers 7. This research was conducted by Nihonsha ("Japanese Company").

A table (p. 103) shows the total population of California from 1850 to 1919 (projected) and percentage increase during each decade: 1850–92,957 (-). 1860–379,994 (310% increase). 1870–560,247 (47%). 1880–864,694 (54%). 1890–1,213,398 (40%). 1900–1,485,053 (22%). 1919–2,377,540 (60%–projected).

Individual lines in various tables (p. 127-163) show tofu, miso and shoyu makers in the United States by state, and within California by city. There are 7 columns: Location, total no. of shops, no. of owners, investment ($), sales ($/year), workers, salary ($/year). The number of tofu makers by state is: California 34. Utah (Ogden) 1. Colorado (Denver) 2. New York City 1. Oregon 1. Washington 9. There is also 1 miso maker in Los Angeles and 1 shoyu maker in Oregon. Columns 1-2 are filled out for all entries, columns 3-4 for all California entries, and columns 5-6 for about half the California entries. Note: The information on this page is not identical to that in the directory. For example, for Utah, the directory shows 3 tofu shops in Salt Lake City and one in Ogden.

A table (p. 155) shows Japanese population in the top 8 East Coast states in 1913. There are 4 columns: State, males, females, and total. The totals are (in descending order of population): New York: 2,209. New Jersey 277. Massachusetts 230. Pennsylvania 223. Florida 89. Washington, DC 54. Rhode Island 41. Maryland 29. Five other states except Vermont 89. Grand total 3,275 Japanese, including 3,108 males (95% of total) and 167 females.

Tariff (import duty) reduction on soybeans, from the old rate of $0.45 per bushel to $0.13 per bushel in 1913 (p. 27). Tariff reduction on Manchurian soybeans, from the old rate of $0.45 per bushel to no tax in 1913 (p. 28).

The Directory shows Japanese companies making soyfoods in California, Utah, Colorado, Oregon. Address: San Francisco, California.

907. Ogawa Ryokan. 1914. Ogawa Ryokan (Ad). In: Nichibei Shinbun-sha. 1914. *Nichi-Bei Nenkan* [*Japanese-American Yearbook.* No. 10]. p. 40 in last block of ads. [Eng; jap]

• ***Summary:*** Ad (1/8 page). All in Japanese. They sell fish and tofu express [probably meaning fresh or fast]. A ryokan is a traditional Japanese inn. It is not clear whether they make the tofu in-house or buy it from an outside tofu shop. Address: 342 3rd St., San Bernardino, California. Phone: Sunset 627. Home 1288.

908. Polk's Portland [Oregon] city directory. 1914. Portland, Oregon: R.L. Polk & Co., Inc. See p. 1103. *

• ***Summary:*** "Ota H baths 86½ 5th N."

Note: This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* Address: Portland, Oregon.

909. Takenob, Y. 1914. Japan year book. Tokyo, Japan: Y. Takenob and G. Takeda (The Japan Year Book Office). 740 p. See p. 334, 400, 433-34, 439-40, 442, 689, 692, 705, 718. [Eng]

• ***Summary:*** This annual book was first published in 1905. Facing the Preface is a table of Japanese weights, measures and moneys. In chapter 16, "Agriculture" (p. 337-57) is a table titled "Beans, sweet potato and potato (p. 345) which gives "Soy bean" production data in Japan for 1908-1912 (in *koku*). The next paragraph contains information on soy [sauce], *miso,* and *tofu* similar to that in the 1913 year book.

In chapter 20, "Industry," is a table on soy [sauce] production in Japan from 1908-1911, and a paragraph (p. 400) on the patented Suzuki process for brewing soy [sauce].

In Chapter 22, "Trade" is a table (p. 433-34) titled "Prices of principal commodities in Japan," which includes prices for 1907-1912 in yen for soy beans (per *koku*), soy [sauce] (per *koku*), and miso (per *kwan*).

In Chapter 23, "Foreign trade" is a table (p. 439) titled "Imports" (in 1,000 yen). Under the heading "Staples articles of over yen 1,000,000" (p. 438) is given the value of soja bean imports for 1911-1913. In a table titled "Soja bean" (p. 442), under the heading "Staple exports and destinations (in 1,000 yen)" (p. 440) is given the value of soja bean exports to China, Kwantung, India, and other places for 1911-1913.

In chapter 35, "Chosen (Korea)," under the heading "Agriculture" (p. 691) is a paragraph (p. 692) titled "Barley and soja bean," which gives acreage and yield for soja (year not specified) with the value (in yen) of exports to Japan in

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1912.

In Chapter 36, "Taiwan (Formosa)," under the heading "Agriculture," a table (p. 705) titled "Agricultural products" has production data on "Beans and peas" (in 1,000 *koku*) for 1911-1912.

In Chapter 38, "South Manchuria," is a paragraph (p. 718) titled "The soya bean" which has information on South Manchuria's soya bean yield, [soya] bean-cake output, amount exported for specific years, and production of various milling centres.

In the advertisements at the rear (p. xiii) is a full page ad for Higeta Shoyu, showing many medals: "Patronized by the Imperial Household. Trade mark. The celebrated Japanese sauce. Established in 1616. Manufactured by G. Tanaka, Chioshi [Choshi], Chiba-ken, Japan." Address: Prof. at Waseda Univ. and Late of the *Japan Times,* Japan.

910. Terry, Thomas Philip. 1914. Terry's Japanese empire: Including Korea and Formosa, with chapters on Manchuria... A guidebook for travelers. Boston and New York: Houghton Mifflin Co.; London: Constable & Co., Ltd.; Tokyo: Kyo-Bun-Kwan, Ginza, Shichome. cclxxxiii + 799 p. See p. 515. Maps. Index. 16 cm. [75 ref]

• ***Summary:*** This guidebook, after its 283-page introduction, is organized geographically into: 1. Central Japan. 2. Northern Japan. 3. Yezo, the Kuriles, and Saghalien. 4. Western Japan. 5. Kyushu and the Loochoo and Goto islands. 6. Korea, Manchuria, ad the Trans-Siberian Railway. 7. Formosa (Taiwan) and the Pescadores. Abbreviations (p. ix). List of maps (13).

In the Introduction: Japanese inns (p. xxxvi, xxxix-xl): The best food is not always to be had in the most pretentious places. In certain modest inns, where the rooms are as bare as a monk's cell, and the general appearance of austerity might argue a strict economy, there will often come, as an agreeable surprise, dainty food served in dishes that delight the lover of beautiful porcelain or lacquer. Later the traveler may learn that the place enjoys fame for some savory specialty–eels boiled in soy, broiled crayfish, stewed octopus, buckwheat-macaroni, or the like."

"Food is served in the guest's room on a lacquered tray... One of the soups may be made of... lobster, or seaweed, in which case it is amazingly thin and unpalatable; the other of beans [miso], bean curd or something of that nature. Salt is not provided unless asked for. Many of the dishes are cooked in soy; a tiny dish of which is supplied for dipping bits into before eating them."

Japanese food (p. xliii-xlvii): "Rice is a luxury with thousands of the peasants; it takes the place of bread with the well-conditioned; and wherever it is eaten to the exclusion of other foods it produces (because the thin phosphorous skin is polished off it) the prevalent beriberi. The proportion of animal food is small. Beans eaten in a variety of ways occupy a conspicuous place in the food of all classes and they supply the nitrogenous matter essential to those who rarely eat meat and who do not get the casein obtained by cheese-eating peoples. The soy-bean (*daizu; omame*) ranks first in extent, variety of use, and value among the pulse of Japan, and in point of nutriment is quite near to meat. It contains nearly two fifths of its weight in legumin, nearly one sixth in fat, and is rich in nitrogen. It is to the Nipponese what frijoles are to Mexicans and garbanzos (chick-peas) to Spaniards. Of the numerous varieties some are made into curd [tofu], and into the widely celebrated bean-sauce (the Worcestershire of Asia) called shoyu (sho, soy; yu, oil), and which is almost as indispensable as rice. It forms the daily relish of the rich man and the beggar, and is in as general use as tea and tobacco."

Fish (sakana)... Teriyaki: Fish in a sauce of soy, mirin, and sugar... Sashimi: raw fish cut in thin slices and eaten after being dipped in shoyu.–Kabayaki: fish which is first steamed then dipped into soy and roasted (or eels cut open on the dorsal line, covered with soy mixed with sugar, and roasted). The latter dish, usually called Unagi-no-kabayaki, is a favorite with the Japanese,..."

"Rice:... Azuki-meshi: rice and red pea-beans mixed (boiled).–Mochi: small dough-cakes made of rice and sold throughout Japan.–Sushi: a general name for food of boiled rice and fish, eggs, vegetables, etc., seasoned with vinegar and soy...–Inari-zushi: fried tofu stuffed with chirashi-zushi.

Note: This is the earliest English-language document seen (April 2013) that contains the term *Inari-zushi.*

- Maki-zushi: boiled rice and other vegetables rolled and wrapped in a sheet of the sea weed called Asakusa-nori...–Kombu-zushi: fish seasoned with vinegar and wrapped in a piece of the edible seaweed known as Laminaria japonica. A differentiation of this popular food is the Kombumaki: baked or roasted fish wrapped in kombu, then tied, and boiled in sugar and soy.

Various:... Tsukudani: small fish boiled in soy and used as a relish or condiment (named for Tsukudajima, a place in Tokyo famous for its preparation).–Oden: a stew (greatly enjoyed by the proletariat) of fried bean-curd, lotus-roots, potatoes, etc." Ame and midzu ame.

"Soup (shiru): Tôfu-jiru: bean-curd soup.–Miso-shiru: bean-soup with vegetables."

Railways–Dining cars (p. lxxxiv): Discusses "The unique and not unpalatable bento,–a sort of national sandwich,–put up (usually cold) in thin, flat, twin boxes (bento-bako) of dainty white wood (1 in. high, 5-7 in. long), along with a paper napkin (kuchifuki) and a pair of chop-sticks (hashi), and sold at many stations, is distinctively Japanese and widely popular... Besides the full box of plain boiled rice, the ordinary (15 sen) bento contains usually... a few boiled black beans (nimame)... seaweed (kobu)..." Rice cakes (mochi) with the kernel of yokan, or sweet [azuki] bean paste, which usually forms their center.

Buddhism (cxc): Again the rice-flour cake [mochi] is

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offered at the domestic altar. It now takes the form of a lotus-petal with capsule of [azuki] bean-paste." (an).

Yokohama (p. 13): "The return gifts from the emperor and princes included...jars of soy [sauce]; coral and silver ornaments;..."

Tokyo (p. 199): "The hill beyond the intersecting roadway is called Suribachi-yama because of the similarity in shape to a suribachi–an earthenware vessel in which bean-soup [miso soup] is prepared."

Nikko–Shops: "... the kuri-yokan (so-called from the chestnuts mixed with the sweetened bean-paste [azuki]) is good and cheap (10 sen)."

Kyoto–The Shinto Shrine of Inari. There are many local festivals, the most important of which is the Inari-matsuri which usually falls on June 5. There are trick riders on horseback and decorated sacred cars [carts] are "placed in the procession, and the day is devoted to general jollity–and pocket- picking. On this occasion the people eat Inari-zushi, or fried tofu stuffed with boiled rice, since tofu [fried, as aburage] is the favorite food of the fox popularly believed to be the messenger of Inari (and by extension, the God of Rice)."

Kyoto–Miidera (p. 504-05): Travelers visit Benkei's Iron Pot (*Benkei-no-shiru nabe*), a very old, rusted, and broken contraption (about 5 ft. wide and 3 deep) resembling a soap-boiler, and from which Yoshitsune's devoted servitor (and popular hero) is supposed to have eaten his bean-soup [miso soup]–which may well be doubted."

Kyôto to Kôya-San (p. 515): For the Western traveler there is "a tiny kitchen, a blessed refuge wherein, if he is making a prolonged stay, he may cook his un-Christian food without the vegetarian priests knowing (or caring) that such a sacrilege is being committed! Meals are served in one's apartment; the food is purely vegetable, and after the second day distressfully unpalatable. Fish, flesh, fowl, butter, cheese, eggs, milk, bread, coffee, and other necessaries of life are absent, and are replaced by seaweed, greens, bamboo-shoots, cabbage, daikon in various unappetizing forms, and other garden-truck which one eats as a novelty the first meal and rejects with an involuntary tightening of the throat when it is offered at the second and third. In addition there are flabby mushrooms boiled in very thin water without seasoning; the omnipresent boiled rice without sugar, milk, or salt; a bean-curd (*tofu*) for which one acquires a liking only after much patient effort; a yellow substance (known as *yuba*) made of the skin of bean-curd, and looking and tasting like thin sheet rubber;..."

Kobe excursion–The Tansan Hotel (p. 630): The strawberries and other ground fruits and vegetables, which grow nearly all the time in this favored spot, are enriched with [soy] bean-cake only [no human excrement is used] (as a precaution against typhoid)."

Korea (p. 725): "Among the dishes dear to the native heart are pounded capsicum, bean curd [tofu], various sauces of abominable odors, a species of sour kraut (kimshi [kimchi]), seaweed, salt fish, and salted seaweed fried in batter."

Manchuria and the Trans-Siberian Railway (p. 756): "Considerable [soy] bean-cake and furs, and vast quantities of lumber, etc., come down the river from upper Manchuria and Siberia."

Also discusses edible seaweed (p. xliv, 330): Japanese food: "Seaweed in almost endless variety enters largely into foodstuffs. Not only are the giants of the marine flora taken up and utilized in various ways, but also the more delicate red and green sorts–the use of which has been adopted by other nations. Most of the edible green and red algae bear the generic term nori, while the words *umi-kusa*, or *kai-so* (which also means *bêche-de-mer*), are used for algae in general. Many of the weeds are eaten fresh, others in soup. Some are dried or pickled and eaten in vinegar. They usually appear in commerce in the form of little packages, to the sale of which special stores are dedicated. Certain varieties are converted into jelly."

Yezo–fisheries: "Certain of the many varieties of edible seaweed which flourish along the Japanese coast are found in Yezo, particularly the circumpolar tangle (*Laminaria*) and seawracks (*Fucus* species), which prefer cold water and a heavy surf. For this reason sea-algae add considerably to the value of the Yezo exports."

Note: The author resided for almost 12 years in Japan and made repeated journeys on foot (and otherwise) from one end of the country to the other. Address: F.R.G.S. [Fellow of the Royal Geographical Society, England].

911. Winkler, Gustav. 1914. Die Sojabohne: Aus einem Vortrage... gehalten in der Hauptversammlung der Gartenbau-Gesellschaft Frankfurt a.M. am 17. April 1914 [The soybean: From a lecture... presented at the main meeting of the Gardening Society of Frankfurt am Main, on 17 April 1914]. Frankfurt am Main: Fr. Honsack & Co. 30 p. 22 cm. On title page: Als Manuskript gedruckt (Printed as a manuscript). [3 ref. Ger]

• ***Summary:*** On the gray cover: *Die Sojabohne der Mandschurei* [The soybean of Manchuria]. Contents: Introduction. Sir Alexander Hosie, in his books about Manchuria, counts eight types of soybeans: Yellow soybeans (3 varieties), green soybeans (2 varieties), and black soybeans (3 varieties). The soybean plant. Condition / nature of the soil and the climate. Cultivation of soybeans. Soybeans can enrich the soil with nitrogen. Yield.

Utilization of the soybean: 1. In East-Asia. A. As foods: 1. Soy sauce. 2. The Chinese paste *Chiang* and its near relative Japanese miso. 3. Tou-fu or tofu (incl. firm tofu, tofu curds, tou-fu p'i or yuba, ch'ien-chang or pressed tofu, tung tou-fu or frozen tofu). B. Soybean meal or flour. C. Soybean meal for use as fertilizer or animal feed. D. Soybean oil. E. Lard substitute and margarine. F. Industrial uses such

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as lubricant and waterproofing agent. Soybean meal. 2. In Europe and the USA. Refined soybean oil used for salad oil, margarine. Utilization of soybean cake in Europe. Utilization of soybean oil in Europe (for making soap, above all). The soybean oil and cake industry in Manchuria.

This booklet begins: A year ago today I had the opportunity to speak about the soybean for the first time. What we knew and understood about it then was still very little. Except within botanical circles, even its name was completely unknown, even though in East Asia (China, Japan, India), for more than 1,000 years, the soybean has been cultivated and is near rice as the main food for more than 500 million people.

Note: Part of this lecture was based the following English-language article, translated into German by Werner Winkler (Gustav's son) in 1913: Shaw, Norman. 1911. "The soya bean of Manchuria." *Shanghai, Statistical Department, Inspectorate General of Customs. China Imperial Maritime Customs. II. Special Series* No. 31. 32 p. Address: Mainkur-Fechenheim [Frankfurt am Main, Germany].

912. *Oshû Nippô* (*The Oregon News*) (*Portland, Oregon*). 1915. [New Years greeting (Ad)]. Jan. 1. p. 20. [1 ref]
• ***Summary:*** A small square greeting / ad from the Ota Tofu shop states: In Japanese (from right to left): *Kinga Shinnen, 1 gatsu Gantan. Kita Dai Go Gai. Oota Toofu-ya. Oota kyodai.*

English translation: "New Years greetings. Jan. 1. 86½ N. 5th [Portland, Oregon]. Ota Tofu Co., Ota brothers."

Note 1. This is the earliest indication we have that the Ota brothers owned this tofu shop.

Note 2. Many small greetings / ad in boxes are on the bottom half of a newspaper page; the top half contains Japanese text related to the New Year.

913. *USDA Bureau of Plant Industry, Inventory.* 1915. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from October 1 to December 31, 1912. Nos. 54426 to 54676. No. 33. 60 p. Jan. 23.
• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. (*Glycine hispida* Moench.)

Note: This is the earliest document seen (Aug. 2011) in which the scientific name of the soybean is given as "*Soja max* (L.) Piper." This indicates that the name "*Soja max* (L.)" was first given by Dr. Charles V. Piper of the USDA. This name continued to be used in this publication and by the USDA Bureau of Plant Introduction until at least June 1940 (Inventory No. 126, p. 18).

"34643-34654. From Kioto [Kyoto], Japan. Presented by Miss E.R. Scidmore, Seoul, Chosen (Korea). Received November 29, 1912. Quoted notes by Miss Scidmore:

"34645. The soy bean has been listed in previous inventories as *Glycine hispida* Moench. Mr. C.V. Piper has recently shown (Journ. Amer. Soc. Agron., vol. 6, p. 75-84, 1914) that the earliest name given by Linnæus to this plant was *Phaseolus max*, that the generic name should be Soja, and that the correct name is therefore *Soja max* (L.) Piper.

"'*Kuro* [meaning "black" in Japanese]. Used for making sweet paste, but more usually boiled with a pinch of salt and a pinch of sugar added when the water is poured off or shoyu poured on and kept hot until saturated. Served as a relish or accompaniment to each meal and always found in lunch boxes sold at railway stations.'

"34654. '*Shiroi daiozu* [*daizu*] [meaning "white soybean" in Japanese]. Used for making tofu or bean curd.'

"34700/34702. From Shantung Province, China. Grown by Dr. William R. Faries, Coachella, Cal. [California]. Received December 17, 1912. Quoted notes by Dr. Faries:

"34702. 'The yellow bean with the hairy pods (soya) I sent to the department in December, 1894, I think, from Pacific Grove, California, as 'Manchuria beans,' and they were sent to Maine station. This would result in failure, I think. They did not do well in Orange County, California, but grow well here. They are fine for green shelled beans.'"

Note 2. This is the earliest English-language document seen (June 2009) that uses the term "green shelled beans" to refer to shelled green vegetable soybeans. Address: Washington, DC.

914. Fruwirth, C. 1915. Die Sojabohne [Soybeans]. *Fuehlings Landwirtschaftliche Zeitung* 64(3/4):65-96. Feb. 1 and 15. [65 ref. Ger]
• ***Summary:*** Contents: Introduction (work in East Asia and Europe from 1905-10). History. Botanical aspects. Varieties. Breeding. Needs of the plant (incl. "heat units," *Wärmesumme*). Utilization (incl. in German *Tofu, Miso, Chiang, Schoyu* or *Sojatunke* (shoyu, p. 83), *Natto, vegetabilische Milch* (soymilk), soy sprouts). Measures and precautions in cultivating soybeans (incl. yields). The soybean as a crop in central Europe. Conclusion.

Note 1. On p. 83 the term "Sojas" is used to refer to soybeans

Note 2. This is the earliest German-language document seen (April 2012) that uses the term *Sojatunke* to refer to soy sauce.

In 1905 the Japanese made the first attempt to import soybeans from Manchuria to Europe, but it failed because they did not arrive in good condition. The repetition of the attempt in 1908, however, gave good results. Then imports of soybeans grew, followed by imports of soybean cake (*Sojabohnenkuchen*). Major importers today are England, France, Germany, Denmark, Italy, Belgium, Netherlands, Sweden. The high import duty hinders imports to Austria-Hungary.

Toward the end of the 1800s in Russia, Owinsky took early-ripening soybean varieties from China and Japan and requested the expansion of soybean cultivation. In 1899 in Kiev, Owinsky wrote the name of the soybean as Soja hispida praecox (p. 67). Owinsky in Derajne [Derazhne?]

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grew Podolie soybeans (p. 77). Sempolowsky in Derebzin, Russian Poland, also grew soybeans. European Russia gets soybeans overland (probably from Manchuria). Russia was one of the first countries to take an interest in growing soybeans after 1908. Russia now grows large amounts of soybeans in Podolia. In Germany, Prof. Kallo in Wiesbaden was a pioneer who recommended soybeans as an inexpensive food for the people. North America first started to import lots of soybeans as a source of oil because of a bad cottonseed harvest.

"Since the start of my teaching activities, I have had an interest in the soybean plant and have carried on my own investigations." In 1900 the author received 7 soybean varieties from L.V. Jurdiewicz from Deraznia in Podolia; these had been imported by Owinsky. In 1901 at Hohenheim he began to study the time needed for soybeans to mature; He found it ranged from 141 to 163 days. He continued this research at Hohenheim from 1901 to 1903, getting soybean seed yields of up to 1,560 kg/ha. From 1910 to 1914 he continued at Waldhof-Amstetten, with 5 varieties. The maturity range there was 112-166 days and the yields were up to 1,500 kg/ha (about 23 bushels/acre), but the yields of many varieties were low, about 300 to 500 kg/ha (4.5 to 7.5 bu/acre). Yields of soybean straw, however, were up to 3,600 kg/ha. Fruwirth uses three terms to refer to soybeans: (1) Die Sojabohne; (2) Die Soja; and (3) Sojas, as "Zuechtung von Sojas" or "Sojas, meist gemahlte." There are now a proposal to establish a joint stock company for growing soybeans in central Europe (probably in Germany), using big money. But it may not succeed because soybean yields in Germany and Austria are low. Seedsmen who sell soybeans commercially in 1915 include: Haage and Schmidt (Erfurt, Germany), Vilmorin Andrieux (Paris, France), Dammann & Co. (St. Giovanni at Tedaccio, near Naples, Italy), and Wood and Son (Richmond, Virginia, USA). The main soybean varieties sold by each of these companies are described in detail (p. 73-74).

Utilization (p. 82): Since soybeans are rich in protein and fat, they can be used as a good meat substitute. In Europe the use of soybeans for food is still very small. "In Europe, the first foods from soybeans were made in France, at Vallées near Asnieres: Flour, bread, and cakes for diabetics, and cheese. In Germany not long ago the Soyama-Works at Frankfurt am Main likewise began the production of such foods. Similar foods were also made in Romania. Soybeans sprouted in the dark yield a bitter-tasting salad. Production of vegetable milk started in France at 'Caséo Sojaine' at Vallées (Seine); and is now being studied by the Synthetic Milk Syndicate in England. Using the process developed by Fritz Goessel, this Syndicate made 100 liters of soymilk from 10 kg of ground soybeans at a factory at Liverpool." "It is in no way certain that soybeans will ever be widely used in human foods."

A fairly large amount of soybeans are ground for use as fodder. The main use is for oil extraction. Yet Haberlandt considered that since the soybean contained only about 18% fat (range: 13-22%), its use as a source of oil would not be economical. The main use of soy oil is in soaps, for which it is highly prized. It is also used in making paints as a partial substitute for linseed oil. The best quality may be used as food. In England soy oil is used for margarine production.

Conclusion: The soybean originated in central Asia and is now widely cultivated in China, Japan, Manchuria, and India. Its seeds are rich in protein and, unlike most other legumes, also rich in fat. The plant is used in its homeland mostly as a source of human foods and seasonings, made by fermentation; the oil is used mostly for industrial non-food purposes. In recent years soybean production has expanded significantly in the southern part of the United States. There it is used mainly as green fodder, hay, silage, and soil building. The main expansion of soybean cultivation in Europe has been in Italy, southern France, Hungary, and southern Russia. Good early varieties give yields of 1,100 to 1,300 kg/ha. A large expansion of soybean production in central Europe is possible only in southern Austria and Hungary, and maybe in a few other places where it is warm. But late-maturing soybeans may be grown for forage and silage in the cooler parts of Germany and Austria. Address: Prof., Dr., Wien (Vienna).

915. Leimdoerfer, J. 1915. Unsere Fettversorgung [Our supply of fats]. *Oesterreichische Chemiker-Zeitung* 18(8):63-67. April 15. [Ger]

• ***Summary:*** This is the text of a lecture presented on 20 March 1914 at a plenary session of the Society of Austrian Chemists; Prof. Leimdörfer discusses the need to cultivate oilseeds, especially castor oil seeds and soybeans (p. 65).

The soybean, which makes a good livestock feed, can also be used in the preparation of bread, non-dairy milk, an alternative to coffee, and a non-dairy cheese [tofu]. Address: Prof., Budapest [Austria-Hungary].

916. Schieber, W. 1915. Die Sojabohne und deren volkswirtschaftliche Bedeutung als Nahrungsmittel [The soybean and its economic significance as a food]. *Oesterreichische Chemiker-Zeitung* (*Vienna*) 18(10):85-86. May 15. Excerpts from a lecture to the Austrian Chemical Society, 24 April 1915. [1 ref. Ger]

• ***Summary:*** Includes a summary of information from Li Yu-ying (1912) about foods and food adjuncts made from the soybean: Soymilk, tofu (*Sojakäse*), soy flour (*Sojamehl*), soya bread (*Sojabrot*), soya confections (*Sojakonfekt*), soy chocolate (*Sojaschokolade*), soy coffee (*Sojaskaffee*).

Japanese foods from fermented soybeans: Natto (*Feste Würzen*), miso (*Pasten*), soy sauce (*Saucen*). Plus original nutritional analyses. Address: Austria.

917. Schieber, W. 1915. Die Sojabohne und deren volkswirtschaftliche Bedeutung als Nahrunsmittel

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[The soybean and its economic significance as a food]. *Seifensieder-Zeitung* 42(22):471-72. June 2. (Chem. Abst. 10:1558). [Ger]

• ***Summary:*** Descriptions and nutritional analyses are given of a number of different food products prepared from the unfermented and the fermented soy bean. Unfermented: soya milk, tofu (*Sojakäse*), soy flour ("because of its composition it can be recommended as a first class food for diabetics and vegetarians"), soya bread, soya confections (resembling marzipan), soya chocolate, soya coffee, soy grits, whole dry soybeans, and soy sprouts ([*Soja*] *Schoten, Bohnen, und Keime*). Fermented: Solid seasonings such as Japanese natto, pastes such as Japanese miso, sauces (in Japan each year 10,000 factories make 700 million liters of soy sauce), a new German fermented soyfood product is made by a secret process; its contains 45% protein, 6% nutritional salts, and about 2% lecithin.

Note. This is the earliest German-language document seen (Jan. 2013) that uses the term [Soja] Keime to refer to soy sprouts. Address: Dr.

918. *New York Times.* 1915. Latest customs rulings. July 15. p. 14.

• ***Summary:*** "Importers of Japanese shoyu and nigari [a traditional Japanese tofu coagulant] were sustained yesterday by the Board of General Appraisers in the claim for lower duty on these products." A list of the many protesting importers is given.

Paragraph 606 specifies the duty on "soya beans."

919. Robert, J.C. 1915. Preliminary report on the economic value of the soybean. Jackson, MS: Mississippi Agricultural College, Tucker Printing House. 15 p. July 1.

• ***Summary:*** Contents: Introduction (incl. brief soy bean history). Composition of soybeans. Feeding value. Relation to soil fertility (nitrogen fixation, vegetable matter or humus). Yield of soybeans (shelled seed and hay). Uses of soybeans (milk, paints, etc.). Soybeans a valuable crop for the Southern farmer.

"The refined oil is used as a substitute for olive oil. Soybean milk and soybean cheese [tofu] are extensively used as an article of diet in the Orient. The cheese is made as follows:... magnesium chloride being added to precipitate the solution, which is hung in fine mesh cloth–and cottage cheese is obtained.

"In 1912 there was established [by Li Yu-ying] at Les Vales [sic, Valles], France, a large factory for the production of a variety of soybean food. Among these varieties were milk, cheese, casein, oils, bread, biscuits, flour, jellies, cakes, and sauces" (p. 12-13).

Note: This is the earliest English-language document seen (Sept. 2011) that contains the term "soybean food."

"Varnishes made from soybean oil are extensively used, though when subjected to exposure they seem not to wear quite as well as those made from linseed oil. For internal painting purposes, however, these varnishes are equal in every respect to those made from linseed oil. Soybean oils are used extensively in the manufacture of linoleums and table cloths, and for the manufacture of printing ink, and of enamel paints" (p. 14).

"Soybeans a valuable crop for the Southern farmer: As an article of human food, soybeans may become an important factor with us. We have used soybean meal made from our crop of 1913 and 1914 and had for breakfast excellent cakes. These cakes were made from wheat flour and soybean meal, and wheat flour and corn meal. Various proportions were used, sour milk and soda being added. Cakes made from equal parts of wheat flour and soybean meal were very palatable.

"Soybeans seem to be one of the most promising crops before the Southern farmer. Every particle of the plant has economic value, and a great number of commercial products are produced from the seed. It seems that the machinery of our cotton seed oil mills is suited to the manufacture of soybean meal and oil. The soybean straw is a good stock food... Therefore, soybeans offer a golden opportunity to the grain and cotton farmers, the live stock producers and the soil builders" (p. 14).

Photos show: (1) Numerous sacks of soybeans and oil cake in the Orient awaiting shipment (front cover). (2) People cleaning and resacking soybeans for shipment (front cover). (3) Five different varieties of soybeans, Including Virginia (p. 2). (4) Soybean root tubercles, natural size (p. 7). (5) Several osier bins used for storing soybeans (p. 13). (6) Southern Manchurian railway cars, with sacks of soybeans (p. 13). (7) Seven varieties of soy pods and beans: Guelph, Ito San, Buckshot, Austin, Hollybrook, Haberlandt, Mammoth (p. 15).

Tables show: (1) Percentage composition of different soybean varieties (most have values for two years, 1913 and 1914): Wilson, Arlington, Jet, Brown, Tokyo, 19981-A, Mammoth, Small Yellow, Amherst, Ito San, Holly Brook [Hollybrook], Peking, Acme, Virginia, Black, Brachet [Barchet], Dwarf Green, Cloud. For each is given moisture, ash, fat, protein, nitrogen free extract, fiber. (2) Plant food elements in farm crops (N, P, and K, including soybeans as grain, hay, or straw). (3) Yield of soybeans (in lb shelled seed and lb of hay per acre): In 1911 in Mississippi: Hollybrook, Black Soybeans, Brown Soybeans, Small Yellow, Mammoth Yellow. The highest yields were from Small Yellow–2,600 lb seed and 5,500 lb hay. In 1912: Brown Soybean, Black Soybean, Hollybrook, Dwarf Green, Small Yellow, Mammoth Yellow, Haberlandt. Again the highest yields were from Small Yellow–2,680 lb seed and 5,200 lb hay. (4) Farm account with the soil in proposed three-year crop rotation (NPK balance incl. soybeans for hay, grain, or straw). (5) Proposed three-year rotation system for long-pine section of Mississippi (1915-1917).

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Note 1. This is the earliest document seen (Jan. 2004) that mentions the soybean variety Virginia.

Note 2. This is the earliest published English-language document seen (Sept. 2006) that contains the term "Soybean oil."

Note 3. This is the earliest English-language document seen (Oct. 2003) that contains the term "Soybean milk."

Note 4. This is also the earliest English-language document seen (April 2013) that uses the term "soybean cheese" to refer to tofu. Address: Director of the Station, School of Agriculture, and Prof. of Agronomy, Agricultural College, Mississippi.

920. *Washington Post.* 1915. 'Soy' bean as war food: German dieticians experiment with it in many prison camps. Product used in Worcestershire sauce is declared by many to be highly nourishing. Aug. 1. p. M8.

• ***Summary:*** "Berlin, July 31.–Protracted experiments with the Japanese 'soy' or 'soja' bean, out of which, among other things, Worcestershire sauce is made, are being conducted with a view to determine whether this vegetable, which can be and is raised in Germany, cannot be used in the many prison camps."

"In the Far East the soja bean is in great demand, both for human and animal food products, and also for the oil it contains. Next to rice it forms one of the principal articles of the food supply in some Eastern countries, especially when combined with cereals and salt. It also plays an important part in sauces and spices. The milk from this bean approximates ordinary milk in nutritive value, and cheese can be made from it.

"When combined with 30 or 40 per cent white flour, the meal of the soja bean lends itself to a tasty and nourishing bread which has been found to be especially good for diabetics because of the high percentage of albumen and fat contained. The roasted soja beans also make a good substitute for coffee. The soja plant forms a good fodder for cattle."

921. *Los Angeles Times.* 1915. Alliance–Japanese beans for Germans: The soy and soja said to be valuable foods. Experiments are to be made to determine if they can be used in the prison camps–together they yield flour, meal, milk, cheese, coffee and fodder. Aug. 8. p. III25.

• ***Summary:*** This article, via A.P. [Associated Press] foreign correspondence, is very similar to one published a week earlier (Aug. 1) in the *Washington Post* titled "'Soy' bean as war food: German dieticians experiment with it in many prison camps." (p. M8).

The last sentence in the article, however, is new: "Exhaustive experiments with the soja bean have already been made at the agricultural station of the University of Wisconsin, all tending to bear out, it is said, the contention of German dieticians in favor of the bean."

922. *Tropical Life* (*England*). 1915. Vegetable oil notes. 11(9):164-66. Sept.

• ***Summary:*** "The Special Supplement to the London *Chamber of Commerce Journal*, dealing with the 'Trade Products of the Empire,' is full of useful information and statistics, including the following:" Using the process known as hydrogenation liquid oils can now be converted "into solid fats, and used for the manufacture of butter substitute,..." This fact is of "great importance to the trade in vegetable oils and oil-seeds." Many oils can be used to make butter substitute including "coco-nut oil, cotton-seed oil, palm oil, palm-kernel oil, ground-nut oil, sesamum oil, mowrah-seed fat, &c." Ground-nut oil is largely used, especially on the Continent. Efforts are being made to establish the crushing of ground-nuts on a much larger scale, but this is being hindered by the War.

"We are sorry to see, however, from the experiments that have been made by now in growing soya-beans in practically every British colony, it seems doubtful whether this crop can be profitably grown for export in competition with the Manchurian beans, which are raised under ideal climatic conditions, and by the cheapest possible labour. We still hope that results may prove to be otherwise before long, as soya-bean meal [flour] can be used for making bread, a use to which it is put on the Continent.

"Against this, *Fairplay* (of London) told us, some time ago that 'owing to the world-wide interest now evinced in the culture of the soya bean, experiments are being conducted in practically every British Colony. In West Africa, the bean arrives at maturity in six, eight or ten weeks, as against six months in Manchuria, while experiments carried out in South Africa prove that the crop could be matured in from ten weeks to five months, according to the zone and climatic conditions. It is expected that Ceylon will make shipments in the near future.

"'It is estimated that Great Britain and the Continent can take ten million tons of [soya] beans per annum in the event of their being used for food purposes for human consumption in the form of milk [soymilk], cheese [tofu], butter, &c., as well as for industrial and other purposes. The Manchurian crop is estimated at over 1½ million tons per annum, but the fact that the experiments as to the cultivation of the bean, both in West and South Africa, have proved that the plant is well adapted to the soil and climate, gives every reason to suppose that large supplies will ultimately be obtained from the Colonies. In this event it will be seen that the South African farmer would be in a position to compete with the Manchurian growers, the latter costing in railage and ocean freight from Harbin to England £2 3*s.* as against £1 9*s.* for railage and freight from South Africa.

"'The storage of soya-beans requires special care. The grain should be thoroughly dry when put into storage, or placed where good ventilation can be afforded, otherwise it

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is almost certain to heat. During shipment a large number of pipe ventilators are placed in the ship's hold to prevent heating of the cargo, as sweating would otherwise occur on a long voyage from the East. The beans are shipped in bags, vessels being well dunnaged'" [packed to prevent damage].

923. *New York Times.* 1915. From here and there. Oct. 24. p. SM11.
• ***Summary:*** "The usual Japanese breakfast consists of rice, miso soup, pickles, and occasionally fish. Tea is always served with meals, and is drunk clear, without sugar. Miso soup consists of strips of radishes, seaweed, eggplant, or other vegetables cooked with bean curd and water. The cooking is not continued for a long, and so few vegetables are used that the soup partakes only slightly of the flavor of the ingredients."

924. *USDA Bureau of Plant Industry, Inventory.* 1915. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from April 1 to June 30, 1913. Nos. 35136 to 35666. No. 35. 69 p. Nov. 9.
• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. (*Glycine hispida* Maxim.)

"35600. Grown at the Plant Introduction Field Station, Rockville, Maryland, under Yarrow No. 288. Original seed received from Pomona College, Claremont, California, in 1911.

'It makes a remarkable growth of vines and has extremely large root nodules. Two bushels of seed were secured last year, and this has all been planted this spring.' (J.M. Rankin.).'"

"35601/35657. Collected by Mr. Frank N. Meyer, agricultural explorer. Received June 14, 1913. Seeds of the following; quoted notes by Mr. Meyer:

"35622-28.

"35622. '(Tsinan, Shantung, China. No. 1822a. April 10, 1913.) A small black soy bean locally used to produce soy bean sprouts. Chinese name *Hsiao ghae doh.'* Note: This is the earliest English-language document seen (Jan. 2013) that uses the term "soy bean sprouts" to refer to these sprouts.

"35623. '(Tsinan, Shantung, China. No. 1823a. April 10, 1913.) A soy bean which is black outside and green inside. Used boiled when half sprouted as a human food. Chinese name *Lu li ghae doh.'*

"35624. '(Tsinan, Shantung, China. No. 1824a. April 10, 1913.) A soy bean which is black outside and yellow inside. Used boiled when sprouted, also employed in soy-bean sauce production. Chinese name *Tau hsing ghae doh.'*

"35625. '(Tsinan, Shantung, China. No. 1825a. April 10, 1913.) A good variety of yellow soy bean used in the manufacture of sauce, bean curd, bean oil, for sprouts, etc. Chinese name *Huang doh.'*

"35626. '(Tsinan, Shantung, China. No. 1826a. April 10, 1913.) A large green soy bean, considered locally a fine variety. Used like the preceding one (S.P.I. No. 35625), and besides that it is also eaten roasted and salted as an appetizer before meals. Chinese name *Tsing doh.'*

"35627. '(Tientsin, China. No. 1827a. April 16, 1913.) A large green variety of soybean used like the preceding number (S.P.I. No. 35626). Chinese name *Ta tsing doh.'*

"35628. '(Tientsin, China. No. 1828a. April 16, 1913.) A rare variety of soy bean, being of brown color. Used boiled in soups. Chinese name *Ta tze doh.'"* Address: Washington, DC.

925. *Los Angeles Times.* 1915. Japanese breakfasts. Nov. 27. p. II6.
• ***Summary:*** From the *Boston Transcript:* This article is identical to the following, published about a month earlier: *New York Times.* 1915. "From here and there." Oct. 24. p. SM11.

926. *USDA Bureau of Plant Industry, Inventory.* 1915. Seeds and plants imported during the period from July 1 to September 30, 1913. Nos. 35667 to 36258. No. 36. 74 p. Dec. 23.
• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. (*Glycine hispida* Maxim.)

"36073-36086. From China. Collected by Mr. Frank N. Meyer, Agricultural Explorer for the Department of Agriculture. Received at the Plant Introduction Field Station, Chico, Cal., August 13, 1913. Quoted notes by Mr. Meyer, except as indicated.

"36079. '(No. 1864a. San Tun Ying, Chihli Province, China. May 30, 1913.) A local variety of soy bean of a dull-yellow color, used in the making of bean curd and bean sauce. Requires only a short season to mature. Chinese name *Huang tou.'*

"36107/36121. From China. Collected by Mr. Frank N. Meyer, Agricultural Explorer for the Department of Agriculture. Received September 9, 1913. Quoted notes by Mr. Meyer, except as indicated.

"36116. '(No. 1882. San Tung Ying, Chihli Province, China. May 31, 1913.) A rare variety of soy bean, of an olive color, found among seeds of the ordinary yellow variety. Chinese name *Ma chan tou.'"* Address: Washington, DC.

927. Japan year book. 1915. Tokyo, Japan: Y. Takenob and G. Takeda (The Japan Year Book Office). 789 p. See p. 349, 401-02, 436, 714, 716-17, 730, 743. [Eng]
• ***Summary:*** In chapter 16, "Agriculture" (p. 340-60) is a table titled "Beans, sweet potato and potato (p. 349) which gives "Soy bean" production data in Japan for 1911-1913 (in *koku*). The next paragraph contains information on soy [sauce], *miso,* and *tofu* similar to that in the 1913 and 1914 year books.

In chapter 20, "Industry," is a paragraph (p. 402) on the patented Suzuki process for brewing soy [sauce] similar to

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that in the 1913 year book. Following that is a small table with production data for Soy [sauce] (in koku) for 1912-13, 1913-14 and 1914-15–"Year (March to Feb.).

In Chapter 22, "Trade" is a table (p. 436) titled "Prices of principal commodities in Japan," which includes prices for 1911-1913 in yen for soy beans (per *koku*), soy [sauce] (per *koku*), and miso (per *kwan*).

In chapter 35, "Chosen (Korea)," under the heading Foreign Trade," is a table (p. 714) on "Staple exports" (in 1,000 yen) which has data on "Beans and peas" for 1910-1914. Under the heading "Agriculture" (p. 716) is a paragraph (p. 717) titled "Barley and soja bean," which gives acreage and yield for soja (year not specified) with the value (in yen) of exports to Japan in 1912.

In Chapter 36, "Taiwan (Formosa)," under the heading "Agriculture," a table (p. 730) titled "Agricultural products" has production data on "Beans and peas" (in 1,000 *koku*) for 1912-1913.

In Chapter 38, "South Manchuria," is a paragraph (p. 743) titled "The soya bean" which has information on South Manchuria's soya bean yield, [soya] bean-cake output, amount exported for specific years, and production at various milling centres (almost same wording as 1914 Year Book). Address: Japan.

928. Laxa, Otakar. 1915. Syrarstvi: Popis vyroby a upravy syra jako potraviny [Cheese production: Production of cheese and its productivity]. Prague, Czechoslovakia. 539 p. See p. 488-90. Chap. III, Vegetal Cheeses. Illust. 21 cm. [Cze]*

• ***Summary:*** A similar title was published in 1924. Address: Czechoslovakia.

929. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1915. Nichi-Bei nenkan [Japanese-American yearbook. No. 11]. 650 Ellis St., San Francisco, California. 295 p. Reprinted in Feb. 2002 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 5-kai [Collected Documents on Japanese Emigration. No. 5]. [Jap; eng]

• ***Summary:*** This book is very different from previous yearbooks in this series in that it has no directory (giving business names, address, and sometimes phone numbers) and almost no advertising. It also contains many fewer pages. It is not clear what caused these major changes.

Like its predecessors, is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. The English-language title page reads: *The Japanese American Year Book.*

The book is divided into seven parts, each numbered separately. Contents: (1) Front matter (5 p.). (2) Table of contents (5 p.). (3) Ads (3 p.). (4) Photos (black and white on 14 unnumbered pages). (5) Maps and charts on 2 unnumbered pages. (6) Front part (p. 1-176), including names of Japanese people in agricultural enterprises in California, Utah, Idaho, Colorado, Nevada, Wyoming, New Mexico, Texas, Nevada, and Oregon–based on research conducted in Dec. 1914 (p. B1 to B-88). Note: Two ads appear on the bottom half of the last page of the previous section. (7) Copyright and publishing information page.

By a careful reading of part 6, we can extract the following information about business that make soyfoods. There are 45 tofu makers in California (p. 130), 1 in Ogden, Utah (p. 153), 1 in other cities in Utah, 1 in Pocatello, Idaho (in Bannock County, the southeast corner of the state), and 1 in other cities in Idaho (p. 154), 1 in New York City (p. 161), 1 in Oregon (p. 165), and 6 in Washington state (p. 169). There is also 1 shoyu maker in Oregon (probably in Portland) (p. 165). Concerning the tofu makers in California, there are 2 in Oakland and 2 in Alameda (p. 132), 1 in Berkeley, 1 in San Mateo (p. 133), 2 in Santa Clara and 1 in Kason? (p. 134), 2 in Salinas, 1 in San Benito County, 2 in Guadalupe and 1 in Lompoc (both in Santa Barbara County, in southern California) (p. 135), 1 in Sonoma County and 3 in Vacaville (p. 136), 3 in Sacramento and 3 in the Courtland, Walnut Grove, Isleton area (p. 137), 3 in the Loomis, Penryn, Newcastle, Auburn area (northeast of Sacramento), 1 in the Marysville, Colusa, Oroville, Chico, Red Bluff area, and 1 in the Florin, Woodland area (p. 138), 2 in Stockton and 1 in Lodi (p. 139), 1 in Fresno, 1 elsewhere in Fresno County (p. 140), 2 in Tulare County (p. 141), 4 in Los Angeles (p. 142), 1 in Riverside (p. 143), 2 in Ventura County, and 1 in Imperial County (in the far southeastern corner of California) (p. 144). For all of these California tofu shops is given their capital, annual sales in dollars, and number of workers. For all of the California tofu shops (total): Capital: $23,050. Sales in 1914: $74,400. No. of workers: 65. Salaries in 1914: $8,260. Note that no miso makers are listed.

The total value of imports of shoyu [soy sauce] and pickles from Japan to the U.S. for the past 5 years is given (p. 86). The value of shoyu imported to San Francisco in 1914: $133,870 (p. 102). The value of shoyu and pickles imported to Portland, Oregon in 1913: $8,663. The value of soybeans imported to Portland, Oregon in 1913: $2,593 (both p. 105). The total Japanese population in the USA in 1914: 99,321 (p. 171).

The Census shows Japanese companies making soyfoods in California, Utah, Idaho, New York City, Oregon, and Washington state. Address: San Francisco, California.

930. Polk's Portland [Oregon] city directory. 1915. Portland, Oregon: R.L. Polk & Co., Inc. 1564 p. See p. 924.

• ***Summary:*** "Ota Roy M student NP Coll

"Ota S baths 86½ 5th N."

Note 1: On page 1362: "Mori B 266 Davis (listing found under heading of barber). Is there also an Ohta listed on p. 1364?

Note: This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* Address: Portland, Oregon.

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931. Porter, Robert Percival. 1915. Japan, the new world-power: Being a detailed account of the progress and rise of the Japanese empire. London, New York, Toronto, Melbourne and Bombay: Humphrey Milford, Oxford University Press. xxiv + 789 p. Illust. Seven colored maps. Index. 23 cm. [soy ref]

• ***Summary:*** Japan (regardless of race and colour) intervened in the Great War on the side of her ally Great Britain. They worked together successfully against Germany in the siege of Tsing-Tau in 1914 from Oct. 31 to Nov. 7.

Near the front of the book is a table of "Weights, measures and moneys, for Japan, Great Britain, and the USA."

Page 149-50: "The annual average number of immigrants from Japan is about 20,000. Roughly, half go to China and the United States of America... Since 1907 two batches of Japanese emigrants, under 2,000 in all, have gone to Brazil, the majority of which have been under contract with the Sao Paulo Government to work in the coffee plantations." There are now about 155,000 Japanese in the United States. Since a 1907 agreement between Japan and the USA, immigration of Japanese labour to the USA has been restricted. Some Japanese have tried to enter the USA by going first to Mexico. There are not more than 2,000 Japanese in Canada at present.

Page 232: In Japan: "The necessity for increased military and naval expenditure, which rose in connection with Korea in 1881, called for considerable additional revenue. Fresh military taxes were therefore levied; income-tax was introduced along with indirect imposts [taxes] on soy [sauce], tobacco, confectionery, and stamps, and the tax on *sake* was raised, augmenting the receipts to such an extent that the Government was able in 1886 to reduce the land-tax again. But following the war with China [1894-95] it became necessary to establish occupation and registration taxes, to raise again the *sake* tax, and to create a Government monopoly of leaf tobacco."

A table (p. 233) shows how the ordinary State revenue of Japan was derived in the financial years 1898-99 and 1909-10. The two main sources of revenue were: Land tax (38.4 and 85.7 million yen respectively) and liquor tax (33.0 and 91.5 million yen). By comparison, the soy tax was relatively small: 1.54 and 4.73 million yen.

Page 235-36: "The tax on liquors is levied upon (a) brewers of *shurui* (alcoholic liquor), which is divided into five classes, viz. *seishu,* or refined *sake, dakushu,* or unrefined *sake, shirozake,* or white *sake, mirin,* or sweet sake, and *shochu,* or distilled sake; (b) brewers of beer; and (c) wine and alcohol and alcoholic liquors other than sake or beer."

"Soy tax: The soy tax is levied upon manufacturers of this sauce at the rate of about 1 3/4 yen per *koku.* A tax on soy for household use was introduced in 1900, and ranges from 50 sen to 4 yen per *koku,* according to the amount manufactured. No more than 5 *koku* of soy per annum may be made for household use."

Page 240: A full-page table shows the "Budget for financial year 1911-12." The main sources of "Ordinary revenue" are liquors tax (88.7 million yen), land tax (75.1 million), customs duties (50.5 million), and tobacco monopoly (50.5 million yen). Revenue from the soy [sauce] tax is 4.6 million yen. The sugar excise is 14.7 million yen.

Page 261-62: "The upland fields, being for all intents and purposes unirrigable, are only to a very limited extent utilized for the cultivation of rice. Rotation crops are, however, raised twice a year, usually barley, 'naked barley,' and wheat as winter crops, and soya (more properly soja), sweet potatoes, and millets as summer crops." A key unit of area in agriculture is one *tan* = 0.245 acre. On [lowland] paddy fields, nationwide over the past 10 years, the average yield per *tan* is 7.913 bushels of rice and 6.668 bushels of barley, which may be considered a representative winter crop. "Upland fields, upon the same basis, produce 6.638 bushels of barley as a summer crop and 3.756 bushels of soya bean."

Another key (larger) unit of area in agriculture is one *cho* = 2.45 acre.

A table (p. 263) shows the total area, production, and yield of 17 major crops in Japan in 1897 and in 1910. Both years, the leading crop (by far) in area was rice, followed (in 1897) by barley, naked barley, wheat, and soya bean. For 1897 the three figures for soya beans were: 1,067,000 acres under cultivation, 15,381,000 bushels total production, and 14.41 bushels per acre yield. For 1910 the three figures for soya beans were: 1,137,000 acres, 18,834,000 bushels total production, and 16.56 bushels per acre yield.

Statistics for "small red bean" [azuki] are also given: For 1897 268,000 acres under cultivation, 3,069,000 bushels total production, and 11.45 bushels per acre yield. Thus, in 1897 and 1910 the production of soybeans was roughly 5 times the production of azuki beans.

Chapter 15, "Agriculture," contains a section titled "Soya bean" (p. 264-65): The soya, or soja, bean is well enough known in England as a cattle-food, but in Japan its application is by no means limited to this use. It is the basis of the Japanese sauce, soy, of which enormous quantities are brewed; of *miso,* or bean cheese [sic], used extensively for soup and in cookery in general; and of *topu* [sic, tofu], or bean curd, a cheap, highly nutritious and very popular article of diet. The residue from these manufactures is used both as fertilizer and as cattle food, or, alternatively, an oil of some value may be obtained from it. It is the principal summer crop of the upland fields, and its cultivation, which requires less fertilizer and less labour than other products, is general throughout Japan and particularly in Hokkaido. But the supply is far from equal to the demand, and a large quantity of beans and bean cake is imported from Chosen and

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Manchuria, the value of the present importation amounting to £3,000,000 annually.

"Among other beans the small red bean is largely cultivated, especially in Hokkaido, and is used for cakes and confectionery, and boiled with rice on occasions of ceremony. The Japanese are very fond of peas, horse-beans, and kidney-beans, which are grown as a stolen crop after rice in the paddies and just before it in the upland fields."

Page 269: "A comparison of the relative positions of human and animal labour in paddy fields and upland farms for the years 1903 and 1908 (the latest year for which figures are available) shows that the area tilled exclusively by human labour still forms a very large proportion of the total, though it tends steadily to decrease." "Manual labour is plentiful and it is chiefly by reason of its abundance that the intensive system can be carried on. Rice-growing requires, for instance, the labour of 17 men and 9 women per *cho* (2.45 acres), barley and wheat 11 men and 6 women, tobacco 25 men and 23 women, soya bean 7 men and 5 women, and so on. Farmers, in the vast majority of cases, are their own labourers, and those who may be distinguished as 'professional labourers' are a very small class."

Page 292: Sea-weeds: "Chief among the sea-weeds used as food is that known as 'Kombu' (*Laminaria*). It grows mostly on the shores of Hokkaido and the south-east of Honshiu [Honshu], and is eaten sliced into very thin shreds. 'Kanten' is made by dissolving the weed Tengusa in water and exposing the resulting gelatinous infusion to the action of cold by night and the sun by day. Only the Chinese use it as food, however; in the West it is a substitute for gelatine, isinglass, starch, and the like. Other sea-weeds are used as paste." Address: Queen Anne's Mansions, London, England.

932. Associated Press (AP). 1916. Nutrition–Find soja bean valuable food. Blockade against Germany shows its merits. Chinese have used it extensively for the last 2000 years and it possesses more universal usefulness than almost any other common article of diet. *Los Angeles Times.* Jan. 13. p. 13.
• ***Summary:*** London, Dec. 15.–Discussion of the food blockade against Germany has served to bring attention to the merits of the soja bean, to which is given up more than twenty-five per cent. of the cultivated area in Manchuria. Although the soja is well known and highly regarded in Germany and the Scandinavian countries and is now second on the list of China's exports, it has hitherto achieved small general reputation in the English-speaking countries, and even the latest dictionaries dismiss it with the brief description: An Asiatic leguminous herb, Glycine Soja, the seeds of which are used to prepare sauce called soy."

The "first important shipment to Europe was made in 1908 by a British firm. The Germans almost immediately began to experiment with it and five years later were using the major part of an importation estimated at over $200,000,000 a year.

"The secret of the soja bean is its universal usefulness. A British government report gives the following list of soja products: 'Vegetable food (like marrowfat peas); soups; meat substitutes; chocolate substitute; macaroni preparation; flour; artificial milk; cheese [tofu]; coffee substitute; artificial horn; biscuit and food for diabetic patients; sauce; meal for cattle; oils, oil cake for fodder; fertilizer; beancake.'

"The same report points out that the oil from the bean is used in the manufacture of the following articles: 'dynamite and high explosives, soaps, linoleum, rubber substitute, margarine, paints, varnishes, toilet powder waterproof cloth, paper umbrellas and lanterns, salad oil, lubricants, lamp oil, preservative for sardines, substitute for lard.'"

"There are three principal varieties of the bean–yellow or huangtou [huangdou], green or chingtou [qingdou], and black or wutou [wudou]. The yellow contains more nutritive ingredients than the others, and this is the variety almost exclusively used for export. The quantity of oil extracted from the beans runs as high as 10 per cent. of the total weight.

"Sweden uses large quantities of the bean cake as food for milch cows; Denmark has a large pressing factory at Copenhagen; France has a factory built in Paris by a Chinese firm [Li Yu-ying]; and South Africa has recently begun to grow the bean in competition with the Manchurian Farmers. Germany in 1912 rescinded her former import duty and installed reduction plants for the far-eastern vegetable products in all her oil mills, importing the beans directly from Vladivostok by the shipload."

933. Puig y Nattino, Juan. 1916. El cultivo de la soya [The cultivation of soybeans]. *Revista del Ministerio de Industrias* (*Montevideo, Uruguay*) 4(19):78-91. Jan. [7 ref. Spa]
• ***Summary:*** Describes variety trials conducted in Uruguay using seeds supplied by the USDA. The varieties harvested in March 1915 included Peking, Arlington, Pinsu [Pingsu], Jaba, and Mammoth. A table (p. 79) shows that the yields of seed were very small, but that Mammoth gave by far the largest seed yield, 320 kg/ha. Discusses the many ways that soybeans (*las habas de soya*) are used as food in Japan, including soy sauce (*Shoryu* [*sic, shoyu*]), cooked whole soybeans, tofu or soybean cheese (*Tofú ó Queso de habas de Soya*), and soymilk. They used Mammoth variety soybeans, grown in Uruguay, to make soymilk. Seven tables (p. 84-90) give the nutritional composition of five different soybean varieties tested in Uruguay, planted in 1914 or 1915. An 8th table (p. 91) gives the nutritional composition of soymilk.

Note 1. This is the earliest document seen (May 2009) concerning soybeans in Uruguay, or the cultivation of soybeans in Uruguay.

Note 2. This journal is published in Uruguay by the *Ministerio de Industrias y Trabajo.*

Note 3. This is the earliest Spanish-language document seen (April 2013) that uses the word *Tofú* or the term *Queso*

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de habas de Soya to refer to tofu. Address: Ing. Agrón., Director del Laboratorio Agronómico en la Inspección Nacional de Ganaderia y Agricultura.

934. Latham, F.P. 1916. Soy beans as a cereal: Soy beans a great crop for southern farmer. *Progressive Farmer* 31(8):254-55. Feb. 19. See also p. 286 (Feb. 26) and p. 342 (March 4).

• ***Summary:*** "The first mention of the soy bean in this country was in the early part of the 19th century; however, it attracted little attention prior to 1854, when 2 varieties were brought to this country from Japan by the Perry expedition. It followed that other varieties were found and introduced, among them that 'old standard,' the Mammoth Yellow, which came to our shores sometime previous to 1882. The success with Mammoth furnished an encouraging lead to our diligent research workers, resulting in the importation into this country by the Department of Agriculture of some 800 distinct varieties."

As a cereal, it is widely produced in Japan, China, Korea, and Manchuria. "By certain processing of the ground beans a milk is extracted which is not such a poor substitute for the real article; from this a cheese [tofu] is made that resembles in texture and nutrient value, our cottage cheese. Another product is a heavy, rich sauce [miso], similar to our peanut butter, which is consumed in large quantities. Soys occupy the place in the diet of these people that navy and lima beans do in our own, and are prepared in a like manner. They furnish the brown man his 'peanut.' By the simple process of soaking in salt water, then roasting they at once become a close competitor of the famous American delicacy."

"So far as I have been able to ascertain there is but one mill in the United States built for and operating exclusively on soy beans. The Pacific Oil mills, of Seattle, Washington, have build up a lucrative business in this line and only get foreign beans for crushing, its output of both oil and meal meeting a ready demand in the West. That such can be done profitably in the South is no longer a question. The fact has already been demonstrated by several cotton oil mills in eastern North Carolina... If these satisfactory results can be obtained in mills not constructed for the purpose of handling beans, it is entirely reasonable to suppose that specially constructed machinery will in time be installed that will further enhance the profits accruing from such operations."

A portrait photo shows F.P. Latham.

Note 1. This is the earliest document seen (Aug. 2011) that mentions Pacific Oil Mills of Seattle, Washington.

Note 2. This is the earliest of many articles seen (Aug. 2011) that likens tofu to cottage cheese, or roasted soybeans to peanuts. Address: Belhaven, North Carolina.

935. *USDA Bureau of Plant Industry, Inventory.* 1916. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from October 1 to December 31, 1913. Nos. 36259 to 36936. No. 37. 95 p. March 25.

• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. (*Glycine hispida* Maxim.)

"36576. From Fakumen, Manchuria. Presented by Dr. S.A. Ellerbeck, Mukden Hospital, who secured them from Mr. F.W.S. O'Neill, Fakumen. Received November 1, 1913. 'A bean called *white eyebrow bean.* This is the nearest I can obtain to the bean you mention. It is said that this bean produces plenty of oil. The name seems to arise from the white edge from which the sprouts come.' (O'Neill.)

"36643-36653. From Newchwang, Manchuria. Presented by Mr. George F. Bickford, vice consul. Received November 24, 1913. Quoted notes by Mr. Bickford.

"36643. 'Large black beans, *Ta hei tou.* From Hsin Min-fu.'

"36644. 'Large, round, black bean, *Ta lieh hei.* From Hsin Min-fu.'

"36645. Small black beans, *Hsiao heo tou.* From Hsin Min-fu.'

"36646. 'Green soy beans, *Ching tou.* From Chang Chun, north of Mukden.'

"36647. 'White eyebrow soy bean of the Fakumen meadow land.'

"36648. 'White eyebrow soy bean, *Pei mei.* From Sze Ping Kai, northeast of Mukden.'

"36649. 'Golden yellow soy beans, *Chin hwang tou.* From north of Mukden.'

"36650. 'Yellow soy bean, *Hwang tou.* From Liao River Valley.

"36651. 'Golden round soy bean, *Chin yuan* or *Chin yuan tou.* From north of Mukden.'

"36652. 'Yellow soy bean, *Yuan tou.* From Kung Chuling, south of Harbin. Round.' Note: Kungchuling, Chilin -> Gongzhuling, Jilin.

"36653. From Peh tuan lin tza, northern Manchuria. Presented by Mr. N. Kristiansen, at the request of Dr. S.A. Ellerbeck, Mukden Hospital. Received November 29, 1913. 'Manchurian bean, from Heilung chiang [Heilungkiang / Heilongjiang], northern Manchuria.' (Kristiansen.)"

"36718/36810. From China. Collected by Mr. Frank N. Meyer, Agricultural Explorer for the Department of Agriculture. Received November 28, 1913. Quoted notes by Mr. Meyer.

"36785. '(No. 1972a. Peking, China. September 29, 1913.) The original wild soy bean, which occurs in North China here and there in hedges, copses, between shrubbery, and between reeds (*Phragmites communis*) on the drier places, where it turns itself around any support available. The beans are blackish and very small and are inclosed in small pods, which are quite hairy, though looking typically like some of the smaller cultivated varieties of soy beans. The poorest of the Chinese eat the young pods when boiled, but the plant at large is considered a weed and is gathered only

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when large quantities are found, in which case it is fed to domestic animals as a fodder. Of value possibly as a fodder plant when sown out among erect-growing vegetation, like barnyard millet, Johnson grass, and corn. Chinese name *Mau doh*, meaning 'hairy bean'.'"

"36809. '(No. 1996a. Peking, China. October 30, 1913.) A rare, brown and black striped variety of soy bean, used roasted as a delicacy. Very wholesome, apparently, and worthy of trial by the American public. Could be slightly salted and buttered and sold like pop corn and peanuts. Chinese name of this bean *Ghu pee doh*, meaning 'tiger-skin bean.''

"36829/36840. From Pying Yang, Chosen (Korea). Presented by Mr. Charles L. Phillips, Presbyterian Mission. Received December 10, 1913. Quoted notes by Mr. Phillips.

"36829-36837. 'The soy bean in Korea is usually sown in the fields with millet. In the early spring, after the millet has reached the height of 2 or inches, the beans are dropped in between the hills of the grain, all of which is sown in rows and cultivated with the Korean ox plow. Beans of this kind produce best in heavy clay soil rather than in light, stony ground. These beans serve as food for man and beast and are used most extensively throughout this whole northern country. For man, bread and cake are baked with these beans, a sloppy cereal dish is cooked, and, of course everywhere soy is made. Especially with the yellow varieties, bean spouts are grown during the winter, which furnish a fresh vegetable dish for the people when green things are scarce. The beans are put in an earthen dish and daily sprinkled with water and kept in the warm living room of the house, where they are quickly sprouted and send long shoots out from the dish. These sprouts are a great relish. They are boiled and eaten with rice and millet. For fodder, the beans are fed in the pod to the cattle and horses, but in cold weather are most often boiled and fed as a hot mash.'

"36829. 'No. 1. Yellow. This is the most common of all soy beans in Korea.'

"36830. 'No. 2 Small Yellow.'

"36831. 'No. 3. Black.'

"36832. 'No. 4. Green. These beans are also roasted and popped like our pop corn or like roasted chestnuts. A great favorite among the Korean children.'

"36833. 'No. 5. Brown. Rarely grown in northern Korea.'

"36834. 'No. 6. Brown and black.'

"36835. 'No. 7. Black and yellow.'

"36836. 'No. 8. Mottled green and black.'

"36837. 'No. 9. Black with white spots. Called sometimes in this province 'widowers' beans.'"

"36846-48. From Dalny, Manchuria, Presented by Mr. Albert W. Pontius, American consul. Received December 10, 1913.

'A large variety of beans is grown in Manchuria, and together with their resultants, bean cake and bean oil, they constitute by far the most valuable item in the export trade of the three provinces. In the month of April they are sown by hand in drills and the crop is ripe in September; but as regards the beans of commerce there is an exception, namely, the small green bean known as *Lu tou* (*Phaseolus aureus* Roxb. [Roxburgh, mung bean]), which ripens as early as July and can be sown again in that month and gathered early in October. The Chinese distinguish the beans of commerce by their colors. At the end of March or beginning of April the ground fertilizer (night soil and animal manure) is spread over the fields in the furrows in which the previous season's beans were cultivated. The soil in the old ridges is then turned with the ordinary shallow native plow, the new ridges being formed where the fertilizer has been spread. The ground is broken with a wooden roller drawn by a mule, the tops of the ridges being partly leveled. A line marker is then used on the leveled ridges, this implement marking a shallow trench, preparing the ground for seeding purposes.

"The planting of beans in Manchuria takes place during the month of April. The seeding is effected in two manners, the beans being sown in light furrows or in finger holes placed uniformly apart. The former method is quite simple and requires no explanation; in the use of the latter method, the finger holes are about 9 inches apart, four or five seeds being dropped in each hole. The amount of seed used differs in the various districts, a higher altitude requiring a proportionately larger quantity of seed. The following shows the different quantities of seed used in the varying latitudinal districts of Manchuria: Liaotung Peninsula (district south of Tashihchiao), thirty to forty-five hundredths of a bushel per acre; Mukden, Tiehling, and Kaiyuan, from forty-five to sixty hundredths of a bushel per acre; Kirin, from sixty-five to eighty hundredths of a bushel pre acre; Heilungchiang [Heilungkiang / Heilongjiang]; eighty hundredths of a bushel or more per acre. The first breaking and weeding of the soil takes place from six to ten days after seeding and when the sprouts are from 3 to 4 inches in length. Weeding is subsequently effected during intervals of four or five days (every ten days in northern Manchuria). Native hoes and rakes are used for weeding, the ground being broken with a wooden plow drawn by a horse or mule. The period of harvesting is from the latter part of September to the beginning of October, the bean plants being ut close to the roots, a stone roller or wooden flail being used in hulling. The average crops per acre by districts are estimated as follows: In southeast Manchuria and the coast of the Yellow Sea the yield is from 10 to 15 bushels per acre; in the Liao River valley, Changtu, Kaiyua, Tiehling, and Mukden the yield is from 40 to 50 bushels per acre; at Kirin the yield is from 24 to 26 bushels per acre; and in Heilungchiang (Amur district) the yield is from 17 to 22 bushels per acre.' (Pontius).

"36846. 'Yellow bean. *Pai mei,* 'white eyebrow,' from the white scar on the saddle, or point of attachment to the

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pod. This variety is highly prized for the quantity of oil or fat which it contains. Shipped from Fanchiatun station, near Changchun, south Manchuria.' (Pontius.)

"Yellow bean. *Hei chi,* 'black belly,' from the dark-brown scar on the saddle. This variety is highly prized for the quality of oil or fat which it contains. Shipped from Kinchou station, leased territory.' (*Pontius.*)

"36848. 'Green bean. *Ching tou.* This variety is said to yield more legumin in the manufacture of bean curd than the yellow bean, but the quality is inferior. It is also boiled and used as food.' (*Pontius.*)

"36901-06. From Peking, China. Presented by Mr. John McGregor Gibb, Peking University. Received December 26, 1913. Quoted notes by Mr. Gibb.

"36901. 'Iron Pod.'

"36902. 'Small golden flower.'

"36903. 'The yellow four in a pod.'

"36904. 'Big, white eyed.'

"36905. 'White, flower, short stalks.'"

"36906/36912. From Dalny, Manchuria. Presented by Mr. Albert W. Pontius, American consul. Received December 26, 1913. Quoted notes by Mr. Pontius.

"36906. 'Black soy bean. Shipped from Suchiatun station.'"

"36913/36924. Presented by Mr. Lewis S. Palen, Harbin, Manchuria, Received December 29, 1913. Quoted notes by Mr. Palen.

"36914-36919.

"36914. '(From Tsitsikhar, Manchuria. November 5, 1913.) Yellow. White-eyebrow variety, *Ta pai mei.* This bean is used for oil, bean curd, sauces, and bean sprouts. This sample is from about 100 miles east of this neighborhood. This variety is found mostly west of Kaiyuan and Tiehling on the South Manchuria Railway. The estimated yield is from 936 to 2,574 pounds per acre, and the price roughly estimated at 46 cents gold per bushel of 60 pounds on the market.'

"36915. '(No. 2. Changchun, Manchuria. November 1, 1913.) Yellow. Golden, round variety, *Chin yuan tou.* This bean is used for oil, bean curd, sauces, and bean sprouts. It is the variety most generally found scattered all over the bean districts of Manchuria. The estimated yield is from 936 to 2,574 pounds per acre, and the price is roughly estimated at 46 cents gold per bushel of 60 pounds on the market. The Chinese are most casual in their estimates of yields.'

"36916. '(No. 3. Kirin, Manchuria. November 1, 1913.) Large green variety, *Ta ching tou.* A bean with green epidermis and green interior. The percentage of oil is less than that of the yellow. Used as bean curd, and as bean sprouts boiled with vegetables. The estimated yield is from 936 to 2,574 pounds per acre and the price slightly less than that of the yellow, roughly, 3 per cent.'

"36917. '(No. 3. Changchun, Manchuria) Small green. Green epidermis and yellow interior.'

"36918. '(No. 4. Changchun, Manchuria. November 1, 1913.) Large black variety, *Ta wu tou.* The oil equals about 75 per cent of that from the yellow. Mostly fed to horses and cattle. In some places officials prohibit the use for oil, in fear of the cost of feed being too greatly enhanced. It grows best and is much used on wet and marshy lands, where the yellow and green varieties will not do well. The yield is about the same as that of the yellow. The price is from 1 to 2 per cent higher than the yellow, owing to the Japanese demand at Dalny. The Chinese do not know the reason why it is preferred to the yellow.'

"36919. '(No. 5. Tsitsikhar, Manchuria. November 5, 1913.) Flat, black variety, *Pien wu tou.* The oil equals about 75 per cent of that from the yellow. Mostly fed to horses and cattle. In some places officials prohibit the use for oil, in fear of the cost of feed being too greatly enhanced. The sample comes from about 100 miles to the northeast of here. It will do well in very wet ground. The price is estimated at about 50 cents gold per bushel of 60 pounds on the Tsitsikhar market, which is slightly lower than the price of the yellow.'" Address: Washington, DC.

936. *Washington Post.* 1916. Uses of soya bean: Merits not sufficiently appreciated, food experts point out. April 3. p. 10.

• ***Summary:*** "The general value of the soya bean has not attracted the general attention it deserves, according to experts who are bringing it to the attention of the American people. The Japan Society Trade Bulletin points out that the secret of the soya bean is its universal usefulness. Almost more remarkable than the rise of the bean trade itself is the number of discoveries of the uses to which it can be put. The trades commissioner for the government of South Africa gave the following list of soya bean products: Vegetable (like marrowfat peas) soups, meat substitute, chocolate substitute, macaroni preparation, flour, artificial milk, coffee substitute, cheese [tofu], biscuits, [soy] sauce, meal for cattle, oil, oilcake, fertilizer, beancake.

"The oil extracted from the soya bean, he pointed out, was used in the manufacture of the following articles: Dynamite and high explosives, soaps, linoleum, rubber substitute, margarine, paints and varnishes, toilet powder, waterproof cloth, paper umbrellas and lanterns, salad oil, lubricating oil, lamp oil, preserving sardines, lard substitute."

937. Beille, L. 1916. Le Soja [Soya]. *Gazette Hebdomadaire des Sciences Medicales de Bordeaux* 37(9):67-70. May 7; 37(10):73-76. May 21. [4 ref. Fre]

• ***Summary:*** "The question of the soybean (*haricot Soya or Soja*) reappears in our scientific and medical journals from time to time; the importance that this grain has acquired in the diet of the essentially vegetarian peoples of the Far East, and its richness in oil, albuminous materials, and minerals, have long called it to the attention of hygienists.

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Some authors have wanted to portray the soybean as an ideal food, a little jewel with a nutritive power comparable to that of eggs and meat; others have extolled the milk-like emulsion, obtained by grinding soybeans with water, as an advantageous substitute for cow's milk.

A factory, established on the outskirts of Paris, at Vallées (Seine), was able to supply French consumers with flour, cheeses [tofu], sauces, and many other soy-based preparations used in China and Japan.

"Leaving aside the inevitable exaggerations that accompany a product which is new to us, but which already has an established reputation elsewhere, it is necessary to recognize that the chemical composition of the soybean is of real interest. The Parisian clientele promptly abandoned the sauces, cheeses, and milk made from soya, but they appreciated the sprouts, which are still selling well as vegetables in the markets of Paris and its suburbs; soy-based flour and biscuits are very well adapted for use in diabetic diets."

The author then gives an overview of the soybeans from a medical viewpoint, including a brief history and review of worldwide production and nutritional studies. "In 1779 this plant was introduced to France and cultivated in Paris at the Jardin du Roi. Since that period, despite the laudable efforts of the National Society for Acclimatization, the cultivation of the soybean has not gone beyond botanical gardens and some experimental fields. Nor has it had any more success in England or Italy. However in North America it is cultivated in all the southern parts of the United States, but as a forage plant."

Through the merchant and importer Mr. A. Denis of Bordeaux, the author obtained two varieties of soybeans, one from Manchuria and one from Japan. He conducted a nutritional and microscopic analysis of these.

The author concludes that the soybean has great potential as both a food and an in industrial uses, where the precipitated protein for example, can be used in place of milk casein to make Galalith, artificial ivory, glue, and paper coating.

Part II of this article discusses more about the general nutritional value of soybeans. He then discusses soy flour (*farine de soja;* he has a sample produced by the factory at Valées), soy milk (*lait de soja*), tofu (*fromage de soja*), shoyu and various soy-based sauces (such as *Tao-Tjung* of China, or *Touong* of Indo China).

"In summary the soybean is of great interest from the industrial point of view. The place that it occupies in the oil mills of Europe is already important... Its oil, for food or industrial uses, and its by-product, soy casein, are likely to receive a host of diverse applications. On the other hand, the future of the soybean as a food substance in Europe would seem to be more modest: its disagreeable taste removes it from daily consumption and enables it to be used only as an ingredient in mixtures."

"If, in Europe, with a few reservations, we can include soya in the diet of healthy people, then there will be even stronger reasons to give it to sick people. At first glance soya, which is rich in fats and protein, with little or no carbohydrates, appears to be a food of choice for diabetics. And we must recognize that it has attained the greatest success among these sick people. But, here again, it would be appropriate to give soya in the form of rusks/zwieback (*biscottes*), or mixed with vegetables or fruits; if it is not tolerated by sick people in these forms, then we should not hesitate to stop using it." Note: In Europe, rusks are widely given to sick people, like chicken soup in the USA. Both are considered to be good medicinal foods that are easy to digest. Address: Professeur â la Faculté de médecine et de pharmacie de Bordeaux.

938. Gagnepain, François; Lecomte, Henri. ed. 1916. Flore générale de l'Indo-Chine. Tome deuxième, fascicule 4–Légumineuses : Papilionées [General flora of Indo-China. Vol. 2:4–Legumes: Papilionoidae]. Paris: Masson et Cie, Éditeurs. See p. 398-99. [7 ref. Fre]

• ***Summary:*** The entry for *Glycine* L. begins with a botanical description of the genus, which contains two species: *Glycine Soja* and *Glycine laotica.*

For *Glycine Soja* (an annual), after the botanical description we read: More than 30 varieties are known. May derive from *G. ussuriensis,* which grows wild in China, Manchuria, etc.

Cultivated in: Tonkin, Laos, Cochin China–China, Japan, Philippines, Java, etc. etc.

Vernacular names: *Dâu nanh, Mak toua kon* or *ta tone.*

Uses: The seeds are consumed like those of the Haricot bean, or can be used to make a cheese [tofu], a condiment, or as a source of oil. The black variety is used for animal feed; the stem and leaves as forage.

Note: This nine-volume series was published under the direction of Henri Lecomte (lived 1856-1934). Address: Museum of Natural History, Paris, France.

939. Johnson, Nelson Trusler. 1916. Manufacture of bean milk at Changsha. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 19(183):468-69. Aug. 5.

• ***Summary:*** "A firm composed of Chinese from the Province of Chekiang has recently opened a small factory at Changsha for the manufacture of milk from beans. This milk has long been known to the Chinese under the name of *to fu chiang* [soy milk] or bean-curd sauce. This is not to be confused with the product known as *chiang yu,* a fermented sauce made from beans which is well known as the soy of the Japanese and as one of the constituents of the famous sauces of Europe [such as Worcestershire sauce].

"Bean milk is made from small yellow beans, the same

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variety from which the Chinese bean curd [tofu] and *chiang yu* or soy [sauce] are made. The process appears to be a very simple one. The beans are soaked and then crushed between two stones. The crushed mass is allowed to run off into a tub and is then strained through cheesecloth and diluted with water and boiled. After boiling, it is again strained and the white milk run off into bottles and sold to the factory's customers." Note 1. The milk is first filtered when cold, before it is heated or boiled.

"An analysis of the bean-curd milk [soy milk] shows that it has a specific gravity of 1.020 and a fat content of 3.125 [percent], contrasted with a specific gravity of 1.029 and a fat content of 3.9 [percent] for good average cow's milk in America.

"No complicated machinery: The factory is a very small one. The proprietors informed me that they did all their work at night, in order to have fresh milk for delivery the following morning. They begin their work at about 10 o'clock. The milk is ready and bottled by daylight, when it is sent out by coolie to the various customers." Note 2. See photo in Piper & Morse 1923, p. 231.

"The room where the milk is made shows that no complicated machinery is necessary in the manufacture of the milk. At one end of the room are found two of the small stone mills in which the beans were ground. Large numbers of bottles were arranged on a rack near the wall, clean and ready to receive the morning's supply of milk. At the opposite end of the room there were three wooden [sic, metal] vats built into a concrete foundation, which proved to be a furnace. The prepared product is poured into these vats and boiled, the furnace being supplied with fuel from a hole in the outside wall. On either side were two earthenware jars into which the boiled product is poured and through which it is allowed to run through stop cocks into the bottles.

"The manufacturers of this milk seem to be endeavoring to conduct their factory along hygienic lines. They invited inspection of their factory and expressed a desire to carry out the suggestions made by the inspecting physician. These suggestions related principally to the sterilization of the bottles before allowing the milk to run into them. The whole room was very clean.

"Possible opening for milk bottle manufacturers: The manufacture and sale of this milk appears to be a new enterprise in Changsha, although I am informed by the natives of Shanghai and its neighborhood that it is an old and well-known product in that part of the country. To the eye the product looks exactly like unskimmed cow's milk. It has an odor of raw beans and is said to be not unpleasant to the taste. I am informed that a member of the family of Li Hung Chang is now engaged in manufacturing the various products of beans in Paris, his factory turning out, among other things, this bean milk.

"The product is very cheap compared with cow's milk. The factory undertakes to supply one pint each morning for approximately 50 cents gold a month. If this industry proves a success, manufacturers of milk bottles and patent milk-bottle tops should find a market for their wares here at Changsha, if they could be brought in cheaply... The milk bottle manufacturer will, of course, have to compete with the enormous numbers of empty bottles discarded by families who use aerated waters and wines. These bottles are sold by the servants, and are purchased for use in just such factories."

Note 3. This is the earliest document seen (Dec. 2006) describing the selling of soymilk in bottles in China. Changsha is in southeastern China, far to the southwest of Shanghai. Note 4. Consul Johnson seems to be a careful and well informed observer and reporter. Address: Consulate, Changsha, China.

940. Murakami, Kamekichi. 1916. Bean-curd and the process for making same. *U.S. Patent* 1,195,843. Aug. 22. 3 p. Application filed 11 March 1916. 5 drawings.
• ***Summary:*** The inventor, a citizen of Japan, describes the process and apparatus for making "bean cubes" from "beans known as the 'soy' bean, raised largely in Korea and Japan and to some extent in California." Illustrations (line drawings) show: (1) Two views of one of the cubes. (2) A vertical sectional view of the stone grinder or mill, in which the soaked beans are ground with water. (3) A similar view of a lever press for pressing the soymilk from the pulp. (4) A box in which the "bean jelly" is formed; it has drainage holes in the sides and bottom. (5) Detailed views of the bottom and one side of the forming box.

The ground beans are slowly poured into boiling water; the mass of bean paste is kept in a boiling condition for 15-20 minutes. During boiling a mixture of 3 parts slaked lime and 7 parts edible vegetable oil is added, causing the foam on the surface to sink. Salt water or nigari is used as the coagulant, and it is added in 4 steps.

Note: The person who wrote the final patent apparently had difficulty understanding the process Mr. Murakami was describing. He wrote "skins" instead of okara or pulp, and wrote "pulp" instead of soymilk. Address: Seattle, Washington.

941. Cunningham, Edwin S. 1916. China's production of beans, bean oil, and bean cake. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 19(209):886-87. Sept. 6.
• ***Summary:*** "The soya or soy bean in recent years has become an important article of trade. It grows on a plant from 2 to 3 feet in height and is contained in pods about 2 inches long. The plant is cultivated everywhere, in fields by itself, around rice and similar crops, and as an undercrop to maize and sorghum. There are 25 to 50 varieties of the soya bean, but in commerce only 3 are ordinarily recognized–

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yellow, green, and black.

"The yellow bean, which is of greatest importance, is found generally throughout Manchuria, and it is reported that the finest crops come from the highlands to the north of Mukden. The green variety comes from the Liaotung district and the Yalu basin, and the black bean from Liaoyang and the south of Mukden. There are two other varieties, the brown bean and the mottled bean, which are grown to some extent in the Yangtze Valley, but these varieties are of little importance.

"Grown largely for its oil in Manchuria: The Soya bean is put to many uses in the Far East. It is cooked and eaten as a vegetable, made into a sauce or soy, preserved as a pickle, ground into a flour and made into vermicelli, and employed extensively in the manufacture of vinegar. One particular variety, having small yellow seeds, is used in making bean curd. In Manchuria, however, the soya bean is grown almost exclusively for its oil properties and for the residual material called bean cake.

"The soya bean contains about 18 per cent oil. When the hydraulic-press method is employed only 11 to 12 per cent of the oil can be extracted, but with the use of benzene in the chemical process 17 per cent is obtainable. This oil is used as an illuminant, a lubricant, for culinary purposes, and in the manufacture of soap. In southern China it is also used in the making of waterproof cloth, paper umbrellas and lanterns, and when mixed with lacquer is employed in the manufacture of varnish and printing ink.

"Dairen is the center for the bean-oil industry, exporting more than eight times as much as Hankow, its nearest competitor. The oil mills, which are to be found in every town throughout the bean district, are growing in numbers and becoming more modern all the time. The old crush-stone mills worked by animals are rapidly giving way to up-to-date hydraulic, steam, and oil-motor plants. Hankow has about 10 such mills. During 1914 the local exportation of bean oil was 4,714 tons, valued at $393,759 gold, and during 1915 there were 6,882 tons, valued at $482,694.

"Japan takes practically all bean cake exported: After the oil has been pressed from the bean, the residue is pressed into the round, flat cakes known as bean cake. The product is very valuable as a fodder for animals, and as a fertilizer... Japan takes practically all the bean cake exported, and the United States none.

"The greatest original exporting center for bean cake is Dairen; Newchwang is second, and Hankow a poor third..." Address: Consul General, Hankow.

942. Piper, C.V.; Morse, W.J. 1916. The soy bean, with special reference to its utilization for oil, cake, and other products. *USDA Bulletin* No. 439. 20 p. Dec. 22. [9 ref]
• ***Summary:*** Contents: Introduction. Soy beans in Manchuria. Soy beans in Japan. Soy beans in Europe. Soy beans in the United States. Methods of oil extraction. Soy-bean meal as human food. Soy-bean meal as stock feed. Soy-bean meal as fertilizer. Uses of soy-bean oil. Analysis of important varieties of soy beans. Possibility of developing a manufacturing industry with American-grown soy beans.

"Analyses of important varieties of soy beans (p. 16-17):... In determining the range in the oil and protein contents of over 500 varieties grown in the variety tests at Arlington Farm, Virginia, the percentage of oil was found to range from 11.8 to 22.5 [Tokyo had 20.7% and Biloxi had 20.3% oil] and of protein from 31 to 46.9 [Chiquita had 46.9% protein]... At the present time the Mammoth Yellow variety is the most generally grown throughout the South and is the one used in the production of oil. The yellow-seeded varieties, which are most suitable for the production of oil and meal, contain the highest percentage of oil.

"Environment has been found to be a potent factor in the percentage of oil in the same variety. Considerable differences occur in oil content when soybeans are grown in different localities. The Haberlandt variety grown in Mississippi, North Carolina, Missouri, Virginia, and Ohio gave the following percentages of oil, respectively: 25.4, 22.8, 19.8, 18.3, 17.5; while the Mammoth Yellow variety grown in Alabama, South Carolina, Tennessee, North Carolina, and Virginia gave, respectively, 21.2, 19.6, 19.5, 18.4, and 18.8. Variety tests conducted in various parts of the country indicate a higher percentage of oil with the same variety for southern-grown seed. Similar results have been obtained in Manchuria, the North Manchurian beans showing an oil content of 15 to 17 percent and the South Manchurian beans from 18 to 20 percent."

Photos (both by Frank N. Meyer) show: (1) A fleet of junks carrying soy beans to Newchwang, Manchuria.

(2) Coolies at Newchwang, carrying loads of soy beans from junks to big stacks.

An outline map of the USA (p. 8) shows the area to which the soy bean is especially adapted for growing for oil production. The area of double hatching shows that it is especially well suited to the Deep South. The northern boundary of the area were it is "less certain of profitable production" includes the southern one-third of Ohio, Indiana, and Illinois, and most of Missouri. On the west, the "less certain" area includes the eastern one-third of Nebraska, Oklahoma, and Texas.

Tables show: 1. "Exports of soy beans, bean cake, and bean oil from the principal ports of South Manchuria (Antung, Dairen, Newchwang), 1909 to 1913, inclusive." 2. "Quantity and value of exports of soy beans and soy-bean oil from Japan to foreign countries, 1913 and 1914." The countries are: China, United Kingdom, France, Germany, Belgium, United States, Hawaii, British America, Australia, other countries. 3. "Quantity of imports of soy beans, soy-bean cake, and soy-bean oil from Dairen, Manchuria, into Japan, 1911 to 1914, inclusive. The greatest imports were of soy-bean cake, followed by soy beans, with only small

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amounts of oil.

(4) "Quantity and value of imports of soy beans, bean cake, and bean oil by European countries, 1912 to 1914, inclusive." The countries are: Austria, Belgium, France, Germany, Italy, Netherlands, Russia, Sweden, United Kingdom. In 1912, the UK imported the most soy beans, while Netherlands imported the most cake and oil. (5) "Quantity and value of imports of soy beans, soy-bean cake (Footnote: Includes bean cake [perhaps fermented tofu or canned regular tofu], or bean stick [probably dried yuba sticks], miso, or similar products, with duty, 40 per cent) and soy-bean oil into the United States, 1910 to 1915, inclusive." The quantity of soy bean imports was greatest in 1915 with 3.837 million lb. The quantity of soy-bean cake imports was greatest in 1913 with 7.005 million lb. The quantity of soy-bean oil imports was greatest in 1911 with 41.106 million lb. "Prior to 1914 soy beans were not classified separately in the customs returns" (p. 9). (6) "Composition of soy-bean flour in comparison with wheat flour, corn meal, rye flour, Graham flour, and whole-wheat flour."

(7) "Value of a short ton of soy-bean cake and other oil cakes in the principal European countries" (Incl. cottonseed, linseed, peanut {Rufisque}). Countries: Germany, United Kingdom, Netherlands, Denmark, Sweden. (8) "Analyses [nutritional composition] of soy-bean meal and other important oil meals." (Incl. Cottonseed, linseed (old and new processes), peanut (decorticated), sunflower seed). (9) "Fertilizing constituents [nitrogen, ammonia, phosphoric acid, potash] of soy beans, soy-bean meal, and cottonseed meal."

(10) Analyses for protein and oil of important varieties of soy beans grown at Arlington Farm (Virginia), Newark (Delaware), and Agricultural College (Mississippi). The varieties are: Mammoth, Hollybrook, Manchu, Haberlandt, Medium Yellow, Ito San, Chiquita, Tokyo, Lexington, Guelph, Black Eyebrow, Shanghai, Peking, Wilson, Biloxi, Barchet, Virginia. Note 1. "At the present time, the Mammoth Yellow variety is most generally grown throughout the South and is the one used in the production of oil" (p. 16). (11) "Acreage, production, and value per ton of cottonseed in the boll-weevil states." "Since the boll weevil first entered Texas in 1892," it has steadily decreased production of cottonseed. The soy beans offers a good replacement. (12) "Comparative prices per ton of cottonseed and soy beans on the European market, 1911 to 1914, inclusive." Soy beans are usually slightly more expensive.

Note 2. This is the earliest published document seen that contains soy-related photos by Frank. N. Meyer.

Note 3. This is the earliest document seen in which William Morse describes soy milk, or mentions natto, or correctly mentions tofu.

Note 4. This is the earliest document seen (Sept. 2004) that mentions the soybean varieties Biloxi or Lexington. Address: 1. Agrostologist in Charge; 2. Scientific Asst. Forage-Crop Investigations, USDA, Washington, DC.

943. Piper, C.V.; Morse, W.J. 1916. The soy bean, with special reference to its utilization for oil, cake, and other products: Soy beans in Japan, in Europe, and in the United States (Document part). *USDA Bulletin* No. 439. 20 p. Dec. 22. [2 ref]

• ***Summary:*** "Soy beans in Japan (p. 4):... In many districts it is cultivated not in fields by itself, but in rows along the edges of rice and wheat fields. Although not grown to any considerable extent as a main crop by the Japanese farmer, the average annual production is about 18,000,000 bushels. In quality the beans raised in Japan are said to be superior to those of Manchuria and Chosen [Korea] and are used exclusively in the manufacture of food products. The imported beans, of which very large quantities are obtained from Manchuria and other Asiatic countries, are used principally in the manufacture of bean cake and oil."

"The soy bean forms one of the most important articles of food in Japan. It is one of the principal ingredients in the manufacture of shoyu (soy sauce), miso (bean cheese), tofu (bean curd), and natto (steamed beans). The beans are also eaten as a vegetable and in soups; sometimes they are picked green, boiled, and served cold with soy sauce, and sometimes as a salad. A 'vegetable milk' is also produced from the soy bean, forming the basis for the manufacture of the different kinds of vegetable cheese. This milk is used fresh and a form of condensed milk is manufactured from it. All of these foodstuffs are used daily in Japanese homes and for the poorer classes are the principal source of protein. To a limited extent, soy beans are used as a horse or cattle feed, being sometimes boiled and mixed with straw, barley, and bran."

"Soy beans in Europe (p. 6): The soy bean was first introduced into Europe about 1790 and was grown for a great number of years without attracting any attention as a plant of much economic importance. In 1875 Professor Haberlandt, of Vienna, begun an extensive series of experiments with this crop and strongly urged its use as a food plant for man and animals. Although interest was increased in its cultivation during the experiments, the soy bean failed to become of any great importance in Europe. At the present time it is cultivated only to a limited extent in Germany, southern Russia, France, and Italy."

"Soy beans in the United States (p. 7): Although the soy bean was mentioned as early as 1804 (Footnote: Willich, A.F.M. American Encyclopedia, 1st Amer ed., v. 5, p. 13. Philadelphia, 1804), it is only within recent years that it has become a crop of importance in the U.S. At the present time the soy bean is most largely grown for forage. In a few sections, such as eastern North Carolina, however, a very profitable industry has developed from the growing of seed... The yields of seed to the acre in various sections of the United States range from about 15 bushels in the Northern

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States to about 40 bushels in the northern half of the cotton belt. The average yield in eastern North Carolina is about 25 bushels, although many fields produce 35 bushels or more to the acre..." Note: This is the earliest U.S. document seen (June 2003) that cites the 1804 publication by Willich [and James Mease] concerning the soybean in Philadelphia. Note that this article appeared 112 years after 1804.

"The first extensive work in the U.S. with the soy bean as an oil seed was entered upon about 1910 by an oil mill on the Pacific coast. The beans, containing from 15-19% of oil, were imported from Manchuria, and the importations, most of which are used in the manufacture of oil and cake, have gradually increased, as shown in Table V. The oil was extracted with hydraulic presses, using the same methods employed with cottonseed and linseed. It found a ready market, as a good demand had been created for this product by soap and paint manufacturers, which up to this time had been supplied by importation from Asiatic countries and England. The soy cake, ground into meal, was placed on the market under a trade name and was soon recognized as a valuable feed by dairymen and poultrymen. The use of the cake has been confined almost wholly to the Western States, owing principally to the high cost of transportation."

"An industry which promises to be of importance in a further utilization of the soy bean is the manufacture of 'vegetable milk.' At the present time a factory in New York State is being equipped for this purpose." Address: 1. Agrostologist in Charge; 2. Scientific Asst. Forage-Crop Investigations, USDA, Washington, DC.

944. Piper, C.V.; Morse, W.J. 1916. The soy bean, with special reference to its utilization for oil, cake, and other products: Soy-bean meal as human food (Document part). *USDA Bulletin* No. 439. 20 p. Dec. 22. See p. 11-13. [2 ref] • ***Summary:*** "The meal remaining after the oil is extracted from Mammoth soy beans is bright yellow in color when fresh and has a sweet, nutty flavor. The use of the meal as flour for human food has become an important factor in several European countries during the last few years and to some extent in America as a food of low starch content."

"In England, manufacturers have placed on the market a so-called 'soya flour,' which is 25% soy-bean meal and 75% wheat flour. This soya flour is being used by bakers in making a soy bread which is very palatable and may be found on the market. A similar product has been manufactured in Amsterdam [Netherlands] for 25 years. 'Soya biscuits' are also manufactured from this flour and constitute an article of export from England. German millers have been experimenting to some extent with soy meal in making brown bread by mixing with rye flour... Soy-bean flour enters largely as a constituent in many of the so-called diabetic breads, biscuits, and crackers manufactured as food specialties.

"As a human food, soy-bean flour has been used principally in the U.S. as a special article of diet and is sold by a number of food companies manufacturing special foods. Extensive tests are being conducted by the USDA with soy-bean flour in the making of bread. The flour or meal can be successfully used as a constituent for muffins, bread, and biscuits in much the same way as corn meal. In these various food products about ¼ soy flour and 3/4 wheat flour have been found to be the proper proportions." Note: This is the earliest document seen (Sept. 2004) which clearly states that soy-bean flour has been used to make bread in the USA.

"Although soy-bean milk has been used in both the fresh and condensed form and in the manufacture of cheese [tofu] in Japan and China for centuries, it only recently has been considered of possible importance in the United States. Soy-bean milk, owing to its food value and for sanitary reasons, is said to be of the greatest importance for cooking purposes and can be used by bakers, confectioners, and chocolate manufacturers. In Asiatic countries the whole bean is utilized in the manufacture of the milk, but quite recently it has been discovered that soy-bean meal, after the oil is extracted, is fully as useful for milk purposes as the whole bean.

"If the milk from the soy bean is used in the manufacture of products as a substitute for milk, the labels of such products should indicate that the substitution has been made, otherwise it would constitute adulteration under the food and drugs act.

"In addition to its uses for flour and milk, the soy bean can be prepared as human food in numerous ways. The green bean, when from three-fourths to full grown, has been found to compare favorably with the butter or Lima bean... The soy bean has been utilized not only in the U.S. but in European countries as a substitute for the coffee bean. When roasted and prepared, it makes an excellent substitute for coffee." Address: 1. Agrostologist in Charge; 2. Scientific Asst. Forage-Crop Investigations, USDA, Washington, DC.

945. Fuerstenberg, Maurice. 1916. Die Einfuehrung der Soja, eine Umwaelzung der Volksernaehrung [The introduction of soya, a revolution in the food of the people]. Berlin: Paul Parey. 30 p. Foreword by Dr. Gottlieb Haberlandt, Director of the Plant Physiology Institute, Univ. of Berlin. [5 ref. Ger] Address: Germany.

946. Laxa, Otakar. 1916. Rostlinné mléko, levna nahrazka mleka kravskeho [Vegetable milk, an inexpensive substitute for cow's milk]. *Zpravy Laktologickeho Ustavu* (*Dairy Institute News*) (*Prague*) No. 5. 10 p. [26 ref. Cze; ger] • ***Summary:*** According to Horvath (1927, p. 65) this article recommends the following procedure: "100 gms. of good yellow or green soybeans washed in cold water until the water is absolutely clear. After the cleaning soak for 24 hours in an amount of cold water just sufficient to cover them. After the beans become soft, mash in an almond-mill of the kitchen type. Pour the resulting milk mass in a bottle with a

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capacity of 2 liters to which are added 900 cc. of cold water, 10-15 gms. of cane sugar, 1 gm. of sodium chloride and one drop of essence of fresh hay, in order to cover the beany taste and smell with an aroma similar to cow's milk. Close the bottle and shake the contents from time to time. Filter the liquid through a clean linen bag after 4 hours so the residue is pressed out. In this way about 750 cc. of soybean milk are obtained.

Note: This is the earliest document seen (Jan. 2010) that contains a detailed description of how to make soymilk at home or in a typical European kitchen.

The chemical composition (without adding the values for cane sugar and sodium chloride) is: water, 94.85%; fat, 1.00%; protein, 1.78%; reducing sugar, 0.11%; galactanes and other soluble carbohydrates, 2.02%; ash 0.34%; dry substance, 5.15%. The addition of 10 gms. cane sugar and 1 gm. table salt to 1 liter raises the amount of dry substance to about 6% and also the ash content and the nutritive value. The food value of such soybean milk is estimated by Prof. Laxa to be equal to about one-half of the food value of whole cow's milk, or two-thirds the value of skimmed milk. The cost of one liter of this soybean milk in Prague in 1916 was estimated by Laxa to be two and a half cents (Mex.) if made at home." Notice that no mention is made of cooking the soymilk!

Horvath (1927, p. 60) continues: "According to Prof. Laxa, the fresh soybean milk shows a slight alkaline reaction. 'At 12 degrees of acidity of Soxhlet-Henkel it coagulates on boiling. The fresh soybean milk gives a strong peroxidase reaction of Storch [Starch]. It is also rich in katalase [catalase]. If hydrogen peroxide (a 10% solution) is added to soybean milk in proportion 5 cc. to 15 cc., 15cc. of oxygen are formed (liberated) in two hours. The reductase test, on the contrary, goes very slowly. No change can be observed if rennet is added to slightly warmed soybean milk. But if one increases the content of soluble calcium salts (adding f.e. calcium citrate), a finely flocculated precipitate is formed. The soybean milk curdles spontaneously at room temperature if the developed acidity reaches 14.8 degrees of Soxhlet-Henkel. In order to inhibit the putrefication [putrefaction] of soybean milk it is advisable to add a few drops of a culture of lactic acid bacteria. Soybean milk supplemented with lactose and inoculated with a culture of yoghourt [yogurt] bacteria, coagulates at 40ºC in 4 hours and gives a curd-like acid mass.'

Yeu (1933, p. 14) states: "It was not until 1916 that a study of soymilk as a substitute for cow's milk was undertaken. O. Laxa gives the composition of milk obtained from soybeans cultivated near Prague. He made a soy yogurt. He concluded that soymilk was not important except in places totally lacking animal milks."

The author is a doctor. Hromadko (1926, p. 321) and Pume (1941 #069) cited this article correctly. Horvath (1927, p. 85) and L'Heureux (1933, p. 370) cited it as if it were a German journal article (from Berichte der Laktologischen Anstalt an der K.K. Boehm. Technischen Hochschule in Prag. 1916). Several subsequent French authors (Maillet et al. 1932, p. 490; Yeu 1933, p. 103) cited this as if it were a French journal article (from *Rapports de l'Institut de l'Ecole Polytechnique, tchèque.* No. 5. Prague). Nakazawa cited him as publishing in Extr. de la Rev. gener. du Lait, and Zbl. Bakt. II. 51, 423 (1920). or II. 86, 160 (1932). Or Biol. Abst. 7, 19020 (1933). Address: Prof., Dr., Czechoslovakia.

947. Nihon hyakka daijiten: Tôfu [Encyclopedia Japonica: Tofu]. 1916. Tokyo: Sanseido. See vol. 7, p. 885. [Jap] Address: Tokyo, Japan.

948. Ou Lu jiaoyu yundong [The movement for education in Europe]. 1916. Tours, France: Zhonghua Yin Zi Ju [Impremerie chinoise]. 123 p. [Chi]
• ***Summary:*** This book contains many photographs on unnumbered pages, including a rare photo (between pages 48 and 49) of the outside of the brick tofu factory named *La Caséo-Sojaine,* established by Li Yuying at Garenne-Colombe near Paris.

Another photo (between pages 70 and 71) shows Chinese students taking evening courses at *La Caséo-Sojaine,*

Note: This book was written entirely in Chinese; it contains no French text. The title translated into French would be: *Le mouvement d'éducation en Europe.*

This publishing company, which has become famous as the first Chinese publishing company in France, was founded in 1905 (6 years before the Chinese Republic) by Wu Zhihui, Li Shizeng, Zhang Jingjiang, and Chu Minyi. Their earliest publication at the archives at Lyon is the magazine *Shijie.* The publishing company was founded in Paris, but moved to Tours during World War I for security reasons; that is why this book was published in Tours.

949. Sornay, Pierre de. 1916. Green manures and manuring in the tropics, including an account of the economic value of leguminosæ as sources of foodstuffs, vegetable oils, drugs, etc. Translated from the French by F.W. Flattely. London: John Bole, Sons and Danielson, Ltd. xvi + 466 p. Illust. 26 cm. [12 soy ref]
• ***Summary:*** This book is dedicated "To my esteemed Master and Friend M.P. Bonâme. A token of deep gratitude and sincere admiration." It "was awarded a gold medal by the *Société Nationale d'Agricole de France."* The translator is from the International Institute of Agriculture, Rome, and the Dep. of Zoology, University College of Wales, Aberystwth. In the introduction H. Pellet states (p. viii) "M. de Sornay, who for a number of years has been a member of the Agronomic Station of Mauritius, had already published, some time ago, in the *Bulletin* of the Station, a short treatise on the Leguminosæ." This volume is a major

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expansion of that work. The author was one of the first to study intercropping of sugar cane with legumes. Working in Mauritius, he found that legumes used in mixed cultivation with sugar prevented the growth of weeds and retained the soluble salts which would have been washed away by rain. A trailing variety of peanut was used. He also suggested soybean as an intercrop because "it does not interfere in any way with the small canes; the soybean may be used on a mixed cultivation and may even be sown in two rows in interspaces of canes" (p. 184). Also includes concise information about the cultivation and yield of soybeans.

Chapter 1, "General remarks" (p. 1-9) begins: "The family of the Leguminosæ, which numbers not less than 7,000 species distributed over every portion of the globe, contains, according to Van Tieghem, 430 genera." "The Leguminosae are generally divided into three great sub-families: Cæsalpineæ, Mimoseæ, and Papilionaceæ." The first two sub-families prefer tropical climates, whereas the Papilionaceæ "adapt themselves to every climate and are found distributed from the Equator [Ecuador] to the Poles." The Papilionaceæ are divided into eleven tribes; a table shows these and the subtribes or genera they contain. The genus Glycine is in the tribe Phaseoleæ, subtribe Glycina.

Chapter 2 is an "Account [history] of the theories on the absorption of nitrogen from the air by the leguminosæ." Chapter 3 (p. 9-46) is a "Description of the various leguminous plants of agricultural value." The 37 species discussed include the peanut (p. 47-70), Bambarra ground-nut or Voandzou (p. 70-72, native of Madagascar), *pois carré* [winged bean] (*Psophocarpus tetragonolobus*), and Soja, or Soy bean (p. 182-92).

The rambling treatment of the soy bean discusses bits and pieces of its history, botany, and yields in India, South Africa, and Mauritius. Nineteen tables show its composition. Concerning uses: "The seed of the soy bean is eaten as a vegetable by the majority of Chinese and Japanese, and they make numerous other uses of it." The chief ones are: Soy milk, soy cheese [tofu], and shoyu. "The roasted seeds of the soy bean are used in the United States and Switzerland as a substitute for coffee. Not containing any starch, these breads are used in the manufacture of breads and biscuits for people suffering from diabetes. They are found on the European market... The seeds are pressed in order to extract the oil, the oil resulting from the first expression being used in the manufacture of soap, whilst that from the second is used as machine oil. The cake is given to cattle mixed with other nutriments of lower nitrogen content. The trade in soy has increased considerably during the last five years." Trade statistics (exports of soy beans from Manchuria and imports to Europe) and prices on the London market (of soy beans, oil, and cake) are given.

Chapter 7, "Starch in the leguminosæ" (p. 246+) discusses the "Characters of the principal starches in the Leguminosæ." It contains an illustration (line drawing) of the starch in Soja hispida (Fig. 42, p. 251), and a description (p. 255) as follows: "Soja hispida.–Soy contains very little starch. The shape of the grains is fairly uniform, whilst their size is very variable. All the grains polarize clearly. The hilum is linear, occasionally stellate, but of rather rare occurrence. The striations are only visible at the edges and are very close together. Starch only very slightly homogeneous." Address: Chemist, Ex-Asst. Director of the Station Agronomique of Mauritius, Laureate of the Association des Chimistes de Sucrerie et de Distillerie de France et des Colonies, Laureate of the Société Nationale d'Agriculture de France.

950. Zhu Chen. 1916. Dongting Dongshan wuchankao [Survey of products of the Eastern Mountain of Dongting lake]. China. Passage on soy reprinted in C.N. Li 1958 #351, p. 249-50. [Chi]

• ***Summary:*** Wade-Giles reference: *Tung T'ing Tung Shan Wu Ch'an K'ao,* by Chu Chên. Republican period. The section titled "Yellow soybeans" (*huangdou*) states: When fresh, they are called green vegetable soybeans (*maodou;* "hairy beans"); when dry, they are called yellow soybeans. Plant them in the 4th lunar month. The stem grows to a height of 2 feet. The leaves are round with pointed tips. The color is deep green, with little yellow flowers. The pods are a little more than an inch (*cun*) long, have green hairs, and contain 2-3 beans. When the beans are fresh, they are green; but when they grow old, they turn yellow. They are round like pearls. After removing the skin [seed coat] from the individual beans, you will find two parts [cotyledons]. They are like almond seeds. Most beans have that same structure. Green vegetable soybeans (*maodou*) are boiled in the summer and served on a plate as a vegetable.

There are two kinds of green vegetable soybeans. One kind is called *guanbangqing;* in the 5th month you can harvest them as green vegetable soybeans, or in the 7th month you can harvest them as yellow soybeans (mature). Another kind is called *shijiaxiang;* in the 7th month you can harvest them as green vegetable soybeans, or in the 9th month you can harvest them as yellow soybeans.

For some, you do not wait until they are mature; just harvest the [green] pods and boil them, then spread them in the sun until dry; they are called dry green soybeans (*xunqingdou*). They are also called *maodougan* ("green vegetable soybeans dried").

Green vegetable soybeans (*maodou*) are easily infested by worms. There is no way to prevent this, whereas [mature, dry] yellow soybeans can be stored for a long time. After you get rid of the pods, they do not become wormy.

There are many ways to eat yellow soybeans. You can boil them, roast them, use them to make jiang or tofu (*doufu*), or to obtain oil. These are methods handed down to us from antiquity. Their nature is warm. They benefit the large intestine. If you eat them raw, the flavor is not good;

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they have an unnatural flavor. If you have an ulcer, then their flavor is sweet. Western doctors say the efficacy of yellow soybeans is better than cow's milk. Therefore, in recent years, many Westerners [in this part of China] have begun to drink soymilk (*doufujiang*), so its price has risen. When you put yellow soybeans among the rice straw and pour water on them, after 6-7 days, the soybeans will sprout to a length of 2-3 inches to become soybean sprouts (*douyacai*). The villagers call them *ruyicai* ("as you wish vegetable") [probably because you can grow soy sprouts quickly, for use as a vegetable, whenever you wish, year-round]. The stalks can be dried and used as fuel. (Translated by H.T. Huang, PhD, April 2003).

951. *Weekly News Letter* (*USDA*). 1917. Soy bean useful crop. May be utilized in greater number of ways than almost any other agricultural product. 4(27):3. Feb. 7. [1 ref]
• ***Summary:*** "The soy bean... may be utilized in a greater number and a greater variety of ways than almost any other agricultural product...

"In Japan the soybean forms one of the most important articles of food in use. It is one of the principal ingredients in the manufacture of shoyu (soy sauce), miso (bean cheese), tofu (bean curd), and natto (steamed beans). The beans are eaten also as a vegetable and in soups; sometimes they are picked green, boiled, and served cold with soy sauce, and sometimes as a salad. A 'vegetable milk' is also produced from the soy bean, forming the basis for the manufacture of the different kinds of vegetable cheese. This milk is used fresh, and a form of condensed milk is manufactured from it."

In several European countries and to some extent in America, soy-bean "flour enters largely as a constituent in many of the so-called diabetic breads, biscuits, and crackers manufactured as food specialties.

"Soy-bean milk... has been produced in small quantities in the United States, and recently a factory has been equipped to make this product." In Europe and America soybeans are roasted to make "an excellent substitute for coffee. In Asia the dried beans, especially the green-seeded varieties, are soaked in salt water and then roasted, this product being eaten after the manner of roasted peanuts."

Soy-bean meal (for use as a stock feed) and soy-bean oil are also discussed. "In addition to its availability as a food, soy-bean oil has found important uses in the markets of the world for making paints, varnishes, soaps, rubber substitutes, linoleum, waterproof goods, and lubricants. It is also used in the Orient for lighting and in the manufacture of printing ink."

Reprinted in *Jersey Bulletin and Dairy World* 36:323. Feb. 28; *Ohio Farmer* 139:377. March 10; and *Journal of Home Economics* 9:183-4. April. Address: Washington, DC.

952. *Jersey Bulletin and Dairy World.* 1917. Soy bean a useful crop: May be utilized in a greater number of ways than almost any other agricultural product. 36:323. Feb. 28. [1 ref]
• ***Summary:*** Reprinted from the *USDA Weekly News Letter* 4:3 (7 Feb. 1917). Also reprinted in *Ohio Farmer,* 139:377. March 10; and *Journal of Home Economics,* 9:183-4. April. Address: Washington, DC.

953. *New York Times.* 1917. Japan's Copper King owes fortune to father. March 4. p. X8.
• ***Summary:*** Japan ranks 2nd, after the USA, among the world's copper producing countries. Japan's Copper King is Baron Furukawa, whose father, Ichibei Furukawa, was a self-made man. Ichibei was born in Kyoto's suburbs. When his father, a sake brewer, sank into poverty through business reversals, young Ichibei turned from brewing sake "to selling tofu, or bean curd." One day, while working as a "peddler of tofu... he collided with a palanquin bearing a stately samurai or nobleman, and his stock of bean curd was thrown into the street. Refusing to be overawed by the splendor of the nobleman, the boy requested that he be compensated for his loss, but the bearers of the palanquin, filled with a sense of their master's importance, scornfully refused to heed his request and continued on their way." From that moment, he made up his mind to rise in life. Yet he peddled tofu for at least 2 more years to save up his money.

954. *Ohio Farmer.* 1917. Soybeans for human food. 139(10):377. March 10.
• ***Summary:*** Reprinted from the *USDA Weekly News Letter* 4(27):3 (7 Feb. 1917). Address: Cleveland, Ohio.

955. Mairin, C. 1917. Le Soja hispida [Soja hispida]. *Annales Africaines* 24(6):71. March 15. New Series. [24 ref. Fre]
• ***Summary:*** Praises the many benefits of the soybean. From it one can make soy milk (which is equivalent to animal milk), cream and butter and cheese (tofu). Combined with wheat flour, it can furnish, at a low price, a complete bread–and, I would add, one that is good for diabetics. This flour can be used to make all the different types of pastries and cakes. Finally, roasted like coffee, it makes an excellent alternative–with all the aroma of mocha.

956. Eddington, Jane. 1917. Tribune Cook Book: Baked soy beans. *Chicago Daily Tribune.* March 16. p. 10.
• ***Summary:*** "Soy beans, 10 cents a pound and three pounds for 25 cents." Within the past few months, "this bean has begun to appear in many a grocery store, perhaps without catching the eye of most people.

"If we can get into a Chinese grocery we may see a pile of something that looks like milk curds but is white blocks of soy bean substance ready for frying. Alongside of the white blocks, in these stores, are also piles of the same thing which

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have been fried. This is undoubtedly the 'tofu' described in that ponderous book, 'Diet in Health and Disease' [by Friedenwald and Ruhräh]...

To bake soy beans: Soak overnight in two cups water to one cup beans. Add 4 cups water. Bake for 4 hours in an earthen pot in a slow oven or between two hot stones in a fireless cooker.

957. McClelland, C.K. 1917. Farms and farmers: Soy beans (Continued). *Atlanta Constitution* (*Georgia*). March 18. p. A10.
• ***Summary:*** Discusses soy bean harvesting machinery and uses for human food (shoyu, miso, natto, tofu, and soy bean meal [flour]). Address: Editor & Prof., Experiment, Georgia.

958. Williams, C.G.; Park, J.B. 1917. Soybeans: Their culture and use. *Ohio Agricultural Experiment Station, Bulletin* No. 312. p. 577-600. March. [3 ref]
• ***Summary:*** This bulletin consists of two articles: "Soybean Culture" by Williams, and "Uses of Soybeans" by Park. The latter, which contains extensive information on soyfoods, is an extract of Park's paper titled "Soybeans as Human Food. Palatable Dishes Made from a Comparatively New Legume"; it was printed in Ohio Agricultural Experiment Station Monthly Bulletin 2(9, whole no. 21):299-303. Sept. 1917.

Contents: I. Soybean culture. Introduction: Production in Ohio, place. Climate and soil requirements: Climate, soil, fertilizers, inoculation. Seeding and cultivation: Seed bed, time of seeding, manner of seeding, depth seeding, rate of seeding, cultivation. Harvesting: For hay, for silage, for seed ("The best implements for cutting soybeans for seed are the mowing machine with side-delivery attachment, the self-rake reaper and the grain binder."), threshing. Varieties: For seed production, for hay. The effect of soybeans in crop rotations.

Tables show: (0) Acreage planted to five legumes in Ohio. Red and alsike clover: 880,676 acres (No. 1). Soybeans: 4,921 acres (No. 4). (1) Rate of seeding and yields of soybeans in Ohio from 1909 to 1916. Best rate–3 pecks/acre–gave 6-year average yield of 3,540 lb/acre of beans. (2) Description of 25 varieties: Amherst, Auburn, Cloud, Ebony, Elton (Chestnut)* (* = The Elton was first sent out by the U.S. Department of Agriculture under the name of Chestnut), Habaro, Hollybrook, Ito San, Ito San 17268, Manchuria, Medium Green, Mongol, Mikado, Ohio 7491, Ohio 7496, Ohio 9001, Ohio 9016, Ohio 9035, Ohio 9100, Ohio 9110, Sable, Shingto, Taha, Wing's No. 1, Yosho. The five highest yielders of grain are: Ohio 9016 (29.22 bu/acre, 5 year average), Ohio 7496, Elton, Ito San 17268, and Shingto.

(3) Yields of grain and straw of these 25 varieties. (4) Variety tests at the county experiment farms (yields of 8 varieties). (5) Soybean hay test (yields of 10 varieties, 1912-1916). (6) Wheat yields following crops of corn, soybeans (the highest), potatoes, or oats.

Part II. Uses of soybeans. Introduction. Use for animal food: Hay, grain, soiling crop. Special uses and products: Soybean meal, soybean oil. Use for human food: Soy sauce, soybean milk, use of the whole beans.

Concerning soymilk and tofu (p. 300): "If a small amount either of acid or of magnesium or calcium salts is added to the liquid [soybean milk], or if it is allowed to stand until sour, a curd is formed which settles out, leaving a clear, yellowish, watery liquid. The grayish white curd can be drained, pressed and eaten like cottage cheese. When salted and fried it is palatable, and can be used as a salad. This bean curd is the tofu which is so extensively eaten in the Orient. It is made fresh every day, and is as staple an article of diet of Oriental peoples as bread is of ours. As used by the Japanese these cakes contain 83 to 88 percent of water, 7 to 11 percent of protein and 4 to 5 percent of fat."

Concerning use of whole soybeans: "When properly roasted and prepared, the ripe soybean makes a good substitute for coffee, equal to many of the cereal preparations on the market" (p. 302).

Photos show: (1) A soybean plant with its leaves removed to show pods (front cover). (2) A field of soybeans, with about half the leaves fallen, ready to be cut for seed (opposite p. 581). (3) Root system of a soybean plant with "numerous nodules in which nitrogen-fixing bacteria live" (p. 583).

Tables show: (7) Percentage composition and digestibility of soybean meal (pressed, or extracted) and other foodstuffs [oil meals and feed grains] for comparison. (8) Quantity and value of imports of soybeans, soybean cake, and soybean oil into the United States, 1910-1915.

Bar charts show (p. 600): (1) Pounds of digestible protein in 100 pounds of 14 food materials; soy beans are highest at 28.3 lb. (2) Pounds of digestible protein and digestible carbohydrate that one dollar will buy in the form of the same 14 food materials; in the form of soy beans, it will buy the most digestible protein (9.43 lbs at 3 cents/pound) and the 4th most digestible carbohydrate (after corn meal, rice, and wheat flour). Address: Wooster, Ohio.

959. *Los Angeles Times.* 1917. Grow soya beans: Movement to start a new and profitable industry at Tacoma [Washington]. April 8. p. III22.
• ***Summary:*** From Philadelphia Public Ledger: "An attempt to inaugurate an entirely new and profitable industry in Tacoma and the Puyallup Valley [both in Washington state], in the growth of the soya bean, with the probability that the experiment will prove successful and result in the erection in Tacoma of an oil-extracting plant to cost from $50,000 to $75,000, is announced.

"The soya bean is one of the most valuable imports of the United States from Japan, and a product which may be put to more uses than probably any other." Many uses are listed.

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"Some time ago W.H. Paulhamus of the Puyallup and Sumner Fruit Growers' Association suggested that the Keystone Cereal Company of this city, which imports an enormous quantity of the bean in cake form, make an effort to obtain some seed. The agents of the company in Japan, after lengthy negotiations, were finally able to purchase a quantity of seed, the concession being made by the Japanese only because of the trade the local company gave them. This seed will be distributed free of charge to farmers of the Puyallup Valley and Western Washington by the growers' association and cereal company. The seed will be sown in January, and it is expected a good crop will result, as the Puget Sound climate is very similar to that in Japan."

"Two shipments of the cake form of the beans are due here next week, each amounting to 1,000 tons. All of the beans received in America have passed through an oil-extracting mill, where from 16 to 18 per cent. of their oil has been extracted, and the cake is then sold at from $35 to $38 a ton. If the bean could be grown in this country an immense profit would result to the grower and manufacturer, it is said.

"Previous attempts have been made to get seed of the bean and test it in this country, but a sufficient quantity has never been obtained, the Japanese merchants being unwilling to jeopardize their trade in the commodity.

"The soya bean is very common in Japan,... Cakes made from the bean [probably tofu] form one of the delicacies in the diet of the common people."

960. Li, Yu-ying. 1917. Procédés et dispositifs pour la transformation intégrale du soya [Processes and technology for the transformation of whole soybeans]. *Chemisch Weekblad* 14(15):348-51. April 14. Included within a longer paper in this journal by de Waal, p. 344-56. [Fre; dut]

• ***Summary:*** This lecture, delivered in French on 11 Nov. 1911, includes a description of and an interesting, complex diagram showing the basic processes by which the many food and industrial uses of the soybean are created. "In the soybean industry, it is not only the whole seed / bean which constitutes the usable raw material, but also its derivatives such as soy flour, milk, etc., and even the by-products (cakes), which can, themselves, serve as the basis for a large number of products." A table (p. 349) shows these raw materials in five degrees: 1st. Whole soybeans. 2nd. Dehulled soybeans, cellulose/fiber, cakes, oil-rubber, milk, cakes. 3rd. Flour, cakes, oil, milk, cakes. 4th. Flour, milk, cakes, casein (*caséine*), flour. 5th. Casein, flour. "These five groups are composed of 19 products which can be considered as the raw materials which derive from a series of transformations leading up to the complete utilization of the bean.

"The course of operations to obtain the announced products comprises the following phases which are represented in figure 1.

"Dehulling of the beans. Grinding of the dehulled product, of oilcakes (*tourteau d'huilerie*), cakes for [soy] dairy production (*tourteaux de laiterie*), of casein.

"Pressing to obtain oil, or to obtain *sojalithe* (an industrial soy casein resembling ivory or horn).

"Drying of the casein, of the soymilk cake [okara] (*tourteaux de lait*), of the powder for preserves (*confiture*) [such as chestnut cream (*crème de marron*)].

"Cooking for the production of preserves, or for making sauce.

"Roasting / grilling for the manufacture of [soy] chocolate or [soy] coffee.

"Wet-grinding to obtain milk [from soybeans], or to obtain milk from okara (*lait provenant de tourteaux*).

"Fermentation for the manufacture of sauce [jiang or soy sauce], cooked soybeans, or milk.

"Concentration for the manufacture of milk, [okara] (*torteaux de lait*), or sauce.

"Desiccation / drying to obtain powdered [soy] milk, powdered [soy] milk cake [okara] (*poudre de lait de tourteaux*), powdered soy sauce.

A chart (fig. 2, p. 350) describes the progress and combination of different necessary operations to obtain these products.

"You can see that the soybean is first dehulled so that it can be cooked or ground either dry or with the addition of water. The dry-ground products, made into flour, are used for baking, pastry-making, and the fabrication of pasta (*pâtes alimentaires*).

"Dehulled soybeans treated by wet-grinding yield soymilk, which can itself be transformed into fermented milk, concentrated milk, powdered milk, or it can serve for the production of fresh or fermented cheeses, of [soy] sauce (by fermentation), as well as to obtain casein that can be dried or powdered; by pressing casein one obtains 'sojalithe.' The oilcakes [okara] resulting from the fabrication of milk are pressed and ground and can be used to make casein.

"Soybeans are pressed to obtain oil which can itself serve as a base to make candles, soaps, paint, artificial rubber, etc. Oilcakes remaining as by-products can be ground to make milk or pulverized to obtain flour.

"Cooked soybeans are also used to make condiments, fermented [soy] sauce, liquid sauce, solid [sauce], [sauce] concentrated into a paste or in dry powder. Cooked soybeans are also used to make pasty preserves (*confitures pâteuses*) or in powder.

"Cooked and grilled soybeans again serve to make [soy] coffee and chocolate." Address: Seine, France.

961. Waal, A.J.C. de. 1917. Over soja-producten [On soy products]. *Chemisch Weekblad* 14(15):344-56. April 14. (Chem. Abst. 11:2001). [22 ref. Dut]

• ***Summary:*** Describes the work done by men in different countries on various soybean preparations and includes a paper by Li Yu Ying (cited separately) titled "Procédés

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et Dispositifs pour la Transformation Intégrale du Soya," including food and industrial uses of soybeans. A complex, full-page French-language diagram (p. 350) shows the basic processes by which the many food and industrial products that can be derived from the soy bean, and summarizes patents related to many of these. By milling and baking: soya meal (*soja-meel*) and soy bread (*soja brood*). Soya milk (*soja-melk*) and Western-style cheeses. Coffee and chocolate substitutes: Soy coffee (*soja-koffie*) and soy chocolate (*soja-chocolade*). Pork-butcher products, incl. soy sausages (*soja-worst*) in which one can use soy cheese (*soja-kaas*). Soy protein (*soja-eiwit*). Worcestershire sauce (*Worcestershire-saus*). Li is a resident of Seine France. This paper was presented on 11 Nov. 1911, and published on 20 Jan. 1912.

Note 1. This is the earliest Dutch-language document seen (March 2001) that used the term *soja-koffie* to refer to soy coffee.

Note 2. This is the earliest Dutch-language document seen (Oct. 2003) that uses the term *soja-melk* to refer to soymilk. Address: s' Gravenhage (The Hague), Netherlands.

962. Eddington, Jane. 1917. The Tribune Cook Book: Chinese foods. *Chicago Daily Tribune*. April 15. p. B8.
• ***Summary:*** "In some recent stories with a Chinese background a poor student is described as 'the son of a man who dines on no richer dish than rice and soy gravy.' This soy or shoyu or syou sauce is procurable at almost any grocery store. It is one of the ingredients of Worcestershire sauce, which is one of the proofs that is has been used in England for nearly a century. When the soy is not procurable a little Worcestershire may be used."

Note 1. This is the earliest English-language document seen (April 2012) that uses the term "syou sauce" to refer to shoyu or soy sauce.

"At this [Chinese food] store I might have purchased fresh pig stomachs or soy bean cheese [probably tofu, but possibly fermented tofu], both cooked and uncooked, and I did get [mung] bean sprouts (15 cents a pound), and the tiny beans from which these are grown. These beans are green of color and not half as large as the smallest peas I have seen.

A boy in a story "says that he likes iced seaweed jelly, referring probably to jelly of the agar, or what we call vegetable gelatin,..." A recipe for "Seaweed jelly" states: "One ounce of agar-agar will make a gallon of jelly, or even more."

963. *J. of Home Economics.* 1917. The soy bean. 9:183-84. April.
• ***Summary:*** "The soy bean, already one of the most important crops of Asia, promises to take an important place in the agricultural industry of the United States. It is said that it may be utilized in a greater number and a greater variety of ways than almost any other agricultural product. Not only are the beans, and the oil expressed from them, available as food, but soy bean oil is used for making paints, varnishes, soaps, rubber substitutes, linoleum, waterproof goods, and lubricants, besides its use in the Orient for lighting and other purposes.

"In Japan the soy bean is one of the principal ingredients in the manufacture of shoyu (soy sauce), miso (bean cheese), tofu (bean curd), and natto (steamed beans). The beans are eaten also as a vegetable and in soups; sometimes they are picked green, boiled, and served cold with soy sauce, and sometimes as a salad. A 'vegetable milk' is also produced from the soy bean, not only forming the basis for the manufacture of the different kinds of vegetable cheese, but used fresh, while a form of condensed milk is also made from it. All of these food stuffs are used daily in Japanese homes, and for the poorer classes are the principal source of protein.

"Soy bean oil resembles that of cotton seed in many ways. The meal remaining after the oil is extracted from the beans has become important during the last few years as a food of low starch content, and so adapted to the use of diabetic patients.

"Soy bean flour enters as a constituent into many of the so-called diabetic breads, biscuits, and crackers manufactured as food specialties. The flour or meal may be used successfully in the household as a constituent of muffins, bread, and biscuits in much the way in which corn meal is used.

"An artificial milk like that manufactured in the Orient has been produced in small quantities in the United States, and recently a factory has been equipped to make this product. Such milk may be used for cooking in the household, and by bakers, confectioners, and chocolate manufacturers. Such products must, of course, be properly labeled.

"The soy bean has also been utilized as a substitute for the coffee bean. When roasted and prepared, it makes an excellent substitute for coffee."

964. Prinsen Geerligs, H.C. 1917. Ueber die Anwendung von Enzymwirkungen in der Ostasiatischen Hausindustrie [On the application of enzymes in East Asian cottage industries]. *Zeitschrift fuer Angewandte Chemie, Wirtschaftlicher Teil* 30(3):256-57. May 8. [Ger]
• ***Summary:*** Paper read before the *Niederlaendische Chemische Vereinigung* (Dutch Chemical Union), General session in The Hague, December 28, 1916.

This paper is on the domestic application of enzyme actions in Eastern countries, and describes, among other things, the making of fermented and non-fermented soybean food products. "To make soymilk (*Milchersatz*), only white soybeans are used, softened in water for 3 hours until they have swollen to 3 times their original size. Then, while water is added continuously, they are milled between two hard stones and fall through a hole in the bottom stone into

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a pail. A very small amount of the thin soybean slurry is set aside; through the proliferation of lactic acid bacteria it quickly becomes so sour that after several hours that lactic acid content has risen to 1.5%. The above mass is cooked in a large pan. The now pasteurized liquid is filtered through a large sieve to remove the hulls and hard pieces. The filtered milk-white liquid has, in appearance and chemical composition, the greatest similarity with animal milk. A sample contains 6.9% solids, 3.13% protein, and 1.89% fat. It gives an alkaline reaction and contains a solution of legumin bound to potassium phosphate, while the fat is emulsified in the thick protein solution. Unfortunately this soymilk (*Bohnenmilch*) tastes very much like raw French-beans (*Schneidebohnen*), so that people who are accustomed to cow's milk do not enjoy it much. But infants should be very content with it.

"If cheese is to be made from this milk, a small amount of the slurry soured with lactic acid is added to it. Thereby, the legumin (protein) is dissolved from the potassium phosphate and coagulated, then settles out with the fat with which it is emulsified. When the milk, through several hours mixing with the coagulation liquid, has become fully firm, it is packed in cloths and pressed between boards, in order to remove any excess water. Then the cakes are cut into square pieces; if they are to be eaten raw, it must be done quickly, lest they continuing souring and spoil. In order to impart a pleasant color to the cakes, they may be placed for several moments in a Curcuma [turmeric] decoction. Mostly the cakes of cheese (*Kaesekuchen*) are dried in the sun or fried (*gebraten*). They then keep better and acquire a pleasant flavor."

"Of much greater significance is the preparation of the most popular and prevalent soybean preparation, soy sauce (*der Soja*), which in East Asia is an indispensable seasoning for a variety of dishes, and is produced and used in unbelievably large quantities. There are various types, some of which contain wheat flour. But here we will consider only the type that is made [in the Dutch East Indies] with soybeans plus some added ingredients to improve the flavor.

Note: This is the earliest German-language document seen (April 2012) that uses the term *der Soja* to refer to soy sauce.

For the preparation of soy sauce, brown or black soybeans are cooked for several hours. After pouring off the cooking water, the beans are placed in flat trays (*Hürden* [*tampah*]) of woven bamboo and dried for half a day in the sun, then cooled in the shade. When they are cooled, the beans are covered with leaves of *Hibiscus tiliaceus*, a species of mallow, and they are soon covered with a layer of Aspergillus mold, which is usually found on the tiny hairs or cilia on the underside of the hibiscus leaves and so is transferred to the beans. The mold filaments or hyphae penetrate between the tough and thick cell walls, dissolve these through hydrolysis, and thus make the cell contents accessible to the influence of the molds. The mold is allowed to work until it forms spores (*Fruchtstaende*). The beans then appear to be covered with a brownish green felt. The beans are then dried in the sun and placed in a strong, cold salt solution. The mixture is placed in the sun for several days and then cooked. The brine solution, which contains the soybean extract, is poured off and the beans are cooked several more times until they have lost their salty taste. The various cooking extracts are mixed, filtered through a fine sieve, then mixed with palm sugar, aniseed [*Pimpinella anisum*], and an herb extract, which one can buy at a druggist's shop, and finally cooked until salt crystals appear. The soy sauce (*Soja*), which is now ready to use, is a dark brown, thick, very salty liquid, in which a viscous sediment forms. By diluting with water, it becomes turbid. But the solution again becomes clear with the addition of salt. This thorough investigation has shown that the mold hyphae branch out into the cell walls, hydrolyze and dissolve the pectin substances, and likewise break down the protein content of the cells to leucine, tyrosine, asparagine, and other decomposition products of legumes.

"But this action and result is of secondary importance. The main point is the dissolution of the cell walls, whereby the protein becomes free and can be dissolved in the concentrated salt solution. The composition of soy sauce, except for the salt content, is very similar to that of meat extract, so that it can completely replace meat in the largely vegetarian diets of the people of the East.

"In a similar way, various other foods are obtained, whereby a mold dissolves the cell wall and so fulfills the function otherwise accomplished by cooking. We mention here only the bean paste (*Bohnenbrei*) [*tao-tjo*], for the preparation of which, dehulled white soybeans are cooked and then mixed with rice flour and glutinous rice flour (*Kleereismehl*). The mixture is placed in a small basket that is lined with the same hibiscus leaves mentioned above, and the Aspergillus molds growing on the leaves are allowed to develop. This saccharifies the rice starch flour and dissolves the bean cell walls. Thereby, the mixture becomes sticky and glutinous, and tastes sweet. It is dried and placed in a pot with saltwater. There it remains until each bean is permeated with salt and a sample tastes salty. Palm sugar is added to taste and it is ready for use without further cooking. Microscopic analysis showed that the cell walls were completely dissolved and the contents lay free, so that the mold growth had greatly improved the digestibility of the beans.

"In Java, soybeans are also cooked and made into flat cakes on a flat bamboo lattice. A small piece of an old cake is added and the mass is covered with banana leaves. One soon observes a rise in temperature and the development of moisture. The mass is penetrated by hyphae of *Rhizopus Oryzae*, which again dissolves the cell walls and frees their contents. The cake [tempeh, though the term is not

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mentioned] with its covering of mold, is consumed without further processing, raw or fried (*gebraten*).

Also discusses the preparation of onchom from peanut press-cake. Address: PhD, Netherlands.

965. Van Meter, Anna R. 1917. How to cook soybeans. *Ohio Farmer* 139(20):701-02. May 19.

• ***Summary:*** "At this time of high food prices and of immanent food shortage, it is a matter of satisfaction to be able to call attention to so promising a food material as the soybean." Gives the composition of the soybean, and describes how to make and use soybean milk and "the curd or cheese-like substance which forms in the soybean milk on treating with an acid" [i.e. tofu]. Gives recipes for: Boiled whole soybeans with tomato sauce, sour pickle sauce or gravy. Baked soybeans. Green soybeans. Soybean meal [i.e. flour, "a useful substitute for wheat flour in bread, biscuits and muffins"]. Soybean meal soup.

"Green Soybeans.–These are excellent. Altho the pods are too tough to be eaten, the beans should be boiled in the pods, since they can then be shelled much more easily than when raw."

Note: This is the earliest English-language document seen (June 2009) that uses the term "Green Soybeans" to refer to green vegetable soybeans. Address: Dep. of Home Economics, Ohio State Univ.

966. Williamson, A.A. 1917. Soya beans for American mills. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 20(125):795-99. May 29. [1 ref]

• ***Summary:*** Discusses the Manchurian soybean industry with reference to the possibility of soybean imports for use in American mills. Contents: Introduction. Trade developed originally with England. Special regulations established. Arrangements for settling future deals. Advisable course for American buyers. Production in the Harbin consular district. Varieties of soya beans. Put to many uses in Far East (in central and western China it is ground into a flour to be made into vermicelli, and employed extensively in the manufacture of vinegar and bean curd). Dairen a center for oil industry. Places of production–export figures. Differences in quality of oil.

"Soya beans have never been shipped from Dairen to the United States so far as is known at the American consulate. Certainly they have never been among the declared exports, although they may have gone by way of a Japanese port...

"The soya bean first became known to world trade in 1908 when shipments to England were made by the Mitsui Bussan Kaisha, although it has long been an article of everyday use among the Chinese. In the boom that followed many evil practices arose, as a result of which losses of considerable amounts were sustained by firms interested in the business and not engaged in speculation, largely through the failure of some dealers and speculators to deliver merchandise contracted for in advance. By 1910 things had come to such a condition that whenever a ship came in to load for Europe the price of beans would soar far above the normal market prices, as it was known that several of the foreign firms had contracted to deliver beans but had not been able to obtain delivery of the 'future' beans they had bought. So it came about that the date of a ship's arrival was kept secret by its agents as long as possible to enable the charterers or special clients quietly to get together their cargo before the market began to rise. Several firms became bankrupt as a result of their losses, and the soya-bean business itself began to fall into bad repute.

"Japanese officials sought a remedy, and as a result the Dairen Staple Products Exchange and the Dairen Trust & Guaranty Co. were formed in June, 1913. By the regulations then put into force, all deals had to be made between licensed dealers, and both parties were protected...

"Beans are generally shipped in gunny bags holding 150 kin (198.42 pounds). The 100-pound bag favored by the American trade is not known here... The picul (133 1/3 pounds in China) is a standard weight in the Far East, 100 kin or catties making a picul...

"Soya beans, under the 1909 tariff, were subject to an import duty in the United States of 45 cents per bushel of 60 pounds. Oil was duty free. Under the 1913 tariff both are on the free list...

"The Dairen wharves are good and are well equipped to handle large ships. Although elevators and loading machinery are not employed here because of the cheapness of coolie labor and for other reasons, the work is done expeditiously, 17,000 tons having been loaded in one day, while about 10,000 tons may be put down as the average, without night work...

"Dairen is the center of the bean-oil industry, shipping about eight times as much each year as Hankow which is its nearest competitor... Japan takes practically all the bean cake exported. The United States takes none...

"The exports of soya beans from Hankow during 1915 were: Black 8,927 tons, green 10,513 tons, and yellow, 52,218 tons." Exports for 1916 are also given in a table. Address: Consul, Dairen, Manchuria.

967. Hagerty, Michael J. trans. 1917. The beans: Imperial encyclopedia (*T'u shu shih ch'eng.* Published, 1728). Washington, DC: U.S. Department of Agriculture. 18 p. May. 28 cm.

• ***Summary:*** This section on beans (including soy beans) appears in the encyclopedia in Category IV–Science (*Po Wu Hui Pien*), Section 20–Vegetable Kingdom (*Ts'ao Mu Tien*), Subheading–Beans (*Tou Pu*), Book 35. Virtually all of the translation concerns a General Chronological Survey (*Hui K'ao*), No. 1. p. 1-24. For many of the longer detailed sections concerning soy beans, the translator refers the reader

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to his 1917 translation of: Wu Ch'i-chün, ed. 1848. *Chih wu ming shih t'u k'ao.*

"*The Shih Ching,* or Book of Odes, under the heading of 'Pin Feng Seventh Month', says: N. B.–Translated; see Chih (*Chih wu ming shih t'u k'ao*) translation–Pai ta tou, p. 31.

"In the *Hsiao ya* (Lesser Eulogium–Section of *Shih ching*), there is a poem entitled the *Pai chu,* or White colt, in which it says: "Let the brilliant White colt graze in my field. of Huo, or young bean plants." In the *Ta ch'üan* (Complete Commentaries on the Classics, by Chu Hsi), there is a. passage as follows: 'Hua Ku-yen says the name *Huo* denotes the leaf of the bean plant and is used in making Kêng, or broth.'

"In the *Ta ya* (Greater Eulogiums–Section of *Shih ching*) there is a poem entitled *Sheng min,* or Decade of Shêng-min, in which it says: N. B.–Translated; see Ch. translation, p. 3, 27.

"The *Erh Ya,* or Ancient Dictionary of Classical Terms, says: N. B.–Translated.; see Ch. translation, *Pai ta tou,* p. 2, 27.

"The *Sheng Shu,* or Canons of Yao and. Shun, says: N. B.–Translated.; see Ch. translation, *Pai ta tou,* p. 25.

The *Ch'un ch'iu,* or Spring and Autumn Annals, says: "The term Shu is a general one for the bean, and it grows in the spring and ripens in the autumn. They are classified according to their uses and form. The *Chih,* or Scarlet, and the *Hei,* or Black beans are suitable for the *yin,* or negative principle, while the *Sheng* or fresh beans are good for the *yang,* or positive principle. When the Shu becomes scarlet and black it changes gradually from the negative to the positive. In general it has the same character but it changes a little in order to have the positive appearance.

"According to the *Tso chu chih* the god of beans has the name of *Ling Chih,* and his family name is *Lao,* is seven feet tall, has large eyes, and he understands the change of the seasons."

The *Hsiao ching,* or Book of Filial Piety, by Pa Shen-ch'i, says: "Red soil is suitable for the Shu."

The Hsia hsiao chêng says: N. B.–Translated; see Ch. Pai ta tou translation, p. 17.

"*Huai nan-tzu* says: 'The mud from the river bottoms is good for the Shu.'

"The *Po ya,* or Ancient Dictionary, by Chang I, describing the Tonu (1 Cc), or bean, says: 'The *Ta tou* (2 Cc) [soybean] is identical with the Shu (1 Cc);, while the *Hsiao tou* (2 Cc) [azuki bean] is called the *Ta* (1 Cc). There are also the *P'i tou* (2 Cc), which is also known as the *Wan tou* (2 Cc), and *Liu tou.* The *Hu tou* (2 Cc) is also known as the *Chiang tou* (2 Cc) and *Shuang tou* (2 Cc). The bean pods are called *Chia* (1 Cc), the leaf is called *Huo* (1 Cc). The *Pa shu,* is identical with the *Pa tou* (2 Cc).'

"*The Chung shu shu* (See Bretschneider, *Botanicon Sinicum,* 1:79), a Treatise on the Art of Planting, by Kuo T'o-t'o, a work of the 7th or 8th century, describing the bean, says: 'Plant the bean, *Yu ma* (2 Cc), and *Ta ma* (2 Cc) (*Cannabis sativa*). If the beans are not planted at the proper time they will be injured by weeds, and even if they bear some pods, there will not be many beans. There is a maxim which says: *Ma yun ti tou yün hua,* "Cultivate the Ma, or hemp earth; cultivate the Tou, or bean blossom." This means that the *Ma,* or hemp, should be cultivated before it has even sprouted, while the *Tou,* or bean should not be cultivated until it has blossomed.. The Ta tou, or Large bean [soybean], should not be planted on a Shên day.

"The *Erh ya i* (Appendix to the Erh Ya, by Lo Yüan, a writer of the 12th century), describing the Shu, says: 'The *Shu* is identical with the Tou and this class includes very many varieties. All mention of grains included these two names. In ancient times it was said that the hundred grains were made of varieties of *Liang* (1 Cc) (now *Setaria italica,* Kunth), which was a general name for grains like *Shu,* or glutinous variety of *Panicum miliaceum,* L., and *Chi* (1 Cc), also *Panicum miliaceum,* and *Tao* (1 Cc), or *Oryza sativa* [rice]. The term *Shu* is generally used to denote all *Tou* (1 Cc), or beans. These three classes each had twenty varieties, making a total of sixty, while the *Shu* (1 Cc), or Vegetables, and *Kuo* (1 Cc), or Fruits, each had twenty varieties, making a grand total of one hundred. But I (Lo Yuan) think that each kind of grain includes not under ten varieties, so that we do not need to include the vegetables and fruits in order to make up the total of one-hundred.' The *Kuang ya* (Ancient Dictionary), says: 'The *Ta tou* is identical with the *Shu.* The *Hsiao tou* [azuki] is the same as the Ta. The *Pi tou* is also known as the *Wan tou* and *Liu tou.* The *Hu tou* is also known as the *Chiang tou* and *Shuang tou.* The pods of the been plant are called *Chia,* while the leaves are known as *Huo.* The *Pa shu* is identical with the Pa tou.' The *Kuang chih* (See Bretschneider, *Botanicon Sinicum,* 1:164), or Ancient Records, by Kuo I-kung of the Liang dynasty (AD 502-556), says: 'In one year there are three crops of *Hsiao tou,* or Small beans [azuki] ripened. There is an inscription which reads, *Kan pai tou ts'u* 'sweet, coarse, white large bean.' The large bean may be eaten (?), and the *Tzu tou* (2 Cc) may also be eaten. The *Chü tou* (2 Cc) has a sprout or stem similar to that of the *Hsiao tou* (2 Cc), has a purple blossom and may be utilized in making Mien, or noodles. These beans grow in Chu-ti and Chien-ning. The *Hu tou* class of beans includes both green and yellow varieties. This is a general summary of the different kinds of beans. The *Ta tou,* or Large bean [soybean], is planted during the second decade of the second month, this being the best season. If the planting is delayed up to the third or fourth month, much of the seed will be wasted. The *Hsiao tou,* or Small bean [azuki], should be planted in the fifth month, as this is the best season for this bean. The *shang fu* (2 Cc), or first part of the three decades of summer, is regarded as the second best period, while the *chung fu* (2 Cc), or middle summer period, is considered third best. These beans are harvested in the autumn in the

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eighth month, and for this reason, the rains of the eighth month are called the *Ta hua yü,* or Bean blossom rains.' The *Lu Shih Ch'un ch'iu* (Spring and Autumn Annals of the Lu Shih), says: 'When the Shu is planted at the proper time, it will have a long stalk and short root, and its pods usually grow in groups of from two to seven. This plant grows many branches with a number of joints. The leaves grow very profusely and the plant bears many beans. The Shu class of grains is considered inferior to the other Ku, or grains. This is why the *P'in fêng* poem of the *Shih ching* says that in the ninth month, for food, they gather the Shu (1 Cc), or Bean, and *Chü* (1 Cc), or seeds of the female nettle hemp plant (*Boehmeria nivea*), and *T'u* (1 Cc), or Sow thistle (*Sonchus oleraceus*), while for fuel they gather the wood of the *Ch'u* (1 Cc), (*Ailantus glandiculosia,* Desf.). The farmers are made to eat the Shu, or beans, and *Chu,* or Nettle hemp seeds, for food, although they are very coarse and poor, and the T'u ts'ai, or Sow thistle, which is very bitter, while for fuel, they are compelled to use the *Ch'u,* or fetid tree (*Ailantus*), which makes a very ill-smelling firewood. This is the reason why the farming people were considered coarse and were forced to be frugal and industrious, yet in spite of these hardships, as a class they were happy. Even Confucius said that to eat the Shu and drink water could be called proper conduct, and demonstrated filial piety better than the indulgence in ease and luxury and worship of material things.' The *Han shu* (History of the Han dynasty), says: 'At the present time, when there is a famine and the people are poverty stricken, half their diet consists of Shu, or Beans, and when food for the soldiers was scarce, the Shu was mixed with other grains and eaten by them. The Shu is put to very many uses, and is also placed in the sacrificial vessels used for worship. There are four preparations made from Tao mi, or rice and Shu, or Millet, which are called *Chou* (1 Cc), *Erh* (1 Cc), *Fen* (1Cc), and *Tzu* (*1 Cc*). When both are mixed together and boiled the substance is called *Erh;* when made into cakes, it is called *Tzu.* Because of their sticky glutinous nature, these grains are ground into flour. The Ta tou, or Large bean [soybean], is boiled and used as *Piao* (1 Cc), an outside coating or garnish for food. According to the commentary of the second Ch'êng, the term *Erh* is identical with *Ch'ou* and *Tzu* is identical with *Fên.* In the commentary of the former *Chêng,* these are separated into different classes and the Fên is described as being a *Tou hsieh* (2 Cc), or Bean flour. This is not the same. The bean was also used to make *Shih* or Bean relish' [fermented black soybeans]. The *Ch'u tzu* (See Bretschneider, *Botanicon Sinicum,* 1:203) (Elegies of Ch'u, by Ch'ü Yüan, 4th century BC), mentions a preparation called *Ta ku hsien suan hsin kan hsing.* Some one has said that the *Ta ku* (1 Cc) here mentioned refers to *Shih* (1 Cc). This description would seem to refer to liquid bean relish, a. mixture obtained by mixing salt, pepper, ginger, and honey with beans. These ingredients, when mixed together, make a substance which has an acrid-sweet taste and is used in preparing *Chou,* or Congee. It is said that Kung Kung (A legendary being. See Giles, CBD, p. 393) had a stupid son, who, on one occasion of the winter solstice, died of a plague. His ghost feared the *Chih hsiao tou,* or Small scarlet bean, and for this reason congee is made and eaten, at the winter solstice to ward off the evil spirits.' The *Yang shêng lun* (See Bretschneider, *Botanicon Sinicum,* 1:210), by Chi K'ang, says: 'The bean diet will cause the body to become heavy, and if it is eaten for three years, the body will become very heavy and movement difficult. If it is constantly eaten, it will cause the body to become very fat and the flesh very coarse and dry. In the tenth month of the first year of Duke Ting, the bean crop was killed by frost. Formerly the learned men regarded the Shu, or bean plant, as being very resistant to frost, and there was a saying that if the bean plant was killed, all plants would perish.' A table (p. 11) compares the nutritional composition of [soy] bean milk and cow's milk.

Note: This book was presented to the U.S. Department of Agriculture Library by Mr. W.T. Swingle. Address: Translator of Chinese, Office of Crop Physiology, Bureau of Plant Industry, USDA.

968. Hagerty, Michael J. trans. 1917. The soy bean (ta tou), by Wu Ch'i-chün, in *Chih wu ming shih t'u k'ao,* Published 1848 at T'ai-yüan-fu, Shansi [China]. Translated and indexed by M.J. Hagerty, Chinese translator, Office of Crop Physiology and Breeding Investigations, May, 1917. Washington, DC. 6 + 96 p. May.
• ***Summary:*** See: Wu, Ch'i-chün. 1848. Ta tou [The soy bean]. Address: Translator of Chinese, Office of Crop Physiology, Bureau of Plant Industry, USDA; Berkeley, California.

969. *New York Times Magazine.* 1917. Woman off to China as government agent to study soy bean. Dr. Kin will make report for United States on the most useful food of her native land. June 10. p. 9. (New York Times section 6).
• ***Summary:*** The *New York Times Magazine* is part of the Sunday *New York Times* and may be simply cited as such. Dr. Yamei Kin is "the only Chinese woman with a physician's diploma from an American college," the Woman's Medical College of New York. "She left New York a few days ago for the orient to gather data on that humble but nutritious food [the soy bean] for the Department of Agriculture at Washington." During World War I, new demands are being placed on America to feed its citizens and allies. "The appointment of Dr. Kin marks the first time the United States Government has given so much authority to a Chinese. That it is a woman in whom such extraordinary confidence is now reposed detracts nothing from the interest of the story."

China was the first country to invent paper, printing, gunpowder, porcelain, chess, playing cards, and silk. "And now Dr. Kin is going to see if her native land can teach the United States how to develop a taste for the soy bean in its

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numerous disguises...

"'The world is in need of tissue-building foods,' said Dr. Kin, 'and cannot very well afford to wait to grow animals in order to obtain the necessary percentage of protein. Waiting for an animal to become big enough to eat is a long proposition. First you feed grain to a cow, and, finally, you get a return in protein from milk and meat. A terribly high percentage of the energy is lost in transit from grain to cow to a human being."

"'The statement is frequently made that the Orientals live almost exclusively upon rice, eating little meat. It is not generally known, perhaps, that deficiency in protein is made up by the consumption of large quantities of products of the soy bean, which take the place in our dietary of meat and other costly nitrogenous foods. They are eaten in some form by rich and poor at almost every meal. Instead of taking the long and expensive method of feeding grain to an animal until the animal is ready to be killed and eaten, in China we take a short cut by eating the soy bean, which is protein, meat, and milk in itself. We do not eat the plain bean in China at all. It is never eaten there as a vegetable, but in the complex food products–natto, tofu, miso, yuba, shoyu, and similar dishes.

"'The chief reason why people can live so cheaply in China and yet produce for that nation a man power so tremendous that this country must pass an Exclusion act against them is that they eat beans instead of meat.'"

She then describes how to make tofu. "'Soup noodles are made out of bean curd. Entrées made of bean curd are served with cream mushroom sauce or a hot Spanish tomato sauce. A salad of bean sprouts, accompanied by cheese–the cheese [fermented tofu] a cross between Camembert and Roquefort, and made from the soy bean–is very nutritious and palatable. Americans do not know how to use the soy bean. It must be made attractive or they will not take to it. It must taste good. That can be done. We make from it a delightful chocolate pudding. A black soy bean sauce we use as a foundation for sweetmeats in China."

Note: None of the various Chinese food experts whom we have asked can understand what Dr. Kin means by the previous sentence. None has ever heard of a "black soy bean sauce" that is used as a foundation for confections or sweets in China. The two black soy bean sauces made in China, from either fermented black soybeans or jiang, are both salty. (WRS Jan. 2009). Nevertheless: This is the earliest English-language document seen (Oct. 2008) that uses the term "black soy bean sauce" to refer to a kind of sauce made from soybeans.

"The soy bean contains practically no starch, which means that it is a most desirable food for diabetics, and also, of course, for vegetarians. Buddhists kill no animals–they thrive by making a specialty of the soy bean, which, by the way, is already being used in the French Army. They find there that soy bean mixed with flour makes a good cracker, more nourishing than any other cracker.'"

"The Chinese do not know what worn-out soil is. Some places are so fertile and are cultivated with so much care and skill that three or four crops a year are regularly gathered... it is very common to see two crops in the same field at the same time... The Chinese have a passion for fertilizing the soil..."

"Dr. Kin is a graduate of the Woman's Medical College of New York, and her great interests have always been domestic sanitation, civic hygiene, the conservation of life, and questions of nutrition. She is the head of the Imperial Peiyang Woman's Medical School and Hospital, near Peking... the Imperial Infant Asylum in Tien-tsin, the Widows' Home, and the Girls' Refuge all come under her supervision as head of the woman's hospital work of Northern China. She will return to this country in October, bringing to our Government the detailed results of her study of the uses of the soy bean as a foodstuff needed by this country and by the world in the campaign of food raising and conservation." An illustration (line drawing) shows a portrait of Dr. Yamei Kin.

Note 2. This is the earliest published document seen (July 2000) that mentions Dr. Yamei Kin. Frank N. Meyer wrote letters about her in 1911 and 1916.

Note 3. This is the earliest document seen (Oct. 2001) that mentions a soy pudding (a "delightful chocolate pudding" made from bean curd).

970. *Literary Digest.* 1917. To study the soy-bean for Uncle Sam. 55(2):52-53, 55. July 14. Whole No. 1421.
• ***Summary:*** This is a lengthy summary of an interview with Dr. Yamei Kin, published in *The New York Times Magazine* on 10 June 1917. It includes several lengthy excerpts. "So interested has the United States become in this discovery [China's knowledge of the soy-bean] that Dr. Yamei Kin, a Chinese woman graduate of an American college, has been sent back home to gather for the Agricultural Department at Washington [DC] all the facts that are known in China about the soy-bean."

"'Instead of taking the long and expensive method of feeding grain to an animal until the animal is ready to be killed and eaten, in China we take a short cut by eating the soy-bean, which is protein, milk, and meat in itself,' says Dr. Kin.

"The plain bean, however, is never eaten, but it furnishes such products as natto, tofu, miso, yuba, shoya [sic, shoyu], and other dishes with queer-sounding names..."

A letter dated 26 March 1917 from Frank N. Meyer in China gives the address of Dr. Mrs. Yamei Kin as 500 W. 111th St., New York City.

971. *Hartford Courant* (*Connecticut*). 1917. The case of the soy bean. July 21. p. 10.
• ***Summary:*** That the soy bean "will become forthwith an

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article of food for New England folk is very unlikely even though the National Emergency Food Garden Commission is now urging the public to can the beans.

"The strange campaign for the introduction of this new article of diet has moved W.P. Brooks of the Massachusetts Agricultural Experiment Station to publish a fairly conclusive statement upon the matter. He says the advocates of the soy bean say something like this about it: -

"'The soy bean is a very rich food; it can be successfully grown in Massachusetts and will give a large yield; it is palatable prepared and served in similar ways to those employed in the cooking of ordinary field and garden beans. The last statement is, I believe, absolutely incorrect, and the others require qualification. The fact that I have had unusual opportunities of observation and experience with this crop leads me to ask space for this article since I hope it may be the means of preventing discouragement and disappointment. I lived for twelve years in Japan. In that country the soy bean has for many hundreds of years been an important crop. The Japanese made practically no use of it as a vegetable prepared by ordinary methods of cooking. They are very largely vegetarians, and if it were adapted to such use there can be no doubt they would so employ it.'

"Then Mr. Brooks goes on to say that since coming to this country he has tried baking the soy bean and the members of his family were a unit in agreeing that it was nowhere near as desirable as the native varieties. He had roasted and ground the bean and used it as a substitute for coffee and found it a trifle less worse than when baked.

"He says that the bean is rich in protein and fat but he adds that it is much too rich to be palatable. While the Japanese do not use it as a cooked food they contrive to make a cheese [tofu] of it, but this they do not prepare in the family but buy it of manufacturers. They also use the bean in preparing a sauce [soy sauce] and make extensive use of it as a food for cattle. Finally he says that while he does not wish to discourage experiments he does not think it will be regarded as useful as an article of food.

"The most productive varieties, he says, are not likely to mature in Massachusetts but several varieties will generally produce a crop. They need, he says, a season a little longer than the larger sorts of field corn and they will produce from twenty to twenty-five bushels to the acre. Do Connecticut people care to raise soy beans with this outlook, especially when it is considered desirable to inoculate the soil with a certain bacteria before attempting to get a crop?"

972. *Ladies' Home Journal.* 1917. The most nourishing of all beans. Plant soy beans: They will come in handy next winter. 34:29. July.

• ***Summary:*** "Now that we are taking stock of our food resources we find these beans a palatable, nutritious food... they make an emergency addition to our daily food and, most important of all, they can be used as a meat substitute. The fact that they contain no starch makes them valuable for invalids who cannot eat starchy foods."

Soy beans "may be boiled and served as a vegetable, roasted like peanuts and made into soy-bean coffee and soy-bean cheese. There is a soy-bean milk rich in protein, which makes an excellent substitute for condensed milk and is particularly valuable in cooking. There is also a soy-bean oil, which is valuable as a food product.

"The beans may be grown easily in practically all sections of the country where corn is grown, and they will give heavier yields than most other beans."

"The dried beans may be purchased now in some markets in various parts of the country, often under the name of togo beans, or Manchurian or Chinese or black beans, but, with the increased acreage which will be given to raising them this summer, will be more generally available."

"Soy beans have been canned in considerable quantities during the past season, baked with pork, and are on sale in this form in numerous markets. Canned green soy beans, which may be compared with lima beans, also are on the market in some sections of the country."

"There are several varieties of bean cheese made from the soy bean." The article then describes how natto and tofu are made and eaten. Gives a recipe for soy beans with bacon and molasses.

Note 1. This article, published about 3 months after the United States entered World War I, is based in part on *USDA Weekly News Letter* (11 April 1917, p. 7).

Note 2. This is the earliest English-language document seen (Nov. 2012) that uses the term "soy-bean coffee" to refer to soy coffee.

Note 4. This is the earliest article on soy seen (Aug. 2002) in *Ladies' Home Journal* magazine.

973. *New York Produce Review and American Creamery.* 1917. Navy bean has rival: Soybean has higher food value–Bean milk preparation. 44(14):565. Aug. 1. [1 ref]

• ***Summary:*** Discusses the advantages of soybeans over navy beans, based in part on *Ohio Agric. Exp. Station Bulletin* 312. "Soybeans are rapidly finding a place as human food, used as common white beans and in new preparations, but more nutritious and economical. Less risk and labor are involved in growing and harvesting soybeans as compared with navy beans.

"Boiled or baked alone, or in combination with pork, potatoes or rice, soybeans take the place of navybeans. Soaking over night in considerable water is necessary to remove the strong flavor of the beans. A little soda in the water during cooking makes them softer.

"Green soybeans cooked in the pod shell easily, and make a palatable dish when served with butter or milk. The pods are tough and seldom eaten.

"A little soybean flour added to cornmeal makes mush made from the mixture brown and quicker and increases its

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food value."

"Soy sauce, bean milk, bean curd and a ripened vegetable cheese called 'miso' are common foods made of soybeans in Japan and China."

Note: This is the earliest English-language document seen (Oct. 2001) that uses the term "soybean flour." Address: New York.

974. *USDA Bureau of Plant Industry, Inventory.* 1917. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from January 1 to March 31, 1914. Nos. 36937 to 37646. No. 38. 105 p. Aug. 17.
• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. (*Glycine hispida* Maxim.)

"37036-37058. From Chusan, Chosen (Korea). Presented by Rev. George H. Winn, Presbyterian Mission. Received Jan. 28, 1914.

"37036 and 37037. Soja max (L.) Piper. (*Glycine hispida* Maxim.)

"37036. 'No. 1. *Yulgochi* bean. Very hardy, will grow and produce where the ordinary beans will not amount to much.'

"37037. 'No. 2. *Kambool.* Very commonly found in the markets.'

"37038 and 37039. Phaseolus angularis (Willd.) W.F. Wight. Adzuki bean."

"37040 to 37055. Soy bean.

"37040. 'No. 5. Brown mottled bean; carefully cultivated and given sufficient fertilizer.'

"37041. 'No. 6. Brown. Planted around the edges of the rice fields or where there is a small corner that can be utilized, they are very hardy and will grow and produce where the ordinary beans will not amount to much.'

"37042. 'No. 7. Large white-eyed bean; carefully cultivated and given sufficient fertilizer.'

"37043. 'No. 8. Large green bean. The larger beans are all carefully cultivated and given sufficient fertilizer.'

"37044. 'No. 9. Black mottled brown bean. As a rule, the smaller beans are planted around the edges of the rice fields or where there is a small corner that can be utilized. They are very hardy and will grow and produce where the ordinary beans will not amount to much.'

"37045. 'No. 10. White mottled black bean; carefully cultivated and given sufficient fertilizer.'

"37046. 'No. 11. Ordinary green bean. As a rule, these beans are planted around the edges of the rice fields or where there is a small corner that can be utilized. They are, however, often planted in fields. They are very hardy and will grow and produce where the ordinary beans will not amount to much.'

"37047. 'No. 12. Brown mottled bean; often planted around the edges of rice fields and where there is a small corner that can be utilized; very hardy and will grow and produce where ordinary beans will not amount to much.'

"37048. 'No. 13. Large blue bean; carefully cultivated and given sufficient fertilizer.'

"37049. 'No. 14. Large black bean; carefully cultivated and given sufficient fertilizer.'

"37050. 'No. 15. Small black bean; grown around the paddy fields. It is cultivated in larger areas because it is supposed to be extra nourishing, and some seem even to suppose it has medicinal properties, but I fear there is not much to it.'

"37051., 'No. 16. The larger beans are all carefully cultivated and given sufficient fertilizer.'

"37052. 'No. 17. The red bean; carefully cultivated and given sufficient fertilizer.'

"37053. 'No. 18. Black mottled yellow. Small beans which are planted around the edges of the rice fields or where there is a small corner that can be utilized; very hardy and will grow and produce where the ordinary beans will not amount to much.'

"37054. 'No. 19. Maroon bean. One of the larger beans, all of which are carefully cultivated and given sufficient fertilizer; but this is not very commonly found.'

"37055. 'No. 20. Ordinary white bean. One of the larger beans; carefully cultivated and given sufficient fertilizer.'"

"37062 and 37063. Soy bean. From Harbin, China. Presented by Mr. Southard Warner, American consul, at the request of the American consul at Newchwang. Received Feb. 5, 1914.

"See report on the 'Soya Bean of Manchuria,' 1911 [by Norman Shaw, Dairen].

"37062. Grown south of Harbin.

"37063. Grown north of Harbin."

"37069 to 37083. From Tientsin, China. Presented by Dr. Yamei Kin, Peiyang Woman's Medical School and Hospital. Received Feb. 6, 1914.

"37074 and 37075. Soy bean.

"37074. '*Yüeh ya tou*, literally 'moon-tooth' bean, so called from the edge of the green peeping outside of the black thick skin like the crescent moon in the sky. Is largely used for making bean sprouts, which they say requires a bean that is not mealy or farinaceous, as that kind becomes mushy in the process of germination and has no taste left. Also is good for feeding animals, requiring to be lightly steamed before feeding, not boiled, for then the oil escapes and the flavor is lost. This kind is valued for its oil, which it contains in a great amount, and for making bean curd. This must be grown in a well-drained clay soil; black or moist earth will not do.'

"37075. '*Cha tou.* Specially used for making bean curd and bean sprouts.'"

"37077. Soy bean. '*Huang tou.* Used for making bean curd as well as starch and vermicelli.' Note: #37078 is Mung bean (*Phaseolus aureus* Roxb. [Roxburgh], *Lü tou*).

"37080. Soy bean. '*Ching tou.* Used only for the oil expressed and fodder purposes.'"

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"37228 to 37325. Soy bean. From Seoul, Chosen (Korea). Presented by Mr. George H. Scidmore, American consul general. Received Feb. 17, 1914.

"'I submit the following information, which has been obtained, for the most part, from the Director of the Department of Agriculture, Commerce, and Industry, of the General Government of the Chosen. The same officer has very kindly supplied samples of 98 varieties of soy beans.

"'The usual period during which the seed is sown extends from the middle of May to about July 10. In case the sowing is postponed till the latter part of that period, the fields from which wheat has already been harvested are used. The soil is first prepared by plowing and is then shaped into small hemispherical hillocks about 4 ft in diameter. The seed is then planted in drill holes on the top of these hillocks, 6 or 7 inches being left between drill holes and 5 or 6 seeds being sown together in a hole. As a general rule, no manure or other fertilizer is used, but when it is desired to enrich the soil ashes are most commonly employed. After the plants have sprouted sufficiently, the shoots are thinned out so as to leave two or three only to each drill hole. This process takes place at the time of the first weeding. The ground surrounding the plants is gone over with a hoe or other implement two or three times to turn over the soil and to weed the field. The process outlined above gives briefly the method of cultivation generally in use throughout Chosen, and is applicable whether the beans are planted in separate fields by themselves or in the same fields with other crops.

"'It is used mainly for its food value, the oil, and the residue as a fertilizer after the oil has been expressed. It is valuable as a food product for both men and cattle, the latter finding it a very excellent fodder when the whole plant is used. The principal food products for human consumption derived from the soy bean are bean paste [jang, Korean miso], soy [sauce, kan jang], bean curd, meal, etc.'" There follows a long list of 98 new soybean introductions from Korea, grouped by seed color; the first four are representative of the rest:

"37228. 'A1. *Six Months.* Yellow. From South Chusei Province, Koshu district.'

"37229. 'A2. *Widower.* Yellow. From North Heian Province, Seisen district.'

"37230. 'A3. *Broad River.* From South Heian Province, Junan district.'

"37231. 'A4. *White.* Yellow. From North Zenra Province, Chinan district.'

"37232. 'A1. *Early Yellow.* Yellow. From North Heian Province, Kokai district.'

Note: This is the earliest document seen (March 2009) that mentions Korean-style soy bean paste; it is also the earliest English-language document seen (March 2009) that uses the term "bean paste" to refer to Korean soybean paste (*jang*).

Other interesting names among these 98 introductions from Korea are: *Rengyo Egg, Large-Grained White, White Rat's Eye, Rich and Virtuous, Large Date, Indigo, Bluish, Barbarian Blue, Clasped Hands, Clear Blue, Black Rat's Eye,* and *Thousand Tied.* A tally of the seeds by color shows: Yellow 35. Green 22. Gray 17. Black 16. Striped 8. Note that Yellow seeds comprise only 35.7% of the total by color. Address: Washington, DC.

975. Meyer, Frank N. 1917. Re: Soybeans, soybean products, and other beans in China. In: Letters of Frank N. Meyer. 4 vols. Compiled by Bureau of Plant Introduction, USDA. 2444 p. See p. 2393-95. Letter of about 18 Sept. 1917 from Kingmen, Hupeh, China, to Mr. Menderson.

• ***Summary:*** Mr. Menderson seems to be working with William Morse at the USDA. Meyer begins: "I was delighted to get your enthusiastic letter of July 24, 1917, on the bean situation, and I am really sorry I cannot get a taste of some of these products you and Mr. Morse are creating.

"You ask me whether there is a simple flavoring to take away the beany taste of beancurd [tofu]. No there is not! The Chinese are of course used to this peculiar paint- or putty-like flavor, but even then they often season their bean curd dishes highly with salt and chili peppers. I have noticed tho [sic] that the curd in some towns tastes much better than in others, and I found that greenish yellow soy beans have a coarser taste and flavor than light yellow ones. I have some idea that the quality of oil has something to do with this characteristic. If I were you I would try to cook with superheated steam for a considerable time and see if that does not remedy the matter considerably. Remember that Boston baked beans need a whole night and morning of slow heat before they are 'tasty.'

"You also might try to de-fatten the beans, before making them into curd. Before doing so, first see whether bean cake can be used for making curd; if so, we are on the road to kill 2 birds with 1 stone."

Meyer has come into contact with numerous vegetable seeds that can be sprouted, including: "*Phaseolus angularis.* Adzuki bean; the speckled grayish black variety supplies the finest quality of beansprouts, of very sweet and juicy flavor. The red varieties are boiled, pounded with sugar and used as a filling in cakes and as sweetmeats.

"*Phaseolus aureus,* Mung bean, the ordinary sea-green variety supplies good beansprouts, vermicelli and gelatine; also much eaten boiled with rice as a broth or gruel.

"*Soya max,* the small green and yellowish green varieties are sprouted, but the sprouts have a rank flavor; the large green varieties are allowed to germinate only, or often not even that, and are fried in oil and some salt sprinkled over them; they are very appetizing. Often they are served with bits of raw, chopped-up carrots in between, creating a dish pleasing to the eye. From the small yellow and yellowish green soybeans, beancurd is made in all its forms. The large yellow varieties are used for oil production."

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Broadbeans (*Vicia faba*) and peas (*pisum sativum*) can also be sprouted. "Mustard seed (*Sinapis juncea*), in wintertime is sown out in warm, moist and dark places and the tiny plants eaten with sugar sprinkled over them. *Amaranthus blitum* and *A. tricolor* are eaten in the same way.

"Chives, *Allium schoenoprasum*, are forced in dark, warm places and eaten in soups, with meats, and baked in extremely thin pancakes, made from yellow soybean flour. They are considered, together with the garlic, to prevent ptomaine poisoning.

"Of all these forced winter vegetables the Mung bean is the most commonly used, on account of cheapness and availability, but in my opinion the Adzuki beansprout is the best."

"Did you have a look at my fotos [photos] of soybean products? I hope they gave you, Mr. Morse and others some ideas how big an affair the soy bean is in the daily life of 1/4 of the world's population, and if the white races do not soon stop committing suicide, these people will, by the year 2000, constitute 1/3 of the earth's inhabitants."

Location: University of California at Davis, Special Collections SB108 A7M49. Address: USDA Plant Explorer, China.

976. Park, J.B. 1917. Soybeans as human food: Palatable dishes made from a comparatively new legume. *Ohio Agricultural Experiment Station, Monthly Bulletin* 2(9):299-303. Sept. Extract from Ohio Agric. Exp. Station, Bulletin No. 312, "Soybeans: Their Culture and Use." [2 ref]
• ***Summary:*** For details, see Williams and Park. 1917. "Soybeans: Their Culture and Use." Address: Ohio.

977. Eddington, Jane. 1917. The Tribune Cook Book: Beans, soy special. *Chicago Daily Tribune.* Oct. 14. p. E8 (Part 6, p. 8).
• ***Summary:*** "We do not know enough about that most charming family of plants which furnish us the meat stuff of the vegetable kingdom, or vegetable protein."

"'Don't forget the soy bean,' was one of the commands urged on growers this year, 'for there is sure to be a larger demand for the beans for human food.' Last year these beans cost no more than a third as much as navy beans and only a fourth as much as limas, and more people were trying them and failing in their cooking than ever before. They really ought never to be subject to a boiling temperature. Protein of any sort is easily hardened by much heat, and these beans have a high per cent of this food principle. With this in mind they may be baked, etc., like navy beans.

"The soy bean, though so long used in China and Japan, whence we have such products as soy sauce, was introduced many years ago into the United States as a soil renewer and fodder crop."

Years ago, experiment station bulletins were discussing "the total digestible nutrients" of fodder crops. Yet more than 25 years were to pass "before even a few people would listen to the word 'nutrient' in reference to their own diet. 'Roughage' was a term much used that far back, as contrasted with such condensed foods as grains, while now we use the term in talking about human diets."

"Perhaps we shall some time learn to make the bean curd of soy beans which the Chinese use so much. I am hoping to get a precise recipe. The soy bean flour came into use some time ago."

"The medical writers, who for a considerable number of years have used this bean extensively and written much about it with recipes," say that the "yellow soy bean" contains 35 per cent protein.

The section titled "Soy bean cheeses" contains a long excerpt from Friedenwald and Ruhrah (1913, p. 124-26), which states that the most common of these "cheeses" are natto, tofu, miso, juba [sic, yuba], and shoyu. A brief description of each is given.

The last section, titled "Home made soy bean flour," again discusses Friedenwald and Ruhrah, "patent soy bean flour, mostly known to doctors only," grilled soy beans, diabetics, and a recipe for home made soy flour.

978. *Los Angeles Times.* 1917. China's bean food. Oct. 22. p. II7.
• ***Summary:*** From the *East and West News:* "One of the first qualifications of a useful Chinese matron throughout the northern provinces, and in many of the southern, is her ability to concoct from beans, green, black, and yellow, those staple factors in Chinese diet known as 'teu fu' [tofu] and 'Hang fen.' The bean seldom appears in its pristine entireness upon a Chinese table, and it is not considered fit to eat in many parts of the country until it has been reduced to its essences and put up in the form of bean curd or the bean gelatine which one sees for sale in every roadside food shop gathering dust and microbes on its translucent surface... In the large cities bean manipulation of this sort is a craft and a commerce,... but it can scarcely be classed as an industry, except perhaps as an incipient industry. The beans must be crushed, soaked, boiled, strained and so on before the essences appear."

Note: This is the earliest English-language document seen (Sept. 2011) with the term "bean food" in the title.

979. Han, John E.S. 1917. Bean curd. *Yale-in-China Student* (*The*) (*Changsha, China*) 1(2):8-14. Nov.
• ***Summary:*** Contents: Historical. Bean curd as an ideal food. Manufacture of bean curd (with 6 illustrations–line drawings): Primary soaking, grinding, filtration, maceration, dilution, boiling (and yuba), coagulation, shaping of the commercial curd. Calculation for yield and profit (averaged). Suggestion as to the improvement of the manufacturing process.

"Bean curd manufacture was not known before the

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Three Dynasties [Three Kingdoms, A.D. 220-265]. It was invented in the Han dynasty." A table shows the cost (in cash per catty [about 1.1 pounds weight] in Changsha) and nutritional composition of various foods. The costs are: bean curd 33, fish 340, beef 380, duck 440, chicken 460, pork 480, mutton 560, eggs 576. The author discusses the many diseases caused by meat in the diet. To coagulate tofu, magnesium chloride (a by-product of salt manufacture) is used in the North of China whereas plaster of paris [calcium sulfate] is exclusively used in the South.

Concerning suggestions for improving the tofu manufacturing process, the author states: "The serious drawback in native factories is the enormous amount of manual labour required in producing such a small output. In the Chinese Bean Curd Factory at Paris, many scientific improvements have already been put into practical use. The soaking is done on the second floor, and the soaked bean is conveyed to the mill by a tube like box. After grinding it is filtered by means of a filter-press which gives a much better extract in less time. The extract is carried from the mill to the filter-press and also from the filter-press to the pans by tube connections. A screw press is used to press the excessive water, both from the bean curd and from the 'Chia.' In large plants, I should recommend a hydraulic press rather than a screw-press and steam heating rather than direct fire.

"Hydrometers are perhaps used in the Paris factory, and it is very necessary for the native manufactures to have them. Such an instrument not only aids the manufacturers to judge the exact consistency of the extract, but also to secure a standard strength of bean milk throughout the country."

As of 1992 Yale still has campuses in China and Hong Kong. The Yale-China Association at Yale is still active. Phone: 203-432-0880. Address: Yale-in-China, Changsha, China.

980. Chan, Shiu Wong. 1917. The Chinese cook book. New York, NY: Frederick A. Stokes Company. 201 p. 20 x 13 cm.
• ***Summary:*** Subtitle: "Containing more than one hundred recipes for everyday food prepared in the wholesome Chinese way, and many recipes of unique dishes peculiar to the Chinese–including Chinese Pastry, "Stove Pastries," and Chinese Candies." Contains 151 recipes.

Page 15: "Chinese white cheese (Cc = Chinese characters given). Foo yue [fermented tofu]. (a) Cut bean cake [tofu], made of Chinese white beans, into half-inch squares ¼ inch thick. (b) Put into a jar provided with an airtight cover, the size of the jar depending upon the amount to be made. (c) Fill the jar ¼ full of Fun Wine. (d) Salt to taste. (e) Cover air tight and put away for not less than two weeks.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "Foo yue" to refer to fermented tofu.

Page 16: "Chinese red cheese (Cc). Noum yue [red fermented tofu]. For this the bean cake is made of Chinese red beans [azuki?]: (a) Wrap up the cakes in a piece of cloth in any desired size. Put pressure on top for 5 days. (b) Take off the weight. Then the cloth. Scrape off the mold on top. (c) Place in a jar. Fill the jar ¼ full with Fun Wine, and add plenty of salt. (d) Cover air tight, and set away for not less than 2 weeks; the longer, the better, provided the jar is kept air-tight."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "Noum yue" to refer to fermented tofu.

Page 147: "Bean cake. Do fu. This is a most delicious dish for its price. Many people in Paris can tell you how delicious it is, for there is a factory in Paris that makes millions of dollars each year by manufacturing this cake. The process of making bean cake is really so complicated that it would require a separate volume to describe it. Put white beans in water for a few hours. Then grind in a water stone grinder. Cook for 5 hours with calcium powder. Let it filter through a cloth and run into a cup or bowl. When cool it becomes solid. Tie this in a piece of cloth and boil. This is called bean cake" [Note: the above process, which does not even call for soybeans, will not make tofu!].

981. Couling, Samuel. 1917. Encyclopaedia Sinica: Bean, Soya. London: Oxford University Press, Humphrey Milford; Shanghai: Kelly and Walsh. See p. 46. 28 cm. [2 ref]
• ***Summary:*** "*Glycine hispida,* Monch. or *Dolichos soja,* L. This bean, so valuable for the oil which is expressed from it, has come into great prominence of recent years, owing to the enormous dimensions of the export trade in it since the Russo-Japanese War... The oil-yielding variety par excellence is the yellow bean, of which nearly 15 million piculs, or not far short of one million tons, were exported in 1915, 90% of this being from Manchuria, and the balance from Chihli, Hupei and Kiangsi... For several generations beans, but more especially beancake, had been sent to South China as manure for the sugar plantations; exportation abroad was prohibited until 1869, when shipments were made to Japan, which soon became a large customer both for beans and bean oil... In the Far East soya beans are used, as human foodstuffs, for making soy [sauce], bean paste, or *chiang*, as *tou fu* or beancurd, in soups, etc.; in cooking instead of rapeseed and sesamum oil; and the cake is employed as a fertilizer and for fattening hogs... Besides the Soya Bean there are many other kinds of bean cultivated in China, and entering largely into the diet of the people. The chief of these is *Phaseolus mungo* L, the green bean Lü Tou [mung bean], which contains little oil but is used in the manufacture of vermicelli.

"The annual export of vermicelli, principally from Chefoo, is considerable–amounting in both 1913 and 1915 to nearly Hk. Tls. [Haikwan Taels] 3,000,000; it goes to Chinese emigrants abroad." Address: M.A. (Edin.), Lately honorary secretary and editor, North China Branch, Royal

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Asiatic Society.

982. Crevost, Charles; Lemarié, Charles. 1917. Catalogue des produits de l'Indochine. 5 vols [Catalog of the products of Indochina. 5 vols.]. Hanoi: Imprimerie d'Extrême-Orient. 29 cm. Formerly published in Bulletin Economique de l'Indochine, Vols. 25 and 26. [Fre]

• ***Summary:*** Volume 1 (published in 1917; 175 p.), titled *Produits Alimentaires et Plantes Fourragères* (*Nutritious Products and Forage Plants*), describes plants grown in Indochina and the nutritive value of each. Pages 106-09 describe "Soja–Glycine Soja," the soybean. Local names are given in Annam and Tonkin, Cambodia, China, and Japan. "The plant is widely cultivated in Indochina for its seeds, which are consumed in various forms. Soybean seeds in Indochina are typically yellowish white... It is well known that the Japanese use the soybean to prepare a sauce named *shoyu* (*teou yeou* in China), as well as a *fromage de pâte* or vegetable cheese named *to fu* [tofu], or *teou fou* in Chinese. The Annamites also prepare an analogous sauce named *tuong* and a *fromage de pâte* named *dau phu* and *dau phu-ao*. Cambodia and the Indochinese province of Châu-dôc produce significant quantities of soybeans, of which a part is sent down to Saigon to be consumed or exported. There are good varieties on the high plateaus of Tonkin, especially in the province of Lang-son, whence large amounts can be obtained for export.

"The dead leaves are ordinarily burned. However some indigenous people partially burn the stems of the soybean plants, stripped of their leaves, to obtain a very fine charcoal dust or ash, which they mix with the resinous balm of *Canarium commune*, to use in making joss sticks. These are slender incense sticks burned as offerings in the pagodas and at the altars of their ancestors in their family homes." [Note: A joss house is a Chinese temple or shrine.] A large, excellent, and very detailed illustration (p. 108) shows a soybean plant, with leaves, pods, seeds, and flowers. Nutritional analyses of soybeans from Laos, Tonkin, and Manchuria are given (from other sources).

Volume 3, titled *Matières Grasses Végétales* (*Fats and Vegetable Matter*), includes analyses of Indochinese plants and their fat and oil contents. The contents of Vol. 3. was first published in the *Bulletin Économique de l'Indochine* 1922-1924. Pages 75-78 discuss "Soja–Soja Max (Lin.) Piper," the soybean. "Mr. Li Yu-ying, a member of the Biological Society of the Far East, has greatly contributed, following several attempts made for more than a century by naturalists and those who acclimatize plants, to popularize in France this plant of many uses. He introduced cultivation of the plant in the area around Paris and, in Paris itself, in 1908 he established a laboratory for the study of the soybean, since completed by a soyfoods factory (*l'usine de la caséo-sojaïne*), where all the products derived from this plant are manufactured: Soymilk (regular, concentrated, powdered, or fermented), tofu (*fromage de soja*), soya patés (*pâtes de soja*), soya casein (*caséïne de soja*), soy flour and bread, etc." The rest of the article is concerned mostly with characteristics, uses, and trade of soybean oil.

Crevost was born in 1858. Note: The meaning of soya casein is not clear. Address: 1. Inspecteur des Services agricoles et commerciaux; Conservateur du Musée [Maurice Long] agricole et commercial de Hanoi; 2. Ingénieur-Agronome, Directeur des Services agricoles et commerciaux du Tonkin, Lauréat de la Société nationale d'acclimatation.

983. Fuerstenberg, Maurice. 1917. Die Soja, eine Kulturpflanze der Zukunft und ihre Verwertungsmoeglichkeiten [The soybean, a cultivated plant of the future, and possibilities for its utilization]. Berlin: Paul Parey. 40 p. Illust. No index. 21 cm. [59 ref. Ger]

• ***Summary:*** Dedicated to the Prof. Friedrich Haberlandt, who introduced the soybean to Central Europe. Contents: Foreword. Introduction: The soybean. Ways of using the soybean in its homeland (East Asia, especially Japan and China). Shoyu or soy-sauce. Miso (vegetable cheese). Natto. Tofu of the Japanese or Tao-hu of the Chinese (bean cheese). The soybean as an oilseed. Soybean meal (and flour). Soy as a coffee substitute or extender. Soybean milk. Soy meat substitutes. Soybeans as a chocolate substitute. Soy rubber substitute. The utilization of the soybean in agriculture: As cow fodder. Summary. Bibliography.

Photos show: (1) A field of soybeans (p. 6). (2) A soybean plant with the leaves removed to show the pods (p. 12). (3) Soy beans and pods from inoculated and uninoculated plants (p. 13).

Contains numerous tables, most without captions and mostly from other sources–See pages 11, 16-17, 19, 25, 27, 30, 35-37. Contains one of the best early European bibliographies on the soybean.

The author wrote this book during World War I. In his first book, published one year earlier in 1916 and titled "The Introduction of Soya, a Revolution in the Food of the People," he discussed what he believed to be the great agricultural and nutritional value of the soybean. He uses two terms, *Die Soja* and *Die Sojabohnen* to refer to soybeans.

Chapter 1 (p. 5-7): In 1908 England started to import large quantities of soybeans; in 1909 these increased to 400,000 tonnes and in 1910 to 800,000 tons. Also in Germany, in the years just before World War I, imports of soybeans climbed in an unexpected way, reaching 43,500 tonnes in 1910, 90,600 tonnes in 1911 and 125,200 tonnes in 1912. Note: These units are given in dz. One dz (*doppelzentner*) = 100 kg.

The first manufacture of soyfoods in Europe took place in France, at Valees near Asnieres, where they made flour, bread, cakes, cheese [tofu], and soymilk (*Mehl, Brot, Kuchen und Käse, vegetabilischer Milch*)–though only in small quantities and, above all, for diabetics. In England, soy flour

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has been used for a long time in the preparation of cakes (p. 5-6).

However it was in Germany that the utilization of soybeans for food took place on a large scale; this began shortly before the war. The supply of foods to Germany was almost completely cut off during the war, so general attention soon turned to the new foods prepared from soybeans and people quickly became aware of their great nutritional value. Thus, in the middle of the war, a soybean industry was built in Germany. Unfortunately this youngest twig of the food industry was left crippled due to lack of raw materials. However one can predict that this industry has a bright future because of the great encouragement given to these products in so short a time. For example, in October 1914 the *Agumawerke* (Aguma Works) located in Harburg (near Hamburg) on the Elbe, first began mass production of a soy flour according to its own process. During the next few years it made many thousands of tonnes of this meal, until the production had to be stopped for lack of raw materials (p. 6).

Equally gigantic sales of soy products were made by the *Soyamawerke* (Soyama Works) in Frankfurt am Main; this company made only soy food products. In addition to a meal (flour), it also produced a meat substitute (*Fleischersatz*), and, largely from soybeans, fresh and dried milk (*Frisch- und Trockenmilch*) as well as a fresh and dried cream preparation (*ein Frisch- und Trockenrahm-Präparat*). Likewise, this firm had to cease production of most of its soy products because of difficulties in soybean procurement, and concentrate only on the production of meat substitutes (*Fleischersatz*). These articles likewise entered all classes of the population splendidly as is seen from the large demand for them. Within 3-4 weeks this firm had orders for more than 1½ million pound cans, of which unfortunately it was able to satisfy only a small part. In addition to these two well-known firms, there are in Germany still a number others that are occupied with the production of foods from the soybean.

In Austria [the Austro-Hungarian empire], there exists a unique firm, the food factory Santosa in Prague [in the Czech Republic as of Sept. 2002], which is still processing soybeans. They introduced soy coffee into commerce. I understand that in Austria a large-scale soy processing venture is now being planned.

Certainly the soy processing industry finds itself in a beginning state and, like all young industries, in need of improvement. Remember the sugar-beet industry was also once young but it made improvements and went on to great success, as will be expected of this new twig on the food industry. In any case, the beginning of utilization of the soybean as food for the people has been made, and in the foreseeable future the soybean may, as in China and Japan, become an indispensable part of our people's food.

It is different with the introduction of the soybean as a cultivated plant in Central Europe. Forty years ago Friedrich Haberlandt showed (and after him countless others have shown) that the soybean grows well in Central Europe. Although additional new tests verify this, there are still those who object to soybean culture. One objection is the long time required by the soybean to come to maturity; the answer is the development of new varieties. Another is the relatively low yield compared with other beans; the answer lies in the use of inoculation. The author then discusses nutrient yield per acre and per unit of money, showing both to be high for soybeans.

Pages 10-11: It is well know that legumes possess the ability to transform and fix free nitrogen from the air. In 1886 Prof. Hellriegel discovered that this capability is due to certain bacteria that live in the soil and move through the root hairs into the root, where they cause nodule formation. The nitrogen-fixing bacteria living in the nodules nourish the plant. The author then talks about inoculation using either soil from a previous planting or "Nitragin," a pure culture of root bacteria, which is well known and has recently been improved. Dr. Kuehn of Berlin-Grunewald showed that soil inoculated with Nitragin gave a 3- to 4-fold increase in yield, plus an increase in protein in the roots and leaves. He then discusses improved cultural practices. Winkler says that transplanting improves yields. Continued. Address: Frohnleiten, Steiermark [Austria].

984. Fuerstenberg, Maurice. 1917. Die Soja, eine Kulturpflanze der Zukunft und ihre Verwertungsmoeglichkeiten [The soybean, a cultivated plant of the future, and possibilities for its utilization. Part II (Document part)]. Berlin: Paul Parey. 40 p. 28 cm. [59 ref. Ger]

• ***Summary:*** Continued on p. 14. Ways of using the soybean in its homeland (East Asia, especially Japan and China): Note: In this section, starting on p. 15, the author repeatedly uses the word *Sojaspeisen* meaning "soyfoods." The soybean probably originated in India. The Chinese and Japanese used it to fortify their rice-based, protein-poor diet. The practice came before the theory. The author says (incorrectly, p. 15) that all the basic soyfoods are fermented. He then gives a long description of koji and how it is made.

Shoyu or soy sauce (*Shoju oder Soja-Sauce*) (p. 15-17): In Japan, 540-720 million liters are manufactured each year so each Japanese uses 60-100 ml/year. The fermentation time is 8 months to 5 years. The best soy sauce is fermented for 3 to 5 years. He explains how, as soy sauce is fermented, the protein is broken down into amino acids such as leucine, tyrosine, and members of the "Xanthin" group.

Miso (vegetable cheese, p. 17-18): Miso is widely used in soups. More than half of the yearly Japanese soybean harvest is used for making miso. This is 30 million kg per year. Types of miso include *shiro miso* and Sendai miso. Winkler, in his small work titled "The Soybean of Manchuria," mentions two other types of miso: Aka or red

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miso and nuka miso. Kellner investigated five types of miso; a table shows their composition. Loew reports that this vegetable cheese (miso) is consumed either raw or in soups. Kellner, Nagasaka and Kurashima report that, based on their investigations, the amount of amino-nitrogen increases 3-fold and the quantity of carbohydrates is significantly diminished through lactic acid and alcoholic fermentation. The carbonic acid created thereby rises significantly during fermentation (Loew).

Natto (p. 18): Discusses the findings of Yabe.

Japanese tofu or Chinese Tao-hu (p. 18-20): This is the so-called "bean cheese" (*Bohnenkäse*). A table (p. 19, from König) shows the nutritional value of fresh tofu (84.8% moisture) and frozen tofu (17.0% moisture). E. Senft studied frozen tofu, a Japanese military preserved food (*Militärkonserve*) that is not canned; he found it had a beige color and a unique, slightly sour aroma which was at times reminiscent of dextrin. It has a uniform texture throughout, with many tiny pores. Winkler refers to five other types of soy cheese. Concerning the military preserved foods, they were highly regarded during the Russo-Japanese War and (according to Senft) played a key role in the war. (Footnote: The descriptions of the various preparations made from soya make E. Senft's treatises (1906 and 1907) valuable; in them he published his investigations of a number of Japanese vegetable foods and military preserved foods or conserves). The well-known food manufacturer Maggi in Kempttal, Switzerland, has tried for many years to introduce a commercial miso-like product, but was not successful.

The soybean as an oil plant (p. 20-26): Winkler, in his brochure, discusses the uses of soybeans in Manchuria. After 1908, soybeans were sold in Europe at incredibly low prices which resulted in the expansion of imports and production. Then tariffs were levied on soybeans. There were some major problems in the Austrian oil industry.

Soybean flour (*Sojabohnenmehl;* p. 26-28): In recent years, various processes have been patented. One manufacturer is Soyamewerke in Frankfurt am Main, which makes *Soyama Kraftmehl.* Yellow soybeans are mechanically cleaned, washed, dried, and dehulled according to the process of Dr. Fritz Goessel. Agumawerke in Harburg also makes soy flour.

The soybean as a coffee substitute and extender (p. 28-31): Coffee is known to be detrimental to good health and void of nutrients. Rye, for example, has been used since the 17th century as a coffee substitute. Barley also plays a major role, especially as malt. A table (p. 30) shows the nutritional composition of ten coffee substitutes, including chicory, figs, lupin, and carob. Soy coffee tastes remarkably similar to real coffee. In Istria (*Istrien*), in the Austrian alps, in Switzerland as well as in Alsace (*Elsass*), the soybean has been used since its introduction as a coffee substitute. Haberlandt reported in his work that a teacher from Capo d'Istria told him that the soybean was used as a coffee substitute in Istria, and a friend told him that there was no difference between the flavor of the two. The Thunschen is used to make good soy coffee. The soybeans are mechanically cleaned, put into a trommel, agitated with water at 65-70ºC, brushed and thereby freed of a large number of impurities which can leave a burned smell. The aroma of soy coffee can be improved by impregnation with an extract of largely decaffeinated coffee. It has roughly twice the nutrients of regular coffee and no harmful constituents.

Soybean milk (*Sojabohnen-Milch,* p. 32-33): The most popular vegetable milk is Dr. Lahmann's Vegetable Milk (*Lahmannsche Vegetabile Milch*), an emulsion made from almonds and nuts. In Japan, they make milk from soybeans; he describes the process, inaccurately, based on information from Winkler. This milk is also used to make cheese [tofu]. Also in Europe there have been successful attempts to make a soymilk adapted to European tastes, as in France by the Caseo-Sojaine at Vallées near Asnieres, and in England by the Synthetic Milk Syndicate. Using the process of Dr. Fritz Goessel, the latter company has a factory in Liverpool; it makes 100 liters of soymilk from: 10 kg ground soybeans plus 5 gm sodium phosphate, 2.4 kg lactose, 2 kg sesame oil, 6 gm common salt, and 60 gm sodium carbonate. Also the Soyamawerke in Frankfurt makes a soybean milk, named Soyama, as mentioned above (fresh and dried milk and cream). Recently Prof. Melhuish developed a new method using soybean, peanuts, and added coconut milk fat.

Soy meat substitutes (*Soja-Fleischersatz;* p. 33): Soyamawerke makes a product named *Soyama-Fleisch-Ersatz.*

Soybean as a chocolate substitute (p. 34): Haberlandt reports such a product.

Soya rubber substitute (p. 34): Goessel and Sauer have developed a rubber substitute made from soybean oil.

The utilization of soya in agriculture (p. 34-38): Use as fodder for cows. In 1880 Blascowicz [Blaskovics], Assistant at the Royal Hungarian Academy in Hungarian Altenburg, conducted fodder tests, whose results are given in various tables.

Conclusions (p. 38).

Note: This is the earliest document seen that uses the word *Ersatz* or the word *Fleischersatz.* They mean "artificial or inferior substitute" and "meat substitute" respectively. Though often associated with World War I, the word "ersatz" (which means simply "substitute" in German) was actually adopted into English as early as 1875, in reference to the German army's "Ersatz reserve," or second-string force, made up of men unqualified for the regular army and drawn upon only as needed to replace missing soldiers. Hence the meaning "inferior substitute." Address: Frohnleiten, Steiermark [Austria].

985. Lyman, Benjamin Smith. 1917. Vegetarian diet and dishes. Philadelphia, Pennsylvania: Ferris & Leach. 416 p.

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See p. 155-58. Index. Portrait. 21 cm. [3 ref]
• ***Summary:*** Discusses the physiological, economical, and ethical advantages of a vegetarian diet, with recipes and principles of preparation. The author, who wrote mostly about geology, lived 1835-1920.

A large table titled "Composition of foods" (p. 44-47) gives the percentage of protein, fat, carbohydrates, and ash (on a dry basis) for many foods, including natto, fresh tofu, soy bean–dried, Swiss miso, soy [shoyu] No. 1 and 2, and white miso (all figures from Abel 1900), plus peanuts–dried.

In the chapter titled "Foods of vegetable origin" (p. 141-267), the section on "Pulse" (p. 152-78) contains a subsection titled "Soy bean" (p. 155-58), which begins: "The soy bean of China and Japan is perhaps the most important food plant there, next to rice. The bean is eaten to a small extent boiled like other beans; but is generally elaborated into a variety of products remarkably rich in protein and fat and therefore going well with rice so deficient in those constituents." The following soy-related subjects are discussed, based largely on the writings of others: Soy sauce (Abel), natto (Abel), miso (R. Takahashi), tofu (Abel), *aburage, koritofu,* substitutes for milk and cheese, and nutritional comparison with eggs, milk and cheese (Abel, Atwater).

The section titled "Substitutes for milk and cheese" states: "The Chinese in Paris [probably Li Yu-ying] have been urging the culture of the soy bean. The seeds, when boiled, mashed, and pressed, yield both milk and cheese; if thinned with water, a very good substitute for animal milk; and if coagulated with mineral salt, a cheese that is usually eaten fresh, though it may be preserved by salting or smoking, after being cooked. Three varieties of the cheese are common in the oriental markets; a fermented kind [fermented tofu], white, yellow, or gray in color, with a piquant taste, like roquefort; a salty and white kind, like goats' milk cheese; and a third kind, smoky and resembling Gruyére. The soy cheese costs about a fiftieth as much as animal cheese; and in nutritive value, like the vegetable milk, compares very favorably with the ordinary products of the cow. ('Phila. Ledger,' Sept. 27, 1906)."

Note 1. No such article in the *Philadelphia Ledger* or the *Public Ledger* (Philadelphia, Pennsylvania), of this date, can be found.

Note 2. This is the earliest U.S. document seen (Dec. 2008) that mentions smoked tofu.

The section on peanuts (p. 158-62) includes roasted peanuts, peanut butter, peanut taffy, and "Terralac or peanut-milk (here first published)." Details on how to make peanut-milk at home are given, followed by many recipes for its use–each preceded by the word "Terralac." Thus: Terralac custards, Terralac punch. Terralac cream, salad dressing, sauce, cream sauce, creams, blanc-mange [blancmange], cream pie, Bavarian cheese, Terralac in soup, "Ice-Terralac, or peanut ice-cream," peanut soup, salted peanuts.

There are also sections on the cowpea (p. 163+), almonds (p. 263-65; incl. salted almonds, marchpane, macaroons, nougat or almond cake, almond milk, orgeat syrup, burnt almonds, replacing almonds), vegetable-gelatine (p. 384-87, incl. carrageen or carragheen [carrageenan], Irish moss, and kanten), sesame oil or gingelly oil (p. 388), peanut oil or groundnut oil (p. 388), almond oil (p. 389), and sago and sago recipes (p. 390-91, incl. three sago puddings).

Note: *Merriam-Webster's Collegiate Dictionary* (1998) defines orgeat (a word first used in 1754) as "a sweet almond-flavored nonalcoholic syrup used as a cocktail ingredient or food flavoring."

986. Morse, Edward S. 1917. Japan day by day, 1877, 1878-79, 1882-83. 2 vols. Boston & New York: Houghton Mifflin Co. Vol 1, xiv + 441 p.; Vol. 2, 453 p. Illust. (Color frontispieces + sketches). Index. 22 cm. [20+* ref]
• ***Summary:*** These charming books, illustrated with 777 illustrations from sketches in the author's journal, is a diary (to avoid the duplication of home letters; subjects are treated chronologically rather than topically), filled with detailed observations about most aspects of Japanese life and the author's pioneering work there as a professor. It gives a vivid picture of daily life in Japan in the late 1870s. Morse quickly grew to admire and love the Japanese people; his greatest problem was learning to enjoy Japanese food.

Volume 1: "Almost everything in the sea furnishes food for the masses... Seaweed, a thin green leaf, is also eaten; it is dried and put up in tin boxes," apparently a species of ulva. "I have mustered courage enough to taste a few of the dishes, and have succeeded in swallowing but one of them, and that was a kind of soup... Water was boiled in a tin vessel with a sauce [shoyu or miso] made from fermented bean [sic, beans], dark in color like Worcestershire sauce; into this were put slices of what looked like a cucumber, and then followed large blocks of a substance which resembled new white cheese [tofu], fresh from the press; this was cut into triangular slices. This last substance was made from [soy] beans, strained to remove the skins, and then made into a paste-like block. This soup was certainly nourishing and with a little practice one might come to like it. Another common article of food is made from seaweed an is known as *tokoroten"* (p. 87-88).

"It was delightful... to sit down again to a dinner of rare roast beef, real butter, and good bread. It is difficult to understand a country in which there is no milk, butter, cheese, bread, or coffee, and never has been. Butter is so distasteful to the Japanese that they cannot eat cake or other article of food in which composition butter is used" (p. 120).

A famous preparation is "cold raw fish, cut in this slices from the fish while fresh and alive. The idea of eating raw fish is particularly repulsive to our taste, though we eat raw oysters; nevertheless, foreigners soon get accustomed to it. The sauce [soy sauce] made of fermented [soy] bean, barley,

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and some other grain seems to have been specially created for this kind of food. I ate a great deal of it and must confess that my first experience was fairly good,... (p. 143-44).

"The tail of the fish was cut off and flung overboard... the [raw] fish was chopped into small pieces, head, eyes, bones, and all, and this hash was put into a wooden bowl... From a box was added a substance [miso] that had a very sour odor, something made of beans and allowed to ferment, a little water was added, and it was all stirred up together, and such an unsavory-looking mess I never saw before. The gusto, however, with which the man ate it to the last grain, showed that it was palatable to him at least" (p. 185).

"I have lived on rice, sweet potatoes, egg plant, and fish for two weeks. I would give all my old shoes, and new ones too, for a good slice of bread-and-butter, a bowl of bread-and-milk, or any other thing you are enjoying at home" (p. 227).

"The cakes had a stamp of the chrysanthemum on top; these were red and white and were made of [azuki] bean paste and sugar. The Japanese are very fond of them, but they are rather insipid in taste" (p. 395).

"I have finally resigned myself to the Japanese food of this region [Yezo {Hokkaido} near Hakodate]... And of all places to start such an experiment in this village! It required some courage and a good stomach to eat for dinner the following: fish soup, very poor; bean paste [miso?], which was not so bad;... and holothurian, or sea cucumber,... by no means agreeable. It was eaten with Japanese sauce, *shoyu*, which renders everything more or less palatable... On the whole, I am keeping body and its animating principle together, but long for a cup of coffee and a slice of bread-and-butter. I am the only outside barbarian in town" (p. 440-41).

Volume 2: The New Year's food included "a bean pickle in sugar syrup and Japanese sauce" [probably black soybeans (*kuromame*)] (p. 93). A detailed description of mochi and its pounding are given, with two illustrations (p. 95).

As they left Izumi and entered the Province of Kii [today's Wakayama], "I saw the process of manufacture of a curious kind of food one often sees in certain soups. It has a bright-yellowish color, as thin as paper, and has no definite flavor. The substance is made from soya beans by a curious and simple process. The beans are boiled in a large boiler till they are very soft; they are then ground in a mill to a fine paste, and mixed with water and colored by some stuff that is imported from abroad (fig. 675). This material is then put into a shallow trough divided by square partitions, beneath which is a charcoal fire which keeps the stuff gently boiling. The surface coagulates as it does on boiled milk, or on a cup of cocoa, and the film that forms is taken off very skillfully with slender bamboo sticks and hung up to dry (fig. 676). Other films form and are promptly removed by a girl who is kept busily at work" (p. 286-88).

In Kawagoe [a city in today's Saitama prefecture, about 20 miles northwest of Tokyo]: "It is a common custom... to eat grasshoppers as a relish... The Japanese prepare them by boiling them in shoyu, sugar, and a little water, till the water has nearly all boiled away" (p. 324-25).

At New Year's "our old cook brought me a box of *yokan* (made of sugar and [azuki] beans)... (p. 393).

Edward Sylvester Morse, a marine biologist specializing in Brachiopods, lived 1838-1925. Address: Salem, Massachusetts; Former Prof. of Zoology, Imperial Univ., Tokyo.

987. Nigay, Antoine. 1917. Le regime alimentaire des diabétiques [The food regimen for diabetics]. Paris: Librairie O. Berthier, E. Bougault, Successeur. 91 p. Preface by M. Marcel Labbé. [Fre]

• ***Summary:*** At the top of the title page is a quotation from Voltaire: *Règime vaut mieux que médecine* (A good diet is worth more than medicine).

At the end of the section on "Cheeses" (*Fromages*) we read: Soy cheese (*le fromage de Soja*), a food much liked by the Japanese (who call it *Tofu*), the Chinese (*Téou-fou*), and the Annamites (*Dau-Phu*), is obtained by the coagulation of a concentrated soymilk (*d'un lait de Soja*) (Footnote: Soybean milk is obtained by the maceration / grinding of soybean seeds in water; it has nothing in common with cow's milk, except in appearance), with the aid of magnesium chloride or of bittern [nigari]; it is not, strictly speaking, a cheese; rather, it is unique. It contains only 4.33% oils and fats, and 1.30% nitrogenous materials, which is to say that it is not very nutritive, however it does not contain any carbohydrates. It is therefore permissible [in diabetic diets].

Soy cheese must be consumed the same day it is prepared, or the next day; however, dehydrated, it can last for several months. In the Orient, it is consumed after having been cooked in a decoction of the rhizome of curcuma (turmeric, which is yellow). The factory at Vallées (Seine) [Li Yu-ying] furnishes this cheese, as well as other soy-based products. Address: Dr., Consulting physician at Vichy. Physician at the Thermal Hospital of Vichy. Director of the *Journal de Médicine de Paris.*

988. Chicago Daily Tribune. 1918. Learning how to win the war: Hoover's aid yesterday complimented Chicago on having the first large patriotic food show. It opened in the morning at the Coliseum. Jan. 6. p. 5.

• ***Summary:*** *Three photos from the show are shown. The largest and the smallest are placed side by side so that they run together. The smallest, which bears the caption "Hattie Don Sang," shows a young Chinese lady, about age 18, dressed in a school uniform, standing behind a table on which are arranged many foods–probably made from soy beans. Two signs read:* (*1*) *"Bean Bread."* (*2*) *"Plain Toufu."*

Unrelated to soy, the two other photos show: (*1*) *Miss Dorothy Grohnke, Ethel Mundall, and Frederick C. Walcott*

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(*Hoover's aid*). (*2*) *Private John Rodden and Miss Springer Brooks.*

989. Currey, Margery. 1918. World's first patriotic food show starts: Crowds throng coliseum to learn how to help win the war. Chicago Daily Tribune. Jan. 6. p. 5.
• ***Summary:*** *"'Chicago may be proud of having produced the first and only great show ever attempted to bring home to the people the message of the United States food administration'" said Frederick C. Walcott, assistant to Food Administrator Herbert Hoover as he returned last night to his office in Washington, D.C.*

Women in one booth had a "demonstration of fats, their uses, their substitutes, and the reasons for the conservation of fats."

"In another booth, two Chinese girls, Marion G. Moy and Hattie Don Sang, demonstrated the use of soy beans."

Note: These Chinese girls might possibly be connected with the "Chicago Bean Bread Co." which contributed tofu recipes to the book ÈThe Soybean, by Piper & Morse (1923, see p. 273).

990. Eddington, Jane. 1918. Tribune Cook Book: Soy bean products, etc. *Chicago Daily Tribune.* Jan. 8. p. 14.
• ***Summary:*** "The marvel and glory of our patriotic food show is that it is truly and wonderfully educational. More, the attendance and interest shown in the exhibits and demonstrations show that people are seeking education with a fervor that is not only patriotic but as deep as humanity itself.

"At the Universal Food and Cookery show held in London for many years," commerce was unfortunately emphasized over education.

"Probably what will seem to most people the unique exhibit is that of the Chinese soy bean products. Their bread and rolls are deliciously palatable, so much so as to provoke criticism of ordinary baker's products made of white flour and flavorless almost save for the fat. "When this exhibit was being installed a woman" asked where she "could get soy bean flour.

"'We only make enough for our own bakery,' was the reply. One of their trade secrets they revealed was that only one-tenth white flour or simply enough to forward fermentation was used in these breads. There ought to be a suggestion for us in that fact.

"Bean curd, uncooked and breaded and fried, or toufu and [mung] bean sprouts are the other products they have on display, with recipes.

"One of the Chinese young women who presided at the booth" told the writer to use a cloth in growing mung bean sprouts [from tiny green beans] and to water and drain them frequently.

"The official recipe book has a number of soy bean recipes. There is no reason why we cannot make our own soy meal for muffins or griddle cakes, if we have a hand mill for grinding wheat. One of my readers began to do this three or four years ago with success. If we watch out we may find out how to make soy bean cheese or toufu."

991. *Davis County Clipper* (*Utah*). 1918. Makes new kind of meat. Feb. 26. p. 7.
• ***Summary:*** "On the top floor of 641 Washington street, New York city, is one of the most interesting kitchens in the world, presided over by a Chinese woman doctor." Dr. Yamei Kin, who recently traveled to China for six months to study the soy bean, says that its protein is equal to that of meat. A "sort of vegetable cheese [tofu]," it is a replacer of meat and forms no acid; it is an alkaline form of protein. The salty black sauce [soy sauce] served on top of "chop suey," "chow mein" and other dishes in Chinese restaurants, is made from soy beans. Dr. Kin can make from soybeans a roquefort cheese [fermented tofu] that looks and smells like the real thing. "In all the world there is not a more misunderstood vegetable than the soy bean, says Doctor Kin." An illustration shows Dr. Yamei Kin standing, holding a plate in her left hand.

992. Howell, E.V. 1918. Soy beans and soy bean oil. *J. of the American Pharmaceutical Association* 7(2):159-63. Feb. [14 ref]
• ***Summary:*** "This bean is a native of southeastern Asia. It is at present the most important legume grown in China and Japan, where it is grown almost exclusively for human food. It has been cultivated from a remote period, each district having its own distinct variety, some two hundred kinds in all... The bean was introduced into England in 1790. Apparently the first mention of soy beans in American literature was in the *New England Farmer,* October 23, 1829, in an article by Thomas Nuttall." There follows a summary of this article and several other early U.S. documents that mention the soy bean.

"Importance: I think the soy bean is the most important plant introduced into the South within a hundred years. This opinion is based on the range of the plant, the value as a soil improver, and the numerous uses of the seed and oil, together with the fact that the present cottonseed oil mills can produce the oil with practically no change in machinery and thus double their mill season. The beans can be stored, as they are practically immune to insects. Especial emphasis is placed on this statement in the present demand for food on account of the war. In Japan the bean forms one of the most important articles of food, by nature a meat, to go with the starch of rice. The Chinese make from the beans a cheese resembling our own cheese, while the Japanese make the well-known sauce for rice or fish, soy or suey sauce. It is one of the principal ingredients in 'Tofu' (bean curd), natto (steamed beans), and white and brown miso, which is like our molasses brown bread."

"A factory for the production of this [soy] milk has

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recently been established in America. This can be used in cooking, by bakers, confectioners, and chocolate manufacturers. I have before me the following food articles in which soy bean meal is the principal ingredient: Egg substitute No. 1, egg substitute No. 2, colored cocoanuts, coffee substitute, cocoa substitute, roasted malted nuts, coloring curry powder, cutlet powder, soy and navy beans with pork, the equal of any pork and beans.

"The use of the soy meal for soups, for proportional use in muffins, cookies, fritters, croquettes, biscuit, and loaf bread is unlimited. Its use is checked only by our prejudice for certain customary flavors, just as northern people and Europeans do not use corn meal. In other words, North Carolina, if forced to by war conditions, could largely exist on the soy beans crushed in the State this year, including the imported and native beans crushed, the oil from which I estimate to yield this year 400,000 gallons. This oil can be used for frying, and for a salad oil in French dressing or in mayonnaise. I fried a partridge in the crude unrefined oil, and found it delicious.

"While the chief use, so far, of the oil has been for soaps and paints, the particular object of this paper has been to call attention to the use of soy oil in pharmaceutical preparations."

Tables show: (1) The specific gravity, saponification value, and iodine for three samples of Manchurian soy oil purchased in New York. (2) The chemical composition of soy bean meal (8.77% fat), compared with the meal of five other seeds (including cottonseed, linseed {old and new process}, decorticated peanut, and sunflower seed). (3) Four chemical constants of seven samples of domestic and imported soy oils (from L.P. Nemzek). (4) The food values (nutritional composition) of soy beans and six other foods, including lean beef, milk, and eggs.

Because of World War I: "During the past six or seven months there has been produced in this country in the neighborhood of one hundred thousand gallons of soy oil. The largest part of this quantity has been produced in North Carolina by the Elizabeth City Oil & Fertilizer Co., Winterville Cotton Oil Co., and the New Bern Cotton Oil & Fertilizer Mills. Samples from the different crushings have been examined in comparison with the imported oil."

"Medicinal use: In England a diabetic biscuit is manufactured. In this country an infant's food from the soy bean is on the market. The enzyme in the bean is also attracting attention and opening a field for investigation."

Note 1. This paper was presented at the Scientific Section, American Pharmaceutical Assoc., Indianapolis meeting, 1917.

Note 2. This is the earliest English-language document seen (Oct. 2008) that contains the word "crushings."

993. Makino, Magotaro. 1918. Soy-bean food (tofu). *U.S. Patent* 1,258,427. March 5. 2 p. Application filed 5 Dec. 1916.

• ***Summary:*** Soy bean flour is mixed with water and a small quantity of an edible oil, the mixture is heated, filtered, and the proteins in the filtrate are precipitated/coagulated with Epsom salts and separated from the liquid.

Note: This is the earliest document seen (Sept. 2011) with the term "Soy-bean food" (or "soy bean food") in the title. Address: San Francisco, California.

994. Johnson, Nelson Trusler. 1918. Process used by Chinese in making bean curd. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 21(58):926-28. March 11.

• ***Summary:*** This report begins: "Probably the first article of diet that attracts the attention of the foreigner coming to China is the bean curd which is served to him at the Chinese restaurant or hotel, or in the Chinese family in many ways. Bean curd is only one of a number of products derived from soya beans. Among these are bean meal, a kind of spaghetti, bean cheese, bean sauce (known as shoyu to the Japanese, chiang yu to the Chinese, and soy in commerce), bean milk, and bean oil. All of these products are used by the Chinese as foods. The shoyu is used as a foundation for a certain well-known brand of sauce." Note: Probably Lea & Perrin's Worcestershire Sauce.

The next section, titled "Product called an ideal food," is largely a summary of a 1917 article by John E.S. Han titled *The Yale-in-China Student* (Changsha, China) 1(2):8-14. Nov. Contents: Introduction. Product called an ideal food. Uniform quantities of beans used. Specific gravity near that of milk. Method of coagulating emulsion. Suggested improvements in process.

On the last point, Mr. Johnson notes that the changes Mr. Han recommends "are largely the same as those proposed by Li Yu-ying." Address: Consul, Changsha [China].

995. Howe, H.E. 1918. A lesson from the Orient. *Scientific American* 118(11):230. March 16.

• ***Summary:*** "In the south are many acres where the boll weevil makes it impossible to continue the profitable production of cotton. The search for a substitute crop has introduced the soya bean from Manchuria where it is a very important staple and it bids fair to become most useful. The soya bean yields an oil upon hot pressing and just prior to the war, the Germans set up a naphtha solvent process in the Orient but the oil recovered was considered inferior to that from the native presses. The potentialities of soya bean oil have not been fully determined. It has become established in the industries and we are learning how to make better use of it as a food product. The oil cake or meal left after pressing is a valuable component of stock foods, being high in nitrogen compounds.

"Some of the varieties of the soya bean are suitable for

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human food and in combination with peanuts, a foundation for several materials high in fat and protein is obtained. The soya bean alone comprises a ration that is nearly complete, for it contains a large amount of protein, fat in the form of oil and the starch furnishes a carbohydrate. The bean also carries a vitamine which is necessary to sustain and promote bodily growth but the mineral content is deficient."

"In the Orient soya beans are used to make a kind of cheese and a milk substitute. A peculiar cake is also made from them as well as a sort of fermented beverage.

"Experiments are under way to improve greatly the food values in soya beans and increase the oil content...

"And so these cotton lands of the south which have so long contributed to our clothing may now greatly supplement our food supply."

Note: This is the earliest English-language document seen (Oct. 2003) that uses the term "milk substitute" to refer to soymilk. Address: Chemical engineer.

996. Itano, Arao. 1918. Soy beans (Glycine hispida) as human food. *Massachusetts Agricultural Experiment Station, Bulletin* No. 182. 10 p. March. [16 ref]

• ***Summary:*** Contents: Introduction. Chemical composition and digestibility. Human food prepared from soy beans (practical recipes for making Japanese foods at home; names in parentheses indicate the Japanese name). Soy bean milk (*Toniu*)*:* The ordinary method employed in Japan, toniu from soy bean meal (made by grinding soybeans in a wheat flour mill or fine coffee mill), author's method [from soy bean meal, plus inoculation with *Bacillus coli* and *B. lactis aerogenes*], synthetic toniu, condensed soy bean milk (condensed toniu). Evaporated soy bean milk (yuba). Soy bean curd (tofu): Fresh curd (tofu), frozen tofu (*kori tofu*), fried tofu (*abura-age*). Baked beans. Boiled beans. Roasted beans.

"Powdered beans–Roasted: 1. Roast as in the roasted beans [either in an oven or in an ordinary corn popper]. 2. Let them stand until cool to harden them. 3. Grind them in a coffee mill or any other suitable grinder. Note.–The powder can be used as a salad dressing or cooked with cookies like peanuts or other nuts, or employed as a substitute for coffee."

Powdered beans, raw (soy bean meal). Green beans. Soy bean pulp (*kara*). Fermented boiled beans (natto). Ripened vegetable cheese (miso; discusses koji). Soy bean sauce (shoyu). Vegetable butter, ice cream, oil (table use) and lard (cooking): "The manufacture of these articles from soy beans needs further investigation." How to make "Evaporated soy bean milk (Yuba)" at home (p. 5): "1. Boil the soy bean milk until a film is formed on the surface. 2. Collect the film and cut it into any shape desired. Note.–The film consists of coagulated albuminoids and fat. It may be used as an article of food, cooked in soup, etc."

Note 1. Even though it is very brief and inadequate, this is the earliest document seen (Oct. 2012) that contains a description of how to make yuba at home.

How to make "Baked beans" at home: (p. 7). "1. Soak the beans, suspended in a cloth bag, in a large quantity of hot water over night. (Soaking for twenty-four hours in ice-cold water which is changed occasionally will give the same result.) 2. Change the water, when hot water is applied, in the morning and an hour or two before cooking. 3. Add 1 teaspoonful of soda [sodium bicarbonate] per quart of beans and boil until the beans become soft. 4. Bake like other beans. Note.–The characteristic strong flavor of the beans is removed by soaking before cooking; the addition of soda [sodium bicarbonate] makes the beans soft. Cooking with salt pork, potatoes, onions, molasses and other substances makes the beans more palatable to some tastes."

Concerning the "Roasted beans" (p. 7). "1. Roasting can be done either in an oven or in an ordinary corn popper. 2. Roast until the skin of the bean is burst by popping. Note.–The beans can be kept soft by immersing them in a syrup while they are hot. Thus very wholesome candy is prepared."

Concerning the "Powdered beans: Roasted" (p. 7). "1. Roast as in the roasted beans. 2. Let them stand until they cool to harden them. Grind them in a coffee mill or other suitable grinder. Note.–The powder can be used as a salad dressing or cooked [baked] with cookies like peanuts and other nuts, or employed as a substitute for coffee." Note 2. This is the earliest English-language document seen (Nov. 2012) that uses the term "Powdered beans: Roasted" to refer to roasted soy flour.

Concerning "Green beans: 1. Pick them when the beans are three-fourths to full grown. Boil them in salt water. 3. Discard the pods. 4. Serve the beans with butter or milk. Note–The pods are tough and they can be removed easily on boiling."

Concerning "Soy bean pulp (kara): 1. This is the residue after the milk is extracted in the process of preparation of soy bean milk. 2. Cooked like any other vegetable with proper seasoning. Note.–Makes a very rich dish; an addition of green onions, cabbage or parsnip may improve it."

Tables contain analyses of the chemical composition of each of the basic foods discussed.

Note 3. This is the earliest English-language document seen (March 2007) concerning soy ice cream, which it calls simply "ice cream." This is also the earliest document seen (March 2007) concerning the etymology of soy ice cream.

Note 4. This is the earliest English-language document seen (Oct. 2001) that uses the term "soy bean pulp" to refer to okara. Address: Amherst, Massachusetts.

997. *British Medical Journal.* 1918. A vegetable milk. i(2889):430. April 13.

• ***Summary:*** "From a correspondent: In these days of agalactia [failure of the secretion of milk in mammals] any reasonable substitute for milk is certain of a welcome, so that particular interest attaches to the soy bean, an alimentary

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plant grown on a very large scale in China, and imported into this country [Britain] by hundreds of thousands of tons annually for the sake of the oil it contains, which is utilized in the manufacture of soap, margarine, etc.

"More interesting from the alimentary point of view is the fact that it can be made to yield a substitute for milk, which in respect of appearance and composition so nearly approximates the familiar article as to be wellnigh indistinguishable therefrom.

"The process is simple. Five ounces of the bean are soaked overnight in a quart of cold water; it is then coarsely ground, mixed with the water in which it has been soaking, and filtered through muslin [coarse cotton fabric]. The result is a milky fluid with a rather strong smell of haricot bean, which disappears after it has been raised to boiling point. Infants take it readily, and, mixed with tea or coffee, the taste is imperceptible. Fresh soy bean milk has a fairly acid reaction; it is quite homogeneous under the microscope, and its physical properties are those of cow's milk; rennet causes it to curdle, lactic acid germs cause it to undergo lactic acid fermentation. When boiled it 'rises' like ordinary milk and forms a pellicle [yuba] on the surface.

"Its composition is: Casein 3.13 per cent., fats 9.89, but it lacks carbohydrates, a shortcoming which can easily be remedied. As the fatty constituent is an oil, butter cannot be made from soy bean milk, but it can be made to provide cheese (120 grams of the bean yields 184 grams of cheese), and the cheese [fermented tofu] can be made to resemble any of the popular cheeses in the market; it is merely a question of employing the proper flavouring ferment. Soy-bean milk can be retailed at 3 centimes a litre. The residue, after making milk, is still very rich in alimentary principles, and can be worked up into very palatable 'almond' cakes and biscuits. Being practically free from starch, these cakes are especially suited for consumption by diabetics.

"Roasted, the bean provides a colourable imitation of coffee, just as do barley and oats, to what a satisfactory degree only those who make use of these substitutes will understand."

"A practical idea of its alimentary value may be formed by contrasting the cost of this as compared with other albumins: 100 grams of albumin, at before-the-war prices, would cost–from egg 1s. 8d. [1 shilling 8 pence], from meat 1s. 4d., from pork 8d, dried peas 3d., and from soy bean 2d. The bean contains four times as much mineral constituents as meat, and is twice as rich in phosphoric acid." A table compares the nutritional composition of soy beans (water plus 5 nutrients) with lentils, haricot beans, peas, and broad beans.

998. *Bulletin Bi-Mensuel, Office de Gouvernement Général de l'Algérie.* 1918. La culture et l'utilisation du soja [The cultivation and utilization of the soybean]. 24(4):54. April 1-15. [3 ref. Fre]

• ***Summary:*** This article appears in the section on "Agriculture" (p. 51-55). We reproduce the following note published by "Algerian Information" (*Informations algériennes*) on a question that presents a reality and an interest of the first order for Algeria:

"We can hope to see taken up, from this year forth, the cultivation of soybeans (*graine de soja*) even more as a letter received from Palestro gives us full confidence; the movement was already begun two years ago."

Having found a letter on this subject in the July issue of the *Bulletin of the Society of Agriculture* from Mr. Aimé Zurcher, of Zaatra near Courbet, we wrote him and he responds to us:

"I have, in fact, cultivated soybeans for 7 years from the point of view of industry. For, as you know, this precious bean furnishes several food products: milk, cheese [tofu] that is equal to meat, confections, oils, coffee, etc. I ate all these foods that I ordered from Paris where a company [founded by Li Yu-ying] makes them. And it was with the goal of selling my products to this company that I cultivated soybeans. I had distributed many grains and beans.

"The war having cut off my relations with this company, a certain quantity of soybeans remained. At the end of 3 years, they no longer germinated. I abandoned cultivation.

"I occupied myself with yellow soybeans with round seeds. I have had very high yields, even in nonirrigated, plowed soil and in slightly humid soil with ordinary labor.

"The lively, robust plant adapts to almost all terrain and completes its entire development in 3-4 months; it attains a height of 1-1.4 meters. It requires the same care as the ordinary haricot bean and more especially the dwarf haricot (*haricot nain*). It is then in March, even at the end of March and April that it should be sown (2 seeds/hole; but too much humidity can damage it).

"Nothing is lost of this precious plant. After threshing, the leaves and stems are very esteemed by livestock."

"... We also remark that for a liter of milk, that has nothing in common in taste with cow's milk but which is just as nourishing, 100-200 g [of soybeans] is used [to make the milk]; little matter, it's an insignificant expense. In any case the remains [okara] that the mincer (*hâche-viande*) (business M.F.G. Co., Philadelphia [Pennsylvania]) leaves must be used to obtain the result. We believe that we should give the recipe furnished by an ingenious experiment:

"[To] the okara (*drèche*, which originally meant dregs) that produced the milk [sic, that is a by-product of producing soymilk] is added half its weight in sugar and enough water to dissolve this sugar; it is then cooked to have confections that you can flavor.

"These confections, instead of being consumed as is, can be mixed with an egg, 4-5 bitter peeled almonds, [or] 2 spoonfuls of flour and divided into small cakes, macaroons, that are cooked in the oven again on a lightly buttered pan. These cakes are delicious, a true luxury product rivaling the

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best *petits fours* (a small cake cut from pound or sponge cake and frosted) of pastry-makers."

Two more articles on soy are cited, both published in *Nature*, in 1907 and 1910.

Note: Spine title on bound volumes: "Bulletin de L'Office du Gouvernement General." Address: Govt. of Algeria.

999. *USDA Bureau of Plant Industry, Inventory.* 1918. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from January 1 to March 31, 1915. Nos. 39682 to 40388. No. 42. 123 p. April 17.

• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. Fabaceæ. (*Glycine hispida* Maxim.)

"39967-39982. From Soochow, China. Presented by Mr. N. Gist Gee, Soochow University. Received February 11, 1915. Quoted notes by Mr. Gee, except as otherwise indicated. "39967-39972.

"39967. '(No. 1. *Kua shu tou* (*Kwa zoh*). Melon-ripe bean.) This is so named because of its time of ripening. Seeds are sown about the first of May and cropped late in June when melons are ripe. Used only as a vegetable.'

"39968. '(No. 2. *Chia chia san tou* (*Kah kah sen*). Pod pod three bean.) Planted in the middle of May and reaped during September. Used as a vegetable and for manufacturing of oil.'

"39969. '(No. 3. *Hung hsiang chih tou* (*Ong sing sze*). Red familiar bean.) These are "Loving beans," as the characters suggest. Planted in the middle of May and harvested about September. Used both as vegetables and in the manufacture of oil.'

"39970. '(No. 4. *Hei tou* (*Huk*). Black bean.) Owing to their color, these are called "Black beans." Planted in the first part of June and reaped in the middle of October. Used as a vegetable and in the manufacture of oil.'

"39971. '(No. 5. *Ku li ch'ing* (*Kwa lea ching*). Bone inside green.) Planted early in June and harvested in late October. Used only in making oil.'

"39972. '(No. 6 *Shih tzû ho tou* (*Zee tee 'ah*). Persimmon-seed bean.) Planted in the first part of June and cropped in the middle of September. They are largely used as vegetables.'

"39974-39977.

"39974 '(No. 8 *Pa yüeh pai tou* (*Gee buh*). Eight-month white bean.) The combined meaning of its color and its time of ripening indicates the name. Planted in May and harvested in September, which is the eighth month of the Chinese calendar. Used to make oil. This and No. 9 [S.P.I. No. 39975] are the best two for oil manufacture.'

"39975. '(No. 9. *Shui pai tou* (*Gee buh*). Water white bean.) Planted in late May and reaped in September. Used to manufacture oil; one of the best two for oil manufacture.'

"39976. '(No. 10. *Niu t'a pien* (*Nue duh pea*). Cow crush flat.) Its use and time of harvesting are the same as those of the *Gee buh* [S.P.I. No. 39975]. The beans are trodden out by cows; hence the name.'

"39977. '(No. 11. *Wu ch'iao tou* (*Oh tsah*). Sparrow's cackling (or magpie) bean.) Planted about the last part of June and cropped in mid-October. Used largely to make oil.'"

"39982. '(No. 16. *Lü tou* (*Loh*). Green bean [mung].) Planted in the early part of June and cropped early in September. Used the same as the *Ch'ih tou* [S.P.I. No. 39980]. Called "green bean" because of its color, probably.'"

"40106/40138. From Wakamatsu, Iwashiro, Japan. Presented by Rev. Christopher Noss. Received March 8, 1915. Quoted notes by Mr. Noss. 'From an exhibition in Kawamata, near Fukushima City.'

"40106-40127.

"40106. '*Mochidaizu* (*dai*, large; *zu*, bean [daizu = soybean]), used in *mochi* (glutinous rice boiled and pounded in a mortar).'

"40107. 'No. 2. *Nakatedaizu* (second early), used in *miso* (beans, etc., pickled in salt and made into soup), *tofu* (bean curd).'

"40108. 'No. 3. *Shichi-ri-korobi-daizu* (20-mile rolling), used for *tofu, soy, and miso.'*

"40109. 'No. 4. *Yuki-no-shita-daizu* (under the snow), used for *tofu, soy, and miso.'*

"40110. 'No. 5. *Wasedaizu* (early), used for *tofu, soy, and miso.'*

"40111. 'No. 6. *Misodaizu.'*

"40112. No. 7. *Ko-tsubu-daizu* (small grain), used for *miso* and *natto* (buried, fermented, and eaten as a relish).'

"40113. 'No. 8. *Kinako-daizu*, made into *kinako* (a flour used in cooking) and also *natto.* Said to have been brought by soldiers from Manchuria.'

"40114. 'No. 9. *Tamazukuridaizu* (name of a country near Sendai), used boiled.'

"40115. 'No. 10. *Asahidaizu* (morning sun), used for *natto.'*

"40116. 'No. 11. *Darumadaizu* (Dharuma [Bodhidharma], whose image was a roly-poly, can not be upset), used boiled and for *tofu.'*

"40117. 'No. 12. *Taiwandaizu* (Formosa), used boiled.'

"40118. 'No. 13. *Hato-koroshi-daizu* (dove killer), used boiled.'

"40119. 'No. 14. *Usu-ao-daizu* (light green), used for *kinako* and boiled.'

Note 1. This soybean and the *Ao-daizu*, below, might give naturally greenish kinako.

"40120. 'No. 15.

Ao-daizu (green), used for *kinako* and boiled.' Note 2. This is the earliest English-language document seen (Nov. 2012) which states that green soybeans are used to make kinako.

"40121. 'No. 16. *Aka-kuki-daizu* (red stalk), used for *natto* and *miso.'*

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"40122. 'No. 17. *Fuku-shiro-daizu* (clothing white), used for *tofu.'*

"40123. 'No. 18. *Hachi-ri-han-daizu* (21 miles), used boiled. The name *Hachi-ri-han-daizu* involves a curious play on words. *Hachi-ri-han-daizu* means "eight ri (a ri is 2.5 miles) and a half," which is just a little short of *ku-ri.* Now *ku-ri* means nine ri, and *ku-ri* also means chestnut, so the expression in question means that the beans so named are almost equal to chestnuts.'

"40124-40127. 'Beans are used boiled.'

"40124. 'No. 19. *Yoshiwaradaizu* (harlot quarters in Tokyo).'

"40125. 'No. 20. *Chadaizu* (tea, alluding to the color [brown]).'

"40126. 'No. 21. *Kichidaizu* (lucky).'

"40127. 'No. 22. *Kurodaizu* (black).'"

"40370-76. From Wakamatsu, Iwashiro, Japan. Presented by Rev. Christopher Noss. Received March 27, 1915. Quoted notes by Mr. Noss.

"40370. 'No. 33. *Hikagedaizu* (shade), produces in shady places; used for *miso.'*

"40371. 'No. 34. *Dekisugidaizu* (excessive yield); used for *miso.'*

"40372. 'No. 35. *Kurodaizu* (black); eaten boiled and sugared.'

"40373. 'No. 36. *Nakatedaizu* (medium early); used for *miso.'*

"40374. 'No. 37. *Hishidaizu* (water caltrop, alluding to the flattened shape); eaten parboiled and seasoned with shoyu and salt.'

"40375. 'No. 38. Name unknown, cultivated from ancient times in Soma County, Fukushima Ken; used for *miso.'*

"40376. 'No. 39. *Hakodate-nishiki-daizu* (Hakodate brocade); used for *miso.'"* Address: Washington, DC.

1000. Dorsey, Henry. 1918. Growing soybeans. *West Virginia Univ., College of Agriculture, Extension Dept., Circular* No. 204. p. 1-8. April. [1 ref]

• ***Summary:*** "Within the last five years soybeans have assumed, due to their many desirable qualities, an important place in West Virginia agriculture and their importance is quite likely to increase. Less than a decade ago the crop was practically unknown. A conservative estimate derived from county agents' annual reports indicates an acreage of more than 6,000 in 1917. This acreage is almost equal to that of clover alone according to the census figures of 1910."

Contains sections on the importance of the crop, harvesting, yields, suitable varieties, special uses, human food, and in crop rotations.

The section on human food uses states: "The scarcity of meats will doubtless lead to a wider use of soybeans in the human dietary. For centuries they have supplied a large proportion of the nitrogenous part of the food of the Chinese and Japanese. In the Orient the whole beans are not eaten directly but soy sauce, bean milk, bean curd, and vegetable cheese are made from them. Americans would doubtless object to many of these products. The whole beans have often been used like other beans–boiled, baked, or with pork. They need to be soaked several hours to remove the strong flavor. Soybean flour has great possibilities as a substitute for part of the constituents of various breads. When Americans learn to use the products of the seed, then there will be a ready market for the crop and it will take a regular place in our cropping scheme." Address: Asst. Prof. of Agronomy, West Virginia Univ., Morgantown.

1001. Trabut, Louis. 1918. Le Soja: Soja Max (L.) Soja hispida *Savi* [The soybean]. *Algerie, Service Botanique, Informations Agricoles. Bulletin* No. 55. 16 p. April. [7 ref. Fre]

• ***Summary:*** One cannot say that the soybean has been introduced to the Western world only relatively recently; it has been cultivated at the Jardin des Plantes since 1779. There the soybean has always produced seeds, which have been distributed to botanical gardens and amateurs interested in plants. It would be unjust to say that for 138 years no one has been involved in the utilization of soya in Europe. In fact, there have been a number of fervent popularizers and propagators of the plant. A history of this work is given, including the Vienna Exposition of 1873, the work of Prof. Haberlandt in Austria disseminating and testing soybeans and his remarkable book on the soybean published in 1878, the work of the Society for Acclimatization in France from 1855 (they made the vegetable cheese, tofu [To-fou]), and exports from Manchuria to Europe.

Since 1898, Manchuria, which can no longer cultivate the opium poppy, has greatly expanded its cultivation of soybeans and has looked for outlets in European markets. In 1909 Manchuria exported 410,000 tonnes of soya, a figure which rose to 650,000 tonnes in 1912.

A that time, according to Mr. Brenier, Director General of the Chamber of Commerce at Marseilles, the industry of Marseilles, confronted with a influx of new oilseeds, tried to obtain soya but ran into customs problems. It wasn't clear whether soya should be classified as a legume (because it is a bean) or as an oilseed (*graine oléagineuse*). While the matter was being debated, all the available beans had been purchased by Hull, England, and Hamburg, Germany (*Académie d'Agriculture de France*, 1917, p. 189).

"As the Director of the Chamber of Commerce of Marseilles informs us, in England, Germany, and the Netherlands, the industrial use of the soybean has been growing in importance for several years. In Germany there even existed an important manufacture of soymilk.

"A Chinese factory [run by Li Yu-ying] was installed a few years ago near Paris to enable the soybean to realize its full potential and to introduce various commercial food

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products made from this seed. In 1912 Messrs. Li Yu-ying and Grandvoinnet published a work on the soybean, recommending its cultivation in France.

"In 1917 Mr. Balland notified the Academy of Sciences of the utilization of soya in war bread, biscuits, etc. All these products, said the knowledgeable chemist, can contribute to a good diet because of their rich nutrient content.

"The Swiss, who consume many coffee substitutes, roast the soybean seeds to make a coffee.

In Algeria, starting in 1894, soybean agronomic trials were started at the botanical station of Rouïba. The results were communicated to the other French colonies in 1898 [by Louis Trabut] in Bulletin No. 16 of the Botanical Service." The results of these and subsequent trials in 1896 and 1897 in Algeria are summarized.

In 1896 a soybean with a green seed coat yielded 2,980 kg/ha of soybeans.

Pages 7-11 include discussions of the nutritional value of soybeans, their use in diabetic diets, the fact that soybeans are rarely consumed as such but are almost always processed into more sophisticated foods (including fermented foods). Following these trials, that were focused on a very important collection (80 soybeans in number) received [in France] from a missionary in China through the intermediary of Mr. H. de Vilmorin, the seeds were distributed and the results of their cultivation were generally good. There follows a letter from a person in Bou-Medfa [Bou Medfaa, Algeria]. Also discusses the availability, benefits, and method of producing soybean milk which the Chinese prefer to animal milks, and which is free of bacteria that can cause tuberculosis. In Algeria, soybean yields range from 12 to 30 quintals per hectare. Note: 1 quintal = 100 kg. The Arabs consume soybeans boiled in salted water. In England a Soya Flour is sold which contains 75% wheat flour and 25% soy flour. This flour is used commercially to make a soy bread. A Soja Biscuit is made in the Netherlands.

Pages 12-14 list 26 soybean varieties in order of their earliness. Synonyms and characteristics are also given: *Soja très hatif à grain noir* (Extra Early Black; Vilmorin or Ogema [Ogemaw] of Michigan. Matures in 80-90 days). *Brun précoce* (Early Brown from Indiana). Vireo (Tokyo). Chernie (Khabarovsk, Siberia; black seed). Auburn (American selection). Merko (Mekoechofka of Siberia; brown seed). Elton (Khabarovsk, Siberia; yellow seed). Chestnut (American selection 1907; brown seeds). *Jaune d'Etampes* (Yellow Etampes, or Ito San in America; One of the earliest varieties introduced to Europe and America). *Vert de Samarow* (Green Samarow, or Guelph in America; green seeds, matures in 120 days). Butterball (or *Jaune géant* {Yellow Giant} from Dammann, from Tokyo; yellow seeds. Matures in 110 days). *Soja noir de Podolie* (Black Podolia, or Buckshot in America; black seeds). Wilson Black (Manchuria). Meyer. Austin. Haberlandt. *Huang-Tou* (Yellow Bean, from Ningouta {Ninguta, see Ning'an}). Bhetmas (from India; seed chocolate and yellow). Medium Yellow. Shingto (From Tieling {T'ieh-ling or Tiehling, Liaoning prov.}, Manchuria). Swan (from Canton). *Soja tigré* (Striped, spotted, or speckled soybean from Peking; seeds are grilled and eaten like peanuts). Brooks (Manchuria and China). *Maculata gigantea* (Large spotted, sold under this name by Dammann; probably the same as the American variety Meyer). Mammoth (American selection). Riceland (From China).

The importance of inoculation with bacteria is emphasized. Soybeans can be cultivated with cowpeas for forage. An illustration (line drawing) on the cover shows the soy bean plant, with a close-up of the pods.

Note 2. This is the earliest document seen (Oct. 2004) that mentions the soybean variety Wilson Black. Address: Director of the Botanical Service for the Government of Algeria.

1002. Gray, Olive. 1918. The new. Latest view in stores and homes. Novelties, ideas, and practical suggestions. *Los Angeles Times.* May 19. p. III-15, III-15.
• ***Summary:*** The section titled "Soy dairy products" states: "At a Japanese place, where groceries and produce popular with the orientals are always in stock, I was interested in observing the 'soy bean milk,' 'soy bean cottage cheese'– maybe it is pagoda cheese [probably tofu]. Soy bean flour [probably roasted] is also there, and recipes are issued which teach many ways of utilizing this so-nutritious food product."

1003. *Weekly News Letter* (*USDA*). 1918. Soy beans, used like navy kind, make valuable food: Ancient China's product can be served in numerous desirable ways. 5(42):3. May 22.
• ***Summary:*** "While the soy bean has been grown in the United States primarily as a forage crop, its availability as a valuable food for human beings is being given increasing attention. Many schools of cookery and domestic science in this country, as well as home economics experts and home-demonstration agents of the United States Department of Agriculture, have shown that dried beans can be used successfully in the same manner as navy beans." After the beans are soaked, then boiled slowly, they "may be seasoned and used as the principal part of a meal, as they are or may be made into bean loaf, bean croquettes, or other dishes.

"When soy beans are three-fourths or more grown, the seed make a palatable and nutritious green vegetable."

Also discusses "soy-bean milk" ("a milky emulsion is obtained which is similar in appearance and properties to cow's milk"), "tofu or bean curd" (the addition of either magnesium chlorid [chloride] or calcium sulphate to soy-bean milk precipitates some of the proteid substances, forming a grayish-white curd).

"Soy or shoyu sauce is a dark-brown liquid prepared from a mixture of cooked and ground soy beans, roasted and pulverized wheat or barley, salt, and water, inoculated with a

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culture known as rice ferment and left in casks to ferment for six months to a year or longer. The liquid obtained is used in many countries, including the United States, as a sauce for meat or vegetables." Address: Washington, DC.

1004. *Atlanta Constitution* (*Georgia*). 1918. Fine cooking exhibit feature at convention: Interstate oil mill superintendents and oil mill exhibitors will met here. May 26. p. 5.
• ***Summary:*** "Delicious biscuit, served piping hot from the oven, bread with a tempting flavor all its own, cooked as fine as were ever baked, and muffins that melt in your mouth, all made from peanut flour and soybean flour, will be a feature of the annual joint convention of the Interstate Oil Mill Superintendents' Exhibition association to be held at the Auditorium in Atlanta May 29, 30 and 31.

"In addition to the cooking exhibit,... there will also be a display of the food products of the cotton seed, peanut and soya bean mills of the south. Soybean cheese [tofu] and vegetable coffee made from soybeans will be also be on exhibit, together with cotton seed oil, peanut oil, peanut meal, peanut flour and soybean flour.

"The annual convention of the two associations which was held last year..." in Atlanta June 13-15 "brings together hundreds of delegates and visitors from all parts of the south." Lists the officers of each association.

1005. Thurston, Azor. 1918. Soya bean oil. *Midland Druggist and Pharmaceutical Review* 52(5):202-03. May. [3 ref]
• ***Summary:*** This oil is called *huile de soja* in French, *Sojabohnenoel* in German, and *olio di Soia* in Italian. "Soya beans are cultivated in Russia, Japan, China and the Southern part of the United States. Constants: Refractive index at 20ºC, 1.4768; specific gravity at 25ºC, 0.9194; solidification value, -15 to -16ºC; saponification value, 191 to 194; iodine value, 130 to 135; Reichert-Meissl value, 0.45 to 0.69. Principal components: Glycerides of oleic, linolic, stearic and palmitic acids." After discussing the oil's preparation, properties, and tests of purity, the author describes its uses: "Soya bean oil is used in soap making, in paints and varnishes as well as in making waterproof clothing. It is used as an edible oil in the manufacture of lard substitutes and oleomargarine. It is used to a limited extent as a lubricant and burning oil. 'German Coffee Berry' is a species of soya bean the seed of which, being parched and ground, is used as coffee. As a by-product the soya-bean meal is a valuable stock food." He then discusses natto, based on a 1912 article by S. Muramatsu. He adds, incorrectly, that "Tofu is a liquid preparation resembling cow's milk and manufactured from soya beans."

Note: Azor Thurston lived 1861-1922. Address: Ohio State Univ.

1006. *Los Angeles Times.* 1918. The last of the House of Honda. June 2. p. MF4-5.
• ***Summary:*** In this short story (fiction), an American traveler finds himself on the island of Luchu (perhaps Okinawa, in today's Ryukyu Islands, which extend in a 600-mile-long arc between Kyushu {Japan} and Taiwan). He is taken, at night, to the home of a stranger–a Japanese aristocrat–on a large estate. There, the servant "set before me more awamori and a dish of bean curd and bamboo root" (p. 2, col. 1.4).

1007. *Bean-Bag* (*The*) (*St. Louis, Missouri*). 1918. The soy bean. 1(1):43. June.
• ***Summary:*** Contents: Wide use of soy beans [in North Carolina]. Soy bean has food value. Soy beans for hay. Concerning food value: "This remarkable legume has a composition very closely resembling fat meat. Chemical analysis shows in its composition one-third protein, or more than is found in beef, and one-fifth of its weight in fat. And so the soy bean serves the Chinaman for both beef and butter.

"Another point in favor of the soy bean is the fact that the protein which it contains is a complete protein. That is, it is capable of fully supplying the place of lean meat, milk or eggs. It is for this reason that Chinese and Japanese are able to prepare from the soy a very good substitute for milk. A very fine cheese is also made from the soy, which is in many respects superior to ordinary cheese.

"The fat or oil of the soy is of excellent flavor and is more easily digestible than animal fat.

"The soy is a vigorous grower and produces more bushels to the acre than does the ordinary bean. Pound for pound the soy bean supplies one-half more nutriment, so that a parcel of ground planted to the soy bean supplies one-half more nutriment than if planted with ordinary beans."

1008. Johnson, Nelson Trusler. 1918. Process used by Chinese in making bean curd. *Bean-Bag* (*The*) (*St. Louis, Missouri*) 1(1):18-20. June.
• ***Summary:*** A reprint of an article with the same author and title that first appeared in *Commerce Reports* [USA] (Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce) 21(58):926-28. March 11. Address: Consul, Changsha [China].

1009. Layosa y Makalindong, Pedro. 1918. Field tests of soy beans. *Philippine Agriculturist* 6(10):276-91. June. Based on his thesis, College of Agriculture, No. 92. [8 ref]
• ***Summary:*** "Of the leguminous crops in the Philippines the soy bean is the only one of which the finished products are used. These finished products, the most important of which are the [salt pickled] soy bean curd (*tahuri*) and soy bean sauce (*toyo*) have been long known all over the islands. In spite of this evidence of its economic importance, the crop has been given but very little attention by Filipino farmers."

The field tests were carried out in the Philippines. The

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author mentions that soy beans are used in China, Japan, and other countries as a substitute for meat.

The author has carried on the breeding work with soybeans begun by Maceda in the Philippines to determine their commercial value and to find the varieties best suited for the rainy and the dry seasons, respectively. It was found that the selections from the variety Kedilcie Wit grown during the rainy season and strains from Ami's bean grown during the dry season produced the highest yields. Address: Philippines.

1010. *Gardens' Bulletin, Straits Settlements* (*The*) [*Singapore*]. 1918. Soy bean. 2(1):12. July 4.
• ***Summary:*** "The Soy bean is of enormous importance in Japan, Manchuria and China; and thence a great feature in world commerce. It is now being extensively planted in the United States. It has been said that it could not be grown in the Tropics, and some first trials of it in the Philippines a few years ago led to statements that it could not be successfully grown there. However this was merely a case of the wrong variety for the season in which the planting was done; for there are many distinct varieties of Soy of quite different possibilities; and more comprehensive trials in the Philippine islands developed the fact that certain varieties were suited only to the wet season, others only to a drier period, and some were heavier yielders of hay, others of grain, and so on, it now being recognized that soy is a practicable crop for the country.

"Three varieties were brought to Singapore from the Philippines. Two did not germinate. The third gave but few plants, but these grew well and are now setting pods. Great care should be taken to continue and develop this culture* since out of it may arise a real asset to the country. Comprehensive trials of all the plant in furnishing direct food for man and beast is but a part of its value, since its secondary products are used the world over. Vast quantities of the famous soy sauce** are consumed yearly in all parts of the world, while bean curds [probably tofu] and oil from this source are well known.

Footnotes: "* The second crop of Soy bean was for some unknown reason a complete failure. E.H.M. ** Basis also for one of the best known English [British] table sauces" [Worcestershire sauce].

Note 1. This is the earliest document seen (May 2010) concerning cultivation of soybeans in Singapore. This document contains the earliest date seen for the cultivation of soybeans in Singapore (1918). Address: Singapore.

1011. *Scientific American Supplement.* 1918. Soy beans make valuable food (Abstract). 86(2218):8. July 6.
• ***Summary:*** A near reprint of: *USDA Weekly News Letter.* 1918. "Soy beans, used like navy kind, make valuable food." May 22, p. 3.

1012. *New York Times.* 1918. A new meat substitute. Soy bean curd has been prepared here for use as food. July 21. p. 18.
• ***Summary:*** "Following experiments by the Department of Agriculture in the preparation of soy bean curd as a meat substitute, members of the National Canners' Association have received this letter from Dr. B.R. Hart, Chief of the Eastern District of the Bureau of Chemistry: 'Dr. Yamei Kin, who has been connected with the Department of Agriculture in the study of the soy bean and its properties, has been carrying on considerable work at the Laboratory of the Bureau of Chemistry, Department of Agriculture, 641 Washington Street, New York. This work has consisted of the preparation of soy bean curd in its various forms suitable for use as a meat substitute. Heretofore the soy bean has been used chiefly in the same manner as our common white bean and as a cereal substitute. The Department of Agriculture has instituted the present work in an effort to render available the high protein content of the soy bean as a partial substitute for meat in the dietary of the people of the United States. This matter is being brought to your attention because we feel that the soy bean dishes are well suited for canning, and in view of the present shortage of meat they can be added with advantage to the preparation you now have on the market.

"'A number of prepared dishes of various kinds have been made up ready for use, and these as well as the process for manufacturing the curd have been worked out quite in detail. In case you believe your firm would care to place any of these preparations on the market, or would like to make a study of them with that idea in view Dr. Kin would be glad to grant you or your representative a personal interview and explain the whole matter in detail.

"'If you care to go into this matter and will be good enough to advise us concerning the date which would suit your convenience, we will appreciate it very much.'"

Note: Dr. Kin was apparently never involved in a commercial tofu manufacturing company, as W.T. Swingle (1943) seems to imply.

1013. *Bean-Bag* (*The*) (*St. Louis, Missouri*). 1918. Foreign bean news: The bean industry in the Orient. 1(2):30-32. July.
• ***Summary:*** This is a reprint of the following document: Baker, E. Carleton. 1918. "Marketing the bean crop in Mukden district." *Commerce Reports* [USA] (Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce) 21(98):366-68. April 26.

The article also appeared "in a recent edition of the *Portland Journal."*

A photo (p. 30), titled "Japanese bean bread," shows what appear to be four cakes of extra firm or deep-fried tofu, stacked one atop the other, and tied together by a string.

1014. *Bean-Bag* (*The*) (*St. Louis, Missouri*). 1918. Chinese

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woman doctor favors soy beans. 1(3):28. Aug.
• ***Summary:*** "Dr. Yamei Kin, a Chinese woman doctor of New York City, recently spent six months in China, studying and analyzing the soy bean. Dr. Kin says that the protein contained in the soy bean is equal to that of meat, and is of great value to persons who cannot safely eat meat. It is a replacer of meat, a sort of vegetable cheese. It forms no acid. It is an alkaline form of protein.

"There are several varieties of soy beans, says Dr. Kin. They look like dried peas, and taste like pebbles. Combined with hash or any form of meat leavings, it forms a wonderful food for diabetics, as the curd contains no starch. When you eat 'chop suey,' 'chow mein' and other dishes in Chinese restaurants, the salty black sauce [soy sauce] served with the food is made of soy beans.

"Excellent cheese [tofu] can be made from soy beans, according to Dr. Kin. She says she can make roquefort cheese [fermented tofu] that smells and looks like the real thing. She also says that when the public becomes educated to the soy bean it will take its place at the head of the procession of American products. In all the world there is not a more misunderstood vegetable than the soy bean, says Dr. Kin."

1015. *J. of Agriculture and Horticulture* (*Quebec*). 1918. Soy beans as food. 22:48. Sept. 1.
• ***Summary:*** "The housewife of to-day who desires to patriotically conserve needed foods for overseas and at the same time provide adequately for her own household is naturally on the lookout for new articles to add to her dietary list. Such a one which has much to recommend it is soy beans...

"Most varieties require a longer season for maturity than our northern climate provides but there are one or two that appear to thrive in Quebec and a number of people are trying them this year. They are said to produce abundantly so it is probable that many housewives will be giving them a trial this season for the first time, and a few suggestions as to their treatment may be welcome.

"In Japan and China soy bean milk is prepared and used extensively. This milk is also sold in a condensed form and as curd [tofu]. Other preparations are vegetable butter and cheese, and the extracted oil is sold for table use and for cookery.

"The Food Preservation Demonstrations of the Canada Food Board form an interesting feature of the fall fairs this year."

Describes the preparation of: (1) Green soybeans. "If cooked when about three-fourths grown as green beans the water should be changed once during cooking". (2) Dry soybeans. Long soaking in a large quantity of water improves the flavor by assisting "in the removal of any disagreeable principle." To serve as baked beans, in a crock, add to 2 cups cooked beans, ¼ teaspoon mustard, salt, a few grains of cayenne pepper, ½ cup tomato catsup, or if desired a few drops of onion juice, or 2-3 tablespoons molasses, or a teaspoonful of Worcestershire sauce. (3) Soy flour. "The raw soy beans may be ground into meal and combined with flour for bread, biscuits, or muffins. In the bread 1/3 soy bean meal may be used, in the biscuits and muffins a larger proportion." The meal tastes best if slightly browned.

Note: This is the 2nd earliest document seen (Jan. 2010) concerning soybeans in Quebec province, Canada, or the cultivation of soybeans in Quebec province (one of two documents). Address: Canada.

1016. Registration card: For Heiji Ohta. 1918.
• ***Summary:*** Serial number: Illegible. Order number: A4765. Permanent home address: 86½ 5th North, Portland, Oregon. Age in years: 45. Date of birth: Sept. 22, 1874. Race: Japanese.

U.S. Citizen–Native born: No. Naturalized: No. Citizen by father's naturalization before registrant's majority: No. Alien- Delinquent: No. Present occupation: Grocery. Employer's name: (blank = self employed). Nearest relative–Tayo Ohta. Address: 86½ N. 5th, Portland, Oregon. "I affirm that I have verified above answers and they are true." Signed: Heiji Ohta.

Registrar's report: 36-1-10 "C." Description of registrant: Height: Medium. Build: Medium. Color of eyes: Brown.

"I certify that my answers are true..." Signed: N.J. Tochio, Sept. 12th 1918.

Stamp of local board, Portland, Oregon.

1017. Registration card: For Saizo Ohta. 1918.
• ***Summary:*** Serial number: Illegible. Order number: A2553. Permanent home address: 223½ Madison, Portland, Oregon. Age in years: 38. Date of birth: April 14th 1881. Race: Japanese.

U.S. Citizen–Native born: No. Naturalized: No. Citizen by father's naturalization before registrant's majority: No. Alien–Delinquent: No. Present occupation: Hotel. Employer's name: (blank = self employed?). Nearest relative–Shina Ohta. Address: Okayama, Japan. "I affirm that I have verified above answers and they are true." Signed: Saizo Ohta.

Registrar's report: 36-1-10 "C." Description of registrant: Height: Medium. Build: Medium. Color of eyes: Brown Black.

"I certify that my answers are true..." Signed: N.J. Tochio, Sept. 12th 1918.

Stamp of local board for Division No. 1, City of Portland, State of Oregon. 316 Mo...

Note: This document relates to the Ota Tofu Co. of Portland, Oregon. From this we can almost surely conclude that Saizo and Shina are married and that she is in Okayama, Japan; why she did not come to the USA with him we do

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not know. Since Saizo and Heiji were registered by the same person on the same date at the same place, they probably traveled to Portland from Japan together; why, we do not know.

1018. Jordan, Sam. 1918. Soy beans from soup to nuts: A new crop with many uses both on farms and in factories. *Country Gentleman* 83(39):7, 34. Sept. 28.
• ***Summary:*** Begins by discussing: The possibilities of soy beans "as a substitute for meat." The rising demand for "soy oil" which started a few years ago when the flax crop was little better than a total failure. "Industrial uses" of soy oil in soap, paint, and varnish. "Several packing houses were experimenting with the oil as a possibility in oleomargarine manufacture." "Soys fix soils for cotton." "Varieties of soy beans have been matured as far north as Quebec" [Canada]. The "development of the soy in the cotton sections will no doubt be swifter from an industrial standpoint because of the already existing facilities for oil extraction."

Concerning food uses, the author believes that "the soy bean as human food is destined to play a leading part in the way of a substitute for meat. From studies made of soy beans as food, the use of flour seems to be one form in which their use will suit the American taste and palate best."

"I have heard that the soy-bean milkman comes around before breakfast each morning in the Orient and leaves soy-bean milk." A Chinese student recently verified this story and said that in his family's household "it was customary to drink a glass of the milk upon arising." The student added that fried bean curd was often served for breakfast, and with soy sauce for dinner. "This soy sauce is something more or less familiar to Americans, the acquaintance being contingent upon the frequency with which our Chinese restaurants are patronized. It is the dark-brown liquid usually on the tables in the vinegar bottles. It is also the base of our Worcestershire sauces.

"For supper a favorite dish is sprouted beans in salad form, mixed with small pieces of meat or egg. They usually have also some form of bean cheese or fermented boiled beans. Next to baked and boiled beans, the preparation of soy-bean milk is a thing which should be more widely known."

"The author gives a brief description of how this milk is made, noting that it can be used in "cream sauces, puddings, custards, and even ice cream when some high flavoring is added to kill the beany taste. Much of the strong taste can be eliminated by boiling the milk slowly and stirring to prevent scalding.

"The residue [okara] obtained by straining the milk makes an excellent base for muffins and even bread, when it is used in the proportion of one part to three or four parts of wheat flour."

"In regard to fresh bean curd or 'tofu,' as the Chinese call it, it is hardly probable that we shall use it generally at an early date. The process of making it will no doubt come through the activities of our increasing number of women home-demonstration agents and, also, it is being made commercially by several Chinese firms in this country. When it does become more widely known, however, it is destined to be used extensively. It has very little taste of its own, and takes the flavor of everything with which it is used, generally as a base. It is also highly nutritious.

"Soy sauce is likewise destined for greater use, but the process of its manufacture is too complicated for domestic preparation. It can be purchased at Chinese groceries in this country, and probably from the majority of Chinese restaurants.

"Another dish which tastes as good as it looks or sounds is soy-bean sprouts. The smaller beans, of some yellow or green variety, are usually used." They are excellent because of "their use in the winter, acting as a green vegetable, and the fact that the vegetable can be had whenever wanted."

"And here is one for vegetarians–a 'vegetarian roast.' This is made by using equal parts of soy beans and peanuts, with the peanuts roasted and the beans boiled until soft before both are mixed and treated as an ordinary meat loaf. Such a roast as this is now being prepared by several food-manufacturing firms in the South, where both peanuts and soy beans are plentiful. It is being placed on the market in one and two pound containers."

"The beans served as a green vegetable are treated after hulling in much the same manner as Lima beans or peas. To hull, however, they should be boiled in the pods for about five minutes, then dipped into cold water, after which they shell easily. They can also be canned in this way, treating them after hulling the same as Lima beans. It is often desirable to serve them with rice or potatoes."

"So here we have a small glimpse of what their [soy beans'] future really is. A crop with a great industrial importance, a crop with known forage and manurial possibilities, and a crop holding forth a beneficent promise as an essential food, soy beans will soon be giving corn and wheat a close race for the more prominent places on our agricultural map."

Photos show: (1) Soy beans after being soaked but before boiling. (2) Piles of hay, used for forage. (3) Side view of a soy-bean harvester (with a man on top, pulled by two horses) used in the South, showing the bags filled. (4) A rear view of the same separating and bagging soy-bean harvester.

Note 1. This is the earliest document seen (March 2012) that uses the term "from soup to nuts" in connection with soybeans.

Note 2. This is the earliest English-language document seen (Jan. 2013) that uses the term "soy-bean sprouts" to refer to these sprouts. Address: Columbia, Missouri.

1019. *Bean-Bag* (*The*) (*St. Louis, Missouri*). 1918. A new

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meat substitute. 1(4):23. Sept.
• ***Summary:*** "Following experiments by the Department of Agriculture in the preparation of soy bean curd as a meat substitute, members of the National Tanners' Association have received this letter from Dr. B.R. Hart, chief of the Eastern District of the Bureau of Chemistry:

"'Dr. Yamei Kin, who has been connected with the Department of Agriculture in the study of the soy bean and its properties, has been carrying on considerable work at the laboratory of the Bureau of Chemistry, Department of Agriculture, 641 Washington Street, New York. This work has consisted of the preparation of soy bean curd in its various forms suitable for use as a meat substitute. Heretofore the soy bean has been used chiefly in the same manner as our common white bean and as a cereal substitute. The Department of Agriculture has instituted the present work in an effort to render available the high protein content of the soy bean as a partial substitute for meat in the dietary of the people of the United States. This matter is being brought to your attention because we feel that the soy bean dishes are well suited for canning, and in view of the present, shortage of meat they can be added with advantage to the preparation you now have on the market.

"'A number of prepared dishes of various kinds have been made up ready for use, and these as well as the process for manufacturing the curd have been worked out quite in detail. In case you believe your firm would care to place any of these preparations on the market, or would like to make a study of them with the idea in view, Dr. Kin would be glad to grant you or your representative a personal interview and explain the whole matter in detail.'"

1020. *J. of Agriculture and Horticulture* (*Quebec, Canada*). 1918. Soy beans, used like navy kind, make valuable food: Ancient China's product can be serve in numerous ways. Oct. 1. p. 67.
• ***Summary:*** From Weekly News Letter, U.S. Dept. of Agriculture [22 May 1918, p. 3]: "When prepared like the ordinary field or navy beans, soy beans should be soaked for 10 or 12 hours or more, if necessary, and boiled slowly. The boiled soy beans,... may be seasoned and used as a principal part of a meal as they are or may be made into bean loaf, bean croquettes, or other dishes.

When soy beans are three-fourths or more grown, the seed make a palatable and nutritious green vegetable.

Also discusses "soy-bean milk" ("a milky emulsion is obtained which is similar in appearance and properties to cow's milk"), "tofu or bean curd" (the addition of either magnesium chlorid [chloride] or calcium sulphate to soy-bean milk precipitates some of the proteid substances, forming a grayish-white curd).

"Soy or shoyu sauce is a dark-brown liquid prepared from a mixture of cooked and ground soy beans, roasted and pulverized wheat or barley, salt, and water, inoculated with a culture known as rice ferment and left in casks to ferment for six months to a year or longer. The liquid obtained is used in many countries, including the United States, as a sauce for meat or vegetables."

1021. MacDougal, Sarah. 1918. The soy bean's many aliases: An artistic and appetizing demonstration of the many-sidedness of a 2,000-year-old Chinese vegetable that is meat, fish, milk, butter, cheese and many more in one. *San Antonio Light* (*Texas*). Oct. 6. p. 44. [1 ref]
• ***Summary:*** "Soy beans: Once I tried to cook them. After that I never wanted to hear any more about them. But that was before I went the other day to see Dr. Yamei Kin, a Chinese woman who is giving her time and talents to the Government to help solve the food problem.

"I found her in a blue silk kimono and a big white apron hustling about the kitchen in the United States Department of Agriculture Laboratory on Washington St., New York. The place looked as if some one had just milked the cows and brought in the milk pails. On the floor near the stove were two twelve-quart pails filled with warm milk. The Chinese boy helper strained the stuff through an aluminum strainer and cheesecloth. They were going to make cheese.

"That same Chinese lad had just finished milking the soy bean before I came in. That may sound queer, but it's all very simple. If we knew as much as we ought to know about soy beans there wouldn't be any absolute necessity for cattle or grazing lands or winter fodder. Because soybeans are ready to supply meat and milk and butter and cheese and all the rest of it. Dr. Kin said so and there were rows of jars and bottles on shelves and tables in that kitchen to prove it."

"'I might talk to you until doomsday about the manifold uses of soy beans, but you wouldn't understand,' she told me candidly, and then invited me to have luncheon in her apartment [at No. 56 West Eleventh St., New York City], promising a practical and palatable demonstration."

Since her guest had said that Roquefort was her favorite kind of cheese, Dr. Kin said she would serve that–[fermented tofu] made from soy beans–at the luncheon.

"Dr. Kin was born of Christian parents at Ningpo, south of Shanghai. Her father was a native pastor. Both parents died when she was three years old, and the Chinese child was taken into the home of medical missionaries, Dr. and Mrs. D.B. McCarter. When they came to the United States on furlough, she came with them. When she was sixteen she entered the Woman's Medical College of New York Infirmary for Women and Children, was graduated three years later, took a post graduate course for two years, and went back to China to practice medicine. She was appointed head of the Imperial Peiyang Woman's Medical School and Hospital, and later she was made head of woman's hospital work in northern China. She was married in 1894 and retired to private life. Her husband died a few years later, and in order to support herself and her son, Dr. Kin embarked on a

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lecture tour.

"Food is only one of the subjects she is interested in. She is recognized as an authority on Chinese art and literature.

"The one thing uppermost in her mind to-day is the winning of the war. She believes that food is one of the greatest agencies to that end.

"'My boy [Alexander] is at the front doing his bit,' she told me simply, and added: 'I want to do mine, too.'"

An excellent portrait photo shows Dr. Yamei Kin.

1022. *Bean-Bag* (*The*) (*St. Louis, Missouri*). 1918. Products secured from a ton of soybeans (Diagram). 1(5):37. Oct.
• ***Summary:*** This diagram shows all the things that can be made from 2,000 pounds of soybeans: Meal 1,650 lb. Oil 32 gallons. Trash and moisture: 120 pounds.

From the meal: Food (animal or human), fertilizer, and cellulose. Human foods include macaroni, flour, soy sauce, milk [soymilk], cheese [tofu], coffee, lard [sic].

From the oil: Food (cooking oils, butter [substitute, lard substitute]), paints, enamels, blown oil (linoleum, varnishes, India rubber substitutes), soap stock (soaps, glycerine).

1023. MacDougall, Sarah. 1918. Introducing to America an entirely new food–The soy bean: Dr. Yamei Kin. *Bean-Bag* (*The*) (*St. Louis, Missouri*) 1(5):17-19. Oct.

• ***Summary:*** From St. Louis Post-Dispatch Sunday Magazine: "Soy beans! Once I tried to cook them. After that I never wanted to hear any more about them. But that was before I was invited to a soy bean luncheon in a Greenwich Village apartment. Whenever anyone said 'soy beans,' I would recall that bowl of pebbles and then an unspeakably unpalatable mass of stuff that had to be thrown away. But now! As long as I live soy beans will seem like a symbol of pleasant sensations inside and out. I must tell you about that luncheon.

"I went the other day to see Dr. Yamei Kin, a charming Chinese woman, who is giving her time and talents to the Government to help solve the food problem. Her specialty is Oriental food, especially soy beans, and she has been spending the summer showing how that food can be adapted to Occidental appetites. I found her in a blue silk kimono and a big white apron, hustling about the kitchen of the United States Department of Agriculture Laboratory in New York.

"The place looked as if somebody had just milked the cows and brought in the milk pails. On the floor near the stove were two 12-quart pails filled with warm milk. Dr. Kin was starting to make curds and whey. I watched her put a couple of spoonsful of fluid into each pail and saw the milk curdle in the good old way. Then the Chinese boy helper strained the stuff through an aluminum strainer and cheesecloth. They were going to make cheese.

"The Chinese lad had just finished milking the soy beans before I came in. That may sound queer to a mind that doesn't orientate toward those beans. But its all very simple. If we knew as much as we ought to know about soy beans there wouldn't need to be any cattle or grazing lands or winter fodder. Because soy beans are ready to supply meat and milk and butter and cheese and all the rest of it. Dr. Kin says so. And there are rows of jars and bottles on shelves and tables in that kitchen to prove it. Besides, there was a soy bean luncheon.

"The beans from which the milk had been extracted were soaked the night before. In the morning the Chinese lad put them through the mill, which is part of the kitchen equipment. It looks primitive, being made of two huge pieces of granite, imported from China. In its homeland this mill is worked by coolies, in New York by electricity. When the grist comes out of the mill it is strained. That was the stuff that filled those two pails. Dr. Kin told me that in China people eat the curds and cheese in their natural state. Here, however, she is making that cheese a base for a series of camouflage experiments.

"'We made ours into fish for dinner last night,' said a man from a nearby laboratory, who comes in every day to find out whatever happens to be new about soy beans.

"'How was it?' asked Dr. Kin.

"'Great,' said the man. 'My wife fried a couple of fish and then fried some soy bean cheese in the gravy, and, honest to goodness, I couldn't tell which was which. It has a way of absorbing the flavor of whatever it's cooked with,' he explained to me.

"'We had ours with chops,' remarked another laboratory expert who joined us. His name was Mr. Gleason. He declared that if he didn't know the difference he might have thought he was eating an extra chop. Everybody in the place was ready to root for soy beans.

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"Dr. Kin explained that the reason the soy bean has been misunderstood in America was because people didn't take the trouble to investigate and analyze It, and to find out what are its food properties with reference to the nutrition we get from meat and vegetable.

"'Don't try to think about soy beans in a scientific way,' she advised me. 'This thing I am working with is in reality a vegetable cheese. It takes the place of meat. We've been using soy beans in China for over 2,000 years, and they are really very delicious and nutritious,' this in an offhand way, as if an experiment of 20 centuries or so ought to pave the way for the American appetite. She didn't want me to get my mind cluttered with such terms as carbohydrates and proteins.

"'I wouldn't waste a minute experimenting with food that was merely nutritious,' she told me. 'This whole movement about finding out the possibilities of food is part of the cultural development of the American people. The older a civilization becomes, the more people like to be surrounded by beautiful things. Chinese art, you know, is the most highly developed art in the world. All this bother about beans is not a question of science or of what is good for us, but it is a question of what is dainty, what is nice, what appeals to the taste. Making a study of eating is a part of the fine art of living.

"'American women, you must admit, are lacking in artistic sense. That is because the country is so young. When the process of refinement is farther advanced they will not regard household work, and especially cooking, as drudgery. It is really art. The older nations, being more cultured, make a deeper study of things. Chinese, for instance. But the Americans are very susceptible, very open-minded and frank and eager to acquire new ideas.

"'The trouble with vegetarians was that they expected us to eat such awful things. I'm not a vegetarian, but I must admit that I find great satisfaction in being able to sit down to most of my meals without facing the fact that I am eating slices of what was once a palpitating little animal, filled with the joy of life. I shouldn't be surprised if the soy bean will save the lives of many American animals.'

"On a long table was a row of glass jars filled with what looked like slices of white cheese [fermented tofu]. It was soy bean cheese. A jar was filled with a brownish paste [probably a type of Chinese jiang]. It was soy beans. There were bottles filled with the condiment we get with chop suey. That, too. was made from soy beans. Talk about dual personalities! The soy bean has so many aliases that if you couldn't like it in one form you would be pretty sure to like it in another.

"Dr. Kin has been trying any number of experiments with a view to boosting the bean to a bigger place commercially. In due time the results of all these experiments will be catalogued at Washington [DC]. Perhaps some day there will be a Bureau of Beans, from which may be obtained for the asking recipes on a thousand ways to prepare soy beans.

"Because she is working for the Government Dr. Kin doesn't disclose many details about the things she is doing. All that is worth while will be public information in due time, she says. Canning curds and cheese so they can be kept an indefinite length of time and then utilized in various forms is something she is trying to perfect.

"'I might talk to you until doomsday about the manifold uses of soy beans, but you wouldn't understand,' she told me candidly. Then she invited me to have luncheon in her apartment, promising me a practical and palatable demonstration that would make an impression in the way food ought to interest us. Of course, I was charmed with the idea. The only hitch was that I had to have luncheon without my hostess. Dr. Kin was going out of town early in the afternoon.

"While the Chinese lad was getting his instructions about piloting me to the apartment and serving luncheon, Dr. Kin turned to me and asked what kind of cheese I liked best.

"'Roquefort,' said I.

"'That's good,' said she, and then she told the boy something else in Chinese, told me she hoped I'd enjoy the luncheon and invited me to spend all afternoon at the flat if I cared to read any of her books or look at her pictures.

"Before we turned in at 56 West Eleventh street, I discovered that Wei, my amiable escort, was somewhat limited as to English vocabulary. He had been here only six months. When he entered the apartment he ushered me into a cool-looking parlor, indicated a comfortable big chair beside an open window, and disappeared with a smile that seemed to say: 'I'll rustle along the luncheon if you just sit there and fan yourself.'

"In a corner over near a window there was a big mahogany desk that looked like business. On it was the photograph of a Chinese-American youth, a strapping tall fellow who looked every bit a soldier. He is Dr. Kin's soldier son, Alexander, 21 years old, who left college to enlist as a private, and is now with Pershing's Eighty-second Division.

"A book and a magazine lay side by side on that desk. The book was Rabindranath Tagore's 'Nationalism.' The magazine was 'The Bean Bag.' I took up the magazine. Here are a few things I learned:

"Three million acres have been cultivated to soy beans in the South, principally in North Carolina; man could come nearer living well on soy beans alone than on any other food: it is the nearest substitute to meat there is; containing starch, sugar, fat, cellulose, albuminoids, mineral salts; a new harvester has been invented that threshes the beans on the vines, over 100 American manufacturers are using soy bean oil for soap, paint, varnish, enamel, salad oil; soy beans are listed in the food market of the District of Columbia; the soy. or soja, is the first and oldest of the 150 branches of the bean family; Manchuria claims the honor of its nativity;

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the Manchurian railroad recently opened a branch and an improvement station for distribution of the Ssupingkai special." Continued.

1024. MacDougall, Sarah. 1918. Introducing to America an entirely new food–The soy bean: Dr. Yamei Kin (Document part II). *Bean-Bag* (*The*) (*St. Louis, Missouri*) 1(5):17-19. Oct.

• ***Summary:*** From St. Louis Post-Dispatch Sunday Magazine: Continued. "While I was trying to figure out how to pronounce that word Wai came in so quietly I hadn't heard him enter.

"'Please.' said he, with a slight bow and a wave of one graceful hand toward the dining room, smiling and amiable as ever.

"I hadn't even heard him lay the table, although the door to the dining room was open.

"I took my place at the head of the table.

"'Soy beans,' said Wai, with another gracious smile, introducing the contents of the green pepper on my blue plate. Then the boy disappeared silently.

"An hour earlier I had been starvingly hungry. But there I sat looking at that decorative food. I recalled something Dr. Kin had said about art and eating. Before me was a symphony of blue and white dishes on dainty blue and white doilies, with a vase of crackled green glaze filled with asters and asparagus ferns on the center of the table.

"If Dr. Kin hadn't told me I was going to have a soy bean luncheon I wouldn't have believed that pepper was stuffed with anything that was even a distant relation to the soy beans I had tried to prepare. Honestly, I've never tasted anything more delicious. The little salted biscuits were made of soy bean flour. In due time Wai came in with the dessert.

"'Soy beans,' said he, introducing a trembling pyramid of chocolate blancmange, topped with white sauce. He stood there until I tasted it, and when I looked up incredulously, he smiled affirmation and repeated: 'Soy beans.'

"There was nothing to do but believe the boy. It was so good it didn't seem to matter what it was made of, for I was beginning to forget that I was out on a story. Then he brought some cheese and went through the same old ritual by way of introduction. Dr. Kin had asked what kind of cheese I liked. It didn't look like roquefort. but it certainly tasted like it. And Dr. Kin had told me it could be made for next to nothing, that it would be so inexpensive that everybody could afford to eat it.

"Of course I wanted to know just how all these palatable things were prepared. But Dr. Kin told me before I went to luncheon that she is not giving out any recipes while she is working for the Government–that they will be made public from Washington [DC] in due time.

She did tell me afterwards, however, that the green pepper was stuffed with chopped soy bean curd, which had been made up like chicken hash, with onions, celery and some chicken stock, but no meat. The cheese was entirely made of the soy bean curd, which had been through a cheese process to make the different brands of cheese. The dessert was made of a little red bean, flavored with chocolate.

"If anyone asks you to a soy bean luncheon. don't miss it. It isn't a question of what is good for you. It is a question of what is dainty, nice–what appeals to the taste, and you will find it a lovely little contribution to the art of living."

Note: On page 21 of this issue is the following notice: "Corp. A.A. Kin killed in action."

"Corp. [Corporal] A. A. Kin, only son of Dr. Yamei Kin, noted Chinese woman scientist who has been making extensive tests of the soy bean for the Government, was killed in action in France just before the armistice was signed. Corp. Kin was a graduate, of Columbia University.

"Dr. Kin was employed in the Government laboratory at New York, and found many ways of using the soy bean as a human food. She has now returned to China."

1025. Winkler, Gustav. 1918. Die Sojabohne: Aus einem Vortrage... gehalten in der Hauptversammlung der Gartenbau-Gesellschaft Frankfurt a.M. am 17. April 1914. Zweite Auflage [The soybean: From a lecture... presented at the main meeting of the Gardening Society of Frankfurt am Main, on 17 April 1914. 2nd ed.]. Mainkur bei Frankfurt am Main, Germany: Published by the author. ii + 28 p. Illust. 22 cm. [4 ref. Ger]

• ***Summary:*** On the cover: "Die Sojabohne der Mandschurei [The soybean of Manchuria]. Much of this lecture (as stated on the title page) was based the following English-language article, translated into German by Werner Winkler (Gustav's son) in 1913: Shaw, Norman. 1911. "The soya bean of Manchuria." *Shanghai, Statistical Department, Inspectorate General of Customs. China Imperial Maritime Customs. II. Special Series* No. 31. 32 p.

Contents: A 2-page insert at the front. Photos show: (1) The author (with a large white beard and moustache) with a many-branched soybean plant, stripped of its leaves, mounted on a 2 x 3 foot wooden board, from his beanfield (*Winklers Bohnenfeld*) at Mainkur. This one plant grew from May 10 to Oct. 15, 6 months, producing 242 pods containing 503 completely mature soybeans. This line was acclimatized for 6 years and cultivated in the soil for 5 years. (2) The author standing and holding (with the roots facing upward) one soybean plant in each hand. In his right hand is an acclimatized soybean which produced 58 beans in 100 days. In his left hand is a plant grown from Chinese seeds of 1912-13 which produced 224 flowers and no seeds in 100 days. (3) A many-branched soybean plant, stripped of its leaves, from Winkler's beanfield, affixed to a board. Grown from Chinese seeds harvested in 1911/12. It grew from 15 May 1917 until Oct. 1, five months. 105 pods produced about 250 completely mature soybeans. From seeds that were not yet acclimatized grown on cultivated soil. (4) A similar looking

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plant from Winkler's beanfield. Grown from Chinese seeds harvested in 1911/12. It grew from 15 May 1918 until Oct. 15, five months. 160 pods produced about 350 soybeans. The seeds were not yet completely ripe because of bad, raw weather in 1918.

Foreword to the 2nd edition. Introduction. Diagram in the shape of a rhombus / diamond, showing how the various colored soybeans change from one color into another (adapted from Shaw 1911, p. 2). Description of the diagram: Discusses: (1) Ball, Carleton R. 1907. "Soy bean varieties." *USDA Bureau of Plant Industry, Bulletin* No. 98. 30 p. + 5 plates. May 27. (2) Hosie, Alexander. 1910. *Manchuria: Its People, Resources, and Recent History.* London: Methuen & Co. xii + 293 p. Hosie describes 3 types of soybeans: Yellow, with 3 subvarieites. Green, with 2 subvarieites. Black, with 3 subvarieites.

The rest of the contents is fairly similar to that of the 1st edition (1914), but the details within many sections are greatly expanded. On the rear cover is a photo of two soybean plants attached to a board, one month after planting the seed, Summer 1917; 15 May to 15 June. In the Supplement (p. 26-28), the author summarizes the results of his 8 years of soybean cultivation in Frankfurt; he concludes that it can be grown with good results in southern Germany. Frankfurt am Main is about midway between the northern and southern tips of Germany. Address: Mainkur bei Frankfurt am Main, Germany.

1026. *Schweizerische Milchzeitung* (*Schaffhausen, Switzerland*). 1918. Soja-Milch [Soymilk]. 44(93):1. Nov. 22. Friday. [Ger]
• ***Summary:*** The soybean is imported in large quantities to Europe for industrial uses. In the *British Medical Journal* of April 1918 [April 13, p. 430] we find a recipe for the preparation of soya milk. The recipe is summarized and the properties of soymilk are described. When fresh, this "soybean milk" has a slightly acid reaction, is microscopically homogeneous, and in its physical properties, resembles cow's milk. Lactic fermentation bacilli are active in it. It contains 3.13% casein and 9.89% fat. As the fat is rather oily, churning is impossible. When soymilk is heated, a skin [yuba] forms on its surface. A cheese [tofu] can also be made from soymilk. Soymilk and its derivatives are rich in phosphates, which would be good for nourishing infants and children. In normal times, soymilk should be very inexpensive. The residue from making soymilk [okara], which is still rich in nutrients, could be used in making cakes.

1027. *Christian Science Monitor.* 1918. Kei Hara cabinet: New Japanese Prime Minister heads ministry of self-made men, whose policy is for economic advancement of the nation. Nov. 28. p. 7.
• ***Summary:*** "Mr. Utaro Noda, Minister of Communications, is one of the best-known characters of Japanese public life. His very humble parents lived in a village near Nagasaki, where his young manhood was passed as a vendor of 'tofu,' or bean-curd, a staple food of the poor of his native district. Tramping the country roads with his tofu stick over his shoulder, he found time to study sufficiently to give himself quite a fair education,..."

1028. Arnold, Julean. 1918. Chinese products of interest to Americans. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 21(299):1110-19. Dec. 21.
• ***Summary:*** About Chinese vegetable products. Two long sections ("Chinese production of beans" and "Extensive use of bean products–Exports during 1917") contain detailed discussions of soybeans and soyfoods in China. However, the author states (p. 1112) that the "greater part of the descriptive information above is taken from:" Shaw, Norman. 1911. "The soya bean of Manchuria." *Shanghai, Statistical Department, Inspectorate General of Customs. China Imperial Maritime Customs. II. Special Series.* No. 31. 32 p.

The first of these sections states: "It is only within the past 10 years that the outside world has become acquainted with the soya bean of China. It is probably safe to say that the sudden rise of the soya bean from a position of comparative obscurity to a position of prominence in the world of trade, during a period of little more than a decade, constitutes one of the commercial wonders of the world.

"In the Far East soya beans are used for the following purposes: (1) For bean sauce or soy ('soya' is a corruption of the Japanese 'shoyu'), known to the Chinese as 'chiang-yu' and made... The sauce is clear, resembles Worcestershire sauce, and is used in a somewhat similar way. (2) For 'chiang' or bean paste, eaten with fish, meat, and vegetables, and made by... (3) For 'tou-fu' or bean curd [tofu], made from green or yellow beans by... (4) For a form of flour, extensively used for bean vermicelli, which is tasty and nutritious. (5) As a table vegetable [green vegetable soybeans]. (6) For soups. (7) For making confectionery (in Japan). (8) For oil, as a substitute for lard, as a lubricant, as an illuminant, and to make waterproof cloth, paper umbrellas, and lanterns."

Also discusses "Exports of peanuts" (p. 1118-19): Just before the outbreak of World War I, the peanut export industry in China reached a peak. "The annual exports then were about 70,000 tons of shelled peanuts and about 50,000 tons of oil. More than 40% of these exports went from the port of Tsingtau [Tsingtao] as Shantung has developed into the largest peanut producing Province in China." Address: Commercial Attaché, Peking.

1029. Castet, M. 1918. Utilisation du soja [Utilization of soybeans]. *Revue Horticole de l'Algerie* 22(10-12):160-61.

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Oct/Dec. Meeting of 20 Oct. 1918. [2 ref. Fre]
• ***Summary:*** The author (a woman, Mlle. Castet) is especially interested in the use of soymilk (*le lait de Soja*) for infant feeding. The soybean grows very well in Algeria and easily gives abundant harvests. In a small household, soya can furnish milk and very nourishing pastries at a low price. Properly prepared and cooked, it has an acceptable taste. Sweetened appropriately, infants also accept it well. One can mask its less agreeable flavor with two drops of essence of cut hay.

By reason of their extremely low price, one can pardon soymilk and tofu (*fromage de Soja*) if their flavor is not quite as good as their dairy counterparts.

According to the author, soymilk can entirely replace cow's milk. She believes that its use in place of cow's milk would reduce infant mortality.

Okara (*la drèche, drêche* = dregs or residue) can be used to make a sweet paste or cookies. Add half its weight of sugar plus just enough water to cover, then cook for at least one hour to give it an attractive brown color, with the taste and appearance of almond paste. It can be consumed as is or used to make stuffed dates. "One can even push the technique further. Mix with this jam one egg yolk, 2 egg whites (beaten until fluffy), and 3-4 gm of bitter almonds (crushed). Spoon onto a cookie sheet and bake for 4-6 minutes. Remove the cookies before they cool, lest they stick to the sheet."

Mlle. Castet also made a cheese (tofu) from soymilk, using magnesium chloride as a coagulant. Address: Secrétaire de la Société d'Horticulture d'Alger, Algeria.

1030. Crevost, Charles. 1918. Plantes oléifères de l'Indochine [Oil-bearing plants of Indochina]. In: Congrès d'Agriculture Coloniale, Gouvernement Générale de l'Indochine. 1918. Hanoi-Haiphong: Impr. d'Extrême-Orient. 57 p. Series: Hanoi No. 6. See p. 26-27. [100* ref. Fre]
• ***Summary:*** Following an overview, the various oil-bearing plants are described in detail, organized by family. The section on Soja (p. 26-27) states: Indigenous names in Cochin China, Annam and Tonkin: Dau nanh, Dau tuong. Cambodia: Sandek sieng. China: Teou [dou]. Japan: Daizu mame. The plant is widely cultivated in Indochina for its seeds which, although not consumed directly as food, are used nevertheless to make various other foods: cheeses (dau phu and dau oc [tofu]), and a condiment sauce [soy sauce] (tuong).

In Indochina there is only one variety of soybean, which has oblong yellowish-white seeds, slightly flattened, more or less large according to its place of origin, whereas in China and Japan soybeans come in various colors and colorations.

The best seed in the colony come from Cambodia and the province of Lang-son in Tonkin.

It is well known that soy protein (*graine de soja à base de caséo-sojaïne*) serves as the basis for numerous food preparations; but the seeds are now most widely used in the manufacture of an oil, used for illumination [in lamps] or food; it tends to replace cotton oil in the soap industry, whereas soybean cakes (*les tourteaux de soja*) are considered excellent for use as a fertilizer or for fattening cattle.

A table shows nutritional analyses of soybeans from three locations, conducted at the colonial garden of Nogent-sur-Marne: Laos, Tonkin, and Manchuria. For each the moisture, protein, oil, carbohydrate, and mineral content are given.

Also discusses: Peanuts (p. 25-26, with illustration facing p. 25, and 9 references), sesame (p. 29-30, with illustration facing p. 29), perilla (p. 30).

Note the interesting phrase *graine de soja à base de caséo-sojaïne*, based on the work of Li Yu-ying near Paris, France. Address: Inspecteur des Services agricoles et commerciaux; Conservateur du Musée [Maurice Long] agricole et commercial de Hanoi.

1031. Morse, W.J. 1918. The soy-bean industry in the United States (Continued–Document part II). *Yearbook of the U.S. Department of Agriculture* p. 101-11. For the year 1917. See p. 106-10. Contains many photographs by Frank N. Meyer.
• ***Summary:*** Continued from p. 106. "Soy beans for human food: In Asiatic countries, especially China and Japan, the soy bean and the various food products made from it are so largely consumed that it is second only to rice in importance as a food crop. The soy bean is eaten only to a very small extent like other beans, but in China and Japan it is elaborated into a great variety of products, all having a high percentage of protein and making a well-balanced diet when eaten in connection with the staple food, rice. Some of these products are said to be eaten at every meal and by rich and poor alike. Of these numerous preparations, only one, 'shoyu,' or 'soy sauce,' has been introduced to any extent in other countries. It is quite possible that some of these products would appeal to the American taste and with proper exploitation become established on the American market.

"Although the soy beans as an article of food has attracted attention from time to time in the United States, thus far it has been used but little except as a special food for invalids. The beans contain only a trace of starch and are highly recommended as a food for persons requiring a diet of low starch content. During the past year, however, much interest has been manifested in the possibilities of the soy bean as a staple food.

"Many schools of cookery and domestic science throughout the country have conducted experiments rather successfully, utilizing the dried beans in the manner of the navy bean. As a result, the dried beans can now be purchased in the markets in nearly all of the large cities. The variety and palatability of the forms in which the bean can be served make it a very desirable article of food, and it may be expected to grow in favor as it becomes better known (p.

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107)."

"Dried beans:... During the season of 1916 about 100,000 bushels of American-grown [dried] soy beans were packed as baked beans by several canning companies in the Central and Eastern States." Properly roasted, the dried beans "make a good coffee substitute. Those fond of cereal beverages pronounce it equal to many of the preparations on the market. In China, the beans are soaked in water and roasted, the product being eaten after the manner of roasted peanuts. This method of preparing the beans is improved by soaking the beans for about twelve hours in a 10 per cent salt solution, boiling slowly for about 30 minutes, and then roasting to a light-brown color. The yellow-seeded and green-seeded varieties are preferable, as they make a product of better appearance.

"Green beans: When soy beans are three-fourths or more grown, the seed makes a most palatable and nutritious green vegetable. As such it may be used much as is the green pea or the Lima bean. The pods are somewhat tough and not desirable to eat. The green beans are rather difficult to shell, but after cooking in the pods for about five minutes, they shell out very easily."

"Soy-bean milk:" If dried soy beans are soaked, crushed, and boiled "a milky emulsion is obtained which is very similar in appearance and properties to cow's milk. This liquid, separated out by means of a very fine sieve or through a cloth filter, is the soy-bean or 'vegetable' milk used so extensively in China." "Soy-bean milk has a rather strong characteristic taste and odor which may be masked by the addition of a small quantity of coumarin or vanillin. This 'vegetable milk' can be used in numerous preparations, such as breads and cakes, in creaming vegetables, in milk chocolate, and in custards. If allowed to remain in a warm place the milk becomes sour, like animal milk, and in that form may be employed just like sour milk or buttermilk...

"After separating the milk from the solid material, the residue [okara] is still very rich in nutritive substances. It can be dried and used for cattle feed or possibly made into a meal or flour for human consumption."

"Soy-bean cheese: "The addition of magnesium or calcium salts (about a 1 per cent solution) to soy-bean milk when hot precipitates some of the proteid substances, forming a grayish white curd which settles out, leaving a yellowish watery liquid. This curd, after being drained and pressed, represents the tofu, or bean curd, which is so extensively eaten and forms the basis of numerous fermented, smoked, and dried cheeses in China and Japan (Plates III and IV). Tofu is made fresh daily and is a staple article of diet of oriental peoples. In many cities of the United States having a large Asiatic population, fresh bean curd generally may be found in the Chinese markets. Although the fresh curd, or tofu, is tasteless, it is a highly nutritious food and no doubt could be elaborated by the American housewife into a variety of palatable dishes.

"Soy sauce: Soy or shoyu sauce is a dark brown liquid prepared from a mixture of cooked and ground soy beans, roasted and pulverized wheat (barley is sometimes used), salt and water. This mass is inoculated with a culture known as rice ferment (*Aspergillus oryzae*) and left in casks to ferment from six months to a year and sometimes longer (Plate V)... This product may well serve as the basis of sauces of the Worcestershire type... The manufacture of soy sauce is conducted on a large scale in China and Japan, and to some extent in India. The yearly production of Japan is said to amount to nearly 2,000,000 barrels. The brewing of this sauce has also become a well established industry in Hawaii. Although there are no factories in the United States, considerable quantities of the sauce are imported annually, and it can be obtained at Chinese stores in most of our cities."

"Soy-Bean sprouts: Several species of beans are sprouted and used as a green vegetable by the Chinese (Plate VI). Soy beans are used to a very considerable extent for this purpose, as these sprouts are larger and firmer than those of most other legumes. Bean sprouts can be used as a home winter vegetable, for the dried beans are sprouted easily in a short time under proper conditions of heat and moisture. It is quite possible that sprouted soy beans utilized in various vegetable dishes would appeal to the American taste."

Note 1. This is the earliest English-language document seen (Jan. 2013) that uses the term "sprouted soy beans" (or "sprouted soy bean") to refer to soy sprouts.

A table (p. 111) shows the "Quantity and value of soy beans, soy-bean cake, and soy-bean oil imported into the United States, 1910-1917, inclusive.

Photos on unnumbered pages show: (1) A typical soy bean plant. (2) A field of the Biloxi soy bean grown at Biloxi, Mississippi. (3) Pods and seeds of 7 common varieties of soy beans.

(4) "Large blocks of freshly made bean curd, 'tofu' [on a round wooden table], ready to be cut up into squares and sold to the housewife."*

(5) "Large bamboo tray of various kinds of soy-bean cheese of the drier type" [pressed tofu sheets].*

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(6) "A dark room of even temperature where wooden trays, full of bean curd [tofu] are piled. This is another method of preparing soy-bean cheese" [fermented tofu].*

(7) "Large earthen jars full of squares of bean curd, which are covered with spiced brine and soy sauce. After several months' curing a bean cheese [fermented tofu] is formed, which can be kept for many years."*

(8) A "courtyard full of covered pots of fermented soy beans and brine from which soy sauce is made."*

(9) The basket on the left contains "sprouted soy beans, which are sold and used as a green vegetable" [in China]* * = Photographed by Frank N. Meyer, Agricultural Explorer, USDA.

Note 2. This is the earliest published document seen (Jan. 2001) that contains photos of soyfoods by Frank. N. Meyer. Most of the photos appear to have been taken in China.

Note 3. This is the earliest document seen (Jan. 2013) in which William Morse describes "soy-bean sprouts" or "soy-bean cheese" (tofu).

Note 4. This is the earliest English-language document seen (Oct. 2011) that uses the term "soy-bean cheese" to refer to fermented tofu.

Note 5. This is the earliest English-language document seen (Oct. 2003) that uses the term "milky emulsion" to refer to soymilk.

Note 6. This is the earliest English-language document seen (May 2005) that uses the term "masked" (or any other form of that verb) in connection with the undesirable taste or odor of soyfoods (soy-bean milk) or soy beans. Address: Scientific Asst. in Forage-Crop Investigations, Bureau of Plant Industry, USDA, Washington, DC.

1032. Nichibei Shinbun-sha (Nichi-Bei Shinbunsha). 1918. Nichi-Bei nenkan [Japanese-American yearbook. No. 12]. 650 Ellis St., San Francisco, California. [20] + 432 p. Reprinted in Feb. 2002 in Tokyo by Nihon Tosho Senta. Series: Nikkei Imin Shiryôshû. Dai 5-kai [Collected Documents on Japanese Emigration. No. 5]. [Jap; eng]

• ***Summary:*** This book is somewhat similar to the 1915 yearbook but very different from previous yearbooks in this series in that it has no directory (giving business names, address, and sometimes phone numbers). It has more pages of advertisements than the 1915 edition but fewer than previous editions. Moreover the structure and contents are very different. For the first time, the pages are numbered sequentially throughout the book–except for the first 20 pages which are unnumbered. Again, it is not clear what caused these major changes. But the main message seems to be: Japanese are hard-working people adding significantly to the production and value of the United States.

Like its predecessors, it is read and numbered from "back to front" compared with typical English books; it is mostly (99%) in Japanese. The English-language title page reads: *The Japanese American Year Book.*

Contents: Front matter (6 p.). Preface, correction notice, and full-page ad for Pacific Trading Co. (soy is not mentioned) (2 p.). Photos (black and white on 6 unnumbered pages). Maps and charts on 2 unnumbered pages: Total value of agricultural products by Japanese farmers in the USA in 1917: (1) Pie chart of value ($) of principal crops produced. The top 5 are vegetables, beans, grapes, sugar beets, and potatoes. (2) Bar chart of percentage of principal crops produced by Japanese, showing their adaptability for intensive cultivation (average 1915-1917). Japanese produce 90% of all celery, 88% of berries, 86% of asparagus, 85% of cantaloupes, 83% of onions, 80% of tomatoes, 72% of florists' products, 53% of seeds, etc. Bar chart showing the increase in land value under the cultivation of Japanese in 12 places of California. For each place, a white bar shows land value per acre before 1913 and a black bar shows land value per acre in 1918. These places include: Imperial Valley (melon ranch). Colusa (rice field). Sonoma (vineyard & orchard), etc. On average, the land has increased in value from 4.5-fold to 6.7 fold.

Table of contents (2 p.). Map showing yearly amount of rainfall in California (1 p.).

Nichibei Nenkan No. 12–Industrial edition (p. 1-). Japanese agricultural conditions (p. 1-20, with ads on p. 16-17). Various other Japanese industries (p. 21-28). Ads (p. 29-36). Education (p. 37-64). Ads (p. 65-80). Agriculture (part 1 of 3; p. 81-209, with ads p. 204-209). How to run an agricultural business (part 2 of 3, p. 210-340, with ads p. 297-300, 341-348). Agricultural production industry (part 3 of 3, p. 349-389). Industries: Fishery (p. 389-419). Forestry (p. 420-24). Mining (p. 425-28). Manufacturing (p. 429-31). Ad (Hinoe / The Hinoy, p. 432). Copyright and publishing information page.

Summary: Tofu makers (*tofu-ya*)*:* In 1908 there were 20 tofu makers. This number increased to 50 in 45 locations in 1917 (p. 25). Miso makers (*miso seizô-sho*)*:* Since 1908

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there have been 12 miso makers that opened; some have closed. In 1917 the number increased to 6 due to the ban on importing Japanese miso. Among the oldest and most established in Los Angeles: Miso Seizô-sho. Their capital investment is $12,000. They use 180,000 *kin* of soybeans (1 kin = 1.323 lb = 600 gm) and 240,000 *kin* of rice. Sales are $36,000/year. Number of workers: 4 (p. 28). The only soy-related ad in this volume is for "L.A. Miso Mfg. Co., 605-7-9-N. Alameda St., Los Angeles, California." Trade mark: Shows 3 horizontal lines in a circle, probably pronounced "marumi"–which means "flavor" in Japanese. In Japanese is written (in big, bold characters). *Rafu Shiromiso Seizô-sho.*

The Directory shows Japanese companies making soyfoods in California and other states. Address: San Francisco, California.

1033. Paerels, J.J. 1918. Soja [Soya]. In: Dr. K.W. Van Gorkom's Oost-Indische Cultures. 1918. Amsterdam: J.H. de Bussy. 2nd ed. Vol. 2. Edited by Dr. H.C. Prinsen Geerligs. See p. 839-51. Figs. 285-86. [8 ref. Dut]

• ***Summary:*** This is a reprint of Paerels 1913. Contents: Origin and native land. The soybean plant: Botanical description (flowers, seeds, fertilization, germination), types and varieties, geographical distribution. Cultivation of soybeans: General instructions for growing, planting, manuring, diseases and pests. Production, trade, and use: Tofu (*Tao-Hoe*), Chinese soy sauce (*Tao-Yoe*), soybean paste (*Tao-Tjiong* [a term, and perhaps a product, between *doujiang* and *tao-tjo,* Indonesian-style miso]), composition of the seeds and nutritive value (*samenstelling en voedingswaarde*). Photos show: Plants of a black variety (p. 840), and a white variety of soybeans (p. 841). Address: Netherlands.

1034. Roux, François de. 1918. Rapport général de la section de oléagineux [General report of the section on oil-bearing materials]. In: Congrès d'Agriculture Coloniale, 21-25 Mai 1918. Compte Rendu des Travaux (Congress of colonial agriculture, 21-25 May 1918. Conference proceedings). Paris: Augustin Challamel (Libraire Maritime et Coloniale). 639 p. See Vol. 2, "Section de Oléagineux." p. 7-11. [Fre]

• ***Summary:*** In the section titled "Colonies which must intensify the cultivation of oil-bearing materials" (p. 10-11) includes: Peanuts: Senegal, Upper-Senegal-Niger, and Guinea. Sesame: Indochina, Senegal, Guinea, Upper-Senegal-Niger. Soybeans (*Soja*)*:* Cambodia. Olives: Tunisia, Algeria, Morocco.

The section titled "Other seeds" (p. 73-75) contains a long discussion of the soybean. The soybean represents an element of trade of the first importance and England, up until the present, has been its main destination in Europe. This movement, which reached 510,000 tonnes (metric tons) in 1910, declined in the following years for three reasons: Freight difficulties to Europe, more importation in the form of soy oil, and, above all, the detour / routing of more and more of the soybeans and soy products to the United States because it was closer to the major producer, Manchuria.

France did not participate very much in this movement, with imports varying as follows between 1911 and 1916: Soybean seeds 12 to 6,227 tonnes, and soybean oil 200 to 2,000 tonnes. But Cambodia and Lower Laos (*Bas-Laos*) can supply a variety of soybean having a higher oil content than that of Manchurian soybeans: 12.280% vs. 17.640%.

A greater utilization of the soybean in France would be a happy result in adding value to the vast territories in France's protectorate.

We need to look into using this product in a form that is different from the one admitted to date. (i.e., New uses might be found in addition to oil and meal).

Indeed, from the view point of oil mills, the [soybean] seed is of relative interest because of its fairly low oil content and because of the difficulty of finding an outlet for the large amount of cake that it generates.

The fine tuning / development of process for extraction of the casein (protein) or the flour (the indigenous peoples draw from it kind cheese [tofu] and also alimentary pastes [pastas]) allow us to consider the oil as a by-product and would also give some more financially rewarding end products to industry.

1035. Shih, Chi Yien. 1918. Beans and bean products. Shanghai, China: Soochow University Biology Dept. 13 p. 24 cm. [Eng]

• ***Summary:*** The author's name in pinyin is probably Shi Jiyan. At the head of each section, the name of each product or type of bean is written in Chinese characters. Contents: Introduction by N. Gist Gee of the Dept. of Biology, Soochow Univ., China.

Note 1. Soochow, also called Su-chou (formerly Wuhsien) is a city in southern Kiangsu (pinyin: Jiangsu) province, in eastern China, on the Grand Canal. Introduction and names of soy beans: Classical Chinese names, colloquial Chinese names, Latin names, and English name (Soja bean). Soy beans. The food products of soy beans. Bean curd (Cc). Tou fu koen. Po yeh. Yu tou fu [fried tofu]. Ju fu [fermented tofu]. Tsao ju fu [fried fermented tofu]. Ch'ing hsien ju fu. Tou chiang or bean sauce. Chiang yu. Bean ferment or tou huang. Bean Sprouts. Bean relish or tou shih [fermented black soybeans]. Bean oil.

Note 2. This is the earliest English-language document seen (April 2013) that contains the term *You tou fu* (regardless of hyphenation).

Beans (Four varieties of *Phaseolus mungo* var. *radiatus:* chidou = dark-red [azuki] bean, baichidou = white dark-red bean, lüchidou = green red bean, and lüdou = green [mung] bean): The food products from the green [mung] beans (lüdou): Bean sprouts, green bean congee or lu tou chou, green bean soup or lu tou tang, green bean pudding or lu tou

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kao and lu tou sha. The food products from the red [azuki] bean (quite similar to those made from the green [mung] bean): Congee, rice, pudding, tou sha.

Hyacinth beans (*Dolichos lablab;* five Chinese varieties / names: biandou, baibiandou, qingbiandou, zibiandou, longzhao biandou). Asparagus beans [cowpeas] (*Vigna catiang;* four Chinese varieties / names: jiangdou, panxiang jiangdou, manli jiangdou, baimi jiangdou). The food products from Pien Tou and Chiang Tou. Medicine. Flowers and seeds of the Pai Pien Tou, the broad bean, windsor bean, or horse bean (*Vicia faba*)*;* In China it has two names: (1) Ts'an Tou or silkworm bean, because it is harvested at the time the silkworm is making its cocoon; (2) Han Tou or cold bean, because it grows through the winter. The food products from Ts'an tou (broad bean): Bean shoot (tou miao), Ch'ing tou (as a vegetable), Ja tou (broad bean sprouts), Shien fan and fan bee (made from broad beans and mung beans), Tou sha. The section on the names of beans (p. 1) we will give the English name, Latin name, the classical Chinese names / colloquial Chinese names, and an English translation in parentheses, as follows: (1) Soja bean, *Glycine hispida:* heidou / heidou (black [soy] bean), huangdou / huangdou (yellow bean), yangyandou / yangyandou (sheep eye bean), maliaodou / maliaodou (horse material / feed bean),–/ guguo qingdou (bone wrap green bean),–/ jiajia sandou (pod pod three bean), xiangsidou (mutually think bean) / xiaqngzhidou (fragrant branch bean),–/ bayue baidou (8th month white bean). Soja bean: *Dolichos cultratus* quedou (magpie bean) / equedou (chirp magpie bean). Soja bean: *Phaseolus vulgaris* baidou (white bean) / shui bai dou (water white bean),–/ shidou (fennel bean) (Note 3. shiluo means "fennel"),–/ guashudou (melon ripe bean),–/ maquedou (sparrow bean),–/ niuta biandou (cow tread flat bean),–/ yadou (sprout bean),–/ shijia xiangdou (ten family fragrant bean),–/ xifeng qingdou (west wind green bean),–/ shizi hedou (persimmon pit bean),–/ denglongdou (lantern bean).

Note 4. The large title "Soy Beans" at the top of this table, the right column which says that the English name of each variety is "Soja bean," and the next 8 pages which are only about soy beans, strongly indicate that all the colloquial names in this table refer to different varieties of soy beans. Moreover, all these colloquial names appear again on page 3 in a table on planting and harvest times of different varieties of [soy] beans. The bottom half of the colloquial names are probably from different parts of China, since Dr. H.T. Huang (a soybean expert) has never heard many of these colloquial names before. The most puzzling question is: What are *Dolichos cultratus* and *Phaseolus vulgaris* doing at the bottom of the "Latin name" column? *Dolichos cultratus* is not listed on either of the two comprehensive taxonomy databases (GRIN and ILDIS, which include all past Latin / scientific names). *Phaseolus vulgaris* refers to the common bean, such as the kidney bean, pinto bean, navy bean, frijole, etc.

2. Soy beans. "They were introduced into France during the reign of Ch'ien Lung about 1740 A.D. by a French Consul; into England in 1790, into Australia in 1875, into Germany 1881, and 1888 into America. They were known here from ancient times and were mentioned in the oldest books Pên Ts'ao Kong Mu, which were written by the Emperor Shen-nung in the year 2838 B.C., and the later Chinese Classics."

Note 5. This is the earliest English-language document seen (Aug. 2002) that treats Shen Nung as a real, historical figure, or that says the first written record of the soybean appears in a book written by him. The information about that book is wildly inaccurate. The *Bencao gangmu* (The great pharmacopoeia), perhaps China's most famous materia medica, was written by Li Shizhen (+1596). The above information, which is all wrong, has been cited again and again, down to the present day (2002), in connection with the supposed origin of the soybean.

"Even during the ancient times they were considered by the people to be the most important of the cultivated leguminous plants." Note 6. This is the earliest document seen (Aug. 2002) which states, incorrectly, that the date of Emperor Shen-nung's book is 2838 B.C.

"The methods of cultivation are as follows: In general all of the soja beans are planted in rows along the banks of canals and the boundaries of the fields, which separate the fields of one family from those of another, except those which are called oil beans or Eighth month white bean and Water white bean. These last are planted in large fields. The oil beans are planted early in June." The method of cultivation, harvest, and threshing is then described in detail. A table gives the time of planting and harvest for 18 varieties of Chinese soybeans, grouped into 6 types by planting and harvest dates: (1) Plant in latter part of April, harvest in latter part of Sept.: *Heidou* (black [soy] bean), huangdou (yellow bean), *maliaodou* (horse material / feed bean), *guguo qingdou* (bone wrap green bean), *jiajia sandou* (pod pod three bean), *xiangzhidou* (fragrant branch bean). (2) Plant in early part of June, harvest in middle part of Sept.: *bayue baidou* (8th month white bean), *shuibaidou* (water white bean), *maquedou* (sparrow bean). (3) Plant in early part of July, harvest in early part of Oct.: *equedou* (chirp magpie bean). *niuta biandou* (cow tread flat bean), *shijia xiandou* (ten family fragrant bean), *xifeng qingdou* (west wind green bean), *shizi hedou* (persimmon pit bean), *denglongdou* (lantern bean). (4) Plant in early part of April, harvest in early part of July: *guashudou* (melon ripe bean). (5) Plant in early part of April, harvest in latter part of July: *shidou* (fennel bean). (6) Plant in early part of April, harvest in latter part of June: *yadou* (sprout bean).

The rest of the work concerns the food products of the beans, including a detailed description of how each is made.

Note 7. This document contains the earliest date seen for soybeans in Australia or Oceania (1875). It is not clear

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whether or not these soybeans were cultivated in Australia; they may well have been. The source of these soybeans is unknown, as is the author's source of information concerning that early introduction, 43 years before Shih wrote this booklet. He is the first to give such an early date for the introduction of soybeans to Australia. Yet the date does not seem unreasonably early since there were 17,000 Chinese in Australia by 1855 (see Australian Department of Immigration and Ethnic Affairs. 1985. "A Land of Immigrants"). Address: Biology Dep., Soochow Univ., China.

1036. Shih, Chi Yien. 1918. Beans and bean products: Bean curd [tofu], to fu koen [pressed tofu], po yeh [pressed tofu sheets], and yu tou fu [deep-fried tofu] (Document part). Shanghai, China: Soochow University Biology Dept. 13 p. See p. 3-5. [Eng]

• ***Summary:*** (Cc) = Chinese characters inserted in text. Bean curd (Cc): "The making of bean curd had its origin in the Han dynasty (Cc), during the reign of Huai Nan Wang (Cc) (A.D. 22) at Liuan. All sorts of black beans, yellow beans, green beans, etc. can be used in its preparation; but largely we use the beans which are called Cc (Eighth Month White Bean) Glycine Hispida and Cc (Water White Bean or Tenth Month White Bean) Phaseolus Vulgaris. The other beans are not so much planted by the farmers for this purpose; they only eat them when the beans are young.

"The processes necessary to prepare Bean Curd are as follows:–(1) Soaking the beans in cold water for six or seven hours in summer time, and twenty-four hours in winter time. (2) Washing the beans thoroughly after soaking. (3) Grinding with cold water [then filtering] to form Bean Milk (Cc = doufujiang). (4) Pouring this into a big kettle and cooking it.

"(5) After about a quarter of an hour, there is a film or skin which floats on the surface of the bean milk. A stick is used to take this up and it is then put aside and left to dry. This film or skin is called Tou Fu Yi (Cc = doufu i = bean + curd + clothes / robes). From one kettle of bean milk, twenty or thirty films can be obtained. If more than this are taken off, the bean milk will become thin and will not be fit to make bean curd.

Note 1. This is the earliest English-language document seen (Nov. 2011) that uses the term "Tou Fu Yi" to refer to yuba.

"(6) After boiling the bean milk about half an hour, it is poured into a big earthenware jar and a gypsum or salt solution is added to curdle it. If 133 pounds of beans are used, 6 ounces of gypsum or salt will be required. Then it is left in the jar for about 15 minutes. The curdled material is called Tou Fu Ho (Cc = doufuhua = bean + curd + flowers)."

"(7) A piece of board, about two feet five inches long and one foot five inches wide, is used to make a bottom for a frame slightly smaller than the board and about two inches high. Then a piece of coarse cloth, twice as big as the large piece of board, is used to fold in the frame. The curdled material is poured on the cloth and wrapped up in it. Then another piece of board, as large as the bottom one, is placed on top of the cloth and it is pressed by a heavy block of wood for about fifteen minutes. Then the top board and the frame are removed and a knife is used to divide it into small pieces which are called Bean Curd or Tou Fu.

The price is about five cash for one small piece, about three inches square and one inch thick.

"Tou Fu Koen (Cc = doufugan = tofu + dry): Tou Fu Koen is made from bean curd or Tou Fu. A small piece of coarse cloth, above five inches square, is used to wrap the small pieces of bean curd and they are pressed between two boards, which are used to press the bean curd, for about six hours, then the cloth is removed and the small pieces are cooked in [soy] sauce, or Chiang Yu (Cc = jiangyou). After cooking they are called To Fu Koen.

"Po Yeh (Cc = baiye = 100 sheets / leaves): Po Yeh is prepared from Tou Fu Ho (Cc = doufuhua). The apparatus which is used to prepare the Po Yeh is the same as that used to prepare the bean curd; but is smaller, its dimensions being only about one foot square and eight inches high. A piece of coarse cloth about twenty feet long and one foot wide is used to fold in the frame. At first, one end of the cloth is spread on the bottom of the frame and then a thin layer of Tou Fu Ho is poured on the cloth, and then the cloth is turned back on the Tou Fu Ho and another layer is added, etc., until the frame is filled with the material and it is then pressed with a heavy block of wood about six hours. Then it is brought to the market for sale. The price is about four coppers for one catty.

"When eaten, it is usually first boiled with pork or cabbage, bean curd, turnip, etc.

"Yu Tou Fu (Cc = youdoufu = oil + tofu): Yu Tou Fu is the small piece of Tou Fu which is boiled in the bean oil or rape seed oil. The oil is boiled first and then the small pieces of Tou Fu are poured into the boiling oil. After four or five minutes the small pieces usually float on the surface of the oil and they are then taken out. These are called Yu Tou Fu.

"They are used to boil with cabbage or with meat. Sometimes an opening is made on one side of the Yu Tou Fu and pork cut into very fine pieces is put into it and then it is boiled. It is sold for about twenty cents for one catty."

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *Yu tou fu* to refer to fried tofu. Address: Biology Dep., Soochow Univ., China.

1037. Shih, Chi Yien. 1918. Beans and bean products: Ju fu [fermented tofu], tsao ju fu [redolent tofu], chiang ju fu, ham ju fu, ch'ing hsien ju fu (Document part). Shanghai, China: Soochow University Biology Dept. 13 p. See p. 5-6. [Eng]

• ***Summary:*** (Cc) = Chinese characters inserted in text; pinyin romanization has been added. "Ju Fu (Cc = rufu = fermented + tofu): Ju Fu is made from raw Tou Fu Koen (Cc = sheng doufugan = raw + tofu + dry), but it is less

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compressed than Tou Fu Koen. The different kinds of Ju Fu are prepared by different methods.

Chiang Ju Fu is taken as our first example. A kind of whitish mold, which is called Chiang Hsi, is required to prepare Chiang Ju Fu. This mold is obtained during the middle of the summer in the following way:–(1) Wheat flour is mixed with cold water to make slipper-shaped cakes. (2) Then these are put into boiling water and cooked thoroughly. (3) After boiling, the cakes are broken into small pieces and put aside in some exposed place to allow them to mold. (4) After about one week, the small pieces are all covered with mold and then they are placed in the sunshine for two days in order to dry them. (5) Next they are ground into powder which is called Chiang Hsi (Cc = jiangxi).

"To prepare three catties of raw Tou Fu Koen requires six ounces of salt, four ounces of Chiang Hsi. These are thoroughly mixed with the Tou Fu Koen and put into an earthenware jar and one catty of rice wine, one catty of Chiang Yu [soy sauce], one catty and four ounces of sugar solution, (which contains one catty of water and four ounces of sugar), are added into the jar and it is then thoroughly sealed.

"The method of sealing the jar is interesting. First a cloth is laid across the mouth of the jar, then large bamboo leaves are placed on top of this and they are bound together around the neck of the jar with a cord. Then mouth and neck of the jar are entirely covered with a sticky clay mixed with the flowers of the reed to hold it together. The jar must be kept sealed for at least four months before its contents can be used for food, and if the vessel of opened before the end of this time the Ju Fu will spoil.

"It is used as food throughout the year and is eaten without further cooking as a vegetable with soft rice.

"It is red in color which is due to the presence of a kind of red rice. Three catties of Tou Fu Koen requires two ounces of red rice (Cc = hongqu). The price is about ten cash for a piece about two inches square and half an inch thick.

"There is another way of making Chiang Ju Fu. The Tou Fu Koen is first put on a board and allowed to mold, and then it is salted thoroughly and packed in an earthenware jar for about four or five days. The Chiang Yu [soy sauce], sugar solution, and red rice (Cc) are added. The proportions of ingredients are as follows: One catty of Tou Fu Koen, two ounces of salt, six ounces of red wine, six ounces of Chiang Yu [soy sauce] and four ounces of sugar in six ounces of water.

"After this, the jar is sealed and not opened for about four or five months. It is eaten in the same way as the other Chiang Ju Fu, and the price is approximately the same.

"Ham Ju Fu (Cc = nantui furu) is the Chiang Ju Fu which has ham mixed with it.

"Tsao Ju Fu (Cc = zaofuru): Tsao Ju Fu us made from Tou Fu Koen which is first allowed to mold, just as in the process of preparing Chiang Ju Fu in the second way. After molding, the cakes are thoroughly salted, using about three ounces of salt to one catty of Tou Fu Koen. Then they are put in an earthenware jar for about four days and Chiu Niang (Cc = jiuniang) is added to cover all of the Tou Fu Koen.

"Chiu Niang is made from rice which is first steamed and then poured into a big earthenware jar where it is allowed to cool. After this, a kind of yeast powder is added to the rice. Sixty seven pounds of rice requires six ounces of yeast powder. The two are mixed together and cold water is added to moisten the rice. Then a hole is made in the rice at the center of the jar and the rice is pressed back against the side of the jar. A straw cover is used to cover the mouth of the jar and a straw matting is wrapped around it. This is to keep its temperature high enough to hasten fermentation of the mixture. During cold weather the jar must be kept in a warm place. After about three days the wine collects in the central cavity. The fermented rice is called Chiu Niang.

"After Chiu Niang is poured into the Tou Fu Koen, the jar is sealed in the same way as in the making of the Chiang Ju Fu. The cakes of Tsao Ju Fu can be eaten after about two months.

"The price is about ten cash for one piece which is about the same size as that of Chiang Ju Fu.

"Ch'ing Hsien Ju Fu (Cc = qingxian furu): This is made from Tou Fu which is first divided into small square cakes. These are exposed upon matting or boards to allow them to mold. After about eight or nine days a whitish mold, about half an inch long thoroughly covers the Tou Fu cakes. The cakes are first salted, using about three ounces of salt to one catty of Tou Fu. Then they are put into a big earthenware jar and covered with cold water to the depth of an inch. It is not necessary to seal the mouth of the jar, so it is only kept free from the dust by being covered with a piece of cloth. After ten or twelve the Ch'ing Hsien Ju Fu is used in the same way as the Chiang Ju Fu.

"Its price is about sixty cash for one catty."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the terms "Ju Fu" or "Tsao Ju Fu" or "Chiang Ju Fu" or "Ham Ju Fu" or "Ch'ing Hsien Ju Fu" to refer to fermented tofu. Address: Biology Dep., Soochow Univ., China.

1038. Shih, Chi-yen. 1918. Studies in Chinese economic botany. Shanghai, China: Chinese Government Bureau of Economic Information. 71 p. 27 cm. China–Ministry of Industry, Booklet Series 1. *

• ***Summary:*** See Shih (1918), "Beans and Bean Products." Horvath (1927, p. 416) states: "In Southern China, according to Shih,* the soybeans called 'eighth month white beans' and 'water white beans or tenth month white beans' are mostly used" to make tofu.

* Footnote: "Gives detailed information about the manufacture of tofu and various products derived from it."

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1039. *Virginia Department of Agriculture and Immigration, Bulletin.* 1918. Soy bean useful crop. May be utilized in greater number of ways than almost any other agricultural product. No. 126. p. 174-76.

• ***Summary:*** "In addition to its availability as a food, soy-bean oil has found important uses in the markets of the world for making paints, varnishes, soaps, rubber substitutes, linoleum, waterproof goods, and lubricants. It is also used in the Orient for lighting and in the manufacture of printing ink. In Japan the soy bean forms one of the most important articles of food in use. It is one of the principle ingredients in the manufacture shoyu (soy sauce), miso (bean cheese), tofu (bean curd), and natto (steamed beans). The beans are eaten also as a vegetable and in soups; sometimes they are picked green, boiled, and served cold with soy sauce, and sometimes as a salad. A 'vegetable milk' is also produced from the soy bean, forming the basis for the manufacture of the different kinds of vegetable cheese. This milk is used fresh, and a form of condensed milk is manufactured from it. All of these foodstuffs are used daily in Japanese homes, and for the poorer classes are the principle source of protein."

"An artificial milk like that manufactured in the Orient has been produced in small quantities in the United States, and recently a factory has been equipped to make this product." Photos show: (1) Soy beans as a forage crop, arranged in stacks. (2) Lime spreader at work. Address: Virginia.

1040. Daizu Seisan Gaisha (Soybean Food Products Co.). 1919. Save food. Dealers in soybeans and soybean products (Ad). In: Nichibei Shinbun-sha. 1919. *Japanese-American Directory* (*Nichibei Jushoroku*). Page 40 near front. [Jap; eng]

• ***Summary:*** Ad (full-page). The top half of this ad is in English, with large, bold letters. The company, which has a factory in Petaluma, lists the following products in Japanese characters (*kanji*)*: Daizu shushi* [Soybean seeds]. *Shoyu-yo daizu* [Soybeans for use in making shoyu / soy sauce]. *Jozo-yo daizu* [Soybeans for use in making fermented products; miso and perhaps natto seem to be implied]. *Tofu-yo daizu* [Soybeans for use in making tofu]. *Tofu-ko* [Tofu powder]. Note: It is not clear what *"Tofu-ko"* is / means. *Seisei nigari* [Refined nigari (probably magnesium chloride)]. *Mamekasu* [Soybean presscake, probably left over from making soybean oil].

The following product names are written in Japanese katakana characters: Soybean oil, soybean flour, soybean table sauce. soybean butter, soybean cheese, soybean candy, soybean feed.

In the center of the ad is the company's smaller logo, with all the text in English: Sun Brand Soy. Registered U.S. Patent Office. Above the huge "Save Food" logo near the top of the is an American flag in a circle surrounded by ears of wheat. Just above that, across the very top of the ad we read: "With patronization of U.S. Food Administration."

Note 1. Letter (e-mail) from John Benanti, Researcher, Petaluma Museum research library collection. 2009. April 16. "The 1917 Petaluma City Directory does not mention the Soybean Production Co. The next city directory we have is 1939 and it is not mentioned there either.

"However, we have a number of Sonoma County Telephone Directories where the company is mentioned. A listing for "Soy Bean Company, Wilson" is first found in the April, 1923 directory. The same listing then appears in the April, 1924, May, 1926, May, 1927, November, 1927, and May, 1928 directories. There is no listing in any directory after that date.

"I also looked in three Sonoma County histories, 1911, 1926, and 1937. There is no mention of the company or soybean production in any of them.

"The 1919 Sanborn fire insurance map for Petaluma (p. 22) shows the Soy Bean Co. mill at a time it was located on Weller St., a few blocks from Wilson. I have gone over the 1923 Sanborn map and do not find the mill anywhere on it. I can not explain why it is not there when the directory says it was on Wilson Street in 1923."

Note 2: This company, which existed from at least 1919 to 1928, is the earliest known company with a name and address that cultivated soybeans in California. Its only other entry in the Japanese American Directory is 1925, p. N-142.

Note 3. No address in San Francisco is given in the ad.

Note 4. World War I ended not long ago. Address: San Francisco, California.

1041. **Product Name:** Tofu.
Manufacturer's Name: Itano Tofu-ya.
Manufacturer's Address: 1509½ Geary St., San Francisco, California. Phone: West 8293.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 67. Note that two earlier companies made tofu at this same address starting in 1911, and 1913.

1042. **Product Name:** Tofu.
Manufacturer's Name: Jackson Tofu-ya (Jackson Tofu Shop).
Manufacturer's Address: 308½ 6th S. Alley, Seattle, Washington. Phone: Main 1403.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 447. Note: In 1913 Jackson Tofu-ya last made at 522 Jackson St. in Seattle. It is unclear if there is any relationship between these two companies.

1043. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1919/01. Nichibei jûshoroku [The Japanese American directory. No 15]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of

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cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, San Jose, Sacramento, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. This directory was published on 1 Jan. 1919 by *Nichibei Shinbunsha.* For each of the directory entries, the company name is written in Japanese characters; the street address and phone number are written in English. Within each city, businesses of the same type are grouped together under a Japanese heading. In this volume the makers of soyfoods in San Francisco are all on pages 67-68 under the heading *Shokuryo-hin Siezo-sho* (Food manufacturing companies). Address: San Francisco, California.

1044. **Product Name:** Tofu.
Manufacturer's Name: Kamiya Tofu-ya.
Manufacturer's Address: 414 L & M Alley, Sacramento, California. Phone: Main 4618R.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 246. Also in 1920, p. 158. The phone number is now 4618W. Also in 1921, p. 169.

1045. **Product Name:** Tofu.
Manufacturer's Name: Koyama Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: Main 2162J.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 246.

1046. **Product Name:** Tofu.
Manufacturer's Name: Okamoto Tofu-ya.
Manufacturer's Address: 216 L St., Sacramento, California. Phone: Main 2543J.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 246. A company named Okamoto Tofu-ya made tofu in Sacramento in 1911 at 87 Jap Alley–then disappeared. It is unclear whether there is any relationship between these two companies.

1047. **Product Name:** Tofu.
Manufacturer's Name: Ooe (Ohye) Tofu-ya.
Manufacturer's Address: 1613 Buchanan St., San Francisco, California. Phone: West 2157.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 67. Note that in 1914 this company was making tofu at 1621 Buchanan St. in San Francisco.

1048. **Product Name:** Tofu.
Manufacturer's Name: Tomoe Tofu-ya (Tomoe Tofu Shop). Renamed Tomoe Tofu-ten in 1923. Renamed Tomoe Tofu Seizo-sho (Tomoye Tofu Mfg. Co.) in 1940.
Manufacturer's Address: 324 Jackson St., Los Angeles, California. Phone: 11682.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 293. Also in 1920, p. 296. Ad (1/8 page) is all in Japanese. At the top center is a 3-part (tripartite) *t'ai chi* (pinyin: *taiji*) or yin yang symbol–white on mostly black. The address is now given [in error] as 224 Jackson St., Los Angeles. Same phone. Making and selling Tomoe Nigari.

Also in 1920 directory, p. 304. Tomoe Tofu-ya, 324 Jackson St., Tel. 11682. Also in 1921, p. 314 (same ad as in 1920, incl. nigari) and p. 326 (directory). Also in 1922, p. 329 (directory and ad). Also in 1923, p. 357 (directory; the company name is now written in Chinese characters (*kanji*) instead of katakana, and the name has changed to Tomoe Tofu-ten from Tomoe Tofu-ya). Also in 1924, p. 395 (directory and 1/8 page ad; they also make and sell Tomoe-brand Nigari).

Also in 1925, p. S-46 (directory; new phone number: VAndike 5676) and p. S-50 (1/8 page ad; Tomoe Tofu-ya, 224 Jackson St. Phone: VAndyke 5676. Making and selling Tomoe tofu and nigari). Also in 1926, p. S-36 (directory) and p. S-71 (1/8-page ad, bottom right. New address–given only here–is 126 Rose St.).

The Japanese American Directory. 1930. p. S-53 (directory. Tomoe Tofu Seizô-sho, 126 Rose St., Los Angeles, California. Phone: VAndike 5676). and p. S-66 (1/8 page ad). Also in 1932, p. 346 (directory; Address: 126 Rose St.) and p. 346 (1/8 page ad; 126 Rose St. Makes and sells Tomoe brand nigari). Also in 1934, p. 305. Also in 1936, p. 356 (directory) and p. 356 (1/8-page, simpler than previous ads, and without Asian logo. Nigari is not mentioned). Also in 1937, p. 320 (directory) and p. 320 (1/12 page ad). Also in 1938, p. 348 (directory). Also in 1939, p. 340 (directory). Also in 1940. p. 326-27. Listed in the category "Foodstuff Factory." Named changed to: Tomoe Tofu Seizô-sho (Tomoye Tofu Mfg. Co.), 126 Rose St., Los Angeles, California. Phone: VAndike 5676. Also in 1941, p. 328.

Los Angeles City Directory. 1942 (the last one published). Tomoye Co. Food products. 126 Rose, Los Angeles. No mention of tofu. No listing for Tomoye or Tomoe as company or person in 1942.

Interview with Shoan Yamauchi in Lafayette. 1982. Aug. 11. He thinks the company was founded just after World War II [sic, it was founded in 1919 at 324 Jackson St.], at First and San Pedro Streets. It was bought out by Matsuda Tofu Co. in 1946 for $8,000.

1049. Eddington, Jane. 1919. The Tribune Cook Book: Soy beans as human food. *Chicago Daily Tribune.* Jan. 12. p. B4.
• ***Summary:*** Miss Eddington first got interested in the use of "soy bean flour" in the human diet about 5 years ago

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when she "first received samples of this flour for a medical manufactory." During these five years "soy bean flour has come into wide use in hospitals and homes. From being used in the United states to renew worn out soil and then for hog feed, the soy bean has come to be used largely as a food for those who have worn out kidneys, the diabetics."

"Soy bean cookery, especially the whole bean cookery, must be good, of the variety [of] vegetable meat contained in it is ruined, becoming as indigestible as white of egg cooked to a crisp." The key is to cook the whole bean at a low temperature for a long time. "Baked soy beans must be cooked at least eight hours."

"In Washington [DC], the government experts used 30 per cent soy bean flour with 70 per cent of wheat flour and called their product 'a high powered bread.'" She then gives four wartime recipes for "Soy bean muffins." Some call for "soy bean meal." Note: This "meal" is probably soy bean flour.

"Used as a meat substitute:... The tofu, a sort of cheese which is fried in deep fat and used as a meat substitute, was exploited by the United States department of agriculture last year, along with other of the soy bean products..." She then cites (incorrectly): Morse, W.J. 1918. "The soy-bean industry in the United States." *Yearbook of the U.S. Department of Agriculture* p. 101-11. For the year 1917. Then, from the section titled "Soy beans for human food," she includes the recipes for "Soy-bean milk" and "Soy-bean cheese," and the description of soy sauce. "Soy or shoyu sauce Is a dark brown liquid prepared from a mixture of cooked and ground soy beans, roasted and pulverized wheat or barley, salt, and water..."

1050. **Product Name:** Tofu.
Manufacturer's Name: Inoue Tofu-ya. Renamed Inoue Higuma [Sun-Bear] Tofu-ya in 1923. Renamed Higuma Tofu-ya in 1925.
Manufacturer's Address: 602 North 6th Street, San Jose, California. Phone: San Jose 3657.
Date of Introduction: 1919. January.
New Product–Documentation: The Japanese American Directory. 1919. p. 110. Also in 1920, p. 119. Also in 1921, p. 130. Also in 1922, p. 119. The phone number is now San Jose 3705-J. Also in 1923, p. 138. Company renamed Inoue Higuma [Sun-Bear] Tofu-ya. Also in 1925, p. N-113. Renamed Higuma Tofu-ya.

Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 207. The phone number is San Jose 3075-J.

1051. U.S. Department of Commerce, Far Eastern Div. 1919. Oil and oilseeds of the Orient. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 22(33):611-16. Feb. 8.

• ***Summary:*** Contents: Introduction. Method of cultivation [and harvesting] in China. Bean curd a Chinese delicacy. Domestic methods of marketing oil in China. Japanese production of vegetable oils [and exports to the United States]. China's production of oil steadily growing.

Tables show: (1) Total quantity and value of Chinese vegetable-oil exports, and the value of exports to the United States, including transshipments [from Manchuria], in 1917. Of total oil exports, coconut oil is by far the leader in quantity and value, followed by soya bean oil. But of oil exports to the USA, soya bean oil is by far the leader. Dairen exported 90% of the soya bean oil in 1917.

(2) Exports of vegetable oil from China in 1915, 1916, and 1917 (the quantities are expressed in piculs of 133.33 pounds and the values in Haikwan taels worth $0.62 in 1915, $0.79 in 1916, and $1.3 in 1917). Soya bean oil was by far the largest oil export in both quantity and value all three years. The quantity increased from 1.017 million in 1915 to 1.566 million in 1916 to 1.891 million in 1917.

(3) Exports of oil-bearing seeds and beans from China in 1915, 1916, and 1917. Soya beans were by far the largest bean or seed export in both quantity and value all three years. The quantity was 10.235 million in 1915, then 6.732 million in 1916, rising to 7.927 million in 1917.

"No single vegetable product has developed such importance in the Far East as the soya bean... As a food it is the principal ingredient of soy sauce, bean curd, and steamed beans. The bean cake, containing a high percentage of nitrogen, is a valuable fertilizer and is used extensively in Japan, and recently bean oil temporarily replaced petroleum for lighting in China when lack of shipping facilities kept that product off the market. The center of soya-bean production is Manchuria, and Japan is the chief crusher and producer of oil and cake, though the manufacture of bean oil and cake is also a very important industry of Dairen, Kwantung Leased Territory. Mukden is the center of the bean trade and the beans are there bought for cash from the farmers."

"Bean curd a Chinese delicacy: Bean curd is made mostly from the two kinds of oil beans described [Eighth Month White Bean and Water White Bean], although all varieties may be used in its preparation. As a rule, however, the other varieties of beans are not planted for oil or curd, but are eaten steamed when the bean is young and tender.

"Bean curd is prepared by first steeping the beans in cold water for 6 or 7 hours in summer or 24 hours in winter, and, after washing, grinding with cold water to form a bean milk. This milk is cooked in a large kettle and the film removed from the surface after a quarter of an hour and dried. This film or skin is known as Tou Fu Yi [doufu pi, usually called "bean curd skin" in English; yuba in Japanese] and 20 or 30 films can be obtained from a kettle without thinning the milk too much. After boiling half an hour the remaining milk is poured into a jar and a gypsum or salt solution added to

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curdle it. The proportion is 6 ounces of salt to 1 picul (133.33 pounds) of beans.

Note 1. This is the earliest English-language document seen (Oct. 2010) that uses the term "doufu pi" (regardless of hyphenation or spacing) to refer to yuba.

Note 2. Yuba is described as an early step in the tofu-making process. Viewed in this way, the word "bean curd skin" makes more sense.

"After standing 15 minutes a curdled substance called Tou Fun No [bean curd brain] is the result. This product is molded in wooden frames by a heavy block of wood for 15 minutes and is then cut into small pieces with a dull brass knife. A piece 2 inches square and half an inch thick retails for 5 cash (0.5 cent). This curd forms the basis for numerous Chinese articles of food and is prepared in various ways. Perhaps the most usual form of serving is to press the curd, wrapped in cloth, for six hours in a box 1 foot square and 8 inches high and then cook in oil. It is also boiled, after such preparation, with pork or cabbage."

"Japanese production of vegetable oils: The present estimated production of Japanese oil mills is 90,600 long tons of vegetable oils annually and is made up as follows: Soya-bean oil, 37,509 tons; coconut oil, 27,542 tons; rapeseed oil, 17,848 tons; cottonseed oil, 6,433 tons; and peanut oil, 1,268 tons. Seventy-five per cent of this crush is made in the Kobe district and is handled by 25 oil mills, modernly equipped." In 1917 Japan exported (including transshipments) 34,916,260 lb of coconut oil, 22,643,623 lb of soya bean oil, and 19,677,825 of rapeseed oil. He concludes that "American importers of Far Eastern products may well investigate the domestic market for Far Eastern oilseeds with a view to supplying oil mills in the U.S. with raw material." A table shows import and export data. Address: Asia.

1052. *San Francisco Chronicle.* 1919. World wide jottings touch commerce and industry situation. March 17. p. 17.
• ***Summary:*** "One of our consuls in China points out that the epicure demanding Western delicacies would find that country an expensive habitat. Aside from certain fruits and vegetables, eggs and pork products, food is not plentiful. The vast majority of the natives use bean curd as we do butter, and the rice as we do bread."

1053. *Le Mutilé de l'Algerie.* 1919. "Ce qu'il faut savoir:" Utilisation du soja [Let it be known: Utilization of soya]. 4(82):7. March 30.
• ***Summary:*** A French-language extract from the following French-language document: Castet, M. 1918. Utilisation du soja [Utilization of soybeans]. *Revue Horticole de l'Algerie* 22(10-12):160-61. Oct/Dec. Meeting of 20 Oct. 1918.

1054. Holland, J.H. 1919. Food and fodder plants. *Kew Bulletin of Miscellaneous Information* Nos. 1&2. p. 1-84. April 16. See p. 11-12. [5 ref]
• ***Summary:*** Great Britain imported large quantities of soy oil before World War I to make up for the shortage of cottonseed oil needed to manufacture soaps: 875,526 hundredweight from Manchuria, 816,032 hundredweight from China, and 43,209 hundredweight from Manchuria. Note: A hundredweight is 112 pounds weight.

"Considerable interest has been taken in the cultivation in England, but results of experiments made at Cambridge, Midland Agricultural College, South Eastern Agric. College, Wye, &c., go to show that no variety so far has been found that can be relied on to produce seed here.

"In Japan and China they [soy beans] are largely known in the preparation of the sauce known commercially as 'Soy,' and they make there a preparation used as a substitute for milk, and from this a food product call 'Tofu,' which in turn forms the basis of the bean cheeses of Japan. The meal [flour] in this country is used in the manufacture of biscuits and in making a bread for special use in diabetes; but the principal use here is for the extraction of the oil of which the beans contain about 18 per cent., suitable for soap-making and in general as a substitute for cotton seed oil, the residue being a valuable cattle feed.

Also discusses the adzuki bean (*Phaseolus angularis*, Wight). "This bean appears to have been coming into the market recently in quantity. Trade samples have been submitted to Kew for name as 'Dainagon Azuki Beans.'" They are important human food in Japan, Korea, China, and Manchuria, cultivated for the purpose.

1055. Acosta Henríquez, Juan. 1919. Habichuelas soyas [Soybeans]. *Revista de Agricultura de Puerto Rico* 3(1):18-29. June. [Spa]
• ***Summary:*** Contents: History. Varieties grown in Puerto Rico and their characteristics. Soils. Sowing. Harvest. Production and yield per acre. Seed storage. Uses. Silage. Green forage. Hay. Green manure. Uses of the seed (for humans and animals). Assimilation (by humans and animals) and digestibility. Soya as a domestic food (incl. soymilk and tofu). Soy flour (*harina de soya*). General considerations. Enemies of the soybean.

"The soybean (*La habichuela soya*) is a new crop in Puerto Rico. It was introduced from the United States and though, in some towns on the island it has been sold occasionally as a domestic food, it has not been cultivated for that purpose. The federal agricultural experiment station of Mayagüez [Mayaguez] is the only site where experiments have been conducted with this bean (*grano*). Its field of experimentation has been expanded to almost all the towns of Puerto Rico, where one would have been able to obtain very satisfactory results if it were not for the carelessness of the farmers on whose land the trials were conducted; for after seeing that their plants had grown a little, the farmers stopped tending them [assuming that the plants would grow

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by themselves]. On the grounds of the station at Mayagüez, we were able to carry out various experiments concerning the cultivation and utilization of this crop, and all gave favorable results."

At the Mayagüez station, the author conducted soybean trials for 18 months, and he is sure that the soybean can be cultivated in and adapted to Puerto Rico. This is especially important today when yields of native beans are decreasingly rapidly. In 1918 at Mayagüez, the author planted the following soybean varieties: Mammoth Yellow, Ito San, Wilson's Five, Tokyo, Haberlandt, Manchu, Chiquita, Virginia, and Early Green. With these introductions an average production of 1.128 tons of dry hay per acre were obtained.

"The soybean has not been used to a great extent as a food in people's homes in Puerto Rico. Experiments have been conducted in this regard and the results have been satisfactory." The author believes that in Puerto Rico, the soybean has not been used as it should be for food. He does not believe that Puerto Ricans will use the soybean as it is used in Japan, with the exception of tofu (*queso de soya*). "This cheese could be made in Puerto Rico with very good results." He then describes how to make soymilk and tofu, and says that the tofu can be sold either fresh or refrigerated. "The pods [*las vainas;* he probably means green vegetable soybeans] can be used in salads before they harden. They must be washed and the fibers removed. They are parboiled like soft beans and served with oil and vinegar, resulting in a delicious dish." Note: Habichuela means "French-bean or kidney bean." Tables contain data on production and composition of soybeans.

Note: This is probably the earliest Spanish-language document seen (June 2009) that mentions green vegetable soybeans, which it describes as shown above. Address: Subinspector de Agricultura, Puerto Rico.

1056. Oka, Takeo. 1919. Nippon in New York. *New York Times.* July 6. p. 34.

• ***Summary:*** An estimated 5,000 to 7,000 Japanese now live in New York City, including about 300 Japanese women. "Dr. Jokichi Takamine of the Takamine Industrial Company has broken into the company of 'Who's Who.'"

"The metropolis boasts no less than a dozen Japanese restaurants. Your casual visit will introduce you to fresh sliced fish taken raw [sashimi], seasoned bamboo shoots, and lotus root and pickled radish served on the same table with 'sukiyaki,' palatable at least to the Japanese. 'Sukiyaki,' a compound word still unauthorized in any standard English dictionary, is the Japanese 'quick lunch,' eaten while being cooked on a small charcoal table stove.

"Beef, onions, cabbage, beancurd [tofu], and other vegetable additions, not forgetting Japanese soy [sauce], sugar, and a little sake, are ready to be prepared in a shallow pan à la japonaise on the fire. The rest devolves upon you and your company, ladies not honorably excluded! A great time saving it is for the proprietor, this having his guests prepare their own meals!"

Note: This is the earliest document seen (Aug. 2010) stating correctly that the basic ingredients in sukiyaki include tofu and soy sauce.

1057. Palen, L.S. 1919. The romance of the soya bean. *Asia and the Americas* 19(1):68-74. July. Illust.

• ***Summary:*** The author, who begins by acknowledging his indebtedness to Dr. Yamei Kin, Dr. John Harvey Kellogg, and Mr. W.J. Morse for much of the material in this article, gives an overview of the soya bean worldwide. The article contains excellent photos (many by Adachi): (1) Stacks of soya bean cake in open storage on Dairen wharves, South Manchuria. (2) Horses plowing soybean fields in North Manchuria. (3) Modern machinery [a huge steam-powered tractor] used in bean cultivation in remote parts of Manchuria where foreign interests are involved. A Western man and woman ride horses nearby. Caption: "To the Manchurian farmer, with his laborious methods of hand cutting and hand winnowing, the introduction of modern Western farming methods would spell many-fold prosperity." Note: This is the earliest document seen (Feb. 2003) that shows a photo of a tractor in connection with soybeans. (4) Stacks of soybeans piled high in sacks in Manchuria as far as the eye can see. (5) Soybeans stored in huge cylindrical, 20-foot-high osier bins, each covered with a conical top.

Soy oil is purified and flavored with an admixture of olive oil for use as a salad oil. It also forms the basis of some of our butter and lard substitutes. "What Mr. Li Yu-ying accomplished in Paris in the establishment of a Laboratory of Research and of a factory for the production of all the products derived from the soya has been the forerunner of activity on the part of certain independent Chinese companies in America and of government and private investigations."

"In general the use of whole soya beans has not been attended with much success because of the ever present flavor of the oil content and because, with the ordinary method of cooking, they remain hard and unpalatable; but it has been found that cooking at a temperature somewhat above the boiling point, say from 220 to 230 degrees, breaks up the cellulose structure and develops a richness of flavor that is not obtainable with the lower temperature."

"By far the most extensive use of the soya is in the products manufactured from it. And it is here that Dr. Yamei Kin, the talented Chinese physician, is making her chief studies under the direction of the Pure Foods Division of the Department of Agriculture, with the purpose of spreading a knowledge of the soya among Americans. For convenience of consideration the products studied may be divided into sauces, curds, cheeses and milk.

"Of the sauces the liquid form is already familiar,

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although unrecognized, perhaps, by a large percentage of Occidentals through the work of early English traders in bringing back the base of the now famous Lea and Perrins Worcestershire Sauce. This original Chinese *shi-yu* was highly spiced and became a well recognized adjunct to many an English meal. Following the example of Lea and Perrins, others have put out sauces with the same base without, however, attaining the same success, because the makers did not understand that there are many kinds of soya sauce. While they are all made by the same ferments and in the same general way, they differ very greatly in quality according to the locality and to the manufacturer, just as wine, though made from the identical kind of grape and by the same process of fermentation, may be a very different article from different hands. It takes several months to make this liquid form of sauce, while the best kind requires a year or more to attain the finest flavor and mellowness. The hot condiment added by Lea and Perrins is not favored by the Chinese, since according to their taste it detracts from a wide use of the soya sauce."

Tofu (spelled to-fu) is discussed in detail. "There are records to show that it has been used since at least nine hundred years B.C. *To-fu* making is a staple industry in every little community. Usually it is done at night so that the fresh curd will be ready for the morning demand in the market, or for peddling around the streets. It provides, for the fraction of a cent, the indispensable equivalent of meat and affords very often the explanation of how the Chinese laborer does so much work on what is purely vegetable diet, popularly supposed not to contain much protein. *To-fu* is made in many different forms and the bean stalls occupy quite as large and prominent places in the city market as the fish and meat stalls...

"Cheeses are also made from the growth of cheese-making moulds on *tofu.* The Chinese resident in America regularly import a certain highly flavored red bean cheese for their own use...

"Perhaps the greatest contribution of the soya to the life of the Occident will be in its form of milk. Back in the golden era of peace there had been established in London a soya bean milk factory which was prepared to place its product regularly on the market, and there were said to be plans consummated for the erection of two others at Manchester and Liverpool; but of what the development has been we have no definite information. In Shanghai, Peking and Dalny Chinese companies are supplying hospitals and individuals with an 8 or 10 ounce bottle of concentrated milk per day at a cost of $1.00 Mex per month.

"In its competition with the cow the legume has in its favor the following facts: Soya milk can be produced with less contamination; it is tuberculosis-free; its caseins break down much more readily than the caseins of cows' milk and do not form curds in the stomach in the same degree...

"By those who advocate and urge a vegetarian diet, a very strong bill can be drawn in favor of this oriental substitute. In these days when war has thrown new light on many of our life problems, it will be easier to secure acceptance for their contention that the world must for both economic and physiological reasons adopt the biological diet. It has been calculated that, roughly speaking, it takes 100 pounds of foodstuffs to produce 3 pounds of beef and that a given acreage of land can support five times the population if the necessary protein can be derived directly from vegetable sources rather than going through the roundabout way of an animal form, imposing upon the body the burdens incident to taking in the toxines [toxins] resultant from the catabolism of the cells of the animal, and from possible putrefaction. In China the Buddhist priests and people who enter the various temperance societies all depend on varieties of *to-fu."*

1058. Arnold, Julean. 1919. Commercial handbook of China. 2 vols. Washington, DC: Government Printing Office. 629 p. + 472 p. Dep. of Commerce, Bureau of Foreign and Domestic Commerce, Miscellaneous Series No. 84.

• ***Summary:*** In Vol. 1: The "Letter of submittal" from the Department of Commerce, Bureau of Foreign and Domestic Commerce, states that the Bureau "realizes keenly the desirability of an immediate, vigorous, and systematic effort to promote American trade with this great friendly nation in the east of Asia. Such an effort... must be based on the most recent and dependable economic information. To supply that information is the purpose of this handbook.

"This handbook, the most detailed publication of its kind ever issued by the Department of Commerce, will appear in two volumes." The basic organization will be by each of the 17 American consular districts.

Digital searches for "soy" or "soya" or "beans" or "bean curd" or "bean cake" or "bean oil" will result in many hits and a vast amount of information. For example:

Pages 42, 45: A table titled "Commercial statistics for China as a whole," under "Exports, sundries" includes:

"Bean cake" (pounds). For 1913. Quantity: 1,575,792,400 pounds. Value: $18,197,871.

"Bean cake" (pounds). For 1918. Quantity: 2,182,241,744 pounds. Value: $35,650,215.

"Bean curd" (pounds). For 1913. Quantity: 4,846,543 pounds. Value: $144,849.

"Bean curd" (pounds). For 1918. Quantity: 3,765,591 pounds. Value: $265,141.

"Beans" (black, green white, yellow, other kinds) (pounds). For 1913. Quantity: 1,376,795,200 pounds. Value: $16,983,422.

"Beans" (black, green white, yellow, other kinds) (pounds). For 1918. Quantity: Yellow (#1): 849,479,313 pounds. Value: $17,106,454. Values are also given for Other kinds (#2), White (#3), Green (#4), and Black (#5): 13,481,033 pounds. Value: $295,796.

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"Oil, Bean" (pounds). For 1913. Quantity: 65,575,600 pounds. Value: $2,720,637.

"Oil, Bean" (pounds). For 1918. Quantity: 393,621,508 pounds. Value: $29,802,630.

"Soy" (pounds). For 1918. Quantity: 820,531 pounds. Value: $45,871.

Page 115: "Canton Consular District." "Other native industries of Canton that give employment to large numbers of people in the aggregate are:... The making of a Chinese sauce called 'soy,' which is made from a certain bean which as been boiled slowly and to which wheat or barley flour is added (soy is exported for the use of Chinese living abroad and also for the making of certain foreign sauces and condiments);" [such as Worcestershire sauce?].

Page 200: "Export trade:... The leading products shipped from Hongkong to all parts of the world are:... beans,...soy, tapioca flour, tea..." Pages 202-03: Trade between Hongkong and the United States during 1918. Hongkong Consular District. Value in 1913: Soy. Shipped to the United States: $51,595. Shipped to the Philippine Islands: $1,430. Shipped to Hawaiian Islands: $1,140.

In the section on "Mukden Consular District" under "Agriculture" we read: (p. 216): "Soya beans furnish material for bean oil, bean curd, and bean sprouts, besides serving as a food when boiled. Bean oil is used locally for cooking and as an illuminant; the bean oil for export is employed in soap and olive-oil manufacture, while in the mixing of paints it serves as a substitute for cotton and linseed oils. Bean cake is used as fertilizer and as food for cattle. About 70 per cent of the output of beans is annually exported, the rest being consumed locally. The annual production of bean cake and bean oil in the Mukden consular district is estimated at 433,992 and 54,279 tons, respectively.

"It is estimated that one-eighth of the beans exported are shipped to Hongkong, the Straits Settlements, and Europe, three-eighths to South China ports, and the remaining four-eighths to Japan. Of bean oil, Europe, China ports, and Japan are buyers in about equal proportions. A somewhat smaller quantity goes to the United States. Bean cake exported from Manchuria is marketed almost exclusively in Japan, Taiwan, and South China."

Page 365-66: "Amoy Consular District." Manufacturing and other industries. The Amoy Tinning Co. (Ltd.) and The China Canning Co. (Ltd.): The output of these two factories includes "soy and soy sauce."

Page 397. Antung Consular District. Exports include soy.

Page 478: "Shantung Province is the original home of the soya bean and the bean-crushing industry in this part of the world, and until the possibilities of Manchuria were discovered and developed this Province led the industry." "Manufacture of vermicelli: The principal crude native industry is the manufacture of Chinese vermicelli from a small green bean known as the 'lu tou' [mung bean]. This vermicelli is manufactured not only in large factories but also by individual farmers and in the homes of the natives in all parts of the Province."

Page 517-18: Dairen Consular District, Agriculture. The principal crops and their yield per acre: soya bean, 4.5 bushels. "The principal fertilizers are manures and bean cake (the residue after the oil has been pressed from soya beans)." "Soya beans, and the bean oil and bean cakes manufactured therefrom are the principal agricultural products exported from this district." Address: Commercial Attaché, Peking, and various American Consular Officers, China.

1059. Arnold, Julean. 1919. Commercial handbook of China. 2 vols. (Continued–Document Part II). Washington, DC: Government Printing Office. 629 p. + 470 p. Dep. of Commerce, Bureau of Foreign and Domestic Commerce, Miscellaneous Series No. 84.

• ***Summary:*** Continued: Volume 2 of an outstanding, comprehensive book. The basic structure and content of Vol. 2 is completely different from that of Vol. 1. In Vol. 2: The "Letter of submittal" from the Department of Commerce, Bureau of Foreign and Domestic Commerce (p. 13-14) is date Aug. 15, 1919.

Contents: Outline of Chinese system of government (p. 24+). Commercial treaty between China and United States (p. 34+). Judicial procedure in China (p. 42+). American courts in China (p. 46+). The American consulate and its relation to the public (p. 55+). Trade-marks, patents and copyrights in China (p. 61+). United States Customs requirements (p. 65+). China's tariffs and internal taxes (p. 83+). Postal facilities in China (p. 106+). Railways in China (p. 115+). Chinese ports and shipping facilities (p. 130+). Currency, exchange, and banking (p. 158+). Chinese government finance (p. 201+). Concessions and titles in China (p. 222+). Chinese guilds and chambers of commerce (p. 245+). Position and function of the Chinese comprador (p. 254+). Chinese products of interest to Americans (p. 261+, includes [Soy] Beans {p. 282-83 with photos facing pages 282 and 283}). Animal industries in China (p. 306+). Progress of forestry in China (p. 316+). China's commercial and industrial progress and prospects (p. 319+). Miscellaneous economic activities. Cotton goods in China (p. 329+). Suggestions to American manufacturers and merchants (p. 356+). Pertinent points for Americans seeking trade with China (p. 367+). Essentials of business practice in China (p. 370+). Advertising American goods in China (p. 387+). Training Americans to know Asia (p. 396+). Teaching the Chinese language to foreigners (p. 402+). Present conditions of government education in China (p. 406+). Chinese students in the United States (p. 420+). American missionary work in China (p. 423+). Labor and living conditions in China (p. 432+). Methods of keeping well in China (p. 439). Land values in China (p. 443+). Words and expressions in common use in foreign

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communications in China (p. 444+). Notes on Chinese social customs and etiquette (p. 450+). Important days in Chinese calendar (p. 454+). Chinese weights and measures (p. 455+). Lists of officials, organizations and institutions (p. 457+). Useful literature on China [Bibliography] (p. 460). Shipping Board freight rates from United States to China (p. 467+, by commodity per 100 pounds).

Words and Expressions (p. 444+). "Bean cake.–The refuse after the oil has been expressed from the beans. It is pressed into huge cakes and used very extensively as a fertilizer."

"Bean curd.–A thick, white, cheesy substance made of beans, which may be called bean cheese. It is very nutritious and is eaten extensively throughout China."

"Chop-suey.–In Cantonese 'Tsap-suey,' literally miscellaneous pieces or odds and ends,..."

"Comprador.–The Chinese agent in a foreign firm, through whom the foreign firm transacts much of its business with Chinese and who often guarantees the credit of the firm's Chinese customers."

"Congee.–A thick rice or millet soup or gruel."

"Coolie.–An appellation for the unskilled laborer of China."

"Godown.–This word is always used in China in place of the word warehouse. It is a pidgin English word."

"Haikwan,–The Maritime Customs of China..."

"Hong–A mercantile house... or a merchandising establishment."

"Kang.–A Chinese word meaning a brick or clay bed with an opening beneath for a fire, used all over the north of China."

"Kin.–A catty, or 1 1/3 pounds avoirdupois."

"Kong or kang.–A large earthenware jar used for holding water, or Chinese pickles, etc."

"Li.–A Chinese mile, equivalent to about 3/10 of an English mile but varying in different parts of the country."

"Liang.–A Chinese ounce, known to foreigners as a tael, or 1 1/3 ounces avoirdupois."

"Mandarin.–A Chinese official."

"Mandarin dialect.–The official language of China, spoken by about three-fifths of the people of the country."

"Picul–A measurement of weight in China, equivalent to 133 1/3 pounds avoirdupois."

"Soy.–Bean sauce." Address: Commercial Attaché, Peking, and various American Consular Officers, China.

1060. Bowers, William G. 1919. Some studies on the nutritive value of the soy bean in the human diet. *North Dakota Agricultural Experiment Station, Special Bulletin, Food Department* 5(13):278-328. Aug. Reprint of his 1919 PhD thesis, Ohio State Univ. 28 cm. [65 ref]

• ***Summary:*** Contents: Part I: Introductory. Extent of production. Human food preparation made from the soy bean. Varieties and chemical composition. Character of the carbohydrates of the soy bean and its bearing on nutrition. Character of the fats of the soy bean and its bearing on nutrition. Character of the protein and its bearing on nutrition. Vitamines of the soy bean. Minerals of the soy bean. The soy bean compared to some other legumes used as human food as to fuel value and organic nutrients. Digestibility of soy bean products.

Part II: Experimental part. The character of the materials used in the experiments. Digestibility of soy cake meal baked into bread. Digestibility of soy cake meal mush. A study of the nutritive value of the nitrogen free contents of the soy bean. Malt digestion. One per cent HCl [hydrochloric acid] extract (incl. pentosans, galactans, true cellulose). Milling of the soy bean: Composition of parts (incl. "the bran"), digestibility of the bran, the nitrogen-free extract, crude fiber, physical effects of a diet solely of a mush made from the bran, the calcium oxide and phosphorus pentoxide content of the soy bran and soy meal. Toxic and disagreeable or unpalatable substances of the soy bean: Some investigations as to the possible poisons, location and elimination of the disagreeable and unpalatable substances (20 experiments, incl. soy and navy bean bran, benzine extracted soy and navy bean meal, alcohol extracted soy and navy meal, a steam distillation for the purpose of separating objectionable flavor). Discussion of results. Summary.

Introductory: Only within the last 35 years "has the soy bean been considered with much favor as a food for stock. Only within the last ten or fifteen years has it met with any favor at all as a food for man" (p. 279). "Soy milk and soy milk products are being made in the United States now" (p. 280). "Roasted beans. Soy beans may be roasted in an oven or ordinary corn popper. They are heated until the beans are burst like popcorn. The beans thus roasted may be softened by immersing in a syrup while they are hot. This is said to make a wholesome candy. The roasted beans may be powdered and used as a salad dressing or employed as a substitute for coffee" (p. 281). "The fresh green beans, those that have been dried without being allowed to ripen thoroly [sic, thoroughly], or those that have ripened on the vine after the vine has been pulled show slight amounts of starch" (p. 282).

"Experimental part (p. 287): "In our experimental work we propose to inquire into the digestibility of soy cake meal. We shall then determine the digestibility of the different carbohydrates as found in a representative variety of the soy bean. After passing some of the beans thru a milling process we shall study the composition and digestibility of the meal and bran and determine their relative amounts of calcium and phosphorus, and locate any possible poisons or objectionable substances that my be present in either of these. This will make it possible, then, to determine whether or not it would be profitable to carry on the milling process and eliminate certain products, or whether by the use of certain extractives we can get rid of the objectionable constituents."

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Recalling the fact that "navy bean bran is so indigestible and is responsible for fermentation and discomforting gas in the digestive system, we were led to the effort to separate the bran and the meal of the soy bean and make determinations of each separately... we found the bran to constitute 8% of the whole bean." The germ was 1½% and the remainder was cotyledon. "The bran consisted of very large flakes. We had to grind it thru a burr mill three times before it would pass thru a twenty mesh sieve" (p. 301-02). The bran can be easily separated from the soy bean by milling. It is composed of about 37% crude fiber and 43% nitrogen free extract. "Digestibility experiments on the bran showed that the nitrogen free extract, including the hemicelluloses and waxes, is about 84% digestible, which is much less than that of the whole bean. (p. 323).

"In order to see what would be the physical effects of a day's diet on the bran alone, we made three meals of 30 grams each for one day. Next day we were a little uncomfortable on account of a slight amount of gas in the bowels. We were a little weak and very hungry but not sick. The next day the stool was voluminous but not so very soft. The diet had neither a laxative nor a constipating effect that could be noticed" (p. 304).

"In most of the Japanese foods made from the soy bean the disagreeable flavor is avoided by the nature of the preparation made. These, of the most part, involve some sort of fermentation which changes the flavor entirely. The Domestic Science Department of the Ohio State University [under the leadership of Dr. J.F. Lyman, with help on milling from Dr. Park of the Farm Crops Dept.], has carried on considerable experimentation making different preparations, combinations and extractions, as well as making use of different methods of cooking soy bean preparations, to avoid the disagreeable flavor."

The calcium oxide content of the bran was found to be 0.8% and the phosphorus pentoxide content 0.27%. No salicylic acid was found in the bran, and no hydrogen cyanide or cyanates in the samples tested. There was no trace of tannin in the bran and only a slight trace of alkaloids.

"As far as flavor is concerned there is no point gained in removing the bran from either the soy bean or the navy bean. The beany flavor and some of the disagreeable taste can be easily removed from the soy bean by steam distillation, but the disagreeable flavor in the oil cannot be removed in this way."

Nineteen tables (all but one without captions) show compositional percentages of soy beans, and a summary of results. An illustration (line drawing; p. 297) shows the apparatus for extracting meal with 95% alcohol. Three bar charts (p. 316-18) gives a summary of experimental results.

Note 1. Although this document was reprinted as a Special Bulletin by the Food Department of the North Dakota Agricultural Experiment Station, it has nothing to do with North Dakota per se, and makes no mention of soybeans being used or grown in North Dakota.

Note 2. This is the earliest English-language document seen (Oct. 2001) that mentions soy bran, which it calls "soy bran." It is also the earliest document seen concerning the etymology of soy bran.

1061. *Journal des Praticiens: Revue Generale de Clinique & de Therapeutique.* 1919. Le lait de soja [Soymilk]. 33(38):607-08. Sept. 20. [1 ref. Fre]

• ***Summary:*** This article in the "Food Hygiene" section notes that the soybean [*la soja*] is a legume whose seeds are very similar to those of haricot beans or beans, but the contain more protein and fat, and less carbohydrates. For this reason, they have been recommended in diabetic diets. Soy bread has had little success. Presently, soymilk is widely used (see articles in *Revue Horticole de l'Algerie* by Mlle. Castet, Oct/Dec. 1918, and by Delaye, March 1919).

In 1914, a ton of soybeans from Manchuria sold for 202 French francs in London [England]. Since 150-160 gm of soybean are sufficient to make a liter of milk, the cost of the raw materials is only about 3 centimes. The labor could not be very expensive because the process is very simple. Thus, even with increasing freight rates, the actual cost of a liter of vegetable milk (*lait végétal*) is probably not more than about 20 centimes.

A brief description of the process soymilk making process is given. The flavor is very acceptable. Suitably sweetened, it is also well accepted by infants.

Mr. Delaye says that he has succeeded in removing the bad taste from soymilk, but he does not describe his process. According to Mlle. Castet, in all culinary preparations, as well as in side dishes or sweets, soymilk can entirely replace cow's milk. We suppose that its use in the feeding of young infants would diminish their mortality rate, but this supposition has not yet been supported by facts.

Mlle. Castet makes a cheese [tofu] with soymilk, using magnesium chloride as a coagulant. The taste is not bad, but rather tasteless. It should be sweetened. In the future, one can imagine an industry making various foods from soymilk curds.

In the preparation of soymilk, that which remains in the filter [okara] is not without value. Mlle. Castet adds sweetener plus a little water and cooks it for an hour or less until it has the appearance and taste of almond pâte. It can be consumed as is or used in making pastry, such as almond pâte.

1062. Carver, G.W. 1919. Re: Milk from peanuts. Letter to Mr. Walter M. Grubbs, Peanut Product Corporation, Birmingham, Alabama, Oct. 1. 1 p. Typed, without signature (carbon copy).

• ***Summary:*** "It is true that our Research Laboratory has succeeded in producing a milk from Peanuts, eminently commercially practical. I am not ready however, to release it,

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as the discovery is less than a week old and it has a number of possibilities that I am perfecting; at present I have three grades. First, the Normal milk, Second, a very rich product which I choose to call Cream; Third, a Butter milk; they are all three wonderfully interesting products and every way that I have tried them out, they have proven a success.

"I have used the sweet milk for making both Corn-bread and Biscuits with perfect success; have used the sour milk with baking powder for biscuits with equally as much success. The Butter milk is delicious for drinking. I am making yeast bread with it today, hope to make ice cream very soon; The cream works very nicely in coffee, changes the color similar to the cream from cow's milk and those who tried it out with me, pronounce it excellent; in fact, I am trying it out upon a great many people here who are really fastidious. I do this in order to get whatever objections they may have to it, so as they may be corrected before it is released."

"I think I am conservative in my statement when I say that it is without a doubt, the most wonderful product that I have yet been able to work out, and I see within it, unlimited possibilities. It curds much like cow's milk and the curds make a delicious cheese [tofu]. I hope to have it perfected sufficiently to let it go out before a great while.

"P.S. [handwritten] I have just tried it out in rolls made with just the peanut milk instead of water. Yeast was used in the usual way. The rolls were simply delicious and taste like real milk rolls only more nutty in flavor. Experienced bread makers say the rolls are delicious."

Location: Library of Congress, Washington, DC. Microfilm of The George Washington Carver Papers in the Tuskegee Institute Archives, Roll 6 #0328. Address: Director, Dep. of Research & Experiment Station [Tuskegee, Alabama].

1063. Le Goff, Jean. 1919. Le soja: Un aliment précieux pour diabétiques [The soybean: A valuable food for diabetics]. *Gazette des Hopitaux* 92:1120-21. Nov. 18-20. [3 ref. Fre]
• ***Summary:*** "In two preceding articles in this journal (22 May 1910 and 7 March 1911) I have called attention to the use of soya in diabetic diets, I have demonstrated that it is to cultivate this plant in France, and I am hopeful that some day there will be interest in cultivating the soybean as a garden vegetable." In the United States the soybean is being introduced to many states under the direction of Mr. W.J. Morse, who has also written various bulletins dedicated to the study of the soybean, its cultivation and usage.

From the viewpoint of food, the soybean has been neglected up until the present. However I noticed in the *New York Herald* (May 1916) the name of this seed among the substances that the Germans have fed to our poor prisoners of war. And these soybeans came from France!

"Here, in effect, is what one reads in the *Journal de Genève* on Thursday, 10 August 1916, page 6, 1st edition. "Export of soybeans." Berne (Switzerland): "The *Nouvelle Gazette de Zurich*, in its issue no. 1238, has published the following note: 'We have said that Mr. G. Liechti, in Zurich, is the importer from France of 2,000 railway cars (*wagons*) of soybeans. At a later date, these soybeans were re-exported to Germany. He submitted to us the file of this case in which the press took such great interest.'" Note: These soybeans were probably not grown in France (or even Europe), but rather imported to France from East Asia.

"We would like to know what the role of our Minister of Blockade (*Ministère du Blocus*) has been in this affair, which I brought to their attention.

"Food uses of the soybean.–The soybean can be used in either the dry or fresh state. To date, it has been used only in the dry state in Europe: (1) As a flour, with which one can make biscuits, pastries, and bread. (2) As an edible oil. (3) As a vegetable milk with which one can make a cheese [tofu], that can be consumed fresh, dry, smoked, or fermented. (4) A coffee substitute, after roasting.

"In the fresh state, the soybean is rarely used because agriculture does not take enough interest in this plant, which not only fertilizes the soil by fixation of atmospheric nitrogen, but also furnishes forage and an edible seed of the first order. This is the vegetable of choice for those with diabetes mellitus." Soybeans harvested fresh in France are very easy to cook–quite unlike dry soybeans. A table shows the chemical composition of 3 samples of dry soybeans.

Two photos by Dr. Le Goff show: (1) A mature soybean plant with pods, harvested in the suburbs of Paris; it bears 38 pods containing 90 soybean seeds. (2) A portion of the roots of a soybean plant with nodules. Address: Dr.

1064. **Product Name:** Sweet White Miso (*Shiro Miso*), and Koji (by 1922).
Manufacturer's Name: Norio Co. Renamed Norio Koji, Miso Seizo-sho by 1922. Renamed Norio Co. by 1941.
Manufacturer's Address: 1531 Geary St., San Francisco, California. Phone: Fillmore 4368.
Date of Introduction: 1919.
New Product–Documentation: The Japanese American Directory. 1922. p. 40 (directory; Norio Koji, Miso Seizô-sho, 1531 Geary St. Phone: Fillmore 4368) and p. 41 (1/8-page ad, lower left. Norio Shokai, 1531 Geary St. Same phone. Making shiro miso (sweet white miso), koji, and Sakura Miso {probably a red rice miso}. Logo: The character for 10,000 in a circle, probably pronounced "Maruman"). Note: In 1921 Maruman Miso was at this address and phone number.

Note: In the San Francisco City Directories (all English), 1917-1930, there is no listing for Norio Co. or anything like it except a 1930 listing for Norio Sadaichi rice dealers.

The Japanese American Directory. 1923. p. 60 (directory). Also in 1924, p. 58 (directory).

Also in 1925, p. N-17 (directory) and p. N-17 (¼-page

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ad; at the top part of this ad is written in English: "Norio & Co., 1531 Geary St., San Francisco, Calif." About half of the ad is in Japanese characters: Norio Koji, Miso Seizô-sho, 1531 Geary St., Phone: Fillmore 4368. Maker, wholesaler, and retailer of koji, shiro miso, and Sakura Miso. Illustrations show a box of the company's koji, and one keg of miso stacked atop two others, side by side). Also in 1926, p. N-22 (directory).

Also in 1930, p. 15 (1/3-page ad, very similar to that in 1925 but larger. Address: 1531 Geary St., San Francisco. Phone: FIllmore 4368. They make koji, sweet white miso (*shiro miso*), sakura? miso. Manufacturing, wholesaling, and retailing. Illustrations show: A box of dried koji {*hoshi-koji;* high quality}. Three tubs of miso) and p. 18 (directory; gives the company name as Norio Koji, Miso Seizô-sho, in characters). Also in 1932, p. 17 (directory). Also in 1934, p. 20. Also in 1936, p. 34 (directory; the company name is still Norio Koji, Miso Seizô-sho. But the address is now 1532 Post St. The phone is still Fillmore 4368). Also in 1937, p. 8 Also in 1938, p. 8. Also in 1939, p. 7. Also in 1940, p. 7.

The Japanese American Directory. 1941. p. 7. Listed in the category "Food Products Manufacturers." Norio Koji Miso Seizô-sho (Norio Co.), 1532 Post St., San Francisco, California. Phone: FIllmore 4368. Also listed in the 1942 Directory. Norio Shoten (Norio Co.), 1534 Post St. Phone: FIllmore 5368.

Ad (¼ page) in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory of manufacturers, p. 145 (top right). "Norio Company. 1532-4 Post St., San Francisco, Calif. Phone: WEst 1-8672. They make Maruman brand miso and koji. Entry in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory, p. 5 (top left). In Japanese: Norio Miso Seizôsho. In English: Norio Co., 1532-4 Post St., San Francisco, California. Phone: WE. 1-8672.

Hokubei Mainichi Year Book. 1951, p. 9. Ad (½ page, vertical). Top 1/3 of the ad is in English. "Norio Company, 1532-34 Polk St., San Francisco 9, Calif. Tel. WEst 1-8672. Soy bean products." Below that is the large "Maruman" logo. In Japanese: Maker and wholesaler of Maruman brand miso and koji. Also sells soybeans and nigari. Directory entry, under "Food Products: Wholesalers" (p. 37), and under "Food Products" (p. 38). Norio Miso Tofu Seizô-sho (Norio Co.), 1534 Post St., WE 1-8672. Note that they now make tofu!

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 16. Under "Food Products; Grocers-Whsle." In Japanese: Norio Miso Tofu Seizô-sho. In English: Norio Co., 1532 Post St., San Francisco. Phone: WE 1-8672. Ad (¼ page), p. 21. Top 1/3 of ad is in English. Norio Company, 1532-34 Post St., San Francisco. Phone: WEst 1-8672. In Japanese: Maruman brand. Miso koji seizô [manufacturing]. Note: Do they make both tofu and koji?

Hokubei Mainichi Nenkan (Year Book). 1970. Page 11. Half-page vertical ad. Address has expanded to 1532-34 Post St., San Francisco 9, Calif. Phone: 931-8672. "Soy bean products" (in English). Their large logo is still Maruman, with the character *Man* (meaning ten thousand) inside a bold circle. The bottom half of the ad (in Japanese) states that they make and sell (wholesale) Maruman brand miso and koji. They also sell tofu and agé. Directory entry, p. 37 under "Food Products." *Norio miso tofu seizô-sho* [Norio, maker of miso and tofu].

B.W. 1971. East West Journal. 1(14):6. Arikawa. 1982, personal communication; Shurtleff & Aoyagi. 1983. The Book of Miso. 2nd ed. p. 234. The second earliest know miso company in the continental USA was started in 1919 by Mr. Masaichi Norio. He made only shiro miso and exported most of it to Hawaii (Based on two interviews with Mr. Arikawa, former owner of the Norio Co.; He still lives in San Francisco. Phone: 415-387-7217). Note: Even though the company may have "started" in 1919, it was not listed in any directory seen until 1922.

Talk with Mr. Arikawa. 1989. Dec. 6. The company started on Geary St., then moved to 1532 Post St. before 1930. The owner bought the company of a competitor at that address on Post street [probably Kanedai Koji Miso Co. at 1534 Post St.] and merged the two companies.

1065. Calvino, Mario. 1919. La soya [The soybean]. *Informe de la Estacion Experimental Agronomica* (*Santiago de las Vegas, Cuba*). p. 98-103. For the years 1917-1918. [1 ref. Spa]

• ***Summary:*** This report, which describes the first soybean experiments in Cuba, begins by discussing the composition of the seed, and its various uses in China, Japan, and Europe (including for manufacture of soaps and as a drying oil in paints, and as foods such as whole dry soybeans, soy coffee, roasted soybeans [soynuts] {*"Se comen también tostados..."*}). In China they are sprouted in darkness and the white sprouts, up to 3 cm long, make an excellent green vegetable."

Note. This is the earliest Spanish-language document seen (Jan. 2013) that mentions soy sprouts, which it calls *sus gérmenes blancos.* From soybeans the Chinese also make a special soy cheese (*un queso especial*), a type of milk (*una especie de leche*), and other drinks. The author then states: "We thought it would be useful to test varieties of soya suited for hot/tropical countries, and we were able to obtain two types of Japanese soybeans, those that gave satisfactory results without having been inoculated.

"Since these soybean types did not find suitable bacteria for the purpose of being inoculated naturally in our terrain, I asked the Mulford house (*casa de Mulford*) for a special bacterial strain for soy (Soya) and proceeded with the artificial inoculation of the seed. The result has been magnificent, as one can see in the accompanying photographs.

"Now we have inoculated land, with which we have

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been able to ensure the most success for our crop. The harvest [yield] during this first year in Cuba was 2,000 kg/ha of seed. We have also found that it is best to cultivate soya in rows 60 cm apart, with the seeds planted 10 cm apart in each row. This is very dense planting, but it is better to thin the plants than to transplant in others to get the desired plant density. Transplanting is often unsuccessful, and if a crop is not planted evenly the first time, it is difficult to make it even later by transplanting.

"I have had a chemical analysis done of the soybean seeds from our crop. The report prepared by the Department of Chemistry shows that they contain 10.4% water, 41.95% protein, 17.5% oil, 2.45% carbohydrates, 2.5% fiber, and 5.2% ash. The analyst was F. Dominguez." An analysis is also given of assimilable or digestive elements in the soybean from a book by R. Gouin titled *Alimentation rationelle des animaux domestique* [*Rational feeding of domestic animals*]. Three full-page photos show soybean plants: (1) Root nodules on a soybean plant grown in Cuba without the use of inoculant (p. 99). (2) Two soybean plants grown at the agronomic station that contain many pods (p. 101). (3) Four soybean plants with roots; two were inoculated and bear nodules (p. 103).

Note 1. This is the earliest Spanish-language document seen that refers to soynuts. Note 2. This experiment station is under the Secretary of Agriculture, Commerce and Labor (*Secretaria de Agricultura, Comercio y Trabajo*). This 515-page report is published in Havana by Alvarez López y Cie. Address: Director, Estacion Experimental Agronomica, Doctor en Ciencias Agricolas de la Universidad de Pisa [Italy].

1066. Koenig, Franz Joseph. 1919. Chemie der menschlichen Nahrungs- und Genussmittel. 4 Aufl. Nachtrag zu Band I. A. Zusammensetzung der tierischen Nahrungs- und Genussmittel [The chemistry of human foods and food adjuncts (stimulants / enjoyables) 4th ed. Supplement to Vol. I. A. Composition of animal foods and food adjuncts]. Berlin: Verlag von Julius Springer. 594 p. See p. 286-87, 346, 528. [6 ref. Ger]

• ***Summary:*** On pages 286-87 is a section on "Sunflowerseeds, soybean cake and soybean meal (*Sojakuchen und–mehl*) as fodder for milk cows," by Nils Hansson. A table shows the weight of the feed and the resulting milk, and the fat content of that milk. Soybeans (*Sojabohnen*) are also mentioned in two places on p. 346 as a raw material for soymilk–which is described in German as a "fluid resembling cow's milk" or a "soybean emulsion" (*Sojabohnenemulsion*) (Footnote: *Die Sojabohnenmilch, Sojamilch, Sojaglobulin*).

A table titled "Plant cheeses (*Pflanzenkaese*)" gives the composition of tofu, kori-tofu (frozen tofu), Hamananatto, three types of soybean cheese (*Sojabohnenkaese;* from the year 1912, one type prepared in a laboratory), Chinese tofu, and Daua-Daua (Dawa-Dawa) cheese made from the seeds of *Parkia africana.* The source of all data is given, and the lengthy footnotes accompanying each entry in this table take up more space than the table itself.

Note: This is the 2nd earliest German-language document seen (Dec. 2011) that mentions fermented black soybeans, which it calls *Hamananatto.* Address: Germany.

1067. Mattei, G.E. 1919. La soja ed i suoi prodotti [The soybean and its products]. *Bollettino di Studi ed Informazioni del Regio Giardino Coloniale di Palermo* 5(1/2):1-34. [40 ref. Ita]

• ***Summary:*** This article contains one of the best histories seen to date of the soybean in Italy, from 1760 to 1813. Contents: Brief history of the soybean. History of its taxonomic classification. Botanical description of the wild and domestic soybean. Varieties. Introduction of the soybean to Europe (especially France and Italy). The question of the root nodule bacteria. Cultural requirements. Importance / value of the production. Utilization of the seeds. Soy flour (*farina di soja*). Soymilk (*latte di soja*). Soy cheese [tofu] (*formaggio di soja*). Soy oil (*olio di soja*). Soy cakes (*panelli di soja*). Other Japanese preparations: Miso, shoyu, koji. Opportunities for soybean cultivation in Italy. Results of cultural trials at the Colonial Garden (*Giardino Coloniale*) in Italy.

"Introduction of the soybean into Europe: The soybean (*La Soja*) was long confined to East Asia, and it is only towards the 17th century that it appears in the Indian Archipelago; in fact, if it had existed in the Pacific islands at the time of Cook's voyage, Forster surely would have reported it. Its introduction to the East Indies is even more recent. Roxburgh mentions its cultivation in the Botanical Gardens of Calcutta from seeds acquired from the Moluccas, in 1798. On the other hand, as Alphonse de Candolle observes, if its cultivation were ages-old, it would have spread long ago toward the West to Syria and Egypt, which did not occur.

"Its introduction to France is said to date back to 1739, when certain missionaries sent soybean seeds, from China, to the *Jardin des Plantes* in Paris: the uncertainty however arises as to whether, even before this time, it was cultivated in Europe, since, as Saccardo points out, it appears that essays (*saggi*) on the plant exist in the *Herbarium* of Bartolomeo Martini of Verona, Italy, written (*composto*) in 1701.

"In any event, concerning France, the soybean is reported as being grown extensively in about 1821 at Champ-Rond near Etampes; it seems, however, that subsequently its cultivation was nearly lost; in fact, Lachaume, in the *Revue Horticole* of 1857 [pages 568-70. Nov. 16], reports it as a new introduction, thanks to the French Consul in Shanghai, and he describes and illustrates it.

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"As for Italy, Pinolini [1905] dates the soybean to 1848 [sic, 1840]. It is possible that its cultivation as an agricultural plant began to spread from that date, but the existence of the soybean in Italy antedates this date by at least a century. Saccardo says in fact: 'cultivated since the mid-18th century, and at times extensively, as in the Treviso region.'

"With the existence, as I have stated, of essays on the soybean in the *Herbarium* of Bartolomeo Martini of Verona, an herbarium written in 1701, one might suspect that from that time the soybean was being cultivated in the Verona region; but who could have brought the seeds? And if this were the case, why do we not find any reports of it in somewhat later authors? Or was the above-mentioned essay brought directly from the Orient. It should be noted that Kaempfer's voyage to Japan dates to 1690, and we have the first accurate reports on the soybean in 1712 with Kaempfer's own publication. Should we perhaps believe that some study, brought back by Kaempfer, was given to Martini? He might have obtained it from Zannichelli who, as Targioni-Tozzetti relates, in the life of Micheli, carried on a correspondence with Martini himself? Assuredly Kaempfer had to regard a plant which is used for so many purposes in Japan as important and it is possible he brought back essays about it, and perhaps even seeds.

"In any event, the Jardin des Plantes in Paris, after 1739, must have distributed seeds to various botanical institutions, including Italian. In fact, from the old *Catalogs* (*Cataloghi*) of the first Italian botanical gardens and from the pertinent *Index seminum*, we see that in the second half of the 18th century, the soybean is being cultivated almost everywhere: in 1760 Allioni mentions its cultivation in the Botanical Gardens of Turin; in 1780 Abbot (*l'Abate*) Farsetti introduced it to his Santa Maria di Sala garden near Venice; in 1785 Scopoli mentions it in Pavia; in 1787 Guatteri records it in Parma; in 1790, with the Botanical Gardens barely established, Tineo was cultivating it in Palermo, as results [show] from the Catalogue published in precisely that year; in 1793 Zuccagni refers to it in Florence; in 1798 Durazzo had introduced it into his garden Dello Zerbino near Genoa; in 1801 Tilli mentions it in Pisa; in 1805 Graefer refers to it in Caserta; in 1807 Arduino introduced it to the Agricultural Gardens (*Orto Agrario*) of Padua; in 1811 Fabriani refers to it in Modena; in 1813 Tenora points it out in Naples, and the same may be said for other more recent reports. From this we see that, at the end of the 18th century, the soybean was already cultivated throughout Italy, not for agricultural but for scientific purposes, that is, in Botanical Gardens.

"Perhaps this information escaped those, like Pinolini, who did research on the soybean as an agricultural plant because, in all works dealing with plants cultivated at that time, the soybean is found under the name of *Dolichos soja*, the generic name *Soja*, of Moench or Savi, not yet having been adopted."

In 1918 a soybean cultural trial was conducted at the Colonial Garden, Palermo, on a plot of 350 square meters; smaller experiments had been conducted in previous years. A variety was chosen which had almost spherical seed and was greenish yellow in color. The seeds were planted on March 29, in furrows at a spacing of 30 x 40 cm.; they germinated regularly about 10 days later. The plants were hoed twice to reduce weeds and irrigated eight times from the end of May until the end of August. Flowering began in early July and the seed was harvested on Nov. 15. The entire vegetative period was, therefore, 7½ months. The plants reached an average height of 90 cm. Their growth was luxuriant and there was a normal development of nodules on the roots. From this plot of 350 square meters, 51 kg of clean seed was harvested; this corresponds to a yield of about 1,450 kg/ha, which is considered quite satisfactory and could be increased by manuring. The beans, when cooked in different ways, were found to have an agreeable taste.

Talk with Ted Hymowitz, soybean geneticist, Univ. of Illinois. 2003. Aug. 18. Caution! It is not clear whether the early dates for soybean in Italy in this article are based on herbarium specimens or living plants. With herbarium specimens, it is easy to make errors.

Note 1. This document contains the earliest solid dates and the second earliest overall dates seen for soybeans in Italy, or the cultivation of soybeans in Italy (1760). The source of these soybeans is unknown. Yet note that the earliest possible date that the soybean was cultivated in France was about 1740. Perhaps there was some connection between the earliest possible soybean cultivation in France and in Italy.

Note 2. This is the earliest Italian-language document seen (April 2013) that uses the term *formaggio di soja* to refer to tofu.

Note 3. This article was reprinted in the Nov. 1991 issue of *Il Giornale della Soia* (p. 11-16). Address: Royal Botanical Garden (R. [Regio] Orto Botanico), Palermo, Italy.

1068. Rouest, Leon. 1919. Étude sur le soja [Studies on the soybean]. *Genie Rural* (*Le*) 11(99-100):23-26. (New Series Nos. 39-40). Continued: See Rouest 1920. [Fre]
• ***Summary:*** Gives a brief overview of the history of soya in Europe and France, including Li Yu-ying, Dr. Bloch, the Soyanna [sic, Soyama] Werke near Bockenheim, Messrs. Paillieux, Sagot, Raoul, and Jumelle, and the various soyfoods from China and Japan that they describe (Miso, shoyu {*Shoyua*}, tofu {*Tofou*}, dried frozen tofu {*Kouri Tofou*}, yuba {*Uba*}), and the potential threat of soya to the French cheese industry. "Finally in 1910-11 numerous soy products were presented at the expositions in Brussels [Belgium], Turin [France], and Dresden [Germany]."

Describes work on the *Ferme Expérimentale de Néoculture du Sud-Est*, at Villardonnel, Aude. Mr. Semichon, Director of the wine station at Aude, sent this experimental

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farm some soybean seeds which he received from the USDA accompanied by a bulletin written by William Morse (probably "The soy bean: Its culture and uses," 1918). Rouest translates the Bulletin into French. The most important varieties mentioned are: Mammoth, Hollybrook, Ito San, Guelph, Haberlandt, Medium Yellow, Wilson, Peking, Tokio, Manchu, Black Eyebrow, Barchet.

Rouest was born on 11 Nov. 1872 in Paris; he died on 27 Feb. 1938 in Chartres, France. Illustrations (line drawings, both non-original) show: (1) Soja hispida plant, with close-up of a cluster of pods. (2) Soja Hato soybean plant. Address: Director, *Ferme Expérimentale de Néoculture du Sud-Est,* at Villardonnel (Aude), France.

1069. **Product Name:** Tofu.
Manufacturer's Name: Emu-gai Tofu-ya [M Street Tofu Shop].
Manufacturer's Address: 315 M St., Sacramento, California. Phone: Main 1725 W.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 158.

1070. **Product Name:** Tofu.
Manufacturer's Name: Hayashi Tofu-ya.
Manufacturer's Address: 1509½ Geary St., San Francisco, California. Phone: West 8293.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 57. Note: In 1919 Itano Tofu-ya made tofu at this address. In 1911 a Hayashi Tofu-ya was at 1621 Buchanan St. in San Francisco.

1071. **Product Name:** Tofu.
Manufacturer's Name: Hinode Tofu-ya.
Manufacturer's Address: 339 7th St., Oakland, California. Phone: OAkland 6613.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 88. Also in 1924, p. 99. Also in 1925, p, N-67. Also in 1926, p. N-67.

The Japanese American Directory. 1930. p. 67. Hinode Tofu-ya, 339 7th St., Oakland, California. Also in 1932. The phone number is now GLencourt 7297. Also in 1934, p. 68; Ad (1/8 page), p. 72. All in Japanese. Original tofu maker. Tofu, aburaage, ito-konnyaku, and goldfish. Also in 1936, p. 86. Also in 1937, p. 59. Also in 1938, p. 64. Also in 1939, p. 62.

The Japanese American Directory. 1940. p. 60. Hinode Tofu Seizô-sho (Hinode Co.), 339 7th St., Oakland, California. Phone: GLencourt 7297. Listed in the category "Food Products." Note: See 1913 entry for this company at a different address in Oakland. Also in 1941, p. 60.

1072. **Product Name:** Tofu.
Manufacturer's Name: Sakumura Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: Main 2162-J.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 158. Note: Koyama Tofu-ya was making tofu at this address in 1919.

1073. **Product Name:** Tofu.
Manufacturer's Name: Takasugi Tofu-ya.
Manufacturer's Address: 1613 Buchanan St., San Francisco, California. Phone: West 2157.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 57. Also in 1921, p. 64 (But the name has changed to Takasugi Tofu-ten). Also in 1922, p. 40. Also in 1923, p. 60. Also in 1924, p. 59.

Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 51. The company name is given as Takasugi Tofu Seizô-sho (Takasugi Tofu Mfg. Co.; same address and phone) is listed under the category "Miscellaneous foodstuffs (*Zatsu shokuryo-hin*)."

1074. **Product Name:** Tofu.
Manufacturer's Name: Tanabe Tofu-ya (Tanabe Tofu Shop).
Manufacturer's Address: 842 Japanese Alley, Fresno, California. Phone: 2615J.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 225. Note: A company with this same name started in 1909 at 830 F St., in Fresno. Their last listing in Fresno was in 1914, when their address was 847 Japanese Alley. Then they disappeared for 6 years or more. The relationship between these two companies is not clear.

1075. **Product Name:** Tomoe Nigari.
Manufacturer's Name: Tomoe Tofu-ya (Tomoe Tofu Shop). Renamed Tomoe Tofu-ten in 1923.
Manufacturer's Address: 324 Jackson St., Los Angeles, California. Phone: 11682.
Date of Introduction: 1920. January.
New Product–Documentation: The Japanese American Directory. 1920. p. 296. Ad (1/8 page) is all in Japanese. At the top center is the company logo, a 3-part (tripartite) *t'ai chi* (pinyin: *taiji*) or yin yang symbol–white on mostly black. The address is now given [in error] as 224 Jackson St., Los Angeles. Phone: 11682. Making and selling Tomoe Nigari. Also in 1920 directory, p. 304. Tomoe Tofu-ya, 324 Jackson St., Tel. 11682. Also in 1922, p. 329 (directory and ad). Also in 1924, p. 395.

Also in 1925, p. S-46 (directory; new phone number: VAndike 5676) and p. S-50 (1/8 page ad; Tomoe Tofu-ya,

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224 Jackson St. Phone: VAndyke 5676. Making and selling Tomoe tofu and nigari).

Also in 1932, p. 346 (directory; Address: 126 Rose St.) and p. 346 (1/8 page ad; 126 Rose St. Makes and sells Tomoe brand nigari). Note: In an ad in the 1936 directory, nigari is not mentioned.

1076. Le Goff, Jean. 1920. Un aliment précieux pour diabétiques: le soja [A valuable food for diabetics: Soya]. *Repertoire de Pharmacie* 32(1):1-4. Jan. 10. Series 3. 76th year. (Chem. Abst. 14:1169). [Fre]

• ***Summary:*** A call for the cultivation of the soy beans in France on the ground that they can be the source of valuable food products. Soybeans are said to be especially valuable as a food for diabetics, since they are is composed almost entirely of nitrogenous and fatty materials and contain practically no carbohydrates.

Food uses of soya: In the past, it has been objected to as a food because the dried beans are difficult to cook. The fresh beans, however, are said to be as easily cooked as peas and to have a flavor somewhat resembling that of chestnuts. The soybean can be used to make: (1) Flour, from which biscuits, pastries, and bread can be made. (2) Edible oil. (3) Vegetable milk (*lait végétal*), from which one can make a cheese [tofu] that can be eaten either fresh or dry, smoked or fermented. (4) A coffee substitute, after roasting.

A table compares the nutritional composition of soybeans grown in China, Hungary or France; there is no significant difference in their chemical compositions. Address: M.D., licencié ès sciences.

1077. U.S. Department of the Interior, Census Office. 1920. Saizo Ohta, Shino Ohta, and Matsuo Ohta in the 1920 U.S. Census in Portland, Multnomah County, Oregon. Portland, Oregon. Jan. 15.

• ***Summary:*** "Township or Division of County: Precinct 63 Supervisor's District No. 3. Enumeration District No 27. Page 13 A. Census taken on January 15, 1920. Street: Madison, probably 223 1/2. Dwelling enumerated: 70th. Family enumerated: 216.

There are 19 other people living at that address, making 22 in all with the Ohta family. The others are shown as lodgers except for the Ohta family as follows:

Ohta, Saizo. Head of Household, Renting, Male, Japanese, age 40, married, Immigrated to the US in 1905. He is an alien as is his wife. He was born in Japan; his native tongue is Japanese; his father and mother were both born in Japan and Japanese was their native tongue. He can read and write. He can speak English. He is a Hotel Manger [Manager is very clear; hotel not so but I think that's what it says. There are 19 lodgers in his hotel.] He was a worker for wages. [Line 34]

Ohta, Shina. Wife of Head of Household. Female, Japanese, age 26, married, immigrated to the US in 1913. She is an alien. She was born in Japan; her native tongue is Japanese. Both parents were born in Japan and their native tongue was Japanese. She can read and write. She can speak English. She has no occupation. [Line 35]

Ohta, Matsuno, daughter of the Head of Household, Female, Japanese, Age 4, Single. She can read English but apparently not write it since that column is not checked. She was born in Oregon. Both parents were born in Japan and Japanese was their native tongue. It is not checked that she can speak English. She has no occupation. [Line 36].

1078. Parry, Charles A. 1920. Travel sketches, LXXXIII– Bean that made Manchuria famous: A factory at Shimizu– The bean of many qualities. *Japan Advertiser* (*Tokyo*). Jan. 25. p. 7. [Eng]

• ***Summary:*** Contents: Introduction. Sweet and nasty. "Not now." The tea port. History of a bean. Substitutes. Big business. Japanese place names. On 26 Nov. 1919 the author traveled by train from Tokyo to the port city of Shimizu, on Suruga Bay, in Shizuoka prefecture (about 90 miles southwest of Tokyo). "Shimizu is one of the 36 treaty ports, and it was opened along with now fewer than 26 others, in 1899. The name means 'clear water'... My chief object in coming to Shimizu is to visit the Suzuki Company's Bean Oil Factory, for which I have obtained permission by courtesy of the Japan Tourist Bureau. This consists of several large buildings, erected three years ago, including a central office and two mills which being built in a castellated Gothic style, make a picturesque adjunct to the scenery as they rise by the calm waters of Shimizu Bay. The mills deal at present with two only of the many products of the wonderful manchurian [sic] or soy bean, called in Japanese daizu (glycerine [sic, Glycine] hispida) the crushed bean and the oil." The two mills are capable of treating 300 tons of beans per day. The process is secret. "I am informed that factories for the extraction of this oil exist only in Japan and Manchuria; but the Suzuki Co. has a branch office in New York, and the business is rapidly extending."

"The oil is used for frying, for lubricating, for water-proofing clothes, for medicine, as a butter substitute, and in the manufacture of soap, candles, guncotton, and artificial rubber; though it can hardly yet be said to be on the market." For culinary purposes it is not as good as the ordinarily used goma (sesame) oil, being much lighter and requiring the use of a deep saucepan. Yet it costs only about 62% as much as sesame oil; the latter costs ¥1.60 per sho (1.58 quarts).

"At present its chief use is for making soap, for which it is taken at a less refined stage, of a dark brown color while the finished product is light yellow. The oil is at present little used in Japan because little known; its retail sale seems to be limited to the neighborhood of the factories. Of these there are three, the two others being at Yokohama and Kobe, both established only last year.

"One large shed is devoted to storing the crushed beans

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(*kasu*) after the oil has been extracted, large piles of which lie about... The chief use of this at present is for cattle-food; but it is now to be manufactured into flour, useful for mixing in various proportions with wheat flour."

"The daizu [soy] bean has long been known in Japanese cookery in the form of 'kiriako' [sic, kinako] ('yellow powder') to make which the entire bean is slightly roasted and pulverized; then used for mixing with flour to make light cakes, for giving savor to boiled rice, etc. The prices are not yet determined, the cost of manufacture not being known; but it will be cheaper than flour, as well as more nutritious, and will help to relieve the scarcity of rice.

"Substitutes: Other products of the bean are: tofu, the white bean-curd, used universally in Japan and, until recently, almost absurdly cheap; also used in the forms of age-dofu (fried in cottonseed oil), yake-dofu (baked) [yaki-dofu (grilled)], and the curious gori-dofu [kori-dofu], 'frozen tofu,' also called koya-dofu (from koya-san), tofu sprinkled with hot water, frozen, dried, and cut into small cakes; miso, the cheap condiment made of daizu beans fermented with yeast and barley; and soy, Japan's only sauce. A later addition to the list has been to-nyu, or tofu-milk [sic, "bean milk], a very passable substitute for cow's milk at half the price; and still more recently tofu-butter. The whole bean, parched and boiled, is an excellent coffee-substitute, yielding when parched just to the right degree, much of the aroma of that fascinating drink without any of its deleterious effects."

Note. This is the earliest English-language document seen (April 2013) that uses the term "gori-dofu" or the term "koya-dofu" to refer to dried-frozen tofu.

"The present demand for been cake in Japan is met by the three factories of the Suzuki Co. that at Shimizu supplying central Japan, Yokohama Northern and Kobe Southern.

"There are several varieties of the bean known as white, yellow green and black, the first two being the most used. The plant is as yet little grown in Korea and Japan.

"Big Business: The Shimizu factory, which is the largest of the three, employs about 300 workpeople on day and night shifts. This new bean-industry is, however, only the latest among many activities of the Suzuki Co. which ranks among the great industrial concerns of the world, the third largest in Japan, standing next to the Mitsui and the Mitsubishi, and employing a total of over 3,000 clerks and 100,000 workpeople. It deals also in rice, wheat flour, sugar, sake-brewing, coal, timber, metals, camphor, wool, cloth and manure besides numerous small lines. It has three dockyards, at Harima, Toba and another; a coal-mine in Kyushu; copper mines at Hibi (Okayamaken) Hiroshima (Yamaguchiken) and Dairi (Fukuoka ken) also mines of zinc and iron; while its steel works (*seikojo*) at Kobe are the largest in Japan."

"Shimizu is well situated for growth being midway between the ports of Yokohama and Yokkaichi and serving a prosperous hinterland. Its chief exports are tea and oranges and its imports coal and timber." Address: Japan.

1079. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1920. Nichibei jûshoroku [The Japanese American directory. No 16]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Index of cities. 23 cm. [Eng; Jap]

• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Address: San Francisco, California.

1080. *Good Health* (*Battle Creek, Michigan*). 1920. The soy bean. 55(2):71-73. Feb.

• ***Summary:*** Contents: Introduction. Soy-bean milk. Soy-bean cheese. Soy sauce. Soy-bean sprouts." Photos show: (1) A typical soy bean plant with leaves and pods. (2) A large basket full of "sprouted soy beans, which are sold and used as a green vegetable" [in China].* (3) "Large blocks of freshly made bean curd, 'Tofu' [on a round wooden table], ready to be cut up into squares and sold to the housewife."*

Note 1. This article consists mainly of long quotations from the following article: Morse, W.J. 1918. "The soy-bean industry in the United States." *Yearbook of the U.S. Department of Agriculture* p. 101-11. For the year 1917. * = Photographed by Frank N. Meyer, USDA Plant Explorer.

Note 2. The cover of this issue reads: "Edited by John Harvey Kellogg, MD, LLD. Devoted to race betterment and biologic living."

1081. Adolph, W.H.; Kiang, P.C. 1920. The nutritive value of soy bean products. *National Medical J. of China* (*Shanghai*) 6(1):40-49. March. [15 ref. Eng]

• ***Summary:*** "One of the problems of science has been the search for a perfect food. Though eggs and milk are presently considered to be "perfect foods," the authors believe that the soy bean should also be considered. "The recent world shortage of food, and the demand for foods which are high in nutritive value has turned the attention of dietitians to the possibilities of the soy bean." It is a distinctly well-balanced food.

"During the last few years, the soy bean has found application in the West in the infant dietary, frequently with an admixture of some cereal for additional carbohydrate (Ruhräh 1915), and in summer diarrhea (Sinclair 1916). It is one of the recognized diabetic foods. One of the most satisfactory forms of artificial milk is made from soy beans. The bread used by the French army in the recent war was made essentially from soy bean flour."

"Soy bean products in China: History–The use of the soy bean in China dates back to the beginning of China's agricultural age under the emperor Shen Nung. It

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is mentioned in the *Ben Tsao Gang Mu* [*Bencao gangmu*] written by Shen Nung in the year 2838 B.C."

Note 1. This is the second earliest English-language seen (Aug. 2002) that treats Shen Nung as a real, historical figure, or that says the first written record of the soybean appears in a book written by him. The *Bencao Gangmu* (The great pharmacopoeia) was actually written by Li Shizhen in +1596.

"Tradition says that the manufacture of soy bean curd [tofu] originated in China in 164 B.C. during the reign of Han Wen Di, by a man named Liu An, the duke of Hwai Nan [Huai Nan]. The colloquial name for soy bean curd is *Do Fu*, and the classical name, *Li Chi*, probably meaning 'the morning prayer.' Its exact derivation, however, could not be traced. It is interesting to note that in China, at the present day the bean curd is made in the early hours of morning, and sold at daybreak."

"Liu An was a great friend of the Buddhist monks, and it is quite probable that he invented this bean curd in order to provide a change or a delicacy to break the monotony of the monastic ration. As a matter of fact, the bean curd is a real delicacy if carefully made and well cooked. Chinese who are connoisseurs on the subject assert that when so prepared it has the taste of pig's brain. The foreigners eating Chinese food often eat carefully prepared bean curd thinking it pork. With sugar it produces a dish like custard. Prepared with salt it resembles scrambled eggs."

"Application–The Chinese people make practically no use of dairy products, and the bulk of the people consume only very meager amounts of meat. Yet in spite of this they have lived for centuries on what appears to be a remarkably well-balanced diet by use of the soy bean."

"A number of interesting examples are found in China of the use of bean products as an agent for growth. One of us has observed in Anking that dealers in birds employ bean curd as the sole food for infant birds. The birds are robbed away from their nests immediately after they are hatched, and are then fed bean curd to tide over the infantile period till able to feed themselves. Possibly more interesting is the case of the true Buddhist monk who from birth is consecrated to the priesthood, and is carried through the period of childhood growth on a rather heavy diet of bean curd. The apparently normal growth of these monks would seem to be paralleled by the experiments of Osborne and Mendel (1917) on the promotion of growth in rats by both the water-soluble and fat-soluble vitamines contained in the soy bean. The country monastic diet is noted for its high content of soy bean products."

"The Chinese coolie... in spite of the scanty intake of meat and the constant exposure to overwhelming sources of infection, still does possess a wonderful resistance. The diet of the average coolie contains a surprisingly large amount of beans and bean products."

"A common saying in some parts of China terms *bean milk the poor man's milk*, and *bean curd the poor man's meat*... It is commonly stated that a meat diet is characteristic of the most aggressive peoples of the world. Has the protein of the soy bean replaced meat in the Orient?

"Bean milk is another bean product which is in composition not far different from cow's milk. In many places in China bean milk is a food drink. It is usually drunk sweetened with sugar. Western countries employ a number of patented methods for removing the 'beany taste' objectionable from the point of view of the Western consumer."

"It would be almost impossible to make a complete list of all the products manufactured from the soy bean in China. The best known and most important are the bean milk, bean curd, bean sauce (soy), and bean oil. In addition to this are the different forms of bean curd preparations, bean sprouts, and a large variety of sauces and condiments into which the soy bean enters as one of the constituents."

Details are then given on bean milk and bean curd. In making bean milk, the "bean residue [okara] which does not pass through the sieve is used as feed for hogs. On coagulation of this solution the soy bean curd (tofu), often called Chinese cheese, separates. As far as is known to the authors there are at present four agents employed in China to effect this coagulation. These are: (1) *lu*, the residue from the crystallization of salt, (2) gypsum; (3) *swan giang*, the soured bean milk whey remaining from the previous coagulation of bean curd; and (4) vinegar."

Table 1 gives the average chemical composition of the yellow soybean [*huangdou*] common throughout Shantung. Table 2 gives the chemical composition of two samples of soy bean curd purchased on the streets of Tsinan and made with *lu* [nigari] as a coagulating agent: The composition of the first sample is: protein 10.22%, fat 3.66%, water 80.90%, ash 1.09%, nitrogen-free extract 4.13%. This composition is compared with that of cottage cheese. Table 3 compares analyses of the ash of soy bean curd with that of soy bean. When it is made by coagulating soybean milk with bittern (from sea salt) the curd is rich in all the inorganic essentials (especially calcium, sodium, and chlorine) missing from the soy bean itself. The authors suggest that some of the racial characteristics of the Japanese people can be traced to their dependence largely on vegetable protein.

Table 4 gives analyses of 2 samples each of [soy] bean milk, cow's milk, bean milk whey, and bean residue [okara]. The chemical composition of the first sample of bean milk is: protein 4.22%, fat 1.87%, ash 0.40%.

Note 2. This is the second earliest document seen (Jan. 2002) that mentions Liu An of Huai Nan in connection with tofu.

Note 3. This is the earliest English-language document seen (April 2013) which states that *Li Chi* was an early or classical name of tofu.

\ Note 4. This is the earliest English-language document

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seen (April 2013) that uses the term "poor man's meat" to refer to tofu. Address: Lab. of Chemistry, Shantung Christian Univ., Tsinan, China.

1082. Valderrama, Santiago F. 1920. Notas sobre el cultivo de la soja: Ampliadas con las experiencias de los años 1914 al 1919 [Notes on the culture of soybeans: Enlarged with experiments of the years 1914 to 1919]. Cordoba, Spain: Printed by M. de Sola. 26 p. April. 16 cm. [Spa]
• ***Summary:*** This rare, valuable, and very interesting booklet was sent to Soyfoods Center on 15 June 1995 by Manuel Ruiz Luque, a collector of antiquarian books, from Montilla (Córdoba), Spain. Contents: Introduction (description of the plant and brief history). Cultivation of soybeans. Manures and fertilizers. Preparation of the soil. Time of planting. Spacing of the plants. Quantity of seeds and depth of planting. Work. Yield. Photo of a soybean plant (yellow seeds) grown at Montilla (Cordoba) by Don Santiago F. Valderrama and harvested in 1916 (p. 15). Nutritional analysis of the seeds of this plant (conducted Aug. 1916 at Granada by Mariano Moreno). Soy products: Soymilk (*leche de Soja*), various types of tofu (*queso de Soja*). Soybeans and products cultivated in Montilla and exhibited in May 1918 at Cordoba: 16 types of seeds (7 yellow-seeded, 4 black, 3 green, 1 variegated, and 1 red), 6 green soybean plants (from yellow, green, or black seeds), 1 dry soybean plant, and 11 soy products. Summary.

The soy products exhibited in 1918 at Cordoba are: 1. Soy oil obtained from 5 kg of seeds. 2. Soy flour (full-fat). 3. Soy flour (defatted). 4. Soy bran (finely ground; *Moyuelo de Soya*). 5. Soy bread (made with full-fat soy flour). 6. Soy bread (made with defatted soy flour). 7. Soy extract (*Extracto de Soja;* "This product can be substituted with advantage for all food extracts"). 8. Legumine (*Legumina*) extracted from soya; "Similar to the casein of milk and with equal applications." 9. Soymilk. "Of great nutritional power. This product, fermented, yields an exquisite cheese." 10. Urease. "A chemical reagent of great application, extracted from soya." 11. Soybeans pods (*Cáscara de la Soja*).

Bottari (1923, p. 2) writes in Italian: "Spain, through the initiative of Col. Santiago F. Valderrama, follows this example" [of the USA, where soybean acreage is expanding].

On page 49 he continues. "In Spain, the first attempts at soybean cultivation were made by the Count of San Bernardo, who cultivated soybeans on his estates at Almillo (in Écija [a city in southwest Spain, 48 miles east-northeast of Seville]) at the beginning of this century. But the person who has given a truly admirable impetus to this cultivation is Col. Santiago F. Valderrama who, during the last decade, as well as obtaining marvelous plants, some of which we will show in a photo (page 70, fig. 1), also introduced his own varieties, of which we will speak later (p. 85). He estimates a really favorable yield, which cannot be obtained except in favorable regions having warm climates, where cotton, sugar cane, date palms, and bananas grow luxuriantly. In fact, he gets a yield of 2,500 kg/ha, which we can't wait to have here in Italy."

An illustration shows a soy bean plant (frontispiece, facing the title page). Note: This is the earliest document seen (Feb. 2001) concerning the cultivation of soybeans in Spain. Address: Montilla, Spain.

1083. Fellers, C.R. 1920. Re: Information on soy cheese and canned soy curd. Letter to Margaret B. Church, Bureau of Chemistry, USDA, Washington, DC, April 20. 1 p. Typed, without signature. [1 ref]
• ***Summary:*** "I have obtained some information regarding the manufacture of soy cheese and canned soy curd and have made one factory inspection. I hope to make a couple more soon and will be glad to send you a copy of my report when it is finished. As you probably know, *Aspergillus* is used in the manufacture of these products."

Note: This is the earliest English-language document seen (April 2013) that contains the term "soy curd" or the term "canned soy curd." "Soy cheese" almost certainly refers to fermented tofu, and "canned soy curd" to canned tofu. Address: Bacteriologist, San Francisco, California.

1084. Kimura, Jirô. 1920. Tôfu oyobi kôri-dôfu tanpakushitsu-chû no jiamino-san no teiryô [Determination of diamino acids in tofu and dried-frozen tofu]. *Tokyo Kagaku Kaishi* (*J. of the Tokyo Chemical Society*) 41(5):413-20. May. (Chem. Abst. 14:2813). [4 ref. Jap]
Address: Nôgaku-shi, Japan.

1085. List or manifest of alien passengers for the United States: Heiji Ohta, Saizo Ohta, Shina Ohta. 1920.
• ***Summary:*** Ship: S.S. Afurica Maru. Passengers sailing from Yokohama, Japan, on 16 June 1920. Arrival at: Seattle, Washington.

Passenger #1: Ota, Heiji. Age: 48 years, 6 months. Sex: Male. Married or single: Occupation: Bean cake [tofu]. Married. Able to–Read: Yes (?). Write: Yes. Nationality–Country: Japan. Race or people: Japanese. Last permanent residence: Portland, Oregon. The names and complete relatives of nearest relatives: Mother. Mrs. M. Ohta, Shiraishimura, Okayama-ken. Final destination–State: Oregon. City: Portland.

Passenger #2: Ota, Saya (?). Age: 48 years, 9 months. Sex: Female. Occupation: Housewife. Everything else is the same as for Heiji (#1).

Passenger #3: Ota, Shina. Age: 25 years, 5 months. Sex: Female. Occupation: Housewife. Everything else is the same as for Heiji (#1).

1086. *Scientific American Monthly.* 1920. Food economy. 1:560. June.

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• ***Summary:*** Dr. C.O. Johns of the USDA Bureau of Chemistry has found that the quality of protein in soy beans and mung beans (unlike most common beans) is unusually high because of their high content of cystine. "If the press cake from the soy bean oil presses is used with peanut flour and white flour to make a loaf of bread it is claimed that such a loaf is a complete ration and will be found more easily assimilated than meat and equally nutritious and sustaining...

"Of late an increasing acreage has been devoted to raising soy beans, particularly in the South where the boll weevil makes the cultivation of diversified crops a necessity...

"The variety of materials made from the soy bean and its products in the Orient is remarkable. It forms the basis for an artificial milk. It is fermented into a drink. It affords an artificial cheese and the casein recovered from it has a variety of application. It will be seen, therefore, that nature has been particularly good to the Orient and naturally provided it with a particularly useful variety of bean."

1087. *WW The Wasatch Wave* (*Utah*). 1920. The Paris of China [Canton]. Aug. 20. p. 8.

• ***Summary:*** "Prepared by the National Geographic Society, Washington, DC." "The Chinese say that he who has not lived in Canton knows not luxury. Equally true is it that the American of lowliest estate who has not seen Canton knows not poverty. In contrast to ancient temples and palatial homes surrounded with park-like gardens are the beggars at their gates, covered with sores and whining for a pittance... women haggling for a pigeon-egg-sized lump of bean curd [tofu], half a dozen peanuts, a dozen roasted beans,..."

Canton is also the art center and the revolutionary center of China, for it was the birthplace of the revolution in 1911 that ended the Manchu dynasty, and has been the center of other revolutionary activities since.

1088. *Japan Advertiser.* 1920. Tokyo a city of many kinds of specialty restaurants: All sorts of food can be found at all sorts of prices if one knows where to go. No. 9,307. Aug. 22. p. 5, cols. 1-3. Sunday. [Eng]

• ***Summary:*** This introduction to the many types of restaurants in Tokyo mentions various soyfoods. Better class houses serve beef. The centerpiece is the "nabe"–"the iron skillet in which the food is cooked. The cooking is done by the customer, no skill being required as the secret of good 'nabe' is in the tenderness of the meat and in the sauce which is prepared by the house. Onions, either Bermuda or the long leek variety, tofu, konnyaku (a stringy preparation made out of a root), and sometimes cabbage leaf are the usual ingredients which are put in the nabe along with the thin slices of meat. Sake can be had if ordered. A reasonable meal at a beef house now costs about ¥1.50, although the nabe alone is probably listed at only 60 or 70 sen.

"Another name by which this dish is usually known outside of Tokyo, is sukiyaki. This is derived from *suki,* which means a spade, and *yaki,* to cook. The reason for this unusual derivation is that when meat we first introduced into Japan as food for humans, there was a very great prejudice against it. Those who wished to indulge in this 'unclean' food were forced to go into the mountains, far from any habitation and conveniences, and they made use of the farmer's broad spade on which to cook the meat. Another reason, aside from the fact that Buddhism preached abstinence from the flesh of animals, that the Japanese did not look with favor upon meat as a food was the flesh has always been eaten by the Eta, or the outcast class of the country."

"In contradistinction to meat, eels have always been looked upon as a delicacy. Eel restaurants are numerous in Tokyo, but they are not cheap... The customer is served in private rooms at these eel houses... Eels are considered very nutritious and are eaten by all classes. It is a favorite dish with coolies when they have the price... The first 'ox' day of the summer doyo, or period of greatest heat, is set aside as a special day to eat eels.

"There is not much choice in the way in which eels are prepared. Kaba-yaki is the name of one style. The bones are all removed, the eel is laid out flat and broiled over a charcoal fire with a special shoyu sauce and served on a big flat plate. Rice is also served..." One serving typically costs 1-3 yen.

"A very cheap kind of food, yet one whose 'social standing' is as good as any, is soba or udon... Cold soba is known as mori, and is eaten by being dipped into shoyu sauce and is flavored with sea-weed." "Tempura soba is served in a bowl with a piece of tempura placed on top. This is a very nutritious dish. Soba is served is served in the same way with onions or a piece of abura-age or fried tofu and is known as okame soba."

"A typical Japanese restaurant where a table d'hote is served is known as a kaiseki restaurant." One popular dish is "onuko, or fish mixed with miso and flavored with vinegar."

In Tokyo, pork "is eaten more than any other kind of meat, but as it is the cheapest it is found only in the poorest restaurants." Surprisingly large quantities of horse-meat are consumed at cheap restaurants. Tempura, which is very popular, "means a certain way of cooking–namely, dipping in this wheat-flour batter and frying in deep oil, usually goma-abura, or sesame oil, although almost any vegetable oil can be used." Also discusses sushi. Rice comes at the end of the meal. Sake is not supposed to be drunk after rice is consumed, as it produces indigestion. Address: Tokyo.

1089. Carver, George W. 1920. Peanut milk. *American Food Journal* 15(8):25. Aug.

• ***Summary:*** Properly made, peanut milk is one of the most perfect and stable emulsions. "When it sours, the clabber or curd is about the same in quantity and physical appearance as that of cow's milk." "The curd can be converted into

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many fancy types of cheese, such as the pimento, nut sage, tutti fruiti, chocolate fillers, cream bonbons, etc., etc." The chemical composition of both peanuts and peanut milk are given. Note: This is the earliest English-language document seen (June 2002) with the term "peanut milk" in the title. Address: PhD, Dep. of Research and Experiment Station, Tuskegee Inst., Tuskegee, Alabama.

1090. **Product Name:** Tofu.
Manufacturer's Name: Nakaoka Tofu-ten.
Manufacturer's Address: 1421 Kern St., Fresno, California. Phone: 2-2960.
Date of Introduction: 1920. August.
New Product–Documentation: The Japanese American Directory. 1930. p. 264. Letter from A.M. Araki. 1990. Dec. 31. "I came to the USA in Aug. 1920. At that time in Fresno there were two tofu shops in Japantown: Yokota Tofu-ten, and Nakaoka Tofu-ten. The owner of Nakaoka Tofu-ten died in about 1922, so the company was taken over by Mr. Zenkichi Nagahama, who renamed it Nagahama Tofu-ten, and ran it for about 20 years until 1942."

Note 1. Tofu shops in Fresno during the period from 1920 on, according to the very complete and detailed *Japanese American Directory*, were: Kawamoto Tofu-ya (1920-1926), Tanabe Tofu-ya (1920), Togawa Tofu-ya (1921), Yokota Tofu-ya (1922).

Note 2: For future history, see Nagahama Tofu-ten (1922).

1091. Rindl, M. 1920. Vegetable fats and oils. IV-V. Semi-drying oils. Soy bean. *South African J. of Industry* 3(6):518-31. June; 3(8):742-49. Aug. [29 ref]
• ***Summary:*** These are 2 installments of a series of articles on vegetable fats and oils, forming a Report to the Advisory Board of Industry and Science on Vegetable Oils, Fats, and Waxes. Soybeans are considered among the semi-drying oils. Contents of Part I: Introduction. Early [soybean] experiments in South Africa. Botanical characters. Varieties. Germination. Inoculation. Technique of inoculation. Soy beans as a rotation crop for maize. Comparison of soy beans and cowpeas. Storage of seed. The soy bean as human food. Vitamines. Soy-bean [food] preparations: Soy-bean milk, soy-bean curd [tofu], the soy bean as a vegetable (baked, boiled, roasted, green beans [green vegetable soybeans], soy-bean pulp (kara)). Soy-bean meal [soy flour and its uses]. Fermented soy-bean products: Fermented boiled beans (natto), ripened vegetable cheese (miso), the Chinese paste chiang, soy-bean sauce (shoyu).

Contents of Part II: Oil content of seed produced in South Africa. Quality of oil from South African beans. Extraction of oils. Nature and composition of soy-bean oil, and methods of treatment. Uses of the oil. Soy beans as forage. Enemies of the soy bean. Method of shipment from the East.

"The first systematic trials [with soy beans] were initiated about 1903 at Skinner's Court, on the Springbok Flats, and at the Natal Experiment Farms, Cedara, Weenen, and Winkle Spruit. These latter were continued until the season 1910-1911 when the field trials referred to above [by the Transvaal and Natal Departments of Agriculture] were carried out by the Department of Agriculture in conjunction with Messrs. Lever Bros. and a large number of farmers" (p. 519).

The best yields during the 1910-11 season at the three Natal Experiment Farms were: At Cedara: Haberlandt 2,000 lb/acre. Winkle Spruit: Mammoth Yellow 1,191 lb/acre. Weenen: Mammoth Yellow 1,400 lb/acre.

"Method of shipment from the East. The beans are shipped in bags, vessels are well dunnaged, and a large number of wooden pipe ventilators are placed in the ships' holds to keep the cargo from getting heated. The beans, on a long voyage from Eastern Asia to Europe, being liable to sweat, are sometimes dried before shipment."

Tables show experimental yields and chemical compositions of soy beans from different countries and soy-related products. A diagram (outline-form) shows the various ways in which plants and seeds of soy beans are utilized.

Note: This is the earliest English-language document seen (April 2013) that uses the term "soy-bean curd" to refer to tofu. Address: Ing. D., Prof. of Chemistry, Grey University College, Bloemfontein [Orange Free State, South Africa].

1092. Adolph, W.H.; Wu, C.M. 1920. Additional notes on soy bean products. *National Medical J. of China* (*Shanghai*) 6(4):231-33. Dec. [2 ref. Eng]
• ***Summary:*** Tables give the following nutritional analyses of soy bean products purchased in the streets of Tsinan: Dry soy bean curd (salted or unsalted). Soy bean sprouts. Soy bean curd (86.4% water or 83.0% water; some is coagulated with gypsum (pinyin: *shígao*) and some with *lu* (nigari); in Shantung, soft tofu made with gypsum is called "southern tofu."). Ash of soy bean curd. Soy bean cake ("the press cake remaining after the expression of soy bean oil." Employed as a fertilizer and cattle feed, it contains 5.3 to 5.8% moisture, 39.1 to 39.8% protein, and 10.7 to 10.9% fat). Address: Lab. of Chemistry, Shantung Christian Univ.

1093. **Product Name:** Tofu.
Manufacturer's Name: Kawamoto Tofu-ya.
Manufacturer's Address: 1031 F St., Fresno, California. Phone: 1953W.
Date of Introduction: 1920.
New Product–Documentation: The Japanese American Directory. 1920. p. 225. Also in 1921, p. 236. Also ad (1/8) page in 1925, p. N-270. Name, address and phone have changed to: Kawamoto Tofu-ten, 1421 Kern St. Phone: 4065R. Quick service.

Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory*

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of Japanese in the USA). p. 238. Kawamoto Tofu-ya is now at a new address: 1421 Kern St., Fresno. Phone: 1953-R. Also in 1924, p. 285 (directory; phone number is now 4065R). Also in 1925, p. N-261 (directory). Also in 1926, p. N-256 (directory).

1094. Kellogg, John Harvey. 1920. The health question box, or a thousand and one health questions answered. 2nd ed. Battle Creek, Michigan: Modern Medicine Publishing Co. 907 p. Illust. Index. 21 cm. 1st ed. was 1917.
• ***Summary:*** "Foreword: For more than forty years, the writer of this volume has each week stood before an audience of invalids at the Battle Creek Sanitarium to open a popular question box. During a longer period the writer has supplied each month to the monthly journal *Good Health* several columns of answers to correspondents." More than a thousand of these have been selected, with their answers, for this volume.

The following questions concern the soy bean (p. 350-53, 886; also 125, 200, 347, 349): In what respect is the soy bean superior to the navy bean and other varieties? What is soy bean curd or cheese (to-fu), and how is it made? What is the food value of the soy bean? What is the composition of the soy bean, especially in relation to the amount of carbohydrate it contains?

Concerning peanuts (p. 348-49): Is the protein of the peanut equal to that of meat or eggs? Which is the more digestible, roasted or raw peanuts? Why is it necessary to cook peanuts to prepare them for digestion?

"In North China and various other countries where the peanut flourishes, it has long held a prominent place in the national dietary; but in this country its great value has been so little appreciated that it has been scarcely recognized as a food, having been eaten as a dainty or luxury.

"Although, since the writer–some twenty-five years ago [i.e., ca. 1895]–introduced the crushed nuts, or peanut butter, into the bill of fare of the Battle-Creek Sanitarium, the use of peanuts in this form has rapidly extended and it has found its way to many thousands of tables."

One discovery has "placed the peanut upon a high pedestal among foodstuffs... It is the fact that the protein of the peanut belongs to a special class very rare among the products of the vegetable kingdom, known to the chemist as 'complete protein.' The complete protein is one which contains all the elements needed for making any of the many different kinds of tissue found in the human body. Very naturally these proteins are found in eggs, milk and meat, but they are not found in cereals or vegetables." The almond and soy bean also contain complete proteins.

Concerning the natural diet of man (p. 96-109, 124-25): What was the diet of prehistoric man? Ans: Fruits and nuts. What is the natural diet of man? Ans: Fruits, soft grains, nuts, tender shoots and juicy roots. Man is not carnivorous. What was the Brook Farm experiment? What is the simple life? What is biologic living? Ans: Living in accord with the "great biologic laws... which rule our physical being." What is Fletcherism? Ans: Thorough mastication. When eggs and meat are discarded what vegetable foods should take their place? Ans: No substitutes are needed. "Protose, Nuttolene and other vegetable meats are rich in protein. The newly introduced soy bean is more than a substitute for meat. It is rich in lime and vitamins which meat lacks. Its protein is 'complete.'" Have human beings a natural appetite for flesh? Do scientific authorities admit that animal flesh is a necessary part of the human dietary? Ans: "All modern physiologists admit that flesh food is not an essential part..." Is a meatless diet capable of maintaining the body in a state of vigorous health? Is there any authority for the elimination of flesh foods from the dietary? Does a flesh diet injure the kidneys? Is it not true that laborers universally require a large amount of meat.

Concerning roughage, bran, and constipation (p. 197-99). Diabetic foods (p. 199-201, incl. soy bean and soy bean curd). Dietary oils and butter (p. 338-41, incl. nut oils, peanut oil, olive oil, malted nuts). Concerning tree nuts (p. 341-47, 354-59): What is the food value of nuts? Ans: The "most highly concentrated of all natural foods." Tropical fats–Where do the natives of the tropics get their fat? Nuts for nursing mothers–Is there any food which will increase the flow of her milk? Ans: Nut milks, Malted Nuts. How did the Jordan almond get its name? Ans: This choicest of all almonds came originally from Malaga in southern Spain. Almond milk–Is it possible to prepare a substitute for milk from vegetables? Ans: Yes. "The writer has made large use of almond milk for thirty years. It is more easily prepared from almond butter." "Almost equally good milk preparations may be made from the soy bean and the peanut." Are nuts good food? Yes, incl. peanut butter. Nuts make good "meat substitutes."

On the last page is a list of 18 health books by Dr. Kellogg, all published by the Modern Medicine Publishing Co. Address: M.D., Battle Creek, Michigan.

1095. Noorden, Carl von; Salomon, Hugo. 1920. Handbuch der Ernaehrungslehre. Erster Band. Allgemeine Diaetetik [Handbook of nutritional education. Vol. I. General dietetics]. Berlin: Verlag von Julius Springer. xxxiii+ 1237 p. [100+* ref. Ger]
• ***Summary:*** The section titled "Vegetable Milk and Cream" (p. 311-14) notes that the authors have had extended experience with soybean milk and soy flour made by Frankfurter Soyama-Werken in various forms. For each product the percentage protein, fat, carbohydrates, ash, and calories per 100 gm is given, based on analyses of Dr. G. Popp in Frankfurt: Soyama Flour (*Soyamamehl;* 42% protein, 18% fat), Soyama Milk (*Trink-Soyamamilch* [normal], 3.77%, 3.36%), Soyama Milk for Diabetics [low in carbohydrates] (*Trink-Soyamamilch* [*fuer Diabetiker*],

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3.77%, 3.40%), Soyama Milk for Baking (3.29%, 4.40%), Soyama Cream (Soyamarahm [normal], 2.93%, 11.50%), Soyama Cream for Diabetic (*Soyamarahm* [*fuer Diabetiker*], 2.95%, 11.50%), Soyama Cream [extra rich in fat, especially for diabetics] (*Soyamarahm*, 2.50%, 30.0%). The soybean is of special importance in diabetic diets because of its low carbohydrate content, which can be reduced even more by a special process.

When Soyama Cream is mixed with coffee, tea, or chocolate, once can scarcely tell whether or not one is using cow's milk. Pages 312-13 summarize the findings of Fischer on the ease with which plant- or vegetable milks are digested.

The section on variety breads (p. 427) notes that soybean flour is now warmly recommended in such recipes.

A section titled "Soybeans" (p. 542-43) notes that edible soy products are made by Aguma-Werken F. Thoerl in Harburg, Vaterland brand soy flour is made by E. Friedrichsen in Berlin, and an excellent soy flour is made by Soyama-Werken in Frankfurt am Main. In Japan and China countless preparations made from soybeans are on the market. Especially prized is the cheese named tofu (To-fu). Soy sauce is also known worldwide. Soy coffee (p. 694) is of much less economic importance than imitation coffees made from cereal grains or malt. Page 714 mentions tests using soybean flour to make cocoa or chocolate. Page 800 discusses soya seasonings such as shoyu fermented with koji, and miso.

Pages 887-903 discuss vegetarian cures for diseases, and ten specific diseases for which they are well suited. Some groups of German vegetarians are endeavoring to return to a more "natural way of life," and some of these eat a raw-food diet. Pages 898-99 give the protein content and calories per 100 gm of soy flour and soymilk, plus a discussion of soymilk. Page 979 gives the composition of two brands of soymilk and one of soy cream. Also contains early information on using baking soda for cooking whole soybeans. Noorden lived 1858-1944. Address: 1. Geheimer Medizinalrat und Prof., Frankfurt-am-Main, Germany; 2. Prof., Vienna, Austria.

1096. U.S. Tariff Commission. 1920. Summary of tariff information, 1920; prepared for the use of the Committee on Ways and Means, House of Representatives. Washington, DC: Government Printing Office. 1004 p. See p. 320-22, 779-80, 990. [7 ref]

• ***Summary:*** Contains a description of the soybean, its uses, production, and quantities imported, and the tariff regulations applicable to the various soy products.

Paragraph 200, page 321: "The provision in this paragraph for 'bean stick [dried yuba sticks] or bean cake, miso, and similar products,' covers a Japanese food product made from ground soja (soya) beans and water, known as frozen tofu or koya-dofu, and fried tofu or hoshi aburage, the frozen tofu or koya-dofu being in the shape of small, porous, yellow cakes about one-half inch thick, from 1½ to 2 inches square, and the fried tofu or hoshi aburage being in thin cakes one-quarter inch thick and 2½ to 5 inches in diameter, which have been fried in some kind of oil or grease. Even if not bean cake it is dutiable as a product similar to bean cake, bean stick, and miso. (G.A. 8045, T.D. 37079, of 1917, following Abstract 29577, T.D. 32780, of 1912.) *'Amasake,'* made from rice yeast (30 per cent) and boiled rice (70 per cent), used as a drink among the Japanese, was likewise classified as a 'similar product,' apparently as similar to miso. (Abstract 31147, of 1913).

Oil cake produced from the soya bean is free of duty as oil cake provided for in paragraph 560. (Abstract 23794, T.D. 30828, of 1910)."

Paragraph 201, p. 321-22: In the Act of 1909, sauces of all kinds were subject to a 40% ad valorem duty; this decreased to 25% in the Act of 1913. Thick sauces include dressings and condiments such as chutney. "Thin *Chinese soy* made by mixing cooked soy beans with wheat flour, salt, and water and exposing to the sun for about three months, used to flavor and color soups, fish, and meats, about 80 per cent being used in the kitchen and about 20 per cent on the table, is dutiable as a sauce hereunder and not as a nonenumerated manufactured article under paragraph 385. (9 Ct. Cust. Appls., -; T.D. 37976, of 1919.) *Japanese shoyu* is also classified as a sauce under this paragraph. (T.D. 37574, of 1916; Abstract 43496, of 1919.)"

Paragraph 606, p. 779-80. A duty is first levied on soya beans in the Act of 1913.

"Description and uses.–*Soya beans* used in oil mills, the important consumers, are chiefly imported. Soya-bean cake, or meal, a by-product of oil manufacture, is a valuable cattle feed and enters extensively into international trade. (See pars. 560 and 561.) In China and Japan the beans, cake, and oil are elaborated into a large number of food products, such as milk, cheese, flour, bean cake, and soya sauce... Except by resident Asiatics there is only a limited use of soya beans for food purposes.

"Production.–Soya-bean culture has recently developed rapidly... Imports of *soya beans*, too small to be listed separately prior to 1914, rose from about 2,000,000 pounds in 1914 to about 32,000,000 pounds in 1918; during the same period imports of soya bean *oil* rose from 16,000,000 to nearly 337,000,000 pounds.

"Soya beans cooked and salted, but not enough to so change them as to prevent their identification as soya beans, and packed in tins, jars, bottles, or similar packages, do not thereby lose their status as soya beans and are free of duty under this paragraph rather than dutiable under paragraph 199. (6 Ct. Cust. Appls., 415, of 1915.) *Soya beans* in stone jars and hermetically sealed tins, invoiced as *bean sauce*, were likewise classified, and not dutiable as prepared beans under paragraph 199, nor as sauce under paragraph

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201. (G.A. 8217, T.D. 37860, of 1918.) *Beans* and *bean sauce* prepared or preserved in tins, jars, bottles, or similar packages, were also held free of duty under this paragraph, analysis of the samples showing them to be soya beans, either natural or prepared. (Abstract 41021, of 1917.)... A *black bean* known to the Japanese as *Kuromame*, was held not to be free of duty under this paragraph, the evidence being insufficient to prove that the merchandise was soya beans. (Abstract 42852 of 1919)." Address: Washington, DC.

1097. **Product Name:** Aburaage [Deep-fried tofu pouches].
Manufacturer's Name: Ota Tofu-ya.
Manufacturer's Address: 86½ N. 5th Street, Portland, Oregon.
Date of Introduction: 1920?
New Product–Documentation: Nichibei Shinbun-sha. 1911. *Nichi-Bei Nenkan* [*Japanese-American Yearbook*]. Directory entry p. 151. In Japanese: Ohta Tofu-ten. In English: 266 Davis St., Portland. Phone: A4069. Note: This may have been the un-named Japanese tofu shop in Portland in 1909. However it is definitely the earliest document seen (July 2008) that mentions Ota Tofu in Portland, Oregon.

Also in 1912 directory, p. 177, but the address is now 96 N. 5th St., and the phone is A1069. Also in 1913 directory, p. 226, but the address is now 86 N. 5th St., and the phone is A 4069.

Hokubei Nenkan–North American Yearbook. 1913, p. 43. The names of the Ota brothers, Saizô and Heiji given in Japanese characters. No address is given, but the entry says they came from Okayama.

Nichibei Nenkan: Also in 1914, p. 215. But the address is now 86½ N. 5th St.

Ad in *Oregon News / Oshû Nippô*. 1915. Jan. 1 (Taisho 4). p. 20. Includes Ota Tofu-ten (at 86½ N. 5th Street, Portland). Note: The new location is only about 3 blocks from the original one. This ad was discovered by Dave Conklin of Portland, Oregon (See March 2007 SoyaScan Interview).

Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 357. Ota Tofu-ten, 86½ North 5th St., Portland. No phone number is given.

The Japanese American Directory. 1920. p. 451 (directory; Ota Tofu-ten, 86½ N. 5th St., Portland. Phone: A4069). Also in 1921, p. 471 (directory). Also in 1923, p. 554 (directory; slightly new address: 86 N. 5th St. Slightly new phone: 5-4069). Also in 1924, p. 595 (directory; new address: 86 N. 4th St. New phone number: Bea 4069). Also in 1925, p. O-75. Also in 1926, p. O-76.

The Japanese American Directory. 1930. p. S-319. Ota Tofu-ten, 86 North 4th St., Portland. Phone: BEa 4069. Also in 1932, p. 612 (directory; 86 N. 4th St. Bea. 4089). Also in 1934, p. 519 (directory; new address: 322 N.W. 5th Ave., Portland. Phone: Bea. 4069). Also in 1936, p. 608. Also in 1937, p. 541. Also in 1938, p. 564. Also in 1939, p. 553. Also in 1940, p. 573 (directory; new phone number: BE 1720).

Polk's Portland City Directory for 1915 has a listing for "Ota, S. Baths 86½ 5th N." The 1921 edition, p. 954, lists "Ohta, H. (T). Baker. 86½ 5th N. Home same." The 1924 edition, p. 1276, lists "Ota, H. Restaurant 86½ 5th N. Home same." The 1926 edition lists "Ohta, S. Baker. 86½ 5th N. r do" (= Residence, ditto). The 1930 edition, p. 1232, lists "Ohta, Saizo (Shino). Food products. 86½ 5th N. Home, 92 5th N." The 1936 edition, p. 976, lists "Ohta, Saizo wholesale baker 322..." The 1941 edition, p. 1130, lists "Ohta Saizo (Shina) wholesale baker 322 NW 5th av h324 do." The 1950 ed, p. 802, first mentions soy: "Ohta Shina (widow of Saizo) (Soybean Cake Co) home 322 NW 5th av." Note: Why does this Caucasian-owned directory fail to understand that this company makes tofu, when the Japanese-owned directory understands so clearly? (1) It could have been a lack of interest, combined with some racism. (2) There may well have been a language barrier, especially with a word like tofu, which was not yet part of the English vocabulary. (3) The Japanese, who were being persecuted during this time, may not have wanted the dominant culture to know what they were doing–for various reasons.

Crane Portland Directory. 1949, p. 12. "NW 5th–322 Soy Bean Cake Co."

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 410. Under "Stores." Surprisingly, there is no listing for Ota Tofu Co. However there is an entries (p. 413) for four Ohtas residing in Portland: Ohta, George. 4743 S. Hawthorne St. Phone: EM. 5137 Ohta, Zenjiroo (or Yoshijiroo), 415 N. Kiska St. Ohta, Shina, 322 N.W. 5th Ave. Tel. BR. 8363. Ohta, Suejiroo, Rt. 7, Box 80-E. There is also an entry (p. 410) for: In Japanese: Asahi Tofu-ten. In English: Asahi Tofu Co., 322 N.W. 5th Ave., Portland. Note: Talk with Eileen Ota. 2009. April 9. Ko said their grandmother is said to have renamed the company Asahi Tofu Co. She remembers because when they were trying to choose a logo for their first packages, Ko's father chose one with a sun on it; he said it was because the company used to be called Asahi. At some point the grandmother moved (Eileen recalls) from 5th Ave. to 322 N.W. Everett St.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 799. Directory entry, under "Japanese Food Stores." In Japanese: Oota Tofu Seizô-sho. In English: Ota Tofu Factory, 322 N.W. Everett, Portland, Oregon. Phone: 222-2454.

Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Portland, Oregon, at the front of the book (unnumbered page) shows "Ohta Tofu Mfg." located on 5th Ave., between N.W. Everett and N.W. Flanders. Page 780 states this map is

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from the 1920s, but a Portland librarian believes it was from 1935.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Ota Tofu Factory, 322 N.W. Everett St., Portland, OR 97209. Phone: 503-222-2456. Owner: Unknown.

The company is now Ota Tofu Factory, 322 N.W. Everett St., Portland, Oregon 97209. Phone: 222-2456. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Shurtleff & Aoyagi. 1983. Soyfoods Industry & Market. Starting date given as 1919. Dixon. 1987. Willamette Week (Portland, Oregon). May 14. "Tofu and Tortillas on the Line. Third generation members of the Ota clan continue a business started in 1918." The company is now named Ota Tofu Co.

Talk with Eileen Ota. 1992. March 26. History of Ota Tofu Shop in Portland, Oregon (which see)

Talk with Eileen Ota of Ota Tofu Co. in Portland. 2007. May 7 and June 11. The first character of the name Ota has always been written with the character pronounced "futoi" or "Oh" and meaning "fat." Therefore, the name of this company is pronounced "Ota" / "Ohta," not "Futoda." Both of the above addresses were definitely in Japantown, which was north of Burnside Street. Chinatown was south of Burnside. During World War II, when the Japanese were evacuated and relocated, the Chinese moved into Japantown and largely took it over. Eileen (who was born in 1949) recalls that when the Japanese were allowed to return to Portland after World War II, when she was growing up, there were still many abandoned buildings in the old Japantown with winos and gypsies living in them or in their doorways. Today Ohta Tofu is located on the east side of the Willamette River, where they moved in about 1980-81.

Letter (fax) from Geoffrey Wexler, Senior Archivist, Oregon Historical Society, 1200 SW Park Ave., Portland, Oregon, to Mr. Roy Yotsuuye. 2007. June 1. Concerning the Ota Tofu Co. The "two addresses (226 [sic] Davis Street and 96 North Fifth St.) were not the same location. The major street renaming took place around 1892, when the 'alphabet' streets (A, B, C, etc.) were given the names of Portland pioneers (Ankeny, Burnside, Couch, Davis, etc.). The next major change was between 1931 and 1933, when all the house numbers in the city were changed and many street names were altered too. At that time North Fifth Street became Northwest Fifth Avenue, and Davis Street became Northwest Davis Street."

1098. **Product Name:** Tofu.
Manufacturer's Name: Araya (Shinya?, Shintani?, Aratani?) Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: Main 2165-J.
Date of Introduction: 1921. January.
New Product–Documentation: The Japanese American Directory. 1921. p. 169. Note: Sakumura Tofu-ya was making tofu at this address in 1919. The phone number has also changed. Note: The correct pronunciation of the 1st word in the company's name (written only in Chinese characters [*kanji*]) is unclear. Also in 1922, p. 158. Phone number is now 2162J.

1099. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1921/01. Nichibei jûshoroku [The Japanese American directory. No 17]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Address: San Francisco, California.

1100. **Product Name:** Tofu.
Manufacturer's Name: Sakura-fu Tofu-ya (Sacramento Tofu Shop).
Manufacturer's Address: 76 Japanese Alley, Sacramento, California.
Date of Introduction: 1921. January.
New Product–Documentation: The Japanese American Directory. 1921. p. 169. No phone number is given. Note: Sakura-fu is the Japanese name for "Sacramento." Also in 1922, p. 158. Phone number is now Main 1725W. Also in 1923, p. 182. Also in 1924, p. 193. Also in 1925, p. N-164. Also in 1926, p. N-161.

Hokubei Mainichi Year Book. 1951, p. 240. Category: "Tofu Factories, Misc. Factories." Sakara-fu Tofu-ten, Sacramento Tofu Co., 1521 5th St., Sacramento. Phone: HU 4-3274 (new address and phone number).

Entry in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory of manufacturers, p. 101 (top center right). In Japanese: Sakura-fu Tofu Seizô-sho. In English: Sacramento Tofu Factory, 1521 5th St., Sacramento, California. Phone: 4-3274.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 174. Under "Factories." In Japanese: Sakura-fu Tofu-ten. In English: Sacramento Tofu Co., 1521 5th St., Sacramento. Phone: HU 4-3274.

1101. **Product Name:** Tofu.
Manufacturer's Name: Togawa Tofu-ya (Togawa Tofu Shop).
Manufacturer's Address: 842 Japanese Alley, Fresno, California. Phone: 2615J.
Date of Introduction: 1921. January.
New Product–Documentation: The Japanese American

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Directory. 1921. p. 236. Note: In 1920 Tanabe Tofu-ya was making tofu at this address and phone number.

1102. Adkins, Dorothy Margaret. 1921. The soya-bean problem. *Science Progress* (*London*) 15(59):445-51. Jan. [9 ref]
• ***Summary:*** This is a popular article. Contents: Introduction. Practical applications of the bean: Food uses include Tofu, or bean cheese (Japanese), Miso similar to chiang (Chinese), Shoyu (Japanese) and chiang-yu (Chinese), Natto (Japanese), whole dry soybeans, soybeans canned as a green vegetable (see description below), vegetable milk, soya-beans roasted, ground and used as a coffee substitute in Switzerland and the USA, soya flour, soya in diabetic diets and macaroni. Utilisation of soya-bean oil: In Italy, China, Manchuria. Utilisation of soya-bean cake and meal: As fertilizer in China and Japan, for feeding stock. Food value of the bean. The cultivation of the soya bean: China, Japan, United States, Australia (New South Wales), South Africa, West Indies, British East Africa, West Africa, Burmah [Burma], England.

"In Japan beans are germinated until the sprouts are about five inches long, and eaten with vinegar; beans, germinated and treated with brine, have also been noted in Spain." Note: It is not stated clearly that these beans in Japan or Spain are soya beans.

"Soya-beans may be cooked and used in the same way as haricot-beans, and may also be picked when young and treated like green peas, in which condition they may be canned."

"In South Africa success has been achieved in growing the plant; in 1910 the outlook was so hopeful that a project for constructing oil mills was suggested. Unfortunately the bean was not taken up by farmers, who preferred to cultivate maize, as it was an easier crop to produce. Thus no extensive culture of the bean was attempted, and the subject was dropped.

"In other parts of the Empire, for example the West Indies, British East Africa and West Africa, trials of soya-beans have proved successful, but in no district have promising early experiments been followed by tests on a larger scale."

"In certain parts of India, for example Burmah, soya-beans are grown on a large scale and are consumed by the natives."

Note: "Lower Burma is a historical region, referring to the part of Burma annexed by the British Empire after the Second Anglo-Burmese War, which took place in 1852... Lower Burma was centered at Rangoon, and composed of all of the coast of modern Burma, and also the lower basin of the Irrawaddy River, including Prome. The area was also known as British Burma" (Source: Wikipedia, Oct. 2010). Address: Royal Holloway College, London.

1103. Carver, G.W. 1921. Prof. G.W. Carver's lecture–Farmer's Conference. 19+ p. See p. 18. Feb. 16.
• ***Summary:*** "Here is a bottle of worcestershire sauce and it is made of Peanuts. The original worcestershire is made from the soy bean but I find this is just as nice as the soy bean and therefore will be attractive in that particular. Here is a bottle of Peanut coffee...

"Here is a bottle of tofue [tofu]. It is a Chinese preparation made from the soy bean and I find that the peanut makes it just as nice as the soy bean. The Peanut milks have just about the same quality of curds as cow's milk. Here is a bottle of Curds and all that is necessary is to freshen them up and you can make any of the various cheeses, or koumiss."

Note 1. The above lends support to the theory that Carver may have been influenced in his peanut research by his knowledge of existing processes for making products from soybeans. Note 2. This lecture was presented at the Voorhees Normal and Industrial School, Denmark, South Carolina. Address: [Tuskegee, Alabama].

1104. Meekins, Lynn W. 1921. Favorable outlook for American trade in Manchuria. *Commerce Reports* [*USA*] (*Daily Consular and Trade Reports, Bureau of Foreign and Domestic Commerce, Department of Commerce*) 24(41):983-93. Feb. 18. See p. 989-91.
• ***Summary:*** "The South Manchuria Railway Co., the largest purchaser of American products, proposes to spend more than $200,000,000 gold upon improvements and extensions of its enterprises within the next five years... In spite of Japan's special advantages in Manchuria there is an excellent opportunity for the marketing of many lines of American goods,..." Manchuria is made up of three provinces having an area of some 365,000 square miles.

"American trade with Dairen–Dairen versus Vladivostok: The share of the United States in the trade of Dairen is much larger than that shown by the Maritime Customs statistics, owing to the extensive shipments of goods to and from the United States credited to Japan as the country of immediate destination and origin. The direct trade between Dairen and the United States exceeded $38,000,000 in 1919, of which imports [to Dairen] comprised two thirds and exports one third."

"As between Dairen and Vladivostok, at present a greater risk is involved in using the Vladivostok route. Costs of handling cargo at that port are higher than at Dairen; there is no market at Vladivostok itself for produce shipped there, wharves and warehouses are inadequate, and shipping services are irregular. Until these conditions are improved Dairen will probably continue to handle most of the exports of Manchurian products, as well as the imports of American goods for sale in Manchuria.

"If Vladivostok were made a free port and provided with facilities which Dairen now enjoys, full advantage could be taken of it as a real open door to Manchuria. Vladivostok, rather that Dairen, offers the more promising outlook to

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American firms seeking non-Japanese business in Manchuria and eastern Siberia."

"It is estimated that 2,500,000 tons of soya beans are produced annually in the three Provinces of Manchuria. The wheat and millet crops generally approximate 1,000,000 tons each. The Japanese firm of Suzuki & Co. has sold 100,000 tons of Manchurian wheat to the United Kingdom and 50,000 tons to Italy during the last few months."

"The products of the soya bean include bean curd [tofu], flour, milk, cheese, soy sauce, oil, and cake. The Chinese are concerned chiefly with the food products mentioned and the Japanese use large quantities of the cake for stock feed and fertilizer. The United States is the principal purchaser of the oil, a substitute for cottonseed and linseed oil employed in the manufacture of soap and paint and also as a lubricant."

"How bean trade is conducted: In Tiehling and Sunkiatai (Fengtien) and Kwanchengtze (Kirin) there are about 300 Chinese wholesale bean companies whose capital averages from $100,000 to $200,000 Mukden currency. Four Chinese banks–the Bank of China, the Bank of Communications, the Government Bank of the Three Eastern Provinces, and the Hsing Yeh Bank of Mukden–negotiate loans upon the joint guarantee of two of these companies without security; other Chinese banks require in some cases that the beans be pledged. Such loans are for three months or six months, sometimes one year, and the rate of interest has been less that 10 per cent. The Japanese banks lending money to bean dealers are the Yokohama Specie Bank and the Bank of Chosen [Korea], the former issuing Newchwang notes and the latter gold notes. It is estimated that between 60 and 70 per cent of the loans made by the Japanese banks is to Chinese and between 30 and 40 per cent to Japanese companies.

"The bean business may be said to commence in September, when buyers visit the producing districts and pay from 10 to 20 per cent of the stipulated price in advance. To the towns mentioned above, from 1,000 to 2,000 cartloads of beans are brought daily from November to January. The average price during the past two years has been $2 Mukden currency per 27 catties (36 pounds), exclusive of the production tax and the cost of transportation to Dairen and Newchwang. Mukden currency–that is, small coin dollars–exchanges for Mexican dollars at an average value of $1.40 to $1. At the present rate they are equivalent to about 40 cents in United States currency.

"Owing to the lack of good roads in Manchuria the beans must be carried to the market centers during the winter months, when the fields and streams are frozen. By March the crop has been collected and stored and exports become most active.

"Through the system of mixed storage, the South Manchuria Railway Co. has effected a great improvement in the handling of beans. When brought to the railway stations the beans are examined and graded according to quality and size. A certificate issued to the depositor entitles him to draw from the mixed-storage depot at Dairen or Newchwang an equivalent amount of beans of the same quality and size. The bags used in packing are also examined, and when the grade of bags deposited and that of the bags delivered is different the loss or gain thereon is adjusted by paying to or collecting from the depositor the difference in value. The new system saves the railway the trouble of transporting and storing each consignor's cargo separately. It also saves the shipper from the risks attending delay in transportation and from searching for his goods after they have arrived at their destination.

"Production of oil: The 60 bean mills at Dairen produce daily nearly 400 tons of oil and 3,700 tons of cake. Newchwang and Harbin are next in importance as oil-mill centers. The most widely used method of production is the expression system, by which one picul (133.33 pounds) of beans yields about 12 pounds of oil and 122 pounds of cake (in two equal pieces of 61 pounds each). By the chemical extraction system one picul of beans yields an average of 17 pounds of oil and 116 pounds of meal. The specific gravity of the oil is from .922 to .930.

"Sapan-wood, hemp seed, sesamum, and bean oil are being used by the Manchuria Paint Factory in Dairen, organized in February, 1920, with a capital of 1,000,000 yen, to manufacture paints for the South Manchuria Railway Co. and for various markets. The daily output is about 7,000 pounds, or 250 tins containing 28 pounds each. The colors produced include white, 'iron rust' red, and brown.

"The Japanese initiated the export trade in soya beans from Manchuria and developed the business to its present proportions. These middlemen, conversant with oriental ways, studied occidental needs and learned enough about western business methods to deal successfully with American and European firms. their strong position is due to their control of railways, their banking connections, their oil mills, and, in general, their special organization in South Manchuria for handling the business. Eventually it may be possible by exporting beans and oil through Vladivostok for Chinese sellers and American buyers to deal directly with each other. Meanwhile the most effective methods to be employed involve the development of selling and buying organizations able to cope with the situation now existing."

"About two thirds of the population of Manchuria is in the Province of Fengtien, which composes, in general, South Manchuria." Address: Trade Commissioner, Peking.

1105. Morse, W.J. 1921. La industria del "soy bean" en los Estados Unidos [The soybean industry in the United States]. *Revista de Agricultura, Comercio y Trabajo* (*Cuba*) 4(3):521-24. March. [1 ref. Spa]

• ***Summary:*** This is a translation of Morse 1918, from the USDA *Yearbook of Agriculture* (1917). Contents: Early history of the soy-bean industry. The soy bean in the United States. Cultural requirements. Varieties. Soya as forage.

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Soya for oil. Soy-bean meal (*Harina de "Soya"*). Soy beans for human food: Dried beans (*frijoles de soya secos*), green vegetable soybeans (*frijoles de soya verde*), soy-bean milk (*leche de frijol de soya*), soy-bean cheese (*queso de frijol de soya*), soy sauce (*salsa de soya*), soy-bean sprouts (*brotes de frijol de soya*). Possibilities of the soy-bean industry in the United States.

A table shows the quantity and value of soybeans (*Frijoles de soya*), soybean cakes (*Tortas de soya*), and soybean oil (*Aceite de soya*) imported by the United States from 1910 to 1917, inclusive.

Note 1. This is the earliest Spanish-language document seen (June 2009) that uses the term *frijoles de soya verde* to refer to green vegetable soybeans.

Note 2. This is the earliest Spanish-language document seen (April 2012) that uses the term *salsa de soya* to refer to soy sauce.

Note 3. This is the earliest Spanish-language document seen (Jan. 2013) that uses the term *brotes de frijol de soya* to refer to soy sprouts. Address: USDA, Washington, DC.

1106. Muhse, Effie Funk. 1921. The soy bean in Chinese cookery. *Good Health* (*Battle Creek, Michigan*) 56(3):108-114. March.

• ***Summary:*** Contents: Introduction. Sprouted seeds. Bean oil. Soy sauce. Bean curd.

"Sprouted seeds: Beans, along with other sprouted cereals, such as peas, wheat and barley, are on sale in the shops and market stalls, practically regardless of the season. Beans with sprouts an inch long or more are seen heaped high on bamboo trays. They are sold by the catty (one and one-third pounds) for from 3 to 6 coppers (Mex.)."

"The method of producing bean sprouts is thus described by a native. 'Soak some beans in water in a flat dish. Spread the beans out: do not let one cover another. Cover with a piece of wet cloth and water every morning. The sprouts will appear in [?] nights. They are ready to eat when they are two inches long.'"

Bean curd: Describes how bean curd is made in a commercial shop. In a large room, soy beans were soaked in water in large vats over night. "Close at hand was a stone mill consisting of two circular stones, each about 6 inches thick, and about 18 inches in diameter. The stones were securely placed over a drain, and high enough to allow a vat to be pushed in, or drawn from under. The upper stone was moved to and fro, in partial revolutions, by means of a bamboo shaft, one end inserted in the stone's center and the other in the ceiling timbers. Two men kept the mill in constant motion, each with his arm through a sling fastened to the shaft. The upper stone had a hole about 4 inches across, into which at every second revolution one man poured a half pint of beans and water, which he dipped with clock-like regularity from the vat of soaking beans.

"And into the vat beneath oozed from the edges of the edges of the mill a milky, crushed mass. A strong cloth, pocketing down into the vat, was securely tied about the vat's rim; and when the grinding ceased, the vat was drawn from under the mill, the cloth twisted into a bag, through which all the contents possible were pressed by means of a crescent-shaped, concave wooden paddle. The mass in the cloth was washed out and pressed a second time, and the water from even a third pressing served as that in which to start the next beans soaking. The waste, which was principally hulls, was placed in a bin in the court, where it was carried away, presumably to be used as fertilizer in the truck gardens round about the city. On the side of the room opposite the mill was a typical, native brick stove, with three fire-holes, on which rested metal basins about two feet in diameter and 14 inches deep. Into these the creamy mass obtained from the first and second pressings was poured, and carefully stirred during the boiling. The boiling finished, it was poured into a vat and white powder added to coagulate the mass, after which the whey was dipped off, Whether this latter found a further use was not ascertained, but it is a truth that nothing in China goes to waste. The curd was then ready for the molds and pressure.

"I have spoken of the white powder that was added to coagulate the boiled mass. In nearly every factory one would see a basket sitting about, holding four or five pounds of it, sometimes in lumps, sometimes in powdered form... I had the characters put on paper at two different factories, and always 'plaster of paris' was the translation by anyone asked about the matter, even an English chemist who was asked to verify it." Note: It was calcium sulfate.

The final process of changing the coagulated mass into products for the sales counter was very interesting, particularly since the workmen were so patient and so adept in every movement. The bulk of it was molded into masses about 3 inches thick and 16 inches square. A square wooden frame of these dimensions was laid on a slat base, and diagonally across the frame a large square of cloth was spread. The requisite amount of coagulate was poured into the cloth, the corners of which were folded over. Another frame with a bamboo slat base was then superimposed upon the one just filled, another and another, till possibly a dozen or more stood [?] in a pile; and on the top were placed large weights."

"Merchants doubtless study their localities and adapt their products to the buying power and preferences of their customers; one merchant seemed to have a brisk daily, trade in tiny raw, as well as fried, cubes which sold to children for a "cash" (about 1-17th of a cent) apiece.

In the photographs note the pile of little squares–thin bean-curd wafers about 10 inches across. They were made by a pressure method very similar to that by which the large masses were made. Over a mold 10 inches square was laid crosswise a cloth about the size of a man's handkerchief. On this a spoonful of coagulate [curds] was spread out and

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the cloth folded over. Another cloth was laid on, filled, and folded, and so on without limit, or until the mold was filled. They were then put under pressure, and in due time the reverse process was again patiently gone through with, and the wafers laid out in a pile. Eight such wafers weigh a catty, and sell two for a copper.

"In each bean-curd establishment visited there was work for seven persons, usually all men, besides the man who carried away the waste–the salesman, who also attended to the cutting of the curd; three men who coagulated and placed in the molds; one at the stove and bellows, who also attended to the boiling; and two at the water mill. The workmen in the Shanghai factories, I was told, usually came from the country villages and did not bring along their families. For their services they received a monthly wage of from four to five dollars (Mex.), a place to sleep, and their food. The bean-curd establishments are typical of industrial development in China. The master and workmen, right there in a little shop, carry to completion the process of manufacture from the raw material to the finished product, and from the shop sell the product direct to customers. Fresh bean cubes, the fresh curd cakes in boiling oil, and the wafers, were on sale in all parts off China visited.

"The Chinese cook uses the bean-curd as an ingredient for many choice dishes. It is very extensively used in the cookery of the Chinese of all classes, despite the statement that it is 'a food for the common people.' The writer has eaten bean-curd deliciously combined with beef in the home of one of the most prominent Chinese families of Shanghai, who had educated four children in American and European colleges. Another American-educated Chinese, being asked for a typical home-dinner menu of well-to-do Cantonese families, included 'bean-curd with shrimp eggs' as one of five courses."

Photos show: (1) Many large containers storing soy sauce, oil and wine in Shanghai; each is "made up of an outside covering of wicker, a thick body of clay, and a lining of oiled paper." (2) About 300 sixty-gallon earthenware vats with cone-shaped wicker tops containing yellow soybeans, salt, and water in the process of becoming soy sauce in the immense court of a soy sauce factory in Shanghai. (3) A man in the street end of a bean curd factory. (4) Scene from a bean curd factory, including many people. Caption: "All the products of the factory are to be seen,–fresh curd masses, a pile of wafers, and a tray of cooked bean curd. Beneath the table is a basket of the powder used to coagulate the boiled, crushed beans."

1107. Embrey, Hartley; Wang, Tsan Ch'ing. 1921. Analyses of some Chinese foods. *China Medical Journal* 35(3):247-57. May. [5 ref. Eng]

• ***Summary:*** Contents: Introduction. Classification of food stuffs: Protein, carbohydrates, fats, etc. Method of calculating food values. Description of the foods analyzed: Methods of preparation. Table of analytical data. A brief description is given of how Bean Curd or "Tou Fu" is made in Peking from Yellow Soy Beans. The residue, on top of the sieve, is washed once with hot water then "sold as food for animals or for very poor people. Its Pekingese name is 'Tou Fu Cha,' which means 'Bean Curd Dregs.'

"The filtrate [soymilk], consisting of particles which have passed through the sieve, together with the washings from the coarser residue remaining on the sieve, is heated for about half an hour. A film or skim [yuba] forms on top, which is carefully removed with a stick, and put aside to dry. The first films which are called 'T'ien Chu,' those forming still later 'Yu P'i,' and the last ones which form are called 'Fu Chu.' From fifteen to twenty such films may be removed without affecting the value of the 'Tou Fu,' but as a rule the films are not removed when the manufacture of 'Tou Fu' is the main object.

Note 1. This is the earliest English-language document seen (Oct. 2012) that describes three different types and grades of Chinese-style yuba, based on the order in which the films are removed. Consider the following very interesting statement concerning yuba and tofu: "From fifteen to twenty such films may be removed without affecting the value of the 'Tou Fu,...'"

Note 2. This is the earliest English-language document seen (Oct. 2012) that uses the term "Yu P'i" (regardless of capitalization) to refer to yuba–specifically to the middle grade of yuba, or that uses the term "Fu Chu" (regardless of capitalization) to refer to yuba–specifically to the lowest grade of yuba.

The 'Tou Fu' is precipitated by adding the precipitating reagent 'Lu Shui' [nigari], a salt solution usually containing gypsum, to the filtrate. It may be added without removing the films or after the films are removed. In the former case the amount of 'Tou Fu' precipitated is greater, and its composition is somewhat different. The 'Tou Fu' analyzed by us was precipitated without previously removing the films."

"'Tou Fu Kan,'–This is made from 'Tou Fu' or Bean Curd. The small pieces of curd are wrapped in coarse cloth and pressed between two boards for half a day. Then the cloth is removed and the curd boiled with salt and 'Wu Hsiang,' or the 'Five Condiments,' viz., cayenne pepper, aniseed, dried orange peel, cassia bark, and star anise. After this it is boiled with 'T'ang Se,' or black sugar residue to give it a dark color." Note: This is the earliest document seen (April 2013) that mentions five-spice pressed tofu, or any type of seasoned or flavored tofu.

"'Yu Kan or T'sai Kan.' [sic, Ts'ai Kan]–Bean Curd is boiled in salt solution, cut into small pieces about one inch wide, three inches long and one inch thick, and smoked with the smoke produced from burning sawdust."

A table (p. 255-57) gives nutritional analyses for the following foods; many of the methods of preparation are described earlier, and each food is accompanied by its

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Chinese characters: "8. Bean curd made from green mung bean (*ma tou fu*). 9. Yellow soya or Soya max (*huang tou,* yellow bean). 10. Bean curd from the yellow soya (*tou fu,* bean curd). 11. Refuse from the yellow soya bean (*tou fu cha,* bean curd dregs [okara]). 12. Tou fu boiled in salt and spices (*tou fu kan*). 13. Sprout from the yellow soy bean (*Huang tou ya,* yellow bean sprout). 14. Skim [Skin] which forms on boiled soy bean milk (*yu p'i,* oil skin [yuba]). 15. A later skim from boiled soy bean milk (*fu chu*). 16. Smoked bean curd (*yu kan*). 17. Green soya or Soya max (*Ch'ing tou,* green bean). 18. Green soy sprouts root removed (*ch'ing tou ya,* green bean sprouts). Red gram or Phaseolus angularis, Willd. (*adzuki, hung hsiao tou,* red small bean). Mottled gram or Phaseolus angularis, Willd. (adzuki, hei hsiao tou, black small bean). Black soya or Soya max (wu tou, black bean). Small black soya or Soya max (hsiao hei tou, small black bean)."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "Smoked bean curd" or the term "Yu Kan" or the term "Ts'ai Kan" [pinyin: yougan or caigan] to refer to smoked tofu.

Note 2. This is the earliest English-language document seen (Jan. 2013) that contains the modern term "soy sprouts." Address: Labs. of Food Chemistry, Peking Union Medical College, Peking, China.

1108. *San Francisco Chronicle.* 1921. Soya bean cheese is passed by Mitchell. July 22. p. 6.
• ***Summary:*** "To ascertain whether or not there is any kick in Chinese (?) soya bean cheese made with alcohol,... Director E.E. Mitchell yesterday lunched on this delectable dish–that is, he attempted to make a lunch out of the delicacy.

"'Its sure got a kick all right,' he said, after partaking of a sample. 'But not the kind I'm paid to look for. The kick in this cheese is of the limburger variety. No one can get intoxicated on soya bean cheese. Formula approved.'

"Soya bean cheese is made by preparing a paste [sic, firm tofu] from soya beans and cutting it up into pieces which are pickled in 20 per cent alcohol and brine. At the end of sixty days it is ripe. The liquid is poured off and the cheese, which retains 3 (?) per cent alcohol, is used as a condiment."

Note 1. We call this product "fermented tofu." The text of this article is very hard to read, as indicated by "(?)" after uncertain words or numbers.

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term "soya bean cheese" to refer to fermented tofu.

1109. Carver, Geo. W. 1921. Many products can be made from peanut and sweet potato. *American Food Journal* 16(8):20. Aug.
• ***Summary:*** Carver now has 150 tested recipes for the peanut. "First let us examine the peanut as food for man. We find on our list peanut brittle, peanut fudge, peanut cream candy, peanut oil, which constitutes one of the choicest of cooking oils, peanut butter, peanut flour, peanut cake, peanut crackerjack, peanut caramels, peanut butter scotch, peanut kisses and peanut breakfast food.

"Under the head of general usefulness, we find peanut hulls, ground, a powder much prized for the scouring and finishing of tin plate, peanut skins for dyes, peanut wood stains, peanut axle grease, peanut oil soap, peanut quinine, peanut linoleum, peanut butter chili, peanut lard compounds, peanut margarin [margarine], and finally peanut germs, a by-product from various manufacturing processes which makes one of the most desirable pigeon feeds now on the market.

"Value of peanut milk. We next come to one of the most important peanut products–peanut milk... It is one of the most perfect and stable emulsions that I have seen when properly made." A table compares its composition with that of cow's milk. "When it sours the clabber or curd is about the same in quantity and physical appearance as that of cow's milk. The possibilities of this milk are practically unlimited, but it might be well to mention a few: Cooking purposes, sweet and sour milk, buttermilk, cream for coffee, cream for ice cream, evaporated milk, fancy fruit punch, Worcestershire sauce, peanut coffee, instant coffee, clear white oil, tofu–a highly flavored peanut sauce.

"And among the more astonishing products resulting from the peanut are mock oysters, made from the curds, and a very satisfactory substitute for real oysters; face pomade, ink, a fine blue black ink being derived from the vines, and finally a vinegar." Address: Dep. of Research and Experiment Station, Tuskegee Inst., Alabama.

1110. *Christian Science Monitor.* 1921. A Chinese market. Sept. 19. p. 8.
• ***Summary:*** Describes a visit to a noisy market in south China. Every shopper takes his or her own scales, based on a polished wooden rod. "And what is this? It is cheese made of bean curd! Would you like some? The Chinese are very fond of it. How do you suppose it is made? Let us ask this man. He tells us in broken English that the [soy] beans are first ground fine in hand mills. The ground mass is then dissolved in water; then strained and steamed. The result is a white cake like blanc mange. Sometimes this cheese is dried, sometimes it is eaten with shrimp sauce, and considered delicious."

1111. *Light of Manchuria.* 1921. Present Manchuria and Mongolia, Series II. Oct. 1. p. 12-14, 30-31, 46-47.
• ***Summary:*** This article, continued from the September number, notes that one of the principal agricultural products of Manchuria and Mongolia [probably Inner Mongolia] are soya beans. "Yellow (Soya) Beans belong to the most common species. They contain a good percentage of oil and are also good as an article of food and also for the expression

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of oil. The Manchurian (Soya) Beans have become widely known all over the world. Hitherto they used to be used by Manchurian inhabitants as a food-stuff and for the expression of oil as a source of light. The residue left after oil was obtained served as cattle feed. Since the residue popularly known as Bean Cake came to awake demand in Japan as fertilizer, and Bean Oil began to be exported to the Western countries as industrial material, a marvellous development has been noted in the cultivation of Soya Bean. This belongs to only a recent date...

"The Chinese not only use Beans and Bean Oil in their daily cooking, but also *tofu* (bean curd palatable also to the Western palate and pronounced by the qualified chemist as similar in its composition to cow's milk), *miso* (an article of the staple food to both Japanese and Chinese), and *soy* are also made from Beans...

"Beans put out in Manchuria and Mongolia are put at about 20,000,000 *koku* (1 *koku* being equivalent to 4.96 bushels), but the outputs are increasing rapidly year by year, and there is a vast area of territory awaiting cultivation."

Page 30, under "Manufacturing Industry," notes that "Bean milling ranks foremost in manufacturing industry... Bean milling is best developed at Dairen, which is now possessed of sixty mills. In the interior of the country, the old primitive system by which a few head of mules or donkeys and a few hands do the work of expressing oil from Beans is still found in vogue. Such is only a domestic bye-industry. However, such extensive mills as use steam engines and express oil by hydraulic pressure are mostly found at Dairen. The Suzuki Bean Mill at Dairen is operated on the chemical extraction system which is the latest scientific method. The round-shaped cake left after the expression of oil weighs 46 *kin* a piece, which is the standard weight for export cake. In the fiscal year 1919, 19,693,000 piculs valued at 43,029,000 *Hk. taels* [Haikwan taels] were exported to Japan. Bean Meal, which is put out at the Suzuki Mill, is good for use as it is. Bean Cake is used by the Chinese for cattle-feed, and by the Japanese as fertilizer."

On pages 46-47 are tables giving exports and imports at Dairen. The three exports with the greatest value (in Haikwan Taels) were Bean Cake (36,851,244), Beans (Soya) (24,750,377), and Bean Oil (17,369,655). Imports included Miso and soy [sauce] (97,305).

1112. North, J.L. 1921. To solve the cost-of-living problem? A magic bean. *Illustrated London News* (*The*). Oct. 8. p. 476-77. [1 ref]

• ***Summary:*** "The leading article and letter in the *Times* of Sept. 28 from its Vienna correspondent about Manna flour, manna bread, and milk substances made from the Soya bean, are likely to do good if they help us to realise how much we are losing by our neglect of this, the most valuable–for the uses to which it can be put–of all legumes.

"In the letter giving the details of the researches of Dr. László Berczeller of Vienna, there is no reference to the fact that these 'Manna' or Soya bean products were first made in England before the war. Samples of the flour and biscuits are to be seen in the cases of the London Institute of Hygiene, and Manna milk has been for years–and, no doubt, still is–sold here under the name of 'Solac' at a price considerably lower than that charged for milk by dairymen. The appearance and rapid rise into importance of the Soya bean is one of the most remarkable commercial events of modern times."

"In 1790 the [soy] bean was brought to Europe when its cultivation was first attempted by Young [Arthur Young, lived 1741-1820 in England], the father of British Agriculture, though without success. In 1878 an Austrian professor, Haberlandt, tried it, but failed [Note 1. Haberlandt did not fail; he successfully cultivated soybeans in Austria as early as 1875, and many times thereafter.] When the bean came here in 1908 there was an immediate rush to grow it both in Europe and America. Experiments were started by our Board of Agriculture, the Royal Agricultural Society, and many semi-public bodies. The early experiments failed completely, for the reason that they were made with seed whose climatic origin was unknown, as well as the orthodox Chinese methods of growing it. Later, this was remedied..."

By 1918 Europeans were aware of 500 different soybean varieties that were growing experimentally at Arlington, Virginia.

"My interest in the Soya bean began in 1913 with a visit from an agent of a German cultivator at the office of the Royal Botanical Society at Regent's Park. He was, he said, trying to form a syndicate to grow what he called an acclimatised Soya bean, brought from China in 1910, and already in cultivation in Germany. He refused seeds for testing, but sent from Hamburg a plant which had been carefully cleared of the seed, though the *empty* pods, nearly sixty in number, were left. The syndicate never materialised, and I thought no more of the matter, until later on, whilst examining the dried plant, I noticed a tiny pod, scarcely half an inch long, which contained a seed no bigger than a pin's head. Going over the plant I found other pods which evidently had been thought too insignificant to be of use, and from these I obtained thirteen seeds. These were sown in 1914 and resulted in thirteen plants, which produced four hundred and forty seeds. From thirty-three plants in 1915 one thousand seeds resulted, and in 1916 no less than twelve thousand. Many experiments as to the value of different methods of growing them were made in several countries, and with no less than twenty-one different foreign varieties. One thing came clear throughout the tests, and that was that the original variety started with was by far the best. It says a good deal for German astuteness that they should have gone to Manchuria and, from hundreds of varieties, chosen the one best for them and for us."

The future of the Soya bean in England is uncertain.

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"Natural selection helps the plants that mature earliest produce most seed; those that mature late die out. It is noticeable that the plants experimented with in England fruit earlier now than they did at first, and this is a very hopeful sign. Another satisfactory fact is that there is no lessening in the number of pods produced, but rather a gain. This year there are plants with three times the number of pods shown in a photograph of the best German-grown specimen of 1912."

In China and Japan the Soya bean "enters into the composition of most dishes, and in one form or another, as Soy sauce, bean paste, bean cheese, bean curd, bean milk, bean wafers, bean cakes and confectionery, is used everywhere. For a hundred years Soy sauce has been imported–the principal ingredient in the well-known Worcester [Worcestershire] sauce."

Apart from its value as a food, it is used in the manufacture of glycerine, explosives, enamels, varnish, varnish, waterproofs, linoleum, paints, soaps, celluloid, printing inks, and as a lubricant."

Photos (all but #1 by Frank N. Meyer of the USDA) show: (1) A typical pod from a soya bean plant grown by Mr. J.L. North at Chiswick, England, in 1921. (2) Two large, thin "blocks of tofu (bean curd)" on a round, wooden table. "Soya bean cheese for human food... Ready to be cut up into squares for sale to the public. Tofu, or Soya bean curd, is made by adding magnesium or calcium salts (about a 1 per cent. solution) to hot Soya bean milk; the product is drained and pressed. (3) "Varieties of soya bean cheese on a bamboo tray. Tofu, or Soya bean curd, forms the basis of many fermented, smoked, and dried cheeses in China and Japan." (4) "Soya bean cheese [fermented tofu] in preparation: A pile of wooden trays full of bean curd in a dark room of even temperature." (5) "Used by the Chinese as a green vegetable: A basketful of sprouted soya beans." (6) Soy bean plant with leaves, many pods and roots, grown at Chiswick.

Note 2. This is the earliest document seen (March 2002) written by Mr. J.L. North, the pioneer in cultivating soybeans in England.

Note 3. This is the earliest English-language document seen (April 2013) that uses the term "soya bean cheese" or the term "soya bean curd" to refer to tofu.

Note 4. This is the earliest English-language document seen (July 2007) that uses the term "magic bean" or that uses the word "magic" as an adjective to refer to the soybean.

Note 5. This is the earliest English-language document seen (Jan. 2013) that uses the term "sprouted soya beans" to refer to soy sprouts.

Note 6. Concerning Arthur Young. He was the author of many books on agriculture, which were very influential in their day. He was an important advocate for the progressive agricultural practices of his time, advocating such innovations as the seed drill, improved crop rotations, the use of marl as fertilizer, and the enclosure of open fields. In 1767 he undertook the management of a farm in Essex. He conducted various experiments and published the results in *A Course of Experimental Agriculture* (1770). In 1784 he began the publication of the *Annals of Agriculture*, a periodical which was continued for 45 volumes and had many contributors. Young traveled to France during 1787-89 and in 1792 published an important book about his travels and observations there. The soybean was first grown in Paris, France, perhaps as early as 1740, definitely by 1779. So he may have learned about soybean from fellow agriculturalists in Paris while on this trip. Address: Curator of the Royal Botanic Society of London.

1113. Brook, Harry Ellington. 1921. Care of the body. *Los Angeles Times.* Oct. 30. p. VIII-18. Sunday magazine.
• ***Summary:*** The section titled "The soya bean" states: "English and Hungarian agricultural chemists have collaborated in the production of a soya bean for which great things are promised. We are told that it is to take the place of bread, butter, flour and milk. Nonsense.

"The soya bean is largely used by the Chinese. The white cheeses you can see at Chinese stores are made of soya bean curd [sic, they *are* soya bean curd, or tofu].

"In France, a liquid made from the soya bean has been used as a milk substitute. It is not good for that purpose because, like all beans, it is largely starch.

"The soya bean is a valuable food, but it is inferior to peanuts. They contain much fat, which beans lack."

Note 1. Tofu was apparently sold at Chinese stores in Los Angeles by 1921. Note 2. The writer doesn't realize that soya beans, unlike common beans, contain very little starch. Address: N.D. [Naturopathic Doctor].

1114. Satow, Sadakichi. 1921. Researches on oil and proteids extraction from soy-bean. *Tohoku Imperial University, Technology Reports* (*Sendai, Japan*) 2(2):1-124 (41-164). Oct. 28 cm. [Eng]
• ***Summary:*** Contents: 1. General description of the soy-bean: The use of the soy-bean (as a food-stuff [shoyu, miso, tofu, natto], soy bean oil [for the manufacture of soap, hydrogenated oils, paints, varnishes, oil-cloth, and rubber substitutes], and bean cake or waste residue from the manufacture of soy-bean oil [nitrogenous fertilizer, as a cattle food, Solite–a water-based paint]). 2. Classification and analysis of soy beans and their standardization: By color, by protein / proteid content, conclusion of analysis (the best soy-beans are Tsurunoko and Kauro grown in Hokkaido): Standardization of the raw material, content of proteids, color of the raw material, moisture, regularity of the grain, specific gravity of the soy-bean, impurities. 3. Microscopical observations of soy-beans: Colour reactions of cellular substances, distribution of proteids and fatty acids, distribution of fatty oils. 4. Oil extraction (p. 17): Influence of hulls, influence of moisture, influence of oxidation,

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comparison of the dissolving power of various solvents, to find the best conditions for the extraction of oil by means of benzine, how to extract the oil technically without denaturing the proteids and how to remove the retained solvent, on the apparatus employed in oil extraction, working of the extracting apparatus, recovery of solvent by application of the vacuum system, separation of oil from the solvent and oil refining, reserving the oil-freed soy-bean meal.

5. Isolation of proteids out of oil-freed soy-bean (p. 35): General discussion, necessary and sufficient conditions for the extraction of proteids (on the quality of isolated proteids [plasticity, solubility, coloration], on the purity of isolated proteids, to obtain a maximum yield). 6. The extraction of proteids by means of water (p. 41): General properties of bean meal, on gummy substances and their properties (saccharo-colloids, incl. stachiose [stachyose], araban, galactan; p. 43), quantitative estimation of water-soluble proteids and carbohydrates, determination of the volume of water necessary for the extraction of soluble carbohydrates, relation of the duration of extraction to the quantity of extractable proteid and carbohydrates, effect of the process of water-extraction. 7. On the extraction of proteids by means of alkaline reagents: General properties of glycinin against alkaline reagents, classification of alkaline reagents, comparisons of dissolving power of alkaline reacting compounds, relations of the plasticity and coloration of the proteid to various kinds of extracting agents, standardization of plasticity of isolated proteid, on the relations between plasticity and chemical reagents, comparative experiments relating to the extracting process by means of sodium sulfite and sodium hydroxide.

8. The determination of the concentration, quantity, and other factors of Na_2SO_3 [sodium sulfite] in the process of extraction (p. 69): Determination of the concentration of sodium sulfite, the determination of the relation between the plasticity of the protein and the concentration of sodium sulphite, to determine the relation between the yield and the time of extraction, to find out the actual yield of proteid, as well as the volume of sodium sulfite solution provided the bean meal is previously extracted by water, then extracted with sodium sulphite, conclusion of this chapter. 9. Extraction of proteids by means of caustic alkalies [alkalis] (p. 80): To determine the concentration of the caustic soda [sodium hydroxide] solution, determination of the relation between the time of extraction and the yield of proteid, to determine the volume of caustic soda, the systematic extraction of proteids (using water, sodium sulphite, or alkali). 10. Clarification of extracted proteid solution and precipitation thereof (p. 86): Precipitation of proteids, precipitation by means of alkaline earth metals (such as magnesium sulphate), by means of colour base (such as malachite green, methyl violet, brilliant green, auramine, or new fuchin), by means of alcohol, by means of heating, by means of formaldehydes, by means of fermentation, by means of acids (choice of acid, yield of precipitated proteid, quality of proteid). 11. Quantitative investigations on the precipitation of proteids (p. 101, 11 experiments with summary of conclusions). 12. Effect of heating on the yield of proteid (p. 115). 13. Separation of excess water from the proteidal precipitate (p. 118). 13A. Process for drying the proteidal mass and for drying the residue (p. 121). 14. Pulverizing the dried proteid (p. 122). 15. Recovery of carbohydrates from waste liquid (p. 123).

World soybean production (in short tons): Manchuria 1,850,000 (25% is used in Manchuria as food; 75% is exported to all parts of the world in the form of "bean cakes or bean meal"). Japan 450,000. Korea 322,500. Kantoshu 15,400. Total of the above: 2,640,000 tons valued at more than 200 million Japanese yen (p. 2).

The author investigated the use of soy-bean proteins in plastics. There are upwards of 30 varieties of soybeans which may be classified into yellow, blue, and black. The first contain the most protein and oil, the last the least. The protein content varies from 35-40.5% and the oil content from 15.4 to 20.9%. The mean analysis of 16 different varieties was: Water 10.2%, proteins 37.8%, oil 18.9%, carbohydrates 23.5%, fiber 5.2%, and ash 4.4%. The carbohydrates consist mainly of non-reducing sugars with little or no starch. The cell membrane consists of galactan or hemicellulose, with a little free cellulose. The presence of the hulls in the crushed bean reduces the speed of extraction of the oil and the yield, and gives the oil and protein a brown color. Note: This is the earliest document seen (May 2004) containing the word "hemicellulose." *Webster's Dictionary* defines hemicellulose, a word first used in 1891, as "any of various plant polysaccharides less complex than cellulose and easily hydrolyzable to simple sugars and other products." The sugar molecules in this polymer each contain 5 carbon atoms.

Oil extraction: Benzene is the most suitable commercial solvent; the solvent must not be recovered by direct steaming of the meal, but by the use of a vacuum.

Protein extraction: The soluble carbohydrates are removed from the meal by washing with very dilute acetic acid. The protein is then extracted in 3 stages, i.e. with water, with 0.2-0.4% sodium sulphite solution, and with 0.2% sodium hydroxide solution. 20-30% of the total available protein is extracted in the first stage, a further 50% in the second, and the total yield is about 95%. The protein is finally dried at the lowest temperature and highest vacuum and in as short a time as possible. The dry protein is very tenacious and can only be ground in high-speed disintegrators; it is then suitable for the manufacture of plastic materials, lacquer, enamel, or imitation leather. The soluble carbohydrates, which amount to 10-12% of the meal treated, can be worked up into syrup or converted into alcohol or lactic acid by fermentation. The bean residue consists of fiber, galactan, and protein and can be used for

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cattle feed or as an ingredient of linoleum-like products.

Note: This is the earliest document seen (Sept. 2010) concerning isolated soy proteins (other than simply isolation as part of nutritional research).

Continued. Address: Kôgakuhakushi.

1115. Satow, Sadakichi. 1921. Researches on oil and proteids extraction from soy-bean: Illustrations and tables (Continued). *Tohoku Imperial University, Technology Reports* (*Sendai, Japan*) 2(2):1-124 (41-164). Oct. 28 cm. [Eng]

• ***Summary:*** Continued: Illustrations show: (1) The cells of the soy-bean (after Winton, p. 55). (2) The effect of various chemicals on soy-bean cells (8 figures, after p. 16). (3) A rotary drum extractor used with solvent and a vacuum system (p. 68). (4) An endless belt system for drying proteid precipitate.

Tables show: (1) Percentage of proteids and fat found in 23 samples of beans. The varieties are: Akakiji bean, Nagaaneko bean, Kintoki bean, Shônembo bean, Biruma ingen bean, Chûnembo bean, Maru uzura bean [speckled], Naga uzura bean, Kumamoto ingen bean, Azuki, Chûnaga uzura bean, Aneko bean, Shiromarufuku bean, Green pea, Dainenbô bean, Daifuku bean, Chûfuku bean, Red pea, Black soy-bean (38.61%), Yellow soy-bean from Manchuria {2 samples, 38.65% and 39.12%}, Yellow soy-bean from Korea (41.00%, and 22.826 fat–the highest fat of any bean tested), Yellow soy-bean from Hokkaido, Japan (41.92%–the highest proteid of any bean tested) (p. 6-7). (2) Previous analyses of the chemical composition of 16 soybean samples from Manchuria, Korea, and Japan. For each, gives the district, variety (mostly yellow but one "Blue variety"), water, proteids, fat, carbohydrate, fiber, ash, name of analyst (an organization) (p. 8). (3) Analyses by Sato of the chemical composition of 14 soybean varieties from Manchuria, Korea, and Hokkaido (Japan). For each, gives the varietal name, growing region, "moisture, total protein, soluble proteose, available protein, non-proteidal nitrogenous matter, fat, nitrogen-free extract, fiber, ash, color and shape (all yellow), producing organization (Korean Central Experimental Station or Sapporo), date of production. Named varieties include: Harupin, Shoshu bean, Utsuzan bean, Ampen bean, Chogei bean, Ryusan bean, Turunoko [Tsurunoko], Kanro, Yoshioka, Otanizi [Otaniji] (41.92% total protein and 37.53% available protein, both the highest of any bean tested) (p. 11). (4) Effect of hulls on solvent extraction of soy-bean oil with 3 varieties: Kanro, Otaniji, Yoshioka (p. 18). (5) Influence of moisture on solvent extraction (ether) of soy-beans (p. 19). (6) Effect of using benzine in place of ether in solvent extraction of soy-bean oil. The best moisture content is 7.5% to 12.5% (p. 20). (7) Substitution of vacuum drying for open air drying in removing moisture. Shows that the smaller the quantity of moisture contained in the bean, the greater the yield of oil, provided that the oil is protected from oxidation (p. 22). (8) Effect of different solvents on oil extraction: Carbon bisulphide (flammable and expensive), ether (flammable and expensive), benzine (boiling point 75ºC), carbon tetra chloride [tetrachloride]. (9) Separation / distillation of benzine from oil solution (p. 34).

(10) Chemical composition of "soy bean meal" from which the hull and oil have been removed (p. 42). (11) Composition of carbohydrates or saccharo-colloids, based on S. Yukawa (p. 43). (12) Composition of para-galacto-araban / gummy substances in 9 varieties (p. 44-45). (13) Percentage of water-extractable substances and reducing sugars in flattened and powdered soy-beans (p. 46-47). (14) Sugars in soy-beans (p. 48). (15) Proteids and soluble carbohydrates in soy-beans (p. 49). (16) Effect of acetic acid in retarding dissolution of the globulins (p. 50). (17-18) Dissolving power of alkaline reagents on proteids in bean meal (p. 54-56). (19) Effect of reagent on plasticity and coloration of proteids (p. 56).

(20-22) Amount of proteid extracted in 3 consecutive extractions, or with pressure (p. 63-65). (23) Effect of 4 consecutive washings in removal of ash (p. 66, 68). (24-26) Percentage of proteid extracted with sodium sulfite after 1 or 2 hours (p. 70-71). (27) Concentration of sodium sulfite, mark of plasticity [rating], and color of precipitate (p. 73). (28) Relation between time of extraction and yield of nitrogen and proteid (p. 74). (29-30). Yield of proteid with water or sodium sulfite and 5 or 6 consecutive extractions (p. 76).

(31) Test to maximize yield of proteid using sodium sulphite solvent; the weight of the solution must be 16 times that of the meal, and the yield will be 52.20 (p. 78). (32) Effect of adding acetic acid on yield (p. 79). (32-33). Effect of caustic soda (sodium hydroxide) on percentage of proteid extracted (p. 81) (34-37) Relation between time of extraction and yield of proteid using caustic soda (p. 82-83). (38) Volume of caustic soda consumed by different volumes of bean meal solution (p. 83). (39) Volume of caustic soda solution needed in three extraction processes: water, sodium sulphite, or alkali (p. 85).

(40) Extraction with magnesium sulphate for 1, 2, or 3 hours (p. 90). (41) Percentage of proteids precipitated by different precipitants; "isolated proteid," "glutinizing chemicals" (p. 95) (42). Effects of sulphurous acid, formaldehyde, and formalin (p. 96). (43) Effect of different precipitants on quality of precipitate; "sulphurous acid gives proteid of the whitest and best quality, and most suitable for the manufacture of plastic products" (p. 100). (44) Yields of proteid with different volumes of sulphurous acid; all yields are very unsatisfactory (p. 103). (45-47) Effect of adding sulfur dioxide to sulphurous acid at various concentrations; remarkable increase in yield (p. 104-06). (48-51) Precipitation of water extracted protein using acetic acid (p. 107-10). (52-55) Effect sulphuric acid for precipitation of proteids (p. 111-14). (56-57) Effect heating on yield of

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proteids (p. 116-17).

Note: Horvath (1937) states: "The extraction of protein from soybean meal, its subsequent precipitation and properties, as well as its industrial applications have been extensively studied by S. Satow, and the results published (in English) in 1921-23 in two voluminous reports [*Technology Reports, Tohoku Imperial University* (Japan): 2(2) and 3(4)]. These reports continue to serve as an unsurpassed source of information on this subject, and a number of discoveries during the last 15 years can be traced to the researches of Satow." Horvath then summarizes many of Satow's key findings. Address: Kôgakuhakushi.

1116. Muramatsu, Shunsuke. 1921. Tôfu no seizô ni kansuru kenkyû [Studies on tofu production]. *Nogaku Kaiho* (*J. of the Scientific Agricultural Society, Japan*) No. 227. p. 585-96. [Jap]
Address: Morioka Koto Norin Gakko, Nogei Kagaku Jikken-shitsu.

1117. Kellogg, John Harvey. 1921. The new dietetics: What to eat and how. A guide to scientific feeding in health and disease. Battle Creek, Michigan: The Modern Medicine Publishing Co. 933 p. Illust. Index. 24 cm.
• ***Summary:*** This is the first edition of this important book; subsequent editions were published in 1923 and 1927. Contents: Foods: Food Principles. The digestive process: The liver, mastication, hunger. Metabolism: The energy of food–the calory [calorie]. The physiology of eating: The protein ration, fats, carbohydrates–starches and sugars, food salts, vitamins, cellulose, the acids of foods. Wholesome foods: Cereals (incl. wheat bran), vegetables, green vegetables, root vegetables, vegetable or garden fruits (incl. tomato, cucumber, eggplant, watermelon, muskmelon, squash, vegetable marrow, pumpkin, chayote), legumes (incl. the adsuki [azuki] bean, the Hahto bean, the soy bean, composition of the soy bean, soy bean milk, to fu [tofu], soy sauce, soy bean sprouts), fruits, nuts (incl. the ground nut, the peanut, peanut butter, flour from the peanut, peanut milk, malted nuts). Animal foods. Condiments. Tea and coffee (They are poisonous drugs, in 1921 the U.S. per capita consumption increased to 12 lb/year, chronic caffein [caffeine] poisoning, coffee raises blood pressure, tea, coffee and uric acid, coffee cripples the liver, other coffee poisons, some poisonous effects of tea and coffee, soda fountain drinks containing caffein, coffee substitutes {most consist of cereals plus molasses, roasted until part of the starch and sugar are caramelized; the roasting process makes them unwholesome}), tobacco. Ptomains–Poisoned foods. Water drinking. Medical dietetics: Introduction, scientific tests of the nutritive functions, regimens and dietaries, diet in disorders of the digestive organs, diet in disorders of nutrition, diet in joint diseases (rheumatism, arthritis, gout), diet in disease of the heart and blood vessels–Cardio-vascular-renal diseases, diet in disorders of the nervous system, diet in disorders of the urinary organs, diet in diseases of women, diet in management of fevers, diet in chronic infectious diseases, diet in diseases of the skin, diet in surgical cases, diet in diseases of the eye, ear, nose, and throat, infant feeding, the rice regimen. The world's foods: Making the bill of fare.

A table (p. 138) titled "Vegetable fats" lists "The principal sources of edible vegetable fats..." including: Cocoanut meats 36%, corn 5%, hemp seed 32%, palm nut 72%, peanut 52%, sesame seed 51%, soy bean 20%

A table (p. 166-67) lists the 7 main food salts [minerals] found in various foods, including soy beans, gluten (pure, 40%, or 20%), and peanuts.

Table XII (p. 170-71) lists foods rich in iron. Columns (a) shows the grains of iron in one ounce, and column (b) shows the number of ounces required to supply one day's ration of iron. Includes (in descending order of iron content): Savora (yeast extract), Gluten–pure, gluten–40%, egg yolk, dried lentils, wheat bran, soy beans, Protose, Brose (oatmeal, corn meal, bran), Nuttolene, Graham Flour, tenderloin meat, Graham bread, Zante currants.

Table XIV (p. 182) lists foods rich in lime [calcium] in descending order of lime content, with the same two columns as table XII. Includes: Cheese, yogurt cheese, mustard greens, linseed meal, turnip tops, soy beans.

Page 183 discusses "The acids and bases of foods–The reaction balance. As pointed out by Bunge many years ago, and as further shown by an extensive research conducted by Sherman of Columbia University, foodstuffs differ in relation to their acid and basic contents... The waste products of the body are predominantly acid, consequently it is desirable that the foodstuffs should be predominantly basic... The predominance of acids gives rise to a condition known as acidosis (p. 719), and care must be taken to protect the body from injuries which result from this condition... Meats of all sorts, especially the lean meats, tend to acidify the tissue fluids to a marked degree. Eggs tend in the same direction, though less strongly than do meats."

In the chapter titled "Diet in disorders of the digestive organs," pages 654-55 discuss soy flour, yeast extract (Savita, Marmite–which is a very useful source of iron and vitamins), Malted Nuts, 20% gluten meal, and the "Gluten-feeding method."

In the section on diabetes, page 703 gives a recipe for gluten bread. Gluten is also mentioned on p. 718. The section titled "Diet for acidosis" (p. 719) begins: "The blood and tissue fluids are slightly alkaline in reaction. This slight degree of alkalinity is essential to the maintenance of health. When, through disordered metabolism, the body becomes charged with an excess of acids, so that the alkalinity of the blood and tissues is diminished, the result is a condition known as acidosis. Among the symptoms due to acidosis may be mentioned nervousness, mental depression, mental

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confusion, drowsiness, convulsions, and coma. Air hunger with shortness of breath is one of the early symptoms of acidosis. This condition is most pronounced in advanced cases of diabetes and is encouraged by a meat diet, particularly by the use of an excess of fats. Fasting persons always show a condition of acidosis after fasting for a day or two. Professor Fischer believes that this preponderance of acids, or chronic acidosis, is the exciting cause of Bright's disease."

The section on diet and heart disease notes (p. 738-39): The "great frequency with which arteriosclerosis is encountered in modern times is the result of the increase in flesh eating which in recent years has been very marked in all civilized countries." It "has become the universal custom among practical physicians to exclude meats, meat extracts, and broths of all sorts from the diet of patients suffering from arteriosclerosis, as the most efficient means of checking the degeneration of the arteries..." Foods containing uric acid, plus coffee and tea, should be discarded. Bran, agar, paraffin oil, and an enema should be used freely. Address: M.D., LL.D., F.A.C.S., Superintendent of the Battle Creek Sanitarium, Battle Creek, Michigan.

1118. Kellogg, John Harvey. 1921. The soy bean. Composition of the soy bean (Document part). In: J.H. Kellogg. 1921. The New Dietetics: What to Eat and How... Battle Creek, Michigan: The Modern Medicine Publishing Co. 950 p. See p. 299-302. 24 cm.

• ***Summary:*** In the chapter on "Legumes," the section titled "The Soy Bean" (p. 315-21) has the following contents: Introduction and history (incl. a long extract from a publication by W.J. Morse (1918), and discussion of soy beans and diabetic diets). Composition of the soy bean (according to Bailey and Street 1915). Soy bean milk. To fu (tofu). Soy sauce. Soy bean sprouts. Composition of soy bean sprouts compared with mung bean sprouts.

The section begins: "The soy bean has been used in China since 2838 B.C. It was introduced into France in 1740, England 1790, and this country not until a century later. This bean requires a long season and does best in the Southern states on this account. It is quite hardy, however, and some varieties have been found which mature as far north as Canada.

"The soy is the best of all beans. It differs decidedly from other beans in its composition. It contains 40% protein, practically no starch, and nearly 20 per cent fat, giving it characteristics approaching those of the peanut more closely than those of ordinary beans.

"More than one thousand varieties have now been tested by the U.S. Department of Agriculture. Twenty varieties are at the present time being handled by growers and seedsmen in this country. The green and yellow varieties are best adapted for food. The black and brown are chiefly for forage.

"In China, the soy bean is very little used in the manner in which beans are used in this country. Instead, according to W.J. Morse [1918], of the U.S. Department of Agriculture, 'the beans are soaked in water and roasted, the product being eaten after the manner of roasted peanuts.'" Dr. Kellogg then quotes two passages from Morse; one about roasted soybeans, and the other about soy beans which, when three-fourths or more grown, can be used as "a most palatable and nutritious green vegetable."

"This bean not only contains a large amount of protein, more than is found in the same weight of beef, but its protein is of a particularly fine quality. Heretofore, the casein of milk has enjoyed a unique reputation as a protein of finest quality, but now 'the protein of the soy bean appears to be as valuable as the casein of milk.' In view of the shortage of milk, which is likely to increase, it is gratifying to know that a protein has been discovered equally valuable as casein, and one which may be produced in unlimited quantities.

"For promotion of growth, it is not only necessary for the food to contain 'complete' protein in proper amount, but it must also contain a sufficiency of the two vitamins, designated as fat-soluble A and water-soluble B. Osborne and Mendel demonstrated that the soy bean contains an adequate supply of both fat-soluble and of 'water-soluble vitamins,' in which respect it is superior to all seeds heretofore examined, with the possible exception of flaxseed and millet.

"The soy bean is destined to become one of the great food staples, not only of this country but of the world. It is capable not only of supplying the essentials for growth and maintenance, but may also act as a complement to other imperfect foods, such as corn for example, in combination with which it has shown most excellent experimental results.

Composition of the soybean: A table shows the composition of the soy bean, compiled from various sources. "The above analysis clearly shows the soy bean to be a most remarkable food product. Its composition is in some respects more like that of a nut than that of other legumes. In this respect it very much resembles the peanut. Its protein content, nearly 40 per cent, is higher than that of any other foodstuff. Even lean meat affords but half as much. Its high percentage of fat gives it a very high food value and makes it a rich source of oil for various industrial purposes as well as for food.

"The soy fills the place of meat as well as milk in the dietary of many millions of sturdy Orientals. Since the composition of the soy has been understood, it has been much used as a food for diabetics. It is evident from the above [table] that it contains little which can be objectionable in diabetes. The small amount of dextrin and sugar may be easily removed, when necessary, by parboiling.

"Experiments by Holmes [1920], of the office of Home Economics, U.S. Department of Agriculture, have shown that the well cooked soy bean (cooked for two hours under steam pressure) is very easily digestible, and is an exceptionally wholesome article of food, superior to most other legumes.

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"The soy bean may not become really popular until the pressure cooker comes into general use, which may be some time. In the meantime, while the patent pressure cooker is coming, any resourceful housewife may improvise a perfectly good and satisfactory pressure cooker from inexpensive materials close at hand. Get a stone jug or jar that can be hermetically sealed. The little stone jars in which apple butter is sometimes sold are well adapted to the purpose. After soaking the beans over night put [them] in the jug with a little salt and enough water to cover, seal up tight and secure the cover well, remembering that the pressure will be from within. Set the jug in a saturated solution of common salt, place over a smart fire and boil for one to two hours. The salt solution boils at a temperature of 220ºF. and so the beans are exposed to a higher temperature than in ordinary boiling... Cooking at the higher temperature not only softens the cellulose and so renders the foodstuffs tender, but greatly improves the flavor.

Note: This is the earliest document seen (Sept. 1996) that uses the term "pressure cooker" in connection with soy beans. Address: Battle Creek, Michigan.

1119. Kellogg, John Harvey. 1921. To fu (Document part). In: J.H. Kellogg. 1921. The New Dietetics: What to Eat and How... Battle Creek, Michigan: The Modern Medicine Publishing Co. 950 p. See p. 303-04. 24 cm.
• ***Summary:*** "This is a cheese like preparation made from the soy bean, much used in China. The method is as follows:

"Prepare soy bean milk. While it is boiling add one-fifth its volume of a one-half per cent solution of citric acid, stirring. Strain through a cloth to separate the curds.

"To fu omelet is more palatable and more wholesome than ordinary egg omelet. It is made as follows: Four ounces of to fu, one rounded teaspoonful of graham flour, milk sufficient to give the mixture the consistency of pancake batter. Add one well beaten egg. Cook in the usual way. This to fu or soy bean omelet is more wholesome than the ordinary egg omelet and is more easily digestible. Made without the addition of flour the to fu omelet is a valuable dish for diabetics.

"The following is the [percentage] composition of to fu as given by Adolf [sic, Adolph] and Kiang [1920]:

"Protein 10.22, fat 3.66, salts 1.09, [nitrogen-free] extract 4.13, water 80.90." Address: Battle Creek, Michigan.

1120. Polk's Portland [Oregon] city directory. 1921. Portland, Oregon: R.L. Polk & Co., Inc. 1774 p. See p. 954.
• ***Summary:*** "Ota H (T) baker 86½ 5th N. Home same."

Note: This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* Address: Portland, Oregon.

1121. Rouest, Leon. 1921. Le soja et son lait végétal: Applications agricoles et industrielles [The soybean and its vegetable milk. Agricultural and industrial applications]. Carcassone (Aude), France: Lucie-Grazaille. 157 p. Illust. No index. 25 cm. [42 ref. Fre]
• ***Summary:*** Contents: Preface, by Louis Forest. Introduction–What is soya? 1. History of the dissemination of soya: In 1712 the naturalist Kaempfer introduced soya, introduction of soya to France and Europe, soya is cultivated in Austria in 1875 by Prof. Haberlandt, soya is the object of many trials in France from 1876 to 1881, the study and acclimatization of soya becomes widespread, the causes of setbacks in the cultivation of soya.

2. Cultivation of soya: Botanical characteristics of soya, the varieties of soya, Chinese varieties and soya in China, Japanese varieties and soya in Japan, American varieties and soya in America (varieties: Mammoth, Hollybrook, Ito San, Guelph, Haberlandt, Medium Yellow, Wilson, Peking, Tokio, Mandchu [Manchu], Black Eyebrow, Barchet), soya in Europe–France and Italy, seven varieties of soya tested in France, soya in the experimental farms for new crops (*les Fermes Expérimentales de Néoculture;* Many varieties from the USA were tested, including Manchu, Wilson Five, Haberlandt, Tokio, Virginia, Hato [Hahto], Early Medium Green), the cultural and geographical appearance of soya, its production worldwide, planting soybeans, heat units (*degré thermique*) and the germination of soya, the importance of spacing between plants, number of seeds per hectare, soya during its vegetative stage, the vegetation of soya compared with that of the haricot at high altitudes, rolling the seeds and types of crop maintenance, growth of the plant, acclimatization, the enemies of soya.

3. Composition of the soybean plant. 4. Soya forage: Green soya forage, soya hay, soya as a plant for soil improvement. 5. Harvesting soybean seeds: Maturity of the seed, harvesting soya, the food value and composition of soya seeds. 6. Soya as an oil plant: Richness in oil, defatted soybean cake, imports and exports of soya cake from 1915 to 1919 (Imports to: Sweden, Canada, Korea, Japan, Formosa. Exports from: England, China, Korea), production of soya cake from 1915 to 1919 (Denmark, Great Britain and Ireland, Netherlands, Sweden, USA, Japan, Formosa, Korea, Java and Madura).

7. Soymilk: Its manufacture (in 1910-1913 Li Yu-ying installed a factory named "La Caséo-Sojaïne" at Vallées {Asnière-Seine} near Paris. Rouest visited this factory and saw them make soymilk, which was filtered using a filter-press resembling those used in sugar refineries), its properties and composition, composition compared to other types of milk, powdered soymilk, soymilk in the nursing and feeding of animals, soymilk related to tuberculosis in animals and in humans, soymilk would allow the milk and butter from animals to be reserved exclusively for human foods and could be used for raising many piglets, manufacture of non-dairy milk in Canada (a factory is now under construction). 8. Soya in Industry: Soymilk and soy casein, Sojalithe (like Galalithe).

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9. Soya in human nutrition: Soy flour and its applications (incl. Li Yu-ying's usine de la Caséo-Sojaïne, and bread made of soya and wheat), soya compared to dry legumes (such as lentils, haricots, peas, beans), soya used as a legume (whole soybeans), the food value of soy sprouts, preserves and confections made from soya, soya chocolate and coffee, the amount of nutrients produced by soya and other crops from a unit of land, a meal of soya served in France (prepared and served some years ago by Li Yu-ying's soyfoods plant La Caséo-Sojaïne for the major print media, the medical press, the National Society for Acclimatization, etc.; it consisted of 2 soups {one with 'soya meat' and one with soymilk}, 2 entrees {an omelet with smoked soya ham, and fritters stuffed with soy meat}, soy [actually mung bean, *lüdou*] sprouts in a salad and sauteed, 3 desserts {soya cake, biscuits, and confection}, and soy coffee; a recipe for each is given; soya meat is smoked tofu).

10. Use of soya in East Asia: Tofu (*fromage végétal*), soy-based condiments (such as natto {Ping ming Natto and Tokio-Natto}, miso, Chinese miso or tao-tjiung [doujiang], and shoyu {Soyou or Schozou}), making soy sauce in Kwantung, China (from Groff).

11. The opinions of several authors concerning soya (from the French medical and hygienic press): Introduction–E. Maurel. Soya and soy bread in diabetic diets–Dr. Dujardin-Beaumetz, Dr. Bloch, Dr. J. Le Goff, L. Beille, M. Gautier. Soya used as a bean–M. Gautier. Soy sauce used in place of meat extracts. The state of cheese. The popularization of soya in Europe–A. Paillieux.

Conclusions: The influence of cultural technology on variation. Appendix: Advice to experimenters on the acclimatization of soya in France. Other methods of obtaining early-maturing soybeans.

The author concludes (p. 140): We must make every effort to acclimatize soya in France. We must develop the will and learn from past mistakes. Most soybean varieties now available in France are too late. We must get varieties from Manchuria, whose climate is similar to that of southeastern France, and from the northeastern USA. It is urgent that, in the near future, we start a Soybean Experiment Station to take responsibility for this work. The setbacks since 1830 can be overcome by present science and genetics. The first step is to introduce better varieties.

On the last page is a full-page advertisement for various seeds sold by Mr. Rouest, including 30 varieties of soybeans (*Soja hispida*)*;* the names of the individual varieties are not given.

Illustrations show: (1) A soy bean plant with many pods (title page). (2) Flowers and pods of the soy bean plant (p. 29). (3) Soy pods and beans (p. 30). (4) A soy bean plant drawn by a Chinese artist (p. 32, from Li Yu-ying). (5) Pods of the Hato [Hahto] variety of soy bean (p. 51). (6) Germinating soy bean seeds (p. 54, from Li Yu-ying). (7) Soy bean roots with nodules (from a photo by Dr. Le Goff; p. 73). (8) Soy bean pods, opened to show 3 beans in each (p. 82).

Tables show: (1) Production of soybeans by color in China in 1916 and 1917 (p. 35, in quintals, from the International Yearbook of Rome, Vol. 1, 1919): In 1917: Yellow 4,069,822. Other 953,012. Green 181,190. White 71,234. Black 40,066. Total: 5,315,324.

(2) Percentage composition of various oilseed cakes (p. 95, from Kellner). (3) Imports and exports of soybean cake, by country, from 1915 to 1919 (in quintals, p. 96). Imports are given for Sweden, Canada, Korea (from 1916), Japan, and Formosa [Taiwan]. Exports are given for England (6 quintals in 1915), China (including Manchuria, by far the biggest exporter, from 1916), and Korea (from 1916).

(4) Production of soybean cakes, by country, from 1915 to 1919 (p. 97, in quintals, based on statistics from the International Bureau of Agriculture, Rome, 1919). In descending order of production in 1915 (in quintals): Japan 5,439,337. Korea 3,209,238. Great Britain and Ireland: 1,513,059. Denmark 921,782. Java and Madura 503,025. Note that China is not listed. Netherlands 144,523. Formosa [Taiwan] 62,131. Sweden 1,733. USA 0, but 501,822 in 1916.

Note: When Alsace was occupied by the Germans during World War I, the Rouest family moved from Alsace to Paris. Mr. Rouest brought soybeans from Africa and adapted them to France. He paid for the publication of this book. Address: Directeur des Fermes Expérimentales de Néoculture, Carcassonne (Aude), France.

1122. Rouest, Leon. 1921. Le soja et son lait végétal: Applications agricoles et industrielles [The soybean and its vegetable milk. Agricultural and industrial applications]. Carcassone (Aude), France: Lucie-Grazaille. 157 p. Illust. No index. 25 cm. [42 ref. Fre]

• ***Summary:*** This is a summary of interesting points throughout this book. The main early use of soy in Europe was more therapeutic than nutritional (p. 3); it was used mainly in diabetic diets.

Nothing remains of the early trials conducted 20 years ago in France and Austria. The reasons for the crop's failure were lack of understanding of the laws of acclimatization and genetics, and the fact that soya (*soja*) was introduced as a new food legume, when actually it can only be utilized as a forage plant and industrially (for oil, cakes, and casein). Later, when the plant has been adapted, when it is understood that soya is not being propagated to competed with other dry legumes, that it is not being cultivated to extract from the seeds a vegetable milk for people, but simply as a forage plant–and the most remarkable one that exists (p. 3).

The English are trying to acclimatize soya to their colonies, especially those in southern Africa. In 1908 some 200,000 tonnes (metric tons) of soybeans were exported from China [including Manchuria] to Europe, followed

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by 500,000 tonnes in 1909. One can extract from soybean seeds a vegetable milk (*lait végétal*) which has the same value as animal milk for use in raising young animals. Its seeds and forage are also fine for raising farm animals and for industrial products. The author thanks all those who have helped him to acclimatize the soybean to France and to create new varieties of soya in France (p. 4).

Introduction of the soybean to France and to Europe (p. 6-7): A good but brief review of the literature on this subject. In 1739 Buffon was made director of the Jardin des Plants in Paris. Shortly thereafter, Christian missionaries in China sent him specimens of seeds and plants. The soybean must have been among them. The soybean has very probably been cultivated at the Museum since 1779, certainly in 1779 and later from 1834 to 1880. In 1855 Baron de Montigny was charged by the Society for Acclimatization to distribute five varieties of soya sent from China by Mr. Montigny; these were from northern China. The plants first bore seeds in France in 1854; their acclimatization is assured. In 1857 Mr. Lachaume transmitted to the Society for Acclimatization details of the success he obtained at Vitry-sur-Seine with soy culture. The seeds were planted in 1856. In 1858 a report to the Society for Acclimatization indicated that the acclimatization of the soybean was complete. In 1859 Mr. de Vilmorin reported on cultural trials sent from China by Mr. Perny. The varieties matured too late. The same year Dr. Turrel harvested soybeans at Toulon. In 1862 the Society for Acclimatization received seeds from Mr. Guillemin; the yellow soybean was said to be used for making tofu. Following the events of 1870, the cultivation of the soybean in France was apparently discontinued. Note: The brief war of 1870 between France and Bismark's Germany ended in France's defeat and the ceding to Germany of Alsace-Lorraine.

In the long section on Prof. Haberlandt's work with soya, starting with his cultivation of it there in 1875, is a quotation from him: "I don't know, in this history of cultivation, any example of a plant which has, in so few years and to such a high degree, excited such general interest" (p. 8).

From 1876 to 1881, the soybean was the object of numerous trials in France by the Society of Horticulture at Etampes (Seine-et-Oise). During this same period, one Dr. H. failed with varieties sent from Japan but succeeded in cultivating a yellow soybean sent from China, and used the latter to make his own tofu (*fromage végétal*) for use at home. In 1880 Messrs. Vilmorin-Andrieux introduced in their catalog a species cultivated in Austria-Hungary (p. 17-18).

In 1878, Japan, China, and the Indies (*les Indes*) presented all the varieties of Soya at the Universal Exposition, and their seeds filled more than 20 boxes. In 1880 the National Society for Acclimatization was able to distribute soy in France and tests were conducted in 24 regions; they were largely successful, especially in central and southern France (p. 19-22).

Tests were then abandoned from this time until about 1888, when the soybean started to grow in the southern states of the USA. That same year Messrs. Lecerf and Dujardin-Beaumetz first had the idea of using soy bread in diabetic diets (p. 22).

Causes of setbacks in soybean culture (p. 24-27): First, the varieties used matured too late and were not acclimatized in a progressive manner. We must choose varieties from northern China and adapt them to the south of France (*le Midi*) [which is on the same latitude as Toronto, central Wisconsin, or southern Minnesota]. From these, we must develop hybrids, and gradually move them northward.

The soybean has been ostracized in France. Major commercial, financial, and social interests have viewed with terror the production of an inexpensive food and have retreated into the egotistical "Malthusian agriculture." This is the truth! (p. 26).

Soy cheese is even feared by the cheese industry in France. They ask if they should abandon their excellent cheeses in order to adopt a vegetal cheese (*fromage végétal*).

A long quotation from the *Chinese Imperial Encyclopedia of Agriculture* (p. 34) gives the various colors of soybeans, including black, white, grey, and even some speckled / mottled with blue. The black ones can be used for medicine. And they are used as an ingredient in the condiment called fermented black soybeans (*Chi* [*douchi*]), made of soybeans, ginger, and salt.

In 1910-1913 a factory named "La Caséo-Sojaïne" was installed near Paris. I (Rouest) visited this factory in which were installed all the modern conveniences (*tout le confort moderne*), and presented the best guarantees of hygiene. The milk was filtered using a filter press similar to those used in sugar factories (p. 99).

Note: Rouest has borrowed a great deal of material from earlier publications by Li Yu-ying, usually without acknowledgment and often arriving at very different conclusions, especially on the question of using soya to make human foods (Li) vs. foods and milk for animals (Rouest).

Rouest strongly recommends the use of soymilk to feed young domesticated animals. For us, soy will not replace green beans, milk or cheese. During World War I, the Germans were actively involved with the study of soymilk. A translation of an article from the *Schweizerische Milchzeitung* (Nov. 1918) tells how to make soymilk and tofu (p. 102). By using soymilk, there is no fear of transmitting tuberculosis. Address: Directeur des Fermes Expérimentales de Néoculture, Carcassonne (Aude), France.

1123. **Product Name:** Tofu.
Manufacturer's Name: Fukumoto Tofu-ya.
Manufacturer's Address: 414 L & M Alley, Sacramento, California. Phone: Main 4168W.

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Date of Introduction: 1922. January.
New Product–Documentation: The Japanese American Directory. 1922. p. 158. Note: In 1921 Kamiya Tofu-ya made tofu at this address and phone number.

1124. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1922/01. Nichibei jûshoroku [The Japanese American directory. No 18]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Published Jan. 1 by Nichibei Shinbunsha. Address: San Francisco, California.

1125. *USDA Bureau of Plant Industry, Inventory.* 1922. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from January 1 to March 31, 1917. Nos. 43890 to 44445. No. 50. 83 p. Jan. 30.
• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. Fabaceæ. (*Glycine hispida* Maxim.)

"44203-44238. From China. Collected by Mr. Frank N. Meyer, Agricultural Explorer for the Department of Agriculture. Received February 9, 1917.

"44209-44214. 'From Malanyu, Chihli Province, China, November 25, 1916.'

"44209. '(No. 2337a.) *Huang tou,* meaning "yellow bean." An early-maturing medium-sized yellow variety of soy bean, primarily used to make bean curd.' (*Meyer.*)

"44210. '(No. 2338a.) *Huang tou,* meaning "yellow bean." A late-maturing medium-sized yellow variety used for oil production and in making bean curd and sauce.' (*Meyer.*)

"44211. '(No. 2339a.) *Ta ch'ing tou,* meaning "large green bean." A pale-green variety, used in bean curd and sauce manufacture.' (*Meyer.*)

"44212. '(No. 2340a.) *Ch'ing tou,* meaning "green bean." A green variety, often used as an appetizer with meals when slightly sprouted and salted or when fried and salted.' (*Meyer.*)

"44213. '(No. 2341a.) *Ch'ing tou,* meaning "green bean." A green variety, slightly different from No. 2340a [S.P.I. No. 44212]. Used as an appetizer with meals when slightly sprouted and salted or when fried and salted.' (*Meyer.*)

"44214. '(No. 2342a.) *Hei tou,* meaning "green bean." A small, shining, black soy bean, generally used, when boiled, as a food for hard-working horses, mules, donkeys, and oxen, mixed with chopped straw and kaoliang grains.' (*Meyer.*)" Address: Washington, DC.

1126. Adolph, William Henry. 1922. How China uses the soy bean as food. *J. of Home Economics* 14(2):63-69. Feb. [11 ref. Eng]
• ***Summary:*** This article is quite similar to a 1920 article by Adolph and Kiang titled "The nutritive value of soy bean products," published in *The National Medical Journal of China* (6:40-49). It combines a review of the literature with the author's personal experience in China and a summary of some studies conducted in the Shantung Christian University laboratory on soy bean products. "The soy bean is probably the most universal article in the Chinese dietary. When the Chinese finds it necessary to distinguish between the soy bean and other varieties of bean, he refers to the soy bean as the *yellow* bean (*hwang dou*), and this is the name most common throughout the orient... The use of the soybean in China dates back to the beginning of China's agricultural age under the Emperor Shen Nung. It is mentioned in the *Ben Tsao Gang Mu,* the ancient materia medica, written by Shen Nung himself in the year 2838 B.C."

"The soy bean as such is not very largely used as food in China, but it is the source of a number of products. It would be impossible to make a complete list of all these. The best known and the most important are the bean milk, bean curd, bean sauce (soy), bean sprouts, bean oil, and bean cake. The student of nutrition is particularly interested in the bean curd or 'bean cheese.'" There are four agents employed in China to make soy bean curd, often called Chinese cheese. "These are: (1) *lu,* the solid residue prepared by the evaporation of salt bittern; (2) gypsum; (3) *swan giang,* the soured bean milk whey remaining from the previous coagulation of bean curd; and (4) vinegar.

"In spite of the tremendous consumption of bean curd in China, the industry does not center in large factories, but myriads of small shops, as numerous as our own candy stores and fruit stands, make and supply the daily needs in bean curd for the millions throughout the Chinese republic. Every small town has at least one bean curd shop. Good bean curd must be manufactured fresh every day. The coagulated curd is white in color and resembles our cottage cheese. After coagulation it is pressed between cloths, cut up into squares or moulded into cakes about five inches in diameter and an inch thick, and sold to the Chinese housewife. A cake of the size indicated costs approximately $0.01 in U.S. currency. The cakes of bean curd may also be salted and dried, yielding a product which resembles our cream cheese.

"Tradition says that the manufacture of soy bean curd was originated in China in 164 B.C. during the reign of the Emperor Han Wen, by a man named Liu An, the duke of Hwai Nan. The common Chinese name for soy bean curd is *dou fu,* often romanized *tofu;* and the classical name is *li chi,* probably meaning 'the morning prayer.' It is interesting to note that in China at the present day the bean curd is made in the early hours of the morning, and sold at daybreak.

"Liu An was a great friend of the Buddhist monks, and it seems quite probable that he invented this bean curd in order to provide a change or delicacy to break the monotony

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of the monastic ration. As a matter of fact, bean curd is a real delicacy if carefully made and well cooked. Chinese who are connoisseurs on the subject assert that when so prepared it has the taste of pig's brain. Americans and Europeans eating Chinese food often eat carefully prepared bean curd thinking it is pork. With sugar it produces a dish like custard. Prepared with salt it resembles scrambled eggs.

"The Tsinan variety of bean curd is made exclusively with the use of *lu* as a coagulating agent. In the following table the analyses of bean curd are compared with that of common cottage cheese."

Table II gives an analysis of both fresh and dried soy bean curd, and compares them with cottage cheese. Table III gives an analysis of the ash of soy bean curd and soybeans.

Soy bean milk is discussed and Table IV gives its composition (4.22% protein, 1.87% fat), plus that of cow's milk (3.3% protein, 4.0% fat) and bean milk whey.

"Soy bean sprouts. Soy beans soaked in water and allowed to sprout are much relished as a vegetable by the Chinese. Very considerable quantities of soy bean are used in this way. The sprouts are usually cooked in oil, and produce a dish which appeals very strongly to the taste of Americans in China. It is strongly recommended for use as a vegetable on the American table." Table V shows that soy bean sprouts contain 5.7% protein and 0.8% fat.

"The soy bean cake is the press-cake which remains behind after the removal of the soy bean oil in the press mill. The orient has used soy bean cake for cattle feed and for fertilizer. It is of note that it contains a high percentage of nitrogen, but, economical though the Chinese have been, they do not seem to have attempted to convert it into a human food. Only recently has it been very seriously suggested that both in the occident and in the orient this rich nitrogenous material should be converted into some form of food for human consumption. During the north China famine of 1920-1921, the soy bean cake was actually used in the starvation diets to bolster up a failing food supply."

"Discussion: The Chinese people make practically no use of dairy products, and the bulk of the people consume very meagre amounts of meat. Yet in spite of this they have lived for centuries on what appears to be a remarkable well-balanced diet by the use of the soy bean...

"A number of interesting examples are found in China of the use of bean curd as an agent for growth. One of the writer's Chinese colleagues, whose home is in Anking, has observed that dealers in birds employ bean curd as the sole food for infant birds. The birds are robbed away from their nests immediately after they are hatched, and are then fed bean curd to tide over the infantile period till able to feed themselves. Still more interesting is the case of the true Buddhist monk who from birth is consecrated to the priesthood, and is carried through the period of childhood growth on a rather heavy diet of bean curd... The country monastic diet is noted for its high content of soy bean products...

"The Chinese coolie... in spite of the scanty intake of meat and the constant exposure to overwhelming sources of infection, still does possess a wonderful resistance. The diet of the average coolie contains a surprisingly large amount of beans and bean products...

"A common saying in some parts of China terms 'bean milk the poor man's milk, the bean curd the poor man's meat.' This simply indicates the extent to which bean curd has been incorporated into the diet of the Chinese...

"Soy bean propagandists have been especially enthusiastic over the introduction of soy bean curd into America. Dr. Yamei Kin, a Chinese dietitian, has become particularly well-known as an exponent of bean curd on her visits to the United States."

Note 1. This is the earliest document seen (April 2013) that uses the terms "poor man's meat," or *li chi* or *dou fu* or "bean cheese" or "Chinese cheese" to refer to tofu. Use of the word "bean cheese" is confusing, since it could also refer to fermented tofu (also called "Chinese cheese" or "bean cake").

Note 2. This is the earliest document seen (Aug. 2003) that uses the term "poor man's milk" to refer to soymilk. Address: Assoc. Prof. of Chemistry, Shantung Christian Univ., China.

1127. *USDA Bureau of Plant Industry, Inventory.* 1922. Seeds and plants imported by the Office of Foreign Seed and Plant Introduction during the period from October 1 to December 31, 1917. Nos. 45221 to 45704. No. 53. 86 p. April 17.

• ***Summary:*** Soy bean introductions: *Soja max* (L.) Piper. Fabaceæ. (*Glycine hispida* Maxim.)

"45263-45320. From China. Seeds collected by Mr. Frank N. Meyer, Agricultural Explorer for the Department of Agriculture. Received October 6, 1917. Quoted notes by Mr. Meyer.

"45269-45295. [Note: these numbers are nearly all said to be late-ripening varieties of soy beans; they come from a region greatly resembling in climate the Gulf States (southern parts). They should therefore be tested in districts where cotton and rice are grown.]

"45269. '(No. 2401a. Hankow, Hupeh Province. March 7, 1917.) *Huang tou* (yellow bean). A small to medium-sized, yellow soy bean, used mostly as a human food in the form of bean curd.'

"45270. '(No. 2403a. Changsha, Hunan Province. May 16, 1917.) *Huang tou.* A small to medium sized, yellow soy bean.'

"45271. '(No. 2403a. Changsha, Hunan Province. May 16, 1917.) *Huang tou.* A small, yellow soy bean, used almost exclusively for bean-curd production.'

"45272. '(No. 2404a. Ichang, Hupeh Province. March 24, 1917.) *Huang tou.* A small, yellow soy bean, said to ripen

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in early August. Used like the preceding number.'

"45273. '(No. 2405a. Changsha, Hunan Province. May 16, 1917.) *Huang tou.* A small to medium-sized, yellow soy bean. Used like the preceding numbers.'

"45274. '(No. 2406a. Ichang. Hupeh Province. May 24, 1917.) *Huang tou.* A medium-sized, yellow soy bean with a dark hilum. Said to be a medium late ripener.'

"45275. '(No. 2407a. Ichang, Hupeh Province. March 24, 1917.) *Huang tou.* A large yellow soy bean.'

"45276. '(No. 2408a. Changsha. Hunan Province. May 16, 1917.) *Huang tou.* A medium-sized, yellow soy bean.'

"45277. '(No. 2409a. Ichang, Hupeh Province. March 24, 1917.) *Huang tou.* A very small variety of yellow soy bean.'

"45277. '(No. 2409a. Ichang, Hupeh Province. March 24, 1917.) *Huang tou.* A very small variety of yellow soy bean.'

"45278. '(2410a. Wuchang, Hupeh Province. March 9, 1917.) *Hsia huang tou* (small yellow bean). A very small variety of yellow soy bean.'

"45279. '(No, 2411a. Ichang, Hupeh Province. March 24, 1917.) *Huang tou.* A small, greenish yellow soy bean.'

"45280. '(No. 2412a. Ichang, Hupeh Province. March 24, 1917.) *Huang tou* A small, greenish yellow variety of soy bean, used almost entirely in bean-curd production.'

"45281. '(No. 2413a. Shuichaipang, Hupeh Province. April 2, 1917.) *Hsiao huang tou* (small yellow bean). An exceedingly small variety of yellowish soy bean, used in making bean curd.'

"45282. '(No. 2414a. Changsha, Hunan Province, May 12, 1917.) *T'ien ch'ing tou* (field green bean). A medium-large, pale-green variety of soy bean; rare. Eaten as a sweetmeat when roasted with sugar; it is then a very tasteful, wholesome and nourishing product.'

"45283. '(No. 2415a. Changsha, Hunan Province. May 16, 1917.) *Ch'ing tou.* (green bean). A dull pale-green variety of soy bean.'

"45284. '(No. 2416a. Changsha, Hunan Province. May 16, 1917.) *Ch'ing tou.* A small, green soy bean, often used as an appetizer with meals, when slightly sprouted, scalded, and salted. Also eaten as a fresh vegetable when having firm sprouts 3 inches long.'

"45285. '(No. 2417a. Ichang, Hupeh Province. March 24, 1917.) *Ch'ing pi tou* (green skin bean). A dark-green soy bean of medium size, used like the preceding number. The beans are also eaten fried in sweet oil with salt sprinkled over them as an appetizer before and with meals.'

"45286. '(No. 2418a. Hankow, Hupeh Province. March 7, 1917.) *Ch'ing tou.* A medium-sized, dull-green variety of soy bean, used in the same way as the preceding number.'

"45287. '(No. 2419a. Ichang, Hupeh Province. March 24, 1917.) *Ch'ing p'i tou.* A medium-sized variety of green soy bean, often speckled with black. Eaten like No. 2416a. [S.P.I. No. 45284].'

"45288. '(No. 2420a. Changsha, Hunan Province. May 16, 1917.) A rare variety of soy bean of pale-green color, with brown splashes.'

"45289. '(No. 2421a. Changsha, Hunan Province. May 12, 1917.) *Ch'a hua tou* (tea-flower bean). A peculiar variety of soy bean, of dull brown color, said to ripen very late. Locally much eaten when roasted with salt sprinkled over, like salted peanuts. Very nourishing and appetizing. Well worth introducing to the American public as a new, wholesome, and nourishing sweetmeat.'

"45290. '(No. 2422a. Ichang, Hupeh Province, March 24, 1917.) *Hei tou* (black bean). A medium-large, black soy bean, used when boiled, as a food for hard-working field animals and for oil production; it is also eaten by the poor.'

"45291. '(No. 2423a. Hankow, Hupeh Province. March 7, 1917.) *Hei tou.* A medium-sized, black soy bean, used like the preceding number.'

"45292. '(No. 2424a. Wuchang, Hupeh Province, March 9, 1917.) *Hei tou.* A medium-sized variety of black soy bean; said to be an early ripener. Used like No. 2422a. [S.P.I. No. 45290].

"45293. '(No. 2425a. Wuchang, Hupeh Province. March 9, 1917.) *Hsiao hei tou* (small black bean). A small, flat, black soy bean, used when boiled, salted, and fermented as the main ingredient in a sauce; also fed, when boiled, to water buffaloes.'

"45294. '(No. 2426a. Changsha, Hunan Province. May 16, 1917.) *Hei tou.* A small, flat soy bean of shining black color, used like the preceding number.'

"45295. '(No. 2427a. Changsha, Hunan Province. May 16, 1917.) *Hei tou.* A small, round variety of soy bean of dull black color; used like No. 2425a [S.P.I. No 45293].'

"45449/45476. From Soochow, China. Seeds presented by Prof. H. Gist Gee, of the Soochow University, through Dr. Yamei Kin. Received October 27, 1917. Quoted notes by Prof. Gee.

"45470. '*Ya tou* (*soy beans for sprouts*).'"

Other non-soy species of Chinese seeds presented by Dr. Yamei Kin (Peking, China) are listed and described on p. 18-19; they are pai ts'ai, chestnut, muskmelon, cucumber, squash, radish (*Raphanus sativus*), and spinach. Address: Washington, DC.

1128. *Toronto Daily Star* (*Canada*). 1922. Milk from soya bean being made in Vienna [Austria]. April 19. p. 8.

• ***Summary:*** This is a summary for an article from Scientific American [sic]. "'Manna' milk from the soya bean is now being made in Vienna at one-sixth the cost of fresh cow's milk. In proteid, carbohydride [carbohydrate] and fat content, and in color, it closely resembles cow's milk, being, or course, free from milk-borne diseases. Butter and cheese [tofu] can also be made from the bean, and 'manna' flour, one part of which equals in nutritive value two parts of meat and one-third part of wheat flour. So, at least, Dr. Berczeller,

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a young Hungarian scientist tells us; he designates the soya bean as an ideal food containing 40 per cent albumen and 20 per cent fat."

Note 1. As of Aug. 2011, we have been unable, searching Google Books and the magazine itself, to find this article in *Scientific American.*

Note 2. This same article appeared in *The Labor Digest.* 1922. June p. 40 (Vol. 14, No. 3).

1129. *Los Angeles Times.* 1922. "Manna" from soya bean. May 21. p. IV12.

• ***Summary:*** From Scientific American: "'Manna' milk from the soya bean is now being made in Vienna at one-sixth the cost of fresh milk. In proteid, carbohydride [carbohydrate] and fat content, and in color, it closely resembles cow's milk, being, or course, free from milk-borne diseases. Butter and cheese [tofu] can also be made from the bean, and 'manna' flour, one part of which equals in nutritive value two parts of meat and one-third part of wheat flour. So, at least, Dr. Berczeller, a young Hungarian scientist tells us; he designates the soya bean as an ideal food containing 40 per cent albumen and 20 per cent fat."

1130. Guillaumin, A. 1922. Les variétés de soya d'Extrème-Orient: Origine probable du soya [The varieties of soybeans in East Asia: The probable origin of the soybean]. *Revue de Botanique Appliquee & d'Agriculture Coloniale* 2(10):254-58. June 30. [10 ref. Fre]

• ***Summary:*** "The soybean (*Le Soya; Glycine Soja* Sieb. et Zucc., *Dolichos Soja* L, *Soja hispida* Moench, *S. angustifolio* Miq.) has been cultivated in the Far East since antiquity. Shen-Nung (*le Shénon*), written up by Houandi in about 3,000 to 3,500 years before Jesus-Christ, already mentioned the soybean. Since then, its culture has expanded to Indochina, India, Malaysia, Europe, America, and Africa.

"Long ago, in Austria and in France, varieties such as *Soja d'Etampes*, were selected for their high yield. In America, efforts have long been made to obtain, for the diverse climates, both forage varieties and seed varieties. And the U.S. Department of Agriculture has assembled in its test fields more than 500 varieties, of which about 20 are currently in commerce. Among the forage varieties are (Ball 1907): Early Brown, Black Eye Brown, Peking, Wilson Five, Virginia, Barchet, Biloxi, Laredo, Atoo San [sic, Ito San?], Tarheel Black, and Wisconsin Early Black. Among those grown for their seeds are: Ito San, Manchu, Elton, Medium Yellow, Mikado, Hollybrook, Haberlandt, Mammoth, Tokyo, Guelph, Austin, Easy Cook, Morse, Hahto, Early Medium Green, Mandarin, and Chiquita.

Note 1. This is the earliest document seen (Oct. 2004) that mentions the soybean variety Black Eye Brown. However, it does not appear in Ball (1907) as stated, nor does any name even vaguely resembling it appear. The Black Eye Brown variety is mentioned in only 3 known documents, all published in France in 1922.

"Note that the forage varieties all have black- or dark-colored seeds, whereas the seed varieties have yellow or greenish seeds.

"In Turkestan it seems that the only varieties are ovoid (5.7 x 3.7 mm), brilliant yellow, with brown hilum and traversed longitudinally by a bright line." Note 2. Turkistan or Turkestan is an historical region of Central Asia, usually thought to comprise Turkmenistan, Uzbekistan, Kyrgyzstan, Tajikistan, southern Kazakhstan, western China, and northeast Afghanistan.

Note 3. This is the earliest document seen (April 2008) concerning soybeans in Turkestan, or the cultivation of soybeans in Turkestan (not including Chinese Turkestan). This document contains the earliest date seen for soybeans in Turkestan, or the cultivation of soybeans in Turkestan (not including Chinese Turkestan) (1922). The source of these soybeans is unknown. Unfortunately, it is not clear in which part of Turkestan the soybeans were grown.

"In India, soybeans are cultivated in the United Provinces and at the foot of the Hamalayas from Kashmir to Darjeeling." David Hooper (1912) distinguished five different soybean races in India.

"In Cambodia, the only known variety is ovoid (6.3 x 4.2 cm), dull yellow, brown hilum, with a long, clear white line, known as *Sandek sieng* in Cambodian and *dau nanh in Annamite.* It is cultivated along the steep banks of the Mekong River.

"In Cochin China, the soybean is cultivated only on the red soils of the provinces of Chau-doc, Baria, and Bien-Hoa; in the western provinces, cultivation is insignificant and the seeds come from Cambodia. It seems that there is only one variety, closely related to that of Cambodia, called *dau nanh* or *dau-xa*, but it is not well established / widely grown, for it bears black or brown seeds.

"In the province of Baria one can obtain two harvests in a wet year–one in September, the other in December-January. In the province of Bien-Hoa, there is only harvest.

"In Annam, there is one variety similar to that cultivated in the lower parts of the provinces of Bin-dinh, Thua-hien, Dong-hoï, and Tanh-hoa.

In Tonkin, the soybean is known as *dau tuong;* in the [Mekong] delta, one can distinguish a small, ovoid variety (5.1 x 3 mm), with a yellow seed coat and a hilum surrounded by a brownish black aura that sometimes overflows the sides. In the region of Lang-son, on the plateaus 100-500 meters in height, it is replaced by a larger variety, ovoid (7.1 x 5 mm), dull yellow, and a hilum that is uncolored [pale] or brownish; one variety is also cultivated at Lao-kay.

"In Laos, the soybean is known as *Mok toua kon* and *Ta tone*, according to Dr. Spire, but precise information is lacking.

In the territory of Kwang-cho-wan (French: *Kouang-*

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tchéou-wan, in southeast China) the soybean is cultivated in the region of Taï ping, at an altitude of 30 meters. It is planted in the spring and harvested in the summer. One can distinguish two varieties here. One is very elongated (8 mm x 4.6 mm), dull yellow with a very clear brown hilum, called *Wong tao* or *Wong tao tsaï* in Cantonese. The other is small, flat (6.4 mm x 3.7 mm), dull black, with a large hilum, called *Hat tao* in Cantonese; it is absolutely the same as the variety Nigra cultivated at the botanical gardens of Cluz (Romania), and in Trieste (Italy), but different from that which is cultivated under this name at the botanical gardens of Cracow / Krakow (French: *Cracovie*) (Poland), Tabor (Czechoslovakia), and Delft (Netherlands), which is fatter, more round (7 mm x 4.8 mm) and of a velvety black color.

Note 4. This is the earliest document seen (Feb. 2005) concerning the cultivation of soybeans in Czechoslovakia (which became a country in 1918). This document contains the earliest date seen for the cultivation of soybeans in Czechoslovakia (June 1922). The source of these soybeans is unknown.

"In China, in Szechwan, only the yellow and green varieties are known. In the region of Shanghai, R.P. Courtois, of the Museum of Zi-ka-wei, has assembled an important collection of soybean varieties. Descriptions are given of varieties with the following colors and names: (1) Yellow: *Ta hoang téou* (large, yellow, almost round), *Kiu hoang téou* (ovoid, brilliant yellow). (2) Green: *Tsing pi téou* (roundish, 7.1 x 5.5 mm, clear green with clear hilum). (3) Brown: Large, ovoid (9.1 x 6.4 mm), reddish brown, with a slightly clearer hilum; no name given. (4) Black: Many varieties. (4A) Large ovoid seeds (9 x 4.3 mm), with large hilum; indigenous name unknown; (4B) A little smaller and bulging (8.3 x 5.4 mm), with ornate hilum and a longitudinal white line, named *Ta hé téou;* (4C) Ovoid (8.1 x 4.7 mm) with a wide hilum traversed by a white line, called *Hé téou;* (4D) Small (6.7 x 3.1 mm) and brownish black named *Siao hé téou;* (4E) And finally a very small, flat (6 x 2.7 mm), brownish black named *Ni téou.* By their shape, form, and color, the seeds of these last appear very similar to the American variety Laredo."

"In Europe, soya has its apostles, but it will never amount to anything more here than a small-time vegetable. Despite the Caséosojaïne at Vallées near Paris, France (Li Yu-ying, 1911) and the Soyama Werke at Bockenheim, Germany (1914), the milk, cream, butter, and cheese [tofu] made from soya will never be more than ersatz. The "soy bread" is only good for diabetics and the "soy ham" (*jambon de Soja*) in nothing but a weak imitation of pork. Soybeans themselves are indigestible and require a very long time to cook–even the yellow or white varieties. Soy sprouts (*germes de Soja*), which enjoyed some popularity before the war and deserved it, for they are a nice hors d'oeuvre, are actually nothing but mung bean sprouts."

Based on other sources (most of which are cited), the writer also discusses the soybean varieties of Manchuria (Hosie 1901), and Japan (Lemarié 1910), and discusses soybeans briefly in Korea, Philippines, Netherlands Indies.

In Europe, the soybean has its apostles: Caséosojaïne at Vallé near Paris (1911), and Soyama werke at Bockenheim (Germany) (1914). The latter makes milk, cream, butter and cheese (*le fromage de Soja* [tofu]), which are nothing but imitations. Soy bread has a good taste, especially for diabetics. Soy ham (*jambon de Soja*) is but a vague imitation of the pork product. The seeds, themselves, are hard to digest and take a very long time to cook, even the yellow or white varieties. As for the soy sprouts (*germes de Soja*), which enjoyed some popularity before the war, which they deserved as an agreeable hors d'oeuvre, they are nothing but young mung bean sprouts (*de jeunes germinations du Haricot Mungo*).

Also mentions foods such as soy sauce, fermented tofu, and tofu, made from soybeans in India, Indo-China, China, and Japan. Tofu is known as *dau phu* in Annamite, *tao fou* in, Cantonese, *téou fou* in Chinese, and *to fou* in Japanese. A significant amount was being exported from China before the war. In Manchuria soybeans occupy 1/5 of the cultivated land. Speculates on the origin of the soybean. Address: Asst. to the Crop Service, Museum of Natural History (Assistant du Service de culture au Muséum d'histoire naturelle).

1131. *Christian Science Monitor.* 1922. Coolie trackers of the Yangtze River, philosophers of great brawn and courage. July 1. p. 9.

• ***Summary:*** These men use long tow ropes to pull boats or junks upstream along a 100-mile stretch of gorges on the Yangtze west of Ichang. It takes about 25 trackers to pull a houseboat 15-20 miles a day against the current. The happiest time of day for these "half starved" men is "chow time" at noon. They gulp down rice and return to work within 15 minutes. A vegetable soup is often included. "The basis of the soup is boiled beans, peas, or bean curd. Bean curd is a high protein food made by grinding soya beans under water, adding a little gypsum water and allowing the material to stand all night. A thick white curd settles out. It is sold wet or dried and smoked. The smoked product in three-inch squares and inch thick keeps very well; these are the kind used aboard the boats."

"The captain's contract with the men calls for a catty (1 1/3 lbs.) of pork a month. No other meat is served on the trip... The poorer Chinese families buy meat in two-ounce lots at long intervals. It is a luxury and not a necessity. The wealthy Chinese are heavy meat eaters, but the real workers live on a practically vegetable diet. The only condiment of the trackers is dried capsicum peppers ground in soya bean sauce." Note: It is not clear whether this sauce is *jiang* or soy sauce (*jaingyou*). Five photos show the boats and trackers.

1132. Willaman, J.J. 1922. Soy bean, the most perfect crop

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plant: Used in the United States only in recent years–Many products can be made from it. *American Food Journal* 17(7):11-12. July.
• ***Summary:*** Contents: Introduction. Exceptionally high in protein. Soy bean one of the newest foods in the U.S. Soy bean cheese [tofu] (This long section is based on an article by Prof. Adolph in the February issue of the *Journal of Home Economics*). Experiments have shown high vitamin content. Shoyu one of the best known products (largely based on an article by K. Oshima in *American Food Journal*, Jan. 1922, p. 30-31).

Tables: (1) "Analysis of soy bean curd compared with cottage cheese." Values are given for "Soy bean curd, Cottage cheese, and Dried soy bean curd." (2) "Analysis of ash of soy bean curd (in percentage of water-free portion). (3) Composition of soy sauce.

(4) Yields per acre, lbs. protein per acre (digestible), and calories per acre from various crops. The soy bean produces twice as much protein per acre as any other crop. On the latter point, soy beans, yielding 16 bushels per acre, produce 294.7 lb of digestible protein per acre. Beans (yielding 14 bu/acre) produce 157.9 lb of protein. Corn (yielding 25 bu/acre) produces 147.0 lb of protein. Peanuts (yielding 34 bu/acre) produce 126.2 lb of digestible protein per acre. A photo shows the soy bean plant with roots. Address: Minnesota Agric. Exp. Station.

1133. Thuey, Lee Len. 1922. Frozen confection and process of making same. *U.S. Patent* 1,437,162. Nov. 28. 1 p. Application filed 18 Oct. 1920.
• ***Summary:*** This is a patent for the world's first tofu ice cream. "This invention relates to a frozen confection... resembling ice cream... The chief feature of the invention consists in associating an extract of soy beans, powdered gypsum, or sulphite of lime, a flavoring extract and a sweetening extract." The author also describes his invention as "The process of forming a milkless frozen confection."

Note: This is the earliest English-language document seen (March 2007) that uses the term "milkless frozen confection" to refer to soy ice cream. Address: Indianapolis, Indiana.

1134. **Product Name:** Tofu.
Manufacturer's Name: Eto Tofu-ten.
Manufacturer's Address: 119 E. Lafayette St., Stockton, California. Phone: 4408-W.
Date of Introduction: 1922.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 409. Note: See the 1941 listing for Lafayette Tofu at this address.

1135. **Product Name:** Tofu.
Manufacturer's Name: No-?? Tofu-ya.
Manufacturer's Address: 635 North 6th Street, San Jose, California.
Date of Introduction: 1922.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 207. The pronunciation of the second character in the company name is unknown. In the 1940 directory a company named Yoshizato Tofu Ten was listed at this address.

1136. **Product Name:** Tofu.
Manufacturer's Name: Ohchi Tofu, Unso.
Manufacturer's Address: 423 First St., San Diego, California.
Date of Introduction: 1922.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 346. The company name is written with the Chinese characters meaning "Big + Pond." Unso refers to a drayage/transportation company. No phone number is given.

1137. Ri-Koheki. 1922. Chôsen shôyu miso oyobi tôfu no seihô ni tsuite [The processes for manufacturing shoyu, miso, and tofu in Korea]. *Nippon Jozo Kyokai Zasshi* (*J. of the Society of Brewing, Japan*) 17(11):45-46. [Jap]
Address: Chosen Sotokufu Iin Yakuzai-shi.

1138. **Product Name:** Tofu.
Manufacturer's Name: Watagawa Tofu-ya.
Manufacturer's Address: 842 Japanese Alley, Fresno, California. Phone: 2615-J.
Date of Introduction: 1922.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 238.

1139. **Product Name:** Tofu.
Manufacturer's Name: Yokota Tofu-ya.
Manufacturer's Address: 940 E Street, Fresno, California. Phone: 5679.
Date of Introduction: 1922.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 238.

The Japanese American Directory. 1924. p. 285 (directory; Yokota Tofu-ya, 940 E. St., Fresno. Phone: 5679). Also in 1925, p. N-261 (directory; the address is now 942 E St. New phone: 8654; Ad on p. N-272). Also in 1926, p. N-256 (directory).

The Japanese American Directory. 1930. p. 264. The company is now Yokota Tofu-ten, 942 E St., Fresno. Phone: 2-8232. A 1/12 page ad (p. 271) for Yokota Tofu-ten (in characters) gives only the address and phone number shown above. Also in 1932, p. 257 (directory). Also in 1934, p. 239. Ad (1/12 page). p. 240. Yokota Tofu-ten. Also in 1936, p.

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286 (directory; Yokota Tofu-ten, 942 E. St.). Also in 1937, p. 248. Also in 1938, p. 272. Also in 1939, p. 271. Also in 1940, p. 270 (1/12 p. ad) and p. 271 (directory).

The Japanese American Directory. 1941. p. 257. Yokota Tofu-ten (in characters), Yokota Tofu Shop, 942 E St. (in English), Fresno, California. Phone: 28-232. Residence (p. 276): T. Yokota, 942 E St. Note: This company probably became Tokubo, then Hashimoto Tofu, then Star Tofu, then Goto Tofu, then Fresno Tofu, run by Brad Kubota (starting Nov. 1982).

Letter from A.M. Araki. 1990. Dec. 31. "I came to the USA in Aug. 1920. At that time in Fresno there were two tofu shops in Japantown: Yokota Tofu-ten, and Nakaoka Tofu-ten. Yokota Tofu-ten was run by Mr. Tadakazu Yokota."

1140. **Product Name:** Tofu.
Manufacturer's Name: Yonekura Tofu-ten.
Manufacturer's Address: 304 S. El Dorado St., Stockton, California. Phone: 4600-J.
Date of Introduction: 1922.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 409.

1141. Fritsch, Jean. 1922. Fabrication et raffinage des huiles végétales: Manuel à l'usage des fabricants, raffineurs, courtiers et négociants en huiles. Troisième édition entièrement refondue [Manufacture and refining of vegetable oils: A manual for the use of manufacturers, refiners, brokers, and wholesale merchants. 3rd ed., completely reset]. Paris: Desforges–Librairie Générale Scientifique et Industrielle. xiv + 723 p. Illust. Index. 25 cm. [16 ref. Fre]
• ***Summary:*** Chapter 2, "Drying oils (*Huiles siccatives*)" contains a section on "Soybean oil (*Huile de Soja hispida; Huile de pois"*) (p. 368-76). Its contents: Origin (Incl. miso, shoyu, tofu). Manufacture (China, Japan, above all Formosa). Physical and chemical properties. Table showing such properties, with 16 references. Applications and uses. Residues (soybean cake remaining after the oil is pressed from soybeans; *le tourteau de soja*).

Also discusses: Margarine (p. 232-33). Peanut oil (*Huile d'arachide,* p. 238-48, 699-701). Colza oil (Coleseed oil, *Huile de colza*), rapeseed oil (*Huile de navette*), and rubsen oil (*Huile de rabette*) (p. 265-72, 652). Sesame oil (*Huile de sésame,* p. 273-81, 705-06).

Note 1. The first edition of this work was published in 1905, and the second edition in 1914.

Note 2. This is the earliest document seen (March 2005) that uses the English word "coleseed" or the term "coleseed oil" to refer to rapeseed or to rapeseed oil, respectively. Address: Ingénieur-Chemiste.

1142. Hearn, Lafcadio. 1922. The writings of Lafcadio Hearn, in 16 volumes: Volume V. Glimpses of unfamiliar Japan, in two volumes. Vol. 1. Boston and New York: Houghton, Mifflin Co. 394 p. Illust. 23 cm.
• ***Summary:*** Chapter 15, titled Kitsune [Foxes] (p. 358-94). In front of the many Shinto shrines throughout Japan, the is usually a pair of seated foxes, in stone, on either side, facing one another. Such shrines and temples are dedicated to Inari, the God of Rice.

At Matsue there is the God of Coughs and Bad Colds. "And those who are cured of their coughs and colds after having prayed to him, bring to his temple offerings of tofu" (p. 362).

"At the rear of almost every Inari temple you will generally find in the wall of the shrine building, one or two feet above the ground, an aperture about eight inches in diameter and perfectly circular. It is often made so as to be closed at will by a sliding plank. This circular orifice is a foxhole, and if you find one open, and look within, you will probably see offerings of tofu or other food which foxes are supposed to be fond of" (p. 365).

"Strange is the madness of those into whom demon foxes enter. Sometimes they run naked shouting through the streets. Sometimes they lie down and froth at the mouth, and yelp as a fox yelps. And on some part of the body of the possessed a moving lump appears under the skin, which seems to have a life of its own. Prick it with a needle, and it glides instantly to another place. By no grasp can it be so tightly compressed by a strong hand that it will not slip from under the fingers. Possessed folk are also said to speak and write languages of which they were totally ignorant prior to possession. They eat only what foxes are believed to like–tofu, aburagé,* azukimeshi, etc.; and they eat a great deal, alleging that not they, but the possessing foxes, are hungry. *Footnote: "Aburagé is a name given to fried bean-curds or tofu. Azukimeshi is a preparation of red beans [azuki] boiled with rice" (p. 374).

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "aburagé" to refer to deep-fried tofu pouches.

"It not unfrequently happens that the victims of fox-possession are cruelly treated by their relatives–being severely burned and beaten in the hope that the fox may be thus driven away. Then the Hôin or Yamabushi is sent for–the exorciser [exorcist]. The exorciser argues with the fox, who speaks through the mouth of the possessed. When the fox is reduced to silence by religious argument upon the wickedness of possessing people, he usually agrees to go away on condition of being supplied with plenty of tofu or other food; and the food promised must be brought immediately to that particular Inari temple of which the fox declares himself a retainer... As soon as the possessed has been freed from the possessor, he falls down senseless, and remains for a long time prostrate. And it is said, also, that he who has once been possessed by a fox will never again be able to eat tofu, aburagé, azukimeshi, or any of those things

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which foxes like" (p. 375).

"Indeed, the richest and the most successful farmer of Izumo, worth more than a hundred thousand yen–Wakuri-San of Chinomiya in Kandegori–is almost universally believed by the peasantry to be a kitsune-mochi. They tell curious stories about him. Some say that when a very poor man he found in the woods one day a little white fox-cub, and took it home, and petted it, and gave it plenty of tofu, adzukimeshi, and aburage–three sorts of food which foxes love–and that from that day prosperity came to him. Others say that in his house there is a special zashiki, or guest-room for foxes; and that there, once in each month, a great banquet is given to hundreds of Hito-kitsune. But Chino- miya-no-Wakuri, as they call him, can afford to laugh at all these tales. He is a refined man, highly respected in cultivated circles where superstition never enters" (p. 381-82).

"Curious advantages have been taken of the superstitions relating to the Fox-God.

"In Matsue, several years ago, there was a tofuya which enjoyed an unusually large patronage. A tofuya is a shop where tofu is sold–a curd prepared from beans, and much resembling good custard in appearance. Of all eatable things, foxes are most fond of tofu and of soba, which is a preparation of buckwheat. There is even a legend that a fox, in the semblance of an elegantly attired man, once visited Nogi-no-Kuriharaya, a popular sobaya on the lake shore, and ate much soba. But after the guest was gone, the money he had paid changed into wooden shavings.

"The proprietor of the tofuya had a different experience. A man in wretched attire used to come to his shop every evening to buy a cho of tofu, which he devoured on the spot with the haste of one long famished. Every evening for weeks he came, and never spoke; but the landlord saw one evening the tip of a bushy white tail protruding from beneath the stranger's rags. The sight aroused strange surmises and weird hopes. From that night he began to treat the mysterious visitor with obsequious kindness.

"But another month passed before the latter spoke. Then what he said was about as follows: Though I seem to you a man, I am not a man; and I took upon myself human form only for the purpose of visiting you. I come from Taka-machi, where my temple is, at which you often visit. And being desirous to reward your piety and goodness of heart, I have come tonight to save you from a great danger. For by the power which I possess I know that to-morrow this street will burn, and all the houses in it shall be utterly destroyed except yours. To save it I am going to make a charm. But in order that I may do this, you must open your go-down (*kura*) that I may enter, and allow no one to watch me; for should living eye look upon me there, the charm will not avail.

"The shopkeeper, with fervent words of gratitude, opened his storehouse, and reverently admitted the seeming Inari, and gave orders that none of his household or servants should keep watch. And these orders were so well obeyed that all the stores within the storehouse, and all the valuables of the family, were removed without hindrance during the night. Next day the kura was found to be empty. And there was no fire" (p. 384-85). Address: Matsue, Japan.

1143. Hosie, Alexander. 1922. Szechwan: Its products, industries and resources. Shanghai, China: Kelly & Walsh, Ltd. 185 p. See p. 31-32, 70, 178-79. Maps. Index. 25 cm.
• ***Summary:*** This book is based on Hosie's 1904 report on Ssuch'uan. The Preface notes that on 13 Sept. 1876 Britain and China signed the Agreement of Chefoo, dealing with government relations and trade. This Agreement marked the beginning of an official British connection with the Chinese province of Szechwan, for Section III provided that the British Government would be free to send officers to reside at Chungking to watch the conditions of the British trade in Szechwan. Edward Colborne Baber was the first officer to take up residence there, and in 1881 Hosie was subsequently appointed to the post. During the three following years Hosie made three journeys through the provinces of Szechwan, Kweichow and Yünnan to study the conditions of trade in Western China. Reports of these journeys were issued as Parliamentary Papers at the time.

In 1902 Hosie was appointed Consul-General for the province of Szechwan. His first report on the province was issued as a Parliamentary Paper in Oct. 1904. In the second year he visited the Eastern Frontier of Tibet and a report of this journey appeared as another Parliamentary Paper in Aug. 1905. In 1911 he again visited Szechwan as Special Opium Commissioner and during these later journeys he was able to collect information additional to that contained in his 1904 report. He integrated this new information into the 1904 and had it published as this book.

In Chapter 2, titled "Agricultural and horticultural products," is a section on "Pulse" (p. 31-34) which begins with a lengthy discussion of the "Soy Bean (*Glycine hispida*, Max.)." The soy bean is not as important a crop in Szechwan as it is in northern China, and especially Manchuria. "The great oil yielding plant of Szechwan is rape, and although oil is extracted from the soy bean, it is as an article of food, whether cooked whole or in the form of resultant products, that the latter is appreciated in Western China. Three well-marked varieties, each with two or more sub-species, are cultivated." I. Yellow soy bean: (a) "Pai Huang Tou," or white yellow bean, is the lightest in color of the 3 sub-species. A bushel of 40 lb costs T. 0.8.8. [T. = Haikwan Tael], or about 2*s.* 1*d.* [2 shillings and one pence]. "The beans, which are ovoid in shape, are not much larger than the common pea, and weigh 150 to the ounce. As a rule, they are cooked whole and served as a vegetable condiment." (b) "Ta Huang Tou," or large yellow bean. Eaten like the white yellow bean but larger and heavier (122 beans/ounce). It costs 2-3% more than the white yellow bean; (c) "Hsiao Huang Tou," or small yellow bean. It is

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much smaller than the other two sub-species (266 beans/ounce) and less expensive. For this reason it is in demand for the manufacture of "beancurd" in its various forms. Oil is extracted from (a) and (b), and to a much less extent from (c).

II. "Ching Tou," or green soy bean. In sub-species (a) the epidermis [seed coat] and inside [cotyledons] are both green, whereas in (b) the epidermis is green and the inside yellow. "The former is more commonly cultivated in Szechwan, and both are eaten and cooked as a vegetable [green vegetable soybeans]. They are also salted and put away in jars for winter use. This bean is the same size, shape, and weight as the white-yellow bean, and valued at T. 0.8.0 a bushel of 40 lbs. The above green and yellow soy beans occupy the ground from April to August, whereas the next variety (black) takes a month longer to mature."

III. "Hei Tou," or Black Soy Bean. The first sub-species (a) is much larger, rounder, and heavier than the yellow and green variety. Only 88 are required to make up an ounce. Like the green bean, it is used cooked in its fresh state as well as pickled. The second sub-species (b) is a small, flattish bean; about 450 are required to make up one ounce. It is used in medicine and for food, principally the former. Both these sub-species are black outside and yellow inside, the epidermis of the former being readily detachable when crushed.

In Section 11, titled "Varnish, tallow, soap, and oil plants," the subsection on "Oil plants" includes a discussion (p. 70) of: (e) "*Glycine hispida*, Max.–In Szechwan, the soy bean or Northern China and Manchuria is replaced by the rape seed, and it is cultivated more as a vegetable [green vegetable soybeans] than for its oil. The production of the latter is insignificant from a commercial point of view."

Pages 173-80 give a detailed description of how salt is collected and refined in Szechwan. As part of this, pages 78-79 describe how nigari (called "Tan Pa,") is "used to cause coagulation of the legumine [legumin] in the manufacture of beancurd..." Address: M.A., LL.D., F.R.G.S., Formerly H.B.M. (His Britannic Majesty) Consul-General for Szechuan. Presently: Sandown, Isle of Wight.

1144. Shin Sekai-sha. 1922. Zaibei Nippon-jin kan [Directory of Japanese in the USA]. San Francisco, California: Shin Sekai-sha. See p. 19, 41, 50-51, 207-08, 234, 238, 346, 357, 409. [Jap]
Address: San Francisco, California.

1145. Vidal de La Blache, Paul; Martonne, Emmanuel de. 1922. Principes de géographie humaine: publiés d'après les manuscrits de l'Auteur [Principles of human geography: published in accordance with the author's manuscripts]. Paris: Librairie Armand Colin. vii + 327 p. See p. 144. Maps. Author index. Subject index. 26 cm. [Fre]
• ***Summary:*** In Part II of this book, "The forms of civilization," chapter 3 is titled "The means of nourishment" (p. 133+). In section 5, "Asiatic types," is a subsection titled "The Chinese type," which states (p. 144): However, in this climate which, as you progress northward, soon becomes more rigorous, the need for a food more substantial than rice soon arises. North of 32 degrees north latitude (by the way), rice stops being the main crop. The necessary supplement is obtained from various dolics (*doliques*) or beans, species for which the northern region of China is wonderfully suited and that, from time immemorial, have been a part of the basic human diet. The soybean (*Le soja*) deserves... the recognition of humanity. Its seed combines with its nutritive qualities, oleaginous properties that permit to extract preparations analogous to oil and to butter and to make from it a plant-based cheese (*fromage végétal*) (teou-fou) that provides a food that can be carried around and that, among such dense populations, is a resource particularly appreciated by the common people.

In French: *"Le soja mérite... la reconnaissance de l'humanité. Sa graine joint à ses qualités nutritives des propriétés oléagineuses qui permettent d'en tirer des préparations analogues à l'huile et au beurre, et d'en composer un fromage végétal* (*teou-fou*) *qui fournit un aliment transportable et qui est, parmi ses populations si denses, une ressource particulièrement appréciée du bas people."*

Note: In France, Paul Vidal de La Blache (lived 1845-1918) is a very famous geographer; he has been called "the father of modern French geography." Address: Member of the Institute, France.

1146. **Product Name:** Tofu, and Agé.
Manufacturer's Name: Tofu-ya.
Manufacturer's Address: 437 5th Ave. between Island Ave. and J Streets, San Diego, California.
Date of Introduction: 1922?
New Product–Documentation: Talk with Haruki Koba, former owner of Oriental Groceries. 1989. Oct. 25. In the early 1920s, before the War, there was a tofu shop in San Diego on 5th Street between Island and J Streets, very close to where Mr. Koba used to make tofu, near where the Nanking restaurant is now. It was later purchased by Mr. Himaka. Haruki was born in Coronado (southern California) in 1920 and he recalls eating tofu when he was small.

Talk with Osa Himaka, son of Chosuke Himaka. 1989. Oct. 26. In about 1928 his father bought a tofu business from another tofu maker, whose name Osa does not remember. It was named Tofu-ya (written only in Japanese characters).

1147. **Product Name:** Tofu.
Manufacturer's Name: Asahi Tofu-ten (Asahi Tofu Co.).
Manufacturer's Address: 52 North 3rd Street, Portland, Oregon.
Date of Introduction: 1923. January.

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How Stored: Refrigerated.
New Product–Documentation: The Japanese American Directory. 1923. p. 554 (directory; no phone number is given). Also in 1924, p. 595 (directory; new phone number: Bea 2671). Also in 1925, p. O-75. Also in 1926, p. O-76.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 410. Under "Stores." In Japanese: Asahi Tofu-ten. In English: Asahi Tofu Co., 322 N.W. 5th Ave. (new address), Portland, Oregon. Phone: BR. 8363 (new phone number).

1148. **Product Name:** Tofu.
Manufacturer's Name: Ishihara Tofu-ya.
Manufacturer's Address: 414 L & M Alley, Sacramento, California. Phone: Main 4618W.
Date of Introduction: 1923. January.
New Product–Documentation: The Japanese American Directory. 1923. p. 182. Note: In 1922 Fukumoto Tofu-ya was making tofu at this address. Also in 1924, p. 193. Phone number is now Main 1424. Also in 1925, p. N-164. Also in 1926, p. N-162. Also in 1930. p. 170. Also in 1932, p. 169. Also in 1934, p. 172. Also in 1937, p. 173. Also in 1938, p. 190.

1149. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1923/01. Nichibei jûshoroku [The Japanese American directory. No 19]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Published Jan. 1 by Nichibei Shinbunsha. Address: San Francisco, California.

1150. **Product Name:** Tofu.
Manufacturer's Name: Rafu Tofu-ten (Los Angeles Tofu Shop).
Manufacturer's Address: 921 San Julian St., Los Angeles, California. Phone: 824304.
Date of Introduction: 1923. January.
New Product–Documentation: The Japanese American Directory. 1923. p. 357. Note 1. A company named Rafu Tofu-ya started making tofu in Los Angeles in 1914. The relationship (if any) between these two companies is unclear. Note 2. Rafu is the Japanese nickname for Los Angeles.

1151. **Product Name:** Tofu.
Manufacturer's Name: Sawamura Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: Main 2162-J.
Date of Introduction: 1923. January.
New Product–Documentation: The Japanese American Directory. 1923. p. 182. Note: Araya (Shinya?, Shintani?, Aratani?) Tofu-ya was making tofu at this address in 1922. Also in 1924, p. 193. Also in 1925, p. N-164.

1152. Piper, Charles V.; Morse, William J. 1923. The soybean. New York, NY: McGraw-Hill Book Company, Inc. xv + 329 p. Feb. Illust. Index. 24 cm. Reprinted unrevised in 1943 by Peter Smith Publishers, New York. [563 ref]
• ***Summary:*** This is the first comprehensive book about the soybean written in English, and the most important book on soybeans and soyfoods written in its time. Contains an excellent review of the world literature on soybeans and soyfoods with a bibliography on soy that is larger than any published prior to that time (563 references), a good description of the present status of the soybean worldwide based on the authors' extensive contacts, and a great deal of original information. It quickly became a key source for people and organizations working with soybeans and soyfoods in all countries, and a major factor in the expansion of the soybean in the western world. Because of its scope and influence, Soyfoods Center considers the year of its publication to mark the end of the "Early Years" of the soybean worldwide. It remained in print until about 1986.

Contents: Preface. 1. Introduction: Name of the plant, origin, literature, use by the Chinese and Japanese, present importance, future prospects in the U.S., recognition of the possibilities. 2. The commercial status of the soybean: Manchuria and China, Japan, Europe, U.S., other countries, summary of imports and exports of soybeans and soybean oil. 3. Botanical history of the soybean: History prior to Linnaeus' "Species Plantarum" 1753, Linnaeus' misunderstandings of the soybean, Prain's elucidation, other and the correct botanical name.

4. Agricultural history of the soybean: Vernacular names of the soybean, China, Korea, and Japan, India and neighboring regions, Cochin China, Malayan region, early introduction into the United States, later U.S. introductions, the early introduced varieties (grown in the USA by 1898–Ito San, Mammoth, Buckshot, Guelph or Medium Green, Butterball, Kingston, Samarow, Eda, Ogemaw or Ogema), soybean in Europe, varieties grown in Europe and identification, Hawaiian Islands, Australia, Africa, Argentina (p. 50), Canada ("Soybeans are grown in very small quantities in Canada and then usually as a forage crop"), Philippines, Egypt, Cuba (p. 52), British Guiana, Mauritius (p. 53), present culture distribution. 5. Culture of the soybean: Climatic adaptations, soil preferences, water requirement, preparation of seed bed, time of planting, methods and rate of seeding, seeding for pasturage, depth of seeding, inoculation, fertilizer reactions, cultivation, soybeans in mixtures (with cowpeas, sorghums, Sudan grass, Johnson grass, millet, corn, or sunflowers and corn).

6. Harvesting and storage of soybeans: harvesting soybeans for hay, silage, for the seed, seed yields, proportion

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of straw to seed, storing seed, separation of cracked from whole soybean seed, viability of soybean seed, pedigreed, inspected, registered, and certified seed. 7. Composition of the soybean: Proportions of stems, leaves and pods, composition of plant and seed, nutritive and mineral constituents, forms of nitrogen in soybean nodules, factors affecting oil content of seed. 8. Utilization of the soybean: Diversity of uses (a chart, p. 129, shows 59 products that can be made from soybean seeds, and 6 more that can be made from soybean plants), soybeans for green manure, pasturage, soiling, ensilage, hay, straw.

9. Varieties: Japanese, Manchurian, botanical classifications, vital characteristics, descriptions of important varieties, key for identification, breeding and improvement, genetic behavior, oil content.

10. Structure of soybean seeds. 11. Soybean oil: Methods of extraction [Manchurian, and solvent], American oil mills, methods of shipping and marketing, prices, utilization in soap manufacture, food, paint manufacture, miscellaneous. 12. Soybean cake or meal: Feeding value, composition, use for feeding for dairy cows, cattle, swine, sheep, poultry, digestibility, injurious effects, fertilizer.

13. Soybean products for human food: Food value of the soybean, digestibility of the soybean and its products, mature or dry soybeans, immature or green soybeans (a "nutritious green vegetable"), soybean flour, digestibility of soybean flour, soybean bran (p. 225-26), soybean sprouts, soybean coffee, soybean or vegetable milk [soymilk] (preparation, composition, residue from the manufacture of vegetable milk [okara], utilization of soybean milk, condensed vegetable milk, vegetable milk powder, fermented vegetable milk), vegetable casein, tofu or soybean curd (names and brief history, method of manufacture, coagulating agents, manufacturing yields, digestibility, utilization of bean curd and manufactured products, bean curd brains or *tofu nao,* dry bean curd or *tofu khan,* thousand folds {*chien chang tofu*}, fried bean curd {*tza tofu*}, Fragrant dry bean curd {*hsiang khan*}, frozen tofu {*kori tofu*}, Chinese preparation, various dishes), natto, hamananatto [hamanatto], yuba, miso, shoyu [soy sauce], confections. 14. Table dishes of soybeans and soybean products: mature or dry beans, flour, tofu, sprouts (86 recipes). 15. Enemies of the soybean: bacterial, mosaic, fungous [fungus], and nematode diseases, insects, rodents. This last chapter is a comprehensive review of the literature on soybean diseases and insects published before 1922.

The Preface begins: "The soybean, also known as soya or soja bean, has assumed great importance in recent years and offers far-reaching possibilities of the future, particularly in the United States. It is, therefore, desirable to bring together in a single volume the accumulated information concerning this crop...

"The aim has been to present the information so as to make it useful from both agricultural and commercial standpoints, not omitting, however, much that is mainly of historical or botanical interest..."

The introduction begins: "There is a wide and growing belief that the soybean is destined to become one of the leading farm crops in the United States."

Note 1. C.V. Piper lived 1867-1926. Note 2. This is the earliest English-language document seen (July 2003) that uses the term "soybean bran" to refer to soy bran.

Note 3. This is the earliest document seen (July 2003) in which Piper or Morse describe natto, Hamananatto [Hamanatto], yuba, or miso.

Note 4. This book was published by March 1923 (See *Ohio Farmer,* 10 March 1923, p. 313). Address: 1. Agrostologist; 2. Agronomist. Both: United States Dep. of Agriculture, Washington, DC.

1153. Read, Bernard E. comp. 1923. Botanical, chemical, and pharmacological reference list to Chinese materia medica. Peking, China: Printed by the Bureau of Engraving and Printing. v + 38 p. Feb. 28 cm.

• ***Summary:*** Contents: Chemical and pharmaceutical references (45 entries; p. i-ii). Botanical literature (17 entries; p. iii). Bibliography of materia medica and medical botany other than cited in this reference list (47 entries; p. iv-v). Note: For these first three parts, column 1 is the abbreviation; column 2 is the full title.

The rest of this book consists one long table (p. 1-38) composed of four columns. (1) Chinese names (The name of each materia medica substance written in Chinese characters). (2) Romanized Wade (The Wade-Giles romanization of the Chinese name; the table is sorted alphabetically by this column). (3) Botanical references (such as the scientific name of a plant, or terms like "soy oil," "rice congee," or "rice gruel"). (4) Chemical & pharm. references (Abbreviations of references to documents containing information about this plant or other substance).

Chiang Yu–Soy oil appears on p. 3. References: (1) USDA Office of Experiment Stations, Bulletin No. 68, p. 36 (1899). (2) Stuart, G.A. 1911. Chinese materia medica, Shanghai. (3) J. of the College of Agriculture, Tokyo Imperial University 1:97 (16 June 1909). (4) J. of the College of Agriculture, Tokyo Imperial University 1:89 (16 June 1909).

Huang Ta Tou–Glycine hispida [The yellow soybean] appears on p. 11. References: (1) Matsumura, J. Shokubutsu-mei-i, Tokyo, 1915. (2) China Medical Journal 35:247 (1921). (3) Martindale and Wescott, Extra Pharmacopoeia, London, 1921, p. 824, 1913. (4) Pharmaceutical Journal (London), II, p. 120, 1913. (5) Loureiro, J. Flora cochinensis, 1790, vol. II, 1844, 1912. (6) Pharmaceutical Journal (London), II, p. 154 (1912). (7) USDA Office of Experiment Stations, Bulletin No. 68, p. 33 (1899). (8) Wehmer, C. Die Pflanzenstoffe, Jena, 1911, p. 362.

Pai Tou–Soja hispida [The white soybean] appears on p. 11. References: (1) Stuart, G.A. 1911. Chinese materia

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medica, Shanghai. (2) Wehmer, C. Die Pflanzenstoffe, Jena, 1911, p. 362. (3) American J. of Physiology 19:468 (1907). (4) J. of the American Chemical Society 20:419 (1898).

Ta Tou–Glycine hispida M. [The soybean] appears on p. 11. (3) Bretschneider, E. Botanicon sinicum, 1881, 1892, 1895. (4) Giles, H.A. A Chinese-English dictionary, 1892

Ta Tou Ch'in–Bean relish appears on p. 30. No references.

Ta Tou Huang Chüan–Bean sprouts appears on p. 30– References: (1) Stuart, G.A. 1911. Chinese materia medica, Shanghai. (2) USDA Bureau of Plant Industry, Bulletin No. 107 (?), p. 28. (3) China Medical Journal 35:247 (1921).

Note 1. The references in this book are very cryptic and hard to understand, even after careful analysis. The book also contains quite a few typographical errors, inconsistencies, and mistakes.

Note 2. Other interesting substances mentioned in this book are: Mung beans (p. 4; *Phaseolus mungo*). Laminaria and Sargassum (p. 7, 15; types of sea vegetables, like kombu). Amarantus (p. 9). Sesame seeds (p. 10; *Sesamum indicum*). Fermented nonglutinous rice (p. 12). Job's tears (p. 12; *Coix lachryma*). Kudzu (p. 13; *Pueraria hirsuta*). Daikon (*Raphanus sativus*). Umeboshi plum (p. 19; *Prunus mume*). Address: Dep. of Pharmacology and Physiological Chemistry, Peking Union Medical College.

1154. Piper, Charles V.; Morse, William J. 1923. Table dishes of soybeans and soybean products (Document part). In: Piper and Morse. 1923. The Soybean. New York: McGraw-Hill. xv + 329 p. See p. 259-79.

• ***Summary:*** This chapter contained the largest collection of soya recipes published in the western world at that time. They are organized into four categories, based on the type of soyfood being used. "All are highly nutritious, and many of them of peculiar and delightful flavor and palatability.

"Mature or Dried Beans.–Experiments by the Office of Home Economics, U.S. Department of Agriculture and by the Home Economics department of many colleges have shown the mature or dry soybeans can be used in many palatable ways. The ordinary varieties of soybeans as the Mammoth, Midwest, Ito San, etc., require a longer period of soaking and cooking than navy beans. The Easycook and Hahto varieties need no more preparation than the ordinary bean as they cook up very readily. Time may be saved by using a pressure cooker for they soften very readily when thus treated. In general it is well to soak the beans and then cook them until soft. The time required will vary with the dryness of the bean and also with the variety. After soaking for 20 to 24 hours the beans should be cooked until they are well softened which may require as much as 2 hours or more." Recipes are given for: Boiled soybeans. Baked soybeans, No. 1, 2, and 3. Soybean soup. Soybean vegetable soup. Cream of soybean soup. Soybean croquettes, No. 1 and 2. Soybean loaf, No. 1 and 2. Soybean chili con carne. Soybean roast. Soybean timbales. Mexican frijoles. Soybean souffle. Soybean pudding. Soybean and fruit pudding. Soybeans and macaroni. Soybean salad. Soybean and cottage cheese salad. Soybean filling for sandwiches. Soybeans and rice. Soybean pastry. Soybean cookies. Soybean crust. Soybean muffins.

"Soybean flour. -... As soybean flour contains considerable fat, not much shortening is required." Recipes: Soybean biscuits, No. 1 and 2. Soybean muffins, No. 1, 2, 3, 4, and 5. Soybean griddle cakes, No. 1, and 2. Soybean coconut pudding. Soybean spice cake. Soybean mush. Soybean croquettes (mush). Soybean loaf (mush). Soybean omelet. Soybean fruit cake. Soybean gems. Soybean spoon bread. Soybean wafers. Soybean jam pudding. Soybean ginger cookies. Soybean gingerbread. Soybean filled cookies. Soybean yeast raised coffee cake. Soybean soft ginger cake. Soybean nut bread. Soybean and rye bread. Soybean cup cakes. Soybean pancakes. Soybean flour and celery soup.

"Tofu.–Attempts have been made during the past 5 years to introduce tofu to the American people, but without much success. In cities having a large oriental population fresh tofu or bean curd may be had at the Chinese stores. The following recipes prepared by the Soy Products Co., and Chicago Bean Bread Co., indicate the wide adaptability of tofu, or soy cake as it is termed by one company, to all kinds of cooking, and at the same time may suggest other practical ways in which this valuable food may be prepared. Recipes: Chicken soy cake (tofu). Soy cake (tofu) with tomatoes. Soy cake (tofu) with tomatoes and cheese. Mushrooms with soy cake (tofu). Potatoes with soy cake (tofu). Soy cake stuffed peppers. Cabbage or cauliflower soy cake (tofu). Eggs a la Caracas with soy cake (tofu). Soy cake (tofu) with tuna fish. Soy chicken salad. Soy cake (tofu) salad dressing. Salted tofu (p. 276, 278). Tofu for soup. Tofu and fish. Tofu with cheese. Creamed tofu in ramekins. Tofu and vegetable stew. Tofu and bacon. Pickled tofu. Tofu cakes. Curried tofu. Tofu in pineapple jelly.

"Soybean sprouts.–Soybean sprouts are especially valuable as a green vegetable and on account of their high nutritive value. The sprouts are easily prepared, have no waste, are quickly prepared, not more than 4 or 5 minutes in any given way. Boiling water should be poured over the sprouts before using for soups, stews, fried or boiled and creamed." Recipes include: Fried sprouts. Creamed sprouts. French sprout salad. Spanish salad. Potato salad. Potato salad. Sardine salad. Fruit salad. Chicken salad. Fish salad.

1155. Piper, Charles V.; Morse, William J. 1923. Tofu or soybean curd (Document part). In: Piper and Morse. 1923. The Soybean. New York: McGraw-Hill. xv + 329 p. See p. 234-44, 273-78. [6 ref]

• ***Summary:*** Contents: Introduction. Method of manufacture. Coagulating agents. Manufacturing yields. Composition of soybean curd. Digestibility of soybean curd. Utilization

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of bean curd and manufactured products. Bean curd brains or *tofu nao*. Dry bean curd or *tofu khan*. Thousand folds (*chien chang tofu*). Fried bean curd (*tza tofu*). Fragrant dry bean curd (*hsiang khan*). Frozen tofu (*kori tofu*). Chinese preparation. Various dishes.

Tofu, "a sort of white cheese or curd,... is called "Teou fu' by the Chinese, 'Tofu' by the Japanese, and 'Dan Phu' by the Annamites [in today's Vietnam]. It is said to have been originated by the Chinese philosopher, Whai Nan Tze, before the Christian Era, and was undoubtedly introduced into Japan from China by the Buddhists."

"The coagulating agents most generally employed throughout the Orient are the concentrated mother liquid obtained from the manufacture of salt from sea water, burned powdered gypsum, and magnesium chloride... The junior author (Morse) has obtained successful results with rennet and 1 per cent. solutions of acetic, tartaric, and lactic acids. Sour milk has also given satisfactory results as well as the water [whey] drawn from the bean curd after coagulation. By the use of pure salts or rennet the bitter taste which is generally found in the curd made by Oriental methods is avoided."

Yields: In commercial tofu production, 1 pound of beans is said to yield about 3.57 lb of tofu (i.e., the yield is 3.57). Champion (1885) got a yield of 1.53 and Paillieux (1880) got a yield of 1.50. Morse conducted many tests to determine the yield of curd from 19 different soybean varieties. His yields ranged from 0.686 to 0.282–extremely low.

Different types of Chinese tofu: (1) Dry bean curd or *tofu khan:* bean curd squares are dipped in burnt millet-sugar sauce until rich brown in color. "Fine salt also has been rubbed on them. This form of cheese can be kept for several days and is generally eaten in soups."

Note 1. This is the earliest English-language document seen (April 2013) uses the term "bean curd squares" to refer to Chinese-style pressed tofu. And this is the earliest English-language document seen (April 2013) that uses the term "soybean curd" to refer to tofu, or that uses the term "Teou fu" (or "Teou-fu"), or the term "Dan Phu" (or "Dan-Phu") to refer to Chinese-style tofu.

(2) "Thousand folds (*chien chang tofu*)*:* This product is prepared by placing very thin layers of the bean curds on cloths, on top of one another, and subjecting them to considerable pressure and allowing them to dry for a short time. The layers of bean curd are then removed and rolled together like a jamroll. It is said to be eaten cut into strips, like noodles, in soups. When allowed to mold for several days it is fried in sesame oil and has a meat like flavor."

(3) "Fried bean curd (*tza tofu*)*:* The fresh bean curd is cut into small squares and fried in deep fat. After a few minutes the bean curd pieces float on the surface and they are taken out. This product is often fastened on bamboo fibers (Fig. 65) and may be kept for several days. They may also be eaten with syrup as fritters." (4) "Fragrant dry bean curd (*hsiang khan*) [*wu-hsiang toufu kan*]*:* This form is made like the ordinary bean curd but great pressure is applied to drive out as much water as possible. The squares (Fig. 66) are first soaked in a weak brine or bean sauce to which powdered spices and burnt millet-sugar have been added and then are thoroughly dried out. The curd becomes very hard and can be kept indefinitely. It is said to be eaten sliced in soups and in various vegetable dishes."

(5) "Frozen tofu (*kori tofu*)*:* Frozen bean curd is an excellent example of the application of the freezing process for the drying or concentration of a food. Fresh bean curd contains rather a high per cent. of water and is therefore a very unstable product. The fresh bean curd is cut into small pieces and exposed to severe cold weather. By freezing, the vegetable proteid shrinks and forms a porous cake permeated with ice crystals. This frozen cake can be readily thawed out and dried. It forms a product much resembling gluten bread in appearance. If the tofu is not frozen, it is difficult to dry and the resulting material is dense and horn-like..." (6) "Chinese preparation:... Tofu is quite generally preserved in loaves (100 to 150 grams) which are cooked in a decoction of turmeric roots. It is also preserved with salt. Often the curd is cut into small pieces and preserved in rice brandy [to make fermented tofu]. When smoked, the curd also keeps very well and can be wrapped in tinfoil for the market. Smoked curd is prepared by cooking the curd in a sauce diluted with water (80 per cent. and 20 per cent. soy sauce) and after cooking the curd is smoked in the same manner as meat."

Various American- and European-style recipes: "When cut into small pieces and cooked with an egg, it furnishes an excellent omelet. It also may be used as the principal ingredient in baked stuffed peppers. The fresh tofu makes an excellent salad or sandwich filling if the curd is chopped finely and chopped olives, pepper, salt, and mayonnaise dressing are added. When cut into small pieces and cooked in tomato sauce or similar sauces, a very good meat substitute is obtained. Cooked with meat broth, the curd takes the flavor of the meat. It is readily seen that the fresh bean curd can be utilized in many ways and when the people of the western world become better acquainted with this simple method of manufacture, it will no doubt, become more generally utilized."

Nineteen tofu recipes are given on pages 273-78.

Photos show: (1) "Large blocks of freshly made bean curd 'Tofu' ready to be cut up into squares and sold for breakfast." (2) "A large bamboo tray full of various kinds of bean curd. In the little wooden tubs on the ground the watery sorts of curd are kept immersed in saline water." (3) "Squares of fresh bean curd fried in oil and put on a string of bamboo fiber. Called tza tofu (fried bean curd) and said to supply a 'snack' in between meals for hard working Chinese laborers." (4) "A semi-dry bean curd of the consistency of smoked sausage, called 'Hsiang khan' (fragrant dry) which

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is eaten sliced in soups, and with vegetable dishes." Two squares, each bearing a stamped mark, are shown next to an open pocket knife for size comparison. (5) "A semi-dry fresh bean curd, called 'Lao to fu' (old bean curd) said to be used by the poorer classes of Chinese for breakfast." One square (with a cloth-like texture on the surface) on a small plate, and a broken half square are shown. (6) A room in which fermented tofu is being made. "A dark room of even temperature where wooden frames, full of squares of bean curd are piled, one on the other, the lowest resting on a layer of somewhat damp rice straw." One tray is open, showing the rows of tofu cubes, each covered with a white mycelium. (7) "Large earthen jars, full of squares of bean-curd, which are covered over with spiced brine and soy-sauce. After several months' curing a new product has been formed, called 'Foo-yu'–Bean cheese [fermented tofu], which can be kept for many years and becomes better with age."

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term "Foo-yu" to refer to fermented tofu.

Note 3. Each of these 7 photos was taken (probably in China) by Frank N. Meyer, Agricultural Explorer, USDA.

Tables show: (1) Yields of bean curd obtained by William Morse from different varieties of soybeans. Variety #37062 gave the highest yield of tofu. 50 grams of soybeans yielded 34.3 gm of tofu and 30.5 gm of "Cake" [okara]. Note 4. This yield of 0.69 is very low; it should be at least 2.5. Variety #38462 gave the lowest yield, 0.28. (2) Composition of tofu and tofu products, compiled from various sources: Five samples of fresh tofu (6.0% protein on average), one frozen tofu (48.65% protein and 28.65% fat), and one fried tofu (21.96% protein and 18.72% fat).

1156. Piper, Charles V.; Morse, William J. 1923. Photographs and illustrations (Document part). In: Piper and Morse. 1923. The Soybean. New York: McGraw-Hill. xv + 329 p.

• ***Summary:*** Photos show: (Fig. 1) Typical soybean plant (p. 1). (2) Plant of wild soybean (p. 2). (3) A fleet of junks engaged in carrying soybeans to Newchwang, Manchuria, from different points in the interior, taking away bean oil and bean cake to other places * (p. 6). (4) Soybeans in sacks brought to a bean center by horses in winter in Manchuria (p. 8). (5) Chinese bean cart loaded with beans in wicker containers in Manchuria (p. 8).

(6) Type of cart and method of hauling soybeans with a horse in Manchuria (p. 10). (7) Manchurian farmers hauling the bean crop to market in winter on sleds (p. 10). (8) Plants of a soybean variety from India (p. 38). (9) Plants of the wild soybean from Soochow, China, grown at the Arlington Experimental Farm, 1908 (p. 38). (Fig. 15) Soybeans grown on the edges of a rice field in southern China * (p. 58).

(16) A man in a field of the Peking variety of soybean grown in rows and cultivated (p. 61). (17) A broadcast field of soybeans showing how weeds have overrun the field (p. 61). (18) The ordinary grain drill furnishes a most convenient method of seeding in rows or broadcast (p. 63). (19) Soybeans and corn grown in alternate rows for pasturage; a man in a hat stands between the rows (p. 65). (20) The roots of a soybean plant, showing abundant development of nodules (p. 66).

(21) A man standing in a plat of soybeans without inoculation (in the foreground) and an adjacent plat which had been inoculated, in the background (p. 67). (22) A man seated on a cultivator pulled by two horses doing the last cultivation on a field of soybeans (p. 79). (23) Soybeans and sorghums grown in mixture for forage purposes (p. 80). (24) A field of soybean and Sudan grass grown in mixture for hay (p. 81). (25) A field of soybeans and corn grown in the same row for ensilage (p. 82).

(26) Soybean hay on frames. Under favorable weather conditions, hay can be successfully cured in this manner (p. 86). (27) A field of mature soybeans ready to cut for seed (p. 90). (28) Harvesting soybeans for seed with a bunching attachment on the mower (p. 90). (29) Self-rake reaper used in cutting soybeans for seed (p. 91). (30) Soybeans cut for seed with binder and soybeans placed in shocks for curing (p. 92).

(31) The ordinary gasoline threshing outfit which may be used in threshing soybeans (p. 92). (32) A special bean harvester used in gathering the soybean seed from the standing mature plants and also cleaning it (p. 94). (33) A special bean harvester by which the plants are cut, thrashed, and cleaned (p. 94). (34) A special soybean harvester used to gather soybean seeds from the standing mature plants, and which can be adjusted to level or ridged cultivation. On one side is written "The Little Giant Bean Harvester," manufactured by Hardy & Newsom, La Grange, North Carolina (p. 95). (35) Method of storing soybean seed awaiting shipment in Manchuria. The beans is sacks are stacked under Chinese mats (p. 98).

(37) Pasturing a corn and soybean mixture with sheep (p. 133). (38) Thrashing soybeans from the field and baling the straw (p. 141). (39) The larger plant is the Guelph or Medium Green which is very pubescent, while the smaller plant is a nearly smooth variety from Japan (p. 149). (40) Pods of soybeans showing the range in size and shape (natural size; p. 151).

(41) Seeds of the most important varieties of soybeans now grown in the United States showing the wide range in size and shape of seed. The name of each of the 20 varieties is given. A side view and a ventral view of each pair of seeds is given (p. 152). (42) Seeds of a black and white variety (Widower) from Korea. The white is due to the splitting of the outer later of the testa. A side view of six varieties is shown (p. 155). (43) A field of the Biloxi soybean, which requires a long season to mature (p. 163). (44) A man standing in a field of the Virginia variety of soybeans (p. 170). (45) Seeds of a natural soybean hybrid

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showing peculiar types of coloration (p. 175). (46) Pods of soybeans, hairy and smooth (p. 176). (47) A sterile soybean plant obtained from a natural hybrid (p. 176). (49) Seeds of an artificial soybean hybrid, showing peculiar types of coloration (p. 181). (56) An old style Chinese oil bean press, Manchuria (p. 195). (57) Coolies at Newchwang, Manchuria, carrying loads of soybeans from the junks to big stacks, where they are kept until the factory needs them for oil manufacture * (p. 196). (58) "Seeds and pods of the Hahto variety of soybeans, the seeds being especially valuable as a green vegetable" (p. 222). (59) Baskets of sprouted, small yellow soybeans and sprouted mung beans * (p. 226). (60) Men making soymilk, working with machinery with which the soybeans are ground and the milk strained. Note the 2 grinding stones and the cloth strainers suspended from the ceiling over the tub. The cabinet with rack for bottles is noted in the background (p. 228). (61) Motor stone mill for grinding soybeans in preparing tofu with brass water tank (A), funnel reservoir (B), stones (C), and brass guard (D) (p. 229). (62) Delivery coolies holding baskets full of bottles showing the way soybean milk is delivered by the factory in Changsha, China (p. 231). (76) A courtyard filled with large earthenware containers with cone-shaped wicker tops for ripening soy sauce mash [in Ichang (I-ch'ang or Yichang), Hupe / Hupeh / Hubei province, China]; a small, strong basket is placed into each, with its rim just above the surface of the mash. The soy sauce collects or accumulates in each basket and is then dipped out, ready for consumption * (p. 251). (77) A man standing next to an iron cauldron in which soybeans are boiled for the manufacture of soy sauce (p. 252). (79) Fermenting room for yeast and soybeans in preparation of soy sauce (p. 253). (80) Rows of pots with cone-shaped wicker lids filled with soybean and wheat mixture for soy sauce * (p. 254). (81) A box press in which sacks of fermented soybeans are placed for pressing out the liquid forming soy sauce * (p. 254). (82) A man next to a kettle for boiling the soy sauce. After it is boiled, the sauce is ready to be placed in kegs at left side (p. 255). (83) Rows of soybean sauce in jars ready for shipment (p. 255). (84) Root of a soybean plant showing rootknot caused by the nematode (*Heterodera radicicola*) (p. 285).

Note: * means photo by Frank N. Meyer in China or Manchuria.

Illustrations (line drawings) show: (Fig. 48) Flower of the soybean enlarged. Front view. Side view. Parts of the corolla, standard, wing, one of the keel petals. Stamens. Pistil (p. 177). Figures 50-55, from Kondo (1913) are described at Kondo.

Maps show where the soybean is extensively and successfully grown in: (Fig. 10) The Orient (p. 51). (11) North and South America (p. 52). (12) Europe and Africa (p. 53). (13) A map of Manchuria shows the soybean districts and seed production of different localities (p. 56). (14) An outline map of the United States shows the areas with shading to which the soybean is especially adapted as to varieties and purposes (p. 57).

A diagram (Fig. 36, p. 129) shows the various ways in which the plants and seeds of soybeans are utilized. Level 2: The first two categories are seeds and plants.

Level 3: Under seeds: Food products, oil, and meal. Under plants: Hay, ensilage, soiling.

Level 4: Under food products: green beans and dry beans. Under oil: Glycerin, explosives, enamels, varnish, food products, waterproof goods, linoleum, paints, soap stock, celluloid, rubber substitute, printing inks, lighting [illumination], lubricating. Under meal: Human food, stock feed, fertilizer. Under forage: Hay, ensilage, soiling.

Level 5: Under green beans: Green vegetables, canned, salads. Under dried beans: Soy sauce, boiled beans [from whole dry soybeans], baked beans [whole], soups, coffee substitute, roasted beans, vegetable milk, breakfast foods. Under soap stock: Soft soaps, hard soaps. Under oil–food products: Butter substitute, lard substitutes, edible oils. salad oils. Under meal–human food: Breakfast foods, diabetic foods, flour, infant foods, macaroni, crackers, [soy] milk.

Level 6: Under dried beans–vegetable milk: Cheese, condensed milk, fresh milk, confections, casein. Under meal–human food–flour: Bread, cakes, muffins, biscuit.

Level 7: Under cheese: Fresh, dried, smoked, fermented.

1157. Piper, Charles V.; Morse, William J. 1923. Tables (Document part). In: Piper and Morse. 1923. The Soybean. New York: McGraw-Hill. xv + 329 p.

• ***Summary:*** Tables: (1) Acreage, production and yield of soybean seeds in the United States. Gives statistics for each for 1918, 1919, and 1920 for 14 states, other, and total. The states are listed in descending order of soybean acreage in 1921, as follows: North Carolina, Virginia, Alabama, Illinois, Ohio, Kentucky, Missouri, Tennessee, Wisconsin, Indiana, Georgia, Pennsylvania, S. Carolina, Mississippi.

(2) Estimates of soybean production of Manchuria for various years (in million tons): 1906 = 0.6. 1907 = 0.6 to 0.9. 1908 = 1.150. 1909 = 1.150. 1910 = 1.4. 1913 = 1.2 1921 = 4.52.

(3) Cost of production of soybeans per acre in Manchuria, 1910. (4) Monthly capacity of steam oil mills at Newchwang, Manchuria, 1917. (5) Export of soybeans, bean cake, and bean oil from the principal ports of South Manchuria, 1909 to 1913, inclusive. (6) Five-year averages of acreage, production, and yield per acre of soybeans in Japan. (7) Amount and value of soybeans imported by Japan. (8) Importations of soybean cake and bean oil into Japan. (9) Quantity and value of exports of soybeans and soybean oil from Japan to foreign countries, 1913 and 1914. (10) Quantity and value of exports of miso (bean cheese) and shoyu sauce, 1903 to 1907, inclusive. (11) Quantity and value of imports of soybeans, bean cake, and bean oil by European countries, 1912 to 1914, inclusive. (12)

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Comparative prices per ton of cottonseed and soybeans in European markets, 1911 to 1914, inclusive. (13) Quantity and value of soybeans, soybean cake, and soybean oil imported into the United States, 1910 to 1920, inclusive. (14) Quantity of imports of soybeans in the world's trade, 1920-1919 inclusive. (15) Quantity of imports of soybean oil in the world's trade, 1910-1919 inclusive. (16) Quantity of exports of soybean oil in the world's trade, 1910-1919 inclusive. (17) Quantity of exports of soybeans in the world's trade 1910-1919 inclusive. (18) Acre yields of seed and hay of soybeans at different dates of planting at Arlington Farm, Virginia. (19) Yields of soybeans variously spaced. (20) Acre yields of soybean hay and seed when planted at different rates. (21) Germination of soybeans at different depths of planting at Arlington Farm, Virginia. (22) Influence of nodules on the composition of seed. Michigan Experiment Station. (23) Effect of various nitrogenous fertilizers on the yield of soybeans. Massachusetts Experiment Station. (24) Effects of different phosphatic fertilizers with and without lime. Rhode Island Experiment Station. (25) The influence of different potash salts on yields of soybeans. Massachusetts Experiment Station. (26) Effects of different kinds of lime on the yield of soybeans. Massachusetts Experiment Station. (27) Effect of fertilizers on soybeans. Delaware Experiment Station. (28) Composition of hay of Mammoth soybean at different stages of development. Arlington Farm, Virginia. (29) Comparison of the loss in moisture in 10-lb. samples of green forage of ten varieties of soybeans when air dried. Arlington Farm, Virginia. (30) Tons of soybean hay to the acre at different experiment stations in the United States. (31) Bushels of soybean seed to the acre at different experiment stations in the United States. (32) Relative yields of straw to seed in different varieties of soybeans. Ohio Experiment Station. (33) Viability of soybean seed. (34) Proportions of stems, leaves, and pods. (35) Nutritive constituents contained in each part of the soybean plant. After Lechartier. (36) Composition of the different parts of the soybean plant at different stages of growth, at Arlington Farm, Virginia. (37) Total weights of mineral materials in 1,000 kilos of dry forage. After Lechartier. (38) Mineral Materials in 1,000 kilos of dry forage. After Joulie. (39) Percentages of nitrogen, phosphoric acid and potash contained in different parts of the soybean plant at different stages of growth, at Arlington Farm, Virginia. (40) Composition of soybean seed compared with that of other legumes. (41) Composition of common American varieties of soybeans. (42) Percentage composition of the different parts of soybean seed. After Lechartier. (43) Percentage composition and comparison of the amino acids of the protein of the soybean and of cow's milk. (44) Percentage composition of the nitrogen-free extracts of the soybean. (45) Starch content of commercial varieties of soybeans in the United States. (46) Maximum, minimum, and average of the more important constants of soybean oil from 48 varieties, compared with those of other well-known oils. (47) Comparison of the more important constants of soybean oil by different observers. (48) Constants for soybean oil. (49) Composition of the ash of the soybean seed. After Pellet. (50) Mineral content of the soybean seed compared with those of cowpea, navy bean, and peanut. (51) Oil content of soybeans gathered at various stages of maturity. (52) Oil content of soybeans as affected by partial defoliation. (53) Oil content of soybeans as affected by partial removal of very young seed pods. (54) Oil content of soybeans of large and small size seed from the same plant. (55) Oil content of soybeans planted at intervals of two weeks in 1911, at Arlington Farm, Virginia. (56) Varietal differences in the oil content of soybeans grown at Arlington Experiment Farm, Virginia, in 1907, 1908 and 1910. (57) Oil content of soybeans grown under different environmental conditions. (58) Oil and protein content of soybean varieties grown under different environmental conditions. (59) Fertilizing constituents of soybeans contained in crop and roots on one acre. Connecticut (Storrs) Experiment Station. (60) Yields of hay of different legumes and content of fertilizing ingredients. Michigan Experiment Station. (61) Fertilizing constituents of soybeans cut at different stages of growth. Arlington Farm, Virginia. (62) Data and results of soiling experiments with milch cows. Iowa Experiment Station. (63) Soybean soiling experiment with milch cows, Pennsylvania Experiment Station. (64) Analyses of soybean, soybean and corn, and corn silages. (65) Digestibilities of soybean and other silages. (66) Digestible nutrients in 100 lb. of air-dry substance. (67) Digestible nutrients in 100 lb. of soybean straw and in other roughages. (68) Fertilizing constituents of soybean straw compared with those of wheat, oats, barley, and rye. (69) Number of seeds per bushel and weight in grams of 100 seeds of the most important varieties. (70) Results of planting a single variety of soybean at different dates. Vienna, Austria, 1877. (71) Results of planting different varieties of soybeans at different dates at Knoxville, Tennessee. (72) Life period of soybean varieties grown at the Arlington Experimental Farm, Virginia, for eight seasons. (73) Life periods of American varieties of soybeans grown at Sabour, India, 1911 (from Woodhouse and Taylor, 1913). (74) Life period of soybean varieties planted at intervals of two weeks in 1911 at the Arlington Experimental Farm, Virginia. (75) Behavior of flower color in natural hybrids. (76) Behavior of pubescence colors in natural hybrids. (77) Behavior of amount and colors of pubescence in an artificial hybrid. (78) Behavior of the color of pods in natural hybrids. (79) Behavior of seed colors in natural hybrids. (80) Soybean crosses in the study of seed color. (81) Behavior of cotyledons in natural hybrid selections. (82) Behavior of cotyledons in soybean crosses. (83) Variations in the cooking qualities of seed of different varieties of soybeans. (84) Consumption of vegetable oils by the soap industry in the United States. (85) Consumption of vegetable oils in the

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production of lard substitutes and oleomargarine in the United States. (86) Composition of soybean cake, meal, and other important oil feeds. (87) Two 17-week comparisons of soybean meal with other supplements for fattening pigs. (88) Growth and nitrogen elimination of chicks fed varying amounts of meat scrap or soybean meal or both, in addition to a corn ration. (Indiana Experiment Station). (89) Comparison of the digestibility of soybean meal and other oil meals. (90) Digestion coefficients of soybean meal obtained with sheep. Massachusetts Experiment Station. (91) Fertilizing constituents of soybeans, soybean meal, and cottonseed meal. (92) Analyses and calories of soybeans compared with those of other legumes and foods. (93) Composition of soybean flour in comparison with wheat flour, corn meal, rye flour, graham flour, and whole wheat flour. (94) Composition of the sprouts from the soybean and mung bean. (95) Composition of soybean milk compared with cow's milk. (96) Yields of bean curd obtained from different varieties of soybeans. (97) Compositions of tofu and tofu products. (98) Nitrogenous substances in natto. (99) Composition of hamananatto. After Sawa. (100) Composition of yuba. (101) Composition of red and white miso. (102) Composition of shoyu or soy sauce. (103) Composition of soybeans of the same variety dried, soaked, and roasted.

1158. Church, Margaret B. 1923. Soy and related fermentations. *USDA Department Bulletin* No. 1152. 26 p. May 12. [27 ref]

• ***Summary:*** This long and very informative paper, with its excellent bibliography and review of the literature, is the third earliest study seen of a fermented food published by a USDA researcher. The focus is on Japanese fermentations because of the laboratory's contact with Japanese researchers, such as Dr. T. Takahashi and Dr. G. Kita. "The experimental work reported here was conducted under the direction of Charles Thom, mycologist in charge, Microbiological Laboratory, Bureau of Chemistry."

Contents: Introduction. Work of previous investigators. Experimental work: Apparatus, material, preparation of ingredients, shoyu-koji, peanut press cake koji, shoyu-moromi. Proportions of ingredients. Yields. Chinese soy sauce. Peanut sauce. Relation of enzymic activity to soy processes. Manufacture in the United States. Related fermentations (Miso, soy cheese [fermented tofu], natto). Summary. Bibliography. "Soy sauce is a dark-brown salty liquid made by the fermentation of soy beans with, as a rule, some additional starchy component. It is widely used as a seasoning throughout Japan, China, and Java [Indonesia], and has been introduced into the Philippines and Hawaii* (* = See letter from C.W. Carpenter, Sept. 23, 1918). Where the occidental would use a vegetable or meat extract and salt, the oriental daily uses soy sauce. Americans are familiar with soy sauce as it is used in the Chinese-American restaurants and as an ingredient which produces the characteristic flavor of the Worcestershire type of sauce." In Japan, the process of preparing "shoyu-koji," a mold-fermented product made from "tane-koji," takes 3 to 4 days. "The mold-fermented material is emptied into a strong brine, thus producing a mash. Constant daily attention is given to aeration, even distribution, and stirring of the solid ingredients. Progressive changes take place over a period of from six months to several years, until at last the mature 'moromi,' as the mash is designated by the Japanese, is produced. These changes are due partially to the activity of bacteria and yeasts, but chiefly to the enzymes of the mold introduced into the mash with the koji."

"Experimental work: The Department of Agriculture had certain strains of the *Aspergillus flavus-oryzae* group of molds known to be used in making soy sauce. Through the courtesy of W.T. Swingle, of the Bureau of Plant Industry, a can of commercial Japanese rice *tane-koji* designed for shoyu manufacture was also received. Dr. Gen-itsu Kita brought additional samples of shoyu *tane-koji* under sterile conditions directly from Japan. Provided thus with soy beans, wheat, and the mold ferment, experiments with soy sauce were undertaken by the Bureau of Chemistry in 1918.

(1) "Apparatus: The apparatus was made according to specifications drawn by Doctor [T.] Takahashi, of the Imperial University of Tokyo, who worked in the bureau for a month." "The usual Japanese koji room (fig. 2) is 32½ feet long, 11 feet wide, and 7 feet high. The walls are thick, and in the more modern factories are built of brick, which does away with fluctuations in the temperature from without. At one end of the room is an entrance and at the opposite end a window. In the ceiling several openings provide means of escape for the carbon dioxid [dioxide] and the damp air. Steam pipes along the floor make it possible to warm the room in cold weather. The ceiling is built with many layers of straw in order that the condensing moisture may be absorbed. One disadvantage of such a ceiling is that infection always occurs in the wet straw. A large area of infection directly over the piles of koji trays is detrimental to the production of sweet koji. In modern buildings, therefore, the surface of the ceiling is coated with cement. When a cement ceiling is used the condensed water drops on the trays of koji, which also is harmful... The burning of sulphur is useful in combating any infection of a koji room" (p. 5).

Material: "The mold ferment employed in shoyu-koji manufacture is *Aspergillus flavus* Link, occasionally *A. oryzae* (Ahlb.) Cohn, or strains intermediate between the two species." "Certain Japanese manufacturers add cultures of pure yeast belonging to the genus *Zygosaccharomyces* at the time of placing the first mold-fermented material in the brine."

Preparation of ingredients: While soaking the soy beans, the water should be changed at intervals of several hours to prevent the formation of spore-forming rods, which

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cause heating and souring. The spores of these bacilli are on the beans as they come from the field. "After being soaked for 20 to 24 hours the swollen beans are cooked in an open kettle or under pressure until they are soft enough to be easily pressed flat between the thumb and finger. This desired softness can be obtained by autoclaving at 15 pounds pressure for 50 minutes and also by much longer cooking in an open kettle. Autoclaving under pressure has the advantage of sterilizing the material." After roasting, the wheat is crushed or cracked. It is important to "reduce some portions of the kernel to a fine powder or dust." The cooked beans and cracked wheat are "mixed in large trays or on mixing tables." Hot beans "may be cooled with a draft of air directed over a thinly spread layer." These "two ingredients need to be thoroughly mixed, so that the wheat dust may form a coat over each bean. The lower water content thus induced on the exterior of the beans makes them better adapted to mold growth than to bacterial growth."

"Shoyu-koji–Ripening: After the beans and wheat are thoroughly mixed, a very small quantity of previously molded material, such as mature rice koji (tane-koji), some shoyu-koji, or a pure mold culture, is thoroughly mixed into the ingredients. The whole mass is then distributed into the small flat koji trays (Plate II, inserted between pages 4 and 5) which are immediately placed into the koji fermentation room before they cool further. Each tray holds about 1.8 liters, or about 2 quarts of raw material. The koji trays are placed in tiers along the wall of the room (Fig. 3)." They are usually stacked in a zigzag fashion to ensure adequate aeration. This is extremely important "because moisture and the lack of oxygen induce the development of mucors and bacteria, and are said to cause the diastatic enzyme to develop at the expense of the proteolytic enzyme. In some localities in Japan no such trays are used, but a broad straw mat with which very good koji can be secured." "The koji room or compartment is kept at a temperature of 24º to 25º C., with a definite humidity." Continued. Address: Microanalyst, Microbiological Lab., Bureau of Chemistry [USDA].

1159. Church, Margaret B. 1923. Soy and related fermentations (Continued–Document part II). *USDA Department Bulletin* No. 1152. 26 p. May 12. [27 ref]

• ***Summary:*** Continued from p. 9. Shoyu-koji: Ripening. The temperature of the koji starts at 24-28ºC. Eighteen hours after the trays have been stacked in the koji room, they should be examined; the temperature inside the koji should be 27 to 29ºC. "Any higher temperature is due to serious bacterial contamination, or to unsatisfactory conditions of temperature and humidity in the koji room. At the end of 18 hours the koji is stirred, the bottom being brought to the top and the beans are broken apart. Thorough stirring is necessary, for the beans and wheat are now bound by the mycelium or white threads produced by the shoyu-mold." Sporulation must not have begun. "This immature koji should be spread out and exposed by stirring until it has cooled down to 24º or 25º C. (70-72ºF) or lower." The koji should now be heaped in two piles extending the length of the tray (Plate II, B). "The material should come in contact with the sides of the tray as little as possible, since condensed water on the surface of the saturated wood induces bacterial growth when absorbed by the tray or retained by the beans and wheat."

The trays are left undisturbed in the koji room for 6-7 hours. The temperature of the room should be just under 30ºC while that of the koji should be 27-29ºC. "The mycelial growth is now heavier but no sporulation should be evident. At the end of this second incubation period, the koji is stirred thoroughly a second time, the beans and what being broken apart. The mass is cooled below 24ºC. After this stirring, four furrows, running the short way of the tray and forming three heaps, are made (Plate II, C). The trays of koji are again placed in the koji room."

"When examined at the end of 40 hours, 12 to 14 hours after the second stirring, the surface of the koji should be a clear 'flavus' or yellow color from the fruiting heads of Aspergillus... The temperature of the best koji should now be not much above 35ºC, although 35º to 36ºC is permissible... Mature koji has a clear yellow to yellow-green color on the surface and throughout the whole mass. If well ripened, it may be lifted from the tray as one entire block.

"The koji may become infected with *Rhizopus nigricans* if the atmosphere of the koji chamber is moist to the point of condensation as drops. A little Mucor or Rhizopus is disregarded in the material, unless a bad flavor or odor is also present. It is poor practice, however, to allow the Rhizopus to enter..."

Proportion of wheat: Japanese shoyu requires "at least one part of prepared wheat to three parts of prepared beans. This proportion of wheat is somewhat less than equal parts of the unprepared ingredients by volume."

"Color: Mold-ripened soybeans and wheat are usually clear yellow when prepared by the Japanese method for shoyu-koji. This coloration is due to pigments of the spores or seedlike bodies of the mold. Occasionally the color of the mass of beans and wheat is yellowish green. The reason for this variation is not easily defined."

"Bacterial count: Condemnation of batches of koji may be readily based on the presence or absence of an ammoniacal odor or evidence of putrefaction. Any odor of ammonia or of putrefaction, any sticky condition, or any appearance of rottenness in koji is due to bacterial and not mold activity. The bacteria involved in the ripening of shoyu-koji in these experiments belong to the *Bacillus mesentericus* and *B. vulgatus* groups." These are aerobic spore formers. The spores of these bacteria, which grow if the bean soaking water is not changed, can survive pressurized cooking at 15 pounds for 30 minutes."

The author successfully made koji from "commercial

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peanut press cake."

"Shoyu-moromi: The shoyu koji when mature is emptied into a tub of brine. In the experimental work conducted in cooperation with Dr. T. Takahashi one-half of a 65-gallon wooden cask was used for the tub or vat. The brine was a solution of commercial salt at a strength of 20º to 22º B [Baumé, a measure of specific gravity]... Each tub of moromi was inoculated on the first day with four flasks (450 cubic centimeters of wort extract broth and 5 per cent sodium chlorid in each) of a yeast culture of Zygosaccharomyces sp... In Japan sea salt is used. It is said that one part of the sea salt to two parts of water by volume gives a brine from 20º to 22º B., presumably because of the coarseness of the native Japanese sea salt."

Three different batches of experimental shoyu-moromi were made. Two were kept at the ambient temperature of the laboratories (20-24ºC). Mash C was made with a weaker brine and kept at a higher temperature. These mashes were stirred daily for 1 hour. "Also a blast of air was bubbled into the material in order to supply oxygen for the microorganisms present." The ripening lasted 10 months. Mash C was of inferior quality. "Doctor Takahashi stated that shoyu A compared favorably with the best commercial shoyu of Japan, while others thought that it resembled the heavy soy made by Japanese housewives in the country districts... The highest quality of shoyu in Japan is said to go under the label 'Mogi' or 'Kikkoman,' but chemical analyses in König (1904) and in the Bureau of Chemistry records indicate no consistent chemical composition."

Bacteriological examination: The main bacteria in this shoyu-moromi seemed to be *Bacillus mesentericus.* "In January 1920 two lots of sauce were started. One was composed of soy beans and wheat and the second of peanut press cake and, for the most part, wheat as a starchy substance." Dr. Edwin LeFevre of the Bureau of Chemistry helped with the bacteriological analyses.

Proportions of ingredients: Table 3, prepared by Dr. Takahashi, shows the proportion of ingredients by volume used in Japan to make 3 grades of shoyu: Best, good, and common. For the best grade use 100 parts (by volume) each of soy beans and wheat, 90 parts of Japanese sea salt, and 180 parts of water.

Yields: When pressed in sacks with a hydraulic press under 1,250 pounds per square inch for 23 hours, 100 liters of moromi yields, on average, 78.7% shoyu and 21.3% residue.

Note: This is the earliest document seen (April 2012) that describes how to make fermented soy sauce on a commercial scale–that will actually work. All known previous descriptions omitted the "mold culture" or koji stage. Address: Microanalyst, Microbiological Laboratory, Bureau of Chemistry [USDA].

1160. *Good Health* (*Battle Creek, Michigan*). 1923. Food value of the soy bean. 58(8):15-16. Aug. Advertising section.
• ***Summary:*** D.W. of Louisiana asks in a letter, "What is the food value of the soy bean?" Answer: "The soy bean is rich in fat, containing twenty times as much as the navy bean. It is also rich in protein, of which it contains fifty per cent more than the same weight of meat. The protein of the soy bean closely resembles that of milk, being a 'complete' protein and capable of replacing the protein of eggs, meat or milk. This has been demonstrated by animal feeding experiments.

"A milk closely resembling cow's milk may be prepared from the soy bean, and also cheese... In China and Japan the soy is used only in the form of *to-fu,* or curd... The half-grown beans of certain varieties are delicious."

1161. *Tropical Life* (*England*). 1923. Billiard balls at present being grown at the Royal Botanic Gardens, Regent's Park, N.W. [Soya bean cultivation in London]. 19(8):119. Aug.
• ***Summary:*** This summary of an article in the *Daily Mail* (London) notes that the soya beans, which are growing nicely, could be made into billiard balls, knife- and umbrella handles, buckles and beads, cheese [tofu], flour, table-oil, cake, sauce, soap, lubricating and illuminating oil, glycerine, paint, varnish, celluloid, printing ink, waterproofs [waterproof gear and cloth], explosives, and linoleum.

The soya beans are being grown by Mr. J.L. North, curator of the Royal Botanic Gardens (See "Our Friend" in the Jan. 1923 issue). North, who is known as London's soy wizard, has been growing soya beans for 9 years [i.e., since 1914]. Since there is so little room for them in the Gardens, he is experimenting at Chiswick [in the Greater London borough of Hounslow] with 17 species from Europe and America. He believes they are of great importance to England–a country that grows no oil plants.

1162. Slosson, Edwin E. 1923. Catching up with China. *Scientific Monthly* 17:283-85. Sept.
• ***Summary:*** The soy bean "was first introduced to America in 1804, but it was a hundred years before we could be induced to take it seriously... But in the last ten years it has rapidly come to the front as one of our major crops and is likely in the next ten years to go ahead of oats in acreage in some of our states... The latest bulletin of the Department of Agriculture lists fifty different uses for soy products, and doubtless Yankee ingenuity can and will add more when we get our minds to working on it.

"Even the Japanese have not exhausted their ingenuity in this field, long as they have been at it. A Japanese scientist named Sato has invented a new plastic which he has called, according to American precedent, 'Satolite.' It is made by precipitating the protein with sulphite, hardening it with formaldehyde, and molding it under heat and pressure into combs, buttons and whatever we make from hard rubber or celluloid or the casein of milk.

"The soy bean is rich in protein and fat, and lacking in

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starch; in that more like animal than like vegetable food. You can make a milk out of it by simply soaking the dried beans till soft, then crushing fine in a meat grinder, boiling in three times the volume of water for half an hour and straining through cloth. If you do not like the flavor you can add vanillin or something else. This vegetable milk sometimes agrees with children when cow's milk does not. It can also be used for cakes and custards.

"The soy milk may be made into curds and cheeses of various sorts which form a large part of the diet of orientals, but for which we have not yet acquired a taste. Soy meal has come into common use in America, not only as a cattle food, but also for bread and pastry mixed with three parts wheat flour.

"Soy sauce has long been familiar but quite unknown to us. We did not recognize it under its aristocratic English name and its added flavors. But when the high cost of living drove us to the chop sueys, we became acquainted with the cruet of brown salty sauce called 'shoyu,' and we found, as the Chinese had found thousands of years before, that a sprinkling of it would make tasty a large lot of rice and serve as substitute for meat, both in taste and nutriment. Soy sauce is of several sorts. If you want it strong take the Korean. If you want it sweet take the Japanese. It is made by fermentation and the flavor depends upon the way it is brewed and the length of time it is left to ripen. To suit the palate of a Korean connoisseur the jars must be exposed to the sunshine by day and covered by night for a period of thirty years. We Americans, when we get to making it, will undoubtedly speed up the process.

"So far the oil is the most in demand of the soy products. The beans contain from 18 to 20 percent. of a fine palatable oil, which we have imported at the rate of a hundred thousand tons in a year, but which we are now growing for ourselves. It can take the place of cottonseed oil in vegetable substitutes for lard and butter, and of linseed oil in paints. Formerly the oil went mostly to Germany and England, but the war made a shift in the currents of Pacific trade, and we learned to appreciate its value. But we have a lot to learn yet before we catch up with the orientals in the utilization of this multifarious bean."

1163. Carqué, Otto. 1923. Rational diet: An advanced treatise on the food question. Los Angeles, California: Times-Mirror Press. xvi + 540 p. Illust. 24 cm. [104* ref]

• ***Summary:*** The preface of this book begins: "The aim of this book is to disseminate a better knowledge of diet and its relation to health and disease, in plain non-technical language, understandable to all who seek more scientific information on this vitally important subject." The author advocates a vegetarian diet, with dairy products and eggs consumed in small amounts–if at all; their pros and cons are discussed on pages 324-340.

In the chapter on "Flesh Foods," pages 353-54 state: "Writing to his friend Firmus, who had abandoned the Pythagorean doctrine in order to eat meat, the philosopher Porphyry, living in the third century, said: 'I cannot believe that your change of diet is due to reasons of health, for you yourself have constantly affirmed that a vegetable diet is much more suitable than any other, not only to give perfect health, but even a philosophic and balanced judgment, as a long experience had taught you.'

"And Seneca, who, after studying the problem of nutrition for many years, had adopted vegetarianism, wrote: 'Struck by such arguments, I also have given up the use of flesh of animals, and at the end of a year my new habits have become not only easy to me, but most agreeable; and it even seems to me that my intellectual aptitudes have become more and more developed.'

"Isaac Newton adhered strictly to a vegetarian regimen while performing the prodigious intellectual work which made his name immortal. Among the modern philosophers and artists who have followed or advocated a rational vegetarian regimen may be mentioned: Shelley, Byron, Thoreau, Tolstoi [Tolstoy], Richard Wagner, Tagore, Maeterlinck, Alexander Pope, and George Bernard Shaw."

Chapter V, "Cereals, Legumes, and Miscellaneous Food Products," contains a section titled "Beans," which is largely devoted to soy beans (*Dolichos soya*) (p. 316-318). It discusses green vegetable soybeans ("Soy beans, when about three-fourths grown, make a most palatable and nutritious green vegetable, like the green pea or the lima bean."), soy flour, soy bean milk, bean cheese (tofu), and soy sauce.

Note: This is the earliest document seen (Nov. 2010) in which Otto Carqué mentions or discusses soybeans or soyfoods.

Concerning the wastefulness of the animal as a converter of feed to food, page 361 contains a long quotation from an article in the prestigious journal *Science* titled "The cost of roast pig," by Prof. Henry P. Armsby (1917).

In extensive tables of food composition, the composition of soy beans is given on page 504. The author lived 1867-1935. Address: Los Angeles, California.

1164. Rose, Mary Schwartz; MacLeod, Grace; Bisbey, Bertha. 1923. Maintenance values for the proteins of milk, bread-and-milk, meat and soy bean curd in human nutrition. *Proceedings of the Society for Experimental Biology and Medicine* 21(3):143-44. Dec.

• ***Summary:*** Gives the results of food trials on two healthy women subjects. The relative biological values of the foods consumed are: Soy bean: 101. Meat: 101. Milk: 121. Milk and bread: 116. Address: Dep. of Nutrition, Teachers College, Columbia Univ., New York City.

1165. **Product Name:** Tofu?
Manufacturer's Name: Chicago Bean Bread Co.
Manufacturer's Address: Chicago, Illinois.

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Date of Introduction: 1923.
New Product–Documentation: Piper and Morse. 1923. The Soybean. p. 273. Notes that "The following [tofu] recipes prepared by the Soy Products Co. and the Chicago Bean Bread Co., indicate the wide acceptability of tofu, or soy cake as it is termed by one company, to all kinds of cooking..."

1166. **Product Name:** Tofu.
Manufacturer's Name: Iwanaga (H.) Daufu.
Manufacturer's Address: Rear 1031 Aala, Honolulu, Oahu, Hawaii. Residence same.
Date of Introduction: 1923.
New Product–Documentation: Honolulu City Directory. 1923. H. Iwanaga Daufu Manufacturer (H. Iwanaga, proprietor). Rear 1031 Aala, Honolulu.

Note 1. This is the earliest known tofu maker in the Hawaiian Islands (one of three). Note 2. This is the earliest English-language document seen (Feb. 2004) that uses the word "daufu" to refer to tofu. Since the company is owned by a Japanese man (H. Iwanaga), this was probably an error in transliteration; it was changed to "Tofu" in 1924.

Honolulu City Directory. 1924. Now listed as H. Iwanaga Tofu Manufacturer. 1925 Directory. Listed as Mrs. Chita Iwanaga Tofu. Same address. Probably the widow. Not listed 1926. The earliest listings seen for tofu manufacturers in Hawaii appeared in 1923. Three companies were listed and this was one of the three. After being purchased twice by Shoshiro Kanehori and Mrs. Haruko Uyeda, it was finally purchased in 1939 by Mr. and Mrs. Shokin Yamauchi, and later renamed Aala Tofu Co. It is thus the earliest known Hawaiian ancestor of Hinode Tofu Co., America's largest tofu manufacturer, run by Mr. Shoan Yamauchi.

Note 3. This is the earliest record seen (March 2013) concerning Hinode Tofu Co.

1167. **Product Name:** Tofu.
Manufacturer's Name: Ono (Yazaemon) Tofu.
Manufacturer's Address: 1131b Kapahulu Ave., Honolulu, Oahu, Hawaii.
Date of Introduction: 1923.
New Product–Documentation: Honolulu City Directory. 1923. Yazaemon Ono Tofu (Yazaemon Ono, proprietor). Residence, 1131b Kapahulu Ave., Honolulu. Not listed 1925. 1927 Directory. Listed as Yazaemon Ono Tofu. Address same. 1930-31. Address listed as 1131 Kapahulu, Honolulu. Not listed 1934-35. Listed again in 1937-38 directory. Not listed 1954.

Note: This is the earliest known tofu maker in the Hawaiian Islands (one of three).

1168. **Product Name:** Tofu.
Manufacturer's Name: Tanouye (Yasuzu) Tofu.
Manufacturer's Address: 1612 Colburn, Honolulu, Oahu, Hawaii.
Date of Introduction: 1923.
New Product–Documentation: Honolulu City Directory. 1923. Yasuzu Tanouye Tofu (Yasuzu Tanouye, proprietor). Rear 1612 Colburn, Honolulu. Also in 1928-29 Directory. Address listed as 1612 Colburn, Honolulu. 1934-35 Directory. Name listed as Yasuzo Tanouye Tofu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 180. Yasuzô Tanoue (from Kumamoto prefecture), tofu maker, 1602 Colburn St., Honolulu.

Not listed 1947-48 Honolulu City Directory.

Note: This is the earliest known tofu maker in the Hawaiian Islands (one of three).

1169. Wong, T. 1923. [Soy-bean industries]. *Chung-hua Hua Hsueh Kung Yeh Hui Hui Chih* (*J. of the China Society of Chemical Industry*) 1:83-92. (Chem. Abst. 17:2514). [Chi]*
• ***Summary:*** "Methods of preparation and analyses are given for 9 products manufactured from soy bean, including oil, been curd, bean milk, etc...

"Soy-bean cake contains 42.1% protein and 9.6% oil. This might be used for the manufacture of artificial marble and similar products."

1170. Bottari, Fulvio. 1923. La soja nella storia, nell'agricoltura e nelle applicazioni alimentari ed industriali [The soybean in history, in agriculture, and in food and industrial applications]. Torino & Genova, Italy: S. Lattes & Co. 243 p. Preface by Prof. Oreste Mattriolo (R. Università di Torino). With 34 illust. 22 cm. [25 ref. Ita]
• ***Summary:*** Contents: Preface. Reason for the work; its scope and limits. Part I: The origin and history of the soybean. Reason for this history, the origin of the soybean and its early dissemination, soya (including production statistics) in Oriental countries (China, Manchuria, Japan, Formosa, Korea, French Indochina), how the soybean was introduced to Europe, the cultivation of soya in France, Soya in England, Austria, Germany, Denmark, Holland, Russia, Sweden, Alsace-Lorraine (now in northeast France), Spain, Italy, America, Conclusion.

Part II: Cultivation of soya. Part III: Soya in the feeding and nutrition of humans and animals. 1. The analysis and physiology of metabolism as an element in the study of nutrition. 2. Soybean forage in the feeding of animals. 3. Soybeans (*il grano di soja*) and soy products in the feeding of humans and animals: Commercial and nutritional value and digestibility of the soybean, how to prepare and cook whole soybeans, soy broth, thick soups, salads, and meat dishes, soy purée (*puré di soja*), soybean cakes (*torté di soja*), soybean sprouts (*germi di soja*), roasted soybeans (*grano di soja come frutta secca*), soy coffee (*caffé di soja*), soy chocolate (*cioccolata di soja*), soy confections (*confetture di soja*), special soy sweets and chocolates for diabetics and tuberculosis patients, the soybean as a feed for

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animals.

Note: This is the earliest Italian-language document seen (Nov. 2012) that mentions soy chocolate, which it calls *caffé di soja.*

4. Flour, pasta, and bread in feeding. 5. Soymilk (*il latte di soja*) and its use in the feeding of animals and humans. 6. Tofu (*il formaggio di soja*). 7. Soy oil and oil-cakes (*panelli*). 8. Condiments and sauces: Natto, miso, soy sauce (*le salse,* called *Schogon* [sic] in Japan, *Tsinag-Yeou* [sic] or *Tao-yu* in China, *Ketjap* in Java, and *Tuong* in Annam). 9. Enzymes (I fermenti, incl. urease). 10. Conclusions.

Part IV: Industrial applications of soya.

Part V: General conclusions.

The first test of the lactation of calves with soymilk was conducted in the winter of 1916-17 by the Bonafous Institute in Turin. The results were splendid, and have encouraged eminent pediatricians such as Dr. Casalini, Prof. Dr. Alberto Muggia (teacher of clinical pediatrics at the University of Turin), and Dr. Enrico Gasca (vice director general of infants at Turin) to extend their experiments (p. 6).

In Italy vegetable oil production has decreased steadily from 1870 to 1920. Attempts were made to grow sesame, peanuts, and rapeseed, and to import oils from abroad. During World War I, unrefined soy oil was introduced to the market in large quantities, but its unappealing taste disgusted consumers and for a while nothing more was heard of it. Then in 1921 it began to be introduced again, but this time it was refined at Italy's national oil works. The good results obtained encouraged the Italian oil milling company, Sairo, and other oil works to make great progress in soy oil production. Several thousand quintals (i.e., several hundred metric tons) of the best soy oil, sold under the name "refined oil from seeds," were introduced in the first half of 1922 by the national oil works of Genoa.

Returning to the early history of soya in Italy, we find that in 1848 some missionaries brought soybean seeds and a little soil to Italy from Japan. They waited for the cultivation for several years, then nothing else was said. In 1880 the Italian Ministry of Agriculture recommended the cultivation of soybeans as a fodder crop for the future, as was being done in the USA, but their suggestion received no attention. In 1918, according to Mattei, a test of soybean culture was done at the Colonial Garden of Palermo on a parcel of 300 square meters.

Since 1912, after seeds had been brought by foreign delegates to the International Exhibition at Turin in 1911, repeated experiments with soybean cultivation have been conducted at the Bonafous Agricultural Institute in Turin, with the goal of developing two well adapted varieties, one for fodder and one for seed. Their green variety is for fodder and their yellow one for seed.

From 1920 the directorship of the cultural work was given to the head professor at the Institute, Venanzio Manvilli, also professor of the Germano Sommeiller Technical Institute, professor the faculty of agriculture, University of Turin. They worked with seeds already selected from the institute and with those obtained from Prof. Don Ricaldone, and from Tientsin, China, directly. Others who have done important work with soya in Italy are Paolo Bottari (with soymilk at the Bonafous Institute), Tamanini Guido, Mossello and Bellia, Prof. Cav. Giov. Batt. Allaria, Dr. Mose Miccinelli

A table (p. 31) shows soybean and cotton hectarage and production in Korea from 1909 to 1917. Soybean hectarage increased from 277,776 ha to a record 487,134 ha. Soybean production grew from 1,991,126 quintals (1 quintal = 100 kg or 0.1 metric tons) to a record 3,816,498 quintals.

Page 35: "Prof. Rouest of Luxey (Landes) in France wrote us on 30 Nov. 1921. 'I have finished only the period of acclimatization of the soybean. It remains for me to propagate it a little everywhere. The experiments of 1921 were extended in all the Departments, being viewed from an industrial and commercial point of view. I must now study which variety adapts among those I am cultivating. Soy flour will not be able to be made until we have many thousands of hectares under cultivation, and then we will be able to think of other applications as well... Actually the firm Hendebert de Lion sells its flour, originating in China, at 10 French francs per kg, a prohibitive price.'"

Page 206: At the pediatric congress held in Milan in Sept. 1922, the question of lactation (feeding children) with vegetable milk was discussed in a favorable way, proposed by Prof. Muggia and sustained by the illustrious Prof. Berghius, Director of the Pediatric Clinic of the University of Padua, and by Prof. Francioni of Bologna. We can also add that experiments on lactation are proceeding in Italy at the pediatric clinics of Turin, Bologna, Padua, Genoa, and Florence, and also at the Infant's Dispensary in Turin.

Photos show: (0) An infant fed soymilk in Turin in 1921, together with a table showing its weight gain from 18 July 1921 until 14 Jan. 1922 (p. 7). (1) Three different varieties of soybean plants (p. 70). (2) 2 soybean plants up close (p. 71). (3) The leaves of 3 different varieties of soybean plants (p. 72). (4) Close-up of the stem and pods of a soybean plant (p. 73). (5) Beans and pods of soybeans (p. 74).

(6) Different stages of germinating soybean seeds (p. 75). (7) Close-up of soybean roots (p. 76). (8-9) Field of soybeans at the "Istituto Bonafous" (p. 106, 108, 113). (10-11) Field of soybeans grown with corn (p. 122, 123). (12) Cellular transverse section through a soybean (facing p. 152). (13-14) Soy flour and wheat flour, each in a sack and loose (p. 177). (15) Pasta made from soy (p. 181). (16-21) Bread made from soy (p. 183-89). (22-23) Soy bran and wheat bran, each in a sack and loose (p. 191). (24) Two bottles of soymilk (p. 194). (25) Two bottles of soy oil (p. 214).

A diagram (p. 227) compares the chemical composition of animal casein and vegetable casein.

Note 1. Quite a bit of the historical and non-Italian

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information in this book comes from Léon Rouest's 1921 book *Le soja et son lait végétal: Applications agricoles et industrielles.*

Note 2. This is the earliest Italian-language document seen (Jan. 2012) that mentions natto, of which it says: "il *Natto* in Giappone che corrisponde al *Tao-Teche* della Cina."

Note 3. This is the earliest Italian-language document seen (Jan. 2013) that mentions soy sprouts, which it calls *germi di soja.* Address: Dr. of Economic and Commercial Science, Turin [Torino], Italy.

1171. Choux, P. 1923. Revue générale de botanique, tropical and subtropical (1910-1919 (suite)). [Review of botanical works, tropical and subtropical (1910-1919) (conclusion)]. *Revue Generale de Botanique* 35:141-43. [24 ref. Fre]
• ***Summary:*** This is a brief and very limited review of the literature with 24 references–several of which contain errors. It begins:

In France, in effect, the attention seems to have been attracted by the medical uses of the soybean and by soyfood products (*les produits alimentaires à base de Soja*)*:* soymilk, soy cheese (*fromage de soja*), soy casein, flour and bread, manufactured at the factory of *Caséo-Sojaïne* [the soy casein factory = tofu factory] installed at Vallés (Seine).

Everyone knows that in China the soybean plays a very important role in the diet of several million people and forms the basis of an entire series of food products that have been brought to our attention by Messrs. Li Yu Ying and Grandvoinnet.

1172. Kellogg, John Harvey. 1923. The natural diet of man. Battle Creek, Michigan: The Modern Medicine Publishing Co. 386 p. Illust. Index. 20 cm. [50+* ref]
• ***Summary:*** This classic of vegetarian literature contends that a vegetarian diet is the natural diet of man. Contents: 1. Man not naturally a flesh-eater: Modern civilized life unnatural and unbiologic, animal dietaries, lessons from the monkey, porcine wisdom in diet, animals classified by diet, the ancient family of primates, all mammals originally vegetable feeders, when germ diseases were unknown, kinship of higher apes and men, flesh-eating never a universal human custom.

2. Twenty popular delusions about flesh foods: D-1. That meat is superior as a blood-making food, and, hence, is needed in anemia. D-2. That meat is essential as a flesh-building food. D-3. That a flesh diet is essential to support severe or prolonged activity; that is, promotes endurance. D-4. That flesh-eating is necessary to produce physical courage. D-5. That vegetarian races are inferior physically and mentally to races using a mixed diet. D-6. That flesh foods are more refined and more easily digested and, hence, more nutritious than are foods of vegetable origin. D-7. That man is naturally omnivorous. D-8. That flesh foods are stimulating and thus supply an element needed especially by brain workers. D-9. That beef tea is a useful nutrient. D-10. That a meat diet is required to prevent or cure gastric acidity. D-11. That a meat diet is desirable in tuberculosis. D-12. That a meat diet is necessary in diabetes. D-13. That a flesh diet is essential in the treatment of obesity. D-14. That meat is required in beri-beri. D-15. That meat is essential as a "building-up" or restorative food. D-16. That meat is needed by growing children. D-17. That meats are needed as a stimulus to appetite. D-18. That the beef industry is a necessary part of our national economic system. D-19. That a meat diet is necessary to insure reproductive activity. The law of diminishing returns versus flesh-eating. D-20. That meat is a harmless luxury.

3. Scientific objections to the use of meat: Human liver not adapted to meat diet; important differences between meat and milk; meat deficient in vitamins and food lime; Eskimos eagerly seek vegetable food; ill effects of meat diet on Arctic explorers; meat saturated with tissue poisons; meat readily putrefies, natural foods do not; the poisons of meat; meat extracts; why viscera are especially objectionable; bacteriology condemns meat as food; vast numbers of bacteria in meat; putrefactive products of meat; why physicians forbid meat in cases of kidney disease and high blood pressure; how flesh-eating causes constipation.

4. Diseases due to flesh eating: Tuberculosis in animals, cancer from meat eating, cancer rare and appendicitis unknown among flesh abstainers, meat-eating causes disorders of nutrition, acidosis from a flesh diet, a meat diet and scurvy, meat eating and arteriosclerosis, pernicious effects of a meat diet experimentally proven, recognized meat contraindications, the peregrinations of a deadly parasite, typhoid germs in meat products, flesh poisoning, no protection for meat-eaters, oyster poisoning, converting sewage into food.

5. Experimental evidence against flesh eating: McCollum's experiments, Dr. S. Weir Mitchell endorses the meatless regimen, an eminent scientist on meat diet, Fauvel's observations, greater endurance of flesh-abstainers, the death rate reduced by meatless diet, flesh-eating does not develop intelligence, meat-eating and race degeneracy, meat-eating a city habit, non-meat diet best even for carnivorous animals, the Scotchman's dog, the effects of a meat diet on rats, the effects of a flesh diet on rabbits, flesh-eating animals short lived. 6. The ethical argument.

7. Historical facts and authoritative opinions: Biblical teaching about flesh eating, apostles who were flesh abstainers, the Essenes were flesh-abstainers, the diet of the ancient Greeks, King Cyrus a flesh-abstainer, Julius Caesar's army ration, diet of Peruvian soldiers, diet of athletes of ancient Greece, ancient philosophers were flesh-abstainers, Plutarch's essay on flesh-eating, fleshless diet of a Roman emperor, meatless diet endorsed by Gautier, views of Seneca, diet of the ancient Sumerians [today's Iraq], eminent modern flesh abstainers, vegetarian monks, Thoreau on the fleshless

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diet, a Chinese statesman's experience, the views of two great naturalists, the poet Shelley a food reformer, a child's natural repugnance to meat, Liebig on the advantages of a non-flesh diet, Sylvester Graham's diet reform movement.

8. Interesting facts concerning the dietary habits of various peoples. 9. The marvelous adaptation of the natural diet to human needs. 10. How to discard meats comfortably and safely.

11. Is the disuse of meat advisable from a practical standpoint? The U.S. Department of Agriculture shows the use of less meat to be safe and economic, the importance of planting nut trees, avoidance of meat is necessary to change the intestinal flora, vegetable substitutes for meat, the recent low protein movement in the United States, the half century experience of the Battle Creek Sanitarium with a fleshless diet.

12. Newspaper and magazine misinformation: An "eat-more-meat" campaign, Professor Fisher of Yale University [Connecticut] refuses to support the "eat-more-meat" campaign of the [Chicago, meat] packers, pernicious piffle.

Soy is mentioned in many places. The section titled "Flesh-eating never a universal custom" states (p. 33-34): "According to Mori, the Japanese peasant of the interior is almost an exclusive vegetarian. He eats fish once or twice a month and meat once or twice a year... The soy bean is held in high esteem and used largely in the form of *miso*, a purée prepared from the bean and fermented; also *to-fu*, a sort of cheese; and *cho-yu* [shoyu, soy sauce], which is prepared by mixing the pulverized beans with wheat flour, salt, and water and fermenting from one and a half to five years. The Chinese peasant lives on essentially the same diet, as do also the Siamese, the Koreans, and most other Oriental peoples. Three-fourths of the world's population eat so little meat that it cannot be regarded as anything more than an incidental factor in their bill of fare."

Page 45: Complete "proteins are found in milk and eggs as well as in most nuts, peanuts, and the soy bean..."

Page 73: "The protein of milk, of the soy bean, and of nuts is known to be superior to meat as a source of body nitrogen." Address: Superintendent of the Battle Creek Sanitarium, Battle Creek, Michigan.

1173. Kellogg, John Harvey. 1923. The soy bean (Document part). In: J.H. Kellogg. 1923. The New Dietetics: A Guide to Scientific Feeding in Health and Disease. Revised ed. Battle Creek, Michigan: The Modern Medicine Publishing Co. 1021 p. See p. 315-21. 24 cm.

• ***Summary:*** This section is quite similar to that in the 1921 first edition of this book, but on different pages. Changes appear on the following pages: 316 (addition of a paragraph stating that the soy bean is a highly valuable food for persons suffering from diabetes), 318 (deletion of the statement that the writer "has for twenty-five years made use of milk prepared from the almond and other nuts."), 320-21 (addition of a table, supplied by William Morse of the USDA, giving the composition of soy beans sprouts and mung bean sprouts). Address: Battle Creek, Michigan.

1174. Kempski, Karl E. 1923. Die Sojabohne: Geschichte, Kultur und Verwendung unter besonderer Beruecksichtigung der Verhaeltnisse in Niederlaendisch-Indien [The soybean: History, culture and use, with special attention to the situation in the Netherlands-Indies]. Berlin: Paul Parey. 88 p. Illust. Index. 22 cm. [101 ref. Ger]

• ***Summary:*** Contents: Introduction. Some remarks on the soybean's early history. Overproduction of soybeans in Manchuria after the Russo-Japanese War–English oil mills make their first trials. Soybean production in Manchuria. Soybean production in Korea. Soybean production in Japan. Soybean production in America–Soybean meal and soybean milk are introduced. Soybean production has also expanded in Africa, British India, and the Philippines. The introduction of soybean cultivation to Europe. The many uses of the soybean in Europe. Uses of soy oil. Old and new methods of obtaining soy oil. Soybean production and use of soybeans in the Netherlands-Indies. Appendix: Descriptions of how the most important soybean products are manufactured: In Java (tao-hoe [tofu]), tempeh, ketjap [soy sauce], tao-tjiong [or tao-jiung, a term, and perhaps a product, between *doujiang* and *tao-tjo*, Indonesian-style miso], in China and Japan (soy sauce, miso, tofu, frozen tofu, natto, soymilk) (p. 62-68). Supplements: I: Soybeans in Manchuria. II; Hansamuehle [Hansa Muehle] in Hamburg, Germany. III: *The Soybean* by Piper and Morse.

Note the extensive, early bibliography. Unfortunately, it contains many errors.

This book is largely a review of the literature, but with some original information, especially on Indonesia and Germany. In 1923 Java imported 150,000 to 200,000 tons of soybeans and had a population of 35 million. The area of soybeans planted in Java (including Madura) increased from 157,600 ha in 1918 to 164,700 ha in 1922 (p. 32). In 1921, 67.3% of Java's soybean acreage was in Central Java, 20.7% was in East Java, and only 5.7% was in West Java. (p. 35). Large quantities of soybeans are imported to the Netherlands-Indies from Manchuria: 35,105 metric tons (tonnes) in 1920, rising to 95,742 tonnes in 1922. From these and local soybeans are made tempeh [spelled like this!], tofu (*tahoe; Bohnenkäse*), soy sauce (*Ketjap, Sojasauce*), etc. In Java, mostly black soybeans are grown. To make tofu yellow, it is cooked in an extract of the *Curcuma* root / rhizome. Sometimes it is also sun-dried or fried/roasted (*gebraten*). Tempeh is inoculated with a piece of tempeh from a previous fermentation, and often fried in coconut oil. Detailed descriptions are given of the production of soy sauce (*ketjap;* which is made from black soybeans) and Indonesian miso (*taucho; tao-tjiong*). The author (p. 64) states that ketjap and tao-tjiung are both inoculated using *Hibiscus tiliaceus*

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(hibiscus) leaves, called *waroe* in Java. Today Germany, like America, produces fresh and dried soymilk, fresh and dried soya cream, meat analogs, and soy sauce (p. 25).

This book contains 17 interesting, old photos. Descriptions of those reproduced from other periodicals are omitted. (1) A soybean field on the farm Kikai Nojo near Sempo-Station, Korea, owned and run by Mr. Moegling (p. 12). (2) A combine used for harvesting regular beans in California in 1918 (p. 19). (3) Many hydraulic presses in a modern American oil factory (p. 29). (4) The equipment used in steaming the soybeans before they are crushed in an American "steam mill" type oil mill (p. 31). (5) The interior of a British oilmill (p. 33). (6) The electrical generators in a modern oilmill (p. 34). (7) Soybeans being harvested manually at Madioen [Madiun, in East Java], Java (p. 48). (8) Harvested soybeans being dried on racks in a field in Java, and carried away by one worker (p. 48). (9) Workers dividing up the harvest in Java (p. 50). (10) Threshing soybeans with bamboo flails in the courtyard of a small farmer in Java (p. 51). (11) Selling soybeans in a small market in Central Java (p. 51).

Tables show: (1) Imports of soybeans to Germany from 1910 (43,500 tonnes) to 1912 (more than 125,200 tonnes) (p. 24). (2) Soybean acreage in Java (including Madoera) from 1918 (157,600 ha) to 1922 (164,700 ha) (p. 32). (3) A breakdown of soybean area in Java in 1921 (of 226,186 bouws) into West Java (12,980 bouws), Central Java (152,154 bouws), and East Java (61,082 bouws) (p. 35). Note: 1 bouw = 1.754 acres (Johnstone 1975). (4) Imports of Manchurian soybeans to Java (including Madoera) and other parts of the Dutch East Indies (mainly Sumatra) from 1920 to 1922 (p. 36). (5) Yields (average or range) of soybeans in various countries: Germany, Italy, British Indies, Manchuria (incl. China and Korea), Japan, America (up to 2,700 kg/ha), Java (p. 52). (6) Comparison of the nutritional composition of soybeans, peas, and regular beans (Phaseolus varieties) (p. 53). (7) Comparison of the nutritional composition of soya cheese (*Sojakäse*, tofu), beef, and lean pork (p. 53). (8) The prices of white and of black soybeans in Java during January and December 1922 and the same two months of 1923 (in Gulden) (p. 56). (9) Comparison of yields, price, costs, and profit for peanuts (*Katjang tanah*) and soybeans in Java (p. 57-58). (10) Nutritional composition of canned frozen tofu (based on E. Senft) (p. 68). (11) Exports of soybeans from five Manchurian ports (Dairen, Antung, Newchwang, Suifenho [Suifenhe], and Sansing) in 1919, 1920, and 1921 (p. 70). (12) Exports and value of soybeans from all of China to four countries (Netherlands, Russia, Japan, Dutch East Indies) in 1919, 1920, and 1921 (p. 72). (13) Exports of soybean oil from five Manchurian ports (Dairen, Antung, Newchwang, Suifenho [Suifenhe], and Harbin) in 1919, 1920, and 1921 (p. 72). (14) Exports and value of soybean oil from all of China to five countries (England, Netherlands, Belgium, Japan, USA) in 1919, 1920, and 1921 (p. 72). (15) Exports of soybean meal from four Manchurian ports (Dairen, Antung, Newchwang, Suifenho [Suifenhe]) in 1919, 1920, and 1921 (p. 73). (16) Exports and value of soybean meal from all of China to three countries (Japan, Russia, USA) in 1919, 1920, and 1921 (p. 73). (17) Names of the five major railway lines in Manchuria (South Manchuria Railway, Chinese Eastern Railway, Peking Mukden Line, Kirin-Changchun Line, Saupingkai-Taonan Line) (p. 74). (18) Amounts (in tons) of soybeans, soybean cake, and soy oil (*Sojaöl*) shipped over the South Manchuria Railway, and the Chinese Eastern Railway in one year (p. 74). (19) Railway transport and production amounts of the mills (in tons) in Dairen and Newchwang of soybeans, soybean cake, and soy oil (*Sojaöl*) during the year 1921 (p. 74). Address: Agricultural Expert in Poerbasari te Pengalengan, Java.

1175. Lewis, William S.; Murakami, Naojiro. eds. 1923. Ranald MacDonald: The narrative of his early life on the Columbia under the Hudson's Bay Company's regime; of his experiences in the Pacific Whale Fishery; and of his great adventure to Japan; with a sketch of his later life on the western frontier, 1824-1894. Spokane, Washington: Published for The Eastern Washington State Historical Society by The Inland-American Printing Co. 336 p. 25 cm. [127* ref]

• ***Summary:*** Ranald MacDonald was born on 3 Feb. 1824 at Fort George, a great trading post located at the mouth of the Columbia River, owned by the Hudson's Bay Company, and formerly called Astoria; this area is now in Oregon. His mother was an Indian (he believed that she was a daughter of the great Chinook Chief Com-comly) and his father, Archibald, was a Scotch highlander; he was born a British subject. His mother died a few months after his birth and he was raised by his mother's sister. In Sept. 1825 his father remarried and he was raised by a stepmother, Jane Klyne. He worked with the Hudson's Bay Company, of which his father was chief trader and chief factor. The Oregon Treaty of 1845 made him a citizen of the United States.

"In March 1833 a Japanese junk laden with crockery..., blown across the Pacific, was wrecked about 15 miles south of Cape Flattery [on the northwest coast of Washington] and all of the seventeen men on board lost except three who were seized and held as slaves by the local Indians... These Japanese were subsequently rescued from the Indians in May, 1834, by Captain William McNeil–the Boston skipper–on board the Hudson's Bay Company ship 'Llama' and taken to Fort Vancouver." Numerous primary sources for this information published in the 1830s are cited. The kind Dr. John McLoughlin attempted to return these shipwrecked Japanese to Japan via London (England), and Macao, China–but Japan would not accept them. These were apparently the first Japanese in the U.S.A. and the incident inspired MacDonald to travel to Japan to learn more about the Japanese. At age 24, in July 1848, he arrived in the Japan

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Sea on the American whale ship 'Plymouth' under captain Edwards. He then left the whale ship alone in a small boat. After going ashore on 3 small islands (Teure, Yankeshiri, Rishiri) inhabited by Ainu off the coast of Yesso (Yeso, now called Hokkaido), he landed at Soya on the northernmost tip of Hokkaido. Then, treated as a prisoner, he was sent on the ship Tenjinmaru to Nagasaki and saw the small island of "Dessima" (Deshima, Dejima) in the harbor. He was confined to a sort of prison which he was never allowed to leave and made to wait about 7 months until the next Dutch ship arrived. During this time he taught English to various eager pupils and interpreters. He was the first English instructor in Japan. His best student was the brilliant Yeanosuke Murayama, who was already fluent in Dutch. He stayed in Japan until 26 April 1849 when he was removed on the American ship 'Preble' under commander James Glynn.

While in Japan MacDonald compiled a glossary or dictionary of about 550 Japanese words and their English equivalents. Among these were tofu (he wrote "tove"; see p. 288), and shoyu [soy sauce] (he wrote "shon" or "son"; see p. 297). After further travels to China, India, Australia and Europe, he returned to America in 1853 to live his later years in his native homeland near the Columbia River, in the Pacific Northwest.

Note: This book is extremely well written and carefully documented, with extensive scholarly footnotes. There are numerous appendixes, a glossary, and two bibliographies. One of the appendixes (II-C, p. 280-84) is a deposition taken by commander Glynn on 30 April 1849; it tells of MacDonald's life and the story of his stay in Japan up to that time. It appears in U.S. Senate, Executive Docket, 32nd congress, 1st session, No. 59, p. 25-28.

An illustration (p. 208) shows Maruyama and Tokojiro, two Japanese men in Edo period dress. Both pupils of Ranald MacDonald, they were the chief interpreters in negotiations with Commodore Perry.

Footnote 238 (p. 209) states: "During the period of exclusion, Occidental knowledge of Japan was derived through the Dutch. Three physicians attached to the Dutch factory at Nagasaki contributed principally to this knowledge of Japan: Englebrecht [Englebert] Kaempfer (Japan 1690-1692), author of a *"History of Japan and Siam,"* London, 1727; Charles Peter Thunberg (Japan, 1775-1776), author of *Travels in Europe, Africa and Asia;* and Philip [sic, Philipp] Franz von Siebold (Japan 1822-1830), author of *Nippon, an Archive towards the description of Japan.* In addition to these, three directors of the Nagasaki factory, Isaac Titsingh, J. F. van Overmeer Fisscher and G. F. Meijan, furnished further information. Additional information was received through Russian sources from the published account of Georg Heinrich von Langsdorff, a German physician attached to the Reasanoff expedition (1804), and from Captain Vasili M. Golownin's *Memoirs of His Captivity in Japan, 1811-1813.*

"In like manner whatever Japan received of the material civilization of the Occident during these years was obtained principally through the Dutch." Address: 2. Head, School of Music, Imperial Univ., Tokyo. Formerly head of the Dep. of Foreign Languages at the Imperial Univ.

1176. Moore, Alice. 1923. Chinese recipes: Letters from Alice Moore to Ethel Moore Rook. Garden City, New York: Doubleday, Page & Co. 113 p. 10 x 13 cm.
• ***Summary:*** The Preface (p. viii to ix) states: "The Chinese use no butter, no milk, no cheese, and no bread." "One of the most startling differences between this cuisine and ours is the complete absence of salt. Its place is taken by a sauce made from the soy, or soya, bean. The beans are allowed to ferment in big pots for two months under the blazing sub, an enormous amount of salt and other seasoning is added during the process and the result is an inexpensive brown sauce which is very salt [sic, salty?] and very appetizing. It is much like Worcester sauce of which it is the base. Soy may be had in bottles or in imported brown jugs.

"The fat used in these recipes is always sesame oil, made from the sesame seeds. It has a more delicate flavour than peanut oil which is sometimes substituted. Like soy sauce, it is inexpensive, like it also it gives a piquant flavour to ordinary dishes."

Page 3: "North (the Chinese use the points of the compass always, and always correctly, I mean in front, right being east) is a dish of Chinese (Soy) sauce."

This book contains 66 recipes. On page 104-05 is a recipe for Buddha Dish, which calls for "½ cup of fried bean curd and ¼ cup of soy sauce."

Note: A review of this book in the *New York Times* by Nicolas Poussin (16 Dec. 1923, p. BR20) begins by asking if anything will ever dethrone the French culinary art, then adds: "But Alice Moore,... who has lived a dozen years in China, eaten all manner of things in the East and Near East and is familiar with American and European cooking, awards the palm for delicious cookery to the Chinese. Again and again she emphasizes her conviction that the Chinese are 'past masters of the culinary art' and the best cooks in the world." Among the dishes "declared to be delicious by the author [Poussin] are... tea eggs–made by soaking hard boiled eggs in a concoction of hot water, soy sauce, tea leaves and cinnamon..."

1177. Nakajima, Fumio. comp. 1923. Konsaisu Wa-Ei jiten [Sanseido's new concise Japanese-English dictionary]. Tokyo: Sanseido. 965 p. 16 cm. [Jap; eng]*
Address: Japan.

1178. Watson, Ernest. 1923. The principal articles of Chinese commerce (import and export) with a description of the origin, appearance, characteristics, and general properties of each commodity; an account of the methods of preparation

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or manufacture together with various tests, etc., by means of which the different products may be readily identified. Shanghai, China: Statistical Dept., Inspectorate General of Customs; sold by Kelly & Walsh [etc.]. xi + 630 p. Illust. 28 cm. The Maritime Customs. II. Special Series No. 38.

• ***Summary:*** Section II, titled "Oils, fats, and waxes" (p. 76-149) contains detailed definitions of the following: Bean oil (*Tou-yu* or *Oleum dolichos*) obtained from the soya bean of China, and the residual meal (*tou-ping-fên*) (p. 85-86). "In China bean oil is used as a food; for cooking purposes; for mixing with lacquer; in making varnish and printing ink; in soap making; and, to a slight extent, as an illuminant, although for this purpose it has been almost superseded by kerosene. It is also used in water proofing cloth and paper for making umbrellas and lanterns. In foreign countries, where the demand for the oil is practically unlimited, bean oil is used chiefly in the manufacture of soap and in preparing salad oils. On account of its drying properties bean oil is not very suitable for use as a lubricating oil.

"Bean oil appears in Chinese commerce packed in wooden tubs, paper-lined baskets, or in earthenware jars, of no standard weight. It is exported in great quantities from many of the northern ports, particularly from Dairen and Newchwang, and, to a smaller extent, from Hankow and other Yangtze ports."

Section VI, titled "Miscellaneous products" contains a long subsection on "Beans, Soya" (Tou) (p. 320-21). "Soya beans, or 'soy beans'... are cultivated in enormous quantities in Central Manchuria... It is estimated that about 1,600,000 tons are produced annually in Manchuria alone... The beans are small,... the yield per acre being from 1,100 to 1,600 pounds [18.3 to 26.6 bushels]. Several varieties are grown in China and are commonly classified by the Chinese according to form, colour, size, use, and other characteristics. The best known of these varieties are (with Chinese characters for each term): -

(1) Yellow beans (*huang-tou*), subdivided into *pai-mei-tou* or 'white eye-brow bean,' so called from the whiteness of the prominent hilum; *chin-yüan-tou* or 'round golden bean'; and *hei-ch'i-tou.*

(2) Black beans (*wu-tou*), subdivided into (*ta-wu-tou*) or 'large black bean'; (*hsiao-wu-tou*) or 'small black bean'; and (*pien-wu-tou*) or 'flat black bean.'

(3) Green beans (*ch'ing-tou*), subdivided into two varieties, one of which has a green epidermis and green interior, the other a green epidermis and yellow interior.

Three subspecies [of soya beans], yielding very small beans, are known as: (*hsiao-pai-tou*) or 'small white bean'; (*hsiao-hung-tou*) or 'small red bean'; and (*hsiao-lü-tou*) or 'small green bean.'" Note 1. The writer may be mistaken in calling these last three subspecies of soya beans. They are probably white azuki beans, red azuki beans, and mung beans.

Soya beans "are valued chiefly as a source of bean oil, but are also extensively used as food, either whole or ground to flour in making beancurd, bean milk, bean sauce, or 'soy,' and salted relish (*ta-tou-shih*) [fermented black soybeans], which is used both as a food and as a medicine. The black beans, which are not much used as food because they are supposed to make the body too heavy, are used in medicine, to impart strength and vigour, as a carminative, and also as an antidote for vegetable poisons, such as aconite, croton oil, etc. The hulls of green [soy] beans are applied to smallpox ulcers and other sores; the bruised leaves of the plant are used in treating snakebite; the flowers are used in treating diseases of the eyes. Young bean sprouts (*tou-ya*) are used as a vegetable food." Details are given on the following products made from soya beans: "Beancurd (*tou-fu*), bean milk (*tou-fu-chiang*), bean sauce (see under 'soy'), and bean vermicelli (*Fen-ssu, Tou-fen-ssu, Hsi-t'iao-mien,* or *Kua-mien.*–A very famous vermicelli made in the Chefoo district, from beans most of which are originally imported from Manchuria).

Note 2. This is the earliest document seen (Nov. 2012) that contains the term *Tou-fen*, which probably refers to roasted whole soy flour.

Note 3. This is the earliest English-language document seen (Nov. 2011) that uses the term "salted relish" to refer to fermented black soybeans.

The section titled "Soy (*Chiang or Chiang-yu"*–with Chinese characters for each term) states: "Soy is a sauce made in China from the soya bean (*Soja hispida*). In preparing it, a quantity of beans are slowly boiled, an equal quantity of coarsely ground wheat or barley being added. The mixture, after being allowed to ferment for some time, is put into a jar with an equal amount of salt, a few aromatics, and three times as much boiling water as there were beans at first; the whole is then allowed to stand for several weeks exposed to the sun, after which the liquor, which constitutes the soy, is separated by pressing and straining the mass. The finished product is afterwards packed into jars or bottles ready for the market.

"Soy is thin, and, in colour, very dark brown or almost black; it becomes brighter and clearer on being kept, has an agreeable salty flavour, and produces a yellowish froth when even slightly shaken. It is much used by the Chinese as a sauce and condiment, as it creates an appetite and is supposed to counteract the injurious properties of contaminated food; it is also used in medicine as an application for burns, scalds, eczema, leprous sores, etc. Soy is often exported from China to foreign countries, where it is extensively used in the manufacture of many European sauces."

Also discusses: Groundnut oil (*Hua-shêng-yu*), also called peanut oil, earth-nut oil, and arachis oil (*Oleum arachis*) (p. 105-06). Hemp-seed oil (*Ma-yu or Ma-tzu-yu*) (p. 106).

Sesamum-seed oil (*Chih-ma-yu or Hsiang-yu; Oleum*

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sesame) also known as "gingelly oil," "teel oil," or "benne oil" (p. 133-35). Groundnuts (p. 421-22). Wheat gluten (*Mien-chin*, p. 574). A second edition was published in 1930. Address: Chief Appraiser, Chinese Maritime Customs.

1179. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1924/01. Nichibei jûshoroku [The Japanese American directory. No 20]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Published Jan. 1 by Nichibei Shinbunsha. Address: San Francisco, California.

1180. **Product Name:** Tofu.
Manufacturer's Name: Takumi Tofu Sakana-ten (Takumi Tofu and Fish Shop).
Manufacturer's Address: P.O. Box 144, Alvarado, California. Phone: 37.
Date of Introduction: 1924. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-94. Name is in Japanese only. Address and phone no. are in English. Phone: 37. Ad (1/10 page) p. N-95. Note: Alvarado is just south of Hayward and east of Union City in northern California.

1181. **Product Name:** [Tofu Powder, and Processed Shrimp].
Foreign Name: Tôfu-ko Oboro Ebi.
Manufacturer's Name: Tofu-ko Oboro Ebi Seizo Gaisha.
Manufacturer's Address: 1909 Bush St., San Francisco, California. Phone: Fillmore 2606.
Date of Introduction: 1924. January.
New Product–Documentation: The Japanese American Directory. 1924. p. 59. The directory listing raises several questions: What is Tofu-ko / Tofu powder? What is Oboro Ebi? A food made from processed shrimp? In the world of soy, "oboro" means soymilk curds, which are pressed to make tofu. Is there any connection or relationship between Tofu-ko and Oboro Ebi, or are they two different, completely independent foods?

Also in 1925, p. N-17. The phone number appears to have changed from Fillmore 2606 to Fillmore 2660. Also in 1926, p. N-22. Phone is Fillmore 2660.

1182. Loew, Oscar. 1924. The soy bean, a superior crop. *Porto Rico Agricultural Experiment Station, Agricultural Extension Notes* No. 64. p. 1-2. Jan. 15.
• ***Summary:*** "The soy bean originated in Eastern Asia and has been introduced during the past 30 years into different countries of the world. It can be grown successfully even in a rather poor soil, in the absence of nitrogenous manure, provided the specific root-nodule bacteria are present. This plant is far superior to other leguminous crops, even those very rich in protein, as the lupin, which it equals in protein and highly surpasses in fat content. In fact, the soy bean is richer in fat than all other leguminous crops and is, therefore, sometimes called the oil bean. The soy bean does not contain alkaloids and bitter tasting matters like the lupin..."

A table compares the nutritional composition of the pea, common bean, lupin, and soy bean. "From the analyses it would appear to be of great advantage for the people of Porto Rico to replace the common bean now serving as an essential part of the daily food, by the soy bean, it providing a higher percentage of protein and fat... Since the Soy bean needs prolonged boiling until it reaches a sufficient degree of softness, it is best soaked for a day in water to which some soda and common salt are added (about a teaspoonful of each to half a liter) followed by washing two to three times with fresh water and then boiling for an hour or so. The taste of this dish is very agreeable.

"In Japan the soy bean serves for several preparations, called 'tofu,' 'yuba' and 'miso,' which might be prepared in Porto Rico. Also, a dressing or condiment similar to the English Worcestershire sauce, is prepared from the seeds." The preparation of tofu is described. It is "generally fried like cakes and represents an excellent food."

"The milky liquid can also doubtless be used as a suitable nutrient, but it can never replace the mother's or cow's milk for children, since the lime content is exceedingly small and the protein differs widely from the casein of the milk.

"In our trials with soy beans at the Experiment Station, Mayaguez, the results at first were disappointing. This was found to be due to the fact that the soil was not inoculated with the proper bacteria for assimilating nitrogen for the roots. We now have inoculated soil, and before planting on ground new to this crop inoculating material should be secured from the Station for mixing with the seed at the time of planting. When the soil is once inoculated it will remain so for all succeeding crops."

Note: Who was Dr. Oscar Loew and how did he learn about soyfoods? From 1897 to 1906 he was a Professor of Agricultural Chemistry at the Imperial University of Tokyo, Japan, where he wrote articles about soy sauce, tofu, soymilk, and yuba. In 1911 he was in Munich, Germany, where he wrote an article about soymilk. When he speaks of "our trials with soy beans at the Experiment Station, Mayaguez," he seems to indicate that he was living at the Station in Porto Rico in about 1924. Address: Mayaguez, Porto Rico.

1183. Slosson, Edwin E. 1924. Soy. *Scientific Monthly* 18:109, 111. Jan.
• ***Summary:*** "The recent rise in restaurant prices has sent

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economical Americans flocking to the chop sueys, where a savory and satisfying meal can still be obtained for a small sum. The Chinese, in their efforts to keep three hundred million people above the starvation point for three thousand years, have been forced to figure closely on food values... With us Americans meat has been the main part of the meal with vegetables on the side. With the Chinese this is reversed, and meat has in many cases been reduced to a condiment...

"The chief difficulty of a vegetarian diet is to get a sufficient amount and variety of proteins. Beans and peas are the richest in proteins, but they are not of the sort and proportion found in meats and needed for our muscle-making.

"But there is one exception and that is the soy-bean... The soy bean resembles animal foods in being rich in fat and protein and devoid of starch. What is more remarkable, the soy bean contains a dozen kinds of protein compounds that are the same as those found in milk. In fact a 'vegetable milk' can be made from soy beans and from this vegetable curds and cheese. These form a large part of the diet of Chinese and Japanese who abstain from animal food either because they are Buddhists or because they are poor. By milking the soy bean they can get ten times as much lacteal fluid per acre as if they pastured cows on the land. Italian physicians who used soy milk as infant food during the war report that it was better tolerated than cow's milk by some of the babies.

"The soy milk products have not yet come into use with us, but the American patron of the chop suey has acquired a taste for another product of the bean, the little glass cruet of brown sauce that seasons the rice. It looks and tastes like meat extract, such as we use in making beef tea, and is really much like it in composition and nutritive value. This shoyu or soy sauce is made by long fermentation and ripening of a mixture of beans and wheat in brine. The longer the process the better the product. Six months or a year may suffice for the masses, but to suit the taste of the Oriental connoisseur it must be sunned for five years or even thirty, the jars being patiently uncovered every day and covered every night or whenever it rains. Over two million barrels of soy sauce are made in Japan every year."

1184. Spring, F.G. 1924. The soya bean (Glycine hispida). *Malayan Agricultural Journal* 12(2):55-57. Feb.
• ***Summary:*** "A large quantity of Soya beans is consumed in the Peninsula, particularly by Chinese." Describes how soybeans are grown at Manchis, Pahang, by about 30 Chinese small holders, each growing about 1 acre. "The Soya beans are consumed mostly by the growers themselves but any surplus stock is sold in Bentong or Kuala Pilah where there is a ready market for the produce... The beans are eaten in a number of ways but are generally boiled and eaten alone or in conjunction with rice or other foodstuffs. They are also pounded into flour and made into cakes. In India the beans are eaten in the form of 'dhal.'

"The inhabitants around Manchis are almost entirely self supporting as regards food and it is to be hoped that the growing of the soya bean may be taken up in other districts... The bean is known by the Chinese as *'Wong Tau'* (Cantonese) which means the yellow bean, in Hakka as Vong Theu and in Hokkien as Ui Tau.

"Note. In amplification of the above article a note has been received from the District Officer, Bentong, stating that the Soya Bean is grown not only at Manchis but also nine miles from Bentong on the road to Kuala Lumpur... Hakka vegetable gardeners in Raub are also said to grow the Soya bean freely, interplanted with other crops.

"At Bentong there is a bean curd factory in an attap shed behind the town where the bean curd (or *Tau Fu* in Cantonese) is made for sale in the local market."

Note: *Webster's Third New International Dictionary* (1963) defines atap or attap, derived from the Malay meaning "roof or thatch," as "3. A thatched roof often made with the leaves of the nipa palm." Address: Malaya.

1185. *Los Angeles Times.* 1924. China has most things Chinese but chop suey isn't to be found there. May 25. p. I2.
• ***Summary:*** Although most Americans believe that chop suey is a Chinese dish, it cannot be found there–excepts perhaps in the American quarter of Shanghai.

The invention of chop suey is attributed to the genial Li Hung Chang, who, during a visit to the USA, was at a loss when asked to entertain some American guests who wanted to enjoy a Chinese banquet.

"His cook, collecting such ingredients as were available, concocted a dish to which he gave an exotic tang by adding a piquant sauce made from the soya bean." When asked what the dish was called in China, "his merry eye happened to light upon the chop sticks and the bottle of soya sauce, and he answered 'chop soya,'" which has been corrupted into chop suey. He communicated his discovery to his compatriots in San Francisco, where America's chop suey is thought to have started.

So what do Chinese eat? They "eat enormously and yet so economically that what is wasted in the United States would feed 60,000,000 Chinese in comparatively luxury." "The cost of feeding one adult in China averages two cents a day. A coolie never drinks milk or eats butter. He seldom tastes sugar or meat." His typical diet is described. A Chinese laborer, eating a simple diet derived from plants, accomplishes a prodigious amount of work.

"'Two cubic inches of bean curd, four walnuts, five peanuts, fifteen roasted beans, and twenty melon seeds make a meal, says Prof. Edward Alsworth Ross..." [Source: Thomas Steep in the *New York Tribune*].

Note: The rest of this article is highly condescending and racist.

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1186. Tang, Chi Yu. 1924. An economic study of Chinese agriculture. PhD thesis, Cornell University, Ithaca, New York. 514 p. June. See p. 420-23. [2+ ref]
• ***Summary:*** In Part V, Chief Agricultural Enterprises, chapter 24 is titled "Soy beans." It begins: "China leads the world in the production of soy beans. Statistics on acreage and production of soy beans in China proper are lacking. The soy beans acreage in Manchuria, however, was estimated at 7,200,000 acres, and production 3,700,000 tons" (see *Chinese Economic Bulletin* No. 156, p. 9 {16 Feb. 1924}). "During the period 1891-1904, exports of soy beans and soy bean products were almost entirely absorbed by Japanese markets. The Russo-Japanese war in 1904 and 1905 stimulated the production of soy beans in Manchuria, After the war, the surplus beans had to be disposed of in some markets, and for the first time trial shipments were made by Japanese firms to English mills in 1908... During the period 1909-1922, acreage and production of soy beans increased by leaps and bounds" [in the USA].

The chapter then lists five major reasons that soy beans have become so important in China: "1. Soy beans thrive in a variety of climatic conditions. They do well in dry seasons and at the same time do not reduce greatly in yield in a wet season. 2. Since they are a leguminous crop, soy beans are grown to maintain soil fertility... 3. Soy beans have a high food value in comparison with other foods. They are especially rich in protein... 4. Many by-products are made from soy beans, including bean oil cake, bean meal, bean flour, bean bran, bean sprouts, bean coffee, bean milk and bean curd. Because of the large range of by-products that have been made, the price of soy beans has become stabilized... 5. Further expansion of soy bean production possible when North Manchurian lands are brought under cultivation."

Table 45 (p. 422) shows China's exports of soy beans, bean cake, and bean oil for the years 1913, 1920, 1921, and 1922 in piculs (133.33 lb) and taels (a monetary unit). Each of the three increased during this period which included World War. I. In 1922 exports of bean cake were worth the most, followed by soy beans and bean oil. Soy bean exports grew from 7,419,511 piculs in 1913 to 12,462,350 piculs in 1922. [Soy] bean oil grew from 49,817 piculs in 1913 to 12,294,006 piculs in 1922.

Table 46 (p. 423) shows the weight and value of these three products exported to various countries. Beans are mostly exported to Russia, Japan, and the Dutch Indies (in that order). Bean cake is mostly exported to Japan (86% of the total) and Russia. Relatively little bean oil is exported: it goes mainly to the "Turkey, Persia, Egypt, etc." [grouped as one unit] (380,000 piculs), Russia (250,000 piculs), Great Britain (246,000 piculs), the Netherlands (201,000 piculs), and the United States (116,000 piculs).

Note: This is the earliest English-language document seen (May 2003) that uses the term "bean bran" to refer to soy bran. Address: Cornell Univ., Ithaca, New York.

1187. *Japan Magazine* (*The*)*: A Representative Monthly of Things Japanese.* 1924. Japanese child games: The "Oden-ya." 15(1):10-11. Sept.
• ***Summary:*** Page 10: "*Oden* is a kind of Japanese popular food." Among the many things it contains are *yaki-dofu* (broiled beancurd), *ganmodoki* (bean-curd fried with condiments), potatoes, etc., which are cooked in a soup of soy [sauce], after which they are skewered and eaten, usually with mustard. The seller of *oden* is called *oden-ya*.

In this game, "boys and girls imitate this familiar food hawking in their play. It is an outdoor game [played] by at least 6 or 7 children.

"There are two taggers chosen at first. One hawks *oden* and another buys, the rest forming the *hanpen, chikuwa, konnyaku, yaki-dofu, ganmodoki* and potatoes respectively. The *oden-ya* arranges in a line these foods beside him, waiting for one coming to buy them..."

Note 1. This is the earliest English-language document seen (April 2013) that contains the term *yaki-dofu* or the term "broiled beancurd." Both refer to grilled tofu.

Note 2. This is the earliest English-language document seen (April 2013) that contains the word *ganmodoki* (written as one word); it refers to deep-fried tofu burgers.

Note: This remarkable periodical was founded by Baron Hirayama, P.C., in 1910.

1188. *Bean-Bag* (*The*) (*Lansing, Michigan*). 1924. Manchuria: Home of the soy bean. 7(6):11-12. Nov.
• ***Summary:*** This article is based on (and quotes widely from) a bulletin released by the National Geographic Society (Washington, DC).

"Manchuria's major crop is the soy bean–and it is soy bean sauce which lends flavor to chow mein, chop suey, yakamin [sic], and other American versions of Chinese cooking.

"The soy bean's rise from obscurity, only 15 years ago, to its present importance is a wonder of modern commerce."

"Not only does the soy bean provide a sauce which is the Worcestershire of China, but it also masquerades as cheese [tofu], candy, fertilizer, flour, oil for lighting and lubricating and it does further duty in waterproofing umbrellas and cloth.

"The Japanese use it widely [in the form of kinako, or roasted soy flour] as the basis of confectionery. In this form it is highly palatable and the Japanese consider their candies and pastries more wholesome than ours–indeed they are appalled by the quantity of sugar which Americans consume."

"Only a fraction of the bean oil that comes to this country is used in edibles. Much of it is utilized in making soaps, paints, lubricants and toilet powders. After oil is

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extracted from beans and the residue is made into bean cakes. These are manufactured extensively in Mukden. They are retained in the east, and serve as fertilizer and cattle feed both in China and Japan.

"Aware of its enormous soy bean crop, and its heavy yield of sorghum and millet, the visitor expects to see great farms of these products. The Manchurians, like most Chinese, are gardeners rather than farmers. The vast aggregate of these grains and vegetables come from patches of an acre or so. Tens of thousands of farmers with tens of thousands of the primitive plows, shaped like crude shovels, turn up millions of ridges, and drop seeds into the loose earth. Then they run a roller over their patches and wait until it is time to spread their beans or their grain on clay floors. They thresh the grain with flails or with oxen to trample it.

"Southern Manchuria has the best railroads in China; some of the busiest cities, such as Mukden, Harbin, Kirin, and Port Arthur; and its general prosperity is high."

1189. Cullison, W.V. 1924. The soy bean and commerce. *Oil Miller* 20(3):17-18, 20-22. Nov. Reprinted from The Staley Journal.

• ***Summary:*** Contents: Introduction and history. Three methods of producing soybean oil: Old hydraulic method, extraction process using "light petroleum naptha" [naphtha], and by the Anderson Expeller mill (continuous process). Crude soy bean oil. Use of oil in hard soaps and paints. Soy bean meal: Soy bean flour as food. Food uses of soy beans in China and Japan: Soy bean or vegetable milk, tofu or soy bean curd, miso or soy bean paste, soy bean sauce (shoyu). Soy beans and the farmer: North Carolina led in acreage until 1923, when Illinois gained first place. Growing soy bean. history of the soybean, uses, methods of oil production, and uses for the oil and meal.

"The soy bean has been grown in the United States since 1804, under the names of Coffee bean, Japan pea, Soja, Soy, Soya and Stock pea. During the period of the Civil War the soy bean was used rather extensively in the southern States as a coffee substitute. For a considerable while seedmen sold certain varieties under the names Coffee Berry and Coffee Bean.

Note 1. This is the second earliest document seen (Nov. 2005) which states that soybeans were used as a coffee substitute during the Civil War in the United States.

The 2nd process for producing soy bean oil is the "Extraction Process wherein the ground seed is leached with light petroleum naptha, which dissolves the oil, leaving a meal containing less than 4 per cent oil. The naphtha extract is distilled, the naphtha recovered and used over again, and the soy bean oil obtained as a residue from this distillation."

"The demand and market for soy bean products, especially the oil, is here and now. Whether or not this demand will be filled by American grown beans, or by beans and oil imported from Manchuria depends upon the American farmer."

A map shows where soy beans are produced in the USA. A flow sheet shows the basic steps in making soy bean oil, meal, and other chief products. A photo shows a line of expellers, powered by overhead belts, as they "extract soy bean oil."

Note 2. This article says nothing about the A.E. Staley Manufacturing Company's work with soybeans. Address: Research Chemist, A.E. Staley Mfg. Co., Decatur, Illinois.

1190. Muramatsu, Syunsuke [Shunsuke]. 1924. On the composition of the soy bean. *Bulletin of the Imperial College of Agriculture and Forestry, Morioka* No. 7. 52 p. Nov. [15 ref. Eng]

• ***Summary:*** Contents: I. Chemical studies on the soy bean proteins (p. 1-23; 15 ref).

II. On the starch of soy bean (p. 25-30; 0 ref). Illustrations show (after p. 26): (1) Section of a green seed stained with iodine solution. (2) Section of a ripened seed stained with iodine solution. (3) Section of an imperfectly ripened seed stained with iodine solution. (4) Ditto. (5) Spermoderm of a green seed stained with iodine solution, showing that its palisade cells contain starch granules. (6) Spermoderm of a ripened seed stained with iodine solution. ps = Palisade cell. ed = Endosperm. (7) Section of a cotyledon of a green seed stained with iodine solution, showing the starch granules in it. (8). Ditto, a ripened seed. (9) Section of a cotyledon of a green seed showing the mode of aggregation of starch granules in the cell. (10). Starch granules X 1000 magnification.

III. On the natural soap occurring in soy bean (p. 31-41; 0 ref). Illustration (p. 38): Crystals of hispidic acid X 450 magnification.

IV. On the preparation of tofu (p. 43-52; 0 ref). Contents of part IV, "On the preparation of tofu." Introduction." Introduction. Raw materials: Soy bean, nigari (the composition of each is given). The method of preparation of tofu. An improvement for the preparation of tofu (using calcium chloride as a coagulant to increase the calcium content and quality). Conclusion.

It is said the method for preparing tofu was developed in China during the Han dynasty, and was brought to Japan during the rule of Toyotomi Hideyoshi (1585) from Korea. The author analyzed the composition of 7 varieties of soybeans used to make tofu. They contained on average 12.29% moisture, 43.18% crude protein, and 18.72% crude fat. The smaller beans contained more protein and gave higher yields of tofu. Address: Morioka Koto Norin Gakko, Nogei Kagaku Jikken-shitsu, Morioka, Japan.

1191. Slosson, Edwin E. 1924. Soy. *School Science & Mathematics* 24(8):855-56. Nov. Whole No. 208. [2 ref]

• ***Summary:*** This article is reprinted from *Scientific Monthly* (Jan. 1924, p. 109, 111).

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1192. *Biblioteka Naroden Universitet* (*Library Popular University*). 1924. Soiata. Neinoto otglejdane i izpolzvane. Gotvene na zryalata i suha soia; soevo brashno; sos ot soia; kjufteta; mlieko i sirene ot soia; med ot soia [Soya. Its cultivation and use. The cooking of the ripened dry soy beans, soy flour, soy sauce, croquettes, milks, soya cheese and honey from soya]. No. 42. 16 p. Veliko Tirnovo: Novo Vreme [New Times Printer]. [Bul]*
Address: Bulgaria.

1193. **Product Name:** Tofu.
Manufacturer's Name: Kaneko (M.) General Store, Tofu Manufacturer.
Manufacturer's Address: P.O. Box 11, Holualoa, Island of Hawaii.
Date of Introduction: 1924.
New Product–Documentation: Honolulu City Directory. 1924. M. Kaneko General Store, Tofu Manufacturer (M. Kaneko, proprietor). P.O. Box 11, Holualoa. Not listed 1930-31.

1194. **Product Name:** Tofu.
Manufacturer's Name: Kidani (Mrs. Shin) Tofu.
Manufacturer's Address: 995 Akepo Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1924.
New Product–Documentation: Honolulu City Directory. 1924. Mrs. Shin Kidani Tofu Manufacturer (Mrs. Shin Kidani, proprietor). Rear 995 Akepo Ln., Honolulu. 1927 Directory. Listed as Toichi Kidani Tofu. 1930-31 Directory. Listed as Mrs. Shin Kidani Tofu. Not listed 1941-42.

1195. **Product Name:** Tofu.
Manufacturer's Name: Mizumoto (M.) Tofu Manufacturer.
Manufacturer's Address: 1 ewa 16 North Kukui near Nuuanu av., Honolulu, Oahu, Hawaii.
Date of Introduction: 1924.
New Product–Documentation: Honolulu City Directory. 1924. M. Mizumoto Tofu Manufacturer (M. Mizumoto, proprietor). 1 ewa 16 N. Kukui near Nuuanu av., Honolulu. Not listed 1928-29.

1196. **Product Name:** Tofu.
Manufacturer's Name: Okumoto (Enkichi) Tofu.
Manufacturer's Address: Keaau P.O., Olaa, Island of Hawaii.
Date of Introduction: 1924.
New Product–Documentation: Honolulu City Directory. 1924. Enkichi Okumoto Tofu (Enkichi Okumoto, proprietor). Keaau P.O., Olaa, Island of Hawaii. Not listed 1934-35.

1197. Wong, T. 1924. [Soy-bean industries]. *Chung-hua Hua Hsueh Kung Yeh Hui Hui Chih* (*J. of the China Society of Chemical Industry*) 2:139-44. [Chi]*
• ***Summary:*** "Methods of preparation and analyses are given for 9 products manufactured from soy bean, including oil, been curd, bean milk, etc...

"Soy-bean cake contains 42.1% protein and 9.6% oil. This might be used for the manufacture of artificial marble and similar products."

1198. Laxa, Otakar. 1924. Syrarstvi: Popis vyroby a upravy syra jako potraviny [Cheese production: Production of cheese and its productivity as a food. 2nd ed., revised and enlarged]. Prague: Ceskolovenske Podniky Tiskarske a Vydavatelske. 539 p. See p. 522-24. Series: Zemedelska Knihovna, edited by Prof. Dr. Alois Velich. [Cze]
• ***Summary:*** In the section titled "Vegetable Cheeses" (p. 522-24), the author discusses tofu, natto, kori-tofu [dried frozen tofu], and miso. Address: Prof., Dr., Czechoslovakia.

1199. Minami Manshû Tetsudô K.K. Kôgyô-bu. Nômu-ka. [South Manchuria Railway Co., Industrial Div. Bureau of Agriculture]. 1924. Daizu no kakô [Soybean processing]. Dairen, Manchuria: SMRC. 777 p. 30 cm. (Sangyo Shiryo 21). [250 ref. Jap]
• ***Summary:*** Name of company with diacritics is: Minami Manshû Tetsudô K.K. Kôgyô-bu. Nômu-ka. This important, major work was written by Yoshitane Satô. Contents: Photos (on unnumbered pages at the front of the book) show 16 scenes of soybean transportation, storage, and processing in Manchuria, as follows: (1) Mule drivers whipping mules trying to pull carts loaded with large sacks of soybeans over muddy roads. (2) Cylindrical osier storage bins for soybeans. (3) Row upon row of sacks of soybeans piled high in storage near docks. (4) Soy sauce being made in a courtyard; each earthenware jar is covered with a woven conical lid. (5) The inside of a huge and modern soy sauce plant. (6) Wooden kegs and glass bottles of Yamasa shoyu. (7) Soy sprouts (*daizu moyashi*) growing in round woven baskets. (8-11) Soy oil being pressed using vertical screw presses [as an alternative to hydraulic presses]–four views. (12) Boilers used in a soybean mill. (13) A wooden barrel of soybean oil being sealed. (14) Soy oil packaged in many small containers, each surrounded by a wicker basket. (15) Round soybean cakes stacked high on railway flatcars. (16) The inside of a modern soy oil factory.

Note 1. This is the earliest Japanese-language document seen (Jan. 2013) that uses the term *daizu moyashi* to refer to soy sprouts.

Contents: 1. Current status of soybean production and consumption: A. Production: Overview (p. 2), Japan (p. 4), Korea (p. 12), Manchuria (p. 16), China (except 3 eastern provinces, but including Eastern Inner Mongolia, p. 31), USA (p. 34), British colonies (p. 37), European countries (p. 40). B. Consumption: Japan (p. 41), Korea (p. 52), Manchuria (p. 57), China (p. 59), Dutch East Indies

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(Indonesia, p. 60), USA (p. 61), European countries (p. 63).

2. Characteristics of soybeans: A. From a physical sciences viewpoint (p. 67): Structure (overview, cotyledons, hypocotyl, seed coat), contents of each system (p. 70), appearance (p. 73; color, gloss, shape, size, hilum (*fusuma*) color, young plumule leaf color, ratio of seed to seed coat). B. From chemical viewpoint (p. 82): General composition, structure of each component (p. 109; protein, oil, carbohydrate, ash/minerals, vitamins). C. Appearance and relationship between oil and protein content (p. 126): Oil and protein color related to color, glossiness, shape, size, hilum color, young plumule leaf color. D. Evaluating soybean quality (p. 140): Overview, key points (sizes, shapes, colors, glossiness, hilum color, young plumule leaf color, ratio of seed coat to seed, dryness of seed, volume, weight, smell, mixing of different varieties, ratio of imperfect seeds, amount of other types of seeds), collection of materials for testing, testing and evaluating commercial soybeans.

3. Soybean usage and processing (p. 175). A. One view of main usage of soybeans. B. Nutritional value of soybeans as food (p. 183): Nutritional value of soy protein. C. Processed soyfoods (p. 208): Soy sprouts (p. 208), natto (*itohiki nattô*, p. 212, Hamanatto, p. 224), types of tofu (regular tofu [*nama-dôfu*, p. 226], *kori-dofu* or *koya-dofu*, p. 240, aburaage, p. 245, tofu curds [*tofu nô*, p. 247], hard tofu [*tofu-kan*, p. 247], fragrant hard tofu [*kô-kan*, p. 248], *senchô tofu*, p. 249, fermented tofu [*nyûfu or funyû*, p. 249]), *tofu-p'i* or yuba (p. 256), soymilk and artificial cow's milk, p. 259, soybean flour raw, or roasted (kinako, p. 263), shoyu (p. 266; overview of miso and shoyu, Japanese traditional regular shoyu, p. 267, Japanese traditional special shoyu and tamari, p. 269, Chinese soy sauce, p. 272, recent shoyu research and development, p. 274), miso (p. 280; Japanese traditional regular miso, Japanese traditional special and processed miso, p. 282, Chinese miso, recent miso research and development, p, 285). D. Soybeans as feed or fodder (p. 287; green soybeans as feed, p. 290): Fresh forage, dried forage or hay. E. Soybeans as manure or fertilizer (*hiryô*, p. 297; in the Kaijô area of Manchuria, have been roasted and steamed, and mixed with compost, and used for green manure (*ryokuhi*) or soybean cake (*daizu kasu*). This method has also been used in the northeastern provinces (*Tohoku Chiho*) of Japan in rice fields). F. Soybeans as oilseeds (p. 302). G. Use of soybean protein in industrial products (p. 304).

4. The soy oil extraction industry (p. 305): A. Methods of removing the oil (origins, traditional methods, hydraulic pressing, extraction method, p. 340). B. Advantages and disadvantages of each method (p. 348). C. The soy oil industry in Manchuria (p. 357): History of development, important places for soy oil on the Manchurian Railway, economic condition of the Manchurian oil industry (p. 420), oil extraction in Japan (history, p. 437, commercial factories, p. 442, development of these factories, p. 451).

5. Soybean meal or cake and its composition (p. 464). A. The varieties of soybean meal or cake and the composition of each. B. Evaluation of quality (p. 473). C. Soybean meal or cake as a fodder (p. 478): Feeding value and digestibility, incorrectness of the theory that there are bad effects from feeding soybean meal or cake (p. 479). D. Soybean meal or cake as a fertilizer (p. 490). E. Soybean meal or cake as food (p. 504): Use as a raw material for shoyu production (p. 506), use to make soy flour (p. 509). F. Soybean meal or cake as a source of protein in industrial products.

6. Soy oil and its processing (p. 526). A. Characteristics of soy oil: Composition, physical characteristics (p. 535), chemical characteristics, testing and evaluating soy oil (p. 564), the quality of commercial soy oil products (p. 577). B. Refining soy oil (p. 587). C. The use and processing of soy oil (p. 631): Overview, refined soy oil as a food, substitute for salad oil, or for deep-frying oil, as an illuminant, as a cutting oil, lard substitute, margarine, in paints, soap, hardened oil, for waterproofing, substitute for petroleum oil, glycerin, fatty acids, stearine.

7. Exports and imports of soybeans, soybean meal or cake, and soy oil (p. 708). A. Manchuria. B. Manchurian exports. C. China. D. Japan. E. Korea. Appendix: Bibliography of soybeans (Japanese-, German, and English-language works; p. 748). List of photos.

Note 2. This is the earliest Japanese-language document seen (Oct. 2011) that mentions fermented tofu, which it calls *nyûfu* or *funyû*.

Note 3. This is the earliest Japanese-language document seen (Feb. 2012) that uses the term *itohiki nattô* to refer to natto. Address: Dairen, Manchuria.

1200. Polk's Portland [Oregon] city directory. 1924. Portland, Oregon: R.L. Polk & Co., Inc. 1972 p. See p. 1276. • ***Summary:*** "Ota H restr [restaurant] 86½ 5th N. Home same."

Note: This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan*. Address: Portland, Oregon.

1201. **Product Name:** Tofu.
Manufacturer's Name: Denver Tofu Co.
Manufacturer's Address: Downtown Denver.
Date of Introduction: 1925. January.
New Product–Documentation: Denver City Directories. 1925 and 1941. No listing for Sakurai.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 899. Directory entry, under "Food Products." In Japanese: Denbaa Tofu-sho (Yoshida). In English: Denver Tofu Co., 2430 Larimer St., Denver, Colorado. Phone: 623-5031.

Kate Bulkeley. 1988. Denver Business Journal. July 11. "Soy Products New Favor Spices Denver Tofu." Denver Tofu Inc., now owned by president Haru Yamamoto, is 63 years old. He bought the company in 1973, at which time he made about 150 one-pound pieces of tofu a day. Talk with Mr. Yamamoto. 1988. Aug. 25. The company was founded

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in 1925 by a Mr. Sakurai, and was then located in downtown Denver. In about 1960 Mr. Kiichi Yoshida bought the company, and in 1973 he sold it to Mr. Yamamoto. At that time it was located on Larimer St. From the beginning only one product had been produced, a fairly firm tofu coagulated with calcium sulfate.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Denver Tofu Co., 6150 N. Federal Blvd. Denver, Colorado 80221. Phone: 303-426-0122. Owner: Mr. Harubisa Yamamoto.

1202. **Product Name:** Tofu.
Manufacturer's Name: Doi Tofu-ya.
Manufacturer's Address: P.O. Box 779, Kemmerer, Wyoming.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. O-32. Company name is in Japanese characters. Address and phone are in English.

Note: This is the earliest known commercial soy product made in Wyoming.

Indeed both soyfoods and tofu were first made in Wyoming by Japanese Americans.

1203. **Product Name:** Tofu.
Manufacturer's Name: Furushizu? Furunori? Furumori? Furuyasu? etc. Tofu-ya.
Manufacturer's Address: P.O. Box 423, Walnut Grove, California.
Date of Introduction: 1925. January.
New Product–Documentation: Japanese American Directory. 1925. p. N-214. Ad (1/8 page). p. N-214. Tofu making and pool hall (*kyôjô*). Owner's first name: Yoshimatsu. Pronunciation of surname is unclear.

1204. **Product Name:** Tofu.
Manufacturer's Name: Furuya Ryokan [Japanese-style Inn].
Manufacturer's Address: P.O. Box 91, Guadalupe, California. Phone: 12M.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/10 page) in The Japanese American Directory. 1925. p. S-172. All in Japanese. Furuya Ryokan, P.O. Box 91, Guadalupe, California. Owner: Mr. Shinjirô Furuya, Phone: 12M. Making and selling tofu.

Note 1. By 1930 this inn had changed its name (Endo Ryokan) and owner (Mr. Kinosuke Endo). But it was still at the same address and still make tofu.

Note 2. Guadalupe is near Santa Maria in Santa Barbara County, southern California.

1205. **Product Name:** Tofu.
Manufacturer's Name: Hamazaka Ryokan oyobi Tofu-ya [Japanese-style Inn and Tofu Shop].
Manufacturer's Address: 218 1st St., Marysville, California. Phone: 228-W.
Date of Introduction: 1925. January.
New Product–Documentation: Japanese American Directory. 1925, p. N-199. Name in Japanese. Hamazaka Ryokan oyobi Tofu-ya. In English: 218 1st St. Phone: 228-W. Ad (¼ page). p. 204. Tofu making and selling. Owner: Mr. Tsuneyoshi Hamazaka.

Ad (1/8 page) in Japanese American Directory. 1930. p. 210. Phone: 1341. Making and selling tofu. Owner: Mr. Torao Iwanaga.

1206. **Product Name:** Tofu.
Manufacturer's Name: Hashizume Shoten.
Manufacturer's Address: P.O. Box 455, Loomis, California.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/8 page) in Japanese American Directory. 1925. p. N-191. All in Japanese. Fresh fish, making tofu. P.O. Box 455, Loomis, California. Owner: Mr. Tsunetaka Hashimoto. Note: By 1930 this shop was owned by Mr. Fukumatsu Kashiwagi.

1207. **Product Name:** Tofu.
Manufacturer's Name: Hatanaka Tofu-ya. Renamed Hatanaka Fusako Tofu-ten by 1941
Manufacturer's Address: P.O. Box 431, Walnut Grove, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-214. Also in 1934, p. 209.

The Japanese American Directory. 1941. p. 230. Hatanaka Fusako Tofu-ten (in characters), F. Hatakana (in English). No phone.

1208. **Product Name:** Tofu.
Manufacturer's Name: Hayashi Sakana-ten (Fish Shop).
Manufacturer's Address: P.O. Box 3, Florin, California. Phone: Capital 20F12.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 125. Ad (1/6 page), p. N-185. All in Japanese. Hayashi Sakana-ten. Fresh fish, Making tofu. Various vegetables, ice cream, sweets, cigarettes. P.O. Box 3, Florin, California. Phone: Capital 20F12. Mr. Yasutaro Hayashi.

1209. **Product Name:** Tofu.
Manufacturer's Name: Hayashi Tofu-ten.
Manufacturer's Address: 1613 Buchanan St., San Francisco, California. Phone: West 2157.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American

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Directory. 1925. p. N-17. Note 1: Takasugi Tofu-ya made tofu at this address and phone number in 1924. Note 2. Tofu-making companies in San Francisco whose names started with "Hayashi" (a very common Japanese name), began operation in 1906 (no address given), 1911 (1621 Buchanan St.), and 1920 (1509½ Geary St.). It is not clear what relationships (if any) existed between these companies.

Also in 1926, p. N-22.

1210. **Product Name:** Tofu.
Manufacturer's Name: Hirabayashi Sengyo Tofu-ten (Hirabayashi Fresh Fish & Tofu Shop). Renamed Hirabayashi Sakana (Fish), Tofu-ya by 1930.
Manufacturer's Address: 123 Lake St., Salinas, California. Phone: 6.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925, p. N-133. Name is in Japanese only. In English: 123 Lake St., Salinas California. Phone: 6.

The Japanese American Directory. 1930, p. 140. A 1/8 page ad (p. 141) gives the company name as Hirabayashi Sengyo-ten (Fresh Fish Shop) at the same address and phone number. Mr. Santaro Hirabayashi sells fish, makes and sells tofu, and also sells sweet chestnuts (*amaguri*).

1211. **Product Name:** Tofu, and Agé.
Manufacturer's Name: Ida Tofu Seizo-sho.
Manufacturer's Address: P.O. Box 297, Garden Grove, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. S-188. A 1/10 page ad at the bottom of this page states: Ida Tofu Seizô-sho, P.O. Box 297, Garden Grove, California. Owner: Mr. Kikumatsu Ida. No phone. Tofu, agé, and various vegetables.

The Japanese American Directory. 1930. p. S-187. Ad (1/10 page) at bottom of this page; same company name and address. Located next to the Japanese language school. Tofu, agé and all vegetables. Policy holder of the insurance company, Mr. Tadashi (?) Ida, will visit you anywhere as soon as your request. Also in 1934, p. 395. Still no phone.

1212. **Product Name:** Tofu.
Manufacturer's Name: Ishizaka Tofu-ya.
Manufacturer's Address: 212 N. Green St., Hanford, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-308. Name is in Japanese: Ishizaka Tofu-ya, 212 N. Green St., Hanford, California. No phone.

The Japanese American Directory. 1930. p. 290. Name has changed to Ishizaka Tofu-ten. Also in 1934, p. 263.

1213. **Product Name:** Tofu.
Manufacturer's Name: Iwamoto Tofu Unso-ten (Tofu & Transportation Co.). Renamed Iwamoto Unso Tofu by 1930. Renamed Iwamoto Tofu-ten by 1941.
Manufacturer's Address: 7 Lake St., Salinas, California. Phone: 411.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925, p. N-133. Name is in Japanese only. In English: 7 Lake St., Salinas. Phone: 411.

The Japanese American Directory. 1930, p. 140. Iwamoto Unso Tofu, 7 Lake St., Salinas. Phone: 411. The Japanese American Directory. 1941. p. 148. Iwamoto Tofu-ten, 7 Lake St., Salinas, California. Phone: 3610. Also in 1934. In Japanese: Iwamoto Tofu-ya. In English: 7 Lake St. Phone: 411.

1214. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1925/01. Nichibei jûshoroku [The Japanese American directory. No 21]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Published Jan. 1 by Nichibei Shinbunsha. Address: 650 Ellis St., San Francisco, California. Phone: Prospect 238 or 239.

1215. **Product Name:** Tofu, and Agé.
Manufacturer's Name: Kamiya Shoten (Kamiya Co.).
Manufacturer's Address: 468 Broadway, El Centro, California. Phone: 282.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (¼ page) in The Japanese American Directory. 1925. p. S-223. Across top of ad in English: Kamiya Co. In Japanese: Kamiya Shoten, 468 Broadway, El Centro, California. Owner: Mr. Matsutarô Kamiya. Phone: 282. Sells Japanese and Western foods, other goods, and fresh fish. Makes and sells agé and various kinds of tofu.

Note: El Centro is about 90 miles east of San Diego, and 10 miles south of Brawley, California.

Ad (¼ page) in The Japanese American Directory. 1930. p. S-249. Same as 1925 ad. Also in 1934, p. 454. Ad (¼ page). Quite similar to 1925 ad. The company sells tofu and aburage, but it is not clear that they make these foods.

The Japanese American Directory. 1941. p. 530. A 1/6 page ad (in both Japanese and English) at the bottom of p. 531 is titled "Kamiya Co." It states that this Japanese and Western grocery store, owned by Mr. Masutaro Kamiya, sells fresh fish, aburage, and various types of tofu.

1216. **Product Name:** Tofu.
Manufacturer's Name: Kawabata Shoten (Kawabata Co.).
Manufacturer's Address: 433 Broadway, El Centro, California. Phone: 282.
Date of Introduction: 1925. January.

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New Product–Documentation: Ad (1/6 page) in The Japanese American Directory. 1925. p. S-228. Kawabata Shoten, 433 Broadway, El Centro, California. Owner: Mr. Heitarô Kawabata. No phone. Sells Japanese and Western foods, other goods, and fresh fish. Makes and sells of tofu.

Note: El Centro is about 90 miles east of San Diego, and 10 miles south of Brawley, California.

1217. **Product Name:** Tofu.
Manufacturer's Name: Kawano Tofu-ya (Kawano Tofu Shop).
Manufacturer's Address: 165 South Monterey St., Gilroy, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-123. Name is in Japanese only. Address and phone no. are in English. No phone no. given.

1218. Koona Sakana-ten [Corner Fish Shop]. 1925. Corner Fish Market (Ad). In: The Japanese American News. 1925. The Japanese American Directory (*Nichibei Jûshoroku*). No. 21. p. N-199. [Jap]
• ***Summary:*** Ad (1/8 page). Japanese American Directory. 1925, p. N-199. 201 C St. (P.O. Box 126), Marysville, California. Phone: 692-W. Fresh fish. Japanese and Western foods, tofu and vegetables. Owner: Mr. Tadayuki Yokoyobi? Yokohi? Quick delivery. Directory entry p. N-199. Corner 2nd and C St. (P.O. Box 126), Marysville, California. Phone: 692-W. Note: The tofu sold here now is probably made in Marysville by Hamazaka Ryokan & Tofu.

Ad (1/8 page). Japanese American Directory. 1930, p. 206. Koona Sakana Shijo. 217 2nd St. (P.O. Box 1095), Marysville. Phone: 392. Selling fresh fish, meat, Japanese and American groceries, tofu, and other goods. Also finding jobs for free. Owner: Yokotobi. Note: The tofu sold here now is probably still made in Marysville by Iwanaga Ryokan & Tofu. Address: 217 2nd St. (P.O. Box 1095), Marysville, California. Phone: 342.

1219. **Product Name:** Tofu.
Manufacturer's Name: Lafayette Tofu-ya.
Manufacturer's Address: 119 E. Lafayette St., Stockton, California. Phone: 4408-W.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-229. Also 1930. p. 233. Phone has changed: 8319. Also in 1934, p. 219. In Japanese: Lafayette Tofu-ten (Jûjirô Yamaguchi).

The Japanese American Directory. 1941. p. 233. Raheddo Tofu-ten (in characters), Lafayette Tofu, 119 E. Lafayette St. (in English), Stockton, California. Phone: 2-4176. Note: See the 1922 listing for Eto Tofu-ten at this address. They could well be the same company.

1220. **Product Name:** Tofu.
Manufacturer's Name: Matsui Tofu-ten.
Manufacturer's Address: 2416 Grant Ave., Ogden, Utah. Phone: 3098.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. O-19. Company name is in Japanese characters. Address and phone are in English. Owner: Mr. Tanekichi Matsui.

1221. **Product Name:** Tofu.
Manufacturer's Name: Murakami Sakana-ten (Fish Shop).
Manufacturer's Address: 32 Center St., Turlock, California.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/8 page) in Japanese American Directory. 1925. p. N-252. Fresh fish and various kinds of tofu. Owner: Murakami Tomiichirô? Noriichirô? Tomoichirô? etc. Also will help you to find a job / work. Note: Turlock is located in California's Central Valley, south of Modesto and north of Merced.

1222. **Product Name:** Tofu.
Manufacturer's Name: Nakanishi Ryokan (Japanese-style Inn).
Manufacturer's Address: P.O. Box 536, Penryn, California.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/8 page) in Japanese-American Directory. 1925, p. N-193. All in Japanese. Nakanishi Ryokan. Fresh fish and tofu. P.O. Box 536, Penryn, California. Owner: Mr. Tsunegorô Nakanishi. Note: The tofu is probably made fresh by a tofu maker in the same town. Penryn is in Placer County, northeast of Sacramento, near Auburn.

1223. **Product Name:** Tofu.
Manufacturer's Name: Nishimura Tofu-ya.
Manufacturer's Address: P.O. Box 78, Courtland, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-210. Also in 1930. p. 216. But the address has changed: P.O. Box 378, Courtland. Also in 1934, p. 206.

1224. **Product Name:** Tofu.
Manufacturer's Name: Okazaki Sengyo-ten (Fresh Fish Shop).
Manufacturer's Address: P.O. Box 107, Auburn, California. Phone: 203J.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/8 page) in Japanese American Directory. 1925, p. N-197. All in Japanese.

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Okazaki Sengyo-ten. Fresh fish, tofu, Japanese-style inn (*ryokan*). P.O. Box 107, Auburn, California. Phone: 203J.

1225. **Product Name:** Tofu.
Manufacturer's Name: Okino (Umekichi) Sengyo, Tofu-ya [Fresh Fish & Tofu Shop].
Manufacturer's Address: P.O. Box 195, Visalia, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-304. Name is in Japanese only: Okino (Umekichi) Sengyo Tofu-ya. Owner's name: Umekichi Okino. English: P.O. Box 195, Visalia, California. No phone. They make and sell tofu, and sell fresh fish.

The Japanese American Directory. 1930. p. 294. Name is in Japanese only: Okino Sengyo Tofu-ten [Fresh Fish and Tofu Shop]. In English: 204 N. East St. (P.O. Box 694), Visalia, California. Also in 1934, p. 259. In Japanese: Okino Sakana-ten, Tofu-ten [Fish and Tofu Shop]. In English: 204 N. East St. No phone number.

1226. **Product Name:** Tofu.
Manufacturer's Name: Owashi Tofu-ya. Also called: Umitsuki-do? (Umezukido?, Kaigetsu-do?).
Manufacturer's Address: 721 Tuna St., Terminal Island, California. Phone: 1368.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. S-136. First directory entry and ad (1/10 page.) Both state: Umitsuki-dô? (Kaigetsu-dô?), 721 Tuna St., Terminal Island, Calif. Phone: 1368. The ad states: Making and selling tofu and aburage. Owner: Mr. Tokumatsu Owashi. Makes and sells Japanese-style confections for weddings and funerals. Second directory entry gives company name as Owashi Tofu-ya; same address and phone.

Note: Terminal Island is in southern California, about 10 miles south of Los Angeles, near Long Beach Harbor.

The Japanese American Directory. 1930. p. S-142. Umezuki Tofu-ya. 249 Cannery St., Terminal Island, California. Phone: 3871. Note: The company name is written in Japanese characters only.

1227. **Product Name:** Tofu.
Manufacturer's Name: Sakuma Tofu Seizo-sho [Tofu Factory].
Manufacturer's Address: 223 W. 1st South St., Salt Lake City, Utah. Phone: W. 7939W.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. O-11. Name is in Japanese only. Address and phone number are in English.

1228. **Product Name:** Tofu, and Agé.
Manufacturer's Name: Sasaki Sakana-ten (Fish Shop).
Manufacturer's Address: P.O. Box 93, Penryn, California. Phone: 7W.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/8 page) in Japanese American Directory. 1925, p. N-193. All in Japanese. Sasaki Sakana-ten (Uo). Fresh fish, tofu, agé, produce, carpentry. P.O. Box 93, Penryn, California. Phone: 7W. Owner: Mr. Sasaki Sukeichi? Yukikazu? Yoshikazu? Akikazu? etc. Note: The tofu made fresh in this shop is probably served (and maybe sold) in the Japanese-style inn in the same town. Penryn is in Placer County, northeast of Sacramento, near Auburn.

1229. **Product Name:** Tofu.
Manufacturer's Name: Selma Tofu-ya.
Manufacturer's Address: 1507 W. Front St., Selma, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-290. Name is in Japanese only. Address and phone number are in English.

1230. **Product Name:** Tofu.
Manufacturer's Name: Shirashi Tofu-ya.
Manufacturer's Address: P.O. Box 41, Courtland, California.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. N-210. Also in 1930. p. 216. But address is now P.O. Box 336, Courtland. Note: Courtland is about 15 miles south of Sacramento and 10 miles west of Elk Grove. Also in 1934, p. 206.

1231. **Product Name:** Tofu.
Manufacturer's Name: Teramoto Tofu-ya.
Manufacturer's Address: 423 "I" St., San Diego, California. Phone: 66628.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. S-204. Name is in Japanese only. Address and phone number are in English. Teramoto Tofu-ya, 423 I St., San Diego, California. Phone: 66628. Ad (1/10 page), p. S-209. Teramoto Unsô-ten (Transportation or Shipping Co.). Same address and phone no. Owner: Mr. Sutekichi Teramoto. Making and selling tofu. We deliver quickly, even if your order is small.

1232. **Product Name:** Tofu, Aburaage.
Manufacturer's Name: TF Shokai.
Manufacturer's Address: P.O. Box 43, Del Rey, California.
Date of Introduction: 1925. January.
New Product–Documentation: Ad (1/8 page) in The Japanese American Directory. 1925. p. N-286. TF Shôkai, P.O. Box 43, Del Rey, California. No phone. They sell Japanese- and Western-style foods, other goods, and fresh

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fish. They make and sell tofu and aburaage.

Ad (1/8 page) in The Japanese American Directory. 1930. p. 279. They sell Japanese- and Western-style foods and groceries, fresh fish, and meat. They make and sell tofu and aburaage. Owner: Tsuneyoshi Fujimoto (found in residence directory). The phone number is now DEl Rey 1.

1233. **Product Name:** Tofu.
Manufacturer's Name: Vacaville Sakana, Yasai, Tofu-ten (Fish, Vegetables & Tofu Shop).
Manufacturer's Address: P.O. Box 511, Vacaville, California. Phone: 236.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925, p. N-146. Name is in Japanese only. After the company name, in Japanese, is given the names of the two proprietors: Kôshichi Nakagaki and Yoshinosuke Nakagaki. In English: P.O. Box 511. Phone: 236.

1234. **Product Name:** Tofu.
Manufacturer's Name: Watanabe Tofu-ya.
Manufacturer's Address: 176½ 24th St., Ogden, Utah. Phone: 1736.
Date of Introduction: 1925. January.
New Product–Documentation: The Japanese American Directory. 1925. p. O-19. Company name is in Japanese characters. Address and phone are in English. Owner: Tomesaku Watanabe.

The Japanese American Directory. 1930. p. S-288. The address and phone number have changed. R-265½ 24th St. (P.O. Box 473), Ogden, Utah. Phone: 2312. Also in 1934, p. 490. In English: R. 265½ 24th St., Ogden. No P.O. Box or phone.

Hokubei Nenkan–The North American Times Year Book. 1936, p. 289. Watanabe Tofu-ten, R 265½ 24th St., Ogden. Mr. Tomesaku Watanabe. No phone.

The Japanese American Directory. 1941. p. 614. Watanabe (Tomesaku) Tofu-ten (Watanabe Tofu Co.), R-265½ 24th St., P.O. Box 804, Ogden, Utah. Phone: Not listed. Note: There were tofu makers at this address in 1907 and 1911.

1235. Ochse, J.J. 1925. Tropische groenten. Geteelde en in 't wild groeiende gewassen, die door de Indische bevolking worden gegeten [Tropical vegetables: Cultivated and wild plants eaten by the Indonesian people]. Weltevreden: Uitgave en Druk Volkslectuur. 215 p. July. See p. 92-95. Illust. Also listed as series #686. [Dut]
• ***Summary:*** This is the original Dutch-language edition, which was revised in 1931 as *Indische Groenten* and translated into English in 1931 as *Vegetables of the Dutch East Indies.* Ochse lived 1891-1970. After describing the plant, the author notes that there are two varieties of soybeans: one is yellowish brown and the other is black. The first is used to make tempeh and tofu; the second to make kétjap. Very popular soy products in the Indonesian market are tofu and firm tofu (*tahoe* and *takoäh*). Also discusses *tao tjo* (Indonesian-style miso; has a consistency like paste or porridge), tao dji (fermented black soybeans), témpé, and ontjom. The process for making each of these soyfoods is described.

Illustrations show: (1) A young soybean plant with leaves and pods (half size).

(2) A bamboo scaffolding or curing frame, in tripod form with 3 horizontal supports, used for drying bunches of soybeans.

Note: This is the earliest document seen (April 2001) that contains the word *takoäh.* Address: Buitenzorg [Bogor], Java.

1236. Carqué, Otto. 1925. Natural foods: The safe way to health. Los Angeles, California: Carqué Pure Food Co., Inc. 359 p. Illust. Index. 20 cm.
• ***Summary:*** This book advocates a natural-food, vegetarian diet, but not necessarily a vegan diet.

Contents: Part I: Fundamental facts about food and health. 1. The old and new conceptions of the cause of disease. 2. Drug medication, vaccination, and serum therapy. 3. Nature's healing factors: Sunlight, fresh air, exercise, rest, water, the importance of natural foods for life and health, why denatured foods (white flour, refined sugar, candies, etc) are injurious. 4. The constituents of food considered in the light of modern physiology and biology: Proteins, carbohydrates, fats and oils, cellulose, fruit acids are organic acids, organic salts, the alkaline or base-forming elements (iron, sodium, calcium, magnesium, potassium, manganese, and aluminum), the acid-forming elements (phosphorus, sulphur, silicon, chlorine, fluorine, iodine, bromine, arsenic), the vitamins.

5. Rational soil culture essential for the production of superior foods. 6. The conservation of vital force (stimulants, narcotics, elimination of waste, quality of foods, prolongation of life, alkaline and acid-forming foods). 7. Why the calorie theory is misleading. 8. Fruit, man's best friend (the fruit of the tree, sulphured and unsulphured fruits). 9. Nuts–Nature's most concentrated foods.

10. Vegetables–Nature's blood purifiers (Great hygienic value of green leaves, proper soil fertilization most essential to vegetable culture, loss of organic salts in cooking, classification of vegetables–5 classes). 11. Cereals and legumes (Cereals falsely called "The staff of life," whole grain products are the best, the great waste of food elements by modern milling processes, legumes–an important food). 12. Milk and dairy products (Milk not a perfect food for adults). 13. Meat–the least essential and most expensive of all foods (the vegetarian alternative).

Part II: Practical dietetics. 14. How to live well on less food. 15. The feeding of infants and children (lactation,

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almond milk, soy bean milk). 16. The rational preparation of foods. 17. Rational food combinations (importance of simplicity of eating, the mono-diet and its advantages). 18. Simple and well balanced menus for all seasons.

Appendix: Tables and statistics. A1. Analyses showing the amount of sodium, calcium and iron in foods. A2. Amount of food materials necessary to supply one ounce of protein. A3. Amount of calories contained in one pound and one ounce of 200 food products. A4. Average time required for gastric digestion of foods. A5. Annual consumption of sugar, soft drinks, salt, spices, coffee, tobacco, drugs, alcohol, etc., in the United States. A6. Regulations for the enforcement of the Food and Drug Act. Important information about chemical preservatives and artificial colors.

The Preface (and the book) begins: "Two powerful superstitions are impeding the welfare and progress of the human race. The one is the conviction that disease is an entity, a mysterious something that attacks us without warning from the outside, either in the form of germs or as inclemency of weather. The other–perhaps the more harmful of the two–is the belief that for each disease specific remedies must be found, such as drugs, serums, vaccines, glandular extracts, etc., and that, when we are afflicted, we have to submit to a specialist's treatment or even to the affected parts or organs."

The average individual tries "to shift the responsibility for his sins of omission or commission to some imaginary cause, rather than to hold himself accountable for the violation of nature's laws." There is "almost universal ignorance of the fact that disease is merely an effort on the part of nature or the universal life force to restore normal conditions in the organism. Our present system of commercialism has taken advantage of this situation by misleading people through clever advertising to persist in their errors in order to maintain the demand for drugs and serums, proprietary medicines,..."

Chapter 11, "Cereals and Legumes," briefly discusses many types of soyfoods–soy bean sprouts, milk, flour, tofu, soy sauce, and oil (p. 142). Page 196 discusses the use of soy bean milk and almond milk for feeding infants and children.

Chapter 16, titled "The Rational Preparation of Foods," contains a long and detailed section on soy beans (266-71), with subsections on boiled soy beans, soy bean milk, tofu, soy sauce, and soy bean sprouts. Home preparation of each is described. Miso, yuba, natto, and hamananatto are also mentioned (p. 268). Soy-related recipes include: Baked soy beans (p. 269). Soy bean loaf. Soy bean croquettes. Soy bean bread (p. 270).

The section titled "Home made cheese" begins: "Man can live well without milk and dairy products, if he makes judicious use of legumes and nuts in various forms, as has been explained in the preceeding chapters, but under the present system og agriculture and production of foodstuffs, many people have to make occasional use of milk products... As the commercial cheese are generally heavily salted, preference should be given to home made cheese... Cottage cheese made without salt is the most wholesome of the cheeses."

Chapter 9 (p. 119-24), about nuts, states: "The making of nut butters is not a difficult process. At present peanuts and almonds are chiefly used for this purpose... The blanching of peanuts and almonds is now done on a large scale by special machinery, and the blanched nuts can be procured in nearly all the larger cities." Break the blanched nuts into small pieces by running them through the Climax Grater or a food chopper. Put them into a moderately hot oven for a few minutes to make them dry and crisp, then run them through a tightly adjusted nut mill to create a "smooth, palatable nut butter." A large table (p. 122) compares the composition of various nuts and nut butters (almond butter, peanut butter) with meat, cheese, eggs, cow butter, and whole wheat bread. "The pecan contains the largest amount of fat, about 70%, closely followed by the hickory nut, brazil nut, filbert and pine nut, which all contain over 60% of fat. The pignolia imported from Spain ranks highest in the amount of protein, containing nearly 34%; the peanut comes next with 29.8%; the butter nut, almond. pistachio, all contain over 20% protein, excelling the best cuts of meat in that respect. The almond does not contain any starch as is, therefore, the nut best suitable for infants, especially in the form of almond milk." Chufa contains 3.5% protein and 31.6% fat.

The section titled "Fruit and nut confections" (p. 212-15) discusses and has recipes for natural candies and confections.

The section titled "How the American people deplete their vitality by their favorite poisons: The tremendous waste of our material wealth" (p. 328-43) discusses (p. 338-43): The amount spent in 1924 on each of 15 "adulterated foods and drinks and of poisonous stimulants and narcotics" ($5,040 million) compared with the amount spent on foods and vegetables ($850 million, or 16.8% as much). Refined sugar. Coffee. Tobacco. Condiments, etc. Alcoholic beverages. Drugs. Regulations for the enforcement of the Food and Drug Act (due to untiring efforts of Dr. Harvey W. Wiley, former chief of the Bureau of Chemistry, USDA). Sodium benzoate and sulphur dioxide. Salt. Saltpeter. Boric acid and borax. Saccharine. Mineral and coal tar dyes. Laxity in enforcement of the Pure Food Law.

On pages 344-47 is information about the Carque Pure Food Company (incorporated 1912) and its founder and owner Otto Carque, including a brief biography of Otto, a list of leading Carque food products, and a full page photo of the company's new home at 729 Seward St., on 1 Oct. 1925 (2 story brick building).

The food products are arranged by groups: Fruits: Sun-dried and dehydrated, without bleaches or preservatives (Black mission figs, white Smyrna-type figs, prunes, dates,

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olives, raisins, apricots, peaches, pears). Nuts: Fresh, selected and unroasted (almonds, walnuts, Brazil nuts, pecans, pignolias, pistachios, peanuts). Confections: Of assorted fruits, nuts and honey, without sugar, salt, glucose or preservatives (delectables, fruit nuggets, Kandy-Andy). Stamina and laxative foods (Nut-Fruto, Prunola {prunes and olives}, fruit laxative). Nut butters: Ground from whole nuts, uncooked and unsalted (almond, nut cream, peanut). Cereals and products: Made from re-cleaned whole grain (wheat flour, yellow corn meal, brown rice, breakfast food, crackers). Miscellaneous (olive oil, strained honey, raw sugar, fig-cereal breakfast drink {instead of coffee}). Price list and descriptive circulars on request.

Note: This is the earliest English-language document (or book) seen (June 2004) with the term "Natural foods" in the title that also discusses soy. Address: Los Angeles, California.

1237. Firth, Violet Mary. 1925. The soya bean: An appeal to humanitarians. London: C.W. Daniel Co., Graham House, Tudor St., London E.C. 4, England. 55 p. Oct. Reviewed in Russian by N.I. Morosoff in Manchuria Monitor. 1930. No. 5. p. 104-05.

• ***Summary:*** Contents: Part I: An appeal to humanitarians. Introduction. 1. Practical application of idealism. 2. Economic considerations. 3. Milk is not a humane food. 4. The power of humane ideals in commerce. 5. The burden of the animal kingdom. 6. The freedom of the cattle.

Part II: The making of soya milk. 7. The cultivation of the soya bean. 8. Early experiments with soya milk. 9. Process of manufacture. 10. The soya meal [okara]. 11. The soya bean industry. 12. The soya bean in the kitchen. 13. Medical and dietetic aspects. 14. The soya bean in national emergencies.

The foreword begins: "The manufacture of a vegetable milk from the soya bean is a matter in which I was much interested during the war, and I think I may claim to be the first person, in this country at any rate, who succeeded in making a cheese [tofu?] from vegetable casein.

"Shortly after the war [World War I] the company that was making soya milk closed down, the milk was unobtainable, and I lost touch with the matter. During a recent visit to Letchworth, however, I found that the making of soya milk was again in full swing, and I was so impressed with the spirit of service and humane ideals in which the enterprise was being conducted that I suggested to the managing director of the company that if he would assist me with the necessary technical details, I would like to write a little book on the possibilities of the soya bean, and bring to the notice of humanitarians in general the work that has been going on so quietly in this little country town. All information was freely given to me...

"I must express to the Garden City Pure Food Co. my thanks for their assistance and my admiration for the spirit in which their work is being carried on." That company has neither commissioned, nor subsidized this book.

This book is "written in an endeavour to make those who are "earnest for animal welfare realise that the exploitation of our younger brothers can be prevented more effectually from the commercial aspect than by individual abstention from flesh-food..."

"Over a hundred thousand pounds has been spent in England alone in experiments in making milk from the soya bean... The original company closed down during the post-war trade depression, and the wonderful soya milk was unobtainable; the work on the soya bean has been taken up again by a body of people actuated by philanthropic and humanitarian motives, whose names are well known among workers for human and animal welfare.

"The dearly bought secrets of the soya bean must not again be lost to the world..."

Note: The author sometimes writes under the pseudonym of Dion Fortune. Address: Author [England].

1238. Carr, Harry. 1925. The lancer. *Los Angeles Times.* Nov. 26. p. A1.

• ***Summary:*** Thomas Steep has recently wrote a book titled *Chinese Fantastics*, from which the following is summarized. "Starvation: The prodigious physical labor of China is performed on the following pitiful diet: Two cubic inches of bean curd, four walnuts, five peanuts, fifteen roasted beans and twenty melon seeds. This is a typical meal for a coolie."

1239. Rose, Mary Schwartz; MacLeod, Grace. 1925. Maintenance values for the proteins of milk, meat, bread and milk, and soy bean curd. *J. of Biological Chemistry* 66(2):847-67. Dec. [13 ref]

• ***Summary:*** "Eight experiments, each of from 12 to 15 days duration, have been conducted on four young women, to test the relative efficiency of milk, meat, bread and milk, and soy bean curd in maintaining nitrogen equilibrium in the adult human subject."

These experiments, with the above foods forming practically the sole source of protein in the diet, showed that, with an intake of protein of 0.5 gm per kg bodyweight, the nitrogen balance was at almost all times positive. In the case of the soya bean, the fecal nitrogen was 24% of the total nitrogen excreted; in no other case did it amount to more than 10-12%. The diets containing milk, and bread and milk, led on the whole to a larger retention of nitrogen than the meat diets. Address: Dep. of Nutrition, Teachers College, Columbia Univ., New York.

1240. **Product Name:** Tofu.
Manufacturer's Name: Igasaki (Toichi) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1925.

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New Product–Documentation: Honolulu City Directory. 1925. Toichi Igasaki Tofu (Toichi Igasaki, proprietor), Hilo, Island of Hawaii. Not listed 1927.

1241. **Product Name:** Tofu.
Manufacturer's Name: Ishizaki / Ishiraki (Masaichi) Tofu.
Manufacturer's Address: Rear 554 South, Honolulu, Oahu, Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. Masaichi Ishiraki Tofu (Masaichi Ishiraki, proprietor), rear 554 south, Honolulu. 1927 Directory. Address listed as rear 572 south, Honolulu. 1928-29 Directory. Listed as Masaichi Ishizaki Tofu. Not listed 1924, 1930-31.

1242. **Product Name:** Tofu.
Manufacturer's Name: Morioka (Katsuiki) Tofu.
Manufacturer's Address: 1222 N. King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. Katsuiki Morioka Tofu (Katsuiki Moreioda, proprietor), 1222 N. King, Honolulu. 1926 Directory. Listed as Matsukichi Morioka Tofu, 1357 N. King. 1927 Directory. Listed as Katsukichi Morioka Tofu. Address same. Residence, 965 Waiakamilo Rd., Honolulu. Not listed 1934-35.

1243. **Product Name:** Tofu.
Manufacturer's Name: Nishimoto (Otoichi? Otokazu? Narikazu?) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. Otoichi Nishimoto Tofu (Otoichi Nishimoto, proprietor), Hilo, Island of Hawaii. 1928-29 Directory. Address changed to 19 Nawahi Ln., Hilo.

Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 21. Otoichi? Otokazu, Narikazu Nishimoto (from Hiroshima prefecture), tofu maker, Ponahawai St., Hilo, Island of Hawaii.

Not listed 1947-48 in Honolulu City Directory.

1244. **Product Name:** Tofu.
Manufacturer's Name: Okamoto (Daijiro) Tofu.
Manufacturer's Address: 905 Sheridan, Honolulu, Oahu, Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. Daijiro Okamoto Tofu (Daijiro Okamoto, proprietor), 905 Sheridan, Honolulu. 1927. Address given as rear 905 Sheridan, Honolulu. Not listed 1930-31. 1934-35 Directory. Listed at 1338 College Walk, Honolulu. Not listed 1936-37.

1245. **Product Name:** Tofu.
Manufacturer's Name: Ryozo (Ariyoshi) Tofu.
Manufacturer's Address: 43 N. Pauahi, Honolulu, Oahu, Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. Ariyoshi Ryozo Tofu (Ariyoshi Ryozo, proprietor), 43 N. Pauahi, Honolulu. Not listed 1927.

1246. **Product Name:** Tofu.
Manufacturer's Name: Sasaki (T.) Tofu.
Manufacturer's Address: 18 N. Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. T. Sasaki Tofu (T. Sasaki, proprietor). 18 N. Kukui, Honolulu. 1926 Directory. Listed as Taka Sasaki Tofu, 1 waikiki 30 S. Kukui, Honolulu. 1927 Directory. Listed as Mrs. Taka Sasaki. Address same. Not listed 1928-29.

1247. **Product Name:** Tofu.
Manufacturer's Name: Yamashita (Etsuzo) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. Etsuzo Yamashita Tofu (Etsuzo Yamashita, proprietor), Hilo, Island of Hawaii. Not listed 1926.

1248. **Product Name:** Tofu.
Manufacturer's Name: Yonamine (E.) Tofu.
Manufacturer's Address: Waipahu, Oahu, Hawaii.
Date of Introduction: 1925.
New Product–Documentation: Honolulu City Directory. 1925. E. Yonomine Tofu (E. Yonomine, proprietor), Waipahu, Honolulu. Not listed 1927.

1249. Koens, A.J. 1925. Teelt van tweede gewassen in de afdeeling Soemedang [The cultivation of secondary crops]. Weltevreden [Batavia, Dutch East Indies]: Landsdrukkerij. viii + 63 p. 22 cm. [Dut]*
• ***Summary:*** Sumedang is a town in West Java, Indonesia, approximately 35 km northeast of Bandung. The town is famous for *tahu Sumedang*, a local variety of deep fried tofu.

1250. Paris, John. 1925. Banzai! (Hurrah!). London: W. Collins Sons & Co., Ltd. 302 p. See p. 73. 21 cm. 1st American edition (New York: Boni and Liveright, May 1926, 313 p.); see p. 69.
• ***Summary:*** "In the public park of Takaoka, among the ruins of the Maeda castle, an old pedlar [peddler] used to sell to the schoolboys the famous cakes called *Inari-sushi*, which were a specialty of the town. They were made of fried bean-curd with rice and various condiments inside;..." (p. 73).

Note: This is the earliest English-language document

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seen (April 2013) that contains the term *Inari-sushi*. Address: Author.

1251. Salazar, Leopoldo G. 1925. The manufacture and chemical control of some soybean products under Los Baños conditions. Bachelor of Agriculture thesis, Dep. of Agricultural Chemistry, College of Agric., University of the Philippines, Los Banos. Publ. No. 231. *
Address: Univ. of the Philippines, Los Baños.

1252. **Product Name:** Tofu.
Manufacturer's Name: Chiba Tofu-ten [Tofu Shop].
Manufacturer's Address: Cordova St. (between Main and Gore streets), Vancouver, BC, Canada.
Date of Introduction: 1925?
New Product–Documentation: Hokubei Nenkan–The North American Times Year Book. 1936, p. 254. Chiba Tofu-ten [Tofu Shop], 206½ Main St., Vancouver, BC, Phone: Sey. 1278L. Owner: Mr. Inoshichi Chiba.

Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Vancouver, British Columbia, Canada, at the front of the book (unnumbered pages) shows "Chiba Tofu." Page 780 states this map is from the 1920s.

Note: This is the earliest known commercial soy product made in British Columbia province, Canada (one of three tofu products made in Vancouver).

1253. **Product Name:** Tofu.
Manufacturer's Name: Tanaka Tofu Mfg.
Manufacturer's Address: Between Dunlevy and Jackson streets, Vancouver, BC, Canada.
Date of Introduction: 1925?
New Product–Documentation: Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Vancouver, British Columbia, Canada, at the front of the book (unnumbered pages) shows "Tanaka Tofu Mfg." Page 780 states this map is from the 1920s.

1254. **Product Name:** Tofu.
Manufacturer's Name: Wakamatsu Tofu Mfg.
Manufacturer's Address: Between Dunlevy and Jackson streets, Vancouver, BC, Canada.
Date of Introduction: 1925?
New Product–Documentation: Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Vancouver, British Columbia, Canada, at the front of the book (unnumbered pages) shows "Wakamatsu Tofu Mfg." Page 780 states this map is from the 1920s.

1255. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1926/01. Nichibei jûshoroku [The Japanese American directory. No 22]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Published Jan. 1 by Nichibei Shinbunsha. Address: San Francisco, California.

1256. **Product Name:** Tofu.
Manufacturer's Name: Kitamura Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: Main 2162-J.
Date of Introduction: 1926. January.
New Product–Documentation: The Japanese American Directory. 1926. p. N-161. Note: Sawamura Tofu-ya was making tofu at this address in 1925.

1257. **Product Name:** Konnyaku, Tofu.
Manufacturer's Name: Murakami Konnyaku, Tofu Seizo-sho (Murakami Konnyaku and Tofu Manufacturer).
Manufacturer's Address: 1525½ Geary St., San Francisco, California. Phone: West 894.
Date of Introduction: 1926. January.
New Product–Documentation: The Japanese American Directory. 1926. p. N-22. Note: Konnyaku is eight ounce gray, firm, jellylike cakes made from the starch of *Amorphallus konjac*, a devil's tongue plant, a relative of the sweet potato. Konnyaku is very low in calories, and can be made into threads (*ito konnyaku*) and noodles (*shirataki*).

1258. Close, Upton. 1926. Boring under the surface in China. *Los Angeles Times.* Jan. 24. p. I-11.
• ***Summary:*** The writer, an American newspaper man, describes his travels in China. "After as hasty meal of duck's eggs and bean curd, I left at dawn in a rickshaw for Tsingtao."

1259. **Product Name:** Tofu.
Manufacturer's Name: Kaji Tofu-ten.
Manufacturer's Address: 602 North 6th Street, San Jose, California. Phone: S.J. 3705-J.
Date of Introduction: 1926. January.

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New Product–Documentation: The Japanese American Directory. 1926. p. N-116. Ad (1/8 page) at bottom right of this page. Kaji Shoten. Tofu maker. Fresh produce and grocery store. Note: Higuma Tofu-ten was making tofu at this address in 1925.

The Japanese American Directory. 1930. p. 115. Ad (1/8 page; p. 118) says that Kaji (?) Shoten, 602 N. 6th St., San Jose. Phone: BAllard 3705. Owner: Mr. Kumahiko Kaji sells tofu, vegetables, dry goods, groceries, and fruits.

Also in 1932 directory, p. 111. Ad (1/8 page) in 1934 directory. All in Japanese. Owner: Mr. Kumahiko Kaji. Tofu, vegetables, groceries, other goods, fruits. Ad (1/8 page) also in 1936, p. 141. Same as ad in 1930.

1260. Adolph, W.H. 1926. Analyses of Chinese food materials. *Philippine J. of Science* 30(3):287. July.
• ***Summary:*** Good historical information on tofu. Address: Shantung Christian Univ., Tsinanfu, China.

1261. *Jozogaku Zasshi* (*J. of Brewing, Osaka*). 1926. Shojo: Seimai, daizu, komugi, mugiyasu, ômugi, seishu, shoyu, miso, tsukemono [State of commerce: Prices of rice, soybeans, wheat, rye, barley, refined sake, shoyu, miso, pickles]. 4(1):88-91. Aug. [Jap]
• ***Summary:*** Soybeans are used mainly in making tofu and fermented foods. Gives the price of soybeans at various places in Japan. Likewise gives prices of shoyu and miso at various locations.

1262. Morse, W.J. 1926. The distribution of soybeans in the United States. *Proceedings of the American Soybean Association* 1:132-37. Seventh annual field meeting. Held 9-12 Aug. in Mississippi.
• ***Summary:*** "The soybean, according to our earliest records, was first grown in the United States in 1804 and until about 1880 was considered chiefly as a curious plant from the Orient. Since about 1880, when the soybean was first looked upon as having agricultural possibilities, the crop has greatly increased in acreage, production and utilization.

"Available statistics show that about 500,000 acres of soybeans were grown in 1917 and more than 2,500,000 acres in 1924. The production of seed increased from about 3,000,000 bushels in 1917 to more than 9,500,000 bushels in 1924. The statistics for 1924 also show that about 1,200,000 acres were grown for hay, about 1,000,000 acres for pasturage and silage, and more than 500,000 acres for seed.

"What has been the cause of this marked increase in acreage and utilization of the soybean crop? The development of varieties, adapted to a wide range of conditions and uses, undoubtedly, has been one of the most important factors. The number of varieties has been increased extensively in the past fifteen years. Soybeans vary widely in their adaptation to climate and soil. Some varieties are especially suitable for fertile land, others for less productive land; some for a seed crop, others for forage; some for planting with corn for pasturage or silage, others for planting with sorghum or Sudan grass. One may, however, find a few varieties or even a single variety adapted to the climate of a certain section, which will fill all of the local requirements of the crop.

"Other factors, such as improved methods and greater use of inoculation, improved and more economical methods of planting, culture and harvest, and successful results in extensive feeding trials by experiment stations, without doubt, have played no small part in extending the popularity of the soybean. A careful study of the history of the development of the soybean in the United States shows, however, very clearly that increased acreage and utilization of the crop has followed increased development of varieties.

"At this point–for it fits well into a logical discussion of the adaptability and distribution of the soybean in our country–I wish to pay a brief tribute to a man, who, more than two decades ago, very frequently prophesied that the soybean would, in the not distant future, be one of our major farm crops, especially in the eastern half of the country. I refer to Dr. C.V. Piper of the Office of Forage Crops of the United States Department of Agriculture, who passed away last February. Dr. Piper was responsible for the many hundreds of introductions received from the soybean regions of the Orient. Not only was Dr. Piper interested in the development of new varieties, and he held this of the greatest importance, but he also urged a greater utilization of the soybean, as an oil crop, for human food in various forms, and a more general use for pasturage and forage purposes. We, of the Association, owe much to Dr. Piper, and I know of no greater tribute to the man than to carry on his work and fulfill his prophesy."

"The culture of the soybean is confined at present, almost entirely, to the eastern half of the country. The states, however, bordering the west bank of the Mississippi River are increasing their soybean acreage. The distribution and adaptability of the soybean, perhaps, will be more clearly understood if we draw a line from Canada through the center of North Dakota, South Dakota, Iowa, Kansas, and Oklahoma, which is about the 99th meridian west. Then from the Atlantic Ocean at the northern border of North Carolina let us extend a line west and along the northern borders of Tennessee, Arkansas, Oklahoma, New Mexico, Arizona, and take in the southern third of California. We now have the country divided into four sections, the northeast, southeast, northwest and southwest." There follows a discussion of each of these four sections. Concerning the southwest section:

"In the irrigated districts of California, especially the orange section and the river valleys of Arizona, the soybean has proved a valuable summer cover crop. In California, the Virginia variety has given best results while in Arizona, the Otootan and Laredo are used mainly. Variety tests in eastern

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New Mexico show that the soybean has possibilities for forage and seed.

"In California and Arizona the soybean seldom develops seed normally, although an excellent growth of forage is produced. This abnormal development of seed is undoubtedly due to the prevalence of extremely hot weather during the period when the seed is forming."

The greatest increase in soybean acreage and utilization has been in the northeastern section of the United States, especially in the Corn Belt area. "In this region the soybean is used mainly for pasturage, hay and ensilage, although considerable quantities of seed have been crushed during the past two or three years for oil and oil meal in the Corn Belt states. Food companies in this section have for several years manufactured special soybean flour products. Such concerns have increased to a considerable extent during the last few years. Soybeans are now being made into breakfast foods, soy flour, soy sauce, bean curd, and special flour preparations for various purposes. Two of the most recent developments are the manufacture of soy sauce and bean curd. Soy sauce, especially, has found a very favorable and extensive market throughout the United States." Address: USDA, Washington, DC.

1263. Zlatarov, Asen. 1926. Die Soja und ihre Verwertung als Nahrungsmittel [The soybean and its use as food]. *Fortschritte der Landwirtschaft* 1(7):543-47. Sept. 1. [8 ref. Ger]

• ***Summary:*** On this document, the writer's name is written "Prof. Dr. Assen Zlataroff."

In Bulgaria as elsewhere in Europe, people have started to plant lots of soybeans. The soybean can serve as a source of healthy and rich nutrition, but also as a new source of income. There is much recent interest in Hungary and Germany.

Tables show: (1) Thirteen nutritional analyses of soybeans planted in Bulgaria between 1917 and 1922. (2) Nutritional analyses of black beans (non-soy), black peas, white beans, white lentils. Garbanzo beans (Chick-peas / chickpeas / *Kichererbsen*). And soybeans (*Soja*). The soybean is low in purines. (3) Soy oil constants (yellow variety, ether extract), including specific weight, saponification number, Reichert-Meissel number, iodine number, Hennersche number. (4) Nutritional composition of Papuda beans in 4 districts of Bulgaria in 1920 and 1921. (5) Weight of distilled water absorbed by 100 gm (800 beans) of soybeans after seven lengths of time ranging from 15 minutes to 12 hours. (6) Nutritional composition of soymilk (*Sojamilch*). (7) Comparative nutritional composition of various mammalian milks: Human milk, cow's milk, buffalo milk, sheep's milk, goat's milk. (8) Nutritional composition of tofu (*Tevu-fou, Sojakäse,* based on previous analyses by Champion and Lhote, Prinsen, and König {both fresh and dry}). He notes that tofu resembles quark. (9) Nutritional composition of soy casein (*Kaseo-Sojain*).

The value of the soybean as food: In China and Japan the soybean is used in large quantities as food. These foods include soymilk, soya cheese (*Sojakäse*), soya casein (*Sojakasein*), soybean meal, natto, miso, shoyu (*Schoyou*), Tao-you, Indonesian-style soy sauce (*Ketjap*), Vietnamese-style miso (*Tuong*), *Kiju-tze*, soya coffee (*Sojakaffee*), soya salad (*Sojasalat*), etc.

The soybean as a vegetable (green vegetable soybeans).

He then describes briefly how to make various soybean food products (based on Li Yu-ying and Grandvoinnet) including soya flour (*Sojamehl*), soy dumplings (*Sojaklösse*), soymilk (*Sojamilch,* discovered by the Chinese philosopher Whai Nain-Tze), tofu (*Sojamehl,* made by coagulation of soymilk; he calls it *Sojamilchquark, Sojakäse, Tevu-fou* and notes that in China it is called "The meat without bones"). As far as taste is concerned, the writer has tasted tofu and he finds that this fresh cheese tastes very nice and the type of cheese made from it (by Li Yu-ying) such as Roquefort, Gruyere, Holländer, etc. are in no way inferior to the renowned real cheeses. Making tofu could be a new industry, which would be a good source of income for the nations where the soybean thrives and conducive to the nutrition of the people. Fresh tofu has many uses in cookery. With eggs it makes a fine omelet, likewise cheese dumplings and sausages. All these products have a fine taste and are very nutritious. In 1921 Dr. Assen Zlatafoff (a nutritionist) and J. Trifoneff wrote (in Bulgarian) a brochure on the soybean, its cultivation, composition, and food value. Address: Sophia Medizinisch-chemisches Institut, Bulgaria.

1264. Associated Press (AP). 1926. 'Sukiyaki' appears chop suey's rival. *Hartford Courant* (*Connecticut*). Sept. 27. p. 8.

• ***Summary:*** "Boston–The American public long ago accepted chop suey, chow mein, and even foo young (with various spellings) but sukiyaki has still to make itself generally known."

Boston [Massachusetts] has one Japanese restaurant (opened within the last 3 months, on the South End) compared with more than 20 that serve Chinese dishes. Ingredients in sukiyaki include "squares of yellow bean cake" [tofu] and some "soy bean sauce." Later the hostess brings "toasted crackercakes with a seaweed leaf wrapped about each as a special delicacy."

1265. Horvath, A.A. 1926. The soybean as human food. *Chinese Economic Monthly* 3(9):392-400. Sept. [Eng]

• ***Summary:*** Contents: Introduction. 1. General ingredients [composition] of the various Manchurian beans. 2. Composition of some Japanese soybeans and of the common American varieties. 3. Value of the soybean as food.

Introduction: "The soybean is a plant of very early cultivation in China. Its use dates back to the beginning of China's agricultural age under the Emperor Shen Nung. It

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is mentioned in the *Ben Tsao Gang Mu* [*Pen-ts'ao kang-mu*], the ancient materia medica, written by Shen Nung himself in the year 2838 B.C. The celebrated dictionary of Sui Sham describes the plant under the name of *tchouan.* In another ancient dictionary, the *Kouang-ia* [*Guangya*, 230 AD], dating from the time of the Han dynasty, the soybean is called *ta-teou* [*dadou*], or grand pea, and also *sou.* It seems very probable that the names soi, soy, soya, and soja are all derived from the ancient Chinese name *sou.*

Note 1. This brief history of the soybean in China (above) is largely borrowed from Piper and Morse. 1923. *The Soybean.* p. 36-37.

In numerous ancient books the philosopher Hamintze [Lord Liu An of Huai-nan], a prince of the Han dynasty, is given as the inventor of soybean curd. The soybean and the soybean curd (*tofu*) are mentioned in many of the ancient Chinese poems, as for example in the rhymes of the great poet Sou, of the 2nd century: 'The tender jade* gets perfumed by it in the kettle' and 'to boil the pea to milk and the seed to butter' (Li Yu-ying et Grandvoinnet)." (Footnote: *"The poet emphasizes the resemblance of the fresh *tofu* with jade.")

"In 1921 China produced 80 per cent of the world's soybean production, 70 per cent of the latter being harvested in Manchuria. The 1921 crop of soybean in Manchuria was approximately 4,500,000 tons. The total acreage of soybean in the three provinces was 8,000,000 acres, covering 25 per cent of the total cultivated area."

In the section titled "General ingredients of the various Manchurian beans," four long tables give the nutritional composition of some of the roughly 500 different varieties of Manchurian soybeans, including black soybeans. The Chinese names of the varieties are given. Most of the analyses were conducted by the South Manchuria Railway Co. Table 1 gives the names (all are Chinese names), composition (water, fats, and protein) of 26 Chinese soybean varieties. The averages are: Water 8.60%. Fatty substance 19.90%. Protein 42.84%.

Table II gives the composition of 15 soybeans grouped by color, including the Chinese name, place of production, water, protein, fat, carbohydrates, fibrous tissue, "ashy substance," and analyst (incl. Fengtien Experimental Farm, Mantetsu Experimental Farm, and Mantetsu Central Exp. Farm). "Generally speaking, yellow beans are richest in protein and fat, especially the latter, then comes green beans with black beans last.

In Table III the "Kung Chu Ling Experimental Station classified the different kinds of yellow soybeans produced in Manchuria by the colours of navel [hilum] and compared their chemical composition. No significant differences were found. Table IV shows the composition of mixed soybeans stored in Manchuria during 1919 and 1920. A Manchurian grading system is described based on five factors: Shape and size (15 points), weight of 1 *sho* (10 points), lustre (15 points), dryness (25 points), purity (cleanness) (30 points). Soybeans receiving a score of 90-100 points are graded as a Special Class, those with 80-90 points as First Class, and those with 70-80 points as Second Class (Nakao and Usami). This table shows the average composition to be: water 8.5%, fatty substance 18%, protein 40%, soluble non-nitrogenous substance and fibrous tissue 28%, ashy substance 5.5%. The higher grades contain more oil and protein.

In the section titled "Composition of some Japanese soybeans and of the common American varieties," table V (p. 397) gives the composition of four leading Hokkaido soybeans: Tsuru-no-Ko, Kanro, Yoshi-Oka, and Oh-Ya-Gi. The water content averages 16.47%, the protein content ranges from 39.34 to 36.86% (average 37.62%), and the fat content ranges from 19.08 to 17.86% (average 18.66%). Table VI gives the composition of six leading American soybean varieties: Mammoth, Ito San, Haberlandt, Guelph, Midwest, and Kingston. The water content averages 7.74%, the protein content ranges from 36.59 to 32.99% (average 35.00%), and the fat content ranges from 22.72 to 18.96% (average 20.37). Note that the Hokkaido soybeans contain more than twice as much moisture, 7% more protein, and only 91.6% as much fat.

The section titled "The value of the soybean as food," states: "One of the certain evidences that the soybean is making god headway in the Occident is the fact that about 10 years ago [during World War I] the French army replaced a large portion of the meat powder in the army ration pottage by soybean products, and has used it in several forms as part of the regular ration. Germany and Austria also tried to compensate the poor protein diet of their army and population during the Great War by using soybean products."

"The soybean contains a double amount of the protein and of calories present in beefsteak. Therefore, in Peking, where the retail price for soybean in 1925 averaged 4 cents (Mex.) per one pound, half of a pound, costing 2 cents, may provide for an adult the necessary protein minimum, which otherwise would have to be purchased in the form of one pound of meat, costing at least 20 cents. According to Li Yu-ying, author of the well-known monograph (in French), 'Le Soya,' and now connected with the Kai Cheng Bean Products Company in Peking, the market prices for an equivalent of 100 calories in soybean were, in Paris in 1912, thirty times cheaper than for the same 100 calories in beef." In Germany, Ehrhorn (a well-known soybean food specialist, formerly of the Aguma factories in Harburg, Germany) calculates that 500,000 tons of soybean residue [meal and cake] are available every year. Soybean protein in Germany is now 25 times cheaper than beef protein. In China, where undernutrition is found on a large scale and famine is a common occurrence, soybean cake is used mainly as a fertiliser for rice fields and sugar plantations–rather than as a low cost source of protein. Numerous famine relief committees in China "have come to the conclusion that one

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key to the famine relief problem in China is to stop the waste of precious soybean cake for fertiliser." Note 2. This is the earliest English-language document seen (Nov. 2002) that uses the word "undernutrition."

Reprinted in 1927 as part of an 86-page monograph titled "The Soybean as Human Food" (Peking, China).

Note 3. This is the earliest document seen (May 2011) in which Dr. Horvath gives his title as "M.D.

Note 4. This is the earliest document seen (July 2000) that mentions the soybean variety Kanro. Address: M.D., Peking Union Medical College, China.

1266. Salazar, Leopoldo G. 1926. The manufacture and chemical control of some soybean products under Los Baños conditions. *Philippine Agriculturist* 15(4):219-31. Sept. [12 ref]

• ***Summary:*** "The Chinese and Japanese manufacture a large variety of food products from the soybean, among which may be mentioned soy sauce or *toyo*, bean curd or *tokua*, soybean milk, flour, salad oils, and lard substitutes.

"Of these products, the sauce and curd are the most important. To the Americans the sauce is known as *soy sauce*, to the Japanese as *shoyu*, to the Chinese as *ch'au yau*, or drawing oil; to the Filipinos as *toyo*. The curd, cake, or cheese is known as *teou-fu* and *tao-hu* in China; *tofu* in Japan; and *tokua* in the Philippines. Soybean cheese is a misnomer as the product is obtained without any ripening process.

"The objects of this work were: (a) to determine the possibility of preparing toyo [soy sauce] and tokua [tofu] under Los Baños conditions; and (b) to determine the time at which the toyo contains the highest percentage of nitrogen. This work was performed in the laboratory of the Department of Agricultural Chemistry, University of the Philippines, Los Baños, Laguna, from April, 1924, to February, 1925."

A review of the literature shows that in the Philippines, only three prior investigations on this subject have been reported, those of Barrett (1911), Gibbs and Agcaoili (1912), and Gibbs, Agcaoili, and Shilling (1912). A photo shows the hand-turned stone mill and other tools used for making tokua, following the method used by the Chinese in Manila. The residue left after making tofu (okara) is called "sapal," and that left from soy sauce is called "tahuse."

"After 8 weeks of fermentation, the toyo was found to be ready for the first drawing. Analyses showed that the toyo prepared in the laboratory compared favorably in composition, odor, and flavor with the superior grade product of the market."

Note 1. This is the earliest document seen (April 2013) that uses the word "tokua" to refer to tofu.

Note 2. This is the earliest English-language document seen (March 2007) that uses the word "sapal" to refer to okara.

Note 3. This is the earliest English-language document seen (March 2007) that uses the word "tahuse" to refer to the residue left after making soy sauce. Address: College of Agriculture, No. 231, the Philippines.

1267. Wastl, Helene. 1926. Das Sojamehl als Nahrungsmittel [Soy flour as a foodstuff]. *Wiener Medizinische Wochenschrift* 76(41):1209-10, 1213-14. Oct. 9. Reprinted in: L. Berczeller. 1928. Publications on Berczeller's Soy Flour. Vol. I. [4 ref. Ger]

• ***Summary:*** In 1870 a large migration of Chinese into Manchuria began, and from this time the soybean started to become the main crop of Manchuria, which is today the most important place for growing soybeans in the world.

The soybean became known in Europe largely through the efforts of Prof. Haberlandt following the Vienna World Exposition of 1873. Large agronomic trials were undertaken, not only in Austria-Hungary but also in Russia. Trials were conducted successfully in most areas where corn/maize thrives. Nevertheless, the crop did not expand, since there were no suitable conditions for the utilization of soya or even market opportunities for the new crop. But with the development of improved extraction processes for obtaining vegetable oils, since 1908 the soybean has become widely used in Europe (and especially in England) as an oilseed, and imports have grown very rapidly. This growth was so sudden that in the trade report of Gehe & Co. for 1911 it was described as "something that has happened only once in the history of world trade. The imports of this heretofore neglected commodity rose to fabulous heights, and in a very short time it conquered the world market."

The author then discusses the nutritional composition of the soybean and briefly reviews the history of research on its nutritional value, including the work of Osborne and Mendel–which was confirmed by L. Berczeller. "The high biological value of soya protein is also shown by the fact that in East Asia, soya largely replaces animal protein in human diets. The use of the soybean for human nutrition depends (despite its outstanding chemical composition) on how it its technically processed. For centuries, ongoing experiments have been conducted on how best to make soybeans into tasty, nutritious foods." The soybean was used as a vegetable, made into milk, subjected to fermentation processes, used to make a type of cheese [tofu], and even a coffee substitute. Above all, people tried to mill it into a flour or to cook it like European legumes, and these recommendations were repeated uncritically in book after book until the advent of World War I, when they were examined on a large scale over a long time. In 1915 Lüthje [Luethje] wrote that the soybean could not be cooked and used like typical European legumes. People who tried to make soy flour during the war found that, because of the oil in the soybean, the flour quickly became rancid, causing consumers to complain about its bitter taste. So processors tried to make soy flour

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from defatted soybeans, but this caused a loss in nutritional value. However L. Berczeller, using a process of fractional distillation, succeeded in making whole soy flour which, despite its high fat content, did not become rancid. On a dry-weight basis this soy flour contains 45.50% crude protein and 2.38% fat. A table (p. 1213) shows that it is a less expensive source of calories than any other food. Using prices from June 1926 1,000 calories from whole soy flour cost only 0.19 shillings compared with 0.78 shillings for milk, 0.80 for butter, 1.07 for pork, 1.75 for an egg, and 2.64 for lean beef. The great practical significance of this lies in the use of soy flour in bread in place of all or part of the milk, eggs, and fat.

"Through the use of soya flour it is therefore possible, even for people with a low income, to secure a similar consumption of protein and fat, as is otherwise accessible to only a very small part of the population. Soya makes this possible in East Asia already today for hundreds of millions of people." Address: Physiologischen Institut der Wiener Universtaet (Vienna), Austria.

1268. *Chinese Economic Bulletin.* 1926. Soy industry in Foochow. 9(301):316-17. Nov. 27.

• ***Summary:*** Soy manufacturers in Foochow [pinyin: Fuzhou], the capital of Fukien [pinyin: Fujian] province, "total about 250, including 100 in the city and suburbs and 150 in the surrounding villages. The leading ones are Kwo Pen-yi (Cc = Chinese characters given), Tang Sen-hsing (Cc), and Tung An (Cc), the first two capitalized at upward of $100,000, and the third a little below $50,000. Mr. Kwo is an experienced soy manufacturer of Yuki (Cc), and Mr. Tang of Kwantow (Cc [pinyin: Guantou]). The former started the Foochow branch manufactory at Shangtuwei (Cc), Nantai (Cc), in 1920, and the latter at Tientangchieh (Cc) in 1925. Tung An is the oldest establishment in Foochow, having been operated at Howyangli (Cc), Nantai, by a Chuanchow (Cc) man for about half a century."

"These manufacturers are organized into two guilds: The City Guild (Cc) and the Nantai Guild."

The small manufacturers try to compete with the large manufacturers by offering a better product, but so far they have not been successful.

"Soy is a sauce manufactured from soya beans. The name 'soy' is derived from the Japanese *shoyu*, the Chinese name being *shi yiu* (Cc [for fermented black soybean sauce]) *chiang yiu* (Cc [for soy sauce]). The raw material used, especially by the manufacturers in Kwantow, is the green [soy] bean from Newchwang, sold in Foochow at $10 per 100 catties. The Foochow manufacturers, however, prefer the yellow [soy] beans from Tengchow (Cc), Shantung province, where they are cheaper than the green variety by several hundred cash per hundred catties.

"The method of manufacture is briefly as follows. The beans are first cooked, then mixed with wheat flour and table salt, and put in a slightly closed wooden jar. The contents of the jar are afterward sprinkled with salt solution, and then transferred into a porcelain *kong* [earthenware vessel], in which they are hard pressed. Finally they are heated in the sun: the longer they are exposed to sunlight, the better the taste of the soy produced.

The soy [sauce] produced in Foochow is inferior in quality to the Kwantow product. The general processes of manufacture are practically the same, the only difference being in details, which remain a commercial secret among the manufacturers."

Other reasons for the superiority of Kwantow soy sauce "may be enumerated as follows: (1) Absence of adulterants. Soy [sauce] is generally divided by its color into two kinds, the light color soy and the dark color soy. The former is pure and has a pleasant taste; it is sold at 1,280 cash per catty. The latter is adulterated with molasses, so as to reduce the cost of manufacture; it is therefore much cheaper in price, not exceeding 32 cash per oz.

(2) Longer exposure to the sun. The Foochow manufacturers are less spacious and less sunny than the Kwantow manufactories. The soy in the former is exposed to the sun for eight or nine hours a day, while the soy in the latter is exposed from sunrise to sunset." This partly accounts for the superior quality of the Kwantow soy.

(3) Long period of preservation. Having been prepared, the soy should remain in the sun for a year before being sold. Old soy is better than fresh soy, as old wine is better than new. However, small manufacturers cannot afford to keep their output for such a lengthy period and often sell it after a few months.

"While Tang Sen-hsing and Kwo Pen-yi confine their business to soy, the Tung An also deals in the following: Table salt; chiang [jiang] (Cc) a semi-solid soy, distinguished from *chiang-yiu*, which is a liquid soy; distiller's grain; vinegar; dried bean curd [probably Chinese-style pressed tofu, *doufu-gan*], pickled bean curd [probably fermented tofu]; salt eggs; salt vegetables and melons; prawn oil; samshu; sesame seed oil; salt turnip; &c. Tang Sen-hsing and Kwo Pen-yi are the best soy makers in Foochow, while Tung An produces excellent pickles.

"Soy and pickles in store are kept in porcelain *kongs* or sometimes wooden barrels. Soy to be transported to other cities is packed in glass bottles or bamboo bottles, the former having a capacity between half a catty and two catties, the latter between three catties and ten catties.

"Owing to the increase in the price of salt from $6 to $8 per 10 catties, soy manufacturers in Foochow have raised the price of soy by 16 cash per catty in May. Prices of other products have also been advanced by the following rates. Dried bean curd, from 8 cash to 10 cash a catty. Pickled bean curd, from 20 cash to 24 cash a catty..."

1269. Horvath, A.A. 1926. The soybean as human food. *Chinese Economic Monthly* 3(11):513-18. Nov. [Eng]

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• ***Summary:*** Contents: Soybean oil for food: Refined soybean oil, crude soybean oil. Refined soybean oil: As substitute for salad or frying oil, as substitute for hardened oil or lard (hydrogenation), in oleomargarine and vegetable butters.

Until quite recently, the line between edible oils and industrial oils has been quite clear. "Originally soybean oil was used as an edible oil by the Chinese, but its strange smell has repelled Japanese and Western palates (Sato)." "The advance of science in recent times has quickened the development of methods of refining, deodorizing, decolouring, and hydrogenating oils. As a result, the partition that used to divide food oils from industrial oils has collapsed. Whale oil and fish oil, as well as soybean oil, are now in use in Europe and America as a regular constituent of edible oils and fats."

"The aggregate production of the bean mills in Manchuria is in the region of 200,000 tons of bean oil and over 50 million pieces of bean cake. All the bean mills in Manchuria, excepting the Suzuki Bean Mill, Dairen, which is worked on the so-called extraction system, are worked by the expression system." The process of pressing, however, leaves about 45% of the soybean oil remaining unused in the bean cakes, each of which weighs 61 lb. In Europe, and especially in England, the solvent method is used. In the 'Hanseatische Muhlwerke' [Muehlenwerke], Hamburg, Germany, pressing and extraction methods are combined. Extracted soybean oil generally for ½ to 1 cent per pound less than the expressed oil.

Soybeans contain the highly valuable fat-soluble vitamin. "In 1925 Hornemann showed that if the oil is taken from the beans by pressure, all the fat-soluble vitamin remains in the cake and the oil is free from it... But in case the extraction method is used, the soybean oil contains, according to Hornemann, all the fat-soluble vitamin... Moderate hydrogenation of soybean oil does not destroy the fat-soluble vitamin. Rancidity destroys it.

"Fresh soybean oil has a sweet smell, but, when the impurity is contained in a large quantity, it will emit a disagreeable odour. As time goes by, the change will grow more pronounced... In the case of the temperature being high, the same change occurs more quickly, and the colour of the oil becomes darker, the oil itself tasting also less palatable." Filtered oil is more resistant to undesirable influences. "At the present time the Harbin market includes only the filtered oil produced by the Anglo-Chinese Company. All the other oils are merely such as have settled."

Soybean oil as a substitute for salad or frying oil. "The improved methods of deodorizing and bleaching soybean oil have tended to remove a former prejudice against its use as a table oil. Several firms in Europe and America are packing soybean oil for sale to the retail trade, and it is claimed that a satisfactory market has been found (Piper and Morse)... The Nisshin Oil Mills Company, Ltd., at Yokohama and Dairen, purchased some modern oil refining machines from the U.S.A. in 1921 and a refined bean oil (salad oil) is being made which is claimed by the Japanese to be better in quality than the European or American make, by means of improved scientific methods and special skill... It is said that about 20 tons of the refined bean oil (superior salad oil) is manufactured every day at Dairen. In 1923 the refining of special soybean oil was also successfully begun in Harbin by the Anglo-Chinese Eastern Trading Company, Ltd., which had installed special equipment. The resulting product, known as 'Acetco,' is sold to the local preserve factory, is exported to Transbaikal [Transbaikalia or Zabaikal; a former Russian government located east of Lake Baikal–which is in southern Siberia], which is adjacent to Manchuria, and gradually appears to be conquering the local market as a substitute for the more expensive vegetable oils and animal fats. Acetco salad oil has been used at the Peking Union Medical College Hospital for a year and has been found in quality to be equal to Wesson oil, being at the same time much cheaper" (costing only 60% as much).

Frying oil is widely used in Japan to make "Tempura." "Fried *tofu* especially is made everywhere. Sesame-oil or refined rape-oil was formerly used in Japan for frying purposes but a few years ago the demand for bean-oil began to increase as a substitute for the above mentioned oil. (Footnote: In China refined soybean oil partly replaces the very expensive sesame oil in the diet)." "It is partly because the soybean oil manufactured in Japan cannot compete with that made in Manchuria for purpose of export and, consequently, the Japanese are obliged to extend the market at home."

Concerning lard substitutes: "The commercial lard substitutes consist chiefly of a mixture of lard or 'lard stearine' with 'beef stearine', cotton seed stearine and some vegetable oil... In the United States half of the total amount of all vegetable oils produced in that country is used as substitute for lard. Cotton-seed oil stands first in this respect... In hydrogenation, deodorization is practically complete. Therefore, the product made from cotton-seed oil has no intrinsic superiority over that made from soybean oil. The hydrogenation of soybean oil has tended to remove a former prejudice against its use for the kitchen. In 1918 the consumption of soybean lard substitutes in the United States amounted to over 56 million pounds."

"In oleomargarine and vegetable butters: The industry of butter substitutes owes its origin to experiments made by Mege-Mouries which were worked out to a manufacturing process in Paris in 1870. This industry duly spread to Italy, England, Holland, and other countries in Europe... Cow's milk is sometimes replaced by an emulsion prepared from the kernels of almonds or from soybeans, so that it is possible to prepare a margarine from vegetable products exclusively (Lewkowitsch)."

Note 1. This is one of the most important, original, and

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creative publications on soyfoods written in English before World War II. It is especially unique and valuable for the information it presents about soyfoods in Europe.

Note 2. This is the earliest document seen (March 2002) that refers to shortenings made with soy oil as "soybean lard substitutes."

Reprinted in 1927 as part of an 86-page monograph titled "The Soybean as Human Food" (Peking, China).

Note 3. In Jan. 1927 this journal merged with and became the *Chinese Economic Journal*. Address: M.D., Peking Union Medical College, China.

1270. **Product Name:** Tofu.
Manufacturer's Name: Hiroishi (S.) Tofu.
Manufacturer's Address: Holualoa, Island of Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. S. Hiroishi Tofu (S. Hiroishi, proprietor). Holualoa, Island of Hawaii. 1930-31 Directory. Listed as S. Hiraishi. Not listed 1934-35.

1271. **Product Name:** Tofu.
Manufacturer's Name: Honda (Eizo) Store (Tofu Manufacturers). Later becomes Rural Food Products.
Manufacturer's Address: Wahiawa, Oahu, Hawaii. Phone: Tel 3.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Eizo Honda Store (Eizo Honda, proprietor), Wahiawa, Honolulu. 1928-29. Listed as Eizo Honda Store (Eizo Honda; tofu manufacturers). Blue 237. P.O. Box 140, Wahiawa, Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. Oahu p. 30. Eizô Honda (from Kumamoto prefecture), tofu maker, Box 140, Wahiawa, Oahu.

Not listed 1947-48 Honolulu City Directory. 1951 Directory. Eizo Honda Tofu (Eizo Honda, proprietor). Wahiawa, Honolulu. 1953 Directory. Changed to Haruo Honda Tofu (Haruo Honda, proprietor). 117 Mango, Wahiawa, Honolulu. 1955 Directory. Rural Food Products (Haruo Honda, proprietor). Same address. Not listed 1956. 1957 Directory. Honda Rural Food Products (Eizo and Haruo Honda; tofu manufacturers). 1958-59 Directory. Rural Food Products (Haruo Honda, proprietor).

1272. **Product Name:** Tofu.
Manufacturer's Name: Ikeda (Manzo) Tofu.
Manufacturer's Address: 1406 Liliha, rear. Honolulu, Oahu, Hawaii. Residence same.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Manzo Ikeda Tofu (Manzo Ikeda, proprietor). 1406 Liliha, rear. Honolulu. Not listed 1934-35.

1273. **Product Name:** Tofu.
Manufacturer's Name: Inada (Asajiro) Tofu.
Manufacturer's Address: 1128 Auld Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Asajiro Inada Tofu (Asajiro Inada, proprietor). 1128 Auld Lane, Honolulu. Not listed 1947-48.

1274. **Product Name:** Tofu.
Manufacturer's Name: Kanehori (Shoshiro) Tofu.
Manufacturer's Address: Rear 1031 Aala, Honolulu, Oahu, Hawaii. Residence 626 N. King. Phone: Tel 3616.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Shoshiro Kanehori Tofu (Shoshiro Kanehori, proprietor), rear 1031 Aala, Honolulu. 1927 Directory. Listed as Mrs. Shima Kanehori Tofu (Mrs. Shima Kanehori, proprietor). Address same. Phone 3616. Residence 626 N. King, Honolulu. Not listed 1936-37. The business address is the same location where H. Iwanaga and his wife made tofu since 1923.

1275. **Product Name:** Tofu.
Manufacturer's Name: Kimura (Sunayemon) Tofu Manufacturer.
Manufacturer's Address: Aloha lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Sunayemon Kimura Tofu and barber (Sunayemon Kimura, proprietor), Aloha Lane, makai King, Honolulu. 1930-31 Directory. Listed as Shinaemon Kimura.

1276. **Product Name:** Tofu.
Manufacturer's Name: Ling Sing Tofu. Became Wong Wah Yuen Tofu in 1935.
Manufacturer's Address: 989 Akepo lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Ling Sing Tofu, 989 Akepo lane, Honolulu. 1930-31 Directory. Listed as Lin Sing Tofu (Wong Wah Yuen, proprietor), 970 Austin Lane, Honolulu. 1934-35 Directory. Changed to Wong Wah Yuen Tofu. Address same. Not listed 1941-42.

1277. **Product Name:** Tofu.
Manufacturer's Name: Oshijima (Buhachi) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Buhachi Oshijima Tofu (Buhachi Oshijima, proprietor), Hilo, Island of Hawaii. 1927 Directory. Listed as

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Buhachi Ushijima Tofu. 1928-29 Directory. Address given as Ponahawai, Hilo. 1941-42 Directory. Listed as Sakai Ushijima Tofu, Hilo. Not listed 1947-48.

1278. **Product Name:** Tofu.
Manufacturer's Name: Oyama (Kenchii) Tofu.
Manufacturer's Address: 962 Robello Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Kenchii Oyama Tofu (Kenchii Oyama, proprietor). 962 Robello Ln., Honolulu. 1930-31 Directory. Name listed as Genji Oyama Tofu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 145. Genjo Ooyaama / Ohyama (from Fukushima prefecture), tofu maker, 962 Robello Lane, Honolulu.

1947-48 Honolulu City Directory. Address listed as 964 Robello Lane, Honolulu. Not listed 1951.

1279. **Product Name:** Tofu.
Manufacturer's Name: Tanaka (S.) Tofu.
Manufacturer's Address: Honokaa, Island of Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. S. Tanaka Tofu (S. Tanaka, proprietor). Honokaa, Island of Hawaii.

1280. **Product Name:** Tofu.
Manufacturer's Name: Yokoyama (Matazo) Tofu. Later Yokoyama Tofu Factory (1945), then Shimokawa Grocery & Tofu Factory (1960).
Manufacturer's Address: 2649 S. King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1926.
New Product–Documentation: Honolulu City Directory. 1926. Matazo Yokoyama Tofu (Matazo Yokoyama, proprietor). 2649 S. King, Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 222. Matazô Yokoyama (from Kumamoto prefecture), tofu shop (!), 2619 S. King St. (new address), Honolulu.

Not listed 1947-48 Honolulu City Directory. Carey D. Miller. 1945. Thiamine content of Japanese soybeans. p. 430. Acknowledges the assistance of Kisako Yanazawa of the Yokoyama Tofu Factory.

Honolulu City Directory. 1954. Listed as Yokoyama Tofu Factory (Teizo Shimokawa; grocery & factory). 2639 S. King, Honolulu. Not listed 1959-60. Note, in 1960 the Shimokawa Grocery & Tofu Factory began operating at 2639 S. King, Honolulu.

1281. Hattori, Shichirô. 1926. Shokutsû no yorokobu tôfu to tamago ni chinryôri [Delicious tofu and hen's egg cookery that would make a gourmand joyous]. Tokyo: Sakamoto Shoten. 85 + 86 p. 19 cm. Series: Katei Ryôri Sôsho. [Jap] Address: Japan.

1282. Mallory, Walter H. 1926. China: Land of famine. *American Geographical Society, Special Publication* No. 6. 199 p. See p. 112-14. Foreword by Dr. John H. Finley.
• ***Summary:*** "A striking example of the introduction and utilization of new crops may be seen in the case of the soy bean. Until recent years, beans and bean products have not occupied a place of importance in commerce, although they have been used as an article of food by the Chinese for centuries past. It is chiefly due to experiments of the Japanese that the value of the by-products has been established... Modern Manchuria may be said to have been built on the soy bean." Discusses the merits of soy flour, and the work on its behalf of Dr. A.A. Horvath of the Peking Union Medical College, and by Dr. L. Berczeller, the Hungarian food physiologist. Address: Secretary, China International Famine Relief Commission.

1283. Mayerhofer, Ernst; Pirquet von Cesanatico, C. eds. 1926. Lexikon der Ernaehrungskunde [Dictionary of dietetics]. Vienna, Austria: J. Springer. viii + 1205 p. Illust. 25 cm. [Ger]*
• ***Summary:*** Included in the long list are: Akamiso, miso, shiromiso, tofukasu [okara], daizu [soybeans], fu [dried wheat gluten cakes], kingyo-fu, kiri-fu, kiri-mochi [frozen and dried rice cake], ame [malt extract], mirin, aburage [tofu fried in vegetable oil], natto–Bohnenkäse, Tofu–Sojatopfen, Tonyu–Sojamilch [soymilk], azuki [small red beans], kwansen-fu, kinako–Sojabohnenmehl, geröstet, amasake [amazake]–unvergorener Sake, umeboshi, koritofu [frozen and dried tofu], midzuame [soft ame = rice syrup], shoyu–Sojasauce, yuba–eine Bohnenspeise. Note that a number of these terms are Japanese.

Note 1. This is the earliest German-language document seen (Nov. 2005) that mentions amazake, which it calls "amasake."

Note 2. This is the earliest German-language document seen (April 2013) that uses the term *Sojatopfen* to refer to tofu.

Note 3. This is the earliest document seen (Aug. 2002) in any language that uses the term *tonyu* (or tônyû or tonyû) to refer to soymilk.

Note 4. This is the earliest German-language document seen (Nov. 2102) that mentions kinako, which it defines as *Sojabohnenmehl, geröstet.*

1284. Pirtle, Thomas Ross. 1926. History of the dairy industry. Chicago, Illinois: Mojonnier Bros. Co. xii + 645 p. Illust. Portraits. Maps. Index. 24 cm. [355* ref]
• ***Summary:*** The section on the "History of the dairy industry in China" states (p. 539-40): In southern China the people eat mostly rice, but mixed with soybean products. "In northern China wheat bread is largely used instead of rice together

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with large quantities of soybeans. In fact some authorities claim that the soybean is the most universal article in the Chinese diet, taking all the 300 or more varieties.

"The use of soybeans is as old as history in China. It is said to be a well-balanced food, rich in protein, fats, and carbohydrates, as well as vitamin A and B but lacks in minerals."

"A kind of bean curd or bean cheese is made from these beans. In the manufacture of soybean cheese the beans are ground with water, strained, and the residue [okara] used for hog feed. The liquid substance is like milk in appearance and on coagulation becomes the bean curd, or [when fermented], as it is sometimes called, Chinese cheese [fermented tofu]. There is an enormous consumption of bean cheese in China and in Japan. Still it is not made in factories. Every small town has a bean-curd shop. It must be made fresh each day and resembles cottage cheese. It is pressed into cakes about 5 inches in diameter and about an inch thick and sells at about one cent. American money. The cakes may also be salted and dried and they then resemble cream cheese. Tradition says that it was first made about 164 B.C. When the cheese is prepared with sugar it resembles custard and again when salted it resembles scrambled eggs.

"Soybean milk is in composition not so much unlike cow's milk, and in many places in China it is used as a drink, usually sweetened. Soybean sprouts are made ready for use by cooking them in oil and are relished even by Westerners. The soybean cake is the residue after the expression of the oil or after the making of milk, and is used for animals only. It really has much food value and during the famine in North China in 1920-1921 [in which an estimated 500,000 people died of hunger and related diseases] much of this bean cake was used to save the starving people. From a nutritive standpoint it is supposed to substitute for meat and milk, as the Chinese consume large quantities of bean products and small quantities of meat and milk." Address: USA.

1285. Rout, Ettie A. (Mrs. F.A. Hornibrook). 1926. Native diet with numerous practical recipes. London: W. Heinemann. ix + 140 p. See p. 105. Preface by Sir. William Arbuthnot Lane. Illust. [10] p. of plates. 23 cm. *
• ***Summary:*** About the Maori diet. "One form of soya bean curd is called *Tofu.* When a mineral salt or acid is added to soya bean milk, coagulation is produced..."

1286. Saito, Akio. 1926. [Chronology of soybeans in Japan, 1900 to 1926, last half of the Meiji period and all of the Taisho period] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Feb. p. 12-14. [Jap]
• ***Summary:*** 1901–Crushing of soybeans starts in Japan. Owada Seisakusho of Tsuruga, Fukui prefecture, Japan, starts making soy oil and soybean cakes using the press method (*assaku-ho*).

1901–Nakahara Kota is issued a patent on his process for making dried-frozen tofu indoors in a freezer (*jinko kôri-dofu*). This makes it possible to produce a good-quality product year round. This year there are 453 makers of dried-frozen tofu in Nagano. Nagano prefecture encouraged production of this product during the Russo-Japanese War as a side home industry.

1901–Soybean production in Japan reaches 525,000 tonnes, topping 500,000 tonnes for the first time.

1905–After Japan's victory in the Russo-Japanese War, it is said that maybe, because of the victorious mood, tofu makers start to blow a horn while selling tofu.

1905–At about this time, soybean cake (*daizu kasu*) passes fish cake to become the main fertilizer for crops in Japan.

1905–Shin Sawamura (lived 1865-1931) discovers the main natto bacteria and names it *Bacillus natto* Sawamura.

1906–Neda Tadamasa of Akita prefecture develops a new type of soybean. Named the Akita, it is a cross between Shirosaya and Itoi's Ani.

1907 March–Nisshin Mamekasu is founded (initial capitalization is 3,000,000 yen). The next year its soybean crushing plant in Dairen, Manchuria, starts to operate. In 1918 the company merged with Matsushita Mamekasu to become Nisshin Seiyu K.K.

1908–At about this time the retail price of tofu in Tokyo is 1 *sen.* The average cake of tofu weighs over 100 monme (1 monme = 3.7656 gm or 0.1325 oz), so over 376 gm. In 1982 the average price of tofu is 100 yen per cake and the average cake weighs 300 gm.

1914–The Mogi Saheiji family in Noda starts to sell shoyu in 1-sho bottles (1 *sho* = 1.805 liters or 3.81 pints). Before this time a ceramic sake bottle (*tokkuri*) was used.

1914–Yamada Hikozaburo of Nagano prefecture succeeds in making dried-frozen tofu (*Koya-dofu*) for the first time in the *Shimi-dofu* area.

1915–From this year until 1919, the soybean oil industry in Japan is in a period of prosperity. In 1914 Japan produces 7,105 tonnes of soy oil and 92,325 tonnes of soybean cake. Just 5 years later, in 1919, these figures have risen about 13-fold to 30,658 tonnes of soy oil and 353,288 tonnes of soybean cake. Soybean cake becomes very widely used in Japanese agriculture.

1918–The mayor of Tokyo, Tajiri Inataro, recommends that people eat low-fat soybean cake cooked with rice (*mamekasu meshi*) to protect themselves from the rapidly increasing price of rice; he himself eats this dish every day. Hiroetsu? Takako (a woman educator, lived 1867-1949) cooked soybean cake and rice (*mamekasu gohan*). Dr. Saei Tadasuke (1876-1959, a nutritionist) introduces an inexpensive meal (it costs 3 *sen* 5 *rin* for 5 people) using tofu and fish bones for breakfast and dinner at the Inexpensive But Nutritional Cookery Seminar (*Eiyo Anka Ryori Koshukai*). This year 30-50% of Japanese don't have enough to eat. The demand for beef tendons and okara increases. The

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price of high-quality meat increases faster than the price of tofu.

1919–Artificially cultured pure-culture natto starts to be used. Hanzawa Jun of Hokkaido University (1879-1972), using this method, invents a new "Sanitary Natto Container" (*Eisei Natto Yoki*) made of thin slabs of wood (*kyogi*). He also founds the "Natto Container Improvement Association" (*Natto Yoki Kairyo-kai*)

1919–Soybean production in Japan reaches 502,200 tonnes, and soybean imports rise to 168,000 tonnes. Production of soybean oil reaches 8,853,600 gallons or 33,573,000 liters, equal to that of rapeseed oil.

1919–A machine or kit for making tofu or soymilk easily at home (*kateiyo tonyu-ki*) is marketed.

1920–Soybean production in Japan reaches a record 559,000 tonnes.

1920–Tsugano Akisaburo of Tokyo invents a quick method for fermenting shoyu (*shoyu sokujo-ho*). By adding salt water to soybean koji to make moromi, he is able to make shoyu in less than 10 days.

1922 April–The oil production department of Suzuki Shokai [which went bankrupt in 1922] becomes independent and founds Hohnen Oil Co., Ltd. (*Hohnen Seiyu*).

1923 Sept.–The Great Kanto / Tokyo Earthquake (*Kanto Daishinsai*) strikes. 70% of the miso factories in the area are burned down, causing a shortage of miso. But miso makers in other parts of Japan use this opportunity to ship their miso to Tokyo, and the people of Tokyo come to realize the good taste of miso made elsewhere in Japan.

1924–Kodama Shizutoshi? (or Shintaro) invents another quick method for fermenting shoyu (*shoyu sokujo-ho*) using acid or alkali to hydrolyze soybeans or soybean cake to make shoyu.

Note: This is the earliest document seen (April 2001) that mentions shoyu made by acid hydrolysis. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

1287. Takenobu, Y. 1926. Japan Year Book. Tokyo: The Japan Year Book Office. 626 + 162 p. Index. 23 cm. [360* ref]

• ***Summary:*** The total area of Japan proper is 147,652 square miles (382,861 square kilometers). Japan's population (as of Oct. 1925) was 59,736,704. A large area of Japan is very mountainous, and it is estimated that the cultivated area is about 6 million hectares. According to Prof. Shimizu of Keio University the population density per square kilometer of cultivated area in Japan is much larger than various European countries. Japan 969. Belgium 394. Italy 305. Netherlands 273. England 226. Germany 195. Switzerland 168. France 108. Spain 90.

In chapter 29, Agriculture, the section titled "Beans, potatoes and sweet potatoes" (p. 449) begins with a graph showing the production (in 1,000 koku; 1 koku = 180 liters) of these crops from 1921 to 1923, inclusive. Soybean production decreased from 4,261 koku in 1921 to 3,434 koku in 1923. The text continues: "Among subsidiary farm crops there is perhaps nothing that plays so important a part in the Japanese kitchen as soy beans. The three daily articles of diet for all classes, viz., soy [sauce], miso and tofu are manufactured with this bean either in part or wholly. The 'tofu' (bean curd) is one of the most popular articles of diet, being cheap and highly nutritious; the 'miso' makes Japanese soup and is used in various other ways. The 'soy' is indispensable in Japanese cooking. Then for extracting oils, as manure, and food for horses beans are equally important. The supply being insufficient, a large quantity comes in from Manchuria and Korea. In Japan, Hokkaido is the principal centre of the production. Red beans [azuki], also very extensively produced in the northern island, are used for making confectionery."

In the section on "Breweries" (p. 512+) the subsection titled "Soy" [meaning shoyu or soy sauce] (p. 514) states: "For soy the prefecture of Chiba, which is contiguous to Tokyo municipality, heads all other places on the list as to output. Parched wheat mixed with salt and beans is a principal ingredient. The process is still far from scientific, requiring about 12 months before the liquid is ready for sale. It is also costly, as it does not much admit labor-saving appliances. To obviate these disadvantages have been tried several patented processes, but most of them have failed. In 1917 the leading soy manufactures of Chiba-ken combined and formed the Noda Soy Co., capital ¥7,000,000 p.u. with capacity of about 250,000 'koku' i.e. about 60 per cent. of the total output of the Prefecture."

A table (p. 514) shows production of sake, beer, and soy from 1919 to 1922 (year ending in March). Production of soy (in 1,000 koku) grew from 2,940 in 1919 to 3,268 in 1922. Address: Prof. at the Waseda Univ. and late of the "Japan Times".

1288. Wagner, Wilhelm. 1926. Die chinesische Landwirtschaft [Chinese agriculture]. Berlin: Paul Parey. xv + 668 p. See p. 311-20. Illust. No index. 25 cm. [214 ref. Ger]

• ***Summary:*** The section on legumes contains a long subsection on the soybean (p. 311-20). Contents: Distribution in China. Types and varieties of soybeans. Chemical composition. Techniques of soybean cultivation. Utilization of soybeans: Chiang (*djang; Bohnensauce* [*like soft miso*]), soy sauce (*djang-yo or djang-yu*), and tofu (*dou-fu; Bohnenkäse*), firm tofu (*dou-fu-gan; getrocknete Bohnenkäsekeks*), yuba (*dou-fu-pi; Bohnenkäsehaut*), frozen tofu (*dung-dou-fu; gefrorener Bohnenkäse*), smooth soymilk curds (*dou-fu-nao; Bohnenkäsegehirn*), soy sauce residue (*djang-yu-dscha; Rueckstände der djang-yu*), tofu residue (*dou-fu-dscha; Rueckstände der dou-fu;* [*okara*]), soybean oil (*dou-yu; Bohnenöl*), soybean cake or meal (*dou-bing; Bohnenkuchen;* the latter two in northeast China). The

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section on oilseed cakes as fertilizers mentions soybean cake (p. 230). Soybeans are also mentioned as a summer crop in rotation with millets (p. 305).

The section on legumes also discusses (p. 320-21) peas (*Die Wintererbse, Pisum sativum L., Wan-dou*), broad beans (*Die Pferdebohne, Vicia faba L., Tsan-dou or Hu-dou*) and the two types of bush beans which are grown throughout China and distinguished by the color and size of the seeds (*Die Buschbohne; {1} Phaseolus mungo L., Lü-dou,* and {2} *Phaseolus radiatus, Tschi-hsiau-dou* [*chixiaodou*]). The *Lü-dou* is widely prized as a vegetable, often as 5-cm-long beansprouts (dou-ya-dsi), or in parts of the North they are used to make vermicelli (slender noodles).

The section on oilseeds contains subsections on rapeseed, sesame, and peanuts (p. 332-38). The section on textile plants discusses hemp (p. 358-60).

Bray (1981) describes that as "A full and systematic description of Chinese agricultural methods in their ecological and socio-economic context, based on the agronomist author's personal experience and careful questioning of his students at the Sino-German High School in Qingdao." Address: Abteilungsvorsteher bei der Landwirtschafts-Kammer fuer den Regierungsbezirk Wiesbaden in Wiesbaden, Germany. Frueher Dozent fuer Landwirtschaft und Abteilungsvorsteher der Deutsch-Chinesischen Hochschule Tsingtau (China).

1289. Chiu, Yan-Tsz (Chao, En-tz'u). 1927. Studies of the physical and chemical properties of soy bean milk. PhD thesis, Cornell University, Ithaca, New York. iii + 38 p. Feb. In: Library of Congress. Catalog Div. A List of American Doctoral Dissertations Printed in 1912-1932. 1931. [23 ref. Eng]

• ***Summary:*** Contents: Acknowledgement. Introduction. Review of literature. Experimental. Physical properties: Specific gravity and total solids, freezing point and total solids, relation of electrical conductivity and resistance to solids and ash, viscosity and total solids, refractive index of serum and total solids, dialysis and its products, keeping qualities, pH values of soy bean milk.

Chemical properties: General composition as determined by analysis (fat, protein–soluble in water soluble in NaCl solution, carbohydrates, ash), effect of soaking, methods of determining fat, composition of the fat in the milk, character of the fat in the milk, kinds of proteins in milk, composition of the true solution or serum, action of ferments on milk. Biological: General types of organisms that develop in milk, vitamins (from the literature), enzymes (from the literature). Discussion. Summary.

In the acknowledgement, he first thanks Prof. G.W. Cavanaugh for his many valuable suggestions and criticisms. "I also wish to express my thanks to Professor E.M. Chamot, Dr. C.W. Mason and other members of the staff of Instruction of the Department of Chemistry for aid and suggestions they have given."

"Introduction: Soy bean milk, which owes its origin to Wai Nan Tse, a Chinese philosopher who lived before the Christian era, is a very satisfactory form of artificial milk. In China it takes the place of cow's milk which is rather scarce and expensive. It is a common food drink, the majority of Chinese being more accustomed to its use than to animal milk. Although the Cantonese do not drink it, they consume some of its products... It is an important food in China as it is used for infant feeding... Sweetened with sugar, it becomes a palatable drink. It may be eaten as a broth."

The thesis contains 22 tables (not one has a title) showing the results of various tests, including tests with different soybean varieties, effect of soaking time on specific gravity and total solids for different varieties, etc.

It also contains 9 graphs (also untitled), usually showing the data from a table in tabular form. For example, Figure A is a graph of the total solids in soymilk (x axis) vs. the specific gravity of that soymilk (y axis) for two soybean varieties: Black Eyebrow and Manchu.

On page 26 are two photomicrographs, one showing cow's milk, the other showing soy bean milk, each at 400x magnification.

Note 1. The author was born in 1890. In Cantonese, his name is Chiu Yan-Tsz; in Mandarin it is Chao En-tz'u. In pinyin it is Zhao-Enci. The last two characters (his given names) mean grace or blessing + gift.

Note 2. The following interesting line (p. 1) is difficult to interpret: "It is an important food in China as it is used for infant feeding..." Questions: What is the source of this information? It is in the introductory paragraph to the thesis and no source is cited. This idea is never mentioned again in this thesis, nor is any of the author's other 5 scientific articles on soy bean milk in China. The last of these articles (Chiu 1938) states: "In North China soybean milk has been a common food for both adults and children, while in South China only its products (mostly bean curd [tofu]) are used." Is it ever used with infants as the sole source of nutrition? If yes, for how long? If no, with what other foods is it fed, in what proportions, starting at what age, and until what age? Is this use of soy bean milk for infants routinely and widely practiced in China, or only in times of famine? Under normal circumstances, at what age is the soy bean milk introduced in the diet and how long is it continued? Address: Cornell Univ., Ithaca, New York.

1290. Horvath, A.A. 1927. The soybean as human food. *Chinese Economic Journal* 1(2):175-92. Feb. [25 footnotes. Eng]

• ***Summary:*** Contents: Soybean cake, soybean meal, and soybean flour for food: Soybean press cake, soybean extraction meal, soybean flour (Berczeller, *Soyama, Aguma, Ehrhorn*), *Sojawurze* (*Suppenwurze,* Maggi cubes), digestibility of soybean flour, value for infants, some medical

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aspects of the use of soybean flour, soybean flour in diabetes (incl. Sarton).

Concerning soybean extraction meal (p. 177-79): This meal is shipped in bags and traces of benzine are easily removed. The process used at the Suzuki extraction plant in Dairen (the only extraction plant in Manchuria) is described; the solvent is benzine. "A new extraction plant (at the Borodin-Takata Alcohol Factory) is now under construction at Imienpo, in North Manchuria. By the new process, beans are first pulverized, then operated upon with alcohol, for the extraction of the oil content... The owner claims that 'there is no foreign taste left which would make the oil or the bean cakes unsuitable for human food.'" Analyses conducted at the S.M.R. Co. Central Laboratory, Dairen, show that this "bean meal" contains: water 7.90%, protein 57.04%, oil 3.41%, carbohydrates 16.92%, coarse fibre 8.63%, and ash 6.69%.

"The solvent method of extraction, involving the use of benzine or gasoline, is used by many of the large oil mills in European countries, especially England." Mills in the USA do not yet use the solvent method; they use traditional hydraulic and expeller processes. "The new process used by the Hansa Mill at Hamburg (Germany) called the Bollmann process, is so economical that the profits of bean milling can be enormously increased. By this process the beans are first pressed and then extracted. The extracted meal is utilized for the manufacture of a highly valuable soybean flour for food (Footnote: But extracted soybean meal (flour) does not contain any fat soluble vitamin, as shown by Hornemann [1925]). The oil is submitted to refining, during which crude lecithin is extracted. It is purified and sold in a form of pure lecithin.

(Footnote: "The soybean contains 1.64 per cent lecithin (an organic phosphorus compound), the price of which in China is about $18.00 (Mex.) per pound. It shows that the value of the lecithin contained in soybeans is greater than the market price of the beans themselves. Extracted soybean meal is therefore deprived of lecithin, which is a highly valuable food constituent, especially for the nervous system. Ordinary beans (navy beans, etc.) contain only 0.81 per cent lecithin)" (p. 178).

Note 2. This is the earliest English-language document seen (March 2001) that contains the term "crude lecithin."

Page 182 states: "Soybean flour is also utilized in the manufacture of breakfast foods and can be used in the preparation of vegetable milk and bean curd."* (Footnote: *"In the United States some very good breakfast foods and an excellent finely powdered soybean milk powder "Soy Lac" is made by J.A. Chard, Soy Products, 263 W. 12th St., New York City, who has been experimenting for some time with soybeans.)" Note 3. This Soy Lac appears to be the first commercial soymilk made in America.

Berczeller (p. 183-84): "A few years ago the Hungarian food physiologist, Prof. L. Berczeller, elaborated a process for manufacturing a soybean flour containing a large percentage of fat. This does not become bitter if kept for over a year, and has a very pleasant taste. The process is patented in nearly all the countries of the world. Its chemical composition is given in the above table and its food value in a previous chapter. This flour contains the expensive fat-soluble vitamin which is deficient in the food of the white race. It is of yellow colour, has a sweet, agreeable nutty taste, and does not produce obesity, notwithstanding the fact that it contains a high percentage of fat. According to Berczeller, the uses of this soybean flour "O" are as follows:

"1. As roasted flour, with an equal part of wheat flour for soups or vegetables;

"2. For pastry, 10-15 per cent soybean flour is mixed with wheat flour. In this case no eggs or only a few need be added. The soybean flour gives to the dough a beautiful yellow colour;

"3. As an addition to meat, 25-50 per cent of soybean flour can be mixed with chopped meat for meat balls, sausage stuffing, etc.

"4. All sorts of flour dishes can be baked with the addition of soybean flour. The taste of the dishes thus prepared becomes better and the nutritive value higher (besides the economy in butter, eggs and sugar);

"5. The addition of even 5 per cent soybean flour in making wheat bread causes a much longer keeping capacity of the bread in a fresh state, the fat preventing the bread from getting stale;

"6. The soybean flour can be used also on a large scale in the foodstuff industry, and in different ways; e.g., in the manufacture of paste products (as a substitute for eggs), cakes, biscuit products, milk-bread (10-16 per cent soybean flour instead of milk), sausages and pastry products (as a substitute for meat).

"Berczeller's soybean flours can be manufactured with little trouble in rice mills or pea mills, where they are decorticated. Eighty-five per cent of soybean flour can be recovered from soybeans. The residue forms a valuable food for animals. According to Berczeller, the cost of production of soybean flour in a European country is as follows:

"One ton of soybeans: 245 shillings. Ten per cent milling expenses: 25 shillings. Total: 270 shillings. Subtracting the value of the bran: 20 shillings. Cost of 850 kg of soybean flour: 250 shillings. Or one ton costs: 294 shillings.

"According to Berczeller, soybean flour is an ideal concentrated food for soldiers, sailors, tourists, etc., in the form of biscuits, etc., because it furnishes a substitute for animal foodstuffs which spoil easily. Berczeller points out that soybean flour is not a substitute for wheat flour but a natural vegetable complement to wheat flour, and one which can be substituted for expensive animal foodstuffs for lowering the living rates [cost of living] of humanity to a degree that could not be reached either by potatoes, maize, or by intensive farming. Austria and Hungary are planning to

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start a very intensive utilization of Berczeller's soybean flour. This flour, being cheap and easy to manufacture in native rice mills, may be of great importance to China."

Note 1. This is earliest document seen (May 2010) showing that Dr. A.A. Horvath was aware of the work of Prof. Berczeller, who patented a process for improving the flavor / palatability of soya flour.

Page 185 states, in a discussion of soybean flours: "In Bollmann's process the oil is completely removed from the soybean material and the flour is therefore deprived of both the lecithin and the fat soluble vitamin."

Sojawurze (p. 187-88): "The profit from Ehrhorn's process could be much increased if part of the soybean flour were used for the manufacture of products similar to beef extracts, called in German 'Suppenwurze.' They are able to give to soup the taste and flavour of beef bouillon. They are used extensively in Germany, e.g., the well-known 'Maggi' cubes, and were manufactured in large quantities in pre-War and War time from soybean flour at the Aguma factory under Ehrhorn's supervision."

Reprinted in 1927 as part of an 86-page monograph titled "The Soybean as Human Food" (Peking, China). Address: M.D., Peking Union Medical College, China.

1291. Horvath, A.A. 1927. The soybean as human food. *Chinese Economic Journal* 1(3):298-309. March. [24 footnotes. Eng]

• ***Summary:*** Contents: Soybean milk for food: Introduction. Preparation of soybean milk. Properties (Yu-P'i is Chinese for yuba; Laxa). Market prices. Composition. Nutritive value. New methods in the manufacture of soybean milk (Prof. Laxa in Prague [Czechoslovakia], Li Yu-ying, Soyama). Some dietetical advantages and applications of the soybean milk. Condensed soybean milk and milk powder (Soy Lac soybean milk powder made in America by Chard). Soybean cake, soybean meal and soybean flour as material for soybean milk. Yu p'i and yu ba (yuba; also fu chu).

"In 1905, Li Yu-ying submitted a paper on the subject [of soybean milk] to the 2nd International Milk Congress in Paris, in which he emphasized that the introduction of soybean milk to Western countries 'will be highly beneficial to public health as well as to the budget of the poor.' Also by those who advocate and urge a vegetarian diet, a very strong case can be made for this Oriental substitute" (p. 298).

According to Prof. Laxa: "Soybean milk, supplemented with lactose and inoculated with a culture of yoghurt [yogurt] bacteria, coagulates at 40º C. in 4 hours and gives a curd-like acid mass" (p. 300).

"Market prices. In Peking soybean milk is sold in small bottles in portions of about 200-220 cc. labeled 'Bean milk, a Chinese product, the most nourishing food, made by...' For such a bottle, delivered daily, the big factories of Peking asked in 1925 $1.00 (Mex.) per month. One liter of such milk costs, therefore, about 15 cts. (Mex.)... A fine soybean milk powder, called *Soy Lac*, has recently been prepared in America by Chard" (p. 300-01). Note: This company (Chard) was first referred to by Piper and Morse in 1916 in *USDA Bulletin* No. 439, "The soy bean, with special reference to its utilization for oil, cake, and other products." Soy Lac is mentioned again by Horvath on p. 307.

A table (p. 302) compares the composition of soymilk made in 3 locations (Tsinanfu, China; Peking, China; and Japan) with that of human, cow, and goat milk. Human milk has the lowest protein content (1.25%) and ash content (0.25%); soymilk has about the same protein content as cow's milk (3.3%) but an ash content (0.40%) which is higher than that of human milk but lower than that of cow's milk. Footnote: "To supplement the deficiency of the soybean milk in mineral constituents [such as calcium], it is recommended by von Noorden and Salomon to add to it the salt mixture of Pirquet, which consists of: sodium chloride, 0.3 gm.; potassium chloride, 1.1 gms.; calcium glycerophosphate, 1.7 gms.; magnesium lactate, 0.5 gm.; ferrum glycerophosphate, 0.1 gm. This mixture is called *Nemsalz.* If diluted in 1 liter of water it gives the same percentage of salts as in women's milk" (p. 302).

"In Germany the Soyama factory (in Frankfurt) manufactures soybean fresh milk (mostly from soybeans), soybean normal cream, and also condensed bean milk and cream. Soyama bean milk looks like cow's milk, contains the same constituents, even in larger amount and in a state of finer dispersion. Only its taste is different. According to Fuerstenberg, Soyama milk can be qualified as a special, very valuable dietetic nutrient. The high lecithin content of this preparation adds to its value too" (p. 306). A table (p. 306, based on the analyses of Dr. G. Popp of Frankfurt) shows the nutritional composition of 6 types of Soyama milk and cream preparations: Normal milk. Milk for diabetics. Milk for baking purposes. Normal cream. Cream for diabetics. Cream extra rich in fat (especially for diabetics). "According to von Noorden and Salomon, Soyama preparations may be kept as long as almond milk and Paranut milk. Soyama milk looks just like cow's milk. By keeping, cream separates and it must be shaken before using" (p. 306).

"In using Soyama milk and cream preparations, v. Noorden confirms the following statement of Fischer (for vegetable milk in general): '1. In the stomach soybean milk gives a much finer flocculent precipitate than does cow's milk, produced by acid or even rennet. 2. The ingestion of soybean milk results in a feebler (smaller) secretion of gastric juice; the period of secretion is also shorter. 3. The period of stay in the stomach of the finely flocculent precipitate of the soybean milk is shorter than that of the casein-fat coagulum of cow's milk. 4. The peristaltic motion of the stomach is less after the ingestion of soybean milk and more coordinated than in the case of cow's milk, as shown by X-ray investigation'" (p. 307).

"On the basis of these observations soybean milk

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is recommended by v. Noorden in cases of gastric and duodenal ulcer, states of peritoneal irritation, hypersecretory conditions of the stomach, disturbances of the motility of the stomach, uric acid diatheses, kidney disturbances, conditions with edema where a food poor in sodium chloride is required, Basedow's disease, cholecystitis, cirrhosis of the liver, diabetes, and in cases where a very nutritious diet is required" (p. 307).

"Soybean milk powder will undoubtedly have a successful future in the Orient as well as in European countries and the United States. Its great advantage in comparison with cow's milk powders is its cheapness. Soybean milk powder can be easily stored and transported... It is believed that at present some of the commercial milk powders contain an admixture of soybean milk powder" (p. 307-08).

"*Yu P'i* and *Yu Ba* are the Chinese and Japanese names of the pellicula formed on the surface of soybean milk when the latter is gently heated. Good *Yu Ba* has a bright yellow color when properly dried. The best *Yu Ba* is that obtained after the first heating. In repeating the heating of the remaining soybean milk, pellicules of gradually inferior quality and color are obtained. As much as 30 pellicules can be secured from the same portion of soybean milk. In China, a product called *Fu Chu* is manufactured in a way similar to *Yu Ba* (Footnote: See this journal, Vol. VIII, 1926, p. 179). Recently an improved method for the manufacture of *Yu Ba* was patented in Japan, consisting in the use of an electric fan adjusted over the surface of a kettle containing the soybean milk heated to a temperature of 90ºC.

"*Yu Ba* has a great nutritive value, as it contains a high percentage of protein and fat,..."

A table (p. 309) gives the nutritional composition of five types of yuba: Common yuba, Kyoto yuba, Shimada yuba, Peking yuba, and Fu chu.

Note: The values for Fu chu are based on those previously reported by Adolph. Fu chu contains much more water (53.68%) than any of the other four types of yuba; common yuba contains only 21.85% and Peking yuba only 9.15%. So it is either fresh or reconstituted.

"In Japan, Kyoto and Nikko are noted for *Yu Ba. Yu Ba* is in much demand in China and Japan and is used in numerous ways as an essential ingredient in many very palatable dishes. Its price is high and therefore yuba is used only by the rich."

Reprinted in 1927 as part of an 86-page monograph titled "The Soybean as Human Food" (Peking, China). Address: M.D., Peking Union Medical College, China.

1292. Horvath, A.A. 1927. The soybean as human food. *Chinese Economic Journal* 1(4):415-25. April. [34 footnotes. Eng]

• ***Summary:*** Contents: Soybean curd (tofu) for food: Preparation and types ("The Chinese classical name for *tofu* is *li chi*, probably meaning 'the morning prayer'"), historical, present state (of tofu in China), chemical composition, digestibility, utilization (incl. frozen tofu and fried tofu).

Fermented soybean products for food. Soy sauce: Kibiki and sobiki tamari, composition of various soy sauces. Natto. Miso. Conclusion. Bibliography.

Tofu–Historical (p. 416): "The manufacture of soybean curd (*tofu*) was started in China in 164 B.C., during the reign of the Emperor Han Wen, by a man named Liu An, the duke of Hwai Nan. Liu An was a great friend of the Buddhist monks, and it seems quite probable that he made this bean curd to provide a change or delicacy to break the monotony of the monastic ration (Adolph). *Tofu* was introduced into Japan from Korea for the first time during the Toyotomi government, and Buddhist priests and some other people used it for their daily food among others before it was generally used in Japan.

Tofu–Utilization (p. 418-19): "Both the composition and the digestibility of *tofu*, therefore, prove it to be a very nutritious food material. In the Orient *tofu* forms a very popular and almost indispensable dietary article for the Buddhist priests, as well as the strict adherents to Buddhism, who eat no animal food [i.e., are vegans]. A common saying in some parts of China terms 'bean milk the poor man's milk, and bean curd the poor man's meat.' *Tofu* is also called 'the meat without the bones.'

Note: This is the earliest English-language document seen (April 2013) that contains the phrase "the meat without the bones" (or a similar phrase containing the words "meat" and "bones"); it is used to refer to tofu, not to soybeans.

In Indo-China the daily consumption of *tofu* by an adult is about 3/4 of a pound. *Tofu* in its various forms is also used very extensively by all classes of Japanese. In the interior of the country where fish cannot be easily obtained, it is a most important source of protein.

"In the Orient *tofu* is eaten in a fresh condition simply with a little *shoyu*, though it is also frequently cooked in soup. Fried *tofu* is also a very popular article of food. Rape-seed oil, sesame oil or soybean oil are generally used in frying.

"*Tofu* may also be prepared for preservation and transportation. For this purpose fresh *tofu* is cut into smaller pieces and exposed to severe cold weather, to remove the water by freezing, and is then dried in an oven. As thus prepared it can be preserved for several years. When the *tofu* is frozen the water collects in fine needles of ice distributed throughout the mass. When the ice melts and the water runs out, it leaves the *tofu* porous and it may be easily dried. If it is not frozen, it is difficult to dry and the resulting material is dense and horn-like. The *tofu* also cooks very well if cooked in diluted soy sauce and smoked in the same manner as meat. The resulting product forms in the Orient the basis for the manufacture of various 'artificial meat' preparations.*" Footnote: * "In Germany, the Soyama factory prepared

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during the Great War [World War I] a meat supplement from soybeans. It was cheaper than beef, contained less carbohydrates and had a nutritive value of about 1500 Calories in 1 kilo."

"In Peking, at the Kai Cheng Bean Products Company, various preparations manufactured from tofu may be purchased, such as different kinds of soybean meat, soybean sausages, etc. The company has established a restaurant in Peking (at 86 Morrison Street, the name is written in Chinese characters) where one can get a Chinese dinner of numerous dishes prepared mostly from soybean products (chicken meat, pork, ham and beef, manufactured from *tofu*). Also discusses Dr. Yamei Kin.

A note at the end of this April issue states: "A reprint of Dr. Horvath's paper in booklet form may be obtained from the Bureau of Economic Information. Price $1, Peking Currency.–Ed." Thus, these six articles were reprinted in 1927 as part of an 86-page monograph titled "The Soybean as Human Food" (Peking, China). Address: M.D., Peking Union Medical College, China.

1293. *Wall Street Journal.* 1927. Large increase noted in soy-bean planting: Acreage of 500,000 in 1917 has grown to 2,600,000, principally in the corn belt states. May 26. p. 15.
• ***Summary:*** "Largely increased acreage and production of soybeans in the United States in the last decade indicate that the crop is destined to become of great economic importance." Of the more than 2,600,000 soybean acres last year, about 520,000 acres [20%] were for seed production. Total soybean production last year was 6,517,000 bushels. "No other crop has advanced so rapidly from a position of minor to major importance."

The most dramatic increases in recent years have been in the corn belt states and in a few southern states, according to the United States Department of Agriculture. Illinois, the leading state in soybean acreage, with more than 700,000 acres, is followed by Missouri, North Carolina, Indiana, and Tennessee.

In the future, soybeans will be used increasingly for the production of oil and meal. Soybean oil can be used like almost all other vegetable oils. Oil mills in the major production centers "now crush large quantities of domestic beans, and find ready markets for oil and meal."

Companies making soybean food products have recently increased greatly; the beans can be processed to make breakfast foods, crackers, soy sauce, bean curd, wafers, soy flour, and special flour preparations. Soy sauce is now widely sold in the USA. Soybean oil is increasingly used to make soaps, paints, varnishes, lubricating oils, linoleum, waterproof goods, printing ink, and solid oils [by hydrogenation]. Oil cake, which remains after the oil is extracted from the beans, is a valuable livestock feed.

Note: This is the earliest document seen (April 2013) that contains the term "soybean food products."

The discovery that soybeans can be efficiently harvested using a "combined harvester and thresher" has given addition impetus to soybean production. Its value in crop rotations insures the soybean an increasing role in American agriculture.

1294. Horvath, A.A. 1927. The soybean as human food. Peking and Shanghai, China: Chinese Government Bureau of Economic Information. Booklet Series No. 3. 86 p. May. Reprinted from Chinese Economic Journal, Sept. and Nov. 1926, and Jan. to April 1927. No index. 21 cm. [38 ref]
• ***Summary:*** A very original and important book. Contents: Preface by Macey F. Deming, Tappan New York, from an address at a meeting of the National Soybean Growers', held at Washington, DC, Sept. 1925. Introduction. 1. General ingredients of the various Manchurian beans. 2. Composition of some Japanese soybeans and of the common American varieties. 3. Value of the soybean as food. 4. Soybean oil for food. 5. Refined soybean oil: As substitute for salad or frying oil, as substitute for hardened oil and lard (hydrogenation), in oleomargarine and vegetable butters. 6. Whole soybean as food: Immature or green soybeans, mature or dry soybeans, the digestibility of the boiled soybean seeds, boiled soybeans as a food of predominant importance in China, soybean coffee, soybean chocolate, soybean sprouts.

7. Soybean cake, soybean meal and soybean flour for food: Soybean press cake, soybean extraction meal, soybean flour (Berczeller, Soyama, Aguma, lecithin, Ehrhorn), Sojawurze (Suppenwurze, Maggi cubes), digestibility of soybean flour, value for infants (p. 53, based on the research of Dr. Ruhrah in the USA), some medical aspects of the use of soybean flour, soybean flour in diabetes. 8. Soybean milk for food: Introduction, preparation of soybean milk, properties (incl. inoculation with a culture of yoghurt [yogurt] bacteria to give a curd-like acid mass), market prices, composition, nutritive value, new methods in the manufacture of soybean milk (Prof. Laxa in Prague [Czechoslovakia], Li Yu-ying, Soyama), some dietetical advantages and applications of the soybean milk, condensed soybean milk and milk powder (Soy Lac soybean milk powder made in America by Chard), soybean cake, soybean meal and soybean flour as material for soybean milk, yu p'i and yu ba (yuba; also fu chu).

9. Soybean curd (tofu) for food: Preparation and types (classical name is *li chi*), historical, present state (of tofu in China), chemical composition, digestibility, utilization. 10. Fermented soybean products for food. Soy sauce: Kibiki and sobiki tamari, composition of various soy sauces. Natto. Miso. Conclusion. Bibliography.

On page 9 we read: "An industry which promises to be of importance in a further utilization of the soy bean is the manufacture of 'vegetable milk.' At the present time a factory in New York State is being equipped for this purpose." Address: Peking Union Medical College, China.

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1295. Gonzalez, B.M. 1927. Education and agricultural promotion in Japan. IV. Promotion of agriculture. *Philippine Agriculturist* 16(2):67-71. July. [1 ref. Eng]
• ***Summary:*** Contents: Introduction. Intensification of culture. Land reclamation. Land adjustment. Price regulation. Rice conservation. Agricultural experiment stations.

The Central Experiment Station was first organized in 1890 as an experimental farm of the Department of Agriculture. Address: Delegate from the Univ. of the Philippines and the Government of the Philippine Islands to the Third Pan-Pacific Science Congress.

1296. Turner, A. Grenville. 1927. A wonderful bean: Bounteous nature's gift from the East. Manifold uses of the soybean. *Milling* (*Liverpool*) 69(25):695-96, 698. Dec. 17.
• ***Summary:*** Contents: Introduction. How the bean and its oil can be used. The soybean as a seed crop. Methods of oil extraction. Includes uses for the bean and methods of extraction used in the United States. Photos show: (1) Three children playing in a field of soya beans in Natal, South Africa. (2) A modern crushing machine. (3) A massive horizontal-axis granite roller for crushing the beans. (4) A native [Manchurian] bean press, showing cakes in receptacle and logs driven in to press out the oil. Address: England.

1297. **Product Name:** Tofu.
Manufacturer's Name: Hamasaki (K.) Tofu.
Manufacturer's Address: Lihiwai, Hilo, Island of Hawaii.
Date of Introduction: 1927.
New Product–Documentation: Honolulu City Directory. 1927. K. Hamasaki Tofu (K. Hamasaki, proprietor). Lihiwai, Hilo. Not listed 1930-31.

1298. **Product Name:** Tofu.
Manufacturer's Name: Kato (Shotaro) Tofu.
Manufacturer's Address: 43 N. Pauahi, Honolulu, Oahu, Hawaii.
Date of Introduction: 1927.
New Product–Documentation: Honolulu City Directory. 1927. Shotaro Kato Tofu (Shotaro Kato, proprietor). 43 N. Pauahi, Honolulu. Not listed 1928-29.

1299. **Product Name:** Tofu.
Manufacturer's Name: No (Shin) Tofu.
Manufacturer's Address: 480 N. Kukui, Honolulu, Hawaii.
Date of Introduction: 1927.
New Product–Documentation: Honolulu City Directory. 1927. Shin No Tofu (Shin No, proprietor). 480 N. Kukui, Honolulu. Not listed 1928-29.

1300. **Product Name:** Tofu.
Manufacturer's Name: Sawai (Kumekichi) Tofu.
Manufacturer's Address: East Manoa Rd., Honolulu, Oahu, Hawaii.
Date of Introduction: 1927.
New Product–Documentation: Honolulu City Directory. 1927. Kumekichi Sawai Tofu (Kumekichi Sawai, proprietor). East Manoa Rd., Honolulu. 1930-31 Directory. Name listed as Kamekichi Sawai. Not listed 1934-35.

Hawaiian Japanese Annual & Directory. 1936-37, p. 160. Kamekichi Sawai (from Hiroshima prefecture), tofu maker, Japanese School, Manoa, Honolulu.

Listed again in 1941-42 Honolulu City directory as Kumekichi Sawai, rear 2801, East Manoa Rd., Honolulu. Not listed 1947-48.

1301. **Product Name:** Tofu.
Manufacturer's Name: Tanoue (Tokunosuke) Tofu.
Manufacturer's Address: 3512 Kaau, Honolulu, Oahu, Hawaii.
Date of Introduction: 1927.
New Product–Documentation: Honolulu City Directory. 1927. Tokunosuke Tanouye Tofu (Tokunosuke Tanouye, proprietor). 3512 Kaau, Honolulu. 1930-31 Directory. Address listed as 3516 Kaau, Honolulu. 1934-35 Directory. Listed as Tokunosuke Tanoue Tofu, 3512 Kaau, Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 179. Tokunosuke Tanoue (from Kumamoto prefecture), tofu maker, 3512 Kaau St., Honolulu.

Not listed 1941-42 Honolulu City Directory.

1302. **Product Name:** Tofu.
Manufacturer's Name: Tojo / Toojoo (Kikuemon) Tofu Manufacturer.
Manufacturer's Address: 2216 S. King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1927.
New Product–Documentation: Honolulu City Directory. 1927. Kikuemon Tojo Tofu Manufacturer (Kikuemon Tojo, proprietor). 2216 S. King, Honolulu. 1934-35 Directory. Changed to Azuma Tojo Tofu. Address same. 1936-37 Directory. Listed as Azuma Tojio Tofu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 197. Azuma (Higashi? To?) Tôjô (from ?), tofu maker and seller of goods, 2216 S. King St., Honolulu.

1947-48 Honolulu City Directory. Address given as 2210 S. King, Honolulu. Not listed 1951.

1303. Bredon, Juliet; Mitrofanov, Igor. 1927. The moon year: A record of Chinese customs and festivals. Shanghai, China: Kelly & Walsh, Limited. xi + 514 + xiii-xx p. See p. 117-18. Illust. Index. 23 cm.
• ***Summary:*** In the Chapter "The first moon, or 'Holiday Moon,'" the section describing visits to others early in the New Year, states that such visits are one long succession of feasts. No one has an empty stomach. Dozens of delicious dishes are offered by a rich host. These include

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many ingredients to which we are not accustomed, such as "preserved eggs, seaweed, 'birds' nests,' shark's fins, fish brains, water-chestnuts, bamboo-shoots, sea-slugs, pickled fir-cones, soya-bean curd, ducks' tongues, cocks' combs, lotus roots, etc.,..."

Note: Contains 38 illustrations in half-tone and two in colour. With a chart of the Chinese year.

Note. This is the earliest English-language document seen (April 2013) that uses the term "soya-bean curd" to refer to tofu.

1304. Heyne, K. 1927. De nuttige planten van Nederlandsch Indië [The useful plants of the Netherlands Indies. 3 vols.]. The Hague, Netherlands: W. van Hoeve. 1662 + CCXLI p. See vol. 2, p. 789-90, 814-20. Index. 28 cm. See also 3rd ed. 1950. [14 ref. Dut]
• ***Summary:*** Contents: Ontjom. Dagé. The soybean (Sojaboon, Kedele). Cultivation. Seeds. Utilization: Témpé [tempeh], tao hoe [tofu], tao koan [pressed tofu; doufu-gan], tao tjo [Indonesian-style miso]. including tao tji [Fermented black soybeans; according to De Bie (1901) tao tji is tao tjo], soja (kètjap).

Note: One other edition of this work (same author and title) was published in 1927: 2nd improved and expanded edition, 3 volumes, published in the Dutch East Indies (Buitenzorg) by Departement van Landbouw, Nijverheid en Handel. Printed by Ruygrok & Co. (Batavia) (1662 + ccxli p.). OCLC Accession No.: 756-9335 and 588-3707. Owned by 30 + 24 = 54 libraries worldwide. Address: Hoofd van het Museum voor Economische Botanie te Buitenzorg (Bogor).

1305. Horvath, A.A. 1927. The soybean as stock feed and human food. *Vestnik Manchzhurii* (*Manchuria Monitor*) No. 8. p. 5-7. English edition. p. 13-23. Russian edition. [19 ref. Eng; Rus]
• ***Summary:*** A brief but good introduction to soybeans and soybean products including soybean meal, soybean flour, soybean oil, bean milk [soymilk], to-fu, frozen to-fu, soy sauce, and mizo [sic, miso] or tsiang [jiang].

"When boiled with gypsum or chlorate of magnesia bean milk curdles, and is known as 'to-fu.' Its constitution varies dependent upon the method of preparation employed. Fresh soy curd contains on the average, 8% protein and 3% fat. 'To-fu' when smoked or fried, owing to loss of water, becomes somewhat allied to meat, thereby substantiating the Chinese proverb that–'to-fu is meat without bones.'"

"Frozen 'to-fu' prepared during the cold season contains up to 50% protein. Bean curd is almost totally assimilated, and may be used in the preparation of a considerable number of European dishes, the recipes for which have been published by the U.S. Department of Agriculture. The Chinese prepare an unlimited number of dishes based upon this comestible, including artificial meat. In order to obtain the specific taste of meat, smoking soybean sauce is used."
Address: Manchuria.

1306. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1927. Nichibei jûshoroku [The Japanese American directory. No 23]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Index of cities. 23 cm. [Eng; Jap]*
Address: San Francisco, California.

1307. Kellogg, John Harvey. 1927. The new dietetics: A guide to scientific feeding in health and disease. 3rd ed. Battle Creek, Michigan: The Modern Medicine Publishing Co. 1031 p. See p. 188-93, 322-28. Illust. Index. 24 cm.
• ***Summary:*** This is an encyclopedia of food, diet, and nutrition. Earlier editions were published in 1921 and 1923. The author, a physician and a vegetarian, lists his credentials on the title page: "Fellow of the Royal Society of Medicine of Great Britain, of the American Medical Association, Member of the American Economic Association, and of the National Geographical Society, Member of the Société d'Hygiene of France, Late Member of the Michigan State Board of Health, Editor of "Good Health," Superintendent of the Battle Creek Sanitarium, President of Battle Creek College.

Table XIV (p. 188) lists soy beans as a food rich in lime (calcium), containing 0.46%. Pages 189-93 discuss "Acids and bases of food–The acid alkaline balance." It begins: "As pointed out by Bunge many years ago, and as further shown by an extensive research conducted by Sherman, of Columbia University, foodstuffs differ in relation to their acid and basic contents. In certain foods, bases or alkalies predominate, while in others the mineral acids predominate.

"The waste products of the body are predominantly acid; consequently it is desirable that the foodstuffs should be predominantly basic. If acids predominate in the ration, and this condition continues for a considerable period of time, the effect will be to disturb the nice balance between acids and bases which is normally maintained in the body fluids and which is essential for life. A deficiency of alkalies constitutes acidosis.

"It is necessary that the alkalinity of the blood should be constantly maintained as the only means by which the acid wastes of the body which are constantly accumulating as the result of all sorts of vital work may be promptly removed." All flesh foods leave highly acid residues. Eggs are also acidic, though less strongly than meat. Cereals and bread are acidic, though much less so than meats. Milk is slightly alkaline. Most fruits, and all green and root vegetables are strongly basic and tend to alkalinize the tissue fluids... Generally it is better to select foods which afford a large basic margin so as to add to the alkali reserve of the body, which always tends toward diminution, especially in old age. A strongly basic diet is especially indicated in cases of arteriosclerosis and disease of the kidneys, in fevers, in

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pregnant women, in all forms of acidosis, and in old age...

"At the present time all physiologists are agreed that the highest degree of physical vigor and efficiency may be maintained on a diet which excludes flesh foods and physiologists the world over are unanimous in advising a curtailment rather than an increase in meat consumption."

Table XVI (p. 192-93) is titled "Excess of acid or alkali in one ounce and in 100 calorie portions of common foodstuffs." The Soy bean has an excess of base (alkali), 12.0 units per 100 calories or per 1 ounce.

In the chapter on Legumes, pages 322-28 give a detailed and accurate discussion of the soy bean and various soyfoods, including the history and nutritional composition of the soy bean, soy bean milk, to fu [tofu], soy sauce, and soy bean sprouts. On the first page, Dr. Kellogg states: "The soy is the best of all beans."

In the chapter titled "Infant Feeding," under "Vegetable Milk" (p. 956), Dr. Kellogg states: "The Chinese have for ages made from the soy bean a preparation which so closely resembles the dairy product that it may not inappropriately be called vegetable milk. A much better preparation is made from walnuts, almonds, and even peanuts... Milk prepared from walnuts and almonds is used in China, the Philippines and throughout the Orient, as a food for nurslings for whom a wet nurse can not be provided. This custom prevails extensively in those Asiatic countries in which cow's milk is but little used.

"A nut milk commonly known as 'Malted Nuts' has been made in this country for more than thirty years and has come into extensive use... These plant protein milks render great service especially in the treatment of infants and invalids who are sensitized to cow's milk. They are also valuable resources in the treatment of colitis in infants and in cases in which change of the flora is found difficult, so that the suppression of all animal proteins becomes necessary."

Also discusses quinoa, kaoliang, and the adsuki bean.

Note: This is the earliest English-language document seen (Feb. 2004) that uses the word "alkalinize" to refer to making a food more alkaline. Address: Battle Creek, Michigan.

1308. Lovell, Philip M.; Press-Lovell, Leah. 1927. Diet for health by natural methods: Together with health menus and recipes. Complete instructions for the cure of the sick without the use of drugs. Los Angeles, California: The *Times-Mirror* Press. xiii + 428 + [7] p. No index. 21 cm.
• ***Summary:*** Part I: Treatment and diet, by Dr. P.M. Lovell. Part II. The preparation of health foods, by Leah Press-Lovell (recipes, p. 129-428). Some of the recipes in this book first appeared in the "Care of the Body" section of the *Los Angeles Times*, which Dr. Lovell has edited for the past few years. "This is the pioneer health department of any newspaper in the country, undoubtedly the most widely read and unique, in so far as it advocates drugless, natural therapy" (p. 4). "This book is based on vegetarian principles. Meat recipes... are not included." Many reasons for this are given. Meat includes fish and fowl (p. 8-9).

Soy-related: "Soy sauce or shoyu is made from soy beans and can be bought at Japanese stores. It gives a tasty flavor to gravies and to cereals" (p. 134). Chop suey (3 types), each served with "Soy bean sauce" (p. 290-91). Soy gravy (with soy–also called soy sauce or shoyu, p. 305). Chapter 14, "Legumes" (p. 366-70) discusses chick peas (Garvanza), lentils, peanuts, and "Soy beans: Best known in China and India. Rich in oil. Contain almost no starch. Require slow cooking to bring out flavors. Hulls are difficult to digest. Therefore remove them by rubbing through a colander." "About the soy bean: The soy bean is very important in the Orient. When three-fourths grown it makes a nutritious green vegetable [yes] known as 'bean sprouts' [no]. Products of soy beans re soy bean flour, soy bean milk, soy bean cheese (tofu), soy sauce, soy bean oil, sprouts, etc. Soy bean products can be bought at Japanese and Chinese grocery stores." Contains 3 recipes: Soy roll or bread (replace 25% of the whole wheat flour with soy flour in any whole wheat bread recipe). Soy bean porridge (cook 1 cup soy bean flour with 3 cups water for 2 hours in a double boiler. Cool, slice, roll in corn flour and bake with butter or oil to make croquettes). Soy bean croquettes. Soy bean milk (made from soy bean flour, p. 420; also almond milk and cocoanut milk).

Also discusses: Of the general advice given to patients, "the subject of diet occupies the leading position" (p. viii). Agar flakes (vegetable gelatine) are better than animal gelatine (p. 135). Almonds–How to prepare almond milk, cream, and meal (p. 152). Cocoanut–To prepare cocoanut milk. Peanuts–How to prepare raw peanut butter (p. 153). Garvaza [garbanzo] beans and meal (p. 308-09). Nut loaf (Vegetable turkey) (with peanuts, p. 315). Carqué's unfermented whole wheat bread (p. 351). Carqué's unleavened fruit bread (p. 351). Recipes using Graham flour (different from whole wheat flour, p. 356-59).

Ads on the last 7 (unnumbered) pages are for: (1) Lovell Health Offices. (2-3) Lovell's drugless health library (39 titles on diseases and health problems; pocket edition size). (4) Health of the Child, by Dr. Philip M. Lovell. (5) Carqués California Pure Natural Food Products: Fruits–sun-dried and dehydrated without bleaches, fumigants or preservatives (incl. black mission figs), nuts, confections, stamina and laxative foods, nut butters, cereals and products (incl. soy bean flour), miscellaneous. And Carqué Pure Food Co., Inc. (6) Cubbison's Cracker Co., 3419 Pasadena Ave., Los Angeles. And Cubbison's Whole Wheat Flaxseed Crackers. Cubbison's also sells Whole wheat crackers, and Whole wheat nut bread (See p. 32-33, 104). (7) The Cary Health Cooker (for steaming and baking; Elmer E. Cary Co., Los Angeles).

Note: This is the earliest published document seen (April

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2004) that gives the address of Cubbison's Cracker Co. as 3419 Pasadena Ave. Address: 1. Dr., drugless practitioner, Health Offices, 238 Chamber of Commerce Bldg., 1151 So. Broadway, Los Angeles, California; 2. His wife. Phone: WEstmore 8275.

1309. Morse, W.J. 1927. Soy-bean output increasing in United States. *Yearbook of Agriculture* (*USDA*) p. 671-73. For the year 1926.
• ***Summary:*** In 1917 less than 500,000 acres in the U.S. were devoted to soy beans for all purposes. From this land about 2,283,000 bushels of seed were produced.

"As an article of food, the use of the soy bean in the United States has been very limited. For many years a few food companies have manufactured special soy-bean flour products. The number of such concerns producing soy-bean food products has increased to a considerable extent during the last few years. Soy beans are now being made into breakfast foods, crackers, wafers, soy sauce, bean curd, soy flour, and special flour preparations for various purposes. One of the most recent developments is the manufacture of soy sauce and bean curd from domestic grown beans. This has been found a most profitable industry in some parts of the Corn Belt, and soy sauce has now a fairly extensive market in the United States." Address: USDA, Washington, DC.

1310. Nadkarni, Krishnarao Mangeshrao. ed. and pub. 1927. The Indian materia medica. 2d ed. Bombay, India: K.M. Nadkarni. 5 + xviii + 1142 + clxix + lxxxviii p. Index. 20 cm.
• ***Summary:*** The body of this book (1142 p.) appears to be titled *The Indian Materia Medica with Ayurvedic, Unami & Home Remedies.* Soybeans are mentioned in three different places, almost as if each was thought to be different plant.

Page 313-14. "305. Dolichos Soja–(English–Soya bean, German–Soja bohne, Bengali–Gari kulaj, Hindi–Bhatwan, Kumaon–Bhut) is a species cultivated in some part of India for its seeds which are eaten and which contain a high percentage of protein and fat."

Page 399: "396. Glycine Soja & G. Hispida are species (English–Soya bean, Hindi–Bhatwan, Bengali–Gari kulay, Kumaon–Bhut, Eastern Terai–Khajuwa) met with on the tropical Himalayas from Kumaon to Sikkim and Khassia and Naga Hills. A decoction of the root is said to possess astringent properties."

Page 803: "886. Soja Hispida or Glycine Soja (English–Soya bean; Soy-bean) has taken the place of meat in the diet of Chinese, Japanese and other Asiatics. Its notable characteristics are its large proportion of assimilable protein and fat, and its lack of starch and small content of sugar. Being so highly nutritious, it is not adapted for use as a side-dish, like ordinary vegetables, but, like meat, supplies a chief food. Among the preparations mentioned as common in China and Japan are 'tofu' resembling cottage cheese; 'Shoyu or Soya' which has been soaked to remove the skin and then boiled and seasoned; 'Miso' or soy-bean milk, prepared by soaking pulverized beans and straining; and 'Natto' obtained by fermenting the boiled beans. The lack of starch gives the beans favour as a diabetic food, and soy-bean meal and soy-bean bread have been prepared. The beans have been also tried as a coffee substitute–(Popular Science Siftings). For more particulars see also Dolichos Soja etc."

Also mentions *Sesamum indicum* (p. 788-90). Sanskrit.–Tila. English–Gingeli. French–Sesame. German–Sesom [Sesam]. Hindi, Cashmeri, Punjabi & Bengali–Til. Mahrathi & Konkani–Teel. Telugu–Nuvvulu; Guvvulu. Tamil–Ellu. Canarese–Uru-Ellu. Malayali–Karuellu.

The author was born in 1864. A 3rd edition was published in 1955. First published in 1908 under the title "Indian Plants and Drugs." Address: India.

1311. Read, Bernard E.; Liu, Ju-ch'iang. 1927. Flora Sinensis. Series A. Volume 1. Plantae medicinalis Sinensis. 2nd ed. Bibliography of Chinese medicinal plants from the Pen Ts'ao Kang Mu... 1596 A.D. Peking, China: Dept. of Pharmacology, Peking Union Medical College. xi + 106 p. In collaboration with the Peking Laboratory of Natural History. [39 soy ref. Eng; chi]
• ***Summary:*** References related to soybeans are given in the chapter on Leguminosae under the genus *Glycine* on p. A.I.30. References are given for the soybean (*ta tou* or *huang ta to*), the wild soybean (*pai tou*), soy bean sauce (*chiang*), bean curd (*tou fu* [tofu]), bean ferment (*tou huang*), bean relish (*ta tou ch'ih* [fermented black soybeans]), and bean sprouts (*ta tou huang chüan*).

Also discusses kudzu (ko, 1: #372 *"Pueraria hirsuta Schneid."*), which is reported to grow in the provinces of Chihli, Shantung, Kiangsi, Kwangtung, Chekiang and Hupeh. Address: 1. Prof. and Head of; 2. Asst. of. Both: Dep. of Pharmacology, Peking Union Medical College, Peking, China.

1312. Y.W.C.A. 1927. Chinese cook book. Peking: Young Women's Christian Association. 41 p. 23 cm.
• ***Summary:*** In the section on "Soups," (p. 3) is a recipe for Egg soup which calls for "Soy sauce (Chiang yu)" and "1 teaspoon epicurean powder (Ajinomoto powder, a Japanese powder procurable in bottles)."

On the same page, the recipe for Spinach soup calls for "Bean curd diced (1 piece 3 in. square). Add salt and chiang yu to 4 cups of boiling water... Be careful not to break the bean curd by stirring."

A recipe for "Bean curd soup" (p. 6) begins: "Buy *hsin tou fu* (new / fresh bean curd less than 6 hrs. old that has not been pressed into cakes)" [i.e. fresh soymilk curds].

In the chapter on "Meats" (p. 12), the recipe for

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Shredded beef calls for "Soy sauce" and "Black chiang yu." The recipe for Meat-vegetable dish to be served with Shao ping (p. 14) calls for "Tou Fu Kan (Dry bean curd [pressed tofu], 5 flat cakes, 2 inches in diameter)." The recipe for Spiced mutton (p. 14) calls for 2 tsp. "Soy bean paste."

On pages 39-41 is a "Vocabulary" with three columns: Name in English. Romanization of Chinese name (Wade-Giles) with accents. Name in Chinese characters. Soy related words: Bean curd–tou fu. Bean curd (dry)–tou fu kan. Bean curd pickled–chiang tofu fu. Soy bean paste–hei chiang. Soy bean oil [sic, sauce] (black)–hei chiang yu. Soy sauce–chiang yu. Address: Peking, China.

1313. Horvath, A.A. 1928. Soybean feeding and blood calcium. *Japan Medical World* 8(1):1-5. Jan. 15. [32 ref]
• ***Summary:*** "It is a general belief that soybeans are poor in calcium. This belief is supported by Forbes (1909), Osborne and Mendel (1917), Adolph (1922) and others." Yet various chemical analyses show that the soybean seed contains about 0.25% of calcium oxide, which is higher than most foods, including whole cow's milk. Rabbits were fed a diet of raw yellow soaked soybeans for 4 weeks, and of other soybean preparations ("sprouted soybeans" and "soybean curd" made with calcium sulfate) given for three weeks more. The blood calcium level generally fell. Possible reasons for this are discussed.

"In China the black soybean has been used for feeding animals since ancient times and is thought to be more suitable than the yellow variety. It is known that the black variety contains much less fat than the yellow soybean."

Note: This is the earliest English-language document seen (Jan. 2013) that uses the term "sprouted soybeans" (or "sprouted soybean") to refer to soy sprouts. Address: Dep. of Medicine, Peking Union Medical College, Peking, China.

1314. Houck, Bertha Anne. 1928. Gastronomic adventures. *Los Angeles Times.* May 13. p. K12.
• ***Summary:*** About the many restaurants of foreign-born Americans visited by the writer in Los Angeles. "The last compromise which foreign groups make to the customs of an American city is in their food."

Chinese restaurants are found on San Pedro street, south and east of the Plaza. "A vegetable soup is safe to start with, being a watery, peculiar dish with strange and delightful vegetables and soya bean curd it. Each dish is prepared to be eaten with rice as American eat bread, for soya bean sauce, which is used extensively, is too strong to be pleasant without it."

"Japanese food is similar to Chinese, but, because of the Buddhistic laws against the taking of life, no meat except fish, is eaten. As with the Chinese, soya is the important flavoring. Suimono, a bean-curd soup, a broiled fish and an omelette, or boiled chestnuts and rice, form the typical Japanese dinner." Japanese restaurants are "found in the Japanese section on First street, east of Los Angeles street, or on Weller street, just south of First street."

1315. Grey, Egerton Charles. 1928. The food of Japan. Geneva: League of Nations, Health Organisation. 161 p. May. Index. 24 cm. [82 ref. Eng; fre]
• ***Summary:*** Detailed information and analysis. Contents: Preface. 1. Quantity of food in Japan: Exports, imports, production and consumption of food in Japan in the year 1925. 2. Quality of food in Japan: Definition of quality. 3. Distribution of food in Japan: Natural and artificial distribution. 4. Chemical composition of Japanese foods as consumed: Methods of analysis. 5. Chemical composition of Japanese food as purchased. Appendices: I. Literature relating to the chemical and physical properties of the food of Japan, with list of authors. II. Food materials and the plants and animals serving as sources of food in Japan.

The Preface begins: "This work... was carried out in the Imperial Institute of Nutrition, Tokyo (director, Dr. Tadasu Saiki). It comprises statistical data relating to the food supply of Japan and analytical data derived from the writer's personal examination of the food materials."

Table 7 (p. 25) shows the amounts of major foods consumed in Japan. The percentage of the total food consumed is: Rice 50.83%, barley 10.15%, potatoes 8.63%, wheat 6.63%, soy bean 4.76%, other beans 3.71%, other cereals 3.24%, fish 1.72%, seaweed 1.23%.

On page 54, the author discusses the "Alkalinity of the ash [of foods]. This figure is of considerable importance as indicating the capacity of the food material to produce alkali in the body." On pages 61-111 the author lists the nutritional composition of all major Japanese foods, grouped by food type: 1. Cereals and cereal products. 2. Legumes, pulses, and legume products. 3. Roots, greens, and other vegetables. 4. Mushrooms and seaweeds. 5. Fruits, nuts, and seeds. 6. Vegetable oils. 7. Other vegetable products. 8. Dairy products. 9. Eggs. 10. Meat and animal fat. 11. Fish. 12. Condiments, beverages, etc. The name of each food is given in both English and French, usually with a brief explanation.

In a table (p. 65-69), in category "II. Legumes, pulses, and legume products," the section titled "Fresh legumes" includes (p. 64-65): Edamame (Soy bean in pod) = *Fève de soya en cosse*. The section titled "Dry legumes (pulses)" includes (p. 64-67): Azuki (Small red bean) = *Petit haricot rouge.* Dainagon (Small red bean) = *Petit haricot rouge* Ao daizu (Soy bean [with green seed coat]) = *Fève de soya.* Kuro daizu (Black soy bean) = *Fève de soya noire.* Shiro Daizu (White soy bean) = *Fève de soya blanche.* Rakkasei (Pea nut) = *Pistache de terre.*

The section titled "Bean products" includes (p. 66-69): Aburage (Fried-bean curd) = *Pâte de haricots frite.* Aka miso (Soy-bean paste) = *Pâte de fèves de soya.* Gammodoki (Fried-bean curd) = *Pâte de haricots frite avec mixture d'algues marines.* Kinako (Soy-bean powder) = *Poudre de*

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fèves de soya. Kori dofu = *Pâte de haricots séchée*. Namaage (Fried-bean curd) = *Pâte de haricots frite.* Natto (Fermented soy bean) = *Fève de soya fermentée.* Sarashian (Red-bean powder) = *Poudre de haricot rouge* [Sarashi-an from azuki beans]. Shiro miso (White soy-bean paste) = *Pâte blanche de fève de soya.* Tofu (Soy-bean curd) = *Pâte de fèves de soya.* Tofu kasu (Soy-bean residue) [okara] = *Déchets de fèves de soya.* To nyu (Soy-bean milk) = *Lait de fève de soya.* Yuba.

Note 1. This is the earliest English-language document seen (April 2013) that contains the word *gammodoki*, which refers to deep-fried tofu burgers, or that contains the word *namaage*, which refers to deep-fried tofu cutlets.

Also: Mushrooms and seaweeds includes (p. 73-75): Arame, Asakusanori [Asakusa nori], aonori, hijiki, kanten, kombu, mozuku, ogonori, tororo kombu, wakame. Fruits, nuts and seeds includes (p. 77): Asanomi (Hemp seed), Goma (sesame, white and black). Vegetable oils includes (p. 79): Daizu yu (Soy bean oil) = *Huile de fève de soya.*

Condiments includes (p. 92-93): Hamana natto [fermented black soybeans]. Kiriboshi (Dried daikon). Misozuke [miso pickles]. Narazuke. Shoyu [soy sauce]. Takuan (Pickled radish). Umeboshi (pickled plum) = *Prune confite.* Beverages includes (p. 92-93): Amazake. Mirin (fermented rice). Sake (Rice wine).

For each food, the following values are given in both English and French: Water, protein (N x 6.25), fat, carbohydrate, ash, calories, alkali value, total nitrogen, water-soluble nitrogen, phosphoric acid (anhydrous), sodium chloride (salt), water-soluble ash, water-insoluble ash, alkalinity due to soda and potash, alkalinity due to lime and magnesia, calcium oxide, ferric oxide, factor for converting to dry food.

Note 2. In Japan, the typical person is well aware of which foods are alkaline (*arukari-sei*) and which are acidic (*san-sei*). The alkaline foods are generally considered more healthful and health-protecting. For the alkaline values given by Grey for many basic Japanese foods, see SoyaScan Notes. 1991. Sept. 20.

Note 3. This is the earliest English-language document seen (March 2009) that uses the term "soy-bean paste" to refer to miso.

Note 4. This is the earliest English-language document seen (June 2009) that uses the term "Edamame" to refer to [green] soy beans in their pods.

Note 5. This is the earliest English-language document seen (April 2013) that uses the term "kori dofu" to refer to dried-frozen tofu.

Note 6. This is the earliest English-language document seen (Dec. 2006) that uses the term "pickled plum" to refer to umeboshi salt plums.

Note 7. This is the earliest English-language document seen (Nov. 2011) that uses the term "Hamana natto" to refer to fermented black soybeans. Address: M.A., D.Sc., F.I.C., M.R.C.S., etc..

1316. Powell, Maude N. 1928. Diet of coolies in Changsha. *Chinese J. of Physiology, Report Series* No. 1. p. 129-33. July. Issue title: Metabolism. [7 ref. Eng; chi]

• ***Summary:*** During May, 1924, the diet of 63 coolies employed by the Hunan-Yale Hospital at Changsha, Hunan, was studied. Table 1 shows the percentage composition of foods used by coolies in Changsha, China. These include: "Yellow bean sprouts (whole)" [soy bean sprouts], and "Soft bean curd" (toufu nao; literally "tofu brains"). The average diet contained 3,008 calories, 67.1 gm protein, 27.2 gm fat, and 604.9 gm carbohydrates. The average weight of the men was 54.66 kg (120 lb). "This would give 55 calories per kg as against 40 calories per kg in the West. The larger intake is believed to be due to the low coefficient of digestibility of rice which constitutes the bulk of the diet." Address: Dep. of Biochemistry, Hunan-Yale College of Medicine, Changsha, China.

1317. Wu, Hsien. 1928. Nutritive value of Chinese foods. *Chinese J. of Physiology, Report Series* No. 1. p. 153-86. July. Issue title: Metabolism. [7 ref. Eng; chi]

• ***Summary:*** The nutritive value of many Chinese foods (water, protein, fat, ash, crude fiber, carbohydrate, calories) is given (with the English name, scientific name, and name in Chinese characters), including the following: wheat gluten, sesame seed (p. 155), yellow soy bean, black soy bean (large or small), green soy bean, soy bean sprout (yellow or green), soy bean flour, soy bean curd, soy bean dregs [okara], bean curd (doufu-gan, boiled in salt and spices and partially dried), oil skin ([yuba], from boiled soy bean milk), bean curd skin ([yuba], dried, or rolled like bamboo), soft bean curd, soy bean milk (p. 156), smoked bean curd, sheet bean curd, fermented bean curd, pickled bean curd, soy bean (fresh) (Characters: hair + bean = mao tou), wild soy bean, red gram bean (red small bean, Phaseolus mungo [azuki bean], p. 157), cucumber pickled in soy bean paste (p. 175).

Condiments: Thick soy bean paste, thin soy bean paste, fermented soy bean, fermented bean (dried), thin soy bean sauce (white), thick soy bean sauce (white), thin soy bean sauce (black), thick soy bean sauce (black), soy bean sauce ("chemical"), sweet flour paste (p. 176).

Table 4 (p. 180) gives the calcium, phosphorus, and iron content of some Chinese foods in percentages of edible portion, including the following: Wheat gluten, job's tear, yellow soy bean, black soy bean, red gram bean [azuki], green soy bean (fresh), soy bean flour, soy bean milk, bean curd (Southern style and Northern style).

Table 5 (p. 182) lists foods as sources of vitamins A, B, C, or D, including the soy bean (an excellent source of vitamin B).

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "doufu-gan" (or "doufu gan") to refer to Chinese-style firm tofu. Address: Dep.

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of Biochemistry, Peking Union Medical College, Peking, China.

1318. McCoy, Frank. 1928. Health and diet advice. *Los Angeles Times.* Aug. 8. p. A6.
• ***Summary:*** The section titled "Cheese without pie" notes that cheeses from which the cream [fat] has been partly removed are most easily digested. "Cottage cheese is very wholesome, and is often used by vegetarians as a substitute for meat."

"Even the Japanese, who are too crowded in their picturesque island islands to raise cows, have a kind of cheese [tofu] manufactured in much the regulation manner by souring soy bean milk." Note: Tofu is made by coagulating soy bean milk with a salt (such as magnesium chloride and/or calcium sulfate), not by souring it. Address: Dr., author of "The Fast Way to Health".

1319. Dorsett, P.H.; Morse, W.J. 1928. Agricultural explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon (Log–unpublished). Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished typescript log. Illust. Partially indexed. 28 cm.
• ***Summary:*** Also called the "Log of the Dorsett Morse Expedition to East Asia" and (by the National Archives) "Dorsett-Morse Expedition to the Far East, 1929-31," this is one of the most important documents ever produced on soybeans and soyfoods. Covering the period from late 1928 until 1932, it consists of 17 volumes of typewritten unpublished manuscript plus handwritten notebooks.

The two explorers, who were gone on the expedition for a little more than two years, initially planned to be gone for about three years. They took 3,369 photos of which 95% appear in the report; the original prints are pasted on the pages, each with a number and a caption. The first negative number is #43196 (p. 238) and the last is #46514. The last numbered page of the report is #8818, but most of the index pages are not numbered and some special reports at the end of the main report each start with page 1.

The first quarter of the pages (to about page 2,500) are indexed, using 4 separate indexes. The only original and 2 microfilm copies were at the American Soybean Assoc. (St. Louis, Missouri), however as of Aug. 2011 they are on permanent loan to Rare and Special Collections at the National Agricultural Library (Beltsville, Maryland)–which also has 7 photograph albums that accompany the 7 log books. A list of the missing pages has been compiled. One photocopy of a microfilm copy is at the Soyinfo Center (Lafayette, California). One microfilm copy is at the National Archives in Washington, DC, in Records of the Bureau of Plant Industry, Soils, and Agricultural Engineering, Record Group 54. See: "National Archives Microfilm Publication No. M840. Expedition Reports of the Office of Foreign Seed and Plant Introduction of the Department of Agriculture, 1900–1938." Rolls 16-20, volumes 56-73. These microfilm rolls may also be available for viewing or duplication at one of the various regional branches of the National Archives (e.g. San Bruno, California).

A brief itinerary of the trip is as follows: 1929 Feb. 18–The party of 5 people leaves Washington, DC, for Los Angeles by train. It consists of Morse, his wife Edna, their daughter Margaret (age 7), Dorsett, and his daughter-in-law Ruth (Bobbie; the widow of Dorsett's son, she served as Dorsett's secretary and general helper).

March 1–They sail from San Francisco to Yokohama on the S.S. *President Grant* of the Dollar Steamship Lines. March 29–Arrive in Yokohama, proceed directly to Tokyo, establish headquarters with rooms at the Imperial Hotel, and hire an interpreter, Mr. Suyetake, who works with them for the next 2 years. May 21–The Morses go to Hokkaido, the Dorsetts to Kyoto, by sleeper train. Morse returns to Tokyo.

Aug. 17–The entire party arrives in Hokkaido and establishes headquarters in Sapporo to study soybeans. Oct. 8–Leave Hokkaido for the Northeast Provinces, then arrive in Tokyo on Oct. 15. Oct. 22–Arrive in Keijo (Seoul), Korea, then take many side trips. Note: 1929 Oct. 29–Great Depression begins in USA with stock market crash. Dec. 8–Return to Japan via Kyushu, then to Tokyo to study soyfoods. They buy and photograph many!

1930 April 1–Travel by steamer to Dairen, Manchuria, where they set up headquarters. Dorsett very sick from April 11 to June 11; taken to a Japanese hospital in Dairen, he almost dies of double pneumonia. Morse does the work of both men and does not inform USDA of Dorsett's critical condition. June 24–Morse takes a quick trip to northern Korea, via Mukden and Antung (Tan-Tung), to look for Zoysia grass.

July 1–Returns to Manchuria via Mukden. July 21. Dorsetts leave for Peking by train; Morses and Mr. Suyetake stay in Dairen. Aug. 21–Morse party travels to northern Korea, staying in Heijo (Pyongyang / P'yongyang); takes a 4-day side trip to Seoul. Sept. 28–Morse returns to Dairen, Manchuria.

Oct. 19–Morse party leaves Dairen, arriving in Peking the next day. Nov. 9–Morse party returns to Dairen. Nov. 30–Morse arrives in Harbin, north Manchuria, then passing through Mukden, returns to Dairen. Dec. 18–Morses leave Dairen for Japan, passing through Kobe on Dec. 21 and arrive in Tokyo on Dec. 23.

1931 Jan. 12–Travel to Kyoto, Himeiji, and Tatsuno Shoyu. Jan. 16–Visit Okazaki and Hatcho miso. Jan. 17–Return to Tokyo. Feb. 17–Morse party leaves Tokyo by boat for the USA, arriving in San Francisco on March 4. March 15–Dorsett party leaves Peking for Tientsin, Shanghai, and Hankow. March 27. Dorsetts sail from Shanghai to San Francisco.

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Note 1. The title of this report is puzzling since the expedition never went to Taiwan, Singapore, Java, Sumatra, or Ceylon. It was proposed several times that they visit these places, but the plans did not work out.

Note 2. This is the earliest log (unpublished) seen (Oct. 2001) that mentions soy. Address: Agricultural Explorers, USDA, Washington, DC.

1320. Ohki, Shinzo. 1928. Re: Introducing William J. Morse to Noda Shoyu Co. Letter to Mr. Shinzaburo Mogi of Noda Shoyu at 133 Onden, Aoyama, Tokyo, Nov. 2. 2 p. Typed, without signature (carbon copy). Typed. Bound in Log of Dorsett Morse Expedition to East Asia, p. 51-52. [Eng]
• ***Summary:*** "This is to introduce you to Dr. [sic] W.J. Morse of the Bureau of Plant Industry, U.S. Department of Agriculture. Dr. Morse has been investigating soybeans for a number of years and has written a book entitled 'Soybeans with Dr. Piper' [sic, 'The Soybean'], which book I presented to you before you left the United States... I wish you would direct him to Noda Shoyu Company and show him the wonderful plant your company is operating... He also wishes to visit some company manufacturing Tofu."

Note: Mr. Ohki's company makes fermented, Japanese-style shoyu in Indiana. On the next page (p. 52) of the Log, in a similar letter to Noda Shoyu Company in Noda, Japan (with the same date, translated from Japanese into English), Mr. Ohki notes: "When I visited your factory in 1917, I was greatly impressed by the magnitude of your plant, as well as the improved machineries [sic] you are using."

Note: This is the earliest document seen (Sept. 2011) concerning the Dorsett-Morse Expedition to East Asia. Address: Oriental Show-You Company, Brewers-Packers-Distributors, Columbia City, Indiana.

1321. **Product Name:** Tofu, and Agé.
Manufacturer's Name: Tofu-ya.
Manufacturer's Address: 437 5th Ave. between Island Ave. and J Streets, San Diego, California.
Date of Introduction: 1928.
New Product–Documentation: Talk with Haruki Koba, former owner of Oriental Groceries. 1989. Oct. 25. In the early 1920s, before the War, there was a tofu shop in San Diego on 5th Street between Island and J Streets, very close to where Mr. Koba used to make tofu, near where the Nanking restaurant is now. It was run by Mr. Himaka. He made tofu and agé there until World War II broke out. He had a son, Mich Himaka, who now works for the *San Diego Union* newspaper (Phone: 619-299-3131). But there were others before Mr. Himaka; he bought the tofu business from somebody else, who used to make tofu there before him. Haruki was born in Coronado (southern California) in 1920 and he recalls eating tofu when he was small. "I think every community with even a small Japanese population had someone making tofu: Los Angeles, Gardena, El Centro, Calexico, Imperial Valley. I think most of those shops were run by the family and did nothing but make tofu. I remember one cake cost 10 cents in those days." He does not know any particular company names but they would probably start with the family name, such as Himaka Tofu Shop.

Talk with Osa Himaka, Chosuke's son (Phone: 619-276-1856). 1989. Oct. 26. He was born in 1922 and he thinks his father and mother (Chosuke and Zazuye) started the business when he was about 6 years old. His father bought the business in a rental building from another tofu maker, whose name Osa does not remember. It was named Tofu-ya (written only in Japanese characters) and he did not change the name. The business continued until the night of 7 Dec. 1941 when Mr. Himaka was taken forcefully from his home. The family was placed in an internment camp until evacuation in April 1942. It was not re-started. The family made tofu, agé, and konnyaku. Neither of Osa's parents are now living. He has no articles about the company but he does have a photo of the family taken in front of the shop. He thinks there was also a Japanese run tofu shop in San Pedro at about that time.

1322. **Product Name:** Doufu (in Chinese): Fresh Soy Bean Cakes (in English).
Manufacturer's Name: Wo Chong Co.
Manufacturer's Address: 720 Jackson St., San Francisco, California. Phone: 415-431-5666.
Date of Introduction: 1928.
How Stored: Refrigerated.
New Product–Documentation: San Francisco City Directory. 1948-49. First listing for Wo Chong (Mandarin Cafe), grocery, 720 Jackson. No earlier listing in 1939, 1943, 1945-46; 1953 listing: Wo Chong Co. Bean cakes. 720 Jackson.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. 835 Pacific Ave., San Francisco, CA 94133. Tel. 415-982-6137 or 0660. Loetterle. 1977. California Living. April 17. p. 40. Address: 1001 16th St.

Labels. 1978, undated. The product with the psychedelic orange, purple and white label is named "fresh soy bean cakes" in English (an unusual name) and Doufu in Chinese characters. 4 cakes weigh 12 oz. Company owner is Walter W. Louie.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. 1001 16th St. San Francisco, CA 94107. Phone: 415-431-5666. Owner: Walter W. Louie.

Talk with Walter Louie. 1984. He says the company was founded in 1928.

Leviton. 1983. Soyfoods. Summer. p. 35. Jack Mizono of Azumaya recalls that Wo Chong opened in 1945.

Talk with Walter Louie. 1989. Dec. 4. Wo Chong was started by his grandfather, Gin Louie, at 720 Jackson St. The company still has a retail outlet there. He is not sure of the

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starting date but he heard it was 1928 from his grandfather, whom he knew. Walter, who was born in 1931, clearly remembers that the company existed and made tofu when he was a young boy. He officially took over the company in 1948, but was actively involved in 1947. It moved to 835 Pacific Ave. in San Francisco, CA 94133 in 1961-62, then to the present location (1001 16th Street, San Francisco, California 94107) in 1975. He thinks he has a very old lease, of which he will send me a copy.

1323. **Product Name:** Fresh Tofu (Sui-dofu in Chinese).
Manufacturer's Name: Wo Chong Co.
Manufacturer's Address: 835 Pacific Ave., San Francisco, CA 94133.
Date of Introduction: 1928.
Ingredients: Soy beans, water and 1/10 of 1% calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Label. 1978. 5 by 4.5 inches. Plastic film. Psychedelic blue, dark green, and lichen green on clear film. Note: This is Japanese style regular tofu, probably not silken tofu. Loetterle. 1977. California Living. April 17. p. 40. Address: 1001 16th St. Labels.

1324. **Product Name:** Fresh Soy Bean Cakes.
Manufacturer's Name: Wo Chong Co.
Manufacturer's Address: 835 Pacific Ave., San Francisco, CA 94133.
Date of Introduction: 1928.
Ingredients: Soy beans, water and 1/10 of 1% calcium sulphate.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1978. 5 by 4.5 inches. Plastic film. Orange, purple and white on clear plastic. Chinese characters: Doufu. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Loetterle. 1977. California Living. April 17. p. 40. Address: 1001 16th St. Labels. 1978, undated.

1325. Ducceschi, V. 1928. La soja e l'alimentazione nazionale [Soya and the Italian national diet]. Milano, Italy: Francesco Vallardi. x + 246 p. (Biblioteca Encyclopedia Vallardi). [117 ref. Ita]
• ***Summary:*** Contents: 1. Introduction. 2. Natural history of the soybean. 3. Chemical composition of soybean seeds. 4. Biological value of the nutrients contained in soybean seeds. 5. Foods furnished by the soybean and their digestibility: Whole soybeans, soy oil, whole soy flour, bread made with soy flour, pasta, soy milk and cheese (Il latte ed il formaggio di soja [tofu]), fermented products (sauces; natto, miso, koji, soy sauce {called *shoyou* or *soyou* in Japanese, *tsiang-yeou* in Chinese}). 6. Medical and therapeutic applications of the soybean. 7. The economic problem of soybeans. 8. Conclusion.

Note 1. This is the earliest Italian-language document seen (April 2012) that uses the words *shoyou, soyou,* or *tsiang-yeou* to refer to soy sauce.

Note 2. This book's large bibliography contains more errors than any other soy-related bibliography ever seen. Address: University of Padova, Italy.

1326. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1928. Nichibei jûshoroku [The Japanese American directory. No 24]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Index of cities. 23 cm. [Eng; Jap]*
Address: San Francisco, California.

1327. Maliareffsky, G.I. 1928. [Bean milk and curd]. *Vestnik Manchzhurii* (*Manchuria Monitor*) No. 6. p. 21-23. English ed.; p. 83-91 Russian edition. Data supplied by Manchuria Railway S-ty. [3 ref. Eng; rus]
• ***Summary:*** Detailed descriptions, based on personal observations, of how soymilk, tofu, and yuba are made and used in Harbin and Fuchiatien. Nigari (*lu-shui*) is used as the tofu coagulant. Four methods can be used to preserve tofu: salting, drying, freezing, and steaming. Unpressed soymilk curds are called to-fu-na-erh and are sold in the streets of Fuchiatien for 1 copper per middle-sized cup. The grinding of soybeans to make tofu is done using a stone mill, driven by a donkey. The soymilk is separated from the fiber by filtration through a cloth and pressing before heating. "The ground mass remaining in the cloth after the filtration has been performed forms a very good nourishment for pigs, which are usually kept to make use of such refuses at every mill." Tou-fu-p'i (yuba) is removed repeatedly from the 2.5 foot diameter cauldron while the milk is heated for 90 minutes. A cauldron containing about 2 gallons of soymilk may be skimmed 30 times, the first skim being the best. The yuba is sold. After the milk is boiled, some of it is sold, but most is used to make tofu.

Note: This is the 2nd earliest Russian-language document seen (Oct. 2012) that mentions yuba, which it calls "Tou-fu-pi" and "yuba." Address: Harbin, Manchuria.

1328. Tao, L.K. [Tao Menghe]. 1928. Livelihood in Peking: an analysis of the budgets of sixty families. Peking: Social Research Department, China Foundation for the Promotion of Education and Culture. 158 + xxii p. Series: Social Research Publications, Monograph No. III. Facsimile edition reprinted in 1982 by Garland Publ. Co. (New York).
• ***Summary:*** Appendix V is an 8-page table titled "Total quantity and fuel value of food consumed by twelve elementary school teacher families in one month." The

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section on "Vegetables" (p. xvii) mentions numerous soybean products, with both the English-language name and Chinese characters, including:

Bean-curd (*dou fu*) [firm tofu]

Bean-curd, green, fresh (*ma dou fu*).

Bean-curd, preserved (*chou dou fu*) [stinky tofu].

Bean-curd, smoked (*dou fu gan*) [smoked tofu].

Bean-curd, smoked, thin (*dou fu si*) [smoked tofu noodles].

Bean-curd, lamina (*qian zhang*) [pressed tofu sheets].

Bean, lamina (*fen pi*) (made from mung beans).

Bean-curd, cheese (*jiang dou fu*) [a type of fermented; tofu preserved in Chinese jiang].

Bean-curd, green, dried (*ge xi dou fu*).

Note: We have never heard of two of these types of tofu before: (1) Bean-curd, green, fresh (*ma dou fu*). (2) Bean-curd, green, dried (*ge xi dou fu*). From the name and context they appear to be made from soybeans. Address: Formerly Prof. of Sociology, National Univ., Peking, China.

1329. Sherman, Hartley Embrey. 1929. Relative vitamin A content of four Oriental foods. *Philippine J. of Science* 38(1):1-7. Jan.

• ***Summary:*** One of these four foods is "Yellow soy-bean curd (the precipitated proteins of the yellow soy bean)." The local names are "Tou fu (Chinese) [Peking dialect] and utao (Filipino)." The research was done using white albino rats. "Bean curd has only a moderate amount of vitamin A." Address: Peking Union Medical College and Bureau of Science, Manila, the Philippines.

1330. Sherman, Hartley Embrey. 1929. Relative content of water-soluble vitamin B in thirty Oriental foods. *Philippine J. of Science* 38(1):9-36. Jan. [1 ref]

• ***Summary:*** The following are plentiful sources of vitamin B: Yellow soy bean (*huang tou*). Yellow soy-bean sprout (*huang tou ya*). Green soy bean [dry] (*ch'ing tou*). Green soy-bean sprout (*ch'ing tou ya*). Soy-bean curd (*tou fou*). Address: Of the Laboratories of Food Chemistry, Peking Union Medical College, Peking, China, and the Bureau of Science, Manila.

1331. Dorsett, P.H.; Morse, W.J. 1929. Miso in Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Pages 1009-10 (14 May 1929, Tokyo). "Copied from Mr. Morse's diary. In the afternoon we went to Matsuzakaya store to look over bean products and as a result we secured seventeen different soybean products. We found that they had 20 different forms of miso, a product which we think may have possible value at home."

Page 1053 (16 May 1929, Tokyo, Japan). A photo shows a natural sized picture of a small wooden box of miso. The Japanese name is given but is illegible.

Page 1054. "Natural sized picture of a small wooden box of miso. Native name: "Kansai miso." It is made in the Kansai district [the Kyoto-Osaka area] and is used in making miso soups (neg. #43659).

Page 1068. Photo of a "small wooden box of 'Edomiso' [Edo miso] which is made in the Tokyo District. Miso which is quite salty is used in making soups. In the city, miso soup is used for breakfast, which in the country miso soup is used for lunch and supper."

Page 1070. Photo of a small wooden box of "Shiromiso" [shiro miso], meaning white miso. "This form contains rice and is used in making miso soup."

Page 1202 (26 May 1929, Sapporo, Japan). Mr. Morse visited the Hokkaido Agricultural Experiment Station at Kotoni. Mr. Takatsugo Abiko explained that "The soybeans grown in Hokkaido are used entirely for food purposes such as natto, bean curd, green vegetable bean, soy sauce, miso, bean paste and roasted beans."

Page 2004 (29 July 1929). Morse visited the Saitama Experiment Station at Urawa, Saitama prefecture. Met Mr. Tadashi Hashigawa, who is in charge of the soybean work of this prefecture, which is third in soybean acreage in the Japanese Empire. His main work is developing varieties to be used for making soy sauce, tofu, miso, and natto. This station grows about 50 varieties, nearly all yellow-seeded and medium in size.

Page 2445-46 (19 Sept. 1929). Visited the Tokachi Branch Experiment Station in Hokkaido. Met Mr. Seiji Kawase and Yoshio Fujine. 60% of the crops grown in Hokkaido are legumes; of these, field beans are first, followed by soybeans, then field peas. The Tokachi district is very well adapted to soybean culture. There are five grades of soybeans plus a special grade for beans that will be used for soy sauce, miso, etc. Of the 1,837,325 bushels of soybeans produced in Hokkaido, 58% is exported [to outside of Hokkaido] and 42% is consumed in Hokkaido as follows: Miso 9%, soy sauce 9%, seeding 6%, tofu and other products 18%. In 1923 Hokkaido was Japan's leading soybean producing region with 17% of the nation's production, followed by Ibaragi [Ibaraki] 5%, Saitama 5%, Nagano 4%, Kumamoto 4%, Aomori 4%, Niigata 4%, etc. Address: Agricultural Explorers, USDA, Washington, DC.

1332. *Madison Survey* (*Madison, Tennessee*). 1929. Soy-bean products replace dairy products. May 15. p. 78-79.

• ***Summary:*** "For many years we have been warned that the increase of disease among cattle would put an element of danger into dairy products. This set us to studying foods that contain the essential elements of dairy foods with [sic, without] this objectionable feature." Describes the post-

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graduate work with soybeans done by two of the school's teachers, Miss Frances Dittes (Peabody College, Nashville) and Prof. P.A. Webber (Michigan State Agricultural College, Lansing).

"It is intensely interesting to those who are looking for something to replace dairy products, to see the products of the soy-bean cheese is delicious and capable of many variations in the dietary. One of the latest articles sampled is a loaf of yeast bread in which soy-bean milk was used instead of water. The bread is fine of grain, sweet, light, and with a toothsome crust that will appeal to the taste of the most fastidious."

"The soy-bean with nuts will supply every thing we have been obtaining from milk and flesh foods. And the danger that lurks in the products of diseased animals is entirely eliminated by the use of soy-bean products.

"There is a future for soy-bean products. We expect to see hundreds of our people demonstrating the value of these foods. This is a real missionary work for which Madison is preparing."

1333. *Madison Survey* (*Madison, Tennessee*). 1929. Soy-bean recipes. May 15. p. 79.
• ***Summary:*** The following recipes were developed by Miss Frances Dittes: Soy-bean milk. Soy-bean cheese. Soy-bean omelet (from whole sieved soybeans and eggs). Soy-bean in tomato sauce. Cream of soy-bean soup. Soy-bean salad.

1334. Dorsett, P.H.; Morse, W.J. 1929. Tofu and other soybean products in Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 1051, 1056 (16 May 1929). Tokyo, Japan. A photo shows: "Nearly natural sized picture of a package of dried bean curd or tofu. Native name is 'Koya tofu.' The fresh bean curd is first frozen and then dried. This dried form of curd is used in general cooking with vegetables and meats." The front label on the rectangular package is attractive (neg. #43661).

Page 1057. A photo shows: "Section of a large bamboo culm [the round, hollow stem] which has been transformed into a package for holding (for sale commercially) vegetable pickles. The handle is of kudzu vine. The stopper is of cedar [*hinoki*], *Cryptomeria japonica* (neg. #43662).

Page 1059. "Slightly larger than natural sized picture [photo] of a package of roasted soybeans imbedded in very small rice flour cakes. Beside the package are some of the beans in the rice cakes. This article of food is known as "Mame taro" [as written on the label]. The skin of the bean is dyed green. These are eaten as confections and may be had at all confectionary stores" (neg. #43664).

Page 1060. "Natural sized picture of rice flour cakes in which are imbedded small black seeded soybeans. Native name is 'Mameiri abura age kaki mochi.' Meaning roasted beans on fried rice cakes" (neg. #43665).

Page 1064. Two packages of mungbean noodles or vermicelli obtained from the Matsuzakaya Department Store. The vermicelli is known in Japanese as 'Tomen'" [sic, Harusame] (neg. #43669).

Page 1065. "Natural sized picture [photo] of a sample of sugared soybeans (native name 'Sato Daidzu') and of a sample of roasted soybeans (native name 'Nori-mame' or daidzu) over which, during the last stage of roasting, finely cut [nori] seaweed is scattered. Both products are used as confections and are to be had at all confectionary stores" (neg. #43670).

Page 1067. "Natural sized picture of roasted soy beans imbedded in very small rice flour cakes. The skins of the beans are dyed green" (neg. #43672).

Pages 1201-02 (26 May 1929). While visiting the Hokkaido Agricultural Experiment Station at Kotoni, Sapporo, Mr. Morse notes: "The soybeans grown in Hokkaido are used entirely for food purposes, such as natto, bean curd, green vegetable bean, soy sauce, miso, bean paste and roasted beans." Address: Agricultural Explorers, USDA, Washington, DC.

1335. Dorsett, P.H.; Morse, W.J. 1929. Natto in Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.
• ***Summary:*** Page 1179 and 1180 (25 May 1929). Sapporo, Japan. "Copied from Mr. Morse's diary:..." "After our visit

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with Dr. Ito we went to the Natto Laboratory of which Dr. [Jun] Hanzawa is in charge. We were given bulletins regarding the history, making and varieties of Natto, and served bottles of different sizes of Nattokin [Natto bacteria] (liquid pure culture) for the making of different kinds of Natto. We were then shown the various forms of Natto and taken through the various rooms and given detailed information on the various steps involved in the production of natto."

Page 1202 (26 May 1929). Sapporo, Japan. Mr. Morse visited the Hokkaido Agricultural Experiment Station at Kotoni. Mr. Takatsugo Abiko explained that "The soybeans grown in Hokkaido are used entirely for food purposes such as Natto, bean curd, green vegetable bean, soy sauce, miso, bean paste and roasted beans."

Pages 2003 and 2004 (29 July 1929). A letter from Mr. Ryerson dated 3 June 1929 noted that at least some of the colored motion pictures were good. "He wrote as follows: 'The last material received from Vitacolor was a great improvement. The azalea scenes were gorgeous.'"

"We were deeply grieved to note in the same letter the following paragraph concerning Dr. Galloway: 'Dr. Galloway has had to give up and go home. He will be leaving for a cooler section within a week. His nerves have gone back on him and he is facing the same siege that he had 10 years ago, much to the regret of all of us.'"

Mr. Morse added: "A visit was first made to the Saitama Experiment Station located at Urawa, Saitama Prefecture. We met here Mr. Tadashi Hashigawa, Agricultural Engineer, who is in charge of the soybean work of the Saitama Prefecture, which is the third in acreage of soybeans in the Japanese Empire. The work with soybeans consists mainly of developing varieties for seed to be used in making soy sauce, tofu, miso, and natto. This station is growing about 50 varieties nearly all yellow-seeded sorts with seed of medium size. In looking over these varieties in the trial grounds we found some very excellent varieties that no doubt will have value in the United States from southern Virginia southward. Especially North Carolina, Tennessee, and the upper delta of Mississippi. Mr. Hashigawa promised to send us samples of seed of all the varieties being grown at the station."

Page 3341 (24 Dec. 1929). "Today Morse and Suyetake went to call upon soy sauce and natto manufacturers for the purpose of getting acquainted and also if possible arrange for getting still and motion pictures of their plants, equipment and operations."

Page 3479 (8 Jan. 1930). Tokyo, Japan. *Soja max.* soybean. Photo of: "Three specimens of 'String Natto' [itohiki natto], one package (made of rice straw) unopened; one opened; and the natto without the package. These were purchased at a Natto factory, Tokyo, Jan. 6, 1930. The [rice-straw] packages are 15 inches long and 2½ inches wide. String natto is eaten after having mixed it with a mustard paste" (neg. #44739).

Note: This is the earliest English-language document seen (Jan. 2012) that uses the term "String Natto" to refer to natto or *itohiki natto*, or that uses the word "string" in connection with natto.

Pages 3925, 3929 (18 Feb. 1930). "It is one year ago today since we left Washington for Japan... We have found much of interest in connection with our special line of work, much more even than we expected, and therefore the time has passed all too quickly..."

"Morse and Suyetake searched for soybean products today, and were successful in bringing in a collection of two dozen things slightly or entirely different from those previously secured."

Page 3929. Photo shows: "Small triangular packages, one as purchased, the other unwrapped. They contain string Natto. The native name is 'Hygienic Miyako Natto.' There is at one side a small triangular paper containing dried mustard; this is inclosed [sic] with the Natto. Purchased in Tokyo, Feb. 16, 1930. Soybean dish measures 3 inches across" (neg. #44937).

Pages 6822-23 (22 Dec. 1930). Kyoto, Japan. Mr. Morse's notes. At the Imperial Agricultural College they met Isawo Namikawa, Professor of Horticulture, who said that Kyoto is noted for several special soy products such as white miso, soy sauce, and natto.

Page 6937 (10 Jan. 1931). Tokyo. Notes by Mr. Morse. Spent most of the day in the Shinjuku district looking up soybean products. "More String Natto in rice straw packages was observed in this section than any we have visited." Address: Agricultural Explorers, USDA, Washington, DC.

1336. Morse, W.J. 1929. Japan travel notes, April 5 to May 17. Handwritten manuscript. 27 p. Unpublished manuscript.
• ***Summary:*** Morse wrote these notes by hand in ink, early in the trip to East Asia, in a personal unlined notebook that was about 9 cm (3.62 inches) wide and 14.5 cm (5.75 inches) high. Most of the pages are unnumbered, no date or place is given for many of the entries, and the handwriting is occasionally faded or hard to read.

The purpose of this notebook and how Morse used it is unclear. These may have been his field notes that he used each evening as the basis for his official typewritten USDA trip report. Or was this a personal diary in which he kept personal observations that would not become part of the official report? This seems less likely.

This is apparently the first notebook in a series of many that Morse wrote. He kept the notebook after the trip and in April 1986 his daughter, Mrs. Walter A. Thalman (22 Interlaken Dr., Eastchester, New York 10709), who kindly photocopied it for Soyfoods Center.

Here are some quotations: "After a few minutes, we were served tea and cigarettes. Dr. Anda told us where the soybean work is being conducted. The soybeans are grown mostly in northeastern Japan, and specially on the island of

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Hokkaido where considerable breeding work is being done. At the Imperial Station in Tokyo, much chemical work is being done in the study of the manufacture of shoyu sauce and miso.

"After a visit to the Exper. Station we went to Ueno Park to visit and look over the cherry trees. The trees are in bud and should be in full bloom in about one week. Many of the trees are very large and quite old."

Food show: The International Food Show was being held in the large building in the park [Ueno]. A small admission fee was charged. The show lasts from April...

"Soybean products: The manufacture of shoyu or soy sauce was shown in several different booths. In one booth, samples of soy sauce made by the various soy manufacturers was shown in various sized bottles and kegs. In another booth, the ingredients used and the method of manufacture were shown. Large yellow soybeans were shown, a bottle of wheat, a bottle or jar of the rice ferment [sic, wheat ferment, koji], the product consisting of roasted wheat, cooked soybeans, after addition of the ferment. Then a jar of the product after the addition of salt and water, and curing for a certain length of time [shoyu moromi]. Then a jar of the sauce was shown which was pressed out of the preceding jar. The cake or ___ which was left after pressing out the liquid was shown.

"Tofu or bean curd: The different materials used in the manufacture of bean curd were shown. 1st were shown a bushel tub of large yellow soybeans (sample sent to Washington as coming from the national food show). 2nd was shown the beans soaking in water. 3rd was shown the bean milk. 4th was shown a jar of magnesium sulfate water used in precipitating the protein of the tofu milk (as it is called in Japan)... salts in precipitating the protein. Then were shown the blocks of tofu or bean curd. Many kinds of bean curd are made, depending on the amount of pressing. The soaking of beans in warm water or longer soaking in cold water. The amount of the water added in making the bean milk. Tofu is not made in large factories, but in small factories or stores scattered throughout the city. Small dealers or hucksters with the two tubs one at each end of a pole slung over their shoulder. Tofu (blocks) are in these tubs and the huckster has his route passing along blowing a horn which has a peculiar sound. He also passes back in alleys to his customers, leaving his tubs on the street. He cuts off from the slabs of bean curd whatever amount his customer desires."

"Buddha's Birthday. Hibiya Park, Tokyo. April 8, 1929." "... it is quite generally agreed that the Buddha was born in the sixth century B.C. The birthday is known as Hanamatsuri or Floral Festival..." Address: USDA, Washington, DC.

1337. Senior Minister of Cuba in London, Subsecretario de Agricultura, Comercio, Y Trabaja. 1929. Re: All the nutrition that we need is found in the soybean. Letter to Sr. Director de la Estacion Experimental Agronomica, Santiago de las Vegas, Cuba, June 11. 1 p. [Spa]*

• ***Summary:*** This letter, which begins with the heading *"Todo el alimento que nosotros necessitamos en la soya,"* discusses Dr. James L. North of England, fresh soymilk, dry soymilk, soybean meal for use in bread, soy cheese, soy coffee substitute, and soy oil.

This letter is located in file #363 in the archives, INIFAT, Santiago de las Vegas, Cuba. Address: London, England.

1338. *Madison Survey* (*Madison, Tennessee*). 1929. Soy-bean recipes. June 19. p. 98-99.

• ***Summary:*** Describes how to make "soy-bean cheese" (also called "soy cheese," i.e. tofu) at home using lactic acid as a coagulant, plus the following recipes: Savory loaf (with soy-bean cheese). Soy-bean loaf (with soy cheese). Lentil-soy loaf (with soy-bean puree). Vegetable roast (with soy-bean puree). Jellied soy salad (with soy cheese). Tomato soy salad (with "soy curd").

1339. Seattle (Washington) passenger and crew lists, 1882-1957. Immigration and emigration: Saizo Ota. 1929.

• ***Summary:*** Name of passenger: Saizo Ota. Birth: 1881–Japan. Departure: 11 June 1913–Yokohama, Japan. Arrival: 4 Nov. 1929–Seattle, Washington.

1340. Dorsett, P.H.; Morse, W.J. 1929. Tofu in Tokyo, Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 1929 (19 July 1929). Tokyo, Japan. A photo shows: "A soybean curd man with his two wooden tubs of soybean curd, which he is peddling from house to house in the rural district of Tokyo." He is walking along a road with a row of tall trees to the left (neg. #44094).

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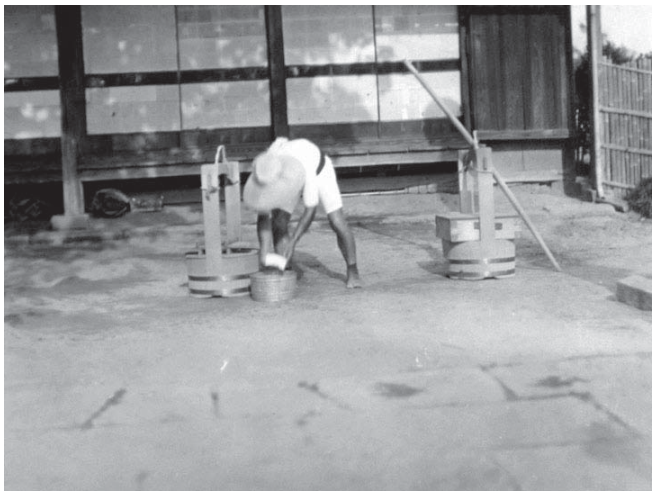

Page 1929. "The same man shown in picture #44094 placing a piece of bean curd which he has just sold, into a vessel of water. We have a motion picture of this" (neg. #44095).

Page 2335-37 (4 Sept. 1929). Tokyo. "We were out this morning at 4:00 a.m. and visited a tofu and soybean curd factory. We spent a most interesting 2½ hours observing the various operations. The soybeans are put to soak about 5:00 p.m. the day before they are to be used, and about 4:00 a.m. the" next day "they are ground. This is accomplished by means of a special apparatus which grinds the beans very fine while a small stream of water is running on the beans in the chopper.

"It looks as though they grind about half a bushel of beans for each batch of curd. After grinding it is put into a large open kettle and brought to a foaming boil. The foaming mass is stirred down several times. In one of the foaming processes a small amount of mustard [rapeseed] oil and some kind of flour (we were unable to learn what kind) is sprinkled over the foaming mass and while foaming, about two gallons of water (cold) is added to the mixture. It is then strained through a bolting cloth sack into another receptacle in which there is two bolting cloth bags. A rather light pressure is applied to the first bag of solid matter and after it is drained for a time, 15 or 20 minutes, the solid portion is put back into the kettle, a little water is added, and it is again put into the bolting cloth bag and the liquid portion pressed out into the other two bolting cloth bags.

"The solid portion is then put to one side and later utilized in other food products or for cattle feeding period."

Page 2336. "To the white liquid bean milk, which by the way is pretty good, about a gallon and a half of water, to which has been added a solution–we could not learn the proportions because of its being a trade secret–three cups, we should say (guessing) about a quart of a solution of sulphate of magnesia [sic, magnesium, i.e., magnesium sulphate] is added to the soybean milk. The solution is added slowly and well distributed through the hot bean milk. By rule of thumb the operator tests with his ladle the coagulation of the milk and just before it is finished he adds about a teacup of the sulphate of magnesia solution to the mixture. He then places a bamboo or wicker basket in the tub and dips off all the liquid (whey) that he can.

"Nearby, which has been previously fixed, is a false bottom box about 12 inches wide, 24 inches long, and 6 inches deep. There is an addition [wooden frame] of about 2 inches added to [the height of] the first box and over the whole a piece of bolting cloth is placed. The curd in the large tub is carefully transferred by means of a ladle from the tub to the box, which is large enough to hold the batch. The liquid is gradually pressed out by rather light weight and in a short time the 2 inches added height to the box is taken away. The bolting cloth is then laid back and with a flat broad knife the rough edge around the sides and ends are sliced off and placed in a row along the center. The cloth is then folded back smoothly and a board and weights are placed on the box of curd. In about half an hour this box of curd is cut through into squares something like 6 inch bricks. The box and contents is lifted off and placed upside down in cool water. It is readily slipped out of the box and the bolting cloth is removed. These blocks of curd [tofu] can then be disposed of as is or can be cut into still smaller squares.

"Another operation in this establishment is the frying of the curd.

"We watched them cut 1- by 6- by 6-inch blocks up for frying in deep fat (Mustard oil). Some of the 1 by 6 by 6 inches were cut into three pieces each about 1 by 2 by 6 inches and these in turn were split in two to make two pieces each about ¼-inch by 2 by 6 inches. Other 1 by 6 by 6-inch pieces were cut into squares about 1 by 2 by 2 inches and these were split. They used two frying kettles and transferred the curd from the first to the second, cooking it about half done in the first and completing the cooking in the second.

We tried some of this hot tofu (curd) with a little soy sauce and found it quite good.

"This concern works up five bushels of soybeans daily into curd and tofu.

"About 6:30 a.m. we went out to 23rd street and walked through the farmers open market."

Page 2371 (8 Sept. 1929). Tokyo. "Soybean harvest in Hokkaido is supposed to begin about September 15th so from now on we plan to spend the greater part of our remaining time in this region, in the field..." We leave tomorrow morning and "expect to be away about a week."

Page 2693-95 (18 Oct. 1929). Left Ueno station in Tokyo en route to Kagemori in the mountains, where we hope to see soybeans and get motion and still pictures of their harvesting in that region. We arrived at Kagemori at 10:45 and conferred with the village committee who advised that we were about two weeks too early to see the harvesting of soybeans."

Page 2695. Two photos show: "Mr. Masoi, a Japanese

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bean curd man, slicing and laying bean curd on a bamboo rack for pressing." Kagemori (neg. #44392 and #44393).

Page 2696. Photos: (1) A Japanese farmer bending over in a field, pulling up soybean plants. "This is the way they are harvested in this region, and putting them in small piles, roots up." (2) The same man "has just finished setting up a small shock of soybeans and is on his way to pull up more" (negs. #44394-95). Address: Agricultural Explorers, USDA, Washington, DC.

1341. Morse, W.J. 1929. Letter from Dr. [sic] Morse. Tokyo, Japan, July 20, 1929. *Proceedings of the American Soybean Association* 2:50-52. Tenth annual field meeting. Held 22-23 Aug. at Guelph, Ontario, Canada.

• ***Summary:*** This letter from W.J. Morse was read before the 1929 convention of the American Soybean Association at Guelph, Ontario, Canada. This is the first annual ASA meeting he has missed. He begins with a brief description of the "Oriental Agricultural Exploration Expedition" headed by Mr. P.H. Dorsett and himself. They plan to study soybeans in Japan first. "The largest soybean section is the Island of Hokkaido which has an acreage of 215,212 [planted to soybeans] and produces 3,184,245 bushels of beans" [yield = 14.8 bushels/acre].

"On our arrival and after establishing headquarters in Tokyo, we first began to look up varieties which we might send back to the United States for the 1929 planting. We succeeded in packing up about 100 lots which are now growing in the variety plots at Arlington Farm [Virginia]. In hunting out this seed, we were very much surprised to find the soybeans listed with the garden beans and as garden beans. For the most part these are grown as green vegetable beans. These sorts are black, brown, greenish yellow, and yellow seeded varieties of early, medium, and late types. Some of the yellow seeded varieties are listed as most suitable for bean curd, soy sauce, miso, natto, and confectionery purposes, such as sweet bean paste, candied beans, roasted beans (like our peanuts), and sugared beans."

Note 1. Azuki beans, rather than soybeans, are usually used to make "sweet bean paste" in Japan.

"It is amazing, the extent to which the soybean is used for food in Japan. Whether or not it can be used in the United States in all of the ways used here is extremely doubtful, that is for human food." There is no doubt that American soybeans will be used mostly to produce oil and oil meal. "It may interest you to know that the beans produced in Japan

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are used entirely for human food, green manure, and planting purposes. The grain varieties have seed of higher quality than those produced in Manchuria and are not used for oil and oil meal production as [are] the beans of Manchuria. The great soybean oil and meal production of the Orient is confined almost entirely to Manchuria.

"Another thing which surprised us greatly was the extent to which soybeans are used for green manure purposes in the rice paddies." The plants are turned under in the mud after water has been run into the paddies.

"Another extensive use of the soybean is for bean curd, or tofu, which is manufactured only... in small shops scattered about the cities and country villages. This curd is used in many ways, being the meat of the poorer classes. It is used, however, quite generally in making bean-curd soup [miso soup with tofu] which is sometimes served at breakfast and nearly always at supper. The bean curd is peddled about from house to house by men with two tubs suspended from a bamboo pole over their shoulders. The sound of the little horn of the bean curd man as he announces his coming has become quite a familiar sound to our ears as we go along the streets or hear him pass under our office windows.

"Soy sauce is manufactured on a very large scale and is universally used by the Japanese, rich and poor. We have had the pleasure of visiting the large experimental laboratory of an experiment station given wholly to soy sauce and saké experiments. In Hokkaido we visited a soy sauce factory, the buildings of which covered several acres. In one of the curing vat buildings where the mash is allowed to cure for about 18 months, we counted ninety large vats.

"Soybeans are used to a very considerable extent for confectionery purposes. The large black, brown, and green seeded varieties are used in making sweet bean paste which is put up in small thin slabs and then done up in very attractive packages. Roasted beans, similar to our roasted peanuts, may be found at nearly all confectionery stores. Roasted beans are also sugar coated and others are sprinkled with small pieces of sea-weed during the roasting, which gives an appearance of mottled beans (rather a familiar sight to our mid-west farmers). Then, there are the candied beans, that is, beans which have been boiled in syrup.

"Miso and natto are two forms of bean foods in which the beans are first cooked and then treated with certain bacteria [sic, microorganisms]. Miso is used largely in soups which are consumed at breakfast. Both of these foods are quite largely used.

"Other products used for food are roasted soybean flour, soybean vermicelli, pickled green beans in the pod, yuba–the film produced by boiling soybean milk, and dried frozen bean curd."

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "dried frozen bean curd" to refer to dried-frozen tofu.

Note 3. This is the earliest English-language document seen (Nov. 2012) that contains the term "roasted soybean flour."

"Another surprising thing is the very extensive use of the soybean as a green vegetable bean. As early as May, small bundles of plants with full grown pods were seen on the market. At the present time the market is virtually flooded with bundles of plants with full grown pods, the seeds of which are also full grown. The pods are boiled in salt water and the beans eaten from the pods.

"During the past two weeks we have visited large sections near Tokyo where soybeans are grown for green vegetable purposes. The beans are grown in rows 2 feet apart and in 95 per cent of the cases there are other crops planted between the bean rows, such as early cabbage, onions, lilies (for the edible bulbs), late varieties of soybeans, late plantings of soybeans, and other early truck crops." Address: USDA, Washington, DC.

1342. *Madison Survey* (*Madison, Tennessee*). 1929. Practical uses for the soybean. Sept. 4. p. 141-42.
• ***Summary:*** "From the pamphlet just coming from the press giving soybean recipes, we select this week the following instruction on salads. That readers are interested in soybean products is evident from the letter of inquiry received. Soybean cheese as used by the Madison Sanitarium is a popular dish and the many uses of the soybean curd make it a valuable addition to the dietary."

There follows a section titled "How to make a perfect salad" with 8 recipes for soy cheese [tofu]: Tomato, pineapple, cheese salad (with ½ cup grated soy cheese). Jellied soy salad (with 2 cups grated soy cheese). Waldorf cheese salad (with ½ cup grated soy cheese). Raisin and soy cheese salad (with equal parts grated soy cheese, seeded raisins, and chopped apple). Almond and salad (with "2/3 grated soy curd" and 1/3 ground blanched almonds). Sliced fruit and cheese salad (with orange, pineapple, raisins, and soy cheese). Tomato and soy salad ("Make a soy dressing by softening the soy curd with mayonnaise"). Pineapple and cheese salad (with pineapple, celery, grated soy cheese, and pecans).

1343. Nouelle, Georges. 1929. Le soja: Les produits coloniales [The soybean: Colonial products]. *Annales Coloniales* (*Les*) 30(137):1. Sept. 17. [2 ref. Fre]
• ***Summary:*** This is basically a good review of the literature, with no new information. It discusses the history, cultivation, and utilization of soybeans as human food, animal feed and in industry, with some emphasis on utilization.

For a long time, it has been considered in Europe as an object for botanical studies.

The milestone dates in its history are:

1779–The first cultural trials at the Museum of Natural History [Paris].

1868–Experiments are undertaken by the Society of

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Horticulture of the Côte-d'Or.

1880–Soybean seeds are sold by the house of Vilmorin [a seed company].

1888 [sic]–Introduction of soybeans into the United States, where it is adopted for the feeding of animals.

1906–Use of soybean in English oil mills, to make up for the shortage of cottonseed oil.

1908–Creation at Paris by Mr. Li-Yu-Ying of a research laboratory, later expanded into a factory named the *Caséo-Sojaïne* [soy casein factory = tofu factory].

The soybean is adapted to various climates and can be cultivated as far north as the haricot bean. It resists the cold better than the latter and is very tolerant of drought.

It is said that it grows from the Equator to 60º latitude. It is cultivated in China and from Manchuria large amounts are exported to China, Japan, Formosa, Korea, Indo-China and Siam.

In the Americas, it is cultivated in the United States. In Europe. it is cultivated in France in the area around Etampes, in several provinces of Italy, and in Russia.

In Oceania, it is grown in Philippines, Java, and Borneo.

In Africa, trials have been conducted in Algeria and Tunisia, as well as in the British colonies of southern Africa.

In 1908 about 100,000 metric tons were exported from China to Europe, of which 69,200 went to Great Britain and 21,390 to France. In 1909 England purchased 400,000 metric tons for its oil mills.

The soybean can be used profitably in crop rotations to add nitrogen to the soil for subsequent crops.

It is also widely used as a feed for animals.

For human food, it can be used in various forms, especially in the form of mil and of flour.

Soymilk (*Le lait de soja*), known in China before the Christian era, is obtained as follows: a brief description is given, including the process used at *Caséo-Sojaïne.*

Soymilk bears some resemblance to animal milk and it has analogous properties. It can be coagulated to make soy cheese (*fromage de soja* [tofu]). This is done in China and Japan using the water from salt marshes [nigari], or calcium sulfate (*plâtre*) or sour soymilk (*lait aigri*). At *Caséo-Sojaïne* it is made using a mechanized process, which ensures complete hygiene and uses pure coagulant solutions which leave no taste of bitterness.

They have also been able to make cheeses that resemble European cheeses, fermented or not.

Soymilk, like animal milk, can be concentrated, dried and reduced to a powder. Or it can be fermented to make kefir or yogurt (*Kéfir ou Yoghourt*). The cost of making it renders its use very economical.

Soy flour is obtained in the same way as wheat flour, by grind the seed–preferably dehulled. It is a very rich food which contains 4 times as much protein and 20 times as much oil as typical wheat flour. From it one can make bread (notably a diabetic bread using the formula of Dr. Menudier, 1890). By mixing it with wheat flour one can make biscuits that are easy to digest and have a long shelf life, or cakes, pâtes, etc.

From the seeds one can extract an oil which the Chinese presently use in their cuisine, and the English use to make margarine or soap. The cake remaining after oil extraction makes an excellent animal feed.

The soybean can also be consumed as a vegetable [green vegetable soybeans]. Its digestibility varies with the means of preparation. It is recommended to boil it (after soaking) in water to which had been added a pinch of sodium bicarbonate [baking soda]. Soy sprouts give salads a very agreeable taste. The Chinese make a bouillon base which can replace the bouillon from meat. And fresh soybeans can be prepared like peas. The Japanese and Chinese make soy sauce, using a complicated process, of which certain types are appreciated in England.

Finally, it can be used in confectionery in the form of a confection similar to *crème de marron*, or in the form of chocolate (with sugar and cocoa butter added). Grilled soybeans are served in certain European countries in place of coffee.

In addition to its alimentary uses, the soybean is used to make candles, paints, and *sojalithe* as an insulator for electrical devices.

The soybean is thus suited for numerous and diverse uses. It would be desirable to develop its culture in our colonies and even in France itself in places where it can be acclimatized. Address: Député de Saône-et-Loire, vice président de la Commission des Colonies, membre de la Commission des Mines.

1344. *Chinese Economic Journal.* 1929. Soya beans and bean oil industry in Manchuria. 5(3):791-805. Sept.

• ***Summary:*** "According to their order of importance, the agricultural products of Manchuria are as follows: soya beans, *kaoliang* millet, corn, wheat, barley, rice, buckwheat, hemp, tobacco, cotton, sugar beets and other minor crops."

The yellow bean (*Huang Tou*) is by far the most common, growing in abundance in North and South Manchuria. When the hilum and seed scar is colored white, it is called *Pai Mei* (meaning white eyebrow) *Huang Tou.* When the hilum is golden hued, it is called *Chin Huang tou.* The seed of this variety is almost globular. When the hilum is black, it is called *Hei Chi Tou* or black belly. All the three varieties produce oil and fat, the first two named being specially good for the preparation of bean-curd [tofu], one of the most palatable vegetable dishes of the Chinese.

"The green bean (*Ch'ing Tou*) has two varieties. When the seed is green and the cotyledon is yellow, it is called *Pi Ch'ing Tou.* It is said that this variety yields more legumine in the preparation of bean curd than the two varieties of the yellow bean, but of inferior quality. When the seed, the epidermis and the cotyledon are all green, it is called *Ch'ing*

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Tou. The hilum of this variety is generally tawny or black.

"The black bean (Hei Tou or Wu Tou) has three varieties: When the epidermis is black and the inside green, it is called *Ta Wu Tou.* It yields oil or fat, and when boiled with millet or rice it is used for food. When the epidermis is black and the inside yellow and of much smaller size, it is known as *Hsiao Wu Tou.* It yields oil, and is used for horse feed, and the refuse for pig feed. When the epidermis is black and the inside yellow, the bean assuming a flattened and elliptical shape, it is called *Pien Wu Tou,* and is used for horse feed, and when pickled for human food."

"Yellow or green soya beans are used in the manufacture of bean curd, a product of universal consumption in China. The by-product, bean milk, which is highly nutritious, is drunk as milk by many Chinese in the morning. The bean-curd skin [yuba], or the scum of the bean milk, is used for culinary purposes, and is greatly relished on the table."

"The most important product of the beans is bean oil, which has contributed in no small measure to the prosperity of Manchuria. It has attracted foreign capital, and the annual export of oil is enormous. there are altogether more than 300 bean oil mills in South and North Manchuria, including steam mills and oil-fashion, small plants. In Dairen there are 60 bean oil mills, of which only two are Japanese owned, the rest being Chinese. While other manufacturing industries have passed into Japanese hands with the acquisition of the Leased Territory of Kwantung. Chinese still retain a firm hold on the bean oil industry. Harbin has about 50 oil mills, two of which belong to Russians, the rest being entirely operated by Chinese. Other centers like Mukden, Antung, Newchwang and cities along the Chinese Eastern Railway, the South Manchuria Railway and fourteen other railways have bean oil mills in varying numbers, which go to make the total number of 300 oil mills. Beans harvested in the C.E.R. and the S.M.R. regions and even in the remote hinterland where only mule carts can go, are finally transported to various destinations in freight cars. Each car contains 52,000 catties of beans, which can produce about 5 thousand catties of oil and 1,000 bean cakes, every cake weighing 46½ catties. The 50 oil mills in Harbin consume annually about 490,000 tons of beans, valued at $35,000,000."

"The steam oil-mill and the old-fashioned mill differ from each other in mechanical equipment and in the number of presses employed. The old-fashioned mill has only one or two presses, while the steam mill has over twenty press machines. The largest having as many as a hundred. The screw press much in use in the former mill consists of a primitive wedge, that is now being replaced by the metal screw. The screw is turned by hand by the man in charge of the machine. In modern steam mills a steam pump operates a hydraulic press that puts great pressure on the prepared beans underneath. As the hydraulic presses are of larger dimensions, the cakes produced are greater in diameter and thickness than those made from screw presses."

1345. *Madison Survey* (*Madison, Tennessee*). 1929. Soybean products. 11(42):168-69. Oct. 23. [1 ref]
• ***Summary:*** Discusses a report on the calcium content of soybeans and tofu presented by Miss Frances Dittes at the annual meeting of the American Home Economics Association, and quoted in the October issue of the *Journal of Home Economics.* Last year Miss Dittes wrote her thesis on this subject while studying at George Peabody College for Teachers. She made three types of soybean curd using calcium sulfate, lactic acid, and rennet as coagulants, then measured their calcium content. All were low in calcium, although that made with rennet had the highest calcium content. "It is concluded that soybean curd in the dietary should be supplemented by foods rich in calcium."

Dr. Bailey at New Haven, Connecticut, found that soybean curd had no starch and no significant amounts of sugars. "This means that the soybean curd is a food eminently fitted for use by patients suffering from diabetes."

1346. Dittes, Frances L. 1929. The calcium content of soybean cheese (Abstract). *J. of Home Economics* 21(10):779. Oct.
• ***Summary:*** "Three types of soybean curd made by using calcium sulfate, lactic acid, and rennet, respectively, as coagulants, were analyzed for calcium by the Shohl modification of the McCrudden method. The three methods of making the curd produced cheeses of good texture, color, and flavor. All were low in calcium, varying from 0.003 to 0.005 per cent calculated as CaO [calcium oxide = lime]. The rennet curd had the highest calcium content. It is concluded that soybean curd in the dietary should be supplemented by foods rich in calcium." Address: George Peabody College for Teachers [Nashville, Tennessee].

1347. Lovell, John H. 1929. Soy bean as a honey plant. *Gleanings in Bee Culture* 57(10):646-48. Oct.
• ***Summary:*** The soy bean "belongs to the same family as the pea, bean, and clovers, plants which produce their seeds in a legume or pod."

"Up to the present time it has been cultivated chiefly as a hay or forage crop; but, with our population increasing twenty times faster than the food production, it must soon become important as a food for the human race.

"Soy beans, before they have fully ripened, may be shelled and used as a green vegetable like green peas. A few hills might well be planted in every garden. They may also be canned and used in winter, or they may be sprouted and the sprouts used like asparagus tips, to which, however, they are much inferior. The dried beans when cooked also make a palatable dish, and more than 100,000 bushels are packed annually by American canning factories. As the seeds are used as a substitute for coffee, soy bean is often called coffee

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berry."

"By boiling the crushed beans in water a vegetable milk may be obtained, which may be used in making cakes and custards... From the milk a curd or cheese [tofu] is prepared, which is on sale in the Chinese markets of America. This may be flavored with fruits and jams and made into puddings, and used for sandwiches and luncheon novelties.

"But of all the preparations made from the soy bean, none is more widely distributed or better known than soy sauce, a dark brown liquid which in odor and taste resembles a good meat extract. In Japan alone the annual production is more than 2,000,000 barrels. While it is largely consumed by the Chinese and Japanese it has been introduced into both Europe and America and may be purchased at all Chinese markets."

There is conflicting evidence as to whether or not soybean flowers are a source of sugar-rich nectar from which bees make honey. The soy bean plants "grown in my garden, had small inconspicuous flowers, with the corolla hardly visible. They were odorless and apparently nectarless and wholly unattractive to bees. Plants under glass from which all insects were excluded formed pods in great abundance which were well filled with large seeds. The soy bean is self-fertile and not dependent on bees for pollination.

"The flowers, the young leaves, and the stems are densely hairy as can be seen in the illustration [photo], but the older leaves are smoother. The specific name *hispida* was evidently selected because of the roughness of the stems. But this coating of hairs is not sufficient to defend the plants from insect attack."

"If it is honeydew which is stored by the bees from soy bean, then the erratic, scattering and infrequent reports of honey flows would be fully explained." Note: Honeydew is a sugar-rich sticky substance, secreted by aphids and some scale insects as they feed on plant sap.

"Therefore without more reliable evidence than is at present available, the writer does not think that soybean should be ranked as a honey plant."

A photo shows the upper part of a soy bean plant with stems, leaves, and blossoms. Address: Waldboro, Maine.

1348. Dorsett, P.H.; Morse, W.J. 1929. Soybean sprouts in Chosen (Korea) (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.
• ***Summary:*** Page 2977 (15 Nov. 1929). "This has been the 'gala' day of our trip thus far. This morning we went out to the Experiment Station [near Shariin] to meet Dr. Takahashi." They secured about 20 samples of soybeans and a sample of soybean sprouts.

Page 2998. Heijo (P'yongyang). Photo: A nearby view of a vessel of mungbean sprouts on left, soybean sprouts in the middle, and curd [tofu] on the right (neg. #44589).

Page 3002 (18 Nov. 1929). Heijo. Two good photos of soybean sprouts in earthenware vessels.

Page 3369 (31 Dec. 1929). "1,003 samples of soybeans secured from the Suigen Agricultural Experiment Station." "One of the most interesting is a very small seeded yellow sort, the seed being about the size of a mung bean. This is the smallest seeded variety of soybean we have ever seen and it should prove valuable as a bean for sprouting."

Page 5950 (27 Sept. 1930). In Heijo (North Korea), Morse visited Korean Farmers' Market. A photo shows a "Korean woman buying soybean sprouts from Korean farm woman on Farmers' Market Day" (neg. #54904). Address: Agricultural Explorers, USDA, Washington, DC.

1349. **Product Name:** La Sierra Soy Cheese (With Pimiento).
Manufacturer's Name: La Sierra Industries.
Manufacturer's Address: Arlington, California.
Date of Introduction: 1929. November.
Wt/Vol., Packaging, Price: Canned.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Los Angeles City Directories. 1928-29. For both these years Theo. A. Van Gundy is a teacher in City School. Resides in San Gabriel. Riverside City Directories. 1926-1951. No listing for Van Gundy or La Sierra Foods. Yet only in 1951 is La Sierra College listed. Ad in Health magazine. 1934. 1(3):30. June. "La Sierra Soybean Products: Perfect Protein, High Alkaline Ash, Low Starch." The first product on the list is "Soy Cheese." Note: This is the earliest known commercial tofu product to be named "Soy Cheese."

Ad in Dorothea Van Gundy. 1936. La Sierra Recipes. p. 46.

Two interviews with and two letters from Charlotte Van Gundy Holmes. 1981. In the fall of 1928 (probably not in 1927 as reported by Jones in 1963), T.A. Van Gundy moved to La Sierra (now a suburb of Riverside) and started La Sierra Industries. He soon developed a line of eleven soyfoods. The first eight of these were probably on the market by late 1929. One of the products was Soy Cheese (canned tofu, with pimiento added to prevent graying after canning). This was the company's second best selling product in the early 1930s.

1350. *Gazette* (*Indiana, Pennsylvania*). 1929. Soybeans.
• ***Summary:*** This article seems to be based on a USDA press report of early 1929: "W.J. Morse, forage-crop specialist, Bureau of Plant Industry, U.S. Department of Agriculture, who has been in Japan for several months collecting new varieties of soybeans, reports that to date he has collected more than 5,000 lots, representing every type of soybeans grown in Japan."

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"Samples from every lot of seed collected by Mr. Morse will be planted at the United States experiment farm at Arlington, Va. [Virginia], this spring, and when the seed is harvested tests will be made for oil content. In this way it is hoped that selections may be made which will ultimately develop into varieties with a wide range of oil content.

"Mr. Morse writes that the Japanese use the soybean in a number of ways in their diet. They grind the beans and make flour, they serve the green beans as we would green lima beans, and they cook the dried beans in a manner similar to navy beans. Besides this, they make soy sauce, soybean curd [tofu], beverages, and bean sprouts from the soybean. He believes that the use of soybeans as a human food in this country will increase steadily.

"Mr. Morse is now spending the winter in Tokio [sic], studying the Japanese methods of utilizing soybeans. While he expects soybeans to grow in favor as a feed for livestock and food for people, he feels that the largest future development of the crop in the United States will be in the utilization of the oil and meal in industry.

"Samples of the seed collected in Japan will be sent to some of the State experiment stations for trial, but will not be available for distribution to individuals."

1351. **Product Name:** Tofu.
Manufacturer's Name: Kuwasaki (Mrs. Mitsu) Tofu.
Manufacturer's Address: 480 N. Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1929.
New Product–Documentation: Directory of Honolulu and the Territory of Hawaii. 1928-29. Mrs. Mitsu Kuwasaki, proprietor. Not listed 1924, or 1930-31. Note that this location is next to the future location of Turomatsu Gono Tofu in 1931.

1352. **Product Name:** Tofu.
Manufacturer's Name: Nakamoto (Kensho) Tofu.
Manufacturer's Address: Rear 672 S. King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1929.
New Product–Documentation: Honolulu City Directory. 1928-29. Kensho Nakamoto Tofu (Kensho Nakamoto, proprietor). Rear 672 S. King, Honolulu. 1930-31. Address listed as rear 674 S. King, Honolulu. Not listed 1934-35.

Hawaiian Japanese Annual & Directory. 1936-37, p. 125. Takaaki Nakamoto (from Okinawa prefecture), tofu maker, 672 S. King St., Honolulu.

1353. **Product Name:** Tofu.
Manufacturer's Name: Sakai (Tahaji) Tofu.
Manufacturer's Address: 43 N. Pauahi, Honolulu, Oahu, Hawaii.
Date of Introduction: 1929.
New Product–Documentation: Honolulu City Directory. 1928-29. Tahaji Sakai Tofu (Tahaji Sakai, proprietor). 43 N Pauahi, Honolulu. Not listed 1930-31.

1354. **Product Name:** Tofu.
Manufacturer's Name: Sasaki (Mrs. Taka) Tofu.
Manufacturer's Address: 32 S. Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1929.
New Product–Documentation: Honolulu City Directory. 1928-29. Mrs. Taka Sasaki Tofu (Mrs. Taka Sasaki, proprietor). 32 S. Kukui, Honolulu. Not listed 1930-31. Note that this later becomes the location for Nihachi Matsushima Tofu in 1931.

1355. **Product Name:** Tofu.
Manufacturer's Name: Tanaka (Tanekichi) Tofu.
Manufacturer's Address: Mooheau, Hilo, Island of Hawaii.
Date of Introduction: 1929.
New Product–Documentation: Honolulu City Directory. 1928-29. Tanekichi Tanaka Tofu (Tanekichi Tanaka, proprietor). Mooheau, Hilo. Not listed 1934-35. 1936-37 Directory. Listed again. Same name/address.

Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 29. Tanekichi Tanaka (from Fukuoka prefecture), tofu maker, Furneaux Lane, Box 110, Hilo, Island of Hawaii.

Not listed 1937-38 in Honolulu City Directory.

1356. **Product Name:** Tofu.
Manufacturer's Name: Yamada (Isoji) Tofu.
Manufacturer's Address: 1069 Kamehameha, Hilo, Island of Hawaii.
Date of Introduction: 1929.
New Product–Documentation: Honolulu City Directory. 1928-29. Isoji Yamada Tofu (Isoji Yamada, proprietor). 1069 Kamehameha, Hilo.

Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 33. Isoji Yamada (from Kumamoto prefecture), tofu merchant (!), 1130 Kamehameha Ave., Island of Hawaii.

Not listed 1937-38 Honolulu City Directory.

1357. Ferrée, Christian Johan; Tussaud, J.T. 1929. The soya bean and the new soya flour. London: William Heinemann (Medical Books) Ltd. xi + 79 p. Illust. No index. 22 cm. Revised translation from the Dutch by C.J. Ferree and J.T. Tussaud of Die Sojaboon en Duurzaam Sojameel. [29 ref]
• ***Summary:*** Contents: Foreword, by Sir Wm. Arbuthnot Lane, President of The New Health Society. Preface, by C.J. Ferrée (London). 1. Introduction. Literature. Name of the plant. Origin. Botanical particulars. Assimilative power of the soya plant. Inoculation. Soil requirements. Production and cost. 2. General ingredients of the various Manchurian beans. Composition. The value of soya protein. Vitamin in

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the soya bean. Digestibility of the soya bean and its products. 3. Use in China and Japan: Bean sauce, soy, or shoyu, Chinese chiang (paste), tou-fu or beancurd, beans consumed as a table vegetable, bean refuse and bean cake are used as a fertiliser and for fattening hogs, bean oil is used as an illuminant (where it has not been superseded by kerosene), as a substitute for lard in cooking, and as a lubricant for greasing axles and parts of native machinery, miso and natto. First imports into Europe. Exports during the last five years from China and Japan. Imports during the last five years into Europe and America. The increasing rate of its cultivation. Manchuria–Production. Estimate of the world's production of the soya bean. London the principal market. Future importance.

4. America. Australia. South Africa. Other British possessions and protectorates. Java (Dutch East Indies). Europe. 5. Unsuccessful experiments with soya flour. Ordinary soya flour. Extracted soya flour. Dr. L. Berczeller's discovery. The new soya flour. Comparison with other cereal flour and other foods. Comparison in price with other cereal flour and other foods. Comparison in price of soya protein compared with other cereal foods. Comparative analysis of cereals. 6. Soya milk. Vegetable casein. Lecithin. 7. Increase in food value. Savings. Industrial application in foodstuffs. The importance of Dr. L. Berczeller's soya flour for the food industry. Soya flour and the food laws. Uses of soya flour in: Bread, pastry, cake, biscuits, confectionery, sausages, infant foods and food for invalids, cocoa, chocolate, soup cubes, pudding flour. Uses in the kitchen. Soya flour recipes (for flour made using the Berczeller process), soya flour for diabetics, recipes for diabetics.

The Preface states: "In the following pages the writer has endeavoured to give an account of the numerous uses to which the soya bean has so far been put, and to visualise its future service to humanity through the means of a totally new and practical process by which this legume... may in future be used as an important article of food for general consumption throughout every quarter of the globe.

"In compiling the details relative to the soya bean flour, with which this brief summary principally deals, he trusts that he has succeeded in giving sufficient data to enable the reader to fully realise its value as a staple food from the economic point of view, as well as from the more domestic standpoint, so that the important fact may be fully realised that a new foodstuff of a very valuable nature... has now been brought within the reach of all nations to serve them in a most practical manner as an economic article of food."

The book includes statistics on the imports and exports from 1923 to 1927 of "soya beans, soya oil, and soya cake in various countries including China, Japan, England, France, Germany, Holland, Norway, Denmark, Sweden, and USA.

The "new soya flour" is that developed by Dr. Berczeller. This book repeatedly praises that flour. "A few years ago Dr. Laszlo Berczeller, a Hungarian physiologist in Vienna, succeeded scientifically in finding a method which enables us to prepare from the soya bean a digestible and pleasantly flavoured flour without detracting from its nutritive value, and this method entirely succeeds in preserving all the good qualities contained in the bean itself. Physiological experts and analysts withhold no praise, as the following extracts will show: -" There follow words of praise from: (1) Dr. Alfred Schwicker, M.P., Royal Hungarian State Institute, Central Depot for Experimental Chemistry. (2) Dr. Stefan Weisser, King's Counsellor, Royal Veterinary Physiological Experimental Station, Budapest. (3) Prof. A. Durig., The Physiological Institute, University of Vienna.

Marakujew (1928) estimates the production of soya beans in "Manchuria at 6 million tons at the utmost, the production of the whole of China at 16 million tons, and he is led to this figure by the conclusions of the Economic Bureau of the South Manchuria Railway, which estimates that the Manchurian crop in 1927 amounted to 37.1 million kobu (5.88 million English tons), of which 2.6 million tons originated from South Manchuria, 3.3 million tons from North Manchuria" (p. 32). A table (p. 33) gives estimated world production of soya beans from 1923 to 1929 (6.6 million tons, forecast). The leading producers in 1929 (in million tons) are: China 5.250. Japan 0.580. USA 0.250. Java and Dutch East Indies 0.120. Other Asiatic countries 0.400. A soya milk factory was recently established in Denmark (p. 54). Although this book contains a bibliography of 29 references, most are very incomplete.

Photos show: (1) A soybean plant with roots, pods, and leaves. (4) Nodules growing on soybean roots. (5) One pod and seed each from inoculated and uninoculated soybean plants. (7) An immense field of soya beans in Manchuria. (8) Soya beans awaiting shipment, in house-shaped stacks under tarps, at Dairen. (13) Seeds of the most important varieties of soya beans now grown in the United States. (10) Two horses and a farmer cultivating a field of soybeans. (11) Harvesting soya beans. (12) Well selected, clean soybean seeds.

A map (frontispiece) shows where soybeans are cultivated worldwide. An illustration (facing p. 2) shows "Shen-Nung. Emperor [of China] in 2838 Before Christ, called 'The Heavenly Farmer.' Reproduced from a print in a Vienna museum."

One bar chart compares the nutritional composition of soya flour with that of cereals and animal products, and other foodstuffs (p. 13), another compares the calories (p. 46), and a third compares the cost of 1,000 calories (p. 48). Marakujew (probably spelled Marakiev or Marakuyev), in "The Export of Manchurian Soya Beans and its Finance" (1928, in Russian, probably an article rather than a book) "estimates the production of Manchuria at 6 million tons at the utmost, the production of the whole of China at 16 million tons, and he is led to this conclusion by the Economic Bureau of the South Manchuria Railway, which estimates that the Manchurian crop in 1927 amounted to

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37.1 million kobu (5.88 million English tons), of which 2.6 million tons originated from South Manchuria, 3.3 million tons from North Manchuria. According to the calculations of this bureau, the home consumption of North Manchuria is something like 40 of the production, viz., 1.3 million tons; the remaining 2 million tons are for export. The exports of South Manchuria were estimated at 1 million tons" (p. 32). Address: London.

1358. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1929. Nichibei jûshoroku [The Japanese American directory. No 25]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Index of cities. 23 cm. [Eng; Jap]*
Address: San Francisco, California.

1359. Mitchell, Harold Hanson; Hamilton, Tom Sherman. 1929. The biochemistry of the amino acids. New York, NY: The Chemical Catalog Company, Inc. 619 p. Illust. 24 cm. Series: American Chemical Society monograph no. 48. [6 soy ref]
• ***Summary:*** In this work, the concept of the biological value of proteins was first developed to take into account the qualitative differences existing among proteins, since it measures the amount of absorbed nitrogen actually utilized by the body.

Table 9 (p. 182) gives the content of various amino acids (as percentage of total nitrogen) in the protein of beans, nuts, and oil-bearing seeds. References are given for each value. For soy there are four proteins. (1) Glycinin. Nitrogen content 16.94. Arginine 15.3. Histidine 2.4, Lysine 10.3. Tryptophane 1.3. Cystine 0.8. The other three proteins are: (2) Soluble in dilute alkali. (3) Soybean casein. (4) Frozen soybean casein. Other beans in the table are: Adzuki, lima, navy, Georgia velvet bean, Chinese velvet bean, and mung bean.

Table 12, titled "The determination of the basic amino acids (arginine, histidine, lysine, cystine) of certain and food materials according to the method of an Slyke" (p. 190). Soybean, cow pea, jack bean, peanut, and hemp seed are included.

In Chapter 10, "Nutritive value of proteins and the protein value of foods in nutrition" (p. 503+) soy-related subjects are mentioned on pages 520 (soybean curd), 525 (nitrogen balance studies), 527-29 (experiments on the nutritive value of protein for growth), 535 (nitrogen balance studies to determine biological value), 552 (supplementary relations with corn, or supplementation), 554 (for lactation). Most of these experiments have been described previously in this database. Address: Div. of Animal Nutrition, Univ. of Illinois, Urbana.

1360. Oregon Bureau of Labor. comp. 1929. Census: Japanese population in Oregon. October 1, 1928. Salem, Oregon: Oregon Bureau of Labor.
• ***Summary:*** The names are listed alphabetically, and grouped together under the head of household.

Ota–Saizo (husband), 86½ N. 5th, Portland. Sex: Male. Married or single: Married. Occupation: Food Mfgr. [Manufacturer]. Born in: Japan. Date of birth: April 13, 1881. [??] March, 1905.

Ota, Shina (wife). Female. Married. Japan. Jan. 31, 1895. June 1913.

Ota, Matsuno (daughter). Female. Single. Born in Portland, Oregon. Date of birth: July 23, 1916. Address: Salem, Oregon.

1361. Sprecher von Bernegg, Andreas. 1929. Tropische und subtropische Weltwirtschaftspflanzen; ihre Geschichte, Kultur und volkswirtschaftliche Bedeutung. II. Teil: Oelpflanzen [Tropical and subtropical plants in international commerce; their history, cultivation, and economic significance. Vol. II. Oilseeds]. Stuttgart: Verlag von Ferdinand Enke. See vol. 2, p. 128-70. Illust. Index. 25 cm. [48 ref. Ger]
• ***Summary:*** The soybean (p. 128-70). Contents: Introduction. Name, place of origin and history. Description of the plant: Systematic, morphology, varieties, selection. General conditions for growth: Climate, soil. Cultivation of the plant: Planting, care. Harvest and storage. Composition and products. Utilization: As a fodder plant, as a coffee substitute, industrial non-food uses, as a food (as a green vegetable, soy sprouts, soy chocolate, soymilk, casein, tofu and soybean quark {*tofu oder Sojabohnenquark*}, natto {*Buddhistenkäse*}, hamananatto, yuba, miso, shoyu or soy sauce {*Sojasauce*}). Production and trade.

Concerning green vegetable soybeans, the author states: "Three-quarter ripe soybean seeds yield a good, green vegetable (*Dreiviertelreife Sojabohnen geben ein gutes, gruenes Gemuese*)."

Note. This is the earliest German-language document seen (April 2013) that uses the term *Sojabohnenquark* to refer to tofu. Address: PhD, Titularprofessor an der Eidgenoessischen Technischen Hochschule, Zurich, Switzerland.

1362. **Product Name:** Tofu.
Manufacturer's Name: Matsuda Tofu-ya.
Manufacturer's Address: 76 Japanese Alley, Sacramento, California. Phone: MAin 8837.
Date of Introduction: 1930. January.
New Product–Documentation: The Japanese American Directory. 1930. p. 170. Also in 1932, p. 169. The phone is now Main 1725-W. Also in 1934, p. 172. Also in 1937, p. 169. The phone is now MAin 8837. Also in 1938, p. 190. Also in 1939, p. 189. Also in 1940, p. 189. Also in 1941, p. 189.

Entry in Nichi Bei Times. 1948. Evacuation-

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Resettlement Report. Directory of manufacturers, p. 100 (top right). In Japanese: Matsuda Tofu-ya. In English: Matsuda Tofu Co., 1326 4th St., Sacramento, California. Phone: 2-5241.

Hokubei Mainichi Year Book. 1951, p. 240. Category: "Tofu Factories, Misc. Factories." Matsuda Tofu-ten, Matsuda Tofu Co., 1326 4th St., Sacramento. Phone: GI 2-5241 (new address and phone number).

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952. Under "Factories." In Japanese: Matsuda Tofu-ya. In English: Matsuda Tofu Co., 1326 4th St. (new address), Sacramento. Phone: GI 2-5241.

1363. **Product Name:** Tofu.
Manufacturer's Name: Soga (Tomoyuki) Tofu-ten.
Manufacturer's Address: P.O. Box 170, Fowler, California.
Date of Introduction: 1930. January.
New Product–Documentation: The Japanese American Directory. 1930. p. 282. No phone number. Note: The owner's name appears to be Tomoyuki. Also in 1934, p. 241.

The Japanese American Directory. 1941. p. 283. Soga (Hatsue) Tofu-ten (in Japanese). Soga Tofu Shop, P.O. Box 170 (in English), Fowler, California. Phone: Not listed. This listing is in the "Residence" section, so the owner's first name is Hatsue.

Talk with Brad Kubota, owner of Fresno Tofu Co. 1990. Dec. 4. He has heard from Japanese-American old-timers living in Fresno that there were two tofu shops in Fowler before World War II. Fowler is located about 10 miles southeast of Fresno.

1364. Dorsett, P.H.; Morse, W.J. 1930. Tofu in Tokyo, Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.
• ***Summary:*** Page 3469 (8 Jan. 1930). Tokyo, Japan. "Worked at the office until about 10 or 10:30 then took our camera and went out to get pictures and information about Tofu, soybean curd.

"We visited a place not more than half a dozen blocks from the Sankaido Building and got a nice lot of information about making tofu. Also secured a few pretty good pictures.

An elderly Japanese lady fried (or seared as we would say) the cakes about 3 by 9 by ½ to ¼ of an inch in thickness, over a charcoal fire [to make grilled tofu or *yakidofu*] on the street or side walk in front of their house.

"Detailed information about the making of this tofu will be found in the special report on soybeans and soybean products, which will be a special report added at the end of our exploration work.

"We saw for the first time fried Tofu which had had chopped carrots added to it [ganmodoki]. We had not prior to this known of vegetables of any kind being added to or mixed with the bean curd or Tofu before frying.

Pages 3470 to 3471. Photos show: (1) "Soja max. Tofu, bean curd. Tokyo, Japan. A nearby view of an elderly Japanese lady frying Tofu on the street. Children and Mr. W.J. Morse are looking on." (2) An elderly Japanese lady frying or searing Tofu. To the right, children are watching the operation, and so are Mr. Morse and Suyetake, in the background. (3) "A fairly nearby view of an old Japanese lady fanning a charcoal fire over which she is frying or searing tofu." (4) "Cakes of soybean curd piled upon bamboo strip supporters [arranged on bamboo mats] and weighted to express the surplus moisture before frying. A metal two prong piece [skewer] is run through each to handle them with" (negatives #44714 to #44717).

Pages 3472 to 3473. Tofu in Tokyo. Photos show: (1) "A fairly nearby of an old Japanese lady turning the cakes of Tofu she is frying [sic, grilling] over a charcoal fire." Note 1. The rectangular charcoal brazier appears to be about 14 inches long, 8 inches wide, and 8 inches deep. This is the same old Japanese lady described on pages 3470-3471. (2-3) "An old Japanese lady fanning a charcoal fire and frying [grilling] Tofu on the street, not far from the Sankaido Building.

(4) A nearby view of five large cakes of skewered tofu being grilled on a brazier over a charcoal fire. (negs. #44718 to #44721).

Page 3476. "Oblong piece of fresh soybean curd which had been toasted over a charcoal fire... This is used in soups and also cooked with vegetable mixtures. Purchased from a bean curd factory, Tokyo, Jan. 8. The piece is 7½ inches long and 2½ inches wide" (neg. #44736).

Page 3477. "*Phaseolus angularis.* Adsuki bean. Packages of adsuki bean flour purchased in a store, Tokyo, December 24, 1929. This is a sweet flour used in making sweet bean soup. Package 3 1/8 inches long; 1½ inches wide. D. & M. #3100 (neg. #44737).

Page 3478. Soybean. This soybean product is sold in tubs from Tokyo small stores, and is known as 'Gomoku Mame.' It consists of a mixture of five cooked products, namely: soybeans, lotus root, fish sausage, seaweed and burdock roots." Purchased at a small grocery stand in Tokyo, Jan. 6. "It is eaten just as it is. Product is on bamboo leaf which measures 8 inches long and 5 inches wide" (neg. #44738).

Page 3481 (8 Jan. 1930). "Fried soybean curd cakes. The round cake (D. & M. #3096) is known as 'Ganmodoki,' and is fresh bean curd mixed with chopped carrots. The cakes are fried in mustard [rapeseed] oil until brown and sell for three sen each. Each cake is 4½ inches in diameter and 3/8 inch thick. The oblong cake (D. & M. #3097) is known as 'Aburage.' It is a fresh bean curd mixed with chopped carrots

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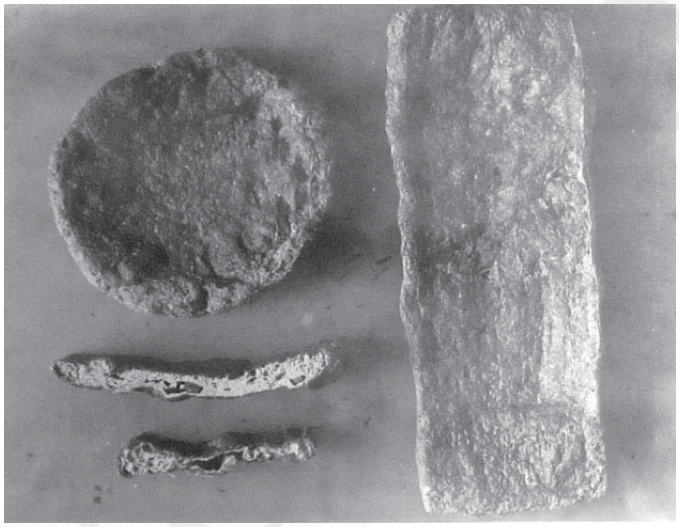

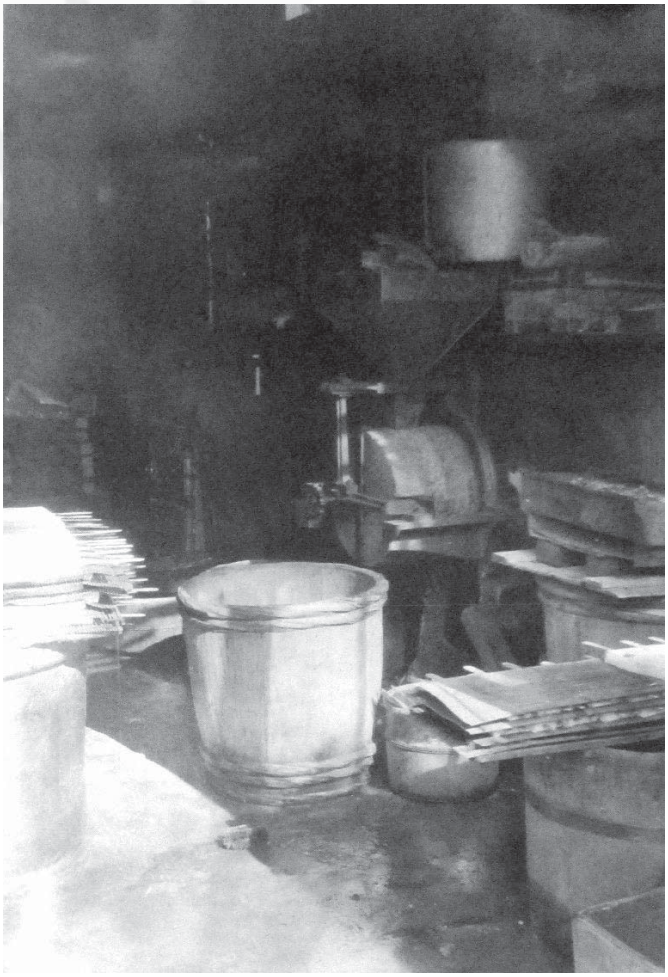

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and fried in mustard oil until brown. The cake is 8½ inches long, 3 inches wide, and 3/8 of an inch thick. Sell for three sen. These forms of fried bean curd are eaten when dipped in soy sauce and also in soups" (neg. #44741).

Note 2. This is the earliest English-language document seen (April 2013) that contains the term "Fried soybean curd" or the term "Fried soybean curd cakes."

Page 3532 (11 Jan. 1930). "A soybean preparation used as a health drink, 'Almen: The Health Food Drink.'" Sold in a can whose front and back are shown. "Manufactured from soybeans by the Nippon Almen Shokuryo Co., Ltd., near Kobe, Japan. This form of flour is also used in making confections. Packages of 3 1/8 inches high and 2 1/8 inches wide" (neg. #44758). Note 3. Soy flour is apparently used to make the canned health drink.

Page 3533. "Dried and frozen bean curd. The fresh bean curd is cut into small blocks, frozen and then dried. Used commonly in soups. Packages 2 5/8 inches high and 2 1/8 inches across" (neg. #44759).

Note 4. This is the earliest English-language document seen (April 2013) that uses the term "Dried and frozen bean curd" to refer to dried-frozen tofu.

Page 3534. Photo of a package of cooked and sugared adsuki beans, 7½ inches long and 3¼ inches wide (neg. #44760).

Page 3535. "Candied soybeans and other products. Sticks of candy in which are imbedded black soybeans (green germ), yellow soybeans, peanuts, peas and sorghum seed. Box 8½ inches long and 6 7/8 inches wide" (neg. #44761).

Page 3537 (13 Jan. 1930). "Got down to the office pretty early and got the pictures made yesterday jacketed and the legends written.

"About 10 a.m. went to the American Consulate with 8 packages to go forward today in the diplomatic pouch to the office. Six of these 100 to 106, contain seed, 107 contains pamphlets and other publications.

"About noon we went down the street and made a few pictures at a soybean curd factory. A little later we developed those, they were only fair, but are about as good as we can get in view of the conditions.

"In the afternoon we packed and sewed up two parcels of soybean products to go forward to Washington [DC] at the first opportunity. We are having really wonderful weather, not very cold and sunshiny and bright."

Page 3538. "Soybean candy. Small cylindrical pieces of candy in which are imbedded medium small roasted soybeans. This picture is natural size" (neg. #44762).

Page 3539. Adsuki bean flour. Box containing 24 small papers of sweetened adsuki bean flour which is used in making sweet soup" (neg. #44763).

Page 3540. "Bean curd factory (soy). "View showing furnace and boiler where ground soybeans are being boiled for making soybean milk. To the left of the furnace is a tub, into which the milk is strained and made into curd. Tokyo" (neg. #44764).

Page 3541. "Bean curd factory. View showing a stack of oblong blocks of fresh bean curd which are to be slightly roasted over a charcoal fire [to make grilled tofu / *yakidofu*] (neg. #44765).

Page 3542. Bean curd factory. View showing stone mill for grinding soaked soybeans into a mash for making soybean milk and bean curd. Above the hopper is a small round tank of water from which flows into the hopper of beans, a small stream of water while the beans are being ground" (neg. #44766).

Page 3543. Soybean curd factory. View showing the furnace and boiler where the ground bean mash [*gô*] is boiled in making soybean milk. To the left of the furnace is the wooden tub into which the milk is strained, and where the magnesium sulphate solution is added to form the bean curd. To the extreme left is the partitioned rectangular box into which the bean curd is dipped and pressed into blocks" (neg. #44767).

Page 3544. "View inside soybean curd factory showing in background stone mill for grinding the beans; on the right the oblong charcoal fire box for roasting blocks of the fresh bean curd; and in the foreground and on the left stacks of blocks of bean curd ready to be roasted. The tub in the center is where the blocks of bean curd are placed" (neg. #44768).

Page 3545. "Inside the bean curd factory showing a stack of oblong blocks of fresh bean curd with long handled forks [skewers with several prongs] in one end. These blocks are ready to slightly roast over a charcoal fire" (neg. #44769). Address: Agricultural Explorers, USDA, Washington, DC.

1365. Morse, W.J. 1930. Re: Soybean products collected. Trip to Manchuria and China. Letter to Dr. E.A. Hollowell, Office of Forage Crops, USDA, Washington, DC, Jan. 12. 2 p. Typed, with signature on USDA letterhead.

• ***Summary:*** "Dear Holly: I have your letter of December 16 with reference to the soybean products and the more I collect over here the less inclined I am to loan them out... In my last such experience, I fitted up a soybean product exhibit for some sort of health food show in New York City and I never did get it back although we had considerable correspondence about it. As I recall I even took it up with the Secretary [of Agriculture] because they wanted it for a permanent exhibit and so I was out a nice exhibit which it took me considerable time to get up. After that I would not let anything go out unless I had several products of the same kind but it cured me of fixing up exhibits for any one or letting out products or pictures that I could not easily duplicate.

"Therefore, even with Dr. Burlison I do not know of any of the products we have in the office that I care to let out..."

"Last week we visited a large soy sauce factory [almost certainly Kikkoman] at Noda-Machi, about a three hours'

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run from Tokio... They use twenty thousands of bushels of soybeans annually and the same amount of wheat."

"I was rather anxious about the work but as you state if the Arlington [Farm in Virginia] work can be arranged, you and Lee can hold things until I return. I think that this can be arranged so that Lee will not be over-loaded with the work now on hand and the new introductions we are sending in...

"Dorsett is making pictures of the various [soybean] products as they are collected and making pictures that can not be beat.

"The beancurd, miso and natto factories are mighty interesting and we are getting lots of good data and pictures as well as samples of the varieties of beans used. The beancurd factories are only small places but they are very numerous and each has its own way of making the curd."

Location: National Archives, College Park, Maryland. Record group 54–Bureau of Plant Industry, Soils and Agricultural Engineering. Subgroup–Div. of Forage Crops and Diseases. Series–General Correspondence, 1905-29. Box 93–Morse-Napier. Folder–Morse, W.J.-#4 F.C.I.

Sent to Soyfoods Center by Jacob Jones of Purdue Univ., Aug. 1998. Address: Tokio, Japan.

1366. Dorsett, P.H.; Morse, W.J. 1930. Tofu in Tokyo, Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 3717 (28 Jan. 1930). Tokyo. "Long thin fried cakes of Tofu [aburage], also angular thick cakes. D. & M. #3751-52 (neg. #44856).

Page 3718. Fresh soybean curd in a block. The piece at the [left] end was cut off to show the thickness of the block (neg. #44857).

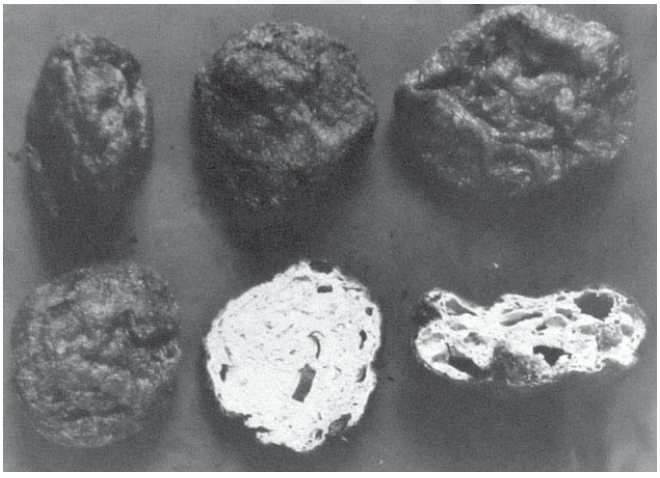

Page 3719. Soybean tofu in small fried cakes. Vegetables of several kinds have been added to and cooked with these tofu cakes" (neg. #44858).

Page 3786 (3 Feb. 1930). "Kudzu starch used for making thin gruel for invalids. It is also used as a covering for confections. The box measures, actually, 1¼ by 3 inches." On the front is written "Ryusuki Kuzu. Delicious and nourishing" (neg. #44877).

Page 3787. "Dried and frozen bean curd used in soups and mixed in vegetables when cooking. Box measures 2 3/8 inches by 6 7/8 inches" (neg. #44878).

Page 3823 (5 Feb. 1930). "Inarisushi" [Inarizushi]. "Pieces of fried rice-stuffed bean curd, (about life size) the pieces of curd are about 4 inches over all. This was purchased at a food stand in Tokyo, Japan, Feb. 8th, 1930. D. & M. #3787 (neg. #44899).

Page 3868 (13 Feb. 1930). Tokyo, Japan. "This picture shows the ingredients used in making bean curd and a fresh piece of bean curd. Top row, from left to right: The by-product [okara] which makes a good stock feed; soybean milk; coagulator [coagulant]. Middle row: piece of fresh bean curd; ground soybeans thinned for boiling. Bottom row: dry soybeans; soaked soybeans; ground soybeans" (neg. #44902). Address: Agricultural Explorers, USDA, Washington, DC.

1367. Morse, W.J. 1930. Soybean utilization. *Farmers' Bulletin* (*USDA*) No. 1617. 27 p. Jan. Revised 1932.

• ***Summary:*** Contents: Introduction. Soybeans for human food: Dried beans ("The Easycook and Hahto varieties, however, cook fully as soft as other beans." Also used as a substitute for coffee or for salted peanuts), green or vegetable beans ("The Hahto and Easycook varieties have been found especially valuable for use as green beans"), soybean flour, soybean oil, soy sauce, soybean sprouts, soybean vegetable milk ("used so extensively in China." Also mentions the residue [okara]), soybean curd. Soybeans for livestock: For swine, dairy cattle, beef cattle, sheep, poultry. Soybeans for oil: Methods of processing beans for oil, utilization of soybean oil. Soybean meal: Soybean meal for human food, soybean meal for stock feed, for swine, for dairy cattle, for beef cattle, for poultry. Soybean meal as a fertilizer. Miscellaneous uses of soybean meal. Soybeans for hay: Soybean hay for dairy cattle, for beef cattle, for horses and mules, for sheep, for swine, for poultry. Soybeans for pasturage: Swine, sheep, or poultry on soybean pasturage. Soybeans for silage. Soybeans for soilage [green crops for feeding confined animals; a term first used in 1928]. Soybeans for soil improvement. Soybean straw: Feeding value, and fertilizing value of soybean straw.

"Soybean milk in the form of a powder is a commercial product in some European countries, and in parts of the United States it has been used in special feeding cases" (p. 5). "In many cities in the United States having a large oriental population fresh bean curd may be found in the Chinese and Japanese markets" (p. 6).

Photos show: (1) Six men steaming soybeans while

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making miso in Japan. (2) Muffins made from wheat flour and soybean flour. (3) Making soy sauce in a Chinese courtyard. (4) Grinding soybeans with a stone mill to make soybean milk in China. (5) "Blocks of freshly made bean curd, 'tofu,' as sold in the markets of the Orient." (6) Loading soybean oil in tanks at a soybean oil mill, Harbin, Manchuria. (7) Soybean cakes awaiting shipment at a Manchurian port. (8) Hogs in a field of soybeans. (9) "Pasturing soybeans and corn with sheep is a common practice in the Corn Belt states." (10) Corn and soybean plants growing together for use as silage; a boy is standing by the plants. (11) "A fine growth of soybeans to be used for soiling." Address: Senior Agronomist, Office of Forage Crops and Diseases, Bureau of Plant Industry, Washington, DC.

1368. Pickford, Mary. 1930. Mary completes world tour: Homeward bound, Mary and Douglas [Fairbanks] celebrate two Christmases in 48 hours, and fall in love with Hawaii. *Washington Post.* March 30. p. SM11.
• ***Summary:*** Of all the places Mary and Douglas visited on their trip around the world, "Honolulu is the most beautiful and alluring." After departing: "We celebrated our second Christmas with chopsticks. The ship gave a sukiyaki party on deck... while our table steward prepared the national dish of his country in a chafing dish before us." The ingredients (beef, bamboo sprouts, onions, mushrooms) are listed but neither tofu nor soy sauce are mentioned. "A sukiyaki dinner on deck in one of the regular events on every Japanese liner... I must confess that, except for rice, most Japanese dishes are an acquired taste."

1369. Washizu, Shakuma. 1930. Zaibei Nihonjin shi kan [A history of Japanese in America]. Los Angeles, California: Rafu Shimpo-sha. [31] + 295 + [88] p. Plus 32 unnumbered leaves of plates at end. April 1. See p. 36-38. Illust. 23 cm. [Jap]
• ***Summary:*** Page 36-37. "Pioneers of tofu and konnyaku production in America. A person named Chieto HIRATA, who lived in Sacramento, California, imported konnyaku from Japan. He came to the USA in about 1891. He is one of the old timers who transmigrated Hawaii. A native of Hiroshima prefecture in Japan, he was very clever and business-minded. In 1893 his wife began a company making konnyaku in Sacramento, California. Shortly after that she started making tofu.

"Footnotes: (1). Mr. Hirata is presently engaged in business in Korea. (2) Since the Chinese were the most skilled in making tofu, only recently [in the last 20 years] have Japanese started specializing in its production. There are many who claim to be the first; I am afraid of making any errors."

1370. Shen, Chennen. 1930. The importance of soybean. *China Critic* (*The*) = *Chung-kuo Ping-lun Chuo Pao* (*Shanghai*) 3(18):416-19. May 1. [Eng]
• ***Summary:*** Contents: Introduction. Domestic consumption of soybeans. Foreign consumption of soybeans. Future prospects.

Soybean, called yellow bean in China, is "cultivated in all parts of the country, but most abundantly in Manchuria. While in 1913 the export of soybean amounted only to about ten percent of the total export and ranked next to silk and tea in importance, it has in sixteen years increased five times in value, risen to twenty percent of the total export and taken the premier place in our export trade! No other commodity has ever experienced such an overwhelming prosperity in such a short time in the history of China."

"Everybody knows that we Chinese live on rice and wheat. But not everybody realizes that we live just as much on soybeans. The soybean is consumed in large quantities by the northerners as well as by the southerners. Its numerous forms of preparations are common articles of food found in every household. Recent scientific investigations have shown that the soybean satisfies a particular requirement in the Chinese dietary."

The human body is like a machine. It needs carbohydrates and fats for fuel and motive power, and protein for repairing worn-out parts. A table compares the nutritional composition of soybean, rice and wheat. "It is evident that soybean is entirely different from either wheat or rice. Whereas wheat and rice supply carbohydrates in the form of starch, soybean is mainly the source of protein. It is interesting to note that the poorer class of people in China consumes very little meat but seems to have sufficient amount of protein. Remembering that every Chinese takes a large amount of soybeans in various forms of preparation, we can readily understand how the protein requirement is satisfied. As soybean contains more than twice as much protein as does any meat and is much cheaper, we can satisfy our protein requirement at one-tenth of the cost of meat."

Exact data regarding soybean production in China are lacking. "The Manchurian crop is more accurately estimated at 5,200,000 tons [probably metric tons] in 1928. The production of soybean in all other provinces has been estimated at 2,000,000 tons by Horvath and 10,000,000 tons by Marakujew [in Russian]. The total exports of soybeans, soybean oil and soybean cake is about 3,500,000 tons, leaving 3,750,000 to 11,750,000 tons for domestic consumption. The consumption per capita is thus 20 to 65 lbs. per year. These two figures at least represent the two extremes. Marakujew's figure is probably nearer to the actual. These 65 lbs. of soybean are used: -"

1. As soybean oil. 2. As soybean milk, "a very popular drink in China," "which is to the Chinese as cow's milk is to the Westerners." The process for making this milk is described briefly and a table compares its nutritional composition with human milk and cow's milk. The

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composition of the three are "very similar. One of the products of "soybean milk is the pellicula (Cc = Chinese characters given) (doufu-pi [yuba]) which is a thin sheet coagulated on the surface of the milk when it is heated. It is especially rich in protein and fat and used as a table delicacy."

"4. As soybean curd (Cc: doufu), one of "the most universal preparations" of the soybean. "It is relished by the poor as well as the rich. When a coagulating agent like gypsum is added to the bean milk, a thick mass separates out." "It is very similar to meat in chemical composition." A table compares the composition (only protein, fat, and carbohydrate on an "as is" basis) of soybean curd, beefsteak, pork chops, and eggs. "Although the protein content of 'tofu' is only half of that of meats, we see the economy of it even if we have to use a double quantity of it. The solid bean curd (Cc: doufu gan) is more like meat as it contains less water than 'tofu' and is also extensively used in China.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "solid bean curd" to refer to Chinese-style pressed tofu.

"4. As soy sauce, another popular soybean preparation..." "Other fermentation products like the fermented soybeans (Cc: douchi) and the fermented 'tofu' (Cc: furu) serve similar purposes." Note 2. This is the earliest English-language document seen (Nov. 2011) that uses the term "fermented soybeans" to refer to these Chinese-style "fermented black soybeans."

"5. As a vegetable. Cooked [green vegetable] beans are also used by the Chinese but not very extensively. Experience has taught us that the cooked whole beans are not so digestible as 'tofu' or other preparations. However, soybean sprouts, obtained by germination in water, are highly digestible and contains the antiscorbutic vitamin C, which is lacking in the original seed."

"The chief demand for soybean in foreign countries is for the oil and the bean cake." The oil is used for either edible or technical [industrial] purposes and the cake is used as a fertilizer or as cattle feed. "The soybean owes its popularity to its resemblance to cottonseed oil which is widely used in making soap, lard [substitutes] and oleomargarine. The first shipment to Europe was attempted by Japanese in 1908. It was warmly received..."

"Due to its peculiar smell, the raw soybean oil is rarely used in western countries for cooking. But now it is possible to refine this oil and render it entirely palatable to the western taste. It has been put on the market as salad and cooking oils. By the process of hydrogenation, the liquid oil can be transformed into a solid fat, which is an excellent substitute for animal lard" [or butter].

"Thus we see that in a period of twenty years, soybean has extended its usefulness from the Chinese dietary into industries of world-wide importance and is now one of the most valuable agricultural products not only of China but of the whole world."

"In Germany and Denmark artificial milk is regularly manufactured from soybean and sold on a commercial scale. Soybean milk powder is also being manufactured.

"The soybean curd has also a good future, as it can be used to make meat substitutes. Artificial meat has been prepared by a German soybean factory.

"The biggest possibility in the popularization of soybean as a food is the soybean flour. From the bio-chemical point of view, white bread made from the wheat flour is deficient in protein and vitamins. Therefore a substance like soybean should be a valuable addition to the wheat flour. In fact, half a dozen kinds of soybean flour are already on the market in Europe and America."

"The phenomenal rise of the soybean as a universal article is not a matter of accident: It is the result of years of intensive scientific research. We should be thankful that we Chinese are not only the biggest consumer but also the biggest producer of this valuable article. But in the face of keen competition at the present time, we should look out lest this leguminous seed should fall into the same pit as did our silkworm and the tea plant. Up to the present we have been benefited by the researches of foreign countries and also the laboratories of the South Manchuria Railway and the Chinese Eastern Railway, whose immediate interests are not purely Chinese. Are we going to lead the world in soybean production? The future is by no means bright. Already the Chinese soybean oil mills are suffering due to their out-of-date equipment and inefficient process. America is rapidly increasing the acreage for soybean planting. When the American soybean crop is big enough to supply herself and other countries, China will have a difficult battle to fight. China should take an active part in studying and widening the usefulness of soybean as a food and as an industrial raw material."

1371. Dorsett, P.H.; Morse, W.J. 1930. Tofu in Manchuria (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 4620 (2 May 1930). Hsiungyaocheng, Manchuria. "Kaoliang, millet and corn are the principal crops grown in this region with soybeans planted between the hills of corn. At this time most of the crops have been planted with the exception of the soybeans. This crop is planted between the hills of corn (which are about 42 inches apart) when the corn plants are 5-6 inches high, about the first week in June. Peanuts are grown quite extensively in the lowlands where sandy soil predominates.

"This station is testing about sixty (60) varieties of soybeans under the direction of Mr. Hisatake. About 90%

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of the soybeans planted in this vicinity consist of a greenish yellow variety called 'Te-cha-chin' which is used for oil and also utilized by the farmers for bean curd, miso, and other food purposes. Only about 10% of the beans planted are yellow seeded varieties, the principal one of which is called 'Ho-an-tou.'" Address: Agricultural Explorers, USDA, Washington, DC.

1372. Morse, W.J. 1930. Utilizacion de la soya [Utilization of soya]. *Cuba* (*Santiago de las Vegas*). *Estacion Experimental Agronomica, Circular* No. 69. 40 p. May. Translation by Emma L. Sena of USDA Farmers' Bulletin 1617. [Spa]

• ***Summary:*** In the introduction, Ing. Francisco B. Cruz, Director of the Agronomic Experimental Station, E.C., praises an imported soy oil named "Aceite comestible de Soya." A full-page ad for this product (just before p. 36), apparently with the brand name Excelsior, is also shown.

Contents: Introduction. Soybeans for human food: Dried beans (*Los frijoles secos.* Also used as a substitute for coffee or like roasted peanuts), green or vegetable beans (*Los frijoles verdes*), soybean flour (*harina de soya*), soybean oil (*aceite de soya*), soy sauce (*salsa de soya*), soybean sprouts (*vastagos de soya*), soybean vegetable milk (*leche vegetal de soya.* Also mentions the residue [okara]), soybean curd [tofu] (*cuajada de soya*).

Note 1. This is the earliest Spanish-language document seen (Jan. 2013) that uses the term *vastagos de soya* to refer to soy sprouts.

Note 2. This is the earliest Spanish-language document seen (April 2013) that uses the term *cuajada de soya* refer to tofu.

Soybeans for livestock (*la soya para el ganado*)*:* For swine, dairy cattle, beef cattle, sheep, poultry. Soybeans for oil: Methods of processing beans for oil, utilization of soybean oil. Soybean meal: Soybean meal for human food, soybean meal for stock feed, for swine, for dairy cattle, for beef cattle, for poultry. Soybean meal as a fertilizer. Miscellaneous uses of soybean meal. Soybeans for hay: Soybean hay for dairy cattle, for beef cattle, for horses and mules, for sheep, for swine, for poultry. Soybeans for pasturage: Swine, sheep, or poultry on soybean pasturage. Soybeans for silage. Soybeans for soilage [green crops for feeding confined animals; a term first used in 1928]. Soybeans for soil improvement. Soybean straw: Feeding value, and fertilizing value of soybean straw.

Address: USDA, Washington, DC.

1373. *Wall Street Journal.* 1930. Pepper and salt. June 25. p. 2.

• ***Summary:*** "Parisian members of the Societe d'Acclimatation make an annual tour of the world while remaining in the French capital. Once a year the organization gives a luncheon composed of exotic dishes, in order to permit untraveled members to taste the foods of far places... A recent luncheon began with Chinese sausage, composed of pork and soy bean cheese perfumed with attar of roses."

Note: "Soy bean cheese" probably refers to tofu, rather than to fermented tofu.

1374. Wong, Nellie Choy. 1930. The story of chop suey. *Christian Science Monitor.* July 25. p. 6.

• ***Summary:*** The true story of the origin of chop suey, which is seasoned with "soy-bean sauce." It was originated in the USA by the chef of Minister Li Yuan Hung when Minister Li was Minister in America. In Cantonese, "chop" means a mixture of everything and suey means "small."

Note: According to the *Oxford English Dictionary,* the term "chop suey" first appeared in English in 1888.

1375. Dorsett, P.H.; Morse, W.J. 1930. Tofu, soybeans in the pod, and soybean sprouts in Peiping, China (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 5431 and 5432 (13 Aug. 1930). "We visited an open street market in the northwestern part of the city this morning." Vegetables include: (1) "Soybeans in the pod, quite abundant." Also: "Pea sprouts. Soybean sprouts." "In the afternoon we went to the Temple of Heaven grounds and got more seed..."

Page 5434. Vegetable market scene. Hei Tan Pai Lou, Peking. Cucumbers, eggplants, soybeans,... displayed on the ground for sale" (neg. #45540). At the same market, photo of bean curd. "This Chinese bean curd looks firmer than the Japanese curd" (neg. #45541).

Page 5435. "Peiping. Square cakes of brown bean curd. The cakes of white curd are put into cold soy sauce and when the combination is brought to a boil the cakes are of a brown color" (neg. #45543).

Pages 5436 and 5437. Four photos taken in an open-air show: "Southern soybean curd, Peiping. This curd appears quite firmer than the ordinary curd. The curd, that is the grain, appears to be finer and is considered much better than ordinary curd. It also sells for more money." (2) "White and brown cakes of soybean curd in a Chinese market." (3) "To the left is a pile of shredded soybean curd, on the right a pile of the sheets of curd from which the shredded curd is made" (negs. #45544-46). Note: Pressed tofu sheets are called (in Wade-Giles transliteration) *pai-yeh* or *ch'ien-chang p'i.* Pinyin: *Qian zang pi.* Tofu is pressed into very thin sheets that look like a 6-to-12-inch square of canvas.

Page 5455 and 5456. Letter dated 14 Aug. 1930 written by P.H. Dorsett in Peiping to W.J. Morse. c/o Yamato Hotel, Dairen, Manchuria. "Yesterday we visited an open street fruit

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and vegetable market which extends for several blocks along Chien-men [Chienmen] Street. It was surely an interesting experience. We saw bean curd at quite a number of stands, also soy sauce. The curd was in several different forms. The white, in somewhat thinner and smaller pieces, small pieces in different forms fried, also round and square brown cakes which they call dry curd [*doufu-gan*]. It is not really dry but is pressed much dryer than the ordinary curd and can readily be handled without breaking, The brown color, we learned, is the result of putting the curd in cold soy sauce and bringing the sauce to a boil."

Pages 5779 and 5780 (18 Aug. 1930). Letter from Mr. W.J. Morse in Dairen, Manchuria, to Mr. P.H. Dorsett, c/o U.S. Legation, Peiping, China. "Today by mail I sent you all of the negatives of pictures that I have taken up to date. The negatives were sent in two lots–one of the 3¼ by 4¼ and the other of the panoramas. Tomorrow I will send you the field reports to date which may be destroyed after they are copied in the report.

"I am planning to go to Korea for two to three weeks in the very near future to complete our movie story of the soybeans as well as the still picture story. We lack the connecting links–scenes of varieties, fields, methods of culture and harvesting–and I hope to get these if possible in a short time to complete the whole soybean story of Korea. I also desire to get some data on the growing varieties for you will recall that we did not see the beans growing at all. The Manchurian maturing season soon will be here and again I want to take notes on varieties and make a complete story of the Manchurian soybean. You can rest assured that I am going to collect all possible data, seed and products of the crop. I trust that my allotment holds out for I do not want to miss anything."

"I regretted very much to learn of Dr. Harvey Wiley's death [on 30 June 1930] as I knew him very well. Several years ago he came to see me about soybeans for his dairy farms up at Bluemount [Note: After leaving government in 1912, Wiley raised dairy cows became head of the laboratories at *Good Housekeeping* magazine]. I started him with the Virginia as a silage bean and it was a great success. He became quite a soybean man and occasionally came around to talk soybeans with me.

"Your comments on the bean-curd at the Chinese market are very interesting and I hope to be able to see some of these different things when I come down to [China] some time this fall. I doubt if I will find anywhere in the Orient such a collection of products as we picked up in Japan last year. You will note in the field reports being sent you that lately we have stumbled across a few new products and we are always on the lookout for new ones." Address: Agricultural Explorers, USDA, Washington, DC.

1376. Dorsett, P.H.; Morse, W.J. 1930. Tofu in Heijo, Chosen [Pyongyang, North Korea] (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 5658 and 5659 (30 Aug. 1930). Heijo. "In the morning we went to the Grain Inspection Office where we met the grain inspectors and went with them to the grain storage and shipping yard of a Korean grain merchant along the Daido [Taedong] River. Two hundred bags of soybeans were to be inspected and graded for shipment to the Main Island... At least 80% of the beans were found to have brown germs indicating either poor storage or curing of the beans. The inspectors refused to pass the seed in any grade. The merchant had expected 3rd or 4th grade and had sold the seed to an exporter in Chinnampo [Namp'o, the port city for Pyongyang].

"The following items on the inspectors cards were used in grading soybeans: 1. Koku. 2. Dirt or stones. 3. Trash–pods, stems, etc. 4. Rotten seed. 5. Immature seed. 6. Insect injured. 7. Broken seed. 8. Per cent total. 9. Remarks.

"As some boats were loading soybeans for shipment to Chinnampo we were able to secure still and movie pictures of inspection and landing of the small Korean boats.

After lunch we visited a grain market... We obtained nine samples among which were the largest yellow and green seed varieties [of soybeans] we have come across. These varieties are said to be used by the Koreans in making their own miso and soy sauce.

"In a small market place, we found jars of mung bean sprouts and dishes of bean curd at nearly every vegetable stand. Several stands had dishes of boiled mung bean sprouts, a product we have not seen before in our work.

Four photos (p. 5659-5661) show: "View of weighing bags of soybeans during inspection and grading in the storage and grading yard of the Korean grain merchant along the Daido River (negs. #45699-702). Then 3 more similar photos are on pages 5662 and 5663.

Page 5661. A photo (see next page) shows: "Soja max. Soybean. Heijo, Chosen. Small blocks of fresh soybean curd sold by Korean women in a Korean market" (neg. #45703).

Page 5751 (6 Sept. 1930). Heijo, Chosen. W.J. Morse's notes. We visited the office of the Heian Nando Prefecture Grain Inspection Service... The earliest [soy] beans were said to be grown around Junsen and harvest will begin between the 15th and 20th of this month. Crops are in excellent condition and above average yields will be obtained. Junsen is the center of a large soybean grain producing region and the inspector advised that we should by all means visit the Junsen section.

"It was learned that market day was being held on the outskirts of the city, so we went to look over the products."

"At some of the small lunch stands scattered about

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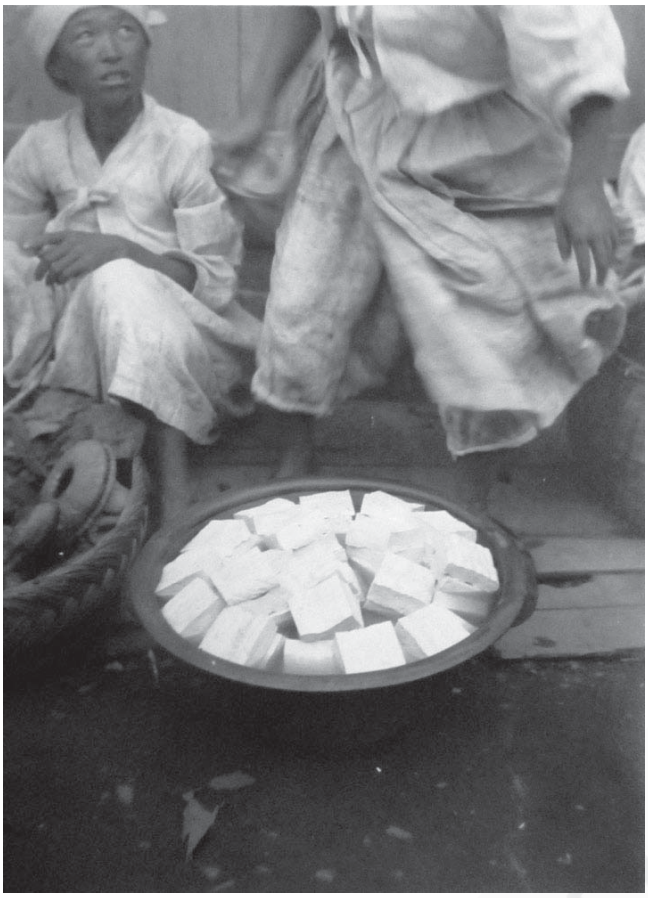

the grounds, mung bean and soybean foods were being cooked and sold. Mung beans as batter cakes with chopped vegetables and fried soybean curd were the chief foods.

Page 5754. A photo shows: "Frying small blocks of bean curd on piece of sheet iron at small open lunch stand on Korean Market Day" (neg. #45752). Address: Agricultural Explorers, USDA, Washington, DC.

1377. *New York Times.* 1930. Large demand for soybean is quickly created here: An old Oriental product is turned to many uses in the Western markets. Sept. 21. Section 9. p. 13.
• ***Summary:*** Food uses of soybeans are increasing, as in recent years attention has turned from the stalk to the seed. Soybeans are being used by "persons [such as diabetics] requiring a low starch diet. Either green or dried, boiled or baked, the beans may be eaten as a vegetable or made into soup, and special varieties have been developed that are easy to cook." In the Orient they are made into an emulsion similar to milk and into various kinds of vegetable cheeses. "In the West this milk has been produced in the form of a powder, usable in making bread and cake, milk chocolate and custards, and in creaming vegetables. A curd obtained from it has been canned and put on the market."

1378. Kellogg, John Harvey. 1930. Soybeans as human food. Paper presented to the American Soybeans Grower's Association, Sept. 11. 20 p.
• ***Summary:*** Dr. Kellogg shows that he has an excellent knowledge of the world literature on soybeans and soyfoods, much of which he summarizes in this speech. "Many years ago (1899), the United States Department of Agriculture, called upon me to undertake the preparation of a vegetable meat. The Assistant Secretary, Dr. Charles Dabney, wrote me, suggesting that the navy bean might be used for the purpose. I found, however, as I expected, that this legume was not suited to the purpose. At that time the soybean was not grown to any extent in this country, I was wholly unacquainted with it, and so naturally sought to find in nuts, especially the peanut, a solution of the problem, and succeeded in producing a vegetable meat, Protose, of which several thousand tons have since been made and consumed. But the introduction of the soybean renders quite unnecessary any other substitute for flesh meats." The author discusses his belief that primitive man subsisted wholly upon plant products (i.e. ate a vegan diet "according to Prof. Elliot of Oxford University, Prof. Ami of Montreal, and other distinguished paleontologists"), and the nutritional value of soybeans and their basic-ash quality. "All meats yield a highly acid ash. The excess of acid in these foods produces a lowering of the alkalinity of the blood and tissue fluids when they are freely used, a condition which is known as acidosis." He also discusses soya sauce (which is now being manufactured in the USA), miso (which like soy sauce has a flavor resembling that of the osmazomes found in meat and meat sauces), roasted soy nuts (resembling roasted peanuts), pressure cooking whole soybeans, adding soy meal (flour) to breads, soymilk being distributed in bottles in parts of China and Japan, soy cheese [tofu], and the many health benefits of soy milk described in the medical literature, the many health problems caused by consuming flesh foods.

"Von Noorden, the world famous German physician, has demonstrated that the soy bean is of very great service in changing the intestinal flora." Note 1. This is the earliest document seen (June 2003) concerning soy and changing the intestinal flora. It is also the earliest document seen (June 2003) that uses the phrase "changing the intestinal flora" in connection with soy.

"In spite of the frantic efforts of vested interests to promote the uneconomic live-stock industry, it will no doubt gradually disappear as a true science of agriculture is developed and the country becomes more densely populated. The conversion of vegetable into animal protein by feeding to steers and pigs, is one of the most wasteful of all human activities. Armsby has shown that 100 pounds of digestible vegetable protein are required to produce 3 pounds of meat protein..."

Discusses Stefansson's absurd so-called meat-eating experiment, which was really a publicity stunt. Stefansson took no more than 20% of his calories in the form of lean or muscle meat. The rest of his diet was fat. "Excessive meat

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consumption is one of the begetting sins of the people of this country. Our per capita meat consumption is 5 ounces per day, just 5 times that of Italy (1.0 oz.) and ten times that of North China (0.5 oz.), while the average native of South China eats no meat at all, and is one of the hardiest and most industrious of workers."

"Thanks to the efforts of our efficient Plant Introduction Bureau, the soybean is beginning to get a start toward recognition and appreciation in this country; but it is evident that a plant possessed of such superlative values and such astonishing versatility and adaptability should receive far more serious attention than has heretofore been given it by the agriculturalists of this country... There can be no doubt that it is destined to play a large part in the feeding of America's millions..."

Note 2. This is the earliest English-language document seen (Dec. 2012) that uses the term "soy nuts" or the term "roasted soy nuts" to refer to soynuts. Address: Battle Creek, Michigan.

1379. Morse, W.J. 1930. La utilizacion de la soja en diversas industrias [The utilization of soya in various industries]. *Hacienda* (*La*) (*Buffalo, New York*) 25:298-301. July; 25:347-49. Aug; 25:394-96. Sept. [1 ref. Spa]
• ***Summary:*** This is a translation of USDA Farmers' Bulletin 1617, but with excellent new illustrations. Contents: Introduction. Soybeans in the human diet: Whole dry soybeans, green vegetable soybeans, soy flour, soy oil, soy sauce, soy milk, tofu (*cuajada de soja*). Soybeans in the feeding of domestic animals. Soy oil: Extraction, use. Soybean cake: as a human food, as a livestock feed, as a fertilizer. The value of soybean forage. Soybean in silage. Soya as green forage. Soybeans for the improvement of soils. Soybean straw.

This article contains many interesting photos: 1. A man with a hand turned stone mill in China grinding soybeans to make soymilk. 2. Soybean cakes stacked and partly covered with tarpaulins at a port in Manchuria. 3. Earthenware vats used for making soy sauce in a courtyard in China. 4. Steamed soybeans being cooled to make miso in Japan. 5. Soybeans intercropped with corn. 6. Manchurians outside a soy oil factory in Dairen. The equipment was installed by the French Oil Mill Machinery Co. 7. Carrying round soybean cakes in a cart at the same factory. 8. A soybean mill at Yokohama, Japan. 9. An Anderson Expeller for the extraction of soy oil. 10. A tractor pulling rotary disks for cultivating soybeans in the USA. 11. Harvesting soybeans with a tractor in the USA. 12. A tractor pulling a harvester-thresher combine in the USA. Address: USDA, Washington, DC.

1380. Morse, W.J. 1930. Soybeans in the Orient. *Proceedings of the American Soybean Association* 3:96-100. Eleventh annual field meeting. Held 10-12 Sept. 1930 in Illinois.
• ***Summary:*** This letter (which appears on pages 5196 to 5199 of the unpublished Dorsett-Morse Log) was written by William Morse on 20 July 1930 from Dairen, Manchuria, to Dr. W.L. Burlison, President of the American Soybean Growers Assoc. at the University of Illinois. It describes the travels of Dorsett and Morse as agricultural explorers for the USDA, studying soybeans and soyfoods, in Manchuria, Japan (Hokkaido and Tokyo), and Korea (Seoul).

"It is recalled that last season the use of the soybean as a green vegetable was described. Throughout the season, it was found that the green vegetable was a very popular food with the Japanese from one end of the Japanese Empire to the other. The vegetable soybean is classed as a garden bean and as such is extensively grown by the Japanese truck farmers."

The authors were in Hokkaido from mid-August until early October, and they visited all the principal soybean sections. "The Obihiro station in the eastern part of the island [of Hokkaido] is conducting the most extensive work in breeding and variety testing. We succeeded in collecting a very large number of varieties and selections of this northern region as well as information on culture, harvesting, threshing, insect pests, and diseases. To supplement this material, we obtained a large number of still and motion pictures of very interesting scenes of the Hokkaido soybean industry."

They arrived in Korea on 20 Oct. 1929 and established headquarters at Keijo (Seoul). "We found Korea to be a most interesting country and different from anything we had seen in Japan. One of the most amazing things was the extent to which soybeans are grown. Almost equally amazing was the large number of native Korean soybean varieties we found in the various sections and at the experiment stations. At the Suigen Experiment Station, they have more than one thousand native Korean varieties and selections under test. The authorities were very generous and gave us samples of each. In addition to this collection, we obtained a few hundred samples from Korean farmers, grain merchants on village market days and from village and city grain dealers. The Korean Department of Agriculture added about 300 samples to our collection by obtaining seed of the principal varieties from the village agricultural societies in each of the prefectures of Korea.

"Altho the Koreans do not use the soybean as extensively for food as do the Japanese, considerable quantities are used and in quite different ways. The beans are used principally boiled with other grains such as millet or kaoliang. They are also used in making miso and soy sauce, but these products are made quite differently from those of Japan or China. Soybean sprouts are found very abundantly in all of the markets and at all of the small food stores. The beans produced in Korea are for the most part excellent quality and are largely shipped to Japan for the manufacture of miso, soy sauce, bean curd, and natto. Soybeans when soaked with chopped millet or kaoliang straw are used

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universally for feeding oxen and cows, the common work animals of Korea.

"We left Korea about the first week of December [1929] for our Tokyo headquarters and collected seed samples and products as we went along. From the latter part of December until the latter part of March, we put in full time collecting soybean products and learning of their use and manufacture. We succeeded in collecting a large number of interesting products, as the Japanese use the soybean very extensively in their daily diet. In the making of cakes, candies, and numerous other confections, the roasted soybean is used in a similar manner to the peanut in America. Of course, soy sauce, miso, bean curd, and natto are the principal soybean products and the ones most extensively used. As an example of the large use of miso, which is used as a breakfast soup with vegetables and also in preserving fish, vegetables, and meat, we visited three large miso factories in the Tokyo district and found that each produced about one million pounds of miso yearly. In addition to these three large factories, there were numerous small factories scattered thrughout the same district.

"As the planting time was approaching in Manchuria, we left Tokyo the latter part of March and arrived in Dairen, Manchuria, the first of April... This country is the real land of the soybean and Dairen, the real city of the soybean. In 1929, 29.2 percent of the total cultivated area of Manchuria was devoted to the growing of soybeans, producing more than 178,000,000 bushels of seed, thus leading all other crops in acreage and production. The Port of Dairen handles about eighty (80) percent of the exports of beans, bean cake, and bean oil.

Note: This is the earliest document seen (Aug. 2011) that uses the term "land of the soybean" in connection with or to refer to Manchuria.

"The planting season for soybeans in Manchuria begins about the first of May and extends to about the 25th of May in some northern sections. We, therefore, had an opportunity before the planting season, to study the methods of grading, storage and transportation of [soy] beans, bean cake and bean oil in the oil mills. The storage yards and warehouse yards of the South Manchurian Railway cover several hundred acres and the immense quantities of bags of beans and bean cakes stored in the open storage yards and in the warehouses are well worth seeing..."

"We had rather expected to find a large number of products made from beans, bean cake, and bean oil but our findings thus far have been very meager. The oil is used in the manufacture of soaps, paints, lard substitutes, and salad oils, but only a very few factories are engaged in producing these products. The beans are used chiefly for oil and oil cake, but during the last three or four years, the demand of European mills for beans has had a serious effect, not only on the Dairen soybean oil mills, but also on the oil mills throughout North and South Manchuria. In Dairen, at the present time, only about forty-five soybean mills are active during the crushing season, whereas four years ago there were about ninety. The oil cakes are for the most part shipped to the Japanese Islands for feed and fertilizer (chiefly fertilizer), to China and the East Indies for fertilizer, and to America and Europe for cattle and poultry feed."

"Our experience in the field up to the present time has been the study of methods of planting and cultivation practiced in different sections of North and South Manchuria."

"We have collected quite a large number of seed samples during our travels thus far in Manchuria and have obtained some very interesting types. It may interest the members to know that we have visited Yingkou (Newchwang), the source of the Virginia and Wilson varieties... At the Kunchuling Experiment Station, more than one thousand varieties and selections have been tested but at the present time only five hundred are under test. The Manchurian varieties do not succeed in the Japanese Islands or Korea and neither do the Japanese varieties succeed in Manchuria or Korea..."

"With this letter we are sending some lantern slides illustrating various scenes of the soybean industry in oriental countries... With best wishes for a most interesting and successful 1930 meeting."

Note 2. This is the earliest English-language document seen (Feb. 2004) that uses the term "vegetable soybeans" (not preceded by the word "green") to refer to green vegetable soybeans.

Note 2. This letter was reprinted in *Soybean Digest* (April 1945, p. 11-12). Address: USDA, Washington, DC.

1381. Morse, W.J. 1930. Utilizacion de la soya [Utilization of soybeans]. *Revista de Agricultura, Comercio y Trabajo* (*Cuba*) 11:43-60. Sept. [Spa]

• ***Summary:*** This is a translation of *USDA Farmers' Bulletin* No. 1607 titled "Soybean Utilization" (Morse, Jan. 1930). With an introduction by Ingeniero Francisco B. Cruz, Director de la Estacion Experimental Agronomica, de Santiago de las Vegas, Cuba. Translation by Emma Lopez Seña. Contents: Introduction. Soybeans for human food: Dried beans (*los frijoles secos*), green or vegetable beans (*los frijoles verdes*), soybean flour (*la harina de soya*), soybean oil (*aceite de soya*), soy sauce (*salsa de soya*), soybean sprouts (*vástagos de soya*), soybean vegetable milk (*leche vegetal de soya*), soybean curd [tofu] (*cuajada de la soya*).

Note 1. This is the earliest Spanish-language document seen (April 2013) that uses the term *cuajada de la soya* to refer to tofu.

Soybeans for livestock: For swine, dairy cattle, beef cattle, sheep, poultry. Soybeans for oil: Methods of processing beans for oil, utilization of soybean oil. Soybean meal: Soybean meal for human food, soybean meal for stock feed. Soybeans for hay. Soybeans for pasturage. Soybeans for silage. Soybeans for soilage. Soybeans for soil

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improvement. Soybean straw.

Note 2. This is the earliest Spanish-language document seen (June 2009) that uses the term *frijoles verde* to refer to green vegetable soybeans. Address: USDA, Washington, DC, USA.

1382. Dorsett, P.H.; Morse, W.J. 1930. Soybean sprouts, soybean milk, bean mash [okara], and bean curd [tofu] in China (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 6252 (23 Oct. 1930, Peiping, China). P.H. Dorsett's notes. "Today we went to the market and saw a number of bean curd [tofu] dealers, also those handling soybean sprouts."

Pages 6264 to 6268, and 6275 (24 Oct. 1930). P.H. Dorsett's notes. "Tomorrow we plan to visit one of the many places around Peiping engaged in bean sprouting and the making of other bean products."

Page 6265. Photo shows soybean sprouts in a market in Peiping (neg. #46113).

Page 6266. Photo taken in same market. "At the extreme left, back, soybean sprouts and string beans, in front soybeans, cauliflower and radishes. At the back left are dry bean curd [doufu-gan, pressed tofu] and Chinese cabbage" (neg. #46114).

Page 6266. "Chinese curd man shaving from thin sheets narrow strings of soybean curd" (neg. #46115).

Page 6267. "Peiping, China. Very near life sized picture. Fresh bean curd pressed into thin sheets and fried in soy sauce for five hours. These sheets are sliced into fine strings. Chinese name 'Chien chang'" (neg. #46116).

Page 6268. "Peiping, China. Small stand along the street selling various forms of soybean curd that have been fried in soy sauce" (neg. #6268).

Page 6268 (bottom). Peiping. "Most of the baskets contain a greater or less amount of sprouted soybeans; they show in three baskets."

Page 6275. A photo shows: "Soja max. Fried soybean curd. Peiping [Beijing], China. Between 3/4 and life sized picture. Small squares of fresh bean curd are fried in deep fat (sesame oil). Sometimes several of these fried squares are strung on pieces of grass. D. & M. #7256 (neg. #46125).

Page 6276. "Almost life sized picture. Round and oblong pieces of fresh bean curd fried in soybean sauce for 5 hours. The cakes are dark reddish brown. Chinese name 'Toufu kan' [doufu-gan] meaning 'dry bean curd'" (neg. #46126).

Page 6277. "Peiping, China. Life sized picture. Small squares of bean curd that have been boiled in soy sauce for 5 hours. Cakes are dark reddish brown" (neg. #46127).

Page 6280 (25 Oct. 1930). Peiping, China. "In the forenoon we went to the bean sprouting place of Mr. Chang Tzu Hsien, in the southwestern part of the city. His sprouting house or room is just back of the large public well where water is pumped by coolies and sold to big wheel-barrow men for a few coppers per load. Mr. Hsien sprouts mung beans, yellow and green soybeans; about six days are required to sprout the beans. He uses large earthen bowls are wide shallow jars, about two feet at the bottom, three feet on top and 16 to 20 inches deep, in which to sprout the beans.

"About 1 peck of dry beans are required to make one of the above vessels full of sprouts. Green soybeans are grown and sold with shorter sprouts than either the yellow soy or mung beans. We were told that the best beans for sprouting come from the Kalgan region [Zhangjiakou, a city in Heibei province of North China, adjacent to Beijing to the southeast], but that on account of the price he cannot afford to use these and so he gets his stock from the southeast of Peiping [Beijing].

"The beans are first soaked overnight in hot water and then put into vessels and sprinkled two or three times a day with cold water.

"Mung bean sprouts sell for two cents Mex. per cattie. Yellow soybean sprouts for three and one-half cents per cattie. Green soybean sprouts sell for four cents per cattie.

We next went to the Chi Shun Hung Co., 8 Lien Hua Ssu Street, Peiping, soybean curd and milk manufactory where we spent some little time getting information and pictures.

"Mr. Hao produces both dry and fried curd and milk. He

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sells soybean milk in about 10 ounce bottles at 1.00 Mex. per bottle, one bottle each day, delivered to his customers. He makes square and round cakes of soybean curd. The are from one-half to three-quarters of an inch thick and about three inches in diameter. These are called dry curd because most of the water is pressed out. They also fry these cakes in soybean oil.

"Mr. Hao also told us that the soybeans from the Kalgan region make the best curd, but that on account of their expense he cannot afford to use them, and buys his from local growers in the vicinity of Peiping.

"In the afternoon we finished up the nearby pictures of soybean products and then took the negatives made in the field and at the hotel to the Hartung Photo Shop to be developed and printed."

Page 6282. Peiping, China. "Wheel cart with baskets used by the peddler of sprouts of mung beans and soybeans" (neg. #46132). "Side view of wheel cart and baskets used by the peddlers of sprouts of soybeans and mung beans" (neg. #46133).

Page 6283. "Small grass baskets or forms for shaping fresh bean curd into small round cakes and then from which excess water is pressed out" (neg. #46134). "Small grass basket forms used in shaping small round cakes of soybean curd for pressing out moisture and the cakes are then fried in soy sauce" (neg. #46135).

Page 6284. "Basket of square and round cakes of fresh soybean curd from which excess water has been pressed. These cakes are now fried in soy sauce for five hours" (neg. #46136). "Tub of bean mash [okara] left after straining out the soybean milk which is used in the manufacture of bean curd" (neg. #46137).

Note: This is the earliest English-language document seen (July 2011) that uses the term "bean mash" to refer to okara.

Page 6288 (27 Oct. 1930). P.H. Dorsett's notes in Peiping. "Early this morning we visited the mung bean sprouting of Mr. Chang, at 66 Pei Yang Shih Kou, Peiping. This gentleman uses tubs in which to sprout his mung beans. The tubs are 12-14 inches across, 24 inches long, and 18-20 inches in height, with about eight small holes in the bottom for draining off surplus water..." The process is described and photos given.

Page 6289. "In the afternoon we called on the establishment of Mr. Chiang who makes what is locally known as 'Southern bean curd.' He uses yellow soybeans. The milk is boiled three times. This curd seems quite different from that ordinarily seen."

Page 6792 (14 Dec. 1930). Peiping en route to Kalgan, China. P.H. Dorsett's notes. "Owing to the fact that when the Morses were in Peiping in November, and Morse, Suyetake, Liu and I, while looking up soybean products, learned that the best soy and mung beans for use in sprouting and making bean vermicelli come from the Kalgan region, we thought it worth while to go there for a collection of soybeans, mung beans and other legumes." Address: Agricultural Explorers, USDA, Washington, DC.

1383. Hepburn, Joseph S.; Sohn, Keum Sung. 1930. Do fu: An Oriental food. *American J. of Pharmacy* 102(10):570. Oct.

• ***Summary:*** "The Oriental food, known as *do fu* in Chinese and *doo pu* in Korean, is a soy bean preparation." The beans are soaked in cold water, then ground with the water. "The resulting mass is filtered through a coarse linen bag. The white, milky filtrate is heated in a vessel, with occasional stirring, until it begins to foam. Then a saturated solution of sodium chloride is added until coagulation is complete..."

A sample of *do fu*, purchased in the 'Chinatown' of Philadelphia [Pennsylvania], was found to have the following percentage composition: Total solids: 13.37%. Moisture: 86.63%. Ether extract: 4.65%. Crude fiber: None. Crude protein: 4.22%. Ash: 0.59%. Nitrogen-free extractives: 3.91%.

Note: This is the earliest English-language document seen (Oct. 2003) that uses the term "milky filtrate" to refer to soymilk. Address: John Clifford English Laboratories of Physics and Chemistry; Hahnemann Medical College and Hospital of Philadelphia.

1384. Pian, Jina Hsueh-chin. 1930. Biological value of the proteins of mung bean, peanut and bean curd. *Chinese J. of Physiology* 4(4):431-36. Oct. [4 ref. Eng; chi]

• ***Summary:*** "The biological values of the proteins of mung bean, peanut and soy bean curd are 58, 59 and 65% respectively. The coefficient of digestibility [nitrogen absorbed/nitrogen intake] of mung bean, peanut and soy bean curd are 86, 95 and 96% respectively." Address: Dep. of Biochemistry, Peiping Union Medical College, Peiping.

1385. Dorsett, P.H. 1930. Re: Research, money, and departure plans (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Nov. 20. Unpublished log.

• ***Summary:*** Pages 6488 to 6491. This letter dated Nov. 20 is from P.H. Dorsett in Peiping, China, to Mr. Knowles A. Ryerson, Principal Horticulturist, In Charge Foreign Plant Introduction, Bureau of Plant Industry, USDA, Washington, DC. "Dear Mr. Ryerson:..."

"Morse arrived in Peiping October 20th and I did my best to show him about the country and the interesting things in the city, especially soy beans and bean curd establishments, bean vermicelli, sprouting and washing places. He picked up a lot of interesting facts and data, and

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saw much of interest and value concerning his research work relative to soybeans and their utilization."

Page 6489. "The Morses, with their Japanese interpreter Mr. Suyetake, who by the way is a mighty nice young fellow and has been of very great assistance to the Expedition, left Peiping November 9th on their return trip to Dairen."

Morse, when here, was not able to say definitely when he would be ready to return home. "His is a most fascinating and interesting problem, and I can well understand that he is extremely anxious to get all the information he possibly can concerning the soybean enterprise in its native home.

Page 6491. "We figure that the present allotment of $5000, for the Peking contingent will be sufficient to cover the additional expenses incurred in this work and return Dorsett to Washington.

"It is feared. however, that the allotment of $5000 for the work of the Manchurian contingent may not be sufficient to enable Morse to round up his research work with soybeans as he would like and return to the States.

"In case additional funds are necessary to enable the Manchurian contingent to wind up its work there in good shape (which perhaps at most will not exceed $1000.) cannot be raised there, please let me know and I will see if I can arrange to help Morse out with sufficient funds to enable him to remain and wind up his foreign investigations as he would like." Address: Agricultural Explorer, USDA, Washington, DC.

1386. Dorsett, P.H.; Morse, W.J. 1930. Miso in Japan (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Unpublished log.

• ***Summary:*** Page 6820 (21 Dec. 1930, Kobe, Japan. Mr. Morse's notes). "Mr. Saito at Dairen had advised us that there were many places in Kobe where meat was preserved in soybean miso." Had no difficulty in finding three such places, where "we found the men busy in packing meat in white miso. In the Kobe and Kyoto districts white miso is manufactured quite extensively. Small meat shops are the only establishments putting up the miso-preserved meat. For this product beef is used and white miso. Small slices of beef about the size of the palm of the hand and about ¼ inch thick are placed on a layer of miso (about ¼ inch thick), then a layer of miso and another layer of meat. About 1½ pounds of beef are packed with miso in each tub which sells for two yen. The meat is best after being preserved in miso about 7-10 days and does not keep well after two weeks except in rather cold weather. Miso preserved meat is always boiled. White miso is always used for preserving fish and meat (beef) while red miso is used for preserving vegetables, the red miso being considered too salty for meat. Several meat shops were visited and we always found the same products and same methods of preserving the beef. Apparently this product is very popular in the Kobe district. At one of the shops we were advised that there are some miso-meat preserving places in the Tokyo district." Photo: Small tubs of miso preserved meat displayed in front of a meat shop in Kobe.

Pages 6822-23 (22 Dec. 1930, Kyoto, Mr. Morse's notes). At the Imperial Agricultural College they met Isawo Namikawa, Professor of Horticulture, who said that Kyoto is noted for several special soy products such as white miso, soy sauce, and natto. Kyoto soy sauce is lighter in color, not so heavy, and not quite as salty as soy sauce made in other parts of Japan. "In looking around Kyoto in our little spare time we saw no places where meat is preserved in miso."

Pages 6931-32 (7 Jan. 1931). Morse went to the Imperial Department of Agriculture in Tokyo and met the director, Mr. A. Manabe, who provided information, statistics, and recent publications on soybean acreage, production, utilization, and industries in Japan, Chosen [Korea], and Taiwan. These are the most complete yet received. Mr. Manabe stated that soybean acreage and production is gradually decreasing in Japan proper. This is due mainly to the increased acreage of more intensive farming, especially truck crops and rice. However the acreage of soybeans for green manuring purposes is increasing rapidly, especially in the southern half of the main Island and Kyushu Island.

Japan proper produces more than 2,500,000 koku of soybeans but uses over 7,500,000 koku; the difference is imported from Chosen and Manchuria. The soybeans imported from Manchuria are "are of much lower quality than beans from Japan proper and Chosen and are used primarily for the manufacture of soy sauce, miso, bean oil and bean cake. The beans from Japan proper and Chosen are utilized primarily for food, such as bean curd (Tofu), confections, flour and green vegetable beans. The following table gives the ratio in percent of soybean utilization in Japan:

Miso 22.7%. Soy sauce 22.7%. Bean oil and bean cake 21.6%. Bean curd [tofu] 15.4%. Green vegetable beans 0.8%. All other food uses 6.0%. Feeding purposes 6.2%. Green manure 2.5%. For planting [seed] 1.6%. Miscellaneous uses (other than food) 0.5%. Note: These figures total 100%. Thus, 22.7% of the soybeans used in Japan are used to make miso, 22.7% are used to make soy sauce, 21.6% are crushed to make soybean oil and cake, etc.

Page 6937 (10 Jan. 1931, Tokyo, Notes by Mr. Morse). Spent most of the day in the Shinjuku district looking up soybean products. "More String Natto in rice straw packages was observed in this section than any we have visited. At the stores we found considerable quantities of fish preserved in white miso and also fish preserved in sake mash. The latter is said to keep much longer than the miso preserved fish and if it keeps long enough might afford a good article of export

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to the United States, for undoubtedly it would prove far less harmful than some of the products [alcohol] now used in violation of the 18th amendment... Nearly all food stores carried a variety of vegetables preserved in red miso."

Page 6943 (12 Jan. 1931, Kobe). Visited a large miso meat preserving place that packs 5,000 to 6,000 tubs of miso preserved meat yearly. The proprietor said that about 3,000,000 tubs are sold each year in the Kobe district. The small tubs, costing 70 sen each, hold about 2 pounds of beef. The Kobe district is noted for its fine quality of beef. Photos (p. 6946-47) show these small flat tubs.

Page 6945-46 (13 Jan. 1931). Kyoto, Japan. Visited a large miso factory, where both red and white miso are made. White miso is manufactured quite extensively in the Kyoto and Kobe districts; it keeps only about 1 month in the summer, but about 3 months in the winter. A table shows the most famous forms of miso made in Japan: Sendai miso–red. Kanto miso–red. Okazaki miso–black. Country miso–red. Kinzanji miso–red. White miso–white.

Pages 7003-04 (19 Jan. 1931). Tokyo, Japan. Morse's notes. "At evening supper we had for dinner beef preserved in white miso. After broiling, the flavor of the meat reminded one of that of the sugar cured hams of the Southern States. The meat had been cured just eight days and was well flavored through."

Page 7116 (29 Jan. 1931). In a letter to Dorsett in Peking, Morse states that the broiled, miso preserved beef was "delicious" and tasted like ham. "I also had some white miso preserved fish. Although it was good, I did not care nearly so much for it as I did the beef." Address: Agricultural Explorers, USDA, Washington, DC.

1387. **Product Name:** Tofu, Agé.
Manufacturer's Name: Asahi Shokai.
Manufacturer's Address: 221 S. Clarement St., San Mateo, California. Phone: MAteo 1157.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 101. A ¼ page ad at the bottom left of this page states in Japanese: Asahi Shôten. They sell Japanese and Western groceries, fresh fish and vegetables; they make tofu and agé. Owner: Mr. Hiroaki Tsukushi. Also in 1934, p. 102. Phone has changed to 1197. Ad (¼ page), p. 102. All in Japanese except address. Asahi Shôkai. Direct import. Japanese and Western foods and goods, fresh fish, shredded dried bonito flakes (*hana katsuo*). Making tofu. Owner: Mr. Yukichi Urabe.

1388. **Product Name:** Tofu.
Manufacturer's Name: Endo Ryokan [Japanese-style Inn].
Manufacturer's Address: P.O. Box 91, Guadalupe, California. Phone: 12M.
Date of Introduction: 1930.
New Product–Documentation: Ad (1/10 page) in The Japanese American Directory. 1930. p. S-210. Making and selling tofu. Owner: Mr. Kinosuke Endo. He also helps people to find jobs free of charge. Note: Guadalupe is in Santa Barbara County, in southern California.

1389. **Product Name:** Tofu.
Manufacturer's Name: Fujimoto Tofu-ya, Kashima (Room for Rent).
Manufacturer's Address: 639 Main St., Colusa, California.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 215.

1390. **Product Name:** Tofu.
Manufacturer's Name: Fujisan Sengyo Tofu-ten [Fresh Fish and Tofu Shop].
Manufacturer's Address: 1624 Ave. B, Scottsbluff, Nebraska. Phone: 752.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-306. Note: Scottsbluff is the largest city in Scotts Bluff County, in far western Nebraska. Note: This is the earliest known commercial soy product made in Nebraska.

1391. **Product Name:** Tofu.
Manufacturer's Name: Hamazaka Tofu-ten.
Manufacturer's Address: 2319 S. Cotner Ave., West Los Angeles, California. Phone: W.L.A. 33707.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-161.

1392. **Product Name:** Tofu.
Manufacturer's Name: Hirose Tofu-ten.
Manufacturer's Address: P.O. Box 812, Vacaville, California. Phone: 236.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930, p. 155.

1393. **Product Name:** Tofu.
Manufacturer's Name: Hop Hing.
Manufacturer's Address: Doyer St., New York City, New York.
Date of Introduction: 1930.
How Stored: Refrigerated.
New Product–Documentation: Talk with Wun-hong Eng, formerly of Fong-On. 1992. Feb. 17 and 23. This was the oldest tofu manufacturing company he knows of in New York City. This company was started 3 years before Fong-On by a Mr. Liu. Mr. Liu's brother-in-law and Mr. Eng's father started Fong On. The company was located in a basement on Doyer St.; it might have been 15 Doyer St. or 17 Doyer

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St.–something like that. Hop Hing was sold right after World War II to somebody else, but that person went out of business. It has since been owned by 3-4 different people.

By early 1981 the company (located at 4 Bowery St., New York, NY 10013) had been renamed Sun Hop Hing, which means "New Hop Hing" or "New United Success." The company is now owned by Raymond Tse, who bought the company about 10 years ago and who is famous for killing a man (with 18 bullets) who tried to extort money from him. A jury acquitted him, finding him innocent. The company is now in Queens. Phone: 718-458-8000.

1394. **Product Name:** Tofu.
Manufacturer's Name: Kitamura Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: MAin 2162-J.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 170.

1395. **Product Name:** Tofu.
Manufacturer's Name: Komatsu Sakana-ten, Tofu.
Manufacturer's Address: 2416 Grant Ave. (P.O. Box 669), Ogden, Utah. Phone: 1142.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-288. Note: The structure of this company name is very unusual; the word "ten" (shop) is usually at the end of the name. Also in 1934, p. 490. Address (in English) has changed: 2473 Grant Ave. (P.O. Box 669). No phone number.

Hokubei Nenkan–The North American Times Year Book. 1936, p. 289. Komatsu Gyorui oyobi Tofu-ten (Komatsu Various Fish and Tofu Shop). 2473 Grant Ave., Itarô Komatsu.

1396. **Product Name:** Tofu.
Manufacturer's Name: Kotobuki Yu oyobi Tofu-ten [Bath House and Tofu Shop].
Manufacturer's Address: 708 Oxnard Blvd., Oxnard, California.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-191. A 1/10 page ad (p. S-192) states: Kotobuki Yu [Bath House], Mr. Hatsuzo Yoshida, Japanese style bath and selling tofu. Gives the same address.

1397. **Product Name:** Tofu.
Manufacturer's Name: Miyazaki Tofu-ten.
Manufacturer's Address: Rt. A, Box 153, Santa Clara, California. Phone: Santa Clara 22-J-1.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 111. Also in 1934, p. 112. Address has changed: Rt. 1, Box 602, Santa Clara.

1398. **Product Name:** Tofu.
Manufacturer's Name: Morimune Tofu-ten.
Manufacturer's Address: 138 Main St., Watsonville, California.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1925. p. N-127. Name is in Japanese only. The person's given name may be Sôichi. In English: 138 Main St. Phone: 841. Also in 1930 directory, p. 131. Address: 129-A Main St., Watsonville, California. Also in 1934 directory, p. 131. Address has changed: 129-A Main St. No phone number.

1399. **Product Name:** Tofu.
Manufacturer's Name: Moriuchi Tofu-sho.
Manufacturer's Address: 1613 Buchanan St., San Francisco, California. Phone: WEst 2157.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 18. Also in 1932, p. 17. Also in 1934, p. 20; Ad (1/8 page; Tofu, aburaage, konnyaku, Ito-konnyaku). Note: Hayashi Tofu-ten formerly made tofu at this address and phone number.

1400. **Product Name:** Tofu.
Manufacturer's Name: Murakami Tofu-ten.
Manufacturer's Address: 608 7th St., Modesto, California. Phone: 894.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 254.

1401. **Product Name:** Tofu.
Manufacturer's Name: Nakagawa Tofu-ten.
Manufacturer's Address: 111 First St., Hood River, Oregon.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-325. No phone.

1402. **Product Name:** Tofu.
Manufacturer's Name: Nakamura (Seijiro) Tofu Seizo-sho.
Manufacturer's Address: P.O. Box 83, Ely, Nevada.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-273. No phone.

1403. **Product Name:** Tofu.
Manufacturer's Name: Ni (?) Tofu Seizo-sho.
Manufacturer's Address: 140 W. 1st S. St., Salt Lake City, Utah. Phone: WAs 6942.
Date of Introduction: 1930.

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New Product–Documentation: The Japanese American Directory. 1930. p. S-279.

1404. **Product Name:** Tofu.
Manufacturer's Name: Okumura Sakana, Niku, Tofu-ten [Fish, Meat & Tofu Co.].
Manufacturer's Address: Rt. 2, Box 38-B, Gardena, California. Phone: 443.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-127. Also in 1934, p. 360. Name is now written (in Japanese): Okumura Gyoniku [Fish meat] Tofu-ten.

1405. **Product Name:** Tofu.
Manufacturer's Name: Sakai Shoten.
Manufacturer's Address: 641 Villa St., Mountain View, California. Phone: Mt. View 4221.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 109. A 1/8 page ad at the bottom center of this page (all in Japanese) states that Sakai Shôten makes and sells tofu, and also sells groceries. Also in 1934, p. 109. Ad (1/8 page), p. 109. Sells groceries. Also makes and sells tofu.

1406. **Product Name:** Tofu.
Manufacturer's Name: Sakaji Tofu, Sakana-ten [Tofu and Fish Shop].
Manufacturer's Address: 818 W. Main St., Santa Maria, California. Phone: 483-R.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-201. A 1/10 page ad (p. S-202) gives the same address and phone number. The company name is given as Sakaji Tofu, Sengyo-ten [Tofu and Fresh Fish Shop]. Owner: Mr. Shinmatsu Sakaji. Also billiards.

1407. **Product Name:** Tofu.
Manufacturer's Name: Sakamura (or Samura?) Tofu-ya.
Manufacturer's Address: 1411 4th St., Sacramento, California. Phone: MAin 4432-J.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 170. Company name is in Japanese: Sakamura or Samura. In English: 1411 4th St., Sacramento. Phone: Main 4432-J. Also in 1934, p. 172. Name is now Sakamura.

1408. **Product Name:** Tofu.
Manufacturer's Name: Suehiro Tofu Seizo-sho.
Manufacturer's Address: 1525½ Geary St., San Francisco, California. Phone: FIllmore 4477.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 18. Also in 1932. p. 17. Note: Murakami Konnyaku, Tofu Seizô-sho formerly made tofu at this address.

1409. **Product Name:** Tofu.
Manufacturer's Name: Sutaa [Star] Tofu-sho.
Manufacturer's Address: Rt. 2, Box 505-J, Long Beach, California.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-166. Sutaa Tofu-sho (in characters). No phone. Also 1934, p. 396. In Japanese: Sutaa Tofu-ten (new name).

The Japanese American Directory. 1941. p. 403. Sutaa Tofu-ten (in characters), Star Tofu Factory, Rt. 2, Box 505 (in English), Long Beach, California. Phone: MEnlo 471-44.

1410. **Product Name:** Tofu.
Manufacturer's Name: Tacoma Tofu-ten.
Manufacturer's Address: 411 15th St., Tacoma, Washington. Phone: MAin 5339.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-216.

1411. **Product Name:** Tofu.
Manufacturer's Name: Takeda Tofu-ten.
Manufacturer's Address: P.O. Box 511, Vacaville, California. Phone: 236.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930, p. 155.

1412. **Product Name:** Tofu.
Manufacturer's Name: Tofu, Koniboro (?) Ebi Seizo-sho.
Manufacturer's Address: 1909 Bush St., San Francisco, California. Phone: FIllmore 2660.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 18.

1413. **Product Name:** Tofu.
Manufacturer's Name: Tsuchiyori Tofu, Sakana-ten [Tofu & Fish Shop].
Manufacturer's Address: 1547 S. Western Ave., Western City, California. Phone: GArdena 1714.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-125. A 1/10 page ad (p. S-128) gives the same name, address, and phone number. Owner: Mr. Okizaemon Tsuchiyori.

1414. **Product Name:** Tofu.
Manufacturer's Name: Tsumura Tofu-ten.

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Manufacturer's Address: 216 N. Main St., Lodi, California. Phone: 894.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 249.

1415. **Product Name:** Tofu.
Manufacturer's Name: Watanabe Tofu-ya.
Manufacturer's Address: 2106 L St., Bakersfield, California. Phone: 1203-R.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 300.

1416. **Product Name:** Tofu.
Manufacturer's Name: Yamamoto Sengyo (Fresh Fish), Tofu.
Manufacturer's Address: P.O. Box 185, San Juan Bautista, California. Phone: 28-J.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 129.

1417. **Product Name:** Tofu.
Manufacturer's Name: Yanase Tofu-ya.
Manufacturer's Address: 553 N. Mt. Vernon Ave., San Bernardino, California. Phone: 245-38.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. S-216.

1418. **Product Name:** Tofu.
Manufacturer's Name: Yoshimura Tofu Seizo-sho.
Manufacturer's Address: P.O. Box 552, Delano, California. Phone: 243.
Date of Introduction: 1930.
New Product–Documentation: The Japanese American Directory. 1930. p. 298. A 1/10 page ad (p. 299, entirely in characters) gives the company name as Yoshimura Sengyo narabini Tofu Seizô-sho [Fresh Fish and Tofu Manufacturing Co.], with the same address and phone number. "We deliver tofu and fresh fish very fast." Also in 1934 directory, p. 265. In Japanese: Yoshimura Sengyo [Fresh Fish], Tofu-ten.

1419. Asahi Co. (The). 1930. Direct importer. Selling Japanese and Western foods (Ad). In: The Japanese American News. 1930. The Japanese American Directory (*Nichibei Jûshoroku*). No. 26. p. S-240. [Jap; Eng]
• ***Summary:*** Ad (¼ page). The top ¼ of this ad is in English. Also sells groceries, dry goods, fresh fish, meat, tofu, shoes, cosmetics, seeds, fertilizer, Japanese and Western hardware. Note: There is no indication that Asahi Shôkai makes the tofu it sells. Also in 1934, p. 459. Ad (¼ page). Similar to 1930 ad. Address: 149 8th St. (at E St.), Brawley, California. Phone: 233.

1420. **Product Name:** Tofu.
Manufacturer's Name: Azumaya Tofu Seizo-sho (Azumaya Co.).
Manufacturer's Address: 1636 Post St., San Francisco, California. Phone: WEst 3708.
Date of Introduction: 1930. January.
Ingredients: -
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p. 51. Azumaya Shoten, 1636 Post St., San Francisco. Phone: West 3708. The directory listing (under the category "Miscellaneous foodstuffs / *Zatsu shokuryo-hin"*) describes the company as a maker of Japanese pickles (*tsukemono seizô-sho*). The heading of Azumaya's display ad reads "Japanese pickles. Vegetables. Foodstuffs. (*Tsukemono-rui. Yasai-rui. Shokuryo-rui*). Tofu is not mentioned. Three other companies are listed in this category: Takasugi Tofu Mfg. Co., Ariake Konnyaku Mfg. Co., and Kinmon Kamaboko Mfg. Co.

Stockton City Directories. 1933-1957. No listing for Azumaya. San Francisco City Directories. 1935-1966. By 1927 these directories were listing Japanese and Chinese businesses and individuals.

The Japanese American Directory. 1930. p. 18. Azumaya Tofu Seizô-sho (Azumaya Co.), 1636 Post St. Phone: WEst 3708. Also in 1932, p. 17. Also in 1934, p. 20; Ad (1/8 page, p. 20. Western and Oriental foods).

Note: This is the earliest document seen (March 2013) which states that Azumaya was making tofu as early as 1930.

Also in 1936, p. 34. Also in 1937, p. 8. Also in 1938, p. 8. Also in 1939, p. 7. Also in 1940. p. 7. Azumaya Tofu Seizô-sho (Azumaya Co.), 1636 Post St. Phone: WEst 3708. Also listed in the 1941 Directory (p. 7), but now the address is 1606-A Geary St. Phone: WEst 3708.

Entry in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory of manufacturers, p. 2 (top left). In Japanese: Azumaya Tofu Seizosho. In English: Azumaya Co.,1606-A Geary St. Phone: JO. 7-0227.

Hokubei Mainichi Year Book. 1951, p. 38. Azumaya Tofu Seizô-sho, Azumaya Co., 1606A Geary St., San Francisco. Phone: JO 7-0227. Ad (1/8 page), p. 38. Mizono brothers. Sells aburage, konnyaku, and tofu, wholesale.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 16. Under "Food Products; Grocers-Whsle." In Japanese: Azumaya Tofu Seizô-sho. In English: Azumaya Co., 1606-A Geary St., San Francisco. Phone: JO 7-0227.

San Francisco City Directory. 1957. This is the earliest listing seen for Azumaya in a Caucasian-published San Francisco City Directory. It read: Azumaya Co. (Geo. and

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Jack Mizono). Baker. 1602½ Geary. In 1958 the occupation changed to "Bakers, wholesale." The 1960 listing showed a change of address: "Azumaya Co. (Jack, Geo and William I Mizono). Bakery. 855 Golden Gate Ave." But the company was not listed under Bakers of Baked Goods. The same listing appeared in 1966.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 26. Vertical 1/8 page ad. Top one-third of ad is in English:

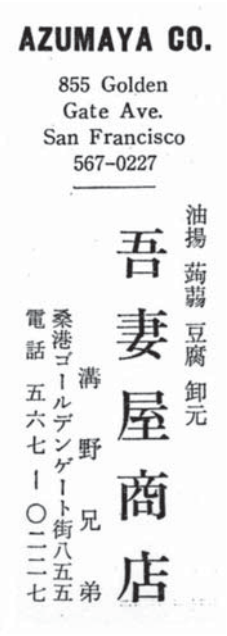

"Azumaya Co., 855 Golden Gate Ave., San Francisco. 567-0227 [phone]. In Japanese: Azumaya Shôten, Mizono brothers. Aburage, konnyaku, and tofu wholesale. (Directory entry, p. 36 under "Food Products"). In the personal / residential directory (p. 92) is a listing for Mizono, Isamu. 152 8th St., San Francisco. None of the other Mizono brothers are listed.

Takai. 1971. Tofu Shops in America. 95 Boutwell. Uses 600 kg/day of soybeans. 4 employees. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. 95 Boutwell.

Loetterle. 1977. California Living. April 17. p. 40. Says the company started in January 1937.

Label. 1978, dated. 4.5 by 4 inches. Red and light blue on clear film. The product is now called "Tofu. Soy Bean Cake." "No preservatives added." A cartoon of a bean says, "Hi! I'm Li'l Soy."

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Azumaya Inc., 95 Boutwell, San Francisco 94124. Phone: 415-467-1955. Owner: William or Jack Mizono; one of America's largest factories; since 1937.

Soya Bluebook. 1980. p. 55. 95 Boutwell St., San Francisco, CA 94124; 1981. p. 70. Address: 1575 Burke Ave., San Francisco, CA 94124.

Interview with Jack Mizono. 1983. Says the company may have started as early as 1920 in San Francisco. Details of the founding are unknown, but it had three successive Japanese owners before the third, Mr. Sakamaki, sold it to the two Mizono brothers (George and Jack) on 17 Feb. 1937. At that time, the tofu plant was located in a basement at 1636 Post Street between Bush and Laguna Streets. The Mizonos ran Azumaya as a family business and built it into a thriving enterprise. In the late 1960s they got their tofu into the first non-Oriental chain of food stores, the Berkeley Co-op system. In about 1970 they became the first company to have their tofu sold in American supermarket chains, Safeway (distributed by Japan Foods) and Lucky (shipped direct). By the late 1970s they were in Alpha Beta, Albertsons, Raley's, and other major West Coast Chains. Sales of $60,000 in 1969 jumped more than 16-fold in the next 8 years to $1,000,000 in 1977, when they were using 1,600 to 2,400 lb/day of soybeans to make tofu. In 1980 Azumaya moved into a huge new modern factory. By 1982, the second largest tofu maker in the Western world after Hinode in Los Angeles, they produced about 110,000 lb/week of tofu. The owners are now listed as Bill or Jack Mizono. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 66. The company now makes about 15,000 to 17,000 lb/day of tofu. They are America's second largest manufacturer, after Hinode. New label. 1986. Regular (Japanese Style) Tofu.

Interview with George and Bill Mizono. 1989. Oct. 31. During the first year of ownership in 1937 Azumaya made bulk tofu, yaki-dofu, ganmodoki, and agé.

Letter from County Clerk of the Superior Court of San Francisco. 1989. Nov. 19. At the request of William Shurtleff, Maura Ramirez searched for the name Azumaya in the indexes of the fictitious name records and business license records for the years from 1920 to 1937. No record was found.

1421. Buck, John Lossing. 1930. Chinese farm economy: A study of 2866 farms in seventeen localities and seven provinces in China. Chicago, Illinois: University of Chicago Press. xii + 476 p. Illust. Index. 24 cm. Published for the Univ. of Nanking and the China Council of the Institute of Pacific Relations.

• ***Summary:*** Packed with carefully collected and analyzed statistics about soybeans and other major crops in China, often on a province by province basis. Also contains 39 excellent photos plus several maps. Contents: 1. Introduction: Method and scope of study, regional conditions, definition of terms ("Soybeans are the yellow soybeans unless otherwise designated." "Vermicelli made from green (mung) bean, *Phaseolus aureus*). 2. Farm layout and land utilization. 3. The year's farm business. 4. The best size of farm business. 5. Farm ownership and tenancy. 6. Crops (incl. soybeans, alfalfa, broad beans, buckwheat,

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corn, cowpeas, hemp, kaoliang, millet (broom, foxtail, proso), peanuts, rapeseed, red beans [azuki], sesame, wheat). 7. Livestock and fertility maintenance. 8. Farm labor. 9. The family farm and population. 10. Food consumption. 11. Standard of living. 12. Conclusion. Appendixes: I. Relation of farm size to 30 variables. II. Gross correlation of coefficients. III. Amount of crop hectares devoted to various crops. IV. Schedules.

Concerning food consumption: "Fats for cooking are exclusively vegetable oils and little even of these are used in the country districts... The most common oils are made from sesame seeds, soybeans, and rapeseed" (p. 357). Tables (p. 358-61) give the chemical composition and caloric value of food products consumed in China; incl. red beans, yellow soybeans, black soybeans, and soybean curd [tofu]. Chinese farm households receive 89.8% of their energy (calories) from seeds and their products, 1% from animal products, and 0.2% from sugar. "Soybeans provide proteins and are a good substitute for milk" (p. 364-65). "Soybeans are a good source of protein, but the proportion of protein from these is small for most localities" (p. 373). "The low standard of living of farmers in China is reflected in almost every aspect of the farmer's life." There are two main reasons for this: population density and lack of education (p. 420). "The farmhouse in China lacks comfort, beauty, and even the elements of sanitation necessary for health and well-being. Diet, while remarkable in containing many of the elements needed for health and strength, lacks variety mainly in fruits and vegetables, particularly in North China. The direct utilization of grains and to a certain extent of soybeans, however, is probably a more economical procedure than the western way of using so much food largely through animals" (p. 424-25).

Note: The famous American novelist Pearl Sydenstricker Buck married this man in 1917; they were divorced in 1934. Address: Prof. of Farm Management, College of Agriculture and Forestry, The Univ. of Nanjing, Nanjing, China.

1422. Capus, Guillaume. 1930. Les produits coloniaux d'origine végétale [Colonial products of vegetable origin]. Paris: Larose. 499 p. See p. 80-83. 26 cm. [Fre]
• ***Summary:*** The soybean (*soja*) is mentioned on 11 pages in this book: p. 1, 74, 78 80-83, 420, 484. 488, 496.

Contents: Introduction. Uses of the soybean (industrial uses and food uses): oil, cake, soymilk, tofu, fermented tofu, sauce, coffee substitute, green vegetable soybeans, whole dry soybeans, soy flour used to make bread for diabetics. The leaves and stems make an excellent green forage. Finally, in the USA, the soybean is cultivated as a forage plant, for use as silage, and also as green manure to enrich the soil for other plants.

Capus Guillaume lived 1857-1931. Address: Doctor of Science, former Director General of Agriculture in Indochina.

1423. **Product Name:** Tofu.
Manufacturer's Name: Iwanaga Ryokan narabini Tofu [Japanese-style Inn and Tofu Shop].
Manufacturer's Address: 218 1st St., Marysville, California. Phone: 1341.
Date of Introduction: 1930. January.
New Product–Documentation: Ad (1/8 page) in Japanese American Directory. 1930. p. 210. 2nd from left. Entirely in Japanese. 218 1st St., Marysville, California. Phone: 1341. Making and selling tofu. Owner: Mr. Torao Iwanaga. Note: This inn, founded in 1925, is under new ownership.

1424. **Product Name:** Tofu.
Manufacturer's Name: Iwanaga Ryokan narabini Tofu [Japanese-style Inn and Tofu].
Manufacturer's Address: 218 1st St., Marysville, California. Phone: 1341.
Date of Introduction: 1930. January.
New Product–Documentation: Ad (1/8 page) in The Japanese American News. 1930. p. 210. Making and selling tofu. Owner: Mr. Torao Iwanaga.

1425. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1930. Nichibei jûshoroku [The Japanese American directory. No 26]. San Francisco, California: Nichi-Bei Shinbunsha. 765+ p. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Most entries in this directory give the company name in Japanese characters, followed by the address and phone number (if any) in English. There are many smaller, vertical ads on the lower half of quite a few directory pages, usually for a company listed on that page. Most are either mostly or entirely in Japanese.

Contents: Ads (full- or half-page, in Japanese and English, p. A-1 to A-34). Table of contents of Japanese businesses in San Francisco, organized by type of business (p. 3). Directory of northern California (in Japanese and English, p. 3-394). Table of contents of Japanese businesses in Los Angeles, organized by type of business (S-19). Directory of Los Angeles, Southern California, and all other U.S. states (p. S-1 to S-340).

On the front cover (which is mostly in English and is at the "back" of the book) is an illustration of the dome of city hall. In the center, vertically in Japanese characters is written *Nichibei Shinbun-sha.* The many directory listings for soyfoods manufacturers and ads for soy-related companies are each given separately. Address: Ellis Street, San Francisco, California.

1426. **Product Name:** Tofu.
Manufacturer's Name: Kashiwagi Shoten.
Manufacturer's Address: P.O. Box 455, Loomis, California.
Date of Introduction: 1930. January.

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New Product–Documentation: Ad (1/8 page) in The Japanese American News. 1930. p. 200. Selling groceries, dry goods, fresh fish, making tofu. Owner: Mr. Fukumatsu Kashiwagi.

1427. Kato Shoten. 1930. [Selling all Japanese and Western foods, fresh fish, fresh produce, tofu (Ad)]. In: The Japanese American News. 1930. The Japanese American Directory (*Nichibei Jûshoroku*). No. 26. p. 194. [Jap]
• ***Summary:*** Ad (1/8 page). All in Japanese. Owner: Mr. Heisaburo Kato. Address: P.O. Box 131, Florin, California. Phone: MAin 7F23.

1428. Maruyama Shoten. 1930. Selling groceries, tofu, fresh fish (Ad). In: The Japanese American News. 1930. The Japanese American Directory (*Nichibei Jûshoroku*). No. 26. p. 90. [Jap]
• ***Summary:*** Ad (1/8 page). All in Japanese. Since 1909, various tofu makers have been located at this address in Alameda. Yet there is no indication that Maruyama makes the tofu that they sell. It may be made in nearby Oakland. Also in 1934, p. 89. Phone is now ALameda 5608-J. Again, 1/8 page ad says they sell tofu, but does not say they make it. Also sells fresh fish. Retail and street vendor. Address: 1620 Park St., Alameda, California. Phone: ALameda 3321J.

1429. Polk's Portland (Oregon) city directory. 1930. Portland, Oregon: R.L. Polk & Co., Inc. See p. 1232, 1234.
• ***Summary:*** "Ohta Saizo (Shino) food products 86½ 5th N. Home 92 5th N."

Note 1. This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* Saizo's wife is Shina [not Shino].

Note 2. On page 1254: "Ota R chaimn [chairman] C&W Lbr Co. Home Linnton." Address: Portland, Oregon.

1430. Watson, Ernest. 1930. The principal articles of Chinese commerce (import and export) with a description of the origin, appearance, characteristics, and general properties of each commodity; an account of the methods of preparation or manufacture; together with various tests, etc., by means of which the different products may be readily identified. 2nd ed. Shanghai, China: Statistical Dept., Inspectorate General of Customs; sold by Kelly & Walsh [etc.]. ix + 630 p. Illust. Index. 28 cm. The Maritime Customs. II. Special Series No. 38.
• ***Summary:*** The first edition was published in 1923. There are sections on "bean oil" (*tou-yu*), the residual meal from the extraction process (*tou-ping fên*), and cakes (*tou-ping;* p. 85-86), soya beans (p. 320-21) including yellow, black, and green varieties, beancurd [tofu], bean milk (tou-fu-chiang), bean sauce (see soy sauce), and bean vermicelli. The latter product, named *fên-ssu, tou-fên-ssu, hsi-t'iao-mien,* or *kua-mien,* is a "famous vermicelli made in the Chefoo district from [soy] beans, most of which are originally imported from Manchuria. It is exported in great quantities from Chefoo to Hongkong, South China, and the Straits Settlements, and forms a favourite and very nutritious food."

Soy or chiang-yu (p. 538) is the name for a "sauce made in China from the soya bean (*Soja hispida*). In preparing it, a quantity of beans are slowly boiled, an equal quantity of coarsely ground wheat or barley being added. The mixture, after being allowed to ferment for some time, is put into a jar with an equal amount of salt, a few aromatics, and three times as much boiling water as there were beans at first; the whole is then allowed to stand for several weeks exposed to the sun, after which the liquor, which constitutes the soy, is separated by pressing and straining the mass. The finished product is afterward packed into jars or bottles ready for market."

"Soy is thin and, in colour, very dark brown or almost black; it becomes brighter and clearer on being kept, has an agreeable salty flavour, and produces a yellowish froth when even slightly shaken. It is much used by the Chinese as a sauce and condiment, as it creates an appetite and is supposed to counteract the injurious properties of contaminated food; it is also used in medicine as an application for burns, scalds, eczema, leprous sores, etc. Soy is often exported from China to foreign countries, where it is extensively used in the manufacture of many European sauces."

"Wheat gluten (*mien-chin*) is prepared in China by washing starch and is used as a nutritious food. The Chinese also prepare "dextrin" (*mai-ch'ao*) from wheat, using it chiefly as a medicine, and considering it to be very nutritious, antifebrile, and quieting..." Address: Tariff Expert, Chinese Maritime Customs.

1431. *Los Angeles Times.* 1931. Why import soy? We can grow this bean to perfection. Jan. 11. p. J6.
• ***Summary:*** This article seems to be based on: Morse, W.J. 1927. "Soy beans: Culture and varieties." *USDA Farmers' Bulletin* No. 1520. 34 p. April. It begins: "Californians are accustomed to thinking of the soy bean as a cover crop. It is interesting to note that in its native land, Manchuria, this use of the soy bean is of small importance." There the soy bean is used mainly as a food product; only the by-products, such as bean cake and straw, are used as fertilizer.

Food products include a paste [jiang], fermented for about 2½ months, soy [sauce], bean curd [tofu], dry bean curd cakes, bean curd wafers, flour, and "milk." The expressed oil is used locally mainly for illumination [in lamps]. The better grades are used for cooking and the poorer grades for lubricating, for making printer's ink and varnish, and "as a waterproofing material in the manufacture of cloth, paper umbrellas, and lanterns.

The bean cake is used to fatten pigs and cattle. In Japan, the cake is used as a fertilizer for mulberry trees and rice fields. "In Manchuria the cake is crushed and mixed with oil

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and arsenic and placed on the roots of trees to poison insect pests." This insecticide is used to kill the pests that injure the wild trees where silkworms live.

The soy bean was grown in the United States as early as 1804, but only as a curiosity. In Europe it was mentioned as early as 1790. The soy bean first became known worldwide during the war between Russia and Japan [1904-05]. During the war, the may troops quartered in Manchuria created a large demand for soybeans as food. Local farmers increased their acreage. But after the war they found they had a surplus that was for too great for the demand in the local market or the Orient. The price dropped and a trial shipment was sent to London. The timing was perfect, since English vegetable oil mills were running part time because of a small crop of cottonseed and the failure of linseed in the USA and the Argentine. For the rest of that season, the English mills ran full time on soy beans.

1432. Morse, W.J. 1931. Re: Sayonara. Outline for part of a "special report" on soybeans in the Orient (Document part). In: P.H. Dorsett and W.J. Morse. 1928-1932. Agricultural Explorations in Japan, Chosen (Korea), Northeastern China, Taiwan (Formosa), Singapore, Java, Sumatra and Ceylon. Washington, DC: Foreign Plant Introduction and Forage Crop Investigations, Bureau of Plant Industry, USDA. 8,818 p. Feb. 16. Unpublished log.

• ***Summary:*** Pages 7231 and 7232. Letter dated 16 Feb. 1931 from Mr. W.J. Morse, c/o American Consulate, Tokyo, to Mr. P.H. Dorsett, c/o Wagons-Lite Hotel [Wagons Lit Hotel, or *Grand Hotel des Wagons-Lits*], Peiping, China.

"Our last night in Japan and this is my 'Sayonara' letter in the Orient. Two years tomorrow or rather day after tomorrow we left Washington, DC, and embarked on agricultural exploration work. After two years I agree with the words I often heard you say:

"It's a great life"–if you don't weaken. Morse quotes the entire poem.

Note: This poem was created by cartoonist Gene Burns and syndicated by the *New York Evening Telegram* from 1915 to 1919; the phrase became a rallying cry for American soldiers during World War I.

"At odd times I have been raking over the accumulation of data collected in Japan, Korea, Hokkaido and Manchuria and written up tentative outlines which I want to revise somewhat going back [to the USA]. I am enclosing a copy of the one on Manchuria which you may glance over to see the kind of data I have been collecting. It is not for the report (quarterly) but merely an outline for separate reports and I thought you might be interested. I may have gotten myself in 'Dutch' [in trouble] getting so detailed information on the soybean in the soybean country of the world (and where they look on America as their soybean enemy), but I secured it here, there and everywhere."

Note 1. The "Agricultural Report on Manchuria" mentioned above was finished by Morse in 1932 and titled "Soybeans–Manchuria." It contains 181 pages (28 cm = 8½ x 11 inches), 174 numbered photos with excellent captions, and 28 tables. Typewritten, but never published, it was attached to the end of this long log. A detailed description is given. This report on Manchuria is probably only a part of the "special report" referred to on pages 3230, 3497, 3555, and 6196 of this main report, since that "special report" promised to contain detailed information on the processes used to make different soyfoods such as miso, shoyu, yuba, and tofu. Morse apparently was never able to find the time or will to write the complete "special report," however this part of it is very detailed, useful, and impressive.

Note 2. Talk with Knowles A. Ryerson. 1983. Aug. 28. W.J. Morse definitely did not write the entire special soybean report he intended to after returning from his trip to the Orient. Why? He got swept up in the growth of the U.S. soybean production and processing industries and had no one to help him with his work during the Great Depression. He was swamped! Address: Agricultural Explorer, USDA, Washington, DC.

1433. Given, Meta. 1931. Quick cooking is secret of Chinese dishes: This tells about Oriental culinary methods. *Chicago Daily Tribune.* Feb. 27. p. 17.

• ***Summary:*** Typical Chinese foods include [mung] bean sprouts, and soy bean products of various kinds. "Soy sauce, which is made from the soy bean, is an indispensable flavoring or seasoning with the Chinese. They also obtain from soy beans a curd [tofu] that looks very much like our cottage cheese." A photo shows Mrs. James Loo in her kitchen.

1434. United States Department of Agriculture (USDA), Office of Information, Press Service. 1931. U.S. plant explorer collects new soybean varieties in Orient (News release). Washington, DC. 2 p. March 28.

• ***Summary:*** "After a two-year search for new varieties of soybeans in Japan, Korea, and Manchuria, Wm. J. Morse of the U.S. Department of Agriculture has returned from the Orient with a collection of about 4,000 lots of seed and more than 300 samples of products made from soybeans.

"Mr. Morse, who is in charge of soybean investigations for the Bureau of Plant Industry, hopes that some of the many varieties represented in his collection will meet the needs of the wide range of industries using soybeans in this country."

Note: This is the earliest document seen (Aug. 2011) stating that W.J. Morse is "in charge of soybean investigations" (or "head of soybean investigations" or "director of soybean investigations") at USDA.

"Oil manufacturers, he says, want soybeans with high oil content, whereas farmers who feed hogs want low oil content. Packers discriminate against hogs fed or pastured

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on soybeans because of the soft pork which results from the oil. Few varieties of soybean grown on a large scale in this country have an oil content less than 15 per cent or more than 20 per cent. Some of those grown in Manchuria, however, run as high as 22 per cent in oil...

"The manufactured products in Mr. Morse's collection range from high-quality oils to beans specially treated to drive devils away during certain religious festivals [*mame-maki* at *Setsubun*].

"'Next to rice,' he says, 'the soybean is the principal food crop in the Far East, and it is the principal source of protein in the Oriental diet. No one variety is adapted to all parts of the Orient, nor is any one variety suited to all the many uses to which the beans are put. For instance, certain varieties are grown solely for oil, those that thrive in Manchuria being noteworthy for their high oil content. Other varieties are planted with a view to making soy sauce, a condiment already in favor in the United States, bean curd, used by Buddhists as a meat substitute, or miso, a common ingredient of Japanese soups. Some varieties are grown to provide a green vegetable that is to the eastern table what green peas are to the western table. Part of the crop in certain sections is roasted for use as a coffee substitute or in confections where it answers the same purpose as peanuts in American candy and cakes.'

"The beans were gathered from a wide territory varying greatly in climate and in cultural conditions. As soon as they reached Washington [DC] they were sent to the experiment farm at Arlington, Virginia, for observation and quarantine. When it has been determined that they harbor no insect pests or plant diseases the beans will be grouped and sent to the department's field stations, each group to the section best suited to its growing requirements, and planted. Recommendations for their ultimate introduction into the United States will depend on the results of these field tests. If they do as well here as in their native fields, Mr. Morse says, some of these new introductions will probably become staple sorts here." Address: Washington, DC.

1435. Tihon, L. 1931. A propos d'une variété nouvelle de soja O-too-ton [Concerning a new variety of soybean, O-too-ton]. *Bulletin Agricole du Congo Belge* 22(1):120-23. March. [Fre]

• ***Summary:*** "The management of the plantations has sent us, in the chemical laboratory [at Leopoldville, Belgian Congo], a rather important sample of seeds of the soybean variety O-too-ton [Otootan], recently introduced from Atlanta, Georgia, USA, to the botanical garden at Eala. At the time of a former shipment of two other varieties, we have pointed out in the report of our studies (10 October 1928) the interest in this legume and given some generalities concerning its cultivation and possibilities for various uses." Tables compare O-too-ton with the former two varieties (Jaune [yellow] and Violette) in terms of size, weight, chemical composition, and mineral content. A detailed analysis of the oil of the yellow soybean is given.

The author then discusses the physiological value of the soybean and its by-products. It contains about twice as much protein as locally-consumed beans and much more oil. It can therefore help in improving the diet of the indigenous people, which is deficient in protein (*albuminoides*). It is also a rich source of vitamin E and other key nutrients. As noted in the author's previous report, the people of East Asia use the soybean to make a milk, a curded milk (probably tofu), and various fermented foods such as miso and soy sauce. Various studies have shown the milk to be very nutritious and digestible.

"The information given above has been, in large part, extracted from the *Bulletin de la Société d'Hygiène alimentaire et d'Alimentation rationalle de l'homme* (Vol. 18, no. 1, 1930)."

Note: This is the earliest document seen (Aug. 2003) stating that vitamin E is found in soybeans. Address: Director, Laboratoire de Chimie, Leopoldville [Congo Belge].

1436. McCoy, Frank. 1931. Health and diet advice: The Oriental vegetable meat. *Los Angeles Times.* April 7. p. A6.

• ***Summary:*** For centuries Chinese and Japanese have been living on a diet that contains very little meat. They have been able to do this by using the soy bean to supply a large amount of the protein in their diets. "This bean is superior to all other dried beans inasmuch as it contains little or no starch and a very large amount of balanced protein." A table shows the high food value of soy bean flour by comparing its composition with that of spring wheat and lean beef. Soy beans almost always contain less than 2% starch, "the mature beans having no starch. This is one of the reasons why soy bean flour is often preferred over other flours in the diet of those suffering with diabetes." It is not possible to make bread of "entire soy bean flour" because it tends to agglutinate instead of forming a paste.

"The Chinese make a kind of cheese [tofu] of the soy curd which closely resembles our cheese in appearance and food value, but has an entirely different flavor. The Japanese prepare a vegetable milk by grinding the soaked beans and boiling thirty minutes in three times their bulk of water and then straining. This milk compares favorably with cow's milk and is often used for feeding infants."

Soy beans tend not to cause flatulence "because they do not contain much of the hemicelluloses which are abundant in other beans. The carbohydrates of the soy bean seem to be much more digestible."

Also from soy beans the Japanese manufacture a sauce known as shoyu. "This is made by mixing cooked and ground soy beans with salted water and inoculating the mixture with a rice ferment. The sauce tastes a good deal like a salty meat extract."

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There follows a recipe for making soy bean muffins using soy bean flour, baking powder, salt, egg, and milk. No wheat flour is used. Address: Dr., author of "The Fast Way to Health".

1437. Horvath, A.A. 1931. The soy bean as human food. *Industrial and Engineering Chemistry, News Edition* 9(9):136. May 10.
• ***Summary:*** Contents: Historical background. Properties and uses. Growing interest in soy bean preparations in different countries. Soya foundation proposed.

This article begins: "The soy bean is a plant of early cultivation in China. Its use dates back to the beginning of China's agricultural age under the Emperor Shen Nung. It is mentioned in the *Ben Tsao Gang Mu*, the ancient 'Materia Medica' written in the year 2838 B.C. This bean is remarkable for its richness in oil (average 20 per cent), protein (average 40 per cent), and ash (average 5.5 per cent), and the almost complete absence of starch.

"Since time immemorial the soy bean has been the most universal article in the Chinese dietary. It is also extensively used for food in Korea, Japan, Indo-China, the Philippine Islands, the Dutch Indies, Siam, and India. The Chinese make practically no use of dairy products, and the bulk of the people consume a very meagre amount of meat. Yet, in spite of this, they have lived for centuries on what appears to be a remarkably well-balanced diet by the use of the soy bean."

Also discusses: Soy bean milk, tofu, fried tofu ("called in China 'the meat without the bones'"), miso, chiang, Worcestershire sauce ("liquid soy sauce... when spiced, is sold under the label 'Worcestershire sauce.'"), W.J. Morse of the USDA, soy bean foods in Europe, Prof. Berczeller, and work at the Physiological Institute of the University of Vienna under Prof. Durig and Dr. Wastl.

"In Russia, the soy bean is fondly called 'our young revolutionary Chinese ally.' 'Plant soy beans and you plant meat, milk, egg omelets,' is the newspaper cry. Efforts have been made all year to introduce soy bean dishes to restaurants and homes. A Soy Institute was recently organized in Moscow, as well as a special exhibition of soy foods at which 130 varieties of soy dishes, including cutlets, pastry, salads, candy, and beef, were shown. A dinner, prepared entirely of soy beans, was served to representatives of trade unions, factories, Red Army, and the Soviet press. The food was unanimously declared excellent...

"Soya foundation proposed: There are reasons to expect that the United States will become the leader in introducing the soy bean in the daily diet of the white race. An important step should be the establishment of a soya foundation in order to promote the creation of a national soya food research institute." Address: Health Section, Bureau of Mines, Pittsburg, Pennsylvania.

1438. Wong, Nellie Choy. 1931. Two unique Chinese meals. *Christian Science Monitor.* Aug. 28. p. 10.
• ***Summary:*** The meals are a light luncheon and a dinner. The luncheon includes a recipe for "Chow mein, Cantonese style," which is seasoned with "1 tablespoonful of soy-bean sauce." The six-course dinner has "Course One–Soy-bean curd soup." The ingredients include "2 squares soy-bean curd" and "2 teaspoonfuls of soy-bean sauce." Two other dinner recipes are also seasoned with soy-bean sauce.

1439. McCoy, Frank. 1931. Health and diet advice: Cheese in place of meat. *Los Angeles Times.* Oct. 5. p. A6.
• ***Summary:*** "Even the Japanese, who are too crowded in their picturesque islands to raise cows, have a kind of cheese [tofu] manufactured in much the regulation manner by souring soy bean milk." Address: Dr., author of "The Fast Way to Health".

1440. Horvath, A.A. 1931. The soybean. *Co-operative Manager and Farmer* 21(2):38-40. Oct. Address delivered at the laboratory of the Harshaw Chemical Co., Cleveland, Ohio. 21 May 1931. [2 ref]
• ***Summary:*** "The following address was delivered by Dr. A.A. Horvath at the laboratory of The Harshaw Chemical Company, 1945 East 97th St., Cleveland, Ohio, May 24th, 1931.

"Twelve years ago [i.e., in about 1919] I had the good fortune to go to China and my first impression was that Occidentals have a number of things to teach the Chinese, but I have found that we have more to learn from them than we have to teach them. If we consider what nation was able to preserve its national character and its independence for a long period of time we must come to the conclusion that really the Chinese nation is the only nation which exists after 5,000 years. So we have to learn from the Chinese how to live and how to live in a reasonable way. China has suffered not once but many times from severe economic depressions but has recovered from them and I think we must pay more attention to the way the Chinese live and what they are using as food."

"During the Civil War in this country, soybeans were roasted and used by the Southerners. They were called 'coffee beans'... Soybean flour is used in ice cream. It is said that manufacturers are using it for the same reasons,– better taste, more smooth and better keeping qualities. (See article in Journal of Confectioners and the Ice Cream World of August, 1930)." Prof. Abel of Johns Hopkins found soy sauce stimulated digestion of carbohydrates.

"The soybean is peculiar for its richness in phosphorus and also richness in a certain substance, lecithin. This lecithin is an organic compound of phosphorus and belongs to a group of lipoids. Soybean contains around 1.6 per cent lecithin. This substance is one of the constituents of egg yolk and is the one which gives it its high value. It is a necessary constituent for the building up of the nervous

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system of human beings. Dr. Levine, of the Rockefeller Institute in New York, found that in soybean there is cephalin, a constituent of the human brain, and so we have two particular substances, which are used as material for the building of our nervous system."

The Chinese soak soybeans overnight and then grind them between millstones, to get a cream. This cream is filtered through cheesecloth, then diluted with water and boiled. "They get a milk such as almond milk which is made from sweet almonds. Soybean milk contains oil and protein necessary to emulsification.

"This soybean milk has been used in China since time immemorial and in the streets of Peking one can see men carrying bottles labeled similar to our milk here. This soybean milk, if kept at room temperature for hours, will turn acid and coagulate. Curds are formed exactly as curds are formed in ordinary milk. But the Chinese cheese [tofu] is made not by turning the milk acid but by curding it in a special way. They use the mother liquid from sea water after table salt manufacture [nigari] or a little plaster of paris" [calcium sulfate].

1441. Webber, P.A. 1931. Facts concerning the soybean. *Madison Survey* (*Madison, Tennessee*). Nov. 18. p. 177-78; Nov. 25. p. 181-82.

• ***Summary:*** "The soy bean is the only seed, as far as we know, which contains both the water soluble and the fat soluble vitamins."

"In 1917 during the World War, a special committee appointed by the Department of Agriculture, while searching for a cheaper source of protein for human consumption, discovered the soy bean. Shortly afterwards, soy bean in the form of flour was manufactured and this has been on the market now for some time. The entire soy bean ground into flour contains double the amount of protein and calories present in beefsteak."

"The soy bean is also very rich in lecithin. It has been clearly shown the soybean oil contains fat soluble vitamins A, D, and E."

A soybean milk can be prepared "in the same way as almond milk... Many tests have been made in the pediatrics departments of various universities in the United States showing that soybean milk can be used as the only source of protein in the nutrition of young infants." Also gives details on tofu. "In the Orient, 'tofu' forms a very popular and almost indispensable dietary article. This 'tofu' can be used in many different dishes, taking the place of meat or eggs. It is delightful as a constituent of roasts, omelets, etc."

"In Russia the soybean is taking prominence in the dietary of the people there. 'Plant soybeans and you plant meat, milk, egg omelets,' is the newspaper cry. A Soy Institute was recently organized in Moscow as well as a special exhibition of soy foods at which one hundred thirty varieties of soy dishes, including cutlets, pastry, salads, candy, and beef were shown. There is every reason to believe that the United States will become the leaders in introducing the soybean in the daily diet of the white race."

"The following are a few of the ways in which it is being prepared and used in the United States at the present time: Soybean flour is being used by large bakeries as a constituent of bread, rolls, pastry for pies, cakes, etc. Baby foods are coming on the market containing certain percentages of soybean milk. Chocolate malted milk containing a good per cent of soybean products is now manufactured and sold by several companies. For some time, manufacturers of diabetic foods have been placing on the market productions made largely from the soybean. The soy sauce, otherwise known as Oriental 'Shoyu' has been popularized by the Chinese chop suey restaurants, and is now being used in many dishes made in the home. The bean curd is being canned and manufactured in various other ways and sold on the market. Powdered soybean milk has become a commercial product."

"For several years the Health Food Department of the Nashville Agricultural Normal Institute has been experimenting with this most interesting legume, and is now offering two basic products which may be used in many nutritious and appetizing dishes: the soy cheese and soybean flour. These two products have been used in scores of recipes tested out at the Madison Rural Sanitarium, the Nashville Vegetarian Cafeteria, and other health food places. Just recently several different recipes for the use of soybean flour bread, rolls, and cakes have been perfected. These with other recipes, will be sent free to those who inquire for them."

"A move to substitute vegetable proteins for animal proteins is a move in the right direction, and there is no plant so promising as the soybean. A soybean research foundation has been suggested. Large space at the coming World's Fair in Chicago [Illinois] will do much to bring this important but neglected food to the attention of the American people."

Note: This article was reprinted as a little 8-page booklet (15 x 9 cm, undated) by T.A. Van Gundy of La Sierra Industries. This shows that Van Gundy was aware of the pioneering work of Madison Foods at an early date. On the last page of the booklet is the following paragraph which does not appear in P.A. Webber's original article: "For some time the founders of La Sierra Industries, Arlington, California, have been experimenting with this most interesting legume and are now prepared to offer a number of products which may be used in many nutritious and appetizing dishes: canned soys, soy soup, soy flour, soy cheese, soyco (a coffee substitute), smoein (vegetable smoked meat), soy breakfast food and soy-loaf." What a shame that this little booklet is not dated! At least we know it was printed after November 1931. Address: PhD, Madison, Tennessee.

1442. *Argus* (*The*) (*Melbourne, Victoria, Australia*). 1931. A Chinese dinner. Dec. 12. p. 8.

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• ***Summary:*** "Last week were published directions given by Nellie Choy Wong in the 'Christian Science Monitor' for the preparation of a Chinese light luncheon. The following are her directions for preparing a Chinese dinner. The ingredients may be bought at Chinese shops in Melbourne: -

"Course One.–Soy-bean Curd Soup.

"Course Two.–Mung Chi...

There follows a recipe for "Soy-bean curd soup" that includes "2 squares of soybean curd." "Season with soy-bean sauce, salt, and pepper to taste."

Note: This is the earliest document seen (Oct. 2009) stating that soybean curd [tofu] is available in Australia. That strongly implies that it was also being made in Australia, probably in the area of Melbourne, primarily for the Chinese community living there.

1443. Dittes, Frances L. 1931. The soybean as human food. *Madison Survey* (*Madison, Tennessee*). Dec. 9. p. 189-90; Dec. 16. p. 193-94. [3 ref]

• ***Summary:*** This paper was presented by Miss Dittes at the 20th annual meeting of the Tennessee Academy of Science, held 27-28 Nov. 1931 at George Peabody College for Teachers, Nashville, Tennessee. It summarizes scientific research on the subject. "In 1917 during the World War, a special committee appointed by the Department of Agriculture, while searching for a cheaper source of protein for human consumption, discovered the soybean."

"At present there is a great interest in soybean preparations throughout the world. In this country the leading forces are the Bureau of Home Economics, and W.J. Morse, of the United States Department of Agriculture. The famous Austrian, Professor Haberlandt, wrote about fifty years ago that the time would come when soybeans would play an important role in human dietary."

"An important step being studied at the present time is the establishment of a soya foundation in order to promote the creation of a National Soya Food Research Institute." Address: Madison Sanitarium Dietitian and Prof. of Home Economics, Madison College, -.

1444. Morse, W.J. 1931. Utilization of soybeans and soybean products in Oriental countries. *J. of the American Society of Agronomy* 23(12):1067. Dec. Presented as part of Symposium on Soybeans. Leader: W.J. Morse.

• ***Summary:*** Manchuria, the largest soybean-producing country in the world, had a production of more than 5,000,000 tons of which more than 400,000 tons were used for food, 253,000 tons for feed, and 225,000 tons for seed. The remainder, more than 4,000,000 tons, was used in the production of oil and oil meal and for export. Japan in 1929 used over 39,000,000 bushels of soybeans of which only 13,000,000 bushels were grown in Japan proper, the difference being imported from Manchuria and Korea. The following shows the various ways in which this large amount of beans was utilized by the Japanese people: Miso, 22.7%; soy sauce, 22.7%; soybean oil and oil cake, 21.5%; bean curd, 15.4%; confections [roasted whole soy flour], 6.1%; forage, 6.2%; green vegetable beans, 0.8%; green manure, 2.5%; seed, 1.6%; miscellaneous, 0.5%.

Note: This is the earliest document seen (Oct. 2001) that gives industry or market statistics on green vegetable soybeans by geographical region. Address: USDA, Washington, DC.

1445. **Product Name:** Tofu.
Manufacturer's Name: Gono (Tsurumatsu) Tofu.
Manufacturer's Address: 478 North Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1931.
New Product–Documentation: Directory of Honolulu and the Territory of Hawaii. 1930-31. Turomatsu Gono Tofu (Turomatsu Gono, proprietor). 478 N. Kukui, Honolulu. 1934-35 Directory. Listed as Tsurumatsu Gono.

Hawaiian Japanese Annual & Directory. 1936-37, p. 7. Tsurumatsu Gôno (from Kumamoto prefecture), tofu maker, 488 N Kukui St. (new address), Honolulu. Not listed 1941-42. Note that his location is right next to the former location of Mrs. Mitsu Kuasaki Tofu in 1929.

1446. **Product Name:** Tofu.
Manufacturer's Name: Goya (Kashin) Tofu.
Manufacturer's Address: Wahiawa, Oahu, Hawaii.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Kashin Goya Tofu (Goya, proprietor). Wahiawa, Honolulu. Not listed 1947-48.

1447. **Product Name:** Tofu.
Manufacturer's Name: Isomura (Jukichi) Tofu.
Manufacturer's Address: Kilauea, Hilo, Island of Hawaii.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Jukichi Isomura Tofu (Jûkichi Isomura, proprietor). Kilauea, Hilo.

Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 9. Jûkichi Isomura (from Yamaguchi prefecture), tofu maker, Box 237, Hilo, Island of Hawaii.

Not listed 1941-42 in Honolulu City Directory.

1448. **Product Name:** Tofu.
Manufacturer's Name: Matsushima (Nihachi) Tofu.
Manufacturer's Address: 32 S. Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Nihachi Matsushima Tofu (Nihachi Matsushima, proprietor). 32 S Kukui, Honolulu. 1934-35 Directory. Listed as Mrs. Sadayo Matsushima Tofu. Address same. Not listed

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1936-37. Formerly the location of Mrs. Taka Sasaki Tofu in 1929.

1449. **Product Name:** Tofu.
Manufacturer's Name: Nakagawa (Bungo) Tofu. Called Nakagawa Tofu Factory by 1941.
Manufacturer's Address: 1234 Nuuanu Ave., Honolulu, Oahu, Hawaii.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Bungo Nakagawa Tofu (Bungo Nakagawa, proprietor). 1234 Nuuanu Ave., Honolulu. 1934-35 Directory. Address given as rear 1232 Nuuanu Ave. 1936-37 Directory. Address given as rear 1234 Nuuanu Ave. 1937-38 Directory. Address given as rear 1232 Nuuanu Ave.

Hawaiian Japanese Annual & Directory. 1936-37, p. 117. Bungo Nakagawa (from Fukushima prefecture), tofu maker, 1234 Nuuanu Ave., Honolulu.

1941-42 Honolulu Directory. Address changed to 1431 River. 1947-48 Directory. Name listed as Bunzo Nakagawa. Also the Nakagawa Tofu Factory is listed at the same address. 1951 Directory. Listed as Mrs. Kin Nakagawa. Address same. 1955 Directory. Changed to Nakagawa Tofu Factory (Mrs. Kin Nakagawa, proprietor). Address same. Not listed in 1960-61.

Hawaii Directory of Manufacturers. 1953. (Revised 26 July 1955). p. 10. Tofu (Bean curd). Nakagawa Tofu Factory, 1431 River St.

1450. **Product Name:** Tofu.
Manufacturer's Name: Takushi (Kamada) Tofu.
Manufacturer's Address: 2131 N. King, Honolulu, Oahu, Hawaii. Residence rear 920 Kopke, Honolulu.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Kamada Takushi Tofu (Kamada Takushi, proprietor). 2131 N. King, Honolulu. Residence, rear 920 Kopke, Honolulu. Not listed 1934-35.

1451. **Product Name:** Tofu.
Manufacturer's Name: Tasaku (Sato) Tofu.
Manufacturer's Address: 1307 River, Honolulu, Oahu, Hawaii. Residence 646 Kamakela Lane, Honolulu.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Sato Tasaku Tofu (Sato Tasuku, proprietor). 1307 River, Honolulu. Residence, 646 Kamakela Ln., Honolulu. Not listed 1934-35.

1452. **Product Name:** Tofu.
Manufacturer's Name: Yamada (Mrs. Yone) Tofu.
Manufacturer's Address: Lihiwai, Hilo, Island of Hawaii.
Date of Introduction: 1931.
New Product–Documentation: Honolulu City Directory. 1930-31. Mrs. Yone Yamada Tofu (Mrs. Yone Yamada, widow of Kumajiro, proprietor). Lihiwai, Hilo, Island of Hawaii. Not listed 1934-35.

1453. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1931. Nichibei jûshoroku [The Japanese American directory. No 27]. San Francisco, California: Nichi-Bei Shinbunsha. 600+ p. Index of cities. 23 cm. [Eng; Jap]*
Address: Ellis Street, San Francisco, California.

1454. Ochse, J.J. 1931. Vegetables of the Dutch East Indies. Buitenzorg (Bogor), Java: Archipel Drukkerij. xxxvi + 1005 p. See p. 366, 389-93, 398, 407-08, 732, 943-71. An entirely revised and greatly enlarged second edition of his Tropische Groenten (1925). Translated by Mr. C.A. Backer. Illust. 25 cm. Index. [10 ref. Eng]
• ***Summary:*** This translation (by Mr. C.A. Backer, the reputed ex-Botanist for the flora of Java) of Ochse's classic "may be taken as an entirely revised and much enlarged second edition of *'Tropische Groenten'* (Tropical Vegetables), which booklet was published in July 1925." The author, a Dutchman who confined his research to Java and Madoera, described the tempeh-making process in detail, saying that the mold used was *Aspergillus oryzae* and that it was obtained from a former batch of tempeh.

Page 366 discusses ontjom (témpé boongkil in Javanese), tetèmpè, and dagè, all made from peanuts. Page 372 notes that the pigeon pea (*Cajanus cajan*) can be used to make témpé bosok.

Pages 389-93 discuss the soya bean, which has various names in local languages. Malay: Katjang djepoon or Kedele. Javanese: Dekeman or Dekenan, Dele, Demekan, Gadele, Kedele, Kedoongsool, or Dangsool. Sundanese: Kadele, Katjang booloo, Katjang djepoon, Katjang kadele. Madura: Kadhele, Kadhellee, or Kedeleh. A description of the plant is given.

Illustrations show: (1) A young soybean plant with leaves and pods (half size). (2) A bamboo scaffolding or curing frame, in tripod form with 3 horizontal supports, used for drying bunches of soybeans.

Soybeans come in two main forms: Light yellowish-brown seeds, and black seeds. The latter are used to make *ketjap* (Indonesian soy sauce). "Of the ripe seeds *pélas* (Jav.) is made, by mixing them with grated young coconut [coconut], salt, and other ingredients. The mixture is wrapped in a banana leaf and steamed.

"The seeds can also be roasted and afterwards pounded. The *boobook, boobook delé* or *boobookan* (Jav.) is eaten in the shape of powder, usually with the addition of lombok and other ingredients."

Note 1. This is the earliest English-language document seen (Nov. 2012) that mentions Indonesian roasted soy flour, which it calls *boobook, boobook delé* or *boobookan.* As of Nov. 2012 this roasted soy flour is usually called *bubuk*

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kedele or *bubuk kedelai.*

"The seeds are mixed with a porridge of rice-meal and water and afterwards fried in coco-nut oil. This dish is called *rempeyek* (Jav.). It consists of brown slices in which the black *kedele*-seeds are scattered. *Rempeyek* is eaten either as a delicacy or with the rice table. "Témpé [tempeh, p. 391] is a much used product. In East- and Central-Java it takes the same place as the ontjom in West-Java. It is prepared in much the same way as *ontjom,* and the reaction is brought about by the same fungus, *Rhizopus Oryzae,* Went et Prinsen Geerligs, which is transmitted by *ragi.* The seeds are cooked and, after they have cooled, put in a basket. By stirring, rubbing and even by treading, coupled with repeated washing with fresh water, one tries to remove the testa [seed coat / hull] from the seeds. When this has been done, the seeds are put on hurdles (*sasak*) covered with banana- or waroo-leaves. Now the so-called *beeang,* i.e. rests of the fungus used for a former batch, is sprinkled over them and the mass is turned over on other sasaks. The *témpé*-cakes treated in this way are kept indoors and after two or three days the fungus has spread sufficiently for giving a light grey colour to the cakes, which then are soft and dry and ready for use. They are sold on the markets either cut into small pieces or divided at pleasure, according to the amount of money the buyer wishes to spend. *Témpé* is used, fried, in the *sayor* or prepared with all sorts of ingredients.

"Other products for the native market are *tahoo* [tofu] and *takoäh* [pressed tofu; Chinese: doufugan]. Both are eaten either boiled or cut into small slices, fried and added to *gado-gado* or, lombok rawit being added, as a side dish.

"For the preparation of *tahoo* or *takoäh* the seeds are soaked, ground fine, boiled and pressed through a cloth. The juice which is pressed out is mixed with salt, vinegar, coco-nut milk or with unburned gypsum (so-called *batoo tao*), imported from China. By this treatment a white gelatinous mass is formed, which, after cooling, can be cut into pieces."

"Wet *tahoo* does not keep well for a long time. For this reason it is soon made into *takoäh.* For this purpose the *tahoo* is cut into pieces, folded in pieces of cloth, pressed in order to remove part of the water and next boiled in a decoction of koonir [turmeric]. The product obtained in this way has an intense yellow color and is a much relished delicacy, especially with lombok rawit [fiery dwarf chilies]."

Taotjo [Indonesian-style miso] is a porridge made of soybeans and rice meal. The soybeans are soaked, dehulled (the testa removed), cooked, and left to cool. Then they are mixed with the meal of rice (regular or glutinous), which has been previously roasted. "The porridge obtained in this way is poured on winnows (*tampah* [winnowing trays]) covered with waroo-leaves, sprinkled with *ragi* or *beeang,* probably of *Aspergillus Wentii,* Wehmer, and covered with leaves. The filled tampahs are piled on each other and left alone till the cakes are very mouldy. Then they are dried in the sun, soaked in brine and mixed with sirup of *arèn* [sugar palm] and with *tapè* [*tapai;* a sweet fermented cake] of rice or glutinous rice. Next the porridge is placed out of doors. After the seeds have become soft by this treatment, which takes three or four weeks, the *taotjo* is ready for use.

"*Taotjo* must be boiled, otherwise the smell is to strong. It is eaten with cooked or raw vegetables. It is used for dressing some dishes of meat or fish, whilst it is also a material of which diverse side dishes are made."

Note 2. This is the earliest English-language document seen (March 2009) that uses the word "taotjo" to refer to Indonesian-style miso.

"According to De Bie (1901), *tao djee* [*tao dji; doushi, douchi*] is *taotjo* alternating with layers of cooked whole *kadelè*-seeds. This stuff is put into a pot or basin with some salt and boiled arèn-sugar. The mass is left to itself during a few days till the *taotjo* has become pervaded by the salt and the sugar and has assumed a uniformly brown colour. Note 3. *Tao djee* [*doushi*] is fermented black soybeans, which are not the same as *Taotjo* [Indonesian-style miso]. De Bie (1901) seems to have made a mistake.

"Of the black *kadelè*-seeds *soya* [soy sauce] is made, exclusively by the Chinese and the natives. First the seeds are cooked in a strong solution of salt. After diverse manipulations the cooked seeds are mixed with arèn-sugar and so-called soya-condiments and the mixture is concentrated till the salt begins to crystallize. By diluting this product with more or less water one obtains the diverse qualities of *kètjap* or *soya* found in commerce."

The "Pemimpin Pengoesaha tanah" of 15 Jan. 1915 lists various ingredients that can be used with black soybeans in making ketjap. "Young seedlings, obtained, like *taogè* [*taugé,* bean sprouts], by fermenting, are called *ketjambah kedele;* they are cooked and eaten as *petjel* (Jav.) with the rice (*ganteng,* Jav.)"

"Finally young leaves of *Kadele* can be eaten, raw or steamed, as *lalab.*

Page 398 describes *dagè* and *témpé bengook* made from these seeds of the velvet bean (*Mucuna pruriens*). Roasted tempeh are also discussed.

Pages 407-08 states that the seeds of the *Katjang oji* (rice bean) can be used for the preparation of tempeh.

Pages 414-15 state that, when they have no soybeans, the Chinese use mung beans (*Katjang eedjo*) to make tofu and takoah, but they are most widely used to make mung bean sprouts (*taogè*).

Page 634 mentions témpé bosok (overripe tempeh) made with the foul-smelling bruised leaves of the plant *Paederia foetida.* Page 732 also mentions overripe tempeh.

Note 4. This is the earliest English-language document seen (Dec. 1998) which contains detailed information about tempeh, or which refers to tempeh as "témpé."

Note 5. This is the earliest English-language document seen (April 2013) that uses the word "tahoo" or the word "takoäh" to refer to tofu. Address: Buitenzorg (Bogor), Java,

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Indonesia.

1455. Ochse, J.J. 1931. Indische Groenten [Vegetables of the Dutch East Indies]. Buitenzorg (Bogor), Java: Department Landbouw. 1005 p. See p. 388-92. Index. Illust. 27 cm. [10 ref. Dut]

• ***Summary:*** For details, see the English-language translation, also published in 1931.

Under soybean utilization, the following food products are discussed in detail on pages 390-92: Tempeh (*tèmpè*), tofu (*tahoe*) and firm tofu (*takoä*), Indonesian-style miso (*taotjo*), fermented black soybeans (*tao dji*), and Indonesian-style soy sauce (*kètjap*). "Témpé is a much used product. In East- and Central-Java it takes the same place as the ontjom in West-Java. It is prepared in much the same way as *ontjom*, the reaction is brought about by the same fungus, *Rhizopus Oryzae*, Went et Prinsen Geerligs, which is transmitted by *ragi."*

On pages 943-970 is an alphabetical "List of Vernacular Names of Objects, Properties or Actions." For example: Kedele oongaran (p. 390, Jav.) is a soybean plantation on a sawah, immediately following the paddy [rice] harvest. Kedele apeetan (p. 390, Jav.) is the second harvest of the year or the second plantation in the same year of Kedele (soybeans; Glycine Soja). Address: Buitenzorg (Bogor), Java.

1456. Querillac, Anne. 1931. Les bonnes recettes de Chloé Mondésir [The good recipes of Chloe Mondesir]. Paris: Sociéte d'Éditions Géographiques, Maritimes et Coloniales. Series: Cuisine Coloniale. [Fre]*

• ***Summary:*** Includes a recipe for tofu (*fromage de soja*).

1457. Takenobu, Yoshitaro. ed. 1931. Kenkyusha's new Japanese-English dictionary. 2nd ed. Tokyo: Kenkyusha. iv + 2280 p. 19 cm. Title also in Japanese: *Shin Wa-Ei Daijiten.*

• ***Summary:*** Food words that are not related to soy:

akameshi: see sekihan.

amanatto: sugared red beans [a very popular snack of cooked azuki beans coated with sugar].

ama-zake: sweet liquor (made from fermented rice).

an: bean jam. [an no haitte iru]: stuffed with bean jam. [an o ireru]: to stuff (a cake) with bean-jam. [an ni kurumu]: to cover (a cake) with bean-jam.

anko: bean-jam = an.

anko: not listed.

azuki: a red bean; an India bean. [azuki-iro no]: reddish brown, russet. [azuki meshi] = sekihan.

beni-shôga: not listed.

goma: a sesame; a gingelly (plant); *Sesamum orientale;* a sesame seed. [goma abura]: gingelly oil. [goma-suri]: a flatterer, a toady, a sycophant. [goma o suru]: to pound sesame seeds; to flatter.

gomashio: not listed.

kaiseki: not listed (at least not using modern characters).

kaisô: seaweeds, marine plants; algae.

kombu: a tangle; a tang; a devil's apron. *Laminaria.*

konbu: not listed.

mochi: rice-cake. [mochi-tsuki]: rice-cake making. [mochi o tsuku]: pound boiled [glutinous] for rice-cake. [mochi ni tsuku]: cannot manage (handle); do not know what to do with. [mochitsuki saichû-datta]: we were in the middle of pounding [rice to make] mochi. [mochi wa mochi-ya]: Every man has his forte = Every man to his trade.

nankin-mame: a groundnut; a peanut; a monkey nut.

nori: laver, sloke. [hoshi (ajitsuke) nori]: dried (seasoned) laver.

okowa: not listed.

sekihan: rice boiled together with red beans [azuki beans].

sembei: a cracknel [of wheaten flour]; a rice-cracker; a wafer.

senbei: not listed.

shiruko: red-bean soup with rice cake. [shiruko-ya]: a *shiruko* shop.

shôjin (3): abstinence from animal food; religious abstinence; lenten fare; vegetable diet; maigre food. [shôjin ryôri]: a vegetable diet. [Nihon no sôryo wa taitei shôjin o suru]: Most of Japanese priests are vegetarians. [Uchi de wa kinyôbi wa shôjin de gozaimasu]: At my home we eat vegetarian meals on Friday.

soramame: A broad bean; a horse bean; a straight bean.

wakame: *Undaria pinnatifida.*

zôni: rice-cake boiled with vegetables. [zôni on iwau]: take the New Year's breakfast of rice cakes boiled with vegetables [to celebrate New Year's Day with zoni (mochi soup)]. Address: General editor, Japan.

1458. Takenobu, Yoshitaro. ed. 1931. Kenkyusha's new Japanese-English dictionary. 2nd ed. Tokyo: Kenkyusha. iv + 2280 p. 19 cm. Title also in Japanese: *Shin Wa-Ei Daijiten.* [Eng; jap]

• ***Summary:*** The first edition of this dictionary (titled *Takenobu's Japanese-English Dictionary*) was published in 1918. In 1931, Kenkyusha undertook a major revision in the dictionary by expanding upon former entries and adding newer ones. The British diplomat George Sansom, who later became a renowned historian of Japan, was a major contributor to and editor of this 2nd edition.

Soy related words:

abura[a]ge = aburaage or aburage: fried bean-curd. [Tonbi ni aburaage o sarawareta yôni]: with a stupid look of surprise. [literally, as when a kite {a bird of prey} snatches away your aburaage]. This is the earliest English-language document seen (April 2013) that uses the word *aburaage* to refer to deep-fried tofu pouches.

atsuage: not listed.

age [tôfu]: fried bean-curd.

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ama-miso: not listed.
Daitokuji-natto: not listed.
daizu: a soya (soy) bean. [daizu kasu]: a [soy] bean cake [a co-product of soy bean oil].
daizu abura: not listed.
dengaku: baked bean-curd daubed with miso. [dengaku-zashi ni sareru]: to be transfixed; be pierced through (with a spear).
eda-mame: green soy-beans.
ganmo: not listed.
ganmodoki: not listed.
Hamana-natto: not listed.
Hama-natto: not listed.
hiryozu: not listed.
[inari-zushi]: a kind of 'sushi' (fried bean-curd stuffed with boiled rice).
kinugoshi no: strained through silk cloth [no mention of tofu].
kogori-dôfu: not listed.
koi-kuchi [shoyu]: not listed.
kôji: malt (mugi); yeast; leaven (kôbo); [kôji-ya]: a maltster [a maker of kôji]. [kôji ni suru]: [to] malt.
kôri-dôfu: frozen bean-curds.
kuro-mame: a black soy-bean.
miso (chomiryô = seasoning): bean paste; miso.
[miso shiru]: miso soup.
[miso o kakeru]: to put miso on (some food); (shuppai suru): to make a mess (sad work) of it; put one's foot in it.
[]: mash the miso.
[]: to speak meanly of (a person); speak of (a person) in the most disparaging terms; say everything bad about (a person); denounce scathingly (roundly).
[]: a pretty mess you have made of it. [miso mo kuso mo isshoni suru]: his ideas are confused; He confuses one thing with another. [miso no miso kusaki wa, jô miso ni arazu]: The secret of art lies in concealing art [Akiko never heard this saying].
misokoshi: a miso strainer. [misokoshi de mizu o sukuu]: weave a rope of sand; attempt impossibilities [literally, to try to scoop up water with a miso strainer].
miso-mame: a soja (soy) bean.
miso-zuke: anything pickled in miso.
momen: cotton [no mention of tofu].
nama-age: not listed.
nattô: fermented soy-beans.
nigari: bittern, brine. [nori no tsukudani]: laver boiled down in soy [sauce].
oboro: not listed.
okabe: not listed.
okara: not listed.
saishikomi [shoyu]: not listed.
shimi-dôfu: not listed.
shiro-shoyu: not listed.
shitaji: soy [shitaji sosogi]: a soy pot [soy sauce dispenser].
shôyu: soy [sauce].
suki-yaki: sukiyaki: slices of beef cooked *à la japonaise.* Note: Grilled tofu is an essential ingredient in sukiyaki but is not mentioned in the definition.
tamari: (a kind of) soy.
tôfu: bean-curds; tôfu.
[tofu itcho]: a piece (cake) of bean-curds.
[tofu-ya]: a bean-curds dealer (seller).
[kare ni iken shita totte, tôfu ni kasugai da]: advice to him is like water sliding off a duck's back. It is a mere waste of words (It is just as well to pour water into a sieve) to advise him.
[tofu-ya e ni ri, saka-ya e san ri to iu tokoro da]: there is no human habitation within five miles of the place. [It's out in the boondocks].
unohana: (1) Flowers of the *Deutzia scabra.* (2) [tofu no kara]: bean-curd refuse.
usukuchi shoyu: not listed.
yaki-dôfu: broiled bean-curd.
yuba: dried bean-curds [sic, the film that forms atop soymilk when it is heated].
Note: This is the earliest English-language document seen (April 2013) that uses the term "broiled bean curd" to refer to grilled tofu. Address: General editor, Japan.

1459. Woodhead, Henry George Wandesforde. 1931. China year book. Shanghai, China: North China Daily News & Herald. xiv + 728 p.
• ***Summary:*** In Chapter 7 is a long section on "Soy-beans and products" (p. 133-37), which includes: History of the soybean in China and Europe, the different types of soy-beans, bean cake and bean oil are the other main articles of trade, overview of exports, graph (p. 135) of exports (in piculs) from all of China in 1927, 1928, and 1929, Manchuria's soy-bean crop in 1929 divided into South Manchuria and North Manchuria (production in the latter region is 50% larger than in South Manchuria), tables showing export of beans, bean meal and cake (in piculs and Hk. taels) in 1928 and 1929; the main types exported in 1929 are (in million piculs, in descending order of predominance): Yellow [soy] beans 41.015 Bean cake [soy] 18.715. Read beans [azuki?] 1.274. Broad beans 1.165. Bean meal [soy] 0.654. Green [small = mung] beans 0.564. Green [soy] beans 0.347. Black [soy] beans 0.261. White beans 0.218.

Li Yu-ying is mentioned in three places: Page 454 (left column), under Academia Sinica: "In May, 1927, Dr. Ts'ai Yuan-p'ei, Mr. Li Yu-ying and Mr. Chang Jen-chieh–all veteran Kuomintang leaders–were commissioned by the Nationalist Government to draw up plans for the establishment of a National Central Academy for Scientific Research." The various organs of the Academia Sinica are "in the three cultural centres of Nanking, Shanghai, and Peking."

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Page 584 (both): Li is listed as a member of the Central Supervisory Committee, and of the Central Political Council.

Page 626 (right), a biography of Li states: "Courtesy name: Shih-tseng. Born 1882; native of Kaoyang, Chihli. Studied in France and established first beancurd [tofu] factory at Paris; associated with Wu Chih-hui, Wang Chao-ming, Ts'ai Yuan-p'ei and other revolutionary leaders. One of the most influential Kuomintang's 'Elder Statesmen.' 1919, dean, law department, Peking National University. 1928, chairman, Peking branch, Kuomintang Central Political Council. Member, Kuomintang Central Supervisory Committee, since 1924. Member, Kuomintang Central Political Council, since 1926. Aug. 1928 to Nov. 1930, president Peking National University. President, Franco-Chinese University, Peking, since 1925." Address: C.B.E., China.

1460. Yang, Ximeng; Tao, Menghe. 1931. A study of the standard of living of working families in Shanghai. Peiping: Institute of Social Research. 86 + lvi p. See p. xxxii. 23 cm. Series: Social Research Publications, Monograph No. III. Facsimile edition reprinted in 1982 by Garland Publ. Co. (New York). [40 ref]

• ***Summary:*** Note 1. On the title page, the authors' names are given as Simon Yang and L.K. Tao.

Contents: Part I: General results. Part II: Statistical tables.

In Part I, section IX is titled "The standard of living food" (p. 47-55). The 2nd most important type of food, after "(a) Cereals and products" is "(b) Legumes and products," which states (p. 48): "Of beans, the young soy bean (Chinese characters: mao dou) formed the principal kind, but among the bean products, bean sprouts, bean curds of various makes and mung bean starch were consumed in considerable quantities."

Page 49: "(g) Fat and oil: Bean oil [soy] formed the most important article in this class, of which the average consumption was 4.78 catties (2.8 kg) per family per month. Lard, the second in order, lagged far behind..."

"(h) Condiments: Salt and soy sauce were the principal articles of this class."

Page 50: Whereas rice accounts of 44.6% of total expenses, legumes and products account for only 7.6%. More rice and legume statistics appear on page 53.

In Part II, "Statistical tables," six long tables mention soy as follows: I. "Average quantity of and expenditure for the principal articles purchased per family per month, by income groups" (p. ii-iii): Yellow soy bean sprouts, 0.15 expenditures. Soy bean curd, 0.26. Sheet bean curd, 0.18 [pressed tofu sheets, pai-yeh or ch'ien-chang]. Bean curd, fried, 0.10. Bean curd, dried [doufu gan] 0.16. Soy bean oil, 1.19. Soy bean sauce 0.38.

II. "Average quantity of and expenditure for the principal articles purchased per family in each of the twelve months under investigation (p. viii-xxx): There are entries for: Yellow soy bean sprouts, 1.87 annual expenses. Soy bean curd, 3.14. Sheet bean curd, 2.15. Bean curd, fried, 1.19. Bean curd, dried [doufu gan] 1.95. Yellow soy bean, 0.38. Young soy beans with pods [mao dou, edamame], 0.81.

III. "Average quantity of and expenditure for the "other" articles of food purchased per family in a year" (p. xxxii, xxxvii). Bean curd, fermented, odorous, 0.05 annual expense [ch'ou toufu]. Soy bean milk, 0.17. Fried beans, with salt, 0.21. Fermented bean curd, fried, 0.05. Bean curd skin, 0.02. Bean curd, fermented, with fragrant malt, 0.05. Bean curd, frozen, <0.005 [tung-toufu, ping-toufu]. Bean curd skin, cooked in skein forms, <0.005. Dried bean curd, fried, 0.005. Bean curd, fermented, 0.6. Soft bean curd, 0.05. Soy bean dregs, 0.02 [okara?]. Sheet bean curd, in skein [netlike] forms, > 0.005. Soy bean paste, 0.01.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the word "odorous" or the term "Bean curd, fermented, odorous" to refer to *ch'ou toufu*.

VI. "Average quantity and fuel value of food consumed per family in a year" (p. l-li). This table has 6 columns. (1) Classes and articles of food. (2) Quantity, total (grams). (3) Quantity of protein, grams. (4) Quantity of fat, grams. (5) Quantity of carbohydrates, grams. (6) Fuel value, calories. Note 2. For soy products we will give only the quantity / amount purchased each year per person in grams. Yellow soy bean sprouts, 34,229. Soy bean curd, 55,080. Sheet bean curd 8,34. Bean curd, fried, 6,163. Bean curd, dried, 13,218. Yellow soy bean, 2,407. Mung bean sprouts, 15,257. Note 3. The weight of mung bean sprouts purchased was less than half (44.5%) the weight of yellow soy bean sprouts purchased. Young soy beans with pods, 7,180. Bean curd, fermented, odorous, 364. Soy bean milk, 6,963.

At the end of the book is a very interesting bibliography of the best books on China's economic and social development, divided into these periods: China during the interregnum [Republic of China] (1912-1949). Modern Chinese economy: The late imperial period (late 19th and early 20th centuries), the agrarian economy, foreign trade and investment, 20th century economic development, labor and the economy. The wartime economy and postwar problems.

Note 4. This book would have been much more useful if the Chinese names of these foods (in both Chinese characters, and transliterated) had been given. We are unsure of the exact identity of: (1) Fried beans with salt. Are these salted, oil-roasted soybeans? (2) Bean curd fermented with fragrant malt vs. bean curd, fermented, odorous. Address: China.

1461. La Sierra Industries. 1931? La Sierra soy bean products (Leaflet). Arlington, California. LSI. 3 panels each side. Each panel: 22 x 9 cm. Undated. [2 ref]

• ***Summary:*** Gives a 6-7 line description of each of the

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following products prepared by the company in Arlington: Soy Beans (canned, plain or with tomato sauce), Soy-Co, Soy Flour, Mamenoka [roasted soy flour], Soy Milk, Soy Cheese, Soy Loaf, Soy Bologna, Soy Sandwich Spread, Smoein, Soy Bean Butter [soynut butter], Soy Bean Breakfast Food.

"Smoein is a smoked vegetable protein made from legumes which have been toasted and smoked in the old fashioned way, giving the flavor of smoked meats. It is an excellent seasoning for soups, gravies, entrees, eggs and any food in which a smoked flavor is desirable.

"Soy Bean Butter is similar to peanut butter, however it does not contain any nuts. It may be served plain or mixed with water to dilute. A delicious spread is made by mixing equal parts of honey and soy bean butter." Note 1. This product is almost surely soynut butter. If so, this is the earliest English-language document seen (Dec. 2012) that uses the term "soy bean butter" to refer to soynut butter.

Note 2. This is the earliest published document seen (Sept. 2000) related to T.A. Van Gundy or his company, La Sierra Foods. Note 3. This is the earliest English-language publication seen (April 2013) that uses the term "Soy Cheese" to refer to tofu. T.A. Van Gundy coined and later frequently used the term "soy cheese" to refer to tofu.

Note 4. This is the earliest English-language document seen (Nov. 2012) that uses the word "Mamenoka" to refer to roasted soybean flour. It is a variation on or misspelling of the Japanese term *mame no ko* meaning "flour of [soy] bean."

Note 5. This is the earliest English-language document seen (Nov. 2012) that uses the word "toasted" in connection with roasted soy flour. Address: Arlington, California.

1462. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1932/01. Nichibei jûshoroku [The Japanese American directory. No 28]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]

• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Published Jan. 1 by Nichibei Shinbunsha. Address: San Francisco, California.

1463. **Product Name:** Tofu.
Manufacturer's Name: Nagahama Tofu-ten.
Manufacturer's Address: 1421 Kern St., Fresno, California. Phone: 2-2960.
Date of Introduction: 1932. January.
New Product–Documentation: The Japanese American Directory. 1932. p. 257. Note: Kawamoto Tofu-ya made tofu at this address in 1926. We do not yet know what happened from 1927 to 1931. Also in 1934, p. 239. Also in 1936, p. 286. Also in 1937, p. 248. Also in 1938, p. 272. Also in 1939, p. 271. Also in 1940, p. 271.

The Japanese American Directory. 1941. p. 257. Nagahama Tofu-ten (in characters), Nagahama Tofu Shop, 1421 Kern St. (in English), Fresno, California. Phone: 28-232. Residence (p. 275): Z. Nagahama, 1421 Kern St. Note: Nakaoka Tofu-ten was at this address in 1930.

Talk with Brad Kubota, owner of Fresno Tofu Co. 1990. Dec. 4. He has heard from Japanese-American old-timers living in Fresno that there was a tofu shop named Nagahama located in Fresno after World War II.

Letter from A.M. Araki. 1990. Dec. 31. "I came to the USA in Aug. 1920. At that time in Fresno there were two tofu shops in Japantown: Yokota Tofu-ten, and Nakaoka Tofu-ten. The owner of Nakaoka Tofu-ten died in about 1922, so the company was taken over by Mr. Zenkichi Nagahama, who renamed it Nagahama Tofu-ten, and ran it for about 20 years until 1942."

1464. **Product Name:** Tofu.
Manufacturer's Name: Sakumura Tofu-ya.
Manufacturer's Address: 1411 4th St., Sacramento, California. Phone: Main 4432-J.
Date of Introduction: 1932. January.
New Product–Documentation: The Japanese American Directory. 1932, p. 169. Note: In 1920 (p. 158) there was a company with this same name making tofu at 74 Japanese Alley in Sacramento. Phone: Main 2162-J. It is unclear whether there is any relationship between these two companies. Also in 1937, p. 173. Also in 1938, p. 190.

1465. **Product Name:** Tofu.
Manufacturer's Name: Yamasaki Tofu-ya.
Manufacturer's Address: 74 Japanese Alley, Sacramento, California. Phone: Main 2162.
Date of Introduction: 1932. January.
New Product–Documentation: The Japanese American Directory. 1932. p. 169. Company name is in Japanese: Yamasaki or Yamazaki. In English: 74 Japanese Alley, Sacramento. Phone: Main 2162. Note: Kitamura Tofu-ya was at this address in 1930. Also in 1934, p. 172.

Also in 1937, p. 173. Also in 1938, p. 190. Also in 1939, p. 189. Also in 1940, p. 187. Also in 1941, p. 189.

1466. **Product Name:** Tofu.
Manufacturer's Name: Yoshizato Tofu-ten.
Manufacturer's Address: 635 North 6th Street, San Jose, California.
Date of Introduction: 1932. January.
New Product–Documentation: The Japanese American Directory. 1932. p. 111. No phone. Also in 1936, p. 139. The phone is now BAllard 7365. Also in 1937, p. 110. Also in 1938, p. 119. Also in 1939, p. 120. Also in 1940, p. 117.

Shin Sekai-sha. 1940. *Zaibei Nippon-jin Kan* (*Directory*

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of Japanese in the USA). p. 116-17. In the 1922 directory another tofu company (the pronunciation of whose named is not known) was listed at this address.

The Japanese American Directory. 1941. p. 120. Yoshizato Tofu-ten, 635 N. 6th St. Phone: Ballard 7365.

1467. Hansen, J.E. 1932. A variety of foods from the soybean. *Madison Survey* (*Madison, Tennessee*). Jan. 27. p. 15. [1 ref]
• ***Summary:*** "Were our readers visiting the Madison Food Factory, they would be surprised to learn of the many ways in which the soybean is used. Bread, crackers, milk, and cheese are made from this important bean. The flour is ground on the hammer mill in the factory... Roasts, bean loaf, and croquettes are made from it. Ice cream made from the soybean is delicious." Address: Madison College, Tennessee.

1468. Ch'en, Shen-Chao; Adolph, William H. 1932. Bone building potency of soy bean diets. *Chinese J. of Physiology* 6(1):59-62. Jan. [6 ref. Eng; chi]
• ***Summary:*** "Read before the Fifth Annual Meeting of the Chinese Physiological Society... at Peiping, February 16-18, 1931.

"In connection with our interest in the use of soy bean milk in nutrition, experiments were projected for the purpose of evaluating the bone building properties of soy bean product and comparing them with cows' milk."

Cow's milk, soy bean milk, and soy bean curd (tofu) were added to a rachitic diet. Cow's milk was shown to be decidedly superior to soy bean milk in preventing rickets. Cow's milk itself does not rank high as an anti-rachitic food. Thus soy bean milk, when used in infant feeding, should be amply supplemented with both calcium and vitamin D. Soy bean milk seems to be slightly superior to soy bean curd in bone-building capacity. Address: Dep. of Chemistry, Yenching Univ., Peiping, China.

1469. André, E.; Hou, Kia-wo (Hu, Chia-mo). 1932. Sur la présence d'une oxydase des lipides ou lipoxydase dans la graine de soja, *Glycine soja* Lieb. [On the presence of a lipid/lipoid oxydase or lipoxydase in the soy bean]. *Comptes Rendus des Seances de l'Academie des Sciences* (*Paris*) 194(7):645-47. Feb. 15. (Chem. Abst. 26:3004). [Fre]
• ***Summary:*** The authors coin the term "lipoxydase" [in French] based on comparing the composition of oil extracted from soy flour, tofu, and okara. Exposure to the air of the unboiled residue from the preparation of soya-bean "milk" causes an increase in density and acetate value and a decrease in iodine value of the ethyl ether extract as compared with the corresponding values for the boiled material. This is believed to indicate the presence of a lipid oxidase.

Note: This is the earliest document seen (July 2003) that mentions "lipoxydase" (or "lipoxidase"), an enzyme which was first reported in soybeans. Address: France.

1470. Manners, Marian. 1932. Today's menu. *Los Angeles Times.* March 14. p. A7.
• ***Summary:*** "Luncheon: Sukiyaki*. Boiled rice. Tea. Cookies. * Recipes appear in Requested Recipe column today."

1471. Blokhuis, D.F.; von Liebenstein, E.R. 1932. Over de beteekenis van de sojaboon als handelsproduct [On the commercial significance of the soybean as a commodity]. *Landbouw* (*Buitenzorg, Java*) 7(9):571-96. March. English-language summary, p. 743-74. Also in: Dutch East Indies Dept. of Agriculture..., ed. 1932. Kedelee. Buitenzorg, Java: Departement van Landbouw, Nijverheid en Handel. Afdeeling Landbouw. p. 5-30, 177-78. [1 ref. Dut; eng]
• ***Summary:*** "Annually Java requires considerable quantities of the soybean, about one half of which is imported... On Java the soybean is used principally for the preparation of soy sauce (*soja of ketjap*), tahoe, tempe, and taotjo (various dietary preparations). Our investigations have proven that the Java-grown soybean can be used for making ketjap, tahoe and tempe just as effectively as the imported soybean. In western Java the manufacturers of soy prefer the imported article, those in central and eastern Java prefer the home-grown bean. This preference, which must be attributed chiefly to habit and conservatism, is also partially to be ascribed to the fact that in western Java but little of this article is grown, whilst in central and eastern Java the production is much more considerable, which causes the former region to be more dependent upon the imported article than the latter districts. For the preparation of tahoe a certain preference is indeed shown for the imported bean, in view of the greater keeping properties of the article prepared therefrom; nevertheless, the soybean grown on Java is also widely used for that purpose. The same holds good for the preparation of tempe, where the imported article is preferred chiefly on account of its larger size. Generally speaking, the imported kinds of soybean are preferred for the preparation of tahoe and tempe because they satisfy to a greater extent the demands of the manufacturers, and also because they are readily obtainable. Taotjo, however, is practically exclusively prepared from the imported bean.

"The general conclusion is that the imported soybean can be replaced, if not entirely, at a rate to a very great extent by the soybean grown on Java, thus indicating that the furtherance of its cultivation in this country can only be of advantage...

"The principal import harbours are Semarang [Central Java], Sourabaia [Surabaya], Tandjong Priok, Tjilatjap, and Cheribon." Address: 1. fd. Hoofd van Afdeeling Handel te Buitenzorg; 2. Vakkundig Ambtenaar bij de Afdeeling Handel, Java.

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1472. Concepcion, Isabelo. 1932. The greater significance of soy bean in the Filipino dietary. *J. of the Philippine Islands Medical Association* 12(3):97-106. March. [9 ref]
• ***Summary:*** "Read in the Symposium on Nutrition... Manila Medical Society on January 25, 1932." The Philippine diet is considered deficient in animal protein, calcium, vitamins (especially thiamine, leading to beriberi), and fat. One of the foods which can help solve these nutritional problems "and which is available in large quantities in this country is the soy bean (*Glycine max*), or what is commonly known as Chinese *balatong.* Since time immemorial this article of food has been well known in this country but people have not sufficiently taken advantage of its good dietary qualities... Dr. Manuel L. Roxas, Director of the Bureau of Plant Industry, says 'soy beans are grown in large quantities in Batangas [on the southern tip of the main Philippine island of Luzon] and will grow almost anywhere in the Philippines. The green pods are harvested in October and November and the dried seeds may be had in bulk in December and January.' Statistics show that the production of soy beans in the Philippines increased from 2,481 tons in 1921 to 4,218 tons in 1930, and importations from 1924 to 1930 gave a recorded increase of 4,657 tons. These figures indicate that consumption of soy beans has grown faster than production. They also clearly indicate a growing appreciation of the soy bean in this country. I am convinced, however, that greater efforts toward its popularization among the laity should be exerted, so that we might make it one of our staple foodstuffs."

Tofu is shown to be a good source of minerals, especially calcium. A diagram from Piper and Morse (1923) shows the various ways in which the plants and seeds of soy beans are utilized. A detailed discussion of the value of soy flour and soy milk is given. "The introduction of soy-bean flour as a constituent of bread, muffins, macaroni, biscuits, crackers, etc. not only is desirable but also will diminish tremendously our importations of flour, which are increasing every year."

"Compared with cow's milk, soy-bean milk has in its favor the following points: (1) Soy bean milk can be produced with less contamination; (2) it is free from infection by tuberculosis; (3) its casein breaks down much more readily than the casein of cow's milk and does not form curds in the stomach in the same degree; (4) it is much cheaper than cow's milk. At the present market price the cost of a liter of soy-bean milk is only 0.03 pesos compared with 0.30 pesos for either fresh or artificial milk."

"With a well-laid-out campaign to promote the intelligent use of soy beans, it is probable that inside of ten years the food and population problem will be well out of the way for centuries to come." Address: Dep. of Physiology and Biochemistry, College of Medicine, Univ. of the Philippines.

1473. Donath, W.F. 1932. De voedingswaarde der sojaboon en enkele daaruit bereide specifiek Indische voedingsmiddelen [The nutritive value of soybeans and some specifically East Indian foods prepared from them]. *Landbouw* (*Buitenzorg, Java*) 7(9):705-40. March. English-language summary, p. 759-61. Also in: Dutch East Indies Dept. of Agriculture..., ed. 1932. Kedelee. Buitenzorg, Java: Departement van Landbouw, Nijverheid en Handel. Afdeeling Landbouw. p. 139-74, 193-95. [48 ref. Dut; eng]
• ***Summary:*** Discusses the composition of the soybean. "In contrast with Manchuria, where it is a common article of diet, the soybean is rarely used as such in these parts; but by means of various operations, among which is the action of certain fungi, several products are prepared from it.

"These products, such as *tempe kedele, taotjo, tahoe, taokoan* and *ketjap* are important items in the native diet. Except for the last mentioned, the preparation of these products is such that the albumins are preserved practically intact, so that, especially in tempe, as we were able to point out, the biological albumin value is very high...

"Soymeal, which is prepared by removing the husks and then pounding what is left, has the drawback that it tastes somewhat bitter and, in consequence of the high percentage of fat, soon becomes rancid... Berczeller, however, seems to have succeeded in obtaining an improved soy meal...

"Finally, in discussing the importance for the native diet of these beans and the products prepared from them, the author arrives at the conclusion that it is especially the albumins that are important, the people being practically vegetarian and these foods being, in addition, rich in carbohydrates.

"Thus the author expresses his approval of the fact that of late years the *Department of Agriculture, Industry and Commerce* has advocated the growing of the soybean and the consumption of the products prepared therefrom."

Note 1. This is the earliest English-language document seen (the summary) (Sept. 2005) that contains the word "soymeal," which apparently refers to whole (full-fat) soybean flour.

Note 2. This is the earliest document seen (April 2001) that contains the word *taokoan.* Address: Hoofd van het Analyselaboratorium te Buitenzorg, Java.

1474. *Times* (*London*). 1932. Famine camps in China: Yangtze flood victims. The living among the dead. April 6. p. 15, col. 6.
• ***Summary:*** From a correspondent at Hankow. Last summer floods in southern China "devastated areas larger than England and rendered destitute at least 10,000,000 people." But the situation is still desperate.

The section titled "Relief work" states: "Everyone is baffled by the inequalities of the situation... All round the camps there are sellers of food–oranges and peanuts, bean curd, fish, and meat." Some groups of people enjoyed fairly good meals, while others ate rice husks and dry grass. "I was

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amazed at the passive acceptance of misery." A map shows the area between Shanghai and Hankow.

1475. Dugard, Jean. 1932. La valeur alimentaire et industrielle du soja [The food and industrial value of soya]. *Genie Civil* (*Le*) 100(17):419-20. April 23. [3 ref. Fre]
• ***Summary:*** Contents: Introduction. *USDA Farmers' Bulletin* No. 1617, by W.J. Morse. Botanical characteristics of the soybean. Composition and food value of the soybean. Products derived from soya eaten by humans: Tofu, soy oil, shoyu [soy sauce] (called "soy" in English), soy flour, soy sprouts, miso, natto. The use of soya as forage. Industrial uses of soy oil and cake. The soybean in western Europe: Hansamuehle in Hamburg, Germany; Englehardt & Cie. in Frankfurt, Germany (making powdered soymilk, soy caseine, soy lecithin, etc.); Soybean cake used for animal feed in England, Denmark, Holland, Sweden, and–above all–in Germany, where more than 2 million tons/year are consumed.

1476. Lovell, Philip M. 1932. The care of the body. *Los Angeles Times.* April 24. p. I20. Sunday magazine.
• ***Summary:*** In the section titled "Soy bean" (p. 21) the following letter is reprinted in full: "Torrance, California. Dear Dr. Lovell. In the health section of the Los Angeles Times Magazine several weeks ago I read an article about soy beans.

"As a Japanese farmer I raised and used soy beans for many years but since coming to this country I have not seen soy beans grown. I believe this is too bad, as I believe soy beans are a valuable crop.

"For many centuries the people in Japan used this product for their main supply of protein. They also used it for nitrogen for their lands.

"Contrary to common belief, the Japanese have not used much fish for their diet and no animal meat at all, for Buddhism does not recommend its followers to kill and eat their fellow animals.

"Many due to Buddhism or the difficulty in transporting fresh fish, did not use much fish. The only thing they could depend upon for the protein was a cake made of soy beans, called tofu. We also make a sauce of the soy beans [soy sauce].

"In the Orient this is a staple crop. The farmers raise it as one of the rotating crops. I should really like to see more soy beans raised here but on account of the lack of popular usage there is not much demand for them.

"Could you give me more information about the use of this product which would appeal to the popular taste? I would appreciate it very much.

"Sincerely yours, Tatsuo Inouje [Inouye].

Lovell responds that, as he has stated before, 80% of the people worldwide are "vegetarians, either by religion or economic necessity." The Japanese are a progressive race. What they have accomplished during the past 70-80 years is "a miracle of the century. Yet they have done it essentially on a vegetarian diet."

The soy bean has replaced animal protein for the Japanese and for most followers of Buddhists and Confucianism. "It is the roast beef of the Orient. It contains twice as much protein as the richest of meats. It is a very fine food indeed. The health food stores are slowly building up a sale for it. Recently I ran across a soy bean bread. I believe the average health food store can procure it." Address: N.D. [Naturopathic Doctor].

1477. Cruz, Aurelio O.; West, Augustus P. 1932. Composition of Philippine soy beans and soy-bean oil. *Philippine J. of Science* 48(1):77-88. May. [32 ref]
• ***Summary:*** In 1930 the Philippines produced 4,218 tons of soybeans. In 1911 O.W. Barrett, Chief of the Division of Experiment Stations, Philippine Bureau of Agriculture, strongly encouraged the Philippine Agriculturist to "to take up soy bean culture in earnest." But 20 years "after this advice was given we find the Philippines are producing an annual yield of only a few thousand tons of soy beans although, as shown by experiments, this is a very suitable and appropriate crop for this country. With this idea in view," in 1931 staff members of the Philippine Bureau of Science wrote various newspaper articles to popularize soybeans and gave a display of food products made from soy beans at carnival in Manila.

A short survey of the nutritional factors of soy beans is given. The Philippine beans are rich in fats (20%), proteins (39.1%), and carbohydrates (24.96%). The oil had iodine value 128.4, saponification value 193.3, unsaponifiable matter 1.0%, unsaturated fatty acids (corrected) 81.5% (iodine value 151.3), saturated fatty acids (corrected) 12.65%. The composition of the fatty acids is given as: (α-)linolenic 2.1%, linoleic 53.0%, oleic 30.1%, palmitic 8.9%, stearic 3.8%, and arachidic 0.6%. Address: Bureau of Science, Manila.

1478. Williams, Edward Thomas. 1932. China yesterday and to-day. 5th ed., revised. New York, NY: Thomas Y. Crowell Co. xxiv + 743 p. Illust. (plates). Portraits. Map. Index. 22 cm. Previous editions were 1923, 1927, 1929. [369* ref]
• ***Summary:*** This remarkable, sympathetic and very comprehensive book has been revised to May 1932. The author has lived for many years in China, starting before the downfall of the Manchu Dynasty, and for 35 years has had close association with Chinese affairs. The 1st edition was published in 1923. While focusing on the Era of Reform (1902-1911) and the period of the Chinese Republic, established on 1 Jan. 1912 by Sun Yat-sen, the book contains many interesting features and appendixes, including a chronology of "Important dates in Chinese history" (p. 673-680a), and a lengthy bibliography.

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In Chapter 8, "The Craftsman," the section titled "Bean curd" states (p. 174-75): "I stopped at a neighboring door to watch a great, lazy-looking water buffalo turning a heavy mill-stone grinding beans. In a shop down the street the bean flour was being cooked, mixed with a little gypsum and turmeric to curdle it. The cooked paste, wrapped in cloths, was placed in a cheese press from which, after it should be properly solidified, it would be taken, cut into small cakes, and exposed for sale. It is the cheese of the Chinese and a very popular article of diet, rightly so, indeed, in a land where meat is too dear a luxury to be the daily food of the poor. There are several varieties of this bean-curd; one known as the 'stinking bean-curd' rivals the choicest cheeses of Europe in odor.

"At an oil-mill another variety of [soy] beans was being ground and pressed for its oil. The refuse finds a ready sale for fertilizing purpose. Vegetable oils are in great demand in China for culinary and other domestic purposes, animal fats not being abundant enough to supply the need. Besides [soy] beans, cotton-seed, rape-seed, peanuts, a variety of tea, or camellia seed, hemp-seed, sesamum, seed of the castor oil plant and nuts of the wood-oil tree are all used for this purpose. The oils of the cotton, rape, beans, hemp and peanut are all used in cooking, and the bean and rape-seed oils are also used for lamps [illumination]. The lamp of the poor man is merely a shallow cup with a spout at one side, like the classic lamp of ancient Rome. A piece of rush pith is placed in it for a wick. The soja bean is used for making soy, the common sauce of the rich and poor alike. It is said to have been suggested to the English [for] the manufacture of their Worcestershire and other sauces."

Note: This is also the earliest English-language document seen (Oct. 2011) that contains the term "stinking bean-curd." Address: Agassiz Prof. of Oriental Languages and Literature, Univ. of California, Berkeley, California; Formerly American Chargé d'Affaires, Peking, China; Recently Chief of the Div. of Far Eastern Affairs, Dep. of State (U.S.).

1479. Krauss, F.G. 1932. Soybeans, their culture and uses in Hawaii. *Hawaii Agricultural College, Extension Service, Agricultural Notes* No. 24. 4 p. June 21.
• ***Summary:*** Contents: Introduction. Cultural methods. Fertilization. Inoculation. Time to plant. Distances to plant and rate of seeding. Varieties. Harvesting. Soy beans for soil improvement.

"The soy bean is destined to become an important supplementary crop in Hawaii's increasingly diversified agriculture." "As human food, the soy bean may be cooked either green or dried like snap or shell beans, and as such offer possibilities for canning commercially. The mature seeds are also ground into culinary meals and bolted for flour. The Orientals utilize vast quantities of soy beans for the manufacture of a number of nutritious and highly-priced foodstuffs, including the well-known tofu, miso, and soy sauce. The Japanese of Hawaii import about $70,000 worth of the beans annually from Japan for the above purposes, the manufacture of which could be greatly extended if the soy bean were grown locally. A considerable amount of soy bean cake meal is also imported for poultry and dairy stock feeding. It is estimated that Hawaii could consume to advantage at least a half million dollars worth of soy bean products annually if the crop were grown extensively enough."

1480. Adolph, Wm. H.; Chen, Shen-Chao. 1932. The utilization of calcium in soy bean diets. *J. of Nutrition* 5(4):379-85. July. [10 ref]
• ***Summary:*** "A dairy industry in China is essentially non-existent and at present is economically impossible. Moreover, the cost of raw milk, or of imported milk, either in tins or in the form of dried powder, is far beyond the reach of the average purse. The dangers of calcium of calcium deficiency are somewhat mitigated by the fact that breast feeding is continued till the infant is three or four years old, but for the remainder of the growth period and for the entire period of adult maintenance the individual is dependent upon calcium derived from vegetable sources. A very considerable amount of this calcium is supplied by soy bean products. Soy bean curd (soy bean cheese) would seem to have filled, in part, the place which milk has occupied in the Occident. Recent years have seen an extended use of the closely related food product, soy bean milk, which has been successfully applied to infant feeding."

Using the method of metabolic balance in experiments with human subjects, the authors reported good utilization of the calcium in soybean curd. They also found cows' milk and soya bean to be equally effective sources of calcium for Chinese adults. The attainment of a calcium equilibrium was facilitated by increasing the protein intake. Address: Dep. of Chemistry, Yenching Univ., Peiping, China.

1481. Laird, Clinton N. 1932. Bean curd as a sole source of nourishment. *Lingnan Science Journal* 11(3):469. July.
• ***Summary:*** "In the period between 1921 and 1924 several experiments were conducted in which bean curd or to-fu, made from soya beans, was used as the food..." for rats. "The animals grew well, but in most cases developed intestinal trouble largely as a result of the absence of roughage. The does [females] died when about seven months old, but the bucks lived longer... There was no reproduction."

A "yellow dye is obtained by extracting with water the seeds of *Gardenia jasminoides* Ellis (or *Gardenia florida* Linn), which grows wild in this part of China. The dye has been used for staining bean curd and cakes for a long time, is mentioned in the Chinese Pharmacopoeia, and was used as a dye for cloth before synthetic dyestuffs were imported."

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1482. Adolph, William H.; Kao, Hsueh-chung. 1932. Hemoglobin-building properties of soy bean products. *Chinese J. of Physiology* 6(3):257-63. Aug. [5 ref. Eng; chi]
• ***Summary:*** "Our attention was recently directed to a statement that soy bean cheese (soy bean curd) has been regarded by the Chinese as a cure for anemia... Examination of the mineral constituents of the soy bean, and also of soy bean cheese and soy bean milk, has revealed the fact that these materials all contain decided amounts of both copper and iron."

Soya-bean products had a curative action on rats rendered anemic by an exclusive diet of cows' milk. Analyses of these products indicated an appreciable iron and copper content. The rate of recovery appeared to be approximately proportional to the iron and copper content of the ingested food, but it could not be said that the soya-bean products owed their curative activity to the presence of these metals.

Note: *Webster's Dictionary* defines anemia (derived from New Latin, via the Greek *anaimia* = bloodlessness), a word first used in 1807, as "1a: a condition in which the blood is deficient in red blood cells, in hemoglobin, or in total volume; b: Ischemia. 2: lack of vitality." Address: Dep. of Chemistry, Yenching Univ., Peiping, China.

1483. Horvath, A.A. 1932. El frijol "Soya" como alimento nacional [The soybean as a national food]. *Revista de Agricultura, Comercio y Trabajo* (*Cuba*) 14(3):43-56. Sept. [Spa]
• ***Summary:*** This is a translation of Horvath 1927, "The Soybean as Human Food." Address: Peking Union Medical College, China.

1484. **Product Name:** Vigorost (Fibrous-Textured Canned Meatless Steak). Renamed Vigoroast by 1965.
Manufacturer's Name: Madison Foods.
Manufacturer's Address: Nashville Agricultural Normal Institute, Madison, Tennessee.
Date of Introduction: 1932. September.
Ingredients: Wheat gluten, firm tofu and/or okara, whole peanut meal, seasonings.
Wt/Vol., Packaging, Price: 14 and 20 oz cans.
How Stored: Shelf stable.
Nutrition: Protein 19.4%, fat 8.6%, carbohydrates 12.3%, ash 2.1%.
New Product–Documentation: Madison Survey. 1932. Sept. 14. p. 140. Dec. 7. p. 179. For entrees, sandwiches, salads. Madison Health Messenger. V. 49-2. p. 5. Gray. 1936. All About the Soya Bean. p. 123.

Madison Survey. 1937. "The soy bean marches on." April 21. p. 59-60.

Ad (2¼ by 3 inches) in *Nature's Path* (USA). 1941. July. p. 273. "A treat without meat." Vigorost is one of five basic food products made and sold by Madison Foods. Taylor. 1944. The Soy Cook Book. p. 201.

Note from Sam Yoshimura. 1981. March 19. When Sam attended Madison College from 1937-1943 Vigorost was made from wheat gluten, soy cheese [tofu], and seasonings.

Note 1. This is the earliest known commercial soy product that is a meat alternative resembling beef; it uses tofu and/or okara.

Note 2. This the second earliest meatlike product seen, made by a Seventh-day Adventist food company, that contains gluten.

1485. La Sierra Industries. 1932. Soy bean (Ad). *Los Angeles Times.* Nov. 6. p. J20.
• ***Summary:*** This small, square ad reads: "One of the most perfect foods on the market today. Perfect in protein and practically free from starch, with an Alkaline Reaction.

"Soy bean products are offered in twelve different varieties: Soy-Co Breakfast Beverage [soy coffee], Soy Milk, Cheese [tofu], Butter, Bologna, Loaf, Spread, and Others.

"On sale at health food stores. Manufactured by the La Sierra Industries. 'Packers of superior foods.'" Address: Arlington, California.

1486. *Madison Survey* (*Madison, Tennessee*). 1932. The food factory. Dec. 7. p. 179-80.
• ***Summary:*** "For many years, as one of the campus industries at Madison, a health food factory has been operated. It has furnished foods for the college cafeteria, for the sanitarium diet kitchen, and for the Nashville Vegetarian Cafeteria, and has sold much to the outside trade. Recently more than usual interest is being shown in health foods. Quotations from a few letters written by those representing and those using our food in other places will be of interest to many of the Survey readers."

Popular products include Vigorost, Soy Cheese [tofu], Soybean Dixie Fruit Crackers, and Soy Bread.

Dr. E.A. Ruddiman, in charge of Soy Bean Research at the Henry Ford Laboratory in Dearborn, Michigan, wrote that he took home the samples of Vigorost and Soy Cheese and enjoyed them very much; his wife made some croquettes from the Soy Cheese.

Dr. A.A. Horvath of the Bureau of Mines in Pittsburgh, Pennsylvania, ordered 12 small cans of soy cheese. "Dr. Horvath is an expert on the soy bean and our correspondence with him is most interesting.

"Dr. Harvey Holmes of the Severance Chemical Laboratory, Oberlin College [Ohio], writes: 'I am very anxious to try the "tofu" (soy cheese) and learn the various ways of serving it. I would like to obtain a sample of the Soybean Dixie Fruit Crackers.'"

1487. **Product Name:** Soy Cheese (Tofu).
Manufacturer's Name: Madison Foods.
Manufacturer's Address: Nashville Agricultural Normal

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Institute, Madison, Tennessee.
Date of Introduction: 1932. December.
New Product–Documentation: Madison Survey. 1932. Dec. 7. p. 179-80. 1937. Nov. 10. p. 167. Gray. 1936. All About The Soya Bean. p. 123. "Cheese." Madison Health Messenger. 1939. 10 cents and 25 cents. Taylor. 1944. The Soy Cook Book. p. 201. "Soybean curd with Soy Oil."

1488. Leplae, Edmond. 1932-1933. Traité d'agriculture générale et de cultures spéciales des pays tempérés, subtropicaux et tropicaux [Treatise on general agriculture and special crops for temperate, subtropical, and tropical countries. 3rd ed. 2 vols]. Louvain, Belgium: Librairie Universitaire. Vol. 2, 796 p. See p. 306-07. 25 cm. [Fre]
• ***Summary:*** The author classifies the soybean among the leguminous forage plants, among starchy (*féculentes*) plants, and among oilseeds. "Soybean seeds have a nutritive value for humans greater than that of all other seeds, except peanuts." The peoples of East Asia prepare soybeans and their flour in 100 different ways, many of which are now also known in Europe. The Chinese make from soybeans an artificial milk and a cheese [tofu]. Soy flour is easy to digest and can be mixed with wheat in making bread and pastries. The soybean is used in the production of so-called "English sauces" [such as Worcestershire], which are widely consumed in Europe and America. Finally, soybeans are imported into Europe at the rate of 600,000 tonnes/year and the oil is used to make soap and margarine. Address: Prof. à l'Univ. de Louvain, Directeur général de l'Agriculture au Ministère des Colonies.

1489. André, E.; Hou, Kia-wo (Hu, Chia-mo). 1932. [On the presence of fat oxidase or lipoxidase in the soy bean]. *Kuo Li Peiping Yen Chiu Yuan Yuan Wu Hui Pao* (*Bulletin of the National Academy of Peiping*) 3(4):1-4. (Chem. Abst. 29:4094). [Chi]*
Address: France.

1490. Obata, Y.; Matsuno, N.; Tamura, U. 1932. [Biological value of tofu and miso]. *Kokuritsu Eiyo Kenkyusho Kenkyu Hokoku* (*Research Report of the National Institute of Nutrition*) 20:20-27. [Jap]*
• ***Summary:*** The biological value of non-salty miso and low-salt miso is 73.2 and 70.7 respectively, compared with casein which has a biological value of 80.1.

1491. Abadal, D. Jose; Soroa, Jose Maria. 1932. Cultivo y aplicaciones de la soja [Cultivation and applications of the soybean]. Madrid: Patronato Central para la Proteccion de Animales y Plantas. 44 p. Illust. [Spa]
• ***Summary:*** Contents: Introduction (preliminary notes). Part I: Cultivation and applications of soya. Chart of utilization of the soybean seed. Agronomic notes and details on soybean cultivation. Part II: Soya as a food. Nutritional value, soya as a vegetable (green vegetable soybeans; *Soja, como verdura*), soy sauce (*salsa de soja*), soymilk (*leche*), condensed soymilk (*leche concentrada / condensada*), powdered soymilk (*leche en polvo*), fermented soymilk (*leche fermentada*), soy cheese (*queso de soja*) [tofu], soy casein (*caseina de soja*), soy flour (*harina de soja*), soy bread (*pan de soja*), Soyolk (soy flour made by Dr. Berczeller), whole-grain soy bread (*pan integral*), soy flour tablets (*comprimidos*), pastries, biscuits, puddings, etc. (*pasteles, bizcichos, puddings*), soy oil (*aceite de soja*), fermented soy products (*productos de la soja fermentada: natto, miso, shoyu*), confectionery products (*productos de confiteria*), chocolate (*chocolate*), coffee (*café*), soy ferments/enzymes (*fermentos de soja*), products made by Caséo-Sojaïne (*Caseo-Sojaina de Paris*). Soy as a livestock food. Appendix.

"As early as 1918 a Spanish public official, Don Julio de Palencia, the Spanish Consul in Shanghai, sent the State Department (*Ministeria de Estado*) a magnificent report specifying the great attention that representatives of the principal countries of the world were giving to this crop [the soya bean], and the relevance that it would have in the agricultural economy of the future. What a pity that Spain has been the only civilized country to ignore the study of the soya bean and its exploitation on a large scale" [p. 5].

"Finally we must make public our thanks to the spokesmen of this foundation/board (*Patronato*) for the special work they have done in writing this booklet: Don José Maria de Soroa, secretary of the Special School for Agricultural Engineers (*Escuela Especial de Ingenieros Agrónomos*), and Dr. Don José Abadal, chief of the Bureau for the Inspection of Pharmaceutical Services of the Ministry of War (*Negociado de la Inspección de Servicios Farmaceuticos del Ministerio de la Guerra*)" [p. 6].

"In 1917 the Spanish Consul in Shanghai, Don Julio Palencia, sent to the State Department a study on cultivation of soya, proposing that tests be done to acclimatize this valuable crop to our country.

"In Motril and later at the southern agricultural station of Malaga, the agricultural engineer D. Arsenio Rueda has been cultivating soya for the past 10 years [i.e. since 1923] in plots of 5 ares [1 are = 100 square meters], obtaining 60 liters (each liter weighing 780 gm) in each one.

"The white as well as the black varieties give good results, though the white ones do best. The seeds have been distributed to farmers who have noticed that, even though at first the goats that were given them as food rejected them, after a few days of getting used to this grain preferred them to such an extent that one must avoid growing this plant near the herd's path lest the herd be attracted and devour it all.

"Although soya is a legume which draws many nutrients out of the soil (*esquilmante*), it has according to Mr. Rueda, sufficient interest since it allows usage of terrains where field beans cannot be used due to the invasion of the pest called *Orobanche speciosa*, commonly called 'Jopo.' This parasite

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does not attack soya...

"Besides the quoted trials, it has been more than 25 years since soy has been grown in Spain with success due to the interest and zeal that in their patriotic work, the agricultural engineer Mr. Eduardo Noriega undertook with his partner, Mr. Ortiz, on the farm of 'Jerez.'

"He was successful during many years using the yellow and black varieties, later on also cultivating it in the Spanish central region.

"We think it useful also to state in writing the following data about soy grown by Dr. D. Jose Abadal in Lerida during the years of 1925-1926.

"The experiment was done only out of curiosity, with the intention of seeing if it could be grown in said province. Japanese seeds of the hirsute soy variety, yellow seed, used as food for diabetes, were used. The planting was done in a garden with seeds that had been soaked for ten hours, with no more care or fertilizers than those used for all the existing plants of that garden. The terrain of course was one of easy irrigation and located in Lerida where it is very hot all during the summer.

"This brief essay demonstrates that soy can be grown in irrigated terrain in very hot places and with little care.

"Fifteen years ago, the agricultural Engineer D. Jesus Andreu, in the province of Pontevedra [in the northwest corner of Spain, just north of Portugal, bordering the Atlantic ocean], did some tests with good results on growing soy as a forage plant.

"We also have news, though not concrete, of other successful tests done in the provinces of Madrid and Toledo." Address: 1. T.C. Farmaceutico Militar; 2. Ingeniero Agronomo e Ingeniero Sanitario, Spain.

1492. Au, Man Sing. comp. 1932. Chinese cookery. Honolulu, Hawaii: Creart Publications. 46 p. Index. 21 cm.
• ***Summary:*** Subtitle on cover: "Genuine Chinese dishes you can prepare in your kitchen." Chapter 1, "The nine-course dinner," states (p. 7): "A small plate is used to hold soyu [shoyu] or Chinese sauce. A morsel of food is picked up in the chopsticks, dipped into the sauce and then put into the mouth."

The section titled "Seasonings and gravies" (p. 10) notes: "Chinese sauce or soyu, used instead of salt, adds zest and delicacy."

"Bean sauce, which is mashed preserved white beans, comes in white and red varieties. The white sauce is salty, while the red has a sweet taste. Both give meat that strange 'aging' taste."

"Tou-see, a preserved and cured Chinese black bean [soybean], tones down the strong smell and taste of deep ocean fish when used with it."

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Tou-see" or the term "preserved and cured Chinese black bean" to refer to fermented black soybeans.

On pages 33-34 is a section titled "Bean curd."

1493. Heibonsha. 1932. Dai hyakka jiten [Japanese encyclopedia]. Tokyo: Heibonsha. 15 vols. [Jap]
• ***Summary:*** For roasted soybeans (irimamé), see Vol. 1, p. 1025. For green vegetable soybeans (Edamamé) see Vol. 2, p. 237. For soynuts and mamé-maki, see Vol. 4, p. 899. For tofu, see Vol. 9, p. 284-85. For soymilk, see Vol. 9, p. 1169. Address: Tokyo, Japan.

1494. Kellogg, John Harvey. 1932. How to have good health through biologic living. Battle Creek, Michigan: Modern Medicine Publishing Co. vii + 498 p. See p. 88-89, 209-10. 21 cm.
• ***Summary:*** For Dr. Kellogg, biologic living includes a vegetarian diet (which includes dairy products and eggs). A section titled "The soy bean and the peanut, high quality proteins" (p. 88-89) states: "The soy bean and the peanut are notable exceptions to other legumes. Their proteins are of the same high quality as those of eggs and milk."

The next section, titled "Proteins of animal origin" (p. 89) starts by noting that animal proteins are "of the complete or balanced sort." It concludes: "Lean meat is protein more or les saturated with blood and with a small admixture of fat. Such fat may constitute as much as one-half or more of fat meats. Meat contains uric acid urea, and other waste products. Newburgh has shown that toxic products constitute about one-fourth of lean meat solids."

A section titled "Soy milk" (p. 209-10) notes: "Soy milk is in some respects superior to cow's milk and its use in this country should be encouraged. Three quarts of excellent milk may be made from a pound of soy beans and the food value of the residue [okara] will be greater than that of a pound of beefsteak. A pound of wheat and a pound of soy beans will supply energy sufficient for a laboring man, and at a cost of less then three cents a day. Soy milk protein is of the superior quality necessary to supplement that of cereals and is of the basic or alkaline-ash type, and so corrects the acid-ash effects of cereal proteins.

"Soy milk is of special value in helping to change the intestinal flora. A very superior quality of acidophilus milk may be prepared from it*." (Footnote: *"For information, address Battle Creek Diet Service, Battle Creek, Michigan.").

"To fu [tofu], a curd prepared from soy milk, in China and Japan serves as the basis for a great number of meat-like and most delicious dishes."

Note 1. This is the earliest document seen (Sept. 2012) that mentions an "acidophilus milk" made from soy milk or that discusses Dr. Kellogg's work with it (one of two documents).

Note 2. This is the earliest English-language document seen (June 2002) that uses the term "animal origin" in connection with vegetarianism. Address: Battle Creek,

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Michigan.

1495. Orosa, Maria Y. 1932. Soybeans as a component of a balanced diet and how to prepare them. *Manila* (*Philippines*) *Bureau of Science, Popular Bulletin* No. 13. 53 p. [16 ref]
• ***Summary:*** Contents: Introduction. The cooking of soy beans (89 Filipino recipes, p. 7-35), incl. roasted soy beans, soy-bean soups etc.–most recipes use whole soybeans, but quite a few use tofu (*tokua*), soy sauce (*toyo*), soy-bean flour, or soy-bean milk, and a few use *tahuri* (brine fermented tofu) or soy-bean sprouts. Some common foods made from soy beans and methods of preparing them (p. 35-53): Soy-bean milk, condensed soy-bean milk, soy-bean milk powder, soy-bean casein, soy-bean curd (tofu; *tokua* or *toqua*). *Tahuri* or *tahuli* (fermented tofu). Frozen tofu. Bean curd brains or *tofu nao.* Dry bean curd or *topu khan* (tofu-kan, dipped in burnt millet sauce and rubbed with fine salt). Fragrant dry bean curd. Thousand folds (thin layers of fresh tofu pressed in cheesecloth. "On standing, the thousand folds mold and develop a meatlike flavor. This is fried in sesame oil and served in place of meat"). Fried bean curd. Soy sauce (called by the Chinese "ch'au yau," or drawing oil; or "pak yau" or white oil; by the Japanese "shoyu"; and the Filipinos, "toyo"). Natto. Hamanatto (p. 49). Yuba. Miso. Soy-bean flour. Soy-bean oil (used in the manufacture of lard and butter substitutes; also in paints, printing inks, etc.). Soy-bean meal. Soy-bean coffee. Soy-bean sprouts.

Note 1. This is the earliest English-language document seen (Oct. 2008) that uses the term "soy-bean casein" (or "soy bean casein" or "soybean casein"), probably to refer to soybean protein.

"When and by whom the soy bean was first introduced into the Philippines, no one can ascertain. The Filipino people have long known some important soy-bean preparations, such as soy sauce, or 'toyo,' bean curd, or 'tokua,' fermented bean curd or 'tahuri,' not knowing that they were prepared from this bean. The seed is known in some parts of the Philippines, where it is grown, as 'utao.'"

"The main object of this pamphlet is to encourage the Filipino people to use more soy beans, and preparations made from them as food" (p. 3-4).

"Soy beans are grown in some parts of the Philippines. According to Doctor Roxas, Director of the Bureau of Plant Industry, 2,481 tons were grown in Batangas in 1921 and 4,218 tons, in 1930. However, the importation of soy beans in 1924 was 4,657 tons. Doctor Roxas says that soybeans can be grown in all parts of the Philippines" (p. 6). "Immature soy beans may be cooked in the same way as lima beans (*patani*)" (p. 7).

"The soy-bean curd was first produced by Whai Nain Tze, before the Christian Era and was introduced into Japan from China by the Buddhists. It was introduced into the Philippines by the Chinese and has become a very popular food in Manila and in places where there are Chinese who manufacture it for sale. 'Tokua' on account of its high fat, protein, and mineral content, is called by the Chinese as 'meat without bone,' or 'the poor man's meat.'" The Chinese use burnt gypsum (about 1.5% by weight) as a coagulant. In some cases, the curds are wrapped in individual pieces of fine cheesecloth about the size of a small handkerchief, then pressed lightly for a few minutes. They are "unwrapped, spread on shallow bamboo trays (*bilao*) and partially dried at room temperature. Then they are dipped in a weak solution of turmeric to coat the outside in light yellow coloring. Some manufacturers soak the small cakes of curd in brine solution for a short time, then dip them in a solution of burnt sugar or molasses and bake them slightly before putting them on the market." 100 gm of dry soybeans typically yield 350 gm of tofu (*tokua*) (p. 41).

The section titled "'Tahuri' or 'Tahuli'" begins with 2 paragraphs and ends with a table very similar to those from Gibbs and Agcaoili (1912): "'Tahuri' is manufactured in China and exported to the Philippines in large stone jars or in small tin cans. There are some 'tokua' manufacturers in Manila that manufacture 'tahuri' for local consumption. Those that are imported from China are preserved in strong brine solution and the cakes are broken during the shipment so the liquid becomes like a thick emulsion containing pieces of the cured curd." It then contains a new paragraph: "In Manila, the Chinese method of manufacture is to pack the large pieces of soy-bean curd, about 5 inches long, 4 inches wide, and 2.5 inches thick, with much crude salt, in empty gasoline cans. The curd is allowed to cure for a period of several months. During the curing period the bean curd changes from white to a brownish yellow color and develops a peculiar salty flavor to which the Chinese and many Filipinos are educated" (p. 42). Note 2. No information about a fermentation microorganism or process is given.

"The bean curd brains known to many Filipinos as 'tojo' is the unpressed soy-bean curd. The method of making 'tojo' is almost the same as the method used in making 'tokua', only that a smaller amount of the coagulating agent is used, and the very soft but solid mass formed is left undisturbed in the wooden container until used. The Chinese used to peddle this preparation in a wooden pail-shaped container, through different parts of Manila, but on account of the Philippine Health Service regulations, this product is now sold in the markets only. / "The 'tojo' is served with a few tablespoonfuls of medium thick brown-sugar syrup, which gives it flavor, the 'tojo' being almost tasteless. Sometimes it is eaten with sweet oil, sauce, and vinegar, or with finely cut meat and spices." (p. 43).

Note 3. This is the earliest English-language document seen (April 2013) that contains the term "tojo" which is used to refer to unpressed curds made from soymilk.

"Dry bean curd: The fresh bean curd when dipped in burnt millet-sugar sauce and rubbed with fine salt will keep longer than the 'tokua' and is called 'topu khan.' This

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preparation is usually eaten is soups."

Fragrant dry bean curd or *hsiang khan* ("fragrant dry") has the consistency of smoked sausage. "It is made by subjecting the fresh bean curd to great pressure, which eliminates much of the water content. The pieces of semidry curd are soaked in a weak brine solution in which is dissolved burnt millet-sugar and to which is added powdered spices. The curd is then dried to hardness. This preparation keeps indefinitely and is used in soup making and in vegetable dishes" (p. 43).

Note 4. Cruz and West (1932, p. 78) state that as part of a campaign by the Bureau of Science to encourage the Filipino people to use more soy beans, Miss Orosa "has made excellent cakes, cookies, puddings, sauces, soups, custards, ice cream, and other tasty preparations from Philippine soy beans."

Note 5. The author pioneered the branch of the branch of the Home Extension Service in which home demonstrators helped women in solving their home problems. She started the organization as a food preservation unit under the Bureau of Science in 1923, starting with six home demonstrators that she herself trained. That group became the forerunner of the Home Extension Service in the Philippines. For details on her work see: In: A Half Century of Philippine Agriculture. Manila, Philippines: Liwayway Publishing. p. 236-37.

Note 6. This is the earliest English-language document seen (Nov. 2003) that contains the word "meatlike." Address: Chief, Div. of Food Preservation, Bureau of Science, Manila.

1496. Searle, Townley. 1932. Strange newes from China: A first Chinese cookery book. With 101 rare and choice Chinese recipes and decorations by the author. London: Alexander Ouseley, Ltd. 231 p. Illust. 22 cm.
• ***Summary:*** Page 83 states that "'Chow' means 'fry,' 'Too Foo' is 'Bean Curd,' and the 'Chop Suey,' although not real Chinese (see Encyclopedia) stands for almost any mixed dish." Soy-related recipes in include: Tou fu hah chi tong–Bean curd and prawn soup (p. 92; The author states: "In trying this recipe we used tinned prawns: Beneath the trade-mark of the tin was the following warning against infringement: 'If any man imitate this mark, may his sons be thieves and his daughters prostitutes.'"). Tou fu yuk ming tong–Bean curd and meat soup (p. 93). Tou fu gai pin tong–Bean curd and sliced chicken soup (p. 95).

On pages 108-09 are the names and prices of many Chinese foodstuffs, including Chinese soya sauce (1 lb. or 3 lb. net)–$0.25 or $0.45 per jug, Chinese bean sauce–$0.15 per can, Chinese red bean curd [fermented tofu]–$0.18 per can, Dried Chinese beanstick [yuba]–$0.22 per lb., Chinese bean cheese [fermented tofu]–$0.50 per jar, Chinese bean cake [tofu]–$0.30 per can.

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "Chinese beanstick" or the term "Dried Chinese beanstick" to refer to dried yuba sticks.

The Encyclopedia (p. 215-17) contains descriptions or definitions of the following: Chop Suey ("an American 'Pidgin English' term originally coined in San Francisco..."). Tou foo (see Bean curd). Soya bean–*Glycine hispida* ("One of the most valuable foods in the world." "Flour made from the soya bean has immense value as a foodstuff as it contains the only plant albumen which is equal in value to the very much more expensive animal albumen. The Chinese soak the beans in water, then roast them and eat them in much the same way as peanuts." "It is claimed that the soya bean will soon become the chief food of the civilised world as it contains a large proportion of protein which is as valuable as the casein in milk..." "The best way to cook the soya is undoubtedly by means of a pressure-cooker..."). Bean sprouts ("come from the seeds of the soya and can be used as green vegetables all the year round." Describes how to make them). Bean curd ("It is of about the same consistency as ordinary thick cream cheese and is ordinarily used fried with vegetables etc. in lard and in omelettes etc.").

1497. Winton, Andrew Lincoln; Winton, Kate Barber. 1932. The structure and composition of foods: Vol. I. Cereals, starch, oil seeds, nuts, oils, forage plants. New York, NY: John Wiley and Sons; London: Chapman & Hall, Ltd. xiv + 710 p. See p. 512-24. Illust. Index. 24 cm. [67 soy footnotes]
• ***Summary:*** Volume 1 of this 4-volume set contains 274 superb illustrations by the authors. The book is divided into three parts: I. Cereals. II. Oil seeds. III. Forage plants.

In the chapter on "Seeds of the pea family (Leguminosæ)" (p. 497+) the section titled "Soy bean" (p. 512-24) has the following contents: Scientific and common names. Introduction. Macroscopic structure. Microscopic structure: Spermoderm, hilum cushion, endosperm, embryo (palisade cells, oxalate crystals, starch, aleurone grains and fat), chief structural characters. Chemical composition: Changes in composition during growth, soy bean cake, meal, and flour, proteins, carbohydrates, phosphorus-organic compounds, saponins, enzymes, mineral constituents, minor mineral constituents.

The chapter begins: "A native of the Far East, the soy bean has been cultivated since the dawn of civilization in China and Japan, where the seeds furnish millions of human beings with food. From the seeds are prepared soy cheeses (tofu, natto, miso [sic, none of these three are "soy cheeses"]), soy milk, and soy sauce, the latter being used in chop suey. Because of the absence of starch in many varieties soy bean flour has come into use in the Occident as a diabetic food. Soy bean oil is of growing industrial importance."

An illustration by Winton (p. 512; Source: Winton 1906, p. 248) shows the outer portion of the soy bean seed in cross section, with each of the layers (X 160 magnification).

In the introductory section on "Forage legumes," soy beans are discussed under the following headings (p. 642-

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45): Comparative macroscopic structure, comparative microscopic structure (table), comparative chemical composition of green fodder (p. 644) and of hay (p. 645). The section titled "Soy bean" (as forage plant, p. 666-67) has the following composition: Introduction. Macroscopic structure. Microscopic structure: Stem, petiole, petiolule, leaf, stipule, flower, chief structural characters. Chemical composition (values from Pellet, Schwackhöfer, and Haskins for: Total ash, potassium oxide, sodium oxide, calcium oxide, magnesium oxide, ferric oxide, phosphoric acid, sulfur trioxide, silicon dioxide, and chlorine).

Note: This is the earliest English-language document seen (Jan. 2004) that uses the word "petiolule" in describing the soybean plant.

This book also discusses: Lecithin (p. 8, 14). Kudzu starch (*Pueraria hirsuta* Schneider, p. 37). Gluten (p. 57-59, 72-73, 199-200, 211-25). Coix (Job's tears, p. 100-04). Hemp seed (p. 413-21). Almond (p. 476-85). Peanut (p. 497-512, 642-43, 663-66). Linseed (p. 525-35). Sesame seed (p. 598-605). Alfalfa (p. 642-43, 646-59).

Note: Andrew L. Winton lived 1864-1946. Kate Grace Barber Winton was born in 1882. Address: 1. Sometime state and federal chemist; 2. Sometime state and federal microscopist.

1498. *Commerce and Finance.* 1933. Jap and the bean-stalk. 22(6):147. Feb. 8.

• ***Summary:*** Discusses the soy bean in East Asia, soy bean oil, soy bean milk ("fed to thousands of Chinese and Japanese babies"), tofu, soy bean coffee, and soy bean flour. "It is not generally known that the soya bean was used during the American Civil War as a coffee substitute."

"Soya bean flour is a concentrated food... In soups it resembles beef extract; one of the most famous European brands of soup cubes has a soya bean base.

"For troops in the field the bean is almost indispensable. Soya bean oil is used in the manufacture of explosives. Bean soups, curd, flour, meal and coffee can be a field diet in themselves. Many a city besieged by bandits has survived on stores of bean cake originally intended as fertilizer." Note: This is the earliest English-language document seen (June 2008) which states that bandits survived on soybeans–in this case bean cake in a besieged city.

1499. L'Heureux, L. 1933. Le soja [Soya]. *Congo: Revue Generale de la Colonie Belge* 1(2):214-36. Feb.; 1(3):365-83. March. (Bulletin de l'Office Colonial, Bruxelles). [14 ref. Fre; eng+]

• ***Summary:*** This early publication on soyfoods in Africa describes food uses and methods of preparing soymilk, in both condensed and powdered forms. Tunisia was a French protectorate from 1881 to 1956, when it became independent. France grew soybeans there, apparently at about the same time it started growing them in Algeria (p. 214).

At the exposition of Nanking in 1910 some 400 varieties of soybeans were assembled (p. 214).

In 1908 the firm of Mitsui was the first to try to transport, by sea, soybean seeds from Dairen to Liverpool. It was the beginning of a new industry in England (Liverpool and Hull), in Germany, Denmark (Copenhagen), and Holland (Rotterdam & Amsterdam).

A former Belgian missionary in Jehol (West Mongolia), Father De Preter (*Le T.R.P. Fl. De Preter, Supérieur de la Maison des Pères de Scheut à Yvoir*) has corresponded with the author about soybeans, tofu, and soybean cake in that city. Soybeans are not cultivated on the best soils, which are reserved for wheat. One of his colleagues at Jehol, Father Cyr. De Puydt has worked to improve the soybean crop (p. 219).

Father De Preter has often helped in making tofu (*fromage de soja*), using magnesium chloride as a coagulant. If one uses calcium sulfate, the tofu is softer and the taste seems better. Father de Puydt has improved the manufacture of tofu by using magnesium salts (probably Epsom salts) in place of magnesium chloride. The tofu is eaten after being boiled in water or fried in fat. It is best when fresh. In winter, it is allowed to freeze [frozen tofu in northeast China] so that it can be kept for a long time; it becomes spongelike. But fresh tofu has a special aftertaste to which the European palate finds it difficult to get accustomed. This taste does not come from the coagulant but from the soybeans. When one eats more than two pieces of tofu in succession, one experiences indigestion. It does not produce gas like the beans. Notes that the factory of the Caséo-Sojaïne near Paris, of which Mr. Li Yu-ying is the director, makes tofu and various tofu products. Cooked with eggs, tofu makes an excellent omelet. Cooked with the juice of meat, it takes on entirely that flavor. It can be used to make patés or smoked. Use firm tofu and cook in a mixture of 4:1 water to soy sauce. Then smoke it like meat. This can, for example, replace ham or bacon in an omelet. Tofu paté has much the same consistency and taste as paté de foi gras. Thus, there are many ways that tofu can replace meat (p. 221-24).

Using caséine or légumine of soymilk, the French pioneered industrial soy protein isolates in 1911 (see Beltzer). They were used in various glues, and in coating paper (p. 224-25).

The margarine industry employs only the finest quality oils. Soy oil was not introduced to margarine manufacture in Europe until about 12 years ago [i.e., 1921], but it has rapidly taken an important place on account of its good properties and low cost. Describes how to make synthetic rubber from soy oil. One of the main uses of soy oil in Europe is in making soaps. Some is also used to make explosives. Mr. Tihon is the distinguished director of the Laboratory of Industry and Commerce at Leopoldville, Belgian Congo (p. 227-28).

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Soybean cake (*Tourteau*)*:* Father de Preter in Jehol has assured me that soybean cake is used there to nourish and fatten beasts. For horses, this cake has a surprising effect. If a horse, returning from a trip lean and exhausted, is put on a regimen of soybean cake, it will return to normal in 15 days (p. 230).

Just like the oil, the cake is more and more in demand in Europe, and in certain countries the effect of soybeans on the economy is quite remarkable. Until about 30 years ago, Denmark was a super producer of wheat. But Dutch products were defeated by the lower prices of American goods. Aided by soybeans, the Danes were able to expand their livestock. Soybeans are now imported, the oil is extracted and used to make margarine, while the cake is used to feed livestock–some 18.5 million heads in 1926, not including poultry The result has been the development of an enormous trade in animal products, butter, cheese, ham, bacon, lard, eggs and even livestock–all accounting for about 70% of Danish exports. Holland is in a similar position (p. 230-31).

In 1912 the "Dairen Mill Owners Association" was founded, By June 1923 all but 7 of the mills in Dairen were members of the association. The oil in the Suzuki mill is extracted using benzine solvent, the most modern method. 32 of the mills, mostly owned by Japanese, use hydraulic presses, while those owned by the Chinese generally use hand-turned screw presses (p. 231-32).

A large table (p. 323) shows exports of soybean seeds, cake, and oil from the ports of Dairen, Newchwang, Vladivostok, and total, from 1908 to 1917. During this time, because of Manchurian mills, the amount of seed decreased, while the exports of cake and meal increased.

Condiments: Shoyu (*shoyou*) is the main one. Several processes for making soy sauce are described in detail. Lea & Perrins Worcestershire Sauce is nothing but a highly seasoned soy sauce (p. 234).

Continued (p. 365): Mr. L. L'Heureux is director of the chemical service of the Belgian Congo. Let's see what the soybean is doing in the Congo. M. Tihon of Leopoldville, said in an interesting report titled *A propos du soja hispida:* Encountered 30 years ago [i.e., about 1903] at Stanleyville by commander Lemaitre, it figured in the collection of the botanical garden of Eala and was the object of experiments at Sankuru in 1914-15 (p. 365).

In this report, Tihon analyzed 3 varieties of soybeans from the plantations of Eala. The soybean would be good for all our [Belgian] colonies; it could replace meat and be used in the rations of black workers (p. 366-67).

Soymilk: Describes how to prepare it and its properties. According to Prof. Laxa of Prague, fresh soymilk has an acid reaction. Mentions the work of Li Yu-ying. Notes that by adding lactose and a bacterial culture, Yogourth [yogurt] can be made from soymilk (p. 370).

In Peking, soymilk is sold in small bottles of 200-220 cc carrying the title *Lait de pois–Un produit chinois. La nurriture la plus nourrissante. Préparé par* ___. In 1925 one bottle of soymilk daily cost 1 dollar Mex per month. In 1919 in Shanghai, Peking and Dairen, Chinese companies furnished hospitals and private individuals 8-10 oz of concentrated soymilk in bottles (p. 371-72).

A table (p. 373) compares the composition of 3 types of soymilk with mother's milk, cow's milk, and goat's milk; all but the cow's milk (87.00%) contain 90.71% water. The soymilks are: (1) From Tsinan fu, China. (2) From Peking, China. 3. From Japan. The soymilk from Peking was low in fat, so yuba had probably first been removed from it (p. 372).

In China, soymilk is habitually drunk sweetened with sugar. Li Yu-ying reports that one of his parents was nourished from birth with soymilk and for 37 years he has always been in excellent health (p. 374).

A new method for making soymilk. In 1916 Prof. Laxa of Prague develop a method for making soymilk in homes in Europe. The cost of a liter of soymilk in Prague in 1916 was estimated by Laxa as being about 40 centimes if it was homemade. Before the war, there was in London a soymilk factory which intended to place its products regularly on the market. Plans were made to construct two other plants, one in Manchester and one in Liverpool. The synthetic milk syndicate launched a soymilk on the market that was adapted to European tastes. The syndicate's factory, established in Liverpool, used the method of F. Goessel to make 100 liters of soymilk using the following formula (which is given). A Dutch patent (No. 2122 of Sept. 1917) and a Japanese patent (No. 28346) are also cited (p. 375-77).

A table shows the composition of 6 types of Soyama soymilk according to the analyses of Dr. G. Popp of Frankfurt. The protein ranges from 2.5% to 3.77%. Normal soy cream contained 11.5% fat, whereas that which was extra rich for diabetics contained 30% fat. It is very difficult to tell the difference between tea, coffee or chocolate to which one has added Soyama soy cream compared with regular dairy cream (p. 379).

In using the Soyama milk and cream, von Noorden confirms the following statement of Fischer, who studied vegetable milks in general: 1. In the stomach, soymilk gives a flocculent precipitate which is finer [smaller clumps] than that produced by cow's milk. 2. The digestion of soymilk requires only a weak secretion of gastric juice; the period of secretion is therefore short. 3. The time that soymilk protein resides in the stomach is shorter than that of cow's milk protein. 4. The peristaltic action of the stomach is less after ingestion of soymilk and better coordinated. Therefore, based on these observations, von Noorden recommended soymilk over cow's milk (p. 380).

Hatmaker made powdered soymilk. A table shows its composition, as analyzed by a laboratory in Paris (p. 380).

Yu P'i and Yu Ba are the Chinese and Japanese names of yuba, respectively. Recently a new method for making yuba has been patented in Japan. It consists in the use of an

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electric ventilator [or fan] placed above the surface of the cooking pot containing soymilk that is not heated above 90ºC. A table (based on analyses of the Tokyo Laboratory of Hygiene, of Embrey, and of Adolph) then gives the nutritional composition of 5 types of yuba, including Fu Chu (dried yuba sticks) which (surprisingly) contain 53.68% water.

Note: Maybe this Fu Chu was either fresh or reconstituted yuba. Address: Directeur du Service Chimique du Congo Belge.

1500. **Product Name:** Doufu, Fried Tofu, Firm Tofu.
Manufacturer's Name: Fong-On.
Manufacturer's Address: 43 Mott St., New York, NY.
Date of Introduction: 1933. June.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Fon-On, 46 Mott St., New York, NY 10013. Phone: 212-962-5196. Owner: Unknown.

Talk with Kevin Chan. 1989. Nov. 16. His grandfather started this shop in 1933 at 43 Mott St., across the street from its present location. His grandfather made tofu, fried tofu, and soymilk. He did not make extra firm tofu. That product was introduced in 1966. Then they moved to 46 Mott St. in 1968.

Talk with Wun-hong ENG. 1992. Feb. 17. He is retired, age 65, living at 180 Park Row, Apt. 4B, New York City, NY 10038. Phone: 212-267-6972. Kevin Chan is his son. Mr. Eng's father, Bing-sun Eng, and his partner Tao-yee KOK, both founded Fong-On on 29 June 1933–the same year the movie King Kong came out. They both came to America from the Toisan district of Kwangtung province, near Canton. The man who taught his father to make tofu was Mr. Law (or Lo), a 70-year-old Chinese seaman (and good friend of his father's) who jumped ship and worked in restaurants in New York. The seaman advised Bing-sun Eng to open a tofu factory in New York and taught him how to make tofu in New York City in 1933. A large photo of Bing-sun Eng still hangs on the wall at Fong-On in New York City.

Eun-hong Eng came to America from Hong Kong when he was 9 years old. He immigrated through Canada (since he had fake immigration papers), then came directly to the USA. He first started to work at Fong-On in 1945, after serving in the U.S. Army World War II. He (or his shop) was the first that he knows of to use steam to cook the soybean slurry in making tofu.

A photo (sent to Soyfoods Center by Kevin Chan) shows Fong-on ENG seated in the middle of three chairs with his three grandsons, from left to right: Paul Chan (seated), Kymong Chan (standing), and Kevin Chan (seated).

Gonzalez-Pando, Miguel. ed. 1996. "Greater Miami: The spirit of Cuban enterprise." Fort Lauderdale, Florida: Copperfield Publications, Inc. This book (p. 168) discusses Fully, Inc. a soyfoods company in Miami, Florida. The founder, Manny Wong, married Silvia Cok, also a Cuban-Chinese whose father had been a Chinese businessman in Havana, in the grocery business. "Upon arriving in New York in 1960, Silvia's father joined his relatives in a tofu (bean curd) [manufacturing] business which had been established back in 1933." During the 1980s, as "demand for more healthful foods grew, Fully opened another subsidiary, Fon-On for Florida. This is a spin-off of Manny's father-in-law's tofu business in New York. Fon-On of Florida manufactures 'soy products'–mainly soy milk and currently five kinds of tofu:..."

Talk with *New York Times* reporter (who speaks and reads Chinese) who is at the plant. 2008. Feb. 2. The two Chinese characters in the company name are *Hong-An* which mean "everlasting peace."

Talk with Wun-hong ENG. 2011. Feb. 3. Fong-on YEE was born on Dec. 9; the year is unknown. He was a twin. "At a time of hardship in the Toisan district of Kwantung province, his father sold him, when he was 4 years old, to the ENG family (to the boy's grandmother) for 40 ounces of silver. She had no sons, so, as happened quite often, she burchased a son to carry on the family name. The boy was renamed Bing-sun ENG. After he was married and had two children, he left in China on May 9 and traveled to Cuba, where he arrived on Sept. 9; there he lived and worked for two years. He won the lottery sweepstakes ticket and 4 months later he went back to China. A year later, on 19 Sept. 1925, Wun-hong ENG was born. Then Bing-sun ENG smuggled himself into the United States (with two relatives), hiding on a ladder inside inside the water tank; it was very cold and cost him $200. He arrived in New York. Three partners started a tofu company which they named it Fong On, then they asked him to become a partner; he suddenly remembered that that was his original name at birth, and so he agreed to join. Each of the four partners each put up $80. Rice, in those days sold for $2.25 for 100 lb. retail, and soybeans were only $4.00. The soybeans used to make their tofu were grown in Norfolk, Virginia, and New Jersey. Wun-hong ENG was born in China. The business was successful and Mr. ENG periodically sent money home to China. His home phone is 212-267-6972. Kevin Chan died 2 years ago. Monty Chan is his 2nd son.

Talk with Monty Chan. 2011. Feb. 3. How did Monty's father, Wun-hong ENG, get to America from China? A gentleman that Monty's grandfather (Fong-on ENG) knew, had a son surnamed Chan who was scheduled to travel to America. But for some reason it didn't work out. So the gentleman offered to sell Monty's grandfather the immigration papers. Monty's father and the gentleman's son were about the same age. In this way Monty's father arrived in the USA–but with the surname Chan! That is why Monty and his two brothers still have the surname Chan. In about 1966 Monty's father went to court and legally had

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his surname changed from Chan to Eng. But, in practice, it is very difficult for a grown man to change his surname. So Monty decided to make ENG his middle name. All Monty's friends know him as Monty Chan. He is a retired New York City detective; his colleagues know him as Monty Eng Chan. His pension comes to Monty Eng Chan. All of his daughters have "Eng" as their middle name and "Chan" as their surname.

Monty's father, Wun-hong ENG ran the tofu company on Mott St. for about 30 years, from about 1946 (after he got back for serving in the U.S. military) to 1975. It is not so important that the child born in China return to China at the end of his life to be buried in the family place. In the USA (as in China) the Chinese family associations typically buy large cemetery plots so that all members with the same family name can be buried together. Monty's parents have already purchased plots in New York City for him and his brothers.

Monty still works occasionally at the family tofu shop. But it is hard to see how the tofu shop will continue. There are no sons who want to take over the business or even to work there.

1501. *Boletin de Agricultura y Trabajo* (*Nicaragua Ministerio de Agricultura y Trabajo*). 1933. Soya o soja (Soja Híspida Moench) [Soya or soja]. 5(48):19-20. June. 2nd Series. [Spa]

• ***Summary:*** Contents: Introduction and history of the soybean ("it is also called 'soya'"), with its extension in the United States. Climate. Soil. Fertilizer. Inoculation. Varieties widely cultivated in the USA (Biloxi, Peking, Virginia and Wilson Five for hay and ensilage. Ito-San, Manchu, Mandarin, and Tokio [Tokyo] for seed. Hahto for use as a food legume at the table {*legumbre de mesa*}). Uses of the plant: Green manure, forage, pasture (*pastaderos*), hay, green forage. Food products made from the seeds: Flour, oil, soy sauce, cooked whole soybeans, coffee substitutes, soups, soybean roasts or steaks (*soyas asadas*), porridge or mush, soymilk (*leche vegetal*), condensed soymilk, fresh soymilk, casein, confections, soy cheese (tofu; fresh, dry, smoked, or fermented; *queso fresco, seco, ahumado, fermentado*).

Food products: Dry soybeans (*semillas secas*) are used to make soy sauce (*salsa de soja*), cooked soybeans (*sojas cocidas*), coffee substitutes (*sustitutos del cafe*), soups (*sopas*), roasted soybeans (*soyas asadas*), porridge / pap (*gacha*), vegetable milk [soymilk] (*leche vegetal*), condensed milk (*leche condensada*), fresh milk (*leche fresca*), casein (*caseina*), confections or sweets (*dulces*), and soy cheese ([tofu] fresh, dried, smoked, or fermented {*fresco, seco, ahumado, fermentado*}), and green vegetable soybeans (*semillas verdes*) are cooked and canned or served in salads. Enemies of the soybean.

Note 1. This is the earliest document seen (Feb. 2009) concerning soybeans in connection with (but not yet in) Nicaragua.

Note 2. This is the earliest Spanish-language document seen (Oct. 2011) that mentions fermented tofu, which it calls *queso fermentado.*

Note 3. This is the earliest Spanish-language document seen (Oct. 2011) that mentions roasted soybeans / soynuts, which it calls *soyas asadas.*

Note 4. This is the earliest Spanish-language document seen (June 2009) that uses the term *semillas verdes* to refer to green vegetable soybeans.

1502. USDA Bureau of Home Economics. 1933. Nutritive value of soybean and soybean products (Leaflet). Washington, DC. 2 p. June 10. [5 ref]

• ***Summary:*** Table 1 gives the nutritional composition and fuel value of soybeans and soybean products: Green shelled soybeans, soybean sprouts, dry whole seed soybeans or whole ground meal, soybean flour (sifted, from the whole bean, from the press cake), soybean curd or cheese (fresh), soybean milk, soy sauce. Includes recipes for: Whole wheat bread with soybean flour, and White bread made with soybean flour. Mentions that Soyex Co., Inc., was at 60 John St., New York City, on 5 May 1931; An analysis of their flour made from whole soya beans is given.

Note: This is the earliest English-language document seen (June 2009) that uses the term "Green shelled soybeans" to refer to shelled green vegetable soybeans. Address: Washington, DC.

1503. Sayer, M. Wynne. 1933. Soybean (Glycine hispida Maxim.). *Agriculture and Live-stock in India* 3(5):470-74. Sept. [10 ref]

• ***Summary:*** Contents: Introduction and history. Economic importance of the soybean. Cultivation. Green fodder for cattle. Green manure. Standard varieties of soybean of the Pusa Farm.

"Green Fodder for cattle: The soybean has been tested here [on the Pusa Farm] for a number of years against other important leguminous crops such as meth (*Phaseolus aconitifolius*), cowpeas, and guar. The results of 12 years trials from 1917-18 to 1928-29 are given below." Soybeans yielded 1,166 lb/acre of grain and 7,453 lb/acre of "green stuff."

Note: This article contains the following sentences and phrases which are of linguistic interest: "Soybean is a monsoon crop" (p. 470). "... by growing soybean mixed with maize..." "Soybean has been tested here for yield" (p. 471). "In India, soybean is considered one of the best fodder crops" (p. 472). "Soybean occupies an important place in the grazing cycle." In standard American or British English, the word "soybean," in each of these examples, would be preceded by the word "the." Address: Offg. Imperial Agriculturist.

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1504. Belen'kii, D.E.; Popova, N.N. 1933. [Soy cheese]. *Russian Patent* 32,908. Oct. 31. (Chem. Abst. 28:3808). [Rus]*

• ***Summary:*** Soymilk is heated to 90ºC. Whey obtained during preparation of sour-milk soy cheese is added to it. After curding, the curds and whey are separated in the usual way. Note: This is one of the earliest records seen concerning the use of soured whey as a coagulant for tofu.

1505. Iwamura, Iwao. 1933. Biochemical studies on miso, fermented soybean paste. I. *Bulletin of the Agricultural Chemical Society of Japan* 9(7-9):118-31. Bound in the back of Nippon Nogei Kagaku Kaishi (J. of the Agricultural Chemical Society of Japan). [Eng]

• ***Summary:*** The author conducted experiments with Sendaimiso, then with Shiromiso, Yedomiso, Inakamiso, and Hatchomiso. Miso protein, when added to a rice diet, has a high supplementary value. It has a somewhat higher supplementary value than "kôridôfu (frozen soy-bean curd)" but somewhat lower than fish protein.

Note 1. This is the earliest English-language document seen (March 2009) that uses the term "soybean paste" to refer to miso, or that mentions Sendaimiso, Yedomiso, Inakamiso, or Hatchomiso (spelled that way).

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *kôridôfu* to refer to dried-frozen tofu. Address: Agricultural Chemical Lab., Tokyo Imperial Univ., Komaba, Tokyo, Japan.

1506. Miller, Carey D. 1933. Japanese foods commonly used in Hawaii. *Hawaii Agricultural Experiment Station, Bulletin* No. 68. 43 p. Nov. See p. 1-10, 28-43. [18 ref]

• ***Summary:*** Contents (p. 1-10): Introduction. Soybean products. Edamame (green soybeans). Tofu (soybean curd). Kirazu (tofu residue) [okara]. Tonyu (soybean "milk"). Aburage (fried soybean curd). Miso (fermented rice and soybeans). Natto (fermented soybeans). Shoyu (soybean sauce). Koji (fermented rice). Pages 24-15: Kinoko (mushrooms). Fu (gluten cakes). Goma (sesame seeds).

Pages 28-43 (Ingredients and nutritional composition of prepared foods or recipes): Miso soup with tofu. Miso soup with wakame. Miso soup with daikon. Miso soup with milk. Tofu soup with lemon. Tofu shoyu soup. String bean shirae [shira-ae] (with tofu and miso). Carrot shirai. Konnyaku shirai. Eggplant with miso. Green onions with miso. Fish cakes with miso. Sesame seed sauce for vegetables (with shoyu). Nishime (with shoyu). Nigome (with aburage and shoyu). Kirazu with vegetables (with okara, aburage, shoyu). Noodles (somen or udon, with shoyu). Vinegar sauce for sushi. Inari-sushi (with aburage and shoyu). Maki-sushi. Appendix: Composition of some Japanese foods used in Japan.

Concerning edamame: "The Japanese use several varieties of fresh green soybeans. In Honolulu whole plants are purchased from the vegetable market. The pods are removed from the plants, placed in boiling salted water, and boiled for about 25 minutes. They are then drained and cooled, and the beans are kept in the pods until eaten. Often children eat them out of bags as they would candy. The fresh green soybeans appear to be an excellent food. They are good sources of calcium, phosphorus, and iron, yield a basic ash, and, as compared with other fresh vegetables and fruit, have a remarkably high protein content. Vitamin tests in progress at the nutrition laboratory of the Hawaii Agricultural Experiment Station show that the cooked beans are very good sources of vitamins A, B, and G. The more general use of green soybeans should be encouraged in the home, and their consumption may be increased by selling them in school cafeterias."

Concerning Kirazu (tofu residue): "Kirazu, or the residue of the soybeans left when tofu is made, has a crude fiber content of 3 to 4 percent, contains 4 to 5 percent of the protein of the beans, more than 1 percent of the fat, and 5 to 6 percent of the carbohydrate. Only a small part of kirazu is used for human food in Hawaii, by far the greater part being used as hog feed. Kirazu, however, is a utilizable, inexpensive food and might be more generally used than it is... Kirazu is used in combination with vegetables, or with fish, or dried shrimp, and seasonings."

Concerning natto: Describes the process for making natto on a commercial scale in Honolulu. After cooking (without soaking) for about 8 hours in a large iron kettle, the "beans are thoroughly drained and placed on paper plates covered with wax paper. The plates are stacked one above another in large wooden boxes, covered with rice straw mats, and kept at a temperature of approximately 30ºC. for 35 to 36 hours, when the product is ready for use... The fermented product is covered with a gray, slimy substance that forms strings or threads when the beans are pulled apart, indicating good quality... Although no molds or yeasts are added to the cooked soybeans, O.N. Allen, of the botany department of the University of Hawaii, who examined several samples of fresh natto from Honolulu, found 2 molds, 4 bacteria, and an aspergillus present. The enzymes of some of these organisms probably caused the conversion of a small part of the protein to simpler substances."

Concerning Inari-sushi (p. 37): The "ingredients required for this dish are rice, water, salt, aburage, carrots, mushrooms, string beans, gobo, flaked bonito, water, sugar, shoyu, and vinegar sauce." A detailed recipe is given.

Photos show the following (each food accompanied by its Japanese name written in both Chinese characters and *katakana*)*:* Edamame, in the pods on the plant, and shelled in a dish. Tofu kasu [okara] on a plate. Tofu on a dish. Soymilk in a glass. Three triangles of aburage on a dish. Miso on a dish. Natto in a white rectangular commercial paper tray about 3½ by 6 by 1 inch deep. Koji on a plate.

Note 1. This is the earliest English-language document

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seen (June 2009) that uses the term "fresh green soybeans" to refer to green vegetable soybeans.

Note 2. This is the earliest English-language document seen (Oct. 2001) that uses the Japanese word *kirazu* to refer to okara.

Note 3. This is the earliest document seen (July 2003) that mentions commercial natto production in Hawaii.

Note 4. This is the earliest English-language document seen (Jan. 2012) that uses the word "strings" or "threads" in connection with natto. Address: Specialist in Nutrition, Honolulu.

1507. Crane, Helen R. 1933. The story of the soya. *Scientific American* 149:270-72. Dec.

• ***Summary:*** The article begins: "During the Civil War the Union soldiers were fed a coffee which they did not like very well. It tasted 'so-so' but it failed to whip them on and keep them awake as did the coffee they had back home. No one bothered to tell them it was soybean coffee, and if they had been told what it was, the news probably would have meant nothing to them, for few people in this part of the world had ever heard of the soybean in that time." This "Civil War coffee" was "brought back by some of our traders to the East..."

"Time went on and then, in 1915 a shortage of cottonseed in the South coincided with a surplus of North Carolina's soybeans that were being cultivated for live-stock. The Department of Agriculture began to dream dreams of an American soy-oil. Had not the Orient been using this oil for thousands of years in making lacquers, varnishes, paints, soaps, printing-inks, candles, waterproofing, and all such?"

Americans discovered that soybean "oil could be extracted by grinding the beans and then placing them in some chemical solvent such as benzol, naphtha, or ether. The solvent was later evaporated, distilled, and used over again..." The Orientals have made comparatively "little use of soy meal for animal feed."

"It was not until as recently as 1917, when conditions brought on by the World War forced the Department of Agriculture to search for a cheap source of proteins for human consumption, that the soy bean was 'discovered' as a real food. More than 400 different recipes exist in Chinese cook-books, some of them dating back to about 3000 B.C., but we Americans did not find them. Our scientists went to work directly on the bean itself–although they may have accepted ideas from the Orient of using it as a flour, a curd, milk, oil, and meal."

"Our food experts, too, have taken with enthusiasm to this new 'almost perfect food... it fills a crying need in our dietary,' they say, and they add that, '... for some strange reason, our knowledge of foods has lagged far behind our other technical accomplishments and we have only just begun to realize the deficiencies of our present foods... the soya will be come a very important accessory.'"

"Soy-milk, which is prepared in a similar manner to almond-milk, is reported by several of our universities to be suitable for use as the only source of proteins in the diet of babies, as well as being adequate for promoting normal growth in children. It is further stated in these reports that invariably better results are obtained from its use in such cases than from cow's milk."

"As for the cheese, or curds, they do not appeal greatly to Occidental taste at first. They seem a trifle strong in flavor and are sponge-like in consistency, but it is prophesized [prophesied] that they will undoubtedly come to be looked upon as the delicacy they are considered to be in the Orient. These curds, prepared in an infinite number of ways, may appear in one form as the 'meat' course, in another as the salad, and in still another as the dessert."

"Flour is now an important product from the soy, and is being manufactured in various parts of the country by the ton. It is used for making breads, cakes, and pastries. To diabetic patients and others in need of a starch-free diet it comes as a blessing, as well as adding a very palatable and nutritious item to the pantry list of any housewife."

"'Ice Cream by the Mile' is the title of an article, to be published soon, which tells the story of the development of a new and better process for making that frozen delicacy."

Photos show: (1) A field of Oo-too-ton [Otootan] soybeans in Orangeburg County, South Carolina. (2) William Morse of the USDA holding a round soybean cake made by pressing the oil from the beans. (3) Laredo soybeans cocked up in the field for curing in White County, Arkansas. (4) A soybean plant growing taller than a man, with corn, in South Carolina; they are used for soil building and "hogging down."

Note 1. This is the earliest document seen (Jan. 2000), published in the USA, that uses the term "the soya" as a noun.

Note: This is the earliest English-language document seen (Sept. 2006) contains the term "soy-oil." It is used as a noun.

1508. Carqué, Otto. 1933. Vital facts about foods: A guide to health and longevity with 200 wholesome recipes and menus and 250 complete analyses of foods. Los Angeles, California: Published by the author. 208 p. Index. 24 cm. [20+* ref]

• ***Summary:*** This manual of food reform discusses the importance of a simple vegetarian diet of natural foods, sunlight and sunbaths, fresh air, pure water, exercise and rest. Also talks about acid and alkaline foods, the influence of mind on health, the failure of synthetic foods, why refined sugar is injurious, the dietetic value of sea plants, table salt is unnecessary and harmful, fruit is man's best food, sulphured and unsulphured fruits, nut butters, food preparation, and the treatment of disease.

The germ theory of disease has not been proven since potentially harmful germs are omnipresent yet often fail

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to harm healthy individuals (Pasteur was a chemist and laboratory worker, not a physician. Germ action is always secondary; "when germs invade a living organism it is a sign that the organism is enervated and its chemistry perverted." p. 114-15).

The section titled "Fruit and nut confections" (p. 133-35) begins: "Fruit and nut confections made without refined sugar and glucose should take the place of candies." These "sweet-meats"... "should be the only kind of confections allowed to growing children, which have a natural craving for sweets." Recipes include stuffed dates, date caramels, nut fruitose, carob confection, raisin-nut balls, and honey cocoanut balls. For Nut fruitose: Mix dates, figs, raisins, almonds and walnuts. "Run through a food chopper twice. Press the mixture into a flat pan in a layer about 1 inch thick, let stand overnight, and cut into convenient sizes." Note: Carque was a pioneer in the development of healthy, natural treats. The last recipe could be considered a forerunner of the less-healthful "nutrition bar" of the 1990s.

The next section, titled "Nuts and nut butters," states that "salting and roasting greatly impair the nutritive value of nuts and prevent their proper assimilation. The proteins become coagulated by roasting, and the fats split into glycerine and free fatty acids, while the vitamins are destroyed. Nut butters made from salted nuts should, therefore, have no place in our dietary." Rather, the peanuts or almonds should be blanched (scalded or parboiled in water or steam). "Since few people, on account of defective teeth, can masticate nuts well enough to be acted upon by the digestive juices, the mechanical emulsification of nuts by means of nut butter mills is quite dispensable."

The section titled "Melba toast" and "Melbettes" (p. 156) states: "These are delicious dextrinized whole wheat products made by the Cubbison Cracker Co., Los Angeles." Melbettes are also made from whole rye. "Calavo Melba Toast is another tasty whole wheat product; it contains the natural fruit fat of the California Avocado or Alligator Pear as shortening."

The section titled "Natural whole rice" (p. 156) notes: "Whole rice, also called brown rice, contains the bran, cuticle, and germ of the cereal. In milling nothing has been removed but the husk and dirt."

The section titled "The Soy Bean, a Remarkable Food" (p. 158-61) discusses boiled soy beans, soy bean milk, tofu ("it is called by the Chinese 'the meat without a bone...' Other preparations of the soy bean, which are but little known in this country, are *natto, hamananatto* [*hamanatto*], *Yuba* and *Miso*. The principal use of miso, which is a slightly [sic] fermented mixture of soy beans and rice or barley, is for making soups and for cooking vegetables"), soy sauce, soy bean sprouts, and various recipes. Under "Ready made soy bean products" (p. 161) we read: "As the preparation of the soy bean in the average household is often not convenient, the author has arranged to supply the following products at reasonable prices: Canned Soy Beans, Soy Bean Spread, Soy Bean Stew, Soy Bean Loaf, Soy Vegetable Onion Soup, Soy Bean Vegetable Bologna, Soy Bean Tasty Lunch, to which others will be added in the course of time. These products have met with ready approval, as they fill a long felt want for tasty, nutritious and wholesome vegetable protein foods to substitute meat and dairy products."

The author's signature appears at the end of the Preface. Address: Los Angeles, California.

1509. Hou, Kia-wo (Hu, Chia-mo). 1933. Contribution à l'étude de l'action des ferments de la graine de soja sur les lipides [Contribution to the study of the action of soybean enzymes on soybean lipids]. PhD thesis, Faculte des Sciences, Paris. 76 p. Printed as a book by Les Presses Modernes, Paris. No index. 28 cm. [92 ref. Fre]

• ***Summary:*** Contents: Introduction. 1. The soybean from botanical, agricultural, chemical, physiological, and biochemical viewpoints. 2. Soy-based food and industrial products. 3. Study of the transformations undergone by lipids in the production of soymilk and tofu. 4. The existence of oxidative ferments of lipids or "lipoxydases" in soybean seeds and in common beans. 5. Study of soybean lipoxydase. 6. Comparative study of normal soy oil and that oxidized by soy lipoxydase. 7. The action of soy lipoxydase on various other animal and vegetable oils (non-drying, semi-drying, drying, from marine animals, from terrestrial animals). 8. Gas-volumetric studies concerning the action of lipoxydase. Conclusion. Bibliography.

In the book, the author (who is from Kirin [later called Jilin], Manchuria) pays homage to Gabriel Bertrand (his "president of thesis") and his "maitres" Richard Fosse (a professor) and Emile Andre.

In the Introduction we read: "It was right after the first foreign threats that a group of young Chinese decided to come to Europe to study under the patronage of the Franco-Chinese Society for Education (Société Franco-Chinoise d'Education) in order to acquire the new knowledge which would better allow us to assure the defense of our country. Let us render a just homage to the founders of this society: Tsai Yuen-Pei, Li Yu-Ying, Painlevé and Herriot... At the time of my return to China 4 years ago (i.e. 1929) it was thanks to the recommendations of Doyen Maige and of professors Pelabon, Pariselle and Fosse that I was able to find a good welcome near to Presidents Li Yu-Ying and Li Shou-Hua, and to obtain a grant / scholarship from the Academie Nationale de Peiping which had just been created at this time... My thanks go also to the address of presidents Li Yu-Ying and Li Shou-Hua for the aid and encouragement which they have so well accorded me.

This study has as its point of departure a study of the transformations which are undergone by the lipids in soybeans in the production of soy milk and cheese [tofu]. That study, conducted under the direction of Emile Andre,

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was published (with Andre as the primary author) in 2 articles in 1932 in the *Comptes Rendus des Seances de l'Academie des Sciences* (*Paris*). Address: Paris.

1510. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1933. Nichibei jûshoroku [The Japanese American directory. No 29]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Index of cities. 23 cm. [Eng; Jap]*
Address: San Francisco, California.

1511. Kincaid, Zoë. 1933. Tokyo vignettes. Tokyo & Osaka: The Sanseido Co., Ltd. [8] + 284 p. See p. 101. Illust. No index. 23 cm.
• ***Summary:*** Page 2: When the author is at her home in Tokyo: "Into the morning's routine comes the call of the bean-curd seller, announcing to every household that he is at hand to supply its wants;..."

Page 67: "My hostess served me with soba... which the farmer had made himself, together with relish of seaweed, and soy [sauce] of their own manufacture."

Pages 100-103: At the Kwannon Temple in Tokyo, seven old women sell soaked or sprouted beans and rice for a few small coins, and the visitors to the temple throw the food to the birds. "Well the doves know the ways of their benefactors, and divine prospective distributors of largess, for they watch with bright eyes for the bean scattering and fly from all directions to be in on the banquet! The charge for the contents of one bean tray is two sen."

Page 209: "For breakfast there is soup made from slightly fermented beans, miso, thick with vegetables, tasty and hot. Later the tofu vendor runs thorough the streets calling out that he has white bean curd to sell."

Page 212: Among the ingredients of oden were "fried bean curd." Address: Tokyo, Japan.

1512. Morgan, Evan. 1933. Tao–The great luminant: Essays from Huai Nan Tzu. With introductory articles, notes, analyses. Shanghai, China: Kelly & Walsh Ltd. xlv + 291 p. Foreword by John C. Ferguson, Ph.D.
• ***Summary:*** Dr. Morgan "has the reward of giving to our western world the first adequate translation of the work of Liu An, the unhappy and ill-fated Prince of Huai Nan" (Foreword, p. iv). This book contains eight of the original 21 essays in the *Huai Nan Tzu.*

"The *Tao Te Ching* is hard to understand. But a study of it is fruitful. It is conceded that Lao Tzu must have been one of the most original thinkers of China." Unfortunately there are no good translations of the *Tao Te Ching.* "The best two are those of Dr. James Legge and Mr. Spurgeon Medhurst. But often they contain passages as vague as the original! The meaning does not shine out from the words" (Preface, by Evan Morgan, p. v-vi).

Note: Tofu is not mentioned. Address: Hon. D.D., Univ. of Wales, Order of the Double Dragon.

1513. Morse, W.J. 1933. Soybeans now a major crop in United States; Few grown before 1898. *Yearbook of Agriculture* (*USDA*) p. 198-205. For the year 1933.
• ***Summary:*** Contents: Variety adaptation. Variety utilization (incl. bean curd, bean milk, soy sauce, miso (bean paste), bean sprouts, green vegetable beans, bean flour, roasted beans, bean confections [made using roasted whole soy flour], beverages, oil and meal, special fermented bean products). Soybean oil and meal industry. Soybean meal. Soybean oil. Soybeans for human food. Soybeans as an export crop.

"Variety adaptation: The Virginia, Laredo, Manchu, and Biloxi have a greater range than most other varieties. The Virginia, Mansoy, and Harbinsoy varieties excel on the less productive types of soil, while on better soils the Mansoy and Harbinsoy give inferior results.

"Since the Department of Agriculture began to introduce soybean varieties more than 7,000 samples of beans have been collected from Japan, Chosen [Korea], Manchuria, China, Taiwan (Formosa), Java [in today's Indonesia], Sumatra, and India. There are more than 2,000 distinct types in this large collection, ranging from 75 to more than 200 days in reaching maturity. At present about 40 varieties are generally grown in the United States."

"In Japan, where the soybean is used extensively as a green vegetable, more than 60 varieties, ranging in maturity from 75 to 160 days and differing in flavor, are grown solely for this purpose. The soybean in used in the United States primarily as forage, being preserved either as hay or silage, or cut and fed green as soilage, and is also pastured extensively with hogs and sheep."

"Soybeans for human food: In Asiatic countries the soybean is grown primarily for the beans, which are used largely in the manufacture of numerous food products that supply the principal source of protein in the Asiatic diet as that in the diet of western people is furnished chiefly by meat and dairy products. "Oriental people use very few dairy and meat products, yet for many centuries they have lived on an apparently well-balanced diet of which the protein is derived largely from the soybean.

"The most commonly used soybean foods in the Orient are soy sauce, miso or bean paste, bean curd, bean milk, bean flour, roasted-bean confections, green-vegetable beans, bean sprouts, roasted bean flour, boiled beans (with rice, millet, or sorghum), coffee substitute, and health drinks made from roasted soybeans.

"In the United States the soybean and its products have attracted attention as an article of food at various times, but only within the last three or four years have there been any extensive investigations along this line by commercial interests. Soybean flour, made by grinding either the whole bean (preferably yellow-seed varieties) or the press cake

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after the oil has been removed from the beans, is finding increasing favor in the manufacture of various products, such as malted milk, macaroni, vermicelli, spaghetti, noodles, crackers, cookies, ice-cream cones, breakfast foods, health foods, diabetic foods, and infant foods. Within the last year several large baking companies have began using 15 to 20 per cent of soybean flour in making bread and cakes." Address: Bureau of Plant Industry, Washington, DC.

1514. Polk's Portland [Oregon] city directory. 1933. Portland, Oregon: R.L. Polk & Co., Inc. *
• ***Summary:*** Ohta Saizo. Wholesale baker. 86½ 5th St. North. Address: Portland, Oregon.

1515. Wong, Nellie C. 1933. Chinese dishes for foreign homes: A revised and enlarged edition of the popular "Chinese Recipes." London: Kegan Paul, Trench, Trubner & Co. Ltd. xii + 98 p. Illust. 19 x 13 cm. Handsewn on exterior. Printed in Shanghai.
• ***Summary:*** This book contains 86 recipes. The Explanatory Notes (p. vii) begin: "Soy bean sauce and ginger are universally used in China for seasoning. Soy bean sauce in many instances takes the place of salt. Names and addresses of suppliers of Chinese foodstuffs in New York and London are given. Soy-related recipes include: Bean curd soup (p. 8). Shia-mi tao-fu (Fried shrimps with bean curd and soy bean sauce, p. 51). Soy bean sauce is also used to season Lobster chop suey, and Shrimp chop suey (p. 68-69).

A 1932 edition of this book was published in Shanghai by Kelly and Walsh, Ltd. (xii + 87 p.; 19 cm).

1516. Zlatarov, Asen; Karapetkov, N. 1933. Recherches biochimiques sur les grains et le lait de soya [Biochemical investigation on soybeans and soybean milk]. *Godishnik na Sofiiskiia Universitet, Fiziko-matematicheski Fakultet* (*Anuaire de l'Universite de Sofia. II. Faculte physico-matematique*) 29:341-76. (Chem. Abst. 28:7376). French-language summary p. 369-70. [137 ref. Bul; fre] Address: Bulgaria.

1517. Madison Food Co. 1933? Madison soy cheese. Madison, Tennessee. 6 p. Undated.
• ***Summary:*** Contains a brief introduction to tofu with 8 American-style tofu recipes. "The principal protein of the Soybean is much like the protein casein of milk, and when the bean is properly treated a milk quite comparable in appearance, taste, and food value can be manufactured from it. From this milk, when allowed to become acid, or when a slight amount of a precipitating agent is added, a cheese can be prepared in consistency much like cottage cheese. This vegetable cheese (tofu) has been one of the principal articles of diet in the Orient for many centuries.

"In order that the people of America may have this most important food as an article of diet, a method of manufacturing and preserving has been perfected at the Madison Food Factory.

"For several years it has been used as a daily article of diet in the Madison Rural Sanitarium, Nashville Vegetarian Cafeteria, and many other Good Health places. It has proven its value as a diabetic food, and as a splendid meat substitute."

Tofu recipes include: Soy cheese salad. Stuffed egg with soy cheese. Tomato soy sandwich. Soy sandwich filling. Soy croquettes. Soy cheese loaf. Soybean omelet. Soybean cutlets.

On the back panel is a list of "Health foods manufactured and distributed by Madison (Sanitarium) Food Company, Madison, Tennessee: Nut Meat, Vigorost, Peanut Butter, Fruit Sticks, Sterilized Bran, Psyllium Seed, Cereal Drink, Soy Flour, Soybeans (Dry), Malta (Malt Syrup), Soy Fruit Crackers, Soybeans (Canned with Tomato Sauce), Madison 3 Minute Breakfast Wheat, Sanitarium Baked Beans, Steamed Whole Wheat, Malted Breakfast Crisps, Whole Wheat Fruit Crackers, Sweetened Whole Wheat Crackers, Soybeans (Canned Plain), Soy Cheese (Bean Curd), Madison Fruit Candy, Regulose (composed of Lactose and Dextrine). Write for descriptive literature."

Note 1. The company is now named "Madison Food Company."

Note 2. Many of Madison's publications about its foods are undated; this makes it very difficult to determine when a specific food was first made and sold commercially. Address: Tennessee.

1518. **Product Name:** Tofu.
Manufacturer's Name: Aramaki Tofu-ten.
Manufacturer's Address: 151 Main St., Watsonville, California.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 132. Name is in Japanese only. In English: 151 Main St. No phone number.

1519. **Product Name:** Aburaage.
Manufacturer's Name: Hinode Tofu-ya.
Manufacturer's Address: 339 7th St., Oakland, California. Phone: GLencourt 7297.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 68; Ad (1/8 page), p. 72. All in Japanese. Original tofu maker. Tofu, aburaage, ito-konnyaku, and goldfish.

1520. **Product Name:** Tofu.
Manufacturer's Name: Hokubei Tofu-ya.
Manufacturer's Address: 192 Higuera St., San Luis Obispo, California. Phone: 985.
Date of Introduction: 1934. January.

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New Product–Documentation: The Japanese American Directory. 1934. p. 409. Company name is in Japanese. Hokubei can mean either "North America" or "United States of America." Address and phone are in English.

1521. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1934/01. Nichibei jûshoroku [The Japanese American directory. No 30]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Published Jan. 1, 1934. Address: San Francisco, California.

1522. **Product Name:** Tofu.
Manufacturer's Name: Matsuda Tofu-ten (Matsuda Tofu Co.).
Manufacturer's Address: 2844 E. 1st., Los Angeles, California. Phone: ANgelus 3915.
Date of Introduction: 1934. January.

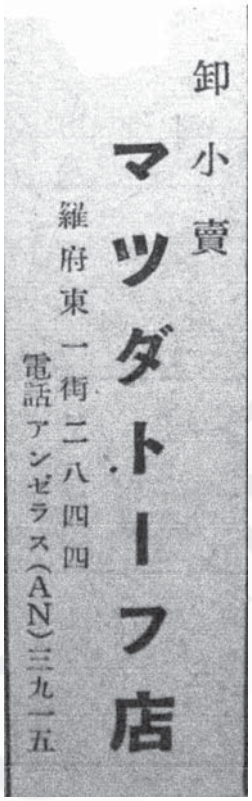

New Product–Documentation: Los Angeles City Directories. 1934. K. Matsuda, food products, 2844 E. 1st. Residence is 118 S. Savannah. Also in 1934 G.K. Matsuda, a clerk, lives at 118 S. Savannah. Note: In 1930, 1932 and 1933 there is no K. or George Matsuda and nothing under Matsuda at 2844 East 1st or on Savannah. 1935. Saml [Samuel] & Chioko Matsuda, food products, 2844 E. 1st, r. 118 S. Savannah.

The Japanese American Directory. 1934. p. 305. Matsuda Tofu-ten, 2844 E. 1st St., Los Angeles. Phone: ANgelus 3915. Note: This is the earliest entry seen (June 2008) for this important tofu company in the Japanese American Directory.

Also in 1936. p. 356 (directory) and p. 356 (1/8-page ad; the words "Matsuda Tofu" are written in katakana characters. Wholesale and retail {*oroshi kouri*}).

Also in 1937, p. 320 (1/12 page ad) and p. 320 (directory). Also in 1938, p. 347 (1/12 page ad) and p. 348 (directory). Also in 1939, p. 340 (directory).

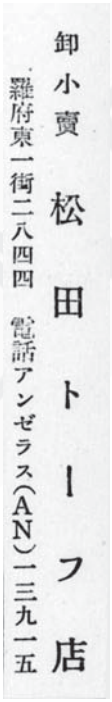

Also in 1940, p. 326 (1/12 page ad; Matsuda Tofu-ten) and p. 348 (directory; Matsuda Tofu Seizô-sho).

Los Angeles City Directory. 1940. No business listing for Matsuda. But George & Kioko Matsuda, and Koichi Matsuda (or Watanabe & Matsuda) all reside at 118 S. Savannah. 1941 listing, no business. But Albert & Kiyoko Matsuda, and George (a clerk) and Yoshiko Matsuda all reside at 118 S. Savannah. 1942 is the first listing to mention tofu! Matsudo Tofu Co. (George K. Matsuda, Albert K. Matsuda, and Mrs. Fari Watanabe), food products, 2844 E. 1st. Personal listings for George and Albert confirm the spelling "Matsudo" in two places.

The Japanese American Directory. 1940. p. 326-27. Listed in the category "Foodstuff Factory." Matsuda Tofu Seizô-sho (Matsuda Tofu Mfg. Co.), 2844 E. 1st St., Los Angeles, California. Phone: ANgelus 13915. Also in 1941, p. 327 (1/16 page ad; Matsuda Tofu-ten. They sell wholesale and retail) and p. 328 (directory entry).

Hokubei Mainichi Year Book. 1951, p. 435. Category: "Food Products." Masuda Tofu Seizô-sho, Matsuda Tofu Co., 135 N. San Pedro St., Los Angeles. Phone: TU 7518

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(New address and phone number).

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 310. Under "Food Manufacturers." In Japanese: Matsuda Tofu Seizô-sho. In English: Matsuda Tofu Co., 519 E. First St., Los Angeles, California. Phone: MI. 2986.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 679. Directory entry, under "Food Products Mfg." In Japanese: Matsuda Tofu-ten. In English: Matsuda Tofu Co., 600 E. 4th St., Los Angeles, Calif. Phone: MA4-2986. Note: In 1970 this company is at the same address as Hinode Tofu Co., but the phone numbers are different.

Interview with Shoan Yamauchi at Soyfoods Center (Lafayette, California). 1982. Aug. 11. The company was founded in about 1920.

1523. **Product Name:** Aburaage, Konnyaku, Ito-Konnyaku.
Manufacturer's Name: Moriuchi Tofu-ten
Manufacturer's Address: 1613 Buchanan St., San Francisco, California. Phone: WEst 2157.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934, p. 20; Ad (1/8 page; Tofu, aburaage, konnyaku, ito-konnyaku).

1524. **Product Name:** Tofu.
Manufacturer's Name: Okamoto Tofu-ya.
Manufacturer's Address: P.O. Box 905, Salinas, California. Phone: 1719.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 141. Name is in Japanese only. Address and phone are in English.

1525. **Product Name:** Tofu.
Manufacturer's Name: Okumura Tofu Seizo-sho.
Manufacturer's Address: P.O. Box 116, Stockton, California.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 395. In Japanese: Okumura Tofu Seizô-sho. In English: P.O. Box 116. No phone number.

1526. **Product Name:** Tofu.
Manufacturer's Name: Ota Gyoniku, Tofu-ten [Fish-meat and Tofu Shop].
Manufacturer's Address: 550 Main St., El Monte, California. Phone: 367.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 409. Company name is in Japanese. Address and phone are in English.

1527. **Product Name:** Tofu.
Manufacturer's Name: Sawada Tofu-ya.
Manufacturer's Address: P.O. Box 351, Walnut Grove, California.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934, p. 209. Company name in Japanese. Address in English. No phone number. Ad (1/8 page), p. 212. All in Japanese. Sawada Iin [Sawada Birth Clinic]. Japanese and U.S. approved. Tofu maker: Momoyo Sawada [a woman's name]. P.O. Box 351, No phone number.

1528. **Product Name:** Tofu.
Manufacturer's Name: Sengyo (Fresh Fish) oyobi Tofu Seizo-sho.
Manufacturer's Address: P.O. Box 186, San Juan Bautista, California.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934, p. 129. In Japanese: Sengyo oyobi Tofu Seizô-sho. P.O. Box 186, San Juan Bautista. No phone. Note: This company many have purchased a similar company that existed in this town in 1930.

1529. **Product Name:** Tofu.
Manufacturer's Name: Shioyaen Tofu, Sakana-ten (Tofu & Fish Shop).
Manufacturer's Address: 15417 S. Western Ave., Gardena, California. Phone: 1714.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 359. In Japanese: Shioyaen Tofu, Sakana-ten. Address and phone are in English.

1530. **Product Name:** Tofu.
Manufacturer's Name: Tagawa Gyoniku, Tofu-ten (Fish-meat and Tofu Shop).
Manufacturer's Address: 704 W. 165th St., Gardena, California.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934. p. 360. In Japanese: Tagawa Gyoniku, Tofu-ten. Address is in English. No phone. Also in 1941. p. 403. Tagawa Tofu Sengyo-ten (in characters). Tagawa Tofu & Fish (in English). New address: 704 W. Gardena Blvd., Gardena. No phone.

1531. **Product Name:** Tofu.
Manufacturer's Name: Takeuchi Tofu-ten.
Manufacturer's Address: 728 Ramona St., Palo Alto, California. Phone: 4652.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934, p. 107. Name is in Japanese only. Address and phone number are in English. Phone: 4562.

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1532. **Product Name:** Tofu.
Manufacturer's Name: Tanaka Tofu Seizo-sho (Tanaka Tofu).
Manufacturer's Address: 885 3rd Ave., New York City, New York. Phone: Plaza 3-5218.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934, p. 552. In Japanese: Tanaka Tofu Seizô-sho. In English: 885 3rd Ave., New York City, New York. Phone: Plaza 3-5218.

Also in 1941, p. 645. No phone prefixes are given for New York City. Under "Residence," the only Tanaka listed in New York City (p. 653) is S. Tanaka, 243 E. 58th St., Manhattan. Phone: EL. 5-8163.

Note: New York City's earliest Japanese tofu maker was Tanaka (K.) & Company, 326 Amsterdam Ave. (on Manhattan's west side). We do not know whether or not these two companies are related.

1533. **Product Name:** Tofu.
Manufacturer's Name: Terasawa Ryokan Sakana-ten (Japanese-style Inn and Fish Shop).
Manufacturer's Address: P.O. Box 63, Alvarado, California. Phone: 37.
Date of Introduction: 1934. January.
New Product–Documentation: The Japanese American Directory. 1934, p. 96. Name is in Japanese only. Address and phone number are in English. Phone: 37. Ad (1/8 page) p. 96. All in Japanese. Terasawa Sengyo-ten. Fresh fish and tofu.

1534. *News and Observer* (*Raleigh, North Carolina*). 1934. Food products from soy beans: Chemist from Washington makes interesting demonstration in Belhaven [North Carolina]. Jan. 21. Sunday morning.
• ***Summary:*** Belhaven, January 20, 1934. Dr. Jethro Kloss, expert food chemist from Washington, DC, gave a demonstration of food products that can be made from soy beans to a packed and enthusiastic crowd in Belhaven's City Hall Tuesday. He came to Belhaven at the invitation of F.P. Latham, Beufort County's master farmer.

"In 1932, Mr. Latham went to Washington, D.C. to a National Soy Bean Convention and witnessed Dr. Kloss making milk, cheese, buns, cakes, pies, vegetable roasts, butter, salad dressings and even a very healthyful medicinal liniment from soy beans. Mr. Latham's community is a great soy bean country and he immediately had a vision of Dr. Kloss visiting his community and showing it his experiments with soy beans. After 2 years, that vision at last has materialized and the people in Hyde County and Belhaven communities not only saw and tasted delicious foods made from the soy bean, but Dr. Kloss showed them how the products can be made in any home kitchen at a nominal cost."

"Dr. Kloss's little granddaughter came to Belhaven with him. She is 4 years old and 100% perfect. She never has drunk any other milk than soy bean milk.

"Dr. Kloss says there is no limit to the delicious foods that can be made from the soy bean. He is now working on a book of recipes made from soy bean products. He uses the Mammoth Yellow soy bean for most of his products. He became interested in the soy bean food products in searching for a food for diabetics."

1535. *Algemeen Landbouw Weekblad voor Nederlandsch-Indie.* 1934. De sojaboon bij de voeding der Chineezen [The soybean as food of the Chinese]. 18(38):615-17. March 17. [Dut]

1536. Howell, G.C.L. 1934. The soy bean: A dietary revolution in China. *China Journal* 20(3):140-46. March.
• ***Summary:*** A Chinese proverb states that "Bean-milk is the poor man's milk, bean-curd is the poor man's meat." The Chinese "use practically no dairy products and the bulk of the nation eats little meat. The meat consumption of China is estimated at about 20 grams per head per day, as against 149 grams in the United States of America, 130 in Great Britain, 92 in France, 29 in Italy, and 25 in Japan." But the author contends that the Chinese have never learned to make sanitary products which keep well. "The flour, oil, and milk made in China quickly become rancid and unpalatable." Thus China is starving in the midst of plenty. No country in the world has had less benefit from the soy bean as treated by modern methods as that of its origin. In northern China, soy flour is used in a ratio of 2 or 3 to 8 with millet flour to make wo-tou steamed bread, and in a ratio of 1:5 with wheat flour to make man-tou steamed bread. A modern factory, such as the Aguma Works in Germany, could be established in China to make these products on a large scale at low cost. High quality soy-fortified macaroni, rice flour, soy oil and soya milk should also be produced. "Research has done its work. And China only awaits the pioneer, a commercial man, who will use the discoveries of science on a commercial scale. His coming is certain. The time of his coming rests on the knees of the gods."

1537. *Miami Daily News.* 1934. Food products of soy bean urged for daily table use: Milk, cheese, roasts, bread and other preparations made from herb claimed to have high nutritive values. April 8. Sport section. p. 5. Sunday. Facsimile printed in Back to Eden by Jethro Kloss, 1982 ed.
• ***Summary:*** Two photos by Rinc above the article show: (1) A small insert portrait of Dr. Jethro Kloss. (2) His daughter, Mrs. Harry C. Engelhardt, standing next to her daughter, Joyce, age 5. The caption states that "Dr. Jethro Kloss is devoting his life to the dissemination of knowledge pertaining to soy bean milk." Both his daughter and

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granddaughter were raised on this milk."

"Dr. Kloss prides himself on having once been a 'farmer.' He is credited with having spent a fortune in philanthropic work, the greater part having gone toward introducing a bean which he feels is destined to eventually revolutionize the economic structure of this country and become of incalculable value in time of war.

"Approximately 6,000 persons recently heard Dr. Kloss in Bayfront park explain how he apparently performs miracles when he transmutes beans into 24 or more different foods which in addition to being delectable also retain various life-giving elements usually attributed to cow's milk...

"He exhibited 21 articles made from soy beans and invited the public to taste them. These were soy bean milk, bread, pie, cakes, buns, cookies, roast, buttermilk, coffee, cottage cheese, cream cheese, yellow cheese, soy bean sauce, pancakes, broth, butter, 'mashed potatoes,' mayonnaise, soy bean roast not like that from meat, ice cream, sprouted beans. None of these contained white flour nor cane sugar, making such foods especially valuable for diabetics. Soy bean foods are also recommended for arthritis.

"He advocates the teaching of edible food preparation from soy beans as part of school curriculum and drew a parallel tending to show how the government spends millions to spread hog and other stock-feeding knowledge while almost ignoring the phases which would create well-fed humans.

"Dr. Kloss pointed out that he was merely in this country revealing something which for centuries had been common knowledge throughout the Orient... He quoted Dr. S. [sic, A.] Horvath of the Rockefeller institute as one of the world's leading authorities who said: 'The Chinese nation exists today because of the use of the soy bean as a food.'"

A sidebar at the lower left of the article shows another portrait photo of Dr. Kloss and announces: "By the request of thousands who heard Dr. Kloss speak in Bayfront Park, he has consented to give further instructions in the preparation of the wonderful Soy Bean Products.

"He will give two food demonstrations in the Miami School of Applied Arts, 406 N.E. 2nd Ave., Monday afternoon at 2:30 and Monday evening at 8, April 9.

"Dr. Kloss makes more delicious table foods from soy bean than any one else known. The soy bean is a complete food, and is highly alkaline. Following is a partial list of the foods he makes:

"Soy bean milk, soy bean buttermilk, cottage cheese, ice cream, bread, buns, pies, cake, cookies, roast, coffee, pancakes, butter [probably soynut butter], mayonnaise, broth. These foods do not contain any cane sugar or other harmful ingredients. They are most economical, simple to prepare, and very healthful and inexpensive. The use of the articles would mean a great saving of money, and preserving of health. They must be seen and tasted to be appreciated."

Note 1. This is the earliest document seen (March 2000) that mentions soy mayonnaise.

Note 2. This is the earliest document seen (March 2007) that mentions a "cream cheese" or "yellow cheese" made from soy beans (one of two documents).

Note 3. This is the earliest document seen (March 2007) that mentions Jethro Kloss' work with soy bean ice cream.

Note 4. As of Nov. 1990 the *Miami Daily News* no longer exists. Its name was changed to the *Miami News*, it was owned by Cox, and it went out of business in about 1988. Back issues would probably be available at the Univ. of Miami.

Note 5. This is the second earliest document seen (March 2007) that uses the word "miracles" (or "miracle" or "miraculous") in connection with soy beans. Address: Florida.

1538. Adolph, W.H.; Kao, Hsueh-chung. 1934. The biological availability of soybean carbohydrate. *J. of Nutrition* 7(4):395-406. April. [26 ref. Eng]

• ***Summary:*** Approximately 40% of the carbohydrate in soybean is utilizable by rats. The three soy materials investigated were ground yellow soybean (Peking variety), fat-free soybean (the meal "was defatted in a Soxhlet apparatus"), fat-free soybean curd (soybean cheese, which is essentially soybean protein–glycinin). The four methods used to estimate the biological availability of soybean carbohydrate give values ranging from 27 to 50 for the fraction of total carbohydrate used by the animal body. Experiments with phlorhizinized rates gave a utilization coefficient of 38%, which was "somewhat higher than the figure obtained by in vitro digestion with taka-diastase."

Note: This is the earliest English-language document seen (April 2004) that contains the word "defatted." Address: Dep. of Chemistry, Yenching Univ., Peiping, China.

1539. Come and see: The wonders of the 20th century (Poster). 1934. Dr. Jethro Kloss, 500-44th St., N.W., Miami, Florida. 1 p.

• ***Summary:*** By special request Dr. [Jethro] Kloss is giving two more free lectures and food demonstrations at the Miami School of Applied Arts, 406 N.E. 2d Avenue, Monday, April 9, in the afternoon and evening. Following is a list of food Dr. Kloss prepares from the soybean. They do not contain any cane sugar, white flour, or other harmful ingredients: Soy bean milk, bread, buns, pies, cakes, roast, buttermilk, ice cream, jelly, sauce, cream cheese, cottage cheese, yellow cheese, coffee, pancakes, broth, mashed potatoes, mayonnaise, butter.

"Learn to make this alkaline milk from soybeans, it taste's [sic] better than other milks, and has a better analysis than cow's milk, or goat's milk. Dr. Kloss will show a table of comparative analysis prepared for him by Dr. LeClerc, Senior Chemist of the Government. This milk can be made in

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any home, and costs less than 2 cents per quart... Dr. Kloss' ice cream made from the soybean milk is as delicious as any on the market, and very inexpensive and healthy. Learn to make these products in your own kitchens."

Note: This is the earliest document seen (March 2007) that mentions a "cream cheese" made from soybeans (one of two documents). This cream cheese was developed by Jethro Kloss. Address: 500 44th St., N.W., Miami, Florida. Phone: Edgewater 1128-J.

1540. **Product Name:** Loma Linda Smoteen, and Smotone.
Manufacturer's Name: Loma Linda Food Co.
Manufacturer's Address: Loma Linda, California.
Date of Introduction: 1934. April.
New Product–Documentation: Ad in Health (Mountain View, California). 1934. April. 1(1):33. "The Way to Health. Loma Linda Foods. Carefully Consider Your Diet." The text reads: "Build a nonstimulating diet... Proteena and Nuteena, Smotone and Smoteen–to be used like meat."

1541. Morris, H.T. 1934. Story of soybeans. *Flour & Feed.* 34(11):9. April; 34(12):9. May.
• ***Summary:*** This two-part article begins with the [probably mythical] story of the A.E. Staley Company's role in pioneering the soybean industry in America. The soybean first came to America in 1804. Then, about a half century ago [i.e. about 1884], "a missionary, returning to his home in America, brought with him some peculiar looking beans. These, by chance, fell into the hands of an observant chap [A.E. Staley] who was a tiller of the soil. Upon being told that these beans were the main crop of the Orient and furnished sustenance to both man and beast, the observer planted the seed and from actual experience saw that it enriched the ground and that livestock relished the beans and hay. Little did he realize that half a century later his intimate knowledge of the soybean would perhaps be a factor in shaping the destiny of the industry.

"The farms of Illinois had been worked overtime. The ground had been 'corned to death.'" The observer "began to preach 'diversify with soybeans.' He was so sincere and intent that this gospel should be spread that through the Staley company [which he owned] a promotional department was created. This staff had one specific job–that of selling the farmers on the possibilities of soybeans. In conjunction with the Staley company, soybean trains were operated throughout the country–stopping at all stations and demonstrating soybeans and soybean products.

"From a comparatively few fields, the seed took root." "Ten years ago, the Staley company built its first crushing plant with sufficient capacity to more than take care of all beans offered for sale. Prospects of an adequate supply of raw material, an organization, an up-to-date crushing plant and oil refinery, all called for action, as there had to be an outlet for the finished product. The same method of introducing soybeans was applied to soybean products" such as soybean oil meal.

A portrait photo shows "A.E. Staley, Sr., Founder of A.E. Staley Mfg. Co., Decatur, Illinois."

Note: This is the earliest document seen (April 2001) that tells the story of A.E. Staley first obtaining soybeans from a missionary. The story gets embellished each time it is retold during the years ahead. See especially: Staley. 1947. *The Wonder Bean.*

Part two of this article discusses: Soybean oil meal. Poultry rations. Milling methods. The writings of Dr. A. Horvath. Soybean milk, tofu, and soy sauce in China. Address: Staley Sales Corp.

1542. Morse, W.J. 1934. Utilizacion de las habas soya [Utilization of soybeans]. *Revista de Agricultura, Comercio y Trabajo* (*Cuba*) 14(52):77-90. April. [Spa]
• ***Summary:*** Contents: Introduction. Soybeans for human food: Dried beans, coffee substitute, toasted soybeans, fresh green or vegetable beans (*Habas frescas o legumbres*), soybean flour, soy sprouts (*retoños tiernos*), soy sauce, soybean vegetable milk, tofu (*cuajada o queso de habas soya*), soy oil. Soybeans for livestock: Soybeans for hay, for pasture, for ensilage, for fresh forage, for grain. Soybeans for oil. Soybean flour and cake. Soybeans for soil improvement. Address: USDA, Washington, DC, USA.

1543. Torres Herrera, José M. 1934. El haba soya, su cultivo y beneficio [The soybean, its culture and benefits]. *Boletin Agricola* (*Medellin, Colombia*) 8(189):1180-92. April. [Spa]
• ***Summary:*** Contents: Introduction. Climatological conditions. Soils appropriate for this crop. Inoculation with bacteria. Preparation of the soil. Soya in crop rotations. Sowing the seeds. The work of cultivation. Calculation of the cost of production for 6,400 square meters (Data taken from the Palmira Agricultural Experiment Station, Bulletin No. 1; the cost is $0.45 per arroba = ca. 25 lb). Soybean varieties ("Agriculturists interested in planting this crop which has no equal, can obtain seeds free of charge from the Pamira [sic, Palmira] Agricultural Experiment Station or the Antioquia Agricultural Society [Sociedad Antioqueña de Agricultores, Colombia]"). Production of seeds. Yields of various varieties. Harvesting and threshing of the grain. The uses of soya (*la soya*).

Utilization of the plant and seeds of the soybean (*de las habas soyas*)*:* I. The plants as hay, pasture, green forage, ensilage, green manure. II. The seeds as: 1. Whole dry soybeans (*habas secas*, for making infant foods, flour, soup, butter, diabetic foods and breads, cooked whole soybeans, confections, health foods (*alimentos para sano*)*:* soymilk, soybean roasts or steaks, soy sprouts. Breakfast foods: Vegetable curd or cheese (*cuajada o queso vegetal*), soy sauce, malted milk, soy coffee cakes, flour, livestock feed). 2. Green vegetable soybeans (*habas verdes*). 3. Soy flour

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(*harina de habas*). 4. Soy oil (*aceite de habas*).

Soya as human food. The composition of various legumes. Soy flour. Soy oil. Soy milk (*leche de soya*)*:* Nutritional comparison of soy milk and cow's milk, powdered soymilk, fermented soymilk, tofu (*queso soya*), soy casein (*Caseína*).

Whole dry soybeans: Roasted soybeans (*habas tostadas*), soy coffee (*café de soya*), soy chocolate (*chocolate de soya*). Green-seeded soybeans (*habas soyas verdes o legumbres*)*:* Soy sprouts, soy sauces. Edelsoya (soy flour made by Berczeller).

The value of soy forage. Soybeans in mixtures with other crops. Green manure. The concept of Dr. Uribe Echeverri, minister in Brazil.

Page 1180 states: "Climatological conditions. The soybean is suited to the temperate zones but it can become acclimatized to warmer climates and it has succeeded at the agricultural experiment stations of Valle de Cuaca and of Tolima and in various regions of the Intendencia del Chocó. It is probable that some varieties from England and from the north of Canada can acclimatize themselves in good conditions in our cold lands.

Note 1. This is the earliest document seen (May 2009) concerning soybeans in Colombia, or the cultivation of soybeans in Colombia. Note 2. No mention is made of soya in Nicaragua.

Note 3. This is the earliest Spanish-language document seen (Dec. 2012) that uses the term *habas tostados* to refer to soynuts.

Note 4 This is the earliest Spanish-language document seen (June 2009) that uses the term *habas verdes* to refer to green vegetable soybeans. Address: Agrónomo Nacional de la Intendencia del Chocó [Colombia].

1544. La Sierra Industries. 1934. La Sierra soy bean products: Perfect protein, high alkaline ash, low starch (Ad). *Health* (*Mountain View, California*) 1(3):30. June.
• ***Summary:*** "Add variety and new flavors to your menu with the following foods–soy cheese [tofu], soy milk, soy butter [like a soynut butter, non-hydrogenated], sandwich spread, canned soy beans, soy breakfast food, soy flour (raw), Mamenoka, Smoein, Soy-Co (beverage), soy oil, soy noodles, soy loaf.

"Low in price. Ask your health food store or grocer, or write to La Sierra Industries."

Note 1. This is the earliest document seen (June 2001) that advertises or markets tofu.

Note 2. This is the earliest dated publication seen (Sept. 2000) concerning La Sierra Foods and soy.

Note 3. This is the earliest English-language document seen (Dec. 2012) that uses the term "soy butter" to refer to soynut butter. Address: Arlington, California.

1545. Van Gundy, Dorothea. 1934. Soy beans: The new thing in foods. *Health* (*Mountain View, California*) 1(3):13, 30. June. [3 ref]
• ***Summary:*** Just below the subtitle is written: "Soy beans are going to revolutionize humanity"–Dr. A.A. Horvath. This article discusses: Nutritional value of soybeans, soybeans as a source of "complete protein" (which, when taken alone, will furnish all the essential elements for proper nutrition in sufficient quantities so there will be no impairment in growth or maintenance), soybeans for those who are seeking wholesome vegetable proteins to substitute for animal proteins, soy-bean flour (all cereals yield an acid ash, but soy flour is high in alkaline ash), whole soy beans (baked or pressure cooked), soy milk, and soy cheese or soy curd ("The Oriental people call it *tofu*, and make great use of it in their diets").

Soy beans "may be brought into the diet in almost any of the courses from soup to nuts, even entering the dessert course, for pumpkin pie made from soy milk with a crust made from soy flour is most delicious. Soy cookies are very nutritious as well as tasty.

"This unique food of the Orient is fast becoming Westernized, for all who study foods and nutrition are recognizing the value of the soy bean. Its high percentage of complete protein, its low starch content, its high alkaline ash, its valuable mineral and vitamin content, and its great versatility predestine this food to become an important and valuable addition to the American bill of fare." Address: Dietitian, California.

1546. Christian Science Monitor Bureau. 1934. Chicago finds that soy bean, made up into savory dishes, rivals noted Boston article. *Chicago News*. Aug. 18.
• ***Summary:*** For the text of this article, see the *Christian Science Monitor* of 18 Aug. 1934.

1547. *Christian Science Monitor.* 1934. Chicago finds that soy bean, made up into savory dishes, rivals noted Boston article. 26(223):1. Aug. 18. Central edition.
• ***Summary:*** This article was written after Henry Ford's gala soybean banquet at the Chicago World's Fair. "Chicago. Aug. 18–Please pass the soy bean salad. Oh won't you have some soy bean soup?" "This soy bean cake is delicious, but after the soy bean croquettes, soy bean apple pie and soy bean coffee you know, one isn't really hungry.

"Remarks like these were heard here last night at a dinner in which the humble soy bean made its social debut. The hosts were the Ford exposition staff who have been exhibiting growing soy beans at the World's Fair all summer and who thought it about time to prove their claims about soy beans being excellent food for people.

"As the dinner advanced some 30 guests who had arrived in a state of anxious expectation, not at all sure they were going to be able to eat their way through the five courses, relaxed and began to enjoy themselves. The soy

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bean appetizers, which included celery stalks stuffed with soy-bean cheese [tofu], set the pace for an excellent dinner in which every dish and drink was made wholly or in part of the little legume.

"No meat was served and it was not missed. The dish which took the place of the usual roast was soy bean croquettes. The hosts had obligingly furnished the guests with typewritten receipts of the foods they were eating so they were able to find out just how the croquettes were made... The man who was responsible for the menu, as well as for most of the recipes, was here to face the guests. He is Dr. A. E. Ruddimer [sic, Dr. E.A. Ruddiman], now chief chemist for the Ford Motor Company, but as one time desk-mate of Mr. Henry Ford's in a little country school in Michigan...

"Soy-bean meals are really only a side line for Dr. Ruddimer [Ruddiman]. He has been greatly interested in perfecting the salted soy bean and in developing synthetic milk from the legume, but the important part of his work, in Mr. Ford's scheme of things, he says, is the discovery of industrial uses for the bean.

"The Ford Company now makes 20 automobile parts and all of its car body enamel out of soy beans. Fortunately none of the parts or enamel got mixed up in the meal last night, which Dr. Ruddimen [sic, Ruddiman] had cooked in Dearborn with the aid of the Ford cafeteria staff to whom he gave much credit. It was brought here ready to serve in automobiles."

Note 1. This exact article was also published in the *Chicago News* on the same day. Note 2. No mention is made of Jan Willemse. Address: Special to the Christian Science Monitor Bureau, Boston, Massachusetts.

1548. *Chicago Herald and Examiner.* 1934. Soy beans good any way! Aug. 24. p. 11.
• ***Summary:*** A photo shows 3 men seated in chairs eating from plates. The caption reads: "Testimony–These gentlemen dining in the executive lounge of the Ford exhibit at the [Chicago] world's fair seem to be delighted with their soy bean dinner. They are left to right: Dr. A.E. [sic, E.A.] Ruddiman, Ford Motor Company food chemist who developed the soy bean recipes. C.V. Gregory, editor of *Prairie Farmer,* and Fred Black, manager of the Ford exhibit. The dinner consisted of soy bean croquettes, buttered green soya beans, pineapple ring with soy bean cheese [tofu] and dressing, and soy bean bread buttered with soy bean relish."

Note the statement that Dr. Ruddiman developed the soy bean recipes; no mention is made of them having been developed by Jan Willemse, as he later claimed.

1549. Ford Motor Co. 1934. Menu of dinner served at Ford Exhibit, Century of Progress, August 17, 1934. Dearborn, Michigan. 1 p.
• ***Summary:*** "Tomato juice seasoned with soy bean sauce. Salted soy beans. Celery stuffed with soy bean cheese. Puree of soy bean. Soy bean cracker. Soy bean croquettes with tomato sauce. Buttered green soy beans. Pineapple ring with soy bean cheese [tofu] and soy bean dressing. Soy bean bread with soy bean relish. Soy bean buscuit [sic, biscuit] with soy bean butter. Apple pie (soy bean crust). Cocoa with soy bean milk. Soy bean coffee. Assorted soy bean cookies. Soy bean cakes. Assorted soy bean candy."

Note 1. No mention is made of soy ice cream being served at this meal in Aug. 1934. Yet shortly thereafter, and definitely by Aug. 1935 soy ice cream for dessert was served at similar meals in the pine-panelled dining room in the Ford Engineering Laboratory (Strother 1961).

Note 2. A 1936 recipe book published by the Edison Institute describes how to make "Soy bean butter: Mix hydrogenated soy oil with salt, coloring matter and diacetyl to color and taste." Thus this product is similar to today's soy margarine.

Note 3. This is the earliest menu seen on which soyfoods appear prominently. Address: Dearborn, Michigan.

1550. *Oil and Soap.* 1934. The world's fair and the Oil and Soap Chemists. 11(9):194-95. Sept.
• ***Summary:*** "In the scientific exhibits of the World's Fair of 1934 the soy bean, as a source of basic materials, is occupying a prominent place because of the bean's variety of economic appeals. Three exhibits in which soy beans are shown as an oil source susceptible of great development are those of the Ford Motor Company, the University of Illinois and the Sherwin-Williams Company. In the latter soy bean oil appears as a paint base with some limitations.

"Dealing with the soy bean as an agricultural product the University of Illinois exhibit in the Food and Agricultural Building shows the possibilities of this plant as a profitable crop. In the past year, 4,350,000 bushels were produced in the state...

"The University exhibit includes samples of jars of various grades of soy oil which may be used in hard and liquid soaps. There are also exhibits of varieties of soy beans and of soy bean flours and bakery goods made from them.

"Henry Ford has been a consistent advocate of soy beans as a farm crop as part of his program for the industrialized farm, in which the farmer will have a variety of ways of turning his crop into money. In the Ford exhibit at the Fair the Ford 'Industrialized Barn' is surrounded on two sides by plots in which soy beans are growing as demonstration of the vigor and productiveness of the plants.

"The barn is the original Ford homestead barn built in 1863 near what is now the city of Dearborn, Michigan. The building was taken up and transported to the Fair, partly for its sentimental interest and partly as a demonstration of how a farmer may transpose his old home barn into an industrial unit. A soy bean processing plant is built around the interior of the barn, the engine being outside.

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"Units of the oil extractor are of simple design and made chiefly of standard piping and sheet metal that any mechanic could put together. The crushing rolls and a few accessories are the only parts that need be purchased.

"Oil extraction operation in this plant is by solvent. The beans are taken from storage in dry sheds, tempered to 12 per cent moisture content, then gravity fed to a series of five rolls between which they are progressively reduced to flakes of minimum thinness. The flaked beans are then passed by conveyor through a counter current of solvent, gasoline being used in the exhibit. The gasoline is distilled out of the solvent-oil solution and re-used. Flakes come through the process reduced to 2 per cent oil. The solvent is steamed out of the flakes, they are dried and ready for further conversion into food or industrial products. A paper concerning soy bean oil extraction is scheduled for the morning of Oct. 11 of the A.O.C.S. [American Oil Chemists' Society] meeting.

"A soy food exhibit in the Ford barn shows soy flours, cheese, milk, butter, sprouts, salad dressing and various bakery goods. Dinners have been served at the Ford exhibit at which a number of guests have sat down to meals of which the entire menu was contrived from soy beans in various disguises. Plastic uses of the soy bean also are shown. Light switch assemblies are molded in a demonstration operation. Gear shift knobs and other small parts are exhibited. The entire exhibit is a forceful educational effort in which Henry Ford's campaign to urge the raising of crops that will provide the farmer winter employment as manufacturer is centered on the soy bean."

A photo at the bottom of p. 195 bears the caption: "This crude barn, originally built 71 years ago on the farm of Henry Ford's father at Dearborn demonstrates to the World's Fair visitors what has been called 'Henry Ford's solution to the Farm Problem."

1551. Torres Herrera, José M. 1934. El haba soya, su cultivo y beneficio [The soybean, its culture and benefits]. *Boletin de Agricultura y Trabajo* (*Nicaragua Ministerio de Agricultura y Trabajo*) 6(54):24-26. Aug.; 6(55):6-8. Sept.; 6(56-57):6-12. Oct/Nov. 3a Epoca. [Spa]

• ***Summary:*** The article begins with the following: "In previous editions of this bulletin we inserted various articles concerning the cultivation of soya; however, given the large importance of this legume, we decided to reprint this article by José M. Torres Herrera from the *Boletín Agrícola* of Medellín, Colombia" [April 1934. 8(189):1180-92]. The soybean variety Brazilian Yellow can be obtained in Sao Paulo for 10 cents gold at the most" (i.e., it is inexpensive).

Contents: Part I. Introduction. Climatological conditions for different varieties. Soils appropriate for this crop. Inoculation with bacteria. Preparation of the soil. Soya in crop rotations.

Part II. Sowing the seeds. The work of cultivation. Calculation of the cost of production for 6,400 square meters (Data taken from the Palmira Agricultural Experiment Station, Bulletin No. 1; the cost is $0.45 per arroba = ca. 25 lb). Soybean varieties ("Agriculturists interested in planting this crop which has no equal, can obtain seeds free of charge from the Pamira [sic, Palmira] Agricultural Experiment Station or the Antioquia Agricultural Society [Sociedad Antioqueña de Agricultores, Colombia]"). Production of seeds. Yields of various varieties.

Part III. Harvesting and threshing of the grain. The uses of soya (*la soya*). Utilization of the plant and seeds of the soybean (*de las habas soyas*)*:* The plants as hay, pasture, green forage, ensilage, green manure. The seeds as whole dry soybeans (*habas secas*, for making infant foods, flour, soup, butter, diabetic foods and breads, cooked whole soybeans, confections, health foods [alimentos para sano]: soymilk, soybean roasts or steaks, soy sprouts. Breakfast foods: Vegetable curd or cheese [cuajada o queso vegetal], soy sauce, malted milk, soy coffee cakes, flour, livestock feed), green vegetable soybeans (*habas verdes*), soy flour (*harina de habas*), soy oil (*aceite de habas*). Soya as human food. The composition of various legumes. Soy flour. Soy oil. Soy milk (*leche de soya*)*:* Nutritional comparison of soy milk and cow's milk, powdered soymilk, fermented soymilk, tofu (*queso soya*), soy casein (*Caseína*). Whole dry soybeans: Roasted soybeans (*habas tostadas*), soy coffee (*café de soya*), soy chocolate (*chocolate de soya*). Green-seeded soybeans (*habas soyas verdes o legumbres*)*:* Soy sprouts, soy sauces. Edelsoya (soy flour made by Berczeller). The value of soy forage. Soybeans in mixtures with other crops. Green manure. The concept of Dr. Uribe Echeverri, minister in Brazil.

Note: No mention is made of soya in Nicaragua. Address: Agrónomo Nacional de la Intendencia del Chocó [Colombia].

1552. Carqué, Otto. 1934. Vital facts about foods: A guide to health and longevity with 200 wholesome recipes and menus and 250 complete analyses of foods. 2nd ed. Los Angeles, California: Published by the author. 208 p. Index. 24 cm. [20+* ref]

• ***Summary:*** This so-called 2nd edition is identical to the first edition (1933) except that: (1) Two lines on the 2nd page of the Preface have been moved to the first page; both pages are unnumbered. (2) Two paragraphs, titled "Preface to the second edition" have been added to the end of the Preface and dated "November, 1934." The author's signature again appears at the end of the Preface.

Note: The first 5,000 copies were exhausted in about a year. Address: Los Angeles, California.

1553. Yamaguchi, H.S.K.; Garis, Frederic de; Sakai, Atsuharu. 1934-1950. We Japanese: Being descriptions of many of the customs, manners, ceremonies, festivals, arts and crafts of the Japanese, besides numerous other subjects.

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Yokohama, Japan: Yamagata Press. 592 p. 889 illust. Index. 21 cm.
• ***Summary:*** "Written with great style, this work brings traditional Japan to life in a way that no contemporary guide book can, explaining all the curious features of daily life in Japan." This is a combination of 3 books. Book I (p. 1-183), written by Frederic de Garis for H.S.K. Yamaguchi, was first published in Dec. 1934. Book II (p. 183-375), written by Atsuharu Sakai for H.S.K. Yamaguchi, in June 1937. Book III (p. 377-592), with the same authorship as Book II, was first published in June 1949. All contain entertaining information on Japanese culture and foods.

They discuss: Red rice (*sekihan*, with azuki beans, p. 36). The Broken Needles Mass or Hari-Kuyo (p. 160, needles are stuck into tofu on Feb. 8 or Dec. 8), Sukiyaki (p. 264-66, incl. its origin and history), sembei (p. 267, senbei or rice crackers, incl. shoyu), Miso or bean-paste (p. 269-70), Shoyu or Japanese soy (p. 271-73, incl. Kikkoman, Higeta, Yamasa, Kagi-Yamasa, and Marukin logos and wooden kegs), Sekihan and hot water (p. 292, azuki beans as part of a taboo for Japanese girls), Setsubun or Bean-Throwing Ceremony (p. 554-55, mame-maki held on setsubun).

Note: This is the earliest English-language document seen (March 2009) that uses the term "bean-paste" (not preceded by the word "soy" or "soya") to refer to miso. Address: Manager, Fujiya Hotel, Miyanoshita, Japan.

1554. **Product Name:** Loma Linda VegeCheese (Or Vege-Cheese; Canned Tofu with Pimiento).
Manufacturer's Name: Loma Linda Food Co.
Manufacturer's Address: Loma Linda, California.
Date of Introduction: 1934.
Ingredients: In 1971: Soybeans, soy oil, peanuts, pimiento, salt.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: Interview with Charlotte Van Gundy Holmes. 1981. Recalls that this tofu product appeared in 1933-34. Wholesale price list. 1944. Loma Linda was still making tofu in 1961.

Seventh-day Adventist Dietetic Assoc. 1971. *Diet Manual, Utilizing a Vegetarian Diet Plan.* 3rd ed. p. 160. Lists the ingredients in "VegeCheese (Loma Linda)."

1555. Wang, Bangchun. 1934. Dou fu pe yang ji [Basics of culturing tofu]. *Ke Xue* (*Science*) 18(3):338-344. [Chi]* Address: China.

1556. Adachi, Isamu; Sakurai, Shigeru. 1934. Nihon shokumotsu-shi [History of Japanese foods]. Tokyo: Yuzankaku. 480 p. [Jap]
• ***Summary:*** This is the best book seen on the history of Japanese foods. The following soyfoods are discussed: Firm tofu, soymilk and okara (p. 290-91; discusses the *Teikun Orai* by Iseno Teijo, tofu-kan, tofu-jiru = soymilk, setsurun-sai = okara), yuba (p. 336), shoyu and tofu (p. 370-71), unohana (okara, p. 377), tofu and natto (p. 382-83).

1557. Blunden, Edmund Charles. 1934. The mind's eye: Essays. London: Jonathan Cape. 284 p. See p. 108-09. No index. 21 cm. Life and Letters series, no. 80.
• ***Summary:*** This book is divided into 4 parts. Part two, "Japan," contains essays written during the 1920s and 1930s; most have been previously published in periodicals. The chapter titled "On some humorous prints by Hiroshige" (written in 1926), contains a description of two apprentices, one from a "fried-*tofu* shop" and one a fishmonger's boy, fighting each other in the street. One boy hits the other on the nose, while his opponent pulls out a handful of his hair. But "whichever wins, both have lost, for a dog is slinking away with the fishmonger's *bonito*, and two hawks have raided the *tofu.*" Address: [Sussex, England].

1558. Polk's Portland [Oregon] city directory. 1934. Portland, Oregon: R.L. Polk & Co., Inc. *
• ***Summary:*** Ohta Saizo. Wholesale baker. 86½ 5th St. North. Address: Portland, Oregon.

1559. Shanghai Bureau of Social Affairs. 1934. Standard of living of Shanghai laborers. Shanghai, China: Shanghai, Bureau of social affairs, the city government of greater Shanghai; Chung Hwa Book Co., Ltd. xi + 186 p. See p. 111. 24 cm.
• ***Summary:*** A table (p. 111) includes: "Yellow soy bean sprouts... Fried bean curd... Green bean sprouts... Bean lamina... Dried mung bean starch in strips. Bean curd skin... Yellow bean... Broad bean."

1560. Yamaguchi, H.S.K.; Garis, Frederic de. 1934. Oddities in Japan. "Believe It or Not." Memorial services. Broken Needles Mass (Hari-Kuyo) (Document part). In: H.S.K. Yamaguchi. 1934. We Japanese. Yokohama, Japan: Yamagata Press. 592 p. See p. 160. Book I.
• ***Summary:*** "Yearly, on December 8th, but more generally on February 8th, services for broken needles are held in many girls' schools, and in some private homes, to comfort the spirits of needles broken during the year–the needle being regarded as a living thing whose body has been sacrificed in service. An altar consisting of two or three steps is set up. In front of it is the Sacred Staff and Rope, *gohei* (cut-paper strips) being suspended from it. On the top step offerings of cake and fruit are placed. On the second step is a plate on which is a cube of *tofu* (bean-curd)–a jelly like substance–into which the broken and crooked needles are thrust, the idea being to give the needles a soft rest after their hard work. Sewing accessories are displayed on the lowest step. In a Buddhist school a sutra is read to calm the spirit of the needles. In Tokyo, the *tofu*, with its needles, is offered to a Awashima shrine: at Asakusa, Shimo-Kitazawa, and

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elsewhere.

"The ceremony, or ones nearly similar, is one of the traditional services observed by girls in Japan, which, with some lapses, can be traced back for about 1600 years to the time of Emperor Nintoku, and the Awashima shrines of the land are chosen for the offerings because it is said that the main Awashima Shrine, in the province of Kii (Wakayama) is dedicated to Emperor Nintoku." Address: Manager, Fujiya Hotel, Miyanoshita, Japan.

1561. Madison Health Foods. 1934? Vegetable milk and cheese. How they are served. Manual No. 2. Madison, Tennessee. 21 p. Undated. 22 cm.

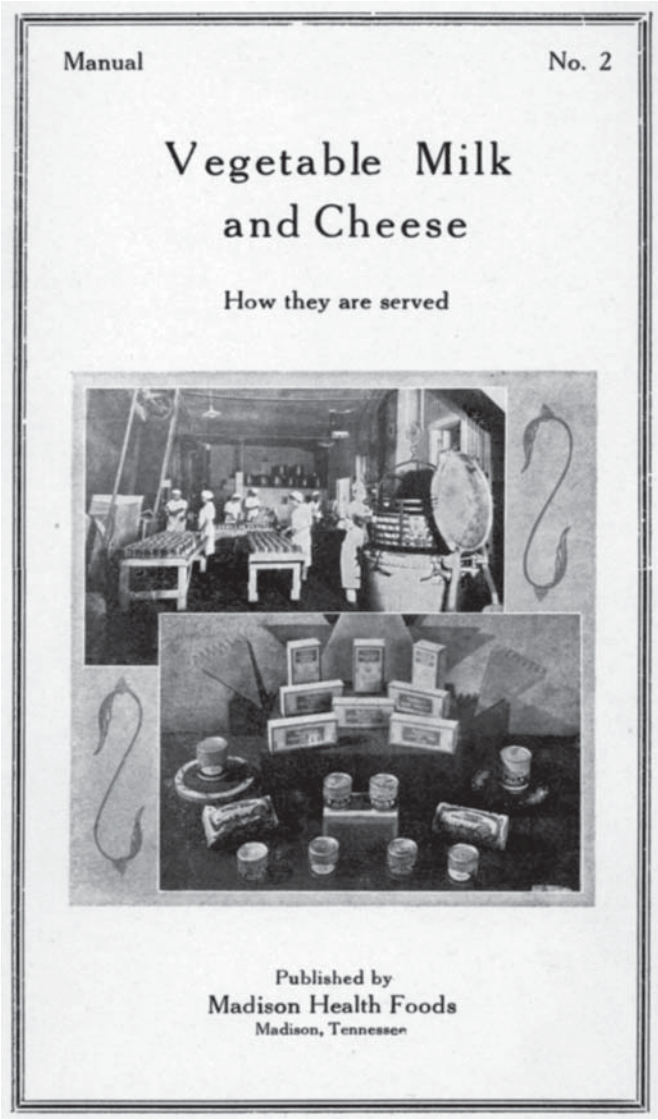

• ***Summary:*** Contents: Introduction. Composition of the soybean. Soybean–A food for infants. Salads: How to make a perfect salad (20 recipes, including 11 with soy cheese [tofu] and 7 with grated soy cheese): Tomato, pineapple, cheese salad (with grated soy cheese). Jellied soy salad (with grated soy cheese). Waldorf cheese salad (with grated soy cheese). Raisin and soy cheese salad (with grated soy cheese). Almond and soy salad (with grated soy cheese). Sliced fruit and cheese salad (with soy cheese). Soy peach salad (with grated soy cheese). Tomato and soy salad (with soy cheese). Baked apple with soy sauce (with grated soy cheese). Pineapple and cheese salad (with grated soy cheese). Apple, carrot and soy salad (with grated soy cheese). Soybean salad (with whole soybeans). Soybean sprout salad (with soybeans sprouted until the sprouts are about 2 inches long). Cold sliced curd (with thin-sliced soy cheese). Potato soy salad (with grated soy cheese). Stuffed egg with soy cheese. Vegetable soy salad (with grated soy cheese). Cheese, cantaloupe, and tomato salad (with grated soy cheese). Mock chicken salad (with grated soy cheese). Pea soy salad (with grated soy cheese).

Sandwiches (9 recipes, incl. 5 with soy cheese and 4 with grated soy cheese; one recipe uses Vegex). Cooked vegetable dishes with soy cheese (40 recipes, all use soy cheese except 2 which use soybean puree). Other soy dishes (3 recipes). Desserts (1 recipe for Soy cream custard, with soy milk). Diabetic foods (4 recipes, each using soy meal [flour]). Soups (5 recipes, using soybeans, grated soy cheese, and soy milk or soybean milk). Breakfast dishes (4 recipes, using canned soybeans, soy meal, or grated soy cheese).

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "grated soy cheese" to refer to grated tofu.

On the last page (inside rear cover) are listed "Products for sale by Madison Health Foods Inc. (Madison, Tennessee): Soy cheese, 14 or 30 oz. Soy beans, 14 or 30 oz. Soy milk, 14 or 30 oz. Soy meal, 5 or 10 lb. Also many other health products. Write for information and prices."

Two photos on the cover show: (1) Students at work inside the Madison food factory, with two long tables and a retort cooker. (2) Various food products made by the company.

Note 2. Although this booklet is undated, the two photos on the cover appear in the *Madison Survey* issue of 14 March 1934 (p. 31). Address: Madison, Tennessee.

1562. White, William C. 1935. The Japanese in America: A close-up. Citizens or aliens, it is hard for them to join in the life of the country. *New York Times.* Jan. 6. p. SM9.

• ***Summary:*** Begins by describing "Little Tokyo," the Japanese section of Los Angeles–which is just 3 blocks from the main business section of Los Angeles. Includes a description of the chrysanthemum festival, drug, stores, newspapers, and restaurants which "serve hamburgers and hot dogs as well as soya bean curd [tofu] and rice."

About 135,000 Japanese live in America, and 97,000 of those (72%) live in California. Only about 6,000 live in New York. More than 45,000 live in or near Los Angeles, where they are considered a problem. They live by themselves

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in certain sections and have no social contacts with white Americans–except that their children attend public schools.

Significant numbers of Japanese began to arrive in California after 1880. By 1910 more than 80,000 had entered as immigrants. The 1906 "gentleman's agreement" stopped almost all Japanese immigration and the Congressional act of 1924 stopped it entirely. But all Japanese born in the USA (*nisei*) are American citizens, and this latter group now slightly outnumbers those immigrants born in Japan [*issei*]–who are barred by law from becoming naturalized citizens.

The average age of the *issei* in America is less than 45, yet they are prevented by law from owning land in most Western states. "The laws which prohibit marriages between any two races apply to them." Children offer one way of getting around the land laws. The parents simply buy land and register their children as the legal owners. Unlike German immigrants, for example, they make little effort to assimilate, yet they also take care of themselves and rarely appear on charity rolls.

The feeling in California against Japanese is based primarily on two issues: (1) They are believed (incorrectly) to have a high birth rate, which could lead to the "yellow peril." (2) They can live more simply than whites and therefore "undersell the whites" in goods and labor. There is growing conflict between Japanese-American youth, educated in American schools and often wanting to become part of American culture, and their parents–who want to keep Japanese culture alive.

"Within recent weeks there have been terroristic raids on Japanese families settled around Phoenix, Arizona. There have been similar affairs at various times in California. There have been night riders, occasional bombs. Part of the Arizona terror is directed at the fact that the Japanese, 750 of them, half of them born in this country and therefore American citizens, are making a living on land where white farmers, settlers from Oklahoma and Texas, have failed."

Note 1. See also interview: Tadano, Mary; Tadano, Michiko. 2002 "History of Showa Shoyu Brewing Co.: Sept. 17.

Note 2. This is the earliest document seen (Feb. 2012) that concerns the Tadano family (later makers of soy sauce) near Phoenix, Arizona–however it does not mention the family by name.

Photos show: (1) A Japanese religious ceremony in Los Angeles. (2) Japanese children in a Los Angeles classroom. Address: Los Angeles.

1563. Ralston Purina Co. 1935. Soybeans: A cash crop. St. Louis, Missouri. 10 p. Prepared by E.F. Johnson. Jan. 23 cm. • ***Summary:*** This booklet (also prepared by E.F. Johnson) is somewhat similar to that titled "Soybeans for beginners," published by Ralston Purina in March 1934. Contents: Map of the Midwest showing the company's soybean processing plants in St. Louis, Missouri, Lafayette, Indiana, and Circleville, Ohio. "Our soybean mills located to serve you best." Introductory message from J.H. Caldwell, Vice-President of Ralston Purina Co. (15 Jan. 1935, St. Louis, Missouri). Soybeans–A cash crop: Introduction, three outstanding reasons for great interest in soybeans this year (1) Year-round cash market now established. (2) Chinch bugs leave soybean alone. (3) Soybeans can be planted on corn-reduction acres. Established markets necessary for expansion. Soybeans are an easy crop to grow: Seedbed preparation most important operation (weeds, stand, yield), a simple prescription for a good seed bed. Varieties recommended for commercial production (Dunfield, Manchu, Illini), recommended new varieties (Mandell, Scioto, Manchuria, Mukden. Note: Virginia, Wilson, Ebony, Pekwa and Kingwa are not recommended due to low oil content and less attractive meal). Growing soybeans commercially: Inoculation, solid or row seeding, rate of seeding, date of seeding, don't plant too deep, cultivation. Harvesting: Combine method recommended, grain binders used in many sections, mowing machine and windrower preferred by some growers, use regular grain separator for threshing. Yield of grain ("Soybeans will yield from 20 to 40 bushels to the acre... Yields of 40 to 45 bushels per acre are not uncommon in Illinois"). Storing and marketing soybeans: Sell through your local elevator, value of meal and oil determines price of soybeans. Future outlook for soybeans in U.S.: Introduction, increased acreage next year anticipated, wide diversity of use of soybean products: Flour, soybean oil meal, soybean oil, other uses (milk, cheese [tofu] bean sprouts, flavoring sauce, substitutes for coffee and peanuts). Using soybeans to check chinch bug movement. A soybean program. Ad: Use the products that make a market for your soybeans: "Three Purina soybean processing plants are located in the heart of the Soy Belt..." Soybean oil meal is used in Purina Chows.

Photos show: (1) E.F. Johnson (facing p. 1). (2) The 7-story Purina Mills plant at Circleville, Ohio, "complete with new modern soybean processing machinery" (p. 6). Purina Mills plants at Lafayette, Indiana, and St. Louis, Missouri (p. 7).

"Future outlook for soybeans in U.S.: Previous to 1934, 4,000,000 bushels was the largest amount of soybeans to be processed from a single crop. At least 9,000,000 and possibly 10,000,000 bushels of the 1934 crop will be processed into meal and oil... We predicted last year that the reduction in cotton-seed meal through the passage of the Bankhead Bill would result in a big increase in demand for soybean meal and in higher prices on soybeans. Both of these predictions have already been proven. The big increase in soybean meal this year still is far short of supplying the loss in cottonseed meal." Address: St. Louis, Missouri.

1564. Monnier, Emile. 1935. Les préparations à base de graines de soja dans l'alimentation des Annamites

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[Preparations based on soybeans in the diet of the Annamites (of Central Vietnam)]. *Bulletin Economique de l'Indochine* (*Hanoi*) 38:66-86. Jan/Feb. Also in Annales de Medecine et de Pharmacie Coloniales (1935) 33. p. 34-57. [11 ref. Fre]
• ***Summary:*** An excellent, very precise and detailed discussion of the subject. Contents: Introduction, botany of the plant, nutritional composition, and utilization. Soymilk (used to make tofu–*le fromage de soja–dau-phu*). Tonkin soy sauce (*La sauce de soja = dau-tu'o'ng.* It is made by fermentation of a mixture of glutinous rice and roasted soybeans {*graines de soja grillées*}. It is made on a family level. It corresponds roughly to Japanese shoyu and Chinese soy sauce (*téou-yeou*). Describes exactly how it is made). Soy cream [yuba] (*La crème de soja = dau-phu-chuc;* [dried yuba sticks]). It comes in the form of sheets.

Note. This is the 2nd earliest French-language document seen (Dec. 2012) that mentions roasted soybeans, which it calls *graines de soja grillées.* Address: Chef du Laboratoire de Chimie de l'Institut Pasteur, Hanoi.

1565. MacConkey, C.A. 1935. Soybeans. Ottawa, Canada: Div. of Research Information, National Research Council, Ottawa. 93 p. March. 28 cm. [152 ref]
• ***Summary:*** A very important and interesting book. In 1932 the first two sections of this report were prepared; in 1934 the third section was added in order to bring it up to date. Contents: Summary of Part I. Summary of Part II. Summary of Part III. Part I (p. 14): Cultivation, utilization and trade. Introduction. Cultivation: Varieties, differences, maturity, hardiness, color of bean, climate, soil, seeding, harvesting. Production of oil and cake. Applications: Introduction, the plant (forage, hay, pasturage, silage, soilage, straw, soil improvement and fertilizer), the bean (grain, flour, soy sauce, bean curd [tofu], vegetable beans, other uses), the cake (cattle feed, flour, fertilizer, other uses), the oil (general, the soap industry, the paint and varnish industry, the food industry). The soybean industry in the United States: Importance of the crop, history and development (incl. Henry Ford who is said to have 10,000 acres under cultivation), standards (classes of soybeans), production of oil and cake, consumption of soybean oil, export trade in soybeans. Statistics of world trade: Beans (production, exports, imports [statistics, pre-war average {1909-13} + 1926-1931 for Germany, Japan, Denmark, UK and British Empire countries, Dutch East Indies, Sweden, Italy, Formosa, and Holland], consumption [net imports], prices), oil (production, exports, imports, consumption, prices), cake (production, exports and imports). Statistics of the German oil seed industry: Oil seeds in Germany [by far the world's largest soybean importing country and largest European producer of soybean oil] (imports and exports), vegetable oils (production, consumption and value), oil cake and meal (production, imports, exports, consumption and relative values), soybean experiment stations in Germany.

Part II (p. 56): Development in Canada. The difference between growing soybeans for forage and for seed. Present status of soybean cultivation in Canada. The future for soybeans on the Prairies. Extent of Canadian Experimentation. Varieties suitable for Canada. The climates of Manchuria and Canada. Planning the development of soybeans in Canada. Consumption of vegetable oils in Canada by industries. Consumption of oil cakes in Canada. Firms engaged in the soybean industry in Canada. Casein in Canada.

Part III (p. 69): Survey of the Literature, 1931-34. Cultivation. Green manure. Breeding. Germination of seeds. Diseases and parasites. Soil. Manufacture of oil cake. Composition of the soybean. Properties and composition of soybean oil. Feedstuffs. Edible products. Detection in food (e.g. detection of soybeans in wheat flour, pasta, meat products, etc.). Inedible products. Economics. Table (p. 79-80)–Imports of soy products into Canada: Soy sauces (1931-1933), edible peanut and soyabean oil, peanut and soyabean oil for the manufacture of soap and peanut oil for canning fish, soybeans, soyabean cake and soyabean meal for use exclusively in the manufacture of cattle food and of fertilizers. References (102). Other references (Nos. 103-117). References not consulted (35).

The section titled "Development in Canada" (p. 56-62) states: "Soybeans are at present being grown for seed on a commercial scale in southern Ontario, chiefly in Kent and Essex Counties [the Niagara Peninsula]. Prior to 1931 the acreage under soybeans was about 1000 or 1500. The efforts of persons interested in establishing oil mills increased this to about 5000 in 1931 and to 6000 or 7000 in 1932. The average yield of seed has been about 23 bushels per acre, which is quite equal to yields in the U.S., while another variety, the A.K., has yielded at the rate of nearly 40 bushels per acre during a six-year test at Harrow, Ontario."

"T.B. Macaulay, President of the Sun Life Assurance Company of Canada has been experimenting for a number of years on the growing of soybeans in the hopes of being able to make the western farmer more free from his dependence on wheat, and believes that he is near to discovering suitable varieties...

"A statement appearing in the *Montreal Financial Times* (Nov. 18, 1932) reports that a number of varieties introduced from Urbana [Illinois] and tried in various parts of Alberta made an excellent growth of forage...

"The work being carried out at T.B. Macaulay's experiment farm at Hudson Heights, Quebec, is particularly worthy of mention. Here the testing of varieties has been in progress for 8 years. Mr. Macaulay's method of approaching the problem consists in obtaining samples of hitherto untried varieties from the most northerly regions where soybeans grow and the earliest varieties from Asia and elsewhere... Mr. Macaulay has a new variety which he calls Toyanaga. It matures 5 days to a week earlier than the variety called

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Manchu, which is being grown to a small extent in southern Ontario."

"Varieties suitable for Canada: Besides O.A.C. 211 which is the one outstanding variety that has shown itself suitable for cultivation in Canada albeit only in southern Ontario, a number of other varieties have been tried and experimented with such as Mandarin, Manchu, Wisconsin Black, Quebec 92, Quebec 537, Early Yellow, Early Brown, and Manitoba Brown, but none of these have been very satisfactory."

Table 29 (p. 60) gives a summary of current (1932) Canadian experiments with soybeans: Ontario Agricultural College (Guelph), grown for 39 years (i.e. since 1893), tested 125 varieties. Dominion Experimental Farms (Ottawa and Harrow, Ontario), 9 years, 100 varieties. Macdonald College (Quebec), 20 years, 16 varieties. Manitoba Agricultural College (Winnipeg), 10 years, 12 varieties. University of Alberta, Edmonton, 3 years, 7 varieties. Brooks (Canadian Pacific Railway Irrigation Experimental Station, Alberta), unknown number of years and varieties. Pointe Platin (Quebec, by J. deLothinière [deLothiniere]), unknown number of years and varieties. Hudson Heights (Quebec, by T.B. Macaulay), 8 years, 100 varieties. University of Saskatchewan, 10 years, 25 varieties.

Page 65 lists "Firms Engaged in the Soybean Industry in Canada." The Soy Bean Oil and Meal Co-operative Company of Canada, Ltd., Chatham, Ontario; Canadian Soyabeans Ltd., Milton, Ontario; The Vitone Co., Hamilton, Ontario; Dominion Soya Industries, 355, Place Royale, Montreal, Quebec.

Note 1. This is the earliest document seen (Jan. 2010) that mentions Dominion Soya Industry, Ltd. (Montreal, Quebec, Canada) in connection with soybeans.

Table 33 (p. 67) gives "Consumption of oilseed cake and meal in Canada" for the calendar years 1926 to 1931. Figures (taken from *Trade in Canada*) are given for cottonseed, linseed, palm nut, soya and total. Consumption of soya cake and meal (in tons) were: 200 in 1926 (0.6% of total); 680 in 1927; 560 in 1928; 1,560 in 1929 (5.0% of the total); 1,190 in 1930; and 2,500 in 1931. The value in dollars role from $8,000 in 1926 to about $50,000 in 1931. Apparently all of this soyabean cake and meal was imported.

Note 2. This is the earliest English-language document seen (Dec. 2005) that uses the term "soyabean meal" to refer to ground, defatted soybeans. Address: Div. of Research Information, National Research Council, Canada.

1566. *Los Angeles Times.* 1935. Foreign "atmosphere" and fine food at home: Novel cafes discovered. April 25. p. B5.
• ***Summary:*** In the Japanese quarters of Los Angeles, several cafes specialize in sukiyaki–the "national dish that Americans know best. At one of the best, a Japanese girl, wearing a kimono, escorts you into a private room, separated by sliding panels in the true oriental fashion.

At one end of the table is a glowing brazier, surrounded by platters of sukiyaki ingredients. "Soon the pungent odor of soy bean sauce pervades the atmosphere as a dainty Japanese maid mixes the beef, soy bean cakes [tofu, probably grilled tofu], bamboo shoots, Japanese horse-radish, green onion, etc., in the brazier." Warm saki [sake] is served soon after the food. The girls will be more than happy, if encouraged, to return after the meal to play Japanese music on their peculiar stringed instrument.

Note. This is the earliest English-language document seen (April 2013) that uses the term "soy bean cakes" to refer to regular tofu or to grilled tofu.

1567. Dittes, Frances Linda. 1935. Food for life: The art and science of preparing food. Madison, Tennessee: Associated Lecturers, Inc. xii + 332 p. Spring. Recipe index. 23 cm.
• ***Summary:*** This early Seventh-day Adventist vegetarian cookbook contains more soyfoods recipes that any published up to this time. The author, a soyfoods pioneer born in 1891, first attended Madison College in 1910 and joined the faculty in 1912. She did her graduate work in nutrition, specializing in soyfoods nutrition, at George Peabody College for Teachers (in Nashville, Tennessee), from which she received her MA degree in 1929. This book was printed by the "Rural School Press" (Madison College's school press) and published in the spring of 1935.

Contents: Part I: Food and nutrition. Milk. The acid-base balance. Fruit acids. Balancing the food. Measuring food values. Menu planning. The art and science of food preparation (preceded by this quotation: "Food will be the medicine of the future"–Harvey W. Wiley). Food combinations. Condiments. Suggestions for flavoring. Garnishings. Measurements. Part II: Recipes (listed by recipe type such as breads {some recipes call for Crisco shortening}, soups, salads, desserts, etc.). One chapter titled "Dishes to take the place of flesh foods" (p. 149-65) contains many interesting recipes such as: Preparation of gluten. Gluten pot pie. Gluten loaf. Glutose (with 5 cups ground cooked gluten, plus potatoes, eggs, and cream). Cold sliced Nut Meat or Vigorost (Nut Meat is sold in 2-lb cans, Vigorost in 14 oz cans). Peanut roast. Chow mein (with soy cheese or Nut Meat). Boiled peanuts. Soy-related recipes are given below. Another chapter is "Nutritive value of the soy bean. Soy bean dishes" (p. 166-86).

Appendixes: A. Classification of carbohydrates. B. Canning. C. Sample menus. D. 100 calorie portions of foods. E. Approximate servings and values of a few common foodstuffs. F. Protein, calcium, phosphorus, and iron in 100 calories of food material. G. Ash constituents of foods in percentage of edible portion.

The author uses the term "soy cheese" to refer to tofu. Soy-related recipes include: Soy bread (20% soy flour and 80% white wheat flour; p. 96). Soy gems (18-20 muffins using soy flour; p. 108). Tomato-soy sandwich (with grated

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soy cheese; p. 114). Soy noodle soup (with grated soy cheese browned in butter; p. 122). Jellied soy salad (with grated soy cheese; p. 138). Potato soy salad (with grated soy cheese; p. 138). Tomato and soy salad (with soy cheese). Waldorf soy cheese salad (with grated soy cheese; p. 139). Lentil-soy loaf (with soy bean puree; p. 157). Savory soy loaf (with soy cheese). Soy souffle (with grated soy cheese browned in butter; p. 159). To fu chi (deep-fried soy cheese stuffed with rice and seasoned with soy sauce). Soy gravy (with 3 parts soy flour and 2 parts white wheat flour).

The chapter titled "Nutritive Value of the Soy Bean" (p. 167-86) discusses the general nutritional composition, then gives details on protein, fats (including lecithin), minerals (including tofu made with magnesium chloride or calcium sulphate). Recipes are given for: Cooked soy beans. Soy milk (after soaking 1 lb of Mammoth variety soy beans overnight in water, "Wash several times in hot water to remove undesirable taste."). Soy milk no. 2. Soy acidophilus milk. Soy bean cheese [tofu, curded with calcium sulphate]. Soy bean cake [okara] loaf. Browned soy cheese. Green soy beans. Escalloped green soy beans. Dried soy beans. Baked soy beans. Soy beans southern style. Roasted soy beans. Soy beans in tomato sauce. Chop suey (with soy cheese). Sauce (with soy sauce). Soy bean omelet. Lentil soy bean loaf (with soy bean puree). Soy bean loaf. Soy bean pie (with soy bean pulp). Soy bean meat. * = made with soy bean flour. Soy bean muffins*. Soy muffins*. Soy biscuits*. Soy bread*. Soy nut bread*. Escalloped onions with soy cheese. Baked rice with soy cheese. Escalloped potatoes with soy cheese. Spaghetti and soy cheese. Stuffed pepper with soy cheese. + = with soy cheese. Left-over croquettes+. Soy croquettes+. Soy cheese with rice. Stuffed baked potato with soy cheese. Soy fritters+. Soy cutlets+. Savory soy loaf+. Spanish chop suey+. Soy souffle (with grated soy cheese browned in butter). Cream of soy soup. Soy noodle soup+. Soy soup+. # = made with soy milk. Soy cream of tomato soup#. Soy cream of pea soup#. Soy cream custard#. Jellied soy salad+. Waldorf cheese salad+. Potato soy salad+. Stuffed egg with soy cheese. Soy bean salad. Soy bean sprout salad. Soy Vegex sandwich+. Tomato-soy sandwich+. Egg and soy sandwich+. Soy and cucumber sandwich+. Celery and soy sandwich+. Banana soy sandwich+. Scrambled egg and soy cheese sandwich. Diabetic crackers (with soy meal). Diabetic pie crust (with soy meal). Diabetic soy bean mush*.

Vegetables: Soy cheese sauce (with grated soy cheese and soy sauce, p. 195). Steamed cucumbers with soy cheese (grated, p. 201). Escalloped onion with soy cheese (p. 204). Spinach with soy cheese sauce (and Vegex, p. 207).

Desserts (p. 215-36), Cakes (p. 237-53), Pies (p. 255-60), Cookies (p. 261-68), and Ice creams and sherbets (p. 269-74). Some of these sweet recipes use agar-agar, gelatin, Malta (malt syrup), Health Koko, and Crisco. Some desserts call for 1-2 cups sugar per 4 servings and 1 pound of sugar is used in an icing for pound cake (p. 242). No soy is used in any sweet recipes. Note: It is surprising that Ms. Dittes and Madison had not discovered the use of tofu or soymilk in ice creams, other desserts, or dressings. Nor is peanut butter mentioned.

The chapter titled "Milk" (p. 17-21) states: "Since milk is an important food constituent, especially for children, those responsible for planning dietaries should see that each child has one quart of clean milk or its equivalent each day; adults, about one pint... *Grade A* is a raw milk from cows free from disease, having a bacteria count of not more than 100,000 per cubic centimeter at the time of delivery. *Grade B* must be pasteurized and the bacteria count must not exceed 1,000,000 per cubic centimeter. It must also come from cows free from disease." All other milk is Grade C.

The chapter titled "The acid base balance" (p. 23-24) states: "Most foods when burned in the body leave an ash in addition to the carbonic acid which is thrown off by the lungs. This ash may be either alkaline, neutral, or acid in reaction. The principal base-forming (alkaline) elements are calcium, potassium, magnesium, and sodium, while the chief acid-forming elements in foods are sulfur, phosphorus, and chlorine... A neutral or slightly alkaline condition will produce a feeling of buoyancy, health, vigor, and clear mental activity... In general, all fruits and vegetables (with a few exceptions) are potent in producing alkaline ash. Meat, eggs, breads, and cereals are acid-formers."

The chapter titled "Condiments" (p. 51-52) states: "Spices, such as mustard, ginger, pepper, horseradish, curry, and cloves, are among the most irritating of the seasonings used. It would be better if these exciting substances were not added to the food... Vinegar contains acetic acid which is burned in the body with difficulty. Citric acid as found in the lemon juice is more easily oxidized in the tissues. Lemon juice, therefore, makes a good substitute for vinegar, both as to ease of oxidation and flavor." Address: Director, Food and Nutrition, Nashville Agricultural Normal Inst., Madison Rural Sanitarium and Hospital, Madison, Tennessee.

1568. Gay, H. 1935. La culture et les usages du soja [The cultivation and uses of the soybean]. *Revue de Botanique Appliquee & d'Agriculture Tropicale* 15(165):309-24. May; 15(166):447-53. June. [15 ref. Fre]

• ***Summary:*** Contents: Introduction. Geographical area and climatic requirements. The plant and its varieties: Taxonomy, anatomy, physiology. Soybean cultivation: Place in the crop rotation, preparation of the soil, manure and fertilizer, sowing (the seeds, time of sowing, details of sowing), vegetation and the points of [crop] maintenance / management, harvest (of seeds, of forage), grain storage, yields (of seeds in kg/ha {3,500 in Manchuria, 2,700 in China, 1,700 in France, 1,200 in Japan}, of forage in quintals/ha {in America they range from 163 to 168}), enemies. Note: 1 quintal = 100 kg.

Technology of soya: Soymilk (production, properties, uses), soy cheeses (*Fromages de soja*, called "tofu" in Asia),

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soy oil and cake, soy flour and products made from it (bread, rusks {*biscottes*}, cakes, and pancakes {*galettes*}). Soya as livestock feed: Soya forage, soya hay, soymilk for calves, soybeans seeds and cake.

Economic data: Hectares planted to soya in 1929-30: Northern China and Manchuria (11,800,000), USA (500,000), Japan and Korea (400,000), Russia (300,000), Sunda or Soenda Isles (100,000 ha);

Note: The *Iles de la Sonde* are the islands of the Malay Archipelago divided into two groups: (1) Greater Sunda Islands, comprising Java, Sumatra, Borneo, Celebes, and adjacent islands; (2) Lesser Sunda Islands, comprising the chain of islands east of Bali to and including Alor and Timor, but not Wetar.

Exports of soya from China in 1929-30 (in tons): To Japan 1,700,000, to Europe 1,500,000, to southern China 600,000, to the Netherlands Indies [Indonesia] 100,000, to other countries 100,000. Address: France.

1569. *Hygeia.* 1935. Questions and Answers: Soy bean milk. 13:466. May. [2 ref]
• ***Summary:*** Dr. A.A. Horvath describes how to prepare soy bean milk, and bean curd (tofu).

1570. Chamberlin, William Henry. 1935. A tale of two capitals: Tokyo and Moscow compared–II. *Christian Science Monitor.* June 12. p. 16.
• ***Summary:*** The "Japanese enjoy fish, rice, beancurd in various combinations and preparations..."

1571. Kennedy, L.W. 1935. The soybean... A new American. *Purdue Agriculturist* (*Indiana*) 29(9):83, 86. June.
• ***Summary:*** "This article was written with the aid of material taken from an undergraduate thesis submitted by E.A. Johnson, '34 [class of 1934]. Products of the soybean are rapidly becoming more important to agriculture and various manufacturing industries of the nation." Soybean oil meal is an important livestock feed for cattle, hogs, sheep, and poultry. It is also "used extensively in the making of glue, water paints, fertilizer, celluloid substitutes, [plastic] gear shift knobs, etc. Breakfast food, diabetic food, infant food, macaroni, crackers, bean curd, soy sauce, vegetable casein, and meat substitute are popular in the list of foods made from soybean oil meal. The meal possesses a nut-like flavor and lends itself well to be used as human food."

Crude soy bean oil is dark brown in color and has a "beany" odor. It is largely refined to make special oils for use as paints, varnishes, glycerine, enamel, the waterproofing of cloth, fabrics, papers, and sandpapers, the making of oilcloth, shade cloth, rubber substitutes, printers ink, lubricants, hard and soft soaps, insecticides, foundry core oil, and lighting fuels. The food products, salads, edible oils, and lard and butter substitutes are also prepared by a commercial process from soybean oil. In 1930 about 6,000,000 pounds of soybean oil, or one-sixth of the domestic crop, were used in the preparation of edible products.

Note: This is the earliest document seen (Sept. 2001) concerning the use of soybean oil in insecticides or other crop-protecting chemicals (pesticides).

"A new auto body finish from soybean oil is the result of experiments made by the Ford Motor Company of Detroit, Michigan."

Also discusses "the vegetable soybean" which can serve as a supplement to the garden pea or lima bean. "In China vegetable soybeans have long been used as a delicacy on the table. They may be used green, or canned, or made into salads."

"Dried soybeans serve as a good substitute for coffee and peanuts when properly roasted and prepared. The dried beans are also used in preparing soy sauce, boiled beans, baked beans, breakfast food, soaps, and vegetable milk. From the vegetable milk, meat substitutes, infant food, confections, cheese, and fresh, dried, condensed, and fermented bean curd is prepared. Soybean milk has not received serious consideration in this country, but it has been successfully used as a food for growing infants in China." Address: Class of 1936.

1572. Lager, Mildred. 1935. Food facts. Los Angeles, California: House of Better Living. 228 + 10 p. No index. 23 cm. [34 ref]
• ***Summary:*** Contents: 1. Purpose of food. 2. Classes of food. 3. Natural foods are best. 4. Acid-alkaline balance. 5. Minerals. 6. Vitamins. 7. Proteins. 8. Carbohydrates. 9. Fats. 10. Fruits. 11. Vegetables. 12. Beverages. 13. Better cooking. 14. Food combinations. 15. The mental side of health. 16. What is the "House of Better Living."

Pages 67-68 contain a very positive section on soy beans and foods made from them, including whole soybeans, "curd cheese, resembling cottage cheese [tofu], and soy bean milk... Other soy food products are soy butter [no description is given; this is probably soynut butter from T.A. Van Gundy's La Sierra Foods, but it could be margarine made from soy oil], soy loaf (combined with gluten), soy sandwich spread, soy bologna, soy oil, soy sauce, soy ready-to-serve breakfast foods, coffee substitute, as well as soy flour. Soy flour is yellow and fluffy, and can be used in all baking... Soy macaroni, noodles, spaghetti, bread, and pancake flour are also on the market. Soy beans are also sugar coated for candy and toasted as peanuts. They are a wonderful food for animals and have been used in that way in this country for years. Today the governments of Europe and America are devoting a great deal of attention to the soy bean as human food and the next few years will see an increased consumption, as well as many new soy products."

Page 75 contains a nutritional analysis of soy beans.

In the chapter on Acid-alkaline balance (p. 22-25), foods with the most acid ash are egg yolk and oysters, followed by

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eggs, most fish and meats. Foods with the most alkaline ash are lima beans, string beans, dried beans, spinach, raisins, figs, dates, and dried milk, followed by soy beans, soy bean tea, and most vegetables. The author believes that one should keep an alkaline balance in the body. Sleep is a great alkalinizer.

The subsection titled "Lima beans: states: "Dr. Sansum of Santa Barbara was instrumental in having lima bean flour made, and Bill Baker of Ojai, California pioneered this field, developing the original lima bean bread and lima bean pancake flour."

This is not a vegetarian book. Meat and dairy products are discussed at length, and their consumption is not discouraged. However this is the earliest book seen that uses the term "natural foods" prominently–in this case as a chapter title.

Also discusses (see index for page numbers): Acidophilus milk, alfalfa (alfalfa tea has alkaline ash, p. 35), almonds, almond oil, aluminum, avocado, bran, carob beans, chufas, cottonseed, cottonseed oil, garbanzas, kephir, lentils, lima beans, linseed, margarine / oleomargarine, olive oil, olives, palm oil, palm kernel oil, peanuts, peanut oil, rape seed oil, sago, sesame oil.

Note 1. This is the earliest document seen (Sept. 2009) concerning Mildred Lager and soy.

Note 2. This is the 2nd earliest document seen (July 2005) that mentions a food or drink product ("alfalfa tea") made from alfalfa. This is also the earliest English-language document seen (July 2005) that contains the term "alfalfa tea." It was used for its alkaline ash. Address: House of Better Living, 1207 West 6th St., Los Angeles, California. Phone: Mutual 2085.

1573. Morse, W.J. 1935. Soybeans: Ancient and modern uses. *Proceedings of the American Soybean Association* p. 34-35, 37. 15th annual meeting. Held 21-22 Aug. 1935 at Evansville and 23 Aug. at Lafayette, Indiana. [1 ref]
• ***Summary:*** The soybean "was sown yearly with great ceremony by the Emperors of China and poets in the ages before the Christian Era extolled the virtues of the soybean in its services to humanity.

"The soybean was included in the 2nd class of drugs and was regarded as having many medicinal virtues. We learn from a materia medica written about 452 A.D. that the soybean was not poisonous but was a specific remedy for proper functioning of the heart, liver, kidneys, stomach and bowels. It was also used as a remedy for constipation, as a stimulant for the lungs, eradication of poison from the system, improving the complexion by cleaning the skin of various impurities, and stimulating the growth and appearance of the hair. We also find that the fresh or green bean was used as a remedy for the following: Dropsical affections, gastric fever, paralysis, bladder trouble, improper circulation of the blood, catarrh or improper flowing of the fluids of the vital organs, heart, liver, kidneys, stomach and bowels, chills and poisoning from eating aconite. Further, it is learned that when the bean was cooked in a powder or meal-like form, the taste was sweet and good and was a remedy for gastritis, fevers, tumorous swellings, paralysis, inability to digest grain foods, and abdominal dropsy. The yellow soybean was used to increase lung power, make the body plump, and beautify the complexion. The beans were also cooked until they were of an oily consistency, mixed with hog's fat and taken in the form of pills in order to fatten and increase the strength of the body, and as a remedy for hoarseness. The soybean was said to have a cooling effect on the human system. If the beans were boiled into a liquid form and eaten, they eradicated all poison from the system and cured gastric fever, paralysis, pains, and bladder troubles. Bean or soy sauce was considered an antidote for poison caused by eating fish, fresh meat, vegetables, mushrooms, etc. It was also said to cure poison from bites of worms, insects, and bee stings. The yellow, green, and white varieties were regarded as valuable foods for the use of mankind. The black beans were used for food and it was also customary when taking a long journey to feed the horse black beans in order to make it strong. In addition to the use of the beans, many references are made on value of bean sauce, bean milk, bean curd, and bean sprouts for various diseases and other bodily ailments. The stems and leaves of the young bean plants were boiled and eaten by the farming people. No mention is found of the use of bean oil so it is concluded the crushing of beans for oil occurred at a much later date.

"In reviewing the old records, it is most interesting to find that many of the ways in which the ancient Chinese used the soybean as a remedy for human ills are now being found applicable to the same ailments by scientific research in America and Europe." Address: Bureau of Plant Industry, USDA, Washington, DC.

1574. United Press (UP). 1935. Chinese pawnshop takes wives for collateral. *Los Angeles Times.* Sept. 15. p. 35.
• ***Summary:*** "Tientsin [China], Sept. 14 (U.P.)" At a new kind of pawnshop, the master of the house (who may need quick cash for his narcotics habit) can hock his wife or wives. "Suppose, for example, that Wang, the beancurd seller, wants a few pieces of silver to jingle, all he need do is place Mme. Wang in pawn at one of the several such pawnshops which recently sprang into existence in this metropolis."

1575. Bombay Presidency Baby and Health Week Association. 1935. Pamphlet No. 7. Bombay, India. *
• ***Summary:*** Discusses the introduction of the soybean to Europe by Kaempfer in 1712 and by Haberlandt from 1873. Soybean botany, regions of adaptation, and nutritional composition and value. Utilization of soybeans in diabetic diets, as whole dry soybeans, and for the production of soya

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bean coffee, soya bean milk, soya bean flour, and tofu.

"The soya bean is one of the most important articles of diet. It contains far more protein than any grain or pulse seed known so far. It has as much as 40 per cent. protein, i.e. twice as much as pulses and beans, three times as much as wheat, and five times as much as rice. Its proteins are of high biological value, as they contain all the important amino-acids... In fact, the protein of soya bean is similar to that found in cow's milk and animal foods... It is a boon to vegetarians, as its protein resembles animal protein. Soya bean oil contains a large amount of Lecithin and Vitamin A & D, and in this respect it resembles butter. Lecithin of soya bean is identical with that of yolk of eggs.

"Soya bean is one of the few seeds containing three Vitamins A, B & D, which are indispensable in a staple food consumed by mankind."

Note: Mohandas K. (Mahatma) Gandhi reproduced this pamphlet in the 28 September 1935 issue of his popular periodical *Harijan.* Address: Bombay, India.

1576. La Sierra Industries. 1935. Soy bean products, "La Sierra Brand": Complete protein, low starch, high alkaline ash (Ad). *Health* (*Mountain View, California*) 2(9):31. Sept.
• ***Summary:*** Ad for canned soybeans (plain with tomato sauce), soy loaf, soy spread, soy bologna, soy breakfast food, soymilk, soy cheese [tofu], soy butter [like a soynut butter, non-hydrogenated], Soy-Co (beverage), Smoein (flavor), soy flour (raw), soy flour (processed). No Mamenoka, noodles, or oil. Address: Box 203, Arlington, California.

1577. R.A.L. 1935. Les produits dérivés du soja [Products derived from soybeans]. *Bulletin des Matieres Grasses* (*Paris*) 19(9):232-40. Sept. (Institut Colonial de Marseille). Summarized in Bulletin Economique de l'Indochine (Hanoi) 38:830. [4 ref. Fre]
• ***Summary:*** This is a excerpt from an article said to be published in the *Revue des Produits Chimiques.* However, after a long search, we cannot find the original. So here is the contents of this excerpt:

Uses of soya. Soymilk. Soy caseine (*La Caséine de soja*), defatted soybean oil cakes (*les torteaux deshuilés*), vegetable caseine (*caséine végétale*) as made in Vietnam. Industrial, food and feed applications of the soybean and the products derived from it (... *des produits dérives*)*:* Shoyu or soy sauce, green vegetable soybeans, soy flour (free of starch, which is good for in diabetic diets), use as an incomparable forage plant, soymilk for humans or young animals (it is free of tuberculosis bacteria), powdered soymilk, a type of cheese called tofu (which can be fermented, dried, salted, or smoked), soy oil (for food or industrial uses–such as paints, varnish, lubricants, printing inks, candles, and oilcloth), hydrogenated soy oil, soybean cakes (which make excellent animal feed). Address: Ingénieur chimiste ICMp, Licencié ès Sciences, France.

1578. *Agriculture et Elevage au Congo Belge.* 1935. Le lait de soja [Soymilk]. 9(11):170-71. Nov. [1 ref. Fre]
• ***Summary:*** Gives the conclusions obtained in a study of soybean milk by Dr. Lucie Yeu, who set out to find if it were suitable in infant feeding. She conducted her research at the Centre d'Hygiène infantile Paul-Marquet [in Neuilly, near Paris], under the direction of Mr. Marcel Maillet.

Dr. Yeu concluded the following: Soymilk has been used for a long time as a food in the manufacture of tofu or "vegetable cheeses" (*fromages végétaux*). It has been studied in France since 1880, but its application in infant dietetics has only begun very recently. This "vegetable milk" (*lait végétal*) approaches animal milks on the whole in its physical properties and its qualitative composition. For example, in comparison with cow's milk, it has a lower content of fats, sugars, and calcium. It contains no chlorine or sodium. So when administering it to infants, some corrections must be made in its composition. Soymilk was generally well accepted and well tolerated by the 100 infants that she studied. To assure satisfactory growth as often as possible, it is sufficient to add normal nutrients or dyspeptics, but after a relatively short time, the infant has more difficulty accepting it and the weight graph becomes irregular. And in an important number of cases, the soymilk causes erythema of the buttocks to such an extent that its use must be discontinued. Erythema is abnormal redness of the skin due to capillary congestion. Soymilk, in the way it has been used by Dr. Yeu, cannot replace cow's milk in raising normal infants. In the case of dyspeptic infants, digestive problems are often improved but not in any consistent way. Soymilk works best with infants who are intolerant to cow's milk or have rank / fetid dyspepsia (with an offensive smell).

1579. *Harijan.* 1935. More about soya beans. 3(46):366-68. Dec. 28. [1 ref]
• ***Summary:*** Mahadev Desai introduces the article by stating, "A friend who is now in America has brought together the following article information about soya beans collected by him from books and various institutions." Much of the information apparently came from the Bureau of Home Economics, Washington, DC. Under the subtitle "Soybean and soybean products for table use," it discusses the nutritional composition of soybeans, green soybeans and their varieties (including Hahto and Easy Cook [Easycook], with 3 recipes including ones for salted soya beans [soy nuts], and whole dry soybeans used in soup), soybean sprouts, soybean flour, soya bean sauce, soya bean milk, and soya bean cheese (to fu). Details of how each food is prepared are also given. Continued in Harijan on 4 Jan. 1936. Address: India.

1580. **Product Name:** Tofu.
Manufacturer's Name: Arakaki (Matsu) Tofu.

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Manufacturer's Address: 1030 Kapahulu Ave., Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Matsu Arakaki, proprietor. 1030 Kapahulu Ave., Honolulu. Not listed in 1947-48. Hawaiian Japanese Annual & Directory. 1936-37, p. 7. Matsu Aragaki (from Okinawa prefecture), tofu maker, 1030 Kapahulu Ave., Honolulu.

1581. **Product Name:** Tofu.
Manufacturer's Name: Awa (Mrs. Matsue) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Mrs. Matsue Awa, Hilo. 1936-37 Directory. Name listed as Mrs. Matsuyo Awa Tofu. Not listed 1947-48.

1582. **Product Name:** Tofu.
Manufacturer's Name: Ishisaka (K.) Tofu.
Manufacturer's Address: Honokaa, Island of Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. K. Ishisaka Tofu (K. Ishisaka, proprietor). Honokaa, Island of Hawaii. Not listed 1947-48.

1583. **Product Name:** Tofu.
Manufacturer's Name: Kanai (T.) Tofu. Later becomes Kanai Tofu Factory.
Manufacturer's Address: 763 Prison Road, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. T. Kanai Tofu (T. Kanai, proprietor). 763 Prison Rd., Honolulu. 1937-38 Directory. Full name given as Teikichi Kanai.

Hawaiian Japanese Annual & Directory. 1936-37, p. 61. Hiroyuki Kanai (from Niigata prefecture), tofu maker, 1268 Fort St. (new address), Honolulu.

Honolulu City Directory. 1947-48. Address changed to 515 Ward Ave., Honolulu. 1951 Directory. Name changed to Hiroyuki Kanai Tofu (Hiroyuki Kanai, proprietor). Ad by Kanai Nissei Shokwai in Hui Manaolana. 1951. *Japanese Foods:* (*Tested Recipes*). Honolulu, Hawaii. See p. 62. "515 Ward Street. Phone 55305. Manufacturers of: Calcium tofu. Konnyaku. Aburage. Natto."

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Kanai Tofu Factory, 515 Ward Ave., Honolulu, Oahu, Hawaii 96814. Phone: 808-538-1305. Owner: Richard or Mark Kaneda.

Talk with Mark Kaneda. 1984. He says this company started in 1923. Talk with Shoan Yamauchi. 1988. Nov. 29. He thinks this is the oldest tofu company in Hawaii. Note: A search of this database shows that there were no soyfoods companies at any address on Prison Road prior to 1934.

1584. **Product Name:** Tofu.
Manufacturer's Name: Kanematsu (Sato) Tofu.
Manufacturer's Address: 1357 North King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Sato Kanematsu Tofu (Sato Kanematsu, proprietor). 1357 N. King, Honolulu. Not listed 1936-37.

1585. **Product Name:** Tofu.
Manufacturer's Name: Kataoka (Mrs. Tomi) Tofu.
Manufacturer's Address: Koloa, Kauai, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1934-35. Mrs. Tomi Kataoka Tofu (Mrs. Tomi Kataoka, proprietor). Koloa, Kauai. Not listed 1941-42.

1586. **Product Name:** Tofu.
Manufacturer's Name: Kikuchi (Ishio) Tofu.
Manufacturer's Address: 1205 Kinau, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Ishio Kikuchi Tofu (Ishio Kikuchi, proprietor). 1205 Kinau, Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 73. Ishio Kikuchi (from Niigata prefecture), tofu maker, 1205 Kinau St., Honolulu.

Honolulu City Directory. 1947-48. Address changed to 61 N King, Honolulu. 1951 Directory. Name changed to Mrs. Cho Kikuchi Tofu (Mrs. Cho Kikuchi, proprietor). 1953 Directory. Residence given as 1215 Piikoi.

1587. **Product Name:** Tofu.
Manufacturer's Name: Kimura (Mrs. Take) Tofu.
Manufacturer's Address: Kaheka Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Mrs. Take Kimura Tofu (Mrs. Take Kimura, proprietor). Kaheka Lane, Honolulu. 1936-37 Directory. Address changed to 971 Kaheka Lane, Honolulu. Not listed 1941-42.

Hawaiian Japanese Annual & Directory. 1936-37, p. 71. Shinauemon Kimura (from Yamaguchi prefecture), tofu maker, 973 Kaheka Lane, Honolulu.

1588. **Product Name:** Tofu.
Manufacturer's Name: Sasaki (Masutaro) Tofu.
Manufacturer's Address: 2131 North King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.

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New Product–Documentation: Honolulu City Directory. 1934-35. Masutaro Sasaki Tofu (Masutaro Sasaki, proprietor). 2131 N. King, Honolulu. Not listed 1941-42.

1589. **Product Name:** Tofu.
Manufacturer's Name: Shinozaki (Mrs. Taki) Tofu.
Manufacturer's Address: 446 Koula, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Mrs. Taki Shinozaki Tofu (Mrs. Taki Shinozaki, proprietor). 446 Koula, Honolulu. Not listed 1937-38.

Hawaiian Japanese Annual & Directory. 1936-37, p. 167. Sanpei Shinozaki (from Kanagawa prefecture), tofu maker, 446 Koula St., Honolulu.

Listed again in Honolulu City 1941-42 as Sampei Shinozaki Tofu (Sampei Shinozaki, proprietor). 448 Koula, Honolulu. Not listed 1947-48.

1590. **Product Name:** Tofu.
Manufacturer's Name: Shinto / Shindo (Mrs. Riyu) Tofu.
Manufacturer's Address: 4262a Waialae Ave., Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Mrs. Riyu Shinto Tofu (Mrs. Riyu Shinto, proprietor). 4262a Waialae Ave., Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 166. Sukezô Shindo (from Hiroshima prefecture), tofu maker, 4262-A Waialae, Honolulu.

1947-48 Honolulu City Directory. Listed as Mrs. Riyu Shindo Tofu, 4230 Waialae Ave., Honolulu.

1591. **Product Name:** Tofu.
Manufacturer's Name: Soga (Mrs. Some) Tofu.
Manufacturer's Address: 1307 River, Honolulu, Oahu, Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Mrs. Some Soga Tofu (Mrs. Some Soga, proprietor). 1307 River, Honolulu. Not listed 1937-38. Note that her location formerly belonged to Sato Tasaku Tofu.

1592. **Product Name:** Tofu.
Manufacturer's Name: Yoshizawa (Bunpei) Tofu.
Manufacturer's Address: Olaa, Island of Hawaii.
Date of Introduction: 1935.
New Product–Documentation: Honolulu City Directory. 1934-35. Bunpei Yoshizawa Tofu (Bunpei Yoshizawa, proprietor). Olaa. Not listed 1947-48.

1593. Burkill, I.H. 1935. A dictionary of the economic products of the Malay Peninsula. 2 vols. Published for the Malay Government by Crown Agents, London. 2,400 p. See p. 1080-86.
• ***Summary:*** These two densely-written volumes might be described as updates to the works of Sir George Watt. In the Malay peninsula, the soy bean is generally known as *Kachang bulu rimau* or *Kachang jepun* [the Japan bean]. In Java it is called *Kachang kedele, Dele, Gadele, Dekeman,* or *Dekenan;* in Sundanese, *Kachang bulu, Kachang jepun,* or *Kedele;* in Sumatra, *Kachang rimau* or *Kachang ramang;* and in Siam, *Tua luang* or *Tua praluang* [accents are included by Burkill].

"The word 'soy' came from a Japanese name for this plant, through the Dutch, who made it [the word 'soy'] known to Europeans. The first account was a result of the residence of their embassy surgeon, Kaempfer, in Japan, in 1691 and 1692; the second of the long service of their merchant, his contemporary, Rumpf, in Amboina."

The soy bean "is frequently cultivated in Siam, and seems to be a familiar plant in Kelantan [a state of Malaysia bounded on the north by Thailand]. Repeated experiments have been made with it elsewhere in Malaya; the Chinese, indeed, continually make them, usually without success, their failure being conspicuous when any available seed is used, instead of seed of races known to stand more or less tropical conditions. In 1918 advantage was taken of experiments in the Philippine Islands, to try, in Singapore, races which succeeded there and grew well. Races from the warmer parts of the United States were on trial in Selangor [Malaysia] in 1922. In 1924 a Chinese race was successfully grown by settlers in villages in the southern parts of Pahang [a state of Malaysia, bounded on the north by Kelantan and Trengganu].

"The soy bean has long been cultivated in Java, and in recent times this cultivation has become almost universal except at the western end of the island, where the climate is most uniformly humid. Probably it came to Java from India, for the name by which it is most known is Tamil and the seed is flattened as are North Indian races, while the Manchurian races have round seeds."

Note: Roxburgh (1832), in discussing the earliest known date for cultivation of soybeans in India states: "Reared in the Honourable Company's Botanic garden [across the Hooghly / Hugli River from Calcutta] from seeds received from the Moluccas [in today's Indonesia] in 1798.

"In Java a soy crop immediately follows rice, and this was the rotation apparently which Spring found the Chinese to use in Pahang."

The seed of the soy bean is rich source of nutrients. It "replaces meat very largely among the Chinese; and as rations for Japanese troops has played a large part." Because the ripe seed contains little or no starch, it is widely used in diabetic diets. "A kind of artificial milk can be made from the seed, and is in common use in Japan and China... This milk has only three-quarters of the full nutritive value of cow's milk." Soy-bean coffee, made from roasted soy beans, "is sold regularly in Japan, and into the coffee can be put

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soy-bean milk. The Chinese germinate the beans and eat the seedlings.

Legumin, or vegetable casein is best made commercially from defatted soy beans. The casein is precipitated from the milky fluid [soymilk] by calcium sulphate. "The liquor is strained through muslin, and the precipitate treated with soda lye, which dissolves the casein; filtering gets rid of the impurities and acetic acid precipitates the casein from the filtrate in a more or less pure state. This casein is fit for use in all the industrial processes for which casein from cow's milk is used."

Soy beans can also be fermented to make témpé or "flavourings used in small quantities to make uninteresting dishes appetizing... Témpé is a food product made in Java from soy beans. It occupies a very important place in the diets of those who live in central and east Java." Detailed descriptions are given of two methods of preparation. (1) Initially, the seeds are parboiled then left soaking in water for 2-3 days. The "mush" [sic, cooked beans] is spread upon frames in flat cakes and inoculated with the fungus *Aspergillus oryzae* by the addition of some of the previous preparation. The cakes are wrapped in banana leaves; (2) This method requires greater care and time. "Meanwhile, a preparation of the fungus has been made in a somewhat elaborate manner, as follows: a portion of an older preparation is wrapped in a rather young teak leaf freely punctured with holes; this preparation is allowed to dry for two days, during which the fungus spreads to the teak leaf. Next, the soy-kernel mush [sic, the cooked soybeans] being ready, the teak leaf is emptied of its contents and sprinkled over the mush in order to convey the fungus. The mush is now put up in packets in banana leaves, heaped together, and covered up for twenty-four hours, after which it is exposed again to the air and cooled; the packets are then ready for sale." Note: This is the second English-language work to contain information about tempeh.

"The Chinese, throughout their own country and those domiciled in Malaysia, make a yet greater variety of preparations. Chief among these is teou-fu [tofu, usually precipitated with imported calcium sulphate]. "The 'teo-fu' does not keep well in a moist state, but can be treated for preservation. First, the cakes are colored yellow by a solution of turmeric or Gardenia flowers, then they are wrapped in cotton cloth and submitted to pressure. Thus made drier, they keep better. The use of this preparation is spreading."

The Chinese also make tao-cho and soy kechap (each fermented with an *Aspergillus* mould). K. Heyne describes how kechap is made in Java using black soy beans, hibiscus leaves, and *Aspergillus oryzae* mold. Finally the sauce is boiled with Arenga sugar, star anise, and other flavourings until the solution is so thick that the salt begins to crystallize.

Large amounts of soy-bean oil ("kachang oil" [perhaps soy sauce]) are imported to Malaya. "In the East [East Asia] it is used chiefly as food, but has other uses such as lubricating, varnish-making, making printer's inks, waterproof goods (Chinese umbrellas and lamps) and also for illumination. A process was patented 20 years ago for making artificial rubber, starting with soy oil. Note: Burkill was a British authority on the flora of southern and southeastern Asia.

"Criminal use: The hairs on the pods seem to be capable of causing a certain amount of irritation within the digestive tract. Gimlette (Malay Poisons, ed. of 1929 p. 169) records a case of administration of them with food in a criminal attempt to poison. He calls them a substitute for bamboo hairs in such circumstances.

"Joss-sticks: Ash of the stem, mixed with resin of *Canarium*, is said to make joss-sticks in Indo-China (Crevost and Lemarié, Cat. Prod. Indochine, 1917 p. 106)."

1594. Dittes, Frances L. 1935. The biological availability of cystine found in soybean cheese. *George Peabody College for Teachers, Abstract of Contribution to Education* No. 165. 36 p. Summary of PhD thesis, Dep. of Home Economics. [38 ref]

• ***Summary:*** Contents: 1. Introduction: Brief historical sketch of previous research on the soybean, the problem. 2. Experimental: General method, basal diet, materials used. 3. Discussion. 4. Summary and conclusions.

Contains many tables, most related to the growth of rats. Figures show (1) Average weight gain curves of rats receiving diets containing 18, 12 and 9 per cent soybean curd as the sole source of protein plus different amounts of cystine. (2) Average weight gain curves of rats receiving diets containing 18 per cent casein; 9, 12, 18, 24, and 30 per cent soybean curd as the sole source of protein. Address: Ph.D., Madison, Tennessee.

1595. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1935. Nichibei jûshoroku [The Japanese American directory. No 31]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Index of cities. 23 cm. [Eng; Jap]*
Address: San Francisco, California.

1596. Morphy, Marcelle. comp. and ed. 1935. Recipes of all nations. New York, NY: William H. Wise & Company. 824 p. 22 cm. Index at the end of each nation.

• ***Summary:*** Contains recipes from 18-20 nations–each with a thumb cut or thumb index or cut-in index. Soy is mentioned frequently in the chapter on Japan (p. 751-69). "One sauce reigns supreme in Japan–*Shoyu*, which replaces salt in many dishes and which is used in the cooking of almost everything: soup, fish, poultry, meat, and vegetables. It is the popular condiment with cold fish or meat and is added to salad dressing. It is made from the Soya bean seeds, wheat, and pure salt, and has a pleasant and distinctive flavor, unlike that of any of our European bottled sauces."

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Soy-related recipes include: Nan yoy kow yook (Broiled pork steamed with Chinese cheese [fermented tofu], p. 737). Misoshiru (miso soup with tofu and miso, p. 755). Misozuke (fish with red or white bean curd and red or white miso, p. 758). Seki han (with azuki beans, p. 759). Suki yaki [Sukiyaki] (beef and vegetables, with tofu and shoyu, p. 761). Yokan (Japanese cakes with azuki beans, p. 762). Misso (miso, homemade with soya beans, malt, and salt, p. 763). Tofu (dried bean curd, p. 763).

Miso is said to be made as follows: "The proportions are 1 bushel of Soya beans, 1 bushel of malt, and 3 bushels of salt. The beans are squeezed and mixed with the malt and salt and kept in a cask for 6 months to mature."

Concerning tofu: "Cubes of tofu are frequently mentioned in Japanese recipes. Tofu is made by soaking the dry beans in water for a day, pounding them in a stone mortar, straining into square molds and mixing with brine. They are then boiled till they become hard and firm." Address: Countess.

1597. Sia, Mary Li (Mrs. Richard H.P. Sia). 1935. Chinese chopsticks: A manual of Chinese cookery and guide to Peiping restaurants. Peiping, China: Printed by Peiping Chronicle. Published by the author. x + 106 p. 20 x 25 cm.
• ***Summary:*** Contains 100 recipes. The names of dishes, restaurants, and their addresses are in English and Chinese (with Cc = Chinese characters given). A recipe (p. 37) for "Steamed fish with black salted soy beans" (Cc tou ch'ih) calls for "1 T. [tablespoon] black salted soy beans, 1 small piece ginger, chopped, 1 piece garlic, chopped." The instructions read: "Clean and smear fish with wine, salt, sugar and soy sauce mixture (which includes wine, salt, and sugar). Place on deep plate. Cover fish with black salted soy beans, onion, ginger, garlic and lard. Steam for 20 minutes."

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Black salted soy beans" to refer to fermented black soybeans.

Tofu recipes: Bean curd and shrimp egg (p. 1). Bean curd and prawns (p. 30). Bean curd, eggs and chicken blood (p. 57).

Among Mutton Restaurants the Tung Lai Shun (p. 99) offers Huo-kuo (Hot Pots), including "Tou-fu (Bean Curd)... per plate .06."

A full page menu (p. 100) for Vegetarian shen lung fan chuan (Cc). The price is $6.00 per table; the price of each of the 12 dishes is also given.

A full page "List of foodstuffs" (p. 101) gives for each English name, Chinese name (in characters), Chinese name (in Wade-Giles romanization). Soy-related foods include: Bean curd (tou fu). Black salted soy bean (tou ch'ih).

1598. van Veen, A.G. 1935. Het B-1 gehalte van voedingsmiddelen [The vitamin B-1 content of foods]. *Geneeskundig Tijdschrift voor Nederlandsch Indie* 75(25):2050-64. [25 ref. Dut; eng]
• ***Summary:*** The vitamin B-1 (anti beri-beri) content in International Units of soybeans (*sojaboonen* or *katjang kedelee;* high), soy tempeh (*tempe kedelee* "prepared by means of fungi from soy-beans;" moderate), and tofu (*tahoe;* low) is given. Address: Geneeskundig Laboratorium, Batavia (Jakarta, Indonesia).

1599. **Product Name:** Tofu.
Manufacturer's Name: Fukei Tofu Mfg.
Manufacturer's Address: N.W. Davis (between 3rd and 4th Ave.), Portland, Oregon.
Date of Introduction: 1935?
How Stored: Refrigerated.
New Product–Documentation: Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Portland, Oregon, at the front of the book (unnumbered pages) shows 90 Japanese businesses. "Fukei Tofu Mfg." is located is on N.W. Davis between 3rd Ave. and 4th Ave. Mfg. Page 780 states this map is from the 1920s. However a librarian from Portland says this map is from 1935.

1600. Kingsley, Ellen J. 1935? Soybean and soybean products for table use. Washington, DC: Bureau of Home Economics, USDA. 17 p. Undated. Mimeographed unpublished manuscript. *
• ***Summary:*** How to use: Green soybeans, dried soybeans, soybean sprouts, soybean flour, soybean milk, soybean curd [tofu], and soybean mash [okara]. Includes recipes.

Note: A stamp shows that this undated publication was received by USDA's National Agricultural Library on 1 Nov. 1935.

1601. **Product Name:** Tofu.
Manufacturer's Name: Taira Tofu Mfg.
Manufacturer's Address: Market St. (near 15th S.), Tacoma, Washington.
Date of Introduction: 1935?
New Product–Documentation: Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Tacoma, Washington, at the front of the book (unnumbered pages) shows Taira Tofu Mfg. Page 780 states this map is from the 1920s. However a librarian from Portland says this map is from 1935.

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1602. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1936/01. Nichibei jûshoroku [The Japanese American directory. No 32]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Soyinfo Center has only the pages mentioning soyfoods in the following cities in California: San Francisco, Oakland, San Jose, Sacramento, Fresno, Los Angeles. Plus Portland (Oregon), and Seattle (Washington). See individual directory entries and advertisements. Published Jan. 1 by Nichibei Shinbunsha. Address: San Francisco, California.

1603. **Product Name:** Tofu.
Manufacturer's Name: Murota Tofu Seizo-sho (Murota Tofu Factory).
Manufacturer's Address: 284 5th Street, Oakland, California. Phone: TEmplebar 5970.
Date of Introduction: 1936. January.
New Product–Documentation: The Japanese American Directory. 1936. p. 86. Also in 1937, p. 59. Also in 1938, p. 64. Also in 1939, p. 62. Also in 1940, p. 60.

The Japanese American Directory. 1941. p. 60. Listed in the category "Food Products." Phone number is now TEmplebar 5974.

1604. **Product Name:** Tofu.
Manufacturer's Name: Nomura Tofu-ten.
Manufacturer's Address: 226 Jackson St., San Jose, California.
Date of Introduction: 1936. January.
New Product–Documentation: The Japanese American Directory. 1936, p. 139. Also in 1937, p. 110. Also in 1938, p. 119. Also in 1939, p. 120. Also in 1940, p. 117. Also in 1941. p. 120. Phone still not listed.

Talk with Kenny Nozaki. 1988. Aug. 25. San Jose Tofu Company was started in 1946 by his uncle, Yoshizo Nozaki, and a Mr. Taira at the present location. Before them, there was one tofu company run by Japanese Americans, located where the Dobashi Market (which started big in 1954) now is in San Jose, but they closed before World War II. Talk with Kenny Nozaki. 1989. Dec. 5. He thinks that this company was only in business for a few years. It was run by elderly people and located on Jackson Street about where the Tsugaru restaurant was/is. When World War II started, they quit and went back to Japan.

1605. **Product Name:** Tofu.
Manufacturer's Name: Umino Tofu Seizo-sho (Umino Tofu Mfg.)
Manufacturer's Address: 1613 Buchanan St., San Francisco, California. Phone: WEst 2157.
Date of Introduction: 1936. January.
New Product–Documentation: The Japanese American Directory. 1936. p. 34. Note: Formerly Moriuchi Tofu-ten made tofu at this address and phone number. Also in 1937. p. 8 (directory). Also in 1938. p. 8. Also in 1939. p. 7. Also in 1940. p. 7. Umino Tofu Seizô-sho (Umino Tofu Mfg.), 1613 Buchanan St. Owned by Kichizo Umino. Listed under the category Food Products Manufacturers. Also in 1941, p. 7.

Talk with Jack and George Mizono. 1989. Nov. 1. At the time that Mr. Mizono bought Azumaya, there was one other Japanese tofu company in San Francisco. Mr. Mizono loved tofu and he always used to buy his tofu there before he bought Azumaya. The daughter currently lives in San Francisco near Jack, and he sees her once in a while. He does not know her name or address. They original owners had a very difficult time because one daughter was very bright, but they had twins that were retarded and they both died right after the war. The father and mother were very hard working people. This company was owned at one time by a Mr. Hayashi (George thinks that was his name). She sold it to Mr. Umino, who was a farmer in Pescadero before he moved to San Francisco. After the sale, Mr. Hayashi moved to Stockton. He was a good friend of Saichi Mizono.

1606. Morse, W.J. 1936. Re: Evaporated soy milk, soybean varieties, and green vegetable soybeans. Letter to Dr. John Harvey Kellogg, The Miami-Battle Creek, Miami Springs (Miami), Florida, March 26. 2 p. Typed, with signature.
• ***Summary:*** "I have your letter of March 9 and with reference to the Bansei soybean, I will say that we will try to spare you as many pounds as possible." There are no longer large sources of either the Chusei or Bansei soybean in this country at present... we obtained the seed from The Yamato Seed Co., Tokyo, Japan. The Bansei was obtained from them under the name *Bansei O Sayada Mame* [probably *Bansei O Saya Eda Mame*] and the Chusei under the name *Chusei O Saya Eda Mame."*

Note: In Japanese, *Bansei* and *Chusei* mean "late grower or late development" and "medium grower or medium development" respectively. *O Saya* means "large pod." *Eda Mamé*–pronounced ay-dah-MAH-may–means "green vegetable soybean."

"The sample of seed which you enclosed is the Tokyo variety and has been grown in this country for many years. During the past two or three years it has increased to a considerable extent especially in North Carolina, Tennessee, and Mississippi. It is not imported from Japan. All of the seed which is in this country was grown in the states mentioned above. It may interest you to know that in North China and southern Manchuria this light, greenish yellow bean is used in the manufacture of bean milk and bean curd. I am quite sure that you will have no difficulty in obtaining almost any quantity of Tokyo through North Carolina growers and seed dealers... In North Carolina and Virginia you can obtain the Tokyo through the following: T.W. Wood & Sons, Richmond, Virginia, Geo. Tait & Sons, Norfolk, Virginia, The Buxton White Seed Co., Elizabeth City, North

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Carolina, and F.P. Latham, Belhaven, North Carolina."

"Mr. J.H. Strawser of the Washington Sanitarium, Takoma Park, Maryland, sent me one of the nicest samples of evaporated soy milk that I have ever seen... I understand that Dr. Miller, who is associated with the Missionary College and now stationed in China, has one or two factories producing this soy milk powder. While Mr. Strawser was experimenting with the milk I understood that the soy milk was evaporated through the regular process used in evaporating cow's milk."

"The Seaboard Airline Railway, at its experimental farm near Hamilton, North Carolina, has been testing some of our green vegetable soybean varieties. Last year they froze some of the beans and have been sending samples to various places. From all reports it is evident that the frozen bean is a most excellent food product."

Note: This is the earliest document seen (March 2001) concerning the work of a small Seventh-day Adventist food company (the Washington Sanitarium, Takoma Park, Maryland) with soyfoods. Address: Senior Agronomist, Div. of Forage Crops and Diseases, Bureau of Plant Industry, USDA, Washington, DC.

1607. Khankhoje, Pandurang. 1936. El frijol soya, Glycine hispida, Max [The soybean]. *Campesino* (*El*) (*Mexico*) 1(7):14-15. March. Revista Mensual. [Spa]

• ***Summary:*** "In Mexico, various experiments for the introduction of the soybean were made starting in 1911. There were repeated sporadically, always with poor results, until the years from 1928 to 1932 and 1933 when in Chapingo and Jalapa, the acclimatization of five varieties was achieved. In the following years, seeds from these 5 varieties were grown and matured in the experimental fields of the Biotechnical Institute (*Instituto Biotécnico*). The varieties Virginia and Laredo also did well there; it was hoped they would soon produced seeds suited for each of our climates."

Also discusses the importance, utilization (as oil, cheese [tofu], shoyu, and flour), and cultivation of the soybean. A photo shows two Laredo variety soybean plants and one Virginia variety soybean plant.

Note: This is the earliest document seen (Feb. 2009) concerning the cultivation of soybeans in Mexico or Central America (one of two documents). This document contains the second earliest date seen for soybeans in Mexico (1911), and the earliest date seen for the cultivation of soybeans in Mexico (1911) or Central America. The source of these soybeans is unknown. Note, however, that soybeans may well have been cultivated in Mexico as early as 1874 (see Carriere 1880). Address: Ingeniero, Jefe de la Oficina de Genetica, Ecologia y Botanica, Dirrecion de Agricultura, San Jacinto, D.F [Mexico City, Mexico].

1608. Guy, Ruth A. 1936. The diets of nursing mothers and young women in Peiping. *Chinese Medical Journal* 50:440. April. *

• ***Summary:*** Dr. Guy has found little evidence that Peiping women have ever used soybean milk to feed their children. She notes that though the drink was available through street vendors, it was generally drunk by "old people in place of tea." Home preparation was difficult and laborious, and therefore avoided. Address: 1. M.D., First Health Station, Peiping Municipality, China.

1609. Morse, W.J. 1936. Soybean introductions named in January 1936 (Leaflet). Washington, DC: USDA, Bureau of Plant Industry, Div. of Forage Crops and Diseases. 2 p. April 7.

• ***Summary:*** A table (p. 1-2) lists the following 25 soybean varieties, sorted by F.P.I. numbers. For four varieties, the FC (forage crop) number is given in parentheses after the F.P.I. number: Georgian, Palmetto, Monetta, Creole, Waseda, Osaya, Chusei (FC 19976), Chame (FC 19977), Higan (FC 19978), Sousei (FC 19979), Goku, Rokusum [Rokusun], Fuji, Bansei, Shiro, Hakote, Sato [black seeded], Kura [black], Kanro, Hokkaido, Hiro, Toku, Jogun, Suru, Nanda.

For each variety the following information is given: F.P.I. Nos., seed color, days to maturity, use, and states grown (such as southern, north and north central, etc.). Use codes: G = Grain. F = Forage. G.V. = Green vegetable. D.B. = Dry edible bean. Color codes: S.Y. = Straw yellow. O.Y. = Olive yellow. Gr. = Green. Bl. = Black. Br. = Brown. Note: Black soybean varieties are Sato, Kura, and Hiro.

An attached page, titled "Soybeans named in January, 1936," by W.J. Morse, lists 21 soybean varieties in a 3-column table, along with the F.P.I. numbers and (in some cases) the FC [forage crop] number in parentheses. All of these varieties appear among the 25 varieties listed above.

Note 1. This is the earliest document seen (June 2009) that mentions the following soybean varieties: Chame, Fuji, Goku, Hakote, Higan, Hiro, Hokkaido, Jogun, Kanro (in USA), Kura, Nanda, Osaya, Sato, Shiro, Sousei, Suru, Toku, and Waseda.

Note 2. This is the earliest document seen in which soybeans are classified by use as "green vegetable" or "dry edible bean" or both. The difference between the two is not explained. Eight varieties are classified as "green vegetable" only: Chame, Hakote, Hiro, Kura, Nanda, Sato, Sousei, and Waseda. Twelve varieties are classified as both: Bansei, Chusei, Fuji, Higan, Hokkaido, Jogun, Kanro, Osaya, Rokusun, Shiro, Suru, and Toku. No varieties are classified only as "dry edible bean." By "dry edible bean" Morse apparently means that this variety is suited to be made into various types of food. The next year, in the 1937 *USDA Yearbook of Agriculture* Morse and Cartter, in an article titled "Improvement in Soybeans" state (p. 1163): "Experiments by commercial firms have shown that these varieties are superior to commercial varieties for the manufacture of

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food products, such as bean flour, roasted beans, bean milk [soymilk], and bean curd [tofu].” Address: Div. of Forage Crops & Diseases, Bureau of Plant Industry, USDA [Washington, DC].

1610. *Agricultor Venezolano* (*El*) (*Ministerio de Agricultura y Cria, Caracas*). 1936. El cultivo de la “soya” [The cultivation the soybean]. 1(1):24. May. [1 ref. Spa]
• ***Summary:*** A short paragraph at the top of the article states: We have translated the monthly bulletin of the Royal Bank of Canada [actually The Royal Bank of Canada Monthly Letter, April 1936] which discusses the extraordinary importance acquired recently by the soybean, an agricultural product whose cultivation is being tested in Venezuela. The intensification of this crop in our country can come to signify a new and important source of national wealth.

The article begins: “To many people, the soybean has an oriental flavour; they know it as the basic ingredient in some of the most famous English meat sauces [Worcestershire, etc.] and have heard that it is an important Manchurian export. Against this background it is something of a surprise to learn from the *Wall Street Journal* of February 17, 1936, that in the previous year it had become, from the viewpoint of cash return to the farmers, the fourth most important cereal crop in the United States. The crop of 1934 was about 50 per cent larger than that of 1933 and the crop of 1935 was doubled that of 1934.”

The many uses of the soybean are discussed, including soybean flour (with and without the original oil content of the seed), soybean milk, butter, cheese [tofu], and coffee. Among industrial uses, in 1934, 10 million lb of soybean oil were used by the paint industry in the USA. “In varnish and lacquers soybean oil is the principal base. The Ford car is finished with a soybean lacquer and the Ford Company is erecting a $5,000,000 plant in Detroit [Michigan] to make soybean products. In soaps, glues, linoleums and rubber substitutes, the ingredients of the soybean have come to be of predominant importance.”

1611. Cheng, Libin T.; Hartman, R.J. 1936. Studies on soy-bean proteins. I. A new method of preparing soy-bean proteins. *J. of the Chinese Chemical Society* 4(3):149-51. May. (Chem. Abst. 30:8420). [2 ref. Eng]
• ***Summary:*** “A new method of preparing whole soy-bean protein was found.” Soaked and well hydrated soy beans were ground with water, then the milky extract was squeezed out. The protein was precipitated at 37ºC and pH 5 with acetic acid. The protein was purified with water and methyl alcohol successively. Address: 1. Dep. of Physiological Chemistry, Biological Lab., Science Society of China, Nanking; 2. Lab. of Colloidal Chemistry, Indiana Univ., Bloomington, Indiana.

1612. Mogi, Masatoshi. 1936. Miso jôzô ni kansuru saikin no kenkyû. II. [Studies on the microorganisms in the manufacture of “miso.” II.]. *Nippon Nogeikagaku Kaishi* (*J. of the Agricultural Chemical Society of Japan*) 12(5):367-77. May. English-language summary in Bulletin of the Agricultural Chemical Society of Japan 12(5):54-55, bound at the front of Nippon Nogei Kagaku Kaishi. [1 ref. Jap; eng]
• ***Summary:*** The soluble breakdown products of starch and protein in miso may be produced equally well by bacteria or by koji molds. Three experiments were made using the aerobic bacteria isolated from miso: (1) Diastatic and starch liquefying power. (2) Liquefying power of gelatine (all the bacteria liquefy gelatine). (3) Liquefying power of “Tofu” (The degrees of liquification are not always parallel to the liquefying power of gelatine). Address: Nôgakushi, Brewing Laboratory, Noda Shoyu Co. Ltd., Noda-machi, Chiba-ken, Japan.

1613. The Royal Bank of Canada Monthly Letter, April 1936. 1936. In: National Research Council of Canada. 1936. Proceedings of the Second Conference on Soybeans. Ottawa, Canada. 18 p. See Appendix C, p. C1-C2. Held on 4 May 1936 in the National Research Building, Ottawa, Ontario, Canada. [1 ref]
• ***Summary:*** An overview of the rapid growth of soybeans in the United States, and their potential as a crop in Canada. “To many people, the soybean has an oriental flavour; they know it as the basic ingredient in some of the most famous English meat sauces [Worcestershire, etc.] and have heard that it is an important Manchurian export. Against this background it is something of a surprise to learn from the *Wall Street Journal* of February 17, 1936, that in the previous year it had become, from the viewpoint of cash return to the farmers, the fourth most important cereal crop in the United States. The crop of 1934 was about 50 per cent larger than that of 1933 and the crop of 1935 was doubled that of 1934.”

The many uses of the soybean are discussed, including soybean flour (with and without the original oil content of the seed), soybean milk, butter, cheese [tofu], and coffee. Among industrial uses, in 1934, 10 million lb of soybean oil were used by the paint industry in the USA. “In varnish and lacquers soybean oil is the principal base. The Ford car is finished with a soybean lacquer and the Ford Company is erecting a $5,000,000 plant in Detroit [Michigan] to make soybean products. In soaps, glues, linoleums and rubber substitutes, the ingredients of the soybean have come to be of predominant importance.”

1614. **Product Name:** Tofu.
Manufacturer’s Name: Hirota Tofu Seizo-sho (Hirota Tofu Mfg. Co.).
Manufacturer’s Address: 140 W. 1st S. St., Salt Lake City, Utah.
Date of Introduction: 1936. June.
New Product–Documentation: Hokubei Nenkan–The

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North American Times Year Book. 1936. Hirota Tofu Seizô-sho, 140 W. 1st So. St., Salt Lake City. Mr. Choba? (or Nagauma? or Osaba? or Takema? or Tatsuma?) Hirota. No phone.

The Japanese American Directory. 1941. p. 607. Hirota Tofu Seizo oyobi Zakka-ten (Hirota Tofu Co. & General Store). Same Address. Phone: Not listed.

1615. **Product Name:** Tofu.
Manufacturer's Name: Miyazaki Tofu-ten.
Manufacturer's Address: 216 Gore Ave., Vancouver, BC, Canada. Phone: Doug. 4673 L.
Date of Introduction: 1936. June.
New Product–Documentation: Hokubei Nenkan–The North American Times Year Book. 1936, p. 254. Mr. Haruobei (or Jirobei?) Miyazaki.

1616. **Product Name:** Tofu.
Manufacturer's Name: Murakami Hatsu Tofu-ten.
Manufacturer's Address: 1662 2nd Ave. W., Vancouver, BC, Canada. Phone: Bay. 4575 L.
Date of Introduction: 1936. June.
New Product–Documentation: Hokubei Nenkan–The North American Times Year Book. 1936, p. 254. Mr. Hatsutaro Murakami.

1617. **Product Name:** Tofu.
Manufacturer's Name: Murakami Tofu-ten.
Manufacturer's Address: 343 5th Ave. W., Vancouver, BC, Canada. Phone: Fair. 3465 L.
Date of Introduction: 1936. June.
New Product–Documentation: Hokubei Nenkan–The North American Times Year Book. 1936, p. 254. Mr. Ikutaro Murakami.

1618. **Product Name:** Star Tofu.
Manufacturer's Name: Nippon Tofu Seizo-sho (Tofu Mfg. Co.).
Manufacturer's Address: 614 Main St., Seattle, Washington. Phone: Elliot 2453.
Date of Introduction: 1936. June.
Ingredients: Soybean, water, bittern or nigari–an extract of seawater.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Ad (1/14 page) in Hokubei Nenkan–The North American Times Year Book. 1936, p. 45. Star brand Tofu. Nippon (or Nihon) Tofu Seizô-sho, 614 Main St., Seattle, Washington. Directory entry, p. 60. Owner: Mr. Kakuji Tanaka.

Note: Is this Star Tofu in Seattle related to another Star Tofu that appeared in 1950 on 608 Weller St., but with a different company name?

1619. **Product Name:** Tofu.
Manufacturer's Name: Shiyatoru Tofu Gaisha (Seattle Tofu Co.).
Manufacturer's Address: 615 Weller St., Seattle, Washington. Phone: Main 3639.
Date of Introduction: 1936. June.
New Product–Documentation: Ad (1/14 page) in Hokubei Nenkan–The North American Times Year Book. 1936, p. 45. All in Japanese. Shiyatoru Tofu Gaisha, 615 Weller St., Seattle. Phone: Main 3939. Manager: Mr. Saichi Ozaki. Accountant: Yoshikichi Nakagawa. Directory entry p. 59.

The Japanese American Directory. 1937. p. 551 (directory; Sha-shi Tofu Seizô-sho. Seattle Tofu Mfg. Co. (new name), 615 Weller St., Seattle, Washington. Phone: MA 3639). Also in 1938, p. 531. Also in 1939, p. 534. Also in 1940, p. 534. Also in 1941. p. 551. Seattle Tofu Seizô-sho (in Japanese), Seattle Tofu Co., 615 Weller St., (in English), Seattle, California. Phone: MA 3639.

Ito, Kazuo. 1973. *Issei: A history of Japanese immigrants in North America.* Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. The map of the old Japanese district of Seattle, Washington, at the front of the book (unnumbered pages) shows Seattle Tofu Mfg. Co. Most of the company is located on the south side of Weller Street, but a small annex is located across the street on the north side of Weller. Address: S. Weller (between Maynard and 6th Ave.). Page 780 states this map is from the 1920s. The 1 January 1916 edition the *Hokubei Nenkan* listed all businesses operating in Japanese town in Seattle. They included two "tofu-makers" (p. 800).

1620. **Product Name:** Tofu.
Manufacturer's Name: Tanaka Tofu-ten.
Manufacturer's Address: 451 Powell St., Vancouver, BC, Canada. Phone: High 453 R.
Date of Introduction: 1936. June.
New Product–Documentation: Hokubei Nenkan–The North American Times Year Book. 1936, p. 255. Mr. Ichijiro Tanaka. Note: Another Tanaka Tofu Co. was started in Vancouver at a different address in about 1925. Could the two be related?

1621. **Product Name:** Tofu.
Manufacturer's Name: Wakabayashi Tofu-ten.
Manufacturer's Address: 439½ Powell St., Vancouver, BC, Canada. Phone: High 4067.
Date of Introduction: 1936. June.
New Product–Documentation: Hokubei Nenkan–The North American Times Year Book. 1936, p. 255. Mr. Chûgorô (or Tadagorô) Wakabayashi.

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1622. Breedlove, L.B. 1936. Soy bean–The magic plant: Source of manifold foods for man, woman, and child. Article VIII. *Chicago J. of Commerce and La Salle Street Journal.* June 18. p. 12.

• ***Summary:*** Contents: Introduction (experiments on the diet of prisoners; the scientific knowledge of foods in relation to life and work). Removing bitter taste. Composition of soy flours. The count in amino acids.

One table shows the average composition of five types soy bean flours made from: (1) whole soybeans, (2) high fat content cake, (3) medium fat content cake, (4) low fat content cake, (5) solvent extracted cake. Flour made from whole soybeans contains 20.45% fat and 36.63% protein. Flour made from solvent extracted cake contains 1.58% fat and 68.74% protein. A second table gives the "Composition of the principal protein of various grains," as follows: Barley (hordein). Oats (glutelin, gliaden). Rice (globulin, glutelin). Rye (gliaden, glutelin). Wheat (glutin, gliadin, glutenin, leucosin). Soybean (glycinin). Navy bean (phaseolin).

A large diagram titled "Uses of the soy bean," shows 91 different uses. For example: The plants can be used for green manure, forage, pasture, or soiling. The beans can be used to make meal, oil, dried beans, and green beans. The oil can be used to make 13 different non-food industrial products plus food products and lecithin. These food products include butter substitute, lard substitute, edible oils, and salad oils. Lecithin is used in leather tanning, candy manufacture, medicines, and as an emulsifier. The dried beans can be made into 9 foods and beverages plus stock feed. The "vegetable milk" can be made into bean curd (which can be used fresh, dried, smoked, or fermented), "condensed soy milk, canned soy milk, fresh soy milk, soy milk powder, and soy casein." The casein can be made into "paper sizing, paints, textile dressing, waterproofing for textiles, drugs, or synthetic wool." Green beans can be used as a green vegetable, canned, or in salads.

"History indicates that the Chinese because of the soy bean were first among racial groups to have a well-balanced diet, and being better nourished, they were for centuries able consistently to drive off the barbarians.

"Western nations took little interest in diet other than that which grew up in the customs born out of trial and error methods. For more than one hundred years after experiments on prisoners began, the whole matter was looked upon as one of economy for the state and it was not until Carl von Voit laid down seventy years ago, his famous dictum, i.e., a man doing little work should have daily 118 grams of proteins, 500 grams of carbohydrates and 56 grams of fat, that any interest in a diet providing sufficient nutrition became manifest."

Note 1. This is the earliest English-language document seen (Aug. 2003) with the term "soy casein" to refer to isolated soy protein products.

Note 2. This is the earliest English-language document seen (Dec. 2004) that uses the term "synthetic wool" to refer to spun soy protein fiber used like a textile fiber (such as wool). Address: Staff member, Chicago Journal of Commerce.

1623. Breedlove, L.B. 1936. Soy bean–The magic plant: Source of manifold foods for man, woman, and child. Article X. *Chicago J. of Commerce and La Salle Street Journal.* June 23. p. 11.

• ***Summary:*** Introduction and composition of "soy milk" (also called vegetable milk and soya milk). Producing soy bean milk (method of Max Adler). Food for diabetics. Curd base for many dishes (To Fu). American soya sauce superior.

"Soy bean milk is now produced, on a factory basis, in this country by five companies, of which three offer the soy milk in powdered form."

"The addition of magnesium or calcium salts or lactic acid to soy milk when hot, precipitates out a good part of the protein, forming a grayish white curd, leaving a yellow water liquid [whey]. This curd, after being drained and pressed, is the product known as 'To Fu,' which is an extensive article of diet among oriental, and also forms the basis for numerous fermented, smoked and dried cheeses in China and Japan. In all of the large cities of this country having a large oriental population such curd, made fresh each day, may be found in the food stores which cater to such populations.

Such cheeses or curds have not yet appealed to the occidental taste. They seem too strong in flavor and are of a sponge-like consistency... With the newer methods of conditioning the beans, it seems quite likely that the curds–not unlike cottage cheese–may be more palatable to the western taste.

"On the oriental table these curds, prepared in an infinite number of ways–it is said that most any self-respecting oriental chef knows at least 500 recipes–may appear in one form for an appetizer, in another form as the 'meat' course, in another as the salad, and in still another as the dessert."

"American soya sauce superior: Soya sauce, used extensively by oriental peoples in cooking, as a relish or condiment to increase the flavor of all dishes and as an aid to food assimilation, is made by crushing and grinding a mixture of cooked [soy] beans and pulverized barley, inoculating with a culture known as rice ferment and leaving in vats for six to eighteen months to ferment. The juice is then drained and filtered, salt and spices added.

"The recipe for this dark-brown liquid, used on chop suey and other typical dishes, has been a closely guarded secret handed down for generations in a limited number of Chinese families. However, within the last few years, the chemists of one American firm [Oriental Show-You Company, Columbia City, Indiana] discovered a more satisfactory recipe and the output of this factory, making the sauce from domestic beans, has so captured the market in this country among the oriental reared citizens that imports

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of the sauce have been greatly reduced."

"Until very recently, when methods were found to remove the bitter taste, very little soy bean oil was used in this country for edible purposes. When properly treated, however, soy bean oil may serve in any one of the three important uses–either in lard substitutes, in margarin [margarine], or in cooking oils." Address: Staff member, Chicago Journal of Commerce.

1624. *Madison Survey* (*Madison, Tennessee*). 1936. Among the industries at Madison. 18(29):113-16. July 15.
• ***Summary:*** Madison stresses its industries not simply because they are a source of revenue for students. "If every student who enters this college were financially able to meet expenses with cash, still Madison would operate its industrial centers because they constitute one of the outstanding features of the educational system Madison fosters. Why? Madison is preparing men and women to fill places of responsibility in needy fields, in hard and trying places. It turns out to the world men and women capable of doing things worthwhile for the community in which they locate. Not all of these are by any means white-collar jobs. Labor itself is educational. Labor is needed to develop the whole man."

The Madison Printing Department prints all of the packages and labels for Madison Foods. Photos show the following products in paperboard boxes with labels: Date Stix, Fruit Stix, Breakfast Crisps, Bran Wafers, Thin-Things, Soy-Koff, Whole Wheat Wafers, and Minute Wheat. Labels for Vigorost and Kreme O'Soy [bread] are also pictured.

"One of the latest printing jobs is three thousand display units to accompany samples of Fruit Stix, Date Stix, Breakfast Crisps, and Soy-Koff."

"Kreme O'Soy Bread adds quality to every lunch and meal. You will enjoy its rich creamy nut-like flavor. Use it freely for toast, sandwiches, fillings, puddings, etc.

"Madison Kreme O'Soy Flour is used in this bread to reduce the starch content, to impart the creamy nut-like flavor, and to alkalinize the bread. Kreme O'Soy Flour is a rich food–a complete protein–containing only a trace of starch." Other products noted are Nut-Meat, Soy Beans with Tomato Sauce, and Soy Cheese.

1625. Monnier, Emile. 1936. La graine de soja: Les préparations à base de graines de soja dans l'alimentation des Annamites [The soybean seed: Preparations based on soybeans in the diet of the Annamites (of Central Vietnam)]. Marseille, France: Imprimerie Ant. Ged. 106 p. 24 cm. [91 ref. Fre]
• ***Summary:*** The title pages states that this is the published version of the author's PhD thesis at the Mixed Faculty of General and Colonial Medicine, and of Pharmacy at Marseille. The thesis was presented and defended before the Faculty of Medicine of Marseille on 10 July 1936 to obtain the degree of Doctor of Pharmacy. The author was born on 19 Nov. 1905, at Sarzeau (Morbihan); he is a *Licencié ès Sciences, Pharmacien-Capitaine des Troupes Coloniales.*

Contents: 1. Introduction. 2. The soybean: Historical summary and overview. Soybean botany, the production of soya; its cultivation in Indochina, soybean commerce and trade, chemical composition of the soybean seed (analysis of soybeans from Tonkin), the chemical constituents of the soybean seed, soy oil, food use of soya in Europe, industrial uses of soya, soya in therapeutics and dietetics. 3. Soy-based food preparations from Indochina: Soymilk, the fermentation and preservation of soymilk, tofu (*dâu-phù*), soy sauce, yuba (La crème de soja, *dâu-phù-chuc*). 4. Conclusion.

1626. **Product Name:** Health Breads, Cookies, Date Bars, Soy Bean Sprouts, Soy Oil, Soy Milk, Soy Cheese, Soy Flour.
Manufacturer's Name: Soybean Health Products Company.
Manufacturer's Address: Oakland, California.
Date of Introduction: 1936. July.
New Product–Documentation: L.B. Breedlove. 1936. *Chicago J. of Commerce and La Salle Street Journal.* June 25. p. 14. "Soy bean–The magic plant. Article XI." "Soybean Health Products Company, Oakland, California: Health breads, cookies, date bars, etc.; soy bean sprouts, soy oil, soy milk, soy cheese, soy flour."

1627. Takata, Ryôhei. 1936. Daizu seihin no eiyô gakuteki kenkyû. I. Kôri-dôfu tanpakushitsu no eiyô-ka [Research on soyfoods nutrition. I. Nutritional value of the protein in dried-frozen tofu]. *Jozogaku Zasshi* (*J. of Brewing, Osaka*) 14(7):549-53. [3 ref. Jap]

1628. Brewster, Clara M. 1936. The Soya bean: A four-star food. *Horizon* (*Tempo Books, New York City*) 1(3):9, 26-27. Aug.
• ***Summary:*** "Like the Fountain of Youth, the Perfect Food is a myth. There is, however, a well-nigh ideal substitute. It is 5,000 years old, yet fully appreciated only so recently that it can well be called the food of tomorrow. This food is the Soya bean–a four-star tiny seed, with one star for its exceptionally fine and healthful chemical composition, one star for its cheapness, one star for its taste, and the final star for its adaptability, which makes it a blessing to every health-minded housewife!

"In the Orient, the Soya bean takes the place of meat, eggs, milk, cheese, butter and wheat. Over its supply wars have been fought. On a diet of it entire races have been nourished and thrived. To approximately half the population of the world, it is food and drink day in and day out.

"And it is no wonder. An analysis of the chemical composition of the Soya bean shows that it is composed of 40% protein, 20% fat, and the rest is balanced carbohydrates

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and minerals. Also, research has shown that the Soya bean contains all the vitamins, both the fat-soluble and the water-soluble."

"The Soya bean is a complete vegetable protein containing all of the amino acids in assimilable form; one pound of Soya beans equals the protein value of two pounds of beef, which is much more expensive. Also, quite the opposite of meat, which is highly acid forming, the Soya bean is alkaline, possessing more than twenty times the alkalinity of cow's milk."

From Soya beans we can make Soya bean milk, oil, "a perfect substitute for lard and other kinds of indigestible shortening," a substitute for fresh butter (when the lard substitute is colored with a bit of carrot juice and seasoned with a little Nu-Vege-Sal), a delicious flour (good for use in pancakes, soups, etc.), toasted soya bean (which resemble peanuts in flavor and texture), coffee substitutes and chocolate substitutes (from toasted soya beans–alkaline in reaction and minus all harmful stimulants), toasted soya flour (which has a nut-like flavor), sprouted soya beans, green vegetable beans (picked when the plant is three quarters ripe; they are easy to shell after boiling in the pods for five minutes), tofu (one of the most popular foods made by the Chinese from soya beans, it is a cheese resembling our cottage cheese but pressed into cakes), the curds used to make soya cheese (use in salads or other recipes calling for cottage cheese).

"There are 250 varieties of soya beans. Recipes are given for: Soya beans a la Hauser (boiled whole dry soybeans, seasoned with Nu-Vege-Sal and made into a casserole). Raw soya bean salad (with sprouted soya beans). Soya milk. Clabbered soya milk ("The pulp [okara] strained out of the milk may be used in a multitude of ways..."). Mock oyster patties (with 1 cup soya pulp). Soya muffins (with 2 cups toasted Soya Flour). Soya waffles (with soya flour). Soya fiddle sticks (with soya flour, raw sugar, dates, and nuts). Soya flour fruit cake. Soya sand tarts (with soya flour).

Note 1. Nu-Vege-Sal ("Nutrofied salt") is made by Modern Health Products (Milwaukee, Wisconsin), which has a full-page ad in each issue and also makes Swiss Kriss (natural herbal laxative), Sym (formerly called "Slim"), Vitana (ripe banana food), Santay Swiss Teas, Santay Meatless Bouillon, Sea Greens ("sea vegetables" in tablet form), Sipp (drink instead of coffee), and Aydee Vitamin Tablets.

Note 2. This stylish, spiral bound, quarterly magazine, edited by Bengamin Gayelord Hauser, began publication in early 1936. It is published by Tempo Books (580 Fifth Ave., New York City), the publisher of Hauser's many books with titles like *Eat and Grow Beautiful, Food Science and Health, Harmonized Food Selection, New Health Cookery, Types and Temperaments, Dictionary of Foods, Child Feeding* (written for mothers), *Health Day* (*Gesundheitstag*), *Here's How To Be Healthy* (sensational "health cocktails"). Focusing on "Health, beauty, vitality," it emphasizes that all are related to a good diet. Hauser (whose full-page, dapper photo appears near the front of issue no. 1) "has been called into consultation by the world's most beautiful women, stars of the stage, screen and opera; and for the past two summers he has been Dietetic Director of Elizabeth Arden's exclusive 'Siesta' in Maine." Hauser appears to advocate a vegetarian diet (though he does not say so); he makes no mention of meat, fish or poultry in the text or recipes in the first four issues.

1629. Associated Press (AP). 1936. A vegetable wonder. *Advertiser* (*Montgomery, Alabama*). Sept. 8.
• ***Summary:*** "The soy bean is an immigrant from China... In Detroit, Mr. Ford is building a $5,000,000 plant to make soy bean products. He finishes all his cars with soy bean lacquer [paint].

"The soy bean is also being canned for human consumption. So versatile is this remarkable vegetable that there is soy bean milk, butter, cheese, coffee, breakfast foods, and macaroni on the market. It is remarkable because of a complete absence of starch and a high protein content. In soy bean flour the protein runs from 37 to 40 per cent, and has a high nutrition value."

Note: A cartoon on the same page tells the life story of George Washington Carver. "George worked his way through college. He extracted an oil from peanuts which has been used in treating infantile paralysis. Now, Dr. George Washington Carver, whose parents were slaves, is a great scientist–one of the few Americans to become a member of the Royal Society of Arts, London."

1630. Nippu JiJi-sha (The Nippu Jiji). comp. 1936. Hawai nenkan [Hawaiian Japanese annual and directory (1936-1937)]. Honolulu, Hawaii: Nippu JiJi-sha (The Nippu Jiji). [Jap]
• ***Summary:*** This directory, which is mostly in Japanese characters with very little English or romanization. It is read from back to front. Unlike all other directories of Japanese in the USA, this one does not give any business names. Rather it (Part II) is a directory of Japanese living in the Hawaiian Islands; for each person it gives, in Japanese, his or her name, prefecture of origin in Japan (e.g., from Hiroshima-ken; *-ken* means prefecture), and occupation in Hawaii. Thus, there are many entries for the occupation of "tofu maker." But it is not clear how we should interpret this. In 1936-37 Hawaii, a territory of the United States, was in the midst of the Great Depression. Tofu makers in Japan have traditionally lived under the same roof where they made tofu. In Honolulu (on Oahu) there are 20 entries for "Tofu maker," one for "Tofu merchant," and one for "Tofu shop" (p. 222). Many of the addresses given for tofu makers were probably the addresses of their tofu shops. Although we

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cannot be sure, we will assume that each tofu maker owned and operated his or her own tofu shop. There were probably 18-21 Japanese-owned tofu shops in Honolulu in 1936-37.

In smaller towns outside Honolulu (on both Oahu and the other islands), many of which were quite distant from any other town, its seems even more likely that the address of the tofu maker was also the address of his tofu shop; we will assume that it was.

We have one other powerful tool for analysis–86 existing records in this database for the names and addresses of tofu shops in Honolulu from 1923 to 1984. We have tried to match up those names and/or addresses to the names and addresses given in this 1936-37 Hawaiian directory in order to link a name here with an existing shop.

Contents: Four unnumbered pages of ads. Fold-out maps of Honolulu and of the Hawaiian Islands. Pages 1-7: Table of contents. 12 unnumbered pages of monochrome photos.

Part I: Pages 1-274: Overview of economy of Honolulu. Geography, history, population and occupations, elections, military, law, jails, budget, taxes, sanitation, industries, fishery, airline industry, construction industry, import / export, banks and financial institutions, insurance industry, air time, radio, transportation, postal ad telephone information, religions, churches, athletics / sports, literature, entertainment. Organizations on various islands: Honolulu, Oahu, Hawaii, Maui, Kauai, Molokai, Lanai. Newspapers and magazines (Honolulu), list of people who died last year, information about regulations and laws, Japanese council members on various islands, holidays, time, phone rates, gas and water prices, Japanese holidays, Japanese year names, etc.

Part II: Directory of Japanese in Hawaii. Honolulu (p. 1-228). Island of Oahu (p. 1-54). Island of Maui (p. 1-52). Islands of Lanai and Molokai (p. 1-8). Island of Kauai (p. 1-44). Island of Hawaii (the big island, p. 1-96). Kona and Kau, on the Island of Hawaii (p. 1-20). Publication information (p. 21). Hotel ads on p. 22-24. Address: 920-928 Nuuanu St., Honolulu, Territory of Hawaii.

1631. Fors, Alberto J. 1936. El frijol soya, materia prima para la produccion de aceite [The soybean, raw material for the production of oil]. *Revista de Agricultura* (*Cuba*) 19(8-9):64-66. Aug/Sept. [Spa]

• ***Summary:*** Briefly describes the importance of the soybean as a raw material for the production of oil. At the end of the article are listed the products obtained from the soybean. These include 24 food products (incl. refined soy flour, refined soy oil, chocolate and cocoa with soya, sausages with soy flour, soy bread, soy macaroni, gluten flour and soy casein, soy lard (*mantecado de soya* = shortening), foods for children and diabetics, oleomargarine, soy sprouts (*retoños de soya*), soy cheese (*queso de soya* = tofu), biscuits made with soy cream, La-Choy soy sauce, soya bouillon, low-fat soy mayonnaise, soymilk), 6 concentrated feeds for domestic animals, and 14 industrial soy products (incl. paints, enamels, linoleum, glycerine, varnish, artificial adhesive rubber, candles, lubricants).

The article begins: "The soybean (*el frijol soya*) is a bush which grows to a height of, at most, 3½ feet, but its industrial possibilities and its agricultural worth are gigantic. One cannot explain why the cultivation of this plant in Cuba is still at the test stage. During the past year of 1935, the United States harvested not less than 24 million quintales [1 quintal = 100 pounds] of this bean. The soybean also does well in our climate and in the majority of our soils, with the advantage over the black bean that two crops per year can be harvested.

"We are importing for our consumption about 6 million kg of oil extracted from this bean which, with some industrial products derived from the same, represent an annual expenditure which approximates, on average, one million pesos. The soybean is not a future possibility: it is money in the hand of those who plant it. Cuba has oil extraction plants which can process all the soybeans we can harvest. Why don't you plant soya? Not only do we import large quantities of soy oil, for we are large consumers of oils and fats, but we also bring in concentrated feeds for milk cows, chickens, and various other substances derived from the soybean." The article ends with these words written in large letters: Plant soybeans! Address: Propagaganda de la Inspeccion Provinical de Agricultura de la Habana. A Cargo de Ingeniero A.J. Fors.

1632. Smith, Wesley. 1936. The march of finance: Trading in soy bean futures spotlights latest arrival in farm commodity king row. *Los Angeles Times.* Oct. 6. p. A18.

• ***Summary:*** Yesterday, trading in soy bean futures started on the Chicago Board of Trade. The soy bean has risen dramatically from a minor product on American farms to the "fourth most important cereal crop" in terms of cash returns to farmers last year. It is a "story of the romance of American agriculture and industry."

In 1909 the value of the soy bean crop in the USA was only $17,000. In 1919 the value was $1,085,000–a 64-fold increase in only 10 years. In 1935, the value had risen to $35,000,000. An estimated 600,000 American farmers grown soy beans; the harvested acreage in 1935 was 5,211,000 acres compared with less than 500,000 acres in 1917. In 1935 some 39,637,000 bushels were produced, compared to 5,131,000 in 1925.

Many new industrial uses of soy beans have been developed; it is used to make high-grade paints, soaps, as a binder for foundry cores, celluloid, candles, printing ink, glycerin, linoleum, rubber substitutes, lecithin, and many other products.

A range of foods are now being made and marketed in America: Soy bean flour (with or without the original oil content of the seed), soy bean milk, butter, cheese, coffee,

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biscuits, bread foods and macaroni. The beans themselves are canned.

"The soy bean cake, which is the residue when the oil has been extracted from the bean, is one of the most satisfactory types of fertilizer."

1633. Chamberlin, William Henry. 1936. Youth to improve living in Japan's poorest area: Courses for youthful farmers help to develop Tohoku. *Christian Science Monitor.* Oct. 21. p. 5.
• ***Summary:*** "... the customary simple Japanese breakfast of rice, beancurd soup and pickles..." A map shows northern Japan, including Hokkaido.

1634. Hermano, A.J. 1936. Soybeans a national food for Filipinos. *Agricultural Life* (*Exponent of Philippine Agriculture and Allied Industries*) 3(9-10):21-23. Sept/Oct.
• ***Summary:*** Rice is the chief staple food of the Filipinos. But the local diet would be improved by the addition of soybeans and their products. In April 1934 the Nutrition Research Laboratory, Bureau of Science, began to manufacture soybean milk. The method is described, the milk was used with good results in experiments with school children in Paco. Presently 8 liters/day of soybean milk are prepared for the Tondo and San Nicolas Community Health Social Centers.

The article concludes: "Various soybean products, like 'tokua' [tofu], 'toyo' or sauce, 'tahore' 'toho' 'tohu' and other products made by the Chinese are prepared in rather simple ways and could be easily made by the Filipinos."

Note: This is the earliest English-language document seen (Oct. 2011) that contains the word "tahore" which probably refers to fermented tofu. Address: Chief, Nutrition Research Lab., Bureau of Science [Manila, Philippines].

1635. *Nature's Path to Health* (*Melbourne, Australia*). 1936. Remarkable dietary properties of the soybean. Nov. 15. p. 8.
• ***Summary:*** Gives a brief history of the soybean and an overview of its nutritional benefits. "For 5,000 years the Soy Bean has replaced meat, eggs, and milk in the diet of millions of vegetarian Chinese. It has also been used for food in Japan, Indo-China, Siam and India. The Chinese make practically no use of dairy products, and use very little meat, yet they have lived for centuries in a state of prolific vigor on what appears to be a remarkably well-balanced diet by the use of the Soy Bean." Mentions soy bean flour and soy bean curd.

"Dresden, Germany–Dr. Ragnar Berg, famed city hospital food scientist, who wrote the Dictionary of Foods, recently conducted fundamental researches on protein requirements and found that Soy Beans are a splendid source of protein."

"Due to its content of lecithin and phosphorus, the Soy Bean is a nerve and brain food which is especially valuable in cases of neurasthenia for increasing nerve and brain energy."

1636. Russell, Lindsay. 1936. Beneficent soybean. *New York Times.* Dec. 6. Section 4. p. 8.
• ***Summary:*** Russell believes that "John Havens, a miller in Beaufort County, was the first to bring the soybean to North Carolina, and the experiments of August Heckscher resulted in bringing the soybean to the attention of the Midwest." Note 1. Russell (who is probably wrong) does not say when Havens first brought soybeans to North Carolina or from whom he obtained his soybeans. Note 2. The city of Washington is the capital of Beaufort County, in eastern North Carolina on the Pamlico River. The Havens Oil Co. in Washington, North Carolina, first crushed soybeans in 1916 (C.B. Williams, Dec. 1916; E.G. Funk, 1949).

Although the soybean originated in China, "it remained for Japan to vastly extend the use of the soy bean and introduce it to the world... In 1905 Japan turned the South Manchurian Railway into a Department of Agriculture and started a drive to develop the soy bean..." Also mentions tofu (also called "milk curd") and "mesu" (probably miso) "a six-month ferment and substitute for lactic acid milk." Address: Wilmington, North Carolina.

1637. Slawson, H.H. 1936. Baby's milk from beans: Glowing news story of the soybean that staggers imagination. *Hoard's Dairyman* 81(24):631, 649. Dec. 25.
• ***Summary:*** "To the average Chinese in that cowless country, the taste of cow's milk is said to be 'well nigh intolerable.' The big news for the dairyman, however, lies in the fact that soybean milk is now being produced in this country on a commercial basis. And there is further news in the fact that soybean flour is being promoted as a substitute for milk in the making of bread, pastries, and other foods, which recipes have heretofore called for milk. And there is yet further news in the third fact that soybean casein, made from soybean milk, is being employed as a substitute for casein obtained from cow's milk and used by the paint, paper, textile, and adhesives industries."

"One Tsinan [soy] milk factory had a daily output of 250 bottles and patrons could get one bottle delivered daily for $1 (Mex.) per month." No soymilk brand names are given.

The Chinese make a cheese, called tofu, by coagulating the soymilk. "To this product the rich poetic fancy of the Oriental has given the classic name 'Li chi,' or 'the morning prayer,' which suggests the early morning hours devoted to its manufacture... The importance of this cheese in the Chinese diet can be inferred from the oft-repeated saying that soybean cheese is 'the poor man's meat,' just as the soybean milk is 'the poor man's milk.'"

Soybean casein is now competing with cow's milk casein. "How far the invasion has proceeded can be inferred from statistics furnished by a Detroit [Michigan] automobile

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manufacturer [Henry Ford]. In 1936 he used the entire output of over 61,500 acres of soybeans for use in his cars, including paints and such plastic parts as gears, distributor termina plates, and other accessories. For the plastic frame of the rear window alone 144,000 bushels of soybeans were required. All of the plastic parts might possibly have been made from milk."

1638. *Agricultor Venezolano* (*El*) (*Ministerio de Agricultura y Cria, Caracas*). 1936. La soya: Alimento, abono, y material de gran valor industrial [Soya: Food, fertilizer, and material of great industrial value]. 1(8):15-16. Dec. [Spa]
• ***Summary:*** Soya is a species of plant closely related to the french bean (*caráota*) in its needs during cultivation and its basic nature. A large number of varieties have excellent flavor and nutritional value, and can be used in many different applications. Because the soybean is a legume, its seeds are rich in protein and very nutritious.

Other types of soybeans exist which produce large amounts of foliage for use as forage for cattle or as green manure.

In the latter case, the plants are plowed under so that they enrich the soil at the same time they improve its physical condition by increasing its porosity and its ability to retain humidity / water during droughts.

Edible varieties have a reputation among many for their good flavor. From their seeds you can make soy flour or soymilk. From the soymilk you can make a cheese [tofu], or various drinks and dishes. Breads and cakes are also widely enjoyed, and have excellent nutritional value. Some varieties are very rich in oil, and from them we can extract oil for either food use or industrial uses. The residue left after extracting the oil can serve as a concentrated feed for pigs, dairy cows, and other animals.

The Ministry of Agriculture and Husbandry has, for a long time, distributed different varieties of soybean seeds, whose adaptability to Venezuela has been verified with certainty. Anyone who wishes to obtain soybean seeds of these varieties should contact the Ministry; they will be sent at once. Likewise, anyone with questions related to soya, such as varieties, methods of planting and cultivation, uses as forage, green manure or human food can contact the Ministry of Agriculture for reliable answers.

Photos show: (1) Two soybean pods, one unopened and the other open with 3 seeds showing. (2) Two large fields of soybean plants growing, apparently in Venezuela.

Note 1. This article states that soybeans have long been distributed in Venezuela by the Ministry of Agriculture and Husbandry, which strongly implies that the soybean has been cultivated in Venezuela. If it has, this would be the earliest document seen (May 2009) concerning the cultivation of soybeans in Venezuela.

Note 2. This periodical began publication in May 1936; 28 cm. From 1937 to 1961 this same ministry published another agricultural periodical titled *Memorias y Cuentas.*

1639. Glassmann, B.; Gologorskaja, S. 1936. Verdauungsversuche an Milch und Sojanaehrpraeparaten [Digestibility experiments on milk and soyfoods (soy sour cream, soy "quarg," and tofu)]. *Zeitschrift fuer Untersuchung der Nahrungs- und Genussmittel* 72(5-6):450-52. Nov/Dec. (Chem. Abst. 31[16]:5886). [2 ref. Ger]
• ***Summary:*** Artificial digestion experiments were made with soy sour cream (*Sojasauerrahm* or *Sojamilchrahm*), soy quarg (*Sojaquarg*), tofu (*Sojaeiweiss* = soy protein (*Tophu*)), sour cream from cow's milk, and 'quarq' from cow's milk. (1) To make soy sour cream, sterile soymilk is cultured with lactic acid bacteria for 18 hours at 35ºC, and the resulting product is homogenized by whipping or beating (*durch Schlagen*). (2) To make soy quarg, soymilk is brought to a boil, allowed to cool to 42ºC, inoculated with *Streptococcus acidi lactici*, then allowed to stand at 40ºC for 8 hours. The resulting quarg is pressed. (3) To make tofu, soybean flour or meal (*Sojamehl*) in a vat or tub is slowly stirred with water for 30-45 minutes. The mass is then poured into a sieve to separate the milk from the residue. The milk, in a kettle with an automatic stirring device, is heated to 95ºC, then curded with calcium chloride. The protein curds are pressed.

The digestibility of the soy sour cream was 2-3 times greater than that of the sour cream from cow's milk, but the digestibilities of the other products were about the same. Without the addition of some material to better the flavor, the soy preparations would be difficult to use.

The nomenclature *Sojasauerrahm* is erroneous. The product must be designated as *Sojasauermilch, "Sojaprostokwascha."*

Note 1. Sojaquarg is a unique and interesting product which resembles tofu, except that the coagulation is done by a microorganism with which warm soymilk is inoculated. This is the earliest German document seen (April 2013) is which the word *quarg* is used to refer to tofu.

Note 2. This is the earliest German-language document seen that uses the word "Sojanaehrpraeparaten" in the title to mean "Soyfoods."

Note 3. This is the earliest document seen in any language that contains the term "soy sour cream" or any product resembling sour cream made from soy. Address: Laboratorium des Troustes "Koopchartsch" in Odessa.

1640. Au, Man Sing. comp. and ed. 1936. The Chinese cook book: Covering the entire field of Chinese cookery in the Chinese order of serving. From nuts to soup. Reading, Pennsylvania: Culinary Arts Press. 47 p. See p. 39-40, back cover. Illust. by Warren G. Troutman. 24 cm.
• ***Summary:*** Compiled and edited for the American cook. The index is on p. 12-13. "A small plate is used to hold soyu [sic] or Chinese [soy] sauce. A morsel of food is picked up in the chopsticks, dipped into the sauce, and then put into the

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mouth" (p. 14).

Seasonings and gravies (p. 16-17). "The whole secret of what makes Chinese dishes unusually savory is the special seasoning and appetizing gravy. Items used for seasoning may be purchased in Chinese shops. Chinese sauce or soyu, used instead of salt, adds zest and delicacy." Chinese gravy calls for "Chinese sauce" as an ingredient. Soyu beef tongue (p. 32). Soyu chicken (p. 34).

The section titled "Bean sprouts" (p. 38-39) states: "The thing that gives your teeth that crisp, crunchy fel in so many Chinese dishes is the bean sprouts.

"It is a delicacy among the Chinese, who name it 'teeth cabbage,' probably because it is so crisp the molars like to crunch it.

"It is tremendously popular because of its great number of uses. It makes a fine additional feature to such dishes as chop suey, fried noodles, omelets, soups and so on." Following a detailed description of how "To raise sprouts" at home using Chinese "sprout beans," are 8 recipes for using bean sprouts.

The section titled "Bean curd–Tofu" (p. 39-40) states: "There are three forms of tofu, to be found almost daily in Chinatown shops. First, the Sai-Tofu–water tofu, which is a watery custard. Second, the Slab Tofu, which comes in a block about three inches square and half an inch thick. Third, the Yau-Tofu [deep-fried tofu], which is bean curd, cooked in hot boiling oil, much like the way doughnuts are made."

Tofu recipes: Pork hash tofu. Dried oyster tofu. Tofu far [fah = flowers]: "This is extra fine custard tofu." Not always found in grocery stores, "it may be ordered from the tofu maker. Fill six cups with tofu-far. Melt Chinese brown sugar into syrup and pour over the custard." Pork tofu. Soyu tofu. Tofu soup. Mullet tofu. Chop suey tofu. Bean sprout tofu. Fried tofu ("Brown one dozen slabs of tofu in frying pan").

Au Man Sing was born in 1906. Address: USA.

1641. Carqué, Otto. 1936. Vital facts about foods: A guide to health and longevity. 3rd ed. Los Angeles, California: Published by the author. 208 p. *
• ***Summary:*** About vegetarianism. Address: Los Angeles.

1642. Dittes, Frances L. 1936. The biological availability of cystine found in soybean cheese. PhD thesis, George Peabody College for Teachers. In: Doctoral Dissertations Accepted by American Universities, 1936. *
Address: George Peabody College for Teachers, Nashville, Tennessee.

1643. Gray, George Douglas. 1936. All about the soya bean: In agriculture, industry and commerce. London: John Bale, Sons & Danielsson Ltd. ix + 144 p. Introduction by James L. North. Late curator, Royal Botanic Gardens, Regent's Park, London. Index. 28 cm. [19 ref]
• ***Summary:*** A comprehensive, early work on the soybean. Gray was a Scotch physician. Contents: 1. Introducing the soya bean. 2. The soya bean plant and its cultivation. 3. The soya bean as food: Dietetics, immature green beans, mature dried beans, soya bean coffee, soya bean chocolate, soya bean sprouts, soya bean milk, soya bean flour (incl. Berczeller flour, Soyvita bread made by Messrs. Wm. Beattie, Ltd., Glasgow), bean curd [tofu], soy (also called soya bean sauce, Chinese bean sauce, or shoyu), miso, fermented bean curd (p. 66-67). 4. Soya bean oil. 5. Soya bean trade. 6. The soya bean in agriculture.

Addenda: Soya bean products in the USA. Dieting and recipes. Statistics. India. Bibliography.

In the chapter on "Soya bean oil" we read (p. 75): "In England, the bean oil trade is carried on by the following firms:–The British Oil and Cake Mills Ltd., the ordinary shares of which are held by Lever Bros., Ltd., so that they are a branch of Unilever, Ltd.

"The Hull Oil Manufacturing Co., Ltd., Hull, now merged in the foregoing concern.

"The Premier Oil Extracting Mills, Ltd., Hull.

"Messrs. Wray Sanderson & Co., Hull.

"The Medina Refinery Ltd., Deptford, London.

"Messrs. J. Bibby & Sons Ltd., Liverpool.

"The Erith Oil Works Ltd., Erith" [Kent].

The first addendum, titled "Soybean products exhibited by the American Soybean Association" (at Washington, DC, p. 120-24) lists the following companies and each of the soy products that they manufacture: American Lecithin Corp. (Atlanta, Georgia), Archer-Daniels-Midland Co. (Milwaukee, Wisconsin), Armstrong Paint and Varnish Works (Chicago, Illinois), Battle Creek [Food] Factory (Battle Creek, Michigan), The Blanton Co. (St. Louis, Missouri), Cereo Co. (Tappan, New York), The Davies-Young Soap Co. (Dayton, Ohio), Detroit Graphite Co. (Detroit, Michigan), Eastern Health Food Stores Association (Washington, DC), Funk Brothers Seed Company (Bloomington, Illinois), Harshaw Essential Foods, Inc. (Cleveland, Ohio), Keystone Macaroni Mfg. Co. (Lebanon, Pennsylvania), Kloss, Jethro (Takoma Park, Maryland: Fresh [soybean] milk. Pumpkin pie [soybean milk and soybean flour]. Soybean cheese. Soybean bread [20% soybean flour]. Soybean buns. Soybean sprouts. Soybean cake), Laucks, I.F., Inc. (Bloomington, Illinois–home office, Seattle, Washington), Madison Food Company (Madison, Tennessee; Vigorost, Cheese [Tofu], Soybeans canned with Tomato, Soybeans canned plain, Dixie Fruit Crackers), Mead Johnson and Co. (Evansville, Indiana; Makes Sobee [Infant Formula]), Oriental Show-You Co. (Columbia City, Indiana), Paintcraft Co. (Galesburg, Illinois), Prince Macaroni Mfg. Co. (Boston, Massachusetts), Purina Mills (St. Louis, Missouri; makes Cresol disinfectant, Purina turkey and growing fattening chow, Purina lay chow, Purina egg chowder, Purina breeder egg chowder, Purina fitting chow, Purina rabbit chow, Purina chick Growena chow, Purina 34% cow chow, Purina

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chowder, Purina bulky cow chow, Purina 24% cow chow, Purina pig and hog chow, Protena all mash starting and growing food), Shellabarger Grain Products Company (Decatur, Illinois), Soyex Company, Inc. (Nutley, New Jersey), Staley Sales Corporation (Decatur, Illinois), The Stamford Rubber Supply Company (Stamford, Connecticut), Dr. Roy Monier, President, Board of Managers, State Hospitals (Jefferson City, Missouri), United Drug Company (Boston, Massachusetts), Vi-tone Company (Hamilton, Canada), Woolsey Paint and Color Co., C.A. (Jersey City, New Jersey), Bureau of Chemistry and Soils, Department of Agriculture (Washington, D.C.). Page 120 adds: "The exhibit also contained some 200 soybean products, mostly foods, brought from the Orient by Mr. W.J. Morse, Senior Agronomist, Department of Agriculture, Washington, DC, U.S.A." Note 1. Morse and P.H. Dorsett were in East Asia from 1929 to 1931, when they collected many samples of soybeans and soyfoods.

In the second addendum, recipes, the author notes that soy flour is widely used in diabetic diets. Two leading firms who make soy flour in England and who also incorporate it in various products are: Soya Foods, Ltd., Rickmansworth, Herts, and Dietetic Foods Ltd. 124 Victoria St., London, S.W. 1. "The former specialize in Soyolk which is flour prepared on the principles laid down by Professor Berczeller; it is a mealy powder, fatty to the touch. The latter firm are the sole distributors in Great Britain of the well-known 'Heudebert' Dietetic Food products, a French concern which makes different kinds of diabetic breads." The following recipes are then given; * = Calls for Soyolk soy flour: Soybeans, southern style. Soybean salad. Roasted soybeans [like dry-roasted peanuts]. Soybean croquettes. Soybean soufflé. Stuffing for baked fish*. White sponge pudding*. Shortbread*. Madeira cake*. Soya soup à la Reine (uses Heudebert soya flour). Soya chocolate (with soya flour). Soya vegetable soup (with soya flour). Soya bean sprout salad.

Note 2. This is the earliest English-language document seen (Jan. 2013) that uses the term "soya bean sprouts" to refer to these sprouts. Address: M.D. (Scotch physician) England. Late medical officer to H.B.M. Legation, Peking, China. Lieut.-Colonel, Retired.

1644. Hindmarsh, Albert Edward. 1936. The basis of Japanese foreign policy. Cambridge, Massachusetts: Harvard University Press. x + 265 p. See p. 169. 22 cm. [100+* ref]
• ***Summary:*** Page 169: In Japan "the necessities of life are relatively low in price and existence is simple. The laborer's diet of rice, fish, and soya bean curd [tofu] comes easily and directly from the soil and sea, and his yen is relatively more effective than our dollar. 'A Japanese worker can live just as happily and comfortably as an American workman who receives six times his wage" (Eldridge 1934).

The excellent chapter on Japan's problem of population pressure contains two very interesting graphs (p. 46-47). The first shows the number of births and deaths each year from 1877 to 1932. The difference between the two is the "natural increase" in population, which was largest from 1918 to 1932, as deaths decreased steadily and births rose dramatically.

The second shows the "Rate of population increase in Japan proper" from 1873 to 1929. This rate showed a general increase from 5 in 1873 to about 14 in 1911–but with sudden, sharp decreases as follows: From cholera in about 1879, 1887, and 1891. From the Russo-Japanese War in 1904 and 1905 (Japan won). And (the biggest decrease of all) from influenza in 1918 (the international Spanish Flu pandemic, which killed an estimated 390,000 Japanese). Address: Asst. Dean of Harvard College, Instructor and Tutor, Dep. of Government, Harvard Univ., Asst. Prof. of International Law, Fletcher School of Law and Diplomacy.

1645. Institut International d'Agriculture (International Institute of Agriculture). 1936. Le soja dans le monde [The soybean in various countries of the world]. Rome, Italy: Imprimerie de la Chambre des Deputes, Charles Colombo. viii + 282 p. Bibliography, p. 276-82. No index. 25 cm. [90 ref. Fre]
• ***Summary:*** A superb early work, containing extensive original information, looking at developments with soybeans and soyfoods country by country, worldwide. Contents. Preface (p. 1). A. Culture of soy (*soja;* p. 4): 1. Botanical description, selection, classification of the varieties. 2. Culture properly said. 3. Enemies and illnesses.

4. Culture in the various countries: 4a. The Americas (p. 38): Antigua, Argentina, Bermuda, Brazil, Canada, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, USA (gives details on all varieties grown, and describes production, history, varieties, and cultural practices in North Carolina, Illinois, Indiana, Iowa, Maryland, Massachusetts, Mississippi, Missouri, New York, Ohio, West Virginia, Wisconsin, Conclusion), Guadeloupe, Guatemala, British Guiana, Dutch Guiana, British Honduras [Belize], Jamaica, Barbados, Martinique, Mexico, Montserrat, Peru, Puerto Rico, El Salvador, Trinidad and Tobago, Uruguay.

4b. Europe (p. 101): Germany, the Danubian countries, Austria, Spain, France, Great Britain, Hungary, Italy, Netherlands, Poland, Romania, Switzerland, Czechoslovakia, Turkey, USSR.

4c. Asia (p. 128): Ceylon, China and Manchuria, Cyprus, Federated States of Malaysia, British India (incl. Punjab, Bihar and Orissa, Burma, Berar, Madras Presidency, Bombay Presidency, Bengal (incl. Nepal, Bhutan, Sikkim, and the district of Darjeeling), Assam, North-West Frontier Province, United Provinces), Netherlands Indies, Indochina (incl. Tonkin, Annam, Laos, Cambodia, and Cochinchine), Japan, Palestine, Siam.

4d. Africa (p. 146): French West Africa, Algeria, Belgian

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Congo, Cyrenaica, Egypt, Eritrea, Madagascar, Morocco, Mauritius (Ile Maurice), Reunion (Réunion), Rhodesia, Anglo-Egyptian Sudan, Tripolitania, Tunisia, Union of South Africa.

4e. Oceania (p. 153): Australia, Fiji Islands, Hawaii, New Caledonia, New Zealand, Philippines.

B. Utilization of soya (p. 158): 1. The soybean in human nutrition and in industry: Whole soybeans, chart of the uses of whole soybeans, use of soya in the green state (green vegetable soybeans), soy sauce (*dau-tuong* of the Annamites, or *toyo*, named shoyu by the Japanese, or *chau-yau* or *chiang yoo* by the Chinese), condiments and sauces based on soya in the Netherlands Indies (*tempe, ontjom, tempemori* and *tempe kedele* [various types of tempeh and onchom, p. 168-70]), *tao tjo* [Indonesian-style miso], *tao dji* [fermented black soybeans], *ketjap, ketiap benteng* [Indonesian-style soy sauce], soymilk (*le lait de soja*), yuba (*crème de lait de soja*), tofu (*le fromage de soja*) and fermented tofu (*des fromages fermentés*, made by Li Yu-ying near Paris), soymilk casein (*caséine du lait de soja*, for industrial use, including vegetable albumin, or galalithe [galalith]" [isolated soy protein], and artificial wool), soy lecithin (*lécithine de soja*), soy flour (*la farine de soja*, incl. soy bread, soy pastries, and soy cocoa).

Note 1. This is the earliest document seen (Sept. 2010) that uses the term *benteng ketiap benteng* to refer to an Indonesian-style soy sauce.

2. Soy oil (p. 194): Food uses, industrial uses (including soaps, products resembling petroleum, paints, varnishes, linoleum, and artificial rubber), extraction, directory of U.S. manufacturers of materials and equipment for soybean processing, directory of U.S. and Canadian manufacturers of food products based on soya (*produits alimentaires à base de soja*, p. 205-06), directory of U.S. manufacturers of industrial soy products (p. 206-07).

3. Soybean in the feeding of domestic animals (p. 207): Forage, hay, silage, pasture, soybean seeds, the minerals in soybeans, soya as a feed for dairy cows, cattle, buffaloes, sheep, hogs, horses and mules, poultry.

4. Use of soya as fertilizer (p. 257). C. The trade of soya and of its by-products (p. 363): Production of soybeans in the principal countries, economic importance of soybean culture in the USA, soybean trade/commerce including tables of the major importers and exporters, and amounts traded annually in 1931-1934, price of soybeans, cost of production.

List by region and country of people and organizations that responded to a questionnaire sent by IIA (p. 273-76). Bibliography of main publications consulted, listed by region and country of publication.

Reunion (*Ile de la Réunion*)*:* "The soybean (Le Soja) is only cultivated as an experimental crop, on a few square meters at the agronomic station" (p. 148).

Fiji (*Iles Fidji*)*:* Soybean cultivation is not yet practiced in this colony; however soybean seeds are currently being imported in order to conduct a trial.

New Caledonia: In 1928 soybean cultivation was introduced to New Caledonia.

Note 2. This is the earliest document seen (Dec. 2007) concerning soybeans in Bhutan, Costa Rica, Dominican Republic, El Salvador, Guatemala, Israel, Jamaica, Madagascar, Morocco, New Caledonia, Palestine, Peru, or Réunion, or the cultivation of soybeans in Bhutan, Costa Rica, Dominican Republic, El Salvador, Guatemala, Israel, Jamaica, Madagascar, Mexico, the Middle East. Morocco, New Caledonia, Palestine, Peru, or Réunion. It is also the earliest document seen (Dec. 2007) concerning soybeans in connection with (but not yet in) Cyprus; it is stated that soybeans are not grown on the island of Cyprus. Soybean culture is not practiced in the Italian colonies of Eritrea (Erythrée, now part of Ethiopia) or Cyrenaica (Cyrénaïque, now part of Libya).

Note 3. This document contains the earliest date seen for soybeans in Bhutan, New Caledonia, or Réunion, or the cultivation of soybeans in New Caledonia (1928), or Bhutan or Réunion (1936) (One of two documents).

Note 4. This is the earliest French-language document seen (Sept. 2011) that mentions tempeh, which it calls "tempe" (p. 168). It notes that, in general, the indigenous people of the Netherlands Indies use soybeans mainly to make *tempe*, a product which, throughout central and eastern Java, takes the place reserved for *ontjom* in western Java. Tempeh is found in two forms: either in large flat cakes which are cut at the time of sale into small square morsels, or wrapped in folded banana leaves. A detailed description of the preparation of each of these two types of tempeh is given as well as another type of tempe, called *tempemori*, which is made with soybeans and coconut presscake.

Soybean culture is not known to be practiced in the following countries or colonies: Antigua, Barbados, British Honduras (renamed Belize in about 1975), Trinidad and Tobago. Address: Rome, Italy.

1646. James, Grace. 1936. Japan: recollections and impressions. London: George Allen & Unwin Ltd. 285 p. See p. 140, 155. Illust. No index. 22 cm.

• ***Summary:*** This book has three parts: I. Reflections of Tokyo (1885-1895). II. Japan revisited 1934. III. Impressions and conclusions. The author's father was an officer of the British Navy. She was born in Japan.

In Part II, Chapter 6, titled "Otsuka San," refers to Miss Shiwo Otsuka, who gave her Japanese lessons. "... I knew from the significance of his long-drawn cries if it was the *tofu* (bean curd) seller, the flower-seller, the scissors-grinder, the pipe-cleaner, or the gold-fish vendor, who was coming down our lane" (p. 140).

"*O Sushi* consists of cold boiled rice, delicately flavored with *shôyu* or vinegar and with various additions, such as shreds of [pickled] ginger, chopped pickled melon or

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cucumber, or fragments of raw fish. The honourable *Sushi* is made up into rolls or balls convenient for handling and covered with edible wrapping. *Inari Sushi...*" "... a thin coating of *abura tofu* (oiled bean curd) and *nori maki,* as their name denotes, are wound in seaweed" (p. 154-55).

1647. Polk's Portland (Oregon) city directory. 1936. Portland, Oregon: R.L. Polk & Co., Inc. See p. 976, 1942.
• ***Summary:*** "Ohta Saizo whol baker 322 NW 5th av."

Bakers–Wholesale (p. 1942): "Ohta Saizo 322 NW 5th av."

Note 1. This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* Address: Portland, Oregon.

1648. Read, Bernard E. 1936. Chinese medicinal plants from the "Pen ts'ao kang mu" of 1596. 3rd edition of a botanical, chemical and pharmacological reference list. Peking, China: Peking Natural History Bulletin. Sales Agent: The French Bookstore. xvi + 391 p. See p. 114-18. Index of romanized Chinese plant names. Index of common English plant names–Foreign names are in italics. Index of Latin plant names. 27 cm. [180*+ ref]
• ***Summary:*** This book is largely one huge table (p. 1-288) titled "Chinese medicinal plants." It has seven columns: (1) Latin name. (2) Chinese name. (3) Part used. (4) Constituents. (5) Habitat. (6) References (highly abbreviated). (7) Remarks.

Contents: Introduction in Chinese. Introduction to the third edition (Shanghai 1935). Provincial abbreviations. Abbreviations for parts of plants. Bibliographical abbreviations (journals and books). Secondary references helpful to a study of Chinese materia medica. Comparative table of Western, Japanese, and Chinese dates (1868-1935). Table of classes, general, and species for which references are listed.

References related to soybeans are subdivided as follows (p. 114-18, 256): Soybeans, black variety (var. *nigra;* the fresh hulls used in medicine are known as *Ta Tou P'i*). Soybean sprouts, black variety (Ta Tou Huang Chüan). Bean relish, black variety (Ta Tou Ch'ih). Bean ferment, black variety (Tou Huang ["bean yellow"]; Natto in Japanese [sic]). Yellow soybean (Glycine soja S. et Z., var. flava; Huang Ta Tou). Soybean oil (Tou Yu). Soybean sauce, yellow variety (Chiang Yu; thick or thin). Soybean paste (Chiang). Bean curd, yellow variety (Tou Fu). White soybean (Glycine soja, S. et Z., var. alba). Soy sauce made with wheat flour (p. 256).

References for azuki beans (red mung bean, P. mungo, L. var. subtrilobata, Fr. et Sav. [HN. Br.]) are given on page 122. References for wheat gluten (Mien Chin) are given on page 256.

This book is largely a list of references relating to plants listed in the Pen Ta'ao Kang Mu. It is not a translation or summary of the latter work.

Note: This is the earliest English-language document seen (Jan. 2002) that uses the term "the fresh hulls" to refer to soy bran. Address: PhD, Head of the Div. of Physiological Sciences, Henry Lester Inst. of Medical Research, Shanghai, China.

1649. Rouest, Leon; Guerpel, Henry de. 1936. Le soja français et ses applications agricoles et industrielles [The French soybean: Its agricultural and industrial applications]. Chateauroux, France: G. Langlois. xxiii + 99 p. 28 cm. [42 ref. Fre]
• ***Summary:*** Contents: Preface, by L Brétignière (Prof. at Grignon, Member of the Academy of Agriculture). Preface to the first edition, by Louis Forest (1921). Introduction to this new edition: Soviet Russia and the soybean (*le Soja;* includes the story of Rouest's stay in the Northern Caucasus, Russia, from 1930 to 1933), Germany and Poland take up the soya question, the canons [guns] of Germany versus the Manchurian soybean, a secret contract to provide the weapons of war, organization of a Polish bank in Manchuria, Germany cultivates soybeans in Romania and Bulgaria in preparation for the war, France and the cultivation of soybeans.

1. What is soja? 2. History of the propagation of soja: Introduction of the soybean into France and Europe, the soybean is cultivated in central Europe, in Austria, in 1875, in France the soybean is the object of numerous trials from 1876 to 1881, its cultivation worldwide, the study and acclimatization of soya become generalized.

3. Botanical characters of the soybean: And the varieties of soybeans. 4. Chinese varieties: The soybean in China, the production of soya in China in 1916 and 1917, production of soya in the Far East during the year 1928, exportation of soya from the Far East to Europe.

5. Japanese varieties: The soybean in Japan, varieties of soya from Indochina and from other Asian countries. 6. The soybean in America: American varieties, cultivation of soybeans in Ohio, selection of soya using pure lines in Connecticut.

7. The soybean in Europe: Italy, Russia, France, French climatic zones for the cultivation of Soja hispida, the Atlantic zone, the continental zone, the Mediterranean zone and climate, can the soybean be cultivated in all the French climates including those in the north, northeast, and northwest, speedy production of soybeans in view of agricultural production and of the creation of early varieties for the regions in north and northeast France.

8. Instruction for growing soja in France. 9. Soja in Manchuria. 10. Soja seeds. 11. Selection of soja. 12. Varieties of soja. 13. Different ways of planting soya seeds. 14. Soy yield. 15. Nitrogen fixation in soya seeds. 16. Tilling and preparing the earth. 17. Soja fodder. 18. Soja, striking and improving. 19. Harvesting soja grain. 20. Soja oil. 21. Soja oil-cake for animal feeding. 22. Vegetable milk, soja

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milk and industrial casein.

23. Soja in human food: Soy flour and its applications, soy bread with wheat, nutritional composition of soja compared to dry legumes, soy viewed as a dry legume to replace meat, comparative production of nutritive elements among the various legumes used for human food, comparative value in calories of the usual foods and of soja, preparation of soy soups and meals in compressed tubes, what varieties of soy can serve the special needs of human nutrition, Sojenta, potatoes stuffed with soy, force meat balls (*boulettes*) of rice and soy, bread of rice and soy, pudding of soy and rice, soy sprouts and their food value, fresh soy sprouts in a salad, soy sprouts with vegetables, soy preserves and confections, soy chocolate, soy coffee, soybeans conserved in containers, soy with smoked fish, soup with soy vegetable meat, soymilk soup, omelet with smoked soy vegetable ham, green soy sprouts, soy cake, soy force-meat fritters.

24. The utilization of soja in the Far East: Vegetable cheese (tofu), soy-based condiments, Japanese natto (2 types), Japanese miso, Chinese miso, soy sauce (*soyou* or *schoziou*), making soy sauce in Kwantung, China, making soy sauce in Japan, koji or molded rice.

25. The culture of soja in North Africa (Rouest has varieties that would grow and yield well in the French colonies of Tunisia, Algeria, and Morocco). 26. Opinions of some authors on soja. Conclusions. Bibliography on soja.

A small photo on the "Dedication" page shows Léon Rouest (born in Paris on 11 Nov. 1872).

Concerning soy in Russia (USSR) (p. 52-53): In Russia, the soybean has been known for quite a long time, specially in the Ukraine and Bessarabia, but it was never grown over a large area, and was given a back seat (low priority) in agriculture until after the revolution of 1917. It was not until 1926-27 that cultural trials were conducted on farms in the state of Northern Caucasus (*d'Etat du Caucase du Nord*). In the regions of Rostov-on-Don (*Rostow-sur-Don; Rostov-na-Donu*), Eisk (near Krasnodar), Stavropol, Prim-Koumsk, Yessentuki / Essentuki in the Kuban and Kuban River area of the North Caucasus region of southern Russia, the yields were 11 to 16 quintals.

In 1927 there were 600 ha planted to soybeans, increasing to 17,000 in 1928, in the *kolkhoz* (collective) farms or the *sovkhoz* (state owned) farms.

In 1929-1930 and until 1932-1933 there were very laudable / praiseworthy efforts to propagate soybeans in favorable regions, especially in the North Caucasus, but the soils of this region, although they are very rich and well suited to soybeans are also very rich in bad weeds and the results obtained up to the present do not seem favorable. As I said earlier, the soybean is a technical plant of the intensive cultivation type. It is very well suited to the soil and climate of Russia, but it is less well suited to the indolent character of people who are accustomed to cultivating only small parcels and who are suddenly, through collectivization, thrown into cultivating immense fields. In spite of the remarkable efforts at mechanization, the peasants who submit to collectivization and who do not yet understand it very well, the cultivation of soybeans does not assume the importance hoped for (p. 52).

Note: This is Rouest's first book about soy since 1930. Address: France.

1650. Tezuka, Kaneko. 1936. Japanese food. Tokyo: Maruzen Co. Ltd. 84 p. See p. 28. 20 Cm. Half-title: Tourist Library: 14. [Eng]

• ***Summary:*** The chapter titled "Common everyday food" (p. 22+) notes that the three breakfast dishes are boiled rice, *misoshiru* (bean-paste soup [miso soup]), and *kô-no-mono* (pickles). With them are served "shell-fish *tsukudani* (foods boiled down in soy [sauce]), *shiokonbu* (the laminaria boiled in brine and soy), *nori* (laver), *nimame* (boiled beans [soy]), various kinds of bean-paste [miso] dishes, pickled plums [umeboshi], etc." A brief description of how to make miso and miso soup is given (p. 24). Under "Dinner dishes" we read: The most simple of foods is bean-curd." Fresh raw fish, "cut into shining thin slices (*sashimi*) is served with fresh grated radish or horse radish, and eaten dipped in vinegar or soy."

The section titled "How Bean-curd is Made" (p. 28) states: "Tôfu (bean-curd) is made by soaking soy beans in water, mashing them, straining the mass through cloth and solidifying with the addition of magnesium chloride. It is a very nutritive food. The mush left over after straining *tôfu* is called *u-no-hana* (deutzia flowers) [okara] and is used in cooking vegetables." A photo shows a "Vendor cutting bean-curd."

A photo (p. 64) shows a hall full of Buddhist priests dining at Soji-ji temple, Tsurumi, Japan. In Japan, March 24 and Sept. 24 are national holidays–Spring and Autumn Worship of the Imperial Ancestors. To worship all the Imperial Ancestors, the people hang out the Japanese flag and "to honor the spirits of their own ancestors, make *Inari-zushi* (vinegar-spiced rice wrapped in fried bean-curd) and *botan-mochi* (boiled rice slightly kneaded and covered with [azuki] bean jam). They offer these to the spirits of the dead by placing them before the Buddhist altar in the home and sending them to the family temple and the homes of relatives."

The chapter titled "Japanese Cakes" notes that the two basic types are *higashi* (dried cake) and *namagashi* (undried cake). "*Namagashi* is made of [azuki] bean-jam for the most part. Bean-jam is just like a cream made of red beans and sugar. *Namagashi* is divided into *yôkan* and others." Yôkan is made of bean-jam gelled with agar (Japanese isinglass). A photo (p. 83) shows a bean-jam factory and show case of products.

Note 1. Editorial note signed: Board of Tourist Industry, Japanese Government Railways.

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Note 2. This is the earliest English-language document seen (Oct. 2001) that uses the word "mush," or the term *u-no-hana,* or the term "deutzia flowers" to refer to okara.

Note 3. This is the earliest English-language document seen (March 2009) that uses the term "bean-paste" to refer to miso.

Note 4. This is the earliest English-language document seen (March 2006) that uses the term "bean jam" (or "bean-jam") to refer to sweet azuki bean paste [*azuki-an*]. Address: Prof., Japan.

1651. The people's tribune. 1936. Shanghai: China United Press. See p. 420. *

• ***Summary:*** Page 420: "... aniseed bean, cold jellied meat, fried beancurd, and spiced blue fish." "Whenever I come back, I laugh at myself," he said with a slight smile, his cigarette held in one hand, and a cup of wine in the other. "When I was young and saw an insect at rest,..."

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried beancurd."

1652. Van Gundy, Dorothea. 1936. La Sierra recipes. Campus and Maitland, Ontario, California: Published by the author. 47 p. 19 cm.

• ***Summary:*** Most (but not all) of the recipes in this book call for soy-based ingredients. Contents: Dedication. "This book is lovingly dedicated to the memory of my father." Foreword: "Due to the increase of disease in the animal kingdom, the diet should be as free as possible from these elements, including meat, eggs, and milk." Approximate composition for La Sierra Products: Soy butter [soynut butter] (27.6% protein, 47.1% fats). Soy breakfast food. Soy flour. Cooked soy beans. Soy loaf. Milk. Bean sprouts. Soy cheese [tofu]. Soy spread. Soy bologna. Dry soy beans.

1. The soy bean as a human food: Nutritional value, varieties of soy beans, flour, soy milk, soy milk from flour, soy milk from raw beans, soy cream (made by homogenizing / blending equal parts of soy milk and soy oil or other vegetable oil), soy cheese, soy bean sprouts, soy sauce.

2. Soups: Incl. Soyament bouillon. Many use Soyament (Soy Sauce), soy milk, or soy cream. 3. Entrees. Recipes incl. Soy croquettes (with Soy Bean Pulp and Smoein). Walnut Loaf (with Smoein and soy milk). Soy protose (with soy butter and Mamenoko flour). Gluten patties (with Smoein). Soy cheese with tomato sauce. Soy cheese croquettes. Soy cheese and Soyament sauce. Baked macaroni with La Sierra Vegetable Bologna. Soy loaf. Soy loaf a la king. Baked soy noodles. Chow mein (with La Sierra Soy Cheese). Lentil patties (with Smoein).

4. Sauces and gravies: Many use soy milk, Smoein, or soy sauce. 5. Vegetables. Incl. Creamed vegetables (with soy milk). 6. Salads and salad dressings. Soy recipes include: Carrot and soy cheese. Tomato and soy cheese. Pineapple and soy cheese. Stuffed celery (with soy cheese). Soy loaf salad. Cabbage and banana salad (with soy mayonnaise). Head lettuce (with soy butter dressing). Salad dressing (uses soy milk in place of eggs). Soy mayonnaise [Note: This is the earliest recipe seen for a soy mayonnaise]. Tomato mayonnaise (tomato juice beaten into soy mayonnaise). Thousand island dressing (with soy mayonnaise). Parsley and olive dressing (with soy mayonnaise; uses ¼ cup chopped olives, not olive oil). Soy cream dressing. Soy butter dressing [with soynut butter]. Cream golden dressing (with soy cream). French dressing (with soy oil or any vegetable oil).

7. Desserts. * = with soy milk. + = with soy cream. Cream rice pudding*. Rice pudding+. Blanc mange*+ [Blancmange]. Orange cream pudding+. Lemon fluff+. Fruit fluff+. Cream tapioca*+. Frozen pudding*+. Vanilla Ice Cream*+. Almond cream [Almond ice cream] (incl. 1 cup chopped almonds)*+. Strawberry sherbet+. Raspberry sherbet+. Butterscotch chiffon pie+. Lemon pie+. Banana cream pie*+. Pumpkin pie without eggs*. Soy pastry with soy flour. Soy cookies+.

8. Bread: Soy bread (with 4 cups entire wheat flour and 1 cup soy flour). Entire wheat bread (with 2 cups soy milk). Entire wheat sticks (with 3 parts wheat flour and 1 part soy flour). Corn meal crisps (with 4 parts corn meal, 3 parts wheat flour, and 1 part soy flour). Short cake (with 2 parts soy milk, 5 parts wheat flour, 1 part soy flour). Waffles (with 12 parts wheat flour, 2 parts soy flour, and 7 parts soy milk).

9. Sandwiches: Soy bean filling. Vegetable bologna. Soy delight filling (with soy[nut] butter). Soy cheese and raisin sandwiches. Soy butter (soynut butter thinned with tomato juice). Soy butter and honey. Soy cheese and olive [chopped green olives]. Soy spread [Made by La Sierra]. Sandwich salad (with many soy possibilities).

10. Beverages: "A very fine coffee substitute is made [by La Sierra] from the Soy Bean, and tastes remarkably like Coffee. It is particularly fine from an alkaline standpoint, and is particularly excellent to be used in connection with high alkaline diets." Soy-co (Beverage) Add 1 rounding teaspoon to 1 cup of water. "Percolate or boil until desired strength. Serve plain or with Soy Cream." Also delicious iced. Soy-co (Made with soy milk). Soy milk shake. Soy banana drink. Mamenoko drink (uses 3 tablespoons Mamenoko, which is processed soy flour). Soyament cocktail ("A very refreshing beverage may be made by using 1 to 2 tablespoons Soyament sauce to 1 cup of water").

11. Healthful confections: Beanut brittle (2 cups each soy Beanuts and brown sugar). Victoria fudge (with soymilk).

Use of soy beans in the diet: Outline for 3 meals. Suggestion for 3 days' menus, using soy products.

La Sierra Industries manufactures the following 14 foods from soy beans: Canned soy beans, plain or with tomato sauce. Soy loaf. Soy vegetable bologna. Soy milk. Soy breakfast food. Soy butter [like peanut butter]. Soy-co

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(beverage) [coffee substitute]. Smoein (smoked meat flavor). Soy spread. Soy flour, raw and processed. Soy beanuts (parched soy beans).

Soyament brand bean sauce. This soya bean sauce is "prepared from soya beans by splitting up the bean protein by a special process which thoroughly decomposes it into Amino Acids. A number of Amino Acids, each possessing a sweet taste, is the most remarkable feature of the Soyament Sauce and makes it different from many of the so-called soy sauces... On sale at all grocery stores or write to Soya Bean Products Co., 3522 East Third St., Los Angeles."

In the section on "Soy milk" (p. 8) is a long quotation from Dr. [Walter] Siegmeister: "So well has the Soy bean served as a source of vegetable milk, that the records tend to show that it has proven superior to cow's milk in certain important respects. The most marked of these is the almost complete absence of rickets in China, which is quite probable in view of the fact that not only is the Soy bean rich in Vitamin D, but also in Calcium and Phosphorous, the chief requirements for healthy bone development."

Note: This is the earliest document seen (Dec. 2003) that mentions a soy-based shake. It is also the earliest English-language document seen (Dec. 2003) that uses the term "Milk Shake" to refer to a non-dairy soy milk shake or that contains the term "Soy Milk Shake" (p. 41). The recipe with that title states: "Soy Milk may be mixed with any of the fruit juices and beaten with a small amount of chipped ice. It fluffs up and is very palatable. Soy Milk and orange juice combine splendidly." Address: Dietitian, Box 203, Ontario, California.

1653. Jones Grain Mill. 1936? Natural foods: Catalog, recipes, information. Los Angeles, California. 74 p. Undated. 22 cm.

• ***Summary:*** On the cover is a white mill behind a mill wheel (unrealistic) on a mill pond. Contents: Foreword. Health recipes: Cereals (incl. Soy bean or Mamenoke {Mamenoka, Mamenoko} breakfast cereal), breakfast cakes (incl. soy hot cakes with soy milk and Mamenoka flour, soy waffles, soy bean griddle cakes), desserts, breads (incl. soy bean flour gems, whole wheat bread), candies. Vital information: Vitamins and minerals essential to life.

Price list (prices are given for each item listed on pages 46-72): Alberty products, Alvita products, Battle Creek Sanitarium Health Foods [Michigan] (p. 47-48), beverages–coffee substitutes (Loma Linda Breakfast Cup, Soyco {soy bean coffee}, Javex {soy bean}, Carque's Soy Bean Coffee), books (by Dr. Benjamin Gayelord Hauser, Paul C. Bragg, Mrs. Alberty, Martin W. Pretorius, Otto Carque, Clark Irvine, Dr. Harry Finkel), Dr. Paul Bragg products, Jones Grain Mill Bakery (operated by Alberty Specialty Bakers), Burbank products, Carque's products, crackers and toast (Cubbison's bulk or packaged), honey, jams & jellies, juices (fruit & vegetable), KAL products, kelp products (products of the sea, incl. sea lettuce, dulse, Parkelp), Kovac products, Loma Linda Foods (Soy products: Soy beans–plain, tomato, or tomato and Proteena, Soy milk–8½ oz, No. 1, or No. 2, Soy Mince sandwich spread), macaroni & noodles (incl. soy bean macaroni, soy bean noodles), meat substitutes (incl. Simoein [Smoein], Soy loaf, Alfa Soy Spread, Soy Mince) McCollum products, maple syrup and candies, Martin Pretorius products, nuts and butters, Nature Ade products, Nutro Links (Santay, Swiss, Hauser), oils, olives, Radiance products, salts (vegetable, vegetized, and vegetablized), salad dressing and mayonnaise (made with lemon and vegetable oil), health sugars and sugar substitutes, seeds, soya bean products, teas.

The price list of "Soya bean products" (p. 72) reads as follows: "Breakfast Cereal with Carob Flour ([and soya beans] tastes like Grape Nuts), pkg., 25¢. Breakfast Cereal (prepared [with soya beans]), pkg., 25¢. Soya bean flakes, pkg., 30¢. Soya bean grits, pkg., 25¢. Soya bean bread, lb. loaf, 14¢. Soya bean melba toast, lb., 30¢. Soya bean wafers, lb., 40¢. Soya bean cookies (sweetened with dextrose), doz., 15¢. Soya bean coffee cakes (sweetened with honey), each, 5¢. Soya beans cooked: Soya beans (plain cooked), No. 2 can, 13¢. Imported soya beans from Manchuria, lb., 10¢. Pre-cooked soya beans (easily prepared in 30 minutes), lb., 15¢. Soya beans with tomatoes (ready to serve), No. 2 can, 15¢. Cooked soya beans with Proteena, No. 2 can, 15¢. Other soya bean products: Non-fattening [sic] soya bean oil (for all cooking purposes), pint, 40¢. Soya bean coffee, lb., 25¢. Soya bean flour, lb., 10¢; 3 lbs., 25¢. Dextrinized soya bean flour, lb., 15¢. Soya bean milk flour, lb., 60¢. Soya bean candy (with pure chocolate and Dextrose), lb., 50¢. Soya bean sandwich spread, 25¢. Soy sauce, 20¢. Soya bean loaf, No. 2 can, 25¢. Soya bean milk, No. 2 can, 15¢. Soya bean cheese (made from soya bean milk), lb., 30¢. Soya bean mince, 8-oz. can, 25¢. Soya bean spaghetti, lb., 25¢. Soya bean macaroni, lb., 25¢. Soya bean noodles, lb., 25¢. Soy beverage (Cocoalette), 10¢.

Ads include: Hollywood Cup (p. 20). Otto Carque Co. (Glendale, California, p. 30). Loma Linda Foods (p. 33, sells soy wafers, three styles of soy beans, liquid soy milk, soy mince). Vita-Pekan (p. 46, formula includes soya bean as a major ingredient). Alberty dried brewers yeast (p. 50). Kovac Laboratories (p. 67). Cubbison (p. 73, incl. Soya Toast, Soya Cookies, Soya Gluten Crackers).

Note: This catalog was probably published in 1933, since the company's location in Beverly Hills is not mentioned; it opened in 1934. Moreover, the book titled *Vital Facts about Foods,* by Otto Carque was first published in 1933. Address: 322 So. Hill St. and 504 So. Broadway. Both: Los Angeles, California.

1654. **Product Name:** Tow Foo (Canned).
Manufacturer's Name: Tow Foo Packing Co. Renamed Chinese Canning Co. by 1936.
Manufacturer's Address: 2129 Archer Ave., Chicago,

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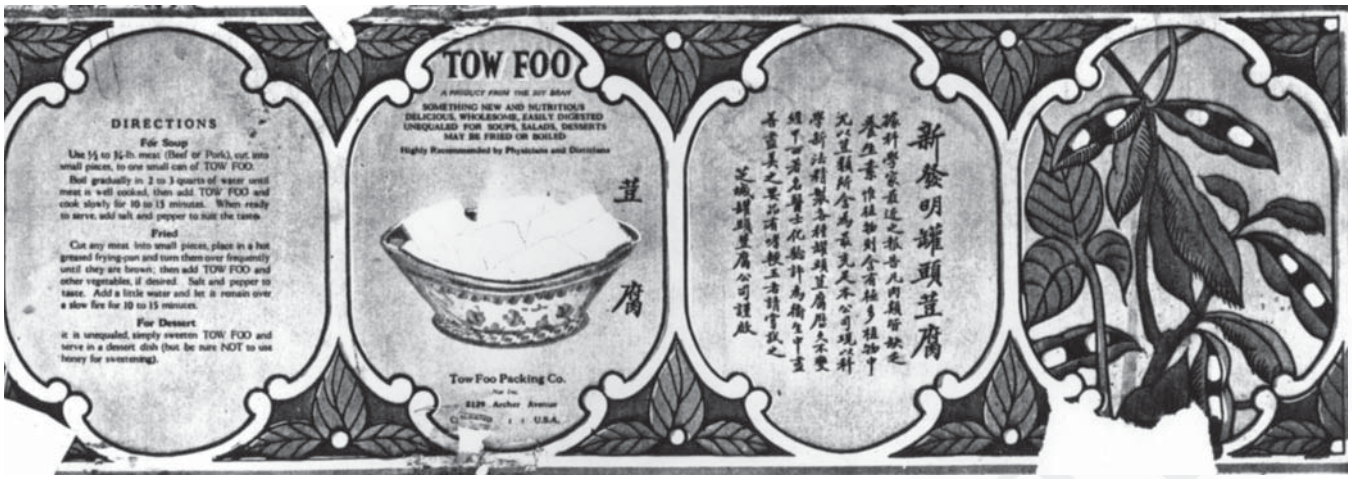

Illinois.
Date of Introduction: 1936?
Ingredients: "A product from the soy bean."
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: Label on can. Paper. Illustrations (line drawings) show bowl of tofu, bean pods, and Chinese characters. Directions: For soup; fried; for dessert. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. "A product from the soy bean. Something new and nutritious, delicious, wholesome, easily digested, unequaled for soups, salads, desserts. May be fried or boiled. Highly recommended by physicians and dieticians." International Inst. of Agriculture. 1936. *Le Soja dans le Monde* [The Soybean in the World]. See: Manufacturers of edible soy products. p. 206. "Canned Tow Foo."

L.B. Breedlove. 1936. *Chicago J. of Commerce and La Salle Street Journal.* June 25. p. 14. "Soy bean–The magic plant. Article XI." "Chinese Canning Company, Chicago: Canned tow foo (soy bean curd)."

1655. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1937/01. Nichibei jûshoroku [The Japanese American directory. No 33]. San Francisco, California: Nichi-Bei Shinbunsha. 585 p. Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** One of many of these directories owned by the Library of Congress. Address: Ellis Street, San Francisco, California.

1656. Chen, Chao Yu. 1937. A comparison of the nutritive value of beef, egg-white and to-fu-kan [pressed tofu] with reference to their suitability as the source of vitamin B-1. *National University of Peiping, College of Agriculture, Nutrition Bulletin* No. 4. 11 p. March. [4 ref. Eng]
• ***Summary:*** Experiments conducted on rats showed that salted pressed tofu contains no vitamin B-1, but the bran-pickled product is a rich source. Address: Nutritional Lab., Dep. of Agricultural Chemistry, National Univ. of Peking.

1657. *Los Angeles Times.* 1937. Japan: Japanese make ritual of dining–Harmony of color stressed in dainty servings. April 21. p. B16.
• ***Summary:*** "Soya beans provide shoyu, the favorite sauce which replaces salt in many dishes and which is used in the preparation of meat, vegetables, soup, fish and poultry."

Gives six Japanese recipes including: Vegetable soup (*Misoshiru*) (with "tofu {dried bean curd}"). Beef and vegetables (Suki Yaki) (with "tofu {dried bean curd}" and shoyu).

1658. *Los Angeles Times.* 1937. Southland cafes: World's choicest menus found in Southland. April 21. p. B39, B41.
• ***Summary:*** Most of us who live in California have a favorite Chinese restaurant, where you can order the usual chop suey and chow mein, as well as the more typical Chinese dishes of distinction. The dollar dinner includes "almond chicken, made with bamboo shoots, water chestnuts, dried mushrooms, diced chicken and soy sauce." And there are crispy "fried shrimps which you dip into ketchup and mustard sauce,..." Or try the "bock choy served with Chinese cheese, which is really bean cake [tofu] fermented in wine and tasting much like Roquefort."

1659. Dittes, Frances L. 1937. Soybeans and human nutrition. *Health* (*Mountain View, California*) 4(4):18-19, 26. April. [3 ref]
• ***Summary:*** Discusses history of the soybean, food uses, nutritional value, recent scientific studies. Address: PhD, Dietitian, Madison College, Madison, Tennessee.

1660. Chamberlin, William Henry. 1937. The wide horizon: Oh, to be in Japan–! *Christian Science Monitor.* May 1. p. 18.
• ***Summary:*** "The innumerable street vendors who sell noodles, sweet potatoes, beancurd soup and fish in the streets, each provided with his special cry or horn, gather more open-air customers, will to pay two or three sen for a bowl or soup or a hot sweet potato." Spring has come.

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1661. Holmes, Marie. 1937. Cooking chat: Artistic dishes delight Occidental when dining in Japanese manner. *Toronto Daily Star* (*Canada*). May 20. p. 36.
• ***Summary:*** Several weeks ago, the writer was served a complete, authentic Japanese meal at a Japanese restaurant in New York City. Sukiyaki was cooked at her table. Over the simmering vegetables, the waiter poured "some soy or shoyu sauce,..." Floating in her delicious soup was "a little flower of pink bean curd, and a slice or two of white mushroom." She finds that Japanese food is the most artistic in the world, and artistically served. "Since modern hostesses are turning more and more to dishes of other countries and, in fact, placing before their guests whole foreign menus," now is a good time to start learning about the dishes of Japan. The recipes for a Japanese menu are given, including: Beef sukiyaki (with "¼ cup soy sauce" and "1 square piece bean curd") prepared in a frying pan. Japanese directions for Miyako sukiyaki (seasoned with "shoyu sauce").

A small portrait photo shows Marie Holmes.

1662. Alwines, C.W.D. 1937. The soya bean (Letter to the editor). *Tropical Agriculturist* (*Ceylon*) 88:304-05. May.
• ***Summary:*** "When in charge of the Balance Diet Experiment at St. Patrick's Boarding House last year, I was anxious to get a quantity of these beans, to see how much they would cost in a daily diet and whether they could go to make palatable dishes. Enquiries from [sic, to] the Department of Agriculture elicited the information that these beans were not grown in Ceylon. The Market Commissioner gave the address of a Colombo firm that sold the beans. A trial order was placed. The cost however militated against the regular use of these beans." A small quantity of yellow soybeans was roasted and ground. "To all intents and purposes the powder passed off as coffee. That was the easiest way of preparing the bean as food." The beans were passed three times through a flour mill to obtain a fine, golden flour, almost like gram flour. "The flour was used to make bread, buns, tarts and a cake. These were very tasty." One part of soya was mixed with two parts of [wheat flour] dough to make bread and buns... The nutty flavour as eliminated by a liberal addition of butter, sugar and essence of vanilla. The number of eggs uses was less" since soya flour contains 20% at. Rotti, Vadai, and other indigenous dishes were also tried.

"Undaunted by the fact that Soya Bean was not grown in Ceylon, an attempt was made to grow it at Paranthan and at St. Patrick's Boarding House gardens. The variety tried belonged to the black group (with flat black seed)." They grew well and the flour tasted good in the dishes described above. "An attempt to make Soya Bean milk and curds is contemplated." Address: St. Patrick's College, Jaffna, Ceylon.

1663. Megee, C.R. 1937. Soybean production in Michigan. *Michigan Agricultural Experiment Station, Circular Bulletin* No. 161. 14 p. June.
• ***Summary:*** Contents: History, adaptation, and uses. A high protein emergency or annual hay crop. Digestible nutrients and feeding value per acre of soybeans and other Michigan crops. Soybean oil meal. A supplementary protein feed. Soybeans for silage. A cash crop. Soybeans as a soil improving crop. Cultural practices: Varieties, time of planting, rate and methods of planting, inoculation. cultivation, harvesting for hay, harvesting for seed, threshing, storage of soybean seed. Industrial and commercial uses of soybeans: Soybean oil, soybean oil meal, dried beans, for human food.

"As early as 1902 and for 20 years afterwards, E.E. Evans of West Branch, Michigan, took an active part in introducing, breeding, and distributing varieties of soybeans. The Ogemaw is an introduction of Mr. Evans and is the result of a cross between his No. 6 Early Black and Dwarf Brown. Since 1918 the Michigan Agricultural Experiment Station has conducted numerous variety tests for both hay and seed production at East Lansing and at various points over the state" (p. 3).

Table 4, titled "Soybean variety adaptation" (p. 10) lists the following: Manchu, Ito San, Mandarin (Canada), OAC 211 (Ontario), Dunfield, Illini (Illinois), Mandell (Indiana), Sciota (Ohio), Cayuga (New York), Ogemaw (Early Michigan), Wisconsin Early Black, Virginia, Wilson, and Mammoth Yellow. For each variety is given the name, maturity, seed color, and adaptation. "The Manchu is the leading general-purpose variety for hay, seed, and commercial uses in Michigan."

Under "Industrial and commercial uses of soybeans," a table shows 10 industrial and food uses of soybean oil, 15 industrial and food uses of soybean oil meal (incl. diabetic foods, flour, crackers, soy milk, bean curd [tofu], soy sauce), and 12 industrial and food uses of dried beans (incl. roasted beans, coffee substitutes, soups, baked beans, boiled beans). "When soybeans are to be used as a green vegetable, the Easycook and Hahto are preferred because of their milder flavor." Address: Section of Farm Crops, East Lansing.

1664. Voellmig, Gertrude. 1937. Modern science discovers the soy bean as very nearly perfect food: New leaflet on soy bean now ready. *Detroit News.* Aug. 29. Home and Society section. p. 14, col. 4.
• ***Summary:*** "The Detroit News Household Department receives so many requests from readers for information about soy beans" that they have compiled a table and leaflet (with 21 recipes). It has been grown in China since 2800 B.C. [sic]. Readers want to know why it is recommended so highly by doctors for special diets. Now grown in the United States, it is used in industry and to make the steering gear of cars. "But did you know that this bean comes nearer to being a complete food for humans than any other known product?"

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The beans are often served green in the pods. First the pods are dipped in boiling water for 1-2 minutes, then the beans can easily be pressed out of the pods. The mature beans can be made into milk, and the milk into cheese [tofu]. Soy bean butter is similar to peanut butter. Many U.S. margarines are made from soy bean oil. "Salted Soyas," toasted and salted, make a fine tid-bit [tidbit] after dinner. "The most commonly known soy bean product is the flour." If 5-10% of the wheat flour is replaced by soy flour in the recipe for any bread or baked good, the result will be more tender and last longer.

Three photos, titled "This product has many uses as a food," show: (1) Jars of: Soy bean–Salted Soya. Soy beans–Mature, pressure cooked. Soy beans with carrots. Soy bean–Green. (2) Jars of: Soy bean cheese. Soy bean milk. Soy bean cheese with pimento. Soy bean butter, Soy bean sprouts. (3) A loaf of Soy bean bread–25% bean flour. A jar of Soy bean flour–Not processed.

Of the 5,000 varieties, only about 10 are grown in the USA to any great extent. "Mammoth Yellow is one of the few preferred for food stuffs because it does not have a strong flavor."

Gives many reasons that soy beans are very important in the diet, 6 reasons why the "soy bean is an excellent food stuff," a listing of industrial uses, plus two recipes. Address: Asst. Household Editor, The Detroit News.

1665. League of Nations Health Organization–Bandoeng Conference. 1937. Report of the Intergovernmental Conference of Far-Eastern Countries on Rural Hygiene. *International Conference of Far Eastern Countries on Rural Hygiene* (*Preparatory Papers*) Vol. 3, page 74-76. Held 3-13 Aug. 1937 at Bandoeng, Java. Published 8 Sept. 1937. Official No. C.H. 1235.

• ***Summary:*** In Chapter 4, titled "Nutrition," section I discusses "Composition of food and methods of its preparation." The soya bean and its uses in French Indo-China (today's Vietnam) are discussed on pages 75-76. "Apart from rice an maize, one of the most important food crops in that Far East is the soya bean (*Glycine hispida*). This bean is rich in proteins and fatty matter, but has a very low carbohydrate content. Eaten in its natural state as a vegetable, or better still, in the form of a variety of appetising preparations in which the casein is partly disintegrated, the soya bean makes good the deficiency of fatty and nitrogenous matter in the native diet, which consists almost entirely of the rice carbohydrates.

"Its chief derivatives are nuoc-dâu, or soya milk; dâu-phu, a fresh soya cheese obtained by precipitating the casein of soya milk; dâu-tuong, or soya sauce, which is often used instead of nuoc-mam, especially in Tongking; and dâu-phu-chuc, or soya cream [yuba].

"Soya milk is a yellowish-white liquid with a slight smell of burnt bread and a peculiar flavor greatly appreciated by the Annamites. It is prepared by peeling the beans, pounding them in water, straining, and boiling up the resulting liquid.

"Soya cheese [tofu] appears in trade in the form of faintly yellowish-white rectangular cakes, weighing about 150 grammes each. Ten kg. of soya beans will produce 100 liters of milk, which in turn yield 300 cakes, or 45 kg., of cheese. This very cheap product, of which several thousand kilogrammes are sold every day in the Hanoi market alone, is eaten either raw with salad, or stewed with vegetables, or fried in oil.

"Soya sauce, or dâu-tuong, is a preparation obtained by fermenting a mixture of glutinous rice [*Oryzae sativa glutinosa*, called 'nêp' by the Annamites] and roasted soya beans. It is a condiment both salty and sweet, which frequently replaces nuoc-mam, a relatively dear food, especially in regions distant from the sea.

"Dâu-tuong is commonly found in commerce in the form of a heterogeneous mixture, consisting of a liquid (nuoc-tuong) in which floats a somewhat coarse paste called tuong-cai, made of incompletely powdered soya beans.

"Dâu-phu-chuc is prepared by drying the skin that forms on the surface of soya milk after prolonged heating. It is sold in shiny, pale yellow, crinkly sheets, and smells like cow's milk. It is a food rich in proteins and fatty matter, and is consumed by the Annamites in small pieces, either in soup, or in pork, beef, or chicken stew."

Note: This is the earliest English-language document seen (Dec. 2012) that uses the term "roasted soya beans" to refer to soynuts. Address: Geneva, Switzerland.

1666. Morse, W.J. 1937. Soybean variety studies of the United States Department of Agriculture. *Proceedings of the American Soybean Association* p. 16-18. 17th annual meeting. Held 14-16 Sept. at Urbana, Illinois.

• ***Summary:*** "One of the outstanding results of soybean improvement work in the United States has been, the realization of the importance of varietal adaptation... Varietal adaptation is obviously the reason why practically every locality in the soybean regions of the Orient has its own local varieties... Of the large number of introductions obtained from Asia, the same variety rarely has been secured a second time unless introduced from the same locality... Before numerous introductions were made by the Department, beginning in 1898, there were not more than eight varieties of soybeans grown in this country, and the culture of these varieties was confined to limited areas in a few states... Seed samples were obtained through consuls, missionaries, seedsmen, government agencies, and foreign explorers until by 1909 we had 175 varieties; by 1913, 427 varieties; by 1919, 629 varieties, by 1925, 1133 varieties, and at the present time more than 2,500 distinct types. Since 1989 the Department of Agriculture has made more than 10,000 introductions of soybeans from China, Manchuria, Japan, Chosen [Korea], Java, Sumatra, Siberia, and India. This large

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collection, ranging in time of maturity from 75 to 200 or more days, has show wide differences in adaptation to soil and climatic conditions..."

After preliminary testing at Arlington Farm, Virginia, the introductions are sent to various experiment stations for cooperative studies...

"The soybean has been used chiefly as a forage crop in the United States and for many years breeding work tended largely toward the development of varieties for hay, silage, and pasture. With the rapid development during the past few years of the soybean for oil, food and industrial purposes, acreage for bean production has increased greatly. The improvement and development of varieties adapted to a wide range of conditions and uses undoubtedly has been one of the most important factors in increased acreage and seed production."

"Extensive cooperative investigations with more than 3,000 introductions and selections of soybeans have been carried on during the last three or four years with experiment stations and special cooperators in 44 states and the insular possessions, Hawaii and Puerto Rico. Many of these selections gave outstanding results when compared with standard varieties in different sections and are being increased for more extensive field tests. Several of the varieties in different sections were found especially suitable for use as green shelled beans, dry edible beans, or beans of high oil and protein content, as commercial beans.

"In 1936, more than 5,000 individual soybean plant selections from introductions and natural hybrids were under test at Arlington Farm. Although improvement work at Arlington has been largely plant selection, some hybridization work has been started, especially with the wild soybean and the most promising cultivated types. Oil and protein studies have been conducted along with the breeding work, analyses being made of introductions grown in the same and under different environmental conditions. An extensive series of varieties, introductions and selections at Arlington Farm ranged from 12 to 26 per cent oil and from 28 to 50 per cent protein... In view of the interest in soybean oil for paint purposes, studies were conducted to show the range in iodine number. The results of these investigations showed a range from 118 to 143 for domestic varieties and 155 for the wild soybean.

"The increasing use of soybeans for food has resulted in a demand for varieties especially suited for various food purposes. Extensive cooperative cooking experiments with the Bureau of Home Economics of the Department of Agriculture and with several state experiment stations have shown considerable variation in flavor and cooking quality in both the green and dry beans of edible varieties from the Orient. The most promising of these have been named and distributed to special cooperators by several state experiment stations. Some of these varieties are especially valuable as green shelled beans, flour, dry edible beans, roasted salted beans [soynuts], bean curd, bean milk, and bean sprouts." Address: Bureau of Plant Industry, USDA, Washington, DC.

1667. *Chicago J. of Commerce and La Salle Street Journal.* 1937. Ice cream, milk from soy beans: Tennessee scientists start new industry. Oct. 13. p. 9, col. 8.
• ***Summary:*** In a small group of buildings located a few miles from Nashville, a small group of chemical and agricultural scientists are doing "big things with the soy bean..."

It all started some 25 years ago when some agricultural chemists at the small, self-supporting the Nashville Agricultural Normal Institute started experimenting with the soy bean, then used mainly as forage.

Today, in a small group of buildings housing the 3-month old industry, E.M. Bisalski, his staff of assistants, and Dr. Philip Chen (a research chemist from China) are making "milk, meat, coffee, and automobile accessories from the vegetable."

Chen says there was soy bean milk in China 3,000 years ago, yet it has taken the scientists about 25 years to "neutralize the bean flavor and approximate that of the cow." Experiments in the institute laboratory showed that many generations of rats living exclusively on soy bean milk grew strong and produced prolific offspring. The scientists believe that the "bean milk can be produced more cheaply than dairy milk and that it can be produced under conditions of chemical sterility, almost germ free."

Having developed good milk, the group next "sought to compete with cattle as food producers in the form of beef.

"A product called soy-burger has been produced. It tastes like hamburger.

"The scientists have made ice cream and buttermilk and even chocolate flavored milk. They also have a cheese [probably tofu] which is said to be the closest thing to pure protein known to chemistry. It tastes like Swiss cheese but costs only a fraction as much."

Note: This is the earliest document seen (Jan. 2007) concerning a meatless burger made from soy. This is also the earliest English-language document seen (Jan. 2007) that contains the term "soy-burger."

1668. *Agricultor Venezolano* (*El*) (*Ministerio de Agricultura y Cria, Caracas*). 1937. Consultorio agricola [Agricultural information bureau]. 2(18):62-63. Oct. [Spa]
• ***Summary:*** One of the sections, by Bartolomé Valero, dated July 1937, is about soymilk (*Leche vegetal de soya*) and tofu (*Queso de habas de soya, ou cuajada de soya*). Describes briefly how each is made.

1669. *Madison Survey* (*Madison, Tennessee*). 1937. Manufacture of foods. Nov. 10. p. 167.
• ***Summary:*** "Madison is giving a message of healthful living to the public, and in this program the food factory

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plays an important part. Among the products it is placing on the market are crackers of various composition; foods to use in place of meat, such as, Vigorost, Soy Cheese, Soybeans canned with Tomato; a beverage to take the place of coffee called Soy-Koff. Kreme O'Soy Milk, plain and chocolate, is also on the market in cans."

1670. **Product Name:** Tofu.
Manufacturer's Name: Abe (Junzo) Tofu.
Manufacturer's Address: Haleiwa, P.O. Waialua, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 38. Junzô Abe (from Fukushima prefecture), tofu maker, Haleiwa, Waialua P.O., Oahu.

1671. **Product Name:** Agé: Fried Soybean Puffs.
Manufacturer's Name: Azumaya.
Manufacturer's Address: 1636 Post St. between Buchanan and Laguna, San Francisco, CA 94124.
Date of Introduction: 1937.
Ingredients: Water, soybeans, soy oil, calcium chloride, baking soda (1986).
Wt/Vol., Packaging, Price: 1.5 oz (42.5 gm) in poly pouch.
How Stored: Refrigerated.

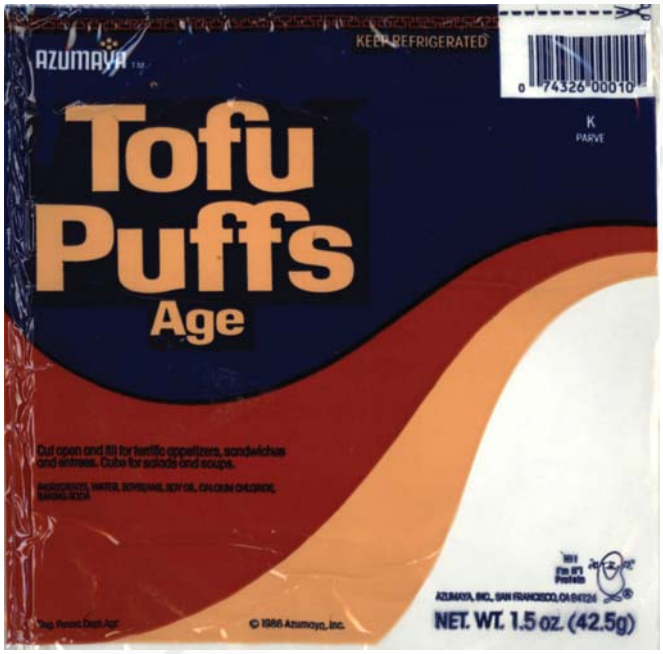

New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 38. Azumaya Tofu Seizô-sho, Azumaya Co., 1606A Geary St., San Francisco. Phone: JO 7-0227. Ad (1/8 page), p. 38. Mizono brothers. Sells aburage, konnyaku, and tofu, wholesale.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 26. Vertical 1/8 page ad. Top one-third of ad is in English: "Azumaya Co., 855 Golden Gate Ave., San Francisco. 567-0227 [phone]. In Japanese: Azumaya Shôten, Mizono brothers. Aburage, konnyaku, and tofu wholesale.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 191. The authors call this product "Agé Puffs" and state that they are prepared at most Japanese tofu shops in the United States. Unlike Japanese agé they stay puffed up, even after they cool. "Three Agé Puffs (weighing a total of 1½ ounces) are often sold in plastic bags under such names as Fried Soybean Cakes, Fried Tofu, or simply Agé. Each puff is meant to be slit open at one end. Unlike Japanese agé, these puffs are not easily opened into flat sheets.

Label. Undated. 6.5 inches square. Plastic. Red, yellow, brown and white on clear plastic. The product is now called "Fried Soybean Puffs. Age." Serving suggestions given. "Hi! I'm li'l soy," bean logo.

Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 194. The authors call this unique product "Deep-fried tofu puffs" and give a description of the process with 2 illustrations. "Firm tofu prepared as for tofu pouches and containing an expanding agent, is cut into small bars, each about 3 inches long and ½ inch square. These are then deep fried (using converted doughnut deep-fryers) in 2 temperatures of cottonseed oil (120ºC and 176ºC) for 8 to 10 minutes. They are pressed under the hot oil with a pressing screen and turned with 20-inch-long chopsticks. The final puffs look like golden brown sausages about 2 inches in diameter and 4 inches long. Unlike pouches, however, puffs remain in their expanded state [stay puffed up] even after they cool; they are hollow inside and somewhat chewy.

Label. 1986, dated. 7 inches square. Blue, reddish brown, beige, and white. Azumaya logo with 4 circles over the "Y." Little bean logo saying "Hi! I'm li'l Protein." "Cut open and fill for terrific appetizers, sandwiches and entrees. Cube for salads and soups."

Interview with George Mizono. 1989. Oct. 31. During the first year of ownership in 1937 Azumaya made bulk tofu, yaki-dofu, ganmodoki, and agé. One of George's customers was a man who made sushi. He said, "If you can perfect an agé that is hollow inside and stays puffed up, I'll order it from you." George recalls, "So in 1937, for about 6 months, I fooled around trying different things, and then I hit it, quite by accident. They key was in the cooking process. Uncooked soybean puree was mixed with the partially cooked puree before frying. Also, the timing of the frying was very critical." An expanding agent (probably sodium bicarbonate) was later added.

1672. **Product Name:** Tofu.
Manufacturer's Name: Gomoto (Mrs. Michi) Tofu.
Manufacturer's Address: 1338 College Walk, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Honolulu City Directory.

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1936-37. Mrs. Michi Gomoto Tofu (Mrs. Michi Gomoto, proprietor). 1338 College Walk, Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 23. Kunimoto? Gômoto (from Hiroshima prefecture), tofu maker, 1338 College Walk, Honolulu. Note: The tofu maker's first name could also be pronounced Satomoto? or Akimoto? Not listed 1941-42.

1673. **Product Name:** Tofu.
Manufacturer's Name: Hirakawa (Jugoro) Tofu.
Manufacturer's Address: Lanai City, Lanai Island, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Lanai p. 41. Jûgorô Hirakawa (from Kumamoto prefecture), tofu maker, Lanai City, Lanai Island, Hawaiian Islands.

1674. **Product Name:** Tofu.
Manufacturer's Name: Ideguchi (Yasuki) Tofu.
Manufacturer's Address: 1357 North King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Honolulu City Directory. 1936-37. Yasuki Ideguchi Tofu (Yasuki Ideguchi, proprietor). 1357 N. King.

Hawaiian Japanese Annual & Directory. 1936-37, p. 42. Yasoyoshi Ideguchi (from Kumamoto prefecture), tofu maker, 1347 N. King St. (new address), Honolulu. Not listed 1937-38.

1675. **Product Name:** Tofu.
Manufacturer's Name: Ikezaki (Moichi) Tofu.
Manufacturer's Address: 32 South Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Honolulu City Directory. 1936-37. Moichi Ikezaki Tofu (Moichi Ikezaki, proprietor). 32 S Kukui, Honolulu. Not listed 1937-38. 1947-48 Directory. Listed as Moichi Ikezaki Tofu, 24 S. Kukui, Honolulu. Residence same. Not listed 1955.

1676. **Product Name:** Tofu.
Manufacturer's Name: Ito (Kiyota) Tofu.
Manufacturer's Address: 3 Kaumakapili Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, p. 46. Kiyota Ito (from Niigata prefecture), tofu maker, 3 Kaumakapili Lane, Honolulu.

1677. **Product Name:** Tofu.
Manufacturer's Name: Iwasaki (Chiyo) Tofu.
Manufacturer's Address: Alupeka, Hanamaulu, Lihue, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 12. Chiyo Iwasaki (from Hiroshima prefecture), tofu maker, Alupeka, Hanamaulu, Lihue, Kauai, Hawaiian Islands.

1678. **Product Name:** Tofu.
Manufacturer's Name: Kamishita (M.) Tofu.
Manufacturer's Address: Waimea, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1936-37. M. Kamishita Tofu (M. Kamishita, proprietor). Waimea, Kauai. Not listed 1947-48.

1679. **Product Name:** Tofu.
Manufacturer's Name: Kikuchi (Genshiro) Tofu.
Manufacturer's Address: Piikoi & Vineyard Streets, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, p. 46. Genshirô Kikuchi (from Niigata prefecture), tofu maker, Piikoi & Vineyard Sts., Honolulu.

1680. **Product Name:** Tofu.
Manufacturer's Name: KOHATSU? / ONAMIZU? (Tadashi? Musashi?) Tofu.
Manufacturer's Address: Lawai, Koloa, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 24. Tadashi? (or Musashi?) KOHATSU? ONAMIZU? (from Okinawa prefecture), tofu maker, Lawai, Koloa, Kauai, Hawaii.

1681. **Product Name:** Tofu.
Manufacturer's Name: Kureya? / Goya? (Kishin? Yoshimasa?) Tofu.
Manufacturer's Address: Wahiawa, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 29. Kishin? (Yoshimasa?) KUREYA? / GOYA? (from Okinawa prefecture), tofu maker, Wahiawa, Oahu.

1682. **Product Name:** Tofu.
Manufacturer's Name: Kwai Ing Hong Tofu.
Manufacturer's Address: 18 North Kukui, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Honolulu City Directory. 1936-37. Kwai Ing Hong Tofu (Kwai Hong, proprietor). 18 N Kukui, Honolulu. Not listed 1941-42.

1683. **Product Name:** Tofu.
Manufacturer's Name: Matsushima (Jinpachi) Tofu.

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Manufacturer's Address: 30 S. Kukui St., Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, p. 95. Jinpachi Matsushima (from Hiroshima prefecture), tofu maker, 30 S. Kukui St., Honolulu.

1684. **Product Name:** Tofu.
Manufacturer's Name: Matsuura (Tokuo) Tofu.
Manufacturer's Address: Waialua, P.O. Waialua, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 42. Matsuura Tokuo (from Fukuoka prefecture), tofu maker, Waialua, P.O. Waialua, Oahu.

1685. **Product Name:** Tofu.
Manufacturer's Name: Miyadaira (Yoshikityo) Tofu.
Manufacturer's Address: Pearl City, Wahiawa, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 7. Yoshikiyo Miyadaira (from Okinawa prefecture), tofu maker, Pearl City, Wahiawa, Oahu.

1686. **Product Name:** Tofu.
Manufacturer's Name: Morinaka (Mamoru) Tofu.
Manufacturer's Address: Haleiwa, P.O. Waialua, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 39. Mamoru Morinaka (from ?), tofu maker, Haleiwa, P.O. Waialua, Oahu.

1687. **Product Name:** Tofu.
Manufacturer's Name: Muraoka (Sonjuro) Tofu.
Manufacturer's Address: Kapaa, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 6. Sonjûrô Muraoka (from ?), tofu maker, Kapaa, Kauai, Hawaiian Islands.

1688. **Product Name:** Tofu.
Manufacturer's Name: Nago? / Meigo? (Sanyoshi? Mira? Sanra? Sabuyoshi?) Tofu.
Manufacturer's Address: Kapaa Heights, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 10. NAGO? / MEIGO? (Sanyoshi? Mira? Sanra? Sabuyoshi?) (from Okinawa prefecture), tofu maker, Kapaa Heights, Kauai, Hawaiian Islands.

1689. **Product Name:** Tofu.
Manufacturer's Name: Nakamura (Shokichi) Tofu.
Manufacturer's Address: Paia Camp, Paia, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 38. Shôkichi Nakamura (from Hiroshima prefecture), tofu maker, Paia Camp, Paia, Maui.

1690. **Product Name:** Tofu.
Manufacturer's Name: Nakasone (Taro) Tofu.
Manufacturer's Address: Makawao, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 47. Tarô Nakasone (from Okinawa prefecture), tofu maker, Makawao, Maui.

1691. **Product Name:** Tofu.
Manufacturer's Name: Nonaka (Mrs. Kikuye) Tofu.
Manufacturer's Address: 920 Kapahulu Ave., Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Honolulu City Directory. 1936-37. Mrs. Kikuye Nonaka Tofu (Mrs. Kikuye Nonaka, proprietor). 920 Kapahulu Ave., Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 134. Isaburo Nonaka (from Fukuoka prefecture), tofu merchant (not maker), 920 Kapahulu Rd., Honolulu.

Not listed 1941-42 Honolulu City Directory.

1692. **Product Name:** Tofu.
Manufacturer's Name: Okuyama (Munenao) Tofu.
Manufacturer's Address: Waikapu, Wailuku, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 18. Munenao Okuyama (from Yamanashi prefecture), tofu maker, Waikapu, Wailuku, Maui. On this same page is listed: Iwatarô Ohta / Ota (from Hiroshima prefecture), tofu and meat merchant, Box 568 Waikapu, Wailuku, Maui.

1693. **Product Name:** Tofu.
Manufacturer's Name: Omura / Ohmura (Riu) Tofu.
Manufacturer's Address: Waimea, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 38. Riu Omura / Ohmura (from Hiroshima prefecture), tofu maker, Waimea, Kauai, Hawaii.

1694. **Product Name:** Tofu.
Manufacturer's Name: Shimaura (Eisaku) Tofu.
Manufacturer's Address: Wahiawa, Oahu, Hawaii.

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Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 33. Eisaku Shimaura (from Kumamoto prefecture), tofu maker, Wahiawa, Oahu.

1695. **Product Name:** Tofu.
Manufacturer's Name: Shiroyama (Iyose) Tofu.
Manufacturer's Address: Kealakekua, Kona, Island of Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kona, Island of Hawaii p. 6. Iyose Shiroyama (from Hiroshima prefecture), tofu maker, Kealakekua, Kona, Island of Hawaii.

1696. **Product Name:** Tofu.
Manufacturer's Name: SHITANO? / SHITAYA? (Namie) Tofu.
Manufacturer's Address: Port Allen, Eleele, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 31. Namie SHITAHO? / SHITAYA? (from Ehime prefecture), tofu maker, Port Allen, Eleele, Kauai, Hawaii.

1697. **Product Name:** Tofu.
Manufacturer's Name: TAKAFUJI? / TAKTO? (Heihachiro) Tofu.
Manufacturer's Address: Papaikou, Island of Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 47. Heihachirô TAKAFUJI? TAKATO? (from Nagano prefecture), tofu maker, Papaikou, Island of Hawaii.

1698. **Product Name:** Tofu.
Manufacturer's Name: Takami (Ryuichi) Tofu.
Manufacturer's Address: Pali Luluku, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 51. Ryûichi Takami (from Hiroshima prefecture), tofu maker, Pali Luluku, Oahu.

1699. **Product Name:** Tofu.
Manufacturer's Name: Takashima (Sen) Tofu.
Manufacturer's Address: Puukoli, Lahaina, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 1. Sen Takashima (from Chiba prefecture), tofu maker, Puukoli, Lahaina, Maui.

1700. **Product Name:** Tofu.
Manufacturer's Name: Tatsuta (Seikichi? Masakichi?) Tofu.
Manufacturer's Address: Mountain View, Island of Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 86. Seikichi? (or Masakichi?) Tatsuta (from Hiroshima prefecture), tofu maker, Mountain View, Island of Hawaii.

1701. **Product Name:** Tofu.
Manufacturer's Name: Teruya (Tadao) Tofu.
Manufacturer's Address: Lower Camp 3, Sprecklesville, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 33. Tadao Teruya (from Okinawa prefecture), bath house and tofu shop (!), Lower Camp 3, Sprecklesville, Maui.

1702. **Product Name:** Tofu.
Manufacturer's Name: Uda (Yoshito) Tofu.
Manufacturer's Address: Waikapu, Wailuku, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 16 and 20. Yoshito Uda (from Kumamoto prefecture), tofu maker, Waikapu, Wailuku, Maui.

1703. **Product Name:** Tofu.
Manufacturer's Name: Uehara (Kiyoyoshi) Tofu.
Manufacturer's Address: Lahaina, Maui, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Maui p. 6. Kiyoyoshi Uehara (from Chiba prefecture), tofu maker, Lahaina, Maui.

1704. **Product Name:** Tofu.
Manufacturer's Name: Ushijima (Takehachi) Tofu.
Manufacturer's Address: Ponahawai St., Box 1247, Hilo, Island of Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Island of Hawaii p. 32. Takehachi Ushijima (from Kumamoto prefecture), tofu maker, Ponahawai St., Box 1247, Hilo, Island of Hawaii.

1705. **Product Name:** Tofu.
Manufacturer's Name: Uyeda / Ueda (Mrs. Haruko) Tofu.
Manufacturer's Address: Rear 1031 Aala, Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Honolulu City Directory. 1936-37. Mrs. Haruko Uyeda Tofu (Mrs. Haruko Uyeda,

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proprietor). Rear 1031 Aala, Honolulu.

Hawaiian Japanese Annual & Directory. 1936-37, p. 201. Kanichi Ueda (from Hiroshima prefecture), tofu maker, 1031 Aala St., Honolulu.

Not listed 1941-42 Honolulu City Directory. Note that tofu has been made at this exact address since 1923. The manufacturers were H. Iwanaga Daufu (started 1923), and Shoshiro or Shima Kanehori Tofu Manufacturer (1926). She later (probably in 1939) sold this company to Mr. and Mrs. Shokin Yamauchi, who renamed it Aala Tofu Co. As of 1988, Aala Tofu Co. still exists.

1706. **Product Name:** Tofu.
Manufacturer's Name: Wakahiro (Seiichi) Tofu.
Manufacturer's Address: 907 Sheridan St., Honolulu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, p. 206. Seiichi Wakahiro (from Yamaguchi prefecture), tofu maker, 907 Sheridan St., Honolulu.

1707. **Product Name:** Tofu.
Manufacturer's Name: Watanabe (Ushimatsu) Tofu.
Manufacturer's Address: Waipahu, Oahu, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Oahu p. 11. Ushimatsu Watanabe (from Chiba prefecture), tofu maker, Waipahu, Oahu.

1708. **Product Name:** Tofu.
Manufacturer's Name: Yamamoto (Sadashichi) Tofu.
Manufacturer's Address: Makaweli, Kauai, Hawaii.
Date of Introduction: 1937.
New Product–Documentation: Hawaiian Japanese Annual & Directory. 1936-37, Kauai p. 35. Sadashichi Yamamoto (from Hiroshima prefecture), tofu maker, Makaweli, Kauai, Hawaii.

1709. **Product Name:** Tofu, Yaki-dofu (Grilled Tofu), and Ganmodoki (Fried Tofu Patties).
Manufacturer's Name: Azumaya Tofu Seizo-sho (Azumaya Co.).
Manufacturer's Address: 1636 Post St. between Buchanan and Laguna, San Francisco, CA 94124. Phone: 415-285-8500.
Date of Introduction: 1937. January.
Ingredients: Soy beans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 21 oz.
How Stored: Refrigerated.
New Product–Documentation: Interview with George and Bill Mizono. 1989. Oct. 31. During the first year of ownership in 1937 Azumaya made bulk tofu, yaki-dofu, ganmodoki, and agé.

Note: This is the earliest record seen (July 2011) showing Azumaya making types of tofu other than regular tofu.

1710. Bordas, Jean. 1937. Le soja et son rôle alimentaire [The soybean and its role as a food]. Paris: Hermann & Cie. 36 p. 24 cm. Series: Actualités Scientifiques et Industrielles, No. 557. [24 ref. Fre]
• ***Summary:*** Contents: Introduction. 1. Botanical characteristics and principal varieties. 2. Chemical composition of soya. 3. Alimentary physiology and the nutritional uses of soya: Seeds (energy value, protein, vitamins, use as a milk substitute), forage. 4. Different uses of soya: Agricultural, industrial (oil, casein, sterol), as human food (sprouts, tofu, fermented tofu, shoyu, miso, tuong of Annam, roasted soy coffee, soy bread for diabetics, the future of soya). 5. The economics of soya: Production, imports, exports. Conclusions. Address: Director, Station d'Agronomie et de Pathologie vegetale d'Avignon, France.

1711. Hommel, Rudolf P. 1937. China at work: An illustrated record of the primitive industries of China's masses, whose life is toil, and thus an account of Chinese civilization. New York, NY: The John Day Co. Published for The Bucks County Historical Society (Doylestown, Pennsylvania). x + 366 p. See p. 85-94, 102-09. Illust. Index. 28 cm. Reprinted in 1969 by MIT Press, Cambridge, Mass. [15 ref]
• ***Summary:*** In the chapter on "Food" is a long section titled "Oil making" (p. 85-91) which shows in great detail and with many illustrations how rapeseed oil is made. Photos show: (Fig. 130) Hand cradle for bolting flour used at a Chinese grist-mill. (131) Bolting flour. (132) Undercut water wheel of a Chinese rice polishing mill. (133) An oil-mill with a large circular trough (4 feet in radius), in which the heavy roller stone crushes the seeds. The roller or millstone, which revolves around a central post, is 5 inches thick and 4 feet 9 inches in diameter. A sketch shows the framework connecting the millstone and the central post. (135) A trough scraper of a Chinese oil-mill. (136) Two wooden shovels for clearing the seed-troughs in the mill. (137) Cylinder or basket for holding the crushed seeds under pressure in a Chinese oil press. (138) Chinese oil press; seen lying on top is a stone hammer with wooden handle for driving wedges. (139) Chinese oil press in action. (140) Oil mill press. (141) Swing pole for driving the wedges. (142) Chinese oil press with the wedges driven home.

The next two sections (p. 102-09) are about querns (hand-turned grinding stones) and utilization of the soy bean–with emphasis on bean curd [tofu].

The soy bean is used to make oil ("Its odor is not very pleasant but this is of no consequence to the Chinese people"), sprouts (a "savoury vegetable"), bean relish ("prepared with salt and spices" [probably soybean jiang]), soy or bean sauce (soy sauce, "an excellent condiment."

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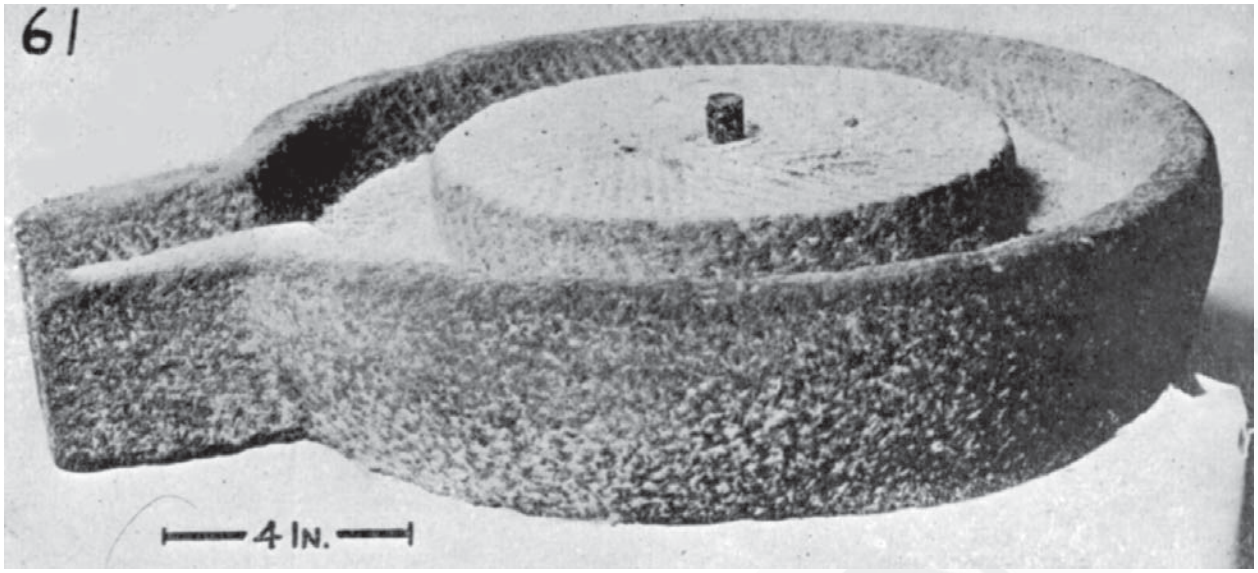

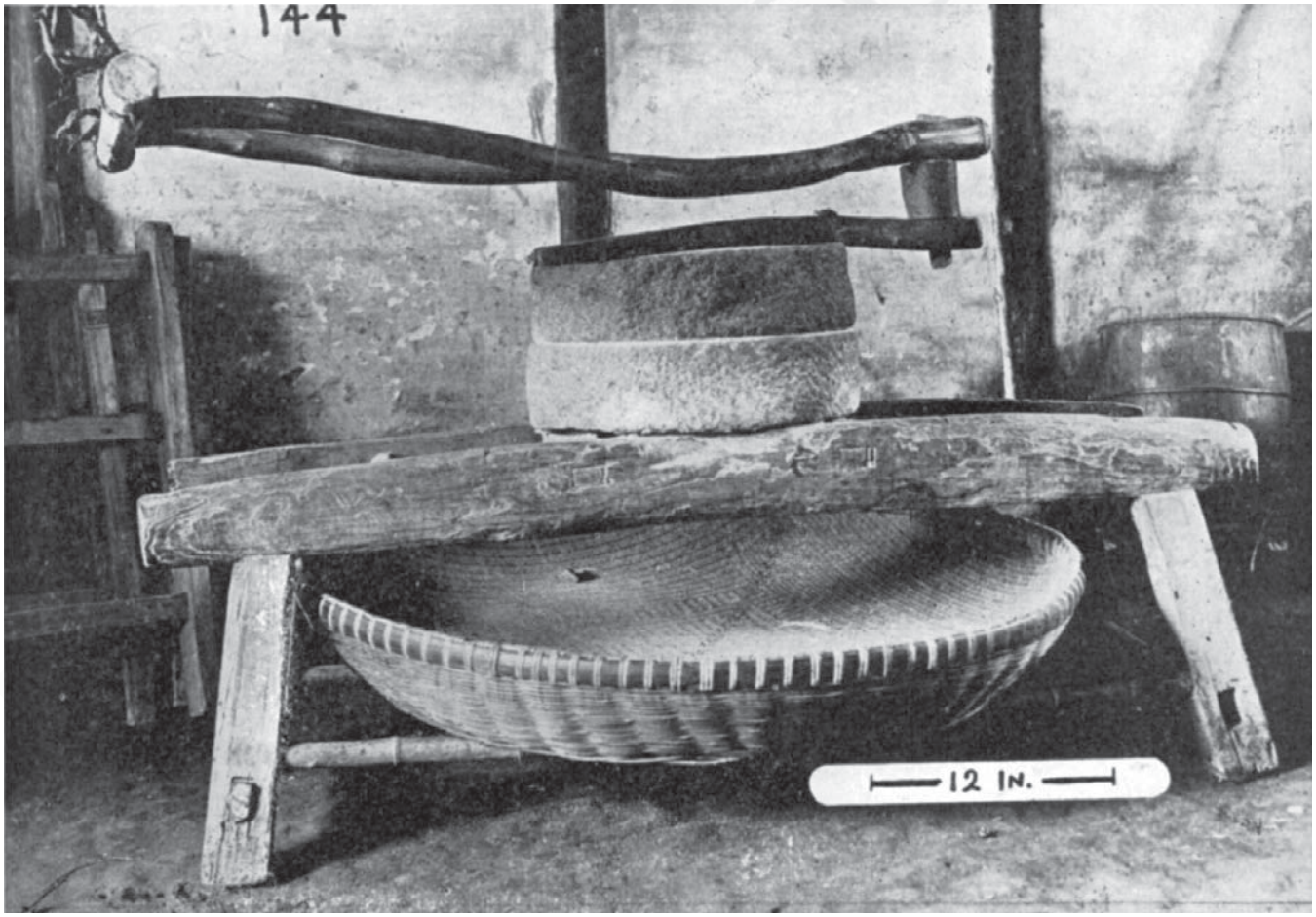

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If lightly shaken in glass vessel it "covers the sides with a bright yellowish-brown froth. Soy is exported in large quantities to India and Europe, and finds its way into many foreign condiments and table sauces" [such as Worcestershire]). "Perhaps the most extensive use of the bean is for making bean curd."

There follows a very detailed and accurate description of how bean curd is made on a home scale in China–illustrated by photos. He has seen it practiced in various places in Chekiang and Kiangsi. "It is usually a household manufacture, the people making it for their own consumption." Figures / photos no. 160 to 163 were taken at Se Aw, Chekiang.

"In Kiangsi the making of bean curd is often a special industry or trade and the people buy the cakes from the dealer, who makes them in large quantities. A larger press, Fig. 164, is then used." Details of the process for making this commercial tofu are then given–except that he failed to include the step in which the soymilk is coagulated.

The section "Notes on bean curd" (p. 108-09) states that dairy products are entirely absent from the Chinese diet; the soy bean and its products take their place.

"It was a rare instinct which led the Chinese to the utilization of the legumin or vegetable casein which the soy bean yields so abundantly. Here our food experts should take a hint and inquire why the soy-bean is only used for forage in America, while in China its products come next in importance to rice. I recall in this connection the efforts made some years ago by Mr. Hudson Maxim to interest his fellow-countrymen in this valuable food. He would buttonhole any new arrival at the Chemists' Club in New York who carelessly betrayed his ignorance of this eastern legume, deliver a lecture about the importance of the soy-bean and follow it up by sending samples, canned and in the dry, with the earnest appeal to try it and be convinced" (p. 109).

More photos show: (157) Bottom stone of a Chinese stone quern (pronounced "kwern"). (158) Upper stone of a Chinese quern. (159) Chinese quern with a handle attached, resting on two horizontal wooden supports, and with a large woven basket below. (160) Quern for wet-grinding used in making bean curd. Quern rests on two v-shaped horizontal wooden supports, with a wooden barrel below it. (161) Barrel used in making bean curd. (162) Three parts of the press used for pressing curds into tofu. (163) Frame for holding the curd, and a masher (9 inches long). (164) Large press for making bean curd. (165) Chinese wine press constructed like the bean curd press. (166) Chinese rope-clutch press–used mainly for pressing tobacco or in the paper-making industry. Address: Richlandtown, Pennsylvania.

1712. Kale, F.S. 1937. Soya bean: Its value in dietetics, cultivation and uses. With 300 recipes. 2nd ed. Baroda State, India: Baroda State Press. xxx + 375 p. Illust. (35 leaves of plates, described in a separate record). Index. 22 cm. 2nd ed. 1937. [66 ref]

• ***Summary:*** Contents: 1. Deficiencies in the Indian diet and soya bean as a means to rectify them. 2. History of the origin and growth of soya bean: Derivation of the word soya bean, origin of soya bean, literature, primitive man and soya bean, name of the plant, home of soya bean and its expansion, varieties of soya bean, the culture of soya bean is very remote (It "has been the chief article of diet in China for over 7,000 years."), reference of soya bean in old Chinese records, how and when soya bean became known to Europeans, soya bean in England (from 1890; J.L. North and Henry Ford), soya bean in France (from 1739), soya bean in Italy, soya bean in other countries of Europe, soya bean in United States of America, India and soya bean.

3. The use of soya bean: Importance of soya bean, dietetic importance, industrial importance, agricultural importance (Russia, Mussolini in Italy), medical importance, soya bean is alkalising in its effect ("Soya bean milk as well as its flour is used in foods for invalids and infants, like Nestle's food"), longevity and soya bean.

4. World trade in soya bean: Imports to Europe, production of soya bean in Manchuria (58% in North Manchuria), exports from Manchuria, oil and cake industry in Manchuria, soya bean production in Japan, in America, in Africa, in Australia, in Europe, in Java, in India, in other British possessions, estimate of world production of the soya bean, the desirability of the expansion of soya bean cultivation, imports and exports of soybeans, soya bean oil, and soya cake–1913-1927: Denmark, Holland, United States, Great Britain, Japan, France, Russia, China, Germany, Norway, Korea. Source: International Institute of Agriculture, Bureau of Statistics, 1921, p. 420-21. A table (p. 38) shows statistics for world production of soybeans "as estimated by the leading firm of London soya bean dealers" for various years from 1923 to 1929. This includes individual statistics each year for China [incl. Manchuria], Japan, and USA. The world totals in tons are: 3,095,000 (for 1923-25). 3,397,000 (for 1926). 4,325,000 (for 1927). 6,000,000 (for 1928), and 6,570,000 (for 1929; incl. China 5,250,000; Japan 550,000; USA 250,000; Java & Dutch East Indies 120,000; Other Asiatic countries & Africa 400,000).

5. Botany of the soya bean plant. 6. Classification of soya bean. 7. Cultivation of soya bean. 8. Diseases and pests of soya bean. 9. Cultivation of soya bean in India. 10. The constituents of soya bean. 11. Soya bean milk. 12. Soya bean flour. 13. Industrial uses of soya bean. 14. Enriching soil by addition of nitrogen and use of soya bean as fodder. 15. Food requirement of the human body. 16. European and American soya bean recipes. 17. Diabetic dishes, Mahatma Gandhi's experiments at Magan Wadi and opinion of scientists on soya bean. 18. Chinese and Japanese soya bean dishes: Toffu [tofu] or soya bean curd: Digestibility, utilization,

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toffu khan, toffu nao [doufu nao], tze toffu (fried bean curd), chien chang toffu (thousand folds), hsiang khan, kori toffu (frozen toffu), preservation of toffu. Natto. Tokio natto and Kyoto natto etc. Hamanan natto [Hamanatto]. Yuba. Misso [miso]. Soya sauce. Soya bean confectionery. Roasted beans (Chinese).

19. Indian soya bean dishes: Hindustani dishes, Moglai dishes, Gujarati dishes, Maharashtrian dishes, Bengali dishes, Goa dishes, Tanjore dishes. Appendixes. 1. Acreage of soya bean in Manchuria during the last 5 years. 2. Total figures of export during last 5 years. 3. Bibliography. 4. Some opinions about the first edition of this book.

The preface begins (p. iii): "This little book is written in response to innumerable inquiries I have had from time to time after the inauguration of the plantation ceremony of Soya Beans at the State Agricultural Experimental Station by H.H. the Maharaja Gaekwar of Baroda in November 1933.

"A few months after this a food exhibition was held in Baroda where many Soya Bean dishes–Indian, European and Chinese–were exhibited. The leading papers and journals all over the country spoke in very glowing terms about the Soya Bean dishes that were exhibited... Later on at the request of Messrs. Mitsui Bussan Kaisha Ltd., a leading Japanese Firm in Bombay, a Soya Bean Exhibition and Restaurant were run in the Japanese village at the H.O.H. fete. So keen was the interest and enthusiasm evinced by the cosmopolitan public of Bombay that seats in the restaurant had to be reserved in advance. The presence of H.E. the Governor and Lady Brabourne and many Indian princes was an additional evidence of the ever growing popularity of the tasty Soya Bean dishes served there.

"At the closing of the H.O.H. fete many prominent people of Bombay requested me to continue the restaurant at a convenient place in the city, and asked me to open soya-bean milk centres for the children of the poor who could not afford to buy cow's milk. Many were ready to finance any scheme that I would propose, but unfortunately my time was not my own as I had to attend to my duties in the State and could not take advantage of their generous offer.

"The Departments of Agriculture of the various provinces of India as well as many Indian States asked me to supply them with literature regarding the cultivation and the uses of this most useful bean. The Department of Commerce and Industry of the Government of Bombay inquired if I could furnish them with information about the machinery for the extraction of Soya-bean milk. Letters of inquiries from private individuals kept pouring in daily from all parts of India. All this has induced me to undertake the preparation and the publication of this book...

"From the number of experiments carried on in the Baroda territories and outside it, I feel sure that the Indian soil is most suitable for the cultivation of soya bean...

"The leading thought of the day in India is, 'Village uplift,' and 'Rural reconstruction.'

"Baroda, 7th January 1936, F.S.K. (p. iv)

"Preface to the Second Edition: I feel grateful to the public for having given such a hearty reception to the first edition of my book. It is running into a second edition within a year...

"Now, Soya Bean Bakeries and Restaurants have been started in the city of Bombay and in many other towns in India, and Soya Bean products are exhibited in almost all the exhibitions...

"I feel highly thankful to His Highness the Maharaja of Baroda who gave me an opportunity last year of visiting Russia, where I have seen that seven to ten per cent. of Soya Bean flour was being added to the wheat flour in order to enhance the nutritive value of the bread. The Soya Research Institute at Moscow is making researches into the nutritive, industrial and economical values of Soya Bean. I have seen there the actual working of the Soya-bean milk extracting plant. They make casein out of Soya-bean milk. Soya-bean cream is sold in the market.

"I visited the dietetic clinics in England, France, Germany, Austria and other European countries, where doctors prescribe Soya Bean bread for diabetic patients. In Russia, rickets and consumption are treated by Soyolk extracted out of Soya Bean...

"France is growing Soya Bean on côlt de jura [sic, Côte d'Azur, on the Mediterranean?]. In England, through the efforts of Mr. J.L. North, Soya Bean is realised as a field crop for the last two years.

"Paris, 3rd April 1937. F.S.K. (p. ix)." Address: Food Survey Officer, Baroda State, India.

1713. Kale, F.S. 1937. Soya bean: Its value in dietetics, cultivation and uses. With 300 recipes. 2nd ed. Chapter 9. Cultivation of soya bean in India (Document part). Baroda State, India: Baroda State Press. xxx + 375 p. See p. 79-111.
• ***Summary:*** Contents: Experiments in Baroda State (1934 and 1935) (p. 79-83): In June 1934, 15 lbs. of good seed was acquired by F.S. Kale, the Officer in Charge, Food Survey Department, Baroda state. Describes: Preparatory tillage, sowing on July 12, germination, interculturing [hoeing], gap filling, pod formation, ripening of pods on Sept. 26, harvesting, thrashing (by beating of sticks), yield (167 lb of seed total), cost of cultivation, net profit, and net profit per acre (in rupees). Experiment of 1935, using acclimatized seed from last year's crop. The germination rate increased to 95% from 60% in 1934. The average number of pods per plant increased to 130 from 110. The yield doubled (given in maunds and seers). Signed: Hargovind Bavabhai Patel. Food Surveyor's remarks.

Cultivation of soya bean in Surveys Nos. 199-212, supervised by Ranchhod Raghav Baria, head man of the village, Kerianagas, Amreli District, Gujarat (p. 83-85): The seed was given to 16-17 farmers; some intercropped it with cotton and others with Bajri [pearl millet]. After sowing,

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the soya bean was attacked by a beetle and so about 1/3 of the seed was spoiled. After 15 days only half the crop had survived. When pod formation began, crows and parrots began to attack the plants; half the pods were spoiled or damaged by them. Then the monsoons brought less rain than usual. The growth of both cotton and bajri was clearly aided by the soya bean. Food surveyor's remarks: "We are very hopeful that this part of Gujarat will be very well suited for soya bean crop."

Experiments of 1934 at the Baroda Agricultural Experiment Station. Soya bean–fodder type (p. 86-90): Two varieties of soya beans were planted in 1934: Poona greenish white, and Poona yellowish white, both brought from Poona Agricultural College. Both were planted on July 3, flowered on Sept. 28 and 29 respectively, pod formation on Oct. 20 and 15 respectively, both harvested on Dec. 4. A photo shows one plant that had more than 500 pods. Description of varieties. For Poona greenish white: Preparation of the soil, cultivation, ripening, harvesting (using a sickle), how to cure it for hay, the yield (900 lb per acre of seed, or 3-4 tons per acre of green crop). "We have given the green fodder to the bullocks on the farm and it seems that they relish it much and they put on more fat and seemed to be healthy and strong. The plants when uprooted showed the growth of big nodules on the roots. For Poona yellowish white, the seed yield was 460 lb per acre and the yield of green matter was only about 75% as much. Mammoth Yellow soya beans from Baroda contained 41.1% protein and 9.9% moisture; the same soya beans from Manchuria contained 38.5% protein and 9.7% moisture.

Dep. of Agriculture, Central Provinces and Berar (p. 90-94): Soya bean ("In this province the Agriculture Department started some preliminary work on this crop as early as 1911. A collection of different varieties from foreign countries was made and grown on the Nagpur farm. Particular attention was given to acclimatize it and to obtain suitable high-yielding early strains, possessing at the same time a satisfactory percentage of oil. The work continued for some years but the results obtained were not satisfactory as none of the varieties were acclimatized. Further work was, therefore, dropped and the growing of Soya beans did not make any headway.

"In 1927, the Botanical station started the investigation of fodder supplies, and in this connection a large number of leguminous crops including Soya beans were tested. Of the Soya beans, two varieties, viz., Java black and Wilson early, were tested and gave encouraging results as regards their yield of green fodder" per acre (the sum of two cuttings)):

In a table of 7 crops: #1. Alysicarpus rugosus (Shevra) 20,105 lb per acre. #2. Glycine hispida (Soya bean Java black) 12,505 lb per acre. #4. Glycine hispida (Soya bean Wilson early) 11,905 lb per acre.

In recent years, tests of seed production have also been carried out on soybean. "A large number of fresh varieties from Kalimpong (Bengal), Kuala Lumpur (Federated Malay States), Barberton ([Ohio] USA) and Leningrad, etc. were obtained and tested. Of these, three white seeded and one black seeded varieties gave promising results as regards their adaptability, earliness and yield." An analysis (see table) of their chemical composition shows "that these selected strains are about 1½ times more nutritious than *mung* and *urid* and also contain a high percentage of oil" [12.8 to 15.2% compared with 0.73 to 1.46%].

"With a view to test its taste and other cooking qualities, the selected and acclimatized varieties were distributed for trial in small quantities amongst garden servants and some officials in Craddock Town, Nagpur. Their report shows that the soya bean is quite palatable and does not suffer from bad taste on account of the high percentage of oil. When ground into flour it can be mixed with wheat flour to make *chapatis*, *puris*, *kachoris*, fritters (*bhajias*) and other Indian preparations. One drawback, however, which has been noticed, is that it does not very well mix with [absorb] water in the preparation of 'dal' like other pulses."

The biggest problem is that India conservative farmers "take a long time to add a new crop to those already grown, unless they can be persuaded that the crop will bring them more profit per acre."

Soya beans in Berar, by Mr. R.R. Dokras, B.A., LL.B., Chandur, Berar (p. 94-98): Improves soils ("It is of great value to persons who must abstain from meat and thus is a great help to the vegetarian population of the country"). Can be grown in Berar ("all over on a profitable commercial basis"). My experience ("growing soya bean from 1931 to 1934). A helpful crop. Best cattle feed.

Imperial Department of Agriculture of India, by Mr. Wynne Sayer, Esq., B.A., Dip. Agri. (Cantab.) Offg. Imperial Agriculturist, Pusa, Bihar (p. 98-101): Summarizes the strengths and weakness of the crop. "3. In India it is generally used as green vegetables, *dal* and *sattoo.*" "4. Experts in India and outside are unanimously of the opinion that extension of soya bean cultivation is of great economic value as human food, cattle food and as seed of commercial interest in various industries."

"The only drawback is that there is no ready market for its disposal in India as the people of this country are generally ignorant of its valuable properties–an ignorance which can only be removed with the advancement of scientific knowledge and propaganda among the people."

Soya Bean (*Glycine hispida* Maxim), by M. Wynne Sayer, Esq., B.A., Dip. Agri. (Cantab.) Offg. Imperial Agriculturist, Pusa, Bihar (p. 101-07): Introduction: "The soya bean... is cultivated extensively throughout India, chiefly in the north Indian tract which extends from the Punjab to the Khasia and Manipur Hills and Burma. It is also grown on the slopes of the Himalayas up to an altitude of 6,000 feet" (Duthie 1905, Watt 1890). Economic importance of the soya bean: "The bean is much appreciated as human

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food on account of its protein and vitamin contents of high physiological value... It occupies a position next to rice in China and Japan. Various preparations such as *Tofu* (Soy-cheese), *Miso* (Soy-paste), *Shoyu* (Soy-sauce), etc. are made from the bean and widely used in those countries... In India it is used in various forms such as *sattu, atta* and *dal*. Cultivation of fodder-type soya-bean. Green fodder for cattle: At Pusa farm, cattle are grazed on soya bean in November. Green manure. Standard varieties of soya bean on the Pusa Farm: A table shows 10 varieties from 1917-1923, with the yield of each. The varieties: Local (Pusa), Nepali twining, Riceland, Barchet, Black early, Black late, Yellow hilum brown (highest yield, 1127.9 lb/acre), Chocolate (#2 highest yield, 1026.5 lb/acre), Assam, Barmeli. Chemical composition (table) of Yellow, Chocolate, and Black early.

Soya bean, by R.R. Rao Bahadur D. Ananda Rao Garu, B.Sc., Director of Agriculture, Madras (p. 107-08): "Soya bean is under trial from 1932 in the Research stations Aduturai, Maruteru, Hagari, Nandyal and Samalkota. The two varieties of Soya bean from Burma *viz.* Behrum and Pengypi have done well and the trials are being continued.

Soya bean, by K.S. Kulkarny, Professor of Agriculture, Agricultural College, Poona (p. 108-09). Gives basic information about cultivation of soya bean.

Soya bean, by H.H. Stewart, Esquire, I.A.S., Director of Agriculture, Punjab (p. 109-110): "The area under soya bean crop in this province is practically nil. The crop has been tried on a few experimental farms of the Agricultural Department, where it yielded 12 to 16 maunds of seed per acre."

Soya bean, by the Superintendent of Agriculture, Darjeeling, Kalimpong (p. 110-11) [as of Sept. 2010 Darjeeling and Kalimpong are neighboring towns in the Indian state of West Bengal]: "Soya bean is cultivated chiefly as a secondary crop in rotation after maize or on the Alis or ridges of the paddy fields. The approximate 5 years' average under this crop in the Darjeeling District is about 200 acres; but in the neighbouring independent States, such as Sikkim, Bhutan and Nepal the approximate average is 750 to 800 acres. The average yield for 5 years would be about 7,500 to 8,000 maunds and there are 6 or 7 varieties of soya beans grown in and around this district." The crop is grown mainly for seed and human consumption, also as a green-manuring crop in Tea Estates. Address: Paris, France; Formerly: Food Survey Officer, Baroda State, India.

1714. Morse, W.J.; Cartter, J.L. 1937. Improvement in soybeans. *Yearbook of Agriculture* (*USDA*) p. 1154-89. For the year 1937. [67 ref]

• ***Summary:*** Contents: History of the soybean. World distribution and production. Utilization of the soybean (with chart). Improvement of soybean varieties. Methods in breeding: Natural and artificial crossing, mutations. Inheritance studies and cytology: Plant characters (flower, stem, pubescence, and foliage; height of plant and maturity; pod-bearing habit and pod characters; sterility, growth habit), seed characters (color of seed coat, hilum, and cotyledon; other seed characters), yield of seed. Disease resistance. Identification of genes and chromosomes. Selected references on genetics of the soybean. Appendix: 1. Workers identified with soybean improvement: United, States, foreign countries. 2. List of soybean genes (table). 3. Linkage of soybean characters (table). 4. Soybean varieties: Origin and varietal characteristics (table listing 101 named soybean varieties; for each is given the place and date of introduction or origin, days to mature, flower color, pubescence color, and seed characters {coat color, germ color, hilum color, seeds per pod, seeds per pound}, uses {dry-edible beans, forage, green-vegetable beans, grain}).

The section titled "History of the Soybean" states: "The early history of the soybean is lost in obscurity. Ancient Chinese literature, however, reveals, that it was extensively cultivated and highly valued as a food for centuries before written records were kept. It was one of the grains planted by Hou Tsi, a god of agriculture. The first record of the plant is contained in a materia medica describing the plants of China, written by Emperor Sheng Nung [sic, Shen Nung] in 2838 B.C. The crop is repeatedly mentioned in later records and it was considered the most important cultivated legume and one of the five sacred grains essential to the existence of Chinese civilization. Seed of the plant was sown yearly with great ceremony by the Emperors of China, and poets extolled its virtues. The records of methods of culture, varieties for different purposes, and numerous uses indicate that the soybean was perhaps one of the oldest crops grown by man."

Note 1. This is the earliest English-language document seen (June 2003) which states that: (1) The soybean was one of the "five sacred grains." (2) "The early history of the soybean is lost in obscurity." (3) The soybean was planted at an early date by "Hou Tsi, a god of agriculture." (4) The "soybean was perhaps one of the oldest crops grown by man." It is also the earliest document seen (June 209) in which William Morse mentions the mythical Chinese emperor "Sheng Nung" in connection with soybeans.

More broadly, this entire story linking Shen Nung with the earliest written record of the soybean, is completely incorrect. Yet because the story was written by Morse (highly regarded as America's leading authority on the soybean) in a USDA publication, it has unfortunately been repeated, and this source cited, again and again down to the present day (see Hymowitz 1970; Hymowitz and Shurtleff 2005).

Note 2. This is the earliest document seen (June 2003) in which the emperor's name is spelled "Sheng Nung."

Note 3. This is the earliest document seen (July 2007) in which William Morse tries to write an early history of the soybean in China. Unfortunately, he does not cite his sources.

The section titled "Improvement of soybean varieties"

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states: “In the United States, more than 50 percent of the acreage devoted to soybeans is used for forage and pasture; breeding work, therefore, has tended largely toward the development of varieties for hay, silage, and pasture. The development of such varieties as Virginia, Laredo, Otootan, Wisconsin Black, Manchu, Wilson-Five, Kingwa, Peking, and Ebony by selection from introductions has been the principal factor in the increased use and acreage.

“Beginning with 1929, the use of soybean seed by oil mills has led to a demand for yellow-seeded varieties of high oil content. Agronomists and plant breeders have attempted to meet this demand by making large numbers of selections from foreign introductions and locally grown varieties and by analyzing these for oil content. This has brought about the development of several superior oil varieties and has resulted in a large increase in production of beans for milling purposes. The most popular of these varieties are Illini, Dunfield, Mukden, Mandell, Scioto, Mansoy, Manchu, Mamredo, Delsta, and Mandarin. Results of analyses with more than 1,000 selections and varieties have shown a range of from 12 to 26 percent in oil content. From studies of the oil content of varieties grown in a given locality, it seems possible, from the breeding standpoint, to produce varieties high or low in oil, at least within the known ranges of variation exhibited by common varieties.” (p. 1161-62).

Soybean varieties that have excellent flavor and become soft in less than 2 hours of cooking include Easycook, Bansei, Rokusun, Jogun, Chusei, and Sousei. These are “now in the hands of growers and seedsmen. Experiments by commercial firms have shown that these varieties are superior to commercial varieties for the manufacture of food products, such as bean flour, roasted beans, bean milk, and bean curd [tofu].

“In Japan, certain varieties of soybeans were found that were used solely as green shelled beans. Ranging in maturity from 75 to 170 days, many of these introductions, and selections from them, have been found especially promising for the various sections of the United States. The vegetable soybean offers an excellent food of high nutritional value, especially in the fall when other green beans are lacking and in sections where the Mexican bean beetle prohibits the growing of garden beans. As a result of selection, cooking tests, and adaptation studies, eight green vegetable varieties–Hahto, Kura, Kanro, Hokkaido, Higan, Chusei, Sousei, and Jogun–have been introduced in various sections of the country” (p. 1163).

Photos show: (1) “The late Charles Vancouver Piper, agronomist, United States Department of Agriculture, 1902-26. Pioneer in the introduction and development of soybean varieties for United States conditions.” (2) “Storage yard of a Chinese grain merchant near Kungchuling, Manchuria. More than 80 osier bins, each holding four cartloads of soybeans, were in this yard.” (3) A Manchurian farmer and how he harvests, threshes and cleans soybeans by methods learned from his ancestors; comparison with modern U.S. machine harvesting. (4) “Millions of soybean oil cakes are stored in warehouses in Manchuria awaiting shipment to Japan, Chosen, China, and the East Indies, where they are used for fertilizing purposes and for cattle feed.” A person looks up at the towering stacks. (5) Coolies loading large sacks of soybeans on a freighter for shipment to the oil mills of Europe. One man has hoisted a huge sack onto his back. (6) Five Manchurian farmers who have been awarded certificates and prizes for producing high-quality soybeans. (7) Twenty seeds of a natural soybean hybrid showing peculiar types of coloration. (8) Illustration (line drawing) of a soybean flower and its parts enlarged. Front view, side view, parts of the corolla (standard, wing, one of the keel petals), stamens, pistil. (9) A. Stems and pods of fasciated soybean plants; B. Determinate pod-bearing type; C. Indeterminate pod-bearing type. 10. Chromosome chart showing four groups of linked genes in soybeans.

A table (p. 1157) shows: “Increase in production of soybeans over an 11-year period, 1924-25 to 1935-36, inclusive, in the principal producing countries of the world” (Manchuria, Chosen [Korea], Japan, United States, Netherland India).

Soybean seed size (p. 1177): “The range in size of soybean seed varies according to the variety, each variety having its own typical seed size. Varieties and introductions tested at the Arlington Experiment Farm ranged in average weight of 100 seeds from about 4 grams for the smallest to about 40 grams for the largest.” Address: 1. Senior Agronomist; 2. Assoc. Agronomist. Both: Div. of Forage Crops and Diseases, Bureau of Plant Industry [USDA, Washington, DC].

1715. Woertge, Karl Heinz. 1937. Entwicklung und weltwirtschaftliche Bedeutung der Sojabohnenerzeugung und -verarbeitung [Development and international economic significance of soybean production and processing]. Thesis, Friedrich Alexander University, Erlangen, Coburg, Germany. 119 p. 28 cm. [112 ref. Ger]

• ***Summary:*** Contents: Foreword. Part I: History and culture of the soybean. 1. History, natural requirements and technology of soybean production; chemical composition of the soybean. 2. Occurrence of the soybean and methods of production in various countries: Asia (Manchuria and China, Japan, Korea, Formosa, Dutch East Indies, other Asian countries incl. British India, Cochin China, Ceylon), America, Europe (Southeast Europe, Austria, USSR, France, Italy, England, Poland, Switzerland, Czechoslovakia, Germany), Africa and Australia.

Part II. Scale and global economic significance of soybean production in the main producing areas. 1. General overview of world soybean production: Production for seeds, for fodders. 2. Scale of soybean production in the main producing areas: Asia (Manchuria, Japan, Korea, Formosa,

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Dutch East Indies [Java and Madura/Madoera]), America, Europe (Southeast Europe, USSR).

Part III. Development and global economic significance of soybean processing. 1. Soybean processing possibilities: A. Processing soybeans to make foods: Asia (general, methods used in China and Japan to make vegetable-type soybeans and salads, koji, soymilk, shoyu [soy sauce], miso, natto, tofu, methods used in the Dutch East Indies), Europe (general overview, preparation of soybean meal, soymilk, coffee- and chocolate substitutes). B. The soybean as an oilseed: General, methods of obtaining the oil (in Asia, Europe, USA), use of soy oil (as human food, other). C. Obtaining lecithin from the soybean. D. Use of soybean press-cake for livestock feed. E. Use of the soybean meal for fertilizer. 2. World trade in soybeans, soy oil and soybean cake/meal (*Sojakuchen/Sojaschrot*)*:* World trade in soybeans (Manchuria, Asia, Europe, USA), world trade in soy oil, world trade in soybean meal.

Closing remarks: The state of the world soybean market with special consideration for the current German conditions. Appendixes and tables. Address: Nuerenberg, Germany.

1716. Yamaguchi, H.S.K.; Sakai, Atsuharu. 1937. Sukiyaki: How "sukiyaki" is served. Origin of "sukiyaki" (Document part). In: H.S.K. Yamaguchi. 1937. We Japanese. Yokohama, Japan: Yamagata Press. 592 p. See p. 264-66. Book II.
• ***Summary:*** To create the Japanese atmosphere at the Sukiyaki party, the guests must sit on cushions on the floor. For a party of four guests, a circular table is best, with the charcoal brazier (on which a *nabé* is set) or electric cooker in the middle. On plates surrounding the *nabé* are the ingredients required for the meal: Tender beef, thinly sliced. Cut leeks and often some onions mixed with the leeks. "Now comes the highly nutritious bean-curd known as *tofu* in Japan. This is very light and digestible, and of great value in Japanese soups and other dishes." *Konnyaku,* a gelatin-like vegetable, is cut into strings (*shirataki*) that look like silvery spaghetti. Japanese doctors say that *konnyaku* has considerable medicinal value.

"As seasoning the Japanese usually put a little of what is called *Ajinomoto,* along with a little soup stock. This *Ajinomoto* is one of the most marvelous seasonings in the world, recognized even by the French as superior to their *sel de celeri,* in which French chefs have so much faith. It ought to be better known to housewives throughout the world. Housewives travelling make inquiries about it and buy quantities in Japan to take home.

"Now come two important liquids. The first, *shoyu* or *soy,* is indispensable. It is the Oriental sauce which is the basis of almost all sauces in the world, with the difference, however that whereas so many Western sauces are strongly spiced and therefore too piquant, and consequently harmful to delicate stomachs, the Japanese *shoyu* is a natural soy bean-sauce, highly nutritious and an irresistible appetizer." Address: Manager, Fujiya Hotel, Miyanoshita, Japan.

1717. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1938/01. Nichibei jûshoroku [The Japanese American directory. No 34]. San Francisco, California: Nichi-Bei Shinbunsha. 671 p. Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** One of many of these directories owned by the Library of Congress. Address: Ellis Street, San Francisco, California.

1718. *American Cookery* (*Formerly The Boston Cooking School Magazine*). 1938. Queries and answers: Soy bean curd. 42(9):564-66. April.
• ***Summary:*** "Query No. 5886. 'In your February I noticed a recipe for soy bean milk that referred to one for soy bean curd. Will you now please supply me with that recipe?'"

Ans: "The following recipe is quoted from the Bureau of Home Economics. To make soy bean curd with vinegar, heat four quarts of soy bean milk, add two cups of vinegar and stir until will mixed. Let stand a few minutes. Put in a cheesecloth bag and dip the bag of curd in cool water several times to wash away the excess acid. Drain for about an hour and press out the remaining liquid. Season with salt and pack rightly into a dampened mould. Cover and store in a cold place until firm enough to cut.

"To make soy bean curd by fermentation, keep the milk in a warm place overnight, or until it forms a curd. Stir to break the curd. Add an equal amount of water heated almost to boiling and let stand ten minutes. Pour into a cheesecloth bag and drain for several hours. Press out the remaining liquid. Season with salt and pack into a dampened mould. Cover and store in a cold place." Address: 221 Columbus Ave., Boston, Massachusetts.

1719. Iwamoto, Kunitarô. 1938. Tôfu seizô kôtei-chû ni okeru bitamin B-1 no shôchô ni tsuite [On changes in vitamin B-1 during tofu manufacture]. *Jozogaku Zasshi* (*J. of Brewing, Osaka*) 16(4):314-17. [7 ref. Jap]
Address: Naimushô Eisei Shikenjô, Japan.

1720. Horvath, A.A. 1938. The nutritional value of soybeans. *American J. of Digestive Diseases* 5(3):177-83. May. Earlier edition in Deutsche Medizinische Wochenschrift. 19:733. 1937. Amaral 1958. [114 ref]
• ***Summary:*** Contents: Introduction. Composition and properties. Nutritive value. Conclusions. This article contains a good review of the literature, with 114 references. Individual foods discussed include: Fresh soybean curd, smoked soybean curd, frozen soybean curd, soybean milk, soybean milk powder ("mostly nothing but a finely ground soya flour..."), soybean flour, soy acidophilus milk, immature green soybeans, boiled mature soybeans, soya bread.

"In the Orient soybean curd (tofu) has been in daily use since times immemorial, and is called 'the meat without the

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bones,' as it serves as a food rich in protein."

"The low basal metabolism of the orientals was to a certain extent attributed to their being vegetarians, and the basal metabolism was accepted as a measure of efficiency of a nation until recent studies showed the basal metabolism of the Maya Indians to be about 5 per cent above that of the white race" (Shattuck & Benedict 1931, p. 518).

"It has been shown that while alkalinization of a human being by the administration of sodium salts (bicarbonate or citrate) is followed by a retention of water amounting to one Kilo [kg] and greater perspiration during exercise, the alkalinization by the corresponding potassium salts results in a one Kilo loss of water by the body and a marked reduction in perspiration during exercise (H. Dennig, 1937). The deficiency of the soybean ash in sodium and the large excess of potassium places the soybean in the latter class of alkalizing agents."

"Besides bread and bakery products (such as coffee cake and doughnuts) the other main outlets for soya flour are for the manufacture of crackers (only solvent extracted soya flour gives a product that will keep indefinitely), pancake flour, cocoa-malt mixes, baby foods, chocolate puddings, ice cream powders, macaroni products, and sausages*. (Footnote: * Mostly meal flours are used today for sausages. Since sausages containing a substantial amount of soya flour can be sold at a reduced price, this may provide the packing industry of our country with a means of expanding the consumption of meat").

Note: This is the earliest English-language document seen (June 2009) that uses the term "immature green soybeans" to refer to green vegetable soybeans. Address: Chemist, Agric. Exp. Station, Newark, Delaware.

1721. *Madison Health Messenger* (*Madison, Tennessee*). 1938. Soy bean milk, coffee, meat, and cereal. 1(1):1, 4, 6. Spring.

• ***Summary:*** "More versatile than any other food is the soy bean. Previously used as stock feed, it has gradually won its way into many wholesome foods that are distinctly different, yet palatable and reasonable.

"Madison Foods, in conjunction with Madison College, has spent years in experimental research developing soy bean foods. Dr. Philip S. Chen, Professor of Chemistry at Madison College, a native of China who received his doctorate degree in chemistry at Michigan State College, together with Dr. Frances L. Dittes, Professor of Nutrition at Madison College, whose doctorate degree is also in the field of Chemistry and Nutrition, have successfully exploited the ancient bean, discovering its versatility as is evidenced by the possibilities of its use as milk, coffee substitute, meat substitute, breakfast cereal, flour, etc."

Kreme O'Soy Milk is the only homogenized soy bean milk on the market to date; it is made of soy beans, added soy bean oil, dextrose, and organic calcium. Zoy-Koff is an alkaline coffee substitute made from soy beans and grains. Kreme O'Soy Crisps is Madison's new ready-to-eat alkaline breakfast cereal. It is made of whole soy bean flour, whole wheat, and malt.

Foods made by Madison Foods that contain soy as an ingredient, described in this first issue are: Soy-Koff (with photo of front of package in front of Mr. Hubert Henken, assistant production manager of Madison Foods, from Albia, Iowa, and a "strict vegetarian"). Thin Things (a new soy wafer). Date-Stix (a natural sweet, with Kreme O' Soy Flour). Fruit Stix (a soy flour biscuit). Breakfast Crisps / Kreme O'Soy Crisps (with photo of front of package). Soyburger Loaf. Soy Beans (in 5 oz, 14 oz and 30 oz cans, with tomato sauce or plain). Soy Cheese [Tofu]. Vigorost ("Madison's finest protein food representing the 'steak' of its variety." A photo shows Vigorost sliced and ready to serve on a platter). Kreme O'Soy Flour. Kreme O'Soy Milk.

Note: This is the earliest document seen (Jan. 2013) that contains the word "Soyburger" (spelled as one word, regardless of capitalization) or the term "Soyburger Loaf."

1722. *Christian Science Monitor.* 1938. Rice Japanese food mainstay. June 8. p. 6.

• ***Summary:*** "The regular accompaniment to rice at the morning meal consists of beancurd soup and a very bitter pickled plum [*umeboshi*] as an appetizer, with perhaps some seaweed. Fish, vegetables, pickles, and beancurd are supplementary dishes at other meals. But rice is the central item in the Japanese menu." A photo shows two peasants treading a crude waterwheel that irrigates a rice field near Osaka.

1723. Guy, Ruth A.; Yeh, K.S. 1938. Peking diets. *Chinese Medical Journal* 54(3):201-22. Sept. [20 ref]

• ***Summary:*** Two distinct types of diets are eaten in Peking. Whole cereal-legume diets tend to be eaten by the poor, whereas milled cereal-meat diets are eaten by the rich. "Both, at their best, are excellent," as can be seen from the tables of composition or from "the ultimate test, the health and vigor and reproductive performance of the people who eat them." Both include fresh vegetables. The diet in Table 2 is entirely vegetarian. "A little meat is usually eaten three or four times a year at festival times, but it cannot be considered nutritionally significant. The great bulk of the rural population of North China eat it,..."

There are, however, a number of modifications in these two basic diets which render them highly unsatisfactory. In the first, lower-class, diet, extreme poverty leads to a reduction or omission of the vegetables and even of the yellow maize and soya bean. Or, the social prestige conferred by the use of milled [polished] cereals sometimes leads to a deficiency of vitamin B-1. The second, rich diet, is often rendered unsatisfactory with respect to protein and vitamin B-1, and with respect to vitamins A and C, by reductions in

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the amount of pork and leafy vegetables, respectively.

Contents: Composition of common foods. Whole cereal-legume diets. Milled cereal-meat diets. Distortions in whole cereal-soybean diets. Distortions in milled cereal-meat diets.

Mixed flour, which are sold in the Peking market, vary considerably in composition. "Some shops say they mix corn eight parts with soybean two parts (called *pang tzu mien*), millet five parts with soybean five parts (called *hsiao mi mien*). Other shops say the mixtures are: corn nine parts and soybean one part, or millet six corn nine parts and soybean one part. "The latter have been chosen as more probably true because of the higher price of soybeans. In any case no measurements are made, both cereal grain and soybeans being put into the mill and ground together."

Soyfoods whose composition is given in the tables are: Soybean meal [flour]. Ground mixture of 9 parts maize and 1 part soybean meal (*pang tzu mien*). Ground mixture of 6 parts millet and 4 parts soybean meal (*hsiao mi mien*). Soybean curd (tou fu). Soybean sauce.

Tables: (1) Composition of common foods. (2) Whole cereal-soybean diet (excellent; vegetarian). (3) Milled cereal-meat diet (excellent). (4) Whole cereal-soybean diet (deficient; vitamin C absent, vitamin A low, calcium low). (5) Milled cereal-meat diet (deficient; vitamin A absent, vitamin C absent, calcium very low). (6) Whole cereal-soybean diet (deficient in calories, protein, calcium, phosphorus, vitamin C). (7) Milled cereal-meat diet (deficient; vitamin B-1 low, protein of poor quality, calories low). (8) Milled cereal-meat diet (deficient; calcium low, vitamin A very low, vitamin C low). (9) Milled cereal-meat diet (deficient; vitamin B-1 low). Address: 1. M.D., Dep. of Public Health, Peiping Union, Medical College, China.

1724. Kung, Lan-Chen; Yeh, Hui-Lan; Adolph, William H. 1938. The availability of calcium in vegetable food materials. *Chinese J. of Physiology* 13(3):307-15. Sept. [14 ref. Eng; chi]

• ***Summary:*** "Cow's milk is not a common item of food in China and a study of the Chinese dietary makes it evident that vegetable food materials, especially leaf vegetables, constitute the principal source of calcium supply. It has been suggested that the calcium intake might be conveniently enhanced by increasing the proportion of leaf vegetables in the diet.

"The calcium of milk has been shown in numerous experiments to be almost completely utilized by the body; there is however conflicting evidence as to the extent to which calcium from vegetable sources is utilized. Using the method of metabolic balance in experiments with human subjects... Adolph and Chen (1932) feeding soybean curd report good utilization of the calcium in these materials." Lower calcium retention is reported from spinach and kale, probably due to their high oxalate content.

In this experiment nine of the most commonly used leaf vegetables in north China were fed to rats. Soybeans sprouts, *Laminaria* [kombu, a sea vegetable], and white turnip were also fed, since they were "common items in the dietary" with a high calcium content. The rats retained 53-62% of the calcium in the soybean sprouts; this was slightly lower than that of the others materials tested. The calcium of most vegetables examined was well utilized.

Note: This research was aided by a grant from the Rockefeller Foundation. Address: Dep. of Chemistry, Yenching Univ., Peiping.

1725. Lyman, J.F. 1938. The soybean as food for man. *Proceedings of the American Soybean Association* p. 25-30. 18th annual meeting. Held 12-14 Sept. at Wooster and Columbus, Ohio.

• ***Summary:*** "The Chinese and other Eastern peoples have solved the problem of food seasoning without the use of meat. They have found that a meaty flavor can be obtained from the soybean through a fermentation process. Soy sauce is to the Chinese what gravy is to the American. Even more important is soy sauce in China because the use of food flavors and condiments in that country is much more restricted than with us. The Chinese have simple tastes. Soy sauce, salt and pepper are the only food flavors commonly used by them.

"While the chemist has made but little study of food flavors and the physiologist has done but little also, enough is known of the problem so that soy sauce can be made by chemical methods as well as by the ancient fermentation process. The chief meaty-like taste of soy sauce is known to be the salt of an amino acid, mono-sodium-glutamate. This salt is now manufactured for use as a condiment. The process involves the disintegration of the soybean of other protein, preferably wheat gluten, with hydrochloric acid. A mixture of about 20 amino acids is obtained among which mono-sodium-glutamate makes up about one-fifth in the case of soybean protein and two-fifths in the case of wheat gluten.

"The mono-sodium-glutamate can be crystallized from the mixture by adjusting the acidity to pH 3.2, or the mixture can be neutralized to a desired acidity and used without refining just as soy sauce is used" (p. 25).

"In Japan mono-sodium-glutamate of good purity is sold at a wholesale price of about two dollars a pound under the name Ajinomoto" (p. 26).

A diagram (p. 28) shows "Some possible food products from the soybean," including sprouts, soybean milk, soybean curd, soybean cheese, soy sauce, meat sauce, meal, flour (for use in breakfast cereal, bread, sausage, meat loaves, or ice cream), refined oil (for use in lard substitutes), crude oil (for us in margarine or dressing), and lecithin (an anti oxidant or emulsifier). Address: Dep. of Agricultural Chemistry, Ohio State Univ.

1726. Morse, W.J. 1938. Edible varieties of soybeans.

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Proceedings of the American Soybean Association p. 30-33. 18th annual meeting. Held 12-14 Sept. at Wooster and Columbus, Ohio.

• ***Summary:*** "Although the soybean had attracted attention at various times as an article of food in the United States, it was not until the World War [World War I], when a cheap source of protein was being sought, that the soybean was really considered seriously as an article of diet for Americans. The dried beans were prepared in many ways but owing to the time required for cooking, the peculiar taste, and improper methods of processing, soybean products were not generally accepted. During this period cooking tests were conducted with all of the varieties and introductions then available in an attempt to find varieties lacking the unpleasant bean taste and which would cook quickly. Only two such varieties were found–the Easycook and Hahto. Some progress was made in getting people to eat these varieties..."

"Oriental varieties of soybeans are distinguished not only according to seed and plant characters but also according to use, such as for curd [tofu], sprouts, green vegetables, roasted beans, and numerous other food products. Attempts to obtain suitable edible varieties from oriental countries through correspondence met with but little success. During agricultural exploration work in the Orient from 1929 to 1931, many varieties of soybeans were found in Japan and Chosen [Korea] which were used solely as green shelled or dry edible beans. These edible types, ranging in maturity from 75 to 145 days, have been under test for the past six years at various experiment stations throughout the United States." In addition, "extensive investigations of the cooking qualities and composition of the green shelled and dry edible beans have been made by various Departments of Home Economics. Many of these varieties were judged much superior to the commercial varieties in flavor, texture, and ease of cooking. Moreover, tests indicate that the flour from most of the edible varieties has a better flavor than the available commercial soybean flours... Thirty-one of the varieties introduced as edible beans have been found sufficiently promising to be assigned varietal names, shown in table 1, and have been distributed into those regions to which they seem especially adapted. Although the supply of seed of these varieties at present is quite limited, seed stocks are being increased rapidly at several experiment stations and by various growers to meet the growing demand for edible soybeans... Both the green (immature) and dry beans contain much more fat and protein and less carbohydrates than other leguminous seeds. Few naturally occurring foods are as rich in protein as soybeans... The soybean is also a good source of some of the mineral elements, containing more calcium and phosphorus than any of the cereals and excelling most foods as a source of available iron. Because of the alkaline elements in soybeans, they belong to the class of alkali-forming foods.

Table 1, titled "Characteristics of edible varieties of soybeans" (p. 32) lists the following 31 varieties: Agate, Aoda, Bansei, Chame, Chusei, Easycook, Fuji, Funk Delicious, Goku (the smallest bean in this table; 3,216 seeds/lb), Haberlandt, Hahto (the second largest bean; 1,250 seeds/lb), Hakote, Higan, Hiro, Hokkaido (the largest bean; 1,232 seeds/lb), Imperial, Jogun, Kanro, Kura, Nanda, Osaya, Rokusun, Sato, Shiro, Sioux (the next to smallest bean in this table; 3,000 seeds/lb), Sousei, Suru, Toku, Tokyo, Waseda, Willomi. For each variety the table shows: F.P.I. number, number of days to ripen, seed color (green, straw yellow, olive yellow, brown, black), hilum color (brown, black, pale), seeds per pound, oil content and protein content (% on moisture-free basis), and use (green vegetable, or dry edible).

"Some commercial concerns are now canning the green beans and at the Illinois Agricultural Experiment Station attempts to preserve green soybeans with freezing storage methods have been very successful.

"Extensive nutritional studies revealing the unique dietary value of the soybean and its products during recent years have had much to do with the rapid and growing popularity of the soybean as a food."

Note: This is the earliest document seen (July 2004) that mentions the soybean varieties Aoda or Sioux. Address: Bureau of Plant Industry, USDA, Washington, DC.

1727. George, S.E. 1938. New industries: The versatile soya bean. *Nature's Path to Health* (*Melbourne, Australia*). Oct. 1. p. 17, 38.

• ***Summary:*** Discusses utilization of soya beans throughout the world to make soya bean oil and meal, industrial products (glycerine, paints, soaps, linoleum, rubber substitute, printing inks, explosives, etc.), bean-milk, bean-curds or tofu, salted bean-curd (resembles Roquefort cheese), coffee substitutes (sold today in America and Europe), soya bean flour, and beef-like extracts for use in soups ("one of the most famous European brands of soup-cubes has a soya-bean base"). "Sacks of [soya] beans make excellent substitutes for sandbags [in wartime], as was proved in the recent Manchurian struggle. Buddhists in China use bean-curd [probably yuba], shaped in molds, to make many products that resemble animal products: fish with sauces, a whole chicken swimming in a golden chicken soup. A number of other products made from soya beans are listed. Discusses the work of the Ford Motor Co. with growing and using soybeans in England and the USA.

A cartoon shows a figure of "The Versatile Soya Bean" smiling and dancing with hands on hips.

Note 1. This is the earliest document seen (April 2003) that mentions a meat alternative which is described as an alternative to fish or seafood. Address: Australia.

1728. Woodruff, Sybil. 1938. Soybean products as competitors of dairy products. *National Butter and Cheese Journal* 29(20):30-31. Oct. 25. Summarized by W.V.P. in J.

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of Dairy Science (1939) 22:A16.
• ***Summary:*** Discusses food uses of soybeans and the nutritive value of soybeans. Predicts that food use of soybean oil and soybean protein will probably increase. Relatively little soybean oil is used in salad oils, margarines, and shortenings which are sold at retail to consumers because of "problems of flavor which may arise. These three soybean oil products are sold rather to wholesale manufacturers of other food products with an expectation of a rapid turnover. It is a fact admitted frankly by soybean oil chemists that refined oil may undergo a 'reversion' of flavor on standing even after hydrogenation, which restricts its salability as food. The cause and means of preventing this unpleasant flavor, described by some as 'fishy' are not yet understood but are the subject of considerable research in the industry at present."

Soybean oil suddenly jumped to prominence as an edible oil in about 1935-36. Margarines and shortenings made from soybean oil both compete with the dairy industry.

A table shows factory consumption of soybean oil for food and industrial uses from 1932 to 1936. Use in lard compounds and vegetable shortenings jumped from 4,889,000 lb in 1932 to 113,897,000 lb in 1936. Use in margarine jumped from 3,000 lb in 1932 to 14,262,000 lb in 1936. Use in other edible products increased from 180,000 lb in 1932 to 21,598 lb in 1936. Thus total food uses skyrocketed from 5,072,000 lb in 1932 to 149,757,000 lb in 1936–a 30-fold increase in only 5 years. Total industrial uses of soybean oil increased steadily from 19,039,000 lb in 1932 to 25,847,000 lb in 1936. In 1935 food uses first exceeded industrial uses.

Soy flour is being used extensively in the sausage industry. "The grits are being added to bread and other bakery goods. Home use of soybean flour is at present almost non-existent" except where small amounts are used as a substitute for wheat flour in cases of allergies, or as a low-carbohydrate in special [diabetic] diets. "At present it is not available on the retail market except in food specialty shops at fancy prices.

"Soybean oil and flour are at present the only manufactured food products of any importance." Address: Dep. of Home Economics, Univ. of Illinois.

1729. Schroeder, Franz. 1938. Die Sojabohne, ihre wirtschaftliche Bedeutung und ihre Verwertung fuer die menschliche Ernaehrung [The soybean, its economic significance and its use as human food]. *Ernaehrung* (*Die*) 3(9):245-57. Sept.; 3(10):281-93. Oct. [61 ref. Ger]
• ***Summary:*** Adaptations of soybeans to Western food habits are discussed in detail. Page 89 mentions efforts to commercialize and popularize the use of soy flour (*Sojamehl*), for example the little Edelsoja Cookbook from the New Edelsoja Co. in Berlin (*das kleine Edelsoja-Kochbuch der Neuen Edelsoja-Gesellschaft in Berlin*) and the Edelsoja Cookbook from the Edel Soja Workshop in Lübeck (*das Edelsoja-Kochbuch des Edel-Soja-Praktikums in Lübeck*). Address: Oberregierungsrat und Mitglied des Reichsgesundheitsamts i. R., Wilhelmshoeher Strasse 3, Berlin-Friedenau, Germany.

1730. Whiteman, Elizabeth Fuller; Keyt, Ellen Kingsley. 1938. Soybeans for the table. *USDA Leaflet* No. 166. 6 p. Oct.
• ***Summary:*** Contents: Introduction. Food value of soybeans and their products. Soybeans as a green vegetable. Dry soybeans (Recipes: Soybean casserole, Chile con carne with soybeans. Soybean souffle. Salted soybeans). Soybean sprouts. Soybean milk and "mash" [okara] (Recipes: Soybean milk sour. Soybean macaroons (with cooked soybean mash)). Soybean curd (Recipes: Vegetable chowder with soybean curd. Chop suey with soybean curd and bean sprouts). Soybean flour (Recipes: Soybean flour muffins. Soybean nut bread. Soybean piecrust).

Concerning "Soybean sprouts" (p. 4): "Soybeans, like mung beans, can be sprouted in a flower pot, a sink strainer, or any container that has holes in it for drainage and can be covered. Be sure the container is large enough, for the beans swell to at least six times their original bulk as they sprout. Soak overnight, and next morning put the beans in the container, cover, and leave them in a warm place. Flood with lukewarm water at least four or five times each day during the sprouting period. In 4 to 6 days the sprouts will be 2 to 3 inches long. Then they should be kept in a cool place, just as any fresh vegetable.

"Bean sprouts are a good addition to raw salads or to omelet, souffle, meat stew, or fricassee. The sprouts are very tender and to hold their crispness should not be added to hot mixtures until a few minutes before serving. They are also often used with soybean curd and vegetables in chop suey (p. 6)."

Concerning "Soybean 'milk' and mash" (p. 4-5): "Soybean 'milk,' though not the equal of cow's milk in food value, may be used like it as a beverage or in cooking. It is of value in diets for persons allergic to cow's milk, but in infant feeding must be properly supplemented.

"Of the varieties of soybeans tested, the best to use for making milk are Bansei, Hokkaido, Haberlandt, Mammoth Yellow, Dixie, and Rokusun. The milk may be made by either of two methods.

"Method 1.–Wash the dry soybeans and soak overnight. Remove the skins and grind the beans very fine. Put the ground beans in a cheesecloth bag, in a bowl of lukewarm water, using 3 quarts of water to each pound of dry beans. Work thoroughly with the hands for 5 to 10 minutes. Wring the bag of pulp until dry. Boil the milk on a low fire for 30 minutes, stirring frequently to prevent scorching. Add sugar and salt to taste. Keep in a cold place.

"Method 2.–After washing the dry soybeans, let them

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dry thoroughly. Crack them; then grind them fine. To each pound of beans add 3 quarts of water, and soak for 2 hours. Boil for 20 minutes, stirring constantly; then strain through cheesecloth. Add sugar and salt to taste. Keep in a cold place.

"The creamy white soybean milk can be used in practically any recipe calling for milk. For instance it may serve as one of the chief ingredients in a creamed vegetable soup, or with eggs in custard, or in cocoa or other hot beverages.

"The ground bean pulp or mash has very little flavor, but may be used for its nutritive value in combination with foods of more pronounced flavors. It spoils quickly, however, and should be heated to prevent it from souring.

"To cook soybean pulp or mash, put the desired amount of mash into the top part of a double boiler. Add one-half teaspoon of salt to each pint of mash. If the mash is too dry, moisten it with soybean milk. Stir occasionally and cook for about an hour or until the raw soybean flavor is gone. Keep in a covered jar in a cold place. The cooked mash makes an inexpensive ingredient in the macaroon type of cooky [cookie]." There follows recipes for "Soybean milk soup" and "Soybean macaroons."

Note: This is the earliest English-language document seen (May 2011) that uses the term "soybean mash" to refer to whole soybeans than have been cooked, then mashed or ground to a paste. Address: 1. Junior home economics specialist; 2. Junior scientific aide.

1731. Chiu, Yan-Tsz. 1938. Analyses of Chinese foods. *Chinese Medical Journal* 54(5):435-41. Nov. [9 ref. Eng]
• ***Summary:*** "Soybean milk: My first problem is to study the manufacture and properties of soybean milk to be used as a substitute for cow's milk, which is too expensive for poorer children. In North China soybean milk has been a common food for both adults and children, while in South China only its products (mostly bean curd) are used. Ten years ago the manager of a local department store introduced bean milk as a beverage to take the place of soda water. But many people do not like it because of its unpleasant taste. It is found that the unpleasant odor of bean milk can be eliminated by washing the beans thoroughly and then soaking them in a large volume of water."

Table 1 gives a nutritional analysis of 4 types of soybean milk (including a condensed soybean milk with cocoa), human milk, goat's milk, and various types of cow's milk (condensed, evaporated, fresh, and powdered).

"Condensed soybean milk can be used to make a very cheap ice cream. Dean Koo and the writer have made for the first time several quarts of soybean milk ice cream which contains 60 per cent condensed soybean milk, 30 per cent cream (having 40 per cent butter fat) and 10 per cent cow's milk, with 5 per cent fat. The condensed soybean milk contains about 52 per cent water. 0.3 per cent gelatin is added. Flavored with lemon or vanilla or chocolate it has a good taste."

Note: This is the earliest English-language document seen (March 2007) that uses the term "soybean milk ice cream" to refer to soy ice cream. Address: Prof. of Chemistry, Lingnan Univ., Canton, China.

1732. **Product Name:** Soymilk, Tofu-Pimiento Spread, Okara Spread, and Gluten Cutlets.
Manufacturer's Name: Miller's Soy Foods.
Manufacturer's Address: Utica, New York. Washington, DC.
Date of Introduction: 1938.
Wt/Vol., Packaging, Price: Soymik: Bottled. Gluten products: Canned.
New Product–Documentation: Herbert P. Ford. 1958. *The Life Story of Dr. Harry W. Miller.* p. 131. "In 1939 Dr. Miller returned to the United States having been so thoroughly convinced that soymilk was destined to have world-wide acceptance... His son, Harry Willis Miller, Jr. had returned preceding his father and had started a small soy milk plant in Utica, New York, where he made and bottled soy milk and also made and canned some of the protein foods out of wheat gluten for which they had developed recipes. This plant was later moved to Mt. Vernon, Ohio, after they started the soybean plant at Mt. Vernon."

Interview with Willis Miller. 1981. After he returned to the USA from Shanghai, Willis started this company, named Miller's Soy Foods, in Utica in 1938. Later that year he moved it to Washington, D.C. and was successfully making and marketing canned soymilk, tofu used in a tofu-pimiento spread, okara spreads, and gluten cutlets. When Dr. Miller returned to the U.S. he suggested that he and his son go into business together. Willis liked the idea.

1733. **Product Name:** Tofu.
Manufacturer's Name: Morinaka (J.M.) Tofu.
Manufacturer's Address: Waialua, Honolulu, Oahu, Hawaii.
Date of Introduction: 1938.
New Product–Documentation: Honolulu City Directory. 1937-38. J.M. Morinaka Tofu (J.M. Morinaka, proprietor). Waialua, Honolulu. Not listed 1941-42.

1734. **Product Name:** Tofu.
Manufacturer's Name: Murai (Yasaburo) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1938.
New Product–Documentation: Honolulu City Directory. 1937-38. Yasaburo Murai Tofu (Yasaburo Murai, proprietor). Hilo, Island of Hawaii. Not listed 1941-42.

1735. **Product Name:** Tofu.
Manufacturer's Name: Shijma (B.U.) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.

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Date of Introduction: 1938.
New Product–Documentation: Honolulu City Directory. 1937-38. B.U. Shijma Tofu (B.U. Shijma, proprietor). Hilo, Island of Hawaii. Not listed 1941-42.

1736. Abreu Velho, H. de L.; Gossweiler, John. 1938. A soja [The soybean]. Luanda, Angola: Imprensa Nacional. 48 p. (Conselho de defesa da producao e do comercio). [8 ref. Por]
• ***Summary:*** Cover title: Soja; o que os agricultores devem saber sobre a sua cultura (Soya: What farmers must know about its culture). In the section titled "Possibilities for soybean culture in Angola," it is noted: "Although on a relatively small scale, some soybean trials have been conducted in Angola. At the Experimental Station of Algodao, in Catete, some soybean trials were conducted in 1929 and 1930 with a yellow variety, with the intent of studying the crop for use in rotation with cotton and with maize (corn). The sowing went well and the germination was rapid and uniform, but none of the plants grew to a height of more than 30 cm (1 foot)."

At the experiment station of *Policultura Planáltica at Bié*, from 1928 to 1931, the soybean was one of the crops tested for use as a green manure. A summary of the results was given by the station's director in the *Boletim da Direcçao dos Serviços de Agricultura e Comércio*, volume 4, numbers 12-15, 1931. A long extract from that Bulletin concerning the soybean is given, focusing on the year 1930.

Soybean trials have also been conducted at the Station for the Reproduction and Improvement of Seeds and Plants (*Estaçao de Reproduçao e Melhoramento de Sementes e Plantas*) at Planalto de Malanje, since the beginning of 1935.

This publication also contains a long section on food uses of the soybean, including soy flour (*farinha de soja*), soy milk (*leite de soja*), tofu (*queijo de soja; queijo duro*), soy sauce (*Shoju, Soyu, Shoyu, tao yu*), and soy oil (*óleo de soja*). In Austria and America, and also in the Orient, soybean seeds are roasted, ground, and used as a substitute for coffee (*substituto de café*).

Note 1. This document contains the earliest date seen for soybeans in Angola, or the cultivation of soybeans in Angola (1928). One source of these soybeans was France.

Note 2. This is the earliest Portuguese-language document seen (Nov. 2012) that refers to soy coffee, which it calls *substituto de café* (a substitute for coffee).

Note 3. This is the earliest Portuguese-language document seen (Oct. 2003) that mentions soymilk, which it calls *leite de soja*. As of Oct. 2003 *leite de soja* is the modern Portuguese term for soymilk.

Note 4. This is the earliest Portuguese-language document seen (April 2013) that uses the word *queijo de soja* or the word *queijo duro* refer to tofu.

Note 5. This is the earliest Portuguese-language document seen (Sept. 2006) that mentions soy oil, which it calls *óleo de soja*.

Note 6. This is the earliest Portuguese-language document seen (April 2012) that uses the word *Shoju* or the word *Soyu* or the word *Shoyu* or the term *tao yu* to refer to soy sauce. Address: Angola.

1737. Balzli, Hans. 1938. Kleine Soja-Fibel. Geschichte, Anbau und Verwertung einer einzigartigen Nutzpflanze [A little soybean primer. History, culture, and utilization of a unique useful plant]. Zurich and Leipzig: Albert Mueller Verlag. 88 p. Index. 16 cm. [26 ref. Ger]
• ***Summary:*** Contents: Foreword. Economic questions. Botanical. Historical. Chemical composition of the soybean seed. Utilization in East Asia: Koji, miso, shoyu, soymilk, yuba, tofu (*Sojakäse*, like Quark), soy oil and press-cake. Utilization in Europe and America: As fertilizer and feed, as food (soy flour, roasted soybeans, soy coffee, green vegetable soybeans (*den jungen Sojakern... wie junge gruene Erbse*), soy sprouts), and industrial products (incl. "soybean steel," an invention of Henry Ford). Medicinal significance. Cultivation and yield. Epilogue. Bibliography. Author-subject index.

In the chapter on History (p. 24), the author notes: "The poet Johann Heinrich Voss (lived 1751-1826) once said: 'Young Calcuttans... with your sharp soy sauce from Jakarta (*Junge Kalkuten... mit scharfer batavischer Soja*).' Then he adds to that the observation: 'Soy sauce (*Soja*) is a powerful sauce, which is prepared from soybeans (*Sojafasele*), Dolichos Soja, which originate in the East Indies and are subject to fermentation, together with brine and spice.'"

Balzli continues on page 25: "The *Deutsche Woerterbuch der Naturgeschichte* (German Dictionary of Natural History) contained in the *Allgemeinen Polyglotten-Lexikon der Naturgeschichte* (General Multilingual Encyclopedia of Natural History) by Philipp Andreas Nemnich (1793) contains the entry: 'Sojablume. Dolichos soja.' (Soya flower. Dolichos soja)."

"In the world-famous work *Geist der Kochkunst* (Spirit of the Culinary Art), the art historian C.F. von Rumohr (lived 1785-1843) also mentions soya in the second edition (1832, p. 155) and conjectures that the Garum sauce of the Romans was an imitation of the East Indian sauce (Sulze) made from soybeans (Soja)."

Page 29 reports that "During the war of 1870 (*des siebziger Krieges*, in which Bismarck of Germany defeated Napoleon III of France) the German head artillery man, O. Wehrman, saw in the botanical garden of Montigny-les-Metz a plant that was unknown to him. It was the soybean. He took 4-5 seeds with him and planted them in early 1872 on his property / estate near Meissen (in Sachsen/Saxony, near Dresden in today's Germany). He harvested 80 to 100 seeds, with which he continued his investigations successfully for some years" [Note: Haberlandt (1878, p. 5) tells this same story].

On page 57 the author uses the term "Sojaspeisen" to

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refer to soyfoods. Address: Switzerland.

1738. Bush, Lewis William; Kagami, Yoshiyuki. 1938. Japanalia: reference book to things Japanese. London: John Gifford, Ltd. xx + 193 p. Illust. Maps. Index. 20 cm.
• ***Summary:*** This little encyclopedia begins with an outline of Japanese history (p. xi-xx). Under Agriculture–rice (p. 3-4): Other cereals grown in Japan include barley, wheat, rye, oats, the soy-bean (*Daizu*) used chiefly for making [soy] sauce, and the small red bean (*Azuki*).

Under Festivals and holidays–February (48): "About the 3rd of 4th *Setsubun* (Bean-Throwing Rite) the last day of winter according to old lunar calendar. On this night a religious rite called *Tsuina*, or driving away the evil spirits and calling in fortune is held at many temples and shrines, and people scatter [soy] beans, one for each year of their age over the rooms of their houses shouting *'Fukuwa uchi, oni wa soto'* (Welcome good luck, out with demons!)."

September 1st. *Ni-hyaku-tô-ka*, 210th day from *Setsubun.* Rice harvesting begins.

Under Food–rice (p. 59) soy sauce is mentioned.

In the front of the book is a map of "Old Japan" and in the rear a map of "Modern Japan."

1739. Fairchild, David. 1938. The world was my garden: Travels of a plant explorer. New York, NY: Charles Scribner's Sons. xiv + 494 p. Assisted by Elizabeth and Alfred Kay. Illust. Index. 25 cm.
• ***Summary:*** This wonderful book, an autobiography of David Fairchild, also tells the story of the early days of the USDA and its Section of Foreign Seed and Plant Introduction, and of the pioneering work with plant introduction to the United States. It contains about 207 black-and-white photos, mostly taken by the author. One of these (p. 472A) shows Howard P. Dorsett (standing) and David Fairchild (seated), who "spent twenty happy years in close association, trying to increase the number and improve through introductions the quality of the fruits and vegetables of the United States."

Contents: 1. Background. 2. Kansas. 3. I enter government service. 4. I meet Barbour Lathrop and reach Naples [Italy]. 5. Breslau, Berlin, and Bonn [Germany]. 6. Java ho! 7. The Lathrop-Fairchild odyssey begins. 8. The Cannibal Isles (Incl. Hawaiian islands). 9. American interlude (in 1897 his father resigned as president of Kansas State College of Agriculture after the wave of Populism engulfed the college). 10. The West Indies and South America. 11. Cotton in Egypt. 12. Across the Java Sea. 13. From Finland to Dalmatia. 14. Land of the Pharaohs. 15. Malta, Tunis, Algiers, and Spain. 16. England, America, and west to the Orient once more. 17. The Persian Gulf and Bagdad [Baghdad. Note: Iraq was established in 1921 out of former Turkish territory]. 18. A glimpse of Saïgon [Saigon] and a long stay in Japan. 19. I visit Luther Burbank and circumnavigate Africa. 20. I meet Alexander Graham Bell. 21. A grand tour of these United States. 22. Mostly personal. 23. Washington, Madeira, and "In the Woods." 24. Baddeck, Nova Scotia. 25. Mostly aviation. 26. Lacquer and wild wheat. 27. Aaron Aaronsohn and Joseph Rock. 28. More plants, introduction gardens, and Mr. Bell. 29. Florida in 1912. 30. Monsters of the backyard. 31. The flowering cherry trees are planted in Washington. 32. Quarantine increases and war [World War I] begins. 33. Seeds from Afghanistan. 34. The plains of Canada. 35. The war and dried vegetables. 36. The Allison Armour expeditions. 37. Aloha.

In 1889 Beverly T. Galloway, head of USDA's Division of Plant Pathology, brought David Fairchild, age 19, to Washington, DC, to join five plant pathologists who were working in attic rooms of the old red brick department building. P. Howard Dorsett, Galloway's Wisconsin classmate, soon joined the group. Soon shy and scholarly Walter T. Swingle, Fairchild's Kansas State classmate and close friend since their student days in Germany, arrived with his growing library of agricultural references in 5 or 6 languages. Seeking an opportunity to learn about the flora of foreign countries, Fairchild accepted a Smithsonian fellowship to study entomology in Naples, Italy, and resigned from the USDA. Fairchild's pioneering work with plant introduction traces its roots back to late 1893. On board a ship, the young plant pathologist met Barbour Lathrop, a wealthy San Francisco gentleman who later took him on an extended tour of the Pacific and showed him fruits, grains, and ornamental plants that could be valuable in America. In 1895 Lathrop gave Fairchild the money to begin his study of the plant treasures of the tropics. Returning to the USA in 1897 (with Mr. Lathrop), after an absence of 4 years, David Fairchild knew exactly what he wanted to do with his life. He visited his parents in Manhattan, Kansas, and learned that a wave of "Populism" (resembling Bolshevism) had caused his father to resign as president of the college (p. 105). In August 1897 he reached Washington, DC–without a job. James Wilson, the Secretary of Agriculture, firmly believed that "what agriculture needed most was more knowledge." "The idea of plant introduction as a government activity was germinating in other minds besides Lathrop's and mine" (p. 106). Secretary Wilson's first act after taking office had been to send N.E. Hansen to Russia in search of cold-resistant cereal grains and fruits for America's great plains. Swingle has recently presented a paper on introducing subtropical plants to Florida.

Fairchild and Swingle conceived a plan to divert $20,000 dollars of the funds appropriated for the wasteful Congressional Seed Distribution Service (which was already spending several hundred thousand dollars a year) in order to finance a section for the specific purpose of introducing new, useful, and carefully selected crops into the United States. He enthusiastically presented the idea to Secretary Wilson, who approved the plan and asked him to organize

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the new Foreign Seed and Plant Introduction Section (p. 107). Housed on the fifth floor under the eaves of the old Department of Agriculture building and staffed by one teenage secretary, it became a reality when Congress passed the revised appropriation bill in July, 1898.

"In 1899, all that existed of the Department of Agriculture was housed in an ugly old building with a mansard roof topping its red-brick walls. It was situated in a park south of Pennsylvania Avenue, just beyond one of the most disreputable quarters of the city" (p. 18).

In 1916 David and Marian Fairchild purchased a piece of property located in Coconut Grove on Biscayne Bay, Florida; they named it The Kampong. On the property was a very old stone barn, a huge stone entrance gate, and many fine old tropical trees (p. 452-53, 456A, 472C). A Kampong is a Malay word (first used in English in 1844) meaning "a native hamlet or village in a Malay-speaking country."

Good photos show: (1-4) Members of the USDA Section of Plant Pathology taken in the early 1890s: Walter T. Swingle, Joseph James, David Fairchild, Theodore Holm, Beverly T. Galloway, Merton B. Waite, and P. Howard Dorsett (p. 26A-B). (5) Barbour Lathrop and David Fairchild in the cabin of a boat, off Sumatra, Christmas, 1895. (6) The uniform of a worker at Mr. Suzuki's nursery in Tokyo, Japan. The back is decorated with large Chinese characters. (5) Fermentation vats with conical bamboo covers in a soy sauce factory at Ichang (I-ch'ang or Yichang), a city in west Hupeh / Hubei province in Central China (p. 256F, probably taken by Frank N. Meyer in 1917). (6) page shows "A prolific Soy Bean plant ripe for harvest" and loaded with pods (p. 256F). (7) David Fairchild (seated) and Howard Dorsett (standing), each in two-piece suits, by at a desk, examining various fruits (p. 472A). Address: USDA.

1740. Fairchild, David. 1938. A long stay in Japan: Encounters with soy beans, tofu, soy sauce, and green soy beans in the pods (Document part). In: D. Fairchild. 1938. The World Was My Garden: Travels of a Plant Explorer. New York, NY: Charles Scribner's Sons. xiv + 494 p. See p. 258-59, 327-28. Assisted by Elizabeth and Alfred Kay.

• ***Summary:*** In 1902 at Kusafuka, Japan, Fairchild visited the home of Mr. Tsuboi. He had "considerable difficulty digesting the raw fish and seaweed, but became very fond of the egg dishes, the bean cheese or 'tofu,' and the universal soy sauce... But the dish which I afterward served in Washington [DC] was a delicate variety of the soy bean. The young, flat, rather hairy pods–much smaller than the lima bean–are boiled in salted water and served in the pod in a little lacquer bowls. I enjoyed opening the pods and taking out the delicate green beans, which have a pleasant, nutty flavor. Some Americans complain that it takes too long to empty the pods, and of course there is no reply to such an objection" (p. 258).

Japanese "cuisine is conspicuous for the absence of gravies, for which they substitute a sauce made from the soy bean by a complicated process of fermentation. Almost every meal includes boiled rice, often served with delicate, soy bean curds [tofu]... and pretty bits of colored soy bean candy" (p. 259).

Note: This is the earliest English-language document seen (April 2013) that uses the terms "soy bean curds" to refer to tofu.

"From Mr. Tsuboi's delightful home, we journeyed to a branch experiment station at Anjo where there were fields of the chief agricultural crops of the country. The soy beans particularly interested me, as in 1898 I had imported both beans and some soil from a Tokyo soy bean field. Waite [Merton B. Waite, of the USDA Section of Plant Pathology] and I discovered that root nodules could be induced on soy bean plants by growing them in Japanese soil, but, when they are grown on new soil, they will not develop the nodules unless the soil is inoculated. In Virginia, Maine, Michigan, and Kansas, a general interest in the soy bean and its possibilities had developed among the experiment station workers, although it was only used as cattle food.

"I hope that a book will be written describing the vast soy bean industry which has developed in America since those early beginnings, and the important part played by the varieties introduced by Frank Meyer and later by W.J. Morse and P.H. Dorsett. Morse has devoted the best years of his life to a careful and penetrating study of the soy bean, and he should receive the full measure of credit for his contributions to an industry now measured by millions of acres under culture in America each year" (p. 259).

After Fairchild was married, he and his wife, Marian, started a garden by their home in Maryland, about 10 miles outside of Washington, DC. A delightful Japanese peasant boy names Mori served as their gardener. In the garden: "We grew soy-beans as a vegetable and had to endure the criticism that they took too long to shell (p. 327-28).

A photos show: Mr. Tsuboi, an authority on bamboo, enjoying his dwarf plants in charming porcelain bowls and trays (p. 256D). A prolific soy bean plant with many hairy pods (p. 256F). Address: USDA.

1741. Fiene, F.; Blumenthal, Saul. 1938. Handbook of food manufacture: A handbook of practical food information... New York, NY: Chemical Publishing Co. vi + 603 p. See p. 89. Index. 24 cm.

• ***Summary:*** This book contains many commercial scale formulas / recipes. Chapter 2, "Description of raw materials," includes brief descriptions of "corn oil (maize oil), cottonseed oil, arachis oil (also called peanut, ground nut, and earth nut oil), sesame oil (gingli oil, teel oil), soy bean oil, and rape oil" (p. 70-71).

Chapter 3, "Milk and milk products," includes subsections titled "Infants' milk, synthetic" (a recipe for a dry mix in which "Soya bean powder, 125 g." is the main

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ingredient), “Soya bean vegetable milk” and “Soya bean curd” (p. 89). Concerning the milk: “Soya bean meal after the oil is extracted or whole soya bean meal may be utilized quite as well as the whole bean. The milk can be used successfully in numerous preparations, such as breads and cakes, in creaming vegetables, in milk chocolate, and in custards. After separating the liquid from the solid material, the residue is still very rich in nutritive substances and can be dried and used for cattle feed or made into flour for human food.”

Note: This is the earliest English-language document seen (May 2008) that uses the term “Soya bean vegetable milk” to refer to soymilk.

Concerning the curd: “This curd, after being drained or pressed, represents bean curd of [sic, or] tofu, which is extensively eaten and forms the basis of numerous fermented, smoked, and dried cheeses in China and Japan... In many cities of the United States having a large oriental population fresh bean curd may be found in Chinese and Japanese markets.”

Chapter 5, on canned foods, notes in the section titled “Dried beans” (p. 126) that “Soya” beans sold in cans.

Chapter 17, on “Bread” contains two formulas (p. 378-79) for “Soya bean flour bread,” the first containing 260 lb. wheat flour, 65 lb. “Soya flour,” etc., and the second containing 25 lb. “Whole soya flour,” 25 lb “Whole wheat flour,” etc. The straight dough method is used.

Chapter 23, titled “Health foods” begins (p. 445): “Natural and vitamin-laden health-building foods and drinks are essential for healthy muscles, nerves, glands, and for the growth and maintenance of a healthy, vigorous, and sound mind.” The best diets are those containing plenty of fresh foods and juices. “Nuts and soya beans are good substitutes for meats, fish, eggs, and sea foods.” A section in this chapter on the “Soy bean” begins (p. 447): “The soy bean is justly entitled to be called the king of the legumes. Not only because it is lowest in starch but also because, firstly, it is the most complete and best protein for both growing children and adults and, secondly, because of its unusually high mineral content being quite high in alkaline potassium, calcium, and magnesium... it is an alkaline food.”

Formulas for health foods include (p. 454-55): “Health dry cereals” (six formulas, two if which contain “Soy bean middlings” [medium size soy grits, probably made by cracking whole soybeans]). Coffee substitutes and health drinks (three formulas, the 3rd containing only 75 oz. roasted whole wheat and 25 oz. roasted soy bean middlings). The next health-food subsection, titled “Flour, meals, etc.” states (p. 455): “Soy bean flour, with or without a high percentage of fat, is used to make bread, biscuits, noodles, mayonnaise, candy, etc.”

Chapter 24, “Acid-forming and alkali-forming foods,” states: “When foods yielding an acid ash predominate in the diet, a condition of acidosis may result unless the resulting constituents are neutralized with alkaline ash foods.”

Next come two lists: (1) “Acid-forming foods, starting with those foods having the least amount of acid-forming ash.” The foods with the *most* acid-forming ash are: 1. White bread. 2. Cheese. 3. Meat, chicken. 4. Fish, haddock. 5. Meat, venison. 6. Meat, beef, lean. 7. Meat, veal.

(2) “Alkali-forming foods, starting with those foods having the least amount of alkali-forming ash.” The foods with the *most* alkali-forming ash are: 1. Soy bean. 2. Olives. 3. Beans, lima, dried. 4. Linseed oil meal. 5. Spinach. 6. Raisins. 7. Beans, dried. 8. Almonds. Address: 1. PhD, Food Research Chemist; 2. B.S., Consulting Food Chemist and Director of Shirley Labs., New York City.

1742. Hauser’s (Mrs.) Food Products Co. 1938. Mrs. Hauser’s recipe book: Soya formulas for better nutrition. Los Angeles, California. 32 p. 24 cm.

• ***Summary:*** The cover of this booklet is light blue on beige. Contents: The purpose of this book. The nutritional marvel–*Soy or Soya Beans “Soya max.”* Soya Bean high lights. Analysis of Soya Bean Flour. Soy Bean facts. Soya briefs. Hot and cold food stuffs. Eat relaxing alkaline foods. Breathe correctly. Five day efficiency diet. The water we drink. Practical “low carbohydrate” diets. Soups. Drinks. Salad dressing. Bread–biscuits–muffins. Meat substitutes. Recipes to be used when preparing Mrs. Hauser’s paste goods. Cakes. Cookies. A good breakfast for health. Desserts. Sandwiches. Miscellaneous (incl. Baked delight {with ground Soya Nuts}, Tofu or Soya Bean Cheese {made from soya milk curded with lemon juice or citric acid}). About vitamins: Vitamin A, B, C, D, E, G. Soya beans are a good source of vitamin G. Foods and their minerals. Soya beans are rich in copper, iron, phosphorus, and calcium. Food which are alkaline: Incl. soya beans.

The types of soyfoods called for in these recipes include: Mrs. Hauser’s “Soy” Sauce. “Soy” Brand Elbow Macaroni (p. 18-19). “Soy” Brand Hot Cake and Waffle Flour. “Soy” Brand Macaroni. “Soy” Brand Noodles. “Soy” Brand Spaghetti. Soya bean flour (also called “Soya flour”–by far the most common ingredient called for). Soya bean mush (p. 25). Soya beans (canned or cooked). Soya milk. Soya nuts (p. 15-16). Soya oil.

The booklet ends with these words (p. 32): “A liberal use of the Soya Bean and Soya Bean Products in the average diet is a very distinct aid in the digestion of meats, poultry, fish, and, in fact, all animal foods. (Recipes of this nature will be given in future publications.)”

Note 1. Many of the recipes call for “Mrs. Hauser’s Sea Salt.” Note 2. Mrs. Hauser is apparently not related to Gayelord Hauser, who is also in the health foods business in Los Angeles. Address: 4617 Melrose Ave., Los Angeles, California.

1743. Hayashi, Yasushige. 1938. Zuihitsu: Tôfu no kara

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[Essays: Okara, the "shell" of tofu]. Tokyo: Modaan Nihon-sha. 310 p. 19 cm. [Jap]
• ***Summary:*** Essays and thoughts on various subjects, including okara and tofu. The title is taken from the title of the first essay.

1744. Low, Henry. 1938. Cook at home in Chinese. New York, NY: Macmillan. [xiii] + 274 p. Foreword by Lin Yutang. 21 cm.
• ***Summary:*** The names of recipes and ingredients in this cookbook are in Cantonese. The Preface begins with an old Chinese saying:

"To be born in Soo Chow,
"To be clothed in Hangchow,
"To be fed in Kwanchow."

It suggests that the food of Kwanchow [Guangzhou, Kuang-chou, formerly Canton] is well known to be the best in China. "Only within the last few years has the American public realized the deliciousness of Chinese foods, prepared in the original Chinese style." It is not necessary to keep a large number of Chinese ingredients on hand in order to enjoy these recipes. "If gourmet powder (*mei jing* [*MSG*]), soy sauce (*see yeou* [*fermented black soybean sauce*]), black beans (*dow see* [*fermented black soybeans*]), brown bean sauce (*mien see*), and black sauce (*gee yeou*) are added to the ordinary household supply they will see one through quite well." "The author has had forty years of cooking experience and is considered an authority on real Chinese food." Note 1. Most recipes call for 1-2 teaspoons "gourmet powder" (*mei jing* [MSG]). Some recipes call for bean sprouts, but it is not clear from what kind of beans they are sprouted; probably mung beans.

A "Glossary of ingredients" (p. 5-18) lists the major ones called for in this book, with the Chinese name romanized in Cantonese and the Chinese characters for each. Soy-related ingredients are: Beans, black (*dow see*). Cheese, Chinese (*foo yu*) [fermented tofu]. Cheese, red (*nom yu*) [red fermented tofu]. Curds, bean (*dow foo*).

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *dow foo* to refer to Chinese-style tofu.

Curds, bean, dried (*tiem jook* [*sweet yuba*]). Sauce, black [black bean sauce; see p. 162. It appears to be a commercial product] (*gee yeou*). Sauce, brown bean (*mien see*). Sauce, soy (*see yeou*).

Note 3. This is the earliest English-language document seen (Oct. 2012) that uses the term *tiem jook* to refer to what is probably sweet yuba–called *ama-yuba* in Japanese.

Note 4. This is the earliest English-language document seen (Oct. 2011) that uses the term "nom yu" to refer to fermented tofu.

Soy-related recipes: Bean curd soup (Dow foo tong, with "2 bean curds (dow foo)," p. 27). Bean curd and hairy melon soup (Jeat kuar tong, p. 27). Bean curd and mushroom soup (Dow foo tso koo tong, p. 28). Chinese okra and bean curd soup (Sing kuar dow foo tong, p. 29-30). Snails with black beans (Chow tien lor, p. 67). Sea bass with black beans (Dow see yu, with "4 teaspoons black beans (dow see). 1 piece green ginger, 2 cloves garlic." "Soak black beans until soft, then add ginger and garlic. Crush until fine." Later the crushed mixture is added to the other ingredients and all are brought to a boil, p. 74).

Note 5. This use of fermented black beans, with garlic and/or ginger, to make a sauce in the kitchen would, in later recipes, be given a standardized name: "black bean sauce." But in this book, Low uses the term "black bean sauce" (p. 162) to refer to a somewhat different commercial sauce.

Sea bass and vegetables with black beans (Sy wu yu, p. 75). Fried fish with bean curds (Dow foo yu, p. 76). Steamed fish with bean curds (Dow foo jing yu, p. 76-77). Smelts with brown bean sauce (Jui suut yu, p. 84). Sturgeon with bean curds (Mun leung dun, p. 84-85). Crab meat with bean curds [and soy sauce] (Dow foo hai, p. 90). Shrimps with bean curds (Dow foo gee ha, p. 99).

Boiled chicken with soy sauce (See yeou gai, p. 107-08). Duck with soy sauce (Tung tze op, p. 141). Squab with soy sauce (Tung tse gop, p. 156-57). Beef with bean curds (Dow foo ngow yuk, with "4 bean curds {dow foo}" and "½ teaspoon black bean sauce {gee yeou}," p. 162). Roast pork with bean curds and oyster sauce (Tar sheou ho yow dow foo, p. 172). Pork with bean curds (Dow foo chow gee yuk, p. 172). Pork with lotus root and red cheese (Leen gnow nom yu gee yuk, p. 179-180). Steamed spareribs with black beans (Chow pii yuk, p. 187-88). Scrambled eggs with bean curds (Dow foo chow don, p. 199-200). Spinach with Chinese cheese (Chow bor choy foo yu, p. 209).

The chapter titled "Cheese" (p. 221-23) has only one entry and no recipes: "Chinese cheese (foo yu). The Chinese do not serve their cheese as a separate course at the end of the meal as Americans do, but see it as a main course. It is eaten with hot rice. This cheese (foo yu), strictly speaking, is not a cheese at all because it contains no milk. It is the bean curd (dow foo) aged in Chinese wine. The flavor is marked, and a taste for it is easily acquired by cheese-lovers."

The author has an entire chapter titled "Chow mein" (p. 243-52). Plain chow mein is almost the same as Chicken chow mein, but with ½ cup less chicken. Fried noodles in called "Jow mein." Chow mein Cantonese is one of the most popular luncheon dishes among the Chinese. Recipes are given for Beef chow mein, Chicken chow mein, Lobster chow mein, Shrimp chow mein.

Another entire chapter (p. 253-62) is devoted to "Chop suey, including Plain, Chicago, Mixed vegetable, Mushroom, Beef, Pineapple, etc."; none of these recipes call for rice or noodles.

1745. Miege, M.E. 1938. Les cultures complémentaires au Maroc [Complementary crops in Morocco]. French

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Morocco: Service de l'Agriculture et de la Colonisation. 339 p. Preface by J. Lefevre. Illust. Index. 22 cm. [10 ref. Fre]
• ***Summary:*** Miège considered the extension of any crop as subordinate to the utilization of varieties that withstood drought and were high yielding. Within irrigated zones, the soybean furnished yields of 14,000 to 16,000 kg/ha of excellent green forage. But the seed yield was very small, usually not exceeding 1,000 kg/ha when unirrigated. That would not make the crop financially viable.

On the other hand, the bean can be used to make a great variety of preparations: transformed into flour, into milk, into cheese [tofu], or consumed green, dried, or grilled [roasted], it enters into the daily feeding of several millions of human beings, for whom it represents a very rich food, as it contains, on average, 38 to 40% proteins, 16 to 22% lipids, and 14 to 15% carbohydrates.

In Morocco, this legume has so far, only been used on a small scale as forage or green manure; however, they are beginning to use the beans, boiled or ground into flour, to raise calves and baby pigs, as well as to make oil (in Casablanca).

Note: "Complementary" in this sense means alternative, secondary or additional to the main or primary crops. It could also mean a source of protein and/or oil to make up for a shortage of traditional protein and/or oil sources.

Also discusses: Peanuts (p. 20-25; 5 refs). Sesame (p. 52-55; 1 ref). Address: Director, Center for Agronomic Research, French Morocco (Directeur du Centre de Recherches Agronomiques du Maroc).

1746. Montagné, Prosper. 1938. Larousse gastronomique [Larousse gastronomique]. Paris: Librairie Larousse. 1087 p. See p. 989-90. [Fre]
• ***Summary:*** The following are defined under *"Soja ou Soya":* Introduction. Tofu (*fromage de soja*), soymilk, (*lait de soja*), soy sauce (*sauce ou extrait de soja*), soy meat (*viande de soja; viande végétale*). The soy meat, which resembles smoked ham, is said to be very complicated to make, requiring industrial equipment. An illustration (p. 990) shows a soybean plant, including enlarged insets of the flowers and pods.

Note: This is the earliest French-language document seen (Nov. 2003) that uses the term *viande de soja* or *viande végétale* to refer to meat alternatives. Address: France.

1747. Platt, B.S.; Gin, S.Y. 1938. Chinese methods of infant feeding and nursing. *Archives of Disease in Childhood* 13:343-54. [14 ref]
• ***Summary:*** Page 345 mentions a number of foods that are believed by Chinese to promote lactation in nursing mothers. At the end of this paragraph it is stated: "Another preparation that is sometimes used is the 'milk' prepared from the soya bean with powdered walnut added."

Page 347 shows a graph of the foods fed to 390 infants after introduction of solid foods while nursing continued. Rice was by far the most widely fed, followed by Chinese red dates (Chinese jujubes). Soy bean milk was one of the least frequently fed foods. The weaning diet was studied in 305 Chinese infants. Only one case was seen where soya bean milk was fed. Guy (1936), a woman pediatrician in Peking, found that "soya bean 'milk' is never used in infant feeding; a hot weak solution sold in the streets of Peiping is taken by old people as a beverage. At a recent conference of nutrition experts in the Far East, it was recorded (Bandoeng Conference, 1937) that soya bean milk had little in common with mammalian milk beyond a white colour. A soft bean curd may, however, be used with advantage (Platt, 1936) in a mixture for weaning purposes." Address: Dep. of Medicine, Henry Lester Inst. of Medical Research, Shanghai, China.

1748. Sia, Mary Li (Mrs. Richard H.P. Sia). 1938. Chinese chopsticks: A manual of Chinese cookery and guide to Peking restaurants. 2nd ed. Peking, China: Peking International Women's Club. xvii + 144 + 6 p. Frontispiece. Illust. Index. 19 cm. [Eng; chi]
• ***Summary:*** Tofu recipes: Bean curd and shrimp egg (p. 1). Stewed pork with red bean curd and pork (with "1 large piece of red bean curd" [red fermented tofu], p. 28). Stewed spare ribs (with "2 T. [tablespoons] preserved red bean curd," p. 30). Bean curd and prawns (p. 45). Bean curd, eggs and chicken blood (p. 77). Oxtail Soup (with black beans) (p. 81).

The "List of foodstuffs" (p. 130-36) mentions: Bean curd, Bean Curd dry, and Bean curd preserved.

A recipe (p. 52) for "Steamed fish with black salted soy beans" (Cc = Chinese characters given) (tou ch'ih) calls for "1 T. [tablespoon] black salted soy beans, 1 small piece ginger, chopped, 1 piece garlic, chopped."

Note: This 2nd edition has a lovely cover. The names of dishes, restaurants, and their addresses are in English and Chinese.

1749. Silva Cortes, Cesar. comp. 1938. El poroto soya [The soybean]. Santiago, Chile: Ediciones Ercilla. 87 p. Illust. Index. 19 cm (Colleccion Manuales Ercilla). [Spa]
• ***Summary:*** Contents: Introduction: General outline off its importance and use, composition of various legumes, general characteristics of the meal (*harina*), oil, lecithin, cake and other derivatives of the soybean (*poroto soya*). Part I: Cultivation of the soybean. 1. Botanical characteristics of the plant: Leaf, flowers, pods, seeds, roots and nodules. 2. Varieties and desired characteristics: Various varieties, those most suited to Chile, characteristics of other varieties. 3. Cultivation of soybeans: Climate, the soil and its preparation, fertilizers, inoculation of the seeds, planting, cultivation, harvest, diseases, enemies, and their cures.

Part II: Utilization of the soybean. 1. Generalities: Applications of the plant and its seeds. Summary of the uses.

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2. Soy oil and its derivatives: Extraction of the oil, edible oil, industrial uses of the oil, soya phosphatides and lecithin (*Fosfáticos y lecitina de soya*), soybean cake, commercial enzymes. 3. Soybeans in human nutrition: Green vegetable soybeans (*porotos verdes*) and whole dry soybeans, soy sprouts (*vástagos de soya*), soy flour (*harina de soya*), nutritive and caloric value, types of flour, bread with soy flour, doughs (*pastas*) and biscuits, sausages with soy flour, soymilk (*leche vegetal de soya*), soybean curd (*cuajada de soya* [tofu]). 4. Soya for livestock: Soybean straw, soybean pasture (*pasto*), soya for silage, soybean hay, soybean hay for animals to be slaughtered, soy meal (*harina de soya*) for various animals.

A table (p. 19-20) lists soybean varieties suited for different uses: For hay: Barchet, Chiquita, Goshen Prolific, Laredo, Old Dominion, Otootan, Virginia. For green forage: Dixie, Easycook, Hahto, Hollybrook, Mammoth Brown, Mammoth Yellow, Southern Prolific, Tarheel Black, Tokio. For silage: Biloxi, Mammoth Brown, Mammoth Yellow, Tarheel Black, Tokio. For beans (oil, cakes, flour, etc.): Biloxi, Chiquita, Dixie, Hollybrook, Mammoth Yellow, Southern Prolific, Tokio, Ito San, Dunfield, Illini, Manchu.

Varieties most suited to Chile (p. 20): About 27 varieties have been tested at various locations in Chile. Those which gave the best results were Ito San, Dunfield, Illini, and Manchu. Ito San gave good results from Aconcagua to Bío-Bío. It performed especially well at Maule, Ñuble, and Bío-Bío. Dunfield and Illini gave very good results in Curicó and Talca. Manchu, which matures a little later than Ito San and Dunfield, is very appropriate for the Central Zone.

Note 1. This is the earliest document seen (July 1998; one of two documents) that uses the word *"poroto"* or *"porotos"* in connection with soybeans.

Note 2. This is the earliest Spanish-language document seen (June 2009) that uses the term *porotos verdes* to refer to green vegetable soybeans.

Note 3. This is the earliest Spanish-language document seen that uses the word *"lecitina"* to refer to lecithin, or the term *Fosfáticos y lecitina de soya* to refer to phosphatides and soy lecithin.

1750. Simonds, William Adams. 1938. Henry Ford and Greenfield Village. New York, NY: Frederick A. Stokes Co. xiv + 268 p. Illust. No index. 20 cm.

• ***Summary:*** In chapter 9, titled "Industry and Agriculture," Henry Ford's work with soybeans is discussed on pages 230-35. Ford developed plastics using soybeans. "The cost of one pound of soybean molding material has as yet proved higher than that of a pound of steel, but the polishing and finishing of the steel makes the cost of its finished part somewhat greater than that of the finished plastic. When a molded plastic part replaces one of steel, weight is decreased with consequent reduction in gasoline consumption.

"Two years before experiments with the soybean in its relation to industry were commenced, the bean was the subject of another definite line of research in the food and diet laboratory maintained by the Company in the rear of the Engineering Laboratory directed by Mr. Ford's old seatmate, Dr. Edsel Ruddiman... Many will doubtless recall the howl of laughter that went up when Mr. Ford informed a reporter one day of his belief that synthetic milk could be produced. Nevertheless, milk has been produced from the soybean in the Ford laboratories and elsewhere. It is even better than cows' milk for certain infants' cases, where skin afflictions make use of the latter undesirable...

"When Dr. Victor Heiser, author of 'An American Doctor's Odyssey,' visited Greenfield Village he told me of the wide use of soybean milk among the Filipinos, and how the addition of a little oil of banana had made it much more palatable...

"With this milk soybean cheese, similar to cottage cheese except in flavor, may be made. While somewhat insipid in taste, the cheese proves very useful when mixed in salads, sandwich spreads, croquettes with a food having a strong flavor. The whole bean has many food uses, among them soups, baked beans, salads, and canning. As the flavor of the soya is slightly stronger than that of the ordinary bean, onions and tomatoes are often used to cover it. The process of canning the green soybean was first demonstrated under Dr. Ruddiman's direction. Production of soybeans in 1935 totaled 590 cans; and in 1936 it reached 1,000."

Defatted soybean flour "finds a ready market among visitors at the Village. It is used in many common baked goods such as bread, rolls, muffins, biscuits, cakes, cookies, and so on... Another product that has proved popular with visitors is the salted soya, put up in small packages like nuts. In preparing these, the bean is soaked in water for a time, then roasted in hot soya oil. The salt is added to taste." Lecithin can be used to make a "chocolate sauce and coating for soybean candies, with which the Ford men have done much experimenting.

"As a practical demonstration of the possibilities of the soybean in a variety of foods, a dinner was served one August evening in 1934 at the Ford exhibit in the Chicago Century of Progress Fair. Every dish on the menu was comprised, in part at least, of the legume. Following was the list [of 15 dishes served].

"Tomato juice seasoned with soybean sauce. Salted soybeans. Celery stuffed with soybean cheese. Purée of soybean. Soybean crackers. Soybean croquettes with tomato sauce. Buttered green soybeans. Pineapple ring with soybean cheese [tofu] and soybean dressing. Soybean bread with soybean butter. Apple pie (soybean crust). Cocoa with soybean milk. Soybean coffee. Assorted soybean cookies. Soybean cakes. Assorted soybean candy."

Note 1. This is the earliest English-language document seen (Dec. 2012) that uses the term "soybean butter." It is not clear whether this was a soynut butter (made from roasted

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soybeans and resembling peanut butter) or whether it was made with hydrogenated soybean oil and resembled dairy butter.

Note 2. The listing and spelling of the items in this menu differs slightly from the original menu of 17 Aug. 1934.

Note 3. No mention is made of soy ice cream being served at this meal in Aug. 1934. Yet shortly thereafter, and definitely by Aug. 1935 soy ice cream for dessert was served at similar meals in the pine-paneled dining room in the Ford Engineering Laboratory (Strother 1961).

Chapter 10, titled "Little Factories," discusses Ford's rural industries, including the mills at Saline, Tecumseh, Milan, and Ypsilanti. At Tecumseh, in the heart of soybean country, the Hayden Mills, after its restoration, "was used for cleaning and sacking soybeans for seed, preparing them for distribution to neighboring farmers in the spring." At "the village of Saline where the Chicago pike crosses the Saline River a few miles north of the soybean farms..." the old Shuyler mill and its dam were restored. "The fall of 1936 also found workmen busy at the town of Milan east of the soybean area..."

An excellent panoramic view of and guide to Greenfield Village are shown inside the front cover and on the facing page. #11 is a "soybean extraction plant." Address: Dearborn, Michigan.

1751. Edison Institute. 1938? Recipes for soy bean foods. Dearborn, Michigan: Edison Institute. 19 p. Undated.
• ***Summary:*** This undated booklet begins with 1½ pages of nutritional information about soy beans and recipes containing them. "Fresh green soy beans contain about 10% of protein compared with 7% in green lima beans or green peas. The varieties Willomi and Rokusun "are preferred because they do not have such a strong taste." Many of the 58 recipes are based on soy flour, e.g. soy-bran bread, steamed soy bean bread, cinnamon buns, muffins, waffles, lady fingers, apple sauce cake, soy bean "paste," doughnuts, etc. A number of others use cooked whole soybeans (soy loaf, chile con carne [chili], baked beans, salad) or ground soy beans (soup). More unique recipes include: Soy loaf (with "soy cheese" [tofu], p. 9). Cheese croquettes (with soy bean cheese and soy milk, p. 9). Green soy beans (p. 10). Scalloped green soy beans. Omelette (with tofu, p. 10). Salad (with tofu, p. 11). Salad soy bean sprouts (p. 11). Sandwich spread (with "soy nut butter," p. 12). Honey soy bean icebox cookies (with soy bean butter or Crisco [shortening], p. 14). Brittle cookies (with soy bean flour and roasted soy beans, p. 14). Coconut balls (with roasted soy beans, p. 15). Soy bean custard (with soy bean milk, p. 18). Candy-milk chocolate clusters (with freshly roasted soy beans, p. 18). Candy-roast soy brittle (with fresh roasted soy beans, p. 18).

The last page (p. 19) gives basic recipes for: Cooked soy beans. Green soy beans. Soy bean milk. Soy bean cheese [tofu], coagulated with dilute acetic acid or vinegar; salt to taste. Roasted soy beans. Soy bean nut butter. Soy bean butter.

"Roasted soy beans: Soak beans in water 3 or 5 hours. Drain off water and roast beans for 9 to 11 minutes in deep, purified soy oil or Wesson oil heated to about 325ºF. Drain and sprinkle with powdered salt."

"Soy bean nut butter: Grind about 2½ cups of roasted soy beans and mix with about 2 tbsp. of purified soy oil or salad oil.

Soy bean butter: Mix hydrogenated soy oil with salt, coloring matter and diacetyl to color and taste.

Note 1. Robert Boyer stated in an interview in the 1980s that this booklet was published in the mid-1930s, and the recipes were developed mostly by Dr. Edsel Ruddiman. However mention of the varieties Willomi and Rokusun makes it more likely that this booklet was published after mid-1938.

Note 2. This is the earliest English-language document seen (Nov. 2012) that uses the term "soy nut butter" or the term "soy bean nut butter" to refer to soynut butter. Address: Dearborn, Michigan.

1752. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1939/01. Nichibei jûshoroku [The Japanese American directory. No 35]. San Francisco, California: Nichi-Bei Shinbunsha. 32 + 658 p. Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Address: Ellis Street, San Francisco, California.

1753. **Product Name:** Tofu.
Manufacturer's Name: Nippon Tofu-ten (Nippon Tofu Mfg. Co.).
Manufacturer's Address: 1012 King, Seattle, Washington. Phone: PR. 8855.
Date of Introduction: 1939. January.
New Product–Documentation: The Japanese American Directory. 1939. p. 531. Also in 1940, p. 545. Also in 1941, p. 561.

1754. **Product Name:** Tofu.
Manufacturer's Name: Tsumura Tofu-ya.
Manufacturer's Address: 414 L & M Alley, Sacramento, California. Phone: MAin 1424.
Date of Introduction: 1939. January.
New Product–Documentation: The Japanese American Directory. 1939. p. 189. Note: In 1938 Ishihara Tofu-ya was at this address. Also in 1940, p. 188.

1755. **Product Name:** Tofu.
Manufacturer's Name: Yokota Tofu-ya.
Manufacturer's Address: 1411 4th St., Sacramento, California. Phone: 10117-W.
Date of Introduction: 1939. January.
New Product–Documentation: The Japanese American

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Directory. 1939. p. 189. Also in 1940, p. 187. Also in 1941. p. 189. Phone number is now CApital 10117. Note: Sakumura Tofu-ya was at this address in 1938.

1756. Pynaert, L. 1939. Le Soja au Congo Belge [The soybean in the Belgian Congo]. *Revue Internationale des Produits Coloniaux et du Materiel Colonial* 14(158):61-65. Feb. Summary in Revue de Botanique Appliquee (1939) 19:233. [3 ref. Fre]

• ***Summary:*** Contents: Preface. Soybean yields obtained in the Belgian Congo. The utilization of soya in Europe: Dry seeds (whole dry soybeans), soy sauce, soymilk, yuba, tofu, soymilk casein, soy lecithin, soy flour and chocolate, soy oil. Net cost. In short, Pynaert describes all the basic types of soyfoods and encourages their introduction to the Congo.

Yields: "In 1915 the agronomist Mestdagh made it known that at the end of an experiment well conducted at Lusambo in the district of Sankuru [Belgian Congo], he had harvested 1,472 kg/ha of a light yellow variety of soybean, and 1,786 kg/ha of a black variety.

"The agronomist J.B.H. Lejeune, who worked in the Congo for nearly 20 years, recently furnished information of great interest on the subject of the soybean cultivation which he had undertaken in the colony as well as in Rwanda-Urundi.

"In 1922 he cultivated a yellow soybean which he had obtained from Vilmorin-Andrieux & Co. in Paris under the name of Mammoth Yellow. He obtained yields ranging from 500 to 1,500 kg/ha.

"In 1926 the same agronomist introduced the black soybean O-Too-Ton [Otootan] cultivated in Georgia. This variety adapted itself remarkably well to the conditions of the Eala milieu and gave soybean yields of 1,000 to 2,000 kg/ha.

"In 1927 trials were recorded at four stations in Rwanda-Burundi, a country of higher altitude with conditions that are very different from those forested central Africa.

"At Lusunyu, which enjoys a temperate climate, the yields of a variety of O-Too-Ton varied from 90-540 kg/ha during a 4 month cycle. At Bugarama, in a much warmer climate, the average yield of seeds was 556 kg/ha. At Kisozi the variety O-Too-Ton gave yields of 100 to 400 kg/ha. A variety named Biloxi furnished a yield of more than 500 kg/ha. At Rubona, still in Rwanda-Urundi, the following seed yields were obtained from 1931 to 1935. Biloxi: 300 to 652 kg/ha. O-Too-Ton: 150 to 1,300 kg/ha. Eala Yellow (Jaune d'Eala): 214 to 261 kg/ha." Also discusses yields at: Kisozi from seeds introduced by Mr. Lejeune; at the Agronomic Station at Yangambi, near Stanleyville, from 1937; at Nioka in Upper Ituri (*Haut-Ituri;* Ituri is a district in the oriental province of the Belgian Congo) where yields are 450-500 kg/ha in poor soil but 700-800 kg/ha in good soil, and even up to 1,000 kg/ha; it is concluded that indigenous crops will probably not give yields of greater than 400-500 kg/ha.

This document contains the earliest date seen for soybeans in Ruanda-Urundi, or the cultivation of soybeans in Ruanda-Urundi (1927) (one of two documents). Address: Directeur du Jardin Colonial de Laeken (Belgium).

1757. Nakae, Tadashi. 1939. Aminosan chomiryo seizo ni kansuru kenkyu. Dai 14 ho. Tanpakushitsu genryo toshite no koridofu kezurikuzu [Research on making amino acid seasoning. XIV. The crumbs from trimming dried frozen tofu as a protein source]. *Jozogaku Zasshi* (*J. of Brewing, Osaka*) 17(3):182-84. March 15. [Jap]*

Address: Japan.

1758. *Ford News* (*Dearborn, Michigan*). 1939. Soy bean recipes. 19(3):69. March.

• ***Summary:*** Henry Ford tried unceasingly during the decade after 1934 to develop palatable foods and popularize recipes based on soybeans. Recipes shown here, include nut bread and waffles (each made with soy bean flour), soy loaf and croquettes (each made with "soy cheese" [tofu]), and salad (made with boiled soy beans).

1759. Reitlinger, Gerald. 1939. South of the clouds: A winter ride through Yün-nan. London: Faber and Faber. 327 p. March. Illust. Index. 23 cm.

• ***Summary:*** Yunnan is a province in southwestern China. The northwest tip borders on Tibet, while the long western side borders on Burma. The capital is Kunming.

A breakfast of several courses "included a dish of *toh fu* [tofu], a curd or junket made from cattle-beans [sic, soybeans]. Bean-curd is eaten all over southern China and may be tasted in Cantonese restaurants in London. The Yün-nan kind has a sly [slight?] taste of burnt milk,..." (p. 64).

At the start of Chapter 6, they are apparently in western Yunnan (p. 114-15). "We were into their country, extending north up the Mekong and Yangtze to independent Tibet.

"The place was full of bright copper bowls of a dark-green viscous substance like engine lubricant. but it was made from the universal substance, bean-curd, which we had been trying to like for some days. We watched the people in the shop cut it up in this slices like noodles and fry them without any oil or fat. One of the chief joys of travel is to eat everything. I found it had a burnt taste like a bad caramel custard. In the higher parts of Yün-nan bean-curd does all the work of barley or millet flour, including cakes, macaroni, porridge, bread, and soup. This is great ingenuity, but it is very nasty. There is one variant of bean curd which I shall never try. It is cut into white squares and grows a downy beard of mildew all over it. At first sight it looks like Turkish delight." Note: It is a type of fermented tofu.

"The landlord had set out a table in the courtyard at which Ho was entertained as an honored guest on butter-tea and bean curd" (p. 184).

Suahn is a fat, fluted bulb, certainly of the tulip family,

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pickled in sweet vinegar and tasting of garlic... *Suahn* was eaten with *lu fu'an*, another by-product of bean-curd; the curd was set into a kind of butter and was mashed with hot red peppers and other herbs; the taste of the two together is so extraordinary that one can imagine oneself dining out on one of the rings of Saturn" (p. 197-98).

At the rear of the book is a fold-out map that shows the route traveled.

1760. Coulter, Francis C. 1939. The soy bean: Important plant. *Bean-Bag* (*The*) (*Lansing, Michigan*) 21(11-12):9-11. April/May.
• ***Summary:*** From Seed World: An overview. Contents: Introduction (Engelbert Kaempfer). Introduction to America (by Admiral Perry). The soybean at home (in China; tofu, oil, meal, Ford Motor Co., industrial uses). The garden soy ("the garden soybean" is edible green soybeans).

1761. Chang, Chang-Ying. 1939. Mineral contents of Chinese foods. *Chinese J. of Physiology* 14(2):133-45. June. [12 ref. Eng; chi]
• ***Summary:*** "The mineral contents of a number of Chinese foods have been determined for the use of the metabolic ward in Peiping Union Medical College Hospital in connection with certain studies on acid-base balance." It has been found that the mineral content of food varies greatly with the season and locality. Nevertheless, the accompanying table is given with the hope that it may serve as a guide in such studies.

A table (p. 135) gives mineral values (in mg per 100 gm) for the following foods: Soy bean, yellow (huangdou). Soy bean sprout. Soy bean curd (southern style; nan-doufu). Soy bean curd (northern style; hoku-doufu). Soy bean, black.

Values are given for the following minerals: Calcium, magnesium, potassium, sodium, phosphorus, chlorine, sulfur, and iron. Address: Dep. of Biochemistry, Peiping Union Medical College, Peiping.

1762. *American Cookery* (*Formerly The Boston Cooking School Magazine*). 1939. Peking diets. 44(1):55. June/July. *
• ***Summary:*** Diets in Peking may be classified into two main types, according to an article by Guy and Yeh in the *Chinese Medical Journal*. "The diet consumed by the poorer classes consists chiefly of maize and millet, soya bean and vegetables. The diet of those living at a higher economic level includes the milled cereals, chiefly wheat and rice, with pork, soya bean curd and vegetables."

1763. Borth, Christy L. 1939. Pioneers of plenty: The story of chemurgy. Indianapolis, Indiana and New York: Bobbs-Merrill. 303 p. Portraits. 22 cm.
• ***Summary:*** Soy is discussed at length (usually in connection with Henry Ford Sr. and Edsel A. Ruddiman) on p. 22, 40, 42, 202-06, 208-11. Henry Ford is also discussed on p. 21-22, 30, 69, 76-77, 118, 144, 246.

"A few years ago, Henry Ford was ridiculed when he said the time would come when most of an automobile would be grown on the farm. Since then, Ford chemists have perfected processes whereby soy beans are converted into plastic substitutes for automobile parts formerly made of metal. Ford Chemist Russell Hudson McCarroll estimated that the use of plastics for interior window moldings alone would increase that company's use of farm-grown metal-substitutes twenty-five million pounds annually." (p. 21-22).

"Dearborn was selected as the [first chemurgic] conference site because it was the home of Henry Ford, an industrialist who had demonstrated his understanding of the meaning of the farm problem, and because there were, in near-by Edison Institute, working exhibits of the processing equipment which Ford researchers had developed to convert soy beans into some thirty industrial products." (p. 40).

At the chemurgic conference Russell Hudson McCarroll, a Ford chemist, described how soy beans are converted into raw materials for industrial use. "From the bean oil Ford chemists make a lacquer which is claimed to be superior to the pyroxylin paints usually used in coating metals. From the residue of meal after extraction of oil, Ford chemists make plastic parts for automobiles, these farm-derived parts being substitutes either for metals formerly mined or for rubber formerly imported." (p. 42).

Chapter 10, titled "Ford links farm and factory" (p. 200-12) is about Henry Ford, chemurgy, and soy beans. "Do you recall the gibes that greeted his [Henry Ford's] prediction that man would one day find a substitute for the cow, as revolutionary as the automobile which displaced the horse? It was very funny when the cartoonists and columnists leaped upon it gleefully–but it may not be so fantastic as it once seemed.

"Let's investigate it.

"Come now to the foot of Elm Street, in Dearborn, to a rejuvenated farmhouse whose homelike exterior masks a modern laboratory."

"Follow the truant chemurgists inside and meet Ford's boyhood companion, Dr. Edsel a. Ruddiman, the food-chemist whose services were enlisted by his old deskmate. In the back room, once a farm kitchen, is an electric refrigerator, filled with food made from soy beans. Milk, butter and cheese–the latter, fresh, dried, smoked and fermented–are there, soy-bean products all. In the pantry are breakfast foods, macaroni, salad oils, crackers, diabetic foods, infant foods, flour, bouillon cubes, soups, confections, coffee substitutes, sauces, gravies and beef substitutes–all produced from the soy" (p. 202-03).

A wonder bean indeed!" "During the World War [I], when Germany faced famine, German chemists extracted from the soy the glutamic acid which became the basis of the 'beef-tea' that kept patients alive in hospitals." The soy bean "gets into Heinz and Lea & Perrins' sauces and into

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oleomargarine" (p. 203).

A full-page photo (between pages 206 and 207) shows Irénée du Pont and Henry Ford talking and enjoying a meal together at a table.

1764. Yang, E.F.; Dju, M.Y. 1939. Total and phytic acid phosphorus in foods. *Chinese J. of Physiology* 14(4):473-78. Dec. [8 ref. Eng; chi]
• ***Summary:*** Table 3 (p. 475) shows the phytin phosphorus in legumes, pulses, and legume products. The are columns for the legume product name, moisture, total phosphorus, phytin phosphorus, and phytin phosphorus as a percentage of total phosphorus. Soy products include (with total phosphorus in mg/100 gm and phytin phosphorus in mg/100 gm): Soybean (484, 213), fresh soybean [green vegetable soybean] (835, 298), soybean curd [tofu] (623, 314), soybean curd cake [pressed tofu] (604, 431), fried soybean curd (355, 309), soybean curd sheet [pressed tofu sheets] (618, 318), soybean milk clot [yuba] (750, 342).

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "soybean milk clot" to refer to yuba. Address: Div. of Physiological Sciences, Henry Lester Inst. of Medical Research, Shanghai, China.

1765. Yang, E.F.; Dju, M.Y. 1939. The total and available iron in vegetable foods. *Chinese J. of Physiology* 14(4):479-87. Dec. [13 ref. Eng; chi]
• ***Summary:*** Fifty-six kinds of local foodstuffs are analyzed for their total and available iron contents. The name in English and in Chinese characters is given for each. Soybeans: Moisture 15.7%, total iron 8.5 mg/100 gm, ionizable iron 7.5 mg/100 gm. Percent of total iron ionizable: 88%.

Soybean curd [tofu]: Moisture 85.5%, total iron 6.9 mg/100 gm, ionizable iron 4.5 mg/100 gm. Percent of total iron ionizable: 65%.

Soybean curd cake [doufu-gan; firm tofu]: Moisture 65.5%, total iron 4.3 mg/100 gm, ionizable iron 2.85 mg/100 gm. Percent of total iron ionizable: 66%.

Soybean curd, fried [yu-doufu; fried tofu]: Moisture 55.5%, total iron 6.3 mg/100 gm, ionizable iron 4.6 mg/100 gm. Percent of total iron ionizable: 73%.

Soybean curd sheet [pai-yeh; pressed tofu sheets]: Moisture 45.2%, total iron 6.8 mg/100 gm, ionizable iron 3.6 mg/100 gm. Percent of total iron ionizable: 53%.

Soybean milk clot [yuba]: Moisture 4.9%, total iron 6.3 mg/100 gm, ionizable iron 2.5 mg/100 gm. Percent of total iron ionizable: 40%.

Soybean, sprouted [soybean sprouts]: Moisture 83.3%, total iron 8.3 mg/100 gm, ionizable iron 3.7 mg/100 gm. Percent of total iron ionizable: 45%.

Also discusses (p. 483): Cowpea pod, green. Flat bean, pod. Horse bean, dried. Horse bean, sprouted. Mung bean sprout. Mung bean starch sheet. Mung bean starch strip. Peanut. Address: Div. of Physiological Sciences, Henry Lester Inst. of Medical Research, Shanghai.

1766. **Product Name:** Cheze-O-Soy (Seasoned Tofu. Sometimes Advertised as Soy Cheese, or spelled Chez-O-Soy or Ches-O-Zoy after 1953).
Manufacturer's Name: Madison Foods.
Manufacturer's Address: Madison College, Madison, Tennessee.
Date of Introduction: 1939.
Ingredients: Coagulated soybean proteins, seasonings.
Wt/Vol., Packaging, Price: No. 2 can. 20 oz.
How Stored: Shelf stable.
Nutrition: Protein 26.7%, fat 10.8%, carbohydrates 0.12%, ash 0.71%, calories 204/100 gm.
New Product–Documentation: Ad in House of Better Living. 1940. May. p. 4. "Soy Cheese." Madison Health Messenger. V. 49-2. p. 5.

William C. Sandborn. 1953. The History of Madison College (PhD thesis, George Peabody College for Teachers, Tennessee). p. 124 states that Ches-O-Zoy is made at the Madison food factory.

Soybean Blue Book. 1954. p. 106. Spelled Chez-O-Soy from 1954 on. Address: Madison College, Tennessee. Also listed in 1965, but business name is now Nutrition International Corp, Box 415, Madison, TN 37115. Last listing was 1972. Letter from Sam Yoshimura. 1981. Feb. 20. Contained 26.7% protein.

Note: This is the earliest known seasoned or flavored tofu product sold in the Western world.

1767. **Product Name:** Tofu, and Fried Tofu.
Manufacturer's Name: Paris Tofu.
Manufacturer's Address: 237 Powell St., Vancouver, BC, Canada.
Date of Introduction: 1939.
New Product–Documentation: Talk with Peter Joe, owner of Sunrise Market Ltd., Vancouver. 1993. March 18. He has just talked with Joe Kwok Dong, whose father, Joe Gon Fung, started this tofu company at 237 Powell St. in Vancouver in 1939. Joe Kwok Dong, who is now in his late '70s and lives in Vancouver, went to college in the USA and speaks fairly good English (Phone: 604-327-8037). Peter Joe now runs this same company, which is presently named Sunrise Market Ltd. Concerning the company name: Joe Gong Fung went to Montreal, Quebec, and was taken by the fact that many French-speaking people he met there liked tofu. So he decided to give the company a French name. At that time there were very few Chinese in Vancouver, or in Canada. So he wanted to give the company a non-Chinese name. The company made both firm Chinese-style tofu and deep-fried tofu. Initially, the company got its soybeans from the Seattle area; its calcium sulfate coagulant was imported from China. When World War II started, the company

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was no longer able to import from China, so it purchased Plaster of Paris locally and burned it to make food grade calcium sulfate. One of the company's early employees was named Joe Lai Nam. The company was apparently not well managed as a business in the early years and was not making much money, so Joe Lai Nam took over as owner and manager. He moved the company to 378 Powell St. in about 1954-55. He ran the company for about a year, but his health began to fail. So in about 1955 Peter Joe's father, Leslie Joe, took over the company at 378 Powell St.

Note: This is the earliest known commercial soy product made by the company that became Sunrise Market Ltd. (later Sunrise Soya Foods).

1768. Soetisna, Mas. 1939. Kedelé mas Toegoemoeljo [The yellow soybean of Toegoemoeljo]. *Kolonisatie Bulletin* 6:9-11. [Ind]
• ***Summary:*** In the author's name, the term "Mas" may be a Javanese title, of lower rank than Raden. "Toegoemoeljo" (presently spelled Tugumulyo) is a place name but it can also be translated as "Column/Pillar of Glory," in Javanese culture refers to the manifestation of the highest level of happiness. The document tells about yellow soybeans from this place. Address: Adjunct-landbouwconsultent di Loeboek Linggau.

1769. Univ. of Illinois, Dept. of Home Economics and Education. 1939. Ways of using soybeans as food. *HEE* No. 224. 12 p. Mimeographed. Revised in 1943 by E.C. Faulkner. 17 p.
Address: Urbana, Illinois.

1770. **Product Name:** Tofu.
Manufacturer's Name: Yamauchi (Shoan) Tofu. By 1955 it had become Aala Tofu Factory.
Manufacturer's Address: Rear 1031 Aala, Honolulu, Oahu, Hawaii.
Date of Introduction: 1939.
New Product–Documentation: Honolulu City Directory. 1941-42. Shoan Yamauchi Tofu. Rear 1031 Aala, Honolulu. Note: Sutro library in San Francisco has the following city directories from this period: 1934-39, 1941/42, 1947-49. In the 1947-48 Directory, address is given as 1031c Aala, Honolulu. 1951 Directory. Name listed as Shojin Yamauchi Tofu. 1953 Directory. Address listed as rear 1031 Aala. 1954 Directory. Address listed as 1031c Aala. Not listed 1955. Note that 1031 Aala was the former location for at least 3 other tofu manufacturers: H. Iwanaga (founded 1923), Shima Kanehori (1926), and Haruko Uyeda (1937).

Talk with Shoan Yamauchi. 1982. June 29. The Hinode Tofu Company traces its roots back to Hawaii to the Ueda Tofu Co., which may have started as early as 1900? In 1939 Mr. and Mrs. Shokin Yamauchi bought Ueda Tofu Co. and renamed it Aala Tofu Co. Mrs. Yamauchi and her two sons, Shoan and Shojin, ran the family business successfully. In September 1947 Shoan's brother, Shojin, took over the family business, Aala Tofu Co., from their father, Shokin, in Hawaii.

Talk with Mr. and Mrs. Shoan Yamauchi in Los Angeles. 1988. Oct. 23. They both recall that the business was never named "Shoan Yamauchi Tofu." It was named Aala Tofu shortly before or after the Yamauchi family bought it from Mrs. Ueda.

1771. A handbook of Philippine agriculture. 1939. Manila, Philippines: College of Agriculture, University of the Philippines. vii + 803 p. No index. 18 cm.
• ***Summary:*** On the title page: "Issued in commemoration of the thirtieth Anniversary." The University of the Philippines was founded in 1908. The Foreword (by L.B. Uichanco, Dean, College of Agriculture) states that its College of Agriculture opened on 14 June 1909, at which time "scientific Philippine agriculture was virtually nonexistent." The idea for the book originated with the former dean of the College of Agriculture, Dr. B.M. Gonzalez, before he was appointed president of the University of the Philippines. Soybeans and soyfoods are discussed extensively.

"Coffee adulterants" (p. 104), commonly mixed with ground coffee, include roasted ground corn, soybean, peanut, mungo, cashew, and sometimes ipil-ipil (*Leucaena glauca*).

In Chapter 1, "Field crops" is a long section titled "Peanut, soybean, cowpea" (p. 132-43). Contents of "Culture of soybean" (p. 134-41): Varieties. Preparation of the land. Planting. Cultivation. Harvesting and threshing. Yield. Green and yellow seeds of Ami soybean. Soybean sprouts. How to prepare–Soybean coffee, soybean cake [dessert, with baking powder], soybean milk, "tao-si" (salted soybean [fermented black soybeans]; Method furnished by Superintendent of the Davao Penal Colony), "toyo" or soy sauce.

Note: This is the earliest document, and the earliest English-language document seen (Jan. 2012) that mentions fermented black soybeans from the Philippines, or that uses the term "tao-si" to refer to this type of salted, fermented soybean food.

The section titled "Method of preparing 'tao-si'" (p. 139-40) gives a full-page description of making tao-si on a small commercial scale–as follows: Wash dry soybean seeds and soak in clean water overnight. In the morning, remove the water. Transfer the soaked soybean seeds into a pot containing fresh clean water; boil until beans are soft. Remove boiled beans from the pot and place in shallow baskets to drain the excess water; allow them to cool. Dry beans in the shade for about one-half hour or one hour in the sun. For every 2½ petroleum cans of boiled soybeans, add 1-2 kg of wheat flour. Stir the mixture until beans are thoroughly coated with flour, then dust over about ½ kg of yellow fungus known as *Aspergillus oryzae;* thoroughly stir again. Cover open mouth of basket with a piece of abaca

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cloth or clean Manila paper and place in a dark room to allow the fungus to incubate. After 2-3 days the mixture will be thoroughly covered with a thick growth of yellow fungus and is now ready for salting. Transfer mixture into an earthen jar (*tapayan*), and to every 2½ petroleum cans of it, add 16 kg of native salt dissolved in two petroleum cans of water. Sun the jar for five days to facilitate curing, then move jar into a shed for further fermentation. "The 'tao-si' is ready for use after two months, but the longer it is left to cure, the better the quality becomes."

The two main kinds of insecticides in 1939 (p. 223-31) were stomach poisons (which kill when eaten; incl. lead arsenate, calcium arsenate, Paris green) and contact poisons (incl. concentrated tobacco decoction, as in Black Leaf "40").

"Diseases of beans and other legumes (p. 319+) include downy mildew of soybean and rust of soybean.

A table (p. 448) gives the content of five vitamins found in various feeds incl. soybean seeds, soybean leaves, soybean meal, peanut meal, and peanut seeds.

"Leguminous silage" includes that from cowpea, soybean, and mungo [mung bean] (*Phaseolus aureus*). Tables give: (1) The "Average digestible nutrients in feeds" incl. soybean (p. 459, 462).

(2) The "Nutritive value of foods" incl. seaweeds (ara-rosip, *Gracilaria crassa*, p. 534), mungo sprouts (p. 536), green soybeans (p. 537), seguidilla or kalamismis (*Psophocarpus tetragonolobus*, fresh and sun-dried seeds, p. 538), soy products (p. 538-39) incl. soy sauce (toyo, Superior {Senkee and Co.}, Commercial), soy milk–boiled, soy residue (sapal), soy residue after second drawing of toyo, soy curd (toqua [tofu]).

(3) "Foods as sources of minerals" (calcium, phosphorus, iron; p. 580-81), incl. miso or soybean mush, soybeans–baked flour, soybeans–baked sprouts, soy curd or toqua, soy sauce or toyo (four brands: Solo, Great Eastern, Violin, Rooster), tahuri or soybean curd preserved in strong brine solution (solid portion).

(4) "Foods as sources of vitamins" (p. 593-94) incl. bean–asparagus or cigarillas (*Psophocarpus tetragonolobus*), bean–mungo (in pods or sprouts), bean–soy (dry, green, or leaves), peanut butter, seaweed, sesame (p. 601). Address: Manila, Philippines.

1772. Abend, Hallett. 1939. Chaos in Asia. New York, NY: I. Washburn, Inc. 313 p. See p. 29. Illust. (map). 22 cm.
• ***Summary:*** Chapter 2, "How Japan carries on" (p. 26+) is about conditions inside Japan, since the Manchurian "incident" of 7 July 1937, as it fights a war in China. Gasoline is rationed to 12 gallons/month. Gaiety is strictly banned and dance halls are closed. Taxes are high and the country's gold reserves have been exhausted. Wages are sky-high and the "pinch of the unofficial American and British boycotts of Japanese-made goods is making itself felt." In short, the island nation is in dire straits.

"The Army is so much better fed, these days, than the civilians that Japanese informants say a marked change is noticeable in all the conscripts before they have been three months in uniform. They fill out, they broaden, their color improves, their eyes have new luster. For the conscripts get meat once each day, they are fed eggs, they are given raw fish in plenty, and they get all the nourishing soya bean curd that they can eat." Address: Author of books on East Asia.

1773. Embree, John Fee. 1939. Suye Mura, a Japanese village. Chicago, Illinois: University of Chicago Press. xxxi + 354 p. Index. 21 cm. Reprinted in 1964 with new Foreword.
• ***Summary:*** This is the earliest known detailed anthropological study of Japanese village life. John Embree is a pioneer anthropologist who lived (with his wife) in the remote mountain Japanese farming village of Suye Mura in Kumamoto prefecture (on Japan's southern island of Kyushu) from Aug. 1935 to Dec. 1936. Mr. Toshio Sano, a graduate of Tokyo Language School, lived with Embree and acted as his interpreter and translator.

Soybeans and soyfoods (particularly tofu) are discussed throughout the book.

Page 41: "Tôfu (soy-bean curd) is prepared in the *mura* by several *tôfu*-makers and sold to the rest of the villagers. It is made by grinding soybeans in a stone quern. It is eaten a great deal in soup and is used as a cheap substitute for fish at some social gatherings.

"The diet is largely vegetarian, though fish and occasionally chicken accompany a banquet. Plenty of proteins are available in the many foods made of soy beans, especially the soy-bean soup (*miso-shiru*), soy-bean sauce (*shôyu*), and soy-bean curd cake (*tôfu*) (see Table 1).

Pages 42-43: Table 1, titled "Agricultural products by season," has four columns for each of the four seasons. Azuki beans and sasage are harvested in summer and autumn; soy beans and sesame seed in autumn. Note: Edamame is not mentioned.

"Page 45: "Pigs are raised for outside sale by most of the *tôfu* makers. A piglet is bought for 5 yen from some city broker, fed on *tôfu* waste [okara] and general garbage (very scanty in a farmer's house) for about a year, after which time the broker comes back and buys the grown pig for from 15 to 20 yen." The "villagers never think of eating pig meat themselves." "Some people make flour at home on revolving grind-stones (*hikiusu*), similar to those used in making the bean-curd *tôfu*.

A photo (facing p. 52) shows the front of a local *tôfu* shop (Kakui), with two ladies seated on the low wooden platform. The caption reads: "This woman makes *tôfu* daily. Her shop carries a few tinned goods, some candy, beer, geta, thongs, etc. It is a favorite gathering-place for people to sit about and talk."

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Page 53: "Some widows and farmers' wives, usually of the poorer families, make *tôfu* as a means of increasing the family income. Such a family has only a little farmland, otherwise the wife would not have the time to devote every morning to making and selling *tôfu.*" "Each *buraku* [village, community] has a *tôfu* maker." Sometimes the wives of fishermen make *tôfu.*

Pages 60-61. In the *yakuba* (village office) there are frequent parties. Two man, paid as messengers, go to buy *tôfu* for these parties.

Page 115: On Kwannon Day, a party is held and a square of *tôfu* is served with *shôchû* to each person present. Tofu is also served at other types of parties and sometimes taken as a gift (p. 118, 122, 124, 128, 147).

Page 160: The author identifies six social classes in this village. Small shopkeepers and *tôfu* makers belong to the 4th class, the "lower middle."

Page 241: Of the Seven Gods, Daikoku and Ebisu are the patron saints of shopkeepers and *tôfu* makers.

Page 254: Inari is the god of crops, especially of rice. "People always refer to Inari as *Oinarisan* (Honorable Inari)."

Pages 292-93. "The eleventh month" of the lunar calendar. On the 15th day is the old Ichifusa Shrine Day. On the evening of the 14th day, *tôfu* is roasted on special bamboo sticks in the fire pit. This preparation, called *dengaku* is made in honor of Otakesan (Ichifusa Shrine).

Page 315: Most *tôfu* makers specialize in doing just that, but some shopkeepers also make *tôfu.*

Page 318: Household expenses. Most miso is made at home. Tofu and other goods purchased at local stores may be paid for with rice instead of money.

1774. Kloss, Jethro. 1939. Back to Eden: A book on herbal remedies for disease, and other natural methods of healing. 1st ed. [Washington, DC]: Published by the author. vii + 667 + [25] p. Illust. Portrait. Index. 21 cm.

• ***Summary:*** This treasury of herbal lore and vegan cookbook (it uses no dairy products or eggs, replacing them with soy products) is one of the most creative and original sources of early soyfoods recipes. Contents: Foreword. 1. Personal experiences. 2. Soil. 3. History of medicine. 4. Fresh air and exercise. 5. Fasting. 6. Effects of devitaminized, adulterated foods on the body. 7. Fruit diet. 8. Meat-eating. 9. Foods. 10. Diet. 11. Aluminum utensils. 12. Cooking under steam pressure. 13. Disease of animals. 14. History of water cure. 15. Water. 16. Water-effects and treatment. 17. Water-its effect in sickness. 18. Baths. 19. Compresses and fomentations. 20. Massage. 21. High enemas. 22. Nursing. 23. Fruits. 24. The eliminating diet. 25. Minerals found in the body. 26. Herbs. 27. Medical trees. 28. Tonics. 29. Herbs (Their description and use in treating disease). 30. Definitions of medicinal properties of herbs. 31. Herbs indicated for specific diseases. 32. Directions for use of non-poisonous herbs. 33. Treatment of disease. 34. Food preparations of various kinds. 35. Oranges. 36. Potatoes; gathering and preserving of herbs.

The Foreword states: "This book contains tried, safe, and inexpensive remedies for the prevention of disease and sickness, remedies which are the result of my own practical experience of nearly forty years." "No matter how many germs get into the body, if the blood stream is clean and the blood corpuscles are in a healthy condition, you will be safe. Everyone comes in contact with many kinds of germ, but these organisms will not harm you or cause you sickness and death unless they have a place in which to propagate themselves." Sickness and illness are "caused by violating the laws of nature and health. "If then they would resort to simple means and follow the basic laws of health that they have been neglecting–proper diet, use of pure water, fresh air, sunshine, rest, and nature's remedies, herbs, etc., nature would restore the body to its original health." "God has provided a remedy for every disease that might afflict us." "The fundamental principle of true healing consists of a return to natural habits of living."

Virtually all of the information on soybeans and soyfoods is in chapter 34, "Food Preparations of Various Kinds" (p. 582-633). First come two sections of text: "The nutritional value of the soybean" (p. 582-84; "Taken from an address delivered by Dr. J.A. LeClerc, before the annual meeting of the American Soybean Association. Sept. 15, 1936"). "Uses of the soybean for industrial purposes" (p. 585).

Then comes an introduction soy-related recipes (p. 585-87): "The knowledge of the value of the soybean here in America is one of the greatest things that was ever launched in the food line in the history of the nation, and at this time of great poverty [the Great Depression], want, and disease, it is the most important thing that could be given the people." "Soybean milk can be made from soybeans at home for less than two cents a quart." Soybean milk "is not only a good food, but a real medicine." It is easily digested and highly alkaline. "I have experimented with soybeans for fifteen years [since about 1924] and have produced a fine, acceptable soybean milk as well as many other soybean products." "I use soybeans in more than fifty dishes."

Then come recipes (p. 587+): Soybean cheese (fermented soybean milk, peanut butter, and tomato puree, p. 587). Soybean cream cheese (from fermented soybean milk, p. 588). Nut cheese no. 1 (fermented soybean milk, peanut butter, and soybean butter {see p. 613}, p. 588). Nut cheese no. 2 (raw peanut butter, ground oatmeal flour, water and salt [no soy], p. 589). Nut milk (made with raw peanut butter and cow's milk [no soy], p. 590). Canned soybeans (p. 592). Soybeans and rice (with sprouted soybeans). Baked beans with tomato sauce (incl. soybeans, p. 593; "Soybeans are, no doubt, the best of all beans, but the flavor is not as pleasant. This can be overcome by using various seasonings,

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such as tomato sauce, a little onion, and celery). Vegetable protein (wheat gluten seasoned with soy sauce, p. 597). Nut loaf (seasoned with soy sauce). Kloss' granola (with soybean milk and soybean mash [okara], p. 599). Baked rice (natural brown rice baked in soybean milk, p. 600). Soybean coffee plus 2 recipes for Cereal coffee based on rye or wheat bran [real coffee with caffeine is not included]. Soybean broth (with soybean milk and oatmeal, p. 604-05). Oatmeal broth (with soybean milk). Soybean buttermilk (fermented, p. 605-06; "Buttermilk is an excellent article of diet for everyday use, but is especially beneficial in malnutrition, tuberculosis, toxic conditions, and intestinal infections. Soybean buttermilk has the advantage of producing an alkaline effect and is more nourishing than ordinary buttermilk. It is rich in minerals and very palatable. More nourishing than yogurt buttermilk used under various names."). Soybean cheese (fermented soybean milk, raw peanut butter, and tomato puree). Soybean cottage cheese (fermented soybean milk, p. 608). Soybeans and rice (with sprouted soybeans, p. 608-09). To sprout soybeans, lentils, or grains (p. 609). Soy patties (with soybean pulp [probably ground soybeans, not okara] and soy sauce). Gluten patties (seasoned with soy sauce, p. 610). Soybean loaf. Soybean cottage cheese loaf. Soybean milk. Soybean milk no. 2 (made from "soy meal, p. 611). How to curd [soybean] milk (p. 612). Soybean jelly (soybean milk jelled with agar-agar flakes and sweetened with malt sugar). Soybean butter (made with 1 cup water, 2 tablespoons soybean flour, and 2 cups soybean oil, p. 613). Soybean cream (blend rich soybean milk and soybean oil). Soybean ice cream (made with 2 quarts rich soybean milk, 2 lbs. malt sugar, ½ pint soybean butter or soybean mayonnaise, and 1 tbsp. agar-agar). The yolk of an egg (made with soybean flour, p. 614). Pancakes (with cornmeal and soybean mash [okara]). Tomato soup (with soybean flour, soybean flour, soymilk, and/or soy sauce, Savita, or Vegex, p. 618). Cream of tomato soup (with soybean milk, p. 620). Cream of celery soup. Cream of lentil soup. Vegetable oyster soup (with rich soy milk, p. 622). Eggplant soup (with soybean milk). Cream of spinach soup. Potato soup. Soybean gravy. French toast (made with soybean bread soaked in soybean milk, p. 624). Soy oil mayonnaise (with soy oil and finely ground soy flour, p. 628). Vanilla sauce (with soybean cream, p. 632). Vegetable gelatin (with agar-agar and soybean cream dressing, p. 632). Orange jelly (with soybean cream). Strawberry jelly (with soybean cream). Rice pudding (cooked in soy cream, p. 633). Cream tapioca (with soy cream and soybean milk). Soybean bread no. 1 (with whole wheat flour, soybean mash or soybean flour, p. 648). Soybean bread no. 2. Soybean buns or cinnamon rolls (with soybean meal, p. 650). Cornmeal gems (with soybean milk, p. 651). Oatmeal or soybean gems (with soybean meal). Soybean gems (with soybean mash [okara] out of which soybean milk has been washed, p. 652). Pones (with soybean milk). Beaten biscuit (with soybean milk). Unleavened pie crust (with soybean flour or mash, p. 655). Raised pie crust (p. 656). Soybean pumpkin pie (p. 656). Fig marmalade pie (with soybean milk, p. 657). Mashed potatoes (with rich soybean milk, p. 666).

This book does not call for the use of dairy milk or eggs. Concerning cow's milk, Kloss states (p. 75): "Cow's milk is not suited for human consumption. Half the invalids in the world suffer from dyspepsia, and milk should not be taken. Milk causes constipation, biliousness, coated tongue, headache, and these are the symptoms of intestinal auto-intoxication. Soybean milk and nut milks are excellent substitutes, and have practically the same analysis, and the danger of disease is removed." A recipe on page 614 uses a mixture of soybean flour and soya bean oil as a substitute for the yolk of an egg.

This book contains the same detailed information on the possible dangers of aluminum cooking utensils found in the 1935 edition.

Ads on unnumbered pages in the rear include: (1) Dominion Herbal College, Vancouver, BC, Canada. (2) "Horta" Pure Vegetable Extract. "Of strong aromatic meat flavor, though made from leguminous materials only." F. Behrend, Inc., New York, NY. Established 1886. (3) Old-fashioned Quaker mill. No. 4 Quaker City Mill. Ad: Enterprise No. 69, Hand Mill. A.W. Straub Co., Philadelphia, Pennsylvania. (4) Nature's Original Food Co., Falmouth, Virginia. "Nuts, grains, fruits and vegetables are Nature's original foods for men. Animal flesh has been substituted. If you want health, don't use it. "Try our [canned vegetarian] meats–see the difference." Meatose. Vegetose. To-Meta. Note: This latter company was almost certainly founded and is owned by Jethro Kloss.

According to Doris Gardiner (Oct. 1990), the original book (of which she and her aunt each have copies) has a green hard cover. The first printing was probably done by a Mr. Brunck, who worked for the College Print Shop in Takoma Park, Maryland. She thinks Jethro self-published the book. He paid for the printing and sold the books himself. Jethro and his wife moved to Coalmont, Tennessee. There they lived with the Hiatt family, and Mr. Hyatt, owner of Longview Press (renamed The Message Press by 1964) became the book's first legitimate publisher. His wife died in 1944. Jethro died in 1946 at age 83. The page numbers from the 1939 edition are unchanged in later editions.

Note 1. This is the earliest English-language document seen (March 2007) that uses the term "Soybean cream cheese" to refer to soy cream cheese.

Note 2. This is the earliest English-language document seen (May 2011) that uses the term "soybean mash" to refer to okara. Address: Washington, DC.

1775. Matagrin, Am. 1939. Le soja et les industries du soja: Produits alimentaires, huile de soja, lécithine végétale, caséine végétale [Soya and soya industries: Food products,

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soy oil, vegetable lecithin, and vegetable casein]. Paris: Gauthier-Villars. x + 390 p. Illust. 18 cm. [300 ref. Fre]
• ***Summary:*** Contents: Introduction. 1. The agricultural, industrial, and commercial history of soya: Asiatic origins and propagation in Europe, soya in America (its cultivation and industries), soya in Europe, Asia, Africa, and Oceania (1936) (1. Admission of soya in the agriculture and industry of European nations (p. 35): Soya in France, soy industry and commerce in central and northern Europe {England, Germany, Holland, Denmark, Sweden, Poland, Austria and Hungary, Switzerland}, penetration of soya into southern Europe {Iberian peninsula, Italy, Balkan countries of Dalmatia, Istria, Yugoslavia, Greece (p. 47), Bulgaria, Romania, Ukraine}, the grandeur and decadence of soya in Russia. 2. Soya in modern Asia (p. 51): China and Manchuria, Japan, Korea, Formosa, French Indochina {Tonkin, Cambodia, Cochin China}, the British and Dutch Indies {Siam, Assam, Bengal, Burma, Ceylon, India, Straits Settlements [later Singapore] / Malacca}, western Asia {Turkestan, Persia (p. 57)}. 3. Soya in Africa and Australia (p. 57-58): South Africa, Rhodesia, Nigeria, Gold Coast [later Ghana], Cote d'Ivoire, Dahomey, Togo, Algeria, Tunisia, Morocco, Egypt, Australia {Queensland, New South Wales, Victoria}, Tasmania, New Zealand, not yet in British New Guinea [later Papua New Guinea], Philippines, Java).

2. The botany and agronomy of soya: The plant, its names, its botanical characteristics, its varieties (original and created by selection), the cultivation of soya.

3. The general chemistry of soya: Chemical composition of the plant, structure and chemical composition of the beans.

4. Using soya in soyfoods and soyfood products: Whole soybeans (whole green, dry, sprouted, roasted and salted {*soja á l'état vert, fève de soja sèche, fève grillée, fève salée de soja, fèves de soja salées,* p. 166-67}, soynut butter {*un mélange rappelant les beurres végétaux*}, soy coffee, soy confections {*confiture de soja*}, soy chocolate, soy sprouts {*fèves de soja germées, germes de fèves de soja*}), soymilk and tofu (*le lait et le fromage de soja;* soymilk cream, concentrated soymilk, soymilk powder / powdered soymilk, fermented soymilk {*lait fermenté, yoghurt, kéfir, koumys,* p. 189}, fermented tofu {*fromages de soja*}), okara (*pulpe résiduaire de la préparation du lait de soja*), fermented soy products (solid, paste, and liquid condiments; natto, miso, and shoyu [soy sauce]; kiu-tsee and lactic ferments), soy flour and bread.

5. The soy oil industry and products derived from it: Extraction and refining of soy oil, properties and use of soy oil.

6. The vegetable lecithin industry: Extraction of vegetable lecithin, properties and use of vegetable lecithin.

7. The vegetable casein industries and plastic materials based on soya: Soybean cakes and flours from which the oil has been removed, use of such cakes and flours, in the crude state, as a raw material for plastics, manufacture and use of vegetable protein, soybean cellulose for artificial silk, soya furfural and furfuraldehyde (phenolic resins). Conclusion: How to launch soya industries in France. Important terms. A bibliography appears at the end of each chapter.

Note 1. This is the earliest French-language document seen that uses the terms *Fève grillée, fève salée de soja,* or *fèves de soja salées,* "roasted soy beans" to refer to soynuts.

Note 2. This is the earliest French-language document seen (April 2005) that mentions soynut butter, which it calls *un mélange rappelant les beurres végétaux.*

Summary: Matagrin wrote two previous books: *Manuel du Savonnier* (Paris, no date given) and *L'Industrie des Produits chimiques et ses Travailleurs* (Paris, 1925).

Francis G. Beltzer, a practical chemist, became a major force in visualizing new industrial uses for the soybean in the West. By contrast, Li and Grandvoinnet (1912) paid little attention to soy oil in their book, devoting only 3 pages out of 150 to the subject, and only ½ page to industrial uses, while largely ignoring lecithin. These two books had a great influence on soy in France and they nicely complement each other (p. vi).

The Soybean, by Piper & Morse (1923), was published in both New York and London. Horvath was a Russo-American chemist. Italians who made important contributions to the soybean were professors Bottari, Mattei, Panatelli, and Tito Poggi (p. vii).

Leon Rouest, French the agronomist, wrote an important book titled *Le soja français et ses applications agricoles et industrielles* (Chateauroux 1936). Since 1920 he has devoted himself to the culture of soybeans and to the selection of acclimatized varieties. He was director of the Laboratory of Soja in the north Caucasus from 1930 to 1935, and in 1921 he had already published a book, *Le soja et son lait végétal.* His new (1936) book benefitted from the collaboration of Henry de Guerpel, an agricultural engineer and mayor of Percy-en-Auge, who was also an indefatigable prophet of soybeans in France, until his untimely death in Jan. 1937.

Anyone in the world can order (from the U.S. Government Printing Office in Washington, DC) the many U.S. publications about soybeans from the USDA or state agricultural experiment stations. These substantial works are based on careful research and enriched with numerous tables and photos–a fine example of the key role that governments can play in introducing and popularizing soya. Recently J.A. LeClerc (of USDA's Bureau of Chemistry and Soils) said the soybean has become a naturalized American (p. viii).

More than a century ago lord Byron wrote *Beppo,* the first Western poem on soy. It was an account of a carnival at Venice, Italy, in 1818. He advised the tourists to bring "Ketchup, Soy [sauce], Chili-vinegar."

Maurice Druel was one of the young engineers who worked with competence to launch a soy industry in France (p. x).

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For an early chronology of soybeans and soyfoods in France (1856+, see pages 8-12). 1857-58: Lechaume planted soybeans at Vitry-sur-Seine and got encouraging results. A report by the National Society for Acclimatization declared: "The acclimatization of the soybean is complete."

1859–Setback for the first tests by Vilmorin with Chinese beans that were too late, but success by Dr. Turrel in le Var.

1862-69–Success of Mme. Delisse, in Gironde.

Then the Franco-Prussian war arrested these tests, so the center of interest moved to central Europe. The world exposition of Vienna in 1873 and Haberlandt. In his book one finds the first analyses of the seed by Steuf, of the cake by Woelker / Voelker, the results of texts by Berndt on oil extraction (p. 9).

Podolie is in the Ukraine.

Of Haberlandt's 148 trials in 1877, only 12 failed for lack of warmth. Much new agronomic information was accumulated.

Back in France: 1874-80–Society of Horticulture d'Etampes (Seine-et-Oise) grew a yellow Chinese variety which succeeded. This "soja d'Etampes" was studied intensively from the chemical and agronomic points of view by Lechartier and various authors. A doctor from the region prepared, for his personal use, a vegetable cheese (tofu). But the grain did not find buyers so its cultivation did not spread. There now remain only 2 or 3 innovators to cultivate soybeans and on 5-10 acres maximum. But Chinese soybeans mature in the region of Paris, as in 1879 at Marseille.

1880–While the tests of Boursier in l'Oise have succeeded. and while Olivier-Lecq, ardent propagator of soybeans, distributed 100 kg to farmers in the north, the national Society of Acclimatization organized cultural trials all over France. Results were obtained in each of the regions, some with record yields. The general objection of the farmers was the difficulty found in using the soybean as a legume (it was too hard) or to find buyers.

As Paillieux said so well: "Our point of departure has not been happy one; the soybean has been presented simply as a new legume" (p. 10).

The German successes in soybean cultivation were studied by Wein in 1881 (p. 10).

In the 1880s there was a big growth of interest in vegetarian diets in Europe. Compare this with the USA (p. 11).

Li Yu-ying: After his 1905 speech, in 1908, he created a laboratory for studies, which soon founded the factory La Caseo-Sojaine at Vallees, near Colombes (Seine), administered by a French-Chinese company. This establishment made soyfoods using imported soybeans, especially tofu (p. 12).

Dr. Bloch of France recommended thin sheets of pressed tofu as a reserve ration for troops.

Lever Bros. soap works used lots of soy oil in Britain (p. 12).

The British did some cultural trials in India, Burma, Siam (Thailand), and South Africa.

Japan, in effect, annexed Korea in 1895.

It was only after 1905 that soybean tests took place, first in Guyana, where the soybean matured easily.

Soybeans were grown for forage more in the South of USA than in the north. Continued. Address: France.

1776. The epicure in China: Eight complete Chinese epicurean dinners. 1939. San Francisco, California: The Colt Press. 64 p. 12 x 15 cm.

• ***Summary:*** Contains 42 recipes. On page 54 is a recipe for "Roast Pork with Bean Curds (Dow foo Chow Gee Yuk)." The first ingredient is "4 bean curds." The cook is instructed to "Cut each bean curd into about 4 pieces." Address: San Francisco.

1777. Woodhead, Henry George Wandesforde. 1939. China year book. China: North China Daily News & Herald. xxiv + 663 p. Index. 22 cm.

• ***Summary:*** Li Yu-ying is mentioned on page 187 (left column): "Courtesy name: Shih-tseng. Born 1882; native of Kaoyang, Hopei. One of the Kuomintang's 'elder statesmen.' Studied in France and established first bean-curd [tofu] factory at Paris. 1928, chairman, Peiping branch, Kuomintang Central Political Council. Member, Kuomintang Central Supervisory Committee, since 1924. Director, Peiping Research Academy, since 1929."

Note: On pages xiii to xxiv is an interesting "Calendar for the year–January to December–of major events in Chinese and world history," arranged by day of the month rather than chronologically. For example: January (first month; 11th + 12th moon). 27th day. "Great opium burning at Shanghai 1919. Japan repudiated Central Government 1938." Address: C.B.E.

1778. **Product Name:** Tofu, Agé, Miso, Natto, Okara.
Manufacturer's Name: Harada Tofu, Zakka-ten.
Manufacturer's Address: P.O. Box 180, Fowler, California.
Date of Introduction: 1939?
New Product–Documentation: The Japanese American Directory. 1941. p. 283. Harada (Gonshiro) Tofu-ya (in Japanese). Harada, G., P.O. Box 180 (in English), Fowler, California. Phone: Not listed. This listing is in the "Residence" section, so the owner's first name is Gonshiro.

Talk with Brad Kubota, owner of Fresno Tofu Co. 1990. Dec. 4. He has heard from Japanese-American old-timers living in Fresno that there were two tofu shops in Fowler before World War II. Fowler is located about 10 miles southeast of Fresno.

Letter from Masakazu Iwata of Montebello, California. 1995. In 1939 Gonshiro Harada (died 1943), an Issei (first-

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generation Japanese immigrant to the USA) relocated from Fresno to Fowler, about 10 miles southeast of Fresno. There he and his wife and family (nine children) established the Harada Tofu Co. and manufactured such foods as tofu, kamaboko, agé, miso, natto, okara, and other related items, peddling them to the Japanese farmers in a broad area of Central California.

Note: This is the 4th earliest known commercial natto made in the United States.

1779. **Product Name:** Tofu.
Manufacturer's Name: Tokubo Tofu.
Manufacturer's Address: 943 E Street, Fresno, CA 93706.
Date of Introduction: 1939?
New Product–Documentation: Talk with Brad Kubota, owner of Fresno Tofu Co. 1990. Nov. 28. He thinks this company became Hashimoto Tofu. It was run by a Mr. Tokubo.

1780. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1940/01. Nichibei jûshoroku [The Japanese American directory. No 36]. San Francisco, California: Nichi-Bei Shinbunsha; The Japanese American News. 688 p. Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** On p. 7, under "Food products manufacturers," are listings (name, address, phone no.) in San Francisco for: Azumaya Co., Fujimoto Co., Umino Tofu Mfg., and Norio Co. On the facing page is a full-page ad for Fujimoto Co., importers, manufacturers & exporters, 246 Front St., San Francisco. The company makes miso, koji, and pickled salmon (*sake tsukemono*). They sell tofu ingredients (presumably soybeans and nigari). Address: 350 Ellis Street, San Francisco.

1781. **Product Name:** Tofu.
Manufacturer's Name: Jitsumyo Meat Co.
Manufacturer's Address: 1408 Kern St., Fresno, California. Phone: 22-531.
Date of Introduction: 1940. January.
New Product–Documentation: The Japanese American Directory. 1240. p. 270. Fish, meat and tofu shop. Jitsumyo Meat Co.

1782. Macheboeuf, Michel; Reiss, Charlotte. 1940. Documentation sur les graines de soja et leur utilisation pour l'alimentation de l'homme et des animaux, suivie de quelques considerations sur l'importance industrielle du soja [Documentation on soybeans and their utilization as a food for humans and animals, according to some considerations of the industrial importance of soya]. Paris: Ministère de l'Education Nationale, Centre National de la Recherche Scientifique, Section de la Recherche Appliquée. 48 p. Unpublished typescript. Jan. 30 cm. [200+ ref. Fre]
• ***Summary:*** Contents: Introduction. Chemical composition of soybean seeds: Proteins, nutritional value of the proteins, lipids, phosphatides, sugars, sterols, enzymes, minerals, vitamins. Soy flour. Soybean cake. The role of soya as a food. Some physiological effects of soya. Feed for cattle. Feed for pigs. Feed for sheep. Feed for birds. Experiments on animal feeding. General considerations on the feeding value of soya for animals. The soybean as human food. Various culinary preparations based on soya: Soy sauce, fermented soy beverages, soy sprouts, tofu, soymilk, soy bread or soy and wheat bread, soy oils and hydrogenated soy oil products, soy coffee, summary. Brief survey of industrial utilization of soybeans: Oil for preserving fish, cake for fertilizer, oil for foundry use, lubricants, plastics incl. sojalithe, other uses of soy proteins, glue, paint emulsions, artificial textiles, paints and varnishes, interior enamel, soaps, petroleum substitutes, explosives. Note: The extensive bibliography is full of errors. Address: 13, Quai d'Orsay, Paris (7eme), France. Phone: Invalides: 45-95 & 45-96.

1783. McRostie, G.P.; Laughland, J. 1940. Soybeans in Ontario. *Ontario Department of Agriculture, Bulletin* No. 407. 12 p. Feb.
• ***Summary:*** Contents: Introduction. The plant. Uses: Hay, seed, straw, soybean meal, soiling crop, ensilage, soil improvement, soybean oil, other products. Feeding value. Climatic adaptation. Place in rotation. Culture: Soil, preparation of seed bed, manure and fertilizers, seed selection, inoculation, dates of seeding, methods and rates of seeding, depth of seeding, seasonal care, harvesting for hay or seed, threshing, storing. Varieties. Description of varieties: Manitoba Brown (Brown, Ogemaw), Kabott (From Mr. R.R. Kabalkin in Manchuria), Mandarin, Cayuga, Minsoy, Hudson Heights (Hudson; a selection by T.B. Macaulay of Hudson Heights, Quebec), O.A.C. No. 211 (selected from the Habaro variety), Goldsoy, Quebec No. 92, Manchu, Illini. Soybeans in mixtures (with grains and grasses). Enemies of the soybean.

Concerning other food products (p. 3): "Soybean flour, which is made into bread, cakes and muffins, due to its very low percentage of starch, is of especial value as a diabetic food. Soybean milk, curd [tofu] and breakfast foods are products of this bean. Lecithin, a complex fatty material containing phosphorus and nitrogen, is also obtained from the soybean and is used in candy making. Green soybeans (probably green vegetable soybeans), dried beans and bean sprouts are used in many ways for the table."

Concerning varieties (p. 9): "Both Manitoba Brown and Brown are varieties which have been selected from Ogemaw which was introduced by E.E. Evans, West Branch, Michigan, 1902, as a supposed cross between Early Black and Dwarf Brown varieties. The Manitoba Brown is an early selection made at the University of Manitoba. All three are similar in appearance and may be described as follows: seed colour brown, medium to large in size, hilum chocolate;

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plant short, erect, bushy; flower purple. They are very early varieties suitable for seed and may be successfully grown in northern districts."

Concerning enemies (p. 12): "In Japan, according to reports, there are many destructive diseases which attack the soybean. In the United States, no pest has assumed any great economic importance, but there have been some losses due to rabbits, woodchucks, root rot, cowpea wilt and caterpillars. Forty-three years of experiments at the Ontario Agricultural College have shown little loss due to fungus and bacterial diseases, but some parts of Ontario have reported that groundhogs show a preference for this crop. This comparative freedom from plant enemies is a favourable factor in promotion of soybean culture in Ontario."

Note: This is the earliest document seen (Sept. 2004) that mentions the soybean variety Kabott. Address: 1. PhD, Prof. and Head of Dep.; 2. B.S.A., Extension specialist. Both: Dep. of Field Husbandry, Ontario Agricultural College, Guelph, Ontario, Canada.

1784. Lager, Mildred. 1940. Summer foods for health. *Madison Health Messenger* (*Madison, Tennessee*) 2(3B):1-4. Undated.

• ***Summary:*** A large photo shows Miss Lager, next to a KFAC microphone. For 6½ years she has been broadcasting over the radio four times a week on station KFAC is Los Angeles. "She is the founder of the House of Better Living, and a tireless worker for better living. Her weekly free classes draw hundreds of people for instruction in healthful cookery and healthful living."

She writes that now is a good time "to cut down on rich foods and the acid-forming foods, using instead the alkaline-forming foods and the bulk foods for the natural eliminative effects... With a liberal intake of the alkaline-forming foods, one may be assured of the natural alkalizers which neutralize body acids and in this way assist in the protection of health... Acid wastes produce fatigue; alkaline-forming foods neutralize the acid wastes to restore the normal body tone and stamina.

"The summer diet must necessarily contain adequate complete proteins, for protein foods are necessary for cell repair and growth... A lack of protein may cause retarded growth, lack of vigor, and poor appetite... The vegetable proteins are nuts, soy beans, legumes, and in general they are found in all vegetables. The proteins of nuts and soy beans are classed as complete proteins and are therefore especially desirable. The animal proteins are acid-forming, whereas the vegetable proteins are alkaline-forming. Animal proteins are also more putrefactive than vegetable proteins. The soy bean and nuts can be used in a great many tasty ways."

Among the many recipes for summer the following include soyfoods: Cocktails–Soy milk and carrot ("Soy milk is a fine, alkaline, soft food. Excellent for those with sore conditions of the digestive tube)." Protein salads–Soy bean salad. Soy cheese [tofu] tomato salad. Mock shrimp salad (with Zoyburger). Entrees–Soy cheese cutlets. Zoyburger and mushroom sauce. Mock turkey legs (with Vigorost as the main ingredient). Broiled Vigorost with ripe olive sauce. Platter of cold cuts (Vigorost and Zoyburger). Hot Zoyburger sandwich. Stake-Lets (canned) for picnic dinner. Alkaline breakfast food–Wheatasoy. Alkaline beverage–Zoy-Koff (coffee substitute). Soy bean milk (Kreme O'Soy). Complete protein foods: Zoyburger, Vigorost, Stake-Lets, Not-Meat (made with unroasted peanut meal and seasoning), Soy Cheese, and Soy Beans. A brief description, nutritional analysis, and price is given for each product. "None of the Madison Foods contain animal products." A portrait photo shows Mildred Lager next to a KFAC radio microphone. The caption states that for 6½ years Miss Lager been broadcasting over the radio in Los Angeles. "She is the founder of the House for Better Living, and a tireless worker for better living. Her weekly free classes draw hundreds of people for instruction in healthful cookery and healthful living. Miss Lager is the author of *Food Facts.*"

Note 1. This is the earliest document seen (June 2007) that mentions or gives a recipe for a soy-based meatless turkey. Vigorost, a meatless / vegetarian roast introduced by Madison Foods in 1932, used wheat gluten and tofu as its two main ingredients.

Note 2. This is the earliest English-language document seen (Jan. 2007) that contains the word "Zoyburger," an early, popular vegetarian burger in the United States.

Although this issue is not dated, it contains the reprint a current article published in March 1940.

1785. *Madison Health Messenger* (*Madison, Tennessee*). 1940. Price list [of products made by Madison Foods] (Ad). 2(3B):5. Undated.

• ***Summary:*** Breakfast cereal: Wheatasoy (9 oz).

Beverages: Zoy-Koff (No caffein [caffeine]; 12 oz.). Kreme O'Soy Milk (plain, liquid, 15 oz and 29 oz; chocolate, liquid, 29 oz). Crackers: Thin-Things ** (5 oz). Whole wheat wafers ** (5 oz). Bran wafers ** (6½ oz).

Canned protein foods (used in place of meat): Zoyburger (14 oz, 30 oz). Stake-Lets (14 oz, 30 oz). Not-Meat (5 oz, 14 oz, 30 oz). Vigorost (5 oz, 14 oz, 30 oz). Soy cheese [tofu] seasoned (5 oz, 14 oz, 30 oz). Soy Beans with Tomato (5 oz, 14 oz, 30 oz). Kreme O'Soys, plain (14 oz).

Flour: Kreme O'Soy Flour (2 lbs, 5 lbs).

Note: Asterisks in the printed list indicate that all products except Whole wheat wafers, bran wafers, and Not-Meat are "Soy Bean Foods." ** = Wheat germ added.

Although this issue is not dated, it contains the reprint of a current article published in March 1940.

1786. Madison Foods. 1940. Satisfying meatless entrees (Ad). *House of Better Living* (*Newsletter, Los Angeles*) 11(53):4. May.

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• ***Summary:*** "Soyburger. Stake-lets. Vigorost. Not-meat. Soy cheese [tofu]. These foods have been designed by a group of experts in the field of nutrition to adequately take the place of meat.

"Get a free copy of the *Madison Health Messenger,* for complete list of foods and recipes." Address: Madison College, Tennessee.

1787. Hayward, J.W.; Hayward, Mrs. J.W. 1940. Little soybean who are you? *Proceedings of the American Soybean Association* p. 6. 20th annual meeting. Held 18-20 Aug. at Dearborn, Michigan.
• ***Summary:*** This poem, written and submitted by Dr. and Mrs. J.W. Hayward reads: "Little Soybean who are you / From far off China where you grew? / I am wheels to steer your cars, / I make cups to hold cigars. / I make doggies nice and fat / And glue and feathers on your hat. / I am very good to eat, / I am cheese and milk and meat. / I am soap to wash your dishes, / I am oil to fry your fishes, / I am paint to trim your houses, / I am buttons on your blouses. / You can eat me from the pod, / I put pep back in the sod. / If by chance you're diabetic / The things I do are just prophetic. / I'm most everything you've seen / And still I'm just a little bean." Address: 1. PhD.

1788. A.C. 1940. La culture de la fève soja [Cultivation of the soybean]. *Croix* (*La*) (*Paris*). Sept. 7. p. 2, col. 2. [Fre]
• ***Summary:*** Would this not be the moment to introduce into France the cultivation of this Oriental legume?

For 5,000 years the soybean has constituted a substantial prepared dish for the Chinese, and for the last 30 years its renown has become international. It has been exported in bulk and in sacks from all the ports of Manchuria and mainly from Dairen, the terminus of the "South Manchuria Railway." Among the farm products sent from Manchuria, whose value is about $500 million a year, the soybean occupies by far the first place.

The Japanese are also interested in this crop. Millions of immigrants from the provinces of Shantung and Zhili (Chili, Chihli; dissolved in 1928) come to harvest it.

In their laboratories at Dairen, Japanese chemists have discovered numerous ways of utilizing the soybean: not only for feeding man and beast, but it can also be used for making soap, cheese [tofu], varnish and paints, ink for printing, enamel, linoleum, explosives and motor fuels, and lubricants. It is made into bread; the flour is used in Italy for macaroni as well as for biscuits. An exquisite table oil is extracted from the soybean. Some flavors in a bowl of soup give the aroma and the taste if true bouillon. Japan must nourish a constantly increasing population with the products of its old, exhausted fields. The waste products from the soybeans [i.e., from pressing out the oil], pressed into large cakes, make an excellent fertilizer and contribute largely to the solution of the problem. The Japanese continue their research into obtaining a more abundant harvest and improving the soybean oil.

I believe that the soybean is cultivated in Ireland. Why is the cultivation of this modern manna not introduced into France?

Note: Amazing that by Sept. 1940 the writer is unaware of all the work since 1855 to introduce the soybean to France!

1789. Balzli, Jean. 1940. La culture du soja "magique" et sa contribution au redressement de la France [The cultivation of the "magical" soybean and its contribution to the recovery of France]. *L'Eclaireur de Nice et du Sud-Est.* Sept. 17. Later published Revue Internationale du Soja, March 1941, p. 41-45. [1 ref. Fre]
• ***Summary:*** Includes a discussion of uses for human foods, including defatted soy flour, soy coffee, soy chocolate, Worcestershire sauce, soymilk, tofu, and soy sprouts. Other uses include lecithin and industrial uses of soy oil and soy proteins.

1790. McBride, Gordon W. 1940. What's happening with soybeans? *Food Industries* 12(10):55-57. Oct.
• ***Summary:*** "Greatly increased production, with accompanying increase in soybean oil output and wider utilization of other soybean products, is influencing all food industries." Discusses, with many statistics, the utilization of soybeans in the USA, including the amount used for oil (crude and refined; nonfood and food), meal, industrial proteins, and foods. An interesting table on page 56 states that the following foods are made from soybean meal: bean powder, bean curd, soy sauce, soy milk, breakfast food, invalid foods, soy flour, infant foods, ice cream, baked goods, macaroni, and sausage. Whole soybeans are used to make sprouts, cooked beans, soy sauce, confections, breakfast foods, meat substitutes, and coffee substitutes. Either whole soybeans or soy flour are used to make "fresh vegetable milk," which can be further processed to make condensed milk, dried milk, confections, cheese, or casein.

"In addition to the increasing quantities of soybeans that are brought to the market as a fresh green vegetable, larger quantities of the green beans are being canned each year. One unofficial estimate placed the 1939 pack at 15,000 cases (24 one-pound cans each)."

A photo shows the soybean products plant of Archer-Daniels-Midland Co. recently erected at Decatur, Illinois. Address: Chemical Engineer, Washington, DC.

1791. **Product Name:** Yum (Bologna-Like Canned Meatless Loaf with Tofu).
Manufacturer's Name: Madison Foods.
Manufacturer's Address: Madison College, Madison, Tennessee.
Date of Introduction: 1940. November.

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Ingredients: Soybeans, gluten, soy cheese [tofu], whole peanut meal, seasonings.
Wt/Vol., Packaging, Price: No. 2 can. 20 oz.
How Stored: Shelf stable.
Nutrition: Protein 19.1%, fat 11.1%, carbohydrates 11.5%, ash 2.5%, calories 221/100 gm.
New Product–Documentation: Ad (2¼ by 3 inches) in *Nature's Path* (USA). 1940. Nov. p. 428. "Yum, a new food." "For years Madison Laboratories have been experimenting with this new food to make it very tasty and yet being ever careful not to season it to the point of limiting its appeal to those who like the very spicy foods... Compounded from wheat gluten, soy beans, nut meal and vegetable seasonings, this new food... is right on the front row of body-building protein foods." Gives two recipes: Yum meatless balls. Breaded Yum cutlet. "Free: the *Madison Health Messenger* with new health news, soy bean information, new recipes, charts, etc. Obtain from your health food store or write to: Madison Foods, Madison College, Tennessee."

Madison Health Messenger. V. 49-2. p. 5. Can be used hot or cold. Taylor. 1944. The Soy Cook Book. p. 201.

Seventh-day Adventist Dietetic Assoc. 1960. *Diet Manual.* 1st ed. p. 95. Yum contains 16.00% protein, 5.20% fat, and 11.26% carbohydrate. Not listed in the 1965 *Diet Manual.*

Seventh-day Adventist Dietetic Assoc. 1971. *Diet Manual, Utilizing a Vegetarian Diet Plan.* 3rd ed. p. 162. Lists the ingredients in "Yum (Madison)." The ingredients are now: Wheat protein [wheat gluten], processed soybean, peanuts, soya flour, rolled oats, soy sauce, vegetable oil, tomato puree, onions, yeast extract, salt, garlic, MSG, hydrolyzed vegetable protein, sage.

It's Your World Vegetarian Cookbook. 1973. Glendale, California: Seventh-Day Adventist Church. p. 118. This is a canned product resembling cold cuts, made from wheat [protein] soy, and peanuts. It can also be used in salads or sandwiches. Now made by Worthington Foods.

1792. Read, Bernard E.; Wagner, W. 1940. Shanghai vegetables. *China Journal* (*The*) 33(5):206-20. Nov.; 33(6):259-71. Dec.
• ***Summary:*** In the "Science" department, the Introduction begins: "Recent advances in the science of nutrition show the great need for more so called Protective Foods in the diet. This term refers to those things which are rich in essential vitamins and minerals."

In section 2, "The Legumes" (p. 210+), the first two entries are: (1) The soybean. Latin names. Chinese name: (Cc = Chinese characters given), Ta Dou. "The yellow, black and green varieties are common in China and marketed from Manchuria, Tsingtao and Shanghai. The young soybean in the pod is a common article of diet in Shanghai, Chinese name, Cc. Shanghai: *Mau Deu;* Peking, *Mao tou.* Followed by: season, price, nutritive value, and a recipe.

(2) Soybean sprouts. Chinese name, Cc. Shanghai: *Waung Deu Nga;* Peking, *Huang Tou Ya.* Followed by: season, price, how to make, nutritive value, and serving suggestions.

"There are very many other soybean preparations of high nutritional value well worth adding to the diet. Soybean sauce (soy) with added spices is the basis of such things as Worcester [Worcestershire] sauce. Beancurd is really a king of junket containing good digestible protein, it can be added to soups or stews. Made fresh daily... A dry cake is made [pressed tofu], also spiced, pickled, fried and fermented. The latter is just like a kind of strong cheese." Soybean milk is made by "grinding the [soy] bean with water, one part of bean to about 9 of water.

Photos (on unnumbered pages, against a black background, with a small cm ruler show): (1) Four young soybean pods with beans inside. Four soybean sprouts 8-10 cm long.

Also discusses many other edible Chinese legumes. Address: 1. Henry Lester Inst. of Medical Research; 2. Public Health Dep., Shanghai Municipal Council.

1793. *Wall Street Journal.* 1940. Wall Street scene. Dec. 12. p. 4.
• ***Summary:*** Washington Food Market, which is getting a face life, sells all kinds of foods. The owner of one restaurant is Chinese; a metropolitan newspaper shows his picture and describes his special recipes. "Soy bean cheese [tofu], we notice. Darn clever these soy beans, good for anything from cheese to most parts of a Ford car."

1794. **Product Name:** Miller's Soya Curd. Renamed Miller's Soya Cheese.
Manufacturer's Name: International Nutrition Laboratory.
Manufacturer's Address: Mt. Vernon, Ohio.
Date of Introduction: 1940.
New Product–Documentation: International Nutrition Laboratory. 1940? "Miller's Soy Bean Foods." Undated 12-page leaflet. "3. Miller's Soya Curd: This delicate protein food is made by coagulating Miller's Soya Lac with lactic acid and then blending this soft curd with tomato puree, pimento and Soya Sauce. It is a pleasing protein addition to salads, or for spreading crackers and sandwiches."

Note. This is the earliest English-language document seen (April 2013) that uses the term "Soya Curd" to refer to tofu.

Ad in *Soybean Digest.* 1942. Sept. p. 16. "Miller's Soya Products."

1795. Carqué, Otto. 1940. Vital facts about foods: A guide to health and longevity with 200 wholesome recipes and menus and 250 complete analyses of foods. 4th ed. Glendale, California: Natural Brands, Inc. 239 p. 23 cm. Revisions and supplements by Mrs. Lillian R. Carqué.

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• ***Summary:*** This manual of food reform discusses the importance of a simple vegetarian diet, fresh air, pure water, exercise, and rest. Also discusses acid and alkaline foods, the treatment of disease, and food preparation. The author lived 1867-1935.

The nutritional value of soy beans is discussed briefly on pages 113, 145, 153, 162, and 174. The section titled "The Soy Bean, a Remarkable Food" (p. 176-78) describes and discusses boiled soy beans, soy bean milk, tofu, soy sauce, and soy bean sprouts; recipes for Baked soy beans, Soy bean loaf, and Soy bean bread are given. A table (p. 221) gives the average chemical composition of various legumes, including soy beans. Address: Los Angeles.

1796. Matagrin, Am. 1940. La culture du soja: Avec des notions sur l'histoire, l'intérêt économique, la composition, les emplois agricoles, alimentaires et industriels de la fève asiatique [Cultivation of soya: With notes on the history, economic interest, composition, and agricultural, food, and industrial uses of the Asiatic bean]. Chindrieux (Savoie dept.), France: Published by the author. 125 p. 22 cm. [17 ref. Fre]

• ***Summary:*** Contents: Introduction: The soybean and its seed, historical summary of the culture and use of soybeans, economic questions–the soybean worldwide and in France. I. The climatic and agrological preferences of the soybean and its needs for fertilizers (organic, chemical, or microbiological). II. Methods and cultural styles for soybeans: the seed, the plant, and its evolution. III. The soybean harvest: Methods, yields, storage, how to select the seeds. Conclusion: Agricultural, food, medicinal, and industrial uses of soybeans: 1. Agricultural uses: Fertilizer and livestock feed. 2. Food uses (p. 108-18): As a vegetable, sprouts, flour, milk (incl. tofu, condensed milk, and fermented milk), fermented products, roasted (as a coffee substitute), oil (incl. margarine and vegetable butter), lecithin, and edible casein (purified soy protein). 3. Medicinal uses (p. 118). 4. Industrial uses: the oil, soaps, industrial proteins.

Note: Matagrin has written previous books: The industry of chemical products and its workers (1925), In the country of the sun (1927, a novel with Felix Vial), The soap-maker's manual (1938), and The soybean and its industries (1939). Address: Anc. Professeur et Bibliothecaire Scientifique, Conseil en Chimie appliquee, Savoie, France.

1797. Piedallu, André. 1940. Produisons du soja [Let's produce soybeans]. *Gouvernement General de l'Algerie. Direction de la Production Agricole. Documents et Renseignements Agricoles. Bulletin* No. 19. 4 p. [Fre]

• ***Summary:*** Describes the basics of cultivation: Soil, culture, fertilization, sowing for forage or seeds, time of planting, harvest, threshing, yield (forage and seeds), composition of the seeds compared with wheat and beef. Products made from soybeans: Flour for diabetics, oil, lecithin, paints and varnishes, soymilk, tofu, artificial wool, soybean cake for feeds, soy sprouts, roasted soy coffee that is popular in Switzerland and Italy, soy oil mixed with hydrogenated fish oils is used in Germany to make margarines. Address: Pharmacien Lieutenant-Colonel, Docteur es-Sciences, Ingenieur Chimiste.

1798. Sampaio, Sebastiao C. 1940. Soja [Soybeans]. Sao Paulo, Brazil: Tipografia Brasil, Rothschild Loureiro & Cia, Ltda. 43 p. Secretaria da Agricultura, Industria e Comercio do Estado de Sao Paulo. [20 ref. Por]

• ***Summary:*** Contents: Introduction: Soya. Botanical description. Varieties. Composition of the plant. Culture/cultivation. Enemies and pests. Improvement of the seeds: Improving the oil (*óleo dos graos de soja*), improving the cake and flour, other improvements. Commerce and trade.

This general book draws heavily on U.S. publications, including Piper and Morse, 1923. The section titled "other improvements" (p. 38-39) briefly mentions many food uses of soybeans, including vegetable-type soybeans (Easycook and Hahto), green vegetable soybeans (*Quando verdes... elas constituem ótimo legume verde = when green... they constitute an excellent green vegetable*), sprouted seeds (*sementes germinadas*), soy flour, soymilk (*leite de soja*), soy casein, soy cheese (*queijos e requeijoes*) [tofu], shoyu, and miso. The Japanese colony in Sao Paulo makes shoyu in commercial quantities.

Note 1. This is the earliest Portuguese-language document seen (June 2009) that mentions green vegetable soybeans, which it describes as shown above.

Note 2. This is the earliest Portuguese-language document seen (Sept. 2006) that uses the term *óleo dos graos de soja* to refer to soybean oil.

Note 3. This is the earliest Portuguese-language document seen (Jan. 2013) that mentions sprouted soybeans, which it calls *sementes germinadas.*

Note 4. This is the earliest Portuguese-language document seen (April 2013) that uses the term *queijos e requeijoes* to refer to tofu. Address: 3a Seccao Tecnica do Departamento do Fomento da Producao Vegetal, Sao Paulo, Brazil.

1799. White, Julius Gilbert. 1940. Abundant health: A digest of the "Learn-how-to-be-well" lectures. Madison College, Tennessee: Published by the author. ix + 317 p. Illust. 28 cm. [soy ref]

• ***Summary:*** Advocates vegetarian diet. Note that Madison College is a Seventh-day Adventist college and sanitarium. One section, titled "The Soy Bean–The Wonder Food," introduces the many benefits of soybeans, discusses their low cost, and describes (in fairly specific terms, but without recipes), how to use soybeans in baking, as cooked or canned beans, in commercial "meat substitutes," as soybean milk

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(good for those with allergies to cow's milk), as cheese (tofu), as greens (soybean sprouts), or in commercial "coffee substitutes." Note: The author lived 1878-1955. Address: Madison, Tennessee.

1800. Chéron, E.P. 1940? Le Soja: Culture et récoltes. Ses applications alimentaires, industrielles et thérapeutiques. Son avenir. Recettes gastronomiques et culinaires. 5e édition. Provendes au Soja [The soybean: Cultivation and harvest. Its food, industrial and therapeutic applications. Its future. Gastronomic and culinary recipes. Uses as fodder]. Sanguilles, Indre département, France: Comptoir Agricole de Centre. 48 p. Undated. Illust. (many photos). No index. 21 cm. [10 ref. Fre]

• ***Summary:*** Contents: Introduction. 1. Study of the botany and composition of the plant: its cultivation and vegetation.

2. Study of the seed; food and industrial applications. Soymilk, condensed and powdered soymilk, fermented soymilk (kefir, yogurt), okara (*résidus de laiterie de Soja*), Ajimoto [sic, Ajinomoto], soy cheeses / tofu (*fromages de soja*), applications of soy legumine in industry: vegetable wool and rayon, soy oil, sterol, soy flour, soy germ flour (farine de germe de Soja), soy coffee (Soféрur / Sofepur, Grillsoy), feed for animals, soymilk for animals, soybeans as feed for adult animals, conclusion. Appendix to the first edition: the soybean, a complete food, a medicinal food, a food for infants. Recipes for soy cuisine. Soy industries: making soy oil, lecithin, plastic materials, soybean cake: refining, neutralization, deodorization, decoloration, properties of soy oil, use of soy oil in France. The by-products of soy oil: lecithin, its properties, food uses, industrial uses. Soy casein, substitute textiles and plastic materials based on soy. Use of soy for raising young animals.

Note 1. A previous edition may have been titled: *Le Soja: Son histoire, sa culture, ses applications industrielles et alimentaires.*

Note 2. On page 1 the author's enlarged title is given as *Président du Syndicat National des Producteurs, des Amis et des Techniciens du Soja por la propagation du Soja en France et en Afrique du Nord.* Address: Président du Syndicat National des Producteurs de Soja en France et aux Colonies, France.

1801. International Nutrition Laboratory. 1940? Miller's soy bean foods (Brochure). Mt. Vernon, Ohio: International Nutrition Laboratory. 12 panels. Each panel: 19 x 10 cm. Undated.

• ***Summary:*** A description (probably written by Dr. Harry W. Miller) of each of the following foods is given: 1. Miller's Soya Lac: A liquid milk packed in 13 oz. and 30 oz cans. It is available in both natural and chocolate flavors. 2. Miller's Soy-A-Malt: A spray-dried powder available in both natural and chocolate flavors, packed in 1-pound cans, which make 1 gallon of "vegetable milk." 3. Miller's Soya Curd: "This delicate protein food is made by coagulating Miller's Soya Lac with lactic acid and then blending this soft curd with tomato puree, pimento and Soya Sauce. It is a pleasing protein addition to salads, or for spreading crackers and sandwiches."

4. Miller's Mien Jing: Wheat "gluten, or cereal protein, is the basic food element in Miller's Mien Jing. Mien Jing is the Oriental name meaning processed gluten. A high protein wheat flour is washed free of starch, and small slices of the remaining gluten are processed with fresh vegetables and soya sauce, making a highly nutritious food, quite meat-like in taste. This gluten food was first introduced into this country by us, and our Mien Jing, or gluten cutlets, has the genuine flavors that have popularized this food in the Orient... It requires only a little cooking to make Mien Jing into many savory dishes, such as stews, croquettes, entrees, and also Oriental dishes such as Chow Mien and Chop Suey."

5. Miller's Soya Sauce: "Produced in South China where the finest soya sauce is made, insuring a pure and highly concentrated product. It should be used in flavoring all protein dishes where a meat-like flavor is desired." 6. Miller's Soya Loaf: "Made from especially selected high protein edible soya beans, low in fat and carbohydrates. This food will be found to be a very pleasing entree that can be served as it comes from the can, or made into appetizing roasts, pot-pies, sandwiches, and other meat substitute dishes."

7. Miller's Soya Spread: This canned product can facilitate the making of tasty and nutritious sandwiches. 8. Miller's Whole Soya Bean Flour: This flour "is not made from oil extracted 'bean cake,' but fresh selected edible soya beans are ground to produce this rich golden flour. Wheat flour is classed among the acid foods while soya bean flour is strongly alkaline... One part of Soya Flour will neutralize the acidity of four parts of wheat flour." 9. Miller's Green Soya Beans: These delicious canned green beans "are an abundant source of Vitamins A, B, and G, and a splendid source of calcium, phosphorus and iron... rich in protein, they can be served just as they come from the can. They make a splendid addition to a vegetable salad. They combine well with many of the vegetables in cooking. Surprise your family and friends by serving this new food.

10. Miller's Giant Soya Beans: These soy beans are high in protein (43.18%) and low in fat (18.7%). "Miller's soy beans are processed so that the nutlike flavor is brought out and they are rendered entirely digestible. The eating of the soy bean creates an alkaline reserve so necessary for the healthful functioning of the body." 11. Miller's Soya Beans with Tomato Sauce: Edible soy beans are canned with tomato puree and malt. "This is truly a treat for the picnic lunch."

This brochure contains 8 recipes using Miller's products. Three panels discuss the "Dietetic advantages of the soy bean;" across the bottom is written in large letters

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"Alkalinize with Miller's Soy Bean Foods." These panels note of the soya bean: "So highly does it stand in the list of foods from the vegetable kingdom that the International Nutrition Laboratory is devoting 95% of its effort to the output of foods made from the soya bean." Edible Soy Beans are a remarkable food, a complete protein with adequate calcium for optimum metabolism, a ready alkalinizer, rich in Lecithin and Cephalin–the nerve foods, and "The only vegetable protein that is biologically able to substitute for animal protein... It is indeed unfortunate that so little interest has been aroused here in America in the culture of the so-called vegetable or edible type of soy beans... The International Nutrition Laboratory uses only these edible beans for canning and food manufacture.

"This institution now located at Mount Vernon, Ohio, first began its work in Shanghai, China, where extensive nutrition experiments were carried out in the feeding of infants, children and adults on soya milk. It operated a Soya Bean Dairy, providing daily milk distribution of plain and chocolate soya milk to thousands of persons. But as this plant was practically demolished during the recent war in the Orient, it was organized again in 1939 in Mount Vernon, Ohio as the International Nutrition Laboratory, and is producing from the edible soya bean all the valuable foods described in this folder."

Another panel describes the "Advantages of vegetable milk." Large letters across the bottom state: "Alkalinize with Miller's soy bean foods."

Note: This is the earliest document seen (April 2002) with the term "soy bean foods" in the title. Address: Mt. Vernon, Ohio.

1802. **Product Name:** Tofu.
Manufacturer's Name: Amano Tofu-ten (Amano Tofu-ya).
Manufacturer's Address: 704 21st St., Bakersfield, California. Phone: 3610.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 148. Amano Tofu-ten (in characters), Amano Tofu-ya. No phone. Residence (p. 302). S. Amano, 704 21st St.

1803. **Product Name:** Tofu.
Manufacturer's Name: Asano Norikane Tofu-ten.
Manufacturer's Address: P.O. Box 277, Walnut Grove, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 230. Asano Norikane Tofu-ten (in characters), J. Norikane. No phone. Note: See entry for 1975–Norikane Tofu Shop.

1804. **Product Name:** Tofu.
Manufacturer's Name: Fujimoto Sakana, Tofu-ten (Fujimoto Fish, Tofu Market).
Manufacturer's Address: 616 W. Main St., Santa Maria, California. Phone: 968.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 500. On this same page is a 1/16th page ad for "Fujimoto Fish Market" (in English) and *Fujimoto Sengyo* [*Fresh Fish*], *Tofu-ten* (in characters). Owner: Yumatsu Fujimoto. His residence is given as 818 W. Main St.

Note 1. Santa Maria is in southern California, northwest of Los Angeles, between San Luis Obispo and Santa Barbara.

Note 2. We cannot be sure from this entry that Fujimoto was a tofu manufacturer (although it probably was). However in 1978 there was a tofu manufacturer (of unknown name and address) in Santa Maria.

1805. Fujimoto Shokai. 1941. Fujimoto Co.: Importers, manufacturers & exporters (Ad). In: The Japanese American News Inc. 1941. The Japanese American Directory (*Nichibei Jûshoroku*). No. 37. p. 6. [Eng; jap]
• ***Summary:*** Ad (full page). The top 1/5 of this ad is in English. They make Kanemasa brand miso, koji, and Japanese-style pickles (*tsukemono*). They sell raw materials for making tofu (presumably whole soybeans and one or more coagulants) and also sake. Address: 246 Front St., San Francisco, California. Phone: EXbrook 1756.

1806. Japanese American News Inc. / Nichi-Bei Shinbunsha. 1941/01. Nichibei jûshoroku [The Japanese American directory. No 37]. San Francisco, California: The Japanese American News Inc. (Nichibei Shinbunsha). 720 p. Jan. 1. Index of cities. 23 cm. [Eng; Jap]
• ***Summary:*** Contents: Ads (in Japanese and English, p. A-1 to A-22). Directory of Japanese embassy, consulates, and legations in the USA and Latin America (in Japanese and English, p. A-22). Key addresses in Japan (in Japanese, p. A-23 to A-27). Index to the 1941 Japanese American Directory, by nation (USA and Latin America), and within nation by state, then by city (p. A-28 to A-31). One-page ad for Kirin Beer (p. A-32).

Directory by nation (USA and Latin America), and within nation by state, then by city (p. 1 to 686). There are many smaller ads on the lower half of quite a few directory pages, for a company listed on that page. For cities having many Japanese businesses (such as San Francisco and Los Angeles), a table of contents to the business in that city, organized alphabetically by type of business, is given in Japanese on the first page concerning that city (For example, Shokuhin seizô-sho = food manufacturers). Between pages 303 and 305 are 6 pages of ads (B-1 to B-6) for Japanese American companies located in Los Angeles. Publisher / publishing information (p. 686). A (in Japanese and English, p. 687-688 + inside rear cover and rear cover). On the front cover (which is mostly in English and is at the "back" of the

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book) is an illustration of the Golden Gate Bridge, below which are America and Japanese flags with an illustration of the dome of city hall between them. In the center, vertically in Japanese characters is written *Nichibei Shinbun-sha.*

Note 1. Within each city, all businesses are listed under basic bold headings (in both Japanese and English) such as Food Products Manufacturers (where most soyfoods manufacturers are listed), Importers & Exporters, Importers & Groceries, Brewery, Rice Mill, Farm Produce Buyers, Seeds and Fertilizer Cos., Insurance Agents, etc. For each entry / listing is given the company name, address, and phone number; the company name is given in both Japanese characters and English (romanized), whereas the address and phone number are only in English. The last bold heading in each city is Residence; all people of Japanese ancestry are listed alphabetically by family name. For each person is given his or her name, address, and phone number. The full name is given in Japanese characters; the family name plus the first letter of the first name is given in English (romanized).

Note 2. For each major city, a table of telephone number prefixes is given on the first page for that city. For San Francisco, for example: AT = ATwater, BA = Bayview. CH = China. These are useful when dialing long distance using an operator. The many directory listings for soyfoods manufacturers and ads for soy-related companies are each given separately.

Note: We can find no entries for soyfoods makers in Latin America or other U.S. states. Address: 650 Ellis Street, San Francisco, California.

1807. **Product Name:** Tofu.
Manufacturer's Name: Kawakita Shoten (Y. Kawkita Co. / Kawakita Store).
Manufacturer's Address: 127-133 Heffernan, Calexico, California. Phone: 767.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 533. The directory entry states: Kawakita Store, 127 Heffernan St., Calexico, California. Phone: 768. Note: El Centro is about 90 miles east of San Diego, right on the border between the USA and Mexico, between El Centro and Mexicali.

A 1/6 page ad at the bottom of p. 533 is titled "Y. Kawakita Co." At the top of the ad it states in English: "General merchandise, 127-133 Heffernan Ave., Calexico, California." Below that, in characters, it explains that this Japanese and Western grocery store, owned by Mr. Yasaburo Kawakita, sells fresh fish, aburage, and various types of tofu.

1808. **Product Name:** Tofu.
Manufacturer's Name: Kurihara Tofu-ten (Kurihara Tofu Co.).
Manufacturer's Address: 725 Oxnard Blvd., Oxnard, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 485. Kurihara Tofu-ten (in characters), Kurihara Tofu Co. (in English). No phone. Note: Oxnard is in southern California, west of Los Angeles, between Santa Barbara and Thousand Oaks.

1809. **Product Name:** Tofu.
Manufacturer's Name: Matsubara Sakana Tofu-ten (Matsubara Fish [& Tofu]).
Manufacturer's Address: 550 W. Valley Blvd., El Monte, California. Phone: BUdlong 86367.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 476. Matsubara Sakana Tofu-ten (in characters), Matsubara Fish [& Tofu] (in English).

1810. **Product Name:** Tofu.
Manufacturer's Name: Morikawa Tofu, Sakana-ten (Morikawa Tofu, Fish).
Manufacturer's Address: P.O. Box 225, Brawley, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 485. Phone: Not listed. A 1/10 page ad (p. S-245, entirely in characters) gives the same address. But the company name is given as Morikawa Sengyo-ten [Fresh Fish Shop]. Making and selling tofu. Owner: Mr. Seiroku Morikawa. Note: Brawley is about 90 miles east of San Diego, California, and about 10 miles southeast of the lower tip of the Salton Sea.

1811. **Product Name:** Tofu.
Manufacturer's Name: Okumura Tofu Seizo-sho (Okumura Tofu Mfg. Co.).
Manufacturer's Address: P.O. Box 124, Stanton, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 485. Okumura Tofu Seizô-sho (in characters), Okumura Tofu Mfg. Co. (in English). No phone. Note: Stanton is in western Orange County, California, about 40 miles southeast of Los Angeles.

1812. **Product Name:** Tofu.
Manufacturer's Name: Sasaki Tofu-ten.
Manufacturer's Address: P.O. Box 223, Florin, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 207. No phone.

1813. **Product Name:** Tofu.
Manufacturer's Name: Shimizu (Tamegoro) Sakana, Tofu-

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ten (Shimizu Fish & Tofu Co.).
Manufacturer's Address: 2473 Grant Ave., Ogden, Utah. Phone: 1783-W.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 614.

1814. **Product Name:** Tofu.
Manufacturer's Name: Shusho Tofu-ten (Shusho Tofu-ya).
Manufacturer's Address: P.O. Box 195, Isleton, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 233. Shusho Tofu-ten (in characters), Shusho Tofu-ya (in English). No phone.

1815. **Product Name:** Tofu.
Manufacturer's Name: Star Tofu Seizo-sho (Star Tofu).
Manufacturer's Address: 927 Redondo Beach Blvd., Gardena, California.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 403. Star Tofu Seizô-sho (in characters), Star Tofu (in English). No phone.

1816. **Product Name:** Tofu.
Manufacturer's Name: Tanimoto Tofu-ten (Tanimoto Tofu).
Manufacturer's Address: 216 N. Main St., Lodi, California. Phone: 894.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 257. Tanimoto Tofu-ten (in characters), Tanimoto Tofu (in English).

1817. **Product Name:** Tofu.
Manufacturer's Name: Toya Tofu-ten.
Manufacturer's Address: 131 Lake St., Salinas, California. Phone: 3189.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 148.

1818. **Product Name:** Tofu.
Manufacturer's Name: Western Tofu Seizo-sho (Western Tofu Co.).
Manufacturer's Address: Rt. 1, Box 315, Gardena, California. Phone: MEnlo 4-2217.
Date of Introduction: 1941. January.
New Product–Documentation: The Japanese American Directory. 1941. p. 403.

1819. Turner, Grace. 1941. Real Chinese food is delicious food: Pearl Buck, authority on China, talks of the art of cooking there–and gives rare recipes. *Los Angeles Times.* Jan. 12. p. H14. Sunday. This Week magazine.
• ***Summary:*** In private life, Pearl Buck is now Mrs. Richard J. Walsh, at home on a farm which she and her husband own in Pennsylvania. He is president of a New York publishing company, and she is "chairman" of the China Emergency Relief Committee. "The Chinese have known for centuries that soybeans are good food. Out of soybean curd, for instance, they make a kind of cheese... Most cooking in North China is done with soybean oil, but in South China it is done with peanut oil." Soy sauce is called for in one of the recipes.

1820. Cheng, Libin T.; Li, H.C.; Lan, T.H. 1941. Biological values of soybean protein and mixed soybean-pork and soybean-egg proteins in human subjects. *Chinese J. of Physiology* 16(1):83-89. Feb. [8 ref. Eng; chi]
• ***Summary:*** Studied nitrogen balance on 3 human subjects and reported that the biological value of the protein in soya-bean curd (tofu) was 64%. Address: Departments of Biochemistry, National Central University College of Medicine, and West-China Union University College of Medicine, Chengtu.

1821. Roux, Charles. 1941. Le soja [The soybean]. *Revue Internationale du Soja* 1(1):4-20. Feb. [Fre]
• ***Summary:*** An introduction and overview. Contents: Introduction: Varieties, composition. Soybean cultivation. Feed, food, and industrial uses of soybeans.

The author has recently discovered a way of making petroleum from soybeans (p. 18). Address: Directeur General de l'Association Technique Africaine.

1822. Grand Central Public Market. 1941. During Lenten season enjoy: Madison Foods. *Los Angeles Times.* March 7. p. A6.
• ***Summary:*** "Soyburger. Vigorost. Stakelets. Soy Cheese [tofu]. Nut Meat. Soy beans.

"Delicious foods that make Lent a season of real eating enjoyment... See them on display at Jones Grain Mill today!" Address: Between 3rd & 4th Streets, Broadway to Hill, Los Angeles.

1823. Balzli, Jean. 1941. La culture du soja "magique" et sa contribution au redressement de la France [The cultivation of the "magical" soybean and its contribution to the recovery of France]. *Revue Internationale du Soja* 1(2):41-45. March. Originally published in the "Free Zone" on 17 Sept. 1940 by *L'Eclaireur de Nice et du Sud-Est.* [1 ref. Fre]
• ***Summary:*** Includes a discussion of uses for human foods, including defatted soy flour, soy coffee, soy chocolate, Worcestershire sauce, soymilk, tofu, and soy sprouts. Other uses include lecithin and industrial uses of soy oil and soy proteins.

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1824. Pynaert, A. 1941. A propos du Soja en Belgique [Concerning the soybean in the Belgium]. *Revue Internationale du Soja* 1(2):55-60. March. [5 ref. Fre]
• ***Summary:*** After a brief early history of soya in Belgium, the author describes green vegetable soybeans, whole dry soybeans, soy sprouts, soymilk and its residue (okara), and tofu. Address: Directeur du Jardin Colonial de Laeken [Brussels, Belgium].

1825. Roux, Charles. 1941. Le soya [The soybean]. *Revue Internationale des Produits Coloniaux et du Material Colonial* 16(181):8-25. March. [Fre]
• ***Summary:*** Contents: Introduction. Chemical composition. Cultivation. Food and industrial uses of soybeans: Incl. soymilk, tofu, soya casein, soy flour, soy bread, soy oil, soybean cake, green vegetable soybeans, fermented soy condiments (natto, miso, shoyu), roasted soy coffee, industrial uses, petroleum substitute.

Appendix A: Composition of various parts of the soybean plant: (1) Green–stems, leaves, pods. (2). Dry–stems, leaves, pods. (Averages based on analyses by M. Lechartier). (3) Composition of soybean seeds: Whole seeds, cotyledons, embryos, seed coats (based on analyses by the Municipal Laboratory of Paris and the Laboratory of the Biological Society of the Far East {*la Société Biologique d'Extrême-Orient*}).

Appendix B. Composition of the seeds of various soybean varieties by various analysts: Steuf, Pellet, By Steuf: From Hungary, Yellow from Mongolia, From China, Chinese reddish brown. By Pellet: From China, from Hungary, from Etampes. By Giljaransky [Giliaranskii, Giljarinsky, Giljaranskii, Giljaranski, Gilyaranskii, Gilyaranskii]: Yellow from Russia, Yellow from China, Yellow from Japan, Black from China, Black from Japan, Green from Japan. By Lechartier: From Etampes, Etampes dry, Black, Black dry. By Jardin Colonial: Soja from Laos, Soja from Tonkin, Soja from China. By Schroeder: Reddish brown dry, Yellowish brown dry, Tumida pallida yellow. By König: Tumida castanea brown, Tumida astrospermal [sic, atrosperma] black.

Appendix C. (1) Composition of soybeans (maximum and minimum) compared with four other legumes. (2) Composition of soybeans and beef compared. (3) Composition of soy flour and wheat flour compared. Address: Director General of the Association Technique Africaine.

1826. Concepcion, Isabelo. 1941. Significance of soy bean in the dietary of Filipinos. *Acta Medica Philippina* 2(4):479-95. April/June. Read before the Sixth Pacific Science Congress, San Francisco, California, July 24 to Aug. 12, 1939. [28 ref]
• ***Summary:*** Contents: Introduction. Composition and nutritive value. Supplementary value of soy bean (to a rice-based diet). Forms of soy bean used in Philippines: Soy bean curd or "tokua," fermented bean curd or "tahuri," soy bean curd brain or "tojo" (served with a little thick brown sugar syrup), soybean with shaved ice or "mongo con hielo," soy bean flour, soy bean milk. Deficiencies of Filipino diet. Effects of improper food. The need for a campaign to popularize soy bean products. Conclusions.

"Soy bean is grown in many parts of the Philippines where it is known as 'utao' and also as Chinese 'Balatong.' It is grown in large quantities in Batangas Province. The green pods are harvested in October and November and the dried seeds may be had in bulk in December and January. Just when soy bean was first cultivated in the Philippines is not known. For years casual plantings have been made but it is only in comparatively recent years that the cultivation has been seriously considered as an agricultural industry. Statistics indicate that consumption of soy bean in the Philippines has grown faster than production. They also show a growing appreciation of soy bean in the Philippines."

Soy bean with shaved ice "is a very popular soy bean mixture introduced by the Japanese but now sold in nearly all refreshment parlors all over the Philippines. The preparation consists of a mixture of boiled red mongo and soy bean mixed with cream, brown sugar and ice shavings. This form of soy bean mixture is more nourishing than any other preparation just described on account of its cream and sugar content."

The consumption of soy bean products in the Philippines "does not amount to very much. The reason for this apparent neglect is the general lack of sufficient information. It is desirable that the government should initiate the necessary campaign to inform the people regarding the valuable nutritive properties of soy bean. Although the Bureau of Science since 1931 has been carrying a demonstration campaign to teach the public the different methods of cooking soy bean with the aim of popularizing its use among the masses, its efforts so far have not yielded the expected results. Another reason is the lack of a central body in the Philippines that can coordinate all the nutrition work to be carried out in that country. Furthermore, there is lacking a definite long range policy for the betterment of nutrition...

"The popularization among the masses of soy bean and soy bean products like soy bean curd, soy bean flour, and soy bean milk should be undertaken along with a more intensive campaign about its nutritive value carried on in the different schools all over the Philippines."

Note 1. In section titled "Fermented bean curd or 'Tahuri'" (4 paragraphs and 1 table), the text is a combination of that first presented by Gibbs and Agcaoili (1912) and Orosa (1932). Although the word "fermented" is used here to describe *tahuri* for the first time, no information about a fermentation microorganism or process is given.

Note 2. This is one of the earliest English-language documents seen (Sept. 2006) that uses the term "Soy bean" in a new way–as a singular noun, like corn or wheat, not

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preceded by "the." Examples: "Soy bean is grown in many parts of the Philippines..." "... campaign to teach the public the different methods of cooking soy bean with the aim of popularizing its use among the masses,..." Address: Dep. of Physiology and Biochemistry, College of Medicine, Univ. of the Philippines.

1827. Morse, W.J. 1941. Shanghaied... a super food. *Soybean Digest.* July. p. 4-5, 10. [10 ref]
• ***Summary:*** The super food is green vegetable soybeans from edible soybeans. "Attempts to secure seed of these food varieties from oriental countries through correspondence met with little success, due to the fact that the edible types were classified under another name than the soybean. During agricultural exploration work in the Orient from 1929 to 1931, many varieties of soybeans were found in Japan and Chosen [Korea] which were used solely as green vegetables or dry edible beans." These varieties have been under test for the past 8-9 years at various agricultural experiment stations throughout the United States.

A table shows 42 "edible varieties of soybeans classified according to maturity." Very early (100 days or less): Agate, Sioux. Early (101-110 days): Bansei, Chusei, Etum, Giant Green, Goku, Kanro, Kanum, Sac, Tastee, Waseda, Yellow Marvel. Medium Early (111-120 days): Fuji, Hakote, Hiro, Hokkaido, Jogun, Kura, Osaya, Sato, Shiro, Sousei, Suru, Toku, Willomi, Wolverine. Medium (121-130 days): Chame, Emperor, Funk Delicious, Illington, Imperial. Medium late (131-140 days): Aoda, Easycook, Hahto, Higan, Rokusun. Late (141 or more days): Green, and Black, Jackson, Jefferson, Nanda, Seminole.

"Most of these edible types have been found to be much superior to the commercial varieties in flavor, texture, and ease of cooking. Moreover, tests have indicated that the flour made from edible types has a better flavor than that made from commercial varieties. Some of the edible types have also been judged to be superior to commercial types in the manufacture of bean milk, roasted beans and other food products...

"One of the most promising uses of edible varieties of soybeans is as a green shelled bean and for this purpose the pods should be picked when the beans have reached the full size but are still green and succulent. The green beans resemble young, tender Lima beans and have a rich, distinctive and delicious flavor... The usual oriental way of cooking green soybeans is to boil the pods in water flavored with soy sauce or salt and serve them to be eaten from the pod."

In America, "Several commercial concerns have canned large packs of green soybeans, which have become quite popular."

Photos show: 1. Soybeans sprouts pushing up out of spherical earthenware pots at a market in East Asia. 2. A woman selling "soybean curd" ("the 'boneless meat' of millions of Oriental people") in a Korean market. 3. "In place of candy between meals, Japanese children often carry about a small bag of cooked [green] vegetable soybeans, break open the pods and lick the salty beans out with their tongues." 4. Roasted soybeans, which are used extensively in candies in Japan. 5. Portrait of William Morse. 6. Green vegetable soybeans (in the pods on plants, or shelled) being sold in a Korean farmers market. 7. "This Japanese farm girl has just pulled an armful of green vegetable soybean plants to prepare for market." 8. A Korean peddler with a large pack of green vegetable soybeans on his back.

Note: This is the earliest document seen (June 2009) that mentions the soybean varieties Etum, Green and Black, Jackson, Jefferson, Kanum, Sac, Seminole, Tastee, Wolverine, or Yellow Marvel. Address: USDA Bureau of Plant Industry, Washington, DC.

1828. *Soybean Digest.* 1941. Hawaiians make many soybean foods. July. p. 8-9.
• ***Summary:*** Carey D. Miller, nutrition specialist at the Hawaii Agricultural Experiment Station, has described a large number of the soybean foods that Hawaiians make in Bulletin No. 68 of the Hawaii Station, "Japanese Foods Commonly Used in Hawaii" (1933). These foods include: Edamame (Green Soybeans; "The whole pod of the fresh green beans is placed in boiling salted water and cooked for about 25 minutes"), Tofu (Soybean Curd, incl. the residue known as "kirazu"), Aburage (Fried Soybean Curd), Miso, and Shoyu. A brief description is given of how each is made. Photos show: Three triangles of aburage on a dish. A dish of tôfu kasu (okara or kirazu).

Note: This is the earliest English-language document seen (Sept. 2011) with the term "soybean foods" in the title.

1829. Ukil, A.C. 1941. Soya bean as a component of balanced diet. *Science and Culture* (*Calcutta*) 7(1):49-53. July; 7(2):111-16. Aug. [3 ref]
• ***Summary:*** This article is largely a summary of: Orosa, Maria Y. 1932. "Soybeans as a component of a balanced diet and how to prepare them." *Manila* (*Philippines*) *Bureau of Science, Popular Bulletin* No. 13. 53 p.

It begins: "In view of the interest recently created in the value of the soya bean to make up for the deficiency of protein in the diet of starch-consuming agricultural populations of countries lacking a sufficient supply of high quality proteins like milk, fish, meat and eggs in their diet and in view of its extensive use in China, Japan, the Philippines, U.S.A. and more recently the German army, the following..."

"Although isolated attempts [have been made and] are being made in India to cultivate the bean, no systematic efforts have yet been made to encourage its use on a sufficiently large scale for commercial purposes and to supplement the food resources of the country... Soya bean is

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not only much more nourishing but has many more uses than *dal."*

Foods discussed (in July) include: Soya-bean flour, soya-bean milk (regular or condensed), coffee made from roasted soya beans, soya bean sprouts (a table shows they are much more nutritious than mung bean sprouts), soya bean oil, soya bean casein, soya bean curd [tofu].

August issue: "Some common foods and their methods of preparation:" Soya sauce (using koji, based on Groff 1919). Soya-bean flour. The cooking of soya beans (immature [green vegetable soybeans] and mature). Some food recipes with soya beans: Of the 22 recipes given, 17 call for boiled whole soya-beans, 2 for roasted soya-beans [dry roasted, soy nuts], one for soya-bean flour (Angel cake), and 3 for soya-bean milk (two puddings and a custard). Address: Member, Sanitary Board, Bengal [India].

1830. Wolverine: New U.S. domestic soybean variety. Large-seeded and/or vegetable-type soybean. 1941. Seed color: Yellow (straw), hilum pale to light brown.
• ***Summary:*** Sources: Morse, W.J. 1941. "Shanghaied... a super food." *Soybean Digest.* July. p. 4-5, 10. See p. 5. Wolverine is a medium early variety, maturing in 111-120 days.

Weiss, Martin G.; Wilsie, C.P.; Lowe, B.; Nelson, P.M. 1942. "Vegetable soybeans." *Iowa Agric. Exp. Station, Bulletin* No. P39. p. 381-95. Jan. New Series. See p. 394. Table 1, titled "Summary of agronomic data and palatability scores of soybean varieties tested for suitability as human food at Ames, Iowa, 1935-1939" gives the following for Wolverine (80490-1): Date green beans picked: Sept. 3. Date mature: Oct. 9. Height in inches: 23.0. Lodging: 1.2 (0 = perfectly erect, 5 = badly lodged). Seed quality: -. Seed mottling: -. No. of beans per pound: -. Mature seed yield: -. Palatability score: 6.9 (0 = very poor, 10 = excellent).

Morse, W.J.; Cartter, J.L.; Williams, L.F. 1949. "Soybeans: Culture and varieties." *USDA Farmers' Bulletin* No. 1520 (Revised ed.). 38 p. Aug. See p. 20. "Wolverine–Selection, P.I. No. 80490-1, made in 1930 at Arlington Farm, Virginia, from P.I. No. 80490, native name 'Tamba Otsubu Daizu,' introduced from Yokohama, Japan, in 1929, used as a green shelled bean and in the manufacture of bean curd. Maturity classification, group III; pubescence, gray; flowers, purple; pods, two- to three-seeded; shattering, much; seeds, straw yellow with pale to light-brown hilum, about 1,800 to the pound; germ, yellow; oil, 21.2 percent; protein, 39.4 percent; iodine number, 131."

Bernard, R.L.; Juvik, G.A.; Nelson, R.L. 1987. "USDA soybean germplasm collection inventory." Vol. 1. INTSOY Series No. 30. p. 18-19. Wolverine is in the USDA Germplasm Collection. Maturity group: III. Year named or released: 1941. Developer or sponsor: USDA. Literature: 14. Source and other information: 'Tamba Otsubu Daizu' from Tamba, Kyoto, Japan, in 1929. Prior designation: PI 80490-1. Address: USA.

1831. *Christian Science Monitor.* 1941. The song of a little gray bird. Aug. 16. p. 24.
• ***Summary:*** "There is a square in the midst of a Chinese city... The air is tremulous with sound... The vendor of 'tofu,' a yellow bean curd, advertises the supreme qualities of his product."

1832. Iwasa, Yosaburô; Iwamoto, Kunitarô. 1941. Kôri-dofu ni kansuru kenkyû. I. Kakushu bônanzai ni tsuite [Research on dried-frozen tofu. I. Concerning the varieties of expanding and softening agents]. *Jozogaku Zasshi* (*J. of Brewing, Osaka*) 19(10):748-56. Oct. [2 ref. Jap] Address: Osaka.

1833. Savon S., Julio. 1941. La soya: Un vegetal marvilloso [The soybean: A marvelous vegetable]. *Agricultor Venezolano* (*El*) (*Ministerio de Agricultura y Cria, Caracas*) 6(67-68):5-9. Nov/Dec. [Spa]
• ***Summary:*** What is the soybean? It is a legume which was cultivated for more than 5,000 years in the Celestial Empire, which has the important characteristic of being a food of major value as a source of protein, and which can provide a large quantity of derivative foods, forage, and industrial products.

In the Soviet Union there is a Soy Institute (*el Instituto de la Soya*), which is continually experimenting with new soybean varieties.

A table gives the chemical composition of whole soy flour–which contains 38% protein and 22.5% vegetable oil. The soybean is also a source of many other nutrients, including vitamins and minerals. It is also a source of milk, called soymilk (*leche de soya*), which can be made at home from soybeans. There is no danger of tuberculosis in soymilk as there is in cow's milk. Discusses various published experiments feeding soymilk to infants, and gives the chemical composition of Soybee and Sobee, two soy-based infant formulas. There follows one paragraph on each of the following foods: Soy cheese or tofu (*el queso de soya or teo-fu*). Soy sauce or shoyu (*la salsa de soya o shoyu*). Soybean puree (*el puré de soya;* made from dehulled, ground soybeans, boiled for a long time). Soy cottage cheese and butter. Soy oil and lecithin. Soy coffee and chocolate. Soy bread (bread enriched with 10-20% soy flour; good in diabetic diets). Soymilk: A table compares the chemical composition of mother's milk, cow's milk, and soymilk. Address: Dr.

1834. Japan, the new official guide. 1941. Tokyo: Tetsudôshô, Tsûrisuto Byûrô, Kokusai Kankô Shinkôkai. See p. 91. *
• ***Summary:*** Foods in the daily diet of all Japanese include "miso (bean paste used for bean soup and kinds of dressing),

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tohu (bean curd),..."

Note the spelling "Tohu."

1835. Poupart, Roméo. 1941. Étude comparée de la caséine du lait, de la farine de soya et de la farine de gourgane et leur utilisation au point de vue de l'alimentation [Comparative study of the casein of milk, of soya flour, and of the broad bean / small garden bean / Windsor bean, and their utilization in foods]. MSc thesis, University of Montreal. 52 leaves. [Fre]*

• ***Summary:*** The casein of soya flour can be used to make tofu. Gourgane is also called *fève des marais* (broad bean). Address: Dep. of Chemistry.

1836. van Veen, A.G. 1941. [The protein supply in infertile districts of Java]. *Natuurwetenschappelijk Tijdschrift voor Nederlandsch Indië* 101:321-23. [Dut]*

1837. Fallon, F. (Baron). 1941. Le soja [The soybean]. *Belgique. Ministere des Colonies. Direction Generale de l'Agriculture et de l'Elevage. Propagande et Vulgarisation Agricoles* No. 21. 39 p. Bruxelles: Impr. Industrielle et Financiere. [17 ref. Fre]

• ***Summary:*** Contents: Botanical description: Introduction, the plant's needs, varieties. Soybean cultivation in Europe: Introduction (for some countries preferred early, medium, and late varieties are listed), France, Great Britain, Hungary, Poland (selection has been done at the Wilna experiment station using varieties imported from Hungary and Czechoslovakia), Romania (About 30,000 ha are devoted to soybeans, primarily in Bessarabia [Besarabia], Dobrouja [Dobrudja, Dobrogea], Bukovina [Bucovina], Walachia or Wallachia or Valachia [now called Muntenia, a fertile belt across southern Romania], and Moldavia. Most of these varieties came from Austria), Switzerland, USSR (the main soybean regions are all warm ones–the Caucasus, Ukraine, and Transcaucasia). Soybean cultivation in America. Soybean cultivation in Africa (especially in South Africa, mainly for forage in the Natal and Transvaal). Soybean cultivation in Asia: China and Manchuria, Malaysia, British Indies, Dutch Indies, Indochina, Japan. Soybean cultivation in Oceania (mainly Philippines).

Cultivation: Crop rotation, inoculation, planting and propagation, maintenance and manuring the land, harvest, seed storage, yield, selection of varieties. Soybean utilization: As human food (dry soybeans, soy sauce, soy flour, soymilk, tofu, soy oil), industrial uses (soy oil, refining and use, soymilk casein). Soya as a fertilizer: Green manure, or soybean cakes. Soya as a feed for domestic animals: Green forage, hay, silage, pasture, seeds, cakes. Soybean cultivation in the Belgian Congo. Soybean trade.

In the Congo various soybean trials have been undertaken since 1936 at the stations of the National Institute for Agronomic Study of the Belgian Congo (l'Institut National pour l'Etude agronomique du Congo Belge). Numerous varieties from the USA and Manchuria have been tested. Address: Directeur au Ministere des Colonies, Professeur a l'Institut Agronomique de Gembloux [Belgium].

1838. Naerssen, Fritz Herman Van. 1941. Oudjavaansche oorkonden in Duitsche en Deensche verzemelingen [Ancient Javanese documents in German and Danish collections]. Leiden, Netherlands: A published dissertation. 117 p. See p. 82-105. 28 cm. [Dut]*

• ***Summary:*** The Watukura A (Watu Kura) inscription is dated A.D. 902. The place it was found is unknown. It is a copperplate, now in a private collection in Copenhagen, Denmark. A transcription with translation can be found in this book by Fritz Van Naerssen (p. 82-105). Mentions that tofu was eaten at a feast in Indonesia.

Fritz Van Naerssen was born in 1904. Address: Leiden, Netherlands.

1839. Polk's Portland (Oregon) city directory. 1941. Portland, Oregon: R.L. Polk & Co., Inc. See p. 1130.

• ***Summary:*** "Ohta Saizo (Shina) whol baker 322 NW 5th av. Home 324 do [ditto]."

Note 1. This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* Shina is Saizo's wife. Address: Portland, Oregon.

1840. Saris, John. 1941. The first voyage of the English to Japan. Transcribed and collated by Takanobu Otsuka. Tokyo: Toyo Bunko. xxxii + 266 p. 26 cm. Supplementary volume. [3 ref]

• ***Summary:*** A transcription of the original manuscript, which was published in a facsimile edition in 1940. The original manuscript has the title: *The first voyage of the English to the islands of Japan.*

On 29 Aug. 1613, while in Japan (near Shizuoka), Saris wrote: "Of Henns they haue greate store, as likewise of Deere, both redd and fallowe wilde bores, hares Goates Kyne etc. Of theese they haue plentie, butter they make none, Neither will they eate any Milke, because theie hould it to be as bloode, nor tame beasts."

Note 1. The word transcribed from the original manuscript as "Cheese" by Satow in 1900 is transcribed here by the Japanese as "theese."

Note 2. John Saris died in 1646.

1841. Quail, Betty. 1942. Vary your menus with Chinese foods: While their cooking techniques are different from ours, we can adapt some of their vegetables to our advantage. *Los Angeles Times.* March 29. p. F5.

• ***Summary:*** The Chinese, our old friends and new allies [in World War II] have long used soybeans as a staple in their diet. But in America, until recently, they were grown solely as a forage crop. "Fresh green soybeans rank higher in food value than any of our common table beans..." Dried soybeans

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contain about 12 times as much fat as other beans. Today soybean flour and bread are widely available in American food stores.

"The Chinese, however, were not content with just beans. They set to work with the skill of alchemists and accomplished some surprising results. They sprouted the dried beans..." to yield bean sprouts, now starting to be sold in American markets. Then they made a milk out of crushed soybeans and turned it into bean curd. Cut it into squares and try adding it to an omelet, to hard-cooked eggs, or meat loaf. It may also be seasoned and be used as a stuffing for tomatoes, celery, or green pepper rings for salad. Soybean milk can be substituted for cow's milk. And of course there is "soy sauce, or mandarin sauce." Unfortunately most Americans limit its use to those "half-caste dishes, chop suey and chow mein. As a matter for fact, this dark brown seasoning should have a place of honor on every American pantry shelf..." Like all good seasonings, it brings out the best in other foods, remaining in the background, "completing a dish while claiming no recognition for itself." A photo shows bean curd.

1842. Guillaume, A. 1942. L'utilisation du Soja dans l'alimentation et dans l'industrie [The utilization of soybeans in food and industry]. *Revue de Botanique Appliquee & d'Agriculture Tropicale* 22(247-248):191-97. March/April. [7 ref. Fre]
• ***Summary:*** Contents: Introduction. Food uses: Whole soybeans, soy sprouts, soy coffee, soy milk, tofu, shoyu, miso, natto, soy flour. Industrial uses: Soy oil, Henry Ford and hexane solvent extraction, lecithin, soybean cake, animal feeds, plastics, green forage. Address: Professor, Univ. of Strasbourg.

1843. Ladejinsky, W.; Rossiter, Fred J. 1942. Food situation in far eastern and southeastern Asia. *Foreign Agriculture* 6(4):147-64. April.
• ***Summary:*** Rice is the most important food product in all of the countries except North China and Manchuria. Following the Japanese invasion of 1931, soybean production dropped, declining 38% by 1934. Between 1935 and 1939 agricultural output increased once again, though it did not attain previous levels. Then beginning in 1939, a new decline in agricultural production set in. This coincided with the establishment of a stringent control over all aspects of Manchurian agricultural economy in order to enable Japan to get a large supply of foodstuffs as soon as possible and for as little as possible. Because of the opposition of the Manchurian farmers to this scheme, the shortage of both human and animal labor, and not altogether favorable climatic conditions–the soybean crop was reduced from 157 million bushels in 1938 to 145 million bushels in 1939 and in 1940 and 1941 to an estimated 125 and 115 million bushels, respectively. The net effect of reduced production has been a sharp decline in agricultural exports.

Since soybeans and soybean products constitute Manchuria's leading export crop, the exported volume of these products is especially revealing. In 1939-40 (October-September) Manchuria exported 25 million bushels of soybeans, 775,000 short tons of beans cake, and 150 million pounds of bean oil, as compared with 77 million bushels, 1.1 million short tons, and 220 million pounds of soybeans, cake, and oil, respectively, the previous year.

This decline in Manchurian soybean exports affected Japan's food supplies adversely. Aside from the direct use of soybeans for food, probably the most important soybean product from the viewpoint of diet is bean curd [tofu], one of the main sources of protein for the great majority of the Japanese urban population. In 1939-40 Japan was able to get 41 million bushels of soybeans (including cake and meal), against 58 million the previous year. In 1940-41 Japan increased its soybean takings to 48 million bushels, but it was much below the planned record import volume of 84 million bushels. Address: Office of Foreign Agricultural Relations [USDA].

1844. *Times of India* (*The*) (*Bombay*). 1942. Current topics: Chinese rations. May 7. p. 6.
• ***Summary:*** "Steamed rice, fried rice, puffed rice, compressed rice, flour cakes and biscuits, dried meat, bean curd, cabbage and salt cubes, and special nutritious cakes to be taken before 'going over the top' for hand to hand fighting with the enemy, are some of the items supplied to the Chinese army." Recently, they were exhibited in Chunking.

1845. USDA Bureau of Plant Industry. Div. of Forage Crops and Diseases. 1942. Firms manufacturing or handling soybean food products. 3 p. July. Mimeographed unpublished manuscript.
• ***Summary:*** The companies are listed alphabetically by state, and within state by city. Numbered codes after each company, keyed to a list of 35 soyfood types in the back, explain which foods are made by each company. Unfortunately, it is not clear from this list which companies are manufacturers and which are "handlers" (retailers or distributors).

California: Arlington (Loma Linda Foods), Berkeley (Golden Gate Food Products Co.), Glendale (Hygenic [Hygienic?] Food Co.), Los Angeles (El Molino Mills, Mrs. Hauser's Soya Foods Co. {4617 Melrose Ave.}, Kevo Co., Klein Soup Co.), San Francisco (Radcliffe Soya Products {146 Fillmore St.}), Santa Cruz (Daglish Health Food Service). Delaware: Milton (Draper Canning Co.). Illinois: Bloomington (Funk Bros. Seed Co.), Chicago (Allied Mills, Armour & Co., Dewey Food Products Inc., Dietetic Supply House, Durkee Famous Foods, Fearn Soya Foods Co. {355 W. Ontario St.}, Glidden Co., Great China Foods Co., Griffith Laboratories {1415 W. 37th St.; handles soy flour

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and grits}, John F. Jelke Co., Soybean Products Co. {210 N. Carpenter St.}, Swift & Co.), Decatur (Spencer Kellogg and Sons, A.E. Staley Manufacturing Co.), Elgin (B.S. Pearsall Butter Co.), Urbana (Prehn's Health Food Store). Indiana: Columbia City (Oriental Show-You Co.), Decatur (Central Soya Co.), Indianapolis (Standard Margarine Co.). Iowa: Des Moines (Soy Products Co.). Maryland: Baltimore (J.H. Filbert, Inc., The Wm. Schluderberg–T.J. Kurdle Co.), Takoma Park (Hillcrest Health Products Co.). Massachusetts: Boston (Prince Macaroni Co.), Newton Centre (W.L. Cummings & Co.). Michigan: Battle Creek (Battle Creek Food Co.), Detroit (Shedd Products Co.). Minnesota: Minneapolis (Archer-Daniels-Midland Co.). Missouri: Kansas City (Harrow-Taylor Butter Co.), St. Louis (Blanton Co.). New Jersey: Vineland (George A. Mitchell). New York: Brooklyn (Agash Refining Corp., Cosmo Packing Co., Soy-Malt Co. {234-A Marion St.}), Elmhurst, Long Island (American Lecithin Co.), Glandale, Long Island (Beskor, Inc. Note: As of May 1997 there is no place named "Glandale"–or "Glendale"–on Long Island), New York City (Barrett & Eastwood, Borden Company, Enco Chemical Corporation, Franklin Mills Co., National Biscuit Co., Soya Corporation of America {Rockefeller Plaza}, Stein, Hall & Co.), Rochester (Vegetable Products Co.). North Carolina: Asheville (Judd's Health Foods), Lexington (Vitro Nu Foods Corp.). Ohio: Cincinnati (The Churngold Corp., Miami Butterine Co.), Circleville (Winoor Canning Co.), Cleveland (Barton Nut & Candy Co., Pfaffman Egg & Noodle Co.), Columbus (Capital City Products Co.), Greenville (O'Brien Milling Co.), Mount Vernon (International Nutrition Laboratory [Dr. Harry Miller]), Worthington (Special Foods, Inc.). Pennsylvania: Paoli (Great Valley Mills), Philadelphia (J.S. Ivins' Son, Inc., C.F. Simonin & Sons, Tastee Soy Foods), Williamsport (Penna Soya Products Co.). Tennessee: Madison College (Madison Foods). Wisconsin: Hortonville (Fox Valley Canning Co.), Oostburg (Oostburg Canning Co.), Owen (Owen Canning Co.).

The soy food types are: "1. Albumin or protein. 2. Beans–baked. 3. Beans–canned green. 4. Beans–roasted. 5. Breakfast foods. 6. Butter–soy. 7. Candies. 8. Chips or meats. 9. Chocolate. 10. Chocolate and other beverages. 11. Coffee substitute. 12. Crackers, wafers, cookies, puddings, etc. 13. Curd or cheese. 14. Diabetic foods. 15. Flakes. 16. Flavorings. 17. Flour. 18. Flour–prepared. 19. Grits. 20. Health foods. 21. Ice cream powder. 22. Infant foods. 23. Lecithin. 24. Macaroni products. 25. Malted products. 26. Meat-like products. 27. Milk. 28. Molasses–bean. 29. Oil. 30. Puffs. 31. Sauce. 32. Shortening. 33. Soups. 34. Soybeans. 35. Spreads–sandwich. 36. Toast."

Note: This is the earliest document seen (Nov. 2002) that mentions Griffith Laboratories. Address: Washington, DC.

1846. Japanese Americans relocated during World War II: Saizo Ohta. 1942.

• ***Summary:*** Project: Minidoka (Gooding). Assembly area: Pacific International Exposition Ground. Gender: Male. Race: Japanese. Birth year: 1881 [so he was about age 61]. Birth place: Japan, southern region. Year of first arrival in US: 1905. Arrived where: Oregon. Language: Speak, read and write Japanese. No. of years schooling in Japan: 8; elementary school years 1-8. Education degree: None. Total time in Japan: 20 years. No. of times in Japan: 3–not attending school. Ages while in Japan: 0-9, 10-19, 20 and over. Alien Registration Number: Has A.R. but not S.S. [Social Security] Number and has not attended Japanese language school. Religion: Not available. Primary occupation: Hotel and restaurant managers. File number: 50310082084. Father's birth location: Japan. Spouse: Japanese.

Note: "Camp Minidoka was located near Hunt, Idaho, 20 miles northeast of Twin Falls. In August 1942 the government began transporting Japanese-Americans to the camp via train. Most Minidoka residents came from Seattle [Washington] and Portland and were given notice only one week before being forced to move. Ten thousand people (making Minidoka Idaho's eighth largest city) were interned in tar-paper barracks that had no insulation, running water, or interior walls, and that were heated by coal-burning stoves. Barbed wire, guard towers, armed guards, and watch dogs secured the 950 acre site" (Source: farrit.lili.org).

1847. *Soybean Digest.* 1942. Soybeans and people... Aug. p. 9.

• ***Summary:*** The Iowa Experiment Station is working on better ways to shell "green soys." "No need for bossy: If you wish to make your own butter, milk, and cheese, here are some recipes to help you, from the Edison Institute, Dearborn, Michigan." Contains 3 short recipes: Soy bean milk. Soy bean cheese (tofu, coagulated with dilute acetic acid or vinegar). Soy bean butter (like peanut butter). A photo shows a woman cooking green soybeans in a glass pot on an electric stove. The beans should be precooked before freezing.

1848. Davis, Adelle. 1942. Vitality through planned nutrition. New York, NY: The Macmillan Co. xii + 524 p. Sept. Illust. Index. 22 cm.

• ***Summary:*** This book is written for young people. Soybeans and their nutritional value are discussed throughout. "Dedicated to the high-school student who appreciates both the immediate and the future values of full health."

Of the 23 amino acids, all but 10 can be made by the body. These ten are called "essential amino acids" and must be obtained from food. Protein foods "containing all ten of the essential amino acids in generous amounts are called complete proteins, or proteins of high biologic value." "The proteins of eggs and milk have the highest value." The proteins in glandular meats (liver, kidney, etc.) rank second

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in value. “Proteins from nuts, soybeans, wheat, especially wheat germ, and cottonseed flour and meal are complete proteins” (p. 58-59).

“Proteins and vegetarianism. Many thousands of people in the world, particularly the Eskimos, Laplanders, and nomad tribes, eat little or no proteins from vegetable sources. Other thousands eat only vegetable proteins, because of poverty or religious scruples, such as the millions of people in India and China. Races which have a high animal-protein intake appear to have excellent physiques and virility and a capacity for endurance which far surpasses the energy and physiques of those eating only vegetable proteins.

“When the complete proteins of wheat, soybean, cottonseed, peanuts, and other nuts are eaten, and the diet is planned with utmost care, it is possible to supply the body with sufficient amounts of the essential amino acids. Some of the world’s leading athletes have been vegetarians. If milk and eggs are generously added to an otherwise vegetarian diet, it can be made adequate in proteins though it is likely to be deficient in iron. There is no argument against a person’s being a vegetarian, except that unless he is trained in nutrition, he is likely to become an unhealthy vegetarian.” (p. 67, 71).

Many vegetable proteins, such as those in soybeans and other legumes, are not well digested unless heated (p. 69). Boys age 13-15 require 85 gm/day of protein, increasing to 100 gm/day for boys age 16-20. Adult women need 60 gm/day and adult men need 70 gm/day (p. 70).

Soybeans (and soy flour) are a good source of B-complex vitamins, including thiamin (p. 160), niacin (p. 186-87), pyridoxin [pyrodoxine] (incl. soybean oil; p. 193), pantothenic acid (p. 194). Since vitamins of the B complex cannot be stored in the body, “the daily diet must be carefully planned if full health is to be maintained.” “Buy only wheat breads and cereals with 100 per cent whole grain marked on the labels. Use wheat-germ breads... and soybean bread whenever possible.” Also blackstrap molasses and brewers’ yeast. “Use soybeans, baked or in a loaf or patties, as meat substitutes... Cultivate a taste for liver, brain, kidney, heart and sweetbreads and use them more frequently than other types of meat (p. 208-09).

“Salted peanuts and roasted soybeans are ideal candy substitutes which build rather than destroy health. Both are excellent sources of vitamins of the B complex” (p. 210).

Wheat germ is the richest natural source of vitamin E, which is “also found in cottonseed oil, corn oil, sesame oil, soybean oil, and peanut oil” (p. 286-87). There are at least three forms of vitamin E, which are called the vitamin-E complex: alpha-, beta, and gamma-tocopherol. “Alpha-tocopherol is the most active and has been made in the laboratory.”

Calcium: “Many Oriental races obtain their calcium principally from soybeans and soybean curds [tofu], which form a staple food.”

Note: This is the earliest English-language document seen (April 2013) that uses the term “soybean curds” to refer to tofu.

Bones are used as a major source of calcium by Eskimos, Africans, and (formerly) American Indians. Adults should consume at least 750 mg/day of calcium, the amount found in 3 glasses of milk (p. 312-15). “Another vegetable which is rich in calcium is the soybean, a food all too little used in America. Soybean flour is fourteen times richer in calcium than refined wheat flour, and baked soybeans are many times richer in calcium than baked navy beans. Every person should learn to enjoy this highly nutritious food and make it an important part of his diet.” (p. 319).

In Chapter 29, The functions of the blood” (p. 328-30), Davis discusses the effect of acid and alkali, but in a much different way than former health food advocates. She does not advocate alkaline foods, but shows how the body keeps its fluids near neutrality, or very slightly alkaline. “Soybeans are extremely rich in iron, of which 80 per cent reaches the blood. In a mixed diet as a whole, only about 50 per cent of the iron in foods is available” (p. 340).

Iodine is necessary to prevent goiter. “Since early times, the eating of seaweed has been known to affect goiter favorably” (p. 350). Salt (sodium chloride) is essential to good health. In very hot weather and dry air, so much can be lost through perspiration that death results. “Death due to salt deficiency occurred during the first years of work at Boulder Dam... In milder forms, a lack of salt causes heat cramps or heat stroke,” which is “accompanied by nausea, dizziness, general exhaustion, and muscular cramps in the legs, back, and abdomen. Without salt, the more water drunk, the worse the condition becomes.” “During very hot weather salty foods such as salted peanuts, popcorn, or soybeans, salty cheeses, or potato chips should be kept near the drinking water” (p. 367).

The section titled “Your body’s requirements” (p. 386-89) lists 8 food groups or foods that are the best sources of required nutrients. These include: “7. One serving of meat, fowl, fish, eggs, or a meat substitute such as baked navy beans or soybeans,...”

“Dried fruits should be the main candy substitute... Other health-building candy substitutes are unsweetened chocolate, salted peanuts or soybeans, chocolate-covered peanuts, and cracker jack made with black molasses” (p. 400-01).

A table (p. 484-85) gives the nutritional composition of soybeans: (1) dried, cooked; (2) dried, uncooked. Address: A.B., M.S., consulting nutritionist, Los Angeles, California.

1849. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1942. Daily output of 500 tofu planned for Poston III. 4(32):1. Oct. 2.

• ***Summary:*** Five hundred tofu a day for the tables of Poston III dining halls will soon become an actuality, it was declared

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yesterday by the food industry, Sim Togaseki, who revealed that half of warehouse 320 will be occupied as a production plant for this Japanese food under the management of Ray Hara.

"The large scope of this undertaking alone was indicated by the quantity of material to be used, which included 500 gallons of water daily.

"The tofu production, however, is but the first step in the industrial production of various Japanese foodstuffs. On the proposed list were the manufacture of such material as noodles, shoyu, etc.

"An advisory council of experienced business men is working on the industrial project."

Note: The Poston War Relocation Center, located in Yuma County (now in La Paz County) of southwestern Arizona, was the largest (in terms of area) of the ten American internment camps operated by the War Relocation Authority during World War II.

"The Center was composed of three separate camps arranged in a chain from north to south at a distance of three miles from each other. Internees named the camps Roasten, Toastin, and Dustin, based on their desert locations. The Colorado River was approximately 3 miles (4.8 km) to the west, outside of the camp perimeter.

"Poston was built on the Colorado River Indian Reservation, over the objections of the Tribal Council, who refused to be a part of doing to others what had been done to their tribe. However, officials of the Bureau of Indian Affairs overrode the Council, seeing the opportunity to bring in improvements and develop agricultural land on the War Department budget and with thousands of 'volunteers,' which would remain after the war and aid the Reservation's permanent population.

"The combined peak population of the Poston camps was 17,814, mostly from Southern California. At the time Poston was the third largest 'city' in Arizona. It was built by Del Webb who would later become famous building Sun City, Arizona, and other retirement communities" (Source: Wikipedia, Poston War Relocation Center, 12 April 2011).

1850. *Poston Press Bulletin* (*Poston Internment Center, Arizona*). 1942. Tofu equipment arrives for Poston III. 5(6):1. Oct. 13.
• ***Summary:*** "Arrival of tofu manufacturing equipment early last week signalizes [sic, signals] a concrete step toward production of Japanese subsistence goods in Poston III. This was accomplished despite the serious situation existing in way of shortages and priorities in regard to metal equipment of any type.

"Full cooperation from the administration, maintenance, construction and supplies departments is going to make this project possible. Barring unforeseen obstacles, production of tofu should commence by the end of this month. We hope to produce enough tofu to supply each mess hall at least once a week. When production is in full swing the project will employ ten men.

"This week should see the arrival of the mango [sic] beans, basic substance for tofu, and also the butane tank which is to supply the fuel.

"Other Japanese foods for production are miso, moyashi, and noodles."

1851. *Poston Press Bulletin* (*Poston Internment Center, Arizona*). 1942. Steps for tofu production near completion. 6(17):5. Oct. 24.
• ***Summary:*** "Preparations for tofu manufacturing moved into the final stages at Poston III today with the arrival of ten sacks of soy beans from Los Angeles. Five of the sacks contained yellow and five contained green soy beans. Tofu makers headed by Ray Hara and including Ted Yamada, Mr. Koga and Mr. Okino examined the beans and commented that they seemed to be of a pretty fine grade.

"Commencing this morning the Industrial Staff of Poston III assisted the Tofu men to make the brick foundation for the butane burner. Supervising the construction was Mr. T. Yutani, general research and survey chairman."

1852. *Scientific American.* 1942. Miracle beans: Long called "The Cow of China," the soybean is now invading almost every field of endeavor. 167(5):216-18. Nov.
• ***Summary:*** This article begins: "America in general has just begun to 'discover' the widely varied possibilities of the soybean. Henry Ford makes steering wheels of it, midwestern farmers look on it as a promising money crop, diet and health practitioners are starry-eyed about its protein, calcium, and iron content... the little bean is a capital meat substitute; that coffee, cheese, candy, salad oil, lubricating oil, printer's ink and celluloid and glue, airplane bodies and rubber substitutes are made from it. It's good for cattle–good for dog food and linoleum and paint and rayon panties, good for explosives, good for building bone and muscle in fighting men. It's a fine forage crop and, like alfalfa, it will enrich the soil.

"But five years from now, when the present war has made the soybean as familiar an institution in America life as cellophane and synthetic rubber, it will be well to remember that the 'discovery' of today was known to the Chinese thousands of years before the birth of Christ. The emperor Shen Nung speaks of it in his "Materia Medica," written in 2838 B.C. Whole ages before this... a legend was current which had been handed down in northern China and Manchuria to the present day, telling how man first became acquainted with the soybean.

"A caravan of merchants, says the legend, was homeward-bound, loaded with gold after a successful trading expedition, when it was attacked by bandits. Taking shelter in an easily defended ravine, the traders held off the

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attackers for several days until their food ran low. Starvation threatened–until one of the servants returned to camp with a sack of beans he had found on a vine-like plant which the animals were eating. They mashed up these beans to a paste with a little water and baked them–and on this crude biscuit the famished men regained enough strength to hold off the attackers until help arrived.

"The Chinese have looked on the soybean as their staff of life for ages." Many have never tasted milk except that from the soybean, which costs one-fourth as much as cows milk. "Long it has been called the Cow of China. The Orient uses the bean not so much as a vegetable as for making cheese [tofu], [soy] sauce, bread, and meat substitutes. For thousands of years it has been the basic protein food in Manchuria, China, Korea, Japan, and the Malay Peninsula.

"Soybeans first came to America in 1804 on a clipper ship whose Yankee master had ordered several bags tossed in the hold in case his provisions ran low."

William J. Morse, now senior agronomist at the USDA, worked for 34 years "with the quiet fervor of a missionary to bring the miracle bean prominently into the agriculture of this country."

In 1929 some 9 million bushes of soybeans were grown in the USA, increasing to 91 million bushels in 1939. The soybean is now America's fourth largest cash grain crop; "we grow as much as Manchuria. The cow of China has become a hundred-million-dollar American industry.

More than 75% of America's soybean oil goes into food products; most of the rest goes into paint, lacquers, and soaps. About 95% of the soybean meal is fed to livestock; the remaining 5% is used to make plastics, flour for baking, glue, fertilizer, dog food, breakfast cereals, macaroni, baby foods, reducing diets, and diabetic foods.

Discusses (at great length) the work of Henry Ford and Robert Boyer with soybeans, including soy fiber (which has the potential to replace wool), Ford's suit made of 25% soybean fiber, plastic parts in cars, the car of the future with a plastic body over a tubular steel framework (it will weigh only 85% as much as 1942 models did), and his solvent extraction system.

Note: This is the earliest document seen (Dec. 2011) with the term "Cow of China," referring to the soybean, in the title.

1853. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1942. Unit II tofu industry delayed by lack of construction material. 8(8):7. Dec. 22.
• ***Summary:*** "Lack of essential construction material and machinery has been retarding the opening of the tofu manufacturing business, it was stated yesterday by E. Sakaguchi and John Nakamura of the Poston II Industries Committee."

1854. *Granada Pioneer* (*Camp Amache / Granada Internment Center, Granada, Colorado*). 1942. Tofu merchant arrives here. 1(18):3. Dec. 24.
• ***Summary:*** "George T. Nagamoto of Swink, Colorado, arrived here to renew his contract with this center to supply tofu for the next three months.

"Nagamoto, a pioneer seed merchant, has been doing business in Swink for many years. At present his business is limited to wholesale and retail distribution of koji, miso, shoyu, age, and tofu,"

1855. Stanley, Louise. 1942. Studies of Bureau of Home Economics (on soybeans). *Soybean Digest.* Dec. p. 4, 10.
• ***Summary:*** "During the last war an effort to promote the wider use of soybeans was unsuccessful because the vegetable varieties were not generally grown and processed products from the other varieties were on the market to a limited extent. Soys were grown then largely as a forage crop and used in animal feeding.

"The earlier work of the Bureau on soybeans was undertaken in cooperation with the Bureau of Plant Industry. We tested the vegetable varieties–those most satisfactory as a green vegetable–those that were easily cooked as dried beans and did not have the beany flavor characteristic of many varieties.

"The green vegetable soys are too little known and used. They have good flavor and food value, being good sources of efficient protein, calcium, vitamins A, C, thiamine, riboflavin and probably a fair source of other members of the B complex.

"Satisfactory methods of preparing and using soybean milk, the curd, and the mash were worked out and the varieties most satisfactory for this use determined. Home methods were worked out for sprouting the dried beans." A photo shows Dr. Louise Stanley. Address: Chief, Bureau of Homes Economics, Washington, DC.

1856. **Product Name:** ViM-eat Soy-Nut-Loaf (Vegetarian Meat).
Manufacturer's Name: Butler Food Co.
Manufacturer's Address: P.O. Box 4, Cedar Lake, MI.
Date of Introduction: 1942.
Wt/Vol., Packaging, Price: 8- or 16-oz can.
New Product–Documentation: Manufacturer's catalog. 1942. In 8- or 16-oz cans. "Appeals to those who like the meat flavors. Soy-Nut-Loaf is a highly nutrient [sic] food, containing a complete protein. It can be prepared in many delicious ways: in stews, roasts, vegetable pies, hash, and sandwiches. It is also tasty just as it comes from the can." Recipes are given: Soy-Nut Steak with onions. Macaroni with Soy-Nut-Loaf. Savory Soy-Nut-Loaf.

1857. **Product Name:** ViM-eat Soy-Nut-Cheese (Vegetarian Meat).
Manufacturer's Name: Butler Food Co.

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Manufacturer's Address: P.O. Box 4, Cedar Lake, MI.
Date of Introduction: 1942.
Wt/Vol., Packaging, Price: 8- or 16-oz can.
New Product–Documentation: Manufacturer's catalog. In 8- or 16-oz cans. "A highly nutritious food which can be used in a variety of palatable dishes. Rich in protein and fat. Easily digested." Two recipes are given, including Soy-Nut-Cheese croquettes.

1858. **Product Name:** Tofu.
Manufacturer's Name: Haitsuka (Shigeo) Tofu.
Manufacturer's Address: 2131 N. King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1942.
New Product–Documentation: Honolulu City Directory. 1941-42. Shigeo Haitsuka Tofu (Shigeo Haitsuka, proprietor). 2131 N King, Honolulu. Not listed 1947-48.

1859. **Product Name:** Tofu.
Manufacturer's Name: Kaku (Tatsuo) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1942.
New Product–Documentation: Honolulu City Directory. 1941-42. Tatsuo Kaku Tofu (Tatsuo Kaku, proprietor). Hilo, Island of Hawaii. Not listed 1947-48. Hawaii, Maui, Kauai Island Directory. 1954. Listed as Tatsuo Kaku Tofu, 28 Nawahi Lane, Hilo, Island of Hawaii. Not listed 1957.

1860. **Product Name:** Tofu.
Manufacturer's Name: Kiyonaga (Kumaki) Tofu.
Manufacturer's Address: 975 Akepo Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1942.
New Product–Documentation: Honolulu City Directory. 1941-42. Kumaki Kiyonaga Tofu (Kiyonaga Kumaki, proprietor). 975 Akepo Lane, Honolulu. Not listed 1947-48.

1861. **Product Name:** Tofu.
Manufacturer's Name: Oshiro (Tokusuke) Tofu.
Manufacturer's Address: Hilo, Island of Hawaii.
Date of Introduction: 1942.
New Product–Documentation: Honolulu City Directory. 1941-42. Tokusuke Oshiro Tofu (Tokusuke Oshiro, proprietor). Hilo, Island of Hawaii. Not listed 1947-48.

1862. Poupart, Roméo. 1942. Étude de la fermentation du lait protidique de gourgane en vue de son utilisation dans l'alimentation [Study of the fermentation of protein-rich milk of the broad bean / small garden bean / Windsor bean, in view of its utilization in foods]. MSc thesis, University of Montreal. 55 leaves. [Fre]*
• ***Summary:*** This milk can be used to make tofu. Gourgane is also called *fève des marais* (broad bean). Address: Dep. of Chemistry.

1863. Giraud-Gilliet, J. 1942. Le soja, aliment d'avenir: manière de le cultiver; 2 à 300 façons de le consommer [Soya, food of the future: How to cultivate it; 200-300 ways to consume it]. Saigon: Imprimerie de C. Ardin. 285 p. Index. [Fre]
• ***Summary:*** Contents: Dedication. Introduction. Part I: Summary study of soya (the soybean): Its cultivation. 1. The nature of soya: Its area of expansion. 2. Cultivation of soya: Soil, manure & fertilizer, seeds. 3. Interest in soya: Its richness in nutritive elements and comparison with other foods. Various possibilities for utilization: therapeutic uses for hygiene and diseases (vegetarian diet, diabetes, beriberi, diseases of the nervous system, anemia, slimming, milk diet), agricultural uses for fixation of nitrogen in the soil and as a fertilizer, use in the feeding of animals (green forage, dry forage, soybean cake, flour, seeds, germinated seeds, straw and pods, soymilk, milk), industrial utilization (soybean oil and its derivatives, glycerine, soy casein), use as human food (whole dry soybeans, soy sprouts, soybeans mashed or ground after they are cooked, soybeans cracked or crushed before they are cooked, fermented soybeans, soymilk, soymilk derivatives / foods made from soymilk {tofu / *dâu-phu*, yuba / *tao hu ky*, dry yuba rolls / *phu chuc*, beverages}, edible oil), utilization for social work (drops of milk, bowls of soya, inexpensive restaurants, battle against malnutrition and degeneration, for school gardens, pagodas, waste lands).

Part II: The main soyfood products and how to prepare them at home. 1. Soymilk, soymilk curds (*tau hu hoa*), small white cheeses (*petits fromages blancs* {*dâu-hu miêng*}), folded sheets of yellow yuba (*feuille jaune plissée de crème de soja* {*dâu-hu ky vang*}), white sheets of yuba (*feuille blanche unie* {*dâu-hu ky trang*}), dried or smoked yuba (*plaquettes séchées ou fumées* {*dâu-hu ky ngot*}), fermented tofu–like cream cheese (*fromages fermentées: cancoillotte comtoise au soja*). 2. Soy flour: Roasted soy flour, soy bread, sojenta (soy polenta), pasta (soy vermicelli and vermicelli of mung beans {*dâu xanh*} or *song than*). 3. Soy condiments. Solid condiments: natto and douchi (*taotché*), condiments that are pastes: miso and doujiang (*tao tjiung*) and koji [sic, not a paste but used to make miso, doujiang, shoyu, and jiang-you], liquid condiments: shoyu, jiang-you (*tsiang yeou*), (*tao yu*), ketjap (Indonesian soy sauce), Vietnamese soy sauce (*tuong*).

Part III: Recipes. 1. Introduction: Essential recommendations, the cookery of the poor, comparative cuisine, general recipes. 2. Soups and paps. 3. Hors d'oeuvres and salads. 4. Vegetables. 5. Meat, fish and egg dishes. 6. Breakfasts, sweets, and desserts.

Conclusion. Appendix. Errata. Address: Administrateur des S.C. de l'Indochine; Vietnam.

1864. Lager, Mildred. 1942. Soy bean recipes: 150 ways to use soy beans as meat, milk, cheese, & bread. Los Angeles,

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California: House of Better Living. 43 p. Index. 21 cm.
• ***Summary:*** Contents: History of the soy bean. Food value. Analysis. Comparison with other legumes. Ash analysis. Soy beans in low starch diet. Alkaline in ash. Recipes: Green beans. Dry beans. Meat substitutes. Soy milk. Soy cheese. Soy butter [soynut butter]. Salads. Salad dressings. Soy spreads. Soy cereal. Soy macaroni, spaghetti and noodles. Soy bread and muffins. Waffles and pancakes. Cakes and cookies. Candies. Beverages. Toasted soy beans. Bean sprouts.

"Alkaline in ash: Soy beans have one great advantage over many proteins especially the meat proteins, in that they are alkaline in their chemical reaction or ash. This applies to the soy bean itself and to the other 100% soy bean products. The alkalinity will naturally be less in products where soy beans are mixed with acid ash foods."

A small portrait photo (p. 1) shows Ms. Lager and notes: "I want to acknowledge the aid received from Madison College, Tennessee; Loma Linda Food Company, El Molino Mills, Penna Soya Products Company, and from the many friends who gave me suggestions and recipes." Address: 3477 West 6th St., Los Angeles, California.

1865. Lager, Mildred. 1942. Soy bean recipes: 150 ways to use soy beans as meat, milk, cheese, & bread. 2nd ed. Los Angeles, California: House of Better Living. 43 p. Index. 20 cm. Reprinted in 1943. *
• ***Summary:*** Contents: History of the soy bean. Food value. Analysis. Comparison with other legumes. Ash analysis. Soy beans in low starch diet. Alkaline ash. Recipes: Green beans. Dry beans. Meat substitutes. Soy milk. Soy cheese. Soy butter [soynut butter]. Salads. Salad dressings. Soy spreads. Soy cereal. Soy macaroni, spaghetti and noodles. Soy bread and muffins. Waffles and pancakes. Cakes and cookies. Candies. Beverages. Toasted soy beans. Bean sprouts.

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1866. Lin, Yutang. ed. 1942. The wisdom of China and India. New York, NY: Random House. xiii + 1104 p. No index. 24 cm.
• ***Summary:*** "Translations of a wide collection of fables, tales, poems, and excerpts from sacred books introduce the Westerner to the spiritual and cultural wealth of the Orient."

In "Part Two: The wisdom of China" is a section titled "Six chapters of a floating life," by Shen Fu (Translated by Lin Yutang); it is an autobiographical novel. Shen Fu lived 1763-1825, during the Qing dynasty, in Suzhou (in today's central eastern China).

Page 980: Yün is the wife of the author; they deeply love one another. "To this Yün replied: 'One eats bean-curd because it is so cheap and it goes with dry rice as well as with congee."

"You yourself eat garlic, for instance, and I have tried to eat it with you. I won't compel you to eat stinking bean-curd, but cucumber is really very nice, if you hold your breath while eating."

"Yün also prepared pickled bean-curd mixed with sesame seed oil and sugar, which I found also to be a delicacy. We then mixed pickled cucumber with pickled bean-curd and called the mixture 'the double-flavoured gravy.' I said I could not understand why I disliked it at first and began to love it so now. 'If you are in love with a thing, you will forget its ugliness,' said Yün."

1867. Löbbe, Henrique. 1942. Cultura da soja no Brasil. 6a ed. [Culture of soybeans in Brazil. 6th ed.]. Rio de Janeiro, Brazil: Serviço de Informaçao Agrícola, Ministerio da Agricultura. 35 p. 23 cm. 4th edition, 1939, 33 p.; 7th ed., 1945, 74 p. [Por]
• ***Summary:*** Contents: History (in East Asia, Europe, and the USA). Markets. Soybean trials in Brazil (from March 1921 at Campo de Sementes de Sao Simao). Letter dated 28 Sept. 1926 from W.J. Morse of the USDA to Dr. Henrique Lobbe (after Lobbe's visit with Morse to Arlington Farm [Virginia], Morse sent Lobbe one ounce each of 51 varieties of named American soybeans, plus 17 varieties of cowpeas). Table showing the 48 varieties of soybeans tested at Sao Simao in 1927, with the dates of planting, germination, flowering, maturation, and harvest, days to maturity, resistance to pests (*vagens*), height of the plant, and yield (in grams). Botanical description. Nomenclature (in Brazil the soybean is called "soja," "feijao China," "ervilha oleaginosa do Japao," "feijao Japones," and "fava da Mandchúria"). Varieties (divided into 5 groups from very early [80-90 days] to late [130-150 days]). Green manure. Climate and soil. Chart showing products of the soybean (from Piper & Morse, *The Soybean* 1923). Preparation of the soil. Inoculation with bacteria. Sowing. Chemical fertilizer. Things to be careful of during cultivation. Diseases and pests. Harvest and yield. Cost of cultivation. Use as forage. Chemical composition of the seeds. Oil. Cake. Use as a food for humans: Hahto and Easycook, soy sauce, soymilk and tofu (*leite e queijo de soja*), use in diabetic diets, soy flour. Address: Brazil.

1868. Mouriquand, Georges. 1942. Vitamins et carences alimentaires [Vitamins and food deficiencies]. Paris, France: Albin Michel. 462 p. Illust. Index. 20 cm. Series: Sciences for Today (*Sciences d'Ajourd'hui.* [Fre]
• ***Summary:*** This book was published during World War II. Because the Germans looted France of food and other valuables, the French were suffering from malnutrition. Efforts were made on many fronts to grow soybeans in France; long experience had shown that certain varieties

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grew and yielded well in the southern and eastern parts of the country. Moreover, soybeans were not subject to requisition by Germany, which did requisition meat dairy products, wheat, potatoes, wines, etc. It had long been well known that the soybean contained exceptional nutritional value, especially as a source of high-quality, low-cost protein. Yet Prof. Mouriquand regrets that habitual ways of eating and thinking are making the French slow to adopt soyfoods into their diet, where they could do immense service to the population. Even though he is a distinguished professor of medicine, Prof. Mourisand he does not hesitate to give his all and to cultivate soybeans (either he or someone in his family) as an experimental home crop–as shown in photographs.

The section on Flours for infants and young children (from 6 months to 6 years; p. 325-28) notes that France's Minister of Health and the Family demanded that the Commission on Food, under the Consultative Committee of Hygiene for France set aside flour, to be sold a low prices, for infants and young children. A table shows that these flours include both soy flour (*Farine de soja*) and defatted soybean cake. The introduction of soy into the diet raises the content of protein and oil in the diet. Our trials show–contrary to what some may believe–that soy does not give any "bad taste" to the flour and that that the infants accept and digest perfectly any of the flours shown in the table if they are presented in the form of a pap with milk. Our study also shows that toasting the flours renders them even more savory and more digestible.

The section on Soy and nutritional balance (p. 407-10) states that there are now major deficiencies of protein and fat in the French diet. Yet men such as Bordas and Matagrin have written extensively about the soybean. Now is the time we must heed their words. The soybean contains about 40% protein and 18-20% vegetable oil; this oil is one of the main oils used by the Germans. One kg of soybeans has about the sane nutritional value as 6 liters of milk or 500 gm of meat. And soy contains vitamins A, B, and D. The people of southern France should be growing their own soybeans. The soybean can also be made into chocolate, or roasted soy flour can be added to cocoa powder to enrich it with protein, calories and vitamins–and to lower its price. Soybeans can also be use to make soymilk, tofu (fromage de soja), etc. Various authors have recommended a mixture such as the following for infants and young children: Soy flour 5-8 gm. Rice cream 10 gm. Malt 2 gm. Sugar 5 gm. Water 80 gm; it is well accepted and well digested.

Facing page 368 is a photo of soybean plants in a field at Saint-Rambert l'Ile-Barbe in the department of Rhone near Lyon. Photo by Ed. Mouriquand, Sept. 1941.

Facing page 369 is a photo of a single mature, dry soybean plant, planted in May, pods reached maturity on 15-30 Sept. 1941. Photo by Ed. Mouriquand, Sept. 1941. Address: Professeur à la faculté de Médecine de Lyon. Membre correspondant de l'Académie de Médecine, France.

1869. Rotondi, Pietro. 1942. Vegetarian cookery. Los Angeles, California: Willing Publishing Co. 151 p. Recipe index. 23 cm. 2nd edition 1948 (150 p.).

• ***Summary:*** This book, dedicated "To Humanity," is basically a vegan cookbook–except for the use of a little honey. It uses no dairy products or eggs, and views a raw food diet as the ideal–although many recipes call for cooking. Following the dedication is this quote: "The human body is the temple of God and as real as God himself, because He dwells in it..."

Under "Substitutions" (p. 21) the author notes that "Soy milk may be substituted for cow's milk..." Under "For the infant" we read: "Advice to the mother–Almond milk is the most perfect and ideal food for the infant both in nutritional value and digestibility." Soy sauce (p. 70-71, etc.), Savita, and Vegex are widely called for a seasonings. The soy-related recipes in this book seem extremely original and innovative; they include: Baked lima beans (with soy bean milk, p. 58). French-fried onions (with soy bean milk, p. 61). Peas cooked with potatoes and soy bean milk (p. 67). Whole wheat or barley chowder (with soy bean milk, p. 68). Ripe olive croquettes (with soy milk, p. 71). Vegetable hamburgers (with soy bean milk, p. 72). Carrot loaf I (with soy milk, p. 73). Tofu (fried in flour breading, p. 74). Tofu loaf (baked, p. 74). Tofu omelet (p. 74). Tofu and garbanza [garbanzo] beans (p. 75). Gluten steak (with 1 cup soy sauce, p. 75). Chop suey (with [mung] bean sprouts and soy sauce, p. 78). Savory lima patties (with soy bean bread, p. 85). Soy bean loaf (with cooked and ground soybeans, p. 85). Soy gravy (with soy milk and soy sauce, p. 87-88). Wholewheat bread and rolls (p. 89-92; many call for the use of soy milk). Tofu cake I (like a baked cheesecake with shredded coconut, lemon, and agar, but no crust, p. 99). Tofu cake II (like a cheesecake with a wholewheat or graham cracker crust, p. 99). Note: This is the earliest document seen (Oct. 2003) that mentions a tofu cheesecake, and the earliest recipe seen (Oct. 2003) for a tofu cheesecake.

"All Bran" muffins (with brand and soy milk, p. 112). Soy wheat germ muffins (with soy pastry flour, p. 113). Corn meal muffins (with soy milk, p. 113-14). Soy bean chocolate frosting (with "2 squares soy bean chocolate," p. 116). Soy bean chocolate date pudding (with 5 oz "soy bean chocolate" and 1 tablespoon soy bean milk, p. 120). Rice pudding deluxe (with 1 quart soy milk, p. 121). Soy bean chocolate ice cream (with 1/3 pound soy bean chocolate and a pint coconut milk, p. 127). Fruit ice cream, Maple sugar candy, Maple fudge (each with soy milk, p. 129). Soy bean chocolate fudge (with 1 cup "grated soy bean chocolate" and 3 tablespoons soy milk). Peanut butter fudge (with soy milk, p. 130). Soy bean chocolate caramels (with 3 squares soy bean chocolate and ½ cup "soy milk," p. 131).

On pages 141-43 are two charts: (1) Alkaline, acid and

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neutral foods (soy beans [dried or fresh], soy bean bread, and soy bean milk are listed as having an alkaline ash, whereas flesh foods, eggs, cheese, and most nuts are listed as having an alkaline ash). (2) Vegetable protein vs. animal protein. Divides various foods that are high in protein content into vegetable and animal, then ranks them in descending order of protein content. Included in the vegetable protein are: 1. (highest) Soy bean flour 39.5%, 4. soy beans 34.0%. The highest ranked animal product is dried beef 39.2%. The average protein content of 26 vegetable foods is 25.89%, compared with 21.79% for 26 animal foods.

The author, a chiropractor, died in about 1986 in a fire at about age 92. A videotape of him has been produced by the Rotondi foundation in Los Angeles.

Note: This is the earliest English-language document seen (Jan. 2007) that contains the term "Vegetable hamburgers" (or "Vegetable hamburger"). Address: Los Angeles, California.

1870. Satow, Ernest Mason; Masakata, Ishibashi. comps. 1942. An English-Japanese dictionary of the spoken language. Revised by E.M. Hobart-Hampden, G.M.C. and Harold G. Parlett. South Pasadena, California: P.D. and Ione Perkins. ix + 1530 + 20 p. See p. 1232. 20 cm.
• ***Summary:*** The entry for "Bean" (*mame*) includes (p. 125-26): "broad bean(s) (*vicia faba*)" = sora mame; ketsu-mame (vulgar). "French bean(s)" = ingen-mame. "Indian bean(s)" = adzusa. "parched bean(s)" = iri-mame. "small red bean(s) (*phaseolus subtrilobatus*)" = adzuki; shôdzu (with 2 Chinese characters = 2 Cc). "soya bean(s)," soy = daidzu (2 Cc). "sugared bean(s) = ama-nattô.

The entry for "Beancurd" (*tôfu*) (2 Cc) states (p. 126): "served in hot water" = yudôfu. "baked" = yaki-dôfu. baked and "smeared with sweetened miso" = dengaku (2 Cc); dengaku-dôfu. (Note: Hachihai-dôfu is–cut small and stewed in a sauce of 4 parts water, 2 parts sake, and 2 parts soy [sauce]). "fried" = abura-age, aburaage.

Beanpaste, n. an.

The entry for "Rice" states (p. 1142-43): (the riceplant) = ine; (raw grain rice) = kome; (cooked rice) = meshi, gohan (2 Cc); gozen (2 Cc); o mamma (child's word)... "glutinous rice" = mochi-gome. "glutinous rice and red beans" = o-sekihan (2 cc); kowa-meshi (given in Japan as a return for wedding); "new rice" = shimmai [shinmai]. "rice and red beans (eaten in Japan on the 1st, 15th and 28th day of each month and on birthdays, and supposed to be productive of good luck)" = aka no meshi; aka no gohan. "rice and tea"... = kigara-cha, or kigara-meshi, is rice boiled with a little soy and now generally given instead if cha-meshi. "uncleaned rice (husked but not polished) = gemmai [genmai]. "Rice-cake" = mochi; o kachin; ammo (child's word).

The entry for "Sauce" states (p. 1176): kake-shiru; (of wheat, beans, salt) miso; shôyu (2 Cc).

The entry for "Sieve" (*furui*) states (p. 1232): "a memory like a sieve" = *misokoshi-mimi.* "a hair sieve" = kinugoshi.

Note: The word "kinugoshi," in this sense, appears to have nothing to do with kinugoshi tofu.

The entry for "Soup" states (p. 1264): soppu; (o) tsuyu; shiru; (flavored with soy) sui-mono;... (made with miso) o tsuke; miso-shiru; o-mi-o-tsuke (used only by women).

The entry for "Soy" (shôyu) (2 Cc) states (p. 1265): "o shitaji" (used by women). "soy pourer" = shôyu-tsugi; shôyu-sashi.

Soy-bean, n. daidzu (2 Cc). black soybean, kuro-mame; kuro-daidzu.

Words *not* listed: kinako, kinugoshi tofu, yuba. Address: 1. Japanese Secretary to H.M. Legation at Yedo; 2. Imperial Japanese Foreign Office.

1871. Takenobu, Yoshitaro. ed. 1942. Kenkyusha's new Japanese-English dictionary. Cambridge, Massachusetts: Harvard University Press. iv + 2280 p. 24 cm. American edition. Reproduced by a photolithographic process from the 82nd printing of 1939." Title also in Japanese: *Shin Wa-Ei Daijiten.* [Eng; jap]
• ***Summary:*** "The present war has necessitated the publication in the United States of a new edition of Kenkyusha's Japanese-English Dictionary because this country is cut off from the former source of supply of the dictionary and because the demand and need for all Japanese dictionaries has greatly increased. To meet this need, the Department of Far Eastern Languages of Harvard University has undertaken the project of publishing in the United States this dictionary as well as other essential Chinese and Japanese dictionaries, and the Rockefeller Foundation has supplied the necessary funds for the enterprise.

"This American edition of the dictionary has been reproduced by a photolithographic process from the eighty-second printing of 1939. No changes have been made in this edition except to increase slightly the size of the print and the book."

The very first page, titled *Kaisetsu* ("explanation"), shows the Japanese syllabary and the romanization of each.

Near the end are two appendixes: (1) Pages 2264-74: *Saishin-go oyobi gairai-go ichiran* [List of most recent words and foreign words]. (2) Pages 2275-80: *Chugai hikaku nenpyo* [List of Japanese emperors and era names, with Japanese years and Western calendar years–starting with the first legendary emperor Jimmu (660-585 BC)].

The content of this pirated American edition is basically the same as that of Kenkyusha's 1931 second edition of this dictionary. Address: General editor, Japan.

1872. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. Indy. dept. expected tofu production within fortnight. 9(9):3. Jan. 16.
• ***Summary:*** "The much anticipated tofu production for Unit

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I has reached its stage of reality with the arrival of equipment according to Hank Miwa, project supervisor.

"The production has been estimated for 700 cakes per day with crew of 13 workers; factory is equipped with 3 caldrons and 2 mill grinders. Due to hard water conditions and chlorination, the department has purchased a water softener to insure fine quality and texture. Tomoji Wada, formerly of Terminal Island will serve as head technician who, according to information, has been considered as an expert in the production.

"Factory is located west of the garnishing factory with a structure 75' x 26' which is currently undergoing final touch."

1873. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. First tofu produced by Poston industry. 9(10):1. Jan. 19.
• ***Summary:*** "Fulfilling a dream since the organizing of the Industrial Department of Poston III, the first tofu was produced yesterday under the supervision of Ray Hara and his staff."

1874. *Rohwer Outpost* (*The*) (*Rohwer Internment Center, Rohwer, Arkansas*). 1943. Center to get tofu: Long-awaited tofu factory will commence operation in November. 3(33):1. Jan. 23.
• ***Summary:*** "On about Nov. 15, Center residents will be able to cut the long-awaited-for tofu to be manufactured at the local Tofu factory in Block 42, announced J. Yamaguchi, who is in charge."

"With a crew of 12, the factory will be managed by Yamaguchi who operated the Lafayette Tofu company in Stockton, Calif. for 13 years until evacuation.

"Production of miso will be delayed and announcement will be made when ready, reported G. Miyano who is in charge of the Miso factory which will also be in Mess hall 42."

1875. Holt, Jane. 1943. News of food: Soy beans, the source of oil, flour, milk and cereals, winning 'terrific' popularity. *New York Times.* Jan. 27. p. 16.6.
• ***Summary:*** "The wallflower became the belle of the ball. That, figuratively, is the American history of the soy bean." Several decades ago the soybean was considered fit only for fodder, but now it is found, in one form or another, "on the best of dinner tables."

Soy flour is creamy yellow in color and lighter in texture than wheat flour. It may be used for baking muffins, soft cookies, or bread. In one Manhattan department store, soy flour is sold in 1-pound tins for $0.30 each. Dried soybeans (or "dried soys") are sold in New York City shops for about $0.10 per pound.

Although the canning of soy beans has been ruled out for the duration of the war, some tins are still available. "Giant green beans, those not fully ripe, are sold in six-ounce containers for 18 cents, and a one-pound four-ounce tin of the mature soys costs a quarter [$0.25]. The fresh green variety does not seem to be available at the moment.

Soybean milk is sold in a Manhattan store–$0.20 for a 14 oz tin. The curd is also sold in tins–$0.30 for 13 ounces.

Soybeans are also converted to breakfast cereals. One that recently arrived on the market, made solely from soy beans, "looks and tastes very much like chopped nuts. It is ready to serve with milk or cream, or to use in place of nuts as garnish for cakes and cookies. An eight-ounce package, which holds more cereal than you may suspect, costs a quarter [$0.25]... Various soy cereals have been compounded and set forth as coffee substitutes."

1876. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. Tofu production to be doubled soon. 9(20):5. Feb. 2.
• ***Summary:*** "The Unit III tofu production will be doubled when an additional mixer pot now being built in is completed. At present there is only one pot and approximately 200 cakes daily or half of the required production can be produced.

"Last week every Mess hall should have had their first share of Poston made tofu.

"Credit should be given to Ray Okamoto, manager of the tofu factory and his five assistents [sic, assistants] for the excellent tofu which has been turned out.

"To make a batch of 35 cakes, two hours of continuous labor are required."

Note: This is the earliest document seen (July 2011) that mentions actual large scale tofu production in any Japanese internment camp during World War II.

1877. *Topaz Times* (*Topaz Internment Center, Topaz, Utah*). 1943. To manufacture soy bean cakes [tofu] for Topazans. 2(39):2. Feb. 16.
• ***Summary:*** "Pursuant to suggestions voiced by a number of residents that soy bean cake ("tofu") be included in the diet of the Topazans, it was announced by Brandon Watson, chief project steward, that 50 (?) tons of soy beans were procured for the commissary. The Army quartermaster corps has assured the Project of 40 tons of the highly nutritious beans.

"Ten thousand pounds of soy beans will be allowed each month for the 8,500 people of Topaz as long as the supply lasts, Watson added."

1878. Carver, George. W.; Curtis, Austin W., Jr. 1943. The peanut. *Tuskegee Institute Experiment Station, Bulletin* No. 44. 14 p. Feb.
• ***Summary:*** Note: Page 1 states: "This bulletin was in the process of being prepared before Dr. George W. Carver's death on January 5, 1943."

Contents: Introduction. Fertilizing. Selecting seed. Planting. Protecting the seed, Cultivating. Harvesting.

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Marketing. Grading. Cleaning. Shelling. Roasting in the shell. Salted peanuts. Blanching. Peanut butter. Peanut butter mills. Food value. In candy. Peanut oil. Oil extracting (hydraulic press vs. expeller press). Refining of oil. Analysis and physical constants of peanut oil. Iodine number–89 to 96. Saponification value–186.6–188.4. Titer test 30., 5-32.0º. Smoke point 450-470º Fahrenheit. Diesel fuel. Peanut meal. Peanut flour (incl. nutritional analysis). Peanut hulls. Uses for peanut oil. Additional uses [of the peanut], including peanut "milk," peanut cheese–made "by keeping the 'milk' in a warm place until the curd is formed, which would require overnight, or by the addition of vinegar to the 'milk.' After the curd has been formed it is placed in cheese cloth and allowed to drain. After the liquid has been removed the curd is seasoned with salt and stored in a cool place or cooked immediately.

"The residue resulting from the preparation of the 'milk' or curd can be used in the making of meat substitutes, and in flavoring paste.

"Peanut sprouts are also a very wholesome adjunct to the diet." Address: 1. Director of the Station (1896-1943), Tuskegee Institute, Alabama; 2. Director.

1879. *Topaz Times* (*Topaz Internment Center, Topaz, Utah*). 1943. Topaz kitchen to get tofu. 2(56):2. March 8.
• ***Summary:*** "The steward's department is at present making arrangements for the manufacture of tofu with the coöperation [cooperation] of the Public Works department, it was announced. Equipment for this process will either be made here or sent from the coast.

"Plans call for the use of steam from hospital generators,... It is anticipated that tofu will be served in all dining halls soon."

Note: Topaz was the name of the Japanese internment camp in Utah during World War II. Each of the ten camps was intended to be self-sufficient.

1880. *Manzanar Free Press* (*Manzanar Internment Camp, California*). 1943. Manufacturing and industrial. 3(23):7. March 20.
• ***Summary:*** "'Shoyu,' or soy sauce, a necessary commodity of the Japanese began production in November to supply the center and other centers in the future. Since production began, 2000 gallons per month has been the total but since January this has been increased to 5,000 gallons. Foreman of this project is Nobutaro Nakamura."

Production of bean sprouts [the type of seeds used is not mentioned; probably mung] began in late October. Production now averages 1,600 pounds a week. The foreman is Shigeji Tomita.

A project to make "tofu" is being contemplated, with Henry Toda as foreman. Also a project to make "miso."

Note: This "Special Anniversary Edition," 18 pages long, summarizes the events at the Manzanar center / camp during the past year.

1881. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1943. Tofu manufacture contemplated here. 2(35):3. March 23.
• ***Summary:*** "Equipment to manufacture tofu is being sought by the Mess Division, stated Harold E. Keadle, supervisor.

"It as disclosed that Manzanar and Poston had been making 'tofu' and 'shoyu' for some time."

Note: The Gila River camp, located 30 miles southeast of Phoenix, was located on the Gila River Indian Reservation–over the strong objections of the reservation's American Indian government. The camp opened in July 1942 and had a maximum population of 13,348.

1882. *Denson Tribune* (*Jerome Internment Center, Denson, Arkansas*). 1943. Manufacturing of 'tofu' to start here. 1(9):4. March 30.
• ***Summary:*** "Manufacturing of 'tofu,' or soy bean cake, and 'miso, or soy bean curd [sic] is expected to get underway within a week.

"Installation of the equipment for the factory in Dining Hall 36 was started last week.

"The products will not be for sale. They will be manufactured solely for dining hall consumption.

"Gonshiro Harada, who operated a 'tofu,' 'miso' and 'shoyu factory prior to evacuation, will head the project. He will be assisted by Mineso Yamagami.

"The manufacture of 'shoyu' or soy bean sauce, in the factory may also be started in the near future, according to Dee Jay Hudson, mess management head."

1883. Idaho death index, 1911-1951: Saizo Ohta. 1943.
• ***Summary:*** Death certificate number: 133452. Date of death: 1 April 1943. Place of death: Hunt, Jerome Co., Idaho. Date of birth: 14 April 1881.

Note: Saizo died in Minidoka, in the internment camp in Idaho, for West-Coast Japanese during World War II. We are not told the cause of death.

1884. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1943. Vital statistics. 3(7):2. April 10.
• ***Summary:*** "Deaths: Ota, Saizo, 62, 35-12-B, April 1."
Note: We could find no obituary for this man who, with his wife, founded a tofu shop in Portland, Oregon. Such a brief (and therefore cold) mention of a man's death, without even the cause given, gives us a deep insight into the harsh and unrespectful nature of the "internment" camps.

1885. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. Production of tofu starts in Unit I. 11(24):1. April 14.
• ***Summary:*** "With successful test runs of tofu manufacturing processes made last Fri. and Sat. in Unit 1, located in the Industrial District South of Blk. 61, factory officially went

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into production yesterday morning."

1886. *Granada Pioneer* (*Camp Amache / Granada Internment Center, Granada, Colorado*). 1943. Poston starts tofu factory. 1(57):3. April 17.
• ***Summary:*** "After making several test runs of tofu manufacturing processes at the tofu factory in Poston, Arizona, the Department of Industries in the relocation center there has started mass production of the soya bean curd cakes.

"A crew of 15 men produces tofu, soya bean curd cakes, and a ton of moyashi (bean sprouts) weekly."

Note. This is the earliest English-language document seen (April 2013) that uses the term "soya bean curd cakes" to refer to tofu.

1887. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. Tofu production. 11(28):4. April 18.
• ***Summary:*** "Estimated monthly production of the Unit II Tofu factory has been placed at 4,000 cakes."

Note: "Poston population 17,132–April 14 census figure" (See page 1 of this issue, top right).

1888. *Denson Tribune* (*Jerome Internment Center, Denson, Arkansas*). 1943. Production of tofu in center to start Monday. 1(16):1. April 23.
• ***Summary:*** "Production of tofu in the Center will start Monday, announced Gonshiro Harada, who is in charge of the project in Dining Hall 36. Daily output is expected to be 600 soybean cakes. Minezo Yamagami is Harada's assistant."

Note. This is the earliest English-language document seen (April 2013) that uses the term "soybean cakes" (or "soybean cake") to refer to tofu.

1889. *Denson Tribune* (*Jerome Internment Center, Denson, Arkansas*). 1943. Tofu on menu. 1(17):8. April 27.
• ***Summary:*** "Manufacture of tofu began here yesterday under the supervision of Gonshiro Harada.

"According to Harada, 600 cakes will be made daily."

1890. Gay, H. 1943. La culture du soya en Tunisie [Soybean cultivation in Tunisia]. *Revue Internationale du Soja* 3(17):31-41. March/April. Also in: Bulletin de la Direction des Affaires Economiques, 2nd trimester, 1936. [Fre]
• ***Summary:*** Contents: The environment. Climatic factors affecting soybean trials during 1932-34 near Tunis. Varieties tested during these years: white seeded and colored, early and late, those suited for grain vs. forage. Design and implementation of the trials. Results of the trials: Influence of the date of planting, of spacing, of the soil type, of the fertilizer used, of the bacteria used for inoculation, combined action of the fertilizer and bacteria, of irrigation, crop management, harvest and yield (of seed and forage; the highest seed yields came from Mansoy, Virginia, Illini, and Mandarin; the highest forage yields came from Virginia, Laredo, and Tarheel Black), the influence of soybean culture on the following wheat crop. Enquiry and investigation of farmers who grew soybeans in other parts of the country (1932-34). Notice and advice concerning soybean varieties and cultivation addressed to farmers in 1934.

Trials of the utilization of soybean products: Soymilk, tofu (*le fromage de soya*), soy coffee, whole dry soybeans and soy nuts (*Soya Légume, soya salés et grillés*), soybean forage. Conclusions. The results are inconclusive. Special thanks goes to Mr. Serge Livoff, Mr. Chabrolin, and Mr. Parisot. The latter is *directeur du Domaine des Fermes Françaises de l'Oued Tessa*. Address: Conseiller a la Direction des Affaires Economiques de Tunis.

1891. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1943. Mass production of 'tofu' begun by Poston factory. 3(10):2. May 1.
• ***Summary:*** "Poston, Arizona–After making several test runs of 'tofu manufacturing processes at the Tofu Factory, the Department of Industries here has begun mass production of soya bean curd cakes."

1892. *Manzanar Free Press* (*Manzanar Internment Camp, California*). 1943. 'Tofu' lovers. 3(39):1. May 15.
• ***Summary:*** "The prospectus to manufacture 'tofu' bean cakes in this center has recently received approval from the Washington [DC] office, a recent report disclosed.

"Productions of this project will proceed as soon as shipments of needed equipment are received. Approximately 450 pounds of tofu are estimated to be put out per day by this project which will be located at block one."

1893. *Manzanar Free Press* (*Manzanar Internment Camp, California*). 1943. 'Tofu' manufacture given approval. 3(45):3. June 5.
• ***Summary:*** "Final approval to manufacture 'tofu' (bean cakes) at this center was received by H.R. Haberle, superintendent of Manufacturing.

"Haberle disclosed that production is pending the arrival of the grinder, alteration of the building, and installation of plumbing.

"Approximately 450 pounds of tofu is estimated to be put out per day by this project which will be under the supervision of S. Okugawa, formerly of Tomoye Tofu Company, and Henry Toda and located at Block One Iron Room."

1894. Horvath, Artemy Alexis. Assignor to Horvath Laboratories, Inc. (Chambersburg, Pennsylvania; a corporation of Maryland). 1943. Fixation process. *U.S. Patent* 2,322,516. June 22. 4 p. Application filed 1 Feb. 1940. 1 drawing (flowchart).
• ***Summary:*** This invention relates "to a process for

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imprisoning undesirable substances contained in the soya seed coat and germ.

"It is well known that the soybean is without peer as a valuable and wholesome source of dietary elements. For example, the soybean is the richest in protein of all the known feeds except dried egg white. It is also the source of many valuable products such as flour, bean cake, sauce, cheese [tofu] and oil.

However the soybean seed coat and germ contain, in addition to coloring matter, many other substances which impart undesirable properties to these final products... Most of these substances are either volatile or diffusible in the presence of moisture.

"These substances are present in the outer or so-called 'palisade' layer of the coat of the bean, which includes the region of the hilum (navel) where the palisade layer is double. Moreover, they are found in the germ of the bean and in fibrovascular bundle which binds the germ of the bean to the hilum.

"It is also known that approximately 1.0 per cent by weight of the palisade layer, and 2.0 per cent of the germ and fibrovascular bundle consists of phosphatides of an unstable type. This instability is caused by the presence in these compounds of highly unsaturated fatty acid radicals having as many as three or four double links [double bonds]. The oxidation of these compounds tends to impart rancidity to the finished product.

"For the above reasons soybeans in bulk tend to deteriorate rapidly and become rancid if the skin or germ is damaged."

The process: Treat the soybeans with a salt such as calcium sulphate in any suitable manner such as by dipping the beans in a solution of the salt. Then temper the heated beans by heating without cooking. This fixes the undesirable substances in the palisade layer and hilum of the seed coat and germ of the bean where, after storage and just before use or exposure to moisture, they can be removed by dehulling. Address: Chambersburg, Pennsylvania.

1895. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1943. Tofu for Rivers a possibility. 2(75):1. June 24.
• ***Summary:*** "The manufacture of 'tofu,' a form of food made from soy-bean curd, became a possibility as the project advertised this week for a 'tofu' manufacturing machine."

1896. Sakata, Fay. 1943. Center-made tofu wins favor here. *Denson Tribune* (*Jerome Internment Center, Denson, Arkansas*) 1(34):3. June 25.
• ***Summary:*** "Tofu is made from soy beans by Gonshiro Harada, a supervisor, and 12 helpers in Dining Hall 36.

"Divided into two shifts these 13 men work from 3 to 10 a.m. and 10 a.m. to 4:30 p.m. daily to prepare this food, so that every dining hall may have it on its menu once a week.

"With all equipment generously offered by Harada, production is about 600 cakes daily made from two sacks of soy beans."

1897. *Denson Tribune* (*Jerome Internment Center, Denson, Arkansas*). 1943. These fellows know their 'soybeans' (Illustration with caption). 1(35):3. June 29.
• ***Summary:*** This large illustration shows the inside of the tofu shop at the internment camp. The lower caption reads: "The manufacture of tofu for the Center's 33 kitchens is shown in the above sketch by a staff artist [A.K.]. Under the direction of Gonshiro Harada, 600 cakes of the soybean product are made daily. The factory is located in Dining Hall 36. Thirteen men are employed on the project."

1898. House of Better Living. 1943. Beat the meat shortage: *150 Ways to Use Soybeans as Meat, Milk, Cheese and Bread*, by Mildred Lager (Ad). *Nature's Path* (*New York City*). June. p. 237.
• ***Summary:*** This book sells for $0.55 by mail. Address: 3477 West 6th St., Los Angeles, California.

1899. *Soybean Digest.* 1943. Japs eat rice and bean curd. June. p. 5.
• ***Summary:*** "The Japanese soldier in the field eats a highly nutritious, scientifically balanced diet particularly well adapted to his special needs and considerably better than the customary diet of the Japanese civilian, according to studies of captured Japanese army rations made at the Board of Economic Warfare. Food items tested include the standard ration biscuit, a health drink called "Mirin" containing lactic acid, a yeast preparation called "Florylin," wheat germ tablets, and a tinned ration labeled 'rice and soybean curd.'

"Rice and bean curd is a mixture of cooked rice and soybean protein flavored with shoyu sauce. Soybeans ground in water yield soluble proteins which form a solution known as 'soybean milk.' When boiled this forms a surface skin [yuba] due to the coagulation of proteins, and the skin when totally or partially dried is highly nutritious, containing valuable proteins which are considered a satisfactory substitute for fish or meat.

Note: The writer is confused about the difference between tofu and yuba. This food has nothing to do with yuba. It is probably vinegared rice in deep-fried tofu pouches (*Inari-zushi*).

"The rice and bean curd ration used by the Japanese thus offers an excellent combination of carbohydrate and protein. It is, in fact, a sort of cooked sandwich, in which boiled rice takes the place of bread and the soybean protein takes the place of meat."

1900. *Granada Pioneer* (*Camp Amache / Granada Internment Center, Granada, Colorado*). 1943. Tofu manufacture to get underway. 1(82):7. July 14.

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• ***Summary:*** "Kenzo Amamoto, 6E-4C, is currently supervising the construction here of equipment to manufacture tofu. Persons interested in working with Amamoto are asked to report to him or to the mess division immediately, announced Project Steward William Wells."

1901. Worden, William. 1943. Army's 'sleeping bag tester' earns admiration during junket in Alaska. *Hartford Courant* (*Connecticut*). July 20. p. 18.
• ***Summary:*** Lieutenant Robert D. Orr, of Evansville, Indiana, was a military inspector. He traveled to "bloody Attu," Alaska, Amchitka, and other inhospitable, freezing places. In Attu he was assigned to collect complaints about American equipment and souvenirs. His third and most important assignment was to collect "at least one of everything the Japanese soldier ate, wore or used in battle.

"He collected piles of everything, soy bean cakes, bayonets, rifles, fur-lined leggings, even the thousand stitch belts most Japanese soldiers wear as a sort of luck charm around their stomach."

Note: These soy bean cakes might be cakes of dried frozen tofu, which are light in weight, high in protein, and not perishable.

1902. *New Yorker.* 1943. Meat without bones. 19(24):14-15. July 31.
• ***Summary:*** A humorous article. "Governor Dewey's announcement that only the soy bean stands between New Yorkers and starvation made the soy as timely as Badoglio" [Pietro Badoglio, and Italian soldier and politician. As Prime Minister of Italy, replacing fascist dictator Mussolini, he signed an Armistice with the Allies].

"We immediately sent out our man with instructions to get the soy story and spare no expense doing it, and he has submitted the following facts. In the first place, it is true that a diet of soy beans and water will sustain life indefinitely; Governor Dewey could live on soy beans and water until he becomes president." This year the acreage will probably double or triple as "the result of the soy's publicized ability to take the place of meat and other protein foods that are now hard to get. In this country the soy is considered chiefly an article of civilian diet, but it is also included in military rations as an ingredient of such things as soups, gravies, and pie crusts."

"In China as well as Japan, soy bean curds are called 'meat without bones.'"

Soy bean oil can be used for pretty much any purpose, including a butter substitute and artificial rubber (which won't stretch but works fine as a doormat). The beans may be served as a "green vegetable. Put in a warm, steamy place, they shoot out sprouts, which make a nice salad. Soy-bean flour makes good muffins. Mixed with ten parts water, it turns into a palatable milky drink. From this milk several kinds of cheese and something like buttermilk may be produced. The dried bean can be used as a breakfast cereal, or, roasted and ground, as a coffee substitute.

"Soy meal with the oil removed has dozens of uses in industry... Soy-bean glue is now the preferred adhesive for pine and fir plywood, from which the Mosquito bomber is made. Soy beans can also, of course, be put in beanbags."

Note 1. This is the earliest document seen (June 2012) with the phrase "Meat without bones" (or a similar phrase) in the title; it is used to refer to tofu.

Note 2. Notice the interesting use of the terms "the soy's publicized ability..." and "the soy is considered..."

1903. *Manzanar Free Press* (*Manzanar Internment Camp, California*). 1943. Manufacture of tofu commences following delay. 3(62):1. Aug. 4.
• ***Summary:*** "Commencement of the manufacturing of tofu (bean cakes) got under way this week at block 1-20 after months of delay, according to the Industrial Division."

"Schedule planned: The Mess Division announced that a schedule has been planned whereby tofu may be distributed on block by block basis, beginning from block 1, since only about five to six blocks can be served daily.

"Tofu section is headed by S. Okugawa and assisted by Henry Toda."

"Shoyu production: Production on shoyu (bean sauce) got under way this week after weeks of experimentation and shoyu will be distributed to the Mess Division by the end of this week for local consumption, it was also reported.

"Out of five different brands of shoyu, a committee, consisting of Project Director Ralph P. Meritt, block leaders and mess hall chefs chose brand No. 2. Every brand was given a taste and cooking test, the Manufacturing division declared."

"Output unknown:... Rumors circulating around the center stating that Shoyu Supervisor Nobutaro Nakamura has turned in his resignation has been confirmed by this division. The name of the new supervisor has not as yet been disclosed."

1904. *Manzanar Free Press* (*Manzanar Internment Camp, California*). 1943. Residents taste home-made tofu. 3(63):1. Aug. 7.
• ***Summary:*** "Tofu, the first to be manufactured and distributed here, was distributed and served at the first five blocks on Wednesday, the Industrial Division announced."

"Alteration of the shoyu plant is now under way and the division hopes to get production started by the end of the week."

1905. *Topaz Times* (*Topaz Internment Camp, Topaz, Utah*). 1943. Around the circuit. 4(19):2. Aug. 14.
• ***Summary:*** From Manzanar Free Press [California]. "After months of delay, manufacturing of tofu (bean cakes) got under way, according to the industrial division.

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"Also, production on shoyu (bean sauce) got under way after weeks of experimentation and shoyu will be distributed to the mess division soon for local consumption."

1906. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. Unit I tofu factory to resume operations. 15(3):2. Aug. 15.
• ***Summary:*** "Tofu manufacturing in Unit I will resume operations this Monday, according to an announcement from the Department of Industries.

"The motor which broke down two weeks ago has been repaired and installed, and the cooking units have been reinforced with iron straps and concrete.

"Repairs on the motor were made in the Poston machine shop by evacuee mechanists who cooperated to meet the emergency and made it unnecessary to ship the motor to Phoenix for the repairs."

1907. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1943. Plan tofu manufacture. 3(27):1. Aug. 28.
• ***Summary:*** "Plans are being formulated for the manufacture of tofu in this center, the steward division disclosed this week."

1908. Hodges, Leigh Mitchell. 1943. Are you neglecting the wonder bean? Wartime food economy underlines multiple soybean values for both consumers and millers. *American Miller.* Aug. p. 36, 38.
• ***Summary:*** Discusses the work of Clive McCay at Cornell University, the Soya Corporation of America which is milling soya flour by a new process in Hagerstown, Maryland, and Dr. Artemy Alexis Horvath, "who under a Rockefeller grant, spent eight years in the Peking Union Medical College studying the more than 5000 different varieties of soybean which have been developed in China."

"The German scientist, Furstenberg, had a gift of prophecy in 1917, when he visioned the soybeans as 'the plant that is going to revolutionize the nutrition of humanity.' At that time Germany was importing more of them than any other country, mostly from Manchuria. One of Hitler's first acts after coming to power was to plan a 2,000,000-ton soybean reserve. He also arranged for vast soy plantings in Rumania and other Balkan countries. Part of this huge reserve has been used in the making of explosives and other chemicals. But most of it has been milled into flour which has proved invaluable in piecing out insufficient supplies of animal foods."

A photo shows students at Madison College in Tennessee making tofu and other commercial soybean products for general sale to the public.

1909. *Let's Live.* 1943. Japs eat rice and bean curd. Aug. p. 5.
• ***Summary:*** "The Japanese soldier is well fed according to the Board of Economic Welfare which has analyzed rations captured. Items tested were a standard ration biscuit... and a ration labeled 'rice and soybean curd.' This latter offers an excellent combination of carbohydrates and protein."

1910. *Granada Pioneer* (*Camp Amache / Granada Internment Center, Granada, Colorado*). 1943. Tofu factory near completion. 1(96):2. Sept. 1.
• ***Summary:*** "The center tofu factory is now nearing completion, and as soon as needed equipment arrives, tofu will be manufactured and served in the mess halls, announces Supervisor Kenzo Aamoto."

1911. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1943. Tofu debut seen in near future. 3(28):1. Sept. 4.
• ***Summary:*** "To be situated in the Blk. 22 laundry room the tofu plant will be operating by the end of next week, according to M. Yuki, foreman of the plant.

"With five persons working, approximately 600 cakes of tofu will be produced daily."

1912. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1943. Tofu manufacture begins Monday. 3(30):1. Sept. 18.
• ***Summary:*** "Manufacturing of tofu will get under way this Monday in the Blk. 22 [Block 22] laundry room, according to M. Yuki, foreman of the plant.

"Six workers will be turning out 500 to 600 cakes of tofu a day and distribution of the 'bean cake' will start from D.H. 1" [Dining Hall 1?].

1913. *Manzanar Free Press* (*Manzanar Internment Camp, California*). 1943. Reporters learn process in tofu making tedious. 4(12):4. Oct. 16.
• ***Summary:*** "Overcome by curiosity, three members of the Free Press staff recently visited the tofu factory at 1-20 to obtain first-hand information on tofu manufacturing."

The two supervisors explained that approximately 450 tofu cakes are being made daily by the eight split-shift workers who begin work as early as 5 a.m. Each cake is 3½ by 3½ by 3 inches. "Approximately 22 pounds of Virginia or Carolina grown soy beans are used daily."

The seven basic steps in the process are described. The soybeans are soaked, then finely ground in a grinder. This material is "put in a copper kettle measuring about 42 inches in diameter and about 22 inches deep and boiled in a 200 degree F. mixture" of water, lime, and oil for about one-half hour and stirred constantly. [After filtering] the hot liquid "is placed in a settling tank and mixed with brine. In about 15 to 20 minutes the mixture is ready to be poured into a form box where cloth has been applied and the water is forced out by pressure. After 20 to 25 minutes, the bean curds harden and are cut into squares and placed in cool water tanks, ready for mess hall distribution."

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The food value [nutritional value] of tofu is given.

1914. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1943. Poston may get soybean milk. 16(8):3. Oct. 22.
• ***Summary:*** "Poston will soon have ersatz milk made from soybeans to alleviate the lack caused by the nation-wide milk shortage, if all goes well with the equipment which the Steward's department has obtained from Phoenix.

"At present it is planned to experiment with the milk substitute in Unit III only, in conjunction with the tofu industry which will supply the soybeans. If the milk agrees with Poston palates, arrangements will be made to have the milk made available to the other units.

"Soy bean milk has a higher protein content than cow's milk and is said to be richer in minerals."

1915. Kollmorgen, Walter M. 1943. The soybean goes to college. *Tennessee Planner* 4(1):15-20. Sept/Oct.
• ***Summary:*** The author was invited to lunch at Madison by E.M. Bisalksi, who is in charge of the food research and production program. The menu, typical of the meatless meals served on the campus, included: Meatless meat balls (Yum), fresh soymilk, Zoy-Koff (coffee substitute), margarine (75% soybean oil), and bread (made in part from soybean flour). "It should be noted that in the above menu animal foods and animal products are completely absent, with the exception of a small portion of cream used in the Zoy-Koff... Cans of Madison Foods substitutes for milk and meat carry the words "Contains no animal products." These food were not developed to stretch meat ration points during the war; some of them are nearly 20 years old.

Large photos on a 2-page spread show the following Madison products: Wheatasoy, Kreme O'Soy (sliced bread), Kreme O'Soy (canned soymilk), bottled soymilk, Yum, Zoyburger, Soy Cheese, Kreme O'Soy Butter Muffins, Stake-Lets, Not-Meat, Vigorost, and Zoy-Koff.

"Dr. Floyd Bralliar, Vice President of Madison College, has for years conducted experiments with soybean varieties. In this work he is closely associated with experts in the United States Department of Agriculture. Dr. Bralliar believes that Tennessee farmers can profitably devote more acreage to the soybean. He holds that canneries will do well to can more fresh soybeans..." Address: Research Director, Tennessee State Planning Commission.

1916. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1943. 'Tofu' manufacture in Rivers soon. 3(36):1. Nov. 13.
• ***Summary:*** "Equipment for the manufacture of tofu at Rivers has been purchased in California and should arrive within the next week, stated Project Director Leroy H. Bennett."

1917. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1943. Mess 45 to be turned into tofu factory. 3(39):5. Nov. 20.
• ***Summary:*** "Mess 45 has been chosen as the site for the tofu factory, announces John C. Doucha, assistant project director of operations.

"Equipment has already been purchased from Los Angeles, and is scheduled to arrive in a week.

"With steady procurement of soybeans, production will start at the rate of 1,000 lbs. per day as soon as plans for the general set-up are readied.

"H.E. Keadle, project steward, will temporarily supervise this project until Hoyt Martin, supervisor of industries, assumes full charge.

"The tofu factory crew will consist of six persons."

1918. *Granada Pioneer* (*Camp Amache / Granada Internment Center, Granada, Colorado*). 1943. Large-scale production of tofu to start. 2(7):1. Nov. 20.
• ***Summary:*** "The mess division promises to satisfy the appetite of tofu-hungry residents beginning next month when the center tofu factory will swing into full scale operation.

"Since last Saturday the tofu plant has only been producing a small supply of tofu which filled the needs of six mess halls at one time under the supervision of T. Nakagawa, states Ted Nakagawa, assistant project steward.

"Tofu, which is to be produced in the factory located in warehouse number 12, is made from ground soy beans and then prepared with 'ni-ga-li' [nigari]. The combined ingredients are placed in trays or boxes to form cubes. Tofu are [sic] always kept in water until distribution, K. Amamoto, foreman, revealed."

1919. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1943. Tofu, a dream no more. 3(40):3. Nov. 23.
• ***Summary:*** "Tofu equipment has been shipped from California and should arrive here in a day or two, stated Project Director Bennet, who returned Sunday from a procurement trip to California."

1920. *Rohwer Outpost* (*The*) (*Rohwer Internment Center, Rohwer, Arkansas*). 1943. Production of tofu and miso starts here. 3(42):1. Nov. 24.
• ***Summary:*** "Production of tofu at the local factory in Block 42 will begin tomorrow. Distribution of tofu to the Mess halls will start next week.

"With about 600 cubes of tofu estimated to be produced in a day, delivery to each Mess hall may average about 100 cubes, once a week.

"At the Miso factory, seven 60-gallon barrels of miso are now being processed. Miso will be ready for delivery about the middle of January."

1921. *Gila News-Courier* (*Gila River Internment Center,*

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Phoenix, Arizona). 1943. Tofu factory progressing. 3(43):1. Nov. 30.
• ***Summary:*** "Tofu machinery for the forthcoming tofu factory in mess 45 arrived Friday, announced John C. Doucha, assistant project director of operations.

"Miscellaneous equipment, such as presses, work tables, benches, and the like, have yet to be built before the tofu production can commence. Requisition for the materials necessary the construct the equipment has been submitted and approved.

"A crew of two men, assisted by the mess 45 crew, is now working on the conversion of the mess to a tofu factory."

1922. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1943. Keadle gets facts on tofu delivery. 3(44):4. Dec. 2.
• ***Summary:*** "Project Steward H.E. Keadle returned Tuesday night from a trip to Poston [Arizona] where he went to get necessary data on tofu consumption and distribution.

"Poston has a smooth mess operation, according to Keadle. They are making soy bean milk as well as tofu, and Rivers will soon be making them too, he said."

1923. *Science News Letter.* 1943. Soybean curd makes good cottage cheese substitute. 44:360. Dec. 4.
• ***Summary:*** "Now that cottage cheese production has been curtailed, soybean curd can be used as a good substitute." This curd, made from soybean milk, can be "added like cheese to omelets, Welsh rabbit and creamed hard-boiled eggs, or served with other vegetables in hot dishes. Its mild, somewhat cheese-like flavor and soft texture" makes it a good as a stuffing for celery, pepper rings, or tomatoes, a garnish on salads, or mixed with salad dressing. It can also be rolled into balls and served on crisp lettuce.

There follows a description of how to make soybean milk and soybean curd on a home kitchen scale.

1924. Brewster, Clara M. 1943. The soya bean–A four star food. *Diet Digest* (*Beverly Hills, California*) No. 18. p. 32-34. [1 ref]
• ***Summary:*** This is a reprint of an article with the same author and title first published in Aug. 1936 another Hauser magazine: *Horizon* (Tempo Books, New York City) 1(3):9, 26-27.

1925. Drown, Marion Julia. 1943. Soybeans and soybean products as food. *USDA Miscellaneous Publication* No. 534. 14 p. Dec. [1 ref]
• ***Summary:*** Contents: Introduction. Nutritive value of soybeans: Why soybean protein is important, minerals and vitamins of soybeans, the fat of soybeans–soybean oil. Recent increase in soybean production [in the USA]. Soybean products: Soya flour, soya grits, flakes and meats, soya with sausage and in soup. Soybeans as a green or dried vegetable: Varieties, growing and harvesting, preparation and cooking. Soybean "milk." Soybean curd. Soybean sprouts. (Note: A description is given of how to make the three previous foods at home.) Other edible soybean products (Soy sauce, Worcestershire sauce, soya crackers and breakfast foods, a coffee substitute, and salted soys [soynuts]).

"In 1942 nearly 210 million bushels of soybeans were produced on about 11 million acres [yield = 19.1 bushels/acre]. If the 4.6 million acres on which soybean plants were grown for forage and other purposes are added to this figure, only five other crops–corn wheat, hay, oats, and cotton–occupied more land in the United States in that year. These figures contrast strikingly with those of 1924, when less than 5 million bushels of soybeans were harvested from 448,000 acres" [yield = 11.16 bushels/acre]. Figure 1 shows soybean production in the USA (in million bushels) from 1924 to 1942. The rapid increase in production began in 1934. In 1942 production doubled as a result of wartime needs.

"Soybean meats are split or coarsely ground soybeans, dehulled and debittered. They are chiefly used in place of roasted peanuts in confectionery and baked goods, but they can also be cooked and eaten like navy beans.

Vegetable soybeans make an excellent Victory Garden crop. "The most suitable varieties for green shelled or dried beans have straw-yellow or olive-yellow seeds that cook easily and have a mild flavor." A table (p. 8) shows: "Some of the desirable garden varieties for green and dried beans, classified as to their length of growing season" (from Morse & Stuart, Nov. 1943). State experiment stations can usually supply information about the "seeds of vegetable varieties of soybeans... Many State experiment stations furnish pure cultures of soybean bacteria at cost, and commercial seed firms also sell them" (p. 9).

"When soybeans follow corn on fertile land, they should produce a good crop without direct application of fertilizers. The use of fertilizers, however, is recommended on sandy soils or soils of low fertility, the best results being obtained with stable manure or superphosphate and muriate of potash. Wood ashes may be used if the potash is not available."

Note: This is the earliest English-language document seen (May 2005) that uses the word "debittered" (or "debitter," "debitters," or "debittering") in connection with flavor problems in soybeans. Most early documents that used the term were written in German. Address: Associate editor, Bureau of Plant Industry, Soils, and Agricultural Engineering.

1926. Morse, W.J. 1943. Introducing the soybean. In: U.S. Food Distribution Administration, War Food Administration, ed. 1943. Soybeans and Soya Products. Program for Meeting of Interdepartmental Nutrition Coordinating Committee. 25 p. See p. 1-2. Dec. 7. [1 ref]
• ***Summary:*** The soybean has many uses. Fermented, it

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yields different sauces; "pressed, it gives oil for cooking; sprouted, it gives a fresh vegetable rich in vitamins; picked when green, it makes an excellent green vegetable; ground dry, it makes flour; soaked, ground, and with water added, it provides milk; and the curdled milk furnishes the famous bean curd–the boneless meat of the Orient–used in the form of various cheeses and as a meat substitute."

Note. This is the earliest English-language document seen (April 2013) that uses the term "boneless meat of the Orient" refer to tofu.

"Strange to say, the first published use of the soybean in the United States, other than for forage purposes, was as a coffee substitute by the Indiana Experiment Station in 1892 [sic, 1894]. It was revealed that an Indiana farmer and his neighbors had been using the roasted beans for coffee for about 8 years. During the past two years, as many of you know, the soybean has been sold as 'Coffee Berry", and 'Coffee Plant', and used extensively to blend with coffee."

"The soybean was first used for food in America, beginning about 1910, as a flour prepared chiefly for infant foods and for persons requiring a food of low starch content" [diabetics].

"In 1925 the American Soybean Association held its annual meeting in Washington [DC] and in the exhibit of products, the only articles of food shown were canned baked soybeans, diabetic and infant foods, soy sauce, and health soy flour. At the present time more than 50 different foods made wholly or in part from soybeans by about 200 manufacturers are on the market."

"Vegetable soybeans led the list of new vegetables planted in the rural gardens in 1942 in South Carolina. Approximately 2000 home demonstration club women in 44 of the 46 counties in South Carolina planted them in the vegetable garden for the first time. In the winter and spring of 1943, 10,000 one-pound packages of dry vegetable soybeans were sold throughout South Carolina." Address: Bureau of Plant Industry, Soils, and Agricultural Engineering, Agricultural Research Administration, USDA, Washington, DC.

1927. Horvath, A.A. 1943. The protein-phosphatide compounds of the soybean. In: Berkeley, California: University of California Press: Proceedings of the Pacific Science Congress. Vol. 6, No. 6 (Public Health). 747 p. See p. 449-51, 465. *

• ***Summary:*** It is popular food in Manila and in places where there are Chinese who manufacture it for sale. Soybean curd, on account of its high fat, protein, and mineral salt content, is called by the Chinese "meat without bones," or "the poor man's meat." This curd is known by a number of different names.

Note: Pacific Science Association is listed as the Corporate Author.

1928. Concepcion, Isabelo. 1943. Significance of soy bean in the dietary of Filipinos. In: Proceedings of the Sixth Pacific Science Congress of the Pacific Science Assoc. See vol. 6, p. 437-47. Held July 24-Aug 12, 1939. Berkeley, CA: Univ. of California Press. [26 ref]

• ***Summary:*** See: Concepcion, Isabelo. 1941. "Significance of soy bean in the dietary of Filipinos." *Acta Medica Philippina* 2(4):479-95. April/June.

1929. Huebscher, Adolf. 1943. Die Soja: Ihre Kultur, Verwendung, Zukunft! [Soya: Its culture, use, and future!]. Grenchen, Switzerland: A. Niederhaeuser. Published by the author. 52 p. Undated. Illust. with 18 line drawings. [Ger]

• ***Summary:*** Contents: Foreword. Soya–The dispenser of work and bread. Botanical description of the soybean. Cultivation and manuring of the fields. Seeds and sowing. Nutritional composition and food value. Harvest, storage and use as silage. Enemies of the soybean. Economic significance of the soybean. Preparation of the soybean for use as food. Soya minestra (an Italian dish, also consumed in Switzerland). Soya beefsteak. Soya cutlets. Tomatoes stuffed with soya. Soy sauces–Japanese shoya [sic, shoyu] and Shimosa. Vegetable cheese [tofu]. Miso-cheese. Natto cheese. Soy coffee. Soy flour (Soja-Mehle, made by Morga S.A. or Ennat-Kappel, Switzerland). Soya cakes. Soya salad. Green vegetable soybeans (*Soja-Gruengemuese*). Soya Muesli. Soya Kasha (*Soja-Kascha*, the newest food for soldiers, athletes, and heavy laborers. It consists of a mixture of soy flakes, rolled oats, corn flakes, sugar, salt, and powdered milk). Soymilk (The first soymilk in Europe was made in Paris in 1882). Soy yogurt (*Soja-Yoghurt*). Soy cream for the tropics (*Soja-Crème-Tropenmilch*). Address: Dr. and veterinarian, villa Bel-Air, Corseaux (Vaud), Switzerland.

1930. Lee, M.P. 1943. Chinese cookery: A hundred practical recipes. London: Faber and Faber. 74 p. With decorations by Chiang Yee. 20 cm. Published in the USA in 1945 in New York, NY, by Transatlantic Arts, Inc. (74 p.).

• ***Summary:*** The Introduction (p. 12-13) notes: "The third important factor in Chinese cooking is the seasoning... There is an erroneous idea that soy bean sauce is indispensable to every dish of Chinese food. Soy bean sauce is only essential in braising, but Bovril, Oxo or Marmite, which has a vegetable basis, can be a good substitute when soy bean sauce is unobtainable. Soy bean sauce is not used in stewing at all. In semi-frying there are two styles, namely, the 'white' in which salt is used, and the 'brown' for which soy bean sauce is required. The most satisfactory way of applying soy bean sauce is to coat the meat slightly with very thin cornflour paste first and to apply the sauce in small doses a few minutes before serving. Soy bean sauce has a strong flavour of its own and would destroy the original taste of food if it were applied too liberally."

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Page 69 gives a recipes for Bean curd with mushrooms and spring onions, seasoned with soy bean sauce. Page 72 lists the names and addresses of 7 Chinese restaurants and 2 Chinese food shops in London. Address: London.

1931. Mathews, R.H. comp. 1943. A Chinese-English dictionary. Revised. American ed. Cambridge, Massachusetts: Harvard Univ. Press. Published for the Harvard-Yenching Institute. xxiv + 1226 p. Index. 26 cm. [3 ref]

• ***Summary:*** This excellent dictionary, which romanizes Chinese words using the Wade-Giles system and arranged them in alphabetical order by sound, is a condensed version of the multi-volume dictionary by Giles, and a revised version of Matthews' 1931 dictionary. Soy-related characters include:

Chiang (No. 661, p. 90)–Soy [sauce], pickled vegetables, pickled bean curd (*chiang toufu*) [fermented tofu].

Fu (No. 1930, p. 285)–Tofu.

Ju (No. 3144, p. 473)–Milk. The breasts; a teat, a nipple. To suckle. *Fuju* ("rotten milk")–A milky preparation from beans. [Note: Probably fermented tofu].

Shih (No. 5805, p. 813)–Cantonese soy [sauce], salted beans [fermented black soybeans] eaten with rice, gruel, etc.

Note: This is the earliest English-language document seen (April 2012) that contains the term "Cantonese Soy," which apparently refers to soy sauce made in Canton, China.

Tou (No. 6478, p. 939-40)–See No. 6481.

Tou (No. 6481, p. 940)–Beans, oil expressed from beans, young bean plants, bean stalks, bean flour, bean curd, dried cakes of bean curd usually flavored with soy, underlings = bean curd officials, soft hearted, bean sprouts [mung]–used as a vegetable, bean pods, soy [sauce], bean-cake, four kinds of soya beans (ta-tou, hei-tofu, huang-tou), (*Glycine hispida*).

Note: At Mao (No. 4357, p. 614, meaning "hair") there is no entry for *Mao tou* = "green vegetable soybeans." Address: China Inland Mission, Shanghai.

1932. Rebelo Hespanha, Jaime. 1943. A soja: Cultura e utilizacao dos seus produtos [The soybean: Cultivation and use of its products]. Lisboa, Portugal: Livraria Rodrigues. 42 p. No index. [Por]

• ***Summary:*** Contents: Part I: Soybean culture. 1. Introduction: History and origin, botanical description, advantages of its cultivation for farmers. 2. Soybean culture: Climate, terrain, types of culture, seed and sowing, varieties and sub-varieties, seed characteristics, time of planting, manuring and fertilizing, precautions during cultivation, harvest. 3. Yields.

Part II: The products of soya and its utilization. 1. As human food: As a green vegetable (*como legume*), flour (*farinha*), milk (*leite*), cheese (*queijo-caseina* [tofu]), oil (*oleo*), the hulls (*bagaço*). 2. Feed for cattle. 3. Industrial products.

In Spanish the soybean is called "Soja, Soya, Haba, or Guisante de Japan."

In the section on soybean culture, pages 10-11 state: "For 20 years [i.e. since 1923], the soybean has been cultivated in Ribatejo, with the only goal of providing feed for cattle. The soybean is now being cultivated technically in Alentejo, in Baixo-Minho, and in parts of Estremadura. [Note 1. Ribatejo, Alentejo, Estremadura, Baixa, and Minho are all provinces of Portugal, according to the U.S. Board of Geographic Names for Portugal, 1961.] The land in these areas is well suited for growing soybeans. The most admirable initiative for the cultivation of soybeans in Portugal was undertaken by the Malange [Malanje] Agricultural Station (in Angola), which obtained a yellow variety that had been given an excellent classification in Germany.

"Soybean cultivation in Angola could be extensively spread, even among European farmers. The growing period does not exceed 145 days, and the yield averages 700 kg of seeds [per hectare], bringing a price of $25 (0.25 angolares) per kilogram. It would be good if the example given by the Malange Agricultural Station would spread to the [area around the] cities."

Note 2 This is the second earliest document seen concerning soybeans in Portugal, or the cultivation of soybeans in Portugal. This document contains the second earliest date seen for soybeans in Portugal, or the cultivation of soybeans in Portugal (1923 in Ribatejo). The source of these soybeans is unknown. The author was born in 1891.

Note 3. This is the earliest Portuguese-language document seen (April 2013) that uses the term *queijo caseina* to refer to tofu. Address: Major do S.A.M., Portugal.

1933. Ricino, soja y sesamo: Siembra, cultivo, cosecha e industrializacion de estas tres plantas oleaginosas. 2nd ed. [Castor-oil plant, soybeans and sesame: Sowing, cultivation, harvesting, and industrialization of these three oleaginous plants. 2nd ed.]. 1943. Buenos Aires, Argentina: Editorial Atlantida, S.A. 148 p. See p. 41-150. Illust. 17 cm. (Biblioteca de "La Chacra" Dirigida por Waldemar Martínez Pintos). [Spa]

• ***Summary:*** Contents: Introduction. Products obtained from the soybean (chart). As a human food. The seeds (*los porotos;* the soybean is called *poroto soja*). Green vegetable soybeans (*porotos verdes*). Soy flour. Soy oil. Soy sauce. Soy sprouts (*vastagos*). Soy milk (*leche vegetal*). Tofu (*queso*). Curd (*cuajada*). For livestock or cattle destined for slaughter. For sheep and poultry. Preparation of the seeds for obtaining oil. Utilization of the oil. Defatted soybean flour (*harina de torta*). Soybean cake for animals. Soybean cake for fertilizer. Other uses of the cake. The soybean for hay. For pasture. For silage. Address: Buenos Aires, Argentina.

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1934. Swardt, S.J. de; Saunders, A.R.; Bergh, W.F.; Roux, L.L.; Bronkhorst, J.J.; van Wyk, D.J.R.; Hoek, T.; Groene woud, P.W.G. 1943. Soya beans in South Africa. *South Africa, Department of Agriculture and Forestry, Bulletin* (*Capetown*) No. 240. 58 p. [15 ref]
• ***Summary:*** Contents: Introduction. The production of soya beans, by A.R. Saunders. The economic aspect, by S.J. de Swart. Use as livestock feed, by W.F. Bergh and L.L. Roux. Nutritional value and domestic use, by D.J.R. van Wyk and Miss T. Hoek (Mrs. P.J. Serfontein) (Composition, mineral content of selected foods, comparative analyses of selected foodstuffs, soya bean bread. Soya beans on the menu: 41 recipes). The industrial preparation and uses of soya bean products, by P.W.G. Groene woud (Edible soya-bean flour, oil, plastics). Address: South Africa.

1935. *Topaz Times* (*Topaz Internment Center, Topaz, Utah*). 1944. Construction of tofu plant begins. 6(2):1. Jan. 4.
• ***Summary:*** "The foundations of the tofu plant east of the hospital laundry began yesterday, according to George Shimamoto, construction engineer.

"The 20' x 60' [20 foot by 60 foot] plant is being built from a CCC [Civilian Conservation Corps] building." Note: The *Topaz Times* is printed using a mimeograph machine.

1936. *Sentinel* (*Heart Mountain Internment Center, Heart Mountain, Wyoming*). 1944. Tofu factory in operation. 3(2):8. Jan. 8.
• ***Summary:*** "A familiar food item on mess hall tables from the first of the year will be tofu, which is now being produced on a fairly large scale in one-portion of the bakery plant.

"A trial batch was made at the end of December, and tofu made its appearance on the New Year menu. Regular production got under way last Monday. The daily output is 800 squares.

"The staff of 12, which includes one woman, is divided into two shifts that work from 8 a.m. to 11 p.m. Supervisor of the plant, is Kichizo Umeno, former operator of a tofu firm in San Francisco."

1937. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1944. Tofu factory shifts to high. 3(63):1. Jan. 15.
• ***Summary:*** "A total of 3,515 cakes of tofu is being produced weekly at the tofu factory as mess 45 swings into full blast with its crew of 10 men, according to H.E. Keadle, chief project steward.

"Tofu is being distributed to Canal on Tuesdays, to Butte on Thursdays, to special diets everyday, and on Mondays, Wednesdays, and Fridays to the hospital. Nine hundred and twenty cakes are made on Tuesday for Canal, and 750 each on Wednesday and Thursday, 1500 in all for Butte, to be distributed on Thursday.

"Purchased from Colorado and now on hand are enough soy beans to supply the factory for six months ahead."

1938. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1944. 12,849 tofu cakes made here during Jan. 2(49):1. Jan. 29.
• ***Summary:*** "Supplying the center demand for the Japanese bean cake, the tofu manufacturing plant, located in the Blk. 22 laundry room, sent 12,849 cakes to the mess management during the last month. The plant is staffed with 8 workers.

"A pickling plant located adjacent to the hospital is making twice weekly deliveries of... *nappa tsukemono* to mess halls."

1939. *Rohwer Outpost* (*The*) (*Rohwer Internment Center, Rohwer, Arkansas*). 1944. Food: Tofu and miso top output. 4(8):1. Jan. 29.
• ***Summary:*** "Production reports from the Tofu and Miso factory for January were released through L.A. May, Head of Mess management.

"Ably headed by Foreman J. Yamaguchi, and staffed by 11 workers, the Tofu factory manufactured and distributed some 12,595 pounds of tofu for local consumption.

"Under Foreman G. Miyano, and aided by four employees, the Miso section produced 2,109 pounds of miso."

1940. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1944. Canal to start making tofu. 3(77):5. Feb. 17.
• ***Summary:*** "Tofu, which is being produced at mess hall 45 in Butte, will soon be in production at Canal, too, stated Mets Ando, chairman of the Canal Community Council.

"Ando had appointed a committee of three councilmen, Errol Ishii, Ben Iida, and J. Kirihara, to investigate ways and means to start production. The steam boiler and all equipment except a grinder are ready to go at the old dehydration plant, Ando said. He also hinted the possibility of making miso and shoyu."

1941. *Sentinel Supplement* (*Heart Mountain Internment Center, Heart Mountain, Wyoming*). 1944. Tofu, miso distributed to local residents. No. 176. March 2.
• ***Summary:*** "Distribution of green tea and miso from the Japanese Red Cross to the residents of the center will be completed this week-end, according to Minejiro Hayashida of the community council food committee.

"All blocks with the exception of 7 and 25, will receive 268 packages of tea and 70.56 pounds of miso."

1942. *Topaz Times* (*Topaz Internment Center, Topaz, Utah*). 1944. 1800 cakes of tofu distributed to mess halls. 7(4):3. April 12.

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• ***Summary:*** "The first batch for 1800 cakes of tofu made at the center tofu factory was distributed to the mess halls last Friday, according to Harry Konda of the industry section.

"The tofu plant... will produce enough tofu for the residents twice a week. Konda stated that there is approximately 7500 pounds of soy beans at the commissary tofu be used in the making of tofu. Tofu will me made on Mondays, Tuesdays and Fridays."

Note: By 12 Aug. 1945 tofu was still being made at the Topaz camp.

1943. *Granada Pioneer* (*Camp Amache / Granada Internment Center, Granada, Colorado*). 1944. Tofu factory needs help. 2(60):5. May 31.
• ***Summary:*** "Center tofu factory may have to curtail production unless five men are added to its deleted [sic, depleted] staff immediately, stated Yoshio Tsuruda of the mess division yesterday... Those interested are asked to apply at mess personnel office, or the employment office."

1944. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1944. Fire destroys tofu factory. 19(12):1. June 17.
• ***Summary:*** "An early morning fire destroyed the Unit I Tofu and Age factory at 5:30 a.m. Friday morning suspending the output of the beans products in Camp I. The fire started from the cooking oil where abura-age was being made by the early morning crew, according to Harley Woodhouse, assistant fire chief."

1945. Barthélemy, M. 1944. Contribution a l'étude du soya en France [Contribution to the study of soya in France]. Clermont-Ferrand, France: Jean de Bussac. 91 p. June 20. Based on his thesis, Strasbourg Univ., Faculty of Pharmacy. [34 ref. Fre]
• ***Summary:*** This is a published thesis, presented to the Faculty of Pharmacy at Strasbourg. Contents: Introduction. Part I: The cultivation of soybeans. 1. History of cultivation (its origin and importance). 2. Botanical characteristics. 3. Soybean cultivation in detail. 4. Conclusions. Part II: Chemical composition of soybean seeds. Proteins, lipids, oil and lecithin, carbohydrates (*glucides*), minerals, diastases, vitamins, sterols–soyasterol.

Part III: Utilization of soya as a food and in industry. 1. As food (nutritional value, whole soybeans, soy sprouts, roasted soybeans, soy coffee, condiments liquid and solid, soymilk, Li Yu Ying, products derived from soymilk {kefir, yogurt, tofu}, shoyu, miso, natto, soy flour, soy confections, recipes and formulas). 2. In industry: Oil, lecithin, cake. 3. Other uses of the plant.

Part IV: Laboratory work. 1. In human nutrition. 2. Animal feeds for the farm. 3. In industry. General conclusions. Address: Univ. of Strasbourg, France.

1946. Beau, Maurice. 1944. La caséine du soya (Glycinine) est-elle de la caséine? [Soybean casein: Does it contain casein?]. *Lait* (*Le*) 24(234-236):97-108. April/June. [14 ref. Fre]
• ***Summary:*** Contents: Soya milk and soya cheese (tofu). Soy caseine: Composition and properties (nutritional composition, amino acid composition), types and methods of preparation, various ways of utilization. Conclusions. Address: Ingénieur agronome.

1947. *Gila News-Courier* (*Gila River Internment Center, Phoenix, Arizona*). 1944. Tofu for peptic ulcers: Dr. Lawson. 3(139):5. July 11.
• ***Summary:*** "Dr. Grace Lawson, chief dietician, returned to the project Friday, after visiting the Topaz Relocation Center, Chicago, and Pittsburgh, Pennsylvania.

"Dr. Lawson attended the American Women's Home Association conference in Chicago at the Hotel Stevens, where she spoke on 'Tofu for the Hungry World.'"

1948. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1944. Diet patients to get tofu. 19(29):2. July 29.
• ***Summary:*** "The diet distribution (?) center at Block 21 40-A began distribution of tofu manufactured in Unit III, to the special diet patients of Unit I, Monday July 12."

1949. Anderson, George K. 1944. Make way for soy in your diet. *Hygeia* 22:525-26, 528, 530. July.
• ***Summary:*** Subtitle: "The little bean with the big reputation is here to stay–so you should know its many good nutritional qualities." In the Orient, soybeans are known as the "poor man's meat." "Others have called them the 'cow of China,' because the fluid milk or curd made from these beans has served as the only source of milk ever known to most Chinese babies aside from their mother's milk."

In 1943 the soybean was America's "fourth largest pay crop, with a total of 290 million bushels."

"More recently the cultivation of edible varieties or 'vegetable types' is gaining in popularity... They can be eaten either as a fresh vegetable, in the form of dried baked beans, or as any of the prepared products such as soy flour... Perhaps the easiest way to become acquainted with the soybean is to raise it right in your own garden... The shelled beans serve as a fresh green vegetable for table use and taste much like fresh lima beans."

Also discusses whole dry soybeans, soy sprouts, soy milk and curd, soy oil, margarine made from soy oil, soy flour, industrial uses of soybeans, and the nutritional value of the soybean and soyfoods. Soybeans now sell for approximately 12 cents per pound in most sections of the country and the flour is priced at 12 cents per pound. Soy flour is used in military rations and in Lend-Lease food supplies.

1950. *Gila News-Courier* (*Gila River Internment Center,*

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Phoenix, Arizona). 1944. Tofu factory to open again. 3(150):3. Aug. 5.
• ***Summary:*** "Canal's tofu plant is about to start again under the supervision of Yaiichi Nishi, who operated the tofu factory in Jerome, stated Hoyt Martin, superintendent of industries."

1951. Naval Medical Research Institute, Bureau of Medicine and Surgery 1944. Far Eastern nutritional relief (Japanese culture). OPNAV 13-18. Civil affairs guide. Restricted. Washington, DC: Office of the Chief of Naval Operations. vi + 19 p. See p. 4-13, 15-16. Aug. 15. 18 cm.
• ***Summary:*** From the title page: "Prepared by the Naval Medical Research Institute, Bureau of Medicine and Surgery, for Military Government Section, Central Division, Chief of Naval Operations." At the top of every page is written the word "RESTRICTED," which is also underlined for added emphasis.

Note: On 6 Aug. 1945 the U.S. dropped the first atomic bomb on Hiroshima, Japan. This manual was prepared about one year before that event. Therefore it appears that the U.S. believed, a year before the war was over, that it would win the war.

Page 4: Table 3. Proposed basic rations (daily intake per person). In the left column are the basic foodstuffs needed. Across the top are: Weight, calories, calcium, iron, vitamin A, thiamin, riboflavin, niacin. Soy sauce can be used as a source of salt. "Provisional emergency nutritional plan"–when the optimal diet is unavailable but a bare subsistence diet is all that is possible–for 2-3 months.

Page 5: Table 4, "Recommended emergency nutritional plan" includes soybeans and groundnuts as types of "Pulses"–of which 100,000 people will need 9.0 long tons per day.

Page 6: The basic Japanese food habits may be summarized as follows:

"(a) All Japanese, rich and poor, eat fair quantities of three types of food: rice, which provides bulk and carbohydrates; beans, especially the soybean, which provide protein and some fats; and pickled vegetables and fruits, which provide vitamins.

"(b) Fish is eaten by all, but only the more well-to-do eat it in quantity. It never replaces rice.

"(c) Fresh vegetables are common in the diet of all Japanese, although (as in other countries) the farmer probably eats more than the poor city dweller does.

"(d) Meat is not a major article of diet, although its popularity has increased greatly in recent years."

Azuki bean paste is also used as a covering on some rice cakes. As for salads: "A Japanese dressing of vinegar, soy sauce, and sugar on thinly sliced cucumber or cold, boiled spinach would be more in keeping with Japanese food habits."

Page 7: "Fried bean-curd (*age*) is sometimes served with boiled rice (*gohan*)." Discusses various types of sushi.

Page 8: Including inarizushi (with fried bean curds).

\ Note 1. This is the earliest English-language document seen (April 2013) that contains the word *inarizushi* (one word without hyphenation). "3. Beans (*Mame*). Beans are almost as important as rice in the Japanese diet. The two most important beans are the soybean (*daizu*), and a small red bean (*azuki*)."

Page 9: "The soybean forms the basis of the salty miso paste which in turn is the basis of bean soup or misoshiru. This bean soup, together with rice and pickles, is the standard breakfast throughout the country, and is eaten as part of dinner by millions of Japanese. Added to the thick salty soup are various bits of vegetable and fish which the housewife may have available.

"In cities miso is made by specialists and sold in small food shops, but each summer in the country every housewife makes her own annual supply.

"Soy sauce or shoyu is of vital importance in the Japanese diet. This is used as a sauce for fish, for rice dishes, and for meat dishes. It is to the Japanese what salt is to us, an indispensable adjunct to any meal. Any strange food might be made palatable if there were soy sauce to go with it.

"Tofu is a third important soybean product. This is a bean-curd cake. As a rule it is prepared in square blocks by special tofu makers who peddle it to the neighborhood. It forms a substitute for fish at a modest meal. The flavor and consistency of tofu vary with the region and maker. Tofu makers often raise pigs on the waste products of tofu making.

"The small red azuki beans are made into paste and used as stuffing for rice cakes, and the beans are sometimes mixed with rice on festival occasions. Azuki beans are in the nature of a minor special treat."

"Most farmers grow at least part of the beans they need.

"4. Pickles (Tsukemono or okoko. 'fragrant thing'). Almost nothing is served in Japan without some pickled product to go with it as an appetizer. Thus, pickle is served with all ordinary meals, with boxed lunches (bento), or often together with tea or wine at meals.

"The commonest form of processed pickle purchased in shops is pickled radish or daikon. (The pickle itself is called *takuan*). Another common form is pickled plum or umeboshi."

Page 10: "Fish and shellfish often form a part of sushi, which is plain rice flavored with vinegar, with slices of fish, shellfish, or omelet laid on top or rolled in seaweed or fried bean-curd. Fish are also eaten in soup, especially a clear soup with chunks of the fish in it."

Page 11: Fruits and vegetables include "(f) Konnyaku (paste made from the starch of the plant 'devil's tongue')." "Konnyaku is boiled and processed into squares and sold–then cooked in soy sauce or soup. It is also used in shredded form."

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Other vegetables include "(d) Bean sprouts (*moyashi*)."

Page 12: "Most vegetables are boiled and eaten with soy sauce and a little sugar. They are frequently put into soup, cooked into a stew, chopped up and mixed with rice, or pickled."

Page 13: "Salt (brine production) is used generously in making miso and green vegetable pickles. Salt is a government monopoly and is sold at little or no profit."

"8. Meat. Such meat dishes as sukiyaki, using either beef or chicken, are common in middle and upper-class urban families. Soy sauce is an important element in cooking sukiyaki. In general, before the war beef and pork were coming to be eaten more and more among the poorer classes, especially in cities."

Page 14: "Major Japanese dislikes" include:

"(a) Entrails and internal organs of cattle or pigs, e.g., livers, tongue, or brain. (b) Lamb (said to smell). (c) Mutton. (d) Cheese (strongly disliked by most Japanese). (e) Milk and butter would be hard to make acceptable. This applies to foods fried in butter..."

Page 15: "11. Field recommendations:

"(a) Basic food habits are ingrained early in childhood. Food is a center of anxiety and fear. In times of war and calamity. Thus, food will be subject to wild rumor and constant criticism.

"(b) The cultivation of gardens should be encouraged.

"(c) So far as Japan is concerned, a general supply of fresh pickled vegetables and shoyu will go a long way toward making even the handouts of a conqueror palatable.

"(d) Because food habits are often difficult to change, it would probably be helpful to enlist local assistance in the preparation and distribution of food supplies. Cooks make excellent anthropologists. Given any food, a Japanese cook would manage to Japanize it. For instance, in cooking vegetables Japanese use soy sauce and sugar, not salt and butter. Similarly, spaghetti in tomato sauce or macaroni in cheese would not be acceptable. Cooked in soy sauce, sugar and dried bonito shavings, however, it would probably be eaten, as in this form it would be similar to Japanese soba or udon."

Table 5, "Composition of Japanese foods per 100 grams (Ready to be eaten)" includes: "Bean-curd omelet. Pea curd. Bean curd (*Tofu*). Bean residue [okara]. Sprouted beans (5% protein)."

Page 16: Table 6 (8 columns), "Production and consumption of foodstuffs in Japan proper–1936" includes rice, wheat, barley, other cereals, soybeans, other beans,... For each food is given: Name of food. Area (1,000 acres). Value of production (million yen). Production (million pounds). Exports (million pounds). Imports (million pounds). Total (million pounds). Consumption per capita (pounds; Rice: 350.9. Wheat 42.2. Barley 36.3. Soybeans 27.2. Fish 67.3. Meat 4.8. Eggs 5.9. Dairy products 0.8, but fresh milk, of which consumption amounted to 1.04 gallons per capita, has not been included). Extensive notes accompany Table 6.

1952. Taylor, Demetria M. comp. 1944. The soy cook book. New York, NY: Greenberg. 215 p. Index. 21 cm. [2 ref]

• ***Summary:*** Emphasis on recipes using soy flour, sprouts, and whole dry soybeans. Contains one of the most complete early listings of commercial soyfoods products, with product name, and manufacturer name and address.

Contents: 1. Soy–The wonder bean. 2. Growing soybeans in Victory Gardens. 3. How to sprout soybeans. 4. How to cook soybeans: Green soybeans preservation, canning, dehydration, quick freezing, dried soybeans, soybean pulp or "mash" (cooked, crushed or finely chopped soybeans), soybean milk and soybean curd or "cheese," recipes for dried soybeans, recipes for canned soybeans, recipes for soybean pulp, roasted soybeans or soynuts (p. 45), soynut butter (p. 47), recipes for soybean milk and mash [okara]; "It makes a good base for macaroon-type cookies" (p. 50), recipes for soybean curd or "cheese" (tofu). 5. How to use soy flour. 6. Using soy grits and flakes. 7. Stretching meat with soybeans. 8. Using other soy products. List of [commercial] soybean products (p. 199-202). Key to recipe sources.

Chapter 2, "Growing soybeans in Victory Gardens," states (p. 4): "In general, all varieties may be classified under two main types: the field type and the edible or vegetable type. The latter type is the one which is of interest to the Victory Gardener, although a few field varieties, such as Illini or Manchu, are satisfactory for eating purposes." Varietal trials (p. 5-8) with four type-A vegetable varieties (suited for cooler, northern climates) show: In mountainous Colorado, all four varieties matured seed at altitudes of 5,000 to 7,000 feet. In Idaho, all four varieties matured seed at altitudes of 1,700 to 3,745 feet. In Montana, Giant Green soybeans matured seed at altitudes of 3,000 to 4,900 feet. In Wyoming, Giant Green was the only variety to mature seed in Campbell county (4,600 feet) and in Park county (4,600 feet). But all four varieties matured seed in Johnson county at an altitude of 3,750 feet. Giant Green also did well in Utah and New Mexico at altitudes of 7,000 to 8,000 feet. In California, 11 counties reported success with vegetable-type soybeans. In Tucson, Arizona, 8 varieties were grown under irrigation at an altitude of 2,400 feet, all with satisfactory yields. Some varieties also did well in Canada. In St. George, Ontario, Giant Green, Bansei, Fuji, and Willomi all matured seed before killing frost. Bansei was the best producer. In Barrington Passage, Nova Scotia, Fuji was the only variety that produced pods before frost. At Bogot, Manitoba, only Giant Green matured seed before frost, but Fuji reached edible condition. At Swift Current, Saskatchewan, the season was evidently too cool for soybeans. Page 142 states: "Soy grits and soy flakes are made from soybeans in much the same way that soy flour is made. However, they contain almost no fat, and are ground more coarsely. Grits are like

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corn meal in texture, while flakes resemble rolled oats. Grits and flakes both contain less than 45 per cent protein."

Note 1. This is the earliest English-language document seen (Dec. 2012) that contains the word "soynuts." On pages 45-49 the book gives recipes for: Cream of soynut soup (using 1 cup Co-Op soynuts), Soynut rice loaf. Soynut honey buns. Soynut brownies. Soynut butter. Economical soynut brownies. Soybean brittle (using 1 cup chopped roasted soybeans).

Note 2. This is the earliest English-language document seen (Dec. 2012) that contains the term "soynut butter," used to refer to a product resembling peanut butter that is made from roasted soybeans. The recipe for "Soynut butter" (p. 47) states: "Grind 2½ cups of roasted Vee-Bee soybeans and mix with 2 tablespoons of salad oil. Use in place of butter or as a sandwich spread." On p. 197 is a recipe for Mull-Soy "ice cream."

1953. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1944. New tofu plant replaces ruins. 20(17):2. Sept. 9.
• ***Summary:*** "Reconstruction work on the tofu factory is going forward, announces C.E. Snelsor, chief steward.

"Because the plant was destroyed by fire earlier this year (June 17, 1944), tofu production had been discontinued in Unit I.

"Under the supervision of Henry Miwa, tofu foreman, the old building will be torn down and a new tofu factory will be constructed at the former site."

1954. Butler Food Products. 1944. New foods from the wonder bean (Ad). *Soybean Digest.* Sept. p. 11.
• ***Summary:*** A full page ad. "Mean a greater demand for soybeans and high prices for soybean growers." "Butler's Soya Butter was developed to meet the specific need of those who have allergic reactions to dairy products and for those who wish to maintain a strictly vegetarian [vegan] diet. Only Butler's Soya Butter can fill the above specific need. Butler's Soya Butter is available only to Health Food Stores and other outlets catering to those whose diet requires specialty foods." Photos show cans of each of these five Butler products: Butler's Soya Cheese [tofu]. Butler's Vegeburger. Butler's Soya Nut-Loaf. Butler's Vegetarian Chops. Butler's Soya-Butter.

Note: This is the earliest English-language document seen (Jan. 2007) that uses the word "Vegeburger" to refer to a meatless / vegetarian burger. Address: Cedar Lake, Michigan.

1955. **Product Name:** Butler's Soynut Cheese.
Manufacturer's Name: Butler Food Products.
Manufacturer's Address: P.O. Box 4, Cedar Lake, Michigan.
Date of Introduction: 1944. September.
Wt/Vol., Packaging, Price: 1 lb can.
New Product–Documentation: Ad in *Soybean Digest.* Sept. p. 11. "New Foods from the Wonder Bean." Sold in 1-lb cans. Company founded in 1939 by Howard O. Butler.

1956. Loosli, J.K. comp. 1944. Manufacturers and distributors of soybean products (Brochure). In: New York State Emergency Food Commission. 1944. 4 p.
• ***Summary:*** The names and addresses, of sources most readily available to the New York State trade, appear under the following headings: Soy flour and flakes: Manufacturers, wholesale distributors. Flour mixes for pancakes, muffins, etc. Dry soybeans: For cooking, for sprouting. Canned soybeans. Sprouted soybeans (LaChoy Food Products, Inc., Archbold, Ohio. Most Chinese restaurants).

Note: This is the earliest document seen (Jan. 2013) stating the LaChoy Food Products sells sprouted soybeans.

Macaroni, spaghetti, noodles (The Pfaffman Co., 6919 Lorain Ave., Cleveland, Ohio). Beverages. Bakery products: Soy bread, Soy cookies, crackers, wafers, etc. (Incl. Cubbison Cracker Co., 3407 Pasadena Ave., Los Angeles, California. Tom Soya Foods, Inc., P.O. Drawer 510, Williamsport, Pennsylvania). Breakfast cereals (Soyawheat, Soyawheat Co., Red Wing, Minnesota. Tom Soya Puffs and Exploded Soybeans, Tom Soya Foods, etc.).

Soybean curd [tofu] (International Nutrition Laboratory, P.O. Box 326, Mt. Vernon, Ohio). Meat-like products (The Battle Creek Food Co., Battle Creek, Michigan. Madison Foods, Madison College, Tennessee. Natural Health Products, 143 W. 41st St., New York, New York). Soups. Soy nuts (Dewey Food Products, Inc., 2251-3 N. Knox Ave., Chicago, Illinois. La Choy Food Products, Inc., Archbold, Ohio. Soybean Products Co., 9025 Monroe, Chicago, Illinois. Tom Soya Foods, Inc., etc. Vegetable Products Co., Rochester, New York). Spreads. Address: Vice-Chairman, Soybean Committee, Cornell Univ., New York.

1957. Moulinier, André. 1944. Essai d'utilisation de la graine de soja dans la fabrication des milieux de culture [Attempt to use soybean seeds in making culture media]. Lyon and Villeurbanne, France: Printed by Association Typographique. 59 p. 25 cm. [19 ref. Fre]
• ***Summary:*** The title pages states that this is the published version of the author's PhD thesis at the University of Lyon, Faculty of Medicine and Pharmacy–No. 357. The work was done at the university's Laboratory of Hygiene. The thesis was presented and defended before the Faculty of Medicine and Pharmacy (section of pharmacy) on 13 Dec. 1944 to obtain the degree of Doctor of Pharmacy. The author was born on 23 April 1920, at Firminy (Loire).

Contents: Preface. Part I. 1. Principal vegetable media used in bacteriology. 2. Overview of the soybean: Botanical origin, geographical origin and distribution, cultivation, chemical composition.

Part I: Experiments. 3. Attempts to use the soybean in

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bacteriology: Soy bouillon, solid media, bouillon of soy peptone, attempt to use all of the albumins, soymilk–its preparation and utilization, tofu (*petit lait de soja* = little soymilk). Interpretation of results. Conclusions. Address: Pharmacy intern at the Hospital of Lyon (France), certified in microbiology and hygiene, ex-monitor of practical hygiene works.

1958. Anderson, Hans Steele. 1944. The new food therapy: Diet and the healing art. Maitland, Florida: Printed by The Academy Press. 165 p. See p. 37-38, 64-66, 85-86, 89, 118-19. 23 cm.

• ***Summary:*** This is a rewritten and enlarged edition of the author's *Food Therapy: Diet and the Healing Art*, published in 1942. The author, apparently a Seventh-day Adventist, was born in 1877.

Pages 37-38 contain a discussion of soya bean products (including Soya Lac, which is alkaline in reaction, and is made by the International [Nutrition] Laboratory, Mt. Vernon, Ohio). There are home-scale recipes for: Soybean milk no. I (made from soybean flour). Soybean milk No. II (made from powdered soybean milk–Soya-Lac). Soy butter substitute No. I (made by blending soybean flour, soybean oil, and a few drops of dandelion butter color with a Dover beater). Soya bean butter substitute No. II (made by blending Soya-Lac powdered soybean milk with soybean oil; refrigerate). Soybean cheese, made by curding hot soybean milk with a little citric acid. "Season with rich soybean milk and salt as you would flavor ordinary cottage cheese and serve."

Pages 64-66 give nutritional information on soybeans and soy-products, and compare soybean milk with cow's milk. "As a source of wholesome food constituents, the soybean probably has no peer... Soya bean milk contains more food mineral and vitamins than cow's milk; is alkaline in reaction; has a greater proportion of calcium; and forms into smaller curds in the stomach. Soya milk, moreover, is far cheaper than cow's milk and may be prepared fresh as required, and can be seasoned to suit anyone's taste."

Other soy-related recipes include: Soybean-wheat muffins (p. 85-86). Use of soy bean flour in wholewheat bread (p. 89; it can be substituted for up to 25% of the wheat flour).

In the chapter titled "Diet and the healing art," under "Lecithin," pages 118-19 note that "there is a new food factor called lecithin which promises to become a factor of importance on account of its being essential for reconstruction and for the maintenance of vital organs, including the brain, nerve forces, heart and liver. Oil that is contained in the soybean is comparatively rich in lecithin and vitamin A and in this respect it is said to resemble butter. Cow's milk proves rather deficient in lecithin whereas soya milk is fairly rich in this essential constituent. Nutritional anemia which has been brought about through an exclusive use of cow's milk may be quickly eradicated by a liberal use of soybean milk."

1959. Bordas, Jean. 1944. Le Soja: Agronomie du soja, utilisations agricoles et alimentaires, usages industriels, économie du soja, état actuel de la question en France. Dieuxème ed. [The soybean: Agronomy, agricultural and food uses, industrial uses, economics, and present status in France. 2nd ed.]. Montpellier, France: Dubois et Poulain. 32 p. The 1st edition (36 p.) was published in 1937. [39 ref. Fre]

• ***Summary:*** Contents: 1. Introduction (he notes that World War II is "the war we have just lost"). 2. Soybean agronomy: Botanical characteristics, varieties (in Japan, China, Manchuria, USA), acclimatization trials in Europe, soybean cultivation (incl. inoculation), 3. Food and agricultural uses of soya: Chemistry of the soybean, alimentary physiology, as a feed for animals (soybean cake, forage, soybean seed and flour, soymilk mixed with 25% animal milk), other agricultural uses, as a human food (soy sprouts, tofu, fermented tofu, smoked tofu, how to make tofu), condiments–sauces (soy sauce, miso, tuong of the Annamites, soy coffee, provisions / rations), human therapy (incl. infant foods).

4. Industrial uses: Soybean oil, casein, plastic materials (Sojalithe), vegetable lecithin, cellulose, sterol.

5. Soy in the economy: Production, imports and exports.

6. The present state of the soybean question in France–Conclusion.

A full-page table (p. 7) shows varieties developed and acclimatized to various countries. France: Rouest 29. Rouest 250. Rouest 104. Rouest 14. Rouest 71. Rouest 60. Rouest 178. Rouest 16. Rouest 36. Rouest 85. Rouest 6. Rouest 67. Rouest 40. Rouest 500 M. Rouest 13. Vilnensis.

Russia: Schribaux (Rouest). Lawes et Gilbert (Rouest). Miège (Rouest). Staroukrainskaya. Halton 502/2. Kouben 0.354. Kouben 0.375. Kharbinskaya 190.

Germany: Früheste Mittelhôhe gelbe. Mittel Frühe. Mitteleurope. Diekmanns frühgelbe. Diekmanns hel'gelbe. Diekmanns grungelbe. Platter silo. 236 Pappelsdorf. 238 Pappelsdorf.

England: Green Jap. Brown C. Yellow J.

United States: Cayuga. Manchu. Illini. Tokio noir [Tokyo Black]. Mandell. Black Eyebrow. Wisconsin. Chestnut. Mandarin. Lisbonne.

On page 8 is an interesting map of France which shows: (1) Twelve centers of agronomic research. (2) A shaded zone which is the area of optimal production of soybean seeds. It is in the southeast of France and along the eastern side of France all the way to the northern border. This zone includes (from southwest to northeast) the following centers: Toulouse, Montpellier, Avignon, Antibes, Clermont, Dijon, and Colmar (in Alsace).

Pages 5-6: The first trials made by the agronomic stations in France date from 1901. Mr. Lechartier, director

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of the station at Rennes, concluded at the end of his observations, that the production of soybean seeds would be more advantageous in a climate that was drier and warmer than that of Brittany (Bretagne).

These were the same conclusions that Mr. Brioux, director of the agronomic station at Rouen, arrived at some years later.

Starting in 1924 the agronomic station at Avignon, the central station for plant improvement at Versailles, in 1935 the stations at Colmar, Clermont-Ferrand and Dijon, and in 1940 the School of Merle (Bouches-du-Rhône), established soybean [germplasm] collections which originated in many different places, in order to test the earliest and most productive varieties that were adapted to each region.

Rouest and Rondet in the south of France, Dr. Balzli in Alsace and de Guerpel in Normandy were the main agronomists and selectionists who were passionately interested in the cultivation of Soya in France.

Note: Rouen is the historic capital city of Normandy, in northern France on the River Seine. Address: Ingénieur Agronome, Directeur de la Station Régionale de Recherches Agronomiques d'Avignon, France.

1960. De Gouy, Louis Pullig. 1944. The bread tray. New York, NY: Greenberg. vii + 463 p. Foreword by Dorothy Thompson. 21 cm.

• ***Summary:*** This is a book about bread. The 1st chapter is "A short history of breads." The chapter titled "Soy flour breads and biscuits" (p. 401-24) includes the following (p. 404-05): In New York's Chinatown, stroll inquisitively along Mott, Pell, and Doyer Streets, and you will see how important the soy bean is in everyday Chinese life. "Fresh bean sprouts–some from soy and some from other beans–stand in large hampers in the shops; on the shelves around them are jugs and bottle of soy sauce, for the kitchen or the table."

In Chinese shops corresponding vaguely to our delicatessen stores you will see *Teou-fu,* or *tofu,* made fresh daily, in cream-white cakes like Philadelphia cream cheese, kept cool and moist in pans of water. It is made from soy bean milk much as cheese is made from cow's milk or goat's milk, and it was a staple commodity in Chinese cities more than two thousand years ago. The Chinese prepare it for breakfast, dinner or supper in many ways, and a favorite form is ready for you in the shops–*Tsa tofu,* the little cheeses fried in deep fat [deep-fried tofu puffs], that look like well-browned and rather robust doughnuts without holes. You can get them hot from the kettle and eat them with syrup or without; a Chinese laborer finds them sustaining and satisfying as a noon-hour meal."

Note: This is the earliest English-language document seen (April 2013) that contains the term *Tsa tofu,* a type of deep-fried tofu.

"*Tofu nao* is of custard consistency and is eaten in soups and as a custard; *Chien chang,* or thousand-fold *tofu,* is made in thin layers rolled together and cut up like noodles for soup or fried in sesame oil. A brown, dry *tofu, Hsiang khan* [pressed tofu] is colored and flavored with caramelized millet sugar and eaten with soups and salads. There are many forms of preserved *tofu cheese:* smoked, salted, spiced and packed in wine and brandy to be used in cooking or as a delicacy like cheeses of the Western World. *Yuba,* as old as soy beans from which it is made, is the dried creamy film from boiling soy milk, sold in flakes or sheets, or rolled into "bean sticks" [dried yuba sticks], and it has been one of the most popular commodities in China and Japan for centuries."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "preserved tofu" or the term "tofu cheese" or the term "preserved tofu cheese" to refer to Chinese-style fermented tofu. Address: Chef Steward, Consulting food editor of *Hotel Management* and *Restaurant Management* magazines, food columnist of *Gourmet* magazine and author of various cook books.

1961. Hauser, Bengamin Gayelord. 1944. Diet does it. New York, NY: Coward-McCann, Inc. 248 p. Index. 20 cm. Rev. ed. 1951 (117 p., 28 cm), and 1952.

• ***Summary:*** In the preface, the author states that for 20 years he has been a pioneer in the field of scientific eating. The author does not advocate a vegetarian diet, but he does recommend use of soya beans, and consumption of plenty of vitamins and whole (unrefined) grains. For example, at the start of chapter 3 titled "Normal Nutritional Regime" is a section on "Proteins Come First." It says: "Protein foods are of two kinds, spoken of as first class and second class proteins. The first class proteins keep the body in excellent repair. Such proteins are found in egg yolk, cheese, milk, yogurt, and glandular meats such as liver, kidney, brain, and sweetbreads. The muscle meats which we eat as roasts, chops, and steaks are also first class proteins but are less valuable to the body than glandular meats. A few vegetable foods contain first class protein: soya beans, nuts, wheat, especially wheat germ..." An active man should eat 75 gm of protein daily to maintain buoyant health. Half of the amount should be supplied from animal protein. "Recent studies have revealed that about 60% of the people in America obtain too little protein to build full health. With the higher costs of eggs, fish, and meat, protein deficiencies of a more severe nature may be expected. For that reason you should acquaint yourself with 'the honorable soya bean' or the 'meat without bones' as it is called in the Orient. Prepared correctly as directed in the 'New Health Cookery,' Chapter 20 [sic, 21, of this book], soya beans can be delicious and fortunately contain first class protein."

Cooked soya beans are a good source of vitamin B-1 (p. 32). "Buy only whole wheat or soya bean macaroni, spaghetti, and noodles which are sold at stores specializing on health-building foods. Use brown rice rather than the

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white variety. Eat soya beans, baked, in "meat" loaves and patties" (p. 34).

Soy-related recipes include: Cream of soya soup (with cooked soya beans, p. 217). Soya nut croquettes (with baked soya beans mashed, p. 224). Soya bean loaf (p. 224). Soya and peanut butter patties (with cooked soya beans, p. 224). Delicious soya muffins (with soya flour, p. 228). Soya cream waffles (with soya flour, p. 229). Soya nut waffles (p. 229). Delicious soya cake (with soya flour, p. 229). Soya cookies (with soya flour, p. 230). Whole soya flour pie crust (p. 232; with "½ cup whole wheat flour and 1½ cups soya flour" etc.). Soya bean sprouts (homemade, p. 234; "They are also often used with soya bean curd and vegetables in chop suey."). Soya bean milk (homemade, p. 235). Address: Beverly Hills, California.

1962. La soya: Excellente alimento para el hombre como para el ganado y valiosa materia prima de numerosos usos industriales: Indicaciones para su cultivo y aprovechamiento [The soybean: Excellent food for people and for livestock and valuable raw material with numerous industrial uses. Remarks on its cultivation and utilization]. 1944. New York, NY: Reader's Digest. 32 p. [Spa]*
Address: New York City, New York.

1963. Matagrin, Am. 1944. Le soja: Culture et utilisations [Soya: Cultivation and utilization]. Paris: Gauthier-Villars. 72 p. Illust. No index. 28 cm. [Fre]
• ***Summary:*** Contents: Introduction: Why does soybean culture remain little known in France? 1. What is the soybean (*le Soya*)*?* Why should it be cultivated?: The plant and its varieties, the soybean (*la fève de soya*) and its general characteristics, alimentary interest in soya, agricultural interest in soya, industrial [non-food] interest in soya.

2. Soybean cultivation: The question of climate, choice of the variety to cultivate, choice and preparation of the land/soil, fertilizers for soya, soya in crop rotations, seeds, sowing, and seedlings, mixed cultures or intercropping, soybean vegetation and crop management, maturation, harvest, yield, and storage.

3. Use of the soya plant and its seeds: Soya in agriculture and livestock feeding, soya in human foods, recipes, industrial uses of soya, people and organizations connected with soya, contracts for growing soybeans in 1944. Table of contents.

The section on soya in human foods, based on the author's 5-6 years of personal experience, discusses, with recipes: green vegetable soybeans (*soya en légume vert*), whole dry soybeans (*soya en légume sec*), soy sprouts (*germes de soya*), fermented soy condiments (shoyu, miso, natto), soy flour (bread containing soy flour was made at Paris and even at Vichy in 1939), soymilk and tofu (*lait de soya et fromage végétal*), roasted soybeans and a coffee substitute (*soya grillé, substitut de café*), soy oil (*huile de soya*). Address: France; In 1946: Technical Consultant to Bureau Francais du Soja.

1964. Saillenfest, Jean. 1944. Le Soya: Sa culture et ses utilisations [The soybean: Its culture and uses]. Paris: Editions de Montsouris, 1 rue Gazan, Paris XIV. 96 p. 19 cm. Series: Collection Rustica. Preface by Pierre Chouard. [10 ref. Fre]
• ***Summary:*** Contents: Preface. Foreword. 1. The soybean worldwide and in France. 2. The plant: Botanical description, varieties, vegetative cycle, climate, area of cultivation. 3. Soybean culture: In fields (fertilizer and soil amendments, symbiotic bacteria, sowing, soya forage), in the garden. 4. Diseases and enemies of the soybean. 5. Soybean utilization: Table of uses, main industrial uses, uses on the farm, the soybean in the family cuisine (green vegetable soybeans [*graines de soya vertes*], soy sprouts [*germes de soya*], soaking soybeans, cooked ground soybeans [*pâté de soya*], soya desserts (dry roasted soynuts [*Soya grillé*], soy cakes and confections with roasted soy flour), soy coffee, how to make soy flour at home, soymilk, tofu [*fromage de soya*]). 6. Regulation of soybean varieties: Table of varieties: The role of G.I.O.M. (*Groupement interprofessionnel des oléagineux métropolitains*), growing contracts, classification and catalog of varieties, prices of seeds, how to obtain seeds. Address: France.

1965. Shih, Kuo-hêng. 1944. China enters the machine age: a study of labor in Chinese war industry. Cambridge, Massachusetts: Harvard University Press. xxiv + 206 p. See p. 95. Index. 21 cm.
• ***Summary:*** In Chapter 7, "Social accommodations," the section titled "Mess hall" states (p. 95): "On one occasion a badly cooked Chinese bean-curd cheese was served in the unskilled workers' mess hall; after a disturbance, workers brought this dish to the shop to show the engineer and asked how they could eat such food and work."

Page 97: "The calcium intake [of the workers' diet] might be adequate if the soy bean curd and pickled vegetables are taken into account." Address: National Yunnan Univ., China.

1966. Union Nacional de Cooperativas del Campo. 1944. Instrucciones sobre el cultivo de la soja y sus aplicaciones. 2nd ed. [Instructions on the cultivation of the soybean and its applications. 2nd ed.]. Madrid. 16 p. [Spa]
• ***Summary:*** Pages 12-14 list industrial uses of soybeans, give a nutritional analysis of white and black soybeans (Soja blanca, Soja negra) done by the Central Agricultural Station (*Estación Agronómica Central*) using samples from Granada, and briefly describe several soyfoods, including soy flour, soymilk, and tofu (*queso de soja*). Thus section concludes: "Outdoing the known anecdote of Permantier, who offered Louis XVI a succulent feast in which all the dishes were

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made of potatoes, today one could make a menu that was more varied, rich and select in which the delicacies as well as the serving utensils would all be derived from soya." Address: Madric, Spain.

1967. White, Julius Gilbert. 1944. Abundant health: Expounding the Learn-how-to-be-well system of daily living. 4th ed. Madison College, Tennessee: Published by the author. xix + 437 p. Illust. 24 cm. [21+ ref]

• ***Summary:*** The maintenance of physical and mental health can be achieved through a vegetarian diet and wholesome living. Interesting sections include: Meat not necessary (p. 150-52; 13 quotes from authorities). Denmark's food experiment under Dr. Hindhede during World War I (p. 152-53). Sixteen reasons for vegetarianism (p. 153-). The animal kingdom a reservoir for disease (p. 165-). Note that Madison College is a Seventh-day Adventist college and sanitarium.

Soya is discussed on the following pages: Soybeans and soybean products as a replacement for meat (p. 151-52). One section titled "The Soybean: The Wonder Food" (p. 345-59) discusses many aspects of soybeans and how to use soybeans: In baking. In general cooking. As beans. As beans ready-cooked. As meat. As milk (gives 3 recipes for making soybean milk and ways for using "the pulp left after making milk"). As cream. As cheese ("A very satisfactory soybean cheese is now available in the health food stores. It has a texture something like cottage cheese..."). As butter. As oil. As home-made soy butter (made from 4 tablespoons each soy flour and water, 1 cup of oil, a little salt and butter color if desired). As home-made soy mayonnaise (based on the above home-made soy butter). As soy acidophilus milk (also often called soy buttermilk). As greens (soy sprouts). As soy sauce. As coffee. As substitute for egg white.

On page 389 begins a long treatise on the safety of aluminum in connection with cooking and foods, a subject which is causing much debate. Address: Madison, Tennessee.

1968. Williams-Heller, Annie; McCarthy, Josephine. 1944. Soybeans from soup to nuts. New York, NY: The Vanguard Press. 119 p. Foreword by Walter H. Eddy, Ph.D., Professor Emeritus of Physiological Chemistry, Columbia University. Index. 20 cm.

• ***Summary:*** Dedication: "To the soybean pioneers, American and Chinese."

Contents: Introduction. Part 1. The soybean: Vegetable of tradition and high nutritional value, "fresh green soybeans," dried soybeans, sprouted soybeans, soybean oil, soybean flour, soy grits and soy flakes, soybean milk and curd, soy sauce, soy nuts. Part 2. How to prepare soybeans: General directions; fresh green soybeans, dried, and sprouted soybeans; soybean milk, curd, pulp or mash; soy grits and flakes. Part 3. Recipes: Appetizers, soups, meat stretchers, meat substitutes, croquettes and fritters, side dishes, salads, salad dressings, sauces, sandwich spreads, breads and quick breads, desserts, soybean-milk drinks, soybean nuts. Part 4. "One soybean dish a day" (Menu suggestions).

The section titled "Soybean-milk drinks" (p. 107-08) contains 5 interesting recipes: Banana soybean-milk shake (with 4 cups soybean milk, 1 ripe banana, 1 tablespoon honey, and 1 teaspoon lemon juice or vanilla or almond flavoring, to taste; it used no ice cream). Eggnog (with 4 cups soybean milk, 3 eggs, 3 tablespoons honey, nutmeg and cinnamon to taste, and flavoring to taste). Hot cocoa with soybean milk. Spiced soybean milk (with 4 cups soybean milk, 2 tablespoons honey, ½ teaspoon cinnamon, and a pinch of nutmeg, or mace [somewhat like chai]). Vanilla soybean-milk shake (with 4 cups soymilk, 2 tablespoons honey, vanilla flavoring to taste).

About the authors: "Annie Williams-Heller, a former Austrian and now an American citizen, has had international experience as a consultant and author in the field of nutrition and food. She holds diplomas from several European schools and has undertaken graduate academic studies in this country. She is an active member of both the New York Dietetic Association and the Soroptimist Club of New York and an associate member of the International Federation of Business and Professional Women.

"Broadcasts and many publications in leading newspapers and magazines here and abroad are indicative of Mrs. Williams-Heller's desire to create a bridge between scientific knowledge and its practical application for the public and housewife.

"In this connection she became interested in the soybean. She studied this miracle food from the soil to the kitchen at a time when its qualities were known only to pioneers in the field.

"Josephine McCarthy, a graduate of San Francisco State Teachers' College, has had twenty years experience as an executive in various of the country' largest restaurant and bakery chains. In hotel work she has supervised the training of food workers from chefs on down.

"For the past five years she has been broadcasting on food preparations and news of the home. At present, as Home Economist for the American Institute of Food Products, she is known as 'Ella Mason' to millions of devoted fans, and is heard daily with Doctor Walter H. Eddy on the 'Food and Home Forum' over Radio Station WOR, emanating from New York City" (inside rear dust jacket).

Note: This is the earliest document seen (Dec. 2003) that contains a recipe (in standard format with the amount of each ingredient) for a non-dairy soybean-milk shake, or for soy eggnog. It is also the earliest English-language document seen (Dec. 2003) that contains the term "soybean-milk shake." Address: 1. Nutritionist and Food Consultant; 2. Home Economics Director, American Inst. of Food Products ("Ella Mason" on the Dr. Eddy Food and Home Forum). Both: USA.

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1969. Ecuador Ministerio de Economia, Subsecretaria de Agricultura. 1944? El Ecuador produce Soya, el alimento ideal, nutritivo y barato. Cultive y consuma soya [Ecuador produces soya, the ideal food, nutritious and inexpensive. Grow and eat soya (Poster)]. Quito, Ecuador. 1 p. 2 x 3 feet. Undated. [Spa]
• ***Summary:*** A remarkable poster. Request seeds for your planting from the Undersecretary of Agriculture, Quito, Ecuador. But soya from the national distributor. "It yields well in sheltered places." With soya, you can make tortillas, empanadas, tostado, bread, soup, soymilk (*leche vegetal*), tofu (*quesos*), fideos, etc.

An illustration shows an Ecuadorian man, woman and child, in traditional dress, on a hill overlooking their fields, with a basket of whole soybeans beside them, and snow-caped mountains in the background. Address: Ecuador.

1970. Gotham, Lucille J. 1944? Allergy to certain foods. *Madison Health Messenger* (*Madison, Tennessee*) 6(1):1-2. Undated.
• ***Summary:*** A reader writes to ask: "I am on a diet eliminating wheat, milk, and eggs. What products and foods can I substitute for them while I am experimenting?" The author answers: "Milk is the hardest problem. Through the years nut milks and soy milks have been developed, and they may be used in cooking in place of cow's milk, with satisfying results for almost everyone. They are also very nutritious. The soy milks are liquid or dry... If you make your own nut or soy milk you had better ask your physician about the advisability of adding some dicalcium phosphate with viosterol and some vitamin A. These additions will not change the flavor noticeably, and they will safeguard your health.

"You will like soy cheese in place of real cheese. Health food stores have these special foods." The following recipes are then given: Nut milk (almonds make the best milk). Soy milk (made from soy flour). Plantation cocktail (with soy milk). Creamy soup (with soy milk and Savita [a product made from brewer's yeast]). Soybean apple crisp (with soy flour). Soy cookies (with soy flour). Creamy rice pudding (with soybean milk). Soy piecrust (with soy flour). Corn soy mush (with soy flour). Mayonnaise (with soy flour). Address: Dietitian.

1971. **Product Name:** Agé.
Manufacturer's Name: Slocan Soya Co.
Manufacturer's Address: Slocan, BC, Canada.
Date of Introduction: 1944?
New Product–Documentation: Note: Slocan is in the southeast part of British Columbia. Letter from Edward and Danette Westlind. 1989. Aug. 14. "My wife and I are purchasing a small tofu and agé business on September 1, 1989. Slocan Soya Co. was started during the second World War when there was a large population of Japanese Canadians interned in the Slocan Valley. For roughly 30 years, agé was the only product made by Slocan Soya. Twelve years ago Slocan Soya Co. was sold to a local Caucasian woman who started producing tofu to supplement her income. From the 1940s until now there has been very little in equipment upgrading and the business has been gradually declining due to lack of interest on the part of its owner. We are confidant that with new energy and enthusiasm on our part the business can be revived."

1972. Spencer, Cornelia. 1945. The Chinese people at home. *Chicago Daily Tribune.* Jan. 11. p. 14.
• ***Summary:*** Chapter three: The section titled "Soy bean curd" begins: "A man is making soy bean curd and setting it out for sale. It stands in shivering squares of white on a cloth which lines the flat bamboo tray." Why is this artistic? Well, behind the man is "brown dried, pickled bean curd" which is used to enhance flavors. Also beautiful are the "brilliant red bean curd cubes hot with red pepper," which add zest to breakfast. Also framed in the scene are "jars of soy sauce." Making this sauce is an art unto itself, for the kind of water used, the amount of fermentation, etc. each affect the finished soy sauce, which is the foundation of Chinese cooking.

An illustration shows a handsome and vital "Horse," by Ju Pei-hung, part of an exhibition titled "Fifteen Contemporary Chinese Painters," organized by the East and West Association, New York. Address: Author of "The Exile's Daughter," "Made in China," etc.

1973. *Minidoka Irrigator* (*Minidoka Internment Center, Hunt, Idaho*). 1945. 1,500 tofu cakes to be made daily. 4(45):1. Jan. 20.
• ***Summary:*** "Beginning January 17, the tofu plant doubled its output of tofu cakes manufacturing approximately 1500 cakes daily, M. Yuki, tofu plant supervisor said this week. To meet this increased production an additional 10 men were added to the personnel making a total of 19 men employed."

1974. Morse, W.J. 1945. Soybeans in the land of our enemies. *Soybean Digest.* Jan. p. 6-7.
• ***Summary:*** Text of a letter to the American Soybean Assoc., Guelph, Canada, written from Tokyo, Japan on 20 July 1929. This is the first ASA meeting Morse has missed. He and Dorsett, comprising the Oriental Agricultural Exploration Expedition, arrived in Japan on March 18 and set up headquarters in Tokyo. "It is amazing, the extent to which the soybean is used for food in Japan." For details, see Morse 1929 ("Letter from Dr. Morse"). Address: USDA Bureau of Plant Industry, Washington, DC.

1975. McCay, Jeanette B.; Loosli, J.K.; Adolph, W.H.; Brewer, Lucille; Munn, M.T.; Neidert, Marion; et al. 1945. Soybeans: An old food in a new world. *Cornell University, Extension Bulletin* No. 668. 65 p. Feb. Illust. Index. 28 cm.

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Produced by the Soybean Committee of the New York State Emergency Food Commission. [38 ref]

• ***Summary:*** Contents: A potential food resource: Introduced into the United States, new American industries. Composition and food value of soybeans: Proteins, fats, carbohydrates, minerals, vitamins, the enzymes of the soybean. How to use soybeans and soy products (contains many recipes): Fresh green soybeans (how to cook, how to can, how to freeze), dry soybeans (how to cook, how to can, how to freeze, 3 recipes, salted soybeans [oil-roasted soynuts], how to prepare bean pulp {by running drained cooked soybeans through a meat chopper}, 4 recipes), sprouted soybeans (vitamin C forms during sprouting, exposure to light does not affect vitamin C, riboflavin and niacin are also increased, how to sprout soybeans at home {9-step process}, store sprouts in refrigerator, how to freeze sprouted soybeans, how to cook sprouted soybeans, illustration of apparatus [equipment] for sprouting soybeans in quantity, 6 sprouted soybean recipes), grits, flakes and flour (protein equivalents {one pound of low fat soy flour is equal in protein value to two pounds of cheese, 2 pounds of navy beans, 2½ pounds of beefsteak or chicken, 3 dozen eggs, 5 pounds of bread, or 12 pints of milk}, a little soy flour with wheat flour improves protein quality, amount of protein, iron, and calcium also increased, 23 soy-grits and flour recipes {divided into 3 main dishes, 3 quick breads, 17 desserts}), a stronger staff of life–bread (rats fed bread containing only 5% soy flour grow much better than those eating white bread, does soy bread taste good?, little change required in baking with soy flour, 6 yeast bread recipes), soybeans in large-quantity cooking (6 recipes), other soybean products (soybean curd, soybean milk, soy sauce). Production, varieties, and culture of soybeans. Soybeans in animal feeding: For cattle, for sheep, horses, swine, and poultry, soybean hay a substitute for alfalfa, for dogs and fur-bearing animals. References. Index.

Contains nine bar charts in the form of illustrations / pictorial drawings / symbolic graphics (which may be by Kenneth Washburn).

How to sprout soybeans at home (p. 26-27):

"1. Select a stock of clean, bright, new-crop soybeans of one of the field varieties. The yellow seeds have less conspicuous skins than do the black beans, although the black beans may be preferred. The garden varieties are not satisfactory because the sprouts break off easily, but the exact variety is unimportant so long as the seed is good.

"2. Handpick the seed thoroughly, and discard everything except clean, whole beans.

"3. Wash the beans and place them in a suitable container for sprouting, such as a one- or a two-quart glass fruit jar. The bean sprouts increase to about six times their original volume.

"4. Cover the seeds with at least four times their volume of lukewarm water and let them stand for a few hours, or at most overnight, until they are swollen.

"5. Pour off this water, and wash or rinse the swollen beans thoroughly, then pour off the last wash water.

"6. Cover the top of the jar with a piece of cheesecloth or other thin cloth, and tie it on securely. Quarter-inch mesh screening also makes a good cover.

"7. Invert the jar and place it in a cupboard or dark place, in a slightly tilted position, so that the excess water can drain away.

"8. At least three times a day, or better every four hours, place the jar under the water tap or pour on plenty of cool water, thus thoroughly and carefully washing the swelling and sprouting seeds, so that bacteria or molds which may have developed are carried away. The better the washing, the better the sprouts. After washing, place the jar back in its slanting position.

"Chlorinated lime water to kill fungus growth is not needed if the seed is well selected. If such a solution is used (1 tablespoon of chlorinated lime in 1 gallon of water), it should not remain on the seeds longer than for ½ hour; the soybeans are injured by a longer exposure.

"9. In from three to four days at room temperature, the sprouts will be from 1 to 2 inches long and ready for use. Then pour the sprouts into clean cold water and shuck off the skins if this is desired. With the yellow-seeded varieties, however, the skins are not conspicuous and need not be removed. If a flower pot or similar receptacle is used for sprouting with a piece of cloth over the bottom hole for drainage, be sure that the surface of the beans is also covered with a piece of moist cloth to prevent drying; otherwise the sprouts will be tough and will not be uniform.

"It is not wise to attempt sprout production in the summer, because good sprouts will not be produced in warm weather unless the place where they are sprouted can be kept at about 70ºF. The sprouting of old, badly cracked, discolored or shriveled soybeans should not be attempted, for this only causes trouble. Soybeans packaged for cooking and baking are not likely to sprout too well. When in doubt, one should make a preliminary trial. If, after the first day, or after soaking, the beans become soft or soggy, they are probably unfit for sprouting.

"The commercial production of soybean sprouts in large quantities proceeds along the same lines as outlined, except that larger sprouting devices or tanks are used and the process is more carefully controlled. An apparatus with an automatic watering device developed at Cornell University to sprout a large quantity of beans is shown in figure 6.

"Store sprouts in refrigerator: Sprouts not used immediately must be stored in a covered container in the refrigerator, as is any fresh, crisp vegetable, for as long as a week. They must be kept moist; otherwise they will wilt or discolor. If kept longer, they must be blanched for 2 minutes, then canned as a green beans, dried, or frozen."

Tables show: 1. Proximate and mineral composition of

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soybeans and soy flours. Essential amino acids in servings of certain protein-rich foods (lean meat, eggs, cooked soybeans). 3. Calcium, iron, and B vitamins (thiamine, riboflavin, niacin) supplied by common serving portions of certain foods. 4. Vitamin composition of 7 soy products. 5. Food values of sprouted soybeans and of some common vegetables per 100-gram edible portions. 6. Thiamine, riboflavin, and niacin content of soybeans during sprouting, storage, and dehydration. 7. Soybean milk, cow's milk, and human milk (typical nutritional analyses). 8. Composition of some [seven] soybean products used for food in the Far East. 9. Varieties of soybeans most suitable in New York State for animal feed and human food (For green vegetables: "Garden varieties such as Green Giant, Hokkaido, Jogun, Bansei, Fuji, Tortoise Egg, and Willomi").

Concerning "Fresh Green Soybeans: When gathered from the garden while the pods are still greenish and the seeds are still soft but fully developed, the soybean is a new green vegetable that some persons say is more attractive and delicious than the fresh lima bean. Many Victory gardeners have grown them for the first time, and they may be purchased commercially canned as are green peas."

Note: This is the earliest English-language document seen (Aug. 2003) that contains the term "protein quality." Address: New York.

1976. Beck, Mrs. Fred. 1945. Farmers market... (Ad). *Los Angeles Times.* March 3. p. 2.

• ***Summary:*** There used to be quite a few "Yopanese" gardeners around. They "discovered they could grind [soy] beans to a fine powder, and, when water was added, a milky emulsion was produced. This mess, it developed, was capable of turning sour, like real milk. By adding calcium salts to this bean milk, darned if the Yops didn't find themselves with a grayish white curd that could be processed into cheese.

"Yep–'tofu'–(that's Yop for 'cheese') is strictly a phony proposition.

"Now that is no way to treat good self-respecting beans." Don't try to make cheese out of beans; make 'em into baked beans instead.

1977. *Poston Chronicle* (*Poston Internment Center, Arizona*). 1945. Persons on special diet may get tofu. 22(18):3. March 3.

• ***Summary:*** "In addition to the issuance of baby food and advice to mothers, the diet office at Blk. 21-10-A, will begin to issue tofu on Mondays and Thursdays to about 150 persons who are on special diet.

"The diet list includes those who have ulcers, diabetes, and other digestive ailments."

1978. Olmsted, Fred L. 1945. Who's who and why [Herbert Marshall Taylor and Delsoy]. *Detroit News.* April 16. p. 4.

• ***Summary:*** Herbert Marshall Taylor is a native of Canada. When "hail, frost, and influenza" put an end to his farming in Alberta, he returned to Toronto, where he had received a university degree 6 years earlier. "He acquired American rights to a gadget which British housewives had bought in quantity to make cream from butter and milk through homogenization. He sold 30,000 in the United States, but it wasn't a big-time success.

"By 1937 Taylor had perfected a product using a milk base and vegetable fat. And he had motorized the gadget. He started selling the product to bakers in New York. It saved them $1 a gallon on whipping cream. The idea spread to other cities."

In Nov. 1942 the War Food Administration issued an order prohibiting the sale of whipping cream in America. After dairy interests forced Taylor to leave Chicago, he picked up a partner, Eric R. Swanson, who is still with him, and in Dec. 1943 started a business in Detroit. [Note: Swanson lived most of his life in Dearborn.] Though dairy people continued to oppose him, his "business soared. In 1944 it jumped from 1,400 to 20,000 gallons a month. He sold at wholesale, then added half pints for the home trade. Now he claims 1,500 independent distributors here [in Detroit]. But along came a War Food Administration order placing a 19 per cent limit on all fats–animal or vegetable–used in his product [which combined a milk base with vegetable fat]. WFA also cut his milk quota. So he started using soy milk as a base, producing an all-vegetable product.

"Taylor drew the fire of OPA [Office of Price Administration], too. He says it is demanding damages for overcharges which would put him out of business. But Taylor isn't through. He grossed $267,000 last year. He added a plant in Dearborn to his start in Detroit. He's planning to market soy milk, butter, cheese [tofu?], and frozen dessert [soy ice cream]. There is an indication that Henry Ford is interested."

Note 1. This is the earliest English-language document seen (March 2007) that uses the term "frozen dessert" to refer to soy ice cream.

Note 2. Herbert Marshall Taylor learned how to make soymilk and soy-based whipped topping from Bob Smith and Rex Diamond at Henry Ford's George Washington Carver Laboratory in Dearborn.

"'The dairy lobby in Washington [DC] is powerful,' says Taylor. 'But I've been fighting the dairy interests for 12 years. They'll never stop me.'" A photo shows Mr. Taylor.

An ad below this article (not in *The Detroit News*, but in Rex Diamond's scrapbook; original source and date unknown) is titled "What is Delsoy? It's the dessert topping that's winning the enthusiastic approval of housewives by the hundreds of thousands. Delsoy is the original topping made of natural vegetable products." The ad shows illustrations of two non-dairy whip toppings: (1) In the foreground, "Delsoy Super Whip: Instant Dessert Topping" which is sold

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in a pressurized can. The ad states: "Introduced in August 1944, the first product of its kind, Delsoy dessert topping has gained tremendous popularity. Continuing to grow by leaps and bounds..." (2) In the background, "Delsoy: A delicious whip," a refrigerated perishable product which is sold in a half-pint paper container shaped like a truncated cone.

1979. Dorsett, P.H.; Morse, W.J. 1945. Soys in the Orient. *Soybean Digest.* April. p. 10-12. Text of a letter written July 1930.

• ***Summary:*** Reprinted from: *Proceedings of the American Soybean Assoc.* 1930, p. 96-100. The article was originally titled "Soybeans in the Orient." One large photo shows Morse with several richly illustrated boxes of black miso [Hatcho miso]; smaller photos show abura-age [deep-fried tofu pouches], and tofu kasu [okara]. Address: Dairen, Manchuria.

1980. Shelledy, F.H. 1945. Japanese trade studies: Soybeans. *U.S. Tariff Commission, Special Industry Analysis* No. 13. 6 p. May. [3 ref]

• ***Summary:*** Contents: Foreword. Introduction and summary. Description and uses. Production. Imports. Post-war problems.

This "report is one of a number which were prepared during 1944 and 1945 for the Foreign Economic Administration..." Most of the data "were taken from official and semi-official Japanese sources." Errors and inconsistencies in these data have frequently been detected.

"Japan is not important as a world producer of soybeans. It is, however, normally the world's principal soybean importer. Its annual production during 1928-39 was only 10 to 14 million bushels. By comparison, the production in the United States was 90 million bushels in 1939 and more than 190 million bushels in 1943 and 1944; the average annual production of soybean in Manchuria during the thirties was more than 150 million bushels annually.

"Prior to the present war Japan took most of the exportable surplus of Manchuria, the principal world exporter of soybeans, as well as substantial quantities from Korea, a country which produces almost twice as many soybeans as does Japan. During the 10 years 1928-1938, Japanese imports averaged 26 million bushels annually, approximately double its own production."

"If an annual per capita consumption of 0.5 bushels [30 lb] of soybeans were to be maintained in Japan in the post-war period," Japan would require a total supply of about 37 million bushels/year, based on a 1940 population of 73.1 million. An estimated 10-14 million bushels could be produced in Japan in the short term period after the war. The rest must be imported.

Uses of soybeans include miso, soy sauce or shoyu, and tofu. The main center of soybean production in Japan is the island of Hokkaido. The soybean is the principal oilseed imported into Japan.

Tables show: (1) Soybeans: Production, imports, exports, and apparent consumption, Japan Proper and Karafuto, 1928-39. Columns show: Production. Imports from Empire. Other imports. Total imports. Exports. Apparent consumption: Total and per capita. (2) Soybeans: Imports into Japan from principal sources, average 1928-32, annually 1933-39. The graph has two main parts: Quantity (1,000 bushels), and value (1,000 yen). Empire areas: Manchuria (incl. Kwantung), Korea, Formosa, total. Non-Empire areas. Grand total. Source: Monthly and annual returns of foreign trade of Japan, Korea, and Formosa. Address: U.S. Tariff Commission, Washington, DC.

1981. King, Pei-Sung. 1945. Chinese soy sauce and cheese. *University of Wisconsin, Fermentation Journal Club, Report* No. 22. p. 1-4. June 27. [15 ref]

• ***Summary:*** Contents: Introduction. Review of the literature. Making soy sauce: Laboratory procedure, grades and composition of soy sauce (there are 3 grades; the lower the grade, the lower the specific gravity of the soy sauce). Soybean cheese (sufu).

The laboratory procedure for making soy sauce involves three steps:

1. Mold culture, growing *Aspergillus oryzae* or *A. soya* on 30 grams of rice that has been steamed and is incubated at 30ºC for 4 days.

2. Yeast culture, growing *Zygosaccharomyces soya* on one sterilized culture medium at 30ºC for two days and *Lactobacillus delbrückii* on another at 37ºC for 2 days.

3. Fermentation, using four basic raw materials: Soybean (or bean cake) 300 gm, whole wheat (or other starchy material) 200 gm, NaCl (table salt) 280 gm, and water (including steeping water) 1600 ml. Details of the process are given. "It usually takes from two to three months for fermentation to become complete, but it is possible to be fermented completely within three weeks. A table shows the chemical composition of 3 grades of soy sauce. The source of this information is cited as: "(13) King, P.S. Bulletin No. 115, N.B.I.R. [National Bureau of Industrial Research], China 1941.

Note: This is the earliest document seen (April 2012) that describes how to make fermented soy sauce at home or on a laboratory scale–that will actually work. All known previous descriptions on this scale omitted the "mold culture" or koji stage.

"An important microorganism for making soybean cheese is *Mucor sufu,* which was first isolated by N.S. Wei [sic, Wai] (J. of Chinese Agr. Soc. 1926). Other useful microorganisms for making this product are Monascus (e.g., *M. anka, M. purpureus, M. faligiosus* [sic, *M. fuliginosus*], *M. major,* and *M. pilosus*), yeasts and bacteria. Some of these have been isolated by the writer in the *National Bureau of Industrial Research,* China (Bulletin No, 126, 1941).

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The procedure for making soybean cheese is described, starting with 300 gm of whole soybeans. After pressed tofu cubes are inoculated on the surface with any of various mold species, they are incubated at 25ºC for 3 days. Then 600 ml of a 16% solution of table salt (NaCl) is added. The 2nd fermentation "usually takes two months after which the cheese and liquid are bottled, sterilized, and marketed."

Note: This is the earliest document seen (Nov. 2011) that describes how to make fermented tofu at home or on a laboratory scale. Address: Univ. of Wisconsin.

1982. Gattoni, Luis A. 1945. Frijol soya [Soybeans]. *Honduras Agricola* No. 8. p. 5-7. June. English-language summary in Soybean Digest, March 1946, p. 29. [Spa]
• ***Summary:*** The diet of the people of the tropical countries of America is composed almost exclusively of rice, bananas, corn, and beans. The author believes that the ideal daily diet consists of daily consumption of 1 pound of meat and a half liter of milk. However since the people cannot afford such a diet, especially with the rapid population growth, Mr. Gattoni believes that these countries are faced with a postwar nutrition crisis.

As a partial solution, he recommends that they produce soybeans on a large scale, both to be consumed as whole soybeans, and to be made into oil and flour. He proposes that the schools, radio, movies, conferences, etc. be used as mediums for educating the people about soybean production. He points out that soybeans can be cultivated satisfactorily in areas where corn, beans, and peanuts are grown. In Honduras, the best soil and climate for the crop exists in the tropical zone of the coast. Some interesting experiments with adapted varieties are being conducted at the Pan American agricultural school of El Zamorano.

In the area of La Lima in the department of Cortés (a "county" in northwest Honduras), according to a report of the Office of the Institute of Inter-American Affairs, 9 soybean varieties have been tested (see USDA Farmer's Bulletin 1520 of 1939). "In the Experimental Grains department of the Institute of Inter-American Affairs at Toncontín, Comayagua (35 miles northwest of Tegucigalpa), and Danlí (45 miles east of Tegucigalpa), the following edible yellow varieties were sown, besides some forage types: Mammoth Yellow, Bansei, Funk Delicious." Yields were good when the soybeans were inoculated.

In Santa Ana, Wallace Farm, Costa Rica, 11 varieties (Fuji, Hahto, Hakute, Gogun [Jogun], Kanro, Kura, Sato) were tested. Seed yields ranged from a high of 3,186 lb/acre (53.1 bu/acre) for Hahto No. 20, down to 868 lb/acre for Hakute.

On May 15 the following varieties were planted at Toncontin: Ogden, Arksoy, Ralsoy, Volstate, Cherokee, Delsoy, Tastee, Hahto, Rokusun, Aoda, and Woods Yellow.

The author then discusses soybean cultivation, soils, bacteria that fertilize the plants, planting, harvest, and yield. He concludes: "Note: The National Commission on Food and Agriculture encourages all people interested in soybean cultivation to apply to them, indicating the quantity of seed that they wish to cultivate so that, for one-time trials to find the best-yielding and most useful varieties in Honduras, we can tell how much we need for planting in September, which is the most appropriate time for its cultivation."

Photos (black and white) show: (1) An experimental plot of inoculated soybeans cultivated at the Central Project of Toncontin [near Tegucigalpa]. The development and yield have been satisfactory. (2) The same soybean varieties planted in the same soil but without inoculation; the results are noticeably inferior.

Note 1. This is the earliest document seen (Jan. 2011) concerning soybeans in Honduras, or the cultivation of soybeans in Honduras. This document contains the earliest date seen for soybeans in Honduras, or the cultivation of soybeans in Honduras (May 1945). The source of these soybeans is unknown. It seems likely (but not certain) that the soybeans described in this paper were planted in Sept. 1944.

Note 2. This is the earliest document seen (June 2009) that mentions the soybean variety Delsoy. Note: It seems like there must be an earlier record announcing this variety in the USA. Address: Ingeniero Agronomo del Instituto de Asuntos Inter-Americanos (Inst. of Inter-American Affairs), Honduras.

1983. *Rocky Shimpo* (*Denver, Colorado*). 1945. Hayanos opening tofu factory in Minneapolis. 12(85):1. July 18.
• ***Summary:*** Evacuees in the Twin Cities area of Minneapolis / St. Paul, Minnesota, are welcoming Toraji Hayano, formerly of Heart Mountain, Wyoming, who plans to manufacture tofu in the area. Prior to evacuation, the family resided in Mt. Vernon, Washington [state].

1984. *Colorado Times* (*Denver, Colorado*). 1945. Tofu factory set up in Minn. [Minnesota]. 31(4338):1. July 19.
• ***Summary:*** Mr. and Mrs. Horaji Tom Hayano, an Issei couple, formerly of Heart Mountain [Japanese incarceration camp in the northwestern corner of Wyoming], have purchased a home at 2735 Colfax South in Minneapolis [Minnesota], where they plan to establish the business of manufacturing tofu for the three Japanese restaurants in Minneapolis, as well as for resettlers here. "To date the only source of supply for tofu has been Chicago, Illinois, and the local restaurants have complained that Chicago does not ship tofu during the warm months.

"The Hayano family, prior to evacuation [during World War II], were residents of Mt. Vernon, Washington [state]. While at Heart Mountain, Mr. Hayano supplied tofu to Center residents for a period of seven months."

1985. *Gila News-Courier* (*Gila River Internment Center,*

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Phoenix, Arizona). 1945. Minneapolis has tofu factory. 4(58):5. July 21.
• ***Summary:*** "Evacuees in the Twin Cities area in Minnesota welcome a new enterprise, the manufacture of tofu, established by an Issei couple.

"Mr. And Mrs. Toraji Tom Hayano, formerly of Heart Mountain have purchased a home at 735, Colfox South in Minneapolis, where they will manufacture tofu for Japanese restaurants in Minneapolis and for resettlers."

1986. *Manzanar Relocation Supplement* (*Manzanar Internment Camp, California*). 1945. Hayano's tofu factory opens in Minneapolis. 1(15):4. July 28.
• ***Summary:*** "Minneapolis–Mr. and Mrs. Horaji Tom Hayano, formerly of 20-14-E, Heart Mountain Relocation Center, have purchased a home at 2735 Colfax South in Minneapolis [Minnesota], where they will establish the business of manufacturing tofu for the three Japanese restaurants in Minneapolis, as well as for resettlers here, the Chicago WRA office announced."

1987. Holt, Jane. 1945. News of food: Morsels tempting to exacting palates offered in Chinese restaurant here. *New York Times.* Aug. 2. p. 22.
• ***Summary:*** Those who know say the best authentically Chinese food in New York City is served at The Chinese Rathskeller, owned by Chew Quan. For Americans, there is both an á la carte menu and a table d'hote menu. Many Americans prefer ingredients that are "more familiar than shark's fins and soy bean curd," and on their first visit are timid about trying anything new, their idea of Chinese food "being limited to chop suey and chow mein."

1988. *Madison Survey* (*Madison, Tennessee*). 1945. Madison health foods. 27(16):3. Aug. 29.
• ***Summary:*** "A letter written some weeks ago from Addis Ababa, Ethiopia, by Mrs. Della Hansen, housekeeper in the Emperor's palace, addressed to Madison Foods, says:

"'His Majesty, the Emperor of Ethiopia, has seen your advertisement in *Life and Health,* and has asked me to write requesting a sample of each of your products.'

"Samples of Zoyburger, Yum, Vigorost, Soy Cheese [tofu], Stakelets, Not Meat, and Soy Koff were sent to the Emperor via the Ethiopian minister in Washington [DC].

"Never before in the history of the food manufacturing department of Madison has there been such evident interest in foods that meet the protein needs of the family dietary."

Note: This is the earliest document seen (Aug. 2009) concerning soybean products (canned meatlike products from Madison Foods) in Ethiopia. This document contains the earliest date seen for soybean products in Ethiopia (1945); soybeans as such had not yet been reported by that date.

1989. Miller, Carey D. 1945. Thiamin content of Japanese soybean products. *J. of the American Dietetic Association* 21(7):430-32. Aug. [10 ref]
• ***Summary:*** The approximate amount of thiamin retained in various soybean products is as follows: Raw soybeans, 100%. Soybeans pressure cooked for 60 minutes at 121ºC, 26% (i.e., 74% of the thiamin is lost). Soybean "milk" (*tonyu*), 74%. Soybean curd residue (*kirazu*), 19%. Soybean curd (*tofu*), 18%. Tofu contains 54 mcg. thiamin per 100 gm. About 7% of the thiamin in tofu appears to be destroyed by the cooking process, about 20% remains in the residue (*kirazu*), and the remainder of the thiamin (almost 60%) is lost in the discarded liquid which drains off when the protein in precipitated and pressed.

The author acknowledges the help of the Yokoyama Tofu Factory. *Kirazu* may be used as a human food in combination with vegetables, etc. "However, in Hawaii most of the *kirazu* is fed to pigs. To make tofu, hot soybean milk "was mixed with a liquid containing magnesium and calcium sulfates, a by-product obtained in the manufacture of salt from sea water, which precipitated the tofu as a flocculent curd."

Note: This is the earliest English-language document seen (Aug. 2011) that contains the term "Soybean curd residue" or that uses that term to refer to okara.

Aburage (a fried soybean curd) loses additional thiamin as a result of the cooking process. "Miso, made from cooked soybeans and fermented rice, which is allowed to age in huge wooden vats for 2 months or longer, is a relatively good source of thiamin," containing about 130 mcg. per 100 gm. But since relatively small amounts are used, even by people who favor this food, its contribution to the daily thiamin need is not great. Address: Nutrition Dep., Hawaii Agric. Exp. Station, Univ. of Hawaii, Honolulu.

1990. Arnold, Julean. 1945. Soy–China's Cinderella. *Soybean Digest.* Sept. p. 36-37, 69.
• ***Summary:*** In the summer of 1937 masses of Chinese refugees poured into Shanghai in frantic efforts to escape Japanese armed forces. The immediate problems were food and shelter. One relief agency, China Child Welfare, Inc., with which the author worked, helped to establish 220 refugee camps to accommodate 250,000 people. Since tofu is too concentrated for infants, the group turned to soybean milk. "Fortunately the Peking Union Medical College of the Rockefeller had several decades earlier carried on extensive research with the soybean under the direction of a Russian scientist Dr. A. A. Horvath. He became a great enthusiast on the nutritive properties of the soybean. He found that by adding a certain amount of calcium lactate, sodium chloride [table salt] and sugar to the soybean milk, it would be possible to produce a substitute for cow's milk, and at a fraction of the cost of cow's milk. Chinese trained under him carried on research experiments.

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"Thus when we were interested in preparing a scientific, sanitary, and standardized soybean milk we looked for assistance to Doctors Ho and Tso who were trained at the P.U.M.C. but later came to Shanghai to join the Lester Institute where they continued their work on soybean nutritive products. So we impressed them into service. We also secured much aid from Dr. W.S. Fu, who supervised a Chinese children's hospital in Shanghai. He gave us accommodations for setting up a small plant for the manufacture of soybean milk in one of the court-yards of his hospital." A description of the equipment and process used is given. After boiling the soymilk for 20 minutes, calcium lactate, sodium chloride, and sugar were added. The soybean milk was served hot to the children in the camps. The plant was managed by Miss Nellie Lee, a Chinese who graduated from Mt. Holyoke College and had studied dietetics and social science.

After taking the milk from the soybean, there is a residue [okara] very rich in protein. We found by adding 40 percent coarsely ground wheat flour which is also plentiful in China, plus the other ingredients above mentioned, we could make a biscuit which when baked in an oven proved to be very palatable. It represented probably the greatest food value for the cost obtainable. A Chinese department store baked them for us. We distributed millions of them to the refugee camps.

"In order that our committee might take the fullest possible advantage of the very able assistance we received from Chinese scientists, doctors and others we organized the China Nutritional Aid Council with Chinese and American members for the express purpose of popularizing a properly prepared soybean milk and other soybean nutritional products." This council, backed by China Child Welfare, Inc. of New York, launched a campaign to share with people in other parts of China "the advantages of our experiences in providing soybean milk for from 25,000 to 37,000 children daily in the refugee camps in addition to several millions of soybean biscuits furnished the refugees."

"Another American medical missionary, Dr. H.W. Miller, went much further in his experiences with soybean milk products. He became so enthusiastic about their possibilities that he set up a modern plant in Shanghai for their manufacture, with facilities for producing qualities acceptable to those whose palates rebelled against the ordinary types of soybean milk."

After the Japanese bombing of Pearl Harbor, the China Nutritional Aid Council and its soymilk plant moved to Chung-king [or Ch'ung-ch'ing, a city in southern Szechuan province; the Kuomintang made it the political capital of China from Oct. 1938 until the end of World War II]. Nellie Lee has worked for 5 years "spreading the gospel of soybean milk for the great masses in that country."

"When John D. Rockefeller Jr. came to Peking about 25 years ago to dedicate the Peking Union Medical College of the Rockefeller Foundation, he told me that he found it harder to spend money than to make it." A large photo (p. 36) shows a Chinese mother feeding her children "soy milk and soy cakes at a food shop where highly nutritious foods are made and sold at cost prices."

Note 1. This is the earliest document seen (July 2012, one of two) that uses the word "Cinderella" in connection with the soybean. The author, however, does not elaborate on this idea. This is the earliest document seen (July 2012) with "Cinderella" in the title.

Note 2. In the winter of 1937 K.S. Lo of Hong Kong, age 27, happened to be in Shanghai on other business. There he attended a talk by Julean Arnold titled "Soya Bean: The Cow of China." This talk inspired Lo to establish the Hong Kong Soya Bean Products Co., Ltd. in March 1940. This company later made the world-famous Vitasoy soymilk. If the date and title of this talk are correct, this would be the earliest date seen (Aug. 2002) for the use of the term "Cow of China." Address: Berkeley, California.

1991. *Madison Health Messenger* (*Madison, Tennessee*). 1945. Madison Foods–Madison College, Tennessee. 7(1):4. Undated.

• ***Summary:*** A full-page photo shows the following canned products, with a brief description of each and the price: Stake-Lets (a combination of gluten and soy beans). Not-Meat (a meatless loaf for cutlets, roasts, patties, croquettes, salads, etc.). Yum (a mild Bologna flavor. Contains soy beans, wheat gluten, and seasonings). Zoyburger (excellent for sandwich spreads or served like a steak with onions). Vigoroast (a vegetable steak). Wheatasoy (an alkaline breakfast food, ready to eat. Contains rich grain malt, whole wheat, and soy-bean flour). Zoy-Koff (Prepare like coffee. No trace of caffeine. No nerve stimulants. Two grinds–regular and fine). Kreme O'Soy (a soy milk for those allergic to cow's milk and for special diets. A liquid not concentrated). Soy Cheese (soy curd (tofu) seasoned for croquettes, salads, sandwich spreads, etc.).

A separate photo across the top of page 1 of this issue shows a ground-level view of the "Madison College Campus, Home of Madison Foods."

1992. Weigle, Edith. 1945. Japanese close-ups. *Chicago Daily Tribune.* Oct. 10. p. R6.

• ***Summary:*** Tokyo–In the early morning, at about 5:30 or 6:00 (it's still dark in winter), "there comes the song of the boy selling nato [natto]." He calls out the word three times, with two notes to each word. In the key of C, the notes would be E-G, G-A, E-G. "Nato [sic, Natto], pronounced nah-toe, is a bean [fermented soybeans] used in the morning one-dish meal. When it is mashed, seasoned with raw egg and finely chopped onions, and heated, the Japanese eat it in quantity, washing it down with green tea." They are now ready for the day.

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In the early after, the "tofu (bean curd) seller, also rides a bicycle and makes a querulous wailing sound that apparently has the appeal of the Pied Piper, for small children inevitably follow his slow progress down the lanes."

1993. War Relocation Authority (WRA). 1945. Incarcerees making tofu. Oct. 24.
• ***Summary:*** On 24 Oct. 1945 WRA photographer R.H. Ross shot five black and white photos of Japanese incarcerated at Tule Lake incarceration camp, California, making tofu. The original WRA captions read: (1) "Note: The markings on the blackboard, upper right, show the Japanese way of counting in fives to show number of buckets of beans processed. The bucket on the lower right contains soy beans which are soaked over night and then poured into this centrifugal 'masher' which revolves at comparatively high speed. The white, crushed bean substance drops down into the container below in a white paste-like form."

(2) "The paste-like crushed bean mash [*gô*] is cooked thoroughly in the big vat shown in the picture and constantly stirred. This tofu (pronounced To-o-fu) factory is operated by the Tule Lake Co-op."

(3) "The cooked beans are poured into a fine-meshed sack and water is added. Squeezing the sack the fibrous substance is held back and the rest of the precipitate is squeezed into a barrel. Into this strained mash or curd, brine is added to cause it to precipitate. This factory is operated by the Co-op."

(4) "The precipitate is put into forms and pressed. Later it is cut into smaller cakes and kept in water as shown. Tofu is a kind of 'bean curd' considered essential to the Japanese diet. Other pictures in this group show the various processes in the manufacture of this product. To preserve it is kept in water until used."

(5) "This product called 'Age' is made from the bean curd. This is shown in the picture. The curd is fried in deep soy-bean fat until browned." Photos courtesy of the National Archives and Records Administration (Number 210-C-B-20; 210-CL-B-24).

1994. *Times of India* (*The*) (*Bombay*). 1945. The fact that milk prepared out of soya bean can be used in exactly the same way as cow's milk for ice cream or curds [tofu]... Oct. 30. p. 5.
• ***Summary:*** "... is suggested in a note prepared by Prof. V. Subramanian [Subramaniam, Subrahmanyan] and Dr. S.S. De, of the Indian Institute of Science, Bangalore." The say that 1 lb. of soya bean will yield 6 lb. of milk having about the same nutritional composition as cow's milk.

Note: See *Times of India,* 13 Sept. 1945.

1995. **Product Name:** Tofu.
Manufacturer's Name: Korean Tofu Co.?
Manufacturer's Address: Los Angeles, California.
Date of Introduction: 1945.
New Product–Documentation: Mildred Lager. 1945. The Useful Soybean. p. 86-87. "In another part of the same city [Los Angeles], a Korean has found a market for a firmer cheese [tofu] and is already packaging and selling it to some of the best known restaurants of Hollywood, where it is served as soybean curd or custard."

1996. **Product Name:** Tofu, and Agé.
Manufacturer's Name: [Tom Amano Tofu Co.].
Manufacturer's Address: S.W. 4th Ave., Ontario, Oregon.
Date of Introduction: 1945.
New Product–Documentation: Talk with Jim Kanetomi. 1988. Nov. 17. Phone: 503-889-6392. The tofu company that he bought and later renamed Kanetomi's was founded in 1945 by Tom Amano, his father in law. Tom was born in Japan and had learned to make tofu on his own. As long as Tom ran the company, it never had a name or a sign, not even when Jim took over the company (he didn't actually buy it) in 1958. Then Jim went 7-8 years with no name or sign until the local people gradually started calling the company Kanetomi's.

Tom Amano always made tofu, abura-age, konnyaku, and high-quality fat noodles with plenty of eggs. In about 1955 there was a bad fire in the shop. So Tom moved the shop to 366 S.W. 5th Street, into a building that he partially owned; the other part was owned and occupied by a laundry run by Jim Kanetomi. After Jim took over the company he continued to make the same products, and did not introduce any new ones. Jim sold the company in 1982 to Kuni and Vickie Kobayashi.

1997. Chao, Buwei Yang. 1945. How to cook and eat in Chinese. New York, NY: The John Day Co. xviii + 262 p. Foreword by Hu Shih. Preface by Pearl S. Buck. Illust. Index (of both recipe numbers and page numbers). 21 cm. An Asia Press Book. New editions, 1949 and 1963.
• ***Summary:*** A superb, funny, authentic Chinese cookbook. The "Author's note" begins: "I am ashamed to have written this book. First, because I am a doctor and ought to be practicing instead of cooking. Secondly, because I didn't write the book... You know I speak little English and write less."

The section on "Conventions and hints" states: Clear-simmering is slow cooking without soy sauce. Red-cooking is slow-cooking with soy sauce (p. xvi).

In Chapter 2 titled "Eating materials," the section on "Grains" (p. 21-22) notes: There are two important supplementary starchy foods in the Chinese diet: Sweet potatoes (the poor man's luxury) and "beans: red beans [probably azuki], horse beans, and above all soy beans and their products. Bean milk and bean curd [tofu] are regarded in this country [America] as specialties. But in China, cabbage and bean curd mean a poor family's home cooking.

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Soy beans not only give starch, but are also the most important source of protein, since most people cannot afford much animal food."

In Chapter 3, "Cooking materials": "The commonest vegetable oils in China are [soy] bean oil and peanut oil" (p. 24). Soy sauce is a "salter," which is not freely exchangeable with salt. It is never used in the white kind of cooking but it is used (sometimes with salt) in red-cooking and red-stir-frying (p. 25).

"Flavorers.–The most important flavorer of Chinese food is soy-bean sauce or soy sauce for short. With soy sauce you can cook an untiring series of Chinese dishes with nothing but those foods you can get at any American chain market. In fact even pretty good soy sauce can now be bought at such chain markets. Chinese dishes are called red-cooked or white-cooked according as soy sauce is or is not used. But even in the white-cooked dishes, especially the slow-cooking ones, the morsels, or rather the chopstickles [chopsticks], of food are often dipped in soy sauce before eating. One thing we never do, however, is to pour soy sauce on rice. When Americans do that, it looks funny. It must taste funny too.

"Soy sauce is made from fermented boiled soy beans in which salt is added. Several kinds are now seen in this country. The least useful is called in Cantonese *chü-yau,* "pearl sauce," a dark thick sauce without too strong a taste, which lends much color to the dish and is much used in restaurants. Next is *shang-ch'au* "raw extract," which is light brown, tastes very fine, but is not colorful enough for red-cooking and not available in any great quantity. The sauce most suitable for general purposes is called *ch'au-yau,* "extracted sauce," which fortunately is made by several manufacturers in this country and Canada. All varieties of soy sauce are also called by the general name *shi-yau* in Cantonese.

"Similar to soy sauce is a soy jam [chiang], which is much thicker in consistency. In China, fermented flour jam is even more common. Good samples of such jams are scarce in this country.

"There is a whole class of whitish savory powder made mostly from gluten of flour. We shall call it **taste powder** in the recipes. The oldest form of this is made from the dried fermented muscle-of-flour (flour gluten), often made in old Chinese households. Almost thirty years ago the Japanese manufactured, from hydrolized gluten, a powder called *ajinomoto,* 'prime element of taste.' Later a Chinese firm manufactured *ve-tsin* [*vetsin*], "essence of taste, which is still found on some shelves of Chinatown. 'Pickup' and *mee boan* taste powders are made in this country and sold mostly in Chinatown.

"You will note that relatively few recipes in this book call for the use of taste powder." "Other common flavorers are oyster sauce, sesame oil, and soy bean cheese (*fu-yü*) (p. 27-28).

Chapter 6, "Methods of cooking," includes a discussion of red-cooking (stewing with soy sauce, which gives a reddish color. "Red-cooking is the typical family cooking." Cooking time varies from 2-6 hours) and clear simmering (without soy sauce).

Soy-related recipes include: Bean curd stirs meat slices (p. 61). Bean curd stirs shelled shrimps (p. 118). Meat sauce meets lobsters ("Variation: As done in Chinese restaurants in America–Get from Chinatown 2 tb-sp salted small black beans [fermented black soybeans]. Wash off visible salt, boil 10 minutes, crush, and add to the stirring sauce," p. 125). Arhat's fast or Vegetarian's ten varieties (with wheat gluten, bean curd skin [yuba], fried puffy bean curd, soy sauce, etc., p. 156-57).

Note 5. This is the earliest English-language document seen (April 2013) that contains the term "fried puffy bean curd." It refers to a type of Chinese deep-fried tofu. "Get in Chinatown. The best is to get them ready fried,..."

Plain stirred bean curd (p. 158-59). Oyster sauce bean curd. Mushrooms stir bean curd. Scallions stir bean curd (p. 159-60). Pot-stuck bean curd (p. 160). Bean curd and meat-slice soup (p. 164). Huichou pot (with fried bean curd [large triangles or small cubes], p. 181-82). Sandy-pot bean curd (p. 183). Soy jam noodles (p. 201-02, with ½ can *yünshi* soy jam {get in Chinatown}; this is typical northern food).

Page 158 states: "Bean curd is made of soy beans. It has only a faint flavor of its own. That is why it can be easily combined with other materials. Bean curd has the same nourishment value as bean, but in a much more digestible and palatable state and forms an important ingredient of the food for the poor people in China. It is cheap and easy to prepare. Those who can afford fancy dishes often combine it with meat, fish, and other sea foods. But just plain (Chinese) cabbage and bean curd connotes home sweet home. Bean curd is a versatile cooking thing. It can be boiled plain, with a little of any flavoring. It can be fried in deep oil by whole pieces so that the outer surface will become browned. We often stuff seasoned ground meat inside it like stuffed cucumber and then red-cook the whole thing. Bean curd can even be eaten as part of an American salad." The Chinese characters for all recipe names are given on pages 232-46. Address: Cambridge, Massachusetts.

1998. Lager, Mildred. 1945. The useful soybean: A plus factor in modern living. New York and London: McGraw-Hill Book Company, Inc. xii + 295 p. Illust. General index. Index of recipes. 22 cm.

• ***Summary:*** One of the most important and innovative books on soyfoods ever written. Contents: Preface. 1. Agriculture's Cinderella: America discovers the soybean, our wonder beans, soy as a food in the United States, soy in rehabilitation food programs, soybeans as an emergency crop, soybean terminology. 2. World-wide use of soybeans: A real antique, monarch of Manchuria, soybeans in mechanized

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warfare–Germany, soybeans in other countries (USSR, Italy, Spain, Belgium, Holland, Norway, Denmark, Sweden, Great Britain, Canada), soybeans in Lend-Lease and United States Agricultural Marketing Administration, Food for Greece, soybeans and the Mexican Indian, soybeans in Hawaii (Mr. C.G. Lennox). 3. Soybeans and industry: The versatile soy, uses of soybean in industry, soybean paint (from soy oil, incl. Duco finishing), soybean protein (used in making plywood, plastics, water paints, paper sizing, leather finishes, and insecticide sprays), Henry Ford and soybeans, soybean glue (I.F. Laucks and the firms he has licensed turn out some 30,000 tons of soybean glue annually), rubber substitute (Norepol), paper industry (Glidden), plastics, soy-cotton helmets, firefighting compounds, lecithin, fertilizers. 4. Nutritional nuggets: Food value of soybeans and soy products (vegetable or edible types of soybeans, protein, fat & carbohydrate, minerals, vitamins, lecithin, alkaline ash, economy, exaggerated claims), principal uses of soybeans and soy products (meat substitutes, meat enrichers, fortifying foods with soy flour). 5. From soup to nuts: Green beans, dry beans, frozen beans, roasted soybeans, sprouted soybeans, the cow of China–soy milk, the meat without a bone–tofu or soy cheese, the little giant among protein foods–soy flour, soy grits, puffed grits, soy oil, miscellaneous soy products (soy butter [soynut butter, p. 99-100], sandwich spreads, malts, coffee substitutes, soy sauce, soy albumen–a new product, greatly improved during the past two years, is now used to "replace egg albumen in candy manufacture" [as in marshmallows]).

Note 1. This is the earliest English-language document seen (March 2001) that refers to tofu as 'the meat without a bone.' In 1938 Horvath called tofu 'the meat without the bones.' Note 2. This is the second earliest document seen (Aug. 2002) in which the soybean is called the "cow of China."

Note 3. This is the earliest English-language document seen (Aug. 2003) that uses the term "soy albumen" (or "soy albumens") to refer to isolated soy protein as a product.

6. The blazed trail: Introduction (history and pioneers), our tardy acceptance, food pioneers (health-food stores, Dr. W.D. Sansum of Santa Barbara and soy bread, allergy studies, vegetarians, Seventh-day Adventist food companies, meatlike products, Madison College of Tennessee, Loma Linda Food Co., the International Nutrition Laboratory and Dr. H.W. Miller, special dietary concerns and diabetic diets), establishing soybeans in the kitchen (The Edison Institute and Henry Ford, the USDA and the U.S. Bureau of Home Economics, the Agricultural Marketing Administration, U.S. railroads, the Soy Products Division of the Glidden Co., the Soy Flour Association). 7. The challenge of nutrition: The dangers of hidden hungers, nutrition and health, corrective nutrition, starch-restricted diets, meatless diets, allergy diets, bland diets, building diets, reducing diets, acidophilus culture, lecithin. 8. Our wonder crop: Jack and the beanstalk, early history, new varieties, aids to the industry (Regional Soybean Industrial Products Laboratory, American railroads, American Soybean Association, Fouts Brothers of Indiana, *Soybean Digest* and George Strayer in Hudson, Iowa, Soy Flour Association with Edward Kahl as first president, Soya Kitchen in Chicago (Illinois) opened in Jan. 1943, National Soybean Processors Assoc., National Farm Chemurgic Council), educational program, restrictive regulations. 9. Soybeans and the farmer: Varieties, sources of information, seeding and inoculating, harvesting, grading, soybean diseases, crop rotation, damaged beans. 10. Tomorrow: Acreage and production, soybeans on the farm, soybeans in nutrition, postwar industrial uses, future improvements. 11. A few suggestions for better living: Kitchen diplomacy, personal opinions, soybeans for everyone. Recipes: Green soybeans, dry soybeans, sprouted soybeans, roasted or toasted soybeans, meat-substitute dishes, soy-enriched meat dishes, soy noodles, macaroni, spaghetti, sauces and gravies, soups, salads, dressings, soy spreads, soy milk, tofu or soy cheese, soy butter, soy cereals, soy desserts, soy candies, soy beverages, soy-flour recipes, bread and muffins, pancakes and waffles, soy gluten recipes, baking-powder biscuits, pastry, cookies and doughnuts, cakes.

Contains recipes for "Soy milk molasses shake (p. 238). Soy puddings. Soy ice cream (p. 250; "Soy milk may may be used in place of milk in ice-cream recipes... adding whipped cream"). Soy fruit ice cream. Soy chocolate dessert (Eggless) (p. 250-51). Soy shake "(p. 254, made in a "liquefier or mixer").

The story of Allied aid to Greece [p. 24-26] is one of the great mercy stories of World War II. Starting in March 1942, as many Greeks were starving, the first mercy ship sailed to Greece with food and medicine. Up to Nov. 1943, the United States through Lend-Lease sent 82 million pounds of food to Greece. A number of these foods (including soup powders, stew mixes, and spaghetti) were based on soy flour and grits, and specifically developed to suit Greek tastes.

Concerning Henry Ford (p. 35-38), his "first experiments were made in a laboratory in connection with the Edison Institute in 1930. In these experiments, several tons of wheat were used, also several thousand bushels of carrots; sunflower seeds, which have a high oil content; cabbages; onions; and cornstalks. It was not until December, 1931, after a long series of experiments with the soybean, that Mr. Ford and his chemists felt that they were at last approaching a solution to the problem of finding a basic farm material from which the ordinary farmer could develop a commercially profitable product."

Note 4. This is the earliest English-language document seen (March 2007) that uses the term "Soy ice cream" (p. 250).

Note 5. This is the earliest document seen (July 2007, one of two) that uses the word "Cinderella" in connection with the soybean. The author, however, does not elaborate on

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this idea.

Note 6. This is the earliest English-language document seen (June 2011) that uses the term "soy-flour." Address: Southern California.

1999. Lager, Mildred. 1945. Madison College (Document part). In: Mildred Lager. 1945. The Useful Soybean: A Plus Factor in Modern Living. New York and London: McGraw-Hill Book Company, Inc. xii + 295 p. See p. 106-07.
• ***Summary:*** "There are several large and small Seventh-day Adventist food concerns in this country that manufacture a complete supply of soy products, most of which are cooked and ready to use.

"As pioneers, all these Adventist concerns have done considerable research on soybeans, and most of them employ chemists who have had firsthand experience with the beans in China. These men know the food value of the bean, what it has meant nutritionally elsewhere, and they strive to perfect formulas for well-balanced and complete vegetable protein foods to take the place of meat. Most of these concerns also manufacture soy milk, fortified to equal dairy milk in food value. Their meatlike products at first were for the use of their own people, their hospitals and institutions; but demands for vegetable protein have brought them into health-food stores and food specialty shops. Sales on these products have been steadily increasing with a rapid rise in the last 3 years, climaxed by meat and cheese rationing..."

"Perhaps the best known of the pioneer institutions is Madison College, Tennessee. It is doing an outstanding job in maintaining a self-supporting college and a sanitarium and in developing a complete line of soy products that are being sold on an international scale. Madison's curriculum includes 27 campus industries run by the students to support the college and themselves. A 900-acre college farm is operated entirely by student labor and is also self-supporting. The student canning factory was started when the college was in its infancy, almost forty years ago; and several years of research in food chemistry have resulted in many new products built around the soybean. Madison College is largely responsible for making soybeans appetizing. They have developed a soy milk that has received world recognition; observers have come from Africa, India, and other countries where milch cows are scarce, to study the methods of Madison's soybean dairy. They also make soy cheese [tofu] and several meat substitutes, as well as a soybean beverage. These foods are now well distributed over the United States and some foreign countries, including South Africa." Address: Southern California.

2000. Lautensach, Hermann. 1945. Korea: Eine Landeskunde auf Grund eiener Reisen und der Literatur [Korea: A geography based on the author's travels and literature]. Leipzig, Germany: K.F. Koehler Verlag. xv + 542 p. Illust. (black & white photos). Maps (part folding, part color). 24 cm. Series: Geographische Handbücher. [1038* ref. Ger]
• ***Summary:*** A superb, scholarly work, with a huge bibliography, printed just as Germany was losing World War II.

Chapter 6, titled "The anthropogeographical character of ancient Korea" (p. 141+) contains extensive information about agriculture and food. Page 154: In wealthier sites, the farm buildings enclose a courtyard, to which an entrance gate gives access (Fig. 21e, p. 151). Some enclosures are so complete that a square courtyard results. In some corner or other of the courtyard stand the huge brown earthenware jars, in which soy sauce (*Sojabohnensosse*, jap. *shoyu*) is prepare and stored.

Page 176-77: In East Asia, after cereal grains, pulses / legumes are the next most important crop. In Korea, by far the most important is the soybean (*Sojabohne*, jap. *daitsu* [*daizu*] = large bean) which makes few demands on the soil. Korea's climate is ideal for soybeans (Tanaka 1931, p. 18); it is even better than Manchuria's climate, because of the large amount of precipitation during the summer. Today, soybeans are an indispensable part of the various dry-field crop rotations. After planting of the paddies has finished, soybeans are planted on the ridges too; there they grow extremely well without being fertilized. Soybeans are grown throughout Korea, but least in the Kaema upland because of the warmth they require. In northern Korea, on dry fields, they are planted between the end of March and beginning of May. Toward the south, planting is delayed until the end of June. They are generally harvested in October, except in Chejudo, where they are not harvested until early November. Soybeans are the crop that is left standing the longest, and they are not harvested until their leaves have turned brown and started to fall.

Soybeans are used as a very nutritious food for both humans and horses. Also, cooked soybeans are used as a fertilizer for the rice paddies. Above all, though, the hot brown soy sauce (*Shoyusosse*), which is never lacking on any Korean or Japanese table, is made of them, using salt and pepper and a process of fermentation. Bean curd (*Käse*, jap. *tohu* [*tofu*]) and soybean paste (*Mus*, jap. *miso*) are also made of them."

Page 180: The place of soybeans (*Soja*) in rotations, such as soya / hemp is mentioned. The winter crops consist of wheat, barley, or rye; the summer crops of soybeans, other beans or cotton. Page 181 mentions soybeans as a summer crop. Page 196: Soybeans are planted on the bunds of the rice fields. Page 199. Those who farm in central Manchuria are likely to grow soybeans. Page 224: Soybeans are mentioned several times.

A fold-out map facing p. 400 shows the distribution of soybeans in Korea. They seem to be slightly more densely grown in the south than in the north.

Page 435: Soybean oil mills (*Sojabohnenmühlen*) are

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mentioned. Page 460: Discusses imports and exports of soybeans. The main beans exported from Korea to Japan are soybeans, amounting to a weight of 1.3 to 1.9 million dz. in 1939. Note: One dz (*doppelzentner*) = 100 kg. Exports to other countries was small. By comparison, Manchurian soybeans were exported to the northern harbors of Germany and England. In addition, a significant amount of Manchurian soybeans were imported to Korea (0.29 to 1.02 million dz.). Also, a significant quantity of soybean products made in Korea were exported to Japan (Soy oil up to 11,550 dz. and soybean cake up to 1.2 million dz.). Likewise, up to 3,210 dz of soy oil and up to 1.3 million dz of soya cake were imported to Manchuria from Korea.

Page 466-67: A comparison of soybean production in Korea and Japan is given. 85% of the imports of soy oil to Japan came from Korea.

Page 473. Soybeans are grown in the deep valleys of Korea.

Facing p. 144: A photo shows a man carrying a large, empty, pottery soy sauce jar on a rack on his back.

Hermann Lautensach lived 1886-1971. Korean place names are the old ones in the Japanese system. Address: PhD, Prof. of Geography at the University of Greifswald [northeastern Germany].

2001. Longrée, Karla. 1945. Soybeans and peanuts: With 51 original recipes worked out by students in experimental classes at Hampton Institute. Hampton, Virginia: Hampton Institute Press. 47 p. Summarized in Soybean Digest, Feb. 1946, p. 22. [19 ref]

• ***Summary:*** Dr. Longree, who joined the staff of Hampton Institute in 1941, is a native of Germany and has been in the USA since 1933. She became an American citizen in 1939. She earned PhD degrees at both the University of Berlin and Cornell University. The many soy-based recipes include those made with whole soybeans, "soyflour, soygrits, soymilk, and sprouted soybeans." Address: Prof. of Foods & Nutrition, Hampton Inst., Hampton, Virginia; PhD Univ. of Berlin and Cornell Univ.

2002. Löbbe, Henrique. 1945. Cultura da soja no Brasil. 7th ed. [Culture of soybeans in Brazil. 7th ed.]. Rio de Janeiro, Brazil: Directoria de estatistica da produccao, Ministerio da Agricultura. 74 p. 2nd ed. was 1935. [Por]
Address: Eng. Agronomo, Brazil.

2003. Swingle, Walter T. 1945. Our agricultural debt to Asia. In: Arthur E. Christy, ed. 1945. The Asian Legacy and American Life. New York: The John Day Co. x + 276 p. See p. 84-114. Index. 21 cm. Also published by The Asia Press, 1942. [2 ref]

• ***Summary:*** "The beginning and foundation of the Library of Congress Orientalia Collection was the great Chinese encyclopedia, the *Ssu k'u ch'uan shu*, a gift of the Empress Dowager of China.

"About 1914, Dr. Swingle, then head of the Office of Crop physiology and Breeding, Bureau of Plant Industry, U.S. Dept. of Agriculture, was able to secure the services of a Cornell graduate, Dr. Hing Kwai Fung, to make abstracts and/or translations of information in the *Ssu k'u ch'uan shu* regarding economic plants. Dr. Swingle interested Dr. Herbert Putnam, Librarian of Congress in increasing the holdings of Chinese books, especially gazeteers [sic, gazetteers] which contain local information. When Dr. Fung returned to China, he was given a modest sum for purchasing books. Dr. Fung was able to persuade the Commercial Press (the largest publishing firm in China, located in Shanghai) to act as receiving agent for books for the Library of Congress, and to ship them to Washington [DC]. Soon after, Dr. Swingle was sent to the Orient–in March 1918–by the Dept. of Agriculture." There he made arrangements for collecting books in Tokyo and Shanghai.

"As American merchants and missionaries gradually penetrated into China, they sent home more and more plants and trees. The Arnold Arboretum, organized and directed by the great tree expert, C.S. Sargent, financed extensive trips to the Orient to obtain botanical specimens and seeds of ornamental trees and shrubs as well as photographs of them as they grew in their native habitat. These trees and shrubs revolutionized the garden and park plantings of the northern parts of the United States. The illustrated popular books of E.H. Wilson, who made many trips to the Orient for the Arnold Arboretum, helped to arouse interest in the very rich arboreal flora of China...

"The Plant Introduction Service of the U.S. Department of Agriculture was organized by David Fairchild in 1897; he did very extensive exploring for foreign economic and ornamental plants from 1898 on, and directed the Plant Introduction Service from 1909 to 1928. I was fortunate enough to be one of the first 'agricultural explorers.'" Of these men Frank N. Meyer and P.H. Dorsett were outstanding, not only for the number and value of the plants they secured, but also for the detailed and accurate descriptions of every plant they sent to Washington.

"P.H. Dorsett some years later, during the twenties, traveled widely in North China taking many fine photographs of Chinese crop plants and writing descriptions of the culture, harvesting and curing of each. On these trips he collected many varieties of soy beans largely through the utilization of a new and potent method of securing the willing cooperation of all educated Chinese people. A complete translation, prepared by Michael J. Hagerty under my direction in 1917 of the chapter on soy beans contained in a standard Chinese work on economic plants (the *Chih Wu Ming T'u K'ao* by Wu Ch'i-chun) had been furnished the plant explorers looking for soy bean varieties. This translation, covering eighty-two pages, discussed several hundred varieties, telling where they were largely grown. In

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all cases the name of the variety and the name of the locality where it was grown were not only spelled out in English but also written carefully in Chinese characters. An index made it easy to turn to any variety under discussion and see what was said about its culture.

"This was a turning point in field explorations in China. Such indexed translations in the hands of foreign plant explorers insured the attention of all educated Chinese, who gladly directed the explorer to the nearest source of the various named varieties. I had learned this at first hand in 1915 when studying varieties of Citrus in southern China. Surprise and skepticism about the foreigners knowledge of Chinese books gave way to astonishment and warm approbation."

"The soy bean is a striking example of the introduction of a new crop... Soy beans were sent from China to France as early as 1740 and from 1779 were grown in the famous Botanic Garden of Paris. Benjamin Franklin, who had been a member of the French Academy of Sciences since 1772, sent seeds back to the United States and urged that they be given a trial. But in spite of his plea, the soy bean remained merely a curiosity in this country for more than a century.

"In the late eighties [sic, 1890] Prof. C.C. Georgeson brought soy bean seeds from Japan, where he had been teaching at the Agricultural College at Komaba, and planted them in a field on the campus of the Kansas State Agricultural College. I could see the stunted soy bean plants from the windows of the botanical laboratory where I was a teen-age research assistant. This variety, adapted to the perpetual spring climate of Komaba near Tokyo, did not do well on the bare Kansas hills, often swept by hot dry winds. And nothing happened. Soy beans did not arouse interest among Kansas farmers until many years after this failure.

"In the third decade of the twentieth century Dorsett sent to Washington more than 800 named soy bean varieties from China, Manchuria and Japan. These together with shipments secured by Dr. David Fairchild from his numerous correspondents in the Old World, especially in Asia, amounted by 1928 to a total of more than 2800 packages of soy beans, almost all named varieties but many of them duplicated, some of them many times. Meantime tests made by W.J. Morse, in charge of soy bean culture for the Bureau of Plant Industry, showed that many varieties had a narrow range of adaptability. Accordingly, from 1929 to 1931, Morse joined Dorsett in the Orient and these two experts, with trained Chinese helpers, brought to this country the largest single collection of soy bean varieties ever assembled. As soon as Morse returned from studying soy beans in Asia and attacked the problem of finding which Asiatic varieties adapted to the different regions and selecting and breeding to make them fit various American soils and climates, a remarkable change occurred in soy bean culture. Yields went up and plantings increased year by year...

"One of the best-known industrial uses for soy bean proteins is for making water-resistant glue. No less than 30,000 tons of soy bean glue were made in 1942 by a single firm and its licenses annually, most of it being used in the rapidly growing plywood industry. Soy bean proteins have been enthusiastically used by Henry Ford in his automobiles, being mixed with the more expensive phenolic resins, thereby reducing costs and also yielding a more plastic, freer-flowing mixture which takes dyes better...

"As long ago as 1917-1918 Dr. Yamei Kin set up under my general supervision for the U.S. Department of Agriculture a soy bean mill in New York City in the hope of supplying tofu to increase the bulk and food value of meat dishes served to soldiers in training at near-by camps. Dr. Kin succeeded in making excellent tofu. She even served to a group of army officers a meal composed entirely of soy bean dishes! However, it proved impossible to test tofu on a large scale at that time, since we could not get priority for transportation of soy beans from North Carolina, then the nearest region where they were grown on any considerable scale.

"A splendid example of a double fermentation is the soy bean cheese called *nam yüe* by the Cantonese and *sufu* in North China. It is preferred even to the best Roquefort as a salad dressing constituent by those who have had the opportunity to try it. It is made by Chinese masters of the cheesemaker's art who believe that its fermentation is an insoluble mystery.

"Shih Chi-yien, then working in the American University of Soochow, published in 1918 the first English account of the most important fermented bean foods. He traced the making of *tofu* from soy beans back to the Han dynasty (A.D. 22). Ten years later Wai Ngan-shou [Nganshou], one of the first scientifically-trained Chinese microbiologists and fermentation experts, was able to isolate and identify as a new species of Mucor the mold that makes possible the *nam yüe* fermentation. It is a curious fungus, *Mucor sufu*, distantly related to the miraculous *Penicillium notatum* whose marvelous curative action has only recently been discovered. A third fermentation expert, Shih You-kuang, studied another soy bean fermentation product, *meitauza*, made by another species of Mucor, and published an illustrated account of it in German in 1937. In his review of the literature of Mucor fermentations, Shih You-kuang cites no fewer than thirty articles by eighteen authors all based on Chinese fermentations...

"Miss Elizabeth Groff, under my direction in 1918, made a thorough study of the fermentation of soy sauce in the famous factories of Canton, China, and published the first detailed account of the process in the *Philippine Journal of Science* for 1919."

"It has been my privilege to assist in building up a great Chinese library in the Library of Congress, under the enlightened policy of Dr. Herbert Putnam, beginning in 1912. The Orientalia Division, headed by Dr. Arthur Hummel,

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is now the largest Chinese library outside of Asia and is probably larger than all the European libraries of Chinese books combined. It now contains, Dr. Hummel estimates, about 230,000 Chinese volumes (*Chüan*) and some 20,000 more will soon be added in the form of bibliofilm [a type of microfilm] copies of very rare works from the Chinese National Library, sent to Washington for safekeeping."

Note 1. This is the earliest secondary document seen that mentions the early introduction of soybeans to America by Benjamin Franklin.

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term *nam yüe* to refer to Chinese-style fermented tofu. It is 2nd earliest English-language document seen (Oct. 2011) uses the word "sufu" to refer to Chinese-style fermented tofu, and the first such document written by a Westerner. Photos show Dr. Walter Tennyson Swingle, and his wife Maude K. Address: Collaborator, Bureau of Plant Industry, USDA; Consultant on Tropical Botany, Univ. of Miami, Florida.

2004. Komaki (Joe T.); Kalifornians Enterprise. comp. 1945-. Chicago nisei business directory. Chicago, Illinois: Californians Enterprise. 28 cm. [Eng]*
• ***Summary:*** Two-page spread in Chicago Japanese American year book. 1949. Photos of the covers of two editions suggest that that first edition was 1945 (2,000 copies printed); For the 1946 edition, 4,500 copies were printed. Address: Chicago, Illinois.

2005. Colombia. Servicio Cooperativo Interamericano de Salud Publica. Seccion de Nutricion. 1945? Un alimento maravilloso: la soya [A marvelous food: The soybean]. Bogota, Colombia: Aire Libre. 8 p. Undated. [Spa]
• ***Summary:*** Contents: Have you heard talk about soya? A little history. Soy preparations: Soymilk, how to prepare soymilk and okara (*el afrecho de soya; afrecho* means "bran"), soy cheese [tofu], whole soy flour. Some soy recipes: Arepa with corn and soya. Maizena with soymilk. Arequipe with soymilk. Soy sprouts (*tallos alimenticios de soya*). Bread with corn and soya. Bread with wheat and soya. Soya galletas. Soya ponqué. Soya bollos. Soy soup.

Note: This is the earliest Spanish-language document seen (Oct. 2001) that mentions okara, which it calls *el afrecho de soya.* Address: Colombia.

2006. De, S.S.; Subrahmanyan, V. 1946. Processing of soya bean for the preparation of milk and other food products. *Indian Farming* 7(1):17-19. Jan.
• ***Summary:*** Contents: Introduction. Industrial and other uses of soya bean (soy milk, butter, and bean curd [tofu], Russia). Soya bean in India (unsuccessful attempts to use like dhal). The soya milk (The Chinese method, the improved method). The flavour and taste of soya milk. Nutritive value of soya milk. Possibilities of soya bean in India (to supplement the supply of cow and buffalo milk, which may be decreasing on a per capita basis). Uses of soya milk (sour curd, sweeter curd [tofu]). Production of soya bean [in India]. Other soya products.

"In Russia there is very intense propaganda for the use of soya bean. Soya bean dishes have been introduced in restaurants and homes. A Soya Research Institute has been organized in Moscow and in a special exhibition of soya food, 130 varieties of soya dishes including cutlets, pastry, salads, candy, and beef were shown. A dinner prepared entirely of soya bean was served to representatives of trade unions, factories, the Red Army and the Soviet press. The food was unanimously declared to be excellent."

"Over a considerable part of India, the chief dairy product used by a large section of the population is only the sour curd or the butter milk. Owing to the high cost of cow's milk, the corresponding curd and buttermilk are now becoming increasingly difficult to obtain. Even at the present high price of the bean (roughly 4 as. per lb.), the soya milk cost only about one-fifth of that of cows milk, so the curd obtained from it would come within easy reach of a large section of the population."

"An important step would be the establishment of a soya foundation in order to promote the creation of a National Organization for Soya Research an example of which already exists in the U.S.S.R." Address: Dep. of Biochemistry, Indian Inst. of Science, Bangalore.

2007. Smith, A.K.; Beckel, A.C. 1946. Soybean or vegetable milk. A résumé and bibliography. *Chemical and Engineering News* 24(1):54-56. Jan. Also published as USDA Bureau of Agricultural and Chemical Engineering, AIC-113 (Feb. 1946) and in Soybean Digest (May 1946). [124 ref]
• ***Summary:*** A very useful document with 124 bibliographic references. Address: Oil and Protein Div., NRRL, Peoria, Illinois.

2008. *Honduras Agricola.* 1946. La soya: Excellente alimento para el hombre como para el ganado y valiosa materia prima de numerosos usos industriales [The soybean: Excellent food for people and for livestock and valuable raw material with numerous industrial uses]. No. 14 & 15. p. 7-9. Jan/Feb.; No. 16. p. 10-11. March; No. 17. p. 16-17. April; No. 18. p. 18-19. May; No. 19 & 20. p. 17-18. June/July; No. 21. p. 10-13. Aug. [Spa]
• ***Summary:*** Contents continued: No. 14 & 15: Varieties. Fertilizer and manure to prepare the soil. Inoculation with bacteria. Time of sowing. Methods of sowing. Plant density. Depth of sowing.

No. 16: Tillage (*Labores*). Rotations. Mixed cultures: Soya and maize, soya and Sudan grass pasture, Soya and sorghum (*zahina*). Harmful animals (especially insects). Diseases. II: The harvest. Introduction. Cutting and preparation of soya for dry forage or hay. Time of harvest

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and reaping

No. 17: Method of harvest. Curing the pasture or hay. Baling the hay. Exhaustion of the soil. Harvest and preparation of the grain. Time of gathering. Methods of reaping. Curing and manipulation. Threshing.

No. 18: Special machines. Exhaustion of the soil. Storage of the seeds. II. Uses of soybeans. Introduction: The plant. The flour made from the seed. Green vegetable soybeans and sprouts (*Las soyas verdes y grillos*). Dry soybeans (*Las soyas secas*) and products made from them. The oil and its uses. The soybean as a human food: Introduction, dry soybeans, green vegetable soybeans (*Soyas frescas*). Soy sprouts.

No. 19 & 20: Introduction. Flour. Oil. Soy sauce. Soymilk. Soy curds or tofu (*Cuajada o requesón de soya*). Soybeans as food for animals. Soy oil. Extraction of soy oil.

Issue No 21: Uses of the oil. Soybean meal (*pulpa, o bagazo de soya;* which remains after extraction of the oil). Use of soy meal [or flour] in human foods. The meal as a feed for livestock, for poultry, and as a fertilizer. Soy hay: For fattening cattle, for dairy cows, for mules and horses, for other animals. Soya pastaderos. Fresh soy forage. Soya for ensilage. Soy straw. Soya as a green manure.

On page 10 of this last part is a full-page cartoon of a woman with fruits and a cooked chicken. "Soya is the ideal food for children; it nourishes more and costs less. It is a good source of proteins, oils, carbohydrates, and vitamins. It can serve as a substitute for milk, eggs, meat, fruits, and pulses or vegetables (*legumbres*)." Page 11 states that people interested in planting soybeans can contact Prof. Raul Zaldivar, Director of the Rural School at Toncontin for Training Elementary Teachers (*Director de la Escuela Normal Rural de Toncontin*), Tegucigalpa, Honduras. Address: Honduras.

2009. Lager, Mildred. 1946. The meat without a bone. *Soybean Digest.* April. p. 22.

• ***Summary:*** "To anyone interested in unusual foods soy cheese is indeed fascinating. While it will never become popular in this country it is worth knowing about and trying at least once.

"Soy cheese or curd is known to the Chinese as tofu and it has been aptly described by them as 'the meat without a bone.'... The bean curd or soy cheese is the coagulated casein of the soybean and is made from soy milk very much as we make cottage cheese. The result is a white, very soft, watery substance, that can be pressed into a cake or soft cube. It is an easily digested food, fairly high in protein, and can be used as a meat, egg, or fish substitute, as a cheese, or as a topping or dessert.

"Every Oriental settlement has its tofu factory or factories which supply the restaurants and markets with fresh cheese. The methods used in some of them are very crude and primitive but the result is an excellent cake of cheese. There is an interesting little place in the heart of new Chinatown in Los Angeles run by two old Chinese who claim no knowledge of English, and can't be bothered with curious visitors. They did, however, allow me to watch from a distance. A large size coffee mill run by a little motor ground the beans. The curds were cooked in a clean wash tub and the cakes were pressed between two boards held down by a wooden bar which was attached to the wall at one end and weighted at the other end with a pail of sand. Naturally their output was limited but their product was excellent. Here was the old world working in the midst of the new making an ancient food that was yet new and novel."

Describes how to make tofu at home (vaguely), how to store it, basic preparatory techniques, and serving suggestions. It is delicious as a dessert "Some ingenious cooks even use it for cheese cake." Canned tofu is more in demand than fresh because it is more widely available. "Canned it is known as soy cheese, soy food or soy curd and the taste, texture and moisture varies with the different brands."

"Soy cheese will never become popular in this country. A certain amount will always be used, however, by the vegetarian, especially by those who do not use any animal products whatsoever [i.e., vegans], and by those who have developed a taste for it. It is an unusual food that does not appeal to everyone. It is becoming more and more popular in corrective nutrition because it often fills a need in the special diet.

"'The meat without a bone' is one of the interesting variations of the versatile bean. This ancient food is gaining a toe hold in our American diet and is filling a dietary need for many persons."

A photo shows a woman in a Korean market selling cakes of tofu on a round woven bamboo tray. Address: Author of "The Useful Soybean" [California].

2010. Smith, A.K.; Beckel, A.C. 1946. Soy or vegetable milk. A resume and bibliography. *Soybean Digest.* May. p. 18-23. First published in Chemical and Engineering News, 24:54-56. [123 ref]

• ***Summary:*** The 123 references comprise the most extensive bibliography on this subject up to this time. A photo shows A.K. Smith. Address: Oil and Protein Div., NRRL, Peoria, Illinois.

2011. Marquis, Arnold. 1946. The Pacific story. Radio broadcast. National Broadcasting Company (NBC). Hollywood, California. June 2. 30 minutes. 23 p. transcript.

• ***Summary:*** This radio broadcast is a fascinating story–told by many voices–of how the Japanese scientifically developed soybean production, utilization, and export in their puppet state of Manchukuo, and, how the USA intends to capture the soybean export markets lost by the Japanese when they lost World War II.

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The Chinese speak of the soybean this way: "It is the poor man's meat. It is the cow of China. It is meat without bones. The Japanese speak of it this way: If we could have held Manchuria, it would have guaranteed that Japan could never be starved out. American nutritionists speak of it this way: It is high in protein. It is rich in vitamins–in A, B-1, C, G, and E–and also in the bloodclotting vitamin K. Weight for weight it contains several times as much B-1 as beefsteak. And as for minerals: One-half cup of soy flour contains as much calcium as a whole cup of milk... [and] as much phosphorus as two cups of milk. And weight for weight, it contains as much iron as liver, twice as much iron as molasses, and three times as much iron as whole wheat flour. The soybean is a wonder food. One pound of soy beans is almost a complete one-day ration for an adult."

The USA is now developing two famine-relief foods based on soybeans. The first contains 50% soybean, plus split peas, wheat flour, and a little peanut-meal, onion, salt, and fish-oil. Four million pounds of this mixture and twelve million pounds of another soy-based mixture are being sent "to the famine areas of China." In other words, soybean are being sent from the USA to the land of their origin, "where they have been a mainstay for five thousand years."

Discusses: The growing of soybeans in Manchuria. The Japanese takeover and extension of their control via the South Manchuria Railroad, whose terminus is Dairen. The importance of Manchurian soybeans to Japan. The Japanese Central Laboratory at Dairen and its research on soybeans. The two Japanese agricultural experiment stations in Manchukuo. Development of the benzine [benzene] solvent extraction process for soybean oil, "until there were 200 large bean plants in southern Manchuria." Soybeans as a livestock feed in Manchuria. Use of soybeans as food in China: "Tofu is bean-curd... This is fermented tofu. It is very good. Tofu is eaten in several forms. Fresh, fermented, dried or frozen. Just about any way it is prepared, its food value is preserved... We also use the oil of the soy bean. And with the soy bean we make soy sauce." Many Asiatic peoples also use soybeans to "make bean milk and bean flour." "They roast them for confections [kinako]. They eat them green [green vegetable soybeans]. They sprout them [soybean sprouts] and they even make drinks of them.

Note 1. This is the earliest English-language document seen (Oct. 2011) that contains the term "fermented tofu.

Industrial uses of soybeans in America. How Dairen became Japan's great center of the soy bean industry in Manchuria, and the Mixed Storage System. "About 55% of the soybeans grown in Manchuria are used for human food."

"You see, its all tied together. The growing of the bean, the processing, the transportation, and the export. Since 1937, the economy of Manchuria has been developed for the benefit of Japan." The Japanese and the Bank of Manchukuo (which is an instrument of the powerful Mitsui and Mitsubishi financial combines) are "buying up all the soybean business" and trying to eliminate the major European companies that were exporting soybeans before the Japanese moved in, such as Dreyfus Co. (France), and Wassard Co. (Denmark). Although the Japanese claim that Manchukuo is an independent nation, other nations realize it is a puppet state. The Chinese Eastern Railway, which was built by the Russians and has its terminus at Vladivostok, is in competition with the Japanese-controlled South Manchuria Railroad for the soy bean business of Manchuria. The latter uses rebates (kickbacks) to try to eliminate competition.

In 1937, after 6 years of dominating Manchuria, Japan invaded China proper–using Manchuria to supply their troops. "By 1941, Manchuria was yielding some four million tons of soybeans. The Japanese controlled every pound of it. And by 1941 they had fostered the growing of soybeans in Korea, and also in Japan itself. Also, by this time, the Japanese had seized a good part of the soybean country of China proper. But by Pearl Harbor [7 Dec. 1941], the United States was also growing soybeans: Over 3 million tons in 1941. By 1945 it was nearly 6 million tons."

Now that the war is over, the Japanese have lost the entire soybean industry in Manchuria–including the laboratories, bean oil mills, Dairen, the South Manchuria Railroad, and the Bank of Manchukuo which controlled it. China, which now controls Manchuria, "will consume much of the soybeans which, before the war, were exported to European countries, and to Japan." The United States has begun to supply this soybean export demand, and in fact "is already shipping soybean products back to the Far East–to the famine stricken areas of China."

America Doctor: "So far most of our soybeans have gone for feeding livestock. But now we known what they can mean to man. Narrator: Now, in this great crisis, we are learning what the Chinese have known for thousands of years. Chinese: It is the poor man's meat. It is the cow of China. It is meat without bones... Announcer: This is the story of the wonder food and the part it has played in our time."

Next comes a 5-minute segment in which W.J. Morse of the USDA Bureau of Plant Industry (Beltsville, Maryland) talks about the significance of the soybean and its development, and the new Pacific Program. Then the conclusion: "For a reprint of this program, send ten cents in stamps or coin to University of California Press, Berkeley, California. The Pacific Story is written and directed by Arnold Marquis. The original musical score was composed and conducted by Thomas Peluse. Your narrator–Gayne Whitman... This program came to you from Hollywood. This is N.B.C.–The National Broadcasting System." Note 2. A cover letter accompanies this manuscript. It is from Arnold Marquis, Writer-Producer, The Pacific Story, to Mr. John Baker, Department of Radio, USDA, Washington, DC. The letterhead reads: National Broadcasting Company, Inc., A

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service of Radio Corporation of America, Sunset and Vine, Hollywood 28, California. [Phone]: 6161. Dated May 13, 1946. Address: USDA.

2012. Krishnaswamy, N.; De, S.S.; Subrahmanyan, V. 1946. Digestibility of soya milk (Letter to the editor). *Science and Culture* (*Calcutta*) 12(1):51-52. July. [4 ref]

• ***Summary:*** "Soya-bean milk is a highly digestible product. Experience in different parts of the World has shown that it is more easily digested than cow's milk. In America and other countries, persons who are allergic to cow's milk or otherwise experience difficulty in digesting it, experience no such discomfort when using soya-milk. In Canada, where there is no milk shortage, the sweet soya curd is flavoured for feeding children as it produces no digestive disorders.

"Our recent experience with feeding soya milk in child welfare centres has shown that even very young children can drink fair quantities of the milk without any discomfort. Even babies have been fed on soya milk without any ill effect."

"Soya milk forms a soft curd which disperses readily on either side of the iso-electric point. Cow's milk curd remains as such over a wider range."

"Further work bearing on the digestion of soya milk in the animal system is in progress. It is hoped that this study will throw fresh light on the digestibility of other vegetable milks as well." Address: Dep. of Biochemistry, Indian Inst. of Science, Bangalore.

2013. *Soybean Digest.* 1946. The culture of soya in France. Aug. p. 6, 16.

• ***Summary:*** "Information concerning the status of the soybean in France used in the accompanying article was kindly supplied to us by Am. Matagrin, formerly scientific librarian at Lyons and technical advisor to the National Soya Center. Mr. Matagrin is author of *La Culture du Soja* and other books." A portrait (illustration, line drawing) shows Matagrin, bearded and with monocle.

"Soy sprouts were furnished to the Parisian markets in 1875. In 1900 French physicians were prescribing soy bread for diabetics. Prior to the first world war a Chinese scientist [Li Yu-ying] was running a small factory near Paris which manufactured such soy foods as oil, flour, milk and cheese... During the first world war Am. Matagrin was collecting all the information he could find on soybeans in the English, French, German, Italian and Spanish languages. In 1936-38 he was growing a large number of varieties from different countries in Choutagne...

"But in spite of all the effort by enthusiasts there was little general interest in soybeans until France was defeated by Germany in 1940 and began to go hungry. Then an excessive interest in the crop developed. But most attempts to grow soys were ill advised and failed... Newspapers carried extravagant accounts of the returns that might be obtained from soya. People quickly bought out editions of books on soybeans by Matagrin and the author Rouest. (The puppet Vichy government prohibited reprinting of Matagrin's book, since it looked on him as a 'resistant.')

"The National Soya Center (C.N.S.) was founded by Jo Philippart, a big oil miller. The large mills of Chartres and soybean cooperatives at various places encouraged farmers to grow the crop. Many organizations distributed seeds. There was a surprising increase in garden plantings, or 'little cultures' as the French call them. Garden and horticultural societies distributed over 125,000 packets of soybean seed in 1943, while Matagrin personally gave away more than 200 kilograms of selected seed in small lots.

"A monthly magazine, *Revue Internationale du Soja,* began publication in 1941. It is still being issued. Thus the soybean became almost fashionable under German occupation. But growers were disappointed as in most cases returns were small... But one-fourth of the French people became acquainted with the soybean during the war–a great advance... In 1945 the total crop amounted to perhaps 5,700 tons.

"[Matagrin] asserts the French soybean will always cost too much to produce for technical uses, and will be grown preferably for fine food products. France is adapted to intensive rather than extensive production."

2014. Miller, Harry W. 1946. Feeding the world with soya (Continued–Document part II). *Soybean Digest.* Sept. p. 56, 58, 61.

• ***Summary:*** Continued. "The green edible soybean offers an additional line for canneries and freezing plants packing peas, lima beans, corn and other vegetables. It also offers another tasty item to the cook to adorn the dinner plate.

"Green soybeans can be canned with exactly the same equipment that all canneries have and can be shelled with the same sheller that is used for peas. The canning season is not in conflict with that of any other product unless it be sweet corn. The varieties can be planted so that they will not seriously interfere with this product. There is nothing we can put into the cans exported to other countries and for the areas of large population of our own country that will give people greater returns nutritionally than the immature green soybean. It has a nutty flavor and does not in any way harbor the beany taste that lingers in the minds of some people who think of soy foods.

"Canned sprouts: Canneries could develop a very fine winter industry by canning soybean sprouts. Or the frozen food people could very well add a package of frozen soy sprouts to their lines. These could very nicely come into our markets as a fresh vegetable along with Brussels sprouts, lettuce and other raw foods, to be incorporated into salads and cooked dishes. The sprouting of the soybean again removes the characteristic taste and gives a nice vitamin-yielding food, along with its rich content of minerals. Any

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good field variety may be used for sprouting.

"There is much to be learned from the Orient regarding usages of soybeans in the diet, in the many forms in which they prepare them. They first make a water extraction of the protein, curdle it and make cheese [tofu]. With this bean they can make foods simulating milk, fish, fowl and meat in appearance and taste.

"Already, in this land hundreds of infants have been started from birth using modified soy milk. A very large group of others who are allergic to animal milk are substituting soy milk for the dairy milk. It is being made into varieties of delicious cheeses, and has possibilities in the cheese industry the equivalent of cow's milk curd. The lactic acid soy milk is the most pleasing beverage. The acidity of the milk covers wholly any semblance of the characteristic beany flavor.

"Albumen sheets: We now have albumen powder made from the soy extraction flakes utilized like egg powder by the big candy industry in ever increasing amounts. The soy albumen sheets [yuba], because of their labor and painstaking requirements, have not been made in this country as they are in China. However, we are finding ways of providing for their manufacture.

"A halt has been made on the production in Michigan of a competitive margarine called soy butter. Still, there is available to every housewife a method of making a butter with far less work than churning cow butter. Such a butter is made from soy oil and soy milk which is colored with carotene oil and salted to taste.

"Dry mature soybeans can be readily transported to any part of the world without requiring refrigerator space. They are a form of concentrated nutrition the world can easily be taught to use. Seventeen dollars worth of soybeans at 5 cents per pound will supply enough protein for a family of five for an entire year.

"In a paper such as this it would seem to be in place to give a few concrete suggestions on what might be done to help solve the world food shortage.

"l. Encourage more soybean production in America. This could be done if soybeans were given their proper economic value.

"2. Forward seed to various countries in the world, encouraging its production through helpful instructions in growing, processing and using. There are very limited areas where soybeans have proven entirely unsuccessful when given a fair trial.

"3. We should devote more time on experimental work in cooking and preparing the food and overcoming any objectionable features that seem to prevent its widespread use. The feeble efforts that have thus far been put forth have really done wonders in furthering the adoption of the soybean in the diet.

"In closing, allow me to say that with the present world yield of soybeans, if used exclusively to relieve human starvation, relief could come to all the destitute areas of the world." Address: M.D.

2015. Stahel, Gerold. 1946. Foods from fermented soybeans as prepared in the Netherlands Indies. I. Taohoo, a cheese-like substance, and some other products. *J. of the New York Botanical Garden* 47(563):261-67. Nov.

• ***Summary:*** Contents: Introduction. Sprouts and milk from soybeans. Cheese-like products. How taohoo is made. Condiments made with Aspergillus.

In East Asia–as in Surinam–people have developed "means for overcoming the rather bitter taste of soybeans and their failure to cook soft. They have learned to ferment the soybeans with quick-growing fungi, thus making several palatable and wholesome foods.

"Most important of these foods are *taohoo* and *tempe;* also *taokoan,* a cheese made from *taohoo; taotjo,* a fermented paste-like condiment, and *ketjap,* which is soy sauce. Soybean milk is also made, but without a fungus, and sprouted soybeans are widely used by orientals."

"In the Netherlands East Indies [later Indonesia] sprouted soybeans are called *tokolán* or *taogé.* They are one of the ingredients of every 'rijst-tafel' (rice table, or combination of dishes) and therefore are never lacking in the 'passar' (market). Even in our Paramaribo market *tokolán* is displayed every day."

In China, soy milk is used in the same manner as cow's milk. It is also consumed in the United States, though on a very limited scale. In the Netherlands East Indies, soy milk "is only slightly known as food, but it is produced in large quantities for the manufacturing of soy cheese, called *taohoo* or *tahoo."*

The curd [tofu] "is either eaten fresh or baked in oil or lard. In China it is sometimes processed further into a kind of real cheese by impregnating the curd with turmeric and reducing the water content by heavier pressing. This cheese, called *taokoan* [Chinese: doufugan], has a yellow color and can be shipped abroad."

"After tempe [made with *Rhizopus Oryzae*], taohoo is the most common form of soybean product eaten in the Netherlands East Indies. In China, it is the most important soy product. Taohoo is manufactured here in Surinam only on a very limited scale, by a single Chinese store-keeper close to the Paramaribo market-halls along the Surinam river. Twice daily, between 2 and 4 o'clock in the morning and again in the afternoon, he manufactures 11½ kilograms of taohoo, to be sold after 6 o'clock the next morning." A detailed eyewitness description of the tofu-making process is then given.

Describes briefly how to make taotjo (a kind of paste) and ketjap (soy sauce) with *Aspergillus oryzae,* another fungus. Taotjo is not made in Surinam, but ketjap is. "To make taotjo, boiled soybeans are mixed with roasted meal of wheat or glutinous rice. The mass is wrapped in hibiscus

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leaves, which commonly harbor the *Aspergillus* fungus." After 2-3 days the moldy mass is immersed in brine, where it is kept for several weeks. "Palm sugar is added at intervals. Taotjo must be made in the dry season, because every day it has to be brought outside into the sun and air for hours." This dish is eaten in East Asia with the 'rijst-tafel.'"

To make ketjap, soybean are boiled, cooled, then wrapped in hibiscus leaves–but without mixing in roasted meal. After fermenting for 2-3 days, the mass is immersed in brine, as with taotjo. Each day, for one to several months, it is exposed to the sun. A little palm sugar is added at intervals. Then the fluid is filtered off and the solid residue is cooked several times with fresh water to extract all the soluble material. "The fluid is then concentrated by slow boiling. Spices and other piquant materials are added, according to the *specialité de la maison.* These may include galangal, ginger, cloves, Jew's ear fungus, and dried and ground fish and chicken meat."

Photos show: (1) Chinese kitchen [shop] equipped with implements for tahoo manufacture, with hand-turned millstones, soybean mash flowing into cheesecloth bag hanging in wooden barrel, press, earthenware pot filled with brine for the "coagulation of the curd." (2) Four pieces of fresh taohoo, four-fifths natural size. (2) Four pieces of freshly baked taohoo, four-fifths natural size.

Note: This is the earliest English-language document seen (April 2013) that uses the word "taohoo" or "taokoan" to refer to tofu. Address: Agric. Exp. Station, Paramaribo, Surinam.

2016. **Product Name:** Tofu, and miso.
Manufacturer's Name: Aoki Tofu Co.
Manufacturer's Address: Berkeley, California.
Date of Introduction: 1946.
New Product–Documentation: Leviton. 1983. Soyfoods. Summer. p. 35. "Profile: Azumaya Tofu Company." Jack Mizono recalls that Aoki Tofu opened in Berkeley in 1946. The company made tofu and miso.

Note: Existing documents show that Aoki Tofu may well have opened in nearby Oakland in 1946; see separate record.

2017. **Product Name:** Tofu.
Manufacturer's Name: Aoki Tofu Seizo-sho (Aoki Food Product Co.) (Merit Food Product Co.).
Manufacturer's Address: 519 Chestnut, Oakland, California. Phone: TW. 3-2746.
Date of Introduction: 1946.
New Product–Documentation: Entry in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory of manufacturers, p. 26 (top left). In Japanese: Aoki Tofu Seizôsho. In English: Merit Food Product Co., 510 Chestnut, Oakland, California. Phone: TW. 3-2746.

Hokubei Mainichi Year Book. 1951, p. 94. Aoki Tofu Seizô-sho, Aoki Food Product Co., 885 Athens Ave., Oakland. Phone: TW 3-2746.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 56. Under "Groceries, Food Products." In Japanese: Aoki Tofu Seizô-sho. In English: Merit Food Product Co. [!], 885 Athens Ave., Oakland, California. Phone: HI 4-5943.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 125. Directory entry under "Food Dealers." In Japanese: Aoki Tofu Seizôsho [Aoki Tofu Mfg. Co.]. In English: Aoki Food Product, 885 Athens Ave., Oakland, Calif. Phone: 893-2746.

Leviton. 1983. Soyfoods. Summer. p. 35. "Profile: Azumaya Tofu Company." Jack Mizono recalls that Aoki Tofu opened in Berkeley in 1946. The company made tofu and miso. Note: Did Aoki start in Oakland, then move to Berkeley, or visa versa? If so, what was the date of each of these two events? Or (as seems more likely) did the company start in Oakland and stay there until at least 1970.

2018. **Product Name:** Tofu.
Manufacturer's Name: Green Mill Tofu Factory.
Manufacturer's Address: 395b N. Vineyard, Honolulu, Oahu, Hawaii. Phone: 808-949-2370.
Date of Introduction: 1946.
How Stored: Refrigerated.
New Product–Documentation: Honolulu City Directory. 1948. Green Mill Tofu Factory. 395b N Vineyard. 1951 Directory. Green Mill Food Manufacturing Co. 914 Coolidge. 1953 Directory. Hawaii Directory of Manufacturers. 1953. (Revised 26 July 1955). p. 10. Tofu (Bean curd). Green Mill Food Manufacturing Co., 914 Coolidge St. Green Mill Food Manufacturers, Ltd. 1956 Honolulu City Directory. Green Mill Manufacturing Corp.

1957 Directory. Green Mill Food Manufacturing, Ltd. (Kaiso Yasuda, President). Tofu, aburage, konnyaku. 914 Coolidge, Honolulu, HI 96814. Phone 992-370. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Green Mill Food Manufacturing Co. Same address and phone. 1967-68 Directory. Green Mill Food Manufacturers. Ltd., 914 Coolidge St. Continues through 1970. Hawaii Directory of Manufacturers. 1969. p. 17. Green Mill Food Mfg. Ltd. Hawaii Directory of Manufacturers. 1973. p. 10. Makes "Tofu and by-products." Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Interview with Tom Uehara.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Green Mill Food Manufacturers, 914 Coolidge St., Honolulu, Oahu, Hawaii 96814. Phone: 808-949-2370. Owner: Tom Uehara.

1984. Jan. 19. The company was founded in 1946 and presently makes 5,400 lb/week of tofu.

2019. **Product Name:** Tofu, and Age.
Manufacturer's Name: Kawamoto Tofu Shop.
Manufacturer's Address: 418 Island Ave., (between 4th

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and 5th), San Diego, California.
Date of Introduction: 1946.
New Product–Documentation: Talk with Haruki Koba, former owner of Oriental Groceries. 1989. Oct. 25. In December 1947 he and his wife, Haruki, bought an existing tofu business (on Island St., between 4th and 5th) from Mr. Yoshio Kawamoto, a second-generation (nisei) Japanese, who made tofu and agé, and had been making them, but not very profitably, for 1½-2 years. He cannot recall the business name.

Letter from Haruki and Michiko Koba. 1989. Nov. 30. This company was located at 418 Island Ave., San Diego, California 92101. They think the company was started in 1946. "Mr. Yoshio Kawamoto was in the U.S. Army. He and Mr. Fred Sugimoto started the business. Yoshio is deceased and we do not know the whereabouts of the Sugimotos."

2020. **Product Name:** Tofu.
Manufacturer's Name: San Jose Tofu Co.
Manufacturer's Address: 175 E. Jackson St., San Jose, CA 95112. Phone: 408-292-7026 or 408-297-9072.
Date of Introduction: 1946.
How Stored: Refrigerated.
New Product–Documentation: San Jose City Directory. 1949-50. First listing for San Jose Tofu Co. (Yoshito Nozaki, Takakaichi Taira), bakers, 175 Jackson St.; 1954 listing same but only Yoshito Nozaki is now listed; 1960 listing same but only Chan Nozaki is listed; 1965-70. Same but only Takeshi Nozaki is listed.

Hokubei Mainichi Year Book. 1951, p. 178. Category: "Factories." San Jose Tofu seizô-sho, San Jose Tofu Co., 173 E. Jackson St., San Jose. No phone.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 116. Under "Misc., Business." In Japanese: San Jose Tofu Seizô-sho. In English: San Jose Tofu Mfg. Co., 173 E. Jackson St., San Jose. Phone: CY 2-7024. Ad (¼ page), p. 121. Top 1/3 of ad is in English. In Japanese: Mr. Yoshizô Nozaki. They make and sell tofu, konnyaku, and aburaage.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 314. Directory entry under "Food Companies." In Japanese: San Jose Tofu Seizôsho [San Jose Tofu Mfg. Co.]. In English: San Jose Tofu Co., 175 E. Jackson St., San Jose, California. Phone: 292-7096.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Kenny Takeshi Nozaki. A beautiful traditional shop making delicious nigari tofu. During the late 1970s, Mr. Nozaki very kindly showed many prospective Caucasian tofu makers his shop and some of the secrets of his craft; Janet West.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Kenny Takeshi Nozaki.

1986. San Jose Business Journal. July 28. p. 1, 18. "San Jose Firm Makes Tofu the Old Fashioned Way." Talk with Kenny Nozaki. 1988. Aug. 25. The company was started in 1946 by his uncle, Yoshizo Nozaki, and a Mr. Taira at the present location. Before them, there was one tofu company at the Dobashi Market in San Jose, but they closed before World War II. Kenny joined the company in 1952. His son, Chester Akira Nozaki, is now the main tofu maker, carrying on the tradition of fresh, hand-made tofu. But Kenny still works each day too.

2021. Hauser, Gayelord. 1946. The Gayelord Hauser cook book: Good food, good health, good looks. New York, NY: Coward-McCann, Inc. viii + 312 p. Illust. 21 cm.
• ***Summary:*** This is a health food (but not a vegetarian) cookbook; it uses meats, poultry, and fish. Soy-related recipes include: Soya tomato soup (with soya flour, p. 48). Soya soup (with soya flour and soy sauce, p. 49). Soya cheese sticks (with soya grits, p. 111). Roasted soybeans (p. 115; p. 114 notes that the soybean is a first-class protein food). Cranberry soya pudding (p. with soya flour, p. 154). Caramel soya custard (with soya milk, p. 163). Rice pudding (with soya milk, p. 164). Soya ice cream (with soya milk and agar-agar, p. 167).

In the chapter on baked goods, p. 179 shows that soya flour is rich in protein, vitamin B-1, riboflavin, and niacin. And pages 180-81 give a detailed discussion of the benefits of soya flour and how to use it. Page 182 discusses gluten flour. Recipes include: Whole-wheat soya bread (p. 183). Soya nut waffles (p. 186). Soya muffins (p. 188). Steamed soya bread (p. 189). Four nutritious sandwich spreads with ½ cup soya flour (p. 191). Delicious soya cake (p. 193-94). Quick service cake (p. 195-96). Soya-flour pie crust (p. 197). Soya cookies (p. 204). Soya sand tarts (p. 206).

Fletcherizer (p. 221, a type of electric blender). Fletcherized drinks: Cream of soya milk (with soya flour, p. 222), vege-nut milk (with soya flour), almond-, pecan-, walnut-, filbert-, or cashew milk. Cream of soybean soup (p. 224).

In the chapter titled "Yogurt, brewer's yeast, and other special foods" is a long section on soybeans and gluten (p. 237-42) including basic information on soybean oil, soya flour and grits, soy flakes, soy meats (split or coarsely ground soybeans), soybeans as a vegetable [fresh-green soybeans], soybean milk, and soybean curd or tofu. Instructions are given for making soybean sprouts at home. Recipes include: Boiled soybean sprouts. Fried soybean sprouts. Green soybeans. Baked soybeans. Soybean milk. Soybean parsley croquettes. Soybean nut croquettes. Vanilla soya ice cream. Homemade gluten dough. Gluten steaks or chops. Address: Beverly Hills, California.

2022. *Soya Francais* (*Le*)*: Bulletin Mensuel du Bureau Francais du Soya.* 1946?. L'aliment le plus économique du monde: Comment manger le soya [The most economical

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food in the world: How to eat soya]. Special number. 34 p. Undated. [Fre]
• ***Summary:*** Includes a remarkable assortment of ads and descriptions of commercial soyfoods, plus many recipes. Address: Bureau Français du Soya, 15 rue Cauchois, Paris 18eme; Societe Francaise des Produits du Soja, 6 rue Cave–Levallois-Peret. France. Phone: Pereire 23-80.

2023. Chin, Kuo-Chun. 1947. Nature du soja, viande végétale [The nature of soybeans, the vegetable meat]. *Comptes Rendus des Seances de l'Academie des Sciences* (*Paris*) 224(1):62-64. Jan. 6. [Fre]
• ***Summary:*** This and the following two papers prepared by Mr. Chin were presented by M. Louis Blaringhem. Here Chin refers to tofu as "vegetable meat" (viande végetale). It was first prepared by the Chinese philosopher Whai-Nan-Tze before the Christian era. Its production has been described by Champion (1862-66), Prinsen (1896), Bloch (1907), and others. Chin gives a summary of the process, using magnesium chloride as the coagulant. An analysis made by the municipal laboratory in Paris shows that this "vegetable meat" contains 78.2% moisture, 13% protein (N x 6.25), 7.6% fat, and 0.76% minerals. 100 gm provides 56 calories from protein and 71 calories from fats. By comparison, beef contains 61-77% moisture, 17% protein, 4% fat, and 110.7 calories per 100 gm. Both are free of carbohydrates.

2024. *Soybean Blue Book.* 1947-1966. Serial/periodical. Hudson, Iowa: American Soybean Assoc. Annual. Titled Soybean Blue Book from 1947-1966; Soybean Digest Blue Book from 1967-1979; Soya Bluebook from 1980 to present.
• ***Summary:*** A directory and information book for the soybean production and processing industries–but with much greater emphasis on processing and utilization. One of the most valuable sources of worldwide information on soybeans. During the period from 1947 to the 1960s, the Blue Book was usually published in March or April of each year.

In the 1966 Blue Book (p. 28-29) are two full-page tables titled "World Soybean Production." The first gives acreage in 1,000 acres, yield in bushels per acre, and production in 1,000 bushels. The second gives hectarage, yield in kilograms per hectare, and production in 1,000 metric tons. Figures are given for: 1950-54 (average), 1955-59 (average), 1963, 1964, and 1965. Statistics are given for the following countries: North America: Canada, United States. South America: Argentina, Brazil, Colombia, Paraguay. Europe: Italy, Rumania, Yugoslavia, Other Europe (excluding USSR). USSR (in Europe and Asia). Africa: Nigeria, Rhodesia, Tanzania. Asia: Turkey, China (Mainland), Cambodia, China (Taiwan), Indonesia, Japan, Korea (South), Thailand. Estimated world total. Address: Hudson, Iowa.

2025. **Product Name:** Hinode Tofu [Japanese-style Soft, and Chinese-style Firm].
Manufacturer's Name: Hinode Tofu Seizo-sho (Hinode Tofu Co.).
Manufacturer's Address: 706 E. Sixth St. (at Towne Ave.), Los Angeles, California. Phone: TU. 3592.
Date of Introduction: 1947. March.
New Product–Documentation: Los Angeles City Directories. 1938 and 1941. No listing for either Matsuda or Hinode Tofu companies.

Hokubei Mainichi Year Book. 1951, p. 435. Category: "Food Products." Hinode Tofu Seizô-sho, Hinode Tofu Co., 706 E. 6th St., Los Angeles. Phone: TU 3592.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 310. Under "Food Manufacturers." In Japanese: Hinode Tofu Seizô-sho. In English: Hinode Tofu Co., 706 E. 6th St., Los Angeles, California. Phone: TU. 3592.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 679. Directory entry, under "Food Products Mfg." In Japanese: Hinode Tofu-ten. In English: Hinode Tofu Co., 600 E. 4th St., Los Angeles, Calif. Phone: MA4-9067.

Talk with Shoan Yamauchi in at Soyfoods Center (Lafayette, California). 1982. Aug. 11. The former owners of Tomoe Tofu Co. (Mr. Tomoe and probably a partner) started Hinode Tofu Co. in March 1947 at Sixth St. and Towne Ave. They made 1,500 cakes of tofu a day. Mr. Shoan Yamauchi and his wife, Shizuko, purchased the company in late 1947. When they began production in Nov. 1947 at 6th St. and Towne Ave., they made only three products: Japanese-style soft tofu, Chinese-style firm tofu, and agé (deep-fried tofu pouches). Six years later he moved the company to 4th St. and Towne Ave.

Interview with Bill Lee of Wy Ky. 1982. June 29. "Wing Chong Lung was the first Chinese company to try to break into the Los Angeles tofu market, which was controlled by Matsuda-Hinode. They tried in 1952 but Hinode kept them out. They now make bean sprouts." Note: Both this company and the Hinode Rice Co-op had the same brand for many years, but the rice co-op has the earlier trademark. In 1983 they told Hinode Tofu to cease and desist from using the trademark.

Pantry Supermarkets. 1983. "Double coupons!" (Ad). *Los Angeles Times.* Feb. 24. p. SG3. The section titled "Oriental foods" states: "Hinode Japanese tofu 19 oz.–59¢... Hinode Chinese tofu 20 oz. 59¢."

Talk with Shoan Yamauchi. 1988. Oct. 23. This product was introduced when they started the business in 1947.

Talk with Art Mio of Morinaga. 1990. March 9. Hinoichi tofu is good quality because it is stored under dairy refrigeration temperatures from the time it is made until it is sold. Southern California is the only area in America that merchandises tofu properly, in the dairy case–even though most people think it sells better in produce. Mr. Yamauchi

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of Hinoichi insists that any tofu of his sold in Los Angeles be sold in the dairy case. When Hinoichi makes tofu, as for Frieda's Finest, they pack it in a wax coated case and put ice on top of it, so when it gets on the truck going out across America it is in good shape.

2026. *Revue Horticole: Journal d'Horticulture Pratique* (*Paris*). 1947. Le grand congrès du soya à Paris [The great soya congress in Paris]. 119(2140):277-78. April. [Fre]
• ***Summary:*** On Monday, March 16, 1947, at 2:30 p.m., at the City University, the first Grand Soya Congress ever held in Europe took place. It was organized by the French Bureau of Soya (*Bureau Français du Soya*), the Laboratory of Soya Experiments (*Laboratoire d'Essais du Soya*), and the France-China Association (*l'Association France-Chin*). Mr. Marius Moutet, the Minister of French Colonies and Territories (*Ministre de la France d'Outre-Mer*) presided. The two presidents were Prof. Blaringhem, president of the Academy of Sciences, and his excellency the Chinese Ambassador to France.

It was indeed a brilliant assembly of numerous scientific and agronomic personalities, including Mr. Lévèque, delegate from the Belgian Soy Group (*Groupement Belge du Soya*).

Includes a brief summary of the presentations by the following people: René Brochon, president of the French Bureau of Soya (*Bureau Français du Soya*). Mr. Schad, director of the Agronomic Research of Clermont-Ferrand (*la Station de Recherches Agronomiques de Clermont-Ferrand*). Mr. Simonet, Director of Scientific Research for Vilmorin (*Etablissements Vilmorin*), who discussed the varieties he had developed at the Center for Agronomic Research of Antibes (in southeastern France). Mr. Salaberry, an agronomic engineer. Mr. Blanchard, head of works at the Station for Seed Trials at the Ministry of Agriculture. Mr. Chouard, Prof. of Agriculture at National Conservatory of the Arts and Crafts. Messrs Brochon and Matagrin discussed the nutritional value of soy.

Mr. Chin Kuo Chun, director of the Laboratory of Soya Experiments (*Laboratoire d'Essais du Soya*), discussed the results of his work on manufacturing soymilk, tofu, and soy sauce in France, using traditional Chinese processes. Prof. Gounelle, Director of the Foch Hospital gave a brilliant discussion on the use of soy flour to combat nutritional edema and diabetes. Mr. Boutroux showed brilliantly that soymilk can successfully replace cow's milk in the feeding of defective babies.

Mr. Siao Yu, former Chinese Minister of Agriculture, recounted how Mr. Li Yu Ying, presently vice-chancellor (*recteur*) of the University of Peking, established in 1908, near Paris, a soyfoods factory; it made soymilk, tofu, cakes, etc. He saluted with emotion the members of this first Soy Congress to be held in Europe.

Mr. Villars, director of a cooperative for the production of soybean seeds. Mr. Matagrin, technical consultant to the French Bureau of Soya. Mr. Vançon, president of the Family Association of the Gardens of the north of France (*du Nord de la France*).

The Congress was closed by three excellent speeches by conference leaders Blaringhem, Bineau, and the Chinese Ambassador.

A reception in honor of China, cradle of the soybean, was then held and a buffet was served consisting of soy pastry and cakes, soy chocolates, and soymilk.

2027. *Revue Internationale du Soja.* 1947. Congrès du Soja [Soy Congress (Europe's first, held in Paris, March 16, at the City University)]. 7(37-38):30-31. March/April. [Fre]
• ***Summary:*** Li Yu-ying (President of the National Peiping Research Academy) was there, along with a luminous throng of the greatest soy devotees in France, including: M. Brochon (President du Bureau Français du Soja), M. Simonet (director of scientific research at Etablissements Vilmorin), M. Blanchard (chef de travaux à la Station d'Essais de Semences of the Ministry of Agriculture), and M. Chouard.

Mr. Chin Kuo Chun (director of the laboratoire d'Essais du Soja) discussed the results of his work on the production in France of soymilk, tofu, and soy sauce using the traditional Chinese processes, and of projects to organize family gatherings to taste these products. Prof. Gounelle (director of the Foch Hospital) showed how soy flour can be extremely beneficial in curing edema and malnutrition, and is perfectly suited for diabetics. Mr. Boutroux showed brilliantly that soymilk (*lait de soja*) is beneficial in replacing cow's milk in the diets of undernourished babies, and spoke of the industries presently producing soy products (*produits au soja*) in France. Note: This is the earliest English-language document seen (Nov. 2002) that uses the word "undernourished."

Mr. Siao YU, former Minister of Agriculture in China, recalled how Li YU Ying created in 1908 near Paris a factory for food products from soya: milk, cheese (tofu), cakes, etc. He saluted with emotion the First Soy Congress to be held in Europe. Address: Paris, France.

2028. Tsien, Tai. 1947. Allocution [Concluding remarks]. *Revue Internationale du Soja* 7(37-38):34-35. March/April. [Fre]
• ***Summary:*** It is an honor and a great pleasure for me to say a few words at the end of your soya congress, which has been honored by the presence of the French Foreign Minister (M. le Ministre de la France d'Outre-Mer), Mr. Marius Moutet; and by my compatriot, Prof. Li Yu Ying, president of the Academia Sinica.

I would like to thank the *Bureau Français du Soja*, the *Laboratoire d'Essais du Soja*, as well as the *Association France-Chine* for having organized this interesting congress. At this congress we have learned about soymilk, pressed

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tofu, fermented tofu, soy sprouts, and the use of soy flour in French pastries and cakes. Address: Prof.

2029. Allen, Mark. 1947. Soybeans: The miracle food. *Diet Digest* (*Beverly Hills, California*) No. 27. p. 21-22, 38. [1 ref]
• ***Summary:*** "Reprinted by special permission of Syndicate Publications, Inc."

2030. Chin, Kuo-Chun. 1947. Contributions à l'étude du soja [Contributions to the study of the soybean]. *Revue Internationale du Soja* 7(39-40):51-54. May/June. [Fre]
• ***Summary:*** Contents: I. First attempts at production of soy sauce. II. The nature of soya, and vegetable meat (tofu). III. The nature of soymilk (*lait végétal de Soja*) and precautions to take in its use. IV. The nature of soybean cake and its judicious use. Address: Directeur du Laboratoire d'Essais du Soja, France.

2031. Morse, W.J. 1947. The versatile soybean. *Economic Botany* 1(2):137-47. June.
• ***Summary:*** An excellent overview of the multifaceted soybean, by the world's leading expert on the subject, written at about the time of his retirement. Contents: Introduction. Nomenclature. History. Present day production. Diseases. Use as food. Use as a source of oil. Soybean meal.

In oriental countries, the soybean is used mainly for food; "pressed, it gives oil for cooking; sprouted it gives a fresh vegetable rich in vitamins; picked when green, it makes an excellent green vegetable; ground dry, it makes flour; soaked and ground with water, it provides milk, and the curdled milk furnishes the famous bean curd or tofu–the boneless meat of the Orient–used in the form of various cheeses and as a meat substitute; roasted beans are used as salted beans and in cakes and candies; roasted beans and bean flour enter into numerous health drinks [resembling coffee]; fermented bean pastes are used in soups and for preserving vegetables; and boiled beans are eaten with millet, rice, or kaoliang."

Contains 11 photos. Address: USDA.

2032. **Product Name:** Tofu.
Manufacturer's Name: Shimabukuro (Kamehachi) Tofu. Later Tofu Fountain and Aloha Tofu Factory.
Manufacturer's Address: 802 Dillingham Blvd., Honolulu, Oahu, Hawaii.
Date of Introduction: 1947. June.
New Product–Documentation: Honolulu City Directory. 1951. Kamehachi Shimabukuro Tofu (Kamehachi Shimabukuro, proprietor). 802 Dillingham Blvd., Honolulu. Not listed 1952. Note that the Tofu Fountain/Aloha Tofu Factory sprang up out of this location in 1953. Letter from Kazu Uehara. 1982. The company he bought in 1950 first started making tofu in June 1947, and was founded by Kamehachi Shimabukuro.

2033. Seiler, Hans G. 1947. Soja in der japanischen Kueche [Soya in Japanese cookery]. In: Dr. Wolfgang von Schuh, ed. 1947. Bericht Ueber die Erste Deutsche Soja-Tagung in Weissenburg, Bayern, 28-31 Aug. 1947. Heilsbronn bei Ansbach, Mittelfranken: Arbeitskreis fuer Landwirtschaft, Deutsche Arbeitsgemeinschaft Soja. 24 p. See p. 10-11. [Ger] Address: Studienrat and Dr., Erlangen.

2034. **Product Name:** Age: French Fried Soy Bean Cakes (Agé).
Manufacturer's Name: Hinode Tofu Co.
Manufacturer's Address: Sixth St. and Towne Ave., Los Angeles, California.
Date of Introduction: 1947. November.
Ingredients: Soy beans, water, soy bean oil, food grade lime, magnesium chloride (1979).
Wt/Vol., Packaging, Price: 1.5 oz plastic bag.
How Stored: Refrigerated.

New Product–Documentation: Label. 1979. 5.5 by 5.5 inches. Plastic. Red and yellow on clear plastic. Made by Matsuda & Hinode, Los Angeles, California 90013. Talk with Shoan Yamauchi. 1988. He introduced this product when he began to run the company in November 1947.

2035. Rodrigo, P.A. 1947. Soybean culture in the Philippines. *Philippine J. of Agriculture* 13(1):1-22 + 5 plates. Third quarter. Summarized in Soybean Digest, May 1948, p. 41. [14 ref. Eng]
• ***Summary:*** Contents: Introduction. Description and history. Climatic and soil requirements. Varieties. Propagation. Preparation of the soil. Fertilizers and lime. Inoculation.

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Planting. Care of the crop. Harvesting and production: For day, for seed. Cost of production. Uses of soybeans. Diseases. "In the big cities in the Islands, many of the soybean products like soy sauce or toyo, tokua, tajuri [fermented tofu], tojo [soymilk curds], miso, etc. are becoming more popularly used by the Filipinos, and will be more so as their nutritive values become more fully realized. Already, in some sections of the country where soybean is being grown, the seed is used either as a green or as a dry vegetable. The dried bean is roasted and is eaten offhand or is used in adulterating coffee, and the bean in the dough stage is boiled and eaten like peanut" (p. 2).

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the word *tajuri* to refer to fermented tofu.

Table 1 shows annual imports (in kg) of soybeans and soybean products into the Philippines from 1929 to 1940, including dried beans, soy sauces, soybean meal, tausi (fermented black soybeans, salted), paste (miso), and total. By far the leading import (by weight) from 1929 to 1937 was dried soybeans. In 1929 some 4,574,497 kg were imported. This figure rose gradually (with ups and downs) to a peak of 5,660,575 kg in 1937, then fell sharply to only 237,666 kg in 1940. Soybean sauces were the No. 2 import, starting with 606,231 kg in 1929, rising to a peak of 1,441,563 kg in 1932, then remaining above 1,000,000 for most years thereafter. Imports of soybean meal started in 1935 with 660,699 kg; they reached a peak 1,023,303 in 1936 (the next year), then remained near 1,000,000 thereafter. Tausi was first imported in 1940, the amount being 151,571 kg.

Table 2 shows the value of these items (in pesos). In 1940 the imports of greatest value were soy sauces (120,346 pesos), soybean meal (50,682), and tausi (20,280).

"In the Philippines, while the plant has been under cultivation since the Spanish regime [1571-1898], it has not gained much headway due mainly to the lack of a variety suitable for commercial planting, and perhaps due to want of interest among farmers" (p. 4-5). The Philippine Bureau of Plant Industry has, to date, introduced more than 200 soybean varieties to the Philippines from the USA, China, Japan, Hawaii, Java, and India, but it presently recommends only a few varieties for commercial planting. These include Ami, which has long been cultivated there and is well adapted to the varied soil and climatic conditions.

Based on the results of a number of years' trials in different regions of the Islands, the following varieties have been found to be productive: Yellow Biloxi Hybrid (introduced from Hawaii in 1936), Mis 28 E.B. Str. 3910 (introduced from India in 1937), Mis 33 Dixi (introduced from India in 1937), Head Green (introduced from the USA in 1935), and American Black. All of these varieties are good for May and June planting, and all but Yellow Biloxi Hybrid are good for September to December planting (dry season).

"In the Philippines, the green but fully developed pods are harvested, and the seed is cooked and eaten in practically the same way as lima bean or patani... In Lipa, Batangas, soybean in the dough stage is boiled in the pod and sold and eaten offhand" like peanuts. The more common soy products made in the Philippines are soy sauce or *toyo*, tokua [tofu], tausi [fermented black soybeans], and miso. "Soybean milk is being manufactured by the Bureau of Plant Industry in a limited scale and a big modern firm has started putting soybean milk and other products in the local markets" (p. 15-16).

Note 2. This is the earliest English-language document seen (Nov. 2011) that uses the word *tausi* to refer to fermented black soybeans. Address: Chief, Horticulture Research Section, Bureau of Plant Industry.

2036. *Soybean Digest.* 1947. Soy foods in New Guinea. Nov. p. 14-15.
• ***Summary:*** This is a summary of two articles by Gerold Stahel (of Paramaribo, Surinam) on tempe [tempeh] and taohoo [tofu] published in late 1946 in the *Journal of the New York Botanical Garden.* Three photos show tempe and two show taohoo.

Note: This is the earliest document seen (Sept. 2011) with the term "Soy foods" in the title.

2037. **Product Name:** Tofu, and Agé.
Manufacturer's Name: Kiba Tofu-ten (Oriental Food Store).
Manufacturer's Address: 418 Island Ave., San Diego, CA 92101. Phone: F. 9-3383.
Date of Introduction: 1947. December.
How Stored: Refrigerated.
New Product–Documentation: Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 404. Under "San Diego, Calif." In Japanese: Kiba Tofu-ten. In English: Oriental Food Store, 418 Island Ave., San Diego, California. Phone: F. 9-3383. Note: Kawamoto Tofu Shop was previous located at this address.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Owner is listed as Dwayne [Koba].

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Oriental Groceries, 418 Island Ave., San Diego, California 92101. Phone: 714-239-3237. Owner: Not given.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Contact: Dwayne [Koba]. The company name is now given as San Diego Soy Dairy.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Dwayne.

J.D. 1981. *Reader* (San Diego, CA). Nov. 25. p. 3. "Nofu" The Koba family of Oriental groceries has been producing handmade tofu in San Diego for 33 years, since

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late 1947. They will be forced to stop in early 1982, when the city tears down their building to make a park.

Talk with Gary Stein. 1988. Feb. 17. He started an 18 month apprenticeship with Mr. Haruki Koba in about 1977. Mr. Haruki Koba said at about that time that he had been making tofu for 30 years, probably in San Diego. The original tofu recipe had come from Japan. Wayne is now involved with computers. Mr. Koba lives at Point Loma, a suburb of San Diego.

Talk with Gary Stein. 1989. Oct. 25. No one ever considered changing the name of Oriental Groceries to San Diego Soy Dairy (SDSD). Rather they talked about starting a new company named SDSD, affiliated with Oriental Groceries but aimed at marketing tofu to the Caucasian market. This never happened, at least never on labels, legally or officially. The first time SDSD was used was when Gary started his own company. Gary was very clear with Mr. Haruki Koba and his son, Dwayne (who did the day to day teaching) that he and his friend Todd Takeuchi wanted to start their own tofu company, but that they did not intend to compete with the Koba family in the Oriental market (Japanese and Chinese restaurants and food stores, plus drop-in customers). Gary and Todd went out and started getting new customers; they took production from 90 lb/day to 300 lb/day in about 1979. But there were personal and ethnic problems between Todd (who was an Americanized Japanese) and the Koba family and Todd found it difficult to stay. There were many communication problems and misunderstandings, but no ill will. Dwayne wanted to get out of the company. Just when they got a packaging machine, the whole thing fell apart. Gary and Todd left in late 1980, and their first product, tofu was on the market in April 1981 at 2965 5th Ave. It did not compete with Oriental Groceries' tofu. Oriental Groceries remained in business under the Koba family's management until about 1982, when the building was torn down. By that time Haruki wanted to retire anyway. Gary bought their packaging machine.

Talk with Haruki Koba, former owner of Oriental Groceries. 1989. Oct. 25. (1488 Guizot St., San Diego, CA 92107: Phone 619-222-3692). In May 1945 Germany surrendered, ending World War II in Europe. That month Mr. Koba was discharged from the U.S. Army–he had fought in France and Italy. In December 1947 he and his wife, Michiko, bought an existing tofu business (on Island St., between 4th and 5th) from Mr. Yoshio Kawamoto, a second-generation (nisei) Japanese, who made tofu and agé, and had been making them, but not very profitably, for 1½-2 years. He cannot recall the business name. Mr. Kawamoto stayed with the Kobas for a few weeks and showed them how to make both tofu and agé, but they improved on the process quite a bit. The Kobas made only those two products for the next 33 years. They quit in Feb. 1982, when the city torn down their building, Oriental Groceries. He has no old articles about his work with tofu.

Letter from Haruki and Michiko Koba. 1989. Nov. 30. When they bought this company, in Dec. 1947, it was located at 418 Island Ave., San Diego, CA 92101. They never moved the location. They renamed it to "Oriental Groceries" in 1948. They have no articles, labels, or other documents about the company.

2038. **Product Name:** Tofu.
Manufacturer's Name: Sakara-fu Tofu-ten (Sacramento Tofu Co.)
Manufacturer's Address: 1521 Fifth St., between O and P streets. After about 1949: 1915 Sixth St., Sacramento, CA 95814. Phone: 916-447-2682.
Date of Introduction: 1947.
How Stored: Refrigerated.

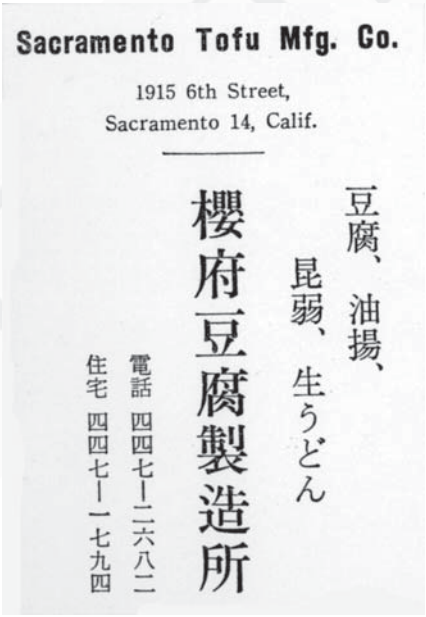

New Product–Documentation: Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 174. Under "Factories." In Japanese: Sakura-fu Tofu-ten. In English: Sacramento Tofu Co., 1521 5th St., Sacramento. Phone: HU 4-3274. Note: First listing for Sacramento Tofu Co. Sacramento City Directory. 1953. 2nd listing for Sacramento Tofu Co. (Takeo Hiroshige, Tom Kunishi), rear 1521 5th. Note: In 1952, Tom & Michiko Kunishi resided at 1519½ 5th. 1956 listing same but people are now Tom H. Kunishi and Takeo Hiroshige, soy bean products. 1960 listing: Sacramento Tofu Company (T.H. Kunishi), Manufacturers of Soy Bean Products, Fresh Noodles, Wholesale and Retail, 1915 6th. Tel. Gilbert 8-3274. Residence Tel. Hickory 7-1749.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 432. Vertical ¼-page ad. Top one-fourth of ad is in English: "Sacramento Tofu Mfg. Co., 1915 6th St., Sacramento 14, California." In Japanese: Sakara-fu Tofu Seizôsho. Tofu, aburaage, konnyaku, nama udon [uncooked udon wheat

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noodles]. Shop phone: 447-2682. Home phone: 447-1794. (Directory entry p. 433; at end of Japanese section is the word "Kunishi").

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Sacramento Tofu Mfg. Co., 1915 6th St., 95814. Phone 447-2682, Mr. Kunishi.

Sacramento City Directory. 1978. Sacramento Tofu Co. (Tom H. Kunishi), baked goods, 1915 6th St.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Same company name and address. Phone: 916-447-2682. Owner: Mr. Kunishi.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Kunishi.

Sylva, Bob. 2006. "Sacramento Tofu Co. soon to celebrate 60th anniversary." *Sacramento Bee*. Aug. 2. Sacramento Tofu Co. was founded in 1947 by Hiroshi "Tom" Kunishi, father of the present owner, Alvin Kunishi.

Interview with Alvin Kunishi. 2006. Aug. 10. "Early history of Sacramento Tofu Co." Alvin's mother (whose husband, Hiroshi "Tom" Kunishi, was a founder of the tofu company) often told him that the company was founded in 1947. But he has no written or documentary proof of this date.

2039. Blumenthal, Saul. 1947. Food products. Brooklyn, New York: Chemical Publishing Co., Inc. ix + 986 p. See p. 134-35, 335-36, 378-85. Index. 23 cm. [soy ref]
• ***Summary:*** The following soy products are discussed: Soy milk (p. 134). Soy curd (bean curd or tofu, p. 134-35). Fried soybeans (p. 335-36). Health foods (p. 337).

Concerning fried soybeans, this is the earliest document seen (Dec. 2012) that discusses this subject scientifically and in some depth, since most similar products had previously been dry roasted. (For exceptions see Stoddard 1917, Parsons 1939, and Hale 1941). "The fried soybean is a pleasing nut-like confection, which will prove a product of sufficient interest to many lovers of nut meats." The best soybean for fried food purposes is Illini; other good varieties are Rokusun, Mammoth Yellow, Dixi, Easy Cook [Easycook], and Hahto. By writing the National Soybean Oil Manufacturers Association, Box 388, Taylorville, Illinois [Note: This Association may have been affiliated with the Allied Mills soybean crushing plant in Taylorville; it was probably not affiliated with NSPA], all information on the bean and sources of supply can be acquired.

"Before frying the soybean, it should be washed in water to remove particles of dirt that may be adhering. In order to obtain a good product with a nut-like texture, the bean is allowed to swell by soaking in boiling water for a period of 10 minutes. The water is drained off and the beans are cooled and fried. The beans are then placed in a proper wire basket, with 5 pounds of fat, previously heated to 370 to 380ºF. The addition of the bean to the fat will cause a drop in temperature to about 340 to 355ºF, at which point most of the frying takes place. Temperature control is important since frying at high temperatures produces a bean with a scorched flavor, while frying at too low temperatures produces a product with a beany instead of a nutty flavor. After frying, the beans are drained, salted and cooled in the same manner as other fried nut meats.

The section titled "Health Foods" states: "Nuts and soybeans are good substitutes for meats, fish, eggs and sea foods. Pistachio nuts are non-acid-forming and are rich in organic salts and vitamins... Their high percentage of alkaline minerals makes them an alkaline-yielding food."

Acidophilus milk (from dairy milk) is discussed on pages 130-32, and Kefir (from dairy milk) on pages 132-33. Address: Food Technologist and Consultant, Shirley Laboratories, New York, NY.

2040. Bragg, Paul C. 1947. Paul Bragg's health cookbook [1st ed.]. New York, NY: Alfred A. Knopf. xii + 402 + xxx p. Index. 21 cm.
• ***Summary:*** Contents: Section I: Flavor. 1. Flavor, the soul of food. Section II: Recipes. 2. Salads (7 types). 3. Salad dressings. 4. Soups. 5. Vegetables. 6. Meats. 7. Fish. 8. Poultry and game. 9. Vegetarian entrees and cheese dishes. 10. Eggs and egg dishes. 11. Cereals. 12. Bread, rolls, and muffins. 13. Pancakes and waffles. 14. Pies and fillings. 15. Cakes and frostings, 16. Cookies. 17. Desserts (fruit desserts, other desserts). 18. Sauces. 19. One world cookery ("Health" foods in many lands, Mexican, Creole, From France, the Near East, the Far East, etc.). 20. Candies. 21. Drink health the new way ("cocktails" made without alcohol, from fresh fruit and vegetable juices). 22. Canapés. 23. Sandwiches and fillings. 24. Canning.

Section III: Special-purpose recipes. 25. Reducing. 26. Gaining. 27. Food allergies. 28. Invalid food or bland diets. Appendixes. Herb chart. How to grow a savory herb garden. The window-box herb garden. Organic gardening: Good nutrition starts in the ground. How to make a compost pile.

Soy-related recipes: Substitutes. Soybean milk for cow's milk. Beans and especially soybeans for meat. Whole-grain flours for white flour (p. 5). Sprouted soybean salad (p. 45). Soybean soup (with whole dry soybeans {WDS}, p. 72). Black soybean soup (p. 72-73). Sour-cream bean soup (p. 73).

In the chapter on "Vegetables" there is a section titled "Soybeans" (p. 92-95) with this contents: Introduction ("The soybean is one of the richest of all foods in protein and in minerals, and it also makes a very delightful addition to good meals... but only in recent years have Americans and Europeans become awakened to its possibilities as a meat substitute and also its great value as a food staple"). How to make soybean sprouts. Soybean sprouts en casserole. Sprouted soybean omelet. Soybean sprouts with onions

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and mushrooms. Soybean recipes ("for preparing the magic soybean"). Green soybeans (in pods). Dried soybeans. Canning recipes. Soybeans used as meat substitutes. Soy milk. Soybean cheese [tofu].

Chapter 9: Vegetarian entrees and dishes. Lentil loaf with milk or soy milk. Soybean loaf (with WDS and soy milk). Soybean macaroni loaf. Vegetable and soybean stew. Soy vegetable roast (with 1½ cups cooked soybeans). Vegetable hash (with soy sauce). Boston baked soybeans. Stuffed peppers with soybeans. Vegetarian sausages (with cooked soybeans). Vegetarian chop suey (with soy sauce and gluten steaks). Soybean cheese (homemade tofu made from soy milk allowed to curdle in a warm place; cut and serve with soy sauce).

Whole-wheat soy bread (with soy flour, p. 195). Soybean waffles (with soy flour, p. 212). Whole-wheat soy pie crust (with soy flour, p. 213). Canned [green vegetable] soybeans (p. 324, 336). Soybean waffles (wheatless, with soy flour, p. 369). For those with food allergies: Soy milk and Soybean cheese (see p. 95).

In this book, Bragg uses the word "aminos." "The link between protein and body tissues is the amino acids. When the aminos enter the blood stream, they are carried to every part of the body, where they set to work repairing, rebuilding, and maintaining body tissue, building up rich red blood, and 'conditioning' the various organs" (p. 6).

Note 1. Throughout his life, Paul Bragg seems to have had an ambivalent feeling about eating and recommending red meat and poultry. In his later years, fish became his favorite flesh food.

Note 2. This book contains no autobiographical information about Paul Bragg. Address: P.O. Box 428, Burbank, California.

2041. Fritzsche, Curt. 1947. Die Sojabohne: Anbau und Verwertung [The soybean: Cultivation and utilization]. Lueneburg [near Hamburg], Germany: Metta Kinau Verlag Nachf. 48 p. Series: Kurzschriften fuer Landwirtschaft, Gartenbau und Siedlung. 11. [Ger]
• ***Summary:*** Contents: Introduction. 1. Origin of the soybean (in Asia and Europe, including the work of Haberlandt in central Europe, plus instructions for making Chinese-style chiang, soy sauce, and tofu). 2. Description of the soybean. 3. The culture of the soybean. 4. Diseases and enemies of the soybean. 5. The economic significance of the soybean: As a food, as an oilseed, and in applied science/industry. 6. Advantages of the soybean: For the farmer, for the economy. 7. Effect of soybean culture on the national diet. 8. Tested recipes for the household. Conclusion. Address: Friedersdorf & Berlin.

2042. Radwansky, Andor (pseudonym of Dr. A. Medriczky). 1947. Der "Gelbe Gottessegen," die Sojabohne im Haushalt und Kleingarten [The "golden blessing," the soybean in home and garden]. Murnau (near Munich): Verlag Sebastian Lux. 31 p. Series: Die kleine Reihe, 4. 17 cm. [21 ref. Ger]
• ***Summary:*** Contents: Foreword. 1. Soybeans and nutrition. 2. What does the soybean look like? 3. The soybean–commercial products (Edelsoja whole soya flour, soy flakes, soy oil, soy margarine, soy lecithin, soymilk and tofu [these were once made by a German firm in Frankfurt], soy sauce, Worcestershire sauce, soy chocolate and cocoa). 4. Soybeans in the household (incl. the above commercial products plus soy coffee, soy sprouts). 5. Growing soybeans on farms and in home gardens. Hope for the founding the "Society of Soybean Producers and Friends of Soya" (*Gesellschaft der Soja-Anbauer und Sojafreunde*). 6. The different methods of soybean production. Growing soybeans in a small garden.

On page 15 the author uses the term "Sojaspeisen" to refer to soyfoods. On page 17 he uses the term "Gruenbonen" to refer to green vegetable soybeans. Address: Herwegstr. 5, Stuttgart, Germany.

2043. Komaki (Joe T.); Kalifornians Enterprise. comp. 1947-. Chicago Japanese American year book. Chicago, Illinois: Californians Enterprise. 28 cm. [Eng]*
• ***Summary:*** Two-page spread in Chicago Japanese American year book. 1949. Photos of the covers of two editions suggest that that first edition was 1947 (6,500 copies printed); For the 1948 edition, 9,000 copies were printed.

Talk with Karl Matsushita, director, Japanese-American National Library in San Francisco. 2008. Feb. 1. These directories were first published after World War II. His library has one two volumes of this periodical: 1949 (5th ed) and 1950 (6th ed). This would suggest that the 1st edition was published in 1945. Not at OCLC / WorldCat. Address: Chicago, Illinois.

2044. **Product Name:** Tofu.
Manufacturer's Name: Hashimoto Tofu.
Manufacturer's Address: 943 E Street, Fresno, CA 93706.
Date of Introduction: 1947?
New Product–Documentation: Talk with Brad Kubota, owner of Fresno Tofu Co. 1990. Nov. 28. He thinks this company became Star Tofu. It was run by a Mr. Joe Hashimoto, a nisei.

Talk with Mr. Hashimoto of Nichibei Nichi in Fresno. 1990. Nov. 29. He thinks this shop started shortly after World War II, in about 1947. The owner may have been Mr. Tokubo Hashimoto.

2045. Liang Shih-chiu [Shiqiu]. ed. 1947? Zui xin shi yong Han Yin ci dan A new practical Chinese-English dictionary. The Far East Book Co. Ltd. 1355 p. See p. 1037-38. 22 cm. [Eng; Chi]
• ***Summary:*** Gives the Chinese characters and their pronunciation for the following soy-related terms: Soybean cake; bean curd; a semi-transparent film formed on the

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surface of soybean milk; a store where bean curd is made for sale; spiced and dried bean curd; soybean cheese; legume; (said of girls) in teens; the pods of beans or peas; soybean milk; fermented beans in paste form; residue of soybeans in making bean curd; fermented and seasoned soybeans; pisolite [bean + stone]; legumin; bean sprouts as a vegetable; soybean oil. Address: Editor in Chief.

2046. **Product Name:** Tofu.
Manufacturer's Name: Nii Tofu.
Manufacturer's Address: Dinuba, Califorina.
Date of Introduction: 1947?
New Product–Documentation: Talk with Brad Kubota, owner of Fresno Tofu Co. 1990. Dec. 4. He has heard from Japanese-American old-timers now living in Fresno that a tofu shop name Nii Tofu was in business in Dinuba after World War II. Dinuba (pronounced dai-NU-bah) is located 30 miles southeast of Fresno.

2047. Cort, Mabel Gilson. 1948 Personal report of Mabel Gilson Cort for the year 1947. Chiang Mai, Thailand. 2 p. Unpublished typescript. Undated.
• ***Summary:*** She has spent the entire year of 1947 at home in Chiengmai [Chiang Mai], Thailand, doing mainly dietetic work, but also some evangelical work. She has developed special diets for patients with particular diseases. "Because of the high cost of living and the scarcity and high price of such foods as milk and eggs and the number of orphan babies we have in the hospital and the number of patients requiring milk diet, we have used quantities of soy bean product to increase our milk protein and supplies. Every day we make great quantities of white soy bean milk which is used to feed the babies, make cream soup, egg nogs, custards and even ice cream occasionally. We make tasteless soy bean flour, which I learned to make at home. We also use the ground browned soy bean flour [kinako] to feed babies, to make a beverage we call soy bean coffee, which is drunk as a beverage, using coconut milk and sugar. It is used in many hospital diets and the nurses drink it. We enrich it with sugar, starch and calcium, thus making it nearly equivalent to milk in value. We make soy bean flour, rice bran and rice flour muffins for beriberi and soy bean flour and rice bran muffins for diabetes. We also send out the browned soy bean flour to mothers in the country to make soy bean milk for their babies as the browned flour will keep indefinitely and country mothers have not the facilities for keeping the white milk which sours very easily. We buy bean curd from a Chinese merchant. We use this in curries, soups, etc. We have also increased the value of the protein in our diets and the use of the bean products are increasing every where. We think this is good public health work. All this requires a great deal of reading and compiling from books from China, Malay, the Philippines and America."

Note: Mrs. Mabel Gilson Court worked was a Presbyterian missionary in Siam (later called Thailand) from 1903. Her husband was a physician and fellow missionary. They were married in 1910. In 1915 Dr. Cort took charge of McCormick Hospital in Chiang Mai, and Mrs. Cort took charge of dietetics at McCormick Hospital.

2048. Arsenio Manuel, E. 1948. Chinese elements in the Tagalog language: with some indication of Chinese influence on other Philippine languages and cultures, and an excursion into Austronesian linguistics. Manila, Philippines: Filipiniana Publications. xxv + 139 p. April. With a historical introduction by H. Otley Beyer. [110* ref]
• ***Summary:*** Page 58-59: Tahó [Taho]: *tau* (bean) + *hu* (anything very soft); Bean curd. Variations: toho, tojo. Same in Bikol. Tahu in Sbl. (Sambal). Soybean curd brains are unpressed soybean curd served with medium-thick brown sugar syrup.

Note. This is the earliest English-language document seen (April 2013) that uses the word *Tahu* to refer to tofu. "Tahu" is the word for tofu in the Sambal language spoken primarily in the province of Zambales in western Luzon island in the Philippines.

Táhuli [Tahuli]. Variation of táhuri [tahuri], which see.

Táhuré [Tahure]. Variation of táhuri, which see.

Táhuri [Tahuri]: *tau* (bean) + *hóe* (semi-liquid, comestible); Fermented soybean curd. Magtatahuri, a maker or seller of tahuri. Variations: tahure, tahuri, tahuli. In Aklanon, Bikol, tawri. Takim: *tau* (bean) + *kim* (salty); Salted beans.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "Fermented soybean curd" refer to Chinese-style fermented tofu.

Page 64: Tokwa: *tau* (bean) + *koa* (dried, desiccated); Pressed soy-bean curd, or soy-bean cheese; used as an ingredient in *pansit,* which see, or fried. Magtotokwa, maker or vendor of tokwa.

Note 2 This is the earliest English-language document seen (April 2013) that uses the word *Tokwa* to refer to tofu or pressed tofu [doufugan].

Tokua. Variation of tokwa, which see.

Page 65: Toyo: *tau* (bean) + *iu* (oil); Soy-bean sauce, soy. Magtoyo, to dress or season with such sauce, to use toyo. Same in Sambal. Tawyo in Bikol. In Mandarin: tou yu.

Page 13. "angkak. [ang (red)–khak (anything that hastens fermentation, leavening of rice used in fermenting wine)]. Specially treated rice or cereal, or reddish granule usually ground into powder before it is added to preserves life [sic, preserve live] fish buro or bagoong. Angkakan, to treat with angkak. Same in Pampangan, Sambal; angka in Iloko." Address: Dep. of Oriental Languages, Univ. of the Philippines.

2049. Desikachar, H.S.R.; De, S.S.; Subrahmanyan, V. 1948. Protein value of soya-bean milk: Human feeding

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experiments. *Indian J. of Medical Research* 36(2):145-48. April. [1 ref]
• ***Summary:*** When cow's milk curd protein, fed along with a poor South Indian rice diet, is replaced by an equivalent amount of soya bean protein, the mixed proteins of the diet in both cases are utilized to about the same extent. By following the nitrogen balance method on two adult subjects, they reported that the average digestibility coefficient and the biological value of soya-bean milk protein compared to egg protein are 96.6 and 94.0 respectively.

The calcium of soya-ban milk curd (tofu) fed to 6 adult subjects along with a basal low calcium ration was utilized about 90% as much as the calcium of cow's milk curd. Address: Dep. of Biochemistry, Indian Inst. of Science, Bangalore.

2050. **Product Name:** Tofu, aburaage, and ganmodoki.
Manufacturer's Name: Itaya Tofu-ten (Tofu Shop).
Manufacturer's Address: Rt. 6 Box 273, French Camp, near Stockton, California. Phone: 3-8042.
Date of Introduction: 1948. May.
New Product–Documentation: Entry in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory of manufacturers, p. 138 (top left center). In Japanese: Itaya Tofu-ya. In English: Itaya Tofu Ya, Rt. 6, Box 273, Stockton, California. Phone: 3-8042.

Ad (1/8 page) in same Nichi Bei Times 1948 Report. p. 143. Lower right center. The top one-fourth of this ad is in English: Itaya Tofu Ya. Tofu, aburage, soy beans products and vegetables. Rt. 6, Box 273, Stockton. Phone: 3-8042. In Japanese: Itaya Tofu-ya. Tofu. Aburage. Ganmodoki. Haarei (Harry?) Itaya Toshio.

Ad (1/8 page) in Hokubei Mainichi Year Book. 1951, p. 310. All in Japanese: Itaya Tofu-ten. Making and selling tofu and aburaage. French camp. Mr. Harry Itaya. Phone: 3-8042. Directory entry, p. 311. Under "Grocery." Itaya Tofu-ten, Itaya Tofu Co., Rt. 6 Box 273, Stockton. Phone: 3-8042. Note: French Camp is located about 4 miles south of the center of Stockton.

2051. M.K. Grocery. 1948. [General merchandise: Fish–meat–tofu (Ad)]. In: Nichi Bei Times. 1948. *Kikan Fukkôshi Narabi Jûshoroku* [Evacuation Resettlement Report, 1948 Directory]. 138 + 243 p. Page 126. [Eng; jap]
• ***Summary:*** Ad (¼ page, lower left). The top one-third is in English. Japanese: M.K. Gurosari. Selling tofu [Note: It doesn't say they are making it]. Shop owners: George Matsumoto, Taamu (Tame?) Kato. The address is written again in Japanese. Address: 107 C St., Marysville, California. Phone: 2-3924.

2052. Murano Co. Groceries. 1948. [Murano Co. (Ad)]. In: Nichi Bei Times. 1948. *Kikan Fukkôshi Narabi Jûshoroku* [Evacuation Resettlement Report, 1948 Directory]. 138 + 243 p. Page 142. [Eng; jap]
• ***Summary:*** Ad (1/8 page, lower right). The top one-fourth is in English. In Japanese: Maruno Shoten. Selling tofu. Address: 228 S. Monroe St., Stockton, California. Phone: 3-3752.

2053. Nichi-Bei Jijisha. 1948/31-. Kikan fukkôshi narabi jûshoroku [Evacuation resettlement report, 1948 directory]. San Francisco, California: Nichi-Bei Jijisha. 138 + 243 p. May 31. Illust. 25 cm. [Eng; Jap]
• ***Summary:*** Note: The 1948 directory is in the 1948 Evacuation Resettlement Report. On the last unnumbered page of photos near the front (page 11) half-page photos show: (1) The front of the Nichi Bei Times office in San Francisco, with three cars parked out in front. (2) Two men standing in front of the huge printing press, with two large rolls of paper in place.

Page 87 (top center left) states (in characters), under the heading Tofu shops, there are 4 workers and 2 shops in Marysville. Note: The explanations for the numbers cannot be found on this page but on the previous page. We are guessing that that larger number is the number of workers and the small number is the number of shops.

Page 90 (top right): Tofu shop, Stockton. Just one shop is listed but with no name or address.

Page 92 (top left): One shoyu maker in the Walnut Grove area of Isleton (California); no name or address is given. Note: This could well be Mukai Brewing Co., which in Feb. 1951 was located at P.O. Box 171, Isleton, California. Address: Ellis Street, San Francisco, California.

2054. **Product Name:** Tofu, and Koji.
Manufacturer's Name: Tofu oyobi Koji Seizo-sho (Fresno Tofu Shop).
Manufacturer's Address: 943 E Street, Fresno, California. Phone: 4-4317.
Date of Introduction: 1948. May.
How Stored: Refrigerated.
New Product–Documentation: Entry in Nichi Bei Times. 1948. Evacuation-Resettlement Report. Directory of manufacturers, p. 164 (top center). In Japanese: Tofu oyobi Koji Seizô-sho. In English: Fresno Tofu Shop, 943 E St., Fresno, California. Phone: 4-4727. / Hokubei Mainichi Year Book. 1951, p. 352. Category: Tofu, Candy, Dressmaking Shops." Fukumoto Tofu Seizô-sho, Fresno Tofu Shop, 943 E St., Fresno. Phone: 4-4317.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 255. Under "Stores." In Japanese: Furesuno Tofu Seizô-sho. In English: Fresno Tofu Shop, 943 E St., Fresno, California. Phone: 4-4317. Note: By 1970 Goto Tofu Shop (Gotô) was located at this address.

2055. Morse, W.J. 1948. Soybeans yesterday and today. *Foreign Agriculture* 12(5):91-95. May. Summarized in

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Soybean Digest, June 1948, p. 32.
• ***Summary:*** A good overview of soybeans and their history in China, Manchuria, Korea, and Japan (the principal regions of world soybean production), plus thoughts on their relatively recent introduction to the Western world.

"In China, the soybean is one of the leading and most ancient of crops, ranking fifth in extent of culture and occupying about 9% of the total cultivated area. Although grown everywhere in China, about 60% of the soybean acreage and production is confined largely to 3 northern Provinces, Shantung, Kiangsu, and Honan. China consumes practically all its production, estimates indicating 55% for food, 27% for oil extraction and other purposes, 10% for stock feed, and 8% of the total cultivated area of Manchuria and is a dominating factor in the life of that country. As a cash crop, it provides fully half the total volume of freight handled by Manchurian railroads. Estimates have indicated that from one-third to two-thirds of the production of soybeans was exported; 15 to 20% utilized for food, feed, and planting; and the remainder processed for oil and oil meal.

"Korea occupies third place among the soybean-producing countries of Asia. Acreage and production are confined largely to the central and northern areas, because southern Korea, growing chiefly cotton and rice, seems less well adapted to soybean-seed production. The entire seed production is used for food, stock feed, export, and planting, none being used for oil extraction.

"Japan, although a large producer of soybeans, has consumed all its own production and imported large quantities of seed from Manchuria and Korea. Since World War I, production of soybeans in Japan has decreased to some extent, more emphasis being placed on the greater production of rice. The proportion of soybeans used by Japan for various purposes was: Miso (soybean-rice fermented paste), 22%; soy sauce, 22%; oil and oil cake, 21.5%; bean curd, 15.5%; confections, 7.2%; forage, 6.2%; green manure, 2.5%; seed, 1.8%; green vegetable beans, 0.8%; and miscellaneous 0.5%.

"In the Soviet Far East the soybean is said to be one of the chief industrial crops and in some districts to constitute 20% of the cultivated area. Acreage and production have increased markedly since 1926, especially in the Khabarovsk territory.

"Previous to 1935 soybean oil in the United States was utilized chiefly in soap, paint, and varnish. Since that time, however, 70 to 85% of the soybean-oil supply has been used in the food industries... The soybean has become one of the most valuable, if not the most valuable, of China's gifts to the Western World."

Photos show: (1) Manchurian soybean in bags being loaded on a freighter at the Dairen wharves for shipment to European oil mills. (2) Two horses pulling a plow, and a 2nd man planting soybeans on ridged rows in Manchuria. (3) Soybean plants growing along the edges of rice paddies, as is common in oriental countries; the green beans will be used for home consumption. (4) Two Korean men threshing soybean plants in a courtyard with bamboo flails. "In Korea, as well as in many other oriental countries, bamboo flails are used in threshing soybeans." (5) A man with a sickle in a field of dried soybean plants. "Soybeans are harvested by hand in all the soybean-producing countries of the Orient." (6) A combine harvesting soybeans in the USA. It has "been one of the important factors in the economic production of soybeans in the United States." (7) "General view of a Chinese oil-mill yard in Manchuria, showing mill, storage of soybeans in osier bins, and steel tanks." Address: Principal Agronomist, USDA Div. of Forage Crops and Diseases, BPI [Bureau of Plant Industry], SAE [Soils and Agricultural Engineering], ARA, Beltsville, Maryland.

2056. *Times of India* (*The*) (*Bombay*). 1948. New treatment for plague: Research in India. June 17. p. 5.
• ***Summary:*** Field trials were conducted in Bengal and Bihar to test the effectiveness of sulphaguanadine, a new drug for combating plague.

Research on nutrition is being carried out at a number of centres across India under the auspices of the Indian Research Fund Association. "Experiments to determine the nutritive value of soya-bean milk and soya-bean curd [tofu] have been conducted at the Indian Institute of Science, Bangalore." Feeding trials now being conducted in Bangalore suggest that soya-bean milk and its products can provide an inexpensive and nutritious substitute for cow's milk.

2057. Miller, H.W. 1948. Survey of soy foods in East Asia. *Soybean Digest.* June. p. 22-23.
• ***Summary:*** The primary objective of Miller's company "was to develop a milk built up to formula for babies, children, and adults that could be utilized by Oriental populations where animal milk is not available, and which for economic reasons can never be a dependable source of food supplies for the masses.

"Before the war the Laboratory had branches both in Manila, Philippine Islands, and Shanghai, China. The war saw the plant in Shanghai completely demolished and the equipment destroyed. In Manila, the building was left, but all the equipment was removed. Therefore we have been busy since the end of hostilities in restoring these plants.

"In 1946 and 1947 and during this last January and February the writer made trips and spent time in connection with these institutions. I am glad to report that on my last visit to the Philippine Islands I was able to see the plant there start its operations. The machinery and equipment are practically restored.

"At the present time there are no soybeans under cultivation in the Philippine Islands... though certain parts

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are very well adapted to the growth of the southern type of soybeans.

"The Manila plant is interested in marketing bottled 'Soyalac' (soy milk) both in natural and chocolate flavors, and also in entering the production of soy ice cream–we are permitted to call it that in the Philippines.

"From Manila I went to Hongkong where 8 years ago a small company known as the Hongkong Milk Factory made a beginning in homogenizing a constituted soy milk. On this last trip to Hongkong, K.S. Lo, the manager, took me through their plant. He informed me that they are now serving to each of the school children a half-pint bottle of the soy milk, both in the natural and the chocolate flavors, at their noon lunch.

"The Hongkong Milk Factory is in reality a soybean dairy. As you view the equipment including the bottle filling machine and the refrigerating unit, you would not know you were not in an American dairy. Mr. Lo informed me that if they had refrigeration they could be putting this soy milk out in many of the other cities of China on a very large scale.

"The firm obtains it beans from China, mostly from the province of Chang Tung, though some come from Manchuria. The beans are not of a very fine quality."

At Shanghai there were two soybean enterprises that particularly attracted my attention. The one for which we helped secure the machinery and equipment is being run under the name of the International Nutrition Products Co., Ltd. It is to be run very much like the Manila plant in the manufacture of liquid soy milk. The company will develop along with it a soy margarine and soy spread in the form of a mayonnaise dressing.

"The other enterprise is being undertaken by the government. The Chinese Army Quartermaster Department has purchased a property where ice cream, dried eggs and butter, and also candy were made. This large property has a splendid group of buildings with refrigeration." Here the Chinese Army intends to run a "soybean factory and a vegetable dehydration plant.

"The Chinese Army has secured the help of my son, Harry Willis Miller, Jr. He is there at the present time erecting this plant. It is perhaps the largest soy protein processing plant we know of at present. The firm has bought equipment for large-scale production of a spray-dried soy milk powder. This is to be included in other rations of a dehydrated character for use of the Chinese Army."

In Japan, the author found the people to be "greatly undernourished, especially in regard to protein. Soybeans are scarcely to be had... Bean curd plants are all closed down... I know of nothing that the Japanese nation needs worse than soybeans... I found the Japanese people, even to the advisor to the Emperor, whom I met, pleading with us to establish a plant similar to that which we have in China and the Philippines. However we have no financial interest in those plants. They are carried on wholly by local capital. Our part is simply the 'know-how' in setting them up and transmitting the processes to them."

Note: This is the second earliest document seen that uses the term "soy foods" in the title. Address: International Nutrition Lab., Mt. Vernon, Ohio.

2058. Lieberman, Henry R. 1948. 300,000 starving in Mukden's siege: Long Communist blockade causes increase in blindness among poor. *New York Times.* July 2. p. 5.
• ***Summary:*** The blockade has cut off Mukden by land from China proper. "Chinese dispatches to Peiping said there was great suffering among the 500,000 residents of isolated Changchun (W.-G. Ch'ang-ch-un), Manchurian capital, according to the Associated Press. The rich are living on rice, the well-to-do on rice gruel, the poor on soy bean cake, the very poor on the bark of trees." Refugees are pouring into the city from Communist-controlled areas.

Note 1. This "soy bean cake" is probably the protein-rich (but relatively inedible) cake that results when soy beans are crushed to make oil and cake.

Note 2: On 1 Nov. 1948 Mukden was occupied by Communist forces; it served as a base for conquest of the rest of China.

2059. *Times of India* (*The*) (*Bombay*). 1948. Research in India: Research on nutrition. July 17. p. 5.
• ***Summary:*** "Experiments to determine the nutritive value of soya-bean milk and soya-bean curd have been conducted at the Indian Institute of Science, Bangalore." Feeding trials now being conducted in Bangalore, indicate that soya-bean milk and its products can provide an inexpensive, nutritious substitute for cow's milk.

This nutritional research is being conducted under the auspices of the Indian Research Fund Association.

2060. Banks, George Heartsill. 1948. South goes east [to Korea]. *Soybean Digest.* Oct. p. 16-18.
• ***Summary:*** Mr. Banks, formerly associated with Ralston Purina Co., recently returned from a governmental mission of almost 2 years in Korea. In this paper, presented at the American Soybean Convention in Memphis, Tennessee, tells of soybeans in Korea, where there is no national debt, no income tax, and where women do all the work. South Korea is about the size of Arkansas. 75% of the land is steep and mountainous, and thus entirely unsuited for crops. On the remaining small area of arable soil struggle about 20 million Koreans. The farms are small; in some provinces they average less than 2.5 acres. In South Korea every farmer grows some soybeans but one has "to look hard and long to find even a small field of soybeans. They are grown in gardens, on the dikes in the rice-paddies, and among the trees. The most widely grown varieties are large-seeded yellow beans with a short, stiff stalk. Almost all of the beans are consumed at home. Soybean processing [i.e., crushing]

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plants as we know them do not exist... The Koreans eat soybeans in many ways, including soysauce, soy sprouts, soy curd, and green soybeans. They press out some oil in the home or farm village and use the oil for cooking and the meal for feeding farm animals." Rice is the predominant crop. "Korea, along with its neighbors in the Orient, is definitely a 'have-not' nation." They waste nothing, recycle everything, and use human wastes (night soil) for fertilizer. Agriculture is run by hand-power.

2061. Fairchild, David. 1948. Early experiences with the soybean. *Soybean Digest.* Nov. p. 14-15. [2 ref]
• ***Summary:*** "It was not until 1897 that I first saw soybeans growing... I found my friend Merton B. Waite had been trying to grow soybeans on his farm outside Washington [DC, in Maryland; see Fairchild, Oct. 1948], but with little success. They had been sent in by some American consul or missionary, I believe. At about the same time Dr. George T. Moore [who by 1903 was Physiologist in Charge of the Lab. of Plant Physiology, Bureau of Plant Industry, USDA, working on soybean root bacteria] in working on the root nodules of leguminous plants had discovered that the nodules contained bacteria. Waite and I talked over the matter of the failure of his soybeans and wondered if they might require special bacteria, so I wrote out to Japan and imported several pounds of soil from a soybean field.

"We made a little experiment, planting alternate rows of soybeans with and without the addition of this Tokyo soil. The effect of the imported soil was immediately apparent as the plants grown in it made a far better growth and had their roots covered with bacterial nodules, whereas the control were practically without any.

"Photographs had yet to come into any general use as records of agricultural experiments, but Waite had taken up photography as a hobby and made excellent photographs with his stand camera. So at harvest time he pulled up an equal number of soybean plants from the soil-treated rows and from the controls, and the only photographic record in existence of this little experiment (the first of its kind, I suppose, in the world) is this negative taken by Waite in the autumn of 1897.

"Although these experiments did not at the time lead to more extensive trials, they indicate the awakening of our interest in soybeans.

"In that fall of 1897 it was my privilege to organize the office of plant introduction in the Department of Agriculture. We began introducing a great number of different kinds of plants, among them, as I see from our inventories printed at the time, occasional small collections of soybeans from China and Japan. They were obtained mostly through correspondence with missionaries and consuls stationed there.

"At that time the Department had no testing ground near Washington where we could grow miscellaneous vegetables, including these soybean collections. It was not until several years had passed that facilities were provided on the so-called 'Potomac Flats' [in Washington, DC] and James H. Beattie, an enthusiastic young horticulturist, took over the planting of our introduced seeds.

"The soybeans did well and Beattie soon had on his hands a quantity of seeds. But we didn't know just what to do with these strange beans. When cooked in the way other beans were prepared they had a strange flavor that nobody seemed to like...

"It was not, I think, until the office of forage crop investigations was organized and C.V. Piper took charge that the soybean as a forage crop attracted attention and Beattie's experiments came to be looked upon as important. We planted larger patches of soybeans on a tract of land near Bethesda, MD...

"And then we ran into the difficulty of harvesting the soybeans. P.H. Dorsett of the office, one of the most ingenious and most indefatigable workers I have ever known, and his friend Rankin, who was running the little experimental farm, put their heads together and adapted a bean picker then in use–in California I think–and discovered that it was perfectly possible to harvest soybeans mechanically...

"I went out exploring again and my travels with Mr. Lathrop this time took me into the soybean fields of Japan. The tremendous importance of the crop as I saw it there made a great impression on me. Also the almost universal use of soy sauce, which Americans were just beginning to appreciate, fixed my interest...

"Dr. Yamei Kin, an extraordinary Chinese woman whose acquaintance I had made on the boat returning from Japan, made a visit to Washington and captivated us all by her enthusiasm over soybeans. She introduced us to 'tofu,' a delicate cheese which has not even yet attracted the attention it deserves from the American public.

"In 1903 A.J. Pieters came to me one day and told me of an amazing young Hollander who had been a gardener of the great geneticist, Hugo de Vries. He was then on his way back from a trip on foot to Mexico, and I wired him to come to Washington. For 13 years, as agricultural explorer of our office, Frank N. Meyer tramped from village to village over much of China. He gathered soybeans whenever he saw them, for he felt it was important to secure all the local varieties he could for our plant breeders before they should have disappeared as the result of the spread of standard varieties he thought was bound to come.

"The importance of getting as many as possible of these local varieties and these, or selections from them, form, I believe, the basis of the very extensive soybean breeding that has been done by the various plant breeders of America."

Note: According to Vivian Wiser of the USDA and to the Washington D.C. Historical Society (13 Feb. 1991; phone 301-785-2068, Mrs. Offut), in 1897 Merton Waite lived in

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downtown Washington, D.C. in a built-up area. There is no record of his owning a farm outside Washington D.C., but he may have owned the farm as a sort of summer home or he may possibly have worked with the group at the USDA farm at Somerset, Montgomery County, Maryland. He was a plant pathologist and physiologist, in charge of diseases of orchard fruit trees, especially pears and peaches. There is a collection of David Fairchild's materials at Coconut Grove. His personal residence, The Kampong near Coconut Grove, is still (as of 1998) well preserved and open to the public. Address: "The Kampong," Coconut Grove, Florida.

2062. *Madison Health Messenger* (*Madison, Tennessee*). 1948. Soybeans–A wonder food: Madison College works with the soybean. Fall. p. 1, 3-4.
• ***Summary:*** The soybean originated in China. However this "food of the ancients now seems destined to turn its antiquity into one of the most valuable foods in the modern world.

"The first actual mention in the literature of this wonder bean is recorded in Emperor Chen Nung's Materia Medica, written under date 3838 B.C. In the Legendary period of China the story of bandits attacking a merchant caravan has been handed down through generations in which it is said that the miracle wonder food, soybeans, were the lifesavers of some merchants, who, being surrounded and besieged by bandits until their own provisions were exhausted, noticed a vinelike plant bearing a legume which they had never seen before from which they made flour and baked cakes. Energized therewith, they fought off the enemy until help came. So the legend goes, soybeans became the staff-of-life in the great nation of China which still ranks first in population in all the world."

Soybean "oil is used extensively in Margarine in which it is used up to 80% in certain brands (Sure Good, sold by A. & P., and Nu-Maid, sold by Kroger)." Many brands of margarine contain 20-80% soybean oil.

Discusses the work of Henry Ford with soybeans and soyfoods. "His research staff made soybean milk and cheese, soybean-nuts, canned green soybeans, soybean sprouts, and a hundred other things."

"With the knowledge of widespread disease in the animals used for food by man, the founders of Madison College adopted a vegetarian diet supplemented with dairy products and eggs. For over 44 years this has been strictly adhered to in the food preparation for the students, faculty, workers, and patients at its 165 bed sanitarium and hospital... For over 30 years [since 1918 or before] Madison has been growing soybeans. They have occupied a place of prominence in its menus for many years." Then Madison began to manufacture soybean food for the public. More and large equipment was added. "In 1941 a new plant was started and today Madison Foods are produced in a fine daylight plant of modern design and construction..."

A list of Madison's foods is given, together with the weight of the can or bag in which each is sold: Kreme O'Soy, Zoy-Koff, Stake-Lets, Yum, Zoyburger, Vigorost, Not-Meat, Soy Cheese [Tofu].

2063. Nichi-Bei Jiji Shinbunsha / Nichi Bei Times. 1948-1971. Nichibei jiji jûshoroku [Japanese American directory]. San Francisco, California: Nichi-Bei Shinbunsha. 500+ p. 22 cm. [Eng; Jap]*
• ***Summary:*** Note: the 1948 directory is in the 1948 Evacuation Resettlement Report. Address: Ellis Street, San Francisco, California.

2064. **Product Name:** Tofu, and aburage.
Manufacturer's Name: Asato Shokuryohin-ten (Asato Soy Bean Food Shop).
Manufacturer's Address: 149 W. Division St., Chicago, Illinois. Phone: DElaware 7-1816.
Date of Introduction: 1948.
New Product–Documentation: Hokubei Shinpo-sha. 1948. *Nyuyoku Benran: Tsuketari jushoroku, 1948-1949 nendo* [*New York Japanese American directory: 1948-1949*]. Ad section in middle of book. p. B-15. In Japanese: The original food store in Chicago. All Japanese foods. Makers of tofu and aburage. Ask for Asato brand tofu and aburage if you buy them in other stores. High grade California rice–Smith No. 500. They also ship food packages to Japan.

The all-English directory at back of book states under Chicago–Groceries (p. 6): Asato Soy Bean Food Shop, 147 Division St. (10), DElaware 7-1816.

2065. **Product Name:** Tofu.
Manufacturer's Name: Matsuzaki (Sui) Tofu.
Manufacturer's Address: Wahiawa, Oahu, Hawaii.
Date of Introduction: 1948.
New Product–Documentation: Honolulu City Directory. 1947-48. Sui Matsuzaki Tofu (Sui Matsuzaki, proprietor). Wahiawa, Honolulu. Not listed 1951.

2066. **Product Name:** Tofu.
Manufacturer's Name: Nakamoto (Yonosuke) Tofu.
Manufacturer's Address: 971a Akepo Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1948.
New Product–Documentation: Honolulu City Directory. 1947-48. Yonosuke Nakamoto Tofu (Yonosuke Nakamoto, proprietor). 971a Akepo Lane, Honolulu. 1951 Directory. Changed to Mrs. Matsue Nakamoto Tofu (Mrs. Matsue Nakamoto, widow Yonosuke, proprietor). Address same. Not listed 1954.

2067. **Product Name:** Tofu.
Manufacturer's Name: Sumie (Hideo) Tofu.
Manufacturer's Address: 1337 N. King, Honolulu, Oahu, Hawaii.

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Date of Introduction: 1948.
New Product–Documentation: Honolulu City Directory. 1947-48. Hideo Sumiye Tofu (Hideo Sumiye, proprietor). 1337 N. King, Honolulu. Not listed 1951.

2068. **Product Name:** Tofu, Aburaage
Manufacturer's Name: Asato Soy Bean Food Shop.
Manufacturer's Address: 149 West Division [Chicago, Illinois]. Phone: DElaware 1816.
Date of Introduction: 1948. January.
New Product–Documentation: Chicago Shimpo, Inc. 1948. Chicago Japanese American directory. p. 40. A large photo shows the shop, looking in through the big glass window and open door. A sign over the window bears the name of the shop, but the smaller sign in decals on the window reads "Asato Food Shop. T.N. Asato, Proprietor."

To the left of the photo is a handwritten ad, entirely in Japanese, which states: *Asato Shokuryôhinten* [the name of the store in the photo]. *Shokuryô-hin issai, Sengyo. Oroshi. Kouri. Tofu, aburage wa saishin-shiki kôjô de mainichi seizô. Shio-senbei. Mochigashi.* In English: Asato Food Shop. All food products. Fresh fish. Wholesale and retail. We make tofu and aburaage everyday in our newest plant. Salted rice crackers / senbei. Japanese mochigashi sweets [mochi filled with sweet azuki paste (*an*)].

2069. Engelbeen, M. 1948. Le soja au Congo Belge [Soya in the Belgian Congo]. Brussels, Belgium: Ministere des Colonies. 94 p. 25 cm. [200 ref. Fre]
• ***Summary:*** Contents: Preface. 1. The soybean: Habitat and acclimatization: Genus and species, sub-species and varieties, habitat and acclimatization. 2. The principal factors in soybean production: Climate, nature of the soils, symbiotic bacteria, selection and hybridization, cultural methods, enemies and diseases. 3. Seed storage and multiplication. 4. Nutritional value of soya: Generalities, soymilk, tofu, okara (*tourteau de soja;* the pulp remaining after filtering off soymilk), soy oil, soy flour. 5. Industry and commerce. 6. Perspectives on soya in the Belgian Congo. Summary. Bibliography consulted.

The section titled "Introduction and Acclimatization to the Belgian Congo (p. 30) states: "Known in Africa for 30 years, the cultivation of soya has not yet passed the experimental stage. Numerous introductory trials were conducted with multiple varieties which originated in East Asia and the United States.

"Soya was mentioned for the first time in the Belgian Congo by Commandant Lemaire [Charles François Alexandre Lemairé], who first encountered them at Stanleyville [later renamed Kisangani] in 1908. It was introduced, shortly afterwards, to the Eala botanical garden (near Coquilhatville). The first agronomic trials took place in 1915; the agronomist Mestdagh, at Lusambo (Sankuru [Kasai]) harvested 1,472 kg of yellow soybeans and 1,786 kg of black soybeans."

Note 1. I.N.E.A.C. stands for Institut National pour l'Étude Agronomique du Congo Belge.

Note 2. This document contains the second earliest date seen for soybeans in Zaire (1908). The source of these soybeans is unknown. These soybeans were probably being cultivated in 1908, but we cannot be sure. Address: Ingenieur agronome colonial Lv., Chef du Bureau d'Etudes de l'I.N.E.A.C.

2070. Geechoun, Roy. 1948. Cooking the Chinese way. Melbourne, Australia: W.D. Joynt. 59 p. 19 x 12 cm. Illust. by Ruth Shackel. *
• ***Summary:*** Book has 34 recipes written with ingredients listed. Contains short essays on bean curd and soy bean sauce.

2071. Hokubei Shinposha. 1948. Nyuyoku benran: Tsuketari jushoroku, 1948-1949 nendo [New York Japanese American directory: 1948-1949]. New York, NY: Hokubei Shinposha. 53 + 33 + 99 + 33 p.. Illust. 24 cm. [Eng; Jap]
• ***Summary:*** This book, which is read from "back to front" (except for the last 33 pages, which are in English) is approximately 70% in Japanese and 30% in English. It is divided into the following sections, each paginated separately: (1) Pictorial history (53 p.).

(2) Who's who (33 p. One person per page, with a photo and a brief biography in both Japanese and English). (a) A full-page biography of Mr. Shinsaku Nagano (p. 11) states: "Soy bean sauce" was virtually unknown in the USA until 1906, when it was introduced and subsequently popularized by an enterprising Issei [first generation] pioneer from Chicago, Shinsaku Nagano. He was the first to successfully commercialize "shoyu," and today he continues to direct the vast commercial enterprises of his Fuji Trading Co., founded 32 years ago. This company, a large scale manufacturer and canner of "soy bean sauce" and Oriental foods, is now located at 441-459 W. Huron St. [at N. Hudson Ave.], in central Chicago, Illinois. "A native of Shizuoka prefecture [Japan], which he left in 1906, Nagano gained prominence for relief work during the Depression years of the 1930s when he opened his factories at huge expense to house the unemployed. This magnanimous gesture, duly noted by the *Chicago Tribune*, was deserving of the paper's story in his honor." He is now anxiously waiting for resumption of trade with Japan. In the meantime he continues his hobby, working energetically, which is also the story of his success. Note 1. It is not clear from this biography (in English or Japanese) how Mr. Nagano introduced soy sauce to the USA, when he started making it in Chicago, and what the first name of his soy sauce manufacturing company was. He may have begun by importing it (in 1906) through Fuji Trading Co. When he saw that it was selling well, he may have constructed a factory to make it in Chicago. His facing biography in

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Japanese says that in 1910 he started "large scale production and sales" (*tairyô seisan hanbai*)*;* if this is referring to soy sauce, then he started making it by 1910.

(b) A full-page biography of Mr. Kaijiro Tanaka (p. 22) states: A native of Fukuoka prefecture, Mr. Tanaka has the distinction of being the only Japanese tofu manufacturer in New York. He also owns two stores that sell general merchandise and Japanese foods (such as senbei / Japanese rice crackers). In 1906 he first arrived in the USA in San Francisco, California, where he was greeted by the great earthquake and fire. He moved to Denver, Colorado, where he became the city's first Japanese chauffeur. In 1914, after a brief visit to Japan, he returned to the U.S., settling in New York, where he soon entered his present business. He continued the tofu shop until the outbreak of World War II. In 1942 he moved into his present shop at 159 East 53rd St [between Lexington and 3rd Ave.]. He continued his pre-war business and also ran another business (*Tanaka Shokai,* Japanese Export and Import) at West 65th St. He is a member of the executive committee of the New York Japanese American Committee for Japan Relief Inc. and during the war was also on the executive committee of the Red Cross War Fund campaign, Japanese division. He is also a director of the Japanese Christian Institute. Note 2. It is not clear when (probably in about 1914) and at what address he began making tofu in New York–nor what the name of his tofu company was. On the facing page (p. 23) is a biography of Mrs. Kikue Tanaka. Born in Kumamoto prefecture, she came to New York in 1919 while a very young girl. For about 20 years she has been a successful woman restaurateur, owning and managing Suehiro's at East 29th St. Note 3. There is no indication that she is related to Mr. Kaijiro Tanaka, the tofu maker.

(3) Nyuyoku Benran, 1948-1948, published by Hokubei Shimpo-sha (99 p., all in Japanese). On page 29 of this section is a subsection on tofu business. See Tanaka 1914. (4) Ads at back (p. A1 to A13, B1-B18). (5) Classified business directory (33 p. all in English, numbered in the opposite direction as most of the book. Encompasses points as distant as Ohio and Florida). There are ads between most sections of the book. Address: New York City, New York.

2072. Koens, A.J. 1948. Peulgewassen [Leguminous crops]. In: C.J.J. van Hall and C. van de Koppel, eds. 1948. De Landbouw in de Indische Archipel [Agriculture in the Indonesian Archipelago]. 'S-Gravenhage: N.V. Uitgeverij W. van Hoeve. Vol. IIA. 905 p. See p. 241-42, 258-274, 473. In collaboration with G.G. Bolhuis. [79 ref. Dut]

• ***Summary:*** This chapter on Leguminous plants has three parts: (1) Peanuts. (2) Soybean. (3) Kratok.

The part on the soybean (*Sojaboon*) has the following contents: The plant. Varieties. Selection. Soil and climate. Methods of cultivation. Insects and diseases. Economics. Planting. Utilization. Value as a food (source of nutrients) for the people of Indonesia (*Indonesië*). Trade and commerce (*Handel*). Contains an excellent bibliography.

The section on "Utilization" mentions (and describes briefly how each is made): green vegetable soybeans (*de halfrijpe planten*), whole dry soybeans, roasted soybeans, ketjap (or soja or shoyu or taoyoe), tofu (*tao-hoe, bonenkaas*), baked tofu, firm tofu (*tao koan;* also simmered with *Curcuma longa*), sprouts (*taogè. Taogè of katjambah bestaat uit kiemplantjes van sojabonen*–which means "Taogé or sprouted seeds consists of germinated soy beans"), Indonesian-style miso (*tao-tjiong*), fermented black soybeans (*tao-dji*), tempeh (*tempe*), MSG (*Vetsin*), soybean meal (*sojameel*).

Note. This is the earliest Dutch-language document seen (Jan. 2013) that gives a name to soy sprouts; it calls them *kiemplantjes van sojabonen.*

2073. Komaki (Joe T.); Kalifornians Enterprise. comp. 1948. Shikago Nenkan Chicago Japanese American year book. Chicago, Illinois: Joe T. Komaki, KE. 176 p. 22 cm. [Eng; jap]

• ***Summary:*** This directory is mostly in English.

It contains advertisements for: Showa Shoyu Brewing Co., Glendale, Arizona (p. 38-39). "Club" Shoyu, distributed solely by Pacific Mutual Sales Co., San Francisco, California (p. 40). Tofu–Ageh [Agé] Manufacturer. Asato Soy Bean Food Shop (p. 40). Mori Tofu Co., Chicago: Manufacturers of tofu (p. 43).

The pages in the 1948 Year Book are numbered continuously from beginning to end (p. 176), but the pages that contain bleed photos do no bear numbers. Very little of the 1948 Year Book is in Japanese; any Japanese appears under an English head. The 1948 Year Book does not contain alphabetical listings of businesses. The 1949 Year Book does, but the only apparent businesses that make soy products are Asato and Mori. Address: 1833 N. Bissel St., Chicago 14, Illinois.

2074. Li, Ch'iao-p'ing [Qiaoping]. 1948. The chemical arts of old China. Easton, Pennsylvania: Journal of Chemical Education. viii + 215 p. See p. 170-80. Illust. 24 cm.

• ***Summary:*** Chapter 14, titled "Soybean products," begins: "Three kinds of soybean products, fermented soybean, soybean sauce and soybean curd, have been largely produced in China and Japan and exported to other countries where they are used to a smaller extent. The first kind called in China 'chiang' or 'shih' (1 Cc = Chinese character of each is shown), the second 'chiang yu' or 'chih-yu' and the last one 'tou-fu' (2 Cc) are all considered by the Chinese and Japanese as important articles of diet.

"Both the fermented soybean and soybean sauce are made by the fermentation of either soybean alone or the mixture of soybean and wheat flour in salt solution. Their manufacture originated in the Chou Dynasty [pinyin: Zhou,

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1045-256 BC]. It is stated in *Chou li* [pinyin: Rites of the Zhou dynasty, ca 300 BC] that an officer, i.e. the Imperial Cook, was appointed to take charge of making and providing one hundred and twenty of the fermented soybean per year for imperial use. According to another book, the invention of this condiment was attributed to the Duke of Chou. The History of the Han Dynasty 91.7 and the *Shih shi* 129.15 also say that many merchants enriched themselves or obtained titles by the sale of these products in the time of the Ch'in [pinyin: Qin, 221-206 BC] and the Han [202 BC to AD 220] dynasties. From this it is obvious that they were already largely consumed by the Chinese people in ancient times.

Bean curd also had its origin in early times. It is said to have been made first by Liu An (2 Cc) (died 122 B.C.) and was early known as *li-ch'i* (2 Cc) *Shih wu yüan hui* 30.6, Materia Medica 25.2.

"During recent years a considerable amount of scientific investigation of soybean sauce has been carried on in China. Methods of manufacture described in early Chinese texts have been modified in many respects..."

"The ancient method of preparing fermented soybean:" A detailed (2¼-page) translation is given of the method for making jiang and shih described in the *Ch'i min yao shu* 8.2b-7a.

The introduction to the translation states: "The process of making the fermented soybean consisted of subjecting the mixture of soybean and wheat flour to the action of certain species of mold and mixing and storing the product with brine in a large container to allow the fermentation to take place."

Note: This book was first written in Chinese, entitled "History of Chemistry in China," and published by the Commercial Press Ltd., Shanghai, China. The 1st edition appeared in 1940 and the 2nd ed. in 1941. It was also translated into Japanese and published there in 1941. Address: 10A Hua Yuan Ta Yuan, Fu Ch'ien Chieh, Peiping, China.

2075. **Product Name:** Tofu.
Manufacturer's Name: Mori Tofu Co.
Manufacturer's Address: 4325 S. Drexel Blvd. (rear), (15) Chicago, Illinois. Phone: LIvingstone 8-8541.
Date of Introduction: 1948. January.
New Product–Documentation: Hokubei Shinpo-sha. 1948. *Nyuyoku Benran: Tsuketari jushoroku, 1948-1949 nendo* [*New York Japanese American directory: 1948-1949*]. The all-English directory at back of book under Chicago–Groceries (p. 6) gives this name, address and phone number.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 517. Under "Groceries-Retail." In Japanese: Mori Tofu Seizô-sho. In English: Mori Tofu Co., 4325 S. Drexel Blvd., Chicago. Phone: LIV. 8541.

Chicago Shimpo, Inc. 1958. Chicago Japanese American directory. Page 43. A space ad (¼ page) states: "Mori Tofu Co., 4325 South Ellis. Manufacturers of tofu. Fresh fish for sashimi. Delivery service. A. Mori, proprietor."

2076. Rotondi, Pietro. 1948. Vegetarian cookery. 2nd ed. Hollywood, California: Published by the author. 150 p. Recipe index. 21 cm. 1st edition was 1942.
• ***Summary:*** This book is identical to the original 1942 edition except that: (1) It is now published in paperback by the author; (2) A color photo of the smiling author, standing at the door of his office by a sign "Dr. P. Rotondi, Chiropractor, Nature Cure," appears on the front cover; (3) The author's business card, which includes the address of his chiropractic office, appears at the bottom of the copyright page; (4) The last page of the index, p. 151, was accidentally not printed. Address: 1916 Vista Del Mar Ave., Hollywood, California. Phone: 463-2972.

2077. Harris, Robert S.; Wang, F.K.C.; Wu, Y.H.; Tsao, C-H. S.; Loe, L.Y.S. 1949. The composition of Chinese foods. *J. of the American Dietetic Association* 25(1):28-38. Jan. [12 ref]
• ***Summary:*** Pages 32-33 give a description of (including the place purchased and processing method) and page 35 gives the nutritional composition of the following products: Soybean cheese = Ch'ou tou fu lu. Soybean curd = Tou fu (coagulated with lime). Soybean curd, fermented = Tou fu lu. Soybean curd sheet = Ts'ian chang tou fu. Soybean curd, smoked = Tou fu kan. Soybean, fermented = Tou chi [fermented black soybeans]. Soybean, milk clot (oil skin) [yuba] = Yu pi. Soybean sprouts = Huang tou ya. Soybean, yellow (dried) = Ta tou. Soybean, yellow (fresh) = Mao tou.

A glossary on page 38 gives the Chinese name (in both Chinese characters, and in Wade-Giles romanization) for the soyfoods mentioned above.

"Soybean cheese, *Ch'ou tou fu lu.* Purchased in a shop in Sha Ping Pa. This curd is made by putrefying soybean curd, then sealing it in a preserve jar with wine and spices. After one month it can be eaten with sesame seed oil without cooking. The curd has a very strong odor and flavor and it is used as a appetizer by the wealthy and as a main dish by the poor in many provinces."

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term "tou fu lu" or the term "Ch'ou tofu fu lu" to refer to fermented tofu. Use of the character for "Ch'ou" may well indicate "stinky tofu."

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "Tou fu kan" [pinyin: doufugan] to refer to smoked tofu. Address: Nutritional Biochemistry Laboratories, MIT, Massachusetts.

2078. Smith, Allan K. 1949. Oriental use of soybeans as food: Notes on Oriental farming practices. II. China. *Soybean Digest.* March. p. 26-28, 30, 32, 34.
• ***Summary:*** Contents: Soy sauce in China. Sweet flour

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paste–Tien Mien Chang [Chiang]. Soy or vegetable milk (incl. Willis Miller, yuba). Soybean curd or tofu (incl. use in Buddhist restaurants to look like meat, poultry, or fish dishes).

Soybean cheese [fermented tofu]. Fen-t'iao from mung beans (vermicelli). Fermented soybeans [fermented black soybeans] (made from small black soybeans). Vinegar fermentation process. Address: Northern Regional Research Lab., Peoria, Illinois.

2079. Culbertson, Raymond E.; Smith, Allan K. 1949. Oriental uses of soybeans as food: With attention to fermented products. Notes on Oriental farming practices. V. Korea. *Soybean Digest.* June. p. 15-18, 20, 22.
• ***Summary:*** Contents: Introduction. Breeding work. Topography. Land use. Soybean varieties. Climatic relations. Soils of Korea. Cultural practices. Marketing. Soybeans as foodstuff. Soya sauce. Green pods on the bush. Bean sprouts. Parched beans. Curd (soybean curd [tofu]) and milk. Kochuchang. Other uses.

"Prior to World War II, North Korea planted (1940-44 averages) slightly more than 905,000 acres of soybeans annually which yielded some 7,700,000 bushels. During the same 5-year period South Korea was planting 626,000 acres which yielded a little over 5 million bushels. The latest available figures (1947) for South Korea show a production of 4,480,000 bushels from 662,000 acres."

Concerning food uses of soybeans in Korea: "Soya sauce:... is found on the tables of all Koreans, where it is used quite generally on rice, sukiaki [sukiyaki], fish, chicken, and other meats and for the flavor it adds to the soup. It is a very popular appetizer. Most families make soya sauce and are allocated 2.7 kilograms of salt per person annually for this purpose. Yearly consumption is about 6 liters per person. In addition to homemade soya sauce, a supply is also available from many small factories making it. There are more than 10 plants in Seoul, the capital city. Making soya sauce in the home starts about January or February. It is the custom at this time to take a batch of beans and boil them in water until soft, following which they are mashed and formed into a ball, placed in a rice-straw bag and hung up in a heated room to ferment for a 3-month period. Following fermentation, the ball is cut open, broken into pieces and allowed to dry in the sun. When dry, water and salt are added, inoculant (yeast) introduced and the mixture allowed to stand in an earthen crock 2 to 3 months. The liquid is then poured off, boiled about 2 hours and filtered, following which it is considered to be sauce. The sediment remaining in the crock is known as paste. This is used primarily for making soup. In both home and commercial production of soya sauce parched and browned wheat or barley is frequently used in conjunction with the soybeans.

"Green pods on the bush: It is common practice to market early beans on the bush. The plants are pulled, dirt shaken from the roots and the leaves removed. The braches are tied with a string (usually hemp) and the plants are taken to market where they are sold by the bunch. The housewife prepares them for eating by picking off the pods and boiling, and the plant stem is used for fuel.

"Bean sprouts: Bean sprouts are much in demand especially during the winter months. They are used in combination with meat, Chinese cabbage, spinach, turnips, soups and various other cooked dishes. Sprouts are nourishing and supply much-needed vitamins to the Korean's usual polished rice diet. In some instances the beans are left on the sprouts, in others they are removed. The beans are sprouted in central places and usually peddled in two-wheeled, man-drawn carts. Sprouting requires about a week. They are sold on a weight basis.

"Parched beans: For parching, soybeans are simply placed in a pan over a fire and heated slowly until the skin breaks and part of the beans are slightly blackened. They are eaten like peanuts or mixed with other foods. Most varieties are quite palatable and well liked for parching. Note: The Korean name for parched soybeans is *kong*.

"Curd and milk: Soybean milk is consumed in Korea but not so extensively as in China. The milk is made in a manner similar to the Chinese method which was described in an earlier report.

"A large percentage of the soybeans' growth in Korea are consumed as soybean curd. In addition to the huge quantities made at home, curd is also made in literally hundreds of small factories. In Seoul alone there are more than a hundred. Small units, which on the average employ five men, can work up about 10 bushels of soybeans daily.

"Kochuchang: Practically every Korean family makes kochuchang. Boiled [soy] beans are mashed and hung up in sacks to cure well for 2 or 3 months. This material is then broken up, dried in the sun, and ground to a fine powder, usually in an old type hand-operated stone mill. Red peppers are ground fine, the lot is mixed and salt and water added, then it is allowed to stand in crocks 2 to 3 months. To prepare kochuchang for the table, it is taken from the crock and boiled with the addition of ground meat and sugar, if the latter is available."

Note: This is the earliest (and only) English-language document seen (March 2009) that uses the word "kochuchang" to refer to Korean-style red pepper and soybean paste (miso).

Photos show: (1) A man standing in a field of sorghum interplanted with soybeans in Korea. (2) A Korean woman examining different varieties of soybeans in woven baskets in the market place in Seoul, Korea (Aug. 1948). (3) A boy carrying a wooden bucket on each end of a wooden shoulder pole. The buckets are used for transporting night soil to the land in Korea. (4) Soybean curd (cut into cakes) and vegetables in the market place at Seoul, Korea (Aug. 1948).

An outline map of South Korea and its provinces

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shows the principal varieties of soybeans grown, the section where each variety is grown, acreage and production. A chung or chungbo is 2.45 acres, and a suk is 5 bushels. The yields appear very low but this may be due to the custom of interplanting soybeans with other crops.

Tables show: (1) The 15 chief varieties of soybeans grown in Korea. For each is given: The name of each variety (romanized, with a translation of each word). Days to maturity. Flower color. Stem length. Color of seed coat and hilum. Weight of 1,000 seeds. Yield per acre. Rank in test. Year approved (1921-1939). For example: Chang Tan Paik. "Chang Tan" is the name of a town in Korea; Paik means "white."

(2) Analytical data for improved varieties of soybeans on the basis of the size of the bean. The 3 sizes are large, medium, and small. Examples of locations are: Southeast Korea. Northeast Korea. Central Korea. Southeast Korea. Address: Northern Regional Research Lab., Peoria, Illinois.

2080. *Madison Health Messenger* (*Madison, Tennessee*). 1949. Summer foods for health. Vol. 49-2. p. 1-3. Undated.
• ***Summary:*** Note: This issue of the *Madison Health Messenger* is smaller than its predecessors–only 20 cm (vs. 28 cm) tall but still 6 pages. Some recipes are featured–as for Zoyburgers. New products include Yum (made from soybeans, gluten, and soy cheese [tofu]) and Bite-Size Stake-Lets (made from gluten and soybeans). A chemical analysis of 8 Madison products is given.

2081. Smith, Allan K. 1949. Oriental methods of using soybeans as food: With special attention to fermented products. Notes on Oriental farming practices. *USDA Bureau of Agricultural and Industrial Chemistry.* AIC-234. June. 40 p.
• ***Summary:*** Page 1 states: "The text of this bulletin, with slight revisions, is as it appeared serially in *The Soybean Digest*, issues of February through June, 1949, although many additional photos appear herein. It is processed with the publisher's permission." Note: An enlarged 65 page edition was issued in July 1961.

Photos show: (1) Nine people in a field cultivating soybean with hoes near Nanking, China. All of these workers but one are women. July 1948. (2) "The three-man shovel, Korean version of the turning plow. The motive power is supplied by the mean holding the ropes." (3) A man and donkey threshing wheat with a stone roller. (4) A water buffalo and man pumping water from the rice fields. All parts of the pump and elevator are made of wood. Near Nanking, China, July 1948. (5) Windmill used for pumping water. The sails or vanes are mats woven from grass. (6) Children with baskets of soybean sprouts and inflated Chinese national currency in the market place at Canton, China. Aug. 1948. (7) Soybean milk for sale on the streets of Canton, China. Aug. 1948. It is in bottles, carried using a shoulder pole. (8) A wedge press for oilseed operations at Canton, China. Preformed disks of the flaked or ground meal are inserted in the slot and turned clockwise in the hollow log; pressure is applied with wooden wedges. July 1948. (9) Equipment for steaming soybeans preparatory to making soy sauce. Steam is passed upward through the wooden tanks from a boiler beneath. Peiping, China. 1948. (10) Soy sauce preparation. Steamed soybeans are placed in woven baskets or trays for 3 to 7 days to permit the growth of the mold *Aspergillus oryzae*. Nanking, China. July 1948. (11) Many earthenware jars for soy sauce production in a courtyard surrounded by houses. "Following the growth of a thick mold on the soybeans, they are mixed with parched and cracked wheat and placed with salt solution in earthenware jars for fermentation, which lasts 3 months to 2 years. Soy paste [chiang] is fermented in a similar manner but it contains less water and the fermentation period is about 3 months. Shanghai, China. Aug. 1948." (12) "Soybean curd and vegetables displayed for sale in market place, Seoul, Korea. Aug. 1948." (13) Squares of soybean curd covered with white mold on round, woven bamboo trays. "This is the first step in making soybean cheese. Canton, China, Aug. 1948." (14) Two rows of large hydraulic presses in the mill of the China Vegetable Oil Company, Shanghai. June 1948. (15) Men loading round, hydraulic-pressed soybean cakes onto a truck, on the Bund. Shanghai, July 1948. (16) Men and an ox preparing a seed bed at a Japanese agricultural experiment station near Tokyo. 1948. (17) "A miso plant in Tokyo. The large tubs [vats] in foreground are used for the fermentation of miso. A part of this plant was destroyed by bombs during the war. Aug. 1948." (18) Three men standing by presses destroyed during bombing raids over Tokyo. These presses formerly were used for filtering monosodium glutamate. July 1948. (19) Many stacked wooden tubs of ajinomoto (monosodium glutamate) ready for shipment at a plant located between Tokyo and Yokohama, Japan. Aug. 1948. This plant had a maximum production of 7.5 million pounds of ajinomoto in 1937. (20) Agricultural Experiment Station near Seoul, Korea. This station was built by the Japanese during their occupation of Korea. Later it was taken over and administered by the newly formed Korean Government. Aug. 1948. (21) A Korean boy standing in a field of sorghum interplanted with soybeans; this is a common practice in Korea. 1948. (22) A boy using a shoulder pole to carry two wooden buckets of night soil to the land. Korea. 1948. (23) A wooden shopper looking over the different varieties of soybeans in the market place at Seoul, Korea. Aug. 1948. (24) Outline map of Korea showing where principal varieties of soybeans are grown, the section in which each variety is found, the acreage, and production. Address: Head of Meal Products Investigations, Oilseed Crops Lab., Northern Utilization Research and Development Div., Peoeia, Illinois.

2082. Chang, Irene C.L.; Murray, H.C. 1949. Biological

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value of the protein and the mineral, vitamin, and amino acid contents of soy milk and curd. *Cereal Chemistry* 26(4):297-305. July. [35 ref]
• ***Summary:*** Fresh tofu coagulated with calcium chloride contained the equivalent of about 172 mg of calcium per 100 gm, whereas that coagulated with magnesium chloride contained the equivalent of about 60 mg of calcium per 100 gm. Address: State College of Washington, Pullman, Washington.

2083. **Product Name:** Miller's Vegetable Cheese.
Manufacturer's Name: International Nutrition Laboratory.
Manufacturer's Address: P.O. Box 388, Mt. Vernon, Ohio.
Date of Introduction: 1949. August.
New Product–Documentation: Ad in *Soybean Digest.* 1949. Aug. "Miller's Cutletburger for Picnics, Too!" A photo shows a can of Miller's Vegetable Cheese.

Seventh-day Adventist Dietetic Assoc. 1960. *Diet Manual.* 1st ed. p. 95. Vegetable Cheese (the brand "Miller's" is not shown) contains 11.50% protein, ?% fat, and 12.10% carbohydrate. Not listed in the 1965 *Diet Manual.*

2084. Madison Foods 1949. Madison Foods featured recipes (Leaflet). Madison College, Tennessee. 2 panels each side. Each panel: 22 x 14 cm. Undated.
• ***Summary:*** "For real eating pleasure–Nu-Steak–Vegetarian." On the cover is a photo of a table setting with roses in a vase, food on 3 plates, a napkin and glass. On page 2-3 are recipes for using Madison Foods, which include: Nu-Steak or Steak-Lets. Mock Chicken. Madison Burger. Not-Meat. Cheze-O-Soy (tofu). Zoyburger. On page 4 are descriptions of 11 Madison Foods Products" Zoy Koff, Nu-Steak, Madison Burge4, Mock Chicken (all gluten chunks), Sandwich Loaf, Stake-Lets, Cheze-O-Soy, Not-Meat (with peanuts ground to a meal, soy grits, and seasoning), Yum, Zoyburger, and Vigorost.

A table gives a nutritional analysis of each.

2085. Watanabe, Tokuji; Yokozawa, I.; Koizumi, U. 1949. Daizu-fun chozô-chû ni okeru tanpaku no hensei ni tsuite (yohô) [On the denaturation of soybean flour during preservation (Preliminary report)]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 2. p. 77-81. Aug. English-language summary p. 81. [4 ref. Jap; eng]
• ***Summary:*** Note: This is the 2nd earliest document seen (March 2002) concerning the National Food Research Institute (*Sogo Shokuryo Kenkyujo*) in Tokyo, Japan. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan (Shokuhin Eiyo-bu, Sogo Shokuryo Kenkyujo).

2086. Bureau of Entomology & Plant Quarantine, Bureau of Animal Industry–U.S. Food & Drug Administration. 1949. Food and Drug–Agriculture. List of Imports Detained by the Federal Food and Drug Administration. July 22 to Aug. 19, 1949. *American Import & Export Bulletin* 31(3):684-89. Sept.
• ***Summary:*** This is a long (6-page) table with 3 columns: (1) Product and port of entry. (2) Quantity. (3) Reason for detention. Note that the country of origin is not given.

Page 684: Port of Chicago. "Thin Soy [Sauce]–2 cases–Labeling inadequate." "Chinese Foods (Canned Fish and Thin Soy)–35 cases–Labeling incomplete, decomposed."

Page 684: Port of San Francisco–continued.

Page 686: Port of New York–continued "Tuna (solid pack in soybean oil)–600 cartons–Decomposed; no English label; not "Tuna" but "Bonita."

Page 687: Port of San Francisco. "Bean Sauce–480 lbs–Filthy." "Bean Curd–320 lbs–Filthy." "Cnd. [Canned] Bean Sauce–720 lbs–Filthy." "Dried Bean Curd Sticks [probably dried yuba sticks]–400 lbs–Filthy." "Cnd. [Canned] Salted Bean Curds–200 lbs–Insect infected." Note 1. This may well be fermented tofu.

Page 688: Port of San Francisco–Continued. "Bean Curd–400 lbs–Filthy." "Dried Bean Curd–400 lbs–Filthy."

Note 2. "Dried Bean Curd" is probably dried yuba rather than dried tofu. If it is: This is the earliest English-language document seen (Oct. 2012) that uses the term "Dried Bean Curd Sticks" to refer to dried yuba sticks.

"Cnd. [Canned] Bean Curd–48 lbs–Filthy." "Dried Bean Curd–280 lbs–Filthy." "Bean Sticks–800 lbs–Filthy."

Note 3. This periodical was published once a month, 2 volumes a year (6 numbers per volume), from July 1934 to March 1974 by the North American Publishing Co. (New York). 80 volumes total.

2087. *Madison Health Messenger* (*Madison, Tennessee*). 1949. The story of Madison Foods. Vol. 49-3. p. 1-6. Undated.
• ***Summary:*** "Over 45 years ago [actually in 1904] a group of educators founded an institution in Madison, Tennessee, where special study was given to healthful living. They began by operating a school on a farm. Later a sanitarium was built. And, finally, a food production department was opened, now known as Madison Foods... People who came to the sanitarium were helped by the treatments and the plain wholesome food. However, because when they returned to their homes, they were unable to obtain some of the foods which proved helpful, many sent their orders to us for these foods. The popularity of the foods increased and now they are available in many stores throughout the 48 States."

"In 1941 a building program was started to completely rebuild the Madison Foods plant on the original site. Modern offices, adequate storage and shipping facilities, a five story production section, complete revamping of processing equipment, and a re-arrangement of the plant were realized

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step by step, and now the Madison Food plant, built of concrete, blocks, and steel, with tile and plastered interior, and a building of modern design for greater efficiency, stands as a monument to the devotion of its founders and the perseverance of those who carried the torch onward.

"A character builder: As part of the vocational training program at Madison College, Madison Foods is primarily concerned with building strong physical bodies and strong minds."

Photos show: (1) East side view of the new Madison Foods plant. (2) A can (with label) of Stake-Lets (the original gluten-soy product, a complete protein food, sold in 14, 20, and 30 oz sizes). (3) A young man standing next to a large autoclave used for cooking canned foods. (4) Four young ladies hand picking peanuts to insure quality. (5) Front view of the new Madison Foods plant ranging from 2 to 5 stories in height. (6) A can of Yum (14 oz, made with grains, legumes, and vegetables). (7) A young man operating an homogenizer that is homogenizing Kreme O'Soy. (8) A student operating a machine that is labeling cans.

Page 5 contains a description of the various products, with their ingredients, made by Madison Foods: Zoy-Koff–an alkaline beverage used in place of coffee. Contains no coffee–no nerve stimulants. Two grinds–regular and fine. Prepare like coffee. Ingredients: Soybeans, bran, brown sugar. 1 lb bag.

Kreme O'Soy–a rich-bodied, homogenized soy beverage. May be used in place of milk. Ingredients: Soybeans, soy oil, dextrose, calcium phosphate, sodium chloride. 20 oz cans.

Zoyburger–excellent for sandwich spread, serve like steak with onions. Ingredients: Soybeans, gluten, raw peanut meal, vegetable seasonings. 14 & 20 oz cans.

Stake-Lets–a combination of gluten and soybeans sliced in meatlike sauce. Ingredients: Gluten, soybeans, soy sauce, seasonings. 14, 20 & 30 oz cans.

Not-Meat–a smooth-textured loaf for vegetable roasts, salads, sandwiches, etc. Ingredients: Whole peanut meal, soybeans, and seasonings. 14 & 20 oz cans.

Vigorost–a fibrous-textured vegetable steak used like meat. Also for sandwiches, salads, etc. Ingredients: Gluten, soy cheese, whole peanut meal, seasonings. 14 & 20 oz cans.

Yum–a mild bologna-like-flavored, meatless loaf, used hot or cold. Ingredients: Soybeans, gluten, soy cheese, whole peanut meal, seasonings.

Cheze-O-Soy–a curd made from soybean milk, to be used in salads, sandwiches, spaghetti, etc. Ingredients: Coagulated soybean proteins, seasonings. 14 & 20 oz cans.

Bite-Size Stake-Lets–gluten and soy bits in rich sauce simulating stewed bits of beef in rich gravy. A choice food. 20 oz cans.

"A statement of ingredients, use and recipes is on each package and can of Madison Foods."

2088. Chatfield, Charlotte. 1949. Food composition tables for international use. *FAO Nutritional Studies* No. 3. 56 p. Oct. [158* ref]
• ***Summary:*** A table on page 11 shows "Food composition in terms of retail weight ("as purchased") for soybeans and various soybean products: Whole seeds, dry; Flour, full fat (seed coat removed); Flour, low fat–grits, flakes (partially defatted); Curd, tofu (yield 3.5); Fermented beans–Japanese natto; Fermented beans–Chinese tsiang [chiang]; Soybean milk (yield 7.5); Paste, miso (made with small amounts of rice or other starchy materials) (yield 2.5); Shoyu sauce (yield 3.5). The following are given for each product: Calories per 100 gm, percentage of protein and fat, and yield from 1 kg of soybeans.

Similar but expanded information is given on p. 25, including carbohydrate, fiber, ash, and refuse. Address: Nutrition Div., FAO, Rome, Italy.

2089. *Vegetarian News Digest* (*Los Angeles*). 1949. Health in the news: The soy bean–wonder food of many uses. 1(9):21. Sept/Oct.
• ***Summary:*** "Allan K. Smith of the Northern Regional Research Laboratory, Peoria, Illinois, recently returned to the United States from the Orient where he learned of countless uses for soy beans. In China, Japan and Korea he found soy beans being fermented, ground, and processed in various ways. In its motherland, Smith discovered, the soybean is a source of flour and cake, oil, bean sprouts, vegetable milk, various sauces and pastes, curd, cheese, and several other foods." Describes how soy milk is made in China. One restaurant that Smith visited prepared more than 25 different dishes from soybeans.

2090. Bailey, Sydney D. 1949. Dr. Wang's treatment centre. *Manchester Guardian* (*England*). Nov. 28. p. 3.
• ***Summary:*** While playing bridge with Dr. Wang and two of his friends in China, during World War II, the writer discovered that they were involved in a racket and a sort of smuggling ring. "Wang was opening the tins [of milk from Hanoi, Vietnam], mixing the contents with soya bean curd and buffalo milk, canning the resulting mixture, and selling it to the missionary community in Chunking."

2091. Kagawa, Aya. 1949. Japanese cookbook (100 favorite Japanese recipes for Western cooks). Tokyo: Japan Travel Bureau. 162 p. Illust. (line drawings, and color-, and black and white photos). 19 cm. Series: Tourist Library No. 11.
• ***Summary:*** Contents: Preface. General remarks (The why of Japanese food, its nutritive value, table utensils, an ordinary meal, meals for guests, table etiquette, kitchen utensils, how to cut up fish and vegetables, glossary {incl. aburaage, miso, shoyu, tofu}). Japanese cookery: Table of measures, soups, boiled foods, broiled foods, fried foods, saucepan foods, steamed foods, *hitashimono* (boiled greens in soy [sauce]),

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aemono (dressed vegetables), vinegared foods, sliced raw fish (sashimi), rice foods, sushi (vinegared rice foods), pickles, seasonal menus, New Year's foods, Girls' Festival foods. How to make Japanese cakes (incl. bean paste from red beans).

Many recipes call for "shoyu" [soy sauce]. Soy related recipes: Scrambled egg soup (with shoyu or Worcester sauce, p. 42). Tofu and Japanese leek soup (p. 49). Miso soups (p. 50-51). Broiled egg-plants (with miso, p. 70). Beef sukiyaki (with tofu, p. 79-80). Fish stew (with tofu, p. 81). Odamaki mushi (with yuba, p. 85). Boiled greens in soy (p. 91-92). Dressed food with white sesame [seeds] and vinegar (and aburaage {fried beancurd}, p. 96). Dressed carrot and kidney beans in pod (with tofu, p. 97).

On p. 14 we read: "Soy beans are used very much in Japanese food; especially in hilly regions where fish is scarce, or in vegetarian menus (in connection with Buddhism). Beans are not only simply boiled but eaten in various ways. They are made into *tôfu* (beancurds), *aburaage* (fried tôfu), *nattô* (steamed and fermented beans), *shôyu*, *miso*, [azuki] bean-paste used in cakes, etc." Key flavorings are miso, shoyu, sugar, and vinegar. Sake, mirin, dashi and ajinomoto (seasoning powder) are also important. "Seaweeds are usually eaten dry. Nori (seasoned laver), kombu (tangle), wakame (lobe leafed undaria), hijiki (spindle-shaped bladder-leaf), and so on, are rich in iodine,..."

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried tôfu" (with diacritics).

"Of flavorings, *miso*, *shôyu*, sugar and vinegar are the most important. *Sake* (Japanese wine), *mirin* (a sweet kind of *sake*) and *dashi* are used in this way to give flavor. Properly speaking, *dashi* is formed by boiling shaving [sic, shavings] of *katsuobushi* (dried bonito) or *kombu* (tangle, a kind of kelp), but *ajinomoto* (seasoning powder) may take its place. Usually, however, *dashi* is not made, and instead *niboshi* (a small dried fish) is boiled together with the food to give it flavor. Besides, ground walnuts sesame, peanuts etc., are used to dress vegetables. In addition to these, mustard, red pepper, horse radish [wasabi], the leaves and berries of *shiso* (a kind of highly flavored leaf), the leaves and berries of *sansho* (Japanese pepper), Japanese leeks [negi], *myôga* (myôga ginger [*Zingiber mioga* Roscoe]), ginger [shôga, the root of *Zingiber officinale*], are used as flavorings, being found growing in most kitchen gardens."

"Our special thanks are due to Dr. R.H. [Reginald Horace] Blyth, professor of Gakushin University, who translated the original Japanese manuscript into English." Aya Kagawa was born in 1899. The book was first published in December 1949 but not copyrighted until 1952. The almost identical 9th printing appeared in April 1955. Only the color photos were changed (upgraded) by 1955. The first true revision and 2nd edition was the so-called "Fourteenth & revised edition" of 1962. Address: M.D. and president of Joshi Eiyô Tanki Daigaku (Women's Nutrition College), Tokyo, Japan.

2092. **Product Name:** Tofu.
Manufacturer's Name: Soya Food Products Co.
Manufacturer's Address: 2356 Wyoming Ave., Cincinnati, OH 45124. Phone: 513-661-2250.
Date of Introduction: 1949.
Ingredients: Soybeans, water, solidifier (calcium sulfate or natural nigari).
Wt/Vol., Packaging, Price: 1 lb packed in water.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Ben and Nina Yamaguchi, Edward Willwerth.

Label. 1979, undated. 4 by 5 inches. Red and green on clear film. "Est. 1945." Leviton. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Ben & Nina Yamaguchi. Edward Willwerth, manager. 1982. Soyfoods. Summer. p. 36. Ben Yamaguchi and Yoshio Shimizu started a canned bean sprouts operation in 1945, then added tofu production and an Oriental Grocery in 1949, bean sprout salad and fried tofu pouches in 1955, then Ed Willwerth as general manager in 1978. In 1981 the firm made 300-400 lb/week of tofu.

Talk with Chieko Kimbel of Chieko Tofu, Inc. in Cincinnati. 1993. Feb. 7. Soya Food Products Co. no longer exists. The company was shut down and the building sold about 1½-2 years ago. Talk with David Kimbel of Sunsprout of Cincinnati. 1993. Feb. 8. After he decided to start making tofu, he considered buying his equipment from Ben and Nina Yamaguchi of Soya Food Products Co. in Cincinnati. They were going out of business but their equipment was too old–a stone mill, cooking in buckets with a primitive steam wand, pressing out of a bag with a hydraulic press, homemade pressing boxes on a 2 pressing station homemade press with the paint chipping off, into a cooling tank with warm water, and 2 small packaging machines that were unreliable, an old, small boiler, etc. They went out of business in about Aug. 1991, six months before David started making tofu–and that hurt David. Ben and Nina were getting a divorce, Ben's father grew old, and their son (Paul, who worked for a while making tofu after school) graduated from school and moved to Canada. The success of David's company knocked Soya Food Products, run by Ben & Nina Yamaguchi, out of business; 16 years ago he took over their alfalfa sprout account from Castellini Co., a big Midwest distributor (the Yamaguchi's sole distributor, who bought sprouts only from them), and 10 years ago he took over their mung bean sprout business. They grew their sprouts in buckets, they weren't green, they lasted only 2-3 days, and they often were unable to fill all orders. David came in with trays, green leaves, 2-week shelf life, and nice labels. They had a retail store at

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their plant selling Oriental foods. Now the building is used by a business that caters food to day-care centers.

2093. Blyth, R.H. (Reginald Horace). 1949. Senryu: Japanese satirical verses. Tokyo: The Hokuseido Press. iv + 230 p. Illust. No index. 21 cm. [1 ref]
• ***Summary:*** These verses were chosen, translated and explained by R.H. Byth. Contents: Preface. Introduction. Haiku and senryu (17 chapters, each on a different subject; e.g., Nature and man. All and one. Simple and complex. Sex. Zen. Religion. Is senryu poetry?). The origins and technique of senryu (vocabulary and syntax, poetic brevity, personification, colloquialisms, the composition of senryu, customs and manners, postscripts, anonymity, principle of selection, conclusion). Senryu (14 chapters, each on a different subject; e.g., Women. Children. Mothers. Fathers. Wives. Husbands. Mothers-in-Law. Other relations. Professions. Animals. Things. Historical. Psychology. Pictures of life).

The Preface begins: "Rightly or wrongly, I feel that the appropriate way to appreciate senryu is through the understanding of haiku... haiku preceded senryu by about a hundred years." Haiku and senryu together give "a fairly complete idea of the nature of the Japanese people, their spirituality and idealism on the one hand, and their thorough-going realism on the other... the 'world of calm delight' and the 'strife divine.'" "The average Japanese and especially the so-called intelligentsia, has a low opinion of senryu. This is quite unjustified."

The Introduction begins: "Senryu are expressions of moments of vision into, not the nature of things, but the nature of man."

In the 14 chapters of the section on "Senryu," each entry has four parts: (1) The senryu itself, written in Japanese characters. (2) Romanization of (1). (3) Translation of (1) in the form of 3 lines with 17 or fewer syllables. (4) Blyth's commentary on this senryu. In addition, many senryu are accompanied by an illustration. The great majority of these illustrations are by Mr. Sobun Taniwaki, who died in 1947.

Page 90 (chapter on "Wives"):

"'To the cook she says
"A hundred times,
"Don't forget the bean-curd water.'"

Comment: "The water bean curd is boiled in is supposed to be good for washing clothes in. The mistress keeps telling the maid-servant, ad nauseum, not to throw away the water after the bean curd is cooked. In this repetition, this persistence about a small thing, is seen a whole world of the human mind."

Page 117 (on "Professions"):

"Holding the *dengaku* in his hand
"The pack-horse driver
"Comes out to scold the horse."

Comment: "*Dengaku* is baked bean-curd covered with *miso*, a kind of sauce. The horse gets tired of waiting for his master in the pub, and begins pawing the ground... This is a road-side scene of Old Japan." Address: Author, Tokyo, Japan.

2094. Chang, Irene C. 1949. Nutritive value of soymilk and soybean curd. PhD thesis, Washington State University. 25 p. In: Doctoral Dissertations Accepted by American Universities, 1949. *
Address: Washington State Univ.

2095. Crane Portland [Oregon] directory. 1949. Portland, Oregon: Crane Direct Mail Service. See p. 12.
• ***Summary:*** "NW 5th–322 Soy Bean Cake Co. *"

Note 1. This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* This is the earliest known year that the words "soy" or "soybean" are mentioned in any Caucasian-owned directory in connection with the Ohta / Ota family or their tofu making company–even though the company was founded in Portland in 1911.

Note 2: The title page states: "Contains a list of passenger car owners residing in Portland, Oregon, and rural routs operated from Portland; also a list of residents who are not registered automobile owners.

"Directory shows make of automobile and year of manufacture opposite each owner's name, and also indicates by * those who have a telephone." Address: Portland, Oregon.

2096. Loma Linda University, School of Dietetics. 1949. Lesson outlines in nutrition & cookery. 2nd ed. Mountain View, California; Brookfield, Illinois; Cristobal, Canal Zone; Omaha, Nebraska; Portland, Oregon: Pacific Press Publishing Assoc. 128 p. 20 cm. [13 ref]
• ***Summary:*** "Foreword: The purpose of this little book is to serve as a guide in the study of simple facts about nutrition and healthful cookery, primarily prepared to be used in community nutrition classes." The guidelines, in outline format, are also helpful in teaching the principles of healthful vegetarian nutrition and cookery.

Also discusses: Soybeans as a good source of high quality protein (p. 29). The meatless diet: Meat is not a nutritional necessity, disadvantages of flesh foods (animals are diseased; rich in nitrogenous waste products, which kidneys must eliminate. These act as a stimulant; poor source of most vitamins and calcium; expensive), importance of knowing how to make proper substitution when discontinuing a meat diet, protein content of average servings of some [non-flesh] foods (including soybeans) (p. 31-33). Homemade Vegex (with ½ pint soya sauce, p. 113). Protein foods (gives the composition of soybeans, p. 118). Loma Linda Foods (nutritional composition of their commercial products; Vegemeat Burger, Vegemeat Steaks, Nuteena, Proteena, Peanut butter, Vegex; p. 119). Calcium

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content of foods (incl. turnip greens, mustard greens, soy bean curd, kale, dry soybeans; p. 120). Iron content of foods (incl. mustard greens, soybean curd). Address: Loma Linda, California.

2097. Saito, Akio. 1949. [Chronology of soybeans in Japan, 1927 to 1949] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Feb. p. 14-15. [Jap]
• ***Summary:*** 1927 Sept. 15–Noda Shoyu [Kikkoman] has the longest strike in pre World War II Japan. The labor system becomes more modern and employer-employee problems start to be handled in new ways.

1928–The production of soy oil reaches 38,000 tons, passing rapeseed oil which is 30,000 tons. Soy oil is now Japan's leading vegetable oil.

1931 Sept.–Japan invades Manchuria, using the Mukden incident as a pretext. 1932–Japan attacks China. By early 1932 Japan had conquered all of Manchuria.

1932 Feb.–The Rikagaku Kenkyujo in Tokyo makes salt-free shoyu for the first time.

1935–At about this time, systematic cultivation of soybean seeds begins.

1938–The average retail price of good quality shoyu is 62 *sen* for 18 liters (10 *sho*).

1938 Sept.–The *Kokusaku Daiyohin Fukyu Kyokai* is founded. This organization encourages the substitution of less expensive or more abundant ingredients in shoyu, such as barley for rice, millet or barn yard millet grass (*hie*) for barley, or the chrysalis of a silkworm for soybeans and wheat in making HVP shoyu (*amino-san shoyu*).

1939–The first soybean is registered in Japan; it is named "Ministry of Agriculture and Forestry, Number 1" (*Norin ichi-go*).

1939 Dec.–The Japanese government puts its energy into controlling the rising prices of rice, miso, shoyu, salt, matches, fresh produce, etc. (i.e. essential foods for daily life).

1940 March–The "Central Price-Fixing Organization" (*Chuo Bukka Iinkai*) sets ceiling prices for the following to control inflation: soy oil, soybean cake, Japanese soybeans mixed with Manchurian soybeans, salted salmon, salted trout, dried nori, and eggs.

1940 April–The "Price Setting Central Committee" (*Kakaku Keisei Chuo Iinkai*) decides to use a ticket (rationing) system for ten items including rice, miso, shoyu, salt, matches, charcoal, and sugar.

1940 June–The Ministry of Agriculture and Forestry (*Norinsho*) and the Ministry of Commerce and Industry (*Shokosho*) proclaim the new revision of the regulation for controlling excessive profits (*Borikoi Nado Torishimari Kisoku Kaisei*), and on responsibility relating to prices.

1940 Sept.–Even though people are under control, summer resorts become crowded and people take home rice and miso and souvenirs. The government asks them not to do this.

1940 Oct.–The Japan Soybean Control Corporation (*Nihon Daizu Tosei K.K.*) and the Cooperative Soybean Products Marketing Corporation (*Daizu Seihin Kyohan K.K.*) are founded.

1941 June–The home use food oil ticket (rationing) system starts.

1941 Dec. 7–Japan attacks Pearl Harbor. War with the USA begins. 1942 Feb.–The ticket rationing system starts for miso and shoyu.

1943 June–The regulations for emergency food production are decided. They start to use unused lands for production of various small grains and legumes (*zakkoku*).

1943 Nov.–A record book rationing system is established for tofu, to ensure fair distribution.

1945 Aug. 14–Japan surrenders to the USA in World War II after atomic bombs are dropped on Hiroshima and Nagasaki (Aug. 6 and 9).

1945–Because of unusually cold weather, Japan's soybean production drops dramatically, resulting in one of the smallest crops since 1878. It is only 170,400 tonnes, 36.3% lower than the previous year.

1947–The production of shoyu this year is only 1,868,500 *koku.* Since there is not enough shoyu, a lot of substitute shoyu and powdered shoyu (*kona shoyu*) appear; neither of these two products are regulated.

1947 May 3–A new constitution is adopted in Japan in which the country renounces the right to wage war, the emperor gives up claims to divinity, and the Diet becomes the sole law-making authority.

1948 Oct.–At about this time, the food situation in Japan starts to improve. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

2098. Irwin, Rachel. 1950. A pair of shoes. *Manchester Guardian* (*England*). Jan. 12. p. 3.
• ***Summary:*** Old Mrs. Kao was puzzled as she tried to make sense of the day's events. "Her son, who was a laboratory technician, had come in at dinnertime, hastily swallowed a bowl of millet and bean curd, changed his Western-style clothes for an old cotton gown, and rushed off again carrying a spade."

2099. Bureau of Entomology & Plant Quarantine, Bureau of Animal Industry–U.S. Food & Drug Administration. 1950. Food and Drug–Agriculture. List of Imports Detained by the Federal Food and Drug Administration. Nov. 18 to Dec. 16, 1949. *American Import & Export Bulletin* 32(2):145-46, 148-49. Feb.
• ***Summary:*** This is a long (4-page) table with 3 columns: (1) Product and port of entry. (2) Quantity. (3) Reason for detention. Note that the country of origin is not given.

Page 146: Port of Chicago. Chinese Merchandise. "Salted Bean Sauce–10 cases–Insects. "Dried bean sticks

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[probably dried yuba sticks]–10 cases–Insects. "Salted Bean Curds–2 cases–Labeling incomplete and filthy." Note 1. This could well be fermented tofu.

Note 2. This is the earliest English-language document seen (Oct. 2012) that uses the word "Dried bean sticks" (regardless of capitalization) to refer to what are probably dried yuba sticks.

Page 149: Port of San Francisco. "Bean Sauce–1,440 lbs.–Insect larvae. "Dried Bean Curd–1,800 lbs.–Insects, insect larvae. Note 3. This could be either dried yuba or pressed tofu (*doufu-gan*).

2100. Loska, Stephen J., Jr.; Melnick, Daniel. 1950. Laboratory procedure for evaluating the curd-producing capacity of soya products. *Cereal Chemistry* 27(2):127-40. March. [7 ref]

• ***Summary:*** The use of soy products in relief feeding both in Europe and the Orient has created new problems in description and control of products manufactured for different purposes, In Europe soya is used to enrich wheat flour, as a meat extender and as a major ingredient for low cost food preparations. In the Orient it is used for the manufacture of soy sauce derived from the hydrolysis of protein, for tofu or soy curd prepared by the precipitation of water-extractable protein and for miso or soy paste.

The evaluation of soy products utilized in the preparation of curd presented one of the greatest problems.

Quartermaster Food and Container Institute for the Armed Forces has developed a procedure for rating soy products as sources of soy curd. It employs the essential steps of Asiatic soy curd processing. It involves the aqueous extraction of the soy protein and its precipitation as a curd on the addition of magnesium chloride.

It has been found that curd volume is an accurate index to the percentage of soluble protein in the soy flours.

Note: Summary from *Soybean Digest*, July 1950. p. 26. Address: 1. Quartermaster Food & Container Inst. for the Armed Forces, Chicago, Illinois; 2. Best Foods Inc., Bayonne, New Jersey.

2101. Van Duyne, Frances O. 1950. Recipes for using soybeans: Fresh green soybeans and dry soybeans. With directions for growing in the home garden. *Illinois College of Agriculture, Extension Circular* No. 662. 16 p. June.

• ***Summary:*** Contents: Why use soybeans: An excellent food, easy to grow in home garden. Green soybeans: Shelling and cooking, recipes, freezing, canning, drying. Dry soybeans: Using the cooked beans, using soybean pulp ("This pulp is made simply by passing cooked dry beans through a meat grinder."), roasting soybeans, making and using soybean milk, making and using soybean curd, soy sprouts. Contains 25 recipes.

Note: This is the earliest English-language document seen (June 2004) that uses the term "Fresh green soybeans" in the title. Address: Assoc. Prof. of Foods, Univ. of Illinois.

2102. *Soybean Digest.* 1950. Japan shifts from whole beans to meal. Nov. p. 24.

• ***Summary:*** Two pie charts show Japanese usage of soybeans in 1940 and 1948. In 1940 the Japanese were consuming about half of their 562,000 tonnes of soybeans as whole soybeans used to make various foods such as shoyu, miso, and tofu. But by 1948 nearly all their soybeans were being used in the form of soybean oil meal, especially to make miso, shoyu, and amino acids. Consumption of miso and shoyu have greatly increased, while other uses

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(especially tofu) have shrunk.

"During the 10 years preceding the end of World War II, Japan imported an average of about 700,000 tons of soybeans, chiefly from Manchuria. This inflow of soybeans was stopped almost entirely immediately after the war, which resulted in critical protein and oil supplies. But imports since then have increased, overcoming the extreme shortage. About 80 percent of total soybean imports during 1946-48 were from the U.S."

2103. *Soybean Digest.* 1950. Soy foods from a unique college [Madison]: This little Tennessee college has long been noted for its soy foods. Nov. p. 14-15.

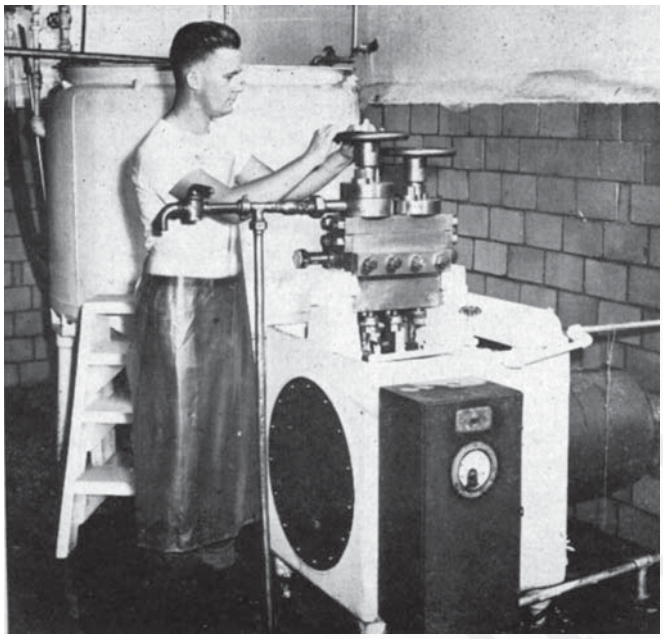

• ***Summary:*** This is the second in a series of articles by the Soya Food Research Council. Photos show: (1) "Attractive packaging of soy foods which have been pioneered by Madison College." These include: Kreme O'Soy (sliced bread), Stake-Lets, Kreme O'Soy (canned soymilk), Cheeze-O-Soy, Zoy-Koff, Yum, Not-Meat, Zoyburger, Vigorost, Kreme O'Soy Muffins. (2) Dr. E.A. Sutherland, standing, writing in a notebook. (3) A young man operating an homogenizer that is homogenizing Kreme O'Soy.

2104. *Indian Farming.* 1950. Research on soya bean in the Punjab. 11(11-12):547-48. Nov/Dec.

• ***Summary:*** Discusses soybean breeding, agronomy, chemical composition, and utilization in the diet (as flour, soybean milk, and tofu). "Soybean milk has a peculiar flavour and taste but the curd prepared from it is palatable."

"A scheme for research on soyabean has been in operation at Lyallpur, in the undivided Punjab, from 1944 to 14 August 1947; after the partition [of the Punjab between India and Pakistan], it was transferred to Ludhiana, and it finally terminated on 31 March 1950." About 90 soybean varieties collected from India and abroad were tested during the years 1947-50. The erect and compact varieties ripened earlier than the erect and loose; the viny creeping types were late maturing. The yellow-seeded varieties had a higher protein content than the black, chocolate, or green-seeded ones. Natural shattering was absent in Behrum varieties. Varietal trials showed that Punjab-1 was much superior to the other varieties and yielded as much as 2,791 lb/acre. Average field germination of 50% was increased to 80% by soaking the seed in water for 12 hours before planting. Address: India.

2105. **Product Name:** Star Tofu. Soybean Curd Cake.
Manufacturer's Name: Star Tofu Mfg. Co.
Manufacturer's Address: 608 Weller St., Seattle, WA 98104. Phone: MA 6217.
Date of Introduction: 1950.
Ingredients: Soybean, water, bittern or nigari–an extract of seawater.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Seattle City Directory. 1951. First listing for Star Tofu Mfg. Co. (Sakanioto Noboru), soy bean cake. 608 Weller; 1965 listing same but person is now Tom E. Watanabe at 608 S. Weller; 1973 listing same but people are Yoji and Mrs. Elinor Maeda, food products.

Hokubei Mainichi Year Book. 1951, p. 608. Category: "Food Products." Sutaa Tofu Seizô-sho, Star Tofu Mfg. Co., 608 Weller St., Seattle. Phone: MA 6217.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 426. In Japanese: Sutaa Tofu Seizô-sho. In English: Star Tofu Mfg. Co., 608 Weller St., Seattle. No phone.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 822. Directory entry, under "Food Products." In Japanese: Sutaa Tofu Seizô-sho. In English: Star Tofu Mfg. Co., 608 Weller St., Seattle, Washington. Phone: 622-6217.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. 608 S. Weller St. in Seattle.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Star Tofu Mfg. Co., 608 So. Weller St., Seattle, Washington 98104. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

Label. 1980, undated. 3 by 2 inches. Blue on white. Address: 608 S. Weller St. "Keep refrigerated. Change water daily." Illustration of a cake of tofu with a star on it in a bowl.

2106. Adachi, Isamu; Sakurai, Shigeru. 1950. Nihon

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shokumotsu-shi [History of Japanese foods]. Tokyo: Yuzankaku. 480 p. [Jap]
• ***Summary:*** Best book seen on the history of Japanese foods. The following appears in chapter 8. Edo Period:

"Amazake and Shirozake (p. 375-76). In ancient times there was Kozake and hitoyo-zake (one-night sake). They became known as amazake at a later date. But kozake was different from subsequent amazake; sometimes it was made using sake instead of water in the fermentation. The term 'amazake' first appeared in the literature of the Keicho period, which started in A.D. 1596. Later, during the Kan-ei period (1624-1630) there was Shirakawa Amazake.

"In Rokujo, in Kyoto, the Yamashiro-zake was very old and famous. Within the city of Edo (today's Tokyo), in the Yokayama-cho section, during the Temmei period (1781-89), Sangoku Ichi Amazake was sold. After taking it home, the consumer would add an equal amount of boiling water to the amazake and stir while simmering. The names Sangoku Ichi (three countries are one) and Shirayuki (white snow) came from the fact that it was sold in a container with a plum flower crest drawn on it (*umebachi*) and also Mt. Fuji was drawn in the shop. This was because the goddess of the Mt. Fuji shrine is named *Konohana Sakuya Hime* ("Tree Flower Blooming Princess"); she got pregnant overnight. Since amazake was known as "one-night sake" in ancient times it was connected with this goddess.

"Amazake used to be sold only in winter. Around the Bunka period (1804-1817) it was sold year-round. There were 5-6 amazake shops in Edo (Tokyo). Among them, the one in front of the Asakusa Honganji temple was famous. Although at that time amazake was sold during the summer, it later returned to being a winter drink."

2107. Brown, Helen Evans. 1950. Chafing dish book. Los Angeles, California: The Ward Ritchie Press. [21] + 141 + 8 p. Index. 16 x 16 cm.
• ***Summary:*** This stylish little cookbook reflects the growing influence of Asian (especially Chinese) culture and cuisine in California–and the author's enthusiasm for it. The recipe for sukiyaki (#93) calls for "a soy bean cake" [a cake of tofu]. A footnote to the recipe for Chinese spinach (#117) states: "The Chinese would add a piece of fermented bean cake to this; a piece of bleu cheese gives much the same effect."

Helen Brown uses "soy sauce" to season all of her Chinese- and Japanese-style recipes: Nos. 32, 60, 64, 73, 77, 87, 89, 91, 93, 117. Address: Pasadena, California.

2108. Coorengel, G.B. 1950. Katjang kedelai [The soybean]. Jakarta: Balai Pustaka. 34 p. 20 cm. [Ind]
Address: Jakarta, Indoensia.

2109. Feng, Doreen Yen Hung. 1950. The joy of Chinese cooking. New York: Greenberg. 227 p. Illust. Index. 24 cm.
• ***Summary:*** The section on "Ingredients" describes each basic ingredient, and gives the Cantonese name plus Chinese characters, including: (1) "Soya sauce" (*jeung yow*) is an absolutely essential basic ingredient. It "can nowadays be found in almost all neighborhood delicatessen or grocery shops" (p. 21). (2) "Bean sprouts" (*dow ngaah*). "They are usually golden yellow in color and possess a strong flavor and a rather crunchy texture." An illustration shows these sprouts, which appear to be soybean sprouts (p. 22-23).

(3) Two types of dried yuba (*fooh jook* and *tiem jook*), both illustrated. When soya bean milk is boiled, it separates into various layers; "the rich cream that rises is called *fooh jook*, and the settling sediment is called *tiem jook*. When dried, they look like stiff boards glazed with enamel, but after they have been cooked they become creamy and gelatinous. *Tiem jook* is used in fish dishes; while *fooh jook* is usually cooked in soup" (p. 30-31).

Note 1. This is the earliest English-language document seen (Oct. 2021) that uses the term *fooh jook* to refer to dried yuba sticks.

Note 2. This is the 2nd earliest English-language document seen (Oct. 2012) that uses the term *tiem jook* to refer to sweet dried yuba–specifically to the thicker, sweeter, less expensive bottom yuba, called *ama-yuba* in Japan. In the illustration, the shapes of the two types of dried yuba are completely different. The *tiem jook* looks like a stiff rectangle about 1/4 inch thick.

(4) Chinese sauces (*jeung*) come in bottles or cans (p. 32): (4a) Soya sauce (*jeung yow*) is an almost black sauce made from soya beans. The best substitute is Maggi. (4c) Bean-curd cheese (*fooh yü*) [fermented tofu] "Grayish-white little cubes of pressed bean-curd fermented in strong wine." It may be used in cooking. (4d) Bean-curd cheese, Eastern style (*naam yü*) [fermented tofu]. Fermented in a brick-red sauce, it is usually used for cooking. (4f) Tiny black fermented beans (*dow see*) [fermented black soybeans]. In cooking, these are generally crushed and used to season other strong-smelling ingredients such as fish. They add "a delightful spiciness to the sauce."

Note 3. This is the earliest English-language document seen (Oct. 2011) that uses the terms "Bean-curd cheese" (with hyphen) or "fooh yü" or "naam yü" to refer to fermented tofu.

Note 4. This is the earliest English-language document seen (Nov. 2011) that uses the term "black fermented beans" to refer to *dow see* or fermented black soybeans.

(4g) A famous red sauce (*hoy sien jeung*) [Hoisin sauce]. This famous red sauce is often used in cooking shellfish and duck; it is widely served with Peking roast duck.

Note 5. This is the earliest document seen (Oct. 2012) that mentions Hoisin sauce, which it calls *Hoy sien jeung* (Cantonese). Chinese name is also romanized as *hai-hsien chiang* (Wade-Giles) or *haixian jian* (pinyin). A major ingredient is soybeans.

There follows a description (p. 33) of how to make

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bean-curd cheese from fresh bean curd. (5) Oils and fats, incl. vegetable oils like soya bean oil, peanut oil, or sesame oil.

Soy related recipes include: Pig's feet soya bean soup (*Jüh gerk fooh jook tong,* with yuba, p. 80). Oyster sauce bean curds (*Ho yow dow fooh,* with fresh bean curd, p. 155). Many other recipes use soya sauce as a seasoning.

Note: This book was first published in 1950 by Greenberg in New York City (227 p., 24 cm). It was next published in 1952 by Faber and Faber in London (227 p., 23 cm). Grosset & Dunlap (1954) appears to be the third.

2110. Hedrick, U.P. 1950. A history of horticulture in America to 1860. New York: Oxford University Press. xiii + 551 p. Illust. Index. 24 cm. [213* ref]
• ***Summary:*** Concerning the soybean, page 90 notes that Benjamin Franklin, who had corresponded with John Bartram, sent him various seeds in 1769. In 1770 Franklin sent him some "some Chinese Garavances, with Father Navaretta's [Navarrete's] account of the universal use of the cheese made of them, in China."

Hedrick then observes: "'Garavance' is a Spanish name for the chick pea [or garbanzo bean], but it is doubtful if the Chinese had the chick pea, *Cicer arietinum,* from Spain; however, it is well known that they long have made a sort of cheese out of the soybean, *Glycine Max.* Can it be that Benjamin Franklin introduced the soybean, now of so great value, in America?"

Also contains information on the following: Johnny Appleseed (born Jonathan Chapman in 1774 in Leominster, Massachusetts; p. 310-11), John Bartram (1699-1777, Darby, Kingsessing, and Philadelphia, Pennsylvania; see index), William Bartram (son of John Bartram, 1739-1823, Pennsylvania; see index), Samuel W. Cole (Chelsea, Massachusetts; 247, 489), Peter Collinson (1694-1760, FRS, gardener and botanist of England, p. 85-89, 112, 153), Henry Leavett Ellsworth (1791-1858, 1st U.S. Commissioner of Patents, started seed distribution; p. 254, 371), Andrew H. Ernst of Ohio (1796-1860, German-born nurseryman and pomologist, who conceived the plan of the Spring Grove Cemetery in Cincinnati, p. 314), John Fothergill (1712-1780, English physician and botanist, patron of William Bartram; p. 91), Benjamin Franklin (1706-1790; p. 81-83, 86, 90, 117, 149, 468, 472, 499, 511).

2111. Heyne, K. 1950. De nuttige planten van Indonesië. 2 v. [The useful plants of Indonesia. 2 vols.]. The Hague, Netherlands: W. van Hoeve. 1660 + ccxli p. Tables. 25 cm. [Dut]*
• ***Summary:*** Contents: Ontjom. Dagé. The soybean (Sojaboon, Kedele). Cultivation. Seeds. Use: Témpé, tao hoe, tao koan, tao tjo, soja (ketjap).

Note: This book by K. Heyne was formerly published under the title *De Nuttige Planten van Nederlandsch Indië.* This is not a new edition; only the title has been changed. Address: Hoofd van het Museum voor Economische Botanie te Buitenzorg (Bogor).

2112. Mahyudin, R. 1950. Chasiat kedele dan tomat: Sebagi makanan rakjat [The use of soybeans and tomatoes as foods]. Jakarta: Pustaka Rajkat. 42 p. [Ind]
Address: Indonesia.

2113. Masuno, Minoru. 1950. Daizu to sono riyô [The soybean and its utilization]. Tokyo: Sangyo Hyoron-sha. 197 p. [Jap]
• ***Summary:*** A very nicely done predecessor to Watanabe et al.'s book *Daizu Shokuhin.* Address: Tokyo Daigaku Kyoju, Kôgaku Hakase, Japan.

2114. Morse, W.J. 1950. History of soybean production. In: K.S. Markley, ed. 1950. Soybeans and Soybean Products. Vol. I. New York: Interscience Publishers or John Wiley & Sons. xvi + 1145 p. See p. 3-59. [59 ref]
• ***Summary:*** Contents: 1. Origin. 2. Ancient history. 3. Modern history. 4. Description of soybean plant. 5. World distribution. 6. Climatic adaptations. 7. Soil preferences. 8. Soil erosion and practices. 9. Varieties and variety improvement. 10. Fertilizer and lime requirements. 11. Inoculation. 12. Cultural methods: Preparation of seedbed, methods of seeding, time of seeding, rate of seeding, depth of seeding, cultivation. 13. Rotations. 14. Mixture with other crops. 15. Hay production. 16. Seed production. 17. Soil improvement. 18. Diseases. 19. Insect enemies. 20. Other enemies (rabbits, pigeons, pheasants).

This chapter contains many original, interesting photos and a map. Figures (photos unless otherwise indicated) show: (1) Wild soybeans, cultivated soybeans, and *Glycine gracilis.* (2) Unloading soybeans from farm carts and storing the seed in osier bins in a Chinese merchant's storage yard–Manchuria. (3) Map of the principal soybean seed producing areas and countries of the world. (4) A soybean grain market in Korea. (5) "Fertilizer used for soybeans by Manchurian farmers is compost placed in piles in the field and scattered between rows of previous year's crop just before planting soybeans." (6) Roots of soybean plant (2 photos) showing abundant development of nodules. (7) Ordinary grain drill (pulled by a tractor) may be used in sowing soybeans in rows or close drills. (8) Soybeans sown by hand on ridges in rows about 21 inches apart in Manchuria. Two horses pull a wooden plow. (9) Korean woman planting soybeans along ridged rows. (10) Soybeans planted along edges of rice paddies in Japan, China, and Korea are used for home consumption. (11) Cultivating soybeans in rows, using a tractor-pulled rotary hoe, weeder, or harrow, in the Corn Belt. (12) Hand-cultivation of soybeans in Manchuria. (13) A field of plants: "The Korean farmer grows many other crops with soybeans: millet, mung beans, buckwheat, sesame, susu,

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or castor beans." (14) A field of soybeans and Kaoliang in China planted in alternate hills. (15) The combine has been one of the most important factors in the economic production of soybeans in the United States. (16) Harvesting soybeans by hand methods in Manchuria. (17) Threshing soybeans in Manchuria using a stone roller pulled over the plants by horse or donkey. (18) Primitive wind method of separating soybean seed from threshed plant material in Manchuria. (19) Korean farmers threshing soybeans with bamboo flails on the home threshing ground. (20) Japanese farmers turning under soybeans in a rice paddy for soil improvement. Address: 6809 Fifth St. N.W., Washington, DC; formerly Principal Agronomist, Div. of Forage Crops and Diseases, Bureau of Plant Industry, Soils, and Agricultural Engineering, USDA, Beltsville, Maryland.

2115. Morse, W.J. 1950. History of soybean production: 5. World distribution (Document part). In: K.S. Markley, ed. 1950. Soybeans and Soybean Products. Vol. I. New York: Interscience Publishers or John Wiley & Sons. xvi + 1145 p. See p. 10-14.

• ***Summary:*** "The production of soybeans, which for many centuries was confined to the countries of Asia, spread rapidly after World War I to the western world, and since World War II practically all leading nations have become more and more interested in the culture and production of the crop. Agricultural experiment stations throughout the world have become engaged in the development of varieties suited to their soil and climatic conditions through introduction, selection, and hybridization. Successful results have been obtained in many countries and, in a few, acreage and production have increased to the extent that the crop has become an important factor in that nation's agriculture. This is especially true of the United States, Netherland Indies, Rumania, U.S.S.R., Austria, Bulgaria, and Poland.

"The principal zones of soybean production in the Orient are China, Manchuria, Korea, and Japan. In Manchuria, the soybean occupies about 25% of the total cultivated area and is a dominating factor in the economic life of the country. As a cash crop it provides fully half the farm income in the north and more than half the total volume of freight handled by the railroads. It is estimated that from one- to two-thirds of the production of soy beans is exported; 15 to 20% is utilized for food, feed, and planting, and the remainder is used for oil extraction.

"In China, the soybean is one of the principal and most ancient of crops, ranking fifth in extent of culture and occupying about 9% of the total cultivated area. Although grown everywhere in China, about 60% of the soybean acreage is confined to three northern provinces, Shantung, Kiangsu, and Honan. China consumes practically all of her production, estimates indicating more than 50% for food, 27% for oil extraction and other purposes, 10% for stock feed, and 8% for planting.

"Korea occupies third place among the soybean-producing countries of Asia. Acreage and production are confined largely to central and northern Korea, as southern Korea, which grows principally cotton and rice, seems to be less suited to the successful production of soybeans. The entire Korean production is used for food, stock feed, planting and export, and none is used for oil extraction.

"Japan, although a large producer of soybeans, has consumed all her production and has imported large quantities from Manchuria and Korea. Acreage and production of soybeans in Japan have decreased since World War I and greater emphasis has been placed on increased production of rice. The proportions of soybeans used by Japan for various purposes are: 'miso' (soybean-rice fermented paste), 22%; soy sauce, 22%; oil and oil cake, 21.5%; soybean curd [tofu], 15.5%; confections, 7.2%; forage, 6.2%; green manure, 2.5%; seed, 1.8%; green vegetable beans, 0.8%; and miscellaneous, 0.5%.

"In the Soviet Far East, the soybean is said to be one of the chief industrial crops and in some districts constitutes 20% of the cultivated area. Acreage and production have increased markedly since 1926, especially in Khabarovsk territory, the largest seed-producing area.

"South of China, the soybean is cultivated to some extent in the Netherland Indies, India, Siam, Cochin China, Philippines, and Australia. Until 1932, the production of soybeans in the Netherland Indies was not sufficient to meet the domestic demand. Since then, acreage and production have gradually increased until soybeans began to be exported to Holland about 1936. The soybean has been widely cultivated for a long time by the natives of the hilly regions from the borders of Afghanistan eastward to Burma, to northern Siam, and French Indo-China. The crop in India has been grown for its forage and food value rather than for commerce. Although successful results have been obtained in some of the provinces with varieties of good oil content, the growing of the crop as an oil seed does not appear to have been popular with the native farmers. In Australia successful results with American varieties have greatly increased acreage and production, especially in the states of Queensland, New South Wales, and Victoria.

"Although attempts to grow soybeans in European countries have extended over many years, it is only within the past few years that there has been any appreciable production. At present, production is confined largely to European U.S.S.R., Bulgaria, Yugoslavia, Austria, Rumania, and Czechoslovakia, production being largest in Rumania, Bulgaria, and Yugoslavia. In the development of adapted varieties, some progress has been made in Sweden, Poland, Netherlands, and Hungary. Because of the economic importance of the soybean, scientists of the U.S.S.R. have carried on extensive experiments with it, especially in the development of adapted varieties and utilization. At present, the principal areas of production are Ukraine, Moldavia, and

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certain regions in the North Caucasus.

"Experiments have been conducted with the soybean in nearly all regions of Africa but as yet it is an unfamiliar crop to the majority of African farmer. It has been grown successfully in the upland, midlands, and coastal districts of Natal [South Africa] and throughout Gambia, Nigeria, Egypt, the Gold Coast Colony, and also in the corn- and cotton-growing districts of the Belgian Congo.

"Although the soybean has been the subject of considerable experimental work in practically all countries of the Americas, little progress has been made in commercial culture except in the United States and Canada."

Note: This is the earliest document seen (Oct. 2010) that clearly refers to soybeans in Afghanistan, or the cultivation of soybeans in Afghanistan. This document contains the earliest clear date seen for soybeans in Afghanistan, or the cultivation of soybeans in Afghanistan (long before 1950). The source of these soybeans is unknown. Address: 6809 Fifth St. N.W., Washington, DC; formerly Principal Agronomist, Div. of Forage Crops and Diseases, Bureau of Plant Industry, Soils, and Agricultural Engineering, USDA, Beltsville, Maryland.

2116. Morse, W.J. 1950. History of soybean production: 2. Ancient history (Document part). In: K.S. Markley, ed. 1950. Soybeans and Soybean Products. Vol. I. New York: Interscience Publishers or John Wiley & Sons. xvi + 1145 p. See p. 4-6.

• ***Summary:*** "The early history of the soybean, like most important food crops, is lost in obscurity. Story tellers of the Far East for centuries have related with untold variations story book tales of the remarkable history of the soybean. One of the oft-repeated tales tells of the saving of a bandit besieged caravan from starvation by the food of the beans of a wild vine-like plant–a plant then unknown but later identified as the wild soybean. From that date the soybean is said to have become the very staff of life of China.

"Ancient Chinese literature reveals that the soybean was extensively cultivated and highly valued as a food for centuries before written records were kept. It is said to be one of the grains planted by Hou Tsi, one of the gods of agriculture. The first written record of the plant is contained in the books *Pên Ts'ao Kong Mu*, describing the plants of China by Emperor Sheng-Nung in 2838 B.C. The soybean is repeatedly mentioned in later records and was considered the most important cultivated legume and also one of the 'Wu Ku' or five sacred grains–rice, soybeans, wheat, barley, and millet–essential to the existence of Chinese civilization. Seed of the soybean was sown yearly with great ceremony by the emperors of China, and poets before the Christian era extolled the virtues of the soybean in its services to humanity.

"Many of the early writings record the advice of agricultural experts on soil preferences, proper time of planting, methods and rates of planting, the best varieties to plant under different conditions and for different uses, time to harvest, methods of storage, and utilization of the many varieties for different purposes. Some of this expert advice goes as far back as 2207 B.C., indicating that the soybean was perhaps one of the oldest crops grown by man.

"The soybean was included in the second class of drugs in many of the old Chinese books and was regarded as having many medicinal virtues. It is learned from a materia medica text written about A.D. 450 that the soybean was not poisonous but was regarded as a specific remedy for the proper functioning of the heart, liver, kidneys, stomach, and bowels. It was also used as a remedy for constipation, as a stimulant for the lungs, for eradication of poison from the system, improving the complexion by cleaning the skin of impurities, and stimulating the growth and appearance of the hair. In the older records the fresh or green beans were said to be used as a remedy for dropsical affections, gastric fever, bladder trouble, improper circulation of the blood, catarrh, or improper flowing of the fluids of the vital organs, heart, liver, kidneys, and stomach."

"The earliest mention of making 'Tou fu,' or soybean curd, is found in the Han Dynasty Taoist work, Huai Nan Tsu, or writings of Liu An (a prince of Huai Nan, who died 122 B.C.). 'Tou fu' was regarded as an excellent delicacy among foods and was considered suitable for offering in sacrifice. The loyal and honest officials were said to enjoy this food as much as they did the fresh-killed lamb.

"The making of 'Shih' (a bean relish or paste [fermented black soybeans]) was mentioned in records 33 B.C. to A.D. 23. Soybean sprouts have been in use for many centuries in both the green and dried forms... A fundamental rule of farming was to count the number of persons in the family and plant five acres of soybeans for each person.

"In reviewing the old records it is most interesting to note that many of the qualities attributed to the soybean as a food and as a remedy for certain human ills by the Chinese have been proved by modern scientific research in America and Europe. Further research by medical and nutritional workers may revel many more valuable qualities of the soybean mentioned in early Chinese literature."

Note 1. This early history of the soybean was written before truly scholarly and critical study of the subject was begun by Hymowitz in 1970. Many of the statements above have subsequently been shown to be without basis in historical fact and incapable of being documented. Unfortunately, because Morse was probably the world's leading authority on the soybean at this time, the above statements were later cited or quoted repeatedly.

Note 2. This is the earliest English-language document seen (Nov. 2011) that uses the word *Shih* (alone) to refer to fermented black soybeans. Address: 6809 Fifth St. N.W., Washington, DC; formerly Principal Agronomist, Div. of Forage Crops and Diseases, Bureau of Plant Industry, Soils,

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and Agricultural Engineering, USDA, Beltsville, Maryland.

2117. Morse, W.J. 1950. History of soybean production: 9. Varieties and variety improvement (Document part). In: K.S. Markley, ed. 1950. Soybeans and Soybean Products. Vol. I. New York: Interscience Publishers or John Wiley & Sons. xvi + 1145 p. See p. 17-23.

• ***Summary:*** "Varieties of soybeans are very numerous [especially in East Asia], no doubt because of the fact that the soybean seems to be peculiarly sensitive to changes of soil and climatic conditions." Differences in behavior of the same pure-line variety in different locations are often so striking that it is difficult to believe that the variety is the same.

In China, soybean varieties are quite numerous and "are classified according to color, size, shape, time of planting, method of planting and use. The local names of varieties differ in different localities so that it is very difficult to obtain a variety which is widely known." There has not been much organized research on soybean varietal improvement in China. "The University of Nanking has done more work of this kind than any other organization."

Although many soybean varieties are grown in Manchuria, only three types are distinguished: yellow, green and black. This has apparently been found adequate for commercial purposes. In detail, these three groups are:

(1) Hwang Tou–yellow beans. (a) Pei Mei (white eyebrow, pale hilum). (b) Chin Huang (golden yellow or golden round). (c) Hei Chi (black belly), dark hilum. These three varieties are highly prized for the quality of their oil, but Pei Mei and Chin Huang are also valued for the soybean curd [tofu] made from them.

(2) Ching Tou–green beans. (a) Green with yellow germ or cotyledon. (b) Green with green germ or cotyledon. The green bean with the yellow germ yields more soybean curd but of an inferior quality compared to that of the yellow varieties. The green bean with the green germ is preferred for making sprouts.

Hei Tou or Wo Tou–black beans. (a) Ta Un Tou (large, black), green germ. (b) Hsia Un Tou (small, black), yellow germ. (c) Puen Un Tou (flat, black), yellow germ. The Ta Un Tou is used for oil, the Hsia Un Tou for oil and Horse feeds, and the Puen Un Tou for salted fermented soybeans [fermented black soybeans].

"Most of the varieties grown by Manchurian farmers consist of a mixture of varieties of which more than 90% are yellow-seeded types." The distribution throughout Manchuria of the various types is discussed. Native Korean soybean are classified into eight different groups.

Since 1898 the USDA had brought into the United States more than 10,000 introductions from China, Manchuria, Korea, Japan, India, Netherland Indies [Indonesia], South Africa, and several European countries.

Table 1 (two pages) shows the "Characteristics of soybean varieties most generally grown in the United States," arranged into seven groups from very early to very late maturity. For each variety in every group is given: Seed color (black, brown, green, olive or greenish yellow, straw yellow), hilum color (black, brown, dark brown, light brown, pale), seeds per lb., oil %, protein %, iodine value (range: 119 to 140), pubescence color (gray, or tawny), flower color (purple, white, or purple & white), shattering (little, medium, or much), and use (commercial {grain or oil and meal}, forage, or vegetable). The groups are: (1) Very early: Agate, Capital, Cayuga, Flambeau, Goldsoy, Habaro, Kabott, Mandarin, Mandarin 507, Mandarin (Ottawa), Minsoy, Ontario [developed in USA], Pridesoy, Sac.

(2) Early: Adams, Bansei, Earlyana, Hawkeye, Illini, Kanro, Lincoln, Manchu, Manchu 3, Manchu 606, Manchukota, Mendota, Montoe, Richland, Seneca.

(3) Medium Early: Chief, Dunfield, Hokkaido, Hongkong, Jogun, Mandell, Mingo, Mukden, Scioto, Viking.

(4) Medium: Aoda, Boone, Funk Delicious, Gibson, Kingwa, Macoupin, Mount Caramel, Patoka, S100, Virginia, Wabash, Wilson.

(5) Medium late: Arksoy, Arksoy 2913, Haberlandt, Laredo, Ogden, Ralsoy.

(6) Late: CNS, Mamloxi, Mammoth Yellow, Palmetto, Roanoke, Tanner, Tokyo, Volstate, Woods Yellow.

(7) Very late: Acadian, Avoyelles, Gatan, Otootan, Pelican, Seminole, Yelnando.

"Varieties now grown in the United States may be divided into three general groups, namely commercial (grain), vegetable, and forage. Varieties for commercial seed production are preferably yellow-seeded and are used largely for processing for oil, meal, and soybean flour, but these varieties may also be used for forage purposes if heavier rates of seeding are used. The varieties used principally for forage and green manure are the black- and brown-seeded varieties, which for the most part are low in oil but yield a finer and heavier forage than the commercial and vegetable varieties.

"The term 'vegetable varieties' has been applied to varieties introduced from oriental countries where they are used solely as green vegetable or dry, edible soybeans. In extensive tests of the quality of the green and dry beans made by the Bureau of Human Nutrition and Home Economics, Department of Agriculture, and by departments of home economics of various agricultural colleges, the vegetable varieties have proved much superior to the field or commercial varieties in flavor, texture, and ease of cooking. Many of these vegetable types have been found through experiments to be superior to commercial types for soybean milk, soybean flour, soybean curd, salted roasted soybeans, and other food products. (See Chapter XXV). The varieties used for processing and forage purposes usually do not cook easily and have a raw 'beany' flavor. Nearly all vegetable varieties cook easily and have a sweet or bland nutty flavor.

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The most suitable vegetable varieties are those with straw-yellow, greenish-yellow, or green seed, although a few black, brown, and bicolored varieties do have superior qualities as green shelled beans. Vegetable varieties, ranging in maturity from 75 to 175 days, have been developed for all soybean-producing areas in the United States.

"Several commercial companies have canned large packs of the green shelled beans of the vegetable varieties. Quick-frozen green shelled beans alone and in succotash have been placed on the market by several companies, the frozen product being highly satisfactory in color, texture, and flavor. For canning or quick freezing in the green stage, the yellow- and green-seeded varieties make a more attractive product than the black-, brown-, or bicolor-seeded varieties. Vegetable varieties have also become quite popular with the home gardeners and many seedsmen in various sections handle two or more varieties" (p. 22).

Listed from very early to very late, vegetable varieties include: Agate, Sac, Bansei, Kanro, Mendota, Hokkaido, Jogun, Aoda, Funk Delicious, and Seminole. Address: 6809 Fifth St. N.W., Washington, DC; formerly Principal Agronomist, Div. of Forage Crops and Diseases, Bureau of Plant Industry, Soils, and Agricultural Engineering, USDA, Beltsville, Maryland.

2118. Polk's Portland [Oregon] city directory. 1950. Portland, Oregon: R.L. Polk & Co., Inc. See p. 802, 1020.
• ***Summary:*** "Ohta Shina (widow of Saizo) Soybean Cake Co. Home 322 NW 5th av."

Page 1020: "Soybean Cake Co (Mrs Shina Ohta) food prod mfgrs [food product manufacturers] 322 NW 5th av." Note 1. This is actually the Ota Tofu Co. See *Nichi-Bei Nenkan.* This is the earliest known year that the words "soy" or "soybean" are mentioned by this Caucasian-owned directory in connection with the Ohta / Ota family or their tofu making company. Address: Portland, Oregon.

2119. Worth, Miklos. 1950. Soyabeans: The fabulous food that supplies meat, milk, cheese, proteins, amino acids, vitamins, minerals. New York, NY: Ideal Health Books. 62 p. A MacRichard publication.
• ***Summary:*** This book consists of many short chapters. Contents: The bean that is not a bean. A therapeutic substance. Chemical requirements of life. Natural foods supply basic needs. Disease–A disturbance of mineral salt balance. Essentials in man's diet. The big five. A balanced mineral supply. Soybean oil valuable to health. Carbohydrates in soybeans. A storehouse of vitamins. How vitamins are to be used. Soyabeans in Rheumatism. Nervous exhaustion. Rickets. Gastro-intestinal disorders. A perfect food for invalids. Constipation. Obesity–An easy way to reduce. Loss of weight. Dandruff and loss of hair. Eczema and other skin disorders. Sciatica. Hardening of the arteries. Excellent food for diabetics. An excellent blood builder. Soyabeans influenced civilization. The poor man's meat. Introduction to America. Revolutionizing modern economy. Soyabeans could enrich the diet. How to make soya milk. Soyabean sprouts. Soyabean curds. Soyabean coffee. Soyabean oil. How to cook soyabeans. Soyabean flour in baked products. Its use in green salads. Soyabean sauce. Health through soyabeans.

Chapter 1 begins: "Soyabean, the wonder-plant of the Far East that has given sustenance to the peoples of the Orient since time immemorial, is not only a nourishing food, but plays a host of roles in natural health because of its medicinal and therapeutic properties... There is no other single plant known to man which yields such bounty of goodness. All the essential ingredients for health and long life are gathered and packaged in this singular food."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "soyabean curds" to refer to tofu.

Note 2. This is the earliest English-language document seen (Jan. 2013) that uses the term "soyabean sprouts" to refer to soy sprouts.

Note 3. This is the earliest English-language document seen (Nov. 2012) that uses the term "soyabean coffee" to refer to soy coffee.

Note 4. This is the earliest English-language document seen (April 2012) that uses the term "soyabean sauce" to refer to soy sauce.

Note 5. This is the earliest English-language document seen (Oct. 2001) that uses the term "soyabean flour."

2120. **Product Name:** Tofu.
Manufacturer's Name: Azuma Tofu-ten (Azuma Tofu Co).
Manufacturer's Address: 75 Japan Alley, Sacramento, California. Phone: GI 3-3196.
Date of Introduction: 1951. January.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 240. Category: "Tofu Factories, Misc. Factories." Azuma Tofu-ten, Azuma Tofu Co., 75 Japan Alley, Sacramento. No phone.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 174. Under "Factories." In Japanese: Azuma Tofu-ya. In English: Azuma Tofu Co., 75 Japan Alley, Sacramento, California. Phone: GI 3-3196.

2121. **Product Name:** Tofu.
Manufacturer's Name: Kojima Tofu-ten (Kojima Soy Bean Food Mfg.).
Manufacturer's Address: 1219 19th St., Denver, Colorado. Phone: TA. 4937.
Date of Introduction: 1951. January.
How Stored: Refrigerated.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 662. Category: "Food Products." In Japanese: Kojima Tofu-ten. English: Kojima Soy Bean Food Mfg.,

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1219 19th St., Denver. Phone: TA 4937.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 485. Under "Food Products." In Japanese: Kojima Tofu Seizô-sho. In English: Kojima Soy Bean Food Mfg., 1219-19th St., Denver, Colorado. Phone: TA 4937.

2122. **Product Name:** Tofu.
Manufacturer's Name: M & M Tofu Seizo-sho (Soy Bean Cake Mfg.).
Manufacturer's Address: N. 123 Bernard St., Spokane, Washington. Phone: MA 4871.
Date of Introduction: 1951. January.
How Stored: Refrigerated.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 624. Category: "Business." In Japanese: Tofu Seizô-sho, Soy Bean Cake Mfg. Co., N. 123 Bernard St., Spokane. Phone: MA 4871. Note: M&M Food Products is listed at this same address.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 444. In Japanese: M & M Tofu-ten. In English: M & M Grocery, 123 Bernard St., Spokane, Washington. Phone: M. 4871.

2123. **Product Name:** Tofu.
Manufacturer's Name: Oseto / Ohseto Tofu-ten (Oseto Tofu Co.).
Manufacturer's Address: 109 S. Commerce St., Stockton, California. Phone: 4-4371.
Date of Introduction: 1951. January.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 312.

2124. Quong Hop & Co. 1951. Bean Cake (Ad). In: Hokubei Mainichi Nenkan [Hokubei Mainichi Year Book]. 1951. p. 17. [Eng; jap]
• ***Summary:*** Ad (½ page, horizontal). The top ¼ of this ad is in English: "Quong Hop & Co., 133 Waverly Place, San Francisco 8, California. Phone: YUkon 2-1739." A large photo shows a pint jar of Quong Hop fermented tofu. The front label reads: Since 1906. Quong Hop & Co. Bean Cake. Ingredients: Soy bean, alcohol, and salt. In Chinese (to right of photo): Since 1906 the old maker (shop). Many years of experience and using very selective ingredients. It is the best side dish with your evening drinks. Please buy at your local grocery store. Text similar to that at top of ad (in English) is repeated to left of photo in Japanese. Directory entry, p. 38. Category: "Funyu wholesalers."

Note: This is the earliest document seen (April 2013) that mentions Quong Hop & Co. in connection with tofu or other soyfoods. Address: 133 Waverly Place, San Francisco 8, California. Phone: YUkon 2-1739.

2125. **Product Name:** Tofu.
Manufacturer's Name: Rafuetto Tofu-ten (Lafayette Bean Cake Co.).
Manufacturer's Address: 1926 Lawrence St., Denver, Colorado. Phone: MA. 3386.
Date of Introduction: 1951. January.
How Stored: Refrigerated.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 662. Category: "Food Products." In Japanese: Rafuetto Tofu-ten. English: Lafayette Bean Cake Co., 1296 Lawrence St., Denver. Phone: MA 3386.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 485. Under "Food Products." In Japanese: Lafayette Tofu Seizô-sho. In English: Lafayette Bean Cake Co., 1926 Lawrence St., Denver, Colorado. Phone: MA. 3386.

2126. **Product Name:** Tofu, and Aburaagé.
Manufacturer's Name: Tanabe Tofu-ten (Tofu Shop).
Manufacturer's Address: 2199 S. Cherokee Lane, Lodi, California. Phone: 3-F-11.
Date of Introduction: 1951. January.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 331. Tanabe Shôten, Tanabe Co., 2199 S. Cherokee Lane, Lodi. Phone: 3-F-11. Ad (1/8 page), p. 331. Tanabe Shôten. Tofu, aburage, and all Japanese and Western-style foods. Mr. Yoshio Tanabe.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 219. In Japanese: Tanabe Tofu-ten. In English: Tanabe Tofu-ten, 228 N. Washington St., Lodi, California. Phone: 9-3122 (new address and phone number). Ad (1/8 page), p. 220. Top 1/3 of this ad is in English: Tanabe Co., 228 N. Washington St., Lodi, Calif. Phone: 9-3122. In Japanese: Tofu, aburaage, and all of Japanese and Western foods. Owner: Mr. Yoshio Tanabe. Address and phone also given.

2127. Morse, W.J. 1951. What's in a name? *Soybean Digest.* Jan. p. 22-24.

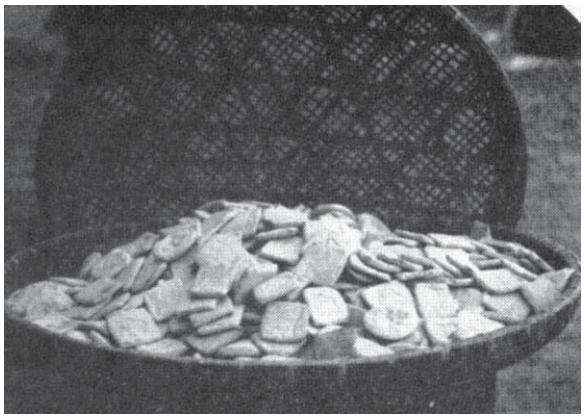

• ***Summary:*** "Ancient Chinese literature recording the advice of agriculturists on the best varieties of soybeans to

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plant under different soil and climatic conditions and the utilization of certain varieties for specific purposes, indicates that the soybean was perhaps one of the oldest crops grown by man [sic]. Varieties of soybeans are very numerous in oriental countries, especially Korea. There during agricultural explorations by the United States Department of Agriculture in 1929 to 1931 more varieties showing a wider range of color, size, and shape of seed and plant characters were found than in China, Manchuria, and Japan.

"The soybean is peculiarly sensitive to changes of soil and climatic conditions and this explains undoubtedly to a very great extent why practically every locality in the soybean regions of eastern Asia has its own varieties. Explorations in small villages in China and Korea revealed that nearly every family had its own favorite varieties for different uses.

"It is noteworthy that of the large number of varieties introduced into the United States from the Orient the same variety has rarely been secured a second time unless from the same locality. Obviously, centuries of experience aided by natural crossing and selection have brought about the development of the vast number of varieties for special purposes under local conditions in China, Korea, and Japan.

"Prior to the introduction of numerous varieties of soybeans by the Department in 1898, not more than eight varieties had been grown in the United States. The culture of these was limited to a few well-defined areas. During the past 50 years the Department has made several thousand introductions of soybeans from China, Korea, Manchuria, Indonesia (Java), and India, representing many hundreds of distinct types.

"This large collection, ranging in maturity from 75 to 200 or more days, has shown wide differences in color, size, shape, composition and quality of seed, plant characters, utilization, and in adaptation to the various soil and climatic conditions in the United States.

"In a recent review of all introductions received from eastern Asia, it was noted that a large number of those from China, Korea, and Japan were sent in under their native varietal names, the translation of which revealed some very interesting and perplexing names. It was interesting to note among the oriental names three–Chief, Chestnut, and Hawkeye–that breeders in the United States have assigned to varieties developed for their own local conditions.

"The many peculiar oriental varietal names of soybeans suggested the title of this article. It was thought that American soybean breeders and growers would be interested in knowing the sort of varietal names soybeans have in other parts of the world.

"It is obvious that the oriental breeder or grower, in naming some of the varieties, must have been in a poetic frame of mind in assigning such names as 'Heaven's Bird,' 'White Spirit of the Wind,' 'Flower Garden,' and 'Clasped Hands.'

"The large number of varietal names is quite understandable as they indicate various seed and plant characters, temples, villages, prefectures, animals, birds, uses, and occasionally a breeder's name. This will be noted in the following lists and selected classification of varieties.

"It is not to be assumed that these lists of names represent all of the varieties grown in these countries. In fact, they are only a selected number from the varieties introduced into the United States during the past 50 years. It was interesting to note that some of the Chinese varietal names were the same as those in Chinese literature dating back 100 years ago."

"Selected classification of Chinese soybean varieties:

"Seed Color: Black Belly, Chicken's Foot Yellow, Crow's Eye Yellow, Crow's Skin Green, Flesh Yellow, Musk Deer's Skin Yellow, Parrot Green, Raven's Eye Yellow, Tiger Skin.

"Seed Size: Great White, Large Black, Large Green, Large White Eyebrow, Small Golden.

"Seed Shape: Flat Black Golden Round, Large Round Black, Pearl Shape, Round Pearl, Small Round Green.

"Hilum (Seed scar): Flowery Eyebrow, Large White Eyebrow.

"Maturity: August Green, Autumn Azure, Burst Pods in Six Months, Eighth Month White, Filth Month Yellow, Melon Ripe, Midsummer Yellow.

"Pods: Five Month Broad Pod, Four Grain Green, Four Grain Yellow, Iron Pod Green, Three Bean Pod, White Podded Green.

"Leaf: Long Large Green Leaf.

"Pubescence: Hairy Green, Red Hair Green, Sixth Month White Hairy, Yellow Hair Green.

"Utilization: Black Curd, Follow Rice, Round Cattle Feed, Vegetable.

"Odd Names: Entwined Silk, Moon Tooth, Sparrow's Cackling, Unknown Water."

"Selected classification of Korean varieties:

"Seed Color: Barbarian Blue, Black Chestnut, Castor Bean Skin, Golden, Indigo, Lacquer Black, Red Striped, Rich Black, Widower (Black and White), Yellow Dragon's Eye.

"Seed Size: Big Green, Large Black, Small Blackeye, Small Blue.

"Flower: Early White Flower, Large White Flower, White Flower Pure Yellow.

"Hilum: Chotan White Eye, Green Eye, Purple Mouth, Rensen Brown Eye, Small Blackeye, White Eye.

"Maturity: Aid For New Land, Black Sprout, Black Vegetable, Edible, Millet Friend, Plant In Millet, Plant in Wheat, Plant Between Crops, Rainy Season, Roasting, Sprout.

"Habit: Climbing.

"Leaf: Bamboo Leaf.

"Birds: Crow's Early, Domestic Geese, Pigeon, Skylark,

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Swallow, Water Rail.

"Animals: Deer, Horse, Mouse, Red Rat, White Horse.

"Village: Anpen, Chotan, Tansen.

"Superior Varieties: Great Happiness, Plentiful, Prolific, Rich, Rich and Virtuous.

"Odd Names: Beheaded, Clasped Hands, Cow's Knee, Flying Fish, Flower Garden, Peaceful, South Sea, Spirit of the Wind, Turtle Nest, White Priest's Foot, Wild Boar's Hip."

"Selected classification of Japanese varieties:

"Seed Color: Black Autumn, Black Saddle, Brown Spotted, Green Fool, India Ink, Mink Skin, Pretty Flesh Color, Silver White, Yellow Jewel, Yellowish White Blackeye.

"Seed Size: Large Green, Large Jewel, Large White, Large White Ring, Small Blackeye, Small Bullet, Small White.

"Seed Shape: Gingko Seed Shape, White Ball, Water Caltrop Shape.

"Hilum (seed scar): Blackeye, Green Eye, No Eye, White Eye, White Mouse Eye.

"Pods: Black Eye Long Pod, Black Pod Gold, Four Seeded Yellow, Fox Pod, One Seed, Red Pod, Three Seeded Pod, Two Seeded Pod, Yellow Pod, White Pod.

"Pubescence: Early Smooth, Green Non Hairy, Half Smooth, Middle Season Smooth, Naked Devil, Non Hairy, Smooth White, Smooth Devil, White Hair.

"Stems: Fan Shape Stem, Red Stalk, Single Stalk, White Stem.

"Leaf: Five Leaf Saddle, Monbetsu Long Leaf.

"Habit of Growth: Akita Bunch, Bunching Maiden, Doesn't Touch The Earth, Dwarf, Very Bunched Pods.

"Maturity: August, Black Autumn, Early Gold, Middle Season, October, Very Early Abundant, Yellow Fall, Midseason Fox, Through Frost, White Autumn.

"Utilization: Devil Chaser [for roasted soybeans–irimame], Forage, Miso, Natto, Paddy Field Boundary, Produces in Shady Places, Soy Sauce, White Sprout.

Superior Varieties: Abundance, Abundant Pods, Brings Treasure, Early Increase, Excessive Yield, Fortune, Heavy Yield, One Hundred Percent Good, Small, Fortune, One Thousand Pod.

"Animals: Early Fox, Mink, Mouse, Small Donkey, Tiger.

"Birds: Crane's Friend, Dove, Dove Killer, Sparrow, Wild Duck, Wild Goose, Young Crane.

"Persons: Bingo's White, Chichanari, Hachiya.

"Prefectures (states): Aizu, Chiba, Echigo.

"Shrines: Goshanari, Miyashiro, Zankonji.

"Villages: Chizuka, Hachirihan, Iwakiri.

"Odd. Names: Covered with Frost, Bright Country, Elder Brother, Enter Priesthood, Heaven's Bird, Old Woman's Cane, Pretty Girl, Through the Water, Under The Snow, White Dog's Foot."

Photos show: (1) Bean curd [tofu] cakes being sold by vendors on streets in Peking, China. In the Orient special varieties of soybeans are used in the manufacture of bean curd and many other soy products. (2) Korean farmers' market day held weekly in the small villages. This offers a rich source of soybean varieties. (3) Japanese farm girls planting seed of the Azemame (Paddy Field Boundary Soybean) variety on the land bounding a rice paddy. The beans are used in making miso (salty soy paste), soy sauce, and other foods for human consumption.

Note: This is the earliest English-language document seen (Aug. 2011) that uses the term "salty soy paste" to refer to miso. Address: Retired Principal Agronomist, Div. of Forage Crops and Diseases, Bureau of Plant Industry, Soils, and Agricultural Engineering, Agricultural Research Administration, U.S. Dep. of Agriculture, USDA.

2128. Nicholls, Lucius. 1951. Tropical nutrition and dietetics. 3rd ed. London: Baillière, Tindall and Cox. ix + 476 p. Feb. Illust. 24 cm. [40+* ref]

• ***Summary:*** Table XI (p. 22), "Chemical and biological evaluation of proteins for growing rats," contains 6 columns: Foodstuff, digestibility, Biological Value, Net Utilisation [NPU], Protein efficiency ratio, chemical score, and limiting amino-acid. "There is agreement in all methods of the high value of milk, eggs, and other foods of animal origin, and among those of vegetable origin, the proteins of soya bean flour hold a high place." Values for soya bean curd [tofu] are also included. The next section is on supplementing proteins.

The long section titled "Pulses (legumes)" (p. 219-35) has this contents: Introduction. Dhals (Dals; peas which have been shelled, split and polished). Peanut. Bambara earth pea (*Voandzeia subterranea*). Soya bean: Importance in Asia, used in may forms: Nearly-ripe seeds [edamamé or green vegetable soybeans], dry seeds, soya bean emulsion ('Milk'–contains a detailed description of how soya milk [Vitasoy] is made in Hong Kong, including exact amounts of all ingredients for 800 oz and the nutritional composition (%)), soya bean curd (may be smoked or dried), fermented curds [fermented tofu], fermented beans (témpé), soya bean sauce, sprouted soya beans, soya bean flours, mixtures of soya beans and cereals, milk substitutes (for infant feeding in China). The genus Phaseolus may be divided into two types: Those of Asian origin and those of New World origin (Americas). Cow pea (*Vigna sinensis, V. unguiculata, V. sesquipedalis*). Egyptian kidney bean (Dolichos lablab). Horse gram. Chick pea. Cluster bean (*Cyamopsis psoralioides*). Four-angled bean or Goa bean (*Psophocarpus tetragonolobus*). Locust bean (*Ceratonia siliqua*). African locust bean (*Parkia biglobosa, P. filicoidea*). Sword bean (*Canavalia gladiata*). Jack bean (*Canavalia ensiformis*). Velvet bean (*Mucuna* spp.). Honey locust (*Prosopis juliflora*). Garden pea (*Pisum sativum*). Broad bean (*Vicia faba*–not a tropical plant). Yam bean (*Pachyrrhizus erosus*). West Indian locust (*Hymenæa courbaril*). Madras thorn

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(*Pithecellobium dulce*).

Phaseolus–Asian: *Phaseolus aureus:* green gram [mung bean]. *Phaseolus mungo:* black gram. *Phaseolus calcaratus:* rice bean. *Phaseolus actinifolius:* moth bean. *Phaseolus angularis:* adzuki bean. New World: *Phaseolus lunatus:* lima bean. *Phaseolus vulgaris:* kidney bean. *Phaseolus multiflorus:* scarlet runner. The subsection titled "Substitutes for milk" (p. 231-35) discusses soya milk. Goitrogenicity of [raw] soya beans (p. 376). Saponins in foodstuffs (incl. soya bean; p. 385). Table 62 (p. 404-05) gives the botanical name and composition of pulses, incl. soya bean, soya bean curd, soya bean milk, carob bean, Goa bean, tepary bean. Table 66 (p. 410-11) does the same for fresh legumes, incl. broad bean, French beans, pea, pea nuts, and sprouted soya. Table 67 does the same for nuts, oil seeds, and miscellaneous seeds, incl. almonds, coconut, coconut "water," coconut "milk," linseed, pumpkin seed, sesame (gingelly), sunflower seed, and sunflower seed (kernel).

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term "fermented curds" to refer to fermented tofu.

Note 2. The title C.M.G. (Companion of St. Michael and St. George) is an honor conferred upon those for distinguished service in the British colonies or commonwealth.

Also discusses: Marmite (autolysed yeast, p. 158, 302). Fluorine in teeth and fluorosis (p. 170, 38). The many species of millet and sorghum (p. 216-18). Coconut, coconut milk, palm oil, red palm oil benniseed of Nigeria, gingelly oil, sesame, sim-sim, til (p. 254-60). Yeast (dried; Torula utilis, Brewers' yeast, Bakers' yeast, Marmite) (p. 302-03).

Lucius Nicholls was born in 1884. Address: C.M.G., M.D., B.C., B.A. (Cantab.). Late Director of Bacteriological and Pasteur Institutes, and Director of Div. of Nutrition, Ceylon; Lecturer in Nutrition, Ceylon Univ.; Late Lecturer on Tropical Medicine, Ceylon Medical College; Nutrition Adviser to Commissioner General, South East Asia. Presently at Cookham Dean [just west of London, England].

2129. Porterfield, W.M., Jr. 1951. The principal Chinese vegetable foods and food plants of Chinatown markets. *Economic Botany* 5(1):3-37. Jan/March. See p. 5-9. [68 ref]
• ***Summary:*** The soybean "is referred to by Chinese as 'the poor man's meat and the poor man's milk.'" In New York City, soybeans are sold in Chinese shops in three main forms: seeds [whole dry soybeans], bean sprouts, and bean curd. Soy sauce and soybean oil are also available. Soy sauce "is a heavy dark fluid which is used as a condiment to supply saltiness that brings out flavor,..."

When soybean milk is heated, a skin [yuba] such as forms on milk rises to the surface. Other [Western] uses of soybeans include soybean flour, meal, lecithin, shortenings, and margarine.

Nitrogen fixation takes place in the nodules of the soybean plant, which makes it useful as a green manure. Crude soybean oil goes into the manufacture of soap (both soft and hard). Soybean meal can be used to make plastic and "protein fibers" which are called "soybean wool. "During the war about 1,000 pounds of soybean wool were produced each day, and all of it went into the winter uniforms of the armed forces."

Some 36 different varnishes with 100% of their oil content as soybean oil have been developed and given exposure tests. A rubber substitute named "norepol" has been developed and can replace rubber in "insulation, shoe heels, fruit-jar rings, gaskets, and tubing." Soybean protein has been used as a stabilizer in fire-fighting foam. Other industrial uses, which are too numerous to mention, include enamels, printing ink, linoleum, foundry cores, glycerin, notepaper, and billiard balls. In the United States, soybean crops and products create an annual income of $45 million.

Tables show: (1) Nutritional composition (on an "as-is" basis) of: "Bean cheese (Tou-fou; 13.5% protein). Soybean milk (3.13% protein). Bean oil (Tao-yu; 7.49% protein). Soy sauce (Tao-jung; 12.67%). (2) Nutritional composition of soybeans.

Half-page photos (each with a black background) show: (1) Bean sprouts ready for cooking. (2) A square of firm "Tou-fu, bean curd, a cheese made from soybeans." Address: 3334 Prospect Ave., N.W., Washington &, DC.

2130. Adolph, Wm. H. 1951. Nutrition under the Chinese communist government. *Scientific Monthly* 73(2):128-30. Aug. [3 ref]
• ***Summary:*** "The first action of the new regime when it came into power in 1949 was to lower the standard of living, not only in respect to food, but also in respect to clothing and manner of life. This was not a gradual development; it was immediate, brought about in part by decree, but carried into effect by an overwhelming wave of patriotic feeling that made it unbecoming for anyone to be found eating food better than that available to laborers and farmers... The dietary of the Chinese people has been the subject of considerable study. It is essentially vegetarian, with approximately 90% of the calorie intake in the form of cereals; in south China the cereal is rice, in north China, wheat, millet, maize, and kaoliang. The amount of meat or animal food is in general very small, and only about 5% of the protein intake is animal protein... The amount of milk and milk products consumed is practically nil... The average intake has been estimated at 2,200-2,400 calories per capita per day." Address: Dep. of Biochemistry, Peking Union Medical College; Then School of Medicine, Yale Univ., Connecticut.

2131. *New York Times.* 1951. News of food: Dried minnows among the exotic foods, mostly Japanese, sold at grocery here. Oct. 23. p. 32.

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• ***Summary:*** About Joe Oyama's Oriental Food Shop at 2791 Broadway (at 107th St.) in New York City. The many Japanese foods he sells include: (1) Pickles of "cucumber in bean paste" [miso]. (2) Burdock root, which is "sometimes fried in bean oil seasoned with red pepper and soy sauce." (3) "Gomoku-no-moto–a combination of [diced] carrots, bamboo shoots, lotus roots, fried bean curds [agé], and Japanese mushrooms."

During World War II he shipped parcels of such foods as rice, soy bean paste [miso], and pickled radishes [daikon] "to the Japanese-Americans, who comprised the famed 442d Regimental Combat Team."

2132. *Times of India* (*The*) (*Bombay*). 1951. High nutritive value of soya beans: Interesting facts revealed by research. Oct. 30. p. 2.

• ***Summary:*** The U.S. Department of Agriculture requested from India seeds of improved soya bean varieties; herein lies a tribute to research work conducted by the Indian Council of Agricultural Research [ICAR].

Note: This is the earliest document seen (Sept. 2010) that mentions the Indian Council of Agricultural Research. A search on Google Books (Advanced) for "Indian Council of Agricultural Research" and (soya or soyabean or soyabeans) from 1928 to 1955 gets 25 hits / results; the earliest is dated 1939. The main focus of research was on the soyabean as a fodder crop, although soyabean flour was also studied.

Investigations sponsored by ICAR and conducted on soya-bean cultivation in the Punjab have been highly successful. The purpose of these investigations was to introduce soya bean varieties from outside the area, acclimatise them to local conditions, and select the most suitable varieties, considering both their agricultural and dietetic properties.

ICAR collected about 90 soya bean varieties from places as distant as Manchuria and the United Kingdom. All these beans could be divided into two types by growth habit: (1) Erect and compact types; (2) creeping types. The erect and compact varieties generally proved superior; they ripened earlier. Yellow seeds had, in general, a higher protein content than black, chocolate, or green coloured seeds. Small seeded varieties tended to have hard seeds and to cook poorly.

Eventually, a yellow-seeded variety was selected from a variety that came from Nanking, China. It is high yielding, ripens early, and has good tasting seeds, which contain 43.2% protein and 19.5% oil. "Above all, this variety has proved to be the best for the production of soya bean milk, flour, biscuits, confections and other edible products." The best time of planting and rate of planting are discussed. The Punjab was found to be best suited for hilly tracts; it yielded more than 34 maunds (1 maund = about 82.28 pounds or 37.32 kg) per acre.

Wide variation in the nutritional composition was noticed in the 25 varieties of soya beans grown at Ludhiana–in the Indian state of Punjab.

The Punjab experiments have shown that up to 25% of soya bean flour can be mixed with wheat flour without any change in the appearance or flavour of the blended product–which is good for making confectionery. Milk made from the soya bean was found to have a peculiar flavor, but the curd [tofu] was found to be palatable.

Experiments conducted at the Indian Institute of Science, Bangalore, have shown that the nutritive value of soya beans can be conserved and even enhanced by proper processing and storage.

2133. **Product Name:** Tofu.
Manufacturer's Name: Higa (Mrs. H.A.) Tofu.
Manufacturer's Address: 964 Robello Lane, Honolulu, Oahu, Hawaii.
Date of Introduction: 1951.
New Product–Documentation: Honolulu City Directory. 1951. Mrs. H.A. Higa Tofu (Mrs. H.A. Higa, proprietor). 964 Robello Ln., Honolulu. Note that this used to be the location of Genji Oyama, tofu manufacturer. 1954 Directory. Higa Tofu-Ya (Takeshi Higa, proprietor). Address same.

2134. **Product Name:** Tofu.
Manufacturer's Name: Higa (Richard M.) Tofu. Later becomes the Better Food Tofu Factory.
Manufacturer's Address: 1337 N. King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1951.
New Product–Documentation: Honolulu City Directory. 1951. Richard M. Higa Tofu (Richard M. Higa, proprietor). 1337 N King, Honolulu. 1953 Directory. Richard M. Higa's residence given as 2117 Kamehameha IV Road.

2135. **Product Name:** Tofu, Aburage (Deep-Fried Tofu Pouches).
Manufacturer's Name: Kanai Nissei Shokai. Formerly Hiroyuki Kanai Tofu, and Teikichi Kanai Tofu. Renamed Kanai Tofu Factory by 1973.
Manufacturer's Address: 515 Ward Ave., Honolulu, Oahu HI 96814. Phone: 808-538-1305.
Date of Introduction: 1951.
How Stored: Refrigerated.

New Product–Documentation: Ad by Kanai Nissei Shokwai in Hui Manaolana. 1951. *Japanese Foods:* (*Tested*

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Recipes). Honolulu, Hawaii. See p. 62. "515 Ward Street. Phone: 55305. Manufacturers of: Calcium tofu, konnyaku, aburage, natto." Note: This same ad appears on the same page in the 1956 edition of this book.

Hawaii Directory of Manufacturers. 1953. (Revised 26 July 1955). p. 10. Tofu (Bean curd). Kanai Nissei Shokai. 515 Ward Ave. "Calcium." Same in 1960 Directory (revised 20 July 1961) and in 1966 Directory (revised 21 Jan. 1965). Honolulu City Directory. 1954. Kanai Tofu Factory, 515 Ward Ave., Honolulu. 1957 Directory. Name changed to Kanai Nissei Shokai (Alton & Mrs. Durine Takai, proprietors).

Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Kanai Nissei Shokai, 515 Ward Ave., Honolulu, HI 96814. Phone: 581305. Owners: Mr. and Mrs. Alton Noboyoshi Kanai. Tofu, aburage, konnyaku, natto, kinako. Employees: 11. Wholesale, retail, direct to customer. City Directories 1966 through 1967-68. Kanai Nissei Shokai, 515 Ward Ave. In 1968-69 Directory name changed to Kanai Tofu Factory at same address. Hawaii Directory of Manufacturers. 1969. p. 17. Kanai Nissei Shokai, 515 Ward Ave. Hawaii Directory of Manufacturers. 1973. p. 10. The company is first listed under the name Kanai Tofu Factory in this publication. They make "tofu, aburage, natto, konnyaku, ito-konnyaku and okara (soy bean meal)." Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Richard & Mark Kaneda. Interview with Kanai. 1983. They started in 1923. Note that this date is 11 years before the earliest reference to the Kanai family in the Honolulu directories.

2136. **Product Name:** Loma Linda Vege-Chee (Canned Tofu. Spelled Vegechee in 1960 and VegeChee by 1964) [Plain, or Pimiento].
Manufacturer's Name: Loma Linda Foods.
Manufacturer's Address: 11503 Pierce Place, Arlington, California.
Date of Introduction: 1951.
Wt/Vol., Packaging, Price: 16 oz can.
New Product–Documentation: 1938 Price List. "Vege Chee, plain or pimiento." Wholesale price list. 1951. "Vege-Chee." Soybean Blue Book. 1954. p. 106.

Seventh-day Adventist Dietetic Assoc. 1960. *Diet Manual.* 1st ed. p. 95. Vegechee contains 11.53% protein, 7.31% fat, and 3.31% carbohydrate.

Today's Food. 1964. Autumn. p. 5. "VegeChee."

Loma Linda Food Co. 1969. "Wholesale Price List." VegeChee is now sold in 16 oz cans, which retail for $0.52 each.

2137. **Product Name:** Twin Dragon brand Chinese Style Bean Cakes.
Manufacturer's Name: Main On Co.
Manufacturer's Address: 1111 So. Stanford Ave., Los Angeles, CA 90021.
Date of Introduction: 1951.
Ingredients: Water, soy beans, 1/10 of 1% calcium sulphate, 1/10 of 1% soy oil and food grade lime.
Wt/Vol., Packaging, Price: 16 oz packed in water.
How Stored: Refrigerated.
New Product–Documentation: Label. 1978, undated. 4 by 5 inches. Red and blue on clear plastic. Illustrations of two dragons. Interview with Shoan Yamauchi. 1988. Oct. 23. Main On started making tofu in Los Angeles in about 1950-51. They were a small competitor then, but are now a big competitor.

2138. **Product Name:** Tofu.
Manufacturer's Name: Norio Co. (Norio Miso Tofu Seizô-sho).
Manufacturer's Address: 1532-34 Polk St., San Francisco 9, California. Phone: WEst 1-8672.
Date of Introduction: 1951.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 9. Ad (½ page, vertical). Top 1/3 of the ad is in English. "Norio Company, 1532-34 Polk St., San Francisco 9, Calif. Tel. WEst 1-8672. Soy bean products." Below that is the large "Maruman" logo. In Japanese: Maker and wholesaler of Maruman brand miso and koji. Also sells soybeans and nigari. Directory entry, under "Food Products: Wholesalers" (p. 37), and under "Food Products" (p. 38). Norio Miso Tofu Seizô-sho (Norio Co.), 1534 Post St., WE 1-8672. Note that they now make tofu!

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 16. Under "Food Products; Grocers-Whsle." In Japanese: Norio Miso Tofu Seizô-sho. In English: Norio Co., 1532 Post St., San Francisco. Phone: WE 1-8672. Ad (¼ page), p. 21. Top 1/3 of ad is in English. Norio Company, 1532-34 Post St., San Francisco. Phone: WEst 1-8672. In Japanese: Maruman brand. Miso koji seizô [manufacturing]. Note: Do they make both tofu and koji?

Hokubei Mainichi Nenkan (Year Book). 1970. Page 11. Half-page vertical ad. Address has expanded to 1532-34 Post St., San Francisco 9, Calif. Phone: 931-8672. "Soy bean products" (in English). Their large logo is still Maruman, with the character *Man* (meaning ten thousand) inside a bold circle. The bottom half of the ad (in Japanese) states that they make and sell (wholesale) Maruman brand miso and koji. They also sell tofu and agé. Directory entry, p. 37 under "Food Products." *Norio miso tofu seizô-sho* [Norio, maker of miso and tofu].

2139. **Product Name:** Tofu.
Manufacturer's Name: Okumura (Raymond T.) Tofu.
Manufacturer's Address: 1082 Ala Moana, Honolulu, Oahu, Hawaii.
Date of Introduction: 1951.
New Product–Documentation: Honolulu City Directory.

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1951. Raymond T. Okumura Tofu (Raymond T. Okumura, proprietor). 1082 Ala Moana, Honolulu. Residence 739 Hausten (about 1952). 1954 Directory. Changed to Diamond Tofu Co. (Raymond T. Okumura, proprietor). 1020 Auahi, Building 5, Honolulu. Note that this is the same location as the Aloha Tofu Factory, but a different building. 1957 Directory. Changed to Diamond Tofu Factory. Address same.

2140. **Product Name:** Tofu.
Manufacturer's Name: Taira? / Hira? Tofu Seizo-sho (Tofu Factory).
Manufacturer's Address: 2630 San Pablo Ave., Berkeley, California.
Date of Introduction: 1951.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 109. Category: "Tofu Factory." Taira? / Hira? Tofu seizô-sho, Tofu Factory, 2630 San Pablo Ave., Berkeley. No phone.

2141. **Product Name:** Tofu.
Manufacturer's Name: Yee Chai Co.
Manufacturer's Address: 1203 Liliha, Honolulu, Oahu, Hawaii.
Date of Introduction: 1951.
New Product–Documentation: Honolulu City Directory. 1951. Yee Chai Co. 1203 Liliha, Honolulu. 1953 Directory. Lung Chew Yee Yet Sing Lee Wah Ling Lum Joseph Tom Sha Cho Lum, proprietor. Address listed as 1911 Kalani, Honolulu. Not listed 1958-59.

2142. Burnett, R.S. 1951. Soybean protein food products. In: K.S. Markley, ed. 1951. Soybeans and Soybean Products. Vol. II. New York: Interscience Publishers or John Wiley & Sons. xvi + 1145 p. See p. 949-1002. [125 ref]
• ***Summary:*** Contents: 1. Soybean flour, grits, and flakes: Introduction, early history, types of soybean flour–standard definitions, amount of soybean flour and related products produced, methods of manufacture, soybean flour in bread, soybean flour in other baked goods, soybean flour in the meat industry, soybean flakes in breakfast foods, soybean flakes and derived peptones as brewing adjuncts, miscellaneous uses of soybean flour. 2. Isolated and modified soybean proteins: Aerating agents for confections and related products, neutral spray-dried soybean protein [isolates], soybean protein in [whipped] toppings, soybean protein and flour in confections, soybean protein and flour in ice cream, soy sauce, monosodium glutamate from soybeans, soybean vegetable milk, tofu, miso, yuba, and other Oriental soybean foods (incl. natto and Hamanatto).

The soy flour industry in the U.S. has grown steadily in recent years. Deliveries of soy flour "from the years 1930 to 1940 averaged about 25 million pounds annually. The deliveries have increased considerably since 1940 partly as a result of an increase in domestic use and partly as a result of deliveries of soybean flour to various government agencies, largely for export. In 1941, Federal purchases amounted to about 10 million pounds of soybean flour. In 1943, the amount increased to 170 million pounds when large shipments were made to Great Britain and the U.S.S.R. under lend-lease. Purchases of soybean flour by the Federal government decreased for several years, but increased in 1946 to an estimated 200 million pounds under the UNRRA [United Nations Relief and Rehabilitation Administration] program. Total soybean flour deliveries for 1946 were approximately 380 million pounds. In the domestic market the bakery industry was the largest consumer. About 40% of the domestic sales of soybean flour were for bakery use. Since the Bureau of Animal Industry has legalized the use of soybean flour as a binder in meat products, about 20% of domestic sales are to the sausage industry. The balance is used in prepared dough mixes, macaroni, candy, and in institutional feeding.

"In 1947, domestic sales of soybean flour were over 60 million pounds. This amount, plus government purchases and exports, amounted to about 415 million pounds. Two-thirds or more of the present domestic consumption of soybean flour is by the bakery, meat processing, and pet foods industries."

Table 155 (p. 953) shows Bushels of soybeans used for U.S. soy flour production (1942-1947). In 1942-43, the amount of full-fat soy flour produced in the USA was roughly 40% of the amount of defatted. In 1944-45 it was about 49%, but thereafter the percentage dropped rapidly to only 5% in 1946-47.

Note: These statistics relate to Soya Corporation of America, Dr. Armand Burke, and Dr. A.A. Horvath.

Concerning soybean flakes and derived peptones as brewing adjuncts (p. 974-77): "Soybean flakes and grits have been employed by the brewing industry to improve the body and flavor of beer, to increase foam stability, and to stimulate yeast growth.

"Improvement in foam stability and flavor can also be attained by adding directly to the finished beer a hydrolyzed soybean protein which has been broken down to the peptone and proteose stage...

"The early history of the use of soybean products as whipping agents is of interest since this work stimulated the development of processes which eventually led to the production of the present soy albumens. In 1939, Watts and Ulrich pointed out that an active whipping substance could be prepared from solvent-extracted soybean flour in which the protein had not been heat denatured, by leaching it at the isoelectric point of the protein. This extract was found to whip more readily and to a much greater volume than suspensions of the original flour... The active principle in the whipping substance prepared by Watts and Ulrich was probably the nonprotein nitrogenous material present in the soybean flour which is soluble at the isoelectric point of the

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protein."

Tables show: (155) Soybeans used in the production of low-fat and full-fat flour and grits (1942-1947, 1,000 bushels). (156) Peroxide value of fat extracted from pastries stored at -17.8ºC. (0ºF.), containing different percentages of soybean flour for periods of 0-6 months. (157) Analysis of uncooked liverwurst emulsion and of processed (water-cooked) sausage containing added soybean flour and water. (158) Losses in cooking liverwurst containing added soybean flour and water. (159). Analysis of frankfurter emulsion and of smoked sausage made with 3.5% of various binders. (160) Losses in smoking frankfurters made with 3.5% of various binders and after consumer cooking. (161) Effect of the addition of soybean peptone on volume and life of foam on beer. (162) Composition and pH of soybean albumens. (163) Composition of ice creams containing soybean flour. (164) Comparison of soybean milk with cow milk. One sample of cow's milk is compared with 4 samples of soybean milk (probably Oriental) and 3 samples of modern U.S. soybean milk reconstituted (Soyalac for infants, all purpose Soyalac, Soyagen canned from Loma Linda Food Co., California).

Figures show: (199-201, p. 981) Comparison of whipping ability of egg albumen and soybean albumen in different proportions and combinations. (202) Flow sheet for the acid hydrolysis process used in making HVP soy sauce. Address: Protein By-Products Research, Research and Technical Div., Wilson & Co., Inc., Chicago, Illinois.

2143. Ciancio, Pedro N. 1951. La soja y el problema alimentario del Paraguay [The soybean and Paraguay's nutritional problem]. Asunción, Paraguay: Edit. "El Grafico." 505 p. No index. 25 cm. Contains a 17-page English-language summary. Ciencia de la Nutrition (Metabolismo). [50 ref. Spa; eng]

• ***Summary:*** On cover: *Ciencia de la nutrición* (*metabolismo*). Contents (from English-language summary, p. 477-94): 1. Report on the soybean, presented at the First Interamerican Congress of Medicine (*Primer Congreso Interamericano de Medicina*), sponsored by the National Academy of Rio de Janeiro [Brazil], September 7-16, 1948 (the soybean was the 6th subject on the program; the report by Dr. Pedro Ciancio, which emphasized the nutritional benefits of soya as a protective and basic food, was unanimously approved by the scientific assembly). 2. The "Paraguayan Soybean," a new variety (developed after 20 years of cultivation in Paraguayan soil). 3. The nutritional value of soy in the light of modern science. 4. Deficiencies in the dietetic regimen in Paraguay and how to correct them; particular importance of the soy bean to correct these deficiencies. 5. Peculiarities of the biochemical structure of the soybean and the medical applications deriving therefrom. 6. Soy cultivation ("Paraguayan soil is excellent for the cultivation of soy... The average output ranges from 1,500 to 2,000 kilos per hectare but in some regions of Caazapá (Rosario, Charará, Buena Vista, etc.)... I obtained the enormous output of 4,000 kilos per hectare, and this without any inoculation whatever!"). 7. The place of soy in the diet. 8. World production of soy. 9. Conclusion. More about soy milk (p. 493).

The author emphasizes the many nutritional benefits of using soy flour (he used the term "whole soy flour," p. 493), toasted soy meal, and soy milk in the Paraguayan diet. He believes that soya can be used to improve the diet without increasing its cost. In 1950 the author conducted experiments, in collaboration with the distinguished biochemist Prof. Dr. Ramón Codas of the Faculty of Chemistry and Pharmacy (Asunción), feeding soy milk to undernourished families living in the Department of Caazapá. When 1 liter/day of soymilk was added to the usual diet for 2 months, "most of the groups had increased their weights, and better coloring and greater activity could be noted in all the members of the groups under observation. He recommended using the resulting okara in soups or tortillas.

Chapter 8, "World production of soy," states (p. 490): "Cultivation of soy began in 1921, the year in which I introduced the plant to our country. Although its cultivation is only slowly increasing, at the present time there are already many villages where soy is cultivated, though on a small scale."

In 1950 a group of renowned scientists (Bergmann, Weizmann, and Willstater) at Weizmann's Institute of Science at Rehovoth, Israel, confirmed the importance of soy in banishing world hunger. They developed a soy powder and Bergmann wrote a report about it.

Note 1. This document contains the earliest date seen for soybeans in Paraguay, or the cultivation of soybeans in Paraguay (1921). In 1989 E.R. Alvarez-Britos wrote: "In 1921, Dr. Pedro N. Ciancio, considered the apostle of soybean cultivation in Paraguay, introduced the varieties Hollybrook, Manouth [Mammoth?], Pekin [Peking], and Shanghai, from Argentina, the USA, and Japan."

Note 2. Much of this book was written between 1940 and 1942. Address: Prof., Dr., Asunción, Paraguay.

2144. Hui Manaolana Foundation (formerly Niji-no-Kai). 1951. Japanese foods (Tested recipes). Honolulu, Oahu, Hawaii: International Institute, Y.W.C.A. 122 p. Illust. (some colored). Index. 24 cm.

• ***Summary:*** The Hui Manaolana was formerly named Niji-no-Kai and is affiliated with the International Institute of the Y.W.C.A. The book was inspired by Mrs. Isaac M. Cox (Catherine E.B. Cox), an educator and volunteer advisor to the Y.M.C.A. Almost all the recipes in this book have been submitted by members of the group, and that woman's name appears next to the recipe title. Shoyu is called for in many recipes.

Following a preface and an introduction, the recipes are organized by type. The many interesting ads related to

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soyfoods, scattered throughout the book, are cited elsewhere. Helpful hints (p. 12): "To prevent tofu from crumbling, soak in salted water for a while before using." On p. 15 are 4 menus each for breakfast, lunch or supper, and dinner. Soups: Chiri (Fish & tofu soup). Kenchin (Vegetable soup with tofu). Basic miso soup. Satsuma jiru (Miso soup with chicken & vegetables). Oio fish dumplings in miso soup. Miso soup with long rice. Rice: Azuki meshi (Rice with red beans). Sekihan (Steamed azuki rice). Inari zushi (Sushi rice in aburage).

Fish and seafoods: Ebi no teriyaki (Barbecued shrimp. The sauce consists of: 3/4 cup shoyu, 1 teaspoon gourmet powder [Ajinomoto], ½ cup sugar, 1 teaspoon grated ginger, 1 clove garlic [crushed]. Mix well). Katsuo no miso yaki (Tuna broiled with miso sauce). Katsuo teriyaki (Broiled fresh tuna). Meat and chicken: Sukiyaki (with tofu). Pork and tofu. Tofu: Gan modoki [Ganmodoki]. Ankake tofu (Boiled tofu with thick sauce). Tofu with crab meat egg roll. Tofu tempura. Okara (Bean curd residue dish). Iri dofu. Okara nira (with aburage). Yudofu with goma [sesame] miso sauce. Fried tofu cooked in miso. Koya dofu (Frozen soybean curd cooked in shoyu).

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "Koya dofu" (regardless of capitalization) to refer to dried-frozen tofu.

Note 2. This is the earliest English-language document seen (April 2013) that contains the term "Gan modoki" (regardless of hyphenation); it refers to deep-fried tofu burgers.

Vegetables: Kiriboshi and aburage. Nikomi oden with yakidofu. Cabbage with mustard & miso sauce. Shira ae–Watercress (With tofu dressing). Shira ae (Vegetable with tofu sauce). Daikon sumiso ae (Turnips in miso). Nikomi oden (Vegetables with miso). Nishime (with tofu). Nasu no shigiyaki (Fried eggplant with miso sauce). Negi–nuta (Green onions with miso sauce). Green pepper–miso yaki. Kuromame (black soybeans). Noodles: Kitsune udon (With aburage). Relishes: Konbu no tsukudani (Seasoned seaweed). Tekka miso (Fried miso with gobo). Kaibashira no tsukudani (Scallops cooked in shoyu). Shoyu turnips. Desserts: Ohagi (rice cake with bean paste and kinako). Many with kanten, azuki beans, and azuki koshi an (Sweetened bean paste).

Glossary (p. 97-98) includes: Aburage (fried bean curd). An (red bean paste). Azuki (red beans). Edamame (soybeans). Fu (gluten cake). Gourmet powder (mono-sodium glutamate). Kanten (gelatin made from agar-agar). Karashimiso (mustard miso). Kinako (yellow soy bean powder). Kirazu (bean curd residue). Konbu (seaweed). Kuromame (black soy beans). Miso (fermented rice and soy beans). Nori (sea weed). Okara (bean curd residue). Shira-ae (vegetables with mashed tofu). Shoyu (soy sauce). Sumiso (vinegar and miso sauce). Sushi. Tare (thick shoyu sauce). Tempura (fritters). Teriyaki (barbecue). Tofu (bean curd). Ume (pickled plum). Wakame (sea weed). Yakitofu [yakidofu, broiled or grilled tofu].

Note 3. This is the earliest English-language document seen (April 2013) that uses the term "Yakitofu" to refer to grilled tofu.

Note 4. This is the earliest English-language document seen (Aug. 2011) that contains the term "bean curd residue" or that uses that term to refer to okara.

Note 5. This is the earliest English-language document seen (Nov. 2012) that uses the term "yellow soy bean powder" to refer to kinako [roasted whole soy flour]. Address: International Institute Y.W.C.A., Honolulu, Hawaii.

2145. Law, James Thomas. 1951. Law's grocer's manual. 4th ed. Edited and revised by W.G. Copsey. London: William Clowes and Sons, Ltd. xv + 814 p. See p. 467, 510. Illust. 22 cm. With a foreword by W.R. Austen Hudson, M.P., F.G.I.
• ***Summary:*** Page 467, under the heading "Soy bean," discusses soy sauce, tofu, natto, miso, and soy milk. Page 510 gives more details on tofu and describes (quaintly and inaccurately) how to make this "fresh bean cheese." "The beans are soaked in water for 3 or 4 hours, cooked, and reduced to a paste. The milky fluid is strained through a coarse cloth to remove stalk and fibre [okara], and when cooled is precipitated by the addition of crude salt. The precipitate, which is rich in protein and fat, is then kneaded and pressed into cakes called fresh Tofu. They are then dipped into a solution of curcuma." Address: W.G. Copsey is Secretary of the Inst. of Certified Grocers; Hudson is President of the National Assoc. of Multiple Grocers.

2146. Pappas, B.B. 1951. A high protein food–the soybean. *Healthful Living* (*New York City*) 7:33-34.
• ***Summary:*** "The United States Department of Agriculture recognized its value and set up a separate Soy Bean Research Laboratory to find new dietary and industrial uses for this wonderful bean. It has now been proven that the protein of the soy bean can very well replace the protein of meat, eggs and dairy products, and many manufacturers have taken advantage of this knowledge to produce a fine group of soy bean foods. Today we have such foods as soy bean cookies, roasted soy beans (crunchy and delicious), soy bean milk powder, malt and soy drinks, soy flour, soy spaghetti, macaroni and noodles, soy bean bread, soya salad oil, soy sandwich spread, soy bean meat in cans, etc., etc. The number and variety of items now being made from the soy bean is extraordinary. The American people have come to a full realization of the value of this miraculous bean and are making it an integral part of their daily food.

"Soy bean cheese: The soy bean is used by the Chinese not only in place of milk but it is also made into cheese. Tofu, or soy bean cheese, is extensively used in China and has the advantage over cheese prepared from cow's milk in that it is not putrescent. This bean also serves as a substitute for eggs–containing as it does, protein and fat (including

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lecithin) equivalent to that supplied by the white and yolk of the egg. Kellogg says that Tofu omelette is more palatable and wholesome than an ordinary egg omelette.

"Most proteins are what is known as 'incomplete proteins' and therefore not capable of supporting life alone. The tests made by the United States Department of Agriculture show that soy bean protein appears to be as valuable as the casein in milk. Osborne and Mendel, two of the most famous investigators and research workers in nutrition in the world, show that the soy bean furnishes a 'complete protein' of high nutritive worth which may be used as a substitute for animal protein. This protein is highly digestible and has twice as much as meat, for example. The soy bean likewise has a high fat content but practically no starch.

"It resembles a nut more than a bean, and is superior to nuts as a protein because of its alkalinity. Most nuts are acid-forming.

"We have spoken of soy bean milk. This does not necessarily mean liquid milk, for a perfectly fine soy bean milk is made by mixing dry soy bean milk powder with water to get an excellent tasting beverage. This is superior to cow's milk because of its much greater capacity to counteract intestinal putrefaction. Soy bean milk is not only free from putrefactive bacteria but furthers the development of Bacillus Acidophilus which counteracts the putrefactive type of bacteria. It is certain that it will keep the intestinal tract of a child in a purer state than cow's milk.

"Please don't get the impression from this that soy bean powder is strictly an infant food. Far from it. That is only one of its many uses.

"Three thousand years before the Christian era millions of Chinese were living–and thriving–on a vegetarian diet that was based on the soy bean as its principal food. This miraculous oriental bean was used in place of meat, fowl, eggs, butter, cheese, fish and milk. Often in their long experience the Chinese were saved from starvation and extinction by the soy bean.

"Protein substitute: In the Orient the soy bean still replaces both the cow and the chicken, being used as a substitute for such proteins as milk, butter, cheese and eggs. As a matter of fact, a milk made from the soy bean is used for infant feeding because of its easy digestibility and its lack of putrefactive agencies. As the famous Rout said: 'The properties of soy bean milk and curd are similar to those of milk obtained from cows, and the action of the rennet, etc., is the same. Lactic ferments also act upon it in the same way, also the ferments of certain European cheeses. Throughout China, vegetable milk is extensively used for infant feeding, and is, bottled and delivered each day to regular customers. Investigators in America and Europe indicate that vegetable (soy bean) milk can be successfully used to replace cow's milk.

"A vitamin food: The soy bean is also high in alkalinity. The lima bean was considered a high alkaline food, or bean, but Becker has proved that the soy bean stands higher than all vegetables in this respect. The soy bean is also rich in Vitamin D, which is one of its many striking characteristics. Outside of egg yolk and cod liver oil very few foods have any of this valuable vitamin."

2147. Ray, Georges. 1951. Technologie laitière. 2e éd. [Dairy technology. 2nd ed.]. Paris: Ed. Dunod. vii + 743 p. See p. 703-09. Illust. Index. 25 cm. [Fre]

• ***Summary:*** The chapter on "Milk substitutes" (p. 696+) contains a subchapter titled "Soymilk (*Lait de soya*)" (p. 703-09), which has the following contents: Introduction. General rules to follow in the preparation of soymilk. The North Vietnamese (*Tonkinoise*) method. Method of preparation used in dairies in the Far East: Castagnol process. Modern methods for the preparation of soymilk. Composition of soymilk. Properties of soymilk. Fermented soymilk (using *Bacillus acidophilus*, British patent No. 441,574, 22 Jan. 1936). Concentrating / condensing and drying soymilk (including yuba). Soymilk curds (*Caillebotte de soya*). The future of soymilk.

Contains two full-page ads by Alfa-Laval for dairy milk equipment.

Vegetable milks have certain advantages over animal milks. They are easily made in a state of microbial purity, free of tuberculosis bacteria. Their casein precipitates more rapidly than that of cow's milk and does not coagulate in the same manner in the stomach. And it can be sold at a lower price. Later: It contains no cholesterol, and makes better use of world food supplies. Disadvantages: It has a lower calcium content and many Westerners prefer the flavor of animal milks.

Here is a quick review of the processes for making soymilk, described at length in a monograph (written under the direction of G. Ray) by D. Kaltenbach and J. Legros [1936]. Precise information about the soya industry is assembled is a more recent work by A. Matagrin. Soymilk pioneer in France were [Li Yu-ying], L. Rouest, and H. de Guerpel (p. 703).

The Castagnol process was developed by Ray at the agronomic research Institute in Indochina (p. 704).

Starting in 1910, a Franco-Chinese society was founded for the study of the utilization of artificial milk from the soybean. The experiments were abandoned in 1912. In 1916 Prof. O. Laxa of Prague recommended for making soymilk on a small scale. Note: It is not important (p. 705).

In London, before World War I, a synthetic milk syndicate launched a type of [soy] milk adapted to European tastes. It applied the process of F. Goessel [of Germany]; 100 liters of soymilk were obtained from 10 kg of ground soybeans, 5 gm of sodium phosphate, 2.4 kg of lactose [milk sugar], 2 kg of sesame oil, 6 gm of salt, and 60 gm of sodium bicarbonate [also known as baking soda or bicarbonate of

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soda]. Melhuish, an Englishman, patented a process for enriching the [soy] milk with various oils that did not change its taste. Some years after World War I, Bertrand received a patent for the manufacture of deodorized soymilk. Among the American processes are those of Horvath and Kloss (p. 705).

In Germany, the Soyama factory in Frankfort makes a fresh soymilk very similar to cow's milk but with a different flavor. A table shows the nutritional composition of three different types of milk. After standing, the cream of Soyama soymilk separated. This soymilk has a more neutral and softer flavor than that of cow's milk. Bread made with this soymilk is excellent. In 1932 the French engineer Max Adler patented a process for soymilk without the characteristic flavor and odor (p. 706).

In China during World War II, soymilk was used extensively in refugee camps and saved many lives, especially those of children (p. 708).

The Annamites are fond of soymilk during the hot season. Each morning soymilk merchants can be seen circulating through the streets of the native villages of Hanoi. The product is consumed sweetened or unsweetened, cooked with rice, or added to various soups (p. 708).

Fermented soymilk: John H. Kellogg received a British patent for acidophilus soymilk. No. 41,574. 22 Jan. 1936. Yuba is the concentrated film of dried soymilk lipo-proteins (p. 708).

In France, Rene Jarre is specializing in the preparation of soyfoods (*produits alimentaires à base de soja*). In Monahan and Pope (1915) added to soymilk powdered malt, cacao and chocolate–U.S. patent 1,165,199 of 21 Dec. 1915 (p. 709).

The future of soymilk: The main challenge now is to find a way to deodorize soymilk. Note: And to remove the flatulence factors (p. 709). Address: Honorary Prof. (Tunis, Rennes, Grignon), former Head of Technical Services, International Institute of Agriculture, Rome (Ex-Chef du Service Tecnique, a l'Institut d'Agriculture de Rome).

2148. Rombauer, Irma S.; Becker, Marion Rombauer. 1951. The joy of cooking. Indianapolis and New York: Bobbs-Merrill Co. 1011 p. Illust. by Ginnie Hofmann. Index. 22 cm.
• ***Summary:*** This is the earliest known Rombauer-Becker edition of this famous cookbook. Marion Rombauer Becker is the daughter of Irma von Starkloff Rombauer. A large percentage of the recipes contain meat, fish, or poultry. Soy-related recipes and descriptions include: Soybean cheese (p. 192, made from soybean milk curded without a coagulant like cottage cheese. Season with salt, cinnamon or chives, and caraway). Suggestions for the use of soybeans (similar to the 1943 edition) with the following recipes for cooked soybeans: Soybean loaf. Soybean dinner in one dish. Soybean soufflé. Soybean salad. Then some ideas for "Peanuts as a meat substitute." Soybeans (p. 269; "Young vegetable type, not field varieties of beans, must be used. The pods should still be green"). Roasted soybeans. Cooked dry soybeans (p. 269). Sweet and sour milk substitutions and equivalents (p. 502-03; "If you use Soya Milk, page 817, substitute 1 cupful for 1 cupful of milk"). Soya bean milk (p. 817).

There is a nice, early chapter titled "The Electric Blender" (p. 895-98), which begins: "Throw away your tamis cloth and hair sieve, if you still have these relics of a by-gone age, and replace them with a piece of equipment that makes them obsolete, the electric blender." Includes 4 paragraphs about blenders. This chapter includes recipes for cocktails, cream soups, eggnog, beverages (incl. cold fruit sherbets and a "Blender health drink"), puréed vegetables, custard, and ice creams. For the sherbets: "A fairly creamy result comes from a fresh peach, a banana or canned pineapple juice. A velvety concoction is: 1 small banana, 1 cup milk. Add vanilla or rum, no sugar needed. You may add to this 1 tablespoonful chocolate sirup [syrup] or 4 tablespoonfuls vanilla ice cream. Also try stewed or canned apricots with milk, apricot, pineapple and lemon juice with cracked ice cubes, frozen strawberries with sour or sweet cream."

The chapter titled "Nutrition and calorie chart" states (p. 931): "Proteins are known to contain amino acids. These complex acids are still being studied by chemists, but it is known that some of them are essential to growth and life. All of these acids are not found in complete form in all protein foods. They are most fully represented in meat, fish, eggs, milk and cheese. They are present but less well represented in nuts, legumes and cereals. Since the vegetable groups are incomplete in themselves, it is wise to draw half to two thirds of the daily protein intake from the animal sources given above."

Note 1. In the *Betty Crocker Picture Cook Book* (1950, General Mills), no mention is made of the electric blender. A hand-turned rotary beater is used to make a milk shake.

Note 2. In *Joy*, there is no index entry for milk shake or organic (as "organic gardening"), or vegetarian. Address: 1. St. Louis, Missouri; 2. Cincinnati, Ohio.

2149. Tawada, Shinjun. 1951. Okinawa yakuyo shokubutsu yakukôzan [Medicinal uses of Okinawa pharmaceutical plants. 2nd ed.]. Naha, Okinawa: Kyûyôdô. 178 p. See p. 90. Illust. 1st ed. 1931. [Jap]
• ***Summary:*** Page 90 discusses: "Daizu (mame, miso mame). *Glycine max* Merrill. Toofu maami, ufuchijaa ufuchizaa." This book is handwritten in Japanese, with the names of the plants given in Latin. It discusses the uses of many species, which are systematically arranged. Mimeographed in Okinawa. Address: Japan.

2150. White, Julius Gilbert. 1951. Abundant health: Expounding the Learn-how-to-be-well system of daily

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living. 5th printing. Pine Mountain Valley, Georgia: Health and Character Education Institute. xix + 477 p. Illust. 24 cm. See p. 367-82. [25 ref]
• ***Summary:*** About vegetarianism, diet, and hygiene. Note that the author was formerly (for 11 years) head of the Lecture Bureau at Madison College, a Seventh-day Adventist college and sanitarium. A portrait photo (p. vi) shows Julius G. White.

One chapter titled "The soybean: The wonder food of the world" (p. 367-82) discusses (with some recipes) the nutritional value of soybeans, Soybean milk and the pulp left after making it, soy flour, whole soybeans, vegetable meat (meat substitutes), soybean cheese [tofu], home-made soy butter (made from 4 tablespoons each soy flour and water, 1 cup of oil, a little salt and butter color if desired), soy mayonnaise, soy acidophilus milk, soy sprouts, soy sauce, soy coffee, and soy protein substitute for egg-white.

2151. Cosmopolitan Trading Co. (Kosumoporitan Boeki Shokai). 1952. [Imports & exports (Ad)]. In: Nichi Bei Times. 1952. *Nichi-Bei Jiji Jushoroku* [*Japanese American Times Directory*]. [Eng; jap]
• ***Summary:*** Ad (¼ page), p. 20. Top 1/3 of ad is in English. The company makes and sells Ikari (Anchor) brand tofu. Founded in 1914. Owners: Hirofumi Taniguchi. Hironobu Taniguchi. Cable address: Cosmo. Address: 1750 Sutter St., San Francisco, California. Phone: JOrdan 7-0249.

2152. Nichi-Bei Jiji Shinbunsha / Nichi Bei Times. 1952/25. Nichibei jiji jûshoroku [Japanese American Times directory]. San Francisco, California: Nichi-Bei Shinbunsha. 500+ p. Publishd: Feb. 25. Index. 22 cm. [Eng; Jap]
• ***Summary:*** An index at front of book is alphabetical by states, and within each state, alphabetical by city name. Telephone prefix abbreviations are spelled out on the first page of each city, e.g., YU = Yukon. Includes ads for Yamato Sukiyaki, 717 California St., high class restaurant (p. 17) and Soko Hardware 1698 Post St., San Francisco. They also import (p. 18). Address: 1375 Eddy St., San Francisco, California.

2153. **Product Name:** Tofu.
Manufacturer's Name: Shiyatoru Tofu Seizo-sho (Seattle Tofu Co.).
Manufacturer's Address: 1225 Jackson St., Seattle, Washington. Phone: MI. 1637.
Date of Introduction: 1952. February.
How Stored: Refrigerated.
New Product–Documentation: Hokubei Mainichi Year Book. 1951, p. 608. Category: "Food Products." Sha-shi Tofu Seizo-sho, Seattle Tofu Store, 1225 Jackson St., Seattle. Phone: 1637.

Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 426. In Japanese: Shiyatoru Tofu Seizô-sho. In English: Seattle Tofu Co., 1225 Jackson St., Seattle, Washington. Phone: MI. 1637.

2154. **Product Name:** Tofu, and Aburaage.
Manufacturer's Name: Su-shi Tofu Seizo-sho (Stockton Tofu Factory).
Manufacturer's Address: 109 S. Commerce St., Stockton, CA 95202. Phone: 4-4371.
Date of Introduction: 1952. February.
New Product–Documentation: Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 228. Under "Tofu Mfg. Factory." In Japanese: Su-shi Tofu Seizô-sho. Note: "Su-shi" is the Japanese name for Stockton. In English: Stockton Tofu Factory, 109 S. Commerce St., Stockton, California. Phone: 4-4371. Ad (1/3 page). The top 1/3 of this ad is in English. Victory Market. This market has two main parts at different addresses: Stockton Tofu Factory (at address and phone shown above. Mr. Oose Hironori? Ienori? {Ted}. Makes and sells tofu, aburaage, konnyaku), and Groceries, vegetables, fish bait, meat, whole-sale & retail (at 101-103-105 W. Market St., Stockton).

Hokubei Mainichi Nenkan (Year Book). 1970. Page 533. Directory entry. In Japanese: Ooseto Tofu-ten. In English: Stockton Tofu Factory, 109 S. Commerce St. Phone: 464-1982.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

2155. **Product Name:** Tofu.
Manufacturer's Name: Tokubo Tofu Seizo-sho (Tokubo Tofu Co.).
Manufacturer's Address: 505 7th St., Fowler, California. Phone: 2186.
Date of Introduction: 1952. February.
How Stored: Refrigerated.
New Product–Documentation: Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 268. Under "Fowler, Calif." In Japanese: Tokubo Tofu Seizô-sho. In English: Tokubo Tofu Co., 505 7th St., Fowler, California. Phone: 2186.

2156. Morse, W.J.; Cartter, J.L. 1952. Soybeans for feed, food, and industrial products. *Farmers' Bulletin* (*USDA*) No. 2038. 41 p. Feb. Supersedes Farmers' Bulletin No. 1617 (Morse 1930, 1932).
• ***Summary:*** Contents: Importance of the soybean and its byproducts. Direct use of soybeans on the farm: Soybean hay (for dairy cattle, beef cattle, horses and mules, sheep, swine, poultry), soybeans for pasturage (hogging down soybeans, sheep, beef and dairy cattle, poultry on soybean pasturage), soybean for soilage, for silage, for soil improvement, for livestock feed (feed for swine, dairy cattle, beef cattle, horses, sheep, poultry, wild game {quail, pigeons}), soybean straw (feeding value, fertilizing value).

Soybeans processed for meal and oil: Processing

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methods, meal for livestock (for dairy cattle, beef cattle, poultry, swine, sheep, dogs {in dog-food industry}, rabbits, fur-bearing animals, quail and pheasants), meal as fertilizer, for industrial purposes, in food products, use of oil (in food products, industrial uses such as paints and varnishes). Soybeans and products for human consumption: Vegetable soybeans, dry soybeans ("Other uses of the dry soybean {principally of oriental origin} are in the preparation of soybean milk, soybean curd, soybean sprouts, beverages, salted, roasted soybeans), soy flour, grits, and flakes, Oriental soybean foods, soy milk, soy curd, soy sauce, soy sprouts, soy beverages. Miscellaneous uses of the soybean: Honey production (the soybean as a honey plant, soy flour for honey bees), soy flour and grits in dog food, soy flakes in brewing beer, soy flour for insecticides.

Under "Soybean utilization," page 3 notes: (1) The roots and coarse stems are used as fuel in China, Manchuria, and Korea. (2) In many parts of China the plants, when 3 to 4 inches high, are used as greens. (3) In Manchuria and Korea, the leaves are cured and smoked as tobacco.

Under "Soy milk," page 38 states: "The ground soybean pulp or mash [okara] left after separating the liquid from the solid material is still of good nutritive quality, but it has very little flavor. It can be dried and made into flour for human food, combined with foods of more pronounced taste, or used for animal feed."

Under "Soy curd" [tofu], page 38 states: "Chinese and Japanese markets and restaurants in many cities in the United States sell fresh soy curd. Several firms in the United States can soy curd."

Under "Soy sprouts," page 40 states: "Soybeans and several other species of beans, especially the mung bean, are sprouted and used as a green vegetable in the Far East. Soy sprouts (fig. 18, D) can be produced successfully in the home, and a year-round fresh vegetable that may be used raw or cooked can be obtained by sprouting soybeans in a flower pot, a glass fruit jar, or a strainer.

"In producing sprouts, select a stock of clean, bright beans of the latest crop. Any of the field varieties may be used, but the yellow-seeded varieties have less conspicuous skins, though black-seeded varieties, such as the Cayuga, Peking, Wilson, and Otootan, seem to germinate more quickly and uniformly. Carefully hand-pick the seed, discarding everything except the clean, whole beans. Wash the beans thoroughly, cover with lukewarm water, and allow them to soak for a few hours (or at most overnight) until they are swollen. Place the beans in a container and cover them with dampened cheesecloth. Rustproof wire-mesh screening or cheesecloth can be used to cover the bottom of the container to allow for drainage. In using a glass fruit jar, cover the top with a piece of cheesecloth and tie it on securely. Invert the jar and place it in a dark spot at room temperature.

"Tilt it slightly so that excess water can drain away promptly. Pour plenty of water on the beans 3 to 4 times a day, thereby insuring thorough washing. The beans may be sprinkled each evening with chlorinated lime solution (1 teaspoon of calcium hypochlorite dissolved in 3 gallons of water) to keep down mold growth and spoilage. Chlorinated limewater is not needed to kill fungus growth if the seed is of good quality. In 3 to 4 days the sprouts will be 1 to 2 inches long and ready to use. Bean sprouts increase about six times their original volume. The commercial production of soy sprouts proceeds along the same, lines, except that larger sprouting tanks or trays are used and the process is more carefully controlled.

"Soybean sprouts can be used in many ways and are cooked and served with the bean attached. They are a fair source of thiamine, riboflavin, and ascorbic acid. The sprouts may be served raw in salads, cooked in various ways, and used in such dishes as omelets, stews, fricassees, and chop suey. They are very tender and lose their crispness if put into hot dishes more than a few minutes before serving.

"A few companies have successfully canned soy sprouts [in the USA]. The New York (Cornell) Agricultural Experiment Station found that sprouts lend themselves admirably to quick-freezing." Address: USDA.

2157. *Christian Science Monitor.* 1952. Open letter from Korea: A navy man writes home. April 23. p. 19.
• ***Summary:*** Previously, while in Japan, Bob (the writer) and a friend (Brooks) visited the Usami family in the suburban town of Atumi, near Kobe. "They had a big Sukiyaki dinner waiting for us." They sat on the floor, with their legs under the table, in the center of which and sunken was a charcoal hibachi. "Thin slices of beef, spinach, onions, Hakusai (Chinese lettuce), Tofu (bean curd), mushrooms, and other ingredients are put into the pan over the hibachi and flavored with soy sauce, sugar, and so on. The bubbling food is picked out of the pan by the individuals, with chopsticks.

"You have a little bowl with a raw egg in it, and you dip the hot slices of beef into that before eating. Everything was very good... and it was all most enjoyable."

2158. Melo, Maria de Lourdes. 1952. O que é a soja [What is the soybean?]. *Boletim de Agricultura, Departmento de Producao Vegetal* (*Belo Horizonte*) 1(6):63-71. June. [Por]
• ***Summary:*** Gives recipes for and/or using soymilk, okara (*u-no-hana* in Japanese), soya croquettes (*croquete de soja*), soya with rice, salted, roasted soynuts (*soja torrada em graos, salgadinhos*), tofu (*ricota de soja*), and soy flour in bread, biscuits, cakes, and bolos.

Note 1. This is the earliest Portuguese-language document seen (Oct. 2001) that mentions okara, which it calls *massa* and *flor de sabugueiro.* The okara is used to make Farofa, a popular Brazilian dish made of manioc meal browned in a frying pan with grease or butter. Sometimes mixed with bits of meat, crisp fat, chopped eggs, etc. it is

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much used as a stuffing for roast turkey.

Note 2. This is the earliest Portuguese-language document seen (Dec. 2012) that mentions salted, dried roasted soybeans / soynuts which it calls *soja torrada em graos, salgadinhos.* Address: Dietista de Secretaria de Saude e Assistencia, Brazil.

2159. Miller, Carey D.; Denning, H.; Bauer, A. 1952. Retention of nutrients in commercially prepared soybean curd. *Food Research* 17(3):261-67. June. [8 ref]
• ***Summary:*** Also published as Hawaii Agricultural Experiment Station, Technical Paper No. 240. Address: Univ. of Hawaii Agric. Exp. Station, Honolulu.

2160. Dunkel, Joan. 1952. The effect of vitamin B-12 on a certain vegetarian diet. *Walla Walla College Publications of the Department of Biological Sciences and the Biological Station* 1(4):59-64. Dec. 10. [18 ref]
• ***Summary:*** The introduction gives a brief history of the discovery of vitamin B-12 starting in July 1947. "Summary: A vegetarian diet [supplemented with vitamin B-12] has been developed which has produced five generations of rats, inferior to omnivores only in that their size was somewhat decreased. However, this diet was unable to sustain the animals beyond the seventh generation. Supplementing the diet with vitamin B-12, either oral or parenteral, did not result in any appreciable increase in the growth rate" (i.e. did not make the rats gain more weight in the same time). The five main ingredients in this diet were ground whole wheat (40%), rolled oats (10%), rye flour (10%), soy curd (10%), and brewer's yeast. This research was conducted in the physiology department of the College of Medical Evangelists, Loma Linda, California. Address: Walla Walla College, Washington.

2161. **Product Name:** Tofu.
Manufacturer's Name: Hagiwara Tofu-ten (Hagiwara Tofu Co.).
Manufacturer's Address: 314 N.W. Everett Street, Portland, Oregon.
Date of Introduction: 1952.
How Stored: Refrigerated.
New Product–Documentation: Nichi-Bei Jiji Jushoroku [Japanese American Times Directory]. 1952, p. 410. Under "Stores." In Japanese: Hagiwara Tofu-ten. In English: Hagihara [sic, Hagiwara] Tofu Co., 314 N.W. Everett St., Portland, Oregon. No phone number given.

2162. Wang, Chun Lien Chi. 1952. Protein content of soybean curd and wastes. MSc thesis, University of Washington. 17 numbered leaves + many unnumbered tables. Illust. 28 cm. *
• ***Summary:*** Includes bibliographic references (leaves 16-17). Address: Dep. of Home Economics.

2163. Allen, Ida Bailey. 1952. Solving the cost of high eating: A cookbook to live by. New York, NY: Farrar, Straus & Young, Inc. viii + 545 p. Index. 22 cm.
• ***Summary:*** Chapter 10, "Good bread is good food," discusses enriched white bread, and Cornell Bread (developed by Dr. Clive McCay of Cornell Univ., New York; it contains soy flour and no adulterating chemicals, p. 94), and gives recipes for: Soy yeast bread (with soy flour, p. 99-100). Soy muffins (p. 100). Also: Gravy thickened with soy flour (p. 352).

Chapter 31, titled "Legumes, nuts and brewers' yeast" contains a section on "Soybeans" (p. 386-92) with the following contents: Introduction. Plain-cooked soybeans (boiled, or pressure cooked if possible). Soybean entrees (from home-cooked soybeans): Baked soybeans, Savory soybeans, Baked vegetables stuffed with soybeans, green peppers, tomatoes, turban squash. Soybean salads. Soy grits. Soybean curry (glamor dish). Soy products: Soy flour, Corn Soya cereal, soy macaroni, soy egg noodles (plain or containing carrots, tomato, or spinach), soy spaghetti, "canned meat alternatives based on soybeans," soy cookies, soybean milk powder, soybean curd or cheese, suggestions for using soybean curd or cheese. Soybean sprouts. Soy flour and how to use it. To use soy flour instead of wheat flour: In baking, as thickening, in meat and fish loaves, in spoon bread. Multi-Purpose Food: Pioneer in nutrition ("a spectacular and inexpensive pioneer food containing soy, developed at California Institute of Technology to be used in mass feeding in war stricken countries. It is also on sale in this country at health stores. It is 100 percent vegetable, violates no religious or dietary precept, comes in dry form, and keeps indefinitely"). The Introduction to soybeans (p. 386) begins: "This legume really deserves to be called a 'miracle' food. Soybeans are the only perfect vegetable alternate for meat." Also contains a section on peanuts and peanut butter (p. 392-96).

Note 1. This is the earliest English-language document seen (Jan. 2013) that contains the term "meat alternatives" (or "meat alternative"–with any combination of quotation marks).

Note 2. The author is well known for her 40+ books on food, cooking and the home that have sold 14 million copies, and her syndicated daily food column which is followed by 35 million readers. This book contains "1,300 taste-tested recipes–With glamour foods at budget prices for everyone." A photo on the inside rear dust jacket shows Ida Bailey Allen.

2164. Amaral, Afranio do. 1952. A Soja na alimentacao popular do Brasil [The soybean in popular Brazilian nutrition]. Rio de Janeiro, Brazil: Servico de Alimentacao da Providencia Social (SAPS). 35 p. No index. 18 cm. Colecao Ensaio e Debate Alimentar, no. 1. [Por]

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• ***Summary:*** Mentions soymilk (*leite de soja*) and tofu (p. 31). Address: Brazil.

2165. Brown, Helen Evans. 1952. Helen Brown's West Coast cook book. Boston, Massachusetts: Little, Brown and Company. xvi + 443 p. See p. 396. Index. 21 cm. [85* ref]
• ***Summary:*** Reflects the history and ethnic diversity of West Coast cookery, including the Asian (especially the Chinese) influence–and the author's enthusiasm for it. For Helen Brown is a superb writer!–as much an artist with words as she is with foods. This informal book is a labor of culinary love, about the foods she has cooked and enjoyed in three Pacific Coast states–California, Oregon and Washington.

Soy related recipes: Sukiyaki (p. 108-09), with "soy bean cake [tofu] (if desired), cut in cubes." At each place put "small dishes for soy [sauce] (shoyu, to the Japanese),..." Sculpin Serisawa (p. 160-61). Sculpin is a type of fish. To make the basting sauce, "mash a cake of Fu Yu (soy bean cheese [fermented tofu], available in Oriental markets) or 2 tablespoons of blue cheese, and add 2 tablespoons of soy sauce,..." Chinatown spinach (p. 396), calls for "a slice of fermented bean curd if it is available. (If not, 2 tablespoons blue of cheese may be substituted–it's not the same but has a similar sharp flavor").

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term "Fu Yu" to refer to fermented tofu.

Soy sauce is called for in Asian (mostly Chinese) recipes on the following pages: 17, 19, 82, 102, 103, 140-41, 142, 160-61, 163, 165-67, 171, 173, 198-99, 253, 255, 262, 273, 276, 288, 297, 298, 301 307, 311, 331, 337, 352, 363, 369, 370, 376.

A large photo of lovely Helen Brown in her kitchen adorns the rear dust jacket.

Talk with Akasha Richmond. 2004. Feb. 19. Helen Evans Brown and James Beard were very close friends. He wrote a nice passage of praise for this book on the dust jacket and their collected correspondence has been published as a book. When Beard died, Janet Jarvitz bought his superb book collection, opened a bookstore in the Los Angeles area, and preceded to sell it. Helen Brown married a cookbook collector, Philip, who was also her skilled editor. She made good use of his vast collection in developing her own recipes.

Note 2. Before she met her husband, Philip, Helen Evans Brown had a career as a successful caterer and was running a restaurant in New England. Philip courted her and persuaded her to head to the West Coast with him. Married for almost 30 years, they lived in Pasadena, California, from 1937 until her untimely death in 1964. In Southern California, Helen started work as a consultant to a Hollywood bakery and Philip began working in an antiquarian bookshop. Philip did much to build Helen's book collection. He also acted as a taster, research assistant, and typist on book projects. Address: Pasadena, California.

2166. Lockwood, Lewis B.; Smith, A.K. 1952. Fermented soy foods and sauce. *Yearbook of Agriculture* (*USDA*) p. 357-61. For the year 1950-51. Crops in Peace and War.
• ***Summary:*** Contents: Introduction (The whole soybean is not usually eaten. In East Asia, the people favor mostly fermented soy products). In East Asia people live largely on a vegetable diet (In China it is estimated that meat and eggs comprise less than 3% of the food of the peasants, compared with 21% among Americans. An estimated 95% of the protein consumed in China is of vegetable origin, and much of it comes from soybeans, which constitute about 20% of the basic diet in northern China).

Japanese soy sauce or shoyu. Soybean paste. Soybean cheeses are made by fermenting soybean curd. Chinese soy sauce–a two-step fermentation and its organisms (the process is described in detail). Making soy sauce by the chemical method. How to make miso (red miso, black miso). Soybean cheeses–how to make them: Sufu, Red sufu, Chee-fan (a brownish soft cheese made with Shaoshing wine), Tsue-fan, Honfan. Soy sauce in the United States.

"Red sufu is a red cheese. It is prepared in much the same way that sufu is, except that the curd cubes and red rice are placed in alternate layers in deep vessels where the brine fermentation is started. The red rice is a Chinese product made by growing the mold *Monascus ruber* in the grains of polished white rice until the entire grain is permeated with the coloring matter. The red rice contributes a pleasant taste and aroma to the red sufu cheese.

Note: This is the earliest document seen (Oct. 2011) that uses the term "Red sufu" or the term "red sufu cheese" refer to fermented tofu.

Note: By 1975 Lockwood was at the Biology Dept., Western Kentucky Univ., Bowling Green, KY (see Smith & Berry 1975). Address: U.S. Dep. of Agriculture (Smith; NRRL, Peoria, Illinois).

2167. Petelot, Alfred. 1952. Les plantes médicinales du Cambodge, du Laos et du Vietnam [The medicinal plants of Cambodia, Laos, and Vietnam. Vol. 1]. *Archives des Recherches Agronomiques au Cambodge, au Laos et au Vietnam* No. 14. 408 p. See p. 276-81. [20 ref. Fre]
• ***Summary:*** The section on the soybean (*Soja hispida* Moench, p. 276-81) includes the vernacular names: Vietnamese: *Dau nanh. Dau tuong, Dau hon, Dau xa.* Cambodian: *Sandek sieng.* Laotian: *Mak toua kon, Ta ton.*

Discusses: Whole dry soybeans, green vegetable soybeans (*Elles peuvent... être consommées à l'état jeune à la façon des flageolets,...*), soymilk (*elles donnent une sorte de lait mousseux et crémeux,...*), nutritional composition, tofu (*le graines sont utilisées pour la préparation d'un fromage, le Teau-fou des Chinois, le dau-phu des Vietnamiens*), composition of fresh and moisture-free tofu, soy oil and its

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properties (In Europe, above all in England, this oil is used to make soap and margarine. Its drying properties enable it to be used to make paint), soybean cake (used as animal feed; it is rich in lysine), lecithin, vitamin B, the Agronomic Institute of Ankara, Turkey, has found soya to be superior as an animal feed to all other legumes cultivated in Turkey, defatted soybean meal, useful in diabetic diets, Haberlandt of Vienna suggests use as human food, fermented soy products and rice koji, natto, miso, shoyu, *Tsao Yu* of China, tuong dau of Vietnam, Japanese natto, MSG.

Note. This is the earliest French-language document seen (April 2013) that uses the term *Teau-fou* to refer to tofu. Address: Chargé de Cours à la Faculté Mixte de Médecine et de Pharmacie de Saigon [Vietnam].

2168. Stern, Arthur Marvin. 1952. Studies on the physiology of *Mucor mucedo* and its role in the fermentation of soybean curds. PhD thesis, University of Illinois at Urbana-Champaign. 112 p. Page 485 in volume 12/01 of Dissertation Abstracts International. [50+ ref]*
Address: Illinois.

2169. Takenobu, Yoshitaro. ed. 1952. Kenkyusha's new Japanese-English dictionary. Tokyo: Kenkyusha. iv + 68 + 2266 + [2] p. 19 cm.
• ***Summary:*** This interim edition, between the 1931 second edition and the 1954 third edition has two dates written in Japanese in the front matter: March 1931 and April 1949. On the last page, the publication date is given in Japanese as 1 Feb. 1951.

This edition has two main parts: (1) "New Words (1949) consisting mostly of mostly English language words that entered the language due to the social and cultural influence of the American occupation of Japan. The words, a mini-dictionary on 68 pages, include words such as aakeedo = arcade (written in both rômaji and katakana). There are also some new Japanese words.

(2) The entire content of the 1931 second edition– exactly the same, page for page.

New words related to soy: daizu [abura]: [soy] bean oil. Address: General editor, Japan.

2170. Nickerson, Jane. 1953. Good balance in a diet. *New York Times.* Feb. 1. p. SM38.
• ***Summary:*** An excellent new booklet is titled "A Balanced Diet," by Lucille J. Bowser, Martha F. Trulson, and Dr. Frederick J. Stare of the department of nutrition, Harvard School of Public Health (Massachusetts). It is available for $0.25 from the Nutrition Foundation, Chrysler Building, New York, NY.

A good balanced diet is one that supplies all of the food essentials needed for good health in the right amounts and right relationships to each other. The basic essentials are carbohydrates, fats, protein, and vitamins and minerals. Meeting these requirements depends on the food supply and food customs of a country. "In China, one might consume bird's nest soup, soy bean curd, kumquats and a variety of what seems to us exotic products."

In the United States, one should choose from the seven groups of available foods pictured on one page. A large photo shows many of foods from the seven food groups. Address: Los Angeles.

2171. Inoue, Norimasa; Kitagawa, Shiro. 1953. Tôfu no eiseigaku-teki kenkyû [Sanitary studies on tofu (soybean curds)]. *Eiyogaku Zasshi* (*Japanese J. of Nutrition*) 10(6):182-83. April. [Jap; eng]
• ***Summary:*** The number of coli bacillus was 10-100 per gm in early March and 1,000 to 10,000 in early July. Address: Kokuritsu Eiyo Kenkyusho (National Inst. of Nutrition, Japan).

2172. Watanabe, Tokuji. 1953. Re: Questions about isolated soy protein. Photographs of the process for making Kori-Tofu. Letter to Allan K. Smith, Northern Regional Research Laboratory, Peoria, Illinois, about May 1. 2 p. Handwritten, with signature. [Eng]
• ***Summary:*** Dr. Watanabe received, with many thanks, the sample of isolated soybean protein prepared in the pilot plant at Peoria, Illinois, and sent by Dr. Smith. It will be very useful for his research. He asks Dr. Smith to please tell him the procedure used in preparing the sample and the method for determining the degree of denaturation of the protein.

He sends Dr. Smith seven small black-and-white photos plus two small illustrations (drawn by him) showing the process for preparing "Kori-Tofu, which is consumed in western Japan." Below each is an explanation. "Although the procedure is very primitive as you see," it is an interesting way to make soybeans more digestible and nutritious. If Dr. Smith is interested, Dr. Watanabe will send him more information about foods prepared from soybeans in Japan.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *Kori-Tofu* (regardless of capitalization) to refer to dried-frozen tofu.

The photos show the interior of a fairly small commercial tofu shop. The captions read: (1) Boiling of aqueous extract of ground soybeans. (2) Precipitation of protein by adding calcium chloride to the boiled extract. (3) Precipitate is poured into the frame [curds into forming box] and pressed. The result is tofu. (4) Tofu is preserved [kept fresh] by dipping in water. (5) The tofu is cut into slabs, and placed on wooden benches or tables outdoors in the winter; here it is exposed to the cold, dry air all night long. The slabs are then kept (aged) in a frozen state for 2 weeks. A freezer can also be used. (6) The pieces of frozen tofu are thawed by immersion in running water in a large sink. (7) The sponge-like tofu is pressed using a screw press to dehydrate it. (8) The dehydrated tofu is dried on racks by heating and

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ventilation. (9) The final products spread on tables where they are selected and graded.

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "sponge" or the term "sponge-like" to describe the texture of dried-frozen tofu.

Note 3. Allan K. Smith earned his PhD degree in physical chemistry from Columbia University in New York City. Address: National Food Research Inst., Food Agency, Ministry of Agriculture and Forestry, Fukagawa-Hamazonocho 2, Koto-ku, Tokyo, Japan.

2173. Martinez, Margarita C.B. de. 1953. Derivados de la leche de soya [Products made from soymilk]. *Tierra* (*Mexico*) 8(6):482-83. June. [Spa]
• ***Summary:*** Gives a number of recipes for using soymilk, including tofu (queso de leche de soya, coagulated with vinegar or lemon juice), vanilla ice cream. Also contains recipes using whole soybeans and soy flour.

Note: This is the earliest Spanish-language document seen (March 2007) that mentions soy ice cream, which it calls *Helados de leche de soya.*

2174. Loring, Patricia. 1953. Hawaii has varied food for visitors. *Chicago Daily Tribune.* Nov. 29. p. F7.
• ***Summary:*** "Japanese food, for me, was the most difficult to manage. Miso soup (made from soybeans), kidney beans, and cabbage for appetizers were edible. Beef tofu, kamaboko (fish cake), miso yaki [fish coated with miso, then broiled] were all questionable."

2175. Delvaux, Edgar. 1953. Les protéines de coton et de soya dans l'alimentation humaine au Congo Belge et au Ruanda Urundi: Relation d'une enquête aux E.U. [The proteins of cottonseed and soya in human foods in the Belgian Congo and in Ruanda Urundi: Report of an investigation in the USA]. Louvain: U.S. Foreign Operations Administration. Operations Mission to Belgium and Luxembourg. 26 p. No. TA 32-101. Aug/Sept. 53. [68* ref. Fre]
• ***Summary:*** Contents: 1. Current state of food and nutrition of the indigenous people of the Belgian Congo and of Ruanda Urundi–Results of an investigation by FAO, OMS, and UNICEF. 2. Vegetable protein and animal protein in human nutrition. 3. Vegetable material rich in protein and available in the Belgian Congo–Cotton and soya. 4. Acceptability of a food. Conclusions.

Substituting vegetable protein for animal protein could help alleviate the shortage of animal protein that exists for certain categories of infants and adults, and that can lead to kwashiorkor. Cassava, the main food of these countries, is rich in carbohydrates but low in protein. The use of soy flour or cottonseed flour could add valuable protein to the diet. The soy flour could be used, as it has been elsewhere, to make soymilk for infants, tempeh, tofu, breads (add 35), or Multi-Purpose Food (Meals for Millions). Address: U.S. Foreign Operations Administration. Operations Mission to Belgium and Lexembourg.

2176. Niwa, Soichi; Katayama, Nobu. 1953. Tônyû no kakô ni kansuru kenkyû. II. Tônyû o genryô to shita nyûyô shokuhin no kakôhin [Studies on the preparation of bean milk. II. Manufacturing methods of milky foodstuffs by using bean milk]. *Eiyogaku Zasshi* (*Japanese J. of Nutrition*) 11(3):68-69. Dec. [1 ref. Jap; eng]
• ***Summary:*** As Japan has little available land for dairy farming, sufficient milk production cannot be expected. Bean milk, which is one of Japan's own soybean products, is rich in nutrients and is sold very cheaply as a by-product of the manufacture of Japanese tofu. For this reason, attempts have been made to use bean milk as a substitute for dairy products.

However, bean milk tastes of what is called "aokusai" (green and unripened). It is also impossible to sterilize it enough without coagulating it with the heat, so it can easily spoil, especially in the summer. Because of these weaknesses, it is hard to supply this bean milk to consumers, especially in summer. If these shortcomings could be eliminated, bean milk would become a very valuable high-protein nutritious food which could serve as a substitute for dairy products. Address: Aichi-ken Eisei Kenkyusho (Sanitary Inst. of Achi prefecture).

2177. **Product Name:** Tofu.
Manufacturer's Name: Fujii (Tadao) Tofu.
Manufacturer's Address: 2851a East Manoa Road, Honolulu, Oahu, Hawaii.
Date of Introduction: 1953.
New Product–Documentation: Honolulu City Directory. 1953. Tadao Fujii Tofu. 2851a East Manoa Rd., Honolulu.

2178. Nakashima, Kyozo; Tamura, Tsuruo. 1953. Kôri-dôfu seizô kôtei ni kansuru kenkyû. I. Tôfu no tôketsu ni tsuite [Studies on the production of dried-frozen tofu. I. The tofu freezing process]. *Osaka Furitsu Kogyo Shoreikan Hokoku* (*Reports of the Industrial Research Institute, Osaka Prefecture*) No. 5-3:10-15. [5 ref. Jap; eng]
• ***Summary:*** Kôri-dôfu (also called Kôya-dôfu) is made by freezing, ageing, thawing, and drying firmly pressed tofu. The resulting product has a dry, sponge-like texture. The freezing process, which plays a very important part in determining the quality (and thus the price) of the final product, was investigated thermometrically and micrographically.

Commercial dried frozen tofu is frozen quickly. This imparts a fine-grained texture to the surface of the tofu, but requires prolonged aging (20-30 days) to restore the lost elasticity. Home-made frozen tofu, freezes more slowly outdoors in cold, snowy weather, which gives it a coarse-

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grained texture; it requires less aging (5-7 days).

Note: Accompanying this article is a 7-page, double-spaced, typed English-language translation by Henry Sasame, a Japanese-American who worked at NRRL in Peoria, Illinois, for about 5 years. Address: Osaka, Japan.

2179. **Product Name:** Tofu.
Manufacturer's Name: Tofu Fountain. Later becomes Aloha Tofu Factory.
Manufacturer's Address: 802 Dillingham Blvd., Honolulu, Oahu, Hawaii.
Date of Introduction: 1953.
New Product–Documentation: Honolulu City Directory. 1953. Tofu Fountain (Uyehara Kamesaburo, proprietor). 802 Dillingham Blvd., Honolulu. Not listed 1961-62 as Kamesaburo takes up the Aloha Tofu Factory. Note that 802 Dillingham Blvd. was occupied in 1951 by Kamehachi Shimabukuro Tofu.

2180. David-Perez, Enriqueta. comp. and ed. 1953. Recipes of the Philippines. Philippines: Published by the author. Printed by Capitol Publishing House, Inc. (Philippines). 124 p. Illust. by S. Serna. No index. 23 cm.
• ***Summary:*** Almost all the recipes in this book have Filipino names, with no English translation of those names. A surprisingly large number contain soyfoods, especially *toyo* (soy sauce). The glossary (p. 121-23) states: Misu is miso–a paste made of fermented rice and soy beans. Tajure is "fermented soy beans, caked" [fermented tofu]. Tausi is "fermented [black] soy beans" with salt [fermented black soybeans]. Tokua is "soy bean curd" [tofu]. Toyo is Filipino-style soy sauce. Recipes followed by an asterisk (*) call for toyo.

Soy-related recipes include: Chicken relleno–I * (p. 15). Chicken pastel * (p. 27). Lengua (with soy sauce, p. 20). Morcon * (p. 21). Pancit molo * (p. 22). Adobo * (p. 24). Arroz caldo with chicken (with 3 tbsp. patis or soy sauce, p. 28). Bañgus en tocho–I (with 1 cube tajure, p. 34), Bañgus en tocho–2 (with 2 tbsp. each tajure and tausi, and 1 cake tokua cut into pieces 3/4 inch long and 1/8 inch wide, p. 35). Bulanglang–1 (with 1 cup tokua, cubed and fried, p. 38). Burong isda (with 1 tbsp. angkak–fermented red rice, p. 39). Sauce for pipi-an (with 1 small jar peanut butter, p. 41). Escabecheng apahap (with 4 pieces tokua, p. 46). Escabeche–Macao style * (p. 71). Escabeche with papaya * (p. 48). Fritada * (p. 50).

Kari-karing pata (with ½ cup ground toasted peanuts or peanut butter, p. 51). Lengua estofada * (p. 53). Lumpia labong–Bamboo shoot (with 5 bean cakes–tokua, p. 55). Lumpia sauce (with ½ cup toyo sauce, p. 56). Lumpia with papaya * (p. 56). Lumpia with peanuts (with 2 squares tokua–diced, 2 tbsp. toyo–soy sauce, and 1 cup ground peanuts, p. 57). Lumpia with ubod–2 (with 2 cakes tokua, and toyo to taste, p. 58). Meat balls with "sotanghon" * (p. 59). Menudo de rabo * (p. 60). Misu-tomato sauce (with 2 tbsp. misu–soy bean paste, p. 61). Paksiw na pata * (p. 64). Paksiw–pork (with soy sauce, p. 64). Paksiw na lechon (with 3 tbsp. soy sauce, p. 65). Pancit guisado * (p. 65). Pancit "luglug" (with ½ cup soy bean cake–tokua–cut into small cubes, p. 66). Pork tapa * (p. 72). Umba (with 2 tbsp. toyo and 1 heaping tbsp. tausi, p. 80). Pastillas de mani (with 1 can ground peanuts, p. 89).

A glossary at the end contains brief definitions of uncommon ingredients. Definitions of the soy-related ingredients above are taken from this glossary. Angkak is "red-colored grains of rice used as coloring for fermented fish."

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the word *tajure* to refer to fermented tofu, or the word *misu* to refer to miso.

Note 2. On the title page is printed "4th printing–May 1956." Address: P.O. Box 3288, Manila, Philippines.

2181. Pritchard, Florence; Pritchard, Edgar W. 1953. A scientific meatless diet: Being the principles and practice of lacto-vegetarianism based on the latest scientific discoveries, with original recipes. 4th ed. Marryatville, South Australia: Published by the authors. 19 p. 22 cm.
• ***Summary:*** Discusses the advantages of a lacto-vegetarian diet, with recipes.

Concerning soya beans, page 7 contains a paragraph which states: "These beans deserve much more attention than they have hitherto received... In China and Japan they are a staple food, being made into innumerable dishes including soya bean milk and cheese [tofu]." There are also recipes for Boiled soya beans (p. 9), and Soya bean rissoles (p. 11). Address: 31 Yeronga Ave., North Kensington Park, Marryatville P.O., South Australia.

2182. Chatfield, Charlotte. 1954. Food composition tables: Mineral and vitamins, for international use. *FAO Nutritional Studies* No. 11. 117 p. March. [539* ref]
• ***Summary:*** Table 1 gives "Food composition in terms of the retail weight, ("As purchased"). The section on "Pulses, nuts and seeds" (p. 13-14) includes values for: Groundnuts, peanuts. Soybeans (*Glycine max*) and soybean products–Whole seeds, dry. Flour, full fat (seed coat removed). Flour, low fat; grits, flakes (partially defatted). Curd, tofu. Fermented beans, Japanese natto. Fermented beans, Chinese tsiang [jiang]. Soybean milk. Paste, miso (made with small amounts of rice and other starchy materials). Shoyu sauce. Sprouts: See No. 86a.

Also: Broad beans. Common beans. Hyacinth, lablab, and twinflower beans. Jack beans and sword beans. Lima beans. Mung beans and urd beans. Voandzeia (without shell). Chickpeas. Cowpeas. Lentils. Peas. Pigeonpeas (*Cajanus* spp.).

Table 2 gives "Composition of the edible portion (E.P.)

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and refuse in the material as purchased (A.P.).” The section on “Pulses, nuts and seeds” (p. 31-33) gives values for the same foods listed in Table 2.

These tables contain corrections to the Food Composition Tables of Oct. 1949. On pages 52+ is an index to the scientific names of plants in the tables. Address: Nutrition Div., FAO, Rome, Italy.

2183. Hayakawa, Akira; Watanabe, Tokuji. 1954. Kôri-dôfu no chakushoku bôshi ni kansuru kenkyû [Research on the prevention of discoloration of dried-frozen tofu (kori-tohu)]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 9. p. 107-13. April. [1 ref. Jap] Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2184. Watanabe, Tokuji; Hayakawa, Akira; Kamada, H.; Sakurai, Y. 1954. Daizu tanpakushitsu ni kansuru kenkyû. VII. Tôfu seizô jôken no kentô [The study of soybean protein. VII. On the conditions of tofu manufacturing]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 9. p. 99-105. April. [Jap] Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2185. Inoue, Yoshiyuki. 1954. [A stable, vitamin containing dried tofu (soybean cheese)]. *Japanese Patent* 2482. May 6. (Chem. Abst. 49:1990c). [Jap; eng+]*

• ***Summary:*** During the manufacture of kori-dofu, the water-soluble vitamins originally contained in the soybeans are mostly destroyed, and the remaining small amount of vitamins are damaged by the deterioration of fats during preservation of the dried tofu.

Soybean curd is dehydrated by freezing and thawing, immersed for 10 minutes in an aqueous solution containing 200 mg per 100 gm vitamin B-1 hydrochloride and a small amount of amino acid or thiourea, dehydrated by centrifuging, sprayed with 0.5% aqueous solution of tannin, kept at 0-5ºC for a while, dried *in vacuo*, and treated with ammonia gas to pH 8. Address: Biochem. Lab., College of Agriculture, Kyoto Univ., Japan.

2186. Balu, V. 1954. There need be no shortage of lactic foods in India now that scientists & research workers have succeeded in milking the ground-nut. *Times of India* (*The*) (*Bombay*). Aug. 1. p. 5.

• ***Summary:*** “Milk is a perfect and satisfying food.” Dr. E.V. McCollum, the famous U.S. nutritionist of Johns Hopkins University, said in the early 1920s: “The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality, who have the best trades in the world, who have an appreciation of art, literature, and music, who are progressive in science and in every activity of the human intellect, are the people who have used liberal amounts of milk and it’s products.”

But there is an acute shortage of cow and buffalo milk in India, and it is unequally distributed.

Vegetable milk has been part of the diet in Far Eastern countries for thousands of years. The soya bean had attracted public attention in India by the early 1930s. “Even Mahatma Gandhi, the Father of the Nation, experimented with it for a brief period during the early days of the Gramodyog Sangh (Village Industries Association), since it is one of the most concentrated and nutritive of foods known to man.”

As early as 1945, Dr. V. Subrahmanyan and co-workers in Bangalore found that the quality and digestibility of soya bean are greatly improved when it is soaked in water, drained, germinated [sprouted], made into a paste and then processed to make soya milk. They also found that if it is suitably fortified with calcium, soya milk is about 90% as good as cow’s milk in its over-all nutritional value.

The smell and taste of the curd [tofu] and butter-milk prepared from soya milk resemble those of animal milk products.

Scientists at the Central Food Technological Research Institute [CFTRI], Mysore, after more than 3 years of intense research, have also developed a good, fortified vegetable milk from ground-nut. While the soya bean is new to India and not grown extensively, India is the world’s largest producer of ground-nuts–3.5 million tons a year.

Since 1951 CFTRI in Mysore has been making vegetable milk from ground-nuts on a semi-large scale and distributing it to locally to the public through hotels and catering services. It has been well accepted.

In early 1954 CFTRI set up a vegetable [ground-nut] milk plant for a private firm in Mysore. During his election tour, Mr. Nehru visited the plant, tasted the curds and butter-milk prepared there, and expressed his appreciation of them.

2187. *Hartford Courant* (*Connecticut*). 1954. Street hawker remains familiar figure in Tokyo. Oct. 24. p. D14.

• ***Summary:*** No longer seen in the USA, street hawkers do a brisk business in Tokyo. The sellers of each product have their unique call. “The juvenile vendor is likely to be repeating ‘Natto,’ ‘Natto’ in young and earnest tones. He is selling fermented beans, which are served with soya sauce over warm cooked rice.”

“’To-fu ya-san’ appears with bean curds’” [tofu].

The ‘chin-don-ya-san’ is a one man band and children’s theater. The ragman, and the peddlers of shell-fish and bamboo poles can also be heard.

2188. Autret, Marcel; Behar, Moisé. 1954. Síndrome policarencial infantil (kwashiorkor) and its prevention in Central America. *FAO Nutritional Studies* No. 13. 81 p. Oct. Also published as “Le Syndrome de Polycarence de l’Enfance en Amérique Centrale (Kwashiorkor)” in Bulletin de l’Organisation Mondiale de la Sante No. 11, p. 891-966.

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[108 ref. Eng]
• ***Summary:*** This was one of the surveys made by United Nations agencies in the late 1940s and early 1950s which showed the prevalence of protein-calorie malnutrition. Pages 61-63 discuss the soybean as a rich source of protein that may be prepared in a variety of ways. A brief review is given of work with soy in Uganda, Mexico City, India, El Salvador, and Guatemala.

"Acceptability tests with soybean milk were carried out successfully in 1951 in schools and community dining rooms in Mexico City, under the supervision of the Institute of Nutrition (according to a 1951 personal communication from J. Calvo de la Torre and J. Diaz Barriga). The milk was prepared from non-bitter varieties of soybeans developed by the Agricultural Research Department of the Ministry of Agriculture, with the assistance of the Rockefeller Foundation, and cultivated in Mexico under the direction of the Maize Commission, which plans to grow soybeans in rotation with maize" (p. 62)

"The Government of Indonesia, with the financial aid of UNICEF and the technical assistance of FAO, plans to construct a plant for the preparation of an infant food made from dried soybean milk. Other countries, such as Thailand and the Philippines, are now considering similar projects" (p. 62).

The fortification of tortillas with soybeans or soy flour looks very promising. "In an attempt to modernize tortilla making, the Industrial Research Department of the Bank of Mexico has set up a pilot plant to make powdered dried *nixtamal* from suitably treated maize. When this powder is reconstituted with water, it gives the *masa* or dough which can then be rolled out into cakes and baked at home. In addition to several economic and hygienic advantages, the new technique makes it possible to incorporate either whole or partly fat-free soy flour in the *nixtamal* powder. Experiments carried out on this product have been seen by one of the authors; the *tortilla* with 10% soy flour added was still excellent.

"In towns, where *tortillas* are the staple food, there will be no difficulty in introducing soybean once the preparation of *nixtamal* is concentrated in a few large industrial plants instead of scattered among thousands of mills. However, if the Government were to make soybean-maize mixture obligatory now, control would be difficult. In the rural areas the preparation of *tortillas* is a family operation, and it will be necessary to teach the women to add soybeans to the maize grains in the preparation of the *tortillas* by giving practical demonstrations. This will be a long-term and exacting task, but it must be undertaken because mature soybeans cannot be used in the same way as other beans, as they require prolonged cooking.

"The use of the classic fresh soybean curds [tofu] calls for long education of the public, as does that of certain special preparations such as *tempeh* (fungus-fermented soybean cheese), the preparation and nutritive value of which have been studied by Van Veen" (p. 63).

"This Study is being published in French in the Bulletin of the World Health Organization for November/December 1954, and in Spanish in the Bulletin of the Pan-American Sanitary Bureau."

Note: This is the earliest document seen (Nov. 2002) concerning world protein shortages. Address: 1. D.Pharm., Senior Nutrition Officer, Nutrition Div., FAO, Rome, Italy; 2. M.D., Assoc. Member of INCAP.

2189. Meade, Mary. 1954. Japanese dish, sukiyaki, should be prepared at table: Chafing dish or hot plate can be used. *Chicago Daily Tribune.* Nov. 16. p. A5.
• ***Summary:*** The recipe for Beef sukiyaki calls for "12 pieces tofu (soybean curd) in 1 inch cubes... Sauce: 1 cup shoyu (soy sauce), ¼ cup sake (rice wine), 1/3 cup sugar." Eat sukiyaki with bowls of rice.

2190. Needham, Joseph. 1954-1986. Science and civilisation in China. Cambridge, England: Cambridge University Press. 11 volumes. See especially Vol. 6, Part II: Agriculture, by Francesca Bray.
• ***Summary:*** Dr. Needham is interested in the development of science in China before the impact from the west. His research extends up to about the 17th or 18th century. Address: Cambridge, England.

2191. **Product Name:** Tofu.
Manufacturer's Name: Better Food Factory. Formerly Richard M. Higa Tofu. Renamed Better Food Tofu Factory by 1969.
Manufacturer's Address: 1337 N. King, Honolulu, Oahu, Hawaii. Phone: 808-841-8616.
Date of Introduction: 1954.
How Stored: Refrigerated.
New Product–Documentation: Honolulu City Directory. 1954. Better Food Factory (Richard M. Higa, owner; tofu manufacturers). Hawaii Directory of Manufacturers. 1969. p. 16. Better Food Tofu Factory, 727 Bannister St., Honolulu, HI 96819. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Phone is 841-8616.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Better Food Tofu Factory, 727 Bannister St., Honolulu, Oahu, Hawaii 96819. Phone: 808-841-8616. Owner: Richard Higa.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

2192. **Product Name:** Tofu.
Manufacturer's Name: Hanato (Tamao) Tofu.
Manufacturer's Address: Kealakekua (Hanalo), Kona, Island of Hawaii.

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Date of Introduction: 1954.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1954. Tamao Hanato Tofu (Tamao Hanato, proprietor). Kealakekue, Island of Hawaii. Not listed 1957. Note, does this later become the Hanao or Hanato Tofu Factory in Honalo, Island of Hawaii. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. T. Hanato Tofu Factory. P.O. Box 23, Kealakekua-Kona, Hawaii. Phone: 237183. Hawaii Directory of Manufacturers. 1969. p. 17. T. Hanato Tofu Factory, Kealkekua, Island of Hawaii.

Talk with Paul Duchesne. 1989. Oct. 27. On the Big Island he visited a Japanese-run tofu shop that has been there for 30-40 years. A relative of the owner located across the street is Mrs. Tashima of Tashima's Restaurant (Phone: 808-322-9140). Most of the tofu is sold locally.

Talk with Tashima's. 1989. Oct. 28. The shop is called Hanato Tofu Shop. It is owned by Mrs. Tashima's brother, but run by his son and daughter (Tamayo). The phone is 322-9932 or 322-2422.

2193. **Product Name:** Tofu.
Manufacturer's Name: Higa (Shigeru) Tofu.
Manufacturer's Address: Hawi, Island of Hawaii.
Date of Introduction: 1954.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1954. Shigeru Higa Tofu (Shigeru Higa, proprietor). Hawi, Island of Hawaii. Not listed 1960.

2194. **Product Name:** Tofu.
Manufacturer's Name: Hoori (Sawanori) Tofu.
Manufacturer's Address: 725 Kilauea Ave., Hilo, Island of Hawaii.
Date of Introduction: 1954.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1954. Sawanori Hori Tofu (Sawanori Hori, proprietor). 725 Kilauea Ave., Hilo, Island of Hawaii. 1957 Directory. Changed to Hori's Tofu Factory. Address same. Not listed 1960.

2195. **Product Name:** Tofu.
Manufacturer's Name: Kozaa Tofu Factory.
Manufacturer's Address: 2471 South King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1954.
New Product–Documentation: Honolulu City Directory. 1954. Kozaa Tofu Factory (Ryoson Kuba, proprietor). 2471 S King, Honolulu. Not listed 1955.

2196. **Product Name:** Tofu.
Manufacturer's Name: Loma Linda Food Co. Eastern Div.
Manufacturer's Address: P.O. Box 388 (Wooster Road), Mount Vernon, Ohio.
Date of Introduction: 1954.
New Product–Documentation: Soybean Blue Book. 1954. p. 106. No brand name is given. Also listed in 1965.

2197. Nakashima, Kyozo; Tamura, Tsuruo. 1954. Kôri-dôfu seizô kôtei ni kansuru kenkyû. II. [Studies on the production of dried-frozen tofu. II. Coloring]. *Osaka Furitsu Kogyo Shoreikan Hokoku* (*Reports of the Industrial Research Institute, Osaka Prefecture*) No. 5-3:10-15. [5 ref. Jap; eng] • ***Summary:*** Recently, manufacturers of dried-frozen tofu have been working to improve its color. The color of typical samples, collected at Osaka City central market in the summer of 1953, was measured with a Beckman photometer. It was found that the color of the finished product is influenced by the soy bean oil in the tofu. The higher the percentage of reflectance (and thus the whiter the color of the product), the higher the market price.

Note: Accompanying this article is a 5-page, double-spaced, typed English-language translation by Henry Sasame. Address: Osaka, Japan.

2198. **Product Name:** Tofu.
Manufacturer's Name: Oshiro (Yoshiichi) Tofu. Later Oshiro Tofuya and Oshiro Tofu Factory, 1962.
Manufacturer's Address: 391 Kilauea Ave., Hilo, Island of Hawaii. Phone: 808-935-6973.
Date of Introduction: 1954.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1954. Yoshiichi Oshiro Tofu (Yoshiichi Oshiro, proprietor). 391 Kilauea Ave., Hilo. Not listed 1954. 1962 Directory. Listed as Oshiro Tofu Factory. Address same. Not listed 1965. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Oshiro Tofuya, 391 Kilauea Ave., Hilo, Hawaii. Phone: 45181. Letter from Lorraine L. Oda. 1984. Aug. 7. Says company is now Oshiro Tofu Products, Inc. at 738 Kinoole St., Hilo, HI 96720.

2199. **Product Name:** Tofu.
Manufacturer's Name: Takeguchi (Yasuo) Tofu.
Manufacturer's Address: Holualoa, Island of Hawaii.
Date of Introduction: 1954.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1954. Yasuo Takeguchi Tofu (Yasuo Takeguchi, proprietor). Holualoa, Island of Hawaii. 1957 Directory. Changed to Takeguchi Tofu Factory. Address same. 1960 Directory. Listed as Tageguchi Tofu Factory. 1962 Directory. Listed as Takeguchi Tofu Factory. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Takeguchi Tofu Factory, P.O. Box 21, Holualoa-Kona, Hawaii. Phone: 242611. Hawaii Directory of Manufacturers. 1969. p. 19. Takeguchi Tofu Factory. Holualoa, Island of Hawaii. "Tofu products."

2200. **Product Name:** Tofu.
Manufacturer's Name: Ueda (Hakaru) Tofu. Renamed Ueda Tofu Factory, 1960.

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Manufacturer's Address: 39 Kapena Lane, Hilo, Island of Hawaii.
Date of Introduction: 1954.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1954. Hakaru Ueda Tofu (Hakaru Ueda, proprietor). 39 Kapena Ln., Hilo, Island of Hawaii. Not listed 1957. 1960 Directory. Changed to Ueda Tofu Factory, 29 Kapena Ln., Hilo, Island of Hawaii. Not listed 1962.

2201. Chang, Yet-oy. 1954. Soybean products as supplements to rice in Chinese diets with special reference to their protein and calcium content. PhD thesis, Columbia University, New York. 67 p. Page 1201 in volume 14/08 of Dissertation Abstracts International. [30+ ref]
• ***Summary:*** The diet containing "soybean curd (Tou fu)" gave the best growth and calcification, followed by diets containing "dried yellow soybeans (Ta tou),... soybeans, fermented (Tou chi) [fermented black soybeans], then soybean fermented curd (Tou fu lu)" (also called "fermented soybean curd" in this abstract) [fermented tofu], last. Soybean curd production is encouraged where animal proteins are in short supply.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "soybean fermented curd" to refer to fermented tofu. Address: Columbia Univ.

2202. Davis, Adelle. 1954. Let's eat right to keep fit. New York, NY: Harcourt, Brace & World. 322 p. Index. 21 cm. [14 ref]
• ***Summary:*** Advises Americans to eat more vitamins, minerals, and protein–as well as wheat germ and tiger's milk [Tiger's Milk]–to reduce their risks of possible deficiencies. Meats, fish, and fowl are considered excellent sources of protein. "Other superior sources are eggs, fresh milk, buttermilk, yogurt, powdered milk, cheese, soybeans, and powdered yeast" (p. 26). "Proteins from brewers' yeast, certain nuts, soybeans, cottonseed, and the germ of cereals are complete proteins (p. 29). A table (p. 32-33) lists good sources of protein including: Low fat soybean flour (1 cup has 60 gm of complete protein). Cooked soybeans (½ cup has 20 gm of complete protein).

"If milk, cheese, or eggs are disliked or unobtainable, getting adequate protein becomes a serious matter indeed. When the complete proteins of wheat germ, soybeans, brewers' yeast, and nuts are eaten, it is possible to obtain sufficient amounts of essential amino acids, provided the diet is planned with utmost care. Some of the world's leading athletes and scholars have been vegetarians. Unless a vegetarian is trained in nutrition, however, he usually becomes an unhealthy vegetarian."

Lecithin and its benefits are described on pages 38, 41, 78, 80, 115, and 219. "When oils are refined or hydrogenated, lecithin is discarded." Soybeans are a good source of pantothenic acid (p. 86) and vitamin B-1 (p. 101).

"If there is no health-food store in your community, you can purchase stone-ground flour from El Molino Mills, Alhambra, California; Paul Keene, Walnut Acres, Penns Creek, Pennsylvania; Great Valley Mills, Kellers Church, Bucks County, Pennsylvania; Elam Mills, Chicago, Illinois; Wight's Grist Mill, Old Sturbridge Village, Sturbridge, Massachusetts; Stone Buhr Milling Company, 3509 Evanston St., Seattle, Washington; Whole Grain Flour Mills, 2611 North Jones St., Chicago 47, Illinois; Huni Health Products, 207 East 87th St., New York City; The Vermont Country Store, Weston, Vermont" (p. 107).

"At first it may seem complicated to get your B vitamins from natural foods. Perhaps I can help you most by telling you how I have solved the problem in my family. I have had no white flour in the house for perhaps 20 years. All my flour is stone-ground whole wheat; [Sources of such flour, nationwide, are listed.] it is usually 'organically grown,' that is, grown on soil rich in humus, without commercial fertilizers. Such flour has a flavor infinitely more delicious than that of ordinary varieties... So-called 'enriched' flour is my idea of outright dishonesty... I rarely serve cereals because they contain so much starch... Soy flour, which supplies protein, cholin, inositol, and some anti-stress vitamins, I use in tiger's milk (p. 114) and the best hotcakes" (p. 109).

"Many authorities believe that the deficiency of calcium is more widespread than that of any other nutrient; milk is the only dependable source in the America diet... A certain amount of calcium can be obtained from mustard and turnip greens, soybeans, and blackstrap molasses, but these foods are rarely eaten daily... Certainly there are healthy people who do not drink milk, but each has a source of calcium; the Hawaiians' source is poi; the Orientals', soybean curds [tofu]."

"During hot weather, salty foods, such as salted nuts or soybeans, cheeses or potato chips, should be kept near the drinking water, and at least one well-salted food should be served with each meal." Address: Los Angeles, California.

2203. Feng, Doreen Yen Hung. 1954. The joy of Chinese cooking. New York: Grosset & Dunlap. 226 p. Undated. Illust. Index. 21 cm.
• ***Summary:*** This hardcover Chinese cook book retails for $3.95. The contents and pagination are the same as in the original 1950 edition of the same title.

2204. Katsumata, Senkichiro. ed. 1954. Kenkyusha's new Japanese-English dictionary. Entirely new ed. [3rd ed.]. Tokyo and Kyoto: Kenkyusha. xvi + 2136 p. 24 cm.
• ***Summary:*** Soy related words:
aburaage: see aburage.
aburage: fried beancurd.
age: a piece of fried bean-curd.
ama-miso: slightly salted bean paste.

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atsuage: not listed.

Daitokuji natto: not listed.

daizu: a soya (= soy) bean. daizu kasu: a [soy] bean cake [a co-product of soy bean oil]. daizu abura: [soy] bean oil.

dengaku: bean curd baked and daubed with miso. dengaku-zashi ni sareru: to be transfixed; to be pierced through (as with a spear).

edamame: green soybeans.

ganmo: not listed.

ganmodoki: not listed. Hamananatto: not mentioned. Hamanatto: not mentioned.

inarizushi: fried bean-curd stuffed with boiled rice.

kogoridôfu = kôyadôfu.

Note 2. This is the earliest English-language document seen (April 2013) that contains the term *kogoridôfu* (written as one word, with diacritics) which it says is the same as kôyadôfu [dried-frozen tofu].

Note 3. This is also the earliest English-language document seen (April 2013) that uses the term *kôyadôfu* to refer to dried-frozen tofu.

koikuchi: not listed.

koikoku: a carp cooked in bean (= miso) soup.

kôji: malt (mugi); yeast; leaven (kôbo); kôji-ya: a maltster [a maker of kôji]. kôji ni suru: to malt something.

kôridôfu: a frozen bean curd.

kuromame: a black soy bean.

miso (chomiryô = seasoning): bean paste; miso. miso o suru: to mash the miso [as in a suribachi]. miso kakeru: to put miso on something (as food). (2) (tokui to ten) sore ga kare no miso da: that is what he takes pride in [that is what he is good at]. (3) (hikakuteki-ni) miso o kakeru (shuppai suru): to make a mess (=sad work) of something; to make a miserable (=poor) showing. miso o suru (hetsurau): to flatter [someone, as one's superiors]. [Modern is goma suru; kare, shatcho ni goma shitte-iru: he is flattering his boss. A grinding gesture goes with it. goma-suri: a person who flatters]. kuso miso ni iu: to speak meanly of a person; to speak of a person in the most disparaging terms. miso mo kuso mo isshoni suru: to mix up good and bad things. miso no miso kusaki wa, jô miso ni arazu: The secret of art lies in concealing art [Akiko never heard this saying]. soko ga miso darô: perhaps that's the point he takes pride in [=the key point].

misokoshi: a *miso* strainer. [misokoshi de mizu o sukuu]: weave a rope of sand; attempt impossibilities [literally, to try to scoop up water with a miso strainer].

miso-mame: soy (= soya) beans.

misuzu-dofu: not listed.

momen: no meaning related to tofu is listed.

nama-age: fried bean curd.

Note 4. This is the earliest English-language document seen (April 2013) that contains the term *nama-age* which refers "fried bean curd."

nattô: fermented soybeans. nattô uri: a vendor of fermented soybeans. nattô-jiru: miso soup with ground fermented soybeans.

nigari, nigashio: bittern; brine.

nori [no tsukudani]: laver boiled down in soy [sauce].

oboro: not listed.

okabe: = tofu.

okara: bean curd refuse.

shimidôfu = kôridôfu [frozen tofu].

Note 5. This is the earliest English-language document seen (April 2013) that contains the term *shimidôfu* (written as one word, with diacritics) which it says is the same as kôridôfu.

shitaji (7): soy [sauce].

shôyu: soy [sauce].

tamari: [a kind of] soy; soy sauce; sauce from refined soy.

tôfu: beans curds (=cheese); tôfu. [tôfu itcho; in characters]: a piece (=cake) of bean-curds. [tôfu-ya]: a bean-curds dealer (=seller). [yaki-dôfu]: roasted bean-curd. kare ni iken shita totte, tôfu ni kasugai da: advice to him is like water sliding off a duck's back = It's a mere waste of words (=It is like pouring water into a sieve) to advise him. [tofu-ya e ni ri, saka-ya e san ri to iu tokoro da]: there is no human habitation within five miles of the place. [It's out in the boondocks].

tônyû: bean soup; soya-bean juice [sic, soymilk].

u-no-hana: (1) flowers of the *Deutzia scabra.* (2) [tôfu no kara] bean-curd refuse.

yuba: dried bean curds [sic, the film that forms atop soymilk when it is dried]. Address: General editor, Japan.

2205. Kay, Tutu. 1954. Wiki wiki kau kau. Honolulu, Hawaii: Watkins Printery, Ltd. 77 + [2] p. Illust. 22 cm. [Eng]

• ***Summary:*** Cover text: "Quick cooking recipes from Hawaii." Contains a glossary of Hawaiian words, a brief history and: "How to have a luau, make a lei, sew a muumuu, speak Hawaiian, and entertain simply."

Soy-related recipes: Meat sticks (with "shoyu sauce," p. 15). Deviled macadamia nuts (with Worcestershire sauce, p. 19). Lorie Bachran's spareribs, a la apricot (with shoyu, p. 22). Taylor Mercer's filet de boeuf flambe (with "shoyu sauce," p. 23). Suggested dinner menus: Japanese miso soup and sukiyaki (p. 24). Abalone with cucumber (and shoyu, p. 25). Meat sticks (with "Soy Sauce," p. 26). Hot buttered abalone (with shoyu, p. 27). Note: Many other meat, poultry and fish dishes are also seasoned with shoyu or Worcestershire sauce.

Sukiyaki (with tofu and shoyu, p. 54). Address: [Hawaii].

2206. Malnutrition in African Mothers, Infants and Young Children: Report of the Second Inter-African Conference on Nutrition. Held under the auspices of the Commission

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for Technical Co-operation in Africa South of the Sahara (C.C.T.A.). 1954. London: Her Majesty's Stationery Office. 398 p. Held 19-27 Nov. 1952 at Fajara, Gambia. Illust. Index. 25 cm.
• ***Summary:*** Contains 5 papers about food uses of soya in Africa, each cited separately. Address: Gambia and London.

2207. Perleberg, Max. 1954. Who's who in modern China (From the beginning of the Chinese Republic to the end of 1953). Hong Kong: Ye Olde Printerie, Ltd. 428 p. See p. 132-33 for Li Yu-ying. [Eng]
• ***Summary:*** "Li Yu-ying. Courtesy name: Shih-ts'eng. Born in 1882 in Hopeh. Government official and one of the Kuomintang's elder statesmen. Studied in France and founded there in 1928 [sic, probably in late 1910 or early 1911] the first Bean Curd Factory at Paris [sic, at Vallées, Colombes (near Asnières, Seine), northwest of Paris]; since 1924, Member, Kuomintang Central Supervisory Committee; 1928, Chairman, Kuomintang Central Political Council, Peking Branch; and concurrently Director, Peking Research Academy; since 1948, Advisor to President Chiang Kai-shek. Now in France."

Note 1. For a brief description and history of the Kuomintang or "National People's Party" see Fairbank, Reischauer and Craig (1973) *East Asia: Tradition and Transformation.*

Note 2. Li Yu-ying is not mentioned in any of the following books: *Who's Who in China* (1920, ed. 2; 1925 ed. 3 or its supplement; 1931 ed. 4). *Who's Who in France–Dictionnaire Bibliographique* (1936, 1954, or 1965-6 editions).

2208. Platt, B.S. 1954. Some nutritional implications of the mother-infant relationship. In: Malnutrition in African Mothers, Infants and Young Children: Report of the Second Inter-African Conference on Nutrition. London: Her Majesty's Stationery Office. 398 p. See p. 285-89. Held 19-27 Nov. 1952 at Fajara, Gambia, under the auspices of the Commission for Technical Cooperation in Africa South of the Sahara (CCTA). [8 ref]
• ***Summary:*** "Most workers engaged in nutritional or paediatric studies in tropical countries have early in their careers an urge to produce a substitute for human or cow's milk. It would, in my view, be much more desirable to devote attention to two other problems: firstly, the study of how the mother should be fed so as to enable her to feed her infant adequately from her breasts, and secondly, the determination of the value of foods suitable for continuing the practice of mixed feeding." On the latter subject, the author favors the use of soya bean curd [tofu] rather than of the "milk" [soya milk] made from these beans. Address: Prof., Director of Medical Research Council's Human Nutrition Research Unit and of the Applied Nutrition Unit, and Head of the Dep. of Human Nutrition, London School of Hygiene and Tropical Medicine, London, W.C.1., England.

2209. Thorpe, Jocelyn Field; Whiteley, M.A. 1954. Soya bean. In: J.F. Thorpe and M.A. Whiteley. 1937-1956. Thorpe's Dictionary of Applied Chemistry. 12 vols. 4th ed. London, New York, Toronto: Longmans, Green & Co. See vol. XI, p. 46-48. 23 cm. [15 ref]
• ***Summary:*** The section titled "Soya Bean" has the following contents: Introduction. Composition of soya beans. Soya-bean products: Oil, cake and meal, flour, milk, soy sauce ("known in Japan as 'Shoyu' and in the west under such names as 'Worcester Sauce,'..."), miso, tofu, immature soya beans, roasted soya beans (eaten like peanuts), coffee substitute, chocolate substitute. Agricultural uses (green fodder, hay, silage, bean pods and straw). Sir Jocelyn Field Thorpe lived 1872-1940.

2210. Thorpe's dictionary of applied chemistry. 4th ed. Revised and enlarged. Vol. XI. Soil–Z. 1954. London, New York, Toronto: Longmans, Green and Co. x + 1145 p. See p. 46-48. Illust. Index. 23 cm. [16 ref]
• ***Summary:*** The entry for "Soya bean" (p. 46-48) was written by A.W. Marsden, M.Sc., D.I.C., A.R.C.S., F.R.I.C., Director, Commonwealth Bureau of Dairy Science, Shinfield, near Reading, England. Contents: Introduction. Composition of soya beans. Soya-bean products: Oil, meal, flour, soya-bean "milk," soy sauce, Worcestershire sauce, miso, tofu, immature soya beans (eaten, after shelling and cooking, just like green peas), sprouts, roasted soya beans (eaten like peanuts), coffee substitute, chocolate substitute. Agricultural uses. Soya bean oil (see Vol. IX, 27a, 29a, 53c, 55c). Address: London, England.

2211. Trowell, H.C.; Davies, J.N.P.; Dean, R.F.A. 1954. Kwashiorkor. London: Edward Arnold. xii + 308 p. Illust. 22 cm. [625* ref]
• ***Summary:*** This is the classic book on kwashiorkor, which is severe malnutrition, especially in infants and children, that is caused by a diet high in carbohydrate and low in protein. Contents: 1. Reports of kwashiorkor in children and a discussion of terminology (p. 1-11). 2. The history of kwashiorkor (p. 12-46). 3. Kwashiorkor in children. 4. Protein malnutrition in adults. 5. Implications of kwashiorkor in children and of protein malnutrition in adults.

In the chapter on "Kwashiorkor in Children," in the section titled "The Treatment of Kwashiorkor," there is lengthy discussion of the treatment with plant protein diets, including those containing soybeans. At Kampala, Uganda, rats and then children with kwashiorkor were fed a diet of sweet bananas and a paste of cooked whole soybeans, sucrose, and vitamins. "A day's food for a child weighing 6 to 8 kg. might consist of 300 to 400 gr. of the mashed banana, 300 gr. of the soya preparation, 25 gr. sugar (sucrose) and 2.0 gr. of the vitamin mixture. This diet

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provided a little more than 500 gr. protein, and about 1000 calories. It also provided nearly 25 gr. fat, but apprehensions of the danger of giving so much fat, based on some unfortunate experiences with full-cream milk that had shown only too clearly the fat intolerance of severe kwashiorkor, proved to be largely unjustified: the soya fat, possibly because its fatty acid composition was very different from that of milk fat, seemed to be easily absorbed and did not cause any gastro-intestinal upsets, even in moderately severe cases." The banana-soya diet was low in cost and results were satisfactory. Address: 1. O.B.E., M.D. (London), F.R.C.P., Physician, Mulago Hospital, Uganda Medical Dep., and Dep. of Medicine, Makerere College Medical School, Kampala, Uganda; 2. M.D., Prof. of Pathology, Makerere College Medical School, Kampala; 3. Ph.D. (Cambridge), M.R.C.P., Medical Research Council, Group for Research in Infantile Malnutrition, Kampala, Uganda.

2212. Millstein, Gilbert. 1955. On a Sunday in Chinatown. *New York Times.* Feb. 27. p. SM22-23, 53.
• ***Summary:*** A fascinating study of New York City's Chinatown on a typical Sunday. It takes place on Mott Street, and Pell, Doyers, Bayard, and the Bowery; there the Chinese gather to talk, shop, visit, and eat. People typically enjoy a late breakfast, which is large and with many dishes, including "*dow foo sui mei* (bean curd and meat bun)." One may also visit a coffee shop, tiffin house, or noodle shop. When finished, "the Chinese then goes to his family association. The outstanding family associations in Chinatown are those of the Chins, the Lees, the Wongs, the Ngs, the Leongs, the Chus,..." Chinese laundrymen may visit their laundrymen's association.

While visiting Chinatown, visitors can buy "brown bean sauce, black bean sauce,... soy sauce,... and oyster sauce."

2213. Nickerson, Jane. 1955. Sukiyaki and tempura. *New York Times.* April 24. p. SM50.
• ***Summary:*** Describes how to prepare each of these famous Japanese recipes. The recipe for sukiyaki is adapted from one used at the Miyako, the oldest Japanese restaurant in New York. Like most such recipes it calls for "soybean curd (tofu)..." "The soy sauce (shoyu) used in the dish should be Japanese; it has a marvelous intensity which makes it different from other such sauces." *Suki* means "plow" and *yaki* means "roasted." The legendary history of the dish is given.

For tempura, the traditional Japanese sauce is composed of soy sauce heated with dashi and other ingredients–including "monosodium glutamate, the vegetable protein seasoning sold here under such trade names as Accent and known in Japan as *aji-no-moto.*" Japanese make tempura from shrimp, seaweeds, string beans, eggplant, mushrooms, and many other kinds of vegetables. Four photos show views of these two dishes.

2214. Owen, June. 1955. News of food–Chinese dishes: Oriental foods are now being prepared for take-home trade. First supermarket that features Chinese items opens its doors. *New York Times.* June 15. p. 27.
• ***Summary:*** A good, early history of Jeno Paulucci and his company Chun King Sales. "Several years ago, when Jeno F. Paulucci was traveling about the country as sales representative for a food company, he noted that virtually every city and town of any size had a Chinese restaurant or one that claimed a Chinese cuisine."

Mr. Paulucci, age 37, is a native of Minnesota. Growing up in Hibbing, Minnesota, he helped his mother with her Italian catering business.

Eight years ago, in an improvised Quonset hut in Duluth, Minnesota, Mr. Paulucci and 20 employees started canning chow mein. Today his company, Chun King Sales, produces twenty products and is the largest plant for the production of oriental foods in the country.

Mr. Paulucci's products are meant for Americans. not for people of Chinese ancestry.

Another young man with a commercial interest in Chinese foods is Raymond C. Tong. He recently opened China Food Fare, the first supermarket in New York City dealing in oriental groceries (at 20 East Broadway, Chinatown). His customers are mainly those of Chinese ancestry; his store sells "bean curd and what may be the widest selection of soy sauces" in New York City. These sauces are made in Hong Kong, Japan, Korea, and the USA. The two basic types are light and dark. "The light is used in cooking and in marinating foods." The dark is meant to be used at the table, to be sprinkled on dishes as each person desires. Mr. Tong says that a fine soy sauce is neither too bland nor too salty. It should have a good savory or meaty flavor.

2215. Lager, Mildred. 1955. Suggestions for the arthritic, with menus and recipes. Burbank, California: Published by the author. 46 p. Aug. No index. 20 cm. Saddle stitched.
• ***Summary:*** The dedication page states: "Dedicated to all arthritics–everywhere." Copyright 1938 by Mildred Lager. Seventh edition (Revised and enlarged) May 1948. Eighth edition [printing] January 1951. Ninth edition May 1952. Tenth edition August 1955.

Contents: Part I. Introduction. Types of arthritis (inflammation of the joints; rheumatoid and osteo-arthritis). Causes of arthritis. Suggestions. Foods for the arthritic (diet can make a big difference). My own case. Juice diet. Kind of juices. How to take juices. Limited diet: Breakfast, lunch, dinner. Salisbury diet. General diet: Breakfast, lunch, dinner, dessert. Other suggestions: Heat, baths, sweats, etc., massage, digestive aids (natural laxative foods and bulky foods), supplements, vegetarian diet. Mental attitude (positive mental attitude and healthy emotions are very

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important). Additions August 1955 (p. 28; "It is now more than 30 years since I began my battle with arthritis... Thanks to my diet I have led a very active life. I am still on the fundamental diet because I do not know of anything better... Cortisone and ACTH have been heralded as miracle drugs. I do not believe these drugs are the solution to the problem. In many cases they have brought temporary relief...").

Part II. Menus (p. 29-31). Vegetarian menus (p. 31-32). Approximate carbohydrate content of fresh fruits. Carbohydrate content of dried fruits. Carbohydrate content of fresh vegetables. Recipes (p. 33-46).

"My own case" (p. 10-14). Note: Mildred M. Lager was born on 19 Dec. 1900 at Superior, Wisconsin, of Swedish parents, who immigrated to America. In 1925 she started her lifelong battle with arthritis. "As diet was the greatest factor in my recovery, I am going into detail about my experience." After graduating from college, she began teaching. She continued trying every possible cure for more than two years. "As a last resort, I half-heartedly turned to diet. I found, to my surprise, that when I left out starches and sweets I felt better, but I still did not realize that I must make an about face and a complete change in my eating habits. I became very interested in food, however, and read every book and article I could read on the subject... I don't know how long I would have continued in this half way stage had not my doctor bluntly told me *the truth* as he put it He said that nothing could be done and I might as well know it. By this time my elbows were locked (ankylosed)" and my wrists, hands, knees, ankles, and feet were badly affected. "I felt as if my body were nothing but 'sore joints.'"

So she started a strict diet of natural unsweetened fresh fruit juices only. She found orange, grapefruit, tomato, pineapple, and apple to be the best for her. One month later she took a teaching job in northern Michigan, arriving there in twenty degrees below zero. Within 9 months she had won her battle. There follows a list (p. 13) of six foods to avoid plus two general tips. Also, when using dried fruits, use only the unsulphured kind. "Liquified [sic] drinks: A liquefier is a blessing to any one who for some reason cannot tolerate raw green leafy vegetables" (p. 35).

By 1955 Mildred had already authored two books on soybeans and soyfoods, the first one (*The Useful Soybean*, 1945) a classic. This book contains soy in many of the menus and recipes: Soy oil for salad dressing (p. 18-19). Soybean melba toast (p. 20, 29, 31). The best sources of vegetable protein in a vegetable diet include soybean protein (p. 27). Baked soybeans for dinner (p. 31). Cooked soy grit cereal for breakfast (p. 32). Soy melba toast with avocado for lunch (p. 32). Recipes for: Soy bread, soy melba toast, soy gluten bread (p. 37). Meat substitute dishes (p. 39-42): Cooked soybeans with soy sauce. Canned or baked soybeans (available in most markets and all health food stores). Soy loaf (with cooked soybeans and melba toast crumbles). Soy grits. Cooked soy grits. Soy vegetable hash. Soy cheese or tofu. Tofu steak. Mock fish tofu. Gluten steak. Nut butters. Almond butter. Pecan spread. Nut sauce or gravy. Cashew gravy. Almond hamburgers.

Note. This is the earliest English-language document seen (April 2013) that contains the term "Tofu steak." Address: Burbank, California.

2216. Sethi, Madhu. 1955. Punjabi paneer. *Times of India* (*The*) (*Bombay*). Oct. 16. p. SM1.

• ***Summary:*** "Panir [paneer] is home-made cheese, and is much-used by Punjabis. It is a highly nutritive, easily obtainable form of protein for those who eschew fish, eggs and meat from their diet."

To make it at home: Bring milk to a boil. Add either milk curds (2 ounces to 1 seer milk) or one dessertspoon of fresh lime juice, then continue to boil until the whey (a watery liquid) separates from the white curds. Remove pot from fire and let the milk cool. Cover another vessel with a thin, clean piece of muslin. Pour the curdled milk onto the cloth so that the panir is held on top and the liquid drains through into the other vessel. Tie up the cloth and suspend it, so that any remaining liquid gradually drops out. After a short time the panir in the cloth will be firm and ready to cut into any size pieces required.

Recipes for four popular Punjabi panir dishes are given, including Pilau and Bhurji. Cubes of fresh panir are often fried in ghee as part of the recipe.

The recipe for "Sag panir" calls for "3 bundles of palak leaves, 1 bundle of soya leaves,... Cut the palak leaves and the soya leaves together and wash them three or four times."

Note: The meaning of "soya leaves" is not clear; it is also unclear whether or not these leaves come from the soybean plant.

2217. Strayer, George M. 1955. Why Japan wants clean soybeans. Blow to U.S. exports to Japan. *Soybean Digest.* Dec. p. 4-5.

• ***Summary:*** "Japan is a country of over 80 million people. Total area is about the same as California. Only a very small part is tillable."

"Last year Japan imported a total of about 750,000 metric tons of soybeans (27.5 million bushels). About 250,000 tons were crushed in oilseed mills. The remainder went directly into foods usage, producing soy sauce, soybean paste [miso], and soybean curd [tofu]. Over 90% of the flakes from the soybean crushing at the oil mills went to these same food plants.

"Soybeans are the life blood of Japan. They are an absolute necessity, for they are the food of the people. They are used directly, not indirectly, as is our soybean meal in the form of livestock products.

"There are over 3,000 vegetable oil mills in Japan, all except about 30 of them small community plants. Only 33 are on the list to receive imported soybeans. There are over

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6,000 manufacturers of soy sauce in Japan. There are over 50,000 manufacturers of tofu or soybean curd, and there are several thousand small manufacturers of soybean paste or miso.

"These small plants do not and cannot have cleaning facilities. They must use the soybeans as they come. They prefer domestic beans, second choice is Chinese beans, and next come our beans. Why? Only one answer–foreign material. Their reaction is exactly as would be yours under similar conditions. They merely ask–why can you not sell us clean soybeans?"

The Japanese are importing more and more soybean from Red China. The Ministry of International Trade and Industry (MITI) favors increased trade with China. "Authorized imports of soybeans [to Japan] to 335,000 metric tons. Of these, 203,000 metric tons were allocated directly to oil mills and food manufacturers. They may be purchased on a global basis–wherever the buyer can buy at the lowest price and find acceptable supplies. Oil millers will favor U.S. beans because of higher oil content, while food manufacturers will probably buy Chinese beans when available.

"The remaining 132,000 tons were allocated to import firms. If a firm had a record of U.S. imports during the previous year the quota for that firm is based on 50% of the tonnage handled. But if a firm imported Chinese soybeans during that same period, the firm's quota is based on 100% of that tonnage.

"As soon as I discovered the content of the allocation I called it to the attention of embassy officials here in Tokyo, and a protest was filed with the Japanese government. However, at this writing much more work remains to be done.

"As closely as can be figured about 9 million bushels of soybean business was lost by the U.S. in this one allocation.

A large photo shows George Strayer standing behind a podium, addressing a room full of men seated in chairs. A movie projector is visible in the center aisle. The caption reads: "Strayer addressing meeting of 110 representatives of the soybean industry in Japan at the University Club in Tokyo Nov. 14. Invitations were issued by W.D. Termohlen, Agricultural Attache in the American Embassy, to the leadership of oilseed crushers, miso, soy sauce and soybean curd associations of Japan. At his side is Hiroshi Nakamura of Honen Oil Co., who served as interpreter. Mr. Nakamura was a Fulbright scholar in the United States during the 1954-55 university year."

Note 1. This article was written by Strayer in Tokyo, where he is conducting a marketing study for the U.S. Department of Agriculture.

Note 2. This is the earliest document seen (March 2001) concerning the activities of the American Soybean Association in Asia, in East Asia, or in Japan. This is also George Strayer's first trip to Japan.

2218. Morohashi, Tetsuji. 1955-1960. Daikanwa jiten [Chinese-Japanese historical dictionary]. Tokyo: Taishukan Shoten. 12 vols. + index (alphabetic by phonetic Japanese pronunciation). Cites earliest references (usually in Chinese documents) for Japanese words. [25+ ref. Jap]
• ***Summary:*** This is widely regarded as one of the greatest Chinese dictionaries. Volume 11, pages 394-95. The following pronunciations of Chinese words may not be correct. (33) Sho. Hishiomiso. Incubate rice or barley or beans, etc. Let them ferment and add salt to make these. (35) Chiang Yuan. Miso and shoyu shop. The shop where miso, shoyu, and pickles are sold. (36). Shoko. A big earthenware pot in which hishio is kept. (37). Shokyu. Shishibishio in a hot soup. (39). Chiang tsai. Miso pickled vegetables. (40). Shosho. Miso and shoyu craftsmen. (41). Shosui. Soup or porridge (Zosui) cooked with miso. Ruiju Meibutsuko, Shakuso orai. (42). Shosei. Hishio with flavor. (43). Shotsui. Hishio pot. (45). Chiang fang. Miso and/or shoyu shop. See (35). (46). Shobutsu Hishio. (47). Hishio no kame. Hishio vat. (48). Chiang-yu. Chinese soy sauce. Cooked soybeans, roasted barley and salt are fermented. The liquid is extracted; a salty seasoning, also called shitaji or murasaki.

2219. **Product Name:** Tofu.
Manufacturer's Name: Aala Tofu Factory. Formerly (1942) Shoan Yamauchi Tofu.
Manufacturer's Address: 981 Iwilei Road, Honolulu, Oahu, Hawaii. Phone: 808-845-0221.
Date of Introduction: 1955.
How Stored: Refrigerated.
New Product–Documentation: Honolulu City Directory. 1955. Aala Tofu Factory (Shojin Yamauchi, proprietor). 981 Iwilei Rd., Honolulu [Hawaii]. 1966/67 through 1970 Directories. Exact same listing, but no proprietor or phone given.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Aala Tofu Factory, 513 Kaaahi St., Honolulu, Oahu, HI 96817. Owner: Mr. Shojin Yamauchi.

By 1981/01, they have become the Aala Tofu Co. at 961 Kaaahi St., Honolulu, HI 96817. Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

2220. **Product Name:** Tofu.
Manufacturer's Name: Aloha Tofu Factory. Formerly Kamehachi Shimabukuro Tofu, then Tofu Fountain.
Manufacturer's Address: 802 Dillingham Blvd., Honolulu, Oahu, Hawaii. Phone: 808-845-2669.
Date of Introduction: 1955.
New Product–Documentation: Hawaii Directory of Manufacturers. 1953. (Revised 26 July 1955). p. 10. Tofu (Bean curd). Aloha Tofu Factory, 802 Dillingham Blvd.

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Honolulu City Directory. 1961-62. Aloha Tofu Factory (Kamesaburo Uyehara, proprietor). 802 Dillingham Blvd., Honolulu. 1962-63 Directory. Address has changed to 1020 Auahi, Building 2, Honolulu. Honolulu City Directory. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. 1020 Auahi St., Honolulu. Phone: 583196. 1966-67. Aloha Tofu Factory, 1020 Auahi St., Bldg. 2. Exact same listing continues through 1970. ZIP is 96814.

Takai. 1971. Tofu Shops in America. 1020 Auahi St., Kanesaburo Uehara, President. Uses 300-400 kg/day of soybeans. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. 1020 Auahi St.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Aloha Tofu Factory, 961 Akepo Ln., Honolulu, (Oahu), Hawaii 96814. Phone: 808-845-2669. Owner: Mr. Jack or Kamesaburo Uehara.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jack Uehara. The largest tofu company in Hawaii. Mr. Kamesaburo Uehara. Address: 961 Akepo Lane, Honolulu, HI 96817. Letter from Kazu Uehara. 1982. The company he bought in 1950 first started making tofu in June 1947, and was founded by Kamehachi Shimabukuro.

2221. Nakashima, Kyozo; Tamura, Tsuruo. 1955. Kôri-dôfu seizô kôtei ni kansuru kenkyû. III. [Studies on the production of dried-frozen tofu. III. Color of Koya-dofu (continued)]. *Osaka Furitsu Kogyo Shoreikan Hokoku* (*Reports of the Industrial Research Institute, Osaka Prefecture*) No. 7-1:31-37. [9 ref. Jap; eng]

• ***Summary:*** The color of Koya-dofu (dried-frozen tofu) turns from white to yellow during the manufacturing process. This change in color is caused mainly by the structural change in the tofu during processing. The faster the product is frozen, the whiter the color of the final product. The yellowish tint comes from the soybean oil which oozes out of the tofu due to internal stress. Auto-oxidation of oil or protein has little to do with the product's color.

The small amounts of genistein were found in the tofu deepen the color while the tofu is being treated with ammonia.

Commercial frozen tofu is frozen quickly which imparts a fine-grained texture to the surface of the tofu, but requires prolonged aging (20-30 days) to restore the lost elasticity. Home-made frozen tofu, freezes more slowly outdoors in cold, snowy weather, which gives it a coarse-grained texture; it requires less aging (5-7 days).

Note: Accompanying this article is a 6-page, double-spaced, typed English-language translation by Henry Sasame. Address: Osaka, Japan.

2222. **Product Name:** Tofu.
Manufacturer's Name: Rural Food Products. Formerly Haruo Honda Tofu.
Manufacturer's Address: 117 Mango St., Wahiawa, Oahu, Hawaii. Phone: 808-621-5603.
Date of Introduction: 1955.
How Stored: Refrigerated.
New Product–Documentation: Honolulu City Directory. 1955. Rural Food Products (Haruo Honda, proprietor). 117 Mango, Wahiawa, Honolulu. Not listed 1956. 1957 Directory. Honda Rural Food Products (Eizo and Haruo Honda; tofu manufacturers). 1958-59 Directory. Rural Food Products (Haruo Honda, proprietor). City Directory 1966-67. Rural Food Products, 117 Mango, Wahiawa. No listing in 1968-70 Directories. Hawaii Directory of Manufacturers. 1969. p. 18. Rural Food Products, 117 Mango St., Wahiawa, Oahu, Hawaii 96786. They make tofu, aburage, and konnyaku. By 1975 it has become Rural Food Products, Inc., 117 Mango St., Wahiawa, HI 96786. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Mr. Haruo Honda.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Haruo Honda.

2223. **Product Name:** Fried tofu pouches.
Manufacturer's Name: Soya Food Products.
Manufacturer's Address: 2356 Wyoming Ave., Cincinnati, Ohio.
Date of Introduction: 1955.
New Product–Documentation: Leviton. 1982. Soyfoods. Summer. p. 36. Ben Yamaguchi and Yoshio Shimizu started a canned [mung] bean sprouts operation in 1945, then added tofu production and an Oriental Grocery in 1949, bean sprout salad and fried tofu pouches in 1955.

2224. Adachi, Isamu. 1955. Kinsei Nihon shokumotsu-shi [Recent history of Japanese foods]. Tokyo: Takahashi Shoten. 483 p. [Jap]

• ***Summary:*** Soyfoods are discussed on the following pages: Tofu (p. 52-53, 68-69, 150, 178-79, 188, 190-91, 194, 196-97), fried tofu–hiryozu and ganmodoki (p. 88–deep-fried tofu burgers), fried tofu–aburage or deep-fried tofu pouches (p. 96-97, 150), black soybeans (p. 140).

Note: This is the earliest (and only) English-language document seen (April 2013) that contains the word *hiryozu;* it refers to Kyoto-style deep-fried tofu balls.

2225. Glacken, Clarence J. 1955. The Great Loochoo: a study of Okinawan village life. Berkeley and Los Angeles, California: University of California Press. xvi + 324 p. See p. 280. Illust. Maps. 23 cm. [134 endnotes]

• ***Summary:*** A very interesting study in human geography and culture, and of the details of life in three villages (incl. Hanashiro and Matsuda) on the island of Okinawa starting

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in 1951. This book is doubly interesting because by the year 2000 Okinawans were widely considered to be the longest-lived and healthiest people in the world (Willcox 2001).

The author decided to select a village whose economy was based on agriculture–this meant primarily the cultivation of rice, sugar cane, sweet potatoes, and soybeans (p. vii).

Okinawan villages have a striking "dependence on plants, not only for food but for other uses" (p. 3). Chapter 1 is about the geography and cultural history of Okinawa, which has long been pulled between and paid tribute to China and Japan. Okinawa is the largest and most populous of the Ryukyu islands. These islands are generally divided into four island groups (*gunto*)*;* the Okinawa, Amami, Yaeyama, and Mikado groups. Three maps and a table (p. 8-16) shows these relationships. Naha, the capital of Okinawa island, is in the southwest.

Bean paste [miso] or bean curd [tofu] are used in the cooperative ceremonies of housebuilding (p. 70-71).

The most typical shops in rural Okinawa include import stores, which carry rice, flour, soybean sauce, and wheat (p. 74). Small retail shops sell foods, including soybean oil and Ajinomoto (p. 76).

"In the farming areas, sugar and rice are the only significant sources of cash income. Sweet potatoes, rice, eggs, and soybeans may be sold," but they do not provide much cash. The farmer "can produce much of his food and need spend little money if he is willing to subsist on sweet potatoes, bean curd, and bean-paste soup" (p. 86).

Chapter 7, titled "Agriculture" states: "Soybeans, grown for home consumption, are used for making bean curd (*tôfu*) and bean paste (*miso*)*"* (p. 131, 151). For soybean cultivation and crop rotation, see pages 136, 138, 151. Soybean plants are harvested with a small sickle and threshed by a flail; the residues are used for either fertilizer of fuel. Whereas soybeans are always used to make tofu or miso, soy sauce is always purchased.

Another type of bean is the "red dwarf bean (*adzuki*)*"* (p. 151).

Table 16 (p. 153) shows that soybeans are grown as a dry-land (rainfed) crop; in Hanashiro in 1952 they occupied 19.2% of the total land area; sweet potatoes occupied 50.8% and rice 15.5%.

The term "waste bean curd" (*tofu no kasshu* [*kasu*]) is used to refer to okara (p. 158-59); it is fed to horses and oxen.

When a person dies, if his descendants are devoted, his life will be remembered and celebrated periodically until 33 years after his death (p. 204).

Page 280: "One of the most significant links between family, village, and school is the annual athletic meet (*undôkai*)... There is much bustle, laundering, hair washing and cooking in a village the day before the meet. Special lunches including rice dyed red, bean curd, slices of fish paste, beef or pork are prepared." The infant is with the mother "when she is turning the quern to make bean curd" (p. 204).

The main difference is the basic diet is that the poor eat more sweet potatoes and less rice. For most people, breakfast includes a "soup made of hot water and bean paste, perhaps with bits of other foods. For dinner: "Bean-paste soup, rice or sweet potatoes, bean curd and tea" (p. 223).

"Home-made bean curd (*tôfu*)*"* and bean paste (*miso*) are an important foods, but miso is the more important of the two. in the daily diet. The present diet is better than before the war, when it consisted of mostly of the sweet potato and bean-paste soup. The latter usually has a few shred of shreds of fish or meat in it. "In times of scarcity, or if the family is poor, only the paste is used; when it is dissolved in hot water, it makes a kind of clear bouillon which is jokingly referred to as 'mirror soup' (*kagami miso*) because one can see his face in it; it is also called 'nothing in it soup' (*nnshiru*)*"* (p. 224)

The method of making bean curd is described (in part incorrectly). The remaining whey is used for pig food. "Bean curd, fried, boiled in a soup, in a mixture with vegetables, or as an ingredient in *sukiyaki* is always served at a party."

"Most families serve bean-paste soup (*misoshiru*) every meal every day. It [miso] has four basic ingredients: soybeans, rice or barley–occasionally the cycad, salt, and water. Recipes differ considerably among families... It is put in a large jar (*tsubo*) which is placed in the kitchen or in a storeroom and allowed to stand for at least a year, sometimes for three. With age, the paste becomes sweeter and is considered to be better; when ready for use, it is very soluble in water" (p. 225).

An excellent photo (p. 239) shows a woman making bean curd using a hand mill.

In observances in memory of the dead, when the "tomb is revisited on the seventh day, rice cakes [mochi], bean curd, favorite foods of the deceased, and a little sake may be taken as offerings" (p. 248).

After New Year, the next public holiday is *Jûrokunichi* (literally, sixteenth day), the 16th day of the first lunar month (Feb. 21, 1951); it "is a day of devotion and prayer at the family tomb." In Hanashiru, food is taken in two lacquer boxes (*jûbako*), the second of which includes bean curd (p. 253).

In historical times, Okinawan culture was for centuries exposed to Chinese culture, especially from the 14th to the early 17th centuries, "The most significant borrowings, either directly from China or via Japan," have included "articles of diet, such as bean curd" (p. 298).

Soybean or soybeans are mentioned on pages vii, 74 (soybean sauce), 76-77 (soybean oil), 86, 138 ("The second month (March 8 to April 5, 1951) is devoted to soybean planting which continues until about the middle of the month..." The soybean plots are weeded), 131 ("Four crops are the mainstays of Okinawan agriculture: rice, sweet potatoes, soybeans, and sugar cane"), 135-36 (soybeans in

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crop rotation), 138-39 (Soybeans are harvested in the fifth month, June 5 to July 3, 1951), 151 (After the soybean, the daikon is the most important of the minor crops grown for home use. Soybeans are planted once a year), 297 (sweet potatoes, soybeans, and sugar cane can be grown freely on land unsuited for rice). Address: Geographer, Berkeley, California.

2226. Griffin, Stuart. 1955. Japanese food and cooking. Rutland, Vermont, and Tokyo, Japan: Charles E. Tuttle Co. 167 p. Illust. No index. 19 cm.
• ***Summary:*** This basic introduction by an American contains about 70 Japanese recipes. The best known of these in the USA is Sukiyaki. The chapter titled "Ingredients" states (p. 3-4) that ingredients available in the USA include *"fu,* or wheat gluten; *tofu,* or bean curd; *yuba* or dried bean curd [sic]; and *udon,* or macaroni... sugared red beans [azuki],... bean paste squares and jellies, seaweed rice-cakes [probably mochi], painted with *shoyu* sauce." Sauces and flavorings are very important to Japanese cookery. "Foremost among these is *shoyu,* or soy sauce, made from wheat or barley, soybeans, salt, and water A dark, inky, thirst-provoking liquid, it is similar to that found in Chinese restaurants. The wheat is grilled in a big iron pan until burnt-brown in hue. It is then crushed. [Soy] Beans are boiled in an adjacent cauldron, with a heavy weight on the lid. Boiling lasts three to five hours, then the fire is put out, and the beans are kept in the kettle overnight. Steaming may be used as a method of bean preparation. This process lasts for five or six hours. The grilled wheat and boiled beans are mixed and placed in a malt-room [sic, koji room] where malt seed [sic, koji starter] are added The mixture turns to malt [koji] in a few days. Salt water is put over the malt and left for a few more days, being stirred occasionally until fermentation takes place. This overall mixture is pressed, and the [soy] sauce obtained is bottled.

"*Miso* is another necessity. This is a mixture of malt [koji], salt, and mashed soybeans, the liquor of which is drained off in tubs and allowed to ferment. *Miso* will be discussed later in the soup chapter" (see p. 64). Soy sauce and Aji-no-Moto are frequently mentioned. Soy-related recipes: Chirashi-zushi (with beancurd, p. 31-34). Sashimi (with shoyu, p. 36-41). Miso soups (p. 49, 64-69). Bean curd soup (p. 52-53). Roasted on a plough (sukiyaki with bean curd, p. 70-81). Vegetables, white sesame & vinegar (salad, with "1 *aburaage,* a kind of fried Japanese bean curd," p. 1124-25). Shoyu spinach (salad, p. 134). Turnips in shoyu (p. 134-35). Sweet soy beans (a festival dish at New Year's, p. 154-55).

Also mentions: Red rice (with azuki beans and glutinous rice, p. 17-18). Norimaki-zushi (sushi wrapped with nori, p. 27-30). Red bean cake (*yokan,* with bean paste, made from red kidney beans, and agar-agar, p. 145-46). Red kidney bean soup cake (*shiruko* [with azuki beans and mochi], p. 148-49). Bean & jam cake (*kuzumanju,* [with azuki bean paste and kuzu], p. 150-51). Address: [Japan].

2227. Hsu, Pin-ju. 1955. Shih p'in hua hsueh kung yeh chih tsao fa [Processes of manufacturing chemical food items (incl. tofu and soy sauce)]. Hsiang-kang: Shanghai jin shu kuan yin hsing. 1 volume. Various pagings. 18 cm. [Chi] Address: Shanghai, China.

2228. *Indian Council of Medical Research, Special Report Series.* 1955. Milk substitutes of vegetable origin. No. 31. 48 p. (New Delhi). [216 ref]
• ***Summary:*** Contents: Importance of milk in human dietary. Soya bean research in India. Vegetable milk from groundnut. Preparation of milk substitutes–soya bean milk. Groundnut milk and related products. Other milk substitutes. Summary and conclusions. References.

"During the Bengal Famine of 1943, Guha and Saha prepared a mixture of soya-bean, groundnut and malted barley from which a milk was prepared, which fortified with calcium and shark liver oil, was fed to a large number of infants and children who liked this feed and responded well to it. Experiments with rats showed that this milk gave better growth than ordinary bazaar milk but slightly less than genuine cow's milk."

"During the past 3 decades, several attempts were made in India to popularise the use of soya-bean as an article of human food... Experiments carried out at Coonoor by Aykroyd and Krishnan (1937), showed that the pulse did not have any advantage over the commoner pulses as already consumed in the country. Subsequently a more intensive programme was carried out in 4 Laboratories (Dacca [in today's Bangladesh], Bombay, Lahore and Coonoor) in accordance with a plan drawn up by the Soya-bean Sub-Committee of the Nutrition Advisory Committee. The report of that Sub-Committee (1946), generally confirmed the earlier Coonoor results and showed that, in spite of its higher protein content, soya-bean did not reveal any superiority over the commoner Indian pulses as a supplement to the typical Indian diets. The Sub-Committee stated, therefore, that it was 'not in a position to advocate *immediately* the encouragement of the production of soya-bean on a wide scale in India for use as a substitute for Indian pulses. The question should, however, be reconsidered if and when further evidence on the nutritive value of soya-bean becomes available.'

"When preparing the above report, the Sub-Committee had before them the results of the Dacca experiments which showed that while the bean itself, cooked as a pulse, had no supplementary value to the simplified rice diet, the milk prepared out of the bean had a definite supplementary value which was only slightly inferior to that of cow's milk. There was also a detailed report from the Indian Institute of Science, Bangalore, which indicated that the digestibility and the biological value of the fraction of soya-bean protein which was in stable emulsion as a result of processing were

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considerably higher than the corresponding values for the whole soya-bean protein. The latter report also outlined an improved method of preparing a stable and adequately fortified soya-milk which had already been used for trials in Bangalore.

"As the above observations were rather suggestive, a fresh programme of investigations was initiated at Bangalore under the auspices of (i) the then Indian Research Fund Association (now Indian Council of Medical Research), for assessing the nutritive value of processed soya-bean milk as compared with cow's milk at different levels in the case of both experimental animals and human subjects, (ii) the then Food Department, (now Ministry of Food & Agriculture) for pilot plant trials on the production of soya-milk and related products, and (iii) the then civil and Military Station, Bangalore, for mid-day school feeding of about 6,000 school children with rice and soya milk curd as compared with rice and skimmed milk curd. In these programmes the Indian Institute of Science conducted the preparatory studies and the animal experiments, while the Nutrition Research Laboratories collaborated in the field studies and made the necessary health observations. The trials which were conducted over a period of 3 years (1945-48) showed that, unlike the whole soya-bean, the milk or curd prepared out of it was acceptable, had a high digestibility and a definite supplementary value to the poor cereal diet as consumed in South India." Address: ICMR, New Delhi, India.

2229. Jelliffe, D.B. 1955. Infant nutrition in the subtropics and tropics. *World Health Organization Monograph Series* (*Geneva*) No. 29. 237 p. [313 ref]
• ***Summary:*** Contents: Introduction. 1. Evolution of infant feeding in the Western world. 2. Present infant-feeding practices in the subtropics and tropics. 3. Present status of nutritional disease among infants in the subtropics and tropics. 4. Methods of improving infant feeding in the subtropics and tropics. 5. Prevention of kwashiorkor. Acknowledgements. Annexes: 1. Summary of suggested methods of infant feeding in the subtropics and tropics. 2. Questionnaire for use in investigating methods of infant feeding. Illustrations. References. Index.

Soya-bean products are mentioned on pages 47 (tempeh and "tahu" [tofu]) and 49 (soya curd [tofu] and tempeh).

In the chapter titled "Prevention of kwashiorkor," pages 160-62 review and discuss the use of the soya bean to prevent protein deficiency in infant nutrition: (1) Soya-bean emulsion is "also known as soya 'milk.'" Work in the USA, Philippines, Hong Kong, Thailand, and Indonesia is discussed. (2) Soya-bean curd, "also known as soya 'cheese'" [tofu], is rich in calcium but is lacking in the vitamin-B complex. "Nevertheless, it can be an extremely valuable food, and, according to Platt (personal communication) is far superior to other soya products in infant feeding." (3) Fungus-digested soya beans or tempeh from Indonesia contains vitamin B-12 and is not expensive. It is very digestible and can be ground up and added to steamed rice for feeding older infants. (4) "Miscellaneous. Various other prepared soya products are of great nutritional value, but are probably unsuitable for infants." These include miso and soy sauce. "A simple method of preparation which requires further investigation is that of grinding the roasted beans into a flour, which can be added to gruels or soups. The roasted bean is certainly palatable but its digestibility for children is unknown, as is the effect of roasting on the trypsin inhibitor and on the amino-acid composition." Address: WHO Visiting Prof. of Paediatrics, All-India Inst. of Hygiene and Public Health, Calcutta. Formerly, Senior Lecturer in Pediatrics, University College of the West Indies, Jamaica. Nutrition Consultant, World Health Organization.

2230. Lager, Mildred. 1955. How to use the soybean: A plus factor in modern nutrition. Burbank, California: Published by the author. Printed at La Sierra College Press, Arlington, California. 115 p. Index. 23 cm. Lay-flat comb bound.
• ***Summary:*** Contents: Preface. Nutritional nuggets–food value of soybeans. The versatile soybean. Soup to nuts–soybeans and soy products. Recipes: Green soybeans. Dry soybeans. Sprouted soybeans. Roasted or toasted soybeans. Meat-substitute dishes. Soy-enriched meat dishes. Soy noodles, macaroni, spaghetti. Sauces and gravies. Soups. Salads. Dressings. Soy spreads. Soy milk. Tofu or soy cheese. Soy butter (made from finely ground soybeans or soy flour, it may be raw or roasted, and resembles peanut butter; p. 73-74). Soy cereals. Soy desserts. Soy candies. Soy beverages. Soy-flour recipes. Breads and muffins. Pancakes and waffles. Soy gluten recipes. Baking-powder biscuits. Pastry. Cookies and doughnuts. Cakes. Contains 350 recipes.

A so-called "second edition" of this book was published in 1959, but it was identical to this first edition.

Ad in *Let's Live.* 1960. April. p. 39. Mildred Lager Publications [perhaps her home] is now located at 4118 Warner Blvd., Burbank, California. Mildred died in Aug. 1960. Address: Burbank, California.

2231. Williamson, Jessie. 1955. Useful plants of Nyasaland. Zomba, Nyasaland: Government Printer. 168 p. See p. 60-62. Edited by P.J. Greenway. Illust. by G. Jackson. 25 cm. [2 ref]
• ***Summary:*** *Glycine javanica* L. (called *Yembe* in ciCewa), is a perennial herb with slender climbing stems that are thinly pubescent. The leaves are frequently cooked as a side dish in Nyasaland [named Malawi after 1964]; they are not slimy and are much used.

The soybean (*Glycine max.*) is grown in considerable amounts in the southern province of Nyasaland. "The beans contain a saponin, which is poisonous and which is found in varying amounts in the different kinds." Among the many varieties suitable for eating are Herman, Easy Cook [Easycook], and some of the non-shattering Hernon varieties.

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Methods of cooking soy soya beans: 1. Boiled as a side dish. 2. Boiled and mashed beans with skins removed as a side dish (called *cipere*). 3. The use of soya bean meal [soy flour] to improve the food value of porridge (*nsima*)*:* Introduction, use of roasted meal [roasted soy flour], use of unroasted meal [soy flour]. 4. Roasted soya [soynuts] as a substitute for groundnuts in side-dishes. 5. Soya bean milk and curd [tofu; a method is described for making soya bean milk from pounded soya beans that was in use at the Jeanes Training Centre in 1942; a method for making tofu from this milk is also described]. 6. Fresh [green] soya beans as an extra food [snack]. 7. Roast soya beans as an extra food.

Concerning the "Use of roasted meal: The beans should be roasted for some minutes and then ground or pounded. The resulting flour is palatable and also stores well. It may be used in amounts of up to 20 per cent. (10 per cent. is recommended) to mix with any other kind of flour. It makes a very palatable product with cassava flour, the latter is of such poor nutritive value on its own, as it consists almost entirely of starch, that the addition to it of protein-rich meal is important." Address: Member of Nutritional Survey and Nutritional Investigator, Nyasaland.

2232. Fearn Soya Foods. 1955? Money saving recipes for using Dr. Fearn's Pure Soya Bean Powder (Leaflet). Melrose Park, Illinois. 3 panels each side. Each panel: 22 x 9 cm. Undated.

• ***Summary:*** On the front panel of this leaflet (black ink on yellow) is an illustration of woman holding up a glass of (probably) soya milk. Below that is written: "Meatless. No starch. No salt. 42% complete protein. For vegetarians, athletes, restricted diets." When we open the leaflet, across the top is written: "How to use Dr. Fearn's Pure Soya Bean Powder." Below that are about 20 recipes and suggestions for use. On the back 3 panels are 15 more recipes.

One other front panel is titled "New recipes to try." It includes: Tiger's milk–homemade. Baby formula. Soy yogurt. Soy cheese–Tofu. The bottom half of this panel lists seven pamphlets from Fearn Soya Foods "available at your health food store (see Foods, Health in the Yellow Pages). Send us a self addressed stamped envelope if your store does not handle them." They are: "(1) The Fearn Chart–Lists all the vitamins and minerals of most common foods. (2) How to Get Slim and Stay Slim–Describes a satisfying 22 cent per day reducing diet. (3) About the Soya Bean–Describes its nutritive values and the hexane solvent menace. (4) You Cannot Live Without Protein–Tells function and importance of protein. Of special interest to vegetarians and body builders. (5) Recipe Folder: Soya Powders–Includes bread, soy milk, puddings, etc. for restricted diets. (6) Recipe Folder: Soya Granules–Lists many money saving recipes based on this high protein food. (7) Recipe Folder: Soybeans–Tells how to use our cooking and sprouting organic soybeans."

The third front panel is titled "Try these Dr. Fearn's Foods.

"Dr. Fearn's High Protein Food–47% protein. Makes pleasant tasting drinks with cold water. Vanilla or root bear flavors. 1 lb.

"Dr. Fearn's Wholewheat & Soya Pancake Mix contains the finest stone ground wholewheat with soya powder. It is quite digestible, higher in protein and lower in starch than the usual run of similar products. 1 lb.

"Dr. Fearn's Regular Pancake Mix is the same as above except that unbleached white flour is used. 1 lb.

"Dr. Fearn's Wheat Cereal & Soya is a cooked type cereal, made with the finely chopped Northern wheat and soya granules. It contains over 30% complete protein and less than 55% starch. A satisfying breakfast for the entire family and usually keeps hunger away until the noon meal. 1 lb.

"Dr. Fearn's Pure Soya Bean Powder for making soya milk. Contains 42% complete protein and no starch. Can be used for enriching various drinks, baked foods and meat dishes. 10 oz. and 2 lbs.

"Dr. Fearn's Soya Granules, contain 52% complete protein, no starch, 5% fat. Can be eaten as is, cooked, or added to meats, soups and other foods. 1 lb.

"Dr. Fearn's High Lecithin Soya Powder same as regular Soya Powder except 15% Lecithin has been added. 10 oz.

"Dr. Fearn's Low Fat Soya Powder. Same as regular Soya Powder except fat has been reduced to 5%. 10 oz.

"Dr. Fearn's Corn Bread & Muffin Mix with soya, makes light muffins and corn bread, very tasty and nutritious. Excellent for a surprising change. 1 lb.

"Dr. Fearn's Organic Soybeans. Organically grown without chemical fertilizers and poisonous insecticides. 1 lb.

"Dr. Fearn's Wheat Germ Powder. A fine toasted powder with most oil removed. Excellent added to drinks. Readily blends with most any other food."

Note 1. This leaflet was found inserted in *Mrs. Hauser's Recipe Book* (1938), purchased by Soyfoods Center from a used book store in Spokane, Washington. This booklet seems to show that Mrs. Hauser's Food Products Company (4617 Melrose Ave., Los Angeles, California) purchased Soya Bean Flour (and probably some other soy products) from Fearn Soya Foods.

Note 2. This is the earliest English-language document seen (Sept. 2012) that contains the term "Soy yogurt." Address: 1206 North 31st Ave., Melrose Park, Illinois.

2233. Goodsell, Alice Forn. 1956. Tokyo restaurants cater to global appetites. *Christian Science Monitor.* Jan. 17. p. 12.

• ***Summary:*** Sukiyaki is a delicious sort of stew, cooked before your eyes at the table. Ingredients include "lotus root, bamboo sprouts, or tofu (custardy bean curd)–all cooked in a sauce of soy and other ingredients."

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2234. Strayer, George M. 1956. We must remember, U.S. soybeans are food for the Japanese. *Soybean Digest.* Jan. p. 8-10.
• ***Summary:*** This is the first in a series of reports by the editor covering his recent marketing study for the USDA in East Asia. Above all, Japan wants clean soybeans from the U.S., with less foreign material. New U.S. standards allow No. 2 soybeans to contain up to 2% foreign material. U.S. standards classify all particles of soybeans which go through a 8/64-inch round hole screen as foreign material. Manchurian standards classify such broken particles of soybeans as unsound soybeans but not as foreign material. An estimated half of U.S. foreign material is these broken particles–which still end up making adequate soy products. "Because Manchurian [soy] beans have for years arrived with a foreign material content of ½% or less, the approximately 3,000 oil mills, 6,000 soy sauce plants, 5,000 soy paste [miso] plants and the 50,000 tofu or soybean curd plants in most cases do not have cleaning facilities... The role played by milk, meat, and eggs in the diets of America is taken by soybeans in the diets of Japan." The industries that uses soybeans are well organized, and each has its own trade association.

Photos show Strayer with the heads of the Yokkaichi oil mill and the Japan Oil and Fats Manufacturers Assoc., the plant of the Hohnen Oil Co. at Shimizu which processes only soybeans into edible oil, glue, flour, and flakes for miso and tofu production (capacity 300,000 tons/year), K. Sugiyama, chairman of the board of Hohnen Oil Co. receiving a medal, and examining soybeans at Takeya miso plant.

2235. Strayer, George M. 1956. Japanese tofu makers don't like green beans or foreign material: Third of a series of reports by the editor covering his trip to the Far East. *Soybean Digest.* March. p. 20, 22.
• ***Summary:*** Contrary to general opinion, the Japanese are relatively well fed. "Theirs is a vegetable diet [largely meatless, near vegetarian, except for fish] out of necessity, for the concentration of nearly 90 million people on a small area of land less than the size of California and only about one-tenth of which is tillable makes a vegetable diet a necessity. They cannot afford the luxuries of an animal diet.

"Soybean protein fills the place in the Japanese diet that milk, meat and eggs occupy in our economy." Describes how tofu is made (8 photos show key steps in the process), and gives information based on an interview with Mr. Yamamoto of the Japan Tofu Association. Tofu originated in China where it has been made for at least 1,300 years. "In Japan the records show the production of tofu for something over 400 years... Today the tofu industry in Japan is using about 300,000 metric tons of soybeans per year, of which about 200,000 are produced in Japan and the remaining 100,000 tons are imported.

"A portion of the imports has been coming from the United States, some of them from Manchuria, and some from Brazil." "There are nearly 50,000 small tofu plants scattered throughout Japan. They buy their soybeans in small lots, and it is utterly impossible for them to provide adequate cleaning facilities in each of those plants. They must use the beans as they come to the plant, although I did see in my visits some efforts to screen the beans by hand and blow the light materials out of some lots. As can be easily imagined, morning glory seeds, foxtail, seed, cockleburs, corn and sticks and stems do not make good tofu. It is easy to understand why the plant operators want clean soybeans, and why over a period of time they are going to insist on having them.

"Managers of the tofu plants quickly point out that they consider the high foreign-material content of No. 2 beans a disadvantage from the standpoint of the quality of their product, and also from the standpoint of transportation on those materials. They would like, they continually point out, to buy clean soybeans, recognizing that they will cost more money.

"The tofu association buys some of the bean supplies coming from imported sources for its members. They want as light a yellow color as possible–in fact a nearly colorless or white bean is their preference. They want light-colored hilums, and greatly disapprove of the black hilum varieties because of the effect upon the color of the tofu. They want yellow interior color and yellow seedcoat, and dislike the green seedcoated beans which they sometimes get from the U.S. as U.S. No. 2 yellow beans."

2236. Walley, Ersel. 1956. Osaka soybean exhibit a success: Soybean marketing development program project No. 1. *Soybean Digest.* June. p. 6-8.
• ***Summary:*** "Japan was indeed a most logical location for our first truly International Exhibit of soybeans and soybean products." "Our exhibit at the Japan International Trade Fair in Osaka, April 8-22, 1956, was complete in every detail to tell the story of American soybeans from planting to ultimate utilization in the U.S. and Japan. A panorama of large photographs lined the wall of the exhibit telling the entire story through captions printed in Japanese." Two American films telling the entire story of American soybeans, in Japanese, were shown regularly in the small theater in the American pavilion, and proved of great interest. At least 500,000 people streamed through the American pavilion and viewed the exhibit.

Special thanks must be given to Shizuka Hayashi, managing director of the newly formed Japanese-American Soybean Institute, and to Marion Hartz of Stuttgart, Arkansas. Photos show: (1) Marion Hartz, Shizuka Hayashi, and Ersel Walley standing in the U.S. exhibit. (2) Long lines of people waiting to get into the American pavilion at the Osaka Trade Fair. (3) Ersel Walley demonstrating soybean cleaning equipment for many Japanese onlookers. (4) A

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Japanese trade group inspecting the soybean exhibit. (5) Mr. Hayashi with a group of Japanese tofu makers visiting the Trade Fair.

2237. *Washington Post and Times Herald.* 1956. Anne's trading post: Travelers bring recipes from afar. July 29. p. F14.
• ***Summary:*** Sukiyaki is the most popular of saucepan dishes. This recipe is taken from the *Japanese Cookbook* published by the Japan Travel Bureau. The ingredients include Soy sauce, 3 tablespoons and Tofu, 4 ounces. "Tofu is a bean curd which can be purchased here [in Washington, DC] however I omit it because it doesn't appeal to American palates."

2238. Owen, June. 1956. Food news: Other lands offer menu. *New York Times.* July 31. p. 26.
• ***Summary:*** "Oriental: Oriental Food Shop, 2791 Broadway, offers all the ingredients necessary for Japan's most noted dish, sukiyaki. These include tinned bean curd, bamboo shoots, and Japanese soya sauce."

Katagiri, 223 East 59th Street, is another good source for imported Japanese foods, especially canned, ready-to-eat products, including "scallions in soya sauce."

2239. Pineda, Felix A. 1956. The economic value of soybeans and its manufacture for food products. *Agricultural and Industrial Life* (*Manila*) 18(June):8-9, 30; 18(July):8-9, 37.
• ***Summary:*** Contents: Introduction. Economic food value of soybeans. The manufactured food products from soybeans and their utilization. Methods of food preparation from soybeans: Soybean-rice, Soyalac or soybean milk, soybean cheese [fermented] or cheap meat, soybean cocoa or Nutribean, soybean coffee, toyo sauce or toyo [includes detailed instructions for making this Philippine-style soy sauce], salted beans or tau-si [fermented black soybeans], "soybean flour or soyaflour," soybean sprouts, dried and green beans ("The green soybeans with pods can be used for gulay, like the green mongo."). Conclusion and recommendation.

"Soybean milk" is suitable for the diabetic. Its food value approaches cow's milk.

Note: This is the earliest English-language document seen (Oct. 2001) that uses the word "soyaflour." Address: Sugar Agronomist, Philippines.

2240. Walley, Ersel. 1956. The Japanese-American Soybean Institute: Soybean marketing development program project No. 2. *Soybean Digest.* July. p. 12-13.
• ***Summary:*** Under agreement with the USDA's Foreign Agricultural Service, the American Soybean Association is charged with carrying out a year-round soybean marketing development program in Japan. This is the first such project to be conducted by an American commodity group in foreign sales promotion–so there were few guidelines or examples of how to proceed.

Walley went to Japan and initiated the first project, the soybean exhibit at the Osaka Trade Fair. The next project was the formation of this institute [JASI]. Mr. Shizuka Hayashi was hired as managing director. He "enjoys unusual respect and prestige throughout the entire Japanese soybean industry. He speaks and writes English excellently." He has devoted most of his life to oils and fats, and has visited the United States.

The Japanese members are the manufacturers of oil and fat, miso, tofu, and shoyu, plus the fat and oil importers-exporter associations.

Photos show: (1) Walley and Hayashi. (2) Signs above the American soybean exhibit at the Osaka Trade Fair. A large round sign shows two pods filled with soybeans plus soybean leaves at the top. Two rectangular signs read "Soybeans" in Japanese and English.

Note: According to a report titled "The Evolution of the Market Development Programs and the Public / Private Partnerships," by the U.S. Agricultural Export Development Council (USAEDC) concerning the cooperator program: "The first cooperative agreement was signed with the National Cotton Council in 1955, followed quickly by one with the Oregon Wheat Council. Soon the agreements expanded to include tobacco, soybeans, dairy, millers, poultry and rice in 1956, followed by prunes, raisins, Florida citrus, Sunkist (California / Arizona), canned peaches, red meat, tallow and grease, hides and skins in 1957 and Northwest apples and pears and a small feed grains project in 1958." Address: Special Representative and Past President of the American Soybean Assoc.

2241. Platt, B.S. 1956. The soya bean in human nutrition. *Chemistry and Industry* (*London*) No. 32. p. 834-37. Aug. 18. [25 ref]
• ***Summary:*** The author worked in China during the period in 1933-37, and there had "some experience of preparations made from the soya bean in infant feeding; also rarely a day passed in that period when I did not eat something of one or more of the Chinese soya bean food products–sauce, oil, bean curd or sprouts."

The author gives figures to refute the common misconception that "millions of Chinese have lived for centuries on a diet of rice and soya beans. For example (according to Buck 1938) in northeast China (Manchuria) where soya beans were used most, "very little rice was eaten, 25% of the calories in the diet came from wheat, and 5% from the soya bean... Only 2% of the calories in the Chinese farm diet were derived from vegetable oils which included oils from groundnuts, rape seed, sesame, and soya bean; the first three together occupy rather more than the acreage under soya bean crops. Learmonth (1956, p. 360) has stated that the soya bean has only been grown as an oil-bearing

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crop since the 19th century. There is, however, a Chinese work dated A.D. 1637 called 'The exploitation of the works of nature,' the second volume of which is devoted to oils and fats. From this work it may be deduced (according to information supplied by Dr. G.D. Lu) that the soya bean was grown for its oil as early as the third century A.D. According to Buck's data on most frequent yields, broad beans and field peas yield on average 18 bushels per acre compared with 14 bu/acre for soya beans. Peanuts or groundnuts give 64 bu/acre but it is not clear whether they are shelled or not.

"Anyone who, at a Buddhist feast, has eaten the delectable dishes made from the soya bean cannot but agree that, gastronomically, the merits of a wide range of soya bean products are outstanding. The 'vegetable' varieties of soya bean are, in fact, often simply immature ones. They are green and look like young lima beans but they have a richer and a distinctive and more delicious flavour... Soya bean curd (tou fu) is used in a variety of dishes. It is prepared from the mature beans, not usually in the home, but by the village 'specialist.'... With appropriate culinary treatment, it can be made to imitate a variety of meat dishes; traditionally it is given to young Chinese children."

The author also discusses soy sauce, tempeh, soy oil, and soya "milk".

"I recently had a visit from a professor of pediatrics at a hospital in Djakarta [Jakarta], Indonesia, who reported that about 50 infants put on a soya milk preparation, *all*, after two months, had some gastro-intestinal disturbances; none of them was thriving. In my view, it is still too early to replace human milk for infants and certainly not by a vegetable substitute for animal milk...

"In my own experience soya bean curd is a suitable product for feeding young children and I suggest that its superiority over soya milk may be the separation in the 'whey' of substances that have been shown to be toxic for animals.

The contents of this paper were first presented as a contribution to the discussion on "Soya in the Field of Nutrition" by E.M. Learmonth, published in *Chemistry and Industry* on 12 May 1956. The author mentions an ad for "Sun Spot" soya milk.

The article begins with a poem written by "a medical nutritionist and his wife": "'Little Soybean who are you / From far off China where you grew?' / I am wheels to steer your cars, / I make cups that hold cigars. / I make doggies nice and fat / And glue the feathers on your hat. / I am very good to eat, / I am cheese and milk and meat. / I am soap to wash your dishes, / I am oil to fry your fishes, / I am paint to trim your houses, / I am buttons on your blouses. / You can eat me from the pod, / I put pep back in the sod. / If by chance you're diabetic / The things I do are just prophetic. / I'm most everything you've seen / And still I'm just a little bean.'"

Note: This poem, written by Dr. and Mrs. J.W. Hayward, was first published in the *Proceedings of the American Soybean Assoc.* 1940. Aug. p. 6. Address: C.M.G., Ph.D., M.B., Ch.B., Human Nutrition Research Unit, Medical Research Council Laboratories, Holly Hill, London, N.W. 3.

2242. Nickerson, Jane. 1956. Japan big contributor to American table: Products sent here to go on exhibition.–Recipes offered. *New York Times.* Oct. 25. p. 38.
• ***Summary:*** Japan exports more than 80 food products to the United States–more than the writer had expected. The variety of Japan's food contributions to America will be the subject of the Japanese Food Show, which opens to the public next Tuesday at the Japan Trade Center, 393 Fifth Ave., Manhattan. About 50 imported foods will be on display, some will be for sale, and the preparation of popular recipes (such as sukiyaki) will be demonstrated.

Imports to be displayed include "shoyu (soy sauce)."

Three Japanese specialty foods shops plan booths at the show: the Oriental Food Shop (2791 Broadway), Katagiri (224 East 59th St.), and Tanaka (144 West 65th St.).

A recipe for "Beef teriyaki" calls for: "½ cup shoyu (Japanese soy sauce)... 1 cake tofu (soy bean curd), cut into cubes..."

2243. *New York Times.* 1956. Food: Two foreign restaurants. Oct. 31. p. 38.
• ***Summary:*** It is a welcome sign that New Yorkers are becoming interested in Chinese dishes other than sweet and sour spareribs. Sun Luk, an exciting Chinese restaurant at 143 West Forty-ninth Street, offers an original and delicious dessert: "soy bean curd sweetened and flavored with almond."

Note: This well-known Chinese dessert, called "Almond bean curd" in some Chinese cookbooks, typically contains no soy; it is made with almond milk, gelled with agar, then refrigerated. It is cubed and served with a sweetened sauce flavored with almond extract (see Mei and Adams 1963, p. 121).

2244. Hayashi, Shizuka. 1956. The work of the Japanese-American Soybean Institute. *Soybean Digest.* Nov. p. 20.
• ***Summary:*** This Institute was established in May 1956. The initial work has concentrated on a study of the condition of soybean from the USA and other countries when they arrive in Japan. Additional studies have been made of the shoyu and miso industries in Japan.

The Japanese soybean crop this season has been a poor one, estimated now at about 170,000 tons, far below the earlier estimate of 220,000 tons. These domestic soybeans are preferred by makers of miso, shoyu, tofu, glue, and feeds. To make up the total requirements of 954,130 tons, some 784,130 tons must be imported. This includes 10,000 tons of Brazilian soybeans and at least 86,000 tons of Chinese soybeans–both depending on the price.

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New-crop U.S. soybeans purchased by Japan are estimated as follows: 60,000 tons for October shipment, 110,000 tons for November shipment, and 30,000 tons for December shipment. Total: 200,000 tons. The average price is about $112 to $113/ton, C&F Japanese ports. A small photo shows Shizuka Hayashi. Address: Managing Director, JASI, Tokyo.

2245. *Chicago Daily Tribune.* 1956. Musical sounds abound when you're in Japan. Dec. 9. p. F18.
• ***Summary:*** In the early morning "the natto seller peddles his fermented beans with a musical call of 'Natto, Natto.'"

Another food vendor "sells tofu (soybean curd). He does his advertising with a horn and his call of 'tofu!'"

2246. **Product Name:** Tofu.
Manufacturer's Name: Chong Tofu Manufacturing Co.
Manufacturer's Address: 3220 Waialae Ave., Honolulu, Oahu, Hawaii.
Date of Introduction: 1956.
New Product–Documentation: Honolulu City Directory. 1956. Chong Tofu Manufacturing Co. 3220 Waialae Ave., Honolulu. 1957 Directory. Now listed as Chong's Tofu (K.C. Chong, proprietor), same address.

2247. **Product Name:** Tofu.
Manufacturer's Name: Maili Tofu Factory.
Manufacturer's Address: 87-364 Farrington Highway, Maili, Honolulu.
Date of Introduction: 1956.
New Product–Documentation: Honolulu City Directory. 1956. Maili Tofu Factory (Gilbert Y. Uyehara, proprietor). 87-364 Farrington Highway, Maili, Honolulu. 1958-59 Directory. Name changed to Maile Tofu-Ya. 1960 Directory. Name changed to Maile Grocery. Address same.

2248. Chao, Buwei Yang. 1956. How to cook and eat in Chinese. London: Faber and Faber. 286 p. Illust. Index. 21 cm.
• ***Summary:*** The basic information about soy in this 1956 British edition is quite similar to that in the original 1945 American edition except: (1) British spelling is used (e.g., flavour instead of flavor), and additional information about European ingredients or substitutes; (2) The same (or almost the same) text appears on different pages. See pages 20-21 (Vesop is very much like soy sauce. Clear-simmering is slow-cooking without soy sauce. Red-cooking is slow-cooking with soy sauce), p. 43-44 (red beans, [probably azuki], horse beans, soy beans and their products, bean milk and bean curd [tofu]), p. 46 ([soy] bean oil and peanut oil), p. 47 (soy sauce), p. 49-50 (soy-bean sauce, soy sauce or *shi-yau* in Cantonese, "Acceptable substitutes for soy sauce in the order of preference, are as follows: 'Vesop' sauce (Italian), 'Maggi' (German), and 'Kub' (French))." "Similar to soy sauce is a soy jam, fermented flour jam, "In Cantonese the soy jam is called *mo-shi."* Oyster sauce, sesame oil, soy bean cheese (*fu-yü*).

Soy-related recipes include: Bean curd stirs meat slices (p. 84-85). Bean curd stirs shelled shrimps (p. 144). Arhat's fast or Vegetarian's ten varieties (with wheat gluten, bean curd skin [yuba], fried puffy bean curd, soy sauce, etc., p. 180-81). Plain stirred bean curd (p. 181-82). Oyster sauce bean curd. Mushrooms stir bean curd. Scallions stir bean curd (p. 182-83). Pot-stuck bean curd (p. 184). Bean curd and meat-slice soup (p. 188). Huichou pot (with fried bean curd [large triangles or small cubes], p. 204-05). Sandy-pot bean curd (p. 205-06). Soy jam noodles (p. 224-25, with ½ can *yünshi* soy jam {also called *mo-shi* in Chinese foodshops}).

Pages 181-82 discuss bean curd. The Chinese characters for all recipe names are given on pages 257-71. Address: Cambridge, Massachusetts.

2249. Chen, Philip S.; Chen, Helen D. 1956. Soybeans for health, longevity, and economy. South Lancaster, Massachusetts: The Chemical Elements. xii + 241 p. Illust. Index. 21 cm. 2nd ed. Jan., 1962, 242 p. [24 ref]
• ***Summary:*** A comprehensive review of the subject. Contents: Preface, by the author (South Lancaster, Massachusetts, July 1956). Foreword, by Geo. M. Strayer, Vice-President and Secretary-Treasurer, American Soybean Association. Introduction. Part I: Nutritive value of the soybean. 1. Protein (incl. Dr. Wolfgang Tiling of Hamburg, Germany; Dr. Harry Miller). 2. Fat (incl. phosphatides, sterols and hormones). 3. Carbohydrates and caloric value. 4. Minerals. 5. Vitamins. 6. Soybeans and world population. 7. Soybeans and disease (incl. Dr. Wolfgang Tiling of Germany).

Part II: Soy products. 8. Soybean oil: Composition and properties, processing and refining, reversion, uses, phosphatides, margarine, mellorine (vegetable frozen dessert). 9. Soybean oil meal: Heat treatment, Gelsoy, Multi-purpose Food. 10. Soy flour: Uses, soy bread vs. enriched white bread. 11. Soy milk. 12. Soy cheese (or soybean curd, "aptly described by the Chinese as 'the meat without bones'"–incl. pressed tofu sheets and yuba). 13. Soy sauce: Preparation of kojis, brine fermentation, production yields, microorganisms are available. 14. Soybean sprouts.

Part III: Soybean culture and preservation. 15. Soybean culture: Two types of soybeans (commercial field vs. edible or vegetable varieties), inoculation, fertilizer, cultivation, harvest. 16. Preservation of soybeans: Shelling, canning, freezing, dehydration, harvesting dry mature soybeans.

Part IV: Recipes. 17. Soybeans and soybean pulp: Green or fresh soybeans, dry soybeans, soybean pulp ("prepared by pressing cooked soybeans through a coarse sieve or by grinding them in a food grinder"), recipes (incl. Soyburger, Scalloped green soybeans, and Roasted soybeans–dry roasted

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or deep-fried (p. 151). Describes how to make wheat gluten at home and praises monosodium glutamate for its ability to improve the flavor of recipes–though its use is called for only in the recipe for Soyburger). 18. Soy flour: Breads, cakes, cookies, pies, soups, other recipes (A recipe for Wafers, p. 180, calls for "½ cup roasted soybeans, finely chopped").

19. Soy grits and soy flakes. 20. Soy milk. 21. Soy cheese. 22. Soybean sprouts.

Appendices: A. Soybean utilization (chart). B. Manufacturers and handlers of soy foods (Source: 1956 *Soybean Blue Book*). C. References.

Chapter 1, "Protein," begins: "The soybean is best known for its high protein content (p. 7). It then discusses the work of Dr. Harry Miller (p. 14-15).

Chapter 15, "Soybean Culture," describes how to grow soybeans in a garden. Pages 126-27 discuss the two types of soybeans: the commercial field type and the edible vegetable type. Five major differences between the two types are discussed (p. 126). The edible varieties are larger in size, do not yield as heavily (though they yield more heavily than snap beans or lima beans), are more prone to shatter as they near maturity in the field, are superior in flavor, texture, and ease of cooking, and some edible varieties are also superior in the manufacture of soybean flour, soybean milk, roasted beans and other products. Table 31 (p. 130) lists eleven varieties of edible soybeans: Very early–Giant Green. Early–Bansei, Fuji. Midseason–Hokkaido, Jogun, Willomi. Late: Illington, Imperial, Funk Delicious, Emperor, Higan. Commercial–Illini.

Chapter 16, "Preservation of Soybeans," describes how to preserve "green soybeans" by canning, freezing, and dehydration.

Photos show: (1) A sack of Lincoln soybeans (facing p. 1). (2) Soybean plants, showing pods and leaves (p. 3 and 4). (3) A beam balance with a small amount of soy flour balancing many animal products. "The protein value of soy flour: 1 lb. of soy flour contains protein values equal to 2 lbs. beef, or 34 eggs, or 6 quarts milk." Source: Health and Character Education Institute (p. 6). A similar photo (p. 24) states: "1 lb of soy flour contains food calories equal to 3½ lbs beef, or 3 quarts milk, or 29 eggs. (4) Two views of a child. Left, suffering from marasmus. Right, after six months on a soy milk diet. Courtesy Dr. Wolfgang Tiling (p. 62). (5) A machine at the Northern Utilization Research Branch of USDA treating soybean oil with alkali (p. 72). (6) The distribution of MPF [Multi-Purpose Food] to starving Indian children (p. 91; Courtesy Meals for Millions Foundation). (7) Quaker City No. F4 grinding mill (p. 102; Courtesy Straub Co., 4059 Ridge Ave., Philadelphia, Pennsylvania). (8) Early soy cheese (tofu) production in the United States (p. 108; perhaps at Madison Foods). (9) The Northern Utilization Research Branch, Agricultural Research Service, USDA– shows outside of the huge building (p. 113). (10). How to grow soy sprouts in a glass jar at home (p. 119). (11) Well nodulated soybean roots (p. 129; Courtesy The Nitragin Co.). (12) Baked soybeans in a crock (p. 144). (13) Soy flour used in numerous baked products (p. 159; Courtesy ADM). (14) Griddle cakes [pancakes] made with soy flour brown quickly (p. 173). (15) Soy peanut butter cookies (incl. peanut butter and soy flour; p. 185). (16) Soy grits in a glass jar (p. 198). (17) Freshly-cooked crisp soybean sprouts in a raw vegetable salad (p. 219).

Note 1. The first printing of this book (1956) was dedicated "To Li Yu Ying and William J. Morse, *The Soybean Champions of the Eastern and Western Hemispheres,"* but by the second printing (April 1957) the dedication had changed "To William J. Morse and Harry W. Miller, *The Soybean and Soy Milk Champions of Our Time."*

The publisher of this third printing was unable to sell all the books printed, so Chen apparently arranged for a company named "Outdoor Pictures" (Box 1326, Escondido, California) to sell them. On the title page, Outdoor Pictures pasted their name and address over that of "The Chemical Elements."

Note 2. According to the *National Union Catalog*, Philip Stanley Chen was born in 1903. The rear cover states that he was born in China and is now a naturalized U.S. citizen. He is a graduate of Emmanuel Missionary College [in Berrien Springs, Michigan] and Michigan State University. Before writing this, his first book on diet, health, or soybeans, he wrote several books on chemistry: (1) The Chloro Derivatives of *m*-cresol. 1933. Easton, Pennsylvania: Mack Printing Co. 7 p. (Abstract of his PhD thesis, Michigan State College of Agriculture and Applied Science); (2) *The Chemical Elements, Rev. ed.* 1948. South Lancaster, Massachusetts: Chemical Elements (fold chart). (3) 500 Syntan Patent Abstracts, 1911-1950. 1950. South Lancaster, Massachusetts: Chemical Elements. 125 leaves. (4) Syntans and Newer Methods of Tanning. 1950. South Lancaster, Massachusetts: Chemical Elements. 128 p.

In 1962 Chen wrote *A New Look at God*, published by Chemical Elements (288 p.). Address: 1. Prof. of Chemistry, Atlantic Union College, South Lancaster, Massachusetts; 2. National Science Foundation Fellow, Cornell Univ.

2250. Chen, Philip S.; Chen, Helen D. 1956. Tables (Document part). In: P.S. Chen and H.D. Chen. 1956. Soybeans for Health, Longevity, and Economy. South Lancaster, Massachusetts: The Chemical Elements. 241 p. [24 ref]

• ***Summary:*** Tables show: (1) Soybean production in the United States, 1924-1958 (p. 2). (2) Essential amino acid content of some foods (calculated as percent of amino acid in sample). Foods include: Extracted soybean oil meal, whole milk, whole eggs, beef loin, patent wheat flour (p. 8). (3) Protein efficiency of a number of proteins (incl. whole milk 2.9, cottonseed flour 2.0, peanuts 1.9, soybean flour 1.8, casein 1.7, patent flour 1.00) (p. 11). (4) Biological value of

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food proteins for human adults (incl. whole eggs 78, milk 74, meat 72, soy flour 65, peanut flour 42, white flour 41) (p. 11). (5) Supplemental values of soy flour and milk for wheat flour (p. 12). (6) Nutritional quality of soy flour and milk solids in bread (p. 13). (7) Fat content of several common foods (p. 16). (7A) Chemical composition of vegetable oils (in per cent) (p. 18). (8) Carbohydrate content of soybeans (Street & Bailey) (p. 21). (9) Caloric values of various cereals and legumes (p. 22). (10) Mineral content of soybeans (p. 25). (11) Calcium, phosphorus and iron content of soybeans (p. 26). (12) Availability of iron in different foods (p. 27). (13) Availability of iron in several Hawaiian foods (p. 28). (14) Alkalinity of various foods (p. 29). (15) Vitamin content of soybeans and soybean oil meal (p. 32). (16) The vitamin B-1 content of some common foods (milligrams per 100 grams) (p. 34). (17) The vitamin B-complex content of soy flour as compared with wheat flour (per 100 grams of flour) (p. 35). (18) Choline content (dry weight basis) (p. 37). (19) Production of fats and oil in the United States in 1953 (p. 67). (20) Physical and chemical characteristics of soybean oil (p. 68). (21) Chemical composition of soybean oil (p. 69). (22) Protein concentrates used for feed in the United States, 1954-1955 preliminary (p. 83). (23) Correlation of volume of loaf and urease content of soy flour used in making bread (p. 86). (24) Analysis of nutritive elements (p. 92). (25) Soy flour standards (p. 94). (26) The growth-promoting values of the proteins of soybean flour, peanut flour, and cottonseed flour and their values as supplements to the proteins of patent wheat flour (p. 99). (27) Composition of soy milk and cow's milk (p. 103). (28) Some precipitating agents for soy milk (p. 107). (29) Composition of soybean curd (p. 109). (30) Composition of soy bean sprouts vs. mung bean sprouts (p. 122). (31) Eleven varieties of edible soybeans (p. 130). Address: 1. Prof. of Chemistry, Atlantic Union College, South Lancaster, Massachusetts; 2. National Science Foundation Fellow, Cornell Univ.

2251. Chen, Philip S.; Chen, Helen D. 1956. Soy cheese (Document part). In: P.S. Chen and H.D. Chen. 1956. Soybeans for Health, Longevity, and Economy. South Lancaster, Massachusetts: The Chemical Elements. 241 p. See p. 106-10. Chap. 12.

• ***Summary:*** "Soy cheese" is tofu. Starts by describing how to make tofu. A very interesting photo (p. 108) shows "Early soy cheese production in the United States" (probably at Madison College in Madison, Tennessee).

"Soybean curd contains 7 to 9 percent of highly digestible protein with little carbohydrates and no crude fiber, and therefore has been aptly described by the Chinese as 'the meat without bones'" (p. 108). "From the soybean curd are derived three products of which the Chinese are very fond. They are Tofu Kan [pressed tofu], Tofu P'i [pressed tofu sheets] and fermented soybean cheese [fermented tofu]. These are briefly described below.

"Tofu Kan, or dried soybean curd, is made by filling a small straw or cloth bag with soybean curd and subjecting it to great pressure to reduce further the water content. The product [each cake] measured about 2½ by 2½ by ¼ inches and has the consistency of a soft rubber eraser. The dried soybean curd thus prepared may be seasoned with burnt millet-sugar or soy sauce flavored with tea or other spices.

"Tofu P'i, or soybean curd skin, is formed by pressing soybean curd between sheets of cloth under great pressure. The formed Tofu P'i is like a sheet of canvas about one foot square. It is generally used as a wrapper for sausage.

"Fermented soybean cheese is made in several forms and with different flavors. They are prepared by exposing cubes of soybean curd (from ½ by ½ by ¼ to 1½ by 1½ by ¼ inches) on matting to mould for a week or longer, and then placing it is salted rice wine or salted soy sauce to age for 6 months to a year.

"Besides soybean curd and other soybean products, another food product derived from soy milk that is popular among the Oriental people is Yuba. The Yuba is the name given to the protein film that forms on the surface of soy milk when the latter is heated nearly to the boiling point. It is removed with sticks, hung on a line and dried in the form of sheets or sticks. Before being use, it is wetted back by soaking in water. The Yuba in sheet form is like Tofu P'i and finds similar uses."

Note 1. This is the earliest English-language document seen (Oct. 2012) that uses the term "protein film" to refer to yuba.

Note 2. This is the earliest document seen (Nov. 2010) in which the Chinese author (Philip S. Chen, Ph.D.) uses the Japanese word "Yuba" to refer to this delectable soyfood, which is popular in both China and Japan. Its Chinese name makes no sense when translated into English–"bean curd skin." Dr. Chen was a Seventh-day Adventist. Address: 1. Prof. of Chemistry, Atlantic Union College, South Lancaster, Massachusetts; 2. National Science Foundation Fellow, Cornell Univ.

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2252. Chiu, Y.T. 1956. Meditations of a Christian Chinese. New York, NY: Pageant Press. [5] + 101 p. No Index.
• ***Summary:*** The author says that he has previously written 24 books in Chinese. This, his first English-language book, includes a compilation of much of his best material in Chinese. Soy is mentioned in two chapters.

Chapter 7, titled "Child welfare in China," states (p. 22-26): "Very few mothers [in China] know how to feed their babies. If the infant were fed with mother's milk, it would be better for the child." Cow's milk is so expensive in South China that very few mothers can afford to buy it for their children. "The writer has analyzed several kinds of milk substitutes made locally and sold in the stores in Canton and found that they consist of starch and a little sugar (less than one-half of one per cent of this substituted milk is protein). In North China soya bean milk is used in feeding babies. This is much cheaper than cow's milk." A brief description is given of how this soya milk is made. "One pound of soya beans would make seven or eight pounds of bean milk. As soya bean milk is deficient in fat, sugar, and calcium, the latter should be added to the bean milk to increase its food value. Dr. Siddall [1931] used this milk to feed a baby in the Canton hospital and got pretty good results. If soya bean milk is prepared in a sanitary condition, it should be a good and cheap food for poorer babies."

Superstitions are widespread in South China. "Some people think that bean curd, a product made from soya bean, should not be given to infants lest they have an offensive odor on their breath."

Chapter 18, titled "Feeding a hungry world," states (p. 57-61) that the price of food in South China is now 5 to 10 times higher than before the war, while wages and salaries have not increased proportionally. "The increase in food prices is so great that the average family in China does not have enough to eat and many of them suffer malnutrition" and nutritional deficiency diseases. "As milk is so expensive in Hong Kong and China, children have to be contented with soya bean milk which has been used to feed babies in China for two thousand years." In times of famine, some parents have "had to sell their children in order to have money to buy food. Because of poverty, ninety percent of the parents in China cannot afford to send their children to school and these youngsters must either stay home to work or work as servants in the homes of the rich or in the factories."

"Poorer people in China and Hong Kong eat rice, soya beans, [mung] bean sprouts, bean curds and salt fish or green vegetables. The poorest people have only rice, sweet potatoes, which are cheaper than rice, and soy sauce made from soya beans."

Talk with Luke Fetters of Huntington College, Indiana. 2005. May 23. Luke is writing a biography of the author for this PhD thesis. Chiu wrote this book at about the same time he graduated from the seminary at Huntington College. "He was a Renaissance man. He was an educator, a scientist, a theologian." Luke's field is missiology, the study of missions. He believes that too much mission history has been written about the missionaries; not enough has been written about the heroes and hard-working people within the host culture. Address: Rev., Dr. (PhD.), Assoc. Prof. of Chemistry, Huntington College, Huntington, Indiana.

2253. Council of Scientific and Industrial Research. 1956. The wealth of India: A dictionary of Indian raw materials and industrial products. Raw materials. Vol. IV: F-G. New Delhi, India: CSIR. See p. 142-50 (Glycine), plus p. XIII-XXI (bibliography). [51 ref]
• ***Summary:*** "Attempts to popularise and extend soybean cultivation in India have not met with much success so far. Various reasons have been assigned to this. The market demand for the seeds is not steady and there are few indigenous industries based on soybean. Further, there are other pulse and oilseed crops adapted to varied climatic and soil conditions in India which satisfy the dietetic habits of the people. It is considered, therefore, suitable for introduction only in regions where pulses are not grown at present, e.g. regions at elevations about 5,000 ft. This view has been considered by some to be based on incomplete data."

Table 2, titled "Estimated acreage and production of soybean in some Indian states," gives statistics for 1948-1952. The leading state is Jammu and Kashmir (India's northernmost state). In 1948-49 (the latest year for which complete data is available) Jammu and Kashmir produced 502 tons of soybeans on 1,757 acres. Corresponding figures for other states, ranked in descending order of acreage, are Assam (208 tons/1,230 acres), Orissa (147/988), West Bengal (147/800), Madhya Pradesh (12/67), and Uttar Pradesh (1/33).

Note 1. This is the earliest document seen (Jan. 2009) that gives soybean production or area statistics for South Asia.

"Soybean is grown in India mainly for food and forage. It is generally raised as a *kharif* crop, sown at the outbreak of the monsoon in June or July and harvested in December-January... Soybean is raised either pure or in mixture with maize; in some parts of Assam it is grown along with *aus* paddy. Being a legume, soybean can be cultivated with advantage as a rotation crop with potato, as in Assam, or with sugarcane, as in Bihar. It is grown as a green manure or cover crop in tea estates...

"Uses: Soybean ranks high among the leguminous crops of the world. It is grown mainly as a food crop in China, Japan and other countries of east Asia. The seeds are consumed green, dry or sprouted, whole or split. Green seeds are used as vegetable; roasted and salted seeds are used in cakes and candies. The seeds are ground into flour and used for bakery products. They are also processed to give a milk-like product, curd or cheese. A variety of fermented products is prepared, including sauces which furnish the basic

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flavouring in Chinese and Japanese dishes. Soybean has been used as a raw material in a variety of processing industries in U.S.A. The fatty oil extracted from the seeds is used for edible and industrial purposes...

"In India, soybean has not attained much importance as a food crop. The seeds are consumed locally after splitting as *dal*. They are also parched and used as *bhunja* or ground into a meal (*sattu*) and used in food preparations; a fermented product is prepared from soybean in Manipur. Soybean possesses a characteristic nutty or beany flavour which is not much favoured in India. Efforts have been made to select types devoid of the flavour and to popularise the use of soybean in non-cereal catering organizations for such preparations as porridge and biscuits. Considerable work has also been done to popularise the use of soybean 'milk'."

A detailed discussion is given of each of the following "soybean products: Soyflour, soysprouts (Sprouted soybean is used as a green vegetable [but not in India] and is reported to possess high nutritive value), soymilk, soybean oil, soybean lecithin, soybean meal." Table 5 (p. 148) gives the "composition of some soybean products," based on earlier publications: "Soyflour (defatted or full fat), soysprouts, soycurd."

Note 2. This is the third earliest English-language document seen (May 2006) that contains the word "soymilk" (one of two documents).

Note 3. This is one of the earliest English-language documents seen (Sept. 2006) that uses the term "soy bean" in a new way–as a singular noun, like corn or wheat, not preceded by "the." Examples: "... there are few indigenous industries based on soybean." "Estimated acreage and production of soybean in some Indian states." "Soybean is grown in India mainly for food and forage." This usage originated in developing countries. Address: India.

2254. Hokubei Shinposha. 1956. Nyuyoku benran: Tsuketari jushoroku, 1956-nen [New York Japanese American directory: 1956]. New York, NY: Hokubei Shinposha. 277 p.. Illust. 25 cm. [Eng; Jap]*
• ***Summary:*** Contains 12 leaves of plates and portraits. Address: New York City, New York.

2255. Shefferman, Maurice. 1956. Foods for longer living. New York, NY: Whittier Books, Inc. 181 p. No index. 22 cm.
• ***Summary:*** This is a book about diet and nutrition by one of the founders (in New York City) of Balanced Foods, the major health food distributor. Although it contains few original ideas, it helped to introduce soybeans as a healthy food, and meatless meals, during the late 1950s.

Contents: Preface. 1. Living a balanced life. 2. How well nourished are we? 3. Who gets our best food? 4. Your bloodstream is your lifeline. 5. Vim, vigor and vitamins. 6. A vitamin primer. 7. Minerals in your diet. 8. Cook, spare those nutrients. 9. Natural seasonings. 10. Fresh juices are staple foods. 11. The five basic foods. 12. Everybody needs more vitamin C. 13. Overweight–Our national health problem. 14. Don't live on your nerves! 15. Are you tired? 16. Relax and invite your health. 17. "Having a wonderful time!" 18. Your summer diet. 19. Design for winter living. 20. Recipes.

Shefferman wrote this book so it "would make sense to a lot of people who have a very hazy idea that right food has any direct relationship to their health." The "eating habits of the average American family, or individual, are not good." Many foods "have been depleted of much of their valuable nutrients; we eat too much," too many hot and highly spiced foods, and too much meat. The "vegetarians eat entirely too much starchy foods and are usually, as a result, on an unbalanced diet. As a nation we have retrogressed from the days when our forbears lived on natural, live, whole foods." "I believe that my viewpoint on 'natural' foods will find ready acceptance by intelligent people who are genuinely interested in helping themselves to maintain sound health all the days of their life" (Preface, p. 5).

Also discusses: The growing interest in the practice of organic gardening in the USA (p. 25). "Acid conditions of the soil are as unhealthy as acidity in the human system" (p. 26). "Under ideal conditions we can obtain all the vitamins and minerals we need through natural foods and correct eating." Yet today our soils are depleted of minerals and excessive processing further reduces the nutritional value of our foods (p. 35).

The human body is composed of about 66% oxygen, 18% carbon, 10% hydrogen, 2% nitrogen, and the remaining 4-5% is made up of minerals and trace elements. "Under ideal conditions, a perfect diet which includes the four main minerals–calcium, phosphorus, iron, and iodine– in abundance, will furnish all the other trace elements in sufficient amounts. The lesser minerals are sodium, potassium, magnesium, manganese, chlorine, and sulphur (p. 38, 52). Soy beans are a good source of thiamin (vitamin B-1, p. 42), riboflavin (B-2, p. 43), folic acid (p. 46), and choline (p. 46).

There "is always the possibility of getting too much of the proteins in the diet, especially proteins of meat, and that is one of the best reasons in the world why all persons should change over to meatless meals as often as possible. Now this is not an appeal for the reader to become a vegetarian, for it is the writer's form belief that meat and fish foods are vitally necessary to complete the diet. On the other hand, it is an appeal to meat eaters not to eat an excess of animal foods, for this may throw too much of a burden upon the system,... Among the better known protein foods are soy beans, dried beans, lentils, nuts, cheese, eggs, milk, mushrooms... All of these are less costly than animal foods and certain varieties of fish and other sea foods" (p. 61).

Brown rice is an excellent food. It was used in an 1897 experiment "which was to mark a high point in modern nutritional history." It proved that beri-beri could be cured

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by substituting whole rice for polished rice (p. 62-63). One of the best sources of lecithin in the soy bean. Its benefits are discussed. Realize that "proteins of all kinds are being made from this alkaline-producing soy bean..." It cultivation has been promoted by the USDA, thereby making it a major crop. Soy beans are discussed at length. "The protein of soy beans is used in meat replacement dishes," Soy cheese [tofu] and "soy bean drinks" [soy milk] are good protein sources. For lunch, use "soy sandwich spreads" and "soy bean and wheat germ bread..." The main body of your meatless dinners can be made up of various combinations, including "soy bean loaf, "gluten steak," "green soy beans," "whole wheat or soy bean macaroni or spaghetti, or eggs "on soya toast." Use soya flour as a binder or serve baked soy beans with tomato sauce (p. 64-67).

Natural seasonings include "soy seasonings and natural herbs and spices." Use herb teas and herbs in cookery (p. 68-69). The five basic foods are blackstrap molasses, brewer's yeast, skim milk powder, wheat germ, and yogourt. They are "wonder foods" (p. 81). The Metropolitan Life Insurance Company's ideal weight chart shows, for example, that a man 6 feet tall should weigh 152-164 lb (small frame), 161-173 lb (medium frame), or 169-185 lb (large frame) (p. 97).

Shorter working days and modern labor-savings devices have transformed most Americans into a new "leisure" class (p. 108). Scientific experiments by Dr. Fisher at Yale University [New Haven, Connecticut] have shown that a meatless diet can provide sufficient protein for the body's needs. "Vegetable protein such as almonds and soybeans are excellent protein foods. Soybean products supply essential amino acids without creating the toxic end-products of the meat diet. The residue from the digestion of meats is acid and toxic forming. Vegetable proteins leave a neutral or alkaline ash. Vegetable entrees are wonderful meat replacements for the summer menu. A savory vegetable steak or roast is just as hearty, just as satisfying as meat and a good deal easier on the digestive system. The deliciously rich flavor of meat substitutes is particularly appealing when appetites need tempting during the summer months" (p. 125-26).

People with a definite allergy to cow's milk–as is quite common among children and adults–"can use soy bean milk or goat's milk." Soy bean milk is "an excellent substitute for milk products of animal origin. Crushed soy beans have been used as a source of milk by the Chinese for centuries. Soy milk is approximately the same chemical composition as dairy milk. It resembles cow's milk in consistency and appearance, and its calcium content is about equal to human milk. For infant feeding, in cases of special diets, digestive ailments and malnutrition, soy milk has proven highly beneficial. Soy bean milk is definitely alkaline and easily digested. The soy curd prepared from the milk is eaten as a soft, cottage-cheese -like food" (p. 128).

"Far too many individuals eat too much starch and not enough of the fresh fruit and vegetables." The "one man who should know better–the strict vegetarian–is often the worst offender" (p. 129). Recipes (p. 135-81) include: Soy casserole (meatless main dish, with cooked soy beans, p. 134). Cheese-bean casserole roast (p. 139). Baked soy beans (p. 151). Soy bean salad (with 2 cups "drained green canned soy beans," p. 158).

2256. Sia, Mary Li (Mrs. Richard H.P. Sia). 1956. Mary Sia's Chinese cookbook. Honolulu, Hawaii: University of Hawaii Press. 148 p. Illust. Index. 23 cm. [Eng; chi]
• ***Summary:*** A recipe (p. 48) for "Steamed fish with black beans" calls for "1 T. [tablespoon] preserved Chinese black beans, 1 tablespoon chopped ginger, 1 button garlic, crushed."

In this edition, tofu is called "taofu" instead of "bean curd" as in previous editions. There is paragraph about taofu (p. 21-22). Other soy related recipes: Taofu and shrimp eggs (p. 30). Oxtail Soup (with black beans, p. 36). Taofu, egg and chicken blood (p. 38). Taofu and pork soup (p. 38). Turnip and taofu soup (p. 39). Prawns and taofu (p. 55). Pork and red bean curd (red fermented tofu, p. 98). Pork hash, taofu and peas (p. 102). Red roast pork and taofu (p. 102). Roast pork and taofu (p. 103). Bean sprouts and dried taofu (with pressed tofu = doufu-gan, p. 110). Monk's food (with red bean curd = red fermented tofu, p. 113) Stuffed taofu (p. 130).

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "taofu" to refer to tofu.

Note 2. An almost identical edition of this book was published in 1959 by the same publisher. The recipe for black beans (p. 48) cited above also appears on page 48 of the 1959 edition.

2257. Soetan, Sanif. 1956. Kedelai [Soybeans]. Jakarta: Dinas Penerbitan Pustaka. 23 p. [Ind]
• ***Summary:*** Contains descriptions of the preparation of tempeh, tautjo (Indonesian-style miso), ketjap (soy sauce), and tahu (takoa; tofu).

Note: This is the earliest English-language document seen (Feb. 2009) that uses the word "tautjo" to refer to Indonesian-style miso. Address: Indonesia.

2258. Nakashima, Kyozo; Tamura, Tsuruo. 1957. Kôri-dôfu seizô kôtei ni kansuru kenkyû. IV. Tônyû no gyôseki ni tsuite [Studies on the production of dried-frozen tofu. IV. Coagulation of the soybean milk]. *Osaka Furitsu Kogyo Shoreikan Hokoku* (*Reports of the Industrial Research Institute, Osaka Prefecture*) 17:78-84. March. [3 ref. Jap; eng]
• ***Summary:*** The effect of temperature, time, and stirring speed on the coagulation of soymilk were studied, and the quantity of calcium chloride required to coagulate the milk was determined. Each of these variables is critical. If the temperature is too high when the coagulant is added, there

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is danger of having a "crust" due to the rapid coagulation. If too little coagulant is added, some of the soymilk will remain uncoagulated and the whey will be milky in appearance. When just the right amount of coagulant is added, the whey or supernatant will become transparent–but this correct amount may differ from one soybean variety to the next. The required amount of calcium chloride can be determined from the specific gravity of the soymilk. The rate at which the coagulant is added and the rate of stirring while it is added affect the final quality and yield of the tofu–as well as the size of the curds. Thus, for a given soybean variety, both the rate of adding and the speed of stirring should, ideally, be mechanized.

Note: Accompanying this article is a 12-page, double-spaced, typed English-language translation by Henry Sasame. Address: Osaka, Japan.

2259. Nakashima, Kyozo; Tamura, Tsuruo. 1957. Kôri-dôfu no seihô [The process for making dried-frozen tofu]. Osaka, Japan: Osaka Furitsu Kogyo Shoreikan (Industrial Research Institute, Osaka Prefecture). 58 p. March. Illust. 25 cm. [Jap]
• ***Summary:*** This report is based on four articles on the same subject by the same authors published from 1953 to 1957 in the *Osaka Furitsu Kogyo Shoreikan Hokoku* (*Reports of the Industrial Research Institute, Osaka Prefecture*). Contents: Introduction: What is dried-frozen tofu?, composition of soybeans, composition of soymilk. 1. Soaking and grinding: The process of soaking, the process of grinding, the process of extraction. 2. Curding: Optic curve of curding, elements that determine curding, required amount of coagulant, concentration of coagulant. 3. Freezing: Curve of freezing and time required, speed of freezing and the resulting composition of the tofu. 4. Effect of storage temperature. 5. Drying. 6. Process for softening. 7. Color of frozen tofu: Determination of color and factors affecting it, color of frozen tofu, nature of color, abnormal coloring of frozen tofu. 8. Tofu and microorganisms: Types of microorganisms. Closing remarks. Address: Osaka, Japan.

2260. Nelson, Nancy S. 1957. Tokyo timepiece. *Christian Science Monitor.* May 22. p. 18.
• ***Summary:*** Tokyo–The writer has discovered a delightful way to tell time in Japan, by the sounds and sights of her street. "From one street to the next, as the tofu peddlers pass, the 'shush' sound of the amado (wooden shutters) follow, as they are slid back into the walls to let in the warm light of the [morning] sun." There "is an occasional screech of brakes when a housewife stops a tofu peddler to buy for breakfast.

"When echoes of the [small brass] tofu horns have faded, other merchants, as if this is their cue, make their appearances." There are the sellers of bamboo, goldfish, soba, and fish, the trash / rag man, and the kamishibai (children's theater).

"And with evening the tofu sellers return. Their plaintive horns seem to sound dusk across the city sky. Amado are dragged back across windows, electric lights go on, and a Tokyo day disappears.

"I feel that instead of selling bean curd, the tofu peddlers are really town criers heralding the night with their call meaning 'all's well.'"

2261. Brown, Seletha. 1957. Hawaiian luau brings East and West together in foods. *Christian Science Monitor.* Aug. 15. p. 10.
• ***Summary:*** Honolulu, Hawaii–"Terruyaki [teriyaki] steak is an island favorite [but no recipe is given]. "Japanese Hekka soon becomes as commonplace to the Haole (Caucasian) table as hot dogs and mustard. A recipe for "Meat Hekka" includes: "1 cup diced soy curd (Tofu), optional... ¼ cup soy sauce." "Add the rest of the vegetables in individual piles and mix the Tofu with the meat."

2262. Nickerson, Jane. 1957. Japan sets the table. *New York Times.* Aug. 18. p. SM25.
• ***Summary:*** "Japan is helping Americans set their tables in unusual, appetizing fashion, exporting to the United States an increasing variety of delicacies."

Before World War II, U.S. food imports totaled $25 million. By last year this figure had increased to $60 million–more than double.

A recipe for Yosenabe (a meal-in-one-dish), whose name in Japanese means "gathered in one pan." The basic recipe calls for "3 pieces bean curd, sliced one-quarter inch thick." The Broth for cooking calls for "½ cup Japanese soy sauce" and "3 three-inch squares seaweed (kombu)."

2263. Kotwal, Lalita Kumarappa. 1957. Prodigious achievements of the Japanese people: Industries and handicrafts. *Times of India* (*The*) (*Bombay*). Aug. 20. p. 6.
• ***Summary:*** "Part of the dwelling serves as the factory and members of the family are generally the employees." Power machinery is not commonly used, as only simple tools are needed. "Typical products of such small enterprises are *tofu* (bean curd), noodles, *sushi* (rice and fish), *mochi* (rice cakes), *tatami* (floor mats), *shoji* (screens), and *gets* (wooden shoes)." These cottage industries are found throughout Japan.

2264. Hayashi, Shizuka. 1957. Tofu takes large volume of soybeans. *Soybean Digest.* Aug. p. 26-27.
• ***Summary:*** "There are approximately 45,000 tofu manufacturers in Japan, of which about 23,000 are members of the Tofu Association. There is one large factory in Osaka, the largest in Japan, which consumes 2 tons of soybeans a day." In 1957 Japan will use 1,070,000 tons of soybeans, including approximately 350,000 tons for shoyu, 230,000 tons for miso, 160,000 tons for tofu, and 120,000 tons for other foods. But the Tofu Association says 308,000 tons will be used for tofu.

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Note: This is the earliest English-language document seen that gives the number of tofu manufacturers in Japan, and statistics on the amount of soybeans used for making tofu in Japan. Address: Japanese-American Soybean Inst., Tokyo, Japan.

2265. *Chicago Daily Tribune.* 1957. On our cover. Sept. 6. p. B4.
• ***Summary:*** On the cover of *Today's Food Guide,* is a photo of Kay Westfall in her kitchen, preparing her American version of Japanese sukiyaki. The recipe, which is given, includes: "1/3 cup soy sauce. 1 cake soy bean curd, sliced thin." The main ingredient is steak.

2266. United States Department of Agriculture. 1957. USDA announces study to promote wider use of U.S. soybeans in Japan (News release). Washington, DC. 1 p. Sept. 12. USDA 2775-57.
• ***Summary:*** "The U.S. Department of Agriculture announced today that it will send a a specialist to Japan to work with private trade groups and Government officials there to promote wider and more direct use of United States soybeans in Japanese diets.

"Although this country has been exporting about 20 million bushels of soybeans annually to Japan in recent years, only a relatively small quantity of the beans have been used in making such food products as 'tofu' and 'miso,'which utilize the whole soybean and not just the oil or the meal.

"Tofu and miso are a primary source of protein in the Japanese diet. The former is a custard-like curd eaten in soups, and the latter is a paste eaten in many food preparations.

"Dr. A.K. Smith of USDA's Northern Utilization and Development Division Peoria, Illinois, will go to Japan to study the reasons for the Japanese preference for their own and Chinese soybeans in the manufacture of products such as tofu and miso. His purpose will be to determine what differences exist between Japanese and Chinese soybeans and American soybeans, and why they occur. He also will seek to determine how foods can be made from United States soybeans which will be more acceptable to the Japanese.

"Success in his investigation can mean a broader market for United States soybeans in Japan.

"'USDA's Foreign Agricultural Service and the American Soybean Association of Hudson, Iowa, for some time have been conducting an overall program to promote the market for United States soybeans in Japan. That program has been expanded to include USDA's Agricultural Research Service, which has made Dr. Smith's services available." Address: Washington, DC.

2267. *Cotton Gin and Oil Mill Press.* 1957. Study will promote U.S. soybeans. Sept. 21.
• ***Summary:*** About A.K. Smith's upcoming trip to Japan.

2268. *Southwestern Miller.* 1957. U.S. seeks soy food uses: Dr. A.K. Smith of Department of Agriculture goes to Japan to discover reasons for preference for other beans. 36(30):56. Sept. 24.
• ***Summary:*** About Dr. A.K. Smith's upcoming trip to Japan.

2269. Hayashi, Shizuka. 1957. The Japanese-American Soybean Institute. *Soybean Digest.* Sept. p. 33-34, 36.
• ***Summary:*** Subtitle: "The Japanese know the quality of U.S. soybeans is improving. Mr. Hayashi expects every Japanese family to include soybeans in the daily diet as a result of the Institute campaign."

"Membership in the Japanese-American Soybean Institute [JASI] is made up of the Japanese Oil Processors Association, the Japan Soy Sauce Association. the Japan Miso Industry Association, the Japan Tofu Association, and the Oil and Fat Importers and Exporters Association–in other words all groups connected with the soybean industry in Japan. The American Soybean Association is also a member of the Institute.

The Institute carries out a variety of research and educational programs. Under the initial agreement, JASI was established in April 1956 for a period of 1 year with a total budget of $75,000; it began functioning on 1 May 1956. Each of the Institute's main projects and contracts signed during the first year is described. The production of a movie film, approved by USDA's Foreign Agricultural Service (FAS), is now in progress. "This will be a documentary colored film in three rolls of about 24,000 feet long. The theme of this film involves grammar school children working on a special subject of soybeans in their practical science room."

Before JASI was established, most Japanese did not realize that soybeans were grown in the U.S.–except on a small scale. "Before the war [World War II] we knew that Manchuria, China, was the only major soybean growing country. I was in Manchuria for more than 10 years before the war as an exporter of soybeans to Europe and Japan. We [Japan] imported about 1.5 millions tons of soybeans annually from China. Production in China was then around 6 million tons. In 1948 I visited this country [USA] and was surprised to learn for the first time of America's huge production of soybeans. After the war when Japan was still under the SCAP's [Supreme Commander Allied Powers = General Douglas MacArthur] control, soybeans were not available from China. It was then that Japan received soybeans from America for the first time in history. It is since then that Japan has gradually become familiar with American [U.S.] soybeans.

"However, soybeans coming into Japan right after the war were very bad. They contained enormous amounts of foreign material, worm-eaten damaged beans, broken beans;

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besides sizes were irregular and color was bad. The quality of American beans was so bad that it gave Japanese users the impression that U.S. soybeans were not comparable with Chinese soybeans. Everywhere we went we received complaints of foreign material." No makers of miso or tofu wanted to buy them.

Now, a year after JASI was established, the situation has improved. Everybody in the soybean industry now knows about U.S. soybeans, and knows their quality is improving. JASI sends these people a newsletter, the *Soybean Digest Late News*, translated into Japanese. A photo shows Shizuka Hayashi. Address: Managing Director, JASI, Tokyo.

2270. *Soybean Digest.* 1957. USDA sending soy specialist to Japan. Oct. p. 16-17.
• ***Summary:*** About Dr. Allan K. Smith's upcoming trip to Japan. A portrait photo shows Dr. Smith.

2271. *Manchester Guardian* (*England*). 1957. Bean curd maker sentenced. Nov. 2. p. 5.
• ***Summary:*** Ipoh [Malaysia], Nov. 1–"Chay Mun (64), a bean curd maker, was to-day sentenced to five years' imprisonment for having coffee powder 'which raised a reasonable presumption that it was intended for terrorists.'"

Mr. Justice Shepherd in the High Court told him he was an enemy of society. The coffee powder was found wrapped in paper inside a bucket of cement on his bicycle–Reuter.

Note: Malaysia attained independence from British colonial rule in 1956-45. The terrorists referred to here were the Communists.

2272. *Gourmet.* 1957. You asked for it! Recipe for homemade soy bean curd (Letter to the editor). 17(11):95. Nov.
• ***Summary:*** The section titled "You asked for it!" contains letters to the editors. H. Von Poven of Lombard, Illinois, is experimenting with Oriental cooking and "would like to secure instructions for making soy bean curd."

Answer: "The making of tofu, or soy bean curd is a process to try the patience of a scrutable Occidental, but here goes:" Soak the soybeans, then crush or grind between stones while adding water. Bring to a boil in a pot, simmer for 3 minutes, then strain through several thicknesses of muslin. Add a coagulant (calcium chloride or a solution of magnesium- and calcium-chloride; the amounts are not specified). The protein will precipitate in the form of curds, much like cottage cheese. "Mold the curd in a wooden frame and press it with weights to drain off the water.

An easier way to get soy bean curd is to write the Oriental Food Shop, 2791 Broadway, New York. They will send you an 11-ounce can of baked bean curd called *yakidofu* for 59 cents. It is too fragile for mail delivery.

Note: This is the earliest article on soy seen (Aug. 2002) in *Gourmet* magazine.

2273. Orr, M.L.; Watt, B.K. 1957. Amino acid content of foods. *USDA Home Economics Research Report* No. 4. 82 p. Dec. [27 ref]
• ***Summary:*** Lists the amino acid content per gram of total nitrogen in edible portion (average, maximum, and minimum, and number of samples) for soybeans and soy flour, soybean curd, and soybean milk. Address: Household Economics Research Div., Inst. of Home Economics, ARS, USDA, Washington, DC.

2274. **Product Name:** Aburage (Deep-Fried Tofu Pouches).
Manufacturer's Name: Green Mill Food manufacturing Ltd.
Manufacturer's Address: 914 Coolidge St., Honolulu, Oahu, Hawaii. Phone: 992-370.
Date of Introduction: 1957.
How Stored: Refrigerated.
New Product–Documentation: 1957 Honolulu City Directory. Green Mill Food Manufacturing, Ltd. (Kaiso Yasuda, President). Tofu, aburage, konnyaku. 914 Coolidge, Honolulu, HI 96814. Phone 992-370. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Green Mill Food Manufacturing Co. Same address and phone.

2275. **Product Name:** Tofu.
Manufacturer's Name: Hanao Tofu Factory. In 1964 probably becomes the Hanato Tofu Factory.
Manufacturer's Address: Honalo, Island of Hawaii.
Date of Introduction: 1957.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1957. Hanao Tofu Factory. Honalo, Island of Hawaii. 1964 Directory. Not listed, but there is the Hanato Tofu Factory in Honalo, which was active as of 1967. Note, is this all a continuation of Tamao Hanao Tofu of Kealakekua, Island of Hawaii, or a separate company?

2276. **Product Name:** Tofu.
Manufacturer's Name: Higa Tofu Factory.
Manufacturer's Address: 829 Kialuea, Kahului, Maui.
Date of Introduction: 1957.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1957. Higa Tofu Factory. 829 Kialuea, Kahului, Maui. Not listed 1966. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Higa Tofu Factory, Kahului, Maui. Phone: 728441.

2277. **Product Name:** Tofu.
Manufacturer's Name: Kameya Tofu Factory.
Manufacturer's Address: 282 Momi Lane, Wailuku, Maui.
Date of Introduction: 1957.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1957. Kameya Tofu Factory. 282 Mami Ln., Wailuku, Maui. Not listed 1967. Hawaii Directory

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of Manufacturers: Tofu (bean curd). 1964. Komeya Tofu Factory. 282 Momi Lane, Wailuku, Maui. Phone: 33228.

2278. **Product Name:** Tofu.
Manufacturer's Name: Kishimoto Tofu Factory.
Manufacturer's Address: Waiehu, Maui.
Date of Introduction: 1957.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1957. Kishimoto Tofu Factory. Waiehu, Maui. Not listed 1964.

2279. Machida, Yoshiro. 1957. Tôfu seizô-hô [Tofu manufacturing process]. *Japanese Patent* 228,062. [Jap]*

2280. Machida, Yoshiro. 1957. Aburage genryô to shite tekitô na dasshi daizu-ko no seizô-hô [Method of producing defatted soybean meal as an ingredient for deep-fried tofu pouches]. *Japanese Patent* 255,333. [Jap]*

2281. Machida, Yoshiro. 1957. Tôfu kôri-dôfu aburage genryô to shite tekitô na dasshi daizu-ko no seizô-hô [Method of producing defatted soybean meal as an ingredient for tofu, dried-frozen tofu, or deep-fried tofu pouches]. *Japanese Patent* 255,334. [Jap]*

2282. **Product Name:** Compro (Canned Meatless Meat with Tofu).
Manufacturer's Name: Madison Foods.
Manufacturer's Address: Madison College, Madison, Tennessee.
Date of Introduction: 1957.
Ingredients: Wheat gluten tofu, seasonings.
Wt/Vol., Packaging, Price: Can.
How Stored: Shelf stable.
New Product–Documentation: Letter from Sam Yoshimura. 1981. March 19.

2283. **Product Name:** Tofu.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 300 Powell St., Vancouver, BC, V6A 1G4, Canada. Phone: 604-685-8019.
Date of Introduction: 1957.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Mr. Leslie Joe.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Leslie Joe.

Talk with Michael Weiner. 1987. June 12. Sunrise in Vancouver has a history going back to the 1950s, and is the largest tofu manufacturer in Western Canada. Mandarin is second largest. He will ask Sunrise to send me a history. Another talk. Dec. 16. Peter Joe is the present owner of Sunrise. His father, Leslie Joe, started making tofu in the 1950s. Letter from Peter Joe. The company started to make soyfoods in 1955. Form filled out by Peter Joe. 1988. May 20. Gives date as 1960. Apparently company started in 1955 but did not make tofu until 1960? In 1984 the company moved to 729 Powell St.

Talk with Peter Joe. 1993. March 12. This company was started in about 1955 by his father's uncle. His father (Leslie Joe, who lives nearby) started to work for the company in about 1956-57. In about 1957 Leslie Joe took over the company. Peter does not know the name of the company at the time it was founded; it may have had a Chinese name but no English name. The company was at some other address on Powell Street initially (such as 360 Powell St.) before it moved down to 300.

Note: This is the earliest known commercial soy product made by Sunrise Market Ltd.

2284. Zerfing, Sally D. 1957. Sally's recipes. Glendale, California: Published by the author. vi + 221 p. Illust. No index. 25 cm.
• ***Summary:*** A remarkable vegetarian cookbook with a Christian message and references to many Biblical passages. It would be vegan, except for the use of honey. The author may be a Seventh-day Adventist since (1) Ellen G. White is quoted on page 2, (2) it contains so many soy recipes at a relatively early date, and (3) it mentions some brands of soy products (e.g. Madison Health Food Company's Cheze-O-Soy = tofu) made by Adventist companies. Page 14 has a short section on soy oil and page 14 a long section on soy beans, including soy milk. Soy-related recipes include: Soy beans (p. 44). Soy paste (with soy milk powder, p. 50). Soy-whole wheat noodles (with soy flour, p. 62). All purpose soy milk no. 1, no. 2, and no. 4 (made with El Molino Soya Milk Powder, p. 66-67). All purpose soy bean milk no. 3 (made from whole soybeans). Hot carob drink (with soy milk, p. 66). Almond milk. Cashew nut milk. Sesame milk (p. 67. "Liquefy together: 1 cup sesame seeds and 2 cups water. Then strain the milk through a fine cloth; squeeze to get out all the milk. Then liquefy with a little honey, salt, oil, or liquid lecithin").

Note: This is the earliest English-language document seen (Aug. 2007) that contains the term "sesame milk"–or a recipe for making it at home.

Scrambled tofu (with Chef Bonneaus Aminotone, p. 73). French toast (with soy milk, p. 73). No. 2 health burgers (with tofu, p. 79). Scrambled tofu sandwich (p. 80). Creamed tofu and nut spread. Soy cream and olive sandwich on Boston bread (with soy creamed cheese, p. 80). Cheze-O-Soy sandwich (p. 81). Sesame tahini cheese spread (with Sally's Soy Mayonnaise, p. 81). For other tahini recipes, see p. 82 and 111. For other sesame seed recipes: Sesame cream cheese (p. 82). Sesame salad dressing (p. 85). Sesame wheat

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germ candy (p. 148).

Soy creamed cheese (p. 82). Soy mayonnaise. Thousand island dressing (with soy mayonnaise, p. 83). Cucumbers with tofu cream dressing (p. 90). Homemade tofu cottage cheese (p. 91). Tofu cottage cheese (p. 91). Tofu vegetable jello-salad (p. 92). Tofu and rice croquettes (p. 100). Soy and rice patties (with ground soybeans, p. 101). Soy and eggplant patties (with ground soybeans, p. 101). Tartar sauce (with Sally's Soy Mayonnaise, p. 104). Baked macaroni and soy cheese (with tofu). Cheze-O-Soy and millet hash. Baked soy beans (p. 104). Soy and millet loaf (p. 105). Thanksgiving loaf–Wheat, tofu and nut combination (p. 107). Cheze-O-Soy patties (p. 108). Spanish-style scrambled tofu (p. 115).

Note: This is the earliest document seen (Feb. 2012) that contains the term "Scrambled tofu" or that contains a recipe for "Scrambled tofu." The book actually gives 3 recipes for scrambled tofu (pages 73, 80, and 115).

Ravioli (noodles made with soy flour and filling made with Cheze-O-Soy, p. 116). Bean sprout entree (with Cheze-O-Soy, p. 117). Scalloped corn (with tofu). Tofu Chick Pea Foo Young (p. 117). Wonder of the sea loaf (baked, with tofu, p. 118). Chew mein vegetarian style (with soy sprouts, p. 119). Tofu and Sally's homemade tofu (p. 118-19; curded with lemon juice and sea salt). Homemade soy cheese (made with El Molino Soya Powder, p. 119). Tofu gravy (p. 120). Non-dairy ice creams (p. 149-53; most recipes call for 2 tablespoons El Molino soya milk powder). Banana split, Maple nut sundae, Fruit Sundae (each topped with soy whipped cream, p. 151). Date shake (with soy milk, p. 152). Carob soy malt (p. 152). Ice cream pie (topped with soy whipped cream, p. 153). Carob-wheat germ banana shake (with soy milk, p. 153). Soy pie crust (p. 154). Baby's soybean formula (p. 196). Composition of ¼ cup soy powder (p. 196). Tofu for babies (p. 200). A photo on the front cover shows Sally Zerfing. Address: 24629 N. Arch St., Newhall, California.

2285. Tsukada, Toyoaki; Yamada, Yasuo. 1957? Frozen tofu (dehydrated tofu). Japan. 4 p. Undated. 28 cm. [Eng]

• ***Summary:*** This is a report on the Misuzu plant in Nagano City and the Daiya plant in Suwa City, Nagano prefecture, Japan. "The name 'frozen tofu' is somewhat misleading as the final product is a dried cake with the approximate dimensions of 2½ x 2 x 3/4 inches. The freezing of the tofu is a step in the process which develops certain desirable elastic property to the wet cake. It becomes like a sponge.

"The frozen tofu plants at Nagano and Suwa had essentially the same process but the Suwa plant was the more modern of the two in respect to engineering equipment. The Suwa plant had two completely separate units for making tofu, each one approximately the size of the Nagano plant.

"The Nagano plant reported they had used quite a few American soybeans until two years go when they changed to Chinese soybeans. In his opinion the best frozen tofu is made from Nagano beans but Nagano raises insufficient soybeans to supply the demand. The qualities desired in this product are good color and smoothness (including gloss) and bland flavor. In his process the American soybeans give equal color and smoothness but not flavor to the Chinese beans. American soybeans process as well as other beans. Some soybeans have a soft smooth taste whereas others leave a taste on the tongue. They described Brazilian soybeans as good for making tofu but not for miso. American soybeans give a high yield.

"The owner of the Suwa Plant said they could use up to 20% American soybeans in their process without loss of quality in their product.

"These frozen tofu plants operate on a large scale, of the order of 5-10 tons of beans per day. The frozen tofu process is much more readily adaptable to large scale operation than fresh tofu. All fresh tofu plants are small and usually process in the range of 100 to 200 pounds of beans per day. Because of the wide difference in scale of operation the retail price of frozen tofu is the same or even a little less than fresh tofu. While the frozen tofu plants have adopted more modern equipment than any of the other food processing plants, there is still much room for further modernization and improvement in efficiency of operation.

"The owner of the Suwa Plant recognizes the need for further research and development and made the following suggestions in the order indicated.

"1. Improve the freezing process–to produce an elastic type material in less time.

"2. Use of centrifuges for classification of original extract and also perhaps to concentrate the curd. Dorr thickener should be considered at the stage.

"3. Mechanization of trimming the tofu cakes to size and shape. Common problem to all frozen tofu makers.

"He did not make any suggestions on where research should be done, but mentioned of a certain person in Osaka Prefectural Institute of Industrial Promotion, Dr. K. Nakajima, who specializes in frozen tofu chemistry. Also mentioned Irie Co. of Osaka, which he suggested as a place for developing trimming and packing equipment. Following is a flow diagram of the process for making frozen tofu." Address: 1. Director, Misuzu Co., Nagano City; 2. Director, Daiya Co., Suwa City. Both: Nagano prefecture, Japan.

2286. *Times* (*London*). 1958. A truly festive season: New Year exchanges of hospitality in Japan. Jan. 25. p. 8, cols. 6-7.

• ***Summary:*** "From a correspondent." The writer gives a detailed, accurate description of New Year in Japan. Once the caller has entered a house, he must be offered food and drink, which includes: "[black soy] beans in sugar; lotus root in soya sauce; and bean curd [tofu]. The great New Year delicacy is mochi, or rice cake, made from boiled, pounded rice..." Also sake.

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2287. Koss, Mayburn. 1958. Food: From Japan. Store on the Upper West Side offers wide variety of Far East delicacies. *New York Times.* March 12. p. 37.
• ***Summary:*** About the Oriental Food Shop at Amsterdam Ave. and 124th St., run by Joseph Oyama.

"Soy sauce from Japan, lighter and less sweet than the American and Chinese varieties, comes in bottles and tins in a wide range of sizes. The most popular brand is Kikko Man" [Kikkoman].

"The foods most frequently requested at the Oriental Food Shop are those that go into Sukiyaki, probably the best known Japanese dish among foreigners." It can be cooked quickly, and at the table. Ingredients called for in a recipe include: "1 Tofu (fresh bean curd)... ½ cup soy sauce... ½ teaspoon Aji-No-Moto (monosodium glutamate)."

2288. Spier, Robert F.G. 1958. Food habits of nineteenth-century California Chinese. *California Historical Society Quarterly* 37(1):79-84. March; 37(2) 129-36. June. [40 ref]
• ***Summary:*** Large-scale immigration of Chinese to California began in 1850, shortly after gold was discovered. In California, the Chinese continued to eat their customary foods, which were imported from China. In 1857 J.D. Borthwick wrote, with reference to the period 1851-1854 (when he traveled in California), that Chinese stores were stocked with Chinese foods. Spier examined the records of the U.S. Custom House at San Francisco and found that "As early as 1852, substantial shipments of foods arrived from Hongkong, consigned to Chinese firms" in San Francisco. Items listed on the invoices included "salt beans" [probably fermented black soybeans], "dry bean curd," "shrimp soy" [soy sauce with shrimp], "bean sauce," as well as dried seaweed, oranges, bamboo shoots, plus staples such as rice, noodles, sugar, tea, and vinegar. "A check of invoices in this collection covering the years 1850 through 1854 reveals that the majority of the shipments from the Far East contained food or potables (tea, brandy, etc.). Specifically, food or drink appeared on 79 of 118 invoices."

Within 2 decades of their landing in force, the Chinese on the West Coast were growing considerable amounts of food. "By 1872 Nordhoff wrote that the Chinese were producing two-thirds of all vegetables eaten in California... Seaweed was collected by members of the Monterey fishing colony before the turn of the century...

"One receives the general impression... that during the 1850's and 1860's, the Chinese laborers ate a better diet than did whites in substantially the same lines of work." A Caucasian schooner captain in southern California told Nordhoff that, in his estimation, the Chinese fishermen he knew lived "far better, and at any rate have a more varied bill of fare, than most of the ranchmen in California." On the railroads, the Chinese drank mostly tea, while their white counterparts drank large amounts of alcoholic beverages. "Virtually every western town had its 'Chinatown,' large or small, which was essentially a self-contained separate entity."

Note 1. This is the earliest document seen (March 2011) concerning soybean products (soy sauce, and probably fermented black soybeans) in California. This document contains the earliest date seen for soybean products in California (1852); soybeans as such had not yet been reported by that date.

Note 2. Most of these Custom House records were destroyed by fire. Spier is no longer living. Address: California Historical Society, 2090 Jackson Street, San Francisco, California.

2289. Manners, Marian. 1958. Japanese have diversified menus typical of place, season, occasion. *Los Angeles Times.* April 17. p. A7.
• ***Summary:*** A recipe for Beef sukiyaki calls for: "1 block tofu (bean curd), cut into cubes... 2 cups shoyu (soy sauce)." One dish eaten by Japanese families every day is "bean-curd soup."

Note: "Bean-curd soup" probably refers to miso soup with many small cubes of fresh tofu in it.

2290. Black, H. 1958. Die Sojabohne–Ein Hauptnahrungsmittel der Zukunft [The soybean–A major food for the future]. *Ernaehrungs-Umschau* 5(2):33-34. March/April. [Ger]
Address: Bonn, West Germany.

2291. Smith, Allan K. 1958. Use of United States soybeans in Japan. *USDA Agricultural Research Service.* ARS-71-12. iii + 36 p. April. April. Illust. 28 cm. Typewritten.
• ***Summary:*** An extremely well researched, interesting document based on a survey conducted in 1957 in Japan. Contents: Definitions of Japanese food products. Introduction. 1. Problems of Japanese food processors in using U.S. soybeans: Food production problems, foreign material, broken and dark-colored soybeans in exports. 2. Analysis of the problems. 3. Research proposals. 4. Miso: Processing, uses, production, composition. 5. Tofu and its modifications: Processing fresh tofu and frozen tofu, aburage. 6. Natto. 7. Hamanatto. 8. Kinako. 9. New products research: Soybean "milk," fermented cheese, soybean flour and isolated protein for foods, isolated soybean protein. Acknowledgments.

A graph on the front cover (and on p. 6) shows soybean production in the USA from 1938 to 1957 (in millions of acres harvested). Photos show: (1) Drying soybeans before threshing in Japan. (2) Manually operated threshing machine. (3) Power operated threshing machine. (4) Modern small-scale equipment for cleaning soybeans and grading for size. (5) Straw weaving equipment. Straw bags are used for soybeans, rice, and other farm products. (6) Cooling roasted

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soybeans and hand cleaning for making kinako. (7) Soybean varieties: Lincoln, White Hilum Iwate, and Acadian (six photos, showing each variety wet and dry). (8) Wooden vats used for fermenting miso; each stands a little taller than a man, and is bound with 4 bamboo hoops. (9) Miso in wooden tubs [kegs] ready for market. (10) Hand assembly of wooden tubs for shipping miso and shoyu. (11) Stone mill for wet grinding of soybeans to make tofu. (12) A modern tofu shop, with boiler, pressure cooker, filter, and precipitation vat. Photos 11 and 12 courtesy of Sugiyama Chemical Research Inst., Tokyo. (13) Deep fat frying of tofu for making aburage. (14) Wooden kegs used for fermenting hamanatto. Stone weights are used to compact the beans during fermentation.

Other figures: (1) Flow diagram of the miso manufacturing process (incl. koji). (2) Table showing total production of miso in Japan (about 1957) as reported by All Japan Miso Industrial Association. Factory made miso consists of: Rice miso 379,000 tonnes (metric tons), barley miso 146,000 tonnes, soybean miso 58,000 tonnes, total factory made 583,000 tonnes. Homemade miso of all types is 391,000 tonnes (67% of factory made). Total factory and home made: 974,000 tonnes. Ingredients used in this grand total: Soybeans 361,000 tonnes, rice 115,000 tonnes, barley 58,000 tonnes, salt 159,000 tonnes. (3) Table showing nutritional composition of rice miso, barley miso, and soybean miso. (4) Table showing composition of sweet miso, salty miso, and enriched miso. (5) Diagrammatic sketch of equipment used in making fresh tofu. (6) Flow diagram of a frozen tofu factory.

Note: The author was in Japan from Oct. 24 to Dec. 24, 1957. The principal localities visited were: Tokyo, Yokohama, Tochigi City, Nagano, Matsumoto, Suwa, Hamamatsu, Nagoya, Kyoto, Osaka, Fukuoka, Kumamoto, Nagasaki, and Sendai. His trip was sponsored by the Agricultural Research Service and the Foreign Agricultural Service of the USDA, and the American Soybean Association (Hudson, Iowa).

Note: This is the earliest document seen (July 2000) that mentions "barley miso"–a type of miso made with barley koji, soybeans, and salt. Address: Head of Meal Products Investigations, Oilseed Crops Lab., NRRL, Peoria, Illinois.

2292. *Washington Post.* 1958. Menu boasts Far East flavor: Anne's reader exchange. May 9. p. C6.
• ***Summary:*** A reader sends in a recipe for Sukiyaki, which calls for "1 cake bean curd (tofu), cut in small squares." It should be cooked in "cooking soy sauce," which includes "½ pint Japanese soy sauce."

2293. *Journal Star* (*Peoria, Illinois*). 1958. Two Japanese scientists here to study soybean processing. Oct. 30. p. A-5.
• ***Summary:*** A large photo shows C.W. Hesseltine and A.K. Smith of the USDA Northern Utilization Research and Development Division [NRRL], and visiting Japanese scientists Tokuji Watanabe and Kazuo Shibasaki. The two Japanese scientists have arrived in Peoria to start a year's search for ways to increase the use of U.S. soybeans in Japanese foods–especially tofu and miso. The studies will conducted under an agreement between the Agricultural Research Service (ARS), the USDA's Foreign Agricultural Service, and the American Soybean Association. The research is part of USDA's research and development program to find new outlets for U.S. farm crops.

Dr. A.K. Smith of the Northern Division spent several months in Japan last year studying soybean utilization. He found that Japanese prefer U.S. soybeans for oil-mill processing, which accounts for about half of all Japanese soybeans. The other half is used to make traditional foods, and only a limited quantity of U.S. soybeans are used in this way.

"Dr. Shibasaki is an associate professor in the department of agriculture chemistry at Tohoku University, Sendai, Japan, and an adviser of Miyagi Prefecture Miso and Shoyu Industry Association.

"Mr. Watanabe is chief of the grain processing section of the Food Research Institute, Ministry of Agriculture and Forestry."

Note: Soyfoods Center owns a copy of this black-and-white photo (8½ by 11 inches); it was a gift of the USDA National Center for Agricultural Utilization Research (Peoria, Illinois), which owns the photo.

2294. Kamada, Hidemoto; Sakurai, Yoshito. 1958. [Curd-producing capacity of two varieties of soybean]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 13. p. 119. Oct. [1 ref. Jap]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2295. Neto, Luiz Guimaraes. 1958. Leite e queijo de soja [Soybean milk and cheese]. *Boletim de Agricultura* (*Belo Horizonte, Brazil*) 7(9/10):49-50. Sept/Oct. (Minas Gerais. Departamento de Producau Vegetal). [Por]
• ***Summary:*** Describes the utensils and techniques necessary to prepare these two foods. Address: Eng. Agronomo, Brazil.

2296. Hayashi, Shizuka. 1958. U.S. study by Japanese scientists [Kazuo Shibasaki and Tokuji Watanabe]. *Soybean Digest.* Nov. p. 23.
• ***Summary:*** Two Japanese scientists are now at USDA's Northern Utilization Research and Development Division at Peoria, Illinois, where they are investigating the use of soybeans from the USA and other countries in making tofu and miso in Japan.

The two men are: (1) Kazuo Shibasaki, age 41, associate professor at the department of agricultural chemistry, Tohoku University. (2) Tokuji Watanabe, age 41, chief of section of grain processing, Food Research Institute, Japanese Ministry

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of Agriculture and Forestry. They arrive in Peoria Oct. 18.

"They are working under the joint soybean market development project of USDA's Foreign Agricultural Service and Agricultural Research Service, and the American Soybean Association" [ASA]. Their living expenses during their 9 months stay in the USA will be paid by ASA. "And their traveling expenses to the United States and back will be paid by the Japanese American Soybean Institute from funds allocated under the market development project." Address: Japanese-American Soybean Inst., Tokyo.

2297. Cowan, John C. 1958. Soybean utilization research. *Cotton Gin and Oil Mill Press* 59(25):7, 27-28. Dec. 13.
• ***Summary:*** Discussion of new industrial uses, and food and feed uses for oil, meal, and whole beans. Photos show (1) J.C. Cowan. (2) Howard M. Teeter. (3) C.W. Hesseltine, A.K. Smith, Tokuji Watanabe, and Kazuo Shibasaki. Address: Head, Oilseed Crops Lab.

2298. Goodhue, Norma H. 1958. Epicure series features Japan chef: Feast for eyes, palate. *Los Angeles Times.* Dec. 25. p. A1.
• ***Summary:*** A recipe for Beef sukiyaki (Tokyo style) includes "1 tofu (soy-bean cake)," and "8 ounces (1 cup) soy sauce."

Monosodium glutamate is mentioned in the recipes for Suimono (Clear soup) and Tempura sauce. Address: Staff writer.

2299. *Soybean Digest.* 1958. Japanese scientists start work at Peoria. Dec. p. 21.
• ***Summary:*** "Two Japanese scientists, Kazuo Shibasaki and Tokuji Watanabe, have arrived at the Northern Utilization Research and Development Division, Peoria, Illinois, to start a year's search for ways to increase the use of U.S. soybeans in Japanese foods...

"Dr. Shibasaki and Mr. Watanabe will study the use of U.S. whole soybeans in making tofu and miso, traditional Japanese foods... Dr. Shibasaki is an associate professor in the department of agricultural chemistry at Tohoku University, Sendai, Japan, and an adviser of Miyagi Prefecture Miso and Shoyu Industry Association. Mr. Watanabe is chief of the grain processing section of the Food Research Institute, Ministry of Agriculture and Forestry."

2300. **Product Name:** Tofu.
Manufacturer's Name: Tanaka Tofu Mfg. Co.
Manufacturer's Address: 1358 N. Clark (rear), Chicago, IL 60626. Phone: WH 4-3938.
Date of Introduction: 1958.
How Stored: Refrigerated.
New Product–Documentation: Chicago Shimpo, Inc. 1958. Chicago Japanese American directory. Page 19: 1/8 page ad for: "Tanaka Tofu Mfg. Co., 1358 N. Clark (rear). WH 4-3938." The top 30% of the ad is in English; the rest is in Japanese. Page 46: Under "Food manufacturers" and again under "Food markets and groceries" are listings (entirely in English) for Tanaka Tofu Mfg. Co. at the address and phone shown above. Plus: "After 2 pm call DI 8-9703."

2301. **Product Name:** [Tofu].
Foreign Name: Tahoe.
Manufacturer's Name: Vanka-Kawat.
Manufacturer's Address: Dr. Augustijnlaan 40, 2283 CH Rijswijk Z.H., Netherlands.
Date of Introduction: 1958.
New Product–Documentation: Letter from Bernard Storup. 1984. March 22. Says Vanka-Kawat is the biggest tofu company he knows of in Europe. Talk with Bernd Drosihn of Soyastern. 1987. Nov. Says that Linn is the second largest tofu company in Europe, after Heuschen. Letter from Bernard Drosihn. 1990. May 10. He says that Linn still makes tofu but he doesn't know where the company is located.

Letter from Marianne Westra of Vanka-Kawat b.v. 1990. June 1. Vanka-Kawat started making tofu in 1958. They discontinued tofu production in March 1985 after coming to an agreement with Heuschen-Schrouff, because it was more economical for Vanka-Kawat to let Heuschen-Schrouff (which had all the equipment and knowledge) produce the tofu which Vanka-Kawat sold.

2302. Altschul, Aaron M. ed. 1958. Processed plant protein foodstuffs. New York, NY: Academic Press, Inc. xv + 955 p. Illust. Author index. Subject index. 24 cm. [3300 ref]
• ***Summary:*** This book contains 33 chapters by various authors; chapters related to soya are cited separately. Contents: List of contributors. Preface, by Altschul. 1. Introduction, by M.L. Anson and A.M. Altschul. Part I: General properties of plant proteins and their utilization. 2. Proteins, by C.M. Lyman. 3. Plant proteins, by A. Bondi. 4. Processing of oilseeds, by H.D. Fincher. 5. Effect of heat on plant proteins, by Irvin E. Liener. 6. Effect of other processing factors on vegetable protein meals, by K.A. Kuiken. 7. Evaluation of protein quality, by C.R. Grau and R.W. Carroll. 8. Use of processed plant proteins in mixed feeds, by N.R. Ellis. 9. Use of processed plant proteins as human food, by R.F.A. Dean. 10. Vegetable protein isolates, by Allan K. Smith. 11. Potential uses of oilseed protein in foodstuffs, by M.L. Anson. 12. Chemical sources of nitrogen as supplements to protein feeds, by J.K. Loosli. 13. Supplementation of plant protein with amino acids, by J. Waddell.

Part II: Processed plant proteins. 14. Soybean oil meal, by W.W. Cravens and Endre Sipos. 15. Edible isolated soybean protein, by Circle and Johnson. 16. Groundnuts (peanuts) and groundnut meal, by Gordon D. Rosen (J. Bibby & Sons, Ltd., Liverpool, England). 17. Cottonseed

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meal, by A.M. Altschul, C.M. Lyman, and F.H. Thurber. 18. Sesame meal, by Robert W. Caldwell. 19. Sunflower seed oil meal, by D.R. Clandenin. 20. Rapeseed, mustard-seed, and poppy-seed meals, by B.C. Christian. 21. Linseed oil meal, by Seth W. Peterson. 22. Minor oilseed and tree nut meals, by J.A. Kneeland (safflower, almonds, walnut, babassu, hempseed, pecans, Illipé nut). 23. Coconut oil meal, by Leo V. Curtin. 24. Palm kernel meal, by J.G. Collingwood. 25. Alfalfa and other leaf meals, by C. Ray Thompson. 26. Peas and beans, by I. Deschamps. 27. Fermentation feedstuffs, by C.S. Boruff and J.M. Van Lanen. 28. Milling feeds, by R.D. Seeley. 29. Microbial proteins, by J.L. Stokes. 30. The algae, by W.A.P. Black. 31. Inedible oilseed meals, by Don S. Bolley and Raiford L. Holmes (castor, tung, aceituno, other). 32. Plant residues and pomaces, by E.G. Kelley. 33. Amino acid composition of foodstuffs. Appendix: National average food supplies.

Note: This is the earliest publication seen written by Aaron Altschul about soya. Address: USDA, New Orleans, Louisiana.

2303. Anson, M.L. 1958. Potential uses of isolated oilseed protein in foodstuffs. In: A.M. Altschul, ed. 1958. Processed Plant Protein Foodstuffs. New York: Academic Press. xv + 955 p. See p. 277-89. Chap. 11. [12 ref]

• ***Summary:*** Contents: Introduction. Preparation and advantages of isolated protein: Conditions for consumption of oilseed protein by man, soybean products eaten by man, oilseed components and isolation of the protein, advantages of protein isolation, soybean curd, modern possibilities of utilizing isolated soy protein, isolated soy protein. Uses of isolated protein: Fortification of bread and cereals, products like animal protein products (products like milk products, meatlike textures, nutrition and flavor, no necessity for perfect imitation of existing protein products), special uses for young mammals and the sick (isolated protein for young mammals, isolated protein for infants, isolated protein for the sick). Cost of isolated protein: Cost of protein for man, limitation of soy flour. Fermentation products. Cheap animal products: Fish protein, skim milk powder. Summary.

"The only oilseed protein consumed by man on a large scale in any form is soy protein. This has been done for thousands of years in the Orient as a basic part of the way of life for large populations, but only because methods were discovered for converting soybeans into acceptable products by radical processing beyond the mere removal of oil."

Soybean curd: "The ancient Chinese discovery of the technology of producing curd was a great historic step in the direct utilization of oilseed protein by man and has made possible a great protein nutritional experiment on many millions of subjects.

"Modern possibilities of utilizing isolated soy protein: The traditional manufacture of soybean curd, which is still carried out on a vast scale in the Orient, points the way to a modern technology of using soy protein for man based on the separation of the soy protein from the other components of the bean. The wonder is that the oriental experience has been so long neglected." (p. 279).

Concerning products like milk products: "For a while during World War II, the Ford Motor Company, as a result of Henry Ford's interest in soybean products, sold soybean 'ice cream' in its cafeterias. All the usual ingredients of ice cream were replaced by soy ingredients." Note: This is the earliest document seen (April 2000) that mentions soy ice cream in connection with the Ford Motor Co.

"My own opinion is that, just as the conversion of oilseeds to oilseed meals through processing created a revolution in animal feeding, so the further processing of oilseed meals into isolated protein and into complex foods containing isolated protein will create a second revolution. The millions of tons of oilseeds throughout the world, the basic complex raw materials which neither man nor beast can synthesize cheaply, are readily available as a starting point for the new technology." Address: Cambridge, Massachusetts (Present address: 100 Eaton Square, London, S.W. 1, England).

2304. Caleva, Harry. 1958. Chinese cookbook for quantity service: Authentic professional recipes. New York, NY: Ahrens Publishing Co., Inc. 169 p. See p. 150-53. Index. 24 cm.

• ***Summary:*** This is basically a Cantonese cookbook; the Chinese words are Romanized in Cantonese.

The chapter titled "Sauces" (p. 150-53) includes recipes for the following: Soy sauce (light) (*Yuen You*). With 1½ lbs. soy beans (crushed). Soy bean jam (*Mien-Shee Ding*). With 1½ lbs. soy beans. Rice jam (*Dow-Ding*). With 1¼ lbs. roasted soy beans (mashed). Subgum sauce (Sweet and sour) (*Sub Gum Tien-Soon Wu*). With "1 tsp. soy sauce (heavy)." Oyster sauce (*Hoo You*). With ¼ cup soy sauce (light). Chinese brown gravy. With 1 tsp. soy sauce (heavy). Onion sauce, Cantonese style. With 3/4 cup soy sauce (light).

Black soy sauce (*Chow You*). With soy bean 1½ lbs. Salt 2 tbs. [tablespoons]. Water 3 quarts. Molasses 1 pint. Rice wine ½ cup.

"1. Combine soy beans, salt, and water; bring to a boil and simmer for five hours; remove and strain. Pour into a jar and seal airtight, then age in the sun for six months.

"2. At the end of six months, add remaining ingredients, reseal and let age in the sun another six months.

"Note: This sauce is used for seasoning food. Not used in cooking."

Note: None of the many recipes that call for months of aging in the sun will work; they do not contain koji (*Qu*). Glossary of Chinese terms [Cantonese] (p. 161-64): *Dow Foo*–Bean curd. *Dow Ngaah*–Bean sprouts. *Dow See*–Black bean sauce [sic, fermented black soybeans]. *Foo Jook*–Soy bean cream [dried yuba sticks]. *Foo Yu*–Chinese cheese

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[fermented tofu]. *Gee Yeou*–Black sauce. *Gna choy*–Bean sprouts. *Jeung*–Sauces. *Jeung Yow* (*you*)–Soy sauce. *Jook*–Congee. *Mien See*–Brown bean sauce. *Naam Yu*–Red bean curd cheese in red sauce. *Nom Yu*–Red cheese. *Saang See Jeung*–Red bean sauce (thick). *See Yeou* (*you*)–Soy sauce [fermented black soybean sauce]. *Tiem Jook*–Dried bean curd [sweet dried yuba]. *Woo Dow*–Dried black [soy] beans.

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term *Foo Jook* to refer to dried yuba sticks.

Note: This is the earliest English-language document seen (April 2012) that contains the term "Soy sauce (light)" plus its Cantonese name (*Yuen You*) or the term "Black soy sauce" plus its Cantonese name (*Chow You*).

2305. Chicago Shimpo, Inc. 1958. Chicago Japanese American directory. Chicago, Illinois: The Chicago Shimpo, Inc. 30 cm. [Eng; jap]

• ***Summary:*** In Japanese characters at the top left of the cover: *Nikkei-jin Shikago Jushoroku.* This directory, which sells for $1.00, also contains many space ads. On the cover is a photo of the Chicago skyline behind a public park in which there is a white band shell (a bandstand having at the rear a sounding board shaped like a huge concave seashell) and in the distance a fountain.

Page 14: Half-page ad for: "Pacific Trading Co. General importer and exporter. 884 W. Erie St., Chicago 22, Illinois. They also have offices in Los Angeles (119 S. Central Ave.) and New York City (57-10 38th Ave.). Items they import include Kikkoman shoyu, Ajinomoto, and rice.

Page 15: Half page ad for Aji-no-moto (Tokyo, Japan) titled "Mother knows best." "When it comes to cooking food with hearty, old-fashioned flavor, mother knows best–she always seasons with Aji-no-Moto." "99+% pure monosodium glutamate."

Page 19: 1/8 page ad for: "Tanaka Tofu Mfg. Co., 1358 N. Clark (rear). WH 4-3938." The top 30% of the ad is in English; the rest is in Japanese. Same page: ¼ page ad for Fujimoto & Company, 302 South 4th West, Salt Lake City, Utah. Tel. EMpire 4-8279. Illustrations show: (1) The company's Kanesho brand; (2) A Japanese woman kneeling behind a porcelain mortar (*suribachi*), holding a wooden pestle (*surikogi*), and using it to grind miso until it is smooth. The top 25% of the ad is in English; the rest is in Japanese. The company also makes and sells koji.

Page 46: Under "Food manufacturers" and again under "Food markets and groceries" are listings (entirely in English) for Tanaka Tofu Mfg. Co. at the address and phone shown above. Plus: "After 2 pm call DI 8-9703."

Talk with Karl Matsushita, director, Japanese-American National Library in San Francisco. 2008. Feb. 1. He thinks these directories were first published after World War II. His library has only one volume of this periodical published in 1985; he does not know when the first volume was published. The War Relocation Authority (WRA), after World War II, pushed Japanese to relocate in Chicago and the Midwest, where they felt there would be less anti-Japanese sentiment. Address: 1310 N. Wells St., Chicago 10, Illinois. Phone: WHitehall 3-2326.

2306. Circle, S.J.; Johnson, D.W. 1958. Edible isolated soybean protein. In: A.M. Altschul, ed. 1958. Processed Plant Protein Foodstuffs. New York: Academic Press. xv + 955 p. See p. 399-418. Chap. 15. [93 ref]

• ***Summary:*** Contents: Introduction. Isolated soy protein compared to soy flour. Availability and forms of edible soy protein isolate: Soy protein and soy proteinate, modified forms of soy protein isolate, partial isolates of soy protein and by-products. Properties of unmodified isolated soy protein: Methods of dispersing protein and proteinate, viscosity behavior–effect of high temperature, flavor. Nutritional value of edible isolated soybean protein: Nutritional value for human beings and animals (isolated soy protein, soybean oil meal, soybean milk, soybean curd, and Oriental products), amino acid composition, supplementation (mutual supplementation, isolated soy protein as a source of lysine). Food uses of edible isolated soy protein: Dairy-type products (including recipes for All-vegetable coffee "cream," All-vegetable whipped topping, All-vegetable "cream cheese," Non-milk chocolate frozen dessert [ice cream], All-vegetable high-protein chocolate drink, All-vegetable high-protein non-starch chocolate pudding) meat-type products (including recipes for All-vegetable "meat loaf," and All-vegetable "frankfurters"), baked and cooked products based on dough, cereal-type products, macaroni-type products, oriental-type foods, specialty foods, confections and preserves, coatings, feed uses, modified soybean protein products, summary and conclusions. Address: The Glidden Co., Chicago, Illinois.

2307. Dean, R.F.A. 1958. Use of processed plant proteins as human food. In: A.M. Altschul, ed. 1958. Processed Plant Protein Foodstuffs. New York: Academic Press. xv + 955 p. See p. 205-47. Chap. 9. [99* ref]

• ***Summary:*** Contents: General considerations: Early sources of protein for human food, competition for food between man and his domestic animals, vegetarianism and vitamin B-12, protein requirements (of children, of adults). Plant proteins now in use: Foods that can be prepared in the home (cereals, legumes {incl. groundnuts, soybean}, sunflower seed, sesame), plant foods used after factory processing (cereals, legumes, sunflower seed meal, cottonseed meal). Other forms of plant food: Plankton, algae, food yeast, leaf proteins (p. 237-38). Future extensions of the use of plant proteins: The theoretical basis of selection, assessment of the value of foods intended for human consumption, practical measures for the future.

In 1957 some 160,000 tons of soybeans were used to

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make tofu in Japan. "Magnesium or calcium salts are the precipitants of the curd from the soybean milk; the product is eaten by nearly every family in Japan with its breakfast miso-soup."

During World War II, the attempt was made to introduce soya as a food crop to Uganda. But "no instruction was given in the necessary details of preparation, with the result that the crop was very reasonably declared inedible by the Africans. They retain a violent prejudice against it and are suspicious that it has been added to any food, such as yellow corn meal, that they find distasteful.

"One of the most interesting methods for making soya edible has evolved in Indonesia and was described in full by Van Veen and Schaeffer (1950). It takes advantage of the ability of the mold *Rhizopus oryzae* to grow on the bean and alter its constituents... The product made from soya is called *tempeh kedelee* (kedelee = soybean)." Details of the production process are given. A description of natto and its composition is also given (p. 218).

The section on algae gives detailed information on chlorella, a type photosynthetic single-cell protein. As early as 1954, Morimura and Tamiya in Japan were experimenting with the use of powdered *Chlorella ellipsoidea* in foods. Note: This is the earliest document seen (Aug. 1997–one of two documents) that mentions the use of algae or other photosynthetic single-cell protein as food.

The section on leaf proteins (p. 237-39) begins: "Protein synthesis is one of the chief activities of the leaf, and proteins are comparable to animal proteins in their amino acid composition (Lugg 1949). The young leaf is especially rich in protein..." Pirie (1953) has suggested a process for recovering the leaf protein from the fibrous residue left after mechanical separation; the protein is usually very difficult to free. Pirie (1953) has also described the likely structure of an efficient plant. "There are also obvious possibilities in such abundant and little-used material as the leaves of sugarcane, cassava, and bananas" (p. 238-39).

The section titled "Sesame" (p. 219-20) states that the Zande people of southwestern Sudan steep the seeds in water for a few minutes, then pound them lightly to loosen the outer coat. They then dry the seeds and the outer coat is sieved or winnowed away. The seeds are then roasted and ground to a paste, which is sometimes used to make a sauce (Culwick 1950). "The use of sesame as a sweetmeat or condiment is fairly widespread in the Near East. A sweetmeat called *tahinya* or *tahina* is made in the Gezira [Sudan] by cooking the roasted seeds in sugar; sometimes the seeds are crushed before the cooking, and sometimes not" (Culwick 1951). Describes how to make the condiment. Address: Medical Research Council, Mulago Hospital, Kampala, Uganda.

2308. Ford, Herbert P. 1958. The life story of Dr. Harry W. Miller. Unpublished manuscript. 169 p. Unpublished manuscript. 28 cm.

• ***Summary:*** This manuscript is the slightly edited second draft of the transcript of a single 7-8 hour interview that Mr. Ford did with Dr. Miller in 1958 in Chicago. According to Mr. Ford, Dr. Miller later gave a copy of the manuscript to Raymond S. Moore PhD, a Seventh-day Adventist educator, with the understanding that Moore would use it as the basis for a book. The book, titled *China Doctor,* was published in 1961. Dr. Miller was not very happy with the way the book turned out.

Pages 122-35 give a much more detailed account and history of Dr. Miller's work with soy milk, tofu, yuba, other soyfoods, meatlike products, and wheat gluten than is found in the finished book, *China Doctor.*

Concerning wheat gluten: Dr. Miller's company in Mt. Vernon, Ohio, International Nutrition Laboratory, "had protein foods in which they used wheat gluten and made meat patties and various kinds of stews, sprouted the green soybeans and made a chili with them and wheat gluten." They also developed a vegetarian wiener [Veja Links] containing raw vital wheat gluten, soy flour, seasonings, and flavors. They stuffed these into wiener casings, submitted them to a smoke house and to cooking, then peeled off the casings/skins and canned the wieners. He developed these at the Mt. Vernon slaughterhouse.

"Soy milk manufacture in the U.S.A. (p. 131). In 1939 Dr. Miller returned to the United States having been so thoroughly convinced that soy milk was destined to have world-wide acceptance... His son, Harry Willis Miller, Jr. had returned preceding his father and had started a small soy milk plant in Utica, New York, where he made and bottled soy milk and also made and canned some of the protein foods out of wheat gluten for which they had developed recipes. This plant was later moved to Mt. Vernon, Ohio, after they started the soybean plant at Mt. Vernon. The plant was rather small at first as their capital was very limited. They had to build up the food plant out of his surgery earnings. As these products were mostly for export, the firm was called the International Nutrition Laboratory. It was called International because they didn't think of having any particular market for soy milk in the United States but anticipated making and packing soy powder which they could ship over to China, Japan, Korea, and other fields. Since the United States is a dairy country, they just thought they would have all kinds of difficulty getting it introduced over in America. They gave their attention largely in the early part of the work to making some products that went over quite well, which could be sold locally such as meat patties–vegaburgers. They would take the wheat flour, wash the starch from it, and make gluten patties. They actually built up a very fine product that was netting them earnings. The earnings of that, together with Dr. Miller's medical and surgery fees, to finally get together a spray dryer which they built with the aid of the know-how assistance of the Rogers Company, who sold these spray

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dryers... and through this home-made outfit they daily spray dried considerable powdered soy milk and placed it on the market. They made some ice cream mixes and they shipped out in barrels to the Philippines soy milk powder and also shipped consignments of the powder to Shanghai where they had formerly introduced a soy milk to the Shanghai Settlement. Thus they kept soy milk going up until the time of the world war in 1941 which cut them off from shipping to the Orient."

In the United States they found "an interest on the part of doctors in feeding babies that were covered with various kinds of rashes which they called atopic dermatitis. Many of these babies had asthma, diarrhea, projectal vomiting, nervous irritability and were unhappy babies, all because of the allergy to cow's milk formula." Doctors began to realize that babies with allergies and other sicknesses responded well to soybean milk; the market soon increased. Eggs and milk are the chief causes of allergy, but some vegetable proteins like wheat, corn, and some legumes also cause allergic reactions in some cases. Then doctors began to ask for evidence that the milk was safe. They suggested that it be submitted to the American Medical Association [AMA]. So at once Dr. Miller contacted Dr. Earl Baxter, Professor of Pediatrics at the Ohio State University Medical School, and he agreed to conduct some feeding experiments with soy milk. These studies showed that "babies could be nourished as well on soy milk." In Tokyo, Dr. Choei Ishibashi (later president of the Japan Medical Society) also did meticulous feeding tests with infants, using the powdered soy milk Dr. Miller had sent after World War II. Over a period of many months, he compared the blood, measurement, and growth records of babies fed soy milk with those fed animal milk [cow's milk]. Then Dr. Miller took the results of the studies in Japan and at Ohio State and submitted them to the Council on Food and Nutrition of the American Medical Association. The Council has 15 members, the very best scientists on food and nutrition. "They examined the [soy] milk, examined the claims for it, looked over the research, and then gave the seal of approval which was placed on every can of soymilk thereafter."

"Now that they had this seal of approval, they went to medical conventions and canvassed the doctors; the sale of soy milk grew very rapidly." The plant began to get larger; it made great demands and there were many details to look after. These facts and his lack of capital to carry on this work adequately made Dr. Miller realize that he must do one of two things. He must either organize a corporation, issue stock, and enlarge the company greatly, or he must dispose of the plant and give his time and attention to research.

During this time, Dr. Miller received valuable help from the U.S. Department of Agriculture [USDA]. Dr. J.A. LeClerc (Senior Chemist, Agricultural Chemical Research Division) and Mr. L.H. Bailey, who investigated the use of "soybean milk in making breads" and made the results and analyses available to Dr. Miller. "Thus they got themselves very well established in this country as having a milk for people who did get along with cow's milk."

However the secretary of the AMA told Dr. Miller that he should not claim or advertise that his soy milk was a good alternative to cow's milk for all babies, but only "for those babies who do not do well on cow's milk." However he added: "If you can take care of babies that cow's milk does not take care of, there is no reason why you could not take care of the other babies that cow's milk does agree with too." This was his diplomatic way of counseling them not to make unfriendly comparisons with cow's in a dairy country–even if those claims are valid. By following his advice, Dr. Miller was able to work well with the dairy industry without any conflicts.

The Loma Linda Food Company in California showed an interest in acquiring Dr. Miller's company in Ohio. "They had been making some soy milk in the liquid form, but they were interested in getting an Eastern branch." So in 1950 they purchased the [soy] milk plant in Mt. Vernon and have been operating since that time. This took a great burden off Dr. Miller's shoulders and left him free to do medical and nutritional research work. "It was then decided to start the International Nutrition Research Foundation and Dr. Miller was asked to be the Director of this Foundation. He placed a larger part of the purchase price of the factory into this Foundation, which would be devoted to food research only. From the day this research institution was started it has attracted a great deal of attention from all parts of the world; among those interested parties has been the World Health Organization of the United Nations. They came to the conclusion that soy milk had great possibilities in countries of low economic conditions where they could not afford to buy imported [cow's] milk," and in protein-deficient countries. They came to Mt. Vernon to investigate both the soy milk plant and the experimental research. Dr. Miller educated them on the many benefits of using protein from soybeans instead of from animals. As a result, the United Nations constructed a large soy milk plant in Djojakarta [Jogjakarta / Yogyakarta] Indonesia. It was built with the advice of Dr. S.S. De (who has headquarters in Bangkok, Thailand) and the support of the Government of Indonesia, FAO, UNICEF, and WHO.

2309. Motoyama, Tekishu. 1958. Inshoku jiten [Encyclopedia of food and drink]. Tokyo: Heibonsha. 604 p. Illust. 27 cm. [Jap]

• ***Summary:*** Includes listings for the following soy-related terms: Aburage (deep-fried tofu pouches), aemono (Japanese-style salads), agedashi-dofu, daizu (soybeans), dengaku, fu (wheat gluten; but the term "seitan" is not listed in this book), ganmodoki (tofu burgers), gisei-dofu, goma-dofu (sesame tofu), goma-miso (sesame miso), inari-zushi, iri-dofu (scrambled tofu), kenchin-jiru, miso, namemiso,

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natto, oboro-dofu (soymilk curds), oden (stew), okara, shira-ae (tofu salad), shoyu, sukiyaki, tekka, teriyaki, tofu, tonyu (soymilk), tsuto-dofu, unohana (okara), yakimiso (broiled miso), yuba.

Separate entries, with detailed information, are given for some of the above words or terms.

2310. Nippon Shokuhin Kyokai. 1958. Tôfu no eisei [Tofu sanitation]. Tokyo: NSK. 97 p. 19 cm. Series: Shokuhin eisei sosho; Tofu no maki. [Jap]*
• ***Summary:*** This is the first book on this subject, indicating that the microbiological safety of tofu was probably a matter of fairly widespread concern at the time.

2311. Richards, Janet; Richards, Charles. 1958. Basic Chinese and Japanese recipes. 3rd ed. rev. and expanded. San Francisco, California: City Lights Books. 75 p. Index of recipes. 17 cm.
• ***Summary:*** Contents: Introduction (General. For epicures, vegetarians, and dieters). Chinese recipes. Japanese recipes. General information: Buffet, party foods & hors d'oeuvres. To brew tea. Special imported ingredients. Where to get ingredients & equipment.

Introduction: "Most of the recipes in this book appear constantly on the menus of the Chinese and Japanese restaurants of San Francisco, New York, and a few other cities that have a population segment with Chinese or Japanese ancestry." Many recipes call for "soy sauce" and up to 1 teaspoon "MSG powder."

The section "For epicures, vegetarians, and dieters" states: "Of the special foods of the Orient, the most versatile is the soy bean. The number of widely differing foods made from soy beans is very large, including bean thread, noodles, soy sauce, soy milk with its derivatives such as dofu, the fermented nam yu and fu yu of China and miso of Japan. Western food technology has also added to the list."

Soy-related recipes–Chinese: Lo han chai (with dofu and seaweed, p. 19-21). Dofu with oyster sauce ("1 block of Japanese tofu, or 2 cakes of Chinese tofu," p. 22). Steamed fish with dofu (p. 29-30). Chicken in soy (with 1 cup soy sauce, p. 31-32). Chinese sauce [commercial]: Foo yü (sharp thick sauce [fermented tofu]). Jeung yow (soy sauce).

Note: This is the earliest English-language document seen (Oct. 2011) that uses the terms "nam yu" or "fermented nam yu" or "Foo yü" to refer to fermented tofu.

Japanese recipes: Miso soup (with tofu. Miso is "fermented soy beans," p. 48). Konbu salad (with soy sauce, p. 49). Egg plant with miso (p. 50). Turnips in soy (soy sauce, p. 50). Misoyaki (p. 54-55). Joints of chicken teriyaki (with Teriyaki sauce, p. 56). Beef sukiyaki (with tofu, p. 59-60). Beef teriyaki (cook on a hibachi, p. 60). Teriyaki sauce (p. 61; Ingredients: ½ cup table syrup {light cane molasses}, 1 quart shoyu {high quality Japanese soy sauce}, 3/4 lb. sugar, 2 pieces dashi konbu {dried kelp} 6 inches long, ½ teaspoon MSG powder, 2 tablespoons sake). Quick teriyaki sauce (p. 61; Ingredients: 3/4 cup soy sauce, 3 tablespoons sake {or sherry}, ¼ cup sugar, 1 teaspoon grated ginger, ½ tsp. MSG powder). Buta dofu (with "soy bean curd," p. 63).

Special imported ingredients (p. 68-71): Japanese–Canned foods: Bean curd, prepared black soy beans. Packaged foods: Miso (the light variety, fermented soy bean paste). Bottled foods: Fuyü (Chinese bean cake; Order top quality such as Quong Hop brand). Shoyu (soy sauce; Order top quality such as Kikkoman, Higeta, or Marukin). Chinese–Bottled foods: Soy sauce. Black beans (Dow Shee; for black bean sauce).

2312. Tan, Boe Han. 1958. Technology of soymilk and some derivatives. PhD thesis, Agricultural University of Wageningen, Netherlands. 132 p. [10+ ref]*
• ***Summary:*** Includes soymilk, evaporated soymilk, soy curd, soy yogurt. Maps, tables, and statistics for 1955 are given. Address: Proefschrift–Wageningen.

2313. Toyosawa, Isao. 1958. Shokuhin oyobi shiryô no korin ni kansuru kenkyû. II. Tôfu oyobi seizo haieki no korin ni tsuite [Studies on the choline of foods and fodders. II. Choline content in commercially prepared soybean curd and its waste liquor]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 10(6):272-74. [13 ref. Jap; eng]
• ***Summary:*** Retention of total choline was: Okara 10%, soymilk 83%, tofu 45%, and whey (waste liquor) 30%.

2314. *Kurashino Techo* (*Notebook for Living*). 1958? Tofuya no rappa. Aru nihonjin no kurashi [The tofu maker's horn. The life of one Japanese]. p. 157-65. Undated. Illust. [Jap]
• ***Summary:*** A poignant photographic essay showing the many activities in the life of a traditional tofu maker. Depicts an era that is rapidly vanishing from Japan.

2315. Hayashi, Shizuka. 1959. Seek suitable U.S. food varieties [of soybeans]. *Soybean Digest.* Jan. p. 25-26.
• ***Summary:*** "Nagano prefecture with about 320 miso manufacturers is the largest miso producing area in Japan. Its annual output is approximately 140,000 tons, more than one-fourth of the total Japanese production. Nagano miso is popularly known as 'Shinshu miso.' It is lighter in color than the miso produced in other areas."

Miso made from U.S. soybeans sells for a lower price than that made from Japanese or Chinese soybeans. "The biggest objections to U.S. soybeans were that they contained morning glory seeds, corn and other foreign material not found in beans of other origin. U.S. soybeans take much longer time in cooking to obtain the required softness. Due to the extra time required in steaming the color of the miso produced becomes darker. Further, the irregularity in size of the U.S. soybeans causes unevenness in softness when they are cooked. Broken beans are objectionable for this reason.

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Above all, the 'taste' of the soybeans after they are cooked is claimed to be unsatisfactory as compared with other beans, and this affects the sweetness or flavor of the miso produced."

Japanese miso makers used to import significant amounts of soybeans from China, but since the breakoff in trade between Japan and China last April, Chinese beans are no longer imported to Japan. So manufacturers of miso and tofu will have to rely more on U.S. soybeans. "Even the largest frozen (dried) tofu makers in the Nagano area are using U.S. soybeans." They met recently in Nagano city to discuss ways of getting better quality soybeans from America. A photo shows Mr. Hayashi speaking at this meeting. Address: Managing Director, Japanese American Soybean Inst., Nikkatsu International Building, No. 1, 1-Chome, Yuraku-cho, Chiyoda-ku, Tokyo, Japan.

2316. Claiborne, Craig. 1959. Expert suggests dishes for Oriental celebration. *New York Times.* Feb. 5. p. 34.
• ***Summary:*** Enjoying a New Year's feast is an old Chinese custom. This is the year 4,657 according to the ancient Chinese calendar. Calvin Lee has suggested the menu and recipes. The excellent book *Chinese Cooking for American Kitchens*, by Calvin Lee was recently published by Putnam. One of the four recipes given is Bean curd soup (Dow foo tong), whose ingredients include "1 brick bean curd (dow foo)" and "½ teaspoon monosodium glutamate (Ac'cent)," plus chicken gizzard, liver, and heart, pork, bok choy, and canned bamboo shoots. Two other recipes call for "soy sauce."

2317. Winter, Ella. 1959. Lambs' tails and goats' horns. *Manchester Guardian* (*England*). Feb. 23. p. 3.
• ***Summary:*** In China she enjoyed "bean curd spices such as *min seeh* (soya-bean jam) and *mei jing*, a shorter name for... monosodium glutamate."

2318. Walley, Ersel. 1959. India a logical protein market: Soybean Council of America, Inc. *Soybean Digest.* Feb. p. 20.
• ***Summary:*** "From an address before the Delhi Rotary Club, New Delhi, India, Jan. 8. Mr. Walley of Fort Wayne, Indiana, chairman of the market development committee of the American Soybean Association, and Howard L. Roach, president of the Soybean Council of America, Inc., were in charge of the soybean exhibit at the U.S. Trade Fair in New Delhi, Dec. 10 to Jan. 10.

"The soybean crop, introduced into the United States from the Orient at the turn of the century, did not assume commercial importance until after World War I. The estimated production for 1958 was 574 million bushels, and increase of 70-fold in 30 years.

"As a pioneer grower it was my privilege to be identified with this very important and significant development in American agriculture."

"In 1935 your own Mr. Gandhi said, 'The soybean stands at the top of all known articles of diet..."

"My personal enthusiasm for the extended use of soybean products for direct human consumption began in Germany in 1948 when I saw the remarkable results secured from adding full fat soy flakes to the diet of emaciated men being returned as released war prisoners from the slave labor camps of Siberia. This interest in promoting the use of soybeans as an economic and valuable source of protein and fat for those whose diets are deficient in these essential elements has continued since that time.

"In the past 3 years it has been our privilege to cooperate with the Japanese soybean industries in promote the use of soybeans as food in Japan through increased use of such foods as tofu, miso, soya sauce and many other soya products more generally known. Hundreds of nutritionists have been trained to carry the story of soy proteins and fats to Japanese households."

In Europe, the Soybean Council of America, Inc. is teaching processors how to blend "soybean oil with olive oil to produce an acceptable and cheaper cooking oil which will be available in larger quantities to more people."

"Another important achievement in Europe is the increased use of soy flour in bread. Adding 5% soy flour greatly increases bread's protein content and value.

"You may ask why we came to India. India is important. Here you have one-seventh of the world's population and one-fifth of the free people of the world. Your future holds great promise. As you industrialize we feel you can and will need to import additional proteins and fats for food." Address: American Soybean Assoc.

2319. Miller, Harry W. 1959. Why Japan needs soy milk. *Soybean Digest.* April. p. 16-17.
• ***Summary:*** "It was an opportunity greatly appreciated to study the needs of the Japanese people nutritionally during my 7 months' responsibilities as surgeon and physician at the Tokyo Sanitarium and Hospital... The idea of a soybean beverage and milk from the soybean for soups and cooking was something altogether new... We set us a small pilot plant where we made soy milk, soy cream, soy ice cream, and soy spread... After seeing the ready acceptance by the nursing staff and patients of the Tokyo Sanitarium and Hospital of soy milk and soy cream made daily from a small fabricated plant of equipment procurable in Japan, we conceived the idea of such additions to be made to the tofu plants... We fitted up a small tofu plant out in a rural district with a homogenizer and a few utensils for milk handling. The milk is being bottled and capped there, and the local community is most appreciative. Since it sells at half the cost of fresh dairy milk it leaves a modest profit for the local shop."

2320. Kalnay, Francis. 1959. Soybean has all the answers (or

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nearly all). *House Beautiful* 101:174-75, 207-12. May.
• ***Summary:*** The opening 2-page spread contains photos of many commercial soyfood products available in America at the time: Dr. Fearn's Soy-O pancake flour (one with whole wheat and soya, and the other with just wheat and soya), Pure soya bean powder, and Soya bean granules, Wuest's soya-protein bread, Wuest's cookies, Wel-Pac kinako [roasted soy flour], Yamasa shoyu, Kikkoman shoyu, Oliver Tonkatsu Sauce (Tonkatsu are breaded pork cutlets), Hain soy oil (cold pressed), Amoy soy sauce, Prosperity soy sauce, Golden Sang Chan soy sauce, Madison Zoy-Koff, Hime aka-miso (Pacific Trading Co.), Hime yakidofu, Hime frozen bean curds, Delicious Edamame (Packed by Tokai Kanzume Co. Ltd., Nagoya, Japan), Quong Hop & Co. bean cake [tofu], Schiff soy lecithin, Oriental food shop black soybeans, Climax wheat and soy pure egg noodles (The Pfaffman Co., Cleveland, Ohio), and Prince Veta-Roni (Mezzani or Spaghetti; Prince Macaroni Co.).

The subtitle reads: It's a choice gourmet food. It's as nutritious as vitamin pills. It comes in a dozen forms and makes a hundred dishes.

The author uses soy-related words in a very modern way: "Have you ever noticed the way people who know food pronounce the simple word 'soy'? Their facial expression changes instantly, and their tone of voice turns positively lyric. There are two serious reasons for their extraordinary respect for a bean so little and so innocent. The soybean is enormously rich in protein. This wealth of protein is apparent in both quality and quantity... And because soy oil is high in unsaturated fatty acids, it fits well into today's popular low-cholesterol diets.

"In our country soy is relatively new... Soy is the most versatile legume imaginable... The glittering star in soy's troupe of players is soy sauce (also called soya and shoyu)... The soy food industry is still in its infancy in the U.S. Yet the variety of soy products available is impressive."

Note 1. This is the earliest publication seen (April 2001) that mentions Quong Hop & Co. in connection with tofu.

Note 2. This is the earliest English-language document seen (Aug. 2003) that contains the term "soya-protein" (or "soya-proteins").

2321. **Product Name:** Hime Brand Yakidofu: Baked Bean Curd.
Manufacturer's Name: Pacific Trading Co. (Importer, Distributor). Made in Japan.
Manufacturer's Address: San Francisco, Los Angeles, New York.
Date of Introduction: 1959. May.
Wt/Vol., Packaging, Price: Can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Francis Kalnay. 1959. House Beautiful. May. p. 174-75. "Soybean has all the answers." Photo of the can and label. The front panel shows a bowl of the product.

2322. **Product Name:** Hime Brand Shinano Frozen Bean Curds [Dried-Frozen Tofu].
Manufacturer's Name: Pacific Trading Co. (Importer, Distributor). Made in Japan.
Manufacturer's Address: San Francisco, Los Angeles, New York.
Date of Introduction: 1959. May.
Wt/Vol., Packaging, Price: Bag.
How Stored: Shelf stable.
New Product–Documentation: Francis Kalnay. 1959. House Beautiful. May. p. 174-75. "Soybean has all the answers." Photo of the bag and label. Illustration of snow-capped peaks. "Shinshu Meisan" ("Famous product of Shinshu Prefecture").

2323. Edelsoja GmbH. 1959. Sojabohnen, Edelsoja-Puder [Soybeans, and Edelsoja powder (Ad)]. *Ernaehrungs-Umschau* 6(3):85. May/June. [Ger]
• ***Summary:*** This company sells soybeans for the production of soymilk, soya quark (*Sojaquark* = [tofu]), and soy sprouts. It also sells Edelsoja powder, ready for use in cooking. Direct delivery or via distributors. Telegram address: Edelsoja.

Note: This is the earliest German-language document seen (April 2013) that uses the word *Sojaquark* to refer to tofu (one of two documents). Address: Duesseldorf 1, Birkenstrasse 41, Postfach 8004, Germany. Phone: 66 34 61.

2324. Kring, W. 1959. Sojamilch und Sojaquark: Der Mixer erschliesst ostasiatische Sojagerichte [Soymilk and tofu: The electric blender opens new opportunities for East Asian soybean dishes]. *Ernaehrungs-Umschau* 6(3):86-87. May/June. [Ger]
• ***Summary:*** Contents: Introduction. Fresh soymilk for every household. Acidophilus-soymilk (Sojaquark). Tofu.

Tables show: (1) Nutritional composition of soymilk (*Sojamilch*). (2) Nutritional composition of tofu (Sojaquark; Tofu).¼

Note: This is the earliest German-language document seen (April 2013) that uses the word *Sojaquark* to refer to tofu (one of two documents).

Photos show: (1) Edelsoja-GmbH soybeans (*Sojabohnen*) No. 97/57. (2) From the spybean to soymilk. (3) An electric blender; an appliance which cah be used to make soybeans at home to make soybeans into soymilk. (4) Soymilk with a little vinegar added as a curding agent. After pressing the resulting Quark does not taste sour at all. (5) After it is pressed in a linen sack, Sojaquark / Tofu is known as the meat without bones (*Fleisch ohne Knochen*). Address: PhD, Duesseldorf, West Germany.

2325. Williams, Robert R.; McGanity, William J.; Combs, Gerald F.; Kertesz, Z.I. 1959. A nutrition survey of the

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armed forces of the Republic of Korea. *J. of Nutrition* 68(Supplement 1):1-80. June. See p. 12-13. [42 ref]
• ***Summary:*** An endless variety of soups (which are thick like U.S. stews) are served, mostly in winter; they usually contain some soy products. Seaweed is a delicacy, used in cooking or served with soy sauce. A recent survey based on food disappearance, conducted by the USDA Foreign Agricultural Service, calculated average civilian calorie intake at about 2,058 per day, of which 81% comes from cereals, 5% from meat, fish, eggs, and milk, 4% from oilseeds, oils and fats, 4% from white and sweet potatoes, 2% from fruits and nuts, 1.6% from vegetables and seaweed, and 1% from sugar (p. 8).

The typical formula for Korean Army soup, in grams per man for one meal, is: Cabbage 70, soybean curd [tofu] 30, soybean mash [probably soybean paste, doen jang] 30, large white radishes [*daikon, Raphanus sativus*] 30, red pepper mash [kochu jang] 10, salt 10, onion 3, melchi (small dried fish) 2, and red pepper powder 1 (p. 9).

The section titled "Soybeans and soybean products" (p. 12-13) states: "Soybean products are extensively used in the Korean diet and by the ROK Armed Forces." Soybean curd (Japanese: tofu), which is precipitated with calcium or magnesium salts, is used almost daily in making thick soups. It is also "fried in deep fat and used in a composite ROK Army food called 'seasoned vegetable and bean curd' containing small fish (12%), soy sauce (23%), bean curd (25%), seaweed (16%), dry radish (14%), and red pepper, sugar, and cottonseed oil. This latter product was observed in one ROK Army mess only."

Soybean sprouts are a favorite and very nutritious civilian food in Korea, but their "use in troop feeding is limited, presumably because of the low germination of the soybeans available at the time of our visit."

Fermented soybean sauce is a widely used and nutritious seasoning.

"Seasoned soybeans are a delicacy much liked by Koreans and obtained by boiling soybeans in sweetened soybean sauce. The weight proportions used in the preparation are said to be cooked and roasted soybeans 70%, soybean sauce 25%, and sugar 5%.

"Soybean mash [*doen jang*] and pepper mash [*kochu jang*] are fermented foods popular in this part of East Asia. Barley is cooked. allowed to cool and then treated at about 90ºF for one day with a commercially prepared enzyme made from *Aspergillus oryzae.* [i.e., barley koji is made]. The barley is then milled together with cooked soybeans and salt, and fermented in concrete tanks for about 3 months. The finished paste-like product is rich in amino acids and protein and is extensively used directly and in cooking. Pepper mash is a similar preparation which contains in addition 10% powdered red pepper." Address: National Institutes of Health, Bethesda, Maryland.

2326. Hayashi, Shizuka. 1959. Japanese users react to U.S. beans. *Soybean Digest.* Aug. p. 34.
• ***Summary:*** "The fact that soybean in Japan are used 100% as food should by now be well realized by those in the soybean industry as well as by the growers. It has been repeatedly emphasized that soybean trade between the United States and Japan is to be based on the complete understanding of this fact."

One of the first projects of JASI "was to find out the causes of the unpopularity of U.S. soybeans among the Japanese users, especially the manufacturers of soybean products." The major complaints concern excessive "foreign material, broken beans, irregularity of sizes, and mixture of different varieties received. All these problems have been time and again called to the attention of interested parties in the United States." Considerable improvement has been made but there is still work to do. "The writer believes in the very near future specific varieties can be chosen for different food manufacturers and business will be done on the basis of [those] specific varieties."

A list gives the specifications for soybeans desired by Japanese oil processors (6 specs), miso manufacturers (3 specs), shoyu makers (3), tofu makers (2), frozen tofu makers (1), kinako makers (3), and natto makers (3). For example, for miso: (1) Soybeans with white hilum with rich protein content and of big size are preferred. (2) Soybeans should be stored separately by varieties [identity preserved]. (3) Foreign material, especially seeds of other plants, sand and stones should be eliminated.

And for tofu: (1) Soybeans should be rich in protein content with thin seedcoat. (2) Soybeans should be free from foreign material, especially that of poisonous seeds of other plants.

A photo shows Shizuka Hayashi tasting miso made from the U.S. soybean varieties Dorman, Mamloxi, and Jackson at the Inamari miso factory in Shizuoka city. Arthur Rollefson, U.S. assistant agricultural attache, is also shown.

Note: This is the earliest document seen (Feb. 2010) that introduces the concept of "identity preserved" ("Soybeans should be stored separately by varieties"). Address: Japanese-American Soybean Inst., Tokyo.

2327. Melo, Maria de Lourdes. 1959. O emprego da soja na alimentaçao da criança [The use of soya as a food for children]. *Boletim de Agricultura* (*Belo Horizonte, Brazil*) 8(7/8):41-46. July/Aug. [Por]
• ***Summary:*** Contents: Technique for preparing homemade soymilk enriched with calcium. Soymilk curds (*coalhada do leite de soja;* curded with lemon juice). Use of powdered egg shell to enrich soymilk with calcium. Okara *farofa–"Farofa 'Flôr de sabugueiro* (*U no hana, do japonês*)*."*

Soymilk mush or porridge (*angu*). Soya paçoca. Soy sweet with brown sugar (*Doce de soja com rapadura*). Soynut brittle (*Pé de moleque de soja;* like peanut brittle).

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Soy chocolate. Salted, roasted soynuts (*soja torrada em graos, salgadinhos*). Soya *acarajé* (*acará;* a cake of cooked beans fried in dende-palm oil). Address: Dietista do Departamento Estadual da Crianca–Sec. de Saude e Assistencia.

2328. Nakano, Masahiro. 1959. Traditional methods of food processing. Paper presented at Regional Seminar on Food Technology for Asia and the Far East. 15 p. Held 1-8 Aug. 1959 at Mysore, India. [Eng]

• ***Summary:*** Contents: General. Soybean foods: Miso, syoyu (soy sauce), aspects on the miso and syoyu, natto, tofu, kori-dofu. Technological methods of food processing: Koji, miso, syoyu [shoyu] (soy sauce), natto, tofu. Conclusion.

Note: This paper was sent as a gift, with note and autograph, to Dr. A.K. Smith of the Northern Regional Research Lab., Peoria, Illinois. Address: Food Research Inst., Ministry of Agriculture and Forestry, Tokyo, Japan.

2329. Sapin, P. 1959. Le soja dans le monde [The soybean in various countries of the world]. *Bulletin Agricole du Congo Belge et du Ruanda-Urundi* 50(4):897-948. Aug. [39 ref. Fre; dut]

• ***Summary:*** This articles focus on soya at Yangambi in the Belgian Congo. Content: Introduction. 1. Historical and worldwide distribution. 2. Climatic adaptation: Comparison of the climates in Harbin (central Manchuria) and Yangambi (near the equator), photoperiodic and thermal characteristics of soybeans, comparative study of the behavior of soya at Yangambi and its main zones of cultivation, eco-climatic chart of soya, classification of soybeans (*des sojas*) into fundamental climatic types and directives for the realization of their introduction to Yangambi.

3. Selection: Classification of the soybean varieties, genetics, and selection. 4. The cultivation of soya. 6. Characteristics of the seed and its utilization: Composition of the seed, Oriental preparations based on soya (soy sprouts, soymilk, tofu, natto, Hamanatto, yuba, miso, soy sauce or shoyu), soy oil and by-products, soybean cake, use of soya in the West. 7. A glance at soybean production. 8. The situation in the Belgian Congo.

The author identified a number of soybean varieties adapted to different ecological zones in the tropics, which helped soybeans spread to tropical countries, especially in Africa. Address: Assistant à la Division des Plantes Vivrières de l'INÉAC, à Yangambi [Belgian Congo].

2330. Smith, Allan K. 1959. Research on the increasing use of U.S. soybeans in Japan. *Soybean Digest.* Sept. p. 62-65.

• ***Summary:*** "In 1956 the American Soybean Association in collaboration with the Foreign Agricultural Service of the U.S. Department of Agriculture started a market development program on soybeans in Japan."

Late in 1957 Dr. Smith "spent 2 months in Japan studying the products and processes where U.S. soybeans are competing with Japanese and communist Chinese beans." He found that the traditional foods of Japan are processed from whole soybeans, whereas in the USA the use of whole soybeans has, until recently, "received no commercial recognition for food, feed, or industrial application. Also the traditional food processors of Japan value the protein more highly than the oil which is the reverse of the emphasis in this country."

The results of Dr. Smith's investigations were published in April 1958 under the title "Use of United States soybeans in Japan." "The problems raised by the Japanese are briefly summarized as follows: 1–Composition: It was generally stated that Japanese soybeans are higher in protein than our soybeans. 2–U.S. soybeans are slower to absorb water than Japanese beans and absorb water unevenly. 3–Our soybeans cook unevenly and consequently they may not support uniform fermentation. 4–Products from U.S. soybeans are darker in color than those made from Japanese soybeans. 5–Food products from U.S. beans do not have as good a flavor as from Japanese soybeans. 6–The Japanese do not like the amount of foreign matter, split and broken beans, and other crop material in U.S. soybeans.

Following Dr. Smith's investigation in Japan, a research project was initiated at the Northern Regional Research Laboratory in Peoria, Illinois. The immediate objectives of the project are: 1–To investigate the reported differences between U.S. and Japanese soybeans and to evaluate their significance. 2–To compare approximately 30 U.S. and 6 Japanese soybean varieties in miso and tofu, two most important Japanese foods, and to determine which U.S. varieties are suitable for making these foods. 3–To study the processing methods used by the Japanese and to modify their processes for better adaption [adaptation] of our soybeans to their use...

"Two Japanese scientists, Tokuji Watanabe and Kazuo Shibasaki, accepted invitations to come to the Northern Laboratory to work on these projects."

In the 9 months that Dr. Shibasaki and Mr. Watanabe spent at the NRRL they made progress on all the 6 problems listed, though the project is still underway. They found two U.S. soybean varieties, Jackson and Lee, that make tofu very similar to that made from Japanese soybeans. Other promising varieties are Blackhawk, Comet, Dorman, Ottawa, Mandarin, and Acme.

"Composition: It was reported, and generally assumed to be true, that Japanese soybeans were higher in protein and lower in oil than U.S. soybeans. We have accumulated data (all on a moisture-free basis) to determine whether this report is true. Table 1 shows the protein and oil content of eight Japanese soybean varieties grown in various parts of Japan during 1957 or 1958. The name often indicates the area grown: Aomori, Hokkaido Akita, Kumamoto, Miyagi, Nagano, Hagi-Dani, Hokuho, and White Hilum Iwate. These

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8 Japanese varieties contained an average of 40.5% protein and 17.2% oil in 1957 and 42.3% protein and 16.8% oil in 1959.

Table 2 shows the protein and oil content of 15 U.S. [and Canadian] soybean varieties grown in various parts of the USA during 1956, 1957 or 1958: Acme, Adams, Blackhawk, Chippewa, Clark, Comet-1, Comet-2, Dorman, Dortchsoy, Harosoy, Hawkeye, Jackson, Lee, Lincoln, and Norchief. These 15 U.S. varieties contained, on average, 41.8% protein in 1956, 40.1% in 1957, and 40.7% protein and 20.2% oil in 1958. Comparing these two tables, Dr. Smith concludes that U.S. and Japanese soybeans contain about the same amount of protein, but that U.S. field-type soybeans contain about 3.7% more oil than Japanese soybeans.

Table 3 shows the maturity group, protein and oil content, and weight in grams of 100 seeds for 33 recommended U.S. and Canadian varieties. This data is based on Cooperative Uniform Soybean Tests. These 33 varieties are grown in all the major soybean growing areas of the USA; Groups 00 to IV inclusive are grown in the North Central States, approximately north of Cairo, Illinois, to northern Minnesota; groups V to VIII inclusive are grown south of Cairo. The 33 varieties, sorted by ascending maturity group, and within each group alphabetically by varietal name are: Acme (00, Canadian), Crest, Flambeau, Capital (0), Comet, Grant, Mandarin, Norchief, Blackhawk (I), Chippewa, Adams (II), Harosoy, Hawkeye, Lindarin, Ford (III), Lincoln, Shelby, Clark (IV), Perry, Scott, Wabash, Dorman (V), Dortchsoy, S-100, Hood (VI), Ogden, CNS-4 (VII), Jackson, Lee, Bienville (VIII), Improved Pelican, J.E.W. 45 [Wannamaker], and Yelanda. This table shows that the oil content increases slightly as one moves from north to south

Smith then discusses garden- or vegetable-type soybeans. “U.S. vegetable soybeans: There is no clear definition for distinguishing the field-type from the garden-type beans. The distinctive features of the garden beans are in their superiority in flavor, texture, and ease of cooking–properties that make them preferred for food use... Most of our so-called vegetable-type soybeans we are growing in this country are Japanese garden varieties that came directly from that country; the Kim and Kanrich were developed in this country. Serious disadvantages of garden-type beans which restrict production are the tendency to shatter from the pods when ripe and the consequent large loss with mechanical harvesting... the yields of some varieties are also lower than for field beans. It has been stated frequently that the garden-type bean is higher in protein and lower in oil than the field type.

Table 4 shows the protein, oil, weight of 100 seeds in grams and hilum color for 14 “garden-type soybeans” on a dry basis. The source of the data for all the varieties except Kanrich, Kim, and Easycook is the University of Illinois Bulletin 453 by J.W. Lloyd and W.L. Burlison 1939 [“Eighteen varieties of edible soybeans: Their adaptability, acceptability, culture and characteristics”]. “For these data the protein values are no higher than for present-day field types and the oil values are only 0.77% lower” than typical field types soybeans shown in table 3. The weight in grams of 100 seeds, in descending order of seed weight and size, is as follows: Hokkaido 31.9, Funk Delicious 31.7, Willomi 31.1, Jogun 29.9, Emperor 29.7, Giant Green 29.4, Kim 28.7, Imperial 28.4, Kanrich 27.3, Fuji 25.9, Illington 25.9, Higan 23.4, Bansei 21.2, and Easycook 16.2.

Conclusion: It “appears that claims for high protein values for garden type soybeans may be exaggerated.” A portrait photo shows A.K. Smith.

Note 1. This is the earliest document seen (Dec. 1998) concerning the breeding or selection of soybean varieties for food use–in this case tofu for Japan.

Note 2. This is the earliest English-language document seen (June 2009) that contains the term “garden-type soybeans” or “vegetable-type soybeans.” The two terms as synonyms. Address: NRRL, Peoria, Illinois.

2331. Manners, Marian. 1959. Teahouse perfect setting for serving Japanese meals. *Los Angeles Times.* Oct. 22. p. A1.
• ***Summary:*** A stylish, real Japanese Teahouse is one of the main attractions at the 10th annual Southern California Decorators Show.

The section titled “Soy sauce tops” notes that Japan exports to the United States nearly 100 different kinds of canned foods. The most popular among these is “Japanese soy sauce.”

Recipes are given for: Shrimp and vegetables (with soy sauce). Kyuri aka-nasu sarada goma-shi (Cucumber tomato salad with sesame seeds; with “¼ cake fried bean curd”). Tamago-yaki (Japanese egg roll, with soy sauce). Chawan mushi (Steamed chicken and egg custard; with soy sauce).

A photo shows the approach to and exterior of the Teahouse. Address: Times Home Economics Director.

2332. National Food Research Institute (Shokuryo Kenkyujo). 1959. Tôfu seizô no gijutsu [The art and technique of tofu production]. *Shokuryo: Sono Kagaku to Gijutsu* (*Food: Its Science and Technology*) No. 3. p. 1-13. Oct. [Jap]
Address: Tokyo.

2333. *FAO Nutrition Meetings Report Series.* 1959. Report of the FAO/UNICEF Regional School Feeding Seminar for Asia and the Far East. No. 22. 53 p. Held 10-19 Nov. 1958 at Tokyo, Japan. [5 soy ref]
• ***Summary:*** UNICEF stands for the United Nations International Children’s Emergency Fund. Appendix 3 (p. 48-51) titled “Data on some nutritious food products that have been developed in Asia and the Far East,” discusses Saridele, groundnut extract curd [tofu made from peanut

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milk], Indian Multipurpose Food (MPF, developed by CFTRI), miso, natto, and tempeh.

"'Saridele' is the name that has been given to a spray-dried soybean extract combined with an extract of sesame, or peanut, with or without the addition of malt. Vitamins and calcium are added to saridele in order to make its nutritive value similar to that of cow's milk or to enhance its nutritive value. Flavorings such as vanilla or chocolate are also used, which make the product highly acceptable.

"A plant having a capacity of about 800 kg./day has been erected in Indonesia with the financial assistance of UNICEF and the technical assistance of FAO. Saridele is manufactured from a mixture of soybeans and decorticated sesame in the proportion of 4:1. Malt extract from maize may be used to replace 50% of the cane sugar used. Soybean and sesame are soaked for about six hours and then disintegrated finely, together with 7 volumes of hot water. The slurry is stirred vigorously and then filtered. The filtered liquid is heated under pressure for 10 minutes at 120ºC., then flashcooled and formulated with Vitamin A, in oil solution, and malt, if desired. The formulated liquid is homogenized, concentrated in a vacuum evaporator to about 22% solids, then spray-dried. The powder finally is sifted and blended with finely ground cane sugar, and calcium carbonate, riboflavin, ascorbic acid and Vitamin B_{12} added; the mixture may be flavored with vanilla or chocolate." A table compares the nutritional composition of whole dried cow's milk and Saridele (based on a leaflet from Saridele Ltd., Indonesia). Address: FAO, Rome.

2334. Nakano, Masahiro. 1959. FAO Ajia chiiki shokuhin kakô kaigi ni shusseki shite [Attending the FAO Asian food processing conference]. *Nosan Kakko Gijutsu Kenkyu Kaishi* (*J. for the Utilization of Agricultural Products*) 6(6):292-302. Dec. [Jap]
• ***Summary:*** Discusses Korean meju and soy sauce, Indonesian tempeh (tenpe), ontyom (onchom) and pongrek [sic, bongkrek], and Vietnamese nuoc-mam. Address: National Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2335. *Soybean Digest.* 1959. Soybean recipe book issued by Institute. Dec. p. 25.
• ***Summary:*** The Japanese-American Soybean Institute (JASI) recently issued a "Book of Recipes Using Soybeans." Edited by the Japan Nutrition Association (JNA), this booklet includes 108 recipes which have been introduced by the JNA at 2,200 "short courses in dietary improvement" held last year at the 800 Japanese health centers. Attendance at these courses (which were partly sponsored by JASI) was 220,000 people! The booklet, which is available at the health centers, contains articles on frozen and bagged tofu, shoyu, miso, natto, and "golden ajinomoto" (a seasoning made by the Ajinomoto Company).

2336. Taira, Harue; Ebisawa, H.; Sugimura, K.; Sakurai, Y. 1959. Daizu kakôhin no amino-san ni kansuru kenkyû. I. [Studies on amino acid contents of processed soybean. I. Total amino acids of soybean products (Abstract)]. *Shokuryo Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 14. p. 95. Dec. [1 ref. Jap]
• ***Summary:*** Amino acid content of the following are given: Two soybean varieties, tofu, deep-fried tofu pouches (abura-age), okara, dried frozen tofu, yuba, kinako, natto, and soymilk. Reprinted from *Eiyo to Shokuryo* 11(6):351 (1959). Address: 1-2. Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2337. Taira, Harue; Ebisawa, Harue; Sugimura, Keiichiro; Sakurai, Yoshito. 1959. Daizu kakôhin no amino-san ni kansuru kenkyû. II. [Studies on amino acid contents of processed soybean. II. Transfer of amino acids during "tofu" processing (Abstract)]. *Shokuryo Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 14. p. 96. Dec. [1 ref. Jap]
• ***Summary:*** A table shows the percentage of the basic amino acids that are transferred from dry soybeans to boiled soybeans, then to fresh soy puree (gô), okara #1, okara #2 wash, soymilk, tofu, soybean boiling water, and yuba. Address: 1-2. Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2338. Yokoyama, Yoshikuni; Shigeno, Y.; Sotome, S.; Shimada, W.; Fukuda, K. 1959. Kôri-dôfu no kahhenka ni kansuru kenkyû. I. Kahhenka no kôri-dôfu-chû no shibô no seishitsu [Browning phenomenon of "Koridofu" (frozen soya-bean milk curd). I. The fat in the browned products]. *Utsunomiya Daigaku Nogakubu Gakujutsu Hokoku* (*Bulletin of the College of Agriculture, Utsunomiya University*) 4(2):231-33. [5 ref. Jap; eng]
Address: Utsunomiya Univ., Japan.

2339. Bush, Lewis William. 1959. Land of the dragonfly. London: Robert Hale. 224 p. Illust. Index. 23 cm.
• ***Summary:*** Chapter 20, titled "Mainly About Food," notes (p. 162-63) that sukiyaki is "cooked with soy, water, sugar, vegetables, bean curd..." And sashimi is "dipped in soy..."

"Miso is indispensable in Japanese cookery and is a paste made from beans and fermented rice, used for soups–particularly at breakfast, for preserving, and also as a condiment."

Buddhism was well established in China and Korea by the fourth century and was introduced into Japan between A.D. 500 and 600. Note: It may very well be that the cultivation of soybeans and their use in food, including fermented foods, were then introduced into Japan.

2340. Egami, Tomi. 1959. Typical Japanese cooking.

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1st ed. Translated by V.A. McKenzie Skillman. Tokyo: Shibata Publishing Co. Ltd. Exclusive distributors: Japan Publications Trading Co., Ltd (Tokyo). [viii] + 146 p. Illust. (incl. color photos by Yoshikatsu Saeki). Index. 27 cm.
• ***Summary:*** Foods marked with an asterisk (*) are exported from Japan to the USA. Many recipes include "soy sauce" and monosodium glutamate (Ajinomoto). Soy related recipes include: Aburage * ("fried soy bean curd"–4 recipes). Broiled soy bean curd [*yakidofu*] (3 recipes. Sukiyaki, Yasainabe, Osechi). Chu-miso paste * ("made from soy beans, salt and rice malt [koji], seasoning for miso soup"–2 recipes). Ganmodoki * ("fried soy bean curd and vegetables"–Nikomi oden). Nama-age ("half fried soy bean curd"–Boiled vegetables).

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried soy bean curd" or the term "half fried soy bean curd."

Okara ("soy bean curd leftovers"–Yoshino sushi). Red miso paste * ("made from soy beans, salt and rice malt [koji], seasoning for miso soup"–2 recipes). Soy bean (3 recipes). Soy bean curd * (14 recipes, incl. Gizeidofu / Gisei-dofu, p. 39). Soy bean powder * [kinako] (2 recipes; Kinakomochi, Kushi dango). Soy sauce ("Kikkoman"). White miso paste ("made from soy bean, salt and rice malt [koji], seasoning for miso soup"–2 recipes). Worcestershire sauce (Skewer nibblers).

Other interesting recipes include: Amazake. Azuki-sarashian ("red bean powder"–7 recipes). Black sesame seed (in Sekihan). Mochi rice. Red bean [azuki] (Sekihan). Rice cake ("made of mochi rice"). Seaweeds (kanten / agar-agar, kombu / konbu, nori / green laver & purple laver, wakame). White sesame seed. Yamaimo ("Japanese yam"). Tomi Egami was born in 1899. Address: [Japan].

2341. Lee, Calvin. 1959. Chinese cooking for American kitchens. New York, NY: G.P. Putnam's Sons. 190 p. Illust. by Mabel Wong Lilienstein. Index. 22 cm.
• ***Summary:*** An excellent book, says Craig Claiborne. The many styles and forms of Chinese cooking "can be grouped into five schools: Canton, Fukien, Honan, Shantung [incl. Peking], and Szechuan. Cantonese cooking is the most popular, even in China itself." This is a Cantonese cookbook. "Fukien probably produces the best soy sauce in China" (p. 20). Canton is known for its steamed bass with black bean sauce (*Jing yu*) (p. 22).

Soy related recipes: Steak à la Lee (with "2 tablespoons Worcestershire sauce," p. 33). Pork chops à la Lee (with "2 tablespoons Worcestershire sauce," p. 35).

"Perhaps the most interesting of the condiments used in authentic Chinese cooking is the lowly soy bean." It is a rich source of oil. "The pulp of the bean is ground to make a curd extremely high in protein content. These bean curds (dow foo) look somewhat like little rectangles of white custard and can be boiled, stir-fried, or baked. Some of the fresh bean curd is permitted to ferment, making a richly aromatic and tangy cheese. Commonly called Chinese cheese, foo yu [fermented tofu] is sold in bottles and does not require any cooking." "Dow see [fermented black soybeans] are small fermented [soy] beans which are used commonly for seafoods such as strong-smelling fish, shrimps or lobsters. They have a delightful spicy flavor and should be rinsed in water and crushed before using" (p. 46-47).

Vegetables: "Bean sprouts (ngar choy). Sold fresh by the pound. Also sold in supermarkets canned." Used in many recipes (p. 50). Note 1. It is unclear what type of bean is used to make these sprouts.

"Black beans (dow see)." Sold by the ounce. Wash and soak for 10 minutes before using. Recipes: Lobster Cantonese (Chow lung har). Beef with green peppers and tomatoes (Fon care lot tzu ngow). Pork with tomatoes (Fon care gee) (p. 50).

Seasonings and sauces: Bean curds (dow foo). Sold fresh or canned in Chinese or Japanese groceries. Recipes: Beef with bean curds (Dow food ngow). Steamed fish with bean curds (Dow foo jung yu). Bean curd soup (Dow foo tong) (p. 52). Brown bean sauce (mien see). Sold canned in groceries (p. 52). Haisien sauce [Hoisin sauce]. Sold canned or bottled in Chinese groceries. Used chiefly as a condiment.

Fried fish with bean curds (Dow foo jeen yu, p. 106). Steamed fish with bean curds (Dow foo jing yu, p. 107). Soy sauce cooked chicken (See yow gai, p. 116). Beef with bean curds (Dow foo ngow, p. 135). Roast pork with bean curds (Dow foo char shu, p. 145).

Note 1. Most recipes call for ½ to 2 teaspoons "monosodium glutamate."

Note 2. This is the earliest English-language document seen (April 2012) that uses the term "See yow" to refer to a type of Cantonese soy sauce. Address: [New York City].

2342. Rio Grande do Sol, Brazil, Secretaria da Agricultura, Industria e Comercio. 1959. Soja no Rio Grande do Sul [Soya in Rio Grande do Sul]. Porto Alegre. 83 p. (Campanha da Produtividade Agricola). [Por]
• ***Summary:*** Contains 8 chapters by different Brazilian authors; each is cited separately. Address: Brazil.

2343. Servico Social da Industria (SESI). Secretaria da Agricultura. 1959. Receitas de soja [Soybean recipes]. In: 1959. Soja no Rio Grande do Sul. Secretaria da Agricultura (Companha da Produtividade Agricola): Porto Alegre. See p. 77-83. Chap. 8. Excerpted from A Soja. ed. Servico Social da Industria. Dept. Regional do R.G. do Sul. [Por]
• ***Summary:*** Contents: 1. How to extract soymilk from 250 gm of soybeans. Condensed soymilk. Soymilk made from whole soy flour. 2. Recipes based on soymilk: Yogurt, soy cheese [tofu], soymilk *batida* (milk shake), ambrosia, gelatin with fruits and soymilk, souffle with soymilk, soymilk pudding. 3. Recipes with soy residue (*com resíduos de soja*):

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Soya *docinhos* with condensed milk, croquettes, Adventist roast. 4. Dishes made with whole soy flour. Recipes excerpted from "A Soja" (Serviço Social da Industria, Departamento Regional do Rio Grande do Sul). Address: Porto Alegre, Brazil.

2344. Taira, Hirokadzu; Ebisawa, H.; Sugimura, K.; Sakurai, Y. 1959. Daizu kakô-hin no amino-san in kansuru kenkyû. I. Shoshu shihan daizu seihin no zen amino-san ganryô [Studies on amino acid content of processed soybeans. I. Total amino acids of soybean products]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 11(6):351-54. [12 ref. Jap; eng]
• ***Summary:*** The total amino acid content of 16 kinds of soybean products were determined by microbiological assay method. These included tofu, fried tofu pouches (abura-age), okara, dried-frozen tofu, yuba, kinako (roasted full-fat soy flour), natto, and nyu-fu (fermented tofu). Address: National Food Research Inst., Tokyo.

2345. Taira, Hirokadzu; Ebisawa, H.; Sugimura, K.; Sakurai, Y. 1959. Daizu kakô-hin no amino-san in kansuru kenkyû. II. Tôfu seizô kôtei ni okeru amino-san no suii [Studies on amino acid contents of processed soybeans. II. Transfer of amino acids during "tofu" processing]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 11(6):355-57. [1 ref. Jap; eng]
• ***Summary:*** The amino acid pattern of tofu was quite similar to that of the soybeans from which it was made, except that a significant amount of tyrosine ends up in the okara, as do smaller amounts of methionine and tryptophan. Address: National Food Research Inst., Tokyo.

2346. Thompson, Edna. 1959. The yoga cook book. New York, NY: Philosophical Library. 156 p. Index. 19 cm.
• ***Summary:*** The Yoga diet, as presented here, is not vegetarian. This book contains recipes for meat (liver, heart), fish, and shellfish. "Yogans" are said to eat at least some food each day which carries the life principle (fresh, raw food), to prefer whole foods in modest amounts, to avoid inert demineralized foods (such as white flour and white sugar), and alcohol. Yoga is not a religious movement; its followers practice self discipline in eating, without fasting. The rear dust jacket states: "This book banishes the idea that the modern Yogin as an ascetic with caveman dietary habits." The true Yogin regards his food as sacred and has heightened powers.

Soy-related recipes include: Soybean soup (p. 18). Shoyu sauce (soy sauce, p. 26). "Auxin" salad (freshly sprouted mung beans sprinkled with soy oil, etc., p. 48). Eggs foo yung (with bean sprouts, water chestnuts, green onion, celery, 4 beaten eggs, salt to taste. "Brown desired size patties of the mixture in soy oil." Serve with a brown sauce made with cornstarch, soy sauce, monosodium glutamate, sugar, and salt. p. 58-59). Vegetable sukiyaki (with Tofu {bean curd} and shoyu sauce, p. 65). Soyburgers (with mashed cooked soybeans, p. 66). Vegetable chop suey (with soy oil, bean sprouts, and soy sauce, p. 68). Korean soybean noodles (made with soybean flour, p. 72). Soy spoon bread (with soy flour and soy oil, p. 97-98). Making soy bean cheese (tofu, coagulated with vinegar, p. 104). Yoga puddings and desserts (white flour is replaced by soy flour and lard is replaced by soy oil, p. 114). Chinese sweet soy beans (p. 122). Manchurian soy bean milk drinks (p. 136).

Also discusses: Japan yokan cakes (with red beans [azuki], p. 116-17). Oat peanut butter wafers (p. 123). Red bean cake (Korea, with red kidney beans [azuki], p. 131-32).

Note: This is the earliest document seen (Jan. 2009) that describes the use of soy ingredients in Korean-style recipes outside Korea.

2347. **Product Name:** [Serimpie Tofu Coagulant].
Foreign Name: Serimpie Stremming / Batu-Tjina.
Manufacturer's Name: FA. L.I. Frank: Frank Soya.
Manufacturer's Address: P.O. Box 46, 7390 AA Twello, Netherlands. Phone: 05712-2141 or 2131.
Date of Introduction: 1959?
How Stored: Shelf stable.
New Product–Documentation: Soya Foods. 1984. Nov. p. 2.

2348. Raheja, P.C. 1960. So many uses has the soybean. *Indian Farming* 9(10):18-19. Jan. Series 2.
• ***Summary:*** Contents: Introduction. Green manure. As fodder. Soybean oil and cake. As human food. Food include "the green pods," soybean flour, soy milk, and "soy curd" or tofu. "Soy curd is prepared out of soy milk by adding milk curd to it. You can also add acetic acid instead of milk curd." Address: Indian Agricultural Research Inst., New Delhi.

2349. Spears, Robert G. 1960. Nature's miracle bean. *Times of India* (*The*) (*Bombay*). Feb. 14. p. 7.
• ***Summary:*** "The author is a member of the Agricultural Mission at the U.S. Small Industries Exhibition now on view in Bombay. The Soyabean Council of America, Inc. has a very interesting section at this Exhibition."

The article begins: "The soyabean is among the most valuable foods known to man, because of its high protein and fat content." The USA is the world's largest producer and exporter of soyabeans. Most of the soybeans produced in the USA are yellow in color. The protein quality of the soyabean is higher than that of other legumes.

"Body-building: It is well known that soyabean eaters [such as Japanese, Chinese, and Koreans] are of greater stature and have more stamina than people who subsist largely on rice, millet, or other grains."

In many countries soyabean curd [tofu] and milk furnish good nutrition. The soyabean can be fermented to

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yield various sauces and seasonings, pressed to yield oil for cooking, sprouted to furnish a fresh green vegetable that is rich in vitamins, only ground dry to make a flour (soyaflour) that is used in baked goods and confections. During the early 20th century the soyabean first became important and popular in the Western World.

Many countries now buy U.S. soyabeans and make them into "their own soya foods."

Note: This is the earliest article or ad seen (Aug. 2010) in *The Times of India* that contains the term "soya foods." Today soya bean oil is used in the manufacture of more than 50 food products in the United States.

2350. McNaughton, Jean W. 1960. The soya-bean–Its properties and nutritive values. *Rural Missions* No. 112. p. 8. Winter. [1 ref]
• ***Summary:*** As human populations increase, animal populations decrease increasing the need for plant proteins. This article focuses on soya milk. "Details of the step by step processing of the soya-bean in its various uses may be obtained from FAO, 1325 C Street S.W., Washington 25, DC." Address: Regional Nutrition Officer, FAO, Washington, DC.

2351. *Soybean Digest.* 1960. USDA research may put more U.S. soybeans in Japanese foods. Feb. p. 20-21.
• ***Summary:*** Photos show: (1) A.K. Smith, NRRL chemist, and Tokuji Watanabe, visiting Japanese scientist, examining a cake of tofu. (2) Watanabe wet-grinding soybeans to be used in making tofu.

In 1959 Japan imported an estimated 35 million bushels of U.S. soybeans, almost 10 times the quantity imported in 1950. "About half the soybeans used in Japan are eaten as traditional foods, most of which are made in processes that begin with whole soybeans... Recognizing that Japanese whole-bean processors use limited amounts of our soybeans, Dr. Smith recommended studies of U.S. beans in Japanese food processes. The work began at the Northern Utilization Research and Development Division [NRRL] in Peoria, Illinois Research on miso was performed by Dr. Hesseltine, NRRL microbiologist, working with Kazuo Shibasaki, on leave from Tohoku University, Sendai, Japan. Research on tofu was conducted by Dr. Smith and A.M. Nash of Peoria, working with Tokuji Watanabe, on leave from the Japanese Ministry of Agriculture and Forestry.

"Japanese processors say our beans absorb water, cook, and ferment more unevenly than their own. They also object to foreign matter, split and broken beans, and other crop material in our beans and to the color and 'beany' flavor of products made from them... U.S. soybeans, introduced from the Orient, have for 25 years been bred for yield, oil content, pest resistance, and similar characteristics but not for food processes that begin with whole beans–about half the total use in Japan."

2352. Inagaki, Choten; Fukuba, H.; Miyakawa, T.; Iwata, S. 1960. On the combination of protein and thiamine [in frozen tofu]. *J. of Vitaminology* (*Kyoto, Japan*) 6(1):43-51. March 10. [1 ref. Eng]
• ***Summary:*** On the disappearance of thiamine when soybean curd is frozen and thawed. Address: Lab. of Nutrition Chemistry, Ochanomizu Univ., Bunkyo-ku, Otsuka, Tokyo.

2353. *Cotton Gin and Oil Mill Press.* 1960. USDA research with Japanese foods shows promise for U.S. soybeans: May mean greater exports. 61(6):65. March 19.
• ***Summary:*** U.S. soybeans are not widely used in Japanese food processes that start with whole beans–even though total Japanese imports of U.S. soybeans in 1959 were estimated at 35 million bushels–almost ten times as many as imported in 1950. Recognizing this, Dr. A.K. Smith of the Agricultural Research Service, recommended studies of U.S. soybeans in Japanese food processes at the Northern Utilization Research and Development Division, Peoria, Illinois. About half of the soybean used in Japan are eaten as traditional foods, and the other half are crushed to make oil and meal. Most U.S. soybeans are crushed. About 20% of the soybeans are used to make miso.

Dr. Clifford Hesseltine and Dr. Kazuo Shibasaki developed a new miso process in which the soybeans are cracked into grits. A photo shows Dr. Tokuji Watanabe (on leave from Japan's Ministry of Agriculture) and A.M. Nash of the Northern Division as they work with typical Japanese equipment and study the process of making tofu from U.S. soybeans.

2354. American Soybean Association. 1960. Soybean Blue Book. Hudson, Iowa: American Soybean Assoc. 144 p Advertisers' index. 22 cm.
• ***Summary:*** Contents: American Soybean Association. Japanese American Soybean Institute. National Soybean Processors Association. Soybean Council of America. Midsouth Soybean and Grain Shippers Association. Ontario Soya-Bean Growers' Marketing Board. U.S. Department of Agriculture: Agronomic Research (ARS), Disease Research, Entomological Research, Utilization Research and Development (Northern Utilization Division [NRRL], Eastern, Southern, Western), Marketing Research.

Tables: (1) World soybean production. (2) Canadian soybean production. (3) Soybean production, utilization and value, 1936-1959 Canada. (4) Soybean crushings in Canada. (5) Soybean production–United States (with acreage and yield), 1924-1959. (6) U.S. Soybean production by states (1959). (7) U.S. soybean production, supply, and utilization (incl. exports, carryover), 1924-1959. (8) U.S. soybean production, acreage, and yield by state, 1924-1959. (9) U.S. soybeans: Inspected receipts. (10) U.S. soybeans–supply and distribution, 1952-1959 (1,000 bushels). (11)

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U.S. Soybean oil meal and cake production, supply and utilization, 1924-1959 (1,000 tons). (12) Soybean oil, meal and cake production and stocks by states, 1955-1958. (13) Oilseed cake a meals, supply and distribution, Oct. 1950-59. Incl. soybean, cottonseed, linseed, peanut, copra, total. (14) Production of protein concentrates (cake and meal), 1937-41 (avg.) to 1951-59. Incl. soybean, linseed, cottonseed, copra, gluten feed and meal, tankage and meat scraps, fish cake and meal, dried milk products (dried and concentrated skim milk, buttermilk, and whey used for animal feed), other milk products (fed on farms), total. Note: In 1953-54,395,000 tons of dried milk products were fed to animals. (15) U.S. soy flour production. (16) Production and exports of soy flour and grits (incl. full fat, low fat, and defatted products, exported commercially or to military). (17) Production of mellorine [frozen dessert where vegetable oil replaces butterfat], 1953-59, by month. (18) U.S. fats and oils production, 1937-41 (avg.) to 1959. Incl. Butter, lard, edible beef fats, total edible animal fats, corn oil, cottonseed, edible olive oil, peanut oil, soybean oil, total edible vegetable oils, inedible oils. (19) Soybean oil utilization, 1931-1959 (million lb). Incl. Foods: Margarine, shortening, other, total, Non-food products: Soap, paint & varnish, other drying oil products, miscellaneous, loss, total, total domestic disappearance. (20) Same as No. 19 but in percentages.

(21) Utilization of soybean products, 1955-56 to 1958-59. Incl. meal and oil: Livestock feed, industrial, fertilizer, export. (22) Prices of U.S. soybeans, by month and season average, 1923-1959. (23) Same as No. 22 but only for No. 1 yellow: Chicago, Illinois country shipping points, Minneapolis. (24) Same as No. 21 but soybeans for crushing, No. 2 yellow. (25) Value of U.S. soybean crop, 1925-59 (thousand dollars) in these states: Total USA, Illinois, Iowa, Indiana, Ohio, Missouri, Minnesota. (26) Soybean price support operations, 1932-33 to 1959-60. Started in 1941-42 and has continued to the present, with a peak of $2.56 per bushel in 1953-55. (27) Price spread, soybeans and end products, 1945-1958. Spread between price received by farmers and value of products. (28) Prices of U.S. soybean oil meal (44% protein), 1929-1959 by month. (29) Prices of U.S. crude soybean oil, by month, 1929-30 to 1959-60. (30) Imports, exports, soybeans, oil and meal.

(31) Soybeans: Inspections for export, 1957-59, with country of destination and port of departure. (32) U.S. trade in soybeans, fats and oils. (33) Oil and fat exports under P.L. 480. Total, cottonseed oil, soybean oil, Oct. 1954 to Sept. 1959. Incl. country of destination, the top four being Turkey, Pakistan, Israel, and Egypt. (34) Imports, exports cake and meal, 1929-1958, incl. cottonseed, soybean, linseed, peanut, copra. Exports incl. country of destination. (33) Soybeans: Crushings and yields of oil and meal. (35) Bar chart: Major markets for U.S. soybeans since 1953: West Germany, Netherlands, Other Europe, Japan, Canada, Other. (36) Composition of soybean seeds, by variety, incl. Maturity Group No., % protein, % oil, weight of 100 seeds in grams. (37) Amino acids of soy protein. (38) Composition of Lecithin. (39) Composition of soybean oil, by variety. Incl. linolenic acid, linoleic acid, oleic acid, saturated acids.

Official standards for soybeans, Revised effective Sept. 1, 1955. Soy flour standards, for full-fat, low-fat, and defatted. Densities of various soybean products. Map of the USA showing the best adapted soybean varieties for each major soybean producing state. Directories: Processors of soybeans, by state, with address and names of officers (p. 56-74). Canadian soybean processors (p. 74). Manufacturers of 50% protein soybean meal (by state, p. 76). Foreign soybean processors, by country (p. 78-81). Refiners of soybean oil, by state (p. 82-84). Manufacturers and handlers of soy foods (p. 86-93): Beverages, breakfast foods, canners of green vegetable soybeans, canners of mature soybeans, cookies, crackers, toasts and wafers, frozen desserts (companies that make vegetable oils used in frozen desserts), health food store & supply houses, lecithin, macaroni, spaghetti & noodles, margarine, meat substitutes, proteins (Griffith Labs, Gunther, Worthington Foods), pudding powders (Brockville, Ontario, Canada), Salad and cooking oils, shortening, sausage binders, seasonings, soups, soybean oil, soybeans for cooking and sprouting, soy butter (Town Food Co., Riverside, California, makes “Town: soy lecithin spread; Shedd-Bartush Foods, Detroit, Michigan, makes “Willow Run” soy spread), soy cheese [tofu], soy flour, grits and flakes, soy flour mixes, soy milk, soy sauce, sprouts, vitamins, whipping agents.

Manufacturers of industrial products employing soybeans (p. 94-95): Caulking compounds & floor tile, coated papers & leather dressing, fire-fighting foam, glues, plywood & adhesives, insecticides, laminating, lecithin, oilcloth and coated fabrics, paints and varnishes (13 companies), paper sizings, wallpaper and wallboard coatings, resins, soaps, soybean fatty acids (8 companies), soybean oil. Services for the industry (p. 96-109): Analysts, appraisals, brokers, commission merchants & jobbers, consultants, engineering services, export elevators, exporters & importers, export warehousing and handling, farm management, field warehousing, futures market, market analysis, mill construction contractors, milling service, miscellaneous services, oil transports, transportation.

Equipment and supplies for the soybean industry (p. 110-32): Aspirators, bagging equipment, belting, chains, conveyors, elevators, defoliants, drying and aeration equipment (farm driers, grain driers, meal driers), dust control systems & dust collectors, elevator buckets, fans, farm equipment, fertilizers, fumigants, fungicides, germinators, grain and seed cleaning and separation equipment, grain grading equipment & moisture testers, grain handling equipment, granulators, grinding & mixing equipment, herbicides, insecticides & pesticides, inoculants, laboratory equipment, man-lifts, material level indicators,

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materials handling equipment, miscellaneous equipment, packaging materials, pelleting machines, power transmission equipment, pumps, respirators, seed protectants, sifters, soil testing, soybean storage (elevator & processing units, farm units), spraying and irrigating equipment, temperature systems, transportation equipment, truck lifts, unloaders, waterproofing, weighing and packaging equipment.

Soybean processing [crushing] and oil refining equipment and supplies (p. 134-42): Bleaching and filtering equipment, catalysts, complete plants [for crushing], continuous counter-current solvent extractors, continuous screw presses, degumming, deodorization, fractionation, hydraulic pressing equipment, hydrogenation, margarine, miscellaneous equipment, neutralization, shortening, solvent recovery, solvents, soybean seed [suppliers and private breeders], vegetable soybean seed. Advertisers' index. Incl. Allied Mills, V.D. Anderson, ADM, Arkansas Grain Corp., Big 4 Cooperative Processing Assn., Blaw-Knox Co., Buhler Mill Engineering Co., Cargill Inc., Central Soya Co., Crown Iron Works Co., Dannen Mills Inc., Delphos Grain and Soya Products Co., Albert Dickinson Co., Louis Dreyfus Corp., Esso Standard Oil, Farmers Cooperative Assn., Farmers' Cooperative Co., Felco Soybean Oil Meal Dealers, French Oil Mill Machinery Co., Funk Bros. Seed Co., Galesburg Soy Products Co., General Mills Inc., Jacob Hartz Seed Co., Inc., Honeymead Products Co., Huntley Mfg. Co., Illinois Soy Products Co., Iowa Milling Co., Iowa Soya Co., Jensen Mills, Kansas Soya Products Co, Inc., Spencer Kellogg & Sons, Inc., Lauhoff Soya Co., Albert Lea Engineering Co., North Iowa Cooperative Processing Assn., Penola Oil Co., Phillips Petroleum Co., Pillsbury Co., Port of New Orleans, Quincy Soybean Products Co., Rice Grain Corp., Seedburo Equipment Co. (measures oil content of soybeans in 10 minutes), Skelly Oil Co., A.E. Staley Mfg. Co., T.W. Wood & Sons (Seedsmen since 1879; Richmond, Virginia). Address: Hudson, Iowa.

2355. Hayashi, Shizuka. 1960. Public relations seminar by JASI. *Soybean Digest.* March. p. 20.
• ***Summary:*** At this seminar JASI taught Japanese manufacturers of soybean [food] products how sales of these products can be much increased through the use of public relations, including marketing research. "This is particularly true of marketing new products." Previously, these very manufacturers have lacked interest in public relations because they "have been enjoying a reasonably profitable business under the funds allocation system, which has afforded them a sort of protection."

At JASI's first seminar on PR [public relations] and marketing, held recently in Tokyo, about 40 companies and organizations from various parts of Japan participated. "There were two lectures. The first was by Professor Naoyoshi Horikawa on public relations and top management. The other, by T. Shimizu, was on sales promotion. Never in the history of the soybean industry [in Japan] has there been a gathering like this where the so-called 'big shots' of leading organizations sat side by side at the table."

A table shows estimated consumption of soybeans (S) and soybean meal (SM) during 1961 as planned by the Japanese government (tonnes = metric tons). The totals are 1.467 million tonnes of soybeans and 707,000 tonnes of soybean meal. Details: Oil processing: 928,000 S. Livestock feed: 303,000 SM. Tofu and fried tofu: 280,000 S + 20,000 SM. Shoyu: 29,000 S + 200,000 SM. Miso: 130,000 S + 50,000 SM. MSG: 73,000 SM. Other miscellaneous foods: 20,000 S + 40,000 SM. Frozen tofu: 40,000 S. Natto: 30,000 S. Other uses: 21,000 SM. Kinako: 10,000 S.

Note 1. This is the earliest document seen (Nov. 2012) that contains industry or market statistics for kinako or roasted whole soy flour by geographical region.

Note 2. This is the 2nd earliest document seen (Jan. 2012) that contains industry or market statistics for natto by geographical region.

A large photo shows about 13 Japanese men seated at a long table at JASI's recent public relations seminar. The name and position of each man is given. They represented the following organizations: Miso Association. Tatsuno Shoyu. Shoyu Association. Frozen Tofu Association. Masuko Miso. Address: Managing Director, Japanese American Soybean Inst., Nikkatsu International Building, No. 1-Chome Yurakucho Chiyoda-Ku, Tokyo, Japan.

2356. Ohsawa, George S. 1960. Zen macrobiotics. New York, NY: Ohsawa Foundation. 103 p. Undated. 28 cm.
• ***Summary:*** This bound, hardcover book was owned by Herman Aihara, and is now (April 2011) in the library of the George Ohsawa Macrobiotic Foundation in Chico, California (President: Carl Ferre). The size is 8½ by 11 inches. The cloth cover is pea green and on it, near the top, is written (on two lines): "Zen macrobiotics" with the word "Zen" in large bold capital letters. In the middle: "George S. Ohsawa," the author. And near the bottom (on two lines): "Ohsawa Foundation: New York–Paris–Brussels–Tokyo."

The book consists of leaves and the text is typewritten. All of the leaves in this edition are edited, some heavily, in two colors of ink: red edits by George Ohsawa, and blue by Lou Oles (According to Herman Aihara). There is no table of contents or copyright page. On the first leaf, near the top, the title is typewritten again on two lines: "Zen Macrobiotics." Then the book begins: "Two ways to happiness through health. Happiness is the goal of everyone in the world. But what is happiness?... In the Orient happiness was defined by sages some thousands of years ago as consisting of five factors, as follows: 1. The first fundamental factor of happiness is joyfulness, an amusing, interesting, brilliant and healthy longevity. 2. The second, not to be worried about money. 3. The third, instinctive capacity to avoid accidents and difficulties that would cause premature death. 4. A loving

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realization of the order of the infinite universe at all levels. 5. Not to become the first as you will become the last. But try to become the last so that you will become the first forever.

"... School education is completely unnecessary, and even detested. All great men are autonomous and self-made..."

Note 1. This section (two leaves) becomes the Forward in the next edition, which was printed in Japan.

The third leaf is a title page: Like the cover, it has text on 3 levels, but is typewritten. Title: "Macrobiotics: The Biological and Physiological Foundation of Zen Buddhism." Author: George Ohsawa. Publisher: Ohsawa Foundation: New York–Paris–Brussels–Tokyo.

Note 2. The relationship between this title page, the title page of the mimeographed edition, and the cover is unknown.

The next two leaves, are titled "Health to Peace" and numbered "i" and "ii." Note 3. They become the Preface in the next edition, which was printed in Japan.

Next is "iii" which is the Foreword in this mimeograph edition but becomes Chapter 1 in the next edition, printed in Japan.

Next are leaves "iv" through "xxii" which are the Introduction in this edition, but become Chapter 1-3 in the next edition printed in Japan. After leave xxii, the leaves are numbered "8" through "86," and after that is the back cover. The last section of the book is titled "The Case of Mr. E" (leaves 77-86). Note 4. It becomes the first appendix in next edition printed in Japan, which also contains a second appendix titled "The Pro-Forma Death Certificate..."

The mimeograph edition is thus missing pages 3-7. Moreover, all the pages are renumbered by Ohsawa by hand in the upper right corner. In Ohsawa's numbering there are no pages numbered 1, 2, 5, 6, 7, 8, 10, 33 and 34 (a total of 9) and thus his page is numbered 112.

Because the mimeograph edition is bound, it appears that the pages were rearranged after typing but before publication and distribution.

Page 19: "With the conception of Principal Food and that of secondary food clearly distinguished, people of the Orient could live a happy, free and peaceful life from the beginning up to the importation of the brilliant Occidental civilization, more or less violent, with its industrial and scientific instruments... The Principal Food should occupy at least 60% of your eating."

This bound, mimeograph book contains many recipes, all of which are numbered. Soy-related recipes include the following: In the section titled "Beans": 117. Boiled soy beans with miso (the soy beans are first roasted until they pop). 118. Boiled beans ("Boil soy beans until tender. Seasoned with soy sauce and salt. Boil until liquid is gone. Prepare black beans in the same way)." Note 5. Later writings by Ohsawa show that by "black beans" he meant black soy beans, *Kuro mame* in Japanese. 119. Gomoku beans (boiled soy beans with vegetables). 120. Gozu soup (Gôjiru; ground soaked soybeans with vegetables). 121 and 122. "Aduki" beans. 159. Hiziji with age (seasoned with "soyu" [sic, shoyu]). 160. Hiziki [Hijiki] and soyabean (seasoned with syoyu [shoyu]).

In the section titled "Miso and syoyu preparation": "Both miso and syoyu should be of traditional make." 201. Sauce miso (miso-tahini sauce). 202. Miso cream. 203. "Muso" (miso and tahini with minced orange peel). 204. "Miso" soup (5 persons). 205. Carrot and onion au "miso" (15 persons). 206. Vegetable au miso. 207. "Oden" au miso. 208. Buckwheat "dango" au "miso." 209. "Miso-ae." 210. "Tekka" no. 1 (miso with minced yang vegetables–lotus root, burdock root, ginger–fried in sesame oil until very dry. Good for all yin diseases).

In the section titled "Syoyu": Recipes 212-221 are seasoned with "syoyu" (shoyu, traditional fermented soy sauce). "Use the traditional syoyu in all cooking (vegetables and fish). Syoyu diluted with a little water is very good for 'Sasimi' [sashimi] and fried oyster, 'Tempura', fish 'Sukiyaki', 'Tohu' ([tofu] vegetable cheese of soya beans), etc."

803. "'Tohu' plaster. Squeeze 'tohu' (white soya bean cheese) add 10% of flour; stretch this directly on the front or any part painful with inflammation. All pain or inflammation will go away soon." Note 6. This book does not use tofu in any recipes, probably because Ohsawa considered it too yin. However Ohsawa was the one person most responsible for introducing the word "tofu" to popular American culture; his later writings and especially his students and admirers spread the word to the four corners of the United States.

Note 7. This is the earliest macrobiotic document seen that mentions tofu.

Note 8. This is the earliest English-language document seen (July 2000) that mentions "Tekka" (spelled that way, which is now the proper romanization) or that gives a recipe for making it.

Note 9. This is the earliest English-language document seen (March 2006) that uses the word "aduki" beans to refer to azuki beans. This spelling was subsequently widely used, but only in macrobiotic publications.

Note 10. This is the earliest macrobiotic cookbook seen (Jan. 2012).

Also discusses: In the section on "Egyptian beans" (p. 30): Pois "chiche" (chickpeas, basic preparation by boiling). "Beignet" pois chiche (deep-fried balls of mashed chickpeas mixed with flour). Pois chiche croquette (chickpea croquettes).

Publication: "Published by Ohsawa Foundation, 331 Riverside Drive, New York City, U.S.A. (Secretary Aihara, 44 W. 96th St., New York City, U.S.A.)." Underneath this is "Printed in Japan."

Note 11: Concerning the date of publication, we read: "My first two books in English will arrive beginning

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of November: *Zen Macrobiotics* and *The Philosophy of Oriental Medicine."* (Source: G.O. [George Ohsawa]. 1960/09. "Letter from the editor." *Macrobiotic News* (New York, NY). No. 6. Sept. p. [7]). Address: New York, USA.

2357. Ohsawa, George. 1960. Zen macrobiotics [Continued, Part II]. New York, NY: Ohsawa Foundation. 103 p. Undated. 28 cm.
• ***Summary:*** This mimeograph bound book with the pea green cover, the only known copy of which is owned by the George Ohsawa Macrobiotic Foundation in Chico, California, raises many interesting questions about the publication history of this and closely related titles.

Carl Ferré, an expert on this subject, believes: (1) That there were several "printings" of mimeographed edition and that "printings" may vary. (2) There is a strong possibility that the first editions were sold in Jan., Feb., and March of 1960, before there was any editing on them. (3) It is unlikely that any books were sold with only Ohsawa's red edits on them. (4) It is probable that no books were sold with both Lou Oles' blue editing and George Ohsawa's red editing on them.

Was there a printed edition prior to and different from this edition?

Does anyone own such a copy?

How many pages did it contain and how were the pages arranged? For example, did the original book start with the title page, followed by ages i, ii, iii, etc?

Were the original pages reshuffled to create this bound edition? In this edition, why are there xxi pages of front matter numbered in roman numerals followed by pages 8 through 86 in Arabic numerals.

Why do some pages seem to be missing from this edition. Carl Ferre believes that someone typed the entire book, then Ohsawa decided to move some of the pages around, which they did before they bound and sold the books (for $0.50 each) at Ohsawa's lectures.

How did they bind the books? Did they bind the books by themselves or send them out to a professional bookbinder? Or did a person (who attended the lectures) who was in the bookbinding business offer to bind the books free of charge so they could be sold for only $0.50 each. Was it originally hardcover or paperback? Is the pea green book in Chico simply an example of all the books sold in 1960 at Ohsawa's lectures? Or is it unique–one of a kind? When and where did Ohsawa make all this handwritten changes in red? Was someone suggesting the changes to him? If yes, who?

Why is the title on the cover different from the title on the title page.

Why was the original title page numbered "9" in Ohsawa's handwriting.

What do the Japanese characters under the handwritten "9" mean?

Why is there content before the title page?

We are told the original mimeograph edition was duplicated and bound in the Aihara's apartment in New York City; how was it bound?

Carl Ferre reminds us (e-mail of 2 May 2011): Lou Oles took the recipes out of *Zen Macrobiotics* to create a separate book, *Zen Cookery.* "The problem that has always existed is that *Zen Macrobiotics* has numbers in it that refer to numbers in *Zen Cookery* and they have never corresponded. For example *Zen Macrobiotics* says "See *Zen Cookery* No. 103" and you go to *Zen Cookery,* find that number, and its something totally different–or even nonexistent." Address: New York, USA.

2358. Hayashi, Shizuka. 1960. A visit to a leading tofu factory. *Soybean Digest.* May. p. 26.
• ***Summary:*** This factory, which makes frozen tofu, was just completed on the outskirts of Nagano City. It uses 12 tons of U.S. soybeans a day, approximately 4,000 tons a year. There are three other large manufacturers as well and about 3,400 smaller ones making frozen tofu. Many belong to the All-Japan Frozen Food Tofu Manufacturers Assoc.

Note: This is the earliest document seen (April 2001) that contains tofu industry or market statistics for tofu for individual larger companies. Address: Japanese-American Soybean Inst., Tokyo, Japan.

2359. Chiu, Wen-Chiang. 1960. Soy curd can add variety to diet. *Soybean Digest.* June. p. 8.
• ***Summary:*** "Vegetable soybeans and many soy products can be used as human food. And research at the University of Illinois with soy curd, one of these edible soy foods, should expand the use of soybeans.

"Soy curd, a cottage-cheese-type food, is made from soybean milk, which is extracted from dry mature soybeans. The curd may be eaten raw or cooked with vegetables or meat.

"Mrs. Wen-Chiang Chiu, a graduate student in the department of home economics, has experimented with several recipes using soy curd. These products have received high ratings from the members of the taste panel who judged these foods. They may some day add variety to American diets.

"However, Mrs. Chiu, whose home is in Formosa, is chiefly concerned with the calcium content and quality of soy curd made from several varieties of soybeans. She hopes this research will result in a high-quality soy curd with increased calcium content.

"This calcium is important to people living in the Orient. Cow's milk is not readily available and is high priced. Soy milk is not a good source of calcium, but soy curd may be. To make soy curd, a calcium salt is added to soy milk to precipitate the curd. It is the amount of calcium that stays in the curd after the whey is drained off that counts.

"Mrs. Wen-Chiang Chiu is doing her research under the

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direction of Dr. Frances Van Duyne, head of the foods and nutrition division of the department of home economics.

"Soy curd was displayed along with green vegetables and dry mature soybeans used in various ways during the recent University of Illinois Farm and Home Festival." A portrait photo shows Mrs. Chiu at work. Address: Univ. of Illinois.

2360. Grepke, Eva M. 1960. Soybean. *Natural Food and Farming* (*Atlanta, Texas*) 7(2):14-15, 34, 36. July. [4 ref]
• ***Summary:*** Contents: Introduction. High in protein and oil. Rich in vitamins and minerals. Most Orientals sprout eaters. Certain precautions required. Meat without a bone (Tofu or soy cheese, with homemade recipe). Proof of anti-enzyme factor.

The article begins: "The history of the soybean is a fascinating story. This little round bean has literally been a golden nugget to the oriental world. For centuries,... it has served as meat, cheese, bread, milk and oil to the people of Asia."

2361. Hayashi, Shizuka. 1960. Discuss problems of soybean usage. *Soybean Digest.* July. p. 26.
• ***Summary:*** Japanese "soy food manufacturers" were addressed by Charles Elkinton, U.S. agricultural attache. During fiscal year 1959 the total quantity of soybeans used by Japanese crushers and food manufacturers amounted to 1.2 million metric tons or 46.7 million bushels, up 12% over the previous year. Japan's total imports during fiscal 1959 were 1,073,477 metric tons of which 1,010,444 metric tons came from the USA.

The total amount of soybeans used by Japanese food manufacturers is as follows, in metric tons. Makers of tofu and frozen tofu used 340,000 tons in 1959/60 rising to 370,000 tons in 1960/61. Shoyu makers used 218,400 tons in 1959/60 rising to 220,537 tons in 1960/61. Miso makers used 186,400 tons in 1959/60 rising to 177,180 tons in 1960/61.

Oil processors crushed 768,870 metric tons or 28,218,000 bushels in 1958/59. A photo shows "Japanese soy food manufacturers," seated on cushions on tatami mats at two long tables, as they are addressed by Charles Elkinton. Address: Managing Director, Japanese American Soybean Inst., Nikkatsu International Building No. 1, 1-Chome Yurakucho, Chiyoda-ku, Tokyo, Japan.

2362. Smith, Allan K.; Watanabe, Tokuji; Nash, Arlo M. 1960. Tofu from Japanese and United States soybeans. *Food Technology* 14(7):332-36. July. [8 ref]
• ***Summary:*** Most of the U.S. soybeans exported to Japan are processed for oil and meal that are used for making food products. A survey conducted in 1957 in Japan by A.K. Smith ("Use of U.S. soybeans in Japan," published April 1958) indicated that at least 25 million bushels of whole soybeans were used in making traditional Japanese foods such as miso, tofu, and natto, and that the Japanese wished to use more.

This paper describes pilot plant investigations comparing U.S. and Japanese soybean varieties to determine which U.S. varieties make the best tofu. Lee and Jackson varieties appeared to make tofu equal in yield, flavor, texture, and color to Japanese soybeans. "When such varieties are known to U.S. exporters and Japanese importers, more soybeans may be exported to Japan 'identity preserved' at some increase in cost over the U.S. No. 2 yellow beans" (p. 332-33).

Note: This is the earliest document seen (Feb. 2010) that uses the term "identity preserved" to refer to soybeans. Address: 1. NRRL, Peoria, Illinois; 2. Food Research Inst., Ministry of Agriculture and Forestry, Tokyo, Japan.

2363. *Times* (*London*). 1960. Quick lunch [in China]. Aug. 29. p. 11, cols. 3-4.
• ***Summary:*** "In the West you go to the quick lunch counter. In the East it comes to you. Two quick lunch purveyors pass our gate each day." "One crier is a woman, typical of the Chinese coolie class, barefoot, weatherbeaten, in jacket and trousers... Across her shoulders a wooden yoke supports two panniers whose weight makes her stagger, walking gracelessly with knees bent and thrown out. There is food in both: bean curds, [mung] bean sprouts, squid, cucumbers with rice and the like,..."

2364. *Food Science* (*Mysore, India*). 1960. Soyabean products. 9(8):289. Aug.
• ***Summary:*** In response to a letter from a person in Jubbalpore, the magazine gives a table showing the nutritional composition of soyabeans, then gives a brief description of each of 3 products than can be manufacture from soyabean: Soyabean flour, soyabean milk, and soyabean curd ("well known as 'Tofu' in Far Eastern countries").

2365. Farlow, David R. 1960. The Japanese American Soybean Institute. When Automatic Allocation goes into effect you will see the full impact of JASI's promotion work. *Soybean Digest.* Sept. p. 35-36.
• ***Summary:*** JASI is starting to get involved with soy milk in Japan. There are about 60,000 tofu makers in Japan and they can readily make both tofu and soy milk. Dr. Harry W. Miller "has long been a strong advocate of the utilization of soy milk to aid in the increased consumption of protein and fat by the Japanese people... K.S. Lo of the Hong Kong Soybean Co. showed me his plant last fall, and I saw huge amounts of soy milk being manufactured and bottled for the Hong Kong area alone. Pepsi Cola is bottled in the same plant and Mr. Lo informed me that soy milk was outselling Pepsi Cola by about two to one in the Hong Kong area. I drank a bottle and I have to admit that much to my surprise it was delicious."

The increase in exports of U.S. soybeans to Japan

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has been accomplished under a "controlled allocation system"–controlled by the Japanese government. "When the Automatic Allocation system goes into effect, and the consumer alone decides the amount of soybeans and soybean products that are consumed, you will see the full effect that the promotion work that we have done has had." A small portrait photo shows David Farlow. Address: Asst. to the Executive Vice President, American Soybean Assoc.

2366. Fukamachi, Chiharu; Nakayama, Osamu; Suruga, Sachiko; Abe, Kazuyoshi; Tamamori, Shigeo; Watanabe, Tokuji. 1960. Tôfu seizô ni kansuru kenkyû. III. Tôfu genryô daizu no tekisei ni kansuru kenkyû. 1. Daizu no tekihi o hantei suru hôhô [Research on tofu production. III. Studies on the suitability of soybeans for tofu. 1. Method of judging the suitability of soybeans]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 31-39. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2367. Fukamachi, Chiharu; Nakayama, Osamu; Suruga, Sachiko; Abe, Kazuyoshi; Tamamori, Shigeo; Watanabe, Tokuji. 1960. Tôfu seizô ni kansuru kenkyû. III. Tôfu genryô daizu no tekisei ni kansuru kenkyû. 2 [Research on tofu production. III. Studies on the suitability of soybeans for tofu. 2.]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 40-51. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2368. Fukamachi, Chiharu; Nakayama, Osamu; Abe, Kazuyoshi; Suruga, Sachiko; Miyanaga, Setsuko. 1960. Tôfu seizô ni kansuru kenkyû. V. Tôfu seizô ni kansuru sono ta no kenkyû. 2. Bitamin A kyôka tôfu no seizô to hyôka [Research on tofu production. V. Other research on tofu production. 2. Manufacturing and evaluation of tofu fortified with vitamin A]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 65-67. Sept. [4 ref. Jap; eng+]
• ***Summary:*** Contents: 1 Testing in the laboratory. 1.1 Experimental method. 1.2 Results of tests. 2 Testing in the factory. 2.1 Production method of tofu and its vitamin A content. 2.2 Results of the test. 3. Testing of bagged (*fukuro-iri*) tofu fortified with vitamin A. 3.1 Production method of bagged tofu. 3.2 Properties of bagged tofu. 3.3. Taste test.
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2369. Fukamachi, Chiharu; Nakayama, Osamu; Abe, Kazuyoshi; Suruga, Sachiko; Miyanaga, Setsuko. 1960. Tôfu seizô ni kansuru kenkyû. V. Tôfu seizô ni kansuru sono ta no kenkyû. 3. Fukuro-dofu ni taisuru rinsanen no riyô [Research on tofu production. V. Other research on tofu production. 3. Utilization of phosphate in bagged lactone silken tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 68-77. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2370. Fukamachi, Chiharu; Teramachi, Yayoi; Nakayama, Osamu; Abe, Kazuyoshi; Suruga, Sachiko; Miyanaga, Setsuko; Watanabe, Tokuji. 1960. Tôfu seizô ni kansuru kenkyû. V. Tôfu seizô ni kansuru sono ta no kenkyû. 4. Futsû tôfu ni taisuru rinsanen riyô [Research on tofu production. V. Other research on tofu production. 4. Utilization of phosphate in regular tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 78-81. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2371. Fukamachi, Chiharu; Nakayama, Osamu; Suruga, Sachiko; Abe, Kazuyoshi. 1960. Tôfu seizô ni kansuru kenkyû. V. Tôfu seizô ni kansuru sono ta no kenkyû. 5. Gyôkozai oyobi awakeshizai ni tsuite [Research on tofu production. V. Other research on tofu production. 5. About the coagulant and defoamer]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 82-84. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2372. Hayashi, Shizuka. 1960. The Japanese American Soybean Institute: We can supply the Japanese market with another 26 million bushels of soybeans if we seriously desire it. *Soybean Digest.* Sept. p. 31-32, 34.
• ***Summary:*** Contents: Introduction. Severe criticism (of U.S. soybeans by soybean users in Japan, and work to overcome this bad impression). Next on the consumption and import of soybeans. Now about the future outlook. Possibility of cutting down cost of oil prices. Price of soybean oil can be reduced. Soybean meal as a mixed feed has a big potential market. Soy flour expected to increase.

Before World War II "the soybean requirements of Japan were taken care of mostly by soybeans from Manchuria and China. Soybean oil and low-quality soybean meal were imported into Japan from Manchuria for use mostly as fertilizer." Whole soybeans were used for make shoyu and miso, and for crushing.

"The Japanese soybean industry has stepped into a new era since the war. The crushing industry has been shifted from Manchuria to Japan and it has developed quickly to the present important and prosperous stage. With expanded crushing capacity, the need for soybeans has increased and the major part of the requirements has been supplied by soybeans from the United States, with only a limited quantity

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from China."

"The break in trade between China and Japan since 1957 has given a chance for U.S. soybeans" to overcome their bad image in Japan.

"Consumption of various soy foods has shown substantial increase" and so have total soybeans imposts into Japan, and the U.S. percentage share of total imports. Table show: (1) Consumption of soybeans and oils in Japan (metric tons), annually from 1955-56 to 1960-61, for tofu and frozen tofu (increased from 319,000 to 370,000), miscellaneous (increased from 167,000 to 214,000), shoyu (increased from 248,000 to 272,000), oil mills (increased from 505,000 to 760,000), and per capita daily (increased from 7.52 gm to 10.80 gm). (2) Imports of soybeans to Japan (metric tons) annually from 1955-56 to 1959-60. In 1955-56: Total 767,099. From USA 571,612. U.S. share of total 74.5%. In 1959-60: Total 1,073,477. From USA 1,010,444. U.S. share of total 94.1%.

"Soybeans have now become the largest item volumewise of all U.S. agricultural products imported into Japan." They now top cotton, which had been the largest. Of all U.S. imports to Japan, soybeans are the second largest after scrap iron. This shows that the market development for U.S. soybeans in Japan has been successful–even under the present controlled currency allocation system which limits imports.

Four years ago the expression "P.R." [public relations] was known by very few people and there was little investment in P.R. in Japan. Today almost everyone in Japan knows what P.R. means. As an example of this change among soybean groups, the Miso Association had no budget for P.R. activities 3 years ago. Today its budget for fiscal year 1960 contains approximately 32 million yen or $90,000 for this purpose. "The same can be said of shoyu, tofu, and other groups." The "Shoyu Association has decided to send a team of 7 top executives of the leading shoyu makes to the United States in October 1960 to study the soybean industry. They are doing this at their own expense but with the cooperation of American Soybean Association.

The total investment in the soybean market development program in Japan over the past 4 years by Foreign Agricultural Service has been $425,000 and the contribution by various Japanese groups has been about $257,000 in cash and services combined.

A 1958 survey showed that the 1,368 oil mills in Japan were operating at 36.8% of capacity. This low percentage is due to the fact that 1,210 oil mills (about 90% of the total) are small factories with a daily processing capacity averaging 10 metric tons; they produce oil mainly from domestic rapeseed at low efficiency.

"If the import of soybean becomes free under the "Automatic Allocation system it is obvious that soybean oil production will be concentrated in the larger oil mills (61 crushers) occupying 85% of the nation's total daily extraction capacity of 8,289 tons. This will bring down the price of edible oil for Japanese consumers. A table shows that 159,000 tons of oil are made in Japan from domestic materials as follows: Rapeseed oil 65%. Fish and whale oil 25%. Rice bran oil 6%. Hog grease 4%. Since Japan has little possibility of increasing oil production from domestic raw materials, it must rely on imports. The price of domestic rapeseed is supported by Japan's government.

Another table shows the rapid growth in production of "concentrated feed" in response to the government's policy to encourage livestock production and the dairy industry. In 1955 it was 509,279 metric tons, rising to 1,310,098 tons in 1958, with 2,000,000 projected for 1960. The percentage of soybean meal used in mixed feeds has been about 4.5% because of the priority given to miso, shoyu and other food industries. However the Livestock Bureau has been requesting an increase in the import of soybeans for feed. Hayashi ends by estimating potential import growth of 700,000 metric tons or 26 million bushels, and by urging U.S. soybean growers to seize the opportunity. "If more funds for market development become available, first preference should be given to soybeans to meet the need for more oil, for more soy flour in bread, and for soybean meal as animal feed."

Photos show Shizuka Hayashi and Hiroshi Nakamura (delivering Hayashi's speech). Address: Managing Director, Japanese American Soybean Inst., Tokyo.

2373. Nakayama, Osamu; Fukamachi, Chiharu; Kubo, Shoji/Akiharu; Suruga, Sachiko; Miyanaga, Setsuko; Horiyasu, Shizuko; Watanabe, Tokuji. 1960. Tôfu seizô ni kansuru kenkyû. IV. Tôfu seizô-chû no ikô ni kansuru kenkyû. 1. Tanpakushitsu, shibô, muki-seibun no iko ni kansuru kenkyû [Research on tofu production. IV. Studies on the transformation of ingredients during tofu production. 1. Studies on the transformation of protein, fats, and inorganic ingredients]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 52-55. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2374. Nakayama, Osamu; Fukamachi, Chiharu; Kubo, Shoji/Akiharu; Suruga, Sachiko; Miyanaga, Setsuko; Horiyasu, Shizuko; Watanabe, Tokuji. 1960. Tôfu seizô ni kansuru kenkyû. IV. Tôfu seizô-chû no ikô ni kansuru kenkyû. 2. Amino-san no [Research on tofu production. IV. Studies on the transformation of ingredients during tofu production. 2. Amino acids]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 56-57. Sept. [Jap; eng+]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

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2375. Watanabe, Tokuji; Fukamachi, Chiharu. 1960. Tôfu seizô ni kansuru kenkyû. I. Tôfu seizô gijutsu no genjô ni kansuru chôsa [Research on tofu production. I. Survey of present tofu production technology]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 1-5. Sept. [Jap; eng+]
• ***Summary:*** One of the most important and influential documents ever published on tofu, this report analyzed all the key variables in the process and led to major changes in the way tofu was produced in Japan, making the process more rational and efficient. An extensive summary of the results with many graphs is given in English by Shurtleff & Aoyagi in *Tofu & Soymilk Production.* This report was published shortly after Dr. Watanabe spent two years in the United States studying the suitability of American soybean varieties for making tofu, at the Northern Regional Research Center, Peoria, Illinois. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2376. Watanabe, Tokuji; Fukamachi, Chiharu; Nakayama, Osamu; Teramachi, Yayoi; Abe, Kazuyoshi; Suruga, Sachiko; Miyanaga, Setsuko. 1960. Tôfu seizô ni kansuru kenkyû. II. Tôfu seizô kôtei no hyôjunka ni taisuru kenkyû. 1. Futsû-dofu [Research on tofu production. II. Research on the standardization of the tofu making process. 1. Regular momen tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 6-15. Sept. [6 ref. Jap; eng+]
• ***Summary:*** Contents: Part I. Regular Momen Tofu. 1. Soybeans used for research. 2. Method of experiments. 2.1. Making soymilk. 2.2. Soymilk coagulation. 2.3. Measuring soymilk solids (2.3.1. Density of soymilk solids. 2.3.2. Density of protein in soymilk. 2.3.3. Volume of tofu. 2.3.4. Firmness of tofu. 2.3.5. Transparency of whey. 2.3.6. Tofu solids. 2.3.7. Density of protein in whey). 2.4. Expressing experimental results (2.4.1. Rate of extraction (%) of solids and of protein in soymilk. 2.4.2. Rate of solidification / coagulation. 2.4.3. Rate of tofu yield = Rate of extraction x rate of solidification / coagulation).

3. Results of experiments. 3.1 Cooking temperature of the slurry and the nature of the coagulated material (3.1.1. Effect of heating temperature on the tofu. 3.1.2. Effect of amount of water added during cooking. 3.1.3. Effect of temperature on conditions of extraction and solidification. 3.1.4. Cooking time). 3.2 Conditions of coagulation (3.2.1. Amount of coagulant. 3.2.2. Coagulation temperature. 3.2.3. Coagulation time. 3.2.4. Amount of stirring during coagulation. 3.2.5. Types of coagulants and effect on tofu. 3.2.6. Concentration of soymilk. 3.2.7. Varieties of soybeans used {Jackson, Dorman, Ogden, Lincoln, Harosoy, Hawkeye, Lee}). 3.3. Soaking the soybeans.

4. Standardization of the process for making regular tofu. 4.1. Amount of time soybeans should be soaked in water. 4.2. Method of obtaining soymilk. 4.3. Method of coagulating soymilk. 4.4. The standard manufacturing process.

Parts II and III. Silken tofu and Bagged lactone silken tofu follow a parallel structure. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2377. Watanabe, Tokuji; Fukamachi, Chiharu; Nakayama, Osamu; Teramachi, Yayoi; Abe, Kazuyoshi; Suruga, Sachiko; Miyanaga, Setsuko. 1960. Tôfu seizô ni kansuru kenkyû. II. Tôfu seizô kôtei no hyôjunka ni taisuru kenkyû. 2. Kinugoshi-dofu [Research on tofu production. II. Research on the standardization of the tofu making process. 2. Silken tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 16-24. Sept. [Jap; eng+]
• ***Summary:*** The structure of this part (Silken tofu, 2.2) parallels that of part 2.1 (Regular momen tofu, pages 6-15). Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2378. Watanabe, Tokuji; Fukamachi, Chiharu; Nakayama, Osamu; Teramachi, Yayoi; Abe, Kazuyoshi; Suruga, Sachiko; Miyanaga, Setsuko. 1960. Tôfu seizô ni kansuru kenkyû. II. Tôfu seizô kôtei no hyôjunka ni taisuru kenkyû. 3. Fukuroiri-dofu [Research on tofu production. II. Research on the standardization of the tofu making process. 3. Bagged lactone silken tofu {GDL}]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 25-30. Sept. [Jap; eng+]
• ***Summary:*** The structure of this part (Bagged lactone silken tofu, 2.3) parallels that of part 2.1 (Regular momen tofu, pages 6-15). Bagged Lactone Silken Tofu is a packaging innovation. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2379. Watanabe, Tokuji; Nakayama, Osamu; Fukamachi, Chiharu; Miyanaga, Setsuko; Suruga, Sachiko; Abe, Kazuyoshi. 1960. Tôfu seizô ni kansuru kenkyû. V. Tôfu seizô ni kansuru sono ta no kenkyû. 1. Nihon daizu to Amerika daizu no seijô, tanpakushitsu ganryô [Research on tofu production. V. Other research on tofu production. 1. Investigation of the characteristics Japanese soybeans and American soybeans: Protein content and fat content]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 14B. p. 58-64. Sept. [3 ref. Jap; eng+]
• ***Summary:*** Contents: Part 1. 1 Comparison of Japanese and American soybean varieties. 1.1 Soybeans used in the experiments. 1.2 Observations and method of analysis. Table 5.1 Properties and composition of Japanese soybeans–49 recommended varieties. Table 5.2 Properties and composition of Japanese soybeans–70 varieties other than those recommended. Table 5.3 Properties and composition of American soybeans–15 varieties (Dorman,

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Harosoy, Hawkeye, Jackson, Lee, Lincoln, Ogden, Clark, Mamloxi, Ogden). 1.3 Results of experiments and analytical interpretation. 2. Comparison of Japanese and American properties according to variety. 2.1 Soybeans used in the experiments. 2.2 Observations and methods of analysis. 2.3 Results of experiments and analytical interpretation. Table 5.4 Properties and composition of soybean varieties. Table 5.5 Analysis of electrical movement in water according to soybean variety (comparison of ingredients).

Part 2 (p. 65-66). 1 Testing in the laboratory. 1.1 Experimental method. 1.2 Results of tests. 2 Testing in the factory. 2.1 Production method of tofu and its vitamin A content. 2.2 Results of the test. 3. Testing of bagged (*fukuro-iri*) tofu fortified with vitamin A. 3.1 Production method of bagged tofu. 3.2 Properties of bagged tofu. 3.3. Taste test. 5 parts. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2380. Aljat, -. 1960. Food & utilization of food resources (Indonesia). In: Proceedings of the Fourth Pan Indian Ocean Science Congress. Section G. Human Ecology. See p. 65-68. Held 14-24 Nov. 1960 at Karachi, Pakistan.
• ***Summary:*** Gives detailed instructions for making the following soybean products: tempeh (tempe, soya-cake, moulded), tofu (tahu, soya curd, coagulated with gypsum / sakow powder), miso (taotjo), and sweet Indonesian soy sauce (Ketjap [perhaps ketjap manis], made with black soybeans). Also describes how to make onchom (ontjom) from peanuts, plus krupuk, and lempers. Table 1 compares the nutritional composition of powdered Saridele and cow's milk. Table 2 compares the amino acid composition of various mixtures containing soy.

Note: This is the earliest English-language document seen (April 2012) that uses the term "sweet Indonesia soy sauce" to refer to what is probably *kecap manis.* Address: Nutritional Inst. Labs., Djakarta, Indonesia.

2381. Hayashi, Shizuka. 1960. Soft tofu offers U.S. market. *Soybean Digest.* Nov. p. 24.
• ***Summary:*** Mr. Hayashi has recently learned that American soybeans are the best for making "soft tofu," which is rapidly becoming popular in Japan. The characteristic of soft tofu is that during coagulation there is very little loss of water soluble protein compared with ordinary tofu. Therefore the yield of soft tofu is much higher. After this discovery, the American Soybean Institute began to sponsor tofu making contests to encourage tofu makers to gradually shift to soft tofu. The first such contest was held in April 1959 in Osaka, jointly sponsored by the All Japan Tofu Press Co. The All Japan Tofu Association has over 40,000 manufacturers as members. Address: Managing Director, Japanese American Soybean Inst., Nikkatsu International Building No. 1, 1-Chome Yurakucho, Chiyoda-ku, Tokyo, Japan.

2382. Ohsawa, G. 1960 Zen macrobiotics: The art of longevity and rejuvenation. New York, NY: Ohsawa Foundation. Printed in Japan. 218 p. Undated. Index. 17 cm.
• ***Summary:*** This is the earliest known printed edition of Zen Macrobiotics. The cover is gray. The author is George Ohsawa. The content is basically the same as the original mimeograph edition, however it has been edited and several of the parts have been rearranged and renamed to create a Forward [sic] (p. 3-5), a Preface (p. 6-8), and Chapters 1-3 (p. 15-43). At the end are two appendixes: One, which was titled "The Case of Mr. E," appeared at the end of the mimeograph edition. The second, which has been added is titled "The Pro-Forma Death Certificate of the American World Empire and its Gold Dynasty."

Concerning the date of publication: Although the date is not given in or on the book, the periodical *Macrobiotic News* announced it as being available in November 1960.

Distinguishing marks of this printing: Page 3: "Forward" is misspelled. Page 7: "... hundreds of ways of cookin [sic] and eating. They are all aim [sic] to create..." Page 62: "The yellow part is most yound [sic],..."

These four errors were corrected in the next printing.

Both printings have 218 pages. However, pages 217 and 218 are different in the two books.

At least two printings were done in Japan. As of April 2011, Carl Ferré, President, George Ohsawa Macrobiotic Foundation (Chico, California) has one original of each.

Carl adds (e-mail of 30 April 2011): "Page 218 of the book you have (*Macrobiotics: The Art of Longevity and Rejuvenation,* by G. Ohsawa) appears to be exactly the same as the second Japan printing. It seems to confirm my hypothesis of a first printing in Japan in 1960, a second printing in Japan around 1962, and a third printing of the same edition in the U.S. after the 1962 Japan printing (and might even be the 1964 book referred to in Yin Yang). I believe the first reference in Macrobiotic News to a printed book is November 1960. Because editions of *Zen Macrobiotics* may have been printed at the same time as *Philosophy of Oriental Medicine,* we may need to look into that title as well in order to determine the full story." Address: Ohsawa Foundation: 331 Riverside Dr., New York City. Secretary Aihara, 44 W. 96th St., New York City, U.S.A.

2383. Prawiranegara, Dradjat; Rawi, Ihsan el. 1960. Food & utilization of natural food resources (Indonesia). In: Proceedings of the Fourth Pan Indian Ocean Science Congress. Section G. Human Ecology. See p. 55-63. Held 14-24 Nov. 1960 at Karachi, Pakistan.
• ***Summary:*** This is a relatively early publication by an Indonesian author on soyfoods, especially tempeh. The first author's name is incorrectly listed on the document as simply Dradjat. "Protein rich food. Soya beans: In order to increase the protein consumption of the people more soya

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bean should be made available, and soya products should be popularized and manufactured on large scale." After praising the nutritional properties of soybeans, the authors continue: "In order to render soya protein utilizable, both destruction of the cell walls and heat treatment are necessary. Crushing the beans such as in the manufacture of soya milk and 'tahu' or the action of fungi which partly digest and break the cell wall such as the case with 'tempeh' are means of improving the nutritional value of soya. All these foods are heat treated both during the manufacture and on preparation for the table, and the enzyme inhibitors are destroyed. Tempeh, tahu [tofu], tautjo [Indonesian-style miso], ontjom, soya milk, etc. [are excellent foods. A meal] which gives the maximum biological value contains soya proteins and rice protein in the ratio of about 2.3. Therefore an adult who receives little or no animal food should get 15 or 20 gm soya protein with his rice. A medium size family should get 75 to 100 gm of soya protein. Unfortunately, soya preparations such as tempeh and tahu are comparatively expensive. For example 100 gm of soya protein in the form of tempeh costs about 5 rupiahs. This is why it is necessary to find a simple way of using unprocessed soya beans. The preparations of 'fried soya' is one such way. Fried soya is simply prepared as follows. Soya is soaked overnight in water with a little salt added, ground to a paste. The stuff is pleasant smelling, and tastes good. It can be used in many different ways, both in adults and in children's food. It costs little, compared to tempeh or tahu, and its nutritional value is high, specially when mixed with rice or corn. It is certain that the introduction of fried soya to the Indonesian family's daily diet will appreciably improve the nutritional status of the people. Three times as much soya protein can be consumed for the price paid for tempeh or tahu. Recent work on tempeh (which is soya bean product subjected to the action of certain fungus) have shown that the product is of a higher nutritional quality than heat-treated soya bean. Apparently the fungus growth on the soya favourably alters the biological value of its protein. More work is needed on the subject in order to find out the reason for such improvement. It was suggested that tempeh should be investigated as infant food. (P. Gyorgy's recent report to W.H.O. Protein Advisory Group).

Note: This is the earliest English-language document seen (March. 2009) uses the word "tautjo" to refer to Indonesian-style miso.

"'Saridele' is an imitation milk of vegetable origin. It is made from soya sesame combination. It is available as spray-dried powder. The composition is similar to cow milk powder. Animal trials have shown that the protein of the product is somewhat inferior to cow milk, but the biological value improves considerably when mixed with rice. Trials with infants showed that Saridele is well tolerated by older infants and it is a valuable addition to the diet after the age of 6 months. In case of emergency, when no cow milk is available, saridele may be used as food for infants over 4 months of age (will be published by Children Dep. Medical School, Univ. Indonesia)." A table lists gives the nutritional composition of soybeans, tempeh, tofu, fish flour, fresh cassava leaf, and dry cassava leaf. Address: 1. M.D., M.P.H., Director, National Nutrition Inst., Dep. of Health, Djakarta; 2. FAO Food Chemist.

2384. USDA ARS Northern Utilization Research and Development Division, Peoria, Illinois. 1960. Definitions of foreign foods of current interest (Brochure). Peoria, Illinois. 4 p. Dec. 13. 28 cm.

• ***Summary:*** The first section, titled "Japanese foods from soybeans" (p. 1-2) includes: Aburage, frozen tofu, Hamanatto (Hamananatto), kinako (A form of full-fat soy flour made by grinding roasted soybeans), koji (A culture prepared by growing *Aspergillus oryzae* on cooked rice, wheat or other cereal for a few days. Serves as a source of enzymes for making miso, soy sauce, saki [saké, sake] and other fermented foods), kori tofu, miso, monosodium glutamate (a seasoning compound first isolated from soy sauce), nama-age, natto, satsumage [satsuma age], soybean milk or tonyu, soy sauce or shoyu, tofu, yaki-dofu, yuba.

The second section, titled "Indonesian fermented foods" (p. 3-4) includes: Arak, ketjap (soy sauce made with black soybeans), ontjom, ragi, sajur asin, tapé ketan (fermented glutinous rice), tapé katella (fermented arrowroot), tempeh (or témpé or témpé kedelé), tuwak. Address: Peoria, Illinois.

2385. **Product Name:** Tofu.
Manufacturer's Name: Chicago Tofu Mfg. Co.
Manufacturer's Address: 3255 N. Holstead, Chicago, IL 60614. Phone: 312-525-3823.
Date of Introduction: 1960.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Company is named Chicago Tofu Mfg. Co. at 3255 N. Halstead.

Will, Joanne. 1977. "Too few knew tofu could do so much for so little." *Chicago Tribune.* June 11. p. N_A19-20, or W_11-12. Chicago Tofu is located at 3255 N. Halstead. It is run by Mr. and Mrs. Minoru Kanki, who took over the company about two years ago.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Company name now given as Nomura Tofu Co., same address. Owner: Mr. Nomura. Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Name now given as Chicago Tofu Co.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name as Chicago Tofu Co. Owner: Mr. Minoru Kanki.

Shurtleff & Aoyagi. 1983. Soyfoods Industry and Market. Gives starting year as 1960. Note: Last Chicago City

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Directory at Sutro library is 1928-29. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 92. Chicago Tofu Company now makes between 4,000 and 5,000 lb/week of tofu. It is packaged in plastic tubs with heat-sealed tops. The packages are sold in 16 and 18 oz sizes. The wholesale prices is about $0.65/lb and retail is $85 to $0.89/lb.

2386. Sasaki, Ruth Fuller. 1960. Rinzai study for foreigners in Japan. Kyoto, Japan: First Zen Institute of America in Japan. 104 p. *
Address: Kyoto, Japan.

2387. **Product Name:** Tofu.
Manufacturer's Name: Shimokawa Grocery & Tofu Factory. Formerly Yokoyama Tofu Factory (1945).
Manufacturer's Address: 2639 South King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1960.
New Product–Documentation: Honolulu City Directory. 1959-60. Shimokawa Grocery & Tofu Factory (Teizo Shimokawa, proprietor). 2639 S. King, Honolulu. Hawaii Directory of Manufacturers. 1966. (Revised 21 Jan. 1965). p. 13. Tofu (Bean curd). Shimokawa Tofu factory, 2639 South King St.

2388. **Product Name:** Tofu.
Manufacturer's Name: Teruya Tofu Factory.
Manufacturer's Address: McGerrow Village, Puunene, Maui. Phone: 808-244-5313.
Date of Introduction: 1960.
How Stored: Refrigerated.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1960. Teruya Tofu Factory. McGerrow Village, Puunene, Maui. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Teruya Tofu Factory. Puunene, Maui, Hawaii. Phone: 727355. Hawaii Directory of Manufacturers. 1969. p. 19. Teruya Tofu Factory, 1830 Mill St., Wailuku, Maui, Hawaii 96793. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. The address is 1830 Mill St., Wailuku, Maui, HI 96793.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Teruya Tofu Factory, 1830 Mill St., Wailuku, Maui, HI 96793. Phone: 808-244-5313. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

Bonnie Mandoe. 1982. *Bestways.* June. p. 91. "Soy power. Part II." The author recently had the opportunity to visit an old Hawaiian tofu shop on the island of Maui. The Teruya family has made Valley Isle Tofu there since 1916. Walter and Takeshi Teruya now make the tofu. Takeshi has been making tofu since he was age 15.

2389. **Product Name:** Tofu.
Manufacturer's Name: Tomori Tofu Factory.
Manufacturer's Address: 725 Kilauea Drive, Hilo, Island of Hawaii. Phone: 808-959-8516.
Date of Introduction: 1960.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1960. Tomori Tofu Factory. 725 Kilauea Dr., Hilo. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Tomori Tofu Factory. 725 Kilauea Ave., Hilo, Hawaii. Phone of 52021. Not listed in 1965. Letter from Lorraine L. Oda. 1984. Aug. 7. Says that Tomori's Tofu Factory Inc. is at 909 W. Kawailani, Hilo, Island of Hawaii, HI 96720.

2390. Chiang, T'ien-chiang. 1960. Ta tou ying yang yu chia kung [Soybeans and soyfoods?]. China. 183 p. [10+ ref. Chi]
Address: China.

2391. Doi, Tadao. ed. 1960. Nippo Jisho: Vocabulario da lingoa de Iapam [Vocabulary of the language of Japan]. Tokyo: Iwanami Shoten. 822 p. 22 cm. [Por; Jap]
• ***Summary:*** This is facsimile edition of the original 1603 edition, the second earliest dictionary of the Japanese language compiled by Europeans.

Soy-related terms in this dictionary include: Abura ague [Abura-agé]. Aburidôfu. Amazaqe [Amazake]. Cabe [Tofu]. Côji [Koji]. Daizzu [Daizu]. Dengacu [Dengaku]. Fanben [Hanben]. Icchô. Mame. Graos, ou feijoes de Iapao [Soybeans]. Miso [made with rice]. Misocoxi [Misokoshi, a miso strainer]. Misoya [A shop which sells miso]. Misoyaqijiru [Miso-yaki-jiru, a soup made with grilled miso and diced tofu]. Misôzzu [probably a soup seasoned with miso resembling Zosui]. Nattô. Nattôjiru. Tofu. Tofuya [A shop which makes and sells tofu]. Tamari. Vdondôfu [Udon-dôfu]. Xôyu [Shoyu, or soy sauce]. Yudôfu. Address: Nagasaki College of Japan.

2392. Hayashi, Y.; Ariyama, H. 1960. Daizu oyobi sono kakôhin no eiyô-ka ni kansuru kenkyû [Studies on the nutritive value of the soybean and its products]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 13:297-99. [4 ref. Jap; eng]

2393. Joya, Mock. 1960. Things Japanese. Tokyo: Tokyo News Service, Ltd. [vi] + 782 + xliv p. Index. 21 cm.
• ***Summary:*** In Chapter 7, titled "Food, 'Sake' and Tobacco" (p. 275-331) the following may be of interest: Asakusa-nori (includes shoyu), azuki (incl. soybeans, tofu, miso, shoyu, natto), bento and kashi, cattle, chameshi, chawan-mushi ("somewhat similar to Western custards." Make katsuobushi {shaved dried bonito} soup stock, cool, pour into individual *chawan-mushi* bowls {each has a cover}. Mix in an equal quantity of beaten eggs. Add additional flavoring ingredients, cover, and steam until set. "One of the few Japanese dishes

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that resemble Western dishes in taste").

Chazuke, cooking (incl. sukiyaki and tempura), daikon (incl. miso), drinking cups and customs, eel-eating day (eels are broiled, steamed, then put in a specially prepared shoyu and broiled again), ginnan (ginkgo nuts), gobo (burdock, incl. miso soup and shoyu), gohan (boiled rice), kabayaki (eel), kamaboko, kashi (confections and sugar), katsuo-bushi (incl. shoyu), kawara-senbei (incl. miso), konnyaku (its shredded form, called shirataki, is used in sukiyaki), manju, matsutake mushrooms (widely used in sukiyaki in the fall), menrui (noodles, incl. soba, udon, shoyu), mikan (mandarin oranges), misoshiru (miso soup, incl. tofu, shoyu, tekka-miso, tai-miso, yuzu-miso, wakame), mochi, mochi-tsuki (pounding), myoga (*Zingiber mioga*), oden (with tofu, miso, and shoyu), one-sided fish, red rice (*sekihan*, made with azuki = red beans), ringo (apples), sakana (fish, incl. shoyu and tofu), sake drinking, sake eating, sashimi (incl. shoyu and mirin), satsuma-imo, seaweeds (sea vegetables), shincha (new tea), shoyu (Japanese-style soy sauce; per capita consumption is nearly 4 gallons a year), snake eaters, soba (incl. shoyu), souvenir cakes, sugar, suimono (clear soup, incl. miso and shoyu), sukiyaki (incl. tofu and shoyu), sushi (incl. Inari-zushi made with fried tofu), sweets in season, tea varieties, tea water, tempura (incl. sesame oil and shoyu), tobacco tradition, tofu (incl. bittern/nigari, yaki-dofu, aburage, ganmodoki, Koya-dofu, fried tofu, hiyayakko, sukiyaki, dengaku, miso, miso-shiru, shoyu), tokoroten (kanten, tengusa), tsukemono (pickles, incl. miso), umeboshi, wasabi (incl. shoyu), yasai (vegetables), yokan, and yonaki-soba. Note: Different types of yokan (yôkan, a paste made of azuki beans and sugar) include: mizu-yokan (soft azuki-bean jelly) and mushi-yokan (steamed yokan). Yokan-iro is a liver or rusty color.

Other subjects related to soy: Home cures (p. 66-67, for burns, apply the white of an egg or shoyu). Setsubun (p. 119, incl. mame-maki or throwing roasted soybeans). Brother mountains (p. 192, the most loved one, Fudo-iwa, was fed azuki or red beans but the unloved Gongen-yama was fed soya beans). Fox messengers (p. 207-08, aburage or fried tofu). Kuyo (p. 373-74, incl. hari-kuyo or mass for broken needles–but tofu is not mentioned). Azuki (p. 276-77). Red rice (sekihan, p. 303). Lunar calendar (p. 400, setsubun and bean throwing). Bamboo (p. 410, incl. bamboo shoots served with shoyu). Hi-no-kami (p. 474, incl. amazake). Sacred rice (p. 504, incl. setsubun and throwing roasted soybeans). Shoulder-chipped Jizo (p. 517, concerns the stone statue of Jozo at the Kiunji Temple, Tozaki-machi, Bunkyo-ku, Tokyo, and foxes and a tofu shop). Inari-san (p. 616-17, Inari-sushi and aburage). Address: Japan.

2394. Joya, Mock. 1960. Sukiyaki (Document part). In: Mock Joya. 1960. Things Japanese. Tokyo: Tokyo News Service, Ltd. [vi] + 782 + xliv p. See p. 316-17.

• ***Summary:*** Sukiyaki is mentioned throughout this book, on pages 281 (Cooking, Japanese), p. 293-94 (Konnyaku, incl. shirataki), p. 295-96 (Matsutake, a mushroom used in sukiyaki in the fall), and p. 325-26 (Tofu, a typical ingredient in sukiyaki).

The main entry for sukiyaki (p. 316) states: "Sukiyaki is a modern addition to the Japanese menu, and although it is only about 80 years old, it has become one of the most popular dishes of the people. Furthermore, sukiyaki has now become famous all over the world. Sukiyaki and tempura are pointed out by foreign visitors as the two outstanding dishes of Japan.

"There are a few controversies over the origin of the name, and the most commonly accepted theory is that formerly it was cooked on blades of plows, and therefore this way of cooking was called sukiyaki or plows, roasting. However, there is no proof that this story is authentic.

"Sukiyaki is the cooking of sliced beef, pork, chicken or duck meats over thick iron pans. Beef is the most common meat used for sukiyaki, but chicken and pork are equally good.

"In making sukiyaki, the first requirement is the flat thick iron pan, as when the pan is thin, it is impossible to make good sukiyaki. In the Imperial duck hunting party, small individual thick iron pans are used in cooking the duck meat. This pan is oblong in shape and extremely thick, and its top is almost level with only a slight depression to hold the meat. This pan reminds one of the shape of the Japanese plow, and there might be some relation between sukiyaki and plow (*suki*) as generally believed.

"There are different ways of cooking sukiyaki. The method used in cooking duck meat at the Imperial hunting parties may be the original one. Slices of duck meat are put into a mixture of *shoyu* and *mirin* (sweet sake), and then put on the heavy iron pan placed over a charcoal fire, when the pan becomes hot. The meat is almost instantly cooked, and it is turned over swiftly and eaten. It is extremely delicious. This method is believed to be the original way of cooking sukiyaki. The same method can be used in cooking the ordinary sukiyaki at home in the common sukiyaki pan with beef or pork.

"Then, the next method is to melt the fat of meat or butter on the hot pan, and then cook the meat on the pan. The cooked slices of meat are eaten with *shoyu* or salt. This method is quite new, but yet it is liked by many persons. This method, however, enables the people to eat enormous quantities of meat, as the thin slices will just melt in their mouths.

"The third method is the most common one. In the sukiyaki pan is first put a specially prepared sauce made with *shoyu, mirin, kombu* or *katsuo-bushi.* Then sliced Japanese onions, *tofu, shirataki* (kneaded devil's tongue and root), other vegetables, and sliced beef are added to be cooked. When they are cooked, the people sitting around eat from the pan. In autumn, *matsutake* and other mushrooms are

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also cooked together with meats. Beef, pork, duck meat, and other kinds of meat are cooked in the same manner.

"The last-mentioned is the most popular way of cooking sukiyaki, but originally perhaps, slices of meat were merely cooked on heated iron pans.

"There is no other new dish that has become so popular throughout the country within such a short period. At present, sukiyaki is a national dish, and particularly preferred by foreigners to other dishes of the country." Address: Japan.

2395. Joya, Mock. 1960. Inari-san (Document part). In: Mock Joya. 1960. Things Japanese. Tokyo: Tokyo News Service, Ltd. [vi] + 782 + xliv p. See p. 616-17.
• ***Summary:*** "Japan is a land of shrines, which are not only extremely numerous, but also play a big role in the people's life. Inari shrines, are, however, the most popular and numerous." Throughout Japan, in rural villages and in big cities, you can find Inari shrines, noted for the bright vermilion color in which their *torii* (gates) and buildings are painted. Inari was originally the guardian shrine of farmers. "But city dwellers too are all worshipers of Inari. They entertain such respect for Inari that they never call it plainly Inari, but always say *O-inari-san*, with the double honorifics."

"A *kitsune* or fox sculpted in stone or wood is always placed in front of them."

"To Inari shrines the people still bring various foods as offerings. Particularly *aburage* or fried tofu is believed to be the most favorite food of foxes of Inari shrines... Because of the reputed fondness of foxes for *aburage*, a kind of sushi wrapped up in *aburage* is commonly called *O-Inarisan.*

Note: This is the earliest English-language document seen (April 2013) that contains the words *Inari-san* or *O-Inarisan* in connection with *Inari-zushi*. Address: Japan.

2396. Leach, Bernard. 1960. A potter in Japan, 1952-1954. London: Faber and Faber Ltd. 246 p. Portrait. Illust. Index. 22 cm.
• ***Summary:*** The author is as fine a writer as he is a potter and artist. June 15, 1953 (p. 98). Near the great extinct volcano of Daisen on the borders of Tottori Province, the author and friends climbed up the old rough stone-paved pilgrims' way to the Kongoin temple. "There we were served the best meal I have eaten in Japan, vegetarian priests' food, over which infinite pains had been taken... mountain potatoes, crisp fried bean curd and some soft curd mixed into a paste with crushed sesame seed."

July 1, 1953 (p. 105): "A great feed of Continental sausages and Chinese riceballs stuffed with mincemeat and 'Funiu.' The last is a strange and fascinating decoction of fermented bean curd something like a smoky Camembert in taste and texture."

August 19, 1953 (p. 132). In Nagano, Japan, the author and friends visited the very large and famous temple of Zenkoji. They noted "all the commercialized signs of Buddhist decadence, as far from Sakya Muni [Shakyamuni, the Buddha] as Rome from Christ... the vulgarized business of popular religion is equally sickening, East or West.

After that they made their way to a soba shop and the author ordered Soba Gaki which was not on the menu. "This was a kind of porridge no longer in fashion... We ate it first with shoyu sauce and then with sweet adzuki beans."

Oct. 22, 1953 (p. 166). In Toyama the author and his friends had "lunch at a Buddhist vegetarian restaurant [probably serving *shojin ryôri*] which made me wish once again that I could share the meal and its setting with artist and craftsman friends in the West. The manner of serving surpassed all, it was the service of the heart. There is a saying that the Chinese eat with their stomachs and the Japanese with their eyes. The sheer beauty of each tray or dish of food, the quiet discretion. This represents a peak of culture and its home is in Japan." Address: Japan.

2397. Lin, Tsuifeng Liao; Lin, Hsiangju. 1960. Secrets of Chinese cooking. Englewood Cliffs, New Jersey: Prentice-Hall, Inc. xviii + 238 p. With an essay by Lin Yutang. Illust. (line drawings by Siu Lan Loh). 21 cm.
• ***Summary:*** Lin Tsuifeng is married to the well-known author Lin Yutang, and Lin Hsiangju is their daughter. Both worked to popularize Chinese cuisine in the United States. "This book is the result of many years spent away from China,..." The introductory essay by Li Yutang is titled "The art of cooking and dining in Chinese" (p. ix-xviii). In it he says (xvi-xvii): "Soya sauce is pretty well known; its quality and its possibilities in combination with sugar, wine, vinegar or sesame oil is not yet known." "There are other important ingredients which a good Chinese cook cannot do without. Among these are the pickled black beans (*toushi*), essential in preparing sea bass... They just fit in like a perfect match. This *toushi* appears as tiny black spots in the sauce of 'lobster Cantonese style' and is essential to its peculiar flavor. There is wined bean curd (*fuju*, or *toufuju*), tasting like an exotic cheese, but unlike any other flavor known before... There is the seafood sauce (*haishientsiang*) [hoisin sauce] which strengthens the flavor of any food that takes sweet and sour well... But above all I place the greatest importance on *toushi*, pickled black beans, one of the greatest creations of Chinese cuisine. It helps digestion to the extent that it takes away all feeling of heaviness after a sumptuous dinner. Given a bit of this crushed black bean, the stomach has a feeling of positive happiness in doing its duties."

Soy related recipes: Soy sauce fish (with "3 tablespoons soy sauce," p. 41-42). Soy sauce chicken (with "1 cup soy sauce," p. 92). Soy sauce eggs (p. 111-12). Fried eggs with soy sauce (p. 113).

Chapter 9, "Seasonings and sauces," notes (p. 135, 137): "Monosodium glutamate is a marvelous discovery which has recently been introduced to America from the

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Orient. In the United States, it is sold under such trade-mark names as Accent, Enhance. Unlike salt or sugar, it has no individual or original taste, but it enhances the flavor of the food it seasons... This will do much to restore the taste of frozen foods, or foods otherwise altered by new methods of packaging..."

Soy sauce contains both salt and monosodium glutamate... Soy sauce has been for years an ingredient of Worcestershire Sauce, but it has only recently come into its own in America. The soy sauces available in Chinese groceries are on the whole more full-bodied than those sold elsewhere.

"The Chinese way of making soy sauce is to boil soybeans, mix the beans with roasted wheat and introduce a mold. Three kinds of mold may be used. When the molds have developed sufficiently, the mixture is placed in a salt solution,..."

Black beans [fermented black soybeans] are sold in cans. They are very salty and have a pungent odor. Use only about 2 tablespoons to season 2 or more cups of food. "Bean Cheese or Bean Cakes [Fermented tofu] are a kind of vegetable cheese made from the fermentation of boiled soybeans and crushed rice or barley. The cakes are sold in jars in a semi-liquid form. The taste closely resembles that of Camembert cheese, being strong and pungent. This is a ready-to-eat condiment which is often served in a little dish along with salted peanuts, pickles, scrambled eggs, or as an accompaniment to congee" [rice gruel].

More recipes: Bean curd soup (with "1 or 2 cakes bean curd," p. 153-54). Fried bean curd ("Drain on absorbent paper, 4 cakes bean curd," p. 171-72). Bean curd salad (p. 172). Pressed bean curd (How to make at home from regular bean curd, p. 173). Spinach or watercress with bean cheese [fermented tofu] (with "1 tablespoon bean cheese mixed with 1 tablespoon water," p. 173). Sea bass with bean cheese [fermented tofu] (and bean curd [tofu], p. 174). Fish with black beans [fermented black soybeans] (p. 174-75). Address: USA.

2398. Ma, Nancy Chih. 1960. Mrs. Ma's Chinese cookbook. Rutland, Vermont; Tokyo, Japan: Charles E. Tuttle, Publishers. 178 p. Illust. 27 cm. [1 ref]

• ***Summary:*** About the author: Because she was born in a Manchurian banker's family, she never had the opportunity to prepare even a single Chinese dish while in China. Only after her arrival in Japan did she become enthusiastic about learning how to prepare Chinese dishes. She did most of her study in Hong Kong. In 1957 her first Chinese cookbook, *Chugoku no Katei Ryori* [Chinese Home Cookery] was published in Japan by Fujin no Tomo. This book is a translation of the Japanese edition.

The section "Sizes and amounts of ingredients" (p. 15-16) mentions "Bean curd," which is called *tou fu* in Chinese and *tôfu* in Japanese.

The section "Spices and flavourings" (p. 17-18) mentions: "Bean paste (*mien chiang* in Chinese, *miso* in Japanese): Thick, syrupy paste made from soy beans and used for added flavor in such dishes as Pancake Rolls." Monosodium glutamate (and its many names). Soy sauce.

Recipes include: Braised salmon with soy beans (soak 1 cup dry soy beans overnight, p. 49). Fish with bean curd (with 2 cakes bean curd, cut into 1-inch squares, p. 49). Chilled bean curd with shrimp (p. 56). Braised shrimp with bean curd (p. 58). Bean curd with ground beef and chili peppers (and soy sauce, p. 76). Bean curd with sliced pork and chili pepper sauce (and bean paste {*mien chiang*}, p. 85). Molded steamed bean curd (p. 90). Pressed bean curd with assorted meat (p. 112-13). Braised bean curd (p. 116).

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "braised bean curd" but it does *not* refer to grilled tofu. To make the recipe: 1. Wrap 2 cakes "bean curd in cheesecloth and press gently to drain off liquid. Cut each cake into 8 square pieces. Mix flour, eggs and salt to form batter. 3. Heat 6 tablespoons oil. Coat bean curd squares with batter and fry on both sides to light brown. Remove to plate...

Bean curd paper sheet rolls (with 3 rolls dried bean curd {*tou fu pei chüan*} in Chinese, dried yuba in Japanese, p. 118). Spiced soy beans (with 3 cups green soy beans, unshelled [edamamé], p. 126). Pancake rolls (with bean paste {*mien chiang* in Chinese, *miso* in Japanese}, p. 133. Note 2. These rolls are used in many different recipes).

The section titled "Foodstuffs" (p. 171-72) is a glossary of major Chinese ingredients, with the name of each given first in English (they are arranged in alphabetical order), then in Mandarin (Wade-Giles), then in Chinese characters. These foods include: Bean curd, *Tou fu.* Bean paste, sweet, *Tou sa* ("bean + sand." Note 3. This appears to be azuki bean paste). Oil, soybean, *Tou yu.* Soy bean paste *Chiang.* Soy beans, green *Mou tou* [*Mao tou*]. Soy beans, dried *Ta tou.* Soy sauce *Chiang yu.* Address: [Japan].

2399. Ouei, Mimie. 1960. The art of Chinese cooking. New York, NY: Random House. x + 242 p. Illust. by Jeanyee Wong. Index. 21 cm.

• ***Summary:*** The author was the daughter of a diplomat and she learned how to cook from the family's chief cook (*Ta Shih Fu*) who always traveled with them–and from whom she learned the recipes in this book.

"There were no recorded recipes of the Chinese cuisine until the twentieth century, and even then only in Western countries. In China, cooking was done by feel and taste, and its secrets were passed on from one generation to another" (p. 4).

One chapter titled "Soy beans and bean curd" (p. 171-83) begins: "The story of the soy bean: This miracle bean is a legume..." Tells the legend of how, 2,000 years ago a party of explorers sailing up the Yangtze in a flat-bottomed boat,

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discovered accidentally how to sprout soybeans, when they found that some beans in a damp bag in the bottom of the boat had sprouted. "The soy bean is so nutritious it is known as the cow of China."

The next brief section, "How to sprout the soy bean," begins: "Mung beans are used to grow bean sprouts." No instructions are given for soy beans! And only "bean sprouts" are called for in the following recipes. Recipes are given for: Roasted soy bean nuts (Ts'an tou). Beef with bean sprouts (Tou ya niu jo). Bean sprouts and celery. Bean sprouts and pork. Soy bean milk (homemade; To fu chiang). Soy bean curd (homemade; Tou fu). Fried bean curd (Cha tou fu). Bean curd cheese (homemade; Fu ju). Stuffed bean curd (Tou fu chen jo, with "3 squares bean curd"). Bean curd with sea bass. Bean curd with flounder. Stewed bean curd. Braised pork with bean curd. Bean curd with braised pork. Bean curd with shrimps. Bean curd with scallions. Bean curd with mushrooms. Bean curd with eggs. Bean curd soup. Mushrooms and bean curd soup. Pork with red bean curd cheese (Nan ju jo, with "2 tablespoons red bean curd cheese in sauce {nan yu}").

Note 1. This is the earliest English-language document seen (April 2013) that contains the term *Cha tou fu,* a type of deep-fried tofu.

Also: Soy paste noodles (Cha chiang mien, with "6 tablespoons vegetable paste (Hoisin), p. 189).

The Glossary (p. 223-30) includes entries for: Beans, black [black beans] (*Hei tou*). Beans, black, fermented [fermented black beans] [fermented black soybeans] (*Tou shih*). Bean, yellow paste [yellow bean paste] (*Tou chiang*). Bean curd (*Tou fu*). Bean curd cheese (*Tou fu ju*). Bean curd cheese in sauce (*Nan ju*). Beans, red [red beans] (*Tou sha; Hung dow;* "For making sweet black bean fillings"). Bean sprouts (*Tou ya; Da dow ngah;* "Specially grown soy bean sprouts, gold in color"). Monosodium glutamate (*Wei ching; Mei ching;* "Brings out food flavors"). Soy jam (*Chu yu;* "A thick sweet and salty soy paste. Residue of soy sauce"). Soy bean skin (*Fu tsu; Foo jook;* "Creamy-colored dried bean curd skin").

Note 2. This is the earliest English-language document seen (Nov. 2011) that uses the term "fermented black beans" to refer to fermented black soybeans.

Note 3. This is the earliest English-language document seen (July 2011) that uses the term "Soy bean skin" to refer to yuba, or to Dried yuba sticks or rolls.

Soy sauce, light (*Chiang yu; pronounced jeung yow;* Used for cooking). Soy sauce, thick [thick soy sauce] (*Chiang yu; pronounced jeung yow;* "Imported and suited for table condiment or for special cooking"). Vegetable paste (*Hai hsien chiang; pronounced hoi sin*). Address: New York City, New York.

2400. Reischauer, Edwin O.; Fairbank, John K. 1960. East Asia: The great tradition. Boston, Massachusetts: Houghton Mifflin Co. xiii + 739 p. Illust. Index. 23 cm. First published 1958. [150+* ref]

• ***Summary:*** A masterful history of the subject, focusing on political history. Contents: 1. The setting of East Asian history. 2. Early China: The birth of a civilization. 3. Classic China: The golden age of Chinese thought. 4. The first Chinese empire: The Ch'in and Han dynasties. 5. The "barbarian" challenge and the regeneration of the empire. 6. The late T'ang and Sung: The golden age of Chinese culture. 7. China and the "barbarians": The Mongol empire. 8. State and society under the Ming. 9. Traditional China at its height under the Ch'ing (incl. Manchu Conquest, Tibet). 10. Traditional Korea: A variant of the Chinese cultural pattern. 11. Early Japan: The absorption of Chinese civilization. 12. Feudal Japan: A departure from the Chinese pattern. 13. Tokugawa Japan: A centralized feudal state. 14. East Asia on the eve of modernization.

Page 12 states that "many of the principal crops and animals of East Asia, notably rice, the soy bean, the chicken, the water buffalo and the pig, seem to have come from hot and humid Southeast Asia." Note: As of 1995 the soybean is thought to have originated in northeast China, not in Southeast Asia. Address: Harvard Univ.

2401. Sonnenberg, Lydia. ed. 1960. Everyday nutrition for your family. Los Angeles, California: Seventh-day Adventist Dietetic Assoc. 147 p. Illust. 4 tables on nutritional intake. 22 cm. [43 ref]

• ***Summary:*** Discusses the principles of a vegetarian diet for all age groups. Chapter 3, "The Basic Food Groups," lists five: Fruits, vegetables, bread and cereals, protein foods (including legumes, cottage cheese, eggs, soy cheese [tofu], prepared meat alternates, nuts and nut butters), and the milk group. A "soy cheese sandwich" is listed as "something hearty" in a month's suggestions for pack-it lunches. The chapter titled "Proteins on Parade" discusses soy milk as a good source of protein, "complete proteins," and the supplementary action of proteins (p. 46-47). It has a section titled "Soybeans Important" which praises soy flour and soy cheese [tofu].

Chapter 8, titled "Fats are Concentrated," has a table (p. 53) listing protein-rich foods of animal origin (with mostly saturated fat) and plant origin (mostly unsaturated): Soybeans, soybean milk, and soybean cheese are mentioned; they have 50-70% of their calories from fat. A "Gluten" type entree is low in fat. Chapter 21 is titled "The Vegetarian Diet." Address: Director, Dietary Dep., Loma Linda Sanitarium and Hospital and Assoc. Prof., School of Dietetics, College of Medical Evangelists.

2402. Yamashita, Akinori; Ogata, T.; Fukuda, T. 1960. Enden kansui-chû no yûki busshitsu. I. Enden kara no yûki busshitsu no konnyû [Organic materials in salt water in salt fields. I. Intermixing of organic materials from a salt field].

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Hofu Seien Shikenjo Hokoku (*Scientific Papers of the Hofu Salt Experiment Station*) No. 13. p. 39-. [Jap]
• ***Summary:*** Discusses the composition of salt water, including nigari. This journal is published by the Japan Monopoly Corporation (Nihon Senbai Kôsha). Address: Hofu, Yamaguchi prefecture, Japan.

2403. Madison Foods. 1960? Everybody loves Madison Foods: Recipes. Madison, Tennessee. 32 p. Undated. 10 x 15 cm.
• ***Summary:*** Contents: The story of Madison Foods (a division of the famous Madison College located near Nashville, Tennessee). Tasty, healthful Madison foods (listing and photo). Vegetarian vs. meat diet. Vegetable fats vs. animal fats. Vegetable proteins vs. animal proteins. Nutritional analyses of Madison Foods products. List and description of Madison Foods. Recipes (at least one for each product; a photo accompanies each).

This little (6 by 4 inch) booklet focuses on the various innovative Madison Foods vegetarian products, which are packed in 14 oz, 19 oz, and No. 10 cans. The undated booklet was published after Jan. 1960, since page 6 cites an article from *Nutrition Reviews* published that month.

Madison's products are: Cheze-O-Soy (tofu), Com-Pro ("Madison Foods' latest and best." No ingredients given), Dinner Morsels (all-gluten, resembling chicken), Kreme-O-Soy, Madison Burger, Madison Links, Soy beans in tomato sauce, Not Meat (with peanuts and soybeans), Meatless Nu-Steak (all-gluten), Soyburger, Meatless Stake-Lets (with wheat gluten, whole wheat, and soy flour in a meatlike sauce), Vigorost, Yum, and Zoy-Koff (1 lb bags). Coming soon: Madison Links (hot dogs; photo shown).

Photos on the last two pages show: A student operating a canning machine. Madison Links on half-buns on a tray. The Madison Food factory. Dr. A. Perry Webber, food consultant, with Madison's products.

Note 1. This is the earliest English-language document seen (Aug. 2003) that uses the term "Madison Links" to refer to meatless soy hot dogs or sausages.

Note 2. This is the earliest document seen (Jan. 2013) that mentions "Com-Pro" or "Madison Links"–protein foods made by Madison Foods. Address: Madison, Tennessee.

2404. Fukamachi, Chiharu; Nakayama, Osamu; Suruga, Sachiko; Abe, Kazuyoshi; Watanabe, Tokuji. 1961. [Studies on the manufacture of tofu. Supplement]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 15. p. 120-29. Feb. [7 ref. Jap]
• ***Summary:*** Contents: 1. Tests on the suitability of various soybean varieties. 2. How to judge suitability as the raw material of silk-strained [kinugoshi] tofu and bagged tofu. 3. Utilization of phosphate for production of bagged tofu. 4. Utilization of phosphate for production of silk-strained tofu.

Table 1 shows properties and results of soybean tested. Japanese varieties: Shirosaya #1, Seikai #3, Kogane Daizu, Shirosaya #1, Satsuiku #3, Tokachi Nagaba, Toiku #95 and #96, Tokachi Kotsubu #2. American soybean varieties: Jackson, Hawkeye, Harosoy, Lee. Note: The top four varieties were all Japanese.

Note: The English-language translation of this article was done in Japan in 1961 as part of a cooperative research project with the USA. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2405. Scalapino, Robert A.; Yu, George T. 1961. The Chinese anarchist movement. Berkeley, California: Center for Chinese Studies, Institute of International Studies, University of California. v + 81 p. Feb. No index. 23 cm. [155 ref. Eng]
• ***Summary:*** Contents: Author's preface. The origins of Chinese anarchism: The Paris group, influences upon the Paris group, the *New Century* and its message, Sun and the Paris anarchists, the mounting struggle against the government, the Chinese anarchist movement in Tokyo.

Anarchism and the national revolution: Shih-fu and his movement, the Society to Advance Morality and its impact, anarchist Communist themes–the prelude to Marxism-Leninism.

The work-study movement: "Frugal Study" in France, the "Diligent Work-Frugal Study" movement, the decline of the work-study movement.

The rising Communist tide: Communist-anarchist debate–Ch'en Tu-hsiu versus Ou Sheng-pai. A summing up. Notes. Glossary.

Between 1905 and 1920, anarchist thought was considered by Chinese intellectuals and radicals as "the most scientific, most 'progressive,' and most futuristic of all political creeds" (p. 1).

The Paris group: Paris became "the center of the early Chinese anarchist movement. When Sun Pao-ch'i went to France in 1902 as Chinese Minister, over twenty government and private students travelled with him. Included in this group were Li Shih-tseng and Chang Ching-chiang, both young men from prominent families Li was the son of Li Hung-tsao who, for some 25 years prior to his death in 1897, had been a powerful figure in the national administration. Li had come to France as an attaché in the Chinese legation, but he soon gave up this position to study biology and promote anarchism."

In 1902 Chang, who came from a wealthy family, used some of "his money to found the T'ung-yun Company as a Chinese commercial firm in Paris. Between 1902 and 1906, a number of young men from Chang's village came to Paris with assurances of work while they continued their studies... A Chinese restaurant-tea house was established under the auspices of Chang's 'Company' as an additional outlet for private students from China.

In 1906-07 the entrepreneurial activities of the young Chinese in Paris underwent further expansion. "A printing

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plant (Impremerie Chinoise) was organized in Paris in 1906 by Chang, Li, Ch'u, and Wu Chih-hui." In 1907 they began publishing a Chinese pictorial *Shih-chieh* (*The World*). But only two issues and one supplement were ever printed.

Also in 1907 "Li, Hsia Chien-chung, and several others organized the Far Eastern Biological Study Association, with a laboratory alongside the printing plant. Two years later [in 1909], after various chemical experiments with [soy] beans, Li established a bean-curd [tofu] factory which produced assorted [soy] bean products in addition to the traditional Chinese bean-curds. The idea of work-study was prominently involved in this experiment. In the evenings and when not on duty, the workers were to practice Chinese and French, as well as studying such subjects as general science. Smoking, drinking, and gambling were strictly forbidden. Initially, five Chinese were employed, but the number eventually reached thirty.

"These ventures had their very practical aspect; they represented attempts to finance the education of as many fellow countrymen as possible. But underlying them also ran a strong current of idealism and the ideological basis of this idealism lay in anarchism as it was currently being propagated in Europe. All the young Chinese associated with the enterprises noted above became ardent converts to the anarchist creed." And to espouse this creed, on 22 June 1907, Li, Chang, Ch'u Wu began the publication of a weekly known as *Hsin Shi-chi* (*The New Century*). "For three years this journal was to champion the causes of anarchism and revolution, reaching Chinese students and intellectuals in all parts of the world."

"Senior in age and experience, Wu Chih-hui became the primary organizer of the Paris Anarchist Group, although Li Shih-tseng was perhaps its driving spirit... Wu was born in 1864 in Kiangsu province. His early education was of the traditional Chinese type. He reached the Chih-shih examinations in Peking, but failed. (Li's father was one of the four examiners)." In 1906 Wu moved to Paris, where he lived with Li Shih-tseng and Ch'u Min-i. Li had first met Wu in Shanghai while en route to France in 1902." With their various enterprises and organizations, "the young conspirators were in a new business-that of turning out revolutionary propaganda.

"Influences upon the Paris group: Li Shih-tseng has given us some later recollections of the varied influences that played upon him and his colleagues during this period. [Note 12: Scalapino interviewed Li Shih-tseng on 16 July 1959 in Taipei]. Perhaps these can be divided into three major categories: the Chinese classical philosophers; Darwin and the Social Darwinists; and the radical libertarians, brought up to date by the anarchism of Proudhon, Bakunin, and Kropotkin. As we shall note, the Paris group were in certain respects fervent anti-traditionalists who decried any attempt to equate Lao Tzu with the modern Anarchists, or the ancient well-field system with modern communism Yet almost without exception, these were young men who had received an excellent classical education. They had been exposed to a range of political ideas almost as broad as that existing in classical Western philosophy."

"This was the age of Darwinism. Li now recalls how greatly he was influenced by the writings of Lamarck and Darwin, how these men opened new doors for him in history and philosophy as well as in science. The influence was especially strong upon a young man studying zoology, botany and biology, but Li would have felt the Darwinian impact, no matter what his field" (p. 5).

"And certainly no single work had greater influence upon the young Chinese Anarchists than Kropotkin's *Mutual Aid.* If their movement had a bible, this was it.

"It is easy to understand how men like Wu, Li, and Chang might make a personal identification with such figures as Bakunin, Kropotkin, and Reclus. Despite the seeming cultural chasm, there were many common bonds. These were aristocrats, by birth as well as by intelligence. They represented the most sensitive and concerned segment of the leisure class. Another bond was that of science. All of these men were committed to science–either as a profession or as a way of life. Kropotkin, for example, was an eminent geologist, Reclus a world-famous geographer, Li a budding biologist. Science, not Esperanto, was the true international language of this age."

The New Century and its message: The philosophy of this periodical "was Anarchist Communism, with some special Chinese emphases. It can best be set forth in terms of 'anti's' and 'pro's.' The young Chinese anarchists were anti-religion, anti-traditionalist. anti-family, anti-libertine, anti-elitist, anti-government, anti-militarist, and anti-nationalist. They were pro-science, pro-freedom, pro-humanist, pro-violence, pro-revolution, pro-communist, and pro-universalist" (p. 7).

Anti-libertine means that the young Chinese anarchists had a fairly rigorous ethical code. Theirs was a call to hard work and hard study, the protection of one's body, and in general, a Spartan life. The Anarchists were vigorously opposed to visiting prostitutes, smoking, drinking, and gambling, and as we have noted, these activities were prohibited in Anarchist-run establishments. Some Anarchists like Li Shih-tseng also espoused vegetarianism. Physical exercise was greatly encouraged. The contrast between these rules of personal conduct and those of the orthodox Chinese scholar-gentry class was striking. And in this sense, conversion to Anarchism was similar to religious conversion involving the attempt to follow a whole new way of life." This "'conversion' was an intensely personal act" (p. 9-10).

"The strength of anarchist faith in science can be indicated by the remark of Li Shih-tseng: 'There is nothing in European civilization that does not have its origin in science.' To the anarchists, science was truth, knowledge, and progress. It was the only legitimate cornerstone of

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education, the only proper basis of values. It separated the barbarian from the civilized man" (p. 14). Address: Center for Chinese Studies, Univ. of California, Berkeley, California.

2406. Teramachi, Yayoi; Nakayama, Osamu; Abe, Kazuyoshi; Watanabe, Tokuji. 1961. [Studies on the manufacture of tofu. II. Research on the standardization of the process for making aburage (deep-fried tofu pouches)]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 15. p. 130-34. Feb. [7 ref. Jap] Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2407. "The New York Times;" "The Times of India" New Service. 1961. "An exciting city closer to New York in zest": Life in Japan's capital. *Times of India* (*The*) (*Bombay*). March 13. p. 6.
• ***Summary:*** The latest thing in Tokyo is the "instant boom"–which includes "instant five-vegetable Chinese dishes, instant noodles and instant wonton soup, a novel on 'instant love' and instant bean curd."

2408. Andreas, Dwayne O. 1961. More jobs, more earnings, better buys and more revenue. *Chemurgic Digest.* Feb/March. p. 12.
• ***Summary:*** "Soybeans have become known as the 'miracle' crop of American agriculture. The record seems to support the title.

In the past 20 years the U.S. soybean crop has grown from 77 million bushels to over 500 million bushels today, and the farm value has increased from less than $70 million to around $1 billion today.

But anyone "who looks for a 'miracle' to explain the fantastic story of the soybean industry is in for a disappointment. Rather behind the success story in the 'work' story..."

For example, at USDA's Northern Regional Laboratory in Peoria, Illinois, "a new process has been developed for preparing two of Japan's most important foods–miso and tofu. Both use soybeans."

Congressmen "ought to support substantial increases in spending for utilization research." Address: President, Chemurgic Council.

2409. Diser, Gleason M. comp. 1961. Glossary of soybean terms. *Soybean Blue Book.* p. 61-64.
• ***Summary:*** This is the earliest known glossary with this title in the *Soybean Blue Book.* However in the first *Blue Book* (1947, p. 17-19) there was a somewhat similar section titled "Terminology: Definitions and product descriptions for the soybean industry."

The following terms are defined in this glossary: Soybean(s), soybean processor, soybean processing (solvent extraction, mechanical pressing, hydraulic pressing), soybean oil, crude soybean oil, edible crude soybean oil, refined soybean oil, edible refined soybean oil, hydrogenated soybean oil, degummed soybean oil, winterized oil, technical grade refined soybean oil, soybean fatty acids, soybean soapstock, acidulated soybean soapstock, soybean lecithin, break material, sludge.

Soybean products: Ground soybeans, soybean hay meal, soybean flakes, 44% protein soybean oil meal, dehulled soybean flakes, 50% protein solvent extracted soybean oil meal, soybean proteins, soy flour, soy grits, soybean oil meal, defatted soy flour, low-fat soy flour, high-fat soy flour, full-fat soy flour, lecithinated soy flour, protein, isolated protein, toasting. Oriental soy foods: Soy sauce (shoyu), soy milk, miso, frozen tofu, aburaage, kinako, namaage, ganmodoki, tempeh, natto, yuba, moyashi (soybean sprouts). Address: Archer-Daniels-Midland Co., Minneapolis, Minnesota.

2410. Shurpalekar, S.R.; Chandrasekhara, M.R.; Swaminathan, M.; Subrahmanyan, V. 1961. Chemical composition and nutritive value of soyabean and soyabean products. *Food Science* (*Mysore, India*) 10(3):52-64. March. Published in 1961 as a 32-page book by the Soybean Council of America in Hamburg, Germany. [178 ref]
• ***Summary:*** Contents: Introduction. Chemical composition and nutritive value. Soyabean oil. Carbohydrate in soyabean. Minerals in soyabean. Vitamins in soyabean. Factors affecting nutritive value: Trypsin and growth inhibitors, heat processing, other factors. Digestibility and biological value: Animal experiments, supplementation with sulphur amino acids, human feeding experiments. Supplementary value to other food proteins. Processed foods from soyabean: Soyabean milk, dried milk substitutes from soyabean, malt foods containing soyabean, soyabean flour, multipurpose food (fortified soyaflour), dehydrated soup mixture, balanced food, soyabean protein isolate. Fermented soyabean products: Soy sauce, tofu or soyabean curd, miso, natto, tempeh. Conclusion.

Note 1. This is the earliest document seen (Jan. 2001) from India that mentions tempeh.

Note 2. This is the earliest English-language document seen (Aug. 2003) that contains the term "soyabean protein" (or "soyabean proteins").

Note 3. This is the earliest English-language document seen (Aug. 2003) that contains the term "soyabean protein isolate" (or "soyabean protein isolates"). Address: Central Food Technological Research Inst. (CFTRI), Mysore, India.

2411. Moore, Raymond S. 1961. China Doctor: The life story of Harry Willis Miller. New York, NY: Harper & Brothers. xiv + 215 p. Illust. (8 pages of photos). Index. 21 cm. 2nd edition, 1969. Pacific Press, Mountain View, California.
• ***Summary:*** A key but sometimes inaccurate source of biographical information. Contains many excellent photos of

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Dr. Miller, including an especially good portrait on the inside rear cover.

Contents: Foreword by Hollington K. Tong. Preface. Map: The Far East. The opium cure. Hallway to service. The medical buff. Young surgeon at work. Slow boat to China. From mufti to mao tze and queue. The penniless VIP. Strange horizons. Pigtail honeymoon. Wife hunt. Picture section. Some close calls. A key decision. Operating on the Siamese elephant. Conquering new fields. Return to the Orient. No recipes in China. High finance. Facing the medical boards. A doctor's choice. Travel by presumption. To bow or not to bow. Kidnapping the generalissimo. "Mayor" Miller. An ounce of prevention. Shanghai again. China's greatest honor. Benghazi brink.

The rear cover of the book describes it as follows: "What happens when a man gives himself and his talents to the service of God? Here are a few of the things that Dr. Harry Willis Miller has done and is still doing! At 23 gave up a promising medical career and quarter-million dollar inheritance in America. Went to China as a medical missionary and lived among the poor and sick. Immediately began building the first of 15 hospitals throughout China. With inventive genius performed daring operations and made new discoveries in preventive medicine. Was responsible for many cures of the dread opium 'sickness,' including the cure of the famed 'Young Marshal' Chang. Became perhaps the most widely practiced surgeon in the world. Invented and developed soybean milk, which is responsible today for saving thousands of lives in undernourished areas of the world. Had many dramatic encounters with bandits, wars, famines. Was so well-known and respected that during World War II the Japanese invaders permitted Dr. Miller to give sanctuary to Chinese soldiers in the hospital compound. Returned to the U.S. for a time. Was consulting physician to 3 U.S. presidents and personal physician to national figures, senators, ambassadors, etc. Was awarded the coveted Blue Star of China by Generalissimo Chiang Kai-shek. At 81 is still healing and caring for the people of the Far East."

An ad for the book in *Soybean Digest* (Nov. 1935, p. 35) begins: "The incredible biography of the 'Schweitzer' of the Orient."

Pages 180-89 describe Dr. Miller's work with soy milk, Soyalac and Soyagen, and other soy foods. In the Shanghai Sanitarium kitchen he learned how to improve the flavor and digestibility of soy milk by running steam directly into the milk. From the Philippine Refining Co., which transformed bad-smelling copra into good-smelling coconut oil, he learned that steam distillation was the key to the transformation. From a Filipino company that refined stale and rancid butter into a product that tasted as fresh as new, he learned the secret of flash pasteurization–which effectively killed bacteria. Back in China, Dr. Miller, with his older son, Harry Willis Miller, Jr., worked to apply these new discoveries to soy milk. They worked! He expanded his experiments with infants and children, and in 1936 his results were published in the *Chinese Medical Journal.*

Photos (p. 81-89, unnumbered) show: (1) An excellent full-page portrait of Dr. Miller at age 81. (2) Harry and Maude Miller in China, wearing the Chinese dress they adopted after their arrival in 1903. Maude's tragic death two years later–caused by sprue, a vitamin deficiency disease–gave added personal meaning to Dr. Miller's nutritional research. (3) A group portrait showing a meeting of Adventist Missionaries at Shanghai, China, in 1907.

(4) Harry and Marie Iverson Miller at the time of their marriage in 1908. A trained nurse, she served with him through 42 years of missionary activity, and helped rear their 4 children. (5) Shanghai Sanitarium, opened 1 Jan. 1928, the first of 15 hospitals to be established in China under the leadership of Dr. Miller, who also founded numerous smaller clinics. (6) Members of the Shanghai Sanitarium staff in the mid-1930s, standing in front of a one-engine plane, as they see him off for a visit to outlying places.

(7) Dr. Miller and Marshall Chang Hsüeh-liang at Hankow airport in 1935, two years after Dr. Miller had cured the young Marshall's opium addiction. (8) Dr. Miller carried out more than 18,000 operations. Here he performs a thyroidectomy at one of his frequent visits to hospitals in Manila, Philippines. (9) Wuhan Sanitarium and Hospital at Wuchang, one of the medical units established through the generosity of the Young Marshal. Twenty thousand refugees moved into the Sanitarium compound when Hankow capitulated to the Japanese in 1938.

(10) The ruins of the Wuchang city dispensary, destroyed by Japanese bombs in 1938. (11) Dr. Miller examines a soybean plant grown on his farm at Mt. Vernon, Ohio. (12) Dr. Miller demonstrates his small-scale soymilk processing machine, which can be operated by one person. "The goal of Japan's Ministry of Health is to install one of these in each of the thirty thousand village tofu (soy cheese) factories in Japan."

(13) A baby and nurse with a large can of Soyalac in Japan. (14) A soymilk booth in Hong Kong, where more soymilk is sold than any kind of soft drink. The bottles in wooden cases are stacked four high. (15) A baby, little Mohammed Ali, a Bedouin child suffering from malnutrition bordering on starvation, at the Benghazi, Libya, hospital. In 1956 Dr. Miller nursed him back to health. He soon grew strong and healthy and began to take a lively interest in the world around him.

(16) "Generalissimo Chiang Kai-shek greets Mrs. Mary Greer Miller while Madame Chiang congratulates Dr. Miller following the ceremonies held March 26, 1956, in which Miller received the Blue Star of China, that country's highest award, similar to the Congressional Medal of Honor in the United States." Address: Vice President, College of Medical Evangelists, Loma Linda, California.

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2412. Claiborne, Craig. 1961. Shark's fin soup is just one of many exotic courses in Chinese dinner: Traveler and gourmet prepares nearly twenty dishes by himself. *New York Times.* May 4. p. 30.
• ***Summary:*** About Francis Guth, who, with his wife, spent a week preparing a Chinese dinner for five guests. Five recipes are given. Mongolian hot pot calls for "¼ pound fried tofu (bean curd, which may be purchased in Chinatown). 1 slice fresh tofu, cut into four pieces."

2413. Report on the progress of studies on "the manufacture of tofu from U.S. soybeans." 1961. Food Research Institute, Japan. 3 p. May 17. Typed, without signature (carbon copy). [2 ref]
• ***Summary:*** Stamped at the top right corner: "Japanese American Soybean Institute." Typed on the line below that: "R-568. June 7, 1961. Under Contract (1960–4)." Contents: 1. Choice of U.S. soybean varieties which are suited for production of tofu (Hawkeye and Lee are suitable; Harosoy and Jackson are not). 2. Effects of the changes supposed to take place during transit and storage of soybeans on their quality as a raw material for tofu (considerable variation in the pH of the milk was noticed, depending on the soybean variety and whey the beans were old crop or new crop). 3. Suitability of high-protein, high-fat soybeans as a raw material for tofu (study is ongoing). 4. Improvement of tofu production method for U.S. soybeans (a special coagulant was used; dehulled beans gave whiter tofu). 5. Popularization of the method for making Soft Tofu. Address: Japan.

2414. Smith, Allan K.; Wolf, Walter J. 1961. Food uses and properties of soybean protein. I. Food uses. *Food Technology* 15(5):4-6, 8, 10. May. [34 ref]
• ***Summary:*** Contents: Summary. Introduction. Commercial soybean protein fractions. Soybean foods: Soybean varieties (garden varieties vs. field varieties, main differences between them, U.S. soybean breeding program). Trends in protein requirements (worldwide protein shortage). Soybeans and fractions used in food: Whole soybeans, defatted soybean meal, isolated proteins, protein concentrate (called "protein concentrate 70" in the summary), Gelsoy.

Whole soybeans may be baked or boiled, or used to make sprouts, fresh or dried tofu, vegetable milk (or "soybean milk"), yuba, and many fermented food products, including "miso or soy paste, natto, hamanatto, shoyu (soy sauce), tempeh, and some less important foods."

"Protein concentrate: Extraction of dehulled and defatted meal with dilute acid (pH 4.5) removes soluble sugars, nonprotein nitrogen, and other low-molecular weight components and a small amount of protein. The flavors are also mostly removed in the extract or in drying. The dried concentrate contains about 70% protein unless soybeans containing above-average protein are used.

"This product, having a manufacturing cost between that of soy flour and isolated protein, has been introduced recently into the food industry. This protein concentrate is a combination of the acid-precipitated protein plus the residue normally obtained in isolating the acid-precipitated protein... A protein concentrate can also be made by extraction of SOM [soybean oil meal] with about 70% ethanol at 50ºC or higher. This type of product is finding its place in the food industry."

Note: This is the earliest English-language document seen (Dec. 2005) that uses the term "protein concentrate 70" or the term "protein concentrate" to refer to a product containing 70% protein on a dry-weight basis. Address: NRRL, Peoria, Illinois.

2415. Hayashi, Shizuka. 1961. Soybeans in the nutrition of Japan. *Soybean Digest.* June. p. 31.
• ***Summary:*** "Japan, with a population of 95 million people on a land area smaller than that of the state of California, is confronted with the problem of how best to feed its population. With the population increasing at a rate of 1 million annually, the problem perhaps will become permanent. According to 1959 government statistics, the following amounts of soybeans (in tonnes or metric tons) were used to produce oil and soyfoods in Japan: Crushed for oil 840,583, tofu 318,150, shoyu (soysauce) 217,686, miso 173,933, frozen tofu 40,000, natto 35,000, kinako [roasted soy flour] 13,000.

Japan uses 420,000 tonnes of soybeans that are grown domestically and 1 million tonnes imported from the U.S. Of the 26.7 gm of fats and oils available to each Japanese daily, 7.6 gm (28%) is supplied by soybeans. Of the 67.7 gm of protein available to each Japanese daily, soybeans provide 10.6 gm (15.7%).

"Meat is not only scarce but the price is too high to meet the daily needs of average people. Annual per capita meat consumption in the United States is 237 pounds while in Japan it is only 2.3 pounds." "The Japanese intake of fats and oils is less than 10 pounds per capita in comparison with about 50 pounds in western countries."

"The Japanese live too much on carbohydrate foods. Rice eating must be minimized and more protein foods eaten. The obvious conclusion is the increased consumption of soybeans."

Note: This is the 2nd earliest document seen (Jan. 2012) that contains industry or market statistics for natto by geographical region. Address: Managing Director, Japanese American Soybean Inst., Nikkatsu International Building., No. 1-chome Yurakucho, Chiyoda-ku, Tokyo, Japan.

2416. Watanabe, Tokuji. 1961. Intermediate report [on the progress of studies on "the manufacture of tofu from U.S. soybeans"]. Food Research Institute, Japan. 56 p. June. Typed, without signature (carbon copy). [2 ref]
• ***Summary:*** Stamped at the top right corner: "Japanese

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American Soybean Institute." Typed on the line below that: "R-578. July 4, 1961." Written in ink to the right of that: "Under Contract (1960–4)." A cover letter dated 3 Aug. 1961 from George Strayer to A.K. Smith explains that this is a copy of Mr. Hayashi's R-578, which is an intermediate report on the work being done on tofu by Mr. Tokuji Watanabe of the Food Research Institute, Japan. Contents: On gelation and coagulation of soy milk (incl. 11 graphs and photos). Defatted soybeans as a raw material for tofu (incl. 3 tables and 3 graphs). Studies on the manufacture of soy milk (No. 1) (incl. 15 tables). Spray-drying of soy milk (incl. 8 tables). Address: Japan.

2417. Nicholls, Lucius. 1961. Tropical nutrition and dietetics. 4th ed. Revised by H.M. Sinclair and D.B. Jelliffe. London: Baillière, Tindall and Cox. xii + 457 p. July. Illust. Index. 24 cm. [100+* ref]

• ***Summary:*** Preface to the fourth edition: Nutritional science has advanced at an accelerating rate since the last edition. The section on protein malnutrition in infants has had to be rewritten; it is "now the most immediately practical problem of tropical countries." "The advance of nutritional science emphasizes the urgent need to carry it into the field through public health measures and especially health education."

"Now problems of even greater magnitude are created by the growth of population. The world's population of 2,800 million [2.8 billion] is expanding at a rate that will double by the end of the century... The problem if an increasing population in a world where already two-thirds of the population is underfed is the greatest challenge facing mankind today" (Oxford, Jan. 1961).

Contents of Chapter II, "Proteins:" Introduction. Chemical nature of the proteins (hydrolysis of starches and proteins compared, classification of the amino-acids). Building the proteins. The proportion of amino-acids present in various proteins. Nutritive value of proteins: Complete proteins (including glicinin [sic, glycinin] of soya bean), partially incomplete, incomplete proteins (zein of maize and gelatin). Theoretical protein requirements for maintenance and growth (Biological value, Net utilization). Limiting amino-acids giving a relative chemical score. Supplementing. Theoretical protein requirement during pregnancy and lactation. The effect of cooking on proteins. Specific dynamic action of proteins. The amount of protein in diets (high, low, vegetarian, true vegetarianism [avoids all foods of animal origin], lacto-vegetarians).

The contents of the section on "Pulses" (p. 227-43) is very similar to that in the 1951 edition:

A table from FAO (p. 260) shows that six oilseeds supply almost all of the world's vegetable oil: Soya bean 37.0%. Cottonseed 22.3%. Groundnut 20.2%. Rapeseed 9.8%. Sesame 2.7%. Sunflower 2.5%. The next section (p. 260-64) is "Palm nuts and oils."

Table 53 (p. 396-97) gives the botanical name and composition of cereals and bread. Table 54 (p. 398-99) gives the botanical name and composition of pulses, incl. soya bean, soya bean curd [tofu], soya bean milk, carob bean, Goa bean, tepary bean

Note: The title C.M.G. (Companion of St. Michael and St. George) is an honor conferred upon those for distinguished service in the British colonies or commonwealth. Address: C.M.G., B.A. (Cantab.), M.D., B.C. Late Director of Bacteriological and Pasteur Institutes, and Director of Div. of Nutrition, Ceylon; Lecturer in Nutrition, Ceylon Univ.; Late Lecturer on Tropical Medicine, Ceylon Medical College; Nutrition Adviser to Commissioner General, South East Asia.

2418. Smith, Allan K. 1961. Oriental methods of using soybeans as food. With special attention to fermented products and notes on Oriental farming practices. *USDA Agricultural Research Service.* ARS-71-17. 65 p. July. Illust. 27 cm.

• ***Summary:*** Contents: Part I: China. Introduction. Farming conditions in China. Oilseed production. Soy sauce in China. Sweet flour paste–Tien mien chang [chiang]. Soybean or vegetable milk (incl. Willis Miller and the Henningsen Produce Co. in Shanghai). Yuba. Soybean curd or tofu. Soybean cheese [fermented tofu]: Chee-fan ("cheese" + "small cube"), tsüe-fan ("drunken cheese"), hon-fan ("red cheese"). Fen-T'iao from mung beans. Fermented soybeans [fermented black soybeans]. Vinegar fermentation process.

Note: This is the earliest document seen (Oct. 2011) that uses the term "tsüe-fan" ("drunken cheese") to refer to a type fermented tofu.

Part II. China–Chinese Institutions. Henry Lester Institute (in Shanghai; Dr. Bernard Read). Academia Sinica (headquarters in Nanking). China Vegetable Oil Corporation (CVOC, Shanghai). The China Oils and Fat Industries Ltd. (Shanghai). National Bureau of Industrial Research. Catholic University (Fu Jen, at Peiping). Yen Ching University (Peiping). Agriculture Experiment Station (Peiping).

Part III: Japan. Introduction. Production of miso in Japan. Soy sauce in Japan. Trends in soy sauce production. Part IV: With Raymond E. Culbertson. Korea. Introduction. Breeding work. Soybean varieties. Climatic relations. Soils of Korea. Topography. Land use. Cultural practices. Marketing. Soybeans as foodstuff. Soy sauce. Acknowledgment.

Page 19 states: "The China National Government has taken an active interest in soybean milk for use by its army. Mr. Willis Miller, with offices and business connections with the Henningsen Produce Company in the Dollar Building (7th Floor) at 51 Canton Road, Shanghai, had just completed, at the time of my visit, the building of a soybean milk plant for the Chinese Government. The process is patterned after that of the International Nutritional Laboratories at Mt. Vernon, Ohio, for making a powdered or spray-dried

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milk. Mr. Miller also was supervising the installation of a vegetable canning plant for the same purpose."

The text of this bulletin was previously published, serially, with slight revisions, in *Soybean Digest,* from Feb. to June 1949. Address: Northern Utilization Research and Development Div., Peoria, Illinois.

2419. Strayer, George M. 1961. Re: Research on tofu being conducted in Japan by Mr. Tokuji Watanabe. Letter to Dr. A.K. Smith, Northern Utilization Research and Development Division, Agricultural Research Service, USDA, Peoria 5, Illinois, Aug. 3. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Dear Allan: I am enclosing with this letter a copy of Mr. Hayashi's R-578, which is an intermediate report on the work being done by Mr. Tokuji Watanabe of the Food Research Institute [Japan]... you are at liberty to photocopy or otherwise reproduce any parts of it which you may want to retain. As soon as you have finished with this will you please return it to me so that we can dispatch it to FAS [Foreign Agricultural Service, Washington, DC].

Note: This American Soybean Assoc. letterhead is very interesting. Along the top is written: "An organization of those interested in the production and utilization of the soybean." In the center is the logo, consisting of the western hemisphere on the globe of a soybean. Around the bottom: "Founded 1920–Organized 1925." At the left top is the name and title (plus city and state) of each of 3 officers and 5 directors. At the right top are the names of ten more directors. Address: Executive Vice President and Secretary Treasurer, American Soybean Assoc., Hudson, Iowa.

2420. Meade, Mary. 1961. Steak, salad please a Chinese food expert. *Chicago Daily Tribune.* Aug. 15. p. B2.
• ***Summary:*** Yuan-shan Chi, a Chinese home economist from Taipei, Formosa, has been representing her government at the International Trade Fair. Her favorite American foods are steak and salads.

"'Before you know it, your people will be eating cheese!' I told her. The Chinese have a great liking for soy bean curd, which is their nearest product to cheese." A small photo shows Mrs. Chi.

2421. *Today's Food* (*Loma Linda Foods, Arlington, California*). 1961. [Commercial food products made by Loma Linda Foods]. 6(2):5-6, 8. Summer.
• ***Summary:*** Loma Linda food products include: Smokene. Savorex. Vegeburger. Nuteena.

Also mentioned as generic names are: Soy mayonnaise, and soy milk. Address: 11503 Pierce Place, Arlington, California.

2422. Lee, Dorothy. 1961. House & Garden's Chinese cook book part 1. *House and Garden* 120(3):149, 151-56. Sept. See p. 152.
• ***Summary:*** The introductory paragraph states: "... Following are the basic principles of Chinese cooking as well as recipes for soups, meats, fish, and vegetables. Part 2 of the H&G's Chinese Cook Book will appear in the October issue."

The section titled "Glossary of recipe terms, ingredients" includes: "Bean curd: Squares of tender white 'soy bean cheese' made by precipitating the protein from soy bean milk."

"Fen szu: Also called bean threads or cellophane noodles. Fen szu is made of pea starch [not soy]... When soaked in hot water, it resembles vermicelli but is translucent. When deep-fat fried in dried form, it puffs up light and crisp."

"Fu Ju (or Foo Yee): Fermented bean curd, preserved in wine-flavored brine."

On page 149 is a color photograph of a picture frame framing several Chinese food items with a Buddha figure in the middle background of the frame. The title of the article is across the top of the frame. The text starts on page 151 along with the author's name.

2423. Lee, Dorothy. 1961. House & Garden's Chinese cook book part 2. *House and Garden* 120(4):179, 181-86. Oct.
• ***Summary:*** Bean curd [tofu] is used in two of the recipes, and soy sauce also is used in several.

2424. *Soybean Digest.* 1961. The Peoria conference on soybean products for protein in human foods. Oct. p. 6-8.
• ***Summary:*** A photo (p. 8) shows F.R. Senti, R. Sabin, J.W. Hayward, and A.K. Smith tasting samples of miso, tempeh, and tofu which were served at the reception and made at the Northern Utilization Laboratory.

2425. Spilsbury, Calvin A. 1961. Japan's oilseed and fats and oils industry. *USDA Foreign Agricultural Service.* FAS M-120. iv + 52 p. Oct. Illust. 28 cm. [9 ref]
• ***Summary:*** Contents: Introduction. Summary. The fats and oils industry: Total supply of fats and oils, edible fats and oils industries (oilseed crushing and refining industry, rice bran processing, margarine and shortening, oilseed food industries), industrial fats and oils (the soap industry, paint and protective coating industry). Domestic production of oilseeds and oil-bearing materials: Soybeans (farm income and management, research), rapeseed, other oilseeds, rice bran, marine oils, including whale, animal fats. Foreign trade: Soybeans, other oilseeds, marine oils, animal fats, oilcake and meal, trade controls. Demand and price: Price supports. Consumption. Marketing and market development: Marketing vegetable oils, marketing oilseeds (storage, inspection, soybeans, rapeseed), market development. Bibliography. No names of Asian crushers are given.

Japan's margarine and shortening production in 1960 was 88,600 metric tons, nearly 4½ times that of 1950...

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Margarine production in 1960 was 43,000 tons. Shortening production was only 41,600 tons in 1960. The margarine and shortening industry in Japan consists of 26 manufacturers, but a large percent of plant capacity is found in only a few plants: 4 plants have one-third of the industry capacity, which is around 400 metric tons per 8-hour day... 67% of the oils used to make margarine and shortening in Japan are animal and marine oils, with whale oil being the most widely used (26% of the total) followed by tallow and lard (21%), then fish oil (20.0%). Palm oils comprise 19.0% of the total and vegetable oils 14.0%.

Concerning oilseed food industries (p. 17-20), in 1960 some 532,218 tonnes (metric tons) of soybeans were used directly as foods or manufactured into foods in Japan. Substantial amounts of peanuts and sesame seeds were also so used. "The Japanese American Soybean Institute in Tokyo is actively promoting U.S. soybeans for food uses and has promoted soybeans as the meat of the field because of the excellence of their amino acids."

Note: This is the earliest document seen (Jan. 2005) containing the phrase "the meat of the field." Notice that it refers to soybeans and was apparently coined by an American organization in Japan.

"More soybeans are used directly for food than are grown in Japan, and the cake and meal from an additional 420,000 tons of soybeans are now used each year. The main soybean foods are: Miso, shoyu, tofu, aburaage (fried tofu), frozen tofu, natto, kinako, monosodium glutamate (extract of fermented soybeans and rice used as a seasoning compound; a low-grade shoyu is a by-product), tonyu (soybean milk, cooked water-extract of soybeans, not widely produced in Japan at the present time).

Miso: There are about 3,200 to 3,800 miso plants in Japan, and a large amount of home-made miso is also produced. "About 117,600 tons of soybeans and 52,300 tons of defatted soybean meal (expeller cake is thought to be the best) are required by this industry. Miso consumption is estimated at 28.9 grams per capita per day." Domestic Japanese soybeans, such as white hilum soybeans from Aomori are preferred to U.S. beans, which cook unevenly because of their hard seed coats.

Shoyu: There are about 5,000 producers; some have very large plants but many are small. Per capita consumption is about 3 gallons per year. This requires about 18,500 tonnes of soybeans and 155,000 tonnes of defatted soybean meal per year. A small amount of soybean oil (about 1,000 tonnes/year) is skimmed off the top of shoyu and used for a cutting oil. The cake that remains after pressing out the shoyu contains 4% salt, but it is an ideal hog feed as well as a fertilizer. Around 80,000 to 100,000 tonnes a year are produced. A taru (4½ gallons) of shoyu wholesales for about $3.60. A large volume of soy sauce is now being exported to the USA.

Tofu: There are around 50,000 small tofu plants in Japan. Their demand for soybeans is large and increasing. In 1960 production of tofu and aburaage required 254,800 tonnes of soybeans and 20,000 tonnes of defatted soybean meal. More soybeans and meal are used to make tofu than any other food in Japan, followed by shoyu, then miso. About three-fifths of the soybeans used are imported. In 1960 production of frozen tofu required 27,100 tonnes of soybeans.

In 1960 about 22,800 tonnes of soybeans were required to make natto, 6,200 tonnes to make kinako, 64,800 tones of defatted soybean meal were required to make monosodium glutamate, and 10,000 tonnes of soybeans plus 30,000 tonnes of defatted meal were required to make other soybean food products [such as whole soybeans, soybean milk, etc.]. Address: USDA Fats and Oils Div.

2426. Tung, Ta-Cheng; Huang, P-C.; Li, H-C.; Chen, H-L. 1961. [Composition of foods used in Taiwan]. *J. of the Formosan Medical Association* 60(11):973-1005. Nov. 28. [27 ref. Chi; eng]

• ***Summary:*** Gives the nutritional composition (food calories, moisture, protein, fat, carbohydrate, fiber, ash, calcium, phosphorus, iron, vitamin A, thiamine, riboflavin, niacin, and ascorbic acid) of 384 foods commonly used in Taiwan. In the section on "Legumes, seeds, and nuts," the following soy products are included: Black bean (hei tou, black soybean; 37.1% protein, 15.2% fat), miso; soy bean (huang tou); soy bean curd (toufu); soy bean curd cake [pressed tofu] (toufu kan); soy bean curd cake, spiced (wu-hsiang toufu kan); soy bean curd cake, strip; soy bean curd, clot (toupi, yuba); soy bean curd, fermented (fermented tofu); soy bean curd, fried (yu toufu); soy bean curd, pickled (furu, hu-zu); soy bean, fermented (tou chi [fermented black soybeans]); soy bean milk (tou nai), soy bean extracted residue (okara). Address: 1-3. Dep. of Biochemistry, College of Medicine, National Taiwan Univ., Taipei, Taiwan, China; 4. Taiwan Provincial Hygienic Lab.

2427. Chiu, Wen-Chiang Liang; van Duyne, Frances O. 1961. Soybean curd: Preparation, calcium content, and palatability. *Illinois Research* (*Illinois Agricultural Experiment Station*) 3(4):6-7. Fall.

• ***Summary:*** "Tofu, or soybean curd, while practically unknown in the United States, has been an important food in the Orient for centuries. Such characteristics as low cost, high protein and calcium content, a desirable texture, and many uses have contributed to its popularity.

"It resembles cottage cheese, although there are differences in composition, form and palatability. Perhaps in the future, if more soybean curd becomes available, this nutritious, versatile product will play a greater role in the American diet."

Objectives of the present study are: "(1) to standardize a small quantity method of making soybean curd of good

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quality, (2) to compare the calcium content and palatability of curds prepared from field- and vegetable-type soybeans, and (3) to develop recipes in which soybean curd would be an appetizing and interesting ingredient."

Describes how to make tofu from 1 pound of dry soybeans using calcium sulfate as the coagulant. A sieve lined with cheesecloth was used for forming the tofu. Tofu was made from 4 varieties of soybeans: "Two of the varieties, Harosoy and Mandarin (Ottawa), are field-type beans, while the other two, Jogun and Kim are vegetable-type." Tofu was prepared from each variety at least 4 times. Jogun gave the highest yield of tofu (952 gm, or 2.1 times the weight of dry soybeans), with 84.6% moisture. Dry Jogun soybeans contained more calcium than the other varieties (254 mg/100 gm) and tofu made from Jogun soybeans also had the highest calcium content (256 mg/100 gm). The palatability of tofu made from the different varieties was tested, both plain and in a salad mixture. The following tofu recipes were developed: Tofu meat balls, fried tofu in mushroom sauce, tofu and beef stew, tofu appetizer, tofu sandwich, scrambled eggs with tofu, tofu and tomato soup, and tofu with pea soup. They were tested and "considered very palatable by the majority of judges. These recipes could be used to add variety to the American diet."

Note: This is the earliest English-language document seen (June 2009) that uses the term "field-type beans," which is contrasted with vegetable-type soybeans.

A photo shows Wen-Chiang Liang Chiu seated at a table behind a pile of soybeans. She "studied at the National Taiwan University in Formosa before coming to Illinois for graduate study. This article is based on her Master's thesis." Address: 1. Graduate student; 2. Prof. and head. Both: Foods and Nutrition Div., Univ. of Illinois.

2428. *Soybean Digest.* 1961. A.K. Smith of Peoria Lab on trip to Asia. Nov. p. 7.
• ***Summary:*** Dr. A.K. Smith, head of meal products investigations, oilseed crops laboratory, Northern Regional Research Laboratory (Peoria, Illinois), left Oct. 15 on a 2½ month trip to India, Japan, and Indonesia. "Dr. Smith will survey research laboratories in the countries to determine those that are qualified to do food research and development on soybeans, soybean products, and related agricultural products under the P.L. 480 program." In Japan, he will visit trade associations to encourage the use of U.S. soybeans in Japanese foods.

Research is needed in six areas: Use of soy flour to supplement bread and cereal products. Manufacture of soybean protein. Use of tempeh. Production and nutritional value of soy milk. Production of low-salt miso for feeding babies. Comparison of U.S. soybean varieties in commercial production of tofu. A portrait photo shows Smith.

2429. *Soybean Digest.* 1961. 4-H club girl wins with Japanese meal. Nov. p. 18.
• ***Summary:*** Joan Ruths, a 17-year-old 4-H club girl from Waterville, Minnesota, won a blue ribbon at the Minnesota State Fair for her demonstration titled "Entree Tofu Steak." She prepared and served a complete Japanese meal. Among the many dishes on her menu made from soybeans were tofu, miso soup, aburaage [deep-fried tofu], and soy milk. Joan closed her presentation by saying: "Soybeans for our nation's economy, food for millions, and peace for the world."

2430. **Product Name:** Cheze-O-Soy with Tomato Sauce (Tofu Entree).
Manufacturer's Name: Madison Foods.
Manufacturer's Address: Madison College, Madison, Tennessee.
Date of Introduction: 1961.
Wt/Vol., Packaging, Price: Canned.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: An improved version of the tofu introduced in 1931.

2431. **Product Name:** Tofu.
Manufacturer's Name: Morishige's Store. By 1968 Morishige Tofu.
Manufacturer's Address: 2210 South King, Honolulu, Oahu, Hawaii.
Date of Introduction: 1961.
New Product–Documentation: Honolulu City Directory. 1960-61. Morishige's Store (Akiro & Mrs. Nakayo Morishige; tofu manufacturers). 2210 S King, Honolulu. Not listed 1962-63. 1967-68 Directory. Morishige Tofu, 2210 S. King St. Continues through 1970.

2432. **Product Name:** Kreem-Chee (Non-Dairy Cream Cheese) [White, or Pimiento].
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, Ohio. Phone: Tuxedo 5-5359.
Date of Introduction: 1961.

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Wt/Vol., Packaging, Price: 6 oz. or 16 oz. can.
New Product–Documentation: Wholesale price list. 1961. May 1. Sold in 6 oz. or 16 oz. cans. Soybean Blue Book. 1961. p. 104. "Processing and packing a soy cheese." No longer listed in 1964. Note: This was the world's second commercial soy-based cream cheese.

2433. Chiu, W.C.L. 1961. The calcium content and palatability of soybean curd from field and vegetable varieties. MSc thesis, Dep. of Home Economics, University of Illinois, Urbana, Illinois. *
Address: Univ. of Illinois, Urbana, Illinois.

2434. Chiu, Wen-Chiang Liang; van Duyne, Frances. 1961. Soybean curd: Preparation, calcium content, and palatability. Waterloo, Iowa: Soybean Council of America. 17 p. 21 cm.
• ***Summary:*** "Reprinted from *Illinois Research*, Fall, 1961. published quarterly by the University of Illinois Agricultural Experiment Station,... Urbana, Illinois."

Page 17 lists the offices and address of the Soybean Council of America, Inc. The home office is in Waterloo, Iowa. The main international office is in Rome, Italy. Other overseas offices are in Antwerp, Belgium; Bogota, Colombia; Copenhagen, Denmark; Cairo, Egypt; Paris, France; Hamburg, Germany; New Delhi, India; Teheran, Iran; Jerusalem, Israel; Karachi, Pakistan; Lima, Peru; Madrid, Spain; Ankara, Turkey; London, United Kingdom.

Note: Why would the Soybean Council of America publish a booklet on soybean curd? Perhaps they thought it could become part of the American diet. Address: Univ. of Illinois, Urbana, Illinois.

2435. Hunter, Beatrice Trum. 1961. The natural foods cookbook. New York, NY: Simon and Schuster, and Pyramid Books. xvi + 296 p. Index. 22 cm. Pyramid Books pocketbook ed. published in 1967.
• ***Summary:*** This very early and important natural foods cookbook contains more than 2,000 recipes. The Introduction is written by Dr. Clive M. McCay, Professor of Nutrition, Cornell University, New York, and Dr. Jeanette B. McCay, nutritionist. The pages numbers are those in the original 1961 hardcover edition. The author calls tofu "soy cheese" and uses it in many recipes, including mashed in a recipe for "soy cheese sherbet" (p. 204). This book is not vegetarian (some recipes call for beef, chicken, fish, etc.), but was quite influential in the early days of the U.S. natural foods movement.

Soy-related recipes include: Soy spreads (p. 14-15): Soy flour spread. Soybean spread (in blender). Soy cheese [tofu] spread. Soy butter (made from soy flour, regular or roasted, and oil). Smoothies (p. 26-29). Soybean-cheese salad (p. 35). Soybean-vegetable salad. Soybean molded salad. Soy butter dressing (with soy butter, p. 41). Soy cheese dressing. Eggless mayonnaise (with soy flour). Soybean soup (p. 49). Cream of soy soup (with soybeans in blender). Soy-vegetable soup (with soy milk in blender, p. 54). Soy noodles (with soy flour, p. 59). Green soybeans in pods (p. 70). Steamed green soybeans. Soy grits stuffing (for fowl, p. 127). Homemade soy cheese (also known as soybean curd or *tofu;* from soy milk or soy flour, p. 137).

Soybeans (p. 142-44): Basic soybean filler. Broiled soyburgers. Soybean ring (in blender). Baked soybean croquettes. Soybean casserole. Baked soybeans. Soybean-lentil loaf. Stewed soybeans. Soybean soufflé. Soybean squares. Roasted soybeans (dry-roasted). Leftover soybeans. Soy-oatmeal porridge (with soy grits, p. 162). Soy-cornmeal porridge. Soy sprouts (p. 163). Soy breads (p. 179-80): Kneaded soy-wholewheat bread. No-knead soy-wholewheat bread. Soy spoon bread. Unraised soy biscuits (p. 184). Soy-gluten popovers (p. 189). All-soy pancakes (p. 192). Soy waffles (p. 195). Soy cheese sherbet (with tofu, honey, vanilla, and nutmeg, p. 204). Soy cookies (p. 238). Flourless soy cookies. Soy-wholewheat cookies. Soy-cheese piecrust (with soy flour). Spiced soybean pie (with boiled, pureed soybeans, p. 250).

The section titled "Smoothies" (p. 26-29) contains the following recipes (those followed by an asterisk {*} contain dairy products and no soy unless stated in recipe name; the directions for all recipes in this section is "Blend all ingredients"): Homemade soybean milk (from whole soybeans, or from soy flour). Spiced soy milk. Soy-fig shake (with soy milk). Milk-soy smoothie (with soy flour)*. Almond milk. Peanut milk. Cashew milk. Milk-wholewheat shake*. Orange-coconut milk*. Coconut milk. Milk fruit shrub*. Strawberry smoothie.* Apricot shake*. Anise milk*. Milk smoothie*. Fruit milk shake*. Banana smoothie*. Lemon egg nog*. Honey egg nog*. Carob milk*. Carob smoothie. The recipes followed by an asterisk contain 2-4 cups cow's milk and no soy. Note 1. This is the earliest document seen (Jan. 2005) that mentions "smoothie" or "smoothies" in connection with soy. All of the 22 recipes in the category titled "Smoothies" contain some kind of milk (either cow's milk or milk made from a seed–soy milk, almond milk, peanut milk, cashew milk, coconut milk, anise milk). About half of the smoothies contain fruits or fruit juices (orange juice, fresh berries, strawberries). None of the smoothies contain ice cream, frozen yogurt, or any other frozen dessert or frozen food. Therefore a smoothie seems to be like a milk shake but without the ice cream.

The recipe for "Milk-Soy Smoothie" (p. 27) reads: 4 cups milk. ½ cup soy flour. 4 tablespoons molasses. 2 eggs, raw. ½ teaspoon pure vanilla extract. 3 tablespoons nutritional yeast. Blend all ingredients. Serves 4-6.

The section titled "Nut butters (p. 29-30) gives a recipe for homemade peanut butter with "Variations: Homemade nut butter may be made from raw almonds, filberts, pignolias, walnuts (English and black), cashews, Brazil nuts, etc. Most of these nuts have enough oil so that no extra oil

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need be added." On p. 30 is a recipe for "Homemade peanut-sunflower seed butter."

By the time of the 19th printing, in Jan. 1974, this book had sold over one million copies.

Note 2. This is the earliest document or book seen (Dec. 2001) after 1960 with the term "natural foods" in the title.

Note 3. An advertisement for this book appeared in the July 1965 issue of *Natural Food and Farming* (p. 40). Address: White Mountains, New Hampshire [by July 1965: Hillsboro, NH 03244].

2436. Lin, Yutang. 1961. The red peony. Cleveland and New York: The World Publishing Co. 407 p. See p. 101. 21 cm.
• ***Summary:*** This book is fiction. A beautiful young Chinese woman named "Peony" is the central character in the book. She and her long-time lover Chin Chu are having their farewell dinner together in Hangchow.

"Neither was in the mood for a festive farewell dinner. She picked roast lamb served with kumquats and onions, and a dish of deep-fried bean curd. He asked for a half bottle of *shaoshing,* for he knew that she always enjoyed a little drink with dinner,..." (p. 101).

Note: This is the earliest English-language document seen (April 2013) that contains the term "deep-fried bean curd" (regardless of hyphenation).

Lin Yutang lived 1895-1976. After 1928 he lived mainly in the United States. His many works represent an attempt to bridge the cultural gap between the East and the West. He was nominated for the Nobel Prize in Literature several times in the 1970s.

2437. Mendoza, Jose M. 1961. Philippine foods, their processing and manufacture. Manila: Published by the author. 421 p. See p. 152-59. Chap. XV, Sauces and Similar Products. [7 soy ref]
• ***Summary:*** Contents of Chapter 15 titled "Sauces and similar products" (p. 152-58): Soybean sauce (*toyo*). Japanese soya sauce: Preparation of the starter, preparation of the material, inoculation, fermentation. Modified Chinese soya sauce. Coco sauce or coprameal sauce (The taste compares favorably with Chinese soy sauce and Japanese soy sauce). Hints and suggestions. Philippine bean sauces. The tao-si [fermented black soybeans], tokua [tofu, not fermented], tahore [taori, taore; probably fermented tofu], the tajo ([taho] unpressed tofu curds, usually served with medium brown sugar), mongo [mung bean] sprouts, soybean sprouts, Vetsin (contains 1 part monosodium glutamate, 7 parts lactose, and 3 parts salt). Includes a formula for Worcestershire sauce (which contains no soy sauce).

Note 1. This is the earliest document seen (April 2013) that contains any Filipino word (*tajo*) for unpressed tofu curds, usually served with medium brown sugar.

Note 2. The section titled "Tahore" (p. 157) states: "This product is simply taori whereby the already prepared taore is macerated to mass. Tokua [tofu] is used frequently with tahore. They are both popular food [sic, foods] among Chinese. The Chinese eat them with soft-boiled rice called 'barabasa.'" Address: Lecturer in Food Technology and Fermentation Technology, Manuel L. Quezon Univ., Manila.

2438. Mendoza, Jose M. 1961. Philippine foods, their processing and manufacture. Manila, Philippines: Philippine Educational Co. 524 p. See p. 186-93. Chap. XV, Sauces and Similar Products. [7 soy ref]
• ***Summary:*** The contents of this edition is basically identical to that of the other 1961 edition published by the author. However the typesetting and the page numbers are different. Address: Lecturer in Food Technology and Fermentation Technology, Manuel L. Quezon Univ., Manila.

2439. Montagné, Prosper. 1961. Larousse gastronomique: The encyclopedia of food, wine & cookery. New York, NY: Crown Publishers, Inc. 1101 p. See p. 925. Illust. Index. 26 cm. [Eng]
• ***Summary:*** The following are defined under "Soya Bean. *Soja"* (p. 925): Introduction. The soya bean is "the richest and cheapest source of vegetable protein." 1. Soya bean curd. *Fromage de soja.* Gives a completely inaccurate and useless description of how to make tofu at home. 2. Soya meat. *Viande de soja.* This "vegetarian meat," which resembles cooked ham, is said to be too complicated to make at home, but requires industrial equipment. 3. Soya milk. *Lait de soja.* 4. Soya sauce or extract. *Sauce, Extrait de soja.*

Note: This English-language edition is a translation from the original 1938 French-language edition by Nina Froud, Patience Gray, Maud Murdoch, and Barbara Macrae Taylor. Address: France.

2440. Ochse, J.J.; Soule, M.J., Jr.; Dijkman, M.J.; Wehlburg, C. 1961. Tropical and subtropical agriculture. 2 vols. New York, NY: Macmillan Co. Vol. 1, iv + 1-760 p. Vol. 2, xv + 761-1446 p. See vol. II, p. 1067-76. 22 x 14 cm.
• ***Summary:*** This is a truly prodigious work. The chapters in volume 2 deal with individual crops. The section titled "Soybean" (vol. II, p. 1067-76) discusses the following: Vernacular names in various languages. Overview of world production. Botany. Varieties. Breeding and selection. Climatic and soil requirements. Culture. Harvesting. Uses (incl. soy sauce, tempeh, and tofu). Future possibilities. Diseases. Ochse was born in 1891. Address: 1. Consultant, Tropical and Subtropical Agriculture, Research Consultant in Economic Botany, Univ. of Miami, Coral Gables; 2. Assoc. Prof. of Fruit Crops, Univ. of Florida, Gainesville; 3. Prof. of Applied Tropical Botany and Genetics, Univ. of Miami, Coral Gables; 4. Asst. Plant Pathologist, Univ. of Florida, Everglades Experiment Station, Belle Glade. All: Florida.

2441. Rodale, J.I. ed. 1961. The complete book of food and

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nutrition. Emmaus, Pennsylvania: Rodale Books. 1054 p. Index. 23 cm.

• ***Summary:*** J.I. Rodale recommends the consumption of natural meat and eggs. He discourages humans from consuming or using milk, chemicalized meats, added salt, sugar, chocolate, aluminium utensils, and heated or hydrogenated fats. Throughout this book, he uses scientific sources and cites them carefully.

Chapters 30-40 (p. 116-56) are a critique of cow's milk. Man has made the cow into a milk machine, with ever larger udders, which can produce 75 times as much milk per year as in Biblical times. For adults, milk may cause lactose intolerance, allergies and excessive tallness, and may contain undesirable antibiotics.

Chapter 40, titled "Nutritive substitutes for milk" (p. 154-55), mentions "soybean milk and Tahini milk which is a milk made from ground sesame seeds. Tahini milk appears to us to be an excellent substitute for milk in the diet because of its extremely high content of calcium" (p. 155).

Dr. Stefansson (p. 69-72) lived for one year in good health on meat alone. The discovery of cereal culture 2,000 years ago was the beginning of civilization and human degeneration. The human digestive tract has not had time to adjust to this change. It took humans 2 million years to adapt to the diet of the primitive human hunter (consisting mainly of proteins and animal fats) from the largely vegetarian diet of the anthropoids. "It is extremely difficult to plan a vegetarian diet in which the essential amino acids will all be represented in their proper proportion."

Chapter 127, "How to sprout beans" (p. 472-74), discusses mainly how to sprout soybeans, and their nutritional value. A table compares the vitamin and mineral content of soybean sprouts and mung bean sprouts; the former are much more nutritious.

Chapter 153, "Soybeans–The wonder food" (p. 536-41) has the following contents: Introduction. How nutritious are soybeans? ("Soybeans are one of the few non-animal proteins which are complete–that is, contain all of the essential amino acids in good proportion.") Sprouting beans for vitamin C. Soybeans are economical (says the best book on soybeans is *Soybeans for Health, Longevity and Economy,* by Philip S. Chen, Ph.D.). Soybean milk for infants. "Soybeans are richer in potassium than any other food except brewer's yeast which, of course, is eaten in much smaller quantities. They contain more pantothenic acid than any other food except egg yolk, brewer's yeast, liver, rice bran, and wheat bran. The iron in soybeans is 96 per cent 'available'–that is, digestible and used by the body." Chapter 154, "Soya milk and soya curds" (p. 541-42), by Dr. W. Kring, of Dusseldorf discusses: Use of soybeans in East Asia. Fresh soya milk for every household. Acidophilus soya milk–Soya curds. Making soya cheese or tofu [at home].

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "soya curds" in connection with tofu.

Note 2. This is the earliest English-language document seen (Sept. 2012) that contains the term "Acidophilus soya milk" (or "Acidophilus soymilk") regardless of capitalization, hyphenation, or spaces.

Chapter 178, "Eggs, meat and soybeans" (p. 675-77) gives a nutritional comparison of these three high-protein foods. One section titled "Meat substitutes" begins: "Soybeans should be a part of your diet as a substitute for meat." It continues: "Even though you include plenty of meat in your diet, make use of soybean protein, too. If your family does not know soybeans, get some and begin to introduce them to a wonder food."

Chapter 169, "Are chemical fertilizers harming our food" (p. 618-24) is part of a statement made by J.I. Rodale on December 15, 1950, to a Congressional Committee formed to investigate chemical fertilizers. He argues that the organic method is "far superior to the present general practice with respect to fertilizer usage, not only from the human health standpoint but from the point of view of preventing soil erosion and giving higher yields at a lower cost." Also discusses: History of the organic method. What is the organic method? What is a chemical fertilizer? The health aspect (experiments showing a much higher survival rate in mice fed organically grown food). More vitamins in "organic" food. Physicians praise the organic method. Rejection by our government (and request that agricultural experiment stations test and compare the two methods).

Chapter 173 titled "Investigating Primitive Diet" (p. 642-54) contains a detailed summary of the work of Weston A. Price. D.D.S., as described in his book *Nutrition and Physical Degeneration.* This book is available from the Lee Foundation for Nutritional Research, 2023 W. Wisconsin Ave., Milwaukee, Wisconsin.

Chapter 182, titled "When you use fats and oils" (p. 682-83) discusses margarine, which is made from vegetable fats which have been hydrogenated. Soybean oil is one of the oils use to make margarine. "As you know, we do not recommend using margarine, mostly because of the many chemical substances used in it, of which the synthetic vitamin A is only one. Artificial coloring, preservatives and so forth are also used. But, in addition, hydrogenating the oils to make them solid destroys most of the essential fatty acids which are the chief reason for eating vegetable oil. So margarine is no better than butter as a spread, in spite of the fact that it is made from substances that do not contain cholesterol." "Soybean oil is another popular vegetable oil." Rodale especially recommends "our old friend, sunflower seed oil"–which is rich in vitamin E and linoleic acid.

Chapter 183 titled "Heated fats can cause cancer" (p. 686-90) summarizes several scientific studies and notes that "Hydrogenated fats are everywhere" in our food supply. "Finally, don't buy hydrogenated shortenings (the solid kind)..."

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Chapter 198 titled "Who pays for nutrition research?" (p. 741+) begins: "'Dr. Stare's Nutrition Department (at Harvard University, Massachusetts) received from Food Industries and Foundations representative of their interests between and including the fiscal year 1950 to 1956 gifts totaling approximately $378,000, half of which was from the Sugar Research Foundation, supported by the sugar interests, and the Nutrition Foundation, supported largely by commercial food processors. A large portion of the other half was from the chemical and drug interests.

"This challenging statement sets the tone for a series of open letters from the Boston Nutrition Society, Incorporated, to Dr. Nathan M. Pusey, President of Harvard University. We think readers will find in these letters the answer to their puzzled query Ä 'Why?' Why must we eat doctored up, chemicalized, refined, cheapened food and above all, why must some of our top food scientists, men like Dr. Stare of Harvard, call everyone a faddist and a crackpot who points out that the modern American food is not everything it should be?

"The open letters hit at the very heart of the problem. Much university research on nutrition is being financed by the very folks who profit from selling this worthless food."

Chapter 199, "A British nutritionist takes stock," summarizes an article titled "Food and Health," by Dr. H.M. Sinclair (*British Medical Journal*, 14 Dec. 1957) about the dangers of feeding too much cow's milk to infants and children. Another article on the same subject by Dr. Milton J.E. Senn, was published in *McCall's* (Jan. 1958). Chapter 272 is "Kelp for trace minerals" (p. 1005-09) and Chapter 273 is "The value of seaweed nutrition" (p. 1010-12).

Chapter 39, "Miscellany on milk" (p. 146-54), documents many problems with cow's milk. Its contents: Introduction, detergents in milk, antibiotics in milk, some infants can't take milk at all, is milk the universal antidote?, an all-milk diet is hazardous, ulcer patients beware!, cavities caused by milk, DDT contamination, misuse of calcium, radioactive substances in milk, milk as a cause of goiter, a famous nutritionist speaks (Dr. Norman Jolliffe), milk's value questioned (by McCance and Widdowson), allergies to milk sugar, dermatologist criticizes both bread and milk, and old (1926) court decision on raw milk. Chapter 41: "Yogurt" (p. 156+). "Yogurt is probably the most popular of all so-called health foods". In the 19th century, Metchnikoff was the first to investigate it scientifically. Chapter 96: "Sesame seed–An ancient and nutritious food" (p. 342-44; Tahini milk makes a good milk substitute). Address: Emmaus, Pennsylvania.

2442. Shufu-no-tomo-sha. 1961. Ryôri hyakka [Encyclopedia of Japanese cookery]. Tokyo: K.K. Shufu-no-tomo-sha. 768 + 20 p. Illust. Index. 21 cm. [Jap] Address: Tokyo.

2443. Wong, Ella-Mei. 1961. Chinese cookery. London: Angus and Robertson. [xi] + 100 p. Illust. Index. 23 cm. *
• ***Summary:*** *Foo Jook* [dried yuba sticks] and "red bean curd" are mentioned. Address: [Australia].

2444. Watanabe, Tokuji. 1961? Studies on tofu production from U.S. soybeans (2). Food Research Institute, Japan. 11 p. Undated. Typed, without signature. [2 ref. Eng]
• ***Summary:*** Contents: 1. Experiments in the laboratory: Weight per 1,000 seeds, color of seed coats and color of hilum of U.S. and Japanese soybeans, speed of water absorption in U.S. and Japanese soybeans, protein and fat contents of U.S. and Japanese soybeans, water-solubility of protein in U.S. and Japanese soybeans, natures of soy milk obtained from U.S. and Japanese soybeans. 2. Production test of tofu: Production method of tofu, comparison between the tofu made from U.S. soybeans and that from the Japanese, choice of U.S. soybean variety suitable for tofu production. 3. Improvement of production methods.

Tables show: (1) Properties of U.S. and Japanese soybeans (Japanese: Nagano, Hokkaido, Miyagi, Aomori, Kumamoto. U.S.: Harosoy, Hawkeye, Adams, Chippewa, Clark, Lincoln, Blackhawk, Acme, Ottawa Mandarin, Norchief, Comet, Lee, Jackson, Dorman, Dortchsoy, Ogden, Wabash, Monroe, S-100, Capital, Flambeau, Shelby, Ford, Hardome, Renville, Lindarin, Perry, Grant; For each variety is given: Weight per 1,000 seeds, color of seed coat, color of hilum, remarks). (2) Nitrogen content and nitrogen outflow of U.S. and Japanese soybeans. (3-1) Influence of the quantity of water added on the nitrogen solubility of soybeans. (3-2) Influences of the length and temperature of heating on the nitrogen solubility of soybeans. (4) Comparison between U.S. and Japanese soybeans in tofu production (for each variety is given: Percentage of protein and fat in the soybeans. Protein in laboratory soy milk {%}. Protein in factory soy milk {%}. Weight of tofu {kg from 1.8 kg of soybeans}. Yield rate of tofu {% of solids in soybeans appearing in tofu, dry basis}. Yield rate of protein {% of protein in soybeans appearing in tofu}. Protein in tofu {%}. Height of tofu {cm}. Moisture of tofu {%}. Hardness of tofu {using penetrometer; large value = soft tofu}. Properties of tofu–Coagulation, texture, color {3 = excellent, 2 = good, 1 = fair}). (5) relationship of water-soluble protein + fat in soybeans to weight, protein, and fat contents of tofu. (6) Volume and composition of okara. (7-1) Properties of tofu at various doses of coagulant and various tempos [speeds] of coagulation.

Note: A Japanese version of all tables is given on unnumbered pages at the end. Address: Food Research Inst., Japan.

2445. Chen, Philip S.; Chen, Helen D. 1962. Soybeans for health, longevity, and economy. 2nd ed. South Lancaster, Massachusetts: The Chemical Elements. xii + 242 p. Jan.

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Illust. Index. 21 cm. 1st ed. 1956. [24 ref]
• ***Summary:*** This book is identical to the original 1956 edition, third printing (the dedication is to William J. Morse and Harry W. Miller), except that: (1) Table 1, titled "Soybean production in the United States" (p. 2) gives statistics to 1960, instead of 1958. (2) Appendix B (p. 224-36) has been updated based on the 1961 *Soybean Blue Book.* (3) The dust jacket has been updated. On the rear dust jacket is a portrait photo of Dr. Philip Chen and a biographical sketch. (4) The paper is slightly thicker.

Note: In 1962 Chen wrote *A New Look at God,* published by Chemical Elements (288 p.). Address: 1. Prof. of Chemistry, Atlantic Union College, South Lancaster, Massachusetts; 2. National Science Foundation Fellow, Cornell Univ.

2446. *New York Times.* 1962. A choice of new books for the younger reader's library. Feb. 25. p. BR19.
• ***Summary:*** Contains a book review of *Taro and the Tofu,* by Masako Matsuno [a woman]. Elizabeth Hodges wrote the review for children ages 6 to 8. It begins: "One cold night in Japan when the peddler from whom Taro's mother always bought the tofu (bean curd) for the family supper did not appear, Taro went to the old man's shop." A large illustration from the book shows Taro.

2447. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Batford Foods Co.
Manufacturer's Address: Lot No. 1633, D.D. 449, Tsun Wan, N.T. Kowloon, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

2448. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Chan Moon Kee.
Manufacturer's Address: 10 Chung Ching St. (Sai Ying Pun), Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2449. **Product Name:** Tofu.
Manufacturer's Name: Eng Hor Hin Co.
Manufacturer's Address: 96-A Sungei Road, Singapore 8, Singapore.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 37. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

2450. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Foo Lung Ching Kee Co.
Manufacturer's Address: 52 Queen's Road, West, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2451. *Foreign Agriculture.* 1962. Soybean markets in Southeast Asia. 26(2):17. Feb.
• ***Summary:*** Four areas in Southeastern Asia–Hong Kong, Malaya, Singapore, and possibly Sarawak–are growing commercial markets for U.S. soybeans and soybean oil. Communist China has long been the main source of soybeans for Southeast Asia. The use of U.S. soybeans in the four areas is limited largely to those foods for which splits and broken beans are suitable–namely, soybean curd, soybean sauce, and soybean cheese.

2452. Fukamachi, Chiharu; Suruga, Sachiko. 1962. [Qualification of coagulating reagent for tofu manufacture. I. Method of qualification of coagulating reagent (Abstract)]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 16. p. 112. Feb. [1 ref. Jap; eng]
• ***Summary:*** Calcium sulfate is the main coagulant used in making tofu from soybean milk, but calcium chloride and magnesium chloride are also used, alone or with calcium sulfate.

Besides these salts, some other chemicals are also available for this purpose, but there are technical difficulties in applying them to the coagulation of soybean milk.

This paper reports on the establishment of a standard method for evaluating the suitability of soybean milk coagulants on a laboratory scale. By this method, calcium gluconate, as an examined, and was found to be unsuitable as a coagulant.

Reprinted from *Nosan Kako Gijutsu Kenkyu Kaishi* (*J. for the Utilization of Agricultural Products*) 8(3):129+ (1961). Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2453. Fukamachi, Chiharu; Suruga, Sachiko. 1962. [Qualification of coagulating reagent for tofu manufacture. II. Comparison of commercial coagulating reagents (Abstract)]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 16. p. 113. Feb. [1 ref. Jap; eng]
• ***Summary:*** In a previous paper, it was shown that coagulants with a fine crystalline structure were not suitable for making tofu, because they coagulated soymilk so quickly

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that control of the process was very difficult.

In this report, the pH of eleven tofu coagulants were observed in water. Coagulants with a low pH (such as 5.1) in suspension had limited latitude in the amount used and also gave low yields of tofu. It was concluded that such chemicals were not for making tofu.

Reprinted from *Nosan Kako Gijutsu Kenkyu Kaishi* (*J. for the Utilization of Agricultural Products*) 8(3):129+ (1961). Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2454. **Product Name:** Tofu.
Manufacturer's Name: Heng Seng Tung Kee.
Manufacturer's Address: 13 Ophir Road, Singapore 7, Singapore.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 37. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

2455. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Hing Chan.
Manufacturer's Address: Lot No. 236, Shui Tin Tsuen 24½ mile stone, N.T. Kowloon, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2456. **Product Name:** Tofu.
Manufacturer's Name: Hok Hoo Him.
Manufacturer's Address: 108-A Albert St., Singapore 7, Singapore.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 37. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

2457. **Product Name:** Tofu.
Manufacturer's Name: Hup Hin Co.
Manufacturer's Address: 155 Syed Alwi Road, Singapore 8, Singapore.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 37. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

2458. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Lee Cheung Wo Bean Curd Factory.
Manufacturer's Address: 216 A Portland St., Kowloon, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2459. Matsuno, Masako. 1962. Taro and the tôfu. Cleveland, Ohio, and New York, NY: The World Publishing Company. 32 p. Feb. Illust. by Kazue Mizumura. 26 cm.
• ***Summary:*** This story, set in Japan, is for children aged 6 to 8. Taro goes to market to buy tofu from a store. He discovers that he has been given too much change. A little voice inside his head tempts him not to return it, to buy some more candy; No one will ever know. But he resists temptation and does what is right, even though it is cold and windy outside, and promptly returns the extra money to the peddler. "He was so happy he wanted to run all the way home."

The dedication page states: "For my first son." Each right-hand page contains a large color illustration, including: (1) The old tofu peddler lifting a cake of tofu out of his box, about to put it into Taro's pail. (2) The tofu seller blowing his trumpet / horn as he carries his tofu in boxes using a shoulder pole. (3) The tofu man deep-frying his tofu.

2460. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Mee Chun Canning Co.
Manufacturer's Address: 128 Queen's Road, Central, 2nd fl., Hong Kong.
Date of Introduction: 1962. February.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2461. **Product Name:** Tofu.
Manufacturer's Name: Min Shing Chop.
Manufacturer's Address: 68 Wiltie Road, Singapore 9, Singapore.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 37. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

2462. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Oriental Foods Co.
Manufacturer's Address: 12 Wing Lee Street, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call

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"pressed tofu."

2463. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: Po Yuen Bean Curd Factory.
Manufacturer's Address: 15 Ka Wo Street, Aberdeen, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2464. **Product Name:** [Tofu (Wet or Dried)].
Manufacturer's Name: South East Food Co.
Manufacturer's Address: 44 Ho Man Tin St. 2nd fl., Kowloon, Hong Kong.
Date of Introduction: 1962. February.
New Product–Documentation: U.S. Foreign Agricultural Service. FAS-M126. Feb. p. 36. "Southeast Asia as a market for U.S. soybeans and vegetable oils."

Note: Dried tofu is probably doufu-gan, which we call "pressed tofu."

2465. Spilsbury, Calvin C. 1962. Southeast Asia as a market for U.S. soybeans and vegetable oils. *USDA Foreign Agricultural Service.* FAS-M-126. 41 p. Feb. Summarized in Soybean Digest, March 1962, p. 26.
• ***Summary:*** Gives an excellent, detailed discussion, with many statistics, of the soybean markets in Hong Kong, Singapore, Malaysia, Indonesia, British Borneo (Sarawak, Brunei, and North Borneo [Sabah]), and Burma.

"The 350,000 Chinese of British Borneo are large consumers of soybean food products and fats and oils, but this market is small. Domestic production of soybeans in North Borneo is more than sufficient to supply domestic demand for that country, and some exports are made each year. Imports of soybeans into Sarawak and Brunei, though small, have been growing each year. In 1960 Sarawak's imports were 608 long tons, compared with 526 tons in 1959 and 403 tons in 1958. Thailand, Mainland China, Vietnam, and Cambodia are the main suppliers, as U.S. soybeans have been scarce in this market."

Burma: "The domestic production of soybeans in Burma has been small, but output is large enough to provide demands of the Burmese people in the Shan State, population approximately 500,000, who use soybeans for food." The peanut is the main oilseed crushed in Burma. The majority of peanut crushing mills are located in Rangoon, Insein, Mandalay, and Myingyan.

Table 6 (p. 29) shows imports (in piculs; 1 picul = 133 lb) of soybeans to Sarawak, by country of origin, annually 1958-1960. The main source countries are Thailand, Mainland China, and Indochina. Imports increased from 6,853 piculs in 1958 to 10,343 piculs in 1960.

Appendix: Hong Kong: Importers of U.S. soybeans, manufacturers of wet and dried bean curd for export to U.S., soybean sauce manufacturers. Singapore: Importers of U.S. soybeans, importers agents providing services to soybean importers, manufacturers of soybean curd, largest soybean sauce manufacturers, soybean milk companies. Federation of Malaya: Importers of soybeans, soybean sauce factories (Penang, Province Wellesley, Kedah, Perak, Selangor, Malacca, Negri Sembilan). Sarawak: Soybean importers and dealers (all of Kuching). Burma: Fats and oils importers (Rangoon), vegetable oil mills (Rangoon).

Note 1. Sarawak became part of Malaysia in 1963. Note 2. This is the earliest document seen (May 2010) concerning soybeans in Brunei. This document contains the earliest date seen for soybeans in Brunei (Feb. 1962). Address: Fats and Oils Div.

2466. Lee, Elinor. 1962. Goodwill grows in climate of culture: Food promotes friendship. *Washington Post.* March 22. p. C7, 20.
• ***Summary:*** In Washington, DC, the "Cultural Evenings in Asian Embassies" is a flavor venture, sponsored by the Buddhist Center of the U.S.A. to help promote international goodwill and understanding. The dinner menu at the Royal Thai Embassy on Saturday night will include "Kung Lon (Boiled coconut cream with shrimp and soya bean sauce)." The recipe is given. A second recipe, Mee Krob, which contains "3 tablespoons finely cut bean curd" and "soya bean sauce" to season, is also given. A third recipe, Yam Yai, includes ½ cup bean curd (cut fine). "Thailand's top recipes aren't in any cookbooks."

2467. *New York Times.* 1962. Japanese foods are available here. March 29. p. 26.
• ***Summary:*** Gives five Japanese recipes–most calling for monosodium glutamate. The recipe for "Bean soup" [miso soup] calls for "three tablespoons soy bean paste" [miso] and an unspecified number of "cubes of tofu (bean curd)."

2468. Hayashi, Shizuka. 1962. More U.S. soybeans in tofu. *Soybean Digest.* April. p. 25.
• ***Summary:*** There are more than 54,000 tofu makers throughout Japan. They use approximately 300,000 tons of soybeans annually. Address: Japanese-American Soybean Inst.

2469. Photographs of William Brandemuhl studying soyfoods in the USA and Japan. 1962. Japan.
• ***Summary:*** William Brandemuhl was a pioneer in studying and writing about soyfoods in Japan after World War II. According to Tomoko Brandemuhl these black-and-white photographs (each 4½ by 6½ inches) were taken by a Japanese newspaper or magazine photographer. All but the

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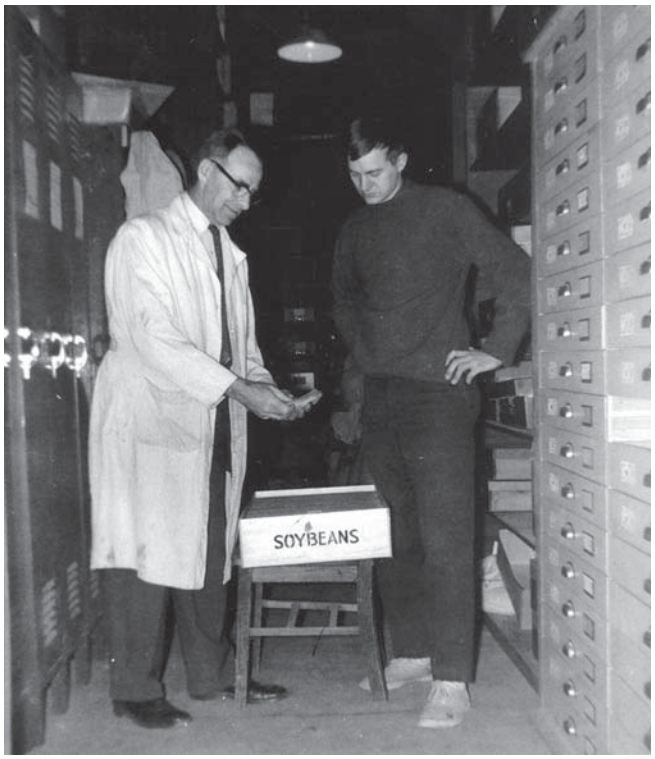

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first two were taken in Japan in 1963.

(a) The first time he saw soybeans, at the University of Wisconsin (April 1962). (b-d) Studying how tamari is made in Japan. (e) Checking and smelling koji made in small, traditional wooden koji trays. (f) Tasting shoyu or tamari. (g) Examining koji. (h) Cutting fresh tofu. (i) Unwrapping the cloth from freshly pressed tofu. (j) For transportation in Kyoto he used this scooter to visit various places that made or did research on soyfoods.

These photos were sent to Soyinfo Center in Aug. 2012 by Tomoko Brandemuhl (Stratford, Connecticut), his wife.

2470. *Christian Science Monitor.* 1962. The new and the old. May 10. p. B5.
• ***Summary:*** Contains a book review of *Taro and the Tôfu,* by Masako Matsuno. The review, by "M.S." begins: "The agonizing decision is, shall Taro return the extra change the old tôfu (bean curd) seller mistakenly gave him, or shall he keep it and buy some candy?"

2471. *Chicago Daily Tribune.* 1962. Gay fantasy for youngest readers. May 13. p. F4.
• ***Summary:*** Contains a book review of *Taro and the Tôfu,* by Masako Matsuno. The review, by "P.G." begins: "Taro is a little Japanese boy and tofu is a small white cake (bean curd) and an important Japanese food." "The child's first encounter with temptation is appealingly described." An illustration shows the cover of the book (Published by World, $3).

2472. Lee, Elinor. 1962. Japanese cooks are true artists. *New York Times.* May 20. p. L24.
• ***Summary:*** Describes how to make Sukiyaki over a hibachi (charcoal brazier). The recipe calls for "2 pounds of tenderloin beef cut into thin slices... and 12 pieces of tofu (soybean curd) cut into small cubes." Address: Staff reporter.

2473. Claiborne, Craig. 1962. Food news: Pizza vs. poi in Honolulu. *New York Times.* May 28. p. 32.
• ***Summary:*** East meets West on supermarket shelves in Hawaii. "More than half the population of the island of Oahu is of Japanese or Chinese origin..." The "endless kinds of exotic foods in plastic containers" include "tofu or bean curd, [mung] bean sprouts and poi, the poi made of arrow root..."

2474. Claiborne, Craig. 1962. Food news from Tokyo: Cuisines of virtually every country offered at all prices in restaurants. *New York Times.* May 30. p. 7.
• ***Summary:*** The article begins: "There is probably no city in the world today with a more fascinating and varied cuisine than Tokyo." The Imperial, perhaps the city's most famous hotel, offers a wide selection, including sukiyaki.

In Tokyo, the typical Japanese restaurant is small and does not offer a menu. It will often specialize on one or two full-course "dinners built around one particular food. That food may be game, for example, or raw fish, or tofu, which is soy bean curd, or beef."

Tofu is typically found in sukiyaki. For "batayaki, slices of matsuzaka beef, spectacularly marbled," are served with a dipping sauce, which includes "grated long radish [*daikon*] in shoyu (soy sauce), mustard and seven spices, including Japanese pepper, ground poppy seed, cayenne pepper, sesame seeds, seaweed, dried orange peel and hemp seed."

In recent years, "beer seems to have replaced sake as Japan's national drink." Address: Special to the New York Times.

2475. Herb-Mueller, Lene. 1962. Die Soja und Ernaehrungsfragen in Entwicklungslaendern [The soybean and nutrition problems in developing countries]. *Ernaehrungs-Umschau* 9(5):143-46. July. [Ger]
• ***Summary:*** Nutritive value of soybean products. Address: Bonn.

2476. Chambers, John A. 1962. Soya as a foodstuff. *Arkady Review* (*Manchester, England*) 39(3):39-41. Sept.
• ***Summary:*** Discusses briefly soy oil, defatted soya flour, American Multi-Purpose Food (50% protein, 1% fat, 31% carbohydrate), soy sauce, tempeh, and tofu. Address: Research Chemist, British Arkady Co. Ltd., Skerton Rd., Old Trafford, Manchester 16, England.

2477. Nagafuge, Emilio. 1962. Los productos alimenticios derivados de la soya [Food products derived from the soybean]. *Tierra* (*Mexico*) 17(9):678. Sept. [Spa]
• ***Summary:*** Contents: Preface. Soymilk. Soy cheese [tofu]. Soy flour. Soy oil. Soy lard and butter (*Manteca y mantequilla de soya*). Soy sprouts (*Los brotes de soya*). Soy sauce. Miso.

Note 1. This is the earliest Spanish-language document seen that uses the term *mantequilla de soya* to refer to margarine.

Note 2. This is the earliest Spanish-language document seen (Jan. 2013) that uses the term *Los brotes de soya* to refer to soy sprouts. Address: Mexico.

2478. Meade, Mary. 1962. Eye-catching Oriental treats. *Chicago Daily Tribune.* Oct. 19. p. B1.
• ***Summary:*** "Look to the Orient for beauty in food arrangement." Two photos, including one of sukiyaki served on a table, amplify this theme. The recipe for Sukiyaki, which is given, includes "3 cubes soy bean curd (optional)" and ½ cup soy sauce.

2479. Joshi, A.B.; Singh, H.B.; Mital, S.P. 1962. Why be indifferent to soybean? *Indian Farming* 12(7):15-18. Oct. Series 2.
• ***Summary:*** Contents: Introduction. Indian farmer's indifference. Soybean for food (as pulse or flour). Soybean

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dal. Soybean flour. Soybean milk. Soybean cake [for livestock feed]. Fodder and green manure. Industrial uses of soybean (Lecithin, derivatives).

Soybean acreage in India is almost negligible. "According to *ad hoc* estimates, only about 43,000 acres are planted to soybean in India, mainly in the hills of Uttar Pradesh, with an annual production of about 5,900 tons." Known there as *bhat, bharat,* or *botang,* it is commonly used as *muri* (roasted beans; just as roasted and salted gram and peas are eaten elsewhere in the country), or the beans are ground to make *sattu* for mixing with barley or wheat *sattu.* Occasionally *chapatees* [chapatis] are also made from a mixture of soybean flour with maize flour. However, due to its high oil content, soybean flour can keep well only for short periods, especially so in warmer locations."

In China and Japan, soybeans are made into soya milk and tofu (which corresponds to *panir*), "a popular milk product prepared at home and cooked into vegetable curries in India."

Note: This is the earliest document seen (April 2013) that contains the word "panir" (or "paneer") used in connection with tofu or soy. Panir is a soft, fresh dairy cheese, widely consumed in India. It is more expensive than tofu. Address: Indian Agricultural Research Inst., New Delhi, India.

2480. Olson, Harvey Stuart. 1962. Olson's Orient guide [1st ed.]. Philadelphia, Pennsylvania and New York: J.B. Lippincott Co. 1008 p. Illust. (by Cy Ferring). Maps. Index. 20 cm. 1st ed., 1962 [1963].

• ***Summary:*** In Chapter 5, "On dining out in the Orient," we read (p. 229): In Japan, much loved and widely consumed items include "bean sprouts and pastes [miso] and sauces made from soy beans." The Japanese, like many "foreign visitors are fond of sukiyaki made of thin beef strips simmered in a tasty soy sauce garnished with fresh vegetables, served with a raw egg, and accompanied by rice. They enjoy tempura, too,..." The dip is made of finely grated radish [daikon] "and spicy soy sauce."

The section on "Chinese cuisine" states (p. 236): "Cantonese which is the blandest, most subtle, and least greasy of the varieties of Chinese cooking..." Features "bean curd and minced pork."

The section titled "Japanese specialties" (p. 245+) starts with Sukiyaki (One "bowl contains small pieces of lotus root, scallions, bamboo shoots, bean curds, mushrooms, and other greens," p. 246). Also (p. 249) "Batayaki is the first cousin to sukiyaki," but with the difference that "batayaki is prepared with a sauce less pungent than that used for sukiyaki." This sauce has "a soybean base, but mixed liberally with butter" [*bata*].

The entry for "Soy sauce" (p. 252) taken from the Random House *American College Dictionary* "defines soy sauce as 'a salty fermented sauce much used on fish and other dishes in the Orient, prepared from soy beans.' I cannot emphasize too strongly how important a part this sauce plays in the Japanese cuisine. It is not only used in connection with fish but as a sauce for sukiyaki. It is also used generously in preparing chicken and steak and is utilized as a garnish as well as an ingredient.

"As a matter of fact I can think of no place where this tasty bit is not likely to appear. I. for one, like soy sauce." However. if you wish, you can ask your waiter to omit it.

The section on Thailand (p. 278-79) notes: "*Haw Mok,* a flaming hot Thai specialty, is made by pounding dry chili peppers, shrimp paste, lemon grass, onions, garlic and salt, and blending them with steamed coconut milk and soy sauce decorated with egg and slices of raw fish. It is served in a large banana leaf."

The section on night clubs in Osaka, Japan says of Yen Kyo (p. 312). "Another quality Chinese restaurant... Taste the spring rolls, the chicken in papers, and the vegetable bean curd dishes."

In Chapter 12, "Japan," the section on Tokyo states (p. 692): "One can eat squid, lotus roots, roasted sparrows (head, claws and all), raw lobster, embryonic eggs on a stick, cuttlefish painted with soy sauce, blowfish, mud eel, mock turtle, fermented bean curd, bamboo shoots, and quail's eggs,..."

Note: The 1st, 2nd, and 3rd editions all contain 1008 p.

2481. **Product Name:** Denver To-fu: Soybean Cake.
Manufacturer's Name: Denver To-O-Fu Co.
Manufacturer's Address: 6150 N. Federal Blvd., Westminster (N. Denver), CO 80221. Phone: 808-538-1305.
Date of Introduction: 1962.
Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: 19 oz (538 gm).
How Stored: Refrigerated.
New Product–Documentation: Denver City Directory.

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1962. First listing for Denver To-O-Fu Co. (Kiichi B. Yoshida), soy beans whol[esale], 2430 Larimer. Same listing in 1973.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 899. Directory entry, under "Food Products." In Japanese: Denbaa Tofu-sho (Yoshida). In English: Denver Tofu Co., 2430 Larimer St., Denver, Colorado. Phone: 623-5031.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Denver Tofu Co., 6150 N. Federal Blvd., Westminster (N. Denver). Tel: 426-0122.

Label. 1980, undated. 3 by 2.5 inches. Green on white. "Denver to-fu: Soybean cake. Fresh. Keep refrigerated. Denver Tofu Co., Denver, Colorado 80221." Same design, 1980, 14 oz. size but on plastic film. Orange, black, green and white on clear film.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Haruhisa Yamamoto. Kate Bulkeley. 1988. Denver Business Journal. July 11. "Soy Products New Favor Spices Denver Tofu." Denver Tofu Inc., now owned by president Haru Yamamoto, is 63 years old. He bought the company in 1973, at which time he made about 150 one-pound pieces of tofu a day. Now he makes 2,000 to 3,000 pieces a day.

Talk with Mr. Yamamoto. 1988. Aug. 25. The company was founded in 1925 by a Mr. Sakurai, and was then located in downtown Denver. In about 1960 Mr. Kiichi Yoshida bought the company, and in 1973 he sold it to Mr. Yamamoto. At that time it was located on Larimer St. From the beginning only one product had been produced, a fairly firm tofu coagulated with calcium sulfate. Within 3 months, Mr. Yamamoto moved the plant to 6150 N. Federal St., a much bigger location. In July 1978 Wm. Shurtleff and Wataru Takai visited his plant. In April 1988 the company moved to 3825 Blake St., doubling its production space. It now makes 9 different tofu products plus Soy Drink.

Form filled out by Haruhisa Yamamoto. 1998. July 14. Denver Tofu Co., 3825 Blake St., Denver, Colorado 80205. Phone: 303-298-8638 (298-TOFU). Year and month the company started making and selling tofu: August 1973 [sic, 1925].

2482. **Product Name:** Tofu.
Manufacturer's Name: Tanita Tofu Factory.
Manufacturer's Address: 189a Ponahawai, Hilo, Island of Hawaii.
Date of Introduction: 1962.
New Product–Documentation: Hawaii, Maui, Kauai Island Directory. 1962. Tanita Tofu Factory. 189a Ponahawai, Hilo, Island of Hawaii. Active as of 1967. Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Tanita Tofu Factory, 189-A Ponahawai St., Hilo, Island of Hawaii. Phone: 51220. Hawaii Directory of Manufacturers. 1969. p. 19. T. Tanita Tofu Factory, 189-A Ponahawai St., Hilo, Island of Hawaii 96720. Tofu, aburage.

2483. Anson, M.L. 1962. Oilseed proteins in foods. *Archives of Biochemistry and Biophysics.* Supplement 1. p. 68-77. [23 ref]
• ***Summary:*** "A major occupation of man is to feed plant materials to animals and to use the animals as a source of animal protein foods. It is now possible, by applications of modern biochemistry and technology, to feed oilseed materials into a factory and to come out with protein foods similar to animal protein foods in nutritional value, taste and texture.

"Protein technologies were developed in the Orient thousands of years ago to produce products such as soybean curd and fermentation foods which still play a big role in the protein economies of hundreds of millions of people. The modern oilseed meals now produced at very low price give promise of being very useful in the fight against protein malnutrition in poor countries."

"During World War II, Henry Ford, who had the soybean religion, made large amounts of good 'ice cream' entirely from soy protein and fat, until he was stopped. The Chinese have a variety of cheese made from soybeans."

In the section titled "Ancient foods based on oilseeds," the author discusses soy milk and bean curd (tofu) in detail. He notes that traditional fermented foods serve primarily as a source of flavor, and perhaps of vitamins. "In Japan today scores of thousands of factories, big and little, make the traditional soy foods. These factories use up not only local soybeans but almost 10% of the huge American crop. The Japanese eat much more soy protein than meat protein." Address: 100 Eaton Square, London, S.W.1, England.

2484. Cummins, J.S. ed. 1962. The travels and controversies of Friar Domingo Navarrete 1618-1686. *Works Issued by the Hakluyt Society* (*Cambridge, England*) No. 118. cxx + 475 p. Series 2. 2 vols. See Vol. 2, p. 195-96. Index. 28 cm. [273* ref]
• ***Summary:*** This work contains the "earliest accurate description by a European of food use of soybeans" (T. Hymowitz). The author, Domingo Fernández de Navarrete, is referred to as "Navarette" throughout this book. For details, see Navarrete's 1665 journal entry. Cummins states (p. cxix): "This edition is not a translation of the *Tratados,* for it is limited to the sixth book, namely the autobiographical section of the *Tratados.* Yet the section on tofu is almost identical (except in capitalization, italics, and punctuation) to the first English translation published in 1704 by Churchill and Churchill. The title page notes that this work was "Edited from manuscript and printed sources by J.S. Cummins."

At the very end of Chapter XIII, titled "My journey to Che Kiang and stay there till the persecution," the author describes tofu in China. Note that Chekiang is today the name of a coastal province in eastern China, bounded on

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the north by Kiangsu province, on the south by Fukien [Fujian] province, and on the east by the East China Sea. Writing in the year 1665, Navarrete says (p. 195-96): "16. Before I proceed to the next Chapter, because I forgot it in the first Book, I will here briefly mention the most usual, common and cheap sort of Food all China abounds in, and which all Men in that Empire eat, from the Emperor to the meanest Chinese; the Emperor and great Men as a dainty, the common sort as necessary sustenance. It is call'd Teu Fu, that is, Paste of Kidney Beans.* I did not see how they made it. They drew the Milk out of the Kidney-Beans, and turning it, make great Cakes of it like Cheeses, as big as a large Sive [Sieve], and five or six fingers thick. All the Mass is as white as the very Snow, to look to nothing can be finer. It is eaten raw, but generally boil'd and dress'd with Herbs, Fish, and other things. Alone it is insipid, but very good dress'd as I say and excellent fry'd in Butter. They have it also dry'd and smok'd, and mix'd with Caraway-seeds, which is best of all. It is incredible what vast quantities of it are consum'd in China, and very hard to conceive there should be such abundance of Kidney-Beans. That Chinese who has Teu Fu, Herbs and Rice, needs no other Sustenance to work, and I think there is no body but has it, because they may have a Pound (which is above twenty Ounces) of it any where for a Half-penny. It is a great help in case of want, and is easy for carriage. It has one good Quality, which is, that it causes the different Airs and Seasons, which in that vast Region vary much, to make no alteration in the Body, and therefore they that travel from one Province to another make use of it. Teu Fu is one of the most remarkable things in China, there are many will leave pullets for it. If I am not deceiv'd, the Chinese of Manila [Philippines] make it, but no European eats it, which is perhaps because they have not tasted it, no more than they do Fritters fry'd in oil of *Ajonjoli* (a very small seed they have in Spain and India, which we have not**) which the Chinese make in that City, and is an extraordinary Dainty, of which Europeans do deprive themselves."

Footnotes: "*To fu, or beancurd, is made of the soya beans which were familiar to the servicemen in the East during the Second World War; few of them would 'leave Pullets for it (see Couling 46). **Ajonjoli, oil extracted from sesame (*Sesamum indicum*), used as an olive-oil substitute, a hair-dressing, and for medicinal purposes."

Near the end of Chapter 14, titled "My journey to the Imperial City, and residence there," Navarrete writes (p. 242-43, concerning the period 1666-1669): "19... My two Companions, three Servants and I continued in the Imperial City from the 28th of June till the 13th of September. During this time, bating Fish, Flesh and Wine, the Emperor allow'd all our Expence, as well as theirs; so that we had Rice, Wood, Herbs, Oil, and what they call Teu Fu [tofu] in abundance brought in to us; so that when we went away the Fathers of the Society that remain'd behind were stock'd for a great while with Rice, Wood, Oil and Vinegar." Note: The tofu, being a perishable food, would have been consumed within a day or two.

This first part of this book (p. xix–cxx) gives a detailed biography of Fernández Navarette. It begins: Few men have had more literate enemies and as many inventive biographers as Domingo Fernández de Navarrete (1618-86)..." The best of his life was spent working as a missionary in China, where he was a determined opponent of the evangelical methods of the 'Jesuit Mandarins.' On his return to Europe he wrote an account of China, the *Tratados... de la monarchia de China.* This is an enthusiastic compendium of contemporary knowledge of the Empire, which Navarrete constantly exalts as a Utopian state fit to be imitated by Europe... the author, wherever he went, had an observant eye, an open ear, and an ever ready pen... This edition of Navarette's travels is based on all of [his] writings, but principally upon the sixth book of the *Tratados"* an autobiographical account of his travels. Navarrete was born in 1618 in Castrogeriz, Spain (he was Castilian), and he died in 1686 on the island of Santo Domingo, where he was Archbishop and Primate of the Spanish Indies. In 1635 he became a Dominican friar in Peñafiel, Spain. In July 1645, at the age of 27, he volunteered for the Philippine mission. En route he spent 2 years in Mexico, from Aug. 1646. Landing in the Philippines on 23 June 1648, he did mission work among the Filipino Indians, then taught at the University, where his brilliant, curious mind was recognized. He then joined the Dominicans in China, arriving in Macao in 1658. "From the very beginning he seems to have fallen in love with China and its people," among who he now remained working until the outbreak of the persecution of 1664. He learned the Chinese language well–and loved it. He became very critical and accusing of the Jesuit missionaries in China–which later embroiled him in controversies with them. He reached Canton in March 1666, and spent the next 4 years under house arrest until Dec. 1669. Subsequently he travelled in many countries and underwent frightening adventures, finally arriving back in Spain in Dec. 1674. There, in Madrid, he wrote extensively–starting with his *Tradutos* [*sic, Tratados*] *historicos, politicos, ethicos y religiosos de la monarchia de China* (518 pages, divided into 7 Treatises) in the first half of 1675. In 1677 he was nominated Archbishop of Santo Domingo, where he arrived on 20 Sept. 1677. He died there of an illness in Feb. 1686. Address: King's College, Univ. of London.

2485. Doi, Masaru. 1962. The art of Japanese cookery. Tokyo, Japan: Shibata Publishing Co., Ltd. [x] + 110 p. Illust. (some color). No index. 22 cm. [Eng]

• ***Summary:*** Soy-related recipes include: Tempura sauce (*Tentsuyu*, with soy sauce, p. 5). Miso soup with soy bean curd (p. 5). *Kuya-mushi* (Egg custard with tofu, p. 13). *Kenchin-mushi of Kodai* (Sea bream steamed with tofu

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filling, p. 17). *Kayaku-gohan* (With aburaage, fried soy bean curd, p. 24). *Koya-dofu* (Dry frozen bean curd as an ingredient in sushi, p. 39). *Chirashi-sushi* (With Koya-dofu, p. 46). *Sukiyaki* (With tofu, and shoyu in warishita, p. 50-52). *Mizutaki* (With tofu, and shoyu in tsuke-jiru dipping sauce, p. 58-61). *Yudofu* (With tofu, and shoyu in tsuke-jiru, p. 62-63). *Dote-nabe* of oysters with white miso paste (p. 63-64). *Shigiyaki* of eggplants (With tsuke-miso, p. 66-69). *Teri-yaki* (Meat, fish, with *tare* of 2 parts soy sauce and 3 parts mirin, p. 73-73). Miso soup (with akamiso, shiro-miso, soy bean curd, wakame, etc., p. 94, 96-99). Ohagi (with kinako {soy bean powder} and sesame seeds, p. 106). *Shoyu-sashi*–A small soy sauce dispenser (p. 110).

Also discusses: *Sekihan* (Rice with azuki beans and gomashio, p. 24-25). *Sushi with nori* (p. 37). Toasted *fu*–Light wheat gluten cake (p. 77). "How to make red bean paste. Red beans, 1½ c[ups], Sugar, 9 oz."(p. 106).

Note 1. This is the 2nd earliest English-language document seen (May 2001) that contains the word "Teri-yaki" (or "Teriyaki"). The text reads: "In *Teri-yaki* rich sauce which gives a sheen to ingredients is used as seasoning. *Teri-yaki* is preferred for fatty ingredients."

Note 2. This is the earliest English-language document seen (July 2003) that uses the Japanese word "gomashio" to refer to "sesame salt."

Note 3. This is the earliest English-language document seen (March 2006) that uses the term "red bean paste" to refer to sweet azuki bean paste [*azuki-an*].

2486. Harris, Sara. 1962. House of 10,000 pleasures: a modern study of the geisha and of the streetwalker of Japan. New York, NY: E.P. Dutton & Co., Inc. 273 p. See p. 26. No index. 21 cm.

• ***Summary:*** This is a book about *geisha, pan-pans* or streetwalkers, maikos and *shikoni* (young geisha in training). It is equally a book about self-sacrifice–at times almost spiritual.

Page 26: "All these are either raw or cooked with bamboo sprouts, mushrooms, and persimmons in a heavy soy sauce. Sueko sits beside me all through the meal and feeds me with her chopsticks. Kazuko, dividing her time between them, does the same..."

Note: This is the earliest English-language document seen (April 2012) that uses the term "heavy soy sauce" to refer to a type of Japanese soy sauce.

Page 53: "Laying awake in the darkness, Kimiko heard the sounds of a winter night in Kyoto... The howling of the *oinarisans* peddling pickled rice wrapped in fried bean curd" [*inari-zushi*].

Kyoto's Gion, with its narrow streets, is a geisha section well known throughout Japan.

Pages 55-56: For Kimiko, on ordinary days like this, breakfast "consisted of two pickled plums, a bit of raw fish with soy sauce, and green tea. A small breakfast,..."

Page 60: "For Kimiko's first afternoon at Plum Tree House, lunch consisted of bean soup [miso soup] and hot tea."

Page 67: "Next to the days when she could prove her worth at games of skill, Kimiko loved the days when the peddlers came round to Gion. There was first the *tofu*, the bean-curd man. He walked with his bucket precariously balanced on bamboo poles on his back. How Kimiko enjoyed him whenever she was in possession of *sen* enough to buy some curd for herself and perhaps for Sumiko too! It was fun to eat the curd, and even better fun to treat your best friend. On the days when the *tofu* man stayed away from Gion, the *chindonya* couples were likely to come..." selling candy and lollipops.

Page 71: The long-awaited New Year's morning meal included "*mochi*-cake symbolizing 'happy congratulations,... the crisp seaweed, the fried bean curd,..."

2487. Hayashi, Shizuka. 1962. Problems involved in increasing world-wide use of soybean products as foods in Japan. In: USDA Northern Regional Research Laboratory, ed. 1962. Proceedings of Conference on Soybean Products for Protein in Human Foods. Peoria, IL: USDA NRRL. iii + 242 p. See p. 200-06.

• ***Summary:*** Contents: Price. Quality. Margarine and shortening. Mayonnaise. Miso, shoyu, tofu. Soybean meal. Soy flour. Soy milk. Frozen tofu. Food sources of Japan.

The 400,000 tons of soybeans produced in Japan are used for foods. From approximately 1 million tons of imported soybeans, Japan produces 150,000 tons of oil and 700,000 tons of meal. "Japanese oil consumption is the poorest [i.e. lowest = best] among the world nations. We need to consume oil at more than 5 times the present quantity to reach the level of the western countries." In 1952 Japanese consumption of edible oils was 7.52 gm per person per day, increasing to 11.52 gm in 1960. Soybean oil supplies about 30% of Japan's total oil supply. The main obstacles to greater consumption are price and quality (due to flavor reversion). The leading oil is rapeseed oil. The main oils used in margarine and shortening are fish oil (35.8% of total), beef tallow (25.4%), whale oil (10.0%), and coconut oil (8.0%).

New developments with traditional Japanese soy foods include: Dried, powdered miso in instant form is now available. Soybean meal is now the main ingredient in shoyu, rather than whole soybeans. A few soy milk plants have been erected and bottled soy milk is now sold in the market in limited areas. A certain culture is used to eliminate the beany flavor. Today, soybeans and soybean products provide the average Japanese with 10.6 gm/day of protein (16% of total protein consumption of 67.7 gm), and 7.6 gm/day of fat (28% of total fat consumption of 26.7 gm). During the period 1934-38, average Japanese protein consumption was 54.9 gm per person per day and fat consumption was 13.2 gm (less than half what it is today). Address: Managing Director,

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Japanese American Soybean Inst., Nikkatsu International Building, Room 410, No. 1, 1-Chomo Yurakucho, Chiyoda-Ku, Tokyo, Japan.

2488. Hilbert, G.E. 1962. Foreign research program of U.S. Department of Agriculture on soybean protein products under Public Law 480. In: USDA Northern Regional Research Laboratory, ed. 1962. Proceedings of Conference on Soybean Products for Protein in Human Foods. Peoria, IL: USDA NRRL. iii + 242 p. See p. 93-98.

• ***Summary:*** "For many years, the Department was financing with dollars a farm research program abroad."

"A considerable expansion of our foreign research program was effected a few years ago under Public Law 480. This program of research is financed with foreign currency accruing to the United States from the sale of surplus agricultural commodities, and, in a sense, trades surpluses for research results. Research in the field of economics, forestry, farm, marketing and utilization is carried out under this program. Projects are selected for financing which are of direct interest to the United States and also of interest to the foreign country.

"At the present time, 195 grants or research agreements have been executed in 20 countries in Europe, Asia, and Latin America. Funds are available to initiate programs in an additional 6 countries. Proposals from most of these countries are being processed at the present time. The annual cost of the grants already executed amounts to about the equivalent of $2-2½ million in foreign currency annually. Substantial funds are available for the expansion of this program.

"The Public Law 480 foreign research program is being administered by the Foreign Research and Technical Programs Division, Agricultural Research Service, U.S. Department of Agriculture, in Washington. A regional office has been established in Rome, Italy, to negotiate the costs of grants and administratively supervise the program in Europe and the Near East. A regional office has been established in New Delhi, India, also, to carry out the same functions in the Far East.

"The technical phases of the program–that is, the approval of projects on which grants are executed and the review of progress reports–are handled by the various research divisions in the Department. For example, all projects on the utilization of soybeans fall under our Northern Utilization Research and Development Division. All those dealing with the nutritional aspects of soybeans as a food are under the jurisdiction of the Institute of Home Economics.

"Ideas for new research projects may come from within the Department, from research organizations abroad, from our Research and Marketing Advisory Committees, from national commodity organizations, or from the processing industry. We are indebted to The Soybean Council of America for the interest it has taken in developing our research program on soybeans abroad. The Council has stimulated many foreign research groups to submit projects on improving uses for soybeans. It has brought to our attention, also, important problems on soybeans that need attention.

"In developing a program on soybeans we have been faced with the problem that most countries in which we have funds have had practically no knowledge or experience on the uses of soybeans, and have conducted very little research on their utilization. The opportunity has been very limited for financing research on the utilization of soybeans in laboratories with background experience on its products.

"Fortunately, the activities of UNICEF and FAO, on increasing the protein level of the diet in the developing areas of the world, and the powerful market development program of The Soybean Council of America, have stimulated great interest in many countries on the usage of soy products in the diet. These efforts have facilitated the development of our research program on soy products.

"As the primary emphasis of this conference is on soybean products for protein in human foods, the research work we are financing on soybean oil and fatty acids will not be discussed here. My talk will cover only those projects dealing with soybean proteinaceous foods, and with minor components in soy flour or soybean products which may affect their food value. A dozen or more projects of this kind, in half a dozen countries, are underway or will be shortly.

"At the National Institute of Nutrition in Rome, Italy, we have executed a grant with Professor Visco to finance research on the use of soybean protein products as supplements to wheat flour production of pasta, such as spaghetti and macaroni. The southern part of Italy depends to a large extent upon cereal grains as the main staple of the diet. Raising the protein level and quality of the diet in Italy could be done readily by increasing the protein content of pasta with soy protein products. Professor Visco has set as his objective an increase of 10 percent in the soy protein content of pasta. He believes this amount of soy protein in pasta would provide all the essential amino acids necessary for good nutrition. The Institute has produced pasta containing 10 percent by weight of soy protein. Pasta containing the type of commercial soy protein used was unaltered in cooking quality, but had a slight gray cast and slight change in flavor. The effect of lowering the content of soy protein on color and flavor of pasta is now being investigated. The effect of other sources of commercial soy protein on color and flavor will be studied, also. Professor Visco is interested in following up these studies by conducting nutritional investigations on groups of school children, using pasta fortified with soy protein.

"In Japan, we are negotiating a grant with the Food Research Institute, in Tokyo, for research on dried tofu. Fresh tofu is the most important soybean food in Japan. On

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a dry basis, its protein content ranges from 50 to 60 percent, and fat content from 21 to 50 percent. It has a bland flavor. It is eaten as such usually with soy sauce. Slabs are deep-fat fried [tofu], also, forming an envelope which is stuffed with hot rice. Fresh tofu is made in thousands of small plants, many of them family-run operations. Fresh tofu has a relatively short storage life comparable to that of fresh milk. Dried tofu, which is a spongelike product, has come into production in recent years. It has a shelf life of 6 months or longer. However, the product is inferior to the fresh product in overall eating quality.

"Under the grant to be carried out at the Food Research Institute there will be studied the varietal effect of soybeans, and variation of processing conditions on the physical characteristics and flavor of dried tofu. Fresh and dried tofu have promise in supplementing the diet in the protein deficient areas of the world.

Miso is another important soybean food used in Japan. It is produced by the fermentation of soybeans with *Aspergillus oryzae*. The most popular use of miso in Japan is in soup. Miso soup plays an important part in the standard Japanese breakfast. Because of uneven uptake of water, not all varieties of soybeans can be used, or only with difficulty, in the traditional Japanese process for making miso. Most Japanese and Chinese varieties of soybeans are better than most American varieties. In preliminary experiments conducted at the Northern Utilization Research and Development Division, in cooperation with two Japanese miso experts, it was found that dehulled soybeans or soybean grits absorbed water uniformly and yielded excellent miso. Now we are interested in following up these studies on a pilot-plant scale using different varieties of soybeans, and carrying out the fermentation under various Japanese environmental conditions. A grant on this project is being negotiated with the Central Miso Institute.

"As it is produced at the present time, miso has a relatively high salt content. Salt is used in the process to control the microbiological population. Dr. Gyorgy informs me that miso with a greatly reduced salt content might make it more suitable for feeding infants and young children. The development of procedures for producing miso containing very little salt might broaden its usefulness." Continued. Address: Director, Foreign Research and Technical Programs Div., USDA, Agricultural Research Service, Washington 25, DC.

2489. Hilbert, G.E. 1962. Foreign research program of U.S. Department of Agriculture on soybean protein products under Public Law 480 (Continued–Document part II). In: USDA Northern Regional Research Laboratory, ed. 1962. Proceedings of Conference on Soybean Products for Protein in Human Foods. Peoria, IL: USDA NRRL. iii + 242 p. See p. 93-98.

• ***Summary:*** Continued: A related project on miso is under consideration in Israel. This is based upon producing a miso-type product from controlled amounts of oil ranging from none to that originally present in the bean. Japanese miso contains all the oil present in the bean.

"We are negotiating one other project with the Food Research Institute in Tokyo. This project deals with the development of procedures for producing a yogurt-type product from soy milk, and obtaining information on the changes that occur in the soybean components in the transformation. It is planned to have cooperative investigations on the nutritional value of the fermented soy milk conducted at the Institute of Nutrition Research under Dr. Arimoto. Although soy milk has been used for many years in the Orient as an infant food, the expansion of its use has been very slow, particularly in the underdeveloped areas of the world. At times, difficulties have been encountered in its large-scale production due either to lack of technical knowledge or to inadequate control methods. Soy milk may cause diarrhea or flatulence in some infants.

"It is possible that fermented soy milk may have advantages over soy milk. One potential advantage of fermented soy milk is that the acid may destroy undesirable microorganisms that too often occur under unsanitary conditions in underdeveloped areas of the world. The widespread use of yogurt in the original primitive areas of Northeastern Europe and Northern Asia may well have resulted from the comparatively greater safeness and stability of this product over milk. At the present time, 45 percent of all milk consumed in the USSR is in the form of yogurt, attesting its popularity and the fact that a taste for it can be acquired. Nutritional studies conducted in Europe have shown that yogurt is a highly nutritious product, and that digestibility is increased during the fermentation. Likewise, the fermentation of soy milk may lead to an improvement in its food value. At any rate, our hopes are high on this project.

"Fermented proteinaceous foods are produced and used in Indonesia. Three types are tempeh, ontjom, and ragi. Tempeh was just discussed by Dr. Steinkraus. Onjom is made by fermentation of peanut press cake with molds, probably the genus *Neurospora.* It is a popular food in West Java. Ragi is produced by a yeast-mold fermentation of rice flour and sugar. Little is known about the micro organisms effecting this fermentation. Ragi is not served as food. It is used in recipes for the preparation of other foods.

"More information on the microorganisms used in the fermentations to produce ontjom and ragi, and on the composition of these products, is needed. Similar types of products might be produced using other raw materials abundant in other underdeveloped countries. Knowledge on the quality of protein produced would be helpful in determining the usefulness of such products in upgrading the protein level of the diet.

"A grant is being negotiated with the Bandung Institute of Technology, Indonesia, on the isolation of pure cultures

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of microorganisms present in tempeh, ontjom, ragi, and other Indonesian fermented foods produced by different manufacturers in different parts of Java, as well as other islands of Indonesia. Variations of species used by different manufacturers and in different regions for the same type of food fermentation will be investigated under this grant also.

"Studies will be made of the chemical changes and physical transformations brought about by the pure cultures. This will involve an investigation of the products produced in the fermentations including the proteins elaborated in all except the tempeh fermentation which already is receiving a great deal of attention. Pure cultures of the isolated microorganisms will be studied further and characterized at the Northern Utilization Research and Development Division.

"A number of grants on soybean protein have been executed or are being negotiated with research institutes in Israel.

"One of these deals with the effect of processing conditions on the yield and quality of isolated protein. This grant is being negotiated with Professor Zimmerman, of the Israel Institute of Technology. A great deal of work has been done in the United States and Japan on the commercialization of soy products. Large quantities are being produced, and some are being used for food purposes. However, there is need for more information on processing and drying of soy proteins, and the effect of processing conditions on flavor and nutritive value. This is the kind of research to be carried out in Dr. Zimmerman's laboratory. Also, he will study the flavor and acceptability of isolated soy protein when used in various Israeli-type foods. The effect of processing on the nutritive value of isolated soy protein will be determined by animal feeding tests.

"Although much information has been obtained by Dr. Allan K. Smith and others in the United States on the physical and chemical properties of soy protein, little is known about the complexes of protein in the bean or in the meal. There has been neglected the problem of protein complexes in the native state or formed in soybean oil meal processing operations. Whether protein-phytate complexes exist in the bean or result from interaction during processing operations is unknown. No information is available as to whether nucleoproteins, lipoproteins, and mucoproteins exist in soybeans. we have no knowledge, either, as to the interaction with protein of pigments, metal ions, and carbohydrates during processing of the beans.

"However, these changes affect the color, flavor, and (in view of the sensitivity of lysine) the nutritive value of the protein. This problem on the chemical, physical, and biochemical properties of protein complexes in soybeans will be studied under a grant which is being negotiated with Dr. Katchalski at the Weizmann Institute of Science. Dr. Katchalski's team has a worldwide reputation for the fine work they have done on the structure and modification of proteins. It is an ideal group to investigate this difficult and very important problem, the solution of which may lead to the enhancement of the food value of soy flour and soy protein.

"A grant is being negotiated with Dr. Guggenheim, at Hebrew University, on the development and biological evaluation of protein-rich foods from vegetable sources. Various mixtures of cereals with combinations of soya, sesame, sunflower, and chick peas will be studied. The nutritive value of different combinations of proteins will be assessed on growing rats. In vitro methods of measuring the essential amino acids will be made, also, and compared with levels of amino acids present in the blood of the portal veins of rats following a protein meal. Nutritional evaluation of the protein mixtures on humans will be carried out at a later stage.

"There has been a real need for the development of a rapid chemical method for measuring the biological value of proteins. Such a test would be very helpful in measuring change in nutritive value of proteins, including soy protein or flour, during processing and on storage. we are financing two studies on the development of such a method. One line of work is being carried out at the Israel Institute of Technology under Dr. Zimmerman, and the other at the University of Cambridge, England, under Dr. K.J. Carpenter.

"We are financing three basic investigations on certain minor components of soybeans which may affect the nutritive value of soy products. One of these is a comprehensive study of the simple sugar and oligosaccharides in soybeans. This work is being done at the University of Caen, France. Another investigation deals with a detailed study of the polysaccharides of soybeans, and is being carried out at the University of Edinburgh, Scotland, under Professor Hirst. The third deals with the isolation and characterization of saponins in soybeans and various processed soy products. This study also will include the exploration of methods for inactivating saponins in the processing of soybeans. This work is being done by Professor Bondi, Hebrew University, Israel.

"In this discussion I have summarized, briefly, the various lines of activity we are sponsoring abroad under Public Law 480 on soy protein and proteinaceous soy foods, and related investigations affecting the food value of soy products. It is hoped these investigations in countries where no work on soybeans has been done previously will stimulate additional research on soybeans, and lead to an increased recognition of the importance of soy products in the diet. It is believed these investigations will provide information that should be helpful in guiding efforts to upgrade the diet in protein deficient areas of the world." Address: Director, Foreign Research and Technical Programs Div., USDA, Agricultural Research Service, Washington 25, DC.

2490. Miyashita, Akira. 1962. Kôri-dôfu no rekishi [History

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of dried-frozen tofu]. Tokyo: Japanese National Frozen Tofu Association (Zenkoku Kori-dofu Kogyo Kyodo Kumiai Rengokai). 591 p. Illust. No index. 28 cm. [Jap]
• ***Summary:*** This is the most comprehensive work ever published on the subject. Unfortunately there are few references to sources. However on page 48 is a list of early documents (mostly scrolls and books) in which Kori-dofu is mentioned, as follows: 1624-1643 *Ryôri Monogatari,* and *Kebukiso.* 1648-1651 *Teitoku Bunshu.* 1688-1703 *Wakan Shojin Ryôri-sho,* and *Honcho Shokukan.* 1711-1715 *Toryu Setsuryo Ryôri Taizen.* 1716-1735 *Ryôri Komoku Chomi-sho.* 1748-1750 *Ryôri Sankai-kyo.* 1772-1780 *Shinsen Ryôri Kondate Burui-shu.* 1781-1788 *Tofu Hyakuchi,* and *Tofu Hyakuchin Zokuhen.* 1801 *Ryôri Shinan Taizen,* and *Honso Komoku Keimo.* 1804-1817 *Nihon Ryôri-ho Taizen.* 1818-1829 *Shojin Ryôri-tsu, Ryôri-tsu,* and *Shojin Ryôri Kondate-shu.* 1830-1843 *Toyo Kondate Ryôri Hayashikumi,* and *Ryôri Dokukeiko.* 1848-1853 Morisada Manko (essays).

Concerning the origin of Shimi-dofu (p. 38-39), there is a legend that Takeda Shingen taught how to make Shimi-dofu as well as miso. The areas where Takeda Shingen lived and where Shimi-dofu is sold are about the same, so it seems likely that there is some connection. In the early Edo period (p. 41), when a money economy became more common among the people, Shimi-dofu became a side business for many farm households in the area. In 1638 in Kefukiso? (Haikai-shu), there was a mention of *Matsumaekoku Kan-dofu,* which is Shimi-dofu.

Contents: 1. Origin of kori-dofu. 2. Production of kori-dofu in the Edo period. 3. The group of kori-dofu makers in Kuzushiro of Kishu and the monopoly of selling kori-dofu in Hasa Yama-han and Ishikawa-han. 4. The leaping progress of production of kori-dofu during the Meiji period. 5. The great European war [World War I] and the natural koya-dofu industry. 6. Shinshu Koya style kori-dofu marching out to Kansai. 7. The invention of kori-dofu which expands and softens. 8. The height of prosperity of the artificial freezing method and the downfall of natural kori-dofu. 9. Kori-dofu after the Pacific Ocean war [World War II]. 10. The group of kori-dofu production workers from Tajima who work away from home. 11. Present-day kori-dofu production business. Appendix. Postscript.

Note: The history of kori-dofu as told in this book is summarized in *The Book of Tofu,* by Shurtleff and Aoyagi (see p. 226-29). Kori-dofu was highly valued as a way of preserving tofu, and as a source of work in cold, mountainous regions during the lean winter months.

2491. Muljokusumo, E. Sudigdo. 1962. Tahu [Tofu]. Bandung: Penerbit Tarate. [Ind]*
Address: Indonesia.

2492. Smith, Allan K. 1962. Theories on improving the nutritional value of soybean meal. In: USDA Northern Regional Research Laboratory, ed. 1962. Proceedings of Conference on Soybean Products for Protein in Human Foods. Peoria, IL: USDA NRRL. iii + 242 p. See p. 101-09. [19 ref]
• ***Summary:*** Contents: Cystine-methionine availability theory. Amino-acid mutual supplementation. Trypsin inhibitor and hemagglutinin. Summary. Address: Head, Meal Products Investigations, Oilseed Crops Lab., Northern Utilization R&D Div., Peoria, Illinois.

2493. Smith, Allan K. 1962. Problems involved in increasing world-wide use of soybean products as foods: Technical assistance in developing soybean markets. In: USDA Northern Regional Research Laboratory, ed. 1962. Proceedings of Conference on Soybean Products for Protein in Human Foods. Peoria, IL: USDA NRRL. iii + 242 p. See p. 214-16.
• ***Summary:*** "In Colombia the law requires the addition of a small amount of soy flour to wheat flour. However, I have been informed by a reliable correspondent that although the wheat millers buy the soy flour as required by law, they do not add it to the wheat flour because baking problems have not been solved." Address: Head, Meal Products Investigations, Oilseed Crops Lab., Northern Utilization R&D Div., Peoria, Illinois.

2494. Takai Seisakusho. 1962. Atarashii tôfu no tsukurikata [New methods for making tofu]. Takai Manufacturing Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan: Takai Seisakusho. 35 p. [Jap]
Address: Ishikawa-ken, Japan.

2495. Tsuji, Kaichi. 1962. Tôfu ryôri [Tofu cookery]. Tokyo: Fujin Gaho-sha. [Jap]
• ***Summary:*** Written by one of Japan's great masters of the art of Tea Ceremony Cuisine. The author was born in 1907.

2496. Tsuji, Kaichi. 1962. Gendai tôfu hyakuchin [One hundred rare and favorite tofu recipes for today's world]. Tokyo: Fujin Gaho-sha. 210 p. Illust. 19 cm. [Jap]*
• ***Summary:*** This is a modern version of the famous *Tofu Hyakuchin,* published in 1782. The author was born in 1907.

2497. Ohsawa, G. 1962? Zen macrobiotics: The art of longevity and rejuvenation. New York, NY: Ohsawa Foundation. Printed in Japan. 218 p. Undated. Index. 17 cm.
• ***Summary:*** This is the second printed edition of Zen Macrobiotics. The cover is gray. The author is George Ohsawa. The content is basically the same as the first printed edition, except that (1) Typographical errors on pages 3, 7, and 62 have been corrected; (2) A folded, undated insert, titled "Dictionary of Macrobiotic Terms" was found in this printing between pages 216 and 217 (for details, see below). The insert is 17.0 cm / 6.69 inches high by 30.0 cm / 11.81

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inches wide. Folded crosswise into thirds, it fits perfectly into these books; (3) The information on pages 217 and 218 is different and updated. The following appears on page 218: Brazil (Casa Longavida, Sao Paulo), Sweden (Miss Ilse Clausnitzer, Stockholm), U.S.A. (Ohsawa Foundation, 61, W. 56th St., New York; Ohsawa Foundation, P.O. Box 238, Chico, California; Chico-San, Inc., 64, 5th Ave., Chico, California; Musubi, 61, W. 56th St., New York–Macrobiotic Restaurant).

Concerning the date of publication: Although the date is not given in or on the book, Carl Ferré (who owns an original of this 2nd Japan printing) notes (8 May 2011): "Chico-San is listed. This means it was after Nov. 1961 at the earliest and most likely very early in 1962. I say this because the address given is not the Mangrove Ave. one." "There is no 'Printed in Japan' in this book either but it is so similar to the earlier one that it has to be printed in Japan. It is also undated. It is not 'revised'..."

In the 3-column "Dictionary of Macrobiotic Terms" (insert), for each entry there is the word or term, its definition, and one page number on which that word appears. Because the page numbers refer to pages in this edition, the dictionary was probably published at about the same time as this book–or at the time of the previous edition in 1960. The following is a selection from the Dictionary, with pages given for soy-related words: Aduki: Japanese red bean. Ae: Dressing (vegetables) with soy bean paste [miso], orange juice, etc. (p. 96). Aemono: Japanese salad (p. 88). Age: Fried bean curd. An: Red [aduki] bean jam. Ankake: Pouring [aduki] jam. Bancha: Coarse green roasted a few minutes. Bansho: Bancha with soy sauce (p. 152). Daikon: Long, white Japanese radish. Dango: A dumpling. Dentie: Head of eggplant salted, kept, dried and then burned into a powder. Egoma: A type of sesame seed–most yang. Gobo: Burdock. Gomashio: Sesame salt. Goma Tofu: Sesame curds (p. 87). Goziru [gôjiru, gojiru]: Soup made of grated soy beans and vegetables ("Ziru" means soup in Japanese) (p. 84). Gyoza: A Chinese food–vegetable mixture wrapped in pieces of thin dough. Hako: A mold or box in Japanese. Haru Tea: A very yang herb beverage. Hiziki [Hijiki]: Spindle-shaped, small, black seaweed. Jinenjo: A wild potato or a Japanese yam. Karinto: A kind of deep-fried cookie. Kasha: Russian buckwheat grain preparation. Kayu: Thin rice preparation [porridge]. Kinpira: Burdock and carrots preparation. Kitune [Kitsune]: Boiled rice or noodles cooked with thin fried bean curds [*agé*] (p. 68). Kobu (or Konbu): A (sea) tangle coming from deep ocean waters. Kobu Maki: Kobu stuffed with vegetables. Koi-Koku: A special carp and miso soup (p. 109). Kokkoh: A creamed blended cereal. Konnyaku: A paste made from flour of this Japanese tuberose [tuber]. Kuzu: Powdered plant-gelatine obtained from kuzu plant. M.U. tea: A tea made of 15 blended herb's roots. Matuba [Matsuba]: Pine leaves. Miso: Soy bean paste (p. 65). Miso Ae: Boiled vegetables served with miso cream (p. 96). Misoni: Carrots and onions cooked with miso (p. 129). Mochigome: Glutinous rice. Moti [Mochi]: Rice cake. Musubi: A knot. Nisime [Nishime]: Same as Nituke. Nituke [Nitsuke]: Vegetables sauteed. Nori: Laver or sloke–a kind of seaweed. Ogura: Aduki (red bean) preparation. Omedato: Dessert made of roasted rice and red beans. Originally Japanese word for congratulation. Oshitashi: Boiled vegetables, served with Tamari (p. 97). Ransho: Egg–Tamari preparation. Renkon: Lotus root. Sashimi: Sliced raw fish. Sarashina: A kind of buckwheat dish. Originally it means the name of a place famous for producing good buckwheat. Siitake [Shiitake]: A kind of Japanese mushroom. Sio [Shio]: Salt. Sio Kobu [Shio Kombu]: A kobu (seaweed) preparation. Soba: Buckwheat. Sukiyaki: Fish (or beef) and vegetables cooked a la japonaise. Sushi: A rice preparation. Syo-ban [Sho-ban]: Coarse green tea with soy sauce (p. 101). Tahini: Sesame butter. Tai: A red snapper [fish]. Tamari: Traditional soy sauce (p. 62). Tekka: A preparation of minced lotus root, burdock root, carrot, ginger, and miso (p. 96). Tempura: Japanese process of deep-frying in oil. Tofu: White soya bean cheese (p. 134). Tororo: Wild potato [wild yam]. Udon: Wheat vermicelli or noodle or macaroni. Umeboshi: Japanese plum salted and conserved for years. Ume-sho-ban: Medicinal beverage [containing umeboshi and shoyu] (p. 156). Yannoh (Ohsawa coffee): A cereal coffee made of roasted rice, wheat, aduki, chick peas and chicory. Yomogi: Mugwort (or wormwood). Yuba: Soybean protein prepared into transparent paper-like sheets (p. 77). Zosui: A rice preparation. Zaru: A bamboo basket. Address: Ohsawa Foundation: 331 Riverside Dr., New York City. Secretary Aihara, 44 W. 96th St., New York City, U.S.A.

2498. Ontario Soya-Bean Growers' Marketing Board. 1962? About soybeans: "A know your industry presentation." Chatham, Ontario, Canada. 12 p. Undated. 23 x 11 cm.
• ***Summary:*** Contents: A message from Dick Smith, Chairman, OSGMB. The big three: Soybeans, soybean oil, and soybean meal. Other soybean products: Soybean flour, milk, cheese (tofu), sauce, and sprouts. Where soybeans are grown worldwide. The position of soybeans in world fats and oils production. The import and export pictures in 1961. Production of soybeans by county in Ontario. Marketing the crop. Soybean grades. Activities of OSGMB.

In 1961 Canadian soybean production accounted for only 30.5% of Canada's need for soybean oil, and 31% of the country's needs for soybean meal; the rest had to be imported. In 1954, in order to establish a healthy market situation, OSGMB initiated a soybean export program. "The establishment of this 'second market' has proven its intended worth in helping to maintain price levels in Canada. In 1961, Canadian exports of soybeans and the bushel equivalent of meal and oil totalled 11.7 million bushels." Address: Box 668, 143 Wellington St. West, Chatham, Ontario, Canada.

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2499. Ishiguro, Kôzô. 1963. Studies on pantothenic acid intake. I. Pantothenic acid content in Japanese foods. *Tohoku J. of Experimental Medicine* 78:375-80. Jan. 25 (Chem. Abst. 59:2095). [8 ref]

• ***Summary:*** Tables show: (1) Pantothenic and 4'-phosphopantothenic acid content in foods (Pantothenic acid {Pa A}) is highest in slimy agaric 0.80 mg/100 gm, moderate in stone leek {white part}, stone leek {green part}, and Japanese radish ("Daikon"). 4'-phosphopantothenic acid is very low in the 10 foods listed.

Note: The "slimy agaric" is probably *Stropharia aeruginosa*, commonly known as the verdigris agaric, a medium-sized green, slimy woodland mushroom.

(2) Free pantothenic acid and total panthetine [pantethine] content in foods. The section of the table titled "Pulses" includes the following two values:

Soybeans, dried 0.86 / 0.08.
Azuki beans, dried 1.35 / 0.03.
Black soy beans, dried 0.76 / 0.24.
Soy bean curd ("Tohu") 0.10 / 0.02.
"Abura-age" 0.12 / 0.04
"Miso" 0.37 / 0.17.
Fermented soy beans ("Natto") 1.60 / 0.60.
Peanut 1.80 / 0.20.
Congealed "Tohu" [perhaps dried frozen tofu] 0.12 / 0.02.

The foods with the highest content of free pantothenic acid in this table are: (1) Rice bran 6.50. (2) Pine agaric, fresh 2.00. (3) Peanut 1.80. (4) Natto 1.60.

The foods with the highest content of total panthetine in this table are: (1) Rice bran 2.20. (2) Fresh kantake mushroom 1.20. (3) Natto 0.60.

Note: Pulses generally contain a substantial amount of free Pa A, but are rather poor in total panthetine; however natto is rich in the latter. Address: Dep. of Hygiene, Tohoku Univ. School of Medicine, Sendai [Japan].

2500. Brandemuhl, William. 1963. Soybean history: Aspects of Buddhist influence. Anthropology Dept., University of Wisconsin, Madison. 15 p. Jan. Unpublished manuscript. 28 cm. Summarized as "Early Soybeans Were Spread by Buddhists" in Soybean Digest, July 1963, p. 21. [52 ref]

• ***Summary:*** This research paper (which is not a thesis) was prepared for Anthropology 150a, taught by Dr. R.J. (Robert) Miller. Contents: Purpose of study. Method of study. Botanical history: Naming the soybean, the *Glycine ussuriensis* case, other genetic evidence, claim on the origin of the soybean. Initial utilization. Botanical dissemination. Soybean history–non-botanical: Legend, recorded Chinese soybean history, concluding notes on soybean origin and cultivation history. Buddhist influence on the development of the soybean: Soysauce or shôyu, miso, tofu, natto, ancient soybean food products, the soybean grows.

"Another principal concern of this paper is the Buddhist connection to soybean development. The introduction of soybeans, although an approximation at the very best, coincides quite closely with the spread of Buddhism in Japan. As shown later, Buddhism has a very close connection with soybean history and in many product sectors of soybean development, may have created or at least popularized them" (p. 1).

"Contrary to the above statement I submit the following data which I believe can easily be documented: 1. Emperor Sheng-nung is a mythical character (letter from Herbert W. Johnson, Research Agronomist, USDA / ARS Crops Research Div., Beltsville, Maryland, 30 Aug. 1962). 2. Emperor Shen-nung was a legendary character who cannot be pinpointed to a date of 2838 B.C. (letter from Jung-pang Lo, Research Asst. Prof., Far Eastern and Russian Inst., Univ. of Washington, 6 Sept. 1962). 3. Shen-nung is a mythical ruler, never living at the date attributed to him or at any other date (letter from Edward H. Schaefer, Professor of Oriental Languages, Univ. of California, Berkeley, 6 Sept. 1962). 4. A work attributed to Shen-nung is called *Shen nung pen Ts'ao Ching* but since it contains many Han Period facts (around the beginning of the Christian era) it is believed to be a Post-Han work. This work is first mentioned by T'ao Hung-ching (who edited it) early in the 6th century A.D. (Jung-pang Lo). 5-6. The *Pen Ts'ao Kang Mu* was written by L. Shih-chen (1518-1593) in A.D. 1596 or 1597 (Jung-pang Lo, Schaefer)... 9. The word 'Shiyu' cannot be found in Chinese dictionaries. The name for the soybean in China being 'Ta-tou,' meaning big bean (Jung-pang Lo)."

"Concluding notes on soybean origin and cultivation history: *The Book of Poetry* (Shih-ching) mentions boiling shu (pulse) and the *Erh-ya* (a Chou period lexicon, authorship attributed to Confucius or his disciples) mentions Jung-shu. Kao yu, the commentator, remarked that the Jung-shu (pulse of the Hu people) which was also known as Ta-tou (the soybean). Jung was a term used by the Chinese in the Chou period for the non-Chinese people of the North and Ju was a term used by the Chinese people of the North and West. This would seem to indicate that the soybean was introduced to China from the non-Chinese people of the North. Also supporting this is the *Chou-shu* by Hsi meng, in which there is a reference to Shan-jung shu (pulse of the Jung people of the mountains). A commentator explains that the Shan-jung were tribes in the Northeast (Manchuria).

"The Kuang-Tzu contains a passage saying that after Duke Huan of Chi (7 B.C.) defeated the Shan-jung the Jung-shu came to be known throughout China. Chia su-hsieh (5 A.D.) in his book *Ch'i-min Yao-shu* (Ts'tung-shu Chi-ch'eng, editor) quoted the *Shen-nung pen Ts'ao* as saying that Ta-tou (the big bean) was the Hu-Tou (Hu peoples' bean) which Chang Ch'ien brought back from his exploration of central Asia in the first century B.C., there being two varieties. In the Han period both Ts'ui shih and Fansheng in their books on farming techniques mention cultivation of the Ta-tou and

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its use in famine relief. The *Pen Ts'ao Kang Mu* (1596), mentioned earlier, has a long discourse on the medical properties of the Ta-tou (Jung-pang Lo)."

"Buddhist influence on the development of the soybean: Although references to the Buddhist influence on soybean development are particularly sparse I believe Buddhism deserves credit for initiating the spectacular expansion of soybean utilization in Japan which triggered utilization in the rest of the world. The Buddhist connection is certainly true if oil utilization is excluded. Below lie the reasons for my belief.

"Buddhism was introduced into Japan around 500-600 A.D. (Bush 1959, p. 28-29). Among the priests the traditional hate of flesh was present and agriculture of the field type was encouraged by the government (Tezuka 1936, p. 13). The introduction of soybeans fits well into this historical development. The recent finding of soybean seed in *Shôso In* (Japan) which was established in the Nara era for the storing of legumes of that era that were introduced from China (Nagata 1960, p. 97) proves as does the record of ceremony and taxation system of the Nara era (Nagata, p. 75) that soybeans did exist in Japan at that time.

"Soysauce or more properly shôyu, the now renowned Japanese flavoring, is said to have originated during the Chou dynasty (1134-246 B.C.) (Komiya 1955, p. 14) and was introduced into Japan when Buddhism was being established although not becoming popular until 1300 (Joya 1951, p. 31-33).

"Miso, soybean paste, is a much used breakfast and soup dish in Japan that was introduced to Japan from China or Korea (Horvath 1927, p. 83). It was definitely used by the priests when they first entered Japan, in fact they popularized it among their new vegetarian converts (Joya, p. 21-23).

"An ancient Chinese book states that the Philosopher Hamintze, a prince of the Han dynasty, was the inventor of Tofu or soybean curd (Horvath, p. 6) while another source attributes the tofu innovation to the Chinese Philosopher Whai Nain Tze (Piper & Morse 1923, p. 234). The manufacture of soybean curd (tofu) was started in China in 164 B.C. during Emperor Hwai Wen's reign by Liu An, duke of Hwai Nan. Liu An was a great friend of the Buddhist monks and it seems quite likely that he made this bean curd to provide a change or delicacy to break the monotony of the monastic ration." Note: Whai Nain = Huainan. Liu An was the duke (*tze*) of Huainan. So all of these people are one and the same person.

"Tofu was introduced into Japan from Korea for the first time during the Toyotomi government (Horvath, p. 73) and was undoubtedly introduced into Japan from China by the Buddhists (Piper & Morse, p. 234) being used for their daily food before it was generally used (Horvath, p. 73).

"The true Buddhist monk was carried through the period of childhood growth on a rather heavy diet of bean curd (Horvath, p. 17). Even the naming of soybean curd has its esoteric connotations as the Classical Chinese name for tofu is Li chi which probably means morning prayer (Horvath, p. 72).

"Natto, a sort of vegetable cheese prepared from soybeans has long been used by the Buddhists and is now used extensively by the Japanese (Piper & Morse, p. 224).

"Buddhism seems to have been a major reason for the development of Japan for main soybean products. With the existence of these products Japan opened the world to soybeans." Address: Univ. of Wisconsin, Madison, Wisconsin.

2501. Senti, F.R. 1963. Soybeans–Their future as a food and feed crop. *Soybean Digest.* Jan. p. 16-20.
• ***Summary:*** "A thorough survey of the present and potential markets for both the oil and meal fractions of the soybean." Discusses food uses of soybean oil, fats and oils used in margarine (1946-61; graph), sources of high-protein concentrates or livestock and poultry feeds (1937-61; graph), polyunsaturated fatty acids in the U.S. diet, feed and food uses of soybean meal, growth in oilseed meal consumption, tofu, miso, tempeh, UNICEF's clinical trial with soy beverage for infants in Taiwan, Public Law 480 and soya. To date 12 projects sponsored by the NRRL and funded by P.L. 480 on various food aspects of soybean utilization have been activated in Italy, Spain, Scotland, Finland, Israel, and Poland.

Figure 1, "Fats and oils used in shortening (1946-61)" is a graph showing that in 1945, soybean oil was the main oil used, followed by cottonseed oil, with animal fats a distant third. In 1961 soybean oil is still the leader (47.6% of total fats used), followed by animal fats (33.3%), then cottonseed oil (16.7%).

Figure 2 is a graph showing that per capita consumption of liquid edible oils increased from about 6.2 lb in 1945 to 11.2 lb in 1961.

Figure 3, "Fats and oils used in margarine (1946-1961)" is a graph showing the total increasing from about 450 million lb in 1946 to about 1,350 million lb in 1961. In 1946 soybean oil and cottonseed oil each accounted for about 50% of the total oil. In 1961 soy oil accounted for about 78% of the total, followed by cottonseed oil and corn oil. Address: Director, NRRL, Peoria, Illinois.

2502. Reuter. 1963. New uses of cottonseed oil: Contract for research. *Times of India* (*The*) (*Bombay*). Feb. 7. p. 1.
• ***Summary:*** Washington, DC, Feb. 26. The USDA yesterday announced the award of two contracts to Indian and Japanese scientists.

A 2-year contract worth $9,972 was awarded to the Japan Tofu Association of Tokyo. It would enable Japanese scientists to evaluate the suitability of U.S. Soyabean varieties for making fresh tofu, a major source of food protein in the Japanese diet.

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Note: This is the earliest article or ad seen (Sept. 2010) in *The Times of India* that contains the word "tofu" in connection with soybeans.

2503. Nakamura, Sadaichi. 1963. Asukorubinsan no shokuhin kakô e no riyô ni kansuru kenkyû. II. Tôfu-chû no asukorubin san no anteisei ni tsuite [Research on the use of ascorbic acid (vitamin C) in food processing. II. Stability of ascorbic acid in soybean curd (tofu)]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 10(2):67-69. [20 ref. Jap]
Address: Osaka Furitsu Daigaku, Nogyo Tanki Daigaku-bu. Osaka-fu, Minami Kochi-gun, Mihara-cho.

2504. O'Neal, Mary Lee S. 1963. Living in Japan an adventure: Youth section. *Christian Science Monitor.* March 8. p. 17.
• ***Summary:*** The writer's husband and family were sent to Japan by the U.S. Air Force. After several months they found themselves oriented to their new way of living–along with the inconveniences involved. They have become adept at eating sukiyaki with chopsticks at Japanese restaurants. "We have learned to recognize the tofu man piping a little horn as he goes to Japanese doors selling bean curd."

2505. Fukamachi, Chiharu; Abe, Kazuyoshi; Watanabe, Tokuji. 1963. Fukuro-iri tôfu genryô toshite no funmu kansô tônyû ni tsuite [Qualification of spray-dried soybean milk as the material of bagged tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 17. p. 129-31. March. Reprinted from Nippon Shokuhin Kogyo Gakkaishi 9:13 (1962). [4 ref. Jap; eng]
• ***Summary:*** Spray-dried whole soybean milk has recently appeared on the market in Japan. Tofu made with this milk was found to be excellent in firmness and its ability to hold water, compared to tofu made from fresh soymilk. For making bagged tofu, it is recommended that a mixture of dried and fresh soymilk be used, with 40% of the solids coming from the dried soymilk. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2506. Fukamachi, Chiharu; Abe, Kazuyoshi; Watanabe, Tokuji. 1963. Tôfu genryô to shite no dasshi daizu ni tsuite [Qualification of defatted soybean meal as a material for making tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 17. p. 132-34. March. Reprinted from Nippon Shokuhin Kogyo Gakkaishi 9:16 (1962). [3 ref. Jap; eng]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2507. Fukamachi, Chiharu; Abe, Kazuyoshi; Watanabe, Tokuji. 1963. Tônyû no gyôko ni oyobosu tenkabutsu no eikyô ni tsuite [Effects of additives on the coagulation of soybean milk by calcium salt]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 17. p. 135-39. March. Reprinted from Nippon Shokuhin Kogyo Gakkaishi 9:19 (1962). [9 ref. Jap; eng]
• ***Summary:*** Tofu was coagulated with calcium sulfate calcium chloride, and sulfuric acid to compare their hardness and volume. The quality of the curd made with the acid was similar to that made with calcium chloride. Although the curd made with calcium sulfate was very soft and voluminous, it became smaller and harder and smaller in volume when a small amount of acid was added. Various kinds of agents were added to the soymilk before precipitation by calcium chloride to try to get a soft curd. Among these agents, sodium citrate and sodium polyphosphate seemed to be effective in making tofu softer and more voluminous, probably because of their high pH and their ability to increase the water-holding capacity of soy protein. Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2508. Watanabe, Tokuji; Abe, Kazuyoshi. 1963. Kakushu san-rui oyobi en-rui ni yoru tônyû no gyôko ni tsuite [Studies on the coagulation of soybean milk by various kinds of acid and salt]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 17. p. 140-43. March. [5 ref. Jap; eng]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2509. McEachern, Margaret. 1963. Symphony of sounds tells time in Tokyo: Centuries-old street calls. *Christian Science Monitor.* May 25. p. 15.
• ***Summary:*** Tokyo–The Japanese housewife doesn't need a clock to tell the time of day. She only needs to listen to the distinctive calls from her street.

"The day begins with the call, 'Natto... natto...' in a high youthful voice." That is the sound of a teen-age boy making his rounds as he sells his fermented [soy] beans–a little delicacy that is tasty and nourishing. Japanese housewives use natto in soup, seasoned with soy sauce, served over rice.

The Japanese may be the only people who enjoy soup in the morning. This soup, called *misoshiru*, "consists of 'miso,' or fermented bean soup [sic, fermented soybean paste] with vegetables and fish."

In the late afternoon one hears the eerie sound of the [soy] bean-curd seller. He carries his produce in wooden buckets attached to both ends of a long bamboo pole.

Note: The writer is apparently unaware that natto, miso, and tofu are each made of soybeans–for that word does not appear in the article. A photo shows a housewife shopping in Tokyo.

2510. Machida, Yoshiro. 1963. Seisei daizu tanpaku no yotô [Utilization of refined soy protein]. *Shokuhin to Kagaku* (*Food and Science*) No. 38. May. p. 42-47. [Jap]

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2511. Senti, Frederic R. 1963. Current status of soybean utilization research under P.L. 480. *Soybean Digest.* May. p. 28, 30-34.
• ***Summary:*** This is the third in a series of USDA research reports under the P.L. 480 program. Discusses progress on active projects: Soybean oil in Seville, Spain; Chemical changes in sterols during refining of soy oil by Prof. H. Niewiadomski in Gdansk, Poland; Flavor stability of soy oil in by Prof. Y. Toyama at Toyo Univ. in Japan; Improving the frying quality of soybean oil by Prof. G. Varela at Univ. of Granada, Spain; Meal constituents.

Oriental foods: Production of shoyu (soy sauce) using U.S. vs. Japanese soybeans, use of dehulled soybean grits for making miso, miso-type food in Israel, use of U.S. soybeans in making tofu, or soybean curd, by the Japan Tofu Association, Tokyo.

Industrial applications: Polymerization studied in Milan, Italy. Soybean constituents. Oriental foods #2: Dried tofu in Japan, *Saccharomyces rouxii* yeast in shoyu and miso, development of fermented products from soybean milk in Japan, fermented soybean cheese in Taiwan, fermented soyfoods (tempeh, ontjom, ragi) in Indonesia.

Domestic research for increasing imports: Work with soy oil, UNICEF trainees from Brazil studying tempeh, projects saponins, protein complexes, and isolated protein quality in Israel.

A small portrait photo shows F.R. Senti. Address: Director, Northern Utilization Research and Development Div. (also known as the Northern Regional Research Lab.), Agricultural Research Service, USDA, Peoria, Illinois.

2512. Strayer, George M. 1963. Development of the Japanese market for soybeans: The first and largest U.S. market development project for soybeans and soybean products. *Soybean Digest.* May. p. 13, 16.
• ***Summary:*** A good historical overview of the American Soybean Assoc. soybean program in Japan, from Strayer's speech presented at the Agricultural Trade with Japan conference in Chicago.

"For a long period of years Japan has produced a sizable tonnage of soybeans, a part of them in the northern island of Hokkaido, and a part of them grown on the other islands largely on the dikes or dividers around the rice paddies. But these supplies were not adequate to fill their needs, so considerable tonnage was imported from China and Manchuria each year.

Note: By 1886 Japan was producing 11.5 million bushels of soybeans a year; most were consumed as food (Tamari 1886).

The conquest of the Red Force [Red Army] in China, followed by the Korean episode [Korean war], cut off these Chinese supplies. The American military government shipped supplies of U.S. soybeans to Japan in the years immediately following World War II, as a source of protein for the Japanese people. The Japanese were also importing soybeans from Manchuria during these years, and at the same time Japanese interests owned processing facilities in Korea and in Dairen and Port Arthur of Manchuria. The Korean episode ended all that, and Japan found herself badly in need of a source of supply for her protein.

"During this same period things had been happening on American farms. At the start of World War II we were the world's largest net importer of fats and oils. The sea lanes were cut off, and we doubled and redoubled our soybean production as a means of supplying our requirements of fats and oils. We increased soybean production from 60 million bushels to over 180 million bushels during the war years. We learned what soybean oil could do in human foods and in industry, and what soy protein could do in contributing to economic livestock production. So, in the years since the war ended we have continued to increase soybean production from 180 million bushels per year to a predicted 725 million bushels in 1963. Today we are the world's largest net exporter of fats and oils and oil bearing materials.

"Early export troubles: As this process was going on Japan was restoring her economy, putting her people to work, increasing their incomes and their demand for food. Soybeans were being purchased from the United States but they were produced and handled mechanically, delivered in bulk, and the Japanese buyers were not accustomed to this type of handling and production nor happy with our beans. When I first went to Japan in 1955 we had a market for about 250,000 metric tons of soybeans but we were in trouble. I spent 6 weeks contacting the trades people, seeing for myself just what problems confronted us. A gentleman from the grain grading branch of the U.S. Department of Agriculture joined me, so that agency might understand our soybean sales problems. When we came home we agreed to try to do something about the situation.

"Exporters were appraised of the situation in meetings at export ports. Growers were told what the Japanese market demanded. Sampling and grading was tightened up. Japanese buyers were taught how to buy on our federal grade basis to get the desired quality. A Japanese firm was employed to make impartial samplings and grade determinations on the basis of our U.S. federal grades on cargoes as they arrived in Japan. By focusing much attention on our problems and their solutions we solved them–today U.S. soybeans are not only accepted but preferred in the Japanese market by most buyers, especially the oilseed crushers. Our quality is better, the oil content higher, our supply more dependable.

"In 1955 Japan was buying about 250,000 tons of soybeans per year from us. This seemed to be only a small portion of the potential, for per capita consumption of both oil and protein was far below levels necessary for proper nutrition. In early 1956 the American Soybean Association signed a contract with Foreign Agricultural Service to

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use some Japanese yen accrued under Public Law 480. A contractual working arrangement was worked out with the five trade groups in Japan representing the major users of soybeans plus the importers, and an office was established in Tokyo in April 1956. A campaign to increase per capita consumption of soybean food products was launched, using a variety of approaches.

"Working closely with the Ministry of Health, the Ministry of Agriculture, with private promotional organizations and with the miso, tofu, shoyu and oil trade groups a concerted campaign was carried on the educate the Japanese housewife on the functions of protein and oil in the human diet, and with the necessity of providing proper amounts of both in the meals prepared for her family. Very naturally, the Japanese, who had used soybeans for centuries, turned to soybean food products because of availability, price, and knowledge of how to use them."

Today Japan buys 1.2 million tons–42 million bushels– of U.S. soybeans a year, "and we visualize further increases to nearly double those figures by 1970."

"Last year Japan paid U.S. farmers about $100 million for soybeans."

Photos show: (1) A tofu maker in Japan selling tofu from a wooden box on the back of his bicycle to a group of laughing Japanese housewives. (2) Participants in the Agricultural Trade with Japan conference. Left to right: Ferenc Molnar, operations assistant, Soybean Council of America. V.H. Hougen, chief foreign marketing branch, fats and oils division, Foreign Agricultural Service, USDA; David G. Wing, vice president of the Soybean Council. Geo. M. Strayer, American Soybean Assoc. executive vice president. Howard E. Grow, assistant to ASA executive vice president. Address: Executive Vice President, American Soybean Assoc.

2513. Watanabe, Tokuji; Fukamachi, Chiharu; Abe, Kazuyoshi. 1963. Daizu tanpakushitsu no teionshori ni yoru seijô henka. II. Daizu tanpaku gyokobutsu no tôketsu ni yoru seijo henka [Studies on the changes of the properties of soybean protein by freezing. II. Changes in soybean protein curd]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 10(5):167-69. [2 ref. Jap] Address: National Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2514. Hackler, L.R.; Hand, D.B.; Steinkraus, K.H.; Van Buren, J.P. 1963. A comparison of the nutritional value of protein from several soybean fractions. *J. of Nutrition* 80(2):205-10. June. [6 ref]
• ***Summary:*** In PER studies, several soybean fractions were fed to weanling rats. The results were somewhat surprising in that they indicated that the "residue from water extraction," or water-insoluble fraction, was the most nutritious.

Unextracted [full-fat] soybean flour was prepared by soaking dry soybeans overnight at room temperature in 3 times their weight of water. The beans were dehulled using a vegetable peeler and water flotation. The dehulled soybeans were drained, steamed for 1 hour at 100ºC, frozen at -40ºC then freeze-dried whole. The beans were then ground finely (through the 023 screen of a Rietz Disintegrator) with water. The soymilk and solids were separated in a plate filter while the milk was still cold. The soymilk was then cooked for 1 hour at 100ºC, concentrated, frozen, and freeze dried.

The PER for the different fractions and for casein were as follows: Casein 2.86, residue 2.71, dehulled soybean 2.51, curd [tofu] 2.20, soymilk 2.11, whey 1.93. Address: New York State Agric. Exp. Station, Geneva, New York.

2515. Smith, Allan K. 1963. Foreign uses of soybean protein foods. *Cereal Science Today* 8(6):196, 198, 200, 210. July. [28 ref]
• ***Summary:*** Contents: Introduction (world food shortages). Technological assistance (by NRRL). Oriental traditional foods: Tofu, shoyu or soy sauce, miso or soy paste, monosodium glutamate, natto and kinako, soy beverage, tempeh (tempe). Recent food developments. Address: NRRL, Peoria, Illinois.

2516. *Hartford Courant* (*Connecticut*). 1963. Today we look for new ideas from the Japanese. Aug. 11. p. 1D.
• ***Summary:*** A glimpse of home life in postwar Japan, with six photos and an illustration of a mother with a baby on her back and a child standing beside her. A typical day's menu for a middle class family is: "Breakfast: bean paste [miso] soup, rice, pickled vegetables and seaweed, Tofu, which is a bean curd, like custard, and green tea."

The evening meal, usually served Japanese style, includes "cooked or pickled vegetables, tofu bean curd custard, a clear soup and some fresh fruit... washed down with many tiny cups of green tea."

2517. Mitani, Kazuma. 1963. Edo shôbai zu-e [Illustrations of merchants, artisans and peddlers during the Edo period in Japan]. Tokyo: Seiabo. 271 p. Illust. No index. 20 x 27 cm. [Jap]
• ***Summary:*** A stunning book, filled with large, lovely illustrations (mostly wood-block prints or line drawings) from the Edo period (1600-1867) in Japan. Soy-related illustrations:

(1) A tofu shop (p. 18), showing a man sitting on a wooden lever-press pressing the soymilk out of cloth straining bag while his wife, with a baby on her back, turns a hand-turned stone mill that grinds soaked soybeans into a smooth puree, which falls into a wooden tub. Large blocks of tofu are shown immersed in cold water in a sort of wooden sink, with a tofu knife on top. In the background, up a step inside the house, an elderly person is deep-frying tofu.

(2) A tofu seller (p. 19), walking in the street with two

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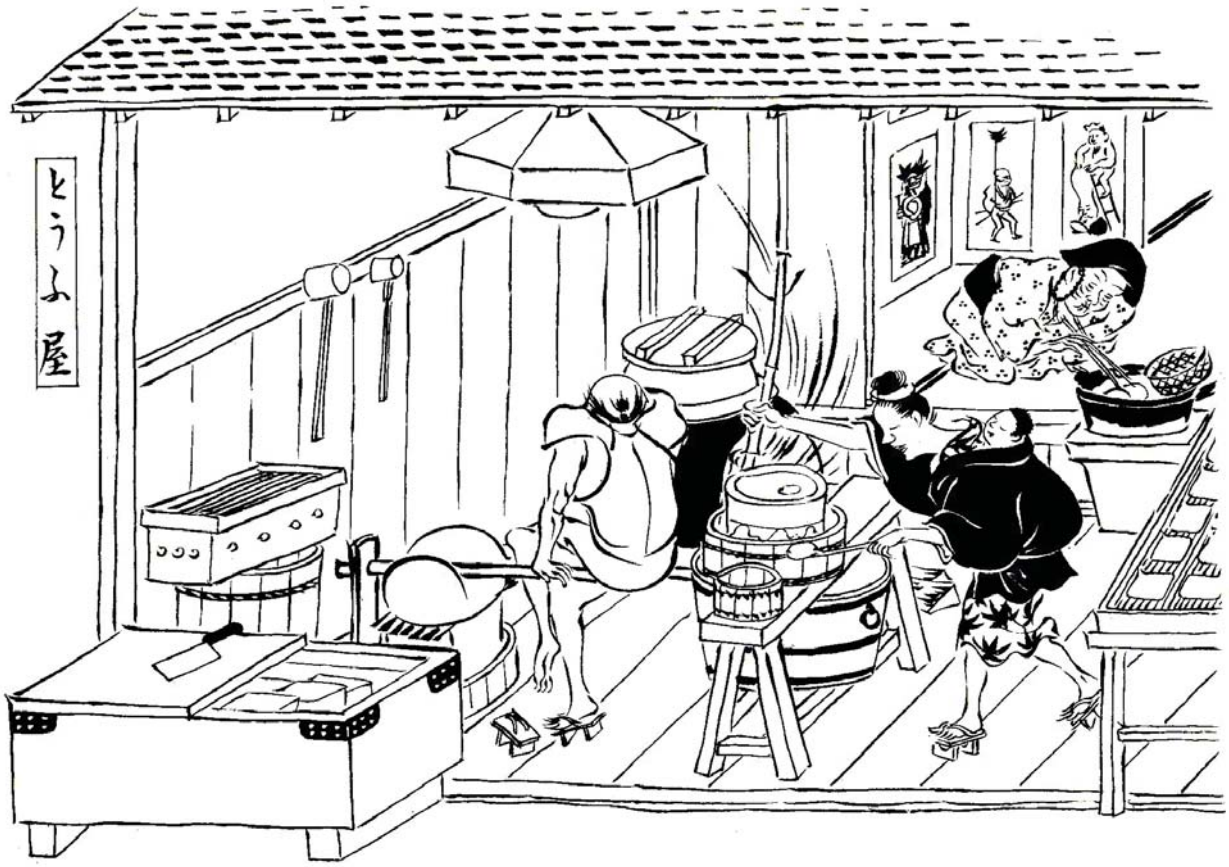

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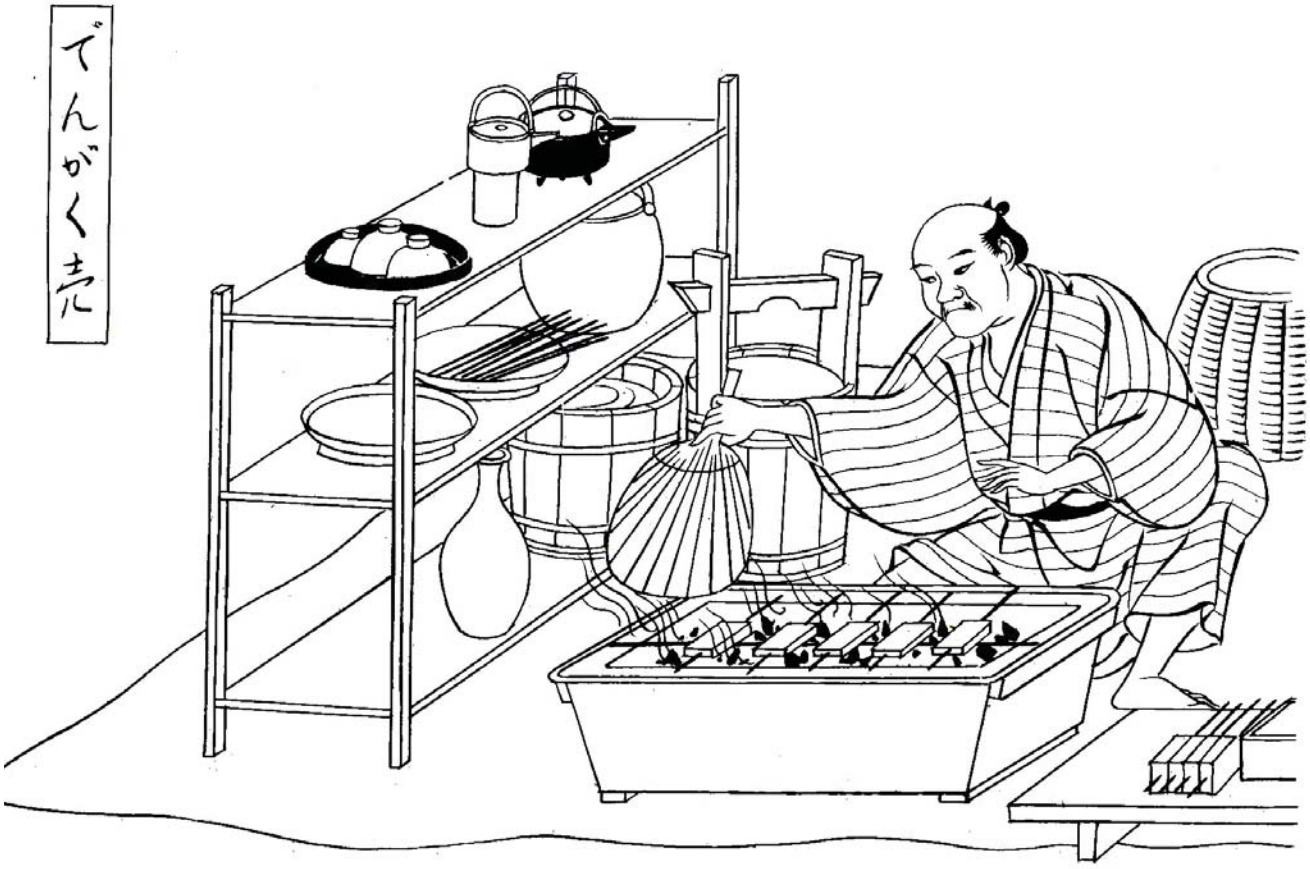

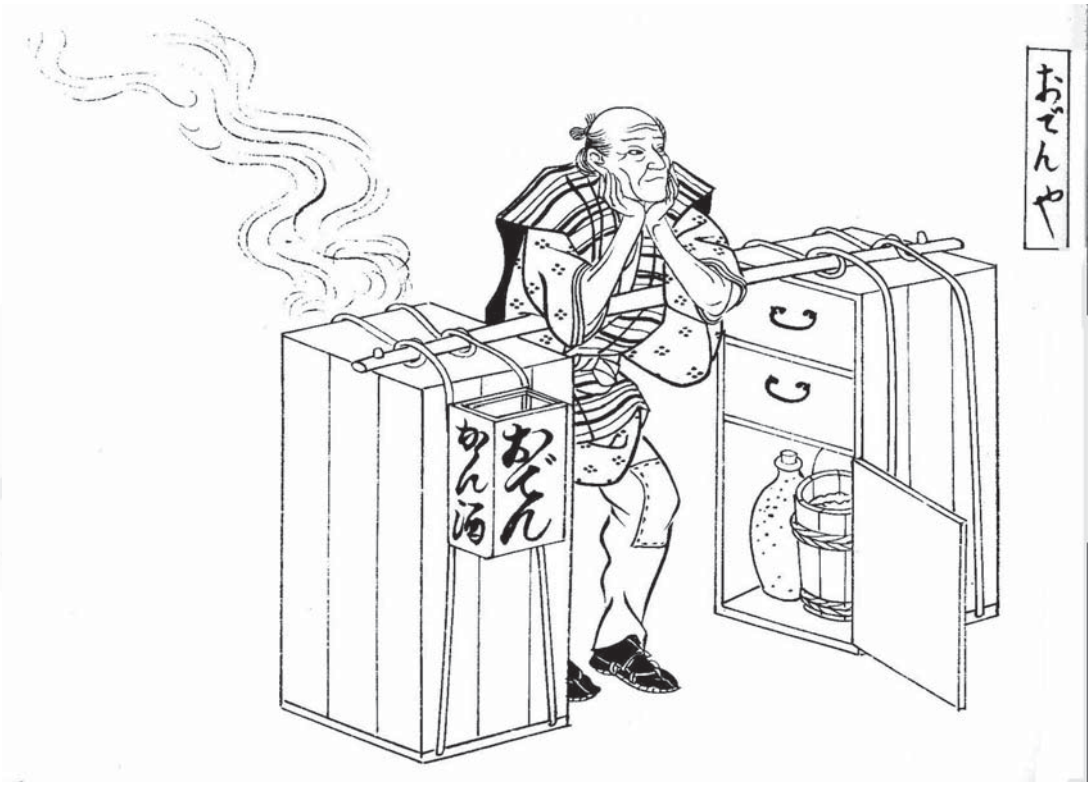

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wooden tubs of tofu at both ends of a shoulder pole. He is wearing getas on his feet and a large round straw hat.

(3) A shoyu seller (p. 23), walking in the street from door to door with several layers of wooden tubs at both ends of a shoulder pole and a kerchief over the head.

(4) A man in a shop with Kinzanji hishio in wooden vats of various sizes, each bound by braided bamboo hoops (p. 26).

(5) A woman in a kimono (p. 26), serving two cups of amazake.

(6) A man selling dengaku (p. 28), skewered tofu above hot coals in a brazier. He is fanning the coals and hunkering behind the brazier.

(7) A seller of oden (p. 29). He is standing, resting on the shoulder pole, which rests atop two tall boxes.

(8) A man making Inari-zushi (p. 49) at a street stall. An illustration below the roof shows a fox running.

(9) A man selling woven bamboo baskets and miso strainers (*zaru* ya *miso-koshi*) (p. 210).

(10) A woman (*edamamé uri*) with a child on her back as she walks (p. 239), selling edamamé (green vegetable soybeans) in a basket under her right arm.

The author collected these illustrations from many sources; the source of each is given in an "accompanying source book"–which we have been unable to locate. He re-drew each of the old originals, but tried to be true to the original. He eliminated a few things that he felt were not needed in some illustrations and added a few more things to others to make them clearer for today's readers. There are no illustrations that he created. Most of the originals are from the mid-Edo period, especially the Kansei, Bunka, and Bunsei eras (1789-1830), with 2-3 things from the Kyoho period (1716-1735).

To make this book he went to many libraries, archives, and other places where historical documents are kept; he was helped by many other people. He was born on 15 March 1912 (Meiji 45). He graduated from Tokyo Bijutsu Daigaku. Nihon ga-ka (Tokyo Fine-Arts Univ., Japanese Art Dept.). He is a member of the Bijutsu Shuppan Renmei (Art Related Publishing Bureau). He presently lives at Setagaya-ku, Tokyo. The book has a detailed table of contents, but no index. Address: Japan.

2518. Machida, Yoshiro. 1963. Shokuyô daizu tanpakushitsu to sono atarashii yôto [New uses of edible soy protein]. *Nippon Yukagaku Kyokaishi* (*J. of the Japanese Oil Science*

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Society) 11(8):461-67. Aug. Bessatsu. [10 ref. Jap]
Address: Sugiyama Industrial Chemical Research, Tokyo, Japan.

2519. Rosenvold, Doris; Rosenvold, Lloyd. 1963. Rx recipes: A guide to healthful food preparation. Montrose, Colorado: Rosenvold Publications. Citadel Agencies, P.O. Box 135, Fairfield, Washington 99012. vii + 186 p. No index. 23 cm. Spiral bound.
• ***Summary:*** This vegan cookbook contains no foods from animal sources except honey. It was developed primarily to help patients with food allergies and cardio-vascular problems. Soy milk, soy flour, soy grits, and whole dry soybeans are used extensively throughout the book. Chapter 9, "Milk and Cream Substitutes," gives recipes for pecan milk, unsweetened walnut milk, almond cream, coconut milk, soybean milk, Loma Linda Soyagen (powdered), cashew cream, cashew milk, and walnut milk.

Chapter 11, "Entrees," contains recipes for: Creamed soy beans. Green soy beans. Supreme loaf (with Vegeburger plus Yeastex or Savita). Walnut roast (with rich soy milk). Scrambled "eggs" with Smokene (and soy cheese/To-fu). Scrambled "eggs" with chives (with soy cheese [tofu] and soy milk). To-fu with mushrooms. Baked rice and cheese (with to-fu). Scrambled "eggs" plain (with soy cheese [To-fu] and rich soy milk). Soy beans (boiled). Soy bean croquette. Soy bean loaf. Soy bean patties (with soy cheese [tofu]). Baked soy beans.

Chapter 19, "Foreign Dishes," contains a recipe for "How to make to-fu" (using Loma Linda Soyagen powder, curded with lemon juice), plus two tofu recipes. The companion volume to this book is titled *Nutrition for Life.*

2520. Tamura, T. 1963. Tônyû no gyôseki to denkaishitsu no gyôseki-ka [Coagulation numbers for soymilk and its electrolytes or salts]. *Kogyo Kagaku Zasshi* (*J. of the Society of Chemical Industry, Japan*) 66(8):1224-27. Aug. (Chem. Abst. 61:7615g). [7 ref. Jap]
Address: Osaka Furitsu Kogyo Shoreikan, Osaka-shi, Nishi-ku, ?-shima, kami-machi.

2521. Nelson, Kay Shaw. 1963. Humble vegetable with a glorious past: In praise of the lowly pumpkin. *Christian Science Monitor.* Oct. 25. p. 17.
• ***Summary:*** In the USA we think of pumpkins in connection with Halloween jack-o'-lanterns, pumpkin pie, and Cinderella. "In Japan the whole pumpkin, scooped out and filled with a mixture of minced chicken, sliced carrot, mushrooms, soy sauce, sugar, tofu, green peas, and eggs, is steamed." Address: Washington, DC.

2522. Muto, Shizuko; Takahashi, E.; Hara, M.; Konuma, Y. 1963. Soybean products as protein sources for weanling infants. *J. of the American Dietetic Association* 43(5):451-56. Nov. [12 ref]
• ***Summary:*** In Japan, the main protein sources for the weanling infant, in the form of solid food, "are *tofu* (soybean curd), *natto* (fermented soybean), and *kinako* (toasted soybean flour)."

Describes briefly how each is made commercially. For example, for kinako, the soybeans are dry heated in an oven for about 25 minutes. The temperature inside the beans at the time they are removed from the oven is about 105ºC. They are then milled into flour [probably after being allowed to cool to room temperature] and sieved through a 70-mesh screen. "The product has a pleasant odor, similar to fresh-toasted bread, and is brownish yellow in color. It is mixed with sugar and is used as a coating for rice cakes."

Nitrogen balance studies on infants fed these foods showed that they "can be substituted at least in part for animal foods in the solid diet of weanling infants with no appreciable drawbacks on growth, digestibility, and nitrogen retention."

Note: The researchers seem to assume that animal-based protein sources are nutritionally superior to plant-based sources. Address: Aiiku Research Inst. of the Mother and Child, Tokyo.

2523. Standal, Bluebell R. 1963. Nutritional value of proteins of Oriental soybean foods. *J. of Nutrition* 81(3):279-85. Nov. [18 ref]
• ***Summary:*** Hawaii imports 680-907 metric tons/year of soybeans from the United States mainland and most of it is used for food. "Oriental soybean products are used daily by all nationalities in Hawaii. They constitute important items in the diet. All soybean products used in these islands, e.g., tofu, natto, miso, shoyu, and sprouts, are prepared from the matured beans by the methods used in Japan and China. A certain amount of the beans is grown locally and picked green for use as will be described later" (p. 279).

The commercial process for making each product is described. Concerning natto: "The preparation had a characteristic cheesy odor which attracted flies and apparently stimulated the appetite of rats. Agar smears of the preparation show that it contained an almost pure culture of gram-positive rods in long chains, without spore formation for 2 days at 31ºC. Three brands of natto were available."

The Net Protein Utilization (NPU) values, at 10% protein in the diet for rats, were determined to be: powdered whole egg (control) 90.4, *edamame* (green soybeans; "picked green and used as a vegetable") 72.2 (the highest of any soyfood in this study), tofu 65.0, [soy] bean sprouts 56.0, natto 44.4, and mung bean sprouts (*Phaseolus aureus* Roxb.) 35.6.

"Natto, which was prepared from matured soybeans, gave NPU and PER values below reported values for the matured beans. It is possible that a substance or substances were formed during the incubation process which contributed

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to lower values of NPU" (p. 283-85). Address: Dep. of Nutrition, Hawaii Agric. Exp. Station, Univ. of Hawaii, Honolulu.

2524. Loring, Kay. 1963. Front views and profiles: Japanese dinner. *Chicago Tribune*. Dec. 13. p. B14.
• ***Summary:*** Naka-no-Ya Tea House (2100 Lincoln Park West) will prepare a Japanese dinner at your table. First they brink a large copper cauldron, called a mizu taki, to the table, together with a large platter of artistically arranged vegetables, beef, and chicken.

"Chicken brother was kept simmering in the mizu taki. Dexterously using chopsticks, one young woman placed small portions of pea pods, giant black mushrooms, bamboo shoots, spinach, soy bean cakes [tofu]. Japanese cabbage, and the meats into the liquid." After simmering for only a few minutes, they were served steaming hot.

2525. Watt, Bernice K.; Merrill, Annabel L. 1963. Composition of foods: Raw, processed, prepared. *USDA Agriculture Handbook* No. 8. 190 p. Dec. Revised. Reprinted in 1975 by Dover Publications (New York, NY). [35 ref]
• ***Summary:*** A classic. Address: Consumer and Food Economics Research Div., Agricultural Research Service, USDA, Washington, DC.

2526. Matsubara, A.; Sugiyama, H. 1963. Ryusui shiki kansui ni yoru tôfu no osen bôshi ni tsuite [Prevention of contamination of tofu, or soybean curd, by a constant flow of water]. *Nippon Jui Shikai Zasshi* (*J. of the Japan Veterinary Medical Association*) 16(11):22-23. [18 ref. Jap]
Address: Sosei Hokenjo, Hyogo-ken, Japan.

2527. Matsubara, A. 1963. Hi-Zex fukurozume tôfu no kanetsu shori ni tsuite [Sanitary effect of heating bean curd packed in Hi-Zex bags]. *Nippon Jui Shikai Zasshi* (*J. of the Japan Veterinary Medical Association*) 16(5):178-80. [8 ref. Jap; eng]
Address: Health Center, Aioi City, Hyogo prefecture, Sosei Hokenjo, Hyogo-ken, Japan.

2528. Matsubara, A.; Sugiyama, H. 1963. Shigaisen sakkintô ni yoru tôfu osen bôshi no kenkyû [Studies on the prevention of contamination of tofu, or bean curd, by germicidal ultraviolet lamp]. *Nippon Jui Shikai Zasshi* (*J. of the Japan Veterinary Medical Association*) 16(7):256-57. [10 ref. Jap]
Address: Sosei Hokenjo, Hyogo-ken, Japan.

2529. **Product Name:** Tofu.
Manufacturer's Name: Matsuda-Hinode Tofu Mfg. Co.
Manufacturer's Address: After 1969 at 526 Stanford Ave., Los Angeles, CA 90021. Phone: 213-624-3615.
Date of Introduction: 1963.
How Stored: Refrigerated.
New Product–Documentation: Los Angeles City Directories. 1938 and 1941. No listing for either Matsuda or Hinode.

Takai. 1971. Tofu Shops in America. At 526 Stanford Ave. Uses 1,600-2,000 kg/day of soybeans. 35 employees. Makes tofu and age.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Matsuda-Hinode Tofu Co., 526 S. Stanford Ave., Los Angeles, California 90013. Phone: 213-624-3615 or 624-9067. Owner: Mr. Shoan Yamauchi. This is the largest and probably the oldest tofu shop in the Western world; a modern factory.

Soya Bluebook. 1980. p. 55. Matsuda-Hinode Tofu Co., 526 S. Stanford Ave., Los Angeles, CA 90013. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Shoan Yamauchi. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 64. The company now makes about 20,000 lb/day of tofu.

2530. Chao, Buwei Yang. 1963. How to cook and eat in Chinese. 3rd ed. New York, NY: Random House. xxvi + 249 p. Foreword by Hu Shih. Preface by Pearl S. Buck. Illust. Index. 21 cm.
• ***Summary:*** This edition is quite similar to the original 1945 edition, except that it has some new front matter (such as introductions to the second [1949] and third revised editions), new pages added here and there plus 16 pages of recipes added between pages 228 and 229, and new cooking techniques. The page layout is basically unchanged, but when new pages were added, they were numbered 160a, etc; thus the contents of page 203 is identical in all editions.

A new table (p. 29) lists widely used Chinese foods and seasonings in four columns: Chinese characters, Mandarin, Cantonese, and English. Soy related ingredients (in English, Mandarin, and Cantonese) are: (4) Oyster sauce: hao-yu, hou-yau. (6) Soy sauce (1): chiang-yu (M). Soy sauce (2): shi-yau (C). Soy sauce (3): ch'au-yau (C). (7) First quality soy sauce: sheng-ch'ou (M), shang-ch'au (C). Note 1. The first character means "fresh" or "live."

Note 2. This is the earliest English-language document seen (April 2012) that uses the term "sheng-ch'ou" (Mandarin) or the term "shang-ch'au" (Cantonese) or the term "chü-yau" to refer to a type or grade of Chinese soy sauce."

(8) Flour jam: t'ienmien-chiang (M), t'inmin-cheung (C). (9) Bean sauce: Yuanshih chiang (M), yünshi-cheung (C). Note 3. The middle character (shih / shi) refers to fermented black soybeans. (10) Hoisin sauce: haihsien chiang (M), hoisin-cheung (C). Note 4. This is the earliest document seen (April 2012) that mentions Hoisin sauce.

However, among the new pages added, there is a nice new chapter 22 titled "Soybean Foods" (p. 228c-228h). Its

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contents: Introduction and Buddhist mock meats. Homemade tofu: Equipment needed (electric blender, form for setting), ingredients (curded with gypsum), grinding and straining, heating and setting, forming, bean curd recipes. Homemade soybean milk. Using soybean lees (okara; dregs are the leftovers you throw away and lees are those you keep). Frozen bean curd. Soy sauce beans [Soybeans baked in soy sauce]. Preserved soybeans: Homemade fermented black soybeans with salt, ginger, and optional hot chili powder or hot red pepper.

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Preserved soybeans" to refer to fermented black soybeans.

The introduction (p. 228c) states: "Under various guises the soybean is used in vegetarian restaurants, often under Buddhist auspices, to produce sumptuous dinners, featuring "sliced chicken breast," "roast duck," "baked ham," that not only fool the eye, but also the tongue, almost, but as always, I want to concentrate on the important, everyday things and de-emphasize the fancy and elaborate. Dishes with bean curd are cheap and easy to prepare. Those who can afford fancy dishes can combine it with meat, etc., but just plain cabbage and bean curd connotes home sweet home."

Pages 158-59 contain 3 new soy-related recipes: Fried bean curd. Oyster sauce friend bean curd. Sweet-sour fried bean curd.

Recipe 14.27 (p. 155-56), titled "Red-in-snow stirs fava beans" begins: "Horse beans look like lima beans but are not. They are also called Fava beans and frequently sold by Italians. In China they are known as 'silkworm beans.'" Address: Berkeley, California.

2531. Chaves, Nelson. 1963. Proteínas vegetais e trópicos [Vegetarian and tropical proteins]. Recife, Brazil: Imprensa Universitária. 151 + 5 p. Illust. Series: Coleçao nordestina, 2. [75+* ref. Por]

• ***Summary:*** Soyfoods and their nutritional value are discussed on pages 65-67, incl. soymilk (*leite de soja*), tempeh, miso, tofu, shoyu, and natto.

Note: This is the earliest Portuguese-language document seen (Sept. 2011) that mentions tempeh, which it calls "tempeh." Address: Universidade do Recife, Instituto de Fisiologia e Nutricao.

2532. Kagawa, Aya. 1963. Japanese cookbook: 100 favorite Japanese recipes for Western cooks. [14th & rev. ed.]. Tokyo: Japan Travel Bureau. 198 p. Illust. (some color). Index. 19 cm. Series: Tourist Library No. 11.

• ***Summary:*** The first edition was published in 1949. This is actually the 2nd ed., which is 36 pages longer. Most of the information about soyfoods in the 1st edition is also in this 2nd edition, but often on different pages: Several examples: Long passage about soybeans and soyfoods (p. 16). Glossary (soy entries, p. 40-42). Nameko miso soup (p. 81). Miso-shiru (introduction, p. 82). Tofu and Japanese leek soup (p. 89). Four kinds of miso soup (p. 90-92).

The last two pages in the 1963 printing are devoted to full-page ads: (1) "Zest that's best with Kikkoman." "Brewed by Noda Shoyu Co., Ltd., Tokyo, Japan. Sole agent in U.S.A.: Kikkoman International Inc., 900 Marin St., San Francisco 24, California. 930 San Mateo St., Los Angeles, Calif. 11-31 31st. Ave., Long Island City 2, New York." Photos show a can and a bottle of Kikkoman All-Purpose Soy Sauce.

(2) "Try Aji-no-Moto: The super seasoning." "Just add a pinch of Aji-no-Moto before, during, or after cooking and see how it unlocks those hidden flavors in all foods–raw, cooked, dried, canned, or frozen." An illustration show an Italian chef with a white chef's hat (*toque blanche*), moustache, kerchief, and upward pointing right index finger. Illustrations show a small glass shaker and a metal can of Aji-no-Moto.

Aya Kagawa was born in 1899. Address: M.D. and president of Joshi Eiyô Tanki Daigaku (Women's Nutrition College), Tokyo, Japan.

2533. Kan, Johnny; Leong, Charles L. 1963. Eight immortal flavors. Berkeley, California: Howell-North Books. 246 p. Illust. (by Jake Lee). Index. 24 cm. 2nd edition 1980.

• ***Summary:*** An interesting book, by a master cook and an excellent researcher and writer. Full of new and useful information.

From the publisher's description: "This is the first cookbook–written by a Chinese-American to emanate from San Francisco's Chinatown–the mecca for both Oriental and Occidental gourmets. It is the only cookbook dealing strictly with Cantonese cookery." The Foreword, written by the famous food writer James Beard (of New York City) in Oct. 1963. notes that he grew up in Portland, Oregon, and was a close childhood friend of the Kan family and of their cousin Johnny Kan, who came to visit from San Francisco's Chinatown [in California]–a "city within a city." Kan's mother was an excellent and ingenious cook. Beard considers Kan's Restaurant "the outstanding Chinese restaurant today."

The "Eight Immortal Flavors" of Chinese cookery are *Hom*–salty. *Tom*–bland (like rice). *Teem*–sweet. *Seen*–sour. *Foo*–bitter. *Lot*–hot (as in chili peppers). *Heong*–fragrant (smell more than taste). *Gum*–golden (as in citrus peel or kumquat). They are always referred to in this order. Note 1. In Western cookery there are only four traditional flavors–sweet, sour, salty, and bitter. The Japanese add a 5th, "umami."

The chefs and cuisine of Kwangchow (the ancient name for Canton, now spelled Guangzhou) are considered the finest in all of China (p. 28).

The chapter titled "Native condiments, sauces, and ingredients" (p. 43-55) includes: Bean curd (*Dow Fu*)*:* "One of the most useful of Chinese ingredients," it is usually pressed into ½-inch by 3-inch squares. Bland in flavor, it is

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a great mixer for highly flavored foods. "It is even delicious in its fresh state with spicy condiments and is known as 'the meat without bones."

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *Dow Fu* (regardless of capitalization or hyphenation) to refer to Chinese-style tofu.

Black [soy] bean, Dried (*Woo Dow*).

"Soybean skin (*Foo Jook*)*:* Dried skin of soybean milk. Sold in packages, it is flat and thin, with a creamy-glaze appearance. Soak it before using in soups, or in smother-cooking recipes." It has an enjoyable chewy texture and slightly nut-like flavor.

"Soybean skin, sweet (*Teem Jook*)*:* Similar but thicker than *Foo Jook*, its taste is slightly sweeter."

Illustrations (p. 46-47) show: Soy bean skin (foo jook). Bean curd (dow foo).

Condiments (p. 51-54)–"Black beans, salted (*Dow see*)*:* Cured, fermented small black beans... Should be soaked briefly and washed before use. A common use is to mash beans with garlic, creating a seasoning popular for both seafood and meats."

Monosodium glutamate (*Mei Jing*)*:* This flavor accent powder had its origin centuries ago in old China. "A charming story, which we like to believe, involved a contest in which several monks with gourmet tastes competed with each other to produce the most delicious batch of *Loh Han Jai*, the standard monks' food consisting of a variety of various vegetarian ingredients... The winner had added one precious secret ingredient the others did not have–a powdered dried seaweed [*konbu, Laminaria japonica*] which was later discovered to be the first crude source of monosodium glutamate. It was not until 1908 that Dr. Kikunae Ikeda, the great Japanese scientist successfully extracted Glutamic Acid from edible seaweed and from it crystallized monosodium glutamate and marketed it under the name of *Aji-no-Moto.* Then in 1921 Chinese scientist Poo-Nien Wu of Shanghai developed a process for extracting monosodium glutamate from wheat protein and was marketing his discovery, Ve-Tsin, in China, Singapore, Malaya, and the Philippines to the amount of 350,000 pounds a year. Other raw material sources are corn, soybean protein, and desugared beet molasses.

Sauces (p. 54-55)–Bean sauce (*Min See Jeung*)*:* A brown salty bean paste. Oyster sauce (*Ho Yow*). Red seasoning sauce (*Hoy Sin Jeung* [*Hoisin Sauce*])*:* A thick red sauce that contains soybeans as an ingredient. "A table condiment for Peking duck."

Spiced red bean curd (*Nom Yee*)*:* "A variation of bean cake fermented." It has a slightly harder consistency, a brick-red color, and a pungent, aromatic flavor.

Soy sauce (*See Yow*)*:* "For Chinese cooking, soy sauce is the great all-purpose and most indispensable of all sauce." There are many grades and types. "For the 'red cooking' method, ingredients are incarnadined by the dark sauce. It may be used as a table dip, by itself, or mixed with mustard." Unlike salt, it has "the taste of a beef essence." It is made by the fermentation of cooked soybeans, roasted wheat, a yeast mold and salt. The best grades of Chinese soy sauce are still made by the old-fashioned, aged, natural fermentation process, rather than by the quickly made chemical hydrolysis method [HVP soy sauce]. The type know as *Sang Chau,* light and color and density, is the premier kind for flavoring and dipping." But unless you ask for it by name, "you will get the darker soy sauce or *See Yow.* There is no definitive record of the origin of soy sauce. "Reference to the sauce has been made as early as the Chou Dynasty [1045-256 BC], some 200 years before Christ!... Undoubtedly since its very origin soy sauce has been made in the home or as a village industry. As a manufactured product it started in 1688. With its long condimentary life, no wonder that, to the Chinese, soy sauce is the Sauce of Life."

Note 3. This is the earliest English-language document seen (April 2012) that uses the term "Sang Chau" to refer to light Cantonese soy sauce."

Vegetables (p. 81-87): Bean sprouts (*Ngah Choy*)*:* This common and inexpensive little vegetable is overused in some Chinese restaurants as a "filler." The name "literally means 'vegetable for the teeth,' implying a crunchy sensation. Bean sprouts are tiny shoots which grow from the soy bean. They are one of the trio of basic Chinese foodstuffs–bean sprouts, bean curd and soy sauce–derived from the wonder bean. The sprouts average two inches long, are opaque white and the bean head is yellow... Another variety of bean sprouts, germinated from a larger type of bean, is the Dow Ngah, or Big Bean Sprout. This variety grows a little longer, with a larger golden head, and the sprout is crunchier, but has a more raw 'beany' flavor. This variety is not used in Chinese restaurants."

Soy-related recipes: Spinach with foo yee sauce (Baw choy foo yee, with "2 preserved bean cakes (*Foo Yee*) mashed with 2 teaspoons juice from jar," p. 89). Shows how "any commonplace vegetable can be turned into an epicurean dish by simply adding preserved bean cake" [fermented tofu] and a touch of garlic. Try it "and you will discover why Foo Yee is often referred to as the miracle ingredient among Chinese condiments."

Bean cake sauteed with meat (Dow foo yuke, with "8 bean cakes (*Dow foo*). Slice each bean cake into 6 pieces," p. 99). Fresh asparagus chicken with black bean sauce (Lei soon gai kow, with "1 full tablespoon mashed fermented black beans (*Dow see*), combined with 1 clove mashed garlic and 1 tablespoon soy sauce, with a dash of monosodium glutamate," p. 100).

Note 4. This is the earliest document seen (Nov. 2011) that uses the term "black bean sauce" and clearly shows how to make it in the kitchen as part of preparing the dish.

Chinese cabbage with foo yee sauce (Siew choy foo yee, with "2 fermented bean cakes (*Foo Yee*) with 2 teaspoons

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juice from the jar," p. 107). Mustard greens with foo yee sauce (Gai choy chow foo yee, with "2 fermented bean cakes (*Foo Yee*) mashed with 2 teaspoons juice from the jar," and 1 teaspoon soy sauce, p. 109).

Steamed salmon with black bean sauce (Dow see jing sah-mon yee, with "2 tablespoons fermented Black Beans (*Dow See*), crushed to paste," p. 131). Prawns with black bean sauce (See jup hah kow, with "2 tablespoons Black Bean Paste (*Dow see*), p. 133). Steamed fish with black bean sauce (Dow see seen gee jing yee, with "2 tablespoons fermented Black Beans (*Dow see*), crushed to a paste," p. 141).

Dried oysters with bean curd skim (Ho see munn foo jook, with "6 sheets Bean Curd Skim (*Foo jook*) pre-soaked in cold water for 2 hours. Drain thoroughly. Cut in 2 to 3-inch pieces." p. 143).

Note 5. This is the earliest document seen (Dec. 2010) that uses the term "Bean Curd Skim" to refer to dried yuba sticks. Continued. Address: 1. Chef, Chinatown; 2. Historian of Chinese life in America.

2534. Kan, Johnny; Leong, Charles L. 1963. Eight immortal flavors (Continued–Part II). Berkeley, California: Howell-North Books. 246 p. Illust. (by Jake Lee). Index. 24 cm. 2nd edition 1980.
• ***Summary:*** Continued from page 146. Fish stuffed in bean cake (Jow yeong dow foo, with "8 square Bean Cakes (*Dow Foo*)," p. 146). Chicken wings with black bean sauce (See jup gai yik, with "¼ cup fermented black beans (*Dow See*). Rinse, drain and crush," p. 158). Soy sauce chicken (See yow gai, with "10 cups soy sauce," p. 170). Red bean curd chicken (Nom yee gai, with "2 tablespoons spiced red bean curd (*Nom Yee*),... 3 tablespoons soy sauce," p. 171). Soy squab red fried (Hoong siew bok opp, with "2 quarts soy sauce," p. 174). Taro root duck with nom yee sauce (Nom yee woo tow opp, with "1 square red bean cake (*Nom Yee*), mashed," p. 184).

Spareribs with black bean sauce (See jup pai gwut, with "2 teaspoons fermented Black Beans (*Dow See*), crushed into paste, p. 192). Spareribs with red bean cake sauce (Nom yee pai gwut, with "2 tablespoons Red Bean Cake (*Nom Yee*)," p. 193).

Winter chafing dish (Dah bin lo, with "Pure soy sauce (*Sin Cho*) devoid of caramel coloring {soy sauce, (*See Yow*), contains caramel coloring} and with "2 squares of bean cake [tofu] cut in cubes, p. 212-13).

Note: In 1953 Johnny Kan opened his de luxe Kan's Restaurant at 708 Grant Ave. in San Francisco, California. Address: 1. Chef, Chinatown; 2. Historian of Chinese life in America.

2535. Keys, John D. 1963. Food for the emperor: recipes of Imperial China with a dictionary of Chinese cuisine. Los Angeles, California: Ward Ritchie Press. xxii + 121 p. Introduction by Kee Joon. Illust. Index. 18 x 18 cm.
• ***Summary:*** See the edition published this same year by Gramercy Publishing Co., New York, NY. Address: San Francisco.

2536. Keys, John D. 1963. Food for the emperor: recipes of Imperial China with a dictionary of Chinese cuisine. New York, NY: Gramercy Publishing Co. xxii + 121 p. Introduction by Kee Joon. Illust. Index. 18 x 17 cm.
• ***Summary:*** This book is about the Mandarin or Peking school of Chinese cooking. Contents: Introduction, by Kee Joon. Food for the emperor (recipes; for each recipe is given the name written vertically in large Chinese characters, the Cantonese transliteration of that name, and the English translation of that name. On some left-hand pages are short translations from old books related to food). A dictionary of Chinese cuisine (arranged alphabetically by English name of food). Index to the recipes (by recipe type, and within that by English recipe name).

Almost all recipes in this book are based on meat, fish, or poultry. There are no soy-related recipes in this part of the book, although many recipes call for "soya sauce."

The Dictionary includes: Bean curd (dou foo, with 2 recipes). Bean curd cheese [fermented tofu] (the two varieties are white bean curd cheese {foo yoo} and red bean curd cheese {narm yoo}). Bean curd, dried (tim jook [sweet dried yuba; also spelled tiem jook]).

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term *tim jook* to refer to sweet dried yuba.

Bean filling, sweet (*doe sha*, made from black soya beans, sugar, and a little oil. "This paste is available in Chinese bakeries, and is used in New Year's cakes and other sweet pastries").

Note: This is the earliest document seen (March 2011) that uses the term "Bean filling, sweet" to refer to a sweet paste, made of black soybeans, that is used as a filling like for cakes, like sweet red bean paste [azuki bean paste].

Bean sauce–see Soya bean condiment. Black bean sauce–see Soya beans, black fermented. Black beans–see Soya beans, black fermented. Brown bean sauce–see Soya bean condiment. Cheese, red–see Bean curd cheese. Fermented black beans–see Soya beans, black fermented. Red bean sauce (sharng she jerng; a popular canned cooking sauce consisting of mashed red soya {or often azuki} beans). Red cheese–see Bean curd cheese. Seaweed (purple laver, hair seaweed). Sesame oil (jee ma yo). Sesame seeds (jee ma).

Soya bean condiment (yewn she jerng. "Variously called soy jam and brown bean sauce, this condiment is prepared from the residue left when making soya sauce. Wheat is sometimes added to the condiment, which is fermented and then called Meen She Jerng. These condiments are most commonly use in cooking fowl; also in meat dishes).

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Soya beans, fermented black (doe she. "Tiny fermented beans which are washed, crushed, and used to add a pleasant spiciness to dishes. They are often used in fish dishes to alleviate any strong smell. It is a prime ingredient in Cantonese lobster").

Note: "Black bean sauce" is not explained here, as expected.

Soy jam–see Soya bean condiment. Soya sauce. "The general term in Cantonese for soya sauce is She Yo. There are three main subdivisions: (1) Shang cho: Light brown, fine taste, light color. Used in cooking delicate foods were a heavy soya flavor is not desired. (2) Cho yo: Dark and thick, containing molasses, yet not too strong a taste. Used mostly in restaurants. (3) Jew yo: Most suitable for general cooking purposes and for use at the table. Also: Japanese soya sauce, which is prepared with the addition of malt [koji], is much respected by the Chinese."

Sweet-sour sauce: The recipe, which is given, contains 1 teaspoon soya sauce.

Sweet vegetable sauce (hoi seen jerg [hoisin sauce]). "A canned red sauce prepared from soya beans, red rice, and garlic. It is used in preparing Peking Roast Duck, fish and shellfish dishes."

"Tomato Catsup: Tomato catsup originated in China, as can be seen from the pronunciation of the Cantonese (Kair = tomato; Jup = sauce). Used in some braised dishes such as Shrimp Braised in Tomato Sauce." Address: San Francisco.

2537. Lager, Mildred; Jones, Dorothea Van Gundy. 1963. The soybean cookbook: Adventures in zestful eating. New York, NY: Devin-Adair Co. xiv + 240 p. Foreword by Ruth Stout. Index. 22 cm.

• ***Summary:*** The copyright page states: "Note: This is a revised and updated version of a privately printed book, *How to Use the Soybean,* by Mildred Lager which was first printed in 1955 and reprinted in 1959." This lacto-ovo-vegetarian cookbook contains over 350 recipes, including 72 tofu recipes.

Contents: Preface to 1955 edition. Preface to 1963 edition. Part I: The versatile soybean. History of the soybean. Nutritional value. Abbreviations and special terms. Soup to nuts: Introduction, green soybeans [green vegetable soybeans], dry soybeans, roasted soybeans, sprouted soybeans, the cow of China–soy milk (kinds of soy milk), "the meat without a bone"–tofu or soy cheese, the little giant among protein foods–soy flour, soy grits and bits (puffed grits), soy oil and soy butter, meat replacement foods, sandwich spreads, malts, coffee substitutes, soy sauce, other soy products (soy albumen, Glidden's product that contains on a dry basis 96.6% protein [soy protein isolate]).

Part II: Soybean recipes. Green soybeans. Dry soybeans. Roasted or toasted soybeans. Sprouted soybeans. Meat replacement dishes. Soy noodles, macaroni, and spaghetti. Sauces and gravies. Soy soups. Salads. Soy spreads and soy butter ["a butter resembling peanut butter may be made from finely ground soybeans or soy flour... Roasted soy butter is made from the roasted beans that have been ground into a fine flour."]. Soy milk. Tofu or soy cheese. Soy cereals and breakfast dishes. Soy desserts. Soy candies. Soy flour breads: Full-fat soy flour, low-fat or fat-free soy flour. Pastry. Cookies. Cakes. Extra tips. Appendix. Menus.

The chapter titled "History of the Soybean" (p. 3-7) discusses: W.J. Morse and the U.S. Department of Agriculture, Dr. J.A. LeClerc, the American Soybean Association (which has held a national convention every year since it was founded in 1920), its publication *Soybean Digest,* Henry Ford and his work with both industrial and edible soy products, T.A. Van Gundy, Harry W. Miller, M.D., Dr. Clive McCay of Cornell University (Ithaca, New York), and the Sept. 1961 Conference on Soybean Products for Protein in Human Foods (held at Peoria, Illinois).

Concerning T.A. Van Gundy we read (p. 5): "The father of one of the authors, T.A. Van Gundy, became interested in the nutritional value of soybeans while attending the World's Fair in San Francisco in 1915, where they were featured in the Oriental exhibits. Upon going home he purchased some soybeans and began experimenting in them. As far as we know he was the first person on the Pacific Coast to develop a line of commercial foods from this wonder bean. By 1927 he had developed a number of palatable products which he manufactured and sold through health food stores. Soybean foods were virtually unknown at this time, and it took courage and perseverance to put them across."

Recipes for "Soy Ice Cream" (p. 175-76) now include vanilla, maple nut, orange, and strawberry flavors. A recipe for "Granola" (p. 161) calls for 1 cup soy flour. The rest of the ingredients (such as wheat and barley flour) appear to be similar to those found in the earliest granola recipes of the mid-1800s. Address: Southern California.

2538. Mei, Yu Wen; Adams, Charlotte. 1963. 100 most honorable Chinese recipes. New York, NY: Thomas Y. Crowell Company. xi + 140 p. Illust. by Wen Mei. Index. 24 cm.

• ***Summary:*** Contents: Introduction. Chinese ingredients. Chinese cooking utensils and Western equivalents. Some tips on Chinese cookery. Menu for a Chinese dinner party. Daily dishes. Cold wine dishes. Hot wine dishes. Main dishes. Soups. Rice dishes. Desserts. General recipes. Mail order shops. Geographical locations of honorable recipes.

This is a collection of the greatest classical recipes of China. All five major "schools" of Chinese cooking are represented: Shanghai, Peking, Yang Chow (120 miles northwest of Shanghai; pinyin: Yangzhou; Wade-Giles: Yang-chou), Szechuan, and Canton. Yu Lin Chuan, one of Old China's most renowned restaurateurs, has selected these recipes, all of which were translated by his daughter, Yu Wen Mei, and carefully tested by Charlotte Adams–to ensure ease

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of preparation by American homemakers.

The chapter on "Chinese ingredients" describes the following soy-related ingredients: Agar-agar, bean curd (fresh, or fermented), Hoisin sauce, laver (seaweed), red beans [azuki] (tiny beans used for making sweet bean paste), sesame oil, soy bean paste (very salty, or lightly salted). Hoisin sauce is "A delicious, thick, dark-brownish-red condiment, often used as an ingredient in cooked dishes, also as a side-dish sauce for dipping" (p. 2).

The chapter titled "Some tips on Chinese cookery" states (p. 7). Peanut oil is the preferred type of oil. If food is truly fine, "there is no reason whatsoever to add monosodium glutamate to it, and you will note that it is required in none of the recipes." "We strongly suggest that you buy imported soy sauce by the quart. The soy sauce made here is much saltier than that which comes from Hong Kong, and its use therefore alters the recipes." Many recipes are seasoned with soy sauce or soy bean paste

Soy-related recipes: Shrimp and bean curd (Yang Chow; p. 24). Crabmeat and bean curd soup (p. 94). Shrimp ball, ham, and bean curd soup (p. 103). Red roast pork (Yang Chow, with soy sauce; p. 113). Almond bean curd (Peking; p. 121). Red bean paste I and II (p. 127-28). Address: New York City.

2539. Rombauer, Irma S.; Becker, Marion Rombauer. 1963. Joy of cooking. Indianapolis/New York: Bobbs-Merrill Co. [x] + 849 p. Illust. by Ginnie Hofmann and Ikki Matsumoto. Index. 24 cm.
• ***Summary:*** One of the great American cookbooks. A classic and an all-purpose cookbook, this is the earliest known authorized edition prepared by Marion Rombauer Becker–who transformed the book. Irma, her mother, died in 1962.

Soy-related recipes: Chop suey or Chow mein (with soy sauce, p. 229-30). Soybeans, green (p. 260). Shrimp teriyaki (with "½ cup pineapple juice" and "2 to 4 tablespoons soy sauce"–but no recipe for teriyaki sauce, p. 377). Sukiyaki (with "½ cup 3/4-inch squares bean curd: Tofu" and "2 cups bean sprouts or cooked, drained Shirataki," p. 402).

Vegetable milks (incl. soy bean milk, almond milk, p. 487-88). About non-wheat flours (incl. soy flour, corn meal, rice flour, rye flour, potato flour, tapioca and sago flour, arrowroot flour or starch, barley flour, cotton seed flour, peanut flour, oat flour and oatmeal, bean flour, p. 498-501). About commercial sauces (incl. soy sauce and Worcestershire sauce, p. 542. Note: Soy sauce is not mentioned as an ingredient in Worcestershire sauce). Cornell Triple-Rich flour formula (with 1 tablespoon soya flour, p. 556).

Also discusses Whole-grain or Graham flour (p. 498). And how to make "coconut milk" and coconut cream. "Coconut milk and cream are very sensitive to high heat. For this reason they are added to hot sauces at the last minute or are cooked over hot water." They are prized in curries [and many Indonesian tempeh recipes].

Note: There is no entry for "Sprouts" (or "soy sprouts") in the Index. However there is an entry for "Bean sprout, salad, p. 80; cooked, p. 259." On page 80 the recipe titled "Oriental beans sprout salad" calls for "1 cup drained bean sprouts." On page 259 the recipe for "Cooked bean sprouts" calls for "4 cups sprouted beans, Mung or edible soybeans or lentils."

2540. Tanaka, Heihachi; Nicholas, Betty. 1963. The pleasures of Japanese cooking. Englewood Cliffs, New Jersey: Prentice Hall, Inc. viii + 247 p. Illust. Index. 22 cm.
• ***Summary:*** Contents: Introduction. 1. A chat about Japanese food: Seasonings and flavorings, table settings and utensils, kitchen utensils, etiquette, cooking and serving a Japanese meal. 2. Appetizers. 3. Soups. 4. Broiled dishes. 5. Steamed dishes. 6. Saucepan foods. 7. Fried foods. 8. Salads. 9. Vegetables. 10. Rice and noodle dishes. 11. Thirst-quenchers. 12. Desserts. 13, Festival foods. Glossary [of Japanese foods and utensils]. List of retail outlets for Japanese food products (national chains and alphabetically by state in the USA).

The book begins (p. 1): "To many Westerners, the cuisine of Japan consists almost entirely of *sukiyaki*, *tempura*, rice and soy sauce. Nothing could be further from the truth."

Vegetables "are harvested at the height of their season," when tender and full of flavor, then cooked lightly and used (for example) "as an ingredient in *misoshiru* (thick soup [miso soup]) or pickled" (p. 3).

"If one were to single out the most important vegetable cultivated in Japan it would be the soybean. For this legume,... is such a versatile food that it is served in some manner at practically every Japanese meal.

"In the hilly interior of the country where fish is scarce, or in the vegetarian menus of the Buddhists, soybeans are called the 'fish of the field' and relied upon as a valuable source of protein. A favored way of preparing the green soybean is simply to boil and hull it. Dried soybeans are ground [sic], soaked in water, cooked and mashed, sieved through silk, and finally cooked again to produce bean curd or *tofu.*

"Steamed and fermented beans become *natto. Miso*, a bean paste made by boiling soybeans, mashing them, adding wheat ferment [sic] and salt and allowing this mixture to ferment for several months, lends itself to use in countless dishes. *Moyashi*, the tender young sprouts of the soybean, are cultivated on indoor racks to conserve precious space in the fields." In a few days, a single cup of soybeans will produce 3-4 pounds of succulent sprouts (p. 3-4).

"Queen of Japanese seasonings is *shoyu* or soy sauce, a dark, red-brown. thirst-provoking liquid made from wheat or barley, soybeans, salt and water. *Shoyu* is loved by the Japanese for its piquant flavor and its use is so extensive that almost no dish is conceivable without it." A brief history of

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shoyu and its forerunner, *hishio,* and the process for making shoyu are given. Shoyu "mash is allowed to ferment and mature naturally for a full eighteen months when it is pressed and the sauce obtained pasteurized to become refined *shoyu.*

"Another multi-purpose seasoning and foodstuff is *miso,* a paste made from fermented rice and soybeans." Most miso "lasts for years without spoiling or deteriorating. There are two types of *miso*–red and white. Both are widely used in Japan but western palates seem to prefer the white type. Both are highly nutritious and are used in literally hundreds of ways: as a seasoning, a main dish and the basis of many hearty, potage-type soups" (p. 5-6).

"For centuries [sic] Japanese cooks have used a dashi of *aji-no-moto,* a seaweed or vegetable protein derivative, to intensify the natural flavors of the foods they cooked. Translated, *aji-no-moto* means 'essence of taste' (it is often referred to as taste powder) because the minute white crystals heighten the inherent flavors of foods,... but lending no flavor of their own" (p. 6).

Yakimono are broiled foods. "Flavor broiling includes *yakitori* (broiled chicken), *teriyaki* (fish marinated in a sauce containing shoyu and then broiled),... Miso-broiling is used for such vegetables as eggplant as well as for fish or meat" (p. 13).

"Inasmuch as *shoyu,* or soy sauce, is such an all-important seasoning and is called for in almost every Japanese recipe, it should be noted that the use of genuine *shoyu* is quite essential. Most other soy sauces, while excellent for other types of cuisine, really don't do justice to Japanese cooking" (p. 19). Also discusses wasabi, sesame seeds, sesame oil, katsuobushi, konbu, sake, and various mushrooms (p. 20-22).

"*Tofu,* or soybean curd, is such a versatile foodstuff–it may be boiled, fried, steamed, sautéed or marinated–that it is included as an ingredient in many recipes in this cookbook. Fresh *tofu* is sold in cakes; refrigerated, it will keep about one week. It is also available in cans and, while the processed product is not quite as tender as the fresh, it does make a satisfactory substitute. The consistence of *tofu* resembles thick custard and it should be handled carefully to avoid breaking and crumbling. Western taste buds seem to find *tofu* bland and a bit flavorless, but when deftly sauced it is very delicious–and also nutritious. Note: *tofu* must not be overcooked or it will toughen and develop a rubbery texture" (p. 24).

Recipes include: Norimaki-Sushi (with nori, shoyu, and sashimi). Tiny teriyaki (ingredients: 2 pounds beef tenderloin, 1 cup shoyu, 3/4 cup water, ½ cup mirin, 3/4 cup honey, 1 clove garlic, crushed, and 1 one-inch piece fresh gingerroot, grated; p. 46). Liver tsukudani (with shoyu; p. 55). Fish and tofu stew (p. 69). Oyster miso (p. 71). Vegetable and noodle miso (p. 72). Shrimp or prawn miso (p. 73).

Chapter 4 is titled "Broiled foods." "... almost all cooking in Japan is done over a charcoal fire,..." "Without a doubt, the most popular of all broiled dishes with the Japanese people is *yakitori,* or broiled chicken... Almost as popular as *yakitori* is *teriyaki,* usually fish marinated in a *shoyu* sauce, arranged on long skewers, and then broiled over charcoal. *Teriyaki* means 'glaze broiled'–*teri* meaning 'shiny' and *yaki* 'broiled' or 'roasted.' Actually any meat may be *teriyaki,"* but all have in common "the marinade of shoyu, sake, and sugar" (p. 75-76). Recipes include: Salmon teriyaki. Shrimp teriyaki. Stuffed beef teriyaki (p. 88-90). Shoyu marinade basting sauce (p. 93). Sukiyaki (with tofu and shoyu; p. 110). Tempura sauce (with shoyu, p. 121). Fried tofu with sauce (p. 127). Pickled seaweed (with konbu and shoyu, p. 140). Sesame-shoyu dressing (p. 151). Vegetables with tofu sauce (p. 154). Cabbage with mustard-miso sauce (p. 157). Eggplant with miso sauce (p. 164). Azuki meshi (red beans and rice; p. 181). Domburi soboro (with tofu; p. 182-83). "Red bean paste (sweetened)." Ingredients: "2 cups red beans (azuki). 2 cups sugar. 2 teaspoons salt." (p. 203.) Also called "sweetened red bean paste" (p. 200; Jap. *azuki an;* p. 200-203). Yokan (with "1½ cups strained red bean paste"–*koshi-an;* p. 204). Hikishamanju (Bean jam buns with strained red bean paste; p. 207). Shiruko (Red bean soup [azuki] with rice cakes {mochi}; p. 209). Zoni (Rice cake soup, with mochi; p. 215-16). Sweetened soybeans (for New Year's, p. 217-18).

The glossary includes abura-age, azuki ("red beans"), azuki-an ("red bean paste"), daizu (soybean), ganmodoki, kanten, konbu, konnyaku, miso (aka miso, shiro miso), misoshiru, mochi, mochigome, mochiko, nori, shiru-miso, shoyu, teriyaki, tofu, wakame, yakidofu.

Note: This is the earliest English-language document seen (March 2006) that uses the term "sweetened red bean paste" to refer to sweet azuki bean paste [*azuki-an*] or that uses the term "strained red bean paste" to refer to strained azuki bean paste [*koshi-an*]. Address: 1. Head Chef, Japanese Cuisine, Japan Airlines.

2541. Teriyaki and sushi: Selected 72 recipes. 1963. Elmsford, New York: Japan Publications Trading Co. 58 p. Illust. Index. 21 cm.

• ***Summary:*** On title page: "Compiled by the Japanese cooking companions." The 12th printing was Jan. 1976. Contents: Rice dishes (incl. How to cook delicious sushi rice, oshi zushi, norimaki). Vermicelli dishes (incl. tsukejiru, kakejiru, somen, soba, udon). Soups. Broiled dishes (inc. teriyaki). Marinated dishes. Boiled dishes. Steamed dishes. Fried dishes. Casseroles. Tart dishes. Pickles. Confectionery. Glossary. Note: Brands promoted in the recipes throughout this book, by appearing in large boldface type, are: Kikkoman soy sauce. Aji-no-Moto, Manjo mirin (sweet rice wine).

Soy-related recipes include: Kenchin-jiru (with "½ tofu (bean curd) (1/3 lb)," p. 17). Miso soup (with 4 tbsp. bean

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paste (miso)" and "2 aburage," p. 19). Konnyaku (devil's tongue) and carrots with white bean curd paste dressing (with tofu, p. 29-30). Bean curd with liquid starch (with tofu, p. 32). Meat and vegetables in aburage-bags (with "2 large aburage, p. 34). Bonito cooked with bean paste (with miso, p. 35). Steamed squid ("stuffed with tofu and vegetables," with "1 tofu (bean curd)," p. 38-39). Sukiyaki (with "2/3 lb. broiled bean curd," p. 46). Yudofu (with "1 lb. bean curd," p. 47). Yosenabe (with "1/3 lb bean curd," p. 47).

Note 1: This is the earliest document seen (April 2013) that calls for the use of grilled tofu ("broiled bean curd") in sukiyaki. That is the standard way of making sukiyaki in Japan.

The recipe titled simply "Teriyaki" (p. 22) states: "Teriyaki is fish or meat marinated in a mixture of mirin and saké, sugar and soy sauce and roasted directly over fire. This method of roasting is most suited for oily fish, fish with thick meat, chicken and beef." The sauce contains: "2 tbsp. Kikkoman soy sauce, 2 tbsp. Manjo mirin, 1 oz. ginger, and sweetened vinegar (mixture of 1 tsp. vinegar, 1 tsp. sugar, and a few shakes of salt)" (p. 22-23).

The Glossary (p. 47) includes: "Aburage–fried soy bean curd. An–[azuki] bean jam [also called 'red bean jam' in index]. Miso–bean paste. Misozuke–pickles in bean paste. Tofu–bean curd. Yudofu–boiled soy bean curd."

2542. Yang, Hao-jan. 1963. The development and rational utilization of soybean. *U.S. Joint Publications Research Service. Translations from Communist China's Agriculture, Animal Husbandry and Materials* 41:39-51. Translated from *Ta Kung Pao* (Peiping), 11 March 1963, p. 3. [Eng]
• ***Summary:*** A general article about the problems connected with the utilization of soybeans as food, feed and for industrial purposes. Contents: Introduction. The functions of soybeans on the development of agricultural production. Several problems of the development of soybeans. The rational utilization of soybean resources.

Note: This "is a translation of an article by Yang Hao-jan (2799 3185 3544) in *Ta Kung Pao,* Peiping, 11 March 1963, p. 3." Address: China.

2543. Sklarewitz, Norman. 1964. Japan may seek freer trade with U.S. in annual joint review that opens today. *Wall Street Journal.* Jan. 27. p. 5.
• ***Summary:*** "Tokyo–Japan is worried about its economic prospects and may start pressing the U.S. for some special concessions." Inflation is a major concern, with the government's consumer price index up 20% from 1960. "Some illustrations: A cake of tofu bean curd, a staple of the Japanese diet, went up 20% in the past year alone." Imports exceeded exports and Japan ran up the 3rd largest trade deficit in its history. Address: Staff reporter.

2544. André, Émile. 1964. Sur l'utilisation des graines de soja dans l'alimentation humaine par les populations d'Extrême-Orient [On the dietary utilization of soya beans in the Far East]. *Oleagineux* 19(1):37-39. Jan. English-language summary p. XXVIII. [1 ref. Fre; eng]
• ***Summary:*** The author gives the results of his research on lipoxidase, initially inspired in early 1931 by a young Chinese student M. Kiawo Hou. He also discusses soymilk (lait de soja or téou-jou), tofu (fromage de soja or téou-fou), yuba (téou-fi), soy oil (huile de soja), soy sauce (tsing yeou [sic, tsiang yeou?]), miso (miso de soja), and soy sprouts (germes de soja). The residue from making tofu and soymilk (okara) is fed to poultry and pigs. Soya oil is made by an archaic process that is very inefficient. "The residue, not perfectly separated from the oil, is consumed by the poorer classes." Address: France.

2545. James, Isabel. 1964. Domestic science bureau. *British Vegetarian.* Jan/Feb. p. 37-39.
• ***Summary:*** The article begins with a question from a reader: "Can you please tell me something about the value and use of soya bean and soya flour?" The author gives a Bircher Benner recipe for Soya Pancakes (with soya flour), and notes that Soyolk and Hi-Soy soya flours are sold in Health Food Stores. The latter product is made by The British Arkady Co. Ltd. and is good for use in confectionery.

She then discusses soya milk and tofu. In the UK, Dr. Frank Wokes, of the Nutritional Research Centre, has done a great deal of work on the "preparation of a soya based vegetable "milk" that would be a suitable substitute for cow's milk and acceptable to children who could not take cow's milk. Largely as a result of this work *Velactin* is now available from Health Food Stores, made by Messrs. A. Wander Ltd." She then gives a recipe for home-made Soya Cheese (also known as Soybean Curd or Tofu), made from full-fat soya flour and coagulated with lemon juice.

She also mentions soya sauce and gives details on growing soya beans in England. "If the crop matures some of the green beans may be used in salads or as green vegetables." Address: B.A.

2546. André, Émile; Hou, Kia-Wo. 1964. La lipoxydase. Sa découverte dans le résidu de la préparation du lait de soja [Lipoxidase. Its discovery in the residue by-product of soybean milk production]. *Oleagineux* 19(3):187-93. March. English-language summary, p. XXVII. [Fre; eng]
• ***Summary:*** "The cheese called *Teou-fou* in China is somewhat consumed in Paris and the region surrounding it, where the number of Chinese restaurants is greater than one could believe." Of the total restaurants in this area, about 35 are Chinese restaurants, 10 at Vietnamese, and only 5 are Japanese. They are visited both by people of those countries and by western consumers who are curious to taste exotic foods. "There were, and still are, two or three shops in and around Paris, where tofu (fromage de soja) is prepared daily

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and delivered to the restaurateurs who have ordered it. Mr. Kia-Wo Hou had friendly relations with one of the two established at Colombes and was able to easily procure the materials he needed."

Note: In about 1910 Li Yu-ying, a Chinese soyfoods pioneer, established a soyfoods manufacturing company named Usine de la Caséo-Sojaïne, at Vallées, near Colombes, outside of Paris. It is not clear how the current companies at Colombes are related to the earlier company. Address: 1. Conseil scientifique a l'R.H.O.; 2. Docteur es-Sciences de l'Universite de Paris.

2547. National Food Research Institute (Shokuryo Kenkyujo). 1964. Daizu tanpakushitsu shokuhin no bussei [Physical characteristics of soy protein foods]. *Shokuryo: Sono Kagaku to Gijutsu* (*Food: Its Science and Technology*) No. 7. p. 55-65. March. [Jap]
• ***Summary:*** Discusses soymilk, tofu, aburage, soy protein gel and curd, Gelsoy, isolated soy protein (bunri tanpaku). Address: Tokyo.

2548. Abe, Kumazo. 1964. Outlook for fewer tofu producers, more production. *Soybean Digest.* May. p. 48.
• ***Summary:*** "It is commonly believed that about 300,000 tons of soybeans are consumed yearly by the tofu industry in Japan. This consumption may be analyzed as follows according to the statistics announced by the Food Agency: In 1961 actual consumption of soybeans and soybean meal for production of tofu was recorded respectively at 271,100 tons and 30,000 tons, and consumption during 1962 was recorded respectively at 269,700 tons and 30,000 tons, or a slight decrease. But consumption in 1963 was estimated to total 285,100 tons of soybeans and 65,000 tons of soybean meal, indicating a considerable increase. Consumption in 1964 is expected to increase to 287,700 tons of soybeans and 70,000 tons of soybean meal.

"In terms of purely soybeans, the share of tofu in the consumption for food uses, which includes miso and shoyu, is about 60%. Of this consumption, about 10% is said to be Japanese soybeans and the remainder consists of imported soybeans, chiefly from the United States.

"Soybeans are mostly purchased by tofu producers from local grain dealers, but there are many cases of joint purchase by the Japan Tofu Association through trading firms on port of landing basis. There are also cases where the Prefectural Tofu Association makes purchase of about one-third of its yearly requirement on a long-term contract with the importing firm.

"It is commonly believed that there are about 50,000 tofu producers in the country, but their number changes from year to year according to the annual license statistics announced by the Welfare Ministry. They totaled 51,600 in 1960, but they were below 50,000 as of the end of June 1963.

"In Tokyo, tofu producers have increased by more than 200 as compared with 1959 due to population growth. But in Kagoshima there are 450 producers less than in 1959.

"Tofu producers are of such small scale that they have been considered as representative of small enterprises since olden times. A producer having four or five employees may be in the best class. But the scale of business has a tendency to become larger gradually as is shown from the decrease in the number of producers and the increase in consumption of tofu. Amalgamation has been taking place in various areas. Equipment is being mechanized and factories are adopting automation.

"On the other hand, production of bagged tofu increases year by year. Influential tofu producers in many areas have started its production, and enterprises in the other fields have also fixed eyes on its production and started." Address: President, Japan Tofu and Arburaage Assoc.

2549. Platt, B.S. 1964. Biological ennoblement: Improvement of the nutritive value of foods and dietary regimens by biological agencies. *Food Technology* 18(5):68-73, 75-76. May. [34 ref]
• ***Summary:*** The most common vitamin deficiency worldwide is probably riboflavin (B-2). The amount of riboflavin is increased in the preparation of various fermented foods. Riboflavin is synthesized by a wide variety of microorganisms, notably by a yeastlike organism, *Eremothecium ashbyii,* which has been grown with a high yield on wheat bran and on the refuse (*tou cha* [*okara*]) from the manufacture of soy bean curd (toufu).

"Riboflavin is also increased in the fermentation of a variety of seeds, notably the seed of the African locust bean (*Parkia filicoidea*)." Boil the seeds for 24 hours to soften the seed coats, then remove the coats. Boil the kernels again for about 2 hours, then set them aside, cover with leaves, and allow to ferment for 2-3 days. Pound the fermented mass into a paste, form it into small balls, then dry these in the sun. The resulting product, "which is found widely throughout West Africa, is known as *dawadawa* or *uri*, keeps well if properly dried, and may contain 0.2 to 0.8 mg riboflavin and 37% of protein" (Platt, 1962).

Note: No mention is made of soybeans being used to make dawadawa. Address: Prof. of Human Nutrition, London School of Hygiene & Tropical Medicine, London, W.C. 1, England.

2550. Kawashima, Masao. 1964. Kôri-dôfu no seizô to gijutsu [Production and technology of dried-frozen tofu]. *Shokuhin Kogyo* (*Food Industry*) 7(16):52-57. [Jap]
• ***Summary:*** This article is part of a special series titled "Production of new food and its equipment." Address: Habutae Tofu K.K., Kikaku, Kagaku Kenkyu-shitsu, Kanazawa-shi, Ishikawa-ken 921, Japan.

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2551. Madison Foods. Div. of Worthington Foods, Inc. 1964. Wholesale price list–order blank. Worthington, Ohio 43085. 1 p. July 1.
• ***Summary:*** Products in Madison Foods line (now owned by Worthington Foods) include: Cheze-O-Soy [canned tofu]. Com-Pro. Dinner Morsels. Madison Burger. Not Meat (plain or tomato). Nu-Steaks. Stake-Lets. Vigorost. Yum. Zoyburger. Kreme-O-Soy [canned soymilk]. Soy Beans (Boston). Zoy-Koff (regular, or fine grind).

Worthington now has warehouses in Portland, Oregon; Oakland, California (actually San Leandro); Washington, DC; and Madison, Tennessee. Address: Worthington, Ohio. Phone: 614-885-9511.

2552. Norin Suisan-sho, Nosan Engei Kyoku, Hatasaku Shinko-ka. 1964. Daizu ni kansuru shiryo [Statistics concerning soybeans]. Tokyo, Japan. 26 cm. [Jap]
• ***Summary:*** This yearly report, published by Japan's Ministry of Agriculture, Forestry, and Fisheries (MAFF), is packed with detailed statistics on soybean production, trade, and utilization in Japan. Address: Tokyo, Japan.

2553. Wai, Nganshou. 1964. Soybean cheese. *Bulletin of the Institute of Chemistry* (*Taiwan*). *Academia Sinica* No. 9. p. 75-94. July. [5 ref. Eng]
• ***Summary:*** One of the best publications on fermented tofu, this work was supported by a grant (FG-Ta-100) from the USDA Agricultural Research Service. Contents: 1. Introduction. 2. Experimental. Microbiological investigations (using sufu made at 3 factories in Taipei, Taiwan. All three used the same strain of *Rhizopus chinensis*). Many photos (magnification to 70 x to 700 x) show *Rhizopus chinensis* var. *chungyuen, Mucor hiemalis* and *Mucor silvaticus.* Procedures and results. Analyses. 3. Discussion. Mucor is the preferred mold. Summary of newly developed method. Appendix: (1) History of tofu. History of sufu. The ancient process for making fermented tofu. Salting. Table showing five varieties of sufu and their nutritional composition.

"Soybean cheese (sufu) has been produced in China for many centuries." "Which kind of fungus is adaptable for the preparation of sufu is one of the keystone problems in studying this vegetable cheese." The mycelial mat, grown on the cubes of firm tofu, should ideally be white (or slightly yellowish white), and "the mycelial mat should be dense and tenacious so that a film will be formed on the surface of the 'pehtze' to serve as an envelope to protect the finished sufu from distortion in its shape. ('Pehtze' means the bean curd freshly grown with the fungus but not yet processed and aged to become sufu)" (p. 75).

In Taipei, Taiwan, sufu is made in three factories; all three used the same strain of fungi, which we will designate as *Rhizopus chinensis* var. *chungyuen.* Sufu is also made at home. "It is well recognized by Chinese housewives that when soybean curd is covered with rice straw it will at last become pehtze of sufu. This may be explained by the fact that a kind of fungus naturally inhabiting on the rice straw may have the chance to grow on bean curd under favorable conditions." Two strains of fungi were isolated from the rice straw: *Mucor heimalis* and *Mucor silvaticus.* Many photomicrographs of all three molds are shown. Kaoliang wine is preferred is the typical solution of 12% NaCl and 10% ethanol (generally added as rice wine or distilled liquor) (p. 76-83). "As to soybean cheese (sufu) it is not known when it first started. The *Food Encyclopedia,* written by Wang Su-Hsiung [pinyin: Wang Suxiong] (1861) of the Ch'ing Dynasty [Qing / Manchu dynasty, 1644-1912] describes [the food] as follows:" Hardened tofu is difficult to digest and it is not good for children, old people or patients [ill persons]. Sufu, which is prepared from tofu, is very good for patients. "Therefore, we may presume to say that soybean cheese has been put for sale [sold] long before the Ch'ing Dynasty" (p. 92).

The five varieties shown in the table are: Rose sufu (to which some rose essence is added), Fermented rice sufu (tsao sufu, to which some pressed residue from rice wine {also called "fermented rice mash"}, cloves and orange peels are added), Red sufu (to which "red koji and soy mash" [red rice koji and sake lees] are added; red koji is boiled rice grown with *Monascus anka* [*angkak*]), and Kwantung Sufu [sic, Kwangtung Sufu from Kwangtung province in southeast China] (to which salt, red koji, red pepper and anise are added), and Yunnan sufu.

Note 1. This is the earliest English-language document seen (Feb. 2007) that uses the terms "rose sufu" "tsao sufu" "fermented rice sufu" "red sufu" "Kwantung sufu" "Kwangtung sufu" or "Yunnan sufu" to refer to different types of fermented tofu. It is also the 2nd earliest English-language document seen (Feb. 2007) that contains the term "fermented tofu."

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the word "pehtze" to refer to "bean curd freshly overgrown with the fungus but not yet processed and aged to become sufu." Address: Inst. of Chemistry, Academia Sinica, Taiwan.

2554. Jones, Dorothea Van Gundy. 1964. Quick 'n easy dishes for picnics or patio. *Today's Food* (*Loma Linda Foods, Riverside, California*) 9(2):7-8. Summer.
• ***Summary:*** Loma Linda ingredients in the recipes (p. 7) include: Vegeburger. Kidney Beans. Linketts. Garbanzos. Boston Style Baked Soybeans. Smokene. Soyagen milk. A photo (p. 8) shows nutritionist Dorothea Van Gundy Jones standing by a table.

2555. Smith, A.K. 1964. The Mount Fuji meeting. An international symposium on oilseed protein foods. *Soybean Digest.* Aug. p. 18-20.
• ***Summary:*** The symposium, sponsored by the International

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Institute of Food Technology, was held on May 11-15 at the Mt. Fuji Hotel, Lake Yamanaka, Japan. "The 85 technologists participating in the program represented 20 countries and included 30 from Japan and 20 from the United States. An additional 26 technical observers represented the Japanese food industry." "The Mount Fuji symposium was a historic occasion for the advancement of oilseed protein foods, being the first time an international conference was devoted solely to this subject."

"Dr. Y. Sakurai of Tokyo University and George F. Stewart of the University of California, Davis, were co-chairman for the meeting. Dr. T.M. Anson, assisted by others, developed the program. Dr. Masahiro Nakano was chairman of a committee to collect and display oilseed protein foods."

"Soybeans, peanuts, cottonseed, sesame, and coconut were the five oilseeds included in the program as sources of food proteins. Because of their long history and extensive use for food, soybeans were the topics of a major part of the papers and discussion."

"Among the newer developments in the Orient, K.S. Lo of Hong Kong reported on his successful commercial operation in the daily production of 24,000 cases of soybean milk in his two plants. His milk is made from well-washed and dehulled soybeans. It contains about 3% protein, 2-3% fat, and 5-7% carbohydrates, with added vitamins and calcium. Mr. Lo's methods for marketing soymilk are unique; he is also a large dealer in bottled soft drinks, and he markets soy milk as a soft drink. His milk competes with soft drinks rather than with other forms of milk or other health foods. Regardless of his method of marketing, he feels that the product is serving an important nutritional function in the Hong Kong area." Note: Vitasoy is once again being fortified with vitamins and calcium.

Dr. Tokuji Watanabe of the Food Research Institute reported on new ways of making tofu, such as "packed or bagged tofu" which is increasing in popularity. The soymilk is coagulated with calcium sulfate inside a polyethylene or vinylidene chloride plastic bag followed by heating in a water bath. This new process saves time and labor. Several plants are now producing 20,000 bags per day. Tofu is now also being freshly prepared in the home from spray-dried soy milk, coagulated with calcium. "More than 285,000 metric tons of soybeans and 65,000 metric tons of soybean meal are consumed annually for making fresh tofu in Japan, and because of low cost and high food quality, its consumption is said to be increasing.

Concerning miso, koji is now being made by a continuous method in 20-inch deep metal trays. Miso soup is now sold in a dried form. Shoyu production consumes 250,000 metric tons of soybeans of the equivalent as meal.

"The use of soy flour and grits in the United States for edible purposes was estimated at 200 million pounds and in England at 40 million pounds. The largest use of soy flour in the United States was estimated at 50 million pounds for bread and other baked products. In England, most soy flour is the full fat, enzymatic active type and is used at about 0.75% for improving color and flavor of baked goods."

"While isolated soybean protein for industrial uses has been produced since 1937, the production for food protein dates only from 1959. The production of industrial protein is carried on by two U.S. producers and annual production was estimated to be in the range of 40-50 million pounds. Four U.S. companies were reported to be producing or engaged in extensive research on isolated protein for food uses. The newest to be manufactured is referred to as a protein concentrate. It is prepared by washing soy flakes either with 80% alcohol or with water at the isoelectric point of the protein (pH 4.5). The concentrates must contain 70% protein whereas the isolate is 95% or more. The largest use of the isolate and concentrate is in comminuted or ground meat products, also referred to as sausage-type meats. Soy protein concentrate can be legally used in sausage-type meats up to 3.5% of the finished product." Address: NRRL, Peoria, Illinois.

2556. Chapin, W.P.G. 1964. Small sounds of Shimouma. *Christian Science Monitor.* Sept. 15. p. 8.
• ***Summary:*** The writer lives with his wife and children in Tokyo, in a part called Shimouma, in Setagaya-ku. "There are many peddlers. Some pull two-wheeled carts filled with their wares and all announce their presence by blowing a horn or by wailing."

"The men who sell *tofu* (bean curd) use horns with a reedy tone like that of a snake charmer. *Tofu* is popular, so the *tofu* man's progress is slow, and the thin, penetrating whine of his horn can be heard for hours through the day."

2557. Hardjo, Suhadi. 1964. Pengolahan dan pengawetan kedelai untuk bahan makanan manusia [Soybean processing and preservation for human consumption]. Paper presented at Seminar Kedelai (Soybean Seminar, Rapat Kerdja Kedelai). 14 p. Held 28-30 Sept. 1964 at Bogor, Indonesia. [Ind]*
• ***Summary:*** Describes several methods of processing and preserving soybeans in Indonesia, including the production of tempeh, tofu (tahu), soy sauce (kecap), tauco (soybean paste), koji, and soybean flour.

Note: This is the earliest document seen (March. 2009) uses the word "tauco" (spelled in that way) to refer to Indonesian-style miso.

2558. Kobatake, Yoshiki; Matsuno, N.; Tamura, E. 1964. Daizu kakô shokuhin no tanpakushitsu no eiyô-ka [Nutritional value of protein in Japanese soybean products]. *Eiyogaku Zasshi* (*Japanese J. of Nutrition*) 22(5):173-77. Sept. [7 ref. Jap]
• ***Summary:*** The Biological Value of tofu was 68.5, and dried-frozen tofu (kori-dofu) was 69.1. Both values indicate high nutritional quality. Even higher protein quality was

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observed in okara, a by-product of tofu. Its Biological Value was 84.9, though its absorption rate was 78.4%. The value for casein was 80.1, for salt-free miso 73.2, for low-salt miso 70.7, and for freeze-dried low-salt miso 60.5. Address: Division of Biochemistry of Nutrition, National Institute of Nutrition.

2559. Mustakas, G.C.; Griffin, E.L., Jr.; Allen, L.E.; Smith, O.B. 1964. Production and nutritional evaluation of extrusion-cooked full-fat soybean flour. *J. of the American Oil Chemists' Society* 41(9):607-14. Sept. [14 ref]
• ***Summary:*** The abstract begins: "A processing method for preparing full-fat soybean flours for human consumption by a new extrusion cooking method was developed." The paper continues: "The extrusion equipment described in this paper was used in 1961 to convert soybeans directly to full-fat meals for feed mixing. Swine feeding tests carried out on these meals at Purdue University [Indiana] were reported [Jimenez et al. 1961, in *Feedstuffs* 33(44):42] to give comparable weight gains and feed conversion efficiencies of regular defatted soybean meal with added fat.

"On the basis of the Purdue experiment, it was conceived that it might be possible to apply the cooker-extruder process to dehulled soybeans to produce an edible-grade full-fat soybean product which could be ground to a highly nutritious flour for human foods."

"A collaborative project was therefore sponsored by UNICEF, and undertaken by the Northern Utilization Res. & Dev. Div., ARS, USDA [NRRL], and the Wenger Mixer Manufacturing [Sabetha, Kansas] to develop and evaluate and evaluate a simplified extrusion cooking process for the production of full-fat soybean flour for edible uses." Contains an analysis of 12 soybean flours processed under different conditions. "The United Nations Children's Fund (UNICEF) has been improving local diets in the developing countries, especially of children and of pregnant and nursing mothers. Since [cow's] milk is a logical food for this group, UNICEF has assisted in building and equipping over 200 milk-processing plants in the developing countries to provide safe milk or milk powder."

"Asians have traditionally used soybean foods, generally in a moist form. Some of these are: soy milk (a water extract of the ground whole bean); tofu (a precipitated curd similar to cottage cheese); and tempeh (a fermented product of the decorticated bean). Because of their relatively short shelf life they are usually made locally each day as a cottage or small village industry."

The product flavor was evaluated. "The prevention of off-flavors and odors which result from fat deterioration is of major importance." Only one lot was stabilized with an antioxidant. Accelerated stability tests were conducted on two lots at 100ºF and 113ºF for 1-39 weeks. The higher-temperature lot began to show evidence of rancidity by its elevated peroxide value of 6.4 at the end of 15 weeks, and this rancidity was strong at the end of 26 weeks when the peroxide value reached 54. The fresh products had a desired nutty flavor, and the strong beany-bitter flavor had been removed.

"Proposed Clinical Testing. A 1,000-lb lot of the milled soy flour has been forwarded to the P.N. Sarihusada Co., Jogjakarta, Indonesia, where it will be formulated and packaged for acceptability testing in the areas now supplied by the plant with the dried water-extracted soya milk formulation. Clinical and acceptability testing is being done by the College of Medicine of the National Taiwan University, Taipei, Taiwan. It is part of a large-scale clinical test with infants up to 12 months of age to compare the extruded soy flour formulated as a milk, with various other soybean products." Two illustrations show the extrusion equipment, which was operated by LaVon Wenger.

Note 1. This is the earliest document seen (Dec. 1997) that discusses extrusion cooking in connection with soybeans for food uses. This appears to be the first production of full-fat soy flour (FFSF) by an extrusion cooker.

Note 2. This is the earliest document seen (Sept. 2000) that describes the equipment used to make soy flour. Address: 1-2. NRRL, Peoria, Illinois; 3. Food Conservation Div., UNICEF, United Nations, New York; 4. Wenger Mixer Manufacturing, Kansas City, Missouri.

2560. Poorwo, Soedarmo. 1964. Kedudukan katjang kedelai sebagai makanan di Indonesia [Soybeans as a food for Indonesians]. In: Seminar Kedelai, Bogor. (Soybean Seminar, Rapat Kedelai Kerdja, Bogor). See p. 5. Held 28-30 Sept. 1964. [Ind]*

2561. Prawiranegara, Dradjat D. 1964. Pentingnja kedelai dalam menu Indonesia [The importance of soybeans in the Indonesian menu]. In: Seminar Kedelai, Bogor. (Rapat Kedelai Kerdja, Bogor). See p. 5. Held 28-30 Sept. 1964. [Ind]*

2562. Watanabe, Tokuji; Teramachi, Yayoi; Fukamachi, T.; Nakayama, Osamu. 1964. [Process for production of instant soybean curd powder]. *Japanese Patent* 431884. Nov. 2. [Jap]*
Address: National Food Research Inst., Tokyo.

2563. *Foreign Agriculture.* 1964. Japan now using U.S. soybeans in food. 2(46):7. Nov. 16.
• ***Summary:*** More than 10% of the nearly 49 million bushels of U.S. soybeans exported to Japan during the 1963 marketing year went into the production of three staple foods–shoyu, tofu, and miso. Until 6 years ago, Japan imported no soybeans from the U.S. for food manufacture–all U.S. imports were processed into oil and meal.

2564. New Ginza. 1964. The finest in Japanese cuisine:

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Japanese theatre restaurant (Ad). *Los Angeles Times.* Nov. 20. p. D11.
• ***Summary:*** "Traditional turkey dinner... Roast turkey with rice and chestnut soysauce. Dressing and cranberry sauce.

Or: Baked ham $3.25, including "Japanese style soybean cake [tofu] turkey roll, Chestnut soysauce rice."

Or. Japanese teriyaki ham. Address: 254 E. 1st St., Los Angeles. Phone: MA. 5-2444.

2565. Jones, Dorothea Van Gundy. 1964. Soybean magic. *Today's Food* (*Loma Linda Foods, Riverside, California*) 9(3):4-6. Autumn.
• ***Summary:*** The author is on her way to Tokyo, Japan, where the American Soybean Association has asked her to participate in a soybean seminar and fair; she will lecture and demonstrate the use of soybeans in human nutrition.

"My interest in soybeans goes back many years when our family came in contact with them at the world's fair in San Francisco. They were featured in one of the Oriental displays. My father became so enthusiastic, he promptly bought a hundred pound sack of soybeans and we began experimenting. We discovered they were hard to cook and had a peculiar flavor. It was some time before we found a way to mask their beany taste and prepare them properly... My father [T.A. Van Gundy] became a real pioneer in introducing this king of the legume family and often was referred to as 'Soybean Van Gundy.'

"Many years ago, Loma Linda Foods became aware of the nutritional value of soybeans and began manufacturing a few products. Today there are twenty-five soybean foods under the famous Loma Linda label–some made entirely from soybeans and others incorporating them in some form. One of the latest additions to the Loma Linda line is Boston Style Baked Soybeans.

A photo shows Dorothea Van Gundy Jones with Miss Kojima, assistant manager of the Japanese Soybean Association [sic, Japanese American Soybean Institute], who is visiting the USA as part of her world tour to study uses of the soy bean.

Page 5 shows that the following Loma Linda brand soy products are now available: Soy Flour, Soyagen (All Purpose or Malt), Sandwich Spread, VegeChee, Smokene, Boston Baked Soybeans, and Soy Sauce. A photo on the cover of this issue of Loma Linda's quarterly magazine shows a can of Loma Linda VegeBits. Address: Nutritionist, Loma Linda Foods, 11503 Pierce Place, Riverside, California.

2566. Nichols, Teal. ed. 1964. Zen cookery. Chico, California: The Ohsawa Foundation. 83 p. Index. 22 cm. A second edition appeared in 1965.
• ***Summary:*** This is the earliest known macrobiotic cookbook written by an American, and its influence was profound.

Note 1. The Nov. 1964 edition of *Yin Yang* magazine, published in Chico, California, announced that the book had been published that month (Nov.).

"Acknowledgements: Our heartfelt gratitude goes to Lima Ohsawa, the foremost authority on Macrobiotic Cookery, without whose patient assistance and teaching this book would not have been possible. Many of the recipes appearing in Zen Cookery are from her collection in an earlier edition of Zen Macrobiotics. The Editor wishes further to thank the following people for recipes, suggestions, and invaluable comments: Joanne Hirsh, Dorothy Salant, Nina Bauman, Cornellia Aihara, Penny Smith, Shayne Oles, Betty Kennedy, and Jane Andrews."

"Zen Cookery is a collection of recipes gleaned from the files of many people, all of whom have adjusted their salt intake to suit their own needs. Their recipes reflect this."

Contents: 1. Grains. 2. Noodles. 3. Vegetables. 4. Soups. 5. Sauces. 6. Salads. 7. Inspirations from around the world. 8. Special dishes. 9. Miso soy bean paste. 10. Tamari soy sauce. 11. Breads. 12. Pancakes and crepes. 13. Pie doughs. 14. Desserts. 15. Beverages.

Note 2. This is the earliest English-language document seen (March 2012) that contains the term "tamari soy sauce." It is also the earliest English-language cook book seen that contains the word "tamari" or the term "tamari soy sauce."

Each recipe is numbered. Recipes mentioning soy in recipe name (and a few other recipes introducing foods new to the USA): 2. Rice with tamari soy sauce. 3. Rice with aduki beans. 4. Rice & aduki pudding. 7. Sesame rice. 9. Rice with chick peas (garbanzo). 21-28. Buckwheat recipes. 34. Bulghur. 48. Buckwheat noodles in soup (Soba with kombu). 50. Buckwheat noodles with fried bean curds [tofu]. 54. Buckwheat noodles with miso sauce. 55-56. Buckwheat noodles in kuzu sauce. 61. Udon with aduki. 62. Carrot sesame nituke [nitsuke]. 75. Scallion nituke with miso (soybean paste). 76. Carrot and onion nituke with miso. 77. Onion nituke with miso. 78. Vegetable miso stew. 79. Boiled pumpkin with miso. 80. Vegetable sauces with kuzu arrowroot (and tamari soy sauce).

81. Vegetables with tamari soy sauce and tahini. 98. Jinenjo (5 recipes). 101. Miso-vegetable relish. 102. Aduki beans, black [soy] beans, chick peas. 105. Baked chick peas. 106. Buckwheat-aduki pancakes. 107. Udon with aduki beans. 108. Chestnut-aduki gelatine. 109. Chick pea party dip (with tahini and tamari). 110-118. Sea vegetables (kombu, nori, hiziki, wakame, most with tamari). 119. Clear broth (with tamari). 122. Tamari-vegetable broth. or stock. 123. Miso soup (2 types). 124. Creamed miso soup. 125. Root vegetable soup with miso. 131. Soybean soup. 134. Wakame soup (with miso). 149. Sesame sauce. 150. Miso sauce. 151. Miso salad dressing. 152. Thick tamari soy sauce. 153. Tahini tamari soy sauce. 154. Onion tahini sauce (with tamari). 172. Wakame salad.

189. Clam miso. 190. Scallop miso-lemon. 203 Miso spread [with tahini]. 204. Miso sauce [with tahini and orange

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rind]. 205. Sauce for vegetables [with black sesame and miso]. 206. Scallion miso. 207. Miso salad dressing. 208. Miso-vegetable relish. 209. Miso soup. 210. Udon with miso sauce. 211. Rice porridge with miso. 212. Deep fried miso balls. 213. Carrots and onions miso. 214. Vegetables miso. 215. Tekka (2 types). 216. Tea with tamari soy sauce. 217. Tamari broth. 218. Stringbeans. 219. Dried radish (daikon). 220. Shredded sea vegetables (hiziki). 221. Thick tamari soy sauce. 222. Tahini-tamari sauce. 223. Vegetables with tahini-tamari soy sauce. 234. Aduki muffins. 238. Miso spread (for sandwiches). 239. Tahini-tamari spread. 246. Buckwheat aduki pancakes. 272. Aduki pudding. 273. Chestnut-aduki gelatine. 274. Kanten jello (with agar).

291. Grain Milk (Kokkoh [Kokoh]; a finely ground combination of roasted rice, glutinous rice, oatmeal, soybeans, and sesame seeds). 294. Tea with tamari soy sauce (syo-ban).

Note 3. This is the earliest document seen (Feb. 2005) that mentions Kokkoh (or Kokoh), a grain milk introduced by macrobiotics.

Note 4. Tofu, amazake, and seitan are not mentioned in this book. 287 is Ohsawa Coffee (Yannoh) and 288 is Dandelion Coffee.

Note 5. This is the earliest document seen (June 2000) that mentions the use of miso in a salad dressing (Nos. 151 and 207).

Note 6. In 1985, when writing a revised edition of this book titled *The First Macrobiotic Cookbook*, Herman Aihara wrote (p. v) that this 1964 edition, published by the Ohsawa Foundation of Chico, California, was first the edition of the various subsequent and very influential books with this title.

Note 7. This is the earliest document seen (March 2011) concerning Herman or Cornellia Aihara and macrobiotics (or soyfoods).

Note 8. Along with soyfoods, this cookbook (and its many successors) also introduced numerous other basic Japanese foods such as aduki [azuki] beans (3-4, 102, 106-08, 234, 272-73), sea vegetables of all types, and soba. Address: Chico, California.

2567. Hand, D.B.; Steinkraus, K.H.; VanBuren, J.P.; Hackler, L.R.; Rawi, I. el; Pallesen, H.R. 1964. Pilot-plant studies on soymilk. *Food Technology* 18(12):139-42. Dec. [7 ref]

• ***Summary:*** Contents: Summary. Introduction. Experimental methods [cold-water grind]: Spray-dried water-extracted soymilk, soymilk from [unsoaked] dehulled soybeans, soymilk from soaked dehulled soybeans, spray-dried acid curd, soymilk residue [okara]. Results and discussion: Interrelation of soybean fractions, indices of quality in relation to processing conditions, nutritional assessment, studies on flavor.

This investigation was made to develop improvements in the process for making dried soymilk from whole soybeans for use in developing countries, and especially in the process used at the soymilk plant in Indonesia equipped by UNICEF. The authors made a dry soymilk of excellent quality directly from whole soybeans without including the typical water-extraction step. The yield is higher and labor costs are reduced. A homogenizer is added to the processing line, but an evaporator and filter press are eliminated.

Figures show: (1) Flow sheet for water-extracted soymilk. (2) Flow sheet for soymilk from dehulled whole soybeans. (3) "Distribution of solids and protein as percentages in fractions from soaked soybeans." When whole soybeans are soaked, 98.5% of the solids and 99.5% of the protein remain in the soaked beans; the rest goes into the soak water. When the soaked soybeans are ground and filtered, 65% of the solids from the original dry soybeans and 83% of the protein remains in the soymilk; 33.5% of the solids and 16.5% of the protein goes into the residue [okara]. When the soymilk is made into tofu by cooking, precipitation with 4% acetic acid, and pressing the curd, 49% of the solids from the original soybeans and 74% of the protein remain in the tofu; 16% of the solids and 9% of the protein go into the whey.

(4) "Distribution of solids and protein as percentages in fractions from dehulled soybeans." When whole dry soybeans were steamed lightly, then dehulled, 10% of the solids and 4% of the protein were lost in the hulls. When the dehulled whole soybeans were soaked in 3 times their weight of water, 10% of the solids in the original dry soybeans and 4.5% of the protein was lost in the soak water. This 80% of the solids and 89.5% of the protein remained in the soaked dehulled soybeans.

Tables show: (1) Composition of soymilk samples (% of total). (2) Taste panel comparison of soymilk samples: The water-extracted soymilk received the highest (i.e., best) score for flavor (6.7) and consistency (8.1), followed by the soymilk made from dehulled whole soybeans (6.1 and 6.8), then the soymilk made from dehulled soaked whole soybeans (5.2 and 5.8). The acid-precipitated curd received a very low flavor score (1.8) and low consistency score (1.8) because of its grittiness.

(3) Pilot plant equipment list: Names and sources of 17 pieces of equipment,

Note: This is the earliest document seen (Oct. 2003) with the word "soymilk" in the title from Cornell University's Department of Food Science and Technology, Geneva, New York. This was the first group to consistently spell "soymilk" as one word–the modern spelling. Address: New York State Agric. Exp. Station, Cornell Univ., Dep. of Food Science and Technology, Geneva, New York.

2568. **Product Name:** Tofu.
Manufacturer's Name: Fuji Tofu Co.
Manufacturer's Address: 248 Jackson St., San Jose, CA 95112. Phone: 408-297-1666.
Date of Introduction: 1964.

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How Stored: Refrigerated.
New Product–Documentation: San Jose City Directory. 1969. First listing for Fuji Tofu Co. (Reiso Kake), bakery, 248 Jackson St.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 314. Directory entry under "Food Companies." In Japanese: Fuji Tofu Seizôsho [Fuji Tofu Mfg. Co.]. In English: Fuji Tofu Co., 248 E. Jackson St., San Jose, California. Phone: 297-1666.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. A traditional shop. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Reiso and Steve Kake. Article in West. 1983. Nov. Make way for tofu. About Fuji Tofu Co. Reiso Kake started Fuji Tofu Co. 20 years ago.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Reiso and Steve Kake.

Talk with Kenny Nozaki. 1988. Aug. 25. Reiso Kake started this shop in 1964 just down the street from and in competition with San Jose Tofu Co. The company was sold in 1987.

Talk with Tom Schmitz of San Jose. 1994. March 29. Linda Lam, who is Chinese-Vietnamese, purchased this company (now named Fuji Fresh Tofu Co.) 7 years ago. She is a native Vietnamese, the daughter of ethnic Chinese parents who moved to Vietnam. Both she and her parents are lifelong vegetarians. She learned how to make tofu in Vietnam at a Buddhist temple during the early 1960s. She would spend her school vacations there. Then she came to this country and went into the foodservice business. When she saw that the shop was for sale, and now contained new automated and semi-computerized equipment, she bought it from the Japanese owner, Mr. Kake, who was retiring. She still makes tofu using nigari as a coagulant.

2569. **Product Name:** Tofu.
Manufacturer's Name: Hawaiian Fruit Flavors.
Manufacturer's Address: 76 Kilauea Ave., Hilo, Hawaii. Phone: 54798.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Hawaii Directory of Manufacturers. 1969. p. 17. Hawaiian Fruit Flavors, 800 Leilani St., Hilo, Island of Hawaii, 96720. They make konnyaku and tofu.

2570. **Product Name:** [Tofu].
Manufacturer's Name: Heuschen B.V. Later renamed Heuschen-Schrouff B.V.
Manufacturer's Address: Geulle (Limburg), Netherlands.
Date of Introduction: 1964.
New Product–Documentation: Soya Bluebook. 1986. p. 108. This company is the largest tofu manufacturer in Europe. Order from Heuschen-Schrouff B.V. 1990. Feb. 21. Their address is now: Reeweg 137, 6374 BW Landgraaf, Netherlands.

Letter from Ike Van Gessel. 1992. Dec. 20. The town that used to be named "Ubach over Worms" is now named "Landgraaf." Heuschen-Schrouff B.V. is now located at: Reeweg 137, 6374 BW Landgraaf, Netherlands, The Netherlands. Note: This is the earliest record seen (April 2001) in connection with Heuschen-Schrouff B.V.

2571. **Product Name:** Hinode Natto.
Manufacturer's Name: Hinode Tofu Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1964.
New Product–Documentation: Interview with Mr. Shoan Yamauchi. 1982. June 29. He started making natto in 1964 and now makes 5,000 packages a week.

Pantry Supermarkets. 1983. "Double coupons!" (Ad). *Los Angeles Times.* Feb. 24. p. SG3. The section titled "Oriental foods" states: "Hinode natto (steamed soybeans) 5 oz.–49¢."

2572. **Product Name:** Tofu.
Manufacturer's Name: Horio Tofu Shop.
Manufacturer's Address: P.O. Box 87, Honomu, Island of Hawaii. Phone: 633461.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964.

2573. **Product Name:** Tofu.
Manufacturer's Name: Matsumoto (Hitoshi) Tofu. Later called Matsumoto Tofu Shop.
Manufacturer's Address: 2984-B Ewalu St., Lihue, Kauai.
Date of Introduction: 1964.
How Stored: Refrigerated.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Hitoshi Matsumoto, Lihue, Kauai. Not listed in any Hawaiian City Directory prior to 1968. Hawaii Directory of Manufacturers. 1969. p. 18. Matsumoto Tofu Shop, 2984-B Ewalu St., Lihue, Kauai, Hawaii 96766. Tofu and aburage.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Matsumoto Tofu Shop. 2984-B Ewalu St., Lihue, Kauai, HI 96766.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Mr. Matsumoto.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Matsumoto. Phone: 808-245-6141. Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Address listed as 3469 Maono St., Lihue, Kauai, HI 96766.

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2574. **Product Name:** Tofu.
Manufacturer's Name: Nagano (Masayo) Tofu.
Manufacturer's Address: Lihue, Kauai, Hawaii.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964.

2575. **Product Name:** Tofu.
Manufacturer's Name: Okamoto (Tokiyo) Tofu.
Manufacturer's Address: Kekaha, Kauai, Hawaii.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964.

2576. **Product Name:** Tofu.
Manufacturer's Name: Oshiro (Katsuko) Tofu.
Manufacturer's Address: Kekaha, Kauai, Hawaii.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Hawaii Directory of Manufacturers. 1969. p. 18. Katsuko Oshiro, Kekaha, Kauai, Hawaii. Tofu.

2577. **Product Name:** Tofu.
Manufacturer's Name: Oshiro Tofu Factory.
Manufacturer's Address: P.O. Box 67, Paauilo, Island of Hawaii. Phone: 783542.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Hawaii Directory of Manufacturers. 1969. p. 18. Oshiro Tofu Factory, Paauilo, Island of Hawaii, Hawaii. Makes tofu and tofu products.

2578. Sakurai, K. 1964. The role and significance of soy bean foods in Japan. University of Tokyo. Unpublished manuscript. *
Address: Tokyo, Japan.

2579. **Product Name:** Vigorost. Renamed Vigoroast by 1965.
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, OH 43085. Phone: 614-885-9511.
Date of Introduction: 1964.
Ingredients: Wheat gluten, firm tofu and/or okara, whole peanut meal, seasonings.
Wt/Vol., Packaging, Price: 14 and 20 oz cans.
How Stored: Shelf stable.
Nutrition: Protein 19.4%, fat 8.6%, carbohydrates 12.3%, ash 2.1%.
New Product–Documentation: Madison Foods. Division of Worthington Foods, Inc. 1964. July 1. Wholesale price list–order blank. Lists Vigorost.

Seventh-day Adventist Dietetic Assoc. 1965. *Diet Manual. 2nd ed.* p. 104. Vigoroast [sic, Vigorost] contains 12.70% protein, 8.00% fat, and 15.60% carbohydrate. One serving, ½-inch slice, weighs 80 gm.

2580. **Product Name:** Tofu.
Manufacturer's Name: Yamamotoya (Takiji) Tofu.
Manufacturer's Address: Koloa, Kauai, Hawaii. Phone: 746881.
Date of Introduction: 1964.
New Product–Documentation: Hawaii Directory of Manufacturers: Tofu (bean curd). 1964. Note: Mrs. Tomi Kataoka started a tofu shop in this same small town in 1935.

2581. **Product Name:** Tofu.
Manufacturer's Name: Yamasaki Tofu.
Manufacturer's Address: 936 Kekaulike, Honolulu, Oahu, Hawaii.
Date of Introduction: 1964.
New Product–Documentation: Honolulu City Directory. 1963-64. Yamasaki Tofu (Harry H. Yamasaki, proprietor). 936 Kekaulike, Honolulu. Same listing in 1966-67 directory. In 1967-68 address has changed to 930 Kekaulike St. Same in 1970.

2582. Aykroyd, Wallace R.; Doughty, Joyce. 1964. Legumes in human nutrition. *FAO Nutritional Studies* No. 19. xi + 138 p. Reissued by FAO in 1982 (152 p.). [119 ref]
• ***Summary:*** Contents: Preface. Introduction. History of legumes. Production and consumption. Composition and nutritive value. Methods of processing and cooking: Soybean preparations in East Asia (p. 48-52)–Germination (sprouted soybeans), soybean curd (tofu, incl. *chou tofu* or "stinking soybean curd"), soy sauce (shoyu), soybean paste (miso), tempeh, natto, hamanatto, soybean "milk," fermented preparations from groundnuts. Groundnut flour.

Effects of processing on nutritive value: Soaking, decortication, heating, germination, fermentation (mentions tempeh), effects of storage.

Toxic substances. Legume proteins. Observations on the value of legumes in human feeding. The place of legumes in human diets. Appendixes: (1) Legumes eaten by man. (2) Nutritive value of important legumes. (3) Amino acid content of legumes. (4) Account of lathyrism in central India by General Sleeman. (5) Bibliography of soybean (11 references). Some legume recipes. References.

Soybeans are also mentioned on pages 15 (Table 1, "Important legumes"), 23 (Indonesia, soybean curd, soy sauce, tempeh), 23-24 (Japan, miso, shoyu, natto, tofu, Korea, Taiwan), 39-40 (carbohydrates in soybeans include "galactans, pentoses, and hemicelluloses which are poorly utilized." Fats: only the groundnut and soybean are important sources of it), 55 (heating and trypsin inhibitor, methionine and cystine, raw unheated soybean meal, saridele), 58

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(fermentation, tempeh, PER), 75-76 (protein values), 81 (Dean used soybeans to treat a protein deficiency), 84 (soybeans in India), 97 (soybean curd).

Appendix 1, titled "Legumes eaten by man" (p. 101-14), lists the various legumes by their Latin names. The entry for *Psophocarpus tetragonolobus* gives its vernacular names as "Goa bean, asparagus pea, winged pea, winged bean, sesquidillas."

Note: This is the earliest English-language document seen (Aug. 2007) that uses the word "sesguidillas" to refer to the winged bean. Address: 1. Dep. of Human Nutrition, London School of Hygiene and Tropical Medicine; Former Director, Nutrition Div., FAO, Rome, Italy.

2583. Choy, Jung Suck (Mrs.). 1964. The art of Oriental cooking. Los Angeles, California: The Ward Ritchie Press. xi + 156 p. Introduction by Dr. Lee Wok Chang. Illust. Index. 18 x 18 cm.

• ***Summary:*** Contents: Introduction. Korean food. Chinese food. Japanese food. Shopping guide for Oriental ingredients (1 p., with emphasis on the names and address of stores selling Oriental foods). For each category of food (such as Soup) and for each recipe, the name in English is given first, followed by the Asian name in parentheses. ½ to 1 teaspoon "monosodium glutamate" is called for in many recipes. Likewise "soy sauce" is used in many recipes.

The index to this book is not a typical index. For example, although "bean curd" is called for in many recipes, it does not appear in the index. So one must read the entire book and all the ingredients in each recipe to find which recipes call for bean curd.

The book has an unusually heavy emphasis on animal foods–meat, chicken, fish, shellfish, and eggs. Did people in Korea, China, and Japan really eat like this in 1964?

In Korean, bean curd is called dubu or do-bu (p. 13); bean curd is also called for on pages 45, 50, 54, 125, 136, 137, 138 Other ingredients used: Miso, p. 125. Red beans [azuki], p. 63.

Recipes include: Fish teriyaki, p. 134. Sukiyaki, p. 136. Mizu-taki, p. 137-38. Beef teriyaki, p. 140-41. Pork teriyaki, p. 141.

The shopping guide mentions: Bean curds. Chinese black beans. Miso. Monosodium glutamate. Sesame seeds. Sesame oil. Soy sauce.

Note: The author was born and raised in Korea. She and her husband joined the faculty of Seoul National University in 1947; she taught home economics. Since 1950 in the United States, she has been giving courses on Oriental cooking to various social and church groups. Address: Berkeley, California.

2584. Japan Dietetic Assoc. Corp. (JDAC). 1964. [Standard composition of Japanese foods]. Tokyo: Daiichi Shuppan K.K. 124 p. [Jap; Eng]

• ***Summary:*** The basic source of information on the nutritional composition of all Japanese foods.

2585. Jones, Dorothea Van Gundy. 1964. The soybean cookbook: Adventures in zestful eating. New York, NY: Gramercy Publishing Co., a divison of Crown Publishers Inc. Paperback published by Arco Publishing Co. Inc. xii + 240 p. Foreword by Ruth Stout. Index. 21 cm.

• ***Summary:*** This lacto-ovo-vegetarian cookbook is identical to the 1963 edition published by Devin-Adair except: (1) Mildred Lager, who died in Aug. 1960, is no longer listed as the author. Note: Mildred's husband, Ed Jones, married Dorothea Van Gundy, the present author. (2) The dust jacket is white, yellow, green and black on a blue background. A face, made of yellow and green soybeans, is wearing a chef's hat. (3) The publisher of the hardcover edition is now Gramercy rather than Devin-Adair. The copyright date (written in hard-to-read Roman numerals) is 1963, the same as the Devin-Adair edition. The date of publication is not given, but it must have been after 1963. We have taken the liberty of giving it as 1964. (4) The title of the second preface has been changed to "Preface to the revised edition" from "Preface to the 1963 edition." Both were written by Dorothea Van Gundy Jones of Arlington, California. Address: Arlington, California.

2586. Jones, Mary Lou. 1964. Better soybean recipes. Anacortes, Washington: Outdoor Pictures. 58 p. Index. 22 cm.

• ***Summary:*** This small book is primarily about soy milk–how to make and use it. Contents: Introduction. 1. Working tools. 2. How to make a portable stove with a portable oven and kerosene oil lamp. 3. Ingredients for recipes: Soybeans, lecithin, oil, calcium phytate, slippery elm, flax seed, herbs. 4. Preparation of soybeans.

5. Recipes (p. 21): Thickening (with slippery elm or lecithin), oil-lecithin mix, soy milk recipes (soybean liquid {"Refrigerate pulp to make Soy Cheese [p. 26], Cultured Cheese, or Soy Crackers [p. 31]," p. 23}, soy milk–basic, soy milk concentrate [the favorite, with salt, honey, and oil-lecithin mix], low fat soy milk concentrate, chocolate-like milk [carob], chocolate-like syrup [carob], soy cream, whipped cream [to ½ cup soy cream slowly add 2 tablespoons oil-lecithin mix in a blender], ice cream, custard pudding, basic soy cheese [not tofu, based on okara]), dressings and spreads (royal mayonnaise, salad dressing supreme [based on tofu], cheesy spread or dressing [based on tofu], soy butter or health margarine, royal soy margarine, butter spread [made with "soybean pulp" = okara], oil free butter spread [made with ½ cup soy milk, ¼ cup lecithin, a little salt, and one recipe of Soybean Pulp {okara; see p. 24}]).

Cereals (p. 30) (flax cereals [2 types], soy crackers [with soybean pulp], soybean and corn meal muffins [with whole

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soybeans], sprouted grain granola [breakfast cereal]). Soy bread recipes (eight-grain sprouted soy bread, whole wheat soy bread, bread recipes without soybeans, basic variable whole wheat bread, enriched whole wheat bread, bran whole wheat bread, carob bread, peanut bread, eight-grain sprouted bread), waffles (soy waffles, eight-grain soy waffles, pigeon feed waffles).

Entrees (p. 41) (gluten supreme [meat substitute], malt flavored ice cream, mayonnaise, salad dressing, concentrated dressing base, gravy, soybean souffle), dextrinizing (heating starchy foods to turn the starch into more easily digested sugar), suggestions for using prepared soybeans without using a liquifier [pickle cooked soybeans in concentrated dressing base], yogurt (soy-based medium for culture, yogurt made from soy milk), watermelon and cantaloupe seed, fresh kelp relish.

6. Sprouting seeds (including soybeans): Four methods, how to serve sprouts (incl. Sukiyaki). Some variations in making soy milk.

Page 22 is a directory of the names and addresses of major health food distributors in the USA: California: Kahan and Lessin Co. (Los Angeles, or San Francisco). Colorado: Health Food Sales Co. (Denver). Illinois: Health Food Jobbers, Inc. (Chicago). Massachusetts: Foods Inc. (Cambridge). Michigan: Health Food Distributors (Detroit). New York: Sherman Foods, Inc. or Balanced Foods, Inc. (New York City). Oklahoma: Akin Distributors (Tulsa). Oregon: Nu Vita Foods (Portland). Tennessee: Collegedale Distributors (Collegedale). Washington state: Kahan & Lessin Co. or Vital Foods Distributors (Seattle).

This book contains considerable information about gluten and the use of the gluten rinse water (as in breads or soups). Pages 41-42 contain a unique recipe for making 2 pounds of gluten at home from whole wheat flour. The gluten is then baked with a seasoning mix and the rinse water for 10 hours at 108ºF to make Gluten Supreme.

Concerning dextrinizing: "This process is acclaimed by many health authorities to be a more healthful way of eating some starchy foods. Many people who have digestive problems with starchy foods can eat them prepared by the dextrinizing process. This process is said to turn the starch into a more easily digested sugar." Breads, cereals, or flour can be dextrinized by baking at 225ºF until lightly browned.

Note: This is the earliest English-language document seen (Nov. 2005) that uses the word "soybean pulp" to refer to okara. Address: Box 1326, Escondido, California.

2587. Lager, Mildred; Jones, Dorothea Van Gundy. 1964. Suggestions for the arthritic. Recipes and menus. Riverside, California: Mrs. E.S. Jones. 68 p. 22 cm.

• ***Summary:*** Contents: Part I. Arthritis–The result of many conditions: Types of arthritis, causes of arthritis, suggestions, foods for the arthritic, my own case. General outline of the diet: Juice diet, limited diet, general diet. Other suggestions: Mental attitude, comments 1957, comments 1961. Part II. Menus. Carbohydrate content of fresh fruits. Carbohydrate content of dried fruits. Carbohydrate content of fresh vegetables. Recipes.

Mildred wrote that proper diet was the greatest factor in her recovery from arthritis. Based on her own experience and that of many others who she helped, she strongly opposed the use of dairy products, and thus used dairylike soy products in their place, especially soymilk, tofu, and soy flour or grits.

Mildred wrote in Aug. 1957 that it has been 32 years since she began her battle with arthritis. In a Feb. 1961 update to this book Dorothea wrote that Mildred died on 25 Jan. 1960. "Hers was a very remarkable life in that while still in her teens she was told, after examination at a noted medical clinic, that she had incurable arthritis and would never walk again, her feet and legs being completely ankelosed at that time. In spite of this verdict Mildred went home with a determination to show those doctors they were wrong, and show them she did, for before long she was back on her feet again. You already know her story. For the next forty years she battled arthritis, never quite winning but keeping it under control to the extent that she lived a normal life and made a remarkable contribution to the field of nutrition as, health food store owner and operator, author, lecturer, radio commentator and dietary consultant. She taught many arthritics how to overcome their handicaps, and if that was not possible, how to live with them. Her life made a real contribution and she left many friends as a result." Address: Riverside, California.

2588. Lin, Yutang. 1964. The flight of the innocents. New York, NY: G.B. Putnam's Sons. 320 p. See p. 112. Map. 22 cm. Reprinted in 1965 in paperback.

• ***Summary:*** "Foreword: The story, plot and characters are fictional, but the background material is authentic" (p. 9). This book describes how a family escaped from Communist China by swimming across a river near Canton.

Page 112: "'I'll have deep-fried bean curd, crisp and golden brown outside, soft and creamy inside. And I'll have West Lake duck, buttery soft and juicy, swimming in a rich, garnished sauce.' He relaxed and leaned back upon the bed."

Lin Yutang lived 1895-1976. Address: Novelist, born in Fujian, China.

2589. Vollmer, Marion W. 1964. Food: Health and efficiency. Lessons in nutrition and healthful food preparation. Revised ed. Nashville, Tennessee: Southern Publishing Association. 136 p. 23 cm.

• ***Summary:*** In this Seventh-day Adventist vegetarian cookbook, soy-related recipes include: Farmer soy breakfast hash (with Proteena, p. 34). Granola (with soy flour, p. 34). Bit o' soy waffles (with soy flour, p. 35). Cashew milk (p. 52). Soy nut milk (with soy milk powder, almonds & cashews, p. 52). Baked soybeans (with cooked whole

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soybean, p. 62). Gluten–how to prepare and serve it (incl. Gluten stroganoff, gluten cheeseburgers, 64-67). Soy cheese–how to make and serve it (tofu made from full fat soy flour and curded with lemon juice, p. 67-68). Soy cheese loaf (with tofu, p. 69). Soy cheese croquettes (with tofu, p. 69). A note on p. 69 states: "Tofu is fresh soybean curd. Sold in blocks under water in Oriental and some other markets. Canned soy cheese called Vegechee, Cheez-o-Soy, etc., may be substituted." Note: An earlier edition was published in 1954.

2590. Watanabe, Minoru. 1964. Nihon shokuseikatsu-shi [History of Japanese food culture]. Tokyo: Kichikawa Kobunkan. 330 p. Illust. Index. 21 cm. [Jap]
• ***Summary:*** Amazake (p. 43), tofu (p. 3, 129), natto (p. 147), miso (p. 3, 88, 102, 130, 149, 203-05, 241, 288, 301, 314), shoyu (3, 149, 202, 241, 301).

Amazake: There were two types of fermented foods in Japan prior to the 8th century A.D.: The sake line and the hishio (*chiang*) line. The sake line used mainly rice as an ingredient but barley (*mugi*), broomcorn millet (*kibi*), glutinous mountain yam (*yama imo*), and fruits were also used. The hishio line led to miso and soy sauce. Both the early Japanese classics Kojiki (A.D. 712) and the Nihon Shoki (A.D. 720) mention sake. From burial mound tombs created during the period A.D. 300 to 600 have been excavated groups of stone burial objects which are thought to be sake making implements. The earliest sake was made from glutinous rice (*mochi-gome*)*;* it was quite sweet, thick, and glutinous/sticky, and was called "one night sake" (*hitoyo-zake*). It was thick like today's amazake base before it has been diluted, and was probably served on tree leaves and eaten, rather than being drunk as a beverage. After the arrival of foreigners in Japan bringing brewing methods, regular rice started to be used to make drinks with a high alcohol content. Salty and/or pungent condiments (*karami*) were also added. Japanese cedar or cryptomeria (*sugi*) or bamboo leaves may have been used as preservatives. All of these beverages were thick grogs, not clarified sake. Moreover, unlike in later eras, they were not used to add color/pleasure to people's daily life. Rather they were used mainly at religious festivals and ceremonies.

2591. *Daizu ni Kansuru Shiryo* (*Statistics on Soybeans and Soyfoods in Japan*). 1964--. Serial/periodical. Tokyo: Norin-sho, Engei Kyoku, Tokusan-ka (Japan Dep. of Agriculture, Forestry, and Fisheries). Annual. 26 cm. [30 ref. Jap]
• ***Summary:*** This annual publication of the Ministry of Agriculture, all in Japanese, is the single best unified source of statistical information on soybeans and soyfoods in Japan. By the 1970s the name of the publishing organization had changed to Norin Suisan-sho, Nosan Engei Kyoku, Hatasaku Shinkoka. The average length of a volume was 146 pages in the 1960s, increasing to 170 pages in the 1980s.

Table of Contents for the 1984 Edition reads: I. Finding where soybeans fit (in Japanese agriculture) (p. 1). 1. Changes in the size of area of the cultivated fields (p. 1). 2. Changes in usage of land (p. 2). 3. Changes in the rate of usage of cultivated fields (p. 6). 4. Converting rice fields to other crops (p. 7).

II. Production trends (p. 14). 1. Results of production (p. 14). 2. Present status of management (p. 28).

III. Grant money system (p. 56). 1. Outline of grant money system for soybeans and rapeseeds (p. 56). 2. Changes in the standard price of soybeans and the amount of soybeans subject to the grant money (p. 58). 3. Results of the regulated sales of soybeans (p. 59). 4. Monthly changes in the price of soybeans (p. 60). 5. Standards of inspection of soybeans (p. 62). 6. The present status of inspecting and ranking soybeans (p. 66).

IV. Outlines of the budget of the countermeasure of promoting the production of soybeans (p. 70). 1. Changes in the budget (p. 70). 2. Outline of budget of soy-related items in 1984 (p. 72). 3. The present status of enforcement of the enterprises (p. 82).

V. Varieties of soybeans (p. 86). 1. Table of the soybean varieties which were registered as Norin Bango (agriculture & forestry number) (p. 86). 2. Table listing the main existing varieties (p. 96). 3. Table of the varieties which each prefecture recommends (p. 102). 4. The status of planting different varieties of soybeans (p. 104).

VI. The present status of management techniques of cultivation (p. 109). 1. The season of soybeans in the main producing prefectures (p. 109). 2. Outline of the national association of promoting the improvement of management of beans in 1983 (p. 112).

VII. Trend of demand for soybeans (p. 132). 1. Changes in the demand for and the rate of self supply of soybeans (p. 132). 2. The status of demand for soybeans by year (p. 133). 3. Changes in the amount of soybeans imported for food use and the amount of soybeans used in various items (p. 133). 4. The results of production, shipping, and the usage of raw materials of miso and shoyu (p. 136). 5. The status of consumption of processed soybean products (p. 140). 6. Nutrients of soybeans and soybean products (= soyfoods) (p. 144). 7. Long term view (p. 150). 8. Changes in the rate of making soybeans as merchandise (p. 150). 9. The status of the production of soybeans in main producing countries (p. 151). 10. Changes in the amount of soybean production in the USA (p. 152). 11. The amount and the price of exported soybeans of main exporting countries, by countries (p. 153). 12. The amount and the price of imported soybeans of the main importing countries, by countries (p. 154). 13. The Japanese import situation for soybeans, by years and countries (p. 156). 14. The imported amounts, exported amounts, and the domestic prices by years (p. 162). 15. Changes in the soybean tax (p. 164).

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2592. Ohsawa, G. 1964? Macrobiotics: The art of longevity and rejuvenation. New York, Paris, Brussel [sic], Tokyo: Ohsawa Foundation. Printed in the U.S.A. by Eastern Technical Publications (Boston & New York). 218 p. Undated. Index. 17 cm.

• ***Summary:*** This is the earliest known American printing of "Zen Macrobiotics." The word "Zen" was removed from the title at Michio Kushi's suggestion. The cover is yellowish tan. The author is George Ohsawa.

Contents: Foreword: Two ways to happiness through health. Preface: Health to peace. Books by the same author (7 in French, 9 in Japanese, one in English, plus 4 periodicals). Table of contents. 1. Macrobiotics and Oriental medicine. Why I have written this book. What is the philosophy of the Far East? 2. What is my therapy? Unhappiness, illness, crime. Incurable disease. Three categories of cure. What we must not cure. Satori. Courage, honesty justice. Tolerance. 3. The six main conditions of health and happiness. 4. Nothing shall be impossible to you. You should have infinite freedom. You must be your own doctor. 5. Ohsawa's macrobiotic cuisine. 6. Principal foods: Rice, buckwheat, udon etc., millet, raw rice etc. (p. 62-71, with recipes). 7. Secondary foods (p. 72-103, with recipes): Nituke, soup (lotus root ankake, kuzu gruel, cracknel yuba), pie, gyoza (piroshiki), chapati, jinenjo (wild potato, tororo). Egyptian beans (chick peas, *pois chiche*), beans (boiled soy beans with miso, gomoku beans, goziru [gojiru] soup, aduki beans), corn, aduki (ogura vermicelli), goma-tohu [sesame tofu], aemono (salads), varieties (chou farci, buckwheat crepe), wild vegetables, seaweeds (shi kobu [shio kombu], kobu maki, fried kobu, musubi kobu, kobu soup, matsuba kobu, salmon head kobu-maki, hiziki with lotus root, hiziki nitsuke, hiziki with "age," hiziki and soyabean, gomoku hiziki, hiziki rice), wild plants (dandelion leaves or root, aozu {wild spinach}, fuki), miso and tamari preparation (sauce miso, miso cream, muso [miso with tahini and orange peel], miso soup, carrot and onion au miso, vegetable au miso, oden au miso, buckwheat dango au miso, miso ae, tekka no. 1 and 2), syoyu [shoyu] (sakura rice, sauce au shoyu, sauce au sesame, bouillon au shoyu, ositasi [ohitashi], oatmeal cream, potage oatmeal, sauce bechamel a la sauce shoyu, mayonnaise a la sauce shoyu, sauce Lyonnaise; "Shoyu diluted with a little water is very good for Sasimi [Sashimi = raw fish] and fried oyster, tempura, fish Sukiyaki, tofu {vegetable cheese of soya beans}, etc."), beverages (rice tea, wheat tea, dandelion coffee, Ohsawa Coffee {Yannoh; incl. roasted and ground rice, wheat, aduki, chick peas, and chicory}, Kokkoh {incl. roasted rice, glutinous rice, oatmeal, soya beans, and sesame seeds}, Mu tea, syo-ban {coarse green tea with soy sauce}, kuzu [cream, with shoyu] {"A good drink for everyone"}, aduki juice, radish [daikon] drink no. 1 and 2, ransyo {one beaten egg + 50% of traditional Ohsawa shoyu}, soba tea, umeboshi juice, ume-syo-kuzu, special rice cream).

8. Special dishes. Desserts. 9. Yin and Yang. 10. Macrobiotic suggestions for various symptoms of disease (p. 131-36, with recipes): General suggestions (by disease), macrobiotic external treatment (tofu plaster, soya bean plaster, Dentie). 11. Specific curative dietary suggestions: Examples of diseases and their macrobiotic treatments. 12. Kokkoh: Macrobiotic food for baby. 13. On cooking. Salt. Folk medicine. Your history. Appendix: The case of Mr. E. (Cure in 10 hours). "Pro-forma death certificate of the American World Empire and its Gold Dynasty."

Ohsawa centers and friends (p. 217-18): England (Trustin Foods, London; Mrs. R. Takagi, London), France (Centre Ignoramus, Longue Vie, Guenmai [Genmai = brown rice], Yamato, Ohsawa-France; all in Paris). Germany (Miss M. Arnoldi, Heidelberg; Dr. P. Martin, Munich; Dr. Henning, Hamburg), Italy (Miss H. Onoda, Rome; Mrs. Baccolis, Rome), Japan (Nippon Centre Ignoramus, 8 Kasumi-cho, Minato-ku, Tokyo; Shinsekai, Osaka), Brazil (Casa Longavida, Sao Paulo), Sweden (Miss Ilse Clausnitzer, Stockholm), U.S.A. (Ohsawa Foundation, 61, W. 56th St., New York; Ohsawa Foundation, P.O. Box 238, Chico, California; Chico-San, Inc., 64, 5th Ave., Chico, California; Musubi, 61, W. 56th St., New York–Macrobiotic Restaurant).

This book is undated, but it contains clues as to when it was published. On page 190 is reference to an article in *Time* magazine dated 7 March 1960 about the sad state of health in the United States. Then on page 189, Ohsawa states: "Upon my arrival in the United States last November, I began my lectures on the philosophy and medicine of the Orient. I gave some in Los Angeles and San Francisco [California], but mostly in New York institutes and schools such as the Universalist Church, The New School for Social Research, Columbia University, New York City College, and the American Buddhist Academy. I have postponed my departure twice. But I am very happy as I have confirmed my assumption: marriage between paradoxical philosophy of the Orient and the materialistic techniques of precision of American science, which must be realized for the infinite freedom of Man and for world peace" (p. 189).

Concerning the date of publication, which is not given in or on the book. One guess is about 1964, because when you do a printing of a book, you want to print enough to last for at least two years. This 1962 + 2 = 1964. A pretty weak reason! Carl Ferré (6 and 8 May 2011) states: I've done enough printing to know that the book printed in the USA uses the same plates as the second printing in Japan except for two changes. They added "Printed in the USA by..." (in a different type face) to the back side of the first page, which is blank; and, they whited out "Zen" and the smaller "Macrobiotics" on the cover and title page and replaced both with one word: "Macrobiotics" (again, in a different type face). The rest of the book appears to be exactly the same as the second printing from Japan."

"My thinking is that 1964 is a pretty good guess because I believe it may have been arranged by the East

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Coast Group–thus, the word 'Zen' was off the title and it was printed by a printer in Boston and New York. This would be about the time Michio Kushi was getting settled in Massachusetts."

Note 1. These lines almost certainly describe Ohsawa's first visit to the United States. He arrived in November 1959 and stayed well into 1960.

Note 2. All recipes in this book are numbered, from No. 1 (Unpolished rice, p. 162) to No. 816 (Rice plaster, p. 136). The recipe numbers are identical to those published in the mimeograph edition of *Zen Macrobiotics* (also titled *Macrobiotics–The Biological and Physiological Foundation of Zen Buddhism*), published in early 1960.

Note 3. The contents of this book is very similar to that of the earliest published edition of *Zen Macrobiotics,* which was printed in Japan and was 218 pages long.

2593. Morinaga Milk Products Company. 1965. [Deodorizing soybean milk]. *Japanese Patent* 3462. Feb. 23. 2 p. English-language summary in Soybean Digest, Feb. 1966, p. 53. [Jap]*
• ***Summary:*** "In a method for thoroughly deodorizing soybean milk, the raw aqueous soybean extract is inoculated with one or more of the following species of bacteria: Leuconostoc diacetylactease; Leuconostoc dextranicum; and Leuconostoc citrovorum. The inoculated milk is fermented at 20º-25ºC for a period of from 12 to 30 hours at a pH of about 6.5."

Note: This is the earliest document seen (March 2013) concerning Morinaga and soy.

2594. Diser, Gleason M. comp. 1965. Glossary of soybean terms. *Soybean Blue Book* 25(6):18-21. March.
• ***Summary:*** This is the last issue of the *Blue Book* that contains "A glossary of soybean terms" (p. 18-21), a valuable section that has remained largely unchanged since 1961. Address: Minneapolis, Minnesota.

2595. Nakayama, Osamu; Teramachi, Yayoi; Watanabe, Tokuji. 1965. Fukuro-dôfu yo gyôkozai toshite no gurukono deruta rakuton ni tsuite [Glucono delta-lactone as a coagulant of packaged lactone silken tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 12(3):81-84. [3 ref. Jap]
Address: 1. Fujisawa Yakuhin Kogyo K.K., Chuo-Kenkyusho; 3. Norinsho Shokuryo Kenkyusho, Tokyo-to, Koto-ku, Edogawa Hamazono-cho 2, Japan.

2596. *Soybean Blue Book.* 1965. Japanese American Soybean Institute. p. 10.
• ***Summary:*** Gives the address, name of the managing director, structure, sources of funding, purpose and goals, and major accomplishments in chronological order. The institute was formed in early 1956.

1963–"The Institute arranged for the testing of 27 U.S. soybean varieties for their suitability for production of tofu and miso by the respective associations."

2597. Abbott, J.C. 1965. Protein rich foods from oilseeds: Economic aspects. *P.A.G. News Bulletin* (*Protein Advisory Group, WHO / FAO / UNICEF*) No. 5. p. 19-38. April. [15 ref]
• ***Summary:*** Table 1 lists annual consumption (in metric tons) of oilseed protein foods in some main consuming areas. Column 1: Miso, tofu, tempeh and other fermented or cooked soybean products: Mainland China 3,736,000. Japan 2,536,000. Indonesia 200,000. South Korea 160,000. Taiwan 153,000. Hong Kong 15,000. Malaya 15,000. Singapore 15,000.

Column 2: Soy milks: Singapore and Malaya 1,300 metric tons, Hong Kong 1,000.

Note: This is the earliest document seen (Sept. 2002) that contains industry or market statistics for soymilk by geographical region. Address: Chief, Marketing Branch, FAO Headquarters, Rome, Italy.

2598. Hesseltine, C.W. 1965. A millennium of fungi, food, and fermentation. *Mycologia* 57(2):149-97. March/April. [38 ref]
• ***Summary:*** A landmark, widely cited work on indigenous fermented foods. Interestingly, it makes no mention of amazake, or kanjang (Korean soy sauce). Contents: Tempeh. Ragi. Sufu (describes process, mentions pehtzes and the mold *Actinomucor elegans* NRRL 3104).

Color photos (sent by Dr. Clifford Hesseltine) show: (1) Luxuriant growth of *Actinomucor elegans* mold on some skewered cubes of tofu in an incubator; on the top row are uninoculated cubes. (2) Cubes of sufu in their final form after removal from brine.

Thamnidium (meat tenderizer and flavor enhancer from the mold *Thamnidium elegans*). Miso. Shoyu (incl. tamari. "In China, shoyu is more of the tamari type, that is, more soybeans are used and less wheat,..."). Tea fungus. Ang-kak (red fermented rice [red rice koji], p. 179-81). Advantages of fermenting foods. The future of food fermentations.

The glossary gives brief descriptions of aga-koji, akakoji, amylo process, anchu, angkak, angkhak, ang-quac, anka, ankak, arack, arak, arrack, atsumandie, awamori, bagoong, bakhar, beni-koji, benikoji, braga, brem, busa, chao, ch'au yau (Chinese name for shoyu), chee-fan (a type of Chinese cheese or sufu), chiang (Chinese equivalent of miso), chicha, Chinese cheese (sufu), Chinese red rice (ang-kak), chiu-chu (Chinese yeast), chiu-niang (Chinese term for koji), chou [*ch'ü*] (Chinese equivalent of koji), dahi, dawadawa (made from African locust bean–*Parkia filicoidea;* soy is not mentioned), dhokla, dosai, fermentation of citron, fermented fish, fermentation of maize, fermented minchin (wheat gluten), fermented soybeans ("a Chinese

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food prepared from small black soybeans." See A.K. Smith 1961 [fermented black soybeans]), fish paste, fish sauce, fish soy, fu-yu, fu-yue, fuyu (see sufu [fermented tofu] for all 3), ginger beer plant, grib, hamanatto, hon-fan [fermented tofu], hongo, hung-chu, idli, injera, jamin-bang, java yeast, jotkal, kaffir beer, kanji, katsuobushi, katyk, kefir, ketjap, kimchi, kishk, kisselo mleko, koji, kombucha (tea fungus fermentation), kome-miso, kuban, kumiss, kumys, kushik, kushuk, kvass, kwass, kyoku-shi, lao-chao, leben, lebeny, levain of khasia, levain of sikkin, lontjom (ontjom), magou, mahewu, maize fermentation of the maoris, mazun, medusen tee, meen, meitauza, meju (fermented soybeans of Korea), mén, mien (Chinese yeast), mirin, mish, miso, moromi, mugi miso, murcha, nappi, nata, natto, ngapi, nuoc-mam, nukamiso, ontjom, patis, paw tsay, peh-khak, pehtze, peujeum, peyem, poi, prahoc, pulque, raggi, ragi, ranu, red pepper sauce, red rice, red sufu, sajur asin, saraimandie, sekihan, shiro koji, shottsuru, shoyou, sho-yu, shoyu, soja japonais (shoyu), sonti (a rice beer wine of India), South African fermented corn, soy, soybean cheese [fermented tofu], soy sauce, sufu, su fu [both fermented tofu], sweet flour paste, taette, tahuli, tahuri [both "Philippine fermented soybean curd"], takuwan, tamari, tane koji, tao-cho [taotjo], taokoan [pressed or firm tofu, not fermented], tao dji (see taotjo {sic}), tao-si ([fermented black soybeans]; see Handbook of Philippine Agriculture. 1939. p. 132-43), tao-tjung, tao-yu, taotjo, tapej, tape ketan, tape ketella, tarhana, tea beer, tea cider, tea fungus, teekwass, teeschwamm, tempe, tempeh, tempeh bongkrek, tempeh kedelee, thamnidium, thumba, tibi, tien mien chang [chiang], tojo ("Philippine name for soybean curd"), tokua ("Philippine name for soybean curd"), torani, tosufu, toyo, trassi, tsue fan, tuwak, uri, u-t-iat, wunder pilz, yen-tsai.

Note 1. This is the earliest document seen (Oct. 2011) that mentions *Actinomucor elegans* in connection with sufu [fermented tofu]. In 1966 Hesseltine describes it as the best mold for use in making this fermented food.

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the terms "fuyu" or "fu-yue" or "chao" to refer to fermented tofu.

Note 3. This is the earliest document seen (July 2000) that mentions "mugi miso"–a type of miso made with barley koji. By the mid- to late-1960s, macrobiotic companies in the USA were importing barley miso from Japan and labeling it "Mugi Miso."

Photos show: (0) Clifford W. Hesseltine (portrait). (1-3) *Rhizopus oligosporus* mold, used to make tempeh (3 views). (4) Skewered cubes of sufu in an incubator, with one skewer of uninoculated tofu cubes and three rows of tofu inoculated with *Actinomucor elegans* showing luxuriant growth of mold. (5) Cubes of Chinese cheese [fermented tofu] removed from brine. (6) Dilution plate of tane koji showing different types of *Aspergillus oryzae*. Address: NRRL, Peoria, Illinois.

2599. Manners, Marian. 1965. Thundering herd: U.S. stampedes for beef. *Los Angeles Times.* May 6. p. G1.
• ***Summary:*** Includes a recipe for Sukiyaki, with "3 or 4 cubes soy bean curd, optional" and ½ cup soy sauce. A large photo bears this caption: "Culinary adventure–Sukiyaki is an exciting dish to prepare in the patio or dining room. Ingredients to be assembled in advance include slices of beef, mushrooms, spinach, bamboo shoots, soy bean curd."

2600. Safeway International. 1965. Foods from the world over (Ad). *Washington Post, Times Herald.* May 19. p. A18.
• ***Summary:*** The "International favorites" section of this large ad includes: "Yaki Tofu Japanese, bean curd–9½-oz. can 49¢."

Note: This is the earliest English-language document seen (April 2013) that uses the term "Yaki Tofu" to refer to grilled tofu.

2601. Jones, Dorothea Van Gundy. 1965. Nutritionist Jones praises low-fat foods of Japan: To Tokyo for tofu. *Today's Food* (*Loma Linda Foods, Riverside, California*) 10(1):4-6. Spring.
• ***Summary:*** In the fall of 1964 Dorothea was invited by the American Soybean Association to travel to Tokyo, Japan, to participate in a soybean seminar and fair. It was held in August and sponsored jointly by the U.S. Government and the American Soybean Association. She also lectured and demonstrated the use of soybeans in human nutrition. This article describes the trip. Part of her time was taken up with television, radio, and newspaper interviews. Miss Kojima went along to interpret. On a side trip to rural Japan, they had the privilege to stay in a Japanese Inn. Photos show: (1) Nutritionist Dorothea Van Gundy Jones demonstrates Western cookery at a stove while Soybean Institute Vice-President Miss Kojima translates for the audience. (2) Ingredients for making sukiyaki (incl. Loma Linda Tender-Bits and Loma Linda Soy Sauce). (3) Dorothea Jones and her husband standing behind ace carvings at a banquet.

2602. *Soybean Digest.* 1965. Research leads to a new food market for soybeans. June. p. 16.
• ***Summary:*** "Acceptance of U.S. soybeans in traditional foods of Japan is growing as U.S. exporters and Japanese processors apply results of research, the U.S. Department of Agriculture reports.

"More than 10% of the nearly 49 million bushels exported to Japan during the 1963 market year went into production of three staple foods in the Japanese diet. These are shoyu, or soy sauce; tofu, a soft, white gelatin-like food used in soup or for frying; and miso, a food paste used in soup.

"Until about 6 years ago, Japan imported no soybeans from the United States for use in making these foods–all U.S. imports were processed into oil and meal.

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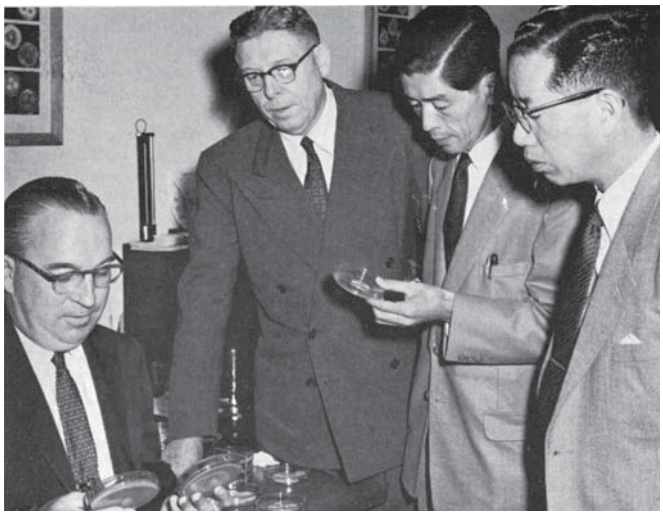

"Reinforcing this new Japanese food market is a new export industry in the United States–selecting soybean varieties for Oriental food processing and maintaining the identity of the selections during shipment.

"These developments are the direct result of research by USDA's Agricultural Research Service and Japanese institutions working under grants from ARS. The work was begun in 1957 at the Northern Utilization Research Laboratory, Peoria, Illinois, when ARS scientists, with the cooperation of two Japanese scientists on leave from their institutions, set out to find differences between U.S. and Japanese soybeans that might explain why Japanese food processors preferred domestically grown beans. Later, companion studies were initiated in Japan–by the Japan Shoyu Research Institute, the Japan Tofu Association, the Food Research Institute, and the Central Miso Institute. The American Soybean Association, through its operating arm in Tokyo, the Japanese American Soybean Institute, was active in initiating the project.

"These studies show that:

"1–U.S.-grown soybeans can be used to make traditional Japanese foods equal in quality to food made from Japanese beans.

"2–U.S. No. 2 beans–the most commonly available commercial grade–yield more shoyu than Japanese beans selected for shoyu production.

"3–Hawkeye variety is the best of 12 varieties tested for making tofu.

"4–Comet, Yelnanda, and Harosoy varieties are best for making miso.

"5–Characteristics required in soybeans for Oriental foods can be used as a basis for selecting and breeding U.S. varieties for this purpose.

"The Peoria scientists demonstrated for the first time that high-quality miso and tofu can be made from U.S. soybeans. The miso processing time was shortened by cracking the beans and removing the seedcoats. This dehulling reduces soaking and cooking time and increases protein content and uniformity of the finished miso.

"The Japanese scientists have found (1) that lower production costs and higher yields of shoyu make U.S. soybeans more profitable in Japan than domestically grown beans; (2) that Chippewa and CNS-4 varieties rank next to Hawkeye in tofu yields and quality and that a high protein content is essential to high tofu quality; and (3) that miso color is affected by cooking time before fermentation is started–better color is produced by shorter cooking.

"A laboratory test of soybeans for tofu production, now being developed, will be made available to U.S. plant breeders for screening and improving varieties for the export market.

"The grants to Japan, awarded under Public Law 480, were financed with foreign currency obtained by the United States from the sale of farm products abroad. This money cannot be converted into dollars for use in the United States, but a portion of it can be used to pay for foreign research that will benefit U.S. agriculture."

A photo shows: USDA scientists Dr. C.W. Hesseltine and Dr. A.K. Smith, and Japanese scientists Dr. Tokuji Watanabe and Dr. Kazuo Shibasaki (left to right). They started research in 1957 at the Northern Utilization Research Laboratory, Peoria, Illinois, on using U.S. soybeans in traditional Oriental Foods.

2603. De, Sasanka S. 1965. The present state of protein-rich food development in Asia and the Far East. *J. of Nutrition and Dietetics* (*India*) 2(3):166-76. July. [23 ref]

• ***Summary:*** Gives an excellent account of soymilk production in Asia during the mid-1960s and a brief history of the FAO/WHO/UNICEF/Protein-rich food program. "The First International Conference sponsored by FAO, WHO and Josiah Macy Jr. Foundation (New York) held in Jamaica in 1953, discussed the biological, technical and pathological aspects of protein malnutrition. The next Conference on 'Human protein requirements and their fulfillments in practice' held in Princeton in 1955 under the same sponsorship, gave detailed consideration to the testing of new protein rich foods before their use in child feeding was recommended.

"The Protein Advisory Group (PAG) was established by the Director-General of WHO in 1955 to 'act on behalf of WHO in rendering advice to FAO and UNICEF on the safety and suitability for human consumption of proposed new protein-rich foods.' The PAG... became a tripartite FAO/WHO/UNICEF Protein Advisory Group in 1961."

Soybean milk: "In 1939, K.S. Lo established a firm known as 'Hong Kong Soyabean Products' to produce sterilized bottled soya milk. The two plants of the firm in Hong Kong produce 12,000 cases (24 x 7-oz. bottles per case) a day."

Also discusses miso, natto, tempeh, full-fat soya flour, soya presscake and meal, groundnut protein isolate. Address:

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Regional Office for Asia and Far East, FAO, Bangkok, Thailand.

2604. Dinshah, Freya. 1965. The vegan kitchen. Malaga, New Jersey: The American Vegan Society. 16 p. Index. 28 cm. Spiral bound. *
• ***Summary:*** The first edition of this pioneering vegan cookbook was published as part of a special issue of the Dinshah's magazine *Ahimsa*, issued in July 1965. *The Vegan Kitchen* runs from pages 4 to 19. It was first published as a spiral-bound book in Jan. 1967, with the third edition. As of 1991, the book has sold more than 30,000 copies.

A lifetime vegetarian, the author (whose photo appears on page 2) was born and raised in England, has been a vegan since 1959, and the Secretary of the American Vegan Society since 1960. Married to AVS President H. Jay Dinshah, she is an accomplished author, lecturer, and teacher. Address: The American Vegan Society, 501 Old Harding Highway, Malaga, New Jersey.

2605. Kawashima, Masao. 1965. Kôri-dôfu seizô ni okeru daizu seibun no riyô ritsu [Utilization of soybean constituents in the manufacture of dried-frozen tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 12(7):291-94. [10 ref. Jap]
Address: Habutae Tofu K.K. Kikaku, Kagaku Kenkyu Shitsu, Ishikawa-ken, Kanazawa-shi, Nishi Kanazawa-cho 1-145, Japan.

2606. *Christian Science Monitor.* 1965. Just cook it all at table. Aug. 19. p. 6.
• ***Summary:*** Gives recipes for Sukiyaki and for rice. Sukiyaki calls for: "1 tofu (optional) (This is a bean curd made fresh daily of soya). 1 cup shoyu sauce."

2607. Imaki, R.; Kashima, Y. 1965. Tôfu no mukisei-bun ni tsuite [Mineral constituents of tofu]. *Eiyogaku Zasshi* (*Japanese J. of Nutrition*) 23(4):83-88. Sept. [4 ref. Jap; eng]
• ***Summary:*** Tofu is rich in calcium. Address: Kanagawa Nutrition College.

2608. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Firma Post & Teekman.
Manufacturer's Address: Venserweg 1, Demen, Holland.
Date of Introduction: 1965. October.
New Product–Documentation: Letter to the editor of *Soybean Digest.* 1967. Oct. p. 17. "Making tofu from U.S. soybeans in Holland." "For several years we have been making fresh tofu from U.S. soybeans..."

2609. Han, Giok Kian. 1965. The nutritional value of milk substitutes prepared from selected taro products, tofu and coconut milk. MSc thesis, University of Hawaii, Honolulu. [5] + 44 leaves. Illust. No. 437. *
• ***Summary:*** Includes bibliographic references (leaves 40-44).

2610. **Product Name:** Cheze-O-Soy.
Manufacturer's Name: Nutrition International Corp. (Formerly Madison Foods).
Manufacturer's Address: Box 415, Madison, TN 37115.
Date of Introduction: 1965.
Ingredients: In 1971: Soybeans, vegetable oil, tomato paste, onion, monosodium glutamate, hydrolyzed vegetable protein, seasonings, water.
New Product–Documentation: Soybean Blue Book. 1965. p. 114. Note new spelling of product name.

Seventh-day Adventist Dietetic Assoc. 1971. *Diet Manual, Utilizing a Vegetarian Diet Plan.* 3rd ed. p. 160. Lists the ingredients in "Cheze-o-Soy (Madison)."

2611. Arimoto, Kinitaro; Sakurai, Yoshito. 1965. Food and nutrition in Japan. In: Martin S. Peterson and Donald K. Tressler, eds. 1965. Food Technology the World Over. Vol. II. South America, Africa and the Middle East, Asia. Westport, Connecticut: AVI Publishing Co., Inc. ix + 414 p. See p. 359-94. Illust. Index. 24 cm. [13 ref]
• ***Summary:*** This chapter, after the Introduction, is divided into two parts: 1, titled "Nutrition (p. 360-74)" by Arimoto, and 2, titled "Food technology" (p. 374-94)" by Yosito [Yoshito] Sakurai. In Part 1, table 110, "Food supply in Japan" includes average statistics on soybeans, miso, and shoyu in kg/year and gm/day for 1944-1948, 1961, and 1961. in kg/year for the three periods: Soybeans: 3.5, 5.4, and 5.0. Miso: 10.6, 8.1, and 7.7. Shoyu: 15.9, 13.0, and 11.1. Source: Ministry of Agriculture and Forestry, Balance Sheets. Surprisingly, supplies were greater for each during and immediately after World War II than in the early 1960s.

Table 116, "Intake of foods classified into food groups and type of work (gm per capita per day), 1963" gives statistics for the entire nation, agricultural households, and non-agricultural households, as follows: Soybeans: 1.3, 1.7, 1.0. Miso: 25.1, 30.1, 22.5. Soybean products: 37.3, 29.9, 41.5. Seaweeds: 4.6, 4.2, 4.7. Shoyu: 26.2, 30.0, 23.6. Soybean products as a source of high quality protein are discussed (p. 366).

Part 2 begins with a section on "Rice" (p. 374-77) which notes that rice supplies half the calories in the Japanese diet. Japan produces all of the rice it needs–about 13 million tons. Imported rice (about 150,000 tons) is used only as a raw material in confections and miso. Japan imports most of its soybean from the USA and China, and these soybeans are processed by characteristically Japanese methods to make tofu, miso, and shoyu (p. 377).

Animal husbandry is not widely practiced in Japan, largely because the land is hilly with few grazing lands. Thus most beef, pork, and chicken are imported. The production

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of cow's milk is gradually increasing; it is now 27 million hectoliters.

Packaging of foods has changed greatly during the past decade. Packaged foods are now common. Shoyu and miso, once sold by the measure, are now sold in bottles and plastic bags, respectively. Table 128 (p. 378), titled "Supply of raw materials and food consumption of their products in 1959 (Japan)" shows the following for soybeans (in metric tons = tonnes). Soybeans–Domestic supply: 410,000 tonnes. Imports: 1,000,000 tonnes. Miso consumption: 850,000 tonnes. Shoyu: 1,280,000 tonnes. Tofu: 640,000 tonnes. Aburaage 170,000 tonnes. Natto 60,000 tonnes. Meat 330,000 tonnes. Fishery products: 6,170,000 tonnes.

The section titled "Soybeans" (p. 380-86) has the following contents: Introduction. Miso, shoyu, natto, tofu, koritofu (dried tofu) [dried-frozen tofu], yuba. Photos show: (1) Shoyu brewing in tanks in a large factory. (2) Pressing and washing of tofu in koritofu manufacture in a large, modern factory. (3) Aerial view of a large, modern plant for koritofu production. (4) The thawing operation in making koritofu. (5) The drying operation in making koritofu. Address: 1. PhD, Director, National Inst. of Nutrition, Tokyo, Japan; 2. PhD, Prof., Dep. of Agricultural Chemistry, Faculty of Agriculture, Tokyo Univ., Tokyo, Japan.

2612. Brandemuhl, William. 1965. Soybean utilization in Japan. San Francisco, California. xxii + 478 p. Unpublished manuscript. Illust. No index. 28 cm. [189 ref]

• ***Summary:*** A superb, in-depth, pioneering study, based on extensive original field research in Japan. It is carefully documented with hundreds of original interviews and published sources properly cited in two different lists of sources (numerical and alphabetical) Contains 30 tables and 190 excellent photos–including 7 of the author.

Table of contents: Preface. Notes. List of tables. List of figures. Map. Part I: Background. 1. The soybean: Birth and spread (legend, botanical inception, Nagata's theory of origin, spread to Japan and beyond, the American story).

Part II: Japan's production and supply of soybeans. 1. Japan the country and supply of domestic soybeans (Japan the country, domestic soybean production, planting and harvesting, marketing domestic soybean). 2. Importation of Red Chinese soybeans (background, mechanics, advantages, and prospects). 3. Importation of U.S. soybeans (history, method and mechanics of importation, the American shippers, concluding comments on importation). 4. Distribution (use in brief, super-wholesaler, wholesaler, retailer wholesaler, Japan's grain exchange).

Part III: Soybean utilization in Japan. 1. Utilization of soybeans for oil and meal (oil crushing history, soybean source, delivery of soybeans, the crushing industry, liberalization of soybean oil and meal, oil utilization in Japan, meal utilization in Japan). 2. Tofu (history, use of soybeans, manufacture, the tofu factory, marketing tofu products, recently developed tofu products, tofu as food, concluding comments). 3. Miso (importation, home production of miso, quantity of miso produced, soybean used for producing miso, kinds of miso, fermentation time, comparison of miso firms, manufacturing, packing and marketing, price, instant miso, use of miso, miso consumption outlook). 4. Shoyu (introduction, production and manufacturers, manufacture, raw materials, preparation of raw materials for natural shoyu, preparation of materials for chemical method shoyu, preparation of materials for mixed method shoyu, fermentation, filtering and pressing, sterilization, bottling, price, use of shoyu, miscellaneous shoyu products, concluding comments). 5. Natto (description, history, Daitokuji natto, the natto industry, consumption, natto soybeans, processing, making cost and price, marketing, use of natto, problems, new ideas and natto products). 6. Frozen tofu (history, development, frozen tofu soybeans, processing, freezing, defrosting, drying, treatment with ammonia and packing, marketing, preservation, use). 7. Kinako. 8. Yuba (history and development, the plight of the yuba industry, soybeans for yuba, manufacture, classification of yuba, use). 9. Tsukudani and nimame (description, soybean tsukudani, nimame). 10. Hamanatto (history, manufacture, use). 11. Edamame. 12. Moyashi [bean sprouts] (manufacture, use). 11. Miscellaneous products (fermented soybean curd, MSG–monosodium glutamate, confectionary products {roasted soybeans for Setsubun, soybean candy, isonori, mameheto, shinseimame, suhama}, other products). Conclusion. Sources (numerically arranged). Sources (alphabetically arranged).

Tables: 1. U.S. soybean production, 1924-1963. 2. United States, Red China, and world production of soybeans (bushels), 1950-1963. 3. U.S. soybean importation, exportation and amount processed for oil and meal, 1924-1963. 4. U.S. exportation of soybeans (1,000 bushels) total, by continent, and to six largest importing countries, 1958-1962. 5. Japan's soybean acreage, production, and merchandising rate. 6. Japan's importation of soybeans, total, and Red China's portion, 1945-1963. 7. Japan's total importation of soybeans and U.S. portion, 1945-1963. 8. Soybean usage in Japan, 1963. 9. Japan's processing of oilseeds, 1963. 10. Crushing capacity of selected Japanese oilseed crushers. 11. Eight largest crushers of soybeans and amount of soybeans crushed per month in 1963. 12. Total quantity of soybeans crushed in Japan, 1950-1963. 13. Japan's daily per capita intake of edible fats and oils. 14. Japan's consumption of edible fats and oils, 1945-1961. 15. Use of soybean meal. 16. Chemical composition of tofu and aburaage. 17. Quantity of soybeans and soybean meal used for tofu-aburaage productions (all Japan), 1950-1963. 18. Miso production and quantity of soybeans and soybean meal used, 1950-1963. 19. Composition of miso. 20. Daily per capita consumption of miso in Japan, 1950-1963. 21. All Japan production of shoyu and use of soybeans and soybean

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meal, 1950-1963. 22. Composition of shoyu. 23. Yearly per capita consumption of shoyu, 1950-1963. 24. Composition of natto. 25. Production of frozen tofu and use of soybeans. 26. Composition of frozen tofu. 27. Yearly per capita consumption of frozen tofu. 28. Composition of kinako. 29. Composition of yuba. 30. Monosodium glutamate production and use of soybeans and soybean meal. Continued.

This typed manuscript was sent to Soyfoods Center in July 2004 by Tomoko Brandemuhl, the wife of the author. About the author (based on several interviews with Tomoko, July 2004): William Victor Brandemuhl was born on 30 Nov. 1940 at Iron Mountain, Michigan. He grew up in Florence, Wisconsin, then attended the University of Wisconsin at Madison. He roomed for 3-4 years with various Japanese cancer researchers at the university. He also became close to Tomoko Arai (born 12 Dec. 1937 in Tokyo), a Japanese woman, who was doing graduate studies in social work there as a Rotary International Fellowship student. William initially intended to graduate in June 1962, but stayed an extra year in order to pursue independent studies in Japanese language and soybeans. He became interested in the soybean and its history in an anthropology class taught by Dr. R.J. Miller; William finished his excellent research paper on soybeans in Jan. 1963. He also took one year of Japanese language instruction (night classes). William graduated in Jan. 1963 with a BSc degree in economics.

William obtained a grant (no strings attached) from Honeymead Products Co. of Mankato, Minnesota, to study soybean utilization in Japan. Only one American had studied this subject in Japan after World War II–Allan K. Smith of the USDA, who visited Japan and wrote short but detailed reports in 1948-49 and 1958. In Jan. 1963 Brandemuhl arrived in Japan and became a research fellow at the Department of Agricultural Economics, Kyoto University, Kyoto, Japan. Between Feb. 1963 and May 1964 (15 months) he conducted field research on soybean utilization in Japan. In June 1963 (after William had been in Japan for 4 months), Tomoko completed her graduate studies, graduated from the University of Wisconsin, and (since her scholarship was finished), returned to Japan–to be with William and to help him with his research in Japanese, which he spoke only moderately well. She traveled with him throughout Japan and translated for him during the many interviews he conducted. At each destination, she spoke about America to the local Rotary club–which paid her transportation, room, and board. William's monthly check from Honeymead paid for his room and board–but not for his travel and research, so he had to work part time doing English translation for a Japanese company. On trips, he took many photos using his expensive Nikon camera. Tomoko's family lived near Kobe, where she and William were married on 8 Aug. 1964–three months after he finished his field research. Several days after the marriage, they returned to the USA to visit his parents in Florence, Wisconsin, and enjoy a wedding party there.

William now knew he wanted to pursue a career in international business. He was soon offered a job at Crocker Citizen National Bank (International Division) in San Francisco, California. They drove to San Francisco and got an apartment at 1701 21st Avenue; he began work that fall, and was soon learning the basics of international business. Every evening after work at the bank he returned home to work on transforming his field notes into a manuscript. As he wrote the rough draft, Tomoko (a skilled pianist but not a skilled typist) typed it on a manual typewriter. The next day he would correct any mistakes and she would retype each page into final form. In 1965 he had the best carbon copy bound and sent it to Honeymead; he kept the original. It was never published and he received no academic credit for it.

On 26 May 1966 their first son and only child, Konrad Victor Brandemuhl, was born in San Francisco. They bought a house in Pacifica. In 1967 he was offered a job with Caterpillar Tractor Co. (International Div.) in Peoria, Illinois. In 1968 he moved with his boss to work at Allis-Chalmers Manufacturing Co., West Allis, Wisconsin. In 1969 he was transferred to Tokyo, Japan, as Far East Representative of the company. In 1970 he was transferred to Singapore as Far East Manager of the company.

William and Tomoko later lived for about 10 years near Tokyo, Japan (mostly in Mitaka), and for a while in Singapore. Over the years he showed his typescript on "Soybean Utilization in Japan" to many people, but nobody was interested. In 1986 he started his own trading company, specializing in textiles, natural rubber, latex thread, and various machine mechanisms. Tragically, William died on 2 April 1998 in Bangkok, Thailand, of pneumonia, during a business trip. He loved the excitement of international business and interaction with people of different cultural backgrounds. Address: San Francisco, California.

2613. Brandemuhl, William. 1965. Soybean utilization in Japan: Figures (Document part). San Francisco, California. xxii + 478 p. Unpublished manuscript. 28 cm. [189 ref]
• ***Summary:*** 1. Black soybeans from Japan's Tanba region and American Harosoy soybeans. 2. Soybeans growing on a dike. 3. Soybean plants drying on rack. 4. Soybean plants drying just prior to harvesting. 5. Soybean plants drying just prior to harvesting. 6. Soybean harvester. 7. Depodding rack and pod filled stalk. 8. Depodding soybeans. 9. Entrance to the Red Chinese Trade Fair held in Tokyo, during April, 1964. 10. One of the agricultural exhibits at the Chinese Trade Fair (corn and soybeans). 11. Soybeans and soybean plants exhibited at the Chinese Trade Fair. 12. Soybeans and other bean products that Red China is capable of exporting (exhibition at the Red Chinese Trade Fair). 13. Soybeans on display at retail store. 14. Soybeans on display at retail store. 15. Barge unloading of soybeans at oil mill. 16. Barge unloading of soybeans at oil mill. 17 Soybean tank receiver at oil mill. 18. Multi-spout soybean feeder at barge side. 19.

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An oil gift assortment.

20. Selling oil at a small oil retail shop. 21. Dispensing oil. 22. Selection of oil at oil retail shop (notice birds in cage at right). 23. Vegetable oil displayed with petroleum products. 24. Vegetable oil displayed with petroleum products. 25. Bottling facilities at oil wholesaler's. 26. Bottling facilities at oil wholesaler's. 27. Prepackaged oil products displayed at wholesaler's. 28. Seafood fried in soybean oil. 29. Selling soybean oil fried products. 30. Temperature controlled fryer. 31. At a chicken farm. 32. Handling 20 kilograms bags of chicken feed. 33. Soybean meal on top of other components of mixed feed prior to hand mixing. 34. Bag fastener for mixed feeds packed at wholesaler. 35. Fermenting agent for bakery (contains equal quantities of soybean flour, yeast, and water). 36. Silk worms eating mulberry leaves. 37. Silk worms eating soybean protein mixed with mulberry leaves. 38. Tofu. 39. Soybean grinder.

40. Soybean grinder. 41. Soybean grinder. 42. Open pit live steam cooker. 43. Open pit wood-stoked cooker. 44. Okara tank and press. 45. Outdated okara press. 46. Tonyu [soymilk] receiving tanks (precipitation tanks). 47. Removing water from precipitating curd. 48. Pressing tofu with stone weights. 49. Yakidofu. 50. Yakidofu being dippered into a shaping box. 51. Mechanical press for pressing yakidofu. 52. Cutting yakidofu. 53. Roasting yakidofu. 54. Kinugoshi tofu. 55. Aburaage. 56. Aburaage prior to being deep fried. 57. Frying sushiage, a product similar to aburaage. 58. Frying aburaage. 59. Hirosu: left front; atsuage: right front; sushiage: left rear; aburaage: center rear.

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "Hirosu" to refer to Kyoto-style deep-fried tofu treasure balls.

Note 2. This is the earliest English-language document seen (April 2013) contains the word *atsuage* or the word *sushiage;* they refers to types of deep-fried tofu.

60. Okara for use as cattle feed. 61. Okara for food use. 62. Overall view of production portion of tofu plant. 63. Tofu peddler. 64. Tofu on display. 65. Bagged tofu. 66. Miso-shiru soup. 67. Dengaku (yakidofu covered with miso and placed over low heat). 68. Aburaage formed as a bag with rice inside. 69. Yudofu, Japan's most famous but not often eaten tofu dish. 70. Yudofu. 71. Miso. 72. Fermentation starting material (rice inoculated with bacteria). 73. The first step in making home miso. 74. Mashing soybeans for home miso. 75. Rice koji being used for home produced miso. 76. Salt being added to soybean and koji for the making of home miso. 77. Mixing home miso components. 78. Mixing home miso components. 79. Freshly made home miso.

80. Home miso after one year natural fermentation. 81. Koji maker. 82. Koji filled boxes. 83. Autoclave for steaming soybeans. 84. Koji mixed with salt. 85. Wooden vat for miso fermentation. 86. Weights for pressing miso. 87. Removing miso from fermentation vat. 88. Mixing and grinding miso. 89. Degraining [grinding] miso. 90. Miso on display. 91. Miso packing and sealing instrument. 92. Packing miso in a plastic bag. 93. Beef and rice miso preserver. 94. Seafood and rice miso preserver. 95. Receiving soybean meal at shoyu factory. 96. Saline solution for shoyu production. 97. Fermenting moromi. 98. Equipment used for bubbling moromi. 99. Temperature control of moromi.

100. New moromi. 101. Moromi which has fermented nearly one year. 102. Hydraulic press for pressing moromi. 103. Running moromi into filter cloth. 104. Filter cloth containing moromi. 105. Raw shoyu storage tank. 106. Open press for previously pressed moromi. 107. Opening moromi filter cloth. 108. Removing shoyu kasu (shoyu presscake) from filter cloth. 109. Bagging shoyu kasu for sale as cattle food. 110. Quick method shoyu kasu. 111. Shoyu sterilization instrument. 113. Shoyu bottler. 114. Bottling shoyu by hand. 115. High speed labeling. 116. Hand labeling. 117. Preparing sauce for shipment. 118. Shoyu cold sauce. 119. Filling plastic bottles with shoyu for use in box lunches.

120. Broiled chicken coated with shoyu. 121. Fish marinated in shoyu. 122. Fish baked with shoyu. 123. Grilled eels basted with shoyu. 124. Daitokuji natto (look like raisins spread on a sheet of paper).

125. Cooker for steaming soybeans for natto. 126. Pressurized container for inoculating soybeans. 127. Inoculating soybeans for natto. 128. Traditional method of packing natto. 129. Traditional method of packing natto. 130. Incubation rack and traditional packages of natto. 131. Packaging inoculated soybeans prior to incubation. 132. Packaging inoculated soybeans prior to incubation. 133. Inoculated soybeans in recently introduced containers. 134. Natto incubation room. 135. Natto on display at egg shop.

136. Overall view of frozen tofu factory. 137. Precipitation containers for frozen tofu tonyu. 138. Smoothing frozen tofu curd. 139. Frozen tofu curd flowing into shaping box.

140. Shaping box for frozen tofu curd equipped with sheet metal guide. 141. Removing formed frozen tofu curd from sink. 142. Cutting formed curd into freezing size. 143. Sized curd in -20ºC freezer. 144. Sized curd in -5ºC degree freezer. 145. Defrosting frozen tofu. 146. Removing frozen tofu curd from centrifuge. 147. Inspecting frozen tofu curd for dryness. 148. Drying frozen tofu. 149. Grinding frozen tofu into marketable size. 150. Packing frozen tofu. 151. Frozen tofu on display. 152. Cooked frozen tofu displayed in food shop. 153. Cooked frozen tofu mixed with vegetables. 154. Packing kinako. 155. Kinako on display. 156. Covering pounded rice cake [mochi] with kinako. 157. Yuba. 158. Yuba hanging on rack above tonyu tank. 159. Lifting yuba from tonyu tank.

160. Fresh yuba. 161. Rolling fresh yuba into marketable form. 162. Combining fresh yuba with vegetables. 163.

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Rolling dry yuba. 164. Yuba on display. 165. Shoyu vats at tsukudani factory. 166. Tsukudani cooker. 167. Cooling tsukudani. 168. Nimame being marketed. 169. Nimame with shoyu and shrimp. 170. Nimame with shrimp. 171. Selling nimame. 172. Nimame as served. 173. Hamanatto. 174. Sun drying Hamanatto. 175. Close-up of sun-dried Hamanatto. 176. Pressing Hamanatto. 177. Grading Hamanatto. 178. Hamanatto on display. 179. Edamame.

180. Sprouting soybeans. 181. Sprouting soybean covered with straw. 182. Close-up of sprouting soybeans. 183. Sprouting soybeans. 184. Wetting down sprouting soybeans. 185. Soybean sprouts. 186. Mappe sprouts [Note 2. "Mappe" is not a Japanese word; mappe beans are imported from Burma]. 187. Soybean roasting oven. 188. Roasting soybeans. 189. Soybeans and seaweed. 190. Black soybeans in pounded rice cake [mochi].

Map of Japan. Address: San Francisco, California.

2614. Brandemuhl, William. 1965. Soybean utilization in Japan: List of interviews (Document part). San Francisco, California. xxii + 478 p. Unpublished manuscript. 28 cm. [189 ref]

• ***Summary:*** Between Feb. 1963 and May 1964 the author interviewed people from the following organizations (listed alphabetically) related to soybean utilization in Japan. In many cases he interviewed the owner, president, or managing director.

1. Agricultural Experimental Farm, Kamigori, Hyogo-ken. 2. Akutagawa Candle Co., Kyoto. 3. Aoki Miso Co., Nagano-ken. 4. Aoki Umbrella Co., Kyoto. 5. Aoyama Candy Co., Kyoto. 6. Bunge Far East Agent, Osaka. 7. Choko Shoyu Miso Co., Nagasaki. 8. Continental Overseas Corp., Tokyo. 9. Daiichi Trade Co., Kobe. 10. Dainihon Ink and Chemical Co., Osaka. 11. Dainihon Pharmaceutical Co., Osaka. 12. Daiya Frozen Tofu Co., Suwako-gun, Nagano-ken. 13. Daizu Yuryo Wholesale and Broker, Kobe. 14. Franceya Chocolate Co., Kyoto. 15. Fuji Oil Co., Osaka. Note: This is the earliest document seen (June 2009) concerning the work of Fuji Oil Co. (Osaka, Japan) with soy.

16. Genroku Brewing Co., Kyoto. 17. Gion Mameheto Candy Co., Kyoto. 18. Hamamoto Tofu Co., Kyoto. 19. Hamano Tofu Co., Kyoto. 20. Hanamura Bread Co., Kobe. 21. Harada Miso Co., Kyoto. 22. Hasegawa Oil Co., Kyoto. 23. Hashizume Tsukudani Co., Kyoto. 24. Hirota Sauce Co., Kyoto. 25. Hohnen Oil Co., Osaka. 26. Honda Miso Co., Kyoto. 27. Ishino Miso Co., Kyoto. 28. Itoh Trade Co., Osaka. 29. Itoh Trade Co., Tokyo.

30. Iwai Trade Co., Osaka. 31. Kaihara Natto Co., Kyoto. 32. Kamejirushi Shinshu Miso Co., Nagano-ken. 33. Kanegabuchi Chemical Co., Takasago-shi, Hyogo-ken. 34. Kanemasu Grain Wholesaling Co., Osaka. 35. Kanematsu Trade Co., Osaka. 36. Kansai Paint Co., Osaka. 37. Kansai Shoji Wholesale Co., Kyoto. 38. Kanto Miso Co., Kyoto. 39. Kasakura Natto Co., Tokyo. 40. Kato Kinako Co., Tokyo. 41. Kido Tofu Co., Tokyo. 42. Kobata Farm, Kyoto. 43. Kobayashi, Michiharu, Kyoto University, Kyoto. 44. Koya-san Frozen Tofu Co., Ito-gun, Wakayam-ken.

45. Kurosawa Miso Co., Nagano-ken. 46. Kyoto Prefectural Agricultural Cooperative, Kyoto. 47. Louis Dreyfus and Co., Tokyo. 48. Mame Masa Candy Co., Kyoto. 49. Marubeni Iida Trade Co., Osaka. 50. Meiji Chocolate Co., Osaka. 51. Midori Natto Co., Tokyo. 52. Mitsui Trade Co., Osaka. 53. Mitsui Trade Co., Tokyo. 54. Moriguchi Natto Co., Kyoto. 55. Morita Frozen Tofu Co., Sasayama, Hyogo-ken. 56. Moriwaki frozen Tofu Co., Taka-gun, Hyogo-ken. 57. Nagata, T., Dept. of Plant Breeding, Hyogo University of Agriculture, Sasayama, Hyogo-ken. 58. Nagoya Miso Co., Nagoya. 59. Nakai Wholesale Co., Osaka.

60. Nakamura Yuba Co., Kyoto. 61. Nakayama Farm, Kamigori-cho, Hyogo-ken. 62. Nakazawa Soap Co., Kyoto. 63. Namikawa Tofu Co., Kyoto. 64. Naruse Natto Bacteria Co., Tokyo. 65. National Agricultural Cooperative Assoc., Osaka. 66. Nihon Paint Co., Osaka. 67. Nikka Oil Co., Tokyo. 68. Nisshin Meal Co., Kobe. 69. Nisshin Oil Co., Yokohama. 70. Noda Shoyu Co., Takasago-shi, Hyogo-ken. 71. Nomura Meal Co., Kyoto. 72. Nomura Tsukudani Co, Kyoto. 73. Nunoura, Hiroshi, Kyoto Women's University, Kyoto. 74. Oguchi, K., Nagano-ken Shinshu Miso Assoc., Nagano-ken.

75. Ohashi, Taiji, Japan Soap Assoc., Tokyo. 76. Okazaki Natto, Tokyo. 77. O-mame Candy Co., Kyoto. 78. Osaka Grain Exchange, Osaka. 79. Osaka Prefectural Miso Assoc., Osaka. 80. Otsuya Agricultural Brokers, Kyoto. 81. Ryo Tofu Co., Kyoto. 82. Sawai Wholesale Co., Kyoto. 83. Senmaru Yuba, Kyoto. 84. Shimamoto Tofu Co., Kyoto. 85. Shinseimame Candy Co., Kyoto. 86. Sugimori, T., Marukin Shoyu Brewing Co., Kyoto. 87. Tada, H., Kyoto Prefectural College, Kyoto. 88. Taiyozakoku Wholesale Co., Kyoto. 89. Takeya Miso Co., Suwako-shi, Nagano-ken.

90. Tanaka Narazuke, Kyoto. 91. Tatsuno Higashimaru Shoyu Co., Tatsuno-shi, Hyogo-ken. 92. Tawa Chicken Farm, Kyoto. 93. Tofu Aburaage Assoc., Kyoto. 94. Toyo Menka Trade Co., Osaka. 95. Uchida Tsukemono, Kyoto. 96. Ueda Miso Assoc., Ueda-shi, Nagano-ken. 97. Uemura Suhama Candy Co., Kyoto. 98. Uno Tofu Co., Kyoto. 99. Yamajirushi Miso Co., Nagano-ken. 100. Yamamoto Farm, Taki-gun, Hyogo-ken. 101. Yamanaka Oil Wholesale Co., Kyoto. 102. Yamato Bean Sprout Co., Kyoto. 103. Yamaya Hamanatto Co., Shizuoka-ken. 104. Yazura Yahata, Kyoto Textile University, Kyoto.

105. Yoshihara Oil Co., Osaka. 106. Yoshimura, Hyogo University of Agriculture, Sasayama-shi, Hyogo-ken. 107. Yoshizabaru Retail Co., Kyoto. 108. Yubahan Co., Kyoto. 109. Yubakichi Co., Kyoto. Address: San Francisco, California.

2615. Brandemuhl, William. 1965. Yuba: Manufacture, classification and use (Document part). In: William

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Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 367-86, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** The section titled "Manufacture–Initial steps" begins with "Soaking and grinding: Soybeans are first soaked in well water for 6-8 hours in summer and 12-24 hours in winter. Checking the state of soaking is accomplished in the same way as with Tofu, that is, to examine the inside color of the soybeans, as well as the appearance of bubbles rising in the container used for soaking. If soybeans for Yuba happen to soak too much they become too sticky after cooking and too much Okara results. After soaking 5-10 kilograms (dry weight) of soybeans they are ground in the same way and with the same type of equipment that is used to grind Tofu soybeans except that more often the grinder will be smaller. When grinding, an equal quantity of water is added.

"Cooking: The ground soybeans and water are transferred to a live steam, oil, or sawdust heated cooker either by negative pressure in the case steam is used or by hand. Water in the quantity equal to the quantity of ground material may be added portion by portion before, during, and after cooking depending on the makers method for obtaining the most protein from the Okara.

"Use of an open pit steam cooker is rather limitedly used because of its cost. It is said by makers who cook in other ways that a steam cooker does not give the desired quality Tonyu [soymilk] but this seems to be a rationale for their financial inability to purchase same. Yuba makers that use open steam cookers believe that cooking under pressure would even be better but then a more skilled operator is required and considering the production economics of the Yuba industry such a operator would be difficult to find. Traditionally charcoal then wood was used to cook but now the common source of heat is pine sawdust. Its pitch content and intermediate hardness makes it an ideal inexpensive fuel. Commercial companies selling such sawdust receive $.28 (100 yen) for a bushel burlap bag. With a steam cooker cooking time is very similar to Tofu while heating with saw dust necessitates boiling the ground material for 30-40 minutes. Stirring is done a number of times to insure even cooking.

"Pressing: After the ground material is cooked, pressing is accomplished in much the same way as with Tofu. The cooked material is pressured, pumped, or hand dippered from the cooker to a course nylon filter which is placed in the press box. The press used to separate the Tonyu and Okara is seldom power driven but tends to be of an older kind than most Tofu presses. The pressing operation is an important part of manufacturing Yuba because as much Tonyu as possible is desired, while with frozen Tofu much more use of the Okara is the rule. After pressing the Tonyu flows through a very fine cotton filter into a 100 liter container (quantity of Tonyu is usually around 90 liters per batch). Bubbles that form on the top of the cooking liquid are removed because if allowed to remain they would make it difficult for film to form. At this point the similarity between Tofu and Yuba end as Yuba is not precipitated with magnesium sulfate.

"Film formation: After all the possible Tonyu is obtained for a batch it is transferred by hand to a large shallow wood partitioned tank as can be seen in Figure 158. Usually the tanks are made of brass but the more progressive firms use stainless steel because brass tarnishes and is easily damaged. The 2½ inch deep tank is usually partitioned into 20, 24, or 30 squares 18 inch square (or sometimes that large and slightly narrower) forming a double row 10, 12, or l5 squares long. The 24 square tank seems to be the most favored because one person can most efficiently manage lifting protein film from 24 squares. In former times Yuba was made in separate containers rather than the one tank with removable wood partitions as are how used. This caused very individual but ununiform production. At present Yuba is not made in separate containers. Underneath the 2-10 Tonyu tanks that the Yuba maker may have is another tank which acts as a double boiler when hot water is circulated through it. Before Tonyu for Yuba was heated directly but it was found that greater control could be exercised if the double boiler system was used. This type of heating tank is now used at all Yuba plants with the source of heat for the water usually being sawdust. Even the makers which use steam cookers used the slow burning sawdust to maintain the temperature of the circulating water at 90-95ºC for maintaining the Tonyu at 80-85ºC. Yuba Tonyu should not be heated to the boiling point as it would produce a final product that is hard, however if temperature were too far below boiling film would not form. After Tonyu is poured into such a tank it flows under the partitions to an even level. After the level is even bubbles if any are removed and the Tonyu in the tank is allowed to stand untouched for about 15 minutes at which time a thin yellow film can be seen on the surface of the Tonyu in each square.

Film removal: After the entire surface area of a square is covered with the film it is lifted off (see Figure 159) with a small wood shaft 12-18 inches in length. The shaft is first inserted into the Tonyu at the right near side of a square and slide underneath the surface to the rear along the right side partition. Then the shaft is gently lifted which also lifts the film. As the film is being lifted it is turned broadside to the maker and lifted entirely out of the squares The shaft with a piece of Yuba hanging from it is then attached to a rack above the tank as shown in both Figure 158 and 159. The method of removal varies with plant but all follow the above description in principle. After raising one piece of Yuba from the square the maker moves to the subsequent squares of the tank. When the last square is finished a film has again formed on the first one so that a maker can work almost continuously until the last of the Tonyu is gone. More likely he will add his available Tonyu when the level becomes low so that Yuba is never removed from the bottom until a days work is nearly

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finished.

"After the Yuba sheets have dried slightly they may or may not be rehung with two or more hung together, depending upon the way the sheet is to be folded as a final product. For certain forms of Yuba the lifting shaft may be inserted so that the sheet is doubled upon lifting. Lifting Yuba from the surface of Tonyu requires a great amount of manual work and it is believed that the lifting process can not be automated even if the remainder of operations were.

Note. This is the earliest document seen (Oct. 2012) that contains a detailed description of how to make yuba on commercial scale.

"Classification of Yuba: Although there are many subtypes there are only two different kinds of Yuba, that is fresh Yuba and dry Yuba. Fresh Yuba, only produced in Kyoto, is only allowed to remain on the rack above the Tonyu tanks until the unsolidified portion drains. Then it is removed and racked together as shown in Figure 160. The fresh Yuba remains in the rack until sale is expected or order for same is received. At that time from two to five sheets of fresh Yuba are hand rolled as shown in Figure 161 and wrapped in paper. Fresh Yuba may also be cut in particular size pieces and folded with cooked vegetables as shown in Figure 162. Fresh Yuba may also be fried with burdock wrapped inside" (Continued). Address: San Francisco, California.

2616. Brandemuhl, William. 1965. Yuba: Manufacture, classification and use (Continued–Document part II). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 367-86, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** Continued. "Originally all Yuba was made as fresh Yuba but as it only lasts a short time, drying began. At present only about 20 percent of total Yuba production is sold fresh. Fresh Yuba is very perishable lasting only two to four days in winter and for four to eight hours in summer. In summer it is only marketed at the Yuba shop. Yuba meant to be marketed as dry needs to dry on the rack only one to three hours in summer while 12-24 hours in winter. Rain in any season will lengthen the drying time required. For dry Yuba the process of making, drying, folding, and packaging usually requires one day so a certain day's production is usually marketed the following day.

"Part of the quality difference of dry Yuba stems from the fact that a Yuba sheet is lifted from the top of a Tonyu batch is lighter and of much better quality than subsequent sheets with the sheets lifted with Tonyu that has remained on the bottom very dark, relatively poor quality, sweeter tasting, and thicker. Of whatever quality, Yuba usually darkens as it dries although bottom lifted pieces become the darkest.

"If a sheet of Yuba is of such a size and consistency that it can be easily folded (see Figure 163) it is graded higher than a sheet which does not have these characteristics. Broken and cracked pieces are very often not even folded but just bagged. When folding, a sheet of Yuba that is slightly wet is used for shaping the dry Yuba with greater ease. The natural color of yuba is tan but often it is colored yellow for the purpose of food arrangement. It is for that purpose that some Yuba is colored blue but the people who appreciate Yuba the most prefer it in its natural color.

"Dry Yuba can be stored with no adverse effects for two to three years if humidity is not extremely high. This ability is one of its most important advantages but since it is such an expensive product, (290 grams for $.97 or 350 yen) Yuba cannot realize its inherent advantages. Fresh Yuba while being $.0.56 (20 yen) for one sheet is only available in the neighborhood of the Yuba shop.

"Use: Most Yuba sales are conducted at the Yuba retail shop usually located at the front of a factory or through telephone orders from steady customers. In Yuba production areas, department stores may stock Yuba (see Figure 164) even though it is a slow moving item. Outside the immediate area of production Yuba cannot be found except possibly at New Years. The above fact is somewhat the reason why at least 90 percent of the Japanese people do not know what Yuba is. The Shiga prefecture farmers who supply soybeans for Yuba have no idea of what the product is. Because of expense nation-wide promotion cannot be done and because of the present nature of the Yuba industry Yuba makers do not particularly desire to promote Yuba on a national basis because each Yuba shop has a large number of steady customers with rather set Yuba consumption patterns so he can easily predict expected sales and lead a relaxed life producing only that amount. This type of feeling is amazingly professed by the makers themselves.

"Yuba unlike Tofu, Natto, and Miso is not eaten every day by even a connoisseur of Yuba. Most Yuba consumers do not eat Yuba for its excellent food value (see Table XXIX) but rather for its taste and adaptability for traditional Japanese food. Traditional Japanese food is so closely connected with Yuba that Yuba is along with frozen Tofu an important component of the completely vegetable dish mentioned in respect to frozen Tofu usage. For traditional food purposes Yuba is often requested by telegram or mail order from parts of Japan where Yuba is not produced. With the gradual disappearance of such traditional foods it is hard to believe, as Yuba makers state, that Yuba consumption is increasing. This is amplified by the fact that most young people neither know how to prepare Yuba or like its taste. For the small group of people that appreciate the taste of Yuba or value it history Yuba may be prepared and used in the following way:

"Fresh uncooked Yuba is very often eaten with Shoyu and other seasonings. Dry Yuba must be precooked and, then for example, placed in the following foods as fresh Yuba might be directly placed: (1) Sukiyaki. (2) Yudofu. (3) Many types of soup. (4) Substitute for or complement to raw fish and rice. (5) Fried in Tempura.

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"A specialty product that Yuba makers have capitalized upon is in respect to the beer drinking habits of Japan. Most often when beer is ordered at places serving same, a small dish of food will accompany each order. The customer is usually charged for this even though he may not want it although sometimes it is served without charge. Of the hundreds of possible foods for this dish Yuba makers produce a fried Yuba with the basic material the dark waste Yuba that gathers on the shaft for lifting Yuba from the Tonyu tank. It is unfortunate however that the people who eat such food do not know it is Yuba.

"Yuba should not be precooked or cooked too much as with overcooking Yuba's taste becomes very bad. This fact makes it a food requiring delicate attention and therefore not considered suitable for use in the average meal.

"The fact that Yuba is light makes it an ideal traditional food for use by Japanese residing in other countries. A limited quantity of Yuba is exported for this purpose but an export market among the natives of any country is questionable as even most Japanese prefer other foods to Yuba."

Photos show: 157 (page 368). Yuba. 158. Yuba hanging on rack above tonyu tank. 159. Lifting yuba from tonyu tank.

160. Fresh yuba. 161. Rolling fresh yuba into marketable form. 162. Combining fresh yuba with vegetables. 163. Rolling dry yuba. 164. Yuba on display.

Sources (p. 467-68, #160-68): Visits to and interviews with: (1) Nakamura Yuba, Jan. 9 and March 6, 1964. (2) Senmaru Yuba, March 16 and Feb. 20, 1964. (3) Yubahan Co., Kyoto, Japan, June 6, 1964. (4) Yubakichi, June 6 and 18, 1963. Address: San Francisco, California.

2617. Brandemuhl, William. 1965. Tofu (including Aburaage and related products): History, use of soybeans, manufacture (Document part). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 137-201, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** "History: Tofu, the coagulated protein and fat of ground cooked soybeans (see Figure 38) according to an ancient Chinese book was invented by a philosopher, prince *Hamintze* of the Han dynasty, while another source attributes the invention of Tofu to another Chinese philosopher *Whai Nain Tze.* Manufacture was supposedly begun in China in 164 B.C. during Emperor *Hwai Wen's* reign by *Liu an,* duke of *Hwai an. Liu an* was a good friend of the Buddhists monks so it is believed he started manufacturing Tofu, so as to give them a somewhat more varying diet. Tofu come to Japan (probably through Korea) for the first time during the Toyotomi period (880 years ago). Although not completely documented, Buddhist priests probably were the transmitting agents as the priests used Tofu long before it was in general use.

"Use of soybeans: Throughout Japanese history domestic soybeans were used to make Tofu, however Chinese soybeans began to be used after trade began between Japan and China. During and at the end of World War II all soybeans were in short supply, however in the early fifties U.S. soybeans began to be used for Tofu. This use developed so that now Tofu accounts for the largest Japanese food use of U.S. soybeans. The Tofu makers would use domestic soybeans if they were not too expensive however. Some makers still use a certain percentage of domestic beans although such practice is becoming less popular. More often used are U.S. specialty beans such as Illinois, Indiana, Ohio, Hawkeye, or select No. 2 ordinary even though such soybeans are higher priced then regular soybeans. Chinese soybeans are again starting to be used for Aburaage although because of custom U.S. soybeans are not likely be replaced in the foreseeable future. The existence of over 60,000 Tofu makers consuming over 200,000 MT of soybean per year with each maker consuming between 15-300 kilograms per day presents somewhat of a problem regarding soybean purchasing. Each particular maker is too small to purchase directly from anyone but the smallest wholesaler where the price of soybeans is too high for efficient operation. The Japanese people are association minded with the Tofu makers being no exception. The Tofu makers authorize their local association to purchase soybeans in large lots for future distribution to individual makers. The Tofu makers do not especially like to purchase through the association as the association charges for handling, however the makers have a desire to support the association so accept purchasing through it. The association deals with the importer, crusher, and large wholesaler, selecting whichever seller will give the best terms.

"The numerous Tofu makers that do not belong to the association (about 1/6) as well as members whose association does not purchase usually work out an arrangement with the smaller wholesalers. Soybeans are delivered to the maker by truck with the maker receiving material for a number of weeks each time he receives. The shipment is kept in bag form until the day before use.

"Manufacture–Regular Tofu (white Tofu): The manufacturing procedure described below is for the most used type of Tofu, 'Shirodofu' (white Tofu) as is seen in Figure 38. Other related products such as Yakidofu, Kinugoshi dofu, Aburaage, Hirosu, and others are processed in much the same way. Additional or different methods of processing these latter products are described in respective sections.

"The process of making Tofu consists of ten steps, that is, soaking, cooking, filtering, coagulating or precipitating, shaping, pressing, submerging [in water], cutting, and again submerging.

"Soaking: Depending upon season of year, 5-15 hours before processing, clean whole soybeans are put in containers of any size but most used are metal drums, wooden barrels or 20 liter tins. Water is added to the

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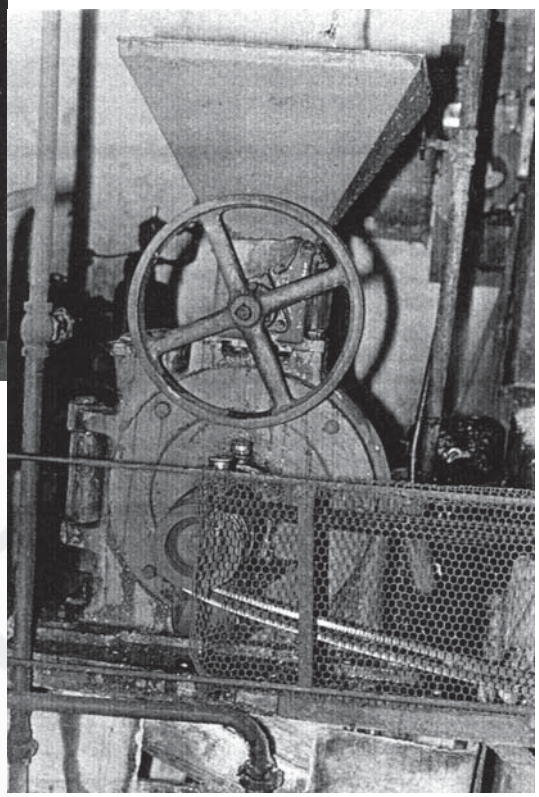

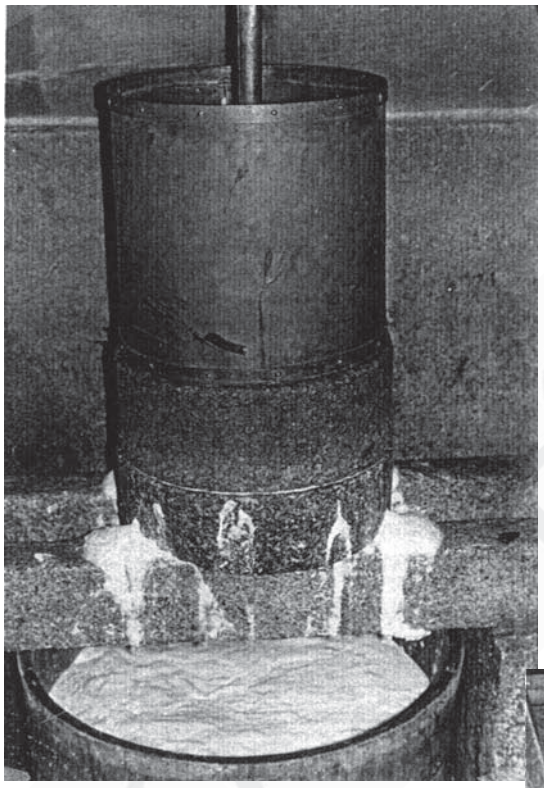

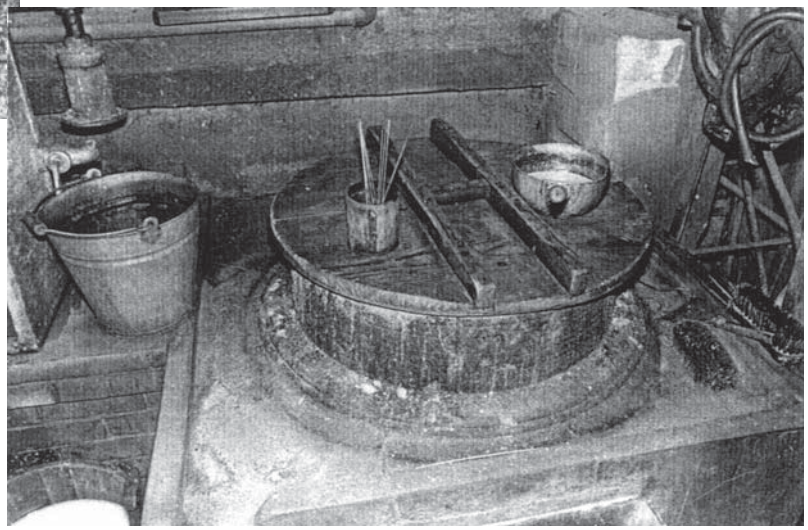

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container until the soybeans in the container are completely submerged. Although length of soaking is not such a strict factor, generally soybeans are soaked 10-l4 hours in winter and 5-10 hours in summer. Soybeans soaking in any one container should be of uniform size as soaking would not be even. Because of their small size, U.S. soybean are soaked for less time than Hokkaido soybeans. In winter Hokkaido soybeans may require as much as five additional hours of soaking. There seems to be to guides besides experience that indicate when soaking is sufficient, that is, the appearance of bubbles rising to the surface of the water and the whiteness of they inside of the soybeans.

"Grinding: Tofu processing usually begins at 3:00-5:00 in the morning so that the final product may be ready for use during that day. Processing is initiated by the removing of unabsorbed water from the containers. After that between five and eight kilograms of the soaked soybeans are put into an electric powered grinder of the types shown in Figures 39, 40, and 4l. The type of grinder pictured in Figure 39 is the most popular. Water is run into the grinder's intake container and the grinder is started. After ground as small as possible the soybeans in the form of thick white cream (see bottom of Figure 41) enter a container positioned at the outlet of the grinder. The cream could be called more paste-like than a liquid although it flows If it cannot water is added. If the cream is too thin, the residue after filtering will contain too much of the protein. For a batch of approximately seven kilograms of soaked soybeans the volume of creamy substance should be around 54 liters.

"Cooking: The type of cooker used depends upon the economic situation of the maker. Two of three types of cookers commonly used are shown in Figure 42 and 43. Although, wood (Figure 43) or oil stoked cookers are used, use of a steam boiler is slowly replacing all other methods. Either a small steam pressure cooker or a live steam open pit steam cooker (Figure 42) might be used if the factory has a steam boiler. To indicate that making Tofu is a cottage type industry very often makers with steam boilers will use same for heating their bath. The ground soybeans and water are usually drawn into the cookers by negative pressure but this procedure may also be done manually. Such is necessary if the maker does not have a steam boiler. After the cream is pulled into the cooker, water is added to the container to collect the residue remaining on the container's surface. This thin solution is also drawn into the cooker, Cooking lasts about four or five minutes or until pressure reaches approximately 10-12 pounds per square inch or the equivalent of it if another type of cooker is used. Cooking is very important for removing distasteful flavor, protein, causing good or bad cohesiveness and water holding capacity, although it is done without gauges, meters, or time control by the experienced Tofu maker. As an indication of the time of operation the cooking of 35-40 different batches may be completed by 6:00 a.m.

"Filtering: After cooking, a valve is opened. This valve is connected to a 1½ inch diameter pipe which bends upward so that it is positioned over a container usually around 24 inches square and made of metal although wood and tile are also used. A tile tank is shown in Figure 44. At the end of the pipe a course nylon bag is attached. The opening of the outlet value with pressure still fed to the cooker causes the cooked material to be forced through the looped pipe and into the nylon bag filter. Steam flow is then terminated then started again to force out what remains in the cooker.

"At some factories gravity may be used to remove the material from the cooker and such also might be accomplished by hand. The tank which the bag rests in also has an outlet at its bottom so the liquid (called Tonyu [soymilk]) which can readily pass through the coarse filter makes it way by pipe to a container. The temperature of this material is 100ºC when it leaves the cooker, however it drops to 80ºC by the time it reaches the container. The material that does not flow through the nylon filter is called Okara. As soon as all the material is forced out of the cooker and what liquid there is flows to the precipitating container a quantity of cold water (15-20 liters) stored in a tank above the container is dumped upon the nylon filter dropping the temperature of the Okara to 60ºC so that as much protein as possible can be removed. At some places this water may run directly into the cooker after the initial liquid was forced out.

Note 1. The author and his wife, Tomoko, did most of their tofu research in Kyoto. Companies they visited and observed in the spring of 1963 (listed alphabetically) were: Hamano Tofu Co., Hamamoto Tofu Co., Namikawa Tofu Co., Ryo Tofu Co., Shimamoto Tofu, and Uno Tofu. They also learned much from the Tofu-Aburaage Association (Kyoto). And they visited and observed Sasanoyuki Tofu Restaurant (Tokyo, 11 June 1963).

Note 2. The word *Shirodofu* is occasionally (but rarely) used to distinguish "white tofu" from non-white tofu (such deep-fried tofu, grilled tofu, dried-frozen tofu, etc.). This is the earliest English-language document seen (April 2013) that contains the word *Shirodofu.* (Continued). Address: San Francisco, California.

2618. Brandemuhl, William. 1965. Tofu (including Aburaage and related products): Manufacture (Continued–Document part II). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 137-201, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** (Continued). "As the water flows upon the filter it is worked over with a wooden club and then pressed. The press usually is like the one pictured in Figure 44 although an old fashion stone weight with lever may be used (see Figure 45) or as is becoming popular an electric driven press. It is important to get as much of the Tonyu out of the Okara as possible (because Okara is nearly a complete waste) so when pressing is finished the nylon filter may be stripped with the

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club before mentioned to remove the remaining Tonyu. Some makers are now using centrifuges but as a result too many bubbles appear so that a bubble suppressing agent has to be used although this agent affects the taste of final product. Some makers used this agent even though they do not centrifuge. After as much Tonyu is removed from the Okura as thought possible the nylon bag is unhooked from the pipe holding it and carried to a drum at which time the Okara is dumped (see Okara section for more information on its use). The nylon bag is then dipped into water and beat with a club while it is lying on the floor. After most Okara particles have been removed the bag is returned to its position at the end of the pipe and used again. All of the Tonyu which flowed from the cooker to the container to the next container is again filtered just before it runs into the latter as a fine cotton bag is attached to the pipe outlet. For this purpose a round wire screen bottom box may also be used.

"The bag or screen box collects the Okara that passed through the course nylon filter. Only a small quantity of Okara is collected at this time with what is collected being discarded. The container that the Tonyu flows into is pictured in Figure 46. One or two more cotton filter bags line such container. These filters are removed from the container with the one minute amount of Okara in it, and used again without removing the Okara from the bag. When the amount collected nears one pound it is discarded or re-pressed for further extraction. At this point the Tonyu looks somewhat yellow. The number of containers and number of outlets for inflowing Tonyu very often determines the scale of operation of a particular Tofu maker. A maker nearing retirement may have only one wood plugged outlet and two containers which have to be moved for every batch while other more progressive makers may have over 6 brass valve stoppered outlets. Most Tofu makers fall between that above two cases with the efficiency of operation seemingly directly related to the efficiency of this procedure. The material of these containers are either wood on metal (stainless) depending upon the final product. White Tofu makes use of wood more often but wood is not absolutely necessary. Wood is used because it maintains temperature better than metal for the adding of the calcium sulfate, the subject of the next section.

"Precipitation: When the Tonyu enters the precipitation at containers it is around 68ºC. If hotter, the temperature is reduced by adding cold water. Because of work with other portions of manufacture the Tonyu may be allowed to remain in the container to cool naturally to 68ºC or even lower. However if temperature became lower than 60ºC precipitation would begin to get difficult so generally the adding of calcium sulfate takes place while the Tonyu is between 60-70ºC with the most desired temperature being 66-68ºC. The amount of calcium sulfate added varies slightly with each maker and varies slightly with each batch as seldom is a scale used for accurate measurement, however the most usual quantity for the size batch mentioned above is around 200-300 grams. A guide seems to be to add about 30 grams for each kilogram of soybeans used. Methods of adding the precipitating agent also vary by place so that the below descriptions are only examples of many used. First 100 grams of the agent is mixed with cold water in a two liter pan. A wooden paddle is inserted into the Tonyu and using the near edge of the container as a pivot point the maker stirs the Tonyu in an up and down fashion five times while slowly adding the agent with water on the fifth stir. Then the solution is stirred three more times, when 100 more grams of agent is mixed with water in the same manner as before and the solution is once again stirred five times with the agent being added on the fifth stir. At the end of the fifth stir the wooden paddle is brought up breaking the surface of the solution. In each case the four first stirs are rapid while the fifth is rather slow.

"Another method of adding the agent may be to stir the solution is circular fashion for three complete rounds then dump the whole 200 grams of agent mixed in water into the solution in the opposite direction of the current. After this the solution is stirred each way two times at the end of which the paddle is used to quiet the current. At this time certain makers will add small quantities of certain chemicals to enrich their Tofu in order to have advertising advantage. Immediately after adding the agent, a change in the nature of the solution can be observed. At this time the experienced Tofu maker can tell if the batch under watch will be of good quality. After stirring, a cover is put on the tank and left to stand for precipitation about 25 minutes during which time supernatant solution forming at the top of the precipitating solution is removed by placing a light bamboo basket on the surface. The cracks between the bamboo straps allow water but not precipitating curd to enter the basket. The water that collects in the basket is dippered out. About 50 percent of the quantity of water contained in the curd is removed. A small stone is placed in the basket to increase the speed of collecting water.

"During the 25 minute precipitation period the solution may also be stirred although gently. The amount of agent added, the amount of water removed, and the amount of above stirring determines the softness of Tofu. Generally soft Tofu is desired although certain restaurants, schools, and other institutions, may request hard Tofu. The maker accommodates them by stirring more and removing more water so that the hard Tofu contains only 80 percent water instead of 90 percent as soft Tofu does. Stirring the Tofu divides the mass into more pieces allowing more water to be taken off whereas hard Tofu because of the adding of too much agent probably would be a mistake on the part of maker rather than a calculated effort however more of less calcium sulfate may be added in making related products.

"Although the method of removing water mentioned above is probably the most used, Figure 47 indicates the same process being accomplished with a cloth covered rack.

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After completion of the above process the curd is ready to be shaped.

"Shaping and pressing: After precipitation is completed one or two boxes (see Figure 48) made of wood or metal and having many 3/8 inch holes on all sides and bottom with side holes slanting downward for efficient water draining are prepared with a cross-shaped cotton filter cloth. This cloth is moistened for easy forming and positioning inside the box. More waster (usually the supernatant solution) is poured into the box to make the cotton filter cling to the sides. Precipitated curd is then dippered into the box with the maker first removing small pieces from the precipitation tank and gently pouring to the middle of the Tofu shaping box letting the curd run to the edges. If large pieces are dippered they are broken into small pieces by pouring from a greater distance away from the level of curd. About 18 liters of curd are poured into two boxes for each batch although some makers will only make one box from each batch. A block of formed Tofu weighs therefore between four and eight kilograms.

"If too much curd exists for the available box, an extension is added to one of the boxes. Because the curd is semi-solid at this time it can be added to the box higher than the height of the box, especially in the middle. The middle is always more densely packed then the edges as when pressed the middle receives more pressure. After the filled the box is allowed to stand for 10 minutes at which time the curd at the edges of the box is pushed to the center and then the portion of the cross shaped cotton filter remaining outside of the box is made to cover the top of the curd in a carefully folded fashion and a wooden cover that fits completely inside the box is positioned as are stone weights totaling about 20 pounds (see Figure 48). The boxes are then allowed to set for 40-90 minutes" (Continued). Address: San Francisco, California.

2619. Brandemuhl, William. 1965. Tofu (including Aburaage and related products): Manufacture of Yakidofu and Aburaage (Continued–Document part III). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 137-201, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** (Continued). "Submergence, cutting and resubmergence: After pressing for the desired length of time the stone weights and cover are removed and the box is taken to a sink (stainless steel or tile) and submerged in a large quantity of water and then inverted so that the formed block of Tofu can slide out of the box into the water. Depending upon how busy the shop is the block may or may not be cut immediately upon being put into the water. When it is cut the block is brought near the surface and a wood frame with three to six nylon wires strung across it is put over the top of the Tofu block. The block is then inverted and the frame is quickly pulled upward cutting the Tofu into a number of pieces. These pieces may then be cut even smaller to the standard marketing size or may remain large for cutting to standard size at time of sale. At all times Tofu must be stored in water to maintain its form and also to improve taste. Optimum taste is achieved after three hours soaking although taste difference is not very great. One block when cut to marketable size (440 grams) makes about 80 pieces With dimensions equaling 2½ x 6 inches x 1 inch. Occasionally this type of Tofu is also sold without regard to shape as for a special order a certain quantity would be put into a cotton bag and delivered.

"After cutting Tofu into suitable shape for the ways it is marketed the manufacturing process is completed. Marketing and use treated after treatment of additional and different manufacturing processes of related products.

"Yakidofu (see Figure 49) is Tofu that is slightly surface roasted It is processed in the same way as regular Tofu except that it is cooked at a somewhat higher pressure and contains less water. While the wicker basket is resting upon the surface of a Yakidofu batch more water is removed and pressing is with greater pressure. Instead of being put into a box like regular Tofu (see Figure 48) one batch of Yakidofu is dippered into three filter covered wooden trays as shown in Figure 50, covered, and then pressed with a mechanical press as shown in Figure 51. The tray that holds Yakidofu is about 39 inches long, 14 inches wide, and 2½ inches high. There are many 3/8 inch holes in the bottom of this box and well as in the cover to drain excess water. The bottom is grooved so as to provide guide lines for cutting Yakidofu into pieces. The cover fits inside the tray with two ribs projecting 1½ inches from the upper side. These ribs make it possible to stack one tray upon the other and still be able to press effectively. Pressing is done for 15-20 minutes during which time the trays under press may be changed in order (as many as ten trays may be under the press at one time).

"After pressing is completed the cover is removed and the cloth filter is unwrapped from the top of the Yakidofu. A cover which completely covers the tray and has ribs on its end is placed on the tray and quickly turned over allowing the sheet of Yakidofu to position itself on the cover. The sheet is then cut into 25 pieces (see Figure 52) using the guide lines provided by the grooves in the tray. Cutting may be accomplished by such a knife as used in Figure 52 or with a gang knife. The kind of knife used is likely to be made of brass as supposedly its cutting properties are better than stainless steel. After cutting Yakidofu is put on a slanting rack to dry. Then when the majority of the morning's operations are finished the Yakidofu sheet is roasted by the instrument pictured in Figure 53. Many other methods of roasting are used such as gas torches moved over the surface of the sheet or a charcoal stove fanned by a blower. The later case necessitates the skewering of each individual piece, positioning and repositioning near the hottest area of the charcoal stove. This method is not very sanitary as

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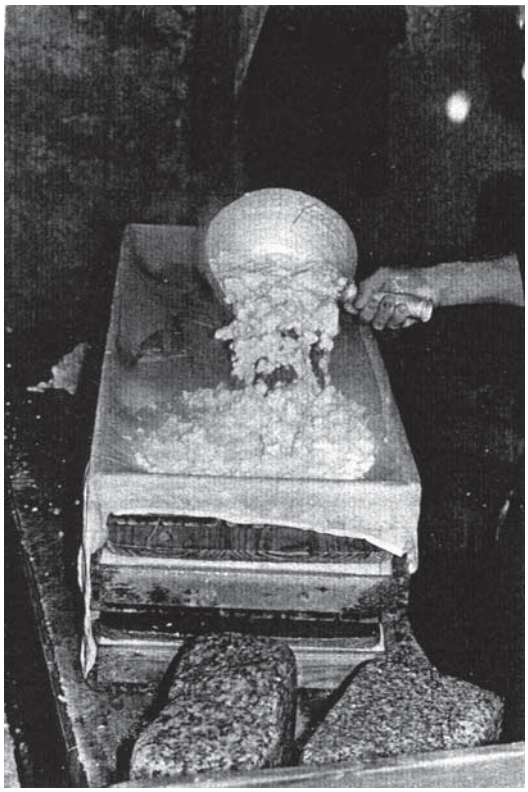

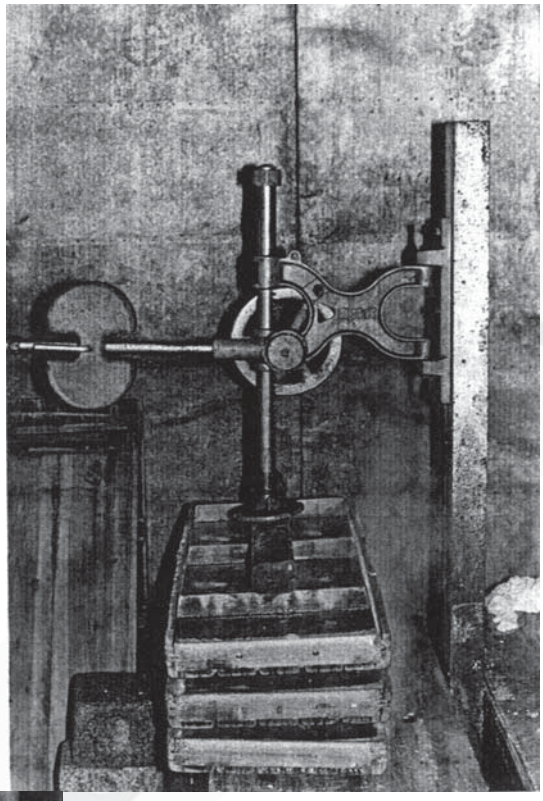

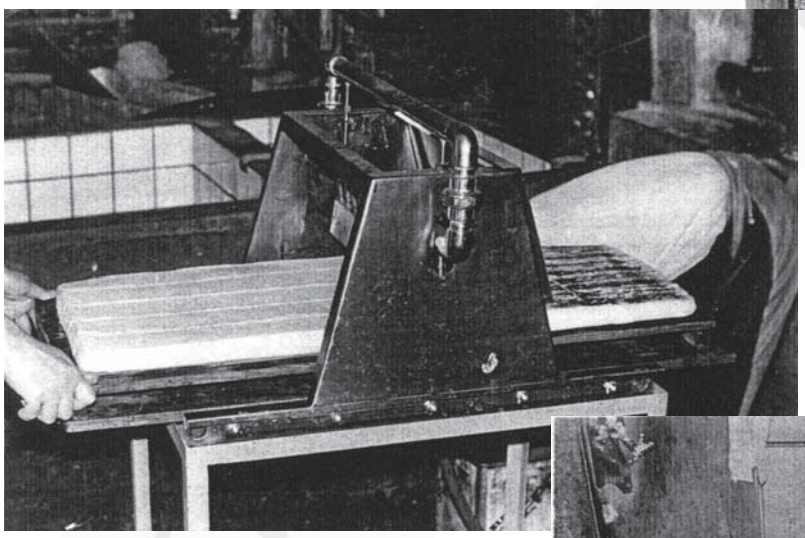

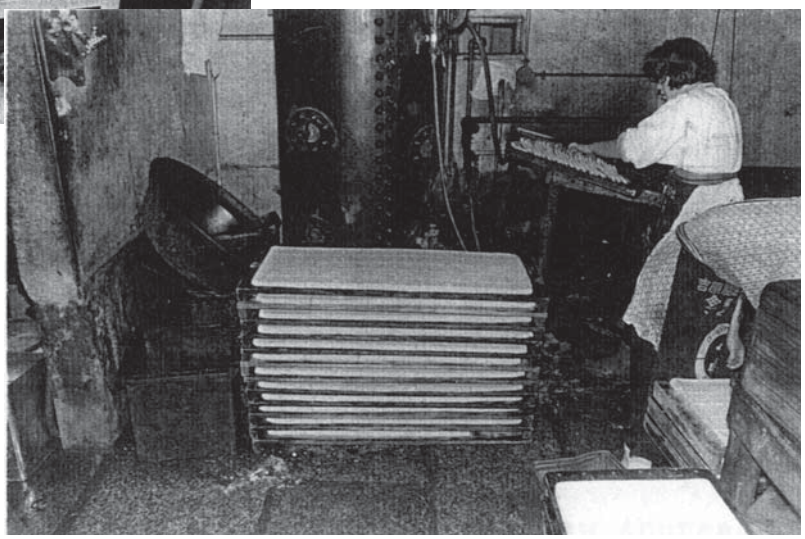

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coke dust circulates and settles everywhere including on other products. After roasting, Yakidofu is slid into water and stored until time of sale, delivery, or pick up. Yakidofu is stored in water only after it has been cut into the standard consumer size, unlike regular Tofu. Because it remains out of water for so long and because of its method of cooking, Yakidofu is much harder than regular Tofu;

"Kinugoshi (see Figure 54) is slightly different than regular Tofu in that it is softer and smoother. The smoothness is the reason why the first few letters of Kinugoshi means silk filtered. In ancient times this may have been a possibility but at present silk filtered Tofu does not exist. The Tofu makers believing that the silk filtered rumor is worth the advertisement value so do not discourage the belief.

Note. This is the earliest English-language document seen (April 2013) that mentions silken tofu or uses the term "silk filtered tofu" or the string "Kinu" or the word "Kinugoshi" to refer to silken tofu.

"Kinugoshi is only produced in summer because it is eaten cold with green onions and Shoyu with a little ginger for flavoring Yakidofu Tonyu may be used for Kinugoshi although filtering is more carefully done, The Tonyu for Kinugoshi is not precipitated in the large containers however as each maker has a number of small metal boxes about 16 x 8 x 4 inches for such purpose. The boxes have a stopper outlet on their bottom for assistance in the removing of the Kinugoshi pieces at the appropriate time. When Kinugoshi is about to be made the inside walls of the box are coated with a minute quantity of rapeseed oil. After coating with oil enough of the precipitation agent needed for precipitating the amount of Tonyu put into the box of above dimension is added. Then Tonyu is poured into the box with the pouring active enough to cause slow precipitation of the Tonyu. The Tonyu filled container is allowed to set for 20-30 minutes and then is submerged in water (container included) for two hours. After two hours the box is brought to the surface of the water and the precipitated curd is divided into 24 pieces. The stopper at the bottom of box is then removed. This in combination with the oil coating allows the 24 pieces of Kinugoshi to slide out of the container into water;

"Aburaage–Initial processing: Although Aburaage treated as an end product is much-different than Tofu, until a certain point in the manufacturing process the procedure is nearly the same. Aburaage (see Figure 55) is Tofu deep fried in vegetable oil, being of various sizes but usually eight inches long, three or four inches wide and 3/4 inch thick. It is a soybean product that did not originate in China but was developed in Japan. Aburaage uses whole clean soaked soybeans as raw material but in addition soybean meal specifically manufactured for Tofu products may be added.

"Uses of soybean meal: A number of years ago oil crushers saw a possible market for soybean meal if it could be successfully used in the manufacture of Tofu. As mentioned before, meal promotion was conducted to convince Tofu makers to use soybean meal. Through experimentation it was found that soybean meal would not seriously effect the taste of Aburaage since oil is absorbed by Aburaage during the frying process. Since oil is an important taste factor, only small quantities of meal could be used with none used during prosperous times. As also mentioned before, the crusher now believes his meal market is better for cattle than for Tofu so he is trying to discourage an increase in demand for Tofu meal. And also since the crushers now sells select whole soybeans in great quantity to the Tofu maker he does not want to not be able to sell whole soybeans although this is somewhat unusual reasoning on the part of the crushers. After the advertising program conducted by the crushers, most Tofu makers because of economic reasons began to use soybean meal for Aburaage although not in the quantity advertised as acceptable. Usually for one batch of Aburaage 1 to 2.5 kilograms of meal might be added with places that produce poor quality Tofu products using a greater quantity although very few use 100 percent soybean meal. Soybean meal is mixed with the ground soybeans or is mixed with water and drawn into the cooker after the ground soybean substance. As long as taste of good Tofu remains a factor soybean meal will not likely become the main component of regular Tofu although if promotion continued, soybean meal would become more and more used for Aburaage, as meal has an advantage over whole soybeans in that it need not be soaked. If therefore an emergency order appeared the Tofu maker could comply.

"Cooking Aburaage material is the same as for regular Tofu but since Aburaage needs more cohesiveness (because it not stored in water) a harder material is produced by increasing the amount of precipitating agent (about 1/5 more), removing a greater quantity of water than for either regular Tofu or Yakidofu, and stirring more while precipitating to break the curd into small pieces so that more water can be removed. It is dippered, trayed, and pressed in the same way as Yakidofu. About four trays of Aburaage can be made from one batch giving 100 pieces of Aburaage. In contrast to other types of Tofu products if a portion of a batch remains it can be added to the next batch attesting to the fact that of all types Aburaage is the least delicate. After pressing it is cut in the same way as Yakidofu and stored for further drying, cover upon cover as shown in Figure 56.

"Although the process and appearance of Yakidofu and Aburaage are similar until this point the water content of Aburaage is much lower so they are not interchangeable" (Continued). Address: San Francisco, California.

2620. Brandemuhl, William. 1965. Tofu (including Aburaage and related products): Frying Aburaage, Atsuage, Hirosu / Ganmodoki, Okara, Soybean Milk (Continued–Document part IV). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 137-201, Unpublished manuscript. 28 cm. [18 ref]

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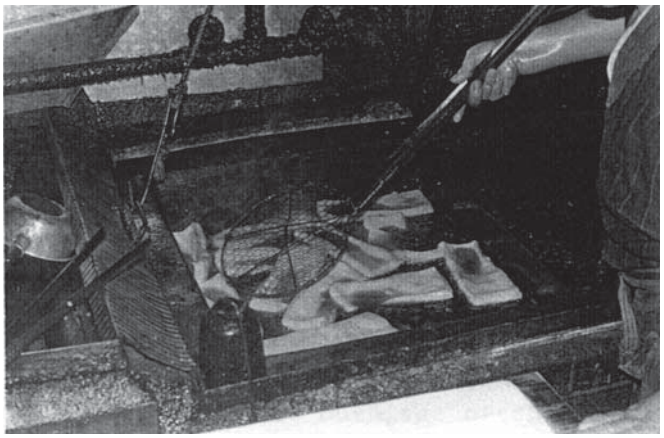

• ***Summary:*** (Continued). "Frying Aburaage: Aburaage is usually fried in rapeseed oil with soybean oil being occasionally used. Frying is accomplished in two stages as Figure 56 indicates. The containers used to fry are usually housed with bricks and heated by oil and blower although wood is sometimes used. A wood stoked fryer has the disadvantage of uncontrollable temperature. The oil containers are provided with hoods but as seen in Figure 57 cleanliness is difficult to maintain.

"The number of double oil containers varies with the size of the maker with a slightly larger than average maker processing about 1,000 Aburaage at a frying rate of about 120-150 per hour so at least two vats are needed. Each of the double containers are about 28 inches square and 2½ inches deep. Although it seems that the containers are completely separated by a partition actually a three millimeter space exists between the bottom of the oil vat and the partition so that a certain amount of oil circulates between the two vats.

"Although most vats are as pictured in Figure 57 some have slanting sides for easier insertion of the raw Aburaage and conservation of oil. To insure even frying on both sides of the Aburaage as well as to increase speed of frying one of the two vats used for frying the same Aburaage has a wire mesh rack that is constructed to fit inside the vat. Such mesh is hinged to the container at the rear so by suitable attached wire or rope, the mesh can be easily controlled. A weight is put on the mesh so that the buoyancy of the frying Aburaage will not raise the mesh and defeat its purpose. In addition to the above equipment three hand utensils are used for frying Aburaage, one is a dipper (seen in foreground of Figure 57), for pouring oil over the Aburaage, another is a wire mesh spatula about 10 inches in diameter (see Figure 58) used to turn and individually press certain Aburaage, and the third is a long metal forceps for removing the Aburaage from the oil. Although equipment is supposedly cleaned everyday the oil in use is unusually dark although clean oil usually stored in a tank above the working area delivers large quantities of oil quite often.

"Given the above equipment Aburaage are fried in the following fashion. About 12 Aburaage are taken by hand four at a time from the trays shown in Figure 56 and inserted into the number one vat of oil. The oil in this vat has a temperature of around lOOºC. Immediately upon insertion the Aburaage sink to the bottom of the oil. Two and one half minutes later they rise to the surface and at that time another batch of Aburaage are inserted in the same vat but the latter do not interfere with the frying of the first batch because they sink. As soon as the first batch rises they are turned and selectively pressed with the wire mesh spatula and the dipper mentioned above is used to pour oil from vat number two at 180-21Oº C onto the uncooked side of the Aburaage. About five minutes after insertion the Aburaage are transferred to vat number two and pressed under the surface of the oil with the hinged wire mesh and weight. About three to four minutes later the golden brown Aburaage are removed with the metal forceps and placed on a slanting wire rack adjacent to the number two vat. The length of frying time varies with the temperature of oil that each maker might use so that generalizations cannot be made, however each maker attempts to produce the largest Aburaage possible given the size of raw Aburaage used. If frying is successful the Aburaage will first become very puffed and then collapse having then a skin-like surface. The void space may then be used after suitable cutting for holding rice, one of the most popular ways to prepare Aburaage. The 1.8 liters of oil that are absorbed into 100 Aburaage make the protein rich Aburaage very rich in oil also. One reason why the use of meal has been successful for Aburaage is that oil absent from raw Aburaage is replaced in great part by frying.

"After excess oil has dripped from the Aburaage on the wire tray, they are removed and placed on another wire tray and stored in a wooden rack until marketed. The form the 240 gram Aburaage takes is as shown in the center rear of Figure 59.

"Sushiage is made using exactly the same materials and procedures as Aburaage except that Sushiage is less than one half the size of Aburaage as can be seen when comparing both in Figure 59 and Figure 57 (Sushiage) with Figure 58 (Aburaage). Length of frying Sushiage has to be compensated so that total frying time is usually less than

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eight minutes.

"The Japanese people delight in consuming a slice of raw fish set upon a small ball of rice but since fish is expensive a quantity of rice packed inside a split Sushiage often acts as an inexpensive substitute.

"Atsuage (see right front, Figure 59) may best be described as being two different products although marketed as the same. Standard Tofu which cannot be sold on the day it is processed is on the next day cut into triangular pieces one inch thick with legs about two and one half or three inches long. This product when fried only in the hot oil vat for a short time is called Atsuage. Since it is small it can easily be used when a piece of Aburaage is too large for the required use. Demand for Atsuage is usually higher than what can be made from the varying quantity material remaining each day so Atsuage also has to be made from regular batches of Aburaage resulting in products of two different qualities but not distinguished as such. A little known fact is that Tofu makers make nearly as much profit on cutting old regular Tofu into four pieces, frying, and selling as Atsuage as they do on selling regular Tofu.

"Hirosu (also called Ganmodoki) is pictured in Figure 59 on the left front. It is composed of old regular Tofu, old Yakidofu (after the roasted surface is removed), the trimmings obtained when cutting Aburaage products, a shredded vegetable (usually carrots), ground yam, and sesame seeds. The first three materials are put into a cotton bag and pressed with a stone or the mechanical press if it is free so that a great portion of the water is removed.

"After removing the material from the press, the shredded carrots, ground yam, and sesame seeds (the sesame seeds may also be placed in the top of the material after formed) are mixed together by hand. Then the paste-like material is shaped into balls the size of one scoop of ice cream. In fact an ice cream scoop is sometimes used for shaping; otherwise it is done by hand. The balls are then put in the low temperature oil vat and allowed to remain submerged for a short while, then transferred to the high temperature oil (180-200ºC) and fried until golden brown. Hirosu is more often used by poor people than other Aburaage products but not limited to same.

"Okara, as mentioned before, is the residue of the various filterings [sic] of the raw Tonyu. It is usually sold to dairy farms for feed at $.01 (four yen) a kilogram. Figure 60 shows a farm owned truck with Okara from a number of Tofu shops located in the farm's milk market. Not all Okara is fed to cows however, as it is also a popular food for rabbits, and Tofu delivery people also carry it for selling as dog food. Although for cleaning purpose other commercial products have replaced Okara, it can be used as a floor and hand cleaner. A small amount is also sold for human food (see Figure 61) with very poor people accounting for most of the food use.

"Soybean milk: Although other places in Asia use soybean milk with large and small scale factories producing same for a milk deficient population, in Japan soybean milk is not significantly consumed, although one modern factory is producing a similar product, however initiation of production is too recent to tell if this product will be successful. The Tonyu of Tofu production would seemingly be marketed but it is not because of the availability of fresh milk. Such was not the case up to about 25 years ago when nearly every Tofu shop sold Tonyu for direct human consumption and even for enriching other food products such as bakery goods.

"The Tofu factory: Figure 62 shows the production area of a Tofu factory employing six persons and producing the following amount of Tofu per day:

"Products. Pieces
"Regular Tofu 560
"Yakidofu 150
"Aburaage 1,200
"Sushiage 2,700
"Atsuage 400

"This factory is much larger than average yet for the above Production only 140-200 kilograms of soybeans are used. It might be imagined that to employ six people, hand work is the rule rather than the exception" (Continued). Address: San Francisco, California.

2621. Brandemuhl, William. 1965. Tofu (including Aburaage and related products): The Tofu factory, marketing Tofu, preservation (Continued–Document part V). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 137-201, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** (Continued). Although all members of the family help the business in some way, labor cost is not yet so high (Tofu worker receive $60-75 per month live in salary) and the Tofu industry makes use of much inexpensive equipment. With the development and rapid expansion of food and other industries, Tofu production is becoming far behind with respect to modern methods so cost of production is increasing, forcing many Tofu makers into bankruptcy. The number of Tofu makers is decreasing in still another way and that is at present the sons of Tofu makers observe that making Tofu is not a desirable job, either prestige or condition wise, so are refusing to assume ownership of the shop at the suitable time.

"This creates somewhat of an advantage for the young people who do enter the business as the older men running their own business can neither maintain quantity of production as they increase in age or handle young employees to maintain same so the young producer can slowly increase his sales by capturing the local market from an old maker. Also young aggressive makers are in a much better profit position as the profit margin seems to be high but more volume than a few bushels a day is needed to insure

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a comfortable financial position.

"Although Tofu makers as a whole believe that modernization and automation cannot be accomplished with Tofu in the form it is because of its distribution, a few individual makers are making real progress, such as frying Aburaage while it continuously moves through an oil container on a stainless steel conveyor.

"Unfortunately as with many traditional industries in Japan, old methods are adhered to as if they were part of the maker. This is fact is partly true but such makers are going to suffer the most when innovation is finally realized. A traditional industry in Japan is bound by a great number of customs and rules that are not written but not bound as yet to scientific measuring, weighing, testing, and providing adequate sanitation, even though there is one government inspection per year. The latter seems to be especially important as Japan's large modern industries are showcases of sanitation but yet people do not have concern when they are handed a piece of Aburaage with the same hand that a moment before connected a fuel oil pipe to the boiler.

"Marketing tofu products: For Tofu products these are five chief sales places or ways of selling:

"(1) Directly at the shop

"(2) By Tofu peddlers (carrying particular sounding horns to announce their presence and pulling carts by hand or bicycle as seen in Figure 63)

"(3) Maker owned sales outlets in market places

"(4) At shops in and outside of markets where other foods are also sold (see Figure 64)

"(5) To institutions, school, and factories

"Because of the nature of Tofu, its manufacture is not conducted in the manufacturing section of a city or village but rather in an area of dense population. This indicates the lack of zoning laws that Japanese citizens live with but such is necessary for the Tofu maker. So located, the housewives of the immediate area stop at the Tofu shop on their way home from shopping for other foods, or as is the case in the morning, go directly from their home and buy Tofu, to put in the every day soup, *Miso-shiru.* Most often the housewife carries a pan to carry the wet Tofu, but at present a machine which seals plastic around an order for about $.006 (0.5 yen) is becoming popular. This machine is becoming used for a great number of foods although $.006 is still a high cost for packing Tofu.

"If a particular shop is small the owner himself may take care of peddling Tofu door to door. If somewhat larger his employees will do same and if in the wholesale class, independent peddlers will buy and sell for themselves. The independent peddler can buy Tofu from the wholesaler for $.041 (l5 yen) and sell it for $.056 (20 yen) so can make more money counting other related products than he could working in a factory. There is no equivalent of the Tofu peddler in the U.S. except possibly the milk deliverer but the Tofu man may pass each area three times a day and deals personally with his consumers although always maintaining the status of a peddler. More progressive Tofu makers may own one or more shops in a market place and have one or two employees handle his entire line. This type of venture probably earns the greatest amount of money for the maker as more people can be contacted with less effort and time. Unfortunately there are so few market places in relation to the number of Tofu makers in any particular area.

"The Tofu wholesaler and even retailer sells Tofu at wholesale prices to many shops such as the one pictured in Figure 64. This type of sale is not so profitable for the maker or for the end seller as volume is so small and delivery must be every day. As the number of markets increase this type of seller will decrease in number.

"Sales to hospitals, schools, and factories offer volume outlets but since such sales are so competitive, custom necessitates discounting, so profit is not large although demand is somewhat predictable. Many of the firms that only wholesale Tofu aim for this market. Food sales to factories assume an unusual proportion compared with counterpart industries in the U.S. because as job fringe benefits, dormitories, breakfast, lunch, and dinner are often provided. The quality of such benefits is somewhat debatable but it is sure that Tofu products are used so that less meat need be.

"Preservation: One of the greatest disadvantages of Tofu is that it cannot be stored for a great length of time. By test if regular Tofu is kept in water that is under 5ºC it lasts for one week, if stored in 10ºC water it will last two days. If stored in water above 15ºC it will only last for one day and except for certain winter days the latter is the most real case so every day delivery is necessary. Aburaage is easier to market especially in winter as it lasts about one week however in summer it lasts the same as regular Tofu. Besides taste, preservation is the only other major problem confronting the automation of the Tofu industry. Quantitative production could most likely be achieved but distribution would have to be conducted in the same way so increased delivery cost would most likely outweigh the costs of local production that is now prevalent. The only solution seems to be what numerous places have tried without success and that is for many small makers in one area to combine, incorporate, and construct an automated factory with each of the combined members assuming a directorship. Delivery is still within the area covered by the makers acting separately while economies of scale are achieved because of size and such a method is probably the only way that capital could be raised. Outside investors including most banks do not consider the prospects of the Tofu industry favorably so will not invest. An individual maker even if successful does not have but a small part of the money necessary for constructing and operating an automated factory. One problem that constantly exists wherever these combines are formed is that the individual maker after having decided all business matters himself for many years cannot adjust to group decision

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making by the corporate board. This problem has until the present caused the combines to fail

"Price: The price of Tofu has been increasing but it is still a low cost item on the food budget. Regular Tofu sells for $.06 (20 yen), production costs approximately $.03 (11 yen) with the wholesale price at $.042 (15 yen). This would seem to indicate that the makers who own outlets have quite wide profit margin while those that only wholesale have to operate on a much narrower margin. Such wholesalers producing around 560 regular Tofu per day would only earn $6.23 (2,240 yen) with quite a large amount of capital investment given the Tofu industry. Yakidofu although taking less time to produce has to be handled more (roasting) sells at the wholesale and retail level at the same price as regular Tofu. Yakidofu also contains less water. It is unsure why the makers make such sacrifice but probably demand for Tofu would decrease if that type was not available at the same price as Shiradofu [Shirodofu?]. Housewives could not substitute regular Tofu in the place of Yakidofu so they might very well substitute a completely different product. One of the 24 pieces of Kinugoshi contained in the Kinugoshi tank sells for $0.44 (16 yen). Aburaage retails at $.056 (20 yen) but because of the oil used in frying, cost of production is $.033 (12 yen) in contrast to $.03 (11 yen) for regular Tofu. This is compensated for by the fact that Aburaage lasts longer than regular Tofu so there is less waste. Both Hirosu and Atsuage wholesale for $.014 (5 yen) and retail for $.019 (7 yen).

"As mentioned previously profit margin appears to be adequate (considering all products over 35 percent) however volume is a real problem" (Continued).

Table 16 (p. 189) gives the chemical composition of tofu and aburaage (per 100 grams). Table 17 (p. 190) gives the quantity of soybeans and soybean meal used in Japan for making tofu and aburaage products (1956-1963, year starting April 1). The amount of whole soybeans used increased from 143,800 metric tons (tonnes) in 1956 to 285,100 tonnes in 1963. The amount of [defatted] soybean meal used increased from 3,200 tonnes in 1956 to 65,000 tonnes in 1963. Address: San Francisco, California.

2622. Brandemuhl, William. 1965. Tofu (including Aburaage and related products): Recently developed Tofu products, Tofu as a food, concluding remarks (Continued–Document part VI). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 137-201, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** (Continued). Recently two revolutionary Tofu products were developed improving some of the defects of Tofu in its present form. The first product (bagged Tofu; see Figure 65) is more akin to regular Tofu in that it can easily be made in the ordinary Tofu shop if a few additional pieces of equipment are procured. This equipment is now available commercially so most makers that are interested purchase it.

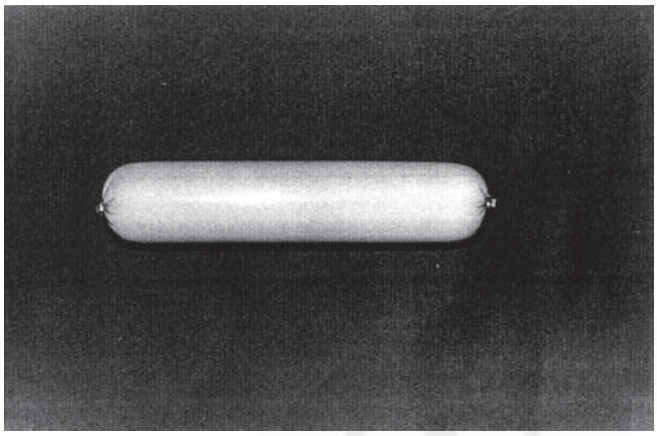

Tonyu is prepared in the same way as for regular Tofu and then stored in drums without being precipitated. It is then put into a machine that delivers a certain quantity of Tonyu at 20-25ºC into a plastic bag along with a small quantity of precipitating agent. The bag is then bound by wire with a manually operated machine or bound by hand with a multi-looped rubber band. With this process the Tonyu plus calcium sulfate is compressed into a tight round cylinder so that only a few air bubbles remain. Then a large number of the bags are put in a barrel of water heated with live steam and cooked for 30 minutes at a temperature slightly under boiling which precipitates the Tonyu into curd. The finished product is a very smooth round shaped piece of Tofu 250 grams in weight which need not be stored in water and lasts one week without deterioration. Such a product might retail for $.069 (25 yen), wholesale for $.O5 (18 yen) and costs about $.044 (16 yen) to make. If too much calcium sulfate is added the curd separates from the water and if too little the Tonyu does not solidify, however an element of standardization can be effected in making this product even in the small shop.

"Another product called "Proton" is very similar as an end product although a soybean meal processed specifically for Tofu is used to make the Tonyu and factories producing Proton operate on a automated mass production scale. Proton has most of the advantages of bag Tofu and many additional ones.

"Both of these products are experiencing only a small degree of success however as the tradition based Tofu industry is not supporting such products to any great extent, especially Proton which potentially could put many small Tofu makers out of business. In addition the taste of both bagged Tofu and Proton is supposedly inferior to regular Tofu and consumers greatly hesitate accepting a round shaped piece of Tofu in place of the usual rectangular one. In recent years Japan has increasingly accepted completely new products, however when such product is a substitute for a traditional one such new product only slowly gains acceptance. All of the above factors inhibit the growth of the enterprising firms that are developing new Tofu products,

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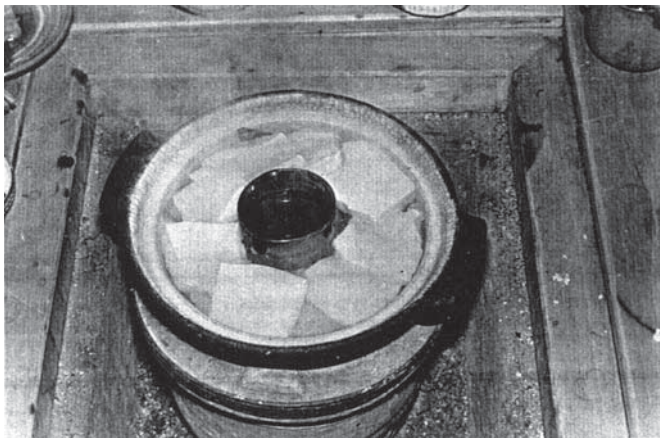

ones that with slight modification will become the future Tofu of Japan.

Tofu as a food: One might say that Tofu products can be used in nearly all Japanese food dishes although a few uses account for most of Tofu consumption. Both regular Tofu and Aburaage are used more than any other way in the every day breakfast soup Miso-shiru (see Figure 66) a dish that has Miso as a base with Tofu, Aburaage, and vegetables also contained.

"Nearly all Yakidofu is used in that famous Japanese dish Sukiyaki. Although it may occasionally be used as shown in Figure 67, that is, covered with Miso and placed over low heat for an item called Dengaku. Besides Miso-shiru, Aburaage in its various forms is eaten with rice shaped as shown in Figure 68 or in the same way that raw fish is eaten with rice. Another important way in which Aburaage products are used is as a protein source for the many types of noodle soups that exist in Japan. Aburaage is particularly suited for a 100 percent wheat noodle called Udon.

"A very famous regular Tofu dish (Yudofu) originated in a Buddhist temple and is now also often eaten at home. A large casserole dish is filled with water, heated (very often over charcoal in temples) while a sheet of dried sea tangle [konbu] clings to the bottom inside surface and a jar of Shoyu-based sauce standing upright in the center of the container (see Figure 69). A few minutes is all that required to cook Tofu (Tofu should not be overcooked as it becomes porous) after which it is put into a small bowl of the sauce which contains Shoyu, green onions, and ginger (see Figure 70). A small number of restaurants specialize in preparing only Tofu but although all quite famous by preparing 60 dishes made from Tofu. Such places are not common dining places as when served as an only food Tofu becomes boring even for the Japanese. Such traditional restaurants may be reserved two to three weeks in advance because of their uniqueness. Japanese housewives sometimes use the near tasteless Tofu as an extender putting it into meatballs, hamburgers, or scrambled eggs, while the fish sausage companies use Tofu as a fish extender for cheaper fish sausages.

"Kinugoshi is the only kind of Tofu which is usually eaten without cooking as it is served from ice water into a dish which contains Shoyu, ginger, and possibly green onions.

"The above indicated a great variety of uses for the easily digested Tofu products. In addition, Tofu or Aburaage may be used as the main ingredient of many other dishes as in the examples below,

"Tofu:
"Tofu pudding
"Whale meat rolled in Tofu
"Tofu and vegetables boiled with tomato sauce
"Tofu dumplings and meat,
"Tofu hamburgers
"Tofu vegetable soup
"Tofu salad
"Aburaage:
"Okara stuffed Aburaage
"Fried Hirosu with vegetables

"Concluding comments: Tofu the product that has survived hundreds of years of Japanese history is now experiencing somewhat of a crisis as Japan's economy and most industries are expanding at a rate that is without equal. Per capita demand for Tofu is decreasing so if population increase was not causing absolute quantity consumed to increase soybeans would slowly decline in importance as the chief soybean food. Japan's population growth has been quite high but efforts have been undertaken to stabilize growth so even Tofu may feel the effects.

"Tofu being such a well known food never had to be advertised, but recently to compete with the heavily advertised western type foods Tofu producers have had to. For a small Tofu maker, advertising is impossible so the local association is used but its economic situation is not the best either so advertisement assumes a completely different form than the advertisement of the large food companies. The latter most often uses expensive television spots while it is doubtful whether Tofu has ever been advertised on television. Instead the Tofu association may solicit funds from their raw material suppliers (large companies) to publish a small pamphlet for distribution by the maker in proportion to his share of production relative to total production of all members. This is generally true however the large makers will support such advertisement even if the smaller maker is favored.

"Another method of advertising is to engage a temple to create a festival honoring an aspect of Tofu. This results in free newspaper space as most always such festivals are covered by a feature writer(a number are sure to be invited). How effective each advertisement is a debatable question but it is sure that such efforts will not eliminate the increasing need for modernization and rational business decisions. If such is not achieved economic factors will cause much suffering among thousands of Tofu makers. Tofu making

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can no longer remain the family business it is when a large productive unit such as a few that do exist successfully and efficiently produce if originally founded in a correct way. Progress may have been long in coming for the Tofu industry but the climb has started. The question that remain however is whether most Tofu makers will join." Address: San Francisco, California.

2623. Brandemuhl, William. 1965. Frozen tofu: History, development, frozen tofu soybeans, processing (Document part). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 328-359, Unpublished manuscript. 28 cm. [18 ref]

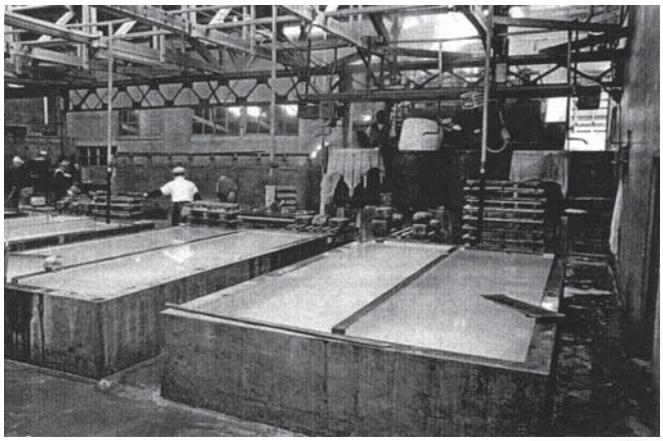

• ***Summary:*** This excellent chapter contains the most detailed information on frozen tofu to date. "Frozen Tofu (Koyadofu or Koridofu) is processed in the same way as regular Tofu until curd (although harder curd than regular Tofu) is formed at which time the curd, cut into small pieces, is frozen for a few hours at -20ºC, and then stored for two weeks at -5ºC. After it is removed from cold storage the pieces are placed in water for defrosting, centrifuged, dried in ovens and open air, trimmed, treated with ammonia, packed, and sold as a dry, highly preservable, high protein product for use in traditional Japanese dishes.

Note: This is the earliest English-language document seen (April 2013) that uses the word "Koyadofu" or the word "Koridofu" to refer to dried-frozen tofu.

"History: China supposedly has or had a product somewhat similar to frozen Tofu, although frozen Tofu as Japan knows it is completely of Japanese origin. Although a number of theories have been put forth regarding the method of origin it is agreed that the place of origin is the Koyasan Mountain in Wakayama prefecture. Connection between Koyadofu (frozen Tofu) and Koyasan is not coincidental as the name of frozen Tofu also originated in Koyasan Mountain. The most acceptable theory of method of origin seems to involve a priest, Kobodaishi, the originator of the Koyasan temples. Kobodaishi, journeyed to China as did scores of other priests, for the study of Buddhism. It was there that he learned about Tofu. When he returned he grew soybeans so that his priests and converts might eat the new product. Soon Tofu began to be used regularly and with that a piece of Tofu accidently remained outside during a very cold Koyasan winter about 800 years ago. Legend has modified this to state that a priest wearing wooden shoes was returning from the Tofu shop a dark slippery night, fell in the snow, lost a piece of the Tofu, and proceeded home. Whether the latter is true is highly questionable although whatever the reason for remaining outside overnight, the next morning the piece of Tofu, by that time frozen, was found and the priests then experimented with the possibility of freezing Tofu and in the process developed frozen Tofu into a dry cake after it has been frozen. After the priest developed foods that could utilize frozen Tofu they popularized such foods in the Koyasan area so that soon commercial production began, with consumption and then production spreading to other places in Japan.

"Although because of the availability of regular Tofu, frozen Tofu did not become as popular as regular Tofu except among the priests of certain temples particularly those at Koyasan. The Koyasan temples still use a large quantity of frozen Tofu for making a multi-course dinner (for themselves and visitors) in which Koyadofu is carefully prepared to appear as a large number of items such as fish, meat, or vegetables. The Koyasan temples are not the only place one might find this type of dinner but the type at Koyasan is the most famous.

"Development: The production of frozen Tofu is now partially automated with all freezing done by machine but such was not the case in the near past. Before the Meiji period only natural frozen Tofu was produced. Production was limited to areas with very cold weather and even in such places only in winter and high in the mountains; A few people produced Koyadofu at home (those living high enough), however the usual way in which commercial frozen Tofu was produced was for six or seven people to go to a suitable place on the mountain for about 90 days each winter producing approximately 700,000 pieces of Koyadofu. At present, frozen Tofu factories can produce that same quantity in three days. Since the Koyasan area was not the only area suited for making frozen Tofu other areas began production, notably the Nagano area, the same area famous for Miso. Production of natural Koyadofu although surviving until recently was too dependent upon environmental factors so a Mr. Nakahama, one time a Columbia University student, imported American freezing equipment and produced machine made Koyadofu for the first time in Yonago city in Totori prefecture in Meiji 43 (1910). This man some 18 years before had imported an ice-making machine and attempted to commercially produce and sell ice and frozen fish but failed. After receiving a patent for the machine frozen Tofu process Mr. Nakahama began production in the city of Osaka but found water in short supply and the cost of production too expensive for efficient operation so he

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moved to the Wakayama area. His success slowly prompted other producers to begin machine production. Although ten years ago natural production could be found, shortly after the end of World War II machine produced frozen Tofu accounted for the majority of production. Utilizing freezing equipment, frozen Tofu production is not limited to three months per year or only certain geographical locations and can be produced in much greater quantity for a given time period. Even though the machine process can provide a cheaper more uniform product, the consumers of frozen Tofu have just begun to accept that the machine process produces a better product. As in the Miso industry the number of factories is decreasing, although production of frozen Tofu is remaining constant or increasing. Until ten years ago there were many small producers operating only a short time each year. These have all but disappeared with approximately 45 plants now operating, all processing with moderately large and semi-automated facilities. Figure 136 indicates the scale of an average frozen Tofu factory. Although only the portion of the factory which operates similarly to tofu is shown it can be seen that Tofu and frozen Tofu processing are not similar in production scale.

"As Miso is developing in the Nagano area so is frozen Tofu. The scale of operations, outside of Nagano is not as large or as automated as one half of the frozen Tofu makers are located in Nagano and they produce over 80 percent of Japan's production of frozen Tofu. Nagano has the only frozen Tofu factory that is completely automated.

"Many of the frozen Tofu factories outside of Nagano are finding it difficult to compete with the large scale maker so are forced to curtail production because of lack of demand. Since the frozen Tofu factories represent a substantial capital investment it would be very inefficient to allow the factory to be nonoperative for part of the year so even the most successful October-June producer of frozen Tofu may now produce a summer demand product such as ice cream. The smaller producers may also rent freezer space to companies during the summer months. It remains to be seen if such companies will continue to operate profitably.

"Frozen Tofu soybeans: The National and Prefectural Frozen Tofu Associations, while not as active as the Miso Association, do purchase and distribute soybeans for most of their members. As domestic soybeans are priced much too high for frozen Tofu use, U.S. soybeans (No. 2 ordinary) began to be used in recent years. However with soybean trade with China restored, U.S. soybeans may well be replaced. At present the typical maker uses varying proportions of both U.S. and Chinese soybeans. Although considering the stable supply of U.S. soybeans, the makers prefer Red Chinese soybeans mainly because of price although the foreign matter present in U.S. soybeans also plays a part. Frozen Tofu producers can usually purchase sixty kilograms of Red Chinese soybeans $.84 (300 yen) cheaper. The selected types of U.S. soybeans would be ideally suited for frozen Tofu but price is prohibitive.

"The 45 frozen Tofu makers produce the quantity of frozen Tofu indicated in Table XXV and annually consume the amount of soybeans also denoted in Table XXV. Even in peak years use of soybeans total less than 30,000 tons so even if Red Chinese soybeans did come to be used it would not mean a great decrease in use of U.S. soybeans.

"Processing: For the production of frozen Tofu, soybeans are soaked, ground, and steamed in much the same way as regular Tofu except all procedures are conducted on a larger scale. Soybeans are soaked 8-20 hours depending on season, water ground as fine as possible, and steamed for 10 minutes at 6 kg per square cm or the equivalent of that in an open cooker. Okara is usually removed from the ground cooked substance in the same way as regular Tofu however use of a centrifuge for this purpose is much more popular. The Okara obtained is sold for cattle feed at $12.50 to $13.89 (4,500 to 5,000 yen) per ton. The Tonyu [soymilk] flows through nylon and cotton filters to precipitation containers that are similar to but larger than precipitation containers for Tofu (compare Figure 46 and Figure 137). At this point the efficiency of the frozen Tofu maker would greatly decrease if he used regular Tofu methods of adding magnesium sulfate, of removing water and putting curd into shaping boxes so generally the precipitation agent is added at 60ºC with an electric mixer and water is removed by mechanical means (pump) and shaping boxes may be filled simultaneously using a custom built apparatus as shown in Figures 138 and 139."

Note: Table 25 shows that production of frozen tofu in Japan increased dramatically from 150 million pieces in 1950 to 630 million pieces in 1963. The amount of soybeans used to make frozen tofu in Japan increased from 6,000 metric tons (tonnes) in 1950 to 25,300 metric tons in 1963 (Continued). Address: San Francisco, California.

2624. Brandemuhl, William. 1965. Frozen tofu: Processing, freezing, defrosting, drying, treatment with ammonia, packing, marketing, and use (Document part). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 328-359, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** Continued: "A great amount of labor is still required for this process but relative to Tofu the quantity placed in shaping box per man hour is significantly greater. Frozen Tofu Tonyu and curd are much less sensitive to handling than Tofu so they can be mechanically handled without adverse effects. Frozen Tofu curd is formed in a box that is 13 x 30 x 6 inches. It contains a cotton filter cloth and is pressed with a 10-20 kilogram weight (stone) for one to two hours in much the same way as regular Tofu although as the frozen Tofu industry is very interested in improving their methods of production, time saving devices such as shown in Figure 140 (curd foaming guide) are

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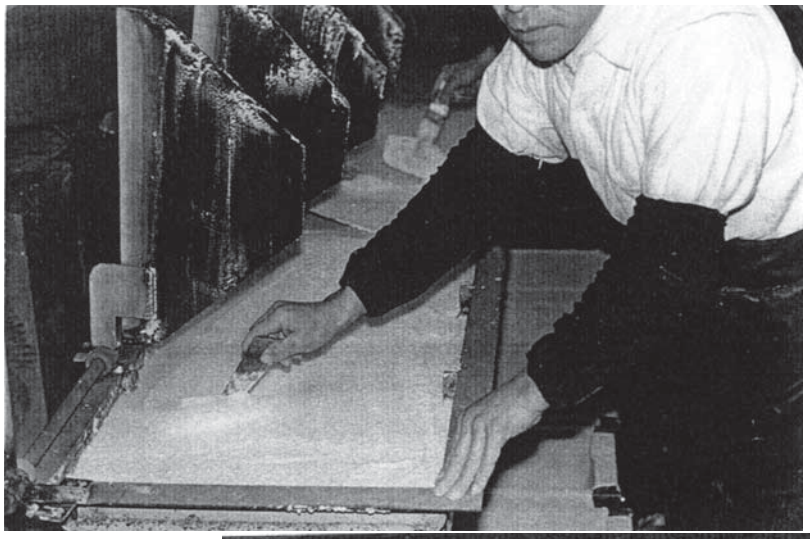

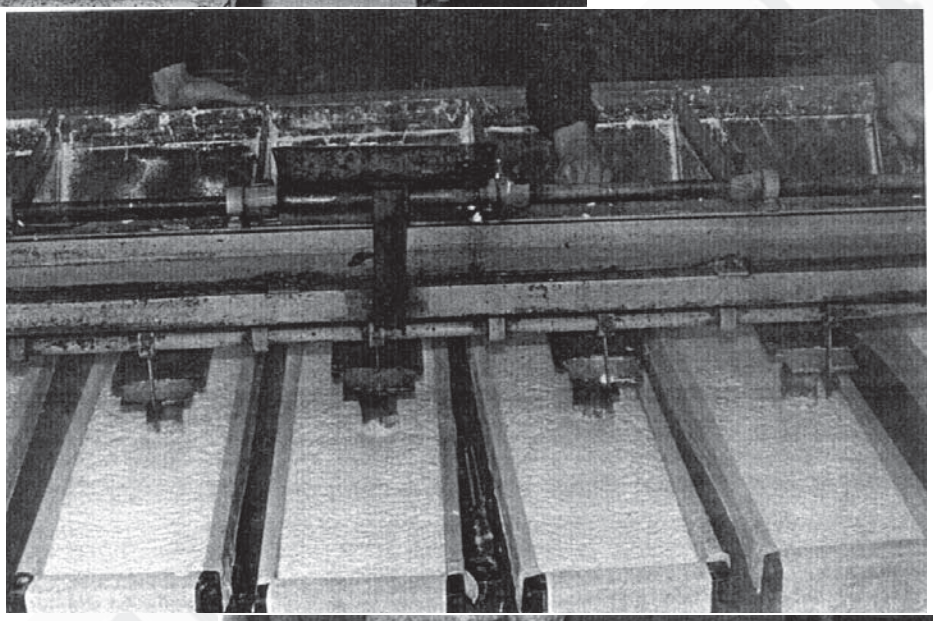

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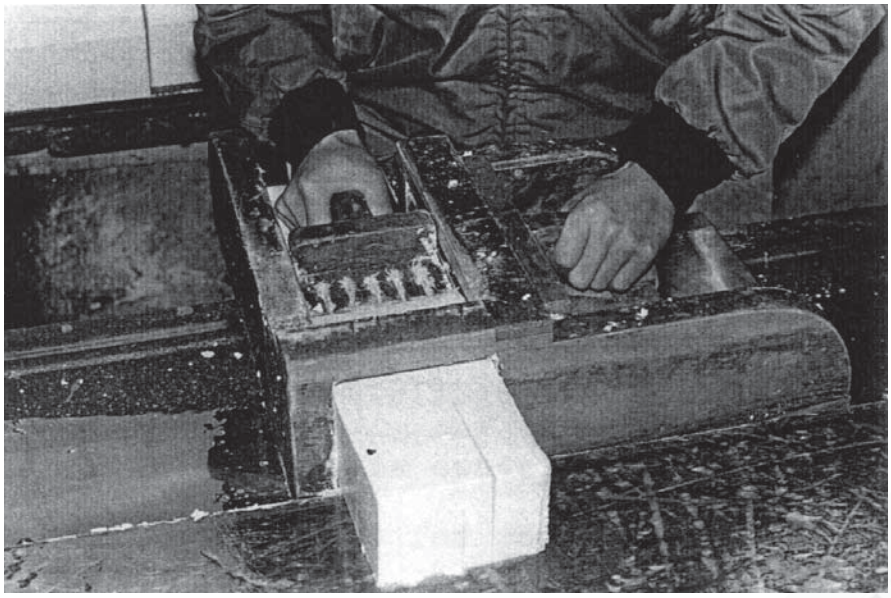

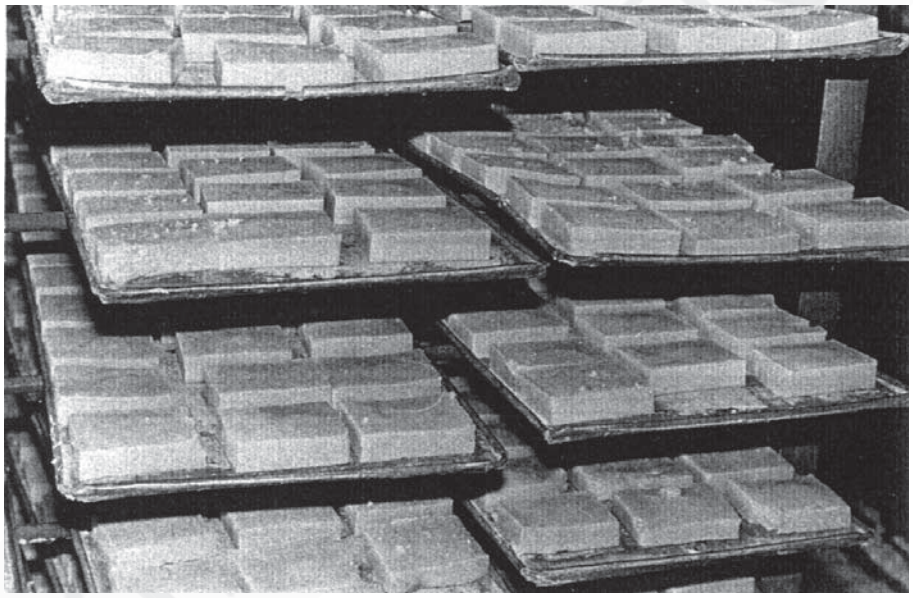

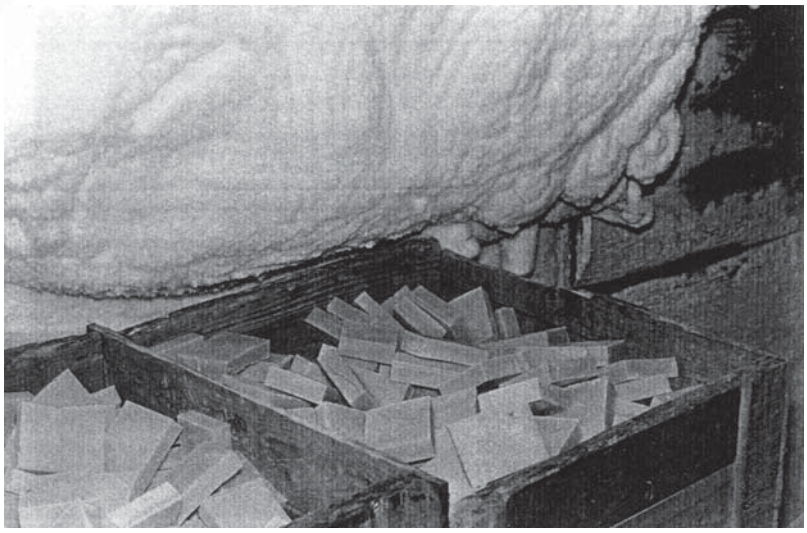

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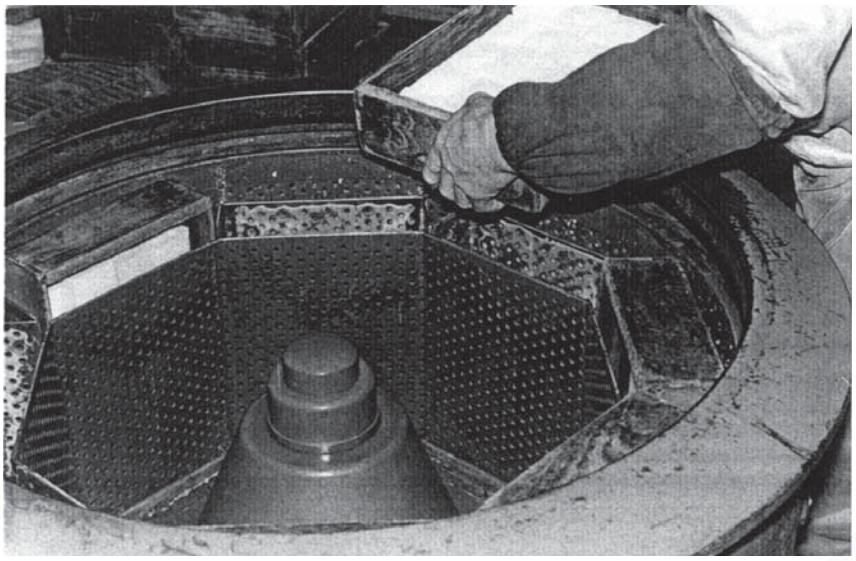

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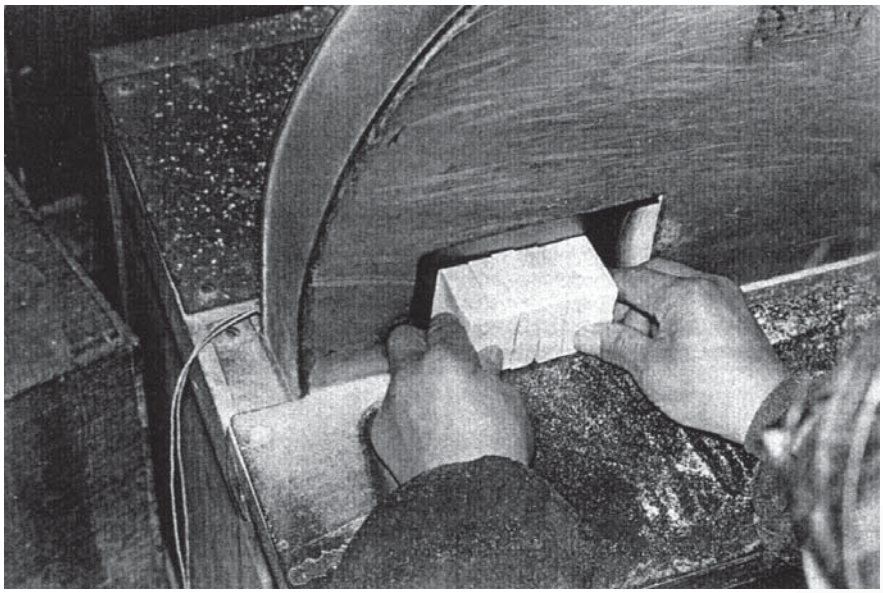

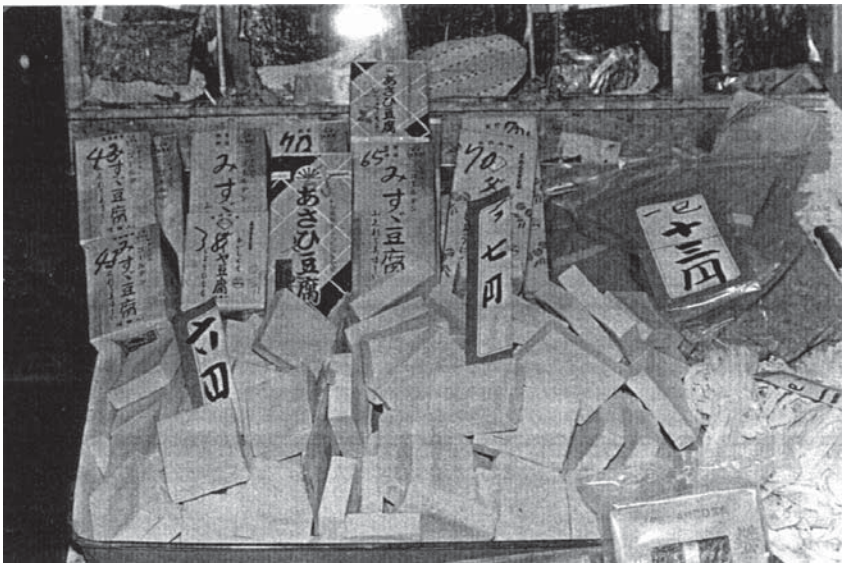

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utilized throughout the production process. More water is removed from precipitating curd and the curd is pressed with greater pressure than regular Tofu as a hard curd is desirable because frozen Tofu curd is handled while out of water and is to be frozen. After the curd is formed it is submerged in water. Usually the Tofu maker has one small sink in which to submerge Tofu, while frozen Tofu makers usually have a number of large sinks for this purpose (see Figure 136).

"From this point the procedure for Frozen Tofu differs from regular Tofu in that the submerged curd is removed (see Figure 141) only after soaking 24 hours while Tofu is removed and marketed only a few hours after. Since the final frozen Tofu product is storable manufacture is carried on only during the day, not in the early morning as Tofu. After the curd is removed from the water it is cut crosswise mechanically or manually in four to six pieces and then each piece is cut in small pieces 1 x 3 x 3 inches with a mechanical cutter as shown in Figure 142. A few factories have automated the entire cutting process but the method mentioned above is the most popular at the present. The cut pieces are then ready for freezing.

"Freezing, defrosting, drying, treatment with ammonia, and packing: After the formed curd has been cut into small pieces it is placed on trays (see Figure 143) in a freezer at approximately -20ºC for four hours. After quick frozen in such a way the pieces are removed from the trays and put in boxes as shown in Figure 144 and stored at approximately -5ºC for two weeks. Freezing at -20ºC is supposedly for insuring that the piece becomes completely frozen while the two weeks cold storage is for cohesiveness, porosity, maintaining size, and softness. The duration of both types of freezing vary with manufacturer although the above temperatures and time seem to be used the most frequently. After freezing for a desired period the pieces are removed from the freezer and placed in a tank of water for defrosting (see Figure 145). The soaking lasts for about five hours after which defrosting is completed and the now soft piece of curd are then centrifuged to partially remove the large percentage of water that is contained (see Figure 146). Centrifugation achieves this but for reducing same to 10-12 percent a hot air oven is used. For 13 hours the oven temperature is maintained at 110ºC then reduced to 45ºC for another three hours. After the oven treatment the frozen Tofu pieces are inspected by hand for relative dryness (see Figure 147) with pieces of like dryness shelved together and completely dry pieces stored as in Figure 148. Pieces with greater moisture are shelved so that adequate circulation may dry them properly. Until a few years ago natural drying was done in the open air on the roof of the factory or other suitable place however improved centrifugation and oven drying techniques have removed the need for such along with reducing the time required for natural drying from 27 to 20 days. Drying frozen Tofu outside is still practiced by a few makers although such will disappear completely within a few years just as natural freezing disappeared. In 1931 it was found that treating frozen Tofu with ammonia was advantageous in respect to softening after cooking, water absorption, and size increase.

"From its advent in 1931 ammonia's use with frozen Tofu increased in popularity so that at present virtually all frozen Tofu produced in so treated. After frozen Tofu is completely dry it is placed on racks in a small room that is saturated with ammonia gas and allowed to absorb ammonia for approximately one hour. Then frozen Tofu is allowed to aerate so that volatile ammonia can escape. After a certain time the pieces are trimmed as shown in Figure 149 and then graded into four to six grades. Packing frozen Tofu is very important with respect to storability so much care is taken to insure a tightly closed package for all except bulk orders as such are usually displayed in the open air at the market (see Figure 151). Besides in bulk, a box with 10 pieces of frozen Tofu packed in a plastic bag is available as are Cellophane packages (see Figure 150) containing six and 10 pieces. Broken pieces are very often packed in plastic bags. Because of price the broken sell quite readily. A little known fact is that the broken pieces also have the best cooking characteristics. Each type of package may be divided by quality into as many as three grades. Each grade usually can be distinguished by the consumer according to color, although while size is standard for all companies, colors with respect to grades are not.

"Marketing: After being packaged, except for what is marketed in the immediate proximity of the factory, frozen Tofu is trucked to the central markets of the larger cities which handles distribution to retail outlets as well as act as middlemen for the village and country wholesalers and retailers. For high quality frozen Tofu the manufacturer's price is approximately $.O139 (5 yen) with wholesale price about $.O18 (6.5 yen) and retail price about $.O22 (8 yen). The manufacturer considers it unfortunate that high quality frozen Tofu is the least demanded because poorer grades realize relatively less profit.

"Since production of frozen Tofu is no longer seasonal the quality purchased at one time is decreasing so that the 100 piece box is no longer in great demand except for Buddhist ceremonies, hotel cooking, and other special purposes. Households that do not lack money purchase the ten piece package while poor households purchase piece by piece from shops which very often display unpackaged frozen Tofu without covering as shown in Figure 151.

"The Frozen Tofu Associations at the prefectural level attempt to fix the price of frozen Tofu however with the many grades that exist, such is unsuccessful as it is too difficult to compare price of one company's frozen Tofu with another. With the existence of a competitive market, frozen Tofu is, coupled with its food value, a very inexpensive product. Its virtues are not well known however, as given the scale of even the largest company, national advertising

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cannot be conducted because of costs. This causes the item to remain a specialized product among older people and to be unknown among the younger people. It is thought by the various makers that greater emphasis should be put upon advertising, however they are not exactly sure how they can do this.

"If properly manufactured and packaged frozen Tofu is an extremely long lasting product. If stored in ideal condition, i.e. low humidity, stable temperature, et cetera, frozen Tofu would last many years. Ideal conditions very seldom exist especially in Japan so the frozen Tofu makers recommend that frozen Tofu should be consumed within three months in summer and within six months in winter. These recommendations may be for sales purposes, however in about three months the ammonia smell will disappear and supposedly that is a sign of decreasing taste. If the surface of frozen Tofu changes to dark yellow the piece has decreased further in taste but remains edible. If the piece becomes dark yellow throughout it should not be eaten. The preservation potential of frozen Tofu could most likely be increased through research and development of new methods of making and packing. At that time and even at present frozen Tofu seemingly would be ideally suited for use in parts of the world where environmental conditions are not suitable for fresh foods. Japanese frozen Tofu makers are too small to explore the possibilities of the export market but it is the hope of the makers that such a market will develop even on a small scale.

"Use: Frozen Tofu, a food product with composition as stated in Table XXVI is, as indicated, high in food value particularly protein, Unfortunately it is not a popular food nor well liked so its actual value to the Japanese diet is limited as per capita consumption for Japan is a whole is extremely low (see Table XXVII). Somewhat the reverse is true in rural areas especially those which do not have regular Tofu delivered. Rural consumption of frozen Tofu is double that of urban consumption" (Continued). Address: San Francisco, California.

2625. Brandemuhl, William. 1965. Frozen tofu: Use, closing comments (Document part). In: William Brandemuhl. 1965. Soybean Utilization in Japan. San Francisco, California. xxii + 478 p. See p. 328-359, Unpublished manuscript. 28 cm. [18 ref]

• ***Summary:*** Continued: "Frozen Tofu is so identified with Buddhism such as Buddhist conducted funerals and other ceremonies that although the food is not considered sacred, it is considered to have a special role in religion. Liberalization from this role may be what is needed to develop the consumer market. The initial steps of preparing frozen Tofu is rather easy but subsequent steps to blend frozen Tofu with other foods are difficult. Consequently most young housewives do not prepare frozen Tofu. At first the desired number of pieces are placed in a pan of boiling water for 30 seconds and upon removal squeezed if possible. At this time the pieces are cooked with a number of foods. When cooking is completed the piece will have expanded 2½ times its original size, significantly increasing the water content from the 5-10 percent content before cooking. Because of the work involved, certain foods shops do sell cooked frozen Tofu (see Figure 152) but the price more than doubles. The most difficult part of cooking frozen Tofu however is making it taste like the food it is cooked with as frozen Tofu has very little inherent taste. If taste is not successfully added, partaking of frozen Tofu is similar to consuming a sponge. Cooked frozen Tofu mixed with certain foods is available in certain shops (see Figure 153) but it is not a popular carry home food item because of the price.

"For the experienced cook, especially a farmer's wife, frozen Tofu can be prepared in the following ways:

"(1) In Sukiyaki (some frozen Tofu makers market Sukiyaki size pieces).

"(2) As a breading for meat.

"(3) Simmered with boiled vegetables.

"(4) After a dry piece is crushed and soaked, fried with carrots.

"(5) After a dry piece is crushed, soaked, and sauteed, mixed with eggs for making omelets.

"(6) Lightly cooked with Shoyu and sugar (a dish liked by poor people).

"(7) After being cooked with Shoyu and sugar, fried with onions.

"For the most of the above uses, frozen Tofu does not add much or could easily be replaced with an easy to prepare substitute so the rushing urban housewife in fact uses the substitute. The progressive segment of the frozen Tofu industry believes that for expansion of use, modernization of the product is necessary.

"For this group modernization means an instant frozen Tofu most likely in powder form. Recently patents were procured on an initial type of instant frozen Tofu although such products are not ready to be marketed. As with Miso and Tofu, modernization involves a great change in the shape, appearance and other characteristics that are time honored and a part of the way of using. Instant frozen Tofu may have an advantage over Tofu and Miso though as instant frozen Tofu would definitely be easier to prepare than the traditional product. If instant frozen Tofu is technically impossible (which seems unlikely given the initial success) or if it is unaccepted it is quite possible that frozen Tofu consumption will gradually decline with the expiration of the aging segment of the population that now use frozen Tofu."

Note: Table 26 gives the composition of frozen tofu (100 gm) on a dry weight basis; it contains 53.5% protein, 26.4% fat, 480 calories, and 590 mg of calcium.

Table 27 gives the yearly per capita consumption of frozen tofu in Japan from 1950 to 1963. It grew dramatically from 1.8 pieces weighing 35 grams in 1950 to 6.6 pieces

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weighing 132 grams in 1963. Yet the absolute amount is still very small. Address: San Francisco, California.

2626. Ch'oe Pu's dairy: A record of drifting across the sea, translated with introduction and notes by John Meskill. 1965. Tucson, Arizona: University of Arizona Press. 177 p. See p. 73. Index. 24 cm. Series: The Association for Asian Studies: Monographs and Papers, No. XVII. [soy ref]
• ***Summary:*** The *P'yohae-rok* (A record of drifting across the sea), is the diary of a Korean official–Ch'oe Pu. In Feb. 1488, during the Ming dynasty, he and his crew were caught in a storm off the coast of Cheju, at the southernmost tip of Korea; they drifted for 16 days in an open boat, a terrible ordeal, to the southeast coast of China, landing near Ning-po. After being taken captive, he and his crew suffered many more ordeals, but were gradually sent to Peking, following the route of the Grand Canal. On the way, in Shao-hsing prefecture (south of the Huang [Yellow] River), the Regional Commander and the other two high officials served him tea and fruit, and wrote a list of twelve foods and drinks to be presented to him. The last item on the list was "One plate of bean-curd."

In Peking, his adventure attracted the attention of the highest authorities, who provided the means to return him to the border of his homeland at the Yalu River. In 1488 Ch'oe presented his travel diary to the Korean King, "who was pleased and ordered that it be put into the archives."

Also discusses: When Koreans are in mourning for their parents, they do not drink wine or eat meat, garlic, oniony plants, or sweet things for fully three years (p. 50). Korea no longer revered the Buddhist law, but honored only the Confucian system. All its families made filial piety, fraternal duty, loyalty, and sincerity their concern (p. 51). Many Chinese officials had both a wife and concubines (p. 64). Public examinations were given great importance in both China and Korea. Those who placed high in the exams were honored by the government with public stipends, banners displayed on their gates, and their rank written on their name cards. In China, high ranking people we often carried in a sedan-chair, borne on poles by two men (p. 66). Address: Meskill: Barnard College, Columbia Univ., New York City, New York.

2627. Cooper, Michael. ed. 1965. They came to Japan: An anthology of European reports on Japan, 1543-1640. Berkeley and Los Angeles, California: University of California Press. xviii + 439 p. Index. 24 cm. [30+* ref]
• ***Summary:*** This book is about the "Christian century" in Japan, which includes these key events (chronology): 1542–Portuguese arrive in Japan. 1549–Arrival of St. Francis Xavier. 1568–Nobunaga becomes ruler of central Japan. 1582–Hideyoshi succeeds Nobunaga. 1587–Edict issued expelling missionaries. 1598–Ieyasu succeeds Hideyoshi.

1614–General persecution of Christians begins. 1624–Expulsion of Spaniards. 1639–Expulsion of Portuguese. 1640–Unsuccessful embassy from Macao [to Japan].

This anthology is composed of selections / excerpts from the writings (original texts) of more than 30 Europeans who visited Japan during the period from 1542 to 1640. The material is organized into 23 chapters, by subject, including: The country. History. The people. Social relations. The language. Food and drink. Shinto. Buddhism. Temples and idols. Persecution.

In the chapter on "Food and drink" is a section (p. 190) titled "Their diet," by John Saris, in which he states: "... of Cheese [probably tofu] they have plentie, Butter they make none, neither will they eate any Milke, because they hold it to bee as bloud [blood], nor tame beasts."

Sources: "Saris, John. (1) The Voyage of Captain John Saris to Japan, 1613. E.M. Satow, ed. London, 1900. (2) The First Voyage of the English to Japan. Takanobu Otsuka, ed. Tokyo, 1941."

Another section (p. 191) titled "Three meals a day," by Jorge Alvares states: "Their food consists of rice, chick-peas [probably soybeans], mangoes, maize, Indian corn, yams and wheat, and I think all of it is served dressed with some paste [probably miso].

Source: "Alvarez, Jorge. 1547. Report in *Missoes dos Jesuitas no Oriente*, by Jeronimo P.A. Camara Manoel, p. 112-25."

The author, who was born in 1930, is a Jesuit who has written much on the early history of Japan. Address: S.J. [Jesuit], Campion Hall, Oxford [and Sophia Univ. (Jesuit), Tokyo, Japan].

2628. David-Perez, Enriqueta. comp. and ed. 1965. Recipes of the Philippines. Philippines: Published by the author. Printed by Capitol Publishing House, Inc. (Quezon City). 86 + [14] p. Illust. No index. 22 cm.
• ***Summary:*** This is an expanded edition of the author's 1953 book of the same title. Almost all the recipes in this book have Filipino names, with no English translation of those names. A surprisingly large number contain soyfoods (See Glossary at end). Misu is "a paste made of fermented rice and soy beans" [miso]. Tajure is "fermented soy beans, caked" (fermented tofu). Tausi is "fermented soy beans" [fermented black soybeans or fermented black soybeans with salt]. Tokua is "soy bean curd" (tofu). Toyo is Filipino-style soy sauce.

Soy-related recipes include: Chicken pastel (with toyo, p. 26). Arroz caldo with chicken (with 3 tbsp. patis or toyo, p. 45). Bañgus en tocho–2 (with 2 tbsp. each tajure and tausi, and 1 cake tokua, cut into pieces 3/4 inch long and 1/8 inch wide, p. 54). Bañgus in soy sauce (with 2 tbsp. soy sauce, p. 54). Bulanglang–1 (with 1 cup tokua, cubed and fried, p. 57). Burong isda (with 1 tbsp. angkak–fermented red rice, p. 59). Escabecheng apahap (with 4 pieces tokua, p. 71). Escabeche–Macao style (with 3 tbsp. toyo sauce, p. 71).

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Kari-karing pata (with ground toasted peanuts or peanut butter, p. 79). Lumpia labong (with 5 bean cakes–tokua, p. 83). Lumpia sauce (with ½ cup toyo sauce, p. 84). Lumpia with peanuts (with 2 squares tokua–diced, 2 tbsp. toyo–soy sauce, and 1 cup ground peanuts, p. 85). Lumpia with ubod–2 (with 2 cakes tokua, and toyo to taste, p. 87). Misu-tomato sauce (with 2 tbsp. misu–soy bean paste, p. 92). Pancit "luglug" (with ½ cup soy bean cake–tokua–cut into small cubes, p. 97). Umba (with 2 tbsp. toyo and 1 heaping tbsp. tausi, p. 118). Pastillas de mani (with 1 can ground peanuts, p. 133).

On the page facing p. 186 is a full page ad for Suki Soy Sauce, made by the Philippine Shoyu Co., Liloan, Cebu, Philippines. It is "Pure and fully aged."

Seven unnumbered pages later is a full-page ad for "Aji-no-Moto super seasoning... The purest vetsin ever."

A glossary at the end contains brief definitions of uncommon ingredients. Definitions of the soy-related ingredients above are taken from this glossary. Angkak is "red-colored grains of rice used as coloring for fermented fish."

Note: On the title page is printed "10th printing–1965" but no original publication date is given. Address: Philippines.

2629. Koyanagi, Tatsuo; Oikawa, Keiko. 1965. Daizu seihin oyobi shoku-en ga nezumi no hatsuiku oyobi kôjo-sen ni oyobosu eikyô [The effect of soybean products or sodium chloride in diets on the thyroid and growth of rats]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 18(3):190-93. [17 ref. Jap; eng]

• ***Summary:*** Tests with rats showed that the feeding of heated soybeans, natto (fermented soybeans containing no sodium chloride), miso (fermented soybeans containing sodium chloride) or tofu (soybean curd) produced a high incidence of thyroid enlargement in the rats, but the enlargement was prevented by increasing the iodine content of the diets by a small amount.

The inclusion of sodium chloride in iodine-deficient diets at the 3% level caused a pronounced hypertrophy of the thyroid and weight loss in rats. In this case, the supplementation of iodine alone did not prevent the weight loss, but adding methionine plus iodine did.

Axelrod et al. have reported that thyroxine production in rats was increased with increasing sodium chloride intake. Thus, the effects of a large intake of sodium chloride resemble in some respects those of administration of thyroxine.

"It is well established that thyroxine increases the metabolic rate and oxygen consumption of animals and beyond small and very critical levels the thyroid hormone decreases growth and feed efficiency. Charkey found that all of these effects of thyroxine can be reversed by methionine. The present findings that methionine prevented the weight decrease of rats fed a diet of high sodium chloride content may be explained by the antithyrotoxic effect of methionine." Address: Tohoku Daigaku Nôgaku-bu, Eiyo Kagaku Kyôshitsu [Lab. of Nutrition, Faculty of Agriculture, Tohoku Univ., Sendai, Japan].

2630. Kurokawa, Kazuo. 1965. Daizu oyobi sono kakkô shokuhin no suiyôsei chisso ni tsuite [Study of water soluble nitrogen of soybean and its products]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 17(5):333-36. (Chem. Abst. 64:11768. 1966). [5 ref. Jap; eng]

• ***Summary:*** The water soluble fraction of the nitrogen in soybean products varied depending on the way that each product was processed. In the case of miso, approximately 60% of the nitrogen was extractable, mostly as formol nitrogen. Address: Tokyo-toritsu Hakuô [Shiro Kamome] Kôtôgakko.

2631. Li, Shih-chen. comp. 1965. Pen-ts'ao kang-mu [Collected essentials of herbs and trees. Illustrated compendium of pharmacopoeia with commentaries]. Hong Kong: Commercial Press. [Chi]*

• ***Summary:*** This 1965 edition of the classical work incorporates the following works on plants by earlier authors, now largely unpreserved, which were cited extensively by Schafer (1977) in his chapter: Chen, Ch'üan. *Yao hsing pên ts'ao.*

Ch'en, Ts-ang-ch'i. *Pên ts'ao shih i.*
Hsiao, Ping. *Ssu sheng pên ts'ao.*
Li, Hsün. *Hai yao pên ts'ao.*
Meng, Shen. *Shih liao pên ts'ao.*
Su, Kung. *T'ang pên ts'ao chu.*
Sun, Ssu-mo. *Ch'ien chin shih chih.*

2632. Needham, Joseph. 1965. Science and civilisation in China. Vol. 4:2 Mechanical Engineering. Cambridge, England: Cambridge University Press. 816 p. See p. 206-210, plus Fig. 463.

• ***Summary:*** The Chinese pattern of presses was quite different from that used to press olives and grapes in Europe. "In China the most important type of press has probably always been the one which uses wedges driven home vertically or horizontally with hammers or a suspended battering-ram (cf. Fig. 463). This it is, at any rate, which is described in the *Nung Shu* [pinyin: *Nongshu*] at the beginning of the +14th century." Chinese horizontal presses, used for obtaining the large variety of vegetable oils (such as soya-bean oil) "were and are contrived from great tree-trunks slotted and hollowed out" (p. 206).

"The other main type of Chinese indirect lever beam press is distinctly different from any European form (see Fig. 462, 1c). Since this is used in a typically Chinese industry, the pressing of soya-bean curd, it is unlikely to have been an importation" (p. 209). Address: East Asian History of

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Science Library, Gonville & Caius College, Cambridge, England.

2633. Needham, Joseph. 1965. Science and civilisation in China. Vol. 4, Physics. Part II: Mechanical engineering. Cambridge, England: Cambridge University Press. See p. 206-210.

• ***Summary:*** Concerning oil mills (p. 206-10): In Greece and Roman Italy (see Fig. 462), "after the -1st century, the large presses for olive pulp and grapes were equipped with screw mechanisms rather than the winding gear and weights which had before been used. Although the wedge press was known, ancient authors do not describe it, and it seems to have been used rather for the preparation of pharmaceutical products, essential oils, and papyrus."

"The Chinese pattern was quite different from this. In China the most important type of press has probably always been one which uses wedges driven home vertically or horizontally with hammers or a suspended battering ram" (see Fig. 463). This type of press was described in the *Nongshu* by Wang Zhen (1313). "But while the relatively small upright wedge-presses of Europe were constructed of a framework of beams, the Chinese horizontal oil-presses, used for obtaining a large variety of vegetable oils characteristic of that culture (e.g. soya-bean oil, sesame-seed oil, rape-seed oil, hemp oil, peanut oil), were (and are) contrived from great tree-trunks slotted and hollowed out. In these is placed the material to be pressed, made into discs ringed with bamboo rope and bound with straw (see Fig. 462, 4b); then the blocks are placed in position and the pressure increased from time to time by the wedges. This method takes advantage of the high tensile strength of the natural wood. It would seem to be ancient, indigenous, and without many parallels in the West."

The Chinese also use an "indirect lever beam press" which is distinctly different from any European design (see Fig. 262, 1c). "Since this is used in a typically Chinese industry, the pressing of soya-bean curd [tofu], it is unlikely to have been an importation" (p. 209). Address: Cambridge, England.

2634. Ochse, J.J.; Soule, M.J., Jr.; Dijkman, M.J.; Wehlburg, C. 1965. Cultivos y mejoramientos de plantas tropicales y subtropicales [Cultivation and improvement of tropical and subtropical plants. 2 vols.]. Mexico: Wiley. See vol. II, p. 1162-63. [Spa]*

• ***Summary:*** The section titled "Soybean" discusses the following: Vernacular names in various languages. Overview of world production. Botany. Varieties. Breeding and selection. Climatic and soil requirements. Culture. Harvesting. Uses (incl. soy sauce, tempeh, and tofu). Future possibilities. Diseases. Ochse was born in 1891.

Note: This book was originally published in English in 1961 by Macmillan Co. in New York. Address: 1. Consultant, Tropical and Subtropical Agriculture, Research Consultant in Economic Botany, Univ. of Miami, Coral Gables; 2. Assoc. Prof. of Fruit Crops, Univ. of Florida, Gainesville; 3. Prof. of Applied Tropical Botany and Genetics, Univ. of Miami, Coral Gables; 4. Asst. Plant Pathologist, Univ. of Florida, Everglades Experiment Station, Belle Glade. All: Florida.

2635. Portrait photo of William Brandemuhl, American soyfoods pioneer in Japan. 1965. Japan.

• ***Summary:*** William Brandemuhl was a pioneer in studying and writing about soyfoods in Japan after World War II. His magnum opus, "Soybean Utilization in Japan" was completed in 1965. According to Tomoko Brandemuhl this black-and-white photograph (4½ by 6½ inches) was taken in late 1965, shortly after the book was completed

This photo was sent to Soyinfo Center in Oct. 2012 by Tomoko Brandemuhl (Stratford, Connecticut), his wife.

2636. Sakurazawa, Nyoiti [Ohsawa, George]. 1965. You are all sanpaku. English version by William Dufty. Secaucus, New Jersey: University Books. 224 p. Index. 22 cm. First

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paperback edition published in 1980 by Citadel Press, Secaucus, NJ.

• ***Summary:*** Contents: Introduction. The divine ritual. A land of sanpaku. Faith and medicine. The cause. The cure. The daily check-up. Food and sex. Prayer and fasting. The sacred act. About salt. About sugar. About milk. About liquids. About chewing. About principal foods. Soulfood: Brown rice, rice cream, buckwheat, buckwheat cream, wheat, cous cous, chapati, millet, raw rice, bread, gomasio [gomashio] (sesame salt), umeboshi plums, miso and shoyu, tahini, miso cream, about tea, coarse green tea (bancha), soya ban (coarse green bancha tea with soy sauce), mu tea, lotus tea, lotus tea, mint tea, thyme tea, Ohsawa coffee (Yannoh; made of rice, wheat, aduki beans, chick peas, chicory, and a little oil), Dandelio (dandelion coffee substitute), kokoh, kuzu, umeboshi juice, ume syo kuzu (umeboshi + shoyu + kuzu), aduki juice, radish drink (daikon #1 and #2), special rice cream, brown rice tea, wheat tea. The oneness of the universe [Ohsawa's profound and beautiful credo]. Tables: 1. Macrobiotic table of daily food in order of yin to yang. Note: The most yin foods are indicated by 3 downward-pointing triangles; the most yang foods by 3 upward-pointing triangles. Beans (except aduki) are quite yin, being symbolized by 2 downward-pointing triangles. Eggplant, tomato, and potato are the most yin vegetables. The most yang cereal is buckwheat, followed by rice. 2. Physical phenomena–Yin/yang table. Biographical note on Ohsawa (p. 213-18).

This was the first popular book in English to explain the principles of macrobiotics. "*Sanpaku* describes a condition in which they white of the eye can be seen between the pupil and the lower lid as the subject gazes directly forward. This, we quickly learn, connotes a grave state of physical and spiritual imbalance." It is the Oriental sign of impending disaster.

Soy-related recipes and information include: Soya bean plaster (p. 140). Tofu plaster (p. 141; tofu is called "white soya bean cheese"). Tekka [miso] for anemia and general weakness (p. 143). Miso and shoyu (p. 190). Miso cream (with tahini, p. 190-91). Soya ban: Coarse green bancha tea with soy sauce (p. 194). Ume syo kuzu (p. 199; a proven medicinal beverage [made from umeboshi, shoyu, and kuzu]).

About sugar (p. 165): "I am confident that Western medicine will one day admit what has been known in the Orient for years: sugar is without question the number one murderer in the history of humanity–much more lethal than opium or radioactive atomic fallout–especially for those people who eat rice as their principal food."

About milk (p. 169): "There is no reason for man to live on the milk of an animal–especially an animal inferior to him biologically and intellectually." People of the Orient avoid milk "because they respect the biological natural laws of the Order of the Universe... Once the young offspring of animals have their teeth and are weaned from nursing, they no longer drink milk... No animal ever does." "The quality and quantity of a mother's milk controls her child's destiny. In cases where the mother's milk is not available, babies can be fed with *Kokoh*–a macrobiotic cereal milk made with roasted rice, glutinous rice, oatmeal, soya beans and sesame seeds reduced to powered form" (see recipe p. 198).

Miscellanea: The Ohsawa Foundation at 317 Second Avenue in New York City, located on the first floor of an old tenement, had a 4-table restaurant in the front and a kitchen in the rear. There were several macrobiotic restaurants in Paris, plus a tiny macrobiotic food store named Les Trois Epis and the Librarie Ohsawa, both on Rue Lamartine Guy Massat was editor of the French monthly journal *Yin/Yang*. The author: "I could not remember a single doctor, out of dozens who treated me, who had ever shown the slightest curiosity about what I ate and drank."

"The stark facts presented to the President of the U.S. by his Special Commission on the Nation's Health in December of 1964 are staggering: In 1963 heart-artery disease caused 55% of all U.S. deaths, and cancer 16%. Strokes 210,000; diseases of arteries outside the brain combined with diseases of the heart to kill 793,000. Cancer killed 285,000" (p. 66). Occidental medicine is symptomatic medicine; it does not seek to cure the basic causes. And it is microscopic/analytical. It seeks the truth in a maze of details; but the "truth is whole." The "ultimate cause of every illness is violation of the order of the universe through ignorance or through arrogance,..." (p. 80-81). "Disease is a divine warning, a message from nature seeking to guide us to the correct path" (p. 98). The essential factor in the proper nutrition of the human body is the proper proportion of Yin and Yang. The best proportion of Yin/Yang or Potassium/Sodium is 5 to 1. All those foods whose K/Na ratio is greater than 5 to 1 are Yin. The books ends with a "Biographical Note: Sakurazawa-Ohsawa" who is said to have "published some 300 works in Japanese and more than 20 books in Western languages, principally French." His wife, Lima, is a professor of traditional Japanese music. There is a selected bibliography of Ohsawa's books, especially those published in French. Address: New York.

2637. Tamura, Shinhachiro; Kenmochi, Kuniko; Watanabe, Tokuji. 1966. Tanpaku bunkai kôso-zai o kongô, konnetsu shita baai no daizu tanpaku no kasui bunkai ni tsuite [Hydrolysis of soybean protein by mixing with protease preparation]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 21. p. 129-35. Jan. [4 ref. Jap; eng]

• ***Summary:*** The action of several protease preparations on soybean protein was studied to elucidate the possibility of making cheese-like products from soybean. Dried frozen tofu (kori-dofu) was powdered then mixed with the protease solution, kneaded for 30 minutes, then allowed to stand for

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24 hours at 45ºC while digestion / hydrolysis took place.

Under the proper conditions, products with about the same level of total free amino acids as processed cheese can be produced. "Although some were good, most of them had a rather queer taste and dark color." The pattern of free amino acids in those products was somewhat different from that of cheese.

The possibility that these products could be "used as a cheese-like food or a raw material for some processed foods is discussed."

Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 11(10):438-43 (1964).
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2638. Watanabe, Tokuji; Hashizume, K.; Kawakita, A.; Kitamura, T. 1966. Kôri-dôfu seizô kôtei ni kansuru kenkyû [Studies on the process for making kori-tofu (dried-frozen tofu)]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 21. p. 26-34. Jan. [5 ref. Jap; eng]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2639. Sutton, Horace. 1966. Japanese chefs dish it out. *Los Angeles Times.* Feb. 20. p. H11.
• ***Summary:*** In Tokyo there are many ways of getting a meal. For example, at most coffee shops (if you insist) you can order "a tray that includes miso soup with fried tofu, Japanese tamago yaki [omelet, fried eggs] with white radish [daikon], oshinko," etc.

Note: This article also appeared in the *Chicago Tribune* (Feb. 27, p. J11 and K11), and in the *Baltimore Sun* (March 6, H6).

2640. *Sunset* (*Menlo Park, California*). 1966. Cooking with *dow foo.* 136:190, 192-93. Feb.
• ***Summary:*** "The Chinese call it *dow foo;* the Japanese, *tofu.* Both terms refer to a soft, cheese-like food made of soybean curd. The picture below shows the three forms of fresh dow foo available in Chinese markets. The water bean cake (*suey dow foo*) has a high water content and is used in Chinese soups. The smaller, compressed cakes (*dow foo yuen*), with medium water content, are diced and sautéed with meat or vegetables. The little fried bean cakes (*dow foo bok*) can be sautéed whole or sliced, or stuffed with a meat mixture.

Note 1. This is the earliest English-language document seen (April 2013) that contains the term "fried bean cakes" or the term *dow foo bok.* Both refer to fried tofu.

Note 2. This is the earliest English-language document seen (April 2013) that contains the term "water bean cake" or the *suey dow foo* [*shui doufu*]. Both refer to Chinese-style soft tofu. tofu.

"Japanese tofu is similar in texture and flavor to the Chinese dow foo yuen, and can be substituted for dow foo bok, although the tofu pieces are twice as large.

"Soybean cake has little flavor of its own, but it quickly takes on the flavors of foods with which it cooks, while its soft texture provides an interesting contrast."

Gives recipes for: Chinese soup with suey dow foo. Dow foo yuen with leeks. Dow foo yuen with oyster beef (uses oyster sauce). Dow foo yuen with chicken or pork (uses brown bean sauce). Sliced dow foo bok with steamed fish. Dow foo bok stuffed with pork.

Note 1. This is the earliest of many tofu recipes seen in *Sunset* magazine. This is also the earliest English-language document seen (Feb. 2004) that uses the term "soybean cake" or "dow foo yuen" to refer to tofu.

2641. Claiborne, Craig. 1966. New Yorkers take to tempura and chopsticks with gusto. *New York Times.* March 10. p. 22.
• ***Summary:*** "But gastronomically there has been no phenomenon in recent years to equal the proliferation of Japanese restaurants [in Manhattan], East Side, West Side and up and down the town."

There have been Japanese restaurants in New York for many years but in the early days, unless one spoke Japanese, the choice was between tempura and sukiyaki. Today the choice of dishes is almost unlimited.

The first of the "grand luxe Japanese restaurants" in Manhattan was the Saito; it offered tatami mat rooms (*ozashiki*). Next came the Kabuki, then the Nippon.

Mizutaki is "boiled chicken and vegetables served with soy and lemon sauce." Appetizers include "bits of tuna with soy [sauce] and ginger, and stashi, the traditional dish with soy and ginger." Kabayaki is [eels] "glazed with a light soy sand sugar sauce." Three recipes are given: Shabu-shabu calls for "2 pieces tofu (bean curd), each cut into four pieces." Ponzu sauce (Soy and lemon sauce) calls for ½ cup each lemon juice and "Japanese soy sauce, ¼ teaspoon ajinomoto (monosodium glutamate)..." Gomazu sauce (sesame sauce) calls for "4 ounces sesame seeds or one-half cup tahini (sesame paste...), ½ cup Japanese soy sauce. ¼ teaspoon ajinomoto (monosodium glutamate)..."

2642. Dosti, Rose. 1966. Eggheads make the kitchen scene: Food for thought. *Los Angeles Times.* March 31. p. F1, F8.
• ***Summary:*** The American Association of University Women (AAUM), says that some women are returning to the kitchen; others say they never left it. But the emphasis has changed. Gourmet clubs have mushroomed. Some branches are mixing learning and cooking–and members love it.

Today in Los Angeles, Mrs. Troup, who lived in Japan (where her husband was assigned) for two years, is serving a Japanese menu including Mizutaki, considered a "company dish" in Japan. The ingredients, including shrimp. mushrooms, and "soy bean curd" are artistically arranged on platters for each table. The Mizutaki recipe,

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which is given, calls for "Bean curd squares (Tofu)" as an ingredient, whereas the instructions say: "Add vegetables and soy bean curds,..." 1 teaspoon "monosodium glutamate" is an ingredient in three recipes. Two photos show groups of women cooking.

2643. Watanabe, Tokuji; Ebine, H.; Ohta, T. 1966. Daizu shokuhin no kakô gijutsu [Technology of soybean processing]. *Shokuryo Kenkyujo, Shokuryo Gijutsu Fukyu Shiriizu* (*National Food Research Institute, Extension Series of Food Technology*) No. 4. 61 p. March. [Jap]
Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan (Norinsho Shokuryo Kenkyujo).

2644. Meade, Mary. 1966. Raw chicken best in many oriental dishes. *Chicago Tribune.* April 4. p. C13.
• ***Summary:*** Japan Air Lines says there is much interest in authentic Japanese sukiyaki, but adds that it would be almost impossible to duplicate the dish as it is served in Japan.

"Tofu is bean curd." If not available, it may be omitted. "Shoyu is Japanese soy sauce. It is important to use this instead of American or Chinese soy sauce because it is less salty.

The recipe for Sukiyaki includes "12 1-inch cubes of tofu" and "½ cup shoyu."

2645. McCormick, Sally. 1966. Azuma Sukiyaki House: For leisurely dining in the Japanese manner–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* April 7. p. H12.
• ***Summary:*** Next came the Sukiyaki. "Chieko glided in once more with an hibachi stove, large frying pan, and an attractive tray full of appetizing, fresh vegetables, thinly sliced prime rib, and soy cakes... She removed the suet and added generous slices of beef, fresh mushrooms, bamboo shoots, Tofu (soy bean cakes), Shiratake [Shirataki] (yam noodles) and assorted fresh vegetables." The restaurant also serves Beef Teriyaki, Chicken Teriyaki, and Salmon Teriyaki. Three photos show Azuma.

Note 1. This might be called an "advertorial."

This ad also appeared in the 29 Sept. 1966 issue of this newspaper (p. J9).

Note 2. Shirataki are thin noodles of konnyaku, a gelatinous paste made from the root of the devil's tongue plant, *Amorphophallus konjac.* Konnyaku has no flavor, and no nutritional value, because its starch is not digestible by the human body. However it is an excellent source of dietary fiber and is appreciated for its chewy texture.

2646. *SoyaScan Notes.* 1966. Chronology of Erewhon. Renamed Erewhon Trading Co. in 1967. 12 Dec. 1991. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1966 April 9–Erewhon opens as a small (10- by 20-foot) macrobiotic and natural foods retail store at 303-B Newbury Street (below street level) in Boston. Aveline and Michio Kushi are the founders, but Aveline is the sole owner. Evan Root is the first retail store manager. The origin of the natural foods industry and movement in America can be traced to this date. Erewhon is the first store of its kind in America and it soon serves as a model for many other similar natural food stores across the nation. Erewhon sells several soyfoods, mainly miso and shoyu purchased from Howard Rower's Infinity Foods or Japan Foods Corp., both in New York.

1967 Aug.–Paul Hawken takes over the management of Erewhon (one small retail store) from Evan Root. He changes the name to Erewhon Trading Co. (from simply "Erewhon") and starts to expand the business.

1968 May–Paul Hawken incorporates Erewhon Trading Company. Paul later states that he and Aveline Kushi each own 50% of the stock. However Aveline Kushi and her attorney, Morris Kirsner, agree that they offered him 50% of the Erewhon stock shortly before he left for Japan (in March 1969) but he did not accept it. To this day (Feb. 1999) Aveline has no idea why Paul did not accept such a generous offer.

1968 June–Hawken establishes his first supplier of organically grown grains, Ted Whitmer, a wheat farmer in Montana. By 1973 Erewhon had established and contracted with 57 farms in 35 states to provide the company directly with organically-grown foods.

1968 Aug.–Erewhon starts to import foods from Japan, initially from Muso Shokuhin, later by correspondence with Mr. Akiyoshi Kazama, who worked for an import/export company named Mitoku, which sold no food at the time. The initial orders contained red miso (made by Sendai Miso Shoyu Co.) and natural shoyu (made by Marushima).

1968 Nov.–On Thanksgiving day, Erewhon moves up and across the street to a much bigger and nicer location at 342 Newbury St. Paul had hired Bruce Macdonald, a carpenter, to remodel this store. The company now has 6 employees: Paul Hawken, Roger Hillyard, Bruce Macdonald, Bill Tara, Jim Docker, and Jean Allison. One day later, Bill Tara leaves to start a macrobiotic East West Center in Chicago. The original downstairs room is taken over by Tao Books, then Redwing Books. Tofu, curded with calcium sulfate and made by a Chinese company in Boston, starts to be sold.

1969 March–Paul Hawken and Evan Root leave for Japan. Bruce Macdonald takes over as general manager of Erewhon. Paul stays in Japan for 9 months, arranging for individual packaging of products that were formerly imported in bulk, and finding new items for Erewhon to import. He visits suppliers, works with Mitoku and Muso, and studies Japanese language and culture.

1969 spring–Erewhon starts wholesaling foods, under the direction of Bruce Macdonald. Their first wholesale product is natural sesame oil.

1969 Aug.–Aveline Kushi moves to Los Angeles where

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her youngest son, Hisao, undergoes traditional Japanese bone massage therapy. In Los Angeles, she establishes the first macrobiotic study house at 7511 Franklin Ave. Bill Tara arrives about a month later to set up a retail store, Erewhon West, which opens on 8001 Beverly Blvd. in about September.

1969 Oct. (early)–Bruce Macdonald leaves for Los Angeles with his new bride, Maureen Traill, to run the new Erewhon West retail store there. Roger Hillyard takes over as general manager of Erewhon in Boston.

1970 Jan. 1–Erewhon's earliest existing catalogue seen (wholesale and retail) lists 7 pages of natural food products–most of them imported from Japan. By March 1970 Erewhon lists 96 products in its catalog.

1970 July–Erewhon's rapidly expanding distribution business moves into a large (20,000 square feet) fifth-floor leased brick warehouse at 33 Farnsworth St., on the docks in South Boston. *East West Journal* and Tao Books soon move to the same area.

1970 fall–Erewhon receives its first shipment of brown rice from the Lundberg brothers in Richvale, California; it is "unsprayed" but not organic. Chico-San has exclusive rights to all Lundberg's organic brown rice.

1971 Jan.–*East West Journal* begins publication in Boston, Massachusetts.

1971–Erewhon Trading Company of Los Angeles has expanded and is now at 8001 and 8003 Beverly Blvd., Los Angeles, CA 90048.

1971 March–Roger Hillyard is replaced as general manager of Erewhon–Boston.

1971 March–Paul Hawken finalizes a contract with Carl Garrich of Lone Pine, Arkansas, to grow short-grain brown rice organically and exclusively for Erewhon. 330 acres are planted in April. That fall, Erewhon starts to retail and wholesale its first organic brown rice.

1971 May–Bruce Macdonald leaves Erewhon in a dispute over ownership of the company.

1972–John W. Deming Jr. plans to invest $150,000 in Erewhon in exchange for stock, and Advest Co. plans to conduct Erewhon's first public stock offering–but neither happens after Michio Kushi nixes the plans.

1972 fall–Erewhon first buys organic brown rice from Lundberg brothers of California; a fire that destroyed Chico-San's plant in early Aug. 1972 rendered their exclusive contract with the Lundbergs null and void.

1973 Aug.–Paul Hawken writes a critical history of Erewhon and its problems. Published in *East West Journal* it is titled "Erewhon: A Biography. The View Within." Shortly thereafter Paul Hawken resigns, saying that running Erewhon was a nightmare. Some say he sells his 25% ownership back to the company, which was subsequently managed by Bill Garrison, Tyler Smith, Jeff Flasher, and Tom Williams, in that sequence.

1974 July to 1977–Erewhon becomes the exclusive representative and agent for both the Muso and Mitoku companies in North America. The labels of all products imported from these companies must bear the Erewhon label.

Starting in late 1969 a number of macrobiotic and/or natural foods companies grew into distributors following the models established by and with help from Erewhon: Eden Organic Foods in Ann Arbor (started by Bill Bolduc on 4 Nov. 1969), Food for Life (started in 1970 by Bill Tara as a retail store on the 10th floor of a Chicago office building), Janus in Seattle, Washington (Jan. 1972, by George Gearhart and Blake Rankin, formerly of Spiral Foods), Essene in Philadelphia, Pennsylvania (by Feb. 1971), Laurelbrook in Maryland (Aug. 1971), Ceres in Colorado Springs (1973), and The Well in San Jose, California (1973, by Phil Parenti). These macrobiotic distributors had a strong influence on the numerous other non-macrobiotic natural food distributors, such as Lifestream (started in 1969 as a retail store), Westbrae in Berkeley, California (wholesale distribution: July 1970, by Bob Gerner; retail: Feb. 1971, Gerner). Shadowfax (New York, 1971), and Tree of Life in St. Augustine, Florida (retail: May 1971; wholesale distribution: Feb. 1972, by Irwin Carasso).

1975 Aug. 1–Erewhon sells all of its West Coast Division in California (Los Angeles and Culver City) to John Fountain and John Deming for cash and notes, realizing a net gain of $86,872.

1977 March 23–Erewhon sues natural foods retail stores in several states for boycotting Erewhon for selling to co-ops. Erewhon eventually wins the case, but its legal bills are something like $250,000. There was not enough money to pay these fees and Erewhon never recovered.

1978 (early)–Erewhon moves into a huge warehouse and office complex at 3 East St., Cambridge, Massachusetts 02141.

1979 April 27–The workers in Erewhon's production, trucking, shipping, and kitchen departments vote 42-19 to form a union affiliated with Local 925, the Service Employees International Union.

1979–John Deming steps in to liquidate all the assets of financially failing Erewhon–Los Angeles. Tom DeSilva, Tyler Smith, and Jeff Flasher buy the retail store at 8001 Beverly Blvd.

1981 Feb.–Erewhon currently lists 4,000 products in its catalog–in its bid to become a full-line distributor. It services 2,000 customers and provides jobs for 175 people in its warehouse and retail stores.

1981 Nov. 10–Erewhon files for bankruptcy protection under Chapter 11 of the Federal Bankruptcy Act because of debts totaling $4.3 million. At this time, Aveline Kushi is the sole owner of Erewhon. Stow Mills picked up the lion's share of the Erewhon business, with Westbrae also getting a significant part of it.

1982 May–A $1.3 million offer by Ronald Rossetti, president of Nature Food Centres, is accepted as the

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reorganization plan in the Erewhon, Inc. bankruptcy. Rossetti purchased Erewhon as an individual; it was never part of Nature Food Centres.

1986–Erewhon acquires U.S. Mills, which had been founded in 1908. In effect U.S. Mills and Erewhon were merged, and U.S. Mills was chosen as the corporate name, largely since it had been around longer.

1988 May–Chuck Verde (who was the president of Erewhon) and Cynthia Davis acquired the U.S. Mills / Erewhon business. They became the main joint shareholders. Address: 303-B Newbury St., Boston, Massachusetts.

2647. James, Isabel. 1966. The use of whole foods. *British Vegetarian.* March/April. p. 141-48.
• ***Summary:*** This is the revised text of a lecture given by the author at the 18th International Vegetarian Union Congress at Swanwick in 1965. After defining whole foods she discusses vegetarian protein foods, including nuts, pulses, and yeast. Under Pulses, the main variety discussed is the soya bean. "This is truly a Wonder Bean!" It can be used to make flour, milk, curds and cheese [tofu], and soy sauce. Or the beans themselves can be soaked and cooked for a long time. "The by-products of the bean are also valuable for pasturage, dry fodder and silage. It seems a pity that such a valuable food should also be used for the production of soap, paint and high explosives!" Address: B.A.

2648. Hayashi, Shizuka. 1966. There's an increasing trend to soybean oil in Japan. *Soybean Digest.* May. p. 68-69.
• ***Summary:*** In 1965-66 some 1,852,000 tonnes of soybeans were used in Japan. Of this, 1,341,000 tons (74.5%) were crushed, 297,000 tons (16.0%) were made into tofu and frozen tofu, 150,000 tons (8.1%) were made into miso, 32,000 tons (1.7%) were made into natto, and 32,000 tons were made into soy sauce and other soy products.

Crushing the soybeans yielded 1,073,000 tons of soybean meal. Of this, 736,000 tons (68.6%) was used for animal feeds (largely as a component of mixed feeds), 174,000 tons (16.2%) to make shoyu, 65,000 tons to make tofu, 63,000 tons for other food uses, and 35,000 tons for other non-food uses. Thus, a little over 50% of all soybeans used in Japan in 1965 were used to make foods–not including soy oil.

Per capita consumption of edible oil in Japan has increased dramatically, from 7.52 grams per day in 1956 to 18.44 grams in 1965. During the same period, total soybean oil consumption has risen from 74,010 tonnes to 219,967 tonnes. In recent years a number of the large soybean crushing companies, such as Hohnen, Nikkoh, Nisshin, Showa, and Yoshiwara have expanded their extraction plants. "The various soybean food processors including soy sauce, miso, and tofu are consolidating into fewer large-scale plants with financial support from the government for improvement and better efficiency." Address: Japanese American Soybean Inst.

2649. Purcelli, Marion. 1966. Japanese fare surprises Westerner. *Chicago Tribune.* June 3. p. B4.
• ***Summary:*** "Mention Japanese food and most people [Americans] think of tempura, sukiyaki, and steamed rice." But at homes in Japan, these dishes [except for the rice] are rarely served. A traditional, elaborate appetizer includes a platter of raw fish, "sauces for the fish, water lotus, noodles, egg and fish cakes, and baked soy bean curd."

2650. Abiko, Nobuo. 1966. Japanese teachers point to void. *Christian Science Monitor.* June 10. p. 5.
• ***Summary:*** One rural schoolteacher says that what Japanese need most and now lack in Japan is "deep religious feeling" to restrain and channel individualism. Before World War II "militaristic nationalism" bound Japan together, but now Japanese have nothing to unify them.

For Akira Miyashita, a teacher in a rural high school, the issue is acutely personal. He is also a cultural historian who is deeply interested in the history of tofu. In olden times, the religion of Japan was Buddhism. Today, he says, few people "realize that such uniquely Japanese foods as 'nori' (seaweed) and 'tofu' (strained bean curd) are bequests from the nation's Buddhist past, handed down from the ascetic diet of ancient Buddhist monks."

He believes "the humble diet tells the inner story of the Japanese people."

A photo shows Mr. Miyashita with his wife and two children.

Note: Miyashita's book, *Kôri-dôfu no rekishi* [History of dried-frozen tofu], published in 1962 in Tokyo by the Japanese National Frozen Tofu Association (Zenkoku Kori-dofu Kogyo Kyodo Kumiai Rengokai) (591 p.) is a unique and outstanding piece of historical scholarship.

2651. *Los Angeles Times.* 1966. Patio show stopper in a Japanese mood. July 31. p. 16.
• ***Summary:*** Nipponese cuisine is known for its eye appeal, and sukiyaki is a shining example of this. It is cooked at the table and the ingredients are arranged like flowers. Ingredients include "sliced mushrooms, cubed soy bean curd (tofu) and yam noodles (shirataki)" [thin konnyaku noodles]. Large photos show Sukiyaki.

2652. *Los Angeles Times.* 1966. Patio show-stopper in a Japanese mood. July 31. p. 16.
• ***Summary:*** Sukiyaki is a shining example of the eye appeal for which Japanese food–Nipponese cuisine–in famous. Although it is cooked at the table, the most impressive feature is the flower-like arrangement of the uncooked ingredients.

One of the ingredients is "cubed soy bean curd (tofu)." A key ingredient in the pungent sauce is "½ cup soy sauce."

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Suet is normally used, but vegetable oil can be substituted.

Note: Suet is raw beef or mutton fat, especially the hard fat found around the loins and kidneys. Suet is usually made into tallow in a process called rendering, which involves melting and extended simmering, followed by straining, cooling and usually a repetition of the entire process.

Several large photos show the arrangement of the uncooked ingredients like petals on flowers.

2653. Swaminathan, M. 1966. The use of soyabean and its products in feeding infants and in the prevention of protein malnutrition in weaned infants and pre-school children in developing countries. *Indian J. of Nutrition and Dietetics* 3(4):138-50. Oct. [63 ref]
• ***Summary:*** Contents: Introduction. Chemical composition: Carbohydrates, fat, minerals, vitamins, proteins. Factors affecting the nutritive value of soya proteins: Trypsin and growth inhibitors, heat processing, other factors. Nutritive value of soya proteins (with or without methionine supplementation): Experiments with animals, experiments with human beings, supplementary value to other food proteins. Processed foods from soyabean for feeding infants and preschool children: Milk substitutes and infant foods, processed protein foods based on soya (soya flour, Multipurpose Food or MPF, soup powder). Foods based on soyabean and other oilseed meals: Precooked roller dried foods, extrusion-cooked full-fat soybean flour. Other soya products (soy protein isolate, tofu, natto, miso, tempeh, soy sauce). Conclusion. Address: Central Food Technological Research Inst. (CFTRI), Mysore, India.

2654. Will, Joanne. 1966. Steps to sukiyaki success. *Chicago Tribune.* Nov. 4. p. C13.
• ***Summary:*** Fred Endo, a sukiyaki expert, demonstrates the subtleties of his favorite recipe, which calls for "½ cake soy bean curd, cut into 1-inch squares." Three photos show Endo preparing sukiyaki; the caption of one states that he "adds neat and even slices of fresh bean curd to dish."

2655. Tonery, Susan J. 1966. Miss Tachibana will entertain at concert. *Hartford Courant* (*Connecticut*). Nov. 24. p. 48.
• ***Summary:*** Miss Tachibana is a superb dancer. She agreed to share two of her favorite recipes. Yosenabe calls for "2 cakes soy bean curd cut in 1 inch cubes." Sukiyaki calls for "2 cakes soy bean curd." Both also call for soy sauce and monosodium glutamate.

2656. Worthington Foods, Inc. 1966. Dealer wholesale price list–order blank. Worthington, Ohio 43085. 1 p. Dec. 1. 36 cm.
• ***Summary:*** New products in the Worthington Foods line include: Soyameat [or Soya-Meat] (Fried chicken, sliced chicken, diced chicken, sliced beef, diced beef, Salisbury steak). Bakon Yeast.

Worthington now owns the Madison Foods line of products including: Cheze-O-Soy, Dinner Morsels. Madison Burger, Not Meat (Regular or tomato). Nu-steaks. Yum. Zoy burger. Kreme-O-Soy. Infasoy.

Worthington now has warehouses in Battle Creek, Michigan; Dallas, Texas; Denver, Colorado; Los Angeles, California; Madison, Tennessee; South Lancaster, Massachusetts; Oakland, California (actually San Leandro); Portland, Oregon; Washington, DC. Address: Worthington, Ohio. Phone: 614-885-9511.

2657. [Commodity classification: Yearly amount of expenditures, quantities by commodities per household by cities, groups, districts, cities within prefectural government (all households)]. 1966-1981. Serial/periodical. Tokyo: Norinsho, Government of Japan. Serial/periodical. Tokyo: Norinsho, Government of Japan. [Jap]
• ***Summary:*** Gives statistics for the quantities consumed per household and the amount expended (in yen) for the following foods: Soybean products, tofu, fried tofu, natto, other soybean products, sea vegetables (nori, wakame, kombu), and umeboshi. Statistics are for the following groupings: (1) City groups (All Japan, all cities, cities with population of 50,000 or more, major cities, middle-sized cities, small cities, towns and villages); (2) Districts (Hokkaido, Tohoku, Kanto, Hokuriku, Tokai, Kinki, Chugoku, Shikoku, Kyushu, Okinawa); 49 major cities.

For example, for tofu in 1981: The average Japanese household consumed 86.91 cakes (cho). Consumption per household was highest in small cities (92.04 cakes) and lowest in major cities (84.19 cakes). In the districts, consumption per household was highest in Tohoku (northeast Japan, 101.91 cakes) followed by Chugoku (98.15), and lowest by far in Hokkaido (the soybean production center of Japan, 58.28 cakes). The major cities with the highest per household consumption are Toyama (capital of Toyama prefecture in northeast Japan, 118.96 cakes) and Morioka (capital of Iwate prefecture in northeast Japan, 118.42 cakes). The major city with the lowest per household consumption is Sapporo (capital of Hokkaido prefecture, Japan's northernmost island, 59.83 cakes).

For natto, the major consuming district was Tohoku, followed by Hokkaido, then Kanto. The city with the largest per household consumption was Mito, followed by Aomori, then Morioka and Utsunomiya. Address: Tokyo, Japan.

2658. **Product Name:** Tofu.
Manufacturer's Name: Dragon & Phoenix Co.
Manufacturer's Address: Kings Cross, 172 Pentonville Rd., London, N1, England. Phone: 018-370-146.
Date of Introduction: 1966.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p.

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400. Phone: 01-837-0146. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Address is now Kings Cross, 172 Pentonville Rd., London, N1, England. Owner: Mr Lyen.

Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3. Soyfoods Center Computerized Mailing List. 1983. June 20. The address is now 15-18 White Lion St., London N19 PD, England.

Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 27. "Dragon & Phoenix in London makes a couple of tons of tofu a day. They are the biggest manufacturer in the country and they distribute all over England."

Interview with Donald Lyen, owner. 1988. He founded the company 22 years ago. They are still the biggest in England.

2659. **Product Name:** Tofu.
Manufacturer's Name: Ellen's Tofu Factory.
Manufacturer's Address: 1714 Democrat, Honolulu, Oahu, Hawaii.
Date of Introduction: 1966.
New Product–Documentation: Honolulu City Directory. 1965-66. Ellen's Tofu Factory (James Wauki, proprietor). 1714 Democrat. Same listing in directories from 1966-1970. Hawaii Directory of Manufacturers. 1969. p. 17. Ellen's Tofu Factory, 1714-A Democrat St., Honolulu, HI 96819.

2660. **Product Name:** Extra Firm Tofu.
Manufacturer's Name: Fong-On.
Manufacturer's Address: 43 Mott St., New York, NY.
Date of Introduction: 1966.
New Product–Documentation: Talk with Kevin Chan. 1989. Nov. 16. The company started making this product in 1966, two years before they moved to 46 Mott St.

2661. Han, P.J.; Choi, K.S.; Yoon, I.W. 1966. Soybean oil extraction methods and processing of bean milk and bean curd. *Nongsa Sihom Yon'gu Pogo* 9(1):247-59. *

2662. **Product Name:** Tofu.
Manufacturer's Name: Kanetomi's. Renamed Kobayashi's Tofu in 1982.
Manufacturer's Address: 366 S.W. 5th St., Ontario, OR 97914. Phone: 503-889-5684.
Date of Introduction: 1966.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Kanetomi's, 366 S.W. 5th St., P.O. Box 568, Ontario, OR 97914. Phone: 503-889-5684. Owner: Jim Kanetomi.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jim Kanetomi. 1981. Dec. 8. Now listed as Kanetomi's Soybean Products, at 336 S.W. 5th St., P.O. Box 568, Ontario, Oregon 97914. Phone: 503-889-6584. Soyfoods Center Computerized Mailing List. 1983. June 20. Company is now Kobayashi's Soybean Products, 336 S.W. 5th St., P.O. Box 568, Ontario, Oregon 97914. Phone: 503-889-6584. Owner: Mr. Kobayashi.

Ann Crosby. 1987. Aug. 17. Argus Observer (Ontario, Oregon). "Japanese cooking the tofu way." Discusses Kobayashi's Tofu in Ontario.

Talk with Jim Kanetomi. 1988. Nov. 17. Phone: 503-889-6392. The tofu company that he bought and later renamed Kanetomi's was founded in 1945 by Tom Amano, his father in law. As long as Tom ran the company, it never had a name or a sign, not even when Jim took over the company (he didn't actually buy it) in 1958. Then Jim went 7-8 years with no name or sign until the local people gradually started calling the company Kanetomi's. In about 1955 there was a bad fire in the shop. So Tom moved the shop to 366 S.W. 5th Street, into a building that he partially owned; the other part was owned and occupied by a laundry run by Jim Kanetomi. After Jim took over the company he continued to make the same products, and did not introduce any new ones. Jim sold the company in 1982 to Kuni and Vickie Kobayashi.

2663. Burkill, I.H. 1966. Dictionary of the economic products of the Malay Peninsula, 2nd ed. 2 vols. Kuala Lumpur, Malaysia: Ministry of Agriculture and Co-operatives. xiv + 2444 p. See vol. 1 (A-H), p. 1098-1103. Index. 24 cm. [11 ref]

• ***Summary:*** Information on the soy bean (*Glycine max*) is found under Glycine. Contents: Origin. Man has selected the more tropical races and is still selecting. Search for a race suitable for Malaya. Java, long ago, found one suitable for the drier parts of the island. Secondary uses as fodder, a cover crop, and green manure. High food-value of the seed. The seed, ripe or nearly ripe, as food. Its special use in diabetes. Artificial milk. Vegetable casein [for industrial uses]. substitute for coffee. Seedlings [sprouts] eaten. Sauces, &c., from the bean. Témpé made in Malaysia with the aid of a fungus. Teou-fu [tofu] prepared by the Chinese. Tao-cho prepared [in Java] with the aid of fungus. Sho-yu or soy kechap. Miso, a Japanese preparation. The making of soy kechap in Java. Organisms in fermentation. Oil [soy-bean oil, or kachang oil]. Criminal use (hairs on the pods cause irritation within the digestive tract). Fibre (in the stem). Joss sticks (Ash of the stem is said to be used in joss-sticks in Indo-China). The soybean is frequently cultivated in Burma and Siam.

A photo (frontispiece) facing the title page shows Isaac Henry Burkill (1870-1965). This second edition is only slightly different from the original 1935 edition of which

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2,000 copies were sold. This edition was published on behalf of the governments of Malaysia and Singapore by the Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Address: Director of Gardens, Straits Settlements (Singapore; 1912-1925).

2664. Miller, Gloria Bley. 1966. The thousand recipe Chinese cookbook. New York, NY: Antheneum. First Grosset & Dunlap edition 1970. xiv + 926 p. Illust. magnificently by Earl Thollander. Index. 26 cm.

• ***Summary:*** This excellent, massive volume, by the blond-haired wife (a professional writer; photo shown on dust jacket) of a Greenwich Village sculptor, offers an in-depth introduction to Chinese cooking and ingredients, though it is unusually heavy on flesh foods and light on grain and vegetable dishes–as the following listing of recipes will show. In describing "The Chinese Diet" (p. 3-4) the author notes, "Meat does not predominate, vegetables do:... There are no dairy products: Butter, cheese and milk are practically unknown to Chinese cooking. (Cattle, few and far between, were more profitably put to work as beasts of burden.) Yet, with nutritional ingenuity, the Chinese created their own 'cow' which produced its own 'dairy' products. They took the lowly soybean, whose protein closely resembles that of meat, and transformed it in innumerable ways. They softened and ground the soybean, then mixed it with water, converting it first to milk, then to curd, and finally to cheese. (They also put it to many other uses: made it into sauce and jam; served its sprouts as vegetables; fermented, dried and roasted it; used it salty as a condiment, sweet in pastries.)"

Page 75 notes: Soy sauce should be used discreetly in light soups. If possible, it should be light soy. The dark variety can destroy a soup's lightness and clarity; its strong taste can overwhelm flavors.

Soy-related recipes include: Basic bean curd soup (p. 99-100). Basic cold bean curd (p. 114). Slivered bean curd and shrimp (p. 115). Stir-fried pork and bean curd (p. 133). Stir-fried pork with deep-fried bean curd. Stir-fried pork with pressed bean curd (p. 135). Stir-fried roast pork and bean curd I and II (p. 156-57). Basic steamed minced pork (with "fermented black beans," p. 167-68). Steamed sliced pork with ham and bean curd (p. 170). Steamed sliced pork with white cheese [white fermented tofu] (p. 171). Basic braised pork with bean curd (p. 174-75). Braised pork with red bean cheese (p. 176). Braised pork with chestnuts, mushrooms and ginkgo nuts (p. 176-77) has a variation that calls for "¼ pound dried bean curd sticks."

Note: This is the earliest English-language document seen (June 2011) that uses the term "dried bean curd sticks" to refer to dried yuba sticks. Braised pork and bean curd (p. 180). Braised five-flower pork and red bean cheese (p. 180-81). Red-simmered pork (with soy sauce, p. 186-88). Stir-fried spareribs with black bean sauce (with "1 to 2 tablespoons fermented black beans." "Soak fermented black beans... Mince garlic and scallion stalk, then mash with soaked black beans. Combine with sherry, water and soy sauce... Stir in black bean mixture" with other ingredients, p. 202-03). Steamed spareribs with black bean sauce ("Mince garlic and mash with soaked black beans; then combine with cornstarch, soy sauce and sugar. Pour mixture over ribs," p. 206). Braised spareribs with black bean sauce ("Mince garlic and ginger root, then mash with soaked black beans," p. 206). Braised spareribs with red bean cheese (p. 206). Stir-fried beef and bean curd (p. 215). Red-simmered beef (with soy sauce, p. 245-46). Red-simmered (or cooked) duck (with soy sauce, p. 267-71). Stir-fried chicken with soy jam (p. 325-26). Stir-fried chicken and tomatoes with black beans ["fermented black beans"] (p. 327-28). Stir-fried deep-fried chicken with brown bean sauce (p. 329). Stir-fried deep-fried chicken with soybean paste (p. 330-31). Red-cooked or soy chicken (p. 366-69). Steamed fish topped with black bean sauce ["fermented black beans"] (p. 411-12). Braised soy fish (p. 429-32). Braised fish with deep-fried bean curd (p. 434). Braised fish steaks with bean curd (p. 435). Deep-fried bean curd stuffed with minced fish (p. 448). Braised dried oysters with bean curd sticks [dried yuba sticks] (p. 483). Stir-fried shrimp with bean curd I and II (p. 496). Stir-fried shrimp with deep-fried bean curd (p. 497). Stir-fried shrimp with black bean sauce ["fermented black beans"] I and II (p. 500). Poached shrimp with ham and bean curd (p. 527). Basic omelet with bean curd I and II (p. 551-52). Fried eggs with soy sauce (p. 569). Soy eggs (also called pot-stewed or red-stewed eggs). Soy duck eggs (p. 574). Basic stir-fried bean curd (p. 593). Basic deep-fried bean curd (p. 594). Deep-fried bean curd with dried shrimp sauce. Steamed stuffed bean curd (with pork, p. 595). Miscellaneous bean curd (p. 595-96). Stir-fried spinach and white cheese [fermented tofu] (p. 618-19). Stir-fried string beans and white cheese [fermented tofu] (p. 620-21). Basic Buddhist vegetable dish (A vegetarian dish known as Lo Hon Ji or Lohan Tsai; "Variation: In step 4, stir 2 tablespoons Chinese red cheese, mashed, into the water-soy mixture;..." p. 623). Soy jam noodles (p. 660). Noodles in brown bean sauce (and hoisin sauce, p. 661). Dips (incl. Dip for deep-fried bean curd; many use soy sauce or hoisin sauce, p. 709-14). Soy-vinegar dressing. Soy-sesame dressing (p. 715, with soy sauce and sesame oil). Soy-oil dressing (with soy sauce and peanut oil, p. 716). Marinades (many use soy sauce, hoisin sauce, brown bean sauce, or red bean cheese, p. 717-24). Sauces (many use soy sauce or yellow bean paste, incl. Sweet-and-pungent sauces, p. 725-39).

The chapter titled "Other Useful Information" tells more about bean curd.

The extensive Glossary of Chinese Ingredients (p. 844-72) contains the following soy-related entries: Bean curd (bean cakes; note that recipes call for a certain number of "cakes" of tofu). Bean curd sauce (see cheese, Chinese white).

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Bean curd sticks (dried bean curd [dried yuba sticks = foo jook]; "Long, dried, cream-colored sticks, about ½ inch wide and 20 inches long, but bent in two. Are stiff and striated with an enamel-like surface. Sometimes called 'Second Bamboo' because they come from the residue or second layer of creamy bean curd [yuba]. Must be soaked; then they become chewy in texture, nutlike in flavor. Used as a vegetable with soup, steamed fish, stir-fried and braised pork... Other dried varieties include sweet bean curd sticks [tim jook or tiem joke], which are similar but thicker, and are used in fish and vegetarian dishes; and glazed bean curd skin in the form of stiff thin sheets").

Bean paste, yellow (yellow sauce). Bean sauce, brown (see brown bean sauce). Bean sprouts. Yellow soybean sprouts are larger and coarser than mung bean sprouts, and must be husked. "They also have a stronger, more woodsy flavor." Because of their crunchiness, Chinese call them "teeth vegetable." Beans, black (Type of beans not given. "Note: Sweetened black beans used as a pastry filling sold in Chinese bakeries"). Beans, black fermented beans (black bean sauce or salted black beans). Brown bean sauce. Cheese, Chinese red (red bean curd cheese, spiced red bean curd, or southern cheese). Cheese, Chinese white (bean curd sauce, white bean curd cheese, or white bean sauce). Five Spices (five-flavored powder or five-fragrance spice powder; star anise, anise pepper, fennel, cloves, cinnamon). Hoisin sauce (haisien sauce, Peking sauce, red seasoning sauce, red vegetable sauce, sweet vegetable paste, or sweet vegetable sauce; another variety is called Ten-Flavored Sauce). Pickles, Chinese (pickled vegetables; pickled in soy sauce). Red bean sauce. Soy jam (soybean paste). Soy sauce (light, black, or heavy varieties). Hoisin sauce (p. 855) is a "Thick, dark brownish-red sauce, made from soy beans, spices, garlic and chili. Sweet and spicy." Used in cooking and as a table condiment.

The chapters titled "Storing Information" and "Soaking Information" include such information on many of the foods listed in the glossary.

The chapter titled "Chinese terminology" (p. 886-91) is especially valuable because it gives the Cantonese names of Chinese foods. It contains the following soy-related entries: Bean curd: Dow foo or dau foo. Bean curd, deep fried: Dow foo pok. Bean curd, spiced: Dow foo kon. Bean curd, watery: Dow foo fa [literally "tofu flowers"; tofu curds]. Bean curd sticks: Foo jook or foo joke. Bean curd sticks, sweet: Tim jook or tiem joke. Bean paste, red: Dow sha or dow cha [azuki]. Beans, black: Woo dow. Bean paste, yellow: Wong dow sa [soy]. Beans, black fermented: Dow see or doe shee. Beans, sweet black: Dow sa. Beans, red: Hoong dow [azuki]. Bean sprouts, soy: Dow gna or dow ngah. Brown bean sauce: Min see jeung or mien see jeung. Catsup: Fon ker jeung. Cheese, Chinese red: Nom yee or Narm yoo [fermented tofu]. Cheese, Chinese white: Foo yee or Foo yoo [fermented tofu]. Hoisin sauce: Hoy sin jeung or hoy sien jeung. Oil, peanut: Far sung yow. Oil, sesame: Jee ma yo or jee ma yow. Peanuts: Far sang or far sung. Red bean sauce: Saang see jeung or shargn she jeung [azuki]. Sesame paste: Jee ma jeung. Sesame seeds: Jee ma. Soy jam [chiang]: Yewn she jeung. Soy sauce: See yu or shee yau or sho yu. Soy sauce, light: Sang chau. Soy sauce, dark: Chow yau or cho yo. Soy sauce, heavy: See yau or jeow yau.

Note: This is the earliest English-language document seen (April 2012) that uses the term "shee yau" to refer to Cantonese soy sauce, or the term "See yau" or "jeow yau" to refer to heavy Cantonese soy sauce.

Illustrations show: A bottle of Chou Soy sauce made by Amoy Canning Co. (p. 112). A brick-shaped can of "Thick Soy" made by Tung Chun Canning Co. (p. 126). An earthenware jug of "Ho Sang Yick Soy Sauce" (p. 203). A Mason-type jar of fermented bean curd made by Tung Chun Soy (p. 596). A bottle of Koon Chu* soy [sauce] (p. 715). Address: Greenwich Village, New York City.

2665. Milner, Max. 1966. General outlook for seed protein concentrates. *Advances in Chemistry Series* No. 57. p. 52-64. Chap. 5. World Protein Resources. [8 ref]

• ***Summary:*** "Seed proteins, particularly those of the cereals and legumes, are mainstays of human protein nutrition, providing several times more of this nutrient than animal proteins...

"World Protein Resources: The cereals contribute in round numbers 75 million metric tons of protein, of which wheat provides 25 million, rice 12 million and corn 20 million tons. The legumes, consisting of various beans, peas and lentils, in aggregate, provide, surprisingly, only about 8 million tons. Additional but minor plant sources of protein are tubers, including potatoes, and nuts. The world animal protein supply, including principally meat, milk, eggs, and fish, has been estimated to be about 20 million metric tons. And finally, the potential contribution of the oilseeds, which include principally soybeans, cottonseed, and peanuts, can be considered to be about equal to that of all the animal protein now available, 20 million tons per annum."

A long section titled "Soybeans" (p. 57-59) discuses soybeans and soyfoods, including tofu, miso, natto, tempeh, soybean milk, full-fat soybean flour, soy protein concentrates and isolates, and spun soy protein products. Address: UNICEF, United Nations, New York, NY; Present address: Office of Technical Cooperation and Research, Agency for International Developement, Washington, DC.

2666. Nelson, Andrew Nathaniel. 1966. The modern reader's Japanese-English character dictionary. Revised ed. Rutland, Vermont, and Tokyo, Japan: Charles E. Tuttle Co. 1109 p. Index. 24 cm. [15 ref. Jap; Eng]

• ***Summary:*** Radical 37 = dai or oh = big + 3 strokes = #1171 = *daizu* or *ômame* = soy bean (p. 290).

Radical 75 = tree; at left = ki hen. #2211 = eda of

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edamame. Radical 82 = Hair of animals, ke. Radical 85 = Water + 11 strokes = soymilk. Radical 151 = Bean + 7 strokes = mame (bean) or tou = toufu. Radical 164 = Liquid (Sake sukuri) + 11 strokes = shoyu no sho. Radical 201 = Yellow (variant is 11 strokes).

Soy related words: (1) Miso: *miso* (fermented [soy] bean paste; flattery, p. 247). *miso o tsukeru* (to make a mess of, p. 247). *miso shiru, misojiru* (bean-paste soup, p. 247). *miso mame* (soybeans, p. 247). *misoni* (boiling with bean paste, p. 247). *misozuke* (pickled in bean paste, p. 247). *misokoshi* (bean-paste strainer, p. 247). *misosuri* (grinding bean paste; flattery, p. 247). *temai miso* (self praise; bean paste of one's own making, p. 420). *miso dengaku* (tofu baked [grilled] with miso, p. 621). *konamiso* (powdered miso, p. 691). *nuka miso* (salted rice-bran paste, for pickling, p. 694). *karamiso* (salty miso, p. 869).

(2) Tôfu [tofu]: *yakkodôfu* [yakkodofu] (tofu cut in cubes, p. 47). *kôridôfu* [kori-dofu] (frozen tofu, p. 75). *unohana* (refuse from tofu, p. 119). *shimidôfu, kogoridôfu, kogodôfu* [shimi-dofu, kogo-dofu, kogori-dofu] (frozen tofu, p. 192).

Note 1. This is the earliest English-language document seen (April 2013) that contains the word *kogodôfu* (written as one word, with diacritics) which it says is the same as *shimidôfu*, all of which it defines as frozen tofu.

age (fried tofu, p. 447). *kara, okara* (tofu refuse, p. 525). *aburage* (fried tofu, p. 543). *yuba* (dried tofu [sic], p. 561). *yakidôfu* [yaki-dofu] (broiled bean curd, p. 578).

Note 2. This is the earliest English-language document seen (April 2013) that contains the word *yakidôfu* (written as one word, with diacritics).

nama-age (fried tofu, p. 618). *dengaku* (tofu baked with miso, p. 621). *inarizushi* (fried tofu stuffed with seasoned rice, p. 668). *tofu* (bean curd, tofu, p. 843). *kirazu* (tofu refuse [okara], p. 941). *kôyadôfu* (frozen tofu, p. 978).

toshi no mame ([soy] beans of the bean scattering ceremony, p. 88).

mitsumame (boiled [soy] beans with treacle / molasses, p. 328).

edamamé (green soybeans, p. 494). *irimame* (parched [soy] beans, p. 576). *nimame* (boiled [soy] beans, p. 578).

nattô (fermented soy beans, p. 697).

tamari (soy sauce, p. 564).

azemame (soy beans grown on rice-field ridges, p. 624). *moyashi* (artificially sprouted beans, p. 780). *moyashi mame* (beans for sprouting, p. 781). *hôrai mame* (sugar-coated beans, p. 786).

kuromame (black soy bean, p. 992).

mame abura (soybean oil, p. 843). *tônyû* (soybean milk, p. 843). *kinako* (soybean flour, p. 991). Address: PhD, Tokyo, Japan.

2667. Schenk, E.G.; Naundorf, G. 1966. Lexikon der tropischen, subtropischen und mediterranen Nahrungs- und Genussmittel [Dictionary of tropical, subtropical, and Mediterranean foods and food adjuncts (stimulants / enjoyables)]. Herford, Germany: Nicolaische Verlagsbuchhandlung Herford. xiv + 199 p. Index. 21 cm. Series: Manualia Nicolai 1. [200* ref. Ger]

• ***Summary:*** Pages 70-71 give a list of Japanese foods (after Mayerhofer and Pirquet 1926) in no apparent order, with the Japanese name followed by a translation of that name into German. Included in the long list are: Akamiso, miso, shiromiso, tofukasu [okara], daizu, fu [dried wheat gluten], kingyo-fu, kiri-fu, kiri-mochi [frozen and dried rice cake], ame [malt extract], mirin, aburage [tofu fried in vegetable oil], natto–Bohnenkäse, Tofu–Sojatopfen, Tonyu–Sojamilch, azuki [small red beans], kwansen-fu, kinako–Sojabohnenmehl, geröstet, amasake–unvergorener Sake, umeboshi, koritofu [frozen and dried tofu], midzuame [soft ame = rice syrup], shoyu–Sojasauce, yuba–eine Bohnenspeise. Plus many types of sea vegetables.

On pages 140-42 the following terms are defined in German: Soja [soya], Sojabohne [soybeans], Sojabohnenkäse [soy cheese or tofu], Sojabohnenmehl [soybean meal], Sojabohnenöl [soybean oil], Sojakäse [fermented soy cheese], Sojamilch [soymilk], Soja-Nahrungsmittel [soyfoods]: Koji, Miso, Tofu, Nato [sic, natto], kondensierte Soja-Milch [condensed soymilk], Japanische Verarbeitungen [Japanese processed foods: Japanische Soja-Sauce Shoju (Shoyu), Miso, Tofu], Soja-Nahrungsmittel, javanische [Javanese] soyfoods: Tao-Hoe, Tempeh, Ketjap, Tao-Tjiong [a term, and perhaps a product, between *doujiang* and *tao-tjo*, Indonesian-style miso], Sojatunken, Soja-Verarbeitungen: Sojamilch, Bohnenkäse, Teoufou (China), Tofu (Japan), Dan Phu (Vietnam), Natto (Japan), Tao-tehe (China).–Bohnenbrei Miso (Japan), Tao-tjiung (doujiang, China).–Sojasauce: Shogu [sic, Shoyu] (Japan), Tsiang-Yeou, Tao-yu (China), Ketjap (Java), Tuong (Vietnam).–Gärmittel: Kiut see (Japan). Then a table shows the nutritional composition of 8 of these foods.

Note 1. This is the earliest German-language document seen (April 2013) that uses the term *Sojabohnenkäse* ("soybean cheese") to refer to tofu.

Note 2. This book contains more than its fair share of errors and could be better organized. Address: 1. Prof. Dr. med. habil., Dr. phil. nat, Laurensberg ueber Aachen, Germany.

2668. Sun, Ying-Hsing. 1966. *T'ien Kung K'ai Wu:* Chinese technology in the seventeenth century. Translated by E-tu Zen Sun and Shiou-Chuan Sun. University Park & London: Pennsylvania State University Press. xiv + 372 p. See p. 24, 29, 31, 215-16. Illust. 28 cm. [3 soy ref. Eng]

• ***Summary:*** The *T'ien Kung K'ai Wu*, by Sung Ying-Hsing (pinyin: *Tiangong Kaiwu*, by Song Yingxing) was published in 1637. The title can be rendered as "The Creations of Nature and Man." This English-language translation of

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the 17th century work on Chinese technology contains 18 chapters, 151 superb illustrations, and extensive information on soybeans. The author concluded his preface in 1637 by warning "An ambitious scholar will undoubtedly toss this book onto his desk and give it no further thought; it is a work that is in no way concerned with the art of advancement in officialdom."

In Chapter 1, "The growing of grains," the section on "General terms" states (p. 3) that "the 'five grains' are sesamum, legumes, wheat, panicled millet, and glutinous millet. Rise is not included because the ancient sages who wrote on the subject were natives of northwestern China. Nowadays 70 per cent of the people's staple food is rice, while wheat and various kinds of millet constitute 30 per cent. Sesamum and legumes are used exclusively as vegetables as [for making] oil, although tradition still classifies them among the grains."

The section on "Hemp" (p. 24) notes that the seeds of hemp and sesame are only two kinds that can be used as grain or for oil. "Sesame is both delicious and nutritious; indeed it would be no exaggeration to say that it is the king of all grains."

The section on "Legumes" (*shu*, p. 24, 29, 31) states that one of these legumes is the soy bean, of which there are two varieties [colors]: the black and the yellow. They should be planted not later than the time of the Ch'ing-ming festival [in early April of the solar calendar] or thereabouts. There are three types of yellow soy beans: "fifth-month yellow," "sixth-month popper," and "winter yellow." "The yield of the first of these is small, while that of the last is always twice as much. The black variety is harvested invariably in the eighth month. North of the Huai River horses and mules that are used on long journeys must be fed this black soy bean before they can become strong and sturdy. The amount of the yield of the soy bean depends on the quality of the soil, the frequency of cultivation, and the amount of rainfall. All bean jams (*shi*) [fermented black soybeans], sauces (*jiang*), and curds (*fu*) [tofu] are made from soy.

"South of the Yangtse [River] there is another species known as 'long-legged yellow,' which is planted in the sixth month after early rice has been cut, and is harvested in the ninth or tenth month. The method of planting this bean in Chi-an, Kiangsi [Ji'an, Jiangxi], is quite amazing: After the rice stalks are cut the stubble is not ploughed over, but in the open end of each stalk are placed three or four beans, which are pushed down with fingers. The beans are nourished by the dew gathered in the stalk stubs; later when the beans begin to grow the stubs will rot, providing further nourishment for the growth of the new crop. Should the weather be dry after the shoots appear, one pint of water [per plant?] is fed to the plants. In all, one watering and two cultivations are sufficient to bring forth a plentiful harvest. Birds must be kept away after the beans have been planted and before the young shoots appear, and man is the only effective guard against them."

There are also "black-skin and brown-skin varieties of soybeans." "In cultivating the fields of soybeans and green lentils [sic, mung beans], the land should be lightly ploughed, because the roots of the legumes are short and the shoots straight. If the furrows are deep the clods will pile up, preventing half the seeds from growing. Our ancient agriculturists did not know that deep ploughing was not suitable for legumes" (p. 29).

Other legumes include: (2) The green lentil (*lüdou*) [sic, mung bean], "shaped small and round like a pearl." (3) The pea (*wandou, Pisum sativum*). "It is round like the green lentil, but it has a black spot and is larger in size." (4) The broad bean (*candou, Vicia faba*), "with its pod shaped like a silkworm and seeds larger than the soybean."

(5) The small lentil (*xiaodou*) [sic, azuki bean]. "The red variety (*chixiaodou*) is effective when used medicinally, while the white variety (*baixiaodou*) (also known as the rice bean), is good as a vegetable. Planted at the time of the summer solstice, this variety is harvested in the ninth month, and is prevalent in the Huai and Yangtse river regions."

(6) The black lentil (*lüdou*), "which is now a common garden vegetable in north China. Its flour, made into thin sheets, serves the same purposes as that of the green lentil [sic, mung bean]. In Peking the street peddlers cry their 'black lentil sheets' all day long, indicating that the amount produced is considerable.

"A further kind is the white bean (*baibiandou*) [*Dolichos lablab*], which grows along trellises and is also known as the 'eye-brow bean.' In addition there are long string beans, tiger-spot beans, knife beans (large French beans [jack beans, *daodou*]), as well as the black-skin and brown-skin varieties of soybeans, and so forth, which are too numerous to describe. In all, they can serve as a vegetable and take the place of grains in the feeding of mankind. How can students of Nature ignore them?"

In Chapter 4, titled "The preparation of grains," a section on "Preparing millet, sorghum, sesamum, and beans" describes (p. 106) how to separate beans from their pods using a flail or a stone roller pulled by an ox. These two processes are shown in full-page illustrations (p. 83, 105).

In Chapter 12, "Vegetable fats and oils," the section on "Gradation of vegetable oils" begins (p. 215-16): "For eating, the oils of sesame seeds, turnip seeds, yellow soy beans, and cabbage (also called 'white cabbage' [i.e., celery cabbage]) seeds are the best. Next in quality come *Perilla ocymoides* ([the plant] resembles *Perilla nankinensis;* the seed is larger than that of sesame) and rape-seed oil (in the South it is called 'vegetable seed'); next, camellia or tea-seed oil;... the last in quality is hemp-seed oil..."

The yield of oil (in catties per *tan*) is given (p. 216) for many Chinese oilseeds. The two oilseeds with the lowest / worst yields of oil are: cotton seeds 7, and yellow soy beans 9. By contrast, sesame, castor, and camphor seeds yield 40

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and rape seeds yield 30-40. In "Kiangsu [Jiangsu] the bean oil is used as food for humans, and the meal cakes are fed to pigs..." Note: 1 catty = 1 *jin* = 590 gm = 1.3 lb = 20.7 oz. 1 *tan* = ca. 180 liters. Thus, for soybeans, 9 catties = 5.31 kg of oil from ca. 180 liters of soybean seeds.

The next section in this chapter, titled "Methods and implements [for oil-extraction]" gives details of wedge presses and processes–but soybeans are not mentioned. Large illustrations show: Roasting and steaming oil seeds (p. 214). Press for making vegetable oils in China (p. 217). Pounding and grinding vegetable tallow tree seeds (p. 220).

Also discusses: Hemp seeds and oil (p. 24, 216). Sesame seeds and oil (p. 3-4, 24, 106, 215-16, 219). Address: China.

2669. Wong, Ella-Mei. 1966. Chinese cookery. New York, NY: Arco Publ. Co. [xi] + 100 p. Illust. Index. 23 cm.
• ***Summary:*** A charming book by an Australian born woman of Chinese ancestry, copyrighted in 1961. She presently "conducts the Chinese Cookery course at East Sydney Technical College... She has also published features in the *Australian Woman's Weekly."* The foreword is by D.W. Grover, 1961 Head of Food School, East Sydney Technical College.

Chapter 1, "Chinese ways and means," includes three sections on ingredients. The first such section, "Dried ingredients," has an entry for "Bean curd (*foo jook*) [dried yuba sticks] (p. 7). This is sold in sticks or sheets [yuba]; soak in warm water for 10 to 15 minutes. It has little flavor of its own but is highly nutritious and is served with other foods to absorb their flavours. Used in soups and braised dishes–the latter are served on days of fasting."

The third such section, "Sauces and seasonings," includes (p. 10-11): *"Hoysin jeung* [Hoisin sauce, *hoy sin jeung*]*:* Obtainable in tins. This is made of [soy] bean flour and spices, very rich in flavour and color. It is easy to become accustomed to this taste."

"Monosodium glutamate... It is of vegetable origin and used very sparingly and with discretion it enhances the natural flavour of foods. The Chinese version is a fine white powder called Ve-tsin. In Australia it is known as Zip."

"Red bean curd [red fermented tofu]: A soy bean product, obtainable in tins. The red colour is added."

"Soy sauce: Made from salted and fermented soy beans. No Chinese kitchen is ever without it. There are different grades, ranging from thin to thick, and the colour varies from light brown to dark reddish brown..."

"Taofu [tofu]: Made from soy bean curd, a similar texture to soft cheese. It has no flavour of its own, but is highly nutritious. It is usually cut into blocks about one inch by 3 inches. In its fresh state it has a milky colour and is also cut into one-inch cubes and deep-fried."

"White bean curd: Made from soy bean, salted and used as an appetizer or with vegetable dishes."

In Chapter 4, "Vegetables" (p. 31): "Bean sprouts can be cultivated in the kitchen by sprinkling green beans [mung beans] with warm water... The soy bean can also be sprouted, but usually the sprout is tougher." In this chapter, the recipe for "Fasting food" (*jie*) (p. 33) calls for "3 sticks bean curd (foo jook)" and "4 blocks bean curds (taofu)." "This dish is eaten during the Moon Festival and on the second day of the New Year." Each recipe has an English name and a Cantonese name.

In Chapter 7, "Seafood," the recipe for Steamed whole fish with black beans (*dow see jing yee*) calls for "1 tablespoon preserved Chinese black beans (dow see)" (p. 69).

Note 1. Soy sauce and monosodium glutamate (typically ½ teaspoon per recipe) are called for in many recipes in this book.

(2) Rice with red beans (*Hoong dow farn*) calls for "4 tablespoons red beans (*hoong dow*)*"* (azuki beans) (p. 87). Address: [Australia].

2670. Misuzu-Tofu K.K. 1966? Misuzu-dôfu no jôzu na tsukaikata [How to use Misuzu Tofu skillfully]. Nagano City, Japan. 8 p. Undated. Illust. 12 x 18 cm. [Jap]
• ***Summary:*** Contains 7 recipes for dried-frozen tofu, each accompanied by a black-and-white photo. On page 4 are five photos showing how the tofu is made inside the factory. On page 6 is an illustrated flow chart of the process. The steps are: Cleaning the soybeans, soaking, wet grinding, heating the slurry, filtering off the soymilk, pricipitation with the coagulant, filtering the curds, washing the curds, cutting the tofu into small cakes, freezing, cold storage, thawing in water, pressing out the water, drying, trimming, ammonia treatment, packaging. A photo shows the package. Steps translated into English by Eiji Yonemura of Misuzu Co.

On p. 7, a colored pie chart shows the nutritional composition of dried-frozen tofu. A second chart shows that Misuzu Tofu is much less expensive per calorie than other common foods such as eggs, meat, or fish. Cartoons by Hiro. Address: Nagano City, Japan.

2671. **Product Name:** Chickettes (Meatless Chicken).
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, OH 43085. Phone: 614-885-9511.
Date of Introduction: 1966?
Ingredients: Incl. tofu, gluten, seasonings.
New Product–Documentation: Chickettes are based on Sam's Chicken (developed by Sam Yoshimura), which was made from tofu, gluten and seasonings. Worthington substituted soy protein for the tofu.

2672. *Soybean Digest.* 1967. Research grants: To search for the best tofu varieties. Jan. p. 28-29.
• ***Summary:*** "The best varieties of U.S. soybeans for making dried tofu and the best processing methods for manufacturing

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this traditional Japanese food will be sought by Japanese food scientists under a grant awarded by the U.S. Department of Agriculture.

"The grant will be paid for with foreign currency obtained by the United States from sales of farm products abroad under P.L. 480. This money cannot be converted into dollars for use in the United States.

"There are two forms of tofu–fresh and dried. The dried form also has other names, such as Kori, Koya. It is sometimes called frozen tofu because freezing is part of the drying process.

"Under the 3-year research grant of $35,802, paid in Japanese yen, food chemists at the Japan Frozen Tofu Association in Tokyo will experiment with numerous American soybean varieties to try to determine which are best suited for manufacturing dried tofu. They will also try to determine the effect of various processing methods on the yield, cost, physical properties, and flavor of dried tofu.

"Fresh tofu resembles cottage cheese in appearance, taste, and composition. Dried tofu, made with present processing methods, is darker than the fresh and has less desirable flavor and texture. However, fresh tofu is very unstable, having a shelf life comparable to that of fresh milk, While the dried product has a shelf life of more than 6 months and can be transported long distances without loss in quality.

"The Japanese tofu makers have been mixing a small percentage of American beans with the native varieties; but recently they have started using higher percentages of the American Hawkeye variety in both fresh and dried tofu.

"If they can find additional U.S. varieties that make good quality dried tofu and can improve processing methods, they may import more U.S. soybeans, as U.S. beans are cheaper than native varieties.

"Foreign agricultural research done under P.L. 480 is administered by USDA's Agricultural Research Service."

2673. Machida, Yoshiro. 1967. Tôfu gyôkai no genjô to shôrai [The present and future of the tofu industry]. *Shokuhin Kaihatsu* (*Up-to-Date Food Processing*) 2(11):16-23. Feb. [17 ref. Jap]
Address: Tokyo, Japan.

2674. McCormick, Sally. 1967. Azuma Sukiyaki House: A bit of the Orient in the heart of Chicago–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* March 23. p. E9.
• ***Summary:*** "We were then served Steak Teriyaki, a tenderloin steak, marinated in Teriyaki sauce and thinly sliced..." Next came Beef Teriyaki, with "soy bean cakes [tofu], soy sauce, dry onions and rice wine" stirred into the pan. Although its piece d'resistance is Sukiyaki, the restaurant also offers Chicken Teriyaki and Salmon Teriyaki. Three photos show Azuma Sukiyaki House.

2675. Hayashi, Shizuka. 1967. Serve Japanese soy noodles. *Soybean Digest.* March. p. 24.
• ***Summary:*** "A soybean exhibition was recently held for 3 consecutive days in Yokohama at the Takashimaya Department Store, one of the three largest department stores in Japan. The exhibit, devoted exclusively to soy foods, was under the sponsorship of the store, the prefectural government of Kanagawa, and various soybean groups.

"It was held to promote increased consumption of various soy products such as salad and cooking oils made from soybean oil, soy sauce, miso, frozen tofu, tofu products, and soy flour. Approximately 25 booths were used by manufacturers to display their products."

The Japanese American Soybean Institute set up a snackbar named "Protein House" (Tanpaku-an) and served Japanese udon noodles made with a mixture of 15% soy flour and 85% wheat flour. The noodles were very popular and crowds swarmed the booth. "It was emphasized that the soy noodle has over three times the nutritional value of an ordinary noodle." 7,000 people visited the 3-day exhibition and 381 entered the contents to name the noodle. The name selected by a committee was "Protein Noodle" (Tampaku-Udon). Address: Managing Director, Japanese American Soybean Inst.

2676. Loring, Kay. 1967. Tokyo Tea Garden, modest spot, but food's excellent. *Chicago Tribune.* April 2. p. E14.
• ***Summary:*** Located in the English basement at 2 W. Huron St., Tokyo Tea Garden serves "the bland little hiya yakko (soy bean cakes [tofu])..." "Of course its the sukiyaki (thin sliced beef cooked with vegetables) that most Americans associate with Japan,..."

2677. Krishnaswamy, M.A.; Shantha, T. 1967. Preparation and composition of a tofu like product from groundnut. *J. of Food Science and Technology* (*Mysore, India*) 4(1):6-7. April. [9 ref]
• ***Summary:*** "Freeze-dried *tofu* was sponge-like with a bland flavour, *tofu* from groundnut having better texture and more agreeable colour. Deep-fat fried *tofu* (both groundnut and soybean) were crispy and tasty."

Note: This is the earliest English-language document seen (April 2013) that uses the term "freeze-dried" in connection with tofu or that uses the term "Freeze-dried tofu" to refer to tofu that has been has actually been freeze-dried–"in a Stokes Vacuum freeze-drier..." Address: Central Food Technological Research Inst. (CFTRI), Mysore, India.

2678. Sakurai, Yoshito. 1967. Request for review of PL 480 progress report. Japan. 2 p. April 25.
• ***Summary:*** To J.C. Cowan, sponsoring scientist, Oilseed Crops [NRRL, Peoria, Illinois]. Project title: "Evaluation of United States soybean and processing conditions for manufacture of dried tofu, to increase the use of United

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States soybean in Japan and other countries." Project No.: UR-All-(40)-32. Amount of current payment requested: ¥1,546,301. Grant or contract No.: FG-Ja-124. Name of institution: Japan Frozen Tofu Association. Report period: 1 Sept. 1966 to 28 Feb. 1967. Summary of progress: Experiments were carried out on three items: 1. On the preferred conditions in each step of preparing kori-tofu. 2. On the browning mechanism of kori-tofu during storage. 3. On the keeping quality of kori-tofu during storage. Director of research institution: Toyoaki Tsukada. Address: Principal researcher, Japan Frozen Tofu Assoc., Japan.

2679. De, Sasanka S.; Russell, J.S.; Andrè, L.M. 1967. Soybean acceptability and consumer adoptability in relation to food habits in different parts of the world. *USDA Agricultural Research Service.* ARS-71-35. p. 20-27. May. Proceedings of International Conference on Soybean Protein Foods. Held 17-19 Oct. 1966 at Peoria, Illinois. [1 ref]
• ***Summary:*** Contents: Traditional soy products in the Far East: Soysauce, soy milk, bean curd, tempeh, natto and miso, roasted soy flour, kochu chang [Korean soybean miso], sprouted beans. Introduction [of soybeans] in other countries: Brazil, USSR, Africa, Latin America, Turkey. New types of products: Defatted soy flour, full-fat soy flour and beverages made from it developed by the Soybean Council of America. Justification: Cost of a pound of protein from different foods. Beef $4.60. Pork $4.30. Poultry $1.50. Nonfat dry milk solids $0.41. Dry beans $0.35. Soybeans $0.14. Attempted introductions: India. Factors involved in adoptability.

"Kochu chang is produced in every household in Korea from mashed boiled [soy] beans which are hung in bags for 2 to 3 months. The product is broken up, dried, and ground. It is then mixed with ground red pepper [plus salt and water] and kept for some time before use."

This paper was presented by Leon Marie Andrè.

Note 1. This is the earliest English-language document seen (Jan. 2007) that contains the term "roasted soy flour." We read (p. 22): "This product is produced in small amounts and consumed with rice cake [mochi]. There is hardly any information on the nutritive value of the product."

Note 2. This is the earliest English-language document seen (March 2009) that uses the word "kochu chang" (or "kochu-chang") to refer to Korean-style red pepper and soybean paste (miso). Address: 1-2. Food and Agriculture Organization of the United Nations, Rome, Italy; 3. FAO Liaison Officer and adviser to UNICEF.

2680. Fischer, R.W. 1967. The use of soy in food products. *Soybean Digest.* May. p. 29, 31-32, 35-36, 38.
• ***Summary:*** An excellent overview, with considerable history. Contents: Introduction. Grisly hand of hunger. Soybean oil. Oriental soy foods. Soy flour and grits (with a good history of Berczeller, A.E. Staley, Shellabarger, Allied Mills, J.R. Short Milling Co. and Wytase). Isolates and concentrates. The war years (during and immediately after World War II, soy flour and grits come to be widely disliked). New products and know-how.

"Oriental soy foods:... In the Orient soybeans have, for centuries, played an important part in human diets as soy milk for infants, shoyu, or soy sauce as we call it, miso, tofu, tempeh, kinako, natto, yuba, etc."

"Isolates and concentrates: In the mid-1930's processes for further refining the protein factors of soy began to appear. The first 70% soy protein concentrate was turned out by Mead Johnson Co. using the Bonato process of sulfur dioxide and sulfurous acid extraction, but was discontinued for lack of adequate markets for the product. In 1936 the Glidden Co. began working on the production of an isolated protein [90-100% protein] from extracted soy flakes for industrial uses. Glidden, as a major manufacturer of resin, wanted the isolate as a stabilizer for the resin used in sizing paper to provide wet strength. By 1939 Glidden was producing an enzyme hydrolyzed isolated protein to be used with egg albumen for its whipping capacity in producing food toppings... Over the years soy protein isolates have found their greatest application in the industrial field, particularly as paper coatings for high gloss products."

A photo shows cans of Worthington Choplets, Soyameat (3 varieties), and Numete–all made from spun soy protein fibers. Address: Soypro International Inc.

2681. Standal, Bluebell R. 1967. Amino acids in Oriental soybean foods: Determined by column chromatography. *J. of the American Dietetic Association* 50(5):397-400. May. [18 ref]
• ***Summary:*** The author used column chromatography to determine the amino acid content of various Oriental soybean preparations. Methionine was the limiting amino acid in all foods. Table 1 shows the amino acid content of the following foods: Tofu, edamame (green soybeans), soybean sprouts, natto, miso, mungbean sprouts (*Phaseolus aureus* Roxb) and whole egg. Table 2 shows the amino acid ratio, essential amino acids index, protein score, and net protein utilization (NPU) for each food. Eggs had the highest NPU (90.9), followed by edamame (72.2), tofu (65.0), soybean sprouts (56.0), and natto (44.0). The first three foods are sources are good quality vegetable proteins. Address: Div. of Nutrition, Dep. of Home Economics, Univ. of Hawaii, Honolulu.

2682. Wang, Hwa L. 1967. Products from soybeans: To meet rising processor interest, tofu process on a laboratory scale. *Food Technology* 21(5):115-16. May. [6 ref]
• ***Summary:*** Describes how to make tofu, coagulated with magnesium sulfate or calcium sulfate, from 300 gm of soybeans. Photos show: "A wooden box and handpress used for separating soybean curd from whey" for making tofu on a laboratory scale, using 300 gm of dry soybeans per batch.

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Two cakes of finished tofu. Address: NRRL, Peoria, Illinois.

2683. Evans, Robert J.; Bandemer, Selma L. 1967. Nutritive value of legume seed proteins. *J. of Agricultural and Food Chemistry* 15(3):439-43. May/June. [27 ref]
• ***Summary:*** Discusses the following soybean varieties and products: Chippewa soybeans, Harosoy soybeans, Thailand soybeans, soybean curd (tofu).

Tables show: (2) "Relative nutritive values of seed proteins" (unheated and heated, based on weight gain in rats). (3) "Relative nutritive values of seed proteins supplemented with amino acids." (4) "Relative nutritive values of seed proteins and mixture with other seeds." Address: Dep. of Biochemistry, Michigan State Univ., East Lansing, MI 48823.

2684. Orr, Elizabeth; Adair, David. 1967. The production of protein foods and concentrates from oilseeds. *Tropical Products Institute Report* No. G31. 104 p. June. Also titled T.P.I. Report (London). [44 ref]
• ***Summary:*** Contents: Foreword. Acknowledgements. Introduction. 1. The use of oilseeds as a source of protein. 2. Oilseed resources. 3. The manufacture of protein flours by standard oil milling processes. 4. Some cost aspects of the manufacture of protein flour by standard oil milling processes. 5. Examples of the use of edible flours made by standard oil milling processes. 6. Full fat soya flours. 7. Oriental methods of processing soya. 8. Other processes for making protein products. 9. The distribution of protein products. 10. Current experience of making protein flours and foods from oilseeds. 11. The initiation of protein food programmes with particular reference to the role of the administrator. Appendices. 1. Protein nutrition. 2. Oilseed statistics. 3. Toxic hazards. 4. P.A.G. Guides [PAG]. 5. Aflatoxin. 6. Questionnaire. 7. Some examples of the cost of packaging oilseed-based protein foods. 8. Prices of edible oilseed products and protein flours and foods made from oilseeds. Bibliography. Chapters 6 and 7 are especially relevant to soyfoods.

"Full fat soya flour (FFSF) is manufactured in the USA by Archer Daniels Midland Co. and Central Soya, and in the UK by 3 firms: British Arkady Co. Ltd., Soya Foods Ltd., and British Soya Products Ltd. There are no official statistics for production in either country. A trade source of information has estimated UK usage of soya flour at 30,000 tons per annum, but this figure includes defatted soya flour made from meal imported from the USA. Full fat soya flours can be divided into 2 main categories: (a) flours used primarily for bleaching purposes in bread, and (b) general purpose flours. When the flour is to be used mainly for bleaching it is made from uncooked beans, since the natural enzymes in the bean must remain active until the bleaching process has been completed. It is estimated that about half the full fat soya flour made in the UK is used in bread manufacture."

A table lists all known commercial full-fat soy flours, their composition and prices. Describes the Promo Process and Wenger Process for making FFSF, with cost data. Gives case histories for Pronutro in South Africa and Nutresco in [Southern] Rhodesia.

Chapter 7. Oriental methods of processing soya beans: Kinako ("a flour made from ground toasted [soy] beans, used in making cakes"). Fermentation products: Soya sauce (shoyu), miso, natto, tempeh. Developing the use of fermented products. Aqueous extracts: Soya milk and tofu, kori-tofu. Soya milk as a substitute for cow's milk. The package soy milk shop (including Tetra Pak and Prepac packaging; the Prepac system, developed by the S.E.A.B. Co., Villejuif, France, has a capacity of 1,500 packs/hour). Case histories for soya milk: Rural cooperatives in Taiwan, Saridele in Indonesia, and Vitasoy in Hong Kong. Soya milk made from soya flour: The 4 known manufacturers of soya milk are Promo Ltd. of the U.K. ("The product made by Promo is marketed under the brand name of 'Velactin' by the Wander company."), and Loma Linda Foods (Soyalac and Granogen), Mead Johnson (Sobee or Soybee), and Borden's Soy Processing Co., all of the USA. Promo and Loma Linda use the traditional Oriental method rather than using soy flour.

Note: This is the earliest document seen (Sept. 2002) concerning Tetra Pak and soy. Address: TPI, 56/62 Gray's Inn Road, London WC1.

2685. Saio, Kyoko; Koyama, E.; Watanabe, T. 1967. Protein–calcium–phytic acid relationships in soybean. I. Effects of calcium and phosphorus on solubility characteristics of soybean meal protein. *Agricultural and Biological Chemistry* 31(10):1195-1200. June. [12 ref]
• ***Summary:*** Discusses the solubility characteristics of soybean meal protein as a function of pH. Phosphorus and calcium have a very significant effect on the solubility of that protein. It is difficult to increase the calcium content in soy milk, since soy protein is coagulated and precipitated by calcium-protein interaction. The coagulated soy protein is not suitable for beverages. Address: 1&3. Food Research Inst., Ministry of Agriculture and Forestry; 2. Japan Tofu Assoc.

2686. Weber, C.R. 1967. Three new and better large-seeded soybeans. *Iowa Farm Science* 21(12):3-5. June.
• ***Summary:*** Contents: Introduction. What they are. Why new varieties. The varieties. Adaptation and distribution. "Three new and improved large-seeded soybean varieties will be available to a few Iowa farmers in 1967. Developed by Iowa State University and the U.S. Department of Agriculture, the new varieties are: Disoy, Magna, and Prize." "The large-seeded types are superior to field types for special food uses as a whole bean or for more or less direct

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processing methods in making miso (a fermented product) or tofu (soy curd). In addition they can be used green by home gardeners, canners and frozen food processors as well as for deep-fat frying or as dry beans in soups. Or, they may be baked as mature dry beans."

"Large-seeded soybeans available to date, except for Kim and Kanrich, have had some limitations–poor seed yield and very poor shattering resistance (seed holding)." All the new varieties have yellow seeds and yellow hila.

Table 1 shows "Performance of new and old large-seeded and small seeded soybean varieties in Iowa, 1961 to 1966." The varieties are: Chippewa, Disoy, Blackhawk, Magna, Hawkeye, Prize, Kanrich. For Disoy, Magna, and Prize: Yield (bu/acre): 35.6 / 37.4 / 36.5. Seed size (grams per 100): 26.6 / 26.3 / 26.3. Seed protein content: 41.6% / 38.9% / 39.2%. Seed oil content: 20.4% / 20.4% / 20.3%. Address: 1. Asst. Prof. of Agronomy; 2. Research Technician, Crops Research Div., USDA-ARS. Both: Iowa State Univ.

2687. Murphy, Jean. 1967. She's gung ho for Oriental cookery: Marine's wife. *Los Angeles Times.* Aug. 31. p. E1.
• ***Summary:*** Meda Cruizat is now settled in Santa Monica, California. Her basic interest is in foods, and of the cuisines she knows well, her favorites are French and Chinese. She said she could live forever on either one and be quite happy, but she really wouldn't want to.

While living in Bangkok, Thailand, where her husband was on duty with the Marine Corps, she learned to enjoy many Thai foods, which (because of their curry basis) are more closely related to those of India than of China.

Here she offers a Thai menu, of which her favorite dish is Mee Krob ["crispy noodles"; also spelled "Meekrob"] made with fine Chinese rice noodles. One ingredient is "1/3 cup thinly sliced tofu (bean curd)."

2688. McCormick, Sally. 1967. Azuma Sukiyaki House: Enjoy an evening of dining Japanese style–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* Oct. 26. p. J15.
• ***Summary:*** "Beef Sukiyaki cooked at the table over a Hibachi grill... made with thin slices of beef, fresh vegetables, soy bean cakes [tofu] and Japanese noodles." This deluxe dinner costs only $4.75 per person. They also serve Teriyaki and Tempura with soft Samisen [Shamisen] music in lovely, authentic Tatami rooms with sliding shoji screens.

2689. Firma Post & Teekman. 1967. Making tofu from U.S. soybeans in Holland (Letter to the editor). *Soybean Digest.* Oct. p. 17.
• ***Summary:*** "For several years we have been making fresh tofu from U.S. soybeans... The reason we eat tofu here is that there are a lot of people from the so-called Dutch Indies [Indonesia] living in the Netherlands. There are also many Chinese people in our country, and mostly they trade in restaurants or specialty shops. We hope we have given you a small idea of the little tofu country, Holland." Address: Venserweg 1, Demen, Holland.

2690. *Nutrition Reviews.* 1967. Soy fibers–A new approach to vegetable protein acceptability. 25(10):305-07. Oct. [6 ref]
• ***Summary:*** The subtitle summary states: "Fibers have been formed from soybean protein and incorporated into meat analogs. The process, its nutritional and economic aspects, and the mechanism of fiber formation are described."

Traditional foods made from soybeans include tofu, natto, miso, and tempeh. U.S. food manufacturers have developed a new process for making "fibers from isolated soy protein, and for incorporating these fibers into meat-like analogs which may find consumer acceptance as a meat substitute in this country. These products should be cheaper than meat and can be made as or more nutritious than meat by addition of the missing vitamins and minerals." The final products, meat analogs, typically contain (on a dry basis) 40% soy fiber, 10% protein binder (usually egg albumin), 0-50% fat and/or 0-50% flavors, colors, and supplemental nutrients.

2691. Hackler, L.R.; Stillings, B.R.; Polimeni, R.J. 1967. Correlation of amino acid indices with nutritional quality of several soybean fractions. *Cereal Chemistry* 44(6):638-44. Nov. [10 ref]
• ***Summary:*** The residue or water-insoluble fraction [from making soymilk, called okara] was the most nutritious fraction as measured by growth and PER; it contained more cystine and consequently more total sulfur amino acids than all other soybean fractions. Based on Clark soybeans ground with water, the residue contains 23.5% of the solids and 13.5% of the protein found in the original soybeans. The soy milk contains 65.0% of the solids and 83.0% of the protein.

The residue contains 23.1% crude protein, 17.3% lipid, and 4.5% water. Discusses the essential amino acid index (EAAI) and the requirement index (RI). The results of the amino acid composition of the soybean fractions (residue, soy milk, curd, whey protein, hulls, soak water) are reported in table 1 as grams of amino acid per 16 gm nitrogen. Table 2 gives the protein scores of the various soybean fractions based on essential acid index. Table 3 gives the protein scores of the various soybean fractions based on the requirement index. Table 7 shows that the residue contains the highest quality protein based on PER and EAAI, but second highest based on RI. Address: Cornell Univ.

2692. National Food Research Institute (Shokuryo Kenkyujo). 1967. Tôfu no seizô to tenkabutsu [Tofu production and additives]. *Shokuryo: Sono Kagaku to Gijutsu* (*Food: Its Science and Technology*) No. 10. p. 89-

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103. [Jap]
Address: Tokyo.

2693. Bennett, Victor. 1967. The complete bean cookbook. New York, NY: Bonanza Books. 298 p. Preface by Senator Everett Dirkson. Index. 21 cm.
• ***Summary:*** The glossary (p. x-xii) defines bean curd (called *tou fu* in Chinese and *tofu* in Japanese). Soy-related recipes include: Salted soybeans (p. 8). Roasted soybeans (p. 8). Spiced soybeans (p. 10). Soybean milk soup (p. 38-39). Green soybean salad (p. 80; incl. "1 pound green soybeans, shelled, cooked, drained and cooled"). Molded sprout salad (p. 82, with sprouted soybeans). Soybean salad (p. 84). Soybean perfection salad (p. 84). Scalloped soybeans (p. 119). Scalloped green soybeans (p. 121; incl. "3 cups cooked green soybeans"). Soybean croquettes (p. 124). Bean stuffed peppers (p. 128, with "2 cups soybean pulp... prepared by pressing cooked soybeans through a coarse sieve or putting through a food grinder"). Bean stuffed tomatoes (p. 130, with soybean pulp). Scalloped eggplant (p. 131, with soy grits). Soy Welsh rabbit (p. 239, with soy flour). Soybean loaf (p. 239). Soybean curry (p. 240). Soybeans and salmon (p. 240). Soybean curd chop suey (p. 242). Soybean sprout casserole (p. 242). Soy cheese soufflé (p. 247, with soy grits or flour and 1 cup grated dairy cheese). Biscuits (p. 274, with soy flour). High soy yeast bread (p. 275). Yeast bread (p. 276, with full-fat soy flour). Coffee bread (p. 276, with low-fat soy flour). Currant nut bread (p. 277, with soy flour). Southern corn bread (p. 278). Whole wheat bread (p. 278). Doughnuts (p. 279). Bronze cake (p. 280). Griddle cakes (p. 280). Southern spoon bread (p. 282, with soy flour). Nut bread (p. 282). Nut mixture (p. 283, with soy grits). Dumplings (p. 283, with soy grits). Cherry pie (p. 284, with soy flour). Yeast rolls (p. 284). Spice cake (p. 285). Chinese almond cookies (p. 286). Butter crunch (p. 286). Orange cake (p. 287). Muffins (p. 288). Cocoa (p. 288, with soybean milk). Orange rolls (p. 289, with soy flour). Creamy rice with raisins (p. 289, and soybean milk). Waffles (p. 290, with soy flour). Egg nog (p. 290, with 2 cups dairy milk, 2 eggs, and 4 teaspoons soy flour). Molasses puffs (p. 291, with soy grits). Apple crisp (p. 291, with soy flour). Peanut butter cookies (p. 293). Brownies (p. 294, with "soyflour"). Oatmeal pudding (p. 294, with soybean milk). Peanut candy (p. 295, with soy flour). Boiled custard (p. 295, with soybean milk). Chocolate soufflé (p. 296, with soy grits). Apple betty (p. 296, with soy grits). Apple cobbler (p. 297, with soy flour). Fruit balls (p. 298, with soy flour). Sugar cookies (p. 298, with soy flour).

2694. Herbert, Jean. 1967. Shintô: At the fountain-head of Japan. New York: Stein and Day. 622 p. Preface by Yukitada Sasaki. Illust. Nap. 25 cm. [778* ref]
• ***Summary:*** Chapter 22, "Kami of the road, the house and the field..." states (p. 506): "Offerings to the Inari temples largely consist of food which is supposed to be agreeable to the fox: *aburage* (fried bean-curd or *tofu*), cooked rice, fish, meats, etc. Because of the reputed fondness of foxes for *abura-age*, a kind of *sushi* wrapped up in *aburage* is commonly called *o-inari-san."* Address: Japan.

2695. Hunter, Beatrice Trum. 1967. The natural foods cookbook. New York, NY: Pyramid Books. 368 p. Index. 18 cm.
• ***Summary:*** The content of this paperback edition is almost identical to that of the original 1961 hardcover edition, but the pagination is different. The Introduction by Clive and Jeanette is missing. On the cover of the 19th printing (Jan. 1974) is written: "Over a million copies sold." Address: White Mountains, New Hampshire.

2696. Indonesia. Departemen Portanian [Indonesian Department of Agriculture]. 1967. Mustika rasa; membuat resep 2 masakan Indonesia dari Sabang sampai Merauke [Gems of taste: Indonesian cookery]. Djakarta, Indonesia: Indonesia. Departemen Portanian [IDA]. xi + 1,123 p. Illust. (part color). 22 cm. [Ind]*
Address: Indonesia.

2697. Joshi Eiyo Daigaku (Women's College of Nutrition). 1967. Tôfu, mame, miso ryôri: Jû-ni ka getsu [Tofu, soybean, and miso cookery throughout the 12 months]. Tokyo: Joshi Eiyo Daigaku Shuppan-bu. 226 p. Revised 1973. Illust. Index. 18 cm. [Jap]
Address: Tokyo, Japan.

2698. Keys, Margaret; Keys, Ancel Benjamin. 1967. The benevolent bean. Garden City, New York: Doubleday and Co. 192 p. 2nd ed. 1972. 192 p. See p. 167-77. 22 cm.
• ***Summary:*** The authors include a long chapter titled "Soybeans" (p. 167-77), which starts with a lengthy introduction followed by sections (each with recipes) on: (1) Dried soybeans (including homemade tofu and dry soybeans). (2) Green soybeans. (3) Soy flour. (4) A new soy product (Textured Vegetable Protein). Address: Lab. of Physiological Hygiene, School of Public Health, Univ. of Minnesota, Minneapolis, Minnesota.

2699. Loma Linda University, School of Medicine, Women's Auxiliary to the Alumni Association. 1967. An apple a day: Vegetarian cookery by doctors' wives. Pasadena, California: Typecraft Inc. & WAAA. 296 p. 23 cm. Recipe index.
• ***Summary:*** A Seventh-day Adventist lacto-ovo vegetarian cookbook. Soy-related recipes include: Tofu loaf (p. 51). Soy cheese scallops (with tofu, p. 54). Soyameat–vegetable loaf (with 1 lb. Soyameat Chicken Style, p. 95; many recipes on pages 95-103 use Soyameat, which comes in 13 oz cans or frozen, and is made by Worthington Foods). Roasted soybeans (Nepalese, p. 258). Soy cheese roast (Korean, with tofu, p. 268). Chop Chai #1 (Korean mixed vegetables with

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2 cups soy bean threads, p. 269). Pineapple soy chicken curry (Polynesian, with Chicken Style Soyameat, p. 274). Polynesian soya meat with cling peaches (with Chicken Style Soyameat, p. 274). Address: Loma Linda Univ., School of Medicine, Los Angeles, California.

2700. Nelson, John H.; Richardson, Gary H. 1967. Molds in flavor production. In: Henry J. Peppler, ed. 1967. Microbial Technology. New York: Reinhold Publishing Corp. x + 454 p. See p. 82-106. [17 soy ref]
• ***Summary:*** In this chapter is a section titled "Flavor production by molds in Oriental foods" (p. 94-103) with the following contents: Background, mold species utilized in Oriental foods (*Aspergillus oryzae*, *Actinomucor* or *Mucor* species, *Rhizopus* species, koji culture production, tane koji), shoyu (soy sauce) production, miso (soybean paste) production, sufu (Chinese cheese) production, tempeh production, ragi production, ang-kak (red rice) production.

Introduction to chapter ("Mold-ripened cheese was shipped to Rome from southern France a early as 250 A.D." "Sufu, or Chinese cheese, is produced on a limited scale in Formosa [Taiwan]. Research has laid the foundations for large-scale production of tempeh, an Indonesian fermented soybean food).

Mold-ripened cheese: Background (This type of cheese was first made in France during the Roman era. The name "Roquefort" first appeared in the year 1070. Roquefort is a mold-ripened cheese made from the milk of female sheep {ewes}. The trade association of Roquefort makers is the Société de Roquefort manufacturers), species utilized for flavor production, characteristics of blue cheese flavor, production of mold-ripened cheese, a typical blue cheese manufacturing process. Production of blue cheese flavor by submerged culture techniques: Preparation of inoculum, flavor development, process modifications.

There are many "cheese varieties in which typical flavor development is principally dependent upon the internal and/or external growth of mold. Blue (Bleu, Blue-veined), Gorgonzola, Stilton, Wensleydale, Gammelost, Nu-World, Camembert, Neufchatel, Mycella, Niva and Brie are produced in many nations..." But Roquefort is made only in France.

Note: Roquefort (sometimes spelled Rochefort in English) "together with Bleu d'Auvergne, Stilton and Gorgonzola is one of the world's best-known blue cheeses. Though similar cheeses are produced elsewhere, European law dictates that only those cheeses aged in the natural Combalou caves of Roquefort-sur-Soulzon may bear the name Roquefort, as it is a recognised geographical indication, or has a protected designation of origin."

In 1411 Charles VI granted a monopoly for the ripening of the cheese to the people of Roquefort-sur-Soulzon as they had been doing for centuries.

"In 1925, the cheese was the recipient of France's first Appellation d'Origine Contrôlée when regulations controlling its production and naming were first defined. In 1961, in a landmark ruling that removed imitation, the Tribunal de Grande Instance at Millau decreed that although the method for the manufacture of the cheese could be followed across the south of France, only those whose ripening occurred in the natural caves of Mont Combalou in Roquefort-sur-Soulzon were permitted to bear the name Roquefort" (Source: Wikipedia at Roquefort, Oct. 2011). Address: Dairyland Food Laboratories, Waukesha, Wisconsin.

2701. Sung, Betty Lee. 1967. Mountain of gold: the story of the Chinese in America. New York, NY: Macmillan. viii + 341 p. Illust. Map. Index. 22 cm. Reprinted in 1971. [283 ref]
• ***Summary:*** A carefully researched and well written book about the Chinese in America: their struggle for survival, acceptance, and full participation in American life, from the Gold Rush to the present.

Chapter 9, "Chinatowns," states (p. 149): "The restaurants are powerful magnets... Dinner in Chinatown may also be an occasion to entertain guests or to get together with friends and family... Restaurants in Chinatown cater heavily to Chinese clientele. More than any other reason, the Chinese love of food will prolong the life of Chinatowns. If Chinese food is served at home, the basic ingredients must be purchased from Chinatown, for where else can one buy soy sauce, bean curd, dried mushrooms, snow peas, or bamboo shoots?"

Chapter 12, "Restaurants–A natural inclination" states (p. 206): "Add seasonings of fermented bean curd, salt, and a little soy sauce. Put in just enough water to keep the food from burning. Lower the flame slightly. Cover the frying pan until the water boils (about two minutes)..."

2702. **Product Name:** Tofu.
Manufacturer's Name: Lung Kee.
Manufacturer's Address: 2 Wharf, Fermoy Rd., Paddington, London, England.
Date of Introduction: 1967?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Talk with Craig Sams. 1991. Aug. 24. Starting in late 1967 or early 1968, his macrobiotic natural foods restaurant named "Seed" purchased fresh tofu and [mung] bean sprouts from a Chinese company named Lung Kee on Fermoy Road, Paddington, London, right on the banks of the canal. It was run by one Chinese man who employed about 15 West Indian/Jamaican women who made the foods. Bean sprouts accounted for most of Lung Kee's business. Craig has no idea when Lung Kee started making tofu. Call telephone operator in London. 1991. Aug. 26. Has no phone number listed for Lung Kee in London.

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2703. Wai, Nganshou. 1968. Chung yang yen chiu yüan hua hsüeh yen chin so [Investigation of the various processes used in preparing Chinese cheese by the fermentation of soybean curd with mucor and other fungi]. Taipei, Taiwan: Institute of Chemistry, Academica Sinica. 90 p. Jan. Final technical report. USDA PL 480. Project no. UR-A6-(40)-1. On USDA grant no. FG-TA-100. [24 ref. Eng; chi]
• ***Summary:*** This report is quite similar to (but more detailed than) Wai's 1964 article titled "Soybean cheese." This report may have been published in Chinese as well as in English.

Contents: Summary. Detailed report. 1. Introduction. 2. Results: Manufacture of soybean cheese (description of the process), microbiological investigations, analyses (preliminary analysis, coagulation of soybean protein by calcium ion, changes of protein components during the preparation of soybean cheese, hydrolysis of lipids during aging of soybean cheese, some characteristics of the fungus *Actinomucor elegans*), machines of laboratory scale designed for the preparation of soybean milk and soybean curd used as raw materials for soybean cheese. 3. Discussion. 4. Conclusion. 5. Need for additional research. 6. List of publications. Appendixes. A. Historical (History of tofu in China). B. The ancient process (for making 5 types of sufu, and table showing the composition of each–Rose sufu, Tsao Sufu, Red sufu, Kwantung sufu, and Yunnan sufu).

Appendix C: Report on travel to Hongkong and Kowloon for the collection and investigation of fungi used for the manufacture of soybean cheese, by Shuh-Ming Chang and Shu-Chen Sung, Assistant Research Fellows of Institute of Chemistry, Academia Sinica, Taipei, Taiwan (p. 85-88). From 20-29 June 1964 they visited the following factories and collected mold samples from fresh pehtze: (1) Lo-San-Chi Sauce Factory at Sham-Chui-Po, Kowloon. It produces 3 types of soybean cheese ([fermented tofu]; *Fusu, Nan-su,* and Pepper-*Fusu*), soy sauce, and "other sauced products." A description of the process for making soybean cheese is given. (2) Ming-Jean Sauce Nan-su and Canning Company near Clear Water Bay, Sing-Jea, Kowloon. (3) Chen-Mang-Chi Nan-su Fusu Factory, Chung Ching St., Sai Ying Pung, Hongkong. Sufu is the company's only product. (4) Con-Ho Fusu Factory, Fuk Lo Tsun Road, Kowloon. (5) Kowloon Sauce Company, Queen's Central Road. It makes sufu, soy sauce, and sauced products. (6) Chu-Rong Sauce Factory at Kam Tin, Sing-Jea. (7) Liao-Mar-Chi Fusu Factory, Shanghai St., Kowloon. It is located inside a market and sells tofu and soybean milk at the same time.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the terms "Fusu" or "Nan-su" to refer to fermented tofu.

Summary: Four fungi suitable for making fermented tofu were isolated: *Actinomucor elegans, Mucor hiemalis, Mucor silvaticus,* and *Mucor subtilissimus.* "Although each fungus can be used for the fermentation, *Actinomucor elegans* is the best one. An improved method for the preparation of sufu was devised." It is described. Four different solutions (containing Kaoliang wine or ethyl alcohol, plus salt) were developed. The pehtze (freshly grown fungi on cubes of firm tofu) can be preserved in these solutions for more than one year. The various enzymes and their activities were studied.

Photos (photomicrographs) show: (1) Columella of *Actinomucor elegans.* Magnification 700x. (2) Sporangia of *Actinomucor elegans.* Magnification 180x. (3) Head of *Actinomucor elegans.* Magnification 70x. (4) Columella of *Mucor hiemalis* No. 28. Magnification 700x. (5) Sporangium of *Mucor hiemalis* No. 28. Magnification 700x. (6) Head of *Mucor hiemalis* No. 28. Magnification 70x. (7) Columella of *Mucor silvaticus* 508. Magnification 700x. (8) Sporangium of *Mucor silvaticus* 508. Magnification 700x. (9) Head of *Mucor silvaticus* 508. Magnification 700x. (10) Sporangiophores and sporangia of *Mucor subtilissimus.* Magnification 60x. (11) Sporangium of *Mucor subtilissimus.* Magnification 700x. (12) Columella of *Mucor subtilissimus.* Magnification 700x. (13) Spores of *Mucor subtilissimus.* Magnification 700x.

"The cheese fungi used in Hongkong and Kowloon have been isolated and investigated. The morphological photomicrographs (Figs. 14-17) show that the fungus is the same strain of *Actinomucor elegans* as that used in Taiwan.

(14) Sporangiophores and sporangia. Magnification 180x. (15) Sporangiophores and sporangia. Magnification 180x. (16) Columella. Magnification 700x. (17) Sporangium. Magnification 700x. Address: Principal Investigator, Research Fellow and Director, Inst. of Chemistry, Academia Sinica, Taiwan.

2704. Parsons, Cynthia. 1968. Americans report: Japanese school days. *Christian Science Monitor.* Feb. 3. p. 11.
• ***Summary:*** This article is about three American children who attend regular Japanese school in Kyoto. The instruction is in Japanese. Concerning lunch, one child said: "Today we had fried tofu, an apple, milk, and three pieces of bread with butter." Address: Education educator.

2705. Mattson, Marie. 1968. Visiting a Buddhist monastery at Koyasan. *Chicago Tribune.* Feb. 18. p. H15 or N15.
• ***Summary:*** Koyasan [Koya-san, "Mt. Koya"], "one of the most unusual communities anywhere on earth," is perched atop Mt. Kôya [Koya], in Wakayama prefecture south of Osaka, where it was founded over 1,000 years ago [in 819] by the Buddhist monk Kûkai (known posthumously as Kobo-Daishi), founder of the Shingon sect.

In the community today there are 120 buildings [many quite old] and a resident population of 9,000–making it one of the world's largest religious communities.

"The food at Koyasan is vegetarian, for strict Buddhists do not believe in killing any living thing. This even eliminates eggs... a vegetarian breakfast includes [miso] soup, rice, *tofu* (bean curd, which is a prime source of

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protein), fruits, vegetables, and tea."

Everyone goes to be early in order to be up at 6 a.m. for Buddhist service. Photos show: (1) A pagoda [*Konpon Daitô,* the central point of Mt. Koya]. (2) A wandering Buddhist monk playing his flute. A small map of Japan shows the location of Koyasan.

2706. Loring, Kay. 1968. Front views & profiles: Japanese adventuring. *Chicago Tribune.* March 8. p. C3.
• ***Summary:*** Includes a description to Kamehachi Sushi, a Japanese sushi restaurant in Chicago. Sushi is the most popular of all snack foods in Japan. Every neighborhood of each city in Japan has its tiny sushi bar. Dinner at Kamehachi "began with the traditional soy bean soup [miso soup], delicate and delicious... Also appealing to my taste buds was inari-zushi (soy bean pockets filled with a slightly sweetened rice)." There was also a bowl of "yu-dofu,... delicate bean curd squares. These were served in a bowl of steaming liquid and each person helped himself, transferring the curd to his plate, then dipping each bite of it into a sauce with dried fish base."

2707. McCormick, Sally. 1968. Azuma Sukiyaki House: Now you can enjoy an evening in Japan–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* March 21. p. W10.
• ***Summary:*** "It was a pleasure watching her prepare Beef Sukiyaki... Then soy bean cakes [tofu], dry onions and rice wine were stirred into the pan." Azuma also serves Beef Teriyaki, Chicken Teriyaki, and Salmon Teriyaki. Three photos show Azuma Sukiyaki House.

2708. Saikowski, Charlotte. 1968. America's foods expand Japan's menu. *Christian Science Monitor.* April 19. p. 6.
• ***Summary:*** Orville Freeman, U.S. Secretary of Agriculture, wants to export more American products to Japan. In Tokyo, he and his wife attended the recent "American Festival of Fun, Food, and Fashion." He noted that "The Japanese diet is still low in protein..." which means a great market for American brooder chicks.

"Such traditional Japanese foods as 'miso' (soybean paste), 'shoyu' (soy sauce) and 'tofu' (bean curd) are made for the most part from American-produced soybeans." Address: Staff correspondent.

2709. Saikowski, Charlotte. 1968. America's foods expand Japan's menu. *Christian Science Monitor.* April 19. p. 6.
• ***Summary:*** At the recent "American Festival of Fun, Food, and Fashion" in Tokyo, Japan, officials of the USDA and their wives were on a "buy-American campaign" and on a campaign to encourage Japanese officials to reduce Japan's trade restrictions [such as protective import duties and tariffs]. Mrs. Orville Freeman, wife of the U.S. Secretary of Agriculture, said that America was trying to sell "nutrition, variety, and convenience."

Japan, which does not have enough land to met its own food needs, already depends heavily on America for its food needs, importing nearly $1 billion worth last year. "Such traditional Japanese foods as 'miso' (soybean paste), 'shoyu' (soy sauce), and 'tofu' (bean curd) are made for the most part from" soybeans grown in the United States.

2710. Saio, Kyoko; Koyama, E.; Watanabe, T. 1968. Protein–calcium–phytic acid relationships in soybean. II. Effects of phytic acid on combination of calcium with soybean meal protein. *Agricultural and Biological Chemistry* 32(4):448-52. April. [10 ref]
• ***Summary:*** Many molecules of calcium and phosphorus may be bound by a single protein molecule. More calcium is bound as the amount of phytic acid in the system increases. Address: 1&3. Food Research Inst., Ministry of Agriculture and Forestry; 2. Japan Tofu Assoc.

2711. *Los Angeles Times.* 1968. Mizutaki says sayonara to lengthy meal preparation. May 30. p. G22.
• ***Summary:*** A general recipe for Mizutaki ("water cookery") includes "Bean curd squares (tofu)." The dipping sauce includes "½ cup soy sauce" and "½ teaspoon monosodium glutamate."

2712. Hayashi, Shizuka. 1968. Japanese diets need still more oil and protein. *Soybean Digest.* May. p. 32, 35.
• ***Summary:*** For the first time in 12 years (since JASI started promoting U.S. soybeans in Japan in 1956), Japan's import of U.S. soybeans, figured on a calendar year basis, lost its momentum. In 1967 Japan imported 1.770 million metric tons of U.S. soybeans, down slightly from 1.772 million metric tons in 1966. Fortunately [for the American Soybean Assoc.] total Japanese consumption of oils and fats was 850,000 metric tons, up 11% over 1966–largely due to imports of sunflower seed from the USSR.

A table shows percentage consumption of various oils and fats in Japan in 1966 and 1967, with 1968 projected. For 1967: Soybean oil 32%. Other vegetable oils 42%. Animal fats and fish oils 26%.

The remedy: Three alternatives could turn the tide: (1) Lower the cost of U.S. soybeans to Japanese crushers. (2) Stop the import of competing oilseeds. (3) Increase Japanese consumption of oils.

Almost all of the U.S. soybeans imported to Japan are crushed to make oil and meal. "Of the total 1.77 million tons of U.S. soybeans imported last year about 1.6 million tons [90.4%] went for crushing." Other seeds widely crushed for oil and meal in Japan are rapeseed, sunflowerseed, safflowerseed, kapok, cottonseed, copra, sesameseed, corn, peanut, palm kernel, and rice bran.

JASI must persuade the Japanese government to share its promotional campaigns and programs. "The intake of oil and protein, especially oil, urgently needs to be increased.

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This is the guideline of the Japanese government," which is also encouraging the Japanese people to eat more green vegetables. "The future soybean program needs more emphasis on salad oil, vegetable margarine, and fried tofu (aburaage).

Fried tofu consumes 45% (152,000 tons or 5.5 million bushels) of the total soybeans used by tofu makers. In addition 30,000 tons of soybean oil (from 6.6 million bushels of soybeans) is required to fry aburaage. Fried tofu therefore presently uses a total of 12 million bushels of soybeans. "In fact it is one of the largest of U.S. soybeans. A nationwide campaign to double this consumption needs to be planned. A total of 18,000 sushi shops and 30,000 noodle shops are buyers if fried tofu." A photo shows Shizuka Hayashi. Address: Japanese-American Soybean Inst., Tokyo.

2713. Hurd, Frank J.; Hurd, Rosalie. 1968. A good cook–Ten talents. Chisholm, Minnesota: Published by the authors. Printed by The College Press, Collegedale, Tennessee 37315. 354 p. Illust. Color plates. No index. 22 x 15 cm. Spiral bound. [1 ref]

• ***Summary:*** A very important, pioneering, indeed classic American vegan cookbook, which uses no animal products (except in one chapter at the end titled "Recipes Using Milk and Eggs," "for those who are in the transitional period. However, we encourage all those who still cling to milk and eggs to become acquainted with the facts concerning their use, and become weaned through this process"). Some recipes also use honey.

Contains more than 750 unique recipes (plus color photos), including many innovative soy recipes, including the first recipe for shakes made with soymilk ice cream.

In the Glossary (p. 11-17) are entries for lecithin (p. 13; "A food extracted from the soybean"), soybeans (p. 15-16), and tofu (p. 16), as well as agar-agar, almonds, carob, cashew nut, coconut, dulse, flaxseed, malted nuts (made from peanuts and cashew nuts with dry malt added), nuts, oils, peanut, sea kelp or dulse, sesame seed, and sesame tahini. A color photo (p. 55) shows soy sprouts. Soy-related recipes include: Homemade soy coffee (p. 66). Soybeans milks (p. 69; No. 1 costs $0.06/quart homemade. "Soybean pulp [okara] which remains can be made into various dishes. Try Soy Not-Meat," p. 202; No. 2 uses 1 cup plain soya starter). Banana milk shake (with chilled soy milk, p. 70). Banana carob milk shake #1 or #2 (with soy milk, p. 72). Molasses milk shake (with soy milk, p. 72). Soy-fig milk (p. 72). Milkless milk shakes (with non-dairy ice cream incl. soy milk powder, p. 72-73). Soy yogurt, cultured (p. 73-74; 3 recipes–made from whole soybeans, liquid Soyagen, or soy starter). Soya bread or rolls (p. 80). Vanilla ice cream (with soy milk powder optional, p. 125). Pineapple ice cream (with soy milk powder, p. 127). Banana soya ice cream (with rich soy milk, p. 128). Sesame soy cookies (p. 131, with 1½ cups raw sesame seeds). 7 grain granola (with 1 cup soy flour, p. 156). Easy granola (with soy flour, p. 157). Soy-millet patties or loaf (p. 182). Vegetable-nut loaf (with soy milk, p. 186). Green soy beans (p. 187; dry, green-seeded soybeans). Buckwheat, soy or whole wheat spaghetti (p. 192). Soybean curd #1 (homemade tofu using whole soybeans, curded with Epsom salt, p. 195). Soybean curd #2 (from soy flour, curded with lemon juice, p. 196). The tofu-making process is shown in six black-and-white photos. Ways to serve tofu (p. 196). "Scrambled eggs" (made with tofu, egg-free, p. 196). Tofu loaf (p. 198). Chinese nut loaf (with soymilk, p. 198). Vegetarian chow mein (with soy sprouts, p. 199). Peanut-soymeat (with soy flour, p. 200; steamed for 2-3 hours in greased cans). Soy not-meat (p. 202, with soaked ground soybeans or "the soybean pulp from the soy bean milk. This way the pulp is not wasted" [i.e. okara]). Peanut-soy round (p. 202). Soy meat (p. 203; made with 2 cups homemade gluten, 1 cup toasted ground peanuts, and 1 cup soaked blended soybeans, plus water, seasonings, oil and salt, steamed for 3 hours in greased cans). Soya peanut soufflé (p. 204). Soybean soufflé (p. 204). Tofu & rice croquettes (p. 206).

The chapter titled "Nuts, seeds, olives" (p. 209-20) includes: Glossary of nuts, raw nuts for your enzymes, nut notes, almond butter (king of the nuts), raw nut butters, cashew nut butter, cashew Brazil-nut butter, peanut butter, nut butter clusters, peanuts–oven blanched, dry roasting–soya nuts, malted nuts, browned sesame seeds, seed cereal topping (sunflower seeds, sesame seeds, flax seed), peanut butter-seed spread (tahini, sunflower seeds), peanut butter balls, simple sesame squares, sprouted sunflower clusters, olives, tree chestnuts, roasted chestnuts, roasted chick peas.

Green soy bean salad (p. 234; probably dry, green-seeded soybeans). Soybean sprouts salad (p. 234). Tofu cheese salads (p. 235). Tofu sun faces (p. 236). Pineapple tofu salad (p. 245). Pineapple tofu cottage cheese (p. 246). Lo-fat salad dressing (with soy yogurt, p. 251). Soy mayonnaise–eggless (4 types, p. 252-53). Soy butter (made with soybean flour, lightly dextrinized, p. 262). Soya starter (made with soy flour, p. 262). Soya yeast sandwich spread (p. 263). Super sandwich spread (with soybean pulp [probably okara, see p. 69], p. 264). Pimento-soy chee spread (p. 265). Sour cream–soy (p. 270). Soy whipped cream (p. 271; whirl in a blender ½ cup each soybean milk and soy oil, plus 1 tablespoon honey, ¼ teaspoon vanilla, and a pinch of salt). Tartar sauce, cheese (with soy mayonnaise and tofu, p. 273). Sprouts (p. 291-95). Fresh cucumbers with soy sour cream (p. 304). Celery and green soyas (p. 312; "2 cups green soy beans, frozen, canned, or fresh." Probably means green vegetable soybeans). Soya starter (base, made with soy flour, p. 326; keep a jar ready for quick use in making tasty spreads, milk and cream, mayonnaise, a binder when nut butter is not available. Dextrinizing the soy flour gives this Soya Starter a nutlike flavor).

Talk with Rosalie Hurd. 1991. June 3. *Ten Talents* is

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now going into its 44th printing. More than 250,000 copies have been sold. The latest was published by College Press in 1985. The first edition was published in May 1968. Frank, originally a chiropractor, is now a medical doctor. The Hurds now live most of the year in Fountain City, Wisconsin, where they run Alpine Springs, a live-in lifestyle program and center on 585 acres of land offering treatment and education in natural health.

Note 1. This is the earliest cookbook seen (May 2006) that contains a recipe for soy sour cream. For the basic recipe: Pour 3/4 cup soy bean milk into a blender. Gradually add 3/4 cup soy oil until desired thickness is reached. Stir in 1-2 tablespoons lemon juice and ¼ teaspoon salt. Chill. "Delicious on fresh cubed cucumbers with a dash of dill." An alternative recipe calls for the use of: ½ cup soy starter (not dextrinized, see p. 69, 262), ¼ cup water, and ½ teaspoon honey.

Note 2. This is the earliest English-language document seen (Nov. 2003) that contains the word "Soymeat" (p. 200), or the term "Soy Not-Meat," or the term "Soy Meat" (p. 203) as a recipe name.

Note 3. This is the earliest dated English-language document or book seen (Sept. 2012) that contains the modern term "Soy yogurt."

Talk with Rosalie and Dr. Frank Hurd. 2005. Feb. 9. Both have moved to Oregon to warmer weather. They have a daughter there. *Ten Talents* is now in its 48th printing. They are working on a revision. He was born in March 1936 and she in April 1937.

Talk with Rosalie Hurd. 2009. Jan. 19. Frank is still working as a doctor and she as his helper. They are both in good health. The greatly enlarged 40th anniversary edition of *Ten Talents* has been published and is now available.

The term "Ten Talents" comes from the teachings of Ellen G. White: "The one who understands the art of properly preparing food, and who uses this knowledge, is worthy of higher commendation than those engaged in any other line of work. This talent should be regarded as equal in value to ten talents; for its right use has much to do with keeping the human organism in health. Because so inseparably connected with life and health, it is the most valuable of all gifts" (Ellen G. White, *Counsels on Diet and Foods*, p. 251). Address: 1. D.C. [Doctor of Chiropractic]; 2. B.S. Both: Box 86A–Route 1, Chisholm, Minnesota 55719.

2714. Watanabe, Bunzo. 1968. The Japanese oilseed processing industry. *Soybean Digest.* May. p. 36, 38.
• ***Summary:*** Tables show: (1) Imports of soybeans to Japan during calendar year 1967 by country of origin: USA 81%, Red China 19%, Other countries 1%. Total imported: 2,169,000 metric tons (79,710,000 bushels). (2) Consumption of edible refined oils and fats in Japan (1963-1967). Per capita consumption rose from 13.58 lb in 1963 to 18.08 lb in 1967. (3) Total oils and fats production in Japan (1963-1967), imports and domestically grown, by oilseed type. Soybeans are by far the most important oilseed, followed by rapeseed. Rice bran is the main domestic source of oil. (4) Consumption of soybeans in Japan classified by utilization (1963-68, 1,000 metric tons). The following figures are for 1968 (1,000 metric tons): Crushed for oil 1,739. Foods: Tofu and aburage 294. Miso 170. Natto 50. Frozen tofu 40. Shoyu 15. Kinako 13. Other 70. The total used for food grew from 497 in 1963 to 652 in 1968.

Photos show: (1) American Soybean Association (ASA) executives seated around a table holding chopsticks at tempura luncheon with Mr. Watanabe, who is president of the Japanese Oilseed Processors Association, and other Japanese oilseed officials. From left, Shohei Takai, managing director Japan Oilseed Processors Association (JOPA); S. Yamada, manager oils and fats division, Ajinomoto Co., Inc; Scott Sawyers, ASA country director in Japan; Chet Randolph, ASA executive vice president; Mr. Bunzo Watanabe; and Hiroshi Higashimori, chief secretary JOPA. Tempura is a substantial outlet for soybean oil. (2) Portrait of Bunzo Watanabe. Address: Japanese Oilseed Processors Assoc., Japan.

2715. Shinoda, Osamu. 1968. O-tôfu no hanashi [The story of tofu]. *Rakumi* 6:4-8. June. [Jap]*
• ***Summary:*** An exhaustive search of the early Chinese food literature leads the author to believe that the world's earliest reference to the word *dofu* appears in the *Qing Yilu / Ch'ing I Lu* (Jap. *Seiiroku*), written by T'ao Ku in about A.D. 950, just before the Sung dynasty. This was more than 1,000 years after the supposed discovery of tofu by Liu An prior to 122 B.C. Address: Japan.

2716. Saio, Kyoko; Watanabe, Tokuji. 1968. Daizu shokuhin no bisai kôzô [Observations of the minute structure of soybean foods, as seen under an electron microscope]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 15(7):290-96. [8 ref. Jap]
• ***Summary:*** Of the electron microscopic pictures taken in the investigation on protein bodies and the protein in soybean seeds, some were presented to elucidate their fine structures and their changes in processing. No change in protein bodies and spherosomes in intact cells of soybean cotyledons occurred as a result of soaking in water overnight, while remarkable changes, such as bursting of protein bodies, curdling of their protein in mass without dissolving, and converting of spherosomes into rather large oil droplets, were observed after successive heat-steaming and fermentation with *Bacillus natto.* In tofu gel, a network is formed with protein microgranules, and oil droplets located in groups along it. The meshlike structure of the fresh tofu used to make dried frozen tofu (kori-dofu) is denser than that of ordinary tofu. During freezing, protein microgranules are localized and denatured by the growth of ice crystals (from

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the online abstract at http://www.journalarchive.jst.go.jp/english/).

This is the earliest document seen (Jan. 2012) that describes the use of an electron microscope to examine soyfoods. Address: Food Research Inst., Ministry of Agriculture & Forestry, Koto-ku, Tokyo.

2717. Murphy, Jean. 1968. Indonesian fare: Time is worth it. *Los Angeles Times.* Sept. 5. p. J8.
• ***Summary:*** Cooking Indonesian recipes typically takes more time than Western or even Chinese recipes. A recipe for Vegetable & shrimp soup calls for "1/8 bean cake (tofu), finely sliced." A recipe for "Pork sate (Saté babi manis)" calls for "1 tablespoon sweet soy sauce (ketjap benteng)."

2718. Associated Press (AP). 1968. Tofu is good for you. *Hartford Courant* (*Connecticut*). Sept. 29. p. 9E.
• ***Summary:*** Los Angeles (AP)–Tofu? Americans are familiar with many Japanese words such as sukiyaki, sayonara, jiujitsu [jujitsu], karate, etc. "But what or who is tofu?" Defined in the simplest terms "tofu is a soybean curd cake. It is of Japanese origin [sic; "tofu" is a Japanese word, but the food was invented in China] and is produced as a staple in Japan and many other Asian countries."

Although "tofu" is far from becoming a household word in America, "the number of Americans eating the product appears to be increasing, at least in Los Angeles.

"The sale of more than one million packages of tofu last year is an increase of 15 per cent over the previous year."

Although it is a good source of protein, it is low in cost, retailing for only 39 to 40 cents for a 20 3/4 inch package [= 30.5 cents a pound].

Two local hospitals serve it to heart patients as a substitute for meat.

Describes briefly how tofu is made. In America it is best known as white cubes in sukiyaki or as the "curd cake in clear soup."

2719. Sawyers, Scott. 1968. The soybean market in Japan, Taiwan, and Korea. *Soybean Digest.* Sept. p. 68, 70-72.
• ***Summary:*** The American Soybean Assoc. office in Japan, known as the Japanese American Soybean Institute, has concentrated on mass media and consumer promotions to increase the utilization of soybean oil, meal, and traditional foods prepared from soybeans. In Japan, this means liquid cooking oil, tempura oil, salad oil, vegetable oil margarine, miso, tofu, and soy sauce. Also, the growing preference for more meat, milk, and eggs in the Japanese diet requires the use of more soybean meal to support an expanding livestock and poultry industry. Efforts were made to popularize two slogans: "Take Oil Once a Day for Foods Cooked with Vegetable oil." And: "Take Oil for Health, Stamina, and Vitality." The key focus is to encourage the Japanese to consume more soy oil in their diet. A portrait photo shows Scott Sawyers. Address: Country Director, Japanese American Soybean Inst.-American Soybean Assoc., Tokyo.

2720. McCormick, Sally. 1968. Azuma Sukiyaki House: Dine graciously in the Oriental manner–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* Oct. 24. p. G17.
• ***Summary:*** "Other Japanese dinners worthy of trying are New York Steak Teri-Yaki, Filet Mignon Teriyaki, Chicken Teri-Yaki, Fresh King Salmon Teri-Yaki, marinated in soy sauce and Mirin Sake and charcoal broiled, Fresh Rainbow Trout, charcoal broiled Sansho-Miso-Yaki style, Maine Lobster tail Teri-Yaki or Curry Yaki, Tuna or Sea Bass Teri-Yaki or Shio Yaki."

The dinner menu prices range from $4.35 to $6.15.

"The menu also features many side dishes with such exotic names as Cold Tofu, Miso Shiru, Chawan Mushi and many more."

Contains three photos featuring women taken inside the restaurant.

2721. Chen, Philip S.; Chen, Helen D. 1968. Soybeans for health, longevity, and economy. 3rd ed. South Lancaster, Massachusetts: The Chemical Elements. xii + 242 p. Nov. Illust. Index. 21 cm. 1st ed. 1956. [24 ref]
• ***Summary:*** This book is identical to the original 1956 edition, third printing. Address: 1. Prof. of Chemistry, Atlantic Union College, South Lancaster, Massachusetts; 2. National Science Foundation Fellow, Cornell Univ.

2722. Chen, Philip Stanley; Chen, Helen D. 1968. Soybeans for health, longevity, and economy. 3rd ed. St. Catharines, ONT, Canada: Provoker Press. ix + 242 p. Illust. Index. 21 cm. [24 ref]
• ***Summary:*** This is a reprint of the 1956 edition published by The Chemical Elements (South Lancaster, Massachusetts)–except that Appendix B has been updated using the 1961 Soybean Blue Book.

On the copyright page is a detailed print history of this book: Copyright 1956, 1962 Philip Chen. Second printing, April 1957. Third printing, June 1959. Second edition, Jan. 1962. Third edition, Nov. 1968. Second printing, July 1970. Third printing, July 1975. Address: 1. Head of the Chemistry Dep. and Chairman of the Div. of Biology and Chemistry, Atlantic Union College, South Lancaster, Massachusetts; 2. National Science Foundation Fellow, Cornell Univ.

2723. Shinoda, Osamu. 1968. Tôfu-kô [Thoughts / treatise on tofu]. *Fuzoku* (*Historical Review of Manners and Customs*) 8(11):30-37. Nov. [10 ref. Jap]
• ***Summary:*** An exhaustive search of the early Chinese food literature leads the author to believe that the world's earliest reference to the word *dofu* appears in the *Ch'ing I Lu* (Jap. Seiiroku), written by T'ao Ku in about A.D. 950, just before the Sung dynasty. This was more than 1,000 years after the

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supposed discovery of tofu by Liu An prior to 122 B.C.

Shinoda (born 1899, and considered by many to be Japan's greatest modern food historian) believes that after the middle of the T'ang dynasty (i.e., after about A.D. 750), the Chinese, who still had no dairy animals, began to make tofu instead of dairy cheese. By the start of the Sung dynasty in A.D. 960, tofu was popular all over China. After publication of the *Ch'ing I Lu*, reference to tofu began to appear in many other Chinese works.

On p. 35 of this article is a table showing the 12 earliest known Japanese documents that mention tofu. The table contains three columns: (1) The title of the document in Japanese. (2) The year it appeared. (3) The name given to tofu in the document (for example, Tofu-jiru, or shirakabe, or dengaku).

The following is our best effort to romanize and translate these. (1) *Kagenki.* [Record]. 1238. Taufu-jiru. (2) *Gion shigyô nikki* [Diary of the execution of Gion]. 1350. Mori. (3) *Inryôken nichiroku* [Daily records of Inryôken]. 1437. Dengaku. (4) *Jinson Daisôjô ki* [Record of Jinson Daisôjô]. 1457. Tôfu. (5) *Oyudono no Ue no nikki* [Diary of Oyudono no Ue]. 1477. Oden. (6) *Gohôkôin Konoe Masaie ki* [Record of Gohôkôin Konoe Masaie]. 1479. Shirakabe. (7) *Ninagawa Chikamoto ki* [Record of Ninagawa Chikamoto]. 1483. Shirakabe. (8) *Shoken nichiroku* [Journal of Shoken]. 1486. Dengaku. (9) *Inryôken nichiroku* [Journal of Inryôken]. 1487. Mura Dengaku. (10) *Rokuon nichiroku* [Journal of the Deer Garden]. 1489. Tofu. (11) *Tsuneatsu Hôin nikki* [Diary of Tsuneatsu Hôin]. 1532. Tofu. (12) *Shishinki* [Record of my heart]. 1534. Tengaku. Address: Japan.

2724. Claiborne, Craig. 1968. The banquet began with 4 kinds of eel. *New York Times.* Dec. 21. p. 42.
• ***Summary:*** Taipei, Taiwan–Chinese cooking is now "enjoying its greatest prestige in the history of the West." Yet it is ironic that when Americans think of Chinese cookery, they rarely think of Taipei or Taiwan.

When the instructor at a Chinese cooking class at the local Y.M.C.A. "used tofu, the common bean curd ingredient so frequent in Chinese cooking, a knowledgeable and well-oriented young American housewife told the story of how one of the military wives remarked: "'You can't even buy that here; at least we can't find it in the P.X.'"

Note: P.X. stands for "post exchange," a store operated by the Army and Air Force Exchange Service on US Army posts.

Claiborne also describes a traditional Shanghai restaurant, the Tung Sheng Lou, at 29-4 Jong Hwa Rd. in Taipei. They serve various unique dishes including "bean curd with 1,000-year-old eggs..." Crab "dipped into an excellent sauce of soy, vinegar and ginger. Followed... by an extraordinary and wonderfully inventive dish of fresh pork cooked with fermented bean curd and fresh spinach."

2725. **Product Name:** Tofu: Soy Bean Cake.
Manufacturer's Name: Azumaya Inc.
Manufacturer's Address: 855 Golden Gate Ave., San Francisco, California.
Date of Introduction: 1968.
Ingredients: Soy beans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 21 oz (1 lb. 5 oz.) packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

New Product–Documentation: Label. 1978, dated. 4 x 4.75 inches. Dated 1978. Red and blue on white. Azumaya logo. Little bean logo saying, "Hi, I'm Li'l Soy."

Profile: Azumaya tofu company. 1983. *Soyfoods.* Summer. p. 34-37. Azumaya started selling packaged tofu in about 1968.

2726. Camargo, R. de. 1968. Tecnologia de alimentos ricos em proteina vegetal [Technology of foods rich in vegetable protein (Abstract)]. *Simposio Brasileiro de Alimentacao e Nutricao, Anais* (*Recife*) 2:151-52. Recife: Universidade Federal de Pernambuco. [Por]*
Address: Brazil.

2727. Fukushima, D. 1968. High-protein food products. In: Proceedings of the Western Hemisphere Nutritional Congress II. See p. 95. *

2728. Kawashima, Masao. 1968. Kôri-dôfu seizô ni okeru saikin no gijutsu-teki shomondai [Various recent technical problems in dried-frozen tofu production]. *Shokuhin to Kagaku* (*Food and Science*) 10(8):41-50. Illust. [Jap]
Address: Habutae Tofu K.K.

2729. Piquin, Alberto. 1968. Soja: cultivo del futuro argentino [Soybean: The crop of the future in Argentina]. *Revista de la Bolsa de Cereales* (*Buenos Aires*) No. 2811. p.

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38-43. [8 ref. Spa]
• ***Summary:*** Contents: Introduction. Characteristics of the species. Early history in Argentina (from 1956). Quality of the raw material. Uses of soybeans: The plant (green forage, green manure, silage), green vegetable (*grano verde*), whole dry soybeans, vegetable milk (incl. curds, dry powder, condensed), powdered milk, flour, oil. Labor requirements. Varieties suited for 5 ecological zones in Argentina. Mechanical harvesting. Introduced varieties. Diseases and insect pests. Yields. Promotion of cultivation. Address: Ing. Agr., Coordinador Nacional Programa Soja, Salta, Argentina.

2730. Borgstrom, Georg. 1968. Principles of food science: Food microbiology and biochemistry (Vol. 2). New York, NY: Macmillan. xiv + 473 p. Index. 26 cm. [9 ref]
• ***Summary:*** In Chapter 4, "Fermentation," is a section titled "soybeans" (p. 110-12) which discusses: Tofu or teou-fu, miso, sufu, natto, tempeh, taotjo and ketjap (shoyu / soy sauce).

"Frozen tofu (kori tofu, or koya dofu) is tofu that has been frozen for several weeks and dried. Aburage is fresh tofu dried in deep fat. Namage is fresh tofu that has been surface-fried."

In Chapter 10, "Trends in food utilization," is a section titled "Soybean" (p. 297-301) which discusses: Soybean products and fermented products ("These foods are all rather unknown among Western peoples, although they are eaten by millions of people and constitute some of the most common foods on earth." Yet some "typical oriental soy foods," such as tofu and tempeh, are finding acceptance in the West. One soy product that is widely used in most parts of the world is soy sauce. Soy flour and soy grits were first made commercially in the USA in the early 1930s. Milk made from the soybean is important in China {see Vol. I, Chap. 15}. Fermented products include taotjo, soy sauce or ketjap). Soybean protein, including soybean oil and defatted soybean oil meal (In 1961, 9.5 million tons of soybean oil meal was used in the USA, mainly for animal foods, with special grades used for food and industrial products, such as isolated soybean protein. Purified proteins extracted from dehulled and defatted meal, when toasted, are used in "Civil Defense emergency rations" and by the "international organization Meals for Millions." Some 90% of the processed soybean oil in the USA now goes into food uses. Soybean oil is now the most important ingredient in oleomargarine {see Fig. 10.1}. About one-third of the soybeans moved off the farm are exported; Japan is our biggest customer {taking about 57%} followed by Western Europe {27%}, Canada {8%} and Israel {5%}). Soybean uses (Despite its nutritive value, "the soybean is not looked upon with favor in many areas" for two main reasons: it does not soften well during cooking and it is difficult to digest. Many other legumes share these problems, but they are generally require less cooking. When soy flour is used, alone or with cereal flours, the drawbacks almost vanish. "Soybean milk is not comparable to animal milk or human milk except in protein content." And it usually has an unpleasant, bitter taste, but this can be removed at least cost by bulk processing. When soybean curd is made in the typical way, "many nutritious components are lost," yet it is easy to digest. Soy sauce can be used only as a condiment because of its high salt content. Germinated soybeans make an excellent vegetable, which is rich in vitamin C).

Table 10-1 (p. 300) shows utilization of soybean oil (in millions of pounds) (1947-49 to 1967). The columns are: Shortening (the largest use and steadily increasing), margarine, cooking, salad and other edible oils (No. 2), total for food uses, total nonfood uses.

Toasted soy protein (Made by General Mills, starting in Belmont, Iowa, and named Hi-Pro and Protein Plus. "The Belmont plant has been running at capacity to supply for American Civil Defense stockpiling of toasted soy protein"). MPF (Multi-Purpose Food) made by a joint venture between General Mills and the Meals for Millions foundation. Gelsoy (the "first vegetable protein found to have gelling properties"). Promine (an edible soy protein). Fibrotein (soy protein spun into filaments). Soybean oil (The initial purpose of the U.S. soybean crushing industry was to obtain oil. The residual meal was considered virtually useless).

Chapter 13, titled "The world food issue," is about world hunger, which is "an ever-present specter for 2.3 billion people of the present world population of 3.4 billion." These people are concentrated largely in warm parts of the globe. Also discusses "protein malnutrition" (the main problem) and the need for more animal protein. North America has an animal protein "intake nine times that of the Far East." A section on "Plant milks" (p. 428-29), which are made from pulses and cereals, includes a subsection titled "Soybeans" which begins: "Soybeans form the basis of the most widely used and successful plant milks in China, Hong Kong, Indonesia, and the Philippines. Such milk has recently become available in Europe and the United States, primarily for clinical purposes"–for children allergic to the proteins in cows' milk.

Notes: Many references, divided into English and non-English, books and papers, are given at the end of each chapter. Address: Michigan State Univ.

2731. David-Pérez, Enriqueta. comp. and ed. 1968. Recipes of the Philippines. Philippines: Zone Printing Co. xiv + 170 p. Plus 8 leaves of plates on unnumbered pages. Illust (some color). No index. 23 cm.
• ***Summary:*** Mentions *tokua* [tofu, also spelled *tokwa*] as an ingredient in Lumpia. The glossary (p. 169-70) mentions: "Misu–paste made of fermented rice and soy beans." "Tajure–fermented soy beans, caked." [brine fermented tofu]. "Tausi–fermented soy beans (fermented black soybeans)." "Tokua–soy bean curd [tofu]." Address: Philippines.

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2732. Hahn, Emily. 1968. The cooking of China. New York, NY: Time-Life Books. 206 p. Illust. (many color photos). Index. 28 cm. Series: Foods of the World.

• ***Summary:*** Another superb work in this superlative series from the editors of Time-Life Books. This book is about cooking in China, where the author lived (in Shanghai), before the 1949 Communist revolution.

Contents: Introduction: The cooking of the world's oldest civilization. 1. An ancient and honorable art. 2. "Chinese cooking" in your own kitchen. 3. Secrets of savor and spice. A reverence for good food. 5. Oriental staff of life. 6. Gentle teas and strong spirits. 7. Feasts for festivals. 8. A cuisine for all continents.

China, the world's oldest existing civilization, has the world's most ancient cuisine–as well as one that is both great and profound (p. 6). When the Red Guards of China's Cultural Revolution appeared in the 1960s, they "attacked every symbol of what they regarded as bourgeois culture. Among the targets in Peking were the city's fine restaurants." In the process they destroyed much of China's culinary heritage–but only inside of China (p. 7). An article by Peggy Durdin in the *New York Times* was titled "Mao's great crime against cuisine" (p. 184). Chinese food is, of course, about life, but it is also about health, and it can resonate on numerous symbolic levels (p. 7).

The southern provinces of China, Fukien, Kwantung, Yunnan, and Kwangsi, enjoy tropical temperatures year round and more than 80 inches of rain. Here rice is the main crop. Yet China is a mountainous country, with 60% of its land at elevation 6,500 feet or higher; only 11% of its land can be cultivated (compared with 80% in the USA) (p. 10). Fukien, a coastal province to the south, makes the best soy sauce in China, and stewing is called "red cooking" because of the color imparted by the soy sauce (p. 16, 42).

Vegetable oil is very important in China because the Chinese rarely use butter (p. 29). "For protein the Chinese depend heavily on the soybean, which has for this reason been called the cow of the East." Soybean oil is used for cooking. Soybean milk is a good substitute for cow's milk. And "doctors, even Western doctors–prescribe it for babies who cannot get mothers milk and are allergic to cow's milk" [sic]. From soymilk one can make "bean curd, an exceptionally high-protein food known in China as 'the meat without bones.'" Bean curd is made by curdling soybean milk with gypsum, then pressing the curds into pieces about 3 inches square by ½ inch thick. "The thickened curd skin [sic, yuba] is a food by itself, with a more concentrated flavor. Fermented bean curd [fermented tofu] tastes much like cheese." Both soy and mung-bean sprouts are used in China, "In one form or another the soybean can be found in dishes eaten at every meal" (p. 29).

A two-page color photo spread and legend (p. 61-63) shows (numbered) basic Chinese ingredients, incl. "13. Fresh bean curd. 14. Dried bean-curd skin" [yuba]. Buddhist monks and nuns in China are strict vegetarians; special foods that simulate meat have been developed for them. These include vegetarian "duck made from crisp beancurd skin, colored and shaped to look like the bird's flesh" and "chicken roll in *hoisin* sauce, the 'chicken' made of soft soybean curd" (p. 64, 67, 70).

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "beancurd skin," apparently to refer to yuba.

A full-page color photo and legend (p. 74-75) shows (numbered) Chinese sauces and condiments, incl. "1. *Hoisin* sauce. 3. Soy sauce. 8. Yellow-bean paste, or thick bean sauce. 11. Fermented black beans. 14. Red bean [azuki] paste." "Among the best known of Chinese seasonings is soy sauce, which was mentioned in several Confucian classics as early as the Fifth Century B.C." [sic]. Other condiments made from soybeans are bean paste (for preserving and flavoring meat) and *hoisin* sauce (widely served with Peking duck). "It is said that the best grades of soy sauce can take as much as six to seven years of aging to reach perfection, and that the making of superb soy sauce requires 'as much art in its preparation as good French wines"' (p. 74-75, 77).

The controversy over M.S.G. is discussed. "A really god Chinese chef considers it a questionable shortcut for giving taste to second-rate foodstuffs, but most Chinese cooks admit that its use in certain dishes is perfectly valid" (p. 77-78).

The emperor Chien Lung (1735-1796), 4th ruler in the Manchu [Qing] dynasty, wrote an *Ode to Tea* (p. 91). In China there is an intimate association between eating and health (p. 91).

Recipes: "Steamed bass with fermented black beans *Tou-shih cheng hsien yu* (with "2 teaspoons fermented black beans," soy sauce, Chinese rice wine, and shredded fresh ginger root, p. 104).

Most festivals (each with a feast) in China are based on events of agricultural importance; the two most important are New Years and the Moon Festival (p. 155, 162, 164-65). A Peking duck is "brought to the exact degree of plumpness and tenderness through force-feeding," then roasted slowly, suspended by hooks, in a mud-lined oven "until the thick, fat skin becomes golden in color. This crackled skin is the choice part of the dish." The skin, a piece of the meat, a spring onion, and thick, sweet hoisin are served enfolded in a thin wheat-flour "pancake" (p. 158, 15).

The history of chop suey (unknown in China) and chow mein (had an honorable origin in China) are discussed (p. 178-79).

The first wave of Chinese to America came with the gold rush and transcontinental railway. Most were laborers from southern China. The first Chinatown in the USA was established in San Francisco (1850s), followed by New York City (Manhattan, 1870s). Most early American Chinese restaurants reflected their social status, serving inexpensive

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foods. In the early 20th century, as China's Republican revolution was gaining momentum, a second wave arrived to study. These young people, also mostly from southern China, came from far more prosperous backgrounds than those in the 1st wave and they wanted better food. Restaurants were started or upgraded to suit their tastes. Thus, it "was the southern school of cookery that first spread over the world outside China" (p. 179).

China has three great regional cuisines: Cantonese (southern), northern, and Szechuan (p. 179). Six photos show "The Americanization of the fortune cookie: Assembly line at a factory in New York City's Chinatown." A two-page spread shows many of the "fortunes" found in fortune cookies (p. 195-97).

"A guide to ingredients in Chinese cooking" (p. 198-99) includes: Bean curd, fresh: Square. Bean-curd skin [yuba] ("Thin stiff sheets of dried bean curd. Sold by weight... {5 to 6 sheets weigh about 1 ounce"}). Bean sprouts ("Young sprouts of the mung bean"). Black beans, fermented ("Strongly flavored, preserved black soybeans." Sold in cans or plastic bags). Brown bean sauce ("Thick sauce made from fermented yellow beans [huang dou = yellow soybeans], flour and salt. Sold in cans of 1 pound or more"). Hoisin sauce ("Sweet, brownish-red sauce made from soybeans, flour, sugar, water, spices, garlic and chili for use in cooking. Sold in 1-pound cans and up"). Oyster sauce ("Thick brown sauce with a rich flavor, made from oysters, soy sauce and brine"). Red bean paste ("Thick, sweet paste made from red soybeans" [sic, azuki beans]). Salted eggs and thousand-year eggs. Sesame seeds and sesame seed oil. Soy sauce ("Pungent, salty, brown liquid made from fermented soybeans, wheat, yeast [sic, mold] and salt"). Vegetable steak ("A vegetarian food that looks like a small beefsteak but is made from wheat gluten. Sold in cans"). Address: Author, lives in England with her husband.

2733. Hahn, Emily. 1968. Recipes: The cooking of China. New York, NY: Time-Life Books. 119 p. Illust. (many color photos). Index. 23 cm. Series: Foods of the World. Revised ed. 1973, 1980, 1981. [1 ref]
• ***Summary:*** A recipe for "Shua-yang-jou–Mongolian fire pot (rinsed lamb)" (p. 28-29) calls for "1 tablespoon fermented red bean curd, mashed."

Note: This is the earliest English-language document seen (Oct. 2011) that contains the term "red bean curd" or that uses the term "fermented red bean curd" (or "fermented red beancurd") to refer to red fermented tofu.

The excellent "Guide to ingredients used in Chinese cooking" (p. 115-19) is identical to that found in the larger companion volume, *The Cooking of China* (Hahn 1968, p. 198-99). Address: Author, lives in England with her husband.

2734. Hawkes, Alex D. 1968. A world of vegetable cookery: An encyclopedic treasury of recipes, botany and lore of the vegetable kingdom. New York, NY: Simon and Schuster. 274 p. See p. 213-14. Illust. by Bill Goldsmith. 29 cm.
• ***Summary:*** The section titled "Soybean" focuses on green vegetable soybeans, noting: "In the Orient and increasingly in such places as Hawaii and California in this country, green Soybeans are for sale as a fresh vegetable. The plants have pod-laden branches, each short, narrow, very hairy pod containing three or four edible seeds. The fresh Soybean pods are washed, then boiled in lightly salted water until they are soft. Drained, they are seasoned to taste with soy sauce and a bit of sugar, then served, the beans being shucked from the pods at table."

There is a casserole recipe named "Miss Diddley's Green Soybeans." Also discusses briefly dried soybeans, roasted soybeans "ground into a meal and into flours of various degrees of coarseness [roasted soy flour] and "even used as a substitute for coffee, sprouted soybeans (a recipe is given for "Soybean Sprouts Cantonese"), soy oil, soy sauce, tofu, and miso. The author notes: "I often prepare my own version of *miso,* using dried navy or other white beans (see p. 44), instead of utilizing the commercial imported variety."

"Tôfu is the curd of cooked, mashed white soybeans, which has been precipitated, then pressed into cakes. It is perishable, hence most conveniently bought in cans, water-packed. The rather soft but firm cakes–sometimes baked or even fried prior to canning, and respectively known as *yakidôfu* and *aburage*–have a bland flavor, vaguely reminiscent of a custard. It is just this suavity which makes *tôfu* so valuable, since it quickly absorbs the flavors around it in such things as soups, sukiyaki, and mizutaki, yet retains its exceptionally pleasant substance. *Tôfu* is to be found in many of our domestic markets, imported from Japan. With its high content of readily digestible protein, it should be better known by all Americans."

2735. Jones, Dorothea Van Gundy. 1968. The soybean cookbook: Adventures in zestful eating. New York, NY: Arc Books, Inc. ix + 240 p. Foreword by Ruth Stout. Index. 21 cm.
• ***Summary:*** This lacto-ovo-vegetarian cookbook is identical to the original 1963 paperback edition by the same title except that this is a hardcover edition and the publisher is listed as Arc Books rather than Arco Publishing. The publisher's address is the same. Address: Arlington, California.

2736. Kikkoman Shoyu K.K. 1968. Kikkôman Shôyu shi [History of Kikkoman Shoyu]. Noda, Japan: Kikkoman Shoyu K.K. 804 p. Illust. No index. 26 cm. [113 ref. Jap; eng+]
• ***Summary:*** This is the third (and best) major history of Kikkoman, written largely by Mr. Morio Ichiyama. Contents: Preface. I. Overview–1. Fermented foods. 2. Japanese shoyu. II. Present status: 1. Overview of Noda (p. 15): Location,

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overview photo of city area. 2. Main building and facilities (p. 18): Main office, Tokyo branch, Osaka branch, plant No. 7, Kansai plant, inside the fermentation plant, bottling plant, sake making plant, food manufacturing plant, Goyo Gura traditional shoyu facility, Central Research Center. 3. The distribution and view of the buildings (p. 36): Distribution chart of the main buildings in the Noda area, view of the plant, water providing facility. 4. Products (p. 41): Shoyu, products made by food manufacturing department and sake brewing department. 5. Sales and marketing (p. 44): Domestic, overseas. 6. Welfare facilities (p. 48): Health center house, attached hospital, cultural gymnasium, dormitory and company housing quarters. 7. Connected enterprises (p. 50): *K.K. Senshûya* (*Chiaki*), foundational juridicial person / (*kôfûkai*), foundational juridicial person / (*Noda Sangyo Kagaku Kenkyusho*), *Sôbu-Tsûun K.K.*, Kikkoman International, Inc., Tone Coca-Cola Bottling Co., Kikko Food Industry K.K., Seishin Seiyaku K.K. (pharmaceutical company), Mann's Wine K.K. 8. The staff members (p. 58).

III. History. 1. The history of shoyu (p. 61): History of shoyu, origin of character meaning shoyu, Daishokuzen and Shoin, Zashin of Shoin, the beginning of shoyu exports (p. 76), the first shoyu plant overseas, shoyu which was protected by the Lord of the Han (*Hanko*), references to Noda Shoyu in literature. 2. Trademarks (p. 86): The change of trademark, the origin of the Kikkoman trademark. 3. Management of the organization (p. 91): Changes in organization, changes in management, changes in bookkeeping. 4. Production (p. 118): History of the method, raw materials, processes, containers, sauce, new seasonings, various kinds of sake. 5. The plant (p. 231): Noda plant, Kansai (Osaka-Kyoto area) plant, sake making plant. 6. Research center (p. 265): History of the research center, achievements. 7. Businesses (p. 269): Sales, wholesale, business customs, export, transportation, prices, advertising, business offices, overseas activities. 8. Labor (p. 375): Changes in labor conditions, the labor union, labor relations board. 9. Welfare (p. 393): Health insurance union, medical facilities, dormitories for single workers and company housing quarters, day care center, travel club, fire department, committee for funerals, weddings, etc. (*Kyozaikai*), athletic association, cultural committee, Noda Shoyu co-op.

IV. Pre-history–Before the company's establishment. 1. Natural and environmental history of Noda (p. 415). 2. Development of the shoyu industry in Noda (p. 432). 3. Family tree (p. 440). 4. Brief description of the major contributions (p. 448, incl. Kotohira Shrine, Kameo Mogi's theory of business, founding of the Senshu-kai, the man who emphasized thrift and simplicity, the 1st president of the company, the 2nd president–Mogi-Honke, the 3rd president Chu-do Kikkoman Kuramoto).

V. Company history. 1. Developmental stage and established stage (p. 469): Outline, foundation of the company, beginning of the business, developments and labor problems, overproduction and the business world. 2. The new order and the controlled economy during World War II (p. 494): Outline, changes during the war, process under controlled economy during the war. 3. The U.S. occupation period (p. 519): Outline, development of democracy, danger of the business world, changes caused by international conditions. 4. Development period of new Japan (p. 547): Outline, quickening of economic growth, advancing technology, a step forward to modernization, diversification of the business.

Appendixes: 1. Company time table (20 p.). 2. Charts and graphs concerning the company's history (5 p.). 3. Food history and shoyu (193 p., including many old illustrations, photos, a 38-page chronology of Japanese food culture {p. 137-75}, and a bibliography {p. 191-93}). Closing remarks (2 p.). Contains many photos, illustrations, and copies of early documents.

Note: Ichiyama is not listed in this book as the author, even though he wrote it. On the copyright page the author is given as Kikkoman K.K. Continued. Address: Noda, Japan.

2737. Kikkoman Shoyu K.K. 1968. Kikkôman Shôyu shi [History of Kikkoman Shoyu (Continued–Document part II)]. Noda, Japan: Kikkoman Shoyu K.K. 804 p. Illust. [113 ref. Jap; eng+]

• ***Summary:*** The section on the beginning of shoyu exports (p. 76) states that the exporting of shoyu from Japan began when a group of merchants were allowed to do business after the closing of Japan during the Kan-ei era (1624-30) of the early Tokugawa period. In 1641 a group of Dutchmen moved to Nagasaki from Hirado. At that time, two merchants already in business were allowed to conduct trade: Their names were Koyanagi Heizaemon and Sameya Hisazaemon. They established a stock company with 16 shares. The shareholders were called *Dejima shoshiki urikomi shônin.* To the original two merchants, in 1653 four more were added and in 1666 ten more were added, making a total of 16. These were called the "Comprador Merchant Guild" (*Konpura Nakama*). They started exporting shoyu from Japan. According to documents in the Hague: 1668–It was exported to Coromandel on the southeast coast of India. 1670–To Ceylon. 1699–To Ceylon, Bengal, and Nakabatanam. 1716–To Coromandel. 1717–To Suratt, in northwest India. Furthermore, the Dutch took shoyu to Europe. So we can see that in the late 1600s and early 1700s the people of Europe started to use shoyu.

The section on exports (p. 294-99) states that it is difficult to tell when shoyu from Noda was first exported from Japan. In 1879 a person named Domoto (?) got one Kikkoman brand and its logo (in the shape of a hexagon, but not the current Kikkoman logo) registered in California, and then he started to sell the product there. In about 1899

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the Saheiji MOGI family's Kikkoman brand shoyu began to be exported to Hawaii via Okada-shoten, a company with offices at Koamicho 3-5 in Tokyo. In 1907 the Verleysen-Nyssens company in Brussels, Belgium, began to import shoyu in large kegs. They repackaged it in grey ceramic bottles of their own design, then published a pamphlet in French (see p. 295) describing the product (which they called "Soya") and showing a photo of two sizes of bottles. A 1.2 liter bottled retailed for 1.75 francs. Page 296 shows a gift coupon from the year 1922 from America. When a person buys a bottle of shoyu, he or she gets this $0.50 coupon.

Excerpts from Appendix 3 (p. 152+): Chronology of food history. 1610–Tamari was made in Nagoya using only soybeans when the Nagoya Castle was built. 1615–Dried nori sheets invented in Edo.

1616–Shoyu started to be made in Choshi, Shimousa.

1661–Takanashi (1661) and Mogi (1662) families in Noda started to make shoyu and miso.

1666–Usukuchi shoyu started to be made in Tatsuno, Hanshu / Banshu by a certain man. And Bizen shoyu started to be made in Bizen.

1698–Shoyu wholesaler (*tonya*) first appeared in the literature in *Sonazaki Shinju,* by Chikamatsu Monzaemon.

1781–Kanro shoyu starts to be made. Mr. Takada offered shoyu to Yoshikawa-ko and received the admiration / appreciation of *kanro* ("sweet dew").

1810–Choshi Shoyu received the *gozengoyô* Tanaka-gen han bakufu.

1829–The Takanashi house of Noda received the Bakufu's order for shoyu (*goryomaru*). Address: Noda, Japan.

2738. Matsushita, Ryuichi. 1968. Tôfuya no shiki: Aru seishun no kiroku [The four seasons at a tofu shop: The record of a young man]. Tokyo: Kodansha. 313 p. 20 cm. [Jap]

• ***Summary:*** The author, a tofu maker and waka poet, gives a poetic description of his daily life, throughout the year, in a tofu shop. Address: Tokyo, Japan.

2739. Uphof, Johannes Cornelis Th. 1968. Dictionary of economic plants. 2nd ed., revised and enlarged. West Germany: Verlag von J. Cramer. 591 p. See Glycine max, p. 246. 25 cm.

• ***Summary:*** Lists briefly the many food, industrial, and feed uses of the soybean. For example: "Seeds are source of an oil, made into glycerine; used in enamels, varnishes, paints, waterproof goods, linoleum, hard soaps, liquid shampoo, paste soap for hospital use, oil cloth, used in metal moulding, foundry cores; used with rubber for manuf. mats, hose etc., rubber substitutes, lubricant, in printing inks. When refined used for cooking, salads, margarine, shortening." Address: Tampa, Florida. Emeritus Prof. of Botany. Formerly faculty member of the Michigan State Univ. and State Univ. of Arizona. Economic botanist to the Board of Economic Warfare, Washington, DC.

2740. Watanabe, Tokuji. 1968. Advanced technology in non-fermented soybean foods in Japan. *JARQ* (*Japan Agricultural Research Quarterly*) 3(4):9-13. [7 ref. Eng]

• ***Summary:*** A landmark article, filled with new and accurate information. Contents: Introduction. Tofu and derived foods: Fresh tofu (incl. "momen tofu," "kinugoshi," and "packed tofu." Glucono-delta-lactone has been known for the past several years as a coagulant for kinugoshi and packed tofu), aburage ("Thin sliced tofu"), kori-tofu (also called "dried tofu" it is made by freezing hard fresh tofu). Soybean protein concentrates: Dried soybean milk, 70% protein concentrates, soybean protein curd. Isolated soybean protein. Soybean protein fiber (a thick solution of alkaline isolated soybean protein is forced through spinnerettes into a batch consisting of an acid and salt mixture). Conclusion.

Note. This is the earliest English-language document seen (April 2013) that uses the term *momen* refer to a type of tofu.

Each year about 2,000,000 metric tons of soybeans are consumed in Japan. Most of these are imported from the United States or Communist China. Of this total, about 1,300,000 metric tons are crushed to make soybean oil and meal; about 75% of defatted soybean meal is fed to animals. Of this total, one million metric tons (included a portion of the defatted soybean meal) are used by the food industry to make human foods and condiments.

Although the demand for soybeans in Japan is increasing steadily, domestic production is decreasing, largely because imported soybeans are less expensive.

Traditional Japanese fermented soybean foods include miso, soysauce, and natto. Traditional non-fermented foods include tofu, aburage, koritofu, and kinako. Moreover a number of new foods or food materials are derived from defatted soybeans; they can be used in fish and meat products.

In fresh tofu, a nitrofuran derivative is permitted to be added as a preservative in amounts up to 5 parts per million.

Kinugoshi is made by mixing thick soybean milk at about 70ºC with calcium sulfate suspended in water in a box which has no holes. The milk coagulates into a homogeneous gel without separation of curds and whey.

Packed tofu is made by mixing cold thick soybean milk with a calcium salt in sausage-shaped plastic film bags. Each bag is then sealed closed and immersed in hot water at 90º C for 40 minutes. The soybean milk coagulates into a homogeneous gel like kinugoshi. "Packed tofu is more sanitary, transportable and preservable than momen or kinugoshi."

In some modern factories, aburage is made on a larger scale than momen tofu, using a continuous deep-fryer. There are more than 10-20 aburage factories in Japan which

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consume at least 600 kg of soybeans per day.

A detailed description of the process for making kori-tofu is given. Several kori-tofu factories consume at least 10 metric tons of soybeans a day.

Small photos show: (1) Fresh tofu soaked in cold water ready to be sold. (2) Continuous manufacture of packed tofu (made with GDL). (3) Equipment for making packed tofu from spray dried soybean milk. (4) Continuous deep-frying equipment for making aburage. (5) Bird's-eye view of a large-scale kori-tofu factory. (6) Soaking tofu cakes in cold water for pre-cooling and removing excess calcium chloride in making kori-tofu. (7) Continuous freezing of cut tofu cakes in making kori-tofu.

Flow sheets show: (1) Kori-tofu making. (2) Fresh tofu making. Address: Head, Food and Nutrition Div., Food Research Inst., Japan.

2741. Lee, Elinor. 1969. Elinor Lee's notebook: Sufu on rye? *Washington Post, Times Herald.* Jan. 30. p. D1.
• ***Summary:*** "If someone should ask you about Sufu don't be caught short. Tell them Sufu comes from Tofu, and the Chinese have known about it for centuries." And you can tell them that Sufu may soon be available in flavors such as garlic, wine, or vinegar.

"Sufu [fermented tofu] is a soybean cheese made from Tofu, a soybean curd." The Chinese have been making it for centuries. Recently a Taiwanese scientist has found a way to make Sufu without a beany flavor. And a USDA scientist says Western flavors can be added.

2742. Kawashima, Masao. 1969. Kôri-dôfu seizô gijutsu no kindaika to kogaku no ôyô [Modernization of and application of engineering to dried-frozen tofu production techniques]. *Shokuhin Kogyo* (*Food Industry*) 12(2):41-51. Jan. Illust. [Jap]
Address: Habutae Tofu K.K.

2743. Saio, Kyoko; Koyama, Emiko; Yamazaki, S.; Watanabe, T. 1969. Protein–calcium–phytic acid relationships in soybean. III. Effect of phytic acid on coagulative reaction in tofu-making. *Agricultural and Biological Chemistry* 33(1):36-42. Jan. Reprinted in English in Shokuryo Kenkyusho Kenkyu Hokoku 25:181-88 (1970). [9 ref]
• ***Summary:*** Phytic acid, which is naturally present in soybean seeds, or when added to soybean milk, had significant effects on the physical properties of prepared tofu-gel. The higher the content of phytic acid in soybean milk, the slower the coagulative reaction between soybean protein and calcium; a slow reaction is favorable for tofu gel formation. Address: 1&4. Food Research Inst., Ministry of Agriculture & Forestry, Fukugawa, Koto-ku, Tokyo, Japan; 2-3. Japan Tofu Assoc.

2744. **Product Name:** [Tow-foo-fah (Oboro), and Soymilk].
Manufacturer's Name: Super-Soy Specialty.
Manufacturer's Address: No. 19, Jalan Dato Teoh Siew Khor, Kluang, Johor, West Malaysia. Phone: 07-717558.
Date of Introduction: 1969. January.
New Product–Documentation: Form filled out by Richard F.C. Chan. The business was started on 1-9-1969. He uses 100 lb/day of soybeans. His business card describes him as a "Soycrafter. Soyfoods–Natural and Health Giving."

2745. *Washington Post, Times Herald.* 1969. Tofu: Anne's reader exchange. Feb. 13. p. D2.
• ***Summary:*** Describes how to make (at home) "soybean curd or Tofu from soya milk, canned or homemade," using lemon juice as a coagulant.

Also gives a very short recipe for making "soya milk from beans" at home.

2746. **Product Name:** Hinode Broiled Tofu.
Manufacturer's Name: Matsuda & Hinode Tofu Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1969. February.
Ingredients: Water, soy beans, 1/10 of 1% calcium sulphate, 1/10 of 1% soy oil and food grade lime.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. 1979. 5.25 by 4.25 inches. Plastic film. Yellow and red on clear plastic film. Yaki-dofu written in Japanese characters on both sides.

Ad in Soyfoods. 1982. Winter. p. 51. "Tofu Has Been our Business for 39 Years." Shows: Hinode Yaki or Broiled Tofu (Grilled). Talk with Shoan Yamauchi. 1988. Oct. 23. This product was introduced at the time they moved into their present plant at 526 Stanford Ave. in Los Angeles,

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about 1969.

2747. **Product Name:** Hinode Nama-Agé.
Manufacturer's Name: Matsuda & Hinode Tofu Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1969. February.
Ingredients: Soybeans, water, soybean oil, sea salt.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated.
New Product–Documentation: Ad in Soyfoods. 1982. Winter. p. 51. "Tofu Has Been our Business for 39 Years." Hinode Nama Agé or Deep-Fried Tofu Cutlets.

Talk with Shoan Yamauchi. 1988. Oct. 23. This produce was introduced at the time they moved into their present plant at 526 Stanford Ave. in Los Angeles, about 1969.

Label. 1988. 3.5 by 4.5 inches. Red, yellow, and white on clear plastic film. "Hinoichi Nama-Agé Tofu Cutlets." Made by House Foods & Yamauchi, Inc. This label was printed after the merger of Hinode Tofu Co. and House Foods in 1983.

2748. McCormick, Sally. 1969. Azuma Sukiyaki House: A bit of Japan in the heart of Chicago–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* March 20. p. W13.
• ***Summary:*** "It was a pleasure watching her prepare Beef Sukiyaki... Then soy bean cakes [tofu], soy sauce, dry onions and rice wine were stirred into the pan." Azuma also serves Beef Teriyaki, Chicken Teriyaki, and Salmon Teriyaki. Three photos show Azuma Sukiyaki House.

2749. Pepper, Thomas. 1969. Food kept seasonal: In Japan. *Sun* (*Baltimore, Maryland*). March 20. p. D1.
• ***Summary:*** The recipe for Mizutaki calls for "2 cans of 'tofu,' Japanese soy bean curd." It should be cut into one-inch cubes. The dipping sauce includes "5 tablespoons of Kikkoman soy sauce."

2750. Saio, Kyoko; Watanabe, Tokuji. 1969. Daizu shokuhin no bisai kôzô [Observation of soybean foods under electron microscope]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 24. p. 112-18. March. [8 ref. Jap; eng]
• ***Summary:*** Photos show 15 different electron microscope pictures including raw (dry) soybeans, soaked soybeans, steamed soybeans, natto, tofu, and frozen tofu. Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 15(7):290-96 (1968). Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2751. Spilsbury, Calvin C. 1969. Three stages in Far East soybean markets. *Foreign Agriculture.* April 14. p. 6-8.
• ***Summary:*** Today soybean markets in the Far East, the original home of the soybean, have emerged from time-honored Eastern patterns and have differentiated into what may be called three types–traditional, transitional, and industrial. In traditional markets soybeans continue to be sold and used chiefly for human protein foods, and volumes traded are comparatively small. Also, volumes processed by modern methods are small. Transitional markets are characterized by larger volume, the modern processing of considerable quantities of soybeans for oil for human consumption, and the developing use of soybean meal for human food products and for high-protein animal feeds for emerging livestock and poultry industries. In industrial markets very large quantities of soybeans are efficiently imported, marketed, and processed for oils and fats for human use and for meal for vigorous livestock industries; at the same time soybeans are still used in traditional foods and soybean meal is used to make a variety of new food products.

Korea is a traditional soybean market. Nearly all soybeans are processed into human protein foods such as synthetic milk, flour, paste for soup [miso], curd for consumption in more solid form, mash, sprouted beans, soy sauce, and even fermented "cheese". About 60 to 70% of the domestic crop of about 200,000 tonnes annually is sold in the country's food markets directly to private and commercial consumers. Total imports in 1968 were 28,000 tonnes–all from the U.S.

Most processing of soybeans for human use is done in individual homes by housewives. For example, nearly every Korean family makes a product known as kochojang, or hot bean mash, which consists of powdered, fermented soybeans mixed with red pepper, salt, and water. Some foodmaking (soybean curd and soy sauce) is organized into cottage industry. Most of the soybeans imported from the U.S. are made into traditional soybean foods for rations for the Korean army by one large food factory. Crushing soybeans and other oilseeds for oil is done by about 100 small mills throughout the country. The estimated capacity of all the mills added together is about 200,000 tonnes per year of oilseeds of all types. The largest mills have capacities less than 25 tons per day.

In Taiwan, very little of the imported soybeans are used to make traditional Far East foods. The larger crushing and extraction facilities are clustered around large cities–Taipei, Taichung, Tainan, and Kaohsiung. Only the last is a port, and even there no mills are located on deep water. Imported soybeans are discharged by ships' equipment onto docks, where they are bagged and then stored. Bagged beans are sent by truck or rail to inland processing plants. Modern deep-water bulk discharge facilities are to be built at Kaohsiung along with storage for soybeans and grain.

Japan is the giant of Far Eastern markets for U.S. soybeans. One of the most important recent improvements in soybean logistics has been the development of modern deepwater grain and soybean terminals where soybeans can

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be rapidly discharged from ships' holds directly to storage, interim transportation, or crushing mills. The first fast-discharge elevator on deep water for soybeans or grain was built by an American-Japanese company. At present four terminals have been built in the Tokyo and Kobe areas, and two more are under construction. Unloading is accomplished by pneumatic suction tubes with capacities of 600 to 800 tons per hour (about 6,000 tonnes per 8-hour day). In Korea and Taiwan, facilities for the fast unloading of large tankers do not exist. Many large, new crushing mills have been built on harbor frontage rather than inland so that they can benefit from bulk transportation methods. The annual capacity of the 15 large, modern mills in Japan is estimated at 1.8 million tons of soybeans. The first mills in Japan were in the mountains because most oilseed crops were grown there. Address: Fats and Oils Div., Foreign Agricultural Service.

2752. Banzon, Julian; Steinkraus, Keith H. 1969. How to use soybeans from your garden. College of Agriculture, University of the Philippines. 5 p. Mimeographed circular. Distributed through Los Banos Extension Dept.
• ***Summary:*** Introduction (the importance of protein, of which soybeans are a good source). How to grow soybeans in the Philippines, by Richard Bradfield of IRRI. How to make soybean milk and other nutritious soybean foods: Steamed green soybeans, mature dry soybeans, soybean milk, tokua–soybean curd, taosi (soybeans fermented with *Aspergillus oryzae* mold), tempeh.

Note: This is the earliest English-language document seen (Nov. 2011) that uses the word *taosi* to refer to fermented black soybeans. Address: 1. Prof. of Chemistry; 2. Visiting Prof., Microbiology and Food Science. Both: Univ. of the Philippines, College of Agriculture, Laguna, Philippines.

2753. Binding, George J. 1969. The soya bean–a vegetable full of body-building protein. *British Vegetarian.* March/April. p. 155-57.
• ***Summary:*** The "soya bean has the highest protein content of any vegetable. As such it is God's gift to man and is a must for vegetarians. In the Far East it is known as 'the meat of the soil.'" The author spent many years in East Asia, where he studied the foods of the region. Soya beans can be used to make a wide variety of foods; the author briefly describes the following: Bean shoots [soy sprouts], soya bean milk, bean curd or vegetable cheese [tofu], yuba, natto, miso, soy sauce, and boiled whole soybeans.

Since World War II, America has become the largest producer of soya beans. Before that war, England was one of the largest importers of soya beans in the world. "All vegetarians should make certain of a sufficient daily intake of protein. There's no more effective and satisfying way of doing so than eating soya beans." Address: M.B.E.

2754. Dosti, Rose. 1969. Happy holiday for Japanese. *Los Angeles Times.* May 8. p. H20.
• ***Summary:*** On April 29th, the Emperor of Japan celebrated his birthday, and wherever Japanese live there were banzai cheers. The hurrahs were especially loud in Los Angeles, for more Japanese-Americans live here than in any other part of the United States.

A photo shows Japanese Consul General Kanji Takasugi, with his wife, Shinako. They hosted a party for 800 guests honoring the Emperor's birthday.

The meal is described and recipes are given for tempura and its dipping sauce (*tentsuyu*), based on soy sauce, mirin and grated daikon (white radish). "Plain rice is served with a thin soup called omiso [miso soup] to which soy bean cakes (tofu) and green onion pieces are added."

2755. Hewitt, Jean. 1969. Proof of the pudding is in the making for these young cooks. *New York Times.* May 29. p. 52.
• ***Summary:*** Home economics students in New York City high schools are preparing international recipes–and bringing them to school. A recipe for Beef sukiyaki calls for "4 ounces bean curd (tofu), diced."

2756. *Guardian* (*England*). 1969. Japan: Sculptures from a hard-boiled egg. July 16. p. 16.
• ***Summary:*** A recipe for Sukiyaki calls for "½ lb tofu (bean curd) in 1-in. cakes." The dipping sauce includes "12 tablespoons shoyu." Three suppliers of Japanese food products in London are listed. Mikadoya has two locations and Cydilda has one.

2757. Hansen, Barbara. 1969. Sukiyaki with a Yankee accent: 'Better than Japan version.' *Los Angeles Times.* July 17. p. F1.
• ***Summary:*** Taro Yashima, of East Los Angeles, is an artist who likes to cook sukiyaki, which he likes better than the traditional Japanese dish. In it he uses three types of tofu: regular tofu (packed with water in 12 oz blocks), age tofu ("puffy, French fried soy bean cakes"), and koya tofu ("which is labeled as frozen tofu"). "The frozen tofu is actually a dried product and is found on market shelves, not in the freezer." He uses 4 slices of koya tofu, split lengthwise. A photo shows Mr. Yashima making his style of sukiyaki.

2758. **Product Name:** Tofu Cheesecake or Tofu Pie.
Manufacturer's Name: Caldron's Well.
Manufacturer's Address: 308 E. 6th St., New York, NY 10014. Phone: 212-473-9543.
Date of Introduction: 1969. August.
How Stored: Refrigerated.
New Product–Documentation: *New York Times.* 1977. "Jewish Vegetarian Restaurants." Sept. 14. p. C4. The

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Caldron is a Jewish macrobiotic restaurant and store at 306 East Sixth Street (between First and Second Avenues), run by Martin and Gloria Schloss. Telephone: 473-9543. One of the popular recipes served is "beancurd pie" [tofu cheesecake]. "Caldron's Well, the restaurant's store, is next door at 308 East Sixth Street. It sells whole grains and flours, nut butters and other health foods as well as the desserts and breads served at the restaurant." Telephone: 533-2070.

Medoff, Marc. 1986. "A guide to the best tofu 'cheesecakes' in New York." *Whole Life*. April. p. 52-61. "And finally, the recently-gone-out-of-business *Cauldron* [Caldron] had a very good tofu cheesecake with fruit kanten topping, but it too is of course no more. Ah yes I have fond memories of those always snarling *Cauldron* waitresses literally throwing plates of tofu cheesecake in front of me as I ducked for cover. But hey, if I put up with such abuse for their tofu cheesecake, you know it had to be good. And it was."

Talk with Richard Sandler. 1992. May 26. The first tofu pie Richard ever saw was made by Danny Mount at The Caldron restaurant in New York City. Before working at The Caldron, Danny had worked at the Good Karma Cafe in San Francisco, California.

Talk with Murray Snyder. 1994. Sept. 19. When he thinks of early tofu desserts, Murray thinks of the cheesecakes made at Souen and at The Caldron–both in New York City. The Caldron was originally owned by a man named Marty Schloss, plus his wife, Glory, and mother, who were a good friend of Marcea Newman's. The Caldron had an extensive baking operation, and they may have made a tofu cheesecake even before Souen. Marcea would probably remember if The Caldron was known for making a cheesecake, and when and where they got the idea and recipe.

Letter from Marcea Newman Weber in Australia. 1994. Oct. "The Cauldron [sic, Caldron] (a restaurant in New York City started by Marty and Glory Schloss and his mother) also had a [non-dairy] cheesecake, which I think had tofu as a major ingredient and which was slightly different than mine. I remember trying to figure out how they made theirs but of course it was a trade secret. I'm not sure when their cheesecake was introduced. I remember seeing it either after I developed mine [in 1971], or at about the same time."

Talk with Richard Sandler. 1997. Sept. 16. "My first recollection of tofu cheesecake (or tofu pie) was 1969 in New York. The Caldron restaurant was started by Marty Schloss, his wife Glory, and his mother, Seena. I was the first cook at The Caldron; I set up the kitchen, the menu, the bookkeeping, etc. The Caldron first opened for business on 18 April 1969." About a month of two after The Caldron opened, its three founders started a natural-food grocery story and bakery right next door to The Caldron; it was named The Caldron's Well. Marty's mother, Seena, became the baker at The Caldron's Well roughly 6 months after April 1969. I think she invented and developed the tofu cheesecake that soon became very popular at The Caldron. A fellow named Danny Mount (who arrived after Richard and probably working with Seena) also made tofu cheesecakes at The Caldron. "I don't think Seena had any precedent for her discovery. My personal opinion is that, as in all great historical discoveries, there are often two or three people independently working on the same thing. It speaks to that fact that it is Nature that is producing this, speaking to a few minds. I firmly believe that. This is definitely my first recollection of seeing or tasting a tofu cheesecake anywhere."

2759. Sakurai, Yoshito. 1969. Fundamental investigation of evaluation of United States soybean and processing conditions for manufacture of dried tofu, to increase the use of United States soybean in Japan and other countries: Final report of research conducted under grant authorized by Public Law 480 for the U.S. Department of Agriculture Sept. 1966–Aug. 1969. Tokyo: Japan Frozen Tofu Association. 68 + [59] p. No index. 30 cm. Project no. UR-A11-(40)-32. Grant no. FG-Ja-124. Report period Sept. 1966–Aug. 1969. [Eng]

• ***Summary:*** Contents: Summary. Introduction. 1. Effect of processing conditions on the quality of final product in kori-tofu manufacturing. 2. Soybean protein denaturation by freezing. 3. Difference in physical properties of fresh-tofu and kori-tofu prepared from 7S and 11S soybean protein components. 4. Evaluation of soybean varieties as a material for kori-tofu making. 5. Studies on the browning of kori-tofu. 6. Texture changes of cooked kori-tofu: Influence of storage conditions of kori-tofu. 7. Studies on the development of swelling and elastic softening properties of rehydrated kori-tofu. Conclusion. Note Yoshito Sakurai was born in 1905. Address: Tokyo, Japan.

2760. Spilsbury, Calvin C. 1969. The U.S. soybean market in the Republic of China (Taiwan). *USDA Foreign Agricultural Service*. FAS M-209. 20 p. Aug. Summarized in Soybean Digest, Nov. 1969, p. 52.

• ***Summary:*** Contents: Foreword, by Howard A. Akers. Introduction. The market. The oilseed crushing industry: Organization and mill location, number and type of mills, crushing capacity. Soybean oil and foods: Soybean meal demand for swine, soybean meal demand for poultry. Domestic oilseed supplies: Soybeans, peanuts, rapeseed, sesame, minor oilseeds. Marketing: Discharging and handling facilities, freight costs, government controls, purchasing, credit, quality problems, crushing margins wide. Appendix: Directory of major soybean and oilseed crushing mills, by region.

The Foreword notes: "This small island made near-phenomenal strides in both agriculture and industry in the late 1950s and early 1960s, and by the mid-1960s was

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recognized as a growing dollar market for U.S. soybeans and soybean products." In 1965 Taiwan moved from aid to trade status. In 1966 soybeans were removed from controls, and with the booming economy of 1967-68, imports of soybean from the USA–all paid for in dollars,–leaped to record levels.

Today, Taiwan has one of the world's highest economic growth rates. Since the end of World War II, and especially since 1955, the Taiwan oilseed crushing industry has undergone a complete technological transformation. The country now boasts 36 solvent extraction plants, many of them with modern continuous systems.

In Taiwan today, per capita consumption of soybeans for food is estimated at around 5½ pounds/year, compared with about 4 pounds in 1958. Soybean oil is now Taiwan's major source of edible fats and oils; per capita consumption is about 6 pounds/year compared with 4 pounds/year for peanut oil. Total per capita vegetable oil consumption is about 12 pounds/year. Per capita consumption of animal fats is 6-8 pounds/year.

Domestic production of soybeans rose from 4,000 metric tons (tonnes) in 1935-39 to 72,997 tonnes in 1968. Historically, imports of soybeans and soybean products have been large. In 1938 over 45,000 tonnes of soybeans and about 164,000 tonnes of soybean cake were imported, mainly from Manchuria.

In 1950, Taiwan's vegetable oil crushing industry was first organized into a trade association by a group of 20 crushers using screw presses. By 1967 some 86 crushers were members; this included 35 solvent-extraction operators. Known today as the Taiwan Regional Association of Vegetable Oil Expelling and Refining Industries, the group is located at 82 Nan Yuan Street in Taipei. Today in Taiwan there are 99 oilseed crushing mills with a total crushing capacity of 1.3 million tonnes–up from only 400,000 tonnes in 1954-55.

As in many countries of East Asia, the Taiwanese consumer has a taste preference for crude peanut oil, sesame oil, and rapeseed oil, in that order. For this reason, soybean oil is often marketed as a blend with peanut or rapeseed oil.

The soybeans required for the manufacture of bean curd [tofu], soybean paste [jiang], [soy] sauce, milk, and other foods are largely produced domestically. In 1969 an estimated 40,000 tons of soybeans will be required for bean curd and 3,000 tons for soybean sauce. "In the rural areas of Taiwan, soybean milk cooperatives have been organized under government auspices. Members use their own soybeans and make their soybean milk at common soybean milk shops."

A map (p. 9) shows the island of Taiwan, each of its prefectures, and where each of four oilseeds (soybeans, peanuts, rapeseed, sesame) are produced. Tables show: (1) Production of four oilseeds in Taiwan from 1965-1968. Peanut production decreased from 88,000 to 74,000 tonnes. Soybean production increased from 66,000 to 73,000 tonnes but was still No. 2 after peanuts (p. 8). (2) Taiwanese soybean production, imports, and utilization from 1955 to 1968 (p. 11). Address: Fats and Oils Div.

2761. Funchess, William H. 1969. Soybeans saved my life. *Soybean Digest.* Sept. p. 32-33.

• ***Summary:*** He was captured on November 4 [probably in 1950]. The snow began falling the day after he was captured by the Communists in North Korea. Just before he was captured, he had been shot by a machine gun, so every step was like walking on nails. He had already seen the Communist Chinese shoot and kill one of his men who could not walk. After several days of walking in the freezing cold, wearing only light clothing, he and the other American POWs finally reached a temporary prisoner of war camp. "Snow covered the ground and the temperature was 10 to 20 degrees below zero. Thirty-six of us were assigned to a mud house that has a straw roof, dirt floors, paper windows, and no heat. There was a bundle of dried corn stalks for bedding."

One day he noticed soybean stubble extending several inches through the snow. He found a stick, hobbled out to the small soybean field near his hut, pried out the soybeans from the frozen ground, and collected them one by one in his pocket. When the guard left his fire, Funchess placed the beans on a piece of tin in an effort to roast them. When he saw the guard returning, he would grab his beans and move out of sight. Occasionally, however, when he was not quick enough, his beans were kicked into the fire.

He had never eaten soybeans before but he knew they had a high protein content and would sustain life, so he determined "to acquire as many of those little life-giving nuggets as possible."

His daily rations were a cupful of cooked millet or corn that he got twice a day. He received no additional water from Nov. 4 until sometime in February. But he could eat snow–if he could stand the stomach cramps that followed.

He did not get a grain of salt or any meat for nearly 5 months. By that time, however, the Communists would occasionally throw several handfuls of soybeans into the pot of millet. He was so hungry and thin that those soybeans tasted better than anything he had ever eaten. But many of his fellow prisoners died of starvation. His weight dropped to 105 pounds. He and his friends knew they had to improve their diet.

When he was made to carry bags of soybeans, he learned to "accidentally" tear the bags and fill his pockets during every work detail. Occasionally he found earthen jars of fermented "soybean paste" [miso]. It did wonders to the millet seed that he was constantly eating.

After the peace negotiations began [on 10 July 1951], some 8-9 months after he was captured, their food supply improved. Whole dry soybeans were added to the rations. First they tried boiling the beans in water; they enjoyed them

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seasoned only with salt. Then they cracked the soybeans and mixed them into their millet or rice. After a while they began to grow soybean sprouts, which they found very tasty–and when he enjoys to this day.

Finally they learned to make a product some of the men called "Tofu." The Communists gave them a coagulant, They added a small amount of tofu to everything they cooked–and he began to feel his strength returning. Then they learned to make soybean milk, which they also liked if they were careful not to scorch it. It was so rich, however, that they soon learned to drink only a few ounces at a time.

"Eventually a small amount of soybean oil was provided for cooking purposes... A small dish of oil and a cotton wick made an excellent light at night."

"Soybean oil worked well, too, for chapped hands. Some of us even found that it made pretty good hair tonic.

"While a prisoner of war I learned to appreciate the soybean for its life-giving characteristics. To me, the soybean became not a "way of life" but a "way to sustain life." Needless to say, I gained great affection for the little yellow bean that helped keep us alive in the prisoner of war camps of North Korea.

"Each fall at harvest I still collect some soybeans to roast. I always take great delight in offering roasted beans to my friends. Most people will accept only a few, but I can still sit down and enjoy them by the pocketful."

A portrait photo shows William H. Funchess. Address: County Agent, Allendale, South Carolina.

2762. Saio, Kyoko; Kamiya, M.; Watanabe, T. 1969. Food processing characteristics of soybean 11S and 7S proteins. I. Effect of difference of protein components among soybean varieties on formation of tofu-gel. *Agricultural and Biological Chemistry* 33(9):1301-08. Sept. Reprinted in English in Shokuryo Kenkyusho Kenkyu Hokoku 25:189-97 (1970). [10 ref]

• ***Summary:*** It was showed that the 11S and 7S protein fractions could contribute to the textural characteristics of tofu. Tofu made from crude 11S protein was much harder than tofu made from 7S protein. The crude 11S fraction contributed greatly to the springiness, chewiness, and gumminess of tofu. Address: 1&3. Food Research Inst., Ministry of Agriculture and Forestry; 2. Japan Protein Industry Co., Ltd.

2763. Misuzu-Tofu Co., Ltd. 1969. Misuzu-dôfu no shiori [A guide to Misuzu-Tofu Co. Ltd.]. Nagano City, Japan. 6 p. Oct. [Jap]

• ***Summary:*** Contains 8 recipes for dried-frozen tofu. Address: Nagano City, Japan.

2764. Proceedings of All India Workshop Conference on Processing, Utilisation & Marketing of Soybean (Second). 1969. Experiment Station, Pantnagar, Uttar Pradesh, India. (Govind Ballabh Pant Krishi Evam Prodyogik Vishwavidyalay). 181 p. Unnumbered. Held 7-9 Oct. 1969 at Uttar Pradesh Agricultural University, Pantnagar (District Nainital). 26 cm. [73 ref]

• ***Summary:*** Contents: Objectives and sponsors. Programme. Working committees. Welcome address. Inaugural address. Papers: Technology of processing soybeans, by M.W. Formo. Technology of soybean utilization, by S.S. Kalbag. Marketing of soy products, by S. Ghose. The role of the Government of India and international agencies in development of soybean in India, by P.R. Krishnaswamy & S. Ghose. Agro-economics aspects of soybean production in India, by I.J. Singh. Prospects for soybean foods in India, by N. Subramanian. Utilisation of soy flour for infant foods and foods for weaned children, by M.R. Chandrasekhara. Defatted and full-fat soy flours by conventional process, by F.E. Horan. Soy protein concentrates and isolates, by E.W. Meyer. Alternative processes for full-fat soy flours for use in developing countries, by G.C. Mustakas. Potential and use of soy protein for low-cost infant foods in India, by R.A. Hill. Potentials in marketing soy foods, by James J. O'Connor. Marketing soy protein products and problems of acceptance, by D.W. Johnson. Role of imitation milk in the feeding of tomorrow's population, by F.V. Kosikowski.

Conference sponsors: The Protein Food Assoc. of India; University of Illinois/USAID; Jawahar Lal [sic, JNKVV] Agricultural University; Indian Council of Agricultural Research; Uttar Pradesh Agricultural University. Address: Pantnagar, India.

2765. VJG. 1969. Advanced technology in non-fermented soybean foods in Japan, by T. Watanabe. *Food Science and Technology Abstracts* 1(10):1236. Oct. [1 ref]

• ***Summary:*** This is a summary (by VJG) of an article that appeared in *Japan Agricultural Research Quarterly* 3(4):9-13 (1968) [7 refs., Eng.].

The article discusses: "Preparation of fresh tofu, aburage (dehydrated and deep-fried tofu slices) and kori-tofu (frozen fresh tofu). Composition and methods of preparation of soybean protein concentrates (dried soybean milk, 70% protein concentrates, soybean protein curd),..."

Note 1. This is the earliest English-language document seen (April 2013) that contains the term "fried tofu slices" or the term "deep-fried tofu slices."

Note 2. This is the earliest English-language document seen (April 2013) that uses the term "frozen fresh tofu" to refer to dried-frozen tofu.

2766. Claiborne, Craig. 1969. New restaurant that offers Japanese fare. *New York Times.* Nov. 7. p. 54.

• ***Summary:*** At Daruma (310 Third Ave., between 23rd and 24th streets), the broiled eel and the teriyaki are excellent. "Even the sukiyaki, which is not cooked at the table as it should be, is above average in its seasonings, and there is an

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interesting dish called buta tofu [Pork tofu] made with pork and bean curd." There is also a sushi bar.

2767. Harrison, D.W. 1969. Analysis of the Uganda experience based on Africa Basic Foods Inc. Paper presented at United Nations Industrial Development Organization Expert Group Meeting on Soya Bean Processing and Use. 43 p. plus 6-page summary. Document: ID/WG.45/4. Held 17-21 Nov. 1969 at Peoria, Illinois.

• ***Summary:*** Africa Basic Foods (ABF) Ltd. was established in Uganda to develop soybeans as a food cash crop with small farmers, to produce and market low-cost soyfoods, and to educate the people about their value for good health. In 1965 ABF asked the Ministry of Agriculture at the Department of Agriculture at Makerere University to do research on soybean production. The company built a food factory 4 miles from Kampala, and by May 1966 was producing various soy-based foods, and marketed them throughout Uganda, especially to hospitals, schools, the government, and various institutions.

"The soya bean was introduced in Uganda from America and South Africa in 1938. Within a few years various varieties were tested and the crop distributed to the farmers. The crop increased in production as the demand from overseas grew during the wartime shortage of proteins in England.

"The highest acreage achieved during the Second World War was about 35,000 to 40,000 acres. After that time (about 1948) the acreage gradually dropped, due to lack of demand, to only a few thousand acres under cultivation by 1965.

"Since 1965, ABF Ltd. has been actively promoting the growth of soya beans. First, the Ministry of Agriculture initiated variety trials. Then in 1966 the University of Makerere Department of Agriculture started variety trials with over 50 varieties available. The crop production has grown very rapidly as the farmers heard of a local demand, and the price of 25 cents per pound (US¢ 3½). In 1968 about 12,000 to 15,000 tons were produced. A large share of this was used locally by the oil milling industry...

"Aside from the oil millers, there is an animal feed plant now operating in Uganda since about 1967, as well as our human food plant. The consumption from these two plants is small, about 352 tons and 120 tons respectively...

"Over 50% of the local production is perhaps exported."

By 1969 ABF was making the following (for each is given processing details, and the name and brand of equipment used): Roasted soybeans ground to a flour, soy milk sterilized in bottles (adapted from Dr. Harry Miller's method), soy cheese (tofu mixed with a little nonfat dry milk, curry, sage, and salt, packed into 1-inch diameter casings, pasteurized at 190ºF for 20 minutes, then cooled and refrigerated, p. 16-17), soy butter (like peanut butter, from soy flour, oil, sugar, and salt), soy bread mix (wheat flour fortified with 20% soy flour, plus sugar, nonfat dry milk, salt, and yeast), soy fortified maize flour (25% soy), school porridge, and soy porridge (soy fortified corn porridge).

Note: This is the earliest *published* English-language document seen (March 2007) that uses the term "soy cheese" to refer to a Western-style soy cheese.

In Dec. 1964 Dr. Harrison was hired by the government of Uganda, Buganda region, to serve as Director of Nutrition and Health Education, with emphasis on local, commercial production of high-protein foods (p. 28). Then ABF was registered in Uganda as a nonprofit corporation. Dr. Harrison and two of his government departmental employees "operate the entire scheme." Their salaries come entirely from the Uganda Government, so the government is to some extent helping to finance the project. The company has hired 3 other persons full time and one part time. They receive salaries from sales income. Address: President, Africa Basic Foods Inc., Kampala, Uganda.

2768. Teeter, Howard M.; Schaefer, Wilbur C. 1969. Food uses of soybeans: Research at the Northern Laboratory. *Soybean Digest.* Nov. p. 16-18. [3 ref]

• ***Summary:*** Contents: Introduction. Our research on edible soybean oil. Contributions to oil usage. Edible soybean meal and protein (soy protein foams for a stable whip). Soybean use in oriental foods: Tempeh, tofu, full-fat soy flour, extrusion cooking. Corn-Soya-Milk blend (CSM).

The use of edible soy products has been increasing at 5 to 7% per year. Address: NRRL, Peoria, Illinois.

2769. United Nations Industrial Development Organization (UNIDO). 1969. Expert group meeting on soybean processing and use. UNIDO Document ID/WG.45/3. Held 17-21 Nov. 1969 at Peoria, Illinois.

• ***Summary:*** Consists of ten papers by various authors, each cited and paginated separately. These proceedings were never published in bound form. Address: Vienna, Austria.

2770. Watanabe, Tokuji. 1969. Industrial production of soybean foods in Japan. Paper presented at United Nations Industrial Development Organization Expert Group Meeting on Soya Bean Processing and Use. 38 p. Document: ID/WG.45/3. Held 17-21 Nov. 1969 at Peoria, Illinois. [16 ref]

• ***Summary:*** Contents: Tofu and its industrial production: Process of tofu making, tofu production as an industry, equipment for tofu production, varieties of tofu, new materials of tofu, new types of tofu, aburage and other deep fried tofu.

Note 1. This is the 2nd earliest English-language document seen (April 2013) that contains the term "deep fried tofu" (regardless of hyphenation).

Kori-tofu and its industrial production: Process of kori-tofu making, kori-tofu production as an industry, equipment for kori-tofu production, distribution of kori-tofu, utilization of by-products.

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Yuba and its industrial production.

Kinako [roasted whole soy flour] and its industrial production. The Japanese word can be written either in hiragana or using two Chinese characters which mean "yellow flour." Kinako is made from whole soybeans. Sometimes the soybean hulls are removed before roasting. It is widely used as an ingredient in Japanese confections [such as kinako mochi or Abekawa mochi (toasted mochi in kinako); it was traditionally sold along the banks of the Abekawa River in Shizuoka, Japan]. About 12,000 metric tons of soybeans are used per year in making kinako.

New soybean food materials and their industrial production: New soybean food materials, usage of new soybean food materials, future of new soybean foods, other food uses of soybeans.

Natto and its industrial production: Process of natto making, equipment for natto production, natto production as an industry.

Miso and its industrial production: Varieties of miso, Process of miso making, miso production as an industry, industrialization of miso making, distribution of miso, future prospect of demand for miso, mycotoxins and fermented soybean foods.

Shoyu and its industrial production: Process of shoyu making, shoyu production as an industry, nitrogen utilization ratio in shoyu making, special shoyu.

Figures show: (1) Flow sheets of production of traditional soybean foods in Japan: Tofu, kori-tofu, yuba, kinako, natto, miso (with koji), shoyu. (2) NK-type soybean cooker (by courtesy of Kikkoman Shoyu Co. Ltd.). (capacity: 1 metric ton of defatted soybean meal). (3) (3) Continuous cooker of soybean meal (by courtesy of Yamasa Shoyu Co. Ltd.). (capacity: 1 metric ton of defatted soybean meal per hour).

Photos show: (1) Tofu soaked in water for sale. (2) Large-scale tofu factory (by courtesy of Tokyo Tofu Co., Ltd.). (3) Continuous cooker of ground soybeans (by courtesy of Masuko Sangyo Co., Ltd.). (4) Decanter, a kind of continuous centrifuge (by courtesy of Kokusan Seiko Co., Ltd). (capacity: 3,000 kg of ground soybeans per hour). (5) Factory of packed tofu from spray-dried soybean milk (by courtesy of Nippon Tanpaku Kogyo Co., Ltd.). (6) Continuous deep-fryer of aburage (by courtesy of Iwase Tekkosho Co., Ltd). (capacity: 1,000 to 1,500 pieces per hour). (7). Daiya Kori-tofu (Left one in the dish is swollen by hot water). (8) Bird's-eye view of large scale factory of kori-tofu (by courtesy of Misuzu Tofu Co., Ltd). (capacity: 10 to 15 metric tons of soybeans per day). (9) Soaking of large cake of tofu for precooling during making of kori-tofu (by courtesy of Misuzu Tofu Co., Ltd). (10) Continuous freezing equipment used in making of kori-tofu (by courtesy of Misuzu Tofu Co., Ltd). (11) Continuous thawing apparatus of frozen tofu (by courtesy of Misuzu Tofu Co., Ltd). (capacity: 10,000 to 15,000 pieces per hour). (12) Yuba plant (by courtesy of Ohara Co., Ltd). (13) Natto mixed up by chopsticks. (14) Inside of fermentation room for natto making (by courtesy of Suzuyo Kogyo Co., Ltd). (15) Two brands and varieties of miso, both in plastic bag and on dish. (16) Rotary cooker of soybean (by courtesy of Hinode Miso Co., Ltd). (capacity: 1 metric ton of soybeans). (17) Continuous rice cooker (by courtesy of Hinode Miso Co., Ltd). (capacity: 1.5 metric tons of rice per hour). (18) Rotary koji fermenter (by courtesy of Miyasaka Miso Co., Ltd). (capacity: 1.8 metric tons of rice in each fermenter). (19) Pasteurizer of miso (by courtesy of Nagata Machinery Co., Ltd). (capacity: 1 metric ton of miso per hour). (20) Fermentation tank of moromi [mash] (by courtesy of Kikkoman Shoyu Co., Ltd). (capacity: 1.5 metric tons of rice per hour). (21) Shoyu in large glass bottle and smaller plastic container. (22) (22) Large-scale koji fermenter (by courtesy of Yamasa Shoyu Co., Ltd).

Concerning natto: The surface of each natto "soybean is covered with a viscous sticky substance, which has the property of forming long stringy threads when mixed up (Photo 13). The longer the strings, the better the quality of natto." The texture of the cooked soybeans is softened by the enzymes of *Bacillus natto.* About 50,000 metric tons of soybeans are used each year to make natto. It is most popular in northeastern Japan (Tohoku region). Natto is fairly perishable, and excess ammonia will be produced by overfermentation. There are about 1,300 plants that make natto in Japan; the average plant consumes about 100 kg/day of soybeans. Recently, however, large, mechanized factories that consume 2-3 metric tons/day of soybeans have been constructed. From 10 kg of whole dry soybeans about 18 kg of natto can be made. One package of natto containing 100 gm costs 15-20 yen (about 4-6 cents U.S.).

Note 2. This is the earliest English-language document seen (Jan. 2012) that uses the word "sticky" to describe natto. Address: Food and Nutrition Div., Food Research Inst., Ministry of Agriculture & Forestry, Tokyo, Japan.

2771. Loring, Kay. 1969. Hancock cafe not ready, but others have fine view. *Chicago Tribune.* Dec. 7. p. F5.
• ***Summary:*** A section titled "Indonesian rice table" mentions the following: *Tahu goreng* (bean cake [tofu] with bean sprouts, green onions, celery, fried onions and soya sauce), and *ajam semur ketjap* (chicken in soya sauce).

2772. Worthington Foods, Inc. 1969. Dealer wholesale price list–order blank. Worthington, Ohio 43085. 1 p. Dec. 15.
• ***Summary:*** New products in the Worthington Foods line include: Salisbury Steak, Worthington "209," Stripple Zips, and Tamales.

The Madison Foods line of products now includes: Cheze-O-Soy, Madison Burger, Not Meat (Tomato). Yum. Infasoy. Address: Worthington, Ohio. Phone: 614-885-9511.

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2773. Fujimaki, Masao; Igarashi, Ssusmu; Asano, Katsuhiko. 1969. Kôri-dofu no bônan-sei hatsugen ni kansuru kenkyû [Study on the manifestation of swelling and elasticity in dried-frozen tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 16(12):549. [Jap]*

2774. Shurtleff, William. 1969. The Tassajara food trip. Tassajara, California: Published by the author. 63 p. Dec. 28 cm. [8 ref]
• ***Summary:*** Each of the 167 recipes is numbered, all show a strong natural foods influence, and many show a macrobiotic influence. Soy-related recipes include: 60. Fresh daikon nitsuke with miso. 74. Squash in miso-tahini sauce. 76. Nori with tamari. 77. Basic soybean preparation. 78. Soybeans with hijiki. 79. Soybeans with hijiki and tahini (with miso). 80. Soybeans sauteed in miso. 81. Soybeans with lentils and buckwheat flour. 82. Soybeans with carrots and lentil sprouts. 83. Soybeans with dried daikon. 84. Soybean stew. 85. Broiled soyburgers. 86. Roasted soybeans. 87. Tofu sauteed. 96. Miso soup with tofu, carrots, burdock and mushrooms. 97. Miso soup with wakame. 98. Wakame soup with tofu. 99. Soy sauce & lemon soup. 101. Thick lentil soup with miso. 102. Thick lentil soup with miso & vegetables sauteed. 103. Lentil soup with miso and parsley garnish. 105. Aduki/azuki bean soup with miso. 107. Thick split pea soup with miso & vegetables. 110. Navy bean soup with miso. 115. Mushroom soup with dried tofu.

119. Misozuke pickles. 120. Kombu pickled in miso. 122. Bancha with tamari. 123. Kuzu cream with tamari. 125. Ume-syo-kuzu (with umeboshi, tamari and kuzu). 131. Basic soybean spread. 133. Lentil miso spread. 135. Garbanzo and miso spread. 138. Muso (miso-tahini) spread. 139. Peanut butter & tamari spread. 142. Peanut butter, miso, apples, carrot and parsley spread. 161. Sesame tofu (no soy). 163. Nut and seed loaf with miso.

San Francisco's largest natural foods store was New Age Natural Foods, 1326 Ninth Ave. run by Fred Rohé [Rohe]. Also recommended are The Food Mill, 3033 MacArthur, Oakland [founded in 1933 by John Denis, Sr.]; and Chico-San, P.O. Box 1004, Chico, California. Selling Spiral Foods miso and tamari in bulk; The General Store, 5th and Junipero in Carmel.

Note 1. This is the 2nd earliest document seen (Nov. 2010) concerning the work of William Shurtleff with soyfoods. He wrote the book on a typewriter while practicing at Tassajara Zen Mountain Center, made about 30 photocopies, and sent them to friends as Christmas presents. He did not meet Akiko Aoyagi until 25 Dec. 1971 in Tokyo, Japan.

Note 2. This is the earliest document seen (Dec. 2004) in the SoyaScan database concerning or under the subject heading "Soyfoods Movement." Address: Zen Mountain Center, Carmel Valley, California.

2775. **Product Name:** Tofu Sausages.
Manufacturer's Name: Africa Basic Foods Inc.
Manufacturer's Address: Kampala, Uganda.
Date of Introduction: 1969.
Ingredients: Tofu 96%, nonfat dried milk 2%, salt 1.0%, MSG 0.5%, curry powder 0.3%, sage 0.2%.
Wt/Vol., Packaging, Price: Packed into 1 inch diameter casings.
How Stored: Refrigerated.
Nutrition: Protein 15%, moisture 65%.
New Product–Documentation: Harrison. 1969. Analysis of the Uganda Experience Based on Africa Basic Foods Inc. p. 16-17. Interview with Dr. D.W. Harrison. 1982. Letter from Sam Yoshimura. 1982. The product was pasteurized at 190ºF (88ºC) for 20 minutes in the casings, cooled, and refrigerated.

2776. **Product Name:** Aburage.
Manufacturer's Name: Aloha Tofu Factory Inc.
Manufacturer's Address: 1020 Auahi St., Honolulu, Oahu, HI 96814.
Date of Introduction: 1969.
New Product–Documentation: Hawaii Directory of Manufacturers. 1969. p. 16. They make tofu and aburage.

2777. Faustino, F.C. 1969. Chemical and physical properties of soybean curd and as related to processing condition. B.S. thesis, University of the Philippines at Los Banos, Laguna, Philippines. *
• ***Summary:*** The best tofu coagulant was found to be magnesium sulfate.

2778. **Product Name:** Tofu.
Manufacturer's Name: Hawaii Tofu.
Manufacturer's Address: 524-F Olive Ave., Wahiawa, Oahu, HI 96786. Phone: 808-621-6941.
Date of Introduction: 1969.
How Stored: Refrigerated.
New Product–Documentation: Honolulu City Directory. 1968-69. Hawaii Tofu, 524 F Olive Ave., Wahiawa. Same in 1970. Not listed in any Honolulu City Directory for 1966 or before. Hawaii Directory of Manufacturers. 1973. p. 10. Same listing. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Mrs. Nemoro.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mrs. Nemoro.

Soyfoods Center Computerized Mailing List. 1983. June 20. The owner is now David Akiyama. Phone: 808-621-6949. Same address.

Soyfoods Industry and Market. 1985. p. 5. Hawaii Tofu, P.O. Box 26, Wahiawa, Oahu, Hawaii 96876. Owner:

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Donald Akiyama. Phone: 808-621-6949. p. 52 states that the company started making tofu in 1968. It was making 12,000 lb/week in April 1982, and 16,000 lb/week in Jan. 1984.

2779. **Product Name:** Tofu, and Aburage.
Manufacturer's Name: Kapaa Poi Factory.
Manufacturer's Address: R.R. 1, Box 366, Kapaa, Kauai, HI 96746. Phone: 808-822-5426.
Date of Introduction: 1969.
How Stored: Refrigerated.
New Product–Documentation: Not listed in any Hawaiian City Directory prior to 1968. Hawaii Directory of Manufacturers. 1969. p. 17. Kapaa Poi Factory, Kapaa, Kauai, Hawaii. They make poi, tofu, aburage, kulolo, and konnyaku. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address (Kapahi, Kapaa, Kauai), and phone number. Owner: Kenneth Lai.

Letter from Kembo and Sophie Fujinaga. 1995. Jan. 1. Kapaa Poi Factory is now located at 1181 Kainahola Rd., Kapaa, Kauai 96746. Phone: (808) 822-5426.

Talk with Craddock K. Yorkman of Kekaha, Hawaii. 1996. May 6. The only company that presently makes tofu on the island of Kauai is Kapaa Poi Factory.

2780. Kawashima, Masao. 1969. Kôri-dôfu no tôketsu to jukusei no sokushin [Acceleration of freezing and maturation while frozen of dried-frozen tofu]. *Shokuhin to Kagaku* (*Food and Science*). p. 145-47. Special edition on Protein Foods of the Future. [Jap]
Address: Habutae Tofu K.K., Shokuryô Kagaku Kenkyû-shitsu, Kanazawa-shi, Ishikawa-ken 921, Japan.

2781. Kawashima, Masao. 1969. Kôri-dôfu no kindai-teki seizô no tame no kôjô reiauto [Factory layout for modern production of dried-frozen tofu]. *Shokuhin to Kagaku* (*Food and Science*). p. 163-69. Special edition on Protein Foods of the Future. Illust. [Jap]
Address: Habutae Tofu K.K., Shokuryô Kagaku Kenkyû-shitsu, Kanazawa-shi, Ishikawa-ken 921, Japan.

2782. Machida, Yoshiro. 1969. Tôfu, Aburage no kagaku [Science of tofu and deep-fried tofu pouches]. *Shokuhin to Kagaku* (*Food and Science*) No. 10. p. 124-27. Special issue (zokan). [Jap]

2783. **Product Name:** Hinode Kinugoshi Tofu: (Soy Bean Curd Cake).
Manufacturer's Name: Matsuda & Hinode Tofu Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1969.
Ingredients: Soy beans, water, soy bean oil, calcium sulfate, glucono, lactin, food grade lime.
Wt/Vol., Packaging, Price: 12 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

New Product–Documentation: Label. 1978, undated. 5 by 3.75 inches. Plastic film. Red and green on clear film. In small letters in parentheses "Soy Bean Curd Cake." Note the unusual ingredients: "lactin" and "food grade lime." Leaflet. 1981. Hinode Top Silken Tofu. Natural high protein. 2 p. Contains 8 recipes from The Book of Tofu by Shurtleff & Aoyagi. Ad in Soyfoods. 1982. Winter. p. 51. "Tofu Has Been our Business for 39 Years."

Pantry Supermarkets. 1983. "Double coupons!" (Ad). *Los Angeles Times.* Feb. 24. p. SG3. The section titled "Oriental foods" states: "Hinode kinugoshi tofu 12 oz.–59¢."

Talk with Shoan Yamauchi. 1988. Oct. 23. This product was introduced at the time they moved into their present plant at 526 Stanford Ave. in Los Angeles, about 1969.

2784. **Product Name:** Aburage (Deep-Fried Tofu Pouches).
Manufacturer's Name: Matsumoto Tofu Shop.
Manufacturer's Address: 2984-B Ewalu St., Lihue, Kauai, HI 96766.
Date of Introduction: 1969.
New Product–Documentation: Not listed in any Hawaiian City Directory prior to 1968. Hawaii Directory of Manufacturers. 1969. p. 18. Matsumoto Tofu Shop, 2984-B Ewalu St., Lihue, Kauai, Hawaii 96766. Tofu and aburage.

2785. Norinsho (Japanese Ministry of Agriculture and Forestry). 1969. [Report on the present status of the dried-

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frozen tofu industry]. Tokyo. [Jap]*

2786. Norinsho (Japanese Ministry of Agriculture and Forestry). 1969. [Report on the present status of the tofu industry]. Tokyo. [Jap]*

2787. Pak, K.H.; Han, K.C. 1969. An analysis of food consumption in the Republic of Korea, 1964-1967, with projective trends, 1968-1971. Seoul, South Korea: Yonsei University. *
• ***Summary:*** A table shows production and food use of beans and consumption of some soybean products from 1964-1967 (reprinted in Wang 1976, p. 56-57). Bean production (see footnote) was 190,000 metric tons (tonnes) in 1964, increasing to 203,000 tonnes in 1965, then to 236,000 tonnes in 1967, with 361,000 tonnes projected for 1971.

The amount of soybeans used for food was 94,000 metric tons (tonnes) in 1964 (49.5% of the soybeans produced), increasing to 104,000 tonnes in 1965, then to 134,000 tonnes in 1967 (56.7% of production), with 206,000 tonnes projected for 1971 (57.1% of the soybeans produced).

Consumption of bean curd [tofu] was 223,000 metric tons (tonnes) in 1964, increasing to 243,000 tonnes in 1965, then to 290,000 tonnes in 1967.

Consumption of soybean sprouts was 227,000 metric tons (tonnes) in 1964 (1.8% more than tofu), increasing to 240,000 tonnes in 1965, then to 270,000 tonnes in 1967 (93.1% as much as tofu).

Consumption of bean sauce [soy sauce] was 57,400 metric tons (tonnes) in 1964, increasing to 61,000 tonnes in 1965, then to 69,700 tonnes in 1967.

Consumption of bean paste [Korean-style miso] was 22,900 metric tons (tonnes) in 1964, increasing to 24,300 tonnes in 1965, then to 27,700 tonnes in 1967 (only 39.7% as much as soy sauce).

Footnote: Based on the average production of the 4 years surveyed, the beans consisted of 85% soybeans, 8.5% red beans [azuki], 1.6% green beans [Mung beans], 1.3% peanuts, and 3.4% other beans. Address: South Korea.

2788. **Product Name:** Aburage (Deep-Fried Tofu Pouches).
Manufacturer's Name: Rural Food Products, Inc. Formerly Haruo Honda Tofu.
Manufacturer's Address: 117 Mango St., Wahiawa, Oahu, Hawaii. Phone: 808-621-5603.
Date of Introduction: 1969.
New Product–Documentation: Hawaii Directory of Manufacturers. 1969. p. 18. Rural Food Products, 117 Mango St., Wahiawa, Oahu, Hawaii 96786. They make tofu, aburage, and konnyaku.

2789. Shochiku Goemon Doimachiten. 1969. New soyfoods restaurant or deli. Resien Koen Yoko, Kami Kawabata-cho, Hakata-ku, Fukuoka-shi, Japan. [Jap; eng+]
• ***Summary:*** Toyo Shinpo (Soyfoods News). 1987. Oct. 21. p. 10. [Review of a tofu specialty restaurant]. The restaurant, Shochiku Goemon Doimachiten, at Resien Koen Yoko, Kami Kawabata-cho, Hakata-ku, Fukuoka-shi, Japan, has been open for 18 years. They serve a variety of tofu recipes in both Japanese and Western styles, including non-vegetarian dishes. They make their own tofu with 100% nigari and Japanese soybeans. Address: Fukuoka city, Japan. Phone: 092-291-0593.

2790. **Product Name:** Aburage.
Manufacturer's Name: Tanita (T.) Tofu Factory.
Manufacturer's Address: 189-A Ponahawai, Hilo, Island of Hawaii.
Date of Introduction: 1969.
New Product–Documentation: Hawaii Directory of Manufacturers. 1969. p. 19. T. Tanita Tofu Factory, 189-A Ponahawai St., Hilo, Island of Hawaii 96720. Tofu, aburage.

2791. Watanabe, Tokuji. 1969. Evaluation of United States soybean varieties as a material for producing fresh tofu, to increase soybean utilization in Japan. Tokyo: Japan Tofu Association. 75 p. Final report, P.L. 480, project no. UR-A11-(40)-11 for the USDA on grant no. FG-Ja-104. [10+ ref. Eng]*
Address: Japan.

2792. Brissenden, Rosemary L. 1969. South East Asian food: Indonesia, Malaysia and Thailand. Baltimore, Maryland, USA, and Harmondsworth, Middlesex, England: Penguin Books Ltd. 262 p. Index. 18 cm.
• ***Summary:*** Contents: Acknowledgements. A note on this American edition. Weights and measures. 1. Introduction to South East Asian Food. 2. Utensils, methods, ingredients, glossary. 3. Indonesia. 4. Malaysia and Singapore: Malay, Chinese, Indian, Miscellaneous Malaysian. 5. Thailand.

The glossary of ingredients contains descriptions of: Soya bean curd (fresh or dried), Soya sauce, and monosodium glutamate (also known as Ve-Tsin, Ajinomoto, Mei Ching, Taste Powder, Gourmet Powder, Accent, P'sst!, etc.). The 3 kinds of soya sauce used in this book are light soya sauce, dark soya sauce (which is thicker and heavier; these two kinds are available at Chinese grocers), and Javanese soya sauce, which is sweet and very thick. The latter is available in bottles named Ketjap Manis or Ketjap Benteng, under the Conimex label. To make your own "Javanese soya sauce," combine 1 cup dark soya sauce, ½ cup molasses, and 3 tablespoons brown sugar in a small saucepan over medium heat. Stir until the sugar melts. Keep in a covered jar.

Note 1. This is earliest English-language document seen (April 2012) that contains the term "Javanese soya sauce."

Note 2. This is earliest English-language document seen (April 2012) that contains the term "Ketjap Manis"

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(regardless of capitalization) used to refer to sweet, thick Indonesian-style soy sauce.

This book has a disproportionate number of recipes based on meat, fish, and poultry. Soy-related recipes include the following. From Indonesia: Ikan semur Djawa (Fish in soya sauce, p. 69, Java). Ajam semur Djawa (Chicken in soya sauce, p. 76-77, Java). Semur daging (Beef in soya sauce, p. 94). Tahu goreng ketjap (Fried bean curd with soya sauce, p. 105). Tahu pong (Bean curd omelette, p. 111).

From Malaysia and Singapore: Fried fish with soya beans (p. 149-50). Stirred tomatoes or silver beet with black beans (with Chinese black beans [fermented black soybeans], p. 169). Baked bean curd (p. 181). Steamed, dressed bean curd (p. 181-82). Address: Melbourne, Australia.

2793. Brothwell, Don; Brothwell, Pat. 1969. Food in antiquity: A survey of the diet of early peoples. New York, NY: Frederick A. Praeger. 248 p. Illust. Index. 21 cm. Series: Ancient Peoples and Places. [117 ref]

• ***Summary:*** This comprehensive book is arranged by food type. Contents: List of illustrations. Acknowledgments. 1. Introduction. 2. The vertebrates. 3. The invertebrates (mollusks, insects). 4. Sugars. 5. Fungi. 6. Cereal crops. 7. The vegetables (incl. pulses). 8. Fruits and nuts. 9. Olives, oils, herbs, and condiments. 10. Drinks. 11. Diet and disease. The plates. Notes on the plates.

In the chapter on "Vegetables," the section titled "Pulses" (p. 105-07) mentions the soy bean. "Not only is it eaten as a vegetable [green vegetable soybeans] but, having a high oil content, butter oil (?) and cheese of a kind [tofu] can be prepared from it." It still grows wild in China. "There is a reference to the soy bean in Chinese literature which takes its history back at least as far as 2800 B.C." [sic].

The authors conclude that primitive diets consisted primarily of animal products.

There have been two great population explosions in human history: The Agricultural / Neolithic revolution began about 10,000 years ago, and the Industrial Revolution began about 200 years ago (p. 14-16).

Also discusses sesame seeds (p. 146, 159), and peanuts (p. 151). Address: 1. Senior Scientific Officer, Sub-Department Anthropology, British Museum of Natural History, London; 2. His wife.

2794. Camargo, R. de. 1969. Contribuicao ao estudo de dois alimentos orientais–o Tempeh e o tofu–obtidos da soja (Glycine max (L.) Merrill) [Contribution to the study of two East Asian foods, tempeh and tofu, obtained from the soybean (Glycine max (L.) Merrill)]. Docent's thesis: Escola Superior de Agricultura "Luiz de Queiroz," Piracicaba. 78 p. [Por]*

Address: Brazil.

2795. Cooking good food. 1969. Order of the Universe Publications, Box 203, Prudential Center Station, Boston, MA 02199. 34 p. No index. 28 cm.

• ***Summary:*** A simple, concise source of the basic macrobiotic ideas adapted to the American way. Note 1. This booklet was written by Jim Ledbetter, a student of macrobiotic teacher Michio Kushi, although his name does not appear in it.

Contents: The traditional food of man. The way of eating. Salt and oil. Special foods. Useful kitchen items. Cooking brown rice. Cooking other grains. Cooking vegetables. Cooking sea vegetables. Cooking beans. Cooking soups. Cooking with flours (Cooking noodles, cooking creams, baking bread, variations with flour). Cooking animal food. Preparing salads. Preparing condiments. Preparing drinks. Cooking desserts. Plasters. Traveling and eating out. he manner of eating. The seven levels of cooking.

In Chapter 4, titled "Special Foods" is a section on "Soybean foods" (p. 6), which states: "The soybean has been called the 'Vegetable Cow' of the Orient. It is full of good vegetable quality protein (43%). It was not traditionally eaten without special preparation, because it is fairly yin, except by monks who wished to limit their sexual desires. When cured with salt, however, it was used as a daily food. You will find these traditional preparations very helpful in your kitchen.

"Tamari is the ancient form of soysauce, fermented for at least eighteen months from soybeans, salt, wheat or barley, and water, without chemicals or preservatives. It has a very distinctive, delicious taste. It is used mainly in cooking vegetables when it is added after salting and just before the end of cooking time, and in broths. It is rarely used directly on grains, but is often found on the table to use with deep-fried foods. Some women mix tamari with an equal amount of water to make it less strong.

"Miso is a paste made from the same ingredients as tamari. There are two varieties; one (Hacho) is a little harder and darker in texture than the other. It has many uses, especially in soups, in which case it is added towards the end of cooking time so that the wonderful digestion-aiding bacteria it contains will not be destroyed. (All of these soybean condiments produce their best flavor when cooked slightly.) Miso soup has a deep, satisfying bouillon flavor, and is often taken every day as a delicious source of energy. It is helpful to thin miso in a little water before adding it to soups and sauces.

"Morromi [sic, moromi] is the pulp from which tamari has been made. It has a very special tangy flavor, and is used like miso.

"Seitan or 'Protein X' is made from the same ingredients as the above condiments. A slightly different process produces a strong jerky which, when boiled or sauteed, resembles beef in appearance and taste. It is very good in soups" (p. 6). Note 2. This is the earliest document seen (March 2011) that mentions "seitan." It is also the earliest English-language document seen (March 2011) that contains

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the word "seitan." By placing seitan in the category of "Soybean Foods," the author is apparently emphasizing the importance of soy sauce as one of its two main ingredients. He seems to have tasted seitan, but it is not clear that he knows what its other main ingredients are (wheat gluten, ginger, sesame oil) or how it is prepared.

"Tofu is made from fresh soybeans. This curd or 'cheese' is a good quality, strong yin food which is very refreshing for occasional use in summer when it is cooked with tamari. It is helpful to store tofu in water. The more yang pulp, which is usually thrown away, can sometimes to obtained from the Oriental stores which make tofu, and used to make delicious casseroles or well-sauteed vegetable dishes."

The section on "Condiments" (p. 6-7) discusses Gomasio (Sesame salt), umeboshi (salted plums), and Tekka. The section on "Oriental vegetables" (p. 7) discusses lotus root, daikon, ginger root, Chinese cabbage, jinenjo (Japanese potato), and kuzu arrowroot.

In the chapter titled "Cooking Beans" the author considers "Aduki Beans" to be the "King of Beans."

"Black Beans: The imported Japanese black beans are higher nutritional quality and superior taste. They are very sweet, delicious beans. They should be soaked and boiled, because their skin can become loose and clog a pressure cooker spout."

"Miso Soup: This hearty bouillon is the staple everyday soup. Prepare vegetables and boil for at least one-half hour (if you want a really good soup); thin miso with a little of the stock in a bowl and add it to the soup towards the end. Do not boil the soup after adding miso or the beneficial digestion-aiding bacteria will be harmed. If it is simmered very slowly, it can be cooked from 5 minutes to one hour.

"Tamari Soup: Prepare as above using tamari instead of miso for flavoring. A simple tamari broth with onions or carrots and onions is often served over dishes such as noodles."

In the chapter titled "Preparing Condiments" (p. 27) we read: "Vegetable Miso. Slice vegetables finely and saute. Add diluted miso and water and cook. Scallions, chives, carrot tops and many other vegetables are good prepared in this manner. 'Tekka' is made from lotus root, burdock root and carrots. 'Sigure' [Shigure] ('November Rain') is prepared with lotus roots, carrots, and onions. A little freshly grated ginger is often added towards the end of the cooking. A small amount of these condiments is usually sufficient."

The chapter titled "Preparing drinks" (p. 28-29) discusses Mu tea, umeboshi tea, chicory, Yannoh [Ohsawa coffee], dandelion coffee, Bardan, Kokkoh, kuzu, ume-syo-kuzu, and daikon drink.

The chapter titled "Cooking Desserts" (p. 30) states: "Amasake (Homemade Rice Wine). For special occasions this drink is very smooth and sweet."

Tofu is also mentioned in the chapter titled "Plasters" (p. 31). "Tofu Plaster. Squeeze tofu (soy bean curd, see *Special Foods*) and mix with 10% flour to make it more manageable. Apply this to any painful, feverish, or inflamed area. Alternating tofu plasters with ginger compresses often helps stubborn cases."

Note 3 This is the earliest document seen (July 2000) that mentions "Hacho" miso (spelled that way). Subsequently, many macrobiotic publications used this word and spelled it that way.

The chapter titled "Cooking sea vegetables" briefly defines kombu, wakame, hiziki (the incorrect idea concerning "black rice" comes from a casual remark by Evan Root), arame, dulse, and nori (laver).

Note 4 One original edition of this booklet, sent to Soyfoods Center by Tim Redmond (a founder of Eden Foods), has one dark blue stalk of wheat against a light blue background. In the lower right corner of the cover the following has been stamped with a blue ink stamp: "Eden Organic Food Store, 514 E. William. Ann Arbor, Mich. [Michigan] 48104." Address: [Massachusetts].

2796. Cowan, J.C. 1969. Soybeans. In: Encyclopedia of Chemical Technology. Vol. 18. 2nd ed. New York: John Wiley & Sons (Interscience Publishers). See p. 599-614. 27 cm. [44 ref]

• ***Summary:*** Contents: Introduction: Composition, standards and trading rules. Handling and storage. Processing: Preparation, screw-press and extruder-cooker operations, solvent extraction. Soybean products: Oil, meal and meal products, soy flour and related products, soy sauce and other food specialties (soybean milk, tofu, miso, natto, tempeh, sprouted soybeans, green vegetable soybeans). Production and export. Bibliography.

"An estimated 50 million lb of soy flour was marketed in 1967. About one-half of this went into pet foods and the rest into foods for humans." Address: USDA.

2797. Day, Harvey. 1969. About yoga diet. London: Thorsons Publishers Ltd. 64 p. 19 cm. The "About" Series, no. 37.

• ***Summary:*** The yoga diet is a vegetarian diet. Chapter 3 titled "Vegetarians Need Protein," notes that soya beans contain 34% protein, and that the Chinese, "who live mainly on the soya bean," are among the toughest and hardiest of nations, noted for their stamina. The same chapter has a long section titled "Mahatma Gandhi–Food Reformer" (p. 20-28) which notes (p. 27) that Gandhi experiments with using soya beans as an article of diet.

Page 47 notes that London restaurants such as Cranks and The Vega serve delicious vegetarian food. Pages 47-48 have a section about the soya bean (p. 47-48) which states: "Major-General Sir Robert McCarrison said that if only Indians could be induced to make the soya bean their national food all their nutritional problems would vanish; and

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Dr. McCollum of Johns Hopkins University maintained that if Americans tempered their diet with soya beans there would be a drop of at least 20 per cent in their mortality rate." Pages 48-49 has a section on "Bean Curd" [tofu] which describes incorrectly how it is made (by adding gelatine from seaweed).

2798. Fujisawa Pharmeceutical Co. 1969. Glucono delta-lactone. Osaka, Japan. [12 ref]
Address: Osaka, Japan.

2799. Heimann, Werner. 1969. Grundzüge der Lebensmittelchemie [Fundamentals of food chemistry]. Dresden, Germany: T. Steinkopff. xxiv + 610 p. See p. 381-82. Illust. 25 cm. [Ger]*

2800. Kwon, Shin Han. 1969. Soybeans and soybean products in Vietnam. Saigon: Republic of Vietnam: Ministry of Land Reform and Development of Agriculture and Fisheries, Agricultural Research Inst. (Saigon). 113 p. 28 cm. [60 ref. Eng]
• ***Summary:*** Contents: Map of South Vietnam showing all provinces and their names. Preface, by the author. 1. Introduction: History of soybean, production and trade in the world and in Vietnam, utilization of soybean (uses, nutritive value of the soybean). 2. Botany of the soybean plant: Seed, stem and pubescence, leaves, flower parts, root and nodule bacteria, genetics. 3. Ecological requirement: Germination, temperature, rainfall, day length, soil. 4. Cultivation and storage: Planting (land preparation, depth of seeding, methods of seeding, rate of seeding, time of seeding, rotation, erosion), fertilizer (manure, nodule bacteria, nitrogen, phosphorus, calcium, potash, molybdenum, application), insects (maggot fly, soybean insects found in Vietnam, control), diseases (root disease, foliage disease, seed disease), weed control, harvesting and threshing (harvesting time, methods of harvesting, drying). 5. Variety improvement: Aims of improvement (high yielding variety, disease resistance, insect resistance, day length, varieties tolerant to unfavorable soil conditions, seed size, seed color, oil and protein content in seed, palatability), introduction method, pure line selection method, breeding method (making the cross, pedigree method, bulk method), regional trials, variety purification and multiplication (breeder's seed, foundation seed, stock seed, extension seed, maintenance). 6. Seed certification standard. 7. Bibliography.

The author thanks for their help: Dr. Thai-Cong-Tung, Director of the Agriculture Research Institute, and Mr. Nguyen-Huu-Quyen, Manager of Eakmat Experiment Station.

"The history of soybean in Vietnam is meager, but the references by Loureiro (1790) and Rumphius (1747) mentioned the cultivation of soybean in Malaysia and Vietnam. Harmand (1877) collected wild soybean (*Glycine laotica*) in the Hue and Bassac areas, and the herbariums [herbarium specimens] are still available at the Agricultural Research Institute, Ministry of Agriculture, Vietnam." Since the history of Vietnam is closely related to that of China, it seems likely that the soybean has been cultivated for many centuries in what is today Vietnam (p. 1).

In Vietnam, the soybean is still not a very familiar crop to the majority of farmers. Although the acreage has gradually increased since 1958, production had not yet reached 10,000 tons by 1967. According to the *Agricultural Statistics Yearbook of Vietnam,* in 1966 in South Vietnam, total soybean acreage was 6,610 hectares and production was 7,585 metric tons, or 1.148 tonnes/ha (p. 7). The main soybean producing provinces are all in the southern half of South Vietnam: Long-Khanh (40% of total South Vietnamese acreage), An-Giang (20.4%), Chau-Doc, Kien-Phong, and Binh-Dinh (5%). In 1963 some 1,440 tones of soybeans were imported and in 1966 some 100 tonnes were exported (p. 6).

Table 4 shows an estimate of the costs and returns per hectare of growing soybeans at the Eakmat Agricultural Experiment Station in Ban-Me-Thuot in 1968. The net income or profit from one hectare was about VN$26,000, which is larger than for any other field crops, including: cassava (VN$22,766), mung beans ($20,267), sweet potatoes ($19,269), upland rice ($6,828), corn ($6,569), and peanuts (VN$5,100).

Uses: "In Vietnam, the soybean is not commonly used in daily food, but a number of foods such as soysauce, tuong [a soft kind of miso resembling Chinese chiang in consistency, and sold in crocks], bean curd, vermicelli, soymilk, soybean wine, chao [fermented tofu, sold in bottles], soybean oil, [soy] bean sprouts, and green pods [green vegetable soybeans] are available in the market and they are gradually becoming popular among Vietnamese.

Note: This is the 2nd earliest English-language document seen (Oct. 2011) that uses the word "chao" to refer to fermented tofu.

Photos (p. 11-12) show: (3) Bean sprouts and cooked beans with tomato sauce. (4) A shop that sells soybean products in a Saigon market. Soybean paste [tuong] is in big chars, chao [fermented tofu] is in bottles in front, and bean curds [tofu] are in the front left corner. (5) A Vietnamese girl frying bean curds in the market. (6) Bottles with labels showing various kinds of soy sauces made in Vietnam.

The highest yielding soybean varieties in Vietnam are presently Palmetto and E-32. In trials, they yield about 1 tonne per hectare. Address: FAO Agricultural Officer. Phone: Saigon 91.746.

2801. Larson, Jeanne R.; McLin, Ruth A. 1969. 52 Sabbath menus. Nashville, Tennessee: Southern Publishing Assoc. 255 p. Index. 22 cm.
• ***Summary:*** This Seventh-day Adventist vegetarian cookbook contains several soy-related recipes: Tofu loaf

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(p. 52). Sukiyaki (with tofu, p. 186). Vegebits deluxe (with 1 no. 303 can Vegebits, p. 228). Soybean loaf (with cooked mashed soybeans, p. 228). Noodle entree (with 1 large can Choplets, p. 229). Creamed Skallops casserole (with 1 large can Skallops, p. 229).

The chapter titled "Emergency Meals" has a section on "Protein and Main Dish Foods" including "Canned vegetable proteins (Vegelona, Vegetable Steaks, Soyameat, Nuteena, etc.)."

2802. Loma Linda Food Co. 1969. Wholesale price list. Arlington, California. 4 p. Undated.
• ***Summary:*** The cover states: "Quality foods since 1906. Camp Meeting Prices 1968, 1969." Soy-related products include: Soy Flour. VegeChee [Tofu]. Soy Beans Boston Style. Soybeans T.S. Smokene (Shaker bottle). Soy Sauce (3 sizes, glass bottles). Other products [probably made mostly from wheat gluten and/or peanuts include]: Nuteena. Proteena. Vegelona. Vegelet 'n Gravy. Dinner Cuts. Dinner Rounds. Vegecuts. Vegeburger (regular or no salt added). Tender Bits. Linketts [Linkettes]. Big Franks. Little Links. Loma Linda Sandwich Spread.

Note: No mention is made of spun soy protein fibers. Address: Arlington, California.

2803. Rudzinski, Russ. 1969. Japanese country cookbook. San Francisco, California: Nitty Gritty Productions. xvi + 198 p. Illust. by Mike Nelson. 14 x 22 cm.
• ***Summary:*** An innovative but hard-to-read book printed with red ink on dark tan paper. The many illustrations (black line drawings) are excellent.

A surprisingly large number of the recipes in this cookbook contain soyfoods. Soy-related recipes include: Sukiyaki (with "1 block of fresh bean cake (*tofu*) or 1 can *tofu*, cut into bite-size squares," and shoyu, p. 5-10). Teriyaki (normally done on a hibachi grill; *teri* = shiny or glazed and *yaki* = broiled, p. 16). Miso shiru (p. 20). Chicken teriyaki with sesame seeds (with shoyu, p. 24). Chicken liver teriyaki (with shoyu, p. 26). Shrimp teriyaki (with shoyu, p. 28). Spicy shrimp teriyaki (with shoyu, p. 28-29). Tofu dengaku (p. 29). Tofu yaki (fried) (with tofu, miso and shoyu, p. 29). Tofu soup (p. 48). Kaki no miso suimono (Oyster soup with soybean paste, p. 55). Vegetable and noodle miso soup (p. 56). Shrimp miso (p. 56). Takara yaki (omelette with tofu, p. 65). Tofu-egg cakes (p. 66). Tofu-egg omelette with white toasted sesame seeds (p. 66). Fried tofu with egg (p. 67). Cabbage with miso sauce (p. 85). Horenso (spinach) with miso (p. 89). Karai nasubi miso (Spicy eggplant with miso, p. 94). Goma nasubi miso (Eggplant with miso and sesame seed paste, p. 95). Tofu sauce (p. 102). Inari sushi (with aburage, p. 110-11). Miso dango (meatless rice-based patties / balls, p. 117). Soba (buckwheat noodles) with miso sauce (p. 122). Tofu to niku donburi (bowl with meat and tofu, p. 127). Sakana no nitsuke (fish cooked with miso, p. 135). Shiroi sakana no nitsuke (white fish with miso, p. 136). Tofu to ebi no kuzu-ni (tofu and prawns in kuzu sauce, p. 139). Simple kaki (oyster) miso (p. 140). Kaki nabe (pot of oysters with miso, p. 141). Kaki to tofu nabe (oyster pot with tofu and white miso, p. 141). Yaki hamaguri (broiled clams with white miso, p. 143). Kawari tofu nori zuke (prawn dumplings with tofu, p. 148). Tori dango miso (fried ground chicken with miso, p. 162). Tofu, pork and vegetables (p. 167). Mashed tofu and ground pork (p. 168). Buta nabe (pot-au-pork with "4 fried tofu, fresh or canned, cut in strips," p. 168). Pork mizutaki (with tofu, p. 169). Beef mizutaki (with tofu, p. 175-76). Shabu-shabu (with tofu, p. 181). Shoyu is used in many, if not most, of the recipes in this book.

At the back is a glossary, which includes definitions of aburage, miso, shoyu, and tofu. Address: California.

2804. Saito, Akio. 1969. [Chronology of soybeans in Japan, 1950 to 1969] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Feb. p. 15-16. [Jap]
• ***Summary:*** 1950–The production of soybeans increases greatly to 446,900 tonnes (2.1 times more than in recent years).

1950–In March, the food ration system organization is closed. In July the ration systems for miso and shoyu are removed.

1951 March–The restrictions for soybeans and rapeseed are removed. From this time on, the number of natto makers increases rapidly.

1952–Soybean production in Japan reaches 521,500 tonnes, the largest since World War II.

1953 Jan.–Restrictions are imposed on imports of foreign soybeans paid for in foreign currencies.

1955. Rice production in Japan this year is 12,390,000 tonnes (up 35.9% over last year). This is the first time it has topped 12,000,000 tonnes. Irrigated rice cultivation (*suiden*) is 20% more than last year. The days of rice shortages are over and the black-market price of rice falls. The per-capita direct consumption of soybeans for the year is 4.5 kg (This information comes from *Norin Suisan-sho, Shokuryo Jukyu-ho*).

1955 April–Soybeans from Brazil are graded using the AA system (*Yunyu jido shonin sei*).

1956–A new natto container is invented, made of shaved wood (*kyogi*) lined with a polyethylene sheet.

1956 June 13–New regulations for agricultural products and price stabilization. Domestic soybeans are added to them.

1956 Oct.–The tax on imported soybeans rises to 10% and the no-tax system for soybeans is removed.

1959–The first instant miso soup is introduced by Yamajirushi Miso in Nagano. It contains dried green onions, wakame, dried tofu [probably dried-frozen tofu], etc.

1959–At about this time research begins on meat analogs made from soy protein.

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1960–Per capita consumption of shoyu drops to 13.7 kg. It has now fallen below 14 kg/person.

1960–Soybean imports rise to 1,128,000 topping the 1,000,000 level of the first time.

1961 July 1–The tax on imported soybeans is removed.

1962–A new natto container made of Styrofoam is invented (*PHP yoki, happo suchiroru*).

1963–In the USA General Mills starts to sell meat analogs made from soy protein.

1965–Per capita miso consumption drops to 7.8 kg, falling below 8 kg/person.

1965–Production of defatted soybean meal reaches 1,074,000 tonnes, passing the 1 million tonne mark for the first time. Production has risen 56% in during the past 5 years.

1966–At about this time meat analogs based on soy protein start to be sold commercially in Japan–to institutions.

1966–Soybean imports rise to 2,168,467 tonnes, passing the 2 million tonne mark for the first time.

1966–Production of soybeans in Japan drops below 200,000 tonnes for the first time. Japan now produces only 9% of the soybeans it consumes.

1966 May–Kikkoman starts selling low-salt shoyu. 1968–Meat analogs based on soy protein start to be sold to the general public in Japan.

1968 June–Research conducted by the *Mainichi Shinbun* shows that the size and price of tofu is now different in different areas. In Tokyo it sells for 25 yen per 300 gm or over. Cakes of tofu sold in downtown Tokyo (*shitamachi*) are smaller than those sold uptown (in the hilly sections) (*yamanote*). Some tofu shops that are not members of the tofu association sell it for 15 yen per 350 gm. In Nagoya it retails for 30 yen per 450 gm, and in Northern Kyushu 25 yen per 450 gm. Per capita consumption of tofu is 33 cakes (*cho*) a year.

1969–Per capita consumption of soy oil in Japan rises to 3.2 kg, passing the 3 kg mark for the first time. In 1969 it was 1.2 kg/person. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

2805. Shinojima, Chu; Ashihara, Tamako. 1969. Practical shoyu cooking: Delicious dishes with Japanese soy sauce. Tokyo: Japan Publications Inc. 61 p. Illust. No index. 26 cm. [Eng]

• ***Summary:*** Contents: Introduction. Helpful hints on how to use this book. Egg dishes. Beef and veal dishes. Okinawan dishes. Chicken dishes. Japanese soy sauce–Shoyu. Pork dishes. Modern Japanese cooking. Canned foods and salads. Desserts. Tofu dishes and soups. Fish dishes.

Contains many full-page color photos. The word "shoyu" is used throughout the book, and all recipes call for the use of "shoyu." The chapter titled "Japanese soy sauce–Shoyu" (p. 32-33) begins: "Shoyu is the single seasoning without which the art of Japanese cooking would be impossible. Its flavor and fragrance also blend beautifully with food of other countries, and shoyu is now in use throughout the world. Japan's largest shoyu producer, the Kikkoman Shoyu Company, exports its product to 51 countries around the world." It also notes that among the traditional influences on Japanese cooking, that "of Buddhism was especially strong in regard to developing a respect for the natural flavor of each food item. The best means of bringing out the flavor of each food was found to be through the use of shoyu."

2806. Steinberg, Raphael. 1969. The cooking of Japan. New York, NY: Time-Life Books. 208 p. Illust. General index. Recipe index (English). Recipe index (Japanese). 28 cm.

• ***Summary:*** A superb, elegant book, that (with its spiral-bound companion volume of recipes) captures in both words and photos (by Eliot Elisfon) the true spirit of Japanese food and cookery. Contents: Introduction: Solving the mysteries of Japan's marvelous cuisine, by Faubion Bowers. 1. The heritage of a remarkable past. 2. Foods to suit the seasons. 3. The logic of Japanese cookery. 4. The world's greatest seafood. 5. Simple, satisfying foods of home. 6. A ceremony that sired a cuisine (*kaiseki* or tea ceremony cooking, with roots in 13th century Zen Buddhism). 7. Eating out as a way of life. 8. Magnificent meals in elegant settings.

Soy-related: The writer of the introduction snacked on odorous, fermented soy beans (*natto*) at night before retiring (p. 6). His son said to him recently, "Please, Dad. Not *tofu* again!" (p. 7). Importance of the soybean (p. 16-17; China has had a huge impact on Japanese culture. "Perhaps the most important food innovation contributed by China was the soybean, which is various disguises is still the foundation stone of Japanese cooking"). Shoyu is the Japanese word for soy sauce (p. 26). Tofu (soybean curd), which is cooked with other foods throughout most of the year, becomes a dish in its own right during the summer, served on ice and flavored with soy sauce (as *hiyayakko*, p. 32). Photos of tofu, shoyu, green soybeans [*edamamé*] and akadashi miso in prepared festival dishes (p. 34-35). *Matsutake* mushrooms with tofu or shoyu. "The most important lesson to be learned deals with the ubiquitous role of the soybean. Generally considered by Westerners to be the most humble of vegetables, the soybean is in fact the king of the Japanese kitchen. One might almost say that Japanese cuisine is built upon a tripod of soybean products: *miso*, a fermented soybean paste; *tofu*, a custardlike soybean cake; and soy sauce, used both to season foods as they are being cooked and to make dipping mixtures that enhance the flavors of the foods as they are being eaten." Details about these three products and their uses is then given (p. 41-42). Teriyaki or "shining broil" (p. 43). Two-page color photo shows (p. 44-45): Azuki beans and *kuromame* (black soybeans), sesame seeds, sesame oil, *fu* (wheat gluten croutons), *aonoriko* (powdered green seaweed), Kikkoman shoyu, *aka miso*, *shiro miso*, *tofu*, nori

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and wakame.

Ponzu, a dipping sauce which is half soy sauce and half lemon or lime juice (p. 46). Sukiyaki (p. 46). Tempura (p. 49). *Aemono* and *sunomono* with tofu, miso, or soy sauce (p. 48). Photo of a tofu-slicing knife with a serrated blade (p. 50). Recipes: Clear soup with tofu and shrimp (*Sumashi wan,* p. 55). Miso soup with red and white miso (p. 56-57, 59). Miso-flavored pork and vegetable stew (*Satsuma-jiru,* p. 61). Soy and sesame-seed dressing with string beans (*Goma joyu-ae,* with "½ cup white sesame seeds, toasted and ground to a paste," p. 62). Tofu and sesame-seed dressing with vegetables (*Shira-ae,* p. 63; "Add the sesame seeds..., warm them until lightly toasted. Grind them to a paste in a *suribachi* {serrated mixing bowl} or, more easily, pulverize them at high speed in an electric blender with 1/8 teaspoon of soy sauce. Transfer the sesame-seed paste to a mixing bowl...)."

Two color photos show: (1) Toasted sesame seeds in a *suribachi* with a wooden pestle. (2) When ground, they "quickly release their oil and turn into a paste." White miso dressing (*Neri shiro miso,* p. 67). Photo of *zensai,* incl. miso-marinated asparagus, and abalone cooked in soy sauce (p. 72). Sashimi dipped in soy sauce (p. 81-83, 90-91).

Undersea vegetables: nori, kombu, wakame, hijiki (p. 88-89). Recipes: Sushi (p. 95-101). Tempura (p. 103). Mirin and soy dipping sauce for tempura and noodles (*Soba tsuyu,* p. 104). Deep-fried tofu in soy-seasoned sauce (*Agedashi,* p. 105).

Tofu is the Japanese word for soybean curd (p. 108). Umeboshi (p. 109). Miso soup (p. 109-10). Natto and miso (p. 115). Tofu and shoyu in *yudofu* (p. 116). Sekihan and azuki (red beans, p. 120). *Mame* ("beans") are served at traditional wedding feasts; the word also means good health. Mochi (p. 121). Recipes: Sekihan (p. 126). Fox noodles with deep-fried tofu (*Kitsune udon,* p. 127). Bubbling tofu (*Yudofu,* p. 132-33). *Sukiyaki* (p. 134, with tofu and soy sauce). *Shabu shabu* (with tofu, p. 135).

Tofu and miso in *kaiseki* cuisine based on Zen Buddhism and the tea ceremony (p. 146-49). Teriyaki, mirin, ponzu, tofu (p. 152). Tofu and shoyu (p. 159). Sasanoyuki restaurant in Tokyo (uses tofu as a main ingredient in every dish, p. 160-61). Sukiyaki, with tofu and soy sauce (photo, p. 166-67). Broiled mackerel in miso marinade (*Miso zuke,* p. 169). Dengaku tofu (p. 172-73, with color photo). Beef teriyaki (with shoyu, p. 174-75). Yakitori (with teriyaki sauce, p. 174-75). Grilled chicken with sweet soy-seasoned glaze (*Tori teriyaki,* p. 176). Black soybeans and tofu (p. 188). At a geisha house, shoyu is called *murasaki* ("the purple").

A guide to Japanese ingredients (glossary): Incl. aji-no-moto, aonoriko, azuki, fu, goma, goma-abura, hichimi (shichimi) togarashi, kombu, konnyaku, mirin, miso, MSG, nori, shoyu, soba, tofu, umeboshi, wakame, wasabi.

Note: The spiral-bound recipe book accompanying this volume contains the recipes in the parent volume and no new information; the binding makes it easier to use in the kitchen. Address: USA.

2807. Thurmon, Jimmie Joan. comp. 1969. Adventures in vegetarian cooking: Over 200 meatless main dish recipes. Nashville, Tennessee: Southern Publishing Assoc. 128 p. 23 cm.

• ***Summary:*** The author of this Seventh-day Adventist vegetarian cookbook is a woman. Interesting recipes include: Nut Cheese (no. 1 & 2, with peanuts or peanut butter and gluten flour, p. 11). Tomato Nuttose (with nut butter, p. 11). Homemade Nuttose (with nut butter, p. 12). Homemade Protose (with peanut butter and mashed beans (p. 12). Homemade Nutmeat (dark) (with gluten flour, peanut butter, and Vegex, p. 12-13). Homemade Nutmeat (light) (with raw nut/peanut butter and flour, wheat meal, or soybean meal, p. 13). Nuttolene (with peanut butter and eggs, p. 13). Homemade gluten (with Vegex or soy sauce, p. 14). Granola. Preparing and cooking dry soybeans (p. 15). This page describes how to make "soybean pulp," an ingredient is subsequent recipes. "Press cooked soybeans through a coarse sieve or grind in a food grinder. Use in making soups, croquettes, loaf, or soufflé. Cold, the pulp makes a nutritious and flavorful filling for sandwiches when mixed with chopped onion and enough salad dressing or milk to make it easy to spread. May be used like pumpkin or squash with milk, eggs, and spices as a filling for pie. May be used in place of burger in chili."

Soybean loaf (p. 19). Soybean cheese loaf (with 1 can (14 oz.) soy cheese [tofu] and Savita, p. 21). Gluten roast no. 1 (with gluten burger, p. 21). Soybean loaf, p. 27). Soybean-rice loaf (p. 28). Gluten roast no. 1 & 2 (p. 29). Baked soybean croquettes (with soybean pulp, p. 36-37). Soyameat patties (p. 37). Cheese-nut burgers (with VegeChee [tofu, made by Loma Linda Foods], p. 37). Soyameat tetrazzini (p. 52). Soybean casserole (with Wham, p. 52-53). Soybean souffle (with soybean pulp, p. 53). Tofu with mushroom sauce (p. 90; Tofu is "A fresh soybean milk curd obtainable at Oriental markets, or canned under the trade name VegeChee" [by Loma Linda Foods]). Puree of soybean soup (with soybean pulp, p. 110).

Pages 121-22 list "Vegetable protein brand names." All products are made by Seventh-day Adventist food manufacturers. Brand name codes: B = Battle Creek. C = Collegedale. L = Loma Linda. M = Madison. S = Sunnydale. W = Worthington. 1. Nut meats (canned): Not-Meat (M). Numete (W). Nuteena, Proteena, and Vegelona (L). Protose (B).

2. Gluten burgers: Choplet Burger (W). Collegedale Burger (C). Madison Burger, and Zoyburger (M). Prime Vegetable Burger (B). Redi-Burger, and VegeBurger (L). 2. Gluten steaks: Big Pat, and Fry Sticks (W). Chic-Ketts (S). Collegedale Chops (C). Dinner Cuts, Dinner Rounds, Vege Cuts, and Vegetables 'n Gravy (L). Vegetable Skallops, and

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Vegetable Steaks (B).

Note 1. This is the English-language document seen (Jan. 2007) that contains the term "Gluten burgers" (or "Gluten burger").

4. Wieners and sausages: Big Franks, and Linketts (L). Saucettes (B). Veja-Links (W). 5. Frozen foods: Chipped Prime, Prosage, Vegetarian Luncheon Slices (Chicken and Beef Style), Wham (W). Note 2. Worthington was the first Adventist company to make frozen meatlike products.

6. Soy meats: Soyameat (Diced Chicken Style, or Diced Beef Style) (W). VegeChee [Tofu] (L).

Frequently used seasonings in vegetarian entrées. (p. 122). Accent. Bac-O-Chips (General Mills). Bakon Yeast. Gravy Quik (L). G. Washington Broth. McKay's Chicken Style Seasoning. Savita. Savorex, and Smokene (L). Sovex. Tartex. Tastex. Vegex.

Update. 1995. Oct. 25. Jimmie Joan Thurmon, a Seventh-day Adventist, is retired and lives with her husband at 128 Mountain Ridge Dr., S.E., Cartersville, Georgia 30120-6951. Phone: 770-974-9218. She learned how to make wheat gluten from Seventh-day Adventist women, who had been making it for years. In addition Loma Linda Foods in California and Sanitarium Food Co. in Australia had many products containing wheat gluten on the market by the 1960s. Address: Nashville, Tennessee.

2808. **Product Name:** Tofu.
Manufacturer's Name: Yet Sing Co.
Manufacturer's Address: 11 Baldwin St., Toronto, ONT, Canada. Phone: 416-977-3981.
Date of Introduction: 1969?
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Phone: 863-0818.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number.

Talk with Martha Gifford Thompson. 1989. April 11. The Toronto Zen Center, was an affiliate group nearby in Canada. In Toronto, which has a large Asian population, were at least three tofu shops: one very small family-run Korean shop, which had no name, was on Baldwin Street; it is no longer there. "The first room was stacked to the ceiling with soybeans. Down in the basement were many people slogging around making tofu. It was quite a scene, and nobody spoke any English." Talk with Jay Thompson. 1989. April 11 and June 9. He visited this company on 11 Baldwin St. many times to buy tofu for the Rochester Zen Center. The other tofu shop on Baldwin Street is no longer there.

Talk with Jon Cloud of Soy City Foods. 1989. May 3. Yet Sing is a tofu company at 11 Baldwin St. They may have been the first tofu company in Ontario. Started by the 1960's, they are still in business. Talk with a lady at Yet Sing. 1989. May 4. She barely speaks English, but thinks the company started about 20 years ago. The man who started the company has retired. They are still at 11 Baldwin Street, Toronto, ONT, M5T 1L1. Talk with Jhasun Koo, owner and founder of Pyung Hwa Food Co. 1989. May 4. He started making tofu in 1978 on Dundas St. In 1978 the only other tofu companies in Toronto were Yet Sing (probably the first) and Hwa Chang. Both were run by Chinese-Canadians and both are still in business.

2809. Claiborne, Craig. 1970. East meets West. *New York Times.* Jan. 4. p. 196.
• ***Summary:*** The Japanese dish named shabu-shabu "is sometimes called oriental fondue in this country." The Japanese word is "onomatopoeic; it imitates the sound of chopsticks as they swirl the broth." It is served as a communal dish at Saito (131 West 52nd St.) one of New York's best Japanese restaurants.

The recipe for Shabu-shabu calls for "2 pieces tofu (bean curd), cut into 4 pieces (eight pieces in all)." There are also recipes for Ponzu, Gomatare [Gomadare], and Dashi. In the first two of these, "soy sauce" is a key ingredient. In all three call for the use of "ajinomoto (monosodium glutamate), optional," up to 1 tablespoon in the Gomatare recipe!

2810. Hellendoorn, E.W. 1970. Onbewerkte en bewerkte peulvruchten in onze voeding [Unprocessed and processed legumes in our food]. *Voeding* 31(1):1-14. Jan. 15. [10 ref. Dut]
• ***Summary:*** The soybean (*de sojaboon*) and soyfoods (p. 6-7) include: Soybean meal (*sojameel*), soy oil (*de olie*), soy sprouts (*gekiemde sojabonen*, which are popular in Chinese dishes), tofu (*tahu*), soy sauce (*sojasaus*), miso, and tempeh.

Note. This is the earliest Dutch-language document seen (Jan. 2013) that uses the term *gekiemde sojabonen* to refer to soy sprouts. Address: Doctor, Centraal Instituut voor Voedingsonderzoek TNO, Zeist.

2811. Okumura, George K.; Wilkinson, Jack E. 1970. Preparation of vegetable protein-containing food products. *U.S. Patent* 3,490,914. Jan. 20. 4 p. Application filed 15 May 1967. [6 ref]
• ***Summary:*** "Water soluble protein is extracted by precipitation from de-fatted slurry of soy bean or other protein-containing vegetable material, and is then converted by a freezing step in a fibrous, sponge-like protein mass lacking the taste of soy or other starting material, which mass can then be further processed into a meat-like solid food or into a milk, or derivative of milk such as cheese, ice-cream, yogurt, etc., additional steps of finely comminuting the fibrous mass and adding water and other additives being utilized in producing the milk.

"This application is a continuation-in-part of our application Ser. No. 445,695, filed April 5, 1965, for Process

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of Producing Soy Milk from Sprouted Soy Beans, now Patent No. 3,399,997 and of our abandoned application Ser. No. 638,573, filed May 15, 1967, for Processing of Soy Food Products with Freeze Treatment." Address: 1. 3151 S. Elm Ave., 93706; 2. 2411 Divisadero St., 93721. Both: Fresno, California.

2812. Centre de Documentation Internationale des Industries Utilisatrices de Produits Agricoles (CDIUPA). 1970--. IALINE (Industries Agro-Alimentaires en Ligne) base de données [IALINE (Food and Agricultural Industries On-Line) database]. 1, avenue des Olympiades–91300 Massy, France. [271542 ref. Fre]
• ***Summary:*** This is the world's best database for French-language publications related to food and nutrition. It first became available for use in Jan. 1970, and that is also the date of the earliest record in the database. It is produced by the Center for International Documentation on Industrial Utilization of Agricultural Products (CDIUPA), founded in 1965 by the French Ministry of Agriculture. CDIUPA is administered by APRIA (*Association pour la Promotion Industrie Agricole*), which is a member of the International Commission of Agricultural and Food Industries.

The current contents of the database is published in a monthly journal titled "Industries Agro-Alimentaires: Bibliographie Internationale," which began under that title in Jan. 1983. It was preceded by *Bibliographie Internationale des Industries Agro-Alimentaires. Bulletin Bibliographique* (published from Jan. 1967 to Dec. 1982). In the monthly journal, the citations are grouped under 6 broad headings: 1. General (with 8 subcategories). 2. Agro-food industries (industries agroalimentaires; with 17 subcategories; Many documents on soyfoods are cited in subcategory N titled *"Protéines d'origine animale, végétale, microbiologique, algues et levures aliments"*). 3. Fermentation industries (with 6 subcategories). 4. Food microbiology. 5. Food toxicology. 6. Utilization and adding value to agricultural and food-industry by-products. Biotechnology. The journal contains 3 indexes: Subject index. Index of sources (periodicals [with journal names written out in full], acts of congress, books, theses). Author index.

Information related to soyfoods is likely to be found under the following headings in the subject index: Aspergillus oryzae; Farine de soja (incl. soy flour, and roasted soy flour or kinako); Huile de soja (soy oil); Koji; Lait de soja (soymilk); Miso; Nato (incl. natto); Produit à base de soja (incl. dawa-dawa, kinema, soy cheese [western style], fermented black soybeans / Hamanatto, soynuts, soy ice cream, soy yogurt, thua-nao, yuba), Protéine de soja (soy protein products); Protéine de soja, Produit extrudé (extruded soy products); Protéines d'origine animale, végétale; Sauce de soja (soy sauce); Soja (incl. green vegetable soybeans); Soja, germe (soy sprouts); Sufu (fermented tofu); Tempeh; Tofu. Address: Massy, France. Phone: (1) 69.20.97.38.

2813. **Product Name:** Tamari (Soya Sauce), Miso (Soya Bean Paste), Daiya Tofu (Bean Curd).
Manufacturer's Name: Hunzana Foods Limited (Importer-Marketer). Made in Japan.
Manufacturer's Address: 34 Dryden Chambers, 119 Oxford St., London, W.1, England.
Date of Introduction: 1970. January.
New Product–Documentation: Ad (full-page) in *The British Vegetarian.* 1970. Jan/Feb. p. 9. Hunzana imports these health foods from Japan. ½ litre of "Tamari (Soya Sauce)" sells for 6 shillings 9 pence (6/9). 1 lb of "Miso (Soya Bean Paste)" sells for 5/6. 188 gm of "Daiya Tofu (Bean Curd)" sells for 6/6. Hunzana also imports other foods from India, North Ireland, Eire, Germany, and Greece.

2814. Claiborne, Craig. 1970. Dining out in setting of books. *New York Times.* Feb. 27. p. 60.
• ***Summary:*** In a review of Three Six Nine Restaurant at 12 Elizabeth St. in New York City's Chinatown, the writer described "an excellent hot soup with fresh and cured pork plus bean curd skin [yuba] and bamboo shoots (Ningpo);... and a spiced chopped bean curd [tofu] dish with peas and hot pepper (Szechuan)."

2815. Saio, Kyoko; Koyama, Emiko; Yamazaki, Sadao; Watanabe, Tokuji. 1970. Protein–calcium–phytic acid relationships in soybean. III. Effect of phytic acid on coagulative reaction in tofu-making. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 25. p. 181-88. Feb. [9 ref. Eng; jap]
• ***Summary:*** Reprinted from *Agricultural and Biological Chemistry* 33(1):36-42 (1969). Address: 1, 4. Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan; 2-3. Japan Tofu Assoc.

2816. Saio, Kyoko; Kamiya, Makoto; Watanabe, Tokuji. 1970. Food processing characteristics of soybean 11S and 7S proteins. I. Effect of difference of protein component among soybean varieties on formation of tofu-gel. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 25. p. 189-97. Feb. [10 ref. Eng; jap]
• ***Summary:*** Reprinted from *Agricultural and Biological Chemistry* 33(9):1301-08 (1969). Address: 1, 3. Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan; 2. Japan Protein Industry Co., Ltd.

2817. Tamura, Shinhachiro; Yamazaki, SadaO; Osawa, Fumie; Watanabe, Tokuji. 1970. Yuden kanetsuho ni yoru kappu tôfu seizô-hô no kaihatsu [Development of cup tofu making process using microwave heating]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 25. p. 58-61. Feb. [Jap; eng]
• ***Summary:*** Coagulated with GDL (Glucono delta lactone).

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Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2818. **Product Name:** [Burgmate].
Manufacturer's Name: Morinaga Confectionery Co. Ltd.
Manufacturer's Address: Shiba 5-33-1, Minato-ku, Tokyo, Japan.
Date of Introduction: 1970. March.
New Product–Documentation: *Soybean Digest Blue Book.* 1970. p. 108.

2819. Ives, Bill. 1970. Traveling gourmet finds sukiyaki. *Washington Post, Times Herald.* May 7. p. C14.
• ***Summary:*** The ingredients in the recipe for Sukiyaki include "1 block tofu (bean curd) cut into one-inch cubes, optional," "1 cup soya sauce," and "1 teaspoon monosodium glutamate."

2820. Ives, Bill. 1970. Japanese housewife's burden–leaping inflation. *Christian Science Monitor.* May 29. p. 1.
• ***Summary:*** A large graph of consumer price indices for various countries, from 1963 to 1969, shows that inflation in Japan is growing the fastest (up 35% from 1963), whereas in West Germany and the United States it is growing the slowest (up 10-12% since 1963).

When the writer went shopping with Mrs. Masako Mogi in Tokyo he saw firsthand how fast the price of everything from baths to soups was rising. "In the supermarket she picked up a square of spongy tofu (Japanese bean curd) for 18 yen. She'd prefer [traditional] handmade tofu, rather than the mass-produced kind, but its almost double the price. Then came two strips of dried and fried tofu called age (pronounced ah-gay),..." Address: Tokyo–Staff correspondent for the Monitor.

2821. Hori, Keinosuke; Otaki, Shinichiro; Nakamura, Tomie; Umashima, Yasumasa. 1970. Tôfu no shibô tenka ni tsuite [On the addition of fat to tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 17(5):201-04. [Jap]*

2822. Saio, Kyoko; Kamiya, Makoto; Watanabe, Tokuji. 1970. Tôfu no bussei ni kansuru ikkôsatsu [Statistical observations on the physical properties of tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 17(5):207-10. Reprinted in Shokuryo Kenkyujo Kenkyu Hokoku (Report of the Food Research Institute) 26:193-96 (1971). [4 ref. Jap; eng]
Address: 1&3. National Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan; 2. Japan Protein Industry Co., Ltd., Kodaira, Tokyo.

2823. Meade, Mary. 1970. Serendipity potato salad is full of surprises. *Chicago Tribune.* June 10. p. B3.
• ***Summary:*** "The Japanese American Service Committee asked us to tell them which Japanese recipes are most requested by readers." The answer, of course, was sukiyaki. The committee's favorite sukiyaki recipe, which is given, calls for "1 tofu (soy bean curd), cut into 1-inch cubes," and "3/4 cup Kikkoman (soy sauce)."

2824. Hansen, Barbara. 1970. Former Miss America finds new frontiers in cookery. *Los Angeles Times.* June 25. p. 128.
• ***Summary:*** When Rosemary La Planche won the Miss America title in 1941, it was reported that she liked to cook. She is now married, lives in Sherman Oaks, California, and likes to cook creatively. Her recipe for Sukiyaki Rosemary calls for "1 cake tofu (bean curd), cut into bite-size pieces" and for "½ cup soy sauce."

2825. Noguchi, Masatoshi; Arai, S.; Kato, H.; Fujimaki, M. 1970. Applying proteolytic enzymes on soybean. II. Effect of Aspergillopeptidase A preparation on removal of flavor from soybean products. *J. of Food Science* 35(3):211-14. May/June. [23 ref]
• ***Summary:*** "Chemical and organoleptic tests showed that partial digestion of soybean curd and defatted soybean flour by aspergillopeptidase A preparation removed flavor compounds and fatty materials from these soybean products." Address: Dep. of Agricultural Chemistry, Tokyo Univ.

2826. Hewitt, Jean. 1970. A shop that sells table accessories along with cooking demonstrations. *New York Times.* July 15. p. 26.
• ***Summary:*** The shop is Tablerie at 1033 Third Ave., near 61st, in New York City, owned by Mary Ann Zimmerman. Today Mrs. Kenneth Ziegel, a home economist from Wilmington, Delaware, is demonstrating how to prepare Japanese dishes. Her recipe for "Miso shiru (Bean paste soup)" includes "1 tofu (fresh bean curd, cubed)" and "2½ tablespoons miso paste (fermented bean curd paste)."

Note: Describing miso as "fermented bean curd paste" is incorrect; "fermented soybean paste" would be better.

2827. Lee, Elinor. 1970. The art of sukiyaki. *Washington Post, Times Herald.* July 30. p. E1.
• ***Summary:*** Expo '70 is now underway in Osaka, Japan. One of the tastiest Japanese dishes and probably the most familiar to most Americans, "sukiyaki is a popular choice for patio or porch suppers. In Japan, sukiyaki is prepared at the table in a heavy iron skillet over a hibachi (charcoal brazier)."

This recipe "doesn't call for tofu (bean curd), but you can add tofu if you wish."

A large photo shows beautifully sliced sukiyaki ingredients surrounding a modern table-top cooker. Japanese cooks strive to please both the eye and the palate.

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2828. Wenkam, Nao S.; Wolff, Robert J. 1970. A half century of changing food habits among Japanese in Hawaii. *J. of the American Dietetic Association* 57(6):29-32. July. [15 ref]
• ***Summary:*** In about 1885, a predominantly vegetarian diet was representative of the farming and laboring classes in Japan. "The three great staples were rice, barley, and soybeans." Those who could not afford rice consumed a less expensive grain such as millet, wheat, barley, buckwheat, or even sweet potatoes. Legumes, which were used universally, included soybean products, peas, mung beans and azuki. The main soybean products were tofu, miso, natto, aburage, and shoyu. Other foods in general use included daikon radish, several types of cabbage, marine algae such as nori, konbu, wakame. etc.

"According to statistics for 1880, total plant food consumption was proportioned as follows: rice, 53 per cent; barley and wheat, 27 per cent; tubers and vegetables, 6 per cent; fruits and algae, less than 1 per cent.

"The chief animal food was fish, much used near the sea, less in the interior. Poultry and eggs were used in small amounts. Beef, mutton, pork, milk, and butter formed a minor part of the diet. The amounts of animal food available per capita per year in 1900 were: meats, 1.3 lb.; fresh fish, 27 lb.; dried fish, 2.5 lb.; and imported meats and fish, 0.3 lb."

A bar chart shows that the daily intake of protein for Japanese adults in Japan and Hawaii has increased from 62 gm in the late 19th century to 101 gm today–an increase of 63%. During the same period, daily fat intake has increased from 10 gm to 87 gm–an 8.7-fold increase! Calories per day are about the same. Address: Dep. of Food and Nutritional Sciences, and School of Public Health, Univ. of Hawaii, Honolulu.

2829. **Product Name:** To-fu: Fresh Soy Bean Cake.
Manufacturer's Name: Wy Ky Food Products Co.
Manufacturer's Address: 235-237 San Fernando Rd., Los Angeles, CA 90031. Phone: 213-222-0779.
Date of Introduction: 1970. July.
Ingredients: Soy beans, water, 1/10 of 1% calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Wy Ky is now at 237 San Fernando Rd., Los Angeles, California 90031. Phone: 213-222-0779. Owners: William and Ken Lee.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: William and Ken Lee.

Interview with Bill Lee of Wy Ky. 1982. June 29. Wy Ky started in July 1970. Label. 1980, undated. 4 by 3.5 inches. Plastic film. Blue and yellow on clear film. "No preservatives. Perishable–Keep refrigerated."

Soya Bluebook. 1983. p. 78. Owners are William and Ken Lee. Call from Ron Ho, owner of Wy Ky. 1988. Sept. 23. He bought the company from William Lee in 1984. He then bought tofu equipment from another company named Kawanishi in Japan. It doesn't work very well.

Talk with David Ho. His mother bought this company from Bill Lee in about 1983. The location has not changed.

2830. *Toronto Daily Star* (*Canada*). 1970. Sukiyaki made in five minutes: Japan (Ad). Aug. 19. p. 61. Women's section.
• ***Summary:*** In the lower right corner of this page is a recipe for Sukiyaki (with "2 cakes soybean curd, cut into 1-inch cubes").

"With the aid of the Dundas Union Store, one can buy all the authentic ingredients for an authentic sukiyaki for a very reasonable price..." Cook for no more than 4-5 minutes. Address: Toronto.

2831. Lee, Elinor. 1970. Sukiyaki, gift from Japan, pleases both eye and palate. *Washington Post, Times Herald.* Aug. 20. p. I26.
• ***Summary:*** The text of this article is very similar to that by the same writer first published in this newspaper on July 30, p. E1, however with several more recipes and without the photo.

2832. Strayer, George M. 1970. Basic problems haven't changed. *Soybean Digest.* Aug. p. 54-57.
• ***Summary:*** This is an interesting history of the American Soybean Association as seen through the eyes of its most important early member.

"Geo. M. Strayer served as executive officer of the American Soybean Assn. from 1940 until 1967, through the formative years when most of the present structure was established. His term of service on the board of directors started 3 years earlier and was probably longer than that of any other one man. Today he is secretary of Associated Hybrid Producers, as he has been for many years. He exports corn, soybeans, grain sorghum, popcorn, and other midwestern products through Agricultural Exports Inc. He is associated with his brother Gordon and other members of his family in Strayer Seed Farms. He recently was elected mayor of Hudson where he has resided for the past 30 years. The above sketch of Mr. Strayer as mayor is by Jack Bender of the Waterloo (Iowa) Daily Courier.

"Soybeans to me 52 years ago were just a lot of work–a novelty of which a small amount of seed had been secured by my father from W.J. Morse in the Department of Agriculture. Planted in the hills of a small patch of popcorn, they had to be pulled by hand, dried, and then threshed out by hand and

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with a flail. They were too late for complete maturity in our latitude–but we found out they would grow here!

"By the spring of 1924 there were enough varieties (all imports from the Orient) that my father, B.S. Strayer, in cooperation with USDA and the local Smith-Hughes agricultural instructor, planted a testplot of about 3 acres, and included some 15 or 20 strains of varying maturities. There were black, green, brown, yellow, and vari-colored varieties."

"First exposure to the American Soybean Assn. came in September of 1924 when my father attended the fifth meeting at Ames, Iowa. It was a 2-day meeting, in the days of dirt and gravel roads, and the 100 miles to Ames was a major journey taken the day prior to meetings. I heard the stories of the wonders of the soybean crop secondhanded–I was in high school, the meetings came after school started, and such meetings were no place for kids anyway!

"Wonders of the soybean world: It was not until 1930 that I had my first exposure to the American Soybean Assn., except for reading the proceedings of each of the annual meetings as mailed to all members. The sessions that year were held at the University of Illinois.

"Four of us drove over for the meetings. We stayed at a private home in Urbana. I was indoctrinated into the wonders of the world of such men as W.L. Burlison, J.C. Hackelman, Soybean Briggs, Bill Riegel, John T. Smith, W.K. Kellogg, Keller Beeson, W.J. Morse, Charlie Meharry, Taylor Fouts, Scott Wilkins, and others.

"Today, only Soybean Briggs is still living. But they were the men who had the vision and the foresight and the fortitude to preach and talk soybeans, to plant and harvest them, and to interest people in their possible uses.

"At these 1930 meetings, held while I was a college student, I found my real interest for future years. I believe it was in 1937 after graduating and starting to farm that I was first elected to the board of directors of ASA. My father had served several years ahead of me.

"In 1936 the ASA annual convention was held in Iowa, and I was a member of the committee given the responsibility for planning the program. The first day was held at Iowa State University at Ames, the second day at Cedar Rapids, where processing facilities could be visited, and the third day was held at Hudson on our farms.

"In preparation for the big event we had freshly painted our farm buildings with paint made with soybean oil."

Also discusses: The launching of *Soybean Digest* (Nov. 1940). First trips abroad (1949 with Jack Cartter as members of ECA Technical Assistance Mission No. 1 to Europe, especially Germany; in 1952 to visit potential customers in Western Europe at his own expense; in 1954 as a member of the official USDA-sponsored agricultural trade mission; in 1955 weeks with Paul Quintus, head of USDA's fats and oils division, to study the possibilities of selling soybeans to that country. "I spent 7 weeks in Japan meeting with processors, foods manufacturers, shoyu manufacturers, tofu makers, miso makers, and Japanese government officials").

"The Japanese American Soybean Institute was formed in early 1956, and became the first overseas market development project on soybeans or any oilseed.

"With soybean production zooming, and with the Japanese project well underway, it appeared logical to explore other possible markets. In May of 1956 Paul Quintus again asked me to serve as an emissary of USDA and the soybean industry, this time to survey market possibilities and potentials in 10 Western European countries. Given a free hand, I spent about 2 months on this assignment, came back convinced that we had both problems and opportunities in Europe.

"I recommended that an industry-wide organization be formed. The European market was not solely a soybean market. Some countries would use oil, others meal, still others soybeans. It was too big a job for the small American Soybean Assn. Processors as well as growers had a stake in that market. Out of the arguments, discussions and deliberations the Soybean Council of America was formed to do the market development work in Europe and eventually in South America and in parts of Asia, with both growers, through ASA, and processors, through the National Soybean Processors Assn., participating.

"The problems are the same: Today's problems are the same as those of 1945–creation of larger and larger markets for U.S. soybeans." Address: Former Executive Vice President, American Soybean Assoc. and former editor, Soybean Digest.

2833. Tanaka, Seiichi; Nakayama, Tokiko; Koda, Maki. 1970. Chûgoku shokuhin jiten [Encyclopedia of Chinese foods]. Tokyo: Shoseki Bunbutsu Ryutsukai. 438 p. [Jap]
• ***Summary:*** Gives nutritional analyses for the various types of Chinese tofu, yuba, and related products (p. 310-13). Address: Japan.

2834. Dosti, Rose. 1970. An Oriental flavor to table cookery. *Los Angeles Times.* Sept. 24. p. J18.
• ***Summary:*** Setsuko Ohkagawa, of Tokyo, who is now in Los Angeles, is intrigued by Kaiseki ryori, featuring the authentic of the Japanese tea ceremony. But she thinks that the Japanese art of table cooking (*Nabe mono*) might be most interesting to Americans, who already like fondue and the intimate quality Americans seem to enjoy. Recipes are given for: (1) Mizutaki, including "1 cake tofu (soy bean curd) cut into 1½-inch pieces." (2) Sukiyaki, incl. 1 cake tofu (soy bean curd). (3) Shabu-Shabu. incl. "1 cake tofu, sliced into 1-inch squares." A photo shows Setsuko serving.

2835. Dinshah, Freya. 1970. The vegan kitchen. 6th ed. Malaga, New Jersey: The American Vegan Society. 44 p. Illust. Recipe index. Sept. Saddle stitched. 21 cm. The

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Ahimsa book series No. 2.
• ***Summary:*** With a bonus chapter: Why veganism? by Eva Batt. Page 6 notes that soya beans can be sprouted. The authors believe that the best way to eat cereal grains is to sprout them. In a section titled "About Vitamins" we read: "Some people, at least in the transition period, may wish to supplement the menus given, with a glassful of B-12 fortified soya-milk. In the USA, Loma Linda Soyagen and Worthington Soyamel are marketed in various flavors. In England there is Granogen, Velactin, and a leaf-protein milk known as Plantmilk or Plamil. (Plamil is now also being made available in North America)." Soy-related recipes include: Soya patties (with soya meal or flour, baked in an oiled dish, p. 20). How to shell green soya beans (p. 21). Soya loaf (with cooked soya beans, baked, p. 23). Soya milk (with soya powder/flour and dates, p. 24). Soya cheese Americana (tofu made with soya powder/flour and coagulated with lemon juice, p. 25). Australian soya cheese (tofu made with soya powder, coagulated with orange and lemon juice, jelled with agar-agar, p. 25). British Plantmilk cheese (tofu made with Plamil and lemon juice, p. 25). Vegan "mayonnaise" II (with soya milk and mashed potatoes, p. 26).

A lifetime vegetarian, the author has been a vegan since 1959, and the Secretary of the American Vegan Society since 1960. Married to AVS President H. Jay Dinshah, she is an accomplished author, lecturer, and teacher. Address: The American Vegan Society, 501 Old Harding Highway, Malaga, New Jersey 08328.

2836. Knapp, Ronald G. 1970. Itinerant merchants in T'ai-Wan [Taiwan]. *Journal of Geography* (*The*) 69(6):344-47. Sept. See p. 345. [5 ref]
• ***Summary:*** The itinerant merchant or peddler (*t'iao-fan*) sells his wares from place to place, moving on foot (sometimes "toting his goods in two baskets hung from a rhythmically bouncing pole"), by bicycle, etc. He sometimes sells in periodic markets, so common in developing countries.

Page 345: "These hawkers may be selling home-grown vegetables, fish, bean curd, ice cream, bamboo baskets... The hawker of prepared foods is often at once his own producer, distributor, and, of course, salesman. Bean curd milk (*tou-chiang*) [soymilk] and fried sticks of twisted dough (*yu-t'iao*) offer breakfast fare (Figure 4). Later in the day 'stinky bean curd' (*ch'ou tou-fu*) is peddled as a late afternoon snack. (Figure 5). Punctuality characterizes the daily arrival of the seller of any of these light foods..."

Figure 5, a black-and-white photo, shows a man frying *ch'ou tou-fu* at a pushcart stand.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the word "stinky" or the term "stinky bean curd" to refer a special type of fermented tofu. Address: Asst. Prof. of Geography, State University College, New Paltz, New York 12561.

2837. *Los Angeles Times.* 1970. Mastering the menu: Learn how to order your Kaffee mit Schlagobers. Oct. 2. p. I2.
• ***Summary:*** For each of 15 countries where Americans travel, gives a list of words that are useful when ordering in a restaurant. Under Japan: "Kabayaki: Broiled eels. Miso: Bean paste [soy]. Natto: Steamed and fermented [soy] bean. Sashimi: Raw fish dish... Shoyu: Soy sauce. Soba: Buckwheat noodles. Sukiyaki: A quick-cooked meat stew [with tofu and shoyu]. Sushi: Flavored rice and raw fish [sic, many kinds without raw fish]. Tempura: Deep-fried shrimp, fish and vegetables. Tofu: Bean curd. Unagi: Eel."

Note: This same article appeared under the title "Are menus a puzzle? Master a few of those foreign food phrases" in the Oct. 6 issue (p. F16) of this newspaper.

2838. Wittner, Dale. 1970. Children of war: In Viet Nam the orphans come to live in a tiny village that lies uneasily between American and Viet Cong forces. *Chicago Tribune.* Nov. 8. p. 128-31.
• ***Summary:*** No child is turned away from the Minh-Tam orphanage. Everybody observes both Christian and Buddhist ceremony. Meat is never served and all heads are shaved. Those old enough to work are busy throughout the day. "Besides growing the vegetables that make up the bulk of their diet, the older boys grind rice and make soy bean curd that is sold in nearby markets." The girls weave mats on which the children sleep. Seven photos show the children.

2839. Holm, Jane Wang. 1970. Let's enjoy our soybeans. *Organic Gardening and Farming* 17(11):114-16. Nov.
• ***Summary:*** Describes how to cook "shelled green soybeans," and dried soybeans. The author notes that "old China dishes sound odd, but taste good. How about some fresh, tender dandelion shoots with soybean cake, or sliced frozen bean cake with eggs and dried seaweed soup? Dried soybean curd cooked with a fish head and tail, together with some fresh hot pepper tastes wonderful."

Note: The circulation of *Organic Gardening and Farming* is now about 580,000.

2840. Saint, Wint F. 1970. Soy foods–West. *Soybean Digest.* Nov. p. 32-33.
• ***Summary:*** With such a large number of people of oriental ancestry living along the Pacific Coast of the United States and in the islands of Hawaii–our 50th state–"plus the interest in oriental cooking by occidental people, it is hardly surprising that edible soybeans play a prominent part in the ingredients of many oriental dishes and prepared food products in the West."

"But very few people have ever heard of a food that has been a staple in the oriental diet for centuries–bean cake.

"Bean cake, which includes tofu and Chinese cheese,

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is an excellent food, high in protein, and containing all the essential amino acids."

"Being a soft-curd product, similar in consistency to our cottage cheese, fresh bean cake alone has no distinctive flavor. In fact, it is quite bland. However, it very quickly picks up the flavor of foods with which it is cooked... Thus it may be considered an 'extender' or 'food supplement.'"

Briefly describes how to make "fresh bean cake" on a commercial scale, with calcium sulphate used to coagulate the soy milk (also called "bean milk"). "The residue [okara] usually ends up at the local hog ranch."

The curded soy milk "is scooped into stainless steel trays, or forms, where any excess water is removed. The slabs are then put through another machine which, by means of wires or knives, cuts the cake into small cubes or rectangular pieces which are packed into jars or 'see-through' plastic trays with a very small amount of water. Printed heat-sealing cello tops are affixed along the top edges of the trays.

"The tofu-type bean cake is best when fresh, although if kept in water it will hold its freshness for several days in the refrigerator.

"During the early morning business hours the freshly packed product is delivered to the colorful oriental food shops and restaurants or western supermarkets of the Pacific Coast and Hawaii. A 1969 news release stated that this product accounted for close to $3 million is sales by about 20 U.S. manufacturers and that only slightly over 50% of the consumers were of Oriental descent.

"Fermented-type cake: The fermented-type bean cake–Chinese cheese–is also a soy-milk-based product, but its manufacture is somewhat more complicated, lengthier, and closely guarded than the fresh type. When the fermentation process–which is a matter of days rather than hours–has been completed,... the small yellow cubes are packed neatly in a solution of water plus alcohol, in hermetically sealed glass jars, to insure perfect keeping qualities. One large local producer [probably Quong Hop & Co.] is distributing his product in practically all the 50 states of the U.S. as well as shipping into Canada, South America, and even to Hong Kong!

"Of the fermented-type Chinese cheese, the most widely known, and used, is the yellow or Foo Yee, the taste of which can be compared to a mellow Camembert cheese, while the red, or Nam Yee, is more highly seasoned or spicy. The yellow is called for in many Chinese recipes. A jar will be found in most any Chinese-American kitchen, used mainly as a seasoning, as a cheese substitute, or a topping for macaroni or vegetable dishes.

"The red type–Nam Yee–being of a stronger, spicier flavor–is usually used as a condiment or a seasoning for flavoring roasts, steaks, or with fowl."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "Nam Yee" to refer to fermented tofu.

"Oriental recipes calling for the use of bean cake are varied and most interesting. Very simply: bean cake can be eaten 'as is' with just a bit of sugar sprinkled over it, or dipped in soy sauce, to give it flavor. Or, it may be diced and scrambled with eggs for a breakfast dish, or prepared with pork–known as Tofu Yuk–or with beef."

A portrait photo shows W.F. Saint. Address: W.W. Saint Co., San Francisco.

2841. Lansing, Elizabeth. 1970. The move to eat natural: New converts to organic food are sprouting up all over. *Life*. Dec. 11. p. 45-50, 52. Cover story. [2 ref]

• ***Summary:*** Headline on the cover: "Organic food: New and natural." A full-page photo shows model Gunilla Knutson, who owns a health food store. The blonde-haired young lady is wearing blue jeans and toting a large knapsack, overflowing with fresh vegetables and ears of wheat.

A growing number of people–most of them young, believe that we eat too much, and mostly of the wrong things. That "our food comes to us not as nature intended, but altered by man during both growth and processing; and this tampering has produced increasingly bad effects on man and the ecology." Many make every effort to insure that all their food is grown organically–without pesticides or chemical fertilizers–and that it contains no chemical additives. A new industry is growing up in America to meet these demands. Photos: A colorful array of loaves of whole-grain breads, leavened and unleavened, some with sesame, poppy, or sunflower seeds. Most of these come from a commercial bakery in Berkeley, California. (2) Top view of natural food staples in crocks, incl. black beans, millet, azuki beans, soy beans, unsulphured apricots, toasted kasha [buckwheat], sunflower seeds, red lentils. (3) A self-serve cafeteria at U.C. Santa Cruz where students may choose an organic vegetarian menu–including bean curd [tofu].

Other two-page spreads are titled: Filling the gap from earth to table. Photos show: (1) Saturday morning meeting of leaders of the Food Conspiracy in Berkeley, California. (2) Inside of Wholly Foods' store in Berkeley. Four proprietors under age 30 say success of the store has put them "on a capitalist trip." (3) Jim Baker's The Source restaurant in Los Angeles. His wife carries a try of tall glass of juices. (4) Model Gunilla Knutson on a ladder in the store Nature's Children, of which she is part owner.

Composting and ladybugs make it work. (1) Aerial view of the Garden Project on a 4-acre plot at the University of California at Santa Cruz. (2) Leaves collected by the city of Allentown, Pennsylvania, on their way to the Rodale Farm compost heap. (3) Organic rice plants in the field (600 acres) at Wehah Farms in Chico, California. A key part of organic gardening and farming is composting. For ages it has been a hit-or-miss process, but in the 1930s, Sir Albert Howard, an Englishman, turned it into a science, which he described

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in detail in *An Agricultural Testament* and elsewhere. Howard inspired J.I. Rodale and Rodale's magazine, *Organic Gardening and Farming*, started the organic movement in the USA. An estimated 5,000 farmers are now growing crops for sale organically, and the number is steadily increasing.

A handful of natural starters: Photos show and recipes tell how to make: (1) Unleavened soaked-wheat bread, and Corn pones. (2) Six beverages without added sugar, incl. Carob milk. (3) Meaty soups for the pot: Vegetable bean soup, and Egg and lemon soup. (4) Organic rice with 'bite': Skewered shrimp with rice.

An image to shed, more food to grow. The writer says that "a large part of the public believes" that the natural foods movement "is just wheat germ and molasses all over again, ingested chiefly by body builders and other exotics. Or worse–that natural foods and macrobiotic diets are synonymous. Agricultural colleges may be sympathetic to organic methods but they seldom teach them–probably because so much of their research is subsidized by the chemical industries.

Note: It looks like the natural foods movement has started to go mainstream.

2842. Gonzales, Antonia L.; Claudio, Teresita R.; Mañalac, Guillermina C. 1970. Studies on the preparation of new forms of protein isolates suitable for culinary use. *Philippine J. of Science* 99(3-4):117-29. Sept/Dec. See p. 123-25. [15 ref]*

• ***Summary:*** A comparison of the analysis of wet protein isolates with that of soya bean curd (tokwa) is presented in Table 4 (p. 123). Also on p. 124. Page 125: "... protein isolates when fried and served with sauce in the same manner as 'tokwa' was very acceptable."

2843. Araki, Satoshi; Kaneko, Kiyoko; Tominaga, Yoshie; Horibe, Fumiko. 1970. Jinkô niku-iri tôfu no chôsei [Preparation of tofu with artificial meat]. *Tokyo Kasei Gakuin Daigaku Kiyo* 10:67. [Jap]*

2844. Chen, C.M. 1970. [Study on the manufacture of instant tofu]. *Food Industry Research and Development Institute* (*Taiwan*), *Research Report* No. 17. [Chi]*
Address: Hsinchu, Taiwan.

2845. **Product Name:** Tofu.
Manufacturer's Name: Daimaru Tofu Co.
Manufacturer's Address: 517 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1970.
New Product–Documentation: Hokubei Mainichi Nenkan (Year Book). 1970. Page 678. Directory entry, under "Food Products Mfg." In Japanese: Daimaru Tofu-ten. In English: Daimaru Tofu Co., 517 Stanford Ave., Los Angeles, California. Phone: MA8-5705.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

2846. **Product Name:** Tofu.
Manufacturer's Name: Goto Tofu Shop. Renamed Goto Tofu Co. by Dec. 1975.
Manufacturer's Address: 943 E Street, Fresno, CA 93706. Phone: 209-268-1717.
Date of Introduction: 1970.
How Stored: Refrigerated.
New Product–Documentation: Hokubei Mainichi Nenkan (Year Book). 1970. Page 574. Directory entry. In Japanese: Gotô Tofu. In English: Goto Tofu Shop, 943 "E" St., Fresno, Calif. Phone: 268-1717.

Fresno City Directory. 1975. First listing for Goto Bean Factory (Nagaki Goto), prepared foods, rear 943 E Street. Phone: 268-1717. Home, rear 943 E Street. No listing for Star in 1975 or before.

Shurtleff & Aoyagi. 1975, Dec. *The Book of Tofu.* p. 313. Goto Tofu Co., or Star Tofu Shop, 914 E Street, 93706. Tel. 268-1717.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Goto Tofu Co. or Star Tofu Co., 943 E. St., Fresno, California 93706. Phone: 209-268-1717. Owner: Not listed.

2847. **Product Name:** Tofu.
Manufacturer's Name: M.K. Fish & Kamaboko Tofu Co.
Manufacturer's Address: 1800 E. Yesler Way, Seattle, WA 98112. Phone: 206-622-1265.
Date of Introduction: 1970.
How Stored: Refrigerated.
New Product–Documentation: Seattle City Directory. 1948-49. M.K. Fish Co. (Kenoshi Murata), 511 Main St.; 1955 listing. M.K. Fish & Grocery Co. (Kensaku Murata), 511 Main. 1960-1973 listings. M.K. Fish Market (Kensaku & Mrs. Kikuyo Murata), 1800 E. Yesler Way. Note: None of the listings state if or when the company made tofu.

Hokubei Mainichi Nenkan (Year Book). 1970. Page 822. Directory entry, under "General Trading." In Japanese: M.K. Sengyo Kamaboko narabini Tofu Seizô. In English: M.K. Fish & Kamaboko Tofu Co., 1800 E. Yesler Way, Seattle, Washington. Phone: 322-1265.

Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. M.K. Tofu Co, 1800 Yesler Way, 98112. Tel. 622-1365.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. M.K. Tofu Co., 1800 Yesler Way, Seattle, Washington 98112. Phone: 206-622-1365. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

2848. Takashima, Mieko; Morimoto, Toshiko; Sekine,

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Takashi. 1970. Shihan tôfu no shokuhin eisei gakuteki kenkyû [A study of the hygienic properties of commercial tofu]. *Joshi Eiyo Daigaku Kiyo* No. 1. p. 86-91. [Jap]*

2849. **Product Name:** [Tofu].
Foreign Name: Bhatmas ko paneer.
Manufacturer's Name: Tofu Shop.
Manufacturer's Address: Kathmandu, Nepal.
Date of Introduction: 1970.
Ingredients: Soybeans, water, lemon juice.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Letter from Mr. T.B. Gubhaju of Nepal Tofu Factory, Kathmandu, followed by phone call. 1992. Aug. 19 and Sept. 7. He believes that members of the family of Mr. Achutananda Vaidya had started selling tofu in Nepal long before 1983. He is still trying to collect specific information and he has Mr. Vaidya's phone number. Mr. Vaidya, who speaks good English, told him that members of his family began making tofu in Nepal in about 1974-1977–but Mr. Vaidya did not know the exact dates.

Letter from Mr. T.B. Gubhaju of Nepal Tofu Factory. 1992. Sept. 22. Mr. Achutananda Vaidya resides at 9/374 Bhedashing, Jamguthi, Kathmandu. Phone: 229130. His uncle, Mr. Raghubir Baidya, started making tofu in 1970, but had to stop after a few months. For further details, please contact Mr. Vaidya.

Letter from Mr. Achutananda Vaidya. 1992. Dec. 26. "My uncle, the late Raghubir Baidya, started making tofu in 1970 but had to stop after a few months. Mr. Baidya learned to make tofu from his Tibetan friend in 1969 during a 1-month visit to Tibet. Initially Mr. Baidya made tofu for consumption by members of his family only. Later he tried to make tofu on a small commercial scale but without success. He did not have any special equipment to make tofu; he used common household implements. For example, soaked soybeans were ground by hand using a flat stone and pestle device which is still in use today in some houses in Kathmandu and almost all houses in Nepalese villages. It is used to grind soaked black- or green gram into a paste and pan-fried in a thin layer. The ground soybeans were boiled in large copper utensils over a wood fire and the soymilk was coagulated using lemon juice. The coagulated product was pressed with a thin cloth then pressed again using wooden planks. After Mr. Baidya's success in domestic trial production, he tried to go to market on a very small commercial scale, without establishing a company or a brand name for his product. He tried for a few months but he was not successful because consumers in Nepal did not accept this totally new product; they did not know how to cook or consume it. All his products were returned and had to be destroyed because there were no refrigerators in the markets of Kathmandu. So, in this way, he gave up making tofu commercially after a few months of going to market. He passed away in 1973. There is not an exact word for tofu in the Nepali language. It is sometimes called 'bhatmas ko paneer' ('soybean curd')."

Note 1. This is the earliest known commercial soy product made in Nepal.

Note 2. This is also the earliest known commercial soy product made in connection with a person from Tibet. We are unaware of any commercial soy products actually made in Tibet.

2850. Abehsera, Michel. 1970. Cooking for life. Swan House, P.O. Box 638, Binghamton, NY 13902. xiv + 364 p. First Avon Flare Books printing, March 1972. Index. 21cm. • ***Summary:*** Contains many imaginative and joyous macrobiotic recipes. Acknowledgments: "This book could never have been completed without the help of my wife, Claude. Most of the recipes are hers; she cooked, tested and wrote them down... Jack Garvy completed the editing of the book and made definite English corrections. My exceptional friend William Dufty gave valuable advice. Finally, my brother Charles was very helpful..."

The author uses the term "black beans" and from his definition on page 18 it seems that he is referring to black soybeans: "Black Beans, twin brothers of the red aduki in size, are sold in Chinese, Japanese and natural-food stores. They are the milk and honey of the bean family, and their flavor and texture impart a delightful sweetness and richness to any soup or vegetable dish." No definition is given of soybeans. In the section titled "Condiments" (p. 20-21), the author defines soya sauce, miso, seitan, salted plums, tofu, kuzu, etc. "Tofu is another name for soya-bean curd. In Chinatown, you'll see it in wooden barrels. It looks like Feta Greek Cheese and some people would swear it tastes like chicken. It is excellent served with sauteed vegetables, sauces, fried or cooked in Miso Soup.

"Seitan: Your guests will almost certainly mistake this for meat. Teeth find it pleasant to chew. A combination of wheat gluten, wheat soya beans [sic], water and salt, it comes in handy when mixed with vegetables, sauces and soups."
Note 1. No recipe for making or using seitan appears in this book.

Soy-related recipes include: Cooking beans in a pressure-cooker (p. 66; "Do not pressure cook black beans. Their skins may come off and clog the pressure cooker spout. It is quite dangerous!"). Cooking beans in a pot (incl. soya beans, p. 67). Black-bean stew (with miso, p. 70). Soja jardiniere (with whole soya beans and miso).

In the chapter titled "Soups," the author tells the story of how the famous Japanese physician, Dr. Tatsuichiro Akizuki, used miso to strengthen his constitution and to survive the atomic bomb dropped on Nagasaki on 9 Aug. 1945. Under "Minerals" in that chapter he discusses other virtues possessed by miso, then gives a recipe for Miso soup (p. 86).

Radishes sauteed in miso (p. 114). Sandwich au gratin

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(with miso spread, p. 114). Macrobiotic marbles (with miso, p. 155). Claudia's pizza (with miso, p. 158). Salade au cresson (with miso, p. 169). Nato [sic, Natto] (Japanese salad with natto, p. 171; Note 2. The author describes "Nato" as "sour soy-beans, bought in a Japanese store"). Miso sauce (p. 178). Miso spread (with tahini, p. 187). Oat-miso spread (p. 188). Scallion spread (with miso, p. 188). Miso pâté (p. 189). Komoku (with tofu, deep-fried and cut into strips, p. 212). O'Sushi (with tofu, p. 217). Kasha à l'Orientale (with tofu, p. 220). Bi-Cuan (Vietnamese recipe with fried tofu, p. 226). Kagetsu ice cream (with fine soya powder [perhaps Jolly Joan from Ener-G foods in Seattle], p. 334; "Kagetsu is a beautiful restaurant in Seattle"). Yellow pompidou (with soya bean powder, p. 336).

The Foreword states (p. 1-2): "Ten years ago I was a sick man, struggling to stay alive and to finish a novel. I suspected I might fail in both matters and the doctors of Paris agreed. They abandoned me as a hopeless case. It was then that I discovered a way of life called Macrobiotics. After a year of eating grains and vegetables, my health restored, I ventured to New York to discover America and finish my novel."

Note 3. *Webster's Dictionary* (1985) defines feta, a word first used in English in 1940, as "a white semisoft Greek cheese made from sheep's or goat's milk and cured in brine."

Fax from Jimmy Silver. 1991. Dec. 17. This was the first best-selling macro / natural food cookbook. Michel is head of a (the?) Jewish community in Montreal, Canada. He has 7-9 brothers and 1 sister. "His brother, George, founded the Nature de France clay based body care company–originally called Cattier but changed after they were sued by Cartier. I thought they would have prevailed in the suit but George didn't want to spend $500,000 to fight it even if he won." Address: New York.

2851. Barnard, W.G. 1970. Health via the carrot and other vegetables. St. Catharines, Ontario, Canada: The Provoker Press and Paul S. Eriksson, Inc. xiv + 144 p. No index. 19 cm.

• ***Summary:*** This is apparently a reprint (with several words missing from the title) of the original edition (which Soyfoods Center has never seen), published in about 1939 by the Natural Foods Institute of Cleveland, Ohio. This edition contains 37 short chapters on a variety of subjects such as: What causes good health and poor health? Personal experiences of the author. The natural laws that govern health–God's simple rules of natural living. About vitamins and minerals. Various health problems or diseases and testimonials of cures and prevention. Good and bad foods, etc. Enemies of health: Coffee, alcoholic liquors, tobacco, denatured foods, tea, cocoa, cola drinks.

The introduction begins: "One of the most wonderful gifts God gave to man is a healthy body. It costs not one penny to preserve your health, but it may cost you a fortune, untold suffering, yes, even life itself, once health is lost... Primitive man sustained himself on natural foods..." (p. ix). "In our opinion some of the worst enemies man has today are High Pressure Advertising of Denatured foods, drugs, etc... Through the powerful medium of radio, billboard, magazine, and newspaper advertising, the public has fastened themselves upon the use of aspirins, alkalizers, narcotics, pills, laxatives, seltzers, cold cures,... Some of the largest buildings in our cities are the hospitals... Oh, what tragedy!" Sadly man fails to recognize that he has brought all these diseases upon himself (p. xiii).

Chapter 3, titled "My personal experiences with carrots and other fruits and vegetables" (p. 11) begins: "For the past 14 years the writer has been lecturing in food shows, trade shows, and expositions on the proper preparation of foods. I lectured at the Century of Progress in Chicago [Illinois] in 1933 and again in 1934, and at the Great Lakes Exposition in Cleveland in 1936 and again in 1937. I am the founder of the Natural Foods Institute in Cleveland, Ohio. He has proclaimed the health-giving carrot to thousands.

"Up to ten years ago, I had been living the average life, eating anything and everything, drinking coffee, tea, cocoa, and colas. The base of my meal was potatoes and white bread. I acquired an excessive weight of 212 pounds. Heartburn followed every meal." He then describes a typical day's diet, loaded with meats, sugar, fat and refined foods–and the agony that followed. He lost his pep and ambition, and was refused life insurance because of sugar in his urine. His family became very concerned. A doctor warned him of the possibility of immanent death, and "prescribed a diet of milk, bananas, lots of raw vegetables and vegetable and fruit juices, which I heeded" (p. 14). He began to feel better from the first day. "Today I feel like a new man... at the age of sixty-six my recovery is so complete that I am now enjoying exceptionally good health" (p. 15).

"With the return of spirituous liquors [in Jan. 1934], cocktail recipes and cocktail bars are prevalent all over the land. We all know that alcoholic cocktails are injurious regardless of the content as long as alcohol prevails... There are cocktails however, that can be made from Nature's vegetables and fruits that are healthful, exhilarating and bracing." "A new machine called a liquefier propelled by electricity liquefies vegetables in from one to three minutes and marvelous Health-Cocktails can thus be prepared at least once each day for the entire family" (p. 16-17). He also mentions the "liquefier" on p. 34, and p. 53 ("liquefying machine"). So this book was apparently not written mainly to promote the liquefier. Note: This liquefier would later become known as a "blender" and Barnard's company would later make and market the Vita-Mix or Vitamix, a powerful type of blender.

"Constipation is a disease known mainly to the civilized races" (p. 29). Barnard regularly cites and summarizes the writings or Dr. John Harvey Kellogg.

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Essential for good health is a "pure, red blood stream created by natural foods, fresh air, sunshine, and exercise. Soy bean products, spinach, parsley, celery, cabbage and beets, as well as carrots help make good red blood. Eat a plate of salad made of three grated carrots together with orange juice dressing. Drink freely of carrot juice daily" (p. 49). "Carrot juice and other vegetable and fruit juices can be included in the diet of every child every day." In growing boys or girls, beware of "False Sugar Appetites."

"A strict vegetarian diet is used in the treatment of cancer with notable success..." (p. 88).

Like many in the 1930s, the author believes that an alkaline diet fights acidosis and promotes good health (p. 91). "Salt is a very harmful substance if not used in moderation" (p. 119).

Chapter 35, titled "Soy bean (the perfect protein food)" (p. 127-28) begins: "For centuries the Chinese have used the Soy Bean as a source of protein and fat and the necessary Amino acids that are found in flesh foods. In America the production of the soy bean is now running into millions of bushels and vegetable meat factories and milk factories are springing up all over the country.

"Henry Ford, who has done so much to educate the American people to the value of the Soy Bean, recently made the prophecy that the cow and hog were destined to oblivion and we will soon be eating our meat from the Soy Bean and drinking our milk from the Soy Bean. In other words obtaining our food direct from the soil first hand instead of second hand..." "It is the experience of the Natural Foods Institute that babies taken from the natural mothers milk thrive on soy bean milk and we have found no one allergic to it.

"Soy Meat substitutes, Soy Milk, Soy Flour, Soy Cheese [tofu], Soy Coffee substitutes, canned green soy beans, canned soy beans in tomato sauce, soya macaroni are fast becoming popular among health minded people."

In conclusion (p. 133-34): "In writing this book I have consistently followed one line of reasoning. It is agreed to by many physicians, dieticians [sic, dietitians], and food scientists, that vegetables and fruits are absolutely essential for maintaining good health, natural balance, and physical well being. I have tried to help those who are afflicted by giving this information." I also want to help those who are healthy to stay healthy. At the end of the book is a food dictionary and lists of acid-forming foods (bad) and foods with an alkaline reaction (good). Address: Cleveland, Ohio.

2852. Binding, George Joseph. 1970. About soya beans: Wonder source of protein and energy. London: Thorsons Publishers Ltd. 64 p. No index. 18 cm. About series, no. 35.
• ***Summary:*** A superficial introduction containing many errors. Contents: 1. Beans in general. 2. History of the soya bean. 3. Content of soya beans. 4. About lecithin–vital for retaining youth. 5. The soya bean in the Far East: Cooking in China, soya sauce, bean curd or tufu [sic, tofu], bean sprouts, soya bean milk, candied beans, Japan, natto, miso, Japanese soya sauce. 6. American influence on the soya bean. 7. Industrial uses in America. 8. The soya bean and world food shortage. 9. Soya bean recipes.

On page 10 we read: "For over 5,000 years this tiny seed has been the staple food of certain parts of the East, including North China, Japan, Korea, and some areas of India. The ancient Yogis, who were among the world's first vegetarians, placed great faith in the soya bean as a supplement to their meatless diet."

Note: Soyfoods Center has been unable (Aug. 2004) to find any documentation for the statement that the ancient yogis consumed soya beans. The earliest date we have seen (Aug. 2004) for the soybean growing in India is 1798 (Roxburgh 1832). The earliest document we have seen concerning the soybean in India is by Beckmann (1798). The earliest document seen (Aug. 2004) for soy products in India (soy sauce) is by Locke (1679). Address: England.

2853. Chang, Wonona W.; Chang, Irving B.; Kutscher, Helene W.; Kutscher, Austin H. 1970. An encyclopedia of Chinese food and cooking. New York, NY: Crown Publishers, Inc. x + 534 p. Edited by Lillian G. Kutscher. Charlotte Adams, Consulting Editor. Illust. Index. 26 cm. International Cookbook Series edition. [52 ref]
• ***Summary:*** This comprehensive work, the result of at least 25 years of collaboration, contains over 1,000 recipes. The 4th printing (March 1977) proclaims prominently: "The first Completely Safe Chinese cookbook compiled in accordance with latest food research without MSG (monosodium glutamate)." Following introductory chapters titled "Chinese Cuisine: Background," "Regional Chinese Cooking," "Utensils for Cooking, Serving, and Eating," "Cooking Preparations," and "Cooking Techniques," there is a detailed "Guide to Ingredients" (p. 22-57), which describes the following soy-related foods and gives Cantonese / Mandarin pronunciations / transliterations (see p. 22): beans, black (wu dow / wu do); beans–black salted fermented beans (dow si / do shih; used as a condiment or flavoring agent [seasoning]. Aroma: fragrant, appetizing); bean cake, fermented (fu yu / fu yu [fermented tofu]); bean curd (dow fu); bean curd, dried (dried bean curd [dried yuba], p. 25, 47–tiem jook or fu jook pei / t'ien ch'u or fu pi chi); bean curd cheese, red (nam yu / nan yu); bean filling, sweet (dow sa / do sa; made from red [azuki] beans or green / [mung] beans); bean sauce, brown or yellow (mien see jiong); bean sprouts (large, from soybeans) (wong dow gna / huang do ya); hoisin sauce (red seasoning sauce) (hoy sin jiong / hai hsien jiang); soy sauce (dark lo tsow / lao tsou; heavy–jiong yow / jiang yu [jiang you]; light–sang tsow / sheng tsou; table soy sauce–sin tsow / shien tsou) "Dark soy sauce has caramel added for coloring. Heavy soy sauce, which has a slightly sweet smell, is also known as black soy. Light soy sauce is the most delicately flavored

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and is light brown in color. Japanese soy sauce, somewhere between the Chinese light and heavy, is preferable to domestic brands but inferior to Chinese brands."

Vegetable steak (mien gon / mein jing) "Meat substitute made from wheat gluten. Shape: 3-inch square or round patty ½ inch thick." Brown, chewy, and firm. Sold in cans.

Photos (black and white, p. 47) show fermented black beans, fresh bean curd, pressed bean curd, bean curd sticks and bean curd sheets [both kinds of yuba, but "bean curd sheets" on p. 47 are called "bean curd, dried"], brown bean sauce, and large fresh bean sprouts.

Note 1. This is the earliest English-language document seen (Oct. 2012) that uses the term "bean curd sheets" or the term "fu jook" or the term "fu jook pei" or the term "fu pi chi" or the term "t'ien ch'u" to refer to yuba or to dried yuba sticks.

Pages 58-60 contain a "Shopping list for Chinese cupboard." Foods are listed alphabetically in English, with the Cantonese term romanized and Chinese character forms. Next come the 1,000 Chinese recipes divided into chapters. One chapter is titled "Bean Curd" (p. 422-34), which includes Ma Po Dow Fu (p. 433); there are so many recipes for regular tofu (dow fu) in this book that we do not have room to list them all. The many other soy-related recipes are listed in the excellent index.

Recipes for "bean cake, fermented" [fermented tofu] are: Scrambled eggs with fermented bean cake (Fu yu don, Canton, p. 134). Duck with fermented bean cake (Fu yu ta, Adapted, p. 276). Steamed pork with fermented bean cake (Fu yu tsing ju yoke, Canton, p. 292). Stir-fried green beans with fermented bean cake (Fu yu tsang dow, Canton, p. 391). Lettuce and fermented bean cake (Fu yu sang tsoi, Canton, p. 392). Spinach and fermented bean cake (Dow fu bo tsai, General, p. 399). Watercress and fermented bean cake (Fu yu sai yong tsoi, Canton, p. 40).

Recipes for "black beans, salted" [fermented black soybeans] are: Pork with bitter melon and salted black beans (Fu gwa yoke si, Canton, p. 305). Shrimp with bitter melon and salted black beans (Fu gwa dow si har, Canton, p. 306). Steamed spareribs with salted black beans (Dow si pai gwut, Canton, p. 320). Beef with bitter melon and salted black beans (Fu gwa ngo yoke do si jiong, Canton, p. 340). Black bean sauce (Huk dow tsup, Canton, p. 436; with garlic and ginger.

Note 2. This is the earliest separate recipe seen {Nov. 2008} for "Black bean sauce").

Recipes for "bean curd, dried" [dried yuba] are: Pig's feet with dried bean curd soup (Ju gyok tiem jook tong, Adapted, p. 113; with "10 sheets dried bean curd." Soak sheets in hot water for 30 minutes. Drain, cut crosswise into pieces 1 inch wide, then add to soup). Spare ribs with dried bean curd soup (Pai gwut shiu tiem jook, Adapted, p. 321). Dried bean curd strips with soy sauce (Hung shu tiem jook, General, p. 424). Vegetarian ham dried bean curd (Sue ho twei dow fu, Shanghai, p. 429; with "20 sheets dried bean curd").

Recipes for "bean curd skin" (or bean curd sheets) [yuba sheets, fresh or dried] are: Red-cooked carp with bean curd skin (Fu pi hung sao yu, Shanghai, p. 158; with "bean curd skin to cover" carp). Red-cooked carp with bean curd skin–Approved ulcer recipe (Hung sao li yu dow fu pi, General, p. 158; with "¼ lb. dried bean curd skin {about 20 pieces, 1½ by 5 inches}. Soak for 30 minutes in hot water. Drain. Cut into 2-inch squares).

Recipes for "frozen bean curd" [frozen tofu]: Frozen bean curd with soybean sprout soup (Dung dow fu dow ya tong, Adapted, p. 90; with "2 cakes frozen bean curd" and "½ lb. soy bean sprouts." "Defrost frozen bean curd by covering with cold water, letting stand 2 to 4 hours before cooking. Then cut each piece into 10 to 12 thin slices"). Spareribs with frozen bean curd (Pai gwut shiu dung dow fu, Adapted, p. 320; with "4 cakes frozen bean curd"). Stir-fried frozen bean curd (Tsao dung dow fu, Peking, p. 422; with "6 cakes frozen bean curd. * Wrap 2 to 3 pieces fresh bean curd together in waxed paper, freeze until hard").

Recipes for "pressed bean curd" [pressed tofu]: Pressed bean curd shrimp (Sha tze gahn si, Shanghai, p. 178, with "4 pieces pressed bean curd"). Golden strips with pressed bean curd (La jiao tsao san sih, Hupeh, p. 313). Pressed bean curd and celery with stir-fried beef (Dow fu gahn ching tsai ro si, Shanghai, p. 357). Stir-fried pressed bean curd with pork (Dow fu gahn tsao ro si, Shanghai, p. 427). Stir-fried pressed bean curd with chicken (Dow fu gahn tsao gee si, Shanghai, p. 427).

Recipes for "soybean sprouts": Spareribs soybean sprout soup (Pai gu dow ya tong, General, p. 112). Beef shank soybean sprout soup (Wu hwa niu ro hwang dow ya tong, General, p. 112). Braised soybean sprouts (Hung sao hwang do ya, Shanghai, p. 376).

Note 3. This is the earliest English-language document seen (Jan. 2013) that uses the term "wong dow gna" or the term "huang do ya" to refer to soybean sprouts. Address: USA.

2854. Hooker, Alan. 1970. Vegetarian gourmet cookery. San Francisco, California: 101 Productions. 192 p. Edited by Helen Morrow. Illust. by Sara Raffetto. 21 cm.
• ***Summary:*** Pages 101-02 state that one of the easiest ways to get one's daily protein is by using soya flour, which can be added to many foods. Soy-related recipes include: Baked soy beans (p. 56). Tofu with tempura vegetables (p. 132). Page 181 recommends various vegetarian food products, including Vegeburger and Choplets (made by Loma Linda Foods), Kikkoman brewed Soy Sauce, Bakon Yeast, and Gravy Quik (which contains soy and other vegetable proteins).

2855. Kanthamani, S. 1970. Tasty recipes from soybean. Jabalpur, India: Directorate of Extension and USAID,

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Jawaharlal Nehru Krishi Vishwa Vidyalaya. 100 p. Illust. 28 cm.
• ***Summary:*** The majority of the recipes use "full-fat soy flour." Lime juice is the coagulant used for making tofu. Textured soy flour is not mentioned.

Contents: Definition of terms. Substitutions. Glossary. Introduction. 1. Soybeans are rich food: Findings of nutrition research, soybeans are good for certain patients (diabetics, those with nervous disorders, those with acidity in blood tissues needing to be alkalinised), soybeans must be properly processed, how to make full-fat soy flour [at home]. 2. Fried soy products. 3. Soy sweets. 4. Roasted soy flour. 5. Baking. 6. Dals and vegetables. 7. Soy milk and milk products (including homemade soy milk and homemade soy paneer {tofu, p. 88-89}). 8. Miscellaneous. Appendix.

Note: This is the earliest document seen (April 2013) that contains the word "paneer" (spelled that way) used in connection with tofu or soy, or that contains the term "soy paneer." Paneer is a soft, fresh dairy cheese, widely consumed in India. It is more expensive than tofu.

Chapter 1 begins (p. 11): "A large proportion of the people of India are vegetarians who obtain only a small part of their protein from animal products, principally milk and milk products. Oilseeds are an important source of protein to such persons. Both groundnuts and soybeans are rich in protein. However the protein content of soybeans is higher than that of groundnuts and the protein of soybeans is nutritionally superior to the protein of groundnuts."

Note 1. This is the earliest English-language document seen (Dec. 2005) that contains the term "roasted soy flour."

Note 2. The page facing the title page announces a Hindi version of this book, by the same author, which will be published soon. Address: Extension Specialist, Home Science, Jawaharlal Nehru Krishi Vishwa Vidyalaya, Jabalpur, India.

2856. Kono, Tomomi. 1970. Encyclopedia: Tôfu, rekishi [Encyclopedia Japonica: Tofu history]. Tokyo: Shogakukan. See vol. 13, p. 227. [Jap]

2857. Lopez Hernandez, Jose. 1970. Posibilidades industriales del poroto soja [Possible industrial uses of the soy bean]. *Revista Agronomica del Noroeste Argentino* 8(1/2):95-100. Presented at First Reunion Tecnica Nacional de Soja. [Spa]
• ***Summary:*** Contents: Derivatives for direct use in human nutrition: Soy oil, shortenings, margarines, lecithins, soy flours, soy flakes, soymilk, tofu. Derivatives for industrial utilization: Industrial protein. Address: Ing. Químico. Jefe Sec. Química E.E.A.T.

2858. Meyer, Edwin W. 1970. Soya protein isolates for food. In: R.A. Lawrie, ed. 1970. Proteins as Human Food. London: Butterworths; Westport, CT: AVI Publishing Co. xvii + 525 p. See p. 346-62. Proceedings of the 16th Easter School in Agricultural Science, Univ. of Nottingham, England, 1969. [57 ref]
• ***Summary:*** Contents: Introduction. Processing of soya protein isolate. Composition of soya protein. Properties of soya protein isolate. Food uses of soya protein isolate: Processed meat and meat-like products, bakery products, dairy-type products, miscellaneous food uses. Nutritional properties of soya protein isolates.

"The volume of soya protein isolate now being sold for food use in the U.S.A. is estimated to be about 15 million pounds per year. This is 50 per cent higher than an estimate reported in 1967 (Meyer, 1967). The isolate is now selling for about 35-40 cents per pound." Address: Central Soya Co., Chicago, USA.

2859. Robeau, Alec. 1970. Cooking the Indonesian way. New South Wales, Australia: A.H. & A.W. Reed. 160 p. Index. 21 cm.
• ***Summary:*** The Introduction has good, long definitions of many Indonesian ingredients including: Ketjap, ketjap manis, soya beans, tahu (tofu, and how to make it at home), taotjo ("These are salted soya beans and are readily available in all Chinese stores and shops." [Note: Taotjo is Indonesian-style miso]), tempe [tempeh].

Soy-related recipes include: Sajur oblok (Smoked fish and vegetable dish, with ¼ lb diced tempe, p. 34-35). Sajur gudek (Spiced vegetables and jackfruit dish, with ¼ lb diced tempe, p. 37). Sajur kangkung (Spiced watercress, with ¼ lb diced tempe, p. 38). Tahu Surabaja (Fried soya bean cakes with vegetables, with ½ lb diced tofu, p. 46). Kuah sate II (Spiced peanut sauce (with ketjap), p. 52). Babi ketjap (Pork in soyabean sauce, with 3 tablespoons soy sauce, p. 74-75). Sambal taotjo (Spiced chilli paste with taotjo, p. 119). Tempe goreng (Fried tempe, p. 128. Serve as a snack or side dish).

2860. Ross, Shirley "Wonderful." 1970. The interior ecology cookbook. San Francisco, California: Straight Arrow Books. 134 + 8 p. Recipe index. 22 cm.
• ***Summary:*** This pseudo vegetarian cookbook contains some fish recipes. Soy-related recipes include: Soybean loaf with tomato sauce (p. 35). Tamari & noodles (p. 55). Fried tofu (with sliced scallions and mushrooms, p. 72). Tofu salad (p. 102). Tamari sauce (with flour, margarine, milk, and mushrooms, p. 115).

2861. Shokuhin daijiten [Great Japanese encyclopedia of foods]. 1970. Tokyo. [Jap]
• ***Summary:*** Contains entries for amazake, miso, natto, shoyu, and tofu.

2862. Singh, Rajeshwari (Mrs). comp. and ed. 1970. Soyahar: Indian recipes of soybean. Pantnagar, Nainital, India: U.P. Agricultural University. xxviii + 216 p. Illust. 25

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cm.
• ***Summary:*** Contents: 1. Acknowledgment. 2. List of contributors. 3. Preface (by Singh). 4. General information: Introduction, how to soak soybeans, how to make soybean milk (at home or commercially), how to make soybean curd [tofu] (at home or commercially), how to make soybean flour (at home or commercially), cultivation of soybeans in India. Tables show: (1) The amino acid content of various vegetable and meat products. (2) Nutritive value of important legumes–groundnut, pigeon pea (arhar), chick pea (Bengal gram), soybean. (3) Chemical composition of some soybean products (seed, meal, flour, full fat flour, protein concentrate, isolate, textured food, beef analogue). (4) Nutritional value of the soybean compares with selected other foods. (5) Composition of mature green soybean [green vegetable soybeans, 70% water]. (6) Composition of dry soybeans. (6) Uses of vegetable protein products (soybean flours, soybean concentrates, isolated soy proteins, textured foods–incl. simulated meats). 5. Milk products (including homemade soy milk, homemade soy curd {dahi}, homemade soy cheese {paneer}). 6. Cereals and lentils. 7. Soups, curries, vegetables, chutney & raita. 8. Snack foods. 9. Indian sweets. 10. Cookies and confections. 11. Meat products (mostly meatless / vegetarian). 12. Useful cooking information. 13. Glossary: Hindi-English and English-Hindi. Contains 221 recipes. 4 p. of errata.

Photos show: On the cover, a young Indian girl drinking soymilk from a large glass (color). (1) The seven women who comprise Pantnagar's Soybean Utilization Team. (2) Mrs. D.P. Singh, honorary leader of the Team explain a fine point to Prof. Alvin Nelson. (3) Many Indian ladies in traditional Indian clothing standing behind a long table on which are soybean delicacies prepared in a conventional Indian kitchen. There are many color photos of prepared dishes. (4) A soybean plant with pods and leaves. Address: Pantnagar, India.

2863. Soybean Utilization Project. 1970. Soybean in your kitchen. Pantnagar (Nainital), U.P. India: G.B. Pant University of Agric. and Technology. ii + 35 p. 24 cm. [1 ref. Eng]
• ***Summary:*** Contents: Table of equivalent weights and measures. Cultural hints (for cultivating soybeans in India. Best varieties: Bragg, Hardee, Semmes). Soybean to fight protein hunger. Soy milk (how to make it at home), soy curd (dahi; how to make it at home, with cardamom), soy cheese (paneer; how to make it at home, curded with lemon juice), soy flour (whole, dehulled, ground in a flour mill), soy dal. Sweets. Salty snacks. Cookies and cakes. Soups-dals-curries. Glossary.

2864. Steinberg, Rafael. 1970. Pacific and Southeast Asian cooking. New York, NY: Time-Life Books. 208 p. Illust. (color photos). Index. 28 cm. Series: Foods of the World.
• ***Summary:*** A superb book filled with beautiful recipes, text, and color photos. Accompanied by a 128-page spiral-bound book of recipes. Bean curd [tofu] is mentioned on pages 74 (in Indonesian *gudeg*) and 172 (in Vietnamese soup).

Recipes that call for *ketjap manis* (Indonesian sweet soy sauce) are Broiled skewered marinated chicken (Saté ajam, with 2 tablespoons *ketjap manis*, p. 88) and Spiced peanut sauce (Katjang saos, with 1 tablespoon *ketjap manis*, p. 93). The actual recipe for "Ketjap manis (Indonesian sweet soy sauce)" on page 106, which makes about 1 quart, calls for: 2 cups dark brown sugar, 2 cups water, 1½ cups Japanese soy sauce, 3/4 cup dark molasses, ½ teaspoon ground *laos*, ½ teaspoon ground coriander, and ½ teaspoon freshly ground pepper.

Note: This is the earliest English-language document seen (April 2012) that uses the term "Indonesian sweet soy sauce" to refer to *ketjap manis*.

The very interesting headnote (p. 106) states: "The ubiquitous American tomato ketchup, or catsup, gets its name but not its ingredients from the Malayan 'kechop' (in Chinese 'ketsiap') which originally was a pickled fish brine."

Tjolo-Tjolo (Moluccas, Broiled fish and vegetables with 3 sauces). "To prepare the ketjap sauce, mix ½ cup *ketjap manis* and 1 tablespoon of fresh lime juice in a serving bowl" (p. 107).

2865. Trager, James. 1970. The enriched, fortified, concentrated, country-fresh, lip-smacking, finger-licking, international, unexpurgated foodbook. New York, NY: Grossman Publishers. xv + 579 p. Illust. Index. 24 cm. [350+* ref]
• ***Summary:*** This hefty volume is packed with information about a multitude of interesting, little known, or bizarre subjects related to food. It is divided into 11 major chapters, each of which contains many mini-chapters, often with witty or enticing (but often undescriptive) titles such as "mushrooms take savvy" or "Farmer Jefferson." The extensive index is very useful, containing entries for such things as Accent/MSG (p. 445-48), prehistoric agriculture and food (p. 3-11), meat analogs and Bac*Os (p. 450-51, 457, 501), Archer Daniels Midland (p. 450), bean curd (p. 333, 362), Battle Creek Sanitarium (p. 460), Kellogg (p. 384, 460-61), miso soup (p. 362), soybeans (p. 21, 262, 382, 450-51, 518), soy protein (p. 450), vegetarianism and vegetarians (p. 3, 324, 343, 457-59).

In Chapter 10, titled "Nuts in the Fruitcake" (p. 455-86), the author takes the opportunity to make fun of anything he discusses related to health/natural foods or vegetarianism. To him, it all smacks of food faddism and extremists. There are sections about vegetarians past and present ("there are no convincing nutritional justifications for vegetarianism"), Sylvester Graham ("One of America's first home-grown food faddists"), Horace Fletcher, Dr. William Howard Hay and acidosis, Gayelord Hauser ("Perhaps the most prominent

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diet and health mythologist in recent years"), organic foods baloney ("DDT has not yet been shown to have harmful effects for humans"), Carlton Fredericks and Adolphus Hohensee, Tiger's Milk, aphrodisiac foods, and food and astrology. Address: New York.

2866. Wiener Bordow, Joan (Sita). 1970. Victory through vegetables: With a section of recipes from the macrobiotic diet by Barbara Thralls. New York, NY, Chicago, Illinois, and San Francisco, California: Holt, Rinehart and Winston. ix + 163 p. 22 cm.
• ***Summary:*** A vegetarian cookbook. The author, whose name on the title page is given as Joan Wiener, was born in 1944. Soy-related recipes include: Soybean milk and soy chaff [Okara] (p. 15). Bean curd and instant bean curd (homemade, p. 15-16). Cream of rice and soybean soup (p. 31). Soy nut salad (with soy nuts, p. 42). Bean curd sukiyaki (p. 49). Far Eastern dumplings (filled with cooked and mashed soybeans, p. 54). Macao noodles and vegetables (with bean curd and soy sauce, p. 56). Whole wheat role filled with bean curd (p. 59). Soybean tomato mix in stuffed peppers (with soy chaff [okara], p. 71-72). Soybean nuts (fried in butter, with salt, p. 93). Tahini miso spread (p. 136).

2867. **Product Name:** Authentic Snow-Dried Tofu.
Manufacturer's Name: Mitoku Co. Ltd. (Distributor). Made in Japan.
Manufacturer's Address: C.P.O. Box 780, Tokyo 100-91, Japan. Phone: 33-201-6701.
Date of Introduction: 1970?
Ingredients: Tofu (soybeans, water and nigari–a natural coagulant extracted from sea water).
Wt/Vol., Packaging, Price: 2.45 oz (70 gm) plastic bag.
How Stored: Shelf stable.
New Product–Documentation: Product with Label purchased from Health Flavors (distributor), Brewster, New York. 2000. Nov. 10. 5½ by 9 inches plastic bag. Orange, gold, black, white, and red. "Mitoku macrobiotic Snow-Dried Tofu is hand-crafted in the snowy highlands of central Japan by one of the few hearty families who still use the traditional methods. The result is an all natural, delicious and concentrated convenience food that stores well and readily absorbs flavors."

Talk with Jan Belleme, Mitoku's representative in the USA. 2000. Nov. 21. This product has been available since about 1970.

2868. **Product Name:** Tofu.
Manufacturer's Name: Star Tofu Shop.
Manufacturer's Address: 943 E Street, Fresno, CA 93706. Phone: 209-268-1717.
Date of Introduction: 1970?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Goto Tofu Co., or Star Tofu Shop, 914 E St., 93706. Tel. 268-1717.

Fresno City Directory. No listing for Star in 1975 or before.

Talk with Brad Kubota of Fresno Tofu Co. 1990. Nov. 28. His company was formerly named Goto Tofu (run by Nagaki Goto), and before that it was named Star Tofu, run by Nagaki's elder brother, David Goto. Brad thinks that David bought the company in about 1970, or maybe before. Before that it was named Hashimoto Tofu, run by a Mr. Hashimoto. Before that it was named Tokubo Tofu, run by Mr. Tokubo.

2869. **Product Name:** [Tsuru Habutae Frozen Tofu].
Foreign Name: Tsuru Habutae Kôri-dôfu.
Manufacturer's Name: Tokiwa Reito Shokuhin.
Manufacturer's Address: Ina 5057, Ina-shi 396, Nagano-ken, Japan.
Date of Introduction: 1970?

2870. Carberry, James F. 1971. Our daily bread: Food faddism spurts as young, old people shift to organic diets. Concern on pesticides cited, but some see deception by quacks claiming cures. Yin and yang ice cream. *Wall Street Journal.* Jan. 21. p. 1, 12.
• ***Summary:*** Written from Hollywood, California, this article reports that "food faddism has been particularly prevalent lately." Kahan & Lessin Co., one of the nation's biggest distributors of organic foods, reports that its sales have doubled to $12 million a year from $6 million in 1968. New Age Foods of San Francisco [owned by Fred Rohé] recently opened a branch store in suburban Palo Alto, where it expects to gross $1 million during its first year.

"Health and organic food advocates say the popularity of such items–as well as the more conventional products grown under 'natural' conditions–reflects the growing public concern over pesticide poisoning and the publicity over the dangers of food additives, preservatives, and substitutes like cyclamates."

Richard Hansen is a sociologist at the University of California at Davis; he is researching the organic food movement.

"New insights into universe: Bruce MacDonald [sic Macdonald], president of Erewhon Trading Co., a Boston and Los Angeles concern that specializes in such exotic foods as hacho miso (a soybean paste), says that organic foods appeal to many dropouts from the drug culture. 'It's not just that the body's malnourished from being on drugs a long time,' he says. 'It's also that organic foods can give a person new insights into the order of the universe."

Warren Stagg, the bearded proprietor of H.E.L.P., a popular vegetarian restaurant, believes in the mystical, spiritual value of certain foods. A vegetarian diet can help elevate a person to a higher level of consciousness and bring him into harmony with the order of the universe, he says. Since 75% of H.E.L.P.'s clientele are nonvegetarians,

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the "restaurant offers some meat substitutes such as 'beef' stroganoff made from vegetable protein, mushrooms, scallions, bell peppers and sour cream sauce, and a 'vegeburger' sandwich that's also made from vegetable protein. Other dishes on its menu include braised tofu (soybean cake) with brown rice and a salad of cottage cheese, alfalfa sprouts, sunflower seeds, grated carrots, scallions, figs and apricots."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "braised tofu" to refer to grilled tofu.

"A group of young people following a macrobiotic diet live in an old Victorian mansion above Hollywood's Sunset Strip. They are students of the late Georges Ohsawa, a Japanese philosopher who taught about the delicate balance between yin and yang; they eat ascetic meals that include pressure-cooked brown rice and seaweed soup. There have recently been well-publicized cases of the deaths or severe illnesses of a few young people subsisting on only brown rice, the extreme form of the macrobiotic diet.

"Another famous food-faddist helped found a huge business in breakfast cereals. He was John Harvey Kellogg..." according to Ronald Deutsch, author of a history of food fads called "The Nuts Among the Berries." Deutsch then tells his inaccurate version of how Mr. [sic, Dr.] Kellogg got into the cereal business.

"One man who spends a great deal of time pooh-pooing various nutritional eccentricities is Dr. Fred Stare, chairman of the department of nutrition at Harvard University's School of Public Health." Dr. Stare discusses his pet peeves.

Note 2. Bruce Macdonald recalls (April 1992): "In early 1971 *The Wall Street Journal* ran a front-page feature story on the emerging new natural foods industry. A person from Merrill-Lynch came in and said, 'We could package this business and raise millions for you.'"

Advest Co. 1972. Dec. "A recent *Wall Street Journal* article named this industry as one of the ten highest growth industries for the 1970s." Address: Staff Reporter.

2871. Loring, Kay. 1971. Japanese restaurants–Tea rooms to sushi bars. *Chicago Tribune.* Feb. 7. p. F5.
• ***Summary:*** "The traditional sushi bar was introduced to Chicago by Kamehachi Sushi, 1617 N. Wells St., in Old Town." Particularly tasty in the writer's opinion is "inari-zuchi [sic, inari-zushi], soy bean pockets filled with slightly sweetened [and mildly vinegared] rice."

2872. Conversation with Farmer City Grain (Interview). 1971. Conducted by Dr. Walter Wolf of NRRL, Peoria, Illinois 61604, Feb. 22. 1 p. handwritten transcript.
• ***Summary:*** Mr. Louis West was out of town for 2-3 weeks. The person Dr. Wolf talked to said that Hawkeye and Kanrich are the major varieties used. M-I sold by Mico is Kanrich. Hawkeye acreage is decreasing and Beeson usage is increasing to supply soybeans to take the place of Hawkeye variety.

Magma, Prize and Kanrich are being used for miso [in Japan] while Hawkeye and Beeson are converted into tofu.

2873. Smyth, Jeannette. 1971. Stores do a healthy business in natural food. *Washington Post, Times Herald.* Feb. 28. p. 1291.
• ***Summary:*** The health food industry is divided into two categories: (1) Those the young people call "the pill stores," which sells mostly pills and supplements, not much food. They have been around for decades. (2) The newer natural food stores, run mostly by young people of today's counter-culture, who sell mostly foods and beverages. These stores are based on the philosophy of living in harmony with nature, rather than trying to conquer Nature. Oliver, Cheri, and Krispin are members of the collective which runs Beautiful Day, a natural foods store in College Park, Maryland.

"Bill Beal tries to eat raw fruit and vegetables because cooking, he says, reduces their nutritional value. A typical day's breakfast is cottage cheese of tofu (soy bean curd), mixed with home-made yogurt, brewer's yeast, wheat germ, dark molasses, and fruit–dried or fresh." Note: This article, with two photos, is written in an unsympathetic tone.

2874. Saio, Kyoko; Kamiya, M.; Watanabe, T. 1971. Tôfu no bussei ni kansuru ikkôsatsu [Statistical observations on the physical properties of tofu]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 26. p. 193-96. Feb. Reprinted from Nippon Shokuhin Kogyo Gakkaishi 17(5):207-10 (1970). [4 ref. Jap; eng]
Address: 1&3. Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan; 2. Japan Protein Industry Co., Ltd., Kodaira, Tokyo.

2875. Claiborne, Craig. 1971. To cook Japanese style, it helps if you have obliging butcher. *New York Times.* March 4. p. 41.
• ***Summary:*** Ayako Wakita, a slender young woman, is the wife of Aijiro Wakita, a Japanese painter and sculptor. They live in a Manhattan apartment in New York City where, she remarks, "in season" foods are not as widely available as in Japan. She cooks Japanese style twice a week when they entertain friends. Her recipe for Yosenabe calls for "6 or 8 one-and-one-half-inch cubes bean curd (tofu)." A photo shows beautiful Ayako as she arranges dishes on the family table.

2876. Shinoda, Osamu. 1971. Doufu kao [Thoughts / treatise on tofu]. *Ta-lu Tsa-chih* (*The Continent Magazine, Taiwan*) 42:172-78. (Also numbered p. 8-14). March 31. [12 ref. Chi; eng]
• ***Summary:*** A Chinese-language publication apparently

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similar in content to his 1968 Japanese-language publication by the same title.

A summary, translated into English by Ernst Wolff for Theodore Hymowitz in Jan. 1972, states: The word "tofu" first appeared in the Chinese document *Ching Yi Loo* (Pinyin: Qing Yi Lü) by Tao Goo (Tao Gu) in the early Sung Dynasty (960-1126 A.D.), although the Japanese believed that tofu technology was invented by Prince Liu An of Huai-Nan around 200 B.C. in China. Shinoda believes that the technology for making tofu was adapted from that of cheese making introduced to China by nomadic people, the so-called "Hoo." They migrated from the north into China during the period from the Six Dynasties (222-589 A.D.) to the T'ang dynasty (618-907 A.D.), in the time just before the Sung dynasty. Tofu was first a popular food among the middle and lower classes during the Sung dynasty. Then it also became part of the diet of the upper class, and was even served to the emperor and royal family during the Ming dynasty (1368-1662). Tofu was introduced to Japan by vegetarian Buddhist monks around the 12th century. On page 12 is an extremely interesting list of the 12 earliest documents (1238-1534), which Shinoda has been able to find, that mention tofu under various names. For each is given the title, the date it appeared, and the name used for tofu or the food in which it appeared. For details, see Shinoda 1968 (in *Fuzoku*).

Terms which are romanized or appear in English in this document include: Cheese, butter, yoghurt, casein, khorot, Suridofu, Hikizuri-dofu, Tofu-zu, Mori, Dengaku, tofu, Oden, Shirakabe, Mura Dengaku, Sakai, Okabe, Antofu, Ganmodoki, bean curd. A romanized Japanese verse reads:

Harusato wa Kabe no Tatoe ni Naradofu, Shiroki wa Tsuki no somuke zari keri.

Koisureba kurushikarikeri Udzidofu, Mamehito no Na o ikadetoramashi.

Note: According to Abe (1974, p. 99) this is one of Japan's earliest references to tofu; it is a waka-style poem that comes from a work titled either *Shichijû-ichiban Shokunin-zukushi Uta Awase* or *Nanajû Ichiban Shokunin Jin Utaawase* and appears in the section of poems about sômen noodle sellers. Address: Japan.

2877. Erhard, Darla. 1971. Nutrition education for the "now" generation. *J. of Nutrition Education* 2(4):135-39. Spring. [41 ref]

• ***Summary:*** Describes the author's efforts in Berkeley, California, to provide factual nutritional information to members of various San Francisco Bay Area counterculture groups, including Zen macrobiotics, the One World Family Commune, Krishna Consciousness devotees, and fruitarians.

"Food faddism–which used to be associated with older population groups–coupled with vegetarianism has now become the panacea for some members of the younger generation, often called 'hippies.'

"The majority of my information on the Zen Macrobiotic diet was derived from classes that I attended taught by a former pupil of George Ohsawa, believed by some to be the originator of Zen Macrobiotics. From these groups, I learned that the widely publicized, all-cereal diet originating from the seven levels of eating (dietary eating pattern with initial allowance of certain percentages of all foods with seven progressions to the ultimate all-cereal diet) was the result of mistranslation and misuse of the Zen Macrobiotic principles by the American public." The author then gives a fair and balanced description of a macrobiotic diet; miso, soy sauce and tofu are listed as part of a typical daily macrobiotic menu. Address: 323 Monte Vista Ave., Oakland, California 94611.

2878. Watanabe, Tokuji. 1971. [Process for production of packed tofu]. *Japanese Patent* 602654. April 12. [Jap]*
Address: National Food Research Inst., Tokyo.

2879. Watanabe, Tokuji. 1971. [Process for production of kinugoshi tofu (soft, pudding type)]. *Japanese Patent* 602655. April 12. [Jap]*
Address: National Food Research Inst., Tokyo.

2880. Calloway, D.H.; Hickey, C.A.; Murphy, E.L. 1971. Reduction of intestinal gas-forming properties of legumes by traditional and experimental food processing methods. *J. of Food Science* 36(2):251-55. March/April. [18 ref]

• ***Summary:*** Tofu and tempeh have little flatus activity, i.e. they cause little gastrointestinal gas.

The two basic types of bean sprouts, soybean and mung bean, gave almost identical reactions. Both cause slightly more breath hydrogen, total flatus and bacterial gases in the flatus than the baseline treatment but somewhat less than the 100-gram doses of beans.

MPF [Multi-purpose food] is a high-protein food (containing 50% protein) with toasted soy grits as the only protein source. The size of the test dose (136 gm) contained the same amount of protein as 20 gm of soybeans. This amount of MPF contains only one-third the carbohydrate content found in soybeans (21 vs. 67 gm) a very little fat (1.4 gm). The gas forming property of the soybean was found to be "retained in proportion to the amount of carbohydrate present and was otherwise unchanged by the processes applied." Address: Dep. of Nutritional Sciences, Univ. of California, Berkeley.

2881. Hashizume, Kazumoto; Kakiuchi, K.; Koyama, E.; Watanabe, T. 1971. Denaturation of soybean protein by freezing. Part I. *Agricultural and Biological Chemistry* 35(4):449-59. April. [14 ref]

• ***Summary:*** Role of S-S bond in denaturation. Address: 1&4. Food Research Inst., Ministry of Agriculture and Forestry; 2. Inst. for Protein Research, Osaka Univ.; 3. Japan Kori-tofu Assoc.

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2882. Meade, Mary. 1971. Exotic fare with ease. *Chicago Tribune.* May 1. p. S24, or N12.
• ***Summary:*** Contains a recipe for sukiyaki, which calls for calls for "3 cups soy bean curd (optional)."

2883. Dwan, Lois. 1971. Roundabout. *Los Angeles Times.* May 9. p. Q50.
• ***Summary:*** In a review of The Golden Dragon, a Cantonese restaurant, the writer enjoyed "fresh clams steamed in black bean sauce." Chicken was "combined with pressed to fu [tofu] and tree fungus,"

The chef added "whole chestnuts, ginkgo nuts, bean-curd skin, and fun see (transparent noodles) to a meatless vegetable dish,..."

2884. Fujimaki, Masao; Kato, H.; Arai, S.; Yamashita, M. Assignors to the USA as represented by the Secretary of Agriculture. 1971. Enzymatic improvement of soybean flavor and stability. *U.S. Patent* 3,585,047. June 15. 3 p. Application filed 30 Oct. 1968. [1 ref]
• ***Summary:*** The bitter and beany (astringent) flavors of soybean curd [tofu] or defatted soybean flour can be greatly reduced by applying a proteolytic enzyme. For example, suspend 10 gm of soybean curd in 1,000 ml of dilute hydrochloric acid (HCl) (pH2.8) and allow it to be digested at 50ºC with 0.1 gm of commercially obtained aspergillopeptidase-A (Molsin, made by Seishin Seiyaku Co. of Japan), produced by *Aspergillus saitoi.* After 2 hours, stop the digestion by neutralization with sodium hydroxide (NaOH), obtain a precipitate by filtration or centrifugation, and treat it with 10 times its weight of 50% ethanol to remove the liberated beany and astringent flavors. Remove the wash liquid by filtration and lyophilize the treated curd. Address: Tokyo, Japan.

2885. Saio, Kyoko; Kajikawa, Masahiro; Yamazaki, Sado; Watanabe, T. 1971. Food processing characteristics of soybean proteins. II. Effect of sulfhydryl groups on physical properties of tofu-gel. *Agricultural and Biological Chemistry* 35(6):890-98. June. [11 ref]
• ***Summary:*** "Changes in the amount of sulfhydryl groups by heating or treatment with urea were more rapid in 11S protein as compared with 7S protein." "Tofu-gel from 11S protein got harder and stronger as the amount of sulfhydryl groups increased.

"The results may suggest that tofu prepared from 11S protein has more disulfide bonds in its gel than that from 7S protein." Address: 1&3. Food Research Inst., Ministry of Agriculture and Forestry; 2. Food and Feed Research Lab., Takeda Chemical Industry, Ltd.

2886. Dimler, R.J. 1971. Dried tofu made from U.S. soybeans. *Notes from the Director of the Northern Division* (*Peoria, Illinois*) No. 1040. p. 1. Aug. 6.
• ***Summary:*** "Working under a PL-480 project sponsored by Dr. Cowan (Oilseed Crops), Prof. Yosito [Yoshito] Sakurai, Japan Frozen Tofu Association, Tokyo, developed a standardized procedure for making kori-tofu (dried tofu). Salient features of the method include rapidly chilling fresh tofu to -10ºC. in 1 to 2 hours and holding at -1º to -3ºC. for 13 weeks. Basic studies suggest that the ratio of 7S / 11S proteins is important for kori-tofu, but the optimum ratio was not determined. Laboratory evaluation of four U.S., two Chinese, and three Japanese varieties of soybeans indicated that Hawkeye, a U.S. soybean, was the best variety for making kori-tofu. Browning sometimes occurs during storage because in high humidities a reaction takes place between the protein and the products from the oxidation of unsaturated fatty acids. Low storage temperature and humidities are desirable in protecting dried tofu from browning.

"Kori-tofu is a traditional Japanese soybean food. Its production requires a 3-week process that is fairly complicated. According to Professor Sakurai, the variety of soybeans used as raw material is the most important of the many process factors that affect quality and yield. Therefore, the favorable results obtained with U.S. beans are significant. In the past, kori-tofu was made primarily from Japanese and Chinese beans, about 40,000 tons annually, but now more and more U.S. soybeans are entering this market." Address: Director.

2887. Clausen, E.E.; Nakayama, T.O.M. 1971. Carotenoid incorporation into soybean curd. *J. of Food Science* 36(4):632-34. July/Aug. [10 ref]
• ***Summary:*** Incorporation of carotenoid pigments as protein encapsulated beadlets, in solution in vegetable oil or as suspensions of microcrystals into soymilk prior to coagulation is reported. Address: Dep. of Food Science, Univ. of Georgia, Athens, GA 30601.

2888. **Product Name:** Tofu Blueberry Pie.
Manufacturer's Name: Crane's Call Bakery.
Manufacturer's Address: 112 Queensberry Street, Boston, Massachusetts.
Date of Introduction: 1971. August.
Ingredients: Tofu, fresh blueberries, agar, maple syrup.
How Stored: Refrigerated.
New Product–Documentation: Talk with David Kailin, founder and former owner of Crane's Call Bakery. 1992. May 14. He (alone) owned a bakery named "Crane's Call Bakery," located at about 112 Queensberry Street in the Fenway area of Boston. The bakery started in about the spring of 1970 as a macrobiotic bakery. He bought organically grown hard red winter wheat from Ted Whitmer in Bloomfield, Montana. In about Aug. 1971 he started making this product, a sort of tofu-blueberry cheesecake,

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at his bakery. He sold the 9 inch diameter pies wholesale to natural food stores, especially Erewhon in Boston. Erewhon would sell it by the slice. He made it only in the late summer when blueberries were fresh and in season. He conceived of the idea himself; it was not inspired by any other earlier product. There was an article about his company in an early issue of *East West Journal.*

Another early bakery in the Boston area was named Corners of the Mouth. Located at Inman Square in Cambridge, it was the first natural foods bakery in Boston. They started as much as a year before Crane's Call Bakery, were not macrobiotic, and made granola and whole-grain breads. David once shared a load of organically-grown wheat with them.

2889. Lappé, Frances Moore. 1971. Diet for a small planet. New York, NY: Ballantine Books. xiv + 301 p. Illust. by Kathleen Zimmerman & Ralph Iwamoto. Index. 18 cm. [90 ref]

• ***Summary:*** This one of the most important and influential books written about food, nutrition, and world hunger during the 1970s. It became a huge best-seller and influenced millions of people and many other authors. The idea for *The Book of Tofu* came directly from reading this book–in Japan. Published on 1 Sept. 1971, it introduced the concepts of "protein complementarity" and "eating low on the food chain" to countless Americans. By April 1973 the book had been reprinted 7 times. The book's roots lie in the University of California at Berkeley, where Ms. Lappé was enrolled in the School of Social Work in 1968. A committed community organizer of welfare recipients, she was frustrated in her inability to find an agenda that would truly end the people's suffering. So she began to study the political economy of food in the Natural Resources library. From this research came a 1-page handout, then a 5-page handout, then a 70-page booklet, and finally this landmark book.

Contents: Acknowledgments. Foreword. Part I: Earth's labor lost. Part II: Bringing protein theory down to earth. Part III: Eating from the earth: Protein theory applied. Part IV: Combining non-meat foods to increase protein values. Appendixes. Notes.

Key quotes: "This book is about PROTEIN–how we as a nation are caught in a pattern that squanders it... I propose that our meat-centered diet is at the very heart of our waste of the earth's productivity" (p. xi). "Fully *one-half* of the harvested agricultural land in the U.S. is planted with feed crops. We feed 78% of all our grain to animals. This is the largest percentage of any country in the world" (p. 5). We feed animals "89% of our corn crop, 98% of our grain sorghum crop, 87% of our oat crop, 64% of our barley crop, as well as 95% of our unexported soybean crop. To make beef or veal, "a cow must be fed 21 pounds of protein [from feed] in order to produce 1 pound of protein from human consumption."

This vegetarian book contains 125 pages of recipes and makes extensive use of soybeans and soyfoods–though mostly in the form of whole dry soybeans or grits (*) or soy flour (+), which are two of the least interesting ways of using soybeans. In the section titled "Getting the most protein for the least calories," subsection 5 on "Legumes" (p. 106) states: "Soybean curd (tofu) has the fewest calories for the amount of usable protein, largely because most of the fat is removed in its processing. Tofu is truly an excellent protein source. Lightly sautéed with a fresh vegetable accompaniment, one could easily eat 7 ounces of tofu and fulfill 25 to 30 percent of a day's need for proteinÄat the cost of only about 5 to 7 percent of a day's calorie allotment. I've included several tofu dishes among the recipes given later in this book."

Tofu is not mentioned in the index, but under "Soy Curd" we find one recipe titled "Leafy Chinese tofu (Soy curd)" (p. 144). It notes that soy + rice, and soy + sesame are complementary proteins.

The recipes are grouped by complementary combinations. Rice and soy (p. 140-45; combining in the proper proportions gives a 32% increase in usable protein): Crusty soybean casserole*. Stuffed cabbage leaves*. Curry rice*. Leafy Chinese tofu (soy curd). Sukiyaki (with tofu).

Rice and wheat and soy (p. 146-50; 24% increase in usable protein): Hearty vegetable soup (with miso and soy sauce)*. Sweet and pungent vegetable curry*. Mexican grains*. Rice-wheat "kasha"*.

Whole wheat and soy (p. 181-88; 32% increase): "Complementary" pizza+. Savory onion quiche+. Wheat-soy waffles+. Chameleon spice cake+. Wheat-soy pudding+.

Wheat, soy, and sesame (p. 189-94; 42% increase): Sesame crisp crackers+. Sesame dream bars+. Journey cakes+. Orange sesame muffins+. wheat-soy-sesame bread+.

Cornmeal and soy and milk (p. 202-08; 13% increase): My favorite cornbread+. Boston brown bread+. Pineapple-corn muffins+. Corn spice coffee cake+. Cornmeal-soy waffles+. Indian pudding*.

Soy, wheat, rice, and peanuts (p. 220-26; 15% increase): Curried soybeans and peanuts*. Nutty bean tacos*. Soybean croquettes*. Spanish soybeans over mixed grains*+. Deep dish vegetable pie*.

Soy and sesame seeds (or sunflower seeds) and peanuts (p. 227-32; 25% increase): Nutty noodle casserole*. Soy-sesame-peanut spread+ (with roasted soy flour). Peanut-sesame loaf supreme+. Soy-pea sesame snacks*. Bean burgers*.

This was one of the first popular books to show the connection between intensive livestock production and environmental degradation. Part I, titled "Earth's Labor Lost," shows how: (1) Animal wastes from huge feedlots cause water pollution (p. 15-16); (2) Growing crops for livestock feed and overgrazing leads to soil erosion, loss of topsoil, and soil depletion (p. 17-18); (3) The increased

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pressure on our land to grow livestock feeds has led to increased use of pesticides, which kill untargeted species and cause water pollution (p. 26-27). In short, a vegetarian diet "maximizes the earth's potential to meet man's nutritional needs and, at the same time, minimizes the disruption of the earth necessary to sustain him. It's as simple as that" (p. 3).

Also gives a recipe for "Crunchy granola" (p. 251, based on rolled oats, coconut shreds, sesame seeds, and wheat germ).

Note 1. As of Sept. 1991, this book had sold about 4 million copies, and of that 3 million copies in English-language editions.

Note 2. This is the earliest document seen (May 2002) concerning the environmental impact of a vegetarian diet. Address: California.

2890. Yamamoto, Kajiro. comp. 1971. Noren: Tokyo o shiru tame ni [Noren: In order to get to know Tokyo]. Tokyo: Shinto Manzo/Hato Basu (Bus) Kogyo K.K. 256 p. Illust. 18 cm. [Jap]

• ***Summary:*** *Noren* is the Japanese word for the decorative cloth, bearing the company crest or logo (*mon*), that hangs in the doorway of traditional Japanese shops, especially restaurants. This guidebook contains brief descriptions and sketches of famous, old, and interesting/colorful Japanese food companies and restaurants in Tokyo. Each description is by a different author, and is accompanied by a an illustration (line drawing) of the front of the restaurant. Those with a strong tie to soyfoods include Sasa-no-yuki (p. 76; founded 1703), and Shinoda-zushi Sôhonten (p. 87; founded 1872). At the back of the book is the address and phone number of each food company or restaurant, a chronology giving the year that each was founded, and several maps of Tokyo showing where each is located. Address: Tokyo, Japan.

2891. Visit to Pacific Grain Co. (Interview). 1971. Conducted by Dr. Walter Wolf of NRRL, Peoria, Illinois 61604, Feb. 22. 1 p. handwritten transcript.

• ***Summary:*** Pacific Grain [Farmer City, Illinois] now has 20,000 acres under contract for growing Beeson variety soybeans. Beeson averages about 10 bushels per acre better than Hawkeye. Beeson, however, has a tendency for the hulls to crack which leads to splits on handling after the beans have been cleaned.

2892. United Press International (UPI). 1971. Japan offers delicacy: Raw viper in blood. *Hartford Courant* (*Connecticut*). Nov. 26. p. 95B.

• ***Summary:*** Of course, this delicacy is an exotic repast in Japan. A more usual meal might consist of "tofu (bean curd) soup, fish, either raw or cooked, and a bowl of rice." Seaweed, chrysanthemum flowers (*kiku*), and baby bees are also consumed in Japan.

Note: This soup is usually called "miso soup with tofu."

2893. Abe, Koryu. comp. 1971. Tôfu hyakuchin to zokuhen [One hundred favorite tofu recipes, and supplement]. Tokyo: Shinshu Shorin. 280 p. Illust. No index. 22 cm. Facsimile of original 1782 edition, and modern translation. [1 ref. Jap]

• ***Summary:*** Contents: Introduction. Forward. Essay. About the author (autobiographical). Tofu Hyakuchin: Introduction, table of contents, recipes. Tofu Hyakuchin Zokuhen: Introduction, table of contents, recipes. Translations of Tofu Haykuchin and Tofu Haykuchin Zokuhen. Comments about cooking with tofu. Contains 100 recipes.

The illustrations in these two books are described at their original editions published in 1782 and 1783. Address: Tokyo, Japan.

2894. Ko (Yasu?), -. 1971. [History of Unzen frozen- and dried-frozen tofu (Leaflet)]. Unzen Kunimi Reito K.K., Tahira, Kunimi-cho, Korai-gen, Nagano-ken, Japan. 1 p. [Jap; eng]

2895. Shinoda, Osamu. 1971. Tôfu-kô [Thoughts / treatise on tofu]. *Sekai* (*The World*). p. 30-37. [Jap]

2896. **Product Name:** Tofu Cheesecake.
Manufacturer's Name: Souen.
Manufacturer's Address: 2444 Broadway, New York, NY 10024. Phone: (212)-787-1110.
Date of Introduction: 1971.
New Product–Documentation: Talk with Lenny Jacobs. 1992. May 27. In 1971 Marcea Newman created the first tofu cheesecake at the Souen (pronounced SUE-en) restaurant in New York City. The cheesecake was probably sold only at the restaurant. Marcea used to live upstairs of it, up on Broadway. Lenny thinks (but is not sure) that Kathy Bellicchi learned about Marcea's recipe later, then made her own tofu cheesecake in Boston.

Ad for Souen, a restaurant. 1971. *East West Journal.* Vol. 1, No. 20. "Japanese Traditional Macrobiotic." Lunch and dinner. 2444 Broadway, New York City. Tel. (212) 787-1110.

Michio Kushi. 1977. *The Book of Macrobiotics.* p. 180. The Sou-En Restaurant is now located at 2444 Broadway, New York, NY 10024.

Marcea Newman. 1994. Oct. Re: Early work with tofu and tofu cheesecakes in America. She developed this cheesecake in 1971. Note: This is the world's earliest known commercial Tofu Cheesecake.

2897. **Product Name:** Tofu.
Manufacturer's Name: Stockton Tofu Co.
Manufacturer's Address: 229 E. Alpine Ave., Stockton, California. Phone: 415-343-6473.
Date of Introduction: 1971.
How Stored: Refrigerated.

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New Product–Documentation: Stockton City Directory. 1972. First listing for Stockton Tofu Co. (Tomoe Kumamaru), fish & oriental foods, 229 E. Alpine Ave. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Stockton Tofu Co., 229 E. Alpine St. Phone: 464-9341. 1976 ed. Address is now 1011 Commercial St., San Carlos, California 94070.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Stockton Tofu Co., 1011 Commercial St., San Carlos, CA 94070. Phone: 415-343-6473. Mike Kumamaru.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mike Kumamaru.

2898. Black, Patricia Hall; Carey, Ruth Little. 1971. Vegetarian cookery. 5 vols. Mountain View, California, Omaha, Nebraska, and Oshawa, Ontario, Canada: Pacific Press Publishing Assoc. Illust. by Henry Rasmussen. Recipe index. 24 cm.

• ***Summary:*** These are lacto-ovo vegetarian cookbooks. "Most of the recipes in these cookbooks have been collected over many years. Some came from association in years past with Paradise Valley Sanitarium and Hospital and with White Memorial Hospital; others came from more recent association with Loma Linda University." The complete nutritional composition of each recipe is given in that back of each book. Note 1. Monosodium glutamate is used in many recipes (For explanation, see Introduction to each volume). Other interesting meaty seasonings include Savorex, Smokene, and G. Washington Broth. Apparently generic names for meatlike products are used ("gluten burger" rather than "Gluten Burger") when more than one Adventist company makes such a product.

Contents: Vol. 1. Appetizers, beverages, salads, dressings and relishes, cooking guides. Vol. 2. Breads, soups, sandwiches. Vol. 3. Main dishes, vegetables. Vol. 4. Pies, cakes, cookies, desserts. Vol. 5. Exotic foods, candies, cooking for a crowd.

Soy- and gluten-related recipes include: Vol. 1: Nut and Soyameat pinwheels (with light Soyameat, p. 16-17). Soyameat puffs (with canned Soyameat, p. 17). Soybean milk (homemade, p. 30). Green beans and gluten salad (p. 37; Skallops [also spelled Scallops, gluten based] or Soyameat may be substituted for diced gluten). Chop suey salad (with Soyameat, or light or dark nutmeat, p. 44). Note 2. This is the earliest vegetarian or health food cookbook seen (June 2004) with "Appetizers" as one of the recipe categories.

Vol. 2: Whole wheat soy bread (with soy flour, electric mixer recipe, p. 15-16; Sponge method, p. 17). Soy cheese spread (with canned tofu, p. 44). Soy cheese and egg filling (with tofu, p. 44). Gluten spread (with canned gluten burger, p. 45). Hot burger sandwich patties (with canned gluten burger, p. 46). Hot gluten sandwich (with canned gluten steaks, p. 46). Hot savory sandwich (with Proast or other nutmeat, p. 47). Nutmeat and olive filling (with Proteena or Nuteena, p. 47). Savory Soyameat filling (p. 48). Soyameat and egg filling (with light Soyameat, p. 48). Soyameat, nut and olive filling (p. 48). Grilled gluten sandwiches (p. 52).

Vol. 3: Homemade gluten (. 15). Gluten roast (p. 15). Gluten burger loaf (with canned "gluten burger," p. 16). Primeburger loaf (with Primeburger [gluten], p. 16-17). Normandy loaf (with Proteena, p, 17). Walnut Proteena roast. Holiday roast (with gluten burger). Oatmeal herb loaf (with Vegeburger, p. 18). Nut roast (with Proteena, p. 21). Cashew nut and gluten loaf (p. 22). Seaside loaf (with Soyameat, p. 23). Ocean fillets (with Soyameat, p. 23). Soy soufflé burger (with dry soybeans, p. 24). Savory soy loaf (with canned soy cheese [tofu], p. 24). Soy cheese (or tofu) loaf (p. 24). Tofu loaf (no eggs, p. 25). Tofu (or soy cheese) patties (p. 25). Browned tofu with mushrooms (p. 25). Nuteena balls (p. 26). Basic gluten balls (p. 26). Nutmeat and rice patties (with Proteena and Nuteena, p. 31). Cottage cheese gluten burgers (p. 31). Chum la King (with Vegesteaks, p. 33). Stroganoff (with canned Soyameat, p. 34). Gluten stroganoff (with canned gluten or Soyameat, p. 34). Savory gluten casserole (with canned Chickettes or other gluten preparation, p. 35). Scalloped Soyameat (with light or dark Soyameat, p. 36). Gluten steaks deluxe (with canned gluten steaks, p. 37). Gluten steaks with mushrooms (p. 37). Shish kebab (with gluten steaks or Tender Bits [made of gluten], p. 37-38). Hearty soybean casserole (with canned Zoyburger, p. 42). Garbanzo and cottage cheese loaf (with Vegeburger, p. 44). Stuffed green pepper (with canned Vegeburger, p. 46). Oriental rice casserole (with gluten or Chickettes, p. 49-50). Chop suey (with fresh tofu, p. 51). Quick chop suey or chow mein (with canned Soyameat, p. 51). Spaghetti marzetti (with canned Vegeburger and Smokene, p. 56). Lasagna (with gluten burger, p. 57). Tetrazzini (with canned white Soyameat, p. 57). Quick eggs Benedict (with beef-style smoked Soyameat, p. 61-62). Eggs con burger (with gluten burger, p. 62). Eggs Vienna (with 6 vegetable wieners, p. 63). Baked soybeans (p. 80). Soybeans creole. Soybeans southern style.

Vol. 4: Soy nut cookies (with 1 cup soy flour, p. 97). Vol. 5: Gluten stew (p. 14). Spanish gluten (p. 14). Gluten nut loaf (with canned gluten burger, p. 16). Ocean fillets (with gluten and Soyameat). Browned tofu (p. 22). Chop suey (with soy cheese [tofu], p. 23). Soy cheese patties (with canned tofu, p. 23). Gluten burger sandwiches (p. 31). Chinese sweet-sour gluten (with canned gluten steaks, p. 41). Sweet-sour Tender Bits (with canned Tender Bits or other gluten preparation, p. 42). Chinese evergreen tofu (p. 42). Japanese sukiyaki (with canned gluten, Tender Bits, or Scallops, p. 45). Scrambled tofu (p. 46). Philippine adobo (with gluten, Tender Bits, or Scallops, p. 48). Philippine

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gluten curry (p. 49). Philippine gluten escabeche (p. 49). Korean seasoned gluten (with canned gluten, p. 50). Indian gluten curry (with canned gluten, p. 52). Kurma (Indian, with Soyameat, p. 53). Soyameat Indian curry (with canned light Soyameat, p. 53-54). Brazilian Palmito soy loaf (with canned or cooked soybeans, p. 57). Brazilian-style gluten (p. 57).

Can sizes: Chickettes (20 oz). Gluten (14 oz or 20 oz). Gluten burger (14 oz, 28 oz, or 30 oz). Gluten steaks (14 oz). Nuteena (14 oz.). Primeburger (20 oz). Proteena (14 oz). Scallops (14 oz). Soyameat (9 oz or 13 oz). Soyameat, white (13 oz). Soy cheese (12 oz or 14 oz; tofu). Tender Bits (20 oz). Vegesteaks (14 oz). Zoyburger (19 oz). Address: 1. M.S.; 2. PhD.

2899. Brissenden, Rosemary L. 1971. Joys and subtleties: South East Asian cooking [1st American ed.]. New York, NY: Pantheon Books. A Div. of Random House. 262 p. Index. 19 cm.

• ***Summary:*** Contents: Acknowledgements. A note on this American edition. Weights and measures. 1. Introduction to South East Asian food. 2. Utensils, methods, ingredients, glossary. 3. Indonesia. 4. Malaysia and Singapore: Malay, Chinese, Indian, Miscellaneous Malaysian. 5. Thailand.

Ingredients include (p. 35-36): Monosodium glutamate (use sparingly), soya bean curd (incl. "dried bean curd [yuba], used only in Chinese cooking, comes in flat sheets or in twists"), soya sauce (the 3 types used in this book are light, dark {which is thicker and heavier}, and Javanese {which is sweet and very thick}. It is "sometimes available in bottles called Ketjab Manis [Ketjap Manis], or Ketjap Benteng, under the label of Conimex"). A recipe (p. 36) is given for "Javanese soya sauce" containing dark soya sauce, molasses, and brown sugar.

A table (p. 40) gives the name for 3 soyfoods in English, Indonesian, Malay, Chinese, and Thai, respectively. (1) Soya bean curd, tahu, tauhu, tow fu, taw hu. (2) Soya sauce (dark), ketjap, kichup or tauyu, see you, nam pla siiw. (3) Soy sauce (light), -, -, sung chow, nam pla siiw.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "tow fu" to refer to tofu.

Note 2. This is the earliest English-language document seen (April 2012) that uses the term "See you" to refer to a type of soy sauce.

Soy related recipes include: Ikan semur djawa (Fish in soya sauce, with "2 tablespoons Javanese soya sauce," p. 69). Ajam semur djawa (Chicken in soya sauce {Java}, with "dark soya sauce," p. 76-77). Saté ajam (Chicken saté, with "dark soya sauce," p. 77-78). Semur daging (Beef in soya sauce, with "2 tablespoons dark soya sauce," p. 94). Tahu goreng ketjap (Fried bean curd with soya sauce, with "6 squares soya bean curd," p. 105). Tahu pong (Bean curd omelette, with "3 cakes soya bean curd," p. 111-13). Fried fish with soya beans (with "2 oz. yellow soya beans {available at Chinese groceries in cans}, p. 149-50)." Baked bean curd (with "8 squares soft bean curd," p. 181). Steamed, dressed bean curd (with "1 lb. soft bean curd, roughly chopped and drained," p. 181-82). Address: Melbourne, Australia.

2900. De, Sasanka S. 1971. Technology of production of edible flours and protein products from soybean. *FAO Agricultural Services Bulletin* No. 11. 151 p. AGS: ASB/11. [37 ref]

• ***Summary:*** Contents: Preface. Introduction. Oil milling operations. Quality control of edible flour and grits. Process procedure for production of soya flour and grits. Production of full-fat soya flour: Wenger process, Buehler process, simple process for villagers. Protein isolate: Advantages, process, yield and quality, Alfa-Laval process, estimated cost and calculations on economic return. Production of other soya products: Soy milk, Saridele, Stork method of soy milk production, pilot plant production of tempeh, protein fibers and meat analogs, extrusion-expansion products (meat analogs), bean curd (tofu). List of equipment suppliers. Annexes: PAG Microbiological requirements. 27 tables. 23 figures.

Note: This is the earliest document seen (Aug. 2002) concerning Alfa-Laval's work with soy products (soy protein isolate). Address: Senior Food and Agricultural Industries Officer, Food and Agricultural Industries Service, FAO.

2901. Hirayama, Takeshi. 1971. Epidemiology of stomach cancer. In: Tadashige Murakami, ed. 1971. Early Gastric Cancer. Baltimore, Maryland: University Park Press. Gann Monograph on Cancer Research No. 11. viii + 301 p. See p. 3-19. (Tokyo: Tokyo Univ. Press). [18 ref]

• ***Summary:*** This paper outlines the results of an epidemiological case-control study of stomach cancer in Japan. Table 1 (p. 10) shows "Factors associated with the standardized death rate for stomach cancer in 46 prefectures in Japan." Many foods and nutritional elements are included. A negative association means: The more one consumes, the less one's risk of dying from stomach cancer in Japan. The author reported a significant negative association for tofu (-5.28), vitamin A (- 4.12), and calcium (-6.54), and a very significant negative association for milk (-9.19). Thus these foods and nutrients appear to protect against stomach cancer. There was a significant positive association for fermented soybeans (+4.90; probably natto) and with a large amount of highly salted foods, including highly salted miso, but not including soy sauce or regular miso.

"The number of deaths from cancer of the stomach is still on the increase in Japan. Most of the increase, however, was found to be due to the increase in population itself. When the change in age structure was taken into account, the disease was noted to be on the downward trend since 1958. The death rate for age 45-49 in 1970 was 29% less for males and 14% less for females than in 1955." The standardized

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death rate from stomach cancer for men in Japan (68.57) was the highest in the world, and over 7 times higher than for U.S. whites (9.42). By marital status, widowed men have the highest rate (376.3), followed by separated men (273.6), then married men (116.4), with single men (75.1) having the lowest rate.

"In an international survey of 24 countries, the decline in the death rate for stomach cancer in recent years was found to be closely correlated to milk consumption." Address: Epidemiology Div., National Cancer Center Research Inst., Tsukiji 5-1-1, Chuo-ku, Tokyo, Japan 104.

2902. Liang Shih-chiu [Shiqiu]. ed. 1971. Zui xin shi yong Han Yin ci dan A new practical Chinese-English dictionary. The Far East Book Co. Ltd. 1355 p. See p. 1037-38. 22 cm. [Eng; Chi]
• ***Summary:*** Gives the Chinese characters and their pronunciation for the following soy-related terms: Soybean cake; bean curd; a semi-transparent film formed on the surface of soybean milk; a store where bean curd is made for sale; spiced and dried bean curd; soybean cheese; legume; (said of girls) in teens; the pods of beans or peas; soybean milk; fermented beans in paste form; residue of soybeans in making bean curd; fermented and seasoned soybeans; pisolite [bean + stone]; legumin; bean sprouts as a vegetable; soybean oil. Address: Editor in Chief.

2903. Lin, Haiyin; Hsia, Zumei; Hsia, Zuli. comps. 1971. Zhongguo doufu [Chinese tofu]. Taipei, Taiwan: Ch'un-wen-hsueh Press. 222 p. Second ed. 1975. [Chi]
• ***Summary:*** Wade-Giles citation: Lin, Hai-Yin; Hsia, Chu-Mei; Hsia, Chu-Li. 1971. *Chung-kuo doufu.* Taibei: Chun wen-hsueh. 2nd ed. 1993.

Discusses the lore and history of tofu, gives references to tofu in Chinese literature, and tofu recipes. Address: Taiwan.

2904. Ling, Hai Ing. 1971. Doufu [Tofu]. Taipei, Taiwan: Pure Literature. 249 p. [Chi]*

2905. Maull, Linda; McIntyre, Nancy Fair. 1971. Getting it all together: The down to earth cookbook. North Hollywood, California: Gala Books. 107 p. Illust. 18 cm.
• ***Summary:*** A vegetarian cookbook. Soy-related recipes include: Stuffed cabbage with soybeans (p. 36). Salted soybeans (dry roasted soynuts, p. 82-83). Japanese Teri-Yaki sauce (p. 95). Homemade bean curd or tofu (p. 105; no coagulant is used. "Cover and let the soybean milk stand in a warm place until it thickens. Separate the thickened curd from the rest of the liquid, and put it into a pan with water to cover. Simmer for 5 minutes. Remove curd and drain through cheesecloth. Season with salt. Cut into pieces"). Address: Laguna Beach, California.

2906. Ohsawa, Lima. 1971. Makurobiotiku ryôri: Shokuyô katei ryôri 700 shu [Macrobiotic cookery: Food-cure home cookery–700 recipes]. Tokyo: Nihon CI Kyokai. xix + 7 + 200 + 6 p. Illust. (many color plates). Index. 26 cm. [Jap]
• ***Summary:*** This macrobiotic classic contains many chapters and recipes related to soyfoods and other interesting Japanese foods: Azuki and bean cookery (p. 96-98). Tofu cookery (p. 99-104). Miso cookery (p. 104-08; tofu, miso, and shoyu recipes are also scattered throughout the book). The chapter titled "Other Vegetable Cookery" (p. 110-24) contains many recipes for *kôfû*, a term used to refer to fresh wheat gluten. There are recipes for Kofu cutlets and Kofu croquettes (#419, p. 112). Skewered kofu cutlets. Kofu fukume-ni. Kofu rolls (p. 113). Deep-fried kofu chunks (#423, p. 114; it states that kofu can be purchased at Chinese grocery stores). Interestingly, there is no mention of seitan. The same chapter contains 9 yuba recipes (p. 121-22). Recipes for sea vegetables are scattered throughout the book, especially in the chapter on wild vegetables (p. 135-37). Two recipes using amazake as a sweetener appear on p. 152, and homemade amazake beverage is found on p. 169

An extensively revised English-language translation of this book was published in 1974 under the title *The Art of Just Cooking* by Autumn Press. Address: Tokyo.

2907. Rose, Carrie; Peterson, Melinda. 1971. The whole wheat heart of Yasha Aginsky: A vegetarian cookbook. New York, NY: E.P. Dutton & Co., Inc. 128 p. Illust. Recipe index. 31 cm.
• ***Summary:*** Contains 3 soy-related recipes: (1) "Tofu." A simple recipe for how to make tofu at home from full fat soy flour, using lemon juice as a curding agent. "Tofu, better known as bean curd, is rich in protein and mainly used in soups, much as are chopped vegetables. Save the residue [okara] to use in breads, casseroles, loafs or soup." (2) "Soy Nuts." Soaked soybeans fried a few at a time in 1 inch of hot oil, then drained and salted. "One handful gives you an enormous amount of protein." (3) "A Loving Soy Pat or Two." Deep-fried patties containing whole and chopped soybeans, miso, vegetables, tahini, and whole wheat flour.

2908. Sung, Betty Lee. 1971. The story of the Chinese in America. New York, NY: Collier Books. viii + 341 p. Illust. Map. Index. 21 cm. Originally published in 1967 under the title: Mountain of Gold: the Story of the Chinese in America. [283 ref]
• ***Summary:*** This 1971 edition is basically identical to the original 1967 edition titled *Mountain of Gold: The Story of the Chinese in America*–except for a new Foreword, which notes the repeal of the national origins quota

As in the original edition in American life, from the Gold Rush to the present.

Chapter 9, "Chinatowns," states (p. 149): "If Chinese food is served at home, the basic ingredients must be

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purchased from Chinatown, for where else can one buy soy sauce, bean curd, dried mushrooms, snow peas, or bamboo shoots?"

Page 206: "Add seasonings of fermented bean curd, salt, and a little soy sauce. Put in just enough water to keep the food from burning. Lower the flame slightly. Cover the frying pan until the water boils (about two minutes)..."

2909. Tseng, Chieh-hsin. 1971. The consumption and demand for soybeans in Taiwan, China. PhD thesis, Agricultural Economics, Ohio State University. xi + 160 p. Page 5975 in volume 32/11-A of Dissertation Abstracts International. 28 cm. [35 ref]

• ***Summary:*** Contents: I. Introduction: Background of agricultural economy, production, policy and importation of soybeans, soybean nutrition and utilization (soybean milk, soybean curd), problem identification and main objectives. II. Definitions, methodology, and procedures: Implication of consumption and demand, review of literature, factors identification and hypotheses, data collection and arrangement. III. Consumption of soybeans and their products: Consumption patterns and household expenditures (soybean oil, soybean curd, soybean seasoning, soybean made vegetarian food, soybeans, soybean milk, miscellaneous soybean foods, total soybean foods, soybean feeds), consumption of soybean foods–soybean equivalents, seasonal variation in soybean product consumption (soybean oil, soybean curd, soybean food products), substitutes for soybean products in Taiwan, Significance of Consumption function and elasticities. IV. Demand and marketing of soybeans: Trends in demand and price for soybeans, the demand function and its significance (results and significance), characteristics of soybean food products and their manufacturer (soybean curd, soybean oil and meal, the trends in demand), marketing of locally produced soybeans, projection of the future demand for soybeans. V. Summary and conclusions: Summary of findings, recommendations. Appendix A. Bibliography. Address: Ohio State Univ.

2910. Tsuji, Kaichi. 1971. Kaiseki: Zen tastes in Japanese cooking. Tokyo and Palo Alto: Kodansha International Ltd. 207 p. With 96 color plates. Original woodcuts by Masakazu Kuwata. 29 cm.

• ***Summary:*** Contents: Foreword by Yasunari Kawabata (winner of the Nobel Prize for literature in 1968). Foreword: The tea ceremony and kaiseki by Sôshitsu Sen (head of the Urasenke School of Tea and the 15th generation descendent of Sen no Rikyu, founder of the school). Utensils and Kaiseki by Seizô Hayashiya (chief curator of the Ceramics Department at the Tokyo National Museum). The twelve months of kaiseki. The kaiseki courses (defines and describes each course, such as Mukôzuke, Misoshiru [pages 168-71 give a fine description of miso and miso soup], Wanmori, Yakimono, Azukebachi, Hassun, etc.). Postscript. Notes on utensils. List of recipes. Glossary: Includes descriptions of miso, natto (incl. *Daitokuji-nattô,* p. 66), shoyu, tofu, and yuba, plus azuki and Dainagon-azuki, many types of wheat gluten (fu), kuzu, mochi, sea vegetables (konbu, nori, wakame), fresh-water algae (Kamogawa-nori, Suizenji-nori {= Kotobuki-nori}), and umeboshi.

This is a magnificent, beautiful book, the finest work available on Japan's highest form of haute cuisine, Tea Ceremony Cuisine, by a great Japanese Kaiseki chef. It was first published in Japanese by Tan-kôsha Inc. of Kyoto. Soyfoods are used throughout the book–especially miso, since one of the fixed courses in a kaiseki meal is miso soup (*misoshiru*). Many recipes use soy sauce, often the light colored type, usukuchi. Most recipes are shown in an accompanying full-color photo. The tea ceremony was developed at the court of the shogun in late Ashikaga times under such men as Soami, and his father and grandfather, Geiami (1431-1485) and Noami, who were painters, landscape gardeners, and poets in Kyoto. The greatest of the tea masters, under whom the tea ceremony (*chanoyu*) took final shape, was Sen no Rikyu (1521-1591). Zen preached the importance of the simple, uncluttered life. As a Zen priest and tea instructor, "Rikyu believed that amid the solitude of calm withdrawal from worldly cares sought by those who practice *chanoyu*, there should exist an element of creativity that leads to the serene enjoyment of beauty. The heart of this creativity, according to Rikyu's Zen aesthetics, lies in the careful avoidance of the trite, the obvious, and the emphatic. Beauty has its most powerful effects when it arises from suggestion and restraint...

"Centuries ago, it was a rule that Zen priests ate only two regular meals a day–morning and noon. But since the priests engaged in rather strenuous work, by evening they were often hungry, and to assuage this hunger they would eat a light meal, which was called *yakuseki* ('hot stones'). This term came from the practice of putting heated stones inside their clothing, by which the priests staved off hunger and cold during long sessions of meditation. When the tea masters developed the custom of serving a meal during the tea ceremony, they called it *kaiseki* ('breast stones'). By evoking the image used in the Zen term, they seasoned their specialty with religious connotations."

Soy-related recipes include: Miso soup (with aonorifu, azuki beans, and mustard, p. 29, plate 1, at Opening, the first of the 12 kaiseki months). Miso soup (with sesame custard, ginkgo nuts, and mustard), and Mukôzuke (with yuba and bonito flakes, p. 41, plate 9, at Evening). Miso soup (with wakanafu, kampyo [kanpyo], and mustard), and Azukebachi (hot dish, with sea cucumbers boiled in saké and mirin, boiled yuba, citron peel garnish, p. 53, plate 17 & 22, at New Year's). Miso soup (with Sanshu miso, roasted momen bean curd [grilled tofu], and black [soy] beans), and Hassun (with natto wrapped in sea bream fillets, and miso-pickled chisha stems, p. 65-66, plate 25 & 31, at Spring).

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Note. This is the earliest English-language document seen (April 2013) that contain the term "roasted momen bean curd;" it refers grilled tofu.

Miso soup (with icicle radish, temarifu, and mustard), and Azukebachi (hot dish, with octopus boiled in saké, and yuba, garnished with Japanese pepper, p. 77, plate 33 & 36, at Doll Festival). Miso soup (with yuba, warabi fern shoots, and mustard, p. 89, plate 41, at Flower Viewing). Miso soup (with walnut custard, trefoil, and mustard, p. 101, plate 49, at Brazier). Miso soup (with eggplants, bamboo shoots, and mustard) and Wanmori (abalone and bean curd custard, chisa leaves [a variety of lettuce], and grated ginger, p. 113, plate 57 & 59, at Off Season). Miso soup (with Sanshu miso, shiratamako, junsai) and Wanmori (with yuba and egg custard, asauri, and wasabi, p. 125, plate 65 & 68, at Morning). Miso soup (with Sendai and Sanshu-miso, koimo, and hojiso), and Yakimono (with deep-fried eggplant slices coated with white miso and broiled), and Hassun (broiled burdock wrapped in yuba, and deep-fried green peppers, p. 137-38, plate 73 & 76, at All Soul's Day). Miso soup (with namafu, shirouri, and mustard), and Azukebachi (hot dish, with deep-fried dumplings of bean curd and hamo {sea/conger eel}, and broiled eggplants), and Hassun (with abalone cooked in saké and miso, soy beans in the pod [green vegetable soybeans] p. 149-50, plate 81, 85 & 86, at Moon Viewing). Miso soup (with koimo, zuiki, and sesame seeds), and Mukôzuke (with abalone, bean curd, and sesame seeds), and Wanmori (with boiled pine mushrooms and bean curd, nori, citron peel, p. 161, plate 89 & 92, at Closing).

Interesting Glossary entries: (1) *Daitokuji-nattô*, a "variety to which extra salt has been added, from the Daitokuji temple in Kyoto where it was first made as a preserve to be eaten in times of famine." (2) "*Fu* is the general name for a light cake make of wheat gluten. The two basic types of this cake are uncooked (*namafu*) and baked (*yakifu*). The names that precede the suffix refer to what has been added to the gluten, the shape of the cake, or the area famous for a certain kind of cake. *Aonorifu* is baked and contains *Aonokiro. Chôjifu* is made long (=*cho*-) and cut to fit the bowl. *Daitokujifu* is fried cake that originated from the Daitokuji temple in Kyoto. *Temarifu* is a cake in the shape of a child's ball (=*temari*). *Wakanafu* contains several kinds of young greens (=*wakana*) that give it a fresh springlike color."

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term *Daitokuji-nattô* (with a diacritical mark above the o -> ô, and hyphenated) to refer to this Japanese type of "fermented black soybeans." Address: Kyoto, Japan.

2911. Watanabe, Tokuji; Ebine, Hideo; Ohta, Teruo. eds. 1971. Daizu shokuhin [Soyfoods]. Tokyo: Korin Shoin. 271 p. Illust. Index. 22 cm. [134 ref. Jap; eng+]
• ***Summary:*** This is the best book published to date on soyfoods in Japan; however it is written in Japanese. Contents: 1. Classifications and varieties of soybeans (p. 1). 2. Physical characteristics of soybeans (p. 5). 3. Chemical characteristics of soybeans (p. 9). 4. Standards and methods of examining soybeans (p. 47). 5. Special characteristics and problems of using soybeans for food (p. 53).

6. Current status of the soybean industry in Japan (p. 63). 7. Soymilk and various types of tofu: Aburage (deep-fried tofu pouches), ganmodoki (deep-fried tofu burgers), kôri-dofu (dried frozen tofu), soymilk, and yuba (p. 75). 8. Fermented soyfoods: Natto (p. 123-40), shoyu (p. 141-67), miso (p. 168-95), fermented tofu (*rufu*) (p. 196-202). 9. Other soyfoods: Kinako (p. 203-04), soy sprouts or moyashi (p. 206-08), tempeh or tenpe (p. 209-17). 10. Quality and usage of defatted soybeans (*dasshi daizu*) (p. 219).

11. New food uses of soybeans and especially defatted soybeans (incl. 70% soy protein powder, soy protein curds, soy protein isolate, surimi gel, spun soy protein fibers) (p. 229). 12. Advice regarding supplying protein from organizations such as the United Nations and FAO (p. 257).

A 47-page translation of portions of this book (parts of Chapter 6 and all of Chapter 7) by Akiko Aoyagi and Chapters 8.1 and 8.2 by Alfred Birnbaum are available at Soyfoods Center.

Tokuji Watanabe was born in 1917. Hideo Ebine was born in 1921. Teruo Ota was born in 1926. Address: National Food Research Inst., Tokyo.

2912. **Product Name:** Chinese Rolls (With Tofu).
Manufacturer's Name: Health Valley (Marketer-Distributor). Made and developed by ChuChu Foods.
Manufacturer's Address: Los Angeles, CA 90021.
Date of Introduction: 1971?
New Product–Documentation: Talk with George Mateljan, founder of Health Valley. 1985. Oct. 20. His company was founded in 1970. One of his first products was Chinese Rolls, which contained tofu instead of fish. These were made for him by ChuChu Foods, a Chinese food company that developed the product for him.

Note: This is the earliest record seen (March 2002) concerning Health Valley and soy.

2913. Heindel, Max. 1972. New age vegetarian cookbook. 3rd ed. Oceanside, California: Rosicrucian Fellowship. 492 p. Index. 21 cm. 1st ed. 1968.
• ***Summary:*** Soy-related recipes: Soybean milk as a substitute for cow's milk (p. 14; it contains twice as much calcium, and has a higher protein value). About vegetarians (p. 17-18; the first law of occult science is "Thou shalt not kill"). Soy beans (p. 19-20; "Only in recent years has the soy bean gained acceptance in the Western World." Nutritive value, fresh green beans, sprouts, oil, soy flour, toasted soy beans [soynuts and soynut butter], shelled beans are nutritious as green vegetables, [whole dry] soybeans, soy

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grits, making soy bean sprouts at home). Soya milk (from soya beans, p. 126). Soy milk (from soy milk powder, p. 126). Soya pineapple tonic (drink with soya powder, p. 128). Soya carob bread (with powdered soy milk, soya carob flour, and soybean oil, p. 141). Soya muffins (with soya flour, p. 146). Soya flap jacks (with sour soya milk, p. 156). Soy waffles–wheatless (with Soya Powder, p. 158). Vegetable soy milk soup (with soy bean powder and "soy butter," p. 182). Soy noodles (with soybean flour, p. 184). Soy sponge balls (with soy flour, p. 184). Pastitsio (with soy noodles, p. 200). Baked soy beans (p. 202). Soy cheese (tofu) (p. 203, made from soybean milk coagulated with lemon juice). Soy beans and zucchini (p. 204). Soy bean patties (p. 205). Soy beans and vegetables. Baked soy cheese supreme ([tofu], p. 205). Soy slice (with "soy nuts" and peanuts, p. 206). Soy bean loaf (p. 207). Soybean omelet (with soybean pulp [see p. 241–ground cooked soybeans], p. 222).

Vegetables–Soybeans: Introduction. Soybean medley (p. 239). Cooked soybeans (p. 240). Baked soybeans. Soybean casserole. Soybean pulp (p. 241). Soybean souffle. Soy waffles (p. 241). Soy gravy (with soy sauce, p. 318). Soybean stuffing (with canned soybeans, p. 331). Soy grits stuffing (p. 332). Soy bean butter (with soybean flour, water, and oil, p. 481).

Note: The author's name "Max Heindel" is printed on the spine but not on the title page or other front matter. He is also the author of numerous other books published by the Fellowship, advertised in the back of the book, such as: Occult principles of healthy and healing. The message of the stars. Mysteries of the great operas. Gleanings of a mystic. Simplified scientific astrology. The Rosicrucian cosmo-conception.

Also discusses: Almonds, nutmeat (mostly peanuts, some soybean meal), peanuts, sesame butter, sunflower seeds. Address: Rosicrucian Fellowship, International Headquarters, Mt. Ecclesia, P.O. Box 713, Oceanside, California 92054.

2914. Huang, Su-Huei. ed. 1972. Chinese cuisine: Wei-Chuan cooking book. Taipei, Taiwan: School of Home Economics, Wei-Chuan Foods Corp. 181 p. Illust. No index. 22 cm. [Eng]

• ***Summary:*** On each page is one recipe and a half-page color photo of the prepared dish. The title of the recipe is written in English in large bold letters and is also given in (to the right) in small Chinese characters, just above the number of servings. Most of the recipes call for ¼ to ½ teaspoon of MSG; many call for soy sauce.

On unnumbered pages at the front of the book are (1) A two-page color photo, on a light blue background, of 39 special ingredients, each numbered, with the numbers and names across the bottom of the pages. These include: "9. nori. 24. pickled plum (*umeboshi*). 25. bean curd noodle [pressed tofu noodles]. 30. bean curd wrapper (*pronounced 'bai ye'*) [pressed tofu sheets]. 35. bean curd skin [yuba in large, semicircular thin sheets].

(2) Description of some other special ingredients: "Hot bean paste (*pronounced 'la jiao jiang'*). This is made with red peppers [and soy beans] and has a very hot taste." "Sweet bean paste (*'t'ien mien jiang'*). This is made with steamed, fermented bread (black color)." Note 1. Why is this called "Sweet bean paste"? What kind of beans are used to make it?

"Soy bean paste (*'do ban jiang'*). This is made with fermented soy beans (black color)." "Fermented black bean (*'do shr'*). This is black [soy] beans which are steamed, then marinated in soy sauce or salt." "Pickled bean curd [fermented tofu] (*'do fu ru' or 'Chinese cheese'*). This is bean curd which is dried and then pickled; there are many different kinds with different seasonings."

(3) Helpful hints: "In all recipes you may substitute Worcestershire sauce for dark vinegar."

In Chapter 3, "Pork and beef," soy related recipes are: Shredded pork with sweet soy bean paste (with 1.3 tablespoons "sweet soy bean paste," p. 39). Note 2. This is the earliest document seen (Feb. 2009) that contains the term "sweet soy bean paste." See also p. 104 below.

Pork ribs with dried black fermented beans (p. 41). Pork in preserved bean sauce (p. 42).

In Chapter 4, "Sea Food," is a recipe for Steamed carp with fermented black beans (p. 64).

In Chapter 5, titled "Bean curd and eggs" (p. 102-15) are recipes for: Stewed bean curd (with "1½ squares bean curd"). Assorted dish with hot sauce (with "½ tablespoon hot soy bean paste, 1½ tablespoons sweet soy bean paste," p. 104). Bean curd stuffed with minced pork. Ma-Po's fried bean curd with pork. Bean curd leaf rolls with minced pork (With "bean curd wrappers"). Beancurd noodles with celery salad (with "4 oz. {store-bought} bean curd noodles"). Vegetarian chicken (with "16 bean curd sheets").

Also: Green peppers stuffed with chopped meat (p. 122, with "1 tablespoon fermented black beans, crushed"). Bitter gourd stuffed with fermented black beans (p. 126, with "2 oz. fermented black beans"). Eggplant with bean curd skin (p. 133, with "1 sheet beancurd skin" and "1 sheet nori" [sea vegetable]). Bean curd in earthen pot (p. 142, with "3 squares bean curd"). Address: 19 West Nanking Road, Taipei, Taiwan.

2915. Mahajan, N.C.; Peng, A.C. 1972. Soy milk and tofu: Food technologists test Oriental soybean foods. *Ohio Report on Research and Development* 57(1):14-15. Jan/Feb.

• ***Summary:*** Describes how to make soymilk and tofu on a home scale using an electric kitchen blender, a boiling water grind, and the use of calcium sulfate as a coagulant.

Table 1, "Protein content of soy milk," shows that: (1) When a cold water grind is used, 3.08 gm of protein end up in 100 ml of soy milk; 84.70% of the protein in the soybeans is recovered in the milk. The resulting residue [okara] weighs

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12.70 gm and contains 14.73 gm of protein. (1) When a boiling water grind is used, 2.88 gm of protein end up in 100 ml of soy milk; 79.20% of the protein in the soybeans is recovered in the milk. The resulting residue [okara] weighs 16.70 gm and contains 20.71 gm of protein.

Table 1, "Protein content of tofu," shows that: (1) When a cold water grind is used, 50 gm of soybeans yield 24.60 gm of tofu; 73.80% of the protein in the soybeans is recovered in the tofu. The resulting whey contains 10.50% of protein. (1) When a boiling water grind is used, 50 gm of soybeans yield 23.00 gm of tofu; 68.30% of the protein in the soybeans is recovered in the tofu. The resulting whey contains 10.25% of protein.

In short, the boiling water grind gives soymilk with a better flavor but lower recovery of protein. Address: College of Agriculture, Palampur, Hemachal Pradesh, India; 2. Ohio State Univ.

2916. Thio, Goan Loo. 1972. Introduction of soybeans for human nutrition, Republic of Zambia. Amsterdam, Netherlands: Royal Tropical Institute, Dept. of Agricultural Research. iii + 48 p. Feb. 28 cm.
• ***Summary:*** Description of workshops held at 8 places in Zambia in August and Sept. 1971, teaching preparation and use of traditional foods made from soybeans (soymilk, tofu, tempeh, okara). Contents: Summary. Introduction. Programme. Equipment and raw materials. Finance. Language. Workshops: Lusaka morning workshop, Lusaka afternoon workshop, Kabwe workshop, Ndola workshop, Solwezi workshop, Katete workshop, Mansa workshop, Kasama workshop, Monze workshop. Conclusions. Recommendations. Acknowledgments.

List of Annexes: I. Itinerary. II. Technical programme of soybean workshops. III. Soybeans, soybean products, and their applications (a brochure prepared for Zambia in June 1971; discusses soymilk, tofu, tempeh, fried soybeans [soynuts], boiled young whole soybeans [green vegetable soybeans], fried tofu, dried sliced tofu, soymilk residue flour [ground okara], soy croquettes (soyrolls, made from okara flour and soymilk), soy biscuits [made with okara flour], vegetable soysoup [with soymilk], tofu omelette, tofu salad with peanut sauce, soy-maize bread [with soymilk and tofu], average chemical composition of soybeans). IV. Examples of modified Zambian recipes with the addition of soybean products (using mostly tofu, soymilk, and okara flour). V. Preparation methods for soybean products adapted to village conditions: Soymilk, tofu. VI. Proposed training system.

Note: This is the earliest English-language document seen (Oct. 2001) that uses the term "soymilk residue" (or "soy milk residue") to refer to okara. Address: Senior Technologist, Royal Tropical Institute, Dep. of Agricultural Research.

2917. Dimler, R.J. 1972. Beeson replaces Hawkeye for tofu. *Notes from the Director of the Northern Division* No. 1065. p. 2. March 17.
• ***Summary:*** "During the past 2 years, Japanese associates of Lou West, Farmer City Grain Company and Pacific Grain Company, have investigated the suitability of the Beeson variety of soybeans for tofu. A pilot quantity of Beeson was tested in 1970, and a year later about 50 times this amount was used commercially. This year, Beeson has replaced Hawkeye completely in his company's shipments made thus far. Besides being satisfactory for tofu, one main advantage of Beeson is the higher yields per acre in the Farmer City area. Both varieties have Mukden and Richland in their parentage." Address: Director [NRRL, Peoria, Illinois].

2918. Aihara, Cornellia. ed. 1972. The *dô* of cooking (Ryorido). Vol. 1. Macroguide No. 13. San Francisco, California: George Ohsawa Macrobiotic Foundation. 109 p. Illust. No index. March. 25 cm.
• ***Summary:*** All recipes in this macrobiotic cookbook are numbered. Contains information on soy sauce and miso (p. 44-45). Soy-related recipes include: "Top of stove" casserole noodle soup (with "dry tofu" [dried-frozen tofu] and fried wheat gluten, p. 58). Fried whole wheat noodles (with seitan, p. 60). Homemade noodles with soup (and barley miso, p. 61). Onion miso (p. 62). Rolled cabbage with tofu (p. 63). Wheat gluten (p. 71, made from 10 cups whole wheat flour and 4 cups unbleached flour). Seitan (p. 72). Fresh wheat fu (2 versions). Serving recipes–boiled fu (p. 73). Fried fu–gluten cutlet. Shish kebab (with cooked fu, p. 73-74). Making tofu (at home using 3 cups soybeans and nigari, p. 75-76). Making nigari (p. 76). Quantity tofu preparation (using 10 lb soybeans). Okara or unohana (sauteed with soybeans and vegetables, p. 76). Tofu with kuzu sauce (p. 78). Fried tofu. Shinano-age (Fried tofu with buckwheat, p. 79). Kaminari Tofu (Thunder Tofu, p. 79). Nori-maki (Tofu rolled in nori, p. 80). Age-tofu (stuffed tofu, variation, p. 80-81). Miso salad dressing (p. 90). Bean sprout miso salad (p. 91; it is not clear what kinds of beans the bean sprouts are made from–probably mung beans). Gamodoki ([Ganmodoki] mock goose; p. 99-100).

Note 1. This is the earliest (and only) English-language document seen (April 2013) that contains the word *gamodoki* or the term "mock goose," both of which refer to deep-fried tofu burgers.

French bread made with gluten water (p. 104). Amazake is not mentioned. Some recipes call for chicken or fish as ingredients.

Note 2. This is the earliest cookbook seen (July 2005) that gives a recipe for making seitan, as follows: "1 T. [tablespoon] dark sesame oil. 1 T. minced gingerroot. 1-2 cups soy sauce. 5 cups cold cooked gluten. Heat oil in a sauce pan, add minced ginger (use only fresh ginger) and saute. The amount of soy sauce used depends upon how long you intend to store the Seitan. Use a larger amount

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of soy sauce for longer storing and refrigerating. Add soy sauce, bring to a boil, and drop in pieces of gluten. Cook on low heat for three hours, stirring frequently. Remove cover and continue cooking until excess liquid is absorbed and evaporated. Seitan is ideal as a seasoning in noodles au gratin, stews, cooked with vegetables, etc. It will keep for long periods of time in the refrigerator."

After Volume 2 of this series of four seasonal cookbooks was issued, Volume 1 was subtitled "Spring Cooking." Address: San Francisco, California.

2919. Hashizume, Kazumoto; Umeda, Keiji; Watanabe, Tokuji. 1972. [Effect of ionizing radiation on soybean protein. I. Effect of cathode ray radiation on frozen denaturation]. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 27. p. 151-54. March. [9 ref. Jap; eng]
• ***Summary:*** Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 18(2):80-83 (1971). Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2920. Saio, Kyoko; Kajikawa, Masahiro; Watanabe, Tokuji. 1972. Food processing characteristics of soybean proteins. II. Effect of sulfhydryl groups on physical properties of tofu-gel. *Shokuryo Kenkyujo Kenkyu Hokoku* (*Report of the Food Research Institute*) No. 27. p. 142-50. March. [11 ref. Eng; jap]
• ***Summary:*** Reprinted from *Agricultural and Biological Chemistry* 35(6):890-97 (1971). Address: Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo, Japan.

2921. Yasumatsu, Katsuhara; Toda, J.; Wada, T.; Misaki, M.; Ishii, K. 1972. Studies on the functional properties of food-grade soybean products. Part III: Properties of heat-coagulated gels from soybean products. *Agricultural and Biological Chemistry* 36(4):537-543. April. [9 ref]
• ***Summary:*** "Food-grade soybean products have various functional properties, such as emulsification properties, whipping properties, dough forming properties, gel forming abilities and so on."

It is already known that soybean protein has the ability for form a gel. For example, "tofu' (soybean curd) is a kind of Ca-coagulated gel of soy protein." There are also "heat-coagulated gels."

Note: This is the earliest English-language document seen (June 2009) that contains the term "food-grade soybean" (or "food grade soybean")–perhaps as a synonym for vegetable-type soybeans. Address: Food Research Labs., Food Products Div., Takeda Chemical Industries Ltd., Osaka, Japan.

2922. Wood, B. 1972. Making tofu. *East West Journal* 2(8):9. May 30.
• ***Summary:*** "Tofu is available in oriental markets but unfortunately loaded with sodium-based chemical."

Note 1. The Journal later apologized for this mistake. See 2(19):3.

Note 2. This is the earliest article seen (April 2013) in a popular U.S. periodical with the word "tofu" in the title.

2923. Farmilant, Eunice. 1972. Macrobiotic cooking. New York, NY: New American Library. 224 p. Foreword by Herman Aihara. May. Index. 18 cm. [31 ref]
• ***Summary:*** This pocketbook has a color (beige) photo on the cover of ears of wheat, one wooden spoon filled with soybeans and one filled with unpolished rice. It is "A basic introductory guide to cooking and eating the macrobiotic way." The author's interest in macrobiotics began in April 1968. Basic information on soyfoods (especially miso, tamari, and tofu) is given on pages 29, 33-38, 213-14. Soy-related recipes include: Wheat berries and black beans (i.e. black soybeans, p. 78). Sprouts (incl. soy sprouts, p. 82-83). Miso pickles (p. 124-25). Miso soup (p. 128-29). Cream of miso soup (p. 135). Black beans and wheat berries (p. 139).

There is an entire chapter on miso and tofu (p. 142-46) including: What makes miso so beneficial? Barley miso (nutritional analysis). Miso-vegetable stew. Miso-rice. Miso stew with vegetables. Miso-vegetable spoon bread. Homemade tofu (curded with fresh lemon juice).

Pizza–Macrobiotic style (with miso, p. 149). Chop suey (with tofu and miso, p. 151-52). Miso bechamel sauce (p. 159). Miso gravy. Simple tahini and tamari sauces (p. 160). Tempura dip (with tamari). Simple miso spreads (p. 161). Miso-vegetable spread. Miso-watercress spread.

There is a directory of macrobiotic stores and restaurants in the U.S. (p. 191-203, subdivided alphabetically by state, and within each state alphabetically by city). The following states have the following number of stores and restaurants: Alaska 1, Arizona 4, Arkansas 1, California 32, Colorado 4, Connecticut 18, District of Columbia 3, Florida 14, Georgia 7, Hawaii 2, Illinois 7, Indiana 2, Iowa 5, Louisiana 4, Maine 14, Maryland 7, Massachusetts 51, Michigan 12, Minnesota 3, Mississippi 2, Missouri 3, Nevada 1, New Hampshire 20, New Jersey 9, New Mexico 3, New York 61, North Carolina 5, Ohio 14, Oklahoma 3, Oregon 2, Pennsylvania 8, Rhode Island 5, South Carolina 1, Texas 4, Utah 1, Vermont 26, Virginia 4, Washington 3, Wisconsin 2.

There is also a directory of stores, restaurants, and centers outside the U.S. (p. 204-07, subdivided by country). The following countries have the following number of stores, restaurants, or centers: Australia 1, Belgium 2, Brazil 2, Canada 15, Denmark 4, France 29, Germany 1, Holland (Netherlands) 2, India 1, Italy 1, Japan 3, Portugal 1, Puerto Rico 1, Spain 1, Sweden 1, Switzerland 2, United Kingdom: England 13, Scotland 1, Vietnam 2.

A list of wholesale distributors in the U.S. (p. 208-09) includes Shiloh Farms (Route 59, Sulfur Springs, Arkansas;

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[Warren Clough]), Erewhon Trading Co. (8003 W. Beverly Blvd., Los Angeles, California 90048), Chico San Foods (1262 Humboldt Ave., Chico, California 95926), Erewhon Trading Co. (33 Farnsworth St., Boston, Massachusetts 02210), Deer Valley Farms (Guilford, New York 13780), Infinity Food Co. (171 Duane, New York, NY 10013), Mottel Foods (451 Washington, New York, NY 10013), Juniper Farms (Box 100, Sugar Loaf, NY 10981), Pioneer Specialty Foods (Fargo, North Dakota 58100), Merit Food Co. (Pill Hill Lane, Box 177, Bally, Pennsylvania 19503), Essene (58th & Grays Ave., Philadelphia, PA 19143).

2924. Machida, Yoshiro. 1972. Tanpaku shokuhin toshite no tôfu [Tofu as a protein source]. *Daizu Kaihatsu, Shokuhin Kaihatsu* (*Soybean Development, Food Development*). May. p. 1-4. [Jap]
Address: Sugiyama Industrial Chemical Research, Tokyo, Japan.

2925. Lewis, David L. 1972. A bushel in every car! The versatile soybean and the inquisitive mind of Henry Ford produced one of the most interesting chapters in the annals of Ford Motor Company history. *Ford Life* 2:14-24. May/June. Also published as: "Henry Ford's plastic car." 1972. *Michigan History.* Winter. p. 319-30.
• ***Summary:*** One of the best articles seen summarizing Henry Ford's work with soybeans.

"... 30 years ago Ford unveiled the first car with a complete plastic body, thereby paving the way for 100 to 110 pounds of plastics to be built into today's autos.

"Ford's research into plastics was tied in with his promotion of farm chemurgy–an emerging agricultural concept which strove to put chemistry and allied sciences to work for agriculture–which in turn was keyed to his life-long efforts to improve the lot of the farmer...

"Ford planted 300 varieties of the soybeans on some 8,000 acres of his Michigan farms in 1932 and 1933. He also urged neighboring farmers to plant the beans with the assurance that his company would provide a market for them. By 1933, the industrialist's experimentation, at a cost of $1,250,000, had been rewarded with the discovery of soybean oil which made a superior enamel for painting automobiles and for oiling casting molds and a soybean meal which was molded into the horn button...

"Two years later a bushel of soybeans went into the paint, horn button, gear-shift knob, inside window riser knobs, accelerator pedal, and timing gears of every Ford car...

"By late 1937, Ford's research laboratory–under the direction of youthful, self-trained Robert Boyer–had developed a curved plastic sheet which Ford hoped would replace steel in automobile bodies." Ford unveiled his handmade car with complete plastic body on August 13, 1941, at the climax of Dearborn's annual community festival.

Early in World War II, Ford tried unsuccessfully to interest the armed forces in making uniforms out of soybean fabric. He finally sold his fabrication process and machinery to The Drackett Company of Cincinnati in November 1943. "Neither Drackett nor any other firm has been commercially successful in producing textile fibers from soybean protein.

"Ford's efforts to develop palatable foods and popularize recipes based on soybeans were no more successful than his experiments with fabrics. To develop the nutritional possibilities of the bean, Ford set to work his boyhood friend, Dr. Edsel Ruddiman, ex-dean of the School of Pharmacy at Vanderbilt University. Dr. Ruddiman prepared a soybean biscuit, described by one of Ford's secretaries as 'the most vile thing ever put into human mouths' (but which white rats liked and the auto king professed to like) and a variety of other recipes."

"... few of Ford's achievements pleased him more than to help prove that there was industrial magic in a beanstalk."

"During 1939, Ford Motor Company imports of wool were close to 250,000,000 pounds–approximately 35% of the total used–with the bulk of shipments coming from Argentina and Australia. Fearful of losing trade with Australia because of Pacific conditions, Ford stepped up production of soybean fibers."

Photos (from the Ford archives) show: (1) A tractor in a field of soybeans. (2) Henry Ford and Robert Boyer mixing ingredients. (3) Ford Soy Bean Processing plant, located in the River Rouge complex. (4) Cartoons about car bodies made from soybeans.

(5) A huge French Oil Mill hydraulic press in Ford's River Rouge Tool & Die Shop stamps out a short run of soybean plastic trunk lids for experimental work in 1940. Henry Ford installed one on his personal car in 1941. (6) Henry Ford, dressed in coat and hat, swinging an ax at his 1941 trunk lid made of plastic for the press to prove that the lid was ax resistant. The plastic was made from several common crops, including soybeans, wheat, hemp, flax, and ramie. (7) Film star James Cagney examines a souvenir gear shift knob made of a soybean compound during a visit to the Ford Building at the 1935 California Pacific International Exposition, held in San Diego, California. The illustrated knobs were sold to visitors for a nickel each and are much prized by collectors today. (8) Henry Ford's plastic car (white, with "Dearborn" written on the black license plate). At the wheel is Lowell Overly, the project engineer who designed the plastic body. The car was first unveiled to the public on 13 August 1941 at the climax of Dearborn's annual community festival.

(9) Inside the Ford Exposition Building at the 1939 World's Fair in New York. A turntable (called "the Ford Cycle of Production") 100 feet in diameter is topped by a circular platform on which is displayed a new Ford, Mercury, and Lincoln-Zephyr. Soybeans were a prominent part of the display. (10) A male worker assembling a soybean plastic

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distributor rotor on a 1937 Ford V-8 engine. Soybean meal was converted into a resin and mixed with wood flour, stearic acid, and coloring, then shaped in high-pressure molds. (11) A lady worker doing final assembly on a Ford V-8 distributor coil, on 14 July 1937 at the Rouge River Plant. (12) Illustrations (line drawings) of a distributor coil, rotor, and distributor cap.

(13). Biscuits of soybean extract are being molded in 1937 into the upper and lower coil housing. (14) A workman spraying a 1938 Lincoln Zephyr with the very durable soybean enamel paint, which had been introduced in 1933. (15) A workman in about 1939 with a machine that makes soybean fiber for automobile upholstery. The process for making the fiber is described. (16) Interior parts for Ford cars cast from soybean plastic were used on the Zephyr, Mercury, Ford Deluxe (1940), and Ford Standard. These included door escutcheons (1938), gear shift lever balls (1939), etc. (17) Henry Ford and George Washington Carver, old friends, at Carver's laboratory at Tuskegee Institute in 1938. Carver smiles as he enjoys one of the grass tidbits they developed. (18) Dishes made from soybeans, developed after 1934, published in the March, 1939 issue of *Ford News.* Soy bean recipes are included for: Nut bread (using 1 cup soy bean flour); waffles (using 1¼ cups soy bean flour); soy loaf (using 2 cups of soy cheese); croquettes (using 2 cups soy bean cheese); and salad (using 1½ cups of boiled soy beans). (19) Henry Ford with his top executives at one of the daily roundtable luncheons at the wood-paneled Dearborn Engineering Laboratory. Dishes containing soy were often served at these meals. Address: Prof. of business history, Univ. Michigan, Ann Arbor, Michigan.

2926. Schroder, D.J.; Jackson, H. 1972. Preparation and evaluation of soybean curd with reduced beany flavor. *J. of Food Science* 37(3):450-51. May/June. [10 ref]
• ***Summary:*** The tofu was coagulated with calcium sulfate. Address: Univ. of Alberta, Edmonton, Alberta, Canada.

2927. The wedding of Kazuko Aoyagi and Travis Venters at International Christian University (ICU) in Tokyo and the wedding cake with tofu icing / frosting (Photograph). 1972.
• ***Summary:*** Two photographs of this wedding, which took place on 11 June 1972, are owned by Soyfoods Center. The first, 4½ by 3¼ inches, color, shows Travis and Kazuko standing in a room at ICU, dressed in wedding clothes. Standing behind them are 10-15 people. Standing to their left, dressed all in white, is Jeffrey Broadbent, who is reading from a book of scriptures. Standing to his left is Yoshiko Aoyagi. Bananas and pineapples are piled on two tables.

The second, 6 by 4 inches, black and white, taken 10-15 minutes after the first, shows Travis and Kazuko standing outside on the ICU lawn, with about 15 people standing close behind them, as rice is being thrown over them. Akiko Aoyagi is standing just to the left of Kazuko and William Shurtleff is standing just behind her. Everyone is smiling and having a good time.

A remarkable cake was served at this wedding–though no photograph of it can be found. It was made by Gretchen Broadbent. Gretchen, a very creative cook interested in natural foods and tofu, volunteered to make all the food for the wedding party. The centerpiece of her creations, which 5-6 people remembered clearly more than 25 years later (Jan. 1999), was the wedding cake. It was a sensation. The icing / frosting was made of tofu! No one had ever seen anything like it. It was a round layered cake, with each layer being a fruitcake that was slightly smaller than the one below it. Made entirely of natural foods, it contained whole-wheat flour instead of white flour and honey or fruits instead of sugar. Thus, it was rather heavy. Gretchen made the frosting–her own invention–by whipping firmly pressed tofu in a blender with honey. The cake even had a theme–evolution. Gretchen formed many small creatures out of dough, then deep-fried them. There were little crabs and starfish on the bottom layer, then little animals on the second layer, and finally on the top–guess what–human beings–our precious species. Because Gretchen did not have an oven in her apartment, she baked the cake on the ICU campus in an oven at the home of Steve and Marty Caldwell. She recalls: "I was really into that cake!"

2928. Webber, Ella V. 1972. Perry A. Webber: Pioneer missionary in true education to Japan. Chattanooga, Tennessee: Southern Missionary College. 87 p. *
• ***Summary:*** Perry A. Webber was born on 15 June 1890 in Northville, Michigan. His parents became Seventh-day Adventists (SDAs) during his early childhood. In 1904 the family moved to Berrien Springs, Michigan, and Perry was educated there. In 1911 Perry graduated with a BA from Emmanuel Missionary College [in Berrien Springs] and in 1912 he was married to Ella Mae Verney.

In 1913 he was appointed by the SDA General Conference Foreign Mission Board to go, with his wife, as missionaries to Japan. In Tokyo they studied Japanese language for 2 years, then began pioneering educational work in Japan until 1927. For 4 years (1915-19) they worked in Fukuoka (in northern Kyushu), then returned to Tokyo. A son, Alfred B. Webber, was born in Dec. 1919; he later became a medical doctor. In Tokyo they worked at a school in Ogikubo. By 1921 Perry was teaching about the virtues of brown rice. In 1923 Perry found 25 acres of land in Sodegaura; in September of that year the Great Tokyo Earthquake (*Kanto Daishinsai*) took place. Later in 1923 the family returned to California because of the wife's respiratory problems. Harry Webber was born in Glendale. After a year in Honolulu, Hawaii, in 1934, they returned to Japan in the summer of 1925 and moved the college into the country. In the spring of 1926 the students and teachers started to build their own self-supporting school, with Perry

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as principal. This school later grew into the Japan Missionary College (*Saniku Gakuin*). The Japanese name means "three-sided school" since equal emphasis was placed on mental, moral, and manual development.

During these years Perry grew very fond of Japanese food and especially of Inari-zushi (made of deep-fried tofu pouches filled with vinegared rice). On his way to language school, he used to stop in regularly at the Shinoda Sushi Shop in Kanda (in Awaji-cho by the 1970s) to enjoy their Inari-zushi. The shop once developed a special Webber Sushi, named after him, and they used his name in some of their promotional materials. He was also very fond of regular tofu and of miso soup.

In 1927 the Webbers returned to America to educate themselves in good health. At this time Adventists believed that the true remedies are "pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, and trust in Divine power (*Ministry of Healing*, p. 127). In the fall of 1928 Perry entered Michigan State University to study biological chemistry while his wife, Ella Mae, studied nutrition; both were deeply interested in understanding the principles of good health. By May 1929 Perry was considered "one of our teachers" by Madison College in Madison, Tennessee.

During the early 1930s and the Great Depression, many students' only hope of getting an education was to rely on their own efforts. Madison, which offered a work-study program, became a very attractive alternative school.

In Sept. 1930 the family moved to Madison while Perry finished his thesis. In June 1931 Perry was awarded his PhD degree in biological chemistry, with special interest in chemistry and soyfoods development. At Madison he became a instructor of chemistry with a strong interest in food chemistry. In the following years he became the main person at Madison responsible for the school's growing involvement with soyfoods. In Nov. 1931 Perry wrote a long two-part article for *The Madison Survey* titled "Facts Concerning the Soybean." During the early 1930s he put a great deal of creative energy into expanding Madison's line of commercial soyfood products. Most of the products that were introduced between 1931 and 1934 were the result of his work. In August 1933 Perry Webber and Frances L. Dittes attended the annual convention of the American Soybean Association (ASA) in Baton Rouge, Louisiana. Webber presented a lecture with slides about the importance of soyfoods in Asia and their potential in America. He also prepared an exhibition of Madison soyfoods that was displayed at the convention. Webber was secretary-treasurer of the ASA for one year at this time. He visited Edsel A. Ruddiman at the Ford Motor Company and gave a talk to him and other leading research scientists about soyfoods. He was also a close friend of Dr. John Harvey Kellogg. He visited Kellogg, talked about soyfoods, and did some work developing a preservative for some of Kellogg's crackers.

Perry Webber worked at Madison until Sept. 1935 when, after a big farewell party, he returned to Japan to serve as principal of the Japan Missionary College (Saniku Gakuin). There he taught a lot about nutrition and the value of a vegetarian diet. In about 1936 Webber visited Dr. Harry Miller in Shanghai, China, and helped him set up a sanitation and research lab for analyzing the Vetose soymilk products at his new plant.

From 1939 to 1943, during World War II, Webber was back in the USA, teaching at Madison as head of the chemistry department. He was also at Madison from 1946 to 1953 and from 1959 to 1962, each stay punctuated by work in Japan. While serving as an administrator at Madison Foods (1959-1963) he and Sam Yoshimura pulled the factory out of debt and put it several thousand dollars into the black in one year's time.

During his trip to Japan that began in the spring of 1953, he taught one food plant how to make gluten, soymilk, and soy croquettes. Also in 1953 he started a self-supporting organization at Mt. Akagi, about 125 miles northwest of Tokyo; there he worked for more than 7 years. In the winter of 1956 he suddenly became ill with pneumonia. He returned to America in the summer of 1958 and was found to have Parkinsonism; no medicine was prescribed until 1962. In 1966 Perry was an outpatient at the Madison Sanitarium / Hospital for a time, then he became a inpatient from Oct. 1967 to Jan. 1968. In Sept. 1968 he went to a convalescent home in Lodi, California. His son, Dr. Alfred B. Webber, was living and practicing medicine in Lodi. In 1969 he returned to the Wildwood Sanitarium, a self-supporting Seventh-day Adventist convalescent home and health care facility in Wildwood, Georgia (northern Georgia). He passed away there in January 1973 at age 82 of Parkinsonism.

2929. Conrat, Maisie. 1972. Soybean cookery. *Organic Gardening and Farming* 19(7):89-93. July.
• ***Summary:*** Discusses the benefits of soybeans and their products: whole soybeans, soy flour, tofu, miso, and soy sauce.

"If you go into a natural food store today, you will find soybeans available in many forms. In some stores you'll find two or more varieties of whole beans as well as soy grits and soy meal, soy powder and soy flour. Most stores also carry roasted, salted soy nuts and a kind of soy cheese called tofu. They will have noodles, spaghetti, and macaroni made from soy; and they will also carry exotic soy products like miso. This may seem like a lot of things to get from one kind of bean, but in Japan, where soy is considered a protein staple, you will find more products yet...

"Both tamari soy sauce and miso are made from fermented soy beans. (Regular commercial soy sauce has been adulterated with various chemicals to simulate fermentation.) Miso is a thick paste made from black [not true] soybeans and rice, and has the same flavor as tamari

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soy sauce. You can use miso as you would beef extract in making soups, stews and sauces.

"Tofu is a kind of soy cheese. It is widely used throughout China and Japan, where it is available in many forms. Tofu is made from clabbered soy milk, just as cottage cheese is made from clabbered cow's milk. It is very mild and delicate, so you will probably want to serve it in a sauce or soup that has plenty of character."

Contains recipes for: Apple soy crisp (with soy meal). Soy pancakes (with soya flour). Soy cheeseburgers (with soybeans). Soy balls (with soy powder).

2930. Loring, Kay. 1972. Korean cafes keep growing. *Chicago Tribune*. Aug. 24. p. S_A6.
• ***Summary:*** This is a review of the restaurant Korea House in Chicago, where an estimated 10,000 people of Korean ancestry now reside. Four years ago there was only one Korean restaurant in the city; now there four. The main Korean seasonings are garlic, onion, red pepper, soy sauce, and sesame–plus kim chee (kimchi).

"No dairy products are used, because as in Japan and China, there is no room in this thickly populated country for dairy industries. Soy bean curds and soy milk are among substitutes." Vegetable oils, such as sesame oil and [soy] bean oil, are widely used in place of animal fats for cooking.

2931. Saio, Kyoko; Watanabe, Tokuji. 1972. Advanced food technology of soybean and other legumes in Japan. *Tropical Agriculture Research Series* No. 6. p. 209-16. Sept. Symposium on Food Legumes.
• ***Summary:*** The following amounts of whole soybeans (in 1,000 metric tons) are used in Japan to make these products: Tofu and fried tofu 295, miso 169, natto 47, Kori-tofu (dried or frozen tofu) 34, shoyu 15, kinako 12, others 70. Total 642.

The following amounts of defatted soybeans (in 1,000 metric tons) are used in Japan to make these products: Shoyu 154, tofu and fried tofu 77, miso 8, others 45. Total 284. Grand total: 926. Address: 1. Senior Research Officer; 2. Director. Both: National Food Research Inst., Shiohama 1-4-12, Koto-ku, Tokyo.

2932. *Los Angeles Times.* 1972. Are menus a puzzle? Master a few of those foreign food phrases. Oct. 6. p. F16.
• ***Summary:*** Foods listed under "Japan" include: "... Miso: Bean paste. Natto: Steamed and fermented bean... Shoyu: Soy sauce... Tofu: Bean curd."

2933. Rodale, Robert. 1972. Milking the soybean. *Washington Post, Times Herald.* Oct. 26. p. H10.
• ***Summary:*** "The versatile, high-nutrient soybean can be processed easily into a kind of milk with several nutritional advantages over cow's milk. That may come as a shock to dairymen, but it's true."

Soy milk, which comes from a plant, contains little saturated fat, and is an alternative for people who are allergic to dairy milk. Describes how to make soymilk at home. Although it is easy to make an inexpensive, it is not popular in the USA; most Americans don't like the slight "beany" flavor.

However a food made from soy milk, whose taste does please our palates, is slowly gaining popularity. "That food has the rather unattractive name 'bean curd.'" You may have seen it on the menu at a Chinese or Japanese restaurant. The Chinese themselves call it [in Cantonese] *dow foo yuen* and the Japanese call it *tofu,* a name that is gaining popularity in the United States. Surprisingly, bean curd made in Taiwan and shipped to the U.S. in cans is labeled *tofu.*

"The big value of bean curd is that it offers a high-protein, good-tasting alternative to meat. It's a true convenience food, with outstanding culinary and nutritional values." Describes the many ways it can be used. It is not an exotic oriental food, but one that "has the potential to become a basic food eaten and enjoyed regularly by millions of Americans."

A recipe for Bean curd and Chinese cabbage soup calls for 4 cups homemade chicken stock and "¼ pound bean curd."

2934. Haenszel, William; Kurihara, M.; Segi, M.; Lee, Richard K.C. 1972. Stomach cancer among Japanese in Hawaii. *J. of the National Cancer Institute* 49(4):969-88. Oct. [53* ref]
• ***Summary:*** Consumption of tofu was associated with a significant decrease in risk from stomach cancer. Address: Biometry Branch, National Cancer Inst., Bethedsa, Maryland 20014.

2935. Kushi, Michio. 1972. Macrobiotic seminars of Michio Kushi. Boston, Massachusetts. 152 p. Illust. No index. 28 cm. Transcribed by Joan Mansolilli.
• ***Summary:*** This is a transcript of talk given by Michio Kushi, macrobiotic teacher, in the fall of 1972, from Oct. 10 to Dec. 20. The main subjects are: Theory and practice of natural agriculture. Principles of the ancient world calendar. Disease–Origin, causes, and cures.

Soyfoods are mentioned briefly as the cure for various ailments, including diabetes mellitus (p. 92, 94; miso, tamari), venereal disease (p. 104; tekka, strong miso), stomach cancer (p. 128-29; miso soup, fried tofu, tekka, miso pickles), toxication from cigarette smoking (p. 131; miso soup), appendicitis with high fever (p. 132-33; tofu plaster on head). Address: Boston, Massachusetts.

2936. Rodale, Robert. 1972. Milk from soybeans is a treat to cows. *Hartford Courant* (*Connecticut*). Nov. 1. p. 31.
• ***Summary:*** Soy milk can easily be made at home from the versatile, high-nutrient soybean. Dairymen should take notice that a food made from soy milk has a good taste and

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is slowly gaining in popularity. "That food goes under the rather unattractive name bean curd." It is widely served in Chinese restaurants. "The Chinese themselves call bean curd *dow foo yuen*, and to the Japanese its tofu, a name that's gaining popularity."

Bean curd or tofu is not an exotic Oriental food; it has the potential to become a basic new food, enjoyed regularly by millions of people. Tofu has already become popular on the West Coast; *Sunset* magazine recently published an article about it. The soybean is a huge crop for American farmers, yet only about 2% of it is used for human food. The rest is fed to animals or used to make industrial products.

There is also an interesting parallel between tofu and yogurt. Both are made by culturing milk, have special health benefits, and started as foreign foods with seemingly little appeal to Americans. Yogurt is now a mainstream American food, and the same could happen to tofu. Address: [Rodale Press, Emmaus, Pennsylvania].

2937. Blinn, Johna. 1972. Celebrity cookbook: Keye Luke cooks variation on one theme. *Chicago Tribune.* Nov. 2. p. N_A8.

• ***Summary:*** Hollywood–Mr. Luke, a veteran actor with Zen Buddhist beliefs, is an amateur cook who has one or two Chinese dishes he likes to prepare–starting with flank steak: "I throw in a little ginger, garlic, assorted black bean paste, and soy sauce. I cook it over a hot fire in a wok."

His recipe for Asparagus and beef calls for "½ cake bean curd, diced. 2 to 3 tablespoons soy sauce."

2938. Ram, Mahabal; Kempanna, C.; Balasubramanian, A. 1972. Soybean can raise nutritional status of human diet. *Indian Farming* 22(8):19, 21-22. Nov. Series 2.

• ***Summary:*** Malnutrition is a major problem in India and there is a shortage of proteins. On the national level, several measures have been taken to augment the supply of protein-rich products like milk, egg, meat, fish, vegetables, pulses, etc. Yet is it alternative to explore alternative protein sources, such as the soybean, which has a high protein content (42%) and "occupies an exalted position amongst the protein-rich legumes."

Tables show: (1) Average nutritional composition of soybean. (2) Production of soy-protein in comparison with that of major pulses, cereals, milk, meat, etc. (3) Nutritive value of soybean and the other pulses. (4) Average weekly growth rate of rats on basal poor diet chapati containing soy-flour.

The final section briefly describes 13 methods of preparing different soybean recipes: (1) Soak soybeans in water then fry in deep fat. (2) Roast green soybeans in their pods. (3) Soak soybeans in water then bake. (4) Sprout soybeans. (5) Dahi bada. (6) Pakoda namkin [Pakora namkin; a pakora is a fritter–any kind of food coated in batter and deep fried]. (7) Pakoda sweet. (8) Gullab jamun. (9) Puri and chapati. (10) Vegetables. (11) Curd, made from soybean milk. (12) Add soymilk to tea in place of buffalo milk. (13) How to prepare soymilk at home. Also: Soybean oil can be used at home in place of mustard oil, coconut oil, groundnut oil, etc. Address: Indian Council of Agricultural Research, New Delhi.

2939. Rodale, Robert. 1972. "Chinese yogurt," a gift from the Orient. *Prevention* (*Emmaus, Pennsylvania*). Nov. p. 35-42.

• ***Summary:*** The author uses the term "Chinese yogurt" to refer to tofu, which he praises. "The Chinese practice is to precipitate the solids in soy milk by cooking it and then mixing in gypsum, which is calcium sulfate. The solids drop to the bottom of the container, and the liquid is filtered off the top. Then moisture is pressed from the solids. The resulting product is called bean cake, bean curd, dow foo yuen (Chinese) or tofu (Japanese). Bean curd is the most commonly used name for it in this country, but I prefer calling it tofu, a name which is gaining in popularity and sounds much more appealing. There is a close parallel between the process for making tofu and the technique for making yogurt. While soy milk is precipitated with magnesium sulfate, or sometimes calcium sulfate, yogurt is curdled by bacteria... I called tofu 'Chinese yogurt' in my title, because tofu is in fact remarkably similar to yogurt. They are both high protein foods, and each in its own way has other specific health values."

"To us, tofu offers the great possibility of providing an alternative to meat, an expensive food that is now a feature of almost every American meal. Both for cost and nutritional reasons, we are going to have to find other things than meat to eat–and tofu could well be what we are looking for."

"On the West Coast, tofu is rapidly growing in popularity. A few years ago you could get fresh tofu only in Oriental food stores. Now it is being sold in many California supermarkets and natural food stores. You can buy canned tofu almost anywhere in the country where gourmet foods are sold. The canned kind has almost the same flavor as fresh tofu, but is more expensive and lacks the soft, creamy texture of the fresh product."

Note: This is the earliest document seen (Sept. 2000) that compares tofu with yogurt, or that calls tofu a kind of yogurt, or that notes the similarities in the way these two foods are made.

2940. Miller, James S. 1972. Nuances of tofu. *East West Journal* 2(19):3. Dec. 15.

• ***Summary:*** This letter to the editor reads: "Dear Sir: It was just brought to my attention by members of the George Ohsawa Macrobiotic Foundation here in San Francisco that an article or articles on the use of "nigari" as opposed to synthetic chemicals in the making of 'tofu' appeared in some previous issue(s) of your publication. Such articles

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would be of great interest to us; by helping us to understand the advantages of using 'nigari' and the disadvantages of Calcium chloride or Calcium sulphate in making 'tofu'"

Reply. "Dear Mr. Miller, Both Calcium chloride and calcium sulphate are found naturally in sea water and in inland brine solution." Address: Quong Hop & Co., San Francisco.

2941. *SoyaScan Notes.* 1972. Chronology of soybeans, soyfoods and natural foods in the United States 1972 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** 1972 Jan. Janus begins operation as a macrobiotic natural foods distributor in Seattle, Washington. It is founded by George Gearhart and Blake Rankin.

1972 Feb. Tree of Life in St. Augustine, Florida, starts distributing natural foods. Founded by Irwin Carasso, this company would soon become the largest and most successful of its type.

1972 March. The Farm in Tennessee sets up a small plant and begins to make soymilk, which is rationed for use by babies and children.

1972 Sept. Frank Shorter wins the Olympic marathon, the first marathon victory by an American. A major boost to interest in running, exercise and fitness.

1972 Oct. William Shurtleff and Akiko Aoyagi start full time research on tofu in Japan, writing a book on the subject.

1972. *Soybeans: Chemistry and Technology,* by A.K. Smith and S.J. Circle, published.

1972. The Farm, a large spiritual and vegetarian community in Summertown, Tennessee, sets up a small "soy dairy" to make soymilk and tempeh for members, whose vegan diet contains no animal products, not even dairy products or eggs. This is the earliest known tempeh produced in a Caucasian-run tempeh shop in the U.S., although it is not sold commercially.

1972-74. World food crisis years. Photos of malnourished and starving children appear on the covers of leading magazines and in the TV news.

1972, July. Soviet wheat deal. The USSR suddenly purchases 18 million tons of wheat from the USA via Continental Grain, making it the largest food import deal in history. This starts an era of expanded U.S. agricultural trade with socialist countries. This massive Soviet purchase ends the long postwar period of food price stability.

1972. National Soybean Project established in Brazil.

1972. Soybean research starts at the International Institute of Tropical Agriculture (IITA), in Ibadan, Nigeria. The focus is on soybean production and varietal development. This gradually becomes the most important soybean research program in Africa, and plays a key role in helping national programs in Africa to get started.

2942. Leung, W-T.W.; Butrum, R.R.; Chang, F.H. 1972. Food composition table for use in East Asia. Atlanta, Georgia: Center for Disease Control, U.S. Dept. of Health, Education, and Welfare. xiii + 334 p. Dec. No index. 30 cm.

• ***Summary:*** Part I. Proximate composition, mineral and vitamin contents of East Asian foods, by Woot-Tsuen Wu Leung, Ph.D. (Nutrition Program, Center for Disease Control, Dep. of Health, Education and Welfare), and Ritva Rauanheimo Butrum, M.S., and Flora Huang Chang, B.S. (Federation of American Societies for Experimental Biology).

Part II. Amino acid, fatty acid, certain B-vitamin and trace mineral content of some Asian foods, by M. Narayana Rao, Ph.D., and W. Polacchi (Food Policy and Nutrition Division, Food and Agriculture Organization of the United Nations).

In Part I, Food Group 3 titled "Grain legumes and legume products" (p. 16-22) gives the composition of the following (100 grams edible portion and as purchased): Adzuki beans (*Phaseolus angularis;* incl. "Azuki-an," and boiled sweetened). Asparagus bean: See Cowpea, yardlong. Asparagus pea: See Goabean. Bambara groundnut or jugo bean (*Voandzeia subterranea*). Bengal gram: See Chickpea. Blackeyed pea: See Cowpea, catjang. Blackgram: See Mung bean. Broad bean or horse bean (*Vicia faba;* incl. "Fuki-mame" and "Otafuku mame"). Burma bean: See Lima bean. Butter bean: See Lima bean. Catjang pea: See Pigeonpea. Chickpea or Bengal gram (*Cicer arietinum*). Cowpea, all varieties (*Vigna* species). Cowpea, yardlong: See Cowpea, all varieties. Dhal: See Lentil. Dolichos, Australia pea (*Dolichos lignosus*). French bean: See Kidney bean. Goabean [goa bean], asparagus pea, or winged bean (*Psophocarpus tetragonolobus*). Golden gram: See Mung bean. Green gram: See Mung bean. Haricot bean: See Kidney bean. Hindu cowpea: See Cowpeas, all varieties. Horse grain or horse gram or Madras gram (*Dolichos uniflorus; D. biflorus*). Horsebean: See Broadbean. Note 1. This is the earliest English-language document seen (Jan. 2005) that uses the word "horsebean" or the word "broadbean" to refer to *Vicia faba.*

Horsegram: See Horse grain. Hyacinth bean or Indian butterbean (*Lablab niger; Dolichos lablab*). Indian bean: See Mung bean. Indian butterbean: See Hyacinth bean. Jackbean, common (*Canavalia ensiformis*). Jugo bean: See Bambara groundnut. Kidney bean, French bean, navy bean, pinto bean, snap bean, or string bean (*Phaseolus vulgaris;* incl. "Usura-mame"). Lentil or dhal (*Lens culinaris; Lens esculenta; Ervum lens*). Lima bean, butter bean, or Burma bean (*Phaseolus lunatus; Phaseolus limensis*).

Note 2. This is the earliest English-language document seen (May 2003) that uses the scientific name *Lens culinaris* to refer to lentils.

Note 3. This is the earliest English-language document seen (Jan. 2009) that uses the name "Burma bean" to refer to the lima bean.

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Madras gram: See Horse grain. Mung bean, Indian bean, red bean, green gram, golden gram, or blackgram / black gram (*Phaseolus aureus; Vigna radiata;* incl. vermicelli, dried starch, starch jelly, instant powdered green or red products with sugar and flour added). Mung bean, black gram or urd (*Phaseolus mungo; Vigna mungo*). Navy bean: See Kidney bean. Peanut or groundnut (*Arachis hypogaea;* incl. raw, roasted, with or without shell, salted, parched, seasoned, fried, peanut flour, peanut butter, peanut milk, peanut cake–defatted, peanut cake–defatted and fermented [onchom]). Peas, garden or field (*Pisum* species; incl. parched–salted, "Uguisu-mame"). Pigeonpea, or catjang pea (*Cajanus cajan; Cajanus indicus*). Pinto bean: See Kidney. Red bean: See Mung bean. Rice bean (*Phaseolus calcaratus; Vigna calcarata*). Soybean and soy products (Glycine max; G. hispida; G. soja; p. 19-21), incl: Whole mature seeds–dried (yellow, black), whole immature seeds dried, whole seeds–salted (black, green, green soaked, fried, fermented {natto}, pickled, roasted), flour made from roasted soybeans, defatted soybeans–whole seeds. Soybean products: Curd–unpressed, curd–tofu–raw (plain, kinugoshi, fukuroiri), curd–tofu–fried (moist type, dried type–regular size, dried type–small size, canned, abura age), curd–roasted [grilled], curd–tofu–fermented (home-prepared, jarred), curd–tofu (dried–spongy square, preserved, dried–rope-like, commercial {fermented with chili pepper}–jarred), curd cheese, curd sheet (milk clot sheet {yuba}) (moist type, dried type, pickled in soysauce), curd–pressed–raw (plain, fermented, spiced, strips–semi-dry), miso (Japan) (plain, sweet {5.3% salt added}, salty–light {10.4% salt added}, salty–dark {11.7% salt added}, mame-miso {9.7% salt added}, powdered {18.5% salt added}), paste [jiang] (plain, fermented, red pepper added, sweet, malt), soybean milk (unenriched–unsweetened, "Kaset" {Thailand; canned–concentrated, fluid}, Saridele {a mixture of soybeans, sesame seeds or peanuts, with vitamins and calcium added–Indonesia}), soybean sauce (dark–thick, light–thin, unspecified), tempeh (fermented soybean product, Indonesia), "Budo-mame" (cooked–Japan), Soybean residue [okara] (liquid, powder). Urd: See Mungo bean. Velvetbean (*Mucuna utilis; Stizolobium utilis;* incl. dried or mold-treated {tempeh}). Winged bean: See Goabean, Indes.

Food Group 4 titled "Nuts and seeds (p. 23-29) includes: Almonds, hemp seeds–whole, perilla–common (*Perilla frutescens*), safflower seeds, sesame seeds, sunflower seeds (*Helianthus annuus*), watermelon seeds.

Food Group 5, titled "Vegetables and vegetable products" (p. 30-75) includes: Amaranth, mungbean sprouts, seaweeds (many types), soybeans–immature seeds [green vegetable soybeans], soybean sprouts (raw, cooked).

Note 4. This is the earliest English-language document seen (April 2013) that mentions silken tofu, which it calls (in a table): "Curd, tofu, raw: 'Kinugoshi,' Japanese preparation."

Note 5. This is the earliest English-language document seen (Nov. 2012) that contains the term "flour of roasted soybeans."

Note 6. This is the earliest English-language document seen (Oct. 2006) that uses the term "Blackeyed pea" to refer to the cow pea. Address: Dep. Health Education and Welfare.

2943. **Product Name:** [Tofu].
Manufacturer's Name: Alimentation Japonais Osaka.
Manufacturer's Address: 13 Rue du Helder, Paris 9eme, France. Phone: 770-049-1.
Date of Introduction: 1972.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 401. Owner: Mr. Mikiyo Yamanaka.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Mikiyo Yamanaka. Note: This appears to be second earliest tofu manufacturer in France, after Li Yu-ying, and the first of the new generation.

Interview with Noboru Sakaguchi. 1990. June. He started this shop in 1971-72.

2944. **Product Name:** Kinugoshi Soft Tofu.
Manufacturer's Name: Azumaya Inc.
Manufacturer's Address: 95 Boutwell St., San Francisco, CA 94124. Phone: 415-467-1955.
Date of Introduction: 1972.
Ingredients: Water, soybeans, calcium sulfate.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Loetterle. 1977. California Living. April 17. p. 40. Tseng et al. 1977. Home Economics Research Journal. Dec. p. 171-72. New Label. 1986. Soft (Kinugoshi) Tofu. Contains GDL (glucono delta-lactone).

Interview with George and Bill Mizono. 1989. Oct. 31. This product was first made at Boutwell St. in about 1972.

2945. **Product Name:** NamaAge: Fried Soy Bean Cake.
Manufacturer's Name: Azumaya Inc.
Manufacturer's Address: 95 Boutwell St., San Francisco, CA 94124. Phone: 415-467-1955.
Date of Introduction: 1972.
Ingredients: Soy beans, water, cottonseed oil or peanut oil, calcium sulfate.
Wt/Vol., Packaging, Price: 6 oz (170 gm) in poly pouch.
How Stored: Refrigerated.
New Product–Documentation: Label. 1978, dated. 7 by 4 inches. Plastic pouch. Dark green, light green, black, and white on clear. Azumaya logo. Little bean logo saying, "Hi, I'm Li'l Soy." Includes recipe: Nama-Age With Beef.

Label. 1986, dated. 7 by 3 inches. Blue, reddish brown,

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beige, and white. Azumaya logo with 4 circles over the "Y." Little bean logo saying "Hi! I'm Li'l Protein." "Cut into strips and stir fry with vegetables for sweet and sour, stews and casseroles, or cube and add to soups and salads." Ingredients: Water, soybeans, soy oil, calcium sulfate (1986).

Interview with George and Bill Mizono. 1989. Oct. 31. This product was first made at Boutwell St. in about 1971 or 1972.

Product with Label purchased at Safeway supermarket in Lafayette, California. 1997. Dec. 7. 7.5 by 4 inches. Gold, orange, black, and white. Product name: Nama-Age Fried Tofu. Below it is written: "Hors D'oeuvres, Sandwiches, Stir-Fry, Salads. Azumaya logo with 4 circles over the "Y." The little bean logo is gone. Serving suggestions are unchanged. Ingredients: Soybeans, water, soy oil, calcium sulfate. Text in lower right corner: "For free recipes, coupons or comments, Call 1-800-Eat-Tofu. Manufactured by Vitasoy (USA) Inc. So. San Francisco. Net Wt. 8 oz (227 gm). Retails for $1.39. K Parve ORC.

2946. Machida, Yoshiro. 1972. Tôfu seizô gijutsu no ôyô [Applications of tofu production technology]. *Shokuhin to Kagaku* (*Food and Science*) 14(6):111-14. [Jap] Address: Sugiyama Industrial Chemical Research, Tokyo, Japan.

2947. **Product Name:** Soy Fresh Soy Drink (Soymilk) [Carob, Honey, Pure/Plain, Sugar Sweetened, Maple, Almond Honey].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: South San Francisco, CA 94080.
Date of Introduction: 1972.
Ingredients: Carob: Water, soybeans, carob, honey.
Wt/Vol., Packaging, Price: 1 quart plastic bottle, or 10.66 fluid oz (315 ml) Pure-Pak carton.
How Stored: Refrigerated, 7-10 day shelf life. Or frozen.
Nutrition: Per 1 cup: Calories 150, protein 8 gm, carbohydrate 17 gm, fat 4 gm.
New Product–Documentation: Label. 1981. 2.5 by 3.5 inches. Self adhesive. Orange and black on yellow. Sun-shaped Indian-like motif. "A pure soybean drink." Labels. 1981. 2 by 3 inches. Paper. Brown, orange or blue, respectively, on white. Sun-shaped Indian-like motif. "Delicious hot or cold." Soya Bluebook. 1980. p. 50. "Bottled soymilk." Address: 161 Beacon St., South San Francisco, CA 94080. Leviton. Soya Bluebook. 1981. p. 60. "Bottled soymilk; Carob, Honey, Plain, and Sugar." 1981. Soyfoods. Winter. p. 17. "They began Soy Fresh production in 1972, turning out a sugar-sweetened variety for the Oriental market and a honey-flavored soymilk for the Caucasian natural foods market." Labels, 2 by 3 inches each, 1 color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Labels. 1984. 10.66 fl oz: 2.75 by 2.5 inches by 2.75 wide. 1 qt.: 2.75 by 7.5 inches by 2.75 wide. Paper carton. Brown, tan and orange. "Soyfresh is a delicious protein drink with no animal fat. Rich and satisfying. A great picker-upper anytime of day. Today, fresh soymilk products serve as a protein staple for over one third of the world's population. The soybean held such high esteem in China for centuries that this common legume has been called the 'Cow of China.' Soyfresh is a non-dairy beverage that delivers full-bodied taste and flavor. It has a consistency of rich whole milk without animal fat, and is easily substituted in your favorite cereal." Spot in Soyfoods. 1984. Summer. p. 43. Now in maple, natural, almond, and carob flavors., Pure-Pak quarts and half pints. Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. Two-third of the product is sold refrigerated and one-third is sold frozen.

Product with Label purchased for $2.09 at Safeway

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supermarket in Lafayette, California. 1999. Jan. 17. This tall plastic quart of "SoyFresh Unsweetened Soy Beverage" was being sold in a large open-front refrigerated case with the Odwalla juices. Self-adhesive label. Blue, black, green, and yellow on white. Sticker: "Made with organic soybeans." Ingredients: Water, whole organic soybeans.

2948. **Product Name:** Soft Tofu: (Soy Bean Cake). Sui-dofu (written in Chinese).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1972.
Ingredients: Soy beans, water, calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1979, undated. 5 by 4.25. Plastic film. Yellow and pink on clear film. "Since 1906. Keep refrigerated." Talk with Ben Lee. 1988. Sept. 30. Introduced in 1972.

2949. **Product Name:** Fresh Soy Bean Pudding. Dofu-hwa (written in Chinese).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1972.
Ingredients: Soy beans, water, calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. 1979, undated. 5 by 4.25. Plastic film. Yellow and dark blue on clear film. "Since 1906. Keep refrigerated. Serving suggestions: For a delicious dessert serve chilled with fruit syrup, maple syrup, fruit cocktail, or honey." Talk with Ben Lee. 1988. Sept. 30. Introduced in 1972.

2950. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Sarvodaya Development Education Organisation Ltd.
Manufacturer's Address: 423 Golden Grove, E.C.D., Guyana.
Date of Introduction: 1972.
New Product–Documentation: Letter from Peter Kempadoo. 1981. April 12. Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Peter Kempadoo.

Letter from Peter Kempadoo. 1992. Aug. 23. He has moved his Sarvodaya Development Education Organization from Guyana to Bulawayo, Zimbabwe, where he is now working with soyfoods.

2951. Yagi, K. 1972. [Packaged bean curd product]. *Japanese Patent* 13 690/72. [Jap]*
• ***Summary:*** Dried tofu is cooked, soaked in soy sauce, then put into a bag with a mixture of soy sauce, spices, binders, and preservatives. After the air is removed from the bag, it is sealed and steam heated. Address: Japan.

2952. Aihara, Cornellia. 1972. The Chico-San cookbook. Chico, California: Chico-san, Inc. 126 p. Illust. 22cm. by Nan Schleiger. Reissued in revised form as Macrobiotic Kitchen by Japan Publications in 1982.
• ***Summary:*** All recipes are numbered and pages are unnumbered. Soy-related recipes include: 6. Brown rice in soy sauce. 16. Black [soy] beans and brown rice. 23. Inari-sushi (with agé). 24. Ohagi of 3 colors (with roasted soybean flour and miso). 32. Ojiya (with miso or soysauce). 37. Roasted rice (with black soybeans). 38. Musubi (with miso). 55. Kinako mochi. 76. Soy bean stock. 87. Oden (with agé and soy sauce). 90. Kenchin soup (with agé). 95. Cream of onion soup (with miso). 96. Hacho miso soup. 97. Mugi miso soup. 98. Kome miso. 99. Oil miso. 100. Sesame miso. 101. Walnut miso. 102. Miso salad dressing. 103. Shiguri [sic, shigure] miso (with scallops). 104. Tokiwa miso (with shiitake mushrooms, citron, and walnuts). 105. Oyster miso. 106. Tai miso. 108. Nuka miso zuke (vegetables pickled in rice bran and miso). 121. Miso pickles. 137. Daikon with agé. 138. Daikon with miso. 143. Turnip with sesame-miso. 159. Burdock-miso soup. 162. Burdock with miso. 180. Onion-miso sauce. 182. Scallion-miso. 191. Carrots with miso. 192. Carrots with soy sauce. 200. Dengaku (with miso). 220. Roasted soybeans. 221. Soybean soup. 222. Soybeans with vegetables. 223. Soybeans with miso. 224. Soybean tempura. 225. Mashed soybeans with tarako (cod fish roe). 226. Soybean croquettes. 227. Soybean potage. 228. Soybean muffins. 229. Kidney beans with miso. 237. Shigiyaki (small eggplants with miso). 241. Eggplant miso pickle. 267. Rolled shiso leaves with miso. 291. Tofu kuzu

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sauce. 292. Tofu chili-nabe. 293. Tofu with vegetables. 294. Tofu salad. 295. Okara rice. 296. Torimotsu okara (with chicken giblets). 297. Okara soup. 298. Okara croquettes. 299. Egg tofu. 308. Koi-koku (carp soup with miso). 311. Loach soup (with miso). 312. River fish with miso sauce. 320. Mackerel with miso. 335. Coltsfoot with miso. 341. Dandelion miso-ai [miso-ae]. 345. Horsetail with miso-ai. 359. Watercress miso-ai. 361. Nobiru goma miso (with wild onions). 369. Shiromiso shiru [sweet white miso soup]. 371. Nimame (black soybeans). 400. Shoyu bancha (twig tea). 408. Black bean tea. 409. Amasake (homemade from koji rice and sweet brown rice). 456. Amasake manju. 461. Soba with miso-ame. 515. Tekka (with Hacho and/or mugi miso). 516. Seitan (homemade). 517. Soy sauce (homemade). 518. Miso (homemade). 519. Tofu (homemade using nigari). 520. Nigari (homemade). 521. Amasake (homemade from koji rice and sweet brown rice flour).

Cornellia Aihara was born with a heart valve defect. She was told by doctors that she could never bear children and would probably not live past her nineteenth year. She proved them wrong on both counts. In 1955 she came to America from Japan at the invitation of Herman Aihara, a man she knew only through correspondence, and they were married. Within several years their two children were born.

Cornellia has applied herself to the teaching of macrobiotic cooking, childcare, home remedies, and philosophy since 1960. Address: Chico, California.

2953. Aihara, Cornellia. 1972. The *dô* of cooking (Ryorido). Vol. 2. Summer cooking. Macroguide No. 13. San Francisco, California: George Ohsawa Macrobiotic Foundation. 103 p. No index. 25 cm.

• ***Summary:*** All recipes in this macrobiotic cookbook are numbered. The section on "Tofu" contains recipes for: 35. Hiya yako [sic, yakko] (cold, uncooked tofu). 36. Kanten tofu (Tofu aspic). 37. Tofu kuzu aspic. 38. Harusame tofu kuzu sauce. 39. Unagi tofu [vegetarian].

The section on "Miso Soy Bean Paste" contains recipes for: 40. Soy bean miso [soybeans sauteed with miso]. 41. Vegetables with miso sauce. 42. Vegetable miso. 43. Green pepper with miso. 44. Deep fried miso balls.

Other soy recipes include: 60. Nori with soy sauce. 62. Kombu in soy sauce. 64. Hiziki tofu salad. 66. Fried koya tofu with carrot (with dried tofu). 71. Cold miso soup. 73. Split pea miso soup. 81. Tahini-tamari sauce. 89. Soy bean surprise [with miso-tahini sauce]. 92. Okara salad.

GOMF was founded in 1971. Address: 1471-10th Ave., San Francisco, California 94122.

2954. Aihara, Cornellia. 1972. The *dô* of cooking (*Ryorido*). Spring. Oroville, California: George Ohsawa Macrobiotic Foundation. 125 p. Illust. by Carl Campbell. Index. 21 cm.

• ***Summary:*** This macrobiotic book is divided into two parts: Eleven chapters followed by 14 sections of recipes. In part one, miso is mentioned on pages 15, 35, and 51 (Condiments and spices). Recipe section IV, titled "Wheat gluten" (p. 79-82) contains recipes for: Wheat gluten. Seitan. Fresh wheat fu. Boiled fu. Fried fu–gluten cutlet. Shish kebab (using 3 strips of cooked fu). French bread (made with gluten water, p. 115).

Recipe section V, titled "Tofu" (p. 83-90) contains recipes for: Tofu making (using 3 cups green soybeans and nigari coagulant; with 11 excellent illustrations). Nigari (from gray sea salt). Quantity tofu preparation (using 10 lb soybeans). Okara or unohana (using "3 cups soybean puree leftover from tofu making"). Tofu with kuzu sauce. Fried tofu. Shinano-agé (Fried tofu with buckwheat). Kaminari tofu (Thunder tofu). Nori-maki (Tofu rolled in nori; with illustration). Age-tofu (Stuffed tofu; with illustration).

Soy-related recipes include: Onion miso (p. 70). Rolled cabbage with tofu (p. 71). Bean sprout miso salad (p. 100; miso is called "mixed soybean puree {half mugi and half kome}." The sprouts are probably from mung beans). Ganmodoki (Mock goose; p. 109). Gyoza filled with seitan, dipped in a mixture of soy sauce and lemon juice (p. 111-12). Address: George Ohsawa Macrobiotic Foundation, Oroville, California.

2955. Aihara, Herman. 1972. Miso & tamari. *Macroguide* (*San Francisco: George Ohsawa Macrobiotic Foundation*). No. 12. iii + 34 p. [3 ref]

• ***Summary:*** Contents: Preface. Part I: Miso. Introduction, the origin of miso, kinds of miso, ingredients (soybeans, barley, rice, salt, water) how to make miso [at home] (barley miso, rice miso, soybean miso, analytical comparison of the three kinds of miso, other types of miso, miso pickles) value of miso (protein, fat, minerals, poison prevention, heart disease, miso for beauty, stamina, miso for radiation and other diseases, miso soup), miso in the treatment of tuberculosis and atomic radiation exposure.

Part II: Tamari or traditional soy sauce. Introduction, history, chemical change of tamari, how to make tamari soy sauce at home, how to use soy sauce.

Part III: The other soybean foods. Tofu (preparation of soybean milk at home, coagulation of soybean protein, the formation of tofu in a mold [for homemade tofu], tofu for external treatment–tofu plaster, age–deep fried tofu [how to make at home]), natto (introduction, how to make natto at home).

Part IV: Appendix. Available publications, G.O.M.F. message.

Illustrations by Carl Campbell show: (1) Two traditional kegs of miso and a glass jar of tamari (title page). (2) Making mugi (barley) miso in Japan (9 steps; p. 10).

Note 1. This is the earliest English-language document seen (March 2009) that describes how to make miso at home. Recipes for three types of miso are given: Barley miso, rice miso, and soybean miso. The method is translated from

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Miso University, by K. Misumi (in Japanese). Fortunately, the exact amount of each of 5 ingredients is given, and nine excellent illustrations show the main steps in the traditional process. Unfortunately, the instructions are somewhat vague.

Note 2. This is the earliest English-language document seen (Jan. 2012) that describes how to make natto at home. Address: San Francisco, California.

2956. Brissenden, Rosemary. 1972. South East Asian food: Indonesia, Malaysia and Thailand. Harmondsworth, Middlesex, England; Baltimore, Maryland: Penguin Books. 264 p. 18 cm. A Penguin handbook.
• ***Summary:*** After a three-month stay in Indonesia as a member of a student delegation from Melbourne University, Rosemary "realized that she could not live without Indonesian food. So she set about learning as much as she could from Asian students in Melbourne." In 1964 she was invited to write a weekly column in the Australian on South East Asian food. She is married and has three children.

"A note on this American edition. This book has been especially adapted for the American audience. British weights and measures have been converted into their American equivalents. Sources for obtaining unusual products mentioned in the recipes are given for most large American cities."

Note: This book is almost identical to the edition published in 1969 in the USA and England by Penguin Books. This American edition was published in 1972 by Penguin Books, Inc. Address: Australia.

2957. Brown, Edith; Brown, Sam. 1972. Cooking creatively with natural foods. New York, NY: Hawthorn Books. xvii + 302 p. Illust. Index. 24 cm.
• ***Summary:*** This vegetarian cookbook has been 35 years in the making. Edith was born in 1920, and Sam in 1917. "It really goes back to the birth of Brownies [Health Food Restaurant in New York City]. That was in 1936. In the beginning we were just a sliver in the wall, hardly a soybean's throw from Union Square in New York City. The address hasn't changed but *we* have." Brownies began as a tiny shop selling natural foods to people who lived or worked in the neighborhood. Today we are a restaurant-bakery -country store complex sprawled across Siamese-twin brownstone houses."

"The expansion of Brownies began modestly in 1938. Sam acquired a vegetable juice extractor and installed four stools in the shop. Vegetable-juice bars have long since become old hat, but the one on East 16th Street happened to be the first one in the country.

"The juice bar won a warm welcome. Customers 'dug' the oral vitamin shots being dispensed from the extractor. Soon people were coming from precincts far beyond the neighborhood to 'get juiced.' The word spread. There appeared a distinguished visitor in the person of the late Clementine Paddleford, the influential food editor of (alas, also the late) New York *Herald-Tribune.* Miss Paddleford came, sipped, and wrote rapturously about her discovery. That rave review really put Brownies on the map." (p. xi)

In the chapter titled "The natural foods cupboard: A glossary" we find good descriptions of various soyfoods: Soyameat (canned, Chicken or Beef Style), soybean granules, soybean powder [flour], soybeans (canned, like Boston baked beans), soybeans (dried), soy nuts [oil-roasted soybeans], Stripple Zips ("Bacony, crunchy, smoky bits of vegetable protein made from soy and yeast. A wonderful meatless flavoring."), tamari (soy) sauce, VegeBurger (canned, made from soy, wheat, and vegetables), VegeChee [tofu], Vegelona.

Soy-related recipes include: Pizza supreme (with Fearn Whole Wheat Soy-O Mix, p. 17). Soy-stuffed mushrooms (with canned green soybeans, p. 17-18). Dill soybeans (p. 74). Triple-treat bean salad (p. 80). Crunchy soybean salad (with canned green soybeans and Chicken-Style Soyameat, p. 81). Soy-nut meatballs (with canned soybeans in tomato sauce, canned VegeBurger, soybean granules, and Toasted Soy Nuts, p. 109-10). Soy, garbanzo & millet pie (p. 126).

One chapter is titled "The miraculous soya–and other members of the clan (bean)" (p. 129-45). The introduction notes: At Brownies we feature soybeans on the relish tray, on the salad menu, and as a meat substitute. We use soybean flour in almost everything that comes out of our ovens." Soy-related recipes include: Basic soybeans. Zippy soybean salad. Minty soybean salad. Soybean ratatouille. Scrumptious soy pudding. Soy walnut loaf. Protein casserole (with Beef-Style Soyameat). Lentil soy casserole. Tricolor bean salad (with toasted salted Soy Nuts). Exotic bean salad. Neapolitan bean salad. Peppy bean puree. Any-night beans.

Soy recipes with pasta (p. 175-78): Savory soy spaghetti. Soy spaghetti with saucy franks. Corny spy spaghetti. Spaghetti protein casserole (with soybean spaghetti, green soybeans, and Proteena). Soy elbows in parsley mushroom sauce. Oriental elbows. Soya blueberry muffins (p. 248). Crunchy soy-nut spinach cake (with soybean powder and unsalted soy nuts, p. 264).

Brownola plus (like Granola, p. 168). Address: New York, New York.

2958. Cadwallader, Sharon; Ohr, Judi. 1972. Whole earth cook book. Boston, Massachusetts: Houghton Mifflin Co. Published in association with San Francisco Book Company. xix + 120 p. Illust. by Anita Walker Scott. Index. 24 cm. Preface by Paul Lee. [3 ref]
• ***Summary:*** All 138 recipes in this natural foods (but not vegetarian) cookbook have been tested at the Whole Earth Restaurant. Soy-related recipes include: Cheese soybean soup (with cooked whole soybeans, p. 5). Soybean spread (p. 27-29). Soybeans as a good "alternative" source of protein (p. 32). Cold-pressed soy oil (p. 33). Soybeans and soybean

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products (incl. soy grits, tofu or soybean curd or soy cheese, soy and/or wheat macaroni noodles, p. 34). Basic soybean recipe (not pressure cooked, p. 36). Super soybean casserole (p. 37). Tofu-egg omelet (p. 37). Using gluten flour with soy flour in breads (since soy flour is heavy, p. 73). Quick breads and muffins (using soy flour, p. 82).

The chapter titled "Nonmeat protein dishes" notes (p. 34) that soybeans, which are native to the Orient, are relatively new to this country. "They are amazingly healthful, as high in protein as meat. They are considered a complete protein, or one that contains the eight amino acids. Since they taste different from other legumes,... they need careful, imaginative preparation." The light, soft consistence and bland taste of tofu "make it easy to use as an addition or substitute in your favorite recipes." Address: 1. Manager, Whole Earth Restaurant, Univ. of California campus, Santa Cruz, California; 2. Organic gardener and housewife, San Juan Bautista, California.

2959. Char, Alyce; Char, Theodore. 1972. The gourmet's encyclopedia of Chinese-Hawaiian cooking. New York, NY: Exposition Press. An Exposition-Banner Book. 306 p. Plus 32 unnumbered pages of [color] plates. See p. 277. Illust. (some color). 24 cm.

• ***Summary:*** This book is a fusion of Cantonese Chinese and Hawaiian cuisines. The names of Chinese foods is usually romanized in Cantonese. A surprisingly large number of the recipes are based on meat, poultry, fish or eggs.

In the chapter titled "The Chinese Kitchen" (p. 27-33) many soyfoods are described under "Spices, sauces and condiments." These entries tend to be less detailed than those in the Glossary.

The chapter on "Food sources and substitutions" includes: "Bean curd skin (*Fu Pee Guin*)*:* Use leaf fat.

The chapter titled "Chinese grocery store and supermarket items" includes these two entries: "Bean curd: Fresh; bottle or canned; in red sauce; dried in sheets or rolled." This reference is apparently to fresh tofu, bottled or canned tofu, red fermented tofu, dried yuba sheets, and dried yuba sticks. The 2nd: "Tofu: Wet and dried."

A sampling of soy-related recipes includes: Barbecued teriyaki beef (with homemade Teriyaki sauce, p. 73). Chicken with bean curd (with "4 cubes white bean curd, p. 99). Steamed spare ribs–Black beans (with "¼ cup black beans {*Dau See*}, p. 127). Bean curd spring roll with Szechuan cabbage (with 1 pkg. {½ lb.} bean curd sheets, p. 180). Note the ease with which the terms "Bean curd" and "bean curd sheets" are used interchangeably. Bean cake with bean sauce (with "2 blocks *tofu* or soybean cake, 4 inches square" and "¼ cup canned bean sauce {*Ngin see Jeong*}, p. 192).

On three unnumbered pages of black-and-white photos in the middle of the book (after p. 194) titled "Chinese ingredients" we see: (10) A box of "Dried bean curd, flat type" [folded sheets of yuba]. (6) "Bean cakes (cheese)" [a bottle of fermented tofu]. (8) "Red bean curd" [a can of fermented tofu]. (12) Brown bean sauce (*ngin see jeong*). (9) Thick red soy [sauce]. (15) Fried tofu. (20) Preserved black bean (*dau see*).

Celery cabbage with bean curd (with "2 tbsp. bean curd [fermented tofu], p. 198).

The Glossary (p. 277-91) contains many soy-related entries:

Aburage: "Japanese word for deep-fried tofu.

Beancurd flower, *dou fu fah* [curds made from soymilk]; very fine consistency, white in color, sold packaged in cellophane containers.

Beancurd sauce or cheese, *dau fu mui;* also called *fu yui;* squares of fermented beancurd [fermented tofu], salty and having a cheese-like consistency.

"Beancurd sticks or skins, *fu jook;* [dried yuba sticks] shiny cream-color brittle and wrinkled sticks or sheets; actually a by-product of beancurd made from second layer of puréed beancurd."

Black beans, preserved. *dau see;* preserved black soybeans; they impart their strong flavor to foods they are cooked with.

Brown bean sauce, *ngin see jeong;* sold in either paste form or as a thick sauce; made from fermented yellow soybeans, flour and salt. It can be purchased ready-made in bottles or cans, or made at home from salted, fermented black soybeans (see p. 29).

Cheese, Chinese: see beancurd sauce or red beancurd sauce.

"Hoisin sauce: thick brownish-red sauce, made from soybeans, chili, garlic, spices, flour and sugar.

"Miso paste: Japanese product made from seasoned, preserved, mashed soybeans; used in soups and stews.

Red beancurd sauce or cheese, *nahm yoi:* [red fermented tofu] red, pressed beancurd fermented in rice wine with salt and spices; used to season and flavor special dishes; sold in cans or jars.

"Soy sauce, *see yau:* also called *bahk yau:* thin sauce made from fermented soybeans, wheat, salt, water and yeast [sic]; first brew produces light colored thin sauce; allowed to set longer, becomes dark brown; light sauce, the first brew, premium and limited in quantity; used at table and in cooking.

"Soybean: both yellow or black used in stew dishes or stir fried.

Soybean cake, *dau fu:* [tofu] white custard cakes of pressed puréed soybeans; nutritious and used in lieu of milk in China for its protein value.

Note: This is the earliest English-language document seen (April 2013) that uses the term *dau fu* (or *dau-fu*) to refer to Chinese-style tofu.

Soybean cake, deep fried, *yau dau fu,* [deep-fried tofu] yellow-brown and triangular or cube shaped.

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Soybean paste, *jeong:* any sauce, such as *hoi sin sauce.*

Teriyaki: Japanese soy sauce marinade for beef, but also chicken, pork, or seafood.

Tofu, *dau fu:* Japanese word for products such as beancurd cake.

White beancurd cake or cheese [white fermented tofu]: see sauces or cheeses.

Also interesting in Glossary: Monosodium glutamate, *mee jing fun;* centuries old Chinese brand made from seaweed.

About the authors (inside rear dust jacket): Theodore Char, a native of Honolulu, graduated from the University of Illinois. In 1928 he became the first person of Chinese descent and the first Hawaiian to become a certified public accountant. He is a firm believer in physical culture and is an ardent hiker. Alyce Char is a graduate of the University of Hawaii. Throughout the Hawaiian "they are renowned for entertaining in their home and are frequently referred to as 'the host and hostess with the mostest.'" Among the books many color photos, are four excellent ones of this harmonious- and happy-looking couple. Address: Honolulu, Hawaii.

2960. Claiborne, Craig; Lee, Virginia. 1972. The Chinese cookbook. Philadelphia and New York, NY: J.B. Lippincott Co. xxi + 451 p. Color photos by Bill Adler. Drawings by Barbra and Roderick Wells. Illust. Index. 24 cm.

• ***Summary:*** Soy related recipes: Coriander and bean curd with sesame sauce (with dried brown bean curd [soy-sauce pressed tofu] and light soy sauce, p. 34). Cold chrysanthemum leaves with sesame oil (with dried brown bean curd and light soy sauce, p. 35). Chicken with black beans and shallots (with fermented, salted black beans, light soy sauce and dark soy sauce, p. 58-59). Note 1. This is the earliest English-language document seen (Nov. 2011) that uses the term "fermented, salted black beans" to refer to Chinese-style fermented black soybeans. The headnote to this recipe states: "Fermented, salted black beans have an almost winy flavor, and they give an intriguing flavor to almost any dish in which they are cooked." Yet nowhere in this book do the authors state that these black beans are actually black soybeans.

Soy sauce chicken (with light soy sauce and dark soy sauce, p. 59-60). Hoi sin sauce is mentioned (or a photo shown) as an ingredient on pages 65-66, 147, between pages 282 and 283, and on 4 other pages. Spicy pork and bean curd (with "6 pads fresh white bean curd," p. 136). Note 2. This is the earliest English-language document seen (April 2013) that uses the term "fresh white bean curd" to refer to fresh tofu, or that uses the word "pads" as the counter for pieces or cakes of tofu. The headnote states: "Bean curd has as many uses in China as cottage cheese does in the Western world. It is one of those neutral dishes [ingredients] like potatoes and snails which adapt well to assertive flavors."

Cantonese roast pork (with "2 tablespoons red bean curd sauce" [nam yue?] and "2 tablespoons bean sauce"). Chinese barbecued spareribs (with "2 tablespoons red bean curd sauce," "2 tablespoons ground bean sauce," and "3 tablespoons hoi sin sauce," p. 147-48). Ginger beef and bean curd with hot pepper (with "5 pads fresh white bean curd," p. 188). Steamed fish with bean sauce (with "¼ cup bean sauce," p. 208). Stir-fry shrimps with bean curd (with "5 pads fresh white bean curd," p. 231). Shrimps in black bean sauce with ginger and scallions (with "2 tablespoons fermented salted black beans and 2 tablespoons dry sherry or shao hsing wine." "Combine the black beans with 1 tablespoon of the wine and crush lightly with a spoon." Thus, "black bean sauce" can be easily and quickly made in the kitchen from fermented, salted black beans, p. 234-35).

Clams in black bean and oyster sauce (with fermented salted black beans that are quickly made into black bean sauce as above, p. 243-44). Frogs legs with black beans (with fermented salted black beans, p. 257). Mock Peking duck (with "6 sheets dried bean curd," p. 302-03. "Bean curd comes in large, semicircular thin sheets [yuba] as well as squares [probably yuba; see below]. Because the sheets are notably fragile, they are frequently broken." The headnote states: "This dish uses dried bean curd to produce an eminently edible creation that tastes remarkably like roast duck").

Bean curd and beef ball soup (with "1 pad fresh white bean curd," p. 318). Whiting and bean curd soup (p. 327-28; a whiting is a type of fish). Flowery bean curd soup (p. 328-29). Bean curd casserole soup (p. 330-31). Tsa chiang mien (Noodles with minced pork and bean sauce, incl. "½ cup bean sauce," p. 365-66).

One glossy color photo (between pages 282 and 283) and a numbered key shows many ingredients used in Chinese cooking, incl.: 5. Dark soy sauce. 6. Hoi sin sauce. 7. Bean sauce. 8. Light soy sauce (both in tall-neck bottles). 16. Fresh white bean curd. 28. Dried brown bean curd [soy sauce pressed tofu]. 31. Dried bean curd sheets [clearly yuba, since light yellowish brown, semi-transparent, subtly wrinkled surface, and very thin]. 32. Fermented salted black beans (small pile).

Chapter 11, titled "Chinese ingredients..." (p. 419-40) contains many interesting terms and definitions, with Chinese characters accompanying each. Soy related are: Dried bean curd sheets [yuba] ("These paper-thin, light brown half circles are very fragile and are often broken; they can be repaired by wetting and overlapping the broken edges. They are sold in packages of 10 and will keep for 3 to 4 months without refrigeration." Eventually they will turn rancid, since they have a high oil content"). Dried brown bean curd (3 Cc = Chinese characters given) [doufugan; soy sauce pressed tofu]. Dried red beans [azuki].

Fermented salted black beans (2 Cc) [douchi, dow see]: "An ingredient of Cantonese cooking but virtually unknown

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elsewhere in China, these black [soy] beans, sometimes simply called 'Salted Black Bean' are sold in 1-pound cans or in 8- and 16-ounce plastic bags. They will keep for months if stored in the refrigerator in a covered jar." Fresh white bean curd (2 Cc) (doufu). Ground bean sauce (3 Cc): Contains "the same ingredients as Bean Sauce, except the whole beans have been ground to a paste. It is sold in oblong 1-pound cans." Hoi Sin Sauce (3 Cc): "Made from pumpkin."

Red bean curd sauce (4 Cc): "A thick sauce made from soy beans, red rice, and salt water, this is available in 11-ounce oblong cans and also in 12-ounce round cans labeled 'bean curd.'"

Note 3. This is the earliest English-language document seen (March 2011) that uses the term "Red bean curd sauce" to refer to a commercial product made with red fermented tofu.

Sesame oil. Sesame paste. Sesame seeds. Shao Hsing Wine (made from rice). Soy sauce (2 Cc) [jiangyou]: Color ranges from light to very dark. The "difference lies more in the color than in the flavor." Sold in tall-neck bottles ranging for 12-21 ounces. "The soy sauce generally sold in American supermarkets is light soy sauce–it is most suitable used as a dip or in some stir-fry dishes but in general is too light to lend an appetizing color to a dish. Dark soy sauce, usually found only in Chinese markets, is sometimes labeled 'Black Soy.' Soy sauce will keep for months and sometimes years without refrigeration."

There follows a nationwide directory of sources for Chinese ingredients.

Also mentions: Eight precious jewel pudding (with "1 cup dried red [azuki] beans," p. 406-07). Red sand rice roll (with "1½ cups dried red [azuki] beans," p. 408-09).

"Craig Claiborne was food editor of *The New York Times* from 1957 to 1971. During this period he was credited by the Chinese-American Restaurant Association of Greater New York with significantly raising the level of public interest in Chinese food, and thus the standard of Chinese restaurant fare." A large, excellent color photo on the rear dust jacket shows Craig Claiborne and Virginia Lee preparing a meal together in a kitchen. Address: East Hampton, Suffolk Co., New York (on the eastern tip of Long Island).

2961. Food and Agriculture Organization of the United Nations (FAO). 1972. A selected bibliography of East-Asian foods and nutrition arranged according to subject matter and area. [Washington, DC]: Food and Agriculture Organization of the United Nations; U.S. Dept. of Health, Education, and Welfare. vii + 296 p. Dec. 27 cm. [1500* ref]
• ***Summary:*** This book has two title pages and can be cited in two ways. See Leung (1972). Address: Dep. of Health Education and Welfare.

2962. Furia, Thomas E. ed. 1972. CRC handbook of food additives. 2nd ed. 2 vols. Cleveland, Ohio: CRC Press (a Division of The Chemical Rubber Co.). Vol. 1: xi + 998 p. Vol. 2. 412 p. Index. 27 cm. [624* ref]
• ***Summary:*** The many chapters are published by various authors. Contents of Vol. 1: Introduction. 1. Enzymes. 2. Vitamins and amino acids. 3. Antimicrobial food additives. 4. Antioxidants as food stabilizers. 5. Acidulants in food processing. 6. Sequestrants in food. 7. Gums. 8. Starch in the food industry. 9. Surface active agents. 10. Polyhydric alcohols. 11. Natural and synthetic flavorings. 12. Flavor potentiators. 13. Nonnutritive sweeteners. 14. Color additives in food. 15. Phosphates in food processing.

Contents of Vol. 2: Legal considerations on food additives. Antioxidants as stabilizers for fats, oils, and lipid-containing foods. Enzymes. Nonnutritive sweeteners: Saccharin and cyclamate. New sweeteners. Natural and artificial flavors. Synthetic food colors.

Vol. 1: Chapter 12, titled "Flavor potentiators" (p. 513-21), by Loren B. Sjöström (Vice-President, Arthur D. Little, Inc., Cambridge, Massachusetts) notes (p. 513): "In the context of flavor, the term 'potentiator' is only a few years old. The identification of flavor potentiators is a twentieth century accomplishment, an area of research still in its infancy." Yet seasonings (such as salt), as well as herbs and spices, have been used since ancient times.

The section on "Flavor enhancers" begins (p. 515): "The best known and most widely used flavor enhancer is monosodium glutamate (MSG). In 1866, a German chemist, Ritthausen, isolated glutamic acid. Later another chemist converted the acid to a sodium salt, monosodium glutamate. In doing their work, neither had any interest in flavor.

"More than 40 years later, in 1908, a Japanese chemist at the University of Tokyo, Dr. Kikunae Ikeda, discovered the flavor enhancing properties of MSG. Dr. Ikeda had set out to find out why and how a certain seaweed, *Laminaria japonica*, affected flavor. Japanese cooks had used this seaweed for centuries to improve the flavor of soups and certain other foods. Dr. Ikeda discovered that the ingredient in the seaweed that made the difference was MSG, and that it had an unusual ability to enhance or intensify the flavor of many high protein foods.

"After isolating MSG, Dr. Ikeda developed a process for extracting it from wheat flour and other flours. Working with the Japanese chemical company, Suzuki and Co., he supervised the construction of a plant and, as a partner with the company, began commercial production of MSG in 1909.

"There were several attempts to produce MSG in the United States in the years following, but it was not until the 1940's that large-scale MSG production began in this country. By 1968, U.S. production had grown to 46 million pounds per year and world consumption had increased to more than 150 million pounds per year."

The section titled "Types of potentiators" discusses 5'-nucleotides, maltol, dioctyl sodium sulfosuccinate, and

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several others. The 5'-nucleotides are synergistic with salt, and especially with MSG; they can have something like a multiplier effect in increasing the effectiveness of salt or MSG.

Note: Soy does not appear in the index of this book. Nor can we find it mentioned in Chapter 12. Yet there are scattered mentions throughout the book: Soy protein concentrate (p. 5). Soy sauce, tamari sauce, and miso–made for centuries in the Orient using fungal protease (p. 59). Studies on breads supplemented with soy, nonfat dry milk, and lysine (p. 114).

Experimental use of esters of *p*-hydrobenzoic acid in soy sauce and other foods (p. 128). Gas sterilants: Ethylene and propylene oxides. The ethylene oxide process was used during World War II to reduce the bacterial counts in soy flour and cereal products used in processed meat products for the Armed Forces (p. 156). An excellent acidulant for hams and soy bean curds [tofu] has been obtained by coating citric acid with suitable animal or plant oils (p. 242-43).

"Synthetic aroma for soy sauce," by K. Ebihara. 1954 Japanese patent No. 5250'54 (p. 258). Soy flour as a widely used binder for processed meat (p. 425). Soy flakes (31.5% parts by weight) and soy hulls (3.0%) as ingredients in "Soft moist pet food" (p. 445).

Cake doughnut mixes sometimes contain soy flour (p. 656). Completely synthetic coffee whiteners usually contain a combination of vegetable fats, sodium caseinate or soy protein, gums as viscosity stabilizers, phosphate or citrate salts as stabilizers for the proteins and as buffering agents, corn syrup solids or sugar as sweeteners and bodying agents, liquid-type emulsifiers, and colors to duplicate the color of cream (p. 671-72). Whipped toppings are used to replace high-fat cream products just as coffee whiteners are used to replace low-fat cream products. Both use protein, which may be soy protein (p. 672).

Imitation sour cream, sour cream dressings, and chip dips. Replacements for fermented cream products represent a growing market These non-dairy products contain vegetable oil / fat, protein (either soy protein or sodium caseinate [derived from milk], gum stabilizers, etc., p. 673). When partially hydrolyzed soy protein and sodium hexametaphosphate (SHMP) are added to dried egg white, an angel food cake mix can be prepared in which all of the ingredients can be included in a single mixing stage (p. 679). Gelsoy, a patented soy protein made from specially processed, defatted and dehulled soybean flakes, is reported to have improved water- and fat-binding capabilities when treated with SHMP (p. 746, 778).

Improving protein whipping properties: Sevall and Schaeffer prepared protein whipping compositions from soy protein by combining the protein with SHMP etc. (p. 747). Gunther made an entirely new whipping protein composition by combining an enzyme-modified soy protein similar to Gelsoy, with gelatin and a polyphosphate (p. 747). A long table on the regulatory status of direct food additives mentions "Isolated soy protein" (p. 874-75); its use as a binder is regulated by the Meat Inspection Division (MID) of the USDA.

The word "soybean" is mentioned on 22 pages; all of these concern soybean oil except when noted (p. 65 {soybean protein}, 67 {soybean meal, soybean flour / flours}, 99, 114 {soybean products}, 192, 193, 197, 198, 207, 221, 222, 263, 264, 280, 289, 290, 319 {the soybean plant resembles the guar plant}, 350 {soybean protein, soybean methylcellulose}, 424, 746 {soybean flakes}, 747 {soybean protein}, 749 {soybean milk}). Address: Technical Development Manager, Industrial Chemicals Div., Geigy Chemical Corp., Ardsley, New York; President, Intechmark Corp., Palo Alto, California.

2963. Goldsmith, Maureen. 1972. The organic yenta. New York, NY: Antheneum. xii + 179 p. 23 cm.
• ***Summary:*** Note: *Webster's Dictionary* defines yenta (derived from the Yiddish *yente* = vulgar woman, probably from the name *Yente,* and first used in 1939) as "one that meddles; also a blabbermouth or gossip." The author describes a yenta as "a woman who likes to stick her nose into everybody's business."

Being a single, 25-year-old hippie-type young woman of Jewish ancestry "whose zest for eating good food is surpassed only by her zest for serving good food," she formed the Organic Yenta Eating Club, which allowed her to cook for 20-30 friends at her house. Initially her meals were meat-based continental favorites. Eventually she started to cook natural food, vegetarian recipes to please a man she was dating. He favorite foods (shrimp, lobster, and crab meat) were considered traif (not to be eaten) by Jews. Then she recalled the important distinction in Jewish cookery between meat meals (fleischig) and nonmeat meals (milchig)–a distinction that many non-Jews (goyim) are not aware of. So she developed many Jewish vegetarian recipes.

Soy-related recipes include: Soy sprouts (p. 19-20). Almond fried rice (with fried tofu and soy sauce, p. 48-49). Lentils and nuts (with fried tofu, p. 57). Tofu (homemade from soy flour, p. 58). Organic yenta's "meat loaf" (with cooked soybeans, p. 58-59). Roasted soybeans (p. 60). Soy-cabbage salad (with cooked soybeans, p. 117-18). Address: San Francisco, California.

2964. Harris, Thelma Bruner. 1972. Good foods for good health: A cookbook featuring menu tips and easy-to-prepare recipes calling for the use of vegetables, fruits, grain foods, nuts, and dairy products. Nashville, Tennessee: Southern Publishing Assoc. 223 p. Illust. Index. 22 cm.
• ***Summary:*** A Seventh-day Adventist vegetarian cookbook. Soy-related recipes include: Soy-wheat bread (with soy flour, p. 27). Tofu patties (p. 75). Soybeans–Boston style (if possible use "the immature or quick-cooking variety,"

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p. 84). Soybean croquettes (with cooked soybeans, p. 84). Green soybean succotash (with green soybeans [not clear whether fresh or dry], p. 84-85). Soybean loaf no. 1 and 2 (with pureed soybeans, p. 85). Prosage croquettes (with Prosage sausage-like food made by Worthington Foods, p. 112; other entree recipes on pages 112-20 used brand-name soy and/or gluten products made by Seventh-day Adventist food companies, such as Veelets, Yum, Proteena, Soyameat frozen White Meat, Choplets, Soyameat Fried Chicken Style, Vegeburger, Wham, and Vegelona). Soy sugar cookies (with soy flour, p. 171).

2965. Hewitt, Jean. 1972. The New York Times natural foods cookbook. New York, NY: Avon. 434 p. Index. 18 cm. [147* ref]

• ***Summary:*** Contains a surprisingly large collection of soy-related recipes, and several innovative uses for tofu, considering this relatively early date. The following recipes list soy in the title. Note that all use whole dry soybeans (WDS) as the main soy ingredient unless otherwise stated in the title or in parentheses: Soy cheese appetizer (with tofu, p. 7). Soybean dip (p. 14). Vegetable-soy soup (p. 46). Soy chili (p. 73). Soy meat loaf (p. 80). Vegetarian sausages (p. 111). Soybean soufflé (p. 111). Soybean and nut loaf (p. 112). Soybean and vegetable casserole (p. 112). Pressure cooked soybeans (p. 113). Baked soybeans I and II (p. 113-14). Soy burgers (p. 115). Soy-rice burgers (p. 115). Soybean patties (p. 116). Broiled soy cakes (p. 116). Curried soybeans (p. 155). Soybean pistou (p. 156). Soybeans with tomato sauce (p. 156). Cooking dried soybeans (p. 157-58). Soybean cheese or curd (p. 158; how to make tofu at home using 1½ cups dried yellow soybeans and 1/3 cup lemon juice; this recipe will not work since the soybeans are never ground!). Marinated soybean salad (p. 181). Avocado-tofu dressing (p. 187). Basic tofu dressing (p. 190). Corn meal mush and soy grits (p. 211). Soya-carob bread (with soy flour, p. 257). Soy butterscotch pudding (with soy milk, p. 322). Soy nut coffeecake (with soy flour, full fat or low fat, p. 353). Soya cookies (with soy grits, p. 376). Soy mayonnaise (with soy flour, p. 394). Soybean spread (with WDS or soy flour, p. 394).

Although this book is not wholly vegetarian, it does contain a large selection of vegetarian entrees.

Note: This is the English-language document seen (Jan. 2007) that contains the term “Soy burger” (or “soy burger”).

2966. Hewitt, Jean. 1972. The New York Times heritage cook book. New York, NY: Putnam. xviii + 804 p. Illust. (full page color photos; line drawings by Ray Skibinski). Index. 25 cm.

• ***Summary:*** This monumental American cookbook contains more than 2,100 recipes organized by region, from the Northeast to the Northwest.

Soy related recipes: Teriyaki appetizer–Hawaii (with “½ cup soy sauce” and “2 pounds round steak, cut into strips,...” marinated and skewered, p. 660).

Tempura, with soy mustard sauce–Hawaii (with “1/3 cup soy sauce, preferably imported,” p. 663).

Miso-shiru (Bean paste soup)–Northern California (with “2½ tablespoons miso paste {fermented bean curd paste [sic]},” and “1 fresh tofu {fresh bean curd}, cubed,” p. 667).

Ruby’s teriyaki–Northern California (with the sauce composed of “2 cups imported soy sauce,” mirin, 1 cup sugar, grated fresh gingerroot, catchup, monosodium glutamate and crushed garlic, p. 695). Note: The sauce can be used with beef (“4 pounds boneless top sirloin”) or chicken (2½-3 lb).

Ruby’s sukiyaki–Northern California (with “2 cakes fresh tofu {fresh bean curd, see note”} and “½ cup imported soy sauce,” p. 696-97). “Note: Tofu is available in oriental food stores.”

Fried chicken in teriyaki sauce (with “2 cup imported soy sauce” and 1 cup sugar, p. 702-03).

A brief biography and portrait photo of Jean Hewitt appear on the inside rear dust jacket.

Note: Many recipes call for optional monosodium glutamate. Address: Food reporter and home economist, The New York Times.

2967. Horton, Lucy. 1972. Country commune cooking. New York, NY: Coward, McCann & Geoghegan. 232 + [8] p. Illust. by Judith St. Soleil. Index. 24 cm.

• ***Summary:*** A nostalgic memoir (for those who came of age at this time) of the world of young Americans in communes in the early 1970s, with many fine illustrations (see p. 27). The author, raised in New York City and educated at Bryn Mawr (Pennsylvania, with a major in classical archaeology), earned her traveling money by working as a live-in maid and cook for a rich “Park Avenue Lady” before embarking on the project that became this book. She hitchhiked to San Francisco, arriving in June 1971, then spent most of the next year visiting 43 communes in 12 states and Canada, and collecting recipes from each. There she found “a New Age of Food Consciousness.” The main topic of conversation and common interest at these intentional communities was not God or sex, but food. This book, with her 150+ favorite recipes, features natural and organic foods (with lapses). Most of the recipes from California and the West Coast are vegetarian, but in New Mexico and eastward (especially New England) she was “surprised to find that vegetarianism was more the exception than the rule” (p. 81). Thus, Chapter 3 is titled “Meat (and one fish).” There are recipes for chicken, fish, deer, goat, beef, etc.

The Introduction notes (p. 15): “The *sine qua non* of commune cooking is tamari soy sauce, an unspeakably delicious fermented Japanese product available in natural foods stores which bears no resemblance to commercial soy sauce” * (Footnote: *”Kikkoman soy sauce, available in

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supermarkets, tastes like tamari but contains a preservative").

"1. Soups: The commune soups I sampled were typically of mixed vegetables with a tomato or miso (p. 159) base" (p. 27).

Tamari chickbits (p. 94, with chicken). Note about soy grits (p. 114). Sprouts (p. 135-36, many kinds including alfalfa, mung beans, soybeans, from Terra Firma, Oregon). Miso Almond Sauce (p. 158-59). Tamari gravy (p. 159). Soy-related recipes include: From Chapter 2, "Vegetarian main dishes"–Donna's soyburgers (p. 60-61, with whole soybeans, from California). Soy cheeseburgers (p. 61-62, with whole soybeans, from Moon Garden, Oregon). Suzy's soybean casserole (p. 63-64, from Breadloaf, New Mexico). Baked soybeans (p. 64-65, from Woolman Hill School, Massachusetts). Larry's tofu (soy cheese) (p. 65-68, homemade tofu from whole soybeans, from Om Shanti, Mendocino County, California). Breakfast cereal with roasted, salted soybeans (p. 163). Soy spread (p. 227, with soy flour, from The Motherlode, Oregon). Soy nuts (p. 229-30, baked, soaked soybeans with oil and salt). A photo on the rear cover shows the author, age 27, with long blonde hair, granny glasses, and blue denim overalls. Says Raymond A. Sokolov: "Lucy Horton has done more than collect exotic recipes... she has assembled the crucial artifacts of a movement within The Movement."

Also discusses (see index): Adelle Davis, gluten (wheat), granola, ground nuts, macrobiotic diet, peanuts. Address: Derby, Vermont.

2968. Hosking, Richard. 1972. A dictionary of Japanese food: Ingredients & culture. Boston: Tuttle Publishing. 239 p. Illust. by Richard C. Parker. Index. 19 cm. *
• ***Summary:*** An excellent, accurate book. The basic entry for each word is given under its Japanese name (thus *daizu* rather than soybeans). Each entry includes the Japanese term in kana (usually hiragana) and (usually) kanji (Chinese characters). One hundred small illustrations are very helpful. Address: Prof. of Sociology and English, Hiroshima Shudo Univ., Japan.

2969. Japanese National Tofu Assoc. 1972. Tôfu shûsetsu [Tofu: Collected theories. (Tools and techniques for making tofu in the traditional way)]. Tokyo. 40 p. [Jap]
• ***Summary:*** This is a reprint of original 1872 edition.

2970. Kawashima, Masao. 1972. Genjodakai was reizo tôfu de [Breakthroughs in production of dried-frozen tofu]. *Reishoku Sangyo* (*Refrigerated and Frozen Food Industry*) 1(3):65-69. [Jap]
Address: Habutae Tofu Co. Ltd., Shokuryo Kagaku Kenkyu Shitsu-cho, Nishi Kanazawa 2-162, Kanazawa-shi, Ishikawa-ken 921, Japan.

2971. Liener, I.E. 1972. Nutritional value of food protein products. In: A.K. Smith and S.J. Circle, eds. 1972. Soybeans: Chemistry and Technology. Westport, CT: AVI Publishing Co. xiii + 470 p. See p. 203-77. Chap. 7. [417 ref]
• ***Summary:*** Contents: 1. Introduction. 2. Protein and amino acid requirements of man: Protein requirements, amino acid requirements. 3. Evaluation of protein quality: Amino acid composition, biological techniques involving animals, protein efficiency ratio (PER), N-balance studies, plasma amino acids, experiments with human subjects, amino acid availability, in vitro techniques (physical tests, available lysine, tests for biologically active components [urease, trypsin inhibitor], enzymatic and microbiological techniques). 4. Nutritional significance of other soybean constituents: Available energy, vitamins (fat-soluble vitamins, water-soluble vitamins), minerals (calcium, phosphorus, zinc, other minerals), unknown growth factor(s).

5. Factors affecting the nutritive properties of soybean protein: heat treatment, supplementation with amino acids, storage, germination, effect of antibiotics, dietary source of carbohydrate. 6. Soybean products used for human consumption: Soybeans as a vegetable, soybean flour (incl. Multi-Purpose Food (MPF), "toasted full-fat soy flour" {referred to in Japan as "kinako"}, soybean milk, soybean curd, other fractions, protein concentrates, protein isolates (use in infant foods, use in textured foods), fermented products (tempeh, natto, miso).

Note. This is the earliest English-language document seen (Nov. 2012) that uses the term "toasted full-fat soy flour" to refer to kinako.

7. Use of soybean products as protein supplement: As supplement to wheat protein (bread, other baked goods), as supplement to corn, as supplement to rice, use in vegetable protein mixtures, peanut and other oilseed proteins, blends containing corn, other cereals and legumes. Address: Univ. of Minnesota.

2972. Maruhi. 1972. Tôfu ryôri, hyaku-sen [Tofu cookery, one hundred favorite recipes]. Tokyo: Sankosha Katei Buhen, Maruhi. 165 p. [Jap]

2973. Nakao, Sasuke. 1972. Ryôri no kigen [The origin of foods]. Tokyo: Nihon Hoso Shuppan Kyokai (Japan Broadcast Publishing Association). 225 p. Illust. (some color). Maps. Index. 22 cm. Series: NHK Books No. 173. [Jap]
• ***Summary:*** The important chapter titled "The big natto triangle and miso," by Sasuke Nakao (p. 118-27) discusses natto, its relatives and ancestors in East Asia, and the "natto triangle" theory (with a map). Nakao hypothesized that natto (*itohiki natto*, made with one or more strains of bacteria) originated in the monsoon area of Southeast Asia, where there are East Asian evergreen forests. He considered Yunnan province in China to be the hypothetical center of natto's origin.

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He states: We don't know much about natto in Japan. Konnyaku was clearly mentioned in the literature of the Heian period [794-1185]. But natto was first mentioned later, during the Muromachi period [1336-1573], therefore I guess it came from Java [sic] at about that time. Many new things from Europe (such as guns) also entered Japan during the Muromachi period.

What I call the "Miso Group" is salted mold-fermented soyfoods–such as miso, shoyu, tamari, and fermented black soybeans (*douchi*)–that originated in northern China outside the Big Natto Triangle, then spread to central China and to other countries such as Japan and Korea. I have shown the Miso Group on the map in an oval to the upper right. So the triangle and the oval shows the locations of these two groups of processed, fermented soyfoods.

In the Big Natto Triangle we find a number of foods that originated in northern China, including konnyaku and sushi. Sake is also fermented with a mold–the koji mold. Bean sprouts (a great Chinese invention, using beans that are hard to cook) also exist in the Miso Oval, but they spread into many areas within the Big Natto Triangle including Burma and Java.

Nyufu [dairy cheese or yogurt; literally "decayed / spoiled milk"] and tofu: Tofu was also a great invention of northern China–an easy way to eat soybeans. Seen from this point of view, European ways of cooking beans are very primitive.

Note: Traditional European beans generally contain too little protein and too much carbohydrates (especially starch) to enable them to be made into tofu.

Mr. Shinoda Osamu has developed the theory that tofu was invented in China but not in ancient times; probably in the middle of the Tang dynasty [618-906], and it became popular in the middle Song dynasty [960-1279], at which time it became an alternative to *nyufu* made from dairy milk. What I call *nyufu* here is different from *funyu* (fermented tofu), which is made by fermenting tofu, appeared after the invention of tofu, and is found today throughout East Asia. It is difficult to know exactly what *nyufu* was; in my opinion it was probably like *dahi* from India. In any case, it is certain that there was a product in called *nyufu* shortly before the Tang dynasty and during the early Tang.

During most of Chinese history, except when the nomadic milk-consuming Mongols ruled China during the Yuan dynasty (1279-1368), animal milks were not part of traditional Chinese culture.

Tofu was in Japan by 1183 AD (see *Diary of Hiroshige NAKAOMI*, entry for 1183). Maybe tofu was brought in by Buddhist monks and consumed in and around Nara. By the end of the Muromachi period [1336-1573] the center of tofu making and use had moved to Kyoto.

Another interesting thing is that in southern China and in Sichuan province, there is a tofu named *reiki* [*li qi*, pronounced "lichi;" "morning prayer]." The name originally referred to *nyufu* but later it came to refer to tofu. The origin of the word *reiki* was considered to be Sanskrit or some European language. It may have been connected with *nyufu* and/or dahi or India. Also, if we consider *reiki* to be the original name of tofu, then *nyufu* and tofu may have originated in Sichuan or southern China and migrated up to Northern China.

In summary: Nakano's theory is based on the observation that there are many varieties of non-salted fermented soyfoods and soy condiments inside the "natto triangle." Yunnan province in southwest China, Thailand, Myanmar (Burma), Bhutan, Nepal, Indonesia, and Japan all fall within this triangle.

Note 1. This is the earliest English-language document seen (Jan. 2012) that contains the term "natto triangle." Yet this term can be misleading, especially for non-Japanese. Natto is the only non-salted fermented soyfood or soy condiment indigenous to Japan. Natto is made by fermenting whole, cooked soybeans with bacteria (*Bacillus natto*, or *Bacillus subtilis*) in a warm place (ideally 104ºF or 40ºC) for about 24 hours. According to various Japanese legends, natto originated almost 1,000 years ago in northeast Japan when cooked soybeans were placed in a rice-straw sack strapped over the back of a horse. The natto bacteria are found abundantly on rice straw, and the warmth of the horse's body aided the fermentation. Under these conditions, the fermentation would take place naturally, without intentional inoculation.

The "natto triangle" refers to the geographical area within a large triangle in East-, South-, and Southeast Asia–the only place in the world where non-salted fermented soyfoods and soy condiments are indigenous. A number of these–such as tempeh in Indonesia and unsalted fermented black soybeans in China–are fermented primarily with molds (e.g., *Rhizopus, Aspergillus*) rather than bacteria. The triangle has its three corners in northeastern Japan (on the northeast, for natto), northeastern India and Nepal (on the west, for kinema), and in Java (Indonesia, on the south, for tempeh). It is incorrect to think of tempeh as a type of natto–by any definition! Applying this correction to the "natto triangle" causes it to fall apart! Extensive research after 1972 on the early history of tempeh and natto gave no support to the conjecture that natto came from Java.

However the incorrect theory actually turned out to have powerful predictive value, especially as close relatives of natto were discovered in northeast India by Tamang and co-workers starting in 1988, more than 15 years after the "natto triangle" hypothesis was proposed.

Sasake Nakao was born in 1916. The chapter titled *Mame no ryôri* [Bean cookery] is on pages 115-26.

2974. National Food Research Institute. 1972. National Food Research Institute [Japan]. NFRI, Ministry of Agriculture and Forestry, Shiohama-cho 1-4-12, Koto-ku, Tokyo. 27 p.

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[144 ref. Eng]
• ***Summary:*** Contents: Brief history. Budget and personnel. Organization. General survey of the Institute. Major research area. Facilities and pilot plants. Reports and patents. Publications. Scholarship. Location.

In 1934, the Rice Utilization Research Laboratory was established by the national government. The first building of about 330 square meters was completed in 1935 at the present site. In 1944 the title of the Laboratory was changed to the Research Institute of the Bureau of Staple Food Administration, and investigations were directed toward the processing and utilization of unconventional food resources.

"Owing to the change in the food situation in Japan during World War II, the Institute carried out extensive research on the most efficient utilization of the nutrients in various foodstuffs, and on finding new food sources among various agricultural products, so as to meet the serious food shortage. This trend continued through the post-war period as the nation struggled with an even more acute food shortage problem. Fats and oils, fruits and vegetables, and fermented soybean products miso and soybean sauce were added as subjects of research.

"The Institute again changed its name to the Food Research Institute in 1947, and official analysis and standardization of food commodities were included in its activities... The Institute came to belong to the Food Agency in 1949 and later, in 1961, as a result of the reform in agricultural research administration, it was brought under the administration of the Agriculture, Forestry, and Fisheries Research Council together with other agricultural research establishments." The name was changed for a third time to the National Food Research Institute in 1970.

T. Watanabe is the Director of the organization. The fermentation research division is headed by H. Ebine, and consists of the following laboratories: Fermentation microbiology (M. Matsuno), fermentation chemistry (T. Ohta), industrial fermentation (H. Ito), mycotoxin (H. Ebine), resources utilization (N. Tsumura). The nutrition research division is headed by S. Kimura.

Note: This institute moved from Tokyo to Tsukuba in Feb. 1979. Address: Shokuhin Sogo Kenkyujo, Tokyo, Japan.

2975. Sankosha Kateibu. comp. 1972. Maruhi tôfu ryôri hyaku-sen [One hundred top secret tofu recipes]. Tokyo: K.K. Sankosha. 165 p. Illust. No index. 18 cm. [Jap]
• ***Summary:*** Contents: Part I: 100 selected tofu recipes. How to cook tofu. Tofu cooking techniques/hints. How to drain tofu. How to treat/handle tofu. Tofu boiled/simmered/cooked in sauces. Broiled tofu. Steamed tofu. Pickled, raw, boiled, tossed tofu. Sauteed tofu. Deep fried tofu. Part II: Information about tofu. History of tofu. Tofu was born in China. Origin of the name "okabe." Other names for tofu. Various types of tofu. Names of tofu. Cruel tofu recipes. How to make tofu recipes tasty. Japanese cooking and the taste of tofu. The relationship between tofu and miso soup. How to make good tofu miso soup. How to cut tofu for miso soup. Good ingredients for tofu miso soup. Good ingredients for tofu soups. To what degree are you interested in tofu? Tofu is the best healing food. Tofu is valued overseas. If you don't eat tofu, you lose! How to make tofu. Changes in the prices of tofu products. Did you know...? Address: Tokyo, Japan.

2976. Smith, A.K.; Circle, S.J. 1972. Protein products as food ingredients. In: A.K. Smith and S.J. Circle, eds. 1972. Soybeans: Chemistry and Technology. Westport, CT: AVI Publishing Co. xiii + 470 p. See p. 339-88. Chap. 10. [180 ref]
• ***Summary:*** Contents: 1. Flavor: Taste panel results, flavor components, plastein formation and flavor, plastein formation and nutrition, some food uses tolerant of soy flavor. 2. Bread and pastries: Soy flour history, effect of soy flour on baking characteristics, soy protein isolate in bread, soy flour and flavor, enzyme active soy flour, soy flour in Britain, detecting of soy flour in wheat flour. 3. Other baked goods: General, doughnuts, snack products. 4. Breakfast cereals. 5. Macaroni products. 6. Dairy-type products: Imitation milk, soy milk, filled milk, soybean cheese, imitation cream cheese, coffee whiteners, whip toppings, and frozen desserts, yogurt type products. 7. Comminuted meat products and meat analogs: Comminuted meat products, meat analogs, spun fiber type meat analog, extrusion-cooked type meat analog, heat-gelled type meat analog, meat fibers in heat-gelled protein matrix, assay of soy protein products in meat-type foods. 8. Gelling and aerating agents: Gelsoy as gelling agent, soy protein isolate as gelling agent, soy protein isolate as aerating agent, soy whey protein as aerating agent, enzyme modified isolates as aerating agent, foam-mat drying adjunct, foaming agent for soda water. 9. Miscellaneous food applications: Brew flakes, soups, gravies and sauces, confections, imitation nut meats, and [soy] nut butters, spray drying adjunct. 10. Nonfermented Oriental soybean foods: Introduction, Chinese soy milk, dried soybean whole and defatted milks, tofu (fresh tofu, bagged tofu, dried tofu, fried tofu), yuba, kinako ("The Japanese have a product which is similar to full-fat soy flour except that it is made from whole roasted soybean and this contains the seed coat"), soybean sprouts (compositional changes).

Concerning Brew Flakes (p. 373): "Soy flakes, grits, and peptones have been used since about 1937 or earlier (Burnett 1951) as adjuncts in brewing beer. Grits and ground meal from screw press processing were the first products used in brewing but later they were replaced by solvent-extracted flakes. The best results are obtained with flakes or flour having a high NSI (nitrogen solubility index) with a minimum of heat treatment in processing. Up to 0.75 lb. of flakes per barrel of beer has been recommended by Hayward

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(1941).

"The flakes may be used in the normal mashing operation to provide amino acids, peptides, minerals, and vitamins as nutrients for the yeast. It was reported by Wahl (1944) and Wahl and Wahl (1937) that addition of hydrolyzed soybean protein directly to the beer improves foam stability, flavor, and body of the beer." Address: NRRL, Peoria, Illinois.

2977. Smith, A.K.; Circle, S.J. 1972. Historical background (on soybeans and soybean foods). In: A.K. Smith and S.J. Circle, eds. 1972. Soybeans: Chemistry and Technology. Westport, CT: AVI Publishing Co. xiii + 470 p. See p. 1-26. Chap. 1. [53 ref]

• ***Summary:*** Contents: 1. Introduction. 2. U.S. history: Introduction of soybeans, processing for oil, soybean oil. 3. Soybean meal and protein: Animal feed industry, poultry industry, industrial uses. 4. Soybean production. 5. Oriental history: Ancient history, Oriental fermented foods (shoyu, miso, tempeh, ontjom, natto, hamanatto, tao tjo [Indonesian-style miso], kochu chang, ketjap), Oriental nonfermented foods (soybean milk, tofu), wedge press. 6. Soybeans and world food problems: Green Revolution, protein supplements (high protein food formulations, AID funded), amino acids, CSM, cottage industries (tofu, kinako).

Concerning industrial uses (p. 8-9): Soybeans rose in popularity as an agricultural crop in the USA at a time when other crops such as corn, wheat, cotton, and tobacco were being produced in surplus quantities. Soybeans took over much of the acreage vacated by these crops. "At that early period it was the hope of many leaders of agriculture, government, and industry that much of the oil and protein of the soybean could be diverted from the food and feed industries into industrial products such as paints, varnishes, soap stock, plastics, adhesives, plywood glue, paper coating and lamination, paper sizing, textile fibers, and other uses... In 1936 the US organized the Regional Soybean Industrial Products Laboratory for this purpose. These new industrial uses were expected to help relieve the problem of farm surpluses... In 1935 the Glidden Company built the first plant for the isolation of industrial grade soybean protein (transferred to Central Soya in 1958). The largest use of industrial grade protein is in the paper-making industry, for coating and sizing of paper board.

"After World War I, soybean meal, because of its low cost, replaced casein as an adhesive for Douglas fir plywood glue, where it still retains a substantial part of the market for the interior grade product."

"While soybean proteins have several important industrial applications, especially in the paper industry for coating and sizing paper, which are expected to continue for years to come, the original dream of an ever-expanding industrial market [for soy proteins] has faded. In the polymer market it appears that for most applications the proteins cannot be made competitive with the increasing number of low cost, high quality synthetic resins... It is generally recognized that the increasing demand for proteins for feed and food will greatly surpass the anticipated industrial uses."

A graph (p. 1) shows: Soybean production in the United States for seed, 1940-1970. Address: 1. Oilseeds Protein Consultant, New Orleans, Louisiana; 2. Director, Protein Research, W.L. Clayton Research Center, Anderson Clayton Foods, Richardson, Texas.

2978. Smith, Allan K.; Circle, Sidney J. eds. 1972. Soybeans: Chemistry and technology. Vol. 1. Proteins. Westport, Connecticut: AVI Publishing Co. xi + 470 p. Illust. Index. 24 cm. [500+ ref]

• ***Summary:*** One of the best and most comprehensive reviews on the subject, with extensive information on modern soy protein products. Each of the 12 chapters is written by an expert on the subject, and each is cited separately. Volume 2 was never published. Address: 1. PhD, Oilseeds protein consultant, New Orleans, Louisiana; 2. PhD, Director, Protein Research, W.L. Clayton Research Center, Anderson Clayton Foods, Richardson, Texas.

2979. Smith, A.K.; Circle, S.J. 1972. Appendixes: Glossary of soybean terms: Terms used in conjunction with the processing of soybeans and the utilization of soy products. Official standards of The United States for soybeans. In: A.K. Smith and S.J. Circle, eds. 1972. Soybeans: Chemistry and Technology. Westport, CT: AVI Publishing Co. xiii + 470 p. See p. 438-56. Appendix. [4 ref]

• ***Summary:*** Glossary: Soybean(s), soybean processor, soybean processing (solvent extraction, mechanical processing, pre-press solvent processing), soybean oil, crude soybean oil, edible crude soybean oil, refined soybean oil, edible refined soybean oil, hydrogenated soybean oil, degummed soybean oil, winterized oil, technical grade refined soybean oil, soybean fatty acids, soybean soapstock, acidulated soybean soapstock, soybean lecithin, break material, sludge.

Soybean products: Ground soybeans, ground soybean hay, soybean hulls, solvent extracted soybean feed, soybean meal, dehulled solvent extracted soybean meal, soybean mill feed, soybean mill run, heat processed soybeans, nitrogen free extract (N.F.E.).

Standard specifications: Soybean chips, soybean cake, 41% protein soybean meal, soybean flakes, 44% protein soybean meal, dehulled soybean flakes, 50% protein solvent extracted soybean meal.

Soybean proteins: Soy flour, soy grits, soybean meal, defatted soy flour, low-fat soy flour, high-fat soy flour, full-fat soy flour, lecithinated soy flour, protein, isolated protein, toasting, textured protein products (TPP), meat analogs. Definitions: Soy grits and/or soy flour, isolated soy protein, soy protein concentrate.

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Vegetable fats: Margarine, vegetable shortening.

Oriental foods: Soy sauce (shoyu), soy milk, miso, tofu, dried tofu, aburaage, kinako ("Ground toasted soybeans, used for making Japanese-style cakes" [confections]), namaage, ganmodoki, tempeh, natto, yuba, moyashi (soybean sprouts), vanaspati, ghee.

Official standards of the U.S. for soybeans. Soy flour standards. Analytical data range of commercial soy protein. Some U.S. companies marketing soy protein food ingredients. Nitrogen solubility index (NSI). Protein dispersibility index (PDI). Urease activity. Water absorption of soy flour. Address: 1. Oilseeds Protein Consultant, New Orleans, Louisiana; 2. Director, Protein Research, Anderson Clayton Foods, Richardson, Texas.

2980. Thio, Goan Loo. 1972. Soybeans, soybean products and their application: A brochure prepared for a programme of introduction of soybeans for human nutrition in the Republic of Zambia. Royal Tropical Institute, 63 Mauritskade, Amsterdam-East, Netherlands. Annex III in Thio 1972, Introduction of Soybeans for Human Nutrition, Republic of Zambia. See p. 19-36. June. [Eng]
• ***Summary:*** Contents: Introduction. Soybeans. Soybean products (incl. immature soybeans in the pods): Soymilk, soybean curd (soybean cheese or toufu [tofu]), soy steak (tempeh). Applications of soybeans and soybean products: Fried soybeans, boiled young whole soybeans, fried soybean curd (fried toufu), dried sliced toufu (toufu crisp), soymilk residue flour [ground okara], soycroquettes (soyrolls), soybiscuits, vegetable soysoup, soy-omelette (toufu omelette), toufu salad with peanut sauce, soy maize bread. Appendix: Average chemical composition of soybeans. Address: RTI, Amsterdam East, Netherlands.

2981. Tsuda, T.; Oshita, T.; Kobayashi, K.; Itoo, S. 1972. Shôjin ryôri; Daitoku-ji ryôri, Tansen-ji ryôri, Eihei-ji ryôri, Sôji-ji ryôri [Zen vegetarian cookery: From Daitokuji, Tansenji, Eiheiji, and Sôjiji]. Tokyo: Fujokai Shuppansha. 242 p. Illust. 22 cm. [Jap; eng]
• ***Summary:*** Written by the head cooks at four of Japan's best known Buddhist monasteries. A second edition was published in 1976.

On pages 78-79 is a description of Daitokuji-natto, a unique type of fermented black soybeans. They have what has been called "the flavor of tea." They are a type of "miso natto" made from soybeans, barley (*omugi*) and salt. The method of production, originally transmitted from China, was inherited from the famous Zen master Ikkyu [Ikkyû Sôjun, lived 1394-1481], who became head priest of Daitokuji temple in Kyoto in 1474. Future generations of monks and craftspeople at his personal sub-temple, Ikkyu, inherited the method from him and have passed it down to the present as a secret transmission.

At first the flavor of these savory chunks seems quite salty and a little sharp, but as you enjoy the flavor a little longer, overtones of subtle sweetness, tartness and spiciness emerge, creating a mysterious harmony.

Daitokuji fermented black soybeans are served in Japan in any of four ways: (1) Since long ago, tea masters and epicures have prized them for use in place of tea cakes (*chauke*) with thin whisked green tea or bancha tea. (2) In Ochazuke, they are sprinkled over hot rice in a small bowl, then doused with hot green tea. (3) Nowadays they are used as an hors d'oeuvre with sake or beer. (4) Occasionally they are pureed with dashi soup stock and used as an ingredient in refreshing summertime miso soups or simmered vegetable preparations (*nimono*).

The Ikkyu subtemple within Daitokuji is Japan's most traditional maker. The entire year's supply is made only during July and early August, in the heat of summer, when exposure to sunlight enables proper drying. After the earlier steps in the preparation, the beans are mashed, reshaped into small balls 3/4 inch in diameter, arranged in wooden trays each about 12 by 24 by 2 inches deep, and sun-dried. A photo shows the mashed, reshaped soybeans in wooden trays at Daitokuji, a major Rinzai temple in Kyoto, Japan. Address: 1. Ikkyu, Daitokuji; 2. Head priest, Tanzenji, Kamakura (Rinzai sect); 3. Eiheiji (Soto sect, Asst. head cook); 4. Sojiji (Asst. head cook).

2982. *Los Angeles Times.* 1973. Ease of shopping reduces efficiency. Jan. 11. p. K16.
• ***Summary:*** Any of the following will make a quick and interesting meal. "Use a fondue pot, a chafing dish or an electric skillet." The recipe for Sukiyaki Rosemary calls for "1 cake tofu (bean curd), cut into bite-size pieces."

2983. Misko, Karin. 1973. SeVa longevity cookery cookbook. Columbus, Ohio: Soybean Press. viii + 113 p. Jan. Illust. by Judy Post. Edited by Debora Bittaker. Introduction by Catherine Bicknell. 22 cm. [45 ref]
• ***Summary:*** A vegetarian cookbook from the SeVa Restaurant, printed on 100% recycled paper. Soy-related recipes include: Soy milk (p. 18). Tahini milk. Nut milk (p. 18). Miso vegetable soup (p. 25). Variety muffins (with soy flour, p. 36). Salad for Virgo (with green soybeans and roasted soybeans, p. 45). Miso-tahini sauce (p. 51). Brown sauce (with Tamari soy sauce or miso, p. 51). Stuffed cabbage rolls (with green soybeans and brown rice, p. 65). Campfire dinner (with cooked or canned soybeans, p. 65). Soy bean loaf (p. 73). Roasted soybeans (dry roasted, p. 84). Granola (with Soya granules, p. 84).

The glossary (p. 98-100) includes listings for cold-pressed oils, fertilized eggs, ginseng, glutin [sic, gluten], miso, seaweed, tamari soy sauce, and tofu ("a bean curd made from soybeans which is used for flavoring soups and sauces.")

Brand name products we use (p. 101; Note: Each

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contains soya). Smokene, Soyagen (spray-dried soymilk), and Vegeburger (Loma Linda Foods). Soya Granules (Fearn Soya Foods). Stripples (bacon alternative from Worthington Foods). Vege-Sal (Modern Products; flavored with soy bean extract). "Smokene: smoked seasoning spice made from toasted soy powder, dried yeast, soy sauce and condensed wood smoke. It is used for flavoring soups and sauces." Address: Columbus, Ohio.

2984. *Soybean Digest.* 1973. Zentoren [Japan Tofu Assoc.] opens new six-story center. Jan. p. 29.
• ***Summary:*** The Japan Tofu Association (*Zentoren*) "celebrated the opening of its new six- story center in Tokyo last Oct. 27. In attendance were Ministry of Agriculture and Forestry officials, staff of the agricultural attache's office, and industry leaders. Scott Sawyers, the American Soybean Assn.'s Far East director, represented ASA and presented the Tofu Assn. with a large wreath. The building had been in the planning stages since 1969 and the old building was torn down a year ago. Tofu is in wide use as a protein food in the Orient."

Photos show: (1) The six-story as seen from street level, outside. (2) A Japanese-style wreath (outside, at street level) presented by the ASA. Next to it is the wreath presented by Kakuei Tanaka, Prime Minister of Japan.

2985. *Mainichi Shinbun.* 1973. Zen no kokoro = ôtôfu [The heart of Zen = Tofu]. Feb. 20. [Jap]
• ***Summary:*** A large black-and-white photo shows William Shurtleff making tofu burgers at the tofu shop of Toshio Arai near Tokyo Japan. A processing / utilization chart drawn by Shurtleff shows how soybeans are transformed into thick soymilk (which is made into kinugoshi-dofu, or yuba), or thin soymilk (which is made into any of 7 types of tofu: oboro-dofu, aburage, o-tofu [*momengoshi*], atsuage, ganmodoki, yaki-dofu, or koya-dofu). Bill Shurtleff, age 31, comes from America, the world's main soybean producing country. He is living with the Aoyagi family at 278-28 Higashi Oizumi, Nerima-ku, Tokyo. His Book of Tofu is scheduled for publication in Sept. 1973. The article describes his appearance, then notes that he is a vegetarian doing Zen practice in Japan, which he feels is a very materialistic society. He is writing a book on tofu in large part to try to do something about the world food crisis. He is studying tofu at Sangen-ya under Mr. Toshio Arai. Mr. Arai notes that he has not yet finished his internship since he cannot yet make aburage by himself, but he should be "done" in about 3 months. Bill does translation work for his father's company and earns 30,500 yen/month which he lives off of. Akiko is his language teacher, so his Japanese has a feminine touch. There follows a brief description of Bill's favorite recipes: Ganmo burgers, Kori-dofu cutlets, Onion soup with tofu, and strawberry tofu whip.

Note: This is the earliest document seen (July 2012) concerning the work of William Shurtleff and Akiko Aoyagi with soyfoods, in Japan. Address: Tokyo, Japan.

2986. Cowan, J.C. 1973. Soybeans: Their uses are many and expanding all the time. *Crops and Soils Magazine* 25(5):10-14. Feb.
• ***Summary:*** Contents: Introduction. Processing needed. Oil products. Lecithin. Protein products. Texturized protein products. Foreign and fermented products. Future prospects. Address: NRRL, Peoria, Illinois.

2987. **Product Name:** Bean-curd [Tofu].
Manufacturer's Name: Mirim Trading Co.
Manufacturer's Address: 152 Harvard Ave., Allston, MA 02134. Phone: 783-2626.
Date of Introduction: 1973. February.

New Product–Documentation: Ads in East West Journal. 1973. 3(2):11. Feb. 28, and 3(7):39. July. Ad for Mirim Trading Company. "Specializing in traditional Korean, Japanese, and Chinese groceries." Products advertised include "bean-curd," sprouts, and seaweed. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Ad in East West Journal. 1975. Oct. 15. p. 58. The ad now mentions soy tofu rather than bean curd.

2988. Zell, Fran. 1973. Food: Man who skates with grace cooks with beauty. *Chicago Tribune.* March 3. p. 14.
• ***Summary:*** Sashi Kuchiki, a Japanese star with the Ice Capades, likes to cook. His recipe for Sukiyaki includes "1 block tofu (bean curd) cut into 10 or 12 1-inch cubes" and "1 cup soy sauce." A photo shows him jumping while ice skating.

2989. Townsend, Dorothy. 1973. Hanoi days filled by shared memories, ex-POW reports: 'Telling' movies and books. *Los Angeles Times.* March 5. p. A1.
• ***Summary:*** During the Vietnam war, POWs would re-tell movies to try to kill time. The food, which featured cabbage soup from Christmas on, is described. "Other side dishes might be [mung] bean sprouts or soy bean cake [tofu]."

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The latter wasn't bad, recalled Capt. John H. Nasmyth Jr., especially in the later years when "they started putting a sauce on it and it was pretty tasty." Note: This sauce was probably fish sauce (nuoc-mam), but it might have been soy sauce.

2990. Weaver, Peter. 1973. An overdose of vitamins? *Washington Post, Times Herald.* March 11. p. H4.
• ***Summary:*** This article consists of many questions and short answers–many unrelated to the title. "Q–I buy Tofu (soybean curd) at a health food store. The label states 'no preservatives,' but lists magnesium chloride [as an ingredient]. What's this?–M.K., Los Angeles, California."

"A–Magnesium chloride is not a preservative... theoretically its being used in your health food as a mineral additive. It doesn't have much nutritional value but its harmless."

This same question and answer also appeared in the *Los Angeles Times* on March 22, p. G15.

Note 1. Mr. Weaver apparently does not realize that magnesium chloride's main use is as a coagulant, to transform hot soymilk into curds and whey.

Note 2. Tofu is now being sold at health food stores in Los Angeles.

2991. Yoshikawa, Seiji; Nishimaru, Shinya; Tamura, Shinpachiro; Ishima, Toshio. 1973. Shokuhin no juyô yosoku no tame no imêeji chôsa: Sôshû-kei deeta [A sampling survey of consumer's image of 104 foodstuffs in Japan]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 28. p. 355-69. March. [3 ref. Jap]
• ***Summary:*** Soyfoods analyzed in the survey are: 21. Tofu. 22. Natto. 71. Miso. 72, Shoyu.

Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 19(4):165-79 (1972). Address: National Food Research Inst., MAFF, Tokyo, Japan.

2992. Oberdorfer, Don. 1973. Meat prices–Japanese pay more, eat less. *Washington Post, Times Herald.* April 7. p. A1, A13.
• ***Summary:*** Tokyo, April 6–The price of meat has been rising in both Japan and the United States. After several hours of research in Tokyo butcher shops, the writer's wife, Laura, found a bargain, frozen sliced beef for only $1.60/lb. "She used almost two-thirds of a pound, combined with tofu (soybean curd), Chinese cabbage, spring onions [negi] and mushrooms in seasoned broth, to feed our family of four a Japanese dish known as *shabu-shabu."* A bowl of rice–the staff of life in Japan–rounded out the dinner.

2993. *Los Angeles Times.* 1973. Sukiyaki (Letter to the editor). April 19. p. J31.
• ***Summary:*** Mrs. K.P. requests a recipe for sukiyaki, which is given. It calls for "1 cape [sic, cake] tofu (soy bean curd)" and ½ cup soy sauce.

2994. Takai Seisakusho. 1973. Sarani susumu tôfu puranto no gôrika [Further progress in the efficiency of the tofu factory]. Aichi prefecture, Japan. 4 p. April 21. 30 cm. [Jap] Address: Aichi prefecture.

2995. Chow, Kin-wan. 1973. Dining out tricky in Hong Kong: Menu pitfalls. *Christian Science Monitor.* March 22. p. C7, 20.
• ***Summary:*** "I'd like to advise Americans to use soy sauce sparingly, if at all, when eating in a Chinese restaurant. Many seem to pour soy sauce on their dishes as if it were salt, which would really upset the chef if he saw it."

"For four people, you might like... bean curd with almond cream and mixed fruit." Or try "diced chicken with soya bean sauce."

2996. Brooks, Charles. 1973. Bay Area cooks use tofu as a substitute for meat. *Christian Science Monitor.* April 26. p. 12.
• ***Summary:*** San Francisco–One way consumers here are trying to beat rising meat prices is by using tofu (pronounced toe-foo), or Chinese soybean cake, which is now sold in many Bay Area supermarkets. Also called "bean curd" and "meat without bone," tofu originated some 2,200 years ago in northern China. It has long been a key protein source for Buddhist monks and other vegetarians. Now a new generation of young, hip-looking customers are discovering tofu, which retails for about 55 cents a pound in neighborhood supermarkets, and about 45 cents a pound in Chinatown. Since it has no fat and no bones, its the best buy around.

Many people are looking for tofu recipes. Some good ones can be found in *An Encyclopedia of Chinese Food and Cooking,* by W.W. and I.B. Chang, H.W. and A.H. Kutscher (Crown Publishers, New York). There are three basic types of tofu. A Chinese recipe for "Bean curd with tomato (*Dow fu fan keh*)*"* is given. It calls for "6 cakes bean curd, cubed."

2997. Ready, Anne. 1973. Visitor echoes price complaints: High cost of sukiyaki. *Los Angeles Times.* April 26. p. J2.
• ***Summary:*** Sashi Kukichi, an ice skating champion, is preparing an authentic sukiyaki for his fiancee. "Another ingredient, tofu, is a soy bean cake that, when cooked, resembles a firm egg custard." The recipe calls for "1 8-oz. cake tofu, cut in 1-inch cubes, optional."

The recipe for *Tentsuyu* sauce with tempura calls for "1/3 cup soy sauce" and a dash of MSG.

2998. Rice, William. 1973. The fair-skinned soybean. *Washington Post.* May 10. p. E1, E16.

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• ***Summary:*** The title of the continuation of the article on p. E16 is "The treasures beneath the surface of the fair skinned soybean." Mirror, mirror on the wall... The soybean is the fairest vegetable of all, for its dull yellow surface covers a treasure of protein and other nutrients. It is presented in many guises: "tofu (used in Oriental cooking as bean curd), green (fresh) soybeans (prepared as fresh limas, or eaten blanched or raw when very young), dried soybeans (eaten as peanuts or used as other dried beans in cooked dishes), soybean flour (can be mixed with other flours but lacks gluten and can therefore replace only 15 per cent or so of wheat flour in recipes), soy sauce (essential in Oriental cooking and mistakenly used in the manner of ketchup by many Americans 'eating Chinese'), tamari (pure soy–preferred by vegetarians), miso (fermented soybean paste), soybean milk (liquid or powdered), soybean grits and flakes, lecithin (supplement to control cholesterol build-up) and some others. Soybeans have long been available in health food stores."

Rising beef costs have led to the use of "textured vegetable protein" as an "extender" in ground beef products. Contains 4 recipes using whole dry soybeans or soy flour.

2999. Dosti, Rose. 1973. USC students boast surplus: Cooperative beats the price squeeze. *Los Angeles Times.* May 17. p. K2.

• ***Summary:*** The women graduate students and undergraduates "who live and cook cooperatively at two Soroptimist residences at USC say they can" eat royally on little money. Each of 20 girls pays $25 a month into a common food fund and volunteers to cook the evening meal for 10 residents once every two weeks.

Their recipe for Sukiyaki includes "1 cake tofu (bean curd), cut into 1-inch cubes" and "1/3 cup soy sauce." A photo shows the girls, standing, gathered around a common dinner table, buffet style at USC, the University of Southern California, in Los Angeles.

Note: Soroptimist ("best for women"), founded in 1921, is an international volunteer organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. The organization seeks equality, peace, international goodwill, and to improve professional skills and to support human rights, specifically women's rights. Its headquarters is in Philadelphia, Pennsylvania. In 2009 it boasted about 95,000 members in more than 120 countries worldwide.

3000. Ewald, Ellen Buchman. 1973. Recipes for a small planet: The art and science of high protein vegetarian cookery. New York, NY: Ballantine Books. xi + 366 p. May. Foreword by Frances Moore Lappé (Hastings-on-Hudson, New York). Illust. by Diane Coleman. 18 cm.

• ***Summary:*** Lacto-ovo-vegetarian recipes based on *Diet for a Small Planet* by Frances Moore Lappe. The protein content is given for each recipe. Also contains information on complementary proteins. The author was born in 1946.

The chapter on protein complementarity discusses combinations of rice, wheat, peanuts or cornmeal with soy (in the form of whole beans, grits, flour, or tofu). A chart on protein / calorie comparisons gives the number of calories per gram of usable protein including the following: Defatted soybean flour 11, soybean sprouts 12, low fat soybean flour 12, tofu 15, full fat soybean flour 18, soybeans 20, gluten flour 23; Note that all these are relatively low in calories per gram of usable protein. By comparison: Hamburger 15, brown rice 69, cornmeal (whole, ground) 80.

Many recipes in this book contain small amounts of soy flour or grits, or soy sauce. Recipes containing significant amounts of soy include: All-protein crunchy granola (with soy grits, p. 48-49). New granola (with soy flour, p. 52-53). Orange pancakes with orange sauce (with soy flour, p. 58-59). Soy-sesame peanut spread (with roasted soy flour, p. 67). Peanut paté (with whole soybean and soy sauce, p. 70-71). Hot and sour soup (with tofu, p. 83-84). Soybean stew (p. 85). Peanut, tofu and sesame soup (p. 86-87). Exotic barley stew (with miso, p. 87-88). Cabbage soup for a meal (with soybeans, p. 91-92). Curried rice salad (with soybeans, p. 98-99). Gado gado (with tofu, p. 102-03). Soy-peanut marinade (p. 106). Dairy rich sauce (with tofu, p. 115). Chiles rellenos en casserole (with soybeans, p. 126-27). Herbed soybean bulgur casserole (p. 128-29). Garbanzo and cheese loaf (with miso, p. 133-34). Fesenjon–spiced ground beans (with soybeans, p. 135-36). Bean stroganov (p. 140-41). Crusted cauliflower (with soy flour, p. 143-44).

Breads and other baked goods (each with soy flour or grits, p. 195-274): Whole wheat soy bread. Wheat grits bread. Triple rich bread. Unusual pickle or olive juice bread. Cornmeal wheat bread. High rising bread. Spicy rye bread. Limpa bread. Oat rye soy bread. Caraway rye bread. Sourdough whole wheat bread. Egg and yogurt bread (SD = sourdough). Sun seedy oatmeal bread (SD). Four grain bread (SD). Nut and seed bread (SD). Mixed grain bread (SD). Crunchy nut muffins. Spiced pear muffins. Basic complementary muffins. Oatmeal muffins. Sour orange muffins. Pancake, waffle, or camping bread mix. Sourdough corn bread. Quick wheat soy bread. Quick molasses bread. Quick coconut bread. Cheese-filled coffee cakes. Walnut-and-raisin filled coffee cake. Orange coffee cake. Chocolate coconut cookies. Pumpkin cookies or bars. Fruit bar crunch. Honey almond bars. Banana spice bars. Gingerbread.

Cooking beans (p. 309-10, including soy and azuki/aduki). Putting more protein in your family's diet (Appendix F, p. 326-31).

Glossary (p. 339-44) discusses miso, soy flour, soy grits, tofu ("Tofu is soybean cheese, also known as bean curd... Some supermarkets carry tofu, and you can also get it in health food stores and oriental groceries and restaurants..."). Address: Berkeley, California.

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3001. *Toronto Star* (*Ontario, Canada*). 1973. The ugly soybean contains a wealth of protein, vitamins. June 6. p. 77.
• ***Summary:*** The article begins: "Mirror, mirror on the wall, what is the ugliest vegetable of all? The soybean. Some call it 'tasteless.' Others ask 'What do you do with it?' Cost-conscious cooks, nutritionists, and the food industry would be far more understanding."

Under the soybean's dull yellow surface is "a treasure of protein, more than any other vegetable, and substantial amounts of calcium, iron, other minerals and vitamins B and E. Also the soybean has more changes of clothes than any beauty queen." Consider the following guises:

"Eaten like peanuts: Tofu (used in Oriental cooking as bean curd); green (fresh) soybeans (prepared as fresh, or eaten blanched...); dried soybeans (eaten as peanuts or used as other dried beans in cooked dishes); soybean flour (can be mixed with other flours but lacks gluten and can therefore replace only 15 per cent or so of wheat flour in recipes).

"Other aspects of the bean are: Soy sauce (essential in Oriental cooking and mistakenly used in the manner of ketchup by many North Americans 'eating Chinese'); Tamari (pure soy–preferred by vegetarians); miso (fermented soybean paste); soybean milk (liquid or powdered); soybean grits and flakes; lecithin (supplement to control cholesterol build-up)..."

"Soybeans have long been available in health food stores, and some of the larger supermarkets now carry them." The best variety for food use is said to be Bansei. Canned soybeans, which take less time to prepare, make a good beef extender.

Gives recipes for: Soybeans and mushrooms (with "2 cups cooked soybeans" and 1 tbsp. tamari or soy sauce). Baked soybeans (with "1 pound yellow soybeans picked over and washed." Let the beans soak in a large freezer container for 5 hours, then place them in the freezer for at least 24 hours to reduce the cooking time required. "Place frozen beans and liquid in a large kettle. Bring to a boil and simmer gently until tender, adding more hot water if necessary. This takes 2½ to 3½ hours"). Soybean-mint salad (with 2 cups cooked soybeans or 1 can {15½ ounces}), drained. Soy mayonnaise (with ½ cup soy flour).

3002. Dosti, Rose. 1973. Climax of a study project: 4th graders go Japanese for a meal. *Los Angeles Times.* June 14. p. K16.
• ***Summary:*** At Third Street School in Los Angeles, the 4th graders are finishing a social studies project on Japan; they are using chopsticks to lunch on a typical, authentic, home-cooked (by their parents) Japanese dinner. There was teriyaki on skewers (seasoned with soy sauce), sukiyaki, tempura, Inari Sushi ("made with aburage, a soybean curd skin, in which seasoned rice is stuffed"), and another kind of sushi made of vinegared rice and codfish wrapped in seaweed (nori). Recipes are given for Teriyaki and Inari Sushi. Two photos show the kids cooking.

3003. Oberdorfer, Don. 1973. Now even the soybean curd seems lost to Japanese. *Washington Post.* June 29. p. D11.
• ***Summary:*** Tokyo–Last night the USA announced an embargo on soybean exports–a big surprise and shock in Japan. Now even tofu, the ubiquitous and much-enjoyed soybean curd, will become more expensive. Soybeans are very important in Japan as a source of both food (beancurd, miso soup, soy sauce, etc.) and feed. 60% of the cooking oil in Japan is soybean oil. The USA supplies more than 90% of Japan's soybeans, and they are a major item of trade.

3004. Pond, Elizabeth. 1973. The day the soybeans stop–Japanese concern. *Christian Science Monitor.* June 29. p. 1-2.
• ***Summary:*** On June 27 the United States government started rationing soybean exports. This has become a new sore-spot in Japan-U.S. relations. On June 28, Japan's Foreign Minister, Masayoshi Ohira, expressed his government's concern to American Ambassador Mr. Robert Ingersoll. Mr. Ingersoll replied with a promise that the U.S. would try to meet Japan's demand for a stable supply of soybeans, cotton seeds, and cotton-seed products. He also mentioned that U.S. Secretary of Agriculture, Earl L. Butz, had stated at a press conference that "he would give special consideration to agricultural exports to Japan."

Japan could be hit hard by a shortage of soybeans. "No Japanese dinner is complete without miso soup (made of soybeans), and 92 percent of Japan's 3-million-ton annual imports of soybeans comes from the United States."

Now the Japanese are anxiously awaiting July 2, when the U.S. will issue its country-by-country export allocations [quotas]. "Japan fears that it might not even be allocated the full amount of soybean exports that have already been contracted." Once the U.S. export allocations are announced, the Japanese are hoping that the soybean export embargo will be lifted within a month–even though it is scheduled to last until the next soybean crop is harvested in September. Nevertheless, dealers will start contracting once the allocations are announced.

Japan is called a "surplus-trade" country by the U.S. meaning that the U.S. buys more from Japan than vice versa. So the U.S. has recently been browbeating Japan to buy more from the United States [conveniently forgetting that Japan has a much smaller population than the U.S.].

Last year Japan bought 3.12 million tons of soybeans worldwide," and it will buy an estimated 3.2 to 3.5 million this year if the supply is available.

"The price of tofu (bean curd) has already been shooting up in this inflationary year. Now Japan's many small and medium-size bean-curd and soy-sauce manufacturers and restaurant owners fear that the price will skyrocket 100

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percent"–hitting every family budget that includes these daily necessities.

Japan no longer grows many soybeans. Production on the small farms is inefficient, and many Japanese farmers are leaving their farms for the cities. "Even a high price support has failed to halt the decrease in Japanese soybean acreage."

3005. Pond, Elizabeth. 1973. The day the soybeans stop–Japanese concern. *Christian Science Monitor.* June 30. p. 1, 3.
• ***Summary:*** On June 27 the U.S. government began rationing soybean exports–a move that could hit Japan hard. Japan imports 3.12 million tons of soybeans a year and 92% comes from the USA. The Japanese are now anxiously awaiting July 2, when the U.S. will announce country-by-country export allocations. In Japan, the "price of tofu (bean curd) has already been shooting up..." The Japanese are hoping the "soybean-export embargo" will be lifted within a month after the allocations are announced.

What is the need for rationing? Last year America harvested a bumper crop of soybeans, and this years' is expected to be 15-20% larger. So the supply is adequate. The problem is that world demand has suddenly outstripped American supply, in part because of a scarcity of Peruvian anchovies, which are used as feed, and in part because of the rising cost of soybeans as feed to produce meat, poultry, and dairy products within the USA causes domestic inflation. So Americans have decided to fill their own soybean demand before exporting.

In Japan, soybean production is inefficient, and many Japanese farmers are leaving their farms. Even a high Japanese price support program has failed to stop the decrease in Japanese soybean acreage. Address: Staff correspondent, Christian Science Monitor.

3006. Sickler, Roberta. 1973. Ritual of the hearth: A cookbook of 20 menus and 117 unique vegetarian recipes in praise of life. New York, NY: Macmillan Publishing Co. x + 195 p. Illust. by the author. 26 cm.
• ***Summary:*** The recipes are grouped by season. Soy-related recipes include: Snow pea soup (with 3 bean-curd cakes [tofu] (each about 3 inches square by 3/4 inch thick), soy sauce, and hoisin sauce, p. 4). Green broth (with bean cake [tofu], p. 84). Tofu (homemade from soy flour and lemon juice, p. 86-87; "Tofu is a rich, delicate curd from soybean. It is especially good for summer, served cold with raw vegetables, or in hot soups or sauces. Tofu is made fresh daily in many Oriental neighborhoods, and sold in the form of small squares. It can be made at home quite successfully."). Tofu and summer vegetables (with "1 3/4 cups tofu curds, or 3 tofu cakes, cubed," p. 87). Soy bechamel sauce (with soy flour and Tamari soy sauce, p. 130-31; "We use dark Tamari soy sauce because it is aged slowly in wood and has a light, deep flavor."). Soy burgers (with whole soy beans, soy oil, soy sauce, miso paste, and soy flour, p. 183-84).

3007. Goodwin, June. ed. 1973. Inside the news briefly. *Christian Science Monitor.* July 3. p. 6.
• ***Summary:*** An excellent, large photo shows a Japanese woman (holding a young child) standing at the window of a traditional tofu shop while the tofu maker cuts her a cake of tofu from the large block of tofu floating in cold water in a large, rectangular, stainless-steel sink.

The caption reads: "Bean curd to the Japanese is like meat to Americans. To this Japanese mother, a meal just wouldn't be the same without the usual tofu (bean curd made from soybeans) which she is buying in a Tokyo shop. The latest U.S. ban on soybeans adds to her current woes of high food prices... Some Westerners may be switching from high-priced meat to lower-priced soybeans" (which contain 44% pure protein).

3008. Lundstedt, Erik; Lo, Frank Yau-Yee. Assignors to The Hong Kong Soya Bean Products Company, Ltd. (Kwun Tong, Kowloon, Hong Kong). 1973. Preparation of blue cheese from soybean milk. *U.S. Patent* 3,743,515. July 3. 2 p. Application filed 1 Dec. 1970. [9 ref]
• ***Summary:*** A blue cheese with the same flavor, taste, and blue veins as Roquefort cheese, is made from a soya bean curd which is prepared from soya bean milk fortified with butter fat and non-fat milk solids, by inoculation with *Penicillium roqueforti* and preferably also *Streptococcus diacetilactis.* Mold ripening only requires a two week period for full flavor development.

See also related patent titled "A heat stable curd from soya bean milk and process of manufacture thereof." Address: 1. South Chatham, Massachusetts; 2. HKSBP, Kwun Tong, Kowloon.

3009. *New York Times.* 1973. Japanese upset by U.S. soybean curbs. July 7. p. 27, 32.
• ***Summary:*** Many Japanese are angry at President Nixon for his ban on exports of soybeans last week. Japan obtains 92% of her soybeans (nearly 3 millions tons a year) from the USA. These soybeans are needed, however, to meet shortage of cattle feed in the USA. Last Monday in Washington, DC, officials replaced the embargo on soybeans with a system of export licenses. Meanwhile, the price of soybeans has skyrocketed.

Japanese use soybeans in many foods, including "miso soup, a soybean broth." Tofu (soybean curd) and fish are the two most important sources of protein for Japanese, according to Kuniyoshi Takagi, managing director of the Federation of Tofu Makers' Associations. Makers of soy sauce say the USA has supplied all of the 240,000 tons of soybeans the industry consumes each year, according to Kaoru Ito, managing director of the Japan Soy Sauce

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Brewers Association. There was even concern at the restaurant Sasa-no-Yuki (snow on bamboo sprouts), which serves only tofu in 12 varied dishes; a full tofu dinner of 8 tofu dishes costs not more than $3.00.

The Japanese government, deeply upset, placed soybeans at the top of a list of controlled commodities under a new regulation (that went into effect today) against hoarding and price manipulation. Japan's "stocks of soybeans stood at 400,000 tons at the end of May, and are expected to drop to 200,000 tons by Sept. 30, and be exhausted by Oct. 31 if there are no further imports," according to a spokesman for the Ministry of International Trade and Industry.

While the Ministry of Agriculture and Forestry urges the U.S. government to insure that Japan has a steady supply of soybeans, Japanese officials are also "looking for other sources and accelerating programs to increase local production."

A bar chart shows: (1) U.S. soybean exports to the world: In 1971–420 million bushels worth $1.3 billion. In 1972–441 million bushels worth $1.5 billion. In 1973 (first 5 months)–248 million bushels worth $1.3 billion. (\ 2) U.S. soybean exports to Japan: In 1971–98 million bushels worth $311.1 million. In 1972–109.4 million bushels worth $375.4 million. In 1973 (first 5 months)–62.5 million bushels worth $347.7 million.

3010. *New York Times.* 1973. Japanese upset by U.S. soybean curbs. July 7. p. 27.
• ***Summary:*** Hiroshi Higashimori, Secretary-General of the Japan Oilseed Processors Association, expressed the feelings of many Japanese in all walks of life, when he said, "We're really angry at Nixon-san."

The anger is a result of the U.S. president's ban last week of soybean exports. "In Washington [DC] last Monday, officials replaced the embargo on soybean with a system of export licenses. Exporters will be allowed to ship 50 per cent of their soybean orders on hand as of June 15 and 40 per cent of their order for soybean meal.

Not long ago, when President Nixon established détente with Peking, without first informing Tokyo, the Japanese called it the "Nixon Shokku." Now the soybean export embargo is being called the "Shoyu Shokku" [soy sauce shock].

Soybeans are used in Japan to make foods and ingredients that appear in almost every meal. They are a key source of protein in the Japanese diet. The typical breakfast, for example, includes miso soup. Fish and tofu [soybean curd] are two of the most important sources of protein in the Japanese diet, said Kuniyoshi Takagi, managing director of the Federation of Tofu Makers' Association. Yet he fears that both will become remote from the daily diet, "fish because of contamination and tofu because of the U.S. embargo."

Makers of soy sauce are also concerned says Kaoru Ito, managing director of the Japan Soy Sauce Brewers Association. The U.S. has supplied all of the 240,000 tons of soybeans that the soy sauce industry imports and processes each year in Japan.

There was even concern at Sasa-no-Yuki ("Snow on bamboo sprouts" [leaves]), a restaurant that features tofu as the centerpiece of 12 varied dishes; a full dinner of 8 tofu dishes costs a maximum of $3–which is remarkably low for Tokyo. The Japanese government, deeply upset at Washington, "has placed soybeans at the top of a list of controlled commodities under a new regulation against hoarding and price manipulation that went into effect today."

Meanwhile, Japanese officials are looking for other sources of soybeans.

A two-part bar graph shows U.S. soybean exports in millions of bushels. (1) Exports to the world grew from 420 in 1971 to 441 in 1972 to 248 for the first 5 months of 1973. (2) Exports to the Japan grew from 98 in 1971 to 109.4 in 1972 to 62.5 for the first 5 months of 1973. Source: Department of Commerce.

3011. Moorhead, John D. 1973. Little yellow bean pushing up prices: Whole world wants multipurpose soy meal. *Christian Science Monitor.* July 11. p. 1.
• ***Summary:*** Boston–"Soybeans: These unassuming yellow beans are the richest and cheapest source of protein known. And their meal makes the world's best animal feed." When president Nixon slapped an embargo and then strict controls on exports of soybeans, he was hoping to reduce soybean prices in the USA, and thereby eventually to reduce the price of meat.

Exports of soybean meal were 27% ahead of expected levels and a serious domestic shortage of soybeans was feared.

Nixon's soybean embargo has hurt the Japanese hardest–even though they were the best customer for U.S. soybeans. U.S. soybeans comprise 92% of all soybeans imported to Japan. Of those, 80% are "used for animal feed and the rest for such human staples as tofu (bean curd) and soy sauce."

A cartoon shows a personified soybean, wearing a big smile and a king's crown, holding in one hand a scepter with a dollar sign on it, sitting on a little mountain of dollar bills.

3012. Oberdorfer, Don. 1973. Japanese attack U.S. trade policy. *Washington Post, Times Herald.* July 17. p. A1.
• ***Summary:*** Tokyo, July 16–Secretary of State William P. Rogers and other senior U.S. officials were subjected to a barrage of criticism today for alleged American deficiencies as a trading partner." At this joint cabinet-level conference on economic affairs, Rogers said that the curbs were "unavoidable and temporary."

Until just a few months ago, Washington [DC] was doing the complaining concerning the very large bilateral trade imbalance in favor of Japan; Washington made strong demands that the Japanese buy more from the U.S.

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"At least four Japanese ministers, headed by Foreign Minister Masayoshi Ohira, expressed official dismay at the export restrictions during today's meeting here." Secretary of Agriculture Earl Butz was scheduled to be at the joint meeting, but he cancelled at the last minute, saying that he had urgent business to attend to in Washington. In his place he sent Undersecretary of Agriculture J. Phil Campbell.

"At a private hotel luncheon Sunday in the resort town of Hakone, Campbell and his wife heard little or nothing about Japan's special need for soybeans from the lips of their host, Agriculture Minister Yoshio Sakurauchi. However it did not escape their notice that the luncheon menu included boiled soybean snacks (edamame), Japanese soybean soup [miso soup], soybean curd squares (tofu), vegetables mixed with soybean curd [shira-ae], and cucumber with soy sauce."

3013. Harper, Anne. comp. 1973. Soybean processing and utilization: A partially annotated bibliography. Jakarta, Indonesia: Lembaga Ilmu Pengetahuan Indonesia (Indonesian Inst. of Sciences), Jl. Tjhik Ditiro 43, Jakarta. vi + 56 leaves. 30 cm. [440 ref. Eng]

• ***Summary:*** Contents: Preface (by Prof. Sarwono Prawirohardjo, Chairman, ASEAN Permanent Committee on Science and Technology). Introduction: The soybean (Glycine max), soybean meal and oil, food uses, industrial uses, scope of the bibliography ("excludes references to non-alimentary utilisation of soybeans" and to "references to alimentary utilisation where the harvested plant has not undergone processing by either fermentation or oil extraction"), terminology of soybean processing (soybean meal, soy flours and grits, solvent extraction, miscella, desolventizer-toaster, defatted soy flour, low-fat soy flour, high-fat soy flour, full-fat soy flour, lecithinated soy flour, soy protein concentrates, soy milk, Saridele, yuba, soybean curd [tofu], aburage, koritofu [kori-dofu, dried frozen tofu], soy protein isolate, protein fibre products {spun, spinnerettes}, extrusion-expansion products, fermentation products {ontjom, Neurospora sitophila, soysauce, shoyu, Aspergillus oryzae, koji, moromi, tamari, koikuchi, natto, miso, tempeh, Rhizopus oligosporus, soybean cheese, sufu, Mucor sufu}, Zygosaccharomyces).

General (p. 1). Fermentation products (p. 2-16). Soybean oil, meal, and protein (p. 17-42). Nutrition (p. 43-56). Note: 500 copies were printed. Address: Indonesia.

3014. *New York Times.* 1973. How families abroad are coping at the market: Some Japanese changing diets. Aug. 28. p. 37.

• ***Summary:*** In Tokyo, there is a widespread awareness that fish is too contaminated with mercury to eat safely. The other traditional source of protein, soybean products, have jumped in price because of the U.S. soybean embargo. In the last two months, the price of "tofu (bean curd or bean pudding)" has gone up 13 cents to 19 cents; a bottle of soy sauce 51 cents to 64 cents; cooking oil 55 cents to 70 cents,..."

Despite the rise in prices, tofu and miso soup are still regular parts of the diet for most Japanese.

A bar graph shows the percentage of income spent for food in 1971 in various countries: U.S. 17.6%. Germany 21.9%. Britain 22.3%. France 26.5%. Japan 30.7%. India 60.0%. Africa (various) 70.0. Source: Bureau of Labor Statistics. Grocery Manufacturers of America.

3015. Ohsawa, George. 1973. Practical guide to Far-Eastern macrobiotic medicine. Herman Aihara, editor. The George Ohsawa Macrobiotic Foundation Inc., 1471–10th Ave., San Francisco, CA 94122. xi + 260 p. Aug. 21 cm.

• ***Summary:*** This book has a red, white, and black cover with a round yin-yang (*t'ai chi*) symbol on it. The Foreword begins: "This book, a compilation of several books and writings of George Ohsawa, attempts to give the whole scope of macrobiotic medicine to everyone." It includes the first English translation from French of Ohsawa's 1956 "Guide pratique de la medicine macrobiotique d'Extreme-Orient."

Contents: Forward [sic]. Preface. Introduction. Theory of macrobiotic medicine. Curing sickness. Cure the man. Letters from students of macrobiotic medicine. Appendix.

Information on soyfoods is found on the following pages: Tamari bancha (syoban, p. 85, 102). Miso (fermented soybean puree, p. 85). Tekka (miso, p. 87, 95). Tofu plaster (p. 88, 110-11, 125-30). Miso soup (p. 96). Koi-koku (Carp soup with miso, p. 99). Aburage (Age, p. 99). Deep-fried vegetable tofu (ganmo, with "1 tofu, ½ lotus root cut small, 2/3 inch jinenjo {nagaimo}, ½ inch carrot cut small, 2 inches burdock cut small, 1 quart oil, 1 cup whole wheat flour." Grid the tofu well in a suribachi, adding a pinch of salt, p. 99). Vegetable with ganmo (p. 100).

Note: This is the earliest English-language document seen (April 2013) that contains the word ganmo; it refers to deep-fried tofu burgers.

Dried radish with age ([aburage], see recipe 32, p. 100). Yin/yang soboro (with miso, p. 101). Scallion miso. Onion miso. Shigure miso (p. 103). Pheasant nituke [nitsuke] (with miso, p. 104).

The forward [sic] by Herman Aihara, editor, notes: "This book, a compilation of several books and writings of George Ohsawa, attempts to give the whole scope of macrobiotic medicine to everyone. The main part is treatment for sickness. However, treatment without understanding of principles and a good attitude is dangerous, therefore, the theory of macrobiotic and other articles were added. The book, like its predecessor, *The Unique Principle*, is unique not because of its name and contents, but rather in how it was translated, edited and published.

"The first part is a translation taken from Japanese books such as, *A New Dietetic Cure*, *How to Cure Sickness and a Sick Man*, and *Vegetarianism.* The second part is a translation from the French edition of *Practical Guide to Far-Eastern*

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Medicine which was done by Ann Harris. Noboru Muramoto was consulted to suit remedies to present-day American needs.

"Cornellia Aihara translated *Cooking for the Sick* which was written by Lima Ohsawa. *Massage and Palm Therapy* are based on notes taken by Cynthia McCluskey at Mirimichi Summer Camp, 1972. Photos of Cornellia demonstrating external treatments were taken by Fred Pulver. *The Manual of Macrobiotics* is a contribution of Nina Bond who took notes at George Ohsawa's lectures in New York at Summer Camp held about ten years ago.

"The third part is a translation from French and Japanese by Fred Pulver, Lou Oles and Herman Aihara.

"The last part is again taken from several articles appearing in past issues of *The Macrobiotic* magazine. The Appendix is taken from a translation of the French edition of Ohsawa's *Practical Guide to Far-Eastern Medicine*."

The preface, by George Ohsawa, states: "I am very happy to give you this short, simplified translation of my book, *Cure–Following the New Way of Eating.* It was originally written in Japanese, and is now in its 465th edition. I want to share with you the practical application of Macrobiotic healing that I have been teaching for almost 40 years–leaving aside the conceptual aspects covered in my other books and classes.

"Herein is the synthesis of my medical philosophy, which is nothing but the biological, physiological and dialectic interpretation of Far Eastern philosophy–the principles of the Order of the Universe and the Order of Man. For 30 years I have been writing on both the practical and theoretical sides of this question and have published more than 20 books and thousands of articles. But at this time I wish to limit myself to giving easily accessible information.

"My medical philosophy, the way of eating and the art of longevity and rejuvenation, is so simple and inexpensive that anyone can follow it any time, anywhere. If you decide to cure yourself before all else, you can forget about the bitter, painful and costly suffering that results from medical, physical, psychological and religious therapies.

"This system depends on you alone. No reliance on other people or on artificial means–everything depends on how you eat."

In the first chapter titled "How did I find macrobiotics? The principle of life," Ohsawa continues: "I was born at Sagano, Kyoto, Japan in 1893. My mother could not produce enough milk and I was a weak baby. I was told by mother that I almost died five times before I reached the first birthday. My family was poor. Father was a principal of an elementary school of a small village before I was born. Then my parents moved to Kyoto where he became a policeman. Mother worked at home to help finance–making strings for kimonos. Mother was an industrious woman. She studied Western science and culture through Yuzuru Niijima who was the founder of the Doshisha University. She died at the age of 30 from tuberculosis, leaving two sons. I was 10 and a younger brother was 6. Two sisters had died earlier due to the wrong diet which my mother introduced in our family through her study of Western science and culture.

"From that time we lived sad days as poor orphans. I was an apprentice in a Buddhist temple as a disciple. However, I soon started to vomit blood like my mother and sisters did. At 18, I had to give up my school, medicine, eggs and meat because I was too poor to continue such expensive living. I lived in the lowest living condition. In other words, I lived with brown rice, radish pickle and salt plum even though I was told that my sickness–tuberculosis–required eggs and meats by the doctors and my mother who gave us milk, eggs and bread every morning (which was violating natural order). We were punished for this violation. Such a diet destroyed our family's health. I, however, resented that I could not afford to continue such a diet because I didn't know the fact that such a diet was the cause of mother's and sisters' death and my sickness. If I could have afforded to continue that diet, I would have died at that time. I am so grateful that I was poor...

"Curing all my diseases and re-establishing my health at the age of 20, I realized that food is the source of life. After realization of this important fact, I decided to devote my life to preaching this doctrine...

"I traveled to France for the first time in 1914. Since then I have returned a dozen or more times."

3016. Hewitt, Jean. 1973. A Portuguese stew, an Oriental omelet. *New York Times.* Sept. 28. p. 26.
• ***Summary:*** The recipe for "Bean curd omelet" [*o-konomi-yaki*] includes "1 cake fresh bean curd (tofu) or one can, drained and cut into 3/4-inch cubes."

3017. *Washington Post.* 1973. Anne's reader exchange (Letter to the editor). Oct. 15. p. B7.
• ***Summary:*** A person with the initials E.K. writes to ask: "I would like some readers to tell me about Hog's Maw. How is it cooked? And how is soy bean curd made, how is it cooked, and where is it available?"

3018. Ilany (Feigenbaum), J. 1973. Soybean food for today and tomorrow. *Gordian* (*Hamburg*) 73(10):390-91. Oct.; 73(11):428-30. Nov.; 73(12):464-65. Dec. [21 ref. Eng; ger]
• ***Summary:*** "This is a short review of what is chiefly known at present of this wonderful bean, which only a few years ago, constituted a strange and exotic food." Contents: Introduction. Composition and nutritional value. Green soybeans. Sprouted soybeans. Soybean flours. Isolated proteins. Soy-food products of the Far East: Kinako, soymilk, yuba, "tofu or curd–soycheese," aburage, natto, Hamanatto, tempeh, miso, shoyu or soy sauce. Soybean oil. Lecithin.

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Concerning tofu: Tofu made in the regular way "is called 'Fresh Tofu.' It does not keep long, even under refrigeration, unless it is further processed. For this purpose it may be canned, frozen, fried, smoked, or fermented."

Note: This is the earliest English-language document seen (April 2013) that contains the term "soycheese"; it uses this term to refer to regular tofu.

3019. Taira, Harue. 1973. Heat destruction of amino acids in soybean products. *JARQ* (*Japan Agricultural Research Quarterly*) 7(4):267-73. Oct. [11 ref]

• ***Summary:*** Traditional, processed soybean foods that are widely used in homes in Japan include "Shoyu (fermented soy sauce), Miso (fermented soybean paste), Natto (fermented soybeans), Tofu (bean curd), Aburaage (fried bean curd), Kori-tofu (dried Tofu) and Kinako (roasted soybean flour)."

One of the steps in making each of these foods is heating, which denatures the protein (making it more digestible), eliminates the peculiar soybean flavor, and develops colored substances (which "can prevent oxidation of the unsaturated fatty acid contained abundantly in soybeans during the fermentation process of Miso as an example"). Heating also eliminates antinutritional factors.

"But overheating causes excessive denaturation of soybean protein and destruction of amino acids."

Tables show: (1) Amino acid composition of 7 soybean products, including Mamemiso [soybean miso, such as Hatcho miso] and yuba. (2) Change of amino acid after three steps in the process of making Mame-miso: Soaking the soybeans, heating the soybeans, the final product. (3) Change of amino acid after two steps in the process of making natto: Heating the soybeans, final product. After heating at a rather high temperature for a short time (120ºC for 30 minutes), there was no decrease in any amino acids except arginine, which decreased by 17.8%, and decreased by 29.1% in the final product. Some essential amino acids increased during the natto process. Methionine increased from 0.9 gm per 17 gm of nitrogen to 1.1 gm, an increase of 22.2%. Cystine remained unchanged at 1.0. (4) Change of amino acid after three steps in the process of making Tofu: Soaking the soybeans, heating the soybeans, the final product. No amino acids are reduced by heating, and some (such as methionine) increase. Of the 18 amino acids measured, 5 are unchanged, 10 increase, and 3 decrease slightly: Glutamic acid 19.6 > 19.3. Tryptophan 1.5 > 1.4. Serine 6.6 > 6.4.

One of the products which is heated by dry heat only (without soaking in water) is kinako. It is heated at 160ºC for 10 minutes, then ground. This heating reduced lysine from 5.1 to 4.8.

Figures (graphs) show: (1) The heat destruction of lysine in defatted soybean flour at 4 different temperatures (from 100ºC to 126ºC) for 4 different times (from 30 minutes to 4 hours). The higher the temperature and the longer the time, the greater the destruction of lysine.

(2) The heat destruction of cystine in defatted soybean flour. Same 4 temperatures and times; roughly same results.

(3) The influence of water on the heat destruction of lysine in defatted soybean flour. Same 4 temperatures and times. Adding water reduces the destruction of lysine.

(4) The influence of water on the heat destruction of cystine in defatted soybean flour. Same 4 temperatures and times. Adding water reduces the destruction of cystine.

(5) Heat destruction of total and available lysine in defatted soybean flour. Same 4 temperatures and times.

(6) Enzyme treatment and total liberated amino acids. Address: Food Analysis and Nutrition Div., National Food Research Inst., Ministry of Agriculture & Forestry, Koto-ku, Tokyo.

3020. Alfin-Slater, Roslyn B.; Jelliffe, Derrick B. 1973. Centuries-old cuisine of China is healthful, well balanced: SFH–Science, food, health. *Los Angeles Times.* Nov. 18. p. S70.

• ***Summary:*** "The Chinese diet, as might be expected, varies considerably from one region of the country to another. Yet it falls into two main groups, based on rice or wheat, the cultural superfoods."

"In traditional Chinese culture, no animal milk or its products, such as cheese, are eaten at all. It is perhaps for this reason that the soya beans has been" called "the cow of China."

"Soya curd (tofu)," precipitated by calcium, has an appearance and consistency very similar to those of cream cheese, and is also an important source of calcium in the Chinese diet, which is otherwise rather low in this mineral.

Interestingly, "appropriately flavored soya curd was consumed by Buddhists at feasts hundreds of years ago as a sort of artificial meat–long antedating the present-day textured vegetable protein (TVP) products, mainly derived from soya, which can be processed to give the appearance, texture and flavor of various meats."

3021. Ceylon Meals for Millions Foundation. ed. 1973. All about soya bean. Ceylon. 29 p. Nov. 11. 22 cm.

• ***Summary:*** In the middle of the cover a photo shows the upper part of a soybean plant with the pods and leaves. In the bottom one-third are illustrations of a bottle of [soya] milk, a can of condensed milk, a loaf of bread, a round cheese [tofu], and a tall glass with a straw and clear liquid in it.

Contents: Ad (full page) by Ceylon Oils & Fats Corporation. "We Purchase Soya Beans of Rs. 2000/- per ton delivered Seeduwa, subject to the following specifications:– Moisture 14% maximum. Damaged seed 1% maximum. Extraneous matter 3% maximum.

Preface, by Dr. C.C. de Silva, President, Ceylon Meals for Millions Foundation (dated 20 Nov. 1973). "The Ceylon Meals For Millions Foundation was organised in 1965. In

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its earlier form it stood as the Meals for Millions Council of Ceylon which was formed on the occasion of the meeting convened by the Junior Chamber of Commerce of Colombo on September 22, 1964 when the former Executive Director of the Meals for Millions Foundation, the late Miss Florence Rose, was on a brief visit to Sri Lanka to promote the use of locally available protein food sources for the betterment of the nutritional status of the population." The three objectives of the Foundation are given.

"Through every available means from the time of its inception in 1965 it has endeavoured to promote and popularise the cultivation of protein food crops, especially soya beans..." Florence Rose provided initial gift supplies "through the Indian Freedom from Hunger Campaign. An additional supply of 5000 lbs. of multi-purpose foods was purchased by the Foundation from India for this purpose. With part of this food available a pilot survey... was conducted with the assistance of M/s Lever Bros. (Ceylon) Ltd... The public showed a favourable response to the food. The successful breeding of several varieties of soya-beans for cultivation in Sri Lanka through the indefatigable efforts of the officers of the Agricultural Dept. at the Dry Farming Research Station at Maha Illuppallama represents a partial fulfillment of the aims of this Organisation.

"A special word of thanks goes to the Hony. [Honorary] Secretary of the Foundation, Mr. N.D. Wijayanayake for his efforts to get the publication through the Press."

Soya bean: The miracle crop of the 20th century, by Dr. G.W.E. Fernando, Assistant Director of Agriculture (Research), Maha-Illuppallama (p. 13-20, cited separately).

Soya bean recipes: A new trend in the preparation of "Thosai." Soya bean as a substitute for black gram in preparing delicious "Thosai" [Dosai].

Note. This is the earliest English-language document seen (Oct. 2012) that mentions the use of the soya bean in preparing "Thosai"–the Ceylonese counterpart of Indian "Dosai."

Soya–The miracle bean (Extracts taken from the issue on soya bean by the Nutrition Society of India 1971). Address: Sri Lanka.

3022. Saio, Kyoko; Watanabe, Tokuji; Kaji, Matsumi. 1973. Food use of soybean 7S and 11S proteins. Extraction and functional properties of their fractions. *J. of Food Science* 38(7):1139-44. Nov/Dec. [12 ref]
• ***Summary:*** The physical properties of a gel (such a tofu), prepared by coagulation with a calcium salt, made from 7S or 11S protein respectively, were remarkably different. The gel from 11S protein was harder and more elastic than that from 7S protein. Yuba made from the two protein fractions was also very different.

"The present paper consists of an investigation and proposal of a conventional method to fractionate 7S and 11 proteins, based on their different precipitation behaviors with calcium salt." Address: 1-2. National Food Research Inst., Ministry of Agriculture and Forestry, Shiohama, Koto-ku, Tokyo, Japan; 3. Meiji Seika Kaisha Ltd., Kawasaki, Kanagawa-ken, Japan.

3023. Schroder, D.J.; Elliot, J.I.; Jackson, H. 1973. Nutritional studies on soybean curd produced by calcium sulfate precipitation of soybean milk: A research note. *J. of Food Science* 38(6):1091-92. Nov/Dec. [13 ref]
• ***Summary:*** In this study, soybean curd [tofu] was fed to rats as part of a test diet. The level of dietary protein in this diet was 22.31% and the PER was 1.71. The average protein quality (PER soybean curd / PER casein x 100) in this study was 84.6. This test diet meets the amino acid requirements of the rat for all amino acids except methionine. Address: Depts. of Food Science & Animal Science, Univ. of Alberta, Edmonton, Alberta, Canada.

3024. **Product Name:** Soft Tofu (Pressed Silken Tofu with Calcium Sulfate), Yaki-dofu (Grilled Tofu), Tubu (Korean-Style Soymilk Curds), Atsuagé (Deep-fried Tofu Cutlets), Agé (Deep-fried Tofu Pouches).
Manufacturer's Name: Denver Tofu Co.
Manufacturer's Address: 6150 N. Federal Blvd., Westminster (N. Denver), CO 80221. Phone: 808-538-1305.
Date of Introduction: 1973-1975.
New Product–Documentation: Shurtleff and Aoyagi. 1979. Tofu & Soymilk Production. p. 194. "Tofu cutlet pouches. Firm tofu containing no expanding agent is cut into slices midway in size between the slices for tofu pouches and for tofu cutlets, then fried in a conveyorized deep-fryer in two temperatures of oil causing then to expand somewhat, but not as much as for tofu pouches. Thus they can be used either as soft cutlets or substantial pouches."

Talk with Haru Yamamoto. 1988. Aug. 25. Gives product names and approximate date of introduction.

3025. **Product Name:** Cathay Tofu: Fresh Soy Bean Cake (Chinese-Style Firm Tofu).
Manufacturer's Name: Cathay Co. [Azumaya].
Manufacturer's Address: 95 Boutwell St., San Francisco, CA 94124. Phone: 415-467-1955.
Date of Introduction: 1973.
Ingredients: Soy beans, water, natural calcium sulfate.
Wt/Vol., Packaging, Price: 14 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982, dated. 5.25 by 4.25 inches. Red and black on clear film. "Chinese. 2 pieces fresh soy bean cake. No preservatives added. Hi! I'm Li'l Soy. Rinse with cold water before using. Keep refrigerated. Perishable." New Label. 1986. Firm (Chinese Style) Tofu.

Interview with George and Bill Mizono. 1989. Oct. 31. This product was introduced in about 1973, during

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the period of meat shortages, to try to capture the Chinese market. In March 1990 at Safeway Supermarket in Lafayette, California, a 14 oz water-pack retails for $0.89, the equivalent of $1.02/lb.

3026. **Product Name:** [House Hon Tofu Mix (Instant Soybean Curd Mix)].
Foreign Name: Hausu Hontôfu.
Manufacturer's Name: House Food Industrial Company Ltd. (Hausu Shokuhin Kogyo).
Manufacturer's Address: Plant: Sano city (100 km north of Tokyo), Japan. Head offices: Mikuriya-Sakaemachi 1-5-7, Higashi Osaka City, Osaka, Japan.
Date of Introduction: 1973.
Ingredients: Soy bean [powdered soymilk], glucono delta-lactone.
Wt/Vol., Packaging, Price: 2.3 oz In USA $0.99 in 1983.
How Stored: Shelf stable.
New Product–Documentation: Article in *Japan in Pictures.* 1974. 16(1):12-15. "Bean curd, a subsidiary food as nutritious as meat. Instant bean curd developed in Japan." Two photos are given of the equipment in the plant and 6 of the package and how this instant silken tofu is prepared at home. At the modern plant, a mixture of ground soybeans and water "is applied to a centrifugal separator, which separates it into soymilk and refuse. The soymilk, which has been concentrated by being heated, is sprayed into a tank heated to 100ºC, a process which dehydrates the milk to produce a bean curd base in powdered form [powdered soymilk]. A unit quantity of this powder is packed in an aluminum-foil bag containing nitrogen gas, which is put on the market accompanied by a small amount of coagulant.

"Process to prepare bean curd on the spot. Put a bag of 'Hontofu' in 600 cc of water, which is to be agitated [with a whisk]. Boil about 3 minutes. Mix the accompanying coagulant [glucono delta-lactone] immediately after the flame is put out. Transfer the substance into the container [a plastic box shaped like a cake of tofu]. Leave it for about 20 minutes and a block of bean curd is ready. Bean curd taken out of container [into a bowl of water]." Spot (½ page with photo of package) in *Food Product Development.* 1976. May. p. 88. Discusses: Ingredients and description. Product application. Product history. Product concept.

Label. 1985, undated. Photo on front panel of Chilled Tofu in clear glass bowl and Simmering Tofu in a *nabe* pot.

Sakai. 1988. Bestways. March. p. 21. The powdered

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tofu market is dominated by House Food, an Osaka based manufacturer, that launched powdered tofu in 1973. Note: Actually House launched a packet of powdered soymilk with a coagulant.

House Foods America Corporation. Annual report 1996. p. 13. This product, *Hontofu*, was launched in 1973.

3027. **Product Name:** Tofu, and Aburage.
Manufacturer's Name: Kreston's Enterprise.
Manufacturer's Address: 265-D Kekuanaoa St., Hilo, Island of Hawaii, HI 96720. Phone: 808-935-6973.
Date of Introduction: 1973.
How Stored: Refrigerated.
New Product–Documentation: Not listed in any Hawaiian City Directory prior to 1968. Hawaii Directory of Manufacturers. 1973. p. 11. Kreston's Enterprise, 265-D Kekuanaoa St., Hilo, Island of Hawaii, 96720. They make tofu, aburage, konnyaku. Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

3028. Quong Hop Company (The). 1973. Products fact sheet (Leaflet). South San Francisco, California. *
• ***Summary:*** "Tofu is the coagulated protein of the soybean, extracted from the whole bean by soaking, grinding, cooking, and filtering the beans with water to produce a milk which is then processed into a curd in much the same way cottage cheese is derived from cow's milk. Its appearance is that of a light cheese, its consistency that of a firm custard, and its taste very plain, making it very adaptable to any dish or seasoning you choose to use."

The Quong Hop Company claims that its tofu contains substantial amounts of vitamin A, B complex, E, and K, and that it is rich in lecithin, and free of cholesterol. Depending on the coagulation or curdling process, tofu can be a good source of calcium. Address: South San Francisco, California.

3029. Yamashita, Akira. 1973. Tôfu no naka no shishitsu ni tsuite [The lipids in tofu]. *Obihiro Otani Tandai Kiyo* [Jap]* Address: Obihiro, Hokkaido, Japan.

3030. Ahern, Emily M. 1973. The cult of the dead in a Chinese village. Stanford, California: Stanford University Press. xiv + 280 p. Illust. 23 cm. *
• ***Summary:*** The author's name is now Emily Martin. One of the foods presented at Chinese graves is "dried bean curd."

3031. Aihara, Cornellia. 1973. The *dô* of cooking (Ryorido). Vol. 4. Winter cooking. Macroguide No. 16. San Francisco, California: George Ohsawa Macrobiotic Foundation. 120 p. Illust. by Carl Campbell. 21 cm.
• ***Summary:*** All recipes in this macrobiotic cookbook are numbered.

Soy-related recipes include: 29. Nikomi Oden (with stuffed agé). 32. Boiled tofu (yutofu). 35. Furofuki daikon [with orange miso]. 36. Miso soup. 40. Kenchin soup [with tofu]. 47 Miso zoni, and white miso zoni. 87. Soy bean nishime. 89 & 90. Koji pickles. The section titled "Amasake" (p. 97-104) describes how to make it using sweet [glutinous] brown rice, then how to use it as a sweetener in various recipes: Amasake manju (steam cake). Amasake roll. Amasake karinto. Amasake cookies. Amasake cake. Amasake donuts (unyeasted or yeasted). Amasake crescents. Amasake wedding cake with frosting.

Also contains detailed, illustrated instructions for making and cooking with mochi (p. 23-30). A number of recipes contain fish and there is a picture of a cooked fish on the cover. Address: 1471–10th Ave., San Francisco, California 94122.

3032. Aihara, Cornellia. 1973. The *dô* of cooking (Ryorido). Vol. 3. Autumn cooking. San Francisco, California: George Ohsawa Macrobiotic Foundation. 100 p. Illust. by Carl Campbell. 21 cm. Revised ed. 1977.
• ***Summary:*** Interesting recipes include: Buckwheat noodle gratin (with tofu, p. 29). Udon with adzuki (p. 32). Endive rolled with agé (deep fried tofu, p. 33). Fu vegetable cream cooked (with wheat gluten cakes, p. 34). Carrots and onions miso (p. 37). Vegetable miso (p. 38). Sliced kombu nitsuke (with koya tofu [dried-frozen tofu], p. 38-39). Vegetable stew–Chinese style (with agé and frozen tofu, p. 41). Adzuki bean soup (p. 46). Creamed miso soup (p. 46). Kenchin soup (with vegetables and tofu, p. 47). Stuffed agé with sauce (p. 49). Thick tamari soy sauce (p. 50). Tahini-tamari sauce (p.

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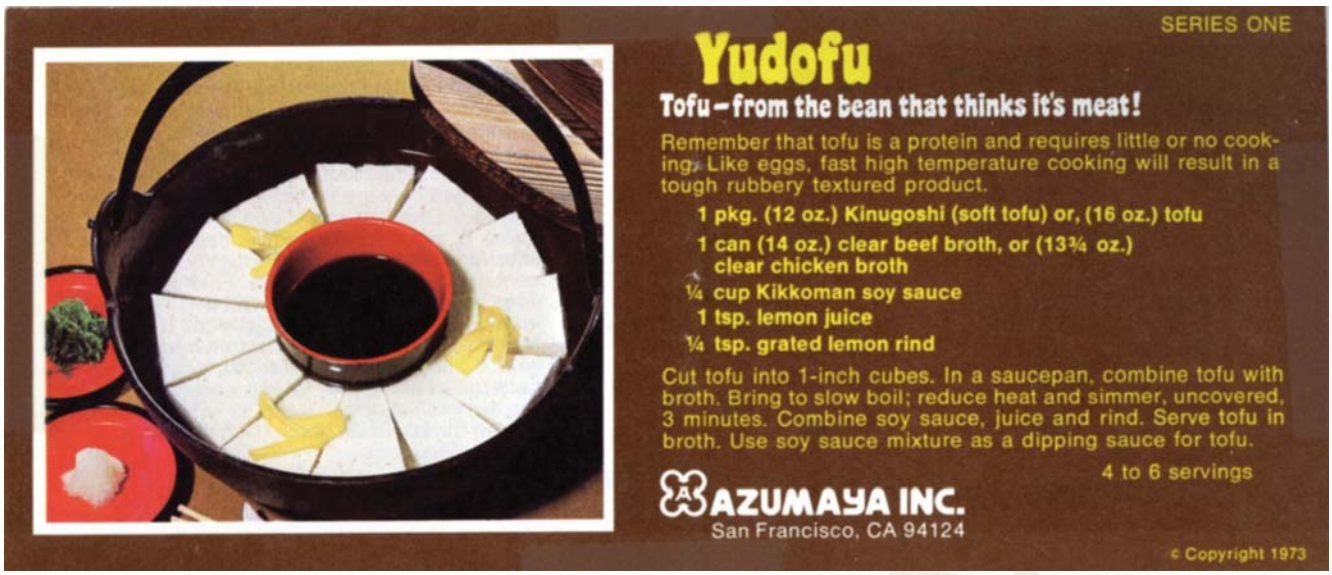

50). Mock meat sauce (with miso, p. 51). Chrysanthemum leaves with tofu (p. 63). Unagi-modoki (mock eel, with tofu, p. 64). Chick pea vegetable nitsuke (with koya tofu, p. 71). Wheat gluten and seitan (p. 71-74, incl. homemade wheat gluten, fresh wheat fu, boiled fu, fried fu–gluten cutlet, shish kebab with fu). Autumn dish (with adzuki beans and tamari, p. 72). Address: 1471–10th Ave., San Francisco, California 94122.

3033. Andersen, Lynn. 1973. Rainbow Farm cookbook. New York, NY: Harper & Row. 222 p. Illust. Index. 24 cm. Preface by Allen Gordon.
• ***Summary:*** This vegetarian cookbook, which has a macrobiotic flavor, is from Rainbow Farm, located on over 300 acres of mountain land in Phonecia, New York. Soy-related recipes include: Basic miso broth (p. 34). Miso vegetable soup #1. Miso soup #2 (p. 35). Soy butter dressing (made with 2 cups each oil and water, 3 tablespoons soy flour, and the juice of 2 lemons, p. 57). Miso vegetables (p. 67). Carrots and onions with tekka (miso, p. 67). Miso-onion spread (p. 76). Miso rice (p. 85). Tahini-miso spread (p. 108). Tahini-miso spread with vegetables (p. 108). Tahini-miso spread with seeds (p. 108). Tahini-tamari spread (p. 108). Miso balls (p. 111). Soy butter (or whipped soy cream, p. 111). Soy milk (with a blender, from soy beans, p. 118). Soy milk (without a blender, from soy flour, p. 118). Soy burgers (from okara, p. 119). Soy loaf (with cooked soy beans, p. 120). Tofu "(Chinese Soy Bean Cakes)" (curded with Epsom salt, p. 120). Miso sauce #1 and #2 (p. 126). Hiziki and tofu ([hijiki], p. 132). Egg noodles (with wheat and soy flours, p. 144). Soy milk with whole beans (p. 205). Soy milk with soy flour (p. 205).

A glossary of "New or Unfamiliar Foods" (p. 212-14) includes good descriptions of tamari, miso soy bean paste, kuzu, and tekka. Address: Phonecia, New York.

3034. Azumaya Inc. 1973. Tofu recipes–Series one. Yudofu, Pork Tofu, Sukiyaki, Sweet 'n Sour Tofu (Tear-off recipe pad). San Francisco, California 94124. 6 recipes. Each recipe: 7.5 x 7.2 cm.
• ***Summary:*** Color photo on each recipe. Caption on each reads: "Tofu–from the bean that thinks it's meat!" These are the earliest tofu recipe pads or cards seen in the Western World. Each recipe is "Copyright 1973."

3035. Azumaya Inc.; Matsuda & Hinode. 1973. Tofu recipes (color): Tofu & Mushrooms, Tofu Meat Loaf, Tofu Tuna Patties, Eastern Omelet (Tear-off recipe pad). San Francisco, California 94124; Los Angeles, CA 90013. 4 recipes. Each 18 x 7.5 cm.
• ***Summary:*** Color photo on each recipe (see next page). Caption on each reads: "Tofu–from the bean that thinks it's meat!" Each recipe is "Copyright 1973." Note the cooperation between two California tofu manufacturers that are potential competitors, Address: Los Angeles, California.

3036. Carroll, Anstice; Vona, Embree De Persiis. 1973. The health food dictionary with recipes. Englewood Cliffs, New Jersey: Prentice-Hall, Inc. vii + 200 p. Illust. by Vincenzo de Persiis Vona. Index. 24 cm.
• ***Summary:*** The foods, listed alphabetically, include: Adzuki (p. 1-2). Beans, dried (incl. soy beans, p. 17). Gluten flour (p. 74-75, incl. Gluten soy bread). Miso and Miso butter (p. 101). Morromi (p. 102). Mu Tea (p. 102). Nori (p. 106). Oil, vegetable (p. 113-14, incl. lecithin, peanut oil, olive oil, always refrigerate vegetable oil after opening; "Vegetable oils can (and should) be substituted for hydrogenated fats such as margarine, shortening, and lard in many recipes"). Peanut (p. 119-21). Peanut butter (p. 121-22). Soy grits (p. 156). Soy milk powder. Soy oil. Soy sauce (p. 156-57). Soybean (p. 159, incl. Soybean salad). Soybean, roasted (p. 160, incl. recipe for making at home). Tofu (p. 174-75, incl.

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Prepared in San Francisco's famous **Bush Garden Restaurant**

Tofu and Mushrooms

Tofu – from the bean that thinks it's meat!

This delicately flavored dish is an excellent accompaniment to highly seasoned entrées such as barbecued spare-ribs or sweet 'n sour pork.

- 1 can (14 oz.) clear beef broth
- ½ cup dry red wine
- 3 Tbsp. Kikkoman soy sauce
- 2 Tbsp. sugar
- ½ lb. bite-sized fresh mushrooms
- 1 pkg. (14 or 16 oz.) tofu, cut in 1-inch cubes and drained
- 1½ Tbsp. cornstarch
- 3 green onions including tops, cut in 2-inch lengths

Continued on back side

AZUMAYA INC.
San Francisco, CA 94124

MATSUDA & HINODE
Los Angeles, CA 90013

© Copyright 1973

Prepared in San Francisco's famous **Bush Garden Restaurant**

Tofu Meat Loaf

Tofu – from the bean that thinks it's meat!

Tofu is excellent as a meat stretcher. Its bland flavor never interferes with whatever seasonings it is combined with.

- 1 pkg. (14 or 16 oz.) tofu, drained
- 1½ lbs. ground beef
- 2 eggs, beaten
- ½ cup chopped onion
- ¼ cup chopped celery
- ¼ cup chopped green pepper
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. chopped parsley
- 1½ tsp. salt
- ¼ tsp. pepper
- 1 can (8 oz.) tomato sauce
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. brown sugar

Continued on back side

AZUMAYA INC.
San Francisco, CA 94124

MATSUDA & HINODE
Los Angeles, CA 90013

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recipe for Tofu-vegetable soup). Umeboshi (p. 175).

3037. Chen, Philip S.; Chung, Helen D. 1973. Soybeans for health and longer life. New Canaan, Connecticut: Keats Publishing, Inc. (A Pivot Health Book). xii + 178 p. Index. 18 cm.
• ***Summary:*** A revised and condensed pocketbook version of Chen and Chen 1956. Contents: Preface. Foreword. Introduction. Part I: Nutritive value of the soybean. 1. Protein. 2. Fat. 3. Carbohydrates and caloric value. 4. Minerals. 5. Vitamins. 6. Soybeans and world population. 7. Soybeans and disease.

Part II: Soy products. 8. Soybean oil: Phosphatides, margarine. 9. Soybean oil meal: Gelsoy, Multi-Purpose Food. 10. Soy flour. 11. Concentrated soy protein products: Soy protein concentrates (Griffith Laboratories makes Isopro and GL-301), soy protein isolates, and textured or spun soy proteins. 12. Soy milk. 13. Soy cheese (tofu). 14. Soy sauce. 15. Soybean sprouts.

Part III: Soybean culture and preservation. 16. Soybean culture. 17. Preservation of soybeans (preserving green soybeans by canning, freezing, and dehydration).

Part IV: Recipes. 18. Soybeans and soybean pulp. 19. Soy flour: Breads, cakes, cookies, pies, soups, other recipes. 20. Soy grits and soy flakes. 21. Soy milk. 22. Soy cheese. 23. Soybean sprouts. Appendix: Soybean utilization (chart). References. Address: USA.

3038. Ch'en Ta-shou. 1973. Pen-hsin chai-shu shih p'u [Treatise on vegetarian foods]. China. 61 p. No. 1473 in the Series: Ts'ung-shu chi-ch'eng ch'u-p'ien. [Chi]
• ***Summary:*** Contains 20 recipes. Address: China.

3039. Cowan, J.C. 1973. Processing and products [soybeans]. In: B.E. Caldwell, ed. 1973. Soybeans: Improvement, Production, and Uses. Madison, Wisconsin: American Society of Agronomy. xviii + 681 p. See p. 619-64. Chap. 20. [52 ref]
• ***Summary:*** Contents. 1. Introduction. 2. Processing for oil and meal: Preparation of flakes, solvents, extraction, desolventizer-toaster, degumming. 3. Conversion to edible oil products: Refining, bleaching, deodorization, hydrogenation. 4. Edible fat products: Salad and cooking oils, status of flavor stability, shortenings and margarine oils, lecithin. 5. Essential fatty acids and atherosclerosis. 6. Industrial uses of oil. 7. Meal for livestock and poultry: Nutritional aspects, factors affecting use of meals. 8. Edible protein products: Soy flour, concentrates and isolates, textured protein products (textured soy flour or textured soy protein fibers made into "meat analogues" resembling chicken, bacon, etc.). 9. Fermented and specialty foods: Tofu, soybean milk (an intermediate step in the manufacture of tofu), miso, shoyu (tamari, light-colored shoyu), sufu, tempeh, hamanatto, and natto.

Soybeans flow through a crushing plant as follows: First, they are cracked to release or loosen the hull and to break the cotyledon into about 4 parts. Shakers and aspirators separate the hull from the cracked cotyledons and rollers flake them. "Purified petroleum hydrocarbons known as hexane extract the oil from the flakes and the solvent is recovered. Moistened flakes are heated to inactivate the antinutritional factors and are converted to feeds for livestock and poultry. A small proportion of the flakes goes to a wide variety of soybean protein products including flour, isolates, and concentrates."

Tables show: (1) Utilization of soybean in U.S. in million pounds, every 5 years from Oct. 1933 to 1970 (Kromer 1970). (2) Use of soybean meal in the USA for feeding livestock and poultry (million tons). In 1969, the estimated amounts used were as follows: Cattle 3.43. Hogs 1.69. Other livestock 1.73. Total livestock: 6.85. Broilers 3.07. Hens and pullets 1.28. Other poultry 1.10. Total poultry 5.45. Total livestock + poultry 12.30. Note that cattle are the single biggest users. (3) Bleaching soybean oil (process, % clay and type, change in Lovibond color rating). (4) Effect of bleaching, citric acid, and light exposure on soybean salad oil. (5) Specifications for soybean oil. (6) Effect of linolenate content on flavor of soybean oil at elevated temperatures. (7) Composition of certain edible oil products from soybean oil and related products (salad oil, hydrogenated-winterized soybean salad oil, hydrogenated soybean oil liquid shortening, plastic shortening types I and II). (8) Changes in iron and copper content of soybean oil in commercial refining. (9) Properties of all-purpose and high-stability shortenings from all-hydrogenated vegetable oils and blends of animal fat and/or vegetable oil (iodine value, melting point, % linoleic acid, solid fat index {% solid at temperatures indicated}). (10) Typical analyses for mellorine and cookie and confectioner's fat. (11) Analytical data for typical margarine oils low and high in polyunsaturates (iodine value, melting point, % linoleic acid, solid fat index {% solid at temperatures indicated}). (12) NSPA–tentative lecithin specifications (NSPA, 1969-1970). (13) Composition of soybean lecithins. (14). Approximate composition of soybeans and meal products (whole bean, cotyledon, hull, hypocotyl, meal {cake–extruded, flakes–solvent extracted, dehulled flakes–extracted, mill feed–separated hulls, mill run–separated hulls}). (15) Amino acid analysis of soybean meal (44% protein and 49% protein {dehulled}) and corn. (16) Amino acid analysis of blends of soy flour with cereals and milk (Inglett 1968; Corn soy milk {CSM}, Millet soy milk, Wheat soy milk, etc.). (17) Partial formulas for young swine and boiler rations in percent total rations. (18) Partial formulas for dairy feeds (14% protein). A supplement to forage or roughage. (19) Soybean grits and flour–screensize. (20) Composition of soy flour. (21) Composition of 4 types of soy protein concentrates. (22) Uses for high-protein soy products (protein 70 [concentrates] and protein 90 [isolates]).

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Note: This is the earliest English-language document seen (Dec. 2004) that uses the term "protein 90" to refer to a soy protein isolate. (23) Amino acid analysis of fractions derived from dehulled extracted flakes (Rackis et. 1961, 1970). (24) Effect of cooking in salt solutions on texture of structured granules. (25) Composition and use (1,000 metric tons in 1964 and 1967) of soybeans for traditional foods in Japan (Use of whole soybeans in 1967 in 1,000 metric tons: Miso 169. Shoyu 15. Natto 47. Tofu 329. Total 642. Use of defatted flakes or grits in 1967 in 1,000 metric tons: Miso 8. Shoyu 154. Natto 0. Tofu 77. Total 284).

Figures show: (1) Flowchart: Processing of soybeans to oil and meal using hexane extraction. (2) Illustration: A modern soybean processing facility (aerial view, Central Soya, Inc.). (3) Schematic diagram / flowchart: Manufacture of edible soybean oil products (salad oil, salad and cooking oil, shortenings, margarines, liquid shortening). (4) Illustration: A continuous deodorizer for soybean oil. (5) Graph: Effect of prolonged storage at 100ºF on flavor score of hydrogenated-winterized soybean oil or soybean salad oil (nitrogen packed, air packed). (6) Illustration: Continuous chilling and working equipment for margarine production (Votator Div., Chemetron Corp.). (7) Flow diagram; Conversion of emulsions of margarine oils and ripened milk to conventional stick, whipped stick, and tub margarines (Votator Div.) (8) Chemical structure of prostaglandin-E_2, a fatty acid with hormone activity. (9) Diagram: Vapor-desolventizer- deodorizer for soybean flakes (Blaw-Knox Co.). (10) Flowchart and diagram: Operations with extruder-cooker. (11) Flow diagram: Manufacture of protein 70 [soy protein concentrate]. (12) Schematic diagram: Manufacture of soy protein isolate (Protein 90). (13) Photo: Chicken-simulated soy protein "meat" in three forms (Swift Edible Oil Co.). (14) Photo: Protein tow containing 16,000 monofilaments spread apart to show its fibrous nature; other tows in background (General Mills, Inc.). Address: NRRL, Peoria, Illinois.

3040. David-Perez, Enriqueta. comp. and ed. 1973. Recipes of the Philippines. Philippines: Published by the author. Printed by Cacho Hermanos, Inc., Corner Pines, and Union Streets, Mandaluyong, Metro Manila, Philippines. xiv + 170 p. Plus 8 leaves of unnumbered plates. Undated. Illust. (some color). 22 cm.

• ***Summary:*** The title page of this book states that the 19th printing was 1973 (Copyright by the author), but no initial date of publication is given. The rear cover states: Reprinted and exclusively distributed by: National Bookstore Inc. Other editions include 1953 (at Library of Congress), 1954, 1960, 1965, and 1968.

Contents: Acknowledgement. Introduction. Reminder, Fiesta fare. Everyday dishes. Sweets and desserts. Breakfast and merienda. Pickles and relishes. Refreshments. Glossary. Contains 19 black-and-white photos.

Soy-related recipes include: Baguio onion with tokua [firm tofu] (p. 28). Bañgus en tocho–1 (with tajure, p. 32). Bañgus en tocho–2 (with tajure, tausi, and tokua). Bañgus in soy sauce (with "2 tablespoons soy sauce," p. 33). Bawang guisado (with "3 pieces tokua, cubed and fried," p. 33). Beef steak (with "1 tablespoon soy sauce," p. 34). Misu-tomato sauce (with "3 tbsps. misu (soybean curd)" [sic, miso, not tofu], p. 74). Paksiw (Pork) (with "¼ cup soy sauce," p. 78). Paksiw na pata (with "Salt, toyo [soy sauce] and pepper to taste," p. 78). Pancit "luglug" (with "½ cup soy bean cake (Tokua) cut into small cubes," p. 80). Pork tapa (with "6 tbsps. toyo" [soy sauce], p. 88). Taguba (pork with "¼ cup soy sauce," p. 102).

The glossary defines the following soy-related terms: Misu–paste made of fermented rice and soy beans. Tajure–fermented soy beans, caked. Tausi–fermented soy beans. Tokua–soy bean curd. Toyo–soy sauce. Address: Philippines.

3041. DeFrancis, John; Lincoln, V.R. 1973. Things Japanese in Hawaii. Honolulu, Hawaii: University Press of Hawaii. xiv + 210 p. Illust. Index. 19 x 23 cm. [Eng]

• ***Summary:*** The goal of this book is to preserve Japanese culture in Hawaii. In 1868, the first Japanese came to Hawaii. Between 1886 and 1924 the trickle became a flood, which resulted in a total immigration of some 180,000 persons. More than half of this number eventually returned to Japan.

Setsubun is mentioned on pages 11, 25, 26. Setsubun generally takes place on about Feb. 3. The word "Setsubun" means literally "division of the seasons. This festival is kept alive in Hawaii largely due to the efforts of students from Japan at the East-West Center, which is funded by the U.S. federal government and is affiliated with the University of Hawaii. Its formal name is "Center for Cultural and Technical Interchange between East and West." Setsubun, a thousand-year-old festival, marks the time of year when the old year and its accumulation of evils are left behind, and a new year full of god fortune and hope begins. In bygone years, men dressed as devils were chased out of houses so that a happy new year could be ushered in.

Today the symbolic casting out of evil spirits is found in the bean-throwing ceremony. "This consists of throwing roasted [soy] beans (one for each year of one's age) while shouting 'Good luck in, devils out!'" This ceremony brings throngs of revelers to Buddhist temples and Shinto shrines throughout Japan. In private homes, the master of the house walks from room to room, scattering beans at the entrance of each, while shouting the magic incantation. "Then, each member of the household eats as many beans as there are years in his age, plus one for the new year, so as to ensure himself a good year to come."

In Hawaii, Setsubun used to be more widely observed than it is today–when it is celebrated in only a few places, including the Shingon Mission [Buddhist] and at some Shinto shrines. Also, a special program is organized by

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students at the East-West Center. Other Setsubun celebrations are also discussed. A photo shows one such celebration.

Soy is mentioned throughout the chapter on "Food and dining places." In Sukiyaki, bean-curd and soy sauce are basic ingredients (p. 165). Soy sauce is also used to season tempura, sushi, sashimi, tsukemono (also miso), and sashimi (p. 166-67). One these two pages are nice sections on tôfu [tofu], kamaboko, shoyu, miso, sweets (with azuki), mochi, and saké.

Glossary (p. 201-06): "Azuki: A red bean frequently made into a sweetened paste used as a filling in various confections, especially for ceremonial occasions. Symbol of joy and happiness."

"Chimaki: A cake of rice, soybeans, flour, sugar and salt."

"Hibachi: Japanese charcoal grill."

"Miso: Bean paste made of soybeans, wheat [sic, barley] or rice, and salt."

"Sekihan: Rice cooked with azuki beans."

"Setsubun: Late winter festival marking the beginning of spring."

"Shôyu: Soy sauce."

Sukiyaki. Teriyaki. "Tôfu: Beancurd made from soybeans."

"Umeboshi: Very sour pickled plum." Address: Oahu, Hawaii.

3042. Farmilant, Eunice. 1973. The natural foods sweet-tooth cookbook. New York, NY: Doubleday & Company, Inc. 182 p. Illust. (by Ed Nuckolls). Index. 22 cm. Pocketbook edition published in March 1978 by Jove Publications, New York. [10 ref]

• ***Summary:*** A tempting collection of more than 100 natural, healthful desserts made without sugar, honey, or artificial sweeteners. Recipes adapted from Far Eastern, Traditional European, and Classical American desserts. Soy-related information and recipes are (page numbers refer to the pocketbook edition): soy milk as an alternative for cow's milk (p. 12). Unrefined soy oil (p. 27). Koji and amasake (p. 29). Soy milk (p. 30). Soybean crêpes (with soybean flour, p. 65). Mock cream cheese cake (with tofu, p. 75-76). Tofu or soy cheese (homemade, 76-77). Amasake cookies (p. 83). Amasake (homemade from koji, p. 154-55). Soy cream sauce (with soybean flour, p. 161-62). Eggnog (with 3 eggs separated, 2 tablespoons barley malt extract or Amasake Syrup, 4 cups chilled Soy Milk, 1 teaspoon vanilla extract, and nutmeg, p. 172-73). Soy milk (homemade, p. 180). Food value charts (p. 185-87). Address: Food for Life store, Chicago.

3043. Ford, Marjorie Winn; Hillyard, Susan; Koock, Mary Faulk. 1973. The Deaf Smith country cookbook: Natural foods for family kitchens. New York, NY: Macmillan Publishing Co. (Collier Books). London: Collier Macmillan Publishers. xiv + 352 p. Preface by Frank Ford. Illust. Index. 24 cm. [7 ref]

• ***Summary:*** A pioneering natural foods cookbook, produced and copyrighted by Arrowhead Mills, Inc. of Hereford, Texas. Soy-related recipes include: Roasted soybeans (p. 42-43). Miso soup (with wakame, p. 53). Tamari bouillon (p. 57-58). Todo en la caldera (with soybeans and miso, p. 58). Miso sauce (p. 90-91). Thick tamari sauce (p. 91). Tofu (soybean cheese or bean curd, p. 98-99; an early recipe for homemade tofu made with vinegar or lemon juice as a coagulant. Lists 6 serving suggestions for tofu and 1 for the "soy mash" [okara]). Cooking flaked soybeans (p. 132-33). Soy sesame burgers (with 1/3 cup whole sesame seeds, p. 135-36). Rice pancake with tofu (p. 136). Soybean loaf (p. 138-39). Cooking with soybean flakes (p. 156). Blazing star timbales (with soybean flakes, p. 156-57). Tamale soy pie (with cooked soybeans or soybean flakes, p. 182-83). Soy milk (homemade, p. 292). In the last chapter titled "Natural Foods from Deaf Smith County," the following soy-related foods are discussed: Soybean flakes (p. 324, 327), black beans (a type of soybeans, p. 326), soybeans and foods made from them (p. 327). Soybean flour (p. 328). Tamari roasted nuts and soybeans (p. 331). Tamari soy sauce (p. 334). Miso soybean paste (p. 334). Wheat gluten is not mentioned in this book. Frank Ford's preface shows him to be a devout Christian, organic farmer (in Deaf Smith County, Texas), and advocate of natural foods.

In about Sept. 1991 this early natural foods cookbook was reprinted with a new cover and subtitle ("Natural Foods for Natural Kitchens"). Over 300,000 copies are now in print. Address: 1. Arrowhead Mills, Hereford, Deaf Smith County, Texas; 2. Soquel, California; 3. Foods editor, *The Texas Star*.

3044. Hardinge, Mervyn G.; Scharffenberg, J.A.; Sanchez, A.; Baldwin, M.; Sonnenberg, L.M.; Vyhmeister, I.B.; Crooks, H. 1973. Vegetarianism. Washington, DC: Review and Herald Publishing Assoc. 52 p. 29 cm. Life and Health Supplement. [81* ref]

• ***Summary:*** Contents: Vegetarianism–a new concept? Is man designed to eat meat? Why be a vegetarian? Is a nonflesh diet adequate? Plant foods and your diet. But what about protein? Still skiing at eighty-four! (ski champion Anders Haugen). Something new and different (meat-like products made from soybeans). Now, how?

3045. Hunter, Beatrice Trum. 1973. Fermented foods and beverages. New Canaan, Connecticut: Keats Publishing Co. 116 p. Index. 18 cm. [38 ref]

• ***Summary:*** In the chapter titled "Soybeans" (p. 31-49), the author discusses tofu (and how to make it at home with or without fermentation), meitauza (fermented okara), hakko tofu (a newly developed high protein food; fermented soybean curd), sufu (Vietnamese call it Chao), shoyu, miso,

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ketjap (thick Indonesian soy sauce [probably ketjap manis]), tempeh, Hamanatto, natto, Tao-cho from Malaysia, and Tao-si [fermented black soybeans] from the Philippines.

Note: The author has collected her information (both correct and incorrect) for a number of sources, which she does not cite directly, although she does have a bibliography.

3046. Ishinojima, Tadashi. 1973. Tôfu no ryôri: Shin tôfu hyakuchin [Tofu cookery: 100 new favorites]. *My Life Series* No. 15. 66 p. Illust. No index. 26 cm. (Tokyo: Gurafu-sha). [Jap]

• ***Summary:*** This beautiful book is filled with colorful photos of favorite and exotic Japanese tofu dishes, with recipes for each. These include: Dengaku. Shira-ae. Egg-tofu (Tamago-dofu). Tofu with hijiki. Chilled tofu (*hiya-yakko*). Contents: The taste of tofu. Two recipes for delicious tofu: Sukui-dofu, and Yu-dofu. Garnishes. Tofu Hyakuchin. Discussion about tofu. Homemade tofu. The nutritional value of tofu. Tofu cooking in the 4 seasons. Three soups. Traditional restaurant cooking: Sasa-no-yuki. Tofu cookery of Okinawa. Tofu cookery of China. An ad for *House Hon Tofu* (homemade silken tofu) appears at the back of the book. Address: Tokyo, Japan.

3047. Ito, Kazuo. 1973. Issei: A history of Japanese immigrants in North America. Translated by Shinichiro Nakamura and Jean S. Gerard. Seattle, Washington: Executive Committee for Publication of Issei, c/o Japanese Community Service, 1414 S. Weller St., Seattle, WA 98144. xxviii + 1016 p. Illust. Index of personal names only. 24 cm. Translation of *Hyakunen Sakura.* [100* ref. Eng]

• ***Summary:*** This massive book is basically a history of first-generation Japanese immigrants to Pacific Northwest (especially Washington, Oregon, and British Columbia), focusing on the great struggles and hardships they met, written from the viewpoint of individual Japanese who tell their stories (often in the first person), and compiled by a Japanese journalist. The book was first published in Japanese. Access to the wealth of information it contains is crippled by the lack of a subject index. So if one were looking for information about tofu, miso, or soyfoods, one would have to read the entire book. The index of personal names is well done.

At the very front of this book are very interesting maps of the old Japanese districts of the following cities: Seattle, Tacoma, and Spokane, Washington; Portland, Oregon; Vancouver, British Columbia, Canada. Unfortunately, none of the maps are dated. The name and location of each Japanese organization or business is shown clearly in English. In the part on "Japanese exclusion," the section titled "The smell of race" [very interesting] (p. 227-28) states: "Exclusionists especially point out that Japanese favorite foods and condiments, such as *miso*, soy sauce, radishes and pickles, are intolerable [in smell]... The neighboring whites complained loudly that they just could not stand the smell of cooking soy sauce... A Japanese smells like miso, and whites in general exude faint waves of the odor of butter and cheese. The smell of their underarm perspiration is really strong."

In the part on "Railroads," the section titled "Life of Yoshiichi Tanaka" notes that he worked with a gang of young Japanese bachelors who were all trying to save money. For breakfast they had miso soup, which was delicious, so everyone ate more, which caused food expenses to rise. "So we skimped on miso and merely added salt for flavor." For lunch they sometimes had "fish cooked in soy sauce, or a half cake of *tofu* (bean curd cheese), or radish, carrots and beef boiled hard with soy,..." "In the Japanese restaurant in Seattle we could fill up on miso soup, rice and pickles for only 10¢..."

Note. This is the earliest English-language document seen (April 2013) that uses the term "bean curd cheese" to refer to regular (non-fermented) tofu.

The part on "Alaska" (p. 355) is mostly about work in the canneries: "We shipped Japanese foods such as rice, soy sauce, miso, dried kelp [kombu] for soup base, dried sea slugs,... fu (a light cake made of wheat gluten), dried seaweed,..." Page 359 mentions soy sauce and miso soup with salmon.

The part on "Sawmills" states (p. 402): "The food was Japanese–first class rice imported from Japan,... and *koyadofu* (a dish made from bean curd). For breakfast they served miso soup with vermicelli in it. Lunch was rice, and fish and vegetables boiled hard with soy sauce." On Sundays they had red bean soup with mochi (rice cake).

Under "Supplementary food" (p. 408-09): The meals were mostly Japanese. Breakfast: miso soup... Dinner: Sukiyaki. "Some people bought things from Seattle stores like bottles of pickled bean curd (*funyu*), salted sea urchin, fermented soy beans [natto], salted plums, or seaweed preserved by boiling in soy sauce (*nori no tsukudani*),..."

In 1907 we spent $5 to $6 per month for food, and it was poor. For breakfast we ate miso soup and rice;... for lunch rice cooked together with *aburage* (fried bean curd)... I bought canned salmon and poured soy sauce and sugar on it for dinner. For Saturday dinner we had sukiyaki.

Page 410: Breakfast was tofu in miso soup with pickles and rice. Page 411: Deer meat sukiyaki.

In the part on "Agriculture," we read that Japanese immigrants to American sometimes enjoyed Japanese soyfoods. In about 1910, in Fife, a farming community near Seattle, in about 1910, Gunji Fujimoto "had miso soup and pickles for breakfast" (p. 440). In about 1916, in Hood River (northern Oregon), Henry Nakamura wrote that Japanese people could get foods from Japan, including "fried bean curd" (p. 499-500). There they also enjoyed miso soup for breakfast, cooked red beans [azuki] spread on bread for lunch, and rice, pickles, and dried radish strips cooked with

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soy sauce for dinner (p. 503). In the early 1920s in Oregon, breakfast typically consisted of rice, miso soup, and pickled cucumbers (Shoemon Nakamura, p. 512).

The part on "Mines" in 1917 (p. 557): "Dinner was Japanese style with stews, beef and tofu cooked together with soy, fish, miso soup, rice and so on."

Page 568: "The meals at Endo camp were notorious. Breakfast was miso soup and pickles with rice. When the population increased, the amount of soup was increased by adding water, not miso. The contents of the soup was always wakame (seaweed)" all year long "changelessly wakame. Mr. Endo laid in a huge stock of left-over seaweed and fried dried bean curd, and miso, soy sauce and pickles."

Part 20, "On the Streets," states that "The old Japanese towns in Seattle, Tacoma, Portland, and Vancouver (Canada) can hardly be traced today." The author has tried to reconstruct maps of these towns "in roughly the period of the 1920s, but not in any specific year" (p. 779-80). In Nov. 1908 Masanao Hanihara, Secretary of the Japanese Embassy, issued a report on his investigations of living conditions of Japanese in the western USA (p. 791). He found the Japanese still lived "at the level of immigrant laborers;" the conditions in their communities were "extremely low and chaotic." "The Japanese in these areas hardly mix with white residents, while sometimes they approach or mix with Chinese. There are many ill effects from clique-ishness." "The majority of Japanese workers lack knowledge of English, so whenever they make contracts they sign papers blindly" (p. 795-96). Hanihara estimated the Japanese population of various states as follows: Washington 9,000 to 10,000, Oregon 3,500 to 4,500, Wyoming 1,000 to 1,500, Idaho 1,000 to 1,500, Montana 1,000, and Alaska 1,000. The largest Japanese community in the region was in Seattle (about 4,000 Japanese). "Shinzaburo Ban of Portland is almost the top among successful Japanese on the Pacific Coast." His business, S. Ban Co., headquartered in Portland (where he arrived in 1891), acts mainly as a contract agency for Japanese laborers–a sort of employment agency, "and his store supplies sake, miso, soy sauce and other such Japanese foods and small items to the laborers" (p. 789-93; see portrait photo p. 792). A sidebar (p. 793, by Raisuke Tamura, Seattle) notes that "However long they lived in the United States, Japanese had to have Japanese food... Around 1906 I imported from Japan vegetables such as lotus root, Japanese radish [*daikon*], *gobo* (burdock), *zenmai* (fern), *abura-age* [deep-fried tofu pouches], *nigari* (bittern, a tofu coagulant), *tsukuneimo*, *yamaimo*, and so on, in hundred-pound baskets, and sold them to sawmills and railroad camps" (p. 793).

The 1 January 1916 edition the *Hokubei Nenkan* listed all businesses operating in various Japanese towns. These included two "tofu-makers" in Seattle, Washington (p. 800), at least one tofu maker in Tacoma, Washington (p. 804. Tacoma had a Japanese population of 931 in 1915–721 males and 210 females). Spokane didn't have a Japanese town as in Seattle and Tacoma, but in 1915 it did have a Japanese population of 536 (462 males and 74 females).

The map of old-town Portland, Oregon, probably from about 1935, shows 90 Japanese businesses located between 1st Ave. and 7th Ave. (running north-south) and between W. Burnside and N.W. Glisan (running east-west). Among these are two tofu manufacturing companies. "Ota Tofu Mfg." is located on 5th Ave. between Everett and Flanders. [Note: The actual address was 86½ 5th N]. "Fukei Tofu Mfg." is located is on N.W. Davis between 3rd Ave. and 4th Ave.

Contents: The book is divided into 21 parts, with each part containing several chapters (the number is shown in parentheses): 1. Sailing (6). 2. Secret passage and ship-jumping (5). 3. Japanese exclusion (15). 4. Japanese women (2). 5. Railroads (5). 6. Alaska (4). 7. Sawmills (2). 8. Agriculture (7). 9. Hotels (2). 10. Restaurants (2). 11. Mines (2). 12. Oysters (2). 13 Japanese language schools (2). 14. Studying English (3). 15. Pro-Japanese (8). 16. Furuya Company (4). 17. Lese majesty affairs (2). 18. Gambling (3). 19. Girls (2). 20. On the streets (9). 21. In Memorium [Memoriam–to the many who died]. (2). Appendixes: (1) Partial list of Japan-U.S. and Japan-Canada sister cities. (2) Japanese consulates. (3) Chronological table: Japan and America (side by side), 1868-Sept. 1972. Bibliography (p. 967-72, mostly Japanese-language books). Epilogues: To English and to Japanese editions. Index of personal names (p. 988-1016). Address: Tokyo and Seattle, Washington.

3048. It's your world vegetarian cookbook. 1973. Glendale, California: Seventh-day Adventist Church. 128 p. Foreword by U.D. Register, and Clive McCay. Illust. 23 cm.
• ***Summary:*** It's Your World" is a television series hosted by Art Linkletter (his photo faces table of contents) and sponsored by the Seventh-day Adventist Church in Glendale, California. Soy-related recipes include: Saucy soy sizzlers (no eggs, p. 10). Carrot nut loaf (with soy flour, p. 12). Millet gourmet balls (no eggs, with soy beans, p. 13). Danish Proteena balls (p. 17). Rediburgers (with Rediburger, p. 18). Festive loaf (with Vegeburger, p. 22). Mayflower loaf (no eggs, with soy beans, p. 22). Fresh tofu loaf (p. 25). Soy beans Hawaiian (with Loma Linda Boston Baked Beans, p. 37). Baked soybeans Americana (p. 39). Plantation soy special (with soy beans, p. 39). Browned tofu with mushrooms (p. 42). Viking Roast (with Holiday Roast [frozen, ready-to-bake soy loaf with a smoked turkey flavor], p. 56). Scrambled tofu (p. 56). Crispy tofu sticks (p. 57). Bit o'soy waffles (with soy flour, p. 65). Soy-oat waffles (with soy beans, p. 66). Soy cream topping (with Soyamel powder, p. 114). Soy nut milk (with soy milk powder, almonds, and cashews, p. 116). Soy half-and-half (with All Purpose Soyagen, p. 116).

Pages 118 and 119 list all commercial vegetable protein analogs made by Loma Linda Food Co (Arlington, California) and Worthington Foods, Inc. (Worthington,

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Ohio). Address: Glendale, California.

3049. Li, Shih-Chen. comp. 1973. Chinese medicinal herbs. Translated and researched by F. Porter Smith, M.D. and G.A. Stuart. San Francisco, California: Georgetown Press. 467 + [41] p. See p. 189-96, 411. Index. 24 cm. [1 ref. Eng]
• ***Summary:*** This paperback book, which has an orange and yellow cover, is a reprint, published without proper explanation or credit. It is a facsimile copy of Rev. G.A. Stuart's fine book, titled *Chinese Materia Medica* (1911), which is based on the famous *Pen-ts'ao kang-mu* and (as the title page of Stuart's work states) "Extensively revised from Dr. F. Porter Smith's Work" titled *Contributions towards the materia medica & natural history of China. For the use of medical missionaries & native medical students* (1871).

The preface to this 1973 reprint is by Beatrice Bliss, in whose name the book is copyrighted. On the rear cover, Bliss notes: "For over 4500 years Chinese scholars have been compiling medical treatises. The greatest and most complete of all was published in 1578, after 26 years of labor, by Li Shih-chên. American physicians in China, long impressed with the efficacy of organic medicine, translated, researched, and updated his herbal Pên Ts'ao, now published for the first time in the United States." The preface continues: "Unlike the Western world, China has been flooded since time immemorial with medical treatises. While the first English-language pharmacopoeia was published in London in 1618, the earliest Chinese treatise still in existence is attributed to the Yellow Emperor who, according to legendary history ascended the throne of China in the year 2698 B.C... The complete Pên Ts'ao comprises 1,892 species of drugs, animal, vegetable and mineral, and includes 8,160 prescriptions."

The plants discussed are listed alphabetically by scientific name. The sections on soybeans, which have many uses as medicinal herbs, are identical to those found in Stuart (1911).

Also discussed are: Kudzu vine, *ko*, or pueraria (*Pachyrhizus thunbergianus;* p. 299). Azuki bean or Ch'ih-hsiao-tou (*Phaseolus radiatus;* p. 316. "It is considered to be good food for donkeys, but is too heavy and heating for mankind. Medicinally, it drives away dropsy and scatters carcinomatous and purulent swellings.").

Wheat Gluten (Mien-chin; p. 445-46). "This is prepared by washing out the starch, and when a small quantity is wanted for catching birds, it is only necessary to masticate the wheat until nothing else is left. It is used as a nutritious article of diet, and is also considered to be antifebrile."

3050. Miller, Harry W., Jr. 1973. Observations from forty years of soy protein processing and engineering (Continued–Document part II). Cedar Falls, Iowa: Soypro International, Inc. 8 p. Undated. Unpublished manuscript.
• ***Summary:*** Continued: "Flavor was no problem as the public enjoyed the bean-like cereal flavor of soy. We calculated that, if we could produce a product of high keeping quality and automate the production, we could produce and sell soy milk for $0.20 a quart in comparison to cow's milk at $1.00 per quart. To do this we used wide mouth bottles with a metal crown cap. By sterilizing these bottles in a pressure retort, we had a milk that kept indefinitely without refrigeration. This allowed us to divide the city into four quarters, and by delivering a week's supply at a time we were able to provide house delivery with one fourth the equipment and personnel of our competitors. We had many customers living in other cities that bought a month's supply at a time and carried the empty bottles back to us.

"During our first month of operation, the cost was $1.10 per bottle. The second month was $0.40 per bottle, the third month $0.19 per bottle and the fourth month $0.12 per bottle, which allowed a reasonable profit. We were unable to proceed further as the Japanese blew up the plant on August 7, 1937.

"Realizing the nutritive value of soy and its possibilities, and no longer being able to continue in the Far East, we established the 'International Nutrition Laboratory' in Mt. Vernon, Ohio.

"At first our endeavor was to perfect manufacturing equipment so we could return to the Orient and develop foods for low-income population. As a result, we worked with soy flour manufacturers and oil meal developers. Although many experiments were conducted in testing baking and roasting the bean, we learned very early that moist heat was best for developing high assimilability of this rich protein source.

"I believe I built some 21 different types of moist heat processors from pressure steam cookers to blowing line steam jets through liquid falls of the extracted protein. One day my father remarked, 'Son, you have more equipment out on the scrap pile than you have in the plant.'

"As World War II progressed, we found ourselves producing high protein products for feeding of people that had been undernourished due to the enemies' confiscation of food materials. However, as the war drew to a close, we saw a need for a change of income source. So, with the assistance of Dr. Baxter of Ohio State University, Soylac was brought on the market. Although we had to overcome diarrhea and other feeding problems, it was found that, with proper moist heat treatment and a proper balance of various carbohydrates and vegetable oil, we produced an infant milk that was readily accepted by the pediatricians.

"As we had a greater amount of soy protein fiber [okara] than extracted protein, we at first dried this and sold it for livestock feed.

"It was felt that meat analogs could not be produced from this protein casein residue. Again special equipment had to be made to handle and process this product so that

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palatability and high food value would result. With specially designed heat processes and modified meat manufacturing equipment, bolognas and beef-like cutlets were produced at first with the addition of wheat protein, later with soy spun protein fibers. As discussed in the latter part of this dissertation, we were also able to produce very satisfactory meatlike products entirely from the residue.

"In the late summer of 1960, I received a call from my father inviting me to a luncheon conference. Here I met Ronald Hill of UNICEF.

"After being introduced I was informed that UNICEF intended to install an infant formula plant in Indonesia under the direction of Dr. S.S. De of F.A.O.

"We were invited to be designers of the plant and I was to supervise the installation and training of the personnel to operate the installation.

"I was most fortunate to be assisted in the project by Dr. E.L. Rowe, a graduate Ph.D. from the University of Southern California. With his help at the Institute of Nutrition of Indonesia, and the assistance of the College of Medicine of the University of Indonesia we were able to determine the causes of diarrhea in infant feeding and correct it in our formula and processing methods.

"As in every country the natives of that locale must have a product that suits their individual organic reaction to nutrition in-take.

"It has not been possible to produce a product acceptable in all countries and cultures. Thus it has been necessary to adapt both production methods and formula to each area individually. In Indonesia we had a very delicate pH balance to maintain, and moisture quantities had to be regulated so the infant obtained a nutritious substance that its body could absorb without ill effects.

"Shortly after my return to the United States and during a periodic visit of my father, Dr. Perry Webber called upon us to assist Madison Foods to develop their soy products for greater market acceptance. They had some very commendable meat analogs using the combination of both soy and wheat derivatives. However, they wished to explore in the infant formula field which was creating a sizable market. Infasoy was originated at this time and a process was developed to increase the normal extracted quantity of protein from the traditional extraction method. This was done by the use of mechanical equipment and formulations. It was here, with a great quantity of wheat fiber in use, that we derived a method of using the soy residues [okara] to manufacture meat loaves, sausages, wieners, and bolognas entirely of soy except for seasoning materials and added fats. This greatly increased the nutritional value as well as the income derived from the sale of these products.

"As we were perfecting and developing equipment and products at Madison, a call came from Brazil for assistance in developing a soy and cow milk formula.

"As the Brazilian government felt that some animal product should be incorporated in this kind of formulation, processing experiments were carried out. As a result much was discovered in flavor control. It had long been determined that you could not mask the flavor of the soybeans. It was entirely a matter of using some of the flavors in the bean and eliminating the objectionable ones.

"While still at Madison I had a call to install a traditional soy milk plant in the Far East. Our technologies had progressed to the point that we had difficulty at first to retain sufficient soy flavor to satisfy the palate of the local clients. However, this was accomplished to the satisfaction of the customers.

"The last three years have been used in developing sophisticated analogous types of meat and milk. This has been accomplished in the laboratory and we feel will soon be available for countries now pressed with shortage of milk. Should milk fall short in dairy farming countries, we know we can supplement this shortage with a vegetable source as acceptable as the product in shortage.

"In summary let me review:

"1. We are facing shortages in milk, which is produced with a ratio of 8 lbs. of feed to produce one gallon. We can produce a gallon of vegetable milk with a total of l lb. of fat, carbohydrate, and beans.

"2. A breakthrough in flavor control has been achieved, which eliminates the former taste objections.

"3. Breakthroughs have also been made in using the soy milk by-products for low cost meat analogues which are highly acceptable and nutritious.

"We have approached the time that the soybean protein will not only relieve food shortages but will also satisfy the most sophisticated taste." Address: Cedar Falls, Iowa.

3051. Miller, Harry W., Jr. 1973. Observations from forty years of soy protein processing and engineering. Cedar Falls, Iowa: Soypro International, Inc. 8 p. Undated. Unpublished manuscript.

• ***Summary:*** "It was a late summer morning 1922 in the State of Maryland that my father announced at the breakfast table that I would accompany him on a short trip to Frederick, Maryland to look at a stone burr mill he wished to purchase for some soy milk experiments he wanted to conduct.

"Protein had always been a high priority topic in our house as Dr. John Harvey Kellogg had made a deep impression on my father (Dr. Harry W. Miller, Sr.) during his student medical days at Battle Creek, Michigan.

"On the way to Frederick my father explained to me that the mill he wished to purchase was to be used to prepare soybeans so that a white milky fluid of suspensible protein could be extracted from the beans. Little did I realize that I was to be introduced to a research field that would dominate my work and studies the rest of my life.

"Having purchased the mill the next step was to find a proper location to conduct the experiment. One of

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Maryland's larger dairy farms was chosen for this, and after transporting the mill to the farm, it was bolted to heavy timbers and one of the dairy's tractors was used to turn the pulley on the mill.

"To a boy of ten it was more interesting than spectacular to see a white milky liquid run down out of the mill instead of seeing the milk being drawn from the udder of a cow. However, this experiment made a lasting impression on a ten year old who was always experimenting and constructing contraptions of his own.

"No, the liquid from that mill did not replace the milk produced on the farm. However, at the present rate of population increase, and ever-increasing shortages of grazing area to produce milk, we may in the future be looking to the use of this mill and its complementary equipment to supplement the animal products in lands of large dairy production.

"Shortly after my introduction to the first experiments on that dairy farm, I traveled to the land of the soybeans. This country was to become my home and source of information as my parents had accepted a call to mission service in China.

"Having been raised a strict vegetarian, the foods made from vegetables and grain sources were always a challenge to my curiosity.

"Roaming the streets of Shanghai every portable food caterer, street sidewalk restaurant, as well as the more sophisticated Buddhist (vegetarian) restaurant held a new horizon of future products made from the soybean.

"It was indelibly inscribed on my young mind that each procedure in each shop had a very definite and end-resulting purpose behind it.

"The first visit I made to a shop which produced these foods, the owner would address me. 'What is your honorable name,' and my answer would be, 'my humble name is "Show Me,'" translated small rice.

"My childish curiosity either amused the shop keepers or my youth intrigued them. Regardless, I was soon known as 'small rice.' in all these shops and home processing establishments and was allowed to roam at will and have my questions answered frankly–so much so, that I was able to get answers and ingredient names that my elders were unable to secure.

"Basically, the first step in extracting protein was to hydrate the bean. I found that each shop had some variation in soaking the bean. Hot water was used in one place and cold in another. Some added chemicals to the soaking water and others varied by prewashing the bean before soaking while others washed the beans after soaking.

"Although I knew that all their variations were vital to the end product, it was to be several years before I would be using these various steps to achieve end results.

"During my earliest experience with processing, I learned that enzyme action is definitely affected by these variations in procedure.

"The Orientals extract soy protein to produce soy curd, in its various forms, and soy skin or film membrane. Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "soy skin" or the term "film membrane" to refer to yuba.

"Soy curd is produced by coagulating the extracted, liquid-suspended protein. After being pressed from the granular residue of the bean, a liquid white protein suspension is left. Each shop had a different heat to bring the liquid to before adding the coagulatory chemical.

"Each producer had a different product for the customer. One would have a large cake of rather coarse curd. This they cut into blocks according to the purchaser's need. The buyer taking it would flavor and prepare it as he desired.

"Another shop would produce a firmer curd which was pressed into small cakes; some were flavored with sesame oil; some peanut oil in which they were deep fried; and others were boiled in soy sauce and sold in this form to the customers.

"They also had what I called the yogurt shop. This was a very exacting procedure of heat control and quantity of coagulant to produce a yogurt-like curd which was chilled in bowls and served with rice malt poured on top to flavor it.

"There was one shop that pressed a fine curd till it was rather dry. These cakes were cut into square pieces about 3/4 of an inch square, were stacked on bamboo mat trays and placed in a culture-inoculated, heat-controlled room for three days. After this period the mold-covered squares were put loosely in glass jars in a hot pickling juice with ginger, ground red peppers, rice wine, brown sugar, and salt, and were sealed so the sauce would preserve the curd and flavor it [to make fermented tofu]. This product is sent all over the world to delight the palates of the Orientals.

"Perhaps the most interesting to me was the film protein [yuba] produced by heating the liquid extract to a definite regulated temperature and allowing a film to form on the top of it. This is picked up with a long chopstick and hung on a wire line to dry.

"Here again, liquid flavored films were produced by temperature changes. One way of changing the thickness of the film was to allow the liquid to evaporate so that the last films to be produced from a pot of liquid would be thicker than the first. Also, the fuel used would change the flavor of the film as the smoke from coal, charcoal rice straw and wet saw dust, or bamboo splints each had a definite taste.

"Not being satisfied with seeing these products made, I was determined to see how they were used; so 'Small Rice' would go to the kitchen of the Buddhist Restaurant long before dawn to watch the cooks soak these film in various sauces, some to be rolled tightly into bologna-like rolls and broiled for hours in a soy sauce, ginger, and anise flavored juice. This roll, when sliced, had a beef-jerky like flavor. Another was to lay the films one after another on top of each

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other to be sprinkled (each one) with rice wine, sesame oil and monosodium glutamate. These films were folded into a half moon shape, placed in bamboo trays and steamed for several hours. They were then placed on a screen to dry the surface moisture, then fried in deep sesame oil or peanut oil whichever flavor was desired.

"When these foods with various seasonings were served you would have anything from fish to turkey or duck.

"It was the eating of these Buddhist meats that gave me the courage in later life to learn to eat animal tissue, as I had been raised a strict vegetarian.

"Had I not learned to eat and taste these various animal products, I am afraid I would be like the official in India: when describing to him how we could make meat analogs from soy milk residue he asked, 'Well, what does chicken taste like?'

"This early experience in China was a challenge to make extensive study into each country's dietary and food flavor habits before designing a product for them.

"In the early 1930's with the encouragement of W.J. Morse and La Clara Reed of the U.S. Department of Agriculture, my father and I, using equipment supplied jointly by the Department and ourselves, produced a spray-dried soy milk formula which was granted a patent by the U.S. Patent Office, and which the American Medical Association accorded its own highly valued seal of acceptance for an infant formula.

"The first commercial plant was installed in Shanghai, China, during 1936 and 1937. Although we were using soy milk for feeding babies and institutional employees, due to the high price of pasteurized cow's milk there was a challenge to install a soy dairy to produce a vegetable milk at a low price." Continued. Address: Cedar Falls, Iowa.

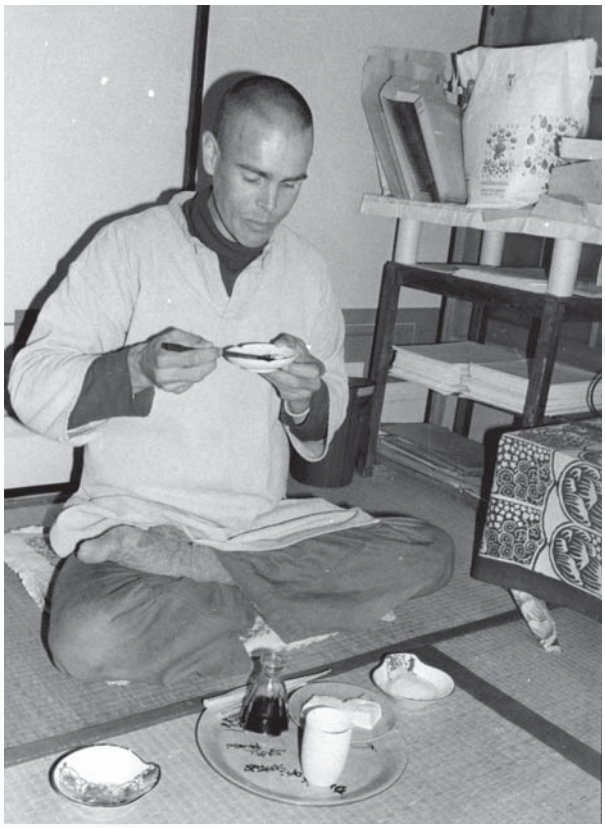

3052. Muramoto, Noboru; Abehsera, Michel. 1973. Healing ourselves. New York, NY: Avon/Swan House. 150 p. Illust. Index. 28 cm.
• ***Summary:*** The author's first name is misspelled throughout: Noboru is correct; Naboro is wrong. The book is based on 4 weeks of lectures given by Muramoto. Abehsera complied and supplemented these teachings.

Note: This is the earliest document seen (Sept. 2002) concerning Noboru Muramoto.

3053. Nakayama, Tokiko. 1973. Chûgoku meisaifu [Chinese cuisine: Famous recipes]. Tokyo: Shibata Shoten. 4 Vols. [Jap]*

3054. Photographs of William (Bill) Shurtleff, Akiko Aoyagi, and Soyfoods Center (1973-75). 1973.
• ***Summary:*** 1973–Two black and white photos: (a) Bill sitting cross-legged on tatami mats on the floor in upstairs room in Aoyagi home at 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: 03-925-4974. He is eating tofu

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from a small dish with chopsticks. His clothing indicates cold weather. (b) Bill and Akiko sitting meditation in upstairs room. In background: Altar, flowers, photo of Shunryu Suzuki roshi, low writing desk.

1974 Jan.–Bill Shurtleff at Arai-san's tofu shop, Sangen-ya, with their two daughters to left and right, Mrs. Arai standing in background.

1974 Jan.–Four black-and-white glossy photos published in the large-format magazine *Japan in Pictures* (Vol. 16, No. 1, p. 16-17), all taken at San-Gen Ya, the shop of tofu master Toshio Arai in Nerima-ku, Japan, where Shurtleff is an apprentice, learning how to make tofu in the traditional Japanese way. (a) Ladling cooked soybean puree (*gô*) out of the cauldron into the pressing sack. (b) Standing next to Mr. Arai. Much of the equipment in the shop can be seen as Mr. Arai talks about making tofu. (c) Sitting in full lotus position practicing meditation on tatami mats in the upstairs room at the home of Mr. and Mrs. Kinjiro Aoyagi in Nerima-ku. His head is shaved and a small altar is in the background. (4) With Mr. and Mrs. Arai, sitting on the step that leads from their tofu shop into their home.

1974 summer–Bill Shurtleff in Japanese-style summer dress at upstairs room at Aoyagi home. Altar and typewriter desk in background.

1975 Jan.–Bill (seated) and Akiko (standing) at photo studio near home in Nerima-ku, Tokyo. This photo (2 copies) would later appear near the back of *The Book of Tofu.*

1975 Nov.–Shurtleff and Aoyagi in the Shurtleff family kitchen at 790 Los Palos Dr., Lafayette, California: He is holding a plate on which rests a cake of tofu which they have just finished making from soybeans. In front of the two is a wooden tofu kit on the tile kitchen counter. Photo by Eric Rahkonen of the *Contra Costa Times.*

3055. Smith, Margaret Ruth. 1973. Anne Seranne's good food without meat. New York, NY: William Morrow & Co. 351 p. Illust. Index. 27 cm.
• ***Summary:*** A vegetarian cookbook. The author, Anne Seranne (= Margaret Ruth Smith) was born in 1914.

Soy-related recipes include: Sweet and sour dashi sauce (with soy sauce, p. 85). Deep-fried soy-bean curd (with canned, baked soybean curd (*yakidofu*), p. 85). Baked soybeans (p. 175). Soy bread (p. 259; "Use half stone-ground soy flour and half unbleached all-purpose flour in basic recipe."). Gluten bread (p. 259; Gluten flour combines well with soy). Rye soy bread (p. 259; "Substitute 1 cup each rye flour and soy flour for 2 cups of the all-purpose flour.").

3056. Taun, F.K. 1973. [Latest tofu recipes]. Taipei, Taiwan: American Soybean Assoc. [Chi]

3057. Tsuji, Tome. 1973. Tôfu ryôri [Tofu cookery]. Tokyo: 209 p. Illust. [Jap]*

3058. Willcox, William B. ed. 1973. The papers of Benjamin Franklin. Vol. 17. January 1 through December 31, 1770. New Haven, Connecticut, and London: Yale University Press. See p. 22-23. [4 ref]
• ***Summary:*** According to Roy Goodman (Curator of Printed Materials, American Philosophical Society, Philadelphia, Pennsylvania) this is the most authoritative compilation of Benjamin Franklin's letters.

On pages 22-23 is Franklin's letter to John Bartram from London, England, dated Jan. 11, 1770. It is reprinted from William Darlington, ed., *Memorials of John Bartram and Humphry Marshall* (Philadelphia, 1849), pp. 404-05. For details see Franklin 1770.

There are five footnotes to this letter. No. 2 states correctly that "runnet" refers to "rennet, used in the generic sense of a curdling agent."

In footnote No. 3 the editor identifies Father Navaretta as "Domingo Fernandez Navarrete (1618-86), a Jesuit [sic, Dominican] missionary to China who published his work in Spanish in 1676. It was translated into English by Awnsham and John Churchill, published in 1704, and subsequently republished; BF probably encountered it in the third edition: *A Collection of Voyages and Travels...* (6 vols., London, 1744-46), Vol. 1, p. 1-113.

Also in footnote No. 3, however, the editor is very confused about what Franklin means by "Chinese Garavances" (soybeans) and *Tau-fu* (tofu). The editor says that "BF's [Benjamin Franklin's] description of garavances and their use is, to put it mildly, misleading. He was not referring to cheese but to a vegetable paste; and the paste was not made of garavances, or chick peas, but of beans... Tau-fu or teu-fu was there described (p. 252 [in the third edition of English translation of Navarrete's book]) as a paste of kidney beans, as it was in the original Spanish; where BF got hold of garavances we have no idea."

If the editor, Willcox, had understood soybeans and their uses he might have said: "In 1770, 'Chinese Garavances' was a fairly well known name for soybeans. The cheese made from them was tofu. We still do not know where Franklin got his soybeans."

3059. **Product Name:** Tofu.
Manufacturer's Name: Yah Kee.
Manufacturer's Address: 83 Tyler St., Boston, Massachusetts. Phone: 617-426-7588.
Date of Introduction: 1973. January.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313. Cheng Yao-Wang [Cheng Yah Wong]. 83 Tyler St. Boston. Tel: 426-7588.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Mr. Wong.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Listed as Cheng Yah Wong. Same address and phone.

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Owner is Mr. Wong. Note: This company is not listed in the 1960 Boston City Directory, the most recent one at Sutro Library.

Dun & Bradstreet database search. 1984. May 23. Yah Kee, in Boston, Massachusetts has $100,000 annual sales and 3 employees.

Talk with John Weissman of the Vegetable Protein Co. 1992. March 31. At some time after 1977 he bought tofu from Yah Kee, a Chinese tofu maker in Boston's Chinatown.

Boston Globe. 1997. Jan. 27. "Way Ping Wong, 85: Pioneer in Boston tofu industry." "In 1973 he moved his family to the United States and settled in Boston, where he founded the Wah Kee [sic, Yah Kee] Company, Inc., a tofu manufacturing company that now handles over 50 percent of the New England, said Cheong Chen, a family friend.

Talk with Betty Wong, daughter-in-law of Way Ping Wong. 1997. Feb. 13. She and her husband, Cheng Yah Wong, live in Newton Massachusetts. The article in the *Boston Globe* spelled the name of this company incorrectly. The correct name is Yah Kee. Her husband [James] co-founded Yah Kee in late 1973 with her father-in-law at 83 Tyler St. Betty is sure of the 1973 date because her husband came to the USA in 1973 and she arrived the next year in 1974; when she arrived he was already making tofu. After about 2 years the company moved across the street into larger quarters at 104 Tyler St. In 1976 they registered their tofu company officially. Two years ago the factory moved to Waltham, Massachusetts, where it is today at 108 Clematis Ave., Building 7, Waltham, MA 02154. Phone: 617-642-8999. But they still keep an office in Boston at 194 Tyler Street. The company now makes many different types of soyfood products, firm tofu, soya drink, silken tofu, dry bean curd (doufu-gan), tofu pudding (doufu-hwa), fried tofu, tofu puffs. At the very beginning (in 1973) they made only Chinese-style form tofu and soymilk. Yah Kee sells all of its tofu in bulk in water; none is sold in individual packages. This allows them to sell the tofu at much lower prices. It sells this tofu to restaurants and some supermarkets.

Form filled out by James Wong. 1998. July 10. Yah Kee, Inc., 108 Clematis Ave. #7, Waltham, MA 02154. Phone: 781-642-8999. Started making and selling tofu in 1976. But Betty says that was when the company was registered; the real tofu production began in late 1973.

3060. **Product Name:** [Tofu (Firm, or Soft)].
Manufacturer's Name: Agro-Nippo Produtos Alimenticios Ltda.
Manufacturer's Address: Vila Clarice, Av. 15 de Novembro, 210-350 Pirituba, Sao Paulo, Brazil. Phone: 261-2348.
Date of Introduction: 1973?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. A large, modern Japanese-run tofu factory.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 400. Agro Nippo Produtos Alementicos Ltds., Av. 15 de Novembro, Vila Clarice, 210-350 Pirituba, Sao Paulo, Brazil. Tel: 261-348 (A large factory). Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number.

Letter from Jane Cadwell Pautz. 1982. May 29. The company is now located at Av. José Alves de Mira 185, Pirituba, Sao Paulo, Brazil. They make both firm and soft tofu.

Talk with company by phone. 1989. May 18. The owner is Mikio Uchinaka. The company started about 16 years ago (i.e. in about 1973). The location has not changed but Av. 15 de Novembro has been renamed to Av. José Alves de Mira.

Letter (e-mail) from Jaime Nakamura of Brazil. 2012. Oct. 16. A record from the National Institute of Intellectual Property (http://www.inpi.gov.br/) in Brazil shows that Agro-Nippo Produtos Alimenticios Ltda. first registered the word "Tofu" as a mark (marca) on 12 July 1978. They re-registered it approximately one every 10 years thereafter.

3061. Hartz (Jacob) Seed Company, Inc. 1973? Hartz seed. Stuttgart, Arkansas. 8 p. Undated. 28 cm.
• ***Summary:*** Contents: Introduction. Arkansas' Grand Prairie: a major seed producing area for soybeans, rice and oats. Facilities. Research. Real estate and farm management. Export.

Jacob Hartz Sr. (1888-1963), pioneer in the development of soybean production in the South, founded Jacob Hartz Seed Company in 1926 [sic, 1942] and later that year built the first small seed cleaner in the State.

"More farmland in Arkansas is planted in soybeans than any other crop... Jacob Hartz Seed Company contracts upwards of one and one-half million bushels of Arkansas Certified "Blue Tag" Soybeans each year. This seed is produced by 150 Certified Seed Growers. The company's export operations have been directed into many areas of the Pacific, especially for natto, tofu, and miso in Japan.

Photos show: A portrait of Jacob Hartz, Sr. (p. 1) An early binder, pulled by a tractor, cutting oats. Modern combines harvesting soybeans. An aerial view of the plants elevators and offices in Stuttgart. Company President Jake Hartz, Jr. with Dr. Curtis Williams in one of the company's three greenhouses. Address: P.O. Box 946, Stuttgart, Arkansas 72160. Phone: 501-673-8565.

3062. **Product Name:** Tofu.
Manufacturer's Name: Hashizume Bean Cake Corporation.
Manufacturer's Address: 30-16, 38th Ave., Long Island City, Queens, NY 11101. Phone: 212-937-9150.

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Date of Introduction: 1973?
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. "Hashizume Foods Products Corp." Wells. 1978. New York Times. May 3. p. 19-20. "In the early 1970s Hashizume Bean Cake Corporation came to life as a minor cottage industry, tucked away in the basement of a giant red brick factory in Long Island City." Now the business is thriving. The contact person is Sumiko Yokoyama.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Hashizume Food Products Corp., 43-10 23rd St., Long Island, NY 11101. Owner: Mrs. Kiyuu Yokoyama and Bob Barbarite; Offices at 2-01 50th Ave., Long Island, NY 11101. Phone: 212-392-2860.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Mrs. Kiyuu Yokoyama & Bob Barbarite, Hashizume Food Products, 2-01 50th St., LIC, NY 11101. Factory at 43-10 23rd St. Shurtleff & Aoyagi. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. 1983. Soyfoods Industry & Market. Starting year given as 1969. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 94. The company now makes about 300 lb/day of tofu. It is sold in 25 lb bulk containers.

3063. Watanabe, Tokuji. 1974. Government role and participation in development and marketing of soy protein foods. *J. of the American Oil Chemists' Society* 51(1):111A-15A. Jan. Proceedings, World Soy Protein Conference, Munich, Germany, Nov. 11-14, 1973. [14 ref]
• ***Summary:*** Contents: Abstract. Introduction. Japan's soybean supply and demand. The present soybean protein food market in Japan. Administrative aspects with respect to soybean protein foods. Research and development projects concerning soybean protein foods and their achievements. References. Address: National Food Research Inst., Ministry of Agriculture & Forestry, Tokyo, Japan.

3064. Lundstedt, Erik; Lo, Frank Y. Assignors to Hong Kong Soya Bean Products Co., Ltd. (Kwun Tong, Kowloon, Hong Kong). 1974. Heat stable curd from soya bean milk and process of manufacture thereof. *Canadian Patent* 941,228. Feb. 5.
• ***Summary:*** Prepare soymilk with 6% solids. Add 1-10% by weight of edible fat. Heat to 93.5ºC with steam for 10 minutes. Homogenize at 2,500 lb. pressure. Cool to 24ºC. Add calcium chloride coagulant under strong agitation to form curds at below 49ºC. Heat to 71ºC. Cool to separate whey for superior smooth, silky curds. Hot pack by heating to at least 66ºC. Homogenize. Pump and pack hot. This is a curd, not cheese; there is no fermentation. Address: 1. South Chatham, Massachusetts; 2. Kwun Tong, Kowloon, Hong Kong.

3065. *Los Angeles Times.* 1974. Seldom-used soybean high in protein, unsaturated fats. Feb. 7. p. F2.
• ***Summary:*** Genevieve P. Ho, PhD, of the Agricultural Extension Service, USDA, University of California, explains that soybeans and soybean products have been staples in China for 4,000 years [sic, 3,000 years]. Among these products are "soybean curd, soybean milk, soybean sprouts and soy sauce..."

"In 1972, soybeans retailed for 14 cents a pound. Today they sell for 54 cents a pound in health food stores and 31 cents a pound in Oriental markets." Describes how to cook whole dry soybeans at home. Gives recipes for: Soybean casserole. Soybean cookies (with "1 cup cooked soybeans"). Bean curd soup (with "1 cup bean curd (tofu), broken in small pieces"). Bean curd and shrimp (with "1½ cups bean curd (tofu)" and "1 tbsp. soy sauce").

3066. Kushi, Michio. 1974. Natural agriculture and food processing. *Michio Kushi Seminar Report* (*Brookline, Massachusetts*) No. 2. Feb. 12. p. 1-4. Edited by Ane & Mark Riegel.
• ***Summary:*** On Feb. 12 Mr. Kushi, a macrobiotic teacher, lectured on: Soybeans. Making tofu: Lemon juice and vinegar vs. nigari. Making natto.

For making tofu, Kushi recommends using nigari rather than lemon juice or vinegar, since the yang nigari balances the yin soybean.

The soybean, "according to our Unifying Principle of macrobiotics, belongs to the yin category. And if you are taking plenty of soybeans, then you become a fool... if you cook kombu together with soybeans, the taste is very good, and nutritionally it is a better balance."

Soybean milk is easy to make. It can often be a substitute for cow's or goat's milk. Soybean milk is yin. If you give this to a baby for a long period, the baby becomes very yin. It is better to give soybean milk for a short period. Address: Brookline, Massachusetts.

3067. Dresden, Donald. 1974. Japan Inn: A good show, visually and gastronomically. *Washington Post.* Feb. 17. p. PO34.
• ***Summary:*** Dining: The Japan Inn, now in its 3rd year of operation, located at 1715 Wisconsin Ave., NW (Georgetown), continues to rank as one of the finest Japanese restaurants in Washington, DC. To make the broth for Miso soup, begin with a Japanese seaweed called "sea tangle" [kombu], then remove it after it has imported its flavor. Add dried bonito flakes to produce a delicate, fish-tasting broth. "Bean cake [tofu], mushrooms, and chopped green onions finish the dish."

Shabu-shabu comes with two dipping sauces. One of these is made by mixing soy [sauce], vinegar, two kinds of

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sake, seaweed and dried bonito flakes. The other contains sesame seeds, oil, and paste. Shabu-shabu "also contains hot pepper, aged soy bean cake, soy sauce and two kinds of sake, one of them [mirin] sweet."

Note: The meaning of "aged soy bean cake" is unclear. It could be fermented tofu, although that is rarely used as an ingredient in Japanese cookery.

3068. Kushi, Michio. 1974. Natural agriculture and food processing. *Michio Kushi Seminar Report* (*Brookline, Massachusetts*) No. 3. Feb. 26 and 27. p. 5-30. Edited by Ane & Mark Riegel.

• ***Summary:*** On Feb. 26 Mr. Kushi, a macrobiotic teacher, lectured on: Tekka–"Tekka is used not only as a condiment, but also for medicinal use. Tekka is made from three different roots–carrots, burdock, and lotus roots." The "volume of miso is flexible... Homemade tekka is traditionally made in a cast iron frying pan." The Japanese word "tekka" derives from *tetsu* (which means iron) and *ka* (fire). "For medicinal use, yang miso is better."

Miso and miso manufacturing, including how to make malt (rice koji) (8 pages). Note: This section indicates that Mr. Kushi has some basic knowledge of the subject but there are many errors. 1. Koji is not malt (which refers to soaked, germinated cereal grains), but molded cereal grains or soybeans. 2. Koji kin is not malt bacteria, but koji molds. 3. One does not add enzymes to miso and enzymes do not grow. Even modern miso factories do not add enzymes when making miso. 4. The entire mixture is not stirred after 20-25 days to add oxygen. Kushi says you must keep miso for a least 6 months, but to cure sickness it must be kept for 2-5 years. Miso soup can compensate for the bad qualities of meat and eggs–so everyone should eat miso soup daily. Soup stocks and miso soup.

On Feb. 27 he discussed: General outline for making shoyu–soy sauce (4 p.), including discussions with Kikkoman on making natural shoyu starting with whole soybeans. In the early years after 1973, Kikkoman wanted to make natural shoyu and sent Kushi several samples, but he turned them all down, in large part because Kikkoman wanted to use defatted soybean meal instead of whole soybeans. Erewhon is buying shoyu from 3 companies in Japan. But Kushi says the quality is declining compared to five years ago [i.e., 1969], when it had powerful healing effects when taken with bancha or kuzu. He adds: "Around Boston or on our Ashburnham land, I really hope we can begin to make miso or soy sauce." Kushi says that now, after pasteurization, coloring and flavoring is added [not true, except in HVP soy sauce]. "Traditionally [in Japan] for this they used natural herbs. For a sweeter taste and darker color they traditionally used kanzô [kanrô?] or 'sweet grass = sweet herb.'"

"Formerly, until modern technological methods started to be applied, almost each village made their own shoyu like this, either as a joint community project, or someone with money made it and sold it to several villages."

Using bean and grain sprouts–moyashi (including soy sprouts). Other soybean products: Fried tofu (two methods for agé). Ganmodoki. Kori-tofu or koya-tofu (freeze-dried tofu). Soybean milk ("Soy milk is very yin." Note: Most Japanese and Japanese scientists consider soymilk to be an "alkaline" {*arukari-sei*} beverage, which therefore promotes good health). Yuba. In the discussion (p. 28), yogurt made by leaving soymilk unrefrigerated and "Chinese fermented tofu... fu nyu" are mentioned. The U.N. [United Nations] recommendations on food, using vegetable proteins.

Note: This is the earliest English-language document seen (April 2013) that uses the term "freeze-dried tofu" to refer to dried-frozen tofu. Freeze drying, which is an expensive, modern, high-tech process that uses a vacuum chamber to dry a frozen food, is not a good term to use for this traditional Japanese food which is air-dried naturally. Address: Brookline, Massachusetts.

3069. *Better Nutrition.* 1974. Food for thought. Feb. [1 ref]

• ***Summary:*** "The Overseas Development Council is calling for a Sino-American Soybean Research Institute for developing soybeans which will produce more beans per acre...

"Unfortunately, our country uses most of its domestic supply of soybeans as food for poultry and cattle. In the Far East soybeans are used directly as food for people, which is, of course, much more sensible. Soybean protein is as nearly complete a protein as exists in vegetarian food. Combined with cereals or nuts at the same meal, soybean food offers complete protein very inexpensively at the rate of 11 grams for every serving of the cooked dried beans.

"Other soybean products available in our country are loaded with high quality protein: soy flour, with up to 47 per cent protein, soybean curd (a kind of cheese) with almost 8 per cent protein, *miso* and *natto* with 11 and 17 per cent protein respectively.

"Soybean milk products are equally nourishing where protein is concerned."

3070. Central Food Technological Research Inst. (CFTRI). 1974. International Symposium on Protein Foods and Concentrates, Proceedings. Mysore, India: CFTRI. vii + 450 p. Held 27 June–4 July 1967 at CFTRI, Mysore.

• ***Summary:*** This symposium was sponsored by the Council of Scientific and Industrial Research, India, and the Office of International Research, National Institutes of Health, U.S.A., and co-sponsored by the Food and Agriculture Organisation of the United Nations, with the active participation of the World Health Organization and the Association of Food Technologists, India.

Page 293 discusses kinugoshi tofu. Address: Mysore, India.

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3071. Erhard, Darla. 1974. The new vegetarians. II. The Zen macrobiotic movement and other cults based on vegetarianism. *Nutrition Today* 9(1):20-27. Jan/Feb.
• ***Summary:*** This article is mainly a very critical assessment of the macrobiotic diet and movement introduced as a cure by George Ohsawa. It also discusses Sufi groups, the new Vrindaban International Society for Krishna Consciousness (founded in 1966 by his Divine Grace A.C. Bhaktivedanta Swami Prabhupada), and various vegan groups.

A pie chart on page 21 shows the various major food movements in the U.S. counterculture "and how they all lead to unscientific vegetarian forms of food faddism." Within the natural food movement are organic communes, Krishnas, vegans, Sufis, followers of the Ehret's mucusless diet healing system, and practitioners of Yoga. Within the health food movement are four major teachers: Paul C. Bragg, Herbert Shelton, Carleton Fredericks, and Adelle Davis. Within the "Cosmic Nutrition Movement" are Zen macrobiotics (yin/yang polarity), and the Messiah's Crusade (positive/negative polarity).

"Veganism is the philosophy and practice of compassionate living. Founded in England in 1944, the Vegan Society originally stressed the ethics of eating. The American Vegan Society, based in New Jersey, was founded in 1960 and is composed of individuals who are more health oriented. This Vegan philosophy was essentially based on Dr. Albert Schweitzer's concept of reverence for life, and Mahatma Gandhi's concept of Ahimsa, a Sanskrit term meaning non-killing and non-injury" [dynamic harmlessness] (p. 27). "Vegans who practice more restrictive diet interpretations may use Dr. Shelton's Food Combining System." Vegans and their children often use soya milk.

The reason is that the general natural foods movement is an example of unscientific food faddism is that the "Diet emphasizes natural and/or organic vegetables, fruits, legumes, grains, and usually dairy products, and restricts meat."

A sidebar briefly defines "Vegetarian terms" including amasake, miso, mochi, nirvana, tamari, tofu, and umeboshi.

Note: This is the earliest document seen (May 2002) concerning Sufism (or Islam) and Vegetarianism. Address: RD, MPH, Research Nutritionist, Clinical Study Center, San Francisco General Hospital, California.

3072. Gerner, Bob. 1974. Log of trip to Japan to study traditional natural foods, 28 Feb.–2 March 1974. Part I (Log–unpublished). Westbrae Natural Foods Inc., Berkeley, CA 94710. 26 p. Unpublished log. Handwritten. 20 x 8 cm.
• ***Summary:*** 1974 Feb. 28. Meet Bill Shurtleff and Mr. Masa Miyashita of Kikkoman export dept. (good man, speaks fluent English) at the Imperial Hotel (*Teikoku Hoteru*, built in the 1920s by Frank Lloyd Wright) in Tokyo. Talk for 4 hours. Westbrae hires Shurtleff as an interpreter and guide.

March 1. Dinner at Sasa-no-Yuki, beautiful old restaurant that specializes in tofu cuisine.

March 4, Monday. Visit Kikkoman in Noda with Shurtleff and Miyashita. Tour Plant #7, then Plant #4 (the Goyo-Gura), which produces the emperor's shoyu in the traditional, natural way. "Saw 5 batches of moromi mash from 1 month old to 12 months old, and tasted each one. Delicious. Great color change between the 1 month and the 12 month moromi. We saw all the traditional tools. The moromi vats were made of cedar and last approximately 200 years." See a movie on how shoyu is made. Lunch at a sushi shop. Visit two miso retail shops with Shurtleff near his home. One had 42-45 types of miso (mostly rice miso, with 1 each Hatcho, barley, and cooked miso), the other 32-35 types. Tasted many and learned the differences. I buy Saikyo sweet white miso and Hatcho miso.

March 5, Tues. Attend a cooking class at Lima Ohsawa's house, then have dinner with Lima and the class members. Sick for the next 2 days.

March 9, Sat. Call then meet Mr. Kazama of Mitoku. He represents Erewhon. We may import through Kikkoman's Pacific Trading. Plan trip to Sendai Miso-Shoyu. Sendai is interested in using organic soybeans to make shoyu but would like a contract stating that all of it will be purchased when done. Dinner at the natural foods restaurant, Hakumon run by a Frenchman named Pierre.

March 11, Mon. Meet Shurtleff early at Tokyo station. Take bullet train (Shinkansen) to visit two Hatcho miso plants (Hayakawa Kyuemon Shoten, and Ota Shoten in Okazaki city, Aichi prefecture). Both plants claim to be over 600 years old. They use modern steamers and koji rooms. They pile 4-6 tons of rocks atop each large vat of miso, age it for 2 summers. It becomes very mellow when fully aged. They also use about half of their Hatcho miso to make Akadashi miso. It also contains caramel coloring, barley syrup, MSG, shoyu, a white miso, and preservatives. They sell a lot of Akadashi but only a little Hatcho miso. Lunch at an udon noodle shop that hand makes and cuts the noodles. Lots of slurping. Then visit a plant that makes real tamari and shoyu. All the tamari is mixed with junk. Train to Kyoto; stay at Friends World College. Note: This is the earliest English-language document seen (March 2012) that contains the term "real tamari."

March 12, Tues. Visit a tofu maker, a yuba maker (*Yuba Han*), then the company that makes Saikyo sweet white miso. The owner lies to us initially about his miso aging and caramel coloring (which tastes and looks like tar). Then he reverses himself without batting an eye. Lunch at a 300 year old Zen vegetarian restaurant (*Okutan* near *Nanzenji* temple); so beautiful that I start crying. Fantastic place. Light snow falling by the pond. Enjoy Simmering Tofu (*Yu-dofu*) in a broth. Then we go to a 400-year old tofu restaurant (*Nakamura-ro*) at a shrine (*Gion*) for dessert of *amazake* and *Dengaku* (skewered and braised with sweet miso). On to a

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second miso factory. It is a bore and the owner does not seem sincere but he has a great reputation among macrobiotics. He makes both natural and sweet white miso. Shurtleff visited him last year. For white miso the soybeans are boiled; for red miso they are steamed. Some white miso contains sodium thiosulphate bleach. Visit another yuba shop. They use granite grinding stones to make soymilk, cast iron pot to cook it in and copper skimming tables. A very beautiful place. Meet Ty Smith at a soba shop. He is a chain smoker, just quit working for Muso, and promoting a cooperative effort between Janus, Chico-San, Erewhon, and The Well to import foods from Japan. Evening at Jittoku coffee house, owned by an American, in a large old Japanese treasury (kura). Back to Tokyo by train. Talk until 1:00 A.M.

March 14, Thurs. Meet Kazama and Shurtleff, and take express train to Sendai Miso-Shoyu. We are treated royally by Mr. Muro. Long introduction and discussion. Visit their 2 plants, one modern, one traditional, natural. They make only rice miso. Their production of natural miso is more than all that imported to America by Erewhon and Janus. They age their natural shoyu 18-24 months at the request of Michio Kushi and Erewhon. They have 9 aging vats for the first year, then it is switched to other tanks. They invite us to have a shoyu taste test among 3 products: Kikkoman regular shoyu, Sendai regular, Sendai natural. Both Bill and I choose Kikkoman as best; good aroma, color, and taste. They congratulate us on our good taste. Sendai regular had very strong salty taste. We both liked the Sendai natural least; good color, no aroma, very mild taste. Sendai people say only one year is needed to ferment shoyu naturally. We might sell them organic soybeans (we had purchased 12 truckloads from a farmer) and get shoyu back in 1 year. We meet the president (Sasaki?), born 1928. Elegant geisha-hosted tempura and sushi dinner with president, 2 vice presidents, production manager, and a consulting professor (Shibasaki sensei). After dinner to a traditional bar for *doburoku* (thick, unrefined sake with a low alcohol content [or was it nigori-zake?]), then a sushi house. Shurtleff leaves for Tokyo on night train.

March 16, Sat. Visit Shurtleff and Aoyagi's home for lunch. We have dried-frozen tofu main dish, salad with creamy tofu dressing, strawberries with tofu whipped cream. Delicious. Then we learn how to make tofu at home. It's easy. I'll make it at home in California, then at our Westbrae Natural Foods retail store on Gilman Street (Note: This led to a long series of tofu classes by Gerner, Liz Horowitz, and later Shurtleff & Aoyagi; The retail store changed its name in late 1976 to Gilman Street Gourmet).

Note 1. This is the earliest document seen (April 2006) concerning Westbrae Natural Foods.

Note 2. This is the earliest English-language document seen (Jan. 2012) that contains the term "creamy tofu dressing" (or "dressings") a term coined by Shurtleff and Aoyagi in *The Book of Tofu* (p. 108).

Note 3. This is the earliest English-language document seen (April 2013) that uses the term "dried-frozen tofu." Continued. Address: President & Chairman of the Board, Westbrae Natural Foods Inc., 1224 10th St., Berkeley, California 94710.

3073. Gerner, Bob. 1974. Log of trip to Japan to study traditional natural foods, 28 Feb.–2 March 1974. Part II (Log–unpublished). Westbrae Natural Foods Inc., Berkeley, CA 94710. 26 p. Unpublished log. Handwritten. 20 x 8 cm. • ***Summary:*** Continued: March 19, Tues. Take bullet train to Kyoto to meet Steve Earle of Muso Shokuhin. We 3 go to Okayama to see Fuchu Miso, that makes mugi miso (the barley miso sold in our store) and sweet white miso. The president's wife is the epitome of Japanese woman. For lunch we have tofu burgers with Italian sauce and mushrooms in a bento made by Akiko. Delicious. Take a boat to Shodo-shima where Marushima Shoyu Co. is located. Island is also famous for toasted sesame oil. Arrive at a ryokan at 6:30 P.M. VIP treatment. Bath before dinner and served in private room by geisha. Too much fish! Note: This is the earliest English-language document seen (April 2013) that contains the term "tofu burgers."

March 20, Wed. Miso soup for breakfast. Visit Marushima Shoyu where Muso gets its "natural" shoyu for export to America. They have the newest wheat roasters (they roast it with sand), biggest presses. We see cement aging tanks in a temperature-controlled room, then onto a large red building with 150 aging tanks. But we see no whole soybeans, only soybean meal (*dasshi daizu*). "I feel the owner is a liar and this is a bogus operation. The scene gets heavy and ugly. Bill is great and presses on with questions." The owner claims that 40% of their shoyu is natural, aged for 3 years and made with whole soybeans; 60% made with soybean meal, temperature controlled for 7 months. Thus there should be about 120 vats of natural versus 60 regular. But where is the natural? Their faces turn red. We have caught them red handed. The owner take us to one musty, dirty old building with 25 vats, only 8 of which contain shoyu, some only half full. Lots of cockroaches. Looks like no one ever goes here. Still no sign of a single whole soybean. Uneasy departure. Steve Earle is embarrassed. We take a train to Tokyo. We present Earle/Muso with a list of inconsistencies and ask for a written reply.

March 21, Thurs. Visit Mr. Kazama's miso factory (*Ikeda Kojiro Miso Shoten* in Kawaguchi-shi near Tokyo), that makes barley miso, the only brown rice miso in Japan, and shoyu. Call Ty Smith of Muso. He says Muso was very happy with our findings concerning the problems at Marushima, and that they have contacted a new source in Kyushu. Marushima said their president died a year or so ago and his son took over. They have lost the old feeling and tradition.

March 22, Fri. 6:00 A.M. Meet with Bill Shurtleff at

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his tofu master's tofu shop (*San-Gen-Ya*, run by Mr. Toshio Arai). We watch how he makes tofu. Beautiful place (12 feet square) attached to their home. Beautiful people; they don't speak English. Both make tofu starting early in the morning. He delivers in the afternoon and she sells out of the shop. He gave me hot rich soymilk (from *kinugoshi*) with wild mountain honey. Both incredible. So sweet and delicious. They also serve us freshly made agé, kinugoshi, and natto. Lunch at Shurtleff and Aoyagi's home: Noodles and tofu, Chinese fried tofu, tofu pudding, agé, kinugoshi, and mikan orange. We go over my notes from the miso factory. We copy all of his notes. Then I leave, very sad, but the friendship will remain. Akiko is a remarkable lady. Meet Mr. Kazama and go to Pacific Trading. Lousy meeting with Mr. Masaaki Miki (sales manager), and Masa Miyashita (export dept). Go to airport.

Results of the trip: (1) Westbrae started (about 9 months later) to import many varieties of miso, plus shoyu, and other products from Mr. Kazama in Japan. Bob Gerner was the founder, president, and chairman of the board of Westbrae; (2) Bob Gerner and Liz Horowitz taught "Tofu and Miso Cookery Classes" in Berkeley during 1976; (3) Westbrae published and distributed widely two brochures, *What is Miso?* (May 1976) and *What is Tofu?* (July 1976) written by Shurtleff and Aoyagi; (4) In 1976 Westbrae Natural Foods Inc. decided to sell its retail store at 1336 Gilman St. in order to focus on being a distributor and importer. The store had been losing money. Bob Gerner bought it in June 1976 for the low price offered by the highest bidder. He remodeled the store, renamed it Gilman Street Gourmet, and re-opened it in Sept. 1976. In the spring of 1977 Gerner added a deli to the store; there he made and sold Tofu Burgers, Tofu Treasure Balls, and Tofu Steaks Sauteed in Ginger Sauce. The same week that the deli opened, Gerner sold 3,000 to 4,000 of his new Tofu Burgers out of the Westbrae booth at the New Earth Exposition in San Francisco. Bob's nephew and sister (Margaret) made the tofu burgers. The burgers sold equally well at the same Expo in 1978 and 1979; (5) Shurtleff and Aoyagi wrote *The Book of Miso* and their New-age Foods Study Center moved toward becoming Soyfoods Center.

Note: In late November 1974 Mr. Kazama came to a meeting at Pajaro Dunes by Santa Cruz, sponsored by The Well. The idea was to set up a natural foods trade association. Erewhon wanted to control all imports of Japanese natural foods from Japan. Janus and The Well both had to import through Erewhon. They said Westbrae must buy through them via The Well (Roger Hillyard/Pure & Simple), and pay a 5% commission. Kazama had to defer to them. Gerner refused and they backed off. Ty Smith, now head of Erewhon, was upset that Westbrae was not paying a commission. Gerner told him "Tough." So Westbrae ended up importing from Kazama. Address: President & Chairman of the Board, Westbrae Natural Foods Inc., 1224 10th St., Berkeley, California 94710.

3074. Huang, Su-Huei. ed. 1974. Chinese snacks: Wei-Chuan cooking book. Taipei, Taiwan: Dept. of Home Economics, Wei-Chuan Foods Corp. 184 p. Illust. No index. 25 cm. [Eng]

• ***Summary:*** Almost every page contains a large color photo of a finished dish. Recipes include: Seaweed-bean curd broth (p. 7). Bean curd-rice noodle soup (p. 8-9). Egg flower soup with tofu (p. 10). Steamed spareribs with black beans over rice (with "fermented black beans," p. 14). Bean curd and vegetable soup (p. 14). Bean curd and oyster broth (p. 24). Chicken in black bean sauce over rice (p. 25). Red-cooked beef noodles (with black bean paste {pronounced "he do ban jiang"} and hot bean paste {"la do ban jiang"}, p. 47). Saucy noodles–"Ja jiang mien" (with pressed bean curd and sweet bean paste {"tien mien jiang"}, p. 59). Sweet almond-beancurd soup (p. 143). Sweet soybean milk ("Do jiang," p. 156). Salty [soy] bean milk (p. 156). Crispy Chinese crullers ("You tiau," p. 157; serve with sweet or salty soybean milk).

Also: Cantonese moon cakes (with red bean paste [azuki] filling, p. 133, with color photo). Crunchy sesame cakes (with red bean paste filling, p. 135). Tasty fried bean cakes (with red bean paste filling, p. 137). Sesame-bean paste puffs (with red bean paste filling, p. 141). Sweet almond-beancurd soup ("beancurd" made with agar and evaporated milk–no soy, p. 143). Address: 19 West Nanking Road, Taipei, Taiwan. Phone: 551-13564.

3075. *Japan in Pictures.* 1974. Bill Shurtleff, a perfect mania for bean curd. American who has come to Japan to study Zen. 16(1):16-17. [1 ref. Eng]

• ***Summary:*** Shurtleff is a 31-year-old American who has come to Japan to study Zen meditation and tofu. Five large,

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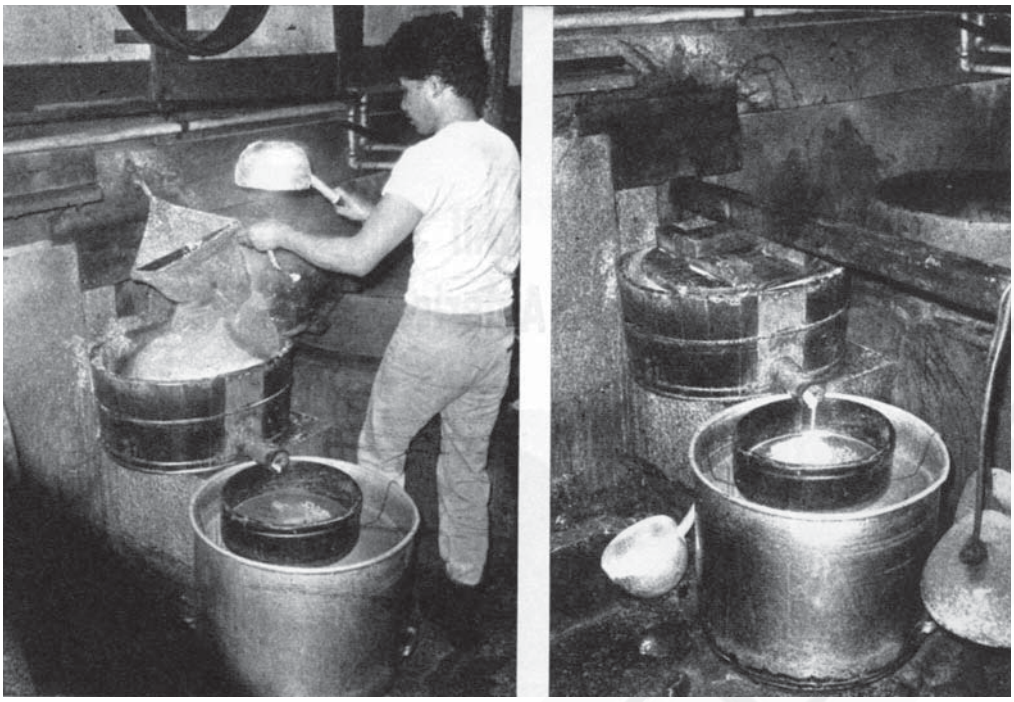

black-and-white photos of Shurtleff show him: (1) Deep-frying *"ganmodoki"* [tofu burgers] at San-Gen Ya, the shop of tofu master Toshio Arai in Nerima-ku, Japan, where Shurtleff is an apprentice, learning how to make tofu in the traditional Japanese way. (2) Ladling cooked soybean puree (*gô*) out of the cauldron into the pressing sack. (3) Standing next to Mr. Arai. Much of the equipment in the shop can be seen as Mr. Arai talks about making tofu. (4) With Mr. and Mrs. Arai, sitting on the step that leads from their tofu shop into their home. (5) One sitting in full lotus position practicing meditation in the home of Mr. and Mrs. Kinjiro Aoyagi in Nerima-ku. His head is shaved and a small altar is in the background. Another article on previous pages of this issue discusses a new method for making instant tofu. Address: Japan.

3076. *Japan in Pictures.* 1974. Bean curd, a subsidiary food as delicious as meat. Instant bean curd developed in Japan. 16(1):12-15. [1 ref. Eng]

• ***Summary:*** The first 2 pages of this article contain 6 color photos showing tofu in Japanese-style (Yu-dofu, Dengaku, Sukiyaki, and Clear Soup), and Chinese-style (Sheng Pan Tofu, Guo Tie Tofu) recipes. "A block of bean curd weighing 340 grams, measuring 7 x 10.5 x 3.5 centimeters and being sold for US$0.20, contains as much as 21 grams of protein. To take this much protein, one must drink 3 bottles (or 600 cc) of cow's milk at the cost of US$0.35.

The conventional (traditional) process for preparing bean curd is described. "In Japan as many as 38,000 bean curd makers are operating on a small scale. Under these circumstances the bean curd industry has been far from modernized."

The next two pages, titled "Modernization of bean curd making," compare the traditional process for making tofu (6 black-and-white photos show the Yuba Han yuba shop in Kyoto) with a modern process developed by House Food Industrial Company, and used to make "House Hontofu" at their new modern factory in the city of Sano, 100 km north of Tokyo. Two photos are given of the equipment in the plant and 6 of the package and how this instant bean curd [silken tofu] is prepared at home. At the modern plant, a mixture of ground soybeans and water "is applied to a centrifugal separator, which separates it into soymilk and refuse. The soymilk, which has been concentrated by being heated, is sprayed into a tank heated to 100ºC, a process which dehydrates the milk to produce a bean curd base in powdered form [powdered soymilk]. A unit quantity of this powder is packed in an aluminum-foil bag containing nitrogen gas, which is put on the market accompanied by a small amount of coagulant.

"Process to prepare bean curd on the spot. Put a bag of 'Hontofu' in 600 cc of water, which is to be agitated [with a whisk]. Boil about 3 minutes. Mix the accompanying coagulant [glucono delta-lactone] immediately after the flame is put out. Transfer the substance into the container [a plastic box shaped like a cake of tofu]. Leave it for about 20 minutes and a block of bean curd is ready. Bean curd taken out of container [into a bowl of water]." Address: Japan.

3077. Mustakas, G.C. 1974. A new soy lipid-protein concentrate for beverages. *Cereal Science Today* 19(2):62-64, 69-73. Feb. [29 ref]

• ***Summary:*** Describes a new way to make liquid or spray-dried soymilk from finely pulverized tofu. A lipid-protein

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concentrate (LPC) curd was isolated from full-fat soy flour by isoelectric acid wash at pH 3.5. 94% of the protein in the original soybeans was recovered in the LPC. "Wet-milling in a colloid mill and homogenizing reduced the LPC to a fine particle size and gave a product with excellent suspension properties in water. The resuspended concentrate yielded a drink that was very bland, had smooth mouth-feel, was low in viscosity, and had other desirable beverage characteristics... The liquid product can be spray-dried to a reconstitutable powder, if desired, for convenience and for reduced shipping costs." The whey by-product has a high biological oxygen demand (BOD), which represents a serious disposal problem. Address: NRRL, Peoria, Illinois 61604.

3078. Watanabe, Tokuji. 1974. *Tofu* and its derived products. In: International Symposium on Protein Foods and Concentrates, Proceedings. Mysore, India: Central Food Technological Research Inst. (CFTRI). See p. 286-301. Held 27 June–4 July 1967 at CFTRI, Mysore. *
Address: Japan.

3079. Barr, Pat. 1974. Something for library or kitchen: *The Mandarin Way*, by Cecilia Sun Yun Chiang as told to Allan Carr. *Washington Post.* March 6. p. B4.
• ***Summary:*** A good review of a fine book by a great woman. Cecilia is now the "presiding genius" at The Mandarin restaurant in San Francisco, California. The reviewer recommends this book "most warmly to all who are willing to go in search of items such as bean-curd sheets and sea cucumbers..."

Note: This is the earliest document seen (Oct. 2012) in all major U.S. newspapers digitized by ProQuest that uses the term "bean-curd sheets," which refers to yuba. The new term appears in 37 documents between 1974 and the present, including 5 in the 1970s, at least 24 in the 1980s.

3080. Rosenberg, Monda. 1974. One-pot meals liberate the cook. *Toronto Star* (*Ontario, Canada*). March 13. p. G1. Family section.
• ***Summary:*** Grandmother knew that a big pot of slowly simmering stew was the easiest way to always have dinner ready. Today, the pot has been replaced by woks and crock pots. Stir-frying food in a wok is neither new nor mysterious.

Joni Boyer, a young Toronto mother, likes to stir-fry most of her meals; its quick and easy. "In Joni's rounds of Chinese grocery stores, she has discovered an extremely cheap source of protein–soybean curd. Made from boiled soybean milk, it is strained, curdled, spooned into muslin and then weighted to squeeze out moisture. Since these delicate pieces break apart easily, Joni just heats them through. In the Orient it is known as the 'meat without bones.'"

Five photos show women preparing one-pot meals. Address: Staff food writer.

3081. Fleming, Cecil. 1974. How to save on milk: Get it in a box. Powdered product a good calcium source. *Los Angeles Times.* March 14. p. G1.
• ***Summary:*** "Sacramento (AP)–California's 4,000 dairymen may have to slaughter 25% of their milk cows unless they are granted a price increase of 16 cents per gallon, an industry spokesman warned Wednesday.–LA Times, Feb. 28."

Dr. Genevieve Ho, nutritionist at the UC Agricultural Extension Service, suggests that consumers consider other less expensive forms dairy sources of calcium, such as instant nonfat dry milk, which can be reconstituted quickly and easily.

A table shows other sources of calcium, with the number of milligrams of calcium per unit. These include "Soybean curd (tofu)," which contains 64 mg of calcium per ¼ cup [= 256 mg per cup].

3082. Spiral Foods Inc. 1974. Wholesale price list. Chico, California. 4 p. March 15. 28 cm.
• ***Summary:*** This two-sheet catalog and price list, consisting of two pages stapled in the upper left corner, is printed front and back with reddish-orange ink on tan paper. The first item is five cookbooks. Soy-related products: Condiments: Lima tamari soy sauce (aged naturally over 2 yrs.). Miso–soybean puree (entirely natural–Mugi Miso, or Kome Miso). Lima kome miso. Nigari (natural coagulant to make tofu). Barley koji. Tekka. Sesame salt (toasted whole brown sesame seeds and sea salt). Salt plums (pickled in sea salt). Kuzu (wild arrowroot starch). Utensils: Soy pitcher [soy sauce dispenser]. Address: 1144 West 1st Street, Chico, California 95926. Phone: 343-2111.

3083. Dosti, Rose. 1974. Making nutrition culturally acceptable: Project for Chinese elderly. *Los Angeles Times.* March 28. p. H1.
• ***Summary:*** Every afternoon the banquet room at the Hong Kong restaurant is filled with elderly Chinese from the Los Angeles area. Dr. Genevieve Ho, a nutritionist at the University of California Agricultural Extension Service designs the menus and recipes, but also gives talks on nutrition in Chinese–while stressing the importance of calcium, vitamin A, and protein in the diet.

Sardines (bones and all) over a bed of bean curd supply plenty of calcium. A recipe is given for Sardines with bean curd.

Ground seasoned fish, seasoned with green onion and ginger, "is formed into walnut size balls and sauteed in oil to serve with braised bean curd," for a dish that is rich in both calcium and protein.

Dr. Ho also talks about avoiding salty foods such as bean paste, fermented black beans, pickles, and salt fish.

A photo shows a group of happy Chinese seniors seated at a round table. Dr. Ho (standing) also looks very happy.

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3084. Chiang, Cecilia Sun Yun; Carr, Allan. 1974. The Mandarin way. Boston, Massachusetts: Little, Brown and Co. xiv + 274 p. Index. 23 cm.
• ***Summary:*** This charming, interesting book ("as told to Allan Carr" by Cecilia) is combination biography and Chinese cookbook organized by months (moons)–so that it flows with the seasons and seasonal foods. For each of the twelve moons of the old lunar calendar, there is one chapter (e.g., First Moon) of Cecilia's memories of growing up in China, as one of 13 children in a family of great wealth, followed by an "Interlude" chapter on a particular theme (e.g., "Of shopping and its pleasures") with her favorite recipes for that time of year.

Soyfoods (including "soy" or "soy sauce," "fresh bean curd," and "preserved bean curd") are mentioned throughout the book–for example: Freshwater "dancing shrimp" were "eaten raw after being dipped in a tangy sauce of preserved bean curd [fermented tofu], pepper, soy sauce, coriander and wine" (p. 8). The pork shoulder was "'red-cooked' in soy [sauce] and wine..."

Note: This is the earliest English-language document seen (Oct. 2010) that uses the term "preserved bean curd" to refer to a type of fermented tofu.

Some measure of success in reproducing authentic meals outside of China "can be achieved if the basic supplies are obtained either by purchasing them in Chinese shops or ordering them by mail (several sources, with addresses, are given..." These include: "fresh ginger root, dried bean curd, dried bean curd [pressed tofu; doufu-gan], sheets [yuba], sesame seed paste, sesame seed oil,... soy sauce,... red bean paste [azuki, also called "1 can sweet red-bean paste" (p. 164)], hot bean sauce" (p. 21)).

Fish with hot spicy bean curd sauce (*Tou-pan la-yü*, with "1 tablespoon Szechwan hot bean curd paste," p. 50). Five-spiced spareribs, Peking style (with "2 tablespoons pale soy sauce," p. 71). Peking duck (with "hoisin (duck) sauce," p. 96). Red-cooked chicken with chestnuts (with "4 tablespoons dark soy sauce, Japanese Kikkoman or imported," p. 116). Chopped spinach with shredded bean curd (*Po-ts'ai pan tou-fu kan*, with "dry pressed bean curd," p. 138). Szechwan four season beans (with "1 heaping tablespoon hot soy bean paste," p. 162).

In San Francisco's Chinatown, where the shops are predominantly Cantonese, the "dry goods store provides me with pressed bean curd and bean curd sheets [yuba, doufu pi],..."

Talk with Cecilia Chiang. 2008. Nov. 15. She says that "bean curd sheets" refers to doufu pi or yuba; pressed bean curd to doufu-gan. "Hot bean sauce" is *la douban jiang*, which is *douban jiang* with hot chili peppers; both are made with soybeans. Red bean paste is the same as "sweet red bean paste," made with azuki beans (*xiao hong dou*), and the same as Japanese *an*. Address: 1. Founder and owner, The Mandarin restaurant, Ghirardelli Square, San Francisco, California.

3085. William Shurtleff during his apprenticeship at Sangen-ya tofu shop, Nerima-ku, Tokyo, Japan (Photograph). 1974.
• ***Summary:*** In front of Shurtleff are Mr. and Mrs. Arai's two daughters. Standing in the background is Mrs. Arai, who worked each morning with her husband making tofu. She did all of the deep-frying. Behind her is her home; the tofu shop is under the same roof as the family home.

3086. Brand, David. 1974. Agricultural researchers try to boost yields of soybean genetically, but task isn't easy: In search of superbean. *Wall Street Journal*. April 17. p. 38.
• ***Summary:*** Urbana, Illinois–The soybean plant that Richard Cooper holds has taken him five long years of research to produce. "The plant is a dwarf soybean, and from it may spring the first generation of super-productive soybeans." At the USDA's regional soybean laboratory, where Mr. Cooper is chief researcher, he has discovered that dwarf soybeans are more productive than normal soybeans growing four feet high. It is very important but very difficult to get significant yield increases from the soybean plant.

"For millions of Asians the bean–as a protein curd called tofu–has long been an integral part of a largely vegetable diet."

"The failure to increase soybean yields is beginning to result in 'a deteriorating world supply and a great deal of worry about future protein supplies,' says Lester Brown of the Overseas Development Council, a Washington [DC]-based think tank. 'I doubt whether there is a greater global research priority than this.'" Address: Staff reporter for the Journal.

3087. Hashizumi, Kazumane; Iwane, Takeo; Watanabe, Tokuji. 1974. Kôri-dofu no moya tanshuku ni kansuru kenkyu [Studies of reduction of the moya (aging period) in the dried-frozen tofu manufacturing process]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 21(4):146-150. [Jap]*

3088. Yeo, Vivien C-N.; Wellington, G.H.; Steinkraus, K.H. 1974. Effects of soy curd on the acceptability and characteristics of beef patties. *J. of Food Science* 39(2):288-92. March/April. [8 ref]
• ***Summary:*** Methods "are needed to improve the palatability of soybean products for wider acceptance as an excellent and cheap source of protein. A god way to achieve this would be to use soy curd (Japanese tofu) as an extender in ground beef patties." Address: 1-2. Dep. of Animal Science, Cornell Univ., New York State College of Agriculture and Life Sciences, Ithaca, NY 14850; 3. Dep. of Food & Science Technology, NY State Agric. Exp. Station, Geneva, NY 14456.

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3089. Loring, Kay. 1974. Restaurants: Elegance prevails at new Dragon Inn North. *Chicago Tribune.* May 16. p. N1.
• ***Summary:*** This is a restaurant review. The Dragon Inn serves a hot and sour soup "filled with soybean curds and lean shredded pork."

The dessert (which must be ordered in advance) "was a 'jewel' rice pudding... It's beautiful to see, a molded sticky rice mound with black bean paste and fruits..."

3090. Bennett, Jean. 1974. East meets West at Harris table. *Los Angeles Times.* May 23. p. H4.
• ***Summary:*** Yuet Fong Chan was born in Hong Kong; her family came from the Canton district of Chiu-Yeung. She has been married to David Harris, a native of Mississippi, since 1965. She likes to cook. One of here favorite Chinese recipes is "Soy bean cake [tofu] with pork." Other recipes are given.

3091. Kay, Theodore. 1974. Soybeans in the Nigerian diet. *Samaru Agricultural Newsletter* 16(1):18-22. May. [Eng]
• ***Summary:*** Contents: Introduction. Nutritional value of the soya bean. Daily amino acid requirements for men, women, and children. Suggested methods of incorporating soya bean into the Nigerian diet: Soya bean paste (soaked, uncooked soya beans, with the hulls on, ground to a white paste) and whole beans (not dehulled). Utilization of the paste: Directly for kosei (akara ball) and panke (puff-puff), for preparation of soya bean milk, which can be used to make protein-enriched pap, fu-fu, bean curd (to-fu), awara or wara. Use of the residue from preparation of soy bean milk [okara]: In Alele (moin-moin), or biscuits. Utilization of whole soya beans: baked, sweet baked powder, stew. Discussion: Why do we need soya bean in Nigeria? Five reasons are given. Acknowledgments to many co-workers.

The soya bean has been cultivated in the Far East since about 2800 B.C. It has [been] the main source of protein for all of East Asia, particularly for the vegetarian Buddhist. It has been used as bean curd (To-fu) and soya sauce in most parts of the Far East from Indonesia up to the Northern end of Japan, as soya bean milk in China, as soya paste (mi-so) in Japan, and as a fermented product (Tempe) in Indonesia.

The crop is well established in Benue Plateau State south of Makurdi, in the North-Western State around Abuja and in the southern part of North-Central State. However, it has been very difficult to cook the beans in a traditional West African way so it has never become popular in this country. Most of the soya bean produced in Nigeria has been exported as a cash crop, except a little for animal consumption. Address: Inst. for Agricultural Research, Samaru, Ahmadu Bello Univ., PMB 1044, Zaria, Nigeria.

3092. *Times of India* (*The*) (*Bombay*). 1974. Soyamilk becoming a big draw. June 19. p. 6.
• ***Summary:*** Pantnagar–The soya-milk and beverage that has been produced at Pantnagar Agricultural University's pilot plant since last year has already become a big attraction, not only on campus but also in nearby towns, such as the hill station of Nainital, 75 km. away.

Nutritious, tasty and moderately priced, soyamilk that is mass produced is expected to help bridge the huge gap between the supply of and demand for regular milk in India.

The cost of making soyamilk is expected to be one-third to one-fourth the price of regular milk.

This soyamilk was developed at Pantnagar by three Indian and American scientists after three years of research under a PL-480 grant; Prof. B.P.N. Singh, Dr. Surjan Singh, and Prof. A.I. Nelson. The patent for the process and the equipment, filed in both India and the USA, is held jointly by Pantnagar University and Illinois University.

The development of the process for making soyamilk is just the beginning, said Dr. Surjan Singh. His team is in an advanced stage of research and development for making a variety of other soyamilk products "such as ice cream, curds [tofu], sweets and baby food."

3093. Hei Sheng. 1974. [Simple instructions for making tofu]. *Food Today* (*Taiwan*) 2(4). June. [Chi]*

3094. Sinclair, Patricia; Vettel, Ruth S.; Davis, Carole A. 1974. Soybeans in family meals. *USDA Home and Garden Bulletin* No. 208. 26 p. June. Reprinted in 1977.
• ***Summary:*** Contents: Nutritive value. Using soybeans: Fresh soybeans, dry soybeans, soybean sprouts, soy flour, soy grits, soy milk, soybean mash (or pulp), soybean curd [tofu, sold in squares called "cakes"], soybean oil. Recipes: Main dishes, vegetables, salads, breads, soups, desserts, sauces, snacks. Index to recipes. Address: Consumer and Food Economics Inst., Agricultural Research Service.

3095. *Foreign Agriculture.* 1974. Koreans expand soybean output by planting rice paddy dikes. July 8. p. 8-9.
• ***Summary:*** Korea, which doubled its imports of U.S. soybeans last year, is again promoting a program to boost domestic oilseed production by planting soybeans on rice paddy dikes. This practice, which was mandatory under the Japanese occupation, had been abandoned until revived last year. In 1973, "dike-bean" acreage was estimated at 86,485 acres. The Ministry of Agriculture and Forestry (MAF) estimates that the maximum area for dike-beans now ranges from 93,900 to 135,900 acres. A significant portion of the crop harvested daily in the summer to be consumed as a cooked, green vegetable, much as Americans eat lima beans. Nearly all of Korea's soybean production is consumed as food. Industry sources estimate that 70% is used in homes for making soy sauce and paste, 20% for bean curd, and 10% for bean sprouts. Address: Office of U.S. Agricultural Attaché, Seoul.

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3096. Siegel, Max H. 1974. For hospital's Chinese patients, journey to health starts with ethnic foods. *New York Times.* July 9. p. 12.
• ***Summary:*** The Beekman-Downtown Hospital has brought in leading Chinese chefs to teach its kitchen staff how to prepare "home cooked" meals for Chinese, who comprise about ¼ of the hospitals patients. A menu, for supper, Saturday–Group II, includes "Bean cake's soup." A recipe is given for "Chai ch'ang dow fu (Bean curd family style)," which calls for "3 pieces tender bean curds weighing about 6 ounces each."

3097. **Product Name:** Tofu Cream Pie [Strawberry, or Blueberry].
Manufacturer's Name: No Company Name. The owner later ran Cable Springs Bakery.
Manufacturer's Address: Kelly Rd., Cambridge, Massachusetts.
Date of Introduction: 1974. July.
How Stored: Refrigerated.
New Product–Documentation: Talk with Barry and Cathy Creighton. 1992. May 16. Barry and Cathy first made this product on Kelly Rd. (it was only 1 block long) in Cambridge, out of their home. Their company had no name until they moved to Cambridge St. and started Cable Springs Bakery. The product concept was developed in Los Angeles, where he was "cooking and baking for Erewhon," but he made no commercial tofu products there. Then he moved to Boston, lived on University Ave., and baked out of there for 1-2 months, then he needed a bigger place that was his own, so he moved to Kelly Rd. There he expanded his product line and first started using tofu. This product was introduced in the summer of 1974, packaged and sold at natural food retail stores (such as Erewhon) as a small, single-serving pie. Their daughter, Eliza, drew the label at home; it had a little tree on it, but no company name. He stopped making them at the end of that summer. The Kelly Rd. house burned down so they moved into the bakery; their son David was actually born in the bakery.

3098. **Product Name:** Mocha Walnut Torte (With Tofu).
Manufacturer's Name: No Company Name. The owner later ran Cable Springs Bakery.
Manufacturer's Address: Kelly Rd., Cambridge, Massachusetts.
Date of Introduction: 1974. July.
How Stored: Refrigerated.
New Product–Documentation: Talk with Barry Creighton, founder of Cable Springs Bakery. 1992. May 16. The tofu product he liked best was Mocha Walnut Torte, which he first made as a wedding cake, then sold at the Seventh Inn, a sort of gourmet macrobiotic restaurant in Boston. It was too creamy to package, so it was never sold at retail stores. He baked it in 18-inch-square shallow trays, and the restaurants sliced it into pieces as desired.

3099. *Sunset* (*Menlo Park, California*). 1974. Tofu in 1974: In this inflationary year tofu makes great budget sense. But this protein custard is a mystery to too many cooks. 153:104-06. July.
• ***Summary:*** This pioneering and very important, positive article was generated (at least in part) by an Azumaya P.R. campaign at a time when meat prices were skyrocketing.

"As food prices rise, Westerners are learning about soybean curd, an inexpensive protein food sold most often under its Japanese name, *tofu.* Oriental cooks have long known the value of this nearly tasteless substance with the texture of custard. (The Chinese call it *dow foo.*) And now various styles are becoming more widely available.

"Some people may hesitate to try tofu for fear their families won't accept it. They should realize that tofu is bland and readily assumes the flavors of whatever ingredients you use with it. The recipes here all have Oriental flavors, including such favorites as sweet and sour, teriyaki, and sushi; all are simple and quick to prepare. But the versatility of tofu makes it an appropriate ingredient for other dishes ranging from appetizers and soups to main dishes and desserts.

"The companies that make the various styles of tofu are frequently small family-run operations; products and their names vary slightly from company to company..."

"For all types of tofu, soybeans are ground, mixed with water, and cooked until a milky liquid [soymilk] is extracted and drained off. A coagulant is added to set the liquid, making a curd. How the curd is handled determines the product."

A table (with 4 columns) describes six types of tofu: (1) Fresh soybean pudding (called Dow foo fah in Chinese and having no Japanese name) is sold in portions of about 1 lb water packed in plastic tubs. (2) Soft tofu (called Suey dow foo in Chinese and Kinugoshi in Japanese) is sold in 3/4 to 1-lb blocks water-packed in plastic tubs. (3) Medium-firm tofu (Japanese style, called Dow foo in Chinese and Tofu in Japanese) is sold in 1 to 1¼-pound blocks water-packed in plastic tubs or cartons. (4) Hard tofu (Chinese style, called Dow foo yuen in Chinese and having no Japanese name) is sold as two or more slices (about 6 oz each) water-packed in bags or plastic tubs. (5) Raw-fried tofu (called *Hung siu dow foo* in Chinese and *Nama-age* in Japanese) is sold in slices or sticks of various sizes dry-packed in bags or plastic tubs. (6) Deep-fried tofu puffs (called *Dow foo bok* in Chinese and *Age* {ah-gay} or *abura-age* in Japanese) are sold in small dense cubes usually dry-packed about 15 in a 5-oz package (Chinese product) or in large puffy pieces usually dry-packed about 3 in a 1½-oz package (Japanese product).

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried tofu puffs" or the term "Deep-fried tofu puffs" or the term "Raw-fried

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tofu."

Photos show (1) Tofu slices taken from the rinsing tank and being packed into plastic tubs at Azumaya, (2) A large photo shows 8 types of Japanese- and Chinese-style tofu on a table near a wok and skimmer: Medium firm tofu, Fresh soybean pudding, Soft tofu (Japanese style), Soft tofu (Chinese-style), Hard tofu, raw fried tofu, Deep-fried tofu puffs (Chinese-style), and Deep-fried tofu puffs (Japanese-style). (3) Teriyaki-glazed raw-fried tofu cubes.

Recipes are given for Tofu and water cress soup, Tofu orange almond pudding, Stir-fried chicken and tofu, Tofu teriyaki appetizers, Fried tofu salad with peanuts, Fried tofu with pork sauce, Rice-filled agé appetizers (Sushi), and Sweet and sour tofu.

3100. Bennett, Jean. 1974. Filipino food: A blending of flavors. The dentist cooks. *Los Angeles Times.* Aug. 1. p. K22.

• ***Summary:*** About Ida Del Mundo, a fine chef, and her cooking. Philippine cuisine has a long and complex tradition. "Much of it is Spanish in origin. Some of it is of Chinese origin such as the use of wheat, rice, noodles, soy bean curd, [mung] bean sprouts, egg rolls, and the very extensive use of steamed foods." A recipe for Sweet and sour sauce dip calls for soy sauce. A photo shows Ida cooking Filipino foods.

3101. Saio, Kyoko; Sato, Iwao; Watanabe, Tokuji. 1974. Food use of soybean 7S and 11S proteins: High temperature expansion characteristics of gels. *J. of Food Science* 39(4):777-82. July/Aug. [12 ref]

• ***Summary:*** The authors studied aburage [deep-fried tofu pouches], which is one of Japan's most popular foods derived from Tofu, soybean curd. Thin sliced Tofu, after being dehydrated by pressing, is deep-fried twice, first in oil at low temperature (110-120ºC) and then at high temperature (180ºC). During the low-temperature deep-frying, the Tofu gel swells to more than 3 times its original area and its texture becomes very porous.

The effect of different coagulant types and concentrations, pH levels, and ratio of 7S to 11S proteins was studied. Aburage expands more when made with a calcium-type than with an acid-type coagulant. Calcium chloride works very well, an expansion increases with its increasing concentration and the increased use of NaCl in the buffer. 11S proteins expand better. Address: 1&3. National Food Research Inst., MAF, 12-4-1 Shiohama, Koto-ku, Tokyo; 2. Kyowa Hakko Kogyo Co., Tokyo.

3102. Dosti, Rose. 1974. Inside those tiny tiers in a Japanese picnic: Colorful array finger food. *Los Angeles Times.* Sept. 5. p. L1.

• ***Summary:*** When preparing for a picnic, the Japanese put their food in a three-tiered box named a *jyubako* [jûbako], which is often wrapped in a *furoshiki* (large handkerchief). One of the dishes served at Japanese picnics is Inari-sushi [Inari-zushi], "a tofu-filled football-shaped hors d'oeuvre,..."

The recipe for "Inari-sushi" begins: "Cut fried tofu in halves (to form half-moon with pocket). Pour boiling water over tofu and let stand for 15 seconds to remove oils from tofu. Drain. Then cook in dashi..."

3103. **Product Name:** Fudge Torte (With Tofu and Carob).
Manufacturer's Name: Cable Springs Bakery.
Manufacturer's Address: Cambridge St., Cambridge, Massachusetts.
Date of Introduction: 1974. September.
Ingredients: Incl. tofu pureed with raisins and vanilla, carob sweetened with barley malt, crusts.
How Stored: Refrigerated.
New Product–Documentation: Talk with Kathy Bellicchi. 1992. May 10. Barry Creighton developed this delicious dessert product, which was the "grandmother of all desserts in the Boston macrobiotic community." It was very popular. She thinks he was selling it commercially for 1-2 years before August 1974 when he officially started Cable Springs Bakery in Cambridge. He was married in Jan. 1974. Kathy thinks he initially he made it out of Anne Ohaion's kitchen at 29 University Road. It was composed of a layer of crust on the bottom, topped with a layer of tofu pureed with raisins and vanilla, topped with a layer of thick carob-and-water sweetened with barley malt. This layering was repeated 2 more times, so that there were 3 layers of each type. The top layer was the carob. After being baked in trays, the torte was cut into rectangles about 2 by 4 inches on a side. Kathy bought this bakery from Barry Creighton, and made these tortes once a week. This was the only commercial tofu- or soy product she made.

Other early commercial soy products in Boston: Matthew and Helen Sandler (who now live in Aspen, Colorado) ran a bakery and probably used soymilk in some baked goods. A guy named Andy [Strauss] made cookies with soy. Tom Iglehart, who now lives in Jamaica Plain, had a bakery (Kathy used to share bakery space with him). He used to make sandwiches with various tofu spreads and tofu salads.

Talk with Barry Creighton. 1992. May 16. He first made this product in September 1974 at Cable Springs Bakery on Cambridge St. in Cambridge, Massachusetts. This was the only tofu product he made while at Cambridge Street. The only products he made at Ann Ohaion's kitchen were the Apple Crumb, Sea Vegetable Pie, and Currant Pudding Pie–none of which contained tofu. He does not feel this was his best tofu product. "It was a little 'out there' macrobiotically." The tofu product he liked best was Mocha Walnut Torte (which see).

3104. P.T.I. 1974. Pant varsity plans milk for millions project. *Times of India* (*The*) (*Bombay*). Oct. 4. p. 8.

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• ***Summary:*** Pantnagar (Uttar Pradesh)–"The G.B. Pant university of agriculture and technology here proposes to start a 'milk for millions' project in collaboration with the World Bank, the Life Insurance Corporation, Central and state governments and the proposed cattle development corporation."

The project includes the introduction of "soymilk" (soyabean milk) as a supplement to regular milk for the first time. A new plant with an installed capacity of 10,000 liters per day of soymilk would cost only 1 million rupees. Except for the homogenizer, all of the equipment is available in India. The cost of production is expected to be 50-60 paise per litre.

The protein and fat content of the soymilk are equal to those of cow's milk. The milk can be transformed into curds [tofu], which will stay fresh for a week when stored at 5ºC.

3105. Dinshah, Freya. 1974. The vegan kitchen. 9th ed. Malaga, New Jersey: The American Vegan Society. 48 p. Illust. Index. 29 cm. Spiral bound.

• ***Summary:*** A lifetime vegetarian, the author has been a vegan since 1959, and the Secretary of the American Vegan Society since 1960. Married to AVS President H. Jay Dinshah, she is an accomplished author, lecturer, and teacher. In this 9th edition, soy-related recipes include: Soya sprouts (p. 14). Soya patties (with soya flour, baked in an oiled dish, p. 23). Soya rounds (with whole soybeans, baked on a lightly oiled baking sheet, p. 24). Soya beans (dry roasted [soynuts], p. 25). How to shell green soya beans (p. 25). Soya loaf (with cooked soya beans, baked, p. 28). Soya butter (made with soya powder/flour, p. 29; this is not really soynut butter). Sesame/soya milk (with soya powder/flour and dates, p. 30-31; a photo shows a bag of Fearn Natural Soya Powder). Quick soya/tahini milk (with soya powder/flour, p. 32). Soya cheese Americana (tofu made with soya powder/flour and coagulated with lemon juice, p. 32). British Plantmilk cheese (tofu made with Plamil and lemon juice). Australian soya cheese (with soya powder, p. 33). Vegan soya/potato mayonnaise (with soya milk, p. 33). Basic jelled ice cream (with soya milk and agar-agar, p. 38).

The cover of this cookbook states: "Comprehensive total-vegetarian natural food system. Nutritionally balanced. Scientifically sound. Healthful and humane. Ethically unassailable. Ecologically superior. Recipes, menus, ideas, illustrations." Address: The American Vegan Society, 501 Old Harding Highway, Malaga, New Jersey.

3106. Farm, The. 1974. Yay soybeans! How you can eat better for less and help feed the world. Summertown, Tennessee: The Book Publishing Co. 14 p. Illust. 22 cm.

• ***Summary:*** This highly creative little booklet, printed with blue ink on white paper (a similar 1978 edition used brown ink on white paper), contains many original / pioneering soyfoods recipes (marked with an asterisk

(*)). Contents: Living on soybeans. Some of our favorite ways to eat soybeans. Basic cooked soybeans: Soybeans and tortillas, Soybean stroganoff, Soyburgers, Soy fritters, Cheezy soybeans (Good Tasting Nutritional Yeast gives the cheezy flavor), Soy nuts (dry roasted), Soy coffee. Soy milk: Homemade using soy flour or using soybeans, Soy ice cream–"Ice Bean,"* (made with soy milk in vanilla or cocoa flavors), Soy yogurt* (p. 5, made with soymilk and starter from Chr. Hansen's Lab. in Milwaukee, Wisconsin). Soy flour: Basic salad and sandwich spread, Seasoned sandwich spread. Soy cheese* (made from fermented / soured soymilk), Soy cheesecake* (made with "soy cheese"), Cookie crust for cheesecake, Soy mayonnaise* (made with soymilk). Soy pulp [okara]: Introduction, Soy pulp burgers*, Scalloped potatoes and pulp, Soysage*, Protein spice cake (with soy pulp), Soy pulp cookies, and Soyola* (soy pulp granola). Eggless cookery: Introduction, Pancakes (with soymilk), Chocolate cake (with sour fresh soymilk), Soy soufflé (with soy flour). Good Tasting Nutritional Yeast: Introduction, Melty nutritional yeast "cheese," Nutritional yeast "cheese" crackers, Golden gravy. Nutrition of soybeans: Nutritional composition of 1 cup whole cooked soybeans, 1 cup sweetened soymilk, 1 cup mother's milk, 1 cup cow's milk. "We supplement our soymilk with vitamin A

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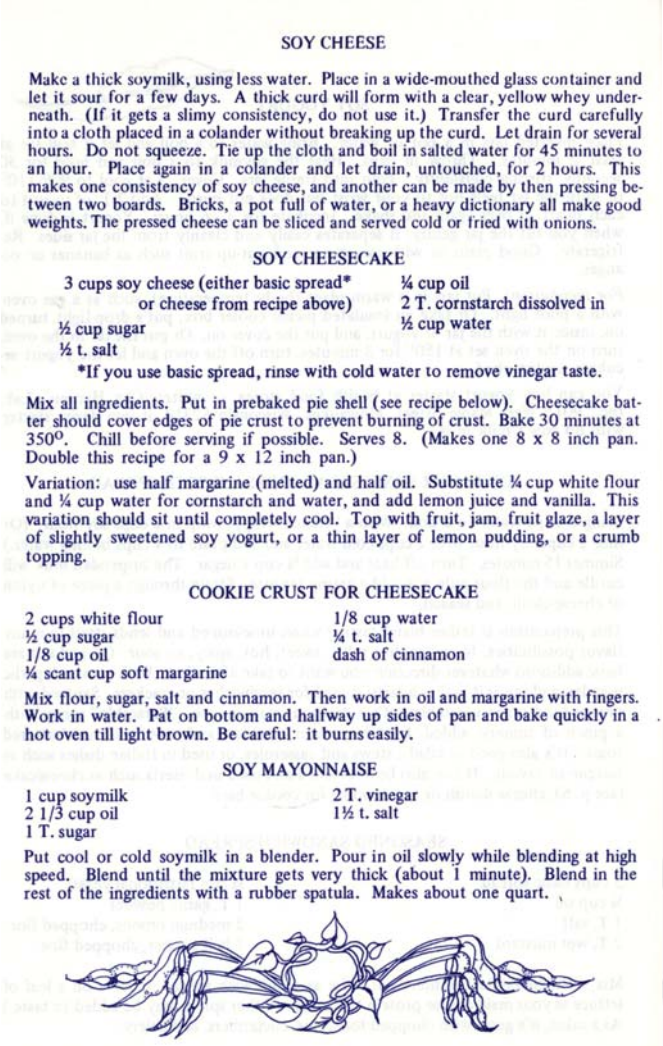

SOY CHEESE

Make a thick soymilk, using less water. Place in a wide-mouthed glass container and let it sour for a few days. A thick curd will form with a clear, yellow whey underneath. (If it gets a slimy consistency, do not use it.) Transfer the curd carefully into a cloth placed in a colander without breaking up the curd. Let drain for several hours. Do not squeeze. Tie up the cloth and boil in salted water for 45 minutes to an hour. Place again in a colander and let drain, untouched, for 2 hours. This makes one consistency of soy cheese, and another can be made by then pressing between two boards. Bricks, a pot full of water, or a heavy dictionary all make good weights. The pressed cheese can be sliced and served cold or fried with onions.

SOY CHEESECAKE

3 cups soy cheese (either basic spread* or cheese from recipe above)
½ cup sugar
½ t. salt
¼ cup oil
2 T. cornstarch dissolved in ½ cup water

*If you use basic spread, rinse with cold water to remove vinegar taste.

Mix all ingredients. Put in prebaked pie shell (see recipe below). Cheesecake batter should cover edges of pie crust to prevent burning of crust. Bake 30 minutes at 350°. Chill before serving if possible. Serves 8. (Makes one 8 x 8 inch pan. Double this recipe for a 9 x 12 inch pan.)

Variation: use half margarine (melted) and half oil. Substitute ¼ cup white flour and ¼ cup water for cornstarch and water, and add lemon juice and vanilla. This variation should sit until completely cool. Top with fruit, jam, fruit glaze, a layer of slightly sweetened soy yogurt, or a thin layer of lemon pudding, or a crumb topping.

COOKIE CRUST FOR CHEESECAKE

2 cups white flour
½ cup sugar
1/8 cup oil
¼ scant cup soft margarine
1/8 cup water
¼ t. salt
dash of cinnamon

Mix flour, sugar, salt and cinnamon. Then work in oil and margarine with fingers. Work in water. Pat on bottom and halfway up sides of pan and bake quickly in a hot oven till light brown. Be careful: it burns easily.

SOY MAYONNAISE

1 cup soymilk
2 1/3 cup oil
1 T. sugar
2 T. vinegar
1½ t. salt

Put cool or cold soymilk in a blender. Pour in oil slowly while blending at high speed. Blend until the mixture gets very thick (about 1 minute). Blend in the rest of the ingredients with a rubber spatula. Makes about one quart.

(150 mcg./cup), vitamin D (2.5 mcg./cup), and vitamin B12 (6 mcg./cup).” Composition of soymilk and soypulp (wet and dry, including PER). Some facts about people and food. Plenty.

Page 1 begins, “On The Farm we live on soybeans. They supply us with the protein part of our diet, taking the place of meat, fish, eggs, milk, and dairy products. We are complete vegetarians and don’t eat any of those foods. We are growing 150 acres of soybeans this year to feed our community of 800 folks... We’ve been living, working, and growing on this diet for four years now, as a community, and many of us have been vegetarians longer than that. So far we’ve delivered 230 babies here on the Farm...” The last page notes that The Farm has “formed a new non-profit corporation called Plenty, with the following purposes, as stated in its charter: To help share out the world’s food, resources, materials, and knowledge equitably for the benefit of all...”

The section titled “Soy Pulp” (p. 7) states: “If you make soymilk, you’ll have soy pulp left in the cloth when your milk is done. Our soy dairy produces lots of pulp every day, and although the pulp contains less protein than the milk, the protein it has is high quality, so we’ve been putting our creative kitchen instincts to work developing new ways to use this nutritious foodage. We’ve found that soy pulp can be substituted for rice in many recipes. It also can be used in baked goods likes cakes and cookies, where it gives a coconutty flavor when combined with sugar and vanilla extract...” Three recipes are given.

Note 1. This is the earliest document seen (Oct. 2003) that uses the term “soy dairy” to refer to a facility which makes soymilk and products from soymilk.

The last page is about “Plenty.” “Living in Tennessee and eating our soybeans hasn’t seemed like quite enough to be doing about world hunger and other areas of human need around the planet. So we have formed a new non-profit corporation called Plenty, with the following purposes, as stated in its charter:

“’To help share out the world’s food, resources, materials, and knowledge equitably for the benefit of all.

“’To help and aid any people anywhere in the world who due to any natural or man-caused disaster such as drought, famine, flood, earthquake, tidal wave, weather imbalance, disease epidemic, storm, fire, insect devastation, crop failure, population imbalance, war, political oppression, religious oppression, racial discrimination, or greed, are in need of food, clothing, shelter, medical aid and supplies, resources, materials; agricultural, engineering, or scientific assistance or education; or anything else, to enable them to lead healthy, comfortable, responsible, and productive lives in the pursuit of happiness...

“’To accept donations, gifts, devises, bequests, and loans of food resources, materials, equipment, funds, stocks, bonds, and property of all kinds from any and all sources to help achieve the purposes of the corporation;

“’To establish and coordinate a group of volunteer workers who will help achieve the purposes of the corporation; such volunteers will not be salaried, but will receive only necessary subsistence...

“’To enter into any partnership or union of interest with others... or produce food, resources, materials, funds, or knowledge that will help achieve the purposes of the corporation;

“’To establish and operate orphanages and foster homes to care for and provide homes for orphans from all countries of the world...

“’To help and aid in finding homes with adopting parents for orphans from all countries of the world, and to help these orphans settle in these homes with adopting parents...’

“We really do have Plenty. Let’s spread it around!

“For further information, write: Plenty, Route 1, Box 289, Summertown, Tennessee 38483.”

Note 2. This is the earliest English-language document seen (Oct. 2001) that uses the term “soy pulp” or the word “soypulp” to refer to okara.

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Note 3. This is the earliest document (Oct. 2001) seen that contains a recipe for a soy cheesecake (one of two documents).

Note 4. This is the earliest document seen (June 2001) that uses the word "soysage" to refer to a sausage-like food product made largely from okara (soy pulp).

Note 5. This is the earliest document seen (Jan. 2010) concerning Plenty (Summertown, Tennessee).

Note 6. This is the earliest document seen (Feb. 2002) that mentions tofu (called "soy cheese") in connection with The Farm.

Note 7. This is the third earliest publication seen (Jan. 2003) in the SoyaScan database under the subject heading "Soyfoods Movement." Address: Tennessee.

3107. Glesgow, Iorez. 1974. Try tofu–The bean curd: This inexpensive, high protein food is even better and tastier–when the flavor is "Occidentalized." *Organic Gardening and Farming.* Oct. p. 92-95.

• ***Summary:*** Contains a recipe, with 10 photos, for making tofu at home. The soymilk is curded with magnesium sulfate (epsom salts). The curds are pressed in a colander lined with cheese cloth. Cut the tofu into cubes about 1½ inches on a side and store in a refrigerator in a container with sufficient *salted* water to cover the cubes. The salt from the water permeates the tofu cubes giving them an "Occidentalized" flavor.

3108. Katzen, Mollie. 1974. The Moosewood cookbook: Recipes from Moosewood Restaurant, in the Dewitt Mall, Ithaca, New York. Ithaca, New York: Published by the author. 79 p. No index. Oct. 28 cm. *

• ***Summary:*** This is the self-published, hand-lettered, original edition of what became one of the best and most popular American vegetarian cookbooks of the 1970s and 1980s. The book went through three printings and sold about 5,000 copies over a period of about 2 years before Ten Speed Press approached Mollie to buy the rights to a revised and expanded edition–though still hand lettered. Mollie's first printing of the book was sold for $4 only at one bookstore–McBooks. The second run was sold at about 3 local bookstores. The warehouse was in Mollie's home and car. She distributed it to the bookstores. The Ten Speed Press edition was published in Oct. 1977. It contains almost everything that was in the original edition but about 3 times as many recipes.

Soy-related recipes include: Perfect protein salad (with cooked soybeans, p. 32). Move over Joyce Chen Casserole (with tofu, p. 37). Zuccanoes (with cooked soybeans, p. 48). Soy gevult (p. 54). Gado-gado (with tofu, p. 55).

Note: Mollie writes in 1990: "I first learned about tofu in 1970 from a Chinese restaurant in San Francisco. They called it 'bean cake' soup. I was intrigued–and not disappointed."

Talk with Mollie Katzen. 1991. Oct. 31. Mollie got her first job as a cook in 1969 at a tiny macrobiotic restaurant named The Ithaca Seed Company in Ithaca, New York. "In those days to be a vegetarian was either to be macrobiotic or just to eat a lot of dairy products and cheese. There was very little available middle ground." Then she moved to San Francisco and from 1970-72 worked as a cook at the Shandygass, a popular, high-class, international gourmet vegetarian restaurant. The Moosewood restaurant was started in 1973 by 7 people, each of whom was an owner; 5 women and 2 men. Mollie was the only person among these who had restaurant cooking experience. The book originated because Mollie wanted to standardize the cooking and recipes in the restaurant. It was meant mainly for use by the cooks in the restaurant, and prior to its appearance there had been few written recipes. Every recipe that was in this book was served at Moosewood at that time. Quite a few contained dairy products–to try to attract mainstream customers to the 65-seat restaurant, and to please them. Then customers began to ask for the recipes. Originally the restaurant was lacto-ovo-vegetarian except for one meat entree a night, but that was soon dropped because no one wanted to cook it and none of the customers wanted to eat it. The Moosewood restaurant still exists (though they now serve fish) and is bigger than ever. They now publish their own cookbooks and have rights to the name "Moosewood."

Of her three cookbooks, Mollie personally likes her most recent one, *Still Life with Menu*, the best. It is healthier and lower in fat. A new, extensively revised, 15th anniversary of the Ten Speed Press edition of Moosewood will be published in 1992. Address: Moosewood Restaurant, Dewitt Building, Ithaca, New York.

3109. Spira, Ruth Rodale. 1974. Naturally Chinese. Emmaus, Pennsylvania: Rodale Press, Inc. iii + 346 p. Illust. Index. 25 cm. [8 ref]

• ***Summary:*** Soy-related recipes include: Deep-fried bean curd with sesame sauce (p. 91, with "4 cakes bean curd," each of which is cut into 9 pieces, dried on paper toweling, then deep fried at 375ºF). Chicken and bean curd stick soup (p. 109, with "¼ pound bean curd stick" [dried yuba sticks]). Bean curd and greens soup (p. 115, with "1½ pieces fresh bean curd" [tofu]). Stir-fried eggs with soybean sprouts (p. 226). Stir-fried eggs with bean curd (p. 227, with "2 fresh bean curd cakes or 1/3 pound homemade bean curd"). Bean curd sautéed with eggs (p. 258, with "4 cakes fresh bean curd"). Stir-fried bean curd with black mushrooms (p. 259). Stir-fried bean curd with squash (p. 260). Homemade bean curd with soybeans (p. 261-62, curded with vinegar or gypsum / calcium sulfate. The residue [okara], which is called "Soybean pulp, may be added to ground beef up to a 1 to 2 ratio." Step 8. "Remove curd from bag and mix with salt" is a new invention in making tofu–which ends up with a texture like cottage cheese and seasoned with salt). Homemade bean curd with soybean powder (p.

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262-63, curded with vinegar or gypsum). Celery cabbage creamed in soy milk (p. 269, with "4 heaping teaspoons soybean powder." "2. Place soybean powder and water in a pint jar. Tighten lid and shake well. Add cornstarch and honey to soybean 'milk'"). Soybean sprouts with celery (p. 273). Spinach in soy sauce (p. 276). Vegetarian dish of the Buddhists (p. 277-78, with "2 ounces dried bean curd" [probably dried yuba sticks] and "3 cakes fresh bean curd").

"A guide to Chinese cooking ingredients" (p. 289-324) and "Glossary" (p. 325-26) describe: Bean curd (dow foo–tofu, incl. pressed curd {firmer}, canned bean curd {somewhat less creamy than the fresh}). Bean curd, dried (foo jook [dried yuba sticks]; tiem jook is sweeter than foo jook). Bean curd cheese (fooh yu [fermented tofu]). Bean paste, yellow (wong dow sa). Bean sauce, brown (min see jeung). Beans, black soy (kei tou). Beans, black fermented (dow see; these black soybeans are fermented, dried and salted). Hoisin sauce (hoy sin jeung. "A soybean-based sauce..."). Soybean sprouts (Da dow ngah).

Photos show: (1) Three squares ("pillows") of pressed bean curd. (2) A box of "Dried bean curd" [foo jook] (p. 296). (3) Black soybeans (enlarged) (p. 299). (4) A bag full of "Salted black bean (spiced)" (fermented black beans). Made by Koon Chun Sauce Factory, Hong Kong. (p. 300). Note: As of Nov. 2011 the company (in the New Territories, Hong Kong, with a website) is named "Koon Chun Hing Kee Soy & Sauce Factory Ltd."

3110. Claiborne, Craig. 1974. Traditional dining in Japan: In the evening and in the morning, too. *New York Times.* Nov. 3. p. 80.
• ***Summary:*** He enjoyed shioyaki, a wedge of fresh salmon, briefly salted and then broiled. It was accompanied "by a piping hot bowl of miso or bean or bean curd soup containing small squares of bean curd and midget-size brown wild mushroom caps,..."

In giving a history of oden restaurants in Japan, the writer explains that they were established as places where men could express their frustrations, hurt feelings or pent-up anger. Oden portions are typically large in size. Choices include "deep-fried bean curd patties (ganmodoki) made with chopped vegetables."

3111. Oberdorfer, Don. 1974. The Japanese have a word for it: Sushi. *Washington Post.* Nov. 7. p. E12.
• ***Summary:*** Describes a visit to a neighborhood tofu shop in Tokyo–one of 8,200 in Tokyo and 72,000 throughout Japan. On Nov. 11 they give special discounts in observance of "Sushi Day," a festival the shopkeepers established a few years ago. Sushi originated in China about 1,700 years ago, but the Japanese have developed the modern version.

A photo shows the "chief clerk of the sushi parlor making 'inari sushi,' beancurd coverings fill with vinegared rice,..."

3112. Aihara, Herman. 1974. Soybean diet: Diet for the better protein. Oroville, California: George Ohsawa Macrobiotic Foundation. xi + 164 p. Nov. Illust. Index. 21 cm.
• ***Summary:*** This book is an expanded version of "Miso and Tamari" (1972). Contents: Preface. Introduction. 1. Theory: Steak vs. gasoline, is animal protein indispensable, protein requirements, essential amino acids–law of all or nothing, minimum daily requirement of essential amino acids.

2. Miso: Introduction, the origin of miso, kinds of miso, ingredients, how to make miso, value of miso, miso in the treatment of tuberculosis, how to make miso at home using mugi koji, recipes using miso for warmer seasons, recipes using miso for colder times.

3. Tamari or traditional soy sauce: History, chemical change of tamari, how to make tamari soy sauce at home, how to use soy sauce, soy sauce cooking for warmer times, soy sauce cooking for colder times.

4. The other soybean and high protein foods: How to make tofu at home, how to make tofu plaster, how to make agé–deep fried tofu at home, how to make seitan at home. 4A. Tofu, seitan, and gluten cooking for warmer times: How to make tofu, nigari, and bulk tofu at home, how to make wheat gluten, seitan and fresh wheat *fu* at home. 4B. Tofu, seitan and gluten cooking for colder times. Appendix: Cutting styles, useful information. Bibliography.

Large photos near front of book show: (1) Herman Aihara. (2) Cornellia Aihara looking very happy at her stove. Address: Oroville, California.

3113. Hughes Markets. 1974. Happy New Year '75 (Ad). *Los Angeles Times.* Dec. 26. p. K20.
• ***Summary:*** The section titled "Foods of the Orient" includes: Kikkoman soy sauce, one gallon can $3.29. "JFC Kinako 7 oz. pkg. Soy bean flour–35¢. Misuzu Koya Dofu 3.5 oz. box. Dried Soybean Cake [Dried frozen tofu]–69¢... Age [Deep fried tofu pouches, sold in the fresh produce dept.] 59¢ package."

Also includes Tempura batter mix, New crop botan rice, Motohiko Sapporo maki–Rolled Tangle [konbu]. Azuma yokan–Bean jelly [azuki]. JFC or Hime Shitake–Shiitake dried mushrooms. Hime kampyo [kanpyo]–Dried gourd strips. Take waribashi–Bamboo chopsticks. Kamaboko. Blue chip stamps.

3114. *SoyaScan Notes.* 1974. Chronology of soybeans, soyfoods and natural foods in the United States 1974 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1974 March. The first issue of *Vegetarian Times* published by Paul Obis in Chicago.

1974 April. Bob Gerner (of Westbrae) and William Shurtleff (guide) travel throughout Japan searching for

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quality sources of traditional miso and soy sauce. Right after the trip, Westbrae starts importing these products.

1974 Aug. 9. President Nixon, elected in 1968 and 1972, resigns after the Watergate scandal. Gerald Ford succeeds him as president. Butz continues as Secretary of Agriculture.

1974. Brazil passes West Germany to become the world's second largest soybean crusher, after the U.S.

1974 late. Miles Laboratories / Worthington introduces the Morningstar Farms line of meat analogs based on spun soy protein fiber. Sold nationally at U.S. supermarkets.

1974 late. The Farm in Summertown, Tennessee, publishes *Yay Soybeans!*, a 14-page booklet containing many innovative soyfoods recipes, such as "soy ice cream–ice bean," soy yogurt," "soy cheese," "soy cheesecake," "soy mayonnaise," and "soysage" (a meatless okara & soymilk sausage). Most of the dairylike products were made with fresh or cultured soymilk. The Farm now grows 150 acres of soybeans to feed its community of 800 people. It has just established Plenty, a non-profit corporation "To help share out the world's food, resources, materials, and knowledge equitably for the benefit of all."

1974. The Farm in Summertown, Tennessee, publishes *Hey Beatnik*, which contains the earliest know use of the term "Soy Dairy." The Farm's soy dairy now makes 60 gallons of soymilk a day at a total cost of $0.30 per gallon.

1974. *Tofu Recipes*, the first book on tofu in English, written and self-published by Grace Kikuchi in Ann Arbor, Michigan. Spiral bound and 47 pages long, it gives a recipe for homemade tofu and uses tofu largely with fish and meat.

1974 Nov. World Food Conference in Rome. Delegates from 130 UN member countries adopt an international strategy to overcome world hunger and malnutrition.

1974-1975? Eden Foods starts to import natural foods, including miso and shoyu, from Japan.

3115. **Product Name:** [Vita Tofu].
Foreign Name: Vita Tofu.
Manufacturer's Name: Nepal Soya Industries (Soya Food Industry; Kathmandu Tofu Shop).
Manufacturer's Address: 9/374 Bhedashing, Jamguthi, Kathmandu, Nepal.
Date of Introduction: 1974. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

Letter from Miss Ruth Angove, Nutrition Advisor, United Mission to Nepal, G.P.O. Box 126, Kathmandu, Nepal. 1983. Aug. 16. Concerning the small tofu shop you asked about in your letter of 20 Nov. 1982, two men work there, Achyut Anand Baidja [Achutananda Vaidya; apparently the owner from the Newar ethnic group], and Bhenda Singh. The address is Jyanguthi 9/374, Kathmandu. "He is employed at the Government Food Research Lab., and has been in Japan in 1974, where he learned the tofu process and bought a small presser. He makes tofu in a dark room off a filthy courtyard. It is not fly screened. Soaked beans were draining on a piece of old fly screening and two small boys sitting on the floor were cutting up buffalo meat for sun drying. He told me that it is difficult to do the process in Nepal. He delivers to the vegetable market in the morning. The stall holder keeps the tofu in water in an old and dirty plastic bowl. The water gets dirtier all day at in present temperature (30ºC) spoilage is rapid. He has applied for a loan for a cabinet freezer. In my opinion, conditions in downtown Kathmandu are totally unsuitable for food industry! I enclose a copy of his leaflet. He has a copy of the large *Book of Tofu."*

The leaflet (4.5 by 7.75 inches, black on pink, written in Nepali) says: "High protein food. Vita Tofu. To prepare: 1. Cube the tofu, fry it in oil, add to any curry, vegetable, or meat dish; mix and serve. 2. Crumble the tofu by hand, fry in oil, and mix with tomato, onions, and spices as desired. 3. Fry sliced tofu. Sprinkle with salt and serve.

"Tofu can be used to increase the protein for small children, pregnant women, and old people. We can prepare tofu for parties and functions given 24 hours notice. We are keen to serve you.

"Soya Food Industry, Kathmandu."

Letter from Mr. T.B. Gubhaju of Nepal Tofu Factory, Kathmandu. 1991. Oct. 6. "A company named 'Nepal Soya Industries' was run by Mr. Achutananda Vaidya before 1983. The name of the product was Vita Tofu. This company was closed long ago, perhaps between 1983 and 1985. So far as I know, this company had only a grinding machine and a press. The owner, Mr. Achutananda Vidya, who was born in Nepal, got training in brewing from Japan. The company was located at 9/374 Bhedashing, Jamguthi, Kathmandu. I met Mr. Vaidya in the Government Food Research Lab in 1983 when we discussed the tofu business in Nepal. So far as I know, Mr. Vaidya had to close his tofu production company for the following reasons: 1. He was in Government services so he could not pay more attention to his private business. 2. He did not have the requisite equipment for tofu production."

Letter from Mr. T.B. Gubhaju of Nepal Tofu Factory, Kathmandu, followed by phone call. 1992. Aug. 19 and Sept. 7. He believes that members of the family of Mr. Achutananda Vaidya had started selling tofu in Nepal long before 1983. He is still trying to collect specific information and he has Mr. Vaidya's phone number. Mr. Vaidya, who speaks good English, told him that members of his family began making tofu in Nepal in about 1974-1977–but Mr. Vaidya did not know the exact dates.

Letter from Mr. T.B. Gubhaju of Nepal Tofu Factory. 1992. Sept. 22. Mr. Achutananda Vaidya resides at 9/374 Bhedashing, Jamguthi, Kathmandu. Phone: 229130. His uncle, Mr. Raghubir Baidya, started making tofu in 1970, but had to stop after a few months. For further details, please contact Mr. Vaidya.

Letter from Mr. Achutananda Vaidya of Nepal Soya

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Industries. 1992. Dec. 26. "I started making tofu in 1974. I did not have any connection with my uncle in starting my tofu company, however I did have a chance to see him make tofu at his residence in Kathmandu, and from that time I got the idea in my mind to make tofu myself. I learned the details of the process in Nepal from Mr. Akifumi Nakamura of Kobe, Japan, a member of the Japan Overseas Cooperation Volunteers (JOCV), who worked at the Central Food Research Laboratory in Kathmandu, which was also my office in 1974. I worked together with him as a counterpart for two years learning how to make tofu."

His business card notes: "Food Technology in Brewing from Japan. Products & Suppliers: Tofu (Vita), Soyamilk (Vitabean milk), Soya Curd, Soya Sauce, & Miso."

His Curriculum Vitae notes that he was born on 28 Dec. 1947, resides at 9/374 Bhedasingh, Kathmandu, and is married. See also his letter of 19 Jan. 1993.

Letter from Mr. Achutananda Vaidya of Nepal Soya Industries. 2002. April 12. He started to make and sell this tofu in Dec. 1974.

3116. Fu, P'ei-mei. 1974-1976. Peimei shi pu [Pei Mei's Chinese cook book. 2 vols.]. Taipei, Taiwan. Illust. (color). No index. 22 cm. [Chi; Eng]*
• ***Summary:*** Volume 1 published April 1976, copyright 1969; vol. 2 published July 1974, copyright 1974. Chinese title also written *P'ei-mei shih p'u.* Address: Cooking teacher, Taipei, Taiwan.

3117. **Product Name:** Tow Fu (Bean Curd).
Manufacturer's Name: Amoy Canning Corp. (Hong Kong) Ltd.
Manufacturer's Address: Hong Kong.
Date of Introduction: 1974.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: Listing in The Vegetarian Health Food Handbook (UK). 1974. p. 175. Amoy imported this canned product to the UK from Hong Kong.

3118. Central Bureau of Statistics (CBS), Indonesia. 1974. [Industrial census]. Indonesia. [Ind]*
• ***Summary:*** Contains early statistics on commercial production of tempeh, tofu, Indonesian soy sauce (*kecap*), and Indonesian miso (*tauco*) in Indonesia. Producers are divided into 2 groups by size: Home industry (1-4 workers) and small scale industry (5 or more workers). The amount of soybeans processed in tonnes/year is as follows for home industry/small-scale industry: tempeh (1.8/12.3), tofu (3.8/15.2), soy sauce (0.8/3.7), and miso (4.7/6.3).

Note: This is the 2nd earliest document seen (Sept. 2011) that gives industry or market statistics for tempeh, or for tempeh in Indonesia.

3119. Echigo, Takashi; Takenaka, Tetuo. 1974. Mitsubachi ni yoru hachimitsu-chû yûki-san no seisei [Production of organic acids in honey by honeybees]. *Noka* (*Agricultural Chemistry*) 48(4):225-30. [16 ref. Jap; eng]
• ***Summary:*** Glucono lactone is a natural constituent of honey. Address: Dep. of Agricultural Chemistry, Tamagawa Univ., Machida, Japan.

3120. **Product Name:** [Smoked Tofu (Mushroom, Chestnut, or Walnut)].
Manufacturer's Name: Komatsugawa Tofu Co. and Meiji Foods Co.
Manufacturer's Address: Japan.
Date of Introduction: 1974.
Ingredients: Incl. deep-fried tofu pouches, firm tofu, seasonings.
Wt/Vol., Packaging, Price: One 100 gm piece packed in oil in a sardine can. Retails for $0.65.
How Stored: Shelf stable.
New Product–Documentation: Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 159. "Made from deep-fried tofu pouches stuffed with mashed firm tofu and seasonings." Note: This is the earliest commercial smoked tofu made or sold in Japan.

3121. Korea. 1974. Seoul, Korea: International Publicity Corp. 68 p. Illust. (color). 24 cm. [Eng]*
• ***Summary:*** Soybeans can be used to make six different foods: Soy sauce, soybean mash, roasted soy flour, soy sprouts, tofu, and soybean oil. Many Koreans still make their own soy sauce at home, starting in the fall. A detailed description of the process is given.

3122. **Product Name:** Tofu [Regular, Soft, or Firm], Fried Tofu Pouches, and Spiced Tofu.
Manufacturer's Name: Mandalay Food Products Inc.
Manufacturer's Address: 135 Mott St., Manhattan, New York City, NY 10002.
Date of Introduction: 1974.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Mandalay Food Products, 135 Mott St., New York, NY 10002. Office phone: 212-874-6600. Owner: Mr. U Han Kyu or Lisa. Factory at 450 Broome St., New York, NY 10013. Phone: 212-966-0338.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. U. Han Kyu. New office phone: 212-431-9190. Soya Bluebook. 1983. p. 77.

Talk with Thein Win. 1987. Dec. 29. This company is Burmese. Mr. Maung Myint of Mighty Soy, Win's cousin, was one of the original founders. They now make 8-10 sizes and shapes of tofu, 2 sizes of soymilk. For all products, they

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use 100 x 60 lb sacks of soybeans a week. Address is now 640 Dean St., Brooklyn, NY 11238.

Talk with Roland Myint. 1994. Feb. 15. He was born in Burma, but he fled the country through Thailand in the 1960s when it went Communist. After living in Japan, he arrived in the USA in 1965 as a refugee and settled in New York City. He bought tofu-making equipment from Yokohama, Japan, then in about 1973 or 1974 he started making tofu at Mandalay Foods Products at 135 Mott St. in New York City. He invested $300,000 to $400,000 in the business but it was not very successful, probably because it was ahead of its time. Ballet dancers were among his main customers in New York. In 1976 he sold his shares in the company, which is still in business and growing nicely. It is now owned by two men and a woman. Then he did 3 years of research on deodorizing soymilk in California, including research at the food lab. at Cal Davis; he has a brother with a PhD from Cornell University. He taught Maung Myint, his nephew who now runs Mighty Soy Inc. in Los Angeles, how to make tofu. Roland is now age 65; he runs a gas station in Pacifica, California.

3123. Abe, Koryû; Tsuji, Shigemitsu. 1974. Tôfu no hon [The book of tofu]. Tokyo: Shibata Shoten. 328 p. Illust. Index. 19 cm. [1 ref. Jap; eng+]

• ***Summary:*** This book contains one of the best histories of tofu published to date, including a good summary of Shinoda's research on tofu history.

Contents: Part I: Preface. 1. Various documents on tofu. 2. The origin of tofu. 3. Tofu as a food and soybeans. 4. Production methods of tofu and second generation products. 5. Chinese tofu seen from documents. 6. The legend of Liu An, king of Huai-nan of (*Wainan ô Ryûan*), and tofu. 7. The legend of Toroshijû and tofu. 8. Japanese tofu seen from documents.

Part II: The *Tofu Hyakuchin.* Part III: A selection of 100 modern tofu recipes.

On page 4 is an interesting quote by the Chinese Buddhist master/priest Yinyuan Longqi (Ingen), who lived 1591-1673. He introduced the Obaku sect of Zen Buddhism to Japan and erected the famous Manpuku-ji temple at Obaku, Uji, Japan (south of Kyoto) in 1661. It was named after the Wanfu / Manpuku-ji Temple at Obakusan, Fukien [Fujian] province, China, which was the leading Zen temple in China at the time (Joya 1960, p. 745, 326). In Japan, he was surprised to find tofu unlike any he had known in China. In praise of this new softer type of tofu, he composed an intricate yet simple proverb which is known to this day. It described both the character of Japanese tofu and that of a man who wishes to pass freely and peacefully through this fleeting, illusory world. The proverb reads: *"Yo no naka wa, mame de shikaku de yawaraka de, mata rôjaku ni nikumare mo sezu..."* Each of the three middle lines has a double meaning, allowing the poem to be read either: (1) "In this world, made of soybeans, square / clean(ly) cut, soft, and not disliked by old and weak people"; or (2) "In this world, practicing diligence (or healthy/hard working), being proper and honest, having a kind heart, and not disliked by old and weak people."

Page 66: The earliest known reference to tofu was in the *Qing Yilu* (Jap: *Seiiroku*), written during the Northern Song dynasty [960-1127] by Tao Ku (Jap: *Tôkoku*). In this work it explains why the early name for tofu (Jap: *Shôsaiyô* = vice governor's mutton) appeared. This is the story about a poor vice-governor named *Jishû* (in Japanese). He was very poor and couldn't afford to buy mutton, so he bought a few pieces of tofu every day and ate it as a side dish with rice. Seeing this, people in that area began to call tofu the "vice-governor's mutton." This story tells us that tofu was widely consumed by the people, and was less expensive than mutton. After the appearance of the *Quing Yilu* tofu began to be mentioned much more often in the literature. But during the Northern Song dynasty, since tofu was regarded as a poor-man's food, people didn't write about it so much.

Page 74-84: 6. Life of Lord Liu An, of Huai-nan. I have already mentioned that the theory that tofu was discovered or first made by Lord Liu An some 2,000 years ago depended largely on the *Bencao Gangmu* (Jap: *Honsô Komoku*) by Li Shizen, which appeared in 1596 during the Ming dynasty. And in the poems by *Shuki* (?). Although we are not sure whether or not this was an historical fact, I think there was a reason for it. Therefore, in this chapter, I would like to go into the relationship between Liu An's colorful life and tofu a little more deeply. The best early source about the life of Lord Liu An is the *Shiji* (Jap: *Shiki*), "Records of the historian," by Sima Qian which appeared in about 90 BCE.

Page 329 tells about the authors (autobiographical): Koryû Abe was born in 1922 (Taisho 11) in Tokyo. He graduated from *Nippon Daigaku, Geijutsu-gakubu, Bungaku-ka* (literature). In 1968 he went to work for K.K. Japan Art-sha. In Dec. 1971 he self-published a facsimile edition of the ancient classic *Tofu Hyakuchin.* He is presently editor of Japan Art-sha's *Hôchô-Geijutsu* (The art of the knife) and a consultant to Daitô Chôrishi-kai (Big East Cooking Society).

Shigemitsu Tsuji was born in 1920 in Kyoto. He graduated from Kyoto Nishô, then apprenticed as a cook in the restaurant Sagano in Tokyo. He later joined the army and served as a special cook to the head officer. After World War II he became the 11th owner of Nakamura-ro, a famous Kyoto restaurant. He is presently a cooking instructor for NHK, ABC, and MBS television stations, and special instructor at the following cooking schools: Osaka Abenotsuji Chôrigakkô, Kyôto Ryôri Gakkô, and Tôkyû Cooking School. Address: Tokyo, Japan.

3124. Ali-Bab. 1974. The encyclopedia of practical gastronomy. Translated by Elizabeth Benson. New York, NY: McGraw-Hill. vii + 471 p. Illust. 24 cm.

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• ***Summary:*** This is a translation of *Gastronomie pratique*. In the first section, titled "Gastronomy through the ages," the subsection on "Great Britain" (p. 20) states: "The inferiority of English cooking manifests in its sauces and ragoûts. The English use too many aromatic herbs, condiments, and pickles. Under the pretext of cooking simply they often use, instead of our sauce bases made from broths or our simmered sauces, very strong industrially prepared sauces such as ketchup, soy sauce, Worcestershire sauce, and Harvey sauce. Englishmen use them in such quantities that they end up by completely smothering the taste of the original preparation."

Page 44: "83. The *catjang* is a fermented bean curd." See p. 31.

Soy related recipes: Potage crème veloutée de soja aux perles (Cream of soya bean soup velouté with tapioca, with "2 lbs. soya bean sprouts," p. 103.

A note just below this recipe reads: *"Soja* or *Soya hispida*, which originates in the warm regions of Asia, is still known under the name of *Glycine hispida*, colloquially called Chinese peas. This is a legume of the Phaseolae family. In China and Japan it is used a great deal, especially among the poorer classes. These vegetables are mainly used in the preparation of pasta, sauces, and a type of cheese [tofu]. Only recently introduced into Europe, only the sprouts are in general use").

Soja au jus (Soy bean sprouts with meat broth, with "2 lbs. soya bean sprouts," p. 341).

Inside front dust jacket: The author, whose real name was Henri Babinsky, was of Polish ancestry, born in 1855 in Paris and died in 1931.

Note: The 1st edition was published in 1907 in Paris. The 2nd edition was published in 1912.

3125. Altschul, Aaron M. ed. 1974. New protein foods. Vol. 1A. Technology. New York, NY: Academic Press. xiv + 511 p. [1750* ref]
• ***Summary:*** Contains 10 chapters by various authors. Five of these are cited separately. Address: Dep. of Community Medicine & International Health, Georgetown Univ. School of Medicine, Washington, DC.

3126. Brackman, Agnes de Keijzer. 1974. Art of Indonesian cooking: The ABC's. Singapore: Asia Pacific Press. 127 p. 23 cm. First published in 1970.
• ***Summary:*** This recipe book, with a long introduction to each chapter, contains numerous soy-related recipes: Soya fish (Ikan ketjap, p. 24; Ketjap is "sweet soya sauce" [probably ketjap manis]). Soya fish, large (Ikan ketjap besar, p. 25). Soya chicken (Ajam ketjap, p. 38). Braised soya duck (Bebek smor ketjap, p. 48). Spicy soya sauce (Sambal ketjap, p. 74). Fermented soya beans (Sambal goreng tempe, p. 77; a must for the rijsttafel [rice table]). Peppered bean cakes [with tofu] (Sambal goreng tahoe, p. 82). Indonesian salad [with tofu] (Gado-gado, p. 85). Spiced soya (Sambal ketjap, p. 106).

The back matter notes that the best source of Indonesian ingredients is the Dutch company Conimex, in Baarn, Netherlands. There is a page of ideas for ingredient substitutes in the West (for sweet soya sauce substitute "equal amounts of Chinese or Japanese soya sauce and molasses"), and a 3-page Indonesian-English kitchen glossary. Address: Brookfield Center, Connecticut.

3127. Ciancio, Pedro N. 1974. La soja y el problema alimentario del Paraguay. ed. 2 [The soybean and Paraguay's nutritional problem. 2nd ed.]. Asunción, Paraguay: Imprenta Nacional. 585 p. 22 cm. [50 ref. Spa; eng]*
• ***Summary:*** At head of title: *Ciencia de la nutrición* (*metabolismo*). Address: Prof., Dr., Asunción, Paraguay.

3128. Corlett, Jim. 1974. Super natural cookery: Recipes for vegetarian gourmets. Newton Abbot, Devon, England, London, and Vancouver: David & Charles. 96 p. Illust. by Dave Colin. Index. 21 cm. [10+ ref]
• ***Summary:*** Among the "New Words" (p. 8) are miso and tekha [sic, tekka] powder (made from miso). Soy-related recipes include: Lentil, carrot and soy soup (p. 17). Soybean sprouts (p. 38). Gluten (Seitan, p. 56). Soy bean flours (p. 56). Soy sweet (dessert with soy flour. p. 56). Gluten cutlets (. 64). Soy bean cheese (to fu, p. 67). Soy sprouts (p. 67). Sakura's vegetable sukiyaki (with tofu, p. 69).

An identical 1975 edition was published in Washington, DC, by Acropolis Books. Address: England.

3129. Cottrell, Edyth Young. 1974. Soybean magic. Loma Linda, California: PHMS. 17 p. 12 cm. Accompanied by a color slide show.
• ***Summary:*** A title and brief description of each of the 79 slides is given. Address: Research Nutritionist, Loma Linda Univ. School of Health, Loma Linda, California.

3130. Cottrell, Edyth Young. 1974. The oats, peas, beans & barley cookbook. Santa Barbara, California: Woodbridge Press. 271 p. Illust. Index. 24 cm.
• ***Summary:*** This very creative Seventh-day Adventist vegetarian cookbook, featuring nature's most economical foods, contains 450 recipes including many using soybeans and gluten (see p. 59-68), and many color photos. One acre of soybeans will supply 34 times as many calories, 49 times as much protein, and 33 times as many vitamins as beef produced on one acre. Soy-related recipes include: Garbanzo-soy-oat patties with Brazil nuts (p. 39). Soybeans–Prairie gold (Boiled soybeans, p. 51. Freezing soaked soybeans helps to shorten the cooking time. The use of soft or spring water in soaking and cooking also helps to reduce the cooking time. The author adds salt to soybeans after they have been boiled for at least 1 hour. Baked soybeans (p. 52). Soy-oat patties with tomato sauce (with whole soybeans,

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p. 53). Tofu (p. 54, curded with calcium lactate or calcium carbonate, then seasoned with Vegex or Savorex). Creamed curd cheese: May be used as cottage cheese (p. 55; made with tofu curds and soy sour cream). Scrambled tofu (p. 56). Rice with tofu–Chicken style (p. 56-57). Home-baked bread (with soy flour, p. 70-76). Modified pioneer bread (with soy flour, p. 81). Pioneer soy bread (p. 82). Soy-oat waffles (p. 109). Barley-soy waffles. Cornmeal-soy waffles. Millet-soy waffles (p. 111). Rice-soy waffles (p. 112). Soya French toast (p. 116). Cornmeal with soy grits (p. 117). Corn granola (with soy flour, p. 118). Good earth granola (with soy flour, p. 119).

One chapter, titled "Soybean Magic" (p. 121-26) contains the following soy-related recipes: Soybean concentrate: Replaces milk and eggs in many recipes (Note: This is fresh soybean puree, or gô, made with the hot water grind method). Soy milk and concentrated soy milk. Cream sauces. Soy whipped topping. Soy cream. Soy sour cream. Sweet cream custard sauce.

Whipped soy topping (with fortified soy milk powder, p. 141). Cabbage baked in 'soy sour cream' (p. 165). Cauliflower baked in soy cream (p. 167). Soy mayonnaise (with concentrated soy milk, p. 195). Savory yeast spread with soy milk, p. 196).

Pages 255-67 give a nutritional analysis of each of the recipes in this book. A photo on the rear cover shows Cottrell. A second edition was published in 1980 by Woodbridge. As of early 1993 some 157,000 copies of this book are in print. Address: Research Nutritionist, Loma Linda Univ. School of Health, Loma Linda, California.

3131. Gaskin, Stephen; Farm, The. 1974. Hey beatnik! This is The Farm book. Summertown, Tennessee: The Book Publishing Co. 100 p. Illust. No index. 28 cm. Pages are unnumbered.

• ***Summary:*** The Farm is a community of 600 people living on a 1,700 acre farm in Summertown, Tennessee. They have about 300 acres under cultivation, and during the summer about 200 of this is in soybeans. They practice a complete and total vegetarian diet; no one eats flesh foods or dairy products, drinks alcohol, or smokes tobacco. They do this for religious reasons, to be compassionate to animals and to leave enough food for everyone. "It is so grossly uneconomical and energy expensive to run soybeans through a cow and then eat the cow instead of just eating the soybeans that its virtually criminal."

One two-page spread titled "Yay Soybeans!" begins: "Here's a spiritual reason for being a vegetarian. You can get ten times as much protein growing soybeans than eating beef cattle. If everyone was vegetarian, there would already be enough to go around, and no one would be hungry." It contains recipes for: Soy milk. Soy cheese (let soy milk stand in a warm place until the curd has separated from the whey, then boil the curds with salt, drain and press). Soy yogurt (cultured). Soy butter (made with 3/4 cups each soy flour and water, 1 teaspoon salt, and 1 cup oil). Soy mayonnaise. Granola (with soy flour). Raw gluten. Gluten roast. Fried gluten. Gluten burritos. Soybean stroganoff.

Another two-page spread is titled "The Soy Dairy: Soy Milk," by Alexander and the Soy Dairy. It begins: "Soy milk is an easily digestible form of soybean protein. It can be made into whipped cream, sour cream, ice cream, cheese and yogurt. It contains the same amount of protein as cow's milk, but less calcium and no cholesterol. We made 60 gallons a day for total cost of 30 cents a gallon." There follows a description of exactly how The Farm's soy dairy makes soymilk, what equipment is used, and where it was obtained. The text ends: "Please write to the soy dairy if you have any questions about soy milk, or stop by for a visit and tour, and we'll be happy to give you a glass of milk to taste. Love, Alexander and the Soy Dairy."

This book is loaded with wonderful photos, including: (1) Shunryu Suzuki, roshi. (2) A large field of soybeans. (3) Three long-haired members of The Farm eating (L-R): David Chalmers, Charles Hunnicutt, and Wilbur Jordan. (4) A little girl, Susannah Frohman, sitting on a stool drinking a cup of soymilk, with her other hand on a gallon jar of soymilk. (5) The inside of the soy dairy. (6) Leslie Jordan happily drinking soymilk from a gallon jar in front of a truck that is delivering soymilk in milk cans. Standing by the truck is Roger Kanies. Mitchell and Nancy Shapiro are sitting on the ground nearby. (7) Many views of Stephen Gaskin. (8) Growing, harvesting, crushing, and cooking sweet sorghum for use as a sweetener (a light, sweet syrup). Address: Summertown, Tennessee.

3132. Hanson, L.P. 1974. Vegetable protein processing. Park Ridge, New Jersey: Noyes Data Corporation. xii + 308 p. See p. 264-77. Illust. 25 cm. Company index. Inventor index. U.S. patent number index. Series: Food Technology Review, no. 16.

• ***Summary:*** The Foreword begins: "The detailed, descriptive information in this book is based on U.S. patents relating to the processing of proteins of vegetable origin.

"The book has a double purpose in that it supplies detailed technical information and can be used as a single guide to the U.S. patent literature in the field."

Contents: Introduction. General process for vegetable proteins: Removal of lipids, protein isolation processes, protein treatment processes, protein hydrolysates. Processing whole soybeans. Processing full fat soy products. Defatted soy products. Soy protein concentrates. Soy protein isolates. Soy hydrolysates: Enzymatic hydrolysis, hydrolysis under acid conditions nutrient amino acid compositions.

Cottonseed protein. Grain proteins (incl. wheat gluten and zein). Processing other vegetable proteins (sunflower meal, safflower seeds, sesame seeds, castor beans, peanuts, rapeseed, alfalfa, coconut, mistletoe).

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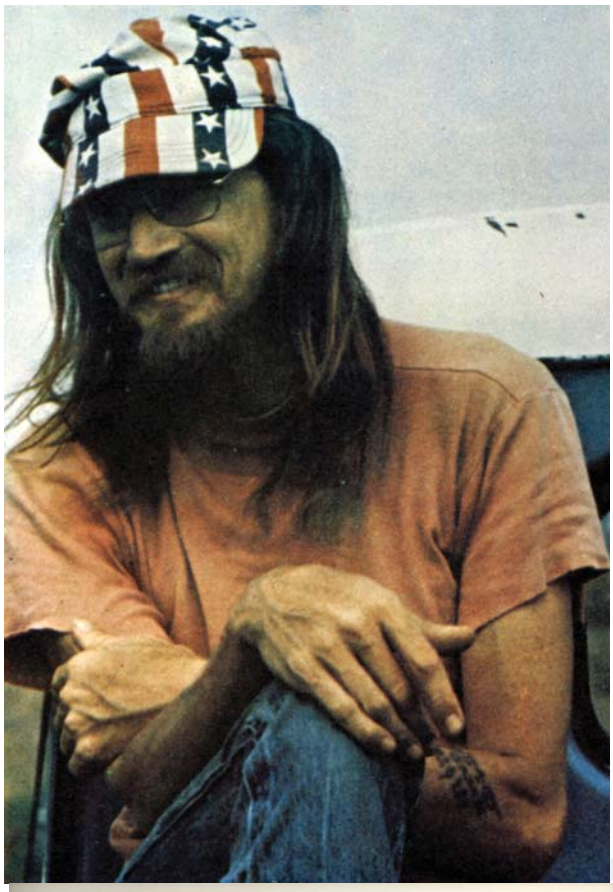

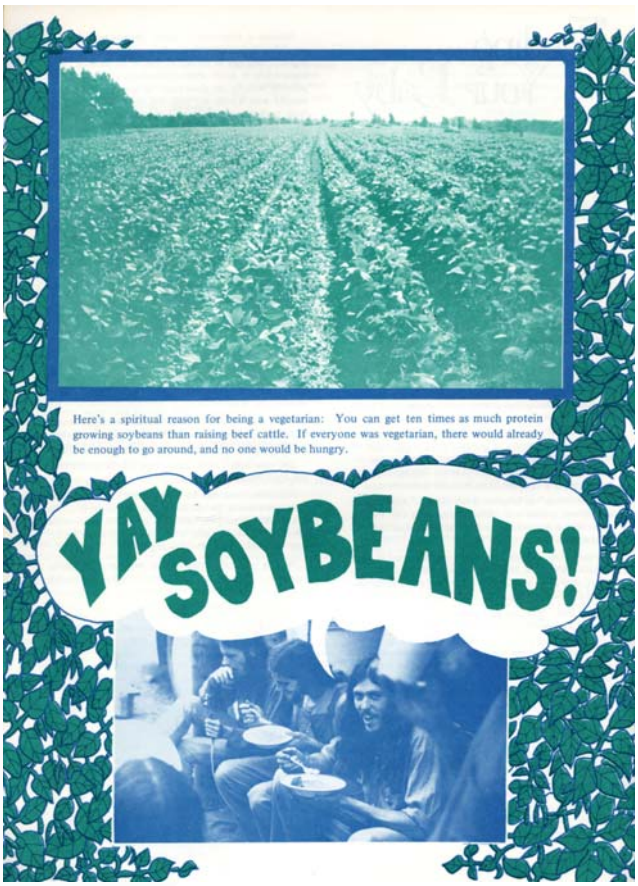

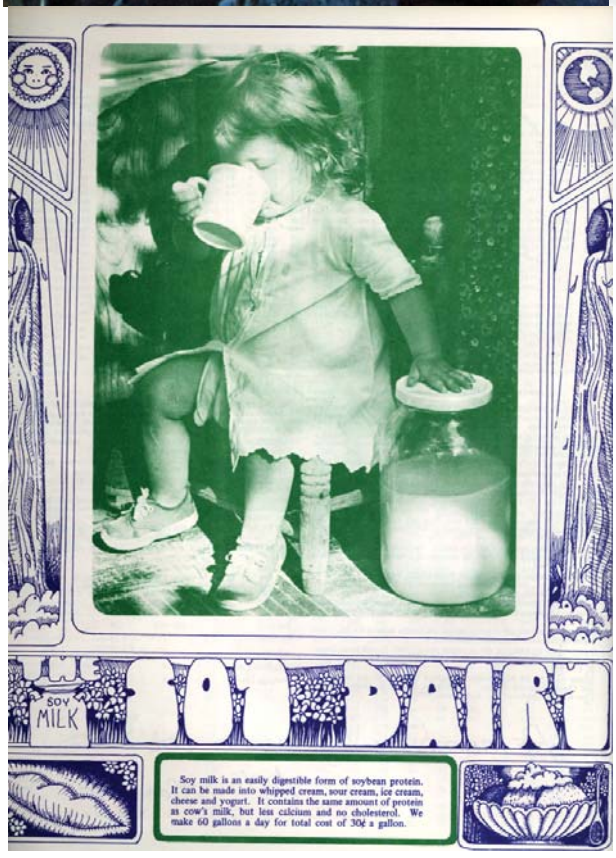

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Extruded fiber processing (incl. Boyer process). Other protein fiber production methods. Textured protein gels and expanded products. Consumer products (simulated milk products {high yield process from soybeans, soy milk from sprouted beans, deodorizing soybean and peanut milks, wet milling of vegetable protein, dispersible soy protein for milks, dual inoculation for flavor improvement of soy milk, lipoxygenase inactivated full fat soy flour for milk}, other dairy type products {soy yogurt, heat stable cheese from soy milk, blue cheese from soy milk}, paste spread, tofu, miso and tempa [tempeh] products, flavoring materials, miscellaneous products {whipping agents from soy protein, malt treatment of soy for use in cereals, soy protein–soy lecithin mixture}). Address: USA.

3133. Himalayan International Institute. 1974. The Yoga way cookbook. 1st ed. Honesdale, Pennsylvania: Himalayan International Institute. 203 p. *
• ***Summary:*** This is a natural foods, vegetarian cookbook. Page 7 contains basic information about various soyfoods. Soy-related recipes include: Soybean rice (p. 37). Soy burgers (p. 38). Soy tacos (p. 39). Miso soup (p. 99). Tofu-avocado sandwich (p. 193). Tofu salad dressing (p. 194).

3134. Hunter, Beatrice Trum. 1974. Favorite natural foods: Adapted from a series of programs on WGBH, Boston. New York, NY: Simon and Schuster. 219 p. Index. 21 cm. [154 ref]
• ***Summary:*** Contents: Foreword. 1. Vegetables, vegetables. 2. Perking up the salad bowl. 3. Sprouts (incl. legume seeds {alfalfa, chick pea, lentil, mung bean, peanut, pinto bean, soybean}, grain seeds, vegetable seeds, herb seeds, weed seeds, oil seeds {flax, safflower, sesame, sunflower}). 4. Whole grains. 5. The Cornell mix [for bread; Dr. Clive McCay]. 6. Sourdough. 7. Sauerkraut. 8. Yogurt. 9. Soybeans. 10. Satisfying that sweet tooth: Dried fruit desserts, confections, snacks. 11. Of special concern: Baby foods, brown-bagging, party fare, making good foods even better. Appendix.

Contents of chapter 9, Soybeans: Introduction. Soybean sprouts. Fresh green soybeans as a vegetable: Freezing, canning, drying. Recipes for whole dry soybeans (2). Making soybean pulp (put cooked, drained soybeans through a meat grinder; recipe for green peppers stuffed with soybean pulp). Roasting dry soybeans (soak, drain, and dry roast). Making soybean milk (recipes for spiced soybean milk, brown rice pudding with soybean milk). Making soybean curd (also called "soybean cheese" or "tofu." From soybean milk, from fermented soybean milk, from soybean flour, from soybeans). Using soybean flours (three types: high-fat or full-fat, low-fat or medium-fat, minimum-fat or fat-free). 100% soybean flour cookies (grain-free). Other soybean products you can buy: Soybean grits and soybean flakes (with 1 recipe). Soybean lecithin (with 2 recipes). Tamari, miso. The soybean and you: Meat alternatives, tempeh, textured vegetable protein products (inferior), fabricated soy foods in school lunch programs ("a nutritional crime"). Avoid mock foods.

About the author: She is the author of numerous books and winner of the French Company's Tastemakers Award. She and her husband, John, live in New Hampshire. Nationally known for her lectures and demonstrations on natural foods, she is a member of the Price-Pottenger Nutrition Foundation and twice a speaker for the Martha Jones Lectures in Nutrition at the Ashbury Theological Seminary in Kentucky. She holds a B.A. from Brooklyn College and a Master's degree from Columbia University. She has done graduate work at State Teachers College in Buffalo, New York, and at Harvard University. A small photo of Beatrice Trum Hunter appears on the front dust jacket of the hardcover edition. Address: New Hampshire.

3135. Kato, Tesshin. ed. 1974. Tamago, tôfu ryôri [Egg and tofu cookery]. Tokyo: Nihon Keizai Shinbun-sha, Shopping-shitsu. 98 p. Illust. No index. 19 cm. [Jap]
• ***Summary:*** Contents: 43 easy-to-make egg and tofu recipes, each accompanied by color photos. Useful ideas for daily life. Address: Tokyo, Japan.

3136. Kikuchi, Grace F. 1974. Tofu recipes. Ann Arbor, Michigan: Published by the author. 47 p. Illust. by Lou Bohr. No index. 22 cm. Spiral bound.
• ***Summary:*** Contents: 1. To begin with: Homemade tofu, okara. 2. Soups and sauces: Clear and miso soups, mushroom tofu soup, tofu sauce for vegetables. 3. Poached, steamed, fried: Hiyadofu–chilled, yudofu–hot, stewed tofu, fried tofu, steamed tofu, ganmodoki. 4. Pots–one dish meals: Hamanabe, fresh pork and vegetables, chicken mizutaki, sukiyaki, shabu shabu, sin sul lo. 5. With fish: Seafood mizutaki, tofu steamed with fish, tofu with flounder, sakamushi, tofu and tuna fish. 6. With this and that: Stir-fried tofu, soboro domburi, mandoo, meatballs made with tofu, tofu with scrambled eggs, tofu with pork and miso, beef with tofu and chili peppers. Glossary.

There is a full-page illustration at the beginning of each section. On the book's cover, occupying the top 80% of the page, above the English title, are the two large Chinese characters for "tofu."

Note 1. This is the earliest known book on tofu ever published in the Western world or in a European language. It is spiral bound, sells for $1.25, has white covers front and back, and was printed by Braun-Brumfield, Inc. in Ann Arbor, Michigan. All but 12 of the recipes contain meat, fish, or poultry. A small sheet, stapled to the title page, is titled: "Meatless recipes in this book."

Note 2. The author's formal married name is Mrs. Chihiro Kikuchi. Address: 260 Sumac Lane, Ann Arbor, Michigan 48105.

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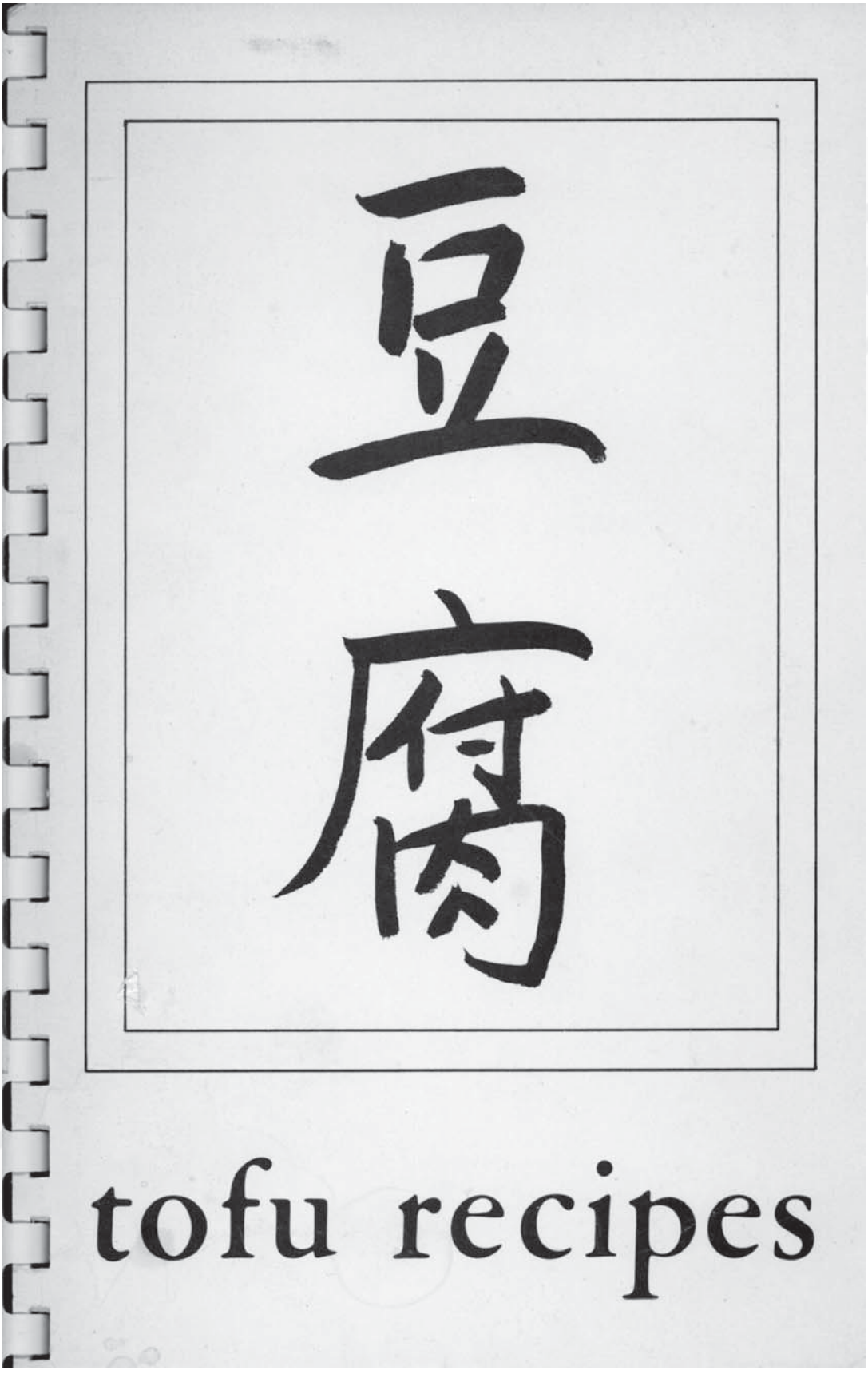

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3137. Kloss, Jethro. 1974. The Back to Eden cookbook. Santa Barbara, California: Lifeline Books. 158 p. With Promise Kloss Moffett and Doris Kloss Gardiner. Illust. by Daniel Guild. 22 cm.
• ***Summary:*** A vegetarian cookbook. Address: USA.

3138. Kloss, Jethro. 1974. The Back to Eden cookbook. Santa Barbara, California: Woodbridge Press. 158 p. Illust. 22 cm.
• ***Summary:*** For the bittersweet story of how this book came to be published, see interview with Doris Kloss Gardiner (Nov. 1990). Address: USA.

3139. Kobayashi, Keizô. 1974. Shôjin ryôri nyûmon [Entry gate to Zen vegetarian cookery]. Tokyo: Shibata Shoten. 230 p. Illust. 22 cm. [Jap]
• ***Summary:*** The author was born in 1930. Address: Formerly asst. head cook at Eiheiji Zen Monastery. Now head priest, Rinsho-ji, Tateoka, Murayama-shi, Yamagata prefecture.

3140. Kozel, Carlos. 1974. Guía de medicina natural. I. Salud y curación [Guide to natural medicine. I. Health and healing]. Viladrau (Gerona prov.), Spain: Ediciones Cedel. xii + 467 p. Illust. 23 cm. Vol. 1 of his Guía de Medicina Natural [Guide to Natural Medicine]. [Spa]
• ***Summary:*** About natural food and vegetarianism. Pages 185-91 discuss soya, which is called "vegetable meat" and from which one can obtain lecithin, soymilk, whole soy flour, miso, tofu, shoyu, etc. The nutritional composition of soybeans is given.

3141. Kramer, Rose; Zuckert, Mimi. 1974. The very last cookbook: Or how to save money, stay healthy, and impress your friends. Millbrae, California: Celestial Arts. 79 p. Illust. Index. 22 cm.
• ***Summary:*** A vegetarian cookbook. Page 19 contains a recipe for Tofu Cake or Pie. Address: (Millbrae, California).

3142. Larson, Jeanne R.; McLin, Ruth. 1974. The vegetable protein and vegetarian cookbook. New York, NY: Arco Publishing Co. 216 p. Illust. Index. 24 cm. Reprinted in 1980.
• ***Summary:*** The authors may be Seventh-day Adventists since they make widespread use of "meatless meats" made by Loma Linda Food Co. and Worthington Foods, both Adventist-run companies. Pages 11-14 list these meatlike products in the following categories: 7 dry vegetable proteins to which liquid must be added, or which are used for seasonings: Granburger. Vitaburger. Meat loaf mix. Burger aid. Stripple zips. Baco-Bits. Gravy quik.

35 canned foods: Rediburger. Vegeburger. Chopletburger. Vegetarian burger. Madison burger. Non-meat balls. Prime burger. Vitaburger. Chili. Choplets. Cutlets. Skallops. "209." Vegesteaks. Dinner bits. Tender bits. Dinner cuts. Tastee cuts. Dinner rounds. Salisbury steak. Frysticks. Numete. Protose. Proteena. Nuteena. Vegechee. Vegelona. Wham. Beef slices. Chicken slices. Linketts. Little links. Big franks. Saucettes. Veja-links.

30 frozen foods (said to be by far the tastiest of the vegetarian meats): Beef slices, loaf, and cubes. Corned beef slices, loaf, and cubes. Smoked beef slices, loaf, and cubes. Beef pie. Chicken slices, roll, cubes. Chicken pie. Chickettes. Wham slices, roll, cubes. Prosage. Vegetarian fillets [fish alternatives]. Holiday roast. Salisbury steak. Stripples. Smoked turkey slices or loaf. Fri-pats. Soy-chee. Vegechee. Soycheeze. Lentils. Garbanzos. Boston style soybeans. Green soybeans [probably harvested dry rather than fresh]. Savorex. Tastex. Savita. Vegex. Chicken seasoning. Beef seasoning. Smokene. Baco-bits.

Soy-related recipes include: Soybean loaf (with cooked mashed soybeans, p. 39). Tofu loaf (p. 149; "Tofu can be obtained at Chinese food stores. If not, use canned soy cheese found in most health food stores"). Tender crisp vegetables (soybean sprouts, p. 197).

3143. Li Shizeng xian sheng ji nan ji [Zhi sang wei yuan hui bian] [Essays in memory of Mr. Li Shizeng]. 1974. Taipei, Taiwan: s.n. 258 p. Illust. facsim. Portrait. 21 cm. [Cht]*
• ***Summary:*** Note: Li Yu-ying, a soyfoods pioneer in Paris, France, lived 29 May 1881 to 3 Sept. 1973. Contents: Photos of Li Shizeng = Li Yu-ying while he was alive. Li's own brush calligraphy. Color funeral photos. Elegaic couplets. Contents of telegrams received at funeral. On pages 189-90 are descriptions of Li's tofu company in France and the book that he published; these descriptions are similar to those found in books about him published previously.

Captions of sepia photos at front of book:

(1) Marriage of Li Shizeng and Tian Bo Tian (28 July 1957). Mr. Li and his wife are in the front row, center.

(2) Mr. Li with his granddaughter's family (1961). (3) Duplicate of previously published photo.

(4) Mr. Li with his friend Zhe Hui in 1953.

(5) Mr. Li meeting Vice President in 1955.

(6) Mr. Li (center) in 1955. Two other people in photo are unknown.

(7) Mr. Li demonstrating his brush calligraphy.

(8) Mr. Li in front of Shi Men Reservoir (October 1956). (9) Mr. Li hosting "January Gathering" in Taipei. (10) Mr. Li at unveiling ceremony of Mr. Wu Jing Heng's statue.

Color photos of Mr. Li's funeral: (1) Where his funeral took place. (2) His coffin. (3) People paying respect to Mr. Li's remains. (4) Li's Coffin being covered by China Republic Party flag. (5) Coffin being covered by party flag. (6) Secretary Zhen representing President at funeral. (7) Vice President Yan at funeral. (8) Central committee of China Republic Party at funeral. (9) Committee that hosted funeral.

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(10) Prime Minister Jiang at funeral. (11) Presidential Cabinet at funeral. (12) Attorney General Ni at funeral. (13) Chief of Chinese Forbidden Palace Museum Mr. Jiang at funeral. (14) Former students of Beijing Student University at funeral. (15) Students of Yu Da Business School at funeral. (16) Monk praying at funeral. (17) Coffin arriving at graveyard. (18) Coffin being lowered into ground. (19) Picture of grave. Where he is buried is not recorded.

3144. Lo, Kenneth H.C. 1974. Chinese vegetable and vegetarian cooking. London: Faber & Faber, Ltd. 172 p. Index. 21 cm.
• ***Summary:*** This original edition, published in London, is smaller in height, has no illustrations, and 13 fewer pages than the American edition published the same year. The recipes are the same, but on slightly different pages; For details, see the American edition (1974).

3145. Lo, Kenneth H.C. 1974. Chinese vegetarian cooking. New York, NY: Pantheon Books (Div. of Random House). 185 p. Illust. by Tom Funk. Index. 22 cm.
• ***Summary:*** Originally published in 1974 in London, England, as "Chinese Vegetable and Vegetarian Cooking" by Faber & Faber, Ltd. However that book is smaller in height, has no illustrations, and 13 fewer pages than this American edition. The entire text has been lightly edited and re-set for American cooks and readers. The recipes are basically the same, but on slightly different pages, and with some titles slightly changed (e.g., from "sesame jam" to "sesame paste," p. 133).

In the Introduction, under "Flavoring," the following soybean products are listed: Soy sauce, black beans (salted), soybean paste (yellow and black), bean-curd cheese (red and yellow). Soy-related recipes include: Steamed bean curd with peanut butter sauce (p. 50). Hot-marinated bean-curd sticks [dried twisted yuba sticks] with quick-fried [mung] bean sprouts (with "yellow bean-curd cheese" [fermented tofu], p. 60-61). The Lo Han dish of the monks' mixed vegetables (with tofu, and "red bean-curd cheese" [fermented tofu], p. 72-73). Hot assembly of shredded bamboo shoots and bean curd... (with tofu and "bean-curd cheese [fermented tofu], p. 74). Hot assembly of chestnuts, sliced lotus root, gingko nuts, peanuts, Chinese mushrooms, and bean curd (with tofu and "white bean-curd cheese" [fermented tofu], p. 75). Hot black bean and tomato sauce (Ratatouille Chinoise; with salted black beans and soybean paste, p. 82-83). Basic bean-curd soup (p. 105). Enriched bean-curd soup (p. 105). Soy eggs (with soy sauce, p. 125).

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the terms "yellow bean-curd cheese" or "red bean-curd cheese" or "white bean-curd cheese" to refer to fermented tofu.

There is an entire chapter titled "Bean Curd" (p. 135-48), with an introduction and the following recipes: Cold bean curd (with soy sauce and peanut oil). Cold bean curd with sesame paste or peanut butter ("Use 1½ tablespoons sesame paste," p. 136). Hot-and-savory bean-curd pudding (with salted black beans). Hot-and-pungent bean-curd pudding. Red-cooked bean curd with bean-curd sticks [yuba] (with soybean paste and soy sauce; the sticks are about 20 inches long). Stir-fried bean curds. Bean curd stir fried with [mung] bean sprouts or spinach. Bean curd stir fried with green beans. Deep-fried bean curd stir fried with duck eggs and cucumber skins. Deep-fried bean curd stir fried with eggs, mushrooms, and wood ears. Stir-fried shredded bean curd with dried bamboo shoots, dried mushrooms, lily-bud stems, and seaweed. Clear-simmered bean curds. Clear-simmered bean curd with lettuce and cellophane noodles. Clear-simmered bean curd with [mung] bean sprouts, water chestnuts, and sliced cucumbers.

Note 2. This is the earliest English-language document seen (June 2003) that uses the term "sesame paste."

3146. Masuda, Koh. editor in chief 1974. Kenkyusha's new Japanese-English dictionary. 4th edition. Tokyo: Kenkyusha. xiii + 2111 p. 27 cm. [Eng; jap]
• ***Summary:*** The first edition of this superb dictionary was published in 1918, the second in 1931, and the third in 1954. The words are listed in alphabetical order. Some of the definitions of soy-related terms are quite poor. Examples:

Daitokuji natto: not listed.

edamame: "green soybeans." [Better: Green vegetable soybeans, or Edamamé].

Hamananatto: not listed.

Hamanatto: not listed.

hiryôzu: not listed.

kinugoshi [tofu]: fine-grained *tofu*.

kogori-dôfu = kôya-dôfu.

Note. This is the earliest English-language document seen (April 2013) that uses the the term *kogori-dôfu* or the term *kôya-dôfu* to refer to dried-frozen tofu.

koikuchi shoyu: not listed.

kôji: *"koji."* Good.

miso: *"miso."* Good. Also defines: [ama-miso]: slightly-salted miso.

[miso-koshi]: a miso strainer.

[miso mame]: a soybean; a soya (bean).

[miso-shiru]: miso soup. And many more.

nattô: "fermented soybeans." [Better: Whole soybeans fermented with *Bacillus subtilis*]. Nattô-jiru: "Miso soup with minced fermented soybeans." Good.

nomame: not listed.

okara: bean-curd (*tofu*) refuse; lees of bean curd.

omiotsuke [Jap: Misoshiru] See miso [Miso soup; word used by women only].

otsuke [Jap: Misoshiru] Miso potage (soup).

saishikomi shoyu: not listed.

shitaji: soy. See shôyu.

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shôyu: "soy (sauce)." Better: Soy sauce.

tamari: "(a kind of) soy; soy sauce; sauce from refined soy."

tôfu: "bean curd [cheese]; *tofu.*

[yaki-dofu]: "roasted bean curd."

[tofu itcho]: a piece (cake) of bean curd.

[tofu-ya]: "a tofu dealer (seller, maker)."

tônyû: "soybean (soya) milk." [Better: Soymilk, soya milk, or soybean milk].

tsurumame: not listed.

usukuchi shoyu: not listed.

yuba: "dried bean curds" [sic. Better: The protein-lipid film formed atop soymilk when it is heated].

3147. Newman, Marcea. 1974. The sweet life: Marcea Newman's natural-food dessert book. Boston, Massachusetts: Houghton Mifflin Co. 161 p. Illust. by Linda Stine. Index. 29 cm. A 1981 revised edition contained 176 p. [63* ref]

• ***Summary:*** This early and beautifully presented natural foods cookbook contains very innovative and tasty tofu dessert recipes made with limited natural sweeteners and no dairy products. It discusses the harmful effects of refined and denatured foods, with details on white flour, sugar, oil, salt, eggs, milk, and baking powder [which contains alum, a product of aluminum; "it may even be harmful"].

Chapter 1, titled "Natural necessities: Equipment, techniques, and ingredients," gives good definitions of and introductions to amasake (p. 6), miso (p. 10), tamari (p. 12), and tofu (soybean cheese, p. 13). Soy-related recipes include: Basic cake II with tofu sour creame (p. 25). Cheesecake tofu pie (p. 37). Cantaloupe cheesecake (p. 37, with tofu). Upside-down tofu cake (p. 38). Mincemeat filling with miso (p. 50-51). Tofu poppy seed filling (for pastries or phylo, p. 53). Instant tofu creame (p. 59). Tofu creame (p. 59). Tofu creame whip (p. 60). Tofu sour creame I and II (p. 60). Tofu custard (p. 62). Apple tofu delight (p. 82). Creame puffs with amasake filling (p. 82). Cherry tofu strudel (p. 88). Tofu sour creame cherry tart (p. 92). Thanksgiving squash-mincemeat pie (with miso in the filling, p. 98-99).

The inside dust jacket gives a brief biography of the author, who was born and raised in New York. In Berkeley, California, she studied Japanese and natural-food cooking, and helped to start a "noodle bar" where she baked her first dessert. Now she lives in Boston and caters weddings, parties and school fairs with natural and organic foods and desserts.

An Appendix (p. 151-52) lists the name and address of 39 suppliers of natural foods in the USA (divided into five regions) 2 in Canada. This list includes the following companies. Northeast: Erewhon Trading Co. (33 Farnsworth St., Boston, Massachusetts 02210), Good Nature Distributing Co. (Box 447, Export, Pennsylvania 15632), Infinity Co. (173 Duane Ave., New York, NY 10005), Shadowfax (25 N. Depot St., Binghamton, NY 13901), Sundance Organic Food (R.D. #1, Box 146A, Coventry, Connecticut 06238), Walnut Acres (Penns Creek, Pennsylvania 17862; founded by Paul Keene).

Southeast: Collegedale Distributors (Box 492, Collegedale, Tennessee 37315), Laurelbrook Foods (Box 47, Bel Air, Maryland 21014), Tree of Life (Box 1391, St. Augustine, Florida 32084).

Midwest and Mountain States: Ceres, Inc. (2582 Durango Dr., Colorado Springs. Colorado 80910), Cliffrose (129 Coffman St., Longmont, Colorado 80501), Eden Foods (Box 100, Ann Arbor, Michigan 48107), Food for Life (420 Wrightwood St., Elmhurst, Illinois 60126).

Southwest: Akin Distributors (Box 2747, Tulsa, Oklahoma 74101), Arrowhead Mills (Box 866, Hereford, Texas 79045), Shiloh Farms (Box 97, Sulphur Springs, Arizona 72768), Sunrise Distributors (Box 5216, Phoenix, Arizona 83010).

West Coast: Erewhon Trading Co. (8454 Steller Dr., Culver City, California 90230), Janus Natural Foods (1523 Airport Way, South, Seattle, Washington 98134), New Day Distributors (1242 S. Berendo St., Los Angeles, CA 90006), The Well / Pure & Simple (795 West Hedding St., San Jose, CA 95126).

Canada: Lifestream Natural Foods, Ltd. (724-26 W. 6th Ave., Vancouver 9, BC), and Natural Foodstuffs (1 Main St., Box 27, Sutton, Quebec).

Note: This book contains the earliest recipe seen (Dec. 2005) for a tofu cheesecake. It is also the earliest English-language document seen (Dec. 2005) that uses the term "cheesecake tofu pie" to refer to a tofu cheesecake. For the story of how Marcea got interested in tofu and wrote this book see the interview: Marcea Newman. 1994. Oct. Re: Early work with tofu and tofu cheesecakes in America. Address: Boston, Massachusetts.

3148. Null, Gary; Null, Steve. 1974. Protein for vegetarians. New York, NY: Pyramid Communications, Inc. 174 p. No index. 18 cm. [21 ref]

• ***Summary:*** Contents: 1. Vegetarianism. 2. Understanding proteins. 3. Understanding food values. 4. Understanding food combining. 5. Rational fasting. 6. Food value tables.

Soy related information: Soybean flour contains over 40% protein (p. 28). Table titled "Legumes" (p. 51) showing the average serving size, total protein, and usable protein, incl. soybeans or soy grits, and tofu. Table titled "Flour" (p. 56) including soybean flour, both defatted and full fat. Table titled "Vegetables" (p. 57) including soybean sprouts. Soybeans and products are also included in the long USDA food composition tables that fill pages 108-72. See p. 158 for dry soybeans, soy flour, flakes and grits, soybean curd, and soybean milk. See p. 171 for the minerals and excess of acidity (HCl) or alkalinity (NaOH) in mature soybeans. On the rear cover of the book: "Public enemy #1: The American diet."

Despite the title of this book, it has a color photo of a

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fish (and dry soybeans) on the cover. In chapter 3, the first two pages are about fish and seafood, starting with this puzzling statement: "Many people on a vegetarian diet will include seafood in their diets." Address: Nutrition Inst. of America, Inc., 200 West 86th St. #17A, New York, NY 10024.

3149. Ochomogo, M.G. 1974. An unfermented cheese from soy-cow's milk mixture. Thesis, Louisiana State University. *
Address: Louisiana State Univ.

3150. Ohsawa, Lima. 1974. The art of just cooking. With Nahum Stiskin. Hayama, Japan and Brookline, Massachusetts: Autumn Press. 216 p. Illust. by Maurice Owen. Index. 19 x 23 cm. Reissued in 1984 as Macrobiotic Cuisine by Japan Publications, NY. 175 p. [26 ref]
• ***Summary:*** This work is based on Lima's Japanese-language book titled *Macrobiotic Cookery* (1971). In 1953, at age 54, Lima Ohsawa first ventured beyond the shores of her native Japan. She and her husband, Georges Ohsawa, left on their first world tour. In 1955-56 they spent time with Dr. Albert Schweitzer in Lambarene, Gabon. "Being vegetarian Dr. Schweitzer was always very interested in the nutritional assets of the soybean and asked me to show him different ways to prepare it" (p. 10). During this and many subsequent travels, Lima learned many traditional, natural recipes from around the world.

Contains numerous Japanese macrobiotic style recipes. Page 32 gives good definitions of miso and shoyu. Soy-related recipes include: Brown rice with soybeans (p. 53). Inarizushi (p. 55). Brown rice porridge with vegetables and miso (p. 58). Soya omochi (mochi with soya flour). Burdock with miso and lemon peel (p. 90). Broccoli and radish with miso dip (p. 92). Carrot with green beans and tofu (p. 95). Ninjin shiro-ae (with "½ cake of *tofu*, drained and mashed (p. 173)," p. 95). Cucumber with wakame and walnut miso (p. 96). Cucumbers with miso and sesame (p. 97). Onion nitsuke with miso (p. 100). Onion goma-miso-ae (onion with sesame miso, p. 100). Eggplant nabeshigi-yaki (with miso, p. 101). Scallion and aburage nitsuke (p. 101). Scallion dengaku (with miso, p. 102). Renkon ikada age with kuzu-lemon sauce (p. 103). Kabocha miso ni (p. 106). Kabu miso-ae (turnips with sesame miso, p. 109). Daikon age rolls (with aburage, p. 114). Vegetable skewers with koya-dofu (dried-frozen tofu, p. 114). Kombu with shoyu (p. 117). Renkon miso inro (lotus root tempura with miso, p. 123). Coltsfoot buds with miso (p. 126). Wakame miso soup (p. 137). Mugi-miso soup (p. 137). Sake-no-kasu jiru (miso soup with sake lees, p. 137). Go jiru (soybean potage with aburage, p. 141). Oden with ninjin and gobo kombu maki (with aburage, p. 146).

Condiments and pickles (p. 154-57): Gomashio (sesame-salt). Tekka miso (sauteed vegetables with miso). Shigure miso (moist tekka). Miso sauté. Soybeans with miso and burdock. Soybeans with miso. Miso pickles (fall and winter). Sauces, spreads and salad dressings (p. 161-63): Lemon shoyu. Ginger shoyu. Orange shoyu. Tsuje-jiru dipping sauce (with shoyu). Goma joyu sauce (with shoyu). Scallion miso. Walnut miso. Citron miso. Goma miso (sesame).

Beans (p. 165-78). Black bean ni (the black beans are actually black soybeans. "In Japan this exquisitely sweet dish is a must on New Year's Day. It gets even sweeter after standing for a day or two"). Gomoku-mame (soybean nitsuke).

Tofu ryori (p. 173-78; "Tofu or bean curd is rich in vegetable protein. Although it is rather *yin* in our classification of foods, the recipes I have included here balance its *yin* characteristics with *yang* so don't hesitate to use it occasionally. It's delicious in miso soup, stews and *nabe*, and as a dish by itself. It is available at Oriental food shops and can also be made at home."). Homemade tofu (p. 174; 3 cups soybeans plus nigari make 1 lb. tofu; also describes how to make nigari {sea brine} by dampening 5 lb. sea salt). Variation: Homemade grilled tofu. Unohana pouches (with okara and aburage). Gammodoki. Tofu with kuzu sauce. Tofu roll. Koya-dofu sandwich. Tofu nitsuke. Chinese dow-foo oroshi-ae. Tofu mold (with kuzu). Tofu tempura. Goma dofu (sesame tofu).

Note 1. This is the earliest English-language document seen (April 2013) that contains the term "grilled tofu."

Squid and scallion miso-ae (p. 183). Salmon head soup (with soybeans, p. 183). Surimi shinoda (with aburage, p. 184). Red snapper in miso. Koi koku (with miso, p. 184). Egg tofu (p. 185). Amazake manju (sweet sake dumplings, p. 198). Amazake (homemade, using glutinous "sweet" brown rice, p. 207).

The section titled "*Kofu:* Wheat Gluten" (p. 85-86) includes recipes for Homemade kofu (wheat gluten, including Kofu loaf and Seitan), and Kofu cutlet. "First introduced to Japan from China by Buddhist monks, *kofu* became a very popular food in Zen temples. It is delicious in soups and stews and mixed with sautéed vegetables. *Kofu* cutlet looks, feels, and tastes like meat." Seitan is made by simmering 5 cups cold wheat gluten, separated into small pieces, for 3 hours in shoyu, sesame oil, and minced gingerroot.

Dandelion coffee (made from minced and dry roasted, ground dandelion root) and Yannoh (prepackaged grain coffee, made from 5 different grains) are described on p. 206-07.

The book, which contains many fish recipes, begins with a nice photo of Lima at age 75–she looks 20 years younger– and ends with a good glossary. Lovely illustrations, a wealth of original information on Japanese foods.

Note 2. This is the earliest document seen (July 2000) that mentions "Tekka miso" (spelled that way).

Note 3. This is the earliest English-language document

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seen (Feb. 2005) that used the word "kofu" to refer to wheat gluten. Address: Tokyo, Japan.

3151. Sandler, Sandra Takako. 1974. The American book of Japanese cooking. Harrisburg, Pennsylvania: Stackpole Books. 192 p. Illust. Index. 24 cm.
• ***Summary:*** The author, a third generation Japanese-American, reveals the secrets of successful Japanese-style cooking–specifically for the American cook. The three introductory chapters discuss tofu (p. 16, 23, 29, 36), shoyu (p. 20), and miso (p. 27, 35). Soy-related recipes include: Seafood in miso sauce (p. 54). Shellfish in soy-mirin sauce (p. 55). Miso soups (p. 57-59). Tofu & scallions soup (p. 60-61). Instructions for sprouting beans (incl. mung- and soybeans, p. 72-74). Vegetables with tofu & sesame dressing (with white miso, and "white sesame seeds, toasted and ground," p. 77-78). Eggplant and green peppers with miso dressing (p. 78-79). Fried okara (p. 79-80). Sweet cooked soybeans (p. 82). Inari-zushi (p. 89-90). Fish misoyaki (p. 111). Miso abalone (p. 112-13). Beef misoyaki (119-20). Sukiyaki (with tofu and soy sauce, p. 121-22). Pork and tofu (p. 135-36). Stuffed tofu (p. 138-39). Chicken teriyaki (with soy sauce, p. 145). Fresh tofu (p. 154-55). Homemade tofu (p. 155-57). Deep-fried tofu (p. 157). Batter-fried tofu (p. 158). Yakidofu (p. 158-59). Aburage (p. 23, 159). Fox noodles (p. 167-68). Udon in miso shiru (p. 168). Tempura and udon (p. 168-69). San bai zuke (p. 175).

Also discusses azuki beans (p. 23, 178), sweet azuki bean paste (*koshi-an*), sesame seeds, sesame oil (p. 28), sea vegetables, and mochi.

3152. Shinoda, Osamu. 1974. Chûgoku shokumotsu-shi [History of foods and diet in China]. Tokyo: Shibata Shoten. 389 p. Illust. Index. 21 cm. [Jap]

3153. Wakisaka, Toshio. 1974. Oya Hakata to koyadofu: Yachiyo-chô sangyô hattatsu shi [Oya hakata and dried-frozen tofu. History of industrial development in Yachiyo-cho]. Japan: Hyogo prefecture. 171 p. For tofu, see p. 82 to end. [5 ref. Jap]
• ***Summary:*** Hakata-ori is a type of weaving, originally from Kyushu (S.E. Japan). Oya is a small place in Yachio-cho, in Hyogo prefecture. This book is about two of Yachio-cho's famous products, Hakata woven silk and dried-frozen tofu (Koya-dofu). Koya-dofu was introduced to Yachiyo-cho, Kadota-Mura in 1852, when Teijiro Moriwaki (according to his diary) brought it back from Mt. Koya.

3154. Watanabe, Tokuji; Ebine, H.; Okada, M. 1974. New protein food technologies in Japan. In: A.M. Altschul, ed. 1974. New Protein Foods. Vol. 1A. Technology. New York: Academic Press. 511 p. See p. 414-53. Chap. 9. [80 ref]
• ***Summary:*** Contents: Introduction: Soy products, fish products, enzyme applications. Tofu: General description, new materials, new type products, large-scale production, trends in cost, kori-tofu and aburaage. Miso: General description, new technologies, new type products, problems of mycotoxin, packaging and preservation, trends in cost and consumption. Kamaboko and fish sausage–fish jelly: General description, new technologies, new materials–frozen surimi, packaging and preservation, trends in consumption. Textured vegetable protein: Soybean protein curd, wheat gluten, soybean protein sponge. Hydrolyzed vegetable protein (HVP). New enzyme applications: Liquefied fish protein concentrate (LFP), collagenase for poultry processing, removal of beany flavor from soybean by enzyme treatment, microbial rennet. The protein food structure of Japan.

Fig. 13 (p. 47) shows 3 pie charts, each giving the percentage of protein intake per capita from various sources at three different time periods. In 1921-25 only 9% of the total protein came from animal sources (6% from fish and 3% from other animal sources); 42% came from rice, 21% from soybeans, and 14% from cereal grains other than rice. In 1951-55, shortly after World War II, some 23% of the total protein came from animal sources (17% from fish and 6% from other animal sources–such as milk, eggs, chicken, pork, and beef); 32% came from rice, 15% from soybeans, and 20% from cereal grains other than rice. In 1969, some 30% of Japan's total protein intake came from animal sources (21% from fish and 19% from other animal sources); 22% came from rice, 12% from soybeans, and 13% from cereal grains other than rice. Thus the main trend seen during this period is the steady increase in the percentage of protein from animal sources and the corresponding decrease from plant sources. Source: Food Balance Sheet. 1970. Ministry of Agriculture and Forestry. Fig. 14 shows that these trends are apparently related to increasing per capita income and GNP. Address: 1-2. National Food Research Inst., Ministry of Agriculture and Forestry, Tokyo, Japan; 3. Tokai Regional Fisheries Research Lab., Fishery Agency, Ministry of Agriculture and Forestry, Tokyo, Japan.

3155. **Product Name:** Tofu.
Manufacturer's Name: Fong On (T.H. Lung Co.).
Manufacturer's Address: 9 Hudson St., Boston, MA 02111. Phone: 617-426-4827.
Date of Introduction: 1974?
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Note: This company is not listed in the 1960 Boston City Directory, the most recent one at Sutro Library.

Soyfoods Center Computerized Mailing List. 1983. June 20. The company is now listed as Tung Hing Lung Co. Same

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address and phone.

Talk with Betty Wong, daughter-in-law of Way Ping Wong, co-founder of Yah Kee. 1997. Feb. 13. She remembers that when Yah Kee was founded in 1973, there was already one company making tofu on in Boston's Chinatown. She does not remember the name of this company but she is quite sure of six things: (1) The company made a variety of other Chinese foods as well as tofu, such as simple baked goods, and perhaps noodles. (2) The company was quite small, supplying only a few restaurants. The few supermarkets in the area bought their tofu from New York. (3) The company was located on Hudson Street. (4) They also operated a grocery store [which could explain why the company had two names]. (5) The people who ran the store spoke only Cantonese; Betty speaks Mandarin. (6) The company had been there making tofu for quite a long before 1973, but they stopped making tofu several years after Yah Kee started. Betty was going to school at that time so she did not pay much attention to businesses in Chinatown.

3156. *Christian Science Monitor.* 1975. Low-cost soybeans: 'meat that grows on vines.' Jan. 16. p. 11.
• ***Summary:*** Soybeans come in many forms. There "are fresh soybeans in their fuzzy pods, dried soybeans, soy and wheat noodles, spaghetti and macaroni, soy grits, soy flour, soy milk, soy cheese [tofu], nutlike roasted soybeans, sprouted soybeans, textured soy, soy oil, and soy butter." When these are combined with other foods, the possibilities are almost without limit.

Soybeans are high in protein and low in cost–about 35 cents a pound.

Recipes: How to cook basic whole dried soybeans. Soyburgers (with 2 cups cooked soybeans and 1 cup cooked brown rice). Four ideas are given for adding cooked soybeans to other recipes. Finally, soy flour and its uses are discussed in detail. Now is a "perfect time to get acquainted with the versatile soybean." Address: Special to the Monitor.

3157. deMan, J.M.; Tanaka, M.; Stanley, D.W. 1975. Coagulation properties of soybean milk. *Canadian Institute of Food Science and Technology Journal* 8(1):9-11. Jan. [4 ref. Eng; fre]
• ***Summary:*** The coagulation properties of 55 samples of soybean milk coagulated with calcium sulfate were investigated. Clotting time was generally in the range of 10-50 seconds. "Clotting time decreased with the age of the soymilk. Addition of phosphates and citrate prolonged the clotting times. All samples produced a firm gel, even when the soymilk was three days old." Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, Canada N1G 2W1.

3158. Hashizume, Kazumoto; Shiratori, Makoto; Nakamura, Noriko; Wataname, Tokuji. 1975. Tôfu seizo ni okeru tônyû no chôsei jôken ni kansuru kenkyû. I. Kanetsu-ji no tônyû nôdo ga tôfu no seijô ni oyobosu eikyo [Study of the conditions for preparing soymilk for manufacturing tofu. I. Effects of soymilk concentration during heating on the quality of tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of Food Science and Technology*) 22(1):37-41. [8 ref. Jap]* Address: 1, 3-4. National Food Research Institute, Ministry of Agriculture and Forestry.

3159. Pearce, Jean. 1975. Jean Pearce's How to get things done in Japan. Vol. 1. Tokyo: Japan Times Ltd. [iv] + 245 p. Jan. Index. 19 cm. [Eng]
• ***Summary:*** This book is composed of reprints of the popular and informative articles, answering questions from readers on a wide variety of subjects, that Jean Pearce wrote in her column in *The Japan Times* from 1 Jan. 1972 to 27 July 1974; they appear in this book in chronological order.

From 16 Oct. 1973 (p. 76): "Health foods" are now widely available in Japan, but familiar products are not always to be found. You can, however, find many soybean products, including natural soy sauce, and natural miso. "Try Nihon Kenko Shizenshoku in Shinbashi [Tokyo], phone 573-4181, or Shizenshoku Center in Shibuya, 461-7988. Both have restaurants that serve natural foods only."

Note: On pages 77-78 is a good history of Calpis.

From 8 Jan. 1974 (p. 118-19): "Health food remains a subject of interest... The basic Japanese diet, with a little discretion in the use of salt, is a health faddist's delight. Also on natural foods, a shop (Ishii Shoten, 1-2-7 Nishikata, Bunkyo-ku [Tokyo], phone 811-2457 in Japanese), that still makes by traditional methods roasted soybeans from mid-December through June, far superior, I'm told, to any of the imported varieties... 'A nice low-cal snack, and a good hors d'oeuvre...' They come with or without salt."

From 5 Feb. 1974 (p. 134): "A woman wants to learn how to make tofu. I have a recipe but I don't think I'll give it again. It is very difficult to do and the end result is more often failure than success. However, anyone can buy instant tofu at most Japanese food stores. It's easy to make, will be better than trying to do it yourself, and is inexpensive, ¥80 the last time I bought it but it has no doubt gone up. It makes two squares. The nigari she asks about is bittern, necessary for thickening [curding, coagulating]. Tofu is now available in many foreign countries. If you don't know where to look, call anyplace listed under Buddhist in the classified directory. Ask where they buy theirs."

From 12 March 1974 (p. 154-55): "Tofu lovers, united! There are lots of them and their sympathy was with the woman who was denied a do-it-yourself recipe in this very column. So kinder hearts provide the following.

"Two collectors [Shurtleff and Aoyagi] are compiling a book of tofu recipes, which includes a number for making tofu, using various solidifiers and soybean products. I'll let you know when it's published.

"A book, *Tofu Recipes*, was published by a tofu

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enthusiast after a year's visit to Japan. It is her first literary endeavor, a labor of love which will be understood by anyone who is a tofu devotee. Grace Kikuchi tells you how to make it and how to use it, relying on childhood memories and modern innovations. I'll be in the kitchen when I finish this column. You can be equally inspired if you send your order to Grace Kikuchi, 260 Sumac Lane, Ann Arbor, Michigan, U.S.A. Enclose $2.00. Somehow."

From 7 May 1974 (p. 184-85): "There is a new health food [natural food] restaurant in Tokyo, Hakumon ("White Gate"), just across from the Chuo University exit to the Shin Ochanomizu Station on the Chiyoda subway line, phone 291-9762. French owner Jimmy Dejeammes... I'd like to go back daily for the tofu that they make. Try the mochi made of brown rice and prepared in a variety of ways... All bread is baked there; high nutritional value... Among the beverages is Soyalac, made of soybean milk." It is made and distributed here by Saniku Shokuhin, the Seventh Day Adventist health food company. Neuroca, a Swiss coffee substitute, is also available at Hakumon. Phone before you go. Hakumon may be moving soon. Address: The Japan Times, Tokyo, Japan.

3160. Rhodes, Richard. 1975. A bean to feed the world? *Atlantic* (*The*) 235(1):38-43. Jan.

• ***Summary:*** "The soybean could–if we were a world of vegetarians. It is rich enough in protein to replace meat, but now it is fed mostly to animals... Soybeans, not wheat or corn, are the United States' number one cash crop, and by 1985 they are expected to occupy more acres than any other crop we grow... The annual world crop could satisfy the protein requirements of 800 million people."

"Soybeans are... too new a crop to evince much nostalgia in farmers. No one loves a soybean except the Chinese and the Japanese who learned to convert it to delectable sauces and palatable curds eons ago"

3161. Farm, The. 1975. The Farm vegetarian cookbook. Summertown, Tennessee: The Book Publishing Co. 128 p. Illust. Index. 18 cm. Revised edition by L. Hagler. 1978. 223 p.

• ***Summary:*** Expanding on the pioneering "Yay Soybeans!" (1974), this creative and creatively illustrated vegan cookbook contains many extremely innovative and original recipes including: Soybean Stroganoff. Soyburgers. Spaghetti Sauce with TVP. Soysage. Soy fritters. Indonesian fried tempeh. Soymilk. Tofu. Tofu spreads. Soy "yogurt." Soy "cheese." Soy "butter" (made with soy flour). "Cream cheese" (made with soymilk). Soy "mayonnaise." Soy "whipped cream." Soy "coffee." "Soy 'nuts.'" Soy pulp granola. Ice Bean [soy ice cream] (Recipes include: Pineapple "sherbet" and "Vanilla ice bean," each made with soy milk instead of dairy milk). Mellowmeal (breakfast cereal containing soy flour). Soy "yogurt" Danish pastry. Soy bread. Soy pulp cookies. Soy "cheese cake." Blintzes (filled with tofu).

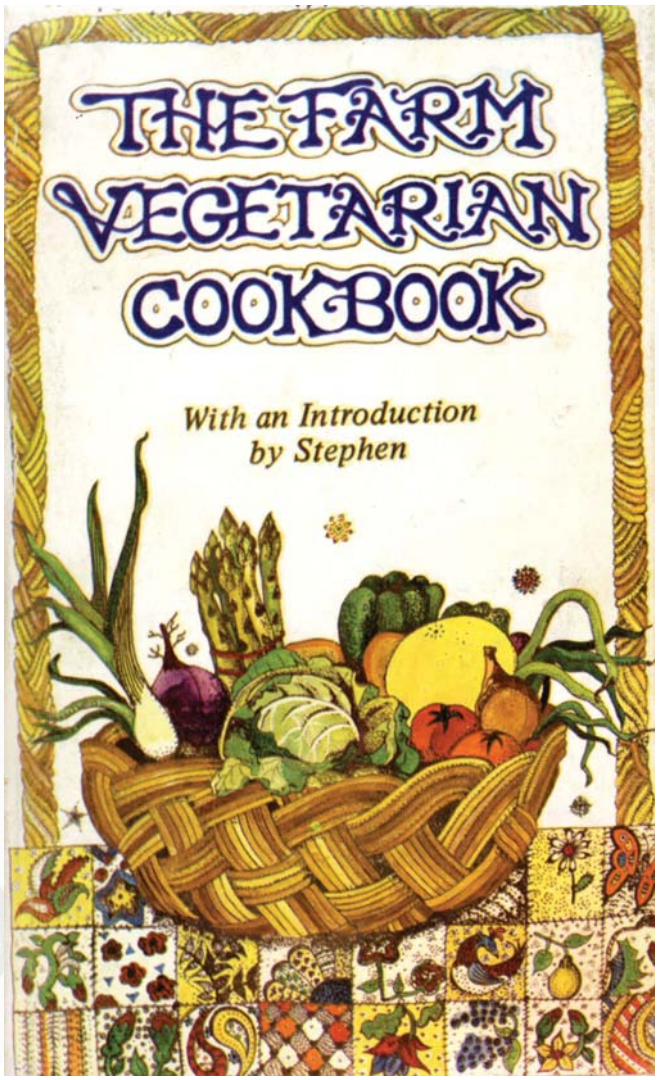

Gluten recipes (p. 54-59) include: Basic gluten (feeds 8 generously). Gluten roast. Gluten burritos. Chili gluten. Oven-fried gluten. Janice's barbeque [barbecue] gluten ribs.

The rear cover states: "We are a large, long-haired spiritual community in Tennessee. We came together through open meetings in San Francisco with Stephen. We have 750 people, including 250 kids, living on 1,750 acres. This cookbook is to help as many people be vegetarians as possible without turning any of them off and making them think its strange or weird and to let people know that it tastes good, is nice, graceful, and it can be a turn-on, that it'd be really neat to eat, and make you look forward to meal-times and make you really happy to eat such good food." The Introduction, by Stephen, begins: "The thing about our cookbook is we don't want to be faddish or cultish or scare people off. We just honestly want them to know how to make it on vegies, even somebody who doesn't particularly have a moral reason for being a vegetarian, but just wants to eat a little cheaper, or somebody who learns to be a vegetarian

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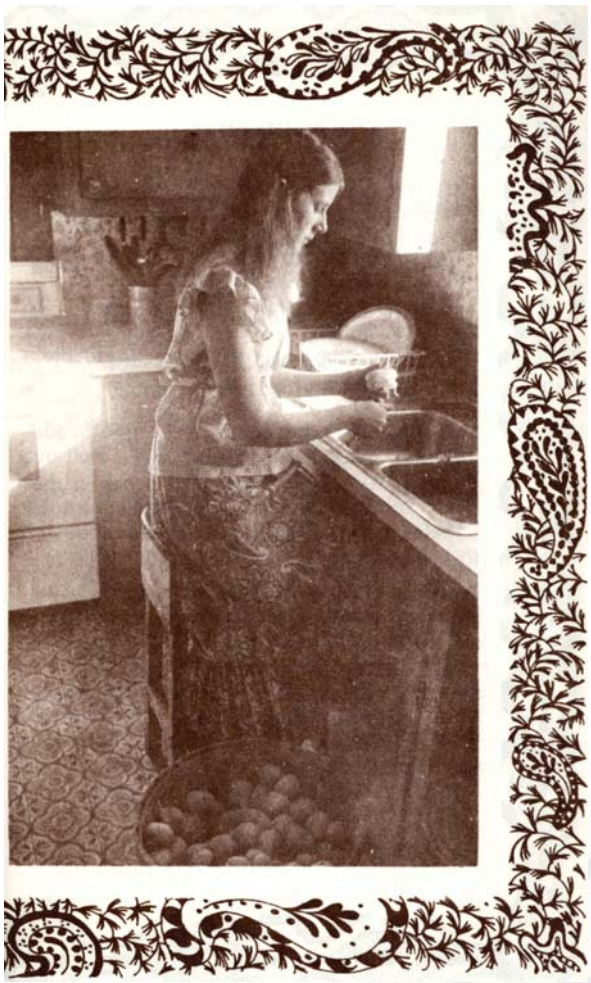

to lose weight, 'cause you maintain a really healthy natural weight on vegetables... The main thing is that we're absolute vegetarians. We don't do meat or milk or eggs or cheese or fish or fowl."

"You can increase the world's food supply by being a vegetarian. So its good for everybody else, its good for the individual for health, and its good for the soul and the spirit not to be involved in killing. And I understand that vegetables are alive, but like I've said before, I've been to pig stickings, and I've been to rice boilings, and rice boilings have better vibrations than pig stickings."

Photos show: Facing title page: People planting white potatoes at the edge of a large field in front of the woods. The lady in front is Sylvia Tepper, Robert Tepper's wife. Pages: (1) Little Susannah Frohman eating a rolled up soybean tortilla. (3) Stephen Gaskin. (18) Ruth Thomas, making lunch in the kitchen of the only house on the property when Farm folks first came here. It housed The Farm's clinic, school, bank offices, and receptionist for a number of years until other facilities were built for these purposes. Ruth could make a mean soybean burger (which is pictured). (23) Laurie Sythe making potato soup on the other side of the same kitchen Ruth was pictured in. (35) Poblano chili plants. (60-61) Tempeh sliced to be round to fit on buns, resting on a plate (L) and a tray (R). (64). Uncle Bill (age 82, center, surrounded, from left by: Marilyn Keating, Jeffrey Keating, Ruth Thomas, Patrick Thomas, Uncle Bill, Joel Kachinsky, Roberta Kachinsky, Bruce Moore, Roslyn Moore {holding baby Sam}. All at their home on Schoolhouse Ridge. The house, named "Kissingtree," was originally built for Stephen and family, but he declared it "too fancy" for him, and he passed it on to this group {women were mostly schoolteachers in our school}). (67) Janice Hunter making stir fry at the Tower Road House kitchen. (68) John Hurgeton drinking a glass of soymilk on a construction site somewhere. (71) Sue Ellen, who worked in The Farm's soy dairy, holding a glass of soymilk and relaxing. (89) Sour soymilk Danish pastry. (106) Jars of canned goods stored at the Farm's canning facility. Thanks to Cynthia Holzapfel for providing photo captions.

Illustrations appear on almost every page: On the front cover is a color illustration of a basket full of vegetables on a quilt. Many of the pages have illustrated borders or unique illustrations (line drawings) (flowers, plants, leaves, a pot of steaming food, psychedelic designs, native American motifs, etc.) where there would otherwise be empty space. Pages: (10) A Farm member eating, with one hand, a tortilla wrap filled with cooked whole soybeans. (20) A young woman in a kitchen facing the stove. (28-29) Illustrations of two Farm members making pizza. (65) Uncle Bill in a kitchen stirring a pot. (81) A pitcher labeled "Soy Milk." (83) An old-fashion, hand-turned ice cream machine for making Ice Bean. (88) Sour soymilk Danish pastry. (95) A happy man and a woman eating bagels. The man's finger, pointing up, serves as a bagel holder. Yum! (100) Overhead view of a round table with ten people eating. (105) A vase full of kitchen utensils. (113) A lady holding a cake–a very favorite recipe on The Farm. (120) A lady rolling out dough on a table.

Note 1. This book played an important role in introducing soyfoods (especially tempeh and soy ice cream), as well as a vegan diet, to America.

Note 2. This is earliest publication seen by The Farm that contains a tempeh recipe.

Note 3. This is the earliest document seen (Oct. 2008) that contains the word "vegies" (one of two documents).

Note 4. This is also the earliest document seen (Oct. 2008) that uses the word "barbeque" or "barbequed" rather than the standard "barbecue."

Note 5. Some sources (OCLC/WorldCat) cite Stephen Gaskin as the author of this book. Others cite Louise Dotzler; her maiden name was Louise Hagler, but she was married to Thomas Dotzler in 1975. Later that decade they separated and Louise reverted to using her maiden name As "Louise Hagler," she was the editor / author of several later revised and expanded editions of *The Farm Vegetarian Cookbook* (1978, 1988) plus several outstanding books about soyfoods published at The Farm. Address: Summertown, Tennessee.

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3162. Kay, Theodore; Ifeacho, C.L.; Onowu, G.; Udenze, V.; Nnamani, G.; Anazonwu-Bello, J.N.; Ifenu, F.; Modebe, V.; Emembolu, M. 1975. Use of soya bean to improve the protein content of the diet in West Africa and thus prevent kwashiorkor. *J. of Tropical Pediatrics and Environmental Child Health* 21(1B):45-48. Feb. Special issue. [Eng]
• ***Summary:*** Contents: Introduction. Nutritional value of soya bean Nigerian foods prepared with soya bean paste: Soya bean paste (soaked, ground soybeans without the "husk" removed), kosei (akara ball), panke (puff-puff). Nigerian foods prepared with soya bean milk: how to make the basic milk, wara (milk curd), and alele (moin-moin, made with soya milk residue [okara]). Note: "The above five recipes have been fully accepted in many parts of Nigeria. The taste and the preparation procedure of these traditional Nigerian foods made from soya beans worked out to be almost the same or very similar to the foods traditionally made from cow peas (white beans) for kosei and alele, wheat flour only for panke, and cow milk for wara."

Nigerian foods made with soya bean flour (pre-cooked): How to make the basic flour, protein enriched pap (with akamu), and protein-enriched fu-fu (with gari or cassava flour). Discussion.

"Soya bean is being successfully established in Nigeria, but it has been very difficult to cook in a traditional West African way so it has never become popular in this country. Most soya bean produced in Nigeria has been exported as cash crop except a little for animal consumption."

Kosai, alele, panke, and awara are traditional foods in Northern Nigeria, while akara ball, moin-moin and puff-puff are traditional foods in Southern Nigeria. Discussion: "Why do we need soya bean in Nigeria?" Five reasons are given. The first two are: "(1) It has higher protein content and net protein utilisation (NPU) than cowpeas, groundnut and other legumes. Moreover, soya bean is much cheaper than other legumes in Nigeria. (2) Soya bean flour and soya bean milk have little taste and can therefore be incorporated into traditional foods such as pap and fu-fu without changing the appearance, taste and texture." Address: 1. Dep. of Chemical Pathology, Faculty of Medicine, Ahmadu Bello Univ., Zaria, Nigeria; 2-5. East Central State Ministry of Health and Social Welfare, Enugu, Nigeria; 6. East Central State Ministry of Education, Enugu, Nigeria; 7-9. Univ. of Nigeria Teaching Hospital, Enugu, Nigeria.

3163. McCormick, Sally. 1975. Azuma Sukiyaki House: Authentic Japanese cuisine and atmosphere!–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune*. March 15. p. G10.
• ***Summary:*** Azuma is Chicago's oldest and finest Japanese restaurant. "The Azuma dinner includes Sukiyaki, a generous portion of prime rib slices with fresh mushrooms, bamboo shoots, Tofu (soy bean cakes), Shiratake [Shirataki] (yam noodles) [thin konnyaku noodles] and assorted fresh vegetables." Azuma also serves Cold tofu [Hiya-yakko], Miso shiru [Miso soup], Beef Teriyaki, Chicken Teriyaki and Salmon Teriyaki. Four photos show Azuma Sukiyaki House.

Note: A similar ad appeared in the 9 Oct. 1975 (p. N17) issue of this newspaper.

3164. Camerman, A. 1975. Soybeans in Rwanda. *INTSOY Series* No. 6. p. 233. D.K. Whigham, ed. Soybean Production, Protection, and Utilization: Proceedings of a Conference for Scientists of Africa, the Middle East, and South Asia (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** "Soybeans were introduced into Rwanda by INEAC [Institut National pour l'Étude Agronomique du Congo Belge] in the 1920s. Farmers started showing interest in soybeans in 1960. In 1969 production amounted to 550 ha and in 1973 there were 1,640 ha. The main reasons for such interest are: 1. Intensive extension work by the nutrition centers scattered around the country. These centers have demonstrated how to cultivate and how to prepare soybeans in the form of milk, cheese, flour. 2. Soybeans are more resistant to diseases than beans (*Phaseolus vulgaris*), which are a basic staple of Rwandans. 3. Soybeans are ecologically plastic (flexible).

"The most widespread variety is Palmetto from Colombia."

Inoculated soybeans at the Rubana station give yields of 1,800–2,000 kg/ha, and on peasant farms 1,400 kg/ha. ISAR has shown that inoculation is very important, being the equivalent to the application of fertilizer containing 50–100 kg of nitrogen per hectare.

"The government of Rwanda envisages building, by 1976, a polyvalent oil mill based mainly on peanuts and soybeans. As soon as the mill is completed, 5,000 ha could be put under soybeans.

"Starting in 1975, ISAR hopes to cooperate with the International Soybean Program (INTSOY) in order to introduce new high-yielding varieties as soon as possible." Address: Head, Botany Section, Inst. des Sciences Agronomiques du Rwanda (ISAR), Rubana, BP 167, Butare, Rwanda.

3165. Hashizume, Kazumoto; Iwane, Takao; Watanabe, Tokuji. 1975. [Studies on reduction of the moya (aging) period in the kori-tofu making process]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 30. p. 203-07. March. [12 ref. Jap; eng]
• ***Summary:*** To make kori-tofu [dried frozen tofu]. fresh tofu is frozen then aged in a storage room at -1 to -3ºC for about 3 weeks. During this period, called *Moya*, the frozen tofu develops its unique sponge-like structure, however the process requires a great deal of time and energy.

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Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 21(4):141-45 (April 1974). Address: National Food Research Inst., MAFF, Tokyo, Japan.

3166. Moutia, S. 1975. Soybean: An old crop with a new outlook in Mauritius. *INTSOY Series* No. 6. p. 218-20. D.K. Whigham, ed. Soybean Production, Protection, and Utilization: Proceedings of a Conference for Scientists of Africa, the Middle East, and South Asia (College of Agric., Univ. of Illinois at Urbana-Champaign). [11 ref]
• ***Summary:*** An excellent history of soybean research and production in Mauritius, drawing on many original sources, from the pioneer P. Boname who grew the country's first soybeans several years prior to 1909.

"In Mauritius soybean meal was never popular as a constituent of animal feed, mainly because of its price and the distance from important centers of production. In the human diet, however, it never fell out of favor with the Mauritians of Chinese origin. In some places in Port Louis, soymilk and soybean curd are prepared in the home, and the curd is sold in the market and is available in meals in Chinese restaurants." Address: Ministry of Agriculture, Reduit, Mauritius.

3167. **Product Name:** Tofu.
Manufacturer's Name: Welcome Home Bakery and Tofu Shop.
Manufacturer's Address: 231 S.W. 2nd St., Corvallis, OR 97330.
Date of Introduction: 1975. March.
New Product–Documentation: Letter / Order from Alec Evans of Welcome Home Bakery & Tofu Shop. 1976. Oct. and Nov. 6. He orders a copy of *The Book of Tofu, Vol. II.* Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Alec Evans.

Letter from Alec Evans. 1981. Feb. He started producing tofu in March 1975 at the Welcome Home Bakery and Tofu Shop, 231 S.W. 2nd St., Corvallis, Oregon 97330. Alec decided to start a tofu shop because of a "desire for a relatively pure source of protein." Products he made included organic grain breads and baked goods, tofu, soymilk, okara products, and sprouted wheat bread. The business closed on 31 Dec. 1977; they were evicted because an entrepreneur wanted to do his kind of bakery. Alec knows of no non-Oriental tofu shop that started before he did. This was the first of the new wave of commercial Caucasian-American run tofu shops. Tofu shops that Alec knew of which started shortly after he did were Surata Soyfoods (Eugene, Oregon), Island Spring (Vashon, Washington), Sunbow Farm (Corvallis, Oregon), Mount Angel Tofu (Mt. Angel, Oregon). Alec has been working as a handyman since 31 Dec. 1977, hoping to create another tofu shop.

Letter from Alec Evans. 1982. April 15. "My desire to make tofu came from desire for a pure source of protein. George Ohsawa's Macrobiotic Guide No. 12 and the Hurd's *Ten Talents* cookbook both contain simple tofu recipes. I started with four 2-gallon pots on top of a stove and homemade setting boxes."

3168. Miller, Harry W. 1975. Re: On soymilk, tofu, and their production. Letter to William Shurtleff, c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan, April 30. 2 p. Typed, with signature on aerogram.
• ***Summary:*** "Yesterday Apr. 28 your letter arrived and it was so helpful and interesting. I am answering your enquiries as best I can. The first is the hot and the cold grind. Soybeans are finding their way in so many types of foods these days and I think you will find depending on their place in the foods we will find varying procedures. On account of costs economy must be considered. Our research tells us that grinding with Stone Buhrs and disintegration with blenders equal same water soluble amount of solids. On a large scale Grinders are cheaper than disintegrators but [for] small production blenders are better.

"Also our findings keeping the temperature under 150 degrees Fahr. of the slurry before filtering gives us approximately the same yield as [if] brought to 212 degrees [boiling]. So when we make soy milk the higher temperature to filtering brings out of the fiber more of the bean taste. This is a question debatable, I know.

"When making ToFu we bring the slurry just up to boiling and our directions is wrong on saying the water extract is treated same for tofu as for soy milk. We know that long boiling or high pressure for at least 7 to 8 minutes at 100 Centigrade is needed to rid the bean of trypsin inhibiter or perhaps gas former. But not for the tofu. The figure of adding 556 grams cerelose or corn syrup to 16 lbs or 7½ kilos soy extract for milk is rather high, more than 7%. Though 7% is about the standard for carbohydrate in Mother's Milk. And we are inclined to follow the formula of human milk rather than Cows Milk for mankind. In our regular milk formula we aim to add 6% carbohydrate, as carbohydrates of soybeans are questionable.

"Providing you get the soy flavor out in processing. I agree that soymilk is good with less corn syrup. The sheet I sent you is the first run off and it needs some corrections and the sugar content should be lowered 1¼%. I have tried to calculate what the total solids are in your finished soy milk. Your water dilution may be less than ours. Out of 5 pounds of soybeans we make 50 pounds of soy milk, slightly over 6 gallons. To this has been added 3 pounds cerelose, 3O grams salt, 1 pound of corn oil. The resulting milk tests 13% solids.

"You make reference to our cutting the curd in 2 inch squares. It is general practise in cheese makers in this country to cut the curd by that, as the curd begins to form you run a sharp-edged stick, or in cheese plants a stainless steel long knife passing three the slit area is curd, so that the

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curd gathers together between the cuttings, and they know when best to separate and place in cheese pressing boxes. This may not be necessary in soy curd but it seems to be a guide to us when to place and or transfer to the cheese pressing box.

"We surely have something to learn [about] how to make so much Tofu out of a pound of soy beans. Your beans may be a little heavier in protein as we find the large beans we get yield more protein, but not that difference. We have reached 3 pounds but that depends on when we stop dewatering the curd, but any curd more than 3 pounds out of 1 pound of soy beans is hard to handle. But on Tofu we have much to learn, however on Soymilk and building up of maximum yield of total water soluble solids as also taste wise, that is getting rid of the beany flavor, we have definitely made progress and I think moved ahead of any that we have heard of. As for mouth feel, possibly more concentrated formula may be acceptable. The ratio of ingredients we take to the human milk formula and not cows milk made to rear a calf, a hairy animal and rapid grower. I did not have time this evening to review you chapter 10 on soy milk, as I am writing this at home and it is filed at my office with Loma Linda Foods. We have had experience in the above named coagulants, tried them all except sea water and sea salt. We mostly prefer Calcium sulphate and Glucono delta Lactone for convenience.

"I know that the Japanese are very meticulous in making the soy curd, and the people of using same. To translate their methods in writing, you have done very well, but still I can assure you that experience is needed in this field. Soy milk and Tofu the world as for western nations has yet to learn to use. Thanks for your letter and your points well taken and I remain, very sincerely yours, Harry Miller.

"Bill, I have written this letter at the end of a very busy day with many interruptions, so it is so poorly typed I almost decline to mail it but it does explain to you what we are doing. I assure you that soy foods are very hard to put over in U.S.A. but people are learning, they are very sensitive to soy flour and Tofu also soy Milk well made has a field for the future. HWM."

Note: Dr. Miller was age 95 years, 9 months and 28 days when he wrote this letter by himself, using a manual typewriter. He was born on 2 July 1879 in Ohio. Address: M.D., 11384 Norwood Ave., Riverside, California 92505.

3169. Lappé, Frances Moore. 1975. Diet for a small planet. Revised ed. New York, NY: Ballantine Books. xix + 412 p. Illust. by Kathleen Zimmerman and Ralph Iwamoto. Index. April. 18 cm. Series: Ballantine/cookbook. [90 ref]
• ***Summary:*** This is the second edition of the 1971 classic, one of the most important and influential books written about food during the 1970s. It introduced the concepts of "protein complementarity" and "eating low on the food chain" to millions of Americans. By Jan. 1975 the book had been reprinted 14 times and had sold 1 million copies.

This new 1975 2nd edition contains 187 pages of vegetarian recipes, which are quite similar to those in the 1971 edition. However this new edition is 116 pages longer than the 1971 edition, and contains more information on soy. Address: Inst. for Food & Development Policy, San Francisco.

3170. Kojima, Yoshiko. 1975. Visit by ASA Japanese Young Executive Soy Protein Study Team (Interview). Conducted by Dr. Walter Wolf of NRRL, Peoria, Illinois 61604, May 5. 1 p. transcript.
• ***Summary:*** Miss Kojima is the ASA interpreter. U.S. soybeans give better yields of tofu than domestic (Japanese) or Chinese soybean. Consequently about 80% of the tofu in Japan is made from U.S. soybeans.

3171. Sprague, G.F. 1975. Agriculture in China. *Science* 188(4188):549-55. May 9.
• ***Summary:*** Contents: Introduction. Agricultural research in China. Map of eastern and central China showing all provinces and major cities. Organization of communes. Fertilization. Cropping systems. Plant protection. Rice. Wheat. Corn. Sorghum and millets. Soybeans. Vegetables and fruits. Animal production. Outlook for expanding crop production during the next decade.

This article is based on observations made by the U.S. Plant Studies Delegation on their recent visit to China (26 Aug. to 23 Sept. 1974), and on conversations with the many scientists contacted. A more detailed report will be published by the National Academy of Sciences. Among the delegation members was Richard Bernard, U.S. Regional Soybean Laboratory, Urbana, Illinois.

Concerning soybeans: "In the central and southern areas, soybean culture is largely limited to small fields, gardens, ditch banks, and other waste lands. Only in the northeastern provinces does it become an important field crop. Here it is grown in pure stands or interplanted with other crops, primarily corn or sorghum.

"Soybeans are used for food in the green stage, but the more common use is in the manufacture of soy sauce and the various bean curd products. The vines, pods, and waste grain are also used as livestock feeds.

"Some soybean breeding work is done at the Genetics Institute in Peking, but the major breeding effort is concentrated in the northeastern provinces of Kirin, Heilungkiang, Liaoning, and at the Northwest College of Agriculture in Shensi province." Address: Dep. of Agronomy, College of Agriculture, Univ. of Illinois, Urbana.

3172. Miller, Harry W. 1975. Re: On soymilk, tofu, and their production. Letter to William Shurtleff, c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan, June 4. 2 p. Typed, with signature on aerogram.

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• ***Summary:*** "Your much appreciated letter has been neglected along with considerable other correspondence. Two reasons we have been on a very crowded program of Research and that I have been away for a time. I do thank you for your notes on some of the items that we have written you.

"First point about the Cooking of soy milk. We are agreed on use of blender for home minimizing of soy bean particle size, though we do have a small Mexican mill use to grind soaked corn and works well but is hand driven and time consuming, can use for making peanut butter as well costs around US $15.00, hard to buy in U.S.A. The double boiler works quite well with brine in outer chamber and commercial salt is cheap here, but I also agree that by constant stirring, boiling can be carried on safely. The Chinese have an ideal system of steam jet cooking in which the lower chamber of a welded together double boiler in which steam is generated in the bottom pan and led by a pipe to the bottom of the cooking chamber so that you get no scorching and active boiling by the release of live steam into the milk of the upper pan. Its simple and takes the place of the steam boiler, except its adapted for milk and To fu making.

"Regards the richness of soymilk, we find the Americans like that thin soymilk best. Possibly its because the soy flavor is more diluted. The rule here in formulation is to make a gallon of Soy Milk out of one pound soybeans.

"As Soy milk keeps well for a week under refrigeration (40 degrees Fahr.) so the house wife likes to grind cook and prepare a weeks supply of soymilk for the family. But as yet the home method of making soymilk is just in the beginning and not many do it.

"You refer to the high percentage of cerelose used here in soymilk as compared with acceptance in Japan. Let me explain our position about the formulation of Soy Milk. The ratio of fat, protein and carbohydrate differs greatly as between cows, mare milk, pigs milk, water buffalo milk human Milk and other animals. These proportions are reflected in the rate of growth, the question of a large hair coating as in the cow and sheep, the energy requirement as for energy nature does not choose to use Protein for combustion to work, its function is to repair muscles or care for protein loss in secretions and body regulators such as the ductless glands, Thyroid, adrenals etc., etc. for wach [?] animals growth an analysis should be the guide, for the first year of growth supplied by milk is a good guide. Human milk formula is fat 3.5%, protein 1.7 percent, Carbohydrate 6 to 7%. For an adult after growth 35 to 50 grams seems adequate Protein. Therefore we lean strongly to a standard formula for Soy Milk should be fat 3 to 3.5%, Protein 2 to 2.4%, Carbohydrate 6%. In a one to seven or eight dilution the soybean will yield almost 3% protein, a half the needed fat and so we add 2% fat in the form of liquid vegetable oil and as for carbohydrate edible carbohydrate is rated very low possibly not more than 1% so we add 5% sugar and prefer the cereal sugars with low sweetening effect such as corn syrup.

"Such a milk as I have just described and what we are making and aiming at can be used in cooking, baking as also for general beverage purposes.

"Now just a final word on Tofu, and we have much to learn to get 8 [?] pounds of marketable Tofu out of one pound of soybeans. Since To fu is exposed to heat after its made as milk is not, thus we pressure cook milk 10 minutes and Tofu just brought to boiling point and then curdled. In Tofu Making here when the curd jells, by raking a paddle a few times thru same seems to hasten the curd preparation to be transferred to the pressing box. It need not be two inches 3 or 4 inches divisions. What you have written on soymilk and Tofu is most interesting. Regret delays. with best wishes, very sincerely, Harry W. Miller.

"We have much to learn and am now working on making a loaf Cheese. We have made some progress and believe that we shall solve the problem in time." Address: M.D., 11384 Norwood Ave., Riverside, California 92505.

3173. Shurtleff, William. 1975. Letters: Tofu and miso. *East West Journal.* June 15. p. 3.
• ***Summary:*** "For the past four years, I have been living in Japan, studying and writing books about tofu and miso. This summer, the Japanese cook and artist with whom I have been working, Akiko Aoyagi, and I will be visiting communities and natural food centers around the United States teaching about these fine, traditional soybean foods so high in protein and low in cost. Anyone interested in learning to cook with or prepare tofu or miso on a family, community, or commercial scale, please write..." Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3174. Balsley, Betsy. 1975. 3 ways to picnic. *Los Angeles Times.* June 29. p. R10-R12, R14, R16.
• ***Summary:*** The section titled "The Japanese influence" contains a recipe for Inarisushi (Cone sushi) which calls for "6 aburage... 1/3 cup soy sauce." A note at the end states: "Aburage is deep fried soybean curd available in Oriental food sections." Address: Dr.

3175. *Los Angeles Times.* 1975. 3 ways to picnic. June 29. p. R10.
• ***Summary:*** These three ways include the all American picnic, the bicycle picnic for vegetarians, and the Japanese-style picnic. A popular dish in the Japanese-style picnic is Inarisushi [Inari-zushi] (Cone sushi). One of the key ingredients is *aburage,* which is "deep fried soybean curd available in Oriental food stores."

3176. Machida, Yoshiro. 1975. Tôfu seizôgyô no susumubeki

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michi [The path the tofu industry should follow]. *Shokuhin to Kagaku* (*Food and Science*) 8(6):58-60. June. Special issue (Tokushu). [10 ref. Jap]
Address: Tokyo, Japan.

3177. Machida, Yoshiro. 1975. Suisan neriseihin to shite no daizu tanpaku kaado [Using soymilk curds like fish pastes]. *Japan Fudo Saiensu* (*Japan Food Science*) 3(3):41-45. June. Bessatsu. [5 ref. Jap]
Address: Sugiyama Industrial Chemical Research, Tokyo, Japan.

3178. Saio, Kyoko; Terashima, Masahiko; Watanabe, Tokuji. 1975. Food use of soybean 7S and 11S proteins: Heat denaturation of soybean proteins at high temperature. *J. of Food Science* 40(3):537-40. May/June. [11 ref]
• ***Summary:*** In this paper, qualitative changes in proteins of heat-induced gels solubilized with various solvents, are reported. Address: 1&3. National Food Research Inst., Tokyo; 2. Fuji Oil Co. Ltd., Osaka, Japan.

3179. Saio, Kyoko; Terashima, Masahiko; Watanabe, Tokuji. 1975. Food use of soybean 7S and 11S proteins: Changes in basic groups of soybean proteins by high temperature heating. *J. of Food Science* 40(3):541-44. May/June. [10 ref]
• ***Summary:*** This paper seeks to clarify the change/s in basic groups of 7S and 11S proteins during heating at 100ºC to 170ºC.

Table 2 shows that the gross structure of the subunits remains intact during heating to about 125ºC, and is little degraded as the temperature rises to 150ºC. However above 150ºC the structure is degraded.

The solubility shows a rapid decrease during heating to 105ºC, then a slow increase during heating from 105ºC to 150ºC, followed by a rapid increase as the temperature rises above 150ºC.

The binding force shows a rapid increase during heating to 105ºC, then a slow decrease during heating from 105ºC to 150ºC, followed by a rapid decrease as the temperature rises above 150ºC. Address: National Food Research Inst., Tokyo.

3180. Heaton, James. 1975. Pearl of the Ryukyus: Okinawans salute the sea around them in Expo ‘75. *Los Angeles Times.* July 20. p. F1.
• ***Summary:*** Naha, Okinawa–The first American of distinction to visit Okinawa was Commodore Matthew Calbraith Perry. He didn’t stay long, for he was on his way by ship to Japan, “where he succeeded in persuading the Japanese to open their doors to the outside world after a self-imposed 250-year isolation.” Most Americans who have since visited wore a military uniform.

Ocean Expo ‘75 opens today and will be a major attraction until Jan. 18, 1976. Several large photos show the multi-billion dollar expo.

The writer dined in a ryotei, a typical Okinawan restaurant in Naha, where the dishes he enjoyed included “jimani-tofu [sic, jimami-tofu] (bean curd made from peanuts).”

3181. Musha, Soichiro; Takahashi, Yoshihisa. 1975. Daizu tanpakushitsu no [Enrichment of trace amounts of gold in water utilizing the coagulation of soybean protein and its determination by atomic absorption spectrometry and emission spectrography. Enrichment of trace metals utilizing the coagulation of soybean protein. II.]. *Bunseki Kagaku* (*Analytical Chemistry*) 24(7):395-99. July. [22 ref. Jap]
• ***Summary:*** By adding fixed amounts of soybean milk (the collector), and delta-gluconic lactone (GDL; the coagulant), to a sample solution containing trace amounts of gold, then heating the mixture to boiling in order to coagulate the protein, 99% of the remaining gold could be recovered. The coagulum (tofu) was separated from the suspension by a centrifuge and burned to ashes using a low-temperature plasma asher. Details for the optimum conditions are given.

“The proposed method was applied to the determination of gold at the order of (0.01–1) parts per billion in the sample solutions such as water, 3% NaCL water and artificial sea water. This method was also applied to the determination of gold in common salts.” Address: 1. Dep. of Applied Chemistry, Faculty of Engineering, Univ. of Osaka Prefecture, Mozuume-machi, Sakai-shi, Osaka, Japan; 2. Industrial Research Laboratories, Kao Soap Co., Ltd., 1334, Minato-yakushubata, Wakayama-shi, Wakayama, Japan.

3182. *Hartford Courant* (*Connecticut*). 1975. Feminine topics, by Jacqueline (Ad). Aug. 20. p. 32.
• ***Summary:*** “Tofu or bean curd is a high-protein food used in Japanese cooking. It is a soybean food.”

3183. Shuttleworth, John. 1975. Eastern procedures with soybeans are not difficult: Mother Earth news. *Sun* (*Baltimore, Maryland*). Aug. 30. p. A8.
• ***Summary:*** First describes, in prose format, how Korean soy sauce is made at home. Then describes, in recipe format, how to make it at home today. Finally describes, in prose format, how to make Korean tubu (“Japanese tofu, or bean curd”) at home.

A very similar version of this article, with two small illustrations of Korean meju (soybean koji, in the shape of a truncated cone) appeared in the *Chicago Tribune* on Sept. 28 (p. N_A11).

Note. This is the earliest English-language document seen (April 2013) that uses the term “tubu” to refer to Korean-style tofu.

3184. **Product Name:** Hand-Crafted Wooden Tofu Box.
Manufacturer’s Name: Ganesha.
Manufacturer’s Address: c/o Westbrae Natural Foods,

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1336 Gilman St., Berkeley, CA 94706. Phone: 415-524-1083 or 524-8841.
Date of Introduction: 1975. August.
New Product–Documentation: This is America's first commercial tofu box, developed by a woodworker named Ganesha in Berkeley, California. He sold the perforated pine boxes at local natural food stores and by mail order.

Shurtleff and Aoyagi. 1975. Dec. *The Book of Tofu* (Autumn Press). p. 100, 316. Ganesha makes hand-crafted wooden tofu boxes for family or community use. Contact him at Westbrae Natural Foods, 1336 Gilman St., Berkeley, California 94706.

Letter from Ganesha. 1976. Aug. "I have around 15 names of people interested in tofu boxes now. I will save them and all the new ones that come my way. A week or so before you make up the mailing list for your pamphlet, let me know and I will Xerox my ledger pages of addresses and send them to you. Also, lots of people who want boxes also want utensils. Do you know of any sources? Many thanks from Heather, who does most of the repetitive operations on the boxes."

3185. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofu shop.
Manufacturer's Address: Colonia San Juan de Yapacaní, lowlands of Bolivia. Phone: 2-5194.
Date of Introduction: 1975. August.
New Product–Documentation: Tsuguyoshi Suzuki, et al. 1981. *Ecology of Food and Nutrition* 11(2):107. Nov. "Changing food consumption of Japanese immigrants in the lowland of Bolivia." In July and August 1975 members of this community could buy tofu at a tofu shop in their community. The community was organized in 1955, and could have started as early as that date. Note: This is the earliest known commercial soy product made in Bolivia.

3186. United Press International (UPI). 1975. People in the news: Await visit. *Hartford Courant* (*Connecticut*). Sept. 7. p. 2A2.
• ***Summary:*** George Ariyoshi, Governor of Hawaii, "whose parents emigrated from Japan and once ran a tofu (bean curd) store," told Japan's Emperor Hirohito Friday in Tokyo that the people of Hawaii are cordially awaiting his visit in October.

3187. Masters, Judy. 1975. Procedures for freezing eggs: You asked about... *Los Angeles Times.* Sept. 11. p. K26.
• ***Summary:*** Question and answer format. "Q. I am trying to find out the caloric and nutritional value of Japanese bean curd (tofu). All I have been able to find out is that it is high in protein.

"A. Soybean curd or tofu, as it is also known, is indeed high in protein." The nutritional content of 3½ ounces of tofu is given. It contains 72 calories, 7.8 grams of protein, etc.

3188. Weaver, Greg; Thompson, Jay F. 1975. Re: Making tofu at The Zen Center, Rochester, New York. Letter to William Shurtleff, c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan, Sept. 29. 3 p. Handwritten, with signature.
• ***Summary:*** "Received your letter / tofu instructions a little over a month ago–many thanks! We've made the tofu 3 times, with great success... We'd very much like to make tofu on a larger scale now... Is it possible to send on instructions for a community scale operation? deepest gratitude for this."

Note: This is the earliest document seen (March 2013) concerning the company that later became Flying Cloud Tofu (May 1977), then The Tofu Shop (1977), then Northern Soy (1979), in Rochester, New York. Address: 1. The Zen Center, 7 Arnold Park, Rochester, New York 14607; 2. 21 Girton Place, Rochester, NY 14607.

3189. Hall, Mary E.; Brant, A.W. 1975. Soybeans as a protein source. *Univ. of California, Division of Agricultural Sciences, Leaflet* No. 2762. 5 p. Sept. [6 ref]
• ***Summary:*** Contents: Introduction. Uses in food. Nutritional value. Kinds of soy products: Soybean curd (tofu), dried soybeans (cooked), soy flour, defatted soy flour and soy grits, soy protein concentrate, soy protein isolate, spun soy fibers. Read the label. Serving suggestions. Contains recipes for: Ground beef/soy protein mixture. Cooked dry soybeans. Soy nuts. Stir-fry beef 'n' bean curd. Tuna salad. Address: 1. Extension Nutritionist, Berkeley; 2. Extension Food Technologist, Davis, California.

3190. Lin, Hai-yin. 1975. Tôfu raisan [In praise of tofu]. [*Journal name unknown*]. Sept. p. 64-67. Translation from Lin et al. 1975 Chung-kuo toufu (Chinese tofu). [Jap; eng+]

3191. Smith, Elizabeth B. 1975. A guide to good eating the vegetarian way. *J. of Nutrition Education* 7(3):109-11. Sept. [17 ref]
• ***Summary:*** A food usage guide for lacto-ovo vegetarians shows in stepwise form how to select food and plan acceptable family meals with nutritional quality as the first priority. Address: Dep. of Foods and Nutrition, Faculty of Home Economics, Univ. of Manitoba, Winnipeg, MB, Canada R3T 2N2.

3192. *NHK Kyo no Ryori* (*Tokyo, Japan*). 1975. Jiman ryôri: Biru Shurutorefu. Tôfu [Recipes I am proud of: Bill Shurtleff and tofu]. Oct. 1. p. 84-85. [Jap]
• ***Summary:*** This magazine is published by Japan's largest and most popular television station, NHK public TV. The contents are taken from NHK-TV programs. This one shows Bill Shurtleff and Akiko Aoyagi teaching Japanese how to make tofu at home. Black-and-white photos show:

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(1) Shurtleff, wearing an apron, ladling soymilk curds from a metal pot into a cloth-lined forming box (tofu kit). (2) Pouring soaked soybeans into a blender. (3) Straining the soymilk from the fiber. (4) Ganmodoki salad with tofu mayonnaise. (5) Ganmo burger sandwich. (6) Shurtleff and Aoyagi, seated cross-legged on tatami mats, with a large meal prepared in front of them.

3193. Shurtleff, William; Aoyagi, Akiko. 1975. The traditional tofu craftsman and his shop. *East West Journal.* Oct. 15. p. 22-26, 28. Pre-publication excerpt from The Book of Tofu. [1 ref]

• ***Summary:*** This is a pre-publication excerpt from *The Book of Tofu* by Shurtleff and Aoyagi, to be published by Autumn Press in November. Contents: Introduction. Master, disciple, lineage. Quality. Balance and the middle way. The cycles and rhythms of the day and year. Basic characteristics of the traditional shop. Tofu for Protein. Tofu products available in the West. Contains numerous illustrations which will appear in the book. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3194. *Gyosai* (*Japan*). 1975. Tôfu go-hyaku-chin. Tôfu ni miserareta aoi-me no shugyô-sô Biru Shurutorefu-shi [Five hundred favorite tofu recipes. The blue-eyed Zen monk who has become fascinated with tofu–Bill Shurtleff]. Oct. p. 100-01. [Jap]

• ***Summary:*** Describes Shurtleff's work with tofu. Three photos show him (in an upstairs room at the Aoyagi home in Nerima-ku, Tokyo), talking, practicing sitting meditation in full lotus, and sitting beside a meal featuring tofu dishes served on the floor. A sidebar contains photos of 4 Western-style tofu dishes with a brief description of how each is prepared.

3195. Shurtleff, William. 1975. Chronology of early tofu and miso classes in California and Hawaii: 25 Oct. 1975 to 14 Feb. 1976. Lafayette, California. 1 p. Unpublished manuscript.

• ***Summary:*** Each class started with a talk about soybeans, soyfoods protein, world hunger, and meatless/vegetarian diets. Then a series of about 25 color slides demonstrated how to make tofu at home. Other slides showed favorite tofu recipes and how tofu was made in a traditional Japanese shop.

1975 Oct. 25–We do our first real "Tofu Class" at Westbrae Natural Foods in Berkeley, California, arranged by Bob Gerner and Liz Horowitz. Thrilling to have an audience of about 14 interested people. On Oct. 30 at Westbrae 16 people attend, and on Nov. 8, 18 people.

November tofu classes: Nov. 14th–Rainbow Grocery (arranged by Bill Crolius), 23rd–Esalen Institute in Big Sur (John Russel).

December tofu classes. 2nd–We do a big tofu class in living room of 790 Los Palos Dr. with lots of publicity from a big newspaper article on our work; 47 attend. 4th–Acalanes (Sandy Hills, 89 attend), 6th Westbrae (Bob Gerner), 7th–San Francisco Vegetarian Society (Dixie Mahy, 67 attend), 8th–Seventh-day Adventist Pacific Union College (Mary Eighme, 48 attend), 11th–Dawn Horse Bookstore in S.F. (Moe).

1975 Dec. 12–*Book of Tofu* in hand. Since we started it on 22 Oct. 1972, it had taken just about three years to write.

Dec. 13–Sept. 1976–I hand deliver *The Book of Tofu* to many bookstores and food shops that wish to sell it, typically selling 4–50 per stop at 40% discount: Communion Vegetarian Restaurant #2, Nutrition in a Nutshell, Open Sesame, Lafayette Natural Foods, San Francisco Vegetarian Society, Kinokuniya Bookstore, Rising Sun (440 Judah St. in San Francisco), Diablo Oriental Foods, San Jose Tofu Co., Soko Hardware, Effie Chow & East West Academy, Ted Nordquist (1536 Versailles Ave., Alameda, CA 94501), The Wok Shop (804 Grant Ave., SF), Westbrae Natural Foods, etc. By 24 July 1976, I had distributed 266 copies.

December tofu classes after we have our book: 13th & 14th–Jacques Delangre (Paradise, CA), 16th–East West Academy (Effie Chow), 17th–Westbrae, 18th–San Francisco Zen Center (Ed Brown), 19th–Fairfax (M. Squire).

Tofu classes/lectures in January 1976 in Northern California: 5th–Westbrae, 7th–St. Andrew's Church in Walnut Creek (Dorothy Headley), 8th–Kepler's Bookstore (Jeffrey Shurtleff & Hank Maiden) 12th–Odiyan, where I see David Mastrandrea after many years, 14th–Berkeley Co-op Natural Food Center at 1414 University Ave. (Susan Kishi, with Ted Nordquist and Janet Fehring [Ahava] helping to make tofu dip; 105 attended), 15th–San Francisco Medical School and East West Academy of Healing Arts (Effie Chow), 17th–Persimmon (Peter Godfrey), 20th–United Energy Co-op (Sri Ramon).

Jan. 16-18–Visit Bubba Free John at his community. Do and film a program on tofu.

Jan. 20-30?–Tofu trip to Los Angeles with mom and Akiko. Many tofu and miso classes. 22nd–East West Academy of Healing Arts (Effie Chow in a church), 24th–weird Los Angeles Vegetarian Society (Blanche Leonard, 150 people attend), 25th–East West Center (P. Retzsky), 27th–Dr. Harry Miller and Loma Linda Foods (70 attend), 29th–Ojai (Luke Gatto). We visit Frazier Farms, a huge natural foods supermarket in Escondido, then go to San Diego for an interview with *Well Being* magazine (David & Barbara Salat).

Feb. Tofu classes: 4th–Walnut Creek Co-op, 6th–Albany church (Nancy Dohur).

Feb. 10 to Oahu, Hawaii. Feb. 12th–tofu class for Seventh-day Adventist group (Naomi Yamashiro, 80 attend), 13th–Honolulu, Hawaii, Kyukendall Hall at at Univ. of Hawaii at Manoa (David Lee "Kalm" Sukowske, 140 attend). Then Feb. 14 arrive in Japan. 30-minute KQED TV

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special on tofu we made shown in California after we left. Expected viewership is estimated at 45,000.

In summary, from October 1975 until February 1976 we did 35 tofu and miso programs in California and Hawaii plus numerous media appearances and interviews. 1,300 people attended these classes. We requested that an admission of no more than $1 per person be charged. Our honoraria, shared with the sponsors, totalled $600. We also sold 366 copies of our books.

Note 1. This is the earliest document seen (Dec. 2001) concerning a natural foods retail chain–Frazier Farms natural foods supermarket.

Note 2. This is the earliest document seen (June 2002) concerning the work of Ted Nordquist with soyfoods. Address: 790 Los Palos Dr., Lafayette, CA 94549.

3196. Singer, Peter. 1975. Animal liberation: A new ethics for our treatment of animals. New York, NY: New York Review. Distributed by Random House. xix + 301 p. Oct. Illust. Index. 18 cm. Paperback edition published Sept. 1977 by Avon Discus. [200* ref]

• ***Summary:*** This book, a milestone in and "bible" of the animal rights movement worldwide, first popularized the concepts of animal rights and speciesism (pronounced SPEE-shees-iz-um, a term first used in 1973) as logical extensions of human rights and racism. It helped to make 1975 a year that saw explosive growth in the animal rights and vegetarian movements. Singer is an Australian academic.

The author, an Australian philosopher, argues for an end to oppression and exploitation of non-human animals, discusses animal experimentation and factory farming, and presents vegetarianism as an opportunity to take a political, economic, and moral stance in our daily lives.

Contents: Preface (It begins: "This book is about the tyranny of human over nonhuman animals. This tyranny has caused and today is still causing an amount of pain and suffering that can only be compared with that which resulted from the centuries of tyranny by white humans over black humans. The struggle against this tyranny is a struggle as important as any of the moral and social issues that have been fought over in recent years"). Acknowledgments. 1. All animals are equal... or why supporters of liberation for blacks and women should support animal liberation too. 2. Tools for research... or what the public doesn't know it is paying for. 3. Down on the factory farm... or what happened to your dinner when it was still an animal. 4. Becoming a vegetarian... or how to reduce animal suffering and human starvation at the same time. 5. Man's dominion... a short history of speciesism. 6. Speciesism today... defenses, rationalizations, and objections to animal liberation. Appendices: Cooking for liberated people (incl. Seventh-day Adventists, bread, peanut butter, tahini, miso, hummus, and Tartex, Chinese recipes, mung bean sprouts and tofu, Indian recipes, Middle Eastern recipes, flat Arabian bread, chickpeas and felafel, Italian recipes, macrobiotic recipes {incl. soy sauce, soybeans}, meat substitutes {incl. TVP, Granburger, Protoveg, Itona, Vitpro, Loma Linda meatless frankfurters, imitation bacon bits}, and milk substitutes–often made from soybeans), further reading, organizations.

Singer's book was not just a philosophical treatise. It was a call to action. Invoking the concept of speciesism, Singer deplored the historic attitude of humans toward non-humans as a "form of prejudice no less objectionable than racism or sexism," and urged that the liberation of animals become the next great cause after civil rights and the women's movement. Singer's popular book produced two important effects. First, it reintroduced to the anti-vivisectionist cause an intellectual basis, a philosophical orientation, and a moral focus. Second, it attracted to the animal rights cause a host of new activists who started many new organizations. The most active and visible of these has been PETA (People for the Ethical Treatment of Animals, in Washington, DC), which by 1988 was thought to have 200,000 dues paying members in the USA.

Singer maintains that: "to treat animals as resources and argue about when use is sustainable, is a classic example of economic rationalism running heedlessly over non-economic values. We should no more hand our wild animals over to the tender mercies of the market than we should hand our children over to the same market forces. Neither children nor wild animals are a 'product' or a 'resource' at all."

Note: This is the earliest document seen (Oct. 2009) that mentions Itona, a British maker of soymilk and meat alternatives. Address: Australia.

3197. Burros, Marian. 1975. Serving up a buffet for hunger. *Washington Post.* Nov. 16. p. 73.

• ***Summary:*** The two groups sponsoring the event are ECHO (Earth Campaign Against Hunger), a Boston-based ecology group, and WHY (World Hunger Year), a New York hunger action coalition. The buffet, which will take place on Monday, Nov. 17, in the Rayburn Cafeteria, in Washington, DC, will be a vegetarian, natural foods dinner, prepared by a Boston restaurant. It "will include dumplings made from wheat protein [gluten];... sea vegetable salad made with seaweed and dressed with fermented plums [umeboshi] or tofu, the soybean curd." Congressional sponsors include Senator Edward Kennedy.

"ECHOE believes that 'the major responsibility for solving the world food crisis rests with the U.S. because she is the most inefficient user of food resources in the world today.'"

3198. Jameson, Sam. 1975. Japan's small business flexes muscles and giants back away. *Los Angeles Times.* Nov. 23. p. F1.

• ***Summary:*** Until May 1973, the Japanese government had an elaborate set of restrictions that prevented foreign

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investors from entering specific fields. Now a new type of Japanese business protectionism is beginning to rear its head. Fields traditionally dominated by small or household businesses are trying to prevent large firms from entering these fields. Keidanren, the main Japanese trade group representing large enterprises, took note of this concern by issuing a set of "guidelines" designed to avoid friction between big and small businesses.

In July, Yakult, a large yogurt manufacturing firm, officially notified the Ministry of Agriculture, that it was abandoning a "plan to begin manufacturing tofu (bean curd), a staple made in traditional family-run shops in neighborhoods throughout the country."

"All four opposition political parties have jumped on the issue, promising protection for 'the little guy' against 'the power of massive capital'–the same argument that was used for years against foreign investment." Address: Times staff writer.

3199. Mayer, Jean. 1975. A vegetarian view. *Washington Post.* Nov. 23. p. 103.
• ***Summary:*** A question and answer format. "Q. I decided to become a vegetarian and bought a couple of vegetarian cookbooks. But many of the recipes call for foods I'm unfamiliar with and can't find in my supermarket. Is it necessary to shop at a natural-foods store to be a vegetarian?

"A. Absolutely not. Vegetarians often enjoy bean sprouts, making tofu (or soybean curd) and using a variety of ingredients that are generally found in supermarkets." Address: Prof. of Nutrition, Harvard Univ. [Massachusetts].

3200. Lambert, Pat. 1975. Classes to demonstrate cooking with tofu. *Contra Costa Times* (*Walnut Creek, California*). Nov. 28. p. 13.
• ***Summary:*** "William Shurtleff and Akiko Aoyagi, co-authors of 'The Book of Tofu,' will present two demonstrations next week on creative ways to serve tofu (soybean curd) and miso (fermented soybean paste).

"The first will be Dec. 2 from 7:30 to 9:30 p.m. at 790 Los Palos Manor, Lafayette [the Shurtleff's home], and the second, held under the auspices of the American Nutrition Society is dated for Dec. 4. Registration for the Dec. 2 presentation is $1. For reservations call 283-2991.

"The Dec. 4. presentation will be at 8 p.m. in the multi-purpose room of Acalanes High School, Lafayette. There is a $1.50 fee for adults and 50 cents for students...

"'Tofu contains no cholesterol and little saturated fats,' says Sandy Hills, president of the society's Northern California chapter... Tofu can be purchased at most health food stores for approximately 39 cents per pound but, according to Shurtleff, tofu has a more delightful flavor when prepared at home." Three black-and-white photos (by Eric Rahkonen of the Times) show Shurtleff and Aoyagi making tofu in the Shurtleff family kitchen at 790 Los Palos Dr., Lafayette, California: (1) Pressing the curds in a cloth-lined forming box. (2) Pureeing soaked soybeans with water in a blender. (3) Holding a large cake of tofu on a plate.

3201. Adams, Catherine F. 1975. Nutritive value of American foods, in common units. *USDA Agriculture Handbook* No. 456. 291 p. Nov. See p. 155-56. Index. 30 cm.
• ***Summary:*** This book is comprised mostly of table 1, titled "Nutritive values for household measures and market units of foods." Under "Soybeans" (p. 155-56) values are given for each of the following (usually per cup and per pound, unless otherwise stated):

Mature seeds, dry: Raw or cooked.

Sprouted seeds: Raw or cooked.

Soybean curd (tofu): Piece (2½ x 2.75 x 1 inch) or pound.

Soybean flours: Full fat or low fat or defatted.

Soybean oil and soybean-cottonseed oil blend (see also oils).

Soy sauce. Address: Washington, DC.

3202. Bates, Cynthia; Bates, Albert. 1975. Re: Making tempeh spores commercially. How to make okara tempe. Design of a community-scale tempe incubator. Letter to William Shurtleff at New-Age Foods Study Center, undated. 2 p. Handwritten.
• ***Summary:*** "Dear Bill, You must not have received our last letter. I wrote that I felt that we didn't have it together yet to offer tempe spores for sale in Japan right now. We will eventually though, I hope, but we have bitten off a big chunk already. Thank you for your generous offer though. Dr. Hesseltine's recipe is ½ teaspoon per pound (2½ cups) of semi-cooked beans. He sent me a packet of spores once with the directions. He also sent us our original culture and several reprints on tempeh.

"Your recipe for Homemade Tempeh looks fine. Am I correct that the '1 cup dry soybeans, washed and soaked' is 1 cup of dry beans? On second look, I'm sure that's what you meant, seems obvious. I've never cooked tempeh beans in a cooker before–always soaked them overnight. I find using freshly split beans makes it easier to get the hulls off. That's hard to do using whole beans. One way is to get them split by a miller for large quantity. Or do it yourself in a Corona mill. Another way is to soak the beans overnight then run them through a Corona mill on coarse setting so the beans are halved. The hulls come right off and can be poured off. It's important to get the hulls off because the mold can't penetrate the hull so there's a chance that an un-dehulled bean could spoil inside.

"To make okara tempe the okara must be somewhat cooked or the mold won't grow. For example, okara from the milk method on pg. 68 in the *Farm Vegetarian Cookbook* doesn't tempe because it's not cooked enough. Must be cooked in excess water (which it would be in [soy] milk

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making) about 15-20 minutes at above 195 [ºF]. This is a guess because I'm not experienced with more than 3 kinds of okara, but I feel it's pretty close. The okara must be coarse enough to allow free passage of air into the mass."

Note 1. A small illustration shows this with grits and rice. Note 2. The creative use of the word "tempe" as a verb.

"The recipe goes: 2½ cups well pressed okara. 2/3 tablespoon vinegar. 1 tablespoon dried spores (or ½ teaspoon Dr. Hesseltine's spores. His are more concentrated).

"The okara should be so dry you can squeeze a handful hard and not have any milk appear between your fingers except for a drop down between your fingers where they hook onto your hand. Squeezing a handful should leave your hand dry, not moist. Spread in a layer ½-inch deep in aluminum (not rust) window screen and cover with wax paper, plastic with holes punched in every ¼ to ½ inch.

"We have two incubators, one working and one being set up. The one [working] now is a plywood box with screen trays. Its heated by a turned down dryer heater, and also has a blower for air circulation. Trays are put in so that they are alternately in front or rear of the box so air circulation will be even. [A small illustration shows a side view of the box / incubator, with blower and stagger-stacked trays]. This box works well, but its not a sealed environment, so other microorganisms can get in. Plywood isn't very groovy for a large incubator–too wet and hard to clean. Our new box is a 3 door refrigerator. Shelves are food grade plastic PVC pipe and trays are food grade plastic sheets with 1/8 inch holes drilled every ½ inch.

Three small illustrations show: (1) Incubator tray. (2) Side view of shelves, showing where trays slide in. (3) Top view of inside of incubator showing trays, dehumidifier, furnace pipe, and fan inside.

"Its still in the experimental stages–dehumidifier is being put on. When the mold grows it gives of water–if it gets too wet in the incubator box, the mold won't grow.

"We like tempi a lot in sandwiches with just about anything–fried eggplant, onions, sauerkraut, tartar sauce.

"I talked with Stephen's wife Margaret, the Farm nutritionist, and she doesn't want you to put in the method of making [soy] milk from dry beans as the Farm's method because we don't like it and are changing our process. She would dig it if you would put in the one in the *Farm Vegetarian Cookbook,* page 68. I hope this doesn't inconvenience you too much. I'm really sorry. I should have figured that out in the first place.

"Oh, also we've made tempi on the farm by hanging a plastic 'sausage' in the rafters of our tent above the pipe on the woodstove. Works good, but may take 3 or 4 days depending on how often your stove is run.

Two small illustrations show: (1) Plastic bag made into a tube like a sausage, holes pinched in every 1 to 1½ inches. (2) Tempeh hanging from ridge pole above wood stove in tent.

"We are going to do a tempeh brochure soon. Spores are being tested in a lab for contaminants–will send them as soon as possible.

Wow, all those tofu recipes you sent are really gonna help us out, especially like the tofu mayonnaise. We don't use much oil because the price has gone high, but we really dig sandwich spreads and sauces. We really dig the reverence you feel for your work. We feel feeding folks is a holy duty. As Stephen says, 'The purpose of eating is to maintain that psychedelic experience we call life.'

"Love you, Albert & Cynthia."

Note. The Farm made the first okara tempeh in the Western world. Address: 156 Drakes Lane, Summertown, Tennessee 38483.

3203. Midwest Natural Foods Distributors, Inc. 1975. Catalog #7. Nov. '75. Ann Arbor, Michigan. [vii] + 93 + 8 p. Index. Illust. 28 cm.

• ***Summary:*** This catalog, largely printed by a computer, contains many ads on unnumbered pages. Contents: Hi! Ordering and service information. Bulk: Whole grains, beans, seeds and nuts, dried fruit, nut butters, etc. Refrigerated and frozen ("Frozen meats {beef}–No DES, steroids, female hormones, antibiotics, or stimulants used in feeding; Chickens–No hormones & antibiotics. Ask for turkeys and hens during Thanksgiving." "Frozen soy products: soy milk and tofu soybean curd"). Books. Packaged (by company and product category). Index by product. Index by manufacturer.

"We are happy to announce that Midwest and Mountain High are now one entity... We go into the fall and winter seasons with a fall and winter catalog, delivery schedule, and computer system." For new developments, watch the monthly newsletter and sale sheets. "Your Friends at Midwest."

Includes the following ads (the number is that of the facing page). Wheat Stalk Soya Burger (Cotati, California, p. 17). Arrowhead Mills (p. 27). Dr. Bronner's Magic Soap (p. 32). Chico-San (p. 35). Erewhon (p. 41, incl. "Trail Mix, Niks"). Fearn Soya Foods (p. 42; shows a package of Fearn Soy/o Buckwheat Pancake Mix). Flavor Tree–Pernut soy beans (p. 42). Hain (p. 49, "Cold pressed safflower oil," mayonnaise, and margarine). Health Main (p. 54; soy is not mentioned–only natural potato chips and yogurt dressing & dip). Infinity Herbal Products Ltd. (p. 56). Malt-O-Meal–Soy Town (dry roasted soy beans, p. 60). NF Factors (Lafayette, Calif., p. 67. A photo shows a can of Protesoy). Pure & Simple (p. 72, 795 West Hedding St., San Jose, California 95126; mainly fruits, fruit juices, fruit butters, vinegars). Sovex (p. 83-84. "The fastest selling natural cereal line on the market... Here's the one that started it all, the original Crunchy Granola"). Viobin (wheat germ oil, p. 85F, 89). Tiger's Milk Products (p. 86).

Companies whose products are listed with ads include:

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Back to Nature (granola, p. 28). Country Natural (granola, p. 36). El Molino (p. 38-39; incl. Cara Coa Crunch Bar, Carob Fruit & Nut Bar, Carob Mint Candy, Chia Seeds, Flaxseed–Whole, Pumpkin seeds, Soybeans–whole, Soya flour, Soya grits, Carob Coated Soybeans). Ener-G-Foods–Jolly Joan (incl. Instant Soy Milk Powder, Wheat & Soy P&W [Pancake & Waffle] Mix {regular and low salt}, p. 39). Flavor Tree (Pernola cereal, Pernut soy beans–salted, cinnamon, salt free, garlic, Pernut toasted soybeans–salted, salt free, garlic, onion). Wok sets in gift box, Quaker City grain grinder, Corona hand mill (p. 58). Lassen Foods (granola, p. 60, 60F). Mac Knives (p. 60). Orjene (p. 70-71). Parkelp–Ocean Labs (p. 71, incl. Sea Zun).

The Chico-San Inc. ½-page ad (facing p. 35) features four products; a photo of each is given and each is K-Parve: Rice Cake San-Wich (filled with sesame seeds and Yinnies Rice Syrup). Yinnies Rice Syrup (natural sweetener, made from rice and barley). Yinnies (traditional oriental confection, wrapped like individual candies). Rice Cakes in 4 varieties: Salted or Unsalted, Rice Cakes with Millet–Salted. Rice Cakes with Buckwheat–Salted. "Other Chico-San Products: Organically grown brown rice. Lima soy sauce, miso (soybean puree), rice malt vinegar, sesame butter, sesame oil, nigari, barley koji, tekka, sesame salt, sea salt, salt plums, kuzu, organic rice cream, organic rice flour, black soybeans, azuki beans, sea vegetables, mu tea, lotus root tea, twig tea, toothpowder, seaweed shampoo." Address: Ann Arbor, Michigan 48107. Phone: 313-769-8444 or in Area 313 1-800-552-6297.

3204. **Product Name:** Soy Milk [Plain, Carob], Tofu Soybean Curd.
Manufacturer's Name: Midwest Natural Foods Distributors, Inc.
Manufacturer's Address: Ann Arbor, Michigan. Phone: 313-769-8444 or in Area 313 1-800-552-6297.
Date of Introduction: 1975. November.
Wt/Vol., Packaging, Price: Soymilk: 16 or 32 oz. Tofu: 10 oz.
How Stored: Shelf stable.
New Product–Documentation: Midwest Natural Foods Distributors, Inc. 1975. Catalog #7. Nov. Ann Arbor, Michigan. 108 p. See p. 15. Frozen. "Soy products–soy milk has all amino acids, contains no animal fat, no lactose."

Note: There are several reasons for thinking that these two products were probably made or purchased from Health Valley or Health Maid in California: (1) In the first index, under "Soy Products," those from Health Maid are shown as appearing on pages 14-15. Although the name "Health Maid" does not appear on p. 15, there is good reason to believe that Health Maid was selling tofu by Nov. 1975; Shurtleff and Aoyagi visited their warehouse in Los Angeles in Jan. 1976 and saw their tofu. (2) The main entry for "Health Maid Natural Foods" states: "See also Refrigerated-Frozen." (3) Although located in Ann Arbor, Michigan, the same city as Midwest Natural Foods, The Soy Plant did not start making tofu until Jan. 1977, or soymilk until July 1977. (4) It would only make sense to freeze tofu and soymilk if they had to be shipped from a distant location, such as California. Freezing totally transforms the texture of tofu, and degrades the quality of soymilk. (5) In Midwest's Catalog 13, spring 1979, the same soymilk (frozen) and tofu (now refrigerated) products are shown as coming from "Hvly" (Health Valley).

3205. Shurtleff, William; Aoyagi, Akiko. 1975. Tofu as a food. *Macrobiotic* (*The*) (*Chico, California*) No. 110. p. 14-24. Nov. [2 ref]
• ***Summary:*** Excerpted from the forthcoming Book of Tofu.

The magazine's editor notes: Tofu is also good for external plasters, especially on a head injury or concussion, etc. However it is not advisable to use it on heart area injuries, as tofu is very yin, and could weaken the heart.

Tofu as food should be balanced with Tamari or Miso, or eaten with fish, burdock or any other yang food. This will balance its yin quality. Address: Lafayette, California.

3206. Tovar Galvez, Luis Raul. 1975. Productos derivados del frijol soya tecnologias tradicionales en el Lejano Oriente [Traditional technology soy products in the Far East]. In: American Soybean Assoc., ed. 1975. Memorias: Primera Conferencia Latinoamericana Sobre la Proteina de Soya. Mexico City. 232 p. See p. 185-93. [14 ref. Spa]
• ***Summary:*** Descriptions of and flow sheets for the production of the following basic soyfoods are given: Miso, shoyu (*salsa de soya*), natto, tempeh, sufu (fermented tofu), and soy yogurt. A table shows the nutritional composition of each of these foods as well as yuba and kori-tôfu (dried-frozen tofu).

Note 1. This is the earliest Spanish-language document seen (Sept. 2011) that mentions tempeh, which it calls "tempeh."

Note 2. This is the earliest Spanish-language document seen (April 2013) that uses the term "kori-tôfu" to refer to dried-frozen tofu. Address: Faculdad de Quimica, UNAM, Mexico.

3207. Canaday, John. 1975. A neotraditional Japanese 'farmhouse' that delights in good food and service: Restaurant reviews. *New York Times.* Dec. 5. p. 55.
• ***Summary:*** Includes a review of the Japanese two-star restaurant Robata (30 East 61st Street, New York City). The word "robata" means "by the fireside," referring to the sunken open-hearth fireplace (*irori*) in a traditional Japanese farmhouse.

"A very good surprise was grilled bean curd, and we recommend it heartily. Charred on the grill, it comes in a vinegary sauce that goes beautifully with the curd's bland innards beneath the smoky taste of the crust."

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Note: This is the earliest English-language document seen (April 2013) that contains the term "grilled bean curd;" it refers to grilled tofu.

3208. Hughes Markets. 1975. Happy New Year '76 (Ad). *Los Angeles Times.* Dec. 26. p. I13A.
• ***Summary:*** The section titled "Foods of the Orient" includes: "JFC Kinako 7 oz. Soy bean powder–39¢. Misuzu Koya Dofu 3.5 oz. Dried Soy Bean Cake [Dried frozen tofu]–65¢... Age [Deep fried tofu pouches] 59¢ package."

Also includes Top Ramen (4 for $1), tempura batter mix, Cal-Rose botan rice, frozen mochi, nori seaweed, dried shiitake mushrooms, pickled ginger (*shoga*), and Hamanako Unagi eels.

3209. *SoyaScan Notes.* 1975. Chronology of soybeans, soyfoods and natural foods in the United States 1975 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Feb. Gale Randall starts America's first commercial Caucasian-run tempeh company in Unadilla, Nebraska.

March. Alec Evans starts the first of the new breed of Caucasian-run tofu shops in Corvallis, Oregon, named Welcome Home Bakery and Tofu Shop.

March. "Safe protein-calorie ratios in diets. The relative importance of protein and energy intake as causal factors in malnutrition" by P.R. Payne of the Department of Human Nutrition, London School of Hygiene and Tropical Medicine, published in the *American Journal of Clinical Nutrition.* Payne argues convincingly that food energy (calories) is more of a problem than protein.

April 29. Saigon falls, ending the Vietnam war.

July. Freezing weather in Parana, Brazil, kills many coffee trees, leading to a big expansion of soybean acreage.

Aug. 3-8. The first World Soybean Research Conference held in Champaign, Illinois, with 600 participants from nearly 50 countries. The 1073-page proceedings, edited by L.D. Hill, are published in 1976.

Aug. Japan Vegetable Protein Food Association founded to promote modern soy protein products, primarily soy protein isolates.

Oct. 25. William Shurtleff and Akiko Aoyagi conduct their first Tofu Class at Westbrae Natural Foods, Berkeley, Calif. Eight people attend. Also in 1975 Gordon Bennett becomes president of Westbrae.

Oct. "The Traditional Tofu Craftsman and His Shop," the first of the new wave of soyfoods articles, published in East West Journal. Contains excerpts from the forthcoming *Book of Tofu* by Shurtleff & Aoyagi.

Nov. 9-12. First Latin American Conference on Soy Protein, organized by the American Soybean Assoc., held in Mexico City.

Dec. 12. *The Book of Tofu* by Shurtleff and Aoyagi published by Autumn Press. This book launches the tofu boom and soyfoods movement in America.

Dec. Ganesha, a craftsman in Berkeley, makes America's first tofu boxes, handcrafted of wood.

Dec. 1975 to Jan. 1976 Shurtleff and Aoyagi do a Tofu and Miso California Tour, with 40 public programs in the Los Angeles Area and northern California.

* *The Farm Vegetarian Cookbook* published by The Farm's Book Publishing Co. in Summertown, Tennessee. Expanding on the ideas in *Yay Soybeans!* (1974), it contains many soyfoods recipes, plus the first popular information on tempeh and the first tempeh recipes to be published in any European language.

* Textured soy protein concentrates developed and introduced by three companies, incl. Griffith Laboratories and Central Soya (Response).

* Vitasoy soymilk in Hong Kong is first sold in Tetra Pak cartons.

* Latin American soybean production tops 10 million metric tons, up 10-fold since 1967.

* National Soybean Research Center (CNP-Soja) established at Londrina, Parana, Brazil, within EMBRAPA (The Brazilian Research Organization for Agriculture), to stimulate research and coordinate the efforts of the state programs.

3210. Autumn Press, Inc. 1975. Imagine... (Ad for The Book of Tofu by Shurtleff and Aoyagi). *Macrobiotic* (*The*) (*Chico, California*) No. 111. p. 61. Dec. [1 ref]
• ***Summary:*** "Imagine... How strange it would seem if in the world's greatest wheat-producing country most of the people had never tasted bread. Yet no less unusual is the present situation in America, the world's greatest producer of soybeans, where the majority of people have not yet tasted, seen or even heard of tofu."

The Book of Tofu is 8½ x 11. 336 pages and has over 300 illustrations, $6.95.

"A family of foods developed over thousands of years in China and Japan, tofu is East Asia's way of using soy protein to complement a diet low on the food chain. Now available commercially across America in over 10 different forms, tofu can also be made at home–for pennies! Quick-and-easy to use in almost every conceivable type of Western-style preparation ranging from dips to desserts, these time-tested natural foods open new vistas of creative, healthful menu-planning–while offering a revolutionary approach to meeting the world's critical food requirements.

"*The Book of Tofu* contains: Over 500 recipes culled from East and West. Easy-to-follow instructions for making 7 varieties of tofu (plus soymilk, yuba and tempeh) at home and on a community scale. An illustrated description of the art of making tofu in a traditional Japanese shop. The most detailed glossary of Japanese foods ever compiled in English. And much, much more."

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Note: This is the earliest advertisement seen that mentions tofu. Address: P.O. Box 469, Soquel, California 95073.

3211. Duling, Amy. 1975. Tofu–high in protein, low in cost. *Diablo Star* (*Contra Costa County, California*). Dec. p. 4. [1 ref]
• ***Summary:*** Describes the life and work of William Shurtleff and Akiko Aoyagi with tofu. A photo (by Eric Rahkonen of *Contra Costa Times*) shows the two holding a plate on which is a cake of fresh homemade tofu. At Safeway supermarkets, tofu now costs $0.43/lb. Address: Lafayette, California.

3212. **Product Name:** [Tofu].
Manufacturer's Name: Le Bol en Bois.
Manufacturer's Address: 35, rue Pascal, 75013 Paris, France. Phone: 707-272-4.
Date of Introduction: 1975. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 401. Owner: Mr. Noboru Sakaguchi: a combination natural foods restaurant and tofu shop.

Richard Leviton. 1983. Oct. 16. Trip to Europe with American Soybean Assoc. According to Bernard Storup of Societe Soy, in 1982 Le Bol en Bois in Paris was making about 2,500 lb/week of tofu, but now they are probably down to 1,200 lb/week with competition from Societe Soy.

Toyo Shinpo. 1984. March 21. Mr. Sakaguchi runs a tofu shop and natural food store. He makes 250-300 cakes/day of tofu. Half is sold in the shop and restaurant, the rest is distributed to Japanese restaurants in Paris. Le Compas. 1986. March-April. p. 32.

Form filled out by Anthony Marrese based on an interview with Mr. Hirayama. 1989. Nov. Mr. Sakaguchi is the owner of Daizou and Mr. Takatoshi Hirayama is the tofu production manager. Le Bol en Bois started in the 1970s as probably the first macrobiotic restaurant in Paris. They made tofu for their own use and their outside business grew slowly. In 1985 Tama (an importer and distributor of Japanese natural foods) and Daizou (a food manufacturing company) were made separate business divisions of Le Bol en Bois restaurant and health food store. The three companies employ about 50 people, 6-7 in food production.

Business card from "Bol en Bois." 1989 "Store, macrobiotic restaurant, natural products, new specialized library. 35-40, rue Pascal 75013 Paris."

Interview with Mr. Noboru Sakaguchi, founder of Le Bol en Bois, by David de Korsak. 1990. June 14. An invoice plus personal recollections prove that Mr. Sakaguchi opened Le Bol en Bois on 2 Sept. 1974 and began commercial tofu production in Nov. or Dec. 1975. For details, see interview.

3213. Shurtleff, William; Aoyagi, Akiko. 1975. The book of tofu: Food for mankind. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. Illust. by Akiko Aoyagi. Index. Dec. 28 cm. Rev. ed. 1977 Autumn Press, Brookline, MA. [53 ref]
• ***Summary:*** This pioneering work started the "tofu revolution" in America. Contents: Preface. Acknowledgements. Part I. Tofu: Food for mankind. 1. Protein East and West. 2. Tofu as a food: Introduction, rich in high quality protein (NPU, biological value, protein score, amino acid content), high protein complementarity (tofu contains an abundance of lysine, an essential amino acid that is deficient in many cereal grains; increase usable protein by combining tofu with wheat, rice, corn, etc.), easy to digest, an ideal diet food, low in saturated fats and free of cholesterol, rich in vitamins and minerals, a health-giving natural food, backbone of the meatless / vegetarian diet, free of chemical toxins, low in cost, easily made at home, quick & easy to use, versatile.

3. Getting started: Introduction, buying and storing tofu, basic ingredients (whole-wheat flour, miso {rice-, barley-, and soybean miso, special Japanese miso, Chinese chiang}, oil, brown rice, salt, shoyu {natural shoyu, shoyu, Chinese soy sauce, synthetic or chemical soy sauce}, sugar, vinegar, monosodium glutamate {MSG}), Japanese kitchen tools (each illustrated), preparatory techniques (salt rubbing, rinsing and pressing leeks and onions, soaking burdock root, reconstituting dried sea vegetables {dried hijiki, wakame, agar}, wheat gluten and kampyo [kanpyo], parboiling, cutting tofu and vegetables, using sesame seeds, toasting nori, preparing a steamer), basic recipes (soup stocks and broths {dashi}, basic shoyu dipping sauces {*tsuke-jiru*}, miso toppings {sweet simmered miso / *nerimiso*, miso sauté / *abura miso*, special miso toppings and dipping sauces, finger lickin' miso, and regular miso}, miso salad dressings, nut and seed butter toppings, spreads and dressings, basic sauces, rice, noodles and other basic preparations).

Our favorite tofu recipes (lists about 80 recipe names for each of the different types of tofu, plus soymilk, yuba, whole soybeans, gô, okara, and curds; very favorites that are also quick and easy to prepare are preceded by an asterisk).

Part II. Cooking with tofu: Recipes from East and West (500 recipes). 4. Soybeans: History of soybeans and "soybean foods," cooking with whole dry soybeans, roasted soybeans (*iri-mame*), fresh green soybeans (*edamame*, incl. a recipe for "Sweet emerald bean paste {*Jinda*}),*"* kinako (roasted full-fat soy flour, incl. Japanese health food treats such as *kinako amé, gokabo, kokusen, kankanbo,* and *abekawa mochi*), soybean sprouts (*daizu no moyashi*), natto ("sticky fermented whole soybeans," with "gossamer threads"), tempeh (fermented soybean cakes), Hamanatto and Daitokuji natto (raisin-like natto), modern western soybean foods (natural soy flour [full-fat], soy granules, defatted soy flour and grits, soy protein concentrates, soy protein isolates, spun protein fibers, textured vegetable protein {TVP}, soy oil products). 5. Gô (a thick white puree

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THE BOOK OF TOFU

FOOD FOR MANKIND

500 RECIPES

WILLIAM SHURTLEFF & AKIKO AOYAGI

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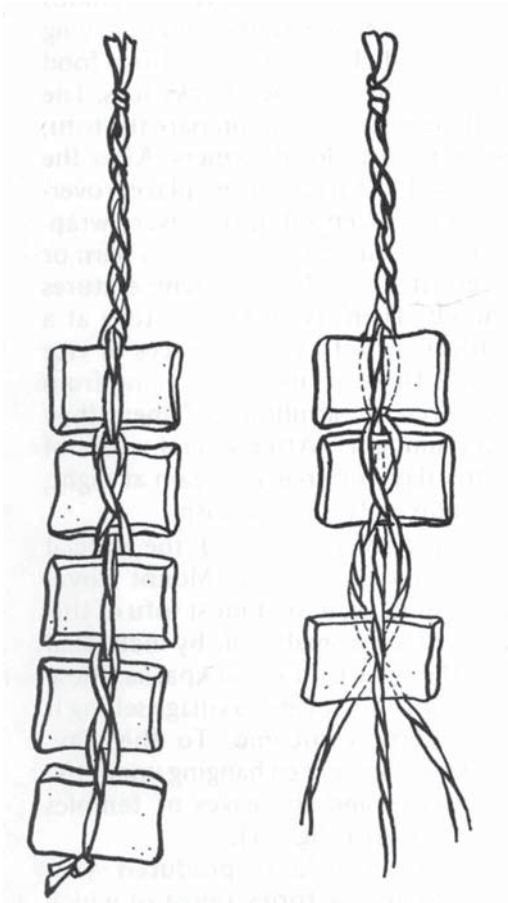

of well-soaked uncooked soybeans). 6. Okara or Unohana. 7. Curds and whey. 8. Tofu (includes history, and preparatory techniques: Parboiling, draining, pressing {towel and fridge method, slanting press method, sliced tofu method}, squeezing, scrambling, reshaping, crumbling, grinding, homemade tofu (basic, from powdered soymilk, fermentation method related to soymilk yogurt), tofu quick and easy {incl. Chilled tofu–Hiya-yakko}, tofu dressings, spreads, dips and hors d'oeuvre {incl. Creamy tofu dressings and dips, Tofu mayonnaise dressing, Tofu tartare sauce, Tofu cream cheese, Tofu sour cream, Tofu cottage cheese, Tofu guacamole}, tofu in salads {Western style and Japanese style salads incl. Shira-ae}, tofu with sandwiches and toast, tofu in soups {Western style and Japanese style soups, incl. miso soup}, tofu in sauces, tofu in breakfast egg dishes, tofu baked, tofu sautéed, stir-fried or topped with sauces {incl. Mabo-dofu [Ma Po doufu]}, deep-fried tofu, tofu with grains, tofu broiled {incl. Tofu dengaku}, tofu simmered in one-pot cookery and seasoned broths, tofu steamed, tofu desserts {incl. Tofu whipped cream or yogurt, Banana tofu milkshake, Tofu icing, Tofu ice cream, Tofu cheesecake, Tofu-peanut butter cookies}).

9. Deep-fried tofu: Thick agé or nama-agé (incl. *atsu-agé* meaning "thick deep-fried tofu," "three-cornered agé" {*sankaku-agé*} in Kyoto, agé cubes {*kaku-agé*}, "five-color agé" {*gomoku-agé*}), ganmo or ganmodoki (incl. *hiryozu / hirosu*, "Flying Dragon's Heads," "treasure balls," "Ganmo treasure balls"), agé or aburagé (incl. *kiji*, "agé pouches," "crisp agé", *kanso aburagé*, "agé puffs," "fried soybean cakes," "hollow agé cubes," "Smoked tofu," p. 189-91, 197).

Note 1. This is the earliest English-language document seen (April 2013) that contains the following terms related to deep-fried tofu (p. 180-90): "Thick agé," *nama-agé, atsu-agé, Hiryozu*, "Dragon," "Flying Dragon's Heads," "treasure balls," "five-color agé," *gomoku-agé*, "Ganmo treasure balls." "fresh or raw deep-fried tofu," "three-cornered agé," *sankaku-agé*, "agé cubes," *kaku-agé, kiji.* "agé pouches," "crisp agé," *kanso aburagé*, "agé puffs," "fried soybean cakes," or "hollow agé cubes."

10. Soymilk. 11. Kinugoshi ("*Kinu* means 'silk'; *kosu* means 'to strain'; well named, kinugoshi tofu has a texture so smooth that it seems to have been strained through silk." It is made from concentrated soymilk). 12. Grilled tofu (incl. sukiyaki). 13. Frozen and dried-frozen tofu. 14. Yuba (incl. many meat alternatives such as Yuba mock broiled eels, Buddha's chicken, Buddha's ham, sausage). 15. Tofu and yuba in China, Taiwan, and Korea (incl. Savory tofu {*wu-hsiang kan*}; see p. 258 for illustrations of many meat alternatives, incl. Buddha's fish, chicken, drumsticks, and duck, plus vegetarian liver and tripe, molded pig's head, and molded ham). One type of Korean soybean miso is called *kotsu jang* [sic, *kochu jang*]. When tofu is served with miso [Korean-style, *Tenjang*] as the dominant seasoning, and with

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rice, "it becomes the popular *Tenjang Chige Pekpem"* (p. 262). 16. Special tofu.

Note 2. This is the earliest (and only) English-language document seen (March 2009) that uses the word "Tenjang" to refer to Korean-style soybean jang (miso).

Part III–Japanese farmhouse tofu: Making tofu for more and more people. 17. The quest. 18. Making community tofu. 19. The traditional craftsman. 20. Making tofu in the traditional way.

Appendices: A. Tofu restaurants in Japan; many are vegetarian: In Tokyo: Sasa-no-yuki / Sasanoyuki, Goemon, Hisago, Sanko-in, Shinoda-zushi, Dengaku (south of Tokyo in Kamakura). In Kyoto: Nakamura-ro, Okutan, Takocho, Izusen, Junsei, Nishiki, Hakuun-an, Rengetsu, Sagano, Sorin-an. Tea ceremony cuisine (*Kaiseki ryori*), Zen temple cookery or Buddhist vegetarian cookery (*Shojin ryori*), Tea ceremony cookery from China (*Fucha ryori*), Wild gathered cookery (*Sansai ryori*). A directory of these and others, with addresses and phone numbers, is given (p. 312).

B. Tofu shops in the West (Directory of 43 shops in the USA, 3 in Europe, and 3-7 in Latin America {Mexico City, Rio de Janeiro and Sao Paolo, Brazil}). C. People and institutions connected with tofu. D. Table of equivalents. Bibliography. Glossary. Index. About the authors (autobiographical sketches; a photo shows Shurtleff and Aoyagi, and gives their address as New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo, Japan 177). Sending tofu in the four directions.

Pudding recipes include: Rice pudding with gô and apple (p. 76, incl. 2 cups soymilk). Tofu chawan-mushi (p. 147; Steamed egg-vegetable custard with tofu). Tofu fruit whips (p. 148). Tofu rice pudding (p. 150, incl. 1 cup soymilk). Tofu custard pudding (p. 152). Soymilk custard pudding (p. 208). Brown rice pudding (p. 208, with 2 cups soymilk). Soymilk chawan-mushi (p. 209). Chawan-mushi with yuba (p. 249).

Dessert recipes include: Tofu whipped cream or yogurt (p. 148; resembles a pudding or parfait). Tofu ice cream (p. 149, with chilled tofu, honey, vanilla extract and salt). Banana-tofu milkshake (p. 149). Tofu cream cheese dessert balls (p. 149). Tofu icing (for cake, p. 149). Tofu cheesecake (p. 150). Tofu-pineapple sherbet (p. 151). Also: Soymilk yogurt (cultured, p. 205). Healthy banana milkshake (p. 206). On p. 160 is a recipe for "Mock tuna salad with deep fried tofu."

Note 3. This is the earliest English-language document seen (March 2007) that uses the term "Tofu ice cream" to refer to soy ice cream or that contains a recipe for "Tofu ice cream."

Note 4. This is the earliest English-language document seen (April 2013) that uses the term "Tofu Cheesecake" and the first to give a recipe for a tofu cheesecake.

Note 5. This is the earliest English-language document seen (April 2013) that uses the term "Tofu Sour Cream" (p. 109) or that contains a recipe for "Tofu Sour Cream."

Note 6. This is the earliest English-language document seen (April 2013) that uses the term "tofu milkshake" or that gives a recipe for a shake made with tofu.

Note 7. This is the earliest English-language document seen (Jan. 2012) that uses the term "sticky fermented" to refer to natto.

Note 8. This is the 2nd earliest English-language document seen (April 2013) that uses the term "dried-frozen tofu."

Note 9. This is the earliest English-language document seen (April 2013) that describes preparatory techniques for tofu (p. 96-98).

Note 10. This is the earliest English-language document seen (April 2013) that contains the term "smoked tofu."

Note 11. This is also the earliest English-language document seen (April 2013) that uses the term "kinugoshi tofu" to refer to silken tofu.

Note 12. As of March 2007, the various English-language editions of this book have sold more than 616,000 copies.

Note 13. This is the earliest English-language document seen (April 2013) that uses the term "tofu lees" to refer to okara (see p. 22, 77).

Note 14. This is the earliest English-language document seen (Aug. 2011) that contains the term "Modern Western soybean foods" (see p. 69), a term that Shurtleff would soon (by 1983) replace by the more accurate "Modern soy protein products."

Note 15. This is the earliest published English-language document seen (Jan. 2012) that contains the term "creamy tofu dressings" (or "dressing").

Note 16. This is the earliest English-language document seen (Sept. 2012) that contains the term "Soymilk yogurt."

Note 17. This is the earliest document seen (Oct. 2012) that contains an adequate or detailed description of how to make yuba at home. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3214. Shurtleff, William; Aoyagi, Akiko. 1975. Tofu and yuba in China, Taiwan, and Korea (Document part). In: W. Shurtleff and A. Aoyagi. 1975. The Book of Tofu. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. See p. 250-64.

• ***Summary:*** Contents: Introduction. Three varieties of tofu. Doufu: Known as *tojo* or *tokua* in the Philippines, or as *tahu* in Indonesia. Pressed tofu (*doufu-kan*)*:* Savory tofu (*wu-hsiang kan*), soy-sauce pressed tofu (*chiang-yu doufu-kan*), pressed tofu sheets (*pai-yeh*, incl. pressed tofu noodles or "beancurd shreds" {*doufu-ssu, kan-ssu*}, pressed tofu loops {*pai-yeh chieh*}, Buddha's Chicken {*su-chi*} or Buddha's Ham {*suhuo-t'ui*}, salted dry tofu {*doufu-kan*}). Chinese soft kinugoshi (*shui-doufu, sui-doufu, nen-doufu, nan-doufu,*

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shin-kao doufu). Warm soymilk curds: Chinese smooth curds (*doufu-nao, dou-nao;* often served for breakfast by street vendors), curds-in-whey (*doufu-hua*). Deep-fried tofu (*yu-doufu, cha-doufu, doufu-kuo, kuo-lao doufu*). Frozen tofu (*tung-doufu, ping-doufu*).

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *tung-doufu* or the term *ping-doufu* to refer to frozen tofu.

Doufu-ru [fermented tofu]: white fermented tofu (*pai doufuru,* incl. 5 different types such as red pepper, sesame oil and red pepper, five-spice, etc.), red fermented tofu (*hung doufuru, nanru, nanyu,* made by adding Chinese red fermented rice [red rice koji] {*ang-tsao*} to the brining liquor to give it a deep red color, thick consistency, and distinctive flavor and aroma; soy sauce is generally used in place of rice wine; another variety is rose essence fermented tofu), stinky fermented tofu (*tsao-doufu, ch'ou doufu,* incl. green stinky fermented tofu), chiang-doufu (prepared by pickling firm cubes of tofu for several days in either Chinese-style miso {*chiang*} or soy sauce).

Soymilk (*doufu chiang, dou-chiang, dou-nai, dou-ru*)*:* Widely enjoyed as a spicy hot breakfast soup (p. 204) or a warm, sweetened beverage (p. 207). Sometimes sold bottled by street vendors.

Yuba: Yuba is much more popular and much less expensive in China and Taiwan than it is in Japan. There are hundreds of yuba shops throughout Taiwan and probably thousands in China, and yuba plays an important role in the nutritional life of the people in home and restaurant cookery. Called bean curd "skin" or "sheets" in most Chinese cookbooks, yuba is known in Mandarin as *doufu-p'i* ("tofu skin") or *doufu-i* ("tofu robes"). Remarkable Chinese ingenuity and creativity in giving the semblance of meat. In the display case of attractive restaurants or marketplace yuba shops are perfect replicas of plucked hens, roosters, and ducks, light-brown fish (complete with fins, gills, eyes, and mouth), juicy hams, tripe, liver, rolled meats, red sausage links, deep-fried drumsticks, and a life-sized pig's head–all made from yuba. Most of these imitation meat dishes are prepared by pressing fresh yuba into a hinged (wooden or aluminum) mold, clamping the mold closed, then steaming it until the yuba's shape is fixed. *Su-tsai* restaurants specialize in Buddhist vegetarian cookery. Names of prepared dishes: Buddha's Chicken (*suchi*), Buddha's Fish (*suyu, sushi*), Buddha's Duck (*suya*), Vegetarian Tripe (*taoto*) or Liver (*sukan*)*;* Molded Pig's Head (*tutao*), Molded Ham (*suhuo*), Sausage Links (*enchan*), Buddha's Drumsticks (*sutsai tsui*), Deep-fried Duck (*suya*). A full-page illustration (p. 258) shows these products. Fresh yuba. Dried yuba (*kan doufu-p'i,* incl. sweet yuba and Bamboo yuba {*fuchu* [*dried yuba sticks*]}). Tofu and yuba in Chinese cookery: Mandarin cookery, congee (rice porridge), "red broiled" sauces (*hong-sao*), meatless days, vegetarian restaurants.

The Chinese tofu shop: Description of the process for making tofu. Tofu in Korea. Recipes: Fermented tofu dressings, spreads, dips, and hors d'oeuvre. Fermented tofu in sauces, egg dishes, and with grains.

Illustrations show: (102) A woman cutting doufu at the marketplace. (103) Making pressed tofu using a hand-turned screw press. (104) Pressed tofu noodles. Buddha's chicken. (105) Street vendor selling soymilk curds. (106) Pressing tofu in forming boxes using stone weights. (107) Deep-frying agé triangles in a wok. (108) Threaded thick-agé cubes. (109) Net-like thick agé. (110) A soymilk vendor carrying bottled soymilk using a shoulder pole. (111) Yuba mock meats. (112) Yuba steaming pots. (113) Steam-heated drum can cooker in Chinese tofu shop. Doufu-ru [fermented tofu] cubes on plate, in bottle, in can. Woman selling tofu, seated by the street side.

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "doufu" to refer to Chinese-style tofu.

Note 3. This is the earliest English-language document seen (Oct. 2012) that uses the word *fuchu* or the word *suohuo* or the term *suohuo-t'ui* or the term "tofu robes" or the term "tofu skin" to refer to yuba. Address: Lafayette, California.

3215. Shurtleff, William; Aoyagi, Akiko. 1975. The book of tofu: Food for mankind (Illustrations–line drawings). Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. Illust. by Akiko Aoyagi. Index. Dec. 28 cm. Rev. ed. 1977 Autumn Press, Brookline, MA. [53 ref]

• ***Summary:*** Continued: Illustrations (line drawings, both numbered and unnumbered) show: A hearth in a traditional Japanese farmhouse with tofu dengaku roasting around a bed of coals in a sunken open-hearth fireplace. An old Japanese plum tree blossoming in winter. Three pieces of skewered tofu dengaku with a sansho leaf atop each in a special serving box. A sprig of sansho with berries. Stylized top of a soybean plant in a circle. Fig. (4) Tofu products available in the West (tofu, dofu, kinugoshi, thick agé triangles, cubes, and cake, agé and agé puffs, hollow agé cubes, soymilk, tofu pudding, doufu-ru {white and red}, ganmo {patties, small balls, and treasure balls}, grilled tofu, dried-frozen tofu, instant powdered tofu, okara, dried yuba, soymilk curds, pressed tofu, savory tofu). A wooden cutting board and Japanese broad-bladed vegetable knife (nagiri-bôcho) with vegetables and tofu on a woven bamboo tray.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "treasure balls" to refer to Chinese-style tofu mixed with various finely-chopped vegetables, rolled into balls, and deep-fried tofu. (8) A wooden keg of red miso and a plastic bag of barley miso. (9) Shoyu in a metal can, wooden keg, glass bottle, and table-top dispenser. Traditional Japanese kitchen tools: *Miso-koshi* (woven bamboo strainer used in making miso soup). cutting board, Japanese vegetable knife, wooden spatula, bamboo rice paddle (*shamoji*) and spoon, woven bamboo colander or

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tray (*zaru*), suribachi, Japanese grater (*oroshi-gané*), sudaré (bamboo mat), pressing sack for tofu or soymilk, serrated tofu-slicing knife, tawashi scrub-brush (made of natural palm fiber), wok with draining rack and wooden lid, stir-frying ladle and spatula, long cooking-chopsticks, mesh skimmer, deep-frying thermometer, Chinese bamboo steamer (*seiro*), charcoal brazier (*konro, shichirin*), broiling screen. Covered pot steamer. Small lidded pottery pot. More kitchen tools (p. 50-51). (10) A soybean measuring box (*isshô-bako*). (11) The soybean plant. Two views of a soybean seed with seed coat, hilum, and hypocotyl labeled. A bag full of soybeans. Roasted soybeans in a woven bamboo tray (*zaru*). Edamamé in the pods. Three shapes of kinako treats. Soybean sprouts. Natto on a bamboo mat (*sudare*). Natto wrapped in rice straw as it ferments. A hand holding chopsticks that lift natto up from a bowl of natto–connected by gossamer threads. Tempeh (round and square pieces). Wrapping a small packet of inoculated soybeans to make tempeh. (15) Two Japanese women in traditional clothing using hand-turned grinding stones (quern) to grind soaked soybeans when making tofu. (16) Push-pull grinding stones. (17) Motor-driven grinding stones. (18) Water-powered millstones. (19) Wind-powered millstones. (20) Unohana. (21) A tofu maker sitting on a traditional lever press that presses soymilk from the okara in a pressing sack on a rack. A heavy iron skillet. (22) Folding okara omelet pouches. Okara doughnuts. (23) A bamboo colander. (24) A tofu maker weighting a colander with a brick so that whey will collect in it. (25) Ladling whey from curds; it foams! (27) A horse drinking whey from a wooden vat. Soymilk curds in a bamboo mat. (28) Ladling curds for Awayuki. (29) Fresh tofu in a plastic tub. (30) A tofu maker placing a weight on pressing lids as tofu is pressed in settling boxes (forming boxes). Transferring tofu-filled settling box to sink. Cutting a block of tofu into cakes under water. Eggplant halves in a yin-yang dance. Preparatory techniques used with tofu (slanting press, sliced tofu, squeezing, scrambling, reshaping, crumbling). (32) Utensils for making tofu at home. (33) Three designs for a homemade settling container. (34) Preparing homemade tofu (a-l). (35) Removing tofu from a farmhouse-style settling container (forming box). (36) Chilled tofu. Iceberg chilled tofu. A hot, moist, white towelette (*o-shibori*) is used to wipe the face and hands before (or occasionally after) a meal. Tofu salads in three Japanese pottery dishes. Japanese soups in three types of containers. (37) Chrysanthemum tofu. (38) Tofu poached egg. Tofu-stuffed green peppers. A wok. (39) Filling a wok with oil. (40) testing oil temperature in a wok. (41) Deep-frying tofu tempura–and (42) Serving it in a shallow bamboo basket. (43) Making *Kaki-agé.* (44) Dengaku Hoshi (from *Tofu Hyaku Chin*). (45) Skewered Tofu dengaku. Preparing Tofu dengaku in old Japan (from Hokusai's sketchbooks). (46) A variety of skewers. (47) Chinese firepots. (48) A Simmering Tofu wooden serving container heated by coals from within. (49) Miso oden. (50) Tofu wrapped in rice straw. (51) Nanzenji wrapped tofu. (52) Gisei-dofu. (53) Serving freshly deep-fried agé. (54) The deep-frying area of a traditional tofu shop. (55) Deep-frying tools. (56) Wooden bamboo tray with raised sides. Chinese cleaver. (57) Nori-wrapped sushi with agé (making and serving; six drawings). Eating noodles from old Japan (from Hokusai's sketchbook). (58) Preparing homemade noodles. (59) The Oden man on a winter's eve. A pottery bowl of Oden. Kombu rolls. (60) Making konnyaku twists. (61) Nishime in a multi-layered lacquerware box. (61) Pressing tofu for thick agé in a tofu shop. (62) Deep-frying tofu for thick agé. (63) A tofu maker with deep-fried thick agé triangles on screen trays.

Note 2. This is the earliest English-language document seen (May 2012) that contains the terms "deep-fried thick agé triangles" (p. 181) or "hollow agé cubes" (p. 23).

(64) Stuffing thick agé. (65) Thick agé stuffed with onions. (66) Pressing tofu for ganmo. (67) Adding seeds and vegetables. (68) Deep-frying ganmo. (69) A farmhouse open-hearth fireplace with nabe kettle. (70) Preparing homemade ganmo. Ganmo balls in a draining tray. Ganmo cheeseburger. (71) Cutting tofu to make agé slices (*kiji*). (72) Deep frying agé. (73) Opening agé into pouches. Agé treasure pouches.

Note 3. This is the earliest English-language document seen (April 2013) that contains the term "treasure pouches" or the term "Agé treasure pouches" They refer to a Kyoto-style delicacy made with deep-fried tofu pouches.

(74) Agé pouches sealed with foodpicks. Inari shrine with Shinto torii. (75) Kampyo-tied pouches [kanpyo]. (76) Making rolled agé hors d'oeuvre. (77) Tofu maker ladling gô (fresh soy puree) into a cauldron. (78) Stirring down the gô. Pressing soymilk from okara with a hand-turned screw press. (79) Serving fresh soymilk in a tofu shop. Six Japanese commercial soymilk products. Little girl at The Farm (Summertown, Tennessee) seated on a small chair drinking a cup of soymilk. Chinese breakfast soymilk soup with deep-fried crullers (*Siento-chiang with yu-chiao tsao pi*). (80) Takigawa-dofu. (81) Tofu maker pouring the soymilk for kinugoshi tofu. (82) Adding solidifier. (83) Trimming kinugoshi from sides of box. (84) Modern lactone kinugoshi (with GDL). (85) Modern kinugoshi factory. (86) Sasa-no-Yuki's Gisei-dofu container. (87) Kinugoshi with ankake sauce. The entrance way to a traditional Japanese restaurant featuring tofu. Traditional metal skewer for making grilled tofu. (88) Traditional tofu maker grilling tofu over a charcoal brazier (*hibachi*). Grilling tofu in a traditional open hearth. (89) An early method of elaborate grilling. Pieces of tofu on different types of skewers. Farmhouse sukiyaki with grilled tofu. (90) Tying frozen tofu with rice straw. (91) Drying farmhouse frozen tofu. (92) Pressing frozen tofu at home. (93) Deep-fried frozen tofu with cheese. (94) Making deep-fried frozen tofu sandwiches (*Hakata-agé*). (95) Frozen tofu wrapped in kombu. (96) Steaming table in a yuba shop. Ten different types / shapes of yuba. (97)

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Lifting yuba away from soymilk. (98) Yuba sashimi. (99) Yuba envelopes. (100) Deep-fried yuba dengaku. (101) Folding yuba into bundles. Trimming half-dried yuba from a skewer. (102-113) Tofu and yuba in Taiwan, China, and Korea (see separate record). Sesame tofu in pottery bowl. (114) Traditional farmhouse tofu, tied into a package with rice straw rope. (115) Shirakawa-go farmhouses with water-powered rice-dehusker in foreground. (116) Making seawater tofu at Suwanose. Mortar and pestle for pounding mochi. Making community tofu: Western metal hand mill, hand-turned stone mill apparatus, faces of upper and lower stones, colander and cloth, two shapes of cooking pots, Japanese farmhouse earthen cooking stove, cooking pot set on cut-off oil drum, ladle, two wooden paddles, pressing rack, pressing okara, lever press, pressing sack, wooden settling [forming] container with cloths. (117) Making nigari with salt in bamboo colander, a traditional "salt boat" for refining salt of nigari. (119) Country farmhouse tofu (5 illust.). (121) Morning shopping at a tofu shop. (122) Diagram of a tofu-shop floor plan. (123) Modern pressure with hydraulic press. (124) Modern centrifuge with 3 soymilk barrels. Thirty-one unnumbered illustrations showing every step in making and selling tofu in a traditional Japanese shop (p. 299-306). (125) Cutting tofu for Dengaku (from *Tofu Hyaku Chin*). (126) Ladies busy making dengaku (from *Tofu Hyaku Chin*). (127) Hearth at Nakamura-ro. (128) The garden at Okutan. Six types of Japanese sea vegetables: Hijiki, aonori, wakame, agar, nori, kombu. (129) Japanese vegetables (27 illustrations). Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3216. Shurtleff, William; Aoyagi, Akiko. 1975. The book of tofu: Food for mankind (Tables, graphs, and diagrams). Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. Illust. by Akiko Aoyagi. Index. Dec. 28 cm. Rev. ed. 1977 Autumn Press, Brookline, MA. [53 ref]

• ***Summary:*** Tables, graphs, diagrams (etc.) show: (1) Bar chart of per-acre yields of usable protein from different food sources: Soybeans 356, rice 265, corn 211... milk 82, eggs 78, meat (all types) 45, beef 20. (2) Graph of world meat consumption versus income: People in rich countries (those with high per capita income) tend to eat a lot of meat, while those in poor countries tend to eat little. Table showing percentage of protein by weight in 20 basic Western foods and foodstuffs. (3) Table of 18 tofu products available in the West: For each is given–Name used in this book, other names, description, where sold, how sold. (5) Table showing composition of nutrients in 100 gm of tofu and related products (16 products in all). (6) Graph of protein vs. moisture content in various types of tofu. Table of NPU (net protein utilization) ratings of 13 basic foods. (7) Table of amounts of essential amino acids and their percentages with minimum daily requirements in 100 gm portion of tofu. Table of amount of various foods combinations that provide exactly 50% of the daily adult male requirement of usable protein. Table showing the cost of one day's supply of usable protein from various foods.

(14) Diagram showing Gô as the source of all tofu products. (26) Percentage of original soybean protein contained in by-products of the tofu-making process: 73.5% ends up in the final tofu. (31) Effects of preparatory techniques on 1 cake of tofu: Final weight, percentage protein in final tofu, percent reduction in weight from water loss. Table of nutritional composition of soymilk, dairy milk, and mother's milk (compared on an equal water basis, p. 200). Table showing composition by weight of seawater (p. 282). Table of the composition of the solids in clean seawater: Sodium chloride 77.8%, magnesium chloride 9.5%, magnesium sulfate 6.6%, calcium sulfate 3.4%, potassium chloride 2.1%, magnesium bromide 0.2% (p. 283). Table of the composition of the liquid that drips out of natural / unrefined sea salt when making nigari (p. 284). Table of the composition of the solids in natural nigari (mostly magnesium chloride, p. 284). (120) Graph of soaking time vs. temperature for soybeans. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3217. Shurtleff, William; Aoyagi, Akiko. 1975. Sukiyaki (Document part). In: W. Shurtleff and A. Aoyagi. 1975. The Book of Tofu. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. See p. 224-25.

• ***Summary:*** "A Japanese cookbook written over 350 years ago contains the following recipe for Sukiyaki: 'Obtain either wild goose, wild duck, or antelope, and soak the meat in *tamari* shoyu. Heat a well-used Chinese plow (*kara-suki*) over an open fire. Place the meat on the plow, garnish with thin rounds of *yuzu*, and broil on both sides until the color changes. Serve and be happy.'

"The word sukiyaki–pronounced skee-ya-kee–means 'broiled on the blade of a plow.' Although the modern preparation generally features beef as the basic ingredient, sukiyaki was traditionally prepared with wild game, fowl, fish, or shellfish. Wild boar was also a favored ingredient, and seafoods such as tuna, yellowtail, whale, wreath shells, and scallops were and, in areas such as Kyoto, still are widely used in the dish.

"Before reaching its present form, sukiyaki passed through a number of unusual historical transformations. The earliest preparation was undoubtedly developed by farmers, hunters, and fishermen who broiled their catch over an open fire using a plow or whatever other utensil was available. Since the earliest plow, the predecessor of the present *nabe*, was nothing but a flat iron plate, it was unable to hold cooking liquids. It was probably for this reason that the meat came to be marinated or basted with tamari shoyu, a technique that is still practiced in some Japanese restaurants. Gradually, sake or *mirin* came to be used in

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the marinade, various vegetables and grilled tofu were broiled with the meat, and the traditional flat plow or griddle became inadequate to hold the juices of this cornucopia of new ingredients. A new container was needed, and at this point, the ancient tradition of broiling wild meat on a plow merged with the newly-imported tradition of *shippoku*, a type of beef-*nabe* cookery which originated about 300 years ago, just after the first contact with Western traders and missionaries.

"Developed in the international port town of Nagasaki, *shippoku* was said to have its historical culinary roots in Holland, Portugal, China, and Korea. As a result of the merger, the original sukiyaki ingredients eventually came to be cooked in heavy iron or Korean-style stone pots, and the dish was served as a one-pot meal prepared at the table. Consequently 'sukiyaki' became a misnomer, for the new dish was neither broiled nor prepared on a griddle-like plow. But neither was the new sukiyaki a true *nabe* dish, since its ingredients were not simmered in a seasoned broth. Rather, this unique Japanese creation straddled three categories: it was a broiled dish insofar as the meat was first cooked in a sizzling-hot pan; it was a *nabe* dish since it was a one-pot prepared at the dining table; and it was a *nimono*, or simmered dish, insofar as the meat and vegetables were simmered together in a rich mixture of shoyu, sake, and dashi.

"Up until this time, the Japanese had never apparently considered using beef or other livestock in sukiyaki. According to a popular legend, *kamado-gami*, the god of the kitchen hearth, is said to have instructed the Japanese people in ancient times to refrain eating the meat of all four-legged animals, especially of livestock. This admonition was reinforced by the nation's emperors and the vegetarian teachings of Buddhism, so that for about 1200 years–from the 8th century until the 19th century–most Japanese did not eat meat. However with the arrival of Christianity in the 16th century, the eating of beef was also forbidden, and sukiyaki was once again prepared exclusively with seafood, wild game, or poultry. Those who developed a longing for broiled meat, but who were not allowed to prepare it in the family's common pot or in the presence of those who kept the faith, were compelled as a last resort to prepare their sukiyaki the traditional way, substitution using a plow or mattock for the kettle and enjoying the forbidden delicacy alone and in secret in the barn, field, or forest. This tradition of 'underground sukiyaki' is said to have continued until about 1900.

"With the opening of Japan to the West in the mid 19th century and the relaxation of traditional prohibitions, meat eating gradually became fashionable in the cities. Yet most Japanese tasted their first beef with considerable trepidation, having been warned by priests and traditionalists that their action was an affront to their ancestors and that dire consequences would befall them. Little by little, however, beef sukiyaki came to be accepted.

"The first Japanese who worked up the courage to actually eat beef did not prepare it Western-style as steak or roast beef. Rather, they cut the meat into paper-thin slices, employing the same method they had used for centuries to prepare *sashimi*, or raw fish. And they seasoned this meat with shoyu in much the same way they would season simmered vegetable or tofu dishes. Many Japanese probably ate their first beef in the form of sukiyaki, and different parts of the country soon developed unique styles of serving it. To this day in the Kyoto area, restaurants place dispensers of shoyu, *mirin*, and sugar on the table and allow each guest to season his food to taste, whereas restaurants in Tokyo have developed their own unique mixtures of these ingredients to form standard cooking liquids.

"Throughout the world people now associate sukiyaki with fine Japanese cookery. In a sense, this is ironic because Japanese cuisine makes relatively little use of meat, and much of sukiyaki's historical influence came from abroad. The ancient delicacy of Japanese hunters and the imported *nabe* preparation have now been totally transformed to become Japan's most famous international dish. And although tofu plays a relatively inconspicuous role in creating the flavor of this dish, sukiyaki has nevertheless been the vehicle whereby thousands of Westerners have had their first taste of 'soybean curd.'

"Although most present-day sukiyaki uses beef as the featured ingredient, our recipe uses ganmodoki–mock goose–in deference to the earliest traditions of using wild fowl. Homemade frozen tofu and frozen thick-agé, the textures of which resemble that of tender beef, make excellent substitutes. Although regular tofu is occasionally used in sukiyaki, grilled tofu is generally preferred for its ability to absorb the flavors in the rich broth; its substantial, almost meaty texture; its ability to keep its form during the frequent stirring; and its barbeque flavor. In Japan, more grilled tofu is used in sukiyaki than in any other type of cuisine." A recipe follows. Address: Lafayette, California.

3218. Shurtleff, William; Aoyagi, Akiko. 1975. The book of tofu: Food for mankind (Recipes and food types with Japanese names). Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. Illust. by Akiko Aoyagi. Index. Dec. 28 cm. Rev. ed. 1977 Autumn Press, Brookline, MA. [53 ref]
• ***Summary:*** Teriyaki sauce (p. 48). Ankake sauce (p. 49). Sushi rice (Rice in vinegar dressing, p. 51). Gomashio (Sesame salt). Gari (Sweet vinegared gingerroot, p. 51). Budomame (Sweet soybeans, p. 62). Kombu mame, kuro mame, gomoku mame (p. 62). Iri-mame (Roasted soybeans, p, 63). Edamame (Fresh green soybeans, p. 63). Jinda (Sweet emerald bean paste [made with edamame], p. 64). Kinako (Roasted full-fat soy flour, p. 64). Abekawa mochi (with kinako, p. 65). Kinako amé or genkotsu amé (Kinako candy, p. 66). Daizu no moyashi (Soybean sprouts, p. 67). Natto (Sticky fermented whole soybeans, p. 67). Hamanatto and

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Daitokujinatto (also spelled Daitokuji-natto) (Raisin-like natto, p. 69). Gô (Fresh soy purée, p. 70+). Gôjiru (Thick miso soup with gô, p. 74). Bakudan agé (Deep-fried gô patties, p. 76). Okara or unohana (p. 77+).

Unohana-jiru (Chilled okara soup, p. 79). Unohana no iri-ni (Okara & vegetable sauté, p. 81). Unohana-iri (Unsweetened fried okara, p. 82). Unohana dango (fried okara patties, p. 82). Sushi okara chakin (Okara omelet pouches, p. 84). Oboro (curds, p. 87). Oboro-dofu (Warm soymilk curds, p. 90). Awayuki (homemade curd dumplings, p. 90). Karashi-dofu (Curd dumplings with mustard, p. 90). Gomoku-dofu (Five-color tofu, p. 105). Hiya-yakko (Chilled tofu, p. 105). Menoha-dofu, nameko-dofu (p. 106). Ryanban-doufu (Chinese-style chilled tofu, p. 107). Imokake-dofu (Chilled tofu with glutinous yam and egg, p. 107). Tofu no misozuke (Tofu pickled in miso, p. 110). Kanten-dofu (Jelled tofu, p. 114). Aemono and Shira-ae ("White salad," p. 114+, 160). Arare no aemono (Hailstones salad, p. 115). Suimono (Clear soup, p. 119). Kikka-dofu (Clear soup with chrysanthemum tofu, p. 120). Kenchin-jiru (p. 120). Tamago-toji (Japanese-style tofu, eggs & onions). Nanjen-dofu or Iritsuke-dofu (Chinese-style egg tofu, p. 123). Kenchin-yaki (p. 126). Iridofu [Iri-dofu] (Crumbly scrambled tofu, p. 128). Mabo-dofu [Ma po doufu] (Chinese-style tofu with red pepper sauce, p. 128). Hao-yu doufu (Chinese style oyster sauce & tofu, p. 129). Fanchie-dofu (Chinese-style tofu & tomatoes, p. 129). Tofu no kara-agé (Crisp agé slices, p. 131). Unagi-dofu (Tofu mock eels, p. 132). Kaminari agé (Thunderbolt tofu, p. 132). Agédashi-dofu [Agedashi-dofu] (Deep-fried tofu in dipping sauce, p. 133). Tendon (Deep-fried tofu with rice and broth, p. 133). Tofu furai (Breaded tofu cutlets, p. 134). Tempura (and batter and dipping sauce, p. 134). Zosui or Ojiya (Rice gruel, p. 138). Tofu dengaku (p. 139). Tofu teriyaki (p. 141). Yudofu or Tofu no mizutaki (Simmering tofu, p. 142). Nabeyaki-udon, Nabeyaki-soba, Udon-tsuki (p. 144). Yosenabe (p. 144). Miso oden (p. 145). Yukinabe (The snow pot, p. 148). Niyakko (p. 145). Tsuto-dofu or Komo-dofu (Simmered tofu wrapped in rice straw, p. 146). Tofu chawan-mushi (Steamed egg-vegetable custard, p. 147). Nanzen-ji no Tsusmi-dofu (Nanzen-ji wrapped tofu, p. 147). Yuzu-gama (Yuzu treasure pot, p. 147). Naruto-dofu (Tofu spiral in butterbur leaves, p. 147). Gisei-dofu (Tofu cheesecake-like dessert, p. 152). Datémake [Datemaki] (Tofu-egg roll, p. 153). Noppei-jiru (Noppei soup, 163). Kinpira (Agé with carrots and burdock root, p. 167). Yaki-soba (Fried buckwheat noodles with deep-fried tofu, p. 168). Chahan or yaki-meshi (sizzling rice with deep-fried tofu, p. 168). Soboro (p. 169). Norimaki-zushi (Nori-wrapped sushi with agé, p. 170). Kitsune domburi (Fox domburi, p. 172). Kitsune soba or udon (Fox noodles, p. 172). Yamakake soba (Buckwheat noodles with grated glutinous yam and agé, p. 172). Hiyashi-soba (Noodles & deep-fried tofu in chilled broth, p. 172). Nikomi udon (Ganmo simmered with homemade noodles and miso, p. 173). Kabayaki or Yaki-Shinoda (Agé mock broiled eels, p. 174). Oden (p. 175-78). Nishime (p. 178-79). Horoku-yaki (Thick agé stuffed with onions, p. 183). Hiryozu (Ganmo treasure balls, p. 188). Inari-zushi (Vinegared sushi rice in sweetened agé pouches, p. 194). Fuku-bukuro (Agé treasure pouches with crunchy vegetables, p. 195). Takara-zutsumi (Sacks of gold, p. 195). Shinoda-maki (Matchstick vegetables wrapped in agé pouches, p. 195). Kinchaku and takara-bukuro (Drawstring purses and treasure bags, p. 196).

Note: This is the earliest English-language document seen (April 2013) that contains the term *Fuku-bukuro* or the term "treasure bags." They refers to a way of preparing deep-fried tofu pouches.

Hasami-age (Mashed potatoes deep-fried in agé pouches, p. 196). Shinoda-maki (Agé cabbage rolls, p. 197). Shinoda mushi (Steamed agé with tofu and vegetables). Soymilk chawan-mushi (p. 209). Yose-dofu (Jelled and molded soymilk dishes, p. 209). Takigawa-dofu (Swirling jelled soymilk, p. 210). Shikishi-dofu (Kinugoshi custard, p. 216). Kinugoshi tofu dishes from Sasa-no-yuki (p. 217-19): Hiya-yakko, yuzumiso-dofu, gisei-dofu, ankake-dofu, kijoyu, chiri-meshi, kuya-dofu or kuya-mushi, iridofu. Yaki-dofu (p. 220). Sukiyaki (p. 224-25). Koya-dofu or kori-dofu (Dried-frozen tofu, p. 226+). Tamago-toji (Frozen tofu with eggs and onions, p. 231). Gyoza [Chinese jiaozi] (p. 232). Oranda-ni (Deep-fried frozen tofu in lemon sauce, p. 234). Soboro (Grated frozen tofu rice topping, p. 234). Hakata-agé (Deep-fried frozen tofu sandwich, p. 235). Koya-dofu no kombu maki (Frozen tofu wrapped in kombu, p. 236). Sanshoku gohan (Three-color brown rice, p. 236). Fukuyose-ni (Frozen tofu simmered in sweetened broth, p. 236). Abekawa-dofu (Frozen tofu rolled in sweetened kinako, p. 237). Yuba (p. 238-42). Nama-yuba (Fresh yuba). Nama-gawaki or han-gawaki yuba (Half-dried yuba). Kanso- or hoshi-yuba (Dried yuba). Hira- or taira-yuba (Flat yuba sheets). Maki-yuba (Fresh yuba rolls). Komaki (Long yuba rolls). Kiri-komaki (Small yuba rolls). Musubi-yuba (Tied yuba). Omaki-, futomaki- or Uzumaki-yuba (Large yuba spirals). Oharagi yuba (Slightly flattened yuba roll tied with a thin piece of kombu). Amayuba (Sweet yuba). Kirehashi (Fresh yuba trimmings). Kuzu-yuba or mimi (Yuba flakes). Toyuba (Trough-shaped yuba, p. 242). Kaori yuba (Sweet miso deep-fried in fresh yuba, p. 244). Yawata-maki (Yuba-burdock root roll, p. 245). Toji yuba (deep-fried yuba with ginkgo nuts and lily bulbs, p. 245). Yuba no kabayaki (Yuba mock broiled eels, p. 245). Maze-gohan or Gomoku-zushi (Five-color sushi rice with agé, p. 169). Suhuo-t'ui (Homemade Buddha's ham). Tamago-toji yuba (Raw eggs cooked over hot yuba, p. 247). Tamago yuba (Deep-fried yuba in ankake sauce, p. 248). Kenchin-maki (Large yuba rolls with tofu and vegetables). Yuba shinjo (Yuba steamed with eggs, p. 249). Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

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3219. Shurtleff, William; Aoyagi, Akiko. 1975. Tofu and yuba in China, Taiwan, and Korea: Doufu-ru (Document part). In: W. Shurtleff and A. Aoyagi. 1975. The Book of Tofu. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. See p. 255-56, 262-64.

• ***Summary:*** "Surely the most distinctive genre of tofu prepared in China is doufu-ru, or fermented tofu. Doufu-ru, in its many forms, is completely unlike anything prepared in Japan or, for that matter, any food familiar to most Westerners. Known in English as Chinese cheese, tofu-, bean curd-, or soybean cheese, or preserved- or pickled bean curd, it is called doufu-ru, furu, rufu, or dou-ru in Mandarin, fuyu or funan in Cantonese (and in most Western tofu shops run by Cantonese masters), and sufu or dousufu in Shanghai and in most scientific literature. The latter terms, which mean 'molded milk,' are not at all familiar to most Chinese."

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "doufu-ru to refer to fermented tofu.

"Doufu-ru has a soft–almost creamy–consistency and strong flavor and aroma reminiscent of Camembert cheese. Most varieties, seasoned with minced red peppers, are quite sharp and hot on the tongue, so that a little bit goes a long way. Widely enjoyed as a relish and seasoning, doufu-ru is prepared and sold in special Chinese pickle-and-miso shops rather than in neighborhood tofu shops. Traditionally, it was also prepared in many homes and farmhouses. The process of fermentation and preservation in a brining liquor enables this variety of tofu to last for as long as one to two years, even in semitropical climates, and its low cost makes doufu-ru especially popular among the poorer classes. Like cheese, wines, miso, shoyu, and many other fermented foods, doufu-ru gradually improves in flavor, aroma, and texture as it ages. As mold enzymes break down and digest the protein in the tofu, the latter's sharp flavors mellow and its consistency softens: well-aged doufu-ru virtually melts on the tongue. After the tofu has ripened for 6 to 8 months, its color turns from yellowish white to a soft light-brown, and the wine-and-salt brining liquor, too, grows richer and mellower.

"Fermented tofu is the only traditional soybean product made in the manner of Western cheeses, that is, by ripening tofu with a mold. Although one would think that soymilk could easily be made into cheeses similar to those prepared from dairy milk, repeated attempts to produce such cheeses–even in modern Western laboratories–have until very recently met with failure. But unlike Western cheeses, doufu-ru is immersed in an alcoholic brine during ripening and is generally sold still immersed in the brining liquor in pint bottles or small cans. To prepare doufu-ru, 3/4- to l¼-inch cubes of doufu or firm tofu are inoculated with spores of a mucor-type mold, then incubated in a warm place for about 3 to 7 days until each cube is covered with a dense mat of fragrant white mycelium. The molded cubes are immersed in the brine, which generally contains Chinese rice wine and red peppers (or other spices and seasonings). After ripening for one to two months in the brining liquor, the bottled tofu is shipped to Chinese markets where it is often allowed to age for another two to four months before being placed on sale. It is said that if the doufu-ru remains motionless when the jar is spun quickly on its axis, it has been properly aged and is ready to use.

"In China, the most popular ways of serving doufu-ru are as a seasoning for *congee* (hot breakfast rice porridge) or rice, as an appetizer or hors d'oeuvre with drinks, or as an ingredient in stir-fried dishes or simmered sauces, used to add zest and flavor. The brining liquor is also used in many of these preparations. In Western cookery, doufu-ru is delicious used like Camembert or Roquefort cheese in dips, spreads, dressings, and casseroles. Recipes for each of these preparations are given at the end of this chapter.

"The ideographic character for *fu* in doufu-ru (also used in the word doufu) means 'spoiled.' The character for *ru* means 'milk.' These characters have an unusual and very ancient etymology. Although the Chinese had a highly developed civilization long before the beginning of the Christian era, they never developed the art of dairy farming or, consequently, of making cheese. But their northerly neighbors, the Mongols, whom the Chinese regarded as uncivilized barbarians, were quite skilled in the preparation of fine goat's cheese. The Chinese called this cheese *furu*, or 'spoiled milk.' Centuries later, the Chinese learned how to prepare their own variety of fermented cheese, but from soy rather than dairy milk, probably with some help (or at least inspiration) from the Mongols. And the name which they had used derogatorily for the Mongolian cheese gradually came to be used for their own tofu cheese: their insult boomeranged and remains with them to this day. Consequently some modern Chinese and Japanese–especially those operating expensive restaurants–write the character *fu* in the words tofu, doufu, and doufu-ru with a different character which, although pronounced 'fu,' means 'affluent, ample, or abundant.'

"Records show that doufu-ru was being produced in China by the fifteenth century and that it may have originated much earlier. The technique for making fermented tofu spread from China to Vietnam (where similar a food called *chao* is now prepared) and to the East Indies (where *tao tuan* is made.) A type of fermented tofu called *tahuri* is also produced in the Philippines by packing large (4- by 4- by 2½-inch) cakes of firm molded tofu into cans with a large quantity of salt. Neither sake nor brine is used in the process. After ripening for several months, the tofu is yellowish brown and has a distinctive salty flavor.

"The four basic types of Chinese fermented tofu are white doufu-ru, red doufu-ru, *tsao*-doufu ("tofu fermented in sake lees"), and *chiang*-doufu ("tofu fermented in miso or soy sauce"). The brining liquor used for each is also a popular ingredient in many Chinese recipes, especially

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in dipping sauces. Called doufu-ru *chih,* it often contains various spices or minced red peppers which make it a zesty seasoning.

"White Doufu-ru (*Pai doufu-ru*)*:* In most of China and in the West, this is the most popular type of fermented tofu. Unless it is specifically being contrasted with the red variety, it is generally called simply doufu-ru. The tofu's flavor, color, and aroma can be modified either by changing the salt or alcohol composition of the brining liquor or by adding different combinations of spices and seasonings. The most common brine contains about 10 percent alcohol and 12 percent salt; some contain little or no alcohol, while others may contain more than twice as much alcohol as salt. One brine of the latter type yields "drunken cheese" (*tsui-fang*) and another yields "small cheese cubes" (*chih-fang*).

"At least five different varieties of white doufu-ru are sold in markets and marketplaces throughout Taiwan and China. The most popular is red pepper doufu-ru (*la doufu-ru, la-chiao furu, or la furu*). Available in the West as Fermented Bean Curd, it contains a hearty portion of minced red peppers which make the flavor hot and spicy while also serving as a natural preservative. When sesame oil is added to this type of fermented tofu it is known as sesame-red pepper doufu-ru (*mayu-la doufu-ru*). Some milder and particularly delicious types of doufu-ru are made in liquors containing only rice wine, salt, and water plus an occasional small amount of sesame oil" Continued. Address: Lafayette, California.

3220. Shurtleff, William; Aoyagi, Akiko. 1975. Tofu and yuba in China, Taiwan, and Korea: Doufu-ru (Continued–Document part II). In: W. Shurtleff and A. Aoyagi. 1975. The Book of Tofu. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. See p. 255-56, 262-64.

• ***Summary:*** Continued: "Other seasonings include anise, cinnamon, lemon juice, slivered lemon peel, tiny dried shrimp, and diced ham. Spiced, fermented tofu with five seasonings is called *wu-hsiang furu,* and a variety of fermented tofu called *hsia-tsu* doufu-ru is dried after brining, then sold in paper cartons.

"Red Doufu-ru (*Hung doufu-ru, Nanru,* or *Nanyu*)*:* This product is prepared in basically the same way as its white counterpart except that Chinese red fermented rice (*ang-tsao*) is added to the brining liquor (to give it a deep-red color, thick consistency, and distinctive flavor and aroma) and soy sauce is generally used in place of rice wine. The liquor may or may not contain minced peppers. Red doufu-ru is now available in the West packed in a hot red sauce in small (4- to 6-ounce) cans labeled Red Bean Curd. One popular variety is 'rose-essence doufu-ru' (*mei-kui doufu-ru, mei-kui hung nanru,* or *nanyu*), made in a brining liquor similar in appearance to ketchup and seasoned with small amounts of rose essence, caramel, and natural sugar. The seasonings lend a distinctive fragrance to any dish in which it is served. Red doufu-ru is especially popular in spicy hot sauces served with *nabe* dishes, meats, and fresh or even live 'dancing' shrimp.

"Tsao-doufu: Prepared by aging either fresh or molded tofu in rice wine and its lees (*chu-tsao*), this product has a heady alcoholic flavor and aroma. Green tsao-doufu (*ch 'ou doufu*), a popular Taiwanese food, is prepared in homes and marketplace stalls by placing pressed tofu squares into a crock containing sake less, crushed leaves, and a green mucor mold. After the tofu has fermented for 12 hours or more, venders peddle it in the streets. *Ch'ou doufu* means 'foul-smelling tofu.' While many Chinese themselves dislike its strong aroma and flavor, slippery texture, unusual color, and aftermath of bad breath, its devotees claim that once a taste is acquired for this unique food, it is for evermore regarded as a great delicacy.

"Chiang-doufu: Prepared by pickling firm cubes of tofu for several days in either Chinese-style miso (*chiang*) or soy sauce (*chiang-yu*), this product has a reddish-brown color and a salty flavor. In some cases it is dried briefly or fermented with mold before being pickled; sake lees are occasionally mixed with the *chiang.* This tofu often has much the same rich sweetness as Japanese Finger Lickin' Miso (p. 31). Chiang-doufu sauce (*chiang-doufu chih*) is prepared by mixing the pickled tofu with its pickling brine, then grinding the mixture until it is smooth; it is used as a condiment for Chinese lamb or beef dishes."

On page 262 are three illustrations of Doufu-ru, followed by 15 recipes for using doufu-ru and its brining liquor in the following recipe types: (1) Dressings, spreads, dips and hors d'oeuvre (8 recipes). Sauces, egg dishes and with grains (7 recipes).

The last recipe, Doufu-ru with hot rice (serves 2) states: This is the most popular way of serving doufu-ru in China. The dish is generally served for breakfast. Some people prefer to use the tips of their chopsticks to take a tiny piece of doufu-ru with each bite, whereas others like to mix the doufu-ru with the hot rice or rice porridge (*congee*) before starting the meal.

2½ cups freshly cooked Brown Rice or Rice Porridge (p. 50)

2 to 4 cubes of doufu-ru (white or red)

2 tablespoons thinly sliced scallions or leeks (optional)

"Place the hot rice in large individual serving bowls and top with doufu-ru cubes and, if used, sliced scallions.

Note: This book contains the largest number of recipes for using fermented tofu, seen (Oct. 2011) in any Western-language cookbook to date. Address: Lafayette, California.

3221. Shurtleff, William; Aoyagi, Akiko. 1975. Kinako (Roasted full-fat soy flour) (Document part). In: W. Shurtleff and A. Aoyagi. 1975. The Book of Tofu. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. See p. 64-66.

• ***Summary:*** This section begins: *"Kinako* is a tan or beige

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flour made by grinding whole roasted soybeans. It has a nutty flavor and fragrance and contains over 38 percent protein. Many of Japan's most popular confections are dusted with a light coating of sweetened kinako. These confections usually consist of a grain such as mochi (pounded glutinous rice), or steamed, pounded millet filled with an (sweetened adzuki bean paste). In the Kyoto area alone more than twelve popular confections are prepared with a covering of sweetened kinako. In a number of Japanese health-food treats (such as *kinako amé, gokabo, kokusen,* and *kankanbo*) kinako serves at the main ingredient; it is mixed with mizuame to give a chewy taffy-like texture and rich sweetness. We feel that kinako itself and a number of the following preparations–especially Kinako Butter, Kinako Candy, and Kinako Coffee–could be produced in cottage industries and sold commercially with excellent results. A delicious and inexpensive source of high-quality protein, kinako is generally sold in ¼-pound bags and used in small quantities."

Recipes include: Homemade kinako. Kinako butter [homemade soynut butter]. Creamy kinako butter. Kinako-peanut-sesame spread (with peanut butter and sesame butter). Kinako in brown sauces and roux. Kinako in breads and muffins. Sweetened kinako. Abekawa mochi (This is the most popular way of using kinako in Japan). Chinese-style kinako & peanut butter balls ("These sweet, almost crumbly delicacies are a favorite in China where they are sold commercially). Kinako candy (*Kinako amé* or *Genkotsu amé;* variations: *Kokusen* or *Kankanbo, Gokabo*). Kinako high-protein bars. Kinako coffee.

Kinako is also called for in a recipe for Abekawa-dofu (Frozen tofu rolled in sweetened kinako) (p. 237). Address: Lafayette, California.

3222. Shurtleff, William; Aoyagi, Akiko. 1975. Frozen and dried-frozen tofu (Document part). In: W. Shurtleff and A. Aoyagi. 1975. The Book of Tofu. Hayama-shi, Kanagawa-ken, Japan: Autumn Press. 336 p. See p. 226-37.
• ***Summary:*** Contents: Introduction. Dried-frozen tofu: Origin of tofu at Mount Koya some 750 years ago by a Shingon priest, how Koya-dofu is made Mt. Koya, dissemination to farms and villages, by the Edo Period (1600-1868) Koya-dofu was known throughout Japan, Takeda Shingen experiments with dried-frozen tofu in Nagano (no drying shed), history of tofu made in automated factories, discovery of ammonia, the largest factory today, how dried-frozen tofu is sold in Japan today.

Reconstituting frozen and dried-frozen tofu: Frozen tofu, dried-frozen tofu. Storing and cooking dried-frozen tofu. Homemade frozen tofu. Homemade dried- frozen tofu.

Recipes for dried-frozen tofu (25 recipes). Address: Lafayette, California.

3223. **Product Name:** Tofu.
Manufacturer's Name: Spartan Soy Products.
Manufacturer's Address: 1307 Cedar Hill Dr., East Lansing, MI 48823.
Date of Introduction: 1975. December.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 313.

3224. Li, Shih-chen. comp. 1975-1977. Shinchû kôtei kokuyaku honsô kômoku [Collected essentials of herbs and trees. Illustrated compendium of pharmacopoeia. Translation of the *Pen-ts'ao kang-mu* from the Chinese into Japanese by SUZUKI Shinkai under the direction of KIMURA Koichi]. Tokyo: Yoshundo Shoten. For tofu and fermented tofu see vol. 7, p. 224, 256, and Vol. 12, p. 177. [Jap]*
• ***Summary:*** The culmination of the materia medica tradition in Japan. Contains a very early reference to fermented tofu. Address: China.

3225. **Product Name:** Soft Tofu, Firm Tofu, Baked Tofu, Tofu Pudding, Soymilk.
Manufacturer's Name: American Food Co.
Manufacturer's Address: 800 S. Palm Ave. #5, Alhambra, CA 91803. Phone: 213-570-1620. Later 818-570-1620.
Date of Introduction: 1975.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address (800 S. Palm St.), and phone number. ("A Chinese-American shop").

Talk with a company representative. 1988. Aug. 24. Jackson Wu, the president, will be back in 2 weeks. The company started making tofu in about 1974 or 1975. They launched all their products from day 1.

Product with Label purchased in Chinatown, Oakland, California. 1992. Oct. 28. 5 by 4.5 inches. Transparent film on water pack tub. Red, orange, black, and white. "AFC finest quality foods. 100% natural. High in protein. High in calcium. No cholesterol. Keep fresh. Change water. Keep refrigerated." Ingredients: Soybean, water, calcium sulfate. 4 pieces (of tofu). 19 oz. UPC indicia.

Talk with Raymond Lee. 1993. Oct. 13. Wy Ky's foreman for many years was Yep Wing. One day the owner of Wy Ky had a conflict with Mr. Wing, so Mr. Wing left and helped to start American Food Co., taking many company secrets with him.

3226. Berra, Ruben; Pontecorvo, A. 1975. The soybean and its nourishing properties for the rural areas of Mexico. In: Proceedings of the Second Latin American Seminar on Food Science and Technology. Vol. 1. See p. 103. (Campinas, Sao Paulo, Brazil). *
Address: National Univ. of Mexico, Mexico City (UNAM).

3227. Chen, Wen-liang; Wang, F.J.; Huang, F.M.; Wang,

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I.K.; Chu, S.H.; Wang, C.Y. 1975. Po mo chuang tan pai shih p'in, tou fu p'i, chih tsao fang fa chih yen chiu [A study on the process of protein-lipid film food manufacturing]. *Shih P'in Chia Kung* (*Food Processing*) No. 45. 16 p. [10 ref. Chi; eng]

• ***Summary:*** "An automatic continuous method for producing soybean protein-lipid film was developed successfully in a pilot plant scale experiment. Sodium alginate at the level of 0.6% by weight was added into soybean milk. After mixing thoroughly and deaeration, the mixture was extruded through a narrow slit into a flow channel of calcium chloride solution (5%), and coagulated to form a thin film immediately. This film was different in physical properties from the traditional product. Using this film some kinds of delicious Chinese foods, such as pan-fried protein-lipid film, egg rolls and vegetarian chicken meat could be prepared." Address: China.

3228. Inoue, Tatsu. 1975. Kôri-dofu no chozô-chû no henka ni tsuite. II. Kona-jo kôri-dofu no abura to bônan-sei no henka [Changes in dried-frozen tofu during storage. II. Changes in oil, swelling, and elasticity of powdered dried-frozen tofu]. *Kagawa Daigaku Kyoiku-gaku Kenkyu Hokoku* 25(2):121. [Jap]*

3229. **Product Name:** [Sasa-no-Yuki brand Buro-Dofu (Sealed Lactone Silken Tofu)].
Manufacturer's Name: Morinaga Milk Industry Co., Ltd.
Manufacturer's Address: Shiba 5-33-1, Minato-ku, Tokyo 108 Japan.
Date of Introduction: 1975.
Wt/Vol., Packaging, Price: 10.5 oz Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 5.25 oz: Calories 80, protein 7 gm, carbohydrate 4 gm, fat (45% of calories) 4 gm, sodium 40 mg.
New Product–Documentation: Talk with S. Ikegami. 1981. Jan. 14. This product was introduced before the law protecting small tofu makers in Japan was passed in 1976.

Note: This is the earliest commercial tofu product seen made by Morinaga.

3230. **Product Name:** Nomura Tofu.
Manufacturer's Name: Nomura Tofu Co.
Manufacturer's Address: 2219 N. Clark St., Chicago, IL 60614. Phone: 312-935-9766.
Date of Introduction: 1975.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Nomura Tofu Co., 3255 N. Holstead, Chicago, Illinois 60614. Phone: 312-525-3823. Owner: Mr. Nomura.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Ken Nomura.

Chicago Tribune. 1979. "Chicago's tortilla baker, tofu maker, and more." Sept. 27. p. W-B3, S_A3, N_B3. For tofu, visit Nomura Company, 2119 N. Clark St., Chicago, Illinois. "The creamy white, smooth curd made from soybeans is prepared daily by the family that runs this 5-year-old business."

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Address: 2119 N. Clark St., Chicago, 60614. Note the confusion between Nomura Tofu Co. and Chicago Tofu Co. Owner: Ken & Seiichi Nomura.

Shurtleff & Aoyagi. 1983. Soyfoods Industry & Market. Gives starting year as 1975. Soya Bluebook. 1983. p. 78. Address: 2904 W. Fullerton Ave., Chicago, Illinois 60616. William Woo, President.

3231. Norinsho. 1975. Tôfu seizogyô no jittai to tenbô [The Japanese tofu industry: Present status and outlook (Brochure)]. Tokyo: Norinsho. 4 p. [5 ref. Jap] Address: Tokyo, Japan.

3232. **Product Name:** Tofu: (Soybean Cake) [Hard, or Japanese Style].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1975.
Ingredients: Soybeans, water, calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz. Japanese Style/Hard: Calories 70/100, protein 8/9.7 gm, carbohydrate 9/11.5 gm, fat 0.18/1.5 gm. Percentages of U.S. RDA: protein 11.5/16, calcium 10/15, iron 9/12.
New Product–Documentation: Labels. 1975, dated. 5.25 by 4.25 inches. Clear plastic. Hard is red on yellow. Japanese style is green on yellow. Both on clear film. "Since 1906. Use with: Eggs, Hamburger, Soups, Casseroles, Vegetable Dishes, Plain.

Note: This is the earliest commercial tofu product seen whose texture is described by the word "Hard." The "Hard" refers to Chinese-style tofu.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry," p. 69. The company now makes about 30,000 lb/week of tofu. They make plain tofu in the firm and soft forms, tofu burgers, dressings, cutlets, and baked tofu.

3233. Shitomi, Hanao; Ouchi, Mayumi. 1975. Tôfu ni tsuite [About tofu]. *Seitaku Gakuen Tandai Kiyo* No. 8. p. 117. [Jap]*

3234. Shurtleff, William. 1975. Famous and fine tofu

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restaurants in Japan. Higashi-Oizumi, Nerima-ku, Tokyo, Japan. Unpublished manuscript.
• ***Summary:*** Contains detailed descriptions (with address and recipe names based on visits) of Sasa-no-Yuki (Tokyo), Goemon (Tokyo), Hisago (Tokyo and Kamakura), Sanko-In (Tokyo), Shinoda-Zushi (Tokyo, Inari-Zushi), Tofuya (Tokyo), Otako (Tokyo, Oden), The Natural Food Center (Tokyo, Macrobiotic restaurant), Dengaku (Kamakura Dengaku Cuisine), Okutan and Junsei (Nanzenji, Kyoto, Simmering Tofu), Nakamura-Ro (Niken-jaya, Yasaka-Jinja, Kyoto, Kaiseki, chef Shigemitsu Tsuji), Rengetsu (Kyoto, Tofu cuisine), Izusen (Kyoto), Takacho (Kyoto, Oden), Sorin-An (Kyoto, Yuba cuisine), Seizan Sodo (Arashiyama near Kyoto), Sagano (Arashiyama), Nishiki (Arashiyama), Ohara (Arashiyama, Simmering tofu and Kaiseki), Takemura (Arashiyama, simmering tofu and kaiseki), Haku-Un-An (Manpuku near Uji, Fucha-Ryori).

A condensed version of this was published in The Book of Tofu. Address: Tokyo, Japan.

3235. **Product Name:** Aburage (Deep-Fried Tofu Pouches).
Manufacturer's Name: Teruya Tofu Factory.
Manufacturer's Address: 1830 Mill St., Wailuku, Maui 96793. Phone: 808-244-5313.
Date of Introduction: 1975.
How Stored: Refrigerated.
New Product–Documentation: Hawaii Directory of Manufacturers. 1975. p. 11.

3236. **Product Name:** Tofu.
Manufacturer's Name: Tofu Shop (perhaps Chinese Run).
Manufacturer's Address: Avenue Road, Toronto, ONT, Canada.
Date of Introduction: 1975.
New Product–Documentation: Talk with Martha Gifford Thompson of Rochester Zen Center. 1989. April 11. Once or twice she visited a small tofu shop on Avenue Rd. in Toronto. It was not Japanese and probably not Korean. It may well have been Chinese run. This company had a name. They sold other products besides soy. Zensen, her former husband, might know more, about this shop.

3237. Aoki, Hiroshi. 1975. Daizu no kenkô-hô [The way to health using soybeans]. Tokyo: Arrow Shuppansha. 206 p. [Jap]
Address: Japan.

3238. Bragg, Paul; Bragg, Patricia. 1975. Hi-protein meatless health recipes: With history and reasons. Desert Hot Springs, California: Health Science. 184 p. Illust. No index. 21 cm.
• ***Summary:*** A vegetarian cookbook. Whereas Paul Bragg used to advocate moderate amounts of meat and fish in the diet, he now advocates a meatless / vegetarian diet. These recipes are free of salt and sugar. On the cover the word "Meatless" appears in large bold letters.

Contents: Total health for the total person. Food for thought (sayings). Introduction, by Patricia Bragg (p. 1-9. Strongly advocates a vegetarian diet. Your health food store can substitute for your meat market. Cured meats may cause cancer. Animal fats can be harmful. Vegetarian gourmet cookery). Abundant protein without meat: An arduous journey without meat (Guatemala), health and vitality in Africa's Atlas Mountains [Berbers in Morocco, Algeria, and Tunisia], Arab vegetarians in the Sahara desert, India produces many strong people on a vegetarian diet (incl. Gandhi, yogis. Paul was Gandhi's friend, and they hiked together over miles of hot, dusty roads in India), 175 years of vegetarianism in England (George Bernard Shaw, Bragg's personal friend, lived into his 90s), great vegetarians of the past, fruitarians–a type of vegetarianism, vegans–another type of vegetarian, lacto-vegetarians–the most popular type, vegetarians excel as athletes, degenerative diseases in an affluent society, animal proteins and fats connected with cancer, our malnourished youth, young people are awakening to the importance of good nutrition, a meatless diet must avoid protein deficiency, human individuality, 300,000 retardants born each year in the U.S., how to solve your nutritional problems, how much protein does the body need, protein-hungry hair, sprouts a tremendous source of vegetable protein (incl. soybean sprouts), you must have all the amino acids, vegetarian foods that are rich in amino acids (incl. peanuts, soy beans), B-12 supplement essential in vegetarian diet (soy beans have traces), raw fresh wheat germ also essential in a vegetarian diet, how I discovered the nutritional value of raw wheat germ, combine good nutrition with exercise, brewer's yeast as a vegetable protein–plus, buckwheat leads all grains in protein, buckwheat also rich in minerals and vitamins, here's how to serve buckwheat, use no salt!–its harmful, herbs and garlic add nutrition plus beautiful flavors, the Chinese Restaurant Syndrome, no nutritional value in MSG, Bragg Liquid Aminos (ad, p. 44; many of the recipes in this book call for Bragg Aminos).

Mushrooms an ancient nutritional delicacy. Mushrooms and mushroom recipes. Sesame seeds and recipes. Tahini and recipes. Hulled millet and recipes. Barley and recipe. Chinese yogurt or tofu (and 4 recipes). Suggestions for using Bragg Liquid Aminos (ad, p. 66).

Note: This is the earliest document seen (Aug. 2011) that contains the term "Bragg Liquid Aminos." Mexico gives us delicious meatless protein dishes. History of corn. Soybeans. Appetizers. Salads and dressings. Soups important in vegetarian diet. Vegetables. Casseroles. Entrees (incl. Soybean loaf). Egg and cheese dishes. Health beverages. Pineapple holds the secret of protein-digesting enzymes (smoothie recipes). Breads and grains. Sandwiches and fillings. Spreads. Health desserts (incl. Zesty protein confection {with 2/3 cup soy powder [protein isolate]}). Hi-protein carob brownies (with ½ cup soybean powder).

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The Bragg travel diet (he takes along his own meatless food). Sickness is expensive (between 1950 and 1979, medical costs in the USA increased 1,568%). Very little money spent on preventive medicine. "Getting old"–True or false? (False, no part of the human body is more than 7 years old, and our blood is replaced every 90 days). When you are healthy–you are happy! Individuals can extend their lives by natural living (examples of Vilcabamba in Ecuador, the Hunza in West Pakistan, and people in the highlands of the Soviet Caucasus; all eat very little meat). Natural diet ad exercise the secret of agelessness. Exercise improves circulation to all parts of the body. Why should man die? Man is not originally carnivorous (physiology and anatomy of the human body). The meatless way of eating is simple. What is a balanced diet? Easy method to balance your nutrition. Modern nutrition confuses even so-called experts (but is basically simple. Paul was "born and reared on a large farm in Virginia." They grew practically all their own foods and had their own gristmill). Health is easiest and safest way. Your body is your closest companion (Be careful about what you eat. The greatest thing in life is energy). Our personal message to you. Protein research data. Protein and calorie counter (a table showing calories, protein, and usable protein for many basic foods). Life's greatest treasure is radiant health. Your health food store: The specialist that is different (list incl. 3 Bragg products). Let your health food store be your meatless butcher shop. Food for thought (p. 182-84; quotations, most have the author given). From the authors ("This book was written for You... We Professional Nutritionists join hands in one common objective... Scientific Nutrition points the way–Nature's Way–the only lasting way to build a body free of degenerative diseases and premature aging..."). My favorite recipes (mostly blank page).

Advertisements: (1) Send for important free health bulletins. (2) Bragg live longer, live stronger self-improvement library (list of 25 books by Bragg, with prices).

From the authors. Brief biography of Patricia Bragg (on unnumbered page at end of book), Ph.D., Nutritionist, beauty and health consultant. Advisor to world leaders, glamorous Hollywood stars, singers, dancers, athletes. Lecturer and author (She says she is the daughter of Paul C. Bragg. An accomplished musician, dancer, tennis player, swimmer, and mountain climber. The youngest woman to ever have been granted a U.S. patent. Graduate of the University of California. Lists her famous clients).

The section on "Chinese yogurt or tofu" (p. 61-65) notes that many years ago, while Bragg was an associate editor of Bernarr MacFadden's famous *Physical Culture* Magazine, he "made one of the greatest nutritional discoveries" of his life. Macfadden asked Bragg to travel to Manchuria, a long and arduous trip, to study these people well known for their tremendous vitality, energy and health. He was well rewarded, for there he "discovered the magic of the soybean, the most potent of vegetable high-protein foods." He found that Manchurians eat low on the food chain, make soy milk and tofu. Tofu is sold in food stores throughout Hawaii, where he lives. Tofu is related to spun soy protein. He gives recipes for: Chop suey with tofu. Vegetable casseroles using tofu. Tofu casserole supreme. Tofu & scrambled eggs.

The section titled "Soybeans" (p. 73-81) has the following contents: Herbs to savor soybeans (21 herbs). Soybeans (introduction). How to make soybean sprouts. Soybean recipes. Green soybeans. How to cook dried soybeans. Method for cooking beans. Soy milk. Soybean cheese (made by allowing soy milk to curdle in a warm place, without using a coagulant). Soybean casserole. Soybean and vegetable stew. Sauteed soybean sprouts and onions. Boston baked soybeans. Stuffed peppers with soybeans. Soybean sprouts en casserole. Soybean-rice loaf. Baked soybean croquettes. Soybean patties with tomato sauce. Soybean loaf (with soybean pulp [cooked, ground soybeans]). Stuffed soybean peppers.

Photos show: (1) Jack LaLanne, Patricia Bragg, Elaine LaLanne, Paul Bragg, standing together. (2) "Paul C. Bragg, N.D., Ph.D., Life Extension Specialist," in Hawaii, standing and smiling in front of tropical plants (facing p. 1). Note: This is the earliest document seen (April 2010) in which it is claimed that either Paul C. Bragg or Patricia Bragg have Ph.D. degrees. When and from where did they get them?

(3) "Paul C. Bragg and daughter Patricia" (p. 1). (4) Paul Bragg with the members of the "Longer Life, Health and Happiness Club" at Fort DeRussy on Waikiki Beach, Honolulu, Hawaii (p. 89). (5) "Paul Bragg and daughter Patricia" standing by the railing of a ship. They travel the world gathering health recipes (p. 156). (6) Paul Bragg and his daughter, Patricia, dressed in workout suits, running in place. and looking very healthy, happy, and energetic. They "carry out a vigorous morning exercise program every day and keep in peak physical condition" (p. 160). (7) Paul C. Bragg and Duncan McLean, age 83, England's oldest champion sprinter, running together in London's Regent' Park (p. 162). (8) Paul Bragg standing on Waikiki Beach with six female members of the Longer Life, Health and Happiness Club; all have both hands raised high (p. 171). Address: Health Science, Box 477, Desert Hot Springs, California 92240.

3239. Cerne, Vasili; Sintes Pros, Jorge. 1975. La soja: Su cultivo, su exceptional valor nutritivo y sus virtudes dieteticas y curativas [The soybean: Its cultivation, its exceptional nutritive value, and its dietetic and curative virtues]. Barcelona, Spain: Editorial Sintes. 224 p. Illust. Series: Biblioteca Naturista. [Spa]

• ***Summary:*** Contents: Introduction. 1. Origin and general information. 2. Botanical characteristics. 3. Species and varieties. 4. The soybean plant's nitrogen-rich nodules. 5. Surroundings and soil. 6. Preparation of the terrain. 7. Selection. 8. Planting and germination. 9. Cultural care.

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10. Crop rotations using the soybean. 11. Intercropping with soybeans. 12. Harvesting the pods. 13. Harvesting the soybean as forage. 14. Yields. 15. The red beetle (*el coleóptero rojo*, family *Elateridae*). 16. Soy oil: Lecithin and soy oil extraction using the Hansa-Muehle system. 17. Soya (*la soja*), the exceptional food: Soya in human nutrition, nutritional composition of the seeds, minerals and vitamins in soya, soya in the kitchen, soy sprouts, soymilk, soy casein, curds and soy cheese (*requesón y queso de soja*), soy flour, soy bread, defatted soy flakes? (*copos de soja*), soy meat (*carne de soja*), soy sauce. 18. The dietetic and therapeutic value of soya: Soya–the vegetable meat, soy proteins, soy oil, soy carbohydrates, digestibility, therapeutic uses, summary of properties and indications, soya in the macrobiotic diet. Appendix: A revolutionary food: The bread of Soyuva (3,600 calories, in existence by June 1974).

"In 1917 soybeans started to be cultivated in Spain thanks to the efforts of an architect from Tortosa, don Juan Abril Guanyabens, who was sick with diabetes. His physician, Dr. Maneget, director of the resort Caldes de Malavella (Gerona) had recommended this new food to counteract his diabetes. The magazine *Consejos para Vivir* (Advice for Living) stated in its issue no. 106 of March 1971 that the above-mentioned doctor, in 1918, published an article on the spectacular results of this plant and its healthy nutritional effects in the Barcelona periodical *La Veu de Catalunya."*

"In about the 1930s a Spanish farmer grew soybeans and found himself with big difficulties in selling the harvest, even though in other countries it was produced and consumed in huge quantities, due to its high nutritional value, its richness of protein, and its ability to enrich the soil with nitrogen. Nonetheless, there is no doubt that the cultivation of this plant can also provide Spain with substantial economic benefits.

"For this reason in 1934 the Ministry of Agriculture, as indicated by the engineer from Montes, don Juaquín Martín Laplaza, in an interesting work, gave 4 kg of seeds to the Division of Hydrology and Forests (*División Hidrológica Forestal*) to that the latter would conduct the appropriate tests concerning the cultivation of this plant. This was done, and care was taken to vary the locality, type of soil and terrain, climate, and irrigation.

"The locations chosen were: (1) a nursery in the mountains of Prades, between the city of Montblanch and the town of Rojals (province of Tarragona); (2) the city of Seo de Urgell, and (3) in la sierra del Cadí. These test plots were set on the outermost edges of the agricultural pastures and near the forest areas of high altitude, the very areas most likely to be unfavorable for growing soybeans." But despite this, the soybean plants gave good yields of both seeds and forage (p. 6-8). Address: Spain.

3240. Circle, S.J.; Smith, A.K. 1975. Soybeans: processing and products. In: N.W. Pirie, ed. 1975. Food Protein Sources. Cambridge, London, New York, Melbourne: Cambridge University Press. xx + 260 p. See p. 47-64. [88 ref]
• ***Summary:*** Contents: Introduction. Agronomy: Varieties, cultivation, yields. Soybean composition. Protein nutritional value. Traditional processing into nonfermented foods: Soybeans as a table vegetable ("cooked green soybeans. "Certain large-seeded varieties are often referred to as 'garden' or 'vegetable' type soybeans in contrast the better known {smaller seeded} 'field' type"), soy milk, tofu (soybean curd), yuba, kinako, salted soybeans, soybean sprouts. Traditional processing into fermented foods: Miso and shoyu, tempeh. Others (p. 55) include: natto, hamanatto, sufu (soy cheese), tao-tjo, kochu chang, ketjap, ontjom, and yogurt-like products.

Contemporary processing without defatting: 'Debittering' by aqueous treatment, whole bean processing, full-fat flour ("Extrusion cooking to produce full-fat soybean flour has received considerable attention"), soy milk and curd. Contemporary defatting processes: Defatting by aqueous processing, defatting with organic solvents, composite flour ("Substitutes or extenders for wheat flour in baked goods and pasta products are termed 'composite flours,' whether or not they contain some wheat." Many of these include soy protein products), soy flours, protein concentrates, protein isolates and textured soy products (Based on "protein fractionation after hexane defatting of soy meal." Recipes for using soy protein products in foods are available from several publications–which are listed). Address: Anderson Clayton Foods, W.L. Clayton Research Center, 3333 Central Expressway, Richardson, Texas 75080.

3241. Friedman, Mendel. ed. 1975. Protein nutritional quality of foods and feeds. Vol. 1, Part 2: Quality factors–plant breeding, composition, processing, and antinutrients. New York, NY: Marcel Dekker. xx + 674 p. Illust. Subject index. Author index. 24 cm.
• ***Summary:*** Soy is mentioned on the following pages: 46 (biological value), 164-82 (soy protein concentrate), 233 and 239 (soybean meal), 280-85 (soybean meal), 424 (soy flour), 442 (whey enrichment of soy), 464 (whey beverage with soy), 494 (tofu, urease), 507 (soy milk, soy proteinases), 527 (soy protein isolates), 528 (soy fiber, soy flour), 540 (soy protein–phytic acid complex), 595 (alkali treatment, tofu). Address: Western Regional Research Lab., ARS, USDA, Berkeley, California.

3242. Gin, Margaret; Castle, Alfred E. 1975. Regional cooking of China. San Francisco, California: 101 Productions. 192 p. Illust. Index. 21 x 21 cm.
• ***Summary:*** This book is filled with lovely woodcuts from the Horace Carpentier Collection, East Asiatic Library, University of California, Berkeley. Only 11% of China's land area is arable compared to 80% in the USA, yet today

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its population, mostly squeezed into the eastern third of the country, is four times that of the United States. The best soy sauce in China comes from Fukien [Fujian] and Amoy. The Classic of Mandarin cuisine reached its zenith around 1800, when Yuan Mei wrote volumes about food; these are still considered to be definitive studies of Chinese gourmet cooking in the Mandarin style. There is one entire chapter titled "Bean curd" (p. 57-63).

The book also contains recipes for: Fuzzy melon soup with bean curd (p. 37). Seaweed soup with bean curd (p. 41). Bean curd soup (p. 42). Ma Po bean curd (Szechwan, p. 59). Stir-fried vegetables with black bean sauce (with "2 tablespoons fermented black beans, rinsed and mashed, 1 slice ginger root, minced, 1 garlic clove, minced,..." p. 90). Stir-fried vegetables with fermented bean cake (fermented tofu, p. 91). Braised soybean sprouts (Shanghai, p. 96). Clams with black bean sauce (with fermented black beans, rinsed and mashed, and slices of ginger root, minced, p. 109). Braised fish with fried bean curd (p. 115).

The glossary (p. 178-84) defines: Bean cake, fermented, and fresh (2-inch squares, 1 inch thick). Bean curd cheese, red (nam gooey). Bean-curd cake, deep fried. Bean-curd sheets or sticks, dried [yuba] ("Creamy beige-colored thin sheets. Used for vegetarian (Buddhist) dishes congee or as substitute for egg roll skins. Stick form is used mainly for soup... Always soak in warm water to make pliable before proceeding with recipe"). Bean curd, sweet ("Comes in dried, flat sheets, about 6 inches by 1½ inches. Mocha in color; no sweet taste"). Bean paste, hot. Black beans, fermented (= Fermented black beans. "Small black beans preserved in salt. Very pungent and moist. Almost always used with garlic and ginger in sauces. Rinse with warm water and mash before using. Purchased in plastic bags by weight in Oriental markets"). Brown bean sauce ("Also known as yellow bean sauce and ground bean sauce"). Fish soy. Hoisin sauce ("Thick, smooth, dark reddish brown sauce made from soybeans, spices, sugar, chili and garlic. Mildly sweet in flavor"). Soy sauce (light vs. dark with caramel added). Address: San Francisco, California.

3243. Goulart, Frances Sheridan. 1975. Bum steers: How and why to make your own delicious high protein mock meats, fake fish & dairyless desserts, and avoid useless calories, cholesterol, sodium nitrate, salmonella, trichinosis & high prices. Old Greenwich, Connecticut: Chatham Press. 205 p. Illust. Recipe index. 21 x 19 cm.

• ***Summary:*** This vegetarian cookbook, interspersed with many well-selected anti-meat quotations, describes how to make meatless meats and milk-free dairylike products at home. Contents: Introduction. On the block: Major mock-meat-making supplies. Vegebutchering: Master mock-meat recipe file. Bogus beef. Pseudo pork. Unreal veal. Sham lamb. Con game. Phony poultry. Fake fish. Un-innards. The vege-deli. Mocking up: General dishes. The mock crock. On the side. Dairyless desserts. Steerage (sources of unfamiliar ingredients).

Chapter 1 begins with an introduction to and nutritional composition of tofu, followed by the soybeans, gluten flour, other legumes, etc. Under "Flavors enhancers" are listed soy lecithin granules or flakes, miso, yeast extract (marmite), soy sauce and tamari, and Worcestershire sauce. Chapter 2 contains recipes for making gluten, tofu, grainola (with soy grits), a stock with miso for non-meat dishes (p. 32), mock milk I (made with soy flour), mock milk II (made with raw cashews or almonds), mock (soy) butter (made with soy flour), and mock cream (with soy flour and soy cream), and mock yogurt (with cashew nuts and soy yogurt culture).

Note: This is the earliest document seen (Sept. 2012) that mentions a non-soy, non-dairy yogurt–in this case one made with cashew nuts. A sampling of the many other soy-related recipes include: Moo-less ragout (with tofu, soy sauce, and soy butter, p. 43). Vegetarian rolladen (with cooked ground soybeans, p. 52). Good red meat (with gluten or tofu, p. 53). Greenbutcher's meatballs (with tofu, p. 57). Mock Mac I (burger with soybeans, p. 64-65). Pineapple pig (with tofu, p. 72). Half-calf (with tofu, p. 79). Surrogate salami (with "bean pulp (residue from making Tofu)" [okara], p. 125). Bumsteads: Two burgers for meat-totalers (with tofu, p. 131). Meatless mincemeat (p. 142). Soybean mustard (with soy sprouts, p. 165). Cow tow: Cowless milk candy (with soy milk powder). Jersey bounce: A moo-juice-less junket (with soy milk, p. 184). Bum bombe: Egg-less, cream free (with soy cream, p. 184). Two 100% vegetarian ice creams: Eggless, milkless (with soy powder, p. 186).

Many recipes also contain wheat gluten: Charisma: Char-broiled bum steers (p. 48). Pig-less pork sausage (p. 70-71). Roast loin of veal (p. 80). Fake steaks: Two sham schnitzels (p. 80-81). Vegetarian cutlets (p. 82). Mocking birds I (p. 83). Fruit stew (p. 86). Sham lamb (p. 89). Sham lamb curry (p. 91). Bum bunny (p. 97). Sweet breads (p. 121).

Aduki beans are used in Moo-less rice pudding (p. 183). Sources of ingredients include: Walnut Acres, Penns Creek, Pennsylvania 17862 (herbs, spices, oils, whole grains, flours, seaweeds, etc.). Erewhon Trading Co., 342 Newbury St., Boston, Massachusetts 02115 (seaweeds and general goods, grains, beans, vegetables, seeds, etc.). Shiloh Farms, Route 59, Box 97, Sulphur Springs, Arkansas 72768. Arrowhead Mills, Box 866, Hereford, Texas 79045. Dynamic Nutritional Products, P.O. Box 528, North Hollywood, California 91603 (Milk-free yogurt culture. Trade names: Soyadophilus and Theradophilus).

Sample quotation: "... traditional American reliance on meat, particularly beef, is perhaps the single largest inefficiency in world dietary patterns..."–*New York Times* Oct. 25, 1974. Address: Wilton, Connecticut.

3244. Kloss, Jethro. 1975. Back to Eden. Santa Barbara,

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California: Woodbridge Press. xx + 684 p. Illust. Index. 18 cm.
• ***Summary:*** After the copyright for the original 1939 edition of *Back to Eden* expired in 1967, the Kloss family, because of a complex set of circumstances, neglected to renew it. The book then went into the public domain. Woodbridge Press decided to publish it as a facsimile edition, but with pages xiii–xx of the front matter containing a new chapter titled "Jethro Kloss–the man and the legend" by Promise Kloss Moffett." It was billed on page 1 of that chapter as "An exclusive feature only in this Kloss family edition. An intimate, personal account by his daughter." This chapter contains four photos: (1) "Jethro Kloss in his early years of teaching and healing." (2) "Jethro Kloss with Amy, his second wife, in Minnesota with his daughter, Promise; her daughter, Mabel; and their first child, Lucille." (3) "Jethro Kloss operating men's hydrotherapy treatment room at Home Sanitarium." He is dressed in a sort of white togo; a patient is inside a large cylindrical chamber (resembling but larger than a 55-gallon drum with a horizontal axis) apparently filled with steam. (4) Labeling and packing cereal foods in Kloss' Tennessee manufacturing operation. On the cover of the paperback edition they put the famous Michelangelo scene from the Sistine chapel of God reaching out to touch Adam's extended finger, thus transmitting the gift of life. New text was added to the cover: "The complete text. A public domain edition. Not authorized by the Kloss family. The classic Back to Eden belongs to the public. There is 'provision in Nature for all the ills of man... and a remedy for every disease.' The secrets of Natural Healing made plain by the preeminent leader of the natural health movement. Herbs, foods, treatments. World's best-known health book!"

On the cover of the hardcover edition was written "The Kloss family heirloom edition. The classic guide to herbal medicine, natural foods, and home remedies. The copyright page stated: "Copyright 1972, 1973, 1974, 1975 by Promise Kloss Moffett, Eden Kloss, and Doris Gardiner.

On the title page was written: "With exclusive features only in this Kloss family edition. American herbs for pleasure and health: natural nutrition with recipes and instructions for living the Edenic life."

For the bitter-sweet story of how this book came to be published, see interview with Doris Kloss Gardiner (Nov. 1990).

3245. Laulima, Hui O. 1975. Okinawan cookery and culture. Hawaii: Published by the Author. 187 p. Illust. 22 cm. *
• ***Summary:*** Contains several tofu recipes.

3246. Lin, Hai-yin; Hsia, Tsu-mei; Hsia, Tsu-li. comps. 1975. Chung-kuo toufu [Chinese tofu]. Taipei, Taiwan: Wen-hsüeh ch'u-pan-she. 249 p. No index. 19 cm. First ed. 1971. Ch'un-wen-hsueh Press. [Chi]
Address: Taiwan.

3247. Nori kenkô-hô [The way to health through nori]. 1975. Tokyo: Mainichi Newspaper Publishing Co. [Jap]*

3248. Pearson, Janice; Pearson, Alan. 1975. Light & life cookbook: A new age adventure in natural foods. Forty days of menus and recipes for a transition to balanced vegetarian dieting. Los Angeles, California: Astara. 306 p. Illust. Recipe index. 23 cm. Created with Earlyne Chaney. Series: Astara's Library of Mystical Classics. [20 ref]
• ***Summary:*** Soy-related recipes include: Tamari dressing (p. 119). Soybean barley soup (p. 221). Savory tofu casserole (p. 223). Miso broth (p. 286). Address: Santa Cruz, California.

3249. Pontecorvo, A.J. 1975. La Soya y sus aplicaciones alimenticias en favor de las areas rurales de Mexico [The soybean and its applications as food for the rural areas of Mexico]. BSc thesis, National Autonomous University of Mexico (UNAM). [Spa]*
Address: National Autonomous Univ. of Mexico (UNAM).

3250. Random House College Dictionary. Revised ed. 1975. New York, NY: Random House Inc. xxxii + 1568 p. With thumb cuts. Illust. 24 cm.
• ***Summary:*** None of the following soy-related words appears in this 1975 edition: "bean curd," "bean paste," "miso."

Note 1. That is about to change.

Note 2. This College Dictionary is "based on The Random House Dictionary of the English Language–The unabridged edition."

3251. Roig y Mesa, Juan Tomas. 1975. Diccionario botánico de nombres vulgares Cubanos [Botanical dictionary of Cuban vernacular names]. Havana, Cuba: Editorial Pueblo y Educación. Illust. 20 cm. [Spa]*
• ***Summary:*** The soybean (Soya) was introduced to Cuba in 1904 by the EEA (*Estación Experimental Agronómica de Santiago de Las Vegas*, currently INIFAT, the Experimental Agronomical Station) from the USA, but it was possibly already found in the Isla de la Juventud, used by the Japanese to prepare a kind of cheese called 'tofu.' (*dau phu* in Vietnamese).

Note 1. This document contains the earliest date seen for soybeans in Cuba (1904), or the cultivation of soybeans in Cuba (1904 or 1904; one of three documents). The source of these soybeans was the USA.

Note 2. Although these soybeans were introduced in 1904, they may not have been cultivated until 1905 (see Cruz 1906).

Note 3. The author was born in 1877. The 1st edition was published in 1928 (3 vols, 48 plates).

3252. Rombauer, Irma S.; Becker, Marion Rombauer. 1975.

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Joy of cooking. Indianapolis/New York: Bobbs-Merrill Co. 915 p. Illust. by Ginnie Hofmann and Ikki Matsumoto. Index. 25 cm.

• ***Summary:*** One of the great American cookbooks. A classic and an all-purpose cookbook, this is the last edition revised by Marion Rombauer Becker. Soy-related recipes and descriptions include: Soy or lima bean casserole (p. 255-56). Soy cakes ("patties" of mashed cooked soybeans, rice, vegetables and eggs, rolled in sesame seeds and sauteed, p. 256). About fresh beans–edible soy beans (p. 284-85, with illustration {line drawing}). Green soybeans (cooked, p. 286; "Use the edible vegetable type, not field varieties of beans"). Low-fat tofu dressing (p. 369). About vegetable and nut milks: These are all nutritionally inferior to animal milks, "as their protein is of lower biologic value and their vitamin content is different." Almond and walnut milks have long been known in Europe. Native Americans used hickory and pecan milk. These milks, and coconut milk, with their delicate, fragile flavors "are a great delicacy in sauces and puddings." Gives recipes for almond milk, soybean milk (p. 534-35). Soybean curd or tofu (homemade, p. 535; "For other suggestions, see *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi). Soybean paste or extender (cooked soybeans pressed through a colander, p. 535). Alternate or engineered foods (p. 535-36; textured vegetable proteins, "TVPs," CSM, WSB). Soy flour (p. 549). Soy meal (p. 549-50; coarser than flour). About seeds, grains, beans and peas–Roasted soybeans (p. 564). About commercial sauces–Soy sauce and shoyu (p. 574). Soy whole wheat bread (with soy flour, p. 608).

In the long, excellent section titled "Know your ingredients" (p. 519+), under "The capers and caperlike buds and seeds" (p. 580) we read: "Similar in Use are Chinese fermented black beans, or *toushi*, which are available in cans;..."

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Chinese fermented black beans" or the word "toushi" to refer to fermented black soybeans.

As of April 1996 the book has not been revised since 1975. It is now a Scribner book published by Simon & Schuster. Hardcover price: $24.00. Address: Jennifer Becker, 38537 S.E. Hudson Rd., Sandy, Oregon 97055.

3253. Silverstein, Alvin; Silverstein, Virginia B. 1975. Beans: All about them. Englewood Cliffs, New Jersey: Prentice-Hall, Inc. 86 p. Illust. by Shirley Chan. Index. 22 cm. Summarized in Soybean Digest, Sept. 1975, p. 43. [7 ref]

• ***Summary:*** This excellent book for children discusses beans in legend and history, how to grow them, and their future as a low-cost protein supplement. Includes experiments, bean recipes, and games.

Contents: Beans. The story of beans. The history of beans. Beans in legend and lore. The life story of the bean. Kinds of beans. Beans in the garden and the marketplace. Beans for the future. Fun with beans. Beans for good eating.

Page 2: "Kuan Yu, a great war god in Chinese folktales, was a bean curd [tofu] seller in his youth."

Pages 12-13, a brief (and partially accurate) history of the soybean, begin: "Soybeans are native to eastern Asia. The oldest written records of them date back to 2838 B.C. [sic], when Emperor Shen Nung of China wrote a description of the plant." Also mentions: The five sacred grains, soybean "milk," tofu, yuba, [soy] sauces, soybean paste, soybean sprouts, soybean oil, Engelbert Kaempfer, first introduced "to the United States around 1800 when a ship brought some to Philadelphia [Pennsylvania], Commodore Perry (1854), USDA tested about 10,000 different kinds. Now soybeans are the number one U.S. cash crop, accounting for more then 75% of the world's soybean supply. Soybeans are used as foods for humans (in the form of oil, flour, soy sauce, "milk substitutes, and meat substitutes and 'extenders'") and feeds for animals. They are also used in the manufacture of more than 250 industrial products, including paints, soaps, lubricants, adhesives, and fertilizer.

Page 16: "In China, beans were a good luck symbol. A person who wore a string of soybeans hidden around his neck was believed to possess magic powers to do amazing feats. Three dark soybeans soaked in sesame oil for three days were used to foretell the future."

The chapter "The life story of the bean" (p. 18-29) gives (with illustrations) a simple and accurate description of the bean seed and how it grows, discussing the hilum or seed scar, the micropyle or tiny hole at one end of the hilum, the seed coat, the two cotyledons in which food for the young growing plant are stored, the embryo nestled (a plant in miniature) between the cotyledons, with its two tiny leaves (the plumule), a little root (the radicle), and a stemlike part connecting them (the hypocotyl). When the seed is planted, and it germinates or sprouts, the "embryo root pokes its tip out through the micropyle and grows out into the soil. Tiny root hairs form along the growing root. They take in moisture and dissolved minerals from the soil." The hypocotyl grows until it "suddenly pushes up out of the soil–the first part of the seedling to emerge. It is bent over, for the cotyledons are still buried in the soil." The hypocotyl continues to grow. In a day or so the seed coat splits, then the top of the plant pops up out of the soil. "The empty seed coat is left behind, buried beneath the surface." Now the young bean seedling is growing straight up. The two seed leaves at the top unfold and grow quickly. Below them on the stem are the two cotyledons. As sun shines on the growing plant, its leaves, cotyledons, and stem begin to turn green–a turning point in the life of the plant.

For a while, the growing plant takes the food it needs from the reserves stored in the two cotyledons. But as these reserves are used up, they shrivel and finally fall off. Now

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the young plant must create its own food using chlorophyll and photosynthesis.

Chlorophyll traps energy from the sun. When examined under a magnifying glass, one can see that the surface of a plant leaf contains many tiny openings called stomates, which are usually open during the day and closed at night. "When the stomates are open, gases from the air pass freely in and out." Air is about 80% nitrogen, 20% oxygen, plus smaller amounts of carbon dioxide, water vapors, and others gases. In the leaves, "carbon dioxide and water are combined, using the sunlight energy trapped by chlorophyll, into sugar, starches, and other complicated chemicals. Scientists call this process photosynthesis (photo means light, and synthesis means a putting together)." The by-product, oxygen, passes out into the air through the stomates; it is the gas that humans and other mammals need to breathe.

Describes the underground activities related to plant growth, nodules, bacteria that live symbiotically in the roots and fix ammonia and nitrogen. Also describes the bean flower, its parts, self-pollination, the key role of bees, and how the seeds are formed from the flower.

The chapter "The soybean–Number one" (p. 36-39) describes the current status of the soybean in the USA. The chapter "Beans for the future" discusses modern developments such as CSM, soyfoods such as sufu, tempeh, miso, spun soy protein fibers, soybean meat analogs, textured vegetable protein (TVP).

When a bean seed sprouts, how does it know which way is "up"? "Could you ever get a seedling with its roots pointing up in the air and its shoot poking down into the soil?" Supposing you cut off all sunlight? No, plants have a built-in gravity sense which scientists call "geotropism." A plant hormone called an auxin causes the plant to bend upward–and toward the light (heliotropism). In 1888, the symbiotic partnership between legumes and nitrogen fixing bacteria was first discovered by Hellriegel and Wilfarth. There are short-day plants, long-day plants, and day-neutral plants; flowering will not begin until the length of days and nights is just right (p. 54-59). Bean recipes (p. 70-75). Address: 1. Prof. of Biology, Staten Island Community College, New York City; 2. Translator of Russian scientific materials.

3254. Thio, Goan Loo. 1975. Small-scale and home processing of soya beans with applications and recipes. *Royal Tropical Institute* (*Amsterdam*), *Dept. of Agric. Research. Communication* No. 64. vii + 51 p. Illust. Third ed., revised and enlarged. 1978. No. 64a. 59 p. 24 cm. [26 ref]

• ***Summary:*** Contents: 1. Introduction: History, botany, cultivation, pests and diseases, harvesting, yield and storage. 2. Chemical composition. 3. Nutritive value: Supplementation, trypsin inhibitor, hemagglutinins. 4. Small-scale and home processing methods: Soya milk, yogurt of soya milk, toufu (Soya bean curd), soya-bean sprouts, soya steak (Tempeh). 5. Applications of soya beans and soya-bean products [recipes]: Fried soya beans, cooked, young whole soy beans [green vegetable soybeans], flavoured soya milk, fried toufu, fried soya steak, dried sliced toufu (toufu crisp/crisps), soya flour (including soya-milk-residue flour [ground okara]). 6. Recipes based on soya bean products: soups with soya bean products, flavoured soya milk, soya yogurt with fruits, toufu bread/cake, toufu dishes, modified Zambian recipes, recipes with soya flour, soya shashlick (tofu kebab), and soya [tofu] spring roll. 7. Discussion. References. Note: Toufu = Tofu.

Note 1. This is the earliest English-language document seen (Jan. 2013) that uses the term "soya-bean sprouts" to refer to soy sprouts.

Note 2. This is the earliest document seen (Sept. 2012) that uses the term "soya yogurt" to refer to soy yogurt. Address: Dep. of Agricultural Research, Royal Tropical Inst., Amsterdam.

3255. Wolf, W.J.; Cowan, J.C. 1975. Soybeans as a food source. Revised ed. Cleveland, Ohio: CRC Press. 101 p. Illust. Index. 26 cm. CRC Monotopic Series. [416 ref]

• ***Summary:*** Contents: Introduction. Seed structure and composition. Soybean production: Early history, areas of production, production, importance of varieties. Disposal of the crop: Grading standards, disposition. Processing soybeans into oil and meal: Storage, preparation of beans, extraction, desolventizing, degummed oil and lecithin separation. Conversion to edible oil products: Alkali refining, bleaching, hydrogenation, deodorization. Soybean oil products: Salad and cooking oils, shortening and margarine oils, flavor stability of soybean oil, soybean lecithin–products and use. Food uses of soybean proteins: Physical and chemical properties (solubility as function of pH, molecular size, reactions of the 7S and 11S globulins, solubility of isolates, denaturation, amino acid composition), forms of soy proteins (whole soybeans, processed soybean protein products), selling prices and production estimates, functional properties (emulsification, fat absorption, water absorption, texture, dough formation, adhesion, cohesion, and elasticity, film formation, color control, aeration), nutritional properties (antinutritional properties, protein quality of soybean products), foods containing soy proteins (Oriental foods [tofu, dried {kori} tofu, kinako, miso, natto, shoyu, tempeh], domestic foods [baked goods, meat products, simulated meats, breakfast cereals, infant foods, beverages, dietary foods, snack foods, miscellaneous uses]), problem areas. Conclusions.

Addendum. Introduction: Origin of soybeans, soybean situation–future, recent sources of information, soybean organizations. Production: Short-term situation, storage and exports, soybean varieties, yield barrier, varieties and antinutritional factors, aflatoxin in soybeans. Edible oil

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products: Deodorization, an antioxidant for soybean oil, flavor stability of soybean oil, oil from field-damaged beans, flavor components in soybean oil. Conversion to edible protein products: Production and producers, new processes (full-fat products, defatted flakes and related products, concentrates, isolates, textured protein products). Properties of soy proteins: Functional properties (solubility, water absorption and swelling, viscosity, emulsification, film formation, texture), nutritional and physiological properties (trypsin inhibitors, soybean proteins in blended foods, nutritional value of textured soybean proteins, soybean proteins in infant formulas, effect of alkali treatment on soy protein), flavor studies on soy proteins (organoleptic evaluation of commercial protein products, origin of flavor compounds). Food uses of soybean proteins: Baked goods, meat products and analogs, instant breakfast items, snack foods, legal and regulatory aspects. References.

An excellent source of information on soy flour and modern soy protein products, this book contains a surprisingly small amount of information (about 1 page total) about traditional soyfoods such as tofu, miso, natto, shoyu, tempeh, etc. even though a number of the latter foods are much more widely used worldwide. Soy beverage (soymilk) is not even mentioned. The extensive bibliography would be greatly improved by the inclusion of the titles of the articles.

Table 26, titled "Selling prices and production estimates (in 1970) for soybean proteins" (p. 42) states: Defatted flour and grits sell for 7-8 cents/lb ex factory and estimated annual production in 1970 was 232-237 million lb. Soy concentrates (18-26 cents/pound, 20-35 million lb). Soy isolates (35-45 cents/pound, 25-50 million lb). Address: 1. Research Leader, Meal Products, Oilseed Crops Lab., USDA NRRL, Peoria, Illinois; 2. Adjunct Prof. of Chemistry, Bradley Univ., Peoria, Illinois 61606 (Formerly Chief, Oilseed Crops Lab., NRRl, Peoria).

3256. Yuchi Pines Institute. 1975. "Blessed art thou, o land, when... thy princes eat... for strength, and not for drunkenness." Ecclesiastes 10:17. Seale, Alabama: Yuchi Pines Institute. 222 p. Undated. Illust. Index. 26 cm.
• ***Summary:*** A natural foods and vegetarian cookbook, with considerable nutritional information. On spine: "Eat for strength." Chapter III, titled "Dairy product substitutes" (p. 43-59) contains numerous recipes that use soy as an ingredient. Soy-related recipes include: Soy bread (p. 15, with soy flour). Soy-bran crackers (p. 25, with soy flour, lecithin, whole wheat flour, and bran). Soy crackers (p. 27, with whole soaked soybeans and lecithin). Soy noodles (p. 28, with Soy Base–see p. 46). Soy waffles (p. 41, with whole soaked soybeans). Double strength soy milk for cream (p. 45–Save pulp [okara] to use in Soy Crackers. Use rich soy milk as a base for Mayonnaise or Sour Cream, as Soy milk, or as Soy yogurt). Sour cream (p. 45, made with soy milk). Madison milk (p. 46, with whole dry soybeans). Banana soy milk (p. 46). Soy base and milk with various flavors (p. 46). Soy sour cream (p. 47). Vegetarian cream (p. 47, with double strength soy milk). Sesame spread (p. 48, with soy base). Soy cottage cheese (p. 52, with soy grits). Scrambled tofu–Soy cheese (p. 53). Tofu (homemade, 3 methods, from soy flour or whole soybeans). Soy yogurt (p. 54, from soy milk). Simple soy butter (p. 55, with soy flour or dry soybeans). Food yeast butter (p. 55, with Soyannaise). Soy butter (p. 57, with soy flour, lightly browned). Margarine [non-hydrogenated] (p. 58, with coconut oil, oil, hot water, lecithin, lemon juice, and onion salt). Carrot pie (p. 69, with soy milk and soy flour). Banana cream toast (p. 72, with soy or nut milk). Carob drink (p. 74, with soy or nut milk). Bread pudding (p. 75, with Soy base). Soaked soybeans (p. 85, 210). Soynuts I and II (p. 85-86). Soy patties I and II (p. 86, with mashed soybeans and peanut butter). Soy loaf (p. 87, with soaked soybeans). Soy cheese balls (p. 88, with Soy cottage cheese or chopped Tofu). Soy soufflé (p. 88, with soaked soybeans). "Salmon loaf" (p. 90, with soy flour). Soy corn chowder (p. 105, with Soy milk or Basic Cream Sauce). Cucumber soup (p. 106, with Soy milk or Basic Cream Sauce). Fresh cream of corn soup (p. 107, with Soy or nut milk). Vichyssoise (p. 109, with Soy or nut milk). Corn chowder (p. 110, with Soy or nut milk). Rice and soybean loaf (p. 119, with cooked soybeans). Basic cream sauce (p. 127, with Soy base). Soyonnaise I-IV (p. 133-34, incl. with Soyagen or canned Soyalac).

Recipes containing peanuts or wheat gluten: Nut cheese (p. 54). Emulsified peanut butter (p. 55). Peanut butter balls (p. 65). Peanut butter loaf (p. 86). Peanut butter Creole (p. 89). Chinese pepper steak (p. 93, with gluten). Nuttose (p. 95, with nut butter). Gluten (p. 96). Peanut butter gravy (p. 126). Grandmother's gravy (p. 126, with peanut butter).

A table titled "Irritating substances" (p. 123) lists the name of the substance, the chemical, and the effect. The substances are: Black pepper, chili peppers, cayenne, horseradish, cloves, cinnamon, mustard seed, ginger, nutmeg, vinegar, baking soda, baking powder, salt (sodium chloride). On the facing page is a list of 25 "Safe herbs."

Note: A later edition of the book was copyrighted in 1979, then revised in 1983. The title was changed to "East for Strength" and the author was listed as Dr. Agatha Thrash. Yuchi Pines Institute (renamed Uchee Pines Inst. in the late 1980s or early 1990s) was founded in 1970 by Drs. Agatha and Calvin Thrash, who are both physicians and Seventh-day Adventists. As of April 1992 both are still living at Uchee Pines.

Talk with Dr. Agatha Thrash. 1999. June 4. This book was first published (with the above title) in 1975. They copyrighted it in 1979. Address: Route 1, Box 273, Seale, Alabama.

3257. **Product Name:** Tofu.
Manufacturer's Name: Chi Sheung Food Products Co. Inc.

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Manufacturer's Address: 127 Mulbury St., New York City.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

3258. **Product Name:** Tofu.
Manufacturer's Name: Fresno Foods.
Manufacturer's Address: 5167 Norwood, Riverside, CA 92505.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Owner: George Okumura. Note: The last Riverside City Directory (at Sutro Library) is 1951.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: George Okumura.

3259. **Product Name:** Tofu.
Manufacturer's Name: Japan Foods Corporation.
Manufacturer's Address: 11-31 31st Ave., Long Island City, NY 11106.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Mr. Keiji Yukawa.

3260. Japan Kori-Tofu Assoc. 1975? [Guide of Kori-tofu]. Nihonbashi 3-1, Chuo-ku, Tokyo, Japan. 4 p. Undated. [Jap; Eng]
Address: Tokyo, Japan.

3261. **Product Name:** Tofu.
Manufacturer's Name: New York Bean Curd Corp.
Manufacturer's Address: 43-10 23rd St., Long Island City, New York.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

3262. **Product Name:** Tofu.
Manufacturer's Name: Norikane Tofu Shop.
Manufacturer's Address: P.O. Box 315, Walnut Grove, CA 95690.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

3263. **Product Name:** Tofu.
Manufacturer's Name: Ohmi Tofu Co.
Manufacturer's Address: 38-68 10th St., Long Island City, New York.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

3264. **Product Name:** [Tofu].
Manufacturer's Name: St. Cyr Tofu Co.
Manufacturer's Address: Calle Sangredo #240, Col. Guadalupe Inn, Mexico 20, DF, Mexico.
Date of Introduction: 1975?
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

3265. **Product Name:** Tokyo Food brand Tofu: Regular Soy Bean Curd. Momen.
Manufacturer's Name: Tokyo Food Processing Corp.
Manufacturer's Address: 12-14 30th Ave., Long Island City, NY 11102.
Date of Introduction: 1975?
Ingredients: Soy beans, water, 1/10 of 1% soy bean oil, 1/10 of 1% calcium sulphate, 1/10 of 1% glucono lactone and food grade lime.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Mr. Toshinori Shimazaki.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Tokyo Food Processing Corp., c/o Japan Food Corp., 40 Varick Ave., New York, NY 11237. Phone: 212-456-8805. Owner: Mr. Shirata and Mr. Terry Terahira.

Label. 1979, undated. 5 by 4 inches. Plastic film. Red and light blue on clear film. Address is now Brooklyn, NY 11237. Soya Bluebook. 1983. p. 78. Address: 40 Varick Ave., Brooklyn, NY 11237.

3266. **Product Name:** Tokyo Food brand Tofu: Silky Soy Bean Curd. Kinugoshi.
Manufacturer's Name: Tokyo Food Processing Corp.
Manufacturer's Address: 12-14 30th Ave., Long Island City, NY 11102.
Date of Introduction: 1975?
Ingredients: Soy beans, water, 1/10 of 1% soy bean oil, 1/10 of 1% calcium sulphate, 1/10 of 1% glucono lactone and food grade lime.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314. Mr. Toshinori Shimazaki. Label. 1979, undated. 5 by 4. Plastic film. Red and dark blue on clear film. Address is now Brooklyn, New York 11237.

3267. **Product Name:** Tofu.
Manufacturer's Name: Wong Chung.
Manufacturer's Address: 34 Cleveland Ave., Chiswick, London, England.
Date of Introduction: 1975?

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New Product–Documentation: Shurtleff & Aoyagi. 1975. *The Book of Tofu.* p. 314.

3268. Claiborne, Craig. 1976. De gustibus: Fresh bean curd. *New York Times.* Jan. 5. p. 39.
• ***Summary:*** Contains a recipe from Susan Asanovic for making "Fresh bean curd (Tofu)" at home. The curding agent is "1 teaspoon magnesium sulfate (Epsom salts)."

3269. *Hokubei Mainichi.* 1976. Tofu demonstration in Berkeley today. Jan. 14.
• ***Summary:*** "As a community service, the Co-op Natural Foods Center council is inviting the public to meet Bill Shurtleff and Akiko Aoyagi, co-authors of 'The Book of Tofu,' during a lecture-demonstration on Wednesday, Jan. 14, 7:30 p.m., in the University Avenue Co-op meeting room, at 1414 University Ave., Berkeley. The speakers will prepare and serve a number of their favorite Tofu and Miso recipes, teach how to make Tofu at home (for less than $0.13 a lb), discuss Tofu and Miso as excellent sources of high-quality, low-cost protein, and explain why these traditional soybean foods offer a realistic hope for solving the world food crises... A $1 contribution is requested to help defray the cost of supplies and samples." Address: San Francisco, California.

3270. *Daily Review* (*Hayward, California*). 1976. Cooking demonstration scheduled. Jan. 31. p. 7. [1 ref]
• ***Summary:*** "Hayward–A special lecture-demonstration by the author and illustrator of *The Book of Tofu* will be hosted by Messiah Lutheran Church, 25400 Hesperian Blvd., at 7:30 p.m. Thursday.

"The Castro Valley Co-op is sponsoring the event, which will feature tofu and miso cookery. These soybean products are gaining popularity because of their high protein content and low caloric content.

"Bill Shurtleff, who wrote the book, and Akiko Aoyagi, who illustrated it, will tell how the world food crisis can be eased with tofu cookery. Anyone interested is welcome."

3271. Autumn Press, Inc. 1976. Imagine... (Ad for The Book of Tofu by Shurtleff and Aoyagi). *Mother Earth News* No. 37. Jan. p. 153. [1 ref]
• ***Summary:*** This exact same ad first appeared in Dec. 1975 in *Macrobiotic* (The) (Chico, California), No. 111. p. 61. Address: P.O. Box 469, Soquel, California 95073.

3272. deMan, J.M. 1976. Texture-structure relationships in new protein foods. *Cereal Foods World* 21(1):10-13. Jan. [4 ref]
• ***Summary:*** Contents: Introduction. Spun fibers. Extruded products. Additional techniques (kori-tofu). Water sorption characteristics. Textural characteristics.

Photos show: (1) Scanning electron microscopy of spun soy fibers at six magnifications. (2) John M. deMan, with a brief biography. (3) Scanning electron microscopy of TVP. (4) Scanning electron microscopy of kori-tofu. (3) Scanning electron microscopy of structured soy protein concentrate. Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, Canada.

3273. **Product Name:** Tofu.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: Route 1, Box 216, St. Ignatius, MT 59865. Phone: 406-745-4538.
Date of Introduction: 1976. January.
Ingredients: Soybeans grown without chemical fertilizer, pesticides or herbicides; artesian water, natural nigari (an extract of sea water).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

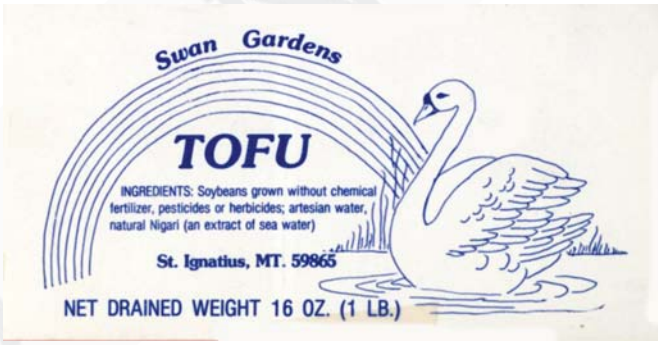

New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Swan Gardens, Rt. 1, Box 216, St. Ignatius, MT 59865. Phone: 406-745-4538. Owner: Dick McIntyre.

Letter from Brenda Wood. 1978-79? Undated. "We have a tofu shop producing between 260 lb and 390 lb a week."
Label. 1979, undated. 2.5 by 5 inches. Blue on white. Picture of a swan and a rainbow.

Needleman. 1981. *Soyfoods.* Summer. p. 26-27. "Tofu plant profiles: Swan Gardens, Miami." "The company began in St. Ignatius, Montana, in 1978 where they produced 500 pounds of tofu weekly from a small shop situated on an organic vegetable farm. Jocelyn McIntyre had been making tofu at home for 8 years previously and finally yielded to her friends' encouragement to produce tofu commercially. In August 1979, they sold their company and farm and used the proceeds to launch Swan Gardens in Miami, which they opened in January 1980."

Note 1. This is the earliest known commercial soy product made in Montana.

Note 2. This is the earliest record seen (April 2013) concerning Swan Gardens of Montana.

Talk with Dick McIntyre. 1988. Nov. Swan Gardens

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started making tofu in January 1976. Note 3. Others later confirm this date. It was first made on a wood stove and sold to local people. The tofu was almost certainly made from organic soybeans.

3274. Buchholz, Paula. 1976. Tofu will amaze you. *San Francisco Examiner.* Feb. 11. p. 31.
• ***Summary:*** About the work of Bill Shurtleff and Akiko Aoyagi. Describes how to make tofu at home. Gives recipes for: Butter-fried tofu with eggs. Tofu mayonnaise dressing. Tofu cheesecake. Photos show: (1) Shurtleff and Aoyagi cooking (preparing butter-fried tofu and eggs) in the kitchen of the Shurtleff home at 790 Los Palos Dr., Lafayette, California. (2) Sixteen varieties of tofu, each labeled. (3) Butter-fried tofu and eggs (finished dish). Note: This is the earliest article on soy seen (Aug. 2002) in the *San Francisco Examiner* newspaper. Address: California.

3275. Yim, Susan. 1976. One man's bread, another man's tofu. *Star-Bulletin* (*Honolulu, Hawaii*). Feb. 12. p. D-1, D-2. [1 ref]
• ***Summary:*** About the work of William Shurtleff and Akiko Aoyagi. A photo shows the two holding their *Book of Tofu.* "Five thousand copies of the book came out in December [1975], and all were sold in a week. There will be a second printing soon." During Shurtleff's first year in Japan, in 1971, he lived in Kyoto on 30 cents a day. His key source of protein was tofu.

"They will present a lecture tonight at 7:00 at the Kailua Seventh-Day Adventist Church. They will speak again tomorrow night at 7 at the University of Hawaii's Kuykendall Hall." Address: Star-Bulletin writer.

3276. Kennedy, Shawn G. 1976. The Korean greengrocer: Produce is more varied. *New York Times.* Feb. 18. p. 36.
• ***Summary:*** During the last year or so, many new Korean-run fruit and vegetable shops, selling fresh produce, have opened throughout New York City. "The real bonus for the shopper is the Oriental vegetables, spices and specialty items they offer as well. It is not unusual, for example, to find Chinese cabbage, bean sprouts [Koreans prefer soybean sprouts], tofu (bean curd) and hunks of fresh ginger..."

3277. Blinkhorn, Lois. 1976. The Orient in your kitchen. *Milwaukee Journal* (*Wisconsin*). Feb. 25. Food section. p. 4.
• ***Summary:*** This is a review of many Asian cookbooks. In the center is a photo of the illustration on the cover of *The Book of Tofu.* The review states that this book (Autumn Press, $6.95) "is no run of the mill cookbook. It is no exaggeration to call the 334 page paperback a treatise on the philosophic, economic and nutritional aspects of tofu, a food made of soybean curd.

"As a cookbook, it includes a recipe for homemade tofu and many suggestions and recipes for using it in a variety of ways.

"If tofu is an unknown quantity to you, you'll be astonished at some of the information provided by the authors William Shurtleff and Akiko Aoyagi."

"Drawing from Frances Moore Lappe's 'Diet for a Small Planet,' the authors argue the necessity for shifting the emphasis of the American diet from meat, which they call an inefficient use of protein, to soybeans and grains. Tofu, of course, is seen as a perfect alternative.

"Spiritual note: Both authors are disciples of Zen and practice meditation. The philosophic bent is obvious when they discuss the work of the tofu master as a spiritual path to self-realization. For a Westerner, it's an interesting insight into another way of life." Address: Staff writer.

3278. KQED–Channel 9. 1976. Open Studio Television presents–Tofu: Food for mankind (Leaflet). With William Shurtleff & Akiko Aoyagi, authors of "The Book of Tofu." San Francisco, California. 1 p. Single sided. 36 cm.
• ***Summary:*** This half-hour television program on tofu, aired on Tuesday, Feb. 17, at 6:30 P.M. was produced by Shurtleff and Aoyagi with the crew at KQED's Open Studio. They will tell you "all you ever wanted to know about tofu; about the ten different varieties now available in the U.S. and about tofu's remarkable nutritional value–rich in high-quality protein, free of cholesterol, low in saturated fats and calories. They demonstrate step by step how to prepare your own tofu at home (for 8½ cents per pound) and show you how to prepare several of their favorite Western-style tofu recipes." A photo shows the cover of *The Book of Tofu.* Estimated viewership in California was 45,000. Address: San Francisco, California.

3279. *Open Education Exchange* (*Berkeley, California*). 1976. Tofu & Miso Cookery [Class by Liz Horowitz and Bob Gerner]. Feb. p. 2.
• ***Summary:*** Liz has 2 years experience cooking at Tassajara and Westbrae Natural Foods. Bob is a founder of Westbrae and an expert on tofu and miso. Four meetings, Mondays 6-8 p.m. Class size: 5-15. Preprinted recipes. A $6-$10 food fee is payable to instructors. Classes held in north Berkeley.

3280. Shurtleff, Barbara. 1976. Names and addresses of people who purchased *The Book of Tofu* in early 1976 (Feb. 10 to July 13). Lafayette, California. 14 p. Unpublished manuscript. Written on lined paper.
• ***Summary:*** This list of 138 people and organizations on 8½ by 11 inch lined paper includes: This list is quite similar to that found in a black and red "S.E. Ledger" but it is less detailed and shorter in duration. Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3281. Shurtleff, Barbara R.; Hills, Sandy. 1976. Ledger of

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book sales and expenses, related to *The Book of Tofu.* 790 Los Palos Manor, Lafayette, CA 94549. 31 p. No index. 20 cm.

• ***Summary:*** Barbara ("Bobbie") Shurtleff started this ledger on 2 Feb. 1976 to keep track of the name, address, date of order, and amount received from sales of the newly published *Book of Tofu* by William ("Bill") Shurtleff (her eldest son) and Akiko Aoyagi. Pages 1-21 are in her very clear handwriting and cover sales through 20 July 1976. Some sales are to friends of the Shurtleff family, but most are to people interested in tofu, and many of these live in Hawaii where Bill and Akiko did two public programs about tofu in mid-February (Feb. 12th–tofu class for Seventh-day Adventist group hosted by Naomi Yamashiro, 80 attend; Feb. 13th–University of Hawaii's Kuykendall Hall, hosted by David Lee "Kalm" Sukowske, 140 attend).

Among the book buyers are: Feb. 12–Harry W. Miller [Loma Linda Foods], 11384 Norwood Ave., Riverside, California. Feb. 18–Nancy Arakaki, Kaneohe, Hawaii. Feb. 18–Naomi Yamashiro, Kailua, Hawaii. Feb. 26–Quong Hop & Co. March 3–San Francisco Vegetarian Society (Dixy Mahy, 10 books wholesale, $4.17 each = 40% discount). March 3–Lafayette Natural Foods (10 books wholesale). March 4–The Wok Shop, San Francisco (Albert Chan, 25 books wholesale). March 4–Rising Sun Natural Foods, 440 Judah St., San Francisco (6 books). March 8–East-West Academy, Effie Chow, 33 Ora Way, San Francisco (100 books wholesale). March 8–Dharma Publishing Bookstore, Nyingma Meditation Center, 5856 Doyle St., Emeryville (10 books wholesale). March 10–David Lee Sukowske, 1923 Keeaumoku St., Honolulu. March 30–Carmelite monastery, Kaneohe, Hawaii. April 23–Wo Chong Co., 101 16th Street, San Francisco. May 10–Kinokuniya Japan Center, 1581 Webster St., San Francisco. June 7–Ted Nordquist, 1536 Versailles Ave., Alameda (20 books, wholesale). June 11–Dr. Harry W. Miller (send 1 book to India). June 17–Winston Lo, Hong Kong Soya Bean Products Co. Ltd., 52-54 Hoi Yuen Rd., Kwun Tong, Kowloon, Hong Kong.

Pages 22 and 23 list itemized expenses from 28 Sept. 1976 to 21 Dec. 1976. Entries from Sept. 28 to Oct. 8 are in Bobbie's handwriting, whereas those from Oct. 9 to Dec. 21 were written by Sandy Hills. Bobbie died on 15 Oct. 1976 of cancer of the colon.

Pages 25-31 continue listing sales of *The Book of Tofu* from 29 Sept. 1976 to 19 Oct. 1976; they are similar in format to pages 1-21, with entries from Sept. 29 to Oct. 8 in Bobbie's handwriting. Subsequent entries were written by Noralee and Sandy Hills. The last 1½ pages of entries are undated.

The following is a brief chronology of events related to Bobbie, Bill, and Akiko during late 1975 and 1976.

1975 Sept. 15–Bill and Akiko return to California from Japan; they stay with Bobbie at 790 Los Palos Dr.

Oct. 25–They do their first real "Tofu Class" at Westbrae Natural Foods in Berkeley. About 14 people attend.

October 2-6–The three visit Ananda community then Lake Tahoe together. Nov. 23+ The three put on a tofu class at the Esalen Institute in Big Sur, spend the night at Esalen as guests of Michael Murphy, visit Emile Norman at his home in Big Sur, then drive to Los Angles and back.

Dec. 2–Bill and Akiko put on a big tofu class in Bobbie's home, followed by 6 other tofu classes in central California.

Dec. 10–They hold a family party and reunion at the family home to announce the publication of their *Book of Tofu*–which arrived two days later. Soon orders for books began to arrive.

1976 Feb. 10–Bill and Akiko return to Japan, via Hawaii, leaving Bobbie alone at 790 Los Palos. In Hawaii they did several tofu programs and asked Bobbie to take orders for books.

March 19-April 10–Bobbie takes a group trip to the Galapagos Islands (Ecuador), Bogota and Cali (Colombia), and the Andes.

May–Bobby has a large malignant tumor removed from her colon at Peralta Hospital in Oakland.

July–Bobbie and her friend Niki spend 10 days together at the Shurtleff honeymoon cabin at Lake Tahoe.

Sept. 29–Bill and Akiko leave on their Tofu & Miso America Tour. Bobbie attended their first class in San Rafael. As they said good-bye (for the last time) Bobbie said, "Have fun on the way." Address: Lafayette, California. Phone: 283-3161.

3282. Shurtleff, William; Aoyagi, Akiko. 1976. Soybean foods from Japan (Letter to the editor). *Organic Gardening and Farming.* Feb. p. 15-16.

• ***Summary:*** "For the past 4½ years, I have been living in Japan doing research and writing a book about two of East Asia's most important soybean foods: tofu and miso, both of which seem to hold real promise of becoming basic sources of high-quality, low-cost protein throughout the world.

"This spring, Ms. Akiko Aoyagi, the Japanese cook and artist with whom I have been working, and I plan to travel throughout the United States visiting natural food centers, communities, and other interested groups. We will be conducting cooking classes, giving talks, and showing slides about these remarkable foods. We will also give demonstrations on the preparation of tofu and miso on a family, community or commercial scale. If anyone is interested in having us visit your area, please contact us at 790 Los Palos Drive, Lafayette, Cal. 94549." Note: At this time Shurtleff & Aoyagi were still living in Tokyo. They returned to Lafayette, California on 23 July 1976, and left from there on their Tofu & Miso America Tour on 29 Sept. 1976. Address: Lafayette, California.

3283. **Product Name:** Tofu Kit.

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Manufacturer's Name: Ted Nordquist Co.
Manufacturer's Address: 1536 Versailles Ave., Alameda, CA 94501.
Date of Introduction: 1976. February.
New Product–Documentation: Leaflet. 1976, hand dated. Black on yellow. "Soaked in pure olive oil, hand crafted from the finest available verticle [sic, vertical] grain white Douglas fir. $6.50."

Photo of Ted (wearing a blue shirt) with his Tofu Kit in Sweden (1981 or 1982). He used this tofu pressing box to make tofu at home in Sweden. The photo was taken in the flat above the tofu factory in Orsundsbro, Sweden.

Interview with Ted Nordquist. 1988. Nov. 22-24. Conducted by William Shurtleff. In Oct. 1975 Ted and Janet Fehring met Bill Shurtleff, Akiko, and Bobbie Shurtleff (Bill's mother) at Ananda Cooperative Village, where Bill and Akiko had been invited to do a program on tofu. Afterwards the five went hiking at Echo Lake, Desolation Valley, and Lake Tahoe. Then Ted started making and selling a tofu kit in Alameda. On 14 Jan. 1976 Ted and Janet attended a lecture on tofu that Bill and Akiko presented at the Berkeley Co-op, and helped prepare a tofu dip. Ted's father, Leo, had become very ill with cancer and Ted was making him fresh tofu, one of the few foods he could digest, every morning. In Jan. 1976 Ted's father died in Alameda. In June 1978 Ted got his PhD degree at the Univ. of Uppsala with his thesis on the history of Ananda Cooperative Village.

Letter (e-mail) from Ted Nordquist to Shurtleff in reply to questions about details of this tofu kit. 2010. Jan. 6. Q1. When, in relation to other events, did you make your first kit? "In December, 1975 my Dad became very ill and Anne-Marie went back to Sweden with Andreas for Christmas. By then, not sure exactly when, perhaps late February [1976] or [as early as] early December 1975 I was making the Tofu kits in my Dad's garage. I continued off and on after his death in late January and into March when I returned to Sweden."

Q2. Where did you get the idea and design? "I must assume from you. Probably pictures or sketches in your *Book of Tofu."*

Q3. What did it consist of? "Printed instructions for home made tofu, cheese cloth for a colander, cheese cloth sewn to fit the pressing box, and a package of nigari."

Q4. Did you ever sell it commercially? If so, where was it made? By whom? "Sort of, but it was a labor of love during my father's illness and later helping my Mother adjust to life without him."

Q5. Roughly how many kits were sold? "Maybe 30 or as many as 50. I made them in series and as I remember I would produce by the dozen, i.e. 12 bottoms, 24 sides, 24 ends, and 12 tops. I think you recommended my tofu pressing boxes and I received orders by mail. I would mail the tofu boxes and then ask for payment plus postage. I actually got paid for all the boxes I sent out! I never registered the business or took this seriously. A lot was happening in my head at the time and the details of this 'business' are very vague to me. I believe I brought the remaining sets with me to Sweden."

Q6. Did you call it a "Tofu Kit" or "Tofu Box" or "Tofu Pressing Box"? "I called it a 'Tofu Kit.' It had everything except soybeans to make tofu. My first try at home after Akiko showed me how to make tofu took about six hours. Mostly clean up. After some practice every morning for my Dad I got it down to 56 minutes including a sparkling kitchen, pans clean and drying, and the tofu pressing out in the sink around 7 AM in the morning. The secret was adding water to the bottom of the pan to cook the *go* [freshly ground, soaked soybeans and water; fresh soy purée]. Let the water come to a boil and very slowly add the *go* so it will not stick to the bottom of the pan. It is an art."

3284. Halik, Joseph John; Pitchon, E.; Schulman, M.; Schwarz, M.H.; Yezek, M. Assignors to General Foods Corp. (White Plains, New York). 1976. Dried tofu powder. *U.S. Patent* 3,943,266. March 9. 4 p. Application filed 10 April 1974. [4 ref]
• ***Summary:*** "A soy milk is precipitated and the resulting whey is centrifugally separated from the curd and washed, whereupon the curd is colloidally dispersed and spray dried." Address: 1. Ossining, New York; 2. Flushing, NY; 3. Monroe, NY; 4. Westport, Connecticut; 5. Stanford, CT.

3285. *Marin Independent Journal* (*Novato, California*). 1976. Street choir appearance. March 12.
• ***Summary:*** "The Sleeping Lady Cafe, a tiny Fairfax restaurant with organic food, fresh flowers on the tables, rainbows on the walls and a good karma ambience, is as well known for its music as its artichokes and Sunday morning breakfasts.

"It is the birthplace of the Fairfax Street Choir, a populous aggregation with 20 voices and a six-piece instrumental section.

"The popular Street Choir will appear at 8 p.m. today at California Hall in San Francisco..."

"The choir revolves around the gospel voice of Bill Bramblett, owner of the Sleeping Lady, and the mercurial singer-songwriter Marla Hunt."

"Miss Hunt began the band three years ago to attract people off the street to the Sleeping Lady's famed Sunday breakfasts."

"The band is the best around at what might be described as organic-white-gospel-rock, a blend of Eastern philosophy and black rhythm and blues."

3286. Jerram, Elsie. 1976. Tofu adapts to American menus: Authors introduce an ancient food. *Monterey Peninsula Herald* (*California*). March 17. p. 30. [1 ref]
• ***Summary:*** Based on a lecture by Shurtleff and Aoyagi, who "visited the Peninsula recently" (probably shortly before Feb. 10). Contains 5 black-and-white photos by Bob Fish.

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One shows Brian George of Pacific Grove making tofu in his apartment kitchen. Another shows Shurtleff and Aoyagi serving miso-topped apple slices and creamy tofu dip during a lecture.

3287. McCormick, Sally. 1976. Azuma Sukiyaki House: Gracious dining in an Oriental setting–5120 N. Broadway, Chicago (Advertorial). *Chicago Tribune.* March 20. p. A19.
• ***Summary:*** "The Azuma dinner includes Sukiyaki, a generous portion of prime rib slices with fresh mushrooms, bamboo shoots, Tofu (soy bean cakes), Shiratake [Shirataki] (yam noodles) [thin konnyaku noodles] and assorted fresh vegetables." Azuma also serves Beef Teriyaki, Chicken Teriyaki, Salmon Teriyaki, and "Bata-Yaki (prime beef slices cooked with vegetables and served with lemon-soy sauce),..." Two photos show Azuma Sukiyaki House.

3288. Bortz, Brenda. 1976. The joys of soy. II. Tofu and tempeh. *Organic Gardening and Farming* 23(3):128-31. March. See also Part I: 23:28-30, 32, 34, 36, 38. Feb.
• ***Summary:*** "Two Far Eastern soybean favorites–tofu and tempeh–turn up exciting new menu and nutrition ideas in the OGF Research and Development Group's latest tests...

"At this time, Dr. Schwartz is inviting a limited number of adventurous OGF readers to help him evaluate the ease and dependability of his method and tempeh's potential as a new food for Americans. Readers who would like to join R & D's modest 'Soybean Task Force' should write to Nancy Bailey, R & D Readers' Service, Rodale Press Inc., Emmaus, Pennsylvania, 18049. Those selected will receive soybeans, culture, and complete instructions for making the simple incubator and tempeh itself."

Contains a recipe for Tofu Loaf with Onion and Cheese from *The Book of Tofu* by Shurtleff and Aoyagi.

Note: This is the earliest document seen (March 2003) that mentions tempeh, published by or in connection with Rodale Press.

3289. Hashizume, Kazumoto; Shiratori, Makoto; Nakamura, Noriko; Watanabe, Tokuji. 1976. [Studies on the preparation conditions of soybean milk for tofu making: I. Effects of the ratio of water to soybean and ionic strength in the preparation of soybean milk on the properties of tofu]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 31. p. 192-96. March. [8 ref. Jap; eng]
• ***Summary:*** Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 22:38 (1975). Address: 1,3-4. National Food Research Inst., MAFF, Koto-ku, Tokyo, Japan; 2. Tokiwareitou Co., Ltd., Ina-shi, Nagano-ken.

3290. Hashizume, Kazumoto; Watanabe, Tokuji. 1976. [Studies of acid or alkali treatment of soybean protein: Note]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 31. p. 197-99. March. [18 ref. Jap; eng]
• ***Summary:*** Reprinted from *Nippon Nogeikagaku Kaishi* (*J. of the Agricultural Chemical Society of Japan*) 49(6):331-33 (1975). Address: National Food Research Inst., MAFF, Shiohama-cho, Koto-ku, Tokyo, Japan.

3291. Ito, Hiroshi. 1976. Hamanattô [Hamanatto (Continued–Document Part III. Continued)]. *Nippon Jozo Kyokai Zasshi* (*J. of the Society of Brewing, Japan*) 71(3):173-76. March. [Jap; eng+]
• ***Summary:*** Continued. Serving Hamanatto: Hamanatto is used both as a seasoning and as a protein source. Like Daitokuji-natto it is sprinkled as a seasoning over hot rice in a small bowl, then doused with hot green tea to make the popular Ochazuke. It may also be served as an hors d'oeuvre with sake, used in place of tea cakes with whisked green tea as Chauke, or served as a rice seasoning in box lunches like shoyu-simmered kombu. Since ancient times it has been used in Zen Temple Cookery as a source of subtle flavor, diced and mixed with grated daikon, sprinkled with vinegar, or used in the Chinese tofu dish Mabo-dofu. Its abundance of glutamic acid and nucleic acids enrich the flavor of any food with which it is served.

Conclusion: Hamanatto, a progenitor of today's miso and shoyu, has been made by traditional methods since ancient times. Long lasting, it embodies the fermentation and nutritional wisdom of our forebears. Thus its scientific study reveals new and valuable information. In its traditional processing methods there are points that should be improved, yet today it is a long lasting food with its own distinctive characteristics.

Acknowledgements: I would like to thank the Yamaya and Hamana companies for supplying documents and samples, and allowing me to quote selected portions; Professor Kayo Kon of Shizuoka Women's University; and my colleagues at the National Food Research Institute, Kan Kikuchi, Teruo Ota, and Shinkuni Sasachi.

Figures show: (1) Hamanatto production methods: Flow charts of the Yamaya-Horinji method (Horinji is in parentheses), and of the Daifukuji method.

Tables show: (1) Distribution of microorganisms in Hamanatto made by Yamaya, Horinji, and Daifukuji. For each maker, there is one column for surface and another for interior. The types of microorganisms are: General bacteria, micrococcus, streptococcus, pediococcus, halophilic lactic acid bacteria, firm-forming yeasts, and molds (Mostly *Aspergillus oryzae* and *Rhizopus* species).

(2) Nutritional composition of three varieties of Hamanatto (Yamaya, Horinji, Hamana), Daitokuji natto, and regular "stringy" (*itohiki*) natto.

(3) Composition of free amino acids in various fermented foods: (A) Yamaya Hamanatto, Daitokuji Natto

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(both in mg per 100 gm defatted); (B) Yamaya Hamanatto, Daitokuji Natto, Soybean miso (made at controlled temperature), Soybean miso fermented at natural ambient temperature (all four in gm per 100 gm of protein); (C) Hatcho miso (in mg per gm). In the far left column 18 amino acids are listed.

(4) Composition of Hamanatto lipids. The four vertical columns are: TG = Triglycerides. DG = Diglycerides. ST = Cholesterol. FFA = Free fatty acids, MG = Monoglycerides. The four horizontal rows are: Soybeans, dry. Soybeans, steamed. Natto. Hamanatto.

(5) Hamanatto volatile acids. (6) Hamanatto aromatic compounds.

3292. **Product Name:** Tofu.
Manufacturer's Name: Metta Tofu Products.
Manufacturer's Address: Wren Rd., Denman Island, BC, V0R 1T0, Canada. Phone: 604-335-0108.
Date of Introduction: 1976. March.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Ray Lipovsky; sea water tofu.

Richard Leviton. 1982, Sept. "In a small bright building: Cottage soy industries on Vancouver Island." Ray Lipovsky "has been churning out tofu since 1975 and can lay claim to being one of North America's earliest commercial and Caucasian tofu craftsmen." He makes tofu curded with sea water.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. Owners: Ray Lipovsky & Robbie Newton.

Letter from Ray Lipovsky in reply to questions from William Shurtleff. 1982. Aug. 8. Q1: When did you make your first batch of tofu on any scale, such as one cake in the kitchen? Ans: Sept. or Oct. 1975. Q2: When did you first start to sell this tofu, even if only a few cakes to friends? Ans: Dec. 1975 or Jan. 1976. Q3: When did you first start "commercial production" in the sense that you were selling the majority of what you made? Ans: May 1976. Q4: When did you set up your present shop? Ans: July 1980. Q5. When did you start making Frozen Buddha [soy ice cream]? Ans: Jan. 1981.

3293. Norinsho. 1976. Nihon shokuhin hyôjun seibunhyô [Food composition tables for Japan. 2nd ed]. Tokyo: Ishiyaku Shuppan K.K. 180 p. March 25. Index. 15 x 21 cm. [Jap]
• ***Summary:*** The first edition of this book was published on 15 Jan. 1964. The first revised edition (130th printing) was published on 25 Jan. 1969. This is the second revised edition (265th printing), published on 25 March 1976. Also published by Joshi Eiyo Daigaku Shuppan-bu.

For soybeans and soyfoods, see pages 33-35, 69, and 74 (basic nutritional composition), and 111-12 (amino acid composition).

Page 88, No. 812: Amazake. Per 100 gm. Calories 101, moisture 74.0 gm, protein 2.4 gm, fat 0.1 gm, carbohydrates (sugars 22.7 gm, fiber 0.6 gm), ash 0.2 gm, calcium 74 mg, phosphorus 25 mg, iron 0.4 mg, vitamin A 0 mg, vitamin B-1 0.08 mg, vitamin B-2 0.06 mg, nicotinic acid 0.06 mg, vitamin C 0 mg.

A later edition (after 1976), containing at least 298 pages, gives details on the following soy-related foods (p. 76-80): Japanese-grown whole soybeans (dry, or boiled). Whole dry USA-grown soybeans. Whole dry Chinese-grown soybeans. Green immature soybeans (edamame; raw, or boiled). Soybean sprouts (raw, or boiled). Defatted soybeans (whole, or dehulled). Kinako (soybeans roasted and ground). Budô-mame (soybeans boiled with shoyu). Momen tofu (regular). Kinugoshi tofu (silken). Soft tofu. Packed tofu. Okinawa tofu. Yaki-tofu (grilled). Nama-age. Abura-age. Ganmodoki. Kôri-dofu. Tofu-chikuwa (steamed type, or roasted type). Natto (fermented soybeans): Itohiki-natto, Goto natto, or tera-natto.

Miso: Rice-koji miso (sweet type, light yellow type, dark yellow type). Barley-koji miso. Soybean-koji miso. Dried miso. Kinzanji miso. Hishio-miso.

Other: Okara. Soymilk (regular, reconstituted, or soft drinks). Yuba (wet, or dried).

Page 254 gives the amino acid composition of soybeans and various soyfoods. Page 298 gives the protein scores, amino acid values, and chemical scores of selected foods. Page 8 gives the energy conversion factor for tofu, agé, and yuba.

3294. Photographs of Ted Nordquist and Tim Ohlund of Aros Sojaprodukter in Sweden. 1976.
• ***Summary:*** Color photos (taken in about 1976-77; see next page) show:

(1) Ted Nordquist in late 1976 with a Tofu Kit he made and a cake of tofu he has made using the kit–taken at his student apartment at Uppsala. Ted recalls (Jan. 2011): "The pressing box is from one of the kits I made in the garage of my parents home during the time my Dad was sick with cancer. As you remember, I sold these kits for a time in late 1975 and early 1976. He died in late January of 1976."

(2) Ted Nordquist on the phone in the office of Aros Sojaprodukter in Sweden.

(3) Tim Ohlund curding soymilk to make tofu in a vat at Aros.

3295. Shurtleff, William; Aoyagi, Akiko. 1976. Food for mankind: Excerpts from *The Book of Tofu. Well Being* No. 9. p. 8-12. March.
• ***Summary:*** Includes 1 chart, 3 illustrations, and 3 recipes. A note at the end of the excerpts states: "To obtain copies of

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this interesting and highly informative book, write to Autumn Press Inc., P.O. Box 469, Soquel, California 95073. The cost of this 334 page [8½ x 11-inch] book is $6.95. We at *Well-Being* highly recommend it." Note: This is the earliest article on soy seen (Aug. 2002) in *Well Being* magazine. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3296. *Oakland Tribune.* 1976. Tofu: No end to its uses. April 7. p. 61. [1 ref]
• ***Summary:*** A book review of *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi. Autumn Press, Inc. (Soquel, California). 334 pages. paperback. $6.95.

The review begins: "This is a book which may well become a classic on the subject of tofu, the basic soy bean food that has become increasingly popular in recent years. Tofu is also known as soybean curd and is regularly sold in 12- to 20-ounce cakes packed in plastic tubs or cartons.

"How the volume came into being is almost a story in itself."

3297. Earl, Johnrae. 1976. Writ of approval: Dining out. *Chicago Tribune*. April 18. p. E8.
• ***Summary:*** This includes a review of the Chinese restaurant The Abacus, 2619 N. Clark St., Chicago, Illinois. They serve a vegetarian tofu soup with chopped spinach. "The monk's delight consists of fried tofu (bean cake), bamboo shoots, straw mushrooms, quail eggs, and Chinese greens." Another dish, named Eight treasures, also contains tofu. Also served: "Steamed whole fish with black bean sauce." Address: Restaurant critic.

3298. Morgans, Jim. 1976. Re: *The Mother Earth News* plans publish excerpts from *The Book of Tofu.* Letter to William Shurtleff at New-Age Foods Study Center (278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan), April 26. 1 p. Typed.
• ***Summary:*** "Thanks for your letter of March 27 and February 9 (to John Shuttleworth). And, by the way, its our pleasure to run excerpts from your fantastic book. I hope that you will try to stop in and see us here in the fall. (We're anxious to try out some of those tofu dishes you kindly offered to prepare!)." Discusses the excerpting schedule.

Note: This is the second earliest dated document seen in which "New-Age Foods Study Center" (the predecessor of Soyfoods Center) is mentioned. Address: Associate editor, The Mother Earth News, P.O. Box 70, Hendersonville, North Carolina 28739.

3299. Colchie, Elizabeth. 1976. The sensual soybean: Eating well at bargain-basement prices. *House and Garden* 148:133, 144, 146. April. [1 ref]
• ***Summary:*** A brief introduction to soy flour, sprouts, whole dry soybeans, roasted soybeans, bean curd cakes [tofu], fermented curd, bean curd skin [yuba], dried bean curd sticks, bean paste, miso, black beans [fermented black soybeans]. With illustrations from *The Book of Tofu* by Shurtleff & Aoyagi.

3300. Kinsella, John E. 1976. Functional properties of proteins in foods: A survey. *CRC Critical Reviews in Food Science and Nutrition* 7(3):219-80. April. [495 ref]
• ***Summary:*** Contents: Introduction. Protein needs. Functional properties of proteins. Organoleptic properties. Binding. Fat absorption. Solubility. Water sorption. Viscosity. Gelation. Dough formation. "Texturizability": Fiber spinning, extruded products. Surfactant properties: Emulsifying properties, foaming properties. Protein structure and functional properties. Denaturation and functionality. Processing factors and functional properties. Functional properties by modification: Hydrolysis, derivatization. Conclusion. Acknowledgment. References. Address: Dep. of Food Science, Cornell Univ., Ithaca, New York.

3301. Kudo, Shiro. 1976. Kôri-dôfu [Dried-frozen tofu]. *Shoku no Kagaku* (*Food Science Journal*) No. 29. p. 122-27. April. [Jap]
• ***Summary:*** It is said that the commercial production of frozen tofu started during the Momoyama period (1568-1600). It was made using the traditional, natural method of freezing the tofu outdoors in the snow, then allowing it to dry naturally. Centers of production included Mt. Kôya (Kôya-san), the Osaka-Kyoto area (Kinki Chihô), the Shinshu area (Shinshu Saku), the northeastern provinces (Tôhoku Chihô), Hokkaido, and the Matsuzen Chihô.

The earliest written description seen of the method for making frozen tofu appeared in the *Honcho Shokkan* (1690-1695, by Hitsudai HITOMI). That method was very similar to the method used today. Later, two basic methods evolved: The Koya method and the Shimi-dofu method. They differed only in the steps after the tofu was frozen outdoors in the snow. In the Koya method, the tofu underwent 5 days of standing at freezing temperatures (*moya*) to develop a fine-grained texture, was thawed in hot water, drained, and dried in a heated shed (*hoiro*). In the Shimi-dofu method, the tofu underwent 1 day of moya, was allowed to thaw and drain naturally, was tied with rice straw, hung outdoors in the air under the eaves, and subjected to repeated drying in the daytime sun and freezing again at night, until it was dry.

Starting in about 1700, Buddhist Vegetarian Cookery (*shôjin ryôri*) became very popular in the Kyoto-Osaka area. Frozen tofu was introduced and spread among the people of southwestern Japan and the island of Shikoku. Because of its growing popularity, a new and improved method for making the tofu (the Koya method) was developed that was better than the Shimi-dofu method. Shimi-dofu was made mostly in farmhouses and not much attention was paid to marketing the product. The process has not changed much up to the present time.

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A flow chart (p. 122) compares the processes for making dried frozen tofu using the new method vs. the traditional method.

1900 (Meiji 34)–An artificial freezing method was invented and used commercially. That made the unstable quality for frozen tofu more stable and enabled it to be made at any season of the year (not just during the winter) and in any part of Japan (not just in very cold regions).

1913 (Taisho 2)–The Koya method (frozen tofu method) was imported to Nagano prefecture, where Shimi-dôfu had been produced traditionally. In Nagano there was quite a different attitude from that found in Kansai (the Osaka / Kyoto area). The owners of factories studied the techniques, and with great effort, expanded their market in the Kansai area. At that time in Kansai, consumers wanted their dried frozen tofu to be soft when they eat it. As a result the expanding and softening process (bônan kakôho) was invented.

1925 (Taisho 14)–They added starch into the stage of making fresh tofu to get the soft tofu.

1928 (Showa 3)–They invented the method for adding sodium bicarbonate (baking soda; *jû-tansan soda*) to frozen tofu during the drying stage.

The next invention was the use of ammonia gas. They found that technique accidentally when they tried to remove the sour flavor of mold that grew of tofu, using ammonia. When they used ammonia gas, the tofu expanded and grew soft. This was the most dramatic event for the history of frozen tofu. After this invention of Shinshu Frozen Tofu, this tofu became accepted among consumers in the Osaka / Kyoto (Kansai) area and developed a good reputation.

During that time the manufacturers switched to artificial freezing from natural freezing and frozen tofu entered the age of mass production.

But only manufacturers in Nagano prefecture could make tofu all year round. They won the market from makers of traditional shimi-dofu and ended up with 90% of table production of frozen tofu in Japan.

Page 124: 2-3 years ago they invented a new method of not using ammonia, because frozen tofu processed with ammonia had a bad smell and only 3 months shelf life, and got rancidified very quickly–so that consumers had to store the product in a refrigerator.

Note: In 1974 (Showa 49) frozen tofu production in Japan was 13,000 tonnes, worth 8,300 million yen. A typical package of 100 gm sold for 47-85 yen. There were 21 manufacturer in Japan; each used from 1 to 30 tonnes of soybeans per day. Four large manufacturers controlled 80% of the market. By contrast, the retail value of fresh tofu was about 10 times as much as that of frozen tofu. Address: Vice President, Asahimatsu Kori-dofu K.K., Japan.

3302. Longacre, Doris Janzen. 1976. More-with-less cookbook. Scottsdale, Pennsylvania: Herald Press. 328 p. April. Illust. Index. 22 cm. Introduction by Mary Emma Showalter Eby. Spiral bound. [30* footnotes]

• ***Summary:*** Commissioned by the Mennonite Central Committee. On the cover: “Suggestions by Mennonites on how to eat better and consume less of the world’s limited resources.” However, this is not a vegetarian cookbook. Contents: Introduction. Part I: More with less. 1. Less with more: World shortages, North America: Five times as much, overspending money, overeating calories, overeating protein, overeating sugar, overcomplicating our lives. 2. Change–An act of faith: Does it really help anyone if I cut back?, it seemed inadequate, we liked it better the second time. 3. Building a simpler diet: The protein question, what is complete protein?, amino acid teamwork, no-meat, low-meat, and which meat, increasing protein content in foods.

II. Sharing the recipes. Soy-related recipes (all use whole soybeans unless otherwise stated): Nameless soybeans (p. 47). Soybean granola (with roasted soybeans, p. 91). Section of soybean recipes (p. 96-98, 109-15): Savory baked soybeans. Soybean loaf. Soybean hamburger casserole (with ground beef). Soybean casserole. Fresh soybean-cheese casserole (with “fresh green soybeans”). Soybean pie. Refried soybeans. Soybean soufflé. Sweet and sour soybeans. Marinated soybeans. Soybean sandwich spread. Basic soybean spread or dip. Soybean curd sauté (with bean curd [tofu]). Gather up the fragments. Soy, cheese and meat loaf (with “vegetable-protein meat extender, p. 166). Basic burger mix (p. 166). Quick soybean soup (p. 211). Soybean salad (p. 259). Roasted soybeans (3 recipes, p. 305).

Soy is also mentioned elsewhere: Soybeans contain complete protein (p. 28). Protein complementarity: In Indonesia fermented soybean cakes go with a rice meal. Chinese and Japanese use bean curd [tofu] and bean sprouts with rice (p. 29) Use soybeans or soy flour to increase protein content of foods (p. 31). Table showing protein and calorie content of some common foods (low fat soy flour, dry soybeans, immature cooked soybeans, mature cooked soybeans, p. 34). Table showing comparative costs of protein sources (dry soybeans {the least expensive of all!}, textured vegetable protein meat extender, soybean breakfast sausage, soy flour, p. 37). Soybeans and soy flour (p. 45). Cook large amounts of soybeans and freeze them to save time (p. 48). Soybeans contain fewer calories per gram of protein than common white beans (p. 49). When making granola, add soy flour, soy grits, roasted soybeans, or soaked soybeans (p. 88). Address: Akron, Pennsylvania.

3303. **Product Name:** Tofu.
Manufacturer’s Name: No-Moo Dairy.
Manufacturer’s Address: 90 Sawyer St., South Portland, ME 04106.
Date of Introduction: 1976. April.
Ingredients: 1982: Organic soybeans, solidified with nigari–spring water.

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Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Letter/Order from Peter G. Beane, Star Route, North Anson, Maine 04598. 1976. Aug. 28. He orders a copy of *The Book of Tofu, Vol. II* (later re-titled *Tofu & Soymilk Production*).

Judy & Peter Beane. 1977. "No Moo Dairy. The No Moo Dairy, started in the spring of 1976 as an experiment, is the only operating tofu shop in Maine. From May to December, the 'shop' was the kitchen, and the average batch of tofu gave 5-6 lb." Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Peter & Judy Beane.

Letter from Peter Beane. 1981. April. "I started the No Moo Dairy [i.e. started production] with my wife Judy in April 1976. It lasted for about two years, folding because of lack of capital. Our marriage also folded." Label. 1982, undated. 3.25 by 2 inches. Self adhesive. Black on green. Country/farm scene illustration. Address now: Peter and Judy Beane, North Anson, Maine 04958. 8 oz.

3304. *Shoku no Kagaku* (*Food Science Journal*). 1976. Daizu tanpaku shokuhin [Soy protein foods]. No. 29. 132 p. April. [Jap]
• ***Summary:*** Each of the 21 articles in this issue is cited separately.

3305. Shurtleff, William; Aoyagi, Akiko. 1976. How to make soybean cheese (tofu). *East West Journal.* April. p. 43-44. [1 ref]
• ***Summary:*** Excerpted from *The Book of Tofu.* Contains 14 illustrations (line drawings) by Akiko Aoyagi. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3306. **Product Name:** Tofu.
Manufacturer's Name: Thom Leonard Tofu Co.
Manufacturer's Address: Fayetteville, Arkansas.
Date of Introduction: 1976. April.
New Product–Documentation: Talk with Thom Leonard, owner of Wheatfields bakery in Kansas. 1998. June 9.
In about the early spring (or late winter) of 1976, Thom started making tofu out of his home kitchen in Fayetteville, Arkansas, and sold it at the Ozark Food Co-op in Fayetteville. Later he passed this company on to his good friend, Jim Hemminger, who named it Gregg St. Tofu.

3307. Watanabe, Tokuji. 1976. Dentô-teki daizu tanpaku shokuhin: Tôfu to aburage [Traditional soy protein foods: Tofu and deep-fried tofu pouches]. *Shoku no Kagaka* (*Food Science Journal*) No. 29. p. 116-21. April. [Jap]
Address: Director, National Food Research Inst. (Japan).

3308. Dart, Susan. 1976. Mother finds way to beat food additives: Natural foods. *Chicago Tribune.* May 13. p. E30.
• ***Summary:*** Clara Lo was born in Hong Kong, but educated in the USA. She marinates her ground pork with "Chinese bean paste [jiang], which she buys in Chinatown." She points out that "a marinade of soy sauce would have the same effect, but the soy sauce must not contain sodium benzoate or other preservatives and be free of any coloring whatsoever..."

Note: This is the earliest English-language document seen (March 2009) that uses the term "Chinese bean paste" to refer to Chinese-style miso.

She notes that the Chinese have traditionally eaten a balanced diet. Based on rice, or wheat, it always includes "green vegetables, fish, meat or soy bean cake [tofu]..."

3309. Crum, Maggie. 1976. Tofu–will it be the staff of life. *Contra Costa Times.* May 19. p. 13. [1 ref]
• ***Summary:*** About the work of William Shurtleff and Akiko Aoyagi. A photo shows the two co-authors holding up their *Book of Tofu.* "The popular tofu enthusiasts are currently back in Japan, where they are working on their second book, whose subject is miso... Come summer, Bill and Akiko will return to the United States to begin a lecture/demonstration tour in over 100 towns and cities." Contains 4 tofu recipes. Address: California.

3310. Ferretti, Fred. 1976. Mott St. Sunday mornings. *New York Times.* May 21. p. 71.
• ***Summary:*** Word sketches of scenes related to food, shopping, and Chinese markets from Mott Street, in New York's Chinatown. The time to shop is when the grocery trucks arrive about 7 a.m. at the many markets on Mott, Pell, Doyers, Bayard, Mulberry, and Canal Streets. Piled around the fresh vegetables are "buckets of dow fu, bean curd, and [mung] bean sprouts." "Sunday shoppers will also find bean curd."

3311. Lubow, Arthur. 1976. Bean curd: a cake for all courses. *New Times* 6(11):67. May 28.
• ***Summary:*** About tofu and *The Book of Tofu* by Shurtleff & Aoyagi.

3312. *Food Product Development.* 1976. Product brief: Tofu mix. Soybean curd. House Food Industry Co., Osaka, Japan. 10(4):88. May.
• ***Summary:*** A large black-and-white photo shows a package of House (*Hausu*) Hon Tofu, for making [silken] tofu at home. In the box is a packet of powdered soybean milk and a packet of glucono delta lactone coagulant mixed with a little lactose. To prepare, mix the powdered soymilk with hot water in a pot to make soymilk. Then stir in the coagulant and allow to firm. Cool in cold water.

3313. Huang, Su-hei (Miss). ed. 1976. Chinese cuisine: Wei-Chuan cooking book. Taipei, Taiwan: Wei-Chuan Publishing

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Co. 221 p. May. Illust. Index (at front). 27 cm. [Chi; Eng] • ***Summary:*** This attractive book of Chinese cooking from the Wei-Chuan Cooking School is a bilingual Chinese / English edition. On each page is one recipe and a 1/3-page color photo of the prepared dish. The title of the recipe is written in Chinese in large bold characters and is also given (to the right) in smaller bold letters in English. Above the number of servings is the province or region of China from which the recipe comes (e.g., Szechuan, Cantonese, Peking, Hunan, etc.) Most of the recipes call for ¼ to ½ teaspoon of MSG; many call for soy sauce.

The introduction (p. 2-17) contains: (1) Seasonings for Chinese cooking, incl. soy sauce. (2) Instruments [utensils] for Chinese cooking. (3) Culinary idioms (basic techniques, such as cleaning, cutting, heating the pan, stir frying, etc.). (4) Arrangement of seating order at feast. (5) Arrangement of the dinner sets at a feast. (6) Arrangement of food and menu. (7) Basic principles of arranging the menu. (8) Sample menus for banquets or ordinary meals. (9) Commonly used vegetables (2-page color photo, incl. "9. yellow soybean sprouts").

(10) Commonly used dry materials and canned foods (2-page color photo, incl. "6. fried gluten balls {*'mien jin pau'*}." 13. pickled plums (*'umeboshi'*). 18. agar-agar. 33. nori (purple laver sheet). 35. bean curd skin [yuba, toufu p'i]. 36. bean curd roll. 37. Pressed bean curd cake [*doufugan*]. 39. kau fu. 40. bean curd wrapper (bai yeh; pressed tofu sheets). 41. vegetarian gluten roll (*mien jin*). 42. dried bean curd noodles [*kan-ssu*]. 43. Fermented black beans [fermented black soybeans]. 44. bean curd stick [dried yuba stick] (*'fu dzu'*). 47. Soy sauce. These two pages also show Wei-Chuan Foods Corp. is a manufacturer of many Chinese-style foods.

(11) Description of some other special ingredients. "1. Hot bean paste (pronounced *'la jiao jiang'*). A thick spicy paste made from ground hot red peppers and soy beans." "2. Sweet bean paste (*'t'ien mien jiang'*). Made 'from ground, fermented steamed bread and spices'" [soy is not mentioned]. "3. Soy bean paste (*'do ban jiang'*). A thick black paste similar in taste to sweet bean paste, but made from fermented soybeans." "8. Fermented black beans: Small black [soy] beans which have been marinated in soy sauce and salt and are used to flavor steamed fish and meat or in stir-fried dishes." "10. Pickled bean curd or Chinese cheese [fermented tofu] (*'do fu ru'*). Bean curd cubes which are first dried and then mixed with wine, spices and salt and allowed to ferment. It is used to season braised pork and duckling." "21. You tiau. A deep-fried crispy Chinese cruller..." * "Kau fu: A spongy type of vegetarian ingredient made from wheat gluten" (see p. 151). "Fried gluten ball ('mien jin pau'): A type of light, round, deep-fried ball made from wheat gluten and water." "Su tsang: A type of long thin roll made of wheat gluten and water."

Interesting soy related recipes: Bean curd noodle and celery salad (with "4 oz. bean curd noodles," Szechuan, p. 23). Steamed spareribs with fermented black beans (with "3 T. [tablespoons] fermented black beans," garlic, ginger root, rice wine, and soy sauce, Cantonese, p. 60). Steamed pork in preserved bean sauce (with "2 squares fermented bean curd" ('do fu ru'), Cantonese, p. 74). Steamed carp with fermented black beans, Hunan, p. 88. Braised carp with hot bean paste (with "1½ T. [tablespoons] hot bean paste" ('la do ban jiang'), Szechuan, p. 100). Stir-fried oysters with fermented black beans (Taiwanese, p. 132).

One section of the book titled "Bean curd & eggs" (p. 140-49) contains various tofu and yuba recipes, including: Ma-Po's bean curd (Szechuan, p. 140). Vegetarian chicken loaves (with "16 sheets bean curd skin" [yuba], Shanghai, p. 147). Eggplant rolls with chopped pork (with "1 sheet bean curd skin, Taiwanese, p. 148). Stuffed bean curd rolls (with "8 bean curd sheets (*bai ye*), Shanghai, p. 149). Bean curd is counted in squares. Address: Taiwan.

3314. Rodale, Robert. 1976. Looking for Chinese health secrets. *Prevention* (*Emmaus, Pennsylvania*). May. p. 23-30. • ***Summary:*** Three years ago Mr. Rodale had the good fortune to be able to travel throughout China for 27 days, "As I sat on the Northwest Orient plane, eating an airline meal of chicken, potatoes, bread and a salad, I thought how I would rather be eating some rice, bean sprouts and perhaps some tofu, or bean curd... Recently we learned the Chinese lesson that sprouted seeds are much more nutritious than dry, dormant seeds. Protein and vitamin values are improved dramatically by sprouting, and minerals in the seeds are absorbed much more easily. I think there is tremendous potential in the U.S. for wide use of sprouts as food...

"Bean curd is another great Oriental food that is making friends here rapidly. It is a creamy, mild-tasting kind of 'cheese' made from soybeans–inexpensive and rich in protein. Most people here call it tofu, which is the Japanese name for bean curd. The Chinese call it dofu. No matter what you call it, bean curd is a much better soybean food than the fake meats and meat fillers made from spun soybean fibers that are being sold to American consumers now. They are hoked up with additives to give the resulting food color and flavor, and are far more expensive per ounce of protein than bean curd. The white color and mild flavor of tofu are part of its appeal, so why load yourself up with harmful additives just to make believe that soybeans are really bacon?"

A photo (p. 29) shows six large, square flats of pressed tofu stacked atop one another, separated by boards. The caption reads: "Bean curd, Taiwan style, is not sold in fancy packages. But it's clean, fresh, low in cost, and full of excellent protein."

In Taiwan, Dr. Doris C.N. Chang (photo, p. 27) is an American-trained scientist looking for better ways to sprouts soybeans and mung beans. Ton Yen Street in Taipei, known as "the street of sprouts," is where soybeans and mung beans

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are grown in large crockery sprouting urns and watered every 5 hours. A secret "hormone accelerator" may be added to the water bath to make the sprouts grow faster, and have them end up fatter with shorter roots. Doris Chang thinks it's an auxin-like material, probably a common weed killer like 2,4-D or 2,4,5-T; those herbicides kill plants by making them grow too fast in a short time. In Taiwan Mr. Rodale also visited AVRDC in Tainan; they were growing amaranth and sweet potatoes.

Note: This is the earliest English-language document seen (Nov. 2003) that contains the term "fake meats" (or "fake meat"). Address: Emmaus, Pennsylvania.

3315. Knoblauch, Mary; Leroux, Charles. 1976. Eats–Mandarin restaurants: Rating the Far East feasts in Chicago and suburbs. *Chicago Tribune.* June 4. p. B1.
• ***Summary:*** An excellent restaurant review with a summary of the history of Chinese restaurants in Chicago and the different Chinese regional cuisines. In 1965, there was only in Mandarin restaurant in the Chicago area–the Dragon Inn in Glenwood, about 20 miles south of Chicago; today there are about 40. For decades, Cantonese restaurants were synonymous with Chinese restaurants. Fukien, on the coast of China between Canton and Shanghai is famed for its soy sauces.

While it takes a chef only a few minutes to cook a Chinese dish, someone has usually spent hours beforehand chopping and shredding the ingredients.

The Northern China (5001 N. Clark St.) offers "whole braised fish with garlic, onion, and black bean sauce..."

The Cathay Mandarin Restaurant (3014 N. Lincoln Ave., Skokie) offers a delicious hot and sour soup laced with "generous shreds of chicken, pork, bean curd [tofu], green onion, and dried mushrooms." "Its Ma poo shrimp are redolent with hot bean sauce, fermented black beans, and garlic."

The Mandarin serves a "fried bean curd and pork in chili sauce."

3316. Rulona, Cynthia. 1976. My best recipe: Chicken tofu, tasty, low-cost Island meal. *Los Angeles Times.* June 10. p. I8.
• ***Summary:*** Cynthia learned to cook this while growing up in Hawaii. It calls for "1 (21-ounce) package soy bean curd cake (tofu), drained and cut into 1-inch squares." Note: Upland is about 25 miles east of Los Angeles. Address: Upland, California.

3317. Will, Joanne. 1976. Sushi: Oriental party morsels. *Chicago Tribune.* June 27. p. D8.
• ***Summary:*** "As sushi accompaniments, Mrs. Yamaguchi suggests serving a clear, hot Japanese soup garnished with tofu (bean curd), egg strips or mushrooms,..." One type of sushi is a rice-filled seaweed roll. Three photos show how to make sushi at home. Address: Food editor.

3318. Autumn Press. 1976. Discover tofu: *The Book of Tofu* (Ad). *Let's Live.* June. p. 92. [1 ref]
• ***Summary:*** This small black-and-white ad (2¼ by 5 inches) for *The Book of Tofu* is in the same issue as an article on tofu by James F. Scheer. Address: 3941 Glen Haven Rd., P.O. Box 469, Dep't L-1, Soquel, California 95073.

3319. Bol en Bois. 1976. Fabrication du tofu [Production of tofu (Brochure)]. 35, rue Pascal, 75013, Paris, France. 3 p. 5th printing, May 1979. [8 ref. Fre]
• ***Summary:*** A typed description with illustrations (line drawings) of how to make 900 gm of tofu at home from 300 gm of soybeans and nigari. Cites *The Book of Tofu* by Shurtleff & Aoyagi as a source. The company also publishes leaflets on soyfoods: Number 1: Tofu et okara (Tofu and okara), 1.5 Fr. Number 7: Tamari, shoyu et leurs coleurs (Tamari, shoyu and their colors), 2.0 Fr. Address: Paris, France.

3320. Consumers Cooperative of Berkeley, Inc. 1976. More about tofu (Leaflet). Richmond, California. 2 p. 28 cm. [1 ref]
• ***Summary:*** Gives a half-page introduction to tofu plus 5 Western-style tofu recipes prepared for the Co-op by William Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu*, published by Autumn Press. The recipes have been tested by home economists at the Co-op. Address: 4805 Central Ave., Richmond, California 94804.

3321. Mosha, Aleck. 1976. Food product applications in Tanzania. *LEC Report* No. 1. p. 127-29. D.E. Wilson, ed. Low-Cost Extrusion Cookers: International Workshop Proceedings. (Fort Collins, CO: Dep. of Agric. and Chemical Engineering, Colorado State Univ.). [5 ref]
• ***Summary:*** Malnutrition is a big problem in Tanzania, especially among infants, children, and pregnant and lactating women. Tanzania's official policy of food self-sufficiency requires that domestically grown foods must be used in the country's developing weaning food program. In 1972 Tanzania's leading food crops were bananas (1,205,743 tons), maize (880,886), cassava (792,850), sweet potatoes (234,151), sorghum (190,882), and rice (paddy, 170,903). Only 776 tons of soybeans were produced.

In the early 1960s, the enrichment of sembe (60% locally extracted maize flour) as well as the fortification of other local staple foods with high protein sources (such as soy flour and groundnut flour) were advocated and limited attempts were made. "Preliminary trials to feed maize-soy flour mixtures to adults and children in educational institutions showed that 5% soy could be added undetected to uji and ugali (local thin maize gruel, and thick maize flour paste, respectively). Systematic high-protein product

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development was undertaken by the Ministry of Agriculture" (including soy beans) in the late 1960s. Mixtures of maize and sorghum flour containing up to 25% soy flour were acceptable in child-feeding trials. "A village-level soy processing project (in which the villagers used hand-operated equipment for processing soybeans into full-fat flour, soy milk and curd) was started. The products were incorporated into local cereal staples, which were very well accepted. The project is still in progress, but it has been hampered by difficulties arising from the large labor input required by the hand-operated equipment. The use of power mills for decorticating and grinding the soybeans has been recommended." Address: Tanzania Food and Nutrition Center, Dar es Salaam, Tanzania.

3322. Scheer, James F. 1976. New superstar food–Ancient tofu. *Let's Live.* June. p. 91-93.
• ***Summary:*** Based on an interview with William Shurtleff and Akiko Aoyagi, who visited the offices of *Let's Live* in Los Angeles, California, while on a tour, and on a review of their *Book of Tofu.*

3323. *Vegetarian World* (*Los Angeles*). 1976. Tofu: Prime hope for a starving world. No. 6. p. 7. June.
• ***Summary:*** Discusses the work of Bill Shurtleff and Akiko Aoyagi with tofu. Photos show: (1) The two holding a block of homemade tofu on a plate. (2) A hungry child. Gives four "quick and easy recipes for delicious tofu dishes:" Crumbly scrambled tofu, Tofu mayonnaise dressing, Grilled tofu steak, and Tofu ice cream. "In *The Book of Tofu* by Bill Shurtleff and Akiko Aoyagi, the authors assert that the exotic cakes of soybean curd, found primarily in health food stores in the U.S., are about to revolutionize world-wide eating habits." Address: Lafayette, California.

3324. *Berkshire Eagle* (*Pittsfield, Massachusetts*). 1976. Second natural food store opens in city. July 3. p. 8.
• ***Summary:*** Cornucopia Natural Foods, a retail store, was opened this week at 424 North St., in Berkshire, Massachusetts, by Richard Buck, "a dedicated member of the natural food cult" and a former Prudential Insurance Company employee. He plans to sell the foods and preach their benefits to all who will listen. He has "converted to the Vegan faith. That is a national organization whose members abstain from all animal products including dairy products as well as meats." Buck is planning to start a chapter of the North American Vegan Society in Pittsfield, in order to help spread the word locally.

All of the counters and display cabinets in the store are made by hand of unfinished wood, except for the bread counter and the refrigerator section.

"Tofu is a big item in the store. This is bean curd made from soybean and eaten in many ways." The store also has "a cookbook for sale devoted exclusively to recipes involving tofu [probably *The Book of Tofu*, by Shurtleff & Aoyagi].

The store stocks one of the most extensive collections of herbs and spices outside of New York City.

The story carries fresh garden produce, has a juice bar and "a bakery featuring bread made by the neighboring Sufis."

Buck is planning to add more new products as business increases. One of the first will be dairyless ice cream.

The store will be open Mondays through Saturdays from 9 a.m. to 9 p.m.

A large photo shows the inside of the store.

3325. *New York Times.* 1976. From column A to column Z (Advertorial). July 4. p. ADS12.
• ***Summary:*** This is a full page advertorial describing and promoting China's different regional cuisines, including Taiwanese cuisine. We are not told which organization is paying for the ad. Could it be the government of Taiwan?

"For Chinese cuisine–which is unmatched by any other–is a brilliant blend of contrasting tastes and textures. But then, it's the product of several thousand years of genius." "As all aficionados of Chinese food know, Taipei [capital of Taiwan] is a gourmet's paradise." The island republic of Taiwan is a "vital center of vegetarian cuisine." Most customers at these meatless restaurants are Buddhists, who are vegetarians for religious reasons. Over the past 2,000 years, Buddhists have developed a host of totally vegetarian [vegan] dishes that simulate their Chinese counterparts based on meat, fowl, or fish. For example, monks long ago developed a snack that "tastes surprisingly like ham by blending dry-roasted peanuts with tofu, or bean curds, that had been sauteed in soy sauce."

"In vegetarian restaurants, the menu features such dishes as 'roast duck' or 'pork balls' or 'fried fish.' But in fact the ingredients are such non-meat products as soy bean curds, mushrooms, seaweed, water chestnuts, and wheat gluten. Yet so artfully are they prepared and sauced that most non-vegetarians, unless they are forewarned, believe they are savoring meat dishes." Address: Food editor.

3326. Itoh, Joan. 1976. Everything there is to know about tofu. Review of *The Book of Tofu* by Shurtleff and Aoyagi. *Japan Times.* July 10. p. 7.
• ***Summary:*** "'The Book of Tofu' by William Shurtleff and Akiko Aoyagi is just about the most complete book one can imagine on the subject. It is written much like a textbook, educating the reader in a delightful way with large easy-to-read print, charts, statistics and scores of drawings that makes everything they are talking about absolutely clear. The enthusiasm that the authors feel about this food comes through and they make a very good case of why all of us should become tofu fans."

"Besides all this, it has the most detailed glossary of Japanese foods ever compiled in English and that alone is

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almost worth the price of the book for the foreigner living in Japan.

"Needless to say, the authors have put a fantastic amount of research and work into their project. There just isn't anything left out, even lists of tofu shops now operating in America and western Europe. It is a work that they can well be proud of because it is going to be a tremendous help to a great many people.

"One gets the feeling that this is a book that could not have been written any other time but now. Maybe the fact that the authors are into Zen meditation has something to do with the whole simple, honest feeling about the book. It reflects a blend of cultures. hard work, liberation, idealism and, most of a1l, a kind of awareness and concern for mankind. The book of tofu is a cookbook with a message and buying it might be one of the best ways you could spend ¥2,500."

Note: Immediately below this review is another titled "Key Elements of Soto Zen Expounded." It reviews a new book, *Zen Master Dogen: An Introduction with Selected Writings*, by Yuho Yokoi with Daizen Victoria. Shurtleff originally went to Japan to study Soto Zen meditation and translate Dogen's writings into English, then switched to writing about tofu. How perfect!

3327. Shurtleff, William; Aoyagi, Akiko. 1976. What is tofu? (Leaflet). Berkeley, California: Westbrae Natural Foods Inc. 5 panels each side. Each panel: 24 x 12.5 cm. Illust. by Akiko Aoyagi. July 20. 24 x 13 cm.
• ***Summary:*** Contents: Introduction (see next page). A family of distinctively varied foods. A storehouse of high-quality protein. Low in saturated fats: free of cholesterol; an ideal diet food. Natural backbone of the meatless diet. Buying and storing tofu. Making tofu at home and in communities. Soybeans, tofu, and the world food crisis. Tofu shops in Japan. Cooking with tofu (13 recipes).

Note: From July 1976 to Dec. 1977 approximately 130,000 copies were printed by Westbrae and Morinaga. In addition, from May 1981 to March 1983 seven tofu companies purchased the rights to print an unlimited number of copies under their own logo. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3328. Oshikubo, Junichi. 1976. Za bukku obu tôfu. Amerika de oo-uke [The Book of Tofu: Well accepted in America]. *Sankei Shinbun* (*Tokyo*). July 24. p. 16. [2 ref. Jap]
• ***Summary:*** About the work of William Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu* and *The Book of Miso*. Photos show: (1) The two seated on tatami mats on the floor of an upstairs room at the Aoyagi home in Tokyo, with 3 Western-style tofu recipes in front of them. (2) Covers of their two books. Shurtleff, an American, has been doing tofu research for 3 years. *The Book of Tofu* contains 500 recipes including tofu salad dressings, atsu-age with eggs, etc. Explains how Shurtleff got interested in tofu and the world food crisis. Address: Tokyo, Japan.

3329. *Yomiuri Shinbun* (*Yomiuri Daily News, Tokyo*). 1976. American publicizes tofu through book. July 24. [1 ref. Eng]
• ***Summary:*** About American Zen trainee William Shurtleff, age 35, of California. With Akiko Aoyagi he has written a book on tofu. He is now visiting Japan again. "In 1971 he first came to Japan with the aim of undergoing training in Zen... While he was doing Zen in Kyoto, Shurtleff was captivated by the taste of tofu and also by its cheapness."

3330. Boyer, Robert A. 1976. Early history of the plant protein industry. *Cereal Foods World* 21(7):297-98. July.
• ***Summary:*** "Shortly after the turn of this century, there appeared on the American scene one of the first examples of a food product based on a processed plant protein. Dr. John Harvey Kellogg, in an effort to add more vegetable protein foods to the menu of his famed Battle Creek Sanitarium [in Michigan], developed a method for producing wheat gluten from ground wheat and converting it into an attractive entree resembling a cut of meat."

Yet long before, people of the Orient have obtained a major portion of their protein from bean curd or tofu. There follows a good history of modern soy protein development from 1930 to the present. In the "late 1950s, the first edible soy protein plant went on stream in Chicago [Illinois, where Central Soya made Promine]. This was followed a few years later at another edible plant in Louisville, Kentucky [owned by Ralston Purina Co.]. Soon products began appearing on the marketplace listing 'soy protein' or 'vegetable protein' in their ingredient lists... This triggered a rapid growth in the plant protein industry starting in the mid-1960s... To summarize, it can be said that the first 65 years were the hardest for this new industry, but after that the progress was irresistible. Nothing is as powerful as an idea whose time has come."

A portrait photo shows Boyer, who "attended the Edison Institute of Technology before serving as Manager of the Soybean and Chemurgic Laboratory, Ford Motor Co. from 1931 to 1943. He spent the next six years as Director of Research for Drackett Co. Boyer worked as a Protein Consultant for the next 13 years with such companies as Swift and Co., Unilever Ltd., Worthington Foods Inc., Nabisco, General Mills and Ralston Purina. In 1962 he joined Ralston Purina as Protein Scientist. He served in this capacity until his retirement in 1971, at which time he assumed his present position." Address: Protein Consultant, Miles Laboratories, Inc., Elkhart, Indiana, 46514.

3331. **Product Name:** Tofu [Soft, or Firm].
Manufacturer's Name: Vegetarian, Inc. Renamed Corn Country Whole Foods, Inc.

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13 Recipes WESTBROS 15 cents

WHAT IS TOFU?

Tofu—also known in the West as bean curd or soybean cake—has been the low-cost protein backbone of the East Asian diet for more than 2,000 years. Discovered by a Chinese prince in 164 B.C., tofu is presently the single most important soybean food for more than one billion people and is prepared fresh each morning at 38,000 shops in Japan alone. Now widely available across America, tofu is the answer that millions of nutrition- and cost-conscious people have been searching for. Natural and inexpensive, it makes fullest use of the earth's nutritional resources—and offers a revolutionary yet simple approach to meeting the world's critical food requirements.

A FAMILY OF DISTINCTIVELY VARIED FOODS

For many of us in the West, the word "tofu" refers to the most popular variety, known for its firm custard-like texture, delicate flavor, and cream-white color. However, in its broader sense, "tofu" refers to a family of more than fourteen different high-protein soybean foods, each with its own unique flavor, texture, and appearance; each suited to distinctively different types of cookery. The various forms include deep-fried, grilled, wine-fermented, and silken-smooth tofu, plus a host of others as shown in figure 1. Each is available in the West at natural food stores, co-ops, supermarkets, Japanese and Chinese food markets, or, at reduced rates, directly from the more than 55 tofu shops now in operation throughout America.

These tasty and highly nutritious tofu products are versatile enough to become indispensable ingredients in many of your favorite Western-style dishes, including dressings, spreads, dips and hors d'oeuvres; salads, sandwiches, soups, and sauces; egg, vegetable, and grain preparations; barbecued and deep-fried specialties, casseroles, and even desserts. A traditional favorite in vegetarian cuisine, tofu can serve as the key to planning delicious meatless meals.

A STOREHOUSE OF HIGH-QUALITY PROTEIN

Nutritionally, tofu is perhaps the finest known source of low cost, high-quality protein, free of cholesterol and low in saturated fats and calories. The protein value of any food depends on two basic factors: the *quantity* of protein in the food and the *quality* of that protein. Quantity is usually expressed as a simple percentage of weight. By comparing the following figures, it can be seen that tofu and other soybean products rank at the top of the list—ahead of meats and dairy products.

FOOD	% PROTEIN BY WEIGHT	FOOD	% PROTEIN BY WEIGHT
Dried-frozen tofu	53	Tofu burger (ganmo)	15
Soy flour (defatted)	51	Hamburger	13
Dry soybeans	35	Eggs	13
Cheeses	30	Chinese-style tofu(doufu)	11
Fish	22	Tofu cutlets (thick agé)	10
Chicken	21	Tofu	8
Beef (steak)	20	Brown rice (uncooked)	6
Tofu pouches (agé)	19	Milk (whole)	3

On the other hand, protein quality refers to the percentage of protein in a food that can be utilized by the body. It is usually expressed in terms of NPU (Net Protein Utilization), a figure that depends largely on the food's digestibility and the degree to which the configuration of the

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Manufacturer's Address: 1310 W. Main, Urbana, IL 61801; then 132 South Market St., Champaign, IL 61820. Phone: 217-328-1656 (VI). 217-359-3443 (CC).
Date of Introduction: 1976. July.
Ingredients: Water, soybeans, nigari.
Wt/Vol., Packaging, Price: Bulk in 5 gallon plastic pails.
How Stored: Refrigerated.
New Product–Documentation: Visit with Les and Debby Karplus of Vegetarian Incorporated/Strawberry Fields in Urbana by Shurtleff & Aoyagi. 1976. Oct. 23-24. Study tofu making process.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Corn Country Whole Foods, 132 Market St., Champaign Urbana, Illinois 61820. Phone: 217-359-8843. Owner: Lester Karplus.

Talk with Les Karplus. 1989. March 16. This was his first soyfood product. Made it in a Groen 60 gallon kettle, 4 by 4 inch lever press with homemade cedar pressing boxes. Produced 2-3 batches a day. It was sold in his store and distributed over a 5 state region. Discontinued in about 1980 because it wasn't cost effective. Sold the equipment to Frederick Schaefer of American Pride in Fairfield, Iowa. Related products made in the same plant but sold only at Strawberry Fields Whole Foods (Lester's store), were soymilk (carob, vanilla, or plain), and soymilk smoothies (orange, banana, carob).

3332. Anderson, Sylvia. 1976. Re: Tofu made from soy flour on The Farm in Summertown, Tennessee. Letter to William Shurtleff at New-Age Foods Study Center, Aug. 12. 2 p. Typed.
• ***Summary:*** Before Sylvia went to live on The Farm in Summertown, Tennessee, in June 1971, she had never heard of tofu. She first saw firm, pressed tofu in cakes about a year ago. The tofu they made on The Farm was a staple of her diet and one of her favorite foods. This was made from soy flour, and all the pulp [okara] was left in; it was squeezed to a roundish in cloth as the last step rather than being pressed into cakes. She suggests it be called "Tennessee Farm Tofu" or "Squeezed Tofu." It may be a new invention.

"Here's how it came to be: Stephen and his students gave up dairy (cow) products before or during the Caravan, and in the early days of The Farm folks were into commercial soy products like Soyagen and Soyamel (powdered soymilk, made by Worthington Foods) and Fearn's Soya Powders. The Farm store bought and distributed soy powder (Fearn's, I guess), from which we made cardboard tasting soymilk and chalky squeezed tofu from directions in *Ten Talents* (by Frank and Rosalie Hurd, 1968), which was The Farm's cooking scripture of that era.

"As priorities began to get shuffled around and we started growing our own soybeans, soy flour ground in The Farm mill replaced the old soya powder, and as the soy dairy got together, folks stopped making [soy] milk at home, but they kept on making tofu at home, converting the old soy powder recipe to soy flour. At first we strained the pulp out of the milk before we solidified it, but that meant double straining, and you never could get all the very fine flour-pulp out anyhow, so somewhere along the way we tried it without straining out the flour and found that it made fine 'tofu'–by our standards, which were certainly far from those of a tofu master. But this kind of tofu has become a staple in the diet of several thousand people in America by now... And I'm teaching folks her in New Jersey how to make it as fast as I can... I've tried your homemade tofu method and its fun but a whole lot more energy-expensive than the method I'm used to, so I feel inclined to use it only for special occasions, and use the Tennessee Farm method for my every-day tofu cooking.

"So what I'm pushing here in New Jersey is this new American folk food... People here are digging it and wanting to know how to make it. I've been giving small demonstrations in people's homes quite a bit lately, and have at least three more scheduled this month. Two of these will be at Mormon church ladies' meetings. I didn't realize until recently, but the Mormons have a dietary teaching that goes: 'Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly; And it is pleasing to me that they should not be used, only in times of winter, or of cold, or famine' (*Doctrine and Covenants*, SEct. 89:12-13). So the Mormon ladies in the area want to know how to feed their families soybeans!

"Here's a recent quote from Stephen: 'We *are* our brother's keeper. And our brother is the population of the planet.'" Address: 109 West Park Ave., Pleasantville, New Jersey 08232.

3333. Bernardino, Minnie. 1976. Sour milk for a sweet cake. *Los Angeles Times.* Aug. 12. p. N28.
• ***Summary:*** Question and answer format. "Q. I would like some calorie information on water chestnuts and tofu (soybean curd) as I frequently use these ingredients in cooking.

"A... A 4.2-ounce piece of tofu or soybean curd (2 3/4 x 2½ x 1 inch) has 86 calories."

3334. *Asahi Shinbun* (*Asahi Daily News, Tokyo*). 1976. Nihon to watakushi. Kondo wa Miso no Hon o [Japan and I. This time its a book on miso. Bill Shurtleff, the American food researcher who wrote *The Book of Tofu*]. Aug. 16. p. 4. [2 ref. Jap]
• ***Summary:*** Two photos show Shurtleff talking and one shows the cover of *The Book of Tofu.* Address: Japan.

3335. Tonomura, Tamihiko. 1976. Researcher on tofu, miso: Bill Shurtleff. *Asahi Evening News.* Aug. 23. Monday. [Eng]

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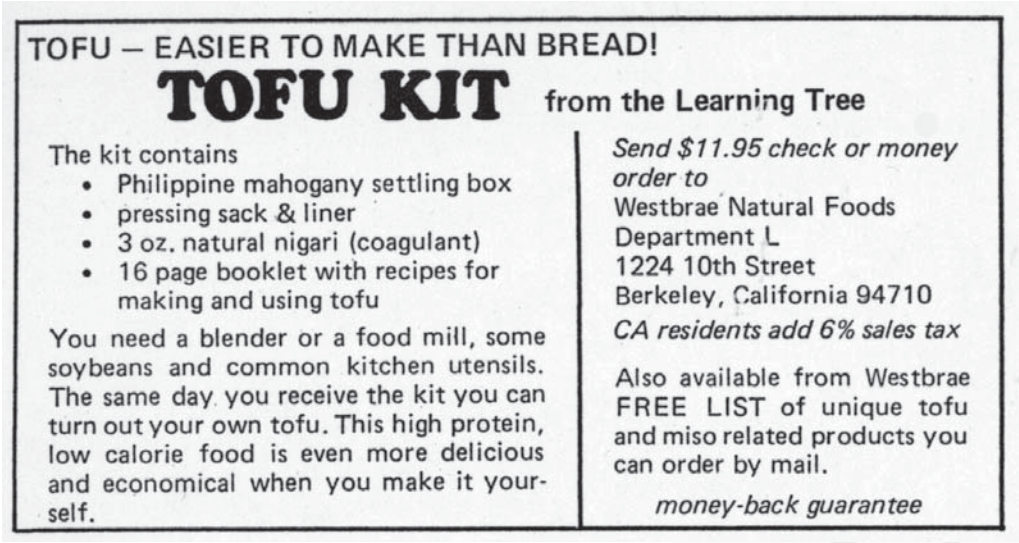

• ***Summary:*** Contains a biography of Shurtleff and a history of how and why Shurtleff wrote *The Book of Tofu,* which is now in its third printing and has sold 30,000 copies. Photos show: (1) Shurtleff talking. (2) The cover of *The Book of Tofu.* Note: Akiko Aoyagi, co-author, artist, and cook. is not mentioned. Address: Asahi Shinbun writer, Japan.

3336. Farm Food Company. 1976. August. New soyfoods restaurant or deli. 820 B. St., San Rafael, CA 94901.
• ***Summary:*** Shurtleff & Aoyagi. 1976. Sept. Tofu & Miso America Tour Itinerary. Contact: Kathleen Sandler.

Questionnaire filled out by Robert & Constance Dolgin. 1980. Jan. The Farm Food Co. in San Rafael opened its deli in about Aug. 1976, and the same month started making tempeh, tofu and soymilk. Shurtleff & Aoyagi visited in Sept. 1976. A list is given of dishes containing soyfoods served at the deli during its first year in business: Fried tofu sandwiches, tofu salads [like eggless egg salads], tofu salad dressings, and tofu cheesecake; tempeh burger, deep-fried tempeh cutlet, tempeh with creamy tofu topping, and Indonesian delight (tempeh strips with peanut butter and miso sauce over rice); soymilk ice cream, soymilk shakes, soy yogurt, soymilk mayonnaise, and soy whipped creme; soybean stroganoff and burritos; TVP chili; and Vege-Links (canned Loma Linda meatless hot dogs). Also for sale at the food store were packaged tofu, soymilk, tempeh, soy mayo, and Ice Bean [soy ice cream], all made in the same building.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3.

Laurie Sythe Praskin. 1985. "The Farm soy history: An overview." States (p. 3) that it was named "Farm Foods Cafe."

Note 1. This is America's first "soy deli," offering a host of highly creative and delicious recipes, served at a counter or tables.

Note 2. At this deli was developed and made the world's first "Tofu Salad," which would soon (made by various companies, including Farm Foods in San Francisco) become one of America's first popular tofu products, widely called "Eggless Egg Salad" (1977), "Tofu No-Egg Salad" (1978), and "Missing Egg Salad" (1978). Address: San Rafael, California. Phone: 415-454-3797.

3337. **Product Name:** The Learning Tree Tofu Kit.
Manufacturer's Name: Learning Tree (The).
Manufacturer's Address: Box 76E, Bodega, CA 94922.
Date of Introduction: 1976. August.
New Product–Documentation: This is America's first important tofu kit, introduced in August 1976. It was developed by Larry Needleman of The Learning Tree in Bodega, California, based on designs from *The Book of Tofu.*

Shurtleff wrote in his journal in Aug. 1976: "This month I meet Larry Needleman, who has developed a nice Tofu Kit, based on designs from our *Book of Tofu.* He visits our home and Center at 790 Los Palos Dr. [Lafayette, California]; we sit in the den and talk."

"1976 Sept. 29–Akiko and I leave on Tofu & Miso America Tour, in our white Dodge van packed full of books and tofu kits (from Larry Needleman). As we stop for our first gas on the San Pablo Dam Road, I wonder if the tires will explode or the springs break under all the weight." "Trip expenses included $1,200 or more to Larry Needleman for tofu kits at the wholesale price."

The initial retail price of the kit was $11.95 and the wholesale price was $7.77. It soon became the world's most popular tofu kit. Larry continually improved on the design, until it was a joy to use or behold.

Invoice No. 4992. 1977. Jan. 17. To New Age Foods Study Center (790 Los Palos Manor, Lafayette, CA 94549) from The Learning Tree (P.O. Box 829, Corte Madera, CA 94925). 12 boxed tofu kits, $7.17 each, total $86.04. Picked up by Sandy Hill.

Brochure. 1977. Feb. 1. Tofu Kit Information Sheet. Outside dimensions: 8 5/8 by 5 1/8 by 4 inches high. Weight:

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TOFU KIT

INFORMATION SHEET

DIMENSIONS:
I.D. — 7⅝" x 4⅛" x 4"
O.D. — 8⅝" x 5⅛" x 4"
APPROXIMATE NET WEIGHT/KIT* — 2.85 pounds
MANUFACTURER'S SUGGESTED RETAIL PRICE: $12.95

KITS/CASE	APPROXIMATE WEIGHT/CASE*	DIMENSIONS OF CASE
6	15 pounds	14" x 12" x 9"
12	30 pounds	18" x 18" x 10"
24	57 pounds	18" x 18" x 18"

*The weight of each TOFU KIT varies slightly with the weight of the wood. Each board is different.

MANUFACTURING & PRODUCTION

The TOFU KITS are manufactured for us by Westcom Industries, a factory and work training center for the handicapped in Richmond, California. Production capacity: 200–400 units/day.

INGREDIENTS

THE LEARNING TREE TOFU KIT contains a sixteen page booklet with recipes for making and using TOFU, a Philippine Mahogany settling box, joined by silicon-bronze, ring-shafted, boat building nails, a muslin pressing sack, an eighteen inch square of 44/36 unbleached cheesecloth, and a three ounce packet of Natural Nigari solidier (enough for about ten batches).

PACKAGING

The TOFU KITS are shrink wrapped in 100 gauge, Reynolon 4155, a crystal clear, polyethelene film, allowing complete visibility of the attractive wood and bronze settling box and label. The other ingredients of the TOFU KIT are inside the settling box.

CURRENT DISTRIBUTION

First released in September 1976. To-date we have distributors and retail accounts in twenty-two states in the United States and one in British Columbia. They are almost exclusively Natural Food Stores and Health Food Stores, with a sprinkling of cookware shops and book stores.

ADVERTISING

The TOFU KIT has been nationally advertised as a mail-order item in *East West Journal, Well-Being Magazine* and *Mother Earth News.* It is being reviewed by *Mother Earth News, New Age Journal, Co-Evolution Quarterly* and *Organic Gardening and Farming.*

TERMS & PRICES

TO RETAILERS:
Price — $8.00/KIT Minimum order — 6 KITS Prepaid or C.O.D. Freight Collect

TO DISTRIBUTORS:
Price — $6.50/KIT Minimum order — 24 KITS C.O.D. or Net 7 Days Freight Collect
(Most distributors will charge their retail accounts $8.50/Kit, delivered. When Freight charges are added to THE LEARNING TREE *price to retailers the price/Kit ends up at least $8.50).*

We are a small, new company and have been expanding production rapidly. The terms we require are necessary to continue expanding production to meet the demands for TOFU KITS and still stay in business.

SHIPPING

All orders are shipped U.P.S., unless over 100 pounds, then they may be shipped U.P.S., split shipment (over several days) or by common carrier. Air freight service is available through U.P.S. or Federal Express. You may also save the freight by picking up orders with your own truck at our Richmond, California factory. Trucking Classification: 100 C, Woodenware, NOI

The TOFU KIT is the first product and a labor of love and service from THE LEARNING TREE. *It was entirely inspired by* The Book of Tofu, *as a convenient tool to help people make their own TOFU at home and as a means of shifting eating habits away from meat, freeing much needed vegetable protein to feed starving people.*

To place orders or for additional information, please contact:

THE LEARNING TREE, P.O. Box 829, Corte Madera, California 94925
(415) 924-8240

2/1/77

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2.85 lb. Suggested retail price: $12.95. “Ingredients: The Learning Tree Tofu Kit contains a 16 page booklet with recipes for making and using tofu, a Philippine mahogany [red lauan; not real mahogany] settling box, joined by silicon-bronze, ring-shafted, boat building nails, a muslin pressing sack, an 18-inch square of 44/36 unbleached cheesecloth, and a 3 ounce packet of natural nigari solidifier (enough for about ten batches). Packaging: The Tofu Kits are shrink wrapped in 100 gauge Reynolon 4155, a crystal clear, polyethylene film... Current Distribution: First released in September 1986, the kit now has distributors and retail accounts in 22 states in the United States and one in British Columbia. They are almost exclusively Natural Food Stores and Health Food Stores, with a sprinkling of cookware shops and book stores. Advertising: The Tofu Kit has been nationally advertised as a mail-order item in *East West Journal, Well-Being Magazine, and Mother Earth News*... Terms and Prices: To retailers: $8/kit. Minimum order–6 kits. To distributors. $6.50/kit. Minimum order–24 kits. The Tofu Kit is the first product and labor of love and service from The Learning Tree. It was entirely inspired by *The Book of Tofu,* as a convenient tool to help people make their own tofu at home and as a means of shifting eating habits away from meat, freeing much needed vegetable protein to feed starving people.” P.O. Box 829, Corte Madera, CA 94925. 2/1/77.

Ad in Mother Earth News. 1977. No. 43. p. 37. Jan/Feb. (4.5 by 2.5 inches) “Tofu–Easier to make than bread! Tofu kit from the Learning Tree.” The kit costs $11.95 from Westbrae Natural Foods in Berkeley, California.

Leaflet #1. 1977? “Tofu Kit information sheet.” Double sided with recipes. Black ink on tan paper. The kit retails for $12.95. Leaflet #2. “Tofu Kit: Make your own tofu at home... quicker and easier than baking bread.” Black ink on burnt sienna paper. Single sided. The kit retails for $12.95.

Note: “The Learning Tree” is the title of the first film made by the well-known black photographer and film-maker Gordon Parks.

Ad in *East West Journal.* 1978. April. p. 11. “Make your own tofu at home–quicker and easier than baking bread.” Send a check or money order for $12.95 ($13.95 in Canada) to The Learning Tree, Box 76, Bodega, CA 94922. Ad in East West Journal. 1978. Oct. p. 62.

In June 1981 it was selling at the rate of 350 kits/month in the USA, decreasing to 150/month in June 1982. At this time it was made for the Learning Tree by physically handicapped people at the Marin Community Workshop in Mill Valley, California. Suggested retail price was $18.95.

3338. New-age Foods Study Center. 1976. Publications & materials, 1976 [mail order catalog]. 790 Los Palos Manor, Lafayette, CA 94549. 1 p. Single sided. 36 x 22 cm. Aug.
• ***Summary:*** This 1-page leaflet, 8½ by 14 inches, printed on one side with black ink on white paper, is the Center’s first catalog. In the upper right corner is the Japanese-style logo of waves and a moon in a circle.

Publications: The center sells four books written or published by William Shurtleff and Akiko Aoyagi (the softcover edition of *The Book of Tofu*, published by Autumn Press {336 pages} retails for $6.95), pamphlets, a tempeh brochure, *Diet for a Small Planet* by Lappe.

Materials: (10) A tofu box (made of ponderosa pine) for the preparation of homemade tofu. (11) A tofu-making kit: “Contains a hardwood box, pressing sack, settling cloths, packet of natural nigari, and illustrated instructions.” (12) Write for a catalog of “Commercial tofu-making equipment: Grinders, cauldrons or pressure cookers, presses, etc.” (13) “Koji starter for miso or shoyu: Write for a catalog and price list showing 20 available varieties.”

Coming soon are *The Book of Kudzu* and *The Book of Sea Vegetables.* Address: Lafayette, California. Phone: 415-283-3161.

3339. Ohlund, Tim. 1976. Re: Work with miso and koji in Sweden. Letter to William Shurtleff at New-Age Foods Study Center, Aug. 2 p. Handwritten.
• ***Summary:*** “Dear friend. I have been very impressed with your articles on tofu and tempeh in such magazines as *East West Journal* and *Mother Earth News.* I have been working in this area on a very small scale since about 5 years ago, when I got into macrobiotics in Japan under Nahum Stiskin. Since then I have been living in Sweden studying Japanese and Chinese at Uppsala University as well as managing a truck garden (biodynamic) during the summers.”

He has been growing Japanese vegetables in Sweden–with good results. “I’ve also been working with a new variety of soybean suited for this northern climate. This year I have a very good crop of them. The last two winters I’ve been making up batches of miso just to see how it would go and gain some experience at it. It is not yet as I would like it, but that will take some time. What I really need at this time is some good literature on the subject. My friend and I have combed the library at the university here and found much important information on tofu, tempeh, and lactic acid fermentation in *Applied Microbiology* and *Journal of Food Science*, etc.” He requests more information and contact people. He may make another trip to Japan in the next year or shortly thereafter to do research. Address: Box 559A, 19063 Örsundsbro, Sweden.

3340. Order forms containing names and addresses of people who purchased publications or materials from New-age Foods Study Center in Aug. 1976 (Archival collection). 1976. Lafayette, California. Order forms filled out by the person who placed the order.
• ***Summary:*** BOT2 = The Book of Tofu, Vol. 2–later titled Tofu & Soymilk Production. BOM = The Book of Miso. BOM2 = The Book of Miso, Vol. 2–later titled Miso Production. TB = Tofu box. TK = Tofu Kit. NN =

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Natural nigari. CTE = Catalog of commercial tofu-making equipment. CKS = Catalog of koji starter for miso or shoyu.

August: Quong Hop's Co., 161 Beacon St., South San Francisco, California 94080 (BOT2, CTE). Steven Zeev Berg, c/o Caldron Restaurant, 306 E. 6th Street, New York, NY 10003 (BOT2–The book did not arrive until Nov. 1976). Peter G. Beane, Star Route, North Anson, Maine 14958 (BOT2). Doug Wasyliw, 842 E. 10th Ave., Vancouver, BC V5T 2B1, Canada (BOM2, 10 WIT, 10 WIM, 2CTE, 2CKS). Bob & Toni Heartsong, 6051 S.W. 46 Ter. [Terrace], Miami, Florida 33155 (BOM, BOT2, BOM2). Lorenz A. Schaller, South Pasadena, California 91030 (BOM2). James Hemminger, 216 E. Ella, Fayetteville, Arkansas 72701 (BOM, BOM2). Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3341. Shurtleff, William; Aoyagi, Akiko. 1976. Tofu country style cooks better than it looks. *Mother Jones*. Aug. p. 54-55. [1 ref]
• ***Summary:*** An introduction to tofu with four recipes. Address: 790 Los Palos Dr., Lafayette, California 94549.

3342. **Product Name:** Tofu.
Manufacturer's Name: Soy Good Tofu Shop. Renamed Soygood Tofu Shop by Dec. 1978.
Manufacturer's Address: 347 N. West Ave., Fayetteville, AR 72701. Phone: 501-442-2910.
Date of Introduction: 1976. August.
New Product–Documentation: Letter/Order from James Hemminger, 216 E. Ella, Fayetteville, Arkansas 72701. 1976. Aug. 29. He orders a catalog of commercial tofu making equipment.

Shurtleff & Aoyagi. 1977. Jan. 9. Visited on Tofu & Miso America Tour. Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Jim Hemminger. Letter from Thom Leonard in Toppenish, Washington. 1977, Sept. 20. "Jim Hemminger sold his house and tofu shop and moved to his father's farm in Ohio. So that's over."

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. The company is now Soygood Tofu Shop, 216 Ella, Fayetteville 72701. Phone: 501-442-2910. Owner: Jim Hemminger.

3343. **Product Name:** Tofu.
Manufacturer's Name: Tollhouse Tofu.
Manufacturer's Address: Francestown Rd., Mount Vernon, NH 03057.
Date of Introduction: 1976. August.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1976. Nov. 13. Visited on Tofu & Miso America Tour. Martha Trundy, an old friend of Bill's, has been making and selling tofu for the last four months at the local natural foods store in Milford, New Hampshire. She makes it at home, cooking the ground soybeans on a wood stove. It is sold in small plastic bags, packed in water. On the label is written "Tollhouse Tofu." We spend the night at her home, a cozy "Cape-Cod" style house that is over 200 years old. She continued to make and sell tofu for about 2 more months.

Note: This is the earliest known commercial soy product made in New Hampshire.

3344. *Chicago Tribune*. 1976. Stocking your Mandarin pantry: A grocery list for Mandarin cooks. Sept. 16. p. D1.
• ***Summary:*** There are four basic categories of supplies: Dried, canned, condiments, and produce. Under "Dried" we find: "Fermented black beans–Also called salted black beans. Sold in plastic bags, slightly moist; store in covered container in refrigerator."

Under "Canned" are Hoisin sauce, and Hot bean paste. The latter is "Essential to Szechwan dishes... (Don't buy sweet bean paste, yellow bean paste, or soy bean paste by mistake).

Under "Condiments"–"Light soy sauce–The kind you are used to. Buy the ubiquitous brand all Chinese stores and restaurants use, Kikkoman; buy at least a pint." "Dark or black soy sauce–Used as flavoring. Thicker than regular soy, it has a molasses-like quality and is a necessity in many dishes. Measure carefully, though, because it can be overpowering." Also rice vinegar, and sesame oil made in Taiwan or Hong Kong, rather than Japan.

Produce: "Fresh bean curd [tofu]–Sold as produce in plastic containers in a chunk covered with water. Keeps a week in the refrigerator with two or three water changes. (Don't buy dried bean curd, unless your recipe specifies it)."

A photo shows a man walking down South Wentworth Avenue with many Chinese signs and shops in the background.

3345. Knoblauch, Mary. 1976. Shopper in a strange land. *Chicago Tribune*. Sept. 16. p. D1.
• ***Summary:*** The biggest culinary rage in Chicago, next to eating Mandarin food out, is cooking it in. To start, you need a good cookbook, such as *The Chinese Cookbook*, by Craig Claiborne and Virginia Lee (1975, Lippincott). "You choose a recipe (or several) and make a shopping list–fresh ginger root, hot bean paste,... Szechwan pepper, fresh bean curd [tofu], fermented black beans, scallions..."

A large photo shows the inside of a Chinese grocery store and its grocer, Man Sun Wing Co., 2229 S. Wentworth Ave., Chicago.

3346. Greer, Gery. 1976. A look at traditional Japan. *Chicago Tribune*. Sept. 19. p. C13.
• ***Summary:*** The writer has traveled to Shirakawa-go, a picturesque and traditional village in the Sho River Valley,

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high in the Japanese "Alps." The huge thatched-roof houses, built 100 to 250 years ago, with their steeply sloping roofs, are built in the style called *Gassho-zukuri* ("fingertips held together as if in prayer"). Traditionally, the smoke and soot from each home's central sunken, open-pit fireplace coated and preserved the straw and wood, so that the thick roofs lasted 70 years. The houses were built without nails or hinges; the wood was fastened together firmly with wooden pegs and handmade ropes.

Each October the quiet village is transformed as throngs arrive for the annual *Doburoku Matsuri* ("moonshine festival"). "Doburoku is unrefined sake (rice wine) and it is thick, milky, and potent."

A visitor can stay at a *minshuku* (a private home turned into a sort of hostel) which is usually less expensive that a *ryokan* (traditional Japanese inn). The *minshuku* typically serves two meals. "Usually dinner will consist of one whole small fish cooked in soy sauce, various mountain vegetables and weeds, *miso* soup... with *tofu* (bean curd), *tsukemono* (Japanese 'pickles,' usually pickled cabbage, cucumber, and ginger), and rice.

Breakfast, which is almost identical, "includes a raw egg in place of the vegetables. Break the egg into the bowl provided, add soy sauce, beat slightly with your chopsticks and pour over the [steaming hot] rice"–which partially cooks the egg.

Note: The historic village of Shirakawa-gô, in Gifu prefecture of central Japan (northwest of Tokyo), is one of Japan's UNESCO World Heritage Sites.

3347. Erewhon, Inc. 1976. Erewhon. Autumn 1976. Boston, Massachusetts. 17 p. Catalog and price list.

• ***Summary:*** On the front cover is a photo of six adults and three children standing atop the Erewhon warehouse building at 33 Farnsworth Street in Boston. In the background are skyscrapers and the Boston skyline. The people are: Front row (left to right): Maureen Trail Young (sister of Rosemary Trail), Richard Young, Holly Young (youngest child), Tansy Young, Lori Young. Back row (left to right): David Simon, Jeanne Bleiweiss, Tom Herzig.

On the first page, Tyler Smith, writes about this catalog and upcoming events. "To help stimulate our customers, in the late Fall, Erewhon will present a lecture and demonstration day in both the New York and Boston areas which will feature as the main teacher, Mr. Bill Shurtleff, author of *The Book of Tofu* and *The Book of Miso.* He will be coming to this area on a lecture tour from Japan."

Contents: Grains. Cereals. Flour. Pasta. Juices. Beverages. Spring water. Natural sodas. Nik's snaks. Barbara's bakery. Bliss pastries (whole-grain, sweetened with unfiltered honey, made at Cable Springs Bakery). Donna's butter cookies, Butterchews, Lind's candy bars. Chico-San candies (Yinnies, Yinnies San-Wich). Crackers & Chips (incl. tamari corn chips or corn tortilla chips). Rice cakes & bread. Cheese. Butter. Yogurt. Kefir. Produce. Dried fruit. Seeds & nuts (incl. alfalfa seeds unsprayed, almonds, Brazils, cashews, peanuts, pecan halves, pistachios, pumpkin seeds, sesame–brown, sunflower seeds, walnuts). Granola. Beans (incl. aduki [azuki], organic black soybeans or yellow soybeans from New York, and black soybeans from Japan). Seed & nut butter (almond butter, cashew butter, peanut butter {Erewhon or Deaf Smith–crunchy, or unsalted}, sesame butter, sesame-peanut butter, sesame tahini, sunflower butter). Fruit butters. Oils: Erewhon oils, Arrowhead oils (incl. Soy oil). Condiments-sauces: Erewhon sauces (incl. 4 sizes of tamari soy sauce), Erewhon miso (kome {rice & soy}, Hacho {soy only}, or mugi {barley & soy}–each in 3 sizes), Erewhon Japanese imports (incl. shiitake mushrooms, barley kogi [sic, koji] to make mugi [miso], kuzu arrowroot powder, tekka seasoning, nigari (to make tofu), umeboshi), salt (incl. Herbamare salt, unrefined sea salt from France), olives, pickles, sauerkraut, brown rice vinegar (from Japan), Pure and Simple vinegar (Honey, red wine, apple cider natural), mulled cider spices. Baking (incl. barley malt syrup). Niblack's. Fearns [sic, Fearn's] (incl. Rich Earth wholewheat & soy pancake mix, Soya powder natural). Honey-syrup. Erewhon packages: Beans, grains & seeds (incl. soybeans yellow organic), hot cereals, flours (incl. soybean full-fat organic), baking. Arrowhead packages. Sea vegetables (agar-agar, hiziki [hijiki], kombu, nori, flavored nori with tamari, wakame, dulse). Fmali ginseng. Teas: Erewhon, Celestial Seasonings. Body care: Cattier clay, Dr. Bronner's, Natural Living, Nature's Gate, Orjene, Tom's, luffas. Cookware (incl. soy dispenser glass). Readables: Magazines, books, posters, flyers-recipes. Apparel. Discontinued–sale. New products (Bob Swanson was the former owner and creator of Llama, Toucan and Crow, a New England distributor; Chico-San's organic rice cakes).

Erewhon's New York / New Jersey office is located at 303 Howe Ave., Passaic, NJ 07055. Address: 33 Farnsworth Street, Boston, Massachusetts 02210. Phone: 617-542-1358.

3348. **Product Name:** Tofu.
Manufacturer's Name: Farm Food Company.
Manufacturer's Address: 820 B. St., San Rafael, CA 94901.
Date of Introduction: 1976. September.
New Product–Documentation: Shurtleff & Aoyagi. 1976. Sept. 29. Visited plant on Tofu & Miso America Tour. Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. David Sandler.

Update: 1997 Oct. 16. This company is now named FarmSoy Company, 96C The Farm, Summertown, Tennessee 38483. Phone: 615-964-7411. Contact: Barbara Elliott, vice president. They still make tofu and tofu products. This is the oldest existing Caucasian tofu manufacturer in the United States.

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3349. Fearn Soya Foods. 1976. Soya is our middle name (Ad). *Mother Earth News* No. 41. Sept. p. 141. Also in No. 42. Nov. p. 119. In 1977, No. 43. Jan/Feb. p. 131, and No. 44. March/April. p. 151. No. 45. May/June. p. 121.
• ***Summary:*** The September ad contains a recipe for making tofu (soya bean curd) from Fearn Soya Powder. The November issue has a recipe for meatless granule loaf, using Fearn Soya Granules. "We have been in the business of making good foods with the good protein of soya for over 50 years. We have an extensive variety of soya products, and we're continually developing new recipes...

"Your natural food store has these Fearn Soya Foods products: Soya powder. Liquid lecithin. Soya granules. Soya protein isolate 96%. Soy/O wholewheat pancake mix. Soy/O buckwheat pancake mix. Soy/O triticale pancake mix. Soy/O unbleached pancake mix. Soy/O cornbread mix. Soy/O bran muffin mix. Soy/O rice baking mix. Soy/O wheat cereal & soya. QualiPRO 65% protein. QualiPRO natural flavor shake mixes." Address: Melrose Park, Illinois 60160.

3350. *Mother Earth News.* 1976. News from bill shurtleff and akiko aoyagi. No. 41. Sept. p. 44. Letter. [1 ref]
• ***Summary:*** "Bill Shurtleff and Akiko Aoyagi–talented authors of *The Book of Tofu* recently wrote to MOTHER and asked us if we'd pass along the following two announcements. First: In response to a gratifyingly large number of invitations, Mr. Shurtleff and Ms. Aoyagi will tour the U.S. this fall, giving special lecture presentations to natural food centers, student body organizations, clubs, etc .... and they'd like to hear from any such groups that would be interested in having them come and talk. According to Bill Shurtleff, 'At a typical two-hour program, we prepare a number of our favorite tofu and miso recipes for people to sample, teach others how to make tofu at home for 13¢ per pound, talk about the high-protein nutritional value of these fine foods, and discuss the important role they can play in helping to solve the world food crisis.' All Bill and Akiko ask of sponsoring organizations is a donation of one dollar per person-in-attendance, to cover expenses. Interested parties are encouraged to write to the address below."

"Second: Authors Shurtleff and Aoyagi are putting together a new volume–*The Book of Sea Vegetables...*" Address: New Age Foods Study Center, 790 Los Palos Manor, Lafayette, California 94549.

3351. Order forms containing names and addresses of people who purchased publications or materials from New-age Foods Study Center in Sept. 1976 (Archival collection). 1976. Lafayette, California. Order forms filled out by the person who placed the order.
• ***Summary:*** BOT2 = The Book of Tofu, Vol. 2–later titled Tofu & Soymilk Production. BOM = The Book of Miso. BOM2 = The Book of Miso, Vol. 2–later titled Miso Production. TB = Tofu box. TK = Tofu Kit. NN = Natural nigari. CTE = Catalog of commercial tofu-making equipment. CKS = Catalog of koji starter for miso or shoyu.

September: The Nova Scotia Farm, RR#2, Hampton, NS B0S 1L0 Canada (BOM). Colorado Farm, Rt. 2, Box 188, Hotchkiss, Colorado 81419 (BOM). Ira Leviton, Corncreek whole grain bakery, 60 Elm St., S. Deerfield, Massachusetts 01378 (BOM, BOT2, BOM2). Empty Cloud [Arnold Karmody], RD 3, Canandaigua, New York 14424 (BOM, TK). Joseph G. Moser, RD1 (Corner Ketch), Downington, Pennsylvania 19335 (BOT2). Sylvia Nogaki, Island Spring, Rt. 1, Box 624, Vashon, Washington 98070 (2 x BOT2). Ceres Farms Inc. RD2, Hannibal, New York 13074 (BOM2, CTE). David Hinckle, c/o Earthbeam, 1399 Broadway, Burlingame, California 94010 (BOM2, CTE). Jimmy Udesky, [Rising Sun], 440 Judah St., San Francisco, California 94122 (BOM2, TB). Susan Gershuny, Box 207, Tivoli, New York 12583 (CTE). Ron McDowell, 466 Carl St., San Francisco, CA 94117 (TB). Alida Nijhof and Willem van Gudenaarde, Amsterdam, Netherlands (BOM, paid by Robby de Nies). Diane Murphy [Genjoji Zendo], 6283 Sonoma Mountain Road, Santa Rosa, CA 95404 (TK). Harlan D. Lundberg, P.O. Box 337, Richvale, CA 95974 (BOM, BOM2, Tapes, TK). Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3352. Shurtleff, William; Aoyagi, Akiko. 1976. The book of miso. Hayama-shi, Kanagawa-ken, Japan, Soquel, California, and Brookline, Massachusetts: Autumn Press. 256 p. Sept. Illust. by Akiko Aoyagi. Index. 28 cm. Revised ed. 1981. New York, NY: Ballantine Books, 620 p. [60 ref]
• ***Summary:*** Contents: What is miso? Preface. Acknowledgments. Part I. Miso: Savory, High Protein Seasoning. 1. Soybeans, protein and the world food crisis. 2. Miso as a food. 3. The miracle of fermentation. 4. The varieties of miso: Introduction. An overview: Natural vs. quick miso, salty vs. sweet miso, red vs. white miso, chunky miso and koji miso vs. smooth miso, expensive vs. inexpensive miso, miso from the provinces.

Regular Miso: Rice miso (red / aka, light-yellow / shinshu, mellow red / amakuchi akamiso, mellow beige / amakuchi tanshoku, mellow white / shiro koji, sweet red / edo or edo ama-miso, sweet white / Kyoto shiro miso), barley miso (karakuchi mugi, mellow barley / amakuchi mugi), soybean miso / mamé miso (miso-dama, Hatcho miso, soybean miso / mame miso, tamari miso). Special Miso: Finger lickin' miso / Namemiso (Kinzanji miso, moromi miso, hishio, namémiso, natto miso, goto miso), sweet simmered miso / nerimiso. Modern Miso: Akadashi miso, dehydrated or freeze-dried miso, low-salt / high-protein miso.

Part II. Cooking with Miso (400 recipes). 5. Getting started. 6. Recipes from East and West: Miso toppings, miso

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in dips & hors d'oeuvres, miso in spreads & sandwiches, miso dressings with salads, miso in soups & stews, miso in sauces, miso with grains, beans & tofu, miso in baked dishes, miso sautéed & simmered with vegetables, miso in grilled dishes, miso in deep-fried dishes, miso & eggs, miso in desserts, miso pickles, koji cookery.

Part III. The Preparation of Miso. 7. Making miso at home and in communities. 8. Japanese farmhouse miso (incl. miso-dama). 9. The traditional miso shop. 10. The modern miso factory.

Appendixes: A. A brief history of chiang, miso, and shoyu: Introduction, Chinese chiang, early Japan, the Nara Period (710 A.D. to 784 A.D.), the Heian Period (794 A.D. to 1160 A.D.), the Kamakura Period (1185 A.D. to 1333 A.D.), the Muromachi Period (1336 A.D. to 1568 A.D.), tamari–the forerunner of shoyu (Priest Kakushin returns to Japan from China, where he learned how to make Kinzanji miso, settles at Kokoku-ji temple near town of Yuasa, discovers tamari), miso during the Edo Period (1603 A.D. to 1867 A.D.), the development of shoyu the Meiji and Pre-war Periods (1867 A.D. to 1941 A.D.), modern times, transmission to the West.

B. The varieties of Chinese chiang, Korean jang and Indonesian Tao-tjo. C. The chemistry and microbiology of miso fermentation: Introduction, koji starter molds, making koji starter, making koji–the first fermentation, cooking the soybeans, preparing the miso–the second fermentation, the finished miso. D. People and institutions connected with miso: In Japan–Miso research scholars and institutes, exporters of natural miso and koji to the West, traditional or semi-traditional shops making natural miso, Japan's ten largest miso factories (gives the production in tons/year for several companies), other well-known miso makers. Makers of koji starter and koji, Japanese restaurants specializing in miso cuisine. North America–Miso research scholars and institutes, commercial miso makers, companies importing Japanese miso, koji, or koji starter, individuals interested in miso. Europe (Belgium, England, France, Germany, Holland, Italy, Portugal) and Latin America (Brazil, Costa Rica, Mexico, Venezuela). E. Miso additives. F. Miso with seafoods, chicken, and meat. G. Table of equivalents. H. So you want to study miso in Japan? Bibliography. Glossary. About the authors (autobiographical).

Note 1. This is the earliest English-language book seen (July 2000) that has the word "miso" in the title. It is also the first book in the Western world written entirely on the subject of miso.

Note 2. This is the earliest document seen (July 2000) that mentions "Hatcho miso" (spelled that way–which is now the correct romanization). Hatcho is a Japanese place name meaning (approximately) "Eighth Street."

Note 3. This is the earliest document seen (Sept. 2002) that contains industry and market statistics on individual miso companies.

Note 4. This is the earliest document seen (March 2009) that gives illustrated details about commercial miso production.

Note 5. An advertisement on the inside rear cover of the paperback edition of this book announced that the authors were preparing *The Book of Sea Vegetables.* That book was half researched and written but never published because of concern with pollutants in sea vegetables, and increased interest in soyfoods. Address: 790 Los Palos Dr., Lafayette, California 94549.

3353. Shurtleff, William; Aoyagi, Akiko. 1976. Tofu & Miso America Tour: 29 Sept. 1976 to 3 Feb. 1977 [Itinerary with two maps]. Lafayette, California: New-Age Foods Study Center. Unpublished manuscript.

• ***Summary:*** On 13 Sept. 1976 the authors bought a large, white 1975 Dodge Tradesman 300 van (used, with 40,000 miles on it). On one side Akiko painted in large, bold letters "Tofu and Miso America Tour 1976-77." Their *Book of Tofu* had been published in December 1975 and *Book of Miso* on 23 Sept. 1976. On Sept. 29 they packed the van full to the ceiling with their books on tofu and miso, plus Larry Needleman's tofu kits–and departed. In the van was an itinerary of hosts and places to which they had been invited and the route drawn on a large map of the USA.

This trip had four main purposes: (1) To introduce tofu and miso to America; (2) To introduce people to the many benefits of a meatless / vegetarian diet; (3) To encourage people to start soyfoods companies, especially tofu shops; and (4) To promote the authors' newly-published *Book of Tofu* and *Book of Miso.*

This itinerary includes the name and address of 64 people and organizations visited. Many of these were pioneers in the soyfoods and natural foods movements: Sept. 29–David and Kathleen Sandler, Robert Dolgin, Don Wilson, Farm Food Co. (San Rafael, California; we observed and recorded in detail how Don Wilson made tempeh and tempeh starter / inoculum at Farm Food Co.). Oct. 1–Petaluma, California. Oct. 2–Josephine County Food Center, Grants Pass, Oregon. Oct. 3. Heliotrope Natural Foods (Salem, OR). Oct. 4–West Bank Cafe (Corvallis, OR). Oct. 5. Visit Linda Shurtleff (McMinville, OR). Visit *Rain Magazine* (Portland, Oregon). They do an interview which is published in their Nov. 1976 issue. Oct. 6. Blake Rankin and Janus Natural Foods (Seattle, Washington). Oct. 7. Janus. Oct. 8–Luke Lukoskie and Sylvia Nogaki of Island Spring (Vashon, Washington). Oct. 10–Jack Grady, a macrobiotic (Spokane, WA). Oct. 13–Univ. of Minnesota. Oct. 14–Georgie Yiannias of Wedge Food Co-op and Ananda Marga (Minneapolis, Minnesota). Our largest class with 300 people. Oct. 15–Barbara ("Bobbie") Reinhardt Shurtleff dies of colon cancer at Alta Bates Hospital, Berkeley, CA. Oct. 15. Famine Food Co-op (Winona, Minnesota). Oct. 16–Bonnie Maroney of The Wisconsin Farm (Ettrick, WI). Oct. 19–Visit George Strayer and Larry Krueger of the American Soybean

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Assoc. (Hudson, Iowa). Visit David and Ann Tucker (Iowa City, Iowa). Oct. 20. Outpost Natural Foods (Milwaukee, WI). Visit Bountiful Bean Co-op. Oct. 21. Visit Dr. Danji Fukushima and Kikkoman Foods (Walworth, Wisconsin). Oct. 22–Visit Drs. Hesseltine, Wang, Wolf, Mustakas, Cowan at Northern Regional Research Center (Peoria, Illinois). Oct. 23–Morning class on commercial production for Les Karplus and 5 people at Vegetarian Incorporated (Urbana, Illinois). Oct. 23-24. Side trip to visit ADM and Staley (Decatur, IL). Oct. 24–Les and Debbie Karplus of Vegetarian Inc. (Urbana, IL). Oct. 25–Visit Dr. L.S. Wei of the Univ. of Illinois Dept. of Food Science (Urbana, Illinois). Evening program for Karplus in Urbana. Oct. 26. Purdue University (Indiana). Oct. 27–Chris Steele (Lansing, Michigan). Oct. 28–Mike Potter and Louis Howie of Eden Foods (4601 Platt Rd., Ann Arbor, Michigan). Oct. 29–Calico Market (Erie, Pennsylvania). Oct. 30–Visit Greg Weaver and Jay Thompson of Rochester Zen Center (Rochester, New York; Later Northern Soy). Visit Genesee Co-op. Oct. 31–Alternative Health Education Center (Rochester).

Nov. 1–Visit Arnold Karmody at Empty Cloud (Canandaigua, New York). Meet Dr. Keith Steinkraus (Geneva, New York). Nov. 2–Visit with Dr. Steinkraus at New York Agric. Exp. Station (Geneva, NY). Lunch together with his wife, Maxine. Nov. 3–Tom MacDonald at Hannibal, New York. Nov. 4–Ira and Kathy Leviton of Corncreek Bakery (South Deerfield, Massachusetts). Visit Laughing Grasshopper tofu shop just before it begins operation. Nov. 5–Fritz Hewitt of Common Ground Restaurant (Brattleboro, Vermont). Visit Tom Timmins of Llama, Toucan & Crow (Brattleboro). Nov. 6. Shep Erhard (Franklin, Maine). Nov. 7–Ann S. Johnson, assistant manager of dining halls, Univ. of Maine (Orono, ME). Nov. 8–Visit Marine Colloids (Rockland, Maine). Nov. 10–Drive to Boston, stay with Nahum & Beverly Stiskin (Brookline). Nov. 13–Tofu & Miso program in Boston. Visit Erewhon Natural Foods (33 Farnsworth St., Boston, Massachusetts), Martha Trundy, Jeffrey & Gretchen Broadbent. Nov. 14–Visit to shops in Boston's Chinatown. Michio and Aveline Kushi give a big party in our honor at their home at 62 Buckminster Rd., Brookline, then take us out to dinner at the Seventh Inn. Nov. 15–Tofu-making class at a home in Boston. Nov. 17–Visit offices of *East West Journal.* Sherman Goldman conducts long interview, later published in Jan. 1977 issue. Misomaking class at home of Ken Burns. Nov. 18–Visit Joel Wollner in Cape Cod. Nov. 19–Radio show then program for Joel. Nov. 20–Peter Smith at Quaker group in Pennsylvania. Nov. 22–Visit Woods Hole, Massachusetts to study sea vegetables. Evening program at New Bedford, MA. Nov. 23–Stay with Seung Sahn, Sa Nim at Providence, Rhode Island Zen Center. Meditate and show students how to make tofu. Evening at Insight Meditation Center, Barre, MA, a Vipassana center in a former Catholic seminary, co-founded in 1976 by Jack Kornfield, Joseph Goldstein and 3 others. We have dinner, meditate with the sangha, and hear Jack talk about Vipassana. Nov. 24 Sit morning zazen with master and students at Providence zendo. Nov. 25–Thanksgiving. Akiko and I stay alone in a house near Hartford, Connecticut and taste a good tofu pumpkin pie. I read about seaweeds. We take a long walk in the countryside. Nov. 26–Program for Erewhon Natural Foods in Hartford (stay with Maria Orefice, owner of Garden of Eating restaurant in Hartford). Article in *The Hartford Courant* (Dec. 1). Nov. 27–Long River Food Coop in Connecticut. Nov. 28–Stay with Susan and Kirk Gershuny of Snowflower (Tivoli, New York). They plan to make soy ice cream soon. Nov. 29–Drive in Deep snow to the New York Farm in Franklin, New York. Stay in a big house they built. Nov. 30–Carl Bethage of the East West Center in Gardiner, New York. Also did a radio program.

1976 Dec. 1–Visit Frances Moore Lappé at her upstairs office in Hudson-on-Hastings, New York. Then visit her large home on the hillside. Dec. 1-5–We missed a program for Annemarie Colbin in New York City (partly because we feared our van would be burglarized on the street) so we stayed Dec. 1-5 at the luxurious home of Leo S. Nikora (Niki; Bobbie's friend). I work on writing *The Book of Kudzu.* Dec. 6-7. Program for 40 people (Hosts: Nancy N. Bailey and Robert Rodale) at Rodale Press (Emmaus, Pennsylvania); I am surprised they serve white sugar on their dining tables. Dec. 8–Tim Snyder of Ecology Co-op in Philadelphia. Dec. 9–Stay at home of Sylvia Anderson in Pleasantville, New Jersey and do a program upstairs in a modern university. Study magnificent photos of Native Americans by Edward S. Curtis. Dec. 10–Visit Jay and Freya Dinshah of the North American Vegetarian Society (Malaga, New Jersey); their poor vegan child has bowed legs. Dec. 12–Cindy Blouse in Dallastown, Pennsylvania. Dec. 13–Visit Laurelbrook Foods, a natural foods distributor in Forest Hill, Maryland. We meet Rod and Margie Coates. Dec. 14–Big program hosted by Ella May Stoneburner and Seventh-day Adventists near Washington, DC. Dec. 15–Michael Rosoff (who ran the East West Center in Washington, DC) planned to host a class in a DC church. After we witness a robbery, we are afraid to leave our van on the street. So we do a scaled-down program in the home of Murray and Pam Snyder, which was the East West Center in Baltimore, Maryland. Visit Laurelbrook Foods Warehouse #2 in Durham / Chapel Hill. Dec. 16–Roanoke Food Co-op in Copper Hill, Virginia. Dec. 17-18–John Shuttleworth and Jim Morgans of *Mother Earth News* (Hendersonville, North Carolina). They do a long interview and take photos. Program at night. Note: An audio tape of Bill's talk at this program is filed with Soyfoods Center documents for 1976. Dec. 19–Chandler Barrett in Atlanta, Georgia.

Dec. 28 & 29–Workshop on tofu and miso at East West Foundation, Coconut Grove, Florida. Not on written schedule, but shown in two published articles. Handwritten trip notes show: "Dec. 27-29. Heartsong, Miami. Bob &

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Toni Heartsong, 6051 S.W. 46th Terrace, Miami, FL 33155. Was this also related to Mary Pung, who flew from Florida to attend one of the programs on our tour? At the time, she invited us to come to Florida–which was not on our planned route.

Note 1. This is the earliest document seen (April 2013) concerning the work of Ira Leviton or Tom Timmins with soy. One evening, before Shurtleff was scheduled to speak at Leviton's Corncreek Bakery, Leviton drove Shurtleff to see the Laughing Grasshopper Tofu Shop which was under construction on the second story of an old wooden building in the nearby town of Millers Falls, Massachusetts. Much of the equipment was made out of wood–including wooden curding vats and a wooden cider press. The company opened in Jan. 1977.

Note 2. This is the earliest document seen (April 2006) concerning Llama, Toucan & Crow in Brattleboro, Vermont.

Note 3. This is the earliest document seen (May 2006) concerning the forerunners of United Natural Foods, Inc. (INFI)–in the form of Llama, Toucan & Crow. Address: 790 Los Palos Manor, Lafayette, California 94549. Phone: 283-3161.

3354. Shurtleff, William; Aoyagi, Akiko. 1976. Excerpts from *The Book of Tofu:* Making tofu at home. *Mother Earth News* No. 41. Sept. p. 40-44. [1 ref]
• ***Summary:*** The third in a series of excerpts from this book. Gives a detailed description, with 14 illustrations, of how to make tofu at home. 1 cup of soybeans makes 22-26 ounces of tofu. One sidebar gives a brief history of tofu, and another notes that Shurtleff and Aoyagi are planning a USA tour this fall to speak about tofu and miso. Address: 790 Los Palos Dr., Lafayette, California 94549.

3355. Shurtleff, William. 1976. New-Age Foods Study Center: Basic purposes and activities (Leaflet). Lafayette, California. 1 p. Single sided. Sept. 28 cm.
• ***Summary:*** "1. To work toward creative, low-cost solutions to the present world food/protein crisis by doing basic research and writing books... Our special interests include soybean products (tofu, miso, tempeh, shoyu, etc.), sea vegetables, whole-grain bread, and kuzu.

"2. To aid in the spread of the ideas found in our writings by regularly responding to invitations from any part of the world to do lecture/demonstrations and cooking classes."

3. To encourage the adoption of meatless and vegetarian diets which help make the best use of the planet's precious food resources, are low in cost, conducive to the development of a healthy body and clear mind, kind to animals, and ecologically sound.

"4. To encourage people in the West to begin commercial or community production of tofu, miso, and tempeh...

"5. To provide centers where people can come to learn more about our work and to begin their own study of basic important foods. In Japan, we assist people in studying with tofu- and miso masters..."

"6. To work actively to promote the key concept of food self-sufficiency and simpler, low-cost lifestyles that are harmonious with the needs of the planetary ecosystem. Likewise to encourage deeper understanding of selfless service, and of daily life and work as a spiritual practice.

"7. To provide a catalog of publications and materials related to our work. We invite you to contact us and we hope we may be of service to you." Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3356. Shurtleff, William; Aoyagi, Akiko. 1976. Tofu & Miso America Tour: 29 Sept. 1976 to 3 Feb. 1977. Continued from Jan. 1977. [Itinerary with two maps]. Lafayette, California: New-Age Foods Study Center. Unpublished manuscript.
• ***Summary:*** Continued: 1976 Dec. 21. Arrive at The Farm in Summertown, Tennessee. Meet Margaret Nofziger and Stephen Gaskin. Stay until 2 Jan. 1977. We stayed most of the time at "Hoot Owl Hollow," a large community owner-built home with many families; our host was Edward Sierra. During the next few weeks we stayed in a parked mobile home (owned by the Sandlers) in a lovely valley about 1 hour drive away. I worked on *The Book of Kudzu* final draft. Heavy confrontation with Farm folks–as I am about to start a program–about how they didn't like my way. Write a 4-page pamphlet titled "What is Tempeh?" jointly with Cynthia Bates. 1976 Dec. 31–This is our first year with significant income ($27,390, mostly from Autumn Press royalties) but no profit. During 1976 thirty articles and book reviews about our work with tofu and miso were published in magazines and newspapers in the USA and Japan.

1977 Jan. 2–Our Tofu & Miso America Tour continues. Jan. 3–Stay in a suburban home with Lynn Delacruz in Meridan, Mississippi. Jan. 4–Program for Atlantis Distributors in New Orleans. That night we stay in a trailer home with John and Katherine Gabriel in Houma, Louisiana. They are from The Farm and make commercial tempeh in their trailer. Jan. 6–Jim Baker (Dallas, Texas). After the program I meet Dr. Ralph Sand who is studying tofu and soy cheeses at Anderson Clayton. We also visit with my cousin, Bob Shurtleff, near Dallas. Jan. 7–Jane Binante in Denton, Texas. Jan. 9–Jim Hemminger of Gregg St. Tofu Co. (started by Thom Leonard) in Fayetteville, Arkansas. His partner is Mary Weingartner. We sleep on the floor of a small house in Fayetteville and the next morning see Jim make tofu in a bathtub. Jan. 10–East Wind in Tecumseh, Missouri. Jan. 12–Stay with Robert Nissenbaum (a fine, humble fellow) in St. Louis, Missouri. I finish typewritten manuscript of "What is Tempeh?" Jan. 13–Program at a restaurant, The Sunshine Inn (St. Louis). Sponsored by The Ethical Society. Stephen

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Uprichard, Dale Deraps, and Robert Nissenbaum are there.

Jan. 15–Meet David and Danette Briscoe (Kansas City, Missouri; they soon start publishing *Soycraft*, a small periodical on soyfoods), dinner with Thom Leonard at his home in Lawrence, Kansas (we have miso soup with miso that Thom made, then do a big program sponsored by the Mercantile Community Co-op in downtown Lawrence at either the Lawrence Library or Community Center–in a big downstairs room. I tape the lecture. Unbeknownst to me, Ken Bader, CEO-to-be of the American Soybean Assoc., is in attendance). Jan. 16–Visit Bob Amelay of the Omaha Food Co-ops in Omaha, Nebraska. Jan. 17–Drive across Nebraska to Denver. Jan. 18-19–Dave Bolduc and Christie Shurtleff in Boulder, Colorado. The first night we do a big tofu program in the historic Boulder Theater. That afternoon we have an audience with the Karmapa–a high Tibetan spiritual leader, who has diabetes; we give him an inscribed hardcover copy of *The Book of Tofu.* Akiko recalls cooking tofu burgers for him. That evening in a large, packed hall, we witness his Holiness conduct the Black Crown Ceremony. Jan. 20. Jimmy Carter is inaugurated as president. Jan. 24–Program for The Colorado Farm in Hotchkiss, Colorado–way out in the boondocks. Jan. 25–Stay with Andrea Chin in Taos, New Mexico. Visit Lama Foundation high above Taos in the snow (Steve Durkee, teacher). They have many small meditation cubicles around the hillside and have just finished a nice adobe meditation hall. Near Durango, Colorado, we visit Ed Tripp, who looks lonely, sad and desolate, farming a little patch of organically grown wheat and living alone in a bare shack on coffee and cigarettes. Jan. 26. We stay somewhere in New Mexico. Jan. 27–Program at the First Unitarian Church in Albuquerque (79 p.m.) hosted by Michele E. Martin of Jemez Bodhi Mandala Zen Center, Jemez Springs, New Mexico. Sit meditation in their cold Rinzai zendo then soak in the hot springs outside in the snow. Their teacher, Sasaki roshi, is not there. Jan. 28–Susan Berry in Silver City is supposed to host a program. We cannot find her house. At one point along in here we do a program in or near Utah in a remote church up on a little bluff. Dinner before at Frosty Hot Dog place. Jan. 29–Long drive across Arizona to San Diego. Jan. 30–Big program in San Diego for 350 people at the Ocean Beach Community School hosted by David and Barbara Salat, publishers of *Well Being* magazine. Afterwards we stayed overnight on their houseboat in San Diego Bay. Magical. Akiko had a bad cough and was very tired.

In Los Angeles we spend a day (in late January or early February 1977) with Lewis Headrick and Jimmy Silver visiting three small tempeh shops: Bali Foods (in Baldwin Park, run by Mr. Henoch Khoe), Country Store Health Foods (in Sun Valley; Joan Harriman), and Toko Baru (in West Covina; Randy Kohler). One evening we had dinner with Mr. Yamauchi and perhaps Al Jacobson. I gave a presentation on tofu. Afterwards, in the parking lot, Mr. Yamauchi gave me an envelope containing several hundred dollars in bills–his way of saying thank you for the work we were doing on behalf of tofu. Feb. 1. Drive to northern California, then have dinner at the home of Herman and Cornellia Aihara (Oroville, CA). Feb. 2. Last program of the tour for Harold Lockhard of the Sacramento Natural Foods Co-op (Sacramento, California; Program is in a modern college building).

On 3 Feb. 1977 arrive home in Lafayette, California.

On this 4-month tour the Shurtleffs, trying to do for soyfoods what Johnny Appleseed did for apples, presented 70 public programs attended by about 3,646 people, did many media interviews and appearances, and travelled 15,000 miles. They had a gross income of $18,020 from honoraria and sales of their books (Book of Tofu, Book of Miso), tofu kits, pamphlets, and nigari. Total trip expenses were about $5,361 plus about $7,200 for books from the publisher, leaving a net income of about $5,459. It was a huge, challenging, and exhausting Odyssey that bore abundant fruit in the founding of a new tofu shop almost everywhere they spoke.

1977 Feb. 9–Meeting in Lafayette (790 Los Palos Dr.) with Robert Dolgin and David Sandler (from the Farm and Farm Foods in San Rafael) and Larry Needleman leads to the establishment of Bean Machines, Inc. (BMI). The Farm places a firm order for a Japan tofu system.

1977 Feb. 12–Bill and Akiko leave America and fly to Japan. Air fare paid by Hydrometals. Address: 790 Los Palos Manor, Lafayette, California 94549. Phone: 283-3161.

3357. Shurtleff, William; Aoyagi, Akiko. 1976. Tamari (Document part). In: William Shurtleff and Akiko Aoyagi. 1976. The Book of Miso. Hayama-shi, Kanagawa-ken, Japan, Soquel, California, and Brookline, Massachusetts: Autumn Press. 256 p. See p. 50, 219-21. Sept. Illust. by Akiko Aoyagi. Revised ed. 1981. New York, NY: Ballantine Books, 620 p. [60 ref]

• ***Summary:*** In Chapter 5, "Getting started," in the section on "Basic ingredients," is a subsection titled "Tamari" which states (p. 50): "A close relative of shoyu, tamari is prepared from a koji which contains only soybeans and no wheat; it has a distinctive, slightly strong flavor and aroma, a dark brown color, and a fairly thick consistency. Produced either as a byproduct of tamari miso (p. 44) or as a food in its own right, it is now rarely used in its natural form, being generally made into *sashimi-damari* by mixing it with miso-damari (see below), *mizuamé*, cane sugar, caramel, and often preservatives. Although not widely used in Japan, it remains fairly popular in Kyoto and central Japan, where it is used as a seasoning for *sashimi* (raw fish). In ancient times tamari was widely used in its natural form and highly prized as a fine seasoning, having much the same flavor as a best-grade Chinese soy sauce. Today, an increasing amount is made synthetically.

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"*Miso-damari*–also called *uwahiki*–is the tamari-like liquid that accumulates in *any* variety of miso during fermentation. Thicker and richer than tamari, it is gathered only in very small quantities and is not sold commercially. A delicious by-product of most homemade miso (it rises to the surface in summer and settles in winter), it may be used like shoyu and is especially delicious with hors d'oeuvres.

In "Appendix A: A brief history of chiang, miso and shoyu," is a section (p. 219-21) titled "Tamari: The forerunner of shoyu." Address: 790 Los Palos Dr., Lafayette, California 94549.

3358. Shurtleff, William; Aoyagi, Akiko. 1976. The book of miso (Illustrations–line drawings) (Document part). Hayama-shi, Kanagawa-ken, Japan, Soquel, California, and Brookline, Massachusetts: Autumn Press. 256 p. Sept. Illust. by Akiko Aoyagi. [60 ref]

• ***Summary:*** Continued: Illustrations (line drawings, both numbered and unnumbered) show: The two Japanese characters for miso. Three men "Putting Hatcho miso to bed" by piling nearly round river stones on top of a huge vat; the pyramid shape makes the pile earthquake proof. A child holding a sheaf of grain. A round *zaru* (woven split bamboo tray) with a circle of salt in the middle. A square wooden measure (*isshô-baku*) filled with soybeans. The top of rice and barley plants showing grains and leaves. A wooden vat of red miso tied with rice-straw ropes. A miso maker standing by large wooden vats of two different sizes, with braided bamboo hoops. A well stocked miso shop in Japan (at Kichijoji train station, Tokyo). A woman standing behind two deep earthenware crocks filled with miso; balls of miso are in a basket. A sunken open-hearth fireplace (*irori*) in a traditional Japanese farmhouse with a pot hanging over the coals on a hook (*jizai kagi*) and tofu dengaku being grilled around the coals, their skewers stuck into the ash.

Nine wooden kegs of different kinds of miso piled up on 3 levels. A field of soybeans planted in rows. A hand holding soybeans pods still attached to the stem. A soybean pod split open to show the beans. (1) Bar chart of protein from different sources vs. protein returned. (2) Diagram of energy flow through two different food chains, one with a steer in the middle, the other with direct consumption of soy and grains. (3) Development aid from affluent nations as a percentage of GNP (1960-1971). Stylized soybean plant growing out of a stylized Planet Earth. Miso gift pack, with poly bags of rice, barley, and Hatcho miso. A Japanese pipe *kiseru.* (6) Graph of intestinal cancer vs. meat consumption among females in selected countries; the more meat consumed, the more cancer. Miso aging (from *Miso Daigaku*). (7) The varieties of miso and their characteristics (full-page table). (8) The percentage of salt in different miso varieties.

(9a) Map of Japan showing where the different types of miso originate. (9b) Map of Japan showing geographical miso preferences. A head of rice. (10) Famous sub-varieties of salty rice miso. Two heads of barley. Table about two types of barley miso. Two sets of soybean leaves with pods. Table about three types of soybean miso. The Japanese characters for Hatcho Miso. (11) A wooden sign in a Hatcho miso office: "Supplier to the Imperial Household." (12) Two cross-section views of a tamari miso vat. A small pottery crock of sweet simmered miso (*Nerimiso*). Packages of different types of modern miso: Peanut miso, akadashi miso, low-salt, high protein miso, Instant miso soup with dried frozen tofu, leeks, wakame. (14) Different types of miso packaging, both traditional and modern. A sample miso label. (13) Varieties of miso available in the West, plus characteristics of each. Squeezing a bean of miso out of the cut corner of a plastic bag. Three different shoyu containers. Six different types of tofu on a cutting board. (15) Oriental kitchen tools (utensils; full page). A small crock of salt with a wooden spoon in it.

Suribachi and modern sesame seed grinder. Tofu preparatory techniques. Broiling tofu with chopsticks on a broiling screen. Four forms of kombu. Two stylized crossed sheaves of rice. A traditional farmhouse kamado (raised earthenware cooking area). Pottery crock. Black and white sesame seeds and plant. Yuzu. Sprig of kinome. Head of garlic. Two burdock roots. Two leeks (*negi*). Making broiled miso. Hoba miso. Kaiyaki miso. Yubeshi miso. Wakame plant. A bowl of miso soup. A woman drinking hot miso soup next to a vending machine. Vegetables cut for miso soup (*mi* or *gu*). Table of the most popular ingredients in miso soup. How to make miso soup at home (4 views). Miso-koshi (woven bamboo strainer). Mad monks grinding miso. (19) Full-page table of miso soup throughout the four seasons. Shiso / beefsteak leaves. Kabocha. Daikon. Irori and jizai kagi (sunken farmhouse fireplace and overhead hanging hook). Woman serving miso by a sunken / open hearth fireplace. Woman kneeling, grinding miso with a pestle (*suri kogi*) in a *suribachi* (serrated earthenware mortar / mixing bowl).

(20) Rice patties with nori (*o-musubi, o-nigiri*). Bamboo noodle tongs. Homemade noodles in a pot. (21) Broiled mochi wrapped with nori. (22) Steamed tofu. A Chinese cleaver, with its tip stuck into a chopping block. Cultivated shiitake mushrooms growing on a log. Kabocha. Daikon. (23) Miso oden. Doténabé [Dotenabe]. Konnyaku twists. Dengaku Hoshi. Tofu dengaku (2 pieces, skewered; 3 pieces skewered in a box). Japanese eggplant (*nasu*) scored and Shigiyaki. Deep-frying with a wok. Lotus root stuffed with miso. (24) Deep-fried sandwiches. (25) Gashouse eggs. (26) Layered omelets. Japanese bamboo steamer. Kashiwa mochi. Selling miso pickles. Two pickling containers. (27) Salt-pressing. Air-drying daikon and turnips (*kabu*). Miso pickles with tea and chopsticks. Amazaké at the Nakamura-ro restaurant.

Note: This is the earliest English-language document

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seen (July 2012) that uses the term "Amazaké" to refer to amazake.

How to make miso at home: Utensils, ingredients, and process (7 figures). (29) Miso fermentation crocks. Corona hand-mill. Soft mat koji.

(30) Proportions by weight of basic ingredients for various homemade misos; full-page table. (32) Utensils for homemade koji and koji starter. (33) Miso flow chart. (34) Composition of nutrients in 100 gm of basic miso ingredients. (35) Process for homemade rice koji (9 figures). (36) Graph of changes in koji temperatures. Woman leaning over miso vat.

Japanese farmhouse miso: Traditional country farmhouses (2 views). Raised farmhouse kitchen hearth, caldrons and earthenware dais (*kamado*). (38) Farmhouse floor plan. A kura (family treasury and storehouse). Two bamboo colanders. Pounding miso at Suwanose. Making miso in a traditional farmhouse (9 figures). Farmhouse soybean miso made with *miso-dama* (miso balls) (5 figures).

The traditional miso shop: (39) A 17th century workplace (2 figures). (40) Tsujita shop floor plan. Koji trays. (41) Insulated fermentation box. (42) The small tools (full-page). (43) Shop with 2 cauldrons. (44) Steamer and cauldron. (45) A fermentation vat. (46) Shop floor at vat's rim. Preparing traditional rice miso (31 figures). Making koji using natural mold spores. Stacked koji trays. Making miso in a semi-traditional shop (5 figures). Hatcho miso; company and vats (2 views).

The modern factory (2 figures).

A brief history of chiang, miso, and shoyu (incl. evolution of Chinese characters). Hideyoshi Toyotomi and a robber on the bridge (Hatcho miso history). Making miso-damari. Inside a Kikkoman shoyu factory around 1900. Traditional shoyu seller.

Chinese chiang in earthenware jars in a courtyard. Korean jang; selling it and making at home. The koji mold life cycle. Conidiophores of Aspergillus and Penicillium. (48) The interaction of basic miso components during fermentation. (49) Temperature control curves for four quick misos. Edo period shoyu production. Woman cutting tofu for Dengaku and women busy making dengaku, both from the book *Tofu Hyaku Chin*. Cartoon of a man pouring himself sake, yet thinking of miso soup. Ebisu with fishing rod and big fish under left arm. Tamari shoyu pouring out of spigot at base of miso vat. Traditional Japanese kitchen utensils. Sunken fireplace (*irori*) with huge carved wooden overhead hook hanging from braided rice straw rope. Photo (in Nerima-ku, Tokyo) with brief biography of William Shurtleff and Akiko Aoyagi. Address: 790 Los Palos Dr., Lafayette, California 94549.

3359. **Product Name:** Contract for services as a manufacturers representative (independent contractor). **Manufacturer's Address:** Box 76, Bodega, CA 94922. **Date of Introduction:** 1976. October.
New Product–Documentation: "The agreement, made this ___ day of October, 1976 by and between The Learning Tree, a single proprietorship, hereinafter referred to as Manufacturer, and William Shurtleff, hereinafter referred to as Representative."

"2. Representative is and shall be an independent contractor, and not an employee or Manufacturer.

"3. Manufacturer shall not be liable to Representative for any expenses incurred by him or for any of his acts except as specifically required by law, nor shall Representative be liable to Manufacturer for the costs of its independent operation.

"4. This contract, and the association created thereby, may be terminated by either party at any time upon fifteen (15) days written notice sent to the last known address of the other party.

"5. Initial retail orders–Representative shall sell one (1) sample Tofu Kit to each retailer at $7.77 per kit. Manufacturer shall pay, on demand, $4.18 per retail sample sold to cover Representatives loss of profit on each retail sample. Representative shall take initial retail orders and collect $7.77 per kit sold. Representative shall forward retail order plus $6.31 per kit sold to Manufacturer in self addressed, stamped enveloped supplied by Manufacturer. Minimum retail order per store shall be six Tofu Kits.

"6. Distributor Accounts–Representative shall present two (2) of the Manufacturers business cards to each prospective distributor. Representative shall also sell each prospective distributor two (2) sample Tofu Kits at $6.00 each. Representative will inform distributors that they may place minimum orders for twenty four (24) Tofu Kits at six dollars ($6.00) per kit plus freight from the Manufacturer.

"Except for large, well-known distributors doing over two million dollars in gross sales per year, all orders are to be prepaid, freight collect. In the case of large, well-known distributors, terms are: net seven (7) days, freight collect. Representative shall receive a twenty (20) dollar finders fee, payable on demand, for each distribution account set up as described above; plus twelve (12) dollars per account as compensation for profit loss on samples.

"7. If Representative purchases merchandise from the Manufacturer he shall keep all monies accrued from wholesale or retail sale of said merchandise.

"8. In the event of any dispute regarding this contract or the performance thereof, it is agreed that the law of the State of California shall control the dispute and that the proper forum for the dispute is and shall be the Courts of the State of California

"Agreed to and Accepted:" Signed: Larry Needleman, The Learning Tree, 10/5/76.

3360. Liener, Irvin E. 1976. Nutritional aspects of soy protein products. In: Archer Daniels Midland Co., comp.

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1976. Edible Soy Protein Seminar. Decatur, Illinois. 220 p. See p. 13-85. Held in 1976 at Moscow, USSR and Warsaw, Poland. [265 ref]
• ***Summary:*** Contents: Nutritional value of the protein of individual soy products: General considerations, soybeans as a vegetable, soyflour, soybean milk, soybean curd, protein concentrates, protein isolates, fermented products. Blended soy products: Blend with wheat protein, blend with corn protein, blend with rice, vegetable-protein formulations, soy protein as meat extender. Textured meat analogs. Nutritional value of non-protein constituents: Available energy, crude fiber, vitamins (fat-soluble vitamins, water-soluble vitamins), minerals (calcium, phosphorus, zinc, other metals). Antinutritional factors: Heat-labile factors (trypsin inhibitor, hemagglutinins, other heat-labile factors), heat-stable factors (saponins, estrogens, flatulence factors, lysinoalanine). References. Tables.

Concerning lysinoalanine (p. 58-59): "Sternberg et al. (1975) have recently shown lysinoalanine to be widely distributed in cooked foods, commercial food preparations, and food ingredients, many of which had never been subjected to alkaline treatment. Many of these foods had levels of lysinoalanine which were considerably higher than those found in commercial samples of soy protein isolate. The wide distribution of lysinoalanine among commonly cooked foods would tend to indicate that" this is neither a novel protein nor a serious problem, as some humans have long been exposed to proteins containing lysinoalanine with apparent impunity. "Its presence in soy protein can hardly be considered a serious problem for man." Address: Dep. of Biochemistry, Univ. of Minnesota, St. Paul, MN 55108.

3361. Order forms containing names and addresses of people who purchased publications or materials from New-age Foods Study Center in Oct. 1976 (Archival collection). 1976. Lafayette, California. Order forms filled out by the person who placed the order.
• ***Summary:*** BOT2 = The Book of Tofu, Vol. 2–later titled Tofu & Soymilk Production. BOM = The Book of Miso. BOM2 = The Book of Miso, Vol. 2–later titled Miso Production. TB = Tofu box. TK = Tofu Kit. NN = Natural nigari. CTE = Catalog of commercial tofu-making equipment. CKS = Catalog of koji starter for miso or shoyu.

October: Hugh J. Hanlon, 323 E. 24th St., North Vancouver, BC V7L 3E9 Canada (or 219 A Lonsdale, North Vancouver, BC V7W 2E9; BOT2, BOM2, CTE). Marvel and Jean Huffman, P.O. Box 444, Lecanto, Florida 32661 (BOT2, CTE). R. Yepson, Rodale Press, 33 E. Minor St., Emmaus, Pennsylvania 18049 (BOT2). Doug Wasyliw, 295 Wallasey St., Winnipeg, MAN R3J 3C2 Canada (BOT2). Greg Weaver, 21 Girton Place, Rochester, New York 14607 (BOT2). Jay Thompson, The Zen Center, 7 Arnold Park, Rochester, New York 14607 (BOT2). David and Ann Tucker, 1022 Hudson Ave., Iowa City, Iowa 52240 (BOT2, CTE). Lionel Shapiro, 3904 16th Ave. West, Vancouver, BC V6R 3C8, Canada (BOT2). Helen Sandler, 139 Beaconsfield Rd., Brookline, Massachusetts 02146 (BOT2). Luke W.M. Lukoskie, Island Spring, Rt. 1 Box 625A, Vashon, Washington 98070 (BOT2). Thom Leonard, c/o Hemminger, 216 E. Ella, Fayetteville, Arkansas 72701 (BOT2). Earl Lepper, 30 Upton Park, Rochester, NY 14607 (BOT2). Patricia Krug, 2765 Julliard, Boulder, Colorado 80303 (BOT2). Bernard Guay, St. Theophile, rang 6, cante de Beaute, QUE, G0M 2A0 Canada (BOT2). David Briscoe, 6900 Cleveland, Kansas City, Kansas 66109 (BOT2). Timothy Cleary, 80 Riverside Dr. #136, New York, NY 10024 (BOT2). Steven Berg, c/o Hyman Berg, 2830 Ocean Parkway, Brooklyn, New York (BOT2). Cathy Bauer, P.O. Box 164, Hathaway Pines, California 95233 (BOT2). Chandler Barrett, 97 A Druid Circle N.E., Atlanta, Georgia 30307 (BOT2). Toni Heartsong, 6051 SW 46th Terr. [Terrace], Miami, Florida 33155 (BOT2). Max Sprenger, Head, Dairy R&D Section, CPC Europe, Zurich Switzerland (BOT2, BOM). Rev. M.D. Strathern, Shasta Abbey, Box 478, Mt. Shasta, California 96067 (BOM, NN, CTE). Alec Evans, c/o Welcome Home Bakery & Tofu Shop, 231 S.W. 2nd St., Corvallis, Oregon 97330 (BOM, CTE). R. Mulliner, Southeast Asia Studies, Ohio University, Athens, Ohio (Audio casettes on tofu and miso). Charles Roberge, St.-Aime-Des-Lacs, Co. Charlevoix, QUE, Canada (BOM). Gale Randall, Indonesian Tempeh Company, RR#1, Unadilla, Nebraska 68454 (BOT2, CTE). Leslie R. Berger PhD, Prof. of Microbiology, University of Hawaii at Manoa, Honolulu, Hawaii 96822 (BOM2). Greg Mello, c/o The Zen Center, 7 Arnold Park, Rochester, New York, 14607 (BOT2). Lisbeth Christiansen, Associated Expert, NIC 74/006 Naciones Unidas, A.P. 3260, Managua, Nicaragua (BOT, BOM–introduced by Ing. Luis Raul Tovar). John Hunter, Manna Foods Inc. 112 Crockford Blvd., Scarborough, ONT, Canada M1R 3C3 (5 BOT2, 5 BOM2, 25 CTE, 25 CKS). Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3362. Robertson, Laurel; Flinders, Carol; Godfrey, Bronwen. 1976. Laurel's kitchen: A handbook for vegetarian cookery and nutrition. Nilgiri Press, Box 477, Petaluma, CA 94952. 508 p. Oct. Foreword by George M. Briggs, Prof. of Nutrition, Univ. of California, Berkeley. Illust. Index. 24 x 20 cm. Bantam Books pocketbook ed. Dec. 1978. 641 pages. [45 ref]
• ***Summary:*** One of the best, most original, and most influential books of lacto-ovo vegetarian recipes and nutritional information published during the 1970s. Handsomely illustrated with woodcuts by Laurel, this classic is divided into three parts: Part I, "Giving the Gift of Life (p. 10-62), is by Carol Flinders, a superb writer who majored in creative writing at Stanford University. It begins with her preface and a dedication that reads: "This book is dedicated

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to the glossy black calf on his way to the slaughterhouse many years ago, whose eyes met those of someone who could understand their appeal and inspire us, and thousands of others like us, to give the gift of life." The first section describes how one woman, Laurel, made the transition from Sloppy Joes to vegetarian culinary and nutritional mastery. The second section, "The Keeper of the Keys, talks about alternate and traditional roles for women in the home and society.

Part II is recipes and menus (p. 65-297). Pages 66-69 introduce "The Four Food Groups": 1. Grains, legumes, nuts, & seeds. 2. Vegetables. 3. Fruit. 4. Milk & eggs. The "Four Food Groups for the Vegan" (p. 320-24) are grains-nuts-seeds, legumes, vegetables, and fruit.

Part III, "Nutrition for a Meatless Diet" (p. 298-486) is one of the best sources available on vegetarian nutrition. Of special value are the extensive tables on nutrient composition of foods, which include vitamins and minerals; they are up to date and well documented. A 22-page index adds to the books usefulness.

Soybeans and soy products are praised as an excellent source of low-cost high quality protein (p. 69). Pages 82-83 give details on soy flour (full-fat) and soy powder.

Soy-related recipes include: High protein bread (with soy flour, p. 91). Pumpernickel (with soy meal, p. 92). Soy bread (with cooked whole soybeans or soy grits, p. 92-93). Pine nut pinwheels (with Soy Spread, p. 97). Breakfast beans (p. 122). Better-Butter (p. 123, a blend of 1 cup each vegetable oil and butter plus 2 tablespoons each water and dried skim milk, ¼ teaspoon lecithin, and ½ teaspoon salt). Soy milk (basic information and how to make at home using the Cornell method, p. 134-36). Sandwich ideas (incl. Soy burgers, Tofu patty, Soy Pâté, p. 138). Soy spread (p. 140). Tofu-peanut butter spread (p. 141). Minestrone (p. 166). Creamy green soup (p. 170). Stuffed peppers (with soy grits, p. 202). Chinese vegetables & tofu (p. 217). Soybean stock (p. 224). Soy stock gravy (p. 229). Zucchini oat-flake loaf (with soy meal, p. 243). Vegetable bean noodle bake (with soybeans, p. 245). Beans (p. 257-60). Savory dinner loaf (with soy grits, p. 265). Soy burgers (p. 266). Neat balls (with Soy spread, p. 266). Tofu patties (p. 267).

Pages 299-486 are about nutrition for a meatless diet. Information on soy is given on pages 307, 322-24, 381 ("Soybean protein is a complete protein; its amino acid pattern conforms closely to that of milk."), 460 and 463-64 (tables of nutritional composition). Address: California.

3363. *Soybean Digest.* 1976. Book review: *The Book of Tofu* by Shurtleff and Aoyagi. Oct. p. 29. [1 ref]
• ***Summary:*** The distinctive qualities that make tofu "the single most important soy food for more than 1,000 million people" are discussed by authors William Shurtleff and Akiko Aoyagi in *The Book of Tofu.*

"*The Book of Tofu* shows tofu to be the answer that millions of nutrition and cost-conscious people have been searching for. Natural and inexpensive, it makes fullest use of the earth's nutritional resources–and offers a revolutionary, yet simple, approach to meeting the world's critical food requirements.

"Included in the book are 500 recipes that demonstrate tofu products to be versatile enough to become indispensable ingredients in many Western-style dishes including dressings, spreads, dips, salads, casseroles and desserts." The book can be ordered from *Soybean Digest.*

3364. McCormick, Sally. 1976. Kowloon Restaurant: Fine Cantonese food in an Oriental setting, 2223 S. Wentworth Avenue, Chicago (Ad). *Chicago Tribune.* Nov. 6. p. S15.
• ***Summary:*** This apparent restaurant review is actually an advertisement–or what would later be called an advertorial. This restaurant serves many authentic Cantonese dishes including "Fresh shrimp in garlic sauce with black beans," a wide choice of chop suey and chow mein, "Seaweed soup for two,... Dow Foo (Beancake) Soup and many more." Four photos show different views of the restaurant. Note: The black beans are probably black soy beans, and most likely fermented back soybeans.

3365. United Press International (UPI). 1976. Tofuburgers in dining halls (News release). Washington, DC. 1 p. Syndicated in newspapers nationwide, Nov. and Dec. 1976.
• ***Summary:*** Orono, Maine (UPI)–At the University of Maine at Orono, in the dining hall, students "will soon be able to munch on tofuburgers."

A tofuburger is made of soybean curd (low in cost and a good source of protein) fried with onions, carrots and sunflower seeds.

Ann S. Johnson, assistant manager of dining halls at the university, thinks their great as part of an attempt "to wean students at the university away from junk foods and empty calories."

Note 2. This is the English-language document seen (April 2013) that contains the term "tofuburgers" (or "tofuburger").

Note 2. This news release was occasioned by a lecture and cooking demonstration given on Nov. 7 by William Shurtleff and Akiko Aoyagi at the University of Maine, Orono–as part of their Tofu and Miso America Tour.

3366. Becker, Jay. 1976. Tofu makers spring up on Island. *Vashon-Maury Island Beachcomber.* Nov. 18.
• ***Summary:*** Partners Sylvia Nogaki and Luke Lukoskie began production of Japanese tofu this week. A former Pan Am stewardess, she is age 28 and he 29. Their tofu retails for $0.69 a pound on the Island. A nice large photo shows Nogaki and Lukoskie, both smiling.

Note: This is the earliest document seen (March 2013) concerning Island Spring. Address: Washington.

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3367. United Press International (UPI). 1976. Tofu-burger no junk food. *Bangor Daily News* (*Maine*). Nov. 18. p. 1-2.
• ***Summary:*** Students will soon be able to munch on tofu-burgers in the University of Maine at Orono school dining hall. Anne S. Johnson, assistant manager of dining halls, said the new tofu-burger is part of an attempt "to wean students at the university away from junk foods and empty calories."

"Mrs. Johnson was introduced to the new vegetarian fare through a food book written by Bill Shurtleff and Akiko Aoyagi. She hopes to have the item on the dinner menu by early next month." "About 150 of the university's dormitory students line up nightly to consume vegetarian fare at the Wells Common Dining Hall... The cost of preparing the vegetarian meal is no greater than for the regular one."

A photo shows Barbara Hill, a student at the University of Maine, as she is about to take her first bite of a Tofu-Burger, a Japanese inspiration that contains no meat.

Note: This is Maine's largest daily newspaper. Many other newspaper articles were generated by this UPI story. Three (from unknown newspapers) are titled: "Tofuburgers in dining hall." "Shamburger deluxe." "Maine tofuburgers."

3368. *Hartford Courant* (*Connecticut*). 1976. Food authors to discuss protein bases. Nov. 23. p. 16.
• ***Summary:*** "Directors of the New-age Foods Study Center, Lafayette, California, will present a lecture-demonstration Friday from 7 to 9 p.m. at The Arts Cafe, 72 Union Place [Hartford, Connecticut].

"The directors, Bill Shurtleff and Akiko Aoyagi, are also authors of 'Book of Tofu' and 'Book of Miso.' / They will prepare and serve several of their tofu (bean curd) and miso (fermented soybean paste) recipes and discuss the value of these foods as protein sources."

3369. Bernstein, Hattie. 1976. New-Age 'Johnny Appleseeds' come to town: They spread the word for soybeans, tofu and miso. *Standard-Times* (*New Bedford, Massachusetts*). Nov. 30. p. 7.
• ***Summary:*** "Bill Shurtleff and Akiko Aoyagi say they're trying to do for soybeans what Johnny Appleseed did for apples–'introduce them to the West.'" This full-page article discusses a lecture-demonstration on tofu and miso cookery that gave at the New Bedford, Massachusetts, YMCA. Contains 4 recipes and 3 large photos by Hank Seaman, including one of Shurtleff and Aoyagi serving foods to Chris Mroczek [Roczek]. Address: Standard-Times staff writer.

3370. Abu Kassim, b. Abu Bakar. 1976. Soybeans in Malaysia. *INTSOY Series* No. 10. p. 243-44. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Contents: Introduction. Current status. Domestic markets and utilization. Prospects for production. Conclusion.

"Because little information on soybeans is available from East Malaysia, this report is confined to West Malaysia. Soybeans appear to have been introduced into peninsular or West Malaysia about 50 years ago [1926]. The crop, which has been grown among young rubber plants or as a sole crop in rotation with other annual crops, is planted primarily on small farms. Last year, however, there was a move by a few enterprising organizations to try large-scale, commercial plantings.

"Soybean products are consumed in various forms by both humans and livestock. The domestic demand greatly exceeds the local supply, which is therefore dependent upon importation...

"Although soybeans can be grown throughout the country, a large percentage of the crop is raised in the east coast states of Kelantan, Pahang, and Trengganu of peninsular Malaysia... Peninsular Malaysia imports whole soybeans, as well as the flour, oil, and cake of the soybean. Until 1973 about 200,000 gallons of soy sauce were also imported, but in 1974 about 15,000 gallons were exported... Soybeans are used mainly to make beanmilk, curd, sprouts, and other food products for human consumption... It has been estimated that the local consumption of soybeans per capita per year averaged 5.3 kg for the years 1971 to 1973." Address: Field Crops Branch, MARDI (Malaysian Agricultural R&D Inst.), Serdang, Selangor, Malaysia.

3371. Autumn Press. 1976. Meet two people who care... [Bill Shurtleff and Akiko Aoyagi] (Ad). *Mother Earth News* No. 42. Nov. p. 177. Also in 1977: No. 44. March/April. p. 143, and No. 45, May/June p. 77. [2 ref]
• ***Summary:*** This is a half-page ad for *The Book of Tofu* and *The Book of Miso*, "two revolutionary cookbooks," with a description of the work of authors Shurtleff and Aoyagi, and a photo of them (from *The Book of Miso*).

Note: *The Book of Tofu* and *Book of Miso* were subsequently carried and prominently advertised in Mother's Bookshelf, where they were sold via mail order through the magazine. See for example *Mother Earth News.* 1977. No. 45. May/June. p. 114-15. Address: P.O. Box 469-M, 3941 Glen Haven Rd., Soquel, California 95073.

3372. Bhumiratana, Amara. 1976. Small-scale processing of soybeans for food in Thailand. *INTSOY Series* No. 10. p. 143-46. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Contents: Introduction. Fermented soybeans. Soymilk. Yuba. Yoghert [Soy yogurt, inoculated with *Lactobacillus bulgaricus* and *L. acidophilus* and incubated at 37ºC for 16-20 hours]. Chinese soya bean dessert (Taow Huey). Tofu (white or yellow). Sufu. Soybean snack (protein crisp; deep-fried sufu). Tempeh. Thai dessert. Kanom ping kaset. Baby food. Kaset noodle. Kaset protein. Note: There is

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a flowchart and photo of each product.

"The Institute of Food Research and Product Development, Kasetsart University, initiated several soybean utilization pilot projects five or six years ago. Using soybeans alone or combined with other ingredients, we have developed a range of products, such as baby foods, kaset protein, and snacks. Tests indicate that these foods are highly acceptable, being both palatable and nutritious. Some of these products are soon to be manufactured commercially by small-scale industries. This paper is a description of the soy food processing methods developed by the Institute." Address: Inst. of Food Research and Product Development, Kasetsart Univ., Bangkok, Thailand.

3373. **Product Name:** Island Spring Tofu.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070. Phone: 206-622-6448.
Date of Introduction: 1976. November.
How Stored: Refrigerated.
New Product–Documentation: Letter / Order from Sylvia Nogaki, Island Spring, Route 1, Box 624, Vashon, Washington 98070. 1976. Sept. 9. She orders two copies of *The Book of Tofu, Vol. II* (later re-titled *Tofu & Soymilk Production*).

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Phone: 206-567-4205. Owner: Luke Lukoskie.

Label sent by Luke Lukoskie. 1978. 16 ounces. Ingredients: "Organically grown soybeans, spring water, bittern (nigari)." "Keep refrigerated. No preservatives." This second run of labels was printed on 22 Jan. 1978.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Luke Lukoskie.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 71. The company now makes about 10,000 lb/week of tofu, five flavors of soyfreeze (soymilk ice cream), soyloaf, tempeh, soymilk, and spicy Korean tofu.

Form filled out by Luke Lukoskie for William Shurtleff. 1981. Jan. Island Spring, founded by Luke Lukoskie and Sylvia Nogaki, began making tofu in Nov. 1976. The first shop was approximately 225 square feet in size. The company spent $10,000 to get into business. Products made during the first year in business: Tofu, Delicious Steamed Tofu. Production increased as follows: 3,000 lb/month after one year. 5,000 lb/month after two years. 10,000 lb/month after three years. Luke believes that Island Spring was the first company in the USA to make "Korean style prepared Delicious Steamed Tofu."

Update: 1997 Oct. 16. Island Spring, Inc. is now located at 18846 103rd St., S.W., P.O. Box 747, Vashon, Washington 98070. Phone: 206-463-9848. Contact: W.M. Luke Lukoskie, CEO. They still make tofu and tofu products. This is the second oldest existing Caucasian tofu manufacturer in the United States.

3374. **Product Name:** Island Spring Firm Tofu. Renamed Traditional Firm Tofu (Oct. 1987).
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1976. November.
Ingredients: Soybeans grown without chemical pesticides or fertilizers; water; bittern or nigari, an extract of seawater.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 100, protein 10.3 gm, carbohydrates less than 1 gm, fat 7 gm.

New Product–Documentation: Labels. 1980. 5 by 4.5 inches. Brown and dark green or chartreuse on clear film. Talk with Like Lukoskie. 1988 June 7. He keeps archives of past product labels (but without the launch dates) and articles about his company but his files are not organized. This product is a Korean-style firm tofu. The levels of firmness, in ascending order of firmness, are Japanese kinugoshi (silken), Japanese Juten (packaged GDL silken), Japanese momen tofu, Korean, and Chinese. His firm is like Korean and his extra firm is like Chinese.

Label. 1986. 5 by 4 inches. Pink, green, blue, and black. Shows moon rising over mountains and water with sprig of plum blossoms in left foreground. "A fitness food from the Pacific Northwest, USA."

3375. Kellogg, Earl D.; Williams, Sheldon W. 1976. Viable alternatives for processing soybeans in a variety of situations.

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INTSOY Series No. 10. p. 148-153. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign). [9 ref]
• ***Summary:*** Contents: Introduction. Viable alternatives for processing soybeans: Home and village processing alternatives (incl. small-scale extrusion cookers that cost $45,000), larger scale processing alternatives. Economic efficiency and choice of technique. Conclusion. Discussion. Address: 1. Multiple Cropping Project, Faculty of Agriculture, Chiang Mai Univ., Chiang Mai, Thailand; 2. Dep. of Agricultural Economics, Univ. of Illinois, Urbana, IL.

3376. Lee, Hong Suk; Park, K.Y.; Chung, B.J.; Park, J.S.; Yohe, J.M. 1976. The status of soybean production and research in Korea. *INTSOY Series* No. 10. p. 239-42. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Contents: Introduction. Major problems related to increased soybean production: Weather, varietal improvement, planting time, soil fertility and pH, cultural practices (cropping systems, planting patterns, seed treatment and inoculation), soybean pathology and entomology. Present and future research problems.

"Good quality soybeans with large grain size have been cultivated for thousands of years in the middle and northern part of the east coast of Korea. Because soybeans have been grown primarily for subsistence, they have not been regarded as a cash crop by Korean farmers... Soybean cultivation in 1974 and 286,188.4 hectares, thus making soybeans the third major crop of Korea in hectarage...

"Soybean production has gradually increased from 231,994 metric tons in 1970 up to 318,576 metric tons in 1974. Although total soybean production has increased, it has not kept up with demand as indicated by the fact that imports have increased from 36,291 metric tons in 1970 up to 66,370 metric tons in 1974...

"Home consumption is the major area for soybean use, about 122,000 metric tons being consumed in 1974. Soybeans are prepared by mix-boiling with rice or vegetables, or are eaten in the form of curd, sprouts, sauce, paste, milk, and flour. The government uses soybeans primarily for military needs. Soybean oil is used for industrial purposes." Address: 1. College of Agriculture, Seoul National Univ.; 2. Corps Exp. Station, Office of Rural Development; 3-4. Inst. of Agricultural Science, Office of Rural Development; 5. Crop Improvement Research Center, Office of Rural Development. All: Suweon, Korea.

3377. Order forms containing names and addresses of people who purchased publications or materials from New-age Foods Study Center in November 1976 (Archival collection). 1976. Lafayette, California. Order forms filled out by the person who placed the order.
• ***Summary:*** BOT2 = The Book of Tofu, Vol. 2–later titled Tofu & Soymilk Production. BOM = The Book of Miso. BOM2 = The Book of Miso, Vol. 2–later titled Miso Production. WIT = What is Tofu? pamphlet. WIM = What is Miso? pamphlet. TB = Tofu box. TK = Tofu Kit. NN = Natural nigari. CTE = Catalog of commercial tofu-making equipment. CKS = Catalog of koji starter for miso or shoyu.

November: Evan Root of Erewhon, Inc., 33 Farnsworth St., Boston, Massachusetts 02210 (plus follow-up letter of 15 March 1977 from same address). Alec Evans, Welcome Home Bakery, 231 S.W. 2nd St., Corvallis, Oregon 97330 (BOT2, TK, Tofu Cassette). Ira Leviton, Corncreek whole grain bakery, 60 Elm St., S. Deerfield, Massachusetts 01378 (100 WIT, 100 WIM, TB). Lulu Yoshihara, General Delivery, Denman Island, BC, V0R 1T0, Canada (BOM2). Jean Celle (According to the Book of Tofu he started a company, however, there is no proof that it exists), Fondation Macrobiotique Vellave, 36 bis, Avenue Charles Du Puy 43700, Brives Charensac, France (BOT2, BOM2, CKS). Frank Konishi, Southern Illinois University at Carbondale, Carbondale, Illinois 62901 (BOT). Tim Redmond, Eden Foods, 4601 Platt Rd., Ann Arbor, Michigan 48104 (BOT2, BOM2, CTE, CKS). Bernadette of Lifestream Natural Food Store, 1813 West 4th Ave., Vancouver, BC V6J 1M4, Canada (50 WIT, 50 WIM). K.K. Fung, 4661 Chancellor Cove, Memphis, Tennessee 38118 (BOM, BOT2, BOM2, NN, CTE, CKS). Dr. Tsutomu Mochizuki, c/o Shinshu Miso Research Institute, 1014 Minamiagata Machi, Nagano City 380 Japan (3 BOM). Max Sprenger, Knorr Research Institute, Leutschenbachstrasse 46, CH 8050 Zurich, Switzerland (BOM, BOT2, BOM2, 3 WIT, 3 WIM, CTE, CKS). Vegetarian, Inc., 1310 W. Main, Urbana, Illinois 61801 (BOT2, 2 BOM2, NN, CTE, CKS). Wholistic Health Education Foundation, 715 Monroe Ave., Rochester, New York 14607 (BOM2, 50 WIT, 50 WIM, NN, CTE, CKS). Bruce Walker, 2131 Red Deer Road, Saskatoon, Saskatchewan, S7K 1C8, Canada (BOT2, BOM).

Note: This is the earliest document seen (July 1999) that contains the word "wholistic." Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3378. **Product Name:** Tofu.
Manufacturer's Name: Peter Blair Tofu Co.
Manufacturer's Address: c/o Reilly, Somerset, Ohio.
Date of Introduction: 1976. November.
New Product–Documentation: Letter from Peter Blair. 1976. Nov. 26 and Dec. 19. "Grateful thanks to co-directors William Shurtleff and Akiko Aoyagi for the positive energy flow initiated by *The Book of Tofu.* My small business supplies a local co-op, a vegetarian restaurant, and a natural food store–all in the Columbus area." He orders nigari and *The Book of Miso, Vol. II,* a catalog of commercial tofu making equipment, and a catalog of koji starter. Note:

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Somerset is 35 miles southeast of Columbus.

3379. *Rain magazine* (*Oregon*). 1976. Tofu and miso: Eating high and lightly. Nov. p. 4-7. [6 ref]
• ***Summary:*** An interview with William Shurtleff and Akiko Aoyagi at Rain House in Oregon, plus excerpts and illustrations from their writings. The two are now on a nationwide tour.

3380. Sanbuichi, Takashi; Watanabe, Iwao. 1976. Soybean production in Japan. *INTSOY Series* No. 10. p. 237-38. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** "Each year Japan produces approximately 120,000 metric tons of soybeans on 90,000 hectares. About 30 percent of this yield is raised on the northern island of Hokkaido, where large-scale farming is practiced. Especially in the northeastern part of Hokkaido, soybeans are a very important crop... Throughout the country the average soybean yield is about 1.4 metric tons per hectare, but during the past four years production in the Tokachi District of Hokkaido has risen to between 1.8 and 2.0 metric tons per hectare...

"In Japan soybeans are used principally as a source of edible oil and protein foods, such as miso (bean paste), shoyu (soy sauce), tofu (soybean curd), and natto (fermented soybeans). The soybeans produced in Japan usually have large seeds, a high protein content, and are of a quality suitable for producing high quality soy products...

"In general, early varieties are cultivated in the high latitudes and late varieties in the low latitudes, but on the southern island of Kyushu early varieties are occasionally used. Known as summer soybeans, they are sown in the spring and harvested in the summer. Late varieties, which are called autumn soybeans, are sown in summer and harvested in the autumn...

"Results show that large-seeded varieties produce high yields. Soybeans grown in the northern parts of Japan usually have larger seeds than those raised in southern areas. It is believed that the marked difference between day and night temperatures and the favorable soil moisture content during the early stages of plant growth account for the large size of soybean seeds grown in the north. The author observed a serious decrease in seed size when Japanese varieties were introduced into Thailand...

"Soybeans are raised in several types of areas in Japan. Traditionally they have been planted beside the footpaths in paddy rice fields. Intercropping with wheat is another old cultural practice, although both practices are seldom used today. Because of the over-production of rice in Japan, the government has recently recommended that soybeans be cultivated in rice fields." Address: 1. Tokachi Agric. Exp. Station, Memuro, Kasai-gun, Hokkaido; 2. National Inst. of Agricultural Science, Nishigahara, Kita-Ku, Tokyo. Both: Japan.

3381. Shurtleff, William; Aoyagi, Akiko. 1976. Excerpts from *The Book of Tofu:* Tofu recipes and preparatory techniques. *Mother Earth News* No. 42. Nov. p. 52-56. [1 ref]
• ***Summary:*** The fourth in a series of excerpts from this book. Gives 21 tofu recipes and 8 preparatory techniques. Address: 790 Los Palos Dr., Lafayette, California 94549.

3382. Somaatmadja, Sadikin; Guhardja, Edi. 1976. Current status of soybean research and utilization in Indonesia. *INTSOY Series* No. 10. p. 232-35. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign). [1 ref]
• ***Summary:*** Contents: Introduction. Production: Hectarage and yield. Production techniques: Systems of cultivation, inoculation, harvesting and processing for storage, storage. Factors affecting soybean production in Indonesia: Seed viability and seed supply, pests, diseases, cultural practices, varieties. Consumption and utilization. Marketing. Extension: Training, method used to increase soybean production (expansion of hectarage, intensification, varieties).

"At present soybeans occupy fifth place among the other food crops, after rice, cassava, maize, and sweet potatoes. Research on soybeans is conducted at the Central Research Institute for Agriculture (CRIA) at Bogor and its substations, including Sukamandi and Ujung Padang; at several universities, such as the Institut Pertanian Bogor, Universitas Gadjah Mada, Jogyakarta, and Brawijaya Malang; and at other research institutes, including Badan Tenaga Atom Nasional, Jakarta, and Lembaga Biologi Nasional, Bogor.

"From 1970 to 1973 the annual harvested hectarage of soybeans averaged 703,878 hectares with a production of 517,199 metric tons and an average yield of 7.34 quintals [1 quintal = 100 kg] per hectare. Approximately 80 to 85 percent of the total soybean hectarage in Indonesia is in Java-Madura...

"Per capita consumption of soybeans in Indonesia reflects the distribution of the crop. In Java the per capita consumption each year is about 5.04 kg; in Sumatra, Kalimantan, Sulawesi, and Maluku/Irian Jaya between 0.10 and 1.04 kg; and in Bali about 3.43 kg.

"Soybeans are not consumed directly, but are processed into a large number of products. Tempeh (fermented soybeans), tahu (soybean curd), tauge (soybean sprouts), kecap (soy sauce), tauco (fermented mixture [Indonesian miso]), and oncom (made from residues of soymilk and tahu) are consumed as side dishes with rice. Roasted beans, tahu chips, and boiled seeds are eaten as snacks, and boiled young pods are prepared as a green vegetable. Soymilk is consumed as a beverage." Address: 1. Sukamandi Research Station, Central Research Inst. for Agriculture, Sukamandi; 2. Bogor

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Agricultural Univ., Bogor. Both: Indonesia.

3383. Tongdee, Amnuay. 1976. Soybean production in Thailand. *INTSOY Series* No. 10. p. 253-54. R.M. Goodman, ed. Expanding the Use of Soybeans (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Contents: Introduction. Production and production areas. Cultivation. Varieties, fertilizers, and inoculation. Disease and insect pests. Utilization.

"Soybeans, one of Thailand's most important crops, have been grown here traditionally, although there is no evidence of when they were first introduced. After having been brought to this country, probably by migrating Chinese, soybeans became part of the Thai diet. They are processed into a variety of foods, including tou-hu tou-cheaw, and soy sauce. Freshly cooked pods [green vegetable soybeans], called tou-rae, are prepared for immediate consumption." Address: Mae-Jo Agric. Exp. Station, Chiang Mai, Thailand.

3384. *Hartford Courant* (*Connecticut*). 1976. Population, affluence cited as world hunger causes. Dec. 1. p. 21.
• ***Summary:*** Summary of a lecture by William Shurtleff in Hartford recently at the start of his tofu and miso cooking presentation. "He predicted that soybeans will be the major source of protein of the future."

3385. Maglaty, Jeanne. 1976. Use as answer to nutritional needs. Couple praises soybean uses. *Hartford Courant* (*Connecticut*). Dec. 1. [2 ref]
• ***Summary:*** William Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu* and *The Book of Miso*, on a national speaking tour, visited Hartford. "'We're trying to do for soybeans what Johnny Appleseed did for apples,' said William Shurtleff of Lafayette, California." A photo by Michael McAndrews shows the two; Shurtleff is speaking into a microphone and holding a copy of *The Book of Tofu*. Aoyagi is holding a wooden tofu kit.

Recipes: Creamy tofu dressing with curry. Tofu, peanut butter and banana spread. Tofu burgers (deep-fried). Floating cloud miso dressing ("Tomatoes and (deep-fried) tofu make excellent accompaniments"). Peanut miso.

3386. United Press International (UPI). 1976. Vegetarian burgers (Photo caption). *Cleveland Press* (*Ohio*). Dec. 3. p. A11.
• ***Summary:*** A large photo shows a male chef cooking about 7 burgers on a grill; a woman is standing next to him. The caption reads: "Vegetarian burgers–Ron Goslin, chef at Wells Dining Hall on the University of Maine campus at Orono, prepares tofu-burgers, a soybean curd fried in onions, carrots and sunflower seeds, while student Paula Fallon of Westfield, Massachusetts, looks on. About 150 students line up each night for the vegetarian fare. Dietitians are hoping more students will be weaned away from junk foods with their empty calories by the low-cost Japanese protein food."

Note 1. This is the English-language document seen (Jan. 2007) that contains the term "tofu-burgers" (or "tofu-burger").

Note 2. This news release was occasioned by a lecture and cooking demonstration given on Nov. 7 by William Shurtleff and Akiko Aoyagi at the University of Maine, Orono–as part of their Tofu and Miso America Tour.

3387. Earl, Johnrae. 1976. Queen: In full sail on a sea of satisfaction. *Chicago Tribune.* Dec. 5. p. C13.
• ***Summary:*** Tokyo Tea Garden, a true diamond in the rough, is a tiny restaurant at 5 W. Superior St. that serves authentic Japanese cuisine. "For those who want to go the whole way, there's dried sea seed, salted fish eggs, cold soy bean cake [Hiya-yakko], and fried soft won ton. The house soup was made with soy bean paste [miso]." It was unusual but tasty.

3388. Maxwell, Jessica. 1976. Our native cuisine: Health food restaurants serve what California grows in abundance. *Los Angeles Times.* Dec. 7. p. I10-11, I18.
• ***Summary:*** It was because of the year-round growing season that the health food movement began in Los Angeles 50 years ago, in 1926, when Hain Pure Foods and El Molino Mills opened for business. They were soon followed by Jack LaLanne. "And quicker than you can say granola, alfalfa sprouts started creeping into our sandwiches and the bread they came on started looking like an ad for Coppertone."

Then came the big food-consciousness boom of 1971, and a new generation of health food restaurants started popping up in the L.A. Basin. Now, with carrot juice uprooting the evening martini, "we think its time someone made it official that from date shakes to artichokes, health food is Southern California's native cuisine–and always has been."

3389. Miller, Harry W. 1976. Re: Your good work in introducing foods from the soya bean. Letter with Christmas card to William Shurtleff at New-Age Foods Study Center, Dec. 21. 1 p. Typed with signature.
• ***Summary:*** "My Dear Mr. Shurtleff–Your name comes to mind very often on account of our close association in the interest of nutrition to the people in America, and I feel you have done a wonderful job in educating the people regarding the value of using foods from Soya Beans. I think now that I have secured three of your Tofu books, but they are all gone, loaned and not returned, so I am ordering another to have sent to my home address on this envelope. I would be glad to mail a check for the exact amount including Postage so if you will send me that by return postage I will send a check for the same at once as I need some data you have given in same.

"Dr. Tojima Yamagata, Minister of Forestry and Agriculture for Japan, paid me a visit about a month ago and

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has supplied me with some recent pamphlets from his Dept. on Soy Milk. I have wondered if at anytime you are planning a trip to the Los Angeles or Riverside area. The book store here at La Sierra usually handles your book but they are all sold out. Therefore I am hastening to order from you direct, and always glad to hear from you, Yours very sincerely, Harry W. Miller, M.D."

This is a poignant letter and card. On 26 July 1977 Dr. Miller's wife, Mary E. Miller, (now a widow) sends the money Dr. Miller owed for *The Book of Tofu* he ordered and adds: "Please forgive my husband for this long delay, he died on Jan. 1 of this year. He went into the hospital on Nov. 19 of last year and never recovered from a severe heart attack at the age of 97." Address: M.D., 11384 Norwood Ave., Riverside, California 92505.

3390. Collingwood, Linda. 1976. High-protein soybeans. *Sunday News* (*near Dallastown, Pennsylvania*). Dec. 26. p. A-19. [1 ref]
• ***Summary:*** This article describes a program on tofu and miso presented at Dallastown, Pennsylvania, by William Shurtleff and Akiko Aoyagi on Dec. 12. It was hosted by Cindy Blouse. Explains how Shurtleff got interested in tofu, gives a history of tofu and discusses its many benefits. Shurtleff says: "I'd like to do for the soybean what Johnny Appleseed did for the apple." Photos by Glenn Dietz show: (1) William Shurtleff talking. (2) Akiko Aoyagi holding up a copy of *The Book of Tofu.* (3) A wooden tofu forming box next to a cup of creamy tofu dressing surrounded by vegetable sticks.

3391. Hughes Markets. 1976. Happy New Year '77 (Ad). *Los Angeles Times.* Dec. 27. p. H16.
• ***Summary:*** The section titled "Foods of the Orient" includes: "Misuzu Koya Dofu 3.5 oz. Dried Soy Bean Cake [Dried frozen tofu]–85¢... Age [Deep fried tofu pouches] 6 piece pkg. 59¢."

Also includes Hime Mix tempura batter, Cal-Rose botan rice, mochi, Hime Honpara Maki seasoned rolled kelp (kombu), Wel Pac Yude Azuki 7 oz. can Red beans 49¢, Wel Pac panko bread meal 35¢, Nihonbashi Asakusa Nori 10 sheets Dried seaweed, Oban Makizushi dried seaweed.

3392. *Miami News* (*Florida*). 1976. Join in Orange Bowl celebration with lunch & fashion show: The onlooker. Dec. 28. p. 2B.
• ***Summary:*** "Tonight from 7 to 9:30, there's a 'tofu and miso workshop, taught by Bill Shurtleff, author, appropriately enough, of the 'Book of Tofu' and the 'Book of Miso.' The workshop's a production of the East-West Foundation, and its to be held at St. Stephens Church. 2950 MacFarland Rd., Coconut Grove. The cost to get in is $1.50.

"Then, tomorrow from 3 to 6 p.m. Mr. Shurtleff holds a tofu-miso cooking class that costs $3 per chef, and its to be held at 6051 W 46th Terrace. For more information call 661-4495."

The East-West Foundation, founded by Michio Kushi, promotes macrobiotics.

3393. Okada, Katsuto; Ogasa, Katsuhiro; Kuwahara, Kunisuke. Assignors to Morinaga Milk Industry Company, Ltd. (Tokyo, Japan). 1976. Method of manufacturing an aseptic soya bean curd. *U.S. Patent* 4,000,326. Dec. 28. 12 p. Application filed 31 July 1975. [2 ref]
• ***Summary:*** Soybean juice is continuously sterilized at 135ºC for 2 seconds after which it is flowed to an aseptic brick filling machine, where it is mixed with glucono delta-lactone and a divalent metal salt. The resulting liquid mixture is continuously filled into containers in an aseptic atmosphere, after which the containers are immersed in hot water to coagulate the mixture.

Note: This patent described a major innovation in tofu packaging. Address: 1&3. Tokyo, Japan; 2. Yokohama, Japan.

3394. *SoyaScan Notes.* 1976. Chronology of soybeans, soyfoods and natural foods in the United States 1976 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Feb. KQED-TV in San Francisco airs a 30-minute special titled "Tofu." It is an interview with William Shurtleff and recipe preparation by Akiko Aoyagi.

March. "The Joys of Soy" by Brenda Bortz, published in *Organic Gardening and Farming* magazine is the first major popular article on tempeh in America. In June, *Prevention* magazine runs a cover story on tempeh.

April. Soybeans: Brazil as a Competitive Force by J.M. Schultz and W.P. Mason submitted as a Harvard Business School MBA thesis. One of the best early in-depth analyses.

April. The second of the new wave of commercial Caucasian-run tofu shops is started by Peter and Judy Beane in Portland, Maine. There were at least 7 small commercial Caucasian-run tofu shops in America by the end of 1976.

May-June. *Mother Earth News* publishes the first of five long articles on soyfoods, each excerpted from *The Book of Tofu.*

June 2-5. First International Workshop on Low-Cost Extrusion Cookers held at Colorado State University, with 51 participants. Organized by Judson Harper and Richard Jansen, with funding from USAID through USDA. The 173-page proceedings, edited by Wilson and Stumpf, are published shortly thereafter. Cereal-soy blends are seen as having great promise for production in developing countries.

This year cereal-soy blends are first produced in Third World countries using low-cost extrusion cookers: Thriposha in Sri Lanka and Maisoy in Bolivia.

July 20. What is Tofu? pamphlet by Shurtleff and Aoyagi published by Westbrae Natural Foods in Berkeley.

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Aug. 6. New-Age Foods Study Center established by Shurtleff and Aoyagi in Lafayette, California. The name was changed to The Soyfoods Center in Sept. 1980.

Aug. Larry Needleman of The Learning Tree in California introduces America's second tofu kit, which soon becomes the best-seller nationwide.

Aug. Farm Food Company, a branch of The Farm in Tennessee, opens America's first soy deli, in San Rafael, California. They served tofu sandwiches, salads, salad dressings, and cheesecakes; tempeh burgers, deep-fried tempeh cutlets, tempeh with creamy tofu topping, and Indonesian delight (tempeh strips); soymilk ice cream, shakes, yogurt, mayonnaise, and whipped creme; soybean stroganoff and burritos; and TVP chili. They essentially launched the concept of second-generation soyfood products.

Sept. 23. *The Book of Miso,* by Shurtleff and Aoyagi published by Autumn Press.

Sept. 29. Shurtleff and Aoyagi begin "Tofu and Miso America Tour." They do 70 public programs nationwide and travel 15,000 miles in their white Dodge van, continuing until 3 Feb. 1977. In the van they carry hundreds of copies of *The Book of Tofu* and *The Book of Miso* and many of Larry Needleman's tofu kits, plus little bags of natural nigari, all of which they sell at their programs. They usually have meals and spend the night with the people who have sponsored and organized their program. They also visit numerous soyfoods producers and researchers, including The Farm in Tennessee from Dec. 21 to Jan. 2. After the tour, tofu shops started in most of the areas where they spoke.

Sept. Dr. Kenneth Bader becomes executive director of the American Soybean Association. With the help of increasing funding from checkoff programs, he ushers in an era of growth, and increased activity and strength for ASA.

Oct. 13-15. Seminars on the use of soy protein for foods and meal for feeds are held in Moscow, sponsored jointly by the U.S. Foreign Agricultural Service, the American Soybean Assoc., and the Food Protein Council. More than 200 Soviet officials attended.

Oct. *The Joy of Soy,* by Sylvia E. Anderson self-published in New Jersey.

Nov. Island Spring starts making tofu in Vashon, Washington. Founded by Luke Lukoskie and Sylvia Nogaki.

Dec. The term "soyfoods" (spelled as one word) is coined by Benjamin Hills of Surata Soyfoods in Eugene, Oregon, for use in their company name. It is first used in a book (*Tofu & Soymilk Production*) by Shurtleff and Aoyagi in July 1979, and as a magazine title in July 1980.

Dec. Morinaga Milk Industry Co. in Japan is granted the world's first patent on a method for manufacturing aseptically packaged tofu (in Tetra Brik cartons), U.S. Patent 4,000,326.

* Kibun, in Japan, introduces East Asia's first commercial fermented soymilk products, a line of acidophilus soymilk drinks brand-named Soena.

* Beginning of the rise of the modern soymilk industry in Japan. This is the first year that a significant amount of soymilk was sold.

* Kikkoman soy sauce passes La Choy to become America's best selling brand of soy sauce. The three major soy sauce markets are consumer retail, restaurants and other institutions, and industrial (for food processors). La Choy may still be the leader in consumer retail; Kikkoman leads in restaurants.

* Beef consumption in America peaks at 95.4 pounds per capita. It had risen rapidly from 38.6 lb/person in 1930. After 1976 it falls steadily, hitting 75 lb/person in 1985.

* National Soybean Research Program established in Brazil, building upon the National Soybean Project (1972) and the National Soybean Research Center (1975).

3395. Anderson, Sylvia E. 1976. The joy of soy. Pleasantville, New Jersey: New Life Press. 48 p. Dec. Illust. Index. 23 cm. Spiral bound. Rev. ed. 1977. Spiral bound.
• ***Summary:*** Contents: What is the joy of soy. Whole, dry soybeans ("My favorite way to cook whole, dry soybeans is to pressure cook them"). Soymilk. Tofu. Sweet tofu. TVP. Okara. This vegan cookbook was inspired by The Farm, a large spiritual community in Tennessee, where the author and her children lived for several years. "When I arrived on The Farm, I thought I didn't like soybeans... Now I love soybeans and soymilk–not because my tastebuds have changed and I've acquired a new taste for them, but because I've learned new ways to cook soybeans so that they taste good to those same old tastebuds.

"The recipes in 'The Joy of Soy' have been developed through feedback from members of The New Life Co-op (326 S. Main St., Pleasantville, New Jersey), where products made from them have been selling rapidly for the past nine months."

Note: The author's favorite recipes are: (1) Grandma's chickenless soup with Kreplach (and tofu, p. 19). (2) "Cheezy" soybean d'lishes (p. 6). (4) Garden salad d'lishes (with tofu, p. 21). (5) Pizza d'lishes (with tofu, p. 23). (6) Tofu cookie bars (sweet, p. 26). (7) Tofu cinnamon rolls (sweet, p. 27). (8) Tofu-filled carob cupcakes (sweet, p. 28). (9) Okara soysage (p. 40). (10) Soysage d'lishes (with TVP, p. 37). (11) Okara spice cake (sweet, p. 45). (12) Dairyless macaroni and cheese (with tofu, p. 15). Address: Pleasantville, New Jersey.

3396. Kawashima, Masao. 1976. Shiramine chihô no shoku seikatsu to ken-dôfu [Hard tofu in the food-life dietary pattern in the region of Shiramine, Japan]. *Chori Kagaku* (*Science of Cookery*) 9(4):205-09. Dec. Illust. [Jap]
• ***Summary:*** Note: Shiramine is a small town in Ishikawa prefecture, in the Hokuriku region of north-central Japan. Address: Habutae Tofu K.K.

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3397. Nogaki, Sylvia. 1976. New organic tofu. *Newsletter of Puget Consumers' Co-op.* Dec. [1 ref]
• ***Summary:*** Island Spring organic nigari tofu now sold by the Co-op. Includes 4 recipes: Tofu Milkshake or Fruit Smoothie; Tofu Lasagne [Lasagna]; Tofu Dip or Dressing; Braised Tofu.

The recipe for Tofu Milkshake or Fruit Smoothie reads: 6 oz tofu. 1 cup apple cider (½ for thicker shake). 1 or 2 bananas. 3 fresh strawberries or 2 tablespoons blueberries or raspberries. 1 tablespoon honey. 1 teaspoon vanilla. ¼ teaspoon brewer's yeast*. Nutmeg. Blend all ingredients in blender until smooth.

A photo shows Sylvia Nogaki of Island Spring Tofu preparing tofu dips for vegetables and chips at the Natural Food Fair, Nov. 14. Address: Washington state.

3398. Order forms containing names and addresses of people who purchased publications or materials from New-age Foods Study Center in December 1976 (Archival collection). 1976. Lafayette, California. Order forms filled out by the person who placed the order.
• ***Summary:*** BOT2 = The Book of Tofu, Vol. 2–later titled Tofu & Soymilk Production. BOM = The Book of Miso. BOM2 = The Book of Miso, Vol. 2–later titled Miso Production. TB = Tofu box. TK = Tofu Kit. NN = Natural nigari. CTE = Catalog of commercial tofu-making equipment. CKS = Catalog of koji starter for miso or shoyu.

Stephen Sieh, 5146 N. 5th St., Philadelphia, Pennsylvania 19120 (BOT2). Andrew Schecter, c/o Zen Center, 7 Arnold Park, Rochester, New York 14607 (BOM2). Bill Tims, The East West Foundation, 359 Boylston St., Boston, Massachusetts (CKS). Lifestream Natural Food Store, 1813 W. 4th Ave., Vancouver, BC V6J 1M4 Canada (Pamphlets on tofu and miso). Lynette King, Teaching Japan in the Schools, Roger House, Stanford University, Stanford, California 94305 (TK). Dr. Werner G. Jaffe, Editor General, *Archivos Latinamericanos de Nutricion,* Apartado 2049, Caracas, Venezuela (BOT, BOM). Pierre Gevaert, Lima P.V.B.A., Edgar Gevaertdreef 10, 9830 St.-Martens-Latem, Belgium (3 each BOT, BOM, BOT2, BOM2, PT, PM, CTE, CKS). Address: New-Age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: (415) 283-3161.

3399. Pearce, Jean. 1976. Jean Pearce's How to get things done in Japan. Vol. 2. Tokyo: Japan Times. [v] + 295 p. Dec. Company and organization index. General index. 19 cm. [Eng]
• ***Summary:*** The preface begins: "Dear friends, Over the past twelve years, I have been answering letters from both Japanese and foreign readers about this always interesting, often baffling, country." This book is a compilation of those answers / columns, with two helpful indexes. Under each title will be found at least one (but sometimes more) of Jean's responses–but no date and no initial writer's name.

"Sing a song of soybeans" (p. 35-37, two answers). "An American here is dependent upon a Japanese tofu maker for his supply of soybeans. He would like to find a commercial source. Somehow it doesn't seem right to buy soybeans from a tofu maker to make one's own tofu. By the time he reads this he may have found a 15-kilo bag of soybeans at his door. Yoshida Bungo Shoten, one of the largest wholesale dealers in soybeans, is the most cooperative company I've contacted."

"Another man who appreciates soybeans is Rinshiro Kato. He is marketing a soybean derivative called Togen, a powder made from the most nutritious parts of the soybean mixed with wheat flour with similar food values. A 500-gram can costs ¥3,000 and provides a month's supply" at the rate of 3 spoonfuls a day. "The company also makes a Togen cookie with sesame seeds, konbu and honey."

"Learn a little" (p. 170-71): "Tofu. I've been using it for years in all kinds of ways. Yet I never knew about pressing it. This removes the water. Japanese would have you wrap a square of regular (*momengoshi*) tofu (it won't work with the finer textured kinugoshi) in a *tenugui* [thin towel] and gently squeeze out the water. I wrap mine in a towel and put a breadboard on top with a filled teakettle to weight it down. An hour or so later the tofu has an entirely different texture."

Note: This is the earliest document seen (April 2013) that contains the word *momengoshi* (regardless of hyphenation); it refers to regular or "cotton" tofu.

There are three basic types of soy sauce: *Koikuchi* is by far the most widely used. *Usukuchi* is light tan–the choice for lighter color foods like tofu and white fish. The taste is about the same as *koikuchi. Tamari* is slightly thicker, slightly stronger, and frequently used for *sashimi.* "It is made without wheat and is the favorite in the Nagoya area."

"Tofu" (p. 228-29): "A man asks for an unusual recipe that may appeal to those who don't like tofu." If all the traditional and Western ways leave you cold, try this: "Cut tofu in one-inch cubes. Put in a jar and cover with gin. Let it age for two weeks or so, and then you have tofu cheese."

The residue [okara] left after grinding and straining tofu is high in food value. You can buy a plastic bag full for ¥20 of so early in the morning from your favorite tofuya-san. Use it as a food or "put it in a cloth bag and polish your floors. In the old days that was how the Japanese achieved that lovely soft finish we all admired."

Good tofu restaurants in Tokyo are Sasa-no-Yuki not far from Uguisudani station and Goemon, in Bunkyo-ku, up the hill from the Hakusan subway station.

Good books about tofu are *The Art of Just Cooking,* by Lima Ohsawa. *Tofu Recipes,* by Grace Kikuchi. *The Book of Tofu,* by Shurtleff & Aoyagi. Address: [Tokyo, Japan].

3400. **Product Name:** Chinese-Style Tofu [Doufu (Firm Tofu), Hsiao Dou-gan (Tofu Cubes Fried in Spices), Ch'ou-

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doufu (Redolent Fermented Tofu), Yu-doufu (Deep-fried Tofu), Pai-yeh (Pressed Tofu Sheets), Kan-ssu (Pressed Tofu Noodles), Doufu-hwa (Curds in Whey)].
Manufacturer's Name: American Food & Candy Co.
Manufacturer's Address: 166 San Lazaro St., Sunnyvale, CA 94086. Phone: 408-773-0612.
Date of Introduction: 1976.
How Stored: Refrigerated.
New Product–Documentation: Talk with Peggy Boyd (415-948-9191), then with English-speaking representative of the company. 1988. March 11. The company is run by Chinese Americans. Most do not speak English. They started about 10 years ago, and make many kinds of tofu plus soymilk.

Talk with Jim Pong of Pure Land Co. in Hayward. 1998. Oct. 21. American Food & Candy was started and owned by Old Mr. Wu in about 1976 in Sunnyvale; his given name was Mei. He worked closely with his daughter, Cynthia, and her husband, Richard Liu. Jim also used to work there.

3401. **Product Name:** Extra Hard Tofu.
Manufacturer's Name: Denver Tofu Co.
Manufacturer's Address: 6150 N. Federal Blvd., Westminster (N. Denver), CO 80221. Phone: 808-538-1305.
Date of Introduction: 1976.
New Product–Documentation: Talk with Haru Yamamoto. 1988. Aug. 25. The product was launched in about 1975-76.

Note: This is the earliest commercial tofu product seen whose texture is described by the word "Extra Hard." The "Extra Hard" refers to Chinese-style pressed tofu.

3402. **Product Name:** Tofu.
Manufacturer's Name: East-West Soy Products Co.
Manufacturer's Address: 2780 E. Grand River Ave. #223, East Lansing, MI 48823.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Tim & Meilun Price.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. East-West Soy Products, 2780 East Grand River Ave., Lot 4, East Lansing, Michigan 48823. Phone: 517-332-3745. Owner: Timothy Price.

3403. **Product Name:** Tofu. Renamed Green Cow Tofu by 1982.
Manufacturer's Name: Eastern Food Products Co.
Manufacturer's Address: 9157-3 Whiskey Bottom Rd., Laurel, Maryland. Phone: 301-792-0440.
Date of Introduction: 1976.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number (301-792-0440 or 953-3522). Owner: Mr. Kim.

Label for Green Cow Tofu. 1982. Made by Eastern Foods Products, Inc., Laurel, Maryland 20707.

3404. **Product Name:** [Tofu, and Red Miso].
Manufacturer's Name: Etablissements Takanami (Takanami Tofu Shop).
Manufacturer's Address: 128 Rue des Treffles, Ander Lecht, Brussels, Belgium. Phone: 025-228-192.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 400. Establissements Takanami, Rue Antoine Dansaert 107, 1000 Brussels, Belgium. Phone: 02-511-6635. Owner: Mr. Takanami; also makes miso.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Etablissements Takanami. Magasin [retail shop]: Rue Antoine Dansaert 107, 1000 Brussels, Belgium. Phone: 02-511-6635. Atelier [plant]: Rue de Trefles 128, 1070 Brussels, Belgium. Phone: 02-522-8192. Owner: Mr. Takanami. They also make miso.

Shurtleff & Aoyagi. 1983. The Book of Miso. 2nd ed. p. 255. Listed as the Takanami Miso Shop. Address same as for 1977.

3405. **Product Name:** Tofu.
Manufacturer's Name: First Oriental Food.
Manufacturer's Address: 1517 Como Ave., S.E., Minneapolis, MN 55414.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Mr. Dam Choi.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Phone: 612-331-3343. Owner: Mr. Dam Choi.

3406. **Product Name:** Tofu.
Manufacturer's Name: Heartsong Tofu Co.
Manufacturer's Address: 6051 S.W. 46th Terrace, Miami FL 33155.
Date of Introduction: 1976.
New Product–Documentation: Letter/Order from Bob &

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Toni Heartsong at the address shown above. 1976. Aug. 28. They orders a copy of *The Book of Tofu, Vol. II* (later re-titled *Tofu & Soymilk Production*).

Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Bob & Toni Heartsong. Letter to William Shurtleff. 1977. Aug. 4.

3407. **Product Name:** Food for Thought Tofu: (Soy Bean Curd).
Manufacturer's Name: Inter-Natural Trading (Distributor).
Manufacturer's Address: 12302 Exposition Blvd., Los Angeles, CA 90064.
Date of Introduction: 1976.
Ingredients: Selected quality soy beans, water, soy bean oil, food grade lime.
Wt/Vol., Packaging, Price: 12.5 oz. Retails for $0.65.
How Stored: Refrigerated.
New Product–Documentation: Label. 1976, undated. 4 by 2.5 inches. Self adhesive. Black on orange. Gives 4 serving suggestions. "Send for free recipes with stamped, self-addressed envelope."

3408. Jones, Antoinette M. 1976. Aspects of economic, social and administrative conditions in Central and East Java in the first quarter of the tenth century A.D. PhD thesis, University of London. See p. 41, 90-91.
• ***Summary:*** Page 41 gives a list of inscriptions from the period 901-929 A.D. from Central and East Java. The Watukura A (Watu Kura) inscription is dated A.D. 902. The place it was found is unknown. It is a copperplate, now in a private collection in Copenhagen, Denmark. A transcription with translation can be found in Van Naerssen (1941 [reprint]) *Oud Javaansche Oorkonden in Deensche en Duitsche verzamelingen* [*Ancient Javanese Documents in Danish and German Collections*] (p. 82-105).

In the section on foods, page 90 states: "There is no mention of the soya bean (Glycine max. Merr.) or of *tempe* but the bean must have been known and cultivated as we find mention of *tahu* [tofu] eaten at a feast in the Watukura A inscription. This name certainly points to Chinese influence* and the process of making *tahu*, beancurd cakes shaped into squares and made from soya beans and still widely eaten in Java today, may have been learned from the Chinese, either resident or visiting. In any case the *tahu* itself must have been made in Java; it could hardly have been imported as it does not carry" [i.e., is perishable].

Footnote: *"In Chinese this word is made up of two characters, Mandarin *tou*–peas, beans, pulse, and Mandarin *fu*–rotten, corrupt, putrid. For the two characters together the Chinese dictionaries give 'bean curd' (Carstairs Douglas, p. 156). The Hokkien (Amoy tâu hû) is the nearest to the Indonesian tahu and it is likely that the O.J. [Old Javanese] from the Hokkien or a similar southern dialect (possibly Hainanese, cf. Wilkinson). The Indonesian word for soya bean is *kedelai* (from Tamil, Wilkinson), but I have not found any mention of this word in O.J. inscriptions from this period." Address: England.

3409. **Product Name:** Tofu.
Manufacturer's Name: Jung's Oriental Foods.
Manufacturer's Address: 2519 N. Fitzhugh, Dallas, TX 75204. Phone: 214-827-7653.
Date of Introduction: 1976.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

3410. **Product Name:** Tofu.
Manufacturer's Name: Lotus Moon / Sevananda Co-op.
Manufacturer's Address: 431 Moreland Ave., Atlanta, GA 30307.
Date of Introduction: 1976.
Ingredients: 1979: Organically grown soybeans, water, curdled with pure calcium chloride, an extract from natural salt brine.
Wt/Vol., Packaging, Price: 8 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 8 oz.: usable protein 11.5 gm, calcium 326 mg, calories 147.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Note that on 19 Dec. 1976 a man named Chandler Barrett, who was somehow connected with this tofu shop, and who resided at 920 St. Charles Ave., N.E. in Atlanta, hosted a tofu class at the Sevananda Co-op given by Shurtleff and Aoyagi.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Phone: 404-681-2831. Owner: Unknown.

Label. 1979, undated. Self adhesive. 3 inch diameter. Blue on white, hand lettered. "Keep refrigerated." Address is now 455 Moreland Ave., N.E.

Talk with Steve Yurman. 1989. Nov. 8. In 1979 he and his wife, Sarah, were in North Carolina when they heard that Lotus Moon (a tofu shop in Atlanta, Georgia) had gone out of business. They went to Atlanta and met with Charles Unger, the owner, who had purchased the company from someone named Mike. Lotus Moon only made tofu and soymilk. Steve never heard of Chandler Barrett. Lotus Moon at that time was not connected with Sevananda Co-op; Charles had moved it out. The Yurmans did not buy Lotus Moon, but rather in July 1979 went into a joint venture with

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Unger for about a month, but it did not work out, so they separated. Then in Aug. 1979 Steve and Sarah founded The Soy Shop and set up operations making tofu in the kitchen of the St. Peter and Paul Church in Atlanta.

Talk with Charles Unger in Atlanta (Phone: 404-373-0118). 1989. Nov. 8. He thinks that Chandler Barrett (who he met once or twice) started the company, then sold it to Mike Bouknight (Pronounced BAWK-nait, whose spiritual name was Vishvakenah), who was associated with Sevananda and the Ananda Marga spiritual group. Charles bought this very small tofu shop from him in about 1977, then apprenticed from him. The shop was at the Morningstar Cafe, next door to Sevananda Co-Op on Moreland Ave. Most of the tofu was sold to Sevananda. They ground the soybeans by hand in a handmill, and never made more than 90-100 lb/month of tofu. In about 1975 Charles organized Rainbow Grocery, which was connected with Guru Maraji's Divine Light Mission, then he left and went into the tofu business. Charles sold a lot of his tofu through Rainbow Grocery and through DeKalb Farmers' Market and Sevananda. Charles greatly enjoyed his work with tofu. Eventually he taught Steve Yurman how to make tofu. Yurman took the equipment (Charles is not sure if any money changed hands) then changed the name to The Soy Shop.

Talk with David Jockusch of Sevananda (Phone: 404-584-7875). 1989. Nov. 8. He is an old timer. Gave correct spellings of names. Mike is now living in Columbia, South Carolina.

Talk with Mike Bouknight (Phone: 803-796-9784). 1989. Nov. 9. He bought Lotus Moon in the spring of 1977 from Chandler Barrett, who started the company in 1976. Chandler learned to make tofu both from *The Book of Tofu* and probably also from The Farm in Tennessee. Mike learned from Chandler. At the time, Chandler was making the tofu in his home (probably on Virginia Ave.), so Mike moved the operation to the Morningstar Cafe at 427 Moreland Ave. (the business address was 431 Moreland, at Sevananda Natural Foods). Tofu production averaged about 200 lb/week. Shurtleff and Aoyagi stayed at the Bouknight's home during their visit to Atlanta in Dec. 1976.

3411. **Product Name:** Vitasoy Tofu [Regular, or Pressed].
Manufacturer's Name: Mandarin Enterprises Ltd.
Manufacturer's Address: No. 13-12200 Vulcan Way, Richmond, BC, V6V 1S8, Canada. Phone: 604-270-1815.
Date of Introduction: 1976.
Ingredients: Feves de soya de provenance organique, l'eau coagulees dans du nigari (chloride de magnesium).
Wt/Vol., Packaging, Price: 425 gm.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Eng-Choo Lim.

Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Mr. Eng-Choo Lim. Address listed as 11031 Bridgeport Rd., #1107, Richmond BC, Canada V6X 1T3.

Labels. 1983, dated. In French and English. "A good source of protein." Leaflet. 1989. April. "Mandarin Enterprises has been making quality soyfoods in Canada since 1976."

3412. **Product Name:** Ganmotoki (Fried Soybean Cake).
Manufacturer's Name: Matsuda & Hinode Tofu Mfg. Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1976.
Ingredients: Soy bean, soy bean oil, water, carrots, seaweed, yam flour.
Wt/Vol., Packaging, Price: 1 7/8 oz plastic pouch.
How Stored: Refrigerated.

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New Product–Documentation: Label. 1979. 4.5 by 7 inches. Plastic film. Red yellow and blue on clear plastic. On 1982 letterhead for Matsuda-Hinode Tofu Mfg. Co. "Ganmotoki." Product with Label purchased. 1988. Hinoichi Tofu Fritter (Ganmodoki). 3.5 by 5 inches. Red, white, and black on clear film. This label was printed after the merger of Hinode Tofu Co. and House Foods in 1983. Ingredients: Soybeans, water, soybean oil, carrots, seaweed, fish powder (tuna, seaweed, mushrooms), salt. Weight: 1 7/8 oz (70.8 gm) in a plastic pouch. Retails for $0.93 (10/88, Los Angeles).

3413. **Product Name:** Tofu.
Manufacturer's Name: New China Rice Company.
Manufacturer's Address: 709 H St., N.W., Washington, DC. Phone: 202-737-4139.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Phone: 202-737-4139. Owner: Unknown.

3414. **Product Name:** Tofu.
Manufacturer's Name: New Moon Tofu Shop.
Manufacturer's Address: 2405 W. Main St., Meza AZ 85201.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Nancy & Kathy Riveras.

3415. **Product Name:** Tofu.
Manufacturer's Name: Pour Tous Auroville Tofu Shop.
Manufacturer's Address: Food Processing Unit, Aspiration 605104 Kottakupam, India.
Date of Introduction: 1976.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Listed as Auroville Tofu Shop, Tamil Nadu, India 60510. Letter from Alain Bernard. 1982. Jan. 20. "A visitor who knew how to make tofu got us started in around 1976. We now make 432 pieces of tofu a week, working three days." The shop is formally connected with Auroville, 500 people who are followers of The Mother of Sri Aurobindu. The tofu is made by 4 westerners (2 French, 1 American, 1 Canadian).

Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Alain Bernard. Pour Tous Food Process. Aspiration Auroville, Kottakuppam, India 605104.

Interview conducted by Anthony Marrese. 1990. Aug. The company is now named Pour Tous (Tofu), c/o Aspiration, Auroville, Pondy, Tamil Nadu, India. Phone: 605104. The people now in charge are Jenti and Claudine (no last names). They make tofu, which is sold through a few on-site Auroville food shops. It is packed in plain plastic bags with no label or other information. It retails for 12 rupees/kg. The plant is open and clean by Indian standards. It is similar to a small community tofu shop in the West. The soymilk is cooked outdoors, over an open wood fire, in a courtyard-type patio. The soymilk has a distinctly burnt taste. Two large pots are used, each to produce about kg of tofu. So 20 kg of tofu are made 3-4 times a week for a total of approximately 70 kg/week. Three or four local people help the two people in charge to produce the tofu. For soybeans, the company imports about 2,000 kg/year once a year, normally around November. The grinding is done using open stone grinders–the type used to make many of the Indian wet batters for idli, dosa, etc.–also peanut butter. The wooden tofu boxes hold 5 kg/box.

3416. **Product Name:** Tofu.
Manufacturer's Name: Shinbo Tofu Co.
Manufacturer's Address: 450 Alexander St., Vancouver, BC, V6A 1C5, Canada. Phone: 604-255-8141.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Philip Saburo.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Philip Saburo.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Philip Saburo.

3417. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soybios.
Manufacturer's Address: C.P. 929, 17911 Lebeau St., St. Janvier, QUE, J0N 1L0, Canada.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Norbert Argiles & Ron Bazar. In Sept. 1979 Norbert Argiles of Soybios ordered the book *Tofu & Soymilk Production.* The address is that shown above. This company became Unisoya.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Norbert Argiles and Ron Bazar.

Fran Halter. 1984. The Gazette (Quebec). March 5. "A Committed True Believer Spreads the Word About the Curd." About Norbert Argiles of Unisoya. Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. Unisoya was started in 1976 by Norbert Argiles. It was one of the first tofu shops in Quebec. Their tofu was sold in Montreal. Argiles worked for 10 years then burned out. He sold the company, which still exists.

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3418. **Product Name:** Tofu Creme Pie [With Blueberry, or Strawberry Topping].
Manufacturer's Name: Sprucetree Baking Company.
Manufacturer's Address: 6657 Belair Road, Overlea (suburb in northeast Baltimore), Maryland.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff and Aoyagi. 1979, Jan. *The Book of Tofu* (Ballantine Books edition). p. 209-10. The introduction to "Tofu Cheesecake with Fruit Topping" notes that "A close relative of this delectable recipe was developed by the Spruce Tree Baking Co, in Belair [sic, Bel Air], Maryland, and is now a favorite throughout New England." The recipe features sesame tahini, maple syrup, and lemon juice together with the tofu.

Marc Medoff. 1986. *Whole Life*. April. p. 56-57, 60. "A guide to the best tofu 'cheesecakes' in New York. Cheesecakes–Gone but not forgotten." "The first commercially available (on a large scale) tofu cheesecake sold in the United States was put out by the *Sprucetree Baking Company* of Baltimore, Maryland. Sprucetree began marketing their two varieties of non-dairy tofu cheesecakes (strawberry and blueberry) way back in 1976. The product was sold in stores along the east coast and as far west as West Virginia, and enjoyed a good deal of popularity. Sprucetree founder and current President Howard Grundland recalled that his product was a first, and attracted a faithful following. But in 1983 a number of technical problems arose (including the fact that Sprucetree could not get a dependable supply of kosher tofu) and the company had to suspend its cheesecake production." Grundland says he would like to re-introduce his tofu cheesecake. "Anyone interested in buying into *Sprucetree* or just buying one of their original recipe tofu cheesecakes, can contact: Sprucetree Baking Company, 4200 Mortimer Avenue, Baltimore, Maryland 21215. Phone: (301) 358-8040."

Interview with Howard Grundland. 1994. Sept. 11. Which see.

3419. Tan, Kuo-hwa. 1976. Factors affecting protein curd formation in five varieties of soybeans. MSc thesis, Southern Illinois University. iv + 54 leaves. Illust. 28 cm. *
• ***Summary:*** Includes bibliographic references (leaves 40-44). Address: Dep. of Food and Nutrition.

3420. **Product Name:** Tofu: Soybean Cake.
Manufacturer's Name: Traditional Tofu Inc.
Manufacturer's Address: 6510 San Pablo Ave., Oakland, CA 94608. Phone: 415-653-0990.
Date of Introduction: 1976.
Ingredients: Soybeans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 16 oz or 22 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

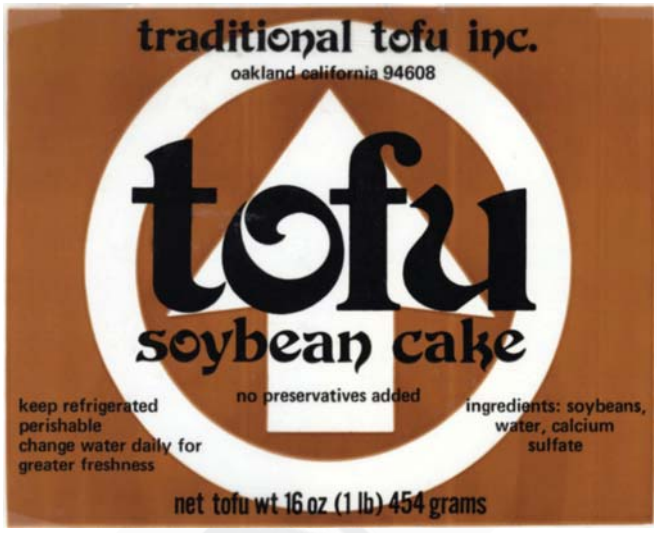

New Product–Documentation: Interview with Ray Nagai. 1978. Sept. He and his business partner Gary Sato bought $67,000 of Takai equipment. Work starts at 1:00 A.M. They make 16 oz. and 22 oz. cakes. The entire process is fully automated. They learned to make tofu from a long-established tofu maker in Oakland.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owner: Ray Nagai.

Label. 1979, undated. 4.5 by 5.5 inches. Black and white (later black and brown) on clear film. "No preservatives added. Keep refrigerated. Perishable. Change water daily for greater freshness." Leviton. 1981. Soyfoods. Winter. p. 45. "Ray Nagai and Gary Sato both left jobs in the medical field to open their own 'crazy' handmade, garage-style tofu shop in 1976. Their top production was 420 pounds in 16 hours." They organized their present semi-automatic shop in 1977. Owners: Ray Nagai & Gary Sato.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 64. The company now makes about 1,800 lb/day of tofu. It is sold in small tubs and in 25 lb bulk containers.

3421. **Product Name:** Tofu.
Manufacturer's Name: Tucson Co-op Tofu Shop.
Manufacturer's Address: 1716 E. Factory Ave., Tucson, AZ 85719. Phone: 602-624-7741.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Devi Carter.

List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops

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and Soy Dairies in the West." p. 392. Owner: Doug Morris. The company name is now given as "Tucson Tofu." The address is unchanged. The phone number is 602-624-7741.

3422. Utaka, K.; Fukazawa, C. 1976. Gelation mechanism of soybean proteins treated by ficin. In: 1976. Report of the 39th Daizu Shokuhin Kaihatsu Kenkyukai. Tokyo, Japan. See p. 3. *
• ***Summary:*** Ficin, a plant proteolytic enzyme, was able to coagulate soymilk. The resulting curd had a very bitter taste, but it could be improved if the ficin was purified by column chromatography.

3423. Yamashita, Akira. 1976. Tôfu no seizo katei ni okeru shishitsu seibun no hendô ni tsuite [Changes in the lipid composition of tofu during the manufacturing process]. *Obihiro Otani Tandai Kiyo* [Jap]*
Address: Obihiro, Hokkaido, Japan.

3424. **Product Name:** Tofu.
Manufacturer's Name: Yet Chong Co.
Manufacturer's Address: 348 Powell St., Vancouver, BC, V6A 1G4, Canada. Phone: 604-681-2712.
Date of Introduction: 1976.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Mr. Chong Kok.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Chong Kok.

3425. Ballentine, Martha. comp. 1976. Himalayan mountain cookery: A vegetarian cookbook. Honesdale, Pennsylvania: Himalayan International Institute of Yoga Science and Philosophy. 203 p. Introduction and comments by Rudolph Ballentine. Illust. Index. 22 cm.
• ***Summary:*** The author is the mother of Dr. Rudolph Ballentine; she was born in America [in South Carolina] and is grounded in the cooking tradition of rural South Carolina. "Working directly with Swami Rama and various Indian chefs at the Himalayan Institute, she has engaged in an extensive study of nutrition and food preparation. Soy-related recipes include: Soy/Mustard (cooked soybean and mustard greens, p. 60-61). Vegetables with soy powder sauce (with dry soymilk, p. 62-63). Nine jewels (Nauratni or Sarso aloo pullao, with cooked soybeans, p. 84-85). Soybean dahl (p. 109). Sweet and soy mung with soy [powder] (p. 116-17). Wheat-soy bread (p. 133). Hindu loaf (with soy flour, p. 140-41). Loaf (with soy flour, p. 142). Tofu (soy cheese, homemade with nigari, p. 157). Tofu cheese cake (p. 158-59). Scrambled tofu (p. 160). Soy milk kheer (a sweet dish, p. 184-85).

In the chapter on "Dairy" products, the author states (p. 147): "While soybeans are mentioned in the ancient writings, their use has been rather limited until recent years, except in the mountains. However, the making of soy milk is not uncommon now even in the plains of India. Its cheese, *tofu*, can be used in much the same way as *paneer*... In the Himalayas, tofu was made by curdling the milk with sour yogurt or very tart fruit juices... Bean "dairy" products, like tofu, have many of the advantages of milk, plus many that milk does not possess. They are lighter and less likely to create mucus in the body. Moreover, they are cheaper and practical, since a container of soy beans can provide milk for weeks without requiring room for a cow, pasture, and all of the other difficulties that make it so problematic to supply people with enough dairy milk." Pages 150-51 give recipes for paneer and paneer cheese cake.

Talk with Martha Ballentine in South Carolina. 1993. May 3. She says that her son, Dr. Rudolph Ballentine, wrote the section stating that "soybeans are mentioned in the ancient writings" of India. Address: South Carolina.

3426. Boulding, Elise. 1976. From a monastery kitchen. New York, San Francisco, Hagerstown, London: Harper & Row. 127 p. With the assistance of Victor Antonio Avila and Jean-Marie Pearse. Illust. by Daniel Marshall. Index. 23 x 26 cm.
• ***Summary:*** A cookbook; not vegetarian. The monastery (in a farmhouse) is Our Lady of the Resurrection Priory in Cold Spring, on the Hudson River, north of New York City. There the author found a place of quiet retreat and prayer with Brother Victor, and a novice, Brother Patrick.

The recipes are arranged by the four seasons. There are four columns on each page. All or part of the central two columns on each page are occupied by one recipe. To its left and right are many contemplative quotations (with their authors) and old photos or illustrations.

The only recipe that mentions soy is Poor person's sukiyaki (p. 97) which calls for ½ cup soy sauce and "if desired soy bean curd (tofu) cut into squares (if available)." On the same page we read: "Loving-kindness is the better part of goodness"–*W. Somerset Maugham.*

Page 124, "Useful culinary instruction," states: "Soy bean–Use in many forms for high protein: soy sauce, soy beans, soy paste (called miso, obtainable in Oriental and health food stores, used in place of bouillon cubes, supplies proteins, vitamins, and minerals). Also fresh soy bean cakes (*tofu:* Oriental or health food stores) and sprouted soy beans.

"Miso soup (soy) (per serving)–1 tablespoon miso, 1 cup boiling water, 2 chopped scallions (or 1 small onion), pinch of sugar, 1 or 2 tablespoons wheat germ. Drop 1 beaten egg if desired. Cooks in 5 minutes." Address: New York.

3427. Bumgarner, Marlene Anne. 1976. The book of whole grains: The grain-by-grain guide to cooking, growing, and

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grinding whole cereals, nuts, peas, and beans. New York, NY: St. Martin's Press. xiv + 334 p. See p. 261, 281-89. Illust. by Maryanna Kingman. Index. 24 cm. [20 ref]
• ***Summary:*** Gives recipes for: Homemade tofu (p. 281-82). Brown rice porridge with tofu and vegetables. Okara and barley flour muffins.–all reprinted with permission from *The Book of Tofu* by Shurtleff and Aoyagi. Plus original recipes for: Miso soup. Soybean festival (using cooked whole dry soybeans).

3428. Chiang, Jung-feng; Schrecker, Ellen. 1976. Mrs. Chiang's Szechwan cookbook. New York, Hagerstown, San Francisco, London: Harper & Row, Publishers. xxi + 359 p. Illust. Index. 24 cm.
• ***Summary:*** The Preface begins: "I met Chiang Jung-feng in 1969 in Taipei, Taiwan, where my husband, John, and I had gone to pursue John's Chinese language studies and our love of Chinese food. She began as our cook and housekeeper; she soon became a friend and teacher and eventually co-author of this cookbook. Jung-feng was born and raised on a farm on the outskirts of Chengtu, the culinary heart of the province of Szechwan."

The romanization is in pinyin. Chapter 12, titled "Bean curd" (p. 218-32) is exceptional; the introduction is one of the best seen to date. The chapter contains four tofu recipes, including Pock-marked ma's bean curd (*mapo doufu*). The chapter begins: "Every culture has its children's food–things that everybody eats but children dote on. In this country [USA] it might be hot dogs or pizza; in Szechwan it was bean curd. Older people loved rich meat dishes, but children had less developed palates and adored the clear, fresh taste and soft texture of bean curd. Mrs. Chiang's own favorite food when she was a child, the bean curd she ate was particularly delicious because it was homemade..."

"'My mother would grind fresh soybeans very fine, then combine them with water to make a kind of soybean 'milk,' When she added a certain chemical (probably gypsum) to this, it coagulated instantly. Then she hung the mixture to drain in a cloth bag for several days; at the end there was a mild, creamy bean curd with a texture as smooth as silk. We ate it several times a week..."

"There are many types of bean curd. Fresh bean curd is the commonest. It comes in soft, white cakes about 1 inch thick and 3 to 4 inches square. It has the consistency of hard custard, and, though fragile and perishable, it can be kept for a week in the refrigerator if you store it in an uncovered bowl of water and change the water every other day."

"Bean curd comes in many other, less common forms. Dry bean curd, or *doufugan,* isn't dry at all. It is just regular bean curd that has been aged [sic] and pressed until it becomes brown on the outside. It is especially delicious boiled with soy sauce and spices and then sliced and served cold."

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "doufugan" to refer to Chinese-style pressed tofu.

"Fried bean curd balls, or *youdoufu* are really dry–light, porous balls that, when soaked, become spongy. Their strange texture and mild taste make them greatly prized in vegetarian *haute cuisine.*

"Bean curd skin [yuba], another form, comes in thin, shiny brittle sheets."

"There is also [in Taiwan] 'stinking bean curd' [stinky tofu], which the process of fermentation has transformed into a substance strikingly similar to some of the stronger cheeses.

"Finally, there is pickled bean curd [fermented tofu], or *doufu lu.* It was popular in Szechwan and was what Mrs. Chiang's family often ate with rice for breakfast. Chinese groceries occasionally carry jars of the highly spiced Szechwanese version of the stuff. Eaten on top of some plain white rice, it is an amazing gastronomic experience, though not one recommended for the weak in palate. Mrs. Chiang claims that the pickled bean curd her mother made was both hotter and more fragrant." One other bean curd recipe is given on pages 98-103.

One yuba recipe is: Bean curd skin soup (*fuzhu tang*, with "4 sheets dried bean curd skin," p. 267-68).

Note 2. This is the earliest English-language document seen (June 2012) that uses the word *fuzhu* to refer to dried yuba sticks.

One recipe using fermented black soybeans is: Black beans, green peppers, and pork shreds (*heidouchi qingjiao chao rousi,* with "3/4 cup dried salted black beans," p. 108-10. "Dried, salted black beans entered Szechwan from the outside, probably either from Canton or Hunan. Because they were not indigenous, Mrs. Chiang's mother rarely cooked with them, though when she did the results were always delicious. She used them mainly in simple stir-fried dishes, for the black beans have such a strong and complicated flavor that they [can] dominate any dish to which they are added").

Chapter 16, "Pickles, appetizers, and garnishes" contains a recipe titled simply "Soybeans" (*tangcu douz,* with "1½ cups dried soybeans," p. 338-40. "Whenever Mr. Chiang's father invited a group of cronies or relatives over, her mother would make up a large batch of soybeans to serve with the wine. These crunchy, spicy beans are the traditional accompaniment of a Szechwanese drinking session, just as salted peanuts are in America." After being rinsed, the soybeans are dry roasted in a wok for about 10 minutes, or until slightly brown).

Note 3. The author is given as Chiang Jung-feng, with Ellen Schrecker and John Schrecker. The section on "Ingredients" includes: Bean curd (*doufu*). Chinese red beans (*dousha*).

"Dried, salted black beans (*douchi*)*:* These dried, salted black beans impart such a delightfully pungent, sour,

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and salty taste to dishes that, even though they are not Szechwanese in origin, Mrs. Chiang likes to cook with them. They are small, about the size of a pea, black, and partially dried. They come in plastic bags or tins and are available at Chinese markets."

Dried seaweed (*zicai*). Hoisin sauce (*haixian jiang*)*:* Very similar to *tianmian jiang.* Monosodium glutamate (*and why we don't use it*). Soy sauce (*jiangyou*). "Soy sauce was such an important condiment in the large and busy peasant household where Mrs. Chiang grew up that the family made it own." It "was aged in huge earthenware vats." "Both light and dark soy sauces were produced, as well as a rather unusual sweet variety." Mrs. Chiang "finds Kikkoman soy sauce particularly good." The difference between light and dark soy sauces is "a question of color," not of taste or texture. "Mrs. Chiang, then, uses Kikkoman soy sauce in all her cooking."

Page 203: John "found that the word 'ketchup' originally came into English from a Chinese word in the Fukienese dialect, *ke-tsiap,* which could well mean 'tomato paste.'"

3429. Clamp, Betty Ann. 1976. Cooking with low-cost proteins: Nutritious, economical, and easy recipes using less familiar protein sources. New York, NY: Arco Publishing Co. 176 p. Index. [27 ref]

• ***Summary:*** Contents: Introduction. What protein is. Foods which supply protein. Why we need protein. Protein's relationship to a total menu plan. Recipes: Soybeans, tofu, textured vegetable protein (TVP), legumes, grains, nuts, and seeds, breads, eggs and cheese, meat stretchers, fish. References.

Given the relatively early date of this book, there is a fairly large amount of information about tofu, including nutritive value, cooking tips and 22 recipes. Some of this was supplied by The Quong Hop Company of South San Francisco. The are also 15 recipes using TVP [textured soy flour].

The author graduated Phi Beta Kappa and With Honors from the University of California at Berkeley, with a major in Home Economics. After earning a Masters Degree from Cal in Nutrition, she taught home economics in high school for 5 years and is presently assistant prof. at Ohlone College in Fremont, California. Address: USA.

3430. Cunard, A.C. 1976. Grain legumes in Malaysia. In: M.A. Rifai, ed. 1976. ASEAN Grain Legumes. Bogor, Indonesia: Central Research Institute of Agriculture. v + 225 p. See p. 9-15. [6 ref]

• ***Summary:*** Soybeans are used for the preparation of soy products such as bean curd, sprouts and sauces. In 1971 Malaysia imported 20,699 tons of soybeans, 3,155 tons of soybean flour, 673 tons of soybean oil, and 21,744 tons of oil cake of soybeans [soybean meal]. The peanut is much more widely grown in Malaysia than the soybean; 83% of the soybeans grown in Malaysia are grown in the state of Pahang. Address: MARDI, Kuala Lumpur, Malaysia.

3431. Dinaburg, Kathy; Akel, D'Ann Ausherman. 1976. Nutrition survival kit: A natural foods recipe and reference guide. San Francisco, California: Panjandrum Press and MidPress Productions. viii + 248 p. Illust. Index. 23 cm. [152 endnotes]

• ***Summary:*** This book advocates a natural-food lacto-ovo vegetarian diet in place of a junk-food meat-centered diet.

Chapter 6, which emphasizes the importance of dietary fiber–found in whole grains and many other natural foods–advises (p. 110) that cooks use 2 tablespoons of soy granules for every cup (dry measure) of grain or grain product cooked. This will not affect the texture or taste, but it will usually raise the NPU to a level comparable to or greater than that of meat. On page 119 in this chapter is a recipe for Grainburgers (with soy grits or granules and "tamari sauce).

The section on "Sprouts" (p. 164-66) includes soy sprouts (good stir fried) and sprouting instructions.

Chapter 8, titled "Meat is Bean Replaced" (p. 168-88) discusses: vegetarianism, federal meat inspection, DES (hormones in animal feeds), antibiotics in animal feeds, beef and cancer, world famine, meat and ecology, lost protein, protein, essential amino acids and Net Protein Utilization, cost of 100 gm of usable protein, nutritional value and cost comparison of meat and non-meat foods, mutual supplementation, the "cost" of meat protein, lingering meat myths, soybeans. Soy recipes: Soybeans (pressure cooked). Soybeans (not pressure cooked). Baked beans. Soy cheese (homemade tofu). Soybean curry. Mexican beans (soybean frijoles refritos). Soybean chili (incl. "vege burger"). Bean and/or grain patties.

Note 1. This is the English-language document seen (Jan. 2007) that contains the term "Grainburgers" (or "Grainburger") or the term "vege burger" (or "vege burgers").

Note 2. A paperback edition was published in May 1978 by Jove/HBJ.

3432. Duquette, Susan. 1976. Sunburst Farm family cookbook. Santa Barbara, California: Woodbridge Press Publishing Co. 303 p. Illust. by Donna Wright. Photographs by Mehosh Dziadzio. From the Brotherhood of the Sun. Recipe index. 23 cm.

• ***Summary:*** "The Brotherhood of the Sun is a family of more than 300 people, who have dedicated themselves to living in harmony with all people and all things. Our desire is to follow the simple laws of God and nature. In order to create an environment in which this is possible, we have established four communities upon thousands of acres of farm and ranch land in the coastal mountains around Santa Barbara, California... In order to help support ourselves and to share with other people our way of life, we have

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established a large organic foods complex in Santa Barbara called Sunburst Organic Foods.

"This organization includes a large wholesale warehouse that ships food to stores across the country, six large retail markets (with future markets projected along the coast), a community store, a restaurant called 'The Farmer and the Fisherman,' a whole-grain bakery and a fresh juice-bottling plant that distributes along the west coast."

Although this natural foods cookbook is not entirely vegetarian (it includes a chapter titled "Fish," p. 100-123, and many fish and shellfish recipes), the rest of the book is vegetarian and one long chapter (p. 64-99) is titled "Vegetarian Main Dishes." The illustrations are beautiful.

Soy-related recipes include: Tofu-vegie soup (p. 17). Miso-onion soup (p. 17). Many recipes topped with "Baco-bits." Bean salad (with soy beans, p. 35). Sprouts (incl. soy sprouts, p. 38-39). Tamari-onion gravy (p. 63). Enchiladas (filled with tofu or soy beans, p. 85). Corn pudding with Baco-Bits (p. 168). Soy flour cakes (pancakes, p. 268).

The chapter titled "Beans and pasta" (p. 124-39) has a section on Soybeans subtitled "Or: How to get protein without really trying." Recipes and descriptions include: How to cook whole soybeans (with or without pressure). Soybean loaf. Soyburgers. Soy milk. Tofu (curded with lemon juice or vinegar). Tamari and miso. Cheese-soybean soup. Soy nuts. Soy grits. Soy flakes. Soybean cheese spread.

The Glossary (p. 295-97) contains descriptions of gluten, lecithin (from the soybean), miso, protein powder, tamari, seaweeds, tofu. Address: Santa Barbara, California.

3433. Essen, Berty van. 1976. Vegetarisch kookboek [Vegetarian cookbook]. Bussum, Netherlands: C.A.J. van Dishoeck. 126 p. Illust. 22 cm. Recipe index. [Dut]
• ***Summary:*** Soy-related recipes include: Fried tofu (Gebakken tahoe, p. 38). Soybean dish with vegetables (Sojabonenschotel met groenten, p. 104-05). Fried tempeh (Gebakken tempé, p. 106). Address: Hilversum, Netherlands.

3434. Farr, Barbara. 1976. Super soy!: Delicious protein without meat. New Canaan, Connecticut: Keats Publishing Co. 151 p. Index of recipes. 21 cm. [9 ref]
• ***Summary:*** Contents: 1. Magic bean. 2. Soybeans and nutrition. 3. A glossary of soy (and other things)–With a table giving nutritional information for each; bran, dried soybeans, green soybeans, lecithin, miso, nutritional yeast, sesame tahini, soy granules or grits (toasted), soybean oil, soybean powder (also called soybean flour; full-fat soy powder, low-fat soy powder, defatted-fat soy powder), soy protein isolate, soy sauce, soybean sprouts, tofu, yogurt (soy or dairy).

4. Basic techniques with soybeans. 5. Appetizers and snacks. 6. Soups and breakfast dishes. 7. Main dishes. 8. Breads, etc. 9. Sweet things. Bibliography. Note: Contains many recipes.

Dedication: "This book is dedicated to the most inspiring health-seeker: Gayelord Hauser."

3435. Friedlander, Barbara. 1976. The Findhorn cookbook: An approach to cooking with consciousness. New York, NY: Grosset & Dunlap. xv + 264 p. Introduction by David Spangler. Index. 23 cm. [20+ ref]
• ***Summary:*** A vegetarian cookbook created by this famous spiritual community at Findhorn, in northeastern Scotland, on a sandy, barren piece of land on a peninsula between the Firth of Moray (part of the North Sea) and Findhorn Bay. In 1962 Peter and Eileen Caddy, their three young sons, and a friend, Dorothy Maclean, came to live there (see photo, p. 76)–following spiritual guidance. Peter and Eileen are British.

Barbara first arrived at the Findhorn Caravan Park in Feb. 1974; she stayed for only 4 days. She returned later that year to live for 6 months, working primarily in the kitchen, to write this book. The first part of the book (to p. 21) is about the spirit and inspiring basic principles of the Findhorn community.

Soyfoods are mentioned occasionally throughout the book. Tamari may be used as a seasoning during sauté-steaming (p. 66). Tofu (bean curd) can be added to a variety of dishes (p. 72). Soy-related recipes: "Soy bread" (made with soy flour plus wheat flour, and miso, p. 151). Baked soybeans (p. 164. "There are never enough recipes for this valuable bean"). Baked soyburgers (with cooked, mashed whole soybeans and miso, p. 164-65). Fried soyburgers (with cooked, mashed whole soybeans, soy oil, tamari, and miso, p. 165). Tamari ginger sauce (p. 220-21). Homemade tofu (makes 10 pints, p. 224-25. Curded with vinegar or lemon juice. Tofu can be added, cubed, to miso soup, used in tofu and scrambled eggs, or made into salad dressing).

Note: This is the earliest document seen (Jan. 2013) that contains the term "Baked soyburgers" (or "Baked soyburger," regardless of capitalization), or the term "Fried soyburgers."

3436. Hakim, Rusli. 1976. Grain legumes in Indonesia. In: M.A. Rifai, ed. 1976. ASEAN Grain Legumes. Bogor, Indonesia: Central Research Institute of Agriculture. 225 p. See p. 1-7. [3 ref]
• ***Summary:*** Grain legumes have long been grown in Indonesia; traditional uses include bean curd [tofu], tempe [tempeh], oncom [onchom], soysauce, soypaste, and roasted nuts.

Tables show: (1) A ten year average of production, acreage, and yield of soybeans in Indonesia, 1961-1971–by province. The provinces with the highest average production are: East Java (Jawa Timur) 249,651. Central Java (Jawa Tengah) 75,775. West Nusa Tenggara (Nusa Tenggara Barat) 26,659. West Java (Jawa Barat) 18,319. Yogyakarta 11,952.

(3) Per capita consumption of soybeans in Indonesia 1970 (kg per capita per year). West Nusa Tenggara (Nusa

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Tenggara Barat) 14.14. East Java (Jawa Timur) 5.04. Central Java (Jawa Tengah) 5.04. West Java (Jawa Barat) 5.04. Yogyakarta 5.04. Jakarta 5.04. Bali 3.43. Address: Central Research Inst. for Agriculture, Bogor, Indonesia.

3437. Harrison, Sharon L. 1976. Development of a high-fiber food product containing soy protein. MSc thesis, Southern Illinois University. *
• ***Summary:*** The new product, named FibraTofu, containing fiber in the form of pulverized soybean hulls, was developed for the elderly. It has a very bland flavor and is an excellent source of protein, calcium, and dietary fiber, but with very low levels of sodium and saturated fat, and no cholesterol. Address: Illinois.

3438. Hermana, -. 1976. Saving the protein waste from processing of legumes in Indonesia. In: M.A. Rifai, ed. 1976. ASEAN Grain Legumes. Bogor, Indonesia: Central Research Institute of Agriculture. 225 p. See p. 195-200. [11 ref]
• ***Summary:*** Contents: Introduction. The protein waste: Peanut soybean, mungbean. Utilization of the waste.

Tables show: (1) Food legumes available in Indonesia. The three columns are: Latin name, English name, and Indonesian name. Shows 22 food legumes available in Indonesia, from Ochse (1931) and Aykroyd (1969).

(2) Food legumes usually processed. Discusses hunkwe, made by extracting the starch from the mung bean or kacang ijo (*Vigna radiata*, now *Phaseolus aureus*) with water.

(3) Indonesian fermented foods made from waste products. Include dage (made from oncom), oncom (made from peanut presscake or okara), tempe bongkrek (made from coconut presscake), tempe gembus (okara tempeh), tempe mata kedele (made from the hypocotyl of the soybean).

(4) Nutritive composition of kecap (per cent): Both peanut kecap and soybean kecap. Address: Nutrition Research Inst., Bogor, Indonesia.

3439. Hitomi, Hitsudai; Shimada, Isao. 1976. Honchô shokkan [A mirror of food in this dynasty. 5 vols.]. Tokyo: Heibonsha. 18 cm. Translation from the 1697 Chinese-language edition by Isao Shimada of the *Pen chao shih chien.* [Jap]*
• ***Summary:*** See Hitomi 1695. He died in 1701.

3440. Iwadare, Shoji. 1976. Miso, nattô, tôfu kenkô-hô [Miso, natto, tofu: The way to health]. Tokyo: Yomiuri Shinbun-sha. 238 p. Illust. 18 cm. [Jap]
• ***Summary:*** Soyfoods Center has done a 10-page typed translation of the natto section of this book. Contents: Legends of natto's origin: Pinch hitter in times of food shortage, natto's stringiness surprised people of the Yayoi period (200 B.C.–A.D. 250), Hachimantaro Yoshiie–Natto's first public relations agent (1051-1085), calling out "natto, natto" starting in the Edo period (1603), areas where natto is popular today.

The technical revolution in natto production: Pioneers of commercial natto production (Drs. Yabe, Sawamura, Hanzawa), University Natto sold by Hokkaido University, what kind of natto is most delicious?

The effectiveness of natto: The procreative power of natto bacteria promotes long life in people who eat natto, natto can cure diarrhea, natto suppresses typhus and cholera bacteria (in 1936 Dr. Matsumura, a Kyoto University bacteriologist, found with rabbits that natto bacteria actually killed typhus bacteria), natto does the following–helps people with weak stomach and intestines, prevents intestinal gas, fights cancer (Kameda 1967), prevents radiation harm (via dipicolinic acid, which was first discovered in natto and later found in all bacterial cells; it binds heavy metals like radioactive strontium and expels them from the body), prevents infant milk allergy, contains vitamin B-2 which increases stamina, rejuvenates the cells.

Natto throughout the provinces: Hikiwari natto from Tsugaru, Hikiwari natto from Akita (the birthplace of natto is said to be Oyashin-machi in Yokote city, Akita prefecture; charred soybeans mixed with Yayoi period earthenware pottery from 2,000 years ago have been excavated from ruins at nearby Mt. Komori), Hettsui natto from Saitama prefecture, Naisho mame from Gunma prefecture, small-bean natto from Mito, Tataki natto from Kyoto, Koru mame from Higo.

Seasonal natto recipes: Spring, summer, fall, winter, all four seasons.

Natto's springiness surprised people of the Yayoi period (200 BC–250 AD): There are various legends regarding the origin of natto but all begin with the meeting of cooked soybeans and rice straw. No documents record this origin. Yet soybeans and rice straw are known to have existed in Japan since the Yayoi period. Perhaps a piece of rice straw fell into a portion of leftover soybeans. In pit dwellings with rice straw roofs, rice straw littered the floor and the rooms were warm. At the proper temperature (how?) the beans would develop stickiness/strings and a good flavor result. The subtle sweetness of rice straw added to the unique aroma. Some may have eaten the natto sprinkled with salt. Once you've tasted natto you can never forget the flavor. Some women may then have incubated natto next to their bodies overnight in bed. The Yayoi era is concealed in the transmission of Hikiwari natto since ancient times in the northeast prefectures.

There is also the legend that cooked soybeans were offered at household Shinto shrines on which there was often a rope of braided rice straw (*shimenawa*). (The first character of the word natto means "to offer.") The bacteria from the straw may have inoculated the beans; it is generally thought that they were developed in Japan.

Hachimantaro Yoshiie was a general of the Genji clan

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during the wars of 1051 and 1085. One night during the war the soldiers were cooking soybeans for horse fodder when they were suddenly attacked. They quickly packed the beans into a rice-straw sack (*tawara*), tied the bag to a horse's back and battled for several days. Finally, the battle over, they took the bundle off the warm horse's back and opened it to find that the cooked soybeans had fermented to become natto. In the second war, Yoshiie had captured a fortress in Sankanbu Akita in northern Japan. He wanted to give cooked soybeans to the local farmers as a gift but since he was in a hurry and had no other container, he put them in a rice-straw sack and gave it to them. All were surprised when, after several days, the beans gave off a unique odor and were stringy. The farmers liked the flavor and soon adopted natto as a food. Yoshiie, having enjoyed natto, recommended it to his fellow men. The farmers soon learned of this and began producing natto. The tradition has been passed down from generation to generation.

After his conquests in Northern Japan, Yoshiie's army returned to Kyoto and he taught people along the way how to make natto. The people of Sankanbu in Akita, far from the sea, had little fish or other animal protein in their diet and must have delighted in natto. The route taken by Yoshiie back to Kyoto has been called the 'natto road.'

Page 141: The word "natto" first appeared in 1286 in the *Shinsaru Gakki*, by Fujiwara Myoe,... Address: Tokyo, Japan. President of Manyu Eiyo KK. Teaching at Nihon Daigaku Daigaku-in and Meiji Daigaku Nôgaku-bu. Prof. at Shobirin Joshi Tanki Daigaku.

3441. Jordan, Julie. 1976. Wings of life: Vegetarian cookery. Trumansburg, New York: The Crossing Press. 255 p. Illust. by Joanne Leary. Index. 23 cm. A Crossing Cookbook. Excerpted in Mother Earth News, March 1978.
• ***Summary:*** This is the favorite vegetarian cookbook of the Bloodroot Collective. Page 16 recommends soy flour as a fortifier for bread. Pages 83-84 describe whole soybeans. The section titled "Additions to stir-fried vegetables" includes tamari and soy sauce, soybean skins [yuba], and tofu. Soy-related recipes include: Charlotte's master sauce (featuring tamari, p. 216). Homemade tofu (p. 241, curded with Epsom salts). Address: New York.

3442. Lee, Calvin B.T.; Lee, Audrey Evans. 1976. The gourmet Chinese regional cookbook. Secaucus, New Jersey: Castle Books, a division of Book Sales Inc. 322 p. Illust. Map. General index. Recipe index. 24 cm.
• ***Summary:*** This book divides China into four regions (East, north, west and south). A detailed description of the food of each region is given. The recipes are placed in the appropriate region. Thereafter, there are chapters on: Chinese cooking at home. Ingredients for Chinese cooking. Chinese groceries that accept mail orders.

East China (characterized by Shanghai): Soy sauces are widely used (p. 33). "The Hakkas, or 'guest people,' who migrated to Fukien centuries ago from Honan in the north... Not surprisingly more than one hundred languages and dialects may be found in Fukien alone." "Although Fukien is known for its fine soy sauces, very little is used in any one dish.

Soy-related dishes: Red-cooked chicken (with 1¼ cups light soy sauce" and "1 cup dark soy sauce," p. 35). Braised pork and bean curd (with "3 bean curds," p. 51). Ningpo fried fish roll with bean curd sheets (the sheets "are dried, thin, and fragile. When deep-fried, as in this recipe, they become very flaky and crisp." With 2 sheets dried bean curd [yuba], p. 59). Crab meat, watercress, and bean curd soup (with "2 bean curds," p. 77). Shanghai spring rolls (with "2 pressed bean curds," p. 81). Red wine sediment paste (with 1½ tablespoons red bean paste," p. 83).

North China (Kansu, Shensi, Shansi, Honan, Hopeh, Shantung; this is China's ancient heartland). Recipes: Peking fried bean curd (with "2 bean curds," p. 115). Lamb soup with dried bean curd (with "2 ounces dried bean curd {sliced type}," p. 118).

West China (Szechwan, Yunnan, Kweichow, Hunan, Hupeh; this is a world unto itself), Recipes: Spicy ground pork and bean curd (p. 147). Chunking beef with black bean sauce ("Like the Cantonese, the western Chinese appreciate the salty pungency of fermented black beans" With "2 tablespoons black [soy] beans," p. 153). Yunnan lamb with curry and black beans [fermented black soybeans], p. 156. Yunnan steamed fish, with curry and black bean sauce (with "2 tablespoons [fermented] black beans," p. 162). Scallops with black bean sauce, p. 166. Ma Po bean curd (also called "Grandmother Pockmark's bean curd," with "4 bean curds," p. 170).

South China (Kwangtung and Kwangsi; Canton has long been a city of trade, starting in about AD 300 when the first Arab merchants arrived). Recipes: Pork with black beans and broccoli (with "2 tablespoons black beans," p. 199). Steamed spareribs with black beans sauce, p. 206. Beef with asparagus and black beans (with "2 tablespoons black beans," p. 209). Beef with bean curd and oyster sauce, p. 214. Fried fish with bean curd, p. 223. Steamed stuffed bean curd (with "6 bean curds," p. 235). Bean curd soup, p. 240.

The section titled "Ingredients for Chinese cooking" (p. 281-305) includes: Bean curd (dow foo). Black beans (dow see, they have a strong affinity for garlic. Sometimes called "fermented black beans). Dried bean curd (tiem jook [sweet dried yuba sticks]. "This dried soy milk sediment comes in thick, shiny sheets"). Dried bean curd sheets (these fragile semicircles come packaged in a large envelope). Hoisin sauce (Hoi sin jeung). Ketchup ("Curiously enough, the word 'ketchup' is derived from the Chinese words meaning 'brine of pickled fish'). Monosodium glutamate (Mee jing). Peanut butter: See sesame paste. Peanut oil (Far sung yow. Lard is the principal cooking fat or oil in China. "It has

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the advantage of giving a clear color and a rich flavor to whatever is cooked in it. It unfortunately has disadvantages as well... Peanut oil, on the other hand, tastes very much the same as the best Chinese lards and has none of lard's disadvantages). Pressed bean curd (dow foo gon [doufu-gan]). Red bean curd (nom yu [fermented tofu]). Roasted peanuts. Sesame oil (Ma you; add small quantities just after the dish is removed from the heat). Sesame paste (Jee ma jeung): "Substitute creamy peanut butter thinned slightly with sesame oil." Sesame seeds (Jee ma; white or black). Soy sauces ("Soy sauce is certainly the most frequently used ingredient in Chinese cooking It is also one of the most variable, ranging from light to dark, from thin to rich, from salty to almost sweet." Light soy sauce is Sang chau, and dark soy sauce is See au, sometimes called black soy sauce).

Calvin Lee was born and raised in New York City. His entry into the world of gastronomy occurred at age 17, as a result of his father's death, leaving him as the general manager of Lee's Restaurant, at that time New York's oldest Chinese restaurant. Address: 1. Chancellor, Univ. of Maryland, Baltimore.

3443. Leung, Mai. 1976. The classic Chinese cook book. New York, NY: Harper's Magazine Press. xv + 363 p. Illust. (line drawings by Claude Martinot). Map. Index. 24 cm.
• ***Summary:*** A remarkable book by a excellent cook and writer with much experience in China (where she was born and raised), Hong Kong (with outstanding chefs), and New York (with more fine chefs). An interesting map of China shows the major culinary regions. The illustrations contribute greatly to the book.

Each recipe is accompanied by its Chinese characters but with no romanization / transliteration. MSG is an optional ingredient in many recipes. Soy related recipes: Chicken with walnuts in hot bean sauce (the sauce mixture includes "6 teaspoons ground bean sauce, 4 teaspoons hoisin sauce, 4 teaspoons black soy sauce," p. 56-57). Soy sauce chicken (with "½ cup black soy sauce," p. 66). Chicken in hoisin sauce (the sauce mixture includes "6 tablespoons hoisin sauce, 2 tablespoons black soy sauce," p. 67). Egg yolk fish cakes with soy vinegar dip (p. 87-88).

The chapter titled "Duck" (p. 91-93) describes how Peking ducks are a different breed from other ducks, how they are raised and force-fed in Hong Kong before being killed. The recipe for Peking duck (p. 109-11) describes the origin of Peking duck in about 1855 in Peking. "Pen Yee Inn, a restaurant specializing in chicken and duck dishes, created the method that made Peking duck a star. The dish was purely for the very rich, and the primary interest was the crisp skin." Traditionally it required "three months of training just to learn to kill and dress the duck correctly." This recipe calls for either Hoisin sauce dip or Bean sauce dip. The next recipe is Red-cooked duckling with lettuce in soy sauce (p. 111-12).

The recipe titled "Childbirth ginger" explains: "In Kwantung Province, after a woman gave birth to a child, it was the duty of the mother-in-law to prepare a big pot of this ginger for her daughter-in-law to regain her strength." Rich in calcium, the supply had to last for a month.

More soy related recipes: Beef with baby corn and Chinese mushrooms in black bean sauce (with "2 tablespoons salted black beans: rinse in hot water, drain, and mash into paste," p. 158-59). Fish slices in garlic and black bean sauce (p. 183-84). Fried mock plums ("For this dish, shrimp paste is rolled up in bean curd skin to form a long cylinder." With "2 pieces dried bean curd skin, each 5 by 10 inches," p. 184-85). Soft shell crabs in black bean and chili sauce (p. 202-03).

The chapter titled "Vegetables and bean curd (p. 205-31) begins: "I do not understand why so many Westerners cook their vegetables as if they were cooking potatoes." They are "cooked so much that they all taste the same, like cooked potatoes–dull, mushy, and lifeless." "Fresh bean curd is made of soybeans... [sold in] cakes 1 inch thick and 2 to 4 inches square. Smooth, fragile, custardlike, and ivory colored, bean curd itself is bland in taste, but it quickly absorbs flavor from other ingredients with which it is cooked. As it is inexpensive and high in protein, bean curd serves the purpose of meat and milk for many Chinese in addition to being used as a vegetable. Bean curd is a nutritious and well-loved food. My grandmother used to say, 'Eat bean curd every day and your eyes will shine like the autumn moon, your skin will be smooth, and your hair soft and black.' Generally available in Oriental grocery stores, bean curd is carried in relatively few supermarkets. The canned variety is not acceptable as a substitute for fresh bean curd. Store in a jar, cover with water, and change water daily. It will keep for a week or more." In recipes that call for bean sprouts, Chinese prefer mung bean sprouts that are fresh, white, firm, and dry–not brownish, limp and watery. Never, never used canned bean sprouts.

Buddhist delight (vegetarian, with "4 fried bean curd puffs: cut each into 4 pieces," p. 225-26).

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried bean curd puffs." Pockmarked woman's spiced bean curd [Mapo doufu] ("It is said that the wife of a cook named Chan, who lived in Szechwan [Sichuan] more than a century ago, created this bean curd recipe. Mrs. Chan's face was pockmarked." With "1 pound fresh bean curd: rinse in cold water, cut into ½-inch cubes," p. 228-29). Hakka stuffed bean curd ("Hakka cooking is well known for its bean curd dishes. This stuffed bean curd is one of the most popular and well-loved among Chinese." With "3 pieces fresh bean curd, each about 3 inches square: pat dry with paper towels, cut each square into 4 triangles, slice some bean curd out of the middle of one side of triangle to make pocket for stuffing," p. 229-30). Stir-fried bean curd with pork shreds (p. 231).

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The chapter titled "Sauces and dips" includes: Bean sauce dip (with "4 tablespoons Szechwan sweet bean sauce or ground bean sauce," p. 305). Fresh chili-soy dip (with "6 tablespoons black soy sauce," p. 308). Hoisin sauce dip (p. 309). Soy-chili dip. Soy-sesame dip. Oil-oyster sauce dip (with "6 tablespoons oyster-flavored sauce," p. 310). Soy-vinegar dip (with "4 tablespoons thin soy sauce," p. 311).

The chapter titled "Chinese cooking ingredients with information on storing" is an expanded glossary. Each entry is accompanied by its Chinese characters but no romanization. It includes: Bean curd (fresh). Bean curd cheese (red) ("Labeled as red bean cheese, 2 inches square and about 1 inch thick"). Bean curd puffs (fried) ("Golden color, fluffy and spongy, cushionlike square cakes"). Bean curd skins [yuba] (plain, dried) ("Shiny, light yellow, approximately 6 by 10 inch paper-thin skin, dried and brittle. It is the rich cream that floats atop the" soybean milk made from yellow soybeans). Bean paste (sweet red) [azuki *an*] ("Made from puréeing Chinese red beans, sugar and shortening").

Bean sauces: (1) Ground bean sauce "Also known as brown bean sauce or brown bean paste. Brown, thick, puréed sauce made from yellow soybeans, flour, salt, and water; salty and pungent. Sold in cans." (2) Szechwan chili bean sauce. (3) Szechwan sweet bean sauce. "Labeled as sweet bean paste sometimes. Not sweet, but salty and pungent."

Black beans (salted) ("Black [soy] beans preserved in ginger, garlic, salt, and spices; used as seasoning"). Hoisin sauce ("Means 'seafood sauce' in Chinese. Made from soybeans, water, garlic, chili, flour, and spices"). MSG ("Monosodium glutamate, which the Chinese call 'taste powder.' The Chinese extracted it from soybean protein and have been using it for at least a century... It should be used sparingly. Sold under the brand name Accent"). Oil (Chinese prefer to use peanut oil. "But I find corn oil equally good in the United States"). Oyster-flavored sauce (No mention of soy as an ingredient). Sesame seed oil ("Savory, aromatic, topaz-colored [brown] oil made from roasted white sesame seeds"). Sesame seed paste (Since most imported products have lost their taste, "it is much better to use peanut butter. In China, peanut butter and sesame seed paste are used interchangeably in cooking"). Soy sauces ("The most important seasoning in Chinese cooking. Varieties and grades are many... Knowing their differences and using the right kind is the key to good-tasting dishes." The following two types are most frequently used): (1) Black soy sauce ("Also known as dark soy sauce; extract from fermented soybeans, caramel, flour, salt and water; darker and heavier than thin soy sauce, salty but with a slightly sweet taste. Do not buy one labeled 'double dark soy sauce.' It is to salty"). Thin soy sauce ("Also known as light soy sauce; liquid extract from soybeans, flour, salt, and water after slow fermentation under the sun. The first extraction, which is commonly sold in the States, is the best").

The "Shopping list" chapter (p. 343-48) contains an expanded alphabetical list of the English names of Chinese ingredients followed by the name in Chinese characters. Address: Madison, New Jersey.

3444. Lie, Goan-Hong; Oey, Kam-Nio; Prawiranegara, D.D.; Herlinda, J.; Sihombing, G.; Jus'at, I. 1976. Nutritive value of various legumes used in the Indonesian diet. In: M.A. Rifai, ed. 1976. ASEAN Grain Legumes. Bogor, Indonesia: Central Research Institute of Agriculture. 225 p. See p. 183-93.

• ***Summary:*** This general overview discusses soybeans (*Kacang kedelai*), tempeh, soy milk, "tahu or soycurd" [tofu], kecap, taoco [Indonesian-style miso], soy milk, residue of soy milk or tahu [okara] which may be fermented and sold as oncom. The average nutritional composition of the first 6 products is given. Address: Nutrition Research Inst., Jakarta, Indonesia.

3445. Lin, Florence. 1976. Florence Lin's Chinese vegetarian cookbook. New York, NY: Hawthorn Books. xix + 236 p. Illust. by Nai Gi. 24 cm.

• ***Summary:*** Contains a great deal of information on and recipes using soyfoods. Chinese food expert Barbara Tropp says this book has the best glossary available, and has very creative and interesting but drab recipes.

Hoisin sauce is a ground bean sauce to which sugar, garlic, and other flavorings have been added. It is the most popular commercially prepared flavored bean sauce.

Civilized Chinese patterns of eating were established by Confucius. The second great influence was Taoism, which advocated a simple diet, natural foods, and the basic belief that proper eating leads to good health. The third great influence was Buddhism, which was opposed to killing, so advocated a vegetarian diet. The art of vegetarian cookery was initially developed mainly in Buddhist monasteries; later it spread to private homes and restaurants.

To make good meatless broths use soybeans, soy sprouts, tough or wilted vegetables, mushrooms, and / or bamboo shoots. To make soy sprouts, it is best to use new-crop soybeans, which have the highest germination rate. This book contains many recipes that call for sea vegetables. Soy sauce is widely used in Chinese vegetarian recipes.

Chapter 3, titled "Soybeans, soybean products, and other legumes" contains much useful information and recipes. A diagram titled "Chart of soybean products" (p. 53) shows the complex relationships, includes Chinese characters for each product, and shows a few soy products that are not in the Glossary: Fermented soybean curd (*Fu ju*), comes in white (*pai*), red (*hung*) and spiced (*la*). The many interesting recipes, each with a Chinese name (with Chinese characters) and an English name include: *Su huo t'ui and su chi* (Mock ham), *Su ya* (mock pressed duck), and *Wu hsiang tou fu kan* (Seasoned pressed bean curd).

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Glossary (soybeans, soybean products, and legumes, p. 208-13; Chinese characters are given): "Fresh young soybeans–*Mao tou:"* Delicious. They are in season in the early fall. "They come in dark fuzzy pods and are sold by weight. Young soybeans are like corn and should be eaten as soon as they are picked from the plant. They may be cooked with or without the pods."

"Dried soybeans–*Huang tou:"* Yellow soybeans.

"Soybean sprouts–*Huang tou ya:"* Sold by weight. Best when made in cooler weather. "When bought fresh, they will keep in the refrigerator for 2-3 days, or longer if kept in a brown paper bag inside a plastic bag."

"Soybean milk–*Tou chiang:*... usually served hot as a beverage with breakfast."

"Soybean milk skin–Called by many names [*Fu yi, fu p'i;* see p. 53]. Each region has a different name for it, as does each food processor, and the thickness shape and wrapping may be different." Four kinds are readily available in Chinese food stores" (1) *Erh chu* is "cut into rectangles 1½ x 4 inches and 1/8 inch thick. The pieces some stacked and wrapped in paper, in half- or one-pound packages." (2) *Yüan chu* comes in sticks [dried yuba sticks]. When reconstituted, its thickness is about the same as *erh chu.* (3) *San pien fu chu* is half-moon shaped. When still soft, it is folded into 6 x 10-inch rectangles then dried. It is thinner than *erh chu.* (4) *Fu yi* "is the thinnest of the bean milk skins. It is paper thin and almost transparent. When dried it is very brittle, and must be handled very gently. It is used mainly to wrap fillings. It comes in stacks of 8-10 sheets..."

"Soybean milk residue–*Tou fu cha;"* [okara]. Can be a delicious ingredient in cooking. "What is not used for food is made into a feed for animals or put into the ground as fertilizer."

"Curdled soybean milk–*Tou fu hua:" Hua* means "flowers." These very tender curds are "eaten hot with soy sauce or cold with syrup as a snack." It is "sold only in bean curd factories by the pint."

"Bean curd coagulant–*Shou shih kao"* [calcium sulfate]: A "white substance which comes in powdered form. It is use to coagulate soybean milk to make *tou fu* (bean curd)."

"Tender soybean curd–*Nen tou fu:* When some water is removed from the curdled bean milk, it is known as fresh tender bean curd. It is cut into squares 4 x 4 by 1½ inches.

"Firm soybean curd–*Lao tou fu:* When a coagulant is added to the boiled bean milk of a different concentration and some of the water is removed, the milk becomes firm bean curd. It is firmer than the tender bean curd and is cut into 3 x 3 x 3/4-inch squares.

"Pressed bean curd sheet–*Pai yeh:* Fresh bean curd sheet looks almost like a sheet of unbleached muslin. When it is frozen, the color turns darker, to a light brown. It is made into square sheets of various sizes. It is used to wrap fillings and it is also sometimes cut into short strips and cooked in dishes along with seasoning vegetables. Pressed bean curd sheet is best eaten fresh..."

"Pressed soybean curd–*Tou fu kan*–plain: When even more water is pressed out of firm bean curd, it becomes pressed bean curd... it is almost like a firm cheese." It may be bought either plain (*Pai tou fu kan*) or seasoned (*Wu hsiang tou fu kan*). "The seasoned curd is cooked in soy sauce and star anise [*pa chiao*], giving it a brown color." "The white pressed bean curd should be soaked in salt water (made of 1 tablespoon salt to 4 cups water) in a covered container. The seasoned pressed bean curd should be soaked in salt water and soy sauce. If stored in the coldest part of the refrigerator, they will keep for several weeks."

"Fried soybean curd–*Yu tou fu:*... The bean curd is cut into 1½ inch cubes and deep fried in oil until a golden crust forms outside, which the inside... remains soft." It "is sold by weight, usually in half- or one-pound bags."

"Wheat gluten–*Mien ching:"* (p. 217). "Deep-fried gluten–*Yu mien ching:"* "Fresh or dried wheat gluten–*K'ao fu:"*

Glossary (condiments and seasonings, p. 219-23): "Soy sauce–*Chiang yu:"* The "most important seasoning liquid in Chinese cooking. Comes in light or dark, thick or thin. Dark or thick is *Lao ch'ou.* Light or thin is *Sheng ch'ou.* Soy sauce also comes in different "flavors, such as mushroom soy sauce and, for nonvegetarians, shrimp roe soy sauce. Flavored soy sauces are used mainly for dips and for special flavors in salads, noodles, and as a final touch to a dish."

Note: This is the earliest document seen (April 2012) that uses the term "mushroom soy" or the term "mushroom soy sauce" to refer to a type of dark soy sauce flavored with mushrooms, or that uses the term "Lao ch'ou" to refer to dark or thick Chinese soy sauce.

"Salted black beans–*Tou shih:"* These beans [fermented black soybeans] are "used to flavor bland foods, such as eggplant or bean curd." They are never eaten alone.

"Brown bean sauce–*Yüan shai shih:"* Made from "fermented soybeans and wheat flour mixed with salt and water. The beans in the sauce may be either ground (to make ground brown bean sauce–*Mo yüen shih*), or left whole. To this basic beans sauce, spice and other seasonings are added [in different proportions], creating many varieties" in "different regions of China. In Szechuan, large amounts of hot peppers and crush Szechuan peppercorns are added; in the northern provinces, garlic and scallions are used;..."

"Hoisin sauce–*Hai hsien chiang:"* A "ground bean sauce to which sugar, garlic, and other flavorings have been added. It is the most popular commercially prepared flavored bean sauce. It is used for cooking, or very often as a dip for deep-fried batter-dipped vegetables."

"Sesame paste–*Chih ma chiang:"* "Sesame oil–*Ma yu:"*

3446. Liu, Christine Y.C. 1976. Nutrition and diet with Chinese cooking. [Ann Arbor, Michigan?]. [ix] + 319 p. Illust. (by Jacqueline Sharp). Recipe index. General index.

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23 x 19 cm. Reprinted in 1977. [26 ref]

• ***Summary:*** Contents: Acknowledgment. 1. Introduction. 2. Is Chinese food nutritious?: The protein facts, other advantages. 3. About monosodium glutamate (MSG) (many recipes contain 1/8 teaspoon MSG–optional). 4. Custom, chopsticks and tea. 5. Method of preparation and cooking. 6. Cooking utensils. 7. Menu planning. 8. Recipes: Soup, meat, poultry, seafood, vegetables, bean curd (to fu), rice, noodles and Chinese steamed bread, eggs, desserts and snacks.

9. Chinese ingredients and seasonings. 10. Tables and charts: Measurements and abbreviations. sources of important nutrients, desirable weight for selected heights (for men and women, small, medium or large frame. Source: Metropolitan Life Insurance Co.), minimum daily requirement of calories, certain vitamins and minerals, calories, protein, fat and carbohydrate value of foods used.

11. Recipe index. 12. References. General index. Order forms.

The chapter on "Bean curd "(to fu)" (p. 191-217) contains 22 recipes, each with the English name in bold characters, and the Chinese name both romanized in pinyin and written in Chinese characters. The first of these is a recipe for homemade tofu made from 1 cup soy beans and a choice of five different coagulants. The 2nd recipe in this chapter is "Fried bean curd (to fu), plain fried (*You dou fu*).

Note: This is the earliest English-language document seen (April 2013) that contains the term *You dou fu* (regardless of hyphenation).

For each recipe, the calories, protein, carbohydrates, and fat are calculated. Most recipes call for either "fresh bean curd" or "dry bean curd" (*dou fu gan*). A typical ingredient listing would be "1 lb bean curd, diced."

Other recipes include: Those calling for soy bean sprouts (p. 40, 73, 185 {home grown}). Steamed fish with black beans (*Dou chi zheng yu*, with "3 T black beans {about one ounce}, p. 141). Lobster Cantonese style (with "1½ T black beans, minced," p. 154). Wheat gluten (vegetable steaks) (*mian jing*, p. 186). Vegetarian's delight (*Su shi jin*, with "2 oz. dried bean curd sticks [dried yuba sticks], soaked and cooked." "Soak the dried bean curd sticks with 1 t [teaspoon] soda in hot water for 1 hour; drain. Add fresh cold water and bring to a boil. Drain and cut into 1 inch long pieces") (p. 189-90). Red bean paste (*dou sha*) (p. 269). Many recipes are seasoned with soy sauce.

The section on "Chinese ingredients and seasonings" [glossary] includes: Bean curd or to fu, bean sprouts (the sprouts of mung beans or soy beans), black beans ("Fermented and highly seasoned black soy beans"), calcium sulfate, ginger root, hoisin sauce, monosodium glutamate, mushroom soy sauce ("A newly imported soy sauce from the People's Republic of China... The flavor is excellent..."), oyster sauce (can be used like soy sauce but oyster sauce is saltier), sea weeds, sesame oil, soy sauce.

"About the author: Born and raised in Shanghai, Mainland China, Mrs. Liu completed her education at the National Taiwan University. It was there she met and married her husband, Stephen Liu, presently professor of Microbiology at Eastern Michigan University.

"After the birth of their eldest son, the Lius lived awhile in the United States, then moved to San Paulo, Brazil, where they remained for some years. The Chinese community in Sao Paulo was sizeable and affluent and their cuisine was quite popular. It was during this time that Mrs. Liu kindled her latent interest in cooking which ultimately led to the writing of this book.

"In 1965 the Lius returned to the United States and settled in the Ypsilanti-Ann Arbor area. Mrs. Liu further developed an interest in and took up the study of nutrition at the University of Michigan. She received her Masters degree of Nutrition in the School of Public Health in 1971.

"For some eight years Christine Liu has contributed her cooking and teaching talent to the Ann Arbor community by teaching Creative Chinese Cooking and Nutrition & Diet at the Continuing Education Department of Ann Arbor Public Schools..." The Lius have four children: Ted, Paul, Becky, and Peter. A photo shows Christine Liu. Address: M.P.H., P.O. Box 1332, Ann Arbor, Michigan 48104.

3447. Mallard, Gwen. 1976. Soy bean magic: Delicious recipes with soy beans, flour & grits. Saanichton, British Columbia, and Seattle, Washington: Hancock House Publishers. 80 p. Index. 18 cm.

• ***Summary:*** Contents: 1. Commercially bought soy products: Soy flour, soy grits, soybean milk, soy flakes (fine, or coarse), soybean oil, soybean lecithin, soy lecithin spread (butter substitute), soy noodles, macaroni and spaghetti, soy sauce, soy coffee, roasted soy nuts, baked and green soybeans (canned). 2. Homemade soy products: Soy milk from dry beans, quick soy milk (from soy flour), soy cream (from soy flour), "soy base" (from soy flour), soy cheese from soy flour [tofu] (curded with lemon juice), oven-roasted soybeans, toasted soy flakes (coarse), toasted soy flour, sprouted soybeans. 3. Soybean recipes: Breads 'n breakfasts, soups 'n salads 'n salad dressings, soy suppers, desserts and delights.

To make soy base (p. 14): Slowly add 2 cups cold water to sifted soy flour to make a smooth paste. Stir in 1 teaspoon salt. Place in a double boiler and "cook for 30 minutes over rapidly boiling water. This mixture will be thick when it is cooked. Soy base is ideal for enriching gravies, stews, puddings, and soups. It will also make an excellent sandwich spread." Note: This is the earliest English-language document seen (April 2006) that uses the term "soy base" as a noun in this way; within 10 years the term had acquired a different meaning.

On the rear cover is a biography of Gwen Mallard by Derrick Mallard, her husband. She was born in 1917 in Fernie, British Columbia; she lived with her parents and

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three brothers in a log cabin in the beautiful Elk Valley among Canada's majestic Rocky Mountains. In 1971 she helped launch a campaign against plans for shipping oil in Alaskan tankers along the coast of British Columbia with the inherent dangers of disastrous oil spills (Note: On 24 March 1989 the tanker Exxon Valdez ran aground and spilled 11 million gallons of heavy crude oil in Alaska's pristine Prince William Sound–the world's worst oil spill in history). Gwen runs a small health food store and restaurant 14 miles north of Victoria, British Columbia. Address: British Columbia, Canada.

3448. Nagano-ken Kori-dofu Kogyo Kyodo Kumiai. 1976. Kenko na karada to tabemono. Jissho sareta kôri-dôfu no shinka. Seijinbyô no yobô to biyô [A healthy body and food: Reevaluation of the true value of dried-frozen tofu. Prevention of geriatric diseases and beauty care]. Nagano-ken. 20 p. 21 cm. [Jap]

• ***Summary:*** This research shows that consumption of dried-frozen tofu lowers blood cholesterol in human beings. The experiment used a crossover design. This report was presented by Dr. T. Miyoshi (of Tokushima Univ. Medical Dept.) at the International Nutrition Conference held 3-9 Aug. 1975 in Kyoto, Japan. It is based on research conducted by Dr. T. Fukui (presently director of the National Nutrition Research Center) and his group of 6. The 3-month study was conducted in the fall of 1974, when Dr. Fukui was a professor at Tokushima Univ. Medical Dept. There were 6 human subject, 4 men and 2 women, ages 27-62. In the experiment, each person consumed his or her regular diet for 4 days, then meat-centered meals for 10 days, then meals based on dried-frozen tofu for 39 days, then regular meals for 18 days, then meat centered meals for 9 days. Recipes are given. Cholesterol levels for each person were monitored and graphed. They rose during the meat-eating period, dropped during the tofu-eating, and rose again during the meat-eating period. Address: Nagano, Japan.

3449. Nippon Torui Kikin Kyokai. 1976. Daizu ni kansuru bunken mokuroku [List of documents on soybeans and soyfoods]. Tokyo: NTKK. Vol. 2, post 1961. 93 p. [Jap] Address: Tokyo, Japan.

3450. Nix, Janeth Johnson. 1976. Adventures in oriental cooking. San Francisco, California: Ortho Book Division, Chevron Chemical Company. 96 p. Illust. (color). 28 cm. Ortho book series.

• ***Summary:*** By "Oriental" this book means mostly China and Japan. Soy related: Crisp chicken teriyaki (with soy sauce made into teriyaki sauce, p. 14). Tofu salad (with 1 pound soybean cake, p. 15). Fu yu spareribs (with ¼ cup *fu yu*, fermented bean cake, p. 19).

The section on "Ingredients and equipment" (p. 22-31) begins with a full-page color photo in which we can clearly see: Azumaya tofu in a white plastic film-sealed tub, a plastic bag of "salted black bean" [fermented black soybeans] (ingredients: Black beans, ginger and salt), small pieces of deep-fried tofu, miso in plastic tubs, Kikkoman soy sauce in a large rectangular can, Aji-no-Moto in a red can, etc. The text discusses: Soy sauce ("The one essential ingredient in Chinese and Japanese cooking"). Japanese sauces, seasonings, and pickles ("For example, besides soy sauce, you can find low-sodium soy sauce {for specialized diets}, sukiyaki sauce, teriyaki sauce, and soup base for noodles," p. 24).

Note: This is the earliest English-language document seen (May 2011) that mentions "low-sodium soy sauce."

Chinese sauces, seasonings, and pickles, incl. the following which contain soy sauce: oyster sauce, brown bean sauce, Szechwan bean sauce, sweet bean sauce, hot bean sauce. Fermented black beans.

Bean cake–fresh and fried ("Soybean cake is almost as much a staple in Oriental cooking as rice." The regular type is called tofu in Japan and dow-foo in Chinese. But there are other varieties: softer, firmer, dried, fried {comes in cubes, squares, and oblongs...} Fermented bean cake, also called red bean curd, white bean curd, or *fu yu,"* is often sold in jars. Miso, used mainly in Japanese cooking, comes in many colors).

Bean sprouts mean mung bean sprouts. Foods from the sea include Japanese kombu and nori.

In this same section is a sub-section (p. 30-31) titled "The language of Oriental cooking," a glossary that includes: Aburage. Age-zushi. Aka-miso. Buta-dofu ("Pork with soybean cake"). Dow foo pok ("Fried soybean cake"). Fu yu ("Fermented soybean cake, used as a seasoning"). Hoisin ("Thick, slightly sweet Chinese sauce made from a soybean base"). Kitsune-zushi: See Age-zushi. Miso ("Red or white soybean paste"). Miso shiru (Japanese miso soup). Miso-yaki (Broiled food that has been marinated in miso). Monosodium glutamate (A white, crystalline flavor-enhancing agent). Nori. Norimaki. Shiro miso ("White soybean paste"). Shoyu ("Japanese soy sauce"). Sukiyaki. Sumiso. Suribachi. Surikogi. Tempura. Teriyaki. Tofu. Umeboshi. Wakame. Wok. Yin and Yang.

Soy related: Miso soup recipes (3, p. 34). Age-zushi (p. 52). Melting spareribs with black bean sauce (with 2 tablespoons fermented black beans, p. 63). Pork roast with miso (p. 64). Stuffed bean cake (with fried bean cake, p. 64). Sukiyaki (with 1 pound square tofu {soybean cake} cut into 1-inch squares, p. 66-67).

In the section on Oriental vegetables is a long sub-section titled "Soybeans" (with a color photo of green soybeans growing on a plant, p. 94-95) which includes how to grow them in a home garden. The soybean plant has its own time clock, which gets its signal for flowering from the sky. "Short nights (long days) delay flowering; long nights (short days) speed up flowering." Soybeans need a special

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inoculant of nitrogen-fixing bacteria. Describes how to cook and shell the beans in the pods, and to serve them cool, while still in the pod, as is commonly done in Japan.

3451. Oiso, Toshio. 1976. History of food and diet in Japan. *Progress in Food and Nutrition Science* 2(1):35-48.
• ***Summary:*** Contents: 1. Fundamental conditions in the history of the food habits of the Japanese. 2. Age of primitive food (Origin of Japanese culture–2nd century B.C.). 3. Age of stabilized rice-eating habits (2nd century B.C. to first half of 3rd century). 4. Ancient tomb age (Latter half of third century to 6th century). 5. First age of tabooing of meat eating (6th century to 8th century). 6. Age of formalization of food habits.

7. Age of warriors' [samurai] diet (13th century to first half of 15th century). 8. Age of Zen-styled food in vogue (Latter half of 15th century to first half of 16th century. 9. Age of imported food culture (Latter half of 16th century to first half of 17th century). 10. Age of completion of Japanese feod (Latter half of 17th century to first half of 19th century). 11. Age of Japanese-Western mixed diet (Latter half of 19th century to the present). 12. Acknowledgements.

Japan has relatively little arable land. Many ancient Japanese rice grains have been found in remains from the Yayoi Era, both round-grain rice (*Oryza sativa*) and elongated rice (*Oryza sativa indica*). Buddhism (and its precept against killing or eating meat) was introduced to Japan in the middle of the 6th century; production of dairy foods gradually faded out. In China the Han culture was flourishing. A centralized nation with an emperor was established at this time.

In the warrior's diet we find unpolished / brown rice, rice cake (mochi), fermented bean past (miso), salted plum (umeboshi), and soy sauce. "Salt was regarded as the most indispensable item" (p. 41). Temples made and sold foods.

In the age of Zen-styled foods the tea ceremony *Chanoyu*) was in vogue, brought to completion by Sen no Roikyu (1521-1591); it was accompanied by the development of the "Kaiseki-style dinner" (*Kaiseki ryôri*). A labeled diagram of this dinner is given–shown from two angles.

After the Tokugawa regime was founded, the shogunate closed Japan to foreigners and most foreign influence; this continued for 219 years, as Japanese food and menus became standardized.

In 1867, the last Shogun abandoned the rule of the Tokugawa clan, which had lasted for 263 years. Emperor Meiji became Japan's ruler and national isolation was ended. Address: National Inst. of Nutrition, 1-Toyamacho, Shinjuku, Tokyo, Japan.

3452. Ortiz, Elisabeth Lambert; Endo, Mitsuko. 1976. The complete book of Japanese cooking. Philadelphia, Pennsylvania: M. Evans and Co., Inc.; Dist. by Lippincott. viii + 250 p. Illust. by Marion Krupp. Index. 24 cm.
• ***Summary:*** A very interesting, well researched, and accurate Japanese cookbook. The illustrations are excellent. Each recipe has its Japanese name in large bold letters and a translation directly below in smaller letters. A hallmark of her writing is that she prefers to use the native language words and terms (e.g., shôyu) rather before giving her translation of them (e.g., soy sauce). This is helpful, since many of her translations have not withstood the test of time. In some cases, however, she fails to catch nuances or chooses to ignore them; e.g., *momen tôfu* should actually be *momen-dôfu*, and *kinugoshi tôfu* should actually be *kinugoshi-dôfu.* Unfortunately, she uses the term "bean paste" to refer to two very different foods: miso and *azuki-an* (see p. 214, 242). A large number of recipes call for various types of *tôfu* ("bean curd") or *miso* ("bean paste)."

Seaweeds (p. 4): "The one single thing that distinguishes Japanese cooking is the use of seaweeds." Kombu is used to make dashi. Nori and wakame are use in many ways.

"The soy bean plays a dominant role in the Japanese kitchen. It comes in the form of *shôyu* (soy sauce), *usukuchi shôyu* (light soy sauce), *momen tôfu* (bean curd), *kinugoshi tôfu* (silky bean curd), *yakidôfu* (broiled bean curd), *koyadôfu* (freeze-dried bean curd), red and white *miso* (bean paste), and so on. Despite their common origin, the products of this versatile bean manage to be very different.

Note 1. This is the earliest document seen (April 2013) that uses the word "silky" or the term "silky bean curd" to refer to *kinugoshi tôfu.*

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *koyadôfu* or the term "freeze-dried bean curd" to refer to dried-frozen tofu.

Soy-related recipes include: Asparagus with malted bean paste (with "moromi miso" and "usukuchi shoyu," p. 27). Dengaku (Bean curd with bean paste, p. 28). Stuffed lotus root (with white miso and mustard, p. 30). Noppei-jiru (vegetable and fried bean curd soup, with "1 *namaage* {type of fried bean curd}" or "2 pieces *aburaage* {fried bean curd}, p. 35). Kenchin-jiru (vegetable soup, with "1 *momen tôfu* {bean curd} weighing about 8 ounces," and "4 tablespoons *miso* {bean paste}, p. 36). Clear soup (suimono) with okra and bean curd (p. 38). Clear soup with bean curd and wakame (p. 38). Satsuma-jiru (Miso soup with mixed vegetables, incl. red and white miso, p. 45). Miso soup with tofu and shungiku (p. 46). Miso soup with wakame (incl. red and white miso, p. 46). Miso soup with oysters and bean curd (p. 47). Sekihan (pink rice with azuki beans, p. 57). Miso udon (p. 63). Kitsune udon (noodles with aburaage, p. 67). Inari-zushi (fried bean curd stuffed with vinegared rice, p. 79). Sole with bean curd and mushrooms (p. 88). Salmon steamed with bean curd (p. 90-91). Mackerel with red miso (p. 95). Fish marinated in miso (p. 102). Clams in miso, mustard, and vinegar sauce (p. 105). Oysters in vinegared miso sauce (p. 106). Satsuma-agé (with mackerel

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and bean curd cakes, p. 116-17). Oden (with "4 *ganmodoki* {fried bean curd balls}" and "1 *yakidôfu* {broiled bean curd}, about 7 ounces drained weight," p. 120-21). Kaki no dotenabe (oysters with bean paste, p. 124-25). Yudofu (simmered bean curd, p. 130). Sukiyaki (Sautéed beef and vegetables, with "2 *yakidôfu* {broiled bean curd}, 134-35). Grilled beef with bean paste (p. 146). Nikumiso (chicken and vegetables pickled in bean paste, p. 159). Eggplant with bean paste (p. 163). Green beans with bean paste (p. 168). Daikon with fried tofu (p. 171). Turnips with bean paste (p. 173). Cucumber and soy bean sprouts with sesame seeds (p. 183). Spinach salad with tofu (p. 186).

A short section titled "Bean curd dishes" (p. 187) notes that "the soy bean is the youngest of the bean family, going back only to about 3500 B.C." Beans in the Middle East go back to 7000 B.C. and in Mexico they go back to 5000 B.C. But the soy bean "makes up in versatility what it lacks in age."

Recipes Fried bean curd with hijiki (with "2 pieces *aburaage* {fried bean curd}," p. 187). Sole with bean curd (188-89). Deep-fried bean curd with bonito flakes (p. 190). Dried bean curd with vegetables (with "4 *kôyadôfu* {dried bean curd}" and "2 teaspoons *usukuchi shôyu* {light soy sauce}, p. 191). Kûya-mushi (bean curd, chicken, and vegetable custard, p. 192-93). Simmered bean curd and chicken (p. 193). Takara bukuro (treasure bags with aburaage, p. 194). Tofu no shirô-ae (p. 195). Hiya-yakko (garnished cold bean curd, p. 196; *Kinugoshi tôfu* {silky bean curd} may be used). Chrysanthemum flower bean curd (p. 197). Nabeyaki Denraku [Dengaku?] (bean curd with white and red bean paste, p. 198). Pork with bean curd (p. 198-99). Ni-yakko (bean curd with dried bonito flakes, p. 199). Sokuseki misozuke (instant pickled vegetables with bean paste, p. 210). Koshi-an (red bean paste, with "1½ red *azuki* {adzuki} beans," p. 213-15). New year dishes: Kuromame (black soy beans simmered in soy sauce and sugar, p. 220).

Glossary (excellent, p. 228-36)–Soy-related terms: Aburaage, azuki bean, fu (wheat gluten cake), ganmodoki, kinako, kinugoshi tôfu, kôji, koshi-an (powdered azuki paste), kôyadôfu, kôridôfu, kuzuko, mirin, miso, misozuke, mochi, momen tôfu, moromi miso, namaage, nattô, shôyu, teriyaki ("a technique of glazing foods in a soy sauce and mirin mixture either in a skillet or on a grill"), tôfu ("soy bean curd, usually refers to *momen tôfu*"), umeboshi, usukuchi shôyu, yakidôfu, yuba. Address: Both: New York.

3453. Owen, Sri. 1976. Indonesian food and cookery. London: Prospect Books, and Jakarta: Indira Reprints. 255 p. Rev. ed. 1980. [20 ref]

3454. Ranill, June. 1976. The El Molino cookbook: Natural wholegrain foods from El Molino & CaraCoa. El Molino Mills, A division of ACG Co., Box 2250, City of Industry, CA 91476. 144 p. Illust. Index. 22 cm. Spiral bound.

• ***Summary:*** Contents: Part I: Description of grains, seeds, legumes & carob (1-2 pages about each with an illustration; barley, buckwheat, corn, millet, oats, brown rice, rye, triticale, wheat, alfalfa seed, chia seed, flaxseed, pumpkin seed, sesame seed, sunflower seed, lentils, mung beans, split peas, soybeans {p. 22-23}, carob, El Molino and CaraCoa products).

Part II: How to use and enjoy whole grains, seeds, legumes. Part III: Recipes (by Alice Walter).

This year El Molino Mills celebrates its 50th anniversary; thus it was founded in 1926. Soya powder is like soya flour, but it is more finely ground for use in beverages. "Soy flour is made from the raw bean, while soya flour is made from soybeans that have been lightly toasted. This 'toasting,' actually a moist heat treatment, enhances the flavor." El Molino soya flour is full-fat flour.

El Molino products (p. 26) include Soybeans (whole cooks best), and Carob coated soynuts. No soy flour or powder is mentioned.

Soybeans, soya flour, grits, and powder are used extensively throughout his book. White bread (with soy flour, p. 46). Honey oatmeal bread (p. 48). Cornell bread (p. 50). Soya bread (p. 51; 4.5 cups wheat flour and 1.5 cups soya flour, so 25% soya flour). Improved quickbreads (p. 68). Crunchy muffins (with soya grits, p. 70). Homemade muffin mix. Soya muffins (p. 72). Gluten sesame thins (p. 74). Homemade Granola (with 1 cup El Molino soya flour, p. 75). Soy nuts. Garlic soy nuts. Roasted soybeans (p. 85). Carob breakfast drink (with 1 tablespoon El Molino soya powder, p. 88). Bean salad (featuring soybeans, p. 92). Meatloaf (with soya grits, p. 97). Soybean loaf. Baked soybeans. Soybean chili (p. 101).

The section titled "Meatless dishes" (p. 102-112) features many soy and many gluten recipes: Soybean medley. Cooked soybeans (Basic). Soy cakes. Soybean paste (ground cooked soybeans). Stuffed peppers. Stuffed tomatoes (both with soybean paste). Baked soybean croquettes. Softened soya grits. Stuffed zucchini (with softened soya grits). Tofu (from soybeans curded with lemon juice). Soy cheese (made from soya powder). Cooked gluten (homemade, p. 110). Gluten cutlets. Gluten patties. Gluten roast. Eggs and soya grits.

Soya milk (from soya powder, p. 115). Pineapple soya cocktail (with soya powder, p. 116). Soya applesauce cake (with soya flour or powder, p. 119). Improved cakes (p. 122). Peanut butter cookies (with soya flour, p. 125). Improved cookies (p. 128). Cookies for your puppy dog (p. 130). Sesame carob balls. Carob nut log (p. 137).

Sesame seed: On page 17 is a full page about sesame seeds and their uses, with an illustration of the sesame plant and its seeds. The Index contains more than 45 entries for "Sesame" including: Sesame butter (p. 17, 87). Sesame granola bars (p. 84). Sesame halvah (p. 17). Sesame milk (p. 17, 115). Sesame in muesli (p. 76). Sesame tahini dressing

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(p. 93). Address: City of Industry, California.

3455. Reese, Harry. 1976. How to prepare in your home tofu or, stalking the ubiquitous soybean. Berkeley, California: Turkey Press, 882 Cragmont Ave., 94708. [8] p. 23 cm. [1 ref]

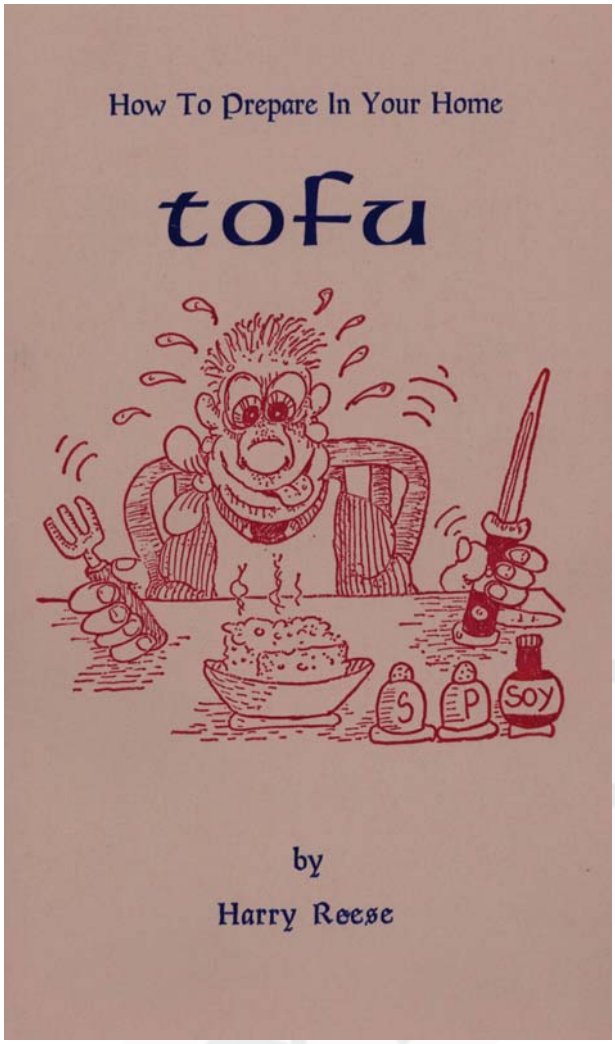

• ***Summary:*** Contents: Quotations from Henry Miller, Richard Nixon ("What is a soybean?"), and Henry David Thoreau ("It is hard to provide and cook so simple and clean a diet as will not offend the imagination;..."). Introduction to tofu. Soybeans & symilk. Preparation for making tofu. Making tofu. About Turkey Press Specials. For a detailed account and many recipes see *The Book of Tofu* by William Shurtleff & Akiko Aoyagi (Autumn Press, Inc. 1975). Address: Berkeley, California.

3456. Shepard, Sigrid M. 1976. The Thursday night feast and good plain meals cookbook: Natural foods of the Eastern Hemisphere: China, Japan, Indonesia, India, the Middle East. Spokane, Washington: New Age Printing. vii + 442 p. Illust. by Margaret V. Putman. Index. 28 cm.

• ***Summary:*** This is a natural foods cookbook (not vegetarian), with strong influence from East Asia. The author's great aunt was a missionary in China. Pages 5-7 describe how to make a "bean curd box" for making tofu, and then how to make tofu at home. Among the many soy-related recipes are about 55 for tofu, 7 for miso, 2 for whole soybeans, and many for soy sauce. Pages 431-34 contain a directory of natural foods provisioners and Oriental foods provisioners.

3457. Shinoda, Osamu; Akiyama, Tomiko. 1976. Tôfu no hanashi [Tales about tofu]. Kyoto: Shinshin-do Shuppan. 143 p. Illust. Includes many color photos. No index. 18 cm. [Jap]
• ***Summary:*** Contents: Cultural history of tofu. To tofumakers. Tofu recipes. Writings about koyadofu. About tofu. The Japanese and tofu. The author lived 1899-.

3458. Siegel, Alvin; Fawcett, Brian. 1976. Food legume processing and utilization (with special emphasis on application in developing countries). Ottawa, Canada: International Development Research Center. 88 p. No index. 25 cm. [110 ref]
• ***Summary:*** Contents: Introduction. Traditional processing and utilization: Legume processing terminology, home-scale processing, commercial-scale processing. Processed legumes by new and improved technologies: Milled pulses, decorticated legumes, quick-cooking legumes, legume powders, legume protein concentrates. By-product utilization of legume processing. Summary and conclusion. Tables. References. Address: Agriculture, Food and Nutrition Sciences Div., International Development Research Centre, Ottawa, Canada.

3459. Smartt, J. 1976. Tropical pulses. London: Longman. 348 p. Index. [275* ref]
• ***Summary:*** In the chapter on "Pulses in human nutrition," soya beans are mentioned (p. 92-95) under: Germinated seed. Fermented products: Soy sauce, soya bean paste, tempé, natto and Hamanatto. Extracted pulse proteins: Soya bean curd ('tofu'), soya bean 'milk.' Address: PhD, Senior lecturer in Biology, Univ. of Southampton.

3460. Solomon, Charmaine. 1976. The complete Asian cookbook. New York, NY: Summit Books. 511 p. Illust. Color plates. Index. 29 cm.
• ***Summary:*** This artistic cookbook is loaded with full-page color plates plus a good glossary. Soy-related recipes include: Bean curd omelettes (Tahu telur, from Indonesia, p. 188). Fried bean curd with peanuts (Tahu goreng kacang, from Indonesia, p. 204). Fried bean curd with soy sauce (Tahu goreng kecap, from Indonesia, p. 204). Fried fish with salted soya beans [miso] (Ikan goreng tauceo, from Malaysia, p. 224). Bean curd in salted soya bean paste [tofu in miso] (Taukwa tauceo, from Malaysia, p. 233). Bean curd

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and bean sprouts [probably mung bean sprouts] (Taukwa dan taugeh, from Malaysia, p. 233). Stuffed soy bean cake [with fried tofu] (Tauhu sod sai, from Thailand, p. 316). Glutinous rice and soybean sauce (Nuoc leo, from Vietnam, p. 341). Soup with bean curd (Canh dau hu, from Vietnam, p. 342). Misu tomato sauce (with red misu = red miso, from the Philippines, p. 351). Bean curd in barbecue sauce (Chu hau jeung mun dau fu, from China, p. 414). Bean curd with crab sauce (Hai yook par dau fu, from China, p. 414). Ginger soy sauce (See yau ghung jeung), Chilli soy sauce (See yau laht jiu jeung), Black bean sherry sauce (Dau see sheung jing jeung, with canned salted black beans = fermented black soybeans), Black bean garlic sauce (Suen tau dau see, with fermented black soybeans) (from China, p. 431). Sesame seed sauce (Cho kanjang, from Korea, p. 451, with "4 tablespoons light soy sauce"). Dumpling soup (Mandoo, from Korea, p. 453, with "1 square fresh bean curd" and "2 tablespoons light soy sauce"). Soup of soybean sprouts (Kong namul kuk, from Korea, p. 453, with 500 gm soy bean sprouts and 1 tablespoon soy sauce). Rice with fried bean curd (Kitsune domburi, from Japan, p. 460). Steamed egg custard with tofu (Kuya mushi, from Japan, p. 471). Bean paste soup (Miso shiru, from Japan, p. 477). Sushi in fried bean curd (Inari-Zushi, from Japan, p. 480).

Soy-related glossary entries (p. 485-502) include: Aburage. Akamiso. Black beans, salted (Chinese: dow see = salted black beans). Bean curd (Chinese: dow foo; incl. yellow bean curd, dried bean curd, red bean curd). Chinese bean sauce (ground = *mor sze jeung* or chunky = *min sze jeung* similar to Malaysian *taucheo* or *tauceo*). Dow foo pok (Chinese-style fried bean curd). Miso. Mushroom soy (Soy sauce flavored with mushrooms during the last stage of processing). Soy sauce (light or dark, shoyu, kecap manis). Yellow beans, salted (=salted yellow beans). Yellow bean paste.

Note 1. It is also the earliest document seen (April 2012) that uses the term *kecap manis* to refer to sweet Indonesian soy sauce.

Interesting glossary entries (p. 485-502): Aburage, bean curd (fresh, yellow, dried, red), black beans, salted (Chinese: *dow see;* made from soy beans, heavily salted and sold in cans and jars), Chinese bean sauce (ground or chunky, like Malaysian taucheo or tauceo), fish sauce (Vietnamese: *nuoc mam.* Burmese: *ngan-pya-ye.* Thai: *nam pla.* Tagalog: *patis*). Miso. Mushroom soy (Soy sauce flavored with mushrooms during the last stage of processing). Red misu (See miso). sesame seed (Hindi: *till.* Sinhalese: *thala.* Malay: *bijan.* Chinese: *chih mah.* Japanese: *goma.* Indonesian: *wijen*). Sesame oil ("The sesame oil used in Chinese cooking is extracted from toasted sesame seeds..."). Sesame paste ("Sesame seeds, when ground, yield a thick paste similar to peanut butter. Stores specialising in Middle Eastern foods sell a sesame paste known as *tahini*, but this is made from raw sesame seeds, is white and slightly bitter, and cannot be substituted for the Chinese version–which is made from toasted sesame seeds, and is brown and nutty"). Wakame. Wasabi or wasabe. Yellow beans, salted (Very similar to canned salted black beans, but lighter in color). Yellow bean paste (It is not really yellow, but brown. Sold in cans).

Note 2. This is the earliest English-language document seen (March 2009) that uses the word "tauceo" to refer to Indonesian-style miso.

3461. Tannenbaum, Steven R. 1976. Production and use of protein concentrates. In: N.S. Scrimshaw and M. Behar, eds. 1976. Nutrition and Agricultural Development: Significance and Potential for the Tropics. New York and London: Plenum Press. xxiv + 500 p. See p. 473-86. Chap. 40. With comments by A.D. Odell. Proceedings of the 14th International Biological Symposium, held 2-6 Dec. 1974 at Guatemala City, Guatemala. Proceedings of the 14th International Biological Symposium, held 2-6 Dec. 1974 at Guatemala City, Guatemala. [12 ref]

• ***Summary:*** Contents: Introduction. Oilseeds: Soybeans, other oilseeds. Marine protein concentrates. Single-cell protein. Use of protein concentrates in food products. Conclusions. References. Comment by Arthur D. Odell of Industrial Grain Products, Montreal, Canada: Vegetable proteins. Marine protein concentrates. Single-cell proteins. Address: Dep. of Nutrition & Food Science, MIT, Cambridge, Massachusetts.

3462. Wang, H.L.; Mustakas, G.C.; Wolf, W.J.; Wang, L.C.; Hesseltine, C.W.; Bagley, E.B. 1976. An inventory of information on the utilization of unprocessed and simply processed soybeans as human food. Peoria, Illinois: USDA Northern Regional Research Center, Interdepartmental Report. AID AG/TAB-225-12-76. 197 p. AID contract report. Undated. No index. 27 cm. Spiral bound. [65 ref]

• ***Summary:*** Contents: Introduction. Home and village traditional soybean foods by country. 1. Soybean food uses and production in Asia. Soaking dry soybeans. In China: Tou chiang (soybean milk; preparation, ways of serving), tou fu (soybean curd; yen-lu is the Chinese name for nigari), tou fu nao (soft curd), tou fu kan (dry / firm bean curd), chien chang (pressed tofu sheets), yu tou fu (fried tou fu), tung tou fu (frozen tou fu), tou fu pi (protein-lipid film; yuba), huang tou ya (yellow bean sprout or soybean sprout), mao tou (hairy bean, green soybean, or immature soybean), dry soybeans (roasting and frying, stewing and boiling), roasted soybean flour. Fermented soybean foods. Production and consumption of soybeans (China and Taiwan).

Japan: Tofu (soybean curd), kinugoshi tofu, processed tofu products (aburage or age, nama-age and ganmo), kori tofu (dried-frozen tofu), yaki tofu (grill tofu), yuba (protein-lipid film), soybean milk, gô (ground soybean mash), daizu no moyashi (soybean sprouts), edamame (green vegetable soybeans), whole soybeans, kinako. Fermented soybean

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foods: Production and consumption.

Korea: Tubu (soybean curd), soybean sprouts, whole soybeans (green soybeans, parched or roasted soybeans, boiled soybeans), soybean flour ("Soybeans are first roasted and then ground to a flour. The flour is extensively used as an ingredient in various food preparations." Note: This is the earliest document seen (Nov. 2012) that mentions roasted whole soy flour in Korea–however no Korean name of this roasted soybean flour is given), soysauce, bean paste [Korean soybean miso], natto (no Korean name is given), production and consumption of soybeans.

Indonesia: Tahu or tahoo (soybean curd), bubuk kedele (soybean powder), tempe kedele, tempe gembus [the name in Central and East Java for okara tempeh], oncom tahu [the name in West Java for okara onchom], other soybean products (soybean sprouts, green soybeans, roasted and boiled soybeans, kecap or soysauce, tauco or bean paste [miso]), food mixtures (Saridele, Tempe-fish-rice or TFR, Soy-rice baby food, soybean residue [okara]-fish-rice), production and consumption of soybeans.

To make bubuk kedele (p. 58): "Soybeans of the white variety are roasted until no beany flavor can be detected. They are ground into a powder and mixed with such spices as garlic and chili. Bubuk kedele is kept in a jar and served on special occasions with a rice product, longtong (rice wrapped in banana leaves and boiled for 3 to 4 hours). Bubuk kedele is always homemade and is eaten by everyone" (Source: I. Gandjar 1976, personal communication).

Note 1. This is the earliest English-language document seen (Nov. 2012) that uses the word *bubuk* or the term *bubuk kedele* to refer to Indonesian roasted soy flour.

Thailand. Philippines: Soybean sprouts, soybean coffee, soybean cake (made from equal amounts of soybean flour and wheat flour), soybean milk, tou fu and processed tou fu products, production and consumption. Burma. India. Malaysia. Nepal. Singapore. Sri Lanka (Ceylon). Vietnam. West Asia [Middle East; Iran and Turkey]. References–Soybean food uses in Asia.

2. Soybean food uses and production in Africa. Ethiopia: Injera, wots and allichas, kitta, dabbo, dabokolo, porridge. Kenya. Morocco. Nigeria: Whole soybeans, soybean paste, corn-soy mixtures (soy-ogi). Tanzania. Uganda. Production. References–Soybean food uses in Africa.

3. Soybean food uses and production in Europe [both Eastern and Western]. 4. Soybean food uses and production in Latin America. Argentina. Bolivia. Brazil. Chile. Colombia. Ecuador. Guyana. Paraguay. Peru. Uruguay. Venezuela (fried arepas with textured soy). Mexico: New village process, commercial developments of soy-based food products, Gilford Harrison, Ruth Orellana, Seguras Social. Honduras. Costa Rica. Panama. Dominican Republic. Jamaica. Haiti. Trinidad. References–Soybean food uses in Latin America.

5. Soybean food uses and production in North America. United States: Oriental populations, vegetarian communes, The Farm in Tennessee. Canada. References–Soybean food uses in North America. 6. Soybean food uses in Oceania. Australia. New Zealand. 7. Summary of soybean food uses. Traditional soybean foods: Soybean milk, soybean curd and processed soybean curd products, protein-lipid film, soybean sprouts, tempe (tempeh), green soybeans, boiled soybeans, roasted soybeans, soybean flour, soysauce, fermented soybean paste, fermented whole soybeans [Toushih, hamanatto], natto, fermented soybean curd. Experimental soybean foods: Whole soybean foods, soybean paste, soy flour, soy beverage. Production and consumption.

8. Recent simple soybean processes, other than traditional. Simple village process for processing whole soybeans: Equipment, process, sanitation requirements, quality of product, evaluation of product in formulas and procedures for family and institutional use in developing countries. NRRC village process. Foods from whole soybeans developed at the University of Illinois (drum dried flakes, canned and homecooked soybeans, soy beverages and beverage products, spreads, snacks).

Ways of cooking and serving soybeans in the American diet. 9. Industrial processes. Industrial production and selling prices of edible soybean protein products. 10. Barriers to acceptability and utilization of soybeans in food and research recommendations: Availability. Cultural and social factors. Texture. Flavor. Nutrition and food safety. Technology development. Technology transfer. Research recommendations [concerning each of the above barriers].

Concerning Morocco: Cereal-soy blends have been used extensively in Morocco; in fiscal year 1974 some 14.7 million lb were shipped to Morocco. Mmbaga (1975) reported that soy flour is being used in making porridge, with 1 part soy flour to 3 parts maize / corn flour.

Tables show: (1) Soybean production and imports in Taiwan, 1962-1975 (tonnes = metric tons, p. 33). Production rose from a 53,000 tonnes in 1962 to a peak of 75,200 tonnes in 1967, then fell to 61,900 tonnes in 1975. Imports skyrocketed from 62,400 tonnes in 1962 to a record 827,300 tonnes in 1975. (2) Consumption of soybean foods in Taiwan, 1964-1974 (kg/capita/year, p. 34). Total soybean foods not including tofu rose from 1.08 kg in 1964 to a peak of 2.61 kg in 1972 then fell to 1.99 kg in 1974. Consumption of tofu (80% water) rose from 18.75 kg in 1964 to a peak of 33.89 kg in 1972, then fell to 32.04 kg in 1974. (3) Supply and disposition of soybeans in Japan, 1971-1974 (p. 49). Total supply is beginning stocks, plus domestic production, and imports. Total disposition is crushing, plus traditional foods and feed. In 1974 imports accounted for 87.5% of the supply, and crushing accounted for 71.0% of the disposition. (4) Whole soybeans used in the production of traditional foods in Japan, 1970-74 (tonnes / metric tons, p. 50). Tofu and others rose from 508,000 in 1970 to 539,000 in 1974. Miso rose from 177,000 in 1970 to 192,000 in 1974. Shoyu

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rose from 13,000 in 1970 to 14,000 in 1974. (5) Defatted soybean meal used in the production of traditional foods in Japan, 1970-74 (tonnes / metric tons, p. 51). Shoyu rose from 163,000 in 1970 to 176,000 in 1974. Tofu and others was constant at 130,000 from 1971 to 1973. Miso decreased from 4,000 in 1970 to 2,000 in 1974. (6) Production of traditional soybean foods in Japan, 1970-74 (tonnes / metric tons, p. 52). Tofu and others rose from 1,867,800 in 1970 to 2,264,900 in 1973. Shoyu rose from 1,334,1000 in 1970 to 1,455,800 in 1974. Miso rose from 552,200 in 1970 to 587,200 in 1974. (7) Production and food use of beans [various types] and consumption of some soybean products in Korea, 1964-1967 (p. 56-57). In 1967 consumption (in tonnes / metric tons) was: Bean curd 290,000. Bean sprouts 270,000. Bean sauce 69,700. Bean paste 27,700. Total: 11.6 kg per capita per year. (8) Soybean production in Indonesia, 1960-1974 (p. 65). It rose from 442,862 tons in 1960 to 550,000 tons in 1974. (9) Consumption of soybeans in various parts of Indonesia in 1970 (p. 66). (10) Production of soybean foods in the province of Central Java, 1968-1972 (tons, p. 67). Kecap rose from 914,695 in 1968 to 1,524,000 in 1972. Tahu decreased from 18,570 in 1978 to 17,000 in 1972. Tempe rose from 506 in 1968 to 39,000 in 1972. (11) Area planted to soybeans and total soybean production in Thailand, 1964-1974 (p. 70). Area rose from 213,000 rais (6.25 rais = 1 ha) in 1964 to 1,016,000 rais in 1974. Production (in metric tons) rose from 31,300 in 1964 to 252,400 in 1974. (12) Utilization of soybeans by soybean-consuming countries, 1964-66 (based on FAO 1971 Food Balance Sheets, 1964-66 average, p. 150). The countries leading in per capita consumption (kg/person/year) are: China (PRC) 6.7. Japan 5.1. Korea(s) 5.0. Singapore 4.3. Indonesia 2.8. Malaysia 2.6. Taiwan (ROC) 1.1. (13) Amounts of cereal-soy blends distributed under Title II, Public Law 480 in fiscal year 1974 (p. 152-155). (14) U.S. exports of full-fat soy flour, 1974-75 (p. 156). Address: Northern Regional Research Center, Agricultural Research Service, Department of Agriculture, Peoria, Illinois 61604.

3463. White, Lynn, Jr. 1976. Food and history. In: Dwain N. Walcher, N. Kretchmer, and H.L. Barnett, eds. 1976. Food, Man, and Society. New York and London: Plenum Press. xv + 288 p. See p. 12-30. [24 ref]

• ***Summary:*** A brilliant overview. Compared with other crops, the soybean was slow to diffuse out of East Asia, perhaps because in its home territory it was consumed largely as tofu and soy sauce; other cultures had no precedents for such processing (p. 28, footnote). Address: Prof. of History Emeritus, Univ. of California, 405 Hilgar Ave., Los Angeles, California 90024.

3464. Winarno, F.G.; Hardjo, S.; Rumawas, F. 1976. The present status of soybean in Indonesia. Bogor, Indonesia: FATEMETA, Bogor Agriculture University. xxiii + 128 p. 29 cm. [7 ref]

• ***Summary:*** The best and most comprehensive survey up to this time on the subject, it was done as part of the 1974 Industrial Census of the Central Bureau of Statistics. Full of valuable statistics and tables. Contents. Preface. Summary. List of tables. List of figures. I. Introduction. II. Objectives and survey methods: A. Objectives. B. Survey methods. III. Cultivation, product handling and protection: A. Botany of the soybean. B. Varieties. C. Growth requirements. D. Agronomy of soybean. E. Crop Management. F. Harvesting and product handling.

IV. Production: A. Harvested acreage, production and average soybean yield in Indonesia. B. Center production areas. C. Harvested acreage of soybean versus other food crops. D. Factors affecting soybean production. V. Farm management and soybean marketing in Indonesia: A. Farm management. B. Marketing of soybean.

VI. Soybean utilization (p. 52): A. Soybean products: Introduction, yuba, sere (from Bali: cooked whole soybeans, mixed with onions, hot pepper, turmeric, salt, and coconut presscake; molded into patties, sun dried, then deep fried), soybean milk, tofu (coagulated with *biang* or *sioko* {calcium sulphate}), soybean sprouts (*tauge*), soybean powder (soybeans that have been cooked, dried, dehulled, and pounded), soybean mixtures, kecap (Indonesian soy sauce), oncom (fermented soybean product, red or black), tauco (Indonesian-style miso), tempe. B. Soybean utilization: Utilization by farmer (in each of 6 provinces and total), utilization by processor (tempe, tofu, kecap, miscellaneous), census conducted by Central Bureau of Statistics, conversion factor for soybean products. C. Consumption of soybean and its processed products (by province). D. Other components. Appendixes.

Tables in body of text: (1) Brief description of recommended soybean varieties. (2-3). Insecticides used against Agromyza and *Phaedonia inclusa.* (4) Soybean harvest seasons in Indonesia (major harvest months, by province). (5-8) Harvested acreage, production, and average soybean yield during 1950-73, 1960-74, and in Java-Madura (1967-71, 1972, 1973, and 1974). (9) Soybean acreage in Java-Madura. (10) Major production areas in Java-Madura, and average 5-year yield, 1965-69. (11) Harvested acreage of soybeans vs. other crops in Java-Madura, 1971-72. (12) Production cost and value per hectare of soybeans. (13) Major trading and harvest months. (14-15) Percentage of farmer's share and marketing cost of the trade price in various provinces. (16) Percentage of farmer's share of the trade price. (17) Soybean utilization by farmers, 1975-76. (18-21) Production/consumption of tempeh, tofu, kecap, tauco, tauge, yuba, and sere.

(22-29) Raw material utilized by small-scale processors and by soybean home industries in Java and Jakarta. (30-31) Value of raw material and end products of small-scale industries over 3- and 12-month periods. (32) Conversion factor of soybean products to raw material. (33-36) Average

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daily consumption per capita of soybean and its processed products at villages in Lampung, Yogyakarta, East and West Java, and in 4 other provinces.

Concerning sprouts (*tauge*) in Indonesia (p. 67, 69): Tauge can be prepared from either soybean or mungbean. The average amount of soybean processed into tauge is about 8 qt [=quintal; 1 quintal = 100 kg = 220.46 lb] per year per processor. The average number of employees is 1 per processor with 30 workdays per month. The entire product is for sale.

Table 33 (p. 84), "Average daily consumption per capita of soybean and its processed products at several villages in Lampung (a province of Indonesia located on the southern tip of the island of Sumatra) is: Tempe 18.33 gm. Soy sprouts 6.51 gm. Tofu 3.36 gm. Oncom 2.34 gm. Soybean 0.29 gm. Okara tempeh 0.25 gm. Okara 0.03 gm.

Table 34 (p. 85), "Average daily consumption per capita of soybean and its processed products at several villages in Yogyakarta and East Java is: Tempe 20.08 / 4.63 gm. Soy sprouts 1.57 / 3.05 gm. Tofu 1.83 / 4.24 gm. Okara tempe 0.53 / NL gm. Soybean 0.35 / 1.07 gm. Okara tempeh 0.25 gm. Okara 0.03 gm.

Table 36 (p. 87), "Average daily consumption per capita of soybean and its processed products of sample family farmers in 4 provinces.

Tempe consumption is highest in Yogyakarta (20.08 gm) followed by Lampung (18.33), Tulungagung (4.63) and West Java (4.42).

Tofu consumption is highest in Tulungagung (4.42 gm) followed by Lampung (3.36), Yogyakarta (1.83) and West Java (0.78).

Soybean sprout consumption is highest in Lampung (6.51 gm) followed by Tulungagung (3.05) and Yogyakarta (1.57); no value is given for West Java.

Oncom [ontjom] consumption is highest in Lampung (2.34 gm) followed by West Java (0.69). Address: FATEMETA, Bogor Agricultural Univ., Indonesia.

3465. Winarno, F.G.; Hardjo, S.; Rumawas, F. 1976. Kecap (Indonesian-style soy sauce) (Document part). Bogor, Indonesia: In: Winarno, F.G.; et al. 1976. The present status of soybean in Indonesia. FATEMETA, Bogor Agriculture University. xxiii + 128 p. 29 cm. [7 ref]

• ***Summary:*** The description of kecap (p. 58-59) states: Boil soybeans until tender. Drain and spread over round, shallow woven bamboo trays. Place these in a kecap fermentation room. Leave for 5-7 days until the soybeans are well covered with and bound together by a mycelium of *Aspergillus* and/or *Rhizopus* molds. Then dry the trays and soybean koji in the sun. Break up the soybean koji, place it is salt brine in deep earthenware jars, and place the jars in the sun to ferment for one week or up to one year.

When the mash is ready, boil it, adding clean water if necessary. Remove the liquid using a sieve; this is the first extraction, which is the best quality. Repeat this process 3 to 5 times, adding a brine solution the same salt concentration as the original mash. Each extraction, which will be lower in quality that the one before it, is kept separate to provide different qualities of end product.

As the final step for each different extraction, bring it to a boil and add some ingredients such as palm sugar [jaggery], caramel, or coconut sugar. Other ingredients such as fish extract or bouillon are also occasionally added. Filter the liquid through a piece of cheese cloth, bottle and store.

Note: This is the earliest English-language document seen (April 2012) that uses the term "first extraction" in connection with soy sauce quality,

Page 67: Most kecap is made in small scale enterprises, employing on average 10-11 laborers and working 23.7 days/month. The average kecap maker uses 13,390 kg of soybeans annually to produce kecap with a value of 6.3 million rupiahs. A table (p. 68) gives details by province.

Page 80: Kecap is a very minor soy product in Indonesia. Only 0.2% of all soybeans used to make foods in Indonesia are used to make kecap. The largest percentage of soybeans are used to make tempeh (66%), tofu (33%), and tauco (0.3%).

Pages 93-94: Ingredients required to make kecap include palm sugar, cane sugar, molasses, salt, wheat flour, cassava flour and spices. Palm sugar is the most important sweetener. "Depending on the concentrations of sugar and salt, there are two types of kecap available in the market, sweet and salty kecap." Wheat flour and cassava flour serve as thickening agents, but they are not used by all kecap makers. No information is given on the types or amounts or of spices and herbs used in making kecap. Address: FATEMETA, Bogor Agricultural Univ., Indonesia.

3466. Yee, Vivien Chee-Nan Yeo. 1976. New products from soybeans. Meat extender, alcoholic beverage and protein rich flour. PhD thesis, Cornell University, Ithaca, New York. 92 p. Page 5596 in volume 37/11-B of Dissertation Abstracts International. [50+ ref]*

• ***Summary:*** The new products include two types of soy wines; one was made from soymilk and one from the whey left over after making tofu. Some 25% (w/v, weight-to-volume) of sucrose was added to the soymilk or tofu whey and the liquid was fermented anaerobically with a wine yeast, until the alcohol concentration reached 12% v/v or higher. With soymilk, the proteins precipitated out and had to be removed. Otherwise clarification and aging were the same as for any wine; the finished products were similar to sake. Address: Cornell Univ., Ithaca, New York.

3467. Takai, Wataru. 1976? History of Takai Seisakusho Co., Ltd., 1917-1975. Ishikawa-ken, Japan. 3 p. Undated. Unpublished manuscript. [Eng]

• ***Summary:*** "Date of establishment: July, 1917.

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"Capital: 31 million yen.

Major executives:

"The President: Motoo Takai.

"Vice-president: Akio Takai.

"Executive director: Akira Takai

Size of this factory:

The head office: Site 8,156 sq. meters. Building: 4,808 sq meters.

"Matsuto factory: Site 1,875 sq. meters. Building: 1,047 sq meters.

History of our company:

1917 July–Takai brotherly company was established, and production of bean curd machine and its selling were begin.

1931 April–The old name was replaced by Takai Co., Ltd.

1946 Jan.–The name was replaced by Takai Mfg. Co., Ltd.

1957 Jan.–A bean curd automatic manufacturing machine was developed

1958 Aug.–This company was commended as a superior enterprise by the Smaller Enterprises Agency.

1958 Dec.–The ex-president Kamejiro Takai was conferred *Shiju-hosho* (Violet Ribbon Medal)

1959 Nov.–Our company was given a governor's special prize at the ceremony of awarding an honor of a corporation of a society of invention.

1960 April–The 7th anniversary of the operation of the patent system, our company was given a prize of invention at the nationwide ceremony of a corporation of invention.

1960 Sept.–Our company received a subsidy for the experiment of invention from the Scientific Technique Agency.

1960 Oct.–The ex-president was decorated with the Fifth Order of Merit with the *Zuihosho.*

1961 April–An organization of agency "A nation wide Takai society" was formed.

1962 July–A new factory was built at Inari, Nonoichi-machi Ishikawa-gun, Ishikawa-prefecture.

1962 July–Our company was given a governor's special prize at the local ceremony of a corporation of a society of invention.

1963 April–Our company was given a prize of invention at the nationwide ceremony of a corporation of a society of invention.

1965 Nov.–Our company was commended officially as a superior factory in labor management by a Labor Standard Office in Ishikawa-prefecture.

1966 Jan. Our company was named "a model factory of rationalization of the smaller enterprises" by the Smaller Enterprises Agency.

1966 Aug.–Our company was telecasted nation wide by NHK educational television titled "Industrial operation–establishment of a long-range plan".

1969 Jan.–Our company was given a citation as a superior corporation by a Taxation Office in Natsuto-city.

1969 April–A large-sized bean curd plant was built at Nada-Kobe co-operative association.

1969 Nov.–Our company was telecasted nationwidely by NHK educational television titled "A new age of operation–A plan of mechanization for making 10 million cakes of bean curd".

1970 July–Our company was commended officially as a superior factory in safe management of factories by a Labor Standard Office in Ishikawa-prefecture.

1971 Oct.–A large bean curd plant was built in the Republic of Korea.

1972 May–A smaller bean curd plant was developed.

1974 Feb.–Matsuto branch factory was built at Miyamaru-machi Matsuto-city.

1974 March–Our company was commended as a superior factory in rationalization of the use of electricity by Hokuriku Electric Society.

1974 June–IBM computers introduced.

1974 Oct.–Our company was commended on account of co-operation of traffic transportation.

3468. Kim, Myung Ki; Lugay, Joaquin Castro. Assignors to General Foods Corp. (White Plains, New York). 1977. Fibrous protein materials. *U.S. Patent* 4,001,459. Jan. 4. 7 p. Application filed 18 June 1974. [4 ref]

• ***Summary:*** Describes "a method for producing fibrous protein materials useful for meat analogs. According to this method, an aqueous mixture of a heat coagulable protein is frozen by cooling the mixture in a manner and at a rate effective to produce elongated ice crystals generally aligned perpendicular to the surface of cooling, freeze drying the frozen mass, and heat setting the dried protein materials. The properties of a wide variety of meat products can be simulated." Soybeans are the main protein source used. Address: 1. Tarrytown, New York; 2. Thornwood, New York.

3469. Ethical Society. 1977. Soybeans and the world food crisis: A lecture demonstration by Bill Shurtleff and Akiko Aoyagi (possibly the foremost authorities on the use of soybeans for food in the West) (Poster). 9001 Clayton Road, St. Louis, Missouri. 1 p. Jan. 13. 30 x 26 cm. Black on brown.

• ***Summary:*** The lecture will be held at 7:00 p.m. at the Sunshine Inn Restaurant, 8½ Euclid. Tickets are $1.00 in advance, $1.50 at the door. Learn about tofu, miso, and "why tofu is a viable alternative to help solve the world food crisis." Address: St. Louis, Missouri.

3470. *Albuquerque Tribune* (*New Mexico*). 1977. Program set on preparing soybean foods. Jan. 18. p. B-2.

• ***Summary:*** "The secrets of preparing foods with protein-rich miso and tofu will be demonstrated from 7 to 9 p.m.

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Jan. 27 at First Unitarian Church, 3701 Carlisle NE," Albuquerque, [New Mexico] by Bill Shurtleff and Akiko Aoyagi. The lecture is sponsored by Jemez Bodhi Mandala Zen Center at Jemez Springs. A photo, which was sent out with a news release, shows Shurtleff and Aoyagi.

3471. DeMasters, Carol. 1977. Research to feed the world. *Milwaukee Sentinel* (*Wisconsin*). Jan. 20. p. 1, 7.
• ***Summary:*** About the work of William Shurtleff and Akiko Aoyagi, directors of the New-Age Foods Study Center, with tofu and miso. "The world food crisis is their raison d'etre." They are "ardently devoted to finding alternative protein sources to those commonly used in the world–chiefly meat, poultry, and fish." Contains 4 recipes plus a photo of the two with their Book of Tofu.

Note: This is the earliest English-language document seen (Nov. 2003) that contains the term "alternative protein" or "alternative protein sources." Address: Sentinel Food Editor.

3472. **Product Name:** Frieda's Finest Tofu.
Manufacturer's Name: Frieda's Finest. Made in Los Angeles by House Foods & Yamauchi, Inc.
Manufacturer's Address: P.O. Box 58488, Los Angeles, CA 90058. Phone: 213-627-2981.
Date of Introduction: 1977. January.
Ingredients: Water, soybeans, calcium sulfate.
Wt/Vol., Packaging, Price: 19 oz (539 gm) packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Talk with Art Mio of Morinaga. 1990. April 17. On every case of tofu that Frieda's sends out is written (very conscientiously) something like "Store at 40ºF or below."

Label. 1983, dated. Sent by Frieda's Finest in April 1990. 5 by 4.25 inches. Purple on clear film. The brand is now "Frieda of California." Beneath the word "Tofu" in large letters is "Frommage de Soya" in small letters. "Tofu (soybean curd) is a delicate, custard-like product. This 'cheese' of the Asians is a super source of low-cost protein... low in fat cholesterol free... and a versatile cooking ingredient. Substitute it for part of the eggs and meat in your diet. Tofu has less than 20 calories per ounce. See reverse side of this label for delicious recipes and storage instructions! Change water daily! Keep refrigerated. Dear customer: For other specialty recipes, send me a self-addressed, stamped envelope naming the store where you purchased the tofu. Frieda Caplan, President." UPC indicia. On reverse side, the recipe is for a Tofu open-faced sandwich. "To store tofu, change water daily. Store in refrigerator up to 2 weeks. Freeze tofu too–thaw completely before using. Tofu takes on a meatier texture when frozen. Quick and easy ideas: * Add cubed tofu to salads, steamed vegetable entrees, soups (at end of cooking), and in stir-frys (cook just 1 minute). * Stretch meat loaf: add 8 ounces crumbled tofu. * Add 2 ounces crumbled tofu for each 2 eggs you scramble. * Top bite-sized cubes of tofu with sliced green onion, tiny shrimp, radish slices, even caviar for quick appetizers! Pass soy sauce for dipping." On each case carton is written "Tofu. Pasteurized–Perishable. 12/19 oz. tubs. This side up. Keep at 32º-35ºF. Do not freeze. Keep refrigerated."

Talk with Frieda Caplan. 1990. April 17. She founded her company in 1962. She started selling tofu under the manufacturer's label in Jan. 1977 for Chinese New Year to see if the product would sell (she does not recall who the manufacturer was). On 26 June 1977 she began to sell tofu under the Frieda's finest label. It was made by Hinoichi in Los Angeles. In 1983 the brand was changed from Frieda's Finest to Frieda of California. Since 1979 tofu has been one of Frieda's best-selling products out of more than 300 products they carry. It has been in the top 6 since 1982.

3473. Goldman, Sherman. 1977. Charles Atlas versus the Bodhisattva: An interview with Bill Shurtleff and Akiko Aoyagi. *East West Journal*. Jan. p. 32-35.
• ***Summary:*** An in-depth discussion of the work of Shurtleff and Aoyagi with tofu, miso, and tempeh in the USA, Japan, and Indonesia. Photos show: Shurtleff speaking into a microphone. Akiko Aoyagi smiling. Shurtleff and Aoyagi standing next to their white 1975 Dodge Van on the side of which is written: "New-Age Foods Study Center–Tofu & Miso America Tour, 1976-77."

3474. **Product Name:** [Natural Tofu].
Foreign Name: Tofu Naturell.
Manufacturer's Name: Jonathan.
Manufacturer's Address: Holleweg 89, 2070 Ekeren (near Antwerp), Belgium. Phone: 031-64.41.73.
Date of Introduction: 1977. January.
Ingredients: Water, soya*, nigari. * = biological crop.
Wt/Vol., Packaging, Price: 200 gm.
Nutrition: Minerals 0.7%, vegetable proteins 11%, vegetable fats 1.6%, carbohydrates 6.5%, 84 calories (Kcal) per 100 g.
New Product–Documentation: Typed letter written in Oct. 1977 on Jonathan letterhead (Jonathan was at Holleweg 89; at the top of the letterhead was an illustration of two seagulls and a round yin-yang (*t'ai chi*) symbol) showing that that company was selling Tofu (*Sojakaas*).

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Address is Holleweg 89, Ekeren (near Antwerp), 2070, Belgium.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Jonathan PVBA, Kapelsesteenweg 693, B-2070, Ekeren, Belgium. Phone: 031-64-4173. Owner: Jos van de Ponseele; near Antwerp.

Letter from Sjon Welters. 1982. April 16. "Jonathan is a

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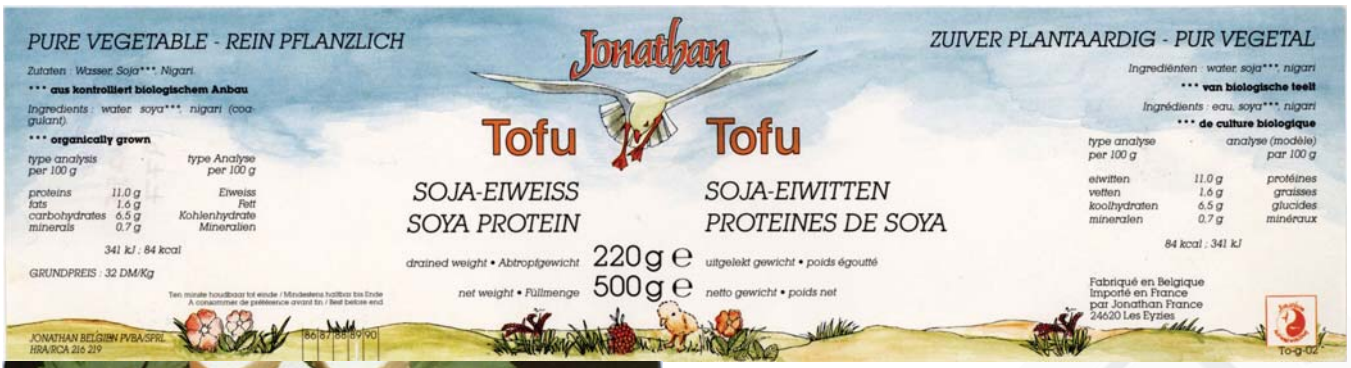

macrobiotic food company. They produce a wide assortment of macrobiotic products, such as tofu (3,000 lb/week), ganmo, seitan, paté, mochi, soups and other canned foods. They make the tofu and soymilk for Lima Foods in Belgium which is sold all over Europe. It is sterilized, so it keeps a long time. The address is: Jonathan, Kapelsesteenweg 693, 2070 Ekeren, Belgium. Attn: Jos van de Ponseele. They are the biggest macrobiotic food producer with quality standards in Europe, as far as I know."

Le Compas. 1986. March-April. No. 26. p. 32. Address is listed as Antwerpsesteenweg 336, Kapellen, 2080 Antwerp, Belgium.

Soya Bluebook. 1986. p. 107. Address: Antwerpsesteenweg 336, Kapellen, 2080 Antwerp, Belgium. Phone: 32/03/664-5848. Contact: J. van de Ponseele, Mgr.

Label. Received 1988. 6.25 by 5.25 inches. Card stock. Color photo of tofu cubes in a salad with item name in white on orange. "Vegetable product." Label. Received 1988. 10.5 by 2.75 inches. Glossy paper. Orange and black on a pastoral background with sea gull and duckling. "Pure vegetable. Ingredients are the same as before. Nutritional composition: Proteins 11.0 gm, fats 1.6 gm, carbohydrates 6.5 gm, minerals 0.7 gm, 84 calories (Kcal) per 100 gm. Net weight 500 gm glass jar. Drained weight 220 gm."

Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in Jan. 1977. P.V.B.A. refers to a partnership with limited liability [like an Ltd. company]. It is the most common form of small company in Belgium. The address is now Antwerpesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03-664-5848.

Note: This is the earliest record seen (Feb. 2003) concerning Jonathan of Belgium.

3475. Kagawa, Ryo. 1977. Shokuhin seibunhyô [Food composition tables for Japan]. Tokyo: Joshi Eiyo Daigaku Shuppan-bu. 145 p. Jan. 15 x 22 cm. [Jap]
• ***Summary:*** For tables of information on soybeans and soyfoods, see p. 21-22. Includes Kinako, soymilk, regular tofu, kinugoshi tofu, fukuro-iri tofu, yaki-dofu, abura-age, namaage, ganmodoki, kori-dofu, yuba, okara, natto, hamanatto, miso, red miso, light yellow salty miso, red salty miso, soybean miso, powdered miso. Address: Japan.

3476. **Product Name:** Laughing Grasshopper Tofu, and Soymilk.
Manufacturer's Name: Laughing Grasshopper Tofu Shop.
Manufacturer's Address: 3 Main St., Millers Falls, MA 01349.
Date of Introduction: 1977. January.
New Product–Documentation: Shurtleff & Aoyagi. 1976. Nov. 4. Visited on Tofu & Miso America Tour. Just prior to opening. Leviton, Leviton, and Timmins. 1977. Laughing Grasshopper Tofu Shop. Describes production of the tofu and soymilk. Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. The first batch of tofu was produced on 12 Jan. 1977. The company was founded by Richard and Kathy Leviton. Tom Timmins joined the partnership in Feb. 1977, and Michael Cohen joined as the fourth partner later that year. But Michael soon left to start his own tempeh manufacturing company, The Tempeh Works.

Poster. 14 by 18 inches. Reprinted in Soyfoods Marketing: Lafayette, CA: Soyfoods Center. "Laughing Grasshopper Tofu. Hand Made–in the Traditional manner from Organically Grown Soybeans and Nigari."

3477. Organically-grown soybeans start to be used by many companies in the United States and Europe to make commercial soyfoods (Important event). 1977. Jan.
• ***Summary:*** Here is a list of the pioneers, their companies

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and their products–all introduced during 1977.

Jan. Southwest Tofu Co., Santa Fe, New Mexico (Tofu, Kathryn O. Bennett).

Jan. Jonathan, Ekren (near Antwerp) Belgium (Soymilk, Jos van de Ponseele).

Jan. The Soy Plant, Ann Arbor, Michigan (Tofu, Steve Fiering; July, Soymilk).

March. Surata Soyfoods, Eugene, Oregon (Nigari Tofu, Benjamin Hills).

June. Bhaga Tofu (renamed Lecanto Tofu Shop), Lecanto, Florida (Tofu, Marvel Huffman).

Sept. Quong Hop & Co., South San Francisco, California. (Tofu Dressing, Jim Miller & Stanley Lee).

Sept. White Wave, Boulder, Colorado. (Tofu, Steve Demos).

Nov. Redwood Natural Foods, Santa Rosa, California (Organic Tofu, Greg Hartman).

Sometime in 1977. Swan Foods, Miami, Florida. (Tofu Chip Dip, Tofu Baked with Tamari, Tofu (Marinated), Mary's Roasted Cashew Tofu Cheesecake, Mary's Tofu Rice Salad, Soy Melk, Tofu: Organic (Soybean Curd), Mary's Rice Pudding, Robert Pung & Mary Brooks).

3478. Shurtleff, William. 1977. Soy foods: Protein source of the future–now. Paper presented on 1976-77 Tofu & Miso America Tour. 16 p. transcript. Unpublished manuscript. [5 ref]

• ***Summary:*** This is the transcript of a speech given on 15 Jan. 1977 in Kansas, but a similar speech was given by Shurtleff at 70 public programs throughout the USA. Contents: World hunger and its causes: Population growth, affluence and the feedlot system, land misuses and international food exploitation. Vegetarian diets as a solution to degenerative diseases and food problems. Soybeans in America. Soybeans and soyfoods in East Asia: Tofu, miso, tempeh, shoyu. The future of soybeans on the planet. Address: New-age Foods Study Center, 790 Los Palos Dr., Lafayette, California 94549. Phone: 415-283-3161.

3479. **Product Name:** Tofu.
Manufacturer's Name: Southwest Tofu Co. Renamed Southwest Soyfoods by Sept. 1980.
Manufacturer's Address: 121 E. Santa Fe Ave., Santa Fe, NM 87501. Phone: 505-988-1889.
Date of Introduction: 1977. January.
Ingredients: Water, organically grown soybeans, nigari.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Attendance roster for founding members of Soycrafters Association of North America. 1978. July 28. Kathryn O. Bennett, owner.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Southwest Tofu Co., Route 2, Box 234, Santa Fe, NM 87501. Phone: 505-988-2443. Owner: Stephen and Kathryn Clarke.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's new name and address: Southwest Soyfoods, 121 E. Santa Fe Ave., Santa Fe, NM 97501. Phone: 505-988-1889. Owner: Kathryn Bennett.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Kathryn Bennett. Richard Jennings bought the company in the summer of 1982 for $20,000 and began production on July 15. Soyfoods Center Computerized Mailing List. 1982 Sept. 17. Owner: Richard Jennings. Address listed as 2889 Trades West, Santa Fe, NM 87501. Telephone, 505-471-8979. Talk with Richard Jennings. 1989. Aug. 17. He has changed his company name to The Food Plant. His main work now is contract manufacturing of salsa, jams, and sauces. He also makes tofu, tofu tamales, and tofu burrito filling.

Talk with Kathryn Bennett. 1989. Aug. 28. She started Southwest Soy Foods and began making tofu in about Jan. 1977 at the address shown above. She produced a regular nigari tofu made with organic soybeans and sold it in 1 pound water pack cartons. Her maiden name was O'Connor not Peterson. She spent a lot of time in the early days working with the New Mexico Dept. of Health to set standards and good manufacturing practices for tofu. The department was very nice and grateful.

Talk with Richard Jennings. 1990. Sept. 20. Soybeans are now grown in eastern New Mexico. For information, contact the New Mexico Dept. of Agriculture at New Mexico State University in Las Cruces. His basic tofu is by far his best-selling product, followed by Tofu Tamales, then Tofu Burrito Filling.

Note 1. This is the earliest known commercial soy product made in New Mexico.

Note 2. This is the earliest soy-related document seen (Jan. 2013) that contains organically-grown soybeans or any organically-grown ingredients. Yet in 1977, several other companies first started using organically grown soybeans.

3480. **Product Name:** Tofu.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: c/o Wildflour Community Bakery (a co-op), 4th Ave., Ann Arbor, MI 48104. In Jan. 1978 moved to 211 East Ann St. Phone: 313-663-8638.
Date of Introduction: 1977. January.
Ingredients: Water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Label in The Soy Plant scrapbook on p. 4. 2 by 4 inches. Black on white. Pressure sensitive. "Ingredients: Water, organic soybeans, nigari. Net weight: 16 oz (1 lb) drained. Address: Ann Arbor, Michigan,

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48108."

Ellin Stein. 1978. Whole Foods. Jan. p. 36. "When The Soy Plant started serving the Ann Arbor, Michigan area in January 1977, they were producing 50 pounds of tofu per week. They now manufacture 1,000 pounds per week.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. The Soy Plant, 211 E. Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500. Owner: Steve Fiering.

Letter from Steve Fiering. 1979. Oct. 22. He is about to spend a month on the East Coast studying tofu making with companies there. He is thinking about starting a SANA soycrafting school.

Midwest Natural Foods Distributors, Inc. 1979. Catalog 13. Spring, 1979. Ann Arbor, Michigan. iv + 290 p. See p. 259. Soy Plant Tofu. Refrigerated. "Soy Plant Fresh Organic Tofu / Nigari" (1 lb). On p. 260 is a half-page ad: "Tofu– 'Meat without a bone'–Made with organic soybeans and nigari. Soysage: Bean sausage."

Interview with Steve Fiering. 1980. "The Soy Plant was incorporated in August 1977 and started production in September 1977. This was America's second tofu co-op (cooperative), worker owned and operated, started after Surata Soyfoods and followed by The Bountiful Bean Plant in Madison and The Magic Bean in Milwaukee. The deli opened on 1 May 1978.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). New address: 771 Airport Blvd., Suite 1, Ann Arbor 48104. Phone: 313-663-8638 (A collective).

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry. p. 82. The company makes plain, nigari firm tofu, tofu spreads, spiced tofu and tofu pies, as well as other soyfood products such as soymilk, tempeh, okara peanut butter balls, soy sausage, and ice bean. Soy sausage is said to be one of their most promising products. The firm makes about 6,500 to 7,000 lb/week of tofu. If their other products were included, the production capacity would increase considerably.

Talk with Steve Fiering. 1988. June 10. This was the company's first commercial product. He recalls it being introduced in the spring of 1977, but it could have been as early as January.

Talk with Bruce Rose, president of Rosewood Products Inc. 1989. Dec. 13. In Oct. 1989 the brand on their nigari tofu was changed to China Rose and that on their calcium sulfate tofu was Rosewood.

Note: This is the earliest record seen (April 2013) concerning The Soy Plant (Ann Arbor, Michigan).

3481. **Product Name:** Tofu.
Manufacturer's Name: Spinning Kitchen.
Manufacturer's Address: 2517 Broadway, Boulder, CO 80302.
Date of Introduction: 1977. January.
New Product–Documentation: Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Gene Casternovia, owner. Actually the business name was given as Corn Mother Restaurant at this time.

Shurtleff. 1987. History of White Wave. Steve Demos reported that when he started White Wave, "Our direct competitor was the Spinning Kitchen, which had started 9 months earlier, in about Jan. 1977. They had the Boulder market locked up when White Wave started."

Talk with Steve Demos. 1989. Nov. 1. Spinning Kitchen was in the same building as Corn Mother Restaurant in Boulder at the same address. They made tofu on the upper floor; Corn Mother did not make tofu.

Talk with Matthew Schmit of The Tofu Shop, Arcata. 2009. March 6. He has been in touch with Roger Andrews and Beverly Migliori, who started the Spinning Kitchen in Boulder. They now live in Ft. Collins, Colorado.

See History of Spinning Kitchen by Roger Andrews (9 May 2009).

3482. *Well Being* (*San Diego, California*). 1977. Don't miss it! Tofu & Miso Tour comes to San Diego Jan. 30. No. 16. Local Pages, p. 1. Jan.
• ***Summary:*** William Shurtleff and Akiko Aoyagi will present a program on tofu and miso on Sunday, January 30, at 7 p.m. at the Ocean Beach Community School, 4741 Santa Monica, San Diego. Admission will be $1.00. A list shows the places where tickets may be purchased in advance. For further details, call *Well Being Magazine* at 234-2211.

3483. *SoyaScan Notes.* 1977. The origin and early history of Bean Machines (California) and Takai Tofu & Soymilk Equipment Co. (Japan) (Overview). Feb. 9. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1977 Feb. 3–William Shurtleff and Akiko Aoyagi return home to 790 Los Palos Dr., Lafayette, California. Their four-month, 15,000-mile Tofu & Miso America USA tour ends. This was a huge, exciting, exhausting odyssey, that bore abundant fruit in the founding of new tofu shops almost everywhere they spoke.

Feb. 9–Meeting at 790 Los Palos Dr. in Lafayette with The Farm folks and Larry Needleman leads to establishment of Bean Machines Inc. (BMI), with Larry Needleman as owner and president. The Farm (Robert Dolgin and David Sandler, Farm Foods, 820 "B" St., San Rafael, California 94901) place a firm order for a Japanese (Takai) tofu system.

Feb. 12–Shurtleff and Aoyagi leave the USA and fly to Japan, arriving at Haneda Airport on Feb. 13. Shurtleff's main focus is to find a Japanese manufacturer of tofu and soymilk equipment that would like to develop an English-language illustrated catalog and establish a program for selling its equipment (plus other traditional small-scale

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equipment, made by other companies, that new American tofu makers may wish to order). From the American Soybean Association in Tokyo, Shurtleff learns about Takai Seisakusho, a tofu equipment manufacturer with long history (founded in 1917) and good reputation, located in Kanazawa, Japan.

March 28–Using a plain, typed form, Farm Foods (Dolgin and Sandler) order 16 pieces of tofu and soymilk equipment at a cost of $4,168. On the form is typed: "Please mail all orders prepaid to: Bean Machines, Inc., P.O. Box 829, Corte Madera, CA 94925."

March 30–Mary Pung, co-owner of Swan Foods, 8850 S.W. 116th St., Miami, Florida 33176 orders 8 pieces of tofu equipment for $4,973. Needleman forwards these two orders to Shurtleff in Japan.

1977 March 31. Larry Needleman applies for a Fictitious Name Statement for Bean Machines Inc. with the County of Marin. Larry and Bill Shurtleff are given as the owners

April 5–During two days of discussions and negotiations with Wataru Takai, son of the owner and young Director of the Overseas Department, who speaks good English, Shurtleff and Mr. Takai establish Takai Tofu & Soymilk Equipment Company and draft a long-term contract. Shurtleff stays two nights at the home of Wataru Takai and his wife.

June 5–The contract drafted on April 5 is finally signed by both Shurtleff and Takai. At the top of the document is Takai's new logo, designed by Akiko. It shows a lever, with a soybean as the fulcrum, moving the world.

June–Akiko soon gets more involved in designing Takai's first English-language catalog and letterhead, and Shurtleff works with Takai in giving accurate descriptions of each piece of equipment and each whole system.

July 19–Shurtleff and Aoyagi leave Japan (from Haneda) and fly to America (California).

1977 Aug. 16–The first English-language Takai Catalog arrives at our Center. This catalog was printed with green and black ink on glossy white paper.

1977 Oct. 14–Shurtleff signs Bean Machines, Inc. (BMI) contract with Larry Needleman. He comes for dinner with a friend.

Oct. 19–Mr. Takai writes William Shurtleff a typewritten letter on the new Takai letterhead about 5-6 issues that he would like to see resolved as soon as possible. He wants to learn more about Underwriters Laboratories and their safety standards in the USA.

Oct. 30–Larry Needleman sends out the first BMI packets to existing tofu makers and potential customers.

Dec. 21–Mr. Takai writes Larry Needleman (at Bean Machines Inc., P.O. Box 881, San Rafael, CA 94901) a typewritten letter on the new Takai letterhead about equipment prices landed in San Francisco or Boston without BMI commissions.

1978 March 31–Mr. Takai sends Larry Needleman a 4-page typed letter which includes a new price list including 3% insurance.

April 4–Mr. Takai writes Larry Needleman (P.O. Box 76, Bodega, CA 94922): "Thank you for your orders. We shall send you Pro-Forma Invoice. Please open your L/C [Letter of Credit]. Shipment within one month after receipt of L/C."

1978 May 1–Bean Machines issues its typewritten (on yellow letterhead) Price List #2 covering 44 different pieces of equipment. "Whole system prices are not yet complete." The rear is devoted to "Ordering information and terms of sale." At about the same time, BMI sends out its first "Order form"–on white letterhead.

1978 May–Shurtleff and Aoyagi visit Wataru Takai's home in Kanazawa, Japan, to work on his tofu & soymilk equipment catalog.

1978 July 16–Wataru Takai arrives in the USA in preparation for the 1st Soycrafter's Conference in Ann Arbor, Michigan and to supervise the installation of a Takai system at Tokyo Food Co. in San Mateo.

July 26–The first Takai catalog of small and medium scale tofu equipment (printed with dark brown ink on glossy white paper) arrives in the USA.

At the historic Soycrafter's Conference. Larry Needleman is elected executive director. After the conference, Mr. Takai, with Needleman and Shurtleff, travel (July 30-Aug. 9), around the eastern United States visiting tofu companies.

1978 Nov. 7–Larry Needleman sends Wataru Takai a 4-page "Takai / BMI Contract" for his consideration and eventual signature.

1979 Feb. 14. Takai catalog of large scale tofu and soymilk equipment arrives. Printed with dark green ink on glossy white paper.

1979 May–BMI issues its Price List #5 for Takai Catalog of Small and Medium-sized Equipment.

1979 Sept. 16–Larry Needleman sends Wataru Takai a 2-page, typed, single spaced "Chronological list of Takai problems." The first of the 14 problems was "Nov. 1978–L/C expired because Takai didn't ship quickly enough. BMI extended the L/C but it expired again because of delay in Takai shipping."

1980 Jan. 19–New Takai small scale equipment catalog; 1,500 to USA, 500 to Japan.

1980 Feb. 27–Larry Needleman writes Shurtleff that he owes Shurtleff a total of $496.98 in 1979 commissions. "As far as payment of these commissions and repayment of the principal of your $3,500 loan to BMI, it is our intention to pay NAFSC both of these as quickly as possible."

1980 July 23–Larry Needleman says BMI will stop being Takai's agent.

1980 Aug. 22–Shurtleff writes Takai and encloses a letter from Bean Machines Inc. in which Larry Needleman

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explains that he is no longer an agent for Takai. "He has found it almost impossible to communicate with you and has finally decided to give up trying."

1980 Sept 18–Takai sells a tofu production plant to Heilongjiang Province Foreign Trade Import Company, Harbin, China. Takai will send 2-3 engineers for installation.

1981 May 17–Mr. Takai writes Richard Leviton that he would definitely like to display his Sub-System S30C at the Soyfoods Conference at Fort Collins, Colorado. He encloses $100 for the balance of the payment.

1981 June–Larry Needleman announces that he has developed and is now selling the Bean Machines BMI Model 100 Disintegrator–The "Mini Mite," a stainless steel soybean grinder which can grind 100 pounds of dry soybeans per hour and sells for $1,485.00. Detailed specifications are given along with 3 photos (one full page).

1981 Dec. 19–Mr. Takai writes Shurtleff a handwritten letter from Jakarta, Indonesia on Sari Pacific Jakarta Hotel. He is now getting orders for equipment from KOPTI Indonesia; he has met with Mr. A.R. Noor of Kopti, who plans to travel to the USA in Jan. 1982 and would like to visit and talk with Shurtleff. Takai plans to go to Bangkok and Hong Kong after Jakarta. "We will do good business in South East Asia."

1986 April 27–Larry Needleman sells Bean Machines Inc. (BMI) to Wally Rogers, plus Steve Fiering and Larry Needleman. As part of the deal, Shurtleff sells his interest in the company for about $4,900, plus $1,340 of overdue back commissions.

3484. Rice, William. 1977. Building a philosophy around the whole grain. *Washington Post.* Feb. 10. p. E1, E6.
• ***Summary:*** Jeane Rosoff, who doesn't eat meat, teaches macrobiotic cooking at St. John's Church in Lafayette Square on Saturdays for the East-West Foundation.

"Macrobiotics is a word that brings looks of horror to the faces of nutritionists. Fathered by a Japanese, George Ohsawa, it is based on the Asian principle of yin-ying, which are opposite but complementary forces.

In "A Diet for the Living," Dr. Jean Mayer, wrote that "Ohsawa's call, if followed faithfully, is that of a Pied Piper who can lead young people to a totally inappropriate and miserable death." Four recipes are given: Miso soup. Pressure cooked brown rice. Tofu mayonnaise. Broccoli with tofu mayonnaise.

3485. Oblinger, Jan. 1977. Tofu, nutty burgers served on 'veggie line' at UMO. *Bangor Daily News* (*Maine*). Feb. 16. p. 6.
• ***Summary:*** "Students at the University of Maine at Orono are eating strange things these days. And they've never been healthier. The Office of Dining Services is making available to students a vegetarian menu in addition to the regular meat and potatoes fare served in the campus' dining halls." Included on the unique menu are tofu burgers–"a small part of the college's campaign to get more vegetables and less meat to those students who want it." Many students who eat at the veggie line do not consider themselves vegetarians; they just like the food. The Bear's Den, a student restaurant at the Memorial Union, now offers a tofu salad sandwich, as well as a meatless "nutty burger" based on cottage cheese.

"According to UMO's assistant manager of dining services, Anne Johnson, tofu is purchased from Peter and Judy Beane of the No-moo Dairy in South Portland [Maine], the only source north of Boston [Massachusetts]... Some of the other hard-to-find items are bought through a Boston company named Erewhon."

"The university learned about tofu in a book by Bill Shurtleff and Akiko Aoyagi, who demonstrated cooking with tofu and miso at the college in November. They showed how to prepare tofu or miso for less than eight-and-a-half cents a pound."

Contains "veggie" recipes for Nuttyburger, and Maveric Chili (with 1 cup whole soybeans). Five photos show students "dining on the tofuburger," which contains soybean curd, carrots, onions, and sunflowers. Most said the flavor "was hard to describe. Several said it tasted a lot like a fish sandwich." Address: Daily News Staff.

3486. Dotson, C. Ray; Frank, H.A.; Cavaletto, C.G. 1977. Indirect methods as criteria of spoilage in tofu (soybean curd): A research note. *J. of Food Science* 42(1):273-74. Jan/Feb. [4 ref]
• ***Summary:*** "Changes in the liquid surrounding packaged tofu (viz., increases in acidity, optical density and viable count) indicated that spoilage of tofu cakes was associated with bacterial growth. These indirect criteria had a high correlation with flavor deterioration detected by sensory evaluation of the tofu cakes."

For example, tofu stored for 0, 1, 2, and 3 days at 15ºC (59ºF) had a total flavor score (where 7 is highest and 1 is lowest) of 5.85, 5.43, 3.70 and 2.08 respectively. In the liquid surrounding the tofu cake, the pH was 5.64, 5.29, 4.60, and 4.49 respectively (i.e. the water became more acidic), the optical density (600 nm) 0.016, 0.061, 0.136, and 0.161 (the water became cloudy), and the viable counts per ml of water were 3.5 million, 99 million, 680 million, and 760 million (i.e. unwanted microorganisms proliferated very rapidly).

Note: This is the earliest publication seen in the U.S. or the Western world on the microbiological quality and safety of tofu. Address: Dep. of Food Science and Technol, Univ. of Hawaii at Manoa, Honolulu, HI 96822.

3487. **Product Name:** Health Valley Tofu.
Manufacturer's Name: Health Valley Natural Foods.
Manufacturer's Address: 670 Mesquit St., Los Angeles, CA 90021.
Date of Introduction: 1977. February.

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Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: 12 oz. Water packed in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

New Product–Documentation: Ad in *Mother Earth News.* 1977. No. 43. Jan/Feb. p. 43. "Write for free tofu recipes and discover Health Valley Tofu. One of nature's super foods. Made from one of the most perfect foods in the vegetable kingdom... soybeans. Tofu is a delightful addition to soups, stews, meat loafs and salads... enhances the texture and flavor of stir-fry dishes and chop suey." Note: This ad is in the same issue as a long article on soymilk.

Midwest Natural Foods Distributors, Inc. 1979. Catalog 13. Spring, 1979. Ann Arbor, Michigan. iv + 290 p. See p. 248. Soy products. Refrigerated. "Health Valley Organic Tofu w/ nigari."

3488. Health Valley Natural Foods. 1977. Write for free tofu recipes and discover Health Valley Tofu (Ad). *Mother Earth News* No. 43. Jan/Feb. p. 43.
• ***Summary:*** "One of nature's super foods. Made from one of the most perfect foods in the vegetable kingdom... soybeans. Tofu is a delightful addition to soups, stews, meat loafs and salads... enhances the texture and flavor of stir-fry dishes and chop suey."

Note 1. This is the earliest document seen (March 2006) concerning Health Valley and soyfoods.

Note 2. This is the earliest English-language ad seen for tofu with the word "tofu" in the title. Note 3. This ad is in the same issue as a long article on soymilk. Address: 670 Mesquit St., Los Angeles, California 90021.

3489. MacNaughton, Nancy; Castro, Roberto. 1977. Procesamiento de soya en Honduras [Soybean processing in Honduras]. Tegucigalpa, Honduras: Secretaria de Recursos Naturales, Dirección de Planificación Sectorial, Departamento de Proyectos. iii + 69 leaves. Feb. Illust. 28 cm. [37 ref. Spa]
• ***Summary:*** Contents: Summary and conclusions. 1. Introduction. 2. Antecedents: Work conducted (in the rest of the world {USA, Dr. Harry Miller in Shanghai}, China, Philippines, Rhodesia, Sierra Leone, Mauritania, Ethiopia, Ruanda, Nigeria, Nepal, Sri Lanka, Brazil, Bolivia & Maisoy, Paraguay, Chile, Ecuador {Meals for Millions}), in Mexico and Central America ({INCAP in Panama, Dr. Steven Youngberg, Guatemala, Belize, Costa Rica, Nicaragua}, in Honduras), the role of soya in human nutrition. 3. The project: Objectives, goals, development of the study (processing of soymilk {in the home, at the level of an organized group, at the semi-industrial level}, processing of other derivatives of soya / soyfoods {Queso de soya / tofu, harina de soya / soy flour, Brady Crop Cooker}, investments required {in the home, at the level of an organized group, at the semi-industrial level}). 4. Conclusions and recommendations: Conclusions. Recommendations. Bibliographic references (leaves 63-65). Appendix: Nutritional aspects of soya.

Figures show: (1) Flow diagram, with equipment, for the production of Vital soymilk. (2-3) Flow chart for the processing of full-fat soy flour by a simple village process. (4) Flow chart for the processing of full-fat soy flour to make soymilk. (5) Flow chart: Traditional process for the production of soymilk. (6) Flow chart: Process for the production of soymilk on the level of organized groups of farmers; INTSOY process. (7) Construction of a sock filter (INTSOY). (8) Flow chart: Process for the production of soymilk using the Unidad Portatil miller. (9) Flow chart: Process for the production of soymilk [with coco] used in the soymilk factory of Stephen Youngberg, in Peña Blanca, Honduras. Note: Dr. Youngberg is a Seventh-day Adventist. (10) Three flow diagrams: Process for the production of whole soy flour in the home–simple, toasted, and blanched. (11) Koehring Brady 206 Crop Cooker; 2-page brochure insert. (12) Koehring Brady Extruder Cooker; 2-page brochure insert.

Tables show: (1) Equipment needed for processing defatted soy flour; capacity 136 kg (300 lbs.) of soy flour in 8 hours of operation. (2) Characteristics and nutritional

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composition of soy beverage after filtration. (3) Initial investment in equipment used in making soymilk at the factory of Dr. Stephen Youngberg, in Peña Blanca, Honduras. (4) Cost estimates for the production of soymilk as made at the factory of Dr. Stephen Youngberg, in Peña Blanca, Honduras (in Lps. = lempiras). (5) Equipment and costs of the proposed Maisoy project in Honduras.

Page 20: Work with soy in Africa is relatively recent if compared with early recorded work with soy in Asia. Many of the developing African nations recognize the nutritional needs of their population and have started to experiment with the soybean and soy products. Soybean variety trials have been conducted in the Ivory Coast, Rhodesia, Sierra Leone, and Mauritania. Ethiopia has incorporated soy flour and soybeans into traditional dishes. Ruanda and Nigeria have introduced soybean cultivation technology and local consumption, on account of the severe malnutrition that exists in those countries. Nigeria is producing soybeans for export."

Note: Looking at endnote 5 in this bibliography, which cites the source of this information about soy in Africa, it seems quite clear that the word "Mauritania" was accidentally and incorrectly substituted for the word "Mauritius" in the "Country Reports" (see p. 218 of these Reports).

Page 20: In Honduras. The Ministry of Natural Resources, in cooperation with other organizations, has conducted soybean cultivation / production trials in selected areas in Honduras. In Comayagua, the company named Compañía Mejores Alimentos [Best Foods Company] initiated commercial soybean production within the last few years. Small projects of soybean production and consumption are prospering in communities in the following areas: Sonaguera, Colón; Tela, Atlántida; Buena Fé, Santa Bárbara; Las Animas, El Paraíso; Olanchito, Yoro y Barrancho, Choluteca.

The goal of these projects is to introduce soya as a nutritional supplement in the local diet. These projects are carried out within homemaker's clubs, schools, child dining halls, and various communities, with the support of CARE, CARITAS, The National Board of Social Comfort, like our communities and local agronomics. The largest area for cultivating soybeans is five blocks and the smallest is a quarter block. The majority of these projects can be found in the first stages of experimentation but the participants foresee good results. These small-scale projects are important to note because they consist of cooperative efforts and are self-sufficient. On the other hand, the participants will manage their time and labor, and will be twice as motivated to incorporate soy into their daily menus. Address: Honduras.

3490. Shurtleff, William; Aoyagi, Akiko. 1977. Excerpts from: *The Book of Miso*, and *The Book of Tofu. Macrobiotic* (*The*) (*Chico, California*) No. 117. p. 18-21. Feb. [2 ref]
Address: 790 Los Palos Dr., Lafayette, California 94549.

3491. *Kenko na Katei* (*Healthy Household, Tokyo*). 1977. Daizu tanpaku ga sekai o sukuu. Zenbei nanajû kasho de miso to tôfu kôenkai [Soy protein can save the world: Miso and tofu lectures at 70 places throughout America]. March 1. p. 6. [Jap]
• ***Summary:*** Photos show: Shurtleff and Aoyagi standing by their white Dodge van on their Tofu & Miso America Tour. Holding a plate containing a cake of freshly made tofu. A map shows the route taken by their tour. Address: Japan.

3492. Downey, Roger. 1977. Vashon Island tofu no hobby. *Weekly* (*The*). March 2-8. p. 11-12. [2 ref]
• ***Summary:*** A lengthy, detailed, and praise-filled article. Island Spring tofu company was founded by partners Sylvia Nogaki and Luke Lukoskie. A large photo shows Sylvia Nogaki cutting a block of tofu into cakes. She says: "This is a business, not a hobby." Address: Washington.

3493. Carter, Don. 1977. Tasty Tofu: New product from Vashon. *Seattle Post-Intelligencer.* March 13. p. D-3, D-7. Reprinted in Rafu Shimpo (Los Angeles). April 4. p. 1.
• ***Summary:*** Island Spring is now producing about 1,500 lb of tofu a week. It sells for 95 cents a pound at most Seattle markets, 83 cents at Puget Consumer Co-op, but 69-70 cents on Vashon Island because Lukoskie delivers it himself to local markets. Lukoskie was on the Co-op's board of directors. There are 9 people involved in the business. They have assembled a 14-recipe pamphlet. Photos show: (1) A portrait of Luke Lukoskie, with a mustache. (2) Bob Ruch stirring ground soybeans with a wooden paddle in a large kettle. (3) Jerry Laden pouring soybeans into a grinder. Address: Consumer Affairs Writer, Seattle, Washington.

3494. Root, Evan. 1977. Re: Payment of bills. Letter to Bill Shurtleff, March 15. 1 p. Handwritten, with signature on letterhead. Photocopy.
• ***Summary:*** States that Erewhon paid a bill for 25 tofu kits promptly (wholesale at $7.95 each); Shurtleff mistakenly thought it had not yet been paid.

"Thank you for the information on koji and koji starter supply. I wish you continued good fortune on your wonderful work." Address: 33 Farnsworth St., Boston, Massachusetts 02210. Phone: (617) 542-1358.

3495. **Product Name:** Island Spring Delicious Steamed Tofu in Sauce.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1977. March.
Ingredients: Tofu, soy sauce, soy oil, sesame seeds, honey, ginger powder, garlic powder, cayenne pepper, black pepper.

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Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 88, protein 10.3 gm, carbohydrate 2.9 gm, fat 7 gm.

New Product–Documentation: Label. 1979. 2 by 1 inch oval. Self adhesive. Black on gold. "Serve Hot Or Cold." Leviton. 1981. Soyfoods. Winter. p. 43. "One thousand pounds of tofu a week are converted into Delicious Steamed Tofu, fresh griddled slabs of tofu packed in soy sauce."

Label. 1982. 6 by 5 inches. Plastic film. Brown and yellow on clear. "Delicious steamed tofu is good served hot or cold for snacks, sandwiches, hors d'oeuvres, or as a main course." Talk with Luke Lukoskie. 1987. Oct. 19. "Suni [his wife, and a Korean-American] joined Island Spring in March 1977, and we started our flavored tofu at that time." Form filled out by Yvonne Kuperberg. 1988. Oct. 1. Lists original ingredients. Label. 1986. 5 by 4 inches. Pink, green, blue, and black. Shows moon rising over mountains and water with sprig of plum blossoms in left foreground. "A fitness food from the Pacific Northwest, USA."

3496. **Product Name:** Nigari Tofu.
Manufacturer's Name: Surata Soyfoods.
Manufacturer's Address: 518 Olive St., Eugene, OR 97401. Phone: 503-485-6990.
Date of Introduction: 1977. March.
Ingredients: Organically grown soybeans, nigari (salts from sea water without sodium chloride), water.
Wt/Vol., Packaging, Price: 14 oz.
How Stored: Refrigerated.

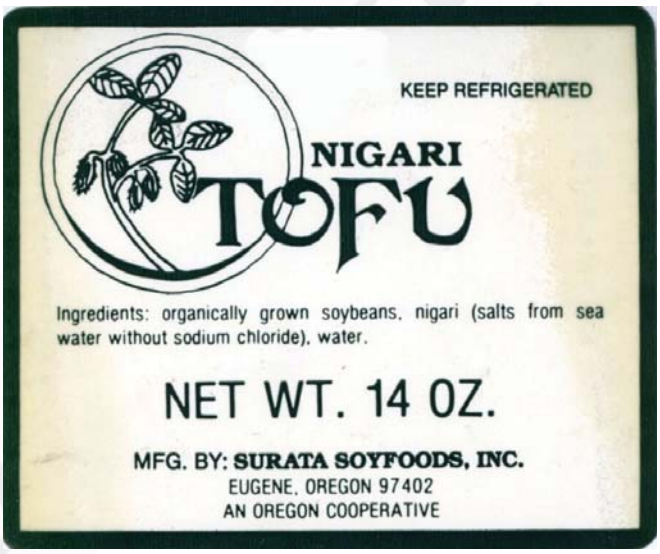

New Product–Documentation: This is Surata's first product. Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Labels, undated. 2.5 by 3.25 inches. Green on white. "An Oregon Cooperative." Interview with Benjamin Hills. The company was founded in Dec.

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1976. They coined the term "soyfoods" at that time and first used it in the company name. The term "soyfoods," written as one word, had never been used by anyone before that time. They started making tofu in March 1977.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Benjamin Hills.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Owners: Ed Miller & Lisa Rein.

Note of 1987. Sept. 7. This was America's first tofu co-op, worker owned and run, followed by The Soy Plant. Label. 1982. 4 by 3 inches. Self adhesive. Nigari Tofu [Firm or Regular]. Red and blue on white. The address is now 302 Blair, Eugene, Oregon 97402. Recipe leaflet. 1982. "Tofu & Tempeh." Four recipes.

Form filled out by Shevah Lambert. 1990. July 2. Surata now makes 30,000 lb/month of this product called Firm Tofu.

Spot in *Health Foods Business.* 1993. Sept. p. 80. Surata Soyfoods Cooperative, worker owned and operated, makes and distributes handcrafted tofu and tempeh with organic soybeans. Announces a move to new quarters in the Eugene Planning Mill, 325 West 3rd Ave., Bldg. A (corner of 3rd and Lincoln), Eugene, Oregon 97401-2524.

Talk with Benjamin Hills, who calls from Hawaii. 1994. May 31. He and Susan Wallace started Surata. Lisa Rein and Martha (last name forgotten; she became the bookkeeper) came in later. Susan is now working with Benjamin making tempeh in Hawaii.

Update: 1997 Oct. 16. This company is now named Surata Soyfoods Co-op, 325 West 3rd Ave., Bldg. A, Eugene, Oregon 97401-2524. Phone: 541-485-6990. Contact: Laura Nolan, sales & marketing coordinator. They still make tofu and tofu products. This is the third oldest existing Caucasian tofu manufacturer in the United States.

3497. Iso, James. 1977. Southeast Asia–emerging growth market for soybeans. *Foreign Agriculture.* April 11. p. 2-4.
• ***Summary:*** With rising incomes and changing eating habits whetting their appetite for meat and quality protein foods, four nations of Southeast Asia–the Philippines, Thailand, Malaysia, and Singapore–are turning to the world market for more livestock feed ingredients. Brazil–by gearing up its export program–has recently gained a substantial foothold in these markets. And soybeans and soybean products also have come from Asian suppliers like the People's Republic of China (PRC), Indonesia, and even Japan, the latter exporting soybean meal crushed from U.S. soybeans. Philippine imports of soybean meal in recent years have varied between 50,000 and 70,000 tons a year. The Philippines also is a viable market for soy proteins for food, thanks to the presence there of three major U.S. meatpackers. Some 50% of the processed meat produced by these firms has contained soy protein since the product's introduction into the Philippines in 1969. Ground red meat containing 20% soy protein enjoys good consumer acceptance. Owing to the large Chinese population in the Philippines, food soybean consumption already is significant. Although domestic soybeans make up the major supply for traditional foods, such as bean curds [tofu] and soy sauce, some 500-600 tons of these beans must be imported each month.

Thai soybean production has yet to make much headway. Thailand's climatic and soil conditions apparently have not been conducive to expansion, despite attempts by local growers and some Japanese interests to establish a large-scale industry in the highlands. In 1976, the country produced about 155,000 tons of soybeans, of which 20,000 tons were exported and the rest either used domestically for food or crushed. This year, if the Government approves, a multimillion-dollar soy protein plant will be constructed with the possibility of producing 10,000 tons of a soy infant food annually and 2,000 tons of meat analogue. The Institute of Feed Research and Product Development–a private Government-backed research organization affiliated with Kasetsart University–has spearheaded textured soy protein (TSP) and soy flour research. Malaysia is mainly noted for its huge and rapidly growing production of palm oil.

Although its population of 2.25 million is dwarfed by that of the rest of Southeast Asia, Singapore plays a disproportionately large role in the region's trade. This is because it is a major transshipment port for the region–and for Malaysia in particular. Most of the imported soybeans are crushed, although significant volumes of beans also are used in producing traditional soy foods for the large Chinese population. The only major soybean crusher outside of the Philippines is located in Singapore, an operation which the management anticipates will crush 100,000 tons of soybeans in calendar 1977. One firm is using soy proteins in canned foods, soy sauce, soft drinks, combined milk, and other products. Address: Foreign Market Development, Oilseeds and Products, Foreign Agricultural Service.

3498. Loetterle, Fred. 1977. Ton yu to tofu [Soymilk and tofu]. *California Living.* April 17. p. 40, 42, 44.
• ***Summary:*** About making tofu and soymilk at Azumaya. "With the precision of a great orchestra, 35 tofu makers dance through six dawns a week to coax the pre-soaked golden soybean into that meal of magic, that all-in-one soup-to-nuts food–tofu the humble, tofu the magnificent, tofu the quintessential actor/actress among all cuisine. Tofu! Tofu? Doufu? Dowfu? What is it, anyway? Is it some bloodless meat fashioned from the cooled and crushed essence of the soybean? Is it a cheese, formed as it is from the soymilk squeezed from the steamed beans and solidified by seawater or a related refinement such as calcium chloride? Is it a chewy bean cake, a jelly-like steak, ambrosia? Is it the world's longest running recipe...?

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There are three tofu makers in San Francisco: "Azumaya Inc. of 95 Boutwell Street, the Wo Chong Co. of 1001 16th Street, and the Wo Hop Co. of 759 Clay Street. Also, there is one in South San Francisco (Quong Hop's, at 161 Beacon Street, a tradition in or near San Francisco since 1906), another one in Oakland and two in San Jose." Azumaya, at 95 Boutwell St., is run by four brothers (George, Jack, John, and Bill). It was founded on 17 January 1937 in a basement at 1636 Post Street, between Bush and Laguna streets. The Mizono's parents were Saichi and Matsuyo Mizono. "Their father was strengthened by a daily dish of the tofu he loved so well, usually enjoyed as boiled yudofu..." Tofu was made in old copper kettles using a stone grinder. "'We used to hand-crank everything,' recalls Bill. Brother John adds: 'Tofu has really snowballed in the last few years. Everybody here is getting into it as a new food. I think there is no limit to its popularity, because it's so good for your diet.'" The company also produces kinugoshi tofu, and (in a converted doughnut machine) agé. The regular tofu now sells locally for $0.50/lb. Today they use 1,600 to 2,400 lb of Arkansas soybeans a day. Annual gross sales are now $1 million compared to $600,000 in 1969, when they moved into their fourth and present headquarters.

Includes a detailed description of the tofu-making process, and several semi-recipes. Tofu is referred to twice in the article as "soybean cake." Photos show: (1) "Pulling cheesecloth in preparation of removal of tofu from tray." Two men are working by hydraulic presses that press the cloth-wrapped curds into tofu in shallow, perforated stainless-steel forming boxes. (2) "Compressing the coagulated tofu." One man is pulling down on a metal, ratcheting lever press. (3) "Packaging tofu." Three men are placing the curds in shallow plastic tubs. The author closes with a strong recommendation for *The Book of Tofu* by Shurtleff and Aoyagi.

Note 1. This is the earliest English-language document seen (Oct. 2003) that uses the term "ton yu" (only in the title) to refer to soymilk.

Note 2. This is the earliest English-language document seen (April 2013) that uses the word "dowfu" to refer to Chinese-style tofu.

3499. Dolgin, Robert. 1977. Re: Information on a heat sealing machine for tofu, Varipack trays, and polyethylene film. Letter to William Shurtleff in Japan, April 19. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Contains detailed descriptions of the machine, trays, and film. The Varipak trays are available from Sealright Corp. in Los Angeles. Rolls of polyethylene film can be purchased from the Richmond Corp. in Redlands, California. Eddie Okita [in Los Angeles] also has film and packaging machines, but his cheapest models [automatic] run up from $2,000 and package 1,200 pieces per hour.

"We are definitely interested in the small sealers you have, so send brochure and info on them ASAP. Also send the 6 stainless steel settling boxes you ordered.

"We would like to have definite confirmation on the insurance, the agent, and the shipping route, because Westbrae has told us that they will not cover insurance, and that they are not particularly interested in bringing equipment over in their container.

"Payment via a letter of credit would be preferable for us, if possible for you. If not, let us know how payment should be made."

Farm Foods has placed an order for tofu equipment, which Shurtleff is working to expedite in Japan and to answer Dolgin's questions.

The letterhead contains the words "The Farm Food Co." written in large arch. Below the company name is a circular logo, which shows rows of crops (soybeans) in a field converging in the distance at the foot of three mountains. Below that in much smaller letters: "Specializing in Vegetarian Foods." Below that and to the left is the address; to the right is the phone number. Address: The Farm Food Co., 820 B St., San Rafael, California 94901. Phone: 415-454-3797.

3500. Wang, Li Chuan. 1977. Extraction of proteins from vegetable seed compositions. *U.S. Patent* 4,018,755. April 19. 4 p. Application filed 12 May 1975. [7 ref]
• ***Summary:*** "Vegetable seed flakes, meal and the like prepared for extraction in the usual manner were treated with ultrasonic waves solubilizing the protein which was then recovered from solution. This sonifier gives effective sonic extraction."

3501. Timmins, Tom. 1977. Re: Laughing Grasshopper Tofu Shop. Letter to William Shurtleff at New-Age Foods Study Center, April 25. 2 p. Typed, with signaure on letterhead.
• ***Summary:*** "I'm not sure if I'm writing to Bill and Akiko at this address, or if NAFSC is a group of people in residence at 790 Los Palos Manor, or some other thing entirely. No matter. As a representative of Laughing Grasshopper Tofu Shop, I'd like to meet with you when I come to California during the month of May.

"We started making tofu commercially a little over 3 months ago in a semi-traditional fashion... We learned quickly that most of the wooden pieces of equipment had to go. Wooden soaking and curding barrels, tho oak, warped, absorbed curds, began to rot, and generally were unsanitary and too heavy to handle. Our beautiful settling boxes warped also and pulled apart at the seams. The pressing bags we used sprang leaks, tore open at the seams, often spraying okara all over us.

"Every possible problem that could have come up, did. Of course the fact that we were complete novices gave us that special gift of making every mistake that we could. And the boon was that we have been able to resolve most of the

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errors. While learning to make passable tofu.

"There has been such a demand for nigari tofu that we are now making 500-600 lbs. per day, delivering it in our own van to Boston and to the Pioneer Valley in western Massachusetts. In order for us to make a living, we'll have to produce 1½ to twice as much tofu and soymilk and ice cream. Or raise our prices which we are reluctant to do. Right now 7 adults and 4 children are receiving all or most of their financial support from the tofu shop."

Tom would like to visit Shurtleff and Aoyagi, Bean Machines, San Jose Tofu Co., Quong Hop & Co., and the soy dairy run by The Farm in San Rafael–all in California.

Note: He also visited Azumaya, where he was helped a great deal. Address: LGTS, 3 Main St., Millers Falls, Massachusetts 01349. Phone: 413-659-3883.

3502. Bernardino, Minnie. 1977. Tofu: Oriental food whose American time has come. Puddinglike soy curd adds taste, nutrition. *Los Angeles Times.* April 28. Part VI. p. 1, 10, 11.
• ***Summary:*** Better known by its Japanese name (the Chinese call it dow foo), tofu is fresh bean curd made from soybeans. The curds are formed when a coagulant is added to set the milky liquid [soymilk]. "The subsequent processing methods result in a variety of tofu products that differ only in firmness and texture."

"In Los Angeles the majority of tofu products are locally manufactured by the Matsuda-Hinode Tofu Co. which was started by the Yamauchi family in Hawaii about 30 years ago." The company makes a variety of tofu products "including soft to very soft tofu, medium-firm or Japanese-style tofu, and the hard or Chinese-style tofu that is popular for stir-fry dishes. They also make partially cooked styles such as the broiled block of tofu [grilled tofu], deep-fried tofu puffs (age or aburage in Japanese) and the raw-fried tofu (nama-age)."

Gives recipes (some from *The Book of Tofu*, by Shurtleff & Aoyagi) for: Yosenabe. Stuffed fried tofu. Tuna tofu patties. Tofu-orange almond dessert. Mushroom and onion casserole with tofu. Tofu tartare sauce. Pressed bean curd fry. Four photos show tofu being made at Matsuda-Hinode (overhead view of cutting large sheets into blocks in cooling tank) and in dishes. Address: Staff writer.

3503. *Alternatives* (*Miami, Florida*). 1977. Miami: East West Foundation. 1(4):40. April.
• ***Summary:*** "The art of tofu cooking. Thursdays 6 PM, starts Feb. 3.

Address: 3921 SW 60 Ct. [Miami. Phone:] 661-0491.

3504. Banco Central de Nicaragua, Departamento de Investgaciones Tecnológicas, División Agricola. 1977. Guia para el cultivo de la soya en Nicaragua [Guide for the cultivation of soya in Nicaragua]. Managua, Nicaragua: Banco Central de Nicaragua. 22 p. April. 22 cm. [Spa]
• ***Summary:*** Contents: Introduction. Overview. Botanical description. Varieties. Ecological requirements: Soils, climate. Cultural practices: Preparation of the land, time of planting, distance between plants, density of planting, inoculation of the seed, planting depth, fertilization / fertilizers. Control of weeds: mechanical, chemical control. Pests and their control. Diseases. Harvest. Storage. Costs of production per manzana. Some recipes for preparing foods based on soya: Corn and soya bread. Whole soya flour. Fresh soymilk. Soy biscuits or crackers. Maizena with soymilk. Tofu (*Queso de leche de soya*, coagulated with lemon juice). Tortillas with corn and soya. Cooking whole soybeans. Address: Managua, Nicaragua.

3505. Bauer, Cathy; Andersen, Juel. 1977. Try making tofu–You'll like it. *Organic Gardening and Farming* 24:100, 102-105. April.
• ***Summary:*** The subtitle reads: "This form of vegetable cheese is easy to make, inexpensive and highly nutritious. After you give it a try, you'll see why it has been a staple of Oriental diets for centuries."

Describes how to make tofu at home, with 9 color photos.

3506. Heartsong, Toni & Bob. 1977. The Heartsong tofu cookbook. Miami, Florida: Banyan Books. 80 p. April. Illust.

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No index. 23 cm. Revised ed. 1978. 92 p.
• ***Summary:*** Contents (see next page): Acknowledgments. Dedication. Preface. Tofu is good for you. Make tofu. 1. Tofu main dishes (recipes). 2. Tofu salads. 3. Tofu in soups. 4. Tofu desserts. 5. Okara recipes. 6. Salad dressings, dips, sauces & creams. 7. Soybeans & milk & tidbits. Glossary. Bibliography. About the authors (autobiographical).

Dedication: "For those beings who have the will to discover the truth and the imagination to create with it."

Note: Ads for this book appeared in *Alternatives* (Miami, Florida) in April 1977 (Vol.1, No. 4, p. 32), May 1977 (Vol. 1, No. 5, p. 41, with a very favorable book review on pages 40-41). Address: Miami, Florida.

3507. Japan Food Research Laboratories. 1977. Analysis certificate for Morinaga brand aseptically packaged tofu (soy bean curd). 52-1 Motoyoyogi-cho, Shibuya-ku, Tokyo, Japan. 1 p. Report 6120678-15.
• ***Summary:*** Product was produced by Morinaga Milk Industry Co. Ltd. on 22 Dec. 1976. Assay was conducted 15 April 1977. Moisture 89.1%, crude protein (N x 5.71) 4.7%, crude fat 2.8%, crude ash 0.6%, carbohydrate 2.8%, total solids 10.9%, vitamin B-1 0.12 mg/100 gm, vitamin B-2 0.04 mg/100 gm, nicotinic acid 0.23 mg/100 gm. Address: Tokyo, Japan.

3508. Kolb, H. 1977. Herkoemmliche Verfahren zur Nutzung von Soja im asiatischen Raum [Traditional processes for using soya in Asia]. *Alimenta* 17(2):41-45. March/April. [35 ref. Ger]
• ***Summary:*** Discusses each of the following foods briefly and gives sources of further information: Kinako (roasted soy flour), soymilk, yuba, tofu, kori tofu (dried-frozen tofu), aburaage, namaage, kinugoshi tofu, sufu, soy cheese (Western style), soy yogurt, ganmodoki, natto, Hamanatto, koji, tempeh, miso, tao-tjo [Indonesian-style miso], kochu-jang, shoyu, and ketjap.

Note 1 This is the earliest German-language document seen (Oct. 2011) that uses the word "sufu" to refer to fermented tofu.

Note. This is the earliest German-language document seen (April 2013) that mentions silken tofu, which it calls *kinugoshi*. Address: Institut fuer Lebensmitteltechnologie, Frucht- und Gemuesetechnologie, Technische Universitaet Berlin, Koenigin-Luise-Strasse 27, D-1000 Berlin 33, West Germany.

3509. *Mother Earth News.* 1977. Plowboy interview: Bill Shurtleff and Akiko Aoyagi. No. 44. March/April. p. 8-18.
• ***Summary:*** The best wide-ranging discussion of Shurtleff and Aoyagi's work with tofu in America and Japan. Contains a color photo of the two standing next to the white Dodge van in which they are doing a Tofu & Miso America Tour.

Most of the basic ideas in this interview are those which

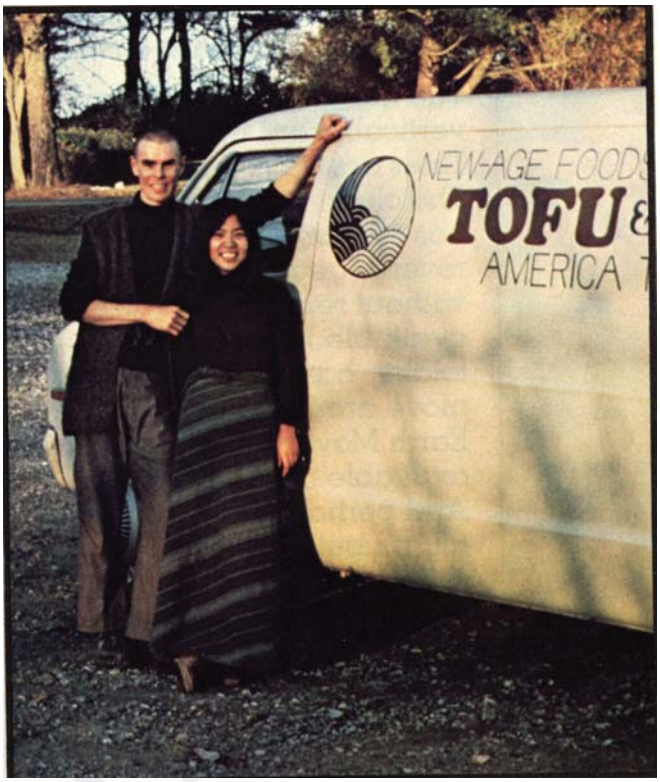

Shurtleff has been presenting in about 70 public lecture programs as part of a nationwide tour that he and Akiko are doing to raise awareness of human population growth worldwide, world hunger, the wastefulness and cruelty of the feedlot system, and the many benefits of foods made from soybeans.

3510. *Organic Gardening and Farming.* 1977. Tofu cooking: Tofu will give your meals that true Oriental taste and your nutrition a big boost. 24:106, 108, 112. April.
• ***Summary:*** "If America were to have a tofu expert, it would be the team of William Shurtleff and Akiko Aoyagi. For three years they studied the preparation and use of tofu throughout Japan. Their efforts resulted in the encyclopedic work, *The Book of Tofu* ($7.95 from Autumn Press, 7 Littell Road, Brookline, Massachusetts 02146). The following recipes have been carefully developed by them to suit American tastes."

Recipes include: Creamy tofu dressing with curry (or other seasonings). Tofu mayonnaise. Tofu sour cream. Tangy tofu cottage cheese. Homemade tofu burgers (ganmo). Sizzling rice with deep-fried tofu. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3511. Iso, James Y. 1977. Japan looks to the U.S. for more food-quality soybeans. *Foreign Agriculture.* May 16. p. 6, 16.
• ***Summary:*** When the People's Republic of China (PRC)

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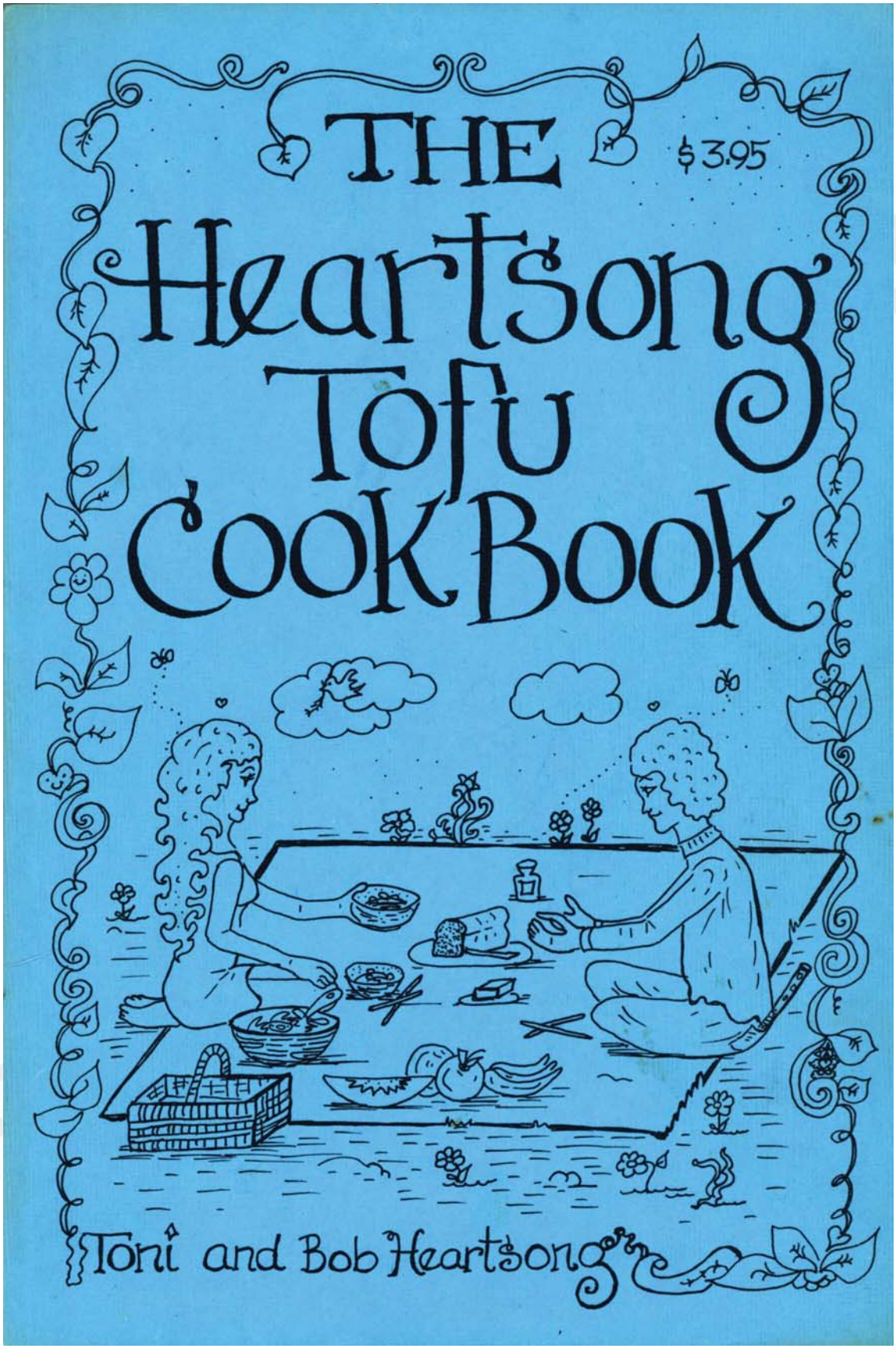

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cut back on its soybean exports last year because of a poor domestic harvest and disruption of marketing channels by the devastating earthquake, Japanese manufacturers of miso, tofu, and other native soy foods were among the first to feel the pinch, having traditionally bought large quantities of PRC soybeans. Their shift could lead to perhaps a 100,000-ton gain in U.S. exports of food-quality soybeans to Japan.

"In 1976, the U.S. shipped about 520,000 tons of these food-use soybeans to Japan out of total U.S. soybean sales there of 3.2 million tons and Japan's total soybean imports of 3.5 million. Japan received another 132,000 tons of food beans from the PRC and a few thousand tons from other supplying countries.

"Adding to this a domestic production of 60,000 tons puts Japan's total soybean use in traditional foods last year at about 750,000 tons.

"Each year, Japan uses about 720,000 tons of soybeans in traditional foods, including roughly 350,000 tons of tofu (bean curd), 180,000 of miso (bean paste), and 70,000 of natto (fermented beans). The remaining tonnage goes into other native products, such as kinako (processed [dry roasted] beans) and frozen tofu, and into fresh soybean consumption.

"Manchurian beans, produced in the colder regions of North China (usually north of 43º latitude), have long been considered the best tasting for fermented foods like miso and natto."

"Outside of the PRC, the varieties of beans preferred by the food manufacturers are found in colder climates, such as Canada and the northern regions of the United States." Several "Japanese trading firms involved in importing food-type beans have come to prefer soybeans produced in Indiana, Illinois, Ohio, and Michigan. These beans, known among the trade as IOM (Indiana, Ohio, Michigan) beans, made up close to 500,000 tons of the food beans imported by Japan last year and go largely into tofu and related foods." Note: This is the earliest English-language document seen (Jan. 2008) that uses the abbreviation "IOM" in connection with soybeans.

"Around 55,000 tons of 'identity-preserved' varieties also were imported last year." Producers are looking for a large bean with a white hilum and high protein and carbohydrate content. All food beans must be #1 grade quality. Talks with miso/natto manufacturers have revealed that U.S. varieties Amsoy, Corsoy, Kanrich, and Beeson meet this general description. However, a bean with all the desired features comparable to the PRC's, particularly as related to taste, is not as yet commercially available in the U.S. Address: Foreign Market Development, Oilseeds and Products, Foreign Agricultural Service.

3512. Dart, Susan, 1977. Tofu, mainstay of the Orient, excellent for health, good looks and hearty flavor. *Post Register* (*Idaho Falls, Idaho*). May 23. p. 15. Living Today section.

• ***Summary:*** The article begins: "You may never have tasted or ever heard of tofu before, but my prediction is that before long you'll know it well.

"There are a lot of noble reasons why you should start eating tofu."

"Part of the tofu boom is due to two people, Bill Shurtleff, an American, and Akiko Aoyagi, a Japanese woman educated in a Quaker school in Tokyo." Together they have written *The Book of Tofu.* "It costs about $7.00 and is an encyclopedia on the subject–500 recipes including how to make your own tofu from dried soybeans."

3513. Bernardino, Minnie. 1977. What is this thing called tofu? *Washington Post.* May 26. p. F25.

• ***Summary:*** This article is very similar to her article titled "Tofu: Oriental food whose American time has come. Puddinglike soy curd adds taste, nutrition" in the *Los Angeles Times* on April 28 (p. I1). A description of tofu plus 7 recipes. Address: Los Angeles Times.

3514. Dart, Susan. 1977. Cook with tofu: Its packed with good taste. Natural foods. *Hartford Courant* (*Connecticut*). May 26. p. E19.

• ***Summary:*** A good introduction to tofu, which "is bean curd or soybean cake, a plain white substance that looks like cream cheese and has almost no taste."

"Part of the tofu boom is due to two people, Bill Shurtleff, an American, and Akiko Aoyagi, a Japanese woman educated in a Quaker school in Tokyo." Together they have written "The Book of Tofu" (Autumn Press, $6.95) which "is an encyclopedia on the subject, with 500 recipes, including how to make your own tofu at home from dried soybeans.

Contains a recipe for Tofu loaf with onion and cheese. A small portrait photo shows Susan Dart. Note: This article was published on the same day in the *Chicago Tribune* (also p. E19).

3515. Gullion, Laurie. 1977. Tofu: High protein food. *Recorder* (*Greenfield, Massachusetts*). May 28. p. 13.

• ***Summary:*** The Laughing Grasshopper Tofu Shop in Millers Falls, Massachusetts, is tucked away beside the Millers Falls Library. "The four-month-old shop in Millers Falls was created by four persons who strongly believe in self-employment and are committed to healthful foods.

"Richard Ira Levitan [sic, Leviton] and Kathy Whelan began the Corncreek Bakery in South Deerfield in 1974, a thriving business which abstains from using any dairy or animal products in its baked goods. Tom Timmons [sic, Timmins] is a past manager of the Yellow Sun Natural Foods Cooperative in Amherst, and Michael Cohen was instrumental in beginning the Equinox Restaurant in Amherst.

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"'We want to put cows out of business,' said Leviton. Tofu can be used like dairy products in preparing meals at a much cheaper price, and Leviton said the food staple differs from dairy and beef products in that it is low in calories, free of cholesterol and, thus, helps avoid arteriosclerosis and obesity. Cohen, a vegetarian, believes tofu is an excellent meat substitute...

"The Laughing Grasshopper Tofu Shop produces 600 pounds of tofu in a nine-hour day... They distribute their product to Boston, New York City, Baltimore (Maryland), Vermont and New Hampshire. The tofu is sold locally at Foster's Supermarket."

A photo shows Michael Cohen and Jon Lee flipping a tofu settling box. Leviton's name is misspelled as Levitan throughout the article.

Note 1. This is the earliest article seen (Sept. 2011) about the Laughing Grasshopper Tofu Shop.

Note 2. This is the earliest document seen (April 2013) that mentions Michael Cohen in connection with soyfoods; he was an early partner in Laughing Grasshopper (later New England Soy Dairy) and founder of The Tempeh Works.

3516. **Product Name:** Tofu.
Manufacturer's Name: Flying Cloud Tofu. Later renamed The Tofu Shop, then Northern Soy.
Manufacturer's Address: 277 N. Goodman St., Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1977. May.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1976. Oct. 30. Visited on Tofu & Miso America Tour. The small shop, located downstairs on Zen Center property, makes tofu occasionally for the Zen Center. Letter/Order from Greg Mello. 1976. Oct. 25. He orders a copy of the unedited edition of *The Book of Tofu, Vol. II.* and 100 "What is Tofu?" pamphlets. "Please send this along as soon as you can; Mr. Greg Weaver and myself hope to have a tofu shop in production, commercially, by early December." His address is c/o The Zen Center, 7 Arnold Park, Rochester, New York 14607.

Shurtleff & Aoyagi. 1977. Commercial Tofu Shops and Soy Dairies. Greg Weaver & Greg Mello at 21 Girton Place, Rochester, NY 14607.

Letter from Earl Lepper. 1978. Jan. 21. "Because the tofu shop is now just coming out from under its debt and the media is helping to educate the public to alternative here and now food, a careful approach has been maintained. So as to keep the Sangha more cohesive and avoid competitive whims, the tofu shop and I are working on a cookbook."

Letter from Andy Schecter to Larry Needleman. 1978. July 12. Concerning La Milpa Power Mill. Stein. 1978. Whole Foods. Jan. p. 34. "In May 1977, the Rochester Tofu shop started making 150 pounds of tofu per week. Now they are producing 1,000 pounds a week."

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Greg Weaver and Andrew Schecter.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Now named Northern Soy, still at 277 N. Goodman. Retail outlet is The Tofu Shop at 686 Monroe St. Interview with Norman Holland.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Owner: Address is now 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213. Owner: Andy Schecter. Retail Outlet is The Tofu Shop, 686 Monroe St. Phone: 716-244-4270.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 64. The company now makes about 4,500 to 5,000 lb/week of tofu. They make plain tofu (sold in 25-lb bulk containers) and tofu dips (packed in 8-oz. containers). 1984. Jan. 16. Keys to good tofu quality: Good plant sanitation; Immerse tofu immediately in ice water; Vacuum pack. Using a new coagulant, natural calcium chloride, planning to move into a 10,000 square foot building in Rochester. Talk with Andy Schecter. 1988. Oct. 10.

3517. Jacobson, Margie. 1977. Foods: Natural & unnatural. The versatile sprout. *Alternatives* (*Miami, Florida*) 1(5):28. May.
• ***Summary:*** "Alfalfa and soybean sprouts can be added to soups as a vegetable or instead of noodles." A recipe for "Sprout roast" calls for "1½ cups ground almond, soy, or wheat sprouts." Another recipe, titled "Tofu-sprout stir fry" calls for "½ pound mung sprouts,... ¼ cup tamari, 2 tofu (soy bean cheese) cubes, diced." Address: Staff member, Country Health Store, North Miami Beach, Florida.

3518. **Product Name:** Tofu Pops.
Manufacturer's Name: Vegetable Protein Co.
Manufacturer's Address: 140 River St., Cambridge, Massachusetts.
Date of Introduction: 1977. May.
How Stored: Refrigerated.
New Product–Documentation: Talk with John Weissman. 1992. March 31. In addition to the Wheatmeat Tan Pop, John developed and made a Tofu Pop, introducing it in the spring of 1977. He bought squares of plain pressed tofu (3 inches on a side and 3/4 inch thick) from a Chinese retail food store in Boston's Chinatown–he does not recall the company's name and he is not sure if they made the tofu or bought it from elsewhere. Later he bought tofu from Yah Kee, a Chinese tofu maker. He skewered the pressed tofu squares, coated them with his dry flour mix and corn batter, and deep-fried them. He first sold these at the very first Bread & Circus natural food store purchased by Anthony Harnett in Brookline. The product was introduced just after Anthony bought the store–but it was discontinued after a month or so,

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because it sold slowly; the unflavored tofu was too bland.

3519. Whelan, Kathy; Leviton, Richard; Timmins, Tom. 1977. Laughing Grasshopper Tofu Shop. LGTS, 3 Main St., Millers Falls, Massachusetts 01349. 6 p. Unpublished typescript. Undated.

• ***Summary:*** Starts with a brief biography of the three authors / partners.

"Richard and Kathy, natives of Massachusetts and wanting local but meaningful employment, founded Corncreek Whole Grain Bakery in the spring of 1974. Since then, while other bakeries have come and gone, Corncreek has thrived and continues to grow, The bakery was established on a strong advocacy of using pure, organically grown ingredients, a reliance on hand-craftsmanship and minimal use of machines, and an abstention from any dairy or animal products in the baked goods. They have successfully restored bread-baking to the domain of handcraft in a smell commercial shop.

"Tom, a native of Iowa, now living in Brattleboro, Vermont, with his wife, Judy, and their three children, worked as manager of the Yellow Sun Natural Foods Coop in Amherst, Massachusetts, for 2½ years. His residiency there came during a formative period of struggle and growth in the now prosperous store. Following this, he spent over a year on the sales staff of Llama Trading Company, a natural foods wholesaler in Brattleboro. From his experiences both on the retail and wholesale level, he has catalyzed the distribution and use of wholesome foods all over New England.

"Together, we bring a strong commitment to health-giving foods, an ability to work hard to achieve a goal, and a practical background in transmuting ideals to reality in the business world."

Explains what tofu is and why they started a tofu shop (Right livelihood, world food crisis, educating the public), describes each ingredient used, and how tofu is made in the shop. The soybeans are ground in a Hobart VCM blender, then the puree is cooked in two 15-gallon stainless steel cooking pots, and the soymilk is curded with nigari in a 20-gallon oak barrel and the tofu is pressed in two hardwood settling boxes.

Attached to this document is a leaflet (single sided, 28 cm, brown on beige) titled "Laughing Grasshopper Tofu Shop" (see next page). Address: Millers Falls, Massachusetts.

3520. Birnbaum, Alfred. 1977. Re: Homemade natto and natto recipes. Letter to William Shurtleff at New-Age Foods Study Center, June 11. 5 p. Handwritten (in pencil) and signed.

• ***Summary:*** "Dear Bill–I enclose more in the way of nattô recipes, which I hope will prove of interest to you. I also wish to clarify some things in my description of the natto-making process: namely that the bacteria are aerobic and so the fermenting beans should not be placed in air-tight containers (I place my bean-cultures in plastic tofu tubs and cover–but I do not seal–with foil or plastic bags before putting in any insulated environment e.g., wrapping with towels and placing in unheated oven); secondly, more cooking than the cited 3-4 hours may be necessary to achieve the desired degree of softness in the soybeans depending on the pre-soaking time and cooking flame (an all-day 'slow-cooker' crock-pot might prove the ideal in cooking the beans, although extremely energy consuming).

"I hope that your research in Indonesia went well and that the upcoming conference on seaweeds will prove equally successful.

"Please let me know if there is anything I might be able to do for you, I hope I will be able to meet you sometime. Gasshô, Alfred.

"P.S. I made my first tofu with the Learning Tree kit from the New-age Center. I know of few investments better than those of acquiring self-sufficiency skills–your teaching has let me know the rewards of making tofu. Thank you."

"Further suggestions for natto: Use in Okonomiyaki [savory Japanese-style pancakes]. Roll in hakusai [cabbage] leaves in a sudare and top with goma-ae [ground sesame-seed] dressing."

On pages 2-5 are some of Alfred's favorite natto recipes: (1) Nattô "cutlets" á la Pokarski–Adapted from a traditional Russian dish. With Paprika sauce. It calls for "1½ c. nattô, ground or blended in a blender or suribachi to a paste ('nattô butter')."

"Yaki nattô or Nattô agé-yaki: Perhaps my favorite nattô dish, enjoyed even by persons who normally dislike the taste of nattô. Spoon natto by the tablespoonful into agé [deep-fried tofu] pouches (4 tablespoons each on the average) and pan-fry in oil or butter over medium heat approximately 3-5 minutes on each side. Drain on drip-screen or paper towels. Serve while still steaming hot with a dip of shoyu, karashi [Japanese-style mustard] and chopped green onions, or grated daikon and ginger."

Chilaquiles con nattô: An adaptation of a Mexican "platillo pobre" (poor-person's dish). Sauces for Chilaquiles: Salsa verde (green enchilada sauce), salsa roja (red enchilada sauce), molé poblano (a dark rich chile sauce...).

"I assume that you already have or can easily obtain recipes for the following standard nattô dishes: Nattô shiru [soup]. Iwate nattô mochi (mochi-wrapped nattô). Nattô maki-zushi [natto in sushi]. Nattô-kake soba" [Natto over buckwheat noodles].

Nattô oroshi agé. Nattô aé [six different combinations]. Address: 1048 West 39th Place, Los Angeles, California 90037.

3521. Will, Joanne. 1977. Too few knew tofu could do so much for so little. *Chicago Tribune.* June 11. p. N_A19-20, or W_11-12.

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Laughing Grasshopper

Tofu Shop

Hand Made - in the traditional manner from organically grown soybeans and nigari.

NO PRESERVATIVES

3 Main Street Millers Falls, Massachusetts 01349

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• ***Summary:*** "Western cooks are just beginning to discover the wonders of soybeans–the golden beans that have been the mainstay of Oriental diets for years." Now "soybean curd, or tofu (toe-foo)" (also known as 'meat without bone' or 'meat from the fields'), an important source of protein in the Japanese diet, is attracting interest among American cooks.

There is a small tofu factory in Chicago, named Chicago Tofu, run by Mr. and Mrs. Minoru Kanki, located at 3255 N. Halsted St. About two years ago, the Kankis took over the company and began modernizing it. They now make about 1,000 blocks of tofu a day, five days a week.

Describes how tofu is made at this company, and how it can be used. "Westerners, especially vegetarians, are fond of broiling, frying, or baking tofu and topping it off with a warm tomato or mushroom sauce." A photo shows Mr. and Mrs. Kanki with fresh tofu in their tofu factory. Address: Food editor.

3522. **Product Name:** Tofu.
Manufacturer's Name: Bhaga Tofu. Renamed Lecanto Tofu Shop by July 1977.
Manufacturer's Address: P.O. Box 444, Lecanto, FL 32661. Phone: 904-746-5374.
Date of Introduction: 1977. June.
Ingredients: Organic soy beans, water, nigari.
Wt/Vol., Packaging, Price: 14 oz plastic tub.
How Stored: Refrigerated.

New Product–Documentation: Letter from Marvel Huffman (P.O. Box 444, Lecanto, Florida 32661) to Akiko Aoyagi. 1976. April 12. "I have become very interested in making tofu so after reading your letters I sent for your book and would like to start a cottage business in this area. W (my daughter and my self) now make it for our own use and really like it. Are you planning to be any where in Florida for cooking classes or talks?"

Florida Dept. of Agric. Food Inspection Report and Annual Food Permit. 27 Aug. 1976. Bhaga Tofu, S-491 South, Lecanto, FL. Shurtleff & Aoyagi. 1977. Jan. 28. Commercial Tofu Shops and Soy Dairies. Marvel Huffman. Letter to William Shurtleff. 1977. Aug. 4. Label. 1977, undated. 4.75 inch diameter plastic lid. Green on white. Illustration of bamboo stalk and leaves. Lecanto Tofu Shop. Box 444, Lecanto, FL 32661.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Jean Huffman.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry. p. 89. The company now makes about 2,000 lb/week of plain tofu. The product is packed in 25 lb bulk containers and small 14 oz plastic containers. Retail price ranges from $0.99 to $1.49.

Talk with followed by letter from Marvel Huffman. 1988. May 17. P.O. Box 344, Lecanto, FL 32661. Phone: 904-746-6123. The company, originally called Bhaga Tofu, was making tofu by August 1976 in Lecanto, which is a rural area about 75 miles from Gainesville. Her daughter, Jean, who was a vegetarian and who had just graduated from high school, was the real impetus behind the company's founding. Her son, Don, also worked for 6 years. The next year she would be entering the University of Florida at Gainesville as a freshman. Marvel was a widow at the time and needed a source of income. They built a special building near their home. They learned to make tofu from The Book of Tofu and also when they flew to Atlanta in December 1976 to hear Shurtleff and Aoyagi on a lecture tour. Together they would make the tofu on weekends when Jean went home to Lecanto, then she would deliver it on Monday in and around Gainesville. The company's name was originally Lecanto Tofu Shop but in about 1978 it evolved to the shorter form, Lecanto Tofu. In 1981 they moved the business north to Rte. 3, Box 150, Lake City, Florida to get better access to Jacksonville and Tallahassee. "If I were the kind of person who could designate work better, I would have a million dollar business by now. I tried to do it all myself. So we sold the business at the very end of 1983 when it was making a profit. Now it is doing just great." Letter from Marvel. 1988. July 6. "The word Bhaga was never used as a commercial part of the business. Nothing was ever printed etc. with its use."

Talk with Rod Prins. 1992. May 19. Two years ago he sold the business to Don Young, who let it go down hill.

3523. Heartsong, Bob; Heartsong, Toni. 1977. Foods: Natural & unnatural. Tofu. *Alternatives* (*Miami, Florida*) 1(6):28-29, 38. June.
• ***Summary:*** Contains an introduction to tofu plus recipes by

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the authors of *The Heartsong Tofu Cookbook*. There is also a full-page description (p. 29) of how to make tofu at home, with numerous illustrations.

"Toni and Bob Heartsong are virtually devoting their lives to preparing tofu, teaching others how to make it, and instructing people in tofu cookery." Address: Staff member, Country Health Store, North Miami Beach, Florida.

3524. Kushi, Michio. 1977. The book of macrobiotics: The universal way of health and happiness. San Francisco, California: Japan Publications, Inc. x + 182 p. June. Illust. Index. 26 cm.

• ***Summary:*** Many followers of macrobiotics consider this to be the author's classic work on the subject. The preface tells briefly how Mr. Kushi got involved with macrobiotics and came to America. He began to lecture in New York in 1955. His teachings began to spread, especially after 1963. By Feb. 1977 he has conducted 5,000 lectures and seminars in America and Europe. One Appendix is titled "A Historical Review of the Macrobiotic Movement in North America" (p. 168-71).

Concerning foods made from soybeans, the book discusses miso (p. 51-52), protein (p. 69), tamari (p. 51-52, 131-33), tekka (52, 133), and tofu plaster (130; "more effective than an ice pack to draw out fever"). Concerning smoking, the author believes that it "does not contribute to produce lung cancer" if the smoker eats a proper traditional (macrobiotic) diet (p. 115).

"In 1949, Michio Kushi, during his postgraduate studies at Tokyo University, was inspired by the teaching of George Ohsawa. He came to the United States in connection with the World Federalist movement. Besides him, Aveline Tomoko Yokoyama in 1951, Herman Aihara in 1953, Cornellia Chiko Yokota, Romain Noboru Sato and his brothers Junsei Yamazaki, Shizuko Yamamoto, Noboru Muramoto and others came to the United States during the following years. After experience with various enterprises they respectively began to teach macrobiotics, mainly in New York. George and Lima Ohsawa also visited America from Europe to conduct seminars. Macrobiotic summer camps, restaurants, and food stores began to operate on a small scale with many American people. Educational activity was organized as the Ohsawa Foundation at that time. However, on the occasion of the Berlin Crisis in 1961, the major active people related to the macrobiotic movement made an 'exodus' to Chico, California. Robert Kennedy, Lou Oles, Herman Aihara and others began Chico San, Inc., as a food manufacturing and distributing company, and established the Ohsawa Foundation in California. Later, the Foundation moved to Los Angeles, its main activity being publishing George Ohsawa's works. The San Francisco center was established. At a later date, Jacques and Yvette de Langre [DeLangre], Joe and Mimi Arseguel and many others shared educational activities in California and other areas of the West Coast.

"In the meantime, after educational activity in New York, besides several seminars on Martha's Vineyard and various local colleges, Michio and Aveline Kushi moved to Boston in order to concentrate on education for the younger generations. They organized the East West Institute in Cambridge which later moved to Wellesley and then transferred to Boston. To meet the increasing demand for good food, a small basement food store, Erewhon, was opened. Erewhon was managed and developed over the years by the Kushis, Evan Root, William Tara, Roger Hillyard and Paul Hawken. Erewhon was followed by a small restaurant, Sanae, managed at different times by Evan Root, Tyler Smith, and Richard Sandler. Lectures by Michio Kushi continued for five years in Arlington Street Church, Boston, with repeated visits to many major U.S. cities. Erewhon developed into a larger store, on Newbury Street in Boston, and added its wholesale operation from a warehouse on the South Shore, Boston Wharf, distributing constantly to an increasing number of natural food stores. The warehouse facility has been managed by Paul Hawken, William Garrison, Tyler Smith, and currently Jeff Flasher and other associates as well as the Kushis. Erewhon further established a Los Angeles store which also developed into a wholesale operation–managed over the years by the Kushis, William Tara, Bruce Macdonald, and currently by John Fountain and Thomas DeSilva...

"The *East West Journal*, a monthly newspaper, established in 1970–managed over the years by Ronald Dobrin, Jack Garvey, Robert Hargrove, and currently Sherman Goldman, Lenny Jacobs and other associates–is continuing to introduce to the wider society, the new vision for the present and future world. Educational activities directly concerned with teaching and other educational projects have been administered since 1973 by the East West Foundation, a nonprofit educational organization managed by the Kushis, Edward Esko, Stephen Uprichard, and other associates." Address: Boston, Massachusetts.

3525. Moledina, K.H.; Regenstein, J.M.; Baker, R.C.; Steinkraus, K.H. 1977. A process for the preparation of dehydrated salted fish-soy cakes. *J. of Food Science* 42(3):765-67. May/June. [8 ref]

• ***Summary:*** For best results, mix mechanically deboned flounder meat with salt (30% of meat weight) and soybean curd (20% of the meat weight). Subject the mixture to 75 pounds per square inch to remove juices and form cohesive cakes. Dry the cakes at 50ºC for 8 hours to give a final product containing 49.8% crude protein, 14.4% moisture, 21.1% salt, and 5.3% crude fat. Remove the salt by bringing the cakes to a boil in three changes of water. Can be made economically with the use of simple equipment, making it suitable for developing countries. Address: Dep. of Food Science, Cornell Univ., Ithaca, New York 14853.

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3526. Shurtleff, William; Aoyagi, Akiko. 1977. Excerpts from *The Book of Tofu:* Deep-fried tofu. *Mother Earth News* No. 45. May/June. 62-64. [1 ref]
• ***Summary:*** Describes how to make at home and serve thick agé, ganmo, and agé. Address: c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3527. Shurtleff, William; Takai, Wataru. 1977. Contract between Takai Seisaku-sho and New-age Foods Study Center. Ishikawa-ken, Japan. 1 p. 36 cm.
• ***Summary:*** Shurtleff contacted Takai, as the largest and oldest manufacturer of tofu equipment in Japan, and asked if he had a catalog of his equipment. Wataru Takai said the company had only leaflets in Japanese. Thus, they agreed that Takai needed an English-language catalog of tofu equipment, the first such catalog ever to be created–worldwide. Shurtleff agreed to create such a catalog on two terms: (1) First that he and Akiko would do the work as a consultant for Takai and charge for their time. (2) That they would agree upon a long-term contract that would be mutually beneficial to both organizations. This is that contract, which deals with the following issues: (1) Flow chart (ordering procedure from NAFSC getting an enquiry or order to Takai shipping the equipment). 2. Commissions–based on the yen sale value of individual pieces of equipment. 3. Catalog will contain tofu equipment made by other manufacturers–so it would contain all equipment needed by Western tofu makers and they would have a choice of products. 4. Reduction of commission when orders placed are solicited by Takai or Jetro. 5. Ongoing consulting by Shurtleff. 6. Contract validity–18 months. The contract was signed on 5 June 1977. It is written on Takai's new English-language letterhead, designed by William Shurtleff and Akiko Aoyagi. The logo shows a lever on top of a soybean moving the world. The first order went to Robert Dolgin at Farm Foods in San Rafael, California. Address: 1. Founder, New-age Foods Study Center, Tokyo, Japan; 2. Overseas manager, Takai Seisakusho, 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. Phone: (0762) 48-1355.

3528. Magida, Phylis. 1977. Make your picnic cuisine 'to go' with ethnic flair: Eats. *Chicago Tribune.* July 8. p. A1.
• ***Summary:*** Describes how people picnic in many different countries, and where to buy these ethnic supplies in the Chicago area. In Japan, when people picnic, they take several lacquered boxes filled with movable trays, each filled with a variety of foods designed to keep well without refrigeration. At Tenkatsu's Restaurant (3365 N. Clark St.) buy an order of beef teriyaki, accompanied by at least one of the following: "... *hiya dofu* [chilled tofu] (a rectangle of protein-rich soybean curd that looks like a white molded custard, 85 cents)."

Then walk three doors to Star Market (3349 N. Clark St.) "and buy an eight-piece combination box of *futomaki* (four small seaweed rolls stuffed with rice), and *inari* (four small ovals of deep-fried bean curd)." Eat these at room temperature. Total price at Star: $3.75.

3529. Perruso, Carol. 1977. What is this thing called tofu? *Times-Union* (*Rochester, New York*). July 19. p. 3C, 5C.
• ***Summary:*** About partners Andy Schecter and Greg Mello of The Tofu Shop, 227 N. Goodman St. in Rochester. They make about 200 lb/week of tofu, which they sell to places such as the Genesee Co-op. Photos show: Schecter using a rock to press excess whey from tofu. Mello ladling hot tofu curds. Includes 7 recipes.

3530. Brassband Barrelworks. 1977. Classified ads: Enjoy fresh tofu for $0.10 a pound. Home kit includes... (Ad). *Alternatives* (*Miami, Florida*) 1(7):62. July.
• ***Summary:*** "... finely crafted, dove-tailed settling container entirely of native Ozark wood–no glue or nails; instructions, pressing bag, fitted lining cloth. $16." Address: 216 Ella, Fayetteville, Arkansas 72701.

3531. Harwood, Maureen. ed. 1977. The Lifestream cookbook. Richmond, BC: Lifestream Natural Foods Ltd. 52 p. Illust. by Elizabeth Scott. Index. 22 cm.
• ***Summary:*** Contents: Nutritional information: Protein and the vegetarian diet. Grains. Whole grain pasta. Beans. Tofu. Corn tortillas. Flakes and cereal. Whole grain flour. Seeds and sprouts (Alfalfa seeds, mung beans, lentils, sunflower seeds–unhulled, chick peas, fava beans, soybeans, wheat kernels, alfalfa seeds in Vita salad, sesame seeds in gomasio, pumpkin seeds), Nut butters and miso (incl. Miso honey dressing, Miso soup). Cashew butter & Engevita yeast. Dried fruit. Carob. Address: [Richmond, BC, Canada].

3532. Nielson, Gary. 1977. A natural foods merger? *CenterPeace* (*Massachusetts*). July. p. 5.
• ***Summary:*** Discusses a possible merger between Llama Trading Co., Corncreek Whole Grain Bakery, and Laughing Grasshopper tofu shop.

Note: Also in Sept. 1977 Channel 57 TV in Springfield, Massachusetts, ran a program on Laughing Grasshopper Tofu Shop. Address: Massachusetts.

3533. Rodale, Robert. 1977. Tempeh, a new health food opportunity. *Prevention* (*Emmaus, Pennsylvania*). July. p. 25-32.
• ***Summary:*** This outstanding article begins: "Gale Randall of Unadilla, Nebraska, is the first commercial tempeh-maker in the United States... Tempeh is on its way up, Before long, it will be eaten widely and lovingly across this land of ours. Someday there could even be a sign along Highway No. 2 in Southeastern Nebraska pointing to the gravel road that leads to where Gale Randall lives. It might say something like this:

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'Here, in 1975, the tempeh revolution got its start.'"

Soybean sprouts and bean curd (tofu) are great foods, but they are side dishes that never occupy center stage. "Tempeh, in contrast, has the potential to be a real main course dish that could lead soybeans to the forefront of the health food advance. It has a firmness, body and flavor that could eventually lead to its acceptance as 'another thing to eat when the family's tired of chicken, beef and fish.'

The section titled "The Nebraska Tempeh Pioneer, notes that Gale Randall works in the Lincoln, Nebraska, post office at night and operates his tempeh-making operation during the day. He discovered tempeh 3 years ago while searching for an inexpensive protein product he could make at home. Randall recalls that Dr. H.L. Wang, of the NRRL in Peoria, Illinois, "did everything possible to help me get started. She was wonderful. I've never had anyone help me like that." She provided Randall with tempeh starter culture and lots of free advice. Photos show Randall with his tempeh incubator and slicing finished tempeh.

The last section, titled "The Coming Soy Boom," talks about that work of C.R. Sirtori and co-workers in Milan, Italy, whose research has showed that soybeans have a powerful ability to reduce cholesterol levels in human beings. Rodale then adds: "The next phase in tempeh development, I feel, will be for more people like Gale Randall to set up small tempeh shops, from which they can supply health food and natural food stores." A sidebar at the end states that the USDA Northern Regional Research Center has provided Rodale Press "with large amounts of free [tempeh] starter, which we are making available in individual packets to save the scientists a lot of clerical work. In addition, we also have illustrated plans for building an incubator as well as additional printed material on tempeh, including recipes. To receive this material, send your request, along with 50 cents to cover handling, to Prevention Tempeh Starter, 33 E. Minor St., Emmaus, Pennsylvania 18049.

A photo-like illustration (line drawing) shows Robert Rodale.

3534. **Product Name:** Soymilk [Honey & Vanilla, or Plain].
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: c/o Wildflour Community Bakery (a co-op), 4th Ave., Ann Arbor, MI 48104. In Jan. 1978 moved to 211 East Ann St. Phone: 313-663-0500.
Date of Introduction: 1977. July.
Ingredients: Water, organic soybeans.
Wt/Vol., Packaging, Price: ½ gallon plastic jug, or from a cooler.
How Stored: Refrigerated.
New Product–Documentation: Label in The Soy Plant scrapbook on p. 4. 3 by 4 inches. Black on white. Pressure sensitive. "Keep refrigerated. Made from water and organic soybeans by The Soy Plant, a people's business, Ann Arbor, Michigan, 48104. (313) 663-0500. Flavored. Just add a little honey and vanilla." An illustration shows soybean vines growing to left and right out of a rayed planet.

Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Talk with Steve Fiering. 1988. June 10. This was the company's second commercial product. Production probably started when they were still at Wildflour, before they went to Eden's. No new products were introduced while at Edens. At Ann St. it was also sold in a plastic cooler (a Norris Milk Machine), stirred by a motorized paddle.

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. The Soy Plant probably used organic soybeans from day one. They probably got them directly from the The People's Food Co-op, a retail store located next door. The plain soymilk was purchased mostly by Asian-Americans; they sweetened it with sugar–which they preferred to honey.

3535. **Product Name:** Tofu [Packaged, or Bulk].
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 116 N. Oak St., Telluride, CO 81435. Phone: 707-822-7409.
Date of Introduction: 1977. July.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Matthew Schmit. The tofu is made at his soy deli. Note: This tofu shop moved to Arcata, California, in 1980.

Letter from Matthew Schmit. 1988. July. His company started making tofu in July 1977.

Talk with Matthew Schmit. 2002. Sept. 23. From day one, this tofu was made using natural nigari (purchased from Westbrae Natural Foods in California) and organically grown soybeans (from the Tucson Cooperative Warehouse in Arizona). However the word "organic" did not appear on the label.

Note: This is the earliest known commercial soy product made by The Tofu Shop in Telluride, Colorado.

3536. **Product Name:** Fresh Joy o' Soy Soymilk (Natural Unflavored).
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 116 N. Oak St., Telluride, CO 81435.
Date of Introduction: 1977. July.
How Stored: Refrigerated.
New Product–Documentation: Letter from Matthew Schmit. 1988. July. This product was launched in July 1977 in Colorado. Talk with Matthew Schmit, founder and owner of Tofu Shop Specialty Foods, Inc. 2002. Sept. 19. They sold this soymilk in Telluride at the local Co-op–outside of their deli. It was probably sold in glass Mason jars with taped on labels.

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3537. Williams, Karen. 1977. Tofu, miso: Japanese keys to high protein. *Chronicle* (*Willimantic, Connecticut*). Aug. 11. p. 10. [2 ref]
• ***Summary:*** A full-page review of *The Book of Tofu* and *The Book of Miso* by Shurtleff and Aoyagi. Contains 10 recipes. Address: Lifestyle Editor.

3538. **Product Name:** Thaufu [Tofu].
Manufacturer's Name: Kumaraswamy Tofu Shop.
Manufacturer's Address: Jaffna, Sri Lanka.
Date of Introduction: 1977. August.
New Product–Documentation: Soyanews (Sri Lanka). 1982. Oct. "Jaffna's first tofu shop." "The credit for opening Sri Lanka's first tofu shop should perhaps go to Mr. K.S. Kumaraswamy of 235, Navalar Road, Jaffna. Sixty-three year old Mr. Kumaraswamy opened his tofu ship in 1977... but within two months the venture folded up. A vegetarian, he was born in Singapore but raised in Sri Lanka.

After "the ceremonial opening on August 20, 1977," he began making and selling his first tofu. But he soon faced the harsh realities of trying to market an unfamiliar food.

3539. Takai, Wataru. 1977. Re: Larry Needleman. Letter to William Shurtleff at New-Age Foods Study Center, Aug. 20. 1 p. Typed, with signature on letterhead. [Jap]
• ***Summary:*** This letter is written on Takai's new English-language letterhead, designed by William Shurtleff and Akiko Aoyagi. The logo shows a lever on top of a bean moving the world. Takai says: "I think it is very nice that Larry Needleman has the plan to do advertising for our equipment in America." He has made the first Takai price list and will mail some to Shurtleff. Address: No. 307, Inari, Nonoichi-machi, Ishikawa-gun, Ishikawa-ken 921, Japan. Phone: 0762-48-1355.

3540. Leviton, Richard. 1977. Re: History of and current developments at Laughing Grasshopper Tofu Shop. Letter to William Shurtleff at New-Age Foods Study Center, Aug. 23– in reply to inquiry. 7 p. Typed, with signature.
• ***Summary:*** An excellent letter, full of useful details! "Laughing Grasshopper has grown rapidly and predictably since its inception last January." The company now produces 700 to 800 lb/day of tofu, 6 days a week, with 3 men working 8-10 hours each and a janitor working 6 hours. Altogether seven people are employed: four partners, two full-time employees, and one part timer. They earn $2.75 an hour and have an insurance program paid for by the business Summer sales have averaged $8,000/month. They are moving their shop of some 1,000 square feet to a new location of 7,000 square feet for only double the rent. They are looking for $30,000 in investments to finance their new venture. They are importing equipment from Japan. "This winter we intend to commence soymilk production; next spring: tempeh, soy mayonnaise, soy ice cream, and agé. We have potentially a very exciting and massive business on our hands."

"That's the bright side of the picture. While the sales have been soaring and visions of financial glory mounting, certain hard facts have made themselves known. Running a business is difficult. Last winter I came down with mononucleosis and was out for seven weeks. We have had very bad relations with our landlord who has burned us on an illegal plumbing job he did for us, shut our water off twice, in the middle of production, and has threatened to take us to court suing us $12,000 for damages done to his personal property. We have thrown out hundreds of pounds to terrible tofu, due to bad beans or bad nigari technique. We have run out of soybeans and been closed for days while we drove around finding some. We have been shut down by the town health department and given a month's time to move by the state hoard. We have experienced much indecision and emotional turmoil and the new corporate structure will probably have Tom Timmins and me as the two principal owners with the stockholders. We have been on educational television; a five minute spot featuring our shop and some dialogue and shown in Springfield, Massachusetts. A lot of equipment has broken down, or become unfit to use and we are ruining the floor (made of oak beams) even though we have 3 large floor drains.

"Most people only see the good tofu coming out of our shop; the vicissitudes of business are mercifully spared their consideration. But it's all a matter of attitude. We feel confident now about our prospects and feel we will somehow muddle through the mess and confusion we have created for ourselves."

Leviton then answers in detail the following questions asked by Shurtleff: How did you obtain equipment and ingredients? How did you learn to set up a shop? What type of equipment did you buy and how much did it cost? What about health inspectors and codes? How did you determine your prices and what are they? How did you choose the best variety of soybean to use? How and from whom do you buy your soybeans? Your nigari?

"Here are some replies to questions in your letter of May 5. We sell 8-ounce pieces of tofu for 21 cents each, 50 to a pail for $10.50 delivered, with a $2.10 deposit on the 5 gallon pail which we ask to get back. Retail sales (which are insignificant) are 25 cents a piece."

"We have tried 20 different soybean varieties and only a few make good, reliable tofu, i.e., firm, holds together, tastes good. In particular Wells, Rampage, and Prize have given excellent tofu... The oil content of the bean is important... You want as much protein and as little oil in the bean. If there is much oil, then the bags are clogged, the tofu is slimy, the yields drop by 25%. We have found many brokers don't even know what kind of bean they are wholesaling. A good bean is a joy to work with, a bad bean is a nightmare. We are

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buying a truckload of beans from Agricultural Exports Co., Hudson, Iowa, for 24 cents a pound delivered." Address: LGTS, 3 Main St., Millers Falls, Massachusetts 01349.

3541. *Alternatives* (*Miami, Florida*). 1977. New Age activities. Miami & South Florida: East West Foundation. 1(8):58. Aug.
• ***Summary:*** "Food processing seminar: Miso, tamari, tekka, pickles, tofu.

"We are moving to larger quarters; call for new locations and schedule."

Note: This seminar was probably taught by Bill Tims of Boston (see Sept. issue).

3542. Lane, Joshua. 1977. Vegetable soybeans (Letter to the editor). *Alternatives* (*Miami, Florida*) 1(8):5. Aug.
• ***Summary:*** "Just a quick comment on your well-done sprouting article. There are different types of soybeans; a vegetable type of soybean differs from a standard soybean by being higher in protein and having a lower oil content. It also does not [sic] contain the trypsin inhibitor that is found in the standard soybean. It has been developed as a vegetable rather than as a oil type soybean.

"The Chinese and Japanese have been using vegetable soybeans for centuries. It makes much better tofu and produces a higher yield than regular soybeans. Vegetable soybeans are higher priced than the standard soybean; the reason is that the vegetable soybean has a yield per acre which is considerably lower than the standard soybean." Address: Hollandale, Florida.

3543. Shurtleff, William; Aoyagi, Akiko. 1977. Tofu & soymilk production: The Book of Tofu, volume II. Lafayette, California: New-Age Foods Study Center. 128 p. Aug. 1. Illust. by Akiko Aoyagi Shurtleff. No index. 28 cm.
• ***Summary:*** A rough photocopied manuscript with a yellow cover, created in response to a letters from many people requesting information on how to start a tofu shop. This book was published in finished form in 1979 under the same title, Tofu and Soymilk Production (336 p.).

Contents: 1. So you want to start a tofu shop or soy dairy? 2. Setting up shop; The community shop, the traditional shop, the steam-cooker shop, the pressure cooker shop, the soy dairy, the modern factory. 3. Ingredients. 4. Scientific data concerning the tofu-making process. 5. Tofu. 6. Firm tofu. 7. Using okara and whey. 8. Deep-fried tofu: Cutlets, burgers, and pouches. 9. Soymilk. 10. Soymilk ice cream, yogurt, kefir, mayonnaise, and cheese. 11. Silken tofu & soft tofu (Silken tofu is made from concentrated soymilk). 12. Lactone silken tofu. 13. Grilled tofu. 14. Wine-fermented tofu. 15. Dried-frozen tofu. 16. Yuba.

Appendix A: People and institutions connected with tofu & soymilk production. B: Sketches of tofu and yuba shops in Japan. C: So you want to study tofu in Japan? D: Table of equivalents.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term "silken tofu" to refer to Japanese *kinugoshi* tofu.

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term "wine-fermented tofu." Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549; 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan.

3544. Takai Tofu & Soymilk Equipment Company. 1977. Takai catalog of small and medium-sized equipment. 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 3 panels each side. Each panel: 28 x 21.5 cm.
• ***Summary:*** This is Takai's first English-language catalog, conceived of and developed for Takai by William Shurtleff. Many early tofu makers in the USA and Europe ordered their equipment via this catalog.

The banner heading across the top of the first page is white letters on a green background. The body of the catalog is black letters on white glossy paper. Photos (printed in black on a light green screen) show the company's many pieces of equipment and systems for manufacturing tofu and soymilk. The logo, in the upper right corner, shows a lever on top of a bean moving the world. The catalog is divided into 2 sections: Basic Equipment and Whole Systems.

The text on page 1 reads: "Takai, Japan's largest and best known manufacturer of equipment for making tofu (bean curd) and soymilk, was founded in 1917 and now has about 60 percent of the total Japanese market production. Unlike other companies, we produce a full line of equipment ranging from inexpensive tools suited for traditional small-scale production to Japan's largest and most modern machinery capable of producing over 200,000 cakes of tofu daily. In this latter area, we have about 90% of the total Japanese market. Our equipment is designed for the preparation of all the seven basic types of Japanese tofu as well as soymilk on the scale of your choice to meet your budget.

"Over the past several decades we have had a great deal of experience exporting our equipment to Japanese and Chinese run shops and factories in America, Europe, and Southeast Asia. Now with the growing interest in soy products in the West, we have worked closely together with William Shurtleff, author of *The Book of Tofu*, to develop our first English-language catalog. Export routes are well established that make it possible for you to order directly from us, the manufacturer, to get your equipment at the lowest possible prices and with minimum delay. To give you the widest possible choice of Japan's best equipment, we are also including in our catalog a number of items widely used in Japan, produced by other well-known makers."

Letter (fax) from Wataru Takai. 1996. Aug. 2. Takai's records show that their first catalog, which is green, was

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TAKAI

Tofu & Soymilk Equipment Co.
Catalog of Small and Medium-sized Equipment

Takai, Japan's largest and best known manufacturer of equipment for making tofu (bean curd) and soymilk, was founded in 1917 and now has about 60 percent of the total Japanese market production. Unlike other companies, we produce a full line of equipment ranging from inexpensive tools suited for traditional small-scale production to Japan's largest and most modern machinery capable of producing over 200,000 cakes of tofu daily. In this latter area, we have about 90 percent of the total Japanese market. Our equipment is designed for the preparation of all the seven basic types of Japanese tofu as well as soymilk on the scale of your choice to meet your budget.

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Ordering: In order to be able to ship large orders in containers (which greatly reduces ocean freight charges) we will dispatch orders only once every two months, on the first day of February, April, June, August, October, and December. Please try to have your order in at least two weeks before the deadline. After carefully studying this catalog together with **The Book of Tofu** (Volumes I and II), decide exactly what equipment you will need. If after careful study, you still have important questions and feel you must write us, please use a typewriter to facilitate clear communication. Use the enclosed order form to submit your order, then go to your local bank and open a letter of credit to cover the payment (see attached sheet). All prices are the landed price in Oakland, California. They will be sent to you from there by truck freight collect (i.e. you pay the trucking cost when your order arrives). Prices in other countries may be slightly different from those in America; please write for information.

Delivery: Delivery will ordinarily take 6 to 8 weeks from the time the order is placed until it arrives in Oakland, and another 1 to 3 weeks for cross-country shipping. Special air freight rates are also available.

Voltage and Current: Please pay careful attention to the place on the order form where we ask for the shop's voltage and current. In America, these vary widely from city to city. Most Japanese motors are designed to operate in the range of 220 volts and either 50 to 60 cycles per second. If your voltage is above or below this range, you will probably have to purchase a step-up or step-down transformer and run your current through it into the Japanese motor.

Spare Parts and Warranty: Machines that have parts requiring periodic replacement or which are fragile come with spare parts included in the purchase price. Takai guarantees that your equipment is in operating order on arrival at your location. Spare or broken parts may be ordered from us at standard prices. Each customer is responsible for ordinary maintenance and repair, just as for an automobile.

All equipment is distributed without the use of an exclusive agent.

We look foreward to serving you in the future.

Takai
307 Inari, Nonoichi-machi
Ishikawa-ken 921, Japan
Tel: (0762) 48-1355

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Whole Systems

SUB-SYSTEM A1: Makes about 230 pounds of tofu or 335 to 460 pounds of soymilk per hour.

S1 SS-TAK-A1: Includes (from right to left); 1 grinder TAK-20L; 1 puree transfer barrel TAK-TP; 1 pressure cooker TAK-X; 1 hand-turned screw press TAK-A4HD; 3 curding barrels and support platforms with casters TAK-O and TAK-OD; 2 pressing sacks ADA-#5; 2 simple lever presses TAK-2B; 1 dipper RAP-5A; 1 straining bag ADA-CHU; 1 mixing plate TAK-ONE.

SUB-SYSTEM X

SS-TAK-X: Includes (from right to left); 3 jack presses TAK-S180; 1 settling box table TAK-KD; 7 settling boxes TAK-KS; 10 settling box cloths (designed to fit boxes); 2 sinks TAK-SC; 1 heat sealer KYO-K300.

SYSTEM A1: Makes about 230 pounds of tofu or 335 to 460 pounds of soymilk per hour.

W1 WS-TAK-A1: Includes all items in SUB-SYSTEM A1 and SUB-SYSTEM X.

S1

W1

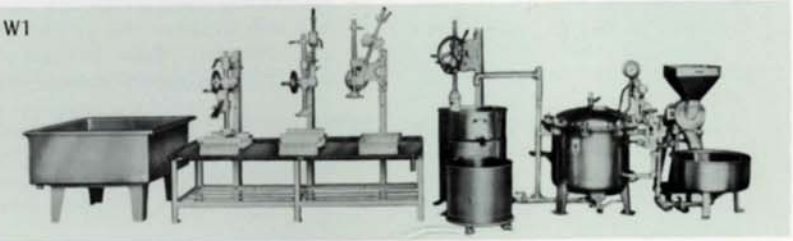

SUB-SYSTEM A2: Makes about 230 pounds of tofu or 335 to 460 pounds of soymilk per hour.

S2 SS-TAK-A2: Includes (from right to left); 1 grinder TAK-20L; 1 puree transfer barrel TAK-TP; 1 pressure cooker TAK-X; 1 hydraulic press TAK-AY; 2 pressing sacks ADA-#5; 2 simple lever presses TAK-2B; 3 curding barrels and support platforms with casters TAK-O and TAK-OD; 1 dipper RAP-5A; 2 straining bags ADA-CHU; 1 mixing plate TAK-ONE.

SYSTEM A2: Makes about 230 pounds of tofu or 335 to 460 pounds of soymilk per hour.

W2 WS-TAK-A2: Includes all items in SUB-SYSTEM A2 plus all items in SUB-SYSTEM X.

S2

W2

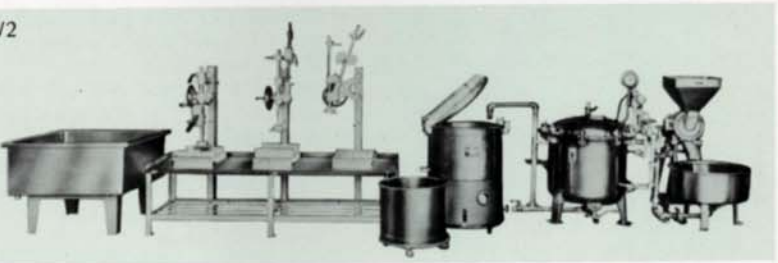

SUB-SYSTEM A3: Makes about 230 pounds of tofu or 335 to 460 pounds of soymilk per hour.

S3 SS-TAK-A3: Includes (from right to left); 1 grinder TAK-20L; 1 puree transfer barrel TAK-TP; 1 pressure cooker TAK-X; 1 continuous roller extractor TAK-FME; 3 curding barrels and support platforms with casters TAK-O and TAK-OD; 1 dipper RAP-5A; 2 straining bags ADA-CHU; 1 mixing plate TAK-ONE.

SYSTEM A3: Makes about 230 pounds of tofu or 335 to 460 pounds of soymilk per hour.

W3 WS-TAK-A3: Includes all items in SUB-SYSTEM A3 plus all items in SUB-SYSTEM X.

S3

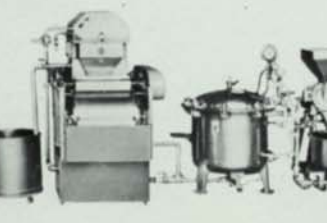

W3

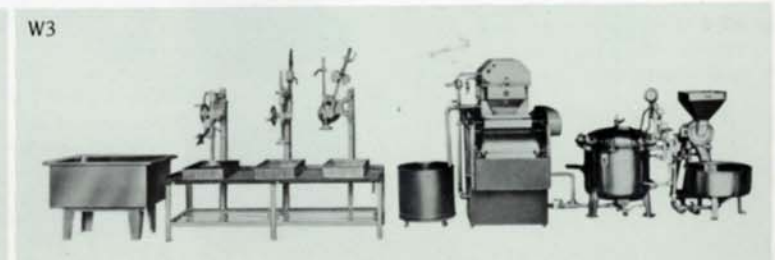

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printed by Dai Nippon Printing Co. in August 1977. Address: Ishikawa-ken, Japan. Phone: (0762) 48-1355.

3545. Hanna, Barbara. 1977. Tofu. Centuries-old Oriental food re-discovered. *Daily Journal-American.* Sept. 2. p. B8. [1 ref]
• ***Summary:*** About Island Spring. Includes recipe for "Tofu Toss" from Many Hands Cooking, UNICEF's international cookbook for children.

3546. Rasmussen, Carol. 1977. Vegetarians straight off the farm: Soy is source of successful diet. *Chicago Tribune.* Sept. 8. p. E3, or p. W_A3, or p. N_83.
• ***Summary:*** This article is about The Farm, from Summertown, Tennessee, and their creative but strict vegetarian diet–that uses no meat, eggs, or dairy products." Margaret Nofziger explains that Farm members are not food faddists; they eat cocoa, sugar, and white flour.

Most of their nutrients comes from soybeans. They grow 250 acres of soybeans a year and turn a significant portion of these into an incredible array of foods such as soy flour and soy milk. The soy milk is made into soy yogurt, mayonnaise, a cheese, tofu, soy ice cream, and tempeh (which is a fermented soy product from Indonesia). The pulp that remains after making soy milk is used to make a meatless sausage; it also add to cakes, cookies, and other baked goods. Also on The Farm, soybeans are roasted to make nuts, and ground to make coffee. They have published recipe booklet titled "Yay soybeans."

The Farm has a great deal of experience in cooking whole soybeans. The best way is to use a pressure cooker for 1 hour at 15 pounds pressure. Or you can cook them for at least 10 hours at atmospheric pressure.

A typical breakfast at The Farm might consist of toast, fried tofu, tea and sugar. Or perhaps fried potatoes and cheese [made from nutritional yeast] and hot soy milk and tea.

A cartoon has this caption: "Soybeans are the base for cheese, ice cream, sausage, and burgers." Address: Food Guide editor.

3547. Timmins, Tom. 1977. Re: Proposal to move Laughing Grasshopper Tofu Shop into the Bridge Street Garage in Millers Falls, Massachusetts. Letter to residents in the area of the Garage, Sept. 8. 3 p. Typed, with signature on letterhead.
• ***Summary:*** This letter begins: "Dear Neighbors: We of Laughing Grasshopper Tofu Shop would like to move our business into your neighborhood. We process soybeans to make a high-protein cheese-like food which we deliver to about 100 stores, restaurants, colleges, and co-ops throughout New England. We want to lease the Bridge St. Garage for our production site, and we hope to be a beneficial addition to the neighborhood.

"All of us who work at the tofu shop do so because we feel that soy protein is one of the main answers to the growing world food problem. We are not associated with any religious group...

"Our names and situations are: Michael Cohen, married, with one child, of Montague. Jon Lee, single, of Belchertown. David Kilroy, married, of Shelbourne. Kathleen Whelan, single, of Colrain. Ira Leviton, single, of Colrain. Elyse Moore, single, of Gill. Tom Timmins, married, 3 children, of Millers Falls. Arthur Braverman, married, of South Deerfield.

"We hope to get to know you and become good neighbors to you."

The letter then describes the benefits of tofu, explains why the company wants to move from its present location at 3 Main St. in Millers Falls (it has proven inadequate because of its size, its wooden floors, and its lack of sufficient floor drains leading to odors in the basement caused by the fermented whey), describes the tofu process, and explains why neighbors at the new location will not experience unpleasant problems from odors, noise, delivery trucks, rodents, or employee parking. The company plans to invest $30,000 to $50,000 in the Bridge St. Business and to buy all stainless steel equipment. Address: LGTS, 3 Main St., Millers Falls, Massachusetts 01349. Phone: 413-659-3883.

3548. Davis, Susan. 1977. Tofu, a Far East staple from Vashon Island. *Seattle Times.* Sept. 11. p. 26-30. Sunday. Nine photos.
• ***Summary:*** Photos show: (1) Peggy and Nancy Lukoskie, sisters of Island Spring's owner, Luke Lukoskie, preparing dishes with tofu at a recent natural-food fair on Capitol Hill. (2) Nine steps in the tofu-making process: (a) Ben O'Loughlin washes the soybeans in water and readies them for soaking in water. (b) Soybeans are ground to a pulp called "go" which a man ladles into a huge caldron of boiling water. (c) The soybean pulp is brought to a boil three times to break down the enzyme trypsin [sic, trypsin inhibitors]. Then O'Loughlin uses a coarse cloth sack to press out the soymilk. (d) Nigari is stirred into a batch of soymilk. (e) Susan Jaffe stirs the nigari as the curds begin to form. (f) Crystal Collins ladles the whey out of the caldron into a white plastic bucket. (g) She then ladles the fresh curds into cloth-lined settling boxes, where they are pressed and formed. (h) She slices a large block of tofu under water. It will then be packaged in sealed and dated containers, which are shipped throughout the Puget Sound area. Address: Washington.

3549. *New York Times.* 1977. Jewish vegetarian restaurants. Sept. 14. Part 3. p. 4, col. 2.
• ***Summary:*** Article on two New York City Jewish vegetarian restaurants, The Caldron and Jerusalem Gardens (at 244 West 79th Street, between Broadway and Amsterdam Avenues). Both operate under rabbinical supervision and observe the Sabbath.

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The Caldron is a Jewish macrobiotic restaurant and store at 306 East Sixth Street (between First and Second Avenues), run by Martin and Gloria Schloss. Telephone: 473-9543. The Caldron "looks like a typical Soho health food place, except that on its rough wood-paneled walls there are portraits of rabbis and alongside the expected blue-jeaned clientele, seated on the rustic wooden benches at the low wooden tables, eating wholewheat noodles, seaweed, and beancurd pie [tofu cheesecake], while sipping their herbal teas, are Hasidic men, replete with their long curled ear locks, the traditional black hats and long black coats."

"Caldron's Well, the restaurant's store, is next door at 308 East Sixth Street. It sells whole grains and flours, nut butters and other health foods as well as the desserts and breads served at the restaurant." Telephone: 533-2070.

3550. Needleman, Larry. 1977. Re: Questions and new developments concerning Bean Machines Inc. Letter to Wataru Takai, Takai Tofu & Soymilk Equipment Co., 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan, Sept. 20. 4 p. Typed, with signature.

• ***Summary:*** The letter begins: "Thank you for the handsome catalogues. I hope that this is the beginning of a long and prosperous relationship. This is a long letter with many questions to make the transition from Bill Shurtleff to Bean Machines Inc. I hope our future correspondence will be less complicated.

"Like Bill, I would like to earn a modest income while providing equipment to my customers at the lowest possible price. I am therefore concerned with keeping my costs as low as possible. From a commercial standpoint this policy will make Takai and BMI the leaders in the field. Some of the CIF prices that Mitoku quoted Bill and which appeared in his catalogue were substantially lower than the CIF prices you have just sent." Address: Bean Machines Inc., California.

3551. *Alternatives* (*Miami, Florida*). 1977. New Age activities. Miami & South Florida: East West Foundation. 1(9):56. Sept.

• ***Summary:*** "Food processing seminar with Bill Tims of Boston: Miso, tamari, tekka, pickles, tofu. Oct. 22-23."

"Center's new home: 3043 Grand Ave., Coconut Grove, FL 33133. New phone: 446-0120."

3552. **Product Name:** Tofu.
Manufacturer's Name: Crystal Hills Tofu Shop. Renamed North Country Soyfoods by summer 1980.
Manufacturer's Address: Box 572 Jefferson St., Bethlehem, NH 03574. Phone: 603-869-2677.
Date of Introduction: 1977. September.
How Stored: Refrigerated.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: Jay and Pat Gibbons.

Blue and white poster. 1977? Undated. "Crystal Hills tofu. 11 x 17 inches, with circular illustration of sunrise over a white peak.

Whole Foods. 1979. Jan. p. 40-41. "Soysage from Crystal Hills." The company started tofu production in September 1977. Not clear when Soysage production started, but they now make 1,500 lb of tofu and several hundred pounds of soysage each week.

Richard Leviton. 1980. Summer. Soyfoods. p. 34-37. "Traditional Tofu in New Hampshire." Crystal Hills Tofu Shop was opened in Sept. 1977 in Bethlehem, New Hampshire, by Pat & Jay Gibbons after a year of preparation. The company is now named North Country Soyfoods.
Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jay & Pat Gibbons.

3553. **Product Name:** New Leaf Tofu Dressing [Creamy Garlic, or Thousand Island].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1977. September.
Ingredients: Organic tofu (water, organic soybeans, nigari-magnesium chloride), unrefined safflower oil, apple cider vinegar, fresh garlic, sea salt, and natural spices.
Wt/Vol., Packaging, Price: 16 fluid oz (1 pint) jar.
How Stored: Refrigerated.
Nutrition: Per 34 gm.: Calories 30, protein 2.4 gm, carbohydrate 2.3 gm, fat 1.1 gm.
New Product–Documentation: Label. 1977. 4 by 2.25 inches. Green on white. "New Leaf All Vegetable Tofu Dressing. No preservatives. A delicious spread for sandwiches, as a dip with raw vegetables, or as a dressing on your favorite salad. Our tofu dressing is made with the finest natural ingredients." Leaflet. 8½ by 11 inches, color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. From New Leaf: Creamy Tofu Dressings. Low calorie, non dairy, egg free. Thousand Island, or Creamy Garlic.

Label. 1979? New Leaf Tofu Salad Dressing With Garlic. 9 by 3 inches. Self adhesive. Light green, black, and white. 12 oz. "All natural. No eggs." No eggs symbol, circle with line drawn through cracked egg. Ingredients: Organic tofu (water, organic soybeans, nigari-magnesium chloride), unrefined safflower oil, apple cider vinegar, fresh garlic, sea salt, and natural spices. "Creamy Tofu Dressing is an ideal diet production–less than 1/5 the calories of oil based dressings and 50% more protein. It is egg free and cholesterol free. The creamy flavor makes it ideal for dips, on sandwiches in place of mayonnaise, or on your favorite

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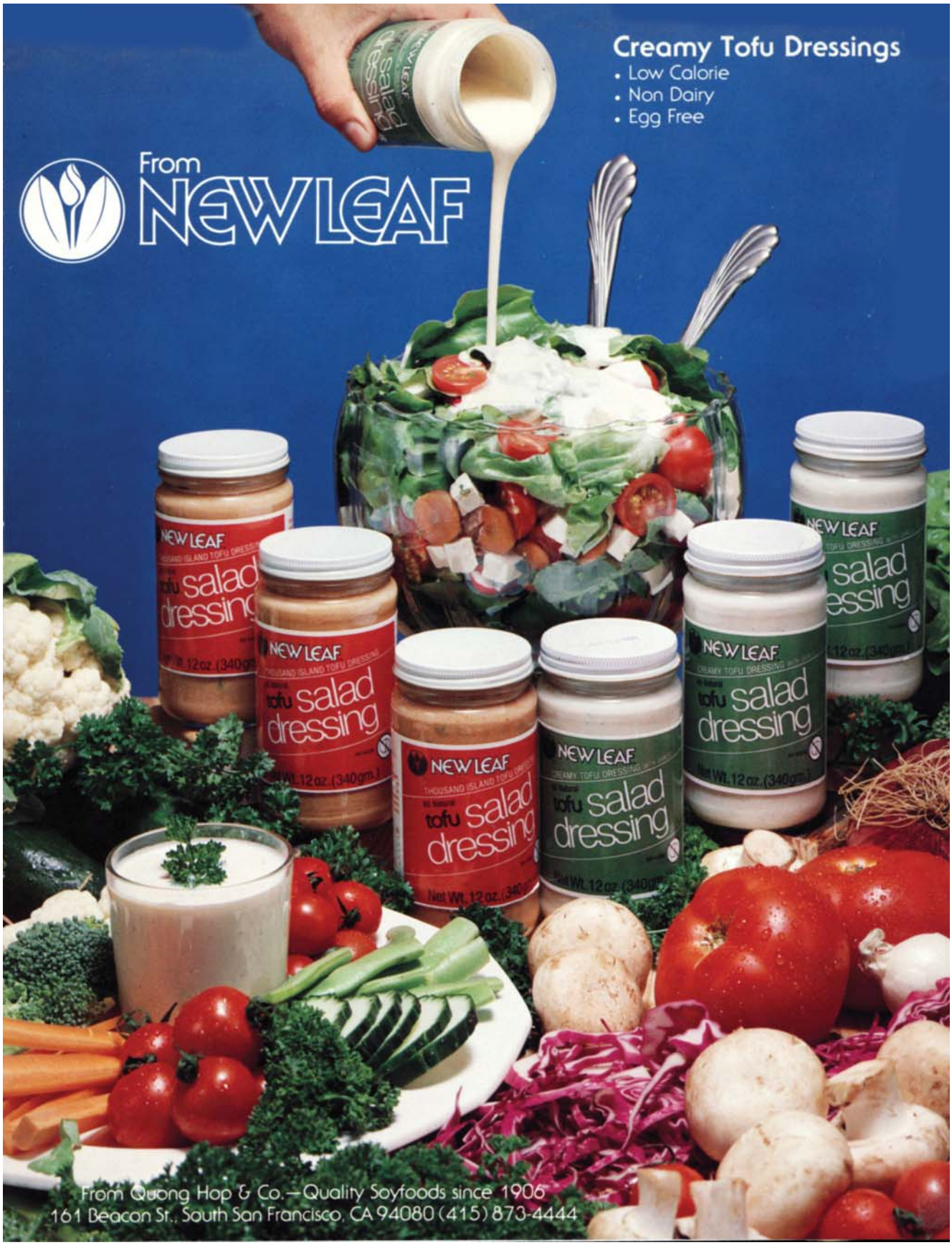

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salad. Nor preservatives or additives."

Talk with Ben Lee. 1988. Sept. 30. Introduced in Aug. or Sept. 1977. It was on the market when he returned.

3554. Sakakibara, Masaki; Noguchi, Hajime. 1977. Interaction of 11S fraction of soybean protein with calcium ion. *Agricultural and Biological Chemistry* 41(9):1575-80. Sept. [29 ref]

• ***Summary:*** Calcium salts have long "been used to precipitate soybean proteins in order to make a soybean cake ('Tofu' in Japanese)."

When calcium chloride was added to an 11S protein solution, the volume increased to a constant saturated value with increasing calcium chloride concentration. Then the volume decreased with concentrations above 0.04 M calcium chloride. "By CD measurements it was shown that the addition of 0.05 M calcium chloride did not cause any change in the secondary structure of the protein molecules." Address: Dep. of Food Science and Technol., Faculty of Agriculture, Nagoya Univ., Nagoya, Japan.

3555. **Product Name:** [Manna Tofu (Organic, Nigari, Packaged in Bulk)].
Foreign Name: Manna Tofu.
Manufacturer's Name: Stichting Natuurvoeding Amsterdam. Renamed Manna Natuurvoeding B.V. in 1982.
Manufacturer's Address: Meeuwenlaan 70, 1021JK, Amsterdam, The Netherlands. Phone: 020-323-977.
Date of Introduction: 1977. September.
Wt/Vol., Packaging, Price: Packaged in bulk.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). "Manna, Meeuwenlaan 70, Amsterdam Noord. Phone: 020-323977. Owner: Robert Hendriks.

Shurtleff & Aoyagi. 1981. Soyfoods Industry: Directory & Databook. Address is now at Meeuwenlaan 70, 1021 JK, Amsterdam. Phone: 020-323-9777. Contact Robert Hendriks. 1982. Contact either Hendriks or Sjon Welters.

Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 24-25. Manna started to make tofu in 1978 in a small village north of Amsterdam behind the Manna store. Label. 1983. Manna Tofu. 3 by 4.5 inches. White and dark blue on light blue.

Sjon Welters. 1989. Soya Newsletter. May/June. p. 14. "Soyfoods in Europe." The first tofu shop in Europe owned and operated by non-Orientals was Manna Natuurvoeding. Opened in Amsterdam in 1977, Manna was a macrobiotic manufacturer, distributor, and retailer run by a non-profit foundation. Talk with Sjon Welters. 1989. July 15. This company was founded in about 1973 by Adelbert Nelissen and his wife Wieke Nelissen. In 1987 it was purchased by Akwarius. Adelbert remained active and involved in Manna until its sale to Akwarius. Letter from Sjon Welters. 1989.

Aug. 10. Manna Tofu (organic, nigari) was introduced in Sept. 1977. The source of his information is a long interview with Bernard Faber, who was Manna's first tofu maker. Bernard was sure it was 1977, at the end of August or early September. He has been in the business ever since. This date also fits with Sjon's memory. He started his own natural foods store in September 1977 and he sold tofu made by Manna.

3556. **Product Name:** Tofu [Black Walnut Mushroom, or Lemon Herb].
Manufacturer's Name: White Wave.
Manufacturer's Address: 1738 Pearl St., Boulder, CO 80302.
Date of Introduction: 1977. September.
New Product–Documentation: Product Price List. 1979, winter. Bulk or packaged. 14 oz. Interview with Steve Demos. 1987. Kreck. 1979. Denver Post. Oct. 17. "Tofu is remarkable." Interview with Steve Demos. 1979. Sept. Note: This is the world's earliest known tofu product that contains herbs. By the mid-1980s many tofu products began to use herbs in both the product and the product name.

3557. **Product Name:** Tofu–Organic [Bulk, or Packaged].
Manufacturer's Name: White Wave.
Manufacturer's Address: 1738 Pearl St., Boulder, CO 80302. Phone: 303-443-3470.
Date of Introduction: 1977. September.

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Ingredients: "Organic soybeans, filtered water, nigari, no more, no less! please refrigerate" (Sept. 1977).
Wt/Vol., Packaging, Price: 14 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

New Product–Documentation: On 10-11 August 1978, William Shurtleff visited Steve Demos at White Wave, 1738 Pearl St. in Boulder, Colorado. The company, which started making tofu in Sept. 1977, was very small and compact, with a deli in front of the tofu manufacturing space. The tofu is made from organic soybeans, filtered water, and nigari. It is sold in 14-oz blocks in Chinese folded-paper food take-out cartons, each with a wire handle. The oval blue and white label, with a wave breaking from left to right, is pasted on each carton. To the right of the wave is written in bold hand lettering: "White Wave tofu." Across the top of the oval: "Boulder–Net wt. 14 oz.–Colorado." Across the bottom: "Organic soybeans, filtered water, nigari, no more, no less! Please refrigerate." As of Feb. 1999, White Wave still has originals of the three earliest versions of this horizontally oval label; Soyfoods Center has color photocopies. Steve Demos wrote to Shurtleff in Feb. 1999 that the first label was used in "late 1977 and into 1978 to sell tofu to the retail healthfood market. The second label came in early 1978 and this time we had it gummed instead of glueing each one on." This time the ingredients were listed across the top: "soybean cake contains: Organically raised soybeans, filtered water, and nigari (salt bitterns)." Steve thinks the third label [which contains traces of green for added color] was first used in 1980 [sic, probably late 1978]. The ingredients, still listed across the top, now read: "soybean cake contains: certified organically raised soybeans, filtered water, and nigari (salt bitterns). no more, no less! please refrigerate. The "no more, no less!" was White Wave's signature at the time. The the size and shape of the three labels is identical. It is clear from the earliest label that White Wave was using organic soybeans from day one: Sept. 27, 1977. Demos was buying these soybeans from Green Mountain Grainery, a small distributor of organic and natural foods, which also had a retail outlet in Boulder. But within a very short time, White Wave started buying soybeans directly from the farmer (see 1998 Aug. 10 interview with Demos).

Form filled out by Steve Demos in Ann Arbor, Michigan, at national soycrafters conference. 1978. July 29. White Wave makes medium-firm tofu in bulk and packaged. The wholesale prices are $0.65/lb and $0.75/lb respectively.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. White Wave Soyfoods, 3869 Walnut, Boulder, Colorado 80302. Phone: 303-443-2370. Owner: Steve Demos.

Label. 1979, undated. 3 x 4 inch oval. Self adhesive. Color illustration of a breaking wave. Black, blue, and green on white. Product Price List. 1979, winter. Bulk or packaged. 14 oz. Kreck. 1979. Denver Post. Oct. 17. "Tofu is remarkable." Interview with Steve Demos. 1979. Sept. Address is now (1981): 1990 N 57th Ct., Boulder, CO 80301.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 78. "White Wave makes plain tofu in the soft, firm, and extra firm styles. They also make tofu mayonnaise, tofu miso salad dressing, and other soy products such as soysage (soy sausage), tempeh, and a frozen

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soymilk product, Polar Bean, which comes in five flavors (similar to ice cream). The company makes approximately 7,500 lb/week of tofu. However if one includes all their tofu products, the weekly production capacity increases to between 10,000 and 11,000 pounds."

Shurtleff. 1987. History of White Wave. Steve Demos reported that when he started White Wave, "Our direct competitor was the Spinning Kitchen, which had started 9 months earlier, in about Jan. 1977. They had the Boulder market locked up when White Wave started."

Talk with Steve Demos. 1989. Nov. 1. Spinning Kitchen was in the same building as Corn Mother Restaurant in Boulder at the same address. They made tofu on the upper floor; Corn Mother did not make tofu.

Update: 1997 Oct. 16. This company is now named White Wave, Inc., 6123 East Arapahoe, Boulder, Colorado 80303. Phone: 303-443-3470. Contact: Steve Demos, president. They still make tofu and tofu products. This is the fourth oldest existing Caucasian tofu manufacturer in the United States; it is also the largest of these four.

Talk with Steve Demos. 1998. Aug. 10. The oval label owned by Soyfoods Center is the second label for this product. It is identical to the first label except that it contains more colors (black, blue, and green or white). It was printed shortly after White Wave moved into Walnut Street.

Note: This is the earliest record seen (Feb. 2013) concerning White Wave (Boulder, Colorado).

3558. Vogt, Pat. 1977. Cook with soybeans? Why not? *Michigan Farmer* (*Duluth, Minnesota*). Oct. 1. p. 32.
• ***Summary:*** Len and Irene Stuttman of Lansing, Michigan, run a company named INARI, Ltd., which offers two products: roasted soy nuts and raw edible soybeans for home cooking. Soy nuts are available plain, salted, or flavored (jalapeno). The Stuttmans feel that "soybeans are a healthy food, not a health food." Len Stuttman, a native of Chicago (Illinois), is a former lecturer, film maker, film producer, and agricultural advisor. He says that after testing 77 soybean varieties, he has found only a few that really tastes good.

The Stuttmans' interest in soybeans extends back to their college days at Michigan State University. After their marriage, Len became an agricultural information advisor to the Indian Council of Agricultural Research. They also traveled to other countries, studying nutritional feeding programs. While living in India and traveling abroad, they discovered that relief foods sent by the USA and United Nations were often incompatible with the local culture and eating habits. Since nuts are prized by most cultures, the Stuttmans decided to try using soy nuts, which are very nutritious and rather inexpensive.

Len Stuttman, who has been involved in several businesses, including a TV show in Chicago, has kept his interest in community development and nutrition. In 1975 he accepted a job at American Soybean Association headquarters in Hudson, Iowa, but resigned in early 1976 and returned to Lansing where he began work on starting INARI Ltd., a family operation to make soy nuts. That company is now in business.

"Tofu, a bean curd, and Miso, a bean paste, are available in some Lansing area stores." Recipes are given for: Soybean meatloaf (with a lb lean beef + 1.3 cups cooked soybeans). New fashioned soybean pie. Soybean sandwiches.

3559. Chen, Steve. 1977. Re: Tofu and fermented tofu in Taiwan. Letter to William Shurtleff at New-Age Foods Study Center, Oct. 14. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The following are personal estimates, with guarantee of their accuracy. The Taipei and Taiwan Tofu Associations have about 1,300 members but there are about 2,500 tofu shops in Taiwan.

About 100,000 tonnes (metric tons) of soybeans are used each year to make tofu and its related products. Roughly 1,000 tons of this amount are use to make fermented tofu (*doufu-ru*).

The population of Taiwan is about 14.8 million. Daily per capita consumption of fermented tofu is very small, about 0.5 gm. One kg of soybeans will yield about 2.5 kg of fermented tofu. About 200 to 300 shops in Taiwan make fermented tofu. They are essentially small, family-type operations with 2-3 workers per shop. Address: Country Director, American Soybean Assoc., P.O. Box 3512, Taipei, Taiwan. Phone: 7815880.

3560. Raborg, Frederick A., Jr. 1977. These cookbooks suited to taste. *Bakersfield Californian.* Oct. 14. p. 33. [1 ref]
• ***Summary:*** "If your tastebuds run to the exotic and unusual, check out two book by William Shurtleff and Akiko, published by Autumn Press: *The Book of Tofu: Food of Mankind* (336 pages, $7.95, drawings) and *The Book of Miso* (258 pages, $6.95, drawings).

Shurtleff, a disciple of Shunryu Suzuki Roshi, backpacked into the remotest parts of Japan to learn the arts of tofu- and miso-making from grandmothers in the back country.

"Tofu is soybean curd; miso is fermented soybean paste. Both are available in those supermarkets catering to Orientals..."

3561. *Los Angeles Times.* 1977. Japan: Top market for U.S. soybeans. Oct. 27. p. H25.
• ***Summary:*** Japan now imports 55,000 tons of soybeans a year from the United States, which makes Japan the leading customer for U.S. soybeans in the world, according to USDA figures.

The Japanese use soybeans in a variety of traditional foods including "tofu (soybean curd of which 10 million bricks are sold daily in Japan), miso (fermented soybean paste, the basis for the soup served in most Japanese

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restaurants [and homes]), aburage (deep-fried tofu) or natto (fermented cooked soybeans), kinako (roasted soybean powder) and shoyu (soy sauce). The use of soy in bread, biscuits and noodles consumes 15,220 tons of soybeans each year."

Exports of soybeans and soy products (such as soybean oil and meal) have played an important positive role in the U.S. balance of trade and the U.S. farm economy.

3562. Fabricant, Florence. 1977. Dining out: On the spice trail. *New York Times.* Oct. 30. p. 375.
• ***Summary:*** This is a review of the mostly Cantonese Chinese restaurant China on the Bay (118 Maple Ave., Bay Shore). "The pork dish, with cabbage, sliced pork, sliced bean curd [tofu], red peppers, bamboo shoots, and some black beans in a potent, oily sauce, was truly inspired."

The excellent fong fong lobster was well garnished, and "sauced with richly flavored black beans" [fermented black soybeans].

3563. Curtis & Tompkins, Ltd. 1977. Analysis of nigari. San Francisco, California. 1 p.
• ***Summary:*** This is a report of an analysis of the lead content of nigari submitted by Westbrae Natural Foods. The sample was received on 28 Sept. 1977 and the analysis was reported on 21 Oct. 1977. Laboratory No. 77k306. Preliminary No. 0138.

Lead: 1.75 parts per million.

Note: See also the analysis of natural nigari conducted in May 1978 by Japan Food Research Laboratories in Tokyo. They found a lead content of 1.50 ppm. Address: 290 Division St., San Francisco, California 94103. Phone: (415) 861-1863.

3564. *Farm Journal.* 1977. Tofu could lead to new market for your soybeans. 101:D1. Oct. *

3565. Jonathan. 1977. Re: Products now being sold by Jonathan. Letter to distributors. 1 p. Typed, without signature on letterhead. [Dut]
• ***Summary:*** At the top of this company's letterhead is written "Jonathan." Below that is an illustration (line drawing) of two seagulls flying, and to the right is a large round yin-yang (*t'ai chi*) symbol. Below that, as part of the letterhead is written: Produktie van macrobiotische natuur en vegetarische specialiteten [Macrobiotic products and vegetarian specialties]. Jos–Filoe Van de Ponseele–Holleweg 89–2070 Ekeren–Tel. 031.64.41.73–BTW 631.150.888.

The typed, unsigned letter reads: "Dear gentlemen and ladies: Perhaps you have an interest in natural foods. On 28/29/30 October 1977 there will be an international natural food show (*Natuurbeurs*) in Ghent. Jonathan will be presenting the following natural foods: Seitan (a vegetarian steak), Goulash (made with seitan), Tofu (*Sojakaas*), Mochi (made of sweet rice), sea vegetables, vegetable pickles, and peanut butter."

Note: This is the earliest Dutch-language document seen (April 2013) that uses the term *Sojakaas* to refer to soymilk. Address: Holleweg 89, 2070 Ekeren (near Antwerp), Belgium. Phone: 031-64.41.73.

3566. Katzen, Mollie. 1977. The Moosewood cookbook: Recipes from Moosewood Restaurant, Ithaca, New York. Berkeley, California: Ten Speed Press. 222 p. Illust. Index. 28 cm.
• ***Summary:*** One of the best and most popular American vegetarian cookbooks of the 1970s and 1980s, this hand-lettered work contains 7 tofu recipes, and 1 each using miso and whole dry soybeans, as follows: Shopping list (p. xiii) describes tamari and tofu ("Tofu is soybean curd. It resembles very soft cheese and has a mild flavor. It is an excellent protein food and very charming. Buy it by the pound or individual cake at oriental food shops. Also, some supermarkets are beginning to carry tofu now. It's usually in pound packages in the produce department."). Miso soup (p. 9; with chunks of tofu). Perfect protein salad (p. 49; uses whole dry soybeans and wheat). Tofu salad (p. 52). Gado-gado (p. 104; an Indonesian dish with a spicy peanut sauce and tofu chunks, either raw or sauteed in oil with sesame seeds). Ode to Chang Kung (p. 126; with tofu). Szechwan eggplant & tofu (p. 135; an entree). Sauté, Chinese style (p. 149; with tamari-ginger sauce and tofu [though tofu was accidentally omitted from the list of ingredients]).

Note: Molly writes in 1990: "I first learned about tofu in 1970 from a Chinese restaurant in San Francisco. They called it 'bean cake' soup. I was intrigued–and not disappointed. The current edition of this book has a revised index, correcting the error relating to page 221." Address: Moosewood Restaurant, Dewitt Building, Ithaca, New York.

3567. Machida, Yoshiro. 1977. Tôfu, aburage no kagaku [The science of tofu and deep-fried tofu pouches]. Tokyo: Shokuhin Gijutsu Kenkyusho. Oct. 14. 6 p. [Jap]
Address: Fuchu-shi, Tokyo.

3568. Shurtleff, William; Aoyagi, Akiko. 1977. The book of kudzu. Brookline, Massachusetts: Autumn Press, and Lafayette, California: Soyfoods Center. 102 p. Illust. by Akiko Aoyagi Shurtleff. Index. 28 cm. Reprinted in 1985 by Avery Publishing Group, Inc. (Wayne, New Jersey). [79 ref]
• ***Summary:*** Contents: Acknowledgments. Kudzu (poem) by James Dickey. 1. The ancient genie. 2. Cooking with kudzu (70 recipes): Basic recipes, sauces, soups, jelled salads, deep-fried preparations, grains with kudzu powder, primary food made from kudzu powder, special tofu with kudzu, jelled desserts, Japanese-style jelled confections, thickened beverages, kudzu noodles, kudzu leaves, shoots, flowers, and roots. 3. Healing with kudzu. 4. Making kudzu powder.

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5. Weaving with kudzu. 6. Kudzu and the ecosystem. Appendices: A. Real kudzu powder and its imitations. B. Institutions and people connected with kudzu. Bibliography. Glossary.

Kinako (roasted soy flour) is mentioned several times in this book: "Kudzu Mochi... is a bite-sized mound of jelled kudzu sprinkled with a layer of *kinako* (roasted soy flour) and a little natural sweetening" (p. 11).

A recipe for Kinako tofu calls for "10½ tablespoons kinako" (p. 38).

A recipe for Kudzu mochi states: "This is probably the most popular way of using kudzu powder in Japanese confectionery." The recipe calls for "6 tablespoons kinako (roasted soy flour)" (p. 43).

Three recipes on p. 45 call for the use of kinako: Lima Ohsawa's kudzu mochi. Milk kudzu mochi, and Ouda no goko. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

3569. Tofu Shop (The). (Renamed Far Pavilions in late 1979). 1977. October. New soyfoods restaurant or deli. 116 N. Oak Street (Box 69), Telluride, CO 81435.
• ***Summary:*** Menu and promotional brochure for The Tofu Shop. 1978, Sept. 6 panels. On the front panel is a stunning circular photo of Rocky Mountains rising out of a misty valley. Around it is written: "The Tofu Shop" (above). "Juice bar–Dining–Catering–Wholesale kitchens" (below). Below that on the front panel: "116 North Oak Street. Next to the opera house. Telluride, Colorado. Call ahead for take-out: 728-9940."

Entrees (Served with soup or salad–$0.65 extra): Stir-fried tofu, rice & vegetables. Burgers: Soy burger, Tofu burger, Okara burger. Stuffed pitas: Grilled tofu & vegetables, Guacamole and tofu. Burritos: Spicy tofu and rice filling with guacamole. Smoothies: Carob, honey, soymilk with banana. Carrot sunny shake. Other refreshments: Miso broth, soymilk, whey from making tofu. Salads: Full plate tofu & guacamole salad, Tofu and vegetable salad, Okara salad. Fresh tofu. Grilled tofu. On the back panel is a lively, writhing dragon plus: "Uncompahgre Natural Foods. Producers and suppliers of specialty foods for Colorado's western slope." Talk with Matthew Schmit, founder and owner of The Tofu Shop. 2002. Sept. 19. Matthew estimates that this undated menu was first printed in about Sept. 1978.

Menu for Far Pavilions. 1979, undated. 8 panels. Green on tan paper. "International vegetarian cuisine. Welcome hospitality. Located below the opera house. For details, see separate Menu entry for Far Pavilions.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started in Oct. 1977 by Matthew Schmit. Later run by Catherine Peterson.

Note: This is America's second "soy deli," offering a host of highly creative and delicious recipes. Address: Telluride, Colorado. Phone: 728-4441.

3570. Warren, George; Warren, Jackie. 1977. Terrific tofu. *Quest.* Sept/Oct. p. 96-98.
• ***Summary:*** An article in praise of tofu. "We're watching for the poet who will surely rise, one of these days, to celebrate tofu, the cheapest, healthiest, and unfortunately the least-known protein source in America." Includes a condensed description, from *The Book of Tofu*, of how to make tofu at home.

3571. Herb, C.; Williams, Bev. 1977. Tsumago a step back in time. *Los Angeles Times.* Nov. 13. p. M20.
• ***Summary:*** Tsumago is a historic town, a living museum, relatively untouched by time, in the Japan Alps, southwest of Tokyo. Few Americans visit, or even know it exists–although many Japanese visit. The food is authentic, and is not adjusted for tourists. "Breakfast can include a raw egg mixed with soy sauce at the table and then poured over steaming hot rice. Another breakfast treat is steaming hot soup with various vegetables, seaweed and soy bean curd." A photo shows one of the town's narrow lanes.

3572. DeVries, Hilary. 1977. Golden temple: serene shrine to good eating. *Christian Science Monitor.* Nov. 16. p. 29.
• ***Summary:*** The 50 young Americans who work here in Boston, Massachusetts, have adopted the religion of the Khlasa, the fierce soldier-saints of the Sikh religion. The ancient Khalsa tradition was brought to the United States in 1969 by the group's spiritual leader, Siri Singh Sahib Harbahajan Singh Khalsa Yogi. This restaurant, which opened in 1974, serves international vegetarian cuisine, in a beautiful environment. The workers, many of whom own shares in the company, live in three large communal houses in Dorchester, Massachusetts, south of Boston. Both the waiters and waitresses wear white turbans, close-fitting leggings called pa'ijmah, and long white coats called choghah.

Three recipes are given. Photos show: (1) "Sardini stirs Chinese tofu–zesty soy bean curd." (2) "Simran salad: tofu, red onion, mushroom, olives, alfalfa sprouts." (3) Qurban slicing cake.

3573. Betbeze, Merrie. 1977. Pesky kudzu has culinary merits. *Tuscaloosa News* (*Alabama*). Nov. 20. p. 2C, 14C.
• ***Summary:*** This is a review of *The Book of Kudzu*, by Shurtleff and Aoyagi. Most people in the Deep South see kudzu as "a green menace that strangles and destroys the crops and gardens they have worked so hard on.

"But surprisingly to some (maybe most) Americans, kudzu is a useful product that has been an important part of the Chinese culture for over two thousand years, accordingly to a recently published book on kudzu.

"Kudzu has been used for weaving, cooking, and healing

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in the Chinese and Japanese cultures, according to a book by William Shurtleff and Akiko Aoyagi.

"Today the kudzu root is being made into a powder and used by some Americans mainly for cooking, the author said." It is now being sold in natural food stores throughout the United States–although there is not much demand for it in Tuscaloosa.

Recipes are given for: Kudzu, shoyu and vegetable sauce. Fried eggplants with kudzu and sesame sauce. Mock cheesecake. Egg and onion miso soup. Corn soup with kudzu. Fragrant kudzu-thickened clear soup (with tofu). Fresh fruit jelled salad. Guacamole jelled salad. Deep-fried rice balls. And more.

A large photo shows kudzu vines that cover poles, trees, and shacks. Address: Staff writer.

3574. *Toyo Shinpo* (*Soyfoods News*). 1977. Shurutorefu-shi to tezukuri tôfu [Mr. Shurtleff and homemade tofu]. Nov. 21. [1 ref. Jap]
• ***Summary:*** Describes the work of Shurtleff, author of *The Book of Tofu*. Address: Tokyo, Japan.

3575. Brooks, Charles D. 1977. Tips for stocking a Chinese kitchen. *Christian Science Monitor.* Nov. 23. p. 32.
• ***Summary:*** This is a list of important ingredients with a description of each and recommendations: Soy sauce: Chinese soy works best for Chinese cooking. Avoid most brands made in the USA and Hong Kong. "Some of the best soy I've ever tasted comes from mainland China." He especially favors a brand that is flavored with either shrimp or mushroom essence."

Sesame oil: This nutty-tasting oriental oil, pressed from toasted sesame seeds, is used sparingly as a condiment. Do not confuse it with the relatively light-colored oil [pressed from untoasted sesame seeds] sold mainly in health food stores. Beware that Japanese sesame oil is often flavored with red pepper. Keep all sesame oil refrigerated.

Ginger: Always use fresh ginger root, never the dry powder. Keep uncovered in a cool place. Freeze surplus ginger.

"Hoisin sauce: This sweet and pungent sauce gives Chinese roast pork its color and flavor." Chee hou and chap kam are simply hoisin sauce with slight variations.

"Oyster sauce: is the Cantonese. It is made by cooking down oysters in soy sauce. Common tofu is made noble when accompanied by this savory sauce."

"Salted and fermented black beans: These zesty little beans are called dow see by the Cantonese who invented them." Black beans used sparingly with steamed fish make an excellent dish. Keep refrigerated in a covered jar.

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Salted and fermented black beans" to refer to fermented black soybeans.

A recipe for "Fragrant soy sauce chicken" has ingredients that include: "1/3 cup soy sauce."

Note: This is the earliest English-language document seen (April 2012) that contains the term "fragrant soy sauce." It appears to be a kitchen preparation rather than a commercial product. Address: San Francisco.

3576. Needleman, Larry. 1977. Re: New developments with Bean Machines Inc. and tofu kits. Letter to William Shurtleff at New-Age Foods Study Center (c/o Aoyagi, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan), Nov. 29. 4 p. Typed, with signature on letterhead.
• ***Summary:*** This letter is written on printed Bean Machines stationery. "The last couple of weeks before you left brought us closer together. Debbie and I miss you both. I hope your flight was enjoyable and by now you are reunited with your [Aoyagi] family." Larry and Debbie are planning to move to Bodega on Dec. 17, into a 100-year-old house on December 17th. Their new address will be: Box 76, Bodega, CA 94922. They are anxious to get back to the country. Debbie's child, Brian Joseph, "is fine, laughing a lot, and each day brings a new unfolding with him."

Larry authorizes Bill Shurtleff to open an account with Mr. Hibaya and place an order for 40 pressing sacks and 30 straining bags–plus other items. Details are included on equipment instruction manuals, installation, operating, cleaning and maintenance instructions.

Larry expects his first order of tofu equipment from Takai to be worth about $10,000. He hopes that Takai will be able to ship the order by 1 Jan. 1978.

An invoice dated 14 Oct. 1977 is enclosed from The Learning Tree for 12 tofu kits (boxed), $7.17 each, total $86.04.

Also enclosed is a Fictitious Business Name Statement for Bean Machines, Inc. (206 Baltimore, Corte Madera, California 94925), filed with the County of Marin. The application date and filing date is 31 March 1977. Needleman and Shurtleff are listed as the two owners. Address: Bean Machines Inc., P.O. Box 881, San Rafael, California 94901. Phone: (415) 456-7034.

3577. **Product Name:** Eden Nigari (Solidifier for Making Tofu).
Manufacturer's Name: Eden Foods, Inc. (Importer). Made in China.
Manufacturer's Address: 4601 Platt Rd., Ann Arbor, MI 48104. Phone: (313) 973-9400.
Date of Introduction: 1977. November.
Wt/Vol., Packaging, Price: 6 oz, 5 lb, and 44 lb sizes.
How Stored: Shelf stable.
New Product–Documentation: Eden Foods Fall and Winter Catalog, 1977-78. Page 23. "Nigari (Eden) solidifier for making tofu. Concentrated–use about 1/3 the amount recommended in *The Book of Tofu."* Ad in Soycraft. 1979. Summer. p. 38. "Traditional Soy Products from Eden

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Foods." "Eden nigari is a natural flake nigari, obtained by the evaporation of sea water from environmentally clean areas of China."

Talk with Ron Roller of American Soy Products (formerly of Eden Foods) in Saline, Michigan. 1991. Nov. 27. Eden dealt directly with the Chinese government. But the major product they imported from China was ginseng. In addition, they imported other medicinal herbs, some bamboo cooking wares (tea strainers), some tea, arrowroot flour. After the fire destroyed Eden's warehouse, imports from China were discontinued.

3578. Eden Foods. 1977. Fall and winter catalog 1977–1978. 4601 Platt Rd., Ann Arbor, MI 48104. 81 p.
• ***Summary:*** On the cover are bags, trays, and scoops filled with natural foods. Page 23 shows that Eden now sells nigari, a solidifier for making tofu, in 6 oz or 5 lb sizes. Hacho, Mugi, and Kome miso are now sold under the Eden brand. Address: Ann Arbor, Michigan. Phone: (313) 973-9400.

3579. **Product Name:** Fried Rice & Tofu Sandwich (In a Chapati). Renamed Brown Rice & Tofu Sandwich in late 1978 by Chris Smith.
Manufacturer's Address: Sleeping Lady Cafe, 58 Bolinas Rd., Fairfax, CA 94030.
Date of Introduction: 1977. November.
Ingredients: Brown rice, tofu, tamari, alfalfa sprouts, spread (sesame butter, barley miso, scallions), seasonal vegetables (carrot or cucumber), lettuce, whole grain chapati.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Talks with Paul Duchesne between 8 Oct. 1988 and 18 Aug. 1989. His Brown Rice & Tofu Sandwich (BRTS) was developed in Fairfax in late October or early November 1977. He made 200 of them at home and sold them to participants at a macrobiotic seminar led by Michio Kushi in Marin County. Donna Gayle helped him make them.

In Jan. 1978 he started making these sandwiches at the Sleeping Lady Cafe in Fairfax (Marin County) and selling them at the Good Earth Natural Food Store in Fairfax. He bought his tofu (made by Quong Hop & Co. in South San Francisco) at Good Earth. In Feb. 1978 he began to distribute them to many natural food stores throughout Marin County. One of America's early second generation tofu products, the sandwich was made as follows: Saute brown rice with onions, sesame oil, and tamari. Boil a cake of tofu in water with a little salt, then slice it into 4 pieces each about 3 inches square and 1/8 inch thick. Onto a whole wheat chapati (not bread) spread a mixture of sesame butter, barley miso, and scallions. Over that spoon on the fried rice, then place on top one slice of tofu, a long strip of parboiled carrot, some alfalfa sprouts, and romaine lettuce leaf. Fold over two edges of the chapati, wrap it in shrink wrap, and sell it fresh (unrefrigerated) in a wicker box with a calligraphy sign (that showed how to eat it like a banana) on the front counter of natural- and health food stores. One key to the flavor was sesame-miso spread, learned from George Ohsawa's 1966 book *Zen Cookery* #203 "Miso Spread."

While in California in 1978 Duchesne and Chris Smith gave their recipe and production techniques to Joe Nixdorff, who made the Samurai Hero in Berkeley, to Roy Steevensz, who made the BRTS in Los Angeles.

In September 1978 Paul went to Boston to study macrobiotics, so he gave his Fairfax sandwich business (which still had no name) to Chris Smith, a local friend interested in macrobiotics. Paul had first offered his business to Ron Harris, but Ron declined since he was getting involved in seitan. The California Department of Health came in helped Smith's unlicensed food operation to get

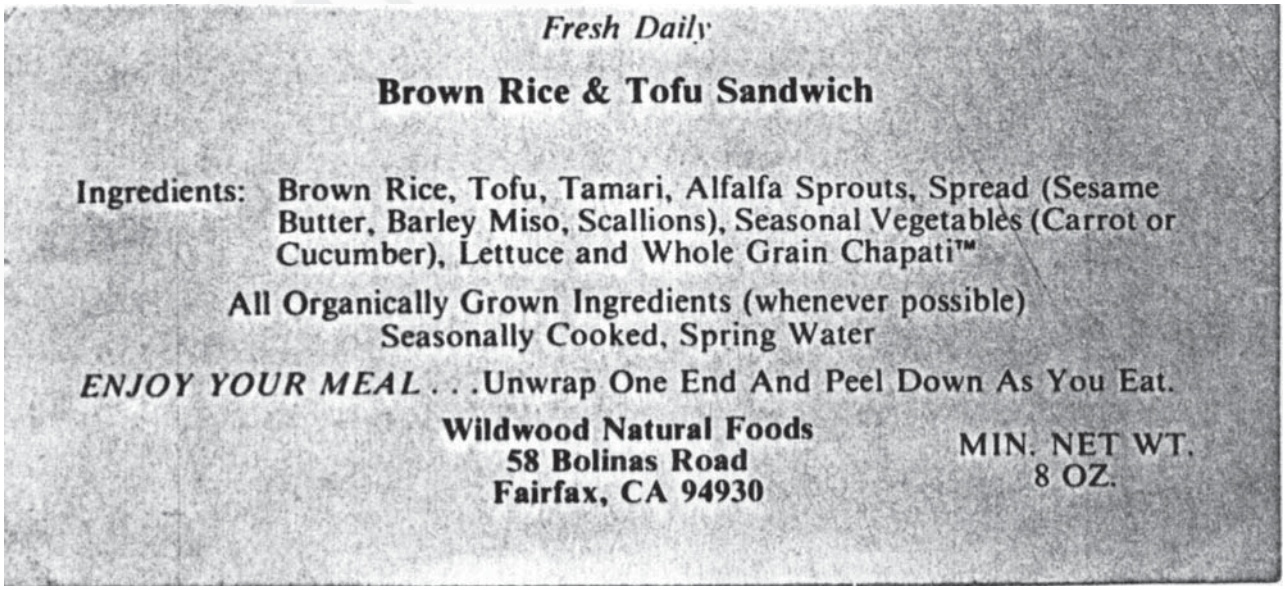

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licensed. A month later, in October 1978, Chris stopped frying the brown rice and renamed the product, coining the now-famous name "Brown Rice & Tofu Sandwich." At the same time he named his business Wildwood Natural Foods.

The product's original Label (sent by Paul Duchesne. 1989. Aug. 11 and printed before Wildwood was incorporated) is 4.5 by 2 inches. The maker is Wildwood Natural Foods at 58 Bolinas Rd. The ingredients, listed above, are the same as those in the original 1977 edition, but cucumber was never used. The color is black on goldenrod yellow (THE counter-culture color of the late 1970s). Paper. The text reads: "Fresh daily. All organically grown ingredients (whenever possible). Seasonally cooked, spring water. Enjoy your meal... Unwrap one end and peel down as you eat." In Boston, Duchesne started Rice House, where he continued to make the sandwich.

In May 1979 Duchesne and Chris Smith traded places and companies. Paul took over the company he had started originally (now named Wildwood) in Fairfax. For more details see Development of the Brown Rice and Tofu Sandwich, and early history of Wildwood Natural Foods (Duchesne 1988).

Leviton. 1981. Soyfoods. Winter. p. 61. "Putting tofu in the lunch boxes of America." "Wildwood produces a line of eight packaged vegetarian sandwiches including *Brown Rice and Tofu Sandwich* (with vegetables in a whole wheat bun)..."

Note 1. This is the earliest record seen (April 2013) concerning Wildwood Natural Foods.

Note 2. This is the earliest commercial soy product seen (April 2013) with the word "Sandwich" in the product name. by Wildwood Natural Foods.

3580. Gandjar, I. 1977. Tempe gembus [okara tempeh]. Paper presented at Symposium on Indigenous Fermented Foods, Bangkok, Thailand. Summarized in K.H. Steinkraus, ed. 1983. Handbook of Indigenous Fermented Foods. New York: Marcel Dekker, Inc. ix + 671 p. See p. 48-50.
• ***Summary:*** During World War II, when food was scarce, the people of Java used okara, the refuse of tahoo / tahu [tofu] factories, to make an acceptable, low-cost tempe. Today this kind of tempeh can be found in every market in Central and East Java, sold at a price that low-income people can afford. It is consumed (like most regular tempe) as a side dish for rice. The traditional fermentation, which is described, takes 2 days. The laboratory process is described in more detail. Address: Dep. of Biology, Faculty of Mathematics and Natural Sciences, Univ. of Indonesia, Jakarta.

3581. Matsuoka, Hiroatsu; Fukuya, Yôko. 1977. Nyûsan hakkô ni yoru daizu-nyû kaado no keisei to sono jukusei [Formation of soymilk curds and their maturation by lactic acid fermentation]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 24(11):553-58. [Jap]*

3582. **Product Name:** Organic Tofu (Vacuum Packed).
Manufacturer's Name: Redwood Natural Foods Inc. (Packer & Distributor). Made in S. San Francisco by Quong Hop & Co.
Manufacturer's Address: 3230 Sebastopol Rd., Santa Rosa, CA 95401. Phone: 415-873-4444.
Date of Introduction: 1977. November.
Ingredients: Water, organically grown soybeans, coagulated with natural nigari.
Wt/Vol., Packaging, Price: 10 oz vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: This product, introduced by Greg Hartman in late 1977, was the world's first vacuum-packed tofu, a major American packaging innovation. Spot with photo in Whole Foods. 1978. March. "More Time for Tofu. Using an innovative packaging process, Redwood Natural Foods has increased the shelf life of its organic tofu from 10 days to about 4 weeks. The process also reduces package size, weight, and shipping costs, making tofu more economical for distributors and retailers.

"The new method is to vacuum pack the tofu without the usual tub of water, in packages like plastic-wrapped bulk cheese. The absence of water and oxygen in the pack prolongs the fresh taste and clean smell of the product."

Label. 1978, undated. 5 by 2 inches. Red and green on silver foil. Self adhesive.

3583. Su, Yuan-Chi. 1977. Sufu (tao-hu-yi) production in Taiwan. Paper presented at Symposium on Indigenous Fermented Foods, Bangkok, Thailand. Summarized in K.H. Steinkraus, ed. 1983. Handbook of Indigenous Fermented Foods. New York: Marcel Dekker, Inc. ix + 671 p. See p. 553-61.
• ***Summary:*** Contents: Description and synonyms. Patterns of production and consumption. Preparation of tofu (starting with 1 kg of whole dry soybeans). Preparation of pehtze. Salting. Processing and packaging. Inoculation. Incubation. Microorganisms. Biochemical changes. Stability of sufu. Nyufu.

Chinese *sufu* (*tau-hu-yi*) is a highly flavored, creamy fermented tofu made in a two-step fermentation process: (1) Overgrow cubes of firmly pressed tofu with a mold belonging to the genus *Actinomucor, Rhizopus,* or *Mucor;* (2) Immerse these cubes, each covered with a fragrant white mycelium, in a salt brine / rice wine mixture and allow to stand for several months.

The salty flavor of sufu is suggestive of anchovies; most types are soft and pale yellow. Typical "cubes" are 2 to 4 cm square and 1 to 2 cm thick. Red sufu is colored with *hung chu* or red fermented rice, which is derived from the culture of another mold, *Monascus purpureus.*

Because of the numerous dialects used in China and the

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difficulties of phonetic rendering from Chinese to English, the following synonyms for sufu have been found: *tosufu, fu-su, fu-ru, tou-fu-ru, teou-fu-ru, fu-ju, fu-yu,* and *foo-yue*. "Other names by which the product is known are *to-fu-zu* in Mandarin, and *tau-zu* (*tao-hu-yi*) in Taiwanese. Sufu is the name that first appeared in the literature. Literally, sufu means "molded milk," and tosufu means "molded bean milk."

It is not known when production of sufu began, however according to Nganshou Wai (1964): "The *Food Encyclopedia*, written by Wang Su-Hsiung (1861) of the Ch'ing Dynasty [Qing / Manchu dynasty, 1644-1912] describes the food as follows: 'Hardened tofu is [difficult to digest] and it is not healthful for children, elderly persons or ill persons. Sufu, which is prepared from tofu, is better because it is aged; it is very good for patients.'

In 1977 in Taiwan, annual production of sufu was about 10,000 tons and consumption was about 12 gm per person per week.

A figure (p. 555) shows a flow sheet for the production of sufu from 1 kg of soybeans (Source: L-P. Lin 1977).

Traditionally sufu was made in the spring or fall. After the tofu is made and pressed, it is cut into pieces about 8 x 8 x 2 cm., each weighing about 70 gm. Traditionally tofu was exposed to bright sunlight for several hours to both sterilize and dry the surface. Traditionally the tofu was inoculated by placing it on rice straw, but this leads to quality that is not uniform because of contamination. Twenty or more trays are piled up and placed in a room at 10-20ºC. After 3-7 days, when a white mycelium can be seen growing on the surface of each piece of tofu, they (the pehtze) are removed from the trays and salted.

In the modern method, the tofu is cut into cubes, placed in an oven at 100ºC for 10 min, then inoculated on the surface with *Actinomucor elegans* NRRL 3104.

The traditional pehtze are transferred to large earthenware jars, each having a capacity of 700 liters. Each layer of pehtze is sprinkled with a layer of salt. After 3-4 days, when much of the salt is absorbed, the pehtze are removed, washed with water, and put into a smaller jar for (about 80 liters, typically earthenware) processing. First a dressing mixture, which is different for each type of sufu, is placed in the jar. (1) To make red sufu, for example, red rice koji (angkak) and soy sauce mash are added. (2) To make tsao sufu, rice wine mash, cloves and orange peels are added. (3) To make Kwantung sufu, red chili pepper, anise, salt, and red rice koji (angkak) are added. (4) To make rose sufu, some essence of roses is mixed into the dressing. Alternate layers of dressing and pehtze are packed into the jar until it is about 80% full. Then brine with a concentration of about 20% NaCl (table salt) is gently poured in. For some types of sufu, Shaoshing (pinyin: Shaoxing) wine can comprise part of the brine. Finally the mouth of the jar is covered with the sheath leaves of bamboo shoots and sealed with clay. After 3-6 months of fermenting and aging, the sufu is ready to eat.

A description of nyufu is given, based on Okada et al. 1974.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the word "nyufu" to refer to fermented tofu. Address: Dep. of Agricultural Chemistry, National Taiwan Univ., Taipei, Taiwan.

3584. **Product Name:** Tempeh.
Manufacturer's Name: Tempeh.
Manufacturer's Address: 310 Oxford St., Rochester, NY 14607.
Date of Introduction: 1977. November.
New Product–Documentation: Letter from Earl Lepper to William Shurtleff at New-Age Foods Study Center. 1977. Nov. 21. "Our shop simply called Tempeh is now located in our apartment. We have considered a cooperative shop with The Tofu Shop but overhead expenses prohibit. We are supplying regularly 2 co-ops, 1 health food store, and one branch of a health food chain."

Letter from Earl Lepper. 1978. Jan. 21. "Tempeh is growing slowly but surely. The incubator has a capacity for more than 80 lb of tempeh daily. As of this past week full production is now under way. The hold up has been to make ends meet while supporting a family of five. Now limiting carpentry and painting to tempeh seems more of a possibility. The market seems best for fresh daily at large co-ops and frozen at smaller health food stores and restaurants."

Shurtleff & Aoyagi. The Book of Tempeh. 1979 (July). p. 149. Contact Earl Lepper.

Note: This is the earliest document seen (Sept. 2011) that gives tempeh production statistics for a particular manufacturing company in the United States.

3585. *Telluride Times* (*Colorado*). 1977. Tofu prepared daily in Telluride shop. Dec. 8. p. 11.
• ***Summary:*** "The Tofu Shop–a tofu factory and take-out health food store located in the Spectrum Shops–has been doing health since mid-September."

Business partners Matthew Schmit and Timothy Mecke started the Tofu Shop, which makes fresh tofu each morning in Telluride. Schmit was involved in setting up the Winterstash Food Co-op, and Mecke brought the art of making tofu to the enterprise. Both men are vegetarians.

Schmit, who starts making tofu at 6 a.m. each morning says anyone "is welcome to come down to observe and learn. 'It's a beautiful process, somewhat like meditation,' he says."

"The Tofu Shop distributes their products through Winterstash Food Co-op and Rose's market in Telluride, and through natural Food Stores in Durango... The Tofu Shop also offers a variety of take-out foods including salads, soups, soyburgers, sandwiches, sprouts, and soymilk." A photo shows Matthew Schmit, Susie Imbarrato, and Tim Mecke, all holding a tray of sprouts. Susie "runs the fresh

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juice bar and prepares the baked goods."

Note: This is the earliest article or published document seen (April 2013) concerning The Tofu Shop in Telluride, Colorado.

3586. Soy Plant (The). 1977. Re: Introducing The Soy Plant and the Grain Burger Collective. Letter to members of the Michigan Federation of Food Co-ops, Dec. 12. 1 p. Typed, without signature.

• ***Summary:*** "As the co-op movement continues to grow, a new branch of the cooperative tree has begun to develop; that is collectively organized production groups. Two such collectives have recently been started in Ann Arbor, and this letter is intended to strengthen ties between the food co-ops of Michigan and these production groups."

"Soy Plant which, produces tofu, and the Grain Burger Collective, which produces Grain Burger [Mix], are organized alike. Started by experienced co-opers, these are worker controlled collectives; this means that each has equal decision making responsibility within the business, (i.e. there are no bosses). We are legally non-profit and are striving to build a system in which businesses view themselves as an integral part of the community. Right now, we feel that the welfare of the community demands sources of non-animal protein that are unadulterated, enjoyable to eat, and inexpensive.

"We hope that our collectives thrive and can expand, but rather than expand in the traditional centralized manner, we would like to expand by assisting other autonomous collectives to start up and serve their own localities with our products and products of their own.

"Our products are available from the Peoples Wherehouse [sic, Warehouse]. Tofu comes in one lb. containers and is packed twelve in a case."

This unsigned letter ends with the typed word "PEACE." Along the bottom are stylized illustrations of a mother swan looking to her right at three baby swans swimming toward her. The body of each is a spiral. There are little waves to the left of the mother swan and below the baby swans.

Note 1. This is the earliest document seen (Dec. 2000) concerning The Soy Plant, a pioneering tofu shop in Ann Arbor, Michigan.

Note 2. The address at 330 Maynard was in the basement of Eden's, a restaurant belonging to Eden Foods.

Note 3. Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. Steve wrote this letter, though his name is not on it. The purpose of the letter was to introduce The Soy Plant to the Michigan Federation of Food Co-ops to encourage them to distribute Soy Plant products. Eden's was a combination natural food store and sit-down deli. A guy named James developed a Grain Burger Mix and he was using the same downstairs kitchen that The Soy Plant rented from Eden to mix his burger mix. Steve drew the illustration of the swans–to express his artistic creativity. Address: 330 Maynard, Ann Arbor, Michigan 48104. Phone: 313-663-0500.

3587. *Time.* 1977. Those movers who shake Seattle. Dec. 12.

• ***Summary:*** "The people of Seattle, like every place else, are into punk rock, tofu, lifespring, frozen yogurt, est and diet beer."

3588. Hansen, Barbara. 1977. Cooking class proves its prowess: Indonesian style. *Los Angeles Times.* Dec. 29. p. H1, H14.

• ***Summary:*** A special class and rijsttafel buffet ended the series of Indonesian cooking classes taught by Danny Unger (with help from his wife, Gerdy) in Pasadena. more than 200 guests sampled the dishes, which were of excellent quality, prepared mostly by the students in the class.

The many dishes included "sayur lodeh, a vegetable and bean curd stew;..."

Three recipes are given including: Babi kecap (Soy sauce pork, with 2 tablespoons kecap [Indonesian soy sauce]). Dendeng lambok (Simmered beef, with "3 tablespoons kecap (Indonesian soy sauce")). Elsewhere in the article, kecap is twice described as "sweet soy sauce" [probably kecap manis].

A photo shows Daniel Ungerer, wearing a batik scarf, as he presides over the buffet.

3589. *SoyaScan Notes.* 1977. Chronology of soybeans, soyfoods and natural foods in the United States 1977 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jan. 12. Laughing Grasshopper tofu shop starts making tofu in Millers Falls, Massachusetts. Founded by Richard and Kathy Leviton, Tom Timmins, and Michael Cohen in April 1976, it soon becomes the largest of the new breed of Caucasian-run U.S. tofu manufacturers. It was renamed The New England Soy Dairy in Nov. 1977, Tomsun Foods, Inc. in 1984, and Tomsun Foods International in 1986.

Jan. The Soy Plant starts making tofu inside Wildflower Community Bakery at Ann Arbor, Michigan. Steve Fiering is one of the organizers of America's first soyfoods co-op.

Jan. 20. Jimmy Carter inaugurated as president of the United States. Bob Bergland is Secretary of Agriculture.

March. Surata Soyfoods starts making tofu in Eugene, Oregon. America's second worker-owned soyfoods cooperative, organized by Benjamin Hills.

April 5. Takai Tofu & Soymilk Equipment Co. in Japan works with consultant William Shurtleff to acquire an English name, develop a unified equipment catalog, and establish international operations.

May. Flying Cloud Tofu (soon renamed The Tofu Shop, then Northern Soy) starts tofu production in Rochester, New York. Founders are Greg Weaver, Greg Mello, and Andy

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Schecter.

May 10-June 7. Shurtleff and Aoyagi travel to Indonesia to do field research on tempeh in preparation for a book on the subject.

Aug. 16. *Miso Production* by Shurtleff and Aoyagi published by New-Age Foods Study Center, the Center's first publication.

Sept. Article in *Mother Earth News* announces that tempeh starter and split whole soybeans are available from newly founded Farm Foods at The Farm in Tennessee. Orders start to pour in. Farm Foods continues The Farm's tradition, with a great deal of creative and influential work with soyfoods.

Sept. Swan Foods starts operation in Miami Florida, run by Robert Brooks and Mary Pung. They produce America's first commercial soymilk yogurt. After doing extremely innovative pioneering work with second generation tofu products and advertising them nationwide, they go out of business in Dec. 1978 from trying to grow too fast.

Sept. White Wave starts making tofu in a bathtub in Boulder, Colorado. Founded by Steve Demos.

Oct. The Tofu Shop, America's second soy deli, opens in Telluride, Colorado. Founded by Matthew Schmit, it was later renamed Far Pavilions.

Oct. 14. Bean Machines Inc., America's first supplier of tofu and soymilk equipment, begins operations in California under the direction of Larry Needleman. Most of their equipment is imported from Takai in Japan.

Oct. *Soycraft,* a newsletter and America's first periodical focusing on soyfoods, begins publication. Initiated by David and Danette Briscoe of Lawrence, Kansas.

Nov. Redwood Natural Foods, Inc. in Santa Rosa, California, launches the world's first vacuum packed tofu. Redwood developed the packing process using tofu made by Quong Hop & Co.

Nov. Paul Duchesne starts selling Fried Rice & Tofu Sandwiches in Fairfax, California. His operation later becomes Wildwood Natural Foods.

* *The Heartsong Tofu Cookbook,* by Bob and Toni Heartsong self-published in Florida.

* Passage of the 200 mile offshore fishing limit law has a major impact on Japan's protein supplies, increasing interest in and use of soy protein products.

* By the end of 1977 there are at least 13 commercial Caucasian-run tofu shops in America.

* The Food and Agriculture Organization of the United Nations (FAO) establishes a European Cooperative Network on Soybean in which 14 countries participate, exchanging information on soybean production.

* Genentech becomes the first company founded specifically to apply recombinant DNA techniques for commercial purposes.

* In China, under new post-Maoist economic policies, soybean acreage starts to increase after almost 20 years of decline based on grain-first policies. Soybean production began a slow increase in the mid-1960s, despite declining acreage.

3590. Goulart, Frances Sheridan. 1977. Soybeans. *Vegetarian Times* No. 22. Nov/Dec. p. 50-51.
• ***Summary:*** A superficial overview. Discusses "boiled whole beans, toasted whole beans, soybean butter, soymilk, notes on soyflour, soysauce, soy oil, tofu, soy yogurt, mock mocha java (soy coffee)."

3591. Tseng, Rose Y.L.; Smith-Nury, E.; Chang, Young Sook. 1977. Calcium and phosphorus contents and ratios in tofu as affected by the coagulants used. *Home Economics Research Journal* 6(2):171-75. Dec. [12 ref]
• ***Summary:*** Three commercial brands of tofu (all made by Azumaya in San Francisco) were analyzed. The firm tofu, coagulated with calcium sulfate, contained over 4 times as much calcium and over twice as much phosphorus as the softer silken tofu coagulated with glucono delta lactone. The calcium / phosphorus ratios of the firm and soft tofu samples were 2.0-2.5/1 and 1/1, respectively.

The amount of calcium in the tofu depended on the method used to measure it: (1) a titration method modified from the Association of Official Agricultural Chemists (1970) and (2) a method using the atomic absorption spectrophotometer. For tofu coagulated with calcium sulfate, by the first method it contained 208-209 mg of calcium per 100 gm, whereas by a second method it contained 166-170 mg/100 gm. "Tofu, a high protein food, is a good source of dietary calcium. Since the average American diet has a high phosphorus content and a low calcium/phosphorus ratio, tofu, particularly the firmer kind [made with a calcium coagulant], also would result in a better calcium/phosphorus ratio." The recommend ratio of calcium to phosphorus in the human diet is 1 to 1, however the average American diet has a ratio of 1 to 2.8. Address: Dep. of Home Economics, San Jose State Univ., San Jose, California 95192.

3592. **Product Name:** Tofu Box Kit.
Manufacturer's Name: Wood Mountain Makings.
Manufacturer's Address: 77 East Main St., Dallastown, PA 17313. Phone: 717-244-0742.
Date of Introduction: 1977. December.
New Product–Documentation: Ad in Vegetarian Times. 1977. Nov/Dec. p. 55.

"Make your own High-Quality Protein!! Tofu–(soybean curd)–One of the finest nutritional foods available for vegetarians of all ages. Complete Tofu Kit contains: Wooden Tofu box, pressing sack, settling cloth, nigari (curdling agent), instruction sheet and a 10 page recipe and information booklet. Price $9.75 includes shipping. Dealer inquiries welcome."

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3593. Wu, M.T.; Salunkhe, D.K. 1977. Extending shelf-life of fresh soybean curds by in-package microwave treatments. *J. of Food Science* 42(6):1448-50. Nov/Dec. [10 ref]
• ***Summary:*** Fresh soybean curds have a very short shelf life, although it varies with storage temperature. In-package microwave heat treatment of fresh soybean curds was effective in extending their shelf life. When stored at 4.5ºC, soybean curds preheated in a microwave oven at 65º, 80º and 95ºC have a shelf life of 16, 21, and 27 days respectively, compared with 7 days when not microwaved. Address: Dep. of Nutrition & Food Science, Utah State Univ., Logan, UT 84322.

3594. Swan Food Corp. 1977-1978. Introducing the Soybeanery–Natural food deli & bakery: Now open. Miami, Florida. 3 p. Undated. 28 cm. Catalog and price list.
• ***Summary:*** This retail catalog lists the company's soy products, iced herbal beverages, and baked goods & pastries–with prices. Serving take out orders–Soy products include: Sandwiches (made with wholewheat pita–pocket bread; all sandwiches served with fresh organic salad vegetables): Tofu–baked, regular, marinated, or caraway: $1.40. Eggless egg salad: $1.40. Tofu cream cheese: $1.05. Salads: House salad with sprouts plus tofu–baked, regular, marinated, or caraway: $1.35. Eggless egg salad: $1.35. Hot food: Soyburger sandwich: $1.30. Desserts (per slice): Mary's tofu cheese cake: $0.75. Mary's marble swirl cake: $0.75. Mary's devil's food cream cake: $0.75. Mary's carob cream cake: $0.75. Rice pudding [made with organic brown rice, soy melk, raisins, maple syrup, sea salt]: $1.10. Carob pudding: $1.10. Vanilla pudding: $1.10. Soyogurt: Strawberry, peach, plain (more flavours to come): $0.45. Granola: With soyogurt: $0.45. With soymelk & banana: $0.75. Drinks: Soy shake (carob, vanilla, strawberry). Soymelk. Non-soy: Herb teas. Coconut juice. Pinacolada. Smoothie (apple-banana). Sweet rice cookie. Oatmeal cookie. Hummus sandwich.

A page titled "Retail price list" lists many of the products shown above but at slightly higher prices. In addition: Tofu–regular: $1.00. Tofu–baked: $1.95. Tofu–marinated: $1.60. Tofu–caraway: $1.60. Soymilk [plain]: Quart: $1.00. Pint: $0.45. Soymilk (sweetened): Quart: $1.25. Pint: $0.45. Tofu cakes and pies (all 7-inch rounds): Tofu pie–cashew: $4.50 Mary's devil food cream cake: $4.50. Tofu chip dip: $1.25. Whole grain soyburgers: $1.15. Tofu vegetable stew: $1.15. Soyogurt–plain or with fruit: $0.45. Soy shakes–Carob: $0.85. Vanilla: $0.95. Strawberry: $1.05. Mary's eggless egg salad: $1.40. Also–Nori roll. Nectarel ginseng.

Note 1. This is the earliest English-language document seen (Dec. 2003) that contains the term "soy shake."

Note 2. This is the earliest English-language document seen (May 2003) that uses the word "Hummus" (or "Hummous"), which is a paste of pureed chickpeas usually mixed with sesame tahini and/or sesame oil (plus seasonings or spices) and eaten as a dip or sandwich spread.

Note 3. This is the earliest English-language document seen (Sept. 2012) that uses the word "Soyogurt" to refer to soy yogurt.

Note 4. This is the earliest English-language document seen (Feb. 2013) that contains the term "Eggless egg salad" or the term "Mary's eggless egg salad."

Talk with Danny Paolucci. 1997. Dec. 1. Danny worked for Swan Foods from 1977 to 1978. He knew Robert Brooks and Mary Pung very well. He last saw Mary about 8 years ago. The foods described above were sold in a little (10 by 12 foot) storefront retail store and deli that was located in the same building as the tofu factory but faced the sidewalk on Bird Road. A young lady named Penny, from England, ran the store. It was take-out only–no tables, chairs, or sit-down space. There was one large glass deli case, from which they sold a great many of Mary's delicious tofu pies. Danny used to have all the recipes for those pies, but he loaned them to his yoga teacher. They also sold lots of herb teas in Pure-Pak quarts, plus many Wah Guru Chew bars–made by another company that was probably also run by disciples of Guru Maraji. Address: The Soybeanery, 5758½ Bird Rd., Miami, Florida, 33155. Phone: 305-667-7141.

3595. Soy Plant (The). 1977-1987. Scrapbook. Ann Arbor, Michigan. 54 p. 45 x 40 cm (18 x 16 inches). [49 ref]
• ***Summary:*** This large (18 by 15 inches) 34-ring binder has flexible brown covers and holds large black sheets

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SOY BEAN PRODUCTS

NATURAL FOODS

SWAN FOOD CORP.
5758½ Bird Road
Miami, Florida 33155
Phone: (305) 667-7141

RETAIL PRICE LIST

TOFU -	Regular	$1.00
	Baked	$1.95
	Marinated	$1.60
	Caraway	$1.60
SOYMELK	Quart	$1.00
	Pint	.45
SOYMELK (sweetened) -	Quart	$1.25
	Pint	.45
ICED HERB TEA (sweetened) 5 blends, 4 straight teas		.50
ICED HERB TEA (unsweetened) Bancha, Mu		.50
CAROB MARBLE SWIRL CAKE (all caked & pies 7 inch rounds)		$4.50
TOFU PIE - CASHEW		$4.50
MARY'S CAROB CREAM CAKE		$4.50
MARY'S DEVILS FOOD CREAM CAKE		$4.50
TOFU CHIP DIP		$1.25
WHOLE GRAIN SOYBURGERS		$1.15
TOFU VEGETABLE STEW		$1.15
SOYOGURT (plain or with fruit)		.45
MARY'S OATMEAL COOKIES		.35
BARLEY MALT SYRUP		$1.15
SOY SHAKES -	Carob	.85
	Vanilla	.95
	Strawberry	$1.05
MARY'S EGGLESS EGG SALAD		$1.40
NORI ROLL		$1.50
NECTAREL		.70
NECTAREL GINSENG		.75

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with acetate sheet protectors. On each sheet are taped, in approximately chronological order, articles, photographs (both black-and-white and color), labels, menus, letterheads, etc. documenting the story of this company. An excellent scrapbook! Many of the documents will be cited separately. Some of the highlights (the numbers of the unnumbered pages appear in parentheses): (1) A letter of 12 Dec. 1977 to "Members of the Michigan Federation of Food Co-ops" announcing that The Soy Plant which produces tofu (at 330 Maynard), and The Grain Burger Collective which produces Grain Burger Mix (at 335 Catherine), both in Ann Arbor, Michigan, are organized as collectives. Both their products are available from the People's Warehouse. Two large black-and-white photos (each 5 by 7 inches) show: Jerry MacKinnon, with long hair and mustache, cutting a large block of tofu into cakes, and Steve Fiering pouring soaked soybeans into the hopper of a grinder. (4) Black-and-white labels for tofu and for soymilk. A one-page leaflet titled "Getting to know your tofu" from "The Soyplant." (7) Long article titled "One of the few U.S. tofu manufacturers right here in Ann Arbor."

On the last two pages of the scrapbook are two undated and unsigned, handwritten pages torn from a spiral-bound, lined notebook, that begin: "Important! We are under attack! A vicious beast unknown to us has snatched from life many a new Soy worker. This pernicious creature... has brutishly eaten, devoured and consumed no less than three new workers without the decency to let them call us before being eaten... This vile unknown entity must be stopped." "This vile beast... bears a striking resemblance to our much loved packing machine. Have we given birth to a monster?" "As Ché Guevara said North Americans live in the belly of a monster, although resembling a machine the monster is none other than the capitalist system... Rx: Revolution and Revolutionaries."

Location: As of Dec. 2000 this binder is owned by Bruce Rose, president of Rosewood Products, Inc., Ann Arbor, Michigan. Soyfoods Center has a photocopy of the contents of this entire scrapbook. Address: 330 Maynard, Ann Arbor, Michigan 48104. Phone: 313-663-0500.

3596. Allen, L.D. 1977. Proximate composition and selected mineral analyses of a soy protein product containing varying levels of fiber. MSc thesis, Southern Illinois University. *
• ***Summary:*** A tofu-with-fiber product was developed. It was an excellent source of protein, calcium, and dietary fiber, while being low in sodium, saturated, and calories, with no cholesterol. Address: Illinois.

3597. Azumaya Inc. 1977. Tofu recipes–Series two. Strawberry Shortcake Pie, Tofu Bouillabaisse, Tofu-Eggplant Parmigiana, Tofu with Vegetables, Tofu and Mushroom Meatloaf, Nama-Age with Beef (Tear-off recipe pad). San Francisco, California 94124. 6 recipes. Each recipe: 7.5 x 17 cm.
• ***Summary:*** With a color photo on each tear-off recipe. Each recipe "Copyright 1977."

Note: *Webster's Dictionary* (1985) defines bouillabaisse (derived from French), a word first used in English in 1855, as "1: a highly seasoned fish stew made with at least two kinds of fish. 2: Potpourri."

3598. Fukuya, Yôko; Matsuoka, Hiroatsu. 1977. Shihan tôfu-chû no seibun bunseki–Karushimu o chûshin ni [Analysis of the composition of commercial tofu–Focus on calcium]. *Tachikawa Tandai Kiyo* 10:53. [Jap]*

3599. Kanai, Mieko; Miyazawa, Fumio. 1977. Shihan yôki-iri tôfu saikin osen jittai [Bacterial contamination in commercial packaged tofu]. *Jissen Joshi Daigaku Kasei Gakubu Kiyo* No. 14. p. 51-54. [Jap]*

3600. Maki, Mitsufusa; Satô, Sachio; Ishida, Tokuo. 1977. Yamagata-ken ni okeru chiiki shokuhin ni kansuru kenkyû. I. Hôsô tôfu ni tsuite [A study of the local food in Yamagata prefecture. I. Packaged tofu]. *Yamagata Kenritsu Yonezawa Joshi Tandai Fuzoku Seikatsu Bunka Kenkyujo Hokoku* No. 4. p. 1-24. [Jap]*

3601. Morinaga Milk Co. 1977. Manufacturing process of soy bean curd. 1 p. Confidential. Unpublished manuscript.

3602. **Product Name:** Morinaga brand Tofu. Soybean Curd (Aseptically Packaged in Tetra Brik).
Manufacturer's Name: Morinaga Milk Industry Co., Ltd.
Manufacturer's Address: Shiba 5-33-1, Minato-ku, Tokyo 108 Japan.
Date of Introduction: 1977.
Wt/Vol., Packaging, Price: 10.5 oz Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 5.25 oz: Calories 80, protein 7 gm, carbohydrate 4 gm, fat (45% of calories) 4 gm, sodium 40 mg.
New Product–Documentation: Label on a leaflet. 1977, undated. Tetra Brik carton. Black, red, blue and green on white. "Aseptically packaged. Kinugoshi tofu." In the upper left corner is a descending angel in a circle. Recipes on back of poster for Chilled Tofu, Cauliflower Salad with Mashed Tofu, Tofu Fruit Salad, and Mabo-Tofu. Poster (in Japanese and English) states: "Morinaga aseptic tofu. New tofu sterilized and aseptically packed. Buy a lot. It keeps fresh for 3 months. No preservatives and no synthetic bactericides contained. It's perfectly safe and you can eat it everyday [sic, every day]. Silk-strained tofu is typical soybean curd."

Talk with S. Ikegami. 1981. Jan. 14. This product was developed in 1976, mainly for the American market, but first sold in 1977. Mr. Ikegami was head of Morinaga's

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SERIES TWO

Strawberry Shortcake Pie

This striking dessert has the nutritional bonus of tofu in its creamy and delicious filling.

½ pkg. (16 oz.) Azumaya-Japanese style tofu
8 oz. pound cake
2 pkg. (10 oz. each) frozen sliced strawberries, thawed
1 envelope plain gelatin
1 cup heavy cream
½ cup sugar

Continued on back side

AZUMAYA INC.
San Francisco, CA 94124

© Copyright 1977

SERIES TWO

Tofu Bouillabaisse

This is the flavorful French fish soup with a different twist!

1 pkg. (14 oz.) Azumaya Chinese-style fresh soy bean cake, drained
1 medium onion, chopped
1 large clove garlic, minced
2 tablespoons salad oil
½ lb. fish fillets, cubed
1 can (4½ oz.) shrimp, rinsed and drained

Continued on back side

AZUMAYA INC.
San Francisco, CA 94124

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SERIES TWO

Tofu-Eggplant Parmigiana

Serve this low-cost meatless entree with a crisp mixed green salad and crusty rolls.

1 eggplant, 1 to 1¼ lb.
⅓ cup salad oil
1 package (16 oz.) Azumaya Japanese-style tofu, drained
1 can (15 oz.) tomato-herb sauce
1½ teaspoons Kikkoman soy sauce
½ teaspoon oregano
¼ teaspoon thyme

Continued on back side

AZUMAYA INC.
San Francisco, CA 94124

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U.S. import company, located in San Jose, California, with Beechnut.

3603. Ogawa, Hideko; Sato, H.; Murayama, N. 1977. [Content of erucic acid in Japanese food aburaage (fried soybean curd or tofu pouches)]. *Sagami Joshi Daigaku Kiyo* (*Bulletin of the Sagami Women's College*) No. 41. p. 25-28. (Chem. Abst. 89:195703). [Jap]*
• ***Summary:*** Rapeseed oil produced from Asian strains contained more erucic and linolenic acids than that produced from European strains. This was reflected in the content of the 2 fatty acids in aburage. All panelists in organoleptic tests preferred aburage fried in rapeseed oil over that fried in either soybean oil or peanut oil. Address: Sagami Women's Univ., Sagamihara, Japan.

3604. Soybeanery (The). 1977. New soyfoods restaurant or deli. The Soybeanery, 5758½ Bird Rd., Miami, FL 33155.
• ***Summary:*** Full-page in a New-Age type periodical. About 1977. "Swan Foods: Remember the name!" The company's many soy products are listed. At the bottom of the ad is written: "In Miami enjoy all Swan Products at Swan's Retail Deli & Bakery, The Soybeanery, 5758½ Bird Rd."

Catalog and price list. About 1977 (undated). "Introducing the Soybeanery–Natural food deli & bakery: Now open." 3 p. This retail catalog lists the company's soy products, iced herbal beverages, and baked goods & pastries–with prices. Serving take out orders. Many soy products included. Address: Miami, Florida.

3605. **Product Name:** Mary's Roasted Cashew Tofu Cheese Cake (Also called Tofu Pie–Cashew).
Manufacturer's Name: Swan Food Corp.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Filling: Tofu (Organic soy beans, pure water, nigari, a natural solidifier), organic soy melk, pure maple syrup, roasted cashews, unrefined corn oil, arrowroot flour, pure vanilla extract, sea salt. Crust: Organic whole wheat pastry flour, unrefined corn oil, organic soymelk, sea salt. arrowroot powder, roasted cashews.
Wt/Vol., Packaging, Price: 26 oz. 7 inch diameter (round). Wholesales for $2.80 (April 1978).
How Stored: Refrigerated.
New Product–Documentation: Label. 1977. 3 by 2 inches. Light blue on white. "Swan Food Corp." order form and price list for distributors. 1978. April.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Tofu Cheesecakes." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Recipe in Shurtleff & Aoyagi's Tofu & Soymilk Production. p. 164-65. Nigari tofu, maple syrup, barley malt syrup, vanilla extract, salt, soymilk, corn oil, arrowroot powder, roasted cashews.

Note: This was the world's earliest known commercial tofu cheesecake (or soy-based cheesecake).

3606. **Product Name:** Mary's Tofu Rice Salad.
Manufacturer's Name: Swan Food Corp.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Tofu, organic brown rice, carrots, onions, tamari, natural spices, umeboshi salt plum.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1977. 2 by 1¼ inches. Self adhesive. Black on yellow. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

3607. **Product Name:** Tofu Chip Dip.
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Tofu (organic soybeans, pure water and nigari, a natural solidifier), umeboshi plum, safflower oil, onion, garlic, dill, shiso leaves, pure water, tamari, parsley, salt, cayenne.
Wt/Vol., Packaging, Price: 8 oz plastic cup. Wholesales for $0.72 (April 1978).
How Stored: Refrigerated.
New Product–Documentation: Label. 1977. 3 by 3.5 inches. Self adhesive. Yellow, blue, and red on white. "Keep refrigerated. No additives. No preservatives." Illustration of a swan. "Swan Food Corp." order form and price list for distributors. 1978. April.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Tofu Chip Dip." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

3608. **Product Name:** Tofu Baked with Tamari (Organic Soybean Curd; Baked Tofu).
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Organic soybeans, pure water, nigari (a natural solidifier), and tamari.
Wt/Vol., Packaging, Price: 8 oz. wholesales for $1.10 (April 1978). Also 14 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1977. 3 by 3.5 inches. Self adhesive. Yellow, blue, and red on white. "No additives. No preservatives." Illustration of a swan. "Swan Food Corp." order form and price list for distributors. 1978.

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April.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Baked Tofu." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

Note: This is the earliest document seen (Feb. 2002) concerning a seasoned or flavored baked tofu.

3609. **Product Name:** Tofu (Marinated). Organic Soybean Curd.
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Organic soybeans, pure water, nigari (a natural solidifier), tamari, garlic, onion powder.
Wt/Vol., Packaging, Price: 14 oz. wholesales for $0.85 (April 1978).
How Stored: Refrigerated.

New Product–Documentation: Label. 1977. 3 by 3.5 inches. Self adhesive. Yellow, blue, and red on white. "No additives. No preservatives." Illustration of a swan. "Swan Food Corp." order form and price list for distributors. 1978. April.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Marinated Tofu." Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 166. Firm tofu. Marinade: Shoyu, water, honey, powdered ginger, garlic powder, dark (toasted) sesame oil, prepared (wet) mustard, cayenne.

3610. **Product Name:** Mary's Eggless Egg Salad.
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Tofu, celery, onions, garlic, dill, paprika, onion powder, shoyu, salt, turmeric.
Wt/Vol., Packaging, Price: 8 oz deli container. Wholesales for $0.73 (April 1978).
How Stored: Refrigerated.
New Product–Documentation: "Swan Food Corp." order form and price list for distributors. 1978. April; Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 160, 163. Note: This is the world's earliest known product (and the earliest document seen, April 2013) that bears the name "Eggless Egg Salad," a name that was later widely used by other companies and cookbooks.

3611. **Product Name:** Tofu: Organic (Soybean Curd).
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1977.
Ingredients: Organic soybeans, pure water, nigari (a natural solidifier).
Wt/Vol., Packaging, Price: 14 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid. Wholesales for $0.66 (April 1978).
How Stored: Refrigerated.

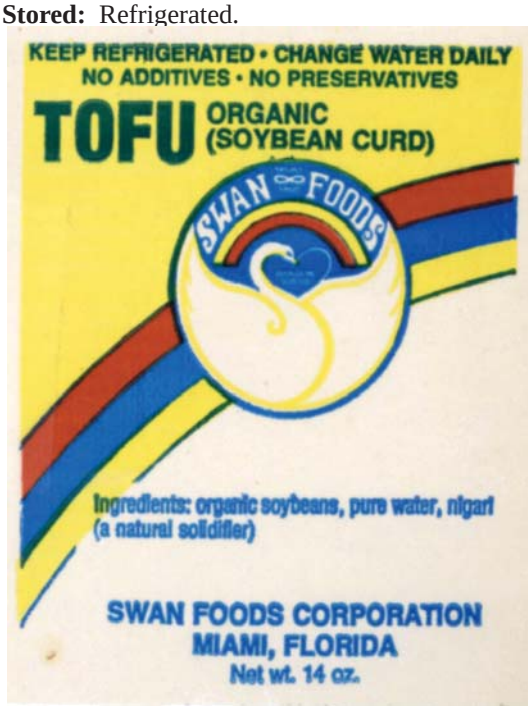

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New Product–Documentation: Visit by William Shurtleff to Swan Foods production plant and to the home of Robert and Mary Pung. 1978. Aug. In late 1976 or early 1977 Mary had flown a long distance to attend one of the lectures by Shurtleff and Aoyagi on their "Tofu & Miso America Tour." She spoke with them personally at length, expressed her intention to open a tofu plant in Miami, and invited them to visit. Swan Foods, founded in 1977 by Robert Brooks and Mary Pung, has risen to nationwide fame in less than two years because of its innovative tofu and soymilk products and full-page ads titled "Swan Foods. Remember the Name!" Then suddenly and unexpectedly the company became the U.S. tofu industry's first major casualty. It fell, with a burst of light, into bankruptcy and oblivion in December 1978. During the last intense year of business, the company is said to have lost $140,000. After that, Robert went into hiding.

Label. 1978, undated. 3 by 3.5 inches. Self adhesive. Blue, yellow, and red on white. Illustration of a swan. "Keep refrigerated. Change water daily. No additives. No preservatives."

"Swan Food Corp." order form and price list for distributors. 1978. April.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Robert Brooks and Mary Pung.

Soyfoods. 1983. Summer. p. 38-39. "The Miami soyfoods scene." Swan Foods opened in 1977. Danny Paolucci was their production manager. The company closed in December 1978, following uncontrolled growth and mismanagement.

Talk with Fred Sobel of Ojai, California. 1992. Oct. 24. Fred was a close friend of Robert Brooks who, with his lovely friend Mary, started Swan Foods and were disciples of Guru Maraji. About 3-4 years ago, Robert committed suicide ("blew his brains out") in Coconut Grove, where he ran an art gallery and was involved with drugs. He was very depressed that his second wife was in the process of divorcing him; she was making many financial demands and he was having lots of legal problems. The suicide had nothing to do with Swan Foods. Fred has no idea where Mary is now. Fred says that Robert was becoming quite successful in the drug trade before Swan Foods failed. He thinks Robert closed Swan Foods not so much because the company was under financial pressure (it was actually doing fairly well) but rather because he felt he could make much more money dealing drugs than selling soyfoods. Fred thinks Robert "got bitten by the greed bug." This "outside drug money" theory, if true, would also explain how Swan Foods, a relatively small company, was able to afford full-page ads in national magazines to advertise its products.

Note: This is the earliest record seen (Feb. 2003; one of many initial products) concerning Swan Foods Corporation (Miami, Florida; founded by Robert Brooks and Mary Pung).

3612. **Product Name:** Tofu Pops (Skewered Deep-Fried Tofu in a Batter).
Manufacturer's Name: Vegetable Protein Co. (The).
Manufacturer's Address: 140 River St., Cambridge, Massachusetts.
Date of Introduction: 1977.
Ingredients: Tofu, corn meal.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Talk with Johnny Weissman, inventor of Tofu Pops. 1992. March 31. This product was based on Tan Pops made of seitan. In addition to the Wheatmeat Tan Pop, John developed and made a Tofu Pop. He bought squares of plain pressed tofu (3 inches on a side and 3/4 inch thick) from a Chinese retail food store in Boston's Chinatown–he does not recall the company's name and he is not sure if they made the tofu or bought it from elsewhere. Later he bought tofu from Yah Ki, a Chinese tofu maker. He skewered the pressed tofu squares, coated them with his dry flour mix and corn batter, and deep fried them. He first sold these at the very first Bread and Circus natural food store opened by Anthony Harnett in Brookline. The product was introduced just after Anthony bought the store–but it was not on the market for long.

3613. Acciardo, Marcia Madhuri. 1977. Light eating for survival. Fairfield, Iowa: 21st Century Publications. 103 p. No index. 28 cm. *
• ***Summary:*** This is a raw food cookbook after the tradition of Viktoras Kulvinskas, the Hippocrates Inst. etc. Page 16 contains a recipe titled "Sun Cheese" which is a sort of raw soy tofu made by soaking and rinsing soybeans several times (but not sprouting them), then allowing the raw soymilk to ferment until it curds.

Note: We would suggest that people do not use this recipe, since the tofu contains inactivated trypsin inhibitors and also has an unpleasant raw, beany, and grassy flavor.

3614. Albright, Nancy. 1977. Rodale's naturally great foods cookbook: the best foods to use and how to use them in over 400 original recipes. Emmaus, Pennsylvania: Rodale Press. [vi] + 408 p. Illust. 24 cm. Reprinted in 1983 as
• ***Summary:*** This book is based on natural foods but makes widespread use of meat, poultry, fish, and dairy products. Raw, unstrained clover honey is used as a sweetener instead of white sugar which "is dangerous to health..."

"Natural foods restaurants are 'in'" (p. 2). "... the joys of natural foods" (p. 3). "... consumers are making a firm commitment to natural food cooking."

Soy related recipes: Rice and soy crepes (with ½ cup soy flour, p. 53). Whole soybean casserole (p. 74). Bulgur soybean loaf (with 3/4 cup soybeans, p. 81).

The section titled "The soybean" (p. 275-85) begins: "The queen of the legumes is the soybean. And its status

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is growing. From a relatively unknown commodity... it has finally come into its own in this country as an important food. The soybean is the vegetable that most nearly provides the complete protein necessary for good health." Discusses varieties suited to the family garden. Recipes: Green soybean and corn succotash (with green vegetable soybeans). Soy flour for added values: Soy pancakes. Soy cheeseburgers (with soy grits). Tofu (soybean curd): Mentions the Learning Tree tofu kit and The Book of Tofu, by Shurtleff and Aoyagi (1975, Autumn Press; no tofu recipes are given). Soy sauce (shoyu): Herbed soybean salad (with 1 cup soybeans). Fresh vegetable and fruit stew with soybeans. Soybean-cabbage casserole. Soybean coffee. Soybean custard pie. Soy milk (homemade). Carrot soy loaf. Liver pate (with 1 cup soy pulp remaining from making soy milk). Mock pumpkin pie (with soy pulp). Scroggin (backpacker's food, with 3 cups soybeans, boiled). Soy potato dumplings (with ½ cup soy flour). Soy salad dressing (with 3/4 cup soy flour or powder).

A photo (facing copyright page) shows Nancy Albright cutting vegetables in Rodale's Fitness House kitchen. Address: Author of *The Rodale Cookbook*.

3615. Anderson, Eugene N., Jr.; Anderson, Marja L. 1977. [Food in] Modern China: South. In: K.C. Chang, ed. 1977. Food in Chinese Culture. New Haven, CT, and London: Yale Univ. Press. 429 p. See p. 317-382.

• ***Summary:*** Page 326 states: Soybeans–the fifth of the classic Five Staples (or Five Grains)–are usually the most important, although other legumes make a surprisingly good showing in south China, no doubt because soybeans grow better in the north. The soybean "produces more protein per acre and per pound than any other common humanly edible crop, plant, or animal. This has caused them to become more important than any animal food as a protein provider in China. The Chinese have long recognized their similarity to animal products and, indeed, have built up a huge cluster of imitation-meat foods (probably developed originally by, and certainly now associated with, vegetarian Buddhists). The Chinese lack of interest in dairy products is almost certainly, in part, a result of the fact that the soybean provides the same sorts of nutrition more economically–though a desire to differentiate themselves from the border nomads and to be independent of them in food economy must also be taken seriously as an explanation. (It is the classic Chinese explanation of the phenomenon but has been dismissed by those moderns who believe that all traditional explanations must necessarily be wrong.)

"Further discourse on the soybean belongs properly in the following section on food processing, for the soybean is used neither in its raw state nor, usually, in a simple boiled or roasted form. There are good reasons for this. The soybean, being so nutritious and succulent, has been faced with intense natural selection pressure by seed-eating insects and other animals; surviving soybean strains contain whole galleries of poisons and other unfortunate chemicals, which protect the seeds against destruction but make them dangerous food in the uncooked and unprotected state (Committee on Food Protection 1973). Simply prepared soybeans are not very digestible, since heat bonds some of the nutrients into hard-to-digest form in the intact bean. Thus almost all soybeans consumed in China are fermented, ground into flour, and then processed, sprouted, or otherwise milled."

"The soybean is so famous that one is surprised to discover from Buck that the broad bean outranks it in some parts of south China." However in genetically susceptible individuals, *Vicia faba* produces favism, a condition characterized by acute anemia and other unpleasant symptoms. Other important sources of protein are black soybeans (a variety of soybean mentioned by Buck) and sprouts from mung beans and soybeans (*tou ya*). Bean sprouts bridge the gap between grains and vegetables (*ts'ai*) (p. 326-27).

"A huge bowl of rice, a good mass of bean curd, and a dish of cabbages–fresh in season, otherwise pickled–is the classic fare of the everyday south Chinese world."

"The New World vegetables stand out as a special class because of their common and recent origin in China and their extreme importance. The white and sweet potatoes have become staples, as has corn. In addition to these, the peanut (*Arachis hypogaea*) has become the most important oilseed through much of south China, as well as a much used food" (p. 328). The peanut came from South America. Today, peanuts have become more important in areas where they are grown than rapeseed. Peanut and rapeseed oils are polyunsaturated and contain plenty of linoleic acid, a dietary requirement (p. 333, 343, 348). Mushrooms and their relatives are widely used in vegetarian dishes (p. 332).

The section on food processing (p. 337-41) notes that tragic practice of polishing rice, which removes most of the nutrients including fiber. There are many questions about the origins of pasta. Egg noodles probably originated in China. Italian spaghetti is similar to Chinese *mien* and ravioli to *chiao-tzu*, but they may have existed elsewhere before Marco Polo brought them to Italy from China. The technology of soybean process is too complex to discuss except briefly in this chapter. Most important is the production of bean curd or *tou-fu* (Cantonese *tau-fu*, Hokkien *tau-hu*). Hokkien cooks prefer a drier, firmer bean curd. Bean curd is often sold fried. The skin resulting from boiling soymilk [yuba] is skimmed off, dried, and widely used. "Other closely related processes produce the range of imitation meats developed by vegetarians, specifically Mahayana Buddhists. Credible imitations... are made for chicken, abalone, and other white meats, and even beef and pork. The West has picked up the idea and developed it much further, climaxing in the production of textured vegetable protein (TVP), but has–characteristically!–ignored the problem of making the result

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taste good. The ideal in the West seems to be to make it tasteless" (p. 339).

Concerning fish farming (p. 334-35): "Some fish, however, a pond-reared. Those that have been effectively domesticated are carps. These have several advantages: they produce vast amounts of protein per acre; they do not have to be specially fed since they eat algae and weedy grass and small animals of the ponds and pond fringes; they can live in foul water, and thus in stagnant ponds and market fish barrels; they are efficient converters, putting a large percentage of their feed into growth; and relative to other fish, they are easy to breed in captivity. The first fish farmed in the world were probably the Chinese carps." However, no mention is made of soybeans being fed to the fish. Address: 1. Assoc. Prof. of Anthropology, Univ. of California at Riverside; 2. Riverside, California.

3616. Beane, Judy; Beane, Peter. 1977. No Moo Dairy. Maine. 2 p. Undated. Unpublished manuscript.
• ***Summary:*** "In the spring of 1976, the No Moo Dairy started out as an experiment spring of 1976 as an experiment in subsistence-level business management. It is the only operating tofu shop in Maine. From May to December, the 'shop' was the kitchen, and the average batch of tofu gave 5-6 lb. The tofu was made with nigari and organically-grown soybeans. Now we have one room of our home in South Portland set up exclusively as a shop so that we can produce tofu to keep up with growing demands." Contains 6 tofu recipes, plus a handwritten note to New England Soy Dairy. Address: Maine.

3617. Chang, K.C. ed. 1977. Food in Chinese culture: Anthropological and historical perspectives. New Haven, Connecticut, and London: Yale University Press. 429 p. Illust. Index. 24 cm. [200+ ref]
• ***Summary:*** One of the finest scholarly overviews of food in Chinese culture ever written, with each chapter, arranged chronologically by dynasty, written by an expert in the field. Contents: Introduction, by K.C. Chang. 1. Ancient China, by K.C. Chang. 2. Han, by Ying-shih Yü. 3. T'ang, by Edward H. Schafer. 4. Sung, by Michael Friedman. 5. Yüan and Ming, by Frederick W. Mote. 6. Ch'ing, by Jonathan Spence. 7. Modern China: North, by Vera Y.N. Hsu and Francis L.K. Hsu. 8. Modern China: South, by E.N. Anderson, Jr. and Marja L. Anderson. Glossary of Chinese characters. Bibliography. Address: Prof. of Anthropology, Harvard Univ., Cambridge, Massachusetts.

3618. Chang, Kwang-chih. 1977. Introduction. In: K.C. Chang, ed. 1977. Food in Chinese Culture. New Haven, CT, and London: Yale Univ. Press. 429 p. See p. 1-21.
• ***Summary:*** This book looks at food through a cultural framework, rather than a chemical or anthropological one. One of "the best ways of getting to a culture's heart is through its stomach." The Japanese scholar "Shinoda Osamu has almost singlehandedly carved out the field of Chinese food studies..." "Paleolithic hunters the world over relied heavily on animal flesh, which was cooked by a very small number of techniques." China's major legumes are the soybean, broad bean, peanut, and mung bean. Peanuts and sweet potatoes were brought to China by coastal traders during the Ming period.

Despite the "continuous introduction of dairy products and processes throughout the early historical periods, and despite the adoption of some dairy delicacies by the upper strata of society during the T'ang period, milk and dairy products, to this date, have not taken a prominent place in Chinese cuisine."

In China, the key distinction is between *fan*, grains and other starch foods, and *ts'ai*, vegetable and meat dishes. Fan is considered the main or primary food, and ts'ai the supplementary or secondary food. Grains have almost a sacred nature in Chinese food thought. Moreover, one should eat frugally and never overindulge in food.

"The overriding about food in China–in all likelihood an idea with solid, but as yet unrevealed, scientific backing–is that the kind and the amount of food one takes is intimately relevant to one's health. Food not only affects health as a matter of general principle, the selection of the right food at any particular time must also be dependant upon one's health condition at that time. Food, therefore, is also medicine." There are underlying principles governing the choice of food. "The bodily functions, in the Chinese view, follow the basic *yin-yang* principles. Many foods are also classifiable into those that possess the *yin* quality and those of the *yang* quality. When yin and yang forces in the body are not properly balanced, problems result. Proper amounts of food of one kind or the other may then be administered (i.e. eaten) to counterbalance the yin and yang disequilibrium... This belief is documented for the Chou period, several centuries before Christ, and it is still a dominant concept in Chinese culture." Many Chinese also distinguish between hot and cold foods.

Pages 17-18 note that one of the foods presented at graves is "dried bean curd." Address: Prof. of Anthropology, Harvard Univ., Massachusetts.

3619. Chen, Philip S. 1977. The joy of being a vegetarian. Mountain View, California, Omaha, Nebraska, and Oshawa, Ontario: Pacific Press Publishing Association. 127 p. 22 cm. [81 ref]
• ***Summary:*** Contents: About the author (a 1-page autobiographical sketch). Preface. 1. Vegetarianism, form fad to favor. 2. Food for philosophers. 3. Is man carnivorous. 4. Food for champions. 5. Mineral content of animal and vegetable foods. 6. Roughage and health. 7. The number one killer. 8. How wholesome is our meat? 9. What else is wrong with meat eating? 10. Animal protein versus

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vegetable protein. 11. The wise abstainers. 12. The joys of being a vegetarian. 13. The problem of animal waste. 14. The coming food crisis. 15. The soybean–A vegetarian's best friend. 16. Selected vegetarian recipes (using commercial meat substitutes or analogs). 17. Selected recipes (using homemade gluten and tofu). 18. Selected recipes (using natural, readily available ingredients).

Chapter 1 begins: "Vegetarianism in America used to be the butt of ridicule. But now the situation has changed. The laughter that once greeted mention of a vegetarian diet has died, thanks to discoveries made in biochemistry and nutrition during the last fifty years." It concludes: "Dr. Jean Mayer, professor of nutrition at Harvard University School of Public Health [in Boston, Massachusetts] and chairman of the 1969 White House Conference on Food, Nutrition, and Health, says that vegetarianism has three things going for it all at once–economics, health, and compassion."

Chapter 15, titled "The soybean–A vegetarian's best friend," begins by stating: "The soybean is a food without peer..." It discusses: Efficiency of soy protein (and supplementary value), soybean oil, minerals, vitamins, and simulated meats. Address: Camarillo, California.

3620. Farm, The. 1977. Vegetarian prenatal nutrition and high protein recipes. Summertown, Tennessee: The Book Publishing Co. 14 p. 22 cm.
• ***Summary:*** Printed with green ink on white paper. On the cover is a photo showing a field of soybeans, in neat rows free of weeds.

Contents: Introduction ("The Farm is a large longhair spiritual community of 1100 people in Tennessee... We are all complete vegetarians [vegans]. Ours is a soy-based vegetarian diet). Taking care of your self while you're pregnant (by Margaret, Nutritionist for the Farm, incl. iron, calcium, table of nutritional value of soybeans). Recipes: Basic cooked soybeans. Soybeans and tortillas. Soyburgers. Soybean stroganoff. Soy mayonnaise. Soy fritters. Soy yogurt. Soy milk (homemade using soybeans or soy flour) Tofu (Bean curd, homemade using whole soybeans and nigari or epsom salts). Soy cheese. Soy flour basic salad and sandwich spread. Seasoned sandwich spread. Hi-protein soy bread (incl. soy milk and soy flour). Soy souffle (incl. soy flour and nutritional yeast). Soy "nuts" (dry roasted or deep fried). T.V.P. Textured vegetable protein. T.V.P. tortilla filling. Spaghetti sauce with T.V.P. Sloppy joes. Good tasting nutritional yeast (A good source of B vitamins. Distributed by The Good Tasting Yeast Company, c/o The Farm). Melty nutritional yeast "cheese." A word about B12 [vitamin B-12] ("If you are a complete vegetarian, eating only plant foods, you will need to supplement vitamin B12").

People at The Farm eat "soy ice cream" which is mentioned in the introduction, but no recipe is given. Address: The Farm, Summertown, Tennessee.

3621. Farm, The. 1977. Volume one: Sunday morning services on The Farm. Summertown, Tennessee: The Book Publishing Co. 159 p. Illust. No index. 21 cm.
• ***Summary:*** The Farm is a spiritual community in Tennessee. Stephen is the teacher. This book is excerpts of talks given by Stephen from Aug. 1975 to March 1977. Soyfoods and vegetarianism are mentioned occasionally. A few teachings: "Do not be distracted by any doctrines or dogmas... We are the energy amphibians; we live in the physical world and we live in the energy world... No Bodhisattva who is a real Bodhisattva cherishes any idea of a separated individuality whatsoever... Every time you have a glass of soy milk, or a piece of soy cheese or tofu, it is a loving gift from someone who was not paid, and did it out of their heart... Adversity is not to be avoided... The sober consciousness of waking bliss."

Photos show: Stephen Gaskin speaking (cover, facing table of contents, p. 18). Farm members meditating (many pages). Aerial views of The Farm (p. 94, 99). Young soybean plants about 3 inches high, probably growing on The Farm (p. 109). "Basically it comes down to really knowing that we are all One and knowing that God is real." Address: Summertown, Tennessee.

3622. Farthing, Bill. 1977. Odiyan country cookbook. Emeryville, California: Dharma. xii + 211 p. Illust. by Denise Anderson. Photos by Peter Ogilvie. Index. 20 cm.
• ***Summary:*** This lacto-ovo vegetarian cookbook is dedicated to Tarthang Tulku, Rimpoche, a Tibetan Buddhist teacher who is head of the Nyingma Institute, founded in 1969 in Berkeley, California, and of Odiyan, the Institute's country retreat center being built on a redwood forested mountain above the Pacific Ocean in northwestern Sonoma County, California. Odiyan is a transliteration of the Sanskrit name for the birthplace of Padmasambhava the great teacher who brought Buddhism to Tibet.

The Foreword notes: "Although our chickens produce many eggs, we are essentially on a correct balance of grains and beans or soy-dairy products to provide protein." A chapter titled "Home-Made Proteins" (p. 112-19) includes various soy-related recipes: Homemade soymilk. Homemade tofu. Kinugoshi. Tofu-nut butter (with ground walnuts, peanuts, almonds, or sesame seeds). Tofu and stir-fried vegetables. Sprouted soybean puree. A large photo shows community scale tofu-making equipment plus the observation: "If you enjoyed making your own bread, then you may find the soy-dairy a very rewarding aspect of cooking to explore."

Other soy-related recipes include: Soy-bean patties (p. 95). Miso and tahini spread (p. 130). Soymilk dressing (p. 131). Soy carob milk (p. 196). Soymilk lassi (p. 197). Nutmilk (made with 2 cups soymilk plus ½ cup almonds, walnuts, or cashews). Address: California.

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3623. Fuji Seiyu K.K. (Fuji Oil Co.). 1977. Daizu tanpaku kogyo-ka e no michi [Road to industrialization of soy protein. Part I (Document part)]. In: Fuji Seiyu K.K. 1977. Fuji Seiyu 25 Nen-shi: Showa 21 nen 11-gatsu–Showa 51 nen 3-gatsu [Fuji Oil Company Ltd.: 25-year history, Nov. 1946 to March 1976]. Tokyo: Fuji Oil Co. 622 p. See p. 417-30. [Jap]

• ***Summary:*** Outline: As a major Japanese soybean crusher, processing whole soybeans into soybean oil and defatted soybean meal, Fuji Seiyu produced large amounts defatted soybean meal. In 1962-62 Fuji Seiyu began to make *Fuji Takaramame* (a by-product of tofu powder) and *Proplus* using soy protein from defatted soybean meal, even though these were not considered to be good soy protein products.

In 1967 Fuji developed isolated soy protein (containing more than 92% protein) from defatted soybean meal, and started to sell this FujiPro isolated soy protein. Since it was a completely new product and little was known about it, sales were slow in the beginning. But later it started to be sold to makers of second generation meat products (such as sausages or ham).

In 1969 Fuji started to sell Fuji Nikku ("Fuji Meat"), which is a textured protein product (*soshiki tanpaku seihin*) and this expanded their market among hamburger and hamburger ball (meatball) makers. Based on the above experience, Ralston Purina (America's leading soy protein manufacturer) got to know Fuji and invited the company to do a joint venture. Three years later, in Dec. 1973, the two companies contributed 200 million yen and founded a joint company named Fuji Purina Protein K.K. In 1974 they started to make and sell *FujiPur / FujiPua* (for "Fuji Purina"), a spun soy protein fiber. Presently, Fuji Seiyu is trying to expand into new, undeveloped markets for soy protein foods (p. 418).

For 1964 the Food Bureau (*Shokuryo-chô*) of Japan's Ministry of Agriculture, planned the following usage of soybean meal: Food 347,000 metric tons (tonnes). Feed 691,000 tonnes. All but 69,000 tonnes of the food use went for miso, shoyu, and tofu. Of this 69,000 tonnes, 40,000 tonnes went for soy protein foods (such as breads, biscuits, doughnuts, shortcake, ice cream, fish paste products, cheese, soup, etc.) and 30,000 tonnes for glutamic acid / MSG (p. 419).

Fuji decided to industrialize soy protein very early and also to make isolated soy protein their main soy protein product. Other Japanese companies that tried to enter the soy protein market failed because they produced only soy protein concentrate (p. 420).

Fuji Seiyu finished their research on isolated soy protein at the end of 1966, then started test production in their 1-tonne pilot plant. In June 1967, they started to build their full-scale plant, and finished by the end of the year; it had a capacity of 100 tonnes/month. The company named its first product Fuji Pro; this isolated soy protein contained more than 90% protein and about 6% moisture (p. 421).

Then the company found that they could use Fuji Pro in fish paste products, so they tried to sell it to companies making such products. But these manufacturers were very conservative, so after 6 months Fuji gave up and began selling it to secondary meat producers (p. 423).

The meat industry was also very conservative, but after many visits to these companies, Fuji got to understand them better. Some of these companies were already importing soy protein from the USA and using it in their meat products. Fuji's research & development department developed a sausage containing Fuji Pro and presented samples to the meat processors; they made many repeat visits. In 1968 Fuji received an order from a large meat processor; after that they received orders from medium and small processors one after another. In Nov. 1968 Fuji's sales finally reached 100 tonnes/month. Later, after many careful investigations, the Japan Agricultural Standards (JAS) decided to make isolated soy protein a JAS product with a standard of identity for use in ham, sausages, etc. In this way, sales of Fuji Pro expanded. But there was also another reason for expansion: Exports! Actually exports started earlier and were easier than sales to the domestic Japanese market. And it was because of the demand from abroad that Fuji decided to build their first full-scale plant in 1967, even though they didn't have any clear idea about their domestic sales. Fuji's exports went Shoemaker, a Dutch food company; this relationship started in about 1964 (p. 424).

At that time the Dutch company was selling soy protein made by Central Soya in the USA. Being dissatisfied with the product's quality and prices, they looked to Japanese oil makers to produce these products. They contacted several companies, including Fuji Seiyu, which answered their inquiry and told them: "We are still study isolates, but we have a product that contains 50% protein." They sent Shoemaker a sample of Fuji Takaramame. However Shoemaker wanted a soy protein isolate, so no business was transacted. But from that time on, the two companies stayed in close communication and began to exchange information. Shoemaker asked Fuji to develop a soy protein isolate, provided important suggestions concerning the research, and sent Fuji a report of the European market for such a product. Shoemaker's cooperation played an important role in the development of Fuji's isolated soy protein.

Initially, Fuji had placed heavy emphasis on developing soy protein products for second generation fish paste products, but after considering the potential demand in Europe, Fuji started to research soy proteins for meat products such as ham and sausage. Fuji Pro was developed to be highly elastic, emulsifiable, and water soluble–characteristics desired by the European market. Fuji sent some samples. Before they started commercial production, they signed a contract with Shoemaker as a sales agent; it named Fuji as a IPSO (International Protein Sales

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Organization) and exporter. Thus, it was because of the European market that Fuji could start commercial production without a domestic market, and it was this European market that enabled Fuji to sell isolates in Japan. Everything seemed backwards. For example, some Japanese from the meat industry went to Europe to study that industry. There they learned that soy protein (named IPSO) was being used in ham and sausages. Returning to Japan, they discovered to their surprise that the soy protein was made in Japan by Fuji. In 1969 Fuji's contribution to Japanese exports (oil and protein) was honored with an award (p. 425-26).

A knowledge of the overseas market for soy protein was a great help to Fuji as its soy protein products began to serve an international market. This also gave ideas for development of new products–starting with meatlike soy protein products. They received news from Bernard Hawley in England that textured soy protein products had been developed in the USA. Hawley was a nutritionist and a consultant (Hawley & Associates) and Fuji began to use his consulting services in April 1966 (p. 428). Hawley made many trips to Japan and he and Mr. Nishimura (the president of Fuji Seiyu) became great friends. In 1967 Fuji sent Hawley to the USA and asked him to study the market for textured soy proteins and the send Fuji a market report (p. 429). Meanwhile, the company president and a man from the planning department also went to the USA to study the market; they soon decided to start making textured soy protein immediately. They visited Wenger Manufacturing Co. in the USA, signed a contract in April 1968, and received a machine [extrusion cooker] that year. Actually they bought only the main body of the machine from Wenger; the other parts (including the power mill) were invented and designed by Fuji technicians (p. 430). Continued. Address: Tokyo, Japan.

3624. Hawaii Dept. of Health. 1977. Keiki talk. Honolulu, Hawaii: Nutrition Branch, WIC Program, Maternal Child Health Branch, Hawaii State Dept. of Health. 14 leaves. Illust. *

• ***Summary:*** In this brief guide to breastfeeding, infant foods, and infant feeding, tofu is mentioned. Address: Honolulu, Hawaii.

3625. Hinson, K.; Hartwig, E.E. 1977. Soybean production in the tropics. *FAO Plant Production and Protection Paper* No. 4. v + 92 p. Illust. 27 cm. (Rome, Italy). Revised 1982. [82 ref. Eng; Chi; Fre; Spa]

• ***Summary:*** Contents: Introduction. Botany. Climatic requirements. Soils and soil fertility. Water and water management. Varieties and variety development. Culture. Nitrogen nutrition and inoculation. Diseases and nematodes. Insects. Harvesting and seed storage. Nutritive quality and use. Rotations and intercropping. Bibliography. Address: Research Agronomists, USDA.

3626. Hsu, Vera Y.N.; Hsu, Francis L.K. 1977. [Food in] Modern China: North. In: K.C. Chang, ed. 1977. Food in Chinese Culture. New Haven, CT, and London: Yale Univ. Press. 429 p. See p. 295-316. [2 ref]

• ***Summary:*** "Soybean grows easily as a companion crop with kaoliang or corn. It is consumed all over China" in various forms; as bean curd [toufu], soybean milk, *tou fu nao* ("bean brain"–slightly coagulated soymilk, softer than tofu), *tou cha* [okara] ("the finer remains of the soybean from which the bean milk has been extracted is usually fed to pigs, but can be the poor mans ta'si [side] dish").

Young soybeans in pods, freshly picked from the field, are boiled in water or baked on the fire and consumed as snacks. They are served with soy sauce and sesame oil and eaten by using the teeth to scrape the beans into one's mouth.

Other soybean products consumed in north China include: soybean sprouts (eaten after submersion in boiling water for 1-2 minutes), "fermented bean curd (*fu ju*), molded bean curd (*ch'ou tou fu*), dried bean curd [pressed bean curd] (*tou fu kan*) (p. 301).

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term *ch'ou tou fu* or the term "molded bean curd." Address: 1. Evanston, Illinois; 2. Prof. of Anthropology, Northwestern Univ.

3627. Johns, Yohanni. 1977. Dishes from Indonesia. New metricated edition. Melbourne, Australia: Thomas Nelson (Australia) Ltd. xiv + 151 p. Illust. Index. 26 cm. 1st ed. 1971.

• ***Summary:*** The author comes from a town in Indonesia named Padang Pajang, located in the mountains of West Sumatra in an area known as Minangkabu. The society is matrilineal, so ancestral property is passed down the female line and a new husband comes to live in his wife's family's home. She married an Englishman in about 1955 and they lived in Jogjakarta (in Central Java) from 1956-1958, then in Australia since 1958.

This handsome book, packed with color photos, gives a good introduction to Indonesian cookery–though it contains a disproportionate number of recipes using meat. The excellent glossary of ingredients (p. 10-16) includes: Bean curd (incl. fried bean curd), black bean sauce or salted black beans (*tauco*, sic. Note 1. *tauco* is Indonesian-style miso, whereas *taosi* is salted black beans; which does she mean?), and soya sauce. Note that tempeh is not mentioned. Soy-related recipes include: Eggs in soya sauce (p. 53-54). Fried fish in black bean sauce (Tauco ikan, p. 60). Stir-fried prawns with long beans and black bean sauce (p. 71). Bean curd balls with prawns (p. 72). Braised liver in soya sauce (p. 86). Braised ox tongue in soya sauce (p. 87). Braised chicken in soya sauce (p. 90). Sambal of brown bean sauce (p. 101). Soya sauce sambal (Sambal kecap, p. 102). Fried soya bean curd with sauce (p. 125).

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Note 2. This is the earliest English-language document seen (April 2013) that contains the term "fried soya bean curd." Address: Australia.

3628. Kosikowski, Frank V. 1977. Cheese and fermented milk foods. Ann Arbor, Michigan: Edwards Bros., Inc. ix + 711 p. Illust. Index. 28 cm. 2nd ed., third printing, with revisions, 1982. Publ. by F.V. Kosikowski and Assocs., P.O. Box 139, Brooktondale, NY 14817.
• ***Summary:*** Contents: 1. Origins, movement and potentials. 2. The fermentation of milk. 3. Cultures and starters. 4. Fermented milks: Acid and alcoholic fermented milks (kefir, and koumiss [the latter is made from mare's milk]), acid fermented milks (acidophilus milk, bulgarian buttermilk, long milk and skyr). 5. Buttermilk, sour cream and ripened butter. 6. Yogurt. 7. Fundamentals of cheesemaking and curing. 8. Cottage cheese. 9. Bakers, Neufchatel and cream cheese. 10. Latin American white cheese. 11. Soft Italian cheese–mozzarella and ricotta. 12. Hard Italian cheese. 13. Cheddar cheese and related types. 14. Cheese with eyes–Swiss and Edam. 15. Control of spoilage bacteria in cheese milk. 16. Bacterial surface ripened cheese. 17. Mold ripened cheese–blue and Roquefort–Camembert. 18. Sheep, goat, and buffalo milk cheese. 19. Whey cheese. 20. The drying and freezing of cheese. 21. Process cheese and related types. 22. Nomads and nomadic cheesemaking. 23. The whitening of cheese. 24. The biology of a ripening cheese. 25. Whey and whey foods. 26. Imitation, substitute and alternate cheese foods. 27. Mechanized and continuous cheesemaking. 28. Cheesemaking by ultrafiltration. 29. Farm and home-making of cheese and yogurt. 30. Rodent, pest and mold control. 31. Analysis. 32. Standards. 33. Nutrition. 34. Public health and safety. 35. Packaging. 36. The yield of cheese. 37. Economics. Appendix. Conversion data. Composition of cheese and fermented milks. Book list. Sources of materials. Acknowledgements. Sketches and photographs.

Although soy is not mentioned in this book, it is an excellent source of basic information on the origins, principles, and procedures for producing important fermented milk products. Address: Prof. of Food Science, Cornell Univ., Ithaca, New York.

3629. Krich, Ken. 1977. Re: New pamphlets on tofu and miso available from Westbrae Natural Foods. Letter to food distributors and manufacturers. 1 p. Undated. Typed, with signature on letterhead. [2 ref]
• ***Summary:*** "For several years Westbrae has felt a major commitment to popularizing Japanese foods in this country. During a time when shortages of protein have become such a problem, the knowledge of soy-based foods is greatly needed by more people. Both miso and tofu are extremely healthy and inexpensive sources of protein and other nutritional benefits... yet many consumers are still not familiar with these products.

"To fill this information gap we asked Bill Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu* and *The Book of Miso,* to write readable pamphlets on these topics. The authors have lived in Japan for the past five years studying and writing about traditional Japanese foods. You are probably familiar with their book(s)... I have taken the liberty of enclosing two copies of each pamphlet..."

"You may order either or both of these pamphlets with either the Westbrae logo, your logo, or no logo." This letter is printed on recycled paper. Address: Distributor Sales, Westbrae Natural Foods, Inc., 1224 10th St., Berkeley, California 94710. Phone: 415-524-0506.

3630. Laughing Grasshopper Tofu Shop. 1977. Laughing Grasshopper tofu recipes (Leaflet). 3 Main St., Millers Falls, Massachusetts 01349. 2 panels each side. Each panel: 25.2 x 19 cm. Undated. [1 ref]
• ***Summary:*** Though no author is listed, this leaflet (25 by 19 cm, dark-green ink on beige paper) was probably written by Richard Leviton. A later edition had New England Soy Dairy as the publisher, indicating that the latter was selling this brand of tofu for a while. Discusses soybeans, protein, and world hunger, gives a nutritional analysis of Laughing Grasshopper Tofu, then gives 20 tofu recipes: Basic pan-fried tofu. Basic pan-fried tofu with sauce. Raw vegetable dip. Creamy scallion salad dressing. Creamy dill dressing. Bean curd soup. Tofu guacamole. Tofu 'egg' salad. Scrambled tofu sandwich. Tofu kebab. Tofu barbecue. Tofu baked in tomato sauce. Ravioli or manicotti. Sweet & sour tofu. Strawberry-tofu ice (popsicles or ice cream). Raspberry pudding. Creamy carob pie. Creamy carob pudding. Tofu 'cheesecake' deluxe. Peach kuchen.

At the bottom right of the rear panel we read: "We're planning to put together a more complete vegetarian cookbook containing recipes using many varieties of soy products. If you would like to contribute any recipes or suggestions, please send them to: Laughing Grasshopper Tofu Shop, 3 Main Street,..."

Note: This is the earliest document seen (Feb. 2013) that contains the term "Tofu 'egg' salad" or a recipe for what would soon become one of the first popular tofu products, widely called "Eggless Egg Salad" (1977), "Tofu No-Egg Salad" (1978), and "Missing Egg Salad" (1978). This recipe, which contains no eggs, calls for tofu, celery, carrots, onions, mushrooms, green peppers, scallions, mayonnaise, prepared mustard, tamari soy sauce, turmeric, paprika, celery seeds, etc. Address: Millers Falls, Massachusetts. Phone: 413-659-3883.

3631. Matsumoto, Kosai, II. 1977. Traditional herbs for natural healing: Japanese plums (*ume*) and shelf mushroom (*reishi*). Settsu City, Osaka, Japan: Kosai Matsumoto Office. 147 p. Illust. No index. 21 cm. [10 ref. Eng]
• ***Summary:*** Contents: Introduction. Letters of support. Part

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Laughing Grasshopper

TOFU RECIPES

Tofu, the delicious, versatile, high protein soybean food, is eaten by more than a billion people every day. Tofu was discovered in China over 2,000 years ago and evolved into the primary source of protein in the East Asian diet. It is a food of countless attributes — nutritional, culinary, healthful, economical — but, its most important use could be as a major solution to the world food crisis.

One acre of soybeans yields more protein than any other crop. America, the leading soybean grower in the world, grows enough soybeans each year to satisfy the protein needs of one-fourth of the earth's human population, if people ate them directly rather than feeding them to animals. Fifteen pounds of plant protein produce one pound of beef protein, an immensely wasteful ration. Experts on world food problems agree that Americans and all affluent nations must reduce meat consumption to provide enough protein for all people.

Many Americans, upon learning these facts, have lessened their reliance on animal protein. They have replaced their meat-centered diet with grains and vegetables and tofu as the protein focus. During the last year dozens of new tofu shops, like Laughing Grasshopper, have opened throughout the country to expound the message of soy, and to meet the new demand for tofu.

We also feel the world food shortage at home. In New England, we have seen the decline of the small farm. Massachusetts imports 85% of its food. Laughing Grasshopper is attempting to stimulate the New England agricultural economy in localizing food production and growing. We plan to grow our own soybeans in the near future.

Tofu making is a simple, yet delicate, process. We soak a choice variety of organic soybeans overnight, then grind them into a fine puree. After we cook the puree in boiling water, we squeeze the soymilk from the pulp. The milk, now at an ideal 185 degrees, stands steaming and ready for the careful stirring and adding of the solidifier. We introduce **nigari,** a seawater extract, into the soymilk, then let the barrel stand until curds and whey form. Next, we ladle off the whey, scoop the curds into stainless steel trays lined with cheesecloth, and place weights on the lids of the trays. When the curds have pressed into one large cake of tofu, we remove the weights, flip the tray over, and cut the cake into fifty pieces. The soybean curd, now recognizable as the tofu you buy in the store, soaks for an hour in cold flowing water before packing and delivery.

Nigari, the traditional Japanese tofu solidifier, imparts a subtle sweetness to the tofu, as well as yielding a higher protein value than Calcium Sulfate, the traditional Chinese solidifier.

Tofu contains not only a large **quantity** of protein (more than cow's milk), but its **quality** is identical to chicken, and nearly equal to beef. The Net Protein Utilization of tofu is 65% of it. Laughing Grasshopper tofu contains 14.5 grams of useable protein per 8 ounce cake. The same amount of protein would come from 7 ounces of hamburger, or 2 & 1/6 cups of cow's milk. If you combine tofu with grains, the large amount of lysine in tofu complements the grain and you achieve an even higher NPU.

more more more.....

Proximate Analysis of Laughing Grasshopper Tofu

	by weight
Protein	9.79%
Fat	6.01%
Ash	.29%
Crude Fiber	.10%
Calories . . 212 per 8 oz. cake	

As you see, Laughing Grasshopper tofu contains no carbohydrates. Unless you are on a weight reducing diet, it's a good idea to eat tofu with a carbohydrate. The traditional Asian companion to tofu is rice. If you are on a diet, or being careful of your blood cholesterol levels, tofu is a perfect protein. Extremely low in saturated fats (15%), and high in polyunsaturated fats (80%), tofu contains a great deal of lecithin and linoleic acid. Both of these nutrients emulsify fatty acid deposits that clog the bloodstream and body organs.

Tofu is an incredibly versatile food; with a little creativity and imagination, tofu can easily be substituted in or added to almost any recipe. It is quick and simple to prepare and it can be eaten in its "raw" form. Try using tofu in any of the many traditional Chinese and Japanese recipes; Chinese cookbooks generally refer to tofu as "bean curd".

When you buy tofu, make sure that you refrigerate it as soon as possible, and store it in water. If you save it for a few days, change the water daily to prevent spoiling. If the tofu does begin to sour, boil it for ten minutes, or deep fry it. You can also successfully freeze tofu and thaw it whenever you want.

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TOFU "EGG" SALAD

4 8 oz. cakes tofu (pat dry with towel)
⅓ c. mayonnaise
2 Tbsp. prepared mustard
1 tsp. tamari soy sauce
½ tsp. salt
1/8-¼ tsp. garlic powder
¼ tsp. cumin
¼ tsp. turmeric
¼ tsp. paprika
½ tsp. celery seeds
pinch of pepper
Mince:
Celery
Carrots
Onions
Mushrooms
Green Peppers
Scallions

Mix tofu and spices with a wooden spoon until the tofu is crumbled and well blended. Add minced vegetables. It's great on bread with a slice of avocado and lettuce or sprouts.

SCRAMBLED TOFU SANDWICH

2 8 oz. cakes tofu
(pat dry with towel & crumble)
2 Tbsp. margarine or oil
1 small onion, diced
6 mushrooms, sliced (opt.)
½ tsp. salt
1/8 tsp. garlic powder
¼ tsp. turmeric
dash pepper
dash tamari soy sauce

Fryonion in 1 Tbsp. of the oil or margarine till clear; add mushrooms. In the center of the same pan, melt the other Tbsp. of margarine or oil and add all the spices except the soy sauce. Quickly toss the crumbled tofu into the seasonings, coating all the tofu. Cook and stir 5-10 minutes longer; then add a dash of soy sauce. Serve on buttered toast with ketchup, mustard, or relish.

TOFU KEBAB

Marinade:
2 Tbsp. lemon juice
¼ c. oil
1 tsp. salt
1/8 tsp. pepper
2 cloves garlic, pressed
2½ Tbsp. tamari soy sauce
2 8 oz. cakes firm tofu
2 firm tomatoes
1 onion
8 lg. mushrooms
3 green peppers
1 eggplant, cubed & steamed

Serves 4

Five to eight hours before serving, cut tofu into 1½" squares. Mix marinade in a deep dish (pie plate) and allow the tofu to sit in the marinade, turning or basting a few times.

Fifteen minutes before serving, cut the vegetables into large chunks to fit on skewers. Alternate vegetables and tofu on skewers.

Turn oven on to broil; place oven rack 4 inches below broiler. Grease a cookie sheet well. Sprinkle full skewers with soy sauce and baste with extra marinade. Broil for approximately 10 minutes; turn skewers once gently.

You can also deep-dry the marinated cubes of tofu till golden brown before putting them on the skewers.

TOFU BARBECUE

Cut 4 8 oz. cakes of tofu into 1" cubes and press, (see above). Place the cubes on a cookie sheet coated with margarine or oil. Bake or broil the cubes until they're a deep golden brown.

Sauce:
⅓ c. molasses
3 c. tomato sauce
1 Tsp. prepared mustard
½ tsp. salt
2 Tbsp. vinegar
4 Tbsp. white or brown sugar
1 Tbsp. tamari soy sauce
dash liquid smoke (opt.)

Mix everything together over heat and stir the pressed tofu into the hot sauce. Serve on pita bread, on sandwich bread, or plain.

TOFU BAKED IN TOMATO SAUCE

4 8 oz. cakes tofu
1½-2 qts. tomato sauce
2 green peppers
oil

Slice each cake of tofu into 3 large slabs or "steaks." Press (see above). Preheat oven to 400. Place pressed slabs on a well-oiled cookie sheet in hot oven. Bake for 20 minutes, turning once. Layer the tofu in a casserole dish and cover with the sauce. Arrange green pepper rings on top. Cover and bake 35 minutes at 350°. Serve with spaghetti, rice, or garlic bread.

Do not overbake tofu as it will become hard & rubbery.

RAVIOLI OR MANICOTTI

(Tofu can be used in place of ricotta cheese in any Italian dish. Delicious in lasagna or spinach pie.)

Filling:
4 8 oz. cakes tofu, crumbled
¼ tsp. garlic powder or 2 cloves garlic, pressed
1 onion, diced and sauteed
1 tsp. parsley
salt and pepper to taste
Mix all ingredients well.

Pasta:
1 c. whole wheat flour
1 c. unbleached white flour
1 c. warm water

Mix together above ingredients. Gather into ball with fingers kneading lightly.

Ravioli :

Flour board & roll out dough 1/8" thick with rolling pin, using more four if necessary so it will not stick. Cut into 3" squares or circles (using doughnut cutter). On each square put spoonful of seasoned tofu. Cover with another square & seal all around edges with a wet fork, sealing well to keep filling inside. Drop in salted, boiling water & cook till tender, 8-10 minutes. Remove & serve with an Italian tomato sauce.

Manicotti:

Make a ball of dough the size of a walnut. On a floured board, roll paper-thin into a square. Fill & roll up. Pinch sides to hold together. Pour about 1 qt. of tomato sauce, spiced Italian style in the bottom of a baking dish, place the manicotti in and cover with another qt. of the tomato sauce. Cover the pan with tin foil & bake 40 minutes at 350°.

Suggestion: Omit the boiling step in the Ravioli directions and proceed as for baked Manicotti.

From **A Good Cook . . . Ten Talents,** College Press, Collegedale, Tenn.: 1968.

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I: History of the Japanese plums (*Ume*)–born in China and raised in Japan. Japanese plums introduced as medicine. The use of Japanese plums as a protection against various diseases. Salted plums (Umeboshi) during the Samurai period. Plantings and location of the valuable plum trees. Plum extract, 160 years old. Plum extract's efficacy was accepted by both the Japanese army and navy. Relationship of Japanese plums for restoring acid-alkaline balance. Japanese plums are known as king of alkaline foods. The value of citric acid of Japanese plums. Chemical composition of Japanese plums. Why is citric acid good for your health Citric acid also metabolizes sugar. What is the citric acid cycle. Umeboshi conquers the Himalayas. Japanese plums have powerful antibacterial properties. Even radioactivity can be combatted by Japanese plums. Ume can balance your spirit (like a good tranquilizer). The unique properties of the Japanese plums. Ume has immediate effect on hangovers. Pregnant women need Japanese plums. The secret of beautiful skin. Ume as a source of stamina. A Japanese plum a day slows the aging process. The effective prevention of anemia. How to treat food poisoning with Ume. The best way to prevent a cold. Ume goes to work instantly on stomach pains. Ume has a remarkable effect on liver troubles. Good news for people who are suffering from stomach ulcers. The problem of high blood pressure. Plums for Athlete's foot, snake bites, and as a unique contraceptive. Japanese plums as seen through the eyes of oriental medicine... The best is yet to come. How to properly select Japanese salted plums. Japanese traditional health foods using plums.

Part II: Reishi–The shelf mushroom or monkey seat mushroom (*Polyporaceae*) of Japan.

The recipe section, titled "Japanese traditional health foods using plums" includes some that call for soy: Soy sauce with plum extract (p. 74; a good dressing for wakame seaweed salad). Crushed bean curd [tofu] with plum sauce (p. 80). Tasty dressings using salted plums (with soy sauce, p. 81). Plum dip (with soy sauce, p. 84).

A section titled "Soy beans" (p. 125) states: "The high level of vegetable fat and protein make soy beans the ideal food for daily health."

A map of Japan inside the front cover and facing page shows the nine major plum growing areas: From north to south they are: Mito Kairakuen Garden (Ibaragi [Ibaraki]). Yoshino plum district (Tokyo). Hyakusoen park (Tokyo). Soga plum district (Kanagawa). Atami plum gardens (Shizuoka). Mizunoo plum forest (Osaka). Kitano shrine (Kyoto). Tsukigase (Nara). Minabe plum forest (Wakayama). The spectacular flowers bloom in Feb. and March, moving from south to north.

A note/ad on page 146 states: "For your information. This book along with the following products are available from Soken Trading, Inc., P.O. Box 1705, Sausalito, California: Meitan Granules, Plum (Ume) Extract, Handpicked Umeboshi (Salted Plums), Plum Candy, and Kobai Reishi." A color photo on the rear cover shows Mr. Kosai Matsumoto II. He has three written other books about umeboshi and reishi. Address: 4-14-1 Shojaku, Settsu City, Osaka, Japan. Phone: 06-383-0911.

3632. Mote, Frederick W. 1977. Yüan and Ming. In: K.C. Chang, ed. 1977. Food in Chinese Culture. New Haven, CT, and London: Yale Univ. Press. 429 p. See p. 193-257. [38 ref]

• ***Summary:*** The Yuan (Mongol) dynasty (when China was under alien Mongol rule) lasted from +1271 to 1368. The Ming dynasty (when China was again ruled by Chinese) lasted from +1368 to 1644. In 1644 the Ming fell to the bandit Li Tzu-ch'eng, and Manchu invaders from the north [Manchuria] captured Peking, then soon conquered the rest of China–ushering in the Ch'ing dynasty (1644-1912). Note: The Ming period is one of the great eras of orderly government and social stability in human history. A population averaging around 100 million people lived during 276 years in comparative peace.

Page 212 notes that the growth of the palace eunuch staff is an important feature of early Ming government. The *Huang Ming tsu-hsün-lu* (Ancestral Admonitions), issued first in 1381 during the reign of the Ming founder, stipulated that separate bureaus within the palace eunuch staff be designated. The imperial wine bureau oversaw the production of wines, soybean meal, tofu, etc.

Page 200 notes that during this period "consumption of meat was very low and seems to have remained stable at low levels for many centuries... Because China also used virtually no dairy products, to maintain nutrition they had to supply protein, calcium, fats, and vitamins in many ways quite different from those our society employs. Vegetables, in one way or another, supplied all of those things. The soybean undoubtedly was the most important diet adjunct, being richer in protein than equivalent weights of red meat, richer in digestible calcium than equivalent amounts of milk, and also being an important source of oil and certain vitamins. Excellent cooking oils also were made from sesame seed, rape seed, and other plant materials (*T'ien-kung k'ai wu*, trans. by Sun and Sun, 1966, p. 215-21)."

Pages 240-41 note, under "Special ingredients: The Japanese specialist in the history of Chinese food and eating, Shinoda Osamu," has remarked that "Traditional China's diet was strikingly different from the Japanese in two respects: the consumption of oils and fats was four or five times higher in China, and everyday cooking demanded more basic materials. The things required to keep an ordinary kitchen going day by day in Yüan and Ming times are sometimes enumerated in the entertainment literature, encapsulated in the formula of 'the seven things.' Shinoda refers to 'Yüan drama' for one enumeration of those, probably having in mind the line spoken by a busy housewife: 'From the

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moment I get up in the morning, I'm busy with the seven things–fuel, rice, oil, salt, soy sauce, vinegar, and tea' (*San-shih chung*, p. 261)."

Also discusses: Peanuts (p. 198). Notes that during the last century and a half of the Ming period, from roughly 1500 to 1650 a number of important new crops entered China: Maize, sweet potatoes, peanuts, and tobacco. Vegetarianism (p. 221-25, 242). At private ceremonial banquets, vegetarian foods resembling forbidden meat dishes were served.

Pages 201 states: "Fish were commonly farmed in the ponds, regularly harvested, and sold live in the markets." However no mention is made of soybeans being fed to the fish. Address: Prof. of East Asian Studies, Princeton Univ., Princeton, New Jersey 08540. Phone: 609-452-4284.

3633. Nosan Gyoson Bunka Kyokai. 1977. Nôgyô gijutsu taikei. Sakumotsu-hen. Vol. 6 [Outline of agricultural arts and techniques. Crops. Vol. 6]. Tokyo: Nôsan Gyôson Bunka Kyokai. See p. 3-7. [Jap]
• ***Summary:*** Page 4 shows 2 pie charts with statistics from the year 1974. The 3,500,000 tonnes of whole soybeans consumed in Japan are used as follows: Soy oil 78% of the total, tofu and products 10.5% (except frozen tofu), miso 5.5%, natto 1.5%, frozen tofu 1.3%, kinako (roasted soy flour) 0.4%, shoyu 0.2%, and other 2.6%. The 2,20,000 tonnes of defatted soybean meal are used as follows: Livestock feed 84.6%, shoyu 7.5%, tofu 4.1%, miso 0.3%, other food uses 2.0%, other nonfood uses 1.5%.

A graph on page 7 shows soybean production in Japan and soybean imports. Imports were static from about 1895 to 1918 at about 100,000 tonnes, then they rose rapidly to about 1,000,000 in 1944. They dropped to almost zero following Japan's defeat in World War II, then starting in about 1954, skyrocketed, reaching 1 million tonnes in about 1960, 2 million tonnes in about 1968, and 3 million tonnes in about 1970. After about 1954, soybean production in Japan dropped steadily. Address: Japan.

3634. Phillips, Ann Vroom; Phillips, David A. 1977. From the new world of Australia... the soil to psyche recipe book: Delightful new recipes for new age living... plus a total plan for zestful vegetarian nutrition from the bright new world down under! Santa Barbara, California: Woodbridge Press Publishing Co. 143 p. Recipe index. 16 x 23 cm.
• ***Summary:*** Cover title: "The soil to psyche recipe book." Soy-related recipes include: Darling Downs soya loaf (p. 48-49; "The Darling Downs produce some of the most beautiful organically grown soya beans in the world, on the softly rolling fertile hills. The extremely high fertility is due to the great depth of rich topsoil–five feet or more in many places. The location in subtropical southern Queensland provides the ideal climate for Australia's soya bean crops").

Chulora soya cheese (p. 49-50; Australian aborigines used 2 flat stones to grind seeds and beans into flour that they called "chulora." The authors grind soybeans into superfine soya flour, which they use to make tofu [though the word "tofu" is not used], curded with lemon juice. Into the well-drained curds they mix and mash finely chopped bell pepper and celery tops or parsley, press into a chosen mold, then refrigerate before serving).

3635. Pontecorvo, A.J. 1977. Development of appropriate technology for extending the shelf life of soy cheese (tofu) in tropical areas. MSc thesis, Cornell University. 136 p. [130+ ref]*
Address: Cornell Univ., Ithaca, New York.

3636. Shurtleff, William. 1977. Indonesian words associated with tempeh / tempe and tempeh (or oncom / onchom) recipe names. Lafayette, California. 1 p. Unpublished typescript.
• ***Summary:*** This list was compiled from various books while writing *The Book of Tempeh*. The names are in alphabetic order and the number after each is the number or page number in some forgotten book–perhaps Mustika Rasa. (1) Achar tahu tempe–64. (2) Tempe asam manis–10. (3). Tempe bacem–8. (4) Tempe bacem kering–40. (5) Besengek tempe–35. (6) Bistik tempe–3. (7) Botok tempe–18, 21. (8) Brongkos tempe–55. (9) Tempe bumbu Bali–44.

(10) Tempe bumbu rujak–16. (11) Ento ento–53. (12) Gado-gado–39. (13) Gadon tempe–30. (13a) Gejos oncom–6. (14) Tempe goreng–1. (15) Tempe goreng biasa–58. (16) Tempe goreng dengan bumbu–13. (16a) Gudeg tempe–. (17) Gulai tempe–41. (18) Kare tempe–29. (19) Tempe kemul–2.

(20) Kering tempe–52. (21) Keripik tempe–4, 24. (22) Kokotan tempe–28. (23) Kroket tempe–3. (23a) Tempe lado–57. (24) Lengko-lengko–49. (25) Masak petis–45. (26) Masak taoco–48. (27) Mendoan tempe–31, 57. (28) Mendol–61. (29) Menjeng tempe–20.

(30) Menjes tempe -. (31) Nyomok tempe–50. (32) Oblok-oblok–54. (33) Oblok-oblok oncom–67. (34) Oncom goreng–14. (35) Opor tempe–43. (36) Orem orem–51. (37) Oseng oseng tempe–19. (38) Tempe panggang -. (39) Tempe pechel or pechil–.

(40) Penchok-pepechak–59. (41) Pepes oncom–66. (42) Pepes tempe -. (43) Perkedel tempe–17. (44) Pindang tempe busuk–36. (46) Tempe podomoro–68. (47) Rendang tempe–23. (48) Rempeyek tempe–24? (49) Sambal tempe -.

(50) Sambal goreng tempe–63. (51) Sambal goreng kanchung–75. (52) Sambal goreng kering–12. (53) Sambal goreng krechak–22. (54) Sambal jenggot–76. (55) Sambal tempe busuk–39. (56) Sambal tepung–73. (57) Sambal tumpang. (58) Sate tempe–32. (59) Sate manis tempe–.

(60) Sayur asam tempe–62. (60a) Sayur kangkung tempe–. (61) Sayur bening tempe–37. (62) Sayur lodeh tempe–74. (63) Semur tempe–65. (63a) Soto tempe -. (64) Tauge goreng [soybean sprouts]–69. (64a) Tepung -. (65) Terik tempe–5. (66) Terik tahu dan tempe–42. (66a) Tumis

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oncom–2. (67) Tumis tempe–38. (68) Tumis kangkung tempe–34. (69) Tempe ungkep–See bacem.

Singkatan = abbreviations (Indonesian): bdj = bidji / biji (seed). bb = buah (fruit). btg = batang (stem, stalk). btl = botol (bottle). btr = butir (piece). gl = gelas (glass). ikt = ikat (bunch, bundle). lbr = lembar (sheet). pt = potong. rsd = ruas djari / ruas jari (finger tip size). sdm = sendok makan (tablespoon). sdt = sendok teh (teaspoon). tjkr = tjangkir / cangkir (tea cup). tk [or btg] = tangkai (stalk, stem). kg = kilogram. g = gram. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

3637. *SoyaScan Notes.* 1977. Chronology of the early years of Legume, run by Gary Barat and Dyanne Chandri Speer Barat, through Dec. 1983. 27 Oct. 1988. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Gary Barat is born on 28 Nov. 1942 in Manhattan, New York.

1967-72. Gary is one of the founders of an early hippie commune named Huggs, located on 2,000 acres outside Burlington, Vermont. They rented it for $1 a year. He lives there (in an Indian tepee for a year) and works on their co-operative organic farm. He also learned carpentry and cabinet making. They sold their crops at a fruit and vegetable stand. In 1968 he becomes a vegetarian for moral reasons.

1972-77. The farmer who owned the Vermont land died and his heirs wanted the community off the land. Gary returned to New York. There he worked on and off as a carpenter. In 1971 he founded a company named "Longest Pillow in the World" which markets pillow furniture at outlets like Bloomingdale's and Macys. He may have invented the term "pillow furniture." He creates and registers the trademark "X-Rated" and a logo. He eventually licenses the rights to Sony.

1977. Gary has open-heart surgery necessitated by an unusual blood infection. While recuperating at his sister's home in Umatilla, Florida, he visits Lecanto Tofu Shop (90 minutes drive away) and first sees tofu being made. Decides he wants to do something with tofu as a right livelihood.

1978-79. Gary recuperates.

1979 June. Gary establishes Nature's Inn Corporation as a research company. He has no money–it was all gone from the operation and not being able to work for almost 2 years. But now he has a chance to start over with a Right Livelihood occupation. It was a spiritual quest. He uses this company to raise money to study the soyfoods market and create a business plan. Some money came from an investment banker, some from a man who owned an advertising agency. They were not relatives and they didn't stay with the company in the long term.

1979 July. Gary attends the Second Soycrafters Conference in Amherst, Massachusetts. First real involvement with soyfoods. Meets Steve Demos of White Wave, Tom Timmins of New England Soy Dairy, and others. After the conference he starts to compile a business plan for his new company.

1979 August. Gary meets Chandri Dyanne Speer at the Muktananda ashram in South Fallsburg, New York. Born on 3 March 1950, she graduated from Syracuse Univ., worked on a PhD at Boston College, studied in Paris at the Political Science Institute for a year, and then spent a year studying Eastern philosophy and meditation in India. Gary hires her to help him do research on the tofu market. On 23 Aug. 1979 Oak Barat of McNaturals orders books on tofu, miso, and tempeh from New-Age Foods Study Center. Gary and Chandri travel together around the USA researching tofu. After visiting Steve Demos at White Wave in Boulder (who personally prepared them a delicious dinner, featuring 15 tofu dishes, at his home) they decide at the Boulderado Hotel that they will make finished tofu products–not plain tofu. In California, they also visit Larry Needleman (their guide in California), Ray Nagai (who convinces them not to make tofu and not to own a factory), Bob Gerner of Gilman Street Gourmet in Berkeley (they loved and were inspired by the tofu burgers he sold at his Deli), and William Shurtleff (Dec. 18-21). At this point, their basic concept is to create a fast-food restaurant serving a variety of tofu dishes, with a traditional tofu shop in the restaurant, clearly visible behind a large glass window. Then on to Japan to study tofu there–with most of the expenses paid by Sony. They eventually collect 500 pages of research on the industry.

1980 May. Return to New York City and start baking Whipped Tofu Mousse Pie (their very first product), Tofu Muffins, and Tofu Spinach Quiche in their apartment. They sell them throughout the summer from a booth at street fairs in New York City both as a source of income and for market research to see which products were well accepted. Lasagna in large trays (unpackaged) was also sold at this time.

1980 June. Dissolve Natures Inn Corp. and start doing business as Legume. A Tempeh Chili product is being planned. Tempeh Cutlets soon follow, but neither of these are ever packaged or labeled. The muffins, quiches, and no-creme pies were the first products to be packaged and labeled; each is kosher. They made the first two products, mostly by hand themselves, in a large bakery they rented for the summer in the Crown Heights section of Brooklyn. The baker, impressed by their business plan, invested $19,500 in the company and let them use his bakery after his daily baking was done. Limited freezer space in this bakery was a major problem.

1981 Jan. 23. Incorporate Legume in New York, then that month move to Bloomfield Bakery, a larger facility in Verona, New Jersey (which has freezer space), ending up right next to Celentano. Meet Ira Shapiro, a food broker who represents major low-calorie frozen food lines. His son, Robert Shapiro, invests $10,000 in the company and becomes sales manager. At about this time, when they were trying to raise money, their basic concept changed from

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being a restaurant to being a nationwide marketer of prepared tofu dishes. The restaurant business was seen as too risky and neither Gary nor Chandri had any experience in it. Investors were scared of putting money into a restaurant.

1981 March. Legume publishes a leaflet with the slogan "Who says rich, creamy foods have to be high in cholesterol & calories." Their Tofu Country Pies, Tofu-Bran Muffins, Tofu No-Cream Pies, and Cakes now start to be shipped nationwide, frozen, through a network of health food distributors.

1981 May. Celentano starts co-packing Legume's Italian-style entrees, beginning with Tofu Lasagna, followed by Tofu Ravioli. The Tofu Lasagna, a frozen entree, has a crack-and-peel label on an all-white box. It bears the new Legume logo on the front but no food illustration yet. It debuted at a food show in Soho. Gary and Chandri are still making their baked goods by hand in the bakery. Since May 1980 Gary and Chandri have realized that they prefer to let another company make their products, so that they can focus on marketing. They are one of the first soyfoods companies to come to this key realization.

1981 June. Gary and Chandri are married in New Jersey.

1981 Sept. Legume runs its first magazine ad (in Whole Foods, p. 56), stating that Legume now markets 3 Legume-brand snacks (Tofu muffins, "No-creme" pies, and tofu cakes), and 3 entrees (Tofu lasagna, Tofu ravioli, and Tofu country pies). The company's slogan is "Delicious protein meals and snacks."

1982 Feb. (winter). The earliest document seen on Legume appears in *Soyfoods* magazine (p. 56). Their products: Tofu Bran Muffins (Raisin or Blueberry), Tofu No-Creme Pie (Strawberry, Coconut, Banana), Tofu Cake (Carrot or Banana), Tofu Country Pie (Spinach or Broccoli), Tofu Ravioli, Tofu Lasagna.

1982 July. Richard Leviton visits Legume and publishes article in Soyfoods magazine ("Touring for Soyfoods," p. 32, 41). Products now include tofu pizza, lasagna, ravioli, vegetable pies, muffins, cakes, and cheesecakes. Company is now starting to phase out its line of baked products.

1982 Oct. Legume raises $200,000, half through a public sale of 1,000,000 shares of common stock at a price of $0.10 per share, and half a loan, to promote its tofu frozen entrees. This is the first of the new wave of tofu companies to become publicly owned. Now, with the help of food broker and board member Ira Shapiro, they take aim at supermarkets.

1983 Jan. 24. Article on Legume in the *Wall Street Journal* titled "Company finds a niche selling frozen foods made with tofu." Includes a good history of the company, whose sales now "are only $40,000 a month, $20,000 less than the break-even point."

1983 July. Gary Barat takes the lead in forming the Soyfoods Association of America, a new organization to represent larger companies and to break away from SANA.

1983 Aug. Legumes raises $600,000 more, 2/3 through sale of common stock to 34 people in a private transaction, and 1/3 from a loan.

1983 Dec. Six new Italian-style tofu entrees, sold frozen, introduced in stylish boxes. Line of "Legume Light & Natural Tofu Entrees" includes Stuffed Shells Provencale, Tofu Tetrazzini, Sesame-Ginger Stir-Fry, Tofu Bourguignon, and Cannelloni Florentine. Each contains less than 300 calories.

1984 Feb. The company borrowed $200,000 from two parties, one of whom, Vincent Galano, is a principal stockholder of the company.

3638. Spence, Jonathan D. 1977. Ch'ing. In: K.C. Chang, ed. 1977. Food in Chinese Culture. New Haven, CT, and London: Yale Univ. Press. 429 p. See p. 259-94. [38 ref]
• ***Summary:*** The Ch'ing dynasty (China's last dynasty) lasted from 1644 to 1911.

Concerning peanuts: Ho Ping-ti (1959, p. 183-95) has shown how maize, sweet potatoes, Irish potatoes, and peanuts all became basic crops in China during the Ch'ing, and how their story is enmeshed with the drama of China's internal colonization (p. 263). During the 1750s, Magistrate Li Hua-nan in Checkiang reported the popularity of peanuts. Table 4 (p. 269) shows the relative prices of sweet oil, peanut oil, salt, and salt turnip from 1902 to 1912. In 1928 L.K. Tao reported that peanuts were bought by 89.6% of the families in Peking (p. 270). Note: Reischauer and Fairbank in *East Asia: The Great Tradition* (1960, p. 393) agree. There was considerable growth in China's population during the 18th century, before the impact of industrialization. The leading explanation for such growth lies in the increase of the food supply made possible by (1) the opening up of new land to cultivation, often under imperial encouragement, and (2) the consumption of new food crops. Maize (corn), sweet potatoes, peanuts, and tobacco were all introduced into China from the Americas in the 16th or 17th centuries. The sweet potato became the poor-man's food of south China.

Also discusses: Vegetarianism (p. 290). Address: Prof. of History, Yale Univ., New Haven, Connecticut. Phone: 609-452-4284.

3639. Takai Seisakusho. 1977. Takai Seisasakusho no kikai [Takai tofu production equipment leaflets (Portfolio)]. Takai Manufacturing Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan: Takai Seisakusho. 25 inserts. [Jap]
• ***Summary:*** William Shurtleff contacted Takai Seisakusho, the largest and oldest manufacturer of tofu equipment in Japan, and asked if he could place an order for Farm Foods in San Rafael. Wataru Takai said that all the information about his equipment was on single-sheet color leaflets printed on both sides in Japanese. They agreed that Takai needed an English-language catalog of tofu equipment, the first such catalog ever to be created. The following glossy

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color leaflets (most numbered, all undated; each 25.5 x 18 cm, and printed with black and one color of ink on glossy white paper) were given to Shurtleff to use as the basis for his work: 1. Grinders. 2. To-100 system. 3. TM-100 system. 4. Boilers. 5. Mini-Star and other complete systems. 9. Hydraulic press. 10. Jack press, forming box table, and modern forming box. 11. Pressure cookers. 12. Tandem pressure cookers, and whole modern system. 13. Automated yaki-dofu broiler. 15. Three metal sinks, metal curding vat, tofu cutter, tofu forming box, silken tofu box and cutter. 16. Deep mixing plate, simple lever press. 17. Ganmodoki mixing machine. Draining racks. 18. Mechanized deep fryers. 20. Two-chamber manual deep-fryer. 24. Rotary feeder–to move soybeans. 28. Pump. 30. Mechanized tofu press. 32. Case washer. 33. Continuous roller extractors (4 models). 35. Mechanized soymilk maker. 36. Mechanized soybean soaker and washer. 37. Mechanized tofu cooling tank. 38. Automated TGS-2 whole system. 39. Automated whole system. 40. Automated TGS whole systems (Nos. 1-4 and 10). 134. Automated tofu factory TGS 7-9.

Unnumbered leaflets: TM-100 whole system and other equipment (blue). Micro mini-plant TGS-4 (green). Order form. Address: Ishikawa-ken, Japan.

3640. Takai Seisakusho. 1977. Takai no tôfu kikai [Takai tofu production equipment (Brochure)]. Takai Manufacturing Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan: Takai Seisakusho. 6 p. [Jap]

• ***Summary:*** On the cover are two square arrays of dots, one green and one blue, offset slightly to give the impression of three dimensionality. In the lower right is the address and phone number of Takai headquarters and five branches.

When the brochure is opened, the two left panels contain six large black-and-white photos: (1) Outside of factory No. 2. (2) Inside factory No. 2 with finished equipment standing on the floor. (3) An aerial view of the long bay of factory No. 1 showing many machines under construction. (4) Eight draftsmen at work in the design room. (5) Three women office workers in a modern office. (6) The exterior of factory No. 1. In the upper left of the far left panel is basic information about the company, which was founded in 1917. The inner right panel shows photos of five Takai tofu and soymilk systems, with a description of each. On one back panel are photos of four more larger systems. On the other back panel is a chronology of the company. Address: Ishikawa-ken, Japan.

3641. White, Beverly. 1977. Bean cuisine. A culinary guide for the ecogourmet. Boston, Massachusetts: Beacon Press. xv + 142 p. Illust. by Julie Maas. Index. 21 cm.

• ***Summary:*** Contents: Introduction. 1. Becoming a bean cook. 2. Bean soups. 3. Bean salads. 4. Bean sandwiches, spreads, and such. 5. Stovetop beanpots. 6. Oven beanpots. 7. Feasts for special occasions. Dried legume glossary.

Contains good information about pressure cookers and pressure cooking beans (p. 6-10, including soybeans). Soy-related recipes include: Soy sprouts (p. 13). Basic tofu (p. 14). Bean on bean soup (p. 18). Tofu mayonnaise (p. 27). Apple bean sprout salad (with tofu dressing, p. 39). Carrot salad with tofu (p. 40). Soy joy salad (p. 48). Amarillo taco (with cooked soybeans, p. 50). Soy sandwiches (p. 57-58). Soyburgers supreme (p. 58-59). USA paté (p. 60). Soybeans creole (p. 85). Hearthside baked soybeans (p. 99). Vegetable medley (with soybeans, p. 110). Miso shiru soup (p. 126). Soy cucumber salad–sunomono (with soy sauce, p. 126). Vegetable sukiyaki (with tofu and soy sauce, p. 127). Basics (p. 136).

Soybean sprouts should be ½ to 1 inch long; they need to be parboiled for 10 minutes before use in salads. Freshen old tofu by parboiling for 2-3 minutes in a pot of boiling water.

3642. Wong, Irene. 1977. Great Asia steambook. Brisbane, California: Taylor & Ng; New York: Distributed by Random House. [viii] + 97 p. Illust. (photos). Index of recipes. 22 x 22 cm.

• ***Summary:*** Includes recipes (all steamed) and ingredients from throughout Asia, but with emphasis on China.

The "Glossary of ingredients" (p. 80-95, with a large photo of each) includes:

"Bean curd, fresh." Bean curd, red (Nam yue).

Bean sauce: "Sold as 'Yellow bean sauce' and 'Ground bean sauce'; also known as brown bean sauce or *mien see* (Cantonese Chinese).

"Black beans, fermented and salted (*Dow See*)*:* A Chinese spice. Small raisin-size black beans sold in plastic or cellophane packages. May be rinsed and mashed with minced garlic and ginger for steaming, stir-frying, and braising..."

Fu: pressed, dry wheat gluten cakes. Hoisin sauce. Miso. Nam yue. Nori. Oyster sauce: Made from oysters and soy sauce. Red bean curd. Red bean paste [azuki an] (Dow sah). Sweetened to make a filling for steamed bread (bao). Soy sauce. Sweet rice (see glutinous rice). Teriyaki sauce. Tofu: See bean curd, fresh.

About the author: She was born in Fresno, California and grew up in a spacious Victorian frame house in the thriving Chinatown section. Her father and uncle had immigrated from Sun Doh, a village in Kwantung province of mainland China, when the Japanese army invaded the region in 1938. She graduated from the University of California, Berkeley, then taught English as a second language in the Chinatown of nearby Oakland. In 1974 she married Alan Gribben, now an assistant professor at the University of Texas in Austin. Currently Irene is an instructor of Chinese cooking at Taylor & Ng, San Francisco importers and designers. Address: San Francisco Bay Area, California.

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3643. Yü, Ying-shih. 1977. Han China. In: K.C. Chang, ed. 1977. Food in Chinese Culture. New Haven, CT, and London: Yale Univ. Press. 429 p. See p. 53-83.
• ***Summary:*** The Han dynasty lasted from 206 B.C. to A.D. 220. In 1972 China made a spectacular archaeological discovery on the eastern outskirts of Ch'ang-sha, Hunan, uncovering what is known as "Han Tomb No. 1 at Ma-wang-tui." The discovery achieved worldwide renown since the body of its owner was so remarkably preserved that her skin, muscles, and internal organs still had a certain elasticity when the coffin was opened after some 21 centuries. She was most likely the wife of Li-tsang, the first Marquis of Tai (reigned 193-186 B.C.) and died a few years after 168 B.C. at about the age of 50 (Hunan Sheng 1974, p. 46-48) (p. 55).

Her husband was buried nearby in Tomb No. 2. Among the rich burial remains unearthed from Tomb No. 1 are 48 bamboo cases and 51 pottery vessels of various types. Most of them contained foodstuffs (figs. 17-18, p. 183). All of these food remains have been identified (Hunan Sheng 1973, 1:35-36). Grains and beans found in the tomb included soybeans, rice, wheat, barley, two kinds of millet (Panicum = glutinous millet, and Setaria), and red lentil (*Phaseolus angularis* Wight [azuki]). Apart from food remains, there were also 312 inscribed bamboo slips which gave additional information on both food and cooking. They tell us a lot about seasonings and methods used in Han-period cooking. "The seasonings included salt, sugar, honey, soy sauce (*chiang*), *shih* ("salted darkened beans"), and leaven (*ch'ü*) [*qu, koji*]."

"What makes the Ma-wang-tui discovery doubly interesting is the amazing degree to which the food list from Tomb No. 1 agrees with the list given in the 'Nei tse ('Internal [Family] Regulations') chapter of *Li chi.* Virtually all the foodstuffs and prepared dishes listed above can be found in that chapter (*Li chi,* 8:19a-21b; Legge 1967, 1:493-63)."

Ying Shao of the 2nd century A.D. reported that *shih* ("salted darkened beans") [fermented black soybeans] were used to season dried meat and fish served after the main meal.

At Shao-ku (northwestern outskirts of Lo-yang), a total of 983 earthenware grain containers were unearthed in 1953 from 145 tombs datable from middle Earlier Han to late Later Han [about 100 B.C. to 200 A.D.]. Found in many of the containers are grain remains of the following: millets of various kinds, hemp, soybean, rice, and Job's tears (*Coix lacryma-jobi*). Moreover, most of the containers bear inscribed labels indicating the food content of each. "Based on these archaeological finds, we can now say with confidence that the major categories of grains accessible to the Chinese in Han times included millets of various kinds, rice, wheat, barley, soybeans, lesser beans, and hemp. It is particularly noteworthy that this archaeological list matches very closely the "nine grains" recorded in the agriculturist book by Fan Sheng-chih of the first century B.C... Fan was a professional agriculturist and had actually taught people in the vicinity of Ch'ang-an the art of farming (S.H. Shih 1959, p. 8-11, 42-44)."

Millet was generally more common than rice as the main food in Han China, then came wheat, barley, soybeans, and hemp. Hemp fiber provided the basic material for manufacturing cloth in traditional China. The seed also proved edible and was classified by the ancients as a "grain."

"To the existence of the very poor, soybeans and wheat could be even more vital than millet... There was always a pressing demand for soybeans and wheat as substitutes. As Pan Ku points out, the poor had only soybeans to chew and water to drink (Swann 1950, p. 419)."

The section titled "Toward a culinary revolution" states (p. 80-81): "Earlier as we have seen both soybeans and wheat were primarily foods for the common people. But it was due to soybeans and wheat that a quiet culinary revolution began in Han China. By this I refer to the manufacturing of shih (salted, darkened beans) and the making of wheat flour.

"Shih is very popular in a vast area of China; especially among the rustic population leading a very simple life. It was almost the only relish they could afford to enjoy." Ssu-Ma Ch'ien mentioned shih as one of the products in the cities, so it must have been made in large quantities in his time. The *Ch'i Min Yao Shu* [pinyin: *Qimin Yaoshu*] gives the earliest known instructions for its preparation [S.H. Shih 1962, p. 861].

"In the learned opinions of K'ung Ying-ta of the T'ang and Chou Mi of the Sung, however, shih was invented sometime around 200 B.C. (*Tso chuan,* 49:542; Chou 1959 ed., 2:215). It had already become a basic condiment in the early Han, and it was on a very short list of food supplies that Prince Liu Ch'ang received from the government after his plot of revolution had been discovered (*Shih chi* 1, 2:364). The name *shih* even found its way into an elementary Han textbook, the *Chi-chiu p'ien*–an indication of its great popularity (K.W. Wang 1929 ed., 10 b; Y. Shen 1962, p. 66). Now with the excavation of the Ma-wang-tui Tomb No. 1, shih remains become a concrete archaeological fact for the first time (Hunan Sheng 1973, pp. 127, 138).

"The earliest bean curd is reported to have been made in the Han, but the textual evidence is too weak to support such a claim (C.P. Li 1955, p. 200)." Address: Prof. of History, Yale Univ., New Haven, Connecticut.

3644. **Product Name:** Tofu.
Manufacturer's Name: Boo Han Oriental Food Manufacturing.
Manufacturer's Address: South Tacoma Way, Lakewood, Washington.
Date of Introduction: 1977?
New Product–Documentation: Talk with Ed Elkin. 1991. Feb. 8. About 12-15 months ago Boo Han changed hands;

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it is now named Hang Yang, owned by Mr. Choy, a Korean-American, who does not speak English–although his brother does. Hang Yang is very aggressive and doing well; he just upgraded to a new tofu system. The company is at the same location it was when he purchased it from Boo Han.

Talk with Peter Lesser, founder of Pacific Soyfoods. 1991. Feb. 8. Starting in Feb. 1982 he began to buy okara from Mr. Boo Han, a Korean-American tofu maker located at something like 100 South Tacoma Way, Lakewood, Washington. Originally Mr. Han's shop was located in the back of his retail Asian food store. Then he moved it around the corner. He used a big old boiler. Peter has no idea when Mr. Boo Han started his tofu company. He still owns his retail store; he sold his tofu company. He speaks pretty good English.

In Feb. 1991, the phone directory has a listing for Boo Han Oriental Food Manufacturing, 9122 S. Tacoma Way, Tacoma, Washington. Phone: 206-588-7300. The owner's name is Mr. Boo-Nam Han.

3645. **Product Name:** Tofu.
Manufacturer's Name: Wo Hop Co.
Manufacturer's Address: 759 Clay St., San Francisco, CA 94108. Phone: 415-982-7176.
Date of Introduction: 1977?
How Stored: Refrigerated.
New Product–Documentation: Loetterle. 1977. California Living. April 17. p. 40.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Unknown.

3646. *Los Angeles Times.* 1978. Energy, environment: The sale of Tofu soybean cake... Jan. 9. p. OC2.
• ***Summary:*** Made by Surata Soy Foods, a firm in Eugene, Oregon, where two employees have hepatitis, has led Oregon epidemiologists to warn consumers of the product to get gamma globulin shots to ward off the liver disease.

Officials contacted 47 young Quakers who ate the cake at a dinner on Dec. 30, while attending the Young Friends Gathering in Eugene. They also suggested protective shots for customers of the 28 grocery and health food stores, as well as restaurants, where the product was distributed. "Officials urged the stores to destroy inventories of the cake."

3647. Haddix, Carol. 1978. You'll feel a bit smarter at the Co-op. *Chicago Tribune.* Jan. 12. p. F3.
• ***Summary:*** The Hyde Park Co-op Super Market looks like any other supermarket, but you'll soon discover the many rows of "strange Oriental vegetables." The Japanese produce man will help you decipher the "strange names like bok toi [bok choy, bok choi], hakusai, cilantro, tofu, and wonton wrappers."

Two recipes are given. The one for Japanese beef sukiyaki calls for "½ cup soy sauce" and "½ soy bean cake [tofu], diced."

3648. Sheraton, Mimi. 1978. Restaurants: Up from Chinatown and hard by Regine's. *New York Times.* Jan. 13. p. C12.
• ***Summary:*** This includes a review of the Chinese restaurant Hee Seung Fung (H.S.F.) at 578 Second Ave. (between 31st and 32nd streets in New York's Chinatown). One of the recommended dishes is Clams or crabs with black bean sauce. The "braised bean curd in a dark sweet and pungent sauce was decent although its coating toughened in the braising."

3649. Haider, Vicky Chen. 1978. Openers: People, places, things we thought you'd like to know about. *Chicago Tribune.* Jan. 15. p. H4.
• ***Summary:*** "Kosher Chinese cooking classes." Kurt Youngmann, a Caucasian caterer of Chinese food, teaches this class, where "you can learn to concoct such appetizers as... deep-fried bean curd,..."

3650. Clark, Sandra. 1978. Higher education of a decadent cook. *New York Times.* Jan. 25. p. C3.
• ***Summary:*** A "Recent College Graduate" (RCG) arrives home for the holidays. It's 1978. She's hip, interested in new foodways, makes delicious stir fries, and eats with chopsticks. She takes the author (her mother) to Chinatown and introduces her to "the mysteries of sesame oil, bok choy (chinese cabbage) and tofu (soy bean curd). 'You change the tofu water every day, it'll keep.'"

Back in the home kitchen cooking, her mother offers her some "soy." "'Not that watery supermarket brine!' she scolds. She reaches into her backpack, produces a jar of something black, with a lotus blossom and haiku label. 'Tamari,' she informs me.

She teaches her mom how to grow sprouts in a Mason jar using alfalfa seeds and mung bean sprouts, how to rinse them twice a week, to re-oil the wok, and to change the tofu water.

3651. Wells, Patricia. 1978. How to increase nonanimal protein in the daily diet. *New York Times.* Jan. 25. p. C6.
• ***Summary:*** It is no accident that Mexicans eat corn with their beans, that Italians combine pasta with their beans, or that Japanese sprinkle soy sauce on their rice. These are all simple ways of "combining incomplete vegetable proteins to create a balanced protein." The idea of "complimentary protein" is not new, but it has been popularized by the book Diet for a Small Planet, by Frances Moore Lappe.

When baking, experiment with soy products. In recipes calling for 2 cups wheat flour, for example, use ¼ cup soy flour and 1 3/4 cups wheat flour.

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Gives 4 recipes, including: Leafy Chinese tofu (with sesame seeds, soy sauce, and brown rice). Vegetable rice curry (with soy grits and peanuts). Garbanzo spread.

3652. Ang, H.G.; Kwik, W.L.; Tan, S.F.; Theng, C.Y. 1978. Development of traditional and new soy products using defatted meal. In: American Soybean Assoc., ed. 1978. International Soya Protein Food Conference, Proceedings. Hudson, Iowa: ASA. 136 p. See p. 53-58.
• ***Summary:*** Contents: Abstracts. Introduction: Non-fermented products (soymilk, soybean curd, yuba), fermented products (soy sauce, soy cheese, tempeh), others (soybean sprouts, whole bean), soymilk and soymilk powder from defatted soymeal. Results and discussions: Preparation of soymilk powder. Conclusion. Address: Dep. of Scientific Services, Singapore.

3653. Aoki, Hiroshi. 1978. New soy protein food market and products in Japan. In: American Soybean Assoc., ed. 1978. International Soya Protein Food Conference, Proceedings. Hudson, Iowa: ASA. 136 p. See p. 66-69.
• ***Summary:*** Contents: Introduction. General survey of the new soy protein food products in Japan. Influence of the establishment of 200-mile economic zones. Utilization of new soy protein products for traditional soybean foods. Concluding remarks.

Chronology of new soy protein food development:

1955–Undenatured, solvent-extracted, defatted soybean flakes start to be produced for use in tofu production. These flakes became the bases if the new soy protein products in Japan.

1960–Defatted soy flour for bread and confections.

1961–Soy protein concentrates for fish products.

1962–Soy protein extracts for dairy and meat products.

1965–Soy protein isolates.

1970–Spun soy protein fiber, and textured and structured protein.

Soymilk, which has not been a real traditional food in Japan (unlike China) can be viewed as a new protein product. Though no commercial trials have yet succeeded, very recent test market trials made by several manufacturers of soymilk made from whole soybeans and also from soy protein isolates, seem to suggest some possibilities of success. Address: Otsuma Women's Univ., Tokyo, Japan.

3654. Asunaro Eastern Studies Institute. 1978. Now offering fall classes in traditional fermented foods: Miso, tamari, tofu, nato [sic, natto], sake, tekka, etc. (Ad). *East West Journal.* Jan. p. 82.
• ***Summary:*** Classes "taught by Naboru [sic, Noboru] Muramoto, author of *Healing Ourselves.* Also daily cooking classes. Located on 134 acres in Sonoma, California." For further information, send for brochure. An illustration shows the Asunaro logo. Address: 4600 Cavedale Rd., Glen Ellen, California 95442. Phone: (707) 996-9659 or 938-9846.

3655. **Product Name:** Tofu.
Manufacturer's Name: Bodhi Mandala Tofu Shop.
Manufacturer's Address: Box 8, Jemez Springs, NM 87025. Phone: 505-829-3854.
Date of Introduction: 1978. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Bob Mammoser & Michael Arnold.

Talk with Martin Roth. 1989. Aug. 17. Martin went directly to the Bodhi Mandala Zen Center after he left Boston. He learned to make tofu at this shop in about January through March of 1979, and he ran the shop for a while. When he arrived, Sandy (the American abbot) and Suzanna were running the Center and also made tofu sometimes; they now live in North Carolina. He thinks the shop had been running for a year or two when he arrived. Barbara Svenning joined him at the Zen Center and they went on to Santa Fe.

3656. *Daizu Tanpaku Shinbun* (*Soy Protein Newspaper*). 1978. Sekai no tôfu ni. Amerika demo yasuuri ga [Tofu becomes internationalized. Even in America, bargain prices]. Jan. p. 5. [Jap]
• ***Summary:*** Sato Shoji's criticism of Soyfoods Center & Shurtleff.

3657. Fukushima, Danji. 1978. Fermented soybean protein foods in Japan. In: American Soybean Assoc., ed. 1978. International Soya Protein Food Conference, Proceedings. Hudson, Iowa: ASA. 136 p. See p. 39-42.
• ***Summary:*** There are three major kinds of fermented soybean foods in Japan: Shoyu, miso, and natto. "In Japan, about 439,500 tons of soybeans and defatted soybeans are used as the materials of these fermented soybean foods. Among these, 175,000 tons are used for shoyu, 195,000 tons are used for miso, and 69,000 tons are used for natto."

Table 1 shows the consumption of soybeans and defatted soybeans in Japan in 1976 for foods (1,026,000 tonnes) and feeds (1,980,000), for a total of 3,006,000 tonnes. Foods are divided into fermented (shoyu, miso, natto; 439,500 tonnes) and non-fermented (tofu and aburage, kori-tofu, and others; 586,500 tonnes). For non-fermented soyfoods 466,500 tonnes of soybean are used for tofu and aburage, 29,000 tonnes for kori-tofu, and 91,000 tonnes for other products.

"Recently, a new fermented drink using soybeans appeared on the market. This product is a drink which is made by the fermentation of soy milk by lactic acid bacteria. There are many patents related to these kinds of products, including a yogurt type, in Japan. Therefore many new fermented soybean foods may appear on the market in the

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future."

Other tables show: (2) Typical composition of different kinds of shoyu. (3) Annual production of purely fermented, semi-fermented, and chemical shoyu in 1976. (4) Annual production of Japanese Agricultural Standard mark shoyu in 1976. (5) Chemical composition of major types of miso.

Figures (flow sheets) show: (1) Shoyu manufacturing process. (2) Rice miso manufacturing process. (3) Natto manufacturing process. (4) Shoyu manufacturing process. Address: Noda Inst. for Scientific Research, Kikkoman Shoyu Co., Tokyo, Japan.

3658. Learning Tree (The). 1978. Make your own tofu at home–quicker and easier than baking bread! (Ad). *East West Journal*. Jan. p. 3.

• ***Summary:*** "The Learning Tree Tofu Kit contains: a 16-page booklet with recipes & instructions, a Philippine mahogany settling box, a pressing sack, cheesecloth, & enough natural Nigari solidifier for 10 batches of this practical gourmet food. An ideal gift for all your Natural Food friends. If you've never tasted homemade tofu, you've never tasted tofu! Available at your local natural food store, bookstore, or cookware shop, or send check or money order for $12.95 ($13.95 in Canada) to: The Learning Tree. The words "Tofu Kit" and those in the title of the ad are written in Cooper Black typeface, the same used for title of *The Book of Tofu*, by Shurtleff and Aoyagi. A photo shows three views of the kit (which was developed by Larry Needleman).

This ad also appeared in the following issues of this magazine: For 1978–Feb. (p. 21), April (p. 11), May (p. 41), June (p. 57), July (p. 76), Aug. (p. 14). Starting in Sept. 1978 (p. 18) the title was shortened to "Make your own tofu at home!!," with the word "HOME" written in large, bold caps. The prices were unchanged. This new ad also appeared in Oct. (p. 62), Nov. (p. 10), and Dec. (p. 69). For 1979–Feb. (p. 75), June (p. 14), Aug. (p. 66), Nov. (p. 68), Dec. (p. 4). For 1980: Jan. (p. 19) of this magazine. The kit now sold for $14.95.

Note: This is the earliest ad seen with the word "tofu" in the title. Address: Box 76, Bodega, California 94922.

3659. Shurtleff, William. 1978. Household preparation of winged bean tempeh, tofu, milk, and sprouts. In: 1978. The Winged Bean. Los Banos, Laguna, Philippines: Philippine Council for Agriculture and Resources Research (PCARR). xvii + 448 p. See p. 335-39. Jan.

• ***Summary:*** This book consists of papers presented at the 1st International Symposium on Developing the Potentials of the Winged Bean. Held Jan. 1978, at Manila, Philippines. Contents: Introduction. Homemade winged bean tempeh: Recipe, directions, polyethylene (plastic) bags, baking pans or pie tins, good tempeh, immature tempeh, inedible tempeh, troubleshooting (tempeh is too wet, mold is sparse and does not bind beans tightly, tempeh contains black spots or patches, tempeh smells strongly of ammonia, mold grew abundantly in some places but sparsely in others). Homemade winged bean tofu: Recipe, directions, troubleshooting (low yield, small curds or crumbly tofu texture, coagulant was insufficient). Homemade winged bean milk: Recipe, directions, honey-vanilla, rich and creamy, carob-honey, malt, mocha, or coffee. Homemade red winged bean miso. Homemade winged bean sprouts.

Note: This is the earliest document seen (Jan. 2011) that describes how to make tofu from winged beans (Kantha 1983). Address: New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3660. Stein, Ellin. 1978. Making money making tofu. *Whole Foods* (*Berkeley, California*). Jan. p. 32-38.

• ***Summary:*** This multi-part article describes commercial operations at Farm Foods (San Rafael, California–"Down on the Farm"), Redwood Natural Foods (Santa Rosa, California), The Tofu Shop (Rochester, New York–"Hope in Rochester"), Surata Soyfoods (Eugene, Oregon–"Tofu Recipe Doubles in Oregon"), and The Soy Plant (Ann Arbor, Michigan–"Midwest Soy Plant Expects to Grow").

Note: This is the earliest document seen (Sept. 2011) that mentions "Surata Soyfoods," the first company with the word "Soyfoods" in the company name.

Part of the main article ("A Busy Grasshopper Waits for Profits") and a full-page sidebar titled "Making Tofu on Main Street" tells the story of Laughing Grasshopper Tofu Shop in Millers Falls, Massachusetts. "With *The Book of Tofu* as their guide, Ira and Kathleen Leviton founded the first occidental tofu shop in the northeastern USA in this sleepy papermill town in Aug. 1976. At the time the Levitons owned and operated Corn Creek Bakery in Greenfield, eight miles away, and they ran the two businesses until August 1977, when they closed Corn Creek due to a continuing labor dispute. Having formed a partnership with two men, Tom Timmins in August 1976 and Michael Cohen in February 1977, the Levitons found their 100 bread accounts quite eager to stock tofu. They are now producing over 800 pounds of tofu per day to service their 100 accounts... Grasshopper makes tofu with Prize variety soybean shipped from Iowa in trailer loads and stored in the plant...

"Fully believing that the tofu market can be doubled within the first quarter of 1978, Grasshopper is moving this month to a 3200-sq.-ft. plant in Greenfield that already offers a well-drained concrete floor... Tofu production will be upgraded with the installation of $5,000 worth of Japanese tofu machinery... Cohen estimates daily tofu capacity will increase to 1,600 pounds. 'As soon as we can,' says Cohen, 'we'll have not only tofu, but deep-fried age, soymilk–flavored and unflavored, tempeh, and soy "ice cream." We feel the market is at our fingertips. We've never taken the step into a serious sales campaign, but I think we will. So far,

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we make the soft tofu, we give the soft sell.'"

Note 1. This is the first issue of *Whole Foods* magazine. This is also the earliest article on soy seen (Aug. 2002) in *Whole Foods* magazine.

3661. Swan Food Corp. 1978. Swan Foods: Remember the name! (Ad). *Alternatives* (*Miami, Florida*). 2(1):1. Jan.
• ***Summary:*** This full-page black-and-white ad (see next page) lists the company's soy products, iced herbal beverages, and baked goods & pastries. Soy products include: Baked tofu, Marinated tofu, Caraway tofu, Tofu chip dip, Soy melk (sweetened & carob), Soy shakes (carob, vanilla & strawberry), Soyogurt (a cultured soy product), Wholegrain soy burgers. Baked goods include: Tofu cheesecakes, Carob maple swirl, Mary's cream cake, Mary's devil's food cream cake–"and more to come."

On the top half of the ad is a large circular logo featuring a stylized swan, with two large wings symmetrical about a vertical axis and an arched neck on the left side. The other half of the arch is drawn in to form a heart, inside of which is written "Because we love you." Across the inside top are the large words "Swan Foods." A full-color rainbow arches below them and over the swan. At the top center, between the words "Swan Foods," are the smaller words "Nature's Finest" written one below the other; between them is an infinity sign.

Across the bottom of the ad is written: "Every Swan Soybean Product contains all 8 essential amino acids (which are necessary for a balanced diet) and have no cholesterol. Available in health and natural food stores. Retailers: Swan Quality Products are distributed by your local Natural Foods Distributor, or contact Swan Food Corp., 5758½ Bird Rd., Miami, FL 33155. In Miami enjoy all Swan Products at Swan's Retail Deli & Bakery, The Soybeanery, 5758½ Bird Rd."

Note 1. This is the earliest ad seen for soyfoods in a U.S. magazine or periodical by one of the new generation of soyfoods manufacturers.

Note 2. In 1978 Alternatives (a small-circulation counter-culture magazine) was located at P.O. Box 330139, Miami, Florida 33133. Phone: 305-856-6975. Ad inquiries: 305-856-2473. Editor & publisher: Chik Shank. West coast contact: Steven M. Haines: 415-841-9217.

Note 3. This is the earliest known Swan Foods' ad published in *Alternatives* magazine–which began publication in August 1976. In May 1998 Jeanne Janson of Coral Gables (near Miami) checked every issue!

This full-page ad also appeared in the July/Aug. 1978 issue (p. 49) of this magazine. A half-page version of this ad appeared in the March, April (p. 45), May (p. 45, 49), June, September (p. 51), October (p. 51), November (p. 53), and December (p. 53) 1978 issues of this magazine. Thus Swan Foods has an ad (at least half-page in size) in every issue of *Alternatives* during 1978; then the ads disappear. Address: The Soybeanery, 5758½ Bird Rd., Miami, Florida, 33155.

3662. Wang, Jun Ryun; Lee, Yang Hee. 1978. Traditional soybean foods in Korea. In: American Soybean Assoc., ed. 1978. International Soya Protein Food Conference, Proceedings. Hudson, Iowa: ASA. 136 p. See p. 43-47. [13 ref]
• ***Summary:*** "The origin of soy sauce and paste in Korean literature dates back to 683 A.D. (Shinmu King 3rd year of the United Silla period). Since an old Japanese literature [document], *Hwameyruitsuroku* [*Wamyô Ruijusho;* Collections of Japanese Names, by Subject], of Heyan [Heian] records that 'Maljang (Meju) is a Korean soy sauce and paste' and a record on Maljang was also observed in the ruins of Nara, it is evident that soy sauce and paste were introduced from Korea to Japan during the Nara period (645-793 A.D.). Therefore, it is believed that the beginning of their consumption in Korea should be in the third century of Kokuryo period."

"Soybean has been a major protein source in the Korean diet." In 1976 some 442,803 tonnes (metric tons) of soybeans were used in Korea as follows: oil and defatted meal 28.5%, curd (*tubu,* or tofu) 24.5%, paste (*doenjang*) 18.3%, soy sauce (*kanjang*) 10.6%, soy sprouts (*kongnamul*) 9.0%, hot soy paste (*kochujang,* made from meju, hot pepper flour, and cooked glutinous rice) 6.6%, soymilk (*kongkuk*) 0.14%, and other 2.4%. Other includes roasted soy flour (*konggomul,* used for coating rice cakes [mochi]), fried tofu (*yubu*), salted natto paste (*jeonkukjang / cheonkukjang*). *Doebiji* is fresh soybean puree, made by grinding soaked soybeans. When used as a food, it is usually cooked with vegetables, kimchi, and meat. Meju is balls of soybean koji like Japan's miso-dama. All fermented Korean soybean foods except Joenkukjang are prepared from meju. Its characteristic flavor results from *Aspergillus, Penicillium,* and *Mucor* species of molds on the surface of the balls and *Bacillus subtilis* on the inside. Damsuejang is a quick fermented soy paste made by crushing meju to a powder, adding a warm brine solution, then allowing it to ferment and ripen.

Note: This is the earliest English-language document seen (March 2009) that uses the word "Damsuejang" to refer to Korean-style soybean paste (miso).

The above usage is the equivalent of 12 kg per capita per year. The daily per capita consumption of soy sauce (kanjang) is 20 ml, of soybean paste (doenjang) is 15 gm, and of hot soybean paste is 10 gm. Most of the soy sauce (64%), doenjang (82%), and kochujang (76%) and all of the salted natto paste (joenkukjang) and quick fermented soy paste (damsuejang) are produced at a household level and consumed directly.

Both soybean production and imports have grown in recent years. In 1970 production was 231,994 tonnes, and imports were 36,291 tonnes for a total of 268,285 tonnes. In 1976 production was 294,949 tonnes (up 27% over 1970),

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and imports were 147,854 tonnes (4 times as much as in 1970) for a total of 442,803 tonnes (up 65% over 1970). Address: Korea Food Development Centre, Seoul, South Korea.

3663. Watanabe, Tokuji. 1978. Traditional non-fermented soybean foods in Japan. In: American Soybean Assoc., ed. 1978. International Soya Protein Food Conference, Proceedings. Hudson, Iowa: ASA. 136 p. See p. 35-38. [7 ref]
• ***Summary:*** Contents: Introduction. Tofu and deep fried tofu. Kori-tofu. Miscellaneous. Conclusion.

In 1960 soyfoods supplied 15.6% of the daily per capita protein supply of 69.4 gm. In 1975 they supplied 12.7% of the 78.8 gm. The leading sources in 1975 were (1) fish and seaweed, (2) rice, (3) soyfoods, (4) wheat. Address: Kyoritsu Woman's Univ., Hitotsubashi 2-2-1, Chiyoda-ku, Tokyo, Japan.

3664. Yu, Swee Yean; Ch'ng, Guan Choo. 1978. Soy bean foods in Malaysia. In: American Soybean Assoc., ed. 1978. International Soya Protein Food Conference, Proceedings. Hudson, Iowa: ASA. 136 p. See p. 48-52. [16 ref]
• ***Summary:*** Contents: Introduction. Fermented soya bean products: Soya sauce (manufacture of 'thin' (dilute) soya sauce, manufacture of 'thick' (viscous) soya sauce, microbiology of Malaysian soya sauce, stability of the product), tempeh, tau cheo (thick paste-like sauce), tao si (fermented black soybeans). Non-fermented soya bean products: Soya bean sprouts, tofu (semi-firm curd), tofu fah (soft curd), tow kwa (firm curd), tin chok (dried, flat sheets [yuba]), fu chok (dried, rope-like [dried yuba sticks]), tofu pok (deep-fried curd [tofu cubes]), chak tie (vegetarian [yuba] sausage), soya bean milk (tau cheong), meat analogues (soya flour is shaped into desired forms by hand). Nutritional data. Conclusion. Address: Universiti Pertanian Malaysia, Serdang.

3665. Ferretti, Fred. 1978. Scrutinizing Chinese food. *New York Times.* Feb. 1. p. C6.
• ***Summary:*** This is a review of the book *The Scrutable Feast*, by Dorothy Farris Lapidus, who speaks Chinese, and who has created this book "out of her determination not to be dominated by Chinese restaurant menus."

The book discusses "Ma Po style bean curd, a dish of ground pork and bean curd, so called because Ma Po literally means pockmarked old woman."

To illustrate: "chicken, page 38, no. 27, is stir fried with bitter melon and a touch of black bean paste;..."

3666. Hansen, Barbara. 1978. A Chinese New Year menu for the Year of the Horse. *Los Angeles Times.* Feb. 2. p. 11.
• ***Summary:*** "Most of the dishes are symbolic, signifying prosperity, health, good business and smooth sailing, all worthy goals for the year 4676" [so the Chinese calendar apparently started in 2698 BCE].

"Eight Treasures Vegetables," seems to guarantee both wealth and health. The "treasures" include bean sprouts and "shredded pressed bean curd cake" [shredded pressed tofu]. "Soybean sprouts are used rather than the usual mung bean sprouts, as the Chinese consider them to be especially rich in vitamins."

Hunan-style steamed fish was seasoned with "fermented black beans, chopped chile, ginger, and garlic..."

3667. Hughes Markets. 1978. Brand names you know and trust (Ad). *Los Angeles Times.* Feb. 2. p. OC_D23.
• ***Summary:*** The section titled "Foods of the Orient" includes: "JFC Kinako 7 oz. pkg. Soy bean flour–39¢." "In our fresh produce dept. Age [Deep fried tofu pouches] pkg. 69¢."

Also includes: Minoya ajitsuke nori 0.3 oz. Seasoned seaweed–79¢. JFC mung beans. Han Sing ginseng tea. N.S.S. 3 oz. pkg. Demae ramen–6 for $1.00.

3668. Clough, Jean. 1978. Kitchens that dish up naturally good food. *Chicago Tribune.* Feb. 3. p. A1.
• ***Summary:*** The Plowshare Cafe (6155 N. Broadway) serves macrobiotic food and is also a health foods store. They use foods grown locally, in season. In addition, all meat, dairy products, tropical fruits, most sweeteners, and many spices are not served. The Macro-plate ($2.50) includes brown rice, miso soup and sea vegetables. Miso "is a black creamy paste made of fermented soy beans." The sea vegetables included hiziki seaweed in tamari sauce. Also offered was a sandwich with seitan (made of gluten), "tofu, soy mayonnaise, sesame seeds, carrots, and natto miso, a less-aged miso that includes barley and ginger. Its a granular to be sprinkled on rice or sandwiches."

New Earth Cafe and Mama Peaches are also vegetarian restaurants. Address: Dr.

3669. *Chicago Tribune.* 1978. Topping the most-wanted ethnic list. Feb. 9. p. N_A8 or W_A8.
• ***Summary:*** Kurt Youngmann, who runs The Meanderin' Mandarin catering service plus innovative cooking classes (in his kitchen or in theirs), emphasizes that "No Chop Suey type dishes are taught here." Among the dishes you can learn how to make are "deep-fried bean curd."

3670. New England Soy Dairy Inc. 1978. Re: Announcing opening of New England Soy Dairy, Inc. Letter to customers and friends of the business, Feb. 17. 2 p. Typed, with signature on orange letterhead. [1 ref]
• ***Summary:*** "Dear friends. We are pleased to announce the opening of the New England Soy Dairy, Inc... As soon as we can hook up our deep fryer and practice making agé and agé pouches, we'll add them to our list of products... We have

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ordered a packaging machine that is scheduled to arrive in a few weeks." The company will then start making packaged tofu (now it is all sold in bulk), and may begin producing hard tofu (doufu), tofu pudding, and bottled soymilk. "The possibilities for freshly made soybean products seem almost endless. We are experimenting with a soy ice creme, and with miso. We'd really like to start producing tempeh this autumn... Our tofu price will remain at $0.44/lb to retailers." The company plans to pick up its first two distributors: Homestead Trading Co. and nearby Llama.

Shurtleff and Aoyagi, and their *Book of Tofu* and *Book of Tempeh* are mentioned in the letter. At the end: "Soy to the world, (Thanks to Akiko Aoyagi for the drawings)." A handwritten note at the end reads: "Bill & Akiko, We sent this around to our customers. We're still reading the B.ofT. [Book of Tofu]. Tom Timmins. P.S. Come visit us next time you're East."

Note: This is the earliest English-language document seen (March 2013) that contains the phrase "Soy to the world." Inspired by the new phrase, Akiko Aoyagi designed a wreath to send out with Bill and Akiko's Christmas cards later that year. Address: 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746.

3671. Oberg, Elmer B. Assignor to Paul Taylor Company (Pasadena, California). 1978. Process for preparing stable full fat oilseed extract. *U.S. Patent* 4,075,361. Feb. 21. 8 p. Application filed 26 Nov. 1976. [6 ref]
• ***Summary:*** A full fat, stable food material derived from oilseeds is prepared by comminuting oilseeds in the presence of a hot (at least 180ºF, ideally near boiling) alkaline extract solution (preferably sodium hydroxide, with pH about 8), and then allowing the comminuted seeds to soak in the solution for about 3-7 minutes. After neutralizing the solution with preferably hydrochloric acid, the extract is clarified (centrifuged; the fiber is discarded) and heated to destroy anti-nutritional factors, concentrated, and spray dried. An illustration shows the required equipment. Address: Camarillo, California.

3672. *Toyo Shinpo* (*Soyfoods News*). 1978. Aamondo iri tôfu seeru de honkaku hatsubai: Kakihara Jôzô. Aitsugu shinshutsu, ninki yobu aamondo seihin [A start of full-blown sale of tofu with almonds: Kakihara Jôzô. One after another coming out with popular almond products]. Feb. 21. p. 3. [Jap]
• ***Summary:*** Kakihara Jozo is one of Japan's oldest natto makers. In the spring of 1977 they started making natto with almonds mixed in. The almonds improve the flavor of natto by reducing the strong smell. The company adds 10-15% almonds by weight in small chunks. 100 gm (regular size) retails for 85 yen, whereas 50 gm (mini size) retails for 40 yen.

The consumption of natto in the Kansai region (Kyoto–Osaka–Kobe) is only about 10% as much as in the Kanto region (Tokyo–Yokohama).

This company used to make shoyu, but they quit making shoyu and started to make miso and natto. Photos show: (1) A man. (2) Various natto products.

3673. Hansen, Barbara. 1978. The lure of fish undiminished despite the cost: Higher prices for high protein. *Los Angeles Times.* Feb. 23. p. G1.
• ***Summary:*** "In China, the cheeks of the fish are considered a delicacy. And a fish head is the main ingredient in dishes such as steamed fish head with salted black beans and a fish and bean curd [tofu] casserole."

3674. Bau, H.M.; Poullain, B.; Beaufrand, M.J.; Debry, G. 1978. Comparison of cold-, acid-, and salt-precipitated soy proteins. *J. of Food Science* 43(1):106-11. Jan/Feb. [19 ref] Address: Univ. of Nancy, Nancy, France.

3675. **Product Name:** [Tofu].
Manufacturer's Name: La Rousselie.
Manufacturer's Address: 24580 Plazac, France. Phone: 53.50.74.78.
Date of Introduction: 1978. February.
New Product–Documentation: Letter from Tooza Theis, owner. 1990. Feb. 26. "I have been making tofu now for two years here in the southwest of France. The demand is increasing all the time. I now make 40 kg/week which I deliver all within 10 km of my home (a rural area). All this is done with very simple and primitive equipment. I now feel the need to invest in larger equipment."

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3676. Lee, Cherl Ho; Rha, Chokyun. 1978. Microstructure of soybean protein aggregates and its relation to the physical and textural properties of the curd. *J. of Food Science* 43(1):79-84. Jan/Feb. [23 ref]
Address: Dep. of Nutrition and Food Science, MIT, Cambridge, Massachusetts 02139.

3677. **Product Name:** Tofu.
Manufacturer's Name: Madison Tofu Co-op. Renamed Bountiful Bean Plant Soyfood Cooperative in 1979.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703. Phone: 608-251-0595.
Date of Introduction: 1978. February.
Ingredients: Water, organic soybeans, calcium sulfate, nigari (magnesium chloride) (1987).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz: Calories 96, protein 11 gm, carbohydrates 1 gm, unsaturated 6 gm, sodium 17 mg, calcium 229 mg, iron 2 mg.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Ann Rundell. 1978. *Wisconsin State Journal.* Sept. 10. "Cheese-like tofu is high in protein." Lora Mermin was introduced to tofu in Japan in 1968. Then Madison got its own tofu shop [in Feb. 1978] at 903 Williamson St. When the little co-op started to falter in June, Mermin contributed financial support. Now she works there daily with Debra Bachmann, Chris Burant... The name of the shop was recently changed to The Bountiful Bean Plant.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Lora Mermin. "Madison Tofu Co-op, 903 Williamson St."

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). "Bountiful Bean Plant, 903 Williamson St." Contact: Chris Burant.

Ellen Porath. 1980. The Register (Madison, WI). Oct. 19. "Tofu makers predict boom for lowly soybean curd." The company was started in a cramped East Side building in 1978. Debra [Deborah] Bachmann and Chris Burant took it over 2 years ago. At that time they made 200 lb/week of tofu. Now they make 1,200.

Talk with Deborah Bachmann. 1987. Dec. 29. The company started in Feb. 1978. She and Chris Burant came during that year. She is leaving now. They presently make 2,000 lb/week of tofu. Their historical peak was about 2,500 lb/week after the summer of 1985 when they briefly took over markets vacated right after Magic Bean went out of business. The company is strong and growing slowly. The new contact is James Lubbe, 2049½ Atwood Ave., Madison, WI 53704. Phone: 608-241-8700.

Letter/Order for the book pamphlets on tofu, tempeh, and miso from "Bountiful Bean Plant." 1979. Sept. 20. The company is located at the address shown above.

James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean. In 1978 the tofu was sold only in bulk, for $64/lb. It was made in a 4-burner cooker, with body weight for the okara press. In 1979 they opened a small deli in the from of the plant; it expanded greatly during the next few years until it was closed in October 1983. At that time they started to sell packaged tofu at $0.85/package. On 16 July 1984 the company moved to 2049½ Atwood Ave. in Madison. Phone 608-241-8700. The letterhead reads: Fresh tofu and soyfoods. Worker owned and managed. All labels were re-designed and reprinted in 1985 to reach wider markets, including supermarkets. Label. 1985. Tofu. 4 by 4.5 inches. Light blue, dark blue, and green. Printed on clear film.

Talk with Deborah Bachmann. 1990. Nov. 27. In March 1990 the company moved from Madison to Ridgeway, Wisconsin, but they have had trouble finding people to make tofu at minimum wage. So two weeks ago the owners of the cooperative decided to sell it.

Talk with R. Jay Gruenwald of Simple Soyman. 1991. Jan. 24. The Bountiful Bean is now for sale.

Label sent by Elizabeth Hanson of Bountiful Bean. 1991. Nov. 12. Same label as above, but company is now located in Ridgeway, Wisconsin 53582.

Letter from Deborah Bachmann. 1991. Dec. 17. In 1979 the company's name was changed from Madison Tofu Co-op to Bountiful Bean Plant Soyfood Cooperative. Since then, there have been no official name changes. In 1987 the designed the "BB" logo and shortened the name to Bountiful Bean on stationery and labels only.

3678. *New York Times News Service.* 1978. Several events showed West wonders of tofu. Feb. *

3679. Photograph of four members of The Soy Plant collective, with company sign and logo, as they moved into a new location at 211 East Ann St., Ann Arbor, Michigan. 1978. Ann Arbor, Michigan.
• ***Summary:*** This black-and-white photo (5 by 7 inches; see next page) shows four people (left to right): Jerry MacKinnon, Sue Kalen, Steve Fiering, and Larry (surname unknown). They are standing on both sides of a large round sign that reads: "The Soy Plant–Soy Dairy." They are standing outside, by a brick-walled building, near the door at 211 East Ann St. At the center of the sign is an illustration of two soybean plants growing out of Planet Earth. Steve Fiering conceived of and designed the logo of "soybeans supporting the world." The artwork was done by Marge Bruchac, with Sue Kalen.

3680. Shumway, Bill. 1978. A chunk of the Orient. Promoting the lowly bean. *Recorder* (*Greenfield,*

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Massachusetts). Feb.
• ***Summary:*** Discusses the New England Soy Dairy, which moved to Greenfield on 1 Feb. 1978. The company incorporated, and invested $40,000 to $50,000 in new Japanese equipment and remodeling, according to sales manager Steven Hassell. There are now 8 stockholders in the corporation.

"The dairy distributes much of its product in Massachusetts, with Boston buyers accounting for one-third of the firm's business. Llama Trading Co., of Greenfield, distributes to northern New England, and two other distributors cover New York state, Maryland and Pennsylvania. Most of the tofu is sold in health food stores, primarily because it is sold in bulk...

"Foster's is the only traditional area food store that sells the product. A new individualized packing machine will help the dairy penetrate the chain-store market, Hassell said." A photo shows Shohaku Okumura cutting tofu.

3681. *Sunset* (*Menlo Park, California*). 1978. This delicious fruit cheesecake isn't cheesecake... it's *tofu* cake. 160:134. Feb.
• ***Summary:*** "Make your friends guess why this banana-pineapple cheesecake is so smooth and creamy. Instead of cream cheese, it's made with tofu, or soybean curd: high in protein, low in cholesterol, and only about 200 calories a serving. It's actually good for you, and the subtle flavor blends well with the sweet bananas and pineapple." Gives a recipe for Tofu banana-pineapple cheesecake. It has a graham cracker crust and contains 2 eggs and ½ cup packed brown sugar. The ingredients are pureed in a blender, and the cake is baked.

3682. **Product Name:** [To Fu: Fresh Soya Bean Curd].
Foreign Name: To Fu: Caillé Frais aux Fèves de Soya.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1978. February.
Ingredients: Soya bean, water, calcium sulphate: Feves de soya, eau, sulfate de calcium.
Wt/Vol., Packaging, Price: 500 gm packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Richard Leviton. 1980. Soyfoods. Summer. p. 17-18. "Soyfoods in Toronto." Stephen Yu "opened his factory in 1978, with an initial daily production of 900 pounds of tofu."

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Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Stephen Yu.

Leviton. 1981. Soyfoods. Winter. p. 55. A black-and-white photo shows "VFP Tofu" on sale in Canada.

Joanne Kates. 1985. Globe & Mail (Toronto, ONT, Canada). 1985. Oct. 4. "Tofu for a Small Planet."

Label. 1983-84. 5 by 4.25 inches. Green and orange. Printed on clear plastic film. Written in both English and French The product name is spelled "To Fu." "Keep refrigerated."

New label. undated. 5 by 4.25 inches. Green, orange, yellow, and white. Printed on clear plastic film. Written in both English and French. The product name is now written "VFP Tofu." With the product comes a recipe sheet (5.5 by 8.5 inches; date coded 81-1), folded into eighths, and packed inside a sealed plastic envelope. It contains recipes for Tofu Eggless Salad, Tofu Mayo, and Cauliflower with Tofu Lemon Cream. Kathleen O'Bannon is listed as the company's nutrition consultant. The company also has a sheet of tear-off recipes. On one side are serving suggestions for tofu and recipes for Tofu meat loaf, scrambled tofu & eggs, and Sweet tofu topping. The other offers a 30% discount on Christina Clarke's book "Cook with Tofu."

Talk with Stephen Yu. 1990. March 5. He started making soyfoods in Feb. 1978. His first three products were tofu, tofu pudding (daufu-fa), and soymilk.

Note: This is the earliest record seen (Feb. 2010) concerning Victor Food Products Ltd. (Scarborough, Ontario, Canada).

3683. **Product Name:** Tofu Pudding (daufu-fa), and Soymilk.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1978. February.
New Product–Documentation: Talk with Stephen Yu. 1990. March 5. He started making soyfoods in Feb. 1978. His first three products were tofu, tofu pudding (daufu-fa), and soymilk.

3684. Westbrae Natural Foods. 1978. Price list [Catalog]: February 1978. Emeryville, California: Westbrae. 20 p. 26 cm.
• ***Summary:*** On the cover are a black plum blossom logo and a large, bold double "W" in calligraphy near the bottom against a gray background.

Interesting products: Natural fruit butters and unsweetened fruit spreads. Four types of granola and two trail mixes. Panda snacks: Tamari almonds, Tamari cashews, Tamari nut roaster's mix, Tamari sunflower seeds, White water trail mix (tamari roasted). Westbrae roasted nuts (25 lb boxes): Tamari almond, Tamari cashew pieces, Tamari valencia peanuts, Tamari nut roaster's mix, Tamari sunflower seeds, Tamari pepitas (pumpkin seeds), Tamari filberts. Tamari nut butters (12, incl. almond, 6 peanut, and sesame tahini). Whole wheat soy pasta.

Asian foods & sea vegetables: Miso (red miso, brown rice miso, barley miso, Hatcho miso, soybean miso, light yellow miso, natto miso). Miso made in the United States: Light yellow, mellow white, red, mixed case. Sea vegetables: Agar, dulse (whole or flakes / powder), sea palm, nori, arame, hijiki, kombu, wakame. Shoyu and shoyu products: Josen shoyu, Sendai shoyu, White Tiger Tofu Sauce. Nigari. Kudzu. Umeboshi. Toasted sesame oil. Helpful tools: Wok (11 inch), vegetable brush, glass shoyu dispenser, Tofu kit, Tempeh kit, rice koji (Cold Mountain brand made by Miyako Oriental Foods). Beans: Azuki (10 lb or 25 lb bag), soybeans (60 lb or 25 lb), soy grits raw. Publications: Includes four books and 3 pamphlets by Shurtleff and Aoyagi.

Note: The products in this catalog do not require refrigeration; they contain no refined sugar / white sugar, no meat, and no dairy products–just like the catalogs of almost all other natural food distributors during the 1970s and 1980s. Address: 4240 Hollis St., Emeryville, California 94608. Phone: (415) 658-7518 (order) or 7521 (office).

3685. *Toyo Shinpo* (*Soyfoods News*). 1978. Nattô seizô sôchi no gôrika (Jô). I. Nattô to sono seizô setsubi. Nattô Sanbyakuchin [Making nattô making equipment to be more rational and streamlined. I. Nattô and its production equipment. 300 Unique Natto Recipes]. March 11. [Jap]
• ***Summary:*** *300 Unique Natto Recipes* is a new cookbook, which includes some natto history. A restaurant specializing in natto, having a repertoire of over 300 dishes, is Hotel Sun Route in Awamori. They serve only natto dishes. The owner, Mr. Isamu Naraoka, loves natto and has been developing these recipes for the past 10 years. Examples include: Yamakake ryori, makimono ryori, nimono ryori, mushimono, mizumono, Pikata-fu, agemono, and nabemono ryori.

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3686. Salao, Andy. 1978. Meet the tofu master [William Shurtleff]. *Expressweek* (*Manila, Philippines*). March 16. p. 31.
• ***Summary:*** Tofu master William Shurtleff, a 37-year-old American, is recognized in the US and Japan as one of the leading authorities on natural foods. He visited the Philippines at the International Conference on the Winged Bean held in January, 1978, and "went all the way to Quezon City to see the factory, which is operated by Cherry Food Industry. Its manager, Aida Yu, was thrilled to meet the tofu master." The company manufactures Nippon Tofu, which is made from thick soymilk and packed in a thick-walled polyethylene container, which is thermally sealed and will keep for 2-3 months. Contains a brief biography of Shurtleff and numerous extracts from *The Book of Tofu.* A photo shows Shurtleff looking at the company's tofu equipment.

3687. *Town Crier* (*Greenfield, Massachusetts*). 1978. Tofu manufacturing plant opens. 12(3):1-2. March 22.
• ***Summary:*** "The New England Soy Dairy, 305 Wells Street, in Greenfield, has opened the doors on its new manufacturing plant... The firm has recently completed a long-projected expansion into more spacious and efficient facilities where it utilizes special tofu-making equipment imported from Japan enabling the company to produce nearly 10,000 pounds of tofu every week. The Soy Dairy ships this out all across New England, New York City, and Pennsylvania." The tofu, which retails for about $0.75/lb is "made from organically grown soybeans, water, and nigari, a coagulant extracted from seawater...

"The company uses the term 'dairy' to indicate its intention to provide a full range of alternative dairy-like products all derived from soybeans, including ice cream, yogurt, cream cheese, mayonnaise, whipped cream, tartar sauce, plain and flavored soymilk. In addition, other less familiar items will be introduced, such as miso soy bean paste, deep-fried tofu, and a fermented product, called tempeh. The Dairy operates at a medium level of technology, fusing traditional hand craftsmanship with modern labor saving equipment."

"The company is open Monday through Saturday, 8 a.m. to 6 p.m. and visitors are welcome." A photo shows Kathy Whelan Leviton cutting a large sheet of tofu into cakes.

3688. Asunaro Eastern Studies Institute. 1978. School of Oriental medicine and traditional fermented foods (Leaflet). Glen Ellen, California. 2 panels each side. Each panel: 22 x 14 cm. Undated.
• ***Summary:*** Printed with dark brown ink on tan paper. Classes "taught by Naboru [sic, Noboru] Muramoto." Schedule: (1) Oriental medicine classes. April through September. Monday, Wednesday, Thursday, Friday. 7:30 to 9:30 p.m. (2) Daily cooking classes. (3) Traditional Fermented Food Preparation. Monday, Wednesday, Thursday, Friday, beginning at 9:00 a.m.

"Asunaro Eastern Studies Institute is a newly-established non-profit educational organization..." Located at Top of the World Ranch, it "is 140 acres of forest and open fields with two ponds and four springs and a large 3-level building. The Ranch is located in the Sonoma Mountains (elev. 2,200 feet) overlooking San Pablo Bay."

"Classes in natural food making (miso, tamari, shoyu, sake, natto, tofu & bran pickles) are conducted from 9 a.m. until completed during the cooler months of the year (October through March). This time is ideal for fermentation processes..." Address: 4600 Cavedale Rd., Glen Ellen, California 95442. Phone: (707) 996-9846.

3689. Leviton, Richard. 1978. How to start a small scale tofu shop. Purchased for $1,000 by Mother Earth News but never published. 20 p. Unpublished manuscript. [1 ref]*
Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

3690. **Product Name:** Tempeh.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-8638.
Date of Introduction: 1978. March.
Ingredients: Organic soybeans, vinegar, Rhizopus oligosporus culture.
Wt/Vol., Packaging, Price: 8 oz.
Nutrition: Per 100 gm: Calories 157, protein 19.5 gm, fat 7.5 gm, carbohydrates 9.9 gm, calcium 142 mg, iron 5 mg.
New Product–Documentation: Letter from Steve Fiering. 1978. Oct. 2. A 5-page detailed description, including equipment and process, of how The Soy Plant makes tempeh.

Letter from Steve Fiering. 1979. Undated. A 3-page handwritten description of photos showing how The Soy Plant makes tempeh. Letter from Steve Fiering. 1979. Oct. 22. A 2-page typewritten description of how The Soy Plant makes tempeh.

Shurtleff & Aoyagi. 1979. The Book of Tempeh. p. 148. Made by Steve Fiering. Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company.

Letter/Order for *The Book of Tempeh* from Kurt Getman of Frog Farm Tempeh (Soy Plant). 1979. Aug. His address is 5177 Grand River, Fowlerville, Michigan 48836. Two rectangular Labels in Soy Plant scrapbook. 1980. 6 by 4½ inches. Purple on white. Square Labels in Soy Plant scrapbook. About mid-1980. 4½ inches square. Black on white. The soy plant logo is near the bottom of a rayed V inside a circle. Written across the top of the circle: "Keep frozen. Thaw only portion used." No address is given.

Soyfoods Center Computerized Mailing List. 1981. Jan.

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22. Owner: Kurt Getman. Listed at 771 Airport Blvd. #1. Label. 1981, undated. Yellow, purple and green on white. The company name is given as "The Soyplant Co-op Inc.–A people's business."

Talk with Steve Fiering. 1988. June 10. This was the company's fourth commercial product. In January 1978 we moved into the shop at 211 E. Ann St. and within a couple of months we built a small incubator and started making tempeh.

3691. **Product Name:** Dofu-Gan (Firm Tofu Simmered in a Marinade). By 1980 subtitled Savory Baked Tofu.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. March.
Ingredients: Water, organic soybeans, nigari, soy sauce, honey, garlic, spices.
How Stored: Refrigerated.
New Product–Documentation: Label. 1980. for Dofu Gan. Savory Baked Tofu. 2 by 3 inches. Black on white. "Slice and serve with crackers, sandwiches, or salads." Company name is given as Soyplant Co-op Inc. at 211 East Ann St.

Talk with Steve Fiering. 1988. June 10. This was the company's third commercial product. "There was a Chinese guy who worked with us, whose first name was Lee and who had a recipe for this product. He cooked very firmly pressed tofu in a marinade. It was sold in the deli, which was our company's Ann Street location. The first location was a room in the basement of a restaurant called Eden's." Soyplant. 1984. Produce co-op price list–Delivered. Effective April 30, 1984 and subject to change. Lists Dofu Gan savory baked ($1.92/lb).

3692. Timmins, Tom. 1978. New England's Laughing Grasshopper tofu shop. *Soycraft* (*Lawrence, Kansas*) 1(2):1-3. Winter (March).
• ***Summary:*** An excellent description, with many technical details of the process and equipment, of how tofu is made and marketed at Laughing Grasshopper. The company is now producing 5,000 to 5,500 lb/week of nigari tofu. They buy nigari from both Erewhon Inc. (a direct importer) and Westbrae. Address: Laughing Grasshopper, 3 Main St., Millers Falls, Massachusetts 01349.

3693. Snedaker, Kit. 1978. Tofu, the once and future, universal Oriental protein. *Los Angeles Herald Examiner.* April 5. Food section. p. C-1, C-4. Wednesday.
• ***Summary:*** A good introduction to tofu. Includes a brief description of making tofu at home, which she notes is explained in detail in *The Book of Tofu,* by Shurtleff & Aoyagi. Address: Food editor.

3694. Kim, Myung Ki; Lugay, Joaquin Castro. Assignors to General Foods Corp. (White Plains, New York). 1978. Fibrous protein materials. *U.S. Patent* 4,084,017. April 11. 8 p. Application filed 16 June 1976. [6 ref]
• ***Summary:*** Describes "a method for producing fibrous protein materials useful for fish analogs. According to this method, an aqueous mixture of a heat coagulable protein is frozen by cooling the mixture in a manner and at a rate effective to produce elongated ice crystals generally aligned perpendicular to the surface of cooling, then subjected to a temperature substantially different from that of the frozen mass, and the protein in the frozen mass is then stabilized effectively to preserve its structural integrity during subsequent heating to set the protein." Soybeans are the main protein source used. Address: 1. Congers, New York; 2. Thornwood, New York.

3695. *Los Angeles Times.* 1978. Mock eggs: One dish on a menu for health. April 20. p. G25.
• ***Summary:*** Jacqueline Kazarian, a homemaker who promotes a "total way of life" that includes good health, "demonstrates a low-cholesterol, low-fat, and low-salt dish that looks and tastes somewhat like scrambled eggs, but actually is made with nutritious tofu (soy bean curd)." A large photo shows her scrambling the tofu.

3696. Hundley, Kris. 1978. Tofu: Cheap high-protein wonder. *Daily Hampshire Life, Northampton Gazette* (*Massachusetts*). April 22. p. 21.
• ***Summary:*** About Laughing Grasshopper Tofu Shop and the New England Soy Dairy. Photos show Tom Timmins, David Kilroy, Jon Lee, and Ira Leviton each involved in some part of the tofu-making process. Last February the company's owners "opened New England Soy Dairy at 305 Wells Street in Greenfield. Now, special equipment imported from Japan enables the company to produce nearly five tons of tofu each week." The company now employs 16 people.

3697. Shurtleff, William. 1978. Re: Interest in the history of the soybean. The new term "soyfoods." Letter to Ted Hymowitz at the University of Illinois, April 25. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Immediately after receiving you request, we wrote a letter (in Japanese) to Dr. Norihiko Kaizuma asking for copies of the reprints you had mentioned. After one month had passed and he had not replied, I telephoned him. He apologized profusely, said he was extremely busy (and for that reason had not written you either), but would send us the publications immediately. They arrived yesterday and I read them with great interest...

"We have just received word from our publisher that Ballantine Books has contracted to do a mass-market edition of our *Book of Tofu* with a first printing of 175,000. Fortunately I am permitted to make extensive changes and I plan to completely rewrite the section on the history of

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the soybean using your and Dr. Kaizuma's excellent new material to supplement our former account based almost entirely on legend and hearsay...

"Like you, I am fascinated with the history of the soybean and with its uses as food, both in the past and as a major potential source of low-cost high-quality protein for people around the world. My wife, Akiko, and I have a great love for traditional soyfoods (please note this interesting word) and make them a key part of our daily meals; our guests here are regularly amazed at how delicious such preparations can be..."

Note 1. This is the earliest document seen (Sept. 2011) that contains the word "soyfoods."

Note 2. With a previous letter, probably written in late 1977, Dr. Hymowitz had sent, at Shurtleff's request, a list of the scientific names and common English names of 28 edible grain legumes and 4 non-grain legumes. Shurtleff used this list in his forthcoming *The Book of Tempeh* (published July 1979). Address: New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3698. Goldman, Sherman; Smith, Tyler. 1978. The two worlds of a small publisher: An interview with Nahum and Beverly Stiskin. *East West Journal.* April. p. 67-69.

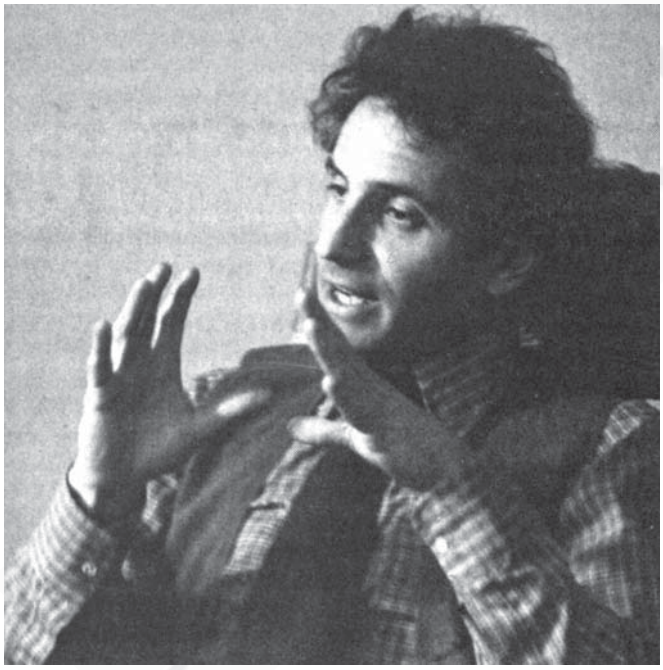

• ***Summary:*** Nahum and Beverly Stiskin traveled to Japan and founded *Autumn Press.* "Over the last two years, EWJ has excerpted several of their remarkable books, including *The Book of Tofu, The Book of Miso,* and *The Book of Kudzu* [by Shurtleff & Aoyagi] which bring the world of the Orient to a new generation of modern Western readers, cooks, and healers."

The Stiskins established Autumn Press by publishing *Looking Glass God* which Nahum wrote after arriving in Japan in 1969. They borrowed money from their family and had the first edition printed by a local Japanese printer. Then they worked with Lima Ohsawa on her *Art of Just Cooking.*

For the first four years the company grew slowly, blunder by blunder. They both had to take other jobs in order to support themselves. Both their families felt they were making a great mistake by publishing books on subjects of little interest. But they were trying to contribute to a renaissance they saw happening. Their books deal with both theory and practice, from a wholistic perspective, and they try to address major issues confronting humans and society. They published feminist poetry by Ellen Bass and poems by the Korean dissident Kim Chi Ha.

The Book of Tofu has been Autumn Press' biggest success, with 90,000 copies in print after two years. Nahum believes that introducing tofu to the United States "is going to prove truly revolutionary. I think we see that revolution going on around us." Both are working to change the world. Four photos show Nahum Stiskin; one shows Beverly. Address: 1. Editor; 2. Contributing editor.

3699. **Product Name:** Nasoya Organic Tofu (Water Pack).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1978. April.
Wt/Vol., Packaging, Price: First bulk packed in water, then water packed in molded plastic trays, then vacuum packed, finally water packed in trays again.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: John Paino and Bob Bergwall.

Ad in Order of the Universe. 1979. No. 52. Autumn/winter. p. 21. "Tofu. Get the pick of the crop. Nasoya–Traditional firm tofu. Made with untreated, deep well water and using organically grown soy beans, stone ground just prior to cooking in large open cauldrons–a traditional firm tofu. Great for: Miso soups, salad dressings, stir-fried vegetables, baked dishes & vegetable stews."

Letter from John Paino. 1981. Jan. Gives starting date as April 1978. The company's main founders were John Paino and Robert Bergwall. It cost them about $40,000 to get into business. The first tofu plant was about 1,500 square feet in size. During the first year, they made tofu and soymilk. After 1 year, they were making 18,000 lb/month of tofu, after 2 years 33,000 lb/month, and now they are making 50,000 lb/month.

Poster. 1982, undated. 9 by 12 inches. Color. Reprinted in Soyfoods. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: John Paino & Bob Bergwall. 1983.

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Winter. p. 64. "Experience the variety of tofu tastes: Rich in protein, cholesterol free, low in calories." As of Oct. 1988 Nasoya no longer vacuum packs tofu. They private label water packed tofu for Cornucopia and Stow Mills.

Talk with John Paino. 1989. Sept. 26. For the first month after Nasoya started making tofu, they packaged it in pails in bulk. Then they switched to water packing in tubs, starting with a small Monkey Packer with a foot pedal that packed once cake at a time. Under ideal conditions, this tofu had a 2-week shelf life. For the next 4 years they sold only water packed tofu. Then Tomsun, their main competitor, started pasteurizing their water packed tofu, which gave it a longer shelf life, and gave them a competitive advantage in supermarkets. Nasoya did not have enough space in their plant to install a pasteurization unit (the plant's maximum output was 5,000 to 6,000 lb/day of tofu), nor the inclination to pasteurize. So they made a bold move, and in 1981 started vacuum packaging, using a $55,000 Tiromat film machine. Their first tofu was vacuum packed in a clear film package, but within a month everyone told them to either change the film or take the product out of the produce case, because it looked terrible; it got beat up very badly. So they changed to a bottom film.

Nasoya Newsletter. 1990. Jan. p. 2. "Nasoya introduces new tofu labels." In January, Nasoya will introduce a colorful new tofu label to all supermarkets and natural food accounts. The new label, which matches the company's Nayonaise, Vegi-Dressing, and Vegi-Dip labels, will contain a brief description of the style of tofu, along with an easy recipe on the back. A large circle in the center of colorful vegetable drawings says "Organic. Made with well water."

Note: This is the earliest record seen (March 2013) concerning Nasoya Foods.

3700. **Product Name:** Vidasoy (Maple-Vanilla Soymilk).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1978. April.
Ingredients: Organically grown soybeans, untreated deep well water, pure maple syrup, pure vanilla extract.
Wt/Vol., Packaging, Price: 16 oz plastic jug.
How Stored: Refrigerated.
New Product–Documentation: Letter from John Paino of Nasoya. 1979. Jan. 16. Nasoya discontinued its sweetened soymilk in Aug. 1978. There were spoilage problems after 3-5 days with the screw-cap plastic bottle and distribution system they used, although it would last 2-3 weeks in the walk-in at 34-38ºF. They could get 3-5 weeks if they bottled the soymilk at 180ºF or hotter, but this put quite a strain on their refrigeration system and the polyethylene bottles were very easily crushed due to softening while hot. Tetra Pak was considered ideal but too expensive. The best solution in retrospect was thought to be hot packing in Pure Pak cartons. "We feel that there is an excellent market potential for soymilk, but we were glad to be able to gracefully get out of making it. The most popular types of soymilk were the sweetened kinds, and we feel strongly that sweetened soymilk is not a good quality food for most people to take on a regular food basis. We arrived at this conviction after producing a maple-vanilla soymilk for over 2 months, while watching the effects it produced on ourselves, friends and co-workers. It made us scattered, confused, and accident prone, and also created chronic intestinal problems, although it was cooked for over 30 minutes. Thus we did not wish to take responsibility for making sweetened soymilk available commercially."

Leviton. 1979. Soyfoods. Summer (July). p. 29. John Paino notes: "'We stopped making sweetened soymilk because we felt it made everyone too yin, it spaced people out. If you drink sweetened soymilk every day, you will loose touch with reality.' Bob Bergwall says that when Nasoya first introduced their soymilk last year, the market was wide open and they could have sold enormous quantities. 'But we didn't want to put out a product we couldn't believe in. We might produce a plain soymilk sometime.'"

Letter from John Paino. 1981. Jan. "We were the first to manufacture fresh soymilk for non-frozen distribution on the East Coast." Label. 1981. 3 inches square. Self adhesive. Red brown and tan on white. "Nasoya Vidasoy is the wholesome milk of the soybean, high in easily digested protein and cholesterol free." Reprinted in Tofu & Soymilk Production. 1979. p. 234, and Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

Letter from John Paino of Nasoya. 1982. April. Vidasoy soymilk was introduced in April 1978 and discontinued in Aug. 1978.

Letter from John Paino of Nasoya. 1990. Sept. 25. Vidasoy was introduced in April 1978, the same month Nasoya introduced its first tofu product. It was packaged in 16 oz plastic jugs from Bercon Plastics, Gardner, Massachusetts. "It was discontinued because of: 1. Coagulation into curds and whey, or 'yogurt' in the container; 2. Insufficient funds to expand walk-in and repair ice water tank. I should have stuck with it! But alas, we were too inexperienced to realize that selling soymilk was a lot more profitable than selling tofu, which was made very slowly and with much labor. Live an learn!"

3701. Shurtleff, William; Aoyagi, Akiko. 1978. Morinaga silken tofu: Package and pamphlet design for the American market. New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. 9 p. Unpublished manuscript.
• ***Summary:*** In Feb. 1978 Mr. Tadaharu Nishide of Morinaga Milk Industry Co., Ltd. asked Shurtleff and Aoyagi to redesign the Morinaga tofu package, and develop new text

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and a recipe for the package, plus a new recipe booklet. It was suggested that the product be named "Ever-Fresh Silken Tofu." The recipe was for "Creamy Tofu Dressing." The package colors were blue, yellow, and brown on white. Address: Tokyo, Japan. Phone: 03-925-4974.

3702. Shurtleff, William. 1978. Re: Proposal for establishing a Soycrafters Union or Cooperative in North America. Letter to all "Soycrafters in North America," April. 2 p. Typed, with signature on letterhead.
• ***Summary:*** This open letter, written on NAFSC letterhead and dated April 1978, was submitted to *Soycraft* newsletter, where it was published in June 1978 (which see). It led to the first national meeting of soycrafters in Ann Arbor, Michigan, on 28-30 July 1978 and the founding of the Soycrafters Association of North America at that meeting.

The letter begins: "Dear Soycrafters of North America: There has recently been growing interest in North America in starting a Soycrafters Union or Cooperative, perhaps along the lines of Japanese National Tofu, Miso, Shoyu, Natto, etc. Unions [Associations]. Such a development would seem to represent a great leap forward, of benefit to many in the expansion of consciousness and production of quality soyfoods in the Western world."

Note 1. This is the earliest document seen (Jan. 2003) in connection with the Soycrafters Association of North America (SANA).

Note 2. This is the 2nd earliest document seen (Sept. 2011) that contains the word "soyfoods." Address: Director, New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3703. Swan Food Corp. 1978. Order form and price list for distributors. April, 1978. Miami, Florida. 1 p. 36 cm.
• ***Summary:*** This wholesale catalog lists the company's soy bean products and natural foods. For each is given: Product description, case weights, wholesale unit prices (sizes A and B), units per case, total. Minimum order: $300.00. Prices–F.O.B. Soy products include: Regular tofu. Baked tofu. Marinated tofu. Caraway tofu. Soymelk (pints or quarts, unsweetened). Soymelk (pints or quarts, sweetened). Soymelk (pints or quarts, carob). Carob swirl cake (all cakes and pies are 7-inch rounds [= 7 inches in diameter]). Tofu pie–cashew. Mary's carob cream cake. Mary's devil's food cream cake. Tofu chip dip. Whole grain soy burgers. Tofu vegetable stew. Soyogurt (plain, strawberry, or peach; 8 oz.). Soy shakes (carob, vanilla, or strawberry; pint). Organic yellow certified soybeans (50 lb or 1 lb bags). Mary's eggless egg salad.

Non-soy products: Iced herb tea (sweetened, unsweetened Bancha, unsweetened Mu). Barley malt syrup. Fresh frozen organic orange juice (two sizes). Organic oranges. Address: 5758½ Bird Rd., Miami, Florida, 33155. Phone: 305-667-7141.

3704. Swan Food Corp. 1978. Order form and price list for retail stores. April, 1978. Miami, Florida. 1 p. 36 cm.
• ***Summary:*** This retail catalog lists the company's soy bean products and natural foods. The products are identical to those on the wholesale price list for distributors, but the prices are about 21% higher, the column showing "Units/case" does not appear on this retail form. Address: 5758½ Bird Rd., Miami, Florida, 33155. Phone: 305-667-7141.

3705. **Product Name:** Caraway Tofu.
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1978. April.
Wt/Vol., Packaging, Price: 14 oz. Wholesales for $0.85 (April 1978).
New Product–Documentation: Price list. 1986. April.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Caraway Tofu."

3706. **Product Name:** Carob Swirl Cake (Or Carob Marble Swirl).
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155. Phone: (305) 667-7141.
Date of Introduction: 1978. April.
Wt/Vol., Packaging, Price: 26 oz. 7 inch diameter (round).
How Stored: Refrigerated.
New Product–Documentation: "Swan Food Corp." order form and price list for distributors. 1978. April. Case weight: 11 lb, 10 oz. 6 units per case. Wholesale prices–Per unit: $2.80. Per case: $16.80.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Carob Marble Swirl."

3707. **Product Name:** Mary's Carob Cream Cake (Or Mary's Cream Cake).
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155. Phone: (305) 667-7141.
Date of Introduction: 1978. April.
Wt/Vol., Packaging, Price: 26 oz. 7 inch diameter (round).
How Stored: Refrigerated.
New Product–Documentation: "Swan Food Corp." order form and price list for distributors. 1978. April. Case weight: 11 lb, 10 oz. 6 units per case. Wholesale prices–Per unit: $2.80. Per case: $16.80.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Mary's Cream Cake."

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3708. **Product Name:** Mary's Devil's Food Cream Cake.
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155. Phone: (305) 667-7141.
Date of Introduction: 1978. April.
Wt/Vol., Packaging, Price: 26 oz. 7 inch diameter (round).
How Stored: Refrigerated.
New Product–Documentation: "Swan Food Corp." order form and price list for distributors. 1978. April. Case weight: 11 lb, 10 oz. 6 units per case. Wholesale prices–Per unit: $2.80. Per case: $16.80.

Ad (full page, black-and-white) in *Alternatives* magazine (Miami, Florida). 1978. July/Aug. p. 49. "Remember the name!" "Mary's Devil's Food Cream Cake."

3709. Timmins, Thomas. 1978. New products: Soymilk and agé. Capital investment program and project income summary. New England Soy Dairy, Inc., 305 Wells St., Greenfield, MA 01301. 4 p. Unpublished manuscript.
• ***Summary:*** They plan to sell soymilk in plain, honey, and carob flavors. Projected income for each flavor in dollars/week is $1,500, $850, and $550 respectively. The equipment is expected to cost $13,000. Address: Greenfield, Massachusetts.

3710. Kim, Myung Ki; Lugay, Joaquin Castro. Assignors to General Foods Corp. (White Plains, New York). 1978. Fibrous protein materials. *U.S. Patent* 4,087,566. May 2. 7 p. Application filed 6 April 1976. [6 ref]
• ***Summary:*** Describes "a method for producing fibrous protein materials useful for meat analogs. According to this method, an aqueous mixture of a heat coagulable protein is frozen by cooling the mixture in a manner and at a rate effective to produce elongated ice crystals generally aligned perpendicular to the surface of cooling, and immersing the resulting frozen mass in an aqueous solution, comprising an edible, water-soluble material capable of lowering the freezing point of water and stabilizing the protein, for a time effective to stabilize the protein in the frozen mass. Aqueous ethanol is a preferred solution. The properties of a wide variety of meat products can be simulated." Soybeans are the main protein source used. Address: 1. Congers, New York; 2. Thornwood, New York.

3711. *Standard-Times* (*New Bedford, Massachusetts*). 1978. Chinese cuisine minus meat. May 3. *

3712. Wells, Patricia. 1978. What is this thing called tofu? *New York Times.* May 3. p. 19-20. Reprinted in the Boston Herald-American. June 15.
• ***Summary:*** "In the early 1970s the Hashizume Bean Cake Corporation came to life as a minor cottage industry tucked away in the basement of a giant red brick factory in Long Island City. Each day it churned out a few hundred pressed soybean cakes, or tofu, and supplied the handful of Japanese restaurants and Oriental specialty stores in business at the time in the New York area.

"Today, thanks to what one company representative called 'the American-natural-organic-people'... seven trucks loaded with tofu leave the steamy Hashizume factory each day."

"A combination of events awakened the West to the wonders of tofu. One was the 1975 publication of *The Book of Tofu*, an Autumn Press cookbook and resource manual that caught on quickly with natural food followers. The other is tofu's nutritional attributes.

"While traditionally Oriental tofu companies as Hashizume and Tanaka & Company, which is on Manhattan's West Side (326 Amsterdam Ave. at 75th St.), have profited from the Westernization of tofu, young, counterculture entrepreneurs throughout the country have taken advantage of the growing demand." These include the "Laughing Grasshopper New England Soy Dairy" (which now makes 5 tons of tofu a week, that's 20,000 cakes). "Other successful American-run tofu factories have mushroomed in Bethlehem, Massachusetts [actually New Hampshire; Crystal Springs], Summertown, Tennessee, and Island Springs, Washington" [sic, Island Spring, Inc., Vashon, Washington]. A description of the process for making tofu at Hashizume is given.

Page 20 is titled "The West wakes up to the wonders of tofu." "Following are recipes using tofu in both Oriental and Westernized versions. The Oriental recipes are included in *The Book of Tofu*. The others were developed by the people at Laughing Grasshopper and the Crystal Hills Tofu Shop in Bethlehem, N.H.: Tofu clam dip, Maple walnut bars, Tofu manicotti, Chilled tofu, Shoyu dipping sauce, Raspberry pudding, and Miso soup with tofu and onions."

3713. Bennett, Jean. 1978. Soybean curd: Ancient staple of the Oriental diet. *Los Angeles Times.* May 4. p. J25.
• ***Summary:*** An introduction to tofu, based on a talk with Dr. Genevieve Ho, home adviser, UC Extension Service; she was born in China and educated in the USA.

The use of bean curd in China was recorded in about 160 BC during the Han dynasty. With this long history of development and refinement, and with continuous regional and local innovation, it is easy to understand why bean curd has become so tremendously popular in China and in nearby countries, and why so many varieties exist today.

Ho adds that "fermented bean curd has sufficient vitamin B-12 to prevent pernicious anemia."

In East Asia, "Buddhists do not eat anything that contains blood. Nor do they eat milk, eggs, or shellfish." In this vegan diet, tofu is a very valuable food. "Strict vegetarian restaurants serve dinners and banquets made of food from only plant sources." Main dishes include mock chicken, mock fish, and mock sausage.

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In our world, with increasing population and decreasing food supply, the soybean is "invaluable in helping us to return to original foods as opposed to converted foods." When a food is converted from a plant to an animal food, it requires 7-11 units of plant protein to obtain 1 unit of animal protein. "'No wonder I am always trying so hard to get people to eat more bean curd.' See also The Book of Tofu by Shurtleff and Aoyagi (Autumn Press, Box 469, Soquel, California 95073; $6.95). Includes 4 recipes for bean curd supplied by Dr. Ho. One of these, Hot spicy bean curd, includes "1½ teaspoons hot fermented bean paste" and "1 pound fresh bean curd, cut into ½-inch cubes" as ingredients.

A photo shows Dr. Ho at a market in Chinatown.

A comparative nutritional evaluation chart gives the nutritional composition of soybean curd, pressed soybean curd, milk (cow's, whole fluid), and soybean milk. Address: Times staff writer.

3714. Freiman, Jane Salzfass. 1978. Sushi: A 'fast-food' fish dish from Japan. *Chicago Tribune.* May 12. p. B1.
• ***Summary:*** Begins with a description of sushi and the different types (such as nigiri sushi and maki sushi), then continues with a review of six sushi restaurants in or near Chicago. "Like other arts practiced in Japan, the preparation of sushi is an effortless performance requiring great skill." Sushi has been prepared in Japan since the mid-1700s. Each bite of sushi (a finger food) is dipped in a tiny sauce of shoyu or soy sauce just before it is eaten.

At Hamehachi the writer enjoyed "two delicious, sweet, stuffed deep-fried bean cakes called *inari sushi*. A complete order of six *inari sushi* is $3." Two photos show a *sushi-ya* (sushi chef, sushi-master) at work in his sushi bar or restaurant.

3715. Guhardja, Edi. 1978. Re: Names and descriptions of lesser-known Indonesian soyfoods. Letter to William Shurtleff at New-Age Foods Study Center, May 16–in reply to inquiry. 1 p. Typed, with signature.
• ***Summary:*** Dry roasted soybeans (Javanese: *Dele Sangan;* Sundanese: *Kedele Sangrai*). Raw soybeans, with or without their seed coats, are soaked in cold water for ½-1 day. Sometimes salt is added. The swollen beans are dried, roasted, then eaten with yellow rice (rice cooked in coconut milk with turmeric), or as a snack.

Tofu chips (Indonesian: *Krupuk Tahu*). Salted tofu is sliced into long, this pieces, which are dried in the sun, then broiled until crisp. They are eaten with Gado-Gado (cooked vegetables with peanut sauce) or as a snack.

"Fresh green soybeans in the pods" or "fresh vegetable (green) soybeans (Indonesian: *Kedelai Rebus*). Soybeans at the mature green stage are harvested by cutting the stems with the pods attached. The leaves are picked off the stems and the pods, still attached to the stems, are boiled until the seeds are soft. They are sold in bunches, with the stems tied together, and eaten as a snack.

Roasted soybean grits (Indonesian: *Bubuk Kedelai*). Roasted soybeans are pounded into grits, usually with a wooden mortar and pestle. The grits are spread over glutinous rice and grated coconut meat, then coconut sugar syrup is poured over the top. They are eaten as a snack. Address: Dr., Dep. of Botany, Bogor Agricultural Univ. (IPB) Bogor, West Java.

3716. Saenger, Peter. 1978. Tofu reflects philosophy of life. *Springfield Union* (*Massachusetts*). May 24. p. 29, 31. Wednesday.
• ***Summary:*** About the New England Soy Dairy. Photos show Arthur Braverman and Tom Timmins. Address: Staff writer.

3717. Shurtleff, William. 1978. Re: Ideas and a proposed schedule for the first American Soycrafters Convention. Letter to Jerry MacKinnon and Steve Fiering of The Soy Plant, Ann Arbor, Michigan, May 29. 2 p. Typed, with signature.
• ***Summary:*** "I am extremely pleased to see the concrete developments leading up to the first American Soycrafters Convention. I admire you very much for taking the initiative and responsibility for this event. If planned and executed well, it can be a source of great energy for all concerned. And, of course, if poorly done, it will leave all regretting that they took the time and money to attend."

On page 1, Shurtleff describes four of the basic concepts used to organize three international conferences has attended in Asia during the past six months, and suggests that these same ideas be used in organizing the Soycrafters Convention. On page 2, he proposes a schedule for a 3-day (Friday to Sunday) meeting, with breakfast starting at 8:00 a.m. and the last session ending at 9:00 p.m. A footnote states that he expects to be in Lafayette, California, from June 13.

Note: This letter was apparently written in response to a letter from Jerry MacKinnon and Steve Fiering (in Michigan) to Shurtleff (in Tokyo); that letter can no longer be found. This letter was written on NAFSC letterhead and copies were sent to Larry Needleman (California), The Farm, *Soycraft* magazine, Tom Timmins (New England Soy Dairy, Massachusetts), Mary Pung (Swan Foods, Florida), and Wataru Takai (Japan). Address: New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3718. Bellicchi, Kathy. 1978. Cook it with seaweed! *East West Journal.* May. p. 68-72.
• ***Summary:*** Contents: Introduction. Nori. Hiziki [Hijiki]. Arame. Wakame. Kombu. Dulse. Irish moss. Agar agar kanten. Variations on the basic hiziki recipe call for tofu, whole soybeans, and tamari. Wakame is used in miso soup, and in Ojea stew with miso and aduki [azuki] beans. Kombu

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is used in a broth with tamari, and in Oden with natto miso and tofu.

3719. Dominguez de Diez Gutiérrez, Blanca. 1978. Los mil y un usos de la soya [The 1001 uses of soya]. *Natura* (*Mexico*). May. p. 51-66. [2 ref. Spa]*
• ***Summary:*** Contents. Introduction. How to make soymilk (*leche de soya*). How to make cheese or tofu (*el queso o tofu*). Recipes based on fresh soy puree (*Go*). How to use soymilk. All the things you can do with tofu. What to do with okara (*el Okara*). Soy sprouts (*Los germinados de soya*). Kinako or roasted soy flour (*Kinako o polvo tostado de soya* (*harina*)). Soy coffee (*Soyafé o café de soya*). Soynuts (*soyanuez*).

Note 1. Most of the terminology in this article is derived from *The Book of Tofu* (by Shurtleff & Aoyagi), which is cited in the bibliography.

Note 2. This is the earliest Spanish-language document seen (Jan. 2005) that uses the word "soyanuez" to refer to soynuts.

Note 3. This is the earliest Spanish-language document seen (Nov. 2012) that mentions roasted soy flour, which it calls *Kinako o polvo tostado de soya* (*harina*). Address: Lived at Tepoztlan, Morelos. Address: Apdo Postal #21140, Mexico 04000 DF, Mexico.

3720. Japan Food Research Laboratories. 1978. Analysis of natural nigari. Tokyo, Japan. 1 p. [Eng]
• ***Summary:*** This is a report (analysis certificate no. 11040896) of natural nigari submitted by the Natural Salt Spread Association of Japan. The sample was received on 26 April 1978 and the assay conducted on 15 May 1978 at Laboratory No. 1.

Arsenic: not detected (below 0.1 ppm [parts per million]). Lead: 1.50 ppm. Zinc: 0.10 ppm. Total mercury: not detected (below 0.1 ppm). Iron: 11.3 mg%. Signed: H. Suda, inspector.

Note: See also the analysis of nigari conducted in Oct. 1977 by Curtis & Tompkins in San Francisco, California, for Westbrae Natural Foods. They analyzed only the lead content and found 1.75 ppm–16% more than was found by this Japanese laboratory. Address: Tokyo Head Office: 52-1 Motoyoyogi-cho, Shibuya-ku, Tokyo.

3721. **Product Name:** Redbud Creek Tofu, and Tofu Spread.
Manufacturer's Name: Redbud Creek Tofu Co. Renamed Virginia Soyworks in 1981.
Manufacturer's Address: Innisfree Village, Route 7, Box 208, Charlottesville, VA 22901. Phone: 804-973-8866.
Date of Introduction: 1978. May.
Ingredients: Spread: Incl. tofu, onions.
Wt/Vol., Packaging, Price: Plastic Dixie-like cup.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Redbud Creek Tofu, Rt. 7, Box 208, Charlottesville, VA 22901. Phone: 804-973-8866. Owner: Paul Shannon.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Redbud Creek Tofu Co., Route 2, Box 505, Crozet (pronounced kro-ZAY), Virginia 22932. No phone. Owner: Shag Kiefer. Note: This is the earliest known tofu manufacturer in Virginia.

Soyfoods Center Computerized Mailing List. 1982. Sept. 17. The company is now named Virginia Soyworks at the address shown above. Owner: Shag Kiefer. Phone: 804-823-2364. Later phone: 804-977-4529.

Label. 1983, undated. 3 by 2 inches. Self adhesive. Blue on white. "Organic Nigari Style. No preservatives."

Talk with Paul Shannon, founder of this company (Phone: 804-296-4777). 1990. Sept. 3. He and his friend Katie founded this company in the spring of 1978, probably in May, in his farmhouse home, at Route 7, Box 28, Charlottesville, Virginia–5 miles northeast of the city. He had been working as a carpenter for 4-5 years building very expensive homes, but he got tired of working for the rich. He earned his living mainly teaching carpentry to unemployed black youths. They bought a tofu grinder from a Madison County woman who had imported it from Japan with the idea of starting her own tofu shop–which she never did. They moved the business to the bakery at Innisfree village in the summer of 1978 because they needed more space. The village generally donated the space, which had health inspectors approval, for use on off days because they wanted to get more involved with the outside community and they hoped some jobs would eventually open up in the business. The tofu was sold in bulk in water and then in plastic Dixie-type cups with clear lids. The spread was developed at the village later in 1978 at the suggestion of a Japanese man at the village. It tasted a little like a mild egg salad. Originally they thought of naming the company "Snafu Tofu" because things constantly went wrong. He was not aware of any other tofu companies in Virginia that started before or after he did.

Talk with Shag Kiefer. 1990. Sept. 2. Shag now lives in Charlottesville, Virginia. Phone: 804-293-9244. This company was started by Paul Shannon and his girlfriend at his home kitchen, located near Redbud Creek, in a rural area near Charlottesville, Virginia. Paul later moved his little tofu shop into a bakery at Innisfree Village (on Route 2 in Crozet, VA) that took care of handicapped adults. Paul and Shag were friends, and Paul asked Shag if he would help design some equipment for the shop that was then making about 60 lb/week of tofu. Shag came into the company in about Feb. 1979, about a year after it had started, and basically took over its operation. At that time the company had two products: Tofu and Tofu Spread. He got a mailbox (505), began to expand the business, and reformulated the

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Tofu Spread. In about 1981 he changed the business name to Virginia Soyworks and basically started over for some legal reasons. By early 1982 Shag, running the company as a single man shop, was making 2,500 lb/week of tofu. But at that point Shag realized that he was working too hard, 3-4 days/week, 13 hours per shift. He was making good money but he wanted to automate the company more and make less tofu. His real love was tinkering with machines. Moreover, a lot of competition (American Soyfoods, Bud Inc., etc.) had opened up in the Maryland/Washington, DC, area, where more than half of Shag's sales were. So his sales in that area decreased, but he increased sales in Virginia. After that the amount dropped until it stabilized at about 1800 lb/week. Finally, on 2 April 1987, tired of making tofu, Shag sold the company to Robert Graham. In the spring of 1988, with Shag's help, Graham moved the company to its present location, Route 1, Faber, Virginia. Shag stayed on to help Graham for about 9 months until the company ran into a money crunch. It never really recovered.

Talk with Ken Scotton, owner of Virginia Soyworks. 1990. Sept. 2. He bought this tofu company in March 1989 from Robert Graham.

3722. Soy Deli (The). 1978. May. New soyfoods restaurant or deli. 211 East Ann St., Ann Arbor, MI 48104.
• ***Summary:*** D.B. 1979. *Whole Foods* (Berkeley, California). Oct. p. 44. "Soy deli's to go!" "Other soy delis currently known to be in operation are the Soy Plant in Ann Arbor, Michigan, and Yellow Bean in Detroit, Michigan."

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started in May 1978. Talk with Steve Fiering. 1988. June 10. Although I was the leader of the group, the deli was not my primary responsibility. Sue Kalen was probably the person who was most responsible for getting the deli going. We all knew that when we moved into Ann Street we wanted to have a deli. We knew we could sell ready-made soyfoods, which didn't have any shelf life. The basic idea was that if we had a retail outlet we could experiment on new products, find the ones that succeeded, then develop them into wholesale products. This would also allow us to communicate with the community. I think this was our original idea. I don't recall getting the idea from anyone else. [Note: This was America's fourth soy deli, after Farm Food Company in San Rafael, California (Aug. 1976); The Cow of China in Boulder, Colorado (Sept. 1977); and The Tofu Shop/Far Pavilions in Telluride, Colorado (Oct. 1977)]. Address: Ann Arbor, Michigan. Phone: 313-663-0500.

3723. *Sunset* (*Menlo Park, California*). 1978. Fish-stuffed tofu... You make pockets, stuff, then fry. 160:218-19. May.
• ***Summary:*** "One popular Chinese way to prepare tofu (soybean curd) is to stuff it with a savory mixture and fry it." Gives a recipe for fish-stuffed tofu. Cut cake of tofu diagonally into halves, forming two triangles. Slit the long side of each and stuff with a savory fish mixture into the pocket that is formed. Deep-fry the pockets until golden and puffy. Simmer in a lightly seasoned sauce, and serve. Recipe submitted by R.L. of San Francisco.

3724. **Product Name:** Tofu Pies (Cheesecakes) [Carob, Lemon, or Banana].
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: Route 1, Box 216, St. Ignatius, MT 59865.
Date of Introduction: 1978. May.
New Product–Documentation: Letter from Brenda Wood of Swan Gardens. 1978-79? Undated. "Probably our biggest seller is a variety of tofu pies, very popular dessert item (carob, lemon, banana)." Note: Swan Gardens moved to Miami, Florida in Aug. 1979, so the product was introduced before that time. One employee guesses May 1978.

3725. *Daizu Nippo.* 1978. Beikoku de tôfu e no kanshin. NY Times mo kiji [Increased interest in tofu in the U.S. Even an article in The New York Times]. June 8. p. 4. [Jap]

3726. MacKinnon, Jerry; Fiering, Steve. 1978. Re: Update on plans for Soycrafters Convention at The Soy Plant in Ann Arbor, Michigan. Letter to William Shurtleff at New-Age Foods Study Center, Lafayette, California, June 9. 3 p. Typed, with signature.
• ***Summary:*** Includes a copy of Shurtleff's proposed schedule for the program. "Just a word about our shop here in Ann Arbor. We began over a year ago in the local bakery trying to eke out a hundred pounds of tofu a week. Today, we've opened a store front with our shop in back. By the time we see you in July we'll be well over the 2,000 lb. weekly mark with full scale Tempeh production." Address: The Soy Plant, 211 East Ann St., Ann Arbor, Michigan 48104. Phone: (313) 663-0500.

3727. Cardozo, Yvette. 1978. Tofu: Just add taste. *Miami Herald.* June 22. p. 4-E.
• ***Summary:*** About Robert Brooks and Mary Pung, and their company Swan Foods that makes tofu and tofu products.

"When Robert Brooke [sic, Brooks] called one day to extoll the virtues of his dozen and one soybean products, I figured it was time to take a second look at what some have labeled the miracle food.

"Most people by now are at least vaguely familiar with roasted soy nuts. They're sort of a dieter's peanut and can be dumped into a variety of dishes. But unless you caught the wave of vegetarian conversion a decade back or spent time in the Orient, odds are you don't know much about soybean cheese, also known as tofu.

"Basically, it's the food world's chameleon. It's white with a consistency that's a cross between Jello and farmer

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cheese... sort of rubbery but fragile. It has a faintly grassy taste but you've got to be really on your toes (or well-practiced) to catch it. Mostly, it's tasteless. Which, of course, means you can do just about anything with the stuff.

"But what I found equally fascinating was its preparation. Brooke, his wife, Mary, and two workers work out of what once was a meat locker for a long-gone A&P at Bird and Red Roads. Brooke christened his company Swan Foods and because there apparently aren't too many tofu makers this side of the Mississippi, found he had to invent half his gear as he went along."

The author then describes how Swan Foods makes tofu. A confirmed meat eater, she samples and rates the company's egg salad, soy shake, chip dip, cashew cheesecake, and nori rolls. She disliked the first two of these products, but liked the last 3, the nori rolls being her favorite. Contains a recipe for Tofu chip dip. Note: This is the earliest article on soy seen (Aug. 2002) in the *Miami Herald* newspaper. Address: Herald columnist, Florida.

3728. Fabricant, Florence. 1978. A Cantonese alternative. *New York Times.* June 25. p. LI23.
• ***Summary:*** Irene's (which the author rates with one star = good) is a new Cantonese restaurant in the Southampton (part of the Hamptons, on Long Island); it opened about 2 months ago. Recommended dishes include "Dow foo soup," which features "velvet slices of bean curd in a rich broth."

"One of the highlights of our dinners at Irene's has been the roast pork with bean cake, a superb combination of tender slices of scarlet-tinged roast pork and snowy bean curd [tofu], with crisp Chinese vegetables in a mellow oyster sauce."

3729. **Product Name:** Brightsong Tofu.
Manufacturer's Name: Brightsong Tofu.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570. Phone: 707-485-7050.
Date of Introduction: 1978. June.
Ingredients: Water, organically-grown soybeans and nigari (sea bitterns) and calcium sulfate (a 99.2% pure and natural earth mineral) as coagulants.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerated.
Nutrition: Per 5 oz.: Calories 170, protein 17 gm, carbohydrate less than 1 gm, fat 11 gm.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Brightsong Tofu, Box 154, Redwood Valley, CA 95470. Phone: 707-485-7498. Owner: Not given.

Letter/Order for the book *Tofu & Soymilk Production* from Brightsong Tofu. 1979. Sept. 27. The company is located at Box 371, Redwood Valley, California 95470.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies

in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: David Patton.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Dick Rose. Label. 1981, undated. Brightsong Tofu. 4 by 3.25 inches. Self adhesive. Blue on white. "Firm organic. Since 1978. Any yellowing of water is only the whey. Change water after opening." Logo is circle of soybean leaves.

Label. 1985. 3.5 by 5 inches by 1.5 wide. Paper box. Orange and blue on white. Back says, "Brightsong Tofu and You... Since 1978 the name Brightsong has stood for the finest quality Tofu. Brightsong is special because it is: Low in calories, carbohydrates and sodium. Low in saturated fat. Free of cholesterol, lactose and butterfat. Free of preservatives, additives and artificial ingredients. Made with soybeans that are grown without chemicals. High in calcium, protein and vitamins and minerals. All natural. Vacuum-packed for freshness and convenience. Quality Assured and Satisfaction Guaranteed. Brightsong Tofu... for those who care!" On side, "Brightsong Tofu is so versatile it may be used in a rainbow of recipes! Useful in most special diets, Tofu is also a nutritional powerhouse. Made like cheese, Tofu was first discovered in the Orient over 2,000 years ago!" Satisfaction Guarantee if not satisfied. Letterhead; Letter from Richard Rose. 1987. Aug. 29. "Bulk packing. The old standby." Talk with Richard Rose. 1988. May 13. See: Early history of Brightsong Tofu... Joel Brightbill and Bob Heartsong founded Brightsong Tofu in June 1978, in Redwood Valley, California. Their last names were used to make the company name. Sharon and Richard Rose bought the company in June 1978 from David Patton, to whom Joel had sold his interest.

Talk with Richard Rose on June 28, 1988. Reviewed accuracy of above the information.

Note: This is the earliest record seen (Feb. 2003)

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concerning Brightsong Tofu–a company that changed names many times and was owned and run by Richard Rose for most of its history.

3730. Dominguez de Diez Gutiérrez, Blanca. 1978. Los mil y un usos de la soya [The 1001 uses of soya]. Mexico City: Editorial Posada. 15 p. [2 ref. Spa]
• ***Summary:*** This booklet was reprinted from the May 1978 issue of *Quadernos de Natura* magazine, p. 51-66. Blanca was born on 8 Nov. 1919. Address: Circulo Yoga de Tapasthana, A.C. Tepoztlan, Morelos, Mexico.

3731. **Product Name:** Island Spring Soy Freeze (Soy Ice Cream) [Carob Mint, Carob, Banana, Vanilla Mint, or Vanilla].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1978. June.
Ingredients: Water, soybean extract [thick soymilk], honey, soy oil, lecithin, agar, salt.
Wt/Vol., Packaging, Price: Quart.
How Stored: Frozen.
New Product–Documentation: Labels. 1981, undated. 3.5 inch diameter. Blue on white. Leviton. 1981. Soyfoods. Winter. p. 43, 63. "210 quarts are made weekly... Carob mint is the most popular flavor." Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 42. "Island Spring was the first of many commercial tofu companies in the U.S. to make a soymilk ice cream."

3732. MacKinnon, Jerry; Fiering, Steve. 1978. An invitation. *Soycraft* (*Lawrence, Kansas*) 1(3):1. June.
• ***Summary:*** "The workers of the Soy Plant Soy Dairy would like to invite you to a national conference which is to be held in Ann Arbor, Michigan" on July 28-30, 1978. "We expect to have technical workshops on tofu, tempeh, soymilk and miso production as a base to begin from."

Note: The Soycrafters Association of North America (SANA) was founded at this meeting. Address: The Soy Plant, 211 East Ann St., Ann Arbor, Michigan 48104. Phone: (313) 663-0500.

3733. Olszewski, Nancy. comp. and ed. 1978. Tofu madness: 50 wild and crazy ways to use tofu and tempeh. Vashon, Washington: Island Spring. 64 p. June. Illust. by Kathy Provazek. No index. 21 cm.
• ***Summary:*** Contents (see next page): Introduction. Preface. Beverages. Quick snacks and sandwiches. Soups. Breakfasts. Dips, spreads, and salad dressings. Main dishes. Fancy international meals for special occasions. Desserts. Special tempeh recipes. Explanation of terms. Afterword. Contains 52 recipes. Address: Vashon, Washington.

3734. Pontecorvo, A.J.; Bourne, M.C. 1978. Simple methods for extending the shelf life of soy curd (tofu) in tropical areas. *J. of Food Science* 43(3):969-72. May/June. [16 ref]
• ***Summary:*** Soymilk was coagulated using lemon juice to make tofu. Methods studied for extending the storage stability included immersion in aqueous solutions (with salt or a low pH from addition of lemon juice), smoking, and combinations of the above. Tofu that had been smoked for 48 hours was liked the best and had the best resistance to spoilage. It kept for 10 days at ambient temperature on a wire mesh. The very firm texture resembled that of cheddar cheese. Address: 1. Horacio No. 1805-402, Mexico 10., D.F. Mexico City, Mexico; 2. Cornell Univ., Geneva, New York.

3735. Saio, Kyoko; Watanabe, Tokuji. 1978. Differences in functional properties of 7S and 11S soybean proteins. *J. of Texture Studies* 9(1/2):135-57. June. [21 ref]
• ***Summary:*** 11S protein differs from 7S protein in that it makes much harder tofu gels which are more sensitive to the effect of phytic acid, and in which the S-S bonds appear to predominate. "The 11S protein precipitates faster and forms larger aggregates" [curds]. 11S gels have a higher water holding capacity and higher tensile values, and they expand more when heated.

Traditional soy protein foods in Japan include: Tofu: a protein gel coagulated from soybean milk. Kori-tofu: freeze-denatured, dried and porous tofu gel. Aburage: Tofu-gel expanded by deep-frying. Yuba: thin film formed on the surface of soybean milk. Kinako: flour of roasted soybeans. Miso: fermented salty paste of cooked soybean and rice mixtures. Soysauce: fermented salty liquid of cooked soybean and wheat. Address: 1. National Food Research Inst., Ministry of Agriculture & Forestry, Shiohama 1, Koto-ku, Tokyo, Japan; 2. Kyoritsu Women Univ., 2-2, Hitotsubashi Kanda Chiyoda-ku, Tokyo, Japan. Watanabe's present address: Kyoritsu Woman University, 2-2, Hitotsubashi Kanda, Chiyoda-ku, Tokyo.

3736. Shurtleff, Bill. 1978. News from New-Age Foods Study Center. *Soycraft* (*Lawrence, Kansas*) 1(3):3-5. June.
• ***Summary:*** This open letter begins: "Dear Soycrafters of North America: There has recently been growing interest in North America in starting a Soycrafters Union or Cooperative, perhaps along the lines of Japanese National Tofu, Miso, Shoyu, Natto, etc. Unions [Associations]. Such a development would seem to represent a great leap forward, of benefit to many in the expansion of consciousness and production of quality soyfoods in the Western world."

The author then summarizes five major functions of Japanese national trade associations related to soy products, and suggests how each of these be adapted to present American conditions and consciousness which are very different from those in Japan: Purchasing soybeans, maintaining a list of member shops, doing "soyfood

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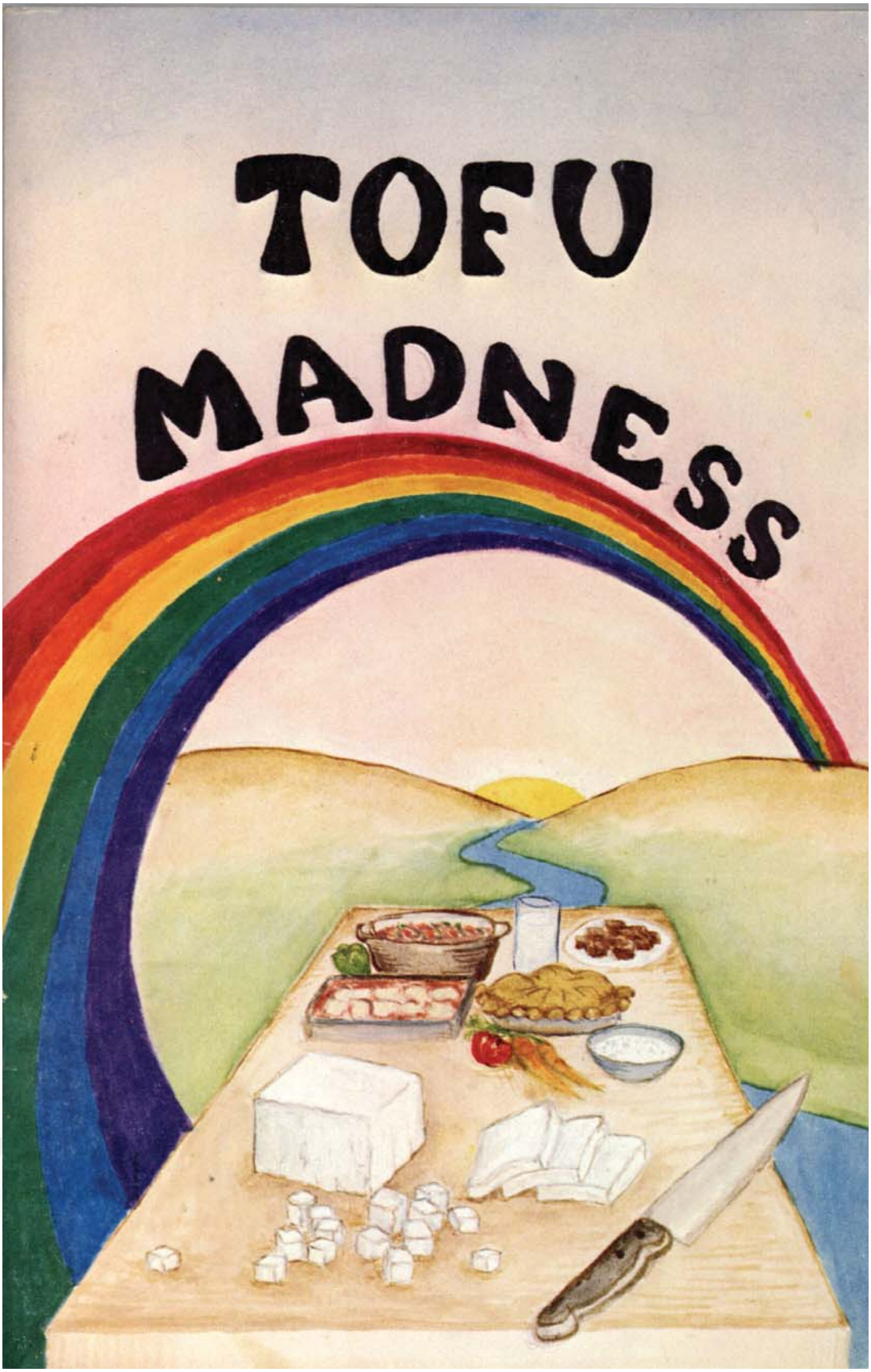

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publicity," publishing a newsletter, and establishing and running a nationwide center, information clearing house, and school for teaching production of low-technology "soyfoods" to people from both developed and developing countries.

"How might this basic model be adapted to the United States? First, since soyfoods are still quite new in the USA, we might want to form one united front cooperative or union for all soycrafters or producers of soyfoods, rather than trying to form individual unions for tofu & soymilk, miso, tempeh, shoyu, etc. Given such a joint union, it would seem that all of the functions performed by the Japanese unions would be of great potential value to producers in North America. The key point, however, is that for the Union to work it must be financially viable and sound. Thus it must be created and supported by individual members who understand clearly that its functions are in their best interest, both in the short and long run."

"Second, we must remember that the number of shops presently producing soyfoods here is still very small. We have the names of 95 tofu shops and/or soy dairies in the United States plus 6 more in Canada, 9 tempeh shops, 8 miso shops, and one shoyu factory (Kikkoman). Of these, about 41 of the tofu shops and soy dairies, 5 of the tempeh shops, and 2 of the miso shops are 'new-age' types, newly started by Caucasian Americans. This latter group would probably form the initial nucleus of the Soycrafters Union, however after the benefits of membership could be clearly demonstrated, the more conservative Japanese producers might be eventually interested in joining."

"At the proposed First North American Soycrafters Convention to be held in Ann Arbor [Michigan] July 28-30 the above suggestions might be discussed one by one..."

At the end of the article is a form which new or existing tofu or soymilk manufacturers in the U.S. are invited to fill out and return to Shurtleff so that he can list them in the next edition of *The Book of Tofu.* Its asks for the name, address, and phone number of the company, the person(s) in charge, the date tofu or soymilk production started, the approximate cost of getting started, the average quantity of soybeans used per week, the soyfoods produced (in order of importance), the main pieces of equipment purchased, and equipment the company plans to purchase in the near future.

Note the early use of the terms "soyfoods" and "soyfood" in this article. The term "soyfoods" was coined by Surata Soyfoods of Eugene, Oregon, in Dec. 1976.

Note 2. This is the earliest document seen (Feb. 2013) that contains the term "low technology" (or "low tech"). Shurtleff coined this term to refer to soyfoods that could be made, and had long been made, using simple, traditional technologies, appropriate to Third World countries or relatively poor areas. Address: Director, New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo 177, Japan. Phone: (03) 925-4974.

3737. **Product Name:** Miso.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. June.
New Product–Documentation: Talk with Steve Fiering. 1988. June 10. This was the company's fifth commercial product. "We did sell the batches that were good but we didn't have any consistency. Some batches came out very good but some were sour. It never became much of a product, so we dropped it. We probably sold some short-term miso before the 1978 summer conference, out of the deli. We could sell anything we put out there if it was good. I think the changing temperature in the building, and particularly the heat in the summer was the problem."

3738. **Product Name:** Missing Egg Salad.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. June.
Ingredients: Tofu, tahini, soyamaze [soy mayonnaise] (soymilk, safflower oil, cider vinegar, honey, salt), tamari, celery, onion, nutritional yeast, spices.
Wt/Vol., Packaging, Price: 12 oz. plastic tub.
How Stored: Refrigerated.

New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. It contains eggless soy mayo and turmeric. Talk with Steve Fiering. 1988. June 10. The word "tofu" was not in the title. It was introduced before the Conference, and one of their first two deli items. It was later sold occasionally wholesale outside the deli. The eggless soy mayo was first introduced as a separate product in the deli about a year later.

Rectangular Label in Soy Plant scrapbook from 1979. 3 by 2 inches. Green on orange. 12 oz.

Square Label in Soy Plant scrapbook from about 1980. 3 by 3 inches. Black on white. 12 oz. Ingredients: Tofu, soynaise (soymilk, oil, vinegar, salt, honey), celery, parsley,

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onion, spices. 12 oz. Zip: 48104.

3739. **Product Name:** Ann Arbor Steamed Brown Bread.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. June.
Ingredients: Okara (high fiber soy product), rye flour, soy milk, molasses, whole wheat flour, corn meal, safflower oil, raisins, walnuts, orange oil, vanilla.
How Stored: Shelf stable.
New Product–Documentation: Label in Soy Plant Scrapbook, next to article dated 4 Oct. 1978. 3 inches square. Black on white. An illustration shows a flower growing on a vine.

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. This may have been the first way The Soy Plant discovered to use its okara as a food. Ann Elder developed the recipe. It was steamed in the Soy Plant kettle or commercial steamer (which they got for free from a salvage operation) because they didn't have an oven. Steve welded the 4-inch-diameter cylindrical stainless steel forms in which the bread was steamed. When done, they pushed the bread out one end. Steve thinks they started making this before the SANA conference in Ann Arbor in July 1978.

3740. Soy Plant [The]. 1978. Re: Questionnaire about soycrafting in preparation for meeting in Ann Arbor, Michigan. Letter to soycrafters who might attend the meeting in Ann Arbor, undated. 2 p.
• ***Summary:*** This undated letter, which is signed "Peacefully, Workers of the Soy Plant," was probably written by Jerry MacKinnon and/or Steve Fiering of the Soy Plant in Ann Arbor. It was probably sent in May or June 1978.

"We thought that in order to make a large body of North American Soycrafting experience more accessible to all, we would ask soycrafters, whether they are attending the conference or not, to fill out a questionnaire on what they are doing. We will print these questionnaires after the conference and distribute them to use as reference material throughout the year. Try to include any information that you think would aid other soycrafters.

"Name of business or group. Address. Phone No.

"What soycrafting do you do now? How long have you been at it?

"Give a brief description of each process and the supplies used.

"What is your distribution?

"Please describe your packaging techniques.

"Describe the number of workers and responsibilities.

"How are decisions made?

"What are the wholesale prices for your products?

"What wages are your workers paid?

"How are you capitalized?" Address: The Soy Plant, 211 East Ann St., Ann Arbor, Michigan 48104. Phone: (313) 663-0500.

3741. Tofu Shop (The). 1978. Pricelist. Telluride, Colorado. 1 p. Undated.
• ***Summary:*** The Tofu Shop now sells 12 products: Tofu, 14 oz. Tofu, bulk (10 lb. minimum). Sprouts, alfalfa (8 oz or 1 lb). Sprouts, mixed (radish, lentil, alfalfa; 8 oz or 1 lb). Soymilk, quart, unflavored. Soymilk, quart, carob-honey. Soyburgers, frozen 5-pac. Fudge (super carob, cashew coconut, or date coconut). Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

3742. **Product Name:** Teya's Sprout & Tofu Pie.
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1978. June.
Ingredients: Crust: Organically grown whole wheat flour, corn oil, water, sea salt. Filling: Tofu (soy beans, water, nigari), mung bean sprouts, celery, green peppers, onions, tamari (soy beans, water, sea salt), arrowroot starch, ginger, garlic, pepper.
Wt/Vol., Packaging, Price: 9 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1981. 4 by 2.5 inches. Self adhesive. Brown on tan. "No meat or meat derivatives." Letter from Kaye Dunham. 1981. March 30. This was his company's first soy product. He bought the tofu from Hinode. Poster. Back to back, color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

Note: This appears to be America's first frozen tofu entree.

3743. Fiering, Steve. 1978. Re: Update #2 on plans for Soycrafters Convention at The Soy Plant in Ann Arbor, Michigan. Letter to William Shurtleff and Larry Needleman in California, July 8. 5 p. Handwritten, with signature.
• ***Summary:*** "Bill and Larry–I thought it's time to fill you both in on the latest conference details. Things are looking very good. Forty people have said they are planning to attend representing 23 different shops or shops to be. This does not include Michigan folks. I expect about 20 Michigan people. The Media, *New Age Journal*, *East-West*, etc. have not responded... "The basic layout will revolve between The Soy Plant and the dorm where about 2/3 of the people will stay." The latest proposed schedule is enclosed; comments are invited. The schedule begins: [Friday] "4-6 p.m.–Check in at Soy Plant. Take people to the dorm or the houses they will be staying in. 6-7–Dinner. 7:30-9–Opening session. Soy Plant introductions and short rap from each delegate. Discussion of the proposed schedule and any special points people want to work on. We have a retail shop at the front of our building which will hold 60 people comfortably, so a lot

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of conferring can be done easily right here. 9:30-11:00–We feel that specific slide shows would be done best after dark. So we would walk up to the dorm, about 6 blocks, and see Bill's [Shurtleff] miso slides up there (we have access to conference rooms and lounges up there). We felt that miso would be of least interest to most of the delegates so we put it on Friday night so latecomers will miss less.

"Sat. One of the frequent comments on your schedule, Bill, was that it is too academic, especially for the folks who are just starting so... We plan on having two activities at once to try and allow people to get what they need."

The Saturday and Sunday schedules are both given. Each day begins with breakfast at 8:00–9:00 a.m., followed by non-stop workshops and discussions. On Saturday evening slide shows will be from 8-11:00 p.m. On Sunday morning: "9:30-12:00–Starting a North American Soycrafters Union or Co-op."

The letter ends: "I feel that the most important ingredient is the spirit of the participants, and if correspondence is a true indication, the spirit will indeed get us all high!

"Hope to hear from you soon. Steve." Address: The Soy Plant, 211 East Ann St., Ann Arbor, Michigan 48104. Phone: (313) 663-0500.

3744. Fabricant, Florence. 1978. Food: How the Chinese cook at home. *New York Times.* July 9. p. LI6.
• ***Summary:*** Chinese home cooking is, of course, much simpler, quicker, and less expensive than restaurant cooking. Bick Lee, in order to expand her knowledge of "Chinese vegetable cooking" spent several days in the kitchen of the Ching Kok Lin Buddhist nunnery in Kowloon, Hong Kong. The nuns lead very frugal, spartan lives. Bick Lee's mother is a Buddhist, but the Lees are not vegetarians–although their meals do tend to emphasize vegetables.

A meatless recipe for "Mock duck" is given. The ingredients include: "1 tablespoon light soy sauce (or Kikkoman brand soy sauce), 1/8 teaspoon monosodium glutamate (optional), 1 teaspoon sesame oil, 1 round sheet pressed bean curd (see note)." Then: "Cut sheet of bean curd in half and trim the thick edge with scissors. Lay one of the pieces of bean curd on a cookie sheet. Moisten it with half the sauce, brushing it over the surface or folding the bean curd over itself to pick up the sauce... 4. Lay the second piece of bean curd over the first and repeat the process with the sauce and mushrooms." Steam then pan fry.

"Note: Dried straw mushrooms and bean curd sheets may be obtained only in Chinese groceries in Chinatown."

Note: These "bean curd sheets" are clearly what we call "pressed tofu sheets" (*pai-yeh* or *chien-chang*).

3745. Schecter, Andy. 1978. Re: La Milpa mill. Letter to Larry Needleman, Bean Machines Inc., P.O. Box 76, Bodega, California 94922, July 12. 3 p. Typed, without signature on letterhead. [1 ref]
• ***Summary:*** "The mill grinds the equivalent of 1 lb/minute of dry soybeans. Our yield is 2.6 to 2.9 lb of tofu per pound of dry soybeans using a lever press and traditional 2 pressings. The mill is not ideal but a good value for the money." Address: The Tofu Shop, 277 N. Goodman St., Rochester, New York 14607. Phone: 716-442-1213.

3746. *Minneapolis Tribune.* 1978. Tofu is staple Oriental food that is packed with protein. July 20. *

3747. The foundation meeting of the Soycrafters Association of North America in Ann Arbor, Michigan. Photographs taken at that meeting. 1978. Ann Arbor, Michigan.
• ***Summary:*** This first meeting took place on 28-30 at the University of Michigan–Ann Arbor. Approximately 70 people attended. The goals of the meeting are outlined in the correspondence leading up to the meeting.

The soyfoods movement in America was interested in low-tech, traditional soyfoods, especially tofu, miso, tempeh, and soymilk, gradually expanding into soynuts, edamame, and dairy alternatives. However it also had numerous other objectives which many or most of the members advocated. A vegetarian diet / meatless diet, an end to the feedlot system and slaughterhouse system, working to address the root causes of world hunger, right livelihood, starting small businesses, etc.

The movement had only lukewarm interest in modern high-tech soyfoods such as soy protein isolates, concentrates, and textured soy flour–because: (1) These products were highly refined. (2) Many were a by-product of the feedlot system, which raised animals for slaughter. (3) None of the early members produced (or ate) these products.

At this meeting, a new organization was created on July 30, the Soycrafters Association of North America. Larry Needleman (Bean Machines, California) was elected director. Six people were elected to the steering committee: 1. Tom Timmins, New England Soy Dairy, Greenfield, Massachusetts. 2. Lester Karplus, Vegetarian, Inc., Champaign, Illinois. 3. Steve Fiering, The Soy Plant, Ann Arbor, Michigan. 4. Steve Demos, White Wave Tofu, Boulder, Colorado. 5. Kathryn Bennett-Clarke, Southwest Tofu, Santa Fe, New Mexico. 6. Bill Shurtleff, New-age Foods Study Center, Lafayette, California.

Twelve black-and-white photographs (each 3½ by 5 inches) were taken on 28-30 July 1978 at this meeting by William Shurtleff; they and their negatives are now located in the Soyfoods Center archives. Those identified in the photos include Tom Timmins (New England Soy Dairy), Steve Demos (White Wave), Larry Needleman (The Learning Tree), Greg Weaver (The Tofu Shop), Benjamin Hills (Surata Soyfoods), and Kathryn O. Bennett (Southwest Tofu Co., Santa Fe, New Mexico).

The first four photos were taken on the evening of Friday, July 28 at the opening meeting which was held

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upstairs in a large room at the University of Michigan (Ann Arbor) student union. Most attendees are dressed informally and seated in folding chairs, but some are sitting cross-legged on the floor. In two photos, Larry Needleman is standing and speaking to the group; Tom Timmins is seated to the right of center on the floor. The remaining eight photos were taken on July 29 in a room next door to The Soy Plant (Ann Arbor, Michigan) where the Association was established. The walls are covered with labeled gallon jars of herbs and foods. The attendees are seated in folding chairs. In the two photos shown here, Steve Demos is in the center, speaking.

Note: The last five frames on this reel of film are photos of people making tofu at the New England Soy Dairy in Greenfield, Massachusetts.

3748. Bean supplies. 1978. Ann Arbor, Michigan. 1 p. Unpublished manuscript.
• ***Summary:*** This handwritten, one-page list of soybean suppliers was compiled by various tofu makers during the foundation meeting of the Soycrafters Association of North America, July 28-30, 1978, Ann Arbor, Michigan. Each entry has three parts: Shop [buying the soybeans], supplier [of the soybeans] and address, and price (in cents/pound). In some cases the organic status and/or variety name is given.

(1) White Wave: Living Farms, Tracy, Minnesota. 17.5 cents/lb. [organic]. (2) Swan Food: Golden Acres, Illinois (certified organic). 20 cents/lb. (3) Nupro Foods / Soywaze Tofu: Arrowhead Mills, Denver wholesale. 21 cents/lb. (4) Magic Bean Co-op: Inter-Community Co-op, 1335 Gilson, Madison, Wisconsin 53715. From Columbus, Wisconsin. 21 cents/lb. (5) Happy Dragon Tofu, Laurelbrook Natural Foods. 18-20 cents/lb.

(6) Rebecca Miller [Rebecca Uchida, MU Tofu], GIP-C Warehouse, St. Charles, Minnesota (organic). 19 cents/lb. (7) Joy of Soy: Ed & Helen Kranz, Diamond K Enterprises, St. Charles, Minnesota. Corsoy: 14 cents/lb, Veg: 16 cents/lb. (8) The Tofu Shop–Rochester, New York: Logan Bros. Farms, Fort Plain, New York. 13.5 cents/lb. (9) Southwest Tofu, Rt. 2, Box 234, Santa Fe, New Mexico 87501: New Life Food Co-op, Santa Fe, New Mexico. 21 cents. (10) The Soy Plant, 211 E. Ann, Ann Arbor, Michigan 48104. Phone: 663-0500: Tom Vreeland, 5861 Geddes Rd., Ypsilanti, Michigan. 13.34 cents/lb. Cleaned. 14 years–no herbicides or pesticides. Beeson variety.

(11) Lecanto Tofu: Ken McCaleb, Clarence, Louisiana. 24 cents/lb. Organic. (12) New England Soy Dairy: New Life, Tracy, Minnesota. Prize: 19.25 cents/lb. Organic. (13) Crystal Hills: Logan Bros., Fort Plain, New York. 17.25 cents/lb. Organic.

Note: Of the 13 soyfoods manufacturers listed, 6 (almost 50%) are buying organic soybeans.

3749. Bellicchi, Kathy. 1978. New England Soy Dairy. *East West Journal*. July. p. 42-44.
• ***Summary:*** A good history of and introduction to the company. "New England Soy Dairy began a year and a half ago with four partners, Tom Timmins, Kathy and Ira Leviton, and Michael Cohen. Before they got together, Tom was working for a natural foods distributor [Llama, Toucan & Crow], Kathy and Ira were running a natural foods bakery, and Michael was living in Virginia in a satellite community of The Farm (an experience which provided him with a sound working knowledge of soybeans)... They went into business as the Laughing Grasshopper Tofu Shop..." Later the company moved to a much larger facility on the outskirts of Greenfield, Massachusetts. Today they make 1,600 lb of tofu per 8 hour day.

The company presently produces only tofu. However they are in the "process of perfecting a variety of other soy products, including soy milk, soy mayonnaise, dips for crackers and spreads for sandwiches, tempeh (split, hulled soybeans that are fermented), age (deep-fried tofu), and, eventually, ice cream."

Photos show: A barrel of soy milk being curded with nigari. Arthur Braverman standing by the tofu-making equipment at the center of the plant. Tofu being pressed in forming boxes. Ira Leviton carrying a tray of tofu ready for packaging.

3750. **Product Name:** Tofu.
Manufacturer's Name: Bellingham Tofu Works.
Manufacturer's Address: 2112 "J" Street, Bellingham, WA 98225. Phone: 206-676-1989.
Date of Introduction: 1978. July.
How Stored: Refrigerated.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Name is given as Celebration Tofu: Bellingham Tofu Works. Address is the same. Owner: Tim Waters and Sage Holland.

Letter/Order for the book *Tofu & Soymilk Production* from "Bellingham Tofu Works." 1979. Sept. 26. The company is located at the address shown above.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). The company's name is given as Bellingham Tofu Works. Owners: Tim Waters & Sage Holland.

3751. **Product Name:** Happy Dragon All Natural Tofu: Soybean Curd.
Manufacturer's Name: Happy Dragon Tofu. Claymont Society.
Manufacturer's Address: Box 112, Charleston, WV 25414. Phone: 304-725-4437.

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Date of Introduction: 1978. July.
Ingredients: Organically grown soybeans, water, natural nigari (bittern from sea salt).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Elizabeth Martin.

Label. 1979, undated. 3 by 5 inches. Self adhesive. Blue on white. An illustration (line drawing) shows a dragon. "Keep refrigerated. Soybean curd."

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Elizabeth Martin.

Note: This is the earliest known commercial soy product made in West Virginia.

3752. Hashizume, K.; Ka, Ginran. 1978. Karushiumu-en to gurukono deruta rakuton de gyôko saseta tôfu no sai ni tsuite [Difference between types of tofu coagulated with glucono-delta-lactone and calcium salts]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 25(7):383-86. [11 ref. Jap]
Address: National Food Research Inst., Ministry of Agriculture & Forestry, Shiohama-1, Koto-ku, Tokyo, Japan.

3753. Hashizume, Kazumoto; Maeda, Masamichi; Watanabe, Tokuji. 1978. [Relationship of heating and cooling conditions to hardness of tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 25(7):387-91. [11 ref. Jap; eng]*
Address: National Food Research Inst., Ministry of Agriculture & Forestry, Shiohama-1, Koto-ku, Tokyo, Japan.

3754. **Product Name:** Joy of Soy brand Organic Tofu: Soybean Curd [Regular, or Spiced].
Manufacturer's Name: Joy of Soy.
Manufacturer's Address: 510 Kasota Ave., Minneapolis, MN 55414. Phone: 612-379-2390.
Date of Introduction: 1978. July.
Ingredients: Organic soybeans, water, nigari (trace minerals from seawater: magnesium chloride, natrium chloride, magnesium sulfate, potassium chloride, magnesium bromide).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Joy of Soy, 1307 2nd Ave. North, Minneapolis, Minnesota 55409. Phone: 612-374-3184. Owner: Jamie Stunkard.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Pat Aylward. Label sent by Pat Aylward. 1980, undated. 5.5 by 4.5 inches. Regular is Black and yellow on clear film. "Keep refrigerated. Change water. No preservatives." Spiced label is green and black on white. Leaflet. 1980, undated. Joy of Soy Tofu. Contains basic information plus 11 recipes, including tofu-banana milkshake, tofu fruit whips, and tarragon tofu dressing.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Owner: Pat Aylward.

3755. **Product Name:** Tofu.
Manufacturer's Name: Magic Bean Co-op (The).
Manufacturer's Address: Mike's Bakery in Milwaukee. Then 330 East North Ave., Milwaukee, WI 53212. Phone: 414-933-2667.
Date of Introduction: 1978. July.
How Stored: Refrigerated.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Magic Bean Cooperative, 2234-A N. Booth St., Milwaukee, Wisconsin 53212. Phone: 414-374-2873. Owner: Jim Saleska and Steve Heidenry.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. A co-op.

Itinerary of Soyfoods America Tour. 1980. On May 29 Shurtleff and Aoyagi visited Diane Loomans, a member, at 330 East North Ave. A later address was 2310 N. Richards St., Milwaukee.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). "The Magic Bean, 330 East North Ave." Phone: 414-933-2667. No owner is given.

Talk with Deborah Bachmann. 1987. Dec. 29. Magic Bean went out of business in summer of 1985. They had tried to make tofu at night, which is too hard on the people. Also, the business was mismanaged.

3756. **Product Name:** Soywaze Tofu.
Manufacturer's Name: Nupro Foods.
Manufacturer's Address: 1227 City Park Ave., Fort Collins, CO 80521. Phone: 303-493-0138.
Date of Introduction: 1978. July.
Ingredients: Soybeans grown without chemical pesticides or fertilizers; filtered water; bittern or nigari (a natural solidifier extracted from sea water).

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Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: List of tofu makers that attended the First Soycrafters Conference in Ann Arbor, Michigan. 1978. July 28-30. "Nupro Foods / Soywaze Tofu."

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Carol and John Hargadine.

Label. 1980, undated. 4.5 inches square. Self adhesive. Purple on white. "A low-cost protein source. A low carbohydrate, low fat key to delicious meals." Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owners: Carol & John Hargadine.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name (Nupro Foods / Soywaza), address, and phone number. Owners: Carol & John Hargadine.

Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Address is now listed as 1819 W. Prospect Rd., Ft. Collins, Colorado 80526.

3757. People attending the foundation meeting of the Soycrafters Association of North America, July 28-30, 1978, Ann Arbor, Michigan. 1978. Ann Arbor, Michigan. 3 p. Unpublished typescript.

• ***Summary:*** This is a typed list of the names, addresses, and (in some cases) phone numbers of the 69 people who attended this landmark meeting. 1. Doug Morris, Tucson Tofu, 1716 E. Factory Ave., Tucson, Arizona 85716, 602-624-7741. 2-4. Susan Kalen, Jerry MacKinnon & Steve Fiering, The Soy Plant, 211 E. Ann St., Ann Arbor, Michigan. Phone: 313-663-0500. 5-6. Carol Ann & Timothy Huang, Yellow Bean Trading Company, 4414 Buckingham, Detroit, Michigan 48224.

7. Dick Moore, Miller/Moore Apiaries, P.O. Box 171, Martindale, Texas 78655. 8-9. Pat & Jay Gibbons, Crystal Hills Tofu Shop, 1 Jefferson St. Box 752, Bethlehem, New Hampshire 03574. Phone: 603-869-2677. 10. Robin Mallor, 848 Tappan St. #20, Ann Arbor, Michigan 48104. 11. Randall Yamauchui, Hinode Tofu, 526 S. Stanford Ave., Los Angeles, California 90504.

12. Elizabeth Martin, Claymont Society [Happy Dragon Tofu], Box 112, Charleston, West Virginia 25414. Phone: 304-725-4437. 13-14. Pam Sharp & Greg Murphy, 52 Prospect Ave., Sea Cliff, New York 11579. 15-16. Herschel & Carmen Cook, 8521 Lotus, Skokie, Illinois 60077.

17. Yoshiharu Uchida, 6825 N. Sheridan Rd., Chicago, Illinois. 18. Rebecca Miller, 7467 N. Marshfield, Chicago, Illinois. 19. Wataru Takai, Takai Seisakusho, 5-65 Yokogawa, Kanazawa, 921 Japan. 20. Zeev Steven Berg, 570 Montgomery Street, Brooklyn, New York 11225.

21-23. Barbara Stutz & Rob Davis & Kay Thorbeck, (In the process of naming our shop), 8745 S. Rockport Road, Bloomington, Indiana 47401. 24. Steven Heller, 160 East 88th St., New York, New York 10028. 25. Ken Lee, Toy Enterprise, 658 N. Broadway, Los Angeles, California 90012. 26. Mary Lee Purrington, 225 Rose Ave., Salem, Ohio 44460.

27. Bob Barbarite, Hashizume Foods, 5th Floor Front 33 Union Square West, New York, New York 10003. 28. Rodney Yamauchi, Aala Tofu, 513 Kaaahi St., Honolulu, Hawaii 96813. 29. Bill Shurtleff, P.O. Box 234, Lafayette, California 94549. 30-31. Tim Waters & Terrie Rogers, Celebration Tofu, Bellingham Tofu Works, 2112 J. St., Bellingham, Washington 98225, 206-676-1989.

32. Steve Demos, White Wave Tofu, 1738 Pearl, Boulder, Colorado 80302. 33. John Stielstra, Morning Glory Alley. Inc., 1214 Regent St., Madison, Wisconsin 53715. 34. John Shiflett, Pippins Inc., 8405 Holly St., Laurel, Maryland 20810. 35-36. Andy Schecter & Greg Weaver, The Tofu Shop, 277 N. Goodman St., Rochester, New York 14607.

37-39. JoAnn Yoshimoto & Verena Krieger & Brian Schaefer, It's Natural, 502 Main St., Evanston, Illinois 60202. 40. Kathryn Bennett-Clarke, Southwest Tofu, Rt. 2 Box 234, Santa Fe, New Mexico 87501. 41. Amy Pincus, Magic Bean Co-op., 3227 N. Humboldt Ave., Milwaukee, Wisconsin 53212.

42. Chico Wagner, Mantis Organics, 9409 Cameron Rd., Austin, Texas 78753. 43-45. Denise Alexander & Les Karplus & Dave Parker, Vegetarian Inc., 132 S. Market, Champaign, Illinois 61820, 217-359-8843. 46. Jim Wilks, Swan Food Corp., 5758½ Bird Rd., Miami, Florida 33155, 305-667-7141. 47-48. Don Nicolson & Sue White, New Day Tofu Products Inc., 5912 Liberty Rd., Baltimore, Maryland 21207, 301-944-4673 & 301-655-0854.

49-50. Jamie Stunkard & Pat Aylward, Joy of Soy, 1307 2nd Ave., Minneapolis, Minnesota 55405, 612-374-3184, 612-379-2390. 51. John Seed, Bodhi Farm, The Channon, N.S.W. 2480, Australia. 52-53. Lora Mermin & Chris Burant & Deborah Backman, Madison Tofu Co-op, 903 Williamson St. Madison, Wisconsin 53703, 608-251-0595. 54. Steve Heidenry, Magic Bean Co-op, 3046 N. Cambridge St., Milwaukee, Wisconsin 53211.

55. Ed Brown, Magic Bean, 2463 N. Booth St., Milwaukee, Wisconsin 53212. 56. Benjamin Hills, Surata Soyfoods, 518 Olive Street, Eugene, Oregon 97401, 503-485-6990. 57. Larry Needleman, Bean Machines, Inc., P.O. Box 76, Bodega, California 94922, 707-876-3341.

58-59. Carol & John Hargadine, Nupro Foods/Soywaze Tofu, 1227 City Park Ave., Fort Collins, Colorado 80521. 60. Jack Mizono, Azumaya Inc., 95 Boutwell St., San Francisco, California 94124. 61. Dan Burke, Pacific Soybean & Grain Ltd., 495 De Haro St., San Francisco, California 94107. 62. George Hanley, 4425 Charles St., Dearborn, Michigan 48126, 581-7343. 63. Dan Tucker, 854 Hawkeye Park, Iowa City, Iowa 52240, 319-354-1250.

64. Paul Beeson, 207 N. Acacia St., Solona Beach,

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California 92075, 714-481-6914. 65. Keith Almeida, 26 W. Main St., Clinton, Connecticut. 66. Jean Huffman, P.O. Box 444, Lecanto, Florida 32661.

67-68. Keith Hintz & Dave Koressel, Magic Bean Co-op, 2234-A N. Booth, Milwaukee, Wisconsin 53212, 414-374-2873. 69. Tom Timmins, New England Soy Dairy Inc., 305 Wells Street, Greenfield, Massachusetts 01301.

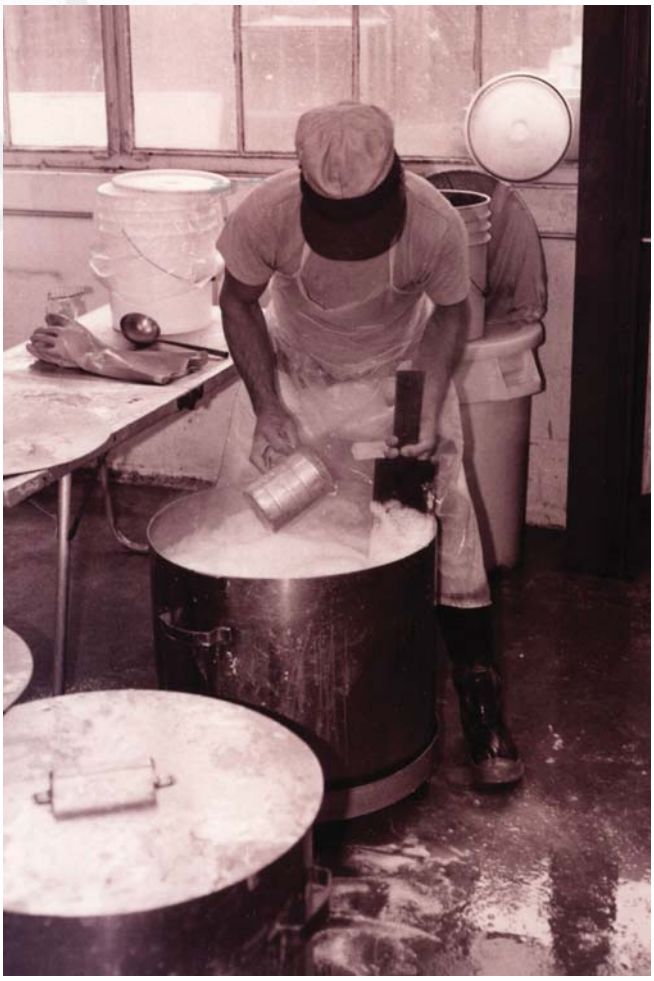

3758. Photographs of people making tofu at New England Soy Dairy in Greenfield, Massachusetts, 31 July 1978. 1978. Greenfield, Massachusetts.

• ***Summary:*** These five black-and-white photographs (each 3½ by 5 inches; see next page) were taken on 31 July 1978 by William Shurtleff, when he and Wataru Takai visited the Soy Dairy shortly after the Soycrafters conference in Ann Arbor, Michigan. The photos and their negatives are now located in the Soyfoods Center archives. They show: (1) Grinder, pressure cooker and hydraulic press in operation. (2) Richard Leviton stirring nigari into hot soymilk in a curding barrel. (3) Richard Leviton ladling curds into a forming tray on a pressing table. (4) Shohaku Okumura, a Japanese Buddhist monk, cutting the finished tofu with a special stainless steel knife; a circular cooling tank, filled with water, is in the background. (5) Ditto, with Wataru Takai in the background.

3759. Photographs taken at the foundation meeting of the Soycrafters Association of North America in Ann Arbor, Michigan. 1978. Ann Arbor, Michigan.

• ***Summary:*** These photos were taken (by an unknown

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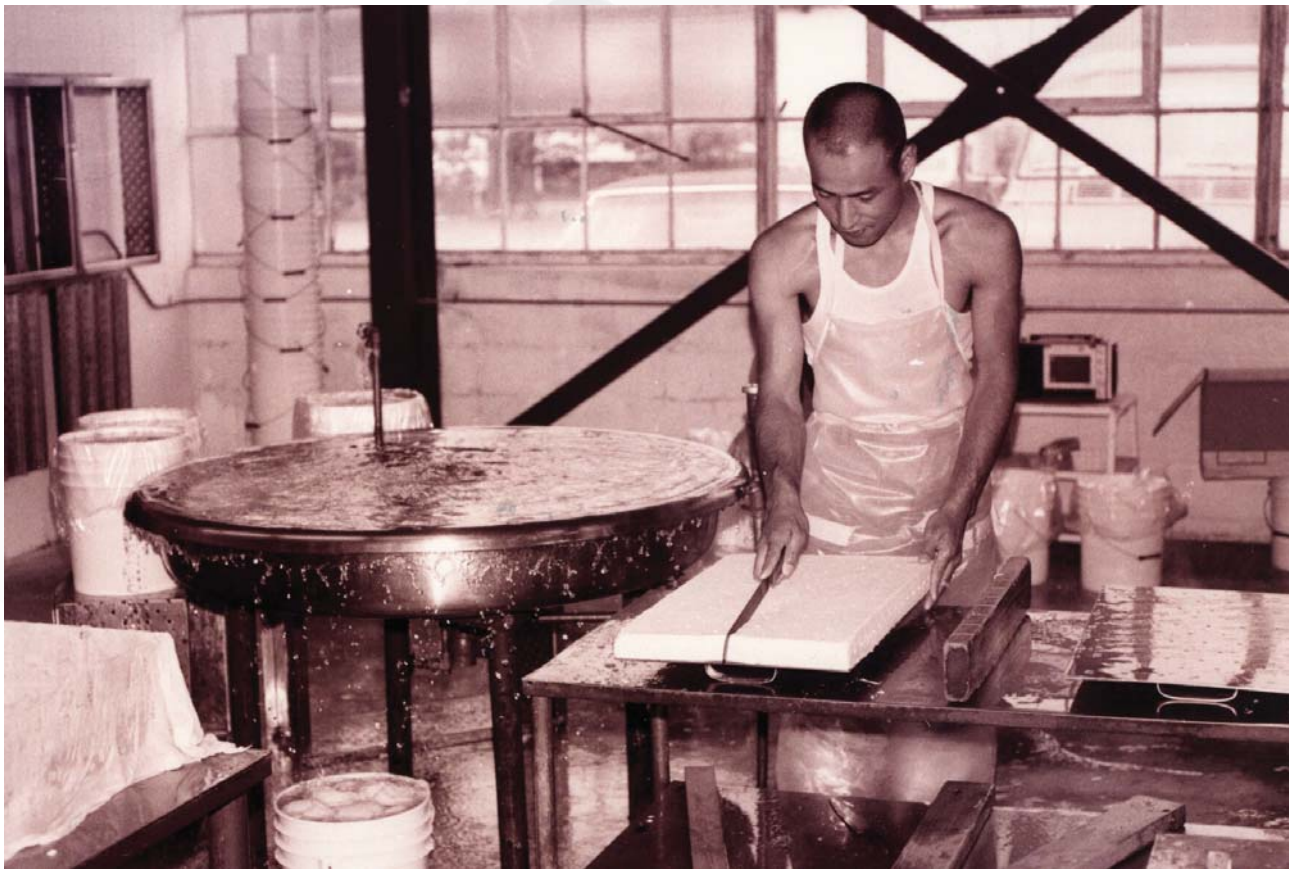

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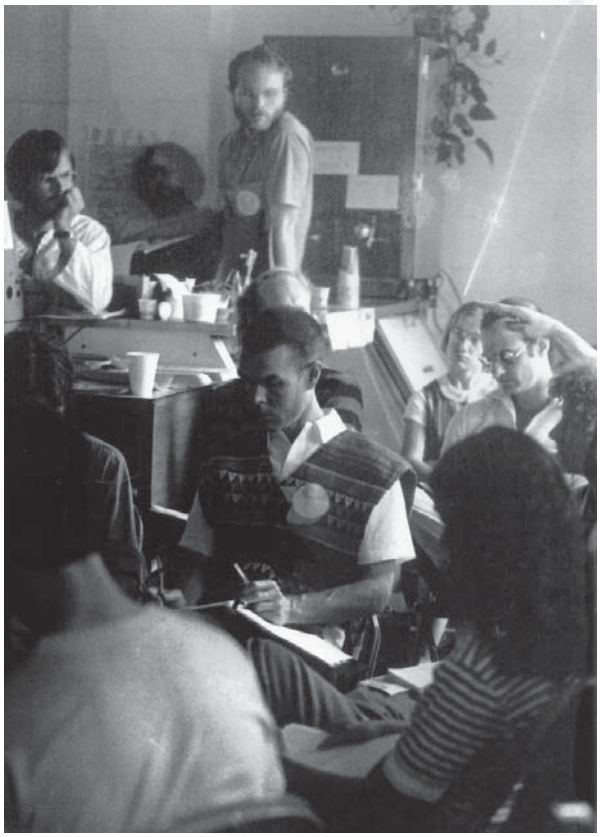

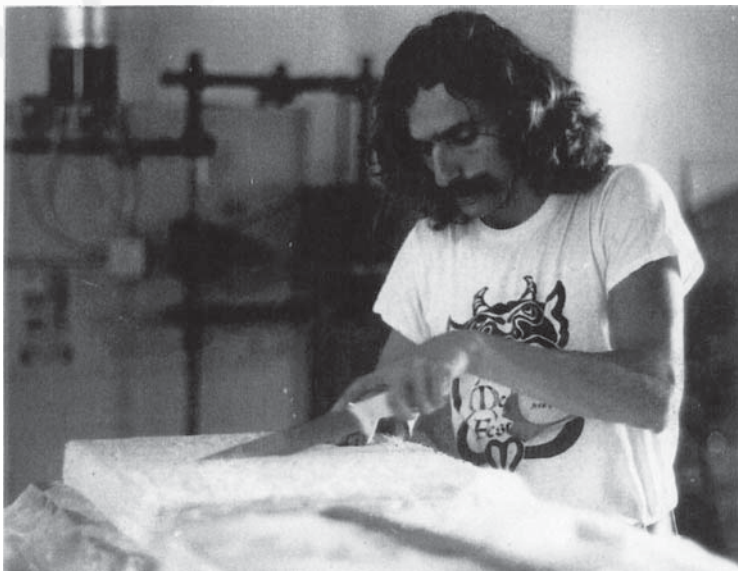

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photographer from The Soy Plant) during the First Annual Soycrafters Conference (July 1978), hosted by The Soy Plant in Ann Arbor. Six of the photos are black-and-white, 5 by 7 inches, two each taken during an afternoon meeting in an herb shop, during lunch, and during a demonstration of making tofu by members of The Soy Plant. People clearly visible include Les Karplus, Kathryn Bennett-Clarke, Ken Lee, Andy Schecter, Pat Aylward, William Shurtleff, Larry Needleman, Jean Huffman (Lecanto, Florida), Jerry MacKinnon (cutting a large block of tofu into cakes), and Steve Fiering (pouring soaked soybeans into the hopper of a grinder).

Seven of the photos are color, 3½ by 5 inches, one each taken during the first evening meeting and during an afternoon meeting, and five taken during a demonstration of making tofu and other soyfoods by members of The Soy Plant. Clearly visible are Steve Fiering, Jerry MacKinnon, William Shurtleff, Andy Schecter, Dan Ecclestone, and Yasuo ("Yoshi") Yoshihara.

Two large (8½ by 11 inches) photos show Mike Kelly, dressed in a white T-shirt and apron: (1) Holding a ladle as soymilk runs into the filter cloth over a curding vat; (2) Ladling curds into a cloth-lined forming box.

There are also thirty tiny (1 by 1½ inches) black-and-white photos in the form of proof sheets. Clearly visible are Steve Fiering and Jerry MacKinnon (The Soy Plant), Jack Mizono (Azumaya), Steve Demos (White Wave), Christopher Hills (Surata Soyfoods), Jamie Stunkard and Pat Aylward (Joy of Soy), and Brian Schaefer (Evanston, Illinois).

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. Chris Coon of The Soy Plant might have taken the above photos. The Fourth Avenue Food Co-op was around the corner from The Soy Plant's location at 211 East Ann St. They had a small herb section in their building. When The Soy Plant took over 211 East Ann St. they had one room of extra space facing the street. The food co-op moved their herb section into that room and expanded it to fill the room. They shared a portion of the rent on the space with The Soy Plant. The herbs were sold in gallon glass jars displayed on floor-to-ceiling wooden shelves.

3760. Shurtleff, William. 1978. Report on trip to first meeting of Soycrafters Association of North America (Ann Arbor, Michigan, July 28-30), and subsequent trip around USA with Mr. Wataru Takai visiting tofu companies (July 30 to Aug. 9). P.O. Box 234, Lafayette, CA 94549. 2 p. Aug. Unpublished manuscript.

• ***Summary:*** July 16-23–Mr. Takai (Director of the Overseas Department for Takai Tofu & Soymilk Equipment Co. in Ishikawa-ken, Japan) flies into San Francisco, California, from Japan. He stays in San Francisco, and is present at the installation of a Takai tofu system at Tokyo Foods (Tokyo Food Co.; Mr. Horinouchi) in San Mateo, south of San Francisco. Shurtleff drives Mr. Takai to visit various tofu makers in the San Francisco Bay Area: Traditional Tofu in Oakland (meet with Ray Nagai and Gary Sato, who are having lots of problems), Azumaya in San Francisco (Bill Mizono), Quong Hop in South San Francisco (Stanley Lee), and Wo Chong in South San Francisco (Walter Louie).

July 24–Shurtleff and Aoyagi drive Mr. Takai to Lake Tahoe, where they all stay for two days and one night at the Shurtleff family cabin near Meeks Bay. July 26–The first Takai catalog of small and medium scale tofu equipment (printed with dark brown ink on glossy white paper) arrives in the USA.

July 27–Takai and Shurtleff fly together from San Francisco to Ann Arbor, Michigan, on an afternoon flight.

July 28-30–Meeting in Ann Arbor of about 70 soycrafters (mostly tofu makers) from around the United States. The conference opens on the evening of Friday, July 28. The first meeting is held upstairs in a large room at the University of Michigan student union–slide shows and discussions. Attendees stay in the university dormitory–which is largely empty since it was summer. On Saturday there are meetings and practical workshops throughout the day at The Soy Plant, 211 E. Ann St., several blocks from the university. Mr. Takai notes: "New tofu makers are young vegetarian. Almost all Caucasian with long hair and beards. They eat tofu instead of meat." On Sunday, July 30, the Soycrafters Association of North America is founded. Steve Fiering, Jerry MacKinnon, Sue Kalen, and co-workers at The Soy Plant (211 East Ann St.), in Ann Arbor, Michigan, organized and hosted the meeting–which was a great success. We elected an executive director (Larry Needleman of Bean Machines, California) and a Steering Committee [board of directors] of six: Tom Timmins, New England Soy Dairy, Massachusetts. Lester Karplus, Vegetarian, Inc., Illinois. Steve Fiering, The Soy Plant, Michigan. Steve Demos, White Wave Tofu, Colorado. Kathryn Bennett-Clarke, Southwest Tofu, New Mexico. Bill Shurtleff, New-age Foods Study Center, California.

After the meeting, Shurtleff and Takai travel around the United States, by airplane and rented cars, visiting existing tofu companies.

July 31, Monday–Fly from Ann Arbor to Boston, Massachusetts. From Boston we drive (using a rented car) to the New England Soy Dairy (Tom Timmins and Richard Leviton) and Nasoya (John Paino and Bob Bergwall); both are quite new companies. Mr. Takai notes: "New England was very woody and beautiful. First saw soy mayonnaise at the New England Soy Dairy; it was served in a dip at dinner. Nasoya extracted soymilk with a big hydraulic press." Mr. Takai noted that Japanese eat tofu itself, whereas Americans generally use it as an ingredient in recipes.

Aug. 1–Spend the afternoon in Boston's Chinatown visiting two or three old and well-established tofu makers. While walking through a fancy building in the area, Shurtleff

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first sees someone (a secretary) using a word processor.

Aug. 2, Wed.–Fly from Boston to New York City. Visit Hashizume (Mr. Yokoyama) and Tanaka-ya (Mr. Murakami), both well established tofu makers run by Japanese Americans. We then take the run-down, graffiti-scrawled subway to visit Tokyo Food Processing Corp. (c/o Japan Food Corp.) at 40 Varick Ave., Brooklyn (Terry Terahira and Mr. Shimazaki); this is also an established Japanese-American company that makes tofu and other Asian foods in a bombed out-looking, scary part of the city. Mr. Shimazaki notes that tofu is starting to become popular in America, and their tofu is selling well. One afternoon Shurtleff is invited to be on the Gary Null Show (radio) to talk about tofu. While in New York City, Shurtleff stays with Larry Needleman at the home of his parents (Hy & Sylvia, in New Hyde Park, just outside New York City), while Mr. Takai stays at a hotel in the city. One night Needleman and Shurtleff have dinner with Mr. Takai, as his guest, at the Rainbow Restaurant in Manhattan, near the top of some skyscraper. Mr. Takai had a black-and-white photo taken of the three seated at a dinner table; it appeared in the Japanese newspaper *Hokuriku Chunichi Shinbun* on 14 Sept. 1978, and Mr. Takai kept the original. Soyfoods Center also has a copy (8 by 10 inches, filed at Soyfoods Center). Our last morning in New York City (Saturday, Aug. 5), we three travel by subway to the southern tip of Manhattan and take a ride on the Staten Island Ferry.

Aug. 6, Sunday–Shurtleff and Takai fly to Miami, Florida, to visit Swan Foods, founded by Robert Brooks and Mary Pung; a new and extremely innovative company making tofu and soymilk (with organic soybeans), plus a line of soy yogurt, tofu cheesecakes, etc. and full-page nationwide ads. Mr. Takai recalls that Mr. Brooks wanted to start a chain of tofu businesses across the United States. Shurtleff conducts (and tapes) a long interview with Robert Brooks and Pung, and visits their home and tofu plant.

Aug. 8–Fly from Miami to Summertown, Tennessee, to visit The Farm Tofu Shop (Alan Praskin). Mr. Takai recalls visiting Light Foods in St. Louis, Missouri, to deal with problems in their FM50 roller extractor.

Aug. 10–Fly from Tennessee to Denver, Colorado, to visit Denver Tofu (Mr. & Mrs. Haruhisa Yamamoto; an old, well-established Japanese-American company, which now filters all water used to make tofu). Shurtleff travels to nearby Boulder, Colorado, to visit White Wave on Pearl Street (Steve Demos, very new and small tofu maker).

Aug. 11–Fly from Denver to Los Angeles. Visit Hinode-ya (Mr. Yamauchi; an old, well-established Japanese-American company, perhaps the largest in America).

Aug. 12–Fly from Los Angeles to San Francisco.

Note: Mr. Takai's notes of his itinerary, which he wrote for himself in Japanese before and after the trip, indicate that he arrived in San Francisco on Aug. 12. But Shurtleff's notes indicate that he arrived in San Francisco and Lafayette on Aug. 9 (Wednesday). Shurtleff has clear memories of visiting Denver Tofu and White Wave, but no memories of visiting Tennessee or Los Angeles on this trip. Mr. Takai does not recall visiting Lake Tahoe. Address: New-age Foods Study Center, Lafayette, California.

3761. Takai Tofu & Soymilk Equipment Company. 1978. Takai catalog of small and medium-sized equipment. 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 6 p. 30 cm. • ***Summary:*** This catalog, printed with dark brown ink on glossy white paper, was conceived of and developed for Takai by William Shurtleff. 42 photos in small, vertical rectangular frames show many individual pieces of equipment, and 5 photos show Takai's five systems for manufacturing tofu and soymilk. The catalog is divided into five sections: (1) Front page and introduction; (2) Basic equipment; (3) Whole systems; (4) Publications and information; (5) Ingredients. For more information, contact Wataru Takai.

Letter (fax) from Wataru Takai. 1996. Aug. 2. Takai's records show that their brown catalog of small-scale equipment was printed in July 1978. Address: Ishikawa-ken, Japan. Phone: (0762) 48-1355-59.

3762. Tofu sales–By companies attending the foundation meeting of the Soycrafters Association of North America. 1978. Ann Arbor, Michigan. 2 p. Unpublished manuscript. • ***Summary:*** This meeting, which took place on 28-30 July 1978 in Ann Arbor, Michigan, was hosted by The Soy Plant. At this meeting, owners or representatives of the various companies that made tofu were asked to fill out a form (handwritten on yellow lined paper; now located in the Soyfoods Center archives) that was circulated, titled "Tofu Sales." Each company was asked to indicate the company name, type of tofu (firm, soft, nigari, etc.), packaged or bulk, size of package, minimum order (if any), and price per pound. Tofu companies that filled out the form are: Magic Bean [Milwaukee, Wisconsin], Bellingham Tofu Works [Bellingham, Washington], The Soy Plant [Ann Arbor, Michigan], Surata Soyfoods [Eugene, Oregon], The Tofu Shop [Rochester, New York], White Wave [Boulder, Colorado], Joy of Soy [Minneapolis, Minnesota], Crystal Hills [Bethlehem, New Hampshire], Yellow Bean Trading Co. [Detroit, Michigan], Lecanto Tofu [Lecanto, Florida], Nupro Foods/Soywaze Tofu [Fort Collins, Colorado], Tucson Tofu [Tucson, Arizona], Hashizume [New York, New York], Southwest Tofu [Santa Fe, New Mexico], Happy Dragon Tofu [Charleston, West Virginia], Madison Tofu Co-op [Madison, Wisconsin], New England Soy Dairy [Greenfield, Massachusetts].

Much of the tofu was sold in bulk. The wholesale price (f.o.b. the plant) was typically $0.55 to $0.85 per pound.

3763. Mayer, Jean; Dwyer, Johanna. 1978. Nutrition.

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Washington Post. Aug. 3. p. A1.
• ***Summary:*** "Q. Recently my daughter and her apartment-mates invited me for a vegetarian dinner. One of the dishes contained something they call tofu. They said it was made from soybeans. Can you tell me more about it?"

"A. Tofu–also called bean curd–is made from dried soybeans, water and a solidifying agent." Explains briefly and accurately how tofu is made, its nutritional value, basic ways of serving it, and where it can be purchased. Address: 1. PhD, President of Tufts Univ. [Medford, Massachusetts].

3764. Shurtleff, William. 1978. Re: Proposal to add new categories and information about soyfoods to *Soybean Digest Blue Book*. Letter to Mr. Lynn Munyer, editor, *Soybean Digest Blue Book*, P.O. Box 158, Hudson, Iowa 50643, Aug. 21. 2 p. Typed, with signature on letterhead.
• ***Summary:*** Contents: Introduction to publications and work of New-age Foods Study Center. Statistics on consumption of traditional soyfoods in East Asia. Tofu. Soymilk. Miso. Shoyu. Tempeh. Natto. Conclusion.

"Worldwide and increasingly in the United States the traditional soyfoods discussed in our books account for an extremely large proportion of world soybean consumption for human diets.

"Therefore we feel it is in the interest of the ASA [American Soybean Association] and American Soybean farmers to do more to introduce these traditional soyfoods to people around the world via your publications." Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

3765. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Full of Beans Wholefoods.
Manufacturer's Address: 97 High St., Lewes, East Sussex, BN7 1XH, England. Phone: 079-16-2627.
Date of Introduction: 1978. August.
New Product–Documentation: Form filled out by John and Sarah Gosling. ca. 1982. They started in Aug. 1978. Now make regular and firm pressed tofu. Soyfoods Center Computerized Mailing List. 1982. July 23. Owners: John & Sara Gosling.

Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3. Soya Bluebook. 1986. p. 107. Address is now 96-97 High St.

3766. **Product Name:** Tofu.
Manufacturer's Name: Indonesian Tempeh Co.
Manufacturer's Address: Route 1, Palmyra, NE 68418.
Date of Introduction: 1978. August.
New Product–Documentation: Letter from Gale Randall. 1978. Aug. 28. "The Indonesian Tempeh Company has moved to somewhat larger quarters. We now make soy milk and tofu as well as a variety of tempeh products."

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West.

3767. Photographs of William (Bill) Shurtleff, Akiko Aoyagi, and Soyfoods Center (1978-2003). 1978.
• ***Summary:*** 1978 Aug. Black-and-white. (L-R) Larry Needleman, William Shurtleff, and Wataru Takai having dinner as Takai's his guest, at the Rainbow Restaurant in Manhattan, New York, near the top of some skyscraper.

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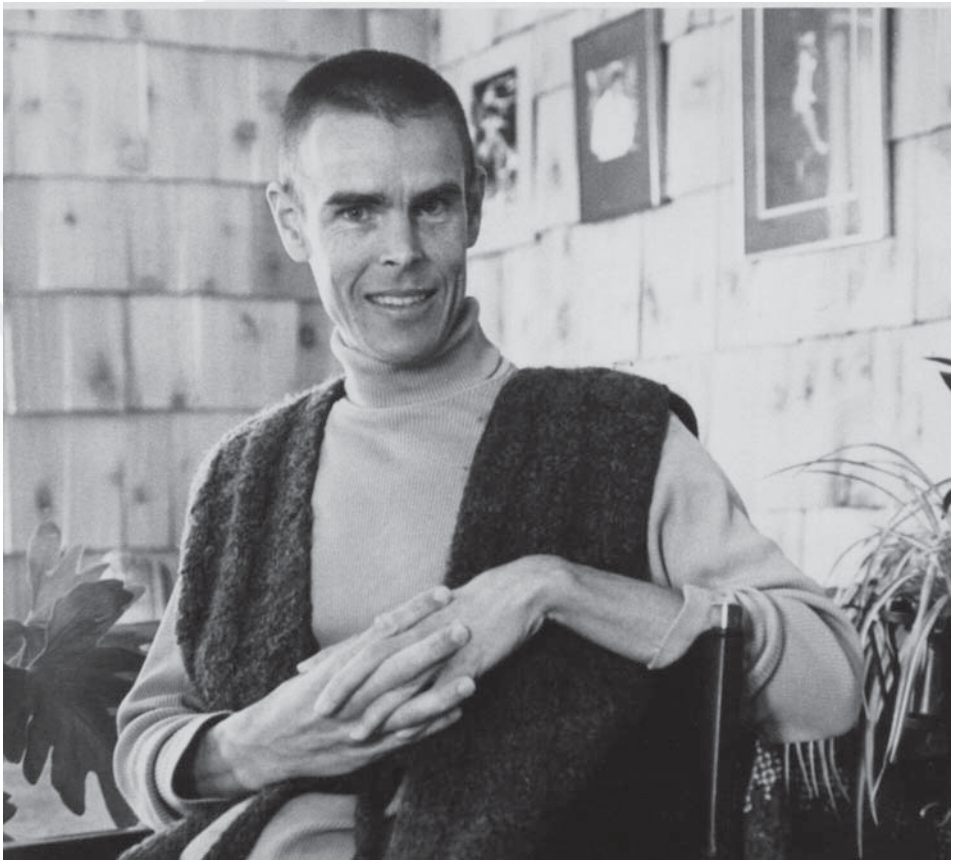

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1978 Oct. 2. Fourteen large black-and-white portrait photos Akiko and William Shurtleff in Lafayette, California, taken by Dan Rosenstrauch, a professional photographer.

1979 July. Portrait photo of Aoyagi and Shurtleff at Amherst College in Amherst, Massachusetts, during the second annual Conference of Soycrafters Association of North America (SANA). Photo by Lionel Delevingne. Published in *New Age* magazine (Nov. 1979, p. 53).

1980 Aug. 14. Photo of Bill and Akiko by Janet Fries taken at their cottage home at 951½ Mountain View Dr., Lafayette, California: (1) Seated in front of a table of prepared tofu recipes on the living room floor. (2) Standing by the stove in their kitchen; Bill holds a metal baking tin of uncooked tofu patties while Akiko fries a batch. Published in *People* magazine (13 Oct. 1980, p. 57-58; 3.4 million circulation).

1980 Sept. 24. Photos of Bill (seated) and Akiko (standing, cooking using a wok) taken by Dan Rosenstrauch in Oct. 1978 published in large article in *The New York Times* ("A couple on a tofu mission in the West," by Lorna J. Sass, p. C3).

1983 July. Akiko in Japan with her mother and niece, Izumi Tanaka.

1983 Aug. 15. Terence Foley, director of ASA China, with 5 members of China soyfoods delegation and Bill Shurtleff standing in front of Soyfoods Center, Lafayette, California.

1983 Sept. Two color photos taken in front of newly constructed- and partly filled bookshelves in upstairs Office #1 at Soyfoods Center, 1021 Dolores Dr., Lafayette, California: (1) Bill and Akiko. (2) Bill and Steve Chen, director of American Soybean Assoc. Taiwan.

1990 March. View of front of Soyfoods Center, showing pine trees on back hillside, front lawn, white van parked in driveway, and little Joey Shurtleff playing by lawn.

1990 July 4. Four views showing inside of Office #2, with desk, window, file cabinets, and map of USA on wall.

6. 1990 Nov. William Shurtleff seated at U-shaped main desk in Office #1, working on computer, turning to face the camera.

3768. **Product Name:** Tempeh.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: Route 1, Box 216, St. Ignatius, MT 59865.
Date of Introduction: 1978. August.
New Product–Documentation: Letter from Brenda Wood. 1978-79? Undated. "We have a tofu shop producing 260-390 lb a week and we also make and sell between 40 and 50 lb of tempeh weekly, made out of the okara (160-200 lb monthly)." Shurtleff & Aoyagi. The Book of Tempeh. 1979 (July). p. 148. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Contact: Brenda Wood.

Talk with former Swan Gardens employee. 2001. Dec. 31. This tempeh was incubated in an old chicken egg incubator; it looked like a big upright wooden cabinet, about 5 feet tall, 3 feet wide, and 18 inches deep. It was probably introduced in about May 1978. Most of the tempeh was made with okara, but there was at least experimentation with whole soybean tempeh.

3769. White Wave. 1978. White Wave through The Cow of China, offers food from the kingdom of plants. We make it all here in Boulder! 100% dairyless! (Poster). 1738 Pearl St., Boulder, CO 80302. 1 p. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** See next page. "Organic nigari tofu, Soymilk, Soysage, Missing egg salad, Tofu mayo, Baked savory tofu cutlets, Sweet bean tofu pie, Tofu cinnamon rolls, soy-sesame bars, Energy chews, Almond butter, Cashew butter, Peanut butter, Tahini, Figgies, Date coconut bars, Tofu 'meatball' sandwiches, 'Macro' pizza, Tofu turnovers, 'Sloppy joe' sandwiches, Tempeh." Address: Boulder, Colorado.

3770. Digilio, Alice. 1978. Family out: A weekly guide to family dining. *Washington Post.* Sept. 7. p. A1.
• ***Summary:*** A restaurant review of Apricot Flower Village Restaurant, 2816 Graham Road, Lee Graham Shopping Center, Falls Church, Virginia. The 60 dishes on the menu include *Mom Pul Dow Foo* [a tofu dish].

3771. Strayer, George M. 1978. Re: Vegetable-type and field-type soybeans suited for making tofu and soymilk. Letter to William Shurtleff at New-Age Foods Study Center, Sept. 8. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Mr. Strayer's company sells 3 varieties of vegetable-type soybeans. Prize (FOB price $9.00 per 60 lb sack) is the best suited for making tofu and has the highest protein content. Kanrich ($9.00) is the next best suited and has the second highest protein content, but is gradually going out of production. Kim ($9.50) has a green seed coat and is

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the lowest of the three in protein content.

Of the 7 field-type soybean varieties sold by the company (all for $8.00 per 60 lb FOB), Corsoy is the best suited for tofu production, followed by Amsoy and Hawkeye. Chief is no longer in commercial production. Address: President, Agricultural Exports, Inc., P.O. Box 266, Hudson, Iowa 50643.

3772. Rundell, Ann. 1978. Cheese-like tofu is high in protein [Lora Mermin and The Bountiful Bean Plant in Madison]. *Wisconsin State Journal.* Sept. 10.

• ***Summary:*** Lora Mermin was introduced to tofu in Japan in 1968. Then Madison got its own tofu shop [in about 1968] at 903 Williamson St. When the little co-op started to falter in June, Mermin contributed financial support. Now she works there daily with Debra Bachmann, Chris Burant... The name of the shop was recently changed to The Bountiful Bean Plant.

A large photo shows Debra Bachmann and Lora Mermin selling tofu in round plastic tubs to Mamiko Takashima, who is holding her daughter.

3773. *Hokuriku Chunichi Shinbun.* 1978. Amerika no tôfu sangyô. Wakai hakujin no gyôsha fueru. Takai-shi ni genjô kiku [The tofu industry in America. The number of young Caucasian tofu makers has increased. We talk with Mr. Takai about the current situation]. Sept. 14. [Jap]

• ***Summary:*** A photo shows Larry Needleman, William Shurtleff, and Wataru Takai seated around a table in a room high in a skyscraper in New York City.

3774. Rubenstein, Judith. 1978. Tofu: New Age hotcakes. *Fresh Ink* (*Northampton, Massachusetts*) 1(18):1, 7. Sept. 21. [1 ref]

• ***Summary:*** About the New England Soy Dairy, which now employs 20 people (14 production workers) and produces, on average, 2,400 lb/day of tofu containing 8.6 to 10% protein. The company has five owners, who constitute its board of directors. "Three of their employees are Japanese monks who live in nearby Charlemont. Their presence adds to the already spiritual atmosphere of the plant." Bud Foster's Supermarket in Greenfield was the first regular grocery to carry the New England Soy Dairy's tofu, and now Food Mart carries tofu as a regular item in 23 stores and Stop and Shop is starting to sell it as a specialty item.

Photos by Lionel Delevingne show: The inside of the plant with Ira Leviton (age 31 and a vegetarian) cutting tofu. Leviton pouring curds into cloth-lined forming box. Ira and Kathy Leviton, and Tom Timmins, standing behind a round soaking tank filled with cakes of fresh tofu.

3775. *Morning Union* (*The*) (*Springfield, Massachusetts*).

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1978. Food for the family: Soybean source of cheap protein. Sept. 27. *

3776. Lachman, Gaella; Elwell, Christian. 1978. Making miso in America. *East West Journal*. Sept. p. 54-59.
• ***Summary:*** A colorful account of making 1,000 lb of miso in the spring of 1978 with Noboru Muramoto at Asunaro, on Mt. Veeder, at 4600 Cavedale Road, Glen Ellen, California 95442. Phone: (707) 996-5365. Christian writes in the introduction that several years ago, upon returning from India and recovering with a serious bout with jaundice, he came across Naboru [sic] Muramoto's book, *Healing Ourselves* (Avon Books, 1973), "one of the few reliable guides to preventive medicine now available." After this he began to use food as medicine for the first time. Within a year he was attending seminars by Michio in Boston, Massachusetts, and learning about macrobiotics. He later learned that Mr. Kushi and Mr. Muramoto had both been students of George Ohsawa. While in Boston, Christian met Gaella, his wife to be. They left Boston to visit California, and from January to April 1978 they studied at Asunaro Eastern Studies Institute (established in the fall of 1976) in Glen Ellen, California, with Mr. Muramoto. By mid-April, in addition to miso, they had also learned to make soy sauce, saké, tofu, seitan, mochi, bran pickles, sauerkraut, tekka [miso], and bread. Natto making is also taught. A large photo shows the two of them cooking soybeans for making miso.

Note: Talk with Christian Elwell. 1996. Sept. 7. While Christian and Gaella were at Asunaro, Thom Leonard visited for a few days. Thom and Christian met and talked, recognized that they had a lot in common, and stayed in touch afterward. Christian eventually purchased Thom's Ohio Miso Co. He was already making miso experimentally, and he had plans to go back to Ohio to make commercial miso.

3777. Leviton, Richard. 1978. New developments at New England Soy Dairy (Interview). Conducted by William Shurtleff of New-Age Foods Study Center, Sept. 1 p. transcript.
• ***Summary:*** New England Soy Dairy presently makes 2,400 lb/day of tofu. The soymilk is coagulated at 85ºC. They also make soy mayo in 1 pint jars and the directors have planned to purchase a sophisticated mayonnaise production system. New products being developed are deep-fried spicy tofu, creamy tofu puddings made with fruits and carob powder, soymilk ice cream, yogurt, cream cheese, and salad dressings. "We are quietly evangelical about tofu. The company directors have long desired to make a significant impact on American food consumption patterns, and to help reduce consumption of meat eating using soyfoods instead, as a superior protein source." Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

3778. **Product Name:** Tofu Tahini Spread.
Manufacturer's Name: Michele's Beautiful Spreads and Dressings.
Manufacturer's Address: 1214 Manor Rd., Havertown, PA 19083. Later Philadelphia, PA. Phone: 215-474-8638 (9/92).
Date of Introduction: 1978. September.
Ingredients: Incl. soft tofu, sweet carrots, sesame tahini, fresh herbs (10/87).
How Stored: Frozen.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1987. Oct. p. 23. "Tofu Dressing." The product seems to be named "Michele's Original Tofu Tahini Spread." The company is now named Michele's Original Gourmet Tofu Products, located at 6441 Haverford Rd., Philadelphia, Pennsylvania 19151. 9 oz. Retails for $2.55.

Manufacturer's catalog. 1987. Richard Rose review. 1987. Oct. 28. "Bland, uninspiring."

Talk with Robert Ashton of Natural Alternatives in Washington, DC. 1992. Sept. 14. Michele's Tofu Spread (which is still on the market) is very similar to the one he has long made. Note: This product is not made by Michele's Bakery in Philadelphia. Talk with John Liss of Michael's Bakery. This product is still on the market. Talk with Howard Waxman of Essene in Philadelphia (Phone: 215-922-1146). 1992. Sept. 21. He carries Michele's tofu spreads and dressings. The small business, which operates out of a store front (but does not sell retail), is run by a woman named Michele. Gives phone number of Michele's.

Talk with Michele D'Ambrosio, founder and owner of Michele's Original. 1992. Sept. 21. She became a vegetarian in 1974 in college and started making this product that year for herself and for one restaurant (named The Sunflower; she worked there while she went to St. Joseph's University in Pennsylvania. "We used to make it for a Pita Pocket, a Yogi Hoagie"). After the restaurant closed, she started in Nov. 1978 to sell it to a few health food stores (since that's all there were) in Havertown. She now made this, her first tofu product, out of the pantry of her home in Haverford. It was her original idea and it is still her best-seller. Other people have copied the idea since. Her company made only this one product for a number of years. In 1980 she changed the company name to Michele's Original and moved to her present address, a commercial deli kitchen at 6441-43 Haverford Ave., Philadelphia PA 19151. Phone: 215-474-8638. But she still lives in Havertown.

Talk with Michele D'Ambrosio. 1998. June 29. Her company produces vegetarian sandwiches made with soy meats (such as tofu and baked tofu), plus tofu spreads, tofu dressings, tofu salads, and tofu in the pasta. It's a whole vegetarian menu. She is age 48. The Tofu Tahini, a spread, is still her best-seller. It is prepared with carrots and other vegetables, which are pureed, then tahini is added; its like an orange whipped cream. She buys her tofu from a Korean company located in Chinatown in Philadelphia, Tung Yu

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[which is actually a wholesale distributor for tofu made by Sun Yee]. Her distributors are Cornucopia, Stow Mills, and Neshaminy Valley. In 1979 her community published a little cookbook titled *The what to do with tofu cookbooklet: Recipes for soybean curd.* It contained cute illustrations. It used to be distributed by her co-op, the Grow-cery, later renamed the Philadelphia Co-op. Her community practiced meditation from Guru Maraji; she is still his disciple.

3779. Needleman, Larry. 1978. Soycrafters Association of North America (News release). Bodega, California. 1 p. Sept.
• ***Summary:*** "From July 29 to 31 over seventy people from throughout the United States, involved in the production of soyfoods (foods prepared from soybeans) met in Ann Arbor, Michigan and established the Soycrafters Association of North America (SANA).

"A nonprofit organization, SANA is dedicated to informing people all over our continent about the variety of soyfoods available to them and the advantages and ways to include them in their diet."

"Wherever these foods have been introduced in the United States, they have been enthusiastically received. Seventy new tofu shops and soydairies, run by soycrafters in 31 states have begun producing these new soyfoods in the last two years, bringing the total to 140 such businesses in the United States, with new shops starting and new products coming on to the market almost daily. Many shops find their business doubling every six months!" Address: Director, SANA, P.O. Box 76, Bodega, California 94922. Phone: 707-876-3352.

3780. Needleman, Larry. 1978. Soycrafters Association of North America (Leaflet). Bodega, California. 1 p. Front and back. Sept.
• ***Summary:*** Contents: Goals & activities: Communication among soycrafters, information center, publicity, health & quality standards, soybean access and quality. Publications ("The Association will publish *Soycraft* four times a year"). Membership: Active producer membership ($15/year dues), Contributing membership ($10/year). Officers: Director–Larry Needleman, Bean Machines, California. Steering Committee: Tom Timmins, New England Soy Dairy, Massachusetts. Lester Karplus, Vegetarian, Inc., Illinois. Steve Fiering, The Soy Plant, Michigan. Steve Demos, White Wave Tofu, Colorado. Kathryn Bennett-Clarke, Southwest Tofu, New Mexico. Bill Shurtleff, New-age Foods Study Center, California. Address: Director, SANA, P.O. Box 76, Bodega, California 94922. Phone: 707-876-3352.

3781. **Product Name:** Soymayo. Eggless Imitation Mayonnaise (Soymilk Based).
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301. Phone: 413-772-0746.
Date of Introduction: 1978. September.
Ingredients: Vegetable oil, water, organic soybeans, apple cider vinegar, sea salt, spices, guar gum.
Wt/Vol., Packaging, Price: 15 oz, 32 oz, or 1 gallon jars.
How Stored: Refrigerated.

New Product–Documentation: Interview with Richard Leviton. 1978. Sept. Label. 1978, undated. 4 by 3 inches. Paper. Blue on white. "Eggless. Imitation. No preservatives." Reprinted in Tofu & Soymilk Production. 1979. p. 254, and in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. New England Soy Dairy Product and Price List. 1978. Oct. 12. Ad in Soyfoods. 1980. Summer. p. 11.

3782. **Product Name:** Fried Rice & Tofu Sandwich (In a Chapati). Renamed Brown Rice & Tofu Sandwich in late 1978 by Chris Smith.
Manufacturer's Name: Rice House.
Manufacturer's Address: 440 Boylston St., Brookline, Massachusetts.
Date of Introduction: 1978. September.
New Product–Documentation: Talk with Paul Duchesne. 1989. July 31. Paul started the company making this sandwich out of The Garvey House, a macrobiotic study house in Brookline near Boston, in Sept. 1978. He had developed the product in California in Nov. 1977. When the business expanded, he moved it into his own house at 333 Brookline Ave., in Brookline. He gave the company to Chris Smith, who renamed the product to Brown Rice and Tofu Sandwich and later sold it for several thousand dollars to some people who owned a health food store in the city. They moved the business to Jamaica Plain. The company still exists and is named Rice House, but Paul has been unable to get in touch with the owner. Can't get a street address. People have seen their Brown Rice & Tofu sandwich in stores. Paul thinks they are located in Jamaica Plain. They deliver to Erewhon stores.

Talk with Marty Roth. 1989. Aug. 17. When Jack Garvey left Boston in the fall of 1978, Marty took over the Garvey study house at 440 Boylston St. in Brookline.

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Paul Duchesne moved in and asked Marty if he could do a business in the house. Paul had a plywood board the size of a Ping-Pong table. He and his family would get up at 4:00 in the morning, cook brown rice, make those sandwiches, and deliver them. The study house offered an early morning meditation session and the sandwiches had to be done by the time it started. The Duchesne family would rush in from the kitchen and get on their zafus and meditate. Marty learned how to make the sandwich from Paul.

Talk with two Natures Food Centers in Boston. The one in Cambridge carries Rice House sandwiches but says the woman owner does not give out her address or phone number, not even to stores that sell her products. But she is located somewhere in Somerville, Massachusetts. She is also not listed in the phone directory.

3783. Shurtleff, William. 1978. New food from old ways. *Agenda* (*US-AID, Washington, DC*) 1(8):18-20. Sept.
• ***Summary:*** This periodical is published by the U.S. Agency for International Development. Discusses: Soybeans and world hunger, the inefficient ways that soybeans are used in industrialized countries by feeding them to animals, and alternative ways of using them in foods such as tofu, soymilk, tempeh, and miso. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

3784. **Product Name:** Miso Cheese (Tofu Fermented in White Miso).
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. September.
Ingredients: Firm tofu, miso.
Wt/Vol., Packaging, Price: Sold fresh in slices in a deli.
How Stored: Refrigerated.
New Product–Documentation: Interview with Steve Fiering. 1988. June 10. He is at 30 Newell Rd., Palo Alto, California 94303. Phone 415-326-7123. "This product was developed in the fall of 1978 by a person name Jura (pronounced Ju-RAH) McDowell, who was a black American Rastafarian and a vegan from Alabama. He made very firm tofu, sliced it into ½-inch-thick slices, and embedded it in young, usually sweet white miso in a crock. Some of the miso they made in house, and some they bought from Westbrae, who bought it from Miyako/Cold Mountain in Los Angeles. The tofu was not wrapped in cheesecloth. After about 4-6 weeks they would remove the tofu, scrape off the miso for use later in cooking, then sell the tofu slices in the deli. The tofu was never pureed (like Simply Natural did) to give a cream-cheese consistency. By the time it had been through the fermentation it has lost the rubbery aspect of its texture. It was pretty soft, but we never processed it any further. It was sort of like the cream cheese you buy in a slab, wrapped in a piece of Saran. It was always quite tasty when we would make it. I always thought it was great, and a great original idea. It was very rich, kind of like Brie. We used to love it when we could get it. We just never sold it outside our Soy Deli and even in the Deli we usually had a very limited amount of it. People would use it as a spread. It was quite expensive for us to make, probably over $6 a pound, mainly because of the cost of the miso. That was prohibitive, so it never really became anything. We could never make any money on it. Jura also made delicious stuffed Agé [deep-fried tofu pouches] and yuba rolls that were sold in the Deli. He did a lot of experimenting."

3785. **Product Name:** Tofu Tahini Spread.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. September.
Ingredients: 1980: Tofu, tahini, sunflower seeds, miso [sweet], shoyu, corn oil, vinegar & spices.
Wt/Vol., Packaging, Price: 12 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Talk with Steve Fiering. 1988. June 10.

Square Label for "Tofu tahini sandwich spread" in Soy Plant scrapbook from about 1980. 3 by 3 inches. Black on white. 12 oz. Zip: 48104.

3786. *Soyanews* (*Sri Lanka*). 1978. The seed that meets a million needs. 1(1):3. Sept.
• ***Summary:*** Gives a brief history of the soyabean worldwide (except in Sri Lanka) and its many uses are described briefly in the following categories: Mature beans: Whole, sprouts, flour, curds, roasted, milk, feeds. Oil. Lecithin: Food and non-food. Meal: Food products, feeds, industrial protein. Plants (incl. forage as silage, hay, and soilage). Immature beans (canned, dehydrated, fresh, quick-frozen, pickled, succotash).

Above each of the following words or terms is a photo: Infant foods. Cereal foods. Pharmaceuticals. Building materials. Adhesive. Feed (shows cows).

3787. Swan Food Corp. 1978. Swan Foods: Remember the name! (Ad). *Whole Foods or East West Journal* Inside rear cover.
• ***Summary:*** This full-page ad is almost identical to one which appeared in Alternatives magazine (Miami, Florida) in July/Aug. 1978 (p. 49) but with the following three small differences: (1) This full-page ad was published in a more expensive and prominent location–on the inside rear cover. (2) There is additional information about Soyogurt (A cultured soy product available in a variety of fruit flavors). (3) Of the iced herbal beverages, Sassafras has been added

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and Red Quencher removed. At the end of the beverage column is now written: "and a variety of blends."

Note: This ad was published in about August or September 1978 in an unknown counter-culture magazine in America. It was published on the inside rear cover. On the rear cover is an ad for Natural Nectar ice cream. Because of the latter ice cream ad, it seems most likely that this ad appeared in *Whole Foods*, which began publication in Jan. 1978. Alan Richman of Whole Foods (Jan. 1998) says the current publisher is now missing half of the 1978 issues and is missing 2 issues from 1979. While looking at a copy of this ad, he looked through all issues for these two years and could not find the ad. Address: The Soybeanery, 5758½ Bird Rd., Miami, Florida, 33155.

3788. Pollack, Susan R. 1978. Food for thought: Activist turns to the lowly soybean as tool to promote global change. *Detroit News.* Oct. 4. p. A-1, col. 5.
• ***Summary:*** The activist is Jerry MacKinnon, age 29. Five years ago he was shivering on the streets of Washington, DC, with thousands of angry anti-war activists protesting President Nixon's second inauguration. He's still struggling for social change, but now he's making tofu with six other vegetarians at The Soy Plant in Ann Arbor, Michigan. He has focused his political energy on two less dramatic movements: (1) Promoting the inexpensive, protein-rich soybean as an answer to world hunger; (2) Expanding America's network of "new wave" cooperatives. Still part of the Revolution, now he talks less and works more.

Tim Huang, is an emergency medical instructor who owns Yellow Bean Trucking Company, which distributes The Soy Plant's products. He also believes that soybeans are a revolutionary food–"right off the top of the food chain." China's 800 million people use them to survive in place of meat. America, the world's leading producer of soybeans, feeds them to cows instead of to people.

The Soy Plant, at 211 East Ann St. in Ann Arbor, makes tofu, and soymilk (plain and flavored with honey-vanilla). The products are distributed to co-ops and natural food restaurants throughout Michigan and neighboring states by the Michigan Federation of Co-ops, Midwest Natural Foods of Ann Arbor, and Huang's trucking company.

The nonprofit Soy Plant has become a thriving wholesale-retail operation in less than a year. The work is shared and decisions are made jointly. The investment of almost $7,000 for equipment and supplies has come mostly from community residents, who receive as interest for each $100 loan a pound of tofu a week for the rest of their lives.

The plant is operating at near capacity, making 2,000 lb/week of tofu. But it's hard work and members have to be self-motivated.

Recently [in July] The Soy Plant hosted, in Arbor, the first national convention of tofu makers.

Sue Kalen, age 22, likes to experiment with tofu. She has made such delicacies as tofu pies, filled with raisins, banana, coconut, and carob; tofu tahini spread, and spiced tofu with poppy seeds, mustard, cayenne, garlic, and sunflower seeds.

According to Dr. Zane Helsel, an agronomist at Michigan State University, the soybean has become Michigan's fastest growing crop in recent years. Among grains, it is second only to corn as a cash producer. About 720,000 acres/year are grown in the state's southern five tiers of counties.

A photo shows Jerry MacKinnon pouring soaked soybeans into the hopper of a grinder and Steve Fiering pouring soybeans into a soaking tank. Address: News staff writer.

3789. Ramirez, Linda O. 1978. 2 sansei tofu makers in Oakland determined to be "successful." *Hokubei Mainichi.* Oct. 5. p. 1.
• ***Summary:*** Traditional Tofu, Inc., on San Pablo Ave. in Oakland, has $67,000 of Takai tofu making equipment. Owners Ray Nagai and Gary Sato have been making tofu here since Feb. 1978. They learned the business from a long-established tofu maker in Oakland. They are upset with the way Takai has treated them and with the many equipment problems they have had. A photo shows Nagai and Sato standing next to their automated tofu plant. Address: Staff, 1746 Post St., San Francisco.

3790. Tofu Shop (The). 1978. Greetings from the Tofu Shop, Telluride, Colorado (Leaflet). Telluride, Colorado. 1 p. Oct. 14.
• ***Summary:*** "We're writing you to determine if you are interested in stocking our locally-made tofu in your place of business.

"At the present time, there is a possibility that Arrowhead Distributors will be delivering Tofu Shop tofu to businesses on the Western slope.

At the bottom of the questionnaire are five questions: (1) "Do you presently carry tofu? Yes / No___". (2) What are your present weekly tofu sales, approximately? Please specify pounds or packages. (3) Are you interested in carrying Tofu Shop tofu? Yes / No __? (4) What is your present Arrowhead delivery schedule? Day ___ Weekly ___ Bi-weekly ___ Doesn't deliver ____. (5) What will your projected average order be? ____ Pre-packaged, 12-16 oz. blocks. ____ Bulk, 10 or 20 lb. Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

3791. Dart, Susan. 1978. Tofu means high protein at a low price: Natural foods. *Chicago Tribune.* Oct. 19. Section 6. p. 14. [1 ref]
• ***Summary:*** "Everyone by now has heard of tofu, but a lot of people still haven't tried it." Talks about *The Book of Tofu* by Shurtleff and Aoyagi, notes that you can make tofu at home

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(using the Learning Tree tofu kit, $12.95), and gives a recipe for a Mushroom-tofu dish.

3792. Smith, Allan K. 1978. Re: Work with soy foods. Letter to William Shurtleff at New-Age Foods Study Center, Oct. 22. 1 p. Typed, with signature. [1 ref]
• ***Summary:*** "I was very please to receive your letter of September 30 and your very generous supply of literature on tofu, miso and other soybean foods. Your research, publication and extension of the consumption of soy foods is far beyond any previous work in this area and should be a great contribution in solving world food problems. You mentioned your forthcoming book on tempeh; I will be very glad to se a copy when it is available.

"About two years ago I started collecting data on nutritional problems in the U.S. It was reported at that time that the life expectancy of our people was about 75-77 years which rated us at about 25th among nations in longevity. It was apparent that this rating was caused by our poor diet, which consisted, among other things, of too much hard fats and sugars. At that time it was my intention to write a pamphlet on nutrition directed towards the housewife, with the home that such data would encourage her to modify the diet for her family and improve their health and longevity.

"Unfortunately my health failed at that time and I lost interest in the project. However, after an operation to remove an aneurysm [an excessive localized enlargement of an artery caused by a weakening of the artery wall], which caused the problem, I have made a slow but good recovery.

"I have mentioned this episode to point out that your progress in increasing the use of soy protein in our diet can be a substantial factor in reducing the use of hard fats in our diet and thus improve the health and longevity of our people.

"Your success in marketing soy foods in the U.S. suggests that our people will accept soybeans in their diet and replace much of the fatty meats which are detrimental to our health. It will be a valuable contribution to our health if this modification in our eating habits can be developed. However we need a nutritionist to do some additional research which will call attention to the present diet of our people and show the advantage of soy protein in our diet.

"I shall look forward to hearing from you when convenient.

"With best personal regards, I am sincerely..." Address: 4 Nacozari Lane, Hot Springs Village, Arkansas 71901.

3793. Schwinn, Richard. 1978. Tofu shop equipment and distribution study report. Telluride, Colorado. 2 p. Oct. 24.
• ***Summary:*** This report will address two key questions: (1) Whether or not to buy approximately $1,000 in new equipment to reduce labor costs. (2) Whether or not to use Arrowhead Distributors to distribute tofu around the South Colorado area.

Analysis: (1) The shop will recover this investment in about 13 months. "We consider this an attractive investment." (2) Suggests a complex solution. Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

3794. Shurtleff, William. 1978. Re: The Farm Vegetarian Cookbook. Letter to Margaret Gaskin, Laurie Praskin, Cynthia Bates, and Louise Hagler, The Farm, Summertown, Tennessee, Oct. 25. 1 p. Typed, with signature on letterhead (photocopy).
• ***Summary:*** "This morning I bought a copy of your new edition of *The Farm Vegetarian Cookbook* at Shambala in Berkeley and spent all day reading it. Akiko too. We both think it is a really outstanding job, one that will benefit people around the country and the world, and one that we look forward to learning a lot of new things from. The book has all the touches, so artistically and sensitively presented. We laughed over the illustration on page 95 of milking the cow-sized soybean or soybean sized cow, at the parfait on p. 102-03 that expands the more you open the book, etc. We look forward to trying out many of your soy recipes. With a book like that out, we feel we can retire from our work of trying to turn the world on to soy. You've done it, or at least provided a good start.

"We have a number of new books on soyfoods coming out soon, and you can be sure that we will make very favorable mention of your book in all of them. We will even try to get it into the Ballantine Books edition of the pocketbook mass-market *Book of Tofu* (175,000 copies first printing, out this January) but it may be too late. There will be numerous references in our *Book of Tempeh, Tempeh Production,* and *Tofu & Soymilk Production.* In the latter would you mind if we used a few of your recipes (e.g., Ice Bean) with credits, of course?" Address: New-Age Foods Study Center: U.S.A.–P.O. Box 234, Lafayette, CA 94549. Phone: 415-283-2991.

3795. Hevrdejs, Judy. 1978. Tangy Thai fare blasts the bland: Cheap eats. *Chicago Tribune.* Oct. 27. p. C5.
• ***Summary:*** One of the best Thai restaurants in the Chicago area is Thai Cousin, 5019 N, Western Ave., The menu is large and offers a broad assortment of inexpensive dishes–not all fiery hot. An "interesting appetizer is *tau hutod* ($1.75), which is delicately flavored, fried tofu (bean curd)."

3796. Daniels, Stevie. 1978. I was a sucker for protein. *East West Journal.* Oct. p. 60-62.
• ***Summary:*** Her introduction to soyfoods came the hard way–by trying a "can of textured soy protein"–the food that could end world hunger. She tried preparing it in many different ways. "Nothing worked. It was terrible. I threw it on the compost pile and watched squirrels, rats, and chipmunks detour around it for weeks... It was easy to see why even starving people gave thumbs down to this orangish, gloppy, spoiled-tasting canned concoction." She

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learned that the oil companies extract the oil from soybeans with hexane solvent then use the defatted leftovers to feed livestock and make textured soy protein.

Later she became a vegetarian, tried cooking whole soybeans, and then "fresh soybeans" in the pods–which a local organic farmer brought to her co-op. Finally one day she found a brochure stating: "The four main foods made from soybeans are tofu (soybean curd), tempeh (fermented soyburger), shoyu (soy sauce), and miso (fermented bean paste).

"I was amazed. The Eastern people, one-fourth of the world's population, had known how to use soybeans for centuries. I learned they also sprouted the beans..." She tried these foods and liked them. Bill Shurtleff stopped by the EWJ's office after attending the first national soyfood conference in Ann Arbor, Michigan. She describes their discussion, including the founding of the Soycrafters Association of North America. At the end is a list of resources and a bibliography of EWJ articles on soyfoods: Larry Needleman (Soycrafters Assoc. of North America, P.O. Box 76, Bodega, CA 94922. Phone: (707) 876-3341). Bill Shurtleff, The Farm (Summertown, Tennessee), Asunaro Eastern Studies Institute (Attn: Dina Drago, 4600 Cavedale Rd., Glen Ellen, California 95442. Phone: (707) 996-5365. Miso and shoyu production taught by Naboru [sic, Noboru] Muramoto).

3797. *East West Journal.* 1978. East West mail order (Ad). Oct. p. 68-69.
• ***Summary:*** "Sea vegetables: Arame, Agar-agar, Dulse, Hiziki [sic], Kombu, Nori, Wakame.

"Soy products: Mugi (barley) miso. 1 lb / $1.70.

"Genmai (brown rice) miso. 1 lb / $1.63.

"Kome (rice) miso. 1 lb / $1.35.

"Hacho miso (Soy only). 1 lb / $1.95.

"Tamari soy sauce. 1 pt (16 oz) / $1.49.

Condiments: Kuzu (arrowrootlike powder). Nigari (to make tofu). Erewhon Corn Chips (Tamari seasoned). Tekka (salty condiment).

Books:

"The Book of Tofu, $7.95 postpaid.

"The Book of Miso, $7.95 postpaid."

3798. Jacobs, Leonard. 1978. Menage: My family has been making soymilk and tofu practically every day, but we cannot figure out what to do with the leftover soybean pulp (okara). M. Weintraub, Gabriola, California. *East West Journal.* Oct. p. 12.
• ***Summary:*** Answer: One of the best uses for okara is in making tempeh. You can also steam okara with vegetables and compost the rest. Address: Publisher, East West Journal.

3799. Jagannath Rao, K.V. 1978. Studies on the effect of replacement of cow's milk by soymilk in the preparation of dairy product. MSc thesis, Dairy Technology, University of Agricultural Sciences, Hebbal, Bangalore. 90 p. Oct. [126 ref. Eng]
• ***Summary:*** The production of milk in India is estimated to be 23.5 million metric tons per annum. The per capita availability of milk in India is about 113 gm/day as against the recommended level of 280 gm/day. Milk contributes only about 10% of the protein to the average Indian diet. A recent Economic survey showed that 20 to 40% of the people in India were below the "poverty line." "Attempts have been made in using soy milk in milk extender at Jawaharlal Nehru Krishi Vishva Vidyalaya, Jabbalpur. G.B. Pant University of Agriculture and Technology, Pantnagar have developed equipment and facilities for manufacturing soymilk on a large scale. Soymilk is also commercially manufactured at Nagpur and Poona under different trade names. Dairy Project of the University of Agricultural Sciences, Hebbal, Bangalore is regularly manufacturing the flavoured soymilk which is being marketed to the staff and students of the University."

The author prepared soymilk using a modified version of the Illinois Method. Some was used as is and some was mixed in varying proportions with cow's milk to make "modified milk." Some combinations were flavored. Using modified milk, the author also prepared paneer (coagulated with citric acid), Kalakand, ice cream. Pasteurized flavored modified milk containing 40% soymilk was well accepted. Raspberry-flavored modified milk was liked best, followed by rose, cardamom, vanilla, and pineapple. Pasteurized flavored modified milk containing 50-70% soymilk was also well accepted. Paneer, kalkand, or ice cream containing 20-40% soymilk were well accepted. Address: Bangalore, India.

3800. **Product Name:** Tofu, and Soysage.
Manufacturer's Name: Macon Tofu.
Manufacturer's Address: Macon, Georgia.
Date of Introduction: 1978. October.
New Product–Documentation: Talk with Michael Pierce. 1989. Oct. 30. He got involved with tofu while he was in Georgia. He learned to make tofu from a guy in Macon named Pat Powell, who had just gone up to The Farm in Tennessee and learned to make tofu (and Soysage) from Lewis Headrick, who now lives in Northern California. In 1978 Pierce went to California and worked with Paul Duchesne as Wildwood Natural Foods' first tofu maker.

Letter from Michael Pierce. 1989. Oct. 31. "I learned to make tofu in Macon, Georgia, in 1978-79 from Pat Powell, who learned from Lewis [Headrick] at The Farm in Tennessee. We made it farmhouse style using a 60 quart stainless pot and a four burger stove. We used some used curtain material for pressing the okara and 4 wooden dowels as the press. It was very crude but it worked. We could get two cakes averaging 12 pounds a cake."

Talk with Michael Pierce. 1989. Nov. 6. Pat Powell's

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daughter was born at The Farm in April 1978. Powell returned to Macon shortly thereafter and he and his wife, Mary, started making tofu in Macon in the fall of 1978, for 9 months a year. They sold the tofu at four places in Georgia: Annapurna Health Foods (Macon), Sevananda Co-op, Rainbow Grocery, and Rainbow Cafe (Atlanta). They also made Soysage, which they sold only in Macon. Their company either had no name, or was named Macon Tofu, a pun on Makin' Tofu. Pierce was living in California at that time. He returned to Macon, learned how to make tofu from Powell, then worked as a tofu maker with him for about a year. Then Pierce returned to California and met Duchesne.

There was an earlier tofu company in Georgia. A guy made tofu in his home and had it distributed by a health foods distributor. He was moved out of there so he set up a shop at the distribution company. Then the health department shut him down. Powell thinks he then started the Soy Shop in Atlanta.

3801. New England Soy Dairy, Inc. 1978. Product and price list. October 12, 1978. 305 Wells St., Greenfield, MA 01301. 2 p.
• ***Summary:*** Includes tofu (bulk and packaged), Soymayo Eggless Imitation Mayonnaise, tofu recipes and posters. Coming soon: soymilk. On the mailing panel in bold blue caps: "Soy to the World." Address: Greenfield, Massachusetts.

3802. **Product Name:** Soy Dairy Tofu [Tofu, or Firm Tofu; Bulk, or Packaged].
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301. Phone: 413-772-0746.
Date of Introduction: 1978. October.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1978-80. 5.5 by 4.5 inches. Plastic film. Blue, yellow, and green on clear film. "A significant source of protein. No cholesterol. No preservatives. Keep refrigerated. To maintain freshness, rinse after opening. Change water frequently." The firm style has recipes on the front panel for Tofu Egg Salad and Pan-Fried Tofu. New England Soy Dairy Product and Price List. 1978. Oct. 12. For bulk. 50 x 8 oz pieces sell for $12.00 a pail; 60 x 6 oz. pieces of firm tofu sell for $13.80 a pail. For packaged. 12 x 1 lb pieces of tofu sell for $6.84 a case; 12 x 1 lb pieces of firm tofu sell for $7.32 a case. Soya Bluebook. 1980. p. 55. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Tom Timmins. Largest New-Age tofu shop & soy dairy.

3803. Shurtleff, William. 1978. Protein source for the future. *PHP* (*Japan*). Oct. p. 8-18, 79-82. Illust. 18 cm.
• ***Summary:*** Contents: Introduction. Ten reasons why soybeans will be the protein source of the future: 1. Optimum land utilization. 2. Lowest cost source of protein in almost every country of the world. 3. High nutritional value. 4. Time tested for over 2,000 years. 5. Remarkably versatile. 6. Appropriate technology ("Traditional soyfoods can be produced in cottage industries"). 7. New dairylike products. 8. Soybeans are hardy and adaptive. 9. Free nitrogen fertilizer from nodules on soybean plants. 10. Great productivity potential.

Discusses new patterns of soy protein utilization, with specific reference and descriptions of tofu, soymilk, tempeh ("Indonesia's most popular soyfood"), miso, shoyu, whole dry soybeans, roasted soybeans, fresh green soybeans, soy flour, kinako, soy sprouts, and textured soy protein (TVP), yuba, and natto. Concludes with a discussion of new developments in the Western world. Address: New-Age Foods Study Center, P.O. Box 234 (951½ Mountain View Dr.), Lafayette, California 94549. Phone: 415-283-2991.

3804. Shurtleff, William. 1978. Tofu shops and soy dairies in the West. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 2 p. Undated. Unpublished typescript.
• ***Summary:*** Lists the name, address, phone number and owner of all known tofu shops and soy dairies in the USA (alphabetically by state, and within each state alphabetically by city), Canada, Latin America, Europe, and Australia. There are 122 tofu shops and soy dairies in the USA and Canada, and 138 on the entire list.

This list appeared in the first Ballantine Books edition of *The Book of Tofu*, which was available on 22 Dec. 1978, although the date on the copyright page is Jan. 1979. We checked the last dummies on 23 Oct. 1978–which is the latest date we could have submitted this list. Address: Lafayette, California. Phone: 415-283-2991.

3805. **Product Name:** Kernel Sanchez Tamales [Red Chile with Tofu and Sunflower Seeds].
Manufacturer's Name: Southwest Soy Foods.
Manufacturer's Address: 121 E. Santa Fe Ave., Santa Fe, NM 87501. Phone: 505-988-1889.
Date of Introduction: 1978. October.
Ingredients: Incl. Tamale wrapping, red chili, tofu, and sunflower seeds.
How Stored: Frozen in vacuum pouches.
New Product–Documentation: Visit by Shurtleff & Aoyagi to Santa Fe. 1980. June. Tasted the product.

Talk with Kathryn Bennett. 1989. Aug. 28. She began making this product in about the fall of 1978, after the first Soyfoods Conference. She later used this brand, in modified form, as the name of her second company. Several months later she introduced a green cheese and chili tamale with no tofu.

3806. **Product Name:** Soysage (Meatless Okara-based Sausage).

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Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. October.
Ingredients: Okara (soybean fiber), wheat germ, nutritional yeast, whole wheat flour, bulgar [bulgur] and spices.

New Product–Documentation: Midwest Natural Foods Distributors, Inc. 1979. Catalog 13. Spring, 1979. Ann Arbor, Michigan. iv + 290 p. See p. 259. Soy Plant Tofu. Refrigerated. "Soy Plant Tofu Soysage" (1 lb). On p. 260 is a half-page ad: "Soysage–Bean 'sausage,' a spicy experience. Made from okara (soybean fiber), wheat germ, nutritional yeast, whole wheat flour, bulgar and spices, Soysage is a natural source of vitamin B-12 and is high in protein and fiber."

Leaflet. 1979. "Soysage." 2 panels each side. Each panel 13 x 18 cm.

Talk with Steve Fiering. 1988. June 10. This was introduced within a few months after the Soycrafters Conference in the summer of 1978. "We definitely got soysage recipes at the conference."

3807. **Product Name:** Tofu Cheesecake (Non-Dairy).
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. October.
New Product–Documentation: Talk with Steve Fiering. 1988. June 10. This probably started in the fall of 1978, maybe some inspiration from the conference but mostly because we now had enough financial energy to have somebody who was beginning to work on the deli regularly as a main job. By the fall we had a variety of deli products sold every day. But I was a tofu maker, not a deli cook.

3808. **Product Name:** Soy Scream (Non-Dairy Soy Ice Cream; Soft Serve) [Carob, or Maple-Vanilla].
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. October.
How Stored: Frozen.
New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Talk with Steve Fiering. 1988. June 10. It was a lousy product with a great name. Not much was sold except over the counter soft serve in the deli. It became too crystalline when we tried to make a hard-pack version. Steve is not sure, but he thinks it was made with soymilk rather than tofu.

3809. **Product Name:** Tofu Pie [Carob Creme, Maple-Vanilla, or Peanut Butter].
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. October.
Ingredients: Filling: Tofu (organic soybeans, water, nigari), honey, safflower oil, carob powder, vanilla, sea salt. Crust: Wholewheat flour, corn oil, sea salt.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated.
New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Talk with Steve Fiering. 1988. June 10. "Carol Ann and Tim Huang eventually got very involved with tofu pies. We stopped making them and bought from them. Carob was the popular flavor. These were different from the cheesecake."

Oval Label in Soy Plant scrapbook from 1979 or 1980. 2½ by 1½ inches. Green on goldenrod yellow. 5 oz. Address is now 771 Airport Blvd.

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. The peanut butter pie was definitely made at East Ann St. and probably created by Ann Elder, a cook, who created many delicious deli items. She enjoyed trying out new recipe ideas almost daily. "We were blessed with creative cooks, who had no commercial sense at all. We would eat up most of our profits. During the first year at East Ann St. we must have experimented with 25 different products. The main cooks were Ann Elder, Jura McDowell, and (to a lesser extent) Sue Kalen. She didn't make them for distribution as commercial products. She usually had a beatific, or at least happy smile on her face."

Letter from Carol Ann Krueger of Tucson, Arizona. 2002. April 4. "I believe Tim and I developed the cream pies. I remember we struggled with developing a crust that did not use margarine or butter, and came up with the unrefined corn

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oil. We started out using a blender and eventually bought a huge bowl blender (Hobart) that sounded like an airplane taking off when turned on. We also located a pie crust press to stamp out the crust. We sold this equipment to The Soy Plant eventually."

3810. **Product Name:** Okara Peanut Butter Balls.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. October.
How Stored: Refrigerated.
New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Talk with Steve Fiering. 1988. June 10. "We started the okara balls pretty early to make use of all our okara."

3811. **Product Name:** Seitan Roast.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. October.
Ingredients: Organic whole wheat flour, tamari soy sauce (aged 3 years), mild spices.
New Product–Documentation: Leaflet / Label in Soy Plant Scrapbook, next to article dated 4 Oct. 1978. 5½ by 4¼ inches. Black on light blue, front and back. Logo on front in upper right corners shows a hand holding a flower with the words "Traditional Foods" around the bottom. "We at The Soy Plant pride ourselves on providing tasty as well as nutritious products and our Seitan reflects this tradition. New to us, Seitan was being enjoyed by Tibetan Monks more than 3000 years ago." Gives ingredients, nutritional value, and 13 serving suggestions. "For more information about Seitan and Class on making your own Seitan at home, visit The Soy Plant, 211 E. Ann St., Ann Arbor, Michigan, 48104. [Phone] 663-0500.

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. Sue Kalen, who was into macrobiotics, probably had the idea for this product and wrote the text. It was packaged with a liquid in a round plastic tub–like tofu. It never sold very well–maybe 5 lb/week. It was made sporadically, when someone who knew how to make it felt like making it.

3812. Starenkyj, Danièle. 1978. Le bonheur du végétarisme: Principes de vie & recettes. 2ième éd. [The happiness of vegetarianism: Principles of life and recipes. 2nd. ed.]. Armagh, Quebec, Canada: Orion. 351 p. Oct. Illust. by Stefan Starenkyj. Index. 23 cm. First ed. 1977. [26 ref. Fre]
• ***Summary:*** Soy-related recipes include: Soy coffee (p. 101). Soya souffle (with whole soybeans, p. 204). Chapter 14, titled "A cow in your kitchen" (p. 207-27), contains extensive information on soymilk, soymilk products, and problems with cow's milk. It's contents: Introduction. What is soya? The proteins of the soybean (*la fève soja*). The carbohydrates of the soybean. The vitamins and minerals of the soybean. The oils of the soybean. Soymilk: The cow of China. Reasons for replacing animal milk in your diet with soymilk: Many people are allergic to animal milk. Animal milk is a cause of anemia. Animal milk can be a cause of infection of the urinary tract, particularly in infants. Animal milk is polluted. Comparison of the composition of soymilk and cow's milk (100 gm each). How to make soymilk at home. Soymilk whipped cream. Soy mayonnaise without eggs. Soy yogurt (fermented). Tofu: The meat without bones. Nutritive value of tofu. How to make tofu at home. Tofu filets. Tofu steaks. Breaded tofu slices. Tofu pâté à tartiner. Grilled tofu. Okara (*La pulpe de soja*). Okara pâté (*Pâté à la pulpede soja*). Soya butter (*Buerre de soja;* made from 1 cup lightly grilled soy flour, 2 cups water, a little salt, and about ½ cup oil). Address: Ottawa, Canada.

3813. *Whole Foods* (*Berkeley, California*). 1978. Soycrafters open to all. Oct. p. 14.
• ***Summary:*** "The new Soycrafters Association of North America (SANA) has announced two categories of membership. Contributing Membership is open to all individuals and organizations interested in soyfoods. The annual dues of $10 entitles the contributor to a year subscription to *Soycraft* and to reduce rates for national and regional conferences and workshops.

"Active Producer Membership is open to all persons or organizations engaged in the production of traditional natural foods from soybeans. Annual dues for producers are $15, in addition to a sliding-scale fee based on soybean utilization. The producer member will have full voting rights in SANA, and will receive a one year subscription to *Soycraft*, and other material developed by the association."

"The SANA steering committee included Tom Timmins, *New England Soy Dairy;* Lester Karplus, *Vegetarian, Inc.;* Steve Fiering, The Soy Plant; Steve Demos, *White Wave Tofu;* Kathryn Bennett-Clarke, *Southwest Tofu;* and Bill Shurtleff, *New-Age Foods Study Center.* Larry Needleman of *Bean Machines* is the Director."

Note 1. This is the earliest published document seen which contains the term "Soycrafters Association of North America."

Note 2. On the back of this page is a full-page ad for New Life Foods (Tracy, Minnesota).

Note 3. This is the earliest published document seen (Sept. 2011) that mentions White Wave.

3814. Ishino, Michio. 1978. [Re: Ako Kasei and natural nigari in Japan]. Letter to William Shurtleff at New-Age Foods Study Center, Nov. 3. 1 p. Typed, without signature.

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[Jap; eng+]
• ***Summary:*** Describes the product, its import from China, and various regulations concerning it. Address: Ako Kasei Co. Ltd., 329 Sakoshi, Ako-shi, Hyogo-ken 678-01, Japan.

3815. Harwood, Skippy. 1978. Fads aren't the fashion for Sarah: Palm Beach gourmet. *Palm Beach Daily News* (*Florida*). Nov. 5. p. 6.
• ***Summary:*** Sarah "Mimi" Welfeld and John Shaffer own Sunrise Natural Foods store on Sunrise Avenue in Palm Beach. They are not interested in the newest diet or the newest fad. Sarah was a high fashion model for 20 years for world-famous designers such as Christian Dior, Yves St. Laurent, Givenchy, Normal Norell, Valentino and Pauline Trigre. In these high fashion days, she "was a coffee and cigarette fiend; a bundle of nerves who liked a dry martini before dinner. Now she is a vegetarian and eats natural foods.

"Another valuable food which could help the starving is tofu, a soy bean curd cheese which is solid protein. Its bland flavor is somewhat like unaged cheese and as one gradually acquires a taste, it becomes delicious, Ms. Welfeld explained. Many people inquire about tofu and she recommends reading 'The Book of Tofu,' by William Shurtleff and Akiko Aoyagi.

"Tofu spread is a recipe often used at the store lunch counter, and because it is so quickly made, one can prepare it fresh whenever needed." A recipe for Tofu spread (with Vegit seasoning) is given. A photo shows Sarah "Mimi" Welfeld. Address: Staff writer.

3816. Lindsay, Anne. 1978. Try Oriental options: Easy-to-prepare Japanese recipes. *Toronto Star* (*Ontario, Canada*). Nov. 15. p. C1-C2.
• ***Summary:*** Japanese recipes include: Gomoku gohan (Rice with vegetables; with "2 cakes aburaage {fried bean curd}, cut into matchstick size, julienne strips," and "¼ cup soy sauce"). Sukiyaki (with "2 pieces tofu {fresh bean curd} cut into one-inch pieces"). Sukiyaki sauce (with "½ cup soy sauce").

Note: A very good description of authentic sukiyaki and how to make it.

3817. *Valley Advocate* (*Amherst, Massachusetts*). 1978. When the going gets tofu, the tofu gets going. Nov. 15. *

3818. Paino, John. 1978. Re: Current developments at Nasoya. Letter to William Shurtleff at New-Age Foods Study Center, Nov. 20. 3 p. Typed, on letterhead.
• ***Summary:*** Written after Shurtleff and Wataru Takai paid a surprise visit to Nasoya in the summer of 1978: "I'm sure you felt my surprise when in the middle of our daily tofu making routine, I turned around and spotted the man whose *Book of Tofu* became the impetus for our shop. We were all so pleased by your visit.

"Sarah, my wife, was making a delicious tofu cream cheese, and cottage cheese for sale in and around Boston. She is a wonderful cook and with the aid of her friend, Winnie Bourgeois, developed some recipes which are on the following page. We are happy to pass these on to you. We also hope to be marketing these products again in 1979.

"I would like to wish you great success with your new Book of Tofu. It is also our dream at Nasoya, to help improve the health and happiness of all people by making available a more natural and healthful diet. We are grateful to you for your contribution in the preparation and use of Tofu, Miso, and other foods. These are already becoming important staple foods for many people throughout America, enabling them to choose and eat in a pure and balanced way."

Note: The bottom one-third of this letter has been cut off and is missing. Address: President, Nasoya Foods, P.O. Box 841, Leominster, Massachusetts 01453. Phone: 617-537-0713.

3819. Leviton, Richard. 1978. Good food: When the going gets tofu, the tofu gets going. *Valley Advocate* (*Amherst, Massachusetts*). Nov. 22. p. 30A, 34 (Amherst, Northampton, Greenfield edition); p. 265 (Springfield edition).
• ***Summary:*** An article in praise of tofu and New England interspersed with recipes: Stewed tofu. Tofu cheesecake deluxe. Sweet & sour tofu. Onion garlic dip. Christmas cranberry creamy. Tofu egg salad. Creamy carob pie. Note: Several recipes are omitted from the Springfield edition. Address: Founding partner, New England Soy Dairy, Greenfield, Massachusetts.

3820. Bianchini, Gilberto. 1978. Re: Pioneering tofu in Italy. Letter to William Shurtleff at New-Age Foods Study Center, Nov. 26. 1 p. Handwritten, with signature on letterhead. [Eng]
• ***Summary:*** "My idea is to start producing good quality tofu, supplying the northern part of Italy. I am making at the present some small quantity of it, just for our natural food store... After talks with other centers, I heard that other people would like to receive some of it, regularly. I had some experience on large scale production in the macrobiotic centers in France and Belgium, and good ideas from the producer "Jonathan," in Antwerp. I am going to diffuse soy products in all Italian centers, possibly, and my idea is at the moment to set up a 6-8 pages long translation of your introductory pages of *The Book of Tofu* (exactly from p. 15 to p. 29), quoting the source." Address: Centro Macrobiotico ed Alimentazione Organica (Community Food), Via Cuoco 9, 47037 Rimini, Italy. Phone: 0541-33670.

3821. Burda, Terrie. 1978. "Every berg needs a tofu shop." *Benton Bulletin* (*Corvallis, Oregon*). Nov. 29. p. 5.
• ***Summary:*** This article is about Mia Posner and her partner Harry MacCormack of Sunbow Farm Products, a small tofu maker, on Plymouth Rd. in Philomath, Oregon (Route 2, Box

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46, Corvallis, OR 97330). It is one of three tofu shops in all of Oregon. Their tofu, which retails for $0.79 a pound, is "selling like crazy." Sunbow Tofu is made from organically grown soybeans (which are grown on their property), pure well water and a bittern (nigari). The tofu at Sunbow is made in an immaculately clean room which was built as an addition to the house in January, 1978.

Describes how tofu is made in this home-based tofu shop. Describes various ways that tofu can be used (but contains no recipes). A favorite, "T-n-T" stands for Tofu & Tamari. Sunbow Farm has printed a soy cookbooklet ($0.25) that contains more than 23 tofu recipes.

Presently Posner and MacCormack are supplying tofu, soyburgers, and soy sausage to more than a dozen stores and restaurants in the area.

Large photos show Miso Posner: (1) Stirring "milky soybean mash" which will be pressed to make soymilk. (2) Slicing tofu into 1-pound cakes.

Note: Benton County is located in the Willamette Valley of Oregon. Address: Staff writer.

3822. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Centro Macrobiotico ed Alimentazione Organica (Community Food). Renamed Centro Macrobiotico Tofu by Dec. 1981.
Manufacturer's Address: Via Cuoco 9, 47037 Rimini, Italy.
Date of Introduction: 1978. November.
New Product–Documentation: Letter from Paolo Gioni? (Centro Macrobiotico ed Alimentazione Organica, Via Liguria 3, 47037 Rimini, Italy. Phone: 83433). 1976. May 4. This macrobiotic center opened just 4 months ago. They would like to prepare their own miso, tofu, tamari, and umeboshi, and they request information on how to do this.

Letter from Gilberto Bianchini (pronounced bee-an-KEE-nee) to William Shurtleff. 1978. Nov. 26. His address is: Centro Macrobiotico ed Alimentazione Organica (Community Food), Via Cuoco 9, 47037 Rimini, Italy. Phone: 0541-33670. "My idea is to start producing good quality tofu, supplying the northern part of Italy. I am making at the present some small quantity of it, just for our natural food store... I am going to diffuse soy products in all Italian centers, possibly, and my idea is at the moment to set up a 6-8 pages long translation of your introductory pages of *The Book of Tofu* (exactly from p. 15 to p. 29), quoting the source."

On 9 Feb. 1979 Gilberto Bianchini visited William Shurtleff and Akiko Aoyagi at New-Age Foods Study Center in Lafayette, California, to talk about making tofu in Italy.

Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Gilberto Bianchini. Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3.

Letter from Gilberto Bianchini in response to inquiry from William Shurtleff of Soyfoods Center. 1994. July 16. "I started to make tofu and sell it officially in October 1979 in Rimini, Italy, at Via Cuoco 9 (Community Food). I first learned how to make tofu in 1976 or 1977 at the Community Health Foundation, Old Street 98, in London."

3823. Chen, Philip S.; Chung, Helen D. 1978. Soybeans for health and longer life. New Canaan, Connecticut: Keats Publishing, Inc. xii + 178 p. Index. 18 cm. (A Pivot Health Book).
• ***Summary:*** A revised and condensed pocketbook version of Chen and Chen 1956. Contents: Preface. Foreword. Introduction. Part I: Nutritive value of the soybean. 1. Protein. 2. Fat. 3. Carbohydrates and caloric value. 4. Minerals. 5. Vitamins. 6. Soybeans and world population. 7. Soybeans and disease.

Part II: Soy products. 8. Soybean oil: Phosphatides, margarine. 9. Soybean oil meal: Gelsoy, Multi-Purpose Food. 10. Soy flour. 11. Concentrated soy protein products: Soy protein concentrates (Griffith Laboratories makes Isopro and GL-301), soy protein isolates, and textured or spun soy proteins. 12. Soy milk. 13. Soy cheese (tofu). 14. Soy sauce. 15. Soybean sprouts.

Part III: Soybean culture and preservation. 16. Soybean culture. 17. Preservation of soybeans (preserving green soybeans by canning, freezing, and dehydration).

Part IV: Recipes. 18. Soybeans and soybean pulp. 19. Soy flour: Breads, cakes, cookies, pies, soups, other recipes. 20. Soy grits and soy flakes. 21. Soy milk. 22. Soy cheese. 23. Soybean sprouts. Appendix: Soybean utilization (chart). References. Address: 1. PhD; 2. M.S. Both: USA.

3824. **Product Name:** Samurai Hero (Brown Rice & Tofu Sandwich in a Chapati).
Manufacturer's Name: City Samurai.
Manufacturer's Address: San Francisco (actually Berkeley), California.
Date of Introduction: 1978. November.
Ingredients: Brown rice, tofu, carrot or seasonal vegetable, sea salt, lettuce, sprouts, green onion, safflower oil, whole grain chapati, barley miso, sesame butter, spring water, tamari.
Wt/Vol., Packaging, Price: 9 oz (at least).
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Talk with Paul Duchesne. 1989. July 31. Chris Smith, after discussing the matter with Duchesne (who was in Boston), showed Joe Nixdorff (who had been coming to macrobiotic potluck dinners) how to make the BRTS in about Nov. 1978. He made it every other day and sold it at multiple outlets until about March 1982, when competition from Wildwood Natural Foods put him out of business. Though the label shows San Francisco as the business location, this was not true; the business was actually

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in Berkeley. At one time he was making the sandwiches at Pacific Tempeh run by Travis Burgeson.

Talk with Travis Burgeson. 1989. Aug. 7. Joe Nixdorff introduced this sandwich before 1980. He started making it at Tony Plotkin's mochi plant [Grainaissance], then expanded into Travis' tempeh plant. Travis estimates that Joe made about 750 sandwiches/week. He delivered them himself in a car to natural foods stores, mostly in Berkeley and the San Francisco Bay Area. Joe was squeezed out of business by Wildwood before Travis sold his business in 1983. This sandwich was in no way related to the Samurai cart that sells sandwiches in Berkeley. Label sent by Paul Duchesne. 1989. Aug. 11. Black on gold. "A complete meal for today's warrior. Organically grown ingredients used when available."

3825. Fortner, Heather J. 1978. The limu eater: A cookbook of Hawaiian seaweed. University of Hawaii Sea Grant Program, 2540 Maile Way, Spalding Hall 253, Honolulu, HI 96822. ix + 107 p. Illust. Index. Nov. 23 cm. Sea Grant Miscellaneous Report UNIHI-SEAGRANT-MR-79-01. [39 ref]

• ***Summary:*** Contents: Preface. Recipe acknowledgments. Introduction. Ocean flora: When an alga becomes a seaweed. Edible Hawaiian seaweeds: When a seaweed becomes a limu. Limu ethnobotany: When a limu becomes a legend. Ocean harvest: When a seaweed becomes a sea vegetable–weed vs. vegetable, collection, cleaning, and conservation, storing the sea vegetables, wilting the sea vegetables, commercial sources of limu. Recipes: Appetizers, pickles, relishes and kim chee, salads and salad dressings, soups, main dishes, miscellaneous. Appendices: A. Nomenclature. B. Limu and nutrition. C. Collecting sites. Glossary.

Soy related recipes: Many recipes call for shoyu / soy sauce. Teriyaki-style limu wawae'iole (p. 58). Miso limu salad (p. 61). Limu maneoneo salad (with miso) (p. 61). Limu-tofu dressing (p. 65). Miso soup with limu (p. 67). Tuna-tofu-lima patties (p. 70). Limu tofu tempura (p. 75).

The Glossary includes definitions of miso, shoyu, teriyaki, tofu and tsukudani.

Contains many excellent illustrations and photos of limu. Address: Honolulu, Hawaii.

3826. Kan, Lilah. 1978. Introducing Chinese casserole cookery. New York, NY: Workman Publishing. 288 p. Index. 24 cm. Edited by Helen Witty.

• ***Summary:*** An engaging writer with outstanding descriptions of ingredients. The section titled "Ingredients" (p. 41-61) includes: Bean curd ("this means fresh bean curd (or bean cake),... Chinese call it *do fu;* Japanese say *tofu."* Bean curd cheese, red [red fermented tofu] ("In Cantonese it is called nom yee"). Bean curd cheese, white [fermented tofu] ("In Cantonese it is called foo yee"). Bean curd, fried ("Called *doe gawk* in Cantonese," it is made of fresh bean curd that has been cubed and deep fried. It "resembles tiny brown wrinkled pillows that seem almost hollow").

Bean curd skin, dried [yuba] (This is made by heating soybean milk and "is usually sold in ½-pound packages. The skins measure about 1½ by 4 inches and are less than 1/8 inch thick." "They look like thin pieces of light beige lacquered wood" and should be soaked in warm water until pliable (about ½ hour). Called *teem jok* in Cantonese).

Bean curd sticks [dried yuba sticks]. ("These sticks are made from soybean milk film that has been dried, rolled to ½-inch thickness, and bent into long pieces with a hairpin turn." Called *foo jook* in Cantonese. They "are light beige in color and have a wrinkled, lacquered look. They come in ½-pound and 1-pound packages").

"Black beans, salted or fermented [fermented black soybeans]: These beans serve as a condiment. They have a very pungent odor that could scare away the timid, but do not be timid. They are almost always used in combination with garlic–a marriage made in heaven–and are delicious. The beans are interchangeably called 'fermented black beans' and 'salted black beans'").

Brown bean sauce, ground (meen see).

Vegetarian steak (usually made from soybeans or gluten. It is sold in cans. She likes to use this meat substitute with other ingredients in Buddha's Delight Vegetarian Casserole, a dish often served on Chinese New Year's Eve. "I use the kind that is labeled *Chai Pow Yu* which translates as 'mock abalone' or 'vegetarian abalone'").

Soy related recipes include: Beef chunks in black bean, garlic, and egg sauce (with "3 tablespoons salted black beans, rinsed in water, drained, and mashed," p. 68-69).

Chicken and peppers with black bean, garlic, and egg sauce (with "2 tablespoons salted black beans, rinsed in water, drained, and mashed," p. 118-19).

Minced pork and vegetables with black bean and garlic sauce (with "4 teaspoons salted black beans, rinsed in water, drained, and mashed," p. 146-47).

Spare ribs in black bean, garlic, and egg sauce (with "3 tablespoons salted black beans, rinsed in water, drained, and mashed," p. 158-59).

Spare ribs in red bean curd cheese (with "½ square (about 2 tablespoons) red bean curd cheese," p. 162-63).

Lamb and bean curd sticks with black bean and garlic sauce (with "4 bean curd sticks (8 lengths), drained" and "3 tablespoons salted black beans, rinsed in water, drained, and mashed," p. 182-83).

Clams with black bean and garlic sauce (with "1½ tablespoons salted black beans, rinsed in water, drained, and mashed," p. 192-93).

3827. **Product Name:** Nasoya Tofu Eggless Egg Salad Spread.
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box

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841), Leominster, MA 01453.
Date of Introduction: 1978. November.
Ingredients: Nasoya tofu, unrefined safflower oil, wood-aged organic apple cider vinegar, onion, celery, sweet peppers, parsley, garlic, mustard seed, honey, sea salt and turmeric.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Letter from John Paino. 1982. April 17. Gives starting date. Label. 1981, undated. 3.75 inches diameter. Hard plastic. Brown, blue, maroon and black on white. Distraught chicken illustration. "No cholesterol." Leviton. 1980. Soyfoods. Summer. p. 49. Soyfoods. 1983. Summer. p. 52.

3828. **Product Name:** Nasoya Tofu Spread [Zesty Italian, Creamy Dill, or Onion].
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1978. November.
Ingredients: Italian-Garlic: Tofu, unrefined safflower oil, apple cider vinegar, honey, sea salt, vegetable gum, citric acid, natural spices, herbs, flavorings.
Wt/Vol., Packaging, Price: 8 oz plastic tubs.
How Stored: Refrigerated, 30 day shelf life.
New Product–Documentation: Letter from John Paino. 1981. Jan. "We were the first to manufacture a variety of spreads/dressings (incl. Eggless Egg Salad and Soyannaise) for interstate distribution." Letter from John Paino. 1982. April 17. Gives starting date. Labels. 1981, undated. Spot in Soyfoods. 1983. Summer. p. 52. "Nasoya Restyles Tofu Dips. The line of 5 spreads and salads, introduced in December 1979, was restyled and repackaged in December 1982." 1984. Summer. p. 43. "Nasoya's Vegi Dips."

3829. Nomura, Abraham; Henderson, B.E.; Lee, J. 1978. Breast cancer and diet among the Japanese in Hawaii. *American J. of Clinical Nutrition* 31(11):2020-25. Nov. [16 ref]
• ***Summary:*** The authors studied the diets of 6,860 men to examine the relationship between soy consumption and breast cancer risk. Soy intake was measured twice: Once during the period 1965-1968 and again during 1971-1975. During the first period, no association was observed between soy intake and breast cancer. However for the second period an inverse association was found between intake of miso soup and risk of breast cancer; the more miso soup consumed, the lower the rate of breast cancer. And a trend was found toward an inverse association between intake of tofu and subsequent risk of breast cancer; the more tofu consumed, the lower the rate of breast cancer.

Note: This is the earliest document seen (May 2000) indicating that soy may prevent breast cancer in humans.

Address: 1. Director, Japan-Hawaii Cancer Study; 2. Advisor, Japan-Hawaii Cancer Study; 3. Biostatistics consultant, Japan-Hawaii Cancer Study. All: Kuakini Medical Center, Honolulu, Hawaii 96817.

3830. **Product Name:** Spiced Tofu [Basic with Veggies, Herb, Caraway, or Curry].
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1978. November.
New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Shurtleff. 1980. Interview with Steve Fiering. "I think The Soy Plant produced the first flavored or seasoned tofu, of which we had 4-5 types. [Note: Actually, Swan Foods in Miami had introduced a Caraway Tofu in April 1978]. The spices were added to the soymilk. Talk with Steve Fiering. 1988. June 10. "We made various types of spiced tofu. We had a vegetable tofu and an herb tofu. Dried vegetables were diced and put into the soymilk, not to the curds. We may have been making it by the time of the conference or maybe a few months later. It never became a significant product. But by 1981-82 we dropped most of them and settled on one that we called Spiced Tofu that we did sell wholesale. It had a fair amount of dried vegetables and spices.

3831. *Soyanews* (*Sri Lanka*). 1978. Boneless meat [tofu]. 1(3):1, 8. Nov.
• ***Summary:*** About tofu. "A curd formed from soya milk that's as delicious as meat is dietary staple in a great part of Asia, said Mrs. Gai Kim, President of the United Nations Women's Guild, at the Hotel School in Colombo on October 17th. Over 50 representatives from the leading women's associations in Sri Lanka were present to hear Mrs. Kim explain why soya curd [tofu] is receiving such praises from both gourmets and nutritionists.

"The curd making demonstration was organized by the Sri Lanka Women's Conference..." Two photos show Mrs. Kim demonstrating how to make "soya curd," and how it can be cubed or "sliced for currying, frying, grilling and salads."

She said it is available at the "Modern Chinese Cafe on Havelock Road [in Colombo] where it is available at Rs. 4/- a pound. If it made at home, the cost is less than Rs. 1.50, she said, and will provide a little more than half the daily protein needs of an adult."

"Unlike high protein foods like meat, bean curd is not acidic but has an alkaline composition."

Mrs. Kim said that she would like to see curd called "'Boncheese' because it sounded like 'bonchi' the word for bean in Sinhala. 'Bon' means 'good' in French which would give the name 'boncheese,' derived from 'this god-sent

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grain,' a truly international character."

3832. *Soyanews* (*Sri Lanka*). 1978. Recipes: The rolling stones. 1(3):3. Nov.
• ***Summary:*** "The familiar *kurakkan gala* (hand grinding mill) is being used in two different ways as the illustrations on this page show. In one [by Akiko Aoyagi, from *The Book of Tofu*], two women are wet-grinding soaked soyabeans and collecting the slurry from right under the stone. In the other, heated beans are being dry-ground" in the traditional way of transforming grains and beans into flour [or dhal] or kinako (roasted soy flour). A recipe for Vegetable curry calls for ½ cup dry clean soyabeans, which are heated then cracked into dhal.

3833. Swan Food Corp. 1978. Swan Foods: Remember the name! (Ad). *Alternatives* (*Miami, Florida*). 2(11):53. Nov.
• ***Summary:*** This half-page ad lists the company's soy products, iced herbal beverages, and baked goods & pastries. Soy products include: Baked tofu, Marinated tofu, Caraway tofu, Tofu chip dip, Tofu salad dressing, Soy melk (sweetened, or carob soy milk), Soyogurt (a cultured soy product), Wholegrain soy burgers. Baked goods include: Tofu cheesecakes, Carob maple swirl, "and more to come."

On the top half of the ad is a large circular logo featuring a stylized swan, with two large wings symmetrical about a vertical axis and an arched neck on the left side. The other half of the arch is drawn in to form a heart, inside of which is written "Because we love you." Across the inside top are the large words "Swan Foods." A rainbow arches below them and over the swan. At the top center, between the words "Swan Foods," are the smaller words "Nature's Finest" written one below the other; between them is an infinity sign.

Across the bottom of the ad is written: "Every Swan Soybean Product contains all 8 essential amino acids (which are necessary for a balanced diet) and have no cholesterol. Available in health & natural food stores. Retailers: Swan Quality Products are distributed by Tree of Life, Inc., or contact Swan Food Corp., 5758½ Bird Rd., Miami, Florida 33155. In Miami enjoy all Swan Products at Swan's Retail Deli & Bakery, The Soybeanery, 5758½ Bird Rd."

Note: A full-page Swan Foods ad that is very similar to his half-page ad was published in the July/August issue of this magazine. There are four differences between the two ads: (1) This November ad is smaller; Swan Foods went out of business one month later, in December 1978; (2) A Tofu Salad Dressing and Red Zinger tea appear in this ad but not in the earlier ad; (3) This ad states that Swan Foods' products are distributed by Tree of Life, Inc., a major distributor, whereas in July/August they had been "distributed by your local Natural Foods Distributor"–less impressive. (4) The following products appear in the earlier (July/August) ad but do not appear in this one: Soy Shakes (Carob, Vanilla & Strawberry), three iced herbal beverages (Lemon Mist, Miami Cooler, Red Quencher), and two baked goods & pastries (Mary's Cream Cake, and Mary's Devil's Food Cream Cake). Address: The Soybeanery, 5758½ Bird Rd., Miami, Florida, 33155.

3834. Tofu Shop (The). (Later renamed The Tofu Gardens, The Lotos Cafe, then The Regular Restaurant [by April 1981]). 1978. November. New soyfoods restaurant or deli. 686 Monroe Ave., Rochester, NY 14607.
• ***Summary:*** Leviton, R. 1979. "The soy delicatessen." *Soycraft* magazine. Summer (Vol. 1, No. 1). p. 12-18. Contains four excellent photos of the deli (incl. one of the large menu board on the wall), a history of how the deli opened, the costs to get started, a list of menu items, and an interview with the founders–Andy Schecter, Greg Weaver, and Norman Holland. Opened on Saturday, 18 Nov. 1978.

Menu from The Tofu Shop. 1980? Located at 686 Monroe Ave. in Rochester. Opened on 18 Nov. 1978.

Menu for The Regular Restaurant. 1981. April. 4 panels. Dark blue ink on ivory paper. Located at 715 Monroe Ave., Rochester, New York 14607. Phone: 271-1380. Run by Janet Cashin and Phyllis Bickart.

Questionnaire filled out by owner of restaurant or deli. 1982. Lists the company's most popular soy-based menu items in descending order of popularity. The highest weekly total sales over the past 6-2 months, the month that this occurred, and why. The average weekly sales during this period. Average hourly wages paid to workers. The business startup cost (amount of money it cost to get the business started). Current profitability status. Plans for the future. Advice the owner would give to someone starting a similar business.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started in Nov. 1978 by Greg Weaver. Startup cost: $20,000. Avg. weekly sales in 1982: $4,800. Address: Rochester, New York. Phone: (716) 271-1380.

3835. Davis, Melissa. 1978. What's new in kiddie kitchen chic. *Washington Post.* Dec. 7. p. E1, E4.
• ***Summary:*** "Since toy manufacturers have yet to make play salad bars or tofu kits, parents will have to put up with what these [kids'] ovens can cook."

3836. Beck, Alexis. 1978. Tofu, or soybean curd, is an idea whose time has clearly come. *Boston Evening Globe.* Dec. 27. Food section.
• ***Summary:*** Contains 8 recipes, including Tofu Burgers and Cheesecake Hawaiian. Address: Nutritionist, Massachusetts.

3837. *City/East.* 1978. New in your neighborhood: the Tofu Shop. Dec. 28. p. 19.
• ***Summary:*** The Tofu Shop, at 686 Monroe Ave. in Rochester, is owned by Greg Weaver, Norman Holland, and

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Andrew Schecter. The three began a wholesale tofu business 2 years ago. “Last month, they opened the Tofu Shop, which they describe as a delicatessen, to encourage people to try their product, an oriental staple for over 2,000 years.” Since opening on 18 November 1978, business has been booming. A photo shows the staff: Nina Roman, Sally Woodmansee, Greg Weaver, Cathy Iselin, and Betsy Lewis. Address: Rochester, New York.

3838. *SoyaScan Notes.* 1978. Chronology of soybeans, soyfoods and natural foods in the United States 1978 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jan. 25-27. International Soya Protein Food Conference held in Singapore, sponsored by the American Soybean Association. 400 people from 24 countries participated.

Jan. *Whole Foods* magazine starts publication in Berkeley, California, founded by Steven & Henrietta Haines, and Jim Schreiber. The first issue features an article titled “Making Money Making Tofu,” about five tofu companies. Westbrae has a full-page color ad titled “Someday all of this will be as familiar as apple pie,” showing five types of miso plus sea vegetables.

Feb. 17. Laughing Grasshopper tofu shop changes its name to New England Soy Dairy, Inc., the first company to use the term “soy dairy” in its name. Also in 1978 White Wave in Boulder, Colorado, publishes a charming poster announcing, “We’ve got an alternative. White Wave Soy Dairy.” An illustration shows a man leading his cow, standing under a beanstalk, looking in wonder at the seeds, soybeans.

March. The Cow of China, America’s third soy deli, run by White Wave, opens in Boulder, Colorado. It is later renamed Good Belly Deli.

April. Nasoya Foods Inc. starts making tofu and soymilk in Leominster, Massachusetts, inside a former dairy. Founded by John Paino and Robert Bergwall. May. 3. “What is this Thing Called Tofu” by Patricia Wells published in *The New York Times.*

May 22-25. Keystone Conference on Soy Protein and Human Nutrition held in Keystone, Colorado, organized by Ralston Purina. 105 registrants. The world’s top researchers on the subject present 34 papers demonstrating a new scientific understanding of the quality of soy proteins for human nutrition. The influential 406-page proceedings, titled *Soy Protein & Human Nutrition,* are published in 1979, edited by Wilcke, Hopkins, and Waggle.

May. The Soy Deli opens at The Soy Plant in Ann Arbor, Michigan. America’s fourth soy deli.

June. Brightsong Tofu, founded by Joel Brightbill and Bob Heartsong, starts making tofu in Redwood Valley, California. Sharon and Richard Rose bought the company in June, 1980 and in Nov. 1980 started The Real Food Tofu Cafe, a soy deli, adjacent to it.

June 26. First Takai catalog of tofu and soymilk equipment published, written by William Shurtleff. The first publication of its type in English, it helps start many new soyfoods companies.

July 28-31. First Soycrafters Conference held at The Soy Plant in Ann Arbor, Michigan. Conceived and organized by Steve Fiering. 75 people attend. The Soycrafters Association of North America (SANA) is founded, with Larry Needleman as the first president and a board of directors.

Sept. First issue of *Soyanews* published in Sri Lanka.

Oct. *The Farm Vegetarian Cookbook* (revised ed.) by Louise Hagler published by The Farm’s Book Publishing Co. in Tennessee.

Oct. Morinaga Milk Co. in Japan starts to export their tofu in aseptic Tetra Brik cartons worldwide. They issue a color recipe booklet to accompany their tofu.

Oct. Kendall Food Co. starts to make America’s earliest known commercial amazake in Brookline Village, Massachusetts. Amazake is made from koji, as are miso and shoyu. Not even in Hawaii was commercial amazake made before this.

Oct. 29-Nov. 3. World Conference on Vegetable Food Proteins held in Amsterdam, The Netherlands. More than 1,000 participants. Sponsored by the American Soybean Assoc. and others.

Nov. The Tofu Shop, America’s fifth soy deli-restaurant, opened in Rochester, New York, by Greg Weaver. Large and very creative menu. Later called The Tofu Gardens, and The Lotus Cafe.

Dec. American Soybean Association moves its headquarters from rural Hudson, Iowa, to St. Louis, Missouri, into greatly enlarged, modern offices.

Dec. *The Book of Tofu* (extensively revised, Americanized edition), by Shurtleff and Aoyagi published by Ballantine Books in a mass-market paperback edition. By 1987 the two editions have sold over 450,000 copies.

Dec. *Tofu Goes West,* by Gary Landgrebe published by Fresh Press.

Dec. *How to Cook with Miso,* by Aveline Kushi published by Japan Publications.

Dec. *Tofu Madness,* by Olszewski published by Island Spring tofu company in Washington.

Dec. Growing use of the term “shoyu” and less misuse of the term “tamari” in publications, indicating awareness of the difference between these two types of soy sauce.

* *Peaking Out on Tofu,* by Matthew Schmit self-published in Colorado.

* Soymilk Piima, resembling the traditional Finnish cultured dairy product, first made (on a home scale) by Pat Connolly in southern California.

* Soy oil: The King with no crown. A series of studies initiated by the American Soybean Assoc. in 1978 showed, surprisingly, that although soy oil is by far America’s

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widely used oil (accounting for 84% of all vegetable oils and 58.3% of all edible oils and fats), most consumers are simply not aware that they are using soy oil. When 1,200 female heads of households were asked "What oils can you think of?" only 17% mentioned soy oil (52% mentioned corn oil, 36% peanut oil, and 23% safflower oil), and only 7% reported having purchased soy oil in the past 6 months. The ASA Market Development Foundation promptly began a campaign to increase product recognition and loyalty, improve product image, and to encourage manufacturers worldwide to identify soy oil on product labels. The slogan used is shown at the start of this paragraph.

3839. **Product Name:** Tofu.
Manufacturer's Name: Aloha Food.
Manufacturer's Address: 226 S.W. 21st Terr., Ft. Lauderdale, FL 33312. Phone: 305-949-8351.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

3840. **Product Name:** Tofu.
Manufacturer's Name: Aloha Mea'ai.
Manufacturer's Address: P.O. Box 453, Kealakekua, HI 96750.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: David Gantz.

3841. Autumn Press, Inc. 1978. Thoughtful gift-giving: Books by William Shurtleff and Akiko Aoyagi (Ad). *East West Journal*. Dec. p. 101.
• ***Summary:*** This ¼-page black-and-white ad shows the cover and gives a brief description of three books: *The Book of Tofu* ($7.95 / $14.95). *The Book of Kudzu* ($4.95 / $10.00). *The Book of Miso* ($7.95 / $14.95). Address: Box E, 25 Dwight St., Brookline, Massachusetts 02146.

3842. **Product Name:** Tofu.
Manufacturer's Name: Caldron (The).
Manufacturer's Address: 401 Avenue C, N.W., Childress, TX 79201. Phone: 512-883-0597.
Date of Introduction: 1978. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Darrell & Olga Seal.

3843. **Product Name:** Tofu.
Manufacturer's Name: Central Soy Products.
Manufacturer's Address: 7 W. 14th St., Lawrence, KS 66044. Phone: 913-843-0653.
Date of Introduction: 1978. December.
Wt/Vol., Packaging, Price: Bulk 5-gallon plastic pails.
How Stored: Refrigerated.

New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Jim Cooley.

Soyfoods Center Computerized Mailing List. 1983. June 20. Central Soyfoods is now at 832 Louisiana, Lawrence, Kansas 66044. Phone: 913-843-0653.

Nancy Stoetzer-Taylor. 1988. Capital-Journal (Topeka, KS). Aug. 11. p. 1C-2C. Jim Cooley has been making tofu for 10 years.

Talk with Jim Cooley of Central Soyfoods. 1989. Feb. 16. The company started making tofu on 5 Dec. 1978. The original name was Central Soy Products; it was changed to Central Soyfoods some 12-18 months after opening. The address then was 7 West 14th St., but the postal service changed the number from 7 to 11. The company has not moved from its original location. The medium firm tofu was originally sold in bulk 5-gallon plastic pails. In about May 1985 they switched to water-packed individual tubs, then to vacuum pack in Dec. 1986. The company now makes about 1,200 lb/week of tofu. Note: In March 1990 the company was making about 1,700 lb/month of regular vacuum packed tofu ($1.59/lb. retail) and 800 lb/month of smoked tofu.

Form filled out by Jim Cooley, owner. 1998. July 7. Central Soyfoods is located at 11 W. 14th St., Lawrence, KS 66044. Phone: (785) 843-0653. Includes a Label for "Traditional Nigari Tofu."

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3844. **Product Name:** Mrs. Cheng's Tofu.
Manufacturer's Name: Cheng's (Mrs.) Soybean Products Inc.
Manufacturer's Address: 1829 E. Palolo Ave., Honolulu, Oahu, HI 96816.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name (Mrs. Cheng's China Bean Co.), address, and phone number. Owner: Unknown.

Soya Bluebook. 1983. p. 77. Talk with (call from) William Harris, M.D., of the Vegetarian Society of Hawaii. 1993. June 21. He recommends Mrs. Cheng's tofu because it is coagulated with calcium chloride–despite the fact that "it comes in one of those wet plastic bags that leaks all over your groceries." The company is a "mom and pop factory."

3845. **Product Name:** Tofu.
Manufacturer's Name: Chia Sheung.
Manufacturer's Address: 376 Broome St., New York, NY 11226. Phone: 212-226-3838.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Mr. Wu.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Wu. Talk with Kevin Chan. 1989. Nov. 16. This company has moved to Brooklyn. They were renting and the rents doubled, from $3,000 to $6,000 or $7,000 a month. Chinatown is prime property.

3846. **Product Name:** Tofu.
Manufacturer's Name: Chinese Tofu Shop (name unknown).
Manufacturer's Address: Detroit, Michigan.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: Unknown.

3847. **Product Name:** Tofu.
Manufacturer's Name: Chinese Tofu Shop (name unknown).
Manufacturer's Address: Kansas City, Kansas.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Unknown.

3848. **Product Name:** [Tofu].
Manufacturer's Name: Chinese Tofu Shop (name unknown).
Manufacturer's Address: Lima, Peru.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 400. There is more than one Chinese tofu shop in Lima, Peru. Owner: Unknown.

3849. **Product Name:** Tofu.
Manufacturer's Name: Community Tofu.
Manufacturer's Address: 9637 Union Pier Rd., Union Pier, MI 49129.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: Bronwyn Chlebowski.

3850. **Product Name:** [Tofu].
Manufacturer's Name: De Brandnetel.
Manufacturer's Address: Consciencestraat 48, Antwerp 2000, Belgium. Phone: 031-3961.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 400. Owner: Unknown.

Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Jan Lansloot.

Letter from Sjon Welters. 1982. April 16. "In Belgium the macrobiotic movement is very strong; de Brandnetel has a tofu shop in the back of their store and plan to move to a bigger plant. They are the main distributor of natural and macrobiotic foodstuffs, and have been in business for a long time."

3851. *East West Journal.* 1978. Soy boom. Dec. p. 18.
• ***Summary:*** "Over seventy people involved in the production of soy foods met in Ann Arbor, Michigan, this summer and established the Soycrafters Association of North

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America (SANA). The nonprofit organization will facilitate communication among the 140 businesses producing tofu, miso, soymilk, or tempeh. SANA reports soy foods have been received enthusiastically across the United States and Canada. Seventy new tofu shops and soy dairies have been established in thirty-one states in the last two years. For further information write SANA, Box 76, Bodega, California 94922."

3852. *East West Journal.* 1978. Winged bean curd. Dec. p. 16.
• ***Summary:*** A nice introduction to the winged bean. Every part of this remarkable leguminous plant is edible. "Bean curd" is mentioned only in the title of this article–even though tofu can be made from dried winged bean seeds.

3853. **Product Name:** Tofu.
Manufacturer's Name: Ecotone.
Manufacturer's Address: 9723 Noland Rd., Kansas City, MO 64138.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: David O'Keefe.

3854. **Product Name:** Tofu.
Manufacturer's Name: Farm Food Co.
Manufacturer's Address: 144 King St., San Francisco, CA 94107. Phone: 415-495-5615.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Robert Dolgin.

3855. **Product Name:** Tofu.
Manufacturer's Name: Farm Foods. Renamed The Farm Soy Dairy (Sept. 1982).
Manufacturer's Address: 156 Drakes Lane, Summertown, TN 38483. Phone: 615-964-3575.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Phone: 615-964-3574. Owner: Laurie Praskin.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. 1982. Sept. 17. Phone: 615-964-3574. Talk with Michael Lee. 1988. Oct. 12. This company, formerly a Farm co-operative, became a partnership (Lee & Ron Maxen) in Oct. 1983. Hence a new listing is needed (see 1983).

3856. **Product Name:** [Tofu].
Foreign Name: Tahu.
Manufacturer's Name: Firma Ergepe.
Manufacturer's Address: 4 Singelsteeg, 3511 HB Utrecht, The Netherlands. Phone: 030-318-315.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 401. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

3857. **Product Name:** Tofu.
Manufacturer's Name: Good Earth Foods.
Manufacturer's Address: 24931 Neward Blvd., Newark, CA 94560. Phone: 415-797-0236.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owner: Roland Mynit.

3858. **Product Name:** Tofu.
Manufacturer's Name: Hall One.
Manufacturer's Address: 3126 St. Clair, Cleveland, OH 44114. Phone: 216-566-7430.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Rouven Cyncynatus.

3859. Hittle, Carl N. 1978. Soybean potential in Nepal: A report. Mimeographed, spiral-bound manuscript. 30 p. 28 cm. [26 ref]
• ***Summary:*** Dr. Hittle served as a soybean consultant in Nepal from Sept. 23 to Oct. 11, 1978. Contents: 1. Introduction. 2. Terms of reference for soybean consultant. 3. Background information: Soybean production, production research, evaluation of germplasm, local varieties and selections, preservation of soybean germplasm, rhizobial microbiology, economics of soybeans, soybean statistics, present uses of soybeans in Nepal, Food Research Services of the Ministry of Food, the dairy industry in Nepal, solvent extraction, CARE, UNICEF. 4. Observations at the research stations: Kakani Hill Station, Pakhribas Agricultural Centre, Lumle Agricultural Centre, Central Research Station–Khumaltar, Bhairawa Agricultural Farm, Rampur Agricultural Experiment Station, National Rice Station–Parwanipur.

Note 1. The first 3 stations are located in the hills,

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Khumaltar is in the Kathmandu Valley, and the last 3 are located in the plains (Tarai [Terai]).

5. Comments and suggestions: Priority of soybeans, operational work plan, assignment of national staff, assignment of international staff, training, linkages, a national soybean research center. Appendixes. I. Itinerary of C. N. Hittle. II. Persons met by soybean consultant. III. List of background information. IV. Sarbottam Pitho (Super Flour made from 50% soybeans). Uses of soybeans.

The soybean is an ancient crop in Nepal. Generally its culture has been restricted to terraces and valleys ranging from 500 to 1,500 meters (1,642 to 4,925 feet) in altitude. Soybeans are usually grown at lower altitudes in single rows on the bunds of rice paddy fields, or at higher altitudes as an intercrop with maize or millet. Hectarage is difficult to estimate; estimates made from 1976 to 1978 range from 10,000 to 70,000 hectares. Yields are low, ranging from 300 to 500 kg/ha. This is because of the two ways soybeans are traditionally grown, because they rarely have been grown in the Tarai [Terai] (Plains area) where higher yields can be expected, and because little emphasis has been given to developing superior varieties and cultural practices.

Soybeans are used mainly for human food in Nepal by "roasting the dried seeds (parching) or as green vegetables (boiling or frying the green pods followed by shelling of the seeds and eating the green soybeans). Parched soybeans are frequently mixed with popped maize (corn) and eaten daily as tiffin. Green soybeans are frequently mixed with other vegetables to make curry. A snack food is prepared by removing the seed coat of parched soybeans, splitting the cotyledons and mixing with garlic, salt, and chilli powder. Sprouted soybeans are mixed with other sprouted pulses and used as vegetable soup. Fermented soya products include soya sauce and kirima [kinema]."

Soybeans are one of the main sources of protein for the majority of the people in the Hill regions. Only small quantities of soybeans reach the market.

Note 2. This is the earliest document seen (Jan. 2012) that uses the alternative spelling "kirima" to refer to kinema, a fermented soyfood from Nepal and a close relative of Nepalese kinema and Japanese natto. Address: Soybean consultant in Nepal.

3860. **Product Name:** Tofu.
Manufacturer's Name: Japanese Tofu Shop (name unknown).
Manufacturer's Address: Santa Maria, California.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Unknown. Note: In 1941 Fujimoto Fish, Tofu Market was in Santa Maria at 616 W. Main St.

3861. **Product Name:** Tofu.
Manufacturer's Name: Japanese Tofu Shop (name unknown).
Manufacturer's Address: Paterson, New Jersey.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: Unknown.

3862. **Product Name:** Tofu.
Manufacturer's Name: Japanese Tofu Shop (name unknown).
Manufacturer's Address: Buffalo, New York.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Unknown.

3863. **Product Name:** Tofu.
Manufacturer's Name: Japanese Tofu Shop (name unknown).
Manufacturer's Address: Salt Lake City, Utah.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Unknown.

3864. **Product Name:** Tofu.
Manufacturer's Name: Japanese Tofu Shop (name unknown).
Manufacturer's Address: Spokane, Washington.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Unknown.

3865. **Product Name:** [Tofu].
Manufacturer's Name: Japanese Tofu Shop (name unknown).
Manufacturer's Address: Rio de Janeiro, Brazil.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p.

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400. There are at least two Japanese tofu shops in Rio de Janeiro, Brazil. Owner: Unknown.

3866. **Product Name:** Tofu.
Manufacturer's Name: Kaneshiro Tofu Shop.
Manufacturer's Address: 94-1162 Nalii, Waipahu, Oahu, HI 96797. Phone: 808-677-4380.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: John Kaneshiro.

3867. **Product Name:** Tofu.
Manufacturer's Name: K.K. Fung.
Manufacturer's Address: 4661 Chancellor Cove, Memphis, TN 38118. Phone: 401-794-5741.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Order from K.K. Fung, 4661 Chancellor Cove, Memphis, Tennessee 38118. Nov. 1976. He orders Tofu & Soymilk Production, and Catalog of Tofu Equipment.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Unknown [Mr. K.K. Fung?].

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number.

3868. **Product Name:** Tofu.
Manufacturer's Name: Korean Farms.
Manufacturer's Address: 3456 N. Clark, Chicago, Illinois 60613. Phone: 312-525-3823.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Street mistakenly written as 3456 N. Cloud. Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name as Korea Farm at 3456 (or 3707) N. Clark. Owner: Mr. Young Sun Yo.

3869. Kushi, Aveline Tomoko. 1978. How to cook with miso. New York, NY: Japan Publications Trading Co. 127 p. Dec. Illust. Index. 26 cm.
• ***Summary:*** Contents: Foreword. Preface. Introduction. 1. How to use miso for soup. 2. Miso soup recipes. 3. Miso condiments and relishes. 4. Miso sauces and spreads. 5. Side dishes with miso. 6. Miso pickles. 7. Miso for fun. 8. Make your own miso. Glossary. Standard tables of food composition.

"Happiness is the realization of one's eternal dream." Michio Kushi says that "The cooking of food is the highest of all human arts." Page 25, under "Special suggestions for miso," notes that miso soup with mochi stops bed-wetting, and gives a mother who has just had a baby strength to recover more quickly and also help in producing milk for breastfeeding. "Miso soup is good for relieving the effects of tobacco toxication, or too much smoking. In the old days in Japan, the long tobacco pipes were often washed in miso soup. It was said that this made them very clean. The morning after drinking too much alcohol, miso soup is very effective for restoring energy and clear thinking. When you burn your skin, if at that time you don't have any tofu or green vegetables available to apply to the burn, you can use miso as a healing paste."

The section titled "What is miso? (Comment from Michio Kushi)" (p. 27) states: "According to Japanese mythology, miso was a gift to mankind from the Gods, to assure man's health, longevity, and happiness. Miso has been an important food in the Orient since the beginning of its civilization, and now is becoming a popular food in the West." Note: The source of this mythological idea is not given.

Pages 55-57 contain a "Basic Recipe for Homemade Seitan," but it is not used with miso.

3870. Landgrebe, Gary. 1978. Tofu goes west. Palo Alto, California: Fresh Press. 114 p. Dec. Illust. Index. 21 cm. Japanese translation published in 1986.
• ***Summary:*** Contents (see next page): Preface. Introduction. Includes: Tofu main dishes, frozen tofu main dishes, tofu breads, tofu desserts. Appendix. Contains many recipes.

"This book is dedicated to the one in all who waits so patiently for all to be at one with all that is."

Note: Talk with Sharon Elliot of Fresh Press. 1990. July 17. This book has sold about 145,000 copies. Address: 449 Granite Way, Aptos, California 95003. Phone: 408-688-6192.

3871. **Product Name:** Tofu.
Manufacturer's Name: Lee Way Industries (The).
Manufacturer's Address: 658 North Broadway, Los Angeles, CA 90012. Phone: 213-223-4473.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owners: William and Ken Lee. A yuba factory.

Letter/Order for the book *Tofu & Soymilk Production* from Ka Nin Lee [Ken Lee], President, The Lee Way Industries. 1979. Aug. 10. His company is located at the

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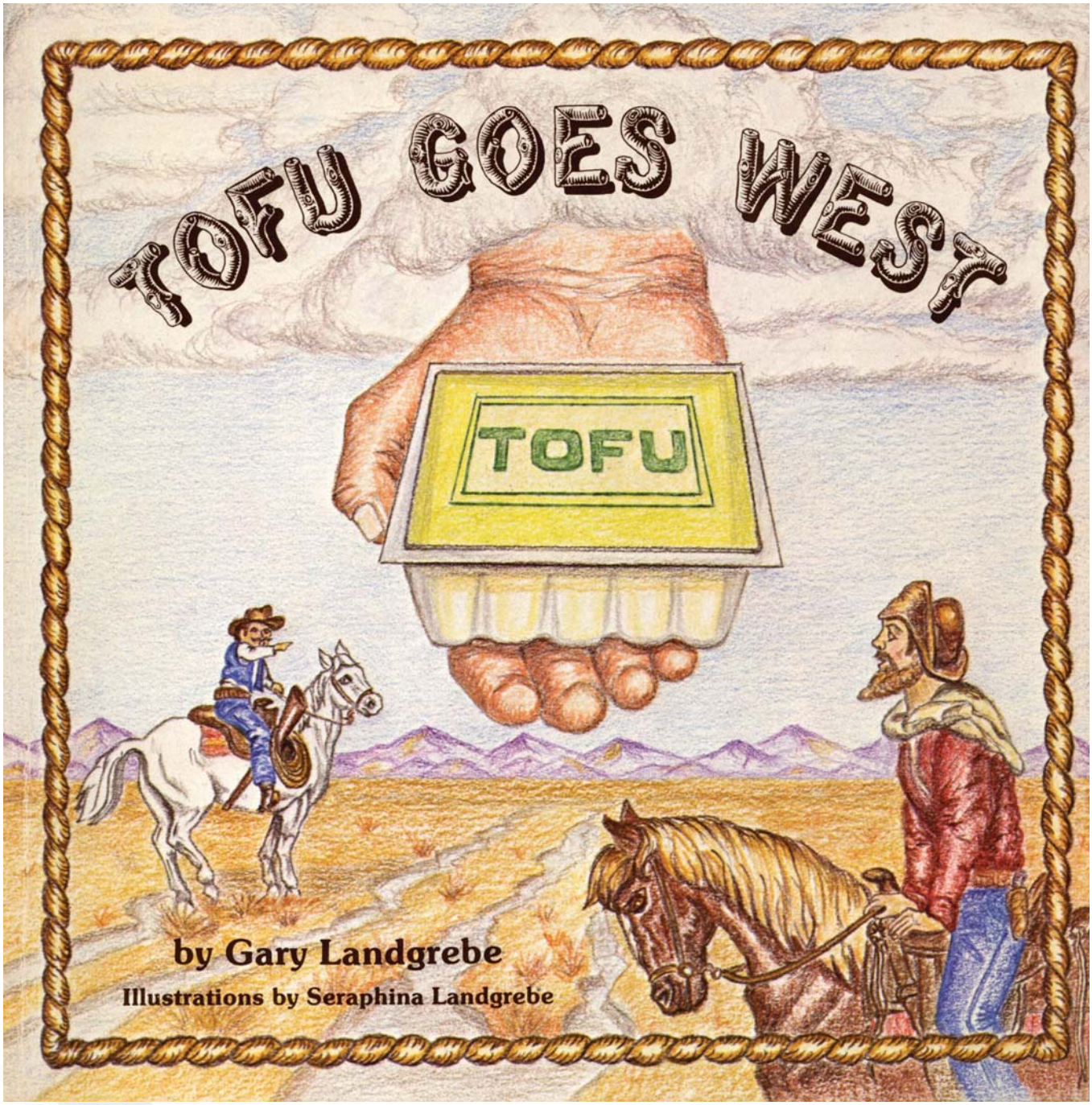

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address shown above. "The letter of credit is already open and delivery of the machinery from Japan is soon forthcoming. We anticipate the Grand Opening to be sometime in November."

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Ken Lee, also a yuba factory. Later named Soyfoods of America.

3872. **Product Name:** Tofu.
Manufacturer's Name: Lodi Tofu Co.
Manufacturer's Address: 2A Main St., Lodi, CA 95240. Phone: 209-334-1961.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owner: Mr. Iwana.

3873. **Product Name:** Tofu.
Manufacturer's Name: Main On Foods.
Manufacturer's Address: 1111 S. Stanford Ave., Los Angeles, CA 90021. Phone: 213-747-0603.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owner: Sam Wong.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Sam Wong.

3874. **Product Name:** Tofu.
Manufacturer's Name: Mantis Organics.
Manufacturer's Address: 9409 Cameron Rd., Austin, TX 78753. Phone: 512-836-6542.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Chico Wagner. In 1979, Wagner moved the company to Elgin, Texas and re-named it Yaupon Soyfoods.

3875. **Product Name:** Tofu.
Manufacturer's Name: Murata's Market.
Manufacturer's Address: 226 Riverside Dr., Watsonville, CA 95076. Phone: 408-724-5118.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Mr Murata.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Murata.

3876. *New Age Journal* (*Boston, Massachusetts*). 1978. Tools for living: Tofu Kit and Book of Tofu. Dec. p. 90. With photo.
• ***Summary:*** The Tofu Kit sells for $11.95, the book for $7.95. Note: This is the earliest article on soy seen (Aug. 2002) in *New Age Journal* magazine.

3877. **Product Name:** Tofu.
Manufacturer's Name: New Day Tofu Products.
Manufacturer's Address: 5912 Liberty Rd., Baltimore, MD 21207.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Sue White.

3878. **Product Name:** Tofu.
Manufacturer's Name: New Life Tofu Co-op.
Manufacturer's Address: 457 W. Alameda, Santa Fe, NM 87501. Phone: 505-988-2443.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Brandy Brawner.

3879. *New Roots* (*Amherst, Massachusetts*). 1978. Grow soybeans for a strong Northeast. 1(4):61. Nov/Dec.
• ***Summary:*** The New England Soy Dairy urges local farmers to grow soybeans for making tofu. "If all this talk about revitalizing New England's agriculture is getting you kind of excited, here's a positive suggestion. New England imports nearly 100% of its grain beans from the mid-west. We can change this.

"The New England Soy Dairy in Greenfield, Massachusetts, makes thousands of pounds of tofu each week, the basic ingredient for which is organic soybeans, presently imported from the mid-west. But soybeans can be grown here without much difficulty. The Soy Dairy uses about 6000 bushels of soybeans each year. That's something in the neighborhood of 200 acres worth. Interested? Why not add soybeans into the old crop rotation? Save yourself a little cash for nitrogen fertilizer.

"The Soy Dairy is interested in talking to anyone seriously interested in growing soybeans for them in the future. They have to be organically grown (three years away from chemicals) and you have to clean the beans extremely well before delivery. The Soy Dairy can supply seed. Help

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support your local economy. Grow soybeans next year. Contact Tom Timmins, New England Soy Dairy, 305 Wells St., Greenfield, MA 01301, tel. (413) 772-0746."

3880. **Product Name:** Tofu.
Manufacturer's Name: Oriental Trading Co.
Manufacturer's Address: 340 Ave. C South, Saskatoon, SASK, S7M 1N4, Canada. Phone: 306-652-3697.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Oriental Trading Co., 19th St., Saskatoon, Saskatchewan, Canada. Owner: Mrs. Kwok.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Art Mark.

3881. **Product Name:** [Tofu].
Manufacturer's Name: Proquide, S.A.
Manufacturer's Address: 5 de Febrero 743, Mexico City 13, Mexico.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 400. Owner: David Figueroa [or Figueiroa] Tagle.

3882. **Product Name:** Tofu.
Manufacturer's Name: Questa Tofu.
Manufacturer's Address: Taos Valley School, 87556 Taos NM 87556. Phone: 505-758-4155.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Julie Wetzel.

3883. **Product Name:** Tofu.
Manufacturer's Name: Rainbow Tofu.
Manufacturer's Address: 203 Haskin, San Antonio, TX 78209. Phone: 512-828-2027.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 398. Owner: Bill Hyde.

3884. **Product Name:** Tofu.
Manufacturer's Name: Real Good Tofu.
Manufacturer's Address: 1527½ N. Holyoke, Wichita, KS 67208. Phone: 316-683-9222.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Real Good Tofu, 3501 E. 2nd St., Wichita, Kansas 67208. Owner: A. Wilkinson.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Owners: John & Dee Guffey.

3885. Robertson, Laurel; Flinders, Carol; Godfrey, Bronwen. 1978. Laurel's kitchen: A handbook for vegetarian cookery and nutrition. New York, NY: Bantam Books. xxi + 643 p. Dec. Foreword by George M. Briggs, Prof. of Nutrition, Univ. of California, Berkeley. Illust. Index. 18 cm. [45 ref] • ***Summary:*** This is the unrevised pocketbook edition of the original classic, first published by Nilgiri Press in Oct. 1976. Address: California.

3886. **Product Name:** Tofu.
Manufacturer's Name: Shrada Tofu.
Manufacturer's Address: R.R. 1, New Denver, BC, Canada.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 399. Owner: Derrick Marston.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number. Owner: Derrick Mattston.

3887. **Product Name:** Tofu: Medium Firm Style.
Manufacturer's Name: Simply Soyfoods. Renamed Love Life Foods by Jan. 1981.
Manufacturer's Address: 901 S. Rogers St., Bloomington, IN 47401. Phone: 812-332-9662.
Date of Introduction: 1978. December.
Ingredients: Organic soybeans, water, sea salt (nigari).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Simply Soyfoods, 1410 N. Walnut St., Bloomington, IN 47401. Phone: 812-824-9942. Owner: Rob Davis.

Letter/Order for the *The Book of Tempeh* from "Simply Soyfoods." 1979. Sept. 25. The company office is located at 513 E. 8th #3, Bloomington, Indiana 47401.

Itinerary of Soyfoods America Tour. 1980. On June 6 Shurtleff and Aoyagi visited Jay McKinney, owner of Simply Soyfoods at the address shown above.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies

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in the West (2 pages, typeset). Address: 901 S. Rogers St., Bloomington 47401. Phone: 812-334-0695. Owner: Jay McKinney.

Label. 1983, undated. 4 by 3 inches. Self adhesive. Red, blue, yellow, green, and black on white. Heart within rainbow heart illustration. "Lovingly alive food, naturally, from Bloomington. The Pearl of Southern Indiana. No preservatives or additives–keep refrigerated. Changing water maintains freshness!"

Talk with Bob Davis, founder of Light Foods in St. Louis, Missouri. 1994. May 7. This company was owned by Jay McKinney and Rob Davis (Bob's cousin). Rob planned to work with Bob (who had a pressure cooker system) in S. Louis, so he sold his interest in Simply Soyfoods to someone else. Jay also got out, and they both come to work with Bob in St. Louis. Then Rob dropped out because he wanted to do other things; Jay stayed on as Bob Davis' production manager.

3888. **Product Name:** Tofu.
Manufacturer's Name: Soy Shop (The).
Manufacturer's Address: 7221 40th St., Tampa, Florida 33604. Phone: 813-988-8925.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Sheri and Julian Gray.

3889. **Product Name:** Tofu.
Manufacturer's Name: Soy Works.
Manufacturer's Address: P.O. Box 1025, Ben Lomond, CA 95005. Phone: 408-336-2798.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owner: Steven ven Shrenzel.

3890. *Soyanews* (*Sri Lanka*). 1978. The art of making bean curd. 1(4):4-5. Dec.
• ***Summary:*** "Bean curd making is very economical when done on a community scale. Mrs. Gai Kim, wife of the Resident Representative of the UNDP mission in Sri Lanka, who demonstrated how bean curd is made to a group of invitees, used a power driven grinding stone to grind the [soya] beans.

Nine photos show her making tofu. These are accompanied by five illustrations by Akiko Aoyagi from *The Book of Tofu*. At the end is a recipe for Crisp & sizzling tofu.

3891. **Product Name:** Tofu.
Manufacturer's Name: Soyfoods of Arizona.
Manufacturer's Address: Main and Poplar, Mayer, AZ 86333. Phone: 602-632-9319.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 392. Owner: Perry McClellan.

3892. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Stichting Oost West Centrum.
Manufacturer's Address: Achtergracht 17-19, 1017 WL Amsterdam, The Netherlands. Phone: 020-240-203.
Date of Introduction: 1978. December.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 401. Owner: Adelbert Nelissen.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Adelbert Nelissen.

3893. **Product Name:** Tofu.
Manufacturer's Name: Sun Hop Hing.
Manufacturer's Address: 4 Bowery St., New York, NY 10013. Phone: 212-227-4812.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Unknown.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Talk with Wun-hong Eng, formerly of Fong-On. 1992. Feb. 23. This company was originally named Hop Hing, located on Doyer St. Sun Hop Hing means "New Hop Hing" or "New United Success." Hop Hing was one of the earliest tofu companies in New York City. The company is now owned by Raymond Tse, who is famous for killing a man who tried to extort money from him. A jury acquitted him, finding him innocent. The company is now in Queens. Phone: 718-458-8000.

3894. Swan Food Corp. 1978. Collected papers (Archival collection). Miami, Florida. 5 file folders, 1½ linear inches.
• ***Summary:*** Swan Foods was the first soyfoods company in the United States to make a wide variety of innovative soyfoods products–and to make them from organically grown soybeans. The company's papers are located at Soyfoods Center in Lafayette, California. In December 1978, when the company declared bankruptcy after about two intense years in business, Danny Paolucci cleaned out the office, keeping all documents that he believed might be of future importance. He kept them for 19 years, then sent them

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to Bill Shurtleff at Soyfoods Center at Shurtleff's request. Most of the papers relate to recipes. There are no commercial papers (invoices, ledgers, etc.).

Folder 1: Bulk soyfoods recipes, typed. Each recipe is typed on a sheet of 8½ by 11 inch lined paper. Recipes made in a Hobart mixer are marked with an asterisk (*) after the recipe name. The recipes (listed alphabetically) are: Baked tofu (with tamari sauce for marinade, bake at 350ºF for 30-35 minutes). Caraway tofu (add 5 ingredients to curding tofu; stir and let curds form). Carob cream cake* with topping (incl. 2 gallons soymelk). Cashew carob swirl cake* (incl. 3 gallons soymelk). Devils food cream cake* (incl. 2 gallons soymelk and tofu topping). Eggless egg salad* (incl. 10 lb boiled and cooled Swan Tofu). Marinade for tofu (incl. 1 gallon tamari; mix all ingredients in a 5 gallon bucket, add sliced tofu, and seal). Soy burgers* (incl. 2 gallons each cooked rice and fresh okara, and 2½ cups tamari). Tofu chip dip* (large and small; the small incl. 6 lb tofu boiled and cooled, ¼ cup tamari, and ¼ cup umeboshi plum paste; the large incl. 42 lb tofu).

Folder 2: Lists of ingredients for various soyfoods products typed on Swan Foods' blue-on-white letterhead: The products (listed alphabetically) are: Carob swirl marble cake (non-dairy) (incl. soy milk). Okara granola. Roasted cashew tofu pie (incl. tofu and organic soy milk). Soyogurt (non-dairy): Note: These ingredients are handwritten below a sample label design on the back of the bottom half of a Swan Foods order form.

Folder 3: Legal-sized yellow lined note pad with 17 pages of notes written in blue ink–probably by Mary Pung. Subjects: *Nutrition Almanac* (soybeans and soy milk, p. 71; malt, p. 76). One page of 6 bibliographic references for publications related to soy, with a large note: "Sell *Book of Tofu*, etc. in shop." *The Health Food Dictionary* & recipes (mu tea, p. 102; soybean, p. 159; tofu, p. 174). *Diet for a Small Planet* (Lappé, 1975 ed.) (protein table III–Legumes; notes on tofu, p. 102, soy yogurt vs. milk yogurt, p. 128-29; tofu, p. 132). *Recipes for a Small Planet* (Ewald, 1973) (table showing no. of calories you have to consume in order to get one gram of usable protein, p. 16; notes on Net Protein Utilization). *Soybean Diet* (Herman Aihara, 1974) (table of nutrients in various foods; cow's milk, p. 44; soybeans can help with environmental problems, p. 4; soybeans vs. meat, p. 6, 8-9; tofu preparation, p. 115; nigari, p. 116; nutrient value of tofu, p. 125). *The Book of Tofu* (Shurtleff & Aoyagi, 1975) (moral and emotional appeal, health, religion, ecology, economic, p. 19; complementary proteins, p. 24, 26; easy to digest and diet food, p. 26; low in saturated fats and cholesterol, linoleic acid, rich in minerals and vitamins, p. 27; nigari, free of chemical toxins, p. 28; quick and easy to use, p. 29; ecological, nitrogen from the air, p. 55; okara, p. 77-78; uses of agé, deep-fried tofu, p. 154-55; soymilk, p. 200). Six interesting teas.

Folder 4: Handwritten recipes (some very rough) and notes, in pen and pencil, mostly on individual sheets of paper. Soy-related recipe names (listed alphabetically): Basic tofu cheesecake. Basic tofu pie. Carob marble cake. Carob on blonde with tofu topping (also called Blonde on carob; baked, with soy milk). Carob tofu pie. Dips in tofu containers: Chive tofu dip, pimento tofu dip, sea tofu dip, Italian herb tofu dip, pimento olive dip (ideas only). Dressings: Miso, avocado, green goddess, creamy garlic, red Russian, spinach Russian (ideas only). Eggless egg salad. Eggless tofu salad. Frozen tofu cutlets. Mary's deluxe pizza (with tofu, from "Swan Food Corp."). Milk shake. Nori rolls. Okara products: burgers, burritos, felafels (ideas only). Pumpkin pie. Quiche with tofu. Sweetened carob shake. Tofu lemon pie. Tofu mayonnaise. Tofu pie filling. Tofu pudding, vanilla. Tofu quiche lorraine [Note: According to the *Joy of Cooking* (1975, p. 254-55), early recipes for quiche called for bacon and cream, but later cheese was added. When sautéed onions were included, the dish was called Quiche Alsacienne. Quiche Lorraine now typically contains egg white, bacon, milk or cream, and Swiss cheese]. Tofu rice salad. Tofu tarts. Tofu turkey (Barbara's, with stuffing). Yogurt dressing. The names of some people are included: Diane Kellar. Sherry (nori rolls).

Folder 5: Other. Tear-off recipes published by Natural Recipes, 94 Bourne St., Boston, Massachusetts 02130. Carob brownies (copyright 1974). Carob cake (copyright 1975). Note: Neither of these recipes contains any soy. Address: 5758½ Bird Road, Miami, Florida 33155. Phone: (305) 667-7141.

3895. **Product Name:** Tofu.
Manufacturer's Name: Swan Tofu.
Manufacturer's Address: 4812 Leland St., Chevy Chase, MD 20015.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Terrence Billotte.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Terrence Billotte.

3896. **Product Name:** Tofu.
Manufacturer's Name: Tamashiro Tofu Shop.
Manufacturer's Address: 326 Alahee Dr., Wailuku, Maui, HI 96793. Phone: 808-244-5215.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Owner: Mr. Tokusaburo Tamashiro.

Soyfoods Center Computerized Mailing List. 1981. Jan.

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22. Owner: Mr. Tokusaburo Tamashiro.

3897. **Product Name:** Tofu.
Manufacturer's Name: Tofu, Inc.
Manufacturer's Address: 1900 Oak Crest, Roseville, MN 55113. Phone: 612-633-1098.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: Unknown.

Letter/Order for the book *The Book of Tempeh* (profession edition) from Sonja Rank of Tofu, Inc. 1979. Nov. 16. The company is located at 1900 Oakcrest, Roseville, Minnesota 55108.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Tofu, Inc., 1900 Oak Crest, Roseville, MN 55113. Owners: Mr. Dam Choi and Mr. Lee R. Lee, Korean.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 80. The company now makes about 12,000 to 13,000 lb/week of tofu in the soft and firm styles. Address is 1900 Oak Crest, Roseville, MN 55113. Phone: 612-633-1098.

Note: This is the earliest record seen (March 2013) concerning Tofu, Inc., which was later renamed Eastern Foods Corp., then Mainland Express.

3898. Tofu Shop (The). 1978. Quarterly tofu sales and sprout sales. Telluride, Colorado. 2 p.
• ***Summary:*** Page 1: The first graph shows that quarterly tofu sales increased from zero starting in Oct. 1977, to 536 lb during the first quarter (ending Dec. 1977), rising to 1,568 lb during the 4th quarter, then falling to 1,224 lb during the 5th quarter.

The second graph shows that quarterly sprout sales increased steadily from zero starting in Oct. 1977, to 536 lb during the first quarter, rising to 914 lb during the 4th quarter, then falling to 812 lb during the 5th quarter. They grew alfalfa, clover, radish and mung bean sprouts; no soy sprouts.

"* Approximately 75% of our total wholesale market is local (in Telluride), the remaining 25% being shipped to surrounding communities.

** The above charts do not include tofu and sprouts used directly by our own restaurant, which averages 10 lbs/day for tofu and 5 lbs/day for sprouts, 6 days/week, 50 weeks/yr. This total out to 3,000 lbs of tofu and 1,500 lbs of sprouts.

1978 financial recap. Receipts: Restaurant sales $22,800. Wholesale $7,300. Total: $30,100. Expenses: Food supplies $10,100. Wages and draws $8,750. Fixtures and equipment $3,300. Other supplies $2,000. Rent $2,000 Other $4,500. Total: $30,200. Outstanding notes owed by the Tofu Shop $2,000.

Page 2: Accounts (average order per week). Local: Tofu Shop 75 lbs. Winterstash 60 pacs. Rose Market 24 pacs. Red Hot Produce 50 pacs. Note: 1 pac = about 13.6 oz. Total local orders: 192 lb.

We deliver: Durango Natural Foods 25 pacs. Durango Bible & Health 9 pacs. Nathy's Naturals 9 pacs. Delores Mercantile 9 pacs. Montrose Health 6 pacs. Meredith (Montrose) 6 pacs. Country Store (Norwood) 5 pacs. Bread Basket (Gunnison) 10 pacs. Total we deliver: 69 lb. Grand total: 261 lb/week.

Letter (e-mail) from Matthew Schmit. 2009. March 30. "We serviced every customer we could find. If that account was in Telluride, we would have just walked the order over to them. If it was in a nearby community, chances are they came to pick it up, or else it might have been delivered via our produce supplier. At any rate, we were trying to build our customer base and educate the community about tofu, so we took care of every order, no matter how small.

"The fact that we were delivering directly to all those accounts is now somewhat amazing, considering that some must be a hundred miles or more from Telluride. We must have been sending coolers with Telluride residents on their supply trips to those communities, although I have some clear memories of delivering myself in Durango, Montrose and Gunnison." Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

3899. **Product Name:** Tofu.
Manufacturer's Name: Tofu Shop.
Manufacturer's Address: Box 94, Dixon, NM 87527.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Mr. Toufic Haddad. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Toufic Haddad.

3900. **Product Name:** Tofu.
Manufacturer's Name: Tokyo Foods.
Manufacturer's Address: 289 N. Amphlett, San Mateo, CA 94402. Phone: 415-343-4313.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 393. Owner: Mr. Horinouchi. When Mr. Wataru Takai came to the USA in July and August 1978 he was present when the tofu equipment at this company was installed.

3901. **Product Name:** Tofu.

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Manufacturer's Name: Tong Kong.
Manufacturer's Address: Kedering St., Manhattan, New York City, New York.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 397. Owner: Unknown.

3902. **Product Name:** Tofu.
Manufacturer's Name: Tropi-pak.
Manufacturer's Address: 3664 N.W. 48th St., Miami 33142. Phone: 305-635-1968.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 394. Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address (Hiahleah is omitted, Zip = 33142), and phone number. Owner: Dennis Murasaki.

3903. **Product Name:** Tofu.
Manufacturer's Name: Yellow Bean Trading Co. (The).
Manufacturer's Address: 4414 Buckingham, Detroit, MI 48224. Phone: 313-343-9169.
Date of Introduction: 1978. December.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Owner: Carol Ann Huang.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). New address: 15309 Mack Ave., Detroit 48224. Owners: Tim & Carol Ann Huang.

Letter from Carol Ann Krueger of Tucson, Arizona. 2002. April 4. "We never made tofu commercially. I made plenty of tofu for The Farm community [in Wisconsin]. We met up with Steve Fiering pretty quickly and decided to distribute Soy Plant Tofu instead of producing our own."

3904. **Product Name:** Yakitofu, Okara, Ganmodoki [Ganmodoki].
Manufacturer's Name: Aloha Tofu Factory Inc.
Manufacturer's Address: 961 Akepo Lane, Honolulu, Oahu, Hawaii 96817.
Date of Introduction: 1978.
New Product–Documentation: Hawaii Directory of Manufacturers. 1977-78. p. 10. Aloha Tofu Factory Inc., 961 Akepo Lane, Honolulu, Hawaii 96817. The company now makes tofu, aburage, natto, konnyaku, yakitofu, okara, pupu age, ganmodoki. Oda. 1983. Hawaii Herald. Oct. 7. p. 5. "Tofu enjoys increasing popularity." Ad in Hawaii Herald. 1983. Oct. 7. "Make your favorite recipe even better with the best in soy bean products. Tofu, natto, aburage, konnyaku, okara, yakidofu." 961 Akepo Lane. Phone 845-2669.

3905. **Product Name:** Tofu.
Manufacturer's Name: Aqua Agra.
Manufacturer's Address: 100 Highline Dr., Longwood, FL 32750. Phone: 305-339-8157.
Date of Introduction: 1978.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Don Wilson, owner. Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Don Wilson.

Talk with Don Wilson. 1993. Nov. 24. His wife is Korean. He started making tofu in 1978, after he was sprouting soybeans and growing several other types of sprouts. The *Sentinel Star* did a story on his company in 1980.

3906. **Product Name:** Tofu.
Manufacturer's Name: Community Mercantile Co-op.
Manufacturer's Address: 700 Main St., Lawrence, Kansas.
Date of Introduction: 1978.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 395. Mercantile Food Co-op, 615 Massachusetts, Lawrence, Kansas 66044. Owner: Unknown.

Talk with Molly Hamaker at Institute for the Arts of Democracy, San Rafael, California. 1991. Oct. 4. Her first husband (Dave Van Hee), Thom Leonard, and another man whose first name was Tom, made tofu in the basement of their private home and sold it at the Community Mercantile Co-op, of which Molly was the manager. They made about 30-40 lb of tofu (1 5-gallon bucketful) several times a week. The co-op is still active in Lawrence. The tofu company, itself, had no name. The only product they made was plain tofu. Molly knows it was 13 years ago because her daughter, who is now age 13, was just born.

3907. **Product Name:** Eastern Flavor Tofu.
Manufacturer's Name: Eastern Foods, Inc.
Manufacturer's Address: Minneapolis, Minnesota.
Date of Introduction: 1978.
New Product–Documentation: Shurtleff & Aoyagi. 1983. Soyfoods Industry and Market; Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Lee R. Lee & Calvin Lutzke. Ostman. 1985. Morning Pioneer News Dispatch (St. Paul, Minnesota). Sept. 15. p. 1G, 3G. He first

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made tofu in a small plant in Roseville.

3908. **Product Name:** Tofu Salad.
Manufacturer's Name: Farm Foods.
Manufacturer's Address: San Rafael, California.
Date of Introduction: 1978.
Ingredients: Tofu, soy oil, fresh vegetables, nutritional yeast, vinegar, prepared (wet) mustard, natural spices.
Wt/Vol., Packaging, Price: 1 lb deli container sealed with film.
How Stored: Refrigerated, 14 day shelf life.

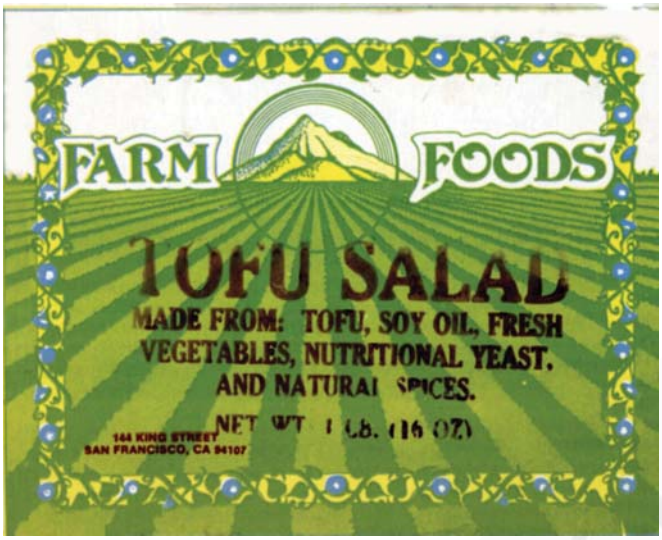

New Product–Documentation: Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 163. Label. ca. 1979. Light green and yellow on white, with product name and ingredients stamped onto label template. 1 lb. 144 King St., San Francisco 94107.

Note: This product, which resembled an eggless egg salad, was first made by Farm Foods in San Rafael, then in San Francisco.

3909. **Product Name:** Farm Style Full Fat Soy Flour: Coarse Grind.
Manufacturer's Name: Farm Foods.
Manufacturer's Address: 156 Drakes Lane, Summertown, TN 38483.
Date of Introduction: 1978.
Ingredients: Soybeans.
Wt/Vol., Packaging, Price: 2.5 lb (1.14 kg). Poly bag inside a paper bag.
How Stored: Refrigerated.
New Product–Documentation: Label. 1978, dated. 4 by 9 inches. Brown, green, yellow and orange on beige. "Make soymilk and tofu at home. Recipes included." Farm Foods Products Catalog. 1978. p. 1.

Ad in Tom Riker and Richard Roberts. 1979. *The Directory of Natural & Health Foods.* p. 189. A photo shows the label. "Soyflour: This full-fat, farm style coarse ground flour is especially good for making soymilk and tofu at home. Farm Foods soy flour is ground fresh in Tennessee, and should be refrigerated. No preservatives have been added. Available in 2½ lb. display package and in bulk. Recipe flyer included."

3910. Farm Foods. 1978. Products catalog. 156 Drakes Lane, Summertown, TN 39483. 6 p. 21 cm.
• ***Summary:*** Products sold include Whole Cleaned Soybeans, Full-Fat Soy Flour, Good For Ya Texturized Vegetable Protein, Nigari, Tempeh Kit, Tempeh Starter, Good Tasting Nutritional Yeast, The Farm Vegetarian Cookbook, and Yay Soybeans! T-Shirts. Free literature includes: Yay Soybeans!, Vitamin-B-12 for Complete Vegetarians, Feeding Your Baby Vegetarian, Feeding Your Young Vegetarian Child, and Vegetarian Prenatal Nutrition and High Protein Recipes.

This innovative catalog is printed with brown ink on white paper. At the top of the cover are the words "Farm Foods"; to the left of them is a circular logo, which shows rows of crops (soybeans) in a field converging in the distance at the foot of three mountains. Below that is the address, phone number, and catalog title. On the bottom half of the cover is a photo of many young soybean plants growing in a field. Address: Summertown, Tennessee.

3911. **Product Name:** Natural Nigari for Curding Tofu.
Manufacturer's Name: Farm Foods.
Manufacturer's Address: 156 Drakes Lane, Summertown, TN 38483. Phone: 615-964-3575.
Date of Introduction: 1978.
Ingredients: Potassium, magnesium, calcium, and sodium salts from sea water.
Wt/Vol., Packaging, Price: 1 lb or bulk.
How Stored: Shelf stable.

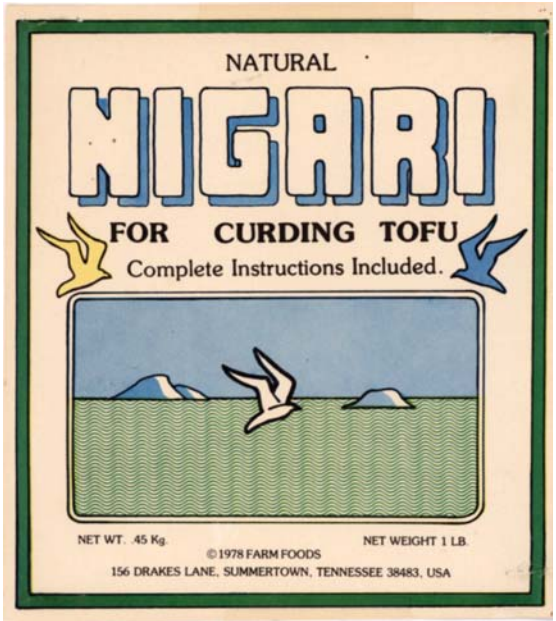

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New Product–Documentation: Label. 1978. 4.5 by 5 inches. Self adhesive. Green, blue and yellow on beige. Illustration of 3 stylized birds, sky, water. "Complete Instructions Included." Farm Foods Products Catalog. 1978. p. 2.

Ad in Tom Riker and Richard Roberts. 1979. *The Directory of Natural & Health Foods.* p. 189. A photo shows the label.

3912. Fujii, Yoshimasa; Yamada, Jirô; Akimura, Kumiko; Kawamoto, Yumiko; Tabata, Harumi; Hashimura, Yoshiko. 1978. Studies on the quality of soybean curd. *Yamaguchi Daigaku Kyoiku Gakubu Kenkyu Ronbun* 28(2):79. [Eng]*

3913. **Product Name:** Hinode Soymilk.
Manufacturer's Name: Hinode Tofu Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1978.
New Product–Documentation: Shurtleff & Aoyagi. 1984. Soymilk Industry & Market. p. 32.

3914. **Product Name:** Tofu.
Manufacturer's Name: Hwa Chang.
Manufacturer's Address: Toronto, ONT, Canada.
Date of Introduction: 1978.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jhasun Koo, owner and founder of Pyung Hwa Food Co. 1989. May 4. He started making tofu in 1978 on Dundas St. In 1978 the only other tofu companies in Toronto were Yet Sing (probably the first) and Hwa Chang. Both were run by Chinese-Canadians and both are still in business.

3915. **Product Name:** Island Spring Plain Soymilk.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1978.
Ingredients: Soybeans, water.
Wt/Vol., Packaging, Price: 64 fluid oz (½ gallon) 1.89 liters.
How Stored: Refrigerated.
Nutrition: Per 8 oz.: Calories 75, protein 7.7 gm, carbohydrate 5 gm, fat 3.4 gm.
New Product–Documentation: Leviton. 1981. Soyfoods. Winter. p. 17. Label. 1982. 2.75 by 7 inches. Self adhesive. Green, yellow/gold, white on blue. Illustration of sun or moon behind island mountains. "A healthy natural beverage which may be substituted cup for cup in any recipe calling for regular milk. As a drink, for added flavor try a pinch of salt and honey to taste."

3916. **Product Name:** Island Spring Pressed Silken Tofu. Renamed Organic Silken Soft Tofu (Nov. 1987).
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1978.
Ingredients: Soybeans grown without chemical pesticides or fertilizers; water; Nigariko (Pure food grade calcium sulfate).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 82, protein 8.9 gm, carbohydrates 2.6 gm, fat 5 gm, calcium 166 mg, phosphorus 120 mg, iron 1.9 mg, thiamine 0,02 mg, riboflavin 0.02 mg, sodium 6.8 mg, potassium 34.4 mg.
New Product–Documentation: Label. 1978. 5.5 by 4.5 inches. Brown and light green on clear film. "Pressed silken tofu is best used or pureed for cream sauces, spreads, dips and salad dressings." Gives recipe for Tofu Curry Dip.

Talk with Luke Lukoskie. 1987. Oct. 19. The curd is set in a vat then scooped into cloth-lined tofu boxes and pressed. It has always been pressed. It sells about 5-10% as much as the traditional firm tofu. Island Spring Inc. Fact Sheet and Price List. 1988. This product is still being sold. Eventually this will become "'Autofu,' the automatically made tofu."

3917. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: La Moisson.
Manufacturer's Address: Geneva, Switzerland.
Date of Introduction: 1978.
New Product–Documentation: Verena Krieger. 1981. Tages Anzeiger Magazin. Aug. 22. p. 6-12. "Gestern Steak, Morgen Tofu. The Geneva restaurant "La Moisson" has had tofu on the menu for 5 years."

Anne-Marie Jaccard and Verena Krieger. 1982. Illustre (Lausanne, Switzerland). No. 4. p. 59-63. Jan. 27. "Une graine pour l'an 2000." "In the two macrobiotic restaurants of French-speaking Switzerland (Romandie), tofu is found regularly à la carte: at 'The Bio' in Lausanne, and 'La Moisson' in Geneva."

Letter from Verena Krieger. 1983. March 8. "The first people to make tofu in Switzerland were at the restaurant 'La Moisson' ["Moisson" means, the harvest, harvest time, or crop] in Geneva in 1978. They are macrobiotic and they made tofu for their restaurant and store only. The first large-scale production was by Sojalade in Aug. 1981."

Letter from Verena Krieger. 1990. Aug. 10. She has no way of finding out what in 1978 this company started selling tofu, who made the tofu, or how they learned.

3918. **Product Name:** Tofu No-Egg Salad, Marinated Tofu, Okara Salad.
Manufacturer's Name: Lecanto Tofu.
Manufacturer's Address: P.O. Box 444, Lecanto, FL

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32661.
Date of Introduction: 1978.
New Product–Documentation: Talk with Marvel Huffman. 1988. May 17.

3919. **Product Name:** Tofu Pies (Deli).
Manufacturer's Name: Madison Tofu Co-op. Renamed Bountiful Bean Plant by Sept. 1979.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703. Phone: 608-251-0595.
Date of Introduction: 1978.
How Stored: Refrigerated.
New Product–Documentation: Letter/Order for pamphlets on tofu, tempeh, and miso from "Bountiful Bean Plant." 1979. Sept. 20. The company is located at the address shown above.

James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean.

3920. **Product Name:** Marjon Tofu.
Manufacturer's Name: Marjon Specialty Foods.
Manufacturer's Address: 600 27th St. South, St. Petersburg, FL 33712. Phone: 813-894-3310.
Date of Introduction: 1978.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: John Miller.

Soyfoods Center Computerized Mailing List. 1983. June 20. The company has moved to 3508 Sydney Rd., Plant City, Florida 33566. Phone: 813-752-3482. Owner is still John Miller.

Trent Rowe. 1988. Sept. 29. "Business sprouts from humble bean." Marcia and John Miller started the business in 1972 making sprouts. The have been making tofu for 10 years. They are now in Plant City, between Tampa and Lakewood.

Also published in *Daily News* (Palatka, Florida). 1988. Oct. 5.

Talk with John Miller, owner. 1993. April 28. John and his wife learned how to make tofu at the Island Spring Apprenticeship Program. John has always thought that he was the first person in America to vacuum-pack tofu [he wasn't]; they started with simple Multi-Vac single-chamber packaging machines. Marjon has never made a water-packed tofu. A brochure notes that the company now has 65 employees and almost 200 products. Tofu and tofu crumbles are featured. Marcia and her executive chef give tofu seminars in the Marjon Test Kitchen.

3921. *Meditation* (*Tokyo, Japan*). 1978. Tôfu (2) [Tofu (2)]. No. 4. p. 144. [Jap]
• ***Summary:*** Contains four illustrated Western-style tofu recipes from *The Book of Tofu*, by Shurtleff and Aoyagi of New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-Ku, Tokyo. 03-952-4974. The recipes are: Tofu peanut butter-banana spread. Tofu-cheese souffle. Onion soup with tofu. Tofu salad with grated carrots, raisins, and walnuts.

3922. Morinaga Milk Industry Co., Ltd. 1978. Morinaga brand Ever-Fresh Silken Tofu (soybean curd). Natural soy protein; Recipes: Fried Tofu & Fried Eggs, Crisp Pan-Fried Tofu, Tofu, Lettuce & Tomato Sandwich, Creamy Tofu Dressing or Dip, Silken Tofu & Strawberry Whip, Breaded Tofu Cutlets, Creamy Tomato & Tofu Soup (Leaflet). Tokyo, Japan. 6 panels each side. Each panel: 10.5 x 6 cm.
• ***Summary:*** This color leaflet (see next page), designed for Morinaga by Akiko Aoyagi and William Shurtleff, describes what tofu is and contains 7 recipes. It was used mainly in the USA to promote Morinaga tofu.

Note: This is the earliest document seen (Feb. 2013) that contains the term "Ever-Fresh" in connection with tofu or that uses that term to describe a aseptically packaged tofu. Address: 5-33-1 Shiba, Minato-ku, Tokyo 108, Japan.

3923. **Product Name:** Morinaga brand Ever-Fresh Silken Tofu: Soybean Curd (Aseptically Packaged in Tetra Brik).
Manufacturer's Name: Morinaga Milk Industry Co. Ltd.
Manufacturer's Address: Shiba 5-33-1, Minato-ku, Tokyo 108 Japan.
Date of Introduction: 1978.
Ingredients: Water, soybeans, glucono delta-lactone, monoglycerides, salt, calcium chloride.
Wt/Vol., Packaging, Price: 10.5 oz (297 gm). Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm: Protein 4.5 gm, fat 2.6 gm, carbohydrate 2.8 gm, ash 0.6 gm, water 89.5 gm, calories 52.6.
New Product–Documentation: Label. 1978. 2.5 by 4.25 inches; 1.75 by 4.25 front-to-back. A Tetra Brik Carton. Dark blue, light blue, brown, and yellow on white. Illustration on bottom half of front panel of a white cake of tofu on a yellow plate. Label design and artwork by Akiko Aoyagi of Soyfoods Center. "No preservatives. Keep in a cool place. Stays fresh 6 months without refrigeration. No preservatives." Recipe for Creamy Tofu Dressing or Dip on one panel; U.S. Patent 4,000,326.

Leaflet. 1983. "Morinaga Ever-Fresh Silken Angel Tofu. Soybean Curd." 8½ by 11 inches. Back to back, color. Four recipes on back for Chilled Tofu, Cauliflower Salad with Mashed Tofu, Tofu Fruit Salad, and Mabo-Tofu.

Leaflet. 1983. "The Supermarket Profit Maker." 1 p. Front and back. 28 cm.

Label sent by Anthony Marrese from Germany. 1991. Oct. 7. The product now retails for DM 3.54. Purchased at a

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NATURAL SOY PROTEIN

Morinaga
BRAND
EVER-FRESH
SILKEN
TOFU
SOYBEAN CURD

WHAT IS TOFU?

TOFU is one of the world's most popular sources of high-quality, low-cost protein. Yet unlike most other protein sources, TOFU is entirely free of cholesterol and very high in polyunsaturated fats. Excellent also for dieters, it contains only 52.6 calories per 100-grams! TOFU is, in short, the ideal food for every health-minded person.

A traditional, natural food discovered by a Chinese prince in 164 B.C., TOFU is now prepared fresh each morning at 38,000 shops in Japan alone, plus over 100 shops in America. It is the most important soy protein food throughout East Asia, a protein backbone of the diet for more than one billion people.

Remarkably versatile, TOFU can become a key ingredient in many of your favorite Western-style dishes including dressings, dips, spreads and hors d'oeuvres; salads, sandwiches, soups, and sauces; egg, vegetable, and grain preparations; barbecued and deep-fried specialties, casseroles, and even desserts . . . as the following tasty recipes show.

After opening the carton, keep it refrigerated and serve within 2 days. Slight separation of water from TOFU (as from yogurt) is perfectly normal.

Morinaga SILKEN TOFU

This SILKEN TOFU is packaged in a revolutionary new way—developed by Morinaga—that allows the TOFU, which contains no preservatives of any kind, to stay as fresh as the day it was made for up to six months *without refrigeration*. Even on hot summertime travels, picnics, or camping trips, it will never lose its freshness. The secret lies in the Tetrapak container, developed in Sweden and now used throughout the world, especially in areas without refrigeration. The mixture of pasteurized soymilk and coagulant is run into the package under highly sanitary conditions, sealed, and heated in water to form the TOFU. The laminated Tetrapak container thereafter keeps out all spoilage microorganisms.

Morinaga SILKEN TOFU is made with thick soymilk which gives it a rich and creamy flavor and silken smooth consistency, plus enough body and firmness that you can puree it, slice it, or fry it like regular TOFU. Since it is not packed in water, it is easier and neater to use than regular TOFU. and it retains its full natural sweetness, since it is made without separation of curds and whey. Delicate and tasty as a fine custard, it is perfect for

CREAMY TOFU DRESSING OR DIP

Makes 1½ cups

1 pack Morinaga SILKEN TOFU
2 tablespoons lemon juice
3 to 4 tablespoons oil
½ teaspoon salt
1 teaspoon natural soy sauce (shoyu)
½ to 1 clove of garlic, crushed
½ teaspoon dill seeds (optional)
2 tablespoons minced parsley

Combine all ingredients but the parsley in a blender and puree for 30 seconds, or until smooth. Serve chilled, topped with a sprinkling of the parsley. Delicious served over salads like a thick Roquefort dressing, as a dip with fresh vegetable slices or potato chips, as a topping for various cooked vegetables, or even as a sandwich spread. Store refrigerated or frozen.

Or, substitute ½ teaspoon curry powder and 2 to 3 teaspoons minced onion for the garlic and dill. Stir in parsley.

SILKEN TOFU & STRAWBERRY WHIP

Serves 4

1 pack Morinaga SILKEN TOFU
2 cups (7 oz.) strawberries
2 tablespoons honey
Several drops of pure vanilla extract

Combine TOFU, 1 cup strawberries, and the honey and vanilla in a blender; puree for 30 seconds, or until smooth. Spoon into four custard cups and top each portion with 3 to 5 strawberries. Serve chilled.

For variety, substitute 2 cups (7 ounces) fresh pineapple or peach chunks for the strawberries; or add ½ cup cold milk (soy or dairy) and puree to make a refreshing and healthful milkshake.

BREADED TOFU CUTLETS

Serves 2

1 pack Morinaga SILKEN TOFU, cut crosswise into 8 slices, each ½ inch thick
3 tablespoons whole wheat flour
Dash of salt and pepper
1 egg, lightly beaten
¾ cup bread crumbs, bread crumb flakes (panko), or corn meal
½ cup oil for shallow-frying
¼ cup ketchup
2 tablespoons Worcestershire sauce

ArrangeTOFU slices between triple layers of a clean dishtowel and allow to stand for 10 to 15 minutes to reduce moisture. Mix flour, salt, and pepper, then dust TOFU slices in flour mixture, dip into beaten egg, and dust with bread crumbs. Heat the oil in a large skillet and shallow-fry for 2 minutes on each side until crisp and golden brown. Mix ketchup and Worcestershire sauce; serve as a topping for the hot TOFU.

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new Japanese food store that just opened in Bremen. Use by Dec. 1991.

3924. Muljokusumo, E. Sudigdo. 1978. Tahu kita membuat sendiri I. [Tofu: How to make it yourself]. Bandung, Indonesia: Penerbit Tarate. [Ind]*

3925. **Product Name:** Tofu.
Manufacturer's Name: Musubi Foods (Paul's Tofu).
Manufacturer's Address: 155 Archway Rd., Highgate, London, N6 4NA, England. Phone: 013-481-192.
Date of Introduction: 1978.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Paul Jones.

Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3. Letter from Sjon Welters. 1982. April 16. "I only know of one tofu maker in Britain, Paul Jones (Tofu Shop), 155 Archway Rd., London N19."

Leaflet titled "Paul's Tofu" (undated, but sent in 1982). Address: The Old Brewery, Wheathampstead House, Wheathampstead, Hertfordshire, UK. Phone: Wheathampstead (058283) 4241. 3 panels on each side. Each panel: 21 x 10 cm. Printed brown ink on beige paper. Contents: Introduction to tofu. For whom is tofu intended? The qualities of tofu. Suggestions for use. Storage. Try these recipes with your tofu (5 recipes from *The Magic of Tofu*, by Jane O'Brien; Thorsons Publishers). Community Health Foundation (188-94 Old Street, London EC1V 9BP). "Paul's Tofu Burgers are made from organically grown soya beans, whole grain cereals, vegetables and herbs..."

Soyfoods Center Computerized Mailing List. 1983. June 20. The company is now listed as Paul's Tofu, with a second location at Wheathampstead House, Wheathampstead, St. Albans, Hertfordshire, England. This latter address is also listed at the First European Soyfoods Workshop, Sept. 1984.

E-mail from Paul Jones, founder. 2011. June 6. Q1. On what date did you make your first commercial tofu? Ans: It must have been 1977/78–I was already in production when we came to 'Soyfoods Comes West' in 1979. Peter Bradford might remember for it was he who gave us the Chinese stone grinder to make the 'Go.' Q2. Was the address at that time you started commercial production: 155 Archway Rd., Highgate, London, N6 4NA, England? Ans: Yes.

Letter (e-mail) from Paul Jones in England in reply to questions. 2013. March 25. (1) What was the name of your company when it started making tofu? Ans: "I was called 'Musubi foods' (made by bringing yin & yang together), but people called me Paul Tofu as they had previously called me Paul the baker." (2) Where did you first learn about tofu and tempeh? Ans: "I learned about tofu & tempeh from Macrobiotics–Chris Dawson (Mitoku / Clearspring) & others at East West / Community Health Foundation."

"Peter Bradford might remember when he gave us the Chinese quern for making the 'go'. I did all this at 155 Archway Rd but on a small scale. The macrobiotic community were the customers in 1979/80. We moved to Wheathampstead House Herts, home of Murphy & Son where they had a former brewery which we occupied until we set up in Melton Mowbray." Letter (e-mail) from Peter Bradford. 2013. March 29. "I too have no records going as far back that far but I think that Paul is correct. We must have supplied him with his quern for making tofu sometime mid/late 1970's.

"Paul was as far as I know the first person in the UK to make tofu using organic soybeans and Japanese nigari. Before that from when we started our wholefood shops in the early/mid 70's we used to buy in fresh tofu from London's Chinatown for resale. In those early days I also remember that people also used to make homemade tofu using kits that we imported from Japan."

3926. **Product Name:** Laughing Grasshopper Organic Nigari Tofu [Firm Style, or Medium].
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301. Phone: 413-772-0746.
Date of Introduction: 1978.
Ingredients: Water, organic soybeans, nigari (natural solidifier).
Wt/Vol., Packaging, Price: 16 oz packed in water in

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molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Medium: Only 96 calories per 4 oz. serving.
New Product–Documentation: Labels. 1978, undated. Label for firm style: 3.5 by 3 inches. Label for medium style: 3.5 by 4.25 inches. Self adhesive. Blue, yellow, and green on white. Medium label includes suggested uses. "Same Protein as Chicken! No Cholesterol. High Protein. No Preservatives." Poster. 1978. 10 by 13 inches.

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 396. Phone: 413-772-0746. Owner: Tom Timmins.

3927. Nose, Yukiko; Suzuki, Akiyo; Takei, Kumiko. 1978. Tôfu no chozô kikan-chû no saikin-sû [The number of bacteria in tofu during storage]. *Tachikawa Tandai Kiyo* 11:1-4. [Jap]*

3928. **Product Name:** Tofu, and Tempeh.
Manufacturer's Name: Pillar of Dawn (Amud Ha Shachar).
Manufacturer's Address: Moshav Me'or Modi'im, Doar Na Hamercaz, Israel.
Date of Introduction: 1978.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Avraham Sand.

Talk with Avraham Sand. 1981. This was Israel's first tofu shop; it started in 1978. The tofu was curded using bittern (nigari) from a salt factory on the Dead Sea. The company also made soymilk, tempeh, and miso, but only the tofu and miso were sold commercially, off the moshav, in Jerusalem. Avraham was an American, born Roger Sand, the son of Ralph Sand, who did work on soy cheeses with Anderson Clayton in Texas. Ralph tried to develop a casein-free soy cheese that would melt, but he never was able to.

Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. Owner is now Ben Zion Soloman.

Talk with Avraham Sand. 1990. Sept. 9. Gives a detailed history of this company.

Talk with Nathan Segal. 1994. Sept. 12. He lives in Natanya, Israel. Shlomo Carlebach started this moshav, and it soon became a leading purveyor of natural foods in Israel. It was within that context that a tofu shop started there. He thinks the tofu shop is still in operation. Note: A moshav (the word was first used in 1931) is a cooperative settlement of small individual farms in Israel. By comparison, a kibbutz (the word was also first used in 1931) is a collective farm or settlement in Israel.

3929. **Product Name:** [Tofu: Soybean Cake].
Foreign Name: Tofu: Gâteau aux Feves de Soya.
Manufacturer's Name: Pyung Hwa Food Co. Inc.
Manufacturer's Address: 2139 Dundas St., Toronto, ONT, M6R 1X1, Canada. Phone: 416-534-0237.
Date of Introduction: 1978.
Ingredients: Soya beans (Feves de soya), water, magnesium chloride (chlorure de magnesium), calcium sulfate (sulfate de calcium).
Wt/Vol., Packaging, Price: 600 gm.
How Stored: Refrigerated.
New Product–Documentation: R. Leviton. 1980. Soyfoods magazine. Summer. p. 16-17. "Mr. Jhasun Koo's Korean tofu shop (2139 Dundas St.) is located underneath a garage and service station. The traditional-style shop, which began operation in 1976, produces about 5,000 pounds of tofu weekly, in the form of 2000, 40-ounce containers of nigari-made tofu." He has 7 workers. Two-thirds of Pyung Hwa's market is Oriental stores, the rest going to natural foods stores. With Vital Eat handling his tofu distribution now, and Mr. Koo's recent conversion to nigari and organic soybeans, he expects to increase sales to the natural foods trade.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Jhasun Koo.

Label. 1983, undated. 5 by 4.25 inches. Plastic film. Blue and light blue on clear film. "Soybean cake. Gateau aux feves de soya. Keep refrigerated."

Talk with Martha Gifford Thompson of Rochester Zen Center. 1989. April 11. She once visited a small tofu shop on Dundas in Toronto. She is not sure what nationality of people ran it. Talk with Jon Cloud of Soy City Foods. 1989. May 3. Pyung Wa was an early tofu company on Dundas St.

Talk with Jhasun Koo, owner and founder. 1989. May 4. He started making tofu in 1978 (not 1976) on Dundas St. Before that he had made soy sprouts in his home basement. In 1978 the only other tofu companies in Toronto were Yet Sing (probably the first) and Hwa Chang. Both were run by Chinese-Canadians and both are still in business. In 1986 he moved from Dundas St. to his current address: 115 McCormack St., Toronto, ONT, M6N 1X8. Phone: 416-767-7604.

3930. **Product Name:** Firm Pressed Tofu.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1978.
Ingredients: Water, soybeans, magnesium chloride (nigari).
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1987, undated. 3 by 2 inches. Blue on white. "No preservatives." Talk with Ben Lee. 1988. Oct. He guesses it was launched in about 1978.

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3931. **Product Name:** Raw Fried Tofu.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1978.
Ingredients: Water, soybeans, safflower oil, magnesium chloride (nigari).
Wt/Vol., Packaging, Price: 7 oz (198 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 1987, undated. 3 by 2 inches. Red on yellow. "No preservatives." Talk with Ben Lee. 1988. Oct. He guesses it was launched in about 1978.

3932. **Product Name:** Flavored Soy Bean Cake.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1978.
Ingredients: Water, soy beans, soy sauce (consisting of water, soy bean, salt, wheat caramel), soy oil, salt & spices, 1/10 of 1% calcium sulfate.
Wt/Vol., Packaging, Price: 6 oz (170 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 1979, undated. 3 by 2 inches. Black and silver on shiny red. The Chinese characters read: "Wu hsiang doufu kan." Five-spice tofu. Talk with Ben Lee. 1988. Oct. He guesses it was launched in about 1978. In Jan. 1979 a similar product, named Savory Baked Tofu, was introduced; it was also a type of five-spice tofu, but was baked.

Note: This is the earliest known five-spice pressed tofu sold in the Western world.

3933. **Product Name:** Organic Tofu (Natural Nigari, Firm-Style Nigari, Calcium Sulfate, or Firm-Style Calcium Sulfate).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1978.
Ingredients: Water, organic soybeans grown in accordance with California Health and Safety Code 26569.11, natural nigari (magnesium chloride). Or calcium sulfate (a natural earth mineral).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1980, undated. 5 by 4 inches. Nigari is green on clear film, firm-style nigari is red, calcium sulfate is blue, firm-style calcium sulfate is brown. "Fresh and natural. Since 1906. No preservatives." "Quong Hop" written in Chinese characters at top of circle.

Product with Label purchased at Safeway supermarket in Lafayette, California. 1993. Aug. 25. In two stickers on the front of the package, Quong Hop now claims that (1) their tofu is "The original reduced fat tofu;" and (2) "The original reduced fat–High protein tofu: Serving size 4 oz., Fat per serving 3 gm. Protein per serving 14 gm." This is probably in response to White Wave's reduced fat tofu. The film label for the 1 lb tub is now dark red, light red, and white. The price is $1.39.

3934. **Product Name:** [Tofu].
Foreign Name: Tofu or Tau-Fu.
Manufacturer's Name: Roland A. di Centa.
Manufacturer's Address: Via Maffei, Milan, Italy.
Date of Introduction: 1978.
New Product–Documentation: Letter from Roland A. di Centa. 1993. Aug. 9. Roland was one of the first people to introduce soyfoods to Italy. He was very interested in macrobiotics and was a close friend of Michio Kushi. "My interest in food was to heal people with food and I had a lot of success using a holistic approach to help people with major diseases. For all these cures I used a lot of miso, tempeh, and tofu. Good miso was available. However tempeh and tofu had to be locally produced. I cured people from 1980 until about 1985." Roland started to make and sell tofu in Italy in 1978. He made it by himself out of his apartment at Via Maffei, Milan, Italy. For details on how he got started, see the 1993 letter cited above.

3935. **Product Name:** Tofu & Brown Rice Burrito.
Manufacturer's Name: Season's Harvest.
Manufacturer's Address: 52 Broadway, Somerville, MA 02145. Phone: 617-628-1182.
Date of Introduction: 1978.
Ingredients: Incl. tofu, brown rice.
New Product–Documentation: Talk with Ademar Reis. 1993. Nov. 29. He introduced this product in about 1978.

3936. Shurtleff, William. 1978. Notes on visit to Wo Chong tofu factory in San Francisco. Lafayette, California: New-Age Foods Study Center. 1 p. Unpublished manuscript.
• ***Summary:*** The company uses 2,000 lb/day of dry soybeans to make firm tofu, sui-doufu (silken tofu), deep-fried tofu cubes (puffy but not hollow) with no expanding agent, and soy sprouts.

Walter Louie says that both Wo Hop and Wo Chong both used to make fermented tofu; they started at about the same time as Quong Hop. George Young was in Charge. Walter Louie arrived at Wo Chong in about 1949. He stopped making it because he was short of manpower.

Note: This is the earliest document seen (April 2001) that contains tofu industry or market statistics for smaller companies. Address: 790 Los Palos Manor, Lafayette, California 94549. Phone: 283-3161.

3937. **Product Name:** Tofu [Soft, Firm, or Bulk].

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Manufacturer's Name: Southwest Soy Foods.
Manufacturer's Address: 121 E. Santa Fe Ave., Santa Fe, NM 87501. Phone: 505-988-1889.
Date of Introduction: 1978.
Ingredients: Organic soy beans, calcium sulfate, filtered water.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Talk with Kathryn Bennett. 1989. Aug. 28. She introduced these three types of tofu in 1978.

Label from about 1982 brought by Richard Jennings. 1990. Sept. 20. About 5.5 by 4.5 inches. Printed brown ink on clear film. Illustrations: Around perimeter of container is a stylized southwest snake-like animal with an arrow tongue pointing at its tail. In the center is a sort of thunderbird. The company name is written with filigree letters. "The traditional food of the future. a.k.a. bean curd or soy bean cheese. Send stamped envelope for free recipes and nutritional information."

Label for "Firm Tofu" from about 1982. Red on pink. Made from organically grown soybeans and calcium sulfate.

Label for "Firm Organic Tofu." Sent by Richard Jennings. 1990. Sept. 28. 6 by 5 inches. Plastic lidding film. Red and black on pink. With UPC indicia. Company name now spelled "Southwest Soyfoods." Weight: 16 oz. Ingredients: "Organically grown soybeans, water, calcium sulfate (a natural mineral). All natural ingredients. No preservatives."

3938. **Product Name:** Tofu Vegetable Stew.
Manufacturer's Name: Swan Foods Corporation.
Manufacturer's Address: 5758½ Bird Rd., Miami, FL 33155.
Date of Introduction: 1978.
Wt/Vol., Packaging, Price: 8 oz pack. Wholesales for $0.65 (April 1978).
How Stored: Refrigerated.
New Product–Documentation: "Swan Food Corp." order form and price list for distributors. 1978. April. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. This was America's first refrigerated tofu entree.

3939. Takatsuka Marugo Shokuhin. 1978. Kaisha annai [Introducing our company]. Soya 3-41-10, Ichikawa-shi, Chiba-ken, Japan. 11 p. Manufacturer's catalog. Color. [Jap]
• ***Summary:*** The company was founded in March 1894 as Takatsuka Marugo Seika Shijo Yugengaisha. In Nov. 1908 they established their first tofu plant. Jan. 1957: Started making bean sprouts (probably mung beans) Oct. 1965: Bought their first automatic tofu forming machine, a second one following in Oct. 1973. Today the company makes mung sprouts, soybean sprouts, sushi age (tofu pouches), ganmodoki, nama age, inari age, abura age, yaki-dofu, tofu.

Note: This is the earliest document seen (April 2013) that uses the term *sushi age* to refer to deep-fried tofu pouches. Address: Chiba-ken, Japan.

3940. **Product Name:** Tofu.
Manufacturer's Name: Unknown Tofu Shop.
Manufacturer's Address: Carbondale, Colorado.
Date of Introduction: 1978.
New Product–Documentation: Talk with Matthew Schmit. 2002. Sept. 19. In 1978 Matthew heard that Spinning Kitchen in Boulder had stopped making tofu. Their shop had been upstairs in a building, and water had leaked through the floor into the restaurant downstairs. A couple had bought their classic tofu equipment, moved it to Carbondale, Colorado (near Aspen), started a small tofu shop, and began making tofu–the reincarnation of The Spinning Kitchen. Matthew also heard that this couple had decided to stop making tofu and that their equipment was for sale. He and Suzanne drove to Carbondale and met the two people, who took them to a storage unit where they had all their possessions in storage: A big cast-iron pot on three legs, capacity about 25 gallons; a hand-made cedar curding barrel (which Matthew still uses as an end table in his living room); an old apple-cider press that was used to press soymilk from the okara; and a great old grinder with metal plates, a hopper on top, a fan belt and an electric motor below, made by C.W. Bell Co. in Ohio. Matthew ended up buying this classic old equipment for several hundred dollars.

3941. White Wave. 1978. We've got an alternative. White Wave Soy Dairy (Poster). 1738 Pearl St., Boulder, CO 80302. 1 p. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** A large illustration (see next page), inside a circle formed of tiny beans, of a man leading his cow, standing under a beanstalk, looking in wonder at the seeds (soybeans); reminiscent of Jack and the Beanstalk.

3942. Yoshikawa, Koichi. 1978. Sosen no sugureta tôfu-zukuri to gendai no shinpo. Nigari tôfu, aburaage no kihon. Kôen yôshi [Our ancestors' superior way of making tofu and modern progress. The basics of nigari tofu and tofu pouches. Lecture outline (Brochure)]. Yoshikawa Shoji Co., Honmachi Wako Building, 2-50 Kita-Kyuhoji-machi, Higashi-ku, Osaka, Japan. 4 p. [Jap]
• ***Summary:*** Yoshikawa believes that tofu is most delicious when made in the traditional way, using their nigari as a coagulant. Address: Osaka, Japan.

3943. Abehsera, Michel. 1978. Cooking with care & purpose: menus for strength and peace of mind. Brooklyn, New York: Swan House Publishing Co. [x] + 271 p. Index. 21 cm.

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We've got an alternative

White Wave

Soy Dairy

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• ***Summary:*** A macrobiotic cookbook. From the front cover: "Toward the prevention and elimination of disease." "Amazing cures from the kitchen."

The chapter on "Legumes" (p. 39-45) includes: Cooking beans in a pressure cooker (chickpeas, lentils, aduki beans). Sweet beans casserole (with aduki beans). Soft adukis. Chickpea stew. Soja jardinire (with "1 cup cooked soya beans" and "2 tablespoons soy bean paste (miso)"). Bean sprouts (mung beans or lentils). Vegetarian cheese [tofu] (made with 2 cups soybeans, ½ cup lemon juice, salt, and cold water). Soya milk from soybeans. Soya milk from soya flour. Vegetarian cheese from soya flour [tofu].

Miso: The chapter on "Soups" begins with a long quotation by Dr. Tatsuichiro Akizuki, M.D. (no source is cited) about the use of miso to changes one's constitution and prevent radiation sickness (p. 49-52). Miso soup (p. 52). Miso sauce (p. 137). Miso spread (with tahini, p. 145). Miso pate (with aduki beans, p. 147).

A common seasoning in this book is "soya sauce." There are also many recipes for "seaweed" (p. 91-95).

Michel Abehsera arrived in the USA (New York City) from North Africa in 1964, and "was startled to find an entire generation of rootless youth." In the late 1960s he left the East Village [a largely residential neighborhood to the east of Greenwich Village on the west side of lower Manhattan in New York City] for Binghampton, New York, intending to slow the pace at which he had been living and to write a few books. His first book was *Cooking for Life* (1970, Swan House). Address: Brooklyn, New York.

3944. Araki, Nancy K.; Horii, Jane M. 1978. Matsuri–Festival: Japanese American celebrations and activities. San Francisco, California: Heian International Publishing Co. 140 p. Illust. Index. 20 cm.

• ***Summary:*** Japanese words are used in this book whenever possible, followed by their translation into English.

In the chapter titled *Oshôgatsu* (New Year's) is a section on Mochi tsuki (pounding mochi) (p. 27). Freshly pounded mochi is delicious when eaten with a garnish of grated daikon (giant white radish) mixed with sesame seeds and soy sauce. It can also be seasoned with soy sauce and wrapped in nori, "or a mixture of sugar, salt and *kinako* (soybean flour).

In the same chapter is a recipe for Ozôni (traditional soup with mochi) (p. 46). One optional ingredient is "*tofu* (bean cake)." Address: San Francisco.

3945. Ballentine, Rudolph. 1978. Diet and nutrition: A wholistic approach. Honesdale, Pennsylvania: The Himalayan International Inst. 634 p. Illust. Index. 24 cm. Seventh printing (revised): 1982. [799* ref]

• ***Summary:*** Ballentine is an M.D. The book, advocating a vegetarian diet and based in part on the principles of Indian Ayurvedic medicine, is carefully researched and well written. He has a nice 1-page statement on tofu. Concerning de-gassing beans: "The gas that comes from eating beans is caused primarily by two unusual starches, stachyose and raffinose (Rackis 1970). They are rather short chains of sugar molecules, but they are joined by a special linkage that cannot be broken by any of the enzymes usually found in the intestine. For this reason they cannot be absorbed, but remain behind in the digestive tract where they are metabolized by certain bacteria that are more common in those who eat meat. Especially in one who is not accustomed to a vegetarian diet, these bacteria break down the short starches into carbon dioxide and hydrogen, the two main components of gastrointestinal gas (Rackis 1975). These starchy villains (stachyose and raffinose), responsible for so many unsavory misdeeds, can fortunately be removed from the beans. Soaking overnight helps a little since enzymes in the bean break down the starches into sugars. But this probably eliminates less than a tenth of the problematic starches. Boiling for 20 minutes will remove a third of them, and 85% can be removed if soybeans, for example, are boiled 5 minutes, soaked for a half hour in tap water, rubbed until the hulls float free, then cooked for an hour (Wolf 1975, Latin Am.).

Most of the gas-producing starches can be eliminated by sprouting. This also increases the protein content, decreases the starch content, and shortens the cooking time of legumes.

"Phytic acid (p. 71) is phosphorous compound found in most plant foods but in especially large amounts in whole grains, beans, and peas. It has the property of combining with minerals, especially calcium, iron and zinc, to form insoluble compounds which are carried out in the stool." It can lead to rickets or softening of the bones in adults. Chapter 6, titled "Protein," contains interesting sections on legumes ("The soybean holds a position of honor in traditional Chinese culture... the higher the income in India the greater the quantity of legumes consumed"), history of attitudes toward protein (origin of the ideas of complete proteins, incomplete proteins, and complementary amino acids), and beans and grains (p. 135-40).

Note 1. By 1987 this book was in its 14th printing and had sold over 100,000 copies. Note 2. This is the earliest document seen (July 1999) with the word "wholistic" in the title. Address: Honesdale, Pennsylvania.

3946. Ballero, Mireille. 1978. Les meilleures recettes végétariennes du monde entier [The best vegetarian recipes from around the world]. Paris: Albin Michel. 286 p. Illust. Index. 22 cm. [Fre]

3947. Calella, John R. 1978. Cooking naturally: An evolutionary gourmet cuisine of natural foods. Berkeley, California: And/Or Press. ix + 112 + 5 p. Illust. by Pedro J. Gonzalez. Index. [81 ref]

• ***Summary:*** The author of this vegetarian cookbook, of Italian ancestry, is popularly known as "Organic John." He

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likes to use fresh foods, and he has a call-in radio show in San Francisco. In chapter 4, Ingredients (p. 16-), he discusses soya butter [margarine], miso, tamari, instant protein powder (incl. Shaklee's Instant Protein), lecithin granules, Soyamel powder (powdered soymilk made by Worthington Foods), Balanced protein seasoning (powdered HVP made from soybeans).

Chapter 10 (p. 79-83) contains a long section on soya beans, with recipes: Homemade soya bean curd (tofu). Things you can do with tofu. Soya patties (with dry soya beans). Soya bean loaf. Green soya bean mix (with dry green soya beans). Soya beans in a beet stew. Soya bean spread.

In the section on Fruit Sherbets, many of the recipes contain 2 tablespoons Soyamel (powdered soymilk) and lecithin granules. Address: Berkeley, California.

3948. Calkins, Peter H.; Huang, Kuang-Rong. 1978. Soybean production in Taiwan: A farm survey. *AVRDC Technical Bulletin* No. 11 (78-89). 27 p. (Shanhua, Taiwan). [15 ref. Eng]

• ***Summary:*** Describes profitability and yield from soybean, the motivations and problems of farmers, and the reaction of farmers in the past to measures such as the extension of improved varieties. Since 1973 scientists at the Asian Vegetable Research and Development Center (AVRDC) have been working to improve soybean's contribution to consumer diets and farmer incomes in Asia. In Taiwan soybean is used as a source of cooking oil, "milk, beancurd, sprouts, fresh seed, dried seed, flour and a green vegetable (the stems and leaves are fried)." It is also used to make textured vegetable protein products such as artificial chicken and fish; when cooked with miso, soysauce, and various spices, these "are practically indistinguishable from the real versions. Entire banquets of rice and little else but soybean are routinely served in the vegetarian restaurants and Buddhist monasteries of Taiwan."

"In 1976, the government of Taiwan started guaranteeing a price of US$277/tonne to encourage farmers to plant more soybeans. The response has been modest, largely because soybeans have not been as profitable as competing winter crops, such as adzuki beans." Table 1 (p. 2) shows that between 1967 and 1976, the area planted to soybeans in Taiwan decreased from 52,000 ha to 36,000 ha, the farm price increased from US$188/tonne to $256/tonne, production decreased from 75,000 tonnes to 53,000 tonnes, but imports increased dramatically from 347,000 to 780,000 tonnes (more than doubling). Thus the total supply/consumption of soybeans in Taiwan (domestic production + imports) increased from 422,000 tonnes to 833,000 tonnes, while domestic production as a percentage of total consumption decreased from 18% to 6%.

"Before 1945 most soybean cultivars in Taiwan were of local origin, with an average yield of only 500-600 kg/ha. However, the government introduced Japanese cultivars such as 'Shih-shih' and Palmetto' in 1952. Since the early 1960s, scientists in Taiwan have also worked to develop improved cultivars by crossing cultivars introduced from abroad (in this report, the former will be termed 'improved' and the latter 'introduced' cultivars). As a result, the percentage of farmers planting introduced and improved cultivars has increased steadily, from about 53% in 1963 to 92% in 1976 and yield has risen to 1.5 tonnes/ha." Address: 1. Assoc. Agricultural Economist; 2. Research Assistant. Both: AVRDC, Shanhua, Taiwan.

3949. Dahlinger, John Côté; Leighton, Frances Spatz. 1978. The secret life of Henry Ford. Indianapolis/New York: Bobbs-Merrill Company Inc. 243 p. See p. 170-77. Index. 24 cm.

• ***Summary:*** The author was born on 9 April 1923 at Henry Ford Hospital. His mother was Evangeline C. Dahlinger, who was married at the time to Raymond C. Dahlinger, one of Henry Ford's most trusted employees and later Manager of the Ford Farms. The author makes the case convincingly that Henry Ford was his father, making him Henry Ford's illegitimate son.

Chapter 12, titled "Quadrapeds are out" (p. 170-77) contains extensive information about Ford's work with soybeans and soyfoods. Ford believed that the world of the future would be a world without quadrupeds. "We don't need horses. We've got the tractor. We've got the automobile. We don't need cows–we can make synthetic milk. We can make meat substitutes out of soybean and coconuts–you can hardly tell the difference. We don't need sheep. We will be able to make wool out of synthetic things–it will be better than wool... Ford had good reason to distrust horses. He told me that when he was a young boy, his foot caught in the stirrup when a horse bolted. He was dragged around and could have been killed. I don't recall ever seeing him ride a horse... Ford considered the horse a very inefficient instrument. He called it a thousand-pound hay-burning motor with one-horse power.

"As Henry Ford worked toward his great vision of a world that had no need of quadrupeds, I was his guinea pig. And I wasn't the only one. Everyone had to eat the strange concoctions he was putting together and calling milk, meat, and vegetables, depending on their color. Soybean milk was his triumph. I had to drink it while he asked me eagerly, 'Can you tell the difference? Isn't that a fine glass of milk?'

"I loved milk, but his soybean milk almost cured me. It tasted like chalk. I was perfectly satisfied with the job a cow did, and his version was simply terrible. For a time, Ford was eating so much ersatz foods he was concocting that Mrs. Ford worried about his health.

"Ford would eat soybean pie and drink the soybean milk that made even milk of magnesia taste good. Ford was working on a soybean body for an automobile. They used to say that if it didn't run, Ford could eat it.

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Ford had a "car body built from the soil" with wheat straw, flax, and hemp [*Cannabis*] that proved to be so strong it was promoted in photo sessions by whacking it with an ax.

"Ford's ultimate triumph along the soybean line was the soybean dinner he himself dreamed up and had served at the time of the Ford exhibit at the Chicago Century of Progress Fair in August 1934." A list of the 16 items served is given; soy ice cream is not mentioned.

"I was about eleven [i.e. in about 1934] when Ford was at the peak of his excitement about soybeans. You had only to talk to him for five minutes and soybeans would enter the conversation. He kept bottles of soybean milk in our refrigerator in case he got thirsty and in case I weakened a little to drink a little too. I only drank it, however, under the greatest duress.

"I still have the recipe he gave to mother for making soybean milk. The formula was developed by his chemical engineers... Soak one-half pound soybeans overnight and grind to a fine powder. Add two quarts of water and heat in a double boiler for one-half hour. Strain liquid through a fine cloth and season with a dash of salt. Add one or two tablespoons of syrup to sweeten. A dash of banana oil can also be added to make it resemble cow's milk more closely. Ford was always shifting the formula around a trifle to see which sweetening syrup was best–maple or sorghum or honey–and whether a little more or less salt would improve the taste.

"Ford was evangelical about soybeans. He talked of how cooked soybeans tasted much better than lima beans did, and how soybean spread was much better for children than peanut butter. He advised me to try it in a soybean and jelly sandwich.

"Ford urged Mother to tell our cook to use a lot of soybeans in cooking and to overcome the strong flavor of the beans by adding plenty of onions. In his own household the cooks were ordered to sneak a few soybeans into every food on the table–into soup, salad, the peas or other vegetable of the day.

"Ford would now and then flash a letter around from some doctor or other who was grateful for Ford's experiments with soybean milk because babies who were allergic to cow's milk were able to use inexpensive, life-saving soybean milk. And also those adults who were allergic to milk were able to enjoy puddings and things that they had never been able to enjoy before.

"Incidentally, Ford's son was named after the man who was in charge of food research at Ford, Doctor Edsel Ruddiman. Ruddiman worked in the engineering lab and was one of Ford's favorite people. Ford, of course, worked closely with Dr. Ruddiman in maximizing the uses of soybeans." Ford also fancied soybean cottage cheese.

"If I recall correctly, Ford at one time had twenty thousand acres of soybeans under cultivation under Dad's direction, and it was said he was spending over a million dollars a year experimenting with the plant in various ways–as food, as plastic, as animal food, as a high-protein, low-calorie diet food, and as a source of industrial oils. Ford would brag about how there was nothing in the soybean plant that was wasted; even the stalk could be made into fiber.

"As Ford saw the world of the future–and I'm sorry it didn't come to pass–every farmer would become wealthy by running his own little factory, or 'cottage industry,' as Ford called it. He would produce soybeans in his field and make at least one soybean product for sale to factories or grocery stores.

"As Ford foresaw the world, farmers wouldn't need barns. 'With no animals, there need be no buildings on a farm except the granaries,' he said. Except, of course, the little farm factories..." (p. 176).

Henry Ford grew marijuana [hemp] for experimental reasons. It was "enclosed by a large cyclone fence. The Ford people thought it had all been destroyed after Ford died, but some years ago they found it growing wild again" (p. 177).

"His campaign against the quadruped never quite ceased. He was forever sounding off against four-footed animals, especially those that provided meat. As early as 1919 or '20 he had said that the world would be better off without meat... And he further insulted the cow by calling it 'the crudest machine in the world'" (p. 177).

Ford was as trim and lean as a split rail fence. He did not smoke or drink alcohol. He was a "health nut" and for a time he preached that sugar was dangerous (p. 78). At the top of things he disliked most were Franklin Roosevelt, "monied" Jews and Judaism, Catholics and Catholicism (p. 216).

3950. Duquette, Susan. 1978. Sunburst Farm family cookbook: Good home cookin' the natural way. 2nd ed. Santa Barbara, California: Woodbridge Press Publishing Co. 303 p. Illust. by Donna Wright. Photographs by Mehosh Dziadzio. From the Sunburst Farms Communities. Recipe index. 23 cm.

• ***Summary:*** This book is identical to the 1976 edition except that it comes from Sunburst Farms Communities instead of The Brotherhood of the Sun. The title and first paragraph of the introduction have been changed to read: "Sunburst Farms Communities is a family of more than 300 people, who have dedicated themselves to living in harmony with all people and all things." Address: Santa Barbara, California.

3951. Farm (The). 1978. Farm report: The year of the soybean–1978 (Brochure). Summertown, Tennessee. 24 panels. 43 cm. Blue ink on white paper.

• ***Summary:*** Contents: The community (history from San Francisco, California's, Haight-Ashbury days; arrived in Tennessee in May 1971 with about 270 people). How we live. Right vocation. Farm Foods ("our food distributing soybean-oriented cottage industry." Products {all vegetarian} include: whole and split soybeans, soy flour, texturized

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vegetable protein, nigari for curding tofu, tofu and home tofu presses, and tempeh. The Farm Construction Co. Government. Financial statement. The Book Publishing Co. (in the last 5 years they have sold over 1 million books; half of these they have printed themselves). Media (telephone system, CB radio, video production crew, audio tapes, The Farm Band). Education. The Gate. How we really make it ("We try to be spiritual in everything we do"). Other Plenty centers in Guatemala, South Bronx, Bangladesh). Quotation from Stephen ("I really know we are all One"). Plenty. The Planet. The Noble Bean. The midwives. Farm health. This brochure contains 27 wonderful blue-and-white photos. Address: 156 Drakes Lane, Summertown, Tennessee 38483. Phone: (615) 964-3584.

3952. Farm Foods. 1978. Cooking with soy flour. Summertown, Tennessee. 8 p. *
Address: Summertown, Tennessee.

3953. Farm Foods. 1978. Good Tasting Nutritional Yeast (R), Tempeh starter, Good For Ya Textured Vegetable Protein, Soy Ice Bean (Leaflet). 156 Drakes Lane, Summertown, TN 39483. 1 p. Feb. Front and back.
• ***Summary:*** Front: A description of each of these four commercial products and a color photo of the package, all on a tan background.

Back: Nutritional information about each of the four products. The bottom one-fourth of the back is devoted to a description (with photo) of *The Farm Vegetarian Cookbook* (Revised Edition), edited by Louise Hagler. It begins: "Here are recipes and nutritional information for a completely vegetarian [vegan] diet based on the versatile and Noble Soybean... There are chapters on cooking with Good Tasting Nutritional Yeast and with Textured Vegetable Protein. Twenty-five tofu and seven tempeh recipes help make this book a total reference for nutritious and varied vegetarian cookery." Address: Summertown, Tennessee.

3954. Farm, The. 1978. Yay soybeans! How you can eat better for less and help feed the world. Second revised edition. Summertown, Tennessee: The Book Publishing Co. 14 p. Illust. 22 cm. 2nd rev. ed. 1978, 14 p.
• ***Summary:*** The first edition of this creative little booklet, published in 1974, was printed with blue ink on white paper; this 1978 edition uses brown ink on white paper. Contents: Living on soybeans. Some of our favorite ways to eat soybeans. Basic cooked soybeans: Soybeans and tortillas, Soybean stroganoff, Soy fritters, Cheezy soybeans (Good Tasting Nutritional Yeast gives the cheezy flavor), Soyburgers, Soy nuts (dry roasted), Soy coffee. Soymilk: Using soybeans or using soy flour, Soy mayonnaise (made with soymilk), Soy yogurt.

Tofu: How to make at home (6 step process using nigari, epsom [sic, Epsom] salts, vinegar, or lemon juice as a coagulant), Tofu salad dressing, Tofu salad [like an eggless egg salad], Scrambled tofu, Pan fried tofu, Tofu cheesecake. Soy pulp: Introduction, Scalloped tomatoes and pulp, Soy pulp burgers, Soy pulp cookies. Soy flour: Basic salad and sandwich spread, Seasoned sandwich spread. TVP–Textured Vegetable Protein: Introduction, TVP tortilla and taco filling, Taco filling sauce, TVP spaghetti sauce, Sloppy Joes. Good Tasting Nutritional Yeast: Introduction, Melty cheese, Cheese crackers, Golden gravy, Yeast 'omelette.' Eggless cookery: Introduction, Pancakes (with soymilk), Chocolate cake (with sour soymilk), Cookie crust for cheesecake. A word about vitamin B-12. Some facts about people and food. Plenty. Address: Tennessee.

3955. Farwagi, Peta Lyn. 1978. Full of beans. New York, NY: Harper & Row. London: Pierrot Publishing Ltd. 158 p. Illust. Index. 19 x 19 cm.
• ***Summary:*** The author, while British Vogue's travel editor, collected more than 150 bean recipes from around the world–from family fare to feasts. Soya beans are called "The most nutritious of all beans. Weight for weight with steak, soya beans have more proteins. Also discusses and defines: "Bean curd: "Fresh, custard-like cakes of pressed, pureed soya beans. Sold by the cake which is usually ½ inch thick and 3 inches square, in Oriental provision stores." Fermented black beans (black soya [fermented black soybeans]). Soya bean sprouts. Soya oil.

Contains recipes for: Duck and soya beans (China, p. 68). Soya beans & potato salad (p. 146).

3956. Faryna, Paulette J. 1978. Soyabeans in the Nigerian diet. *Ahmadu Bello University, Extension Bulletin.* No. 21. 74 p. Home Economics Series No. 1. Reprinted in Nov. 1985. [64 ref]
• ***Summary:*** Contents: Acknowledgements (especially Mrs. V. Ogunsola of Home Economics Section, Samaru College of Agriculture, and Mr. T. Kay, Dept. of Chemical Pathology, Ahmadu Bello Univ., Zaria). Foreword. The history of soyabeans. The role of soyabeans in the diet. Soyabeans in Nigerian weaning foods. Protein deficiencies. The preparation of soyabeans. Soyabeans enriched paps and porridges. Soyabean soups. Soyabeans as a meal on their own. Soyabean patties. Soyabean sweet snack foods. Soyabean breads. Fermented soyabean products: Soyabean Daddawa, Soyabean Sprouts. Soyabean oriental delicacies: Tofu (curded with lemon juice, vinegar, kuka [the fruit of the baobab tree], calcium sulphate, or epsom salts), Basic Fried Tofu, Soyabean Cheese (with okara), Soy Yogurt. Appendix: Measurements. Home made ovens. Soyabean feeding trials with infants. References.

Note: This is the earliest English-language document seen (April 2013) that uses the term "soyabean cheese" to refer to tofu.

Includes 67 Nigerian-style recipes. Soybeans are used

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mostly in the form of "soybean paste" (fresh soy puree or gô) and homemade whole soy flour. To make the paste: Soak soybeans overnight, dehull by hand and float off hulls, grind cotyledons with a small amount of water, use in a cooked preparation. To make flour: Boil beans for 30 minutes, wash, soak in two times the volume of water for 12-24 hours, change water every 4-6 hours, sun-dry, grind.

Soyabeans were introduced to Nigeria in 1908, and most of the early research was carried out at the Moor Plantation in Ibadan. Germination of the imported seeds was a major problem, leading to the failure of early attempts to grow soybeans in Southern Nigeria. However subsequent trials in the Guinea Savannah belt proved successful. In 1928 soyabeans were successfully grown at the Samaru Experimental Station. This success encouraged the development of a programme which eventually resulted in the distribution of seed to subsistent farmers in order to establish soyabeans as a cash crop. A world shortage of oil seeds immediately after World War II accelerated the drive for increased soybean production in Nigeria.

A map (Fig. 1, p. 2) shows the main soybean growing area in Nigeria, which is in the Southern Guinea Zone; here a rainy season of 5 months or more discourages the cultivation of groundnuts and cowpeas. Benue state is the main soybean growing area, followed by the Abuja area in Niger State and the southern divisions in Kaduna State. The crop is planted in small holdings of 1 to 2 hectares per farmer. The most common variety planted is the Malayan variety.

Table I shows Nigerian soybean production and market value from 1957-58 to 1972-73. The peak production year was 1962-63 (26,450 long tons); only 234 tons were produced in 1972-73. Address: Extension Home Economist, Ahmadu Bello Univ., Agricultural Extension and Research Liaison Services, P.M.B. 1044, Samaru-Zaria, North Nigeria.

3957. Ford, Barbara. 1978. Future food: Alternate protein for the year 2000. New York, NY: William Morrow and Company, Inc. 300 p. Index. 22 cm. [40+ ref]
• ***Summary:*** The author concludes that soybeans are most likely to be the protein source of the future. Chapter 2, "The Cinderella Bean" (p. 32-53) and Chapter 3, "Soybeans, Oriental Style" (p. 54-71) both discuss the benefits of soybeans. Pages 37-38 note that soybeans were once called "haybeans" and their hay was called "haybean hay."

Note: This is the earliest English-language document seen (Oct. 2011) that which uses the term "haybean" or "haybeans."

The work of the USDA Northern Regional Research Lab. (NRRL) with soyfoods is described at length. While at the NRRL she first encountered "sufu." In "Chinese markets, sufu is not called sufu but 'bean curd' or 'bean cake.' As soon as I saw sufu I realized it has an image problem–not as unappetizing as natto, but distinctly unpleasant. Picture grayish chunks of some odd-looking material floating in a murky liquid, like biology specimens in a bottle, and you have a typical bottle of sufu.

"Sufu looks so bad that my husband, who has faithfully eaten a number of odd-looking sources of protein that I have purchased over the years, refused it. It took a little courage for me to tackle one of the grayish lumps myself but I finally ate one. To my surprise, it was good, rather like a tangy dairy cheese but with a distinctive, nonbeany flavor of its own" (p. 60-61).

Chapter 6, "It Ain't (Just) Hay," is about alfalfa leaf protein and leaf protein concentrate. Research on leaf protein "really started during World War II, when British scientist N.W. Pirie suggested the use of leaves to augment dwindling meat supplies... Pirie's proposal never got underway during the war because of the costs involved, but after the war he was given a laboratory where he carried out most of the pioneering work on leaf protein."

Chapter 9, "SCP: Promises, Promises," is about single-cell proteins such as the bacteria *Cellulomonas* and *Pseudomonas* (the champion, which can double its weight in 9 minutes). A probable culprit in SCPs is "nucleic acids, which have been shown to cause elevated uric acids in humans if used over an extended period of time. Raised uric acid levels lead to gout, kidney stones, and gallstones. Some bacteria contain from 15 to 16 percent nucleic acids, a fairly high level. Yeasts and fungi contain from 6 to 11 percent, still a high level. Algae have less." It is recommended that humans not consume more than 2 grams (0.7 ounces) of nucleic acids per day. Address: USA.

3958. Gaskin, Ina May. 1978. Spiritual midwifery. Revised ed. Summertown, Tennessee: The Book Publishing Co. 473 p. Illust. Index. 23 cm. [10+* ref]
• ***Summary:*** The original 1975 edition of this pioneering book, by "Ina May and The Farm midwives" (380 p.) did not mention soyfoods. However in this edition, the section titled "Taking Care of Yourself While You're Pregnant: Nutrition" (p. 227-31) states: "You will need to increase your protein intake by about 30%. On the Farm, we are complete vegetarians, and our main source of protein is soybeans and soy products such as soymilk; soy yogurt; tofu (soybean curd); hard, pressed tofu (more concentrated); soymilk ice cream; and TVP–texturized vegetable protein. Soybeans and soy products are very high in protein of a quality comparable to eggs and mother's milk (the international standards for complete protein).

"You can get plenty of protein for pregnancy by eating daily one cup of soybeans plus 12 ounces of soymilk or yogurt, or ½ lb. tofu and a pint of soymilk, or one cup hydrated TVP and a cup of soymilk or soy yogurt, or one quart of soymilk or soy yogurt and ½ cup of soybeans. We highly recommend a vegetarian diet for a healthy pregnancy and life."

Note: This is the second earliest published English-

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language document seen (March 2007) that uses the term "soymilk ice cream." Address: The Farm, Summertown, Tennessee.

3959. Haedrich, Ken. 1978. Good food, good folks: A collection of vegetarian recipes from across America. Plainfield, New Jersey: American Impressions. 46 p. *
• ***Summary:*** The author is a tofu fan, and he features tofu recipes in this cookbook. Address: Plainfield, New Jersey.

3960. Haedrich, Ken. 1978. Good food, good folks: A collection of vegetarian recipes from across America. Plainfield, New Jersey: American Impressions. 46 p. Illust. by Diane Haedrich. 21 cm.
• ***Summary:*** This booklet, printed with brown ink on beige paper, was published by the author. Some of the recipes are from other books, with proper acknowledgment. Contents: Dedication (to World Hunger Year, P.O. Box 1975, Garden City, New York 11530). Introduction (He owns a print shop. The book idea was conceived while listening to singer / songwriter Harry Chapin talking about world hunger on the radio). Recipes–Breads & butter. Soups. Main courses & salads. Desserts. Many of the recipes call for "milk or soymilk," and for "tamari or soy sauce."

Soy-related recipes: Tofu sandwich spread (p. 20). A tofu primer (incl. Tofu "mayonnaise" and praise for *The Book of Tofu*, by Shurtleff and Aoyagi). Soyburgers (p. 23). Sweet & sour soybeans (p. 26). The rear cover states that half the proceeds from sale of this book will be "donated to World Hunger Year–an educational, resource organization focusing on food and hunger issues of local and global impact." Address: Plainfield, New Jersey.

3961. Hagler, Louise. ed. 1978. The Farm vegetarian cookbook. Revised ed. Summertown, Tennessee: The Book Publishing Co. 223 p. Illust. Index. 22 cm.
• ***Summary:*** An expanded and extensively revised version of its pioneering and very creative and influential predecessor. There are excellent expanded sections on gluten (p. 76-81), tempeh and tempeh starter (p. 82-93), miso (p. 93), soymilk (p. 95-101), Ice Bean (soy ice cream, including recipes for 5 flavors), Frogurt (soymilk frozen yogurt, p. 107), soy yogurt (p. 108-13 including a non-fermented cheese made by draining soy yogurt curds in a cotton bag; from this "yogurt cheese" are made soy-based cottage cheese, sour cream, cream cheese, and cheesecake), tofu (p. 114-41), yuba (142-43), soy coffee, soy nuts, granola, and Soysage (p. 144-47), soy flour (p, 148-53), sprouts (incl. alfalfa, mung beans, and soybeans, p. 154-57). Address: Summertown, Tennessee.

3962. Hobson, Phyllis. 1978. The soybean book. Growing and using nature's miracle protein. Charlotte, Vermont: Garden Way Publishing. iv + 172 p. Illust. by Andrea Gray. Index. 23 cm.
• ***Summary:*** Contents: Why soybeans? How to grow, harvest, and store soybeans: Selecting seed (edible varieties and time to maturity for fresh soybeans and dried beans), sources of seed, how much seed, planting the seed, inoculation, germination, the developing plant, the harvest, storing beans. Saving seed. How to process soybeans: Fresh soybeans (in the pods), dried soybeans, soy grits, soy pulp (cooked, mashed dehulled soybeans), soy flour, soy milk (from whole soybeans or from soy flour; the remaining "pulp" may be added to meat loaves or casseroles), soy curd (tofu), soy sprouts. Recipes–Soybean "meats." Roasted soybeans. Fermented soybean cakes (tempeh). Soy beverages. Soy breads. Soy cereals. Soy desserts. Soybeans with eggs. Soy salads. Soy spreads. Soy snacks. Candy and cookies. Soy soups. Soymeat dishes. Soybeans with meat. Soybean vegetable dishes. Supper dishes. Growing soybeans for animal feeds. Homemade dog and cat food. Using soybeans for soil improvement.

Note: The chapter on how to grow soybeans (p. 6-20) is especially useful. Address: USA.

3963. Holmes, Charlotte Van Gundy. 1978. Cooking for living. The art of healing. Sulfur Springs, Arkansas: Philadelphia Institute, Inc. 102 p. No index. 20 cm. [11* ref]
• ***Summary:*** The section titled "Soy beans" (p. 31-33) has the following contents: Introduction and list of different food products made from soy beans. Drying, freezing, canning, and tenderizing whole dry soybeans. How to make soybean milk: From beans, from soy flour, how to use the residue [okara] left from making soy milk. Soy cheese (also called "vegetable cheese" or "tofu"): How to make soy cheese from soy milk, how to make soy cream, how to make soy mayonnaise.

Also discusses: Homemade soy butter [soynut butter] (p. 57-58). Entrees (p. 58-60): Soy bean loaf, Soy cheese patties, Soy loaf, Soy grits loaf, Peanut butter patties. Soy sauce and Sovex (p. 83).

Note 1. The author's father, Theodore Van Gundy, was a soyfoods pioneer in southern California. The first printing of this book was in 1967, the second in 1970, and the third in 1973. Note 2. On the cover is written (as if it were the title): *Keys to Cooking for Living: Recipes and Menus.* Address: M.D., P.O. Box 308, Sulphur Springs, Arkansas 71768.

3964. Isakari, Kiyo; Hirakawa, Aiko. 1978. Shokuhin-chû no karushiumu ni tsuite. XII. Gyôko-zai no chigai ni yoru tôfu no karushimu, rin ganryô to tekusuchaa [The calcium content of foods. XII. Differences in calcium content, phosphorus content, and texture of tofu depending on the type of coagulant used]. *Saga Joshi Tanki Daigaku Kenkyu Kiyo* No. 12. p. 16-23. [Jap]
Address: 1. Saga Daigaku, Kyôiku-bu Kyôju (Prof., Dep. of Education, Saga Univ., Japan).

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3965. Jonathan. 1978. Prijslijst 1978–1979 [Price list 1978–1979]. Holleweg 113, 2070 Ekeren (near Antwerp), Belgium. 3 p. [Dut]
• ***Summary:*** This price list is written on the company's letterhead, at the top left of which is written "Jonathan." Below that is an illustration (line drawing) of two seagulls flying. In the top center is a large round yin-yang (*t'ai chi*) symbol, around which is written: "It's the way to a wonderful world." Below that, as part of the letterhead is written (in Dutch and French): "Preparation of macrobiotic, natural, and vegetarian specialties."

Fresh products: Seitan (vegetarian steak, 2 kg or 5 kg). Tofu (*sojakaas*, 2 kg or 5 kg). Mochi (sweet rice and sea salt). Seitanburger (seitan, buckwheat, fresh herbs; 20 burgers). Seitan Saté (seitan, tofu, carrots, onion; 20 skewers). Soy flour (*Sojamel, biologische gele sojabonenat* [organically grown yellow soybeans], 455 gm pots). Soya croquettes (*Sojakroketten*, made from soybeans, 50 pieces). Vegetable pickles.

Dry goods: Sea vegetable condiment (kombu and sesame seeds). Spreads: Nut butter (*Notenpasta*). Peanut butter. Nut mix. Almonds. Cashew nuts. Hazelnuts. Address: Ekeren (near Antwerp), Belgium. Phone: 031-64.41.73.

3966. Lai, H.M. 1978. Island of immortals: Chinese immigrants and the Angel Island Immigration Station. *California History* 57(1):88-103. See p. 96, 102. [59 ref]
• ***Summary:*** This issue (spring 1978) is a special issue titled "The Chinese in California."

Fermented bean curd is mentioned in two footnotes on page 102; both refer back to page 96.

Footnote 40: Breakfast may include "dried bean sticks" [dried yuba sticks]. Dinner includes a main dish "plus one small dish. "The small dish could be salt fish, preserved olive, fermented bean curd, sweet pickles or plum sauce."

Note 1. Footnote 40 refers to a menu listed in *Chinese World*, 28 Feb. 1910 for three meals served in one day at Angel Island. Complaints about food were common so the government agreed to have the food provided by private concessionaires–the first one being a firm run by a Chinese man, Fong Wing (Kuang Zhujing) and his white partner. The dinner meal consisted of a main course plus one small dish–as described above.

Footnote 42. "... pork and mustard greens soup, fermented bean curd (Tues.); pork with greens, salt fish (Wed.); pork with dried bean sticks, plum sauce (Thurs.); pork and winter melon soup, bean curd with soy sauce (Fri.);..."

Note 2. Footnote 42 mentions another menu provided by the white concessionaire who won the next bid. A similar menu was offered which also included fermented bean curd, plus dried yuba sticks and tofu. Address: Vice president and past president of the Chinese Historical Society of America in San Francisco and an instructor in Asian American Studies at the Univ. of California, Berkeley.

3967. Li, Hua-sheng; Chuang, Ming. 1978. Tou fu shih p'u [Bean curd recipe]. Hong Kong: Wan-li Shu-dian (Ten Thousand Mile Bookstore and Publishing Co). 150 p. [Chi]
• ***Summary:*** A large recipe book. Address: Heilongjiang, China.

3968. Mather, Christie. 1978. A tofu poem. Telluride, Colorado. 1 p.
• ***Summary:*** A cute poem, in rhyming couplets, describing how tofu is made. Christie is a member of the Tofu Shop cooperative. Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

3969. Miller, Lindsay. 1978. The apartment vegetarian cookbook. Culver City, California: Peace Press. 312 p. Index. 22 cm. [30 ref]
• ***Summary:*** Soy-related recipes include: Soybean bulgar casserole (p. 148). Soybean stuffed eggplant (p. 157). Soybean creole (with brown rice and tomato paste, p. 175). Soybean patties (p. 182). Whole wheat soy bread (with soy flour). Cornmeal-soy grits bread (p. 211). Wheat germ-soy grits bread (p. 212). Quick wheat-soy bread (p. 219).

The glossary contains substantial entries for miso, peanut butter, soy beans, soy flour, soy grits, tamari soy sauce, tisanes or herb teas, and tofu. Address: Culver City, California.

3970. Needleman, Larry. 1978. The Tofu Kit story. In: 1978. The Briarpatch Book: Experiences in Right Livelihood and Simple Living from the Briarpatch community. San Francisco: New Glide / Reed Book. xiii + 313 p. See p. 237-40. 24 cm.
• ***Summary:*** In the spring of 1976 (about April or May) Larry decided it was time to create a situation that utilized his food karma and experience, "but that wasn't a quick burnout like a restaurant, and was healthy and made sense world economically–one that would provide unlimited personal and spiritual growth and was a service." He committed himself to positive thinking and positive action. He began fasting a lot, meditating, praying and concentrating regularly, taking his jogging seriously and generally just putting out good energy. "About a month into this I remember saying, 'O.K., Lord, I'm ready, lay it on me.' And that week the Tofu Kit was born.

"Inspiration: I had just received test results from a physical exam, saying I was in fine shape but my cholesterol was too high. That day, as I remember, I saw a copy of *The Book of Tofu*, by Bill Shurtleff and Akiko Aoyagi. It blew me wide open. I'd used tofu like any other good, miso-soup loving hippie, but hadn't connected heavily with the bland, unappealing white cake. But the book gave marvelous ways to use this new-found 'friendly' food and pointed out how

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shifting from meat to tofu could have a direct effect, helping feed people elsewhere. Some 300 pages and 500 pages recipes later I came to the book's last page, 'Sending Tofu to the Four Directions,' an inspirational page that said, 'Do it!' So I did.

"Three of us were sitting around a wood stove in Sonoma County talking about tofu and tofu making, when the word 'kit' popped up. It rang the bell. I immediately began researching and developing the kit the very next day and have continued to work on it daily since then. This is my first venture into the manufacturing world.

"Connection: When the kit was about 3/4 of the way to market, Bill and Akiko arrived from Japan and Bill called me to say he'd heard from Westbrae Natural Foods that I was working on a tofu kit. I was really excited. He invited me to share food, films, and tales of tofu with him and asked me to bring the kit. What a connection! That meeting, one of several, tuned up and accelerated the kit. We talked of and planned many projects together, and then around midnight on the first of October [1976], I bid Bill and Akiko good-bye as they began a four-month speaking tour. Bill left me with instructions to meet with The Farm Food Co. people in San Rafael, California, and to begin organizing a school to share the technology and equipment of small-shop tofu making with hundreds of people in this country who were waiting for it; I left him with 200 Tofu Kits and a sales rep. agreement. Orders started pouring in for Tofu Kits, but production wasn't pouring out."

Larry moved from Occidental, California, to Corte Madera (P.O. Box 829), which was much closer to San Francisco. Describes expansion of production and designing a school, The Learning Tree, at the Farm Food Co. The term will be about 3 weeks long and enrollment limited to about 10 students per term. The kit retails for $11.95. A photo shows Larry holding his Tofu Kit. Illustrations show: (1) The tofu kit. (2) A jar of soy beans, and a cake of tofu on a plate. (3) A small "Tofu School" building in a field. Address: The Learning Tree, P.O. Box 829, Corte Madera, California 94925.

3971. New England Soy Dairy Inc. 1978. Laughing Grasshopper organic nigari tofu (Poster). Greenfield, Massachusetts. 1 p. 33 x 25 cm.
• ***Summary:*** This poster (see next page), printed with green ink on a beige background, and a double-lined border, states in handwritten calligraphy: "Tofu is a high protein food, versatile and easy to prepare, that can form the backbone of the vegetarian diet. An ideal food for dieters and budget-watchers, it is low in fats & calories, free of cholesterol and inexpensive.

"To maintain the highest quality, Laughing Grasshopper Tofu is made in small batches by skilled tofu-makers, using organic soybeans, nigari (natural solidifier), and water.

"Here are the many delicious ways in which tofu may be prepared:

"1. Regular Tofu (Japanese)–dips & spreads; pan frying; puddings; pastries; pie filling; soups; freezing. 2. Firm Tofu (Chinese)–deep frying; scrambling; baking; broiling; barbecuing; soups; freezing." Address: 305 Wells St., Greenfield, Massachusetts 01301. Phone: 413-772-0746.

3972. Null, Gary; Null, Steve. 1978. The new vegetarian: Building your health through natural eating. New York, NY: William Morrow and Company, Inc. 350 p. Index. 22 cm. [63 ref]
• ***Summary:*** In the chapter titled "Incomplete Protein Foods," soybeans are discussed on pages 183-86. A brief introduction is given to soy protein concentrates, isolates, spun protein fibers, and textured vegetable proteins. Full-fat soy flour, soy granules, soy flakes, and defatted soy flour and grits are available in natural-food stores.

"In striking contrast to these highly refined products of the West are the traditional East Asian products, tamari soy sauce, miso (fermented paste), and tofu... Tofu (soy curd or soy cheese) is a truly remarkable food. It is very inexpensive when purchased at Oriental markets or natural food shops and even more so if made at home." A description of how to make tofu and a summary of its nutritional benefits are given.

The soybean is "delicious when served a fresh green summer vegetable, simmered or steamed in the pod." Or as roasted soybeans [soynuts, dry-roasted or oil-roasted], cooked whole dry soybeans, tempeh, or soy sprouts. The same chapter also discusses miso and tamari in detail (p. 197-99), wheat gluten (p. 178-79), and azuki beans (p. 180). Address: Director, Nutrition Inst. of America, New York. Host of the daily radio program "Natural Living.".

3973. Passmore, Jacki. 1978. All Asian cookbook: Japan, China, Korea, India, Malaysia, Singapore, Indonesia, Laos, Thailand, Burma, Cambodia, Vietnam, Philippines, Sri Lanka. Secaucus, New Jersey: Chartwell Books. 224 p. Illust. (color photos). Index. 29 cm.
• ***Summary:*** Soy-related recipes: Vietnam: Soya sauce pork (Thit bho to, p. 71, with light soya sauce). Malaysia and Singapore: Mixed vegetables with salted black beans [fermented black soybeans] (the black beans are crushed, p. 103). Stuffed beancurd, peppers and black mushrooms (with 6 pieces hard beancurd, each 5 cm {2 inches} square, p. 103). Fried beancurd squares (Taukwa goreng, with 6 squares hard beancurd and dark soya sauce, p. 103). Chinese soup with pickled vegetables, beancurd and mixed meat (with 2 squares soft beancurd, p. 106).

Indonesia: Sweet pork (Babi kecap, with sweet soya sauce {kecap manis}, p. 118). Soya sauce sambal (with dark soya sauce, p. 124). Mixed vegetable soup (Sayur campur, with 2 cakes soft beancurd, p. 126).

Philippines: Lumpia (with dark soy sauce in the sauce,

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Laughing Grasshopper

ORGANIC · NIGARI TOFU

Tofu is a high protein food, versatile and easy to prepare, that can form the backbone of the vegetarian diet. An ideal food for dieters and budget-watchers, it is low in fats & calories, free of cholesterol and inexpensive.

To maintain the highest quality, Laughing Grasshopper Tofu is made in small batches by skilled tofu-makers, using organic soybeans, nigari (natural solidifier), and water.

Here are the many delicious ways in which tofu may be prepared:

Regular Tofu (Japanese)
– dips & spreads; pan frying, puddings; pastries; pie filling; soups; freezing.

Firm Tofu (Chinese)
– deep frying; scrambling; baking; broiling; barbecuing; soups; freezing.

New England Soy Dairy, Inc., 305 Wells St., Greenfield, MA 01301

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p. 136).

China: Fish with hot bean sauce (with hot bean paste or hoisin sauce, p. 146). Lobster with salted black beans and chili (p. 11). Stewed spare ribs with salted black beans (p. 159). Mixed green vegetables with salted black beans (p. 163). Hotpot of vegetables and beancurd (with 8 squares soft beancurd, p. 164). Ma po beancurd (with 6 squares soft beancurd, p. 166). Cold beancurd salad (with 6 squares soft beancurd, p. 166). Fried beancurd (with 8 squares soft beancurd, p. 166). Sharks fin soup (with dark soya sauce, p. 167). Wonton soup (with light soya sauce, p. 168).

Japan: Soya bean paste (miso, homemade from canned chick peas + soya sauce!, p. 178). Tuna glazed with miso (Gyoden, with dark miso paste, p. 180). Sukiyaki (with 3 squares soft bean curd, p. 187). Braised pork and leek rolls (Teriyaki, with light soya sauce, p. 188). Fried eggplant in miso sauce (with white miso paste, 194). Miso soup (miso shiru, with diced bean curd and white miso paste, p. 195).

The Glossary includes: Bean paste, hot (made from chilies and soya beans, La do ban jiang, Chinese). Bean paste, salted (also known as yellow bean paste, made from soya beans, Taucheo, Chinese). Bean paste, sweet (either tien mien jiang or do ban jiang, made from soya beans, Chinese. See also hoisin sauce). Beancurd. Beancurd 'cheese,' fermented (in brine with chilies, wine, and spices, Dofu ru, Chinese). Beancurd skin [yuba] (yellowish, almost transparent sheets). Beans, salted, black: See Salted black beans. Kecap manis (Sweet, slightly thick soya sauce, Indonesian, Malaysian). Miso (Japanese). Soya sauce (light, dark, and sweet). Tahu (Malaysian): See beancurd. Taucheo (Chinese): See Bean Paste, salted. Taukwa (Chinese, hard beancurd). Tien mien jiang (Chinese): See Bean paste, sweet. Tofu (Japanese): See beancurd. Vinegar and soya sauce dip: "A sharp-flavoured Korean accompaniment made by blending 3/4 cup light soya sauce, 3 tablespoons white wine vinegar, 3 tablespoons ground sesame seeds and 2 teaspoons finely chopped spring onions. Serve in individual sauce bowls." Yellow bean paste: See Bean paste, salted.

Note: This is the earliest document seen (Feb. 2011) that contains Vietnamese recipes that use soy as an ingredient. Address: Australian-born food writer.

3974. Perkins, David W. ed. 1978. Hong Kong and China Gas Chinese cookbook. Hong Kong: Published for the Hong Kong & China Gas Co. by Pat Printer Associates Ltd. (Hong Kong). 319 p. Illust. (mainly color). Index to recipes. 31 cm. • ***Summary:*** A treasure for anyone who admires Chinese cookery, this large, oversized, visually spectacular and beautifully designed book is also rich in culture and history. Comprehensive, with many insights, it contains numerous two-page color spreads. One of the best books seen to date (1978) on Chinese cookery, except for its poor index.

Hong Kong is located on the Pearl River Delta in China, bordering the province of Guangdong to the north and facing the South China Sea to the east, west and south. Its cuisine resembles that of Canton.

A full-page color map of China shows (with different colors) China's four main regional cuisines: Northern (incl. Beijing), Eastern (incl. Shanghai and Nanking), Southern (incl. Canton, Kwantung and Kwangsi), and Western (incl. Hupei, Hunan, Szechwan, Kweichow, and Yunnan).

Peking is only 40 miles away from the nearest point of the Great Wall of China, which started to be built during the Ch'in / Qin Dynasty (225 BC to 207 BC) as protection against invasion by Tartar Hordes. Genghis Khan (1162-1227) is said to have been the first to penetrate it (p. 21).

The last period of Imperial rule in China was the long-lasting Ch'ing / Qing Dynasty (1644-1911) (p. 22).

Since ancient times, when the feet become swollen, the Chinese have eaten peanuts and soya beans (p. 38).

Buddhist vegetarian cookery has existed in China since the 10th century AD (p. 60).

The section titled "Soya beans" (p. 62-63) mentions bean curd or tou fu ("the most versatile of foods in the hands of any cook with any degree of imagination"), soy sauce, soya bean 'milk,' dried bean curd, frozen bean curd, and *mao tou* [green vegetable soybeans] (which "make a delicious hors d'oeuvre when prepared Shanghainese-style").

The "mysterious MSG (Monosodium glutamate) is a ubiquitous 'instant flavouring'; but more dishes have been spoiled by the addition of too much MSG rather than by the addition of too little" (p. 76).

A large colored photo and accompanying numbered outlined diagram (p. 77-78) shows many different seasonings, incl. Hoisin sauce, hot bean paste, dark soy sauce, light soy sauce, and Worcestershire sauce. "Soy sauce rules the kitchen as undisputed emperor. Basically a fermented extract of the soya bean with salt added, it is available in three main types: heavy or 'black'; dark, containing caramel as colouring and light (both in colour and flavour)." The finest, most expensive, and most concentrated is the first extraction. Specialty soy sauces flavoured with mushrooms or shrimp roe are also available.

"Black bean sauce is a near relative of soy sauce, being made from salted, fermented black soya beans. Again, mention must be made of the three main types of soya bean pastes: hot (with chillies), sweet (with flour, sugar and spices [t'ien mien chiang]) and yellow, which is very salty indeed... *Hai Hsien* [Hoisin] sauce combines garlic, chilli, beans and ginger with other elements."

A color photo shows most recipes. Soy related recipes include: Shredded pork with dry beancurd saute (p. 112). Chopped soya bean sprouts with pork (p. 113). Stewed lamb with dried beancurd (p. 127). Stir fried chicken with [soya] bean paste (p. 135). Roast Peking duck (with 4 tablespoons "sweet bean paste," p. 153). Braised duck with lo han vegetables (and 60 gm "fried beancurd cubes," p. 156). 'Lu Shui' goose (p. 157; the Lu Shui sauce is made with 250

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gm sugar, 250 gm salt, 2 five-spice bouquets, 250 ml light soy sauce, 10 slices ginger). Braised fish with beancurd and vegetables (p. 161). Eight treasure beancurd soup (with "4 squares soft beancurd," p. 193). Vermicelli and fried beancurd soup (p. 199). Beancurd with shredded pork in soup (p. 201). Fried beancurd (p. 204-05). Spicy beancurd with ground pork (Ma P'o tou fu, p. 208). Braised beancurd with mushrooms (p. 212).

Beancurd stuffed with shrimp paste (p. 215). Steamed fish and beancurd cake (p. 221). Vegetarian goose (Su ngo, with "20 dried beancurd skins [yuba], about 41 cm = 16 inches in diameter," p. 227). A full-page photo shows a quern = hand turned stone mill (p. 243). Sweet bean paste dip (*tien tou chiang*, with "4 tablespoons sweet bean paste," p. 278).

Note 1. This is the earliest document seen (Oct. 2012) that uses the term "Su ngo" in connection with yuba.

Also: Sweet red bean paste (hung tou sha hsien, with small red beans [azuki], p. 278).

Glossary (p. 302-11; all Chinese words are given only in Chinese characters, which we have romanized in pinyin) incl.: Beancurd (*doufu*). Beancurd, dry (*toufu gan*). Bean curd cubes, fried (*zha doufu*). Beancurd cubes, preserved (*la furu*, spicy fermented tofu); also known as preserved beancurd and Chinese cheese. Beancurd skins, dried (*fupi*) [doufu pi, yuba]. Beancurd sticks, dried (*fuzhu;* [dried yuba sticks]) used frequently in vegetarian cooking. Bean pastes (*gan shi jiang*). Sauces produced from soya beans and other ingredients: Hot bean paste (*xiang shi la jiang*), soya bean paste (*mo shi jiang*), "sweet bean paste (*tian shi jiang;* produced from fermented black soya beans, flour, sugar and spices. Substitute: Hoisin sauce." Note 2. This is the earliest document seen (Feb. 2009) that uses the term "sweet bean paste" to refer to a Chinese paste made with soybeans. Yellow bean paste (*dou ban jiang*).

Bean sprouts: Shoots of the mung bean or the soya bean (*da dou ya cai*), the latter being much larger and stronger flavoured.

Note 3. This is the earliest English-language document seen (Jan. 2013) that uses the term *dou ya* or the term *da dou ya* to refer to soy sprouts.

"Black beans (*dou shi*)*:* Salted, fermented black soya beans, Lightly salty in flavour. Used as seasoning. Will keep indefinitely in dry conditions. Chinese cheese (see beancurd cubes, preserved). Dry beancurd (see beancurd, dry). Flour–"High gluten flour (*gao jin fen*)*:* A special kind of 'strong' flour, which gives extreme elasticity, making it possible to roll out the dough to very fine layers. Used for wonton wrappers." Fried beancurd cubes (see beancurd cubes, fried). "Hoisin sauce (*hai xian jiang*)*:* A seasoning sauce or condiment made from red beans (*hong dou*) [azuki], soya beans, sugar and spices. Sweet-spicy and tangy in flavour. Sold in cans or jars... Also known as Seafood Sauce and Barbecue Sauce." Hot bean paste (see bean paste). 'Lu Shui' sauce (*lu shui zhi*, in Cantonese 'Lu Soy'). A 'master sauce' or more accurately, a stock made with soy sauce, sugar, five spices and ginger. Used for simmering foods, particularly poultry, It gives a rich flavour and deep brown colour. For recipe see p. 157. Note 4. Widely used in Shanghai, and in Jiangsu and Zhejiang provinces). "Mao tou green peas (*mao dou*)*:* Small beans, grown in the north, with dark-green, slightly hairy pods, which should be removed. Substitute: lima beans." Monosodium glutamate. Oyster sauce (*hau you*)*:* A viscous dark-brown sauce made from oysters and soy sauce through a process of fermentation. Used as a flavouring and/or colouring agent ad as a condiment. Sold in bottles." Preserved beancurd (see beancurd cubes, preserved). Red beans (*hong dou*), [azuki]. Soya bean paste (see bean paste). Sweet bean paste (see bean paste). Yellow bean paste (see bean paste).

Talk with Cecilia Chiang, founder of The Mandarin restaurant in San Francisco. 2009. Feb. 16. She has this book. The authors of this book are not well known in China; they are mostly amateurs. The best Chinese cookbooks are written by Fu Peimei, a lady who was a real authority on all the different styles of Chinese cooking; she is no longer living. Many of her cookbooks are in both English and Chinese. Concerning "Bean paste," some of these are no longer available in the USA. Cecilia says Sweet bean paste may be something like *t'ien mien chiang.* Hoisin sauce is not used in Beijing, Shanghai, or anywhere in northern China; it is used mainly in Canton and south China. Cecilia thinks "Sweet bean paste" (t'ien shih chiang, p. 303) may be used only in Hong Kong. Most Chinese have never heard of this kind of sweet bean paste. True Cantonese food is quite different from that of Hong Kong. Cecilia knows Cantonese cooking very well; she goes there several times every year. Cantonese make the best soups, the best steamed fish and steamed chicken, and also their famous pork sausage (la chong?). Beijing cookery uses hard tofu, but most soft and silky tofu is imported from Japan.

3975. Photographs of the Telluride Tofu Shop in Telluride, Colorado. 1978. Telluride, Colorado.

• ***Summary:*** Fourteen black-and-white photos (each 3½ by 5 inches), numbered with captions, were sent to Soyfoods Center on 24 Sept. 2002 by Matthew Schmit, founder and owner of the Telluride Tofu Shop. The photos themselves were all taken in 1978. They show: (1) Sign above entrance on Oak Street to Spectrum Shops: The Tofu Shop and Winter Stash food co-op. (2) Restaurant with "Tofools" eating and hanging out. (3) View of the "kitchen" with cutting board, pots, and shelves. (4) "The Tofools" (16 people) standing under sign in front of Oak Street entrance. Incl. Catherine Peterson, Christie Mather (front row, third from left), and Matthew Schmit (in far back). (5) Packing the day's tofu in kitchen. Matthew Schmit (front, with beard and pony tail). Joel Rosenblum (back). Forming boxes of tofu were pressed on cutting board by Joel–who later worked for White Wave

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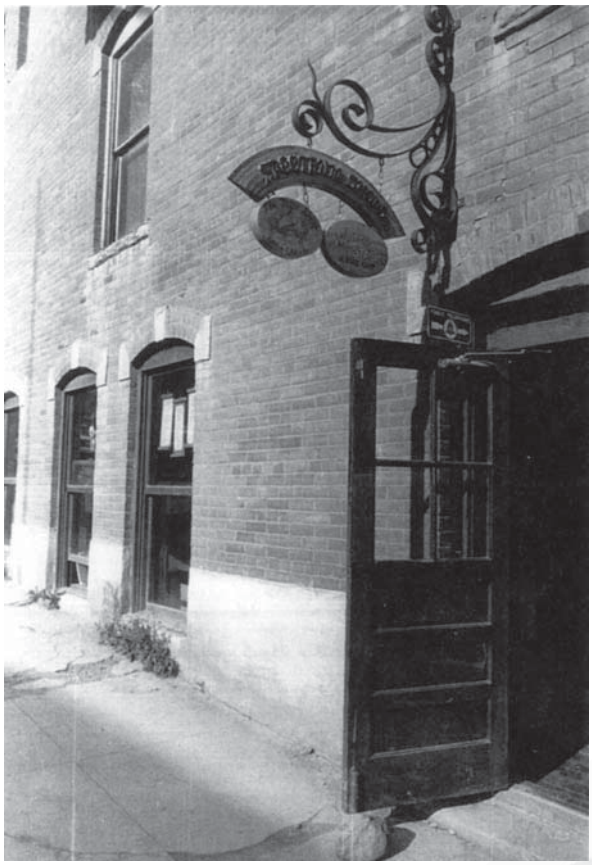

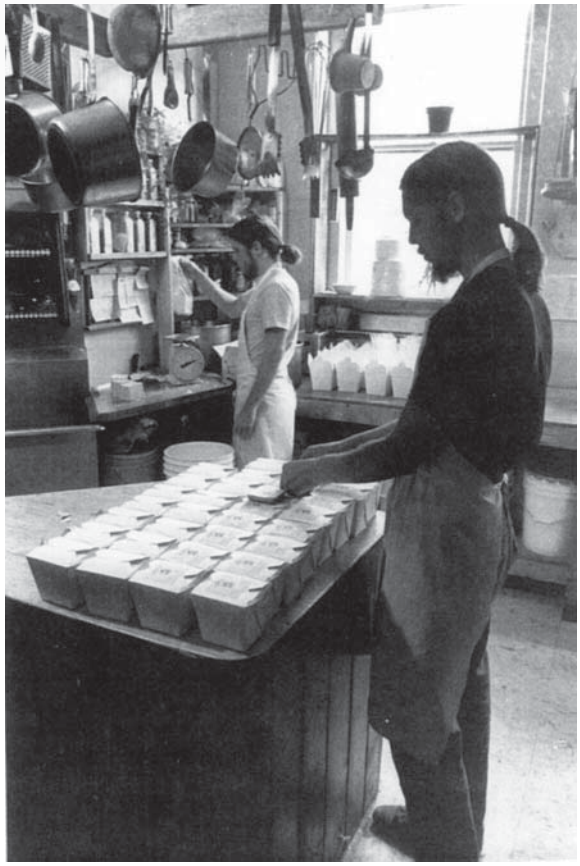

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in Boulder, Colorado. (6) Interior of kitchen. Tofu stove with lever press mounted on wall. Refrigerator.

(7) Sprout room and packaging area. (8) Matthew Schmit in sprout room holding a tray of sprouts by its shelf. They grew alfalfa, clover, radish and mung bean sprouts; no soy sprouts. (9) The kitchen. Entrance to restaurant is at back left. Christie Mather and Stuart the Hermit are bagging soy burgers for freezing. (10) Oak Street (torn up in preparation for creating a new park) looking toward the ski slopes. On left: Windows of tofu shop restaurant and entrance to tofu shop and opera house. On right: Entrance to county courthouse. (11) Tofu maker Joel Rosenblum (with pony tail and beard) slicing tofu on scale for packaging. (12) Tofu-making equipment by stove in kitchen. Left to right: 1 gallon Waring blender. Wooden forming box and lid. Wooden lever press on wall. Ceramic 10-gallon cauldron with wooden lid and wooden straining bucket from Olof Brentmar. (13) Top view of many take-out deli 14 oz tofu containers each with a label on top. An illustration shows a dragon in a circle. (14) Another view of the sprout room.

Note: Matthew later moved this tofu shop to Arcata, California, where it was renamed Arcata Tofu Shop. Address: Telluride, Colorado.

3976. Rhoads, Sharon Ann; Zunic, Patricia. 1978. Cooking with sea vegetables: 150 natural-style recipes. Autumn Press, 25 Dwight St., Brookline, MA 02146. 136 p. Illust. by the author. Recipe index. 18 x 26 cm. [99* ref]
• ***Summary:*** Contents. Preface. Acknowledgements. I. Sea vegetables: Past and present. The bounty of the sea. Plants of a thousand uses. Preparing sea vegetables. II. Cooking with sea vegetables: Kombu and the kelps. Arame. Wakame. Nori. Hijiki. Agar. Irish moss. Dulse. Appendixes: Sources of sea vegetables. Nutritional value of sea vegetables. Bibliography. Address: New York City.

3977. Schmit, Matthew. 1978. Peaking out on tofu. Telluride, Colorado: Published by the author. [16] p. No index. 22 cm.
• ***Summary:*** This booklet (brown ink on tan paper) shows a horizon of snow-capped peaks on the cover and contains handwritten 20 recipes (brown ink on tan paper) using tofu or soymilk (2 recipes): Sesame cookies (with soymilk). Refried tofu burrito. Tofu burgers. Soy mayo. Hot n' spicy tofu. Sesame tofu paté. Tofu turkey basting sauce. Vegetable sukiyaki. Tofu loaf. Cabbage noodle bake (with tofu). Eggplant bulgar casserole with tofu sauce. Scrambled tofu 'n veges. Tofu zucchini quiche. Tofu Rubin. Cheeseless cheese sauce (with yeast). Tofu high protein sandwich spread. Tofu sandwich spread. Carob milk (using soymilk). The rear cover states: "these original recipes sprouted in the kitchen of the tofu shop and are prepared with care by the telluride tofool family using our own homemade soy products. Special thanks to: Catherine Peterson, Kathy Greene, Barton Coffman, Becca Smith, and Sharyn." Address: The Tofu

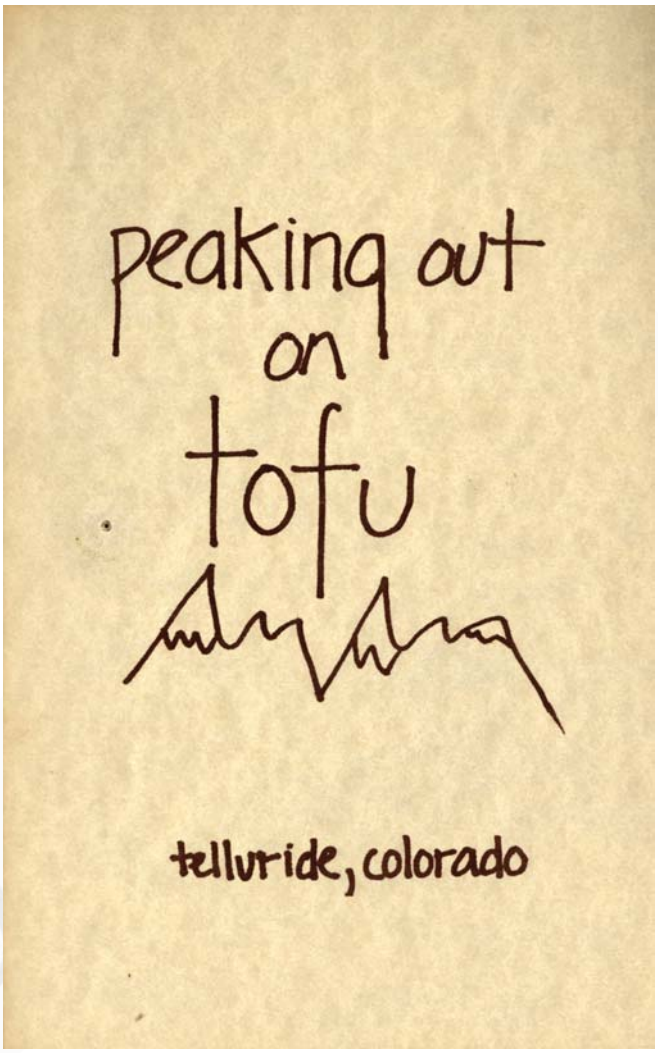

Shop, 116 N. Oak St., Telluride, Colorado.

3978. Smith, Allan K.; Circle, S.J. eds. 1978. Soybeans: Chemistry and technology. Vol. 1. Proteins. Revised. Westport, Connecticut: AVI Publishing Co. xiii + 470 p. Illust. Index. 24 cm. [500+ ref]
• ***Summary:*** This revised edition contains relatively few, unimportant changes from the original, classic 1972 edition. The following changes have been made: Addition of a 7-line preface to the "revised second printing" dated 4 Oct. 1977, updating of a graph of U.S. soybean production (p. 1). Updating (to 1976) of a table on U.S. and world production of important oilseeds (soybeans, cottonseeds, peanuts, sunflower, rape, sesame) (p. 2). Minor textual changes on pages 18-19. Addition of a table showing distribution of the 3 leading soybean varieties in 14 major states and the percentage of acreage harvested for each variety in 1976 (e.g., in Illinois, Williams accounted for 25.1% of harvested acreage, Amsoy 17.3%, and Wayne 12.8%). And updating of a table on U.S. soybean production by state showing acreage harvested, yield per acre, and production for 1974, 1975, and

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1976 (p. 32).

The foreword, chapter titles, and index have not been changed at all. Note: Vol. 2 was never published. Address: 1. Oilseeds protein consultant, Hot Springs, Arkansas; 2. Oilseed protein consultant, Protein Technology, Richardson, Texas.

3979. Stanley, D.W.; deMan, J.M. 1978. Structural and mechanical properties of textured proteins. *J. of Texture Studies* 9(1/2):59-76. [21 ref]

• ***Summary:*** "Mechanical properties of foods are a direct consequence of microstructure which, in turn results from an interaction of chemical composition and physical forces."

Table 1, "Mechanical and functional properties of freeze-textured soy proteins" includes: Kori tofu (firm). Kori tofu (soft). Dried soybean curd (100ºC). Dried soybean curd (50ºC). Freeze-textured (-1ºC). Freeze-textured (-18ºC).

Also discusses film formation (yuba), thermally extruded soy grits, and the formation of co-extrudates. Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, Canada.

3980. Sussman, Vic S. 1978. The vegetarian alternative: A guide to a healthful and humane diet. Emmaus, Pennsylvania: Rodale Press. xvii + 286 p. Index. 22 cm. [39 ref]

• ***Summary:*** Explains the fundamentals of a vegetarian diet. Covers nutrition, protein requirements, health, world food crisis, recipes, and kitchen techniques. Paul Obis, editor of *Vegetarian Times*, has called this "the most complete, concise, and nondogmatic book we have come across." Keith Akers says that this is one of his four favorite books on vegetarianism.

This book contains extensive information on soyfoods (p. 248-50) including soymilk, tofu, tempeh, miso, and soy flour. The author's greatest praise is for tofu. Of *The Book of Tofu*, by Shurtleff and Aoyagi, he says (p. 274): "The most important book on food ever published for vegetarians–if not all the world. Clear prose and beautiful illustrations... Five hundred recipes for preparing this versatile and nutritious food. Buy this book..." Address: Travilah, Maryland.

3981. Wu, Jingrong. 1978. A Chinese-English dictionary. Beijing, China: Shang wu yin shu guan. 976 p. 27 cm. [Eng; Chi]

• ***Summary:*** This comprehensive dictionary uses pinyin romanization / transliteration, with accents; Chinese characters are given and definitions are in English. It contains over 6,000 single-character entries, including characters with variant tones. There are over 50,000 compound-character entries and over 70,000 compound words, set phrases and examples. The Chinese title is *Han Ying ci dan.* Soy-related terms include:

Page 92: chi, douchi; see Douchi below.

Page 125: Dadou (soybean, soya bean).

Page 164: Doubanjiang (thick broad-bean sauce). Doubing (defatted soya bean cake; bean cake). Douchi (fermented soya beans, salted or otherwise [fermented black soybeans]). Doufu (bean curd [tofu]). Doufufang (bean-curd plant [tofu shop]). Doufugan (dried bean curd [pressed tofu]). Doufunaor (jellied bean curd). Doufuru (fermented bean curd). Doufupi (skin of soya bean milk [yuba]; thin sheets of bean curd). Doujiang (soya-bean milk). Douqi (bean stalk). Dousha (sweetened bean paste). Douyou (soya-bean oil). Douzha (residue from beans after making soya-bean milk; bean dregs [okara]). Douzhipin (bean products [soyfoods]).

Pages 210-11: Fu (rotten, putrid). Furu (fermented bean curd). Fuzhu (dried bean milk cream in tight rolls [dried yuba sticks]).

Note: This is the earliest English-language document seen (Oct. 2012) that contains the term "dried bean milk cream" or the term "dried bean milk cream in tight rolls." Both probably refer to dried yuba sticks.

Page 294: Huangdou (soya bean, soybean [yellow soybean]).

Page 324: Jia (pod). Jiaguo (pod, legume).

Pages 336-37: Jiang (1. A thick sauce made from soya beans, flour, etc. 2. Cooked or picked in soy sauce, such as pork or braised pork; tomato sauce, ketchup). Jiangcai (vegetables pickled in soy sauce, pickles). Jiangyou (soy sauce, soy). Jiangyuan (a shop making and selling sauce, pickles; sauce and pickle shop).

Page 459: Maodou (young soya bean [edamame, green vegetable soybean]).

Pages 470-71: Mianjin (gluten [wheat gluten]). Miao (young plant, seedling).

Page 487: Nai (breasts, milk, suckle, breast-feed [dounai = soymilk]).

Page 553: Qi (beanstalk). Page 561: Qu (leaven, yeast, Aspergillus [koji]).

Page 661: Taijiquan (a kind of traditional Chinese shadow boxing [taichi]).

Page 957-59. Pinyin–Wade-Giles conversion tables.

Page 972: A brief Chinese chronology [of dynasties]. Address: Peking, China.

3982. Yaghoubian, Vazgen. 1978. Preparation and evaluation of cheese from cow's and soybean milk. PhD thesis, Dep. of Food Science, Louisiana State University. xi + 239 p. Page 3743 in volume 39/08-B of Dissertation Abstracts International. 28 cm. [174 ref]

• ***Summary:*** "Abstract: Soy curd prepared from soymilk extracted from Lee-74 variety of soybeans was incorporated in the proportions of 1:3, 1:2 and 1:1 with cow's milk curd in the preparation of three cheese-type products, Cheese I, II and III, respectively. During ripening periods of six weeks at 4.4ºC and three weeks at 29.4ºC, aliquots of each of these

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three kinds of cheese were removed from storage at weekly intervals and analyzed for" many different variables of chemical composition as well as hedonic

organoleptic scores.

"According to the overall mean hedonic scores for each of the fifteen sensory attributes, the three soy cheese products were found to be organoleptically acceptable" (p. x).

"Significantly associated with increased soy curd content were lower hedonic scores for general appearance, color, odor, smoothness, firmness, mouthfeel, cheese flavor, beany flavor, rancidity and acidity.

"Significantly associated with elevated storage temperature were lower hedonic scores for odor, elasticity, mouthfeel, cheese flavor, rancidity, acidity and bitterness.

"There were significant differences with respect to the effects of elapsed storage time on the preferences of the two panels regarding general appearance, odor, smoothness, firmness, graininess, mouthfeel, cheese flavor, beany flavor, rancidity, saltiness and spreadability. In general, Panel II preferred the organoleptic qualities of fresh soy cheese whereas Panel I preferred the qualities of cheese that had been stored for a few weeks" (p. xi).

On pages 5-47 is a good review of the literature, including: Composition of soybean seeds. Chemical and physical properties of soybean protein. Carbohydrates. Soybean milk. Soybean curd. Growth of lactic acid bacteria in soymilk. Soybean cheese. Soft pickled cheese. Cheese flavor. Fats and fatty acids. Proteins and amino acids. Bitter flavor in cheese.

Summary and conclusion (p. 155): "This investigation was undertaken to study the feasibility of preparing cheeselike products, acceptable in terms of palatability and shelf life for Iranian and American markets, by incorporating large amounts of soybean curd into a white pickled cheese prepared from cow's milk which would be essentially free of the bean-like flavor normally associated with soybean products." Address: Louisiana State Univ.

3983. Zurbel, Runa; Zurbel, Victor. 1978. The vegetarian family: With recipes for a healthier life. Englewood Cliffs, New Jersey: Prentice-Hall, Inc. 185 p. Edited by Lester Alexander. Illust. Index. 23 cm. [44 ref]

• ***Summary:*** The section on soybeans (p. 62-67) discusses soybeans and soyfoods, then gives recipes for: Basic soybeans. Mediterranean soybean casserole Soybean casserole. Soybean salad. Soy milk. Sesame soy milk. Roasted soybeans (baked). Other soy-related recipes include: Soyburgers (p. 80). Ginger tamari sauce (p. 118). Miso yogurt dip (p. 127).

The section titled "Basic Macrobiotic Cooking" discusses shoyu tamari, and miso, and gives recipes for: Miso soup. Miso spread. Nerimiso (Sweet simmered miso).

Chapter 7 (p. 88-101) is titled "Tofu: The food of the future–Discovered over two thousand years ago." A full-page photo opposite the title page shows a wooden forming box, with cakes of tofu and soybeans nearby. *The Book of Tofu,* by Shurtleff and Aoyagi, is praised and credited as the source of much of the information on tofu in this book. Recipes include: Quick tofu. Homemade traditional tofu. Tofu sandwich. Tofu salad. Tofu and peas. Tofu and snow peas. Tofu and Chinese vegetables. Tofu and [mung] bean sprouts. Tofu and sesame. Kinugoshi and how to make custard style kinugoshi. The chapter ends with 2 pages on tempeh, but no recipes.

3984. **Product Name:** Tofu.
Manufacturer's Name: Rajneesh Disciples Tofu Shop.
Manufacturer's Address: Poona, India.
Date of Introduction: 1978?
How Stored: Refrigerated.
New Product–Documentation: Letter from Pascal Pinault of Martinique. 1993. April 2. Pascal saw and ate tofu for the first time in May 1980 when he was living in India, while visiting some friends in Poona (Maharashtra). He bought 1 pound of tofu at a tofu shop but he is not sure if they were making the tofu in a back room of the shop or at some other place. "I suppose this tofu manufacturing plant in Poona was an offshoot of the Rajneesh Ashram, which was very active at that time and place."

Talk with Peter Schober of Pebble Beach, California. 1993. April 17. He lived at the Rajneesh Ashram in Poona from about 1976 until about May 1981, when "the whole place sort of disintegrated." There were about 500 disciples of Bhagwan Sri Rajneesh living in the ashram and another 2,000 living in houses in the surrounding community. Starting in about 1978 or 1979 some 2-3 disciples of Rajneesh set up a tofu shop in a large kitchen in the house they were renting in Poona. The shop probably had no formal name. There they made and sold enough tofu to support themselves. This tofu was often served in the ashram, and became a major source of protein. On some occasions enough tofu was made to serve for lunch and dinner to 500 people.

3985. Shurtleff, Willam. 1978? La soja, esperanza mundial: Nuevos alimentos con modalidades muy antiguas [The soybean, hope for the world: New foods with ancient roots]. *Chacra y Campo Moderno* (*Buenos Aires, Argentina*). [8 ref. Spa]

• ***Summary:*** Discusses soy protein and world hunger, tofu, tempeh, and miso. Growth of the soybean industry worldwide. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

3986. Leviton, Richard. 1979. Re: Questions and answers to questions about making tofu. Letter to William Shurtleff at New-Age Foods Study Center, Jan. 3. 2 p. Typed, with signature on letterhead.

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• ***Summary:*** "Dear Bill: Thanks for the envelope containing the lists. Work on *Soycraft* is moving right along. I built myself a big desk and I am soliciting information on soybeans around the country. Do you have copies of the general articles on soyfoods that have appeared in the media, such as the one I sent you? And do you have any other bibliographic information that we might use, that you haven't already sent? If so, please send us copies and we will pay for the zeroxing. Don't worry about the phone calls you made at my house; they hardly add up to anything.

He then answers 12 questions from Shurtleff about the tofu process and equipment at New England Soy Dairy. "Sincerely, Ira." Address: New England Soy Dairy, 305 Wells St., Greenfield, Massachusetts 01301. Phone: 413-772-0746.

3987. Sheraton, Mimi. 1979. Restaurants: Oriental delights and a taste of India. *New York Times.* Jan. 19. p. C12.
• ***Summary:*** This a review of the Chinese restaurant Say Eng Look (1 East Broadway, New York City). It features Shanghai cooking with a few Peking specialties. Fried fish was served "in a batter tinted green with seaweed.

"The most extraordinary dish that we had as an appetizer was a fried fish roll in bean curd sheets–moist, flaky white fish in a gold leaf and crustacean of fried bean curd that remained miraculously crisp for 30 minutes." This was among the recommended dishes.

And: "creamy pillows of bean curd in a fiery sauce were also excellent,..."

Note: These "bean curd sheets" are what we call "pressed tofu sheets."

3988. Shurtleff, William. 1979. Notes on visit to The Farm tofu factory in San Francisco. Meeting with Robert Dolgin. Lafayette, California: New-Age Foods Study Center. 1 p. Jan. 22. Unpublished manuscript.
• ***Summary:*** Saw Sweco vibrating screen and Brown No. 2203 extractor. Good wooden pressing box lids made of 2 by 4 boards; invert box in water and cut tofu on lid. Weigh each cake, put dry into tubs, then run in water from filling machine. Improvise own sink on wheels, 4 by 5 feet. Overflow holes 1 inch below rim. Address: Lafayette, California.

3989. Birnbaum, Alfred. 1979. Re: Comments on new condensed edition of *The Book of Tofu.* Letter to William Shurtleff at New-Age Foods Study Center, Jan. 26. 1 p. Handwritten (in pencil) and signed.
• ***Summary:*** He received the condensed version from Shurtleff and Aoyagi. "I think that the compact format should reach a large readership. Excellent work!"

"I particularly liked your having created a separate section on 'Fermented Tofu,' and of course, I noticed your updating the sections on nattô, Daitokuji nattô & hamanattô. No doubt you did considerable revision.

"On rereading some parts of the original edition for comparison I did have some questions (I am not sure if I had brought them up with you or not):

"P. 312, unabridged. 4 Chinese characters (Cc). You have read as 'Nishiyama Sodo,' though when I went there I was told it was called 'Saizan Sodo.' (Incidentally it was there that I had what I consider probably the finest tofu dinner I can remember).

pp. 309, 312, unabridged; p. 385 revised = 4 Cc. I have always heard this read as 'Fusa Ryôri,' not 'Fucha,' though perhaps the case is the same as with 2 Cc, which can alternatively be read 'sado' or 'chado' [the way of tea]. Note: Major Japanese dictionaries and glossaries all say *fucha ryôri*.

"Incidentally, have you seen the new Shufu-no-tomo English translation out on *Shojin Cooking* ($7.95)?"

3990. Sheraton, Mimi. 1979. Chinatown dining, a selection. *New York Times.* Jan. 26. p. C13.
• ***Summary:*** At Chinese New Year, a selection of Chinatown's best restaurants includes Say Eng Look (1 East Broadway). "Well worth trying are... fried fish roll in bean curd sheets as crisp as gold leaf."

Note: These "bean curd sheets" may be what we call "pressed tofu sheets," but they would only be crisp if they had been deep fried.

3991. Tofu Shop (The). 1979. Tofu News–January 26, 1979. Please post. Telluride, Colorado. 1 p. 28 cm.
• ***Summary:*** New "use by" dating system. Storing your tofu, Nutritional info. A recipe for creamy tofu dressing with garlic and dill.

Note: This seems to be written for customers (such as natural food stores or restaurants) that buy tofu from The Tofu Shop. Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

3992. Potter, J.D.; Topping, D.L.; Oakenfull, D. 1979. Soya, saponins, and plasma-cholesterol. *Lancet* i(8109):223. Jan. 27. [16 ref]
• ***Summary:*** Suggests that the hypocholesterolaemic action of soybean products is attributable to the presence of saponins, not to the amino acid content. Address: 1-2. CSIRO Div. of Human Nutrition, Adelaide, South Australia 5000, Australia; 3. CSIRO Div. of Food Research, North Ryde, New South Wales.

3993. Starr, Andy. 1979. Beyond bean sprouts: Rochester's natural food companies are doing a healthy business [Northern Soy]. *Upstate.* Jan. 28. p. 8-9.
• ***Summary:*** Five large, superb photos show tofu-making at Northern Soy in Rochester, New York. (1) Peter Kilbridge puts soybeans, which have been soaked in water, into a

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grinder. (2) Jay Stiler draws off they whey from above the curds, formed by natural nigari. (3) Kilbridge scoops the curds into cloth-lined forming boxes. (4) Kilbridge and Norman Holland fold cloths over the top of the curds in the forming boxes. (5) Cut blocks of tofu are placed into a plastic bucket to be shipped (in bulk) to market.

Northern Soy is one of the few tofu-manufacturing firms in the USA. Andy Schecter and Greg Weaver began making tofu in the Zen Center's basement at Arnold Park a few years ago. Production has grown from 70 lb/week to 2,000 lb/week. Now they have set up a retail outlet, The Tofu Shop, at 686 Monroe Ave. in Rochester. There they serve chocolate, lemon, or carob pies made with tofu, tofu lasagna, tofu burgers without beef, tofu sloppy joes, tofu spinach casserole, tofu reuben sandwiches, tofu peanut butter cookies, and tofu gingerbread with lemon sauce. Wegmans supermarkets carry Northern Soy's tofu and Clear Eye distributes it. Address: Rochester, New York.

3994. Aklan, Niki. 1979. The sacred soybean. University of Calif. Cooperative Extension, Tulare County. 28 p. Jan. Illust. 22 cm.
• ***Summary:*** Contents: Introduction. Nutrition information. Dried soybeans. Soybean sprouts. Soybean curd. Soy flour in baked products. Textured soy products. Contains many recipes. Address: California.

3995. Fiering, Steve. 1979. A Midwestern interest in tofu [The Soy Plant in Ann Arbor, Michigan]. *Whole Foods* (*Berkeley, California*) 2(1):38, 40. Jan.
• ***Summary:*** This is basically a history of The Soy Plant and some of its creative financing schemes. The Soy Plant began operation in August 1977. New products include soymilk, tempeh, spiced tofu, two spreads (one with eggless soy mayo and turmeric; one with tofu, sweet miso and tahini), ice bean [soy ice cream], tofu pies, okara peanut butter balls, and soy sausage. Address: The Soy Plant, Ann Arbor, Michigan.

3996. Industrial Services Centre. 1979. Soyabean processing industry in Nepal. Kathmandu, Nepal: Industrial Services Centre. ii + 39 p. + 15 p. Appendix. Jan. Prepared for NIDC. 39 cm. [1+ ref]
• ***Summary:*** Contents: Introduction. Background. Market: Uses and introduction of soybean products (soybean oil, flour and grits, milk, sauce, curd, lecithin, neutral spray dried soybean protein, soybean protein and flour in ice cream), possible uses of soybean products in Nepal, basic idea of consumption of soybean in Nepal, possibilities of export of soybean oil in India, general conclusion. Raw material. Technical. Financial. Conclusion.

"The purpose of this study is to examine the feasibility of setting up a soybean processing industry in Nepal and the report is prepared by the Centre at the request of the Nepal Industrial Development Corporation (NIDC), Kathmandu."

"Out of the various crops under cultivation in Nepal, soybean is one of them but a very little attention is given to the cultivation of this product. It is usually cultivated during the Monsoon time and harvested during November-December. The Department of Agriculture is carrying out varietal trials in the different stations with a view to introduce high yielding varieties and promote the cultivation of it in the different parts of the country. Although at present, it is cultivated mainly in the hilly regions at different altitudes ranging from 6000 to 4000 feet, the observations made at the plain region reveal that there is a possibility of extending its cultivation in the terai region too."

"Soybean oil: In India, soybean oil is being widely used in the manufacture of vegetable ghee and constitutes the major part of consumption in the Vanaspati industry. The little production of soybean oil in Nepal is being used as a cooking oil."

"Possible uses of soybean products in Nepal. A few of the soybean products that are in use in Nepal are soybean oil for cooking, soy curd and soy sauce in the restaurants and full-fat soy flour product by simple grinding in the different houses. If soybean oil could be made available, it may find its wide use in the future in the Vegetable Ghee Factory the installation and erection of which is nearly complete at Hetuuda, Soap factory, and in Paint Varnish industry to act as a film forming material. The soy sauce requirement of to-day in Nepal is met by the imports... Soy milk would be another product which might come into wide use in the future." Address: Balaju, Kathmandu, Nepal.

3997. Kinderlehrer, Jane. 1979. Tofu: Food of 10,000 flavors. *Prevention* (*Emmaus, Pennsylvania*). Jan. p. 111, 116-18, 120, 122.
• ***Summary:*** "If you're into New Year's resolutions, I have a nifty one for you. Resolve to try tofu, the soft creamy cake made from cooked soybeans. Its sensational!... There 's no doubt about it–tofu's time has finally arrived on our shores. Spurred by the work of William Shurtleff and Akiko Aoyagi, who wrote *The Book of Tofu* (Autumn Press, 1975), tofu shops are springing up in many communities; tofu can be found in quite a few supermarkets, health food stores, Oriental stores, and food cooperatives." Rodale Press will soon be publishing its own book on tofu, titled *The Americanization of Tofu* by Bauer and Anderson.

Contains recipes for: Poached egg in a tofu basket. Tofu and brown rice casserole. Corn soufflé. Green goddess dressing. Carrots Parmesan with tofu. Tofu cream pie (from The Tofu Shop in Rochester, New York). Carob-mint pie. Tofu dogs (from the New England Soy Dairy, Inc., Greenfield, Massachusetts).

3998. Leviton, Richard. 1979. Soyship enterprises: The grasshopper that said "moo." *Whole Foods* (*Berkeley, California*) 2(1):36-37. Jan.

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• ***Summary:*** Contains a good history of Laughing Grasshopper Tofu Shop in Massachusetts, which has now become the New England Soy Dairy. Discusses the company's rapid growth, larger marketplace, and new soy products. A photo shows Sue Fahey cutting and wrapping Soysage at Crystal Hills Tofu Shop in Bethlehem, New Hampshire. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

3999. Monroe, Linda. 1979. The many faces of tofu. *Alch Mist of Ann Arbor* (*Michigan*). Jan.
• ***Summary:*** The Soy Plant, located at 211 East Ann St., is a tofu shop–but they also make soysage, missing egg salad, tempeh, spiced tofu (various spices are added when curdling the soy milk), soy milk (regular or flavored with honey and vanilla), missing egg salad, tofu-tahini spread, tofu tarts (a tasty dessert). Coming soon: Soy Scream (soy milk ice cream), and Boston brown bread (steamed). Tofu is made four days a week. "Soy products can be and indeed are the staple of many vegetarian diets."

"The Soy Plant sells one pound cubes of tofu for 70 cents (if you bring your own container), 72 cents with their plastic bag, or 85 cents in their container [plastic tub]. They encourage people to bring their own containers so as to cut down the use of plastic." "The collective has been very creative with the versatile little soy bean. Their ideas seem to be endless. They have developed many tasty foods by experimenting with different combinations of ingredients."

"The Soy Plant is a cheerful, pleasant place to visit. You'll usually find samples of their different spreads and beverages. Any questions about soy products are gladly answered either by collective members or by just looking in any of the various books available there on tofu, miso and other soy products. You can be sure the collective will always be coming up with new items to surprise and satisfy your taste buds.

"The Soy Plant is open Mondays–Fridays, 10-6, and Saturday, 9-5."

In the middle of the article is The Soy Plant Logo, two soybean plants growing (to left and right) out of Planet Earth. Around the bottom is written "The Soy Plant."

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. The title of this periodical derives from the word "Alchemist." The logo was Steve's idea, developed by Marge Bruchac, Susanna Middaugh, and Dan Ecclestone.

4000. Morinaga Milk Industry, Ltd. 1979. Morinaga Ever-Fresh Silken Tofu tastes as fresh as made this morning (Ad). *Whole Foods* (*Berkeley, California*) 2(1):35. Jan.
• ***Summary:*** This full-page black-and-white ad shows a large photo of a package of this tofu. "Six month shelf life. No preservatives. No refrigeration." Exclusive distributor is Mutual Trading Co., Inc., 431 Crocker St., Los Angeles, California 90013.

Note: This is the earliest Morinaga tofu ad seen (March 2013) in the United States. Address: Japan.

4001. **Product Name:** Savory Baked Tofu (Vacuum Packed).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1979. January.
Ingredients: Water, organically grown soybeans, soy sauce (water, soybeans, wheat, salt) spices, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: Vacuum packed.
How Stored: Refrigerated.
Nutrition: Per 3.5 oz.: Calories 193, protein 23 gm, carbohydrate 5 gm, fat 9.
New Product–Documentation: Label. 1981. 3.5 by 2 inches. Self adhesive. Brown and silver on light green. 7.5 oz. Label. 1979. 2 by 2 inches. Self adhesive. Mustard yellow on white. Back label. 3.75 by 2 inches. Self adhesive. Brown on white. "Savory Baked Tofu has a flavor and consistency remarkably like that of smoked or seasoned ham. Enjoyed for centuries in Northern China, it is prepared by marinating pressed tofu in natural soy sauce and seasonings, then baking it to give a meaty texture and wonderful flavor. The finished savory tofu is 23% protein, more than chicken or steak, and almost three times as much as regular tofu. One 4 oz serving provides you with 27 gm of quality protein, nearly half your daily need with only 219 calories.

"Savory baked tofu is ready to eat. Sliced or diced, it can be used in sandwiches, for hors d'oeuvres or in salads like ham, bacon, or cheese. It is also delicious in soup or with noodles. For outdoors, enjoy it from the package as a quick, high-protein snack. Our unique vacuum packaging allows savory baked tofu to remain fresh in the package over one week without refrigeration.

"For more recipe ideas see *The Book of Tofu* by Shurtleff & Aoyagi (Autumn Press or Ballantine Books)." Ad in Whole Foods. 1979. Jan. p. 40. Poster. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Vacuum packed tofu! Savory baked–Deep-fried cutlets.

4002. Quong Hop & Co. 1979. Soy foods in San Francisco since 1906 (Ad). *Whole Foods* (*Berkeley, California*) 2(1):40. Jan.
• ***Summary:*** This ¼-page black-and-white ad begins: "The traditional soy foods of China have been our family's business now for three generations. Since 1906, when our doors first opened in San Francisco's Chinatown until today, we have built our business on a firm commitment to producing only the finest quality products for our customers." Vacuum-packed tofu products include: Natural Nigari Tofu, Savory Baked Tofu, Fried Tofu Cutlets, and

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Tofu Burgers.

This is the also earliest English-language document seen (April 2013) that contains the term "Fried Tofu Cutlets" (one of two documents). Address: 161 Beacon St., So. San Francisco, California 94080.

4003. **Product Name:** Deep-Fried Tofu Cutlets (Vacuum Packed).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1979. January.
Ingredients: Tofu, water, organically grown soybeans, pressed safflower oil, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: Vacuum-packed.
How Stored: Refrigerated.
Nutrition: Per 3.5 oz.: Calories 169, protein 18 gm, carbohydrate 3 gm, fat 10 gm.
New Product–Documentation: Label. 1981. 3.5 by 2 inches. Self adhesive. Maroon, silver, light blue. "Quong Hop & Co. since 1906. For sandwiches, soups & stews." Label. 1980. 2 by 2 inches. Self adhesive. Maroon on white. Ad in Whole Foods. 1979. Jan. p. 40. "Vacuum packed tofu products." Poster. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Vacuum packed tofu! Savory baked–Deep-fried cutlets. Label. 1986? 5 by 3 inches. Self adhesive. Reddish brown on beige. The Soy Deli brand. 7 oz. "High in complete protein. No cholesterol."

4004. **Product Name:** Tofu Burger (Vacuum Packed. Renamed New Leaf Tofu Burger by 1980).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1979. January.
Ingredients: Nigari tofu, diced carrots, diced onions, sesame seeds, sunflower seeds, dried currants, safflower oil, sea salt, spices.
Wt/Vol., Packaging, Price: 100 gm vacuum pack patties. Retails for $2.59/lb.
How Stored: Refrigerated.
Nutrition: Per pattie: 8.5 gm protein, 107 calories.
New Product–Documentation: Label. 1981. 4 inch diameter. Self adhesive. Red, mustard on white. "Heat & Serve!" Ad in Whole Foods. 1979. Jan. p. 40. Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 182. Poster. 1982. Color. "Tofu Burgers Bring Tofu West, in its Most Delicious Form Ever." Vacuum packed.

4005. Shurtleff, William; Aoyagi, Akiko. 1979. The book of tofu: Food for mankind. Condensed and revised. New York, NY: Ballantine Books. A division of Random House, Inc. xii + 433 p. Jan. Illust. by Akiko Aoyagi Shurtleff. Index. 18 cm. [60 ref]

• ***Summary:*** This book has been extensively revised and updated. Many names of Japanese tofu have been Americanized. Contents: Preface. Acknowledgements. 1. Protein East and West. 2. Tofu as a food. 3. Getting started: Favorite tofu recipes. 4. Soybeans. 5. Fresh soy puree. 6. Okara (Soy pulp). 7. Curds and whey. 8. Tofu & firm tofu. 9. Deep-fried tofu: Deep-fried tofu cutlets, deep-fried tofu burgers & treasure balls (tofu treasure balls, p. 269), and deep-fried tofu pouches. 10. Soymilk. 11. Silken tofu. 12. Grilled tofu. 13. Frozen & dried-frozen tofu. 14. Fermented tofu. 15. Yuba. Appendices: A. Tofu restaurants in Japan. B. Tofu shops and soy dairies in the West. C. Varieties of tofu in East Asia. D. Table of equivalents. Bibliography. Glossary. Contains 250 recipes and 100 illustrations. Price: $2.95.

This new edition features: (1) New recipes: Over fifty new American-style tofu recipes including Creamy Tofu Dressings, Tofu Teriyaki, Tofu Burgers, Tofu Eggless Egg Salad, and the like. The key to the book is an updated list of favorite tofu recipes plus suggestions for incorporating them into a weekly menu (p. 56). (2) New sections: An extensive new introduction to Soy Protein Foods (p. 66), dairylike products made from tofu (p. 150), dairylike products made from soymilk (p. 302) including soymilk yogurt (fermented), ice cream, kefir, mayonnaise, whipped cream, popsicles, buttermilk, and soy shakes. (3) New chapters: Fermented Tofu and Varieties of Tofu in East Asia. (4) New basic methodologies: The key recipes for homemade tofu and homemade soymilk have been simplified and improved. (5) Updates: A complete listing of the 120 tofu shops and soy dairies now operating in the West; over 60 Caucasian-run shops have opened in the past two years. (6) New Americanized tofu names: Including deep-fried tofu burgers, deep-fried tofu cutlets, deep-fried tofu pouches, deep-fried tofu puffs, silken tofu, wine fermented tofu, and fresh soy puree. A major goal of this book is to coin English names for tofu products that will catch on and come to be used in labeling commercial products, in cookbooks, etc. (7) No sugar.

Note 1. This is the earliest English-language document seen (April 2013) that contains the following terms related to deep-fried tofu: "fried tofu cutlets" or "deep-fried tofu cutlets" (p. v, to refer to *nama-agé*), "fried tofu burgers" or "deep-fried tofu burgers (to refer to *ganmodoki*), "tofu treasure balls" or "deep-fried tofu treasure balls" (p. v, 269, to refer to *Hiryozu*), "fried tofu pouches" or "deep-fried tofu pouches" (p. v, to refer to *aburagé*).

Page 110: "In Japan, tofu is also called *momen-goshi* ('cotton-filtered') to distinguish it from its popular counterpart *kinu-goshi* ('silken tofu')." Note 4. This is the earliest English-language document seen (April 2013) that uses the term "silken tofu."

Note 5. This is the 2nd earliest English-language document seen (Oct. 2011) that contains the term "Wine-fermented tofu" (p. 361).

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In Jan. 1988 a new printing (but not a new edition) of this book (the 13th), slightly revised, appeared. It had a new cover and many new small illustrations. The subtitle was "Protein Source of the Future–Now!" The heading: "The World's Bestselling Book on Tofu." Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4006. Shurtleff, William; Aoyagi, Akiko. 1979. Appendix C: Varieties of tofu in East Asia (Document part). In: William Shurtleff and A. Aoyagi. 1979. The Book of Tofu. New York: Ballantine Books. 433 p. See p. 402-05.

• ***Summary:*** Gives the local, vernacular name for and a description of many varieties of tofu found in China and Taiwan, Indonesia, South Korea, Philippines, Thailand, and Vietnam.

China and Taiwan:

Taiwan, with a population of 15 million people, has about 2,500 tofu shops. There are no statistics yet available on the number of shops in mainland China, but if the proportion of shops to people is the same as in Taiwan, we can expect there to be 158,000 shops serving China's 950 million people. Unless otherwise stated, all Chinese terms are standard Mandarin. The "t" in toufu is pronounced like the "d" in "doe."

Chinese-style Firm Tofu (*toufu; dowfu* or *daufu* in Cantonese). The most popular type. Coagulated with calcium sulfate (gypsum) and sold in 3-inch squares weighing about 4½ ounces each. Contains 10 percent protein. One special type made in Shantung province is called *t'aian toufu;* another made in Anhui province, Chunnan, is called *pa-kung-shan toufu.*

Pressed Tofu (*tofu-kan*)*:* Similar to firm tofu but pressed until as firm as ham. Contains 22 percent protein. Often simmered in mixtures of water and burnt millet sugar, molasses, turmeric, or tea to create a variety of colors and flavors and increase shelf life.

Five-Spice Pressed Tofu (*wu-hsiang toufukan* or *hsiang toufukan*)*:* Made by simmering pressed tofu squares in a mixture of soy sauce, oil, and "five spice powder" (ground anise, cinnamon, cloves, plus fennel and Szechuan chili powder or ginger and nutmeg). Now prepared in San Francisco, it has a flavor and texture resembling smoked ham.

Soy-sauce Pressed Tofu (*chiang-yu toufu-kan*)*:* Made by simmering small squares of pressed tofu in a mixture of soy sauce and water.

Pressed Tofu Sheets (*pai-yeh* or *ch'ien-chang*)*:* Tofu pressed into very thin sheets that look like a 6-to-12- inch-square of canvas.

Pressed Tofu Noodles (*toufu-ssu* or *kan-ssu*)*:* Made by cutting pressed tofu sheets into noodlelike strips.

Pressed Tofu Loops (*pai-yeh chieh*). Made by cutting pressed tofu sheets into ½-inch-wide strips. Each is then tied into a simple overhand knot.

Salt-dried Tofu (*toufu-kan*)*:* Made from squares of pressed tofu that are rubbed with salt, tied together with strands of rice straw, and hung in the sunlight to dry.

Hard tofu (*lao-toufu*)*:* A general term for all tofu that is not soft.

Chinese Silken Tofu (*shui-toufu, nan-toufu, nen-toufu,* or *shih-kao toufu*)*:* One popular type is like a soft Japanese silken tofu; another is so soft it cannot be cut into cakes.

Smooth Soymilk Curds (*toufu-nao*)*:* Literally "tofu brains." Sold in the West as Tofu Pudding. Sold by street vendors in China topped with a brown sugar & peanut sauce.

Curds-in-Whey (*toufu-hua* or *rou-hua*)*:* Literally "tofu flowers." Available at some Chinese restaurants in the West.

Deep-fried Tofu (*yu-toufu* or *cha-toufu*)*:* A general term for deep-fried tofu cutlets, cubes, triangles, or netlike cutlets.

Hollow Deep-fried Tofu Cubes (*toufu-kuo* or *cha-toufu*)*:* Made by deep-frying 1-inch cubes of firm tofu.

Sautéed Tofu (*kuo-lao toufu*)*:* Made by thinly slicing firm tofu and frying it over low heat in a skillet until it turns a rich brownish yellow.

Frozen Tofu (*tung-toufu* or *ping-toufu*)*:* Made by setting firm tofu out overnight in the snow.

Fermented Tofu (toufu-ru): See Chapter 14. Varieties include *nan-ru, nan-chiang toufu, ru-fu, mei-kui ru-fu,* and *chiang-toufu.*

Soymilk (*toufu-chiang tou-chiang,* or *tou-ru*)*:* See Chapter 10.

Chinese-style Yuba (*toufu-p'i* or *doufu-i*)*:* See Chapter 14.

Bamboo Yuba (*fu-chu* [*dried yuba sticks*])*:* U-shaped, dried rolls.

Okara (*tou-cha*)*:* See Chapter 6.

Indonesia:

Over 11,000 tofu shops make tofu for this country's 130 million people.

Indonesian tofu (*tahu*)*:* Similar to Chinese firm tofu (*toufu*). In many shops, the whey, allowed to stand overnight until it ferments, is used as the coagulant. Pressed tofu simmered in turmeric (also called simply *tahu*) is popular.

Deep-fried Tofu Cubes (*tahu goreng*)*:* 1¼-inch cubes deep-fried fresh by market vendors. Served crisp and hot, often with a fiery chili perched on top.

Tofu Chips (*krupuk tahu*)*:* Salted tofu sliced into long, thin strips and sun-dried. Broiled until crisp, then eaten as a snack or topping for Gado-gado (cooked vegetables with peanut sauce).

Fermented Tofu (*taokoan* or *takoa*)*:* Steamed and pressed into thin slices before being fermented.

Okara (*ampas tahu*)*:* Usually made into delicious okara tempeh or okara onchom.

South Korea:

There are more than 1,000 tofu shops scattered throughout this country of 32 million population. If there

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were a proportional number in North Korea, there would be 470 shops for 15 million people.

Korean Tofu (*tubu*)*:* Slightly firmer than its Japanese counterpart; not as firm as Chinese toufu.

Deep-fried Tofu Strips (*yubu*)*:* Each strip is about 7 by 1 by 3/4 inch. Unique.

Soymilk Curds (*sun tubu*)*:* Widely used.

Okara (*piji*)*:* Also popular.

Philippines:

Philippine Tofu (*tokwa*)*:* Identical to Chinese firm tofu (toufu).

Soymilk curds (*tajo* [*tajo*])*:* Pronounced ta-HO; made by Chinese. Sold topped with a little brown sugar.

Brine-fermented Tofu (*tahuri*)*:* Made like Chinese brine-fermented tofu but with an *Aspergillus elegans* mold and a little soy sauce in the brining liquor.

Thailand:

Thai Tofu (*tao-hu*)*:* Identical to Chinese firm tofu (*toufu*). Made mostly by Chinese.

Deep-fried Tofu (*tao-hu tod*)*:* Small (l¼-inch) cubes of deep-fried tofu. Often sold strung on split bamboo and tied in a loop.

Soymilk (*nom rua-liung*)*:* Sold hot each morning by Chinese. A thin soymilk is called *nam tao-hu.*

Soymilk Curds (*tao-huey*)*:* Sold by street vendors, topped with grated gingerroot and brown sugar syrup.

Red Fermented Tofu (*tao-hu yee*)*:* A Chinese product. Sold in 2-inch squares wrapped in either banana leaves or paper.

Lactone Silken Tofu (*tau-hu lord* or *tau-hu lawd*)*:* A modern product.

Vietnam:

Vietnamese Tofu (*dau hu* or *dau phu;* these and all of the following terms are spelled with many diacritical marks): Similar to Chinese firm tofu.

Smooth Soymilk Curds (*dau hu*)*:* Similar to the Chinese product of the same name. Served warm in a sauce of brown sugar and ginger.

Fermented Tofu (*chao*)*:* Similar to Chinese fermented Tofu.

Soymilk (*sua dau nanh*)*:* Identical to Chinese soymilk.

Pressed Tofu Sheets (*mi cang*)*:* Identical to the Chinese product.

Yuba (*dau phu truc*)*:* Identical to Chinese yuba.

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "daufu" to refer to Chinese-style tofu.

Note 2. This is the earliest English-language document seen (Oct. 2010) that uses the word "nan-ru" to refer to fermented tofu. Address: P.O. Box 234, Lafayette, California 94549.

4007. Shurtleff, William. 1979. Protein source for the future. *Cosmos* (*NSW, Australia*) 6(6):1, 4-5. Jan.

• ***Summary:*** Gives ten reasons why soybeans will be the protein source of the future: 1. Optimum land utilization. 2. Lowest cost protein. 3. High nutritional value. 4. Time tested. 5. Remarkably versatile. 6. Appropriate technology. 7. New dairylike products. 8. Hardy and adaptive. 9. Free nitrogen fertilizer. 10. Energy and resource efficient. "All of these ten factors work together synergistically, reinforcing one another, to give added weight to the prediction that soybeans will be a key protein source for the future on plant earth."

Note: This information was published in July 1979 in *The Book of Tempeh* (p. 21-24). Address: Lafayette, California.

4008. Shurtleff, William; Aoyagi, Akiko. 1979. Soybeans (Document part). In: William Shurtleff and A. Aoyagi. 1979. The Book of Tofu. New York: Ballantine Books. 433 p. See p. 58-75. Chap. 4.

• ***Summary:*** Contents: Introduction. Soy protein foods– Traditional non-fermented soyfoods: Whole dry soybeans, soynuts, roasted soybeans, fresh green soybeans, soy sprouts, natural soy flour and soy grits, roasted soy flour (kinako).

Traditional fermented soyfoods: Tempeh, miso, shoyu (Japanese natural soy sauce), natto (fermented whole soybeans, including Japan's cracked natto {*hikiwari natto*} and finger lickin' natto {*yukiwari natto,* containing rice koji and salt}, and thua-nao from northern Thailand), soy nuggets (inc. Japan's Hamanatto and Daitokuji natto).

Modern western soyfoods (developed using high-level technology): Soy flakes, defatted soy flour and grits, soy protein concentrates, soy protein isolates, spun soy proteins, textured soy proteins (TVP is an ADM brand name), textured soy concentrates, soy oil products. Address: P.O. Box 234, Lafayette, California 94549.

4009. Singh, B.B.; Saxena, M.C. 1979. Soybean production in India. *Indian Farming* 28(10):7-9. Jan. Series 2.

• ***Summary:*** The soybean has been traditionally grown in the northern hills and several other scattered areas of India for many centuries, although there is no available record as to when it was introduced to the country. It has become an essential part of the daily diet in those regions and has been known by various names such as Bhat, Bhatman, Bhatmas, Ramkulthi, Bhut, Kalitur, Teliakulth and Garryakalay. Since the varieties grown in these areas were apparently poor yielding types, with small black seeds and twiny growth habit, they did not become popular in India. Although several attempts have been made to popularize soybeans, these attempts have failed, probably due to lack of sustained efforts and systematic trials.

"A fresh interest in soybean became evident with the preliminary studies conducted at Pantnagar and Jabalpur during the years 1963 to 1966 using improved varieties from the U.S.A. Some of the U.S. varieties yielded between 30 and 36 quintals per hectare (ha) which was almost 3 times

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as compared to the traditional kharif pulses. [Note: 1 quintal = 100 kg.] Encouraged by these results, the Indian Council of Agricultural Research initiated an All India Co-ordinated Research Project on Soybean in 1967 with 3 main centres (Pantnagar, Jabalpur and Delhi) and several sub-centres covering different agro-climatic regions. The main emphasis of the project has been to develop high-yielding varieties and package of cultural practices for soybean cultivation in various agro-climatic zones of India."

The acreage under soybean has been increasing every year, although not as fast as targeted, from the modest beginning of about 300 ha of soybean in kharif 1968. The total area under soybean in kharif 1975 was about 160,000 ha of which about 82,000 ha were in U.P. and about 40,000 ha in M.P. The fastest expansion in soybean cultivation has been in the low hills and foot-hills (Bharbar) of U.P. where the average yield of soybean has ranged from 20 to 36 quintals per ha giving the highest net return per acre as compared to any other crop. Soybean is also becoming popular in Madhya Pradesh on current fallows.

The main problem in expanding the area under soybean is the limited market for soybean and uncertainty of price.

"Most of the indigenous soybean varieties like 'Kalitur,' 'Bhat' and 'T-1" are black seeded and, therefore, many people feel that black color is better than yellow. This is not true... The main reason for growing these varieties in India is not the black seed color but the small seed size. It has been experimentally demonstrated that small seeded varieties do not lose viability during the storage and as such there is no germination problem."

Extensive research has been done in India on food uses of soybeans. Wheat flour fortified with soybean flour makes more nutritious and good quality chapati. Detailed processes have been established for preparing soy-milk, soy-cheese, soy-curd, soy-sweets, soy-nuts and soy-baby foods both at home level and at commercial scale. G.P. Pant University of Agriculture and Technology, Pantnagar has been running a pilot plant producing about 1,000 liters of soybean milk per day. Similar attempts are also being made at Nagpur.

"Industrial processing of soybean to produce protein-rich food has been initiated in the country, but only on a small scale. The defatted soy-flour available from some solvent extraction plants is being used by bakeries for making bread, chocolates and biscuits. The Soya Production and Research Association, Bareilly in collaboration with G.B. Pant University of Agriculture and Technology, Pantnagar have been manufacturing a series of products using an extruder cooker. Products like, 'Nutri Nugget' with 50% protein and 'Proteinsnack' with 15% protein have become extremely popular." Address: G.B. Pant Univ. of Agriculture & Technology, Pantnagar.

4010. **Product Name:** Tofu Tarts [Banana Cream, Honey-Tahini, Peanut Cream, Pumpkin Cream, Yam, Mocha, or Lemon].
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1979. January.
New Product–Documentation: Monroe, Linda. 1979. *Alch Mist of Ann Arbor* (Michigan). Jan. "The many faces of tofu." "Tofu tarts are a tasty dessert found at The Soy Plant. Tofu is blended with bananas or peanut butter and honey and tahini (ground sesame seeds) and set in a crust of oats and sunflower seeds."

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. The shell was baked, but the filling was not. The shells were not a pastry filling, rather more like a graham cracker crust but with oats and seeds.

4011. Taira, Harue; Taira, Hirokadzu; Yoshio, Mori; Ushirogi, Toshizo; Fujimori, I.; Kawasaki, Y.; Suzuki, N.; Koyatsu, H.; Takei, R. 1979. Daizu shushi no kansô shori hôhô to sono hinshitsu ni tsuite. III. Teisui-bun ganryô shushi no kansô shori ga shushi no butsuri-teki seijô oyobi kakô tekisei ni oyobosu eikyô to tôfu oyobi nattô no kôjô seizô shiken [Influence of dry treatment after harvest on quality of soybean seeds. III. Influence of low moisture seeds drying on the physical properties and suitability for food processing and factory production of tofu and natto]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 34. p. 19-28. Jan. [9 ref. Jap; eng] Address: National Food Research Inst., MAFF, Tokyo, Japan.

4012. Tumaro's Natural Foods. 1979. Delicious! Protein-rich vegetarian entrees (Ad). *Whole Foods* (*Berkeley, California*) 2(1):48. Jan.
• ***Summary:*** This 1/8-page black-and-white ad states that Tumaro's makes and sells tamales, burritos, sprout & tofu pies, pizzas, empanadas, and enchiladas. Address: 5300 Santa Monica Blvd., Los Angeles, California 90029. Phone: (213) 464-6317.

4013. Wang, H.L.; Mustakas, G.C.; Wolf, W.J.; Wang, L.C.; Hesseltine, C.W.; Bagley, E.B. 1979. Soybeans as human food: Unprocessed and simply processed. *USDA Utilization Research Report* No. 5. iv + 54 p. Jan. Slightly revised, July 1979. Jan. No index. 28 cm. Compiled for USAID. [50+ ref]
• ***Summary:*** Contents: Introduction. 1. Soybean food uses in Asia. China: Soaking dry soybeans, tou chiang (soybean milk), tou fu (soybean curd), processed tou fu products, tou fu pi (protein-lipid films), huang tou ya (soybean sprouts), whole soybeans, fermented soybean foods, production and consumption.

Japan: Tofu (soybean curd), kinugoshi tofu, processed tofu products, yuba (protein-lipid film), soybean milk, gô (ground soybean mash), daizu no moyashi (soybean sprouts),

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whole soybeans (edamame {fresh green soybeans}, whole dry soybeans, kinako), fermented soybean foods: Production and consumption.

Korea: Tubu (soybean curd), processed tubu product, soybean sprouts, whole soybeans (green soybeans, parched or roasted soybeans, boiled soybeans), soybean flour ("Soybeans are first roasted and then ground into flour. The flour is used extensively as an ingredient in food preparations." Note: The name of the roasted soy flour is not given), fermented soybean foods (Soy sauce and [soy] bean paste are commonly used in Korea as flavoring agents. Natto is also enjoyed). production and consumption [of soybeans in Korea].

Indonesia: Tahu or tahoo (soybean curd), bubuk kedele (soybean powder. "Soybeans of the white variety are roasted until no beany flavor can be detected. They are ground into a powder and mixed with such spices as garlic and chili"), tempe kedele, tempe gembus [the name in Central and East Java for okara tempeh], oncom tahu [the name in West Java for okara onchom], other soybean products (soybean sprouts, green soybeans, roasted and boiled soybeans, kecap {soy sauce}, tauco {soybean paste}), food mixtures, production and consumption.

Thailand: Tofu (*tauhu*), soy sauce, green soybeans in the pods (*tourae*).

Philippines: Soybean sprouts, soybean coffee, soybean cake, soybean milk, tou fu and processed tou fu products, production and consumption.

Burma. India. Malaysia. Nepal. Singapore. Sri Lanka (Ceylon). Vietnam. Middle East. References–Soybean food uses in Asia.

2. Soybean food uses in Africa. Ethiopia: Injera, wots and allichas, kitta, dabbo, dabokolo, porridge. Kenya. Morocco. Nigeria: Whole soybeans, soybean paste, corn-soy mixtures (soy-ogi). Tanzania. Uganda. Production. References–Soybean food uses in Africa.

3. Soybean food uses in Europe and U.S.S.R.

4. Soybean food uses in Latin America. Argentina. Bolivia. Brazil. Chile. Colombia. Ecuador. Guyana. Paraguay. Peru. Uruguay. Venezuela. Mexico: New village process, commercial developments. Honduras. Costa Rica. Panama. Dominican Republic. Jamaica. Haiti. Trinidad. References–Soybean food uses in Latin America.

5. Soybean food uses in North America. United States. Canada. References–Soybean food uses in North America.

6. Soybean food uses in Australia. 7. Summary of soybean food uses. Traditional soybean foods: Soybean milk, soybean curd and processed soybean curd products, protein-lipid film, soybean sprouts, tempe (tempeh), green soybeans, boiled soybeans, roasted soybeans, soybean flour, soy sauce, fermented soybean paste, fermented whole soybeans, natto, fermented soybean curd. Experimental soybean foods: Whole soybean foods, soybean paste, soy flour, soy beverage. Production and consumption.

8. Simple village process for processing whole soybeans: Equipment, process, sanitation requirements, quality of product, evaluation of product in formulas and procedures for family and institutional use in developing countries. NRRC village process. 9. Industrial production and selling prices of edible soybean protein products.

10. Barriers to accepting and using soybeans in food: Availability. Cultural and social factors. Texture. Flavor. Nutrition and food safety. Technology development. Technology transfer.

Tables: (1) Soybean production, imports, and total supply in Taiwan, 1962-1975. (2) Consumption of soybean foods in Taiwan, 1964-1974 (incl. tofu, which increased from 18.75 kg per person per year in 1964 to 32.04 kg per person per year in 1974). (3) Supply and disposition of soybeans in Japan, 1971-1974. (4) Metric tons of whole soybeans used in the production of traditional foods (miso, shoyu, tofu and others) in Japan, 1970-1974, etc. Address: NRRC, Peoria, Illinois.

4014. Weaver, Greg. 1979. Re: The Tofu Shop retail outlet in Rochester, and its favorite recipes. Letter to William Shurtleff at New-Age Foods Study Center, undated. 6 p. Handwritten.

• ***Summary:*** Describes the reasons for setting up "the retail shop." Numerous favorite tofu and tempeh recipes are attached. Some were used by Shurtleff & Aoyagi in their book *Tempeh Production.* Address: The Tofu Shop, 686 Monroe Ave. / 277 N. Goodman St., Rochester, New York 14607. Phone: 716-442-1213.

4015. *Whole Foods* (*Berkeley, California*). 1979. The soyfoods revolution. 2(1):22-47. Jan. Illust. 28 cm. [3 ref]

• ***Summary:*** This is the cover story. Contains numerous articles, each cited separately.

Note 1. The word "soyfoods" appears on the cover of the magazine–the first such appearance.

Note 2. This is also the earliest English-language publication seen (Sept. 2011) with the word "soyfoods" in the title (one of two in this issue).

4016. *Whole Foods* (*Berkeley, California*). 1979. Soysage from the Crystal Hills. 2(1):40-41. Jan.

• ***Summary:*** Crystal Hills Tofu Shop started production in Sept. 1977 at Bethlehem, New Hampshire. It began before that in the kitchen of Pat and Jay Gibbons. The shop is now run by 3 full-time and 2 part-time people, who make up to 1,500 lb of tofu and several hundred pounds of "Soysage" each week. These products are delivered weekly throughout New Hampshire and Vermont. The Soysage is made from okara, whole wheat flour, wheat germ, nutritional yeast, oil, soy sauce, honey, herbs and spices.

4017. *Whole Foods* (*Berkeley, California*). 1979. The

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beaning of Motown. 2(1):41. Jan.
• ***Summary:*** In January 1978, Carol Ann and Timothy Huang, founders of the Yellow Bean Trading Co. in Detroit, Michigan, started to distribute tofu, soymilk, and tempeh made at The Soy Plant in Ann Arbor, Michigan. Yellow Bean takes the products to health and natural food stores, restaurants, fruit markets, and Oriental grocery stores in Detroit. In the beginning they distributed 100 lb/week of tofu; that figure has now risen to 400 lb/week. They also carry nutritional yeast, sprouts, textured vegetable protein, soybeans, soy flour, and *The Farm Vegetarian Cookbook,* which contains excellent soyfoods recipes.

Timothy and Carol Ann made soyfoods a major part of their diet while living on The Farm in Tennessee. They were married on a branch of The Farm in Wisconsin, where their son was born. Carol and Tim now also give demonstrations on how to cook with tofu and other soyfoods.

"As the wholesale business grows, the Huang family is now setting up a store and restaurant, Yellow Bean Vegetarian Foods. At first, the restaurant is planned as a carry-out, including a deli case." Later they hope to expand to a larger location, open a sit-down restaurant, and begin making their own tofu and soymilk.

The Huangs feel "really glad to be part of this 'revolution,' and offer what we've learned."

4018. *Whole Foods* (*Berkeley, California*). 1979. The food of the future. 2(1):22-24. Jan.
• ***Summary:*** The article begins: "Why devote an entire issue of *Whole Foods* to the subject of soyfoods? Soyfoods are a rapidly growing part of the natural foods industry..."

"The bringing of the 'Soyfoods Revolution' to the natural foods industry is the work of individuals, toying and playing with new recipes in their own kitchens and shops. No person deserves more credit for this revolution than William Shurtleff who, along with Akiko Aoyagi, wrote *The Book of Tofu,* and told us all how to do it. (An updated pocket-size version of *The Book of Tofu* is just off the presses of Ballantine Press.) Shurtleff travels the globe, sharing his expertise on soyfoods, covering topics as specific as chip-dip recipes and as broad as the role of soybean production in future patterns of world protein hunger.

"Other individuals, most of them with small soyfoods shops of their own, met recently to form the Soycrafters Association of North America (SANA), which is likely to serve as the backbone of the Soyfoods Revolution in the natural foods industry. [Note: This historic first meeting was held on 28-30 July 1978 at The Soy Plant in Ann Arbor, Michigan.] SANA selected Larry Needleman as its first president. Needleman, whose Bean Machines, Inc. imports the prime line of Takai tofu and soymilk equipment from Japan, has been a major source of information about soyfoods equipment for our industry.

"Needleman wrote about the spirit of the new organization at its first gathering in Ann Arbor.

"'Imagine a group of seventy people representing enthusiastic dedication (almost to the point of craziness) to the production and distribution of tofu and other soyfoods, gathered in an informal setting in a university town in the Midwest, with meetings scheduled from nine in the morning till eleven at night–and you've got a good idea of what went on... 'Sharing began immediately. Groups of people gathered here and there and began asking each other about their shop or organization. Those passing by would hear a familiar word such as 'yield' of 'pressure-cooker' and just stopped to join the conversation. It was apparent that here was a gathering destined to be stimulating and mutually beneficial...

"'The first evening, Bill Shurtleff set up a slide show about tofu and miso production in Japan. The presentation ran the gamut from small, traditional shops built over their own well, to large, fully-automated factories turning out tens of thousand of pounds per day. Bill answered questions and added a personal touch to the showing because he had shot the photos himself over a period of years, and was familiar with the language, traditions and production of the Japanese...

"'On Saturday morning, The Soy Plant showed us their method of producing tofu and soymilk. Those with less experience absorbed information and asked questions, and those with more experience volunteered information, clarified points and offered suggestions. Then Wataru Takai, the overseas manager for Takai Tofu and Soymilk Equipment Co., Japan's largest manufacturer of this equipment, explained principles behind each step of production, and the uses of the equipment...

"'At a later session, it was remarked that many soyfoods producers are operating on an inefficient and labor-intensive basis. Some felt this was a good way to begin, first becoming intimate with the steps of production and developing a market 'track record,' and then using that base to upgrade production by purchasing more sophisticated equipment. Others felt that the time and energy involved in putting together a makeshift shop which was outgrown in about six months would be better spent in the capital to start at higher technological level...

"'In one of the most popular and exciting discussions of the conference, the consensus of the group was that tofu and soymilk were the foods that Americans have been waiting for. A list of related products that have been marketed with incredible success included tofu burgers, no-egg salad, honey soymilk ice cream, tofu chip-dips and dressings, flavored soymilk, tofu 'mayonnaise,' and pressed, marinated tofu. There was unanimous agreement that it was these new soyfoods that would capture the interest and palate of middle America, people who had turned up their noses at that tasteless white cake of tofu floating in water...

"'Later we discussed the problems of proper storage and display of our products. In US food markets, tofu has usually

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been sold with Oriental foods in the vegetable section. Getting it moved to a cooler, more appropriate cheese display case, where it will stay fresh longer and compete favorably with dairy products, has met with resistance...

"'In the evening, another slide show by Bill Shurtleff showed us how tempeh, a key protein source for millions of people in Indonesia, is quickly and simply produced as a cottage industry in their homes. Having sampled this unusual food at lunch, we were eager to learn about it because it was delectable. Somewhere between a deep-fried fish cake and Kentucky fried chicken in flavor and texture, it lent itself to use in a seemingly endless variety of ways...'

"Toward the end of the conference, discussion turned to marketing and finance. It was found that some firms lacked capital for growth, while others had enough capital but needed greater management skills to keep up with the growing demand for soyfoods. That demand is not uniform nationwide. Different regions show various levels of consumer awareness, interest in, and acceptance of soyfoods. Printed hand-out sheets and cooking classes were suggested as promotional efforts were an important part of the creation of a desirable image for soyfoods.

"Before leaving Ann Arbor, the participants formed the Soycrafters Association of North America as a trade association to promote soyfoods and exchange information among the members. With the founding of SANA, the Soyfoods Revolution took its longest recent stride. Soycrafters were no longer isolated persons, groups and shops, but had become a nationwide network devoted to the same purposes, sharing their experiences for mutual benefit and the ultimate benefit of the American consumer."

Note: The word "soyfoods" is used throughout this article.

4019. **Product Name:** Amazake.
Manufacturer's Name: Woman in San Francisco.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1979. January.
New Product–Documentation: Orange leaflet. Late 1978 or 1979?, undated. 5.5 x 8.5 inches. "AMAZAKE' (ah-mah-ZAH-kay) is a natural sweetener as well as a delicious warm drink. It is made from fermented sweet rice and a special enzyme, Koji. As a drink: 1 part AMAZAKE', 2-3 parts spring water. Heat mixture. Do NOT boil. Serve topped with grated gingerroot." Then recipe for cookies. "Amazake' as a sweetener: 3T for 1 T honey. Listen om shanti. Near the bottom of the leaflet is an illustration (line drawing) of a Japanese nobleman in formal dress seated on a raised mat. Monique Brief Miksis sent this leaflet in March 1988, stating that it was given out by the woman who made amazake in San Francisco and sold it at Rising Sun in early 1978.

Talk with Tony Plotkin of Grainaissance. 1988. Jan. 21. When Tony worked at Rising Sun in San Francisco in 1978 he recalls that they sold amazake in 16 oz. jars made by a woman in San Francisco. Made from whole grain brown rice, it was unfiltered so that it had a chunky texture. Only a plain flavor was made. She also made and sold pastries. Another talk with Tony. 1988. Jan. 30. He started working at Rising Sun in the fall of 1978. No amazake was being sold at that time. It first arrived in late 1979 or early 1980. They only stocked it for a few months; the lady apparently left. Yuki Muramoto (415-822-4711), Aine Travis (415-222-9446, in El Sobrante, who worked with Yuki as office person), or Paul Miksis might have more information about this amazake.

James Udesky calls from Japan. 1988. Jan. 30. He worked at Rising Sun/Herb T Co. in SF from 1972-1975. He never saw a commercial amazake in San Francisco during that time. Yuki Muramoto took over when he left for Japan. Tony Plotkin came later. But Cornellia Aihara taught amazake making in classes. Alice Feinberg made an amazake cake in 1972-73. Star Peterson, John Peterson's wife, in Marin may know. He was in Japan 6 years. Hazle Lerman of Oregon may know. She helped Cornellia on books.

Talk with Aine Travis. 1988. Feb. 18. She worked at Rising Sun for 3 years but does not recall selling amazake as such. They sold koji and someone (probably a woman) baked amazake cookies, which they sold. Shiwa and Ron Harris made seitan, some of the first in America, which they also sold. Jane Gelly, from Sweden, was very good at using the koji to make her own amazake.

Talk with Monique Miksis. 1988. Feb. 27. She had lived in California for 7 years. She worked for Rising Sun from about 1976 or 1977 until early 1979; she left at that time to start the East West Center in San Francisco with Paul Miksis. She recalls that in about late 1977 or early 1978 a woman who made amazake started selling it at the Rising Sun. She only did it for a few months; it was more of a pudding than a drink, sold in a pint jar. Talk with Aine Travis. 1988. Feb. 29. She thinks she worked at Rising Sun from late 1977 until 1980. When she started, only she and Yuki Muramoto were there. Monique definitely arrived after Aine did. Monique worked mostly with Herb T Company, which was the profitable part of the business. So Monique and Aine were there at the same time.

Talk with Yuki Muramoto. 1988. Feb. 29. He worked at Rising Sun from about 1975 to 1979. He recalls that amazake was sold there in about 1978-79, but in pastries rather than as a drink. Later he sold Paul Miksis' amazake. He thinks that Shiwa Harris, the first wife of Ron Harris, bought amazake from a San Francisco woman who made it and used it as a sweetener in her macrobiotic pastries (such as bran muffins). Ron Harris made seitan for a long time. Michael Pierce made his label. Their company was Grain Dance. Tony was a founder of Grainaissance but for the first several years he also worked at Rising Sun. Yuki thinks Shiwa is in California (she came from Oregon).

Talk with Ron Harris and Debbie Brent. 1988. March 6. San Mateo. Tel. 415-347-1378. Ron arrived in San Francisco

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in about 1975, having studied macrobiotics previously in Ohio from 1974. He founded Grain Dance and started making seitan in his house in the Haight-Ashbury district of San Francisco about 1977-78. Later David "Devo" Knepler came is as a partner (Devo now works with Wildwood Natural Foods). He delivered his seitan regularly to Rising Sun (which was his first account) and stocked their one small refrigerator. He was interested in amazake and would definitely have noticed if they stocked any. He does not recall Rising Sun selling any amazake before that sold by Paul Miksis. Ron's first child was born in 1976 and would have used amazake as a sweetener for the child if it had been available. He also does not recall his wife, Shiwa, using amazake to sweeten her date bars or muffins (pastries); he thinks she was using barley malt syrup or maple syrup. He does recall a macrobiotic woman in Berkeley, Carolyn Goldwasser (now in Portland: Phone 503-629-9213), making amazake in the late 1970s but does not think she sold it, at least not regularly. She did make rice bran pickles out of her home and sell them.

Talk with David Rabinowitz in Mill Valley. 1988. Nov. 8. He worked at Rising Sun, and left on 3 Sept. 1978, flying to Cincinnati. Tony Plotkin took his place, making mochi. During the summer of 1978 he and Yuki Muramoto lived together and made mochi. He does not recall any amazake being sold at Rising Sun before Sept. 1978. Shiwa's cupcakes were sold later. Jacob "Bud" Israel, who was at Rising Sun almost all the time Jimmy Udesky was there, might recall. He probably left just before Aine started.

Talk with Shiwa Harris. 1988. Nov. 8. She thinks she got the amazake for her cupcakes from Rising Sun but is not sure. She definitely did not make it herself. Her first child, Rebecca, was born on 25 Sept. 1976 (after she lived at Vega with Herman & Cornellia Aihara), and her second, Elizabeth, on 31 July 1978, about 3 months premature. She first sold her amazake cupcakes at the Haight Street fair one June in San Francisco, maybe 1979. Lots were sold at a store on Haight St. and Cole owned by a Chinese guy with a long black braid. Shiwa's Cupcakes came at least a year before the Shiwa's Cheesecake. Daughter Elizabeth was in a walker when she started the cheesecake. She thinks she was selling cupcakes to Yuki before David Rabinowitz started at Rising Sun. She is sure she was selling the cupcakes while David's wife Sharon was still alive (she was killed in an auto accident on 23 Jan. 1979) and before Elizabeth was born. Yuki was the main person to whom she sold the cupcakes.

Talk with Yuki Muramoto (Tel. 4125-822-4711). 1988. Nov. 9. He came to America from Japan in Jan. 1975, then started at Rising Sun on Judah St. in Sept. 1975. He agrees with Plotkin and Rabinowitz that no amazake was sold there before Sept. 1978. He remembers Shiwa's cupcakes.

Talk with Gail & Michael Percy (Tel. 415-669-7181). 1988. Nov. 9. Gail worked at Rising Sun from early-1977 until the middle of the year. Does not recall any amazake nor any Shiwa's cupcakes with amazake being sold there.

Note: REWARD! Soyfoods Center hereby offers a reward of $100 to the person who first provides the correct name of the person who made the amazake described in this orange leaflet.

4020. [Shurtleff, William; Aoyagi, Akiko]. 1979. Soyfoods buyer's guide [Tofu, tempeh and miso shops in the USA and Canada]. *Whole Foods* (*Berkeley, California*) 2(1):42-44. Jan.
• ***Summary:*** A listing of all companies in the USA and Canada, by food type, by state.

Note: This is also the earliest English-language publication (one of two in this issue) seen with the term "Soyfoods" in the title. Shurtleff and Aoyagi compiled this list and gave *Whole Foods* permission to use it free of charge. Address: P.O. Box 234, Lafayette, California 94549.

4021. Molotsky, Barbara. 1979. Of hearts and intimate hours. *Chicago Tribune.* Feb. 9. p. B1.
• ***Summary:*** If you want to be left alone, visit Fuji, a Japanese restaurant at 76 W. Lake St. "Take tea for two in one of three private tea houses..." "The sukiyaki features sliced beef, soy bean cake [tofu], bamboo shoots, fresh mushrooms, and assorted fresh vegetables prepared at your table and priced at $8.50."

4022. Rubenstein, Judith. 1979. Re: Standard of identity for tofu, and request for help in making tofu an accepted protein source for the Child Nutrition Programs of the USDA. Letter to Ms. Carol Tucker Foreman, Director, Child Nutrition Programs, USDA, Washington, DC, Feb. 9. 3 p. Typed, with signature on letterhead.
• ***Summary:*** This letter begins: "As both a parent of a school-aged child, and as an institutional consultant for the New England Soy Dairy, Inc., I am concerned that at the present time there is no standard of identity for tofu, and therefore, it cannot be used in any of the Child Nutrition Programs which the U.S.D.A. sponsors: The School Lunch Program, The Breakfast Program, and W.I.C."

Discusses tofu and argues that tofu should be included in these child nutrition programs, then asks for advice about the proper procedure for making an application for such inclusion.

This is the earliest document seen (Sept. 2000) concerning a standard of identity or standards for tofu. Address: Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746.

4023. Claiborne, Craig. 1979. Q & A: (Includes a question on tofu). *New York Times.* Feb. 14. p. C4. [1 ref]
• ***Summary:*** Question: "In this day and age when everyone is talking and, apparently, cooking Chinese, there are many

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recipes that call for bean curd or tofu. Is it possible to make this at home? Is there a book with instructions for making it?"

Answer: "The best, and I believe the only, book on the preparation of bean curd or tofu is 'The Book of Tofu, Food for Mankind,' by William Shurtleff and Akiko Aoyagi. It contains 500 recipes using bean curd, plus instructions for making it yourself. The publisher is Autumn Press, P.O. Box 469, Soquel, California 95073. I believe the book is available in many major bookstores." Address: Food Editor, New York Times.

4024. Gery, Michael. 1979. Soy beans: Like growing corn. *Recorder* (*Greenfield, Massachusetts*). Feb. 26. p. A8.
• ***Summary:*** The New England Soy Dairy, which will use 500,000 pounds of soybeans in the coming year, has been trying to interest farmers closer to home in raising soybeans. Richard Leviton will be working with the Franklin County Agricultural Task Force to supply information about soybeans to area farmers. A photo shows Richard Leviton filling a bucket with soybeans. Address: Staff reporter.

4025. Leviton, Richard. 1979. Re: Your section on Advertising and Educational Activities. Letter to William Shurtleff at New-Age Foods Study Center, Feb. 26. 1 p. Typed, on letterhead.
• ***Summary:*** Ira thought this section was good. "Two areas that you might want to expand on are (3) Free Samples, and (8) Media Advertising." He elaborates on these points.

Note: The bottom ¼ of this letter has been cut off and is missing. Address: New England Soy Dairy, 305 Wells St., Greenfield, Massachusetts 01301. Phone: 413-772-0746, 773-3141.

4026. Klein, Barbara P. 1979. Re: Comments on tofu and soymilk production manuscript. Trypsin inhibitors. Letter to William Shurtleff at New-Age Foods Study Center, Lafayette, Feb. 28. 1 p. Typed, with signature on letterhead.
• ***Summary:*** It is still unclear whether trypsin inhibitors are important in human nutrition, and if the 80% inactivation which undoubtedly occurs during production of tofu and soymilk is adequate. She and co-workers have been doing some studies of trypsin inhibitor destruction in home cooked soybeans. The main objective is to determine if partially cooked ground soybeans can be satisfactorily incorporated into food products such as bread and meatloaves. Address: Asst. Prof., Foods and Nutrition, 274 Bevier Hall, College of Agriculture, Univ. of Illinois, Urbana, IL 61801. Phone: 217-333-3790.

4027. Sheridan, Margaret. 1979. Mighty bean zaps food bills, packs in protein. *Detroit News.* Feb. 28. p. E-1, E-9.
• ***Summary:*** A weak history of the soybean followed by recipes from the book *Barbara Farr's Super Soy* (Keats Publishing). The article begins: "Fed up with the soaring cost of meat? Dine like the cows. Eat soybeans. These homely beige beans have been nourishing livestock, peasants and dynasties for 5,000 years."

A great half-page illustration (cartoon), by John R. Clarey, shows Super Versatile Soy, a character like Superman with a bean-like body, a cape, and two thunderbolts in one hand. Address: News staff writer.

4028. Sheridan, Margaret. 1979. It's more like ricotta than feta; call it tofu. *Detroit News.* Feb. 28. p. E-1, E-8.
• ***Summary:*** An introduction to tofu, a brief interview with Dan Ecclestone and Sue Kalen of The Soy Plant ("Michigan's only soybean processing cooperative"), and some tofu recipes. "In appearance, tofu is a cross between cream cheese and ricotta with a similar taste." Address: News staff writer.

4029. Dominguez de Diez Gutiérrez, Blanca. 1979. Alimentacion integral para una vida plena: Los mil usos de la soya [Whole foods for a full life: The thousand uses of soya]. San Angel, Mexico: Editorial Posada. 232 p. Feb. Dedicated to Swami Pranavananda Saraswati. Illust. 21 cm. Series: Biblioteca Natura. [13 ref. Spa]
• ***Summary:*** Contents: Introduction. Satvic (pure) cookery and its contents. Part I: Food for the body. I. Transcendence. II. Satvic cookery (pure). 1. Balanced diet. III. What ingredients are necessary? Discusses whole grains, starting with a lengthy section on soya, plus 6 pages of nutritional tables. IV. How to start? (p. 71-140). Each of the following sections contains basic recipes and draws on *The Book of Tofu* by Shurtleff and Aoyagi. 1. Go (Fresh soy puree, *Masa de frijol de soya*). 2. Soymilk (*leche de soya*). 3. Tofu (*Cuajada de soya*). 4. Okara (*Sobrante* [*residue*] *de la masa de soya*). 5. Kinako (*Harina tostada de soya*), including soy coffee (*Soyafé–Cafe de soya*), soy nuts (*Soya–Nuez*), and whole dry soybeans (*Frijol de soya natural*). 6. Other soy products: Soy flour (*harina de soya*), soy chocolate (*choco soya*), soy oil (*aceite de soya*) are illustrated, but with no text.

V. What can be done with seeds? (p. 141-92) 1. Cereal grains, legumes, and oilseeds. Recipes–Pickles (Curtidos or encurtidos) and sauces in the style of the Hindu culinary art, to accompany dishes composed of cereals. 2. Sprouts (*Germinados*, p. 179-86, including *germinados de soya* = soy sprouts). 3. Coconuts. VI. Useful advice.

Part II: Food for the mind and spirit. Discusses the teachings of Swami Pranavananda Saraswati and yoga. A brief introduction to Swami Pranavananda and his world yoga mission.

Letter from Blanca. Though copyrighted in 1978, this book was not published (6,000 copies) until 1979. A second edition of 5,000 copies was published in Nov. 1979. Address: Mexico.

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4030. *GOMF News* (*Oroville, California*). 1979. Nigari/Tofu quality. Feb. p. 4. *
Address: 1544 Oak St., Oroville, California.

4031. **Product Name:** Tofu.
Manufacturer's Name: Kirpalu Yoga Retreat.
Manufacturer's Address: Box 120, Summit Station, PA 17979. Phone: 717-754-3051.
Date of Introduction: 1979. February.
How Stored: Refrigerated.
New Product–Documentation: Letter from Chris Yorston, Kitchen Dep., Kirpalu Yoga Retreat. 1979. Feb. 20. They make tofu and soymilk on a community scale, and use the resulting okara to make okara tempeh.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Chris Yorsten [Yorston].

4032. Takai Tofu & Soymilk Equipment Company. 1979. Takai catalog of large-scale equipment. 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 6 p. Feb. 30 cm.
• ***Summary:*** This catalog is printed with green ink on glossy white paper. 29 photos in horizontal rectangular frames show the company's many pieces of equipment and systems for manufacturing tofu and soymilk. The catalog is divided into five sections: (1) Front page and introduction; (2) Basic tofu & soymilk equipment; (3) Deep-frying equipment and systems; (4) Whole systems; (5) Ingredients & literature. For more information, contact Wataru Takai.

Letter (fax) from Wataru Takai. 1996. Aug. 2. Takai's records show that their green catalog of large-scale equipment was printed in Feb. 1979. Address: Ishikawa-ken, Japan. Phone: (0762) 48-1355-59.

4033. Yao, M.Y.; Peng, A.C. 1979. New chemical coagulant for making soybean curd. *Ohio Report on Research and Development* 64(1):11. Jan/Feb.
• ***Summary:*** Compares GDL (Glucono delta-lactone) with gypsum (calcium sulfate). Address: Ohio Agricultural Research and Development Center, Ohio State Univ., Columbus, Ohio.

4034. Gordon, Ralph. 1979. "Soy dairy" urges Pioneer Valley farmers to produce [soy] beans. *Morning Union* (*The*) (*Springfield, Massachusetts*). March 2. p. 11, 26.
• ***Summary:*** The New England Soy Dairy expects to use 750,000 pounds of soybeans this year and 1,000,000 pounds in 1980. The company, which (up until now) has had to buy all its soybeans from the Midwest, would like to be able to obtain them from farmers in Franklin County, or anywhere in the Pioneer Valley, even as far south as Springfield, where the growing season is about 10 days longer (120 days). The last large crop of soybeans in New England was grown in Connecticut about 20 years ago, according to Richard Leviton who is supervising the local soybean production project. The Soy Dairy uses only organically grown soybeans from fields treated that way for 3 years.

4035. Flower Dragon. 1979. A very special menu (Ad). *New York Times.* March 11. p. WC2.
• ***Summary:*** "The Flower Dragon announces Chef Lau of Hong Kong who devised our popular Chinese New Year Feast has been invited to extend his stay and has prepared for you A Very Special Menu."

The menu is given. Appetizers include: "Lobster on bean curd sheet." Entrees include: Succulent pig with aromatic soy bean." Call for reservations. $15 per person.

Note: This "bean curd sheet" is probably what we call a "pressed tofu sheet." Address: Route 128, Armonk, New York–only 7 minutes from White Plains on I-64.

4036. Tofu Shop (The). 1979. By-laws. Telluride, Colorado. 4 p. 28 cm.
• ***Summary:*** Article I. Identity and purpose. II. Divisions. III. Definition of a worker. IV. Definition of an owner. V. Worker meetings and worker council. VI. Owner meetings and owner council. VI. Managers. VII. Managers. VIII. Amendments (4). IX. Dissolution.

"These By-laws and the above Amendments were approved at a meeting of all Tofu Shop workers on March 11, 1979 in Telluride, Colorado.

"Article I. Identity and purpose. The name of this organization is the Tofu Shop. It is a profit-making, worker-owned business existing to develop self-sufficient food systems on the local community level; and to grow, process and distribute organic, pure and unadulterated foods of the highest quality." Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

4037. Davis, Melissa. 1979. The soy of cooking: Out of the field, into the kitchen. *Washington Post.* March 15. p. E1, E14, E20.
• ***Summary:*** Starts by discussing Henry Ford's interest in and work with soybeans. He wanted to find a way to "grow automobiles out of the soil. In 1940 he discovered that soybeans were his bumper crop."

Last week a milestone in soybean history was made on Capitol Hill [Washington, DC]. "About 500 people including senators, representatives, ambassadors, diplomats and freeloaders turned up at the International Soybean Fair.

While Chai Zemin (of the People's Republic of China) and Bob Bergland (U.S. Secretary of Agriculture) stood shaking hands, people pushed and shoved to get to the bar and to hors d'oeuvres made from every soybean product imaginable–soy flour, bean curd, textured vegetable protein (TVP), soy milk, soy sauce, etc. Also mentions tempeh and miso.

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The event was largely sponsored by the Food Protein Council and its member companies. "There were a few interesting hors d'oeuvres including soy nuts and garlic smothered bean curd." Contains recipes.

4038. Foreman, Carol Tucker. 1979. Re: The use of tofu in the child nutrition programs. Letter to Ms. Judith Rubenstein, Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, MA 01301, March 16. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Schools participating in a child nutrition program, such as the School Lunch Program or School Breakfast Program agree to serve meals meeting specific requirements established by the U.S. Department of Agriculture." The requirements for the Type A Pattern are explained as an example. Tofu is not authorized in this pattern, and "does not appear to be a usable food alternative." "As you know, tofu has no Standard of Identity or any other standard to enable the Food and Nutrition Service to use it in its program. The U.S. Food and Drug Administration (FDA) is the agency that writes Standards of Identity. The initial step in obtaining a Standard of Identity is to petition FDA..." Their address in Washington, DC, is given. Address: Asst. Secretary of Food and Consumer Services, USDA, Washington, DC 20250.

4039. Mallory, Margaret. 1979. Tofu enriches with or without Zen Buddhism. *Oakland Tribune.* March 21. p. 1F, 12. Reprinted in Nichibei Times. 1979. May 30. p. 2, as "American Couple Updates Book on Uses of Tofu." [1 ref]
• ***Summary:*** A brief history of the work of William and Akiko Shurtleff with tofu, and the new Ballantine mass-market edition of their Book of Tofu. Address: California.

4040. Schecter, Andy. 1979. Re: Tempeh at Northern Soy. Letter to William Shurtleff at New-Age Foods Study Center, March 31. 1 p. Typed, with signature. [1 ref]
• ***Summary:*** In 13 steps describes the process for making tempeh at Northern Soy in perforated Ziploc bags.

A handwritten notes at the end states: "Here is our tempeh process. We're doing some experimentation with starter production, which is not exactly trouble-free at this point. Tried your 'sporulated inoculated soybean method' but must have left it in incubator too long 'cause it started to smell like ammonia. Will try again. Pics [pictures = photos] to follow as soon as we can get them processed. Best wishes, Andy." Address: The Tofu Shop, 277 N. Goodman St., Rochester, New York 14607. Phone: 716-442-1213.

4041. *Ann Arbor Observer* (*Michigan*). 1979. One of the few U.S. tofu manufacturers is right here in Ann Arbor: At the Soy Plant on Ann Street a collectively-run business combines political and nutritional interests to produce over 2000 pounds of soybean curd weekly. March. p. 29. [1 ref]
• ***Summary:*** This February morning Steve Fierling [sic, Fiering] arrives at The Soy Plant at 5 a.m. to start the day's work in the back room of the former pizza carryout at 211 East Ann St. in Ann Arbor. He turns on the lights and the boiler, then starts cooking soy milk for the first batch of tofu. Fiering is part of a nine-member collective; this week he's the cooker. The first batch of tofu should be ready by 7 a.m. Making tofu is a demanding discipline. Fiering, Sue Kalen, Chris Coon, and Al Dynak were the original founders of The Soy Plant one and a half years ago. Steve originally came from Camden, New Jersey, to the University of Michigan, where he majored in geology and, as he puts it, "minored in extracurricular political activism." Politics led to a job as coordinator of the People's Food Co-op, and that led to helping to start The Soy Plant. The Soy Plant is one of the few places in America where people can buy fresh tofu daily. A low-cost vegetable source of protein, retails for $0.70/lb in the consumer's tub or $0.85 in a plastic tub.

Henry Ford was deeply interested in soybeans. He believed that "mechanized soybean production would help free the farmer from the drudgery of dealing with animals by eliminating the need for most meat... In fact his large demonstration soybean farm was near Macon, south of Saline, in Lenawee County." Tofu can become an economical vegetarian alternative to ground beef.

The company began as the Tofu Collective, a Sundays only operation at Wildflour Community Bakery around the corner on North Fourth Avenue. A few months later, in the summer of 1977, the name was changed to The Soy Plant, and the collective moved into the basement of Eden Foods, where it attempted to produce tofu to sell wholesale. Fiering recalls that the early days were *really* hard. They used to work 14-16 hours a day. But the hard work paid off. By last spring The Soy Plant had the track record and credibility to be able to raise $10,000 in loans to purchase more efficient equipment and move into larger quarters at its present location on Ann Street near Fourth.

For each $100 loan, supporters were compensated with an unusual but sensible kind of interest: a pound of tofu each week, which yields a 35% annual return. Backers included both typical co-op supporters and quite a few native Asians eager to find a local source of fresh tofu.

Members of the collective now earn $3.25 an hour–a big increase over the $50 a week that they were paid in the beginning. But that cheap labor was the capital that got the business started. Current members of the collective are Fiering, Sue Kalen, Dan Ecclestone, Anne Elder, Kurt Getman, George Hanley, Mike Mazzie, Jerry McKenna [sic, MacKinnon], and Ann Wilson.

The Soy Plant makes its tofu in 50-pound batches. Of the more than 2,000 lb of tofu it makes each week, about 350 lb are sold at The Soy Plant retail store, where soy milk, soy byproducts, and prepared soy foods like sandwich spreads, missing egg salad, soysage, and pies are also sold. Another

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1,700 lb/week of tofu goes to local restaurants, retail stores (incl. Meijer's Thrifty Acres, Asian-, and natural food stores), and to Midwest Natural Foods, which distributes the tofu to as far away as Pennsylvania and West Virginia.

Soy Plant workers have strong political motivations. They believe that soy products can help to solve world food problems. Fiering, a decentralist, talks about his personal beliefs. An excellent introduction to tofu is the 15-cent pamphlet titled "What is tofu?" available at The Soy Plant. It contains ten popular recipes plus basic information. "For the truly committed, there's the encyclopaedic *Book of Tofu: Food for Mankind* by William Shurtleff and Akiko Aoyagi." Shurtleff "has been the tofu guru for America in the 1970s, and this book has inspired and instructed most of the country's approximately fifty tofu shops operated by non-Asians."

A sidebar titled "Take-out tofu treats" mentions the following made and sold at The Soy Plant: Tofu-tahini spread. Tempeh–which resembles Brie cheese in texture and flavor. Tofu tarts in several flavors: pecan cream, pumpkin cream, yam, mocha, and lemon.

Photos by Peter Yates show: (1) Anne Elder adding soy puree to boiling water in the cooking kettle to make a foamy brew that is eventually curded to become tofu. (2) Steve Fiering filling one-pound tofu retail packages (in a bathtub) with water from a hose before shipping. Address: Ann Arbor, Michigan.

4042. Hundley, Kris. 1979. New England's tofu factory. *In Business.* March. p. 40-43. Premier Issue.
• ***Summary:*** Once called the Laughing Grasshopper, the New England Soy Dairy is now producing 10,000 pounds of tofu a week and anticipating year-end gross sales of $250,000. Photos show: (1) Aproned Kathleen Leviton lifting tofu from a large pressing box into a tray of cold water. (2) Tofu being pressed mechanically in perforated metal boxes. (3) A worker standing with lifted hand beside a grinder. "The entire process, from soaked soybeans to tofu, requires three people and takes 10 minutes. One pound of soybeans yields about 2½ pounds of tofu."

4043. *Industry* (*Massachusetts*). 1979. Oriental staple from Greenfield. 44(3):66-70. March.
• ***Summary:*** "The New England Soy Dairy started business in 1976 as an under-capitalized cottage industry with 3 partners. Today it is a corporation with 23 employees and with project gross sales of $300,000." It makes nearly 3,000 lb/day of tofu. Three photos show tofu being made at the Soy Dairy.

4044. **Product Name:** French-Style Soyannaise (Eggless & Sugarless Tofu Mayonnaise).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1979. March.
Ingredients: Tofu, unrefined safflower oil, wood-aged organic apple cider vinegar, honey natural spices, sea salt.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 3.75 inches diameter. Red and blue on white. "Use as you would mayonnaise–but so much better! No Preservatives. No Eggs. No Sugar." Letter from John Paino. 1982. April 17. Gives starting date. Spot in Soyfoods. 1983. Summer. p. 52. "Nasoya Restyles Tofu Dips. The line of 5 spreads and salads, introduced in December 1979, was restyled and repackaged in December 1982." 1984. Summer. p. 43. "Nasoya's Vegi Dips."

4045. New England Soy Dairy, Inc. 1979. New York product and price list. March 19, 1979. 305 Wells St., Greenfield, MA 01301. 2 p.
• ***Summary:*** Products include bulk tofu and packaged tofu (both regular and firm), Soymayo, Light Lunches (Muenster and Sprouts, Sesame Cheddar, Tofu-Fried Mushrooms, Tofu and Olives, each 6 oz.), and Greek Spinach Pie (Spanakopita). "Packaged Soy Dairy Tofu now has recipes on the label. There are four different labels with two recipes each." Address: Greenfield, Massachusetts.

4046. **Product Name:** Tempeh.
Manufacturer's Name: Northern Soy.
Manufacturer's Address: 277 N. Goodman St. Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1979. March.
New Product–Documentation: Letter from Andy Schecter on stationery with no letterhead. 1979. March 31. "Tempeh at Northern Soy." A 1-page description of how the company makes tempeh in perforated Ziploc bags.

Letter from Andy Schecter on The Tofu Shop letterhead. 1979. May 26. Seven small photos show the company's tempeh-making process and equipment: (1) Cooking soybeans with steam. (2) Cooling cooked beans on a table. (3) Mixing in starter in plastic buckets. (4) Bagging and flattening inoculated soybeans. Tofu is being made in the background. (5) Placing screen trays loaded with bagged tempeh into the incubator. (6) Tempeh (and starter in Petri dishes) in the incubator. (7). Front of incubator. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Address listed as 30 Somerton St., Rochester, New York 14607.

4047. **Product Name:** Tofu.
Manufacturer's Name: Ohio Miso Co.
Manufacturer's Address: Route 2, Monroeville, OH 44847.
Date of Introduction: 1979. March.
New Product–Documentation: Soycraft. 1979. Summer.

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p. 30. "Monroeville, Ohio: Ohio Miso Company." To supplement their miso business, Thom Leonard and Richard Kluding produce between twenty and fifty pounds of tofu every week.

4048. *Plenty News* (*Summertown, Tennessee*). 1979. Soybean project in Guatemala highlands. 1(2):1-3. March.
• ***Summary:*** Plenty was incorporated on 4 Oct. 1974 in the State of Tennessee as a non-profit relief and development corporation. In Solola, Guatemala, Plenty will "be setting up a village-scale soy dairy to produce 100 pounds of tofu and 40 gallons of soy ice bean (ice cream made from soymilk) three times a week. The dairy will supply free ice bean for local school lunch programs. It is intended that the dairy will produce low-cost, high-protein foods and become a local cottage industry, run by indigenous people of Solola. This project is co-sponsored by the NGO Division of the Canadian International Development Agency [CIDA] as phase one of an Integrated Development Project..." Some 1,500 pounds of soybeans have been donated by UNICEF. Suzy Jenkins is one of the soyfood teachers.

"In cooperation with UNICEF and the International Soybean Program (INTSOY), Plenty has screened 20 varieties of soybeans, determining which ones would grow at 6,000 feet in the Guatemalan highlands... The beans were successful, yielding up to 40 bushels per acre. Approximately 100 farmers from San Andreas Itzapa and neighboring towns will be planting trial patches of soybeans in their own fields this coming spring. Plenty will supply them with the seed of the best-performing varieties."

Contains many purple photos of soybeans and soyfoods in Guatemala, including: Suzy Jenkins carrying water in a pot on her head for a soymilk demonstration. A Guatemalan man standing waist-deep in a field of soybeans with a bearded Farm member looking on, smiling. Guatemalan women crushing soybeans in a metate, filtering out soymilk using a cloth sack, then drinking the soymilk. A little girl drinking soymilk from a big cup. Planting soybeans. Amaranth plants.

Note 1. This is the earliest document seen (April 2004) that mentions Solola, Guatemala, in connection with soy.

Note: This is the earliest document seen (Jan. 2003) concerning Plenty Canada. Address: 156 Drakes Lane, Summertown, Tennessee.

4049. *Plenty News* (*Summertown, Tennessee*). 1979. Plenty-Video. 1(2):7. March.
• ***Summary:*** "The Plenty-Video crew recently returned from Guatemala with a video report of Plenty's Guatemala project. It includes beautiful color footage of village tofu making, life of the native people, and reconstruction work Plenty has completed in the highlands. We are producing a half-hour program suitable for rebroadcast or home use."

This video is available for sale or rental. For further information (price, format) write Plenty-Video, 156 Drakes Lane, Summertown, Tennessee 38483.

Note: This is the earliest document seen (Feb. 2002) that mentions a video about soy. Address: 156 Drakes Lane, Summertown, Tennessee.

4050. Tofu Shop (The). 1979. Traditional vegetarian cuisine (Ad). *Telluride Times.* March.
• ***Summary:*** Features a large illustration of a dragon and "Traditional vegetarian cuisine" as part of the company logo. States: "Menus from different nationalities every night. Whatever you're in the mood for, we can probably help you out. Thurs. 3/15 [Thursday, March 15]. Tofu Turkey, Vegetable stuffing, baked potatoes, fruit salad. Note: The Tofu Shop in Telluride is now selling "Tofu Turkey" commercially, with all the trimmings–even though it was out of season.

Fri. 3/16. Pizza, Minestrone soup, Tossed green salad.

Sat. 3/17. Ganmo (Mock Goose), Stir-fried vegetables, miso soup, etc.

"Dine in or phone ahead for takeout (728-9940). Open Mon.–Sat. 11 a.m. to 9:30 p.m. Closed Sundays."

Note: Unfortunately the exact date and page of this ad are unknown, but it was shortly before March 15. Address: 116 N. Oak–on the Sheridan Mall–Telluride, Colorado.

4051. **Product Name:** Tofu Pies (Carob, Cocoa, Peanut Butter).
Manufacturer's Name: Yellow Bean Vegetarian Foods.
Manufacturer's Address: 15309 Mack Ave., Detroit, MI 48224.
Date of Introduction: 1979. March.
New Product–Documentation: Interview with Tim Huang. 1981. April 9.

4052. **Product Name:** Tofu Salad (Bulk).
Manufacturer's Name: Yellow Bean Vegetarian Foods.
Manufacturer's Address: 15309 Mack Ave., Detroit, MI 48224.
Date of Introduction: 1979. March.
New Product–Documentation: Interview with Tim Huang. 1981. April 9.

4053. Dwan, Lois. 1979. Where the 'Mandarin' is master. *Los Angeles Times.* April 8. p. N98.
• ***Summary:*** This is a restaurant review of Lotus West, 10974 W. Pico Blvd., West Los Angeles–one of an estimated 1,000 Chinese restaurants in Los Angeles County. For dessert the writer enjoyed "squares of beancurd [tofu] and litchis in cold almond syrup and... a small, flaky delicate pastry filled with sweet bean paste" [probably *an*, made with azuki beans].

In another dish, "Beancurd was steamed and flattened, rolled like a jelly roll around back mushrooms."

"Dinner was climaxed with eight-precious duck... It had

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been wrapped in cabbage leaves, in beancurd skin [yuba], in foil and then in clay, baked for 7 hours."

4054. Bulkeley, William M. 1979. Good old bean curd is suddenly popular, but you call it tofu: Longtime food of the Orient now is providing protein to American vegetarians. *Wall Street Journal* 100(72):1, 31. April 12. Eastern ed.; p. 1, 27. Western ed.
• ***Summary:*** This front-page story focuses on the New England Soy Dairy of Greenfield, Massachusetts. Sales of tofu in America are climbing sharply. "'We project a 25% to 30% annual growth with virtually no promotion,' says a spokesman for Quong Hop & Co., a South San Francisco firm that has been making tofu since 1906. Tofu is showing up in 'health foods' and on vegetarian menus; even non-Oriental Americans are making it commercially and developing ways to use it in Western dishes. It is available mainly at health-food stores and restaurants and at grocery stores operated by Chinese- or Korean-Americans. An occasional supermarket carries it.

"Another yogurt? Tofu's rising popularity in the U.S. results partly from the increase in the Oriental population on the East and West Coasts, but much of the demand for it is clearly coming from non-Orientals... 'Our sales are increasing because a lot of people are learning to eat tofu for health reasons,' says Shizuko Yamauchi, wife of the owner of Matsuda-Hinode Tofu Co. of Los Angeles, the nation's biggest tofu maker, with estimated production of 10 tons daily. Mrs. Yamauchi won't disclose figures..."

100 grams (3.2 oz) of regular fried tofu contains about 18% of the recommended daily protein allowance for an adult, and only 150 calories, according to the USDA.

"The tofu produced by New England Soy Dairy sells for between 69 cents and 99 cents a pound at most outlets. Hamburger these days costs an average of $1.60 a pound... Its popularity as a health food developed after the January 1976 publication of 'The Book of Tofu,' a volume that fanciers describe reverently as 'a seminal work.' The book sold 65,000 copies and has recently been condensed and reissued as a mass-market paperback by Ballantine Books. It lists hundreds of recipes for making vegetarian dishes with tofu and gives instructions for starting a tofu-making shop. The book inspired entrepreneurs to set up tofu shops...

"New England Soy Dairy now turns out nine tons of tofu a week, up from 500 pounds a week two years ago. It expects revenue of more then $750,000 this year. Mr. Leviton [Richard started the predecessor of the company with his wife two years ago], who like many tofu fans has an almost evangelical zeal for the product, now is starting a trade magazine and is working to organize a trade group, the Soycrafters Association of North America." Address: Staff reporter.

4055. Finast. 1979. The new Finast: You'll like the difference (Ad). *Hartford Courant* (*Connecticut*). April 15. p. 80.
• ***Summary:*** "Stir fry cooking features!... Tofu bean cake. New England Soy Dairy 79¢ lb. Tofu is a versatile, high protein soy food. It can be used fried, stewed or baked. Free recipes available in our produce dept. We'll have Tofu demonstrations in the following stores–10 a.m. till 4 p.m." Lists the name and address of two stores (Enfield and Hadley, each for two days).

4056. Rackis, J.J. 1979. Re: Cooking time required to inactivate trypsin inhibitors when making tofu. Letter to William Shurtleff at New-Age Foods Study Center, April 24. 2 p. Typed, with signature on letterhead. [1 ref]
• ***Summary:*** "The rate of destruction of TI is dependent upon time, temperature, pressure, and initial moisture levels prior to heat treatment. Particle size is also an important factor... It would be generally true that once the temperature of a slurry of soybeans reached 100ºC, at least 80% of the TI activity would most likely be destroyed. However, in order to provide a safety margin because of the factors cited above, recommendations call for a longer cook. In thin flakes, 90% of the TI activity can be inactivated in only 20 minutes of cooking."

"Soybean meal is toasted prior to feeding cattle in order to destroy urease activity. This is necessary because urea is often added to cattle rations and low urease activity is required to prevent conversion of urea into ammonia. Rapid release of ammonia from urea can cause toxicity in cattle." Address: Research Chemist, Oilseed Crops Lab., NRRC, 1815 N. University St., Peoria, Illinois 61604.

4057. Shurtleff, William. 1979. Notes on visit to Quong Hop & Co. tofu factory in South San Francisco. Lafayette, California: New-Age Foods Study Center. 1 p. Unpublished typescript. April 26.
• ***Summary:*** Quong Hop is the leading (and perhaps the only) manufacturer of fermented tofu in North America. We were allowed to study and photograph the process in detail, and all our questions were answered. The entire process is described, with illustrations, in *Tofu & Soymilk Production*, by Shurtleff & Aoyagi (1979) in the Chapter 16 titled "Fermented tofu" (p. 283-86). Taken that day, photos show: (1) A man standing next to rolling rack of skewered inoculated tofu cubes, which are about to be incubated. (2) Pouring brining liquor over mold-covered tofu cubes packed into empty glass jars. (3) A close-up view of the previous view showing labels of the two different types of fermented tofu made by Quong Hop & Co.–Bean Cake (*Fu-Yu*) and Pepper Bean Cake (with hot chili flakes in the brining liquor). (4) A sample of well-molded tofu cubes.

Also describes the process and equipment used by the company to make tofu. The soybeans are ground in a Rietz disintegrator. The whole system is run by a control panel from Japan. "You *must* have an in-house repairman for

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the control panel says owner Stanley Lee. From the slurry tank, the slurry is pumped into a two-chamber continuous cooker. The slurry fills the chambers and cooked slurry exits by overflowing. It works well. The cooked slurry is then pumped onto a vibrating screen and down into the Brown soymilk extractor. The soymilk from the screen is run directly into a huge steam-jacketed holding tank. The soymilk extracted by the Brown is run back into the slurry tank. Curding is done in barrels. Pneumatic pressers are used to press the curds into tofu. Vacuum packaging with a Multivac vacuum packager. Then pre-weighed labels are applied with a Hobart. But the labels are too small and unattractive; need two labels per package.

Tofu burgers: Run through three-patty former. Arrange on trays. Deep fry on screens in batch oil fryer. Slow. They have an oven for Savory Baked Tofu, which is pre-dipped in hot teriyaki sauce mixture. Address: Lafayette, California 94549. Phone: 283-3161.

4058. Shurtleff, William. 1979. Re: Request for clarification and additional information on making tempeh at Northern Soy. Letter to Andy Schecter at Northern Soy in Rochester, New York, April 29. 1 p. Typed, without signature (carbon copy). [1 ref]

• ***Summary:*** Shurtleff thanks Andy for his letter of March 31, asks him to check Shurtleff's rewritten description for the book *Tempeh Production*, then asks 7 questions with space after each for a response. Andy's handwritten responses are included.

Shurtleff's typewritten P.S. adds: *"Tofu & Soymilk Production* went to the printers last week. We hope to have it ready by the SANA conference. 320 pages." Andy's handwritten note at the end: "Keep up the good work, Bill! We're real interested in *The Book of Tempeh* [not yet published]–especially a pocket size edition will help us to get sales going." Address: New-age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4059. Banzon, Julian A.; Escueta, Elias E. 1979. Progress in the technology of soymilk production. In: Hideo Chiba, et al., eds. 1979. Proceedings of the Fifth International Congress of Food Science and Technology (1978-Kyoto). Tokyo: Kodansha Ltd.; Amsterdam and New York: Elsevier Scientific Publishing Co. xi + 436 p. See Chapter 2.2, p. 74-78. Illust. Author index. Subject index. 26 cm. Series: Developments in Food Science, Vol. 2. [12 ref]

• ***Summary:*** Contents: Introduction. Progress in processing. Progress in increasing acceptability. Nutritional improvement. Soybean varieties. Customer presentation. Philippine experience in soymilk production (3-year history). Simplified soymilk production. Calculation methods.

"CDCP, a construction group involved in a variety of ventures, entered into a contract with the Food Science/ Technology Department of U.P. Los Banos, to produce PHILSOY, using the latter's 600 bottle/day pilot plant. PHILSOY was well received and production reached 3500 bottles/day. The retail price was kept below a competing skim milk chocolate-flavored beverage, and at about the same price as the better soft drinks. After about 3 years of operation, the venture stopped due to breakdown of the processing equipment which had been made to run at 3500 bottles/day even though it was designed for only 600 bottles/ day. Acquisition of additional equipment was imperative but the contracting parties failed to make a decision. The CDCP experience proved that soymilk production can be profitable in the Philippines. The need for a nutritious beverage is in the hinterlands where transporting a bottled product from a distant processor is expensive. The buying power is low, so that the unit price must also be low. The most expensive step is in-bottle sterilization. A cheaper system lies in serving soymilk "on draught", and prepared locally as a "home brew", a system not uncommon in the villages. Unsold soymilk can be converted to tofu, and the soy press-cake [okara] can be used as an ingredient of the locally made rice cakes (puto)."

Tables show: (1) Nutrient recoveries from different soybean varieties and processing methods (incl. Clark, Bragg, Hsi-Hsi. Protein recovery ranged from 95% to 71.8%. Solids recovery ranged from 89% to 42.2%). (2) Composition of seven soymilks. Address: Dep. of Food Science and Technology, Univ. of the Philippines, Los Baños College, Laguna, The Philippines.

4060. Duienga, Suzanne; Duienga, William. 1979. The Soy Plant. *Beansprout Flyer and Pocket Reader: Grand Rapids Food Co-op Newsletter* 2(3): April.

• ***Summary:*** "A current personal interest in soybeans combined with a concern about the high price of tofu at the coop led us to visit the Soy Plant in Ann Arbor. What we found was not a 'plant' or a factory at all, but a downhome group of people with a genuine interest in their work.

"Steve Fiering, the man who first envisioned the Soy Plant, stopped his work to show us around the shop and talk with us about his experiences and his soybean philosophy.

"When asked why Soy Plant tofu costs so much, Steve gave us some pretty impressive reasons. First of all the soybeans that the Plant uses are organic. Secondly, Steve values the people with whom he works and so wages ($4.00 per hour) reflect this. Lastly and most importantly, the Soy Plant is the first of its kind in this area. As with all first, 'We make mistakes and they cost money.'" Steve made much of the machinery in the shop himself.

"The Soy Plant already has a large line of delicious soy products (all personally sampled and 'wholestomachally' approved of), including soysage, tempeh, soymilk, brown bread, sweet white miso, spiced tofu, spreads, tofu pies, and okara peanut butter balls. Free samples of the delectable spreads are available on the counter.

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"During the visit our basic curiosity evolved into true inspiration. The Plant is a living, breathing, organically growing example of how a cooperative group of people can come together and make something happen. The place truly is a center of learning, staffed by people eager to share their newly found knowledge about the creating of this very old food.

"Do you often wonder what to make with this nutritious but strange stuff called tofu? Here are some delightful recipes:" The recipes, from *The Book of Tofu* by Shurtleff and Aoyagi, are for Tofu-nut butter spread or topping, and Banana-tofu milkshake. Address: Michigan.

4061. **Product Name:** Tofu Salad.
Manufacturer's Name: Garden of Eatin' (Distributor). Made in San Francisco by Farm Foods.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1979. April.
New Product–Documentation: Interview with Al Jacobson. 1981. April 13. His invoices show that he first started distributing Farm Foods Tofu Salad on April 3, to just a few stores.

4062. Jack, Alex. 1979. The taste of America: Our changing diet. *East West Journal* 10(4):46-61. April. [24 ref]
• ***Summary:*** This is a macrobiotic view of the changing American diet. Contents: Modern dietary trends. The rise of the standard diet. Food origins: Meat-centered, traditional, vegetarian. Food changes: 1910-1976 (percentage change). The effects of meat and dairy. Effects of sugar and spice. The limits of modern nutrition. The rise of vegetarianism: Adolf Hitler [in Germany], Mohandas Gandhi [in India]. You are what your grandparents ate. Popular health foods: Honey, yogurt, herb teas. The traditional diet of humans. Seven levels of eating. The future diet of humanity.

"Underlying nearly all modern dietary trends is a shift from meals centered around animal products toward ones derived from plant sources. According to a 1978 Roper Poll, 7 million Americans over age 18 do not eat any meat and 37 million more are cautious about how much meat they consume. Another 44% regard a reduction of meat consumption as healthy." In all, nearly 50% of Americans are concerned about meat and the standard American diet. Then lists 12 signs of a major shift in our attitudes toward meat and dairy products; No. 10 incl. "the rising popularity of soy products such as miso, tofu, and tempeh as alternative protein sources to meat." Address: [Boston, Massachusetts].

4063. Leviton, Richard. 1979. Itinerary and notes from trip to the Midwest in March-April to study soyfoods and soybeans. Colrain, Massachusetts. 65 p. April. Unpublished manuscript. 28 cm.
• ***Summary:*** Contents (places and people visited): The Soy Plant, Ann Arbor, Michigan: Their soy deli, deli items on sale and prices, talk with Steve Fiering. Wonder Life Corp. of America, Des Moines, Iowa: Founded 1957, bio-humic method like organic farming. Two bio-humic farmers: Owen Langlie in Mankato, Minnesota (p. 10); Cyril Vernon in Iowa. Midwest Soya International, Cedar Falls, Iowa: Talk with Wes Randall, Altoona processing plant, variety chart on wall with 1979 yields and 4-year average yield (Corsoy, Amsoy, Marion, Beeson, Private SS, Agripro 25, Wayne). George Strayer of Agricultural Exports, Hudson, Iowa (p. 15). Iowa State University, Ames, Iowa: Walt Fehr and the public soybean breeding program, breeding soybeans low in lipoxygenase and linolenic acid, Dr. Harry Snyder and work on lipoxygenase and antinutritional factors. Robert Fischer, Soypro, Cedar Falls, Iowa (p. 25). Professional Farmers in Cedar Falls, Iowa. American Soybean Assoc., St. Louis, Missouri (p. 29). Pfizer Genetics, St. Louis, Missouri (p. 30). Several organic farmers in Arcola, and Oblong, Illinois. Les Karplus. ADM, Decatur, Illinois. A.E. Staley Mfg. Co., Decatur, Illinois. INTSOY program at the University of Illinois: John Santas, Wm. Thompson, Robert Howell, Joe Jackobs, Bill Judy, L.S. Wei, John Erdman, R.L. Bernard, Ted Hymowitz, Dr. Hadley. American Oil Chemists' Society, Champaign, Illinois (p. 55). National Soybean Crop Improvement Council (NSCIC), Urbana, Illinois: Robert Judd. Northern Regional Research Center, Peoria, Illinois: Walter Wolf, Joe Rackis. Golden Key Farm: Frank Pilotte. Joe Rakosky, food industry consultant. Fearn Soya Foods. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

4064. Loma Linda University, School of Health. 1979. The exciting world of tofu. Loma Linda, California. 20 p. April. 22 cm. [4 ref]
• ***Summary:*** Compiled for the Loma Linda Market and its patrons. Contents: Introduction (from *Japanese Country Cookbook*). Nutritional composition. Recipes–Appetizers and dips. Dressings and spreads. Entrees. Vegetables. Recipes taken from: *Laurel's Kitchen, The Book of Tofu, The Farm Vegetarian Cookbook.* A simple black on white booklet, saddle stitched. Address: Loma Linda, California.

4065. Obis, Clare Barrett. 1979. Bill Shurtleff: The Johnny Appleseed of tofu. *Vegetarian Times* No. 30. March/April. p. 43-46. [1 ref]
• ***Summary:*** This interview, conducted in early Aug. 1978, discusses the work that Shurtleff and Aoyagi have been doing with soyfoods and world hunger since publication of *The Book of Tofu* in Dec. 1975. Contains 3 photos of Shurtleff.

4066. **Product Name:** Tofu.
Manufacturer's Name: Soy Bean Factory (The).
Manufacturer's Address: 56 Sophia St., 1st Floor, Surrey

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Hills, NSW, Australia.
Date of Introduction: 1979. April.
New Product–Documentation: Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). "Appendix B: Tofu Shops and Soy Dairies in the West." p. 400. Owners: Marcea Newman and Yoshiko Wright.

Fenwick & Oakenfull. 1981. (Manuscript received 19 May 1980). Tofu was received from The Soy Bean Factory, Surrey Hills, New South Wales. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Marcea Weber & Yoshiko Wright.

Martha Wagner. 1981. Soyfoods. Summer, p. 11. "Soy down under." "Marcea Weber owns The Soybean Factory located just outside of Sydney, Australia... Marcea, originally from New York, began her tofu business three years ago, about a year after arriving in Australia from England..."

Letter from Ken Alexander of Daylesford, Australia. 1982. Oct. 21. Marcea Weber is working on a small scale in Sydney for a relatively "innocent" market.

Letter from Marcea Newman Weber. 1995. Feb. 12. "The Soy Bean Factory was established in Dec. 1978, when Michael De Campo, Yoshiko Wright and Marcea Weber started a company devoted to producing traditional Japanese tofu using nigari (a sea water extract) as a coagulating agent. The fresh Japanese-style tofu began to arrive in the health food stores and Japanese supermarkets around April 1979." See this letter for a history of the company. Marcea thinks (but is not sure) that the name was originally spelled "Soy Bean Factory." She would guess that they first started to make and sell tofu in about March or April of 1979. Tofu was the only product they ever made commercially. The owners were Marcea Weber, Michael De Campo, and Yoshiko Wright.

4067. S.W. 1979. Japan via Italy . . . tofu casserole. *Sunset* (*Menlo Park, California*). April. p. 214. Central edition.
• ***Summary:*** "Versatile tofu combines with vegetables, mozzarella cheese, and Italian seasonings to make a substantial meatless casserole with a taste rather like lasagna. Glazed with soy sauce and honey, the tofu acquires a pungent meaty flavor when fried." Gives a recipe for Tofu Vegetable Casserole [with tomato sauce]. Address: Makawao, Hawaii.

4068. Tofu Shop (The). 1979. Workshops in tofu-making on the community level (Portfolio). Telluride, Colorado. Eight inserts. 28 cm.
• ***Summary:*** Rather than being a typical portfolio, with many inserts, that all arrive at one time, this is a collection of eight documents all related to a common theme.

(1) "Workshops in community level tofu-making: Beginning in April 1977, the Tofu Shop of Telluride, Colorado, is making available to interested groups and communities training workshops in tofu-making on the community level. Topics to be covered in these workshops will include: The process of tofu-making. Setting up shop. Other soy products. Marketing. Financing and fundraising. Bookkeeping and record keeping. Restaurants and delis, Nutritional info. Community education. The community food chain. The personal benefits. Inner-shop organization. Contacts and resources.

"Workshops are led by members of the Telluride Tofu Shop and may include an experience in tofu-making... Apprenticeships–The Telluride Tofu Shop also has a limited number of openings for workers / owners in its restaurant and wholesale business. A one year time commitment is required."

(2) "Dear ___: The Telluride Tofu Shop was born in October, 1977, when we moved into our small, unfurnished shop with a meager one-thousand dollars capital and began making tofu. Now in April, 1979, twelve of us operate a growing restaurant and wholesale food business with annual sales approaching fifty-thousand dollars annually. What happened during this period is something we want to share with other communities and groups of interested people." So we are offering a workshop in "How to Start a Community Tofu Shop." (3) "The community level tofu shop and the local food chain." A complex circular diagram shows many complex relationships.

(4) "Supplies and information for community level tofu-making." Lists five key organizations: (a) Soycrafters Association of North America (SANA; Greenfield, Massachusetts, Richard Leviton). (b) New-Age Foods Study Center (Lafayette, California; Books, brochures, tofu-making materials, slides, tapes, general info.). (c) Bean Machines Inc. (Bodega, California; Larry Needleman. Tofu-making equipment from Japan). (d) Farm Foods (Summertown, Tennessee. Attn. soydairy; tempeh starters, tvp, cookbook, general info.). (e) Westbrae Natural Foods (Emeryville, California; Nigari).

(5) A tofu recipe: For making approximately 15 pounds of tofu. Gives equipment, ingredients (soybeans and nigari), and recipe [process].

(6) A settling box press. Two views showing how to make one yourself.

(7) Soymilk: Nutritional information and recipes courtesy of The Spinning Kitchen, Boulder, Colorado.

(8) Our favorite tofu recipes.

Letter (e-mail) from Matthew Schmit. 2009. March 30. "Our motivation for doing tofu workshops was primarily to spread the word. But also hoping to make a little money.

"We (Christie Mather and myself) conducted three workshops in early 1979. There were approximately 12-15 participants per workshop. These workshops were far from Telluride, so there was no concern about competition.

"The first was in Arcata, CA, (little did I know I would be moving there soon), to a group known as the Arc Community which was trying to form an intentional community to purchase land. My sister and brother-in-law

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were members, hence our invitation. After we left, they began making tofu weekly in home kitchens and selling it informally in the community. When I moved to Arcata, I joined the group as they began planning to rent a production space. As it turned out, it was too big of a leap for them. Their effort dwindled. I went ahead and opened the Arcata shop. The Arc Community eventually disbanded.

"The second workshop was held in Ashland, Oregon, in the home of friends from Telluride. They were very involved in the Ashland Food Co-op. Later when the Co-op expanded and installed a commercial kitchen, co-op members began making tofu in-house. I visited them once during production after moving out to Arcata. Eventually, Ashland Soyworks started up and Co-op production stopped.

"The third workshop was held in The Dalles, Oregon, also in the home of ex-Telluridians. As far as I know, nothing every grew out of that." Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

4069. Tofu Shop (The). 1979. Cost analysis information–April, 1979. Telluride, Colorado. 1 p.
• ***Summary:*** "The following analysis is of our costs for the production of 66 pounds of tofu (4 batches). Soybeans (30 lb) $6.60. Nigari $0.32. Packaging (using 1 quart [Chinese-style take-out] food pails, plastic bags and ties) is $0.14 per package or $10.50 per 66 lbs. "We sell a majority of our tofu in packaged, 14 oz. blocks." "Our total materials cost for the production of 66 pounds of tofu is $17.42.

"Sales: We sell all of our tofu at wholesale prices, and a majority of it is pre-packaged. Our wholesale price ranges from $0.57 per package to distributors to $0.70 per package to local retailers which we deliver to. The average price is $0.65 per package or $0.75 per lb. We receive $48.75 for the sale of 75 packages at $0.65 per pack."

Labor: Tofu making and clean-up–6 hours. Packaging and delivery–2 hours. Total labor involved in making 66 pounds of tofu–8 hours.

"Conclusion: Total sales = $48.75. Total materials = $17.42. Balance = $31.33." Note 1. The word "profit" is not used.

"This balance of $31.33 must pay 8 hours of wages, and cover rent, utilities, insurance, advertising, equipment repair, and expansion. Our Shop trades tofu to our restaurant (approximately 10 pounds per day, at a market worth of $7.50) in exchange for rent, utilities, insurance, and similar expenses."

Note 2. How would one use the above information to determine how much the company should charge for a pound or package of tofu? Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

4070. Watanabe, Tokuji. 1979. Developments in the processing of traditional soybean foods in Japan. In: Hideo Chiba, et al., eds. 1979. Proceedings of the Fifth International Congress of Food Science and Technology (1978-Kyoto). Tokyo: Kodansha Ltd.; Amsterdam and New York: Elsevier Scientific Publishing Co. xi + 436 p. See Chapter 2.1, p. 66-73. Illust. Author index. Subject index. 26 cm. Series: Developments in Food Science, Vol. 2. [9 ref]
• ***Summary:*** Chapter 2, titled "Efficient utilization of food resources," has three parts, of which this is the first. Contents: Introduction. Tofu (incl. "packed tofu" using GDL as a coagulant). Kori-tofu. Miso. Soy sauce (shoyu). Natto. Conclusion. A figure shows five flow-sheets, one for making each of the different foods mentioned above.

The importance of soybeans as a food ingredient in Japan is evident from the fact that nearly 1 million metric tons of soybeans, including those used after oil extraction, are consumed each year to make tofu, kori-tofu, natto, miso, soy sauce, and other foods. "The development of automated equipment for continuous processing has made mass production of these foods possible, ensuring evenness of quality and lowness of price, to the benefit of consumers." Address: Kyoritsu Women's Univ., 2-2-1 Hitotsubashi, Chiyoda-ku, Tokyo 101, Japan.

4071. Winslow, Marj. 1979. Ancient and honorable tofu moves in as meat substitute. *Packer* (*The*). April. Ideas in Marchandising Supplement.
• ***Summary:*** Inflation is causing shoppers to look for alternatives to meat–such as tofu. Murrae Haynes, marketing director of the New England Soy Dairy (Greenfield, Massachusetts), says that tofu retails in the New England area for $0.79 to $0.99 per pound. "'The tofu market has shifted from the traditional health food store to the supermarket,' Haynes commented. 'We (New England Soy Dairy) have gone into produce departments for the obvious connection between tofu and Oriental vegetables.'" The company markets its product using in-store demonstrations and is preparing a series of recipe brochures. Two photos show tofu being made at the Soy Dairy.

4072. Associated Press (AP). 1979. Soybeans: Hottest food story of the '80s? *Journal* (*Ithaca, New York*). May 4. p. 8.
• ***Summary:*** This wire service story has a Peoria, Illinois dateline. A large photo shows a smiling Dr. Clifford Hesseltine, a microbiologist at the USDA Northern Regional Research Center in Peoria, holding a plate with a large cake of tofu. He believes that "by 1985 it will be common to buy tofu... in any supermarket... The reason tofu is catching on now is because with the proper flavorings and served with the proper vegetables, it is a beautiful source of protein... My wife just dips it in batter and fries it like chicken, adds a little seasoning and its delightful."

Murrae Haynes of the New England Soy Dairy (one of about 50 tofu companies established by non-Orientals during the past 3 years) notes that "The tofu market has shifted from the traditional health food store to the supermarket."

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Address: Peoria, Illinois.

4073. *Ithaca Journal* (*New York*). 1979. Soybeans: Hottest food story of the 80s? May 4. *

4074. Rhodes, Elizabeth. 1979. A tofu-tempeh tycoon on Vashon Island? *Seattle Times Magazine.* May 6. [1 ref]
• ***Summary:*** William Luke Lukoskie was born 24 November 1946 in Duluth, Minnesota. His Catholic family moved to Edmonds, Washington, in 1956 and he attended parochial schools. After earning a BA in philosophy (math minor) from Carroll College in Helena, Montana, he returned to Seattle. He enrolled in graduate business school at the University of Washington in 1968, then switched to working on a doctorate in educational psychology, then dropped out. In 1976 he founded Island Spring tofu factory. Today Island Spring produces tofu, tempeh, soymilk, Soyfreeze soy ice cream, and Delicious Steamed Tofu. Future products may include soy mayonnaise, soy yogurt, frozen tofu lasagna, and cheesecake. A photo shows Lukoskie smiling and holding a block of his tofu with a six-petaled flower pressed into the surface. Address: Seattle.

4075. Leviton, Richard. 1979. Parting shots from a minority of one. New England Soy Dairy, 305 Wells St., Greenfield, MA 01301. 5 p. May 7. Unpublished manuscript. Typed, with signature on letterhead.
• ***Summary:*** "Since my opinion in matters relating to this company is no longer given much validity, I will indulge myself and express it volubly. In brief, I think this company stands in significant danger of ruining itself... This is why I think the New England Soy dairy is in trouble. 1. Lack of management discipline and disappointing inability to attain stated professed goals. 2. Neglect of the production process. 3. Lack of intelligent concern and empathy for the workers. 4. Lack of attention to budgeting, lack of financial restraint. 5. At best, attention to daily matters is sluggish... 7. We are compromising our reputation by distributing inferior, irrelevant products (baked goods, sandwiches). 8. A perennial penny-wise and pound foolish attitude." Address: Greenfield, Massachusetts. Phone: 413-772-0746 or 773-3141.

4076. *Columbia Missourian* (*Missouri*). 1979. Soybeans come of age as a protein source. May 9. *

4077. Flinders, Carol. 1979. Soybean key to world food plight? Notes from Laurel's Kitchen. *Rocky Mountain News* (*Denver, Colorado*). May 16. p. 24A.
• ***Summary:*** Twelve years ago (i.e., in late 1968) Carol spent a memorable week at the Tassajara Zen Mountain Center near Big Sur, California. "Among the many good people I met, one I've always remembered was Bill Shurtleff, who helped run the kitchen out of which was issued the well known Tassajara bread.

"Spare of words, lean and thoughtful, he had a kind of banked fire in his eyes that told you he was a man in search of a vocation. Last week Bill and his wife, Akiko, came to our home to visit and exchange ideas. It's clear that he has found the vocation he's been looking for, and that, in a sense, all of us stand to gain from the passion with which he's answered it.

"The cause Bill has taken up is that of the more than one billion people of the world for whom hunger is *the* central fact of life. To be as continually mindful of their plight as he is would probably be unbearable if he didn't believe he holds a significant key to relieving it. The key? 'Glycine max'–soybeans to you and me.

"Western exploitation of the soybean has been absurdly slight until recent years. Mostly we've fattened our livestock with it. That soy is 'king of beans' we've long recognized." But they have entered the American food supply well disguised in such forms as textured vegetable protein. "The soybean foods Bill is promoting are of a much more sophisticated nature. Their names fall oddly on the Western ear:" tofu, shoyu, tempeh, miso.

Bill and Akiko met in Japan. She "was a fashion designer in Tokyo before they were married. The image of big city haute couture doesn't attach easily to the simply dressed and unpretentious Akiko, and everything makes a little more sense when you find out the fashions she designed were actually for handicapped children.

"Akiko's skill as a graphic artist and fine cook are the perfect complement to Bill's, as writer and investigator. Her warmth and gentleness are the perfect balance to his single-minded intensity. (Akiko doesn't just invite you for dinner. She seizes your arm as you're walking along together, wraps it close in her own and holds on tight, convincing you life will be pure misery for them until you come to their house).

"Tofu was the soyfood that first captured Bill's interest." Discusses its virtues. "But what really wins him over, I think, is the sheer romance of tofu. What you know of tofu, and what I've told you about Bill, might make that seem unlikely. But read his book and see for yourself–beneath that samurai exterior beats the heart of a Shelley or a Keats. Listen:

"'Like water that flows through the worlds, serving as it moves along, tofu joyfully surrenders itself to the endless play of transformation. Pierced with a skewer, it sizzles and broils above a bed of live coals... deep-fried in crackling oil, it emerges crisp and handsome in robes of golden brown, frozen all night in snow under vast mountain skies, it emerges glistening with frost and utterly changed. All as if it knew there was no death to die, no fixed or separate self to cling to, no other home than here.'"

Contains a favorite Flinders' recipe for tofu patties.

4078. McDermott, Chris. 1979. Tofu: The once and future food? *Brooklyn Spectator* (*New York*) 47(13):34. May 16.

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• ***Summary:*** This is a reprint of a leaflet with the same author and title published by Cornell University Cooperative Extension, May 7.

4079. *Press Telegram* (*Long Beach, California*). 1979. Laurel's vegetarian kitchen: From the Orient comes soybean curd called tofu. May 16. *

4080. *Long Beach Independent* (*California*). 1979. From the Orient comes soybean curd called tofu. May 17. *

4081. *Oregonian* (*The*) (*Portland, Oregon*). 1979. Tofu dishes just coming into own: From Laurel's Kitchen. May 23. *

4082. *Rocky Mountain News* (*Denver, Colorado*). 1979. Discovering the ancient method of making tofu. May 23. *

4083. *San Rafael Independent Journal* (*California*). 1979. Mystery of tofu solved: From Laurel's Kitchen. May 23. *

4084. *Seattle Daily Times* (*Washington*). 1979. How tofu is made. May 23. *

4085. *Westfield Republican* (*New York*). 1979. The proper shopper: Tofu–Once and future food? May 23. *

4086. Bulkeley, William M. 1979. The Americanization of bean curd: Tofu in tacos and burgers? *Washington Post.* May 24. p. E1, E11, E26.
• ***Summary:*** This article is reprinted from *The Wall Street Journal* April 12 (p. 1, 31).

An original cartoon (by Ray Driver for the Washington Post) shows a promoter in a top hat standing in the back of a covered wagon speaking to five contemporary Americans. On the side of the wagon is written: "The amazing bean curd. Tofu. Fry it. Bake it. Broil it. Grill it. Scramble it. High in protein. Low in cholesterol." An illustrated hand is pointing to the term "bean curd."

4087. Burros, Marian. 1979. The Americanization of bean curd: Cooking the curds and whey. A staple whose time has come. *Washington Post.* May 24. p. E1, E26.
• ***Summary:*** A praiseful article. Tofu has a lot to recommend it, with it mild flavor and low price. It picks up flavors easily and is often seasoned with soy sauce and garlic. "Its popularity as a health food developed after the January 1976 publication of 'The Book of Tofu,' a volume that fanciers describe reverently as 'a seminal work.'" The book has already sold 65,000 copies and recently appeared as a mass-market paperback, published by Ballantine Books. It contains hundreds of vegetarian tofu recipes and instructions for starting a tofu-making shop. The book as inspired entrepreneurs to set up tofu shops across the United States. One of these was Richard Leviton who, with his wife, started the predecessor of the New England Soy Dairy [NESD] two years ago. The company now makes nine tons of tofu a week, up from 500 lb/week two years ago–and expects revenue of more than $750,000 this year.

"Mr. Leviton, who like many tofu fans has an almost evangelical zeal for the product, now is starting a trade magazine and is working to organize a trade group, the Soycrafters Association of North America."

Describes how tofu is made at NESD; the hot milky-white soy liquid [soymilk] is coagulated with nigari, a residue of sea-water desalination.

Mr. Leviton stresses that tofu can be prepared in many ways. And its acceptance is spreading. This spring, Smith College of Northampton, Massachusetts, plans to test tofu on students in its food-service cafeterias. Nearby Hampshire College has been serving tofu cutlets for almost two years.

Talks with Tom Timmins and consultant Judith Rubenstein.

Recipes: Meatloaf with tofu. Yogurt pie. Honey yogurt tofu sauce. Tofu in Liptauer fashion. Egg salad with tofu. Fried tofu sandwich. Spaghetti sauce. Deviled tofu. Also includes instructions for making tofu at home.

4088. Shulman, Martha. 1979. Tofu takes on liqueur, spices in hi-pro cheesecake. *American Statesman* (*Austin, Texas*). May 24. p. G2.
• ***Summary:*** A recipe for Tofu cheesecake. Tofu made in Elgin, Texas, is sold in some specialty stores. Photos show: (1) The cheesecake with one wedge removed. (2) Martha Shulman.

4089. *Tampa Tribune* (*Florida*). 1979. Japanese tofu is soy cheese or curd. May 24. *

4090. Tallent, W.H. 1979. More on tofu and trypsin inhibitors. *Notes from the Director: Northern Regional Research Center* (*Peoria, Illinois*) No. 1377. p. 2. May 23.
• ***Summary:*** "NRRC research on tofu has produced great dividends both at home and abroad (Issue 1372). Coincidentally, NRRC involvement in the development of a reliable assay procedure for trypsin inhibitor (TI) has resulted in additional benefits. Ted Tyler (Research Supervisor, Herbert V. Schuster Company, Quincy, Massachusetts) reports that, with the assistance of J.E. McGhee and J.D. Glover (ED) and J.J. Rackis (OC), he has been able to successfully adapt the official American Association of Cereal Chemists-American Oil Chemists' Society TI Method to analysis of TI activity in tofu. Other procedures proved to be unreliable after an exhaustive study.

"The AACC-AOCS TI assay was developed in 1975 by a group of collaborators from university, government, and industrial laboratories; J.E. McGhee was a member of the group and J.J. Rackis was its chairman." Address: Center

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Director.

4091. Schecter, Andy. 1979. Re: Equipment and process for making tempeh at The Tofu Shop. Letter to William Shurtleff at New-Age Foods Study Center, May 26. 1 p. Handwritten, with signature on letterhead. [1 ref]
• ***Summary:*** Seven small photos (contact prints) show the company's tempeh-making process and equipment: (1) Cooking soybeans with steam. (2) Cooling cooked beans on a table. (3) Mixing in starter in plastic buckets. (4) Bagging and flattening inoculated soybeans. Tofu is being made in the background. (5) Placing screen trays loaded with bagged tempeh into the incubator. (6) Tempeh (and starter in petri dishes) in the incubator. (7). Front of incubator.

He concludes: "Looking forward to seeing you & Akiko at the SANA conference and in Rochester afterwards! Take care, Andy. P.S. Please send $10 to defray film, processing & the photographer. Thanks." Address: The Tofu Shop, 277 N. Goodman St., Rochester, New York 14607. Phone: 716-442-1213.

4092. Flinders, Carol. 1979. Fresh tofu is like fresh bread–worth making: Laurel's Kitchen. *Spokesman-Review* (*Spokane, Washington*). May 30. p. B14.
• ***Summary:*** "To make tofu seem like the girl next door, some of her well-meaning proponents have stripped away her exotic name and called her 'soy cheese,' or 'soy curd' instead. Save us from the literalists, but in fact they have given us a clue to exactly how tofu comes into being. Fr me, finding out about the process has provided all the more motivation to learn how to use this fine food–so I thought I'd tell you about it." Describes the traditional process for making tofu in Japan, based on descriptions in *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi. Contains a recipe for Eggless Egg salad from Shurtleff and Aoyagi.

4093. *New Haven Register* (*Connecticut*). 1979. Tofu: An Oriental bean curd that's high in protein. May 30. *

4094. *Pawtucket Valley Daily Times* (*West Warwick, Rhode Island*). 1979. Tofu anyone? Tofu is a protein source. May 30. *

4095. *Farmweek* (*Knightstown, Indiana*). 1979. Soybeans: Food of the future? May 31. *

4096. Glover, Earl R. 1979. After 20-year wait, bean curd catches on. *NCR Employee Letter* (*Peoria, Illinois*) No. 77. p. 5. May 31.
• ***Summary:*** "Research investments don't always pay off as soon as we'd like them to. That's true about making tofu–the protein packed bean curd. As a result of social, economic, and cultural changes, our research investment 20 years ago at the Northern Regional Research Center in Peoria now is paying big dividends at home and abroad. Part of this research identified U.S. soybean varieties best suited for making tofu in Japan and resulted in a sizeable export market through the years for selected soybean varieties grown in the Middle West.

"In the past 3 years, nearly 50 small U.S. companies now supply tofu–a curdled soybean milk product that looks like soft white cheese–to health food stores and restaurants and an occasional supermarket. Here in Peoria, Kroger's recently began stocking a domestically produced tofu. And one of the largest of the tofu suppliers, the New England Soy Dairy Inc., Greenfield, Mass., produces 3,000 pounds daily, distributing it by refrigerated truck throughout New England, New York, New Jersey, and Pennsylvania.

"And interest continues to grow at an even more rapid pace. At least it was fanned by articles in the press during April and May, stimulated partly by a press release from the NCR Information office about Utilization Research Report No. 5, "Soybeans as Human Food," authored by Hwa L. Wang at the Peoria Center.

"The release appeared in many metropolitan newspapers, including the Seattle *Post-Intelligencer,* the New Orleans *Times-Picayune*, the Champaign-Urbana *News-Gazette*, and the *Coshocton* (*Ohio*) *Tribune.* More than that, it created such a large demand for the publication that it is now being reprinted. The release also stimulated a national AP [Associated Press] wire story about tofu and the Peoria Center research, which has further fanned public interest. Now, after such a long wait, tofu–an ideal meat substitute for many–is suddenly becoming a most popular old-new food of the day."

Note: NCR stands for "North Central Region" Address: Regional Administrator, Agricultural Research, SEA–Science and Education Administration.

4097. Glover, Earl R. 1979. NRRC process featured in new book on tempeh. *NCR Employee Letter* (*Peoria, Illinois*) No. 77. p. 5. May 31.
• ***Summary:*** Page proofs for a 288-page book about tempeh were received for review by one of the contributors, Clifford W. Hesseltine, NRRC. He and Hwa L. Wang, Earl W. Swain, and John J. Ellis are credited for supplying most of the information on NRRC's process for developing tempeh fermentation and for reviewing the technical sections. *The Book of Tempeh,* which includes 205 line drawings, will be a companion volume to two others; *The Book of Tofu* and *The Book of Miso.*

Note: NCR stands for "North Central Region." Address: Regional Administrator, Agricultural Research, SEA–Science and Education Administration.

4098. Hanes, Phyllis. 1979. Have a go at tofu: Cheeselike food from Orient a versatile economizer. *Christian Science Monitor* 71(130):14. May 31. Eastern edition.

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• ***Summary:*** "Anyone who is serious about cutting down on food expenses has not really tried until he's had a go at tofu. A favorite food in the Orient for years, tofu looks to most of us like a soft, white cheese, but it is far more versatile. The time has come for tofu to be used in all kinds of dishes in Western kitchens, because it is economical. It has about as much protein as a pound of hamburger, but less fat. It blends easily with all kinds of food, with meat or fish, and in dishes such as stuffed zucchini, enchiladas, sandwiches, or scrambled eggs...

"The answer to using more tofu is found in a most comprehensive book, *The Tofu Cookbook*, by Cathy Bauer and Juel Anderson (Rodale Press, Emmaus, Pennsylvania, $8.95). Instruction are just about perfect, with answers for all the questions you could possibly think of on this subject."

Contains a recipe for Kima (Indian Curry) with tofu. Also mentions okara, TVP, and ymer (a dairy product used as a topping). Address: Food editor, Christian Science Monitor.

4099. Brown, Marlene. 1979. How to put together a co-op party. *Better Homes and Gardens* 57(5):128, 130, 132, 138-42, 184. May.
• ***Summary:*** The menu for a traditional Japanese dinner includes "Chilled tofu hors d'oeuvres." "Garnished chunks of chilled tofu (also called soybean curd) set the stage for this Far Eastern presentation. Assemble the tofu on a bed of crushed ice at the party site..." Shabu-shabu includes tofu and soy sauce.

4100. **Product Name:** Hickory Smoked Tofu.
Manufacturer's Name: Central Soy Products.
Manufacturer's Address: 7 W. 14th St., Lawrence, KS 66044. Phone: 913-843-0653.
Date of Introduction: 1979. May.
Ingredients: 1998/07: Filtered water, whole soybeans, mignesium chloride (*Nigari*) and natural smoke flavor.
Wt/Vol., Packaging, Price: 1998: 14 oz.
How Stored: Refrigerated.
New Product–Documentation: Invoice no. 7018. Dated 1979 May 30. Written to Community Mercantile by Central Soy Products, 7 W. 14th St., Lawrence, Kansas 66044, for 56 "cakes of smoked tofu," each $0.40.

Talk with Jim Cooley of Central Soyfoods. 1989. Feb. 16. Jim got the idea and recipe for this product from a Chinese cookbook. A Chinese customer from Hunan says it tastes just like the smoked tofu his grandmother used to make. In May 1988 he promoted the product at Bloomingdale's in New York as part of a promotion for Kansas Food Products. Daiei in Japan asked them to send him a sample. Note: This seems to be America's first commercial smoked tofu. In May 1990 the company makes about 800 lb/month of smoked tofu ($1.98 for 14 oz. retail).

Form filled out and label sent by Jim Cooley, owner. 1998. July 7. Central Soyfoods is located at 11 W. 14th St., Lawrence, KS 66044. Phone: (785) 843-0653. Includes a Label for "Hickory Smoked Tofu." Label: 5¼ by 4½ inches. Self adhesive on a plastic bag. Yellow, green, blue, and black or reddish orange. "From the Land of Kansas. Naturally." Established 1978.

Talk with Jim Cooley and Mary Coral. 1998. July 14. "How smoked tofu came to America" (which see).

4101. McDermott, Chris; Klein, Ruth Hodgson. 1979. Tofu: The once and future food? (Leaflet). New York: Cornell University, Cooperative Extension. 2 p. May 7. Focus on the food markets. [1 ref]
• ***Summary:*** "You can do just about anything to a soybean: sprout it, ferment it into soy sauce; grind it into flour; isolate the protein for use as a meat extender, or extrude and texture it into imitation meat and fish products. While agribusiness spends $20 million a year on high-technology research into soy foods, consumers are increasingly turning to tofu, the ancient staple of Oriental diets, as an inexpensive source of protein. Tofu, more familiar to some as bean curd, is widely available at health food stores, fruit and vegetable markets, and an occasional supermarket; it usually sells for about 70 cents to $1.09 a pound."

Discusses how to buy and store tofu and the many different type. A table compares the nutritional value of tofu, hamburger, cottage cheese, and cheddar cheese–based on USDA Agriculture Handbook No. 456, *Nutritive Value of American Foods*. Address: 1. Editor; 2. Senior Extension Associate. Both: Consumer Education, Cornell Univ.

4102. Midwest Natural Foods Distributors, Inc. 1979. Catalog 13. Spring, 1979. Ann Arbor, Michigan. iv + 290 p. Index by product category. Index of manufacturers. Index of advertisers. Illust. 28 cm.
• ***Summary:*** One the cover are two kites (colored orange and red) flying in the sky. This catalog, largely printed by a computer, contains many ads on numbered pages. Contents: Policies and terms. Catalog information. Packaged. Books. Refrigerated and frozen. Bulk. Literature and flyers. Indexes (3).

"One stop shopping... We are now a Full Line distributor." List of new lines. List of new products within existing lines. Symbols and abbreviations.

Suppliers are listed alphabetically: Arrowhead Mills, Balanced Brand [Balanced Foods, New Jersey], Bragg's (Liquid Aminos), Dr. Bronner's (with full page ad showing the doctor), Carmé (lecithin), Cedar Lakes, Cellu (Soy bean flour), Chico-San, A.A. Debole (Spaghetti sauce–soy conc), Dragon's Milk (Arica), Elam's (soy flour), El Molino, Ener-G–Jolly Joan, Erewhon (with "Erewhon West" full-page ad), Family Orchards (Tamari mixes, Trail mix), Fantastic Foods, Fantastic Falafel [Felafel], Fearn Soya Foods, Flavor Tree, Hain Pure Foods ("Cold pressed" vegetable oils, mayonnaise, nut butters), Hansen's juices,

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Health Valley (incl. Vegetarian Chili), Hi-Energy Foods (food bars), Hoffman's (protein powders, snack bars), Lact-Aid (p. 109, ad p. 118), Jack La Lanne, Lange's, R.G. Lecithin, Lifestream (p. 113, 251, ads p. 249-50), Malt-O-Meal, Maya Grainburgers (p. 119, ad p. 126–mix with tofu), Midland Lecithin, Miso Cup, Modern Products (Gayelord Hauser), Mus-L-On (MLO), NF Factors, Niblack ("Tamari toasted sunflower seeds," Tamari pumpkin seeds," raw or toasted wheat germ, unprocessed miller's bran), Old Stone Mill (soy), Orjene, Parkelp, Plus Produces (incl. Tiger's Milk), Richter Bros., Soken, Sovex, Viobin, Waring (blender, juicer), Westbrae.

Books, Talking Foods, Meats (nitrate and nitrite free), Poultry (no hormones or antibiotics), Soy Products (Health Valley soy milk, tofu), Soy Plant Tofu (nigari, and tofu sausage, p. 259-60), Tumaro's, Willow Run (Soybean spread [margarine]). Bulk–Beans, dry roasted soybeans, fruit & nut mixes (trail mix), nut butters, condiments, vegetable oils, pasta (with nomenclature), granola, teas & herbs. Literature & flyers. Indexes. Note: Many companies have a large selection of herbs. Address: 170 Aprill Dr., Ann Arbor, Michigan 48103. Phone: 313-769-8444 or in Area 313 1-800-552-6297.

4103. Moore, Karen. 1979. Tofu, a Far East import, offers potential as meat, fish, cheese substitute. *Food Product Development* 13(5):24. May.
• ***Summary:*** Discusses both tofu and tempeh. "New England Soy Dairy has already increased production [of tofu] from 500 pounds per week in 1977 to 9 tons [18,000 lb] per week in 1979, and the company expects revenues to exceed $750,000 this year. Matsuda Hinode Tofu Co. of L.A. produces approximately 10 tons [20,000 lb] of tofu daily."

"Interest in tempeh is beginning to build. Within the last year USDA's Northern Regional Research Center filled 36,000 requests for inoculum." Address: Assoc. editor.

4104. Tofu Shop (The). 1979. Our favorite tofu recipes (Leaflet). Telluride, Colorado. 1 p. Spring. Single sided. 28 cm.
• ***Summary:*** Typewritten on letterhead. The four recipes are: "Tofu Turkey with Mushroom Gravy (serves 12-16)." Tofuburgers. Spicy tofu and rice burritos. Creamy tofu salad dressing.

The Tofu turkey is especially innovative: Place 8 lb tofu (one large block if possible) in a large, shallow baking pan. Melt ½ lb soy margarine or butter in a small sauce pan, mix in herbs, and use this sauce to baste "turkey." "Bake tofu for 2 hours at medium temperature, or until a golden crust forms all around. Baste regularly. Garnish with sprouts, parsley, and thin apple rings, and serve with mushroom gravy. For an extra treat, hollow out blocks of tofu and stuff with vegie and rice mixture prior to baking."

Mushroom gravy" Add 3 tablespoons arrowroot and ½ cup whole wheat flour to 4 cups hot water, and cook 10 minutes. Sauté 2-4 cups sliced mushrooms and one small diced onion. Combine all ingredients and season to taste with shoyu [Japanese-style soy sauce], garlic, lemon, and cayenne (optional).

Letter (e-mail) from Matthew Schmit. 2009. March 28. Concerning the Tofu turkey recipe: "As technically simple as the recipe was, it was how the turkey idea started. Note the sentence at the end of the first paragraph describing 'stuffing' the tofu turkey. This is what I later started doing in Arcata with our tofu turkeys." Matthew thinks this sheet of recipes was printed in the spring of 2009. Address: The Tofu Shop, 116 N. Oak St. (P.O. Box 69), Telluride, Colorado 81435.

4105. Ebersole, Phil. 1979. The Zen work ethic: Small but thriving businesses spring up because of Zen Center's presence here [The Tofu Shop and Northern Soy]. *Democrat and Chronicle* (*Rochester, New York*). June 2. p. 1D, 9D.
• ***Summary:*** The tofu company, Northern Soy, ships 3,200 to 3,300 lb/week of tofu, up tenfold over this time last year.

4106. Smith, Allan K. 1979. Re: History of soybean foods in the United States. Letter to William Shurtleff at New-Age Foods Study Center, June 3. 2 p. Typed, with signature. [1 ref]
• ***Summary:*** Gives a brief overview of the history. Discusses what Dr. Smith sees as the bright future of tofu and fermented tofu, and the work of Dr. Harry Miller.

"I do know from past experience that an excellent fermented cheese product can be prepared [from soybeans]. You will find a description of the use of soy milk in making cheese in chapter 10 and eleven in our book" [*Soybeans: Chemistry and Technology*]. Address: 4 Nacozari Lane, Hot Springs Village, Arkansas 71901.

4107. Arnold, David. 1979. Tofu or not tofu? Hamburgers aren't made of ham. So try soybeans, and leave ol' Bessie's beef alone. *Eugene Register-Guard* (*Oregon*). June 6. p. 1D, 3D.
• ***Summary:*** About Surata Soyfoods, 815 Olive St., Eugene, Oregon. This full-page article says that Toby Alves is Eugene's "tofu queen." A color photo shows Ben Coonrod and Benjamin Hills of Surata Soyfoods cutting a large block of tofu into cakes.

4108. *Eugene Register-Guard* (*Oregon*). 1979. Eugene cook tells how to prepare tofu so it's palatable. June 6. *

4109. *Lufkin News* (*Texas*). 1979. Bean curd integral part of Oriental diet. June 13. *

4110. *San Francisco Chronicle.* 1979. Tofu hepatitis toll doubles. June 16. p. 7.
• ***Summary:*** Seventy persons in the San Francisco Bay area

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contacted hepatitis from eating contaminated tofu salad sandwiches dispensed at the Haight Street fair on May 6. While tofu was finally exonerated. The outbreak was blamed on a man in the early stages of hepatitis "who prepared the onions for the bean curd concoction." But tofu, and the Bay Area's largest tofu supplier, Farm Foods (which did not even produce the spoiled product) received all the immediate blame and unfavorable publicity. "It wasn't us. We didn't even use onions," reported Robert Tepper, a Farm Foods spokesman. "But I'm afraid we're going to lose a lot of sales over this." Note: This is the earliest article on soy seen (Aug. 2002) in the *San Francisco Chronicle* newspaper. Address: California.

4111. Foreman, Carol Tucker. 1979. Re: Use of tofu in the National School Lunch Program. Letter to Mrs. Judith Rubenstein, Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301, June 18. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Thank you for your April 16 letter concerning the possible use of tofu in the National School Lunch program." Ms. Foreman then advises Rubenstein to please "await the completion of USDA's current review of crediting policies within the program. At this time, we have no means of allowing non-standardized foods in school lunches to meet meal requirements while still assuring that the nutritional integrity of the Type A lunch is maintained...

"Please be assured that we are well aware that there are a number of non-standardized foods like tofu that can make a positive contribution to the lunch. This is one of the important issues that the Department will be considering in its review of policies for crediting foods to be served in Type A lunches...

"There are two provisions in the regulations that allow for variations in the meal requirements. One is to accommodate the special dietary needs of individual students; the other is to accommodate ethnic, religious, economic or physical needs of groups of students...

"As explained by Dr. Audrey Maretzki, Director of Nutrition and Technical Services Division, during your meeting on May 9, although tofu may not be used at this time to satisfy meal requirements, it may be served as an 'Other Food' in school lunches. 'Other Foods' may be served with lunches to help improve acceptability, to satisfy children's appetites, and to increase the nutritional quality of the lunch, but they cannot be used toward fulfilling the minimum meal requirements... When inquiring about the status of this issue in the future you can write directly to Dr. Maretzki."

Note: This is the earliest document seen (Jan. 2005) concerning the use of tofu in U.S. school lunch programs. Address: Asst. Secretary of Food and Consumer Services, USDA, Washington, DC 20250.

4112. Blair, Betty. 1979. Kids get a taste of 'health food.' *Detroit News.* June 20. G-10.
• ***Summary:*** The Great American Nutrition Campaign visited Detroit last weekend, sponsored by the Center for Science in the Public Interest (CSPI). The breakfast menu featured some unusual but highly nutritious dishes; the unrivaled star was scrambled tofu. CSPI nutritionist Bonnie Liebman and staff member Letitia Brewster were at the breakfast with toys and posters, including the Junk Food Hall of Shame. They are teaching people that many inexpensive foods are tasty and nutritious. The whole campaign will cost only $30,000.

Carol Ann Huang, owner of the Yellow Bean Trading Co. (a natural food store and deli in Detroit) was in charge of food preparations. Recipes are given for two dishes served at the breakfast: Scrambled spiced tofu, and Smoothies. Address: News staff writer.

4113. *Newsday* (*Garden City, New York*). 1979. Notes of a suspicious tofu watcher. June 20. *

4114. Sprague, Terry. 1979. Non-Orientals turn out tofu for Brattleboro buyers: New England Soy Dairy Co. *Reformer* (*Brattleboro, Vermont*). June 23. p. 7-8. Saturday.
• ***Summary:*** The New England Soy Dairy is in Greenfield, Massachusetts. "The Americanization of tofu is a major goal of the Soy Dairy Co. Stephen Hassel [sic, Hassell], the company's product development manager, foresees a time when the bean curd is served in school lunch programs, fast food stores and in place of the ever increasingly expensive meat and cheese. He likens the future of tofu to what is happening now with yogurt."

New England Soy Dairy has committed itself to testing soybeans on 30 acres of land in western Massachusetts. The company will buy the seed. In the meantime, the company imports organically grown soybeans from the Midwest and makes them into tofu. "Soy Dairy Co. is owned by two major investors. Eventually they hope to have it owned by those who work there. But it won't be a cooperative... The firm now produces 20,000 pounds of tofu a week, an increase of 12,000 pounds a week since last June. And a new system has been purchased that should produce three times that amount. The company currently is working 24 hours a day with one shift just for clean up.

"A number of new products are currently being test marketed, including soy milk, an 'eggless egg salad, and a soft syrup product which will be similar to soft ice creams. 'We'd like to make a fresh baby formula substitute also,' Hassel said." Four photos show tofu being made at the Soy Dairy.

4115. *San Jose Mercury* (*California*). 1979. Traditional soybean foods ride the popularity crest. June 27. *

4116. *Bangor Daily News* (*Maine*). 1979. Mass. [Massachusetts] farmers trying soybean. June 30. *

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4117. Bianchini, Gilberto. 1979. Re: Plans to start a tofu shop in Rimini, Italy. Letter to Wataru Takai at Takai Seisakusho in Japan, June 30. 2 p. Typed, with signature. [Eng]
• ***Summary:*** "Ref.: Your letter of March 14, 1979. Dear Sir, As I said in my letter from Berkeley, California, I'm starting a tofu shop in Rimini, Italy. I do not have any automated machinery yet, and I'm working on a small scale, hoping to expand.

"I've solved some difficulties in coping with Italian government laws regarding soybean products; my immediate need is a hot sealing machine, for a good hygienic standard of packing the tofu cakes, and actually this machine is all that I can afford to buy from your Company. As I told you, my shop will surely be of interest in the future for other people from Health Food Centers in Italy.

"For the diffusion of this product, I'm going to distribute in most parts of the country some leaflets explaining what I experienced about soybean products in my visit to tofu producers in the USA. I am not in any condition at the moment of importing and selling your equipment, but my shop, when completely finished, will be a good showroom for others interested."

He then asks for prices of equipment (especially HS-KYO-300) CIF (if possible) to the Italian port of Livorno (preferably) or Genova. He also requests a complete chemical analysis of the natural nigari sold by Takai.

"Post Scriptum: I plan to pay a visit in the future to Japan; I am studying Oriental medicine and philosophy, and I appreciate very much your country's culture and tradition." Address: Via Cuoco 9, 47037 Rimini, Italy. Phone: 0541-33670.

4118. *San Francisco Chronicle.* 1979. Cracking S.F.'s tofu salad mystery. June 30. *

4119. *Down to Earth* (*Eco-Info, Walnut Creek, California*). 1979. Meet Bill & Akiko [Shurtleff]. May/June. p. 5-6. [3 ref]
• ***Summary:*** "Bill Shurtleff and Akiko Aoyagi conducted the February 16th Eco-house workshop on tofu. The sixty-five people in attendance found it so interesting and worthwhile that we decided to share with our 'Down to Earth' readers some information about the Shurtleffs and their work."

Gives: Brief biographies of William Shurtleff and Akiko Aoyagi, with a photo of each. The 8 goals and activities of their New-Age Foods Study Center, founded in 1975. Four chilling facts about world hunger. Four tofu recipes. The address and phone number of the New-Age Foods Study Center. "Bill and Akiko are now looking for people living in the Lafayette–Walnut Creek–Orinda area to work with the Center. If you are interested, please contact" them.

Note: This newsletter was published by Ecology Information Inc. and edited by Elizabeth Leite, under the direction of Mark Maloney (he later changed his name to Mark Westwind). It was preceded by Survival Lifestyle News. The workshop was held at the Mt. Diablo Unitarian Church, located near Eco House and the Peace Center in Walnut Creek. Address: Walnut Creek, California.

4120. **Product Name:** Island Spring Soy Bean Tempeh.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070. Phone: 206-622-6448.
Date of Introduction: 1979. June.
Ingredients: Organic soy beans, water, apple cider vinegar, Rhizopus oligosporus.
Wt/Vol., Packaging, Price: 8 oz (227 gm).
How Stored: Frozen or refrigerated.
New Product–Documentation: Form filled out by Luke Lukoskie. 1979. Oct. 3. He buys his soybeans from Living Farms; Pacific Coast Soybeans in Walla Walla, Washington, went out of business last year when the Chinese undersold them in the Japanese market. Discusses how to buy used food processing equipment. Shurtleff & Aoyagi. 1979. The Book of Tempeh. p. 149. Made by Russ Pals and Ben O'Loughlin, this was the world's first tempeh to be packaged in a tofu tub.

Label. 1980, undated. 4 by 5 inches. Red and black on white. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Luke Lukoskie. Form filled out by Yvonne Kuperberg. 1988. Oct. 1. Launched June 1979. Discontinued after the fire, Feb. 1986.

4121. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: La Soyarie.
Manufacturer's Address: 25 rue St. Etienee, Hull, QUE, J8X 1H5, Canada. Phone: 613-235-5356.
Date of Introduction: 1979. June.
Ingredients: Organically grown soya beans (*Feves de soja biologiques*), water, magnesium chloride (*chlorure de magnesium*).
Wt/Vol., Packaging, Price: 500 gm.
How Stored: Refrigerated.
New Product–Documentation: Won. 1979. The Ottawa Journal (ONT, Canada). Nov. 28. p. 35. Crosby. 1979. The Citizen (Ottawa, ONT, Canada). Dec. 4. p. 58. "Miracle tofu a busy way of life for couple."

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Koichi & Francine Watanabe.

Label. 1983. 5.5 by 4.5 inches. Plastic film. Red and black on clear film. "No preservatives. To keep fresh, replace water daily." A bit of information, "that may amuse you [from Steve Rowat, March 29, 1989]. Koichi Watanabe who

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runs La Soyarie in Hull, Quebec, and who left Japan at age 17, and whose brother runs a tofu operation in Japan, learned to make tofu by reading *The Book of Tofu*, in English, like I did."

4122. **Product Name:** Tofu.
Manufacturer's Name: MU Tofu Shop.
Manufacturer's Address: 1735 W. Greenleaf, Chicago, IL 60626. Phone: 312-743-1339.
Date of Introduction: 1979. June.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Rebecca Uchida.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Rebecca Uchida.

Leviton. 1981. Soyfoods. p. 28. Letter from Rebecca Uchida. 1982. April 20. They are still at 1735 W. Greenleaf in Chicago. She and her husband, Yoshi [Yoshiharu], own and run this tofu shop. Yoshi is a native of Japan.

Talk with Rebecca Uchida. 1990. May 14. They have been making tofu and soymilk since 1979.

Label for "Soydrink" sent by MU Tofu Shop. 1998. July 2. They still make this soymilk. 2¼ by 4¼ inches. Orange on white. "16 fl. oz. Keep refrigerated. Ingredients: Organic soybeans and water. 1735 Greenleaf, Chicago, Illinois 60626." On the label are the Japanese characters for soymilk. A note says they have been making this soymilk since 1984. Talk with Terri Sangrash, office manager at Mu Tofu. 1998. July 13. Yoshi still makes the tofu, but his wife, Rebecca, now teaches kindergarten. Terri started working at MU in 1983, and they first really started selling soymilk with a label to various customers in 1984; they may have sold it to one customer as early as 1979 without a label. They had a labeling problem, so they had to change the name to Soydrink.

4123. *New Roots* (*Greenfield, Massachusetts*). 1979. Beans, beans... The magical plant. No. 6. p. 16. May/June.
• ***Summary:*** Part 1: The New England Soy Dairy (305 Wells St., Greenfield, Massachusetts), has prepared a 50-page information packet about growing soybeans in New England. An illustration shows the storefront of a soy dairy with large signs for "soy milk" and "tofu" in the window.

Part 2: Bill Boyd (RD2, RT318, Phelps, NY 14532) writes that "A group of farmers in central New York State have been meeting for the past year to investigate whether a soybean processing [crushing] plant would do well in central New York State. They have noted the paradox that while New York and bordering states make up one of the largest soybean consuming areas in the world, over 3/4 of the beans grown in New York are exported for processing in the Midwest. Hmmm."

4124. Shurtleff, William. 1979. The tofu and soymilk industry in the United States (News release). Lafayette, California: New-Age Foods Study Center. 1 p. June.
• ***Summary:*** The first statistics compiled on the U.S. soyfoods industry. "There are presently 150 tofu shops and soy dairies in the U.S. Ninety of these, mostly run by Caucasian Americans, have opened within the past 3 years since publication of *The Book of Tofu;* they now have about 35% of the industry sales. The remaining 60 are Japanese and Chinese run; they have an estimated 65% of the market. The industry has a brisk sales growth rate of 25% per year.

"The largest tofu factory in the U.S. is the Matsuda-Hinode company in Los Angeles; they produce about 16,000 pounds of tofu a day under fourteen different labels. The largest of the new breed of Caucasian-run plants is the New England Soy Dairy in Greenfield, Massachusetts. Founded in 1977, it now produces some 4,500 pounds of tofu a day and expects revenues of $750,000 in 1979. In its April 12 front page story on the tofu industry, *The Wall Street Journal* focused on The New England Soy Dairy.

"The U.S. tofu and soymilk industry presently uses approximately 7000 tons of dry soybeans per year.

"In July of 1978, tofu and soymilk producers founded the Soycrafters Association of North America (SANA), an educational and trade association. Its quarterly publication *Soycraft* is the primary source of information on soy protein foods in the Western World. For details contact:

"Ira Leviton, president
"Soycrafters Association of North America
"305 Wells St.
"Greenfield, MA 01301

"Worldwide, the tofu and soymilk industry is rapidly expanding. There are presently a total of 211,000 producers, including 38,000 in Japan, 158,000 in mainland China, 11,000 in Indonesia, 2500 in Taiwan, and 1470 in Korea. The largest tofu factories, located in Japan, produce over 100,000 pounds of tofu a day (15,000 tons a year) and the largest soy dairy [Vitasoy], located in Hong Kong, produces 500,000 bottles of soymilk a day (150 million bottles a year).

"Most of the new tofu shops and soy dairies in the U.S. have gotten into production using the technical manual *Tofu & Soymilk Production* by William Shurtleff & Akiko Aoyagi (who also wrote *The Book of Tofu,* which now has over a quarter million copies in print). This technical manual is available for $17.50 from:

"New-Age Foods Study Center
"P.O. Box 234
"Lafayette, CA 94549. Tel: 415-283-2991." Address: 790 Los Palos Manor, Lafayette, California 94549.

4125. **Product Name:** Eggless Soy Mayo.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI

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48104. Phone: 313-663-0500.
Date of Introduction: 1979. June.
New Product–Documentation: Steve Fiering. 1979. Whole Foods. Jan. p. 38, 40. "A Midwestern Interest in Tofu." This is included in a list of products presently produced by the company. Talk with Steve Fiering. 1988. June 10. This was introduced in the deli as a separate product about a year after the Missing Egg Salad. It was sold occasionally outside the deli as a wholesale product.

4126. *Spiral News* (*The*) (*Jamestown, Missouri*). 1979. Time to celebrate. Everyone is invited! No. 6. Summer. p. 4.
• ***Summary:*** "We are happy to announce that we have secured a very suitable 405 acre property for the Midwest Macrobiotic Homestead Community and a ready to start selling homestead size acreages. The location is excellent," 30 minutes from Columbia, Missouri and 20 minutes from Jefferson City, Missouri. Nearby is the Spiral Inn East/West Center located at Route 3 Box 114, Bowling Green, Missouri 63334. After 1 July 1979 the Spiral Inn East/West Center will be located several miles to the north at Route 1 Box 9, Moniteau Farm, Jamestown, Missouri 65046. Phone: (816) 849-2157. A map shows the area.

"'Moniteau' is derived from the Native American Indian word meaning 'Great Spirit.'" At the Third Annual Midwest Summer Festival and Solstice Celebration, topics to be discussed will include miso, tofu, sake, pickle and condiment production.

"The Spiral Inn East/West Center offers macrobiotic food, lodging and information to east/west travelers and interested visitors... Rates are $3.00 per day for those who want to help around the place, or $6.00 per day for those who just want to take it easy." People who have visited since the last issue of the newsletter was published include: Paul Duchesne (Fairfax, California), and Les Karplus (Champaign, Illinois).

Note: This is the earliest document seen (Dec. 2003) related to the company that later became Imagine Foods, pioneers of Rice Dream. However Imagine Foods' first commercial product was not introduced until April 1982. It was made at Moniteau Farm, Jamestown, Missouri. The company's first rice-based product, Amasake, was launched in March 1983. Address: Rural Route 1, Box 9, Jamestown, Missouri 65046. Phone: 816-849-2157.

4127. Shurtleff, William; Aoyagi, Akiko. 1979. The book of tempeh: A super soyfood from Indonesia. New York, NY: Harper & Row. 160 p. Illust. by Akiko Aoyagi Shurtleff. Index. July. 28 cm. [24 ref]
• ***Summary:*** Contents: Acknowledgments. What is tempeh? Preface. 1. Soybeans–Protein source of the future: Introduction, the causes of hunger and starvation–two analyses (*The Twenty-Ninth Day*, by Lester Brown–population, affluence; *Food First: Beyond the Myth of Scarcity*, by Lappé and Collins–population, narrow focus on increasing food productivity, international food exploitation, land monopolization and misuse, cash crop system of export agriculture). Ten reasons soy will be the protein source of the future: 1. Optimum land utilization. 2. Lowest cost protein. 3. High nutritional value. 4. Time tested. 5. Remarkably versatile. 6. Appropriate technology. 7. New dairylike products. 8. Hardy and adaptive. 9. Free nitrogen fertilizer. 10. Energy and resource efficient. "All of these ten factors work together synergistically, reinforcing one another, to give added weight to the prediction that soybeans will be a key protein source for the future on plant earth." Present patterns of soy protein utilization. New developments. An idea whose time has come.

2. Tempeh as a food. 3. Getting started (incl. basic preparatory techniques and 18 recipes, incl. a recipe for sweet Indonesian soy sauce {*kechap manis*}). Favorite tempeh recipes (13 Western favorites, 6 non-fried favorites, and 12 Indonesian favorites; also Suggestions for serving tempeh throughout the day). 4. Western-style and Oriental tempeh recipes (68 recipes). 5. Indonesian tempeh recipes (70 recipes). 6. Making tempeh at home or in a community. 7. Making tempeh starter. 8. The Indonesian tempeh shop. Map of Southeast Asia, including Indonesia. Map of Java, Madura, and Bali (p. 144). Appendix A: A brief history of tempeh East and West. Appendix B: Tempeh shops in the West. Weights, Measures, and Equivalents. Glossary. Bibliography. About the authors. About the New-Age Foods Study Center.

This book contains the first sizeable collection of American-style and Indonesian tempeh recipes (130 in all), the first illustrated descriptions of making tempeh, tempeh starter, and onchom on various scales in Indonesian tempeh shops, the first history of tempeh, detailed discussion of tempeh in Indonesian culture and of the many varieties of Indonesian tempeh, and the first recommendations for commercial names for the more than 30 types of tempeh that could easily be made in the West. It also contains chapters and reviews of the literature on tempeh nutrition and the microbiology and biochemistry of tempeh fermentation, plus the largest bibliography on tempeh to date (including many new Indonesian references), an annotated listing of 61 people and organizations around the world connected with tempeh, and the first list of tempeh companies in the West.

Page 26 states: "Modern soy-protein products, such as textured soy proteins, are increasingly available at supermarkets, often in forms that simulate the fibrous, chewy texture of meat.

Note 1. This is the earliest known book in any language worldwide devoted entirely to tempeh. Note 2. This is the earliest English-language document seen (Aug. 2011) that contains the term "modern soy protein products;" Shurtleff would soon start to use it to refer to defatted soy flour or grits, soy protein concentrates, soy protein isolates, and

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textured soy protein products.

Illustrations (line drawings; unnumbered, not including "spots"). Indonesian dancer in sarong and crown. Balinese lion mask dancer. Two Indonesian women dancing. Cuts of fresh tempeh on a woven bamboo tray. Woman in a traditional Indonesian kitchen cooking tempeh. Terraced rice patties in Java. Woman selling tempeh in Bali market. Masked Indonesian figure. Soybeans in the pod. A hand holding dry soybeans over a sack of such soybeans. Three women selling beans and grains in a Javanese market. Two men selling tempeh in a Javanese market. Balinese mask. Indonesian mortar and pestle. Traditional oil skimmer for deep frying. A wok. Tamarind paste and pods. Soy sprouts. Pieces of tempeh on a bamboo tray Gado-gado. Laos root & chilies. Palm sugar. Chilies. Indonesian woman carrying fruits in a bowl on her head. Salam leaf. Botok tempeh. Peté beans. Winged and masked Balinese figure. Indonesian spices. Soybean (enlarged). Cartoon of a fuzzy little critter driving his tiny tractor over a cake of tempeh, inoculating it with a secret enzyme (The Farm, Summertown, Tennessee). Placing tempeh into a homemade Styrofoam incubator. Cross section of good tempeh and bad. Winged beans. Close-up of outside of a homemade tempeh incubator. Dry soybeans in pods on plant. Woman in the USA making tempeh. A deep woven bamboo basket for treading soaked soybeans. Ten steps in the process for making traditional soy tempeh in a small shop (GIZI, Bogor). Twenty steps in the process for making and delivering traditional soy tempeh in a large shop (Oeben, Bandung). Two views of a modern dehuller and dehuller-separator. Five steps showing making tempeh in plastic bags. Three steps showing making tempeh in banana-leaf wrappers. Fourteen steps in the process for making and delivering Malang tempeh.

Map of Southeast Asia. Map of Java, Madura, and Bali (incl. West, Central and East Java). Indonesian stilt house (house on stilts, famous among the Dayak in Borneo, the Minangkabu and Batak of Sumatra, and the Toraja of Sulawesi). Woman selling leaf-wrapped tempeh in a Balinese market (color, rear cover).

Numbered figures (line drawings unless otherwise stated. The number before the decimal refers to the chapter number). 1.1 Table: The changing pattern of world grain trade (exporters and importers). 1.2 Graph: Projected population densities in various regions of the world. 1.3 Bar chart: Per capita protein consumption in rich and poor countries. 1.4 Bar chart: Per acre yields of usable protein from various food sources (pounds per acre). 1.5 Graph: Word soybean production (1965-1977). 1.6 Bar chart: Protein consumed vs. protein returned from milk, eggs, chicken, pork, beef. 1.7. Where the world's money goes (yearly global and U.S.).

2.1 Table: Percentage of protein in various foods. 2.2 Table: Composition of nutrients in 100 grams of tempeh of different types. 2.3 Table: Protein quality (NPU) of various foods. 2.4 Table: Amino acid composition of tempeh compared with the FAO/WHO reference pattern. 2.5 Bar cart: Limiting amino acids in rice and tempeh. 2.6 Table: Combining foods to increase protein. 2.7 Bar chart: Grams of dietary fiber in 100 grams of various foods. 2.8 Table: Fatty acids in soy tempeh. 2.9 Table: Vitamins and minerals in soy tempeh. 2.0 Table: Price of one day's supply of usable protein from various foods.

3.1 Bar chart: Comparison of nutrients in brown and white rice. 3.2 Shoyu (natural soy sauce) in four wooden keg, can, bottle, and small dispenser. 3.3 Grating a coconut. 3.4 Mortar & pestle (two types). 3.5 Cross section of a coconut in the husk. 3.6 Making coconut milk (7 steps). 3.7 Ladies in a Javanese market selling chilies (in mounds). 4.1 Deep-frying tempeh, with all utensils shown. 4.2 Shallow-frying tempeh. 4.3 Seasoned crisp tempeh with dip. 4.4 Tempeh shish kebab. 4.5 Coriander & garlic crisp tempeh. 4.6 Tempeh fondue. 4.7 Making tempeh-filled pot-stickers or gyoza. 4.8 Tempeh pita bread sandwich. 4.9 Tempeh burger. 4.10 Tortilla with tempeh & guacamole. 4.11 Tempeh guacamole. 4.12 Tomatoes stuffed with tempeh.

5.1 Woman in an Indonesian village kitchen. 5.2 Woman grinding spices with a mortar. 5.3 Table: Indonesia's 7 most popular tempeh recipes, in descending order of popularity: Tempeh goreng, tempeh bachem, keripik tempeh, sayur lodeh, sambal goreng tempeh, terik tempeh, sambal goreng kering tempeh. Recipes for each are given. 5.4 Selling traditional banana-leaf wrapped tempeh in Yogyakarta, Java. 5.5 Deep-frying tempeh keripik in batter. 5.6 Deep-frying tempeh keripik in Javanese market. 5.7 Botok tempeh #1. 5.8 Botok tempeh #2. 5.9 Gadon tempeh. 5.10. Folding leaf wrappers for gadon tempeh. 5.11 Rolling leaf wrappers for pepes tempeh. 5.12. Pepes tempeh on broiler and packets ready to serve. 5.13 Folding leaf wrappers for Balinese pepesan. 5.15. Saté tempeh on broiler. 5.15 Saté vendor in Java. 5.16. Saté manis tempeh. 5.17 Tempeh sambal accompaniment for rice.

6.1 Flowchart for homemade soy tempeh. 6.2 Tempeh incubator (home-made). 6.3 Good soy tempeh (diagonally sliced). 6.4 Four types of homemade tempeh. 6.5 Wooden tempeh incubation tray designs. 6.6 Community tempeh incubator. 6.7 Graph: Tempeh incubation time versus temperature for soy tempeh (shows slow, moderate, and quick combinations).

7.1 Graph: Loss of tempeh starter potency when stored at various temperatures and humidities. 7.2 Sporulated tempeh for starter in bread pan. 7.3 Dry-strainer spore extraction. 7.4 Sporulated rice, pressure cooker, and Mason jar method of making tempeh starter. 7.5 Picking leaves from a hibiscus tree for tempeh starter. 7.6 Arranging inoculated soybeans on hibiscus leaves. 7.7 Covering hibiscus leaf sandwiches in trays. 7.8 Hibiscus leaves for tempeh starter ready to use. 7.9 Hibiscus inoculum leaves on round tray. 7.10 Drying inoculum leaves in sun on roof. 7.11 Tying

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inoculum leaves under rafters to dry.

8.1 Flowchart for basic Indonesian soy tempeh method. 8.2. A small Indonesian tempeh shop (floor plan). 8.3 Floor plan of the large Oeben tempeh shop in Bandung, Java. 8.4 Flowchart for Malang tempeh.

A color photo shows a high-quality cake of tempeh sliced on a plate. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4128. Shurtleff, William; Aoyagi, Akiko. 1979. The book of tempeh: A super soyfood from Indonesia. Professional hardcover edition. New York, NY: Harper & Row. 248 p. Illust. by Akiko Aoyagi Shurtleff. Index. July. 28 cm. [190 ref]

• ***Summary:*** A special cloth-bound professional edition of *The Book of Tempeh* prepared for libraries, commercial tempeh producers, microbiologists, students of Indonesian foods, and those who love fine books. In addition to the full contents of the paperback edition, it contains the following lengthy appendixes: B: Tempeh in Indonesia (an overview of the tempeh industry and market, including the number of shops by province, per capita consumption, etc.). C: The Varieties of Tempeh. D: Soybean Production and Traditional Soyfoods in Indonesia. E: The Microbiology & Chemistry of Tempeh Fermentation. H. Onchom or Ontjom. A Glossary of Indonesian Foods (the most extensive one available in English). Bibliography on Tempeh containing over 190 entries: Works on the world food crisis, works on tempeh cookery or Indonesian cuisine, scientific journal articles on tempeh, early Dutch- and German-language works on tempeh, Indonesian-language works about tempeh, key English-language works on microbiology, film and color slides on tempeh. Illustration of an Indonesian dancer. Expanded Index. A great deal of original research is contained in the extra 88 pages and 54 illustrations.

Appendix C, "The varieties of tempeh, states: "The many varieties of tempeh may be grouped into five basic types, according to the primary ingredient used: legumes, grains & soy, grains, presscake residues, and nonlegume seeds. Legume tempehs: Soy tempeh (*témpé kedelé or kedelai*, made from the seeds of *Glycine max*). Velvet-bean tempeh (*tempe benguk or tempe koro benguk*, made from the seeds of *Mucuna pruriens*, which are called *kara benguk* in Indonesian). Winged-bean tempeh (*tempe kecipir*, made from the seeds of *Psophocarpus tetragonolobus*). Leucaena tempeh (*tempe lamtoro or tempe mlandingan*, made from the seeds of *Leucena leucocephala*). Mung bean tempeh (*tempe kacang hijau*, made from the seeds of *Vigna radiata*, which are called *kachang hijau* in Indonesian). Broad-bean or fava-bean tempeh (*tempe kacang babi*, made from the seeds of *Vicia faba*, also called horse beans). Sesban-bean tempeh (*tempe turi*, made from the seeds of *Sesbania grandiflora*). Pigeon-pea tempeh (*tempe kacang iris*, made from the seeds of *Cajanus cajan*). Green-bean tempeh (*tempe kacang merah*, made from the seeds of *Phaseolus vulgaris*, which are called *kacang buncis* in Indonesian). Lima-bean tempeh (*tempe kara or tempe kara kratok*, made from the seeds of *Phaseolus lunatus*). Lablab-bean tempeh (*tempe kara-kara or tempe koro wedus*, made from the seeds of *Lablab purpureus*, which is called hyacinth bean in the USA). Jack-bean tempeh (*tempe kara bedong or tempe kara pedang*, made from the seeds of some strains of *Canavalia ensiformis*). Lupin tempeh (developed in Australia, made from the seeds of the narrow-leafed sweet lupin (*Lupinus angustifolius*) or the Andean lupin (*Lupinus mutabilis*)). Cowpea or black-eyed pea tempeh (developed in West Africa and Thailand, made from the seeds of *Vigna unguiculata*). Note: Chickpeas (garbanzo beans), baby limas, and great northern beans have also been used to make tempeh.

Grain & soy tempehs: Wheat & soy tempeh, barley & soy tempeh, rice & soy tempeh, bulgur & soy tempeh. Grain tempehs: Barley, rice, wheat, oats, and rye have been used with good results.

Presscake tempehs: Okara tempeh (called *tempe gembus* in Central and East Java where it is most popular, and called *oncom hitam* in West Java where it is not widely used). Peanut presscake tempeh (called black onchom (*oncom hitam*) in the Bogor region of West Java where it is most widely consumed, or white onchom (*oncom putih*) in the Tasikmalaya region, or "tempeh from peanut presscake" (*tempe bungkil kacang*) in East Java). Coconut presscake tempeh (*tempe bongkrek, tempe bungkil kelapa, or tempe kapuk*) comes in several varieties and can be can be poisonous if the pathogenic aerobic bacterium *Pseudomonas cocovenenans* grows on it and produces either yellow-colored toxoflavin or the more toxic colorless bongkrek acid. Peanut- & coconut-presscake tempeh (*tempe menjes*). Mung-bean-presscake tempeh (*oncom hitam or oncom ampas kacang hijau*). Soy- & peanut-presscake tempeh. Defatted soy-meal tempeh.

Seed tempehs (nonleguminous): Rubberseed tempeh (*tempe kaloko*) is made from the seeds of the rubber tree (*Hevea brasiliemsis*). Okra tempeh. Sesame & soy tempeh. Tempeh extenders and adulterants: Okara, cassava, mung-bean presscake, soybean hulls, sweet potato, coconut- or peanut presscake, papaya. The stages of tempeh fermentation (underripe to overripe): Premature tempeh (*tempe koro*), mature tempeh, slightly overripe tempeh (*tempe semangit or tempe lanas*), overripe tempeh (*tempe busuk or tempe bosok*), rotten tempeh. Tempeh wrappers.

Appendix D: "Soybean production and traditional soyfoods in Indonesia" discusses: Soybean production in Indonesia, traditional Indonesian soyfoods: Kechap (*kecap / ketjap, incl. kecap manis*), taucho (*tauco or taoco*), okara onchom, sereh (*sere*), taokoan or takoa, tofu (*tahu*). Other nonfermented soyfoods: Soy sprouts (*taugé kedele*), yuba (*bungah tahu*), soymilk, roasted soybeans (*dele sangan, kedele sangrai*), roasted soy grits or full-fat flour (*bubuk*

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kedele), fresh green soybeans (*kedelai rebus*).

Note: This is the earliest English-language document seen (March. 2009) uses the word "taucho" (spelled in that way) to refer to Indonesian-style miso.

Appendix E: "The microbiology and chemistry of tempeh fermentation" discusses: What are fungi?, general characteristics of *Rhizopus* molds, *Rhizopus* species used to make tempeh, pure cultures versus mixed cultures, preparing soybeans for fermentation, requirements for mold growth, general changes during tempeh fermentation, changes in nutrients and digestibility, the finished tempeh, the advantages and disadvantages of tempeh fermentation, suggestions for further research.

Appendix H: "Onchom or ontjom" discusses: Introduction. The varieties of onchom (*onchom merah* or *onchom beureum*)*:* Peanut-presscake onchom, okara onchom, soy onchom, coconut-presscake onchom. Making peanut-presscake onchom in a commercial shop. Making okara onchom in a commercial shop. The microbiology of onchom. Laboratory studies of onchom. Aflatoxins. Works on onchom and Neurospora. People connected with onchom and Neurospora. Continued. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4129. Finer, Steven. 1979. Oriental tofu factory arrives in New England. *Christian Science Monitor.* July 5. Food section. p. 17. New England edition.
• ***Summary:*** About the New England Soy Dairy. Describes how tofu is made there using soy milk coagulated with nigari–in much the same way rennet works with cheese. The whey, a by-product, is discarded and the curds are pressed in large stainless steel boxes.

By the end of 1979 the Soy Dairy expects to be using more than 25,000 pounds of soybeans a week, according to founder Tom Timmins. Later this year he hopes to introduce four flavors of soy milk, soy mayonnaise, and a variety of soy cutlets.

Also discusses *The Book of Tofu* by Shurtleff and Aoyagi. Gives recipes for Tofu Guacamole and Marion's Saucy Tofu.

4130. Fiering, Steve. 1979. Re: Thanks for hospitality. Next Soycrafters conference. Tempeh equipment. Letter to William Shurtleff at New-Age Foods Study Center, July 11. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Across the top of the letterhead is written "Organic Soy Products." "Thank you again for your hospitality. The evening with you and Akiko was one of the highlights of the trip for both Sue and myself. I came back to The Soy Plant with many new insights into the soy foods business and our shop in particular and my approach has changed quite a bit. I feel interested in being more businesslike and professional in my work...

"All plans are still go for the conference, I'm really quite excited... Please confirm my order for 30 *Book of Tempeh* and order 25 Ballantine *Book of Tofu."*

Gives the address and phone number of Kerry Sandford of Ann Arbor, Michigan, who is interested in making bean busters–a pedal-powered Corona mill for dehulling soybeans.

Gives details on the company's tempeh incubator and perforated plate. Address: The Soy Plant, 211 East Ann St., Ann Arbor, Michigan 48104. Phone: (313) 663-0500.

4131. Sheridan, Margaret. 1979. Soybeans sprout on Detroit's east side [Yellow Bean Trading Co.]. *Detroit News.* July 11. p. 1E, 6E.
• ***Summary:*** Tim and Carol Ann Huang, both vegetarians, learned about soyfoods while living on The Farm in Tennessee. Both had experience cooking. The Yellow Bean Trading Company, which they opened recently [March 1979] on Mack Ave. in Detroit, is a natural foods store and deli. "Yellow Bean is really an information center on soybeans," says Carol Ann. The deli offers: Whole wheat sandwiches with sprouts and crunchy vegetable spreads; blocks of tofu (soybean cheese); pies with whole-wheat crusts and creamy fillings like peanut butter, carob, or cocoa; egg rolls and nori rolls. All the products contain soy–often tofu. For their two children, Eva and Ethan, the Huangs use soy flour in pancakes and soy pulp [okara] in baked goods. They concoct milkshakes using soymilk and use Ice Bean instead of ice cream. A large photo shows Carol Ann slicing tofu on a plate surrounded by many dishes containing tofu. Address: News Staff Writer.

4132. Cooley, Oscar. 1979. Soybean: China's gift to America. *Anaheim Bulletin* (*California*). July 13. p. B6.
• ***Summary:*** This editorial discusses the remarkable soybean's many uses. It is good to eat and good for you, and has many uses in industry. "Another culinary import from the Orient is 'tofu,' which is made of soybeans. If you are tired of hamburger, try tofu, which is said to be a fine substitute for lean meat and cost about half as much. A tofu maker in Los Angeles [Hinoichi] is turning out about ten tons a day."

A legume, the soybean adds nitrogen to the soil. "It sort of pays rent for the land which it occupies." "When we eat meat, milk, cheese, or eggs, we are also consuming soybeans, one step removed, since soy meal is a basic element [the main protein source] in many animal feeds. Soy flour, one of the least expensive sources of edible protein, is used in many foods from bread and other baked goods to sausages and whipped toppings.

The USA now grows well over half the world's soybeans–more than China. "To the American farmer, the development of the soybean has been a godsend."

The U.S. has begun to warm up to Communist China. However little we may get from the Chinese politically, "we may be thankful for their botanical gift, the amazing soybean."

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4133. Leviton, Richard. 1979. Financial statement: Soycrafters Association of North America. Period: January 1 to July 15, 1979. Colrain, Massachusetts. 1 p. July 15. Unpublished manuscript.
• ***Summary:*** The statement is divided into Income and Expenses. SANA has total income of $7,650, including $2,600 in new SANA memberships (65 x $40 each), $1,447 in Soycraft advertisements, $830 in Soycraft subscriptions (55 x $15 each), and $2,300 in loans ($800 from Country Bank, Greenfield, Massachusetts; $600 from New England Soy Dairy, Greenfield; and $900 [loan] from Bill Shurtleff, Lafayette, California). Expenses total $6,598, including $1,575 for Soycraft magazine production, $1,070 for telephone, and $1,008 for postage and mailing. Address: Heath Rd., Colrain, Massachusetts 01340.

4134. *Family Circle.* 1979. Tofu: The Oriental way to high-protein, low-calorie meals. July 17. p. 140, 157, 160, 164.
• ***Summary:*** Describes, with color photos, how to make tofu at home and gives 6 recipes, reprinted from *The Tofu Cookbook* by Cathy Bauer and Juel Andersen. "An ancient Oriental secret isn't a secret anymore–almost everyone is discovering tofu, the protein packed bean curd made from soybeans. Tofu contains no cholesterol, is low in fat and has one of the lowest ratios of protein to calories. It is also low-cost. In fact, with homemade tofu, you can add protein to your diet for only 22 cents per meal per adult–and that's a bargain! More good news: tofu is extremely versatile. It takes on the flavors of the other ingredients in a dish so you can hardly know it's there. That means you can make the Tofu Vegetarian Lasagna... and never miss the meat and ricotta you substituted it for. Or, try the delicious Stir-Fried Tofu with Vegetables... rich with the flavors of garlic and ginger."

4135. *Keene Sentinel* (*New Hampshire*). 1979. Ways to use tofu–A protein food used in Japan for centuries. July 18. *

4136. O'Connell, Jean. 1979. The soybean: New source of protein for Western world. 'Soycrafters' conference later this month at Hampshire College will be geared to producing soy foods. *Morning Union* (*The*) (*Springfield, Massachusetts*). July 18. p. 20, 23. Hampshire-Franklin Ed. [3 ref]
• ***Summary:*** "Tofu is a four letter word for a soybean product which is rich in protein and can be very versatile in the hands of a meal planner." The Soycrafters of North America will sponsor its conference next week on 26-29 July at Hampshire College in Amherst, Massachusetts. It is expected to attract some 200 persons from all parts of the United States. Coordinating the conference will be executives and staff of the New England Soy Dairy in Greenfield, MA. The Soy Dairy has a staff of 35. The association has its office in Greenfield and functions, including the conference, are directed by Richard Leviton. Leviton is editor of a new publication, The Journal of the Soycrafters Association of North America, which has its first issue this month.

4137. *Soycraft.* 1979-1980/02. Serial/periodical. Greenfield, then Colrain, Massachusetts, USA. Richard Leviton, editor and publisher. Vol. 1 Summer 1979. Quarterly magazine.
• ***Summary:*** Continues (informally) *Soycraft* (Lawrence, Kansas), privately published by David and Danette Briscoe, starting in Oct. 1977. The first issue of this *Soycraft* magazine (Summer [July] 1979) was published from Leviton's office at the New England Soy Dairy, 158 Main St. No. 3, Greenfield, Massachusetts 01301 USA. The second issue was published from Leviton's office in his home at 100 Heath Road, Colrain, Massachusetts. Both these issues bore the subtitle *The Journal of the Soycrafters Association of North America* on the cover and title page This high-quality periodical is the world's first English-language magazine devoted solely to foods made from soybeans. Leviton was an excellent researcher and writer. Renamed *Soyfoods* with issue No. 3 in the summer of 1980.

On the cover of No. 1, Greg Weaver serves at customer at the Rochester Soy Deli (New York state).

On the cover of No. 2, Jeremiah Ridenour and Akiko Aoyagi are seated at a wooden table in the Rochester Soy Deli; it is loaded with dishes prepared at and sold by the Rochester Soy Deli. Address: Massachusetts.

4138. *Specialty Food Merchandising* (*Manhasset, New York*). 1979. Dried bean curd. July 20. *

4139. Rubenstein, Judith. 1979. Re: Request for information about developing a standard of identity for tofu. Letter to Commissioner, Food and Drug Administration, 56 Fishers Lane, Rockville, Maryland, July 23. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "It is evident that the first step in crediting tofu as a Type A food [in the federal school lunch program] is for the Food and Drug Administration to establish a standard of identity for tofu. Dr. Audrey Maretzki, Director of Nutrition and Technical Services Division for the USDA, informed us in May that her office has requested the FDA give top priority in its standards division to establishing a standard of identity for tofu. We would like to lend our support to the USDA request that the FDA establish a standard of identity for tofu... We would be very grateful to know if the FDA is actually working on standards for tofu or when that process is likely to begin." Address: Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746.

4140. Rubenstein, Judith. 1979. Re: Standard of identity for tofu. Letter to Commissioner's Office, Food and Drug Administration, 56 Fishers Lane, Rockville, Maryland, July

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The Journal of the Soycrafters Association of North America

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soycraft

- Of Soybeans, the Soil, Herbicides and Farmers—*A Visit to the Midwest Soybean Belt*
- Choosing Soybeans for Tofu-Making

Northern Soy/photo

THE SOYFOODS DELI

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23. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "We would like to lend our support to the USDA request that the FDA establish a standard of identity for tofu." Address: Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746.

4141. *Rafu Shimpo* (*Los Angeles, California*). 1979. Consumer kamikaze: Tofu talk. July 24. *

4142. *San Jose News, San Jose Mercury* (*California*). 1979. To tofu: A toast to good health. July 25. *

4143. *Sun Chronicle* (*Attleboro, Massachusetts*). 1979. Try tofu for exotic tastes. July 25. *

4144. *Advertiser & Enterprise Journal* (*Chapman, Kansas*). 1979. Homemaker hints: Tofu. July 26. *

4145. *Las Virgenes Enterprise* (*Calabasas, California*). 1979. Soybean curd (nicknamed) the poor man's meat. July 26. *

4146. *Peninsula News and Rolling Hills Herald* (*Palos Verdes, California*). 1979. Tofu: The poor man's meat. July 26. *

4147. *Raleigh Times* (*North Carolina*). 1979. Is it a cheese? Is it a meat? Is it a dessert? Yes–It's tofu. Tofu sophistication in the bean patch. July 27. *

4148. Gupta, A.K. 1979. Re: Work with soybean utilization in India. Letter to William Shurtleff at New-Age Foods Study Center, July 28. 1 p. Typed, with signature.
• ***Summary:*** He and his group have done considerable work in the field of soybean utilization. Their main interest has been to study the biochemical, nutritional, technological, and sensory aspects of soy flour, soy-milk, soy-milk powder, soy-wheat blend, vegetable soybeans, black soybeans and parched soybeans with a view to popularize them for human consumption. They have published a series of research papers and reports.

He requests copies of books by Shurtleff on tofu, soy-milk and miso at the earliest convenience and hopes these will be supplied free of charge. Address: PhD, Food Scientist, I/c Crop Quality & Food Science Section, Dep. of Plant Breeding & Genetics, J.N. Krishi Vishwa Vidyalaya, Jabalpur-48204, Madhya Pradesh, India.

4149. *Recorder* (*Greenfield, Massachusetts*). 1979. Soybean revolution conquering American tastes. July 28. *

4150. Rodale Press. 1979. The Tofu Cookbook: It'll make a funny word into a household name (Ad). *New York Times Book Review.* July 29. p. BR6. [1 ref]
• ***Summary:*** An ad for this new book by Cathy Bauer and Juel Andersen. Address: Emmaus, Pennsylvania 18049.

4151. **Product Name:** Tofu.
Manufacturer's Name: Banyan Enterprise USA. (Banyan Enterprises).
Manufacturer's Address: 6909 Renwick #88, Houston, TX 77081. Phone: 713-995-6885.
Date of Introduction: 1979. July.
Ingredients: Hard Tofu (7/93): Soybeans, water, natural calcium sulphate, glucono-delta-lactone.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. David Chiu (who is Chinese-American).

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). New name and address: Banyan Enterprise USA, 7332 Rampart St., Suite 113, Houston, Texas 77081. Phone: 713-995-6885. Owner: David Chiu.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 95. Name given as Banyan Enterprises. Talk with Bob Phipps. 1989. Feb. 27. Banyan is run by a Korean man [sic]. He and Calco have a fierce competition in Houston; both sell their tofu at very low prices.

Label for "Hard Tofu" sent by Walter Lin, purchased in Houston. 1993. July. 5 by 4 inches. Red, blue, and black on clear plastic film (which covers a 1-pound tub of tofu). The company is now named Banyan Foods, located at 7332 Rampart #104, Houston, TX 77081. The label reads: "Pasteurized. Delicious and tasty. Keep refrigerated." The ingredients are shown above.

Talk with Gary Chiu, son Carol Chiu, who now owns Banyan Foods. 1997. Nov. 24. David Chiu is no longer with the company. Banyan Foods is now located at 1090 S. Wilcrest Dr., Houston, TX 77099. Phone: 281-575-8801. In addition to tofu, they also make egg roll skins and other Chinese flour products. They moved to this address in about 1990, but for several years had to use up labels with the old Ramparts address. Gary is quite sure that this company has always been run by his family, and was never run by a Korean man.

4152. Bean Machines, Inc. 1979. North America's most complete source of tofu and soymilk equipment (Ad). *Soycraft* (*Greenfield, Massachusetts*) 1(1):25. Summer.
• ***Summary:*** "Agents for Takai Tofu & Soymilk Equipment. Okita Enterprises Inc., Berkel VCM. Rietz disintegrators. Founded in 1977 to bring the best of the world's tofu and soymilk equipment to the rapidly growing American soyfoods industry.

"Catalogues available upon request." Address: P.O. Box

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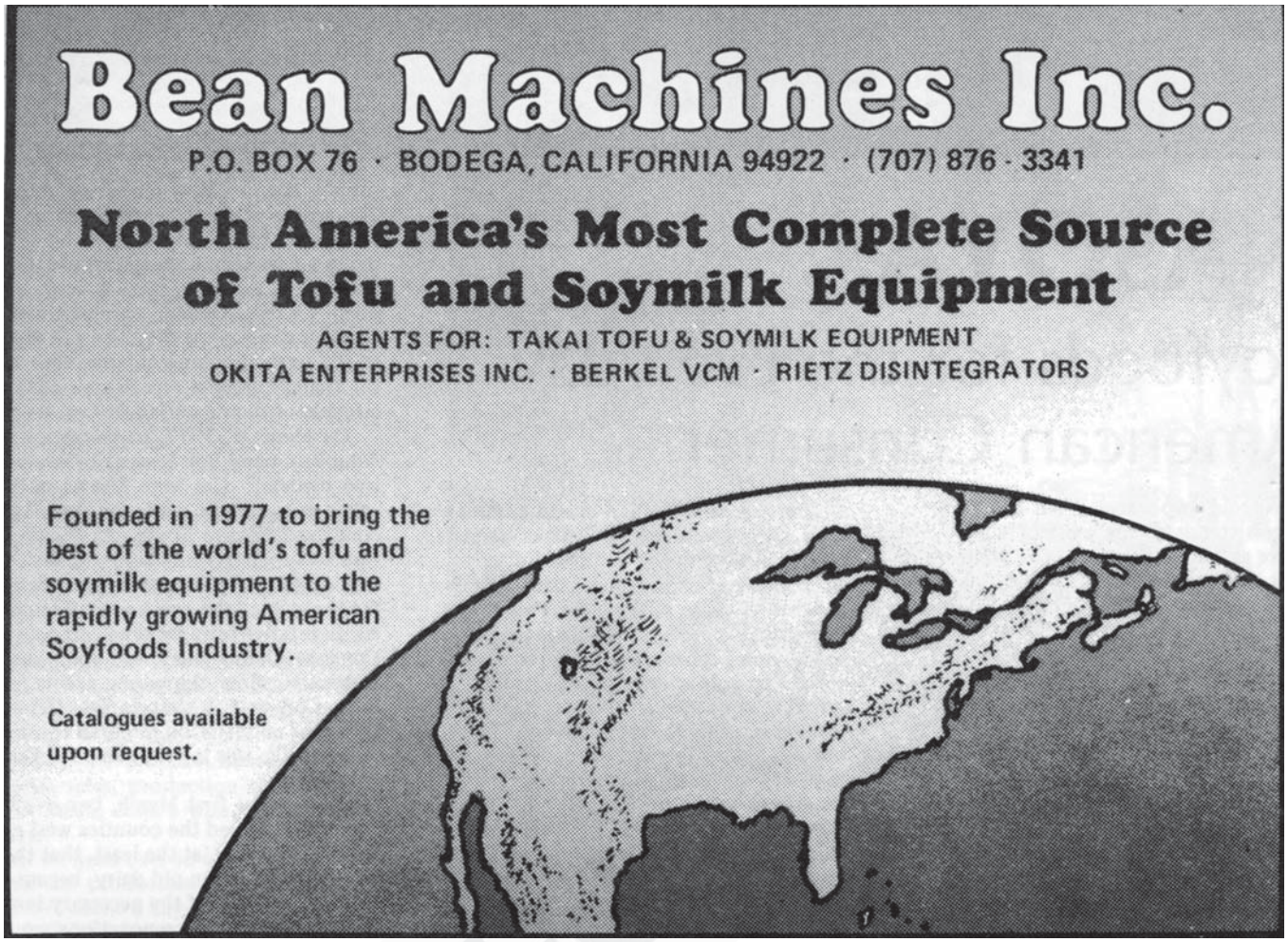

76, Bodega, California.

4153. **Product Name:** C.R. brand Tofu.
Manufacturer's Name: C.R. Food.
Manufacturer's Address: 1165 E. 12th St., Los Angeles, CA 90021. Phone: 213-622-0556.
Date of Introduction: 1979. July.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Mr. Sus Yasuda.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. The owners are Munung Peter Kang and Sus Yasuda. The new address is: 1701 E. 7th St., Los Angeles, California 90021. Phone: 213-622-0556.

Soya Bluebook. 1983. p. 77. Address: 1701 E. 7th St., Los Angeles, CA 90021. Peter Kang, President.

4154. **Product Name:** Tofu.
Manufacturer's Name: Farm Foods of Texas.
Manufacturer's Address: 900 E. 11th St., Austin, TX 78702.
Date of Introduction: 1979. July.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. John Ellis.

4155. **Product Name:** Tofu.
Manufacturer's Name: Grain Train.
Manufacturer's Address: 421 Howard St., Petoskey, MI 49770. Phone: 616-347-2381.
Date of Introduction: 1979. July.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Peter Driscoll.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Owner: Peter Driscoll.

4156. **Product Name:** Tofu.
Manufacturer's Name: Hoven Foods.
Manufacturer's Address: 502 6th Ave. South, Seattle, WA 98104. Phone: 206-623-6764.
Date of Introduction: 1979. July.
How Stored: Refrigerated.

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New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Yung-Ching Lui.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Yung-Ching Lui.

4157. **Product Name:** [Tofu].
Manufacturer's Name: Hwergelmir: Foundation for a Natural Life.
Manufacturer's Address: Eiland 2, Arnheim, Netherlands.
Date of Introduction: 1979. July.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Unknown.

4158. J.F. [Janice Fillip]. 1979. In times of Plenty. *Whole Foods* (*Berkeley, California*). July. p. 9-10.
• ***Summary:*** Discusses the work of Plenty (run by The Farm in Tennessee) in Guatemala and Tennessee. In Guatemala: "When an earthquake devastated Guatemala in 1976, some members of the Plenty team went there to assess the damage... Drawing on eight years of experience in soybean cultivation and soyfood production on The Farm, Plenty volunteers introduced the high-protein soybean to local farmers in hops of enhancing the Guatemalan diet. Experiments in adapting soybeans to tropical highland growing conditions captured the interest of local farmers who began planting soybeans from seeds donated by UNICEF. Plenty started teaching local women how to make soymilk and tofu with native utensils. Note: This earthquake, which struck Guatemala on 4 Feb. 1976, magnitude 7.5, killed 22,778 people.

"Funded by UNICEF, Plenty is now involved in construction of a soy dairy in Solola, the Cakchiquel capital, near Lake Atitlan. The dairy is expected to produce 100 pounds of tofu and 40 gallons of soy ice bean (soymilk ice cream) three times a week and to supply free ice bean to school lunch programs. The solar-powered soy dairy is designed to become a cottage industry for local people to produce low-cost, high-protein foods.

"At Plenty-On-The-Farm, a Village Technology training program provides instruction for Third World trainees in nutrition and soy production, agriculture, mechanics, village construction, radio communications and electronics, solar and water systems, primary health care and midwifery. Trainees are given free room and board at The Farm while they study. The program has already trained 27 people from Guatemala, Mozambique, West Germany, Portugal, South Africa, Brazil and India, and there is currently a backlog of people applying to study in the program."

4159. Kajs, T.; Lawhon, J.T.; Rhee, K.S. 1979. Tamucurd: A high protein ingredient. *Food Technology* 33(7):82-86. July. [23 ref]
• ***Summary:*** Tamucurd (after Texas A&M University) is a sort of tofu made from glandless cottonseed, which contains no gossypol in pigment glands. It has been most extensively evaluated as a cream cheese substitute. Address: Procter and Gamble, Cincinnati, Ohio.

4160. **Product Name:** Tofu.
Manufacturer's Name: Korea Farm.
Manufacturer's Address: 3456 (or 3707) N. Clark, Chicago, IL 60613. Phone: 312-348-1625.
Date of Introduction: 1979. July.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Mr. Young Sun Yo. Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4161. Lavin, Tom. 1979. The wonderful world of books: The story of tofu. *Natural Food and Farming* (*Atlanta, Texas*) 26(2):4. July.
• ***Summary:*** "Something new–something different–a traditional food for the future and–it will help you fight inflation in your own kitchen." A good overview based on *The Book of Tofu*, by Shurtleff and Aoyagi, and several important newspaper articles. Mentions Tom Timmins, Richard Leviton, and New England Soy Dairy.

4162. Leviton, Richard. 1979. The soy delicatessen. *Soycraft* (*Greenfield, Massachusetts*) 1(1):12-18. Summer.
• ***Summary:*** Describes The Tofu Shop (Rochester, New York), The Soy Plant (Ann Arbor, Michigan), The Cow of China (Boulder, Colorado), and The Tofu Shop (Telluride, Colorado).

Photos taken at The Tofu Shop in Rochester show: Greg Weaver at the counter serving a woman (cover photo). The inside of the restaurant, including two women seated at a wooden table and the large menu on the wall in the back. A woman employee cutting vegetables in the kitchen. Another woman working in the kitchen. A close-up of the wooden menu on the back wall (with prices; * = organically grown), which offers: Deli: Tofu*, tempeh*, soy mayo, soysage, soy milk*. Salads: Deviled tofu, tempeh, tossed. Dips (with tofu): Onion, dill. Hot sandwiches: Tofu burger, tofelafel, sloppy joe tempeh, tempeh Reuben, temptation! Cold sandwiches: Deviled tofu, tempeh salad. Casseroles: Tofu-spinach pie, tofu Italiano. Soups: Miso, soup of the day. Sampler plate. Special of the week: Ginger garlic sauce over tofu, rice and sauteed vegetables. Desserts: Lemon cream pie, tofu carob-mint pie, chocolate-mint pie, gingerbread, peanut butter cookies. Drinks: Soymilk, herb tea*, vegetable juice*, apple cider, Bambu (a roasted grain coffee), Banilla

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shake (with frozen bananas and soymilk), carobanana. The deli case at White Wave. The outside of The Cow of China.

Note 1. This is the earliest document seen (Feb. 2007) that mentions the use of frozen bananas to add thickness to a smoothie–a breakthrough idea.

"Matthew Schmit–proprietor of The Tofu Shop, in Telluride, Colorado, Juice Bar, Dining, Catering, Wholesale Kitchens, 'producers and suppliers of specialty foods for the western slope–operates a soy-based restaurant that seats about thirty people and has waiters and waitresses. The Restaurant, which opened in October 1977, and had gross sales last year of twenty thousand dollars, is open six days a week from 11:00 A.M. to 9:30 P.M. Matthew astonished me with the figure of one thousand dollars as the initial capital investment for this business, which now produces 250 pounds of tofu for weekly wholesale distribution in addition to the flourishing restaurant.

"The menu, which features a stunning photograph of Rocky Mountains rising out of a misty valley, and which they use as a promotional brochure, delineates the fare: Entrees (Stir-fried tofu, Rice & vegetables; Soy burgers, Tofu burgers, Okara burgers, Grilled tofu & vegetables in pita bread, Guacamole & tofu, Spicy tofu & rice filling with guacamole for burritos); Smoothies (Carob-honey soymilk with banana, Carrot sunny shake); Beverages (Miso broth, soymilk, [soy] whey); and Salads (Tofu & guacamole salad, okara salad, tofu & vegetable salad)." Matthew explains the okara salad and whey.

"Matthew and his associates regard the tofu and soyfoods as an entrance into an expanded food processing line for their local market, a move that will lessen their dependence on only one or two products. Believing that every community should have its own fresh tofu, Matthew adds that 'everyone develops their own business according to the nature of their community.'" During the holiday season, Matthew's community created an exotic recipe for "tofu turkey." "Chunks of tofu are seasoned and basted, often carved in the shape of turkeys, and baked for an entire day"–after which "they taste exactly like turkey."

Note 2. This is the English-language document seen (Jan. 2007) that contains the term "Okara burgers" (or "Okara burger"). Address: Sunrise Farm, 100 Heath Rd., Colrain, Massachusetts 01340.

4163. Leviton, Richard. 1979. Soycrafters Association of North America. Director's Report. Colrain, Massachusetts: SANA. 17 p. July 28.

• ***Summary:*** Contents: I. Summary of progress. II. Financial report. III. Proposals to the membership: 1. Establish regional coordinators & develop infrastructure; Activities of the RCs. 2. Soyfoods Data Book (SANA would publish its own Green Book, like the ASA Blue Book). 3. Soyfoods publicity program. Soycrafters questionnaire (Please complete and return to registration desk before leaving conference). 4. Lobbying FDA/USDA for acceptance of soyfoods in school lunches. 5. Liaison and cooperation with American Soybean Association and Food Protein Council. 6. 1980 SANA Conference in conjunction with INTSOY & NRRC [at the University of Illinois, Champaign]. 7. Children's educational program with theater and video. IV. Organizational plans.

The "Summary of progress" section (p. 1) begins: "Perceiving a lull in the forward movement of the newly formed Soycrafters Association, last October I offered to assume leadership of SANA and to publish its journal, Soycraft. The appointed director, Larry Needleman, found himself swamped with work with his new tofu equipment importing company, Bean Machines, Inc., and willingly handed over the directorship, which consisted of one box of folders and stationery. In January, SANA opened a small office at the New England Soy Dairy, in Greenfield, Massachusetts and David Kilroy joined as advertising and production supervisor for Soycraft." An international mailing was done to all the 900 names on Bill Shurtleff's mailing list, with about a 10% response. The summer conference at Hampshire College was a success, attracting "225 people from all over the USA including Hawaii, Puerto Rico, three from England, one from Switzerland, and a broad mixture of academics, soycrafters, farmers, food technologists. As of July 28, we had generated 65 new members (85 as of 8/27) and 50 subscribers (87 as of 8/27).

"On June 1, SANA took new office space in downtown Greenfield, set up files, began to accumulate review copies [of books] for its library, and purchased an electric typewriter. Essentially, SANA has used its funds to organize and sponsor the Soycrafters Conference (which cost about $14,000) and publish Soycraft #1, sixty pages long."

Two tables (p. 2) compare the types/categories of SANA membership and the number of members in each category in January and in July, 1979, before and after the conference.

Two maps show: (1) The USA and Canada divided into 9 regions. (2) Location of soycraft companies (manufacturers) on an outline map of the USA.

Addenda: Report of the SANA Committee on Committees (3 p.). Overview of committees and proposed activities. Organization chart showing relationship of SANA membership, Regional representatives, executive board, director, and six committees. Address: Director, SANA, 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

4164. Leviton, Richard. 1979. Nasoya: Soyfoods for the everyday American consumer. *Soycraft* (*Greenfield, Massachusetts*) 1(1):26-29. Summer.

• ***Summary:*** This is the earliest known in-depth story published on Nasoya Foods. The company was conceived on 5 March 1977 by "John Paino and Bob Bergwall (Nasoya's two owners), who have known each other since college

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some 10 years ago. At the time Bob was making tofu boxes in Boston and working as a laboratory technician for the state; John was a manufacturer's representative for a welding company in Concord. Before this, both John and Bob were sailors, skippering yachts from Cape Cod to the West Indies."

That March they scoured the counties west of Boston looking for an old dairy. Finally they purchased Harper's Dairy, in Leominster near Route Two, primarily for its superb well and well water. Nasoya produced its first batch of tofu in late April 1978. Their system was designed to produce 2,000 lb/day of tofu. "After only one year's operation, they have already achieved their envisioned goal of 10,000 lb/week and are concerned that their shop–which is 1,200 square feet, with a 10 by 12 foot walk-in cooler, and three 35-foot trailers–is nearing its capacity. John expects they will have to move and set up an even larger facility in the next year. 'After one year of tofu-making,' Bob remarks, 'we feel we are beginning to learn how to make tofu properly...'" These days John and Bob, burned out from too much hands-on tofu making, spend their time managing the business. John's wife, Sarah, keeps the books. There follows a detailed description of the plant's equipment and tofu-making process. The finished tofu is placed in individual plastic tubs and sealed with a manual "monkey-packer" heat sealer. The company's main competitor, New England Soy Dairy (located 60 miles to the west) had a firm hold on the natural foods market, causing Nasoya to look at other markets, such as institutions. But finding little interest there, they were forced to compete for the natural foods market.

John Paino notes: "'We stopped making sweetened soymilk because we felt it made everyone too yin, it spaced people out. If you drink sweetened soymilk every day, you will loose touch with reality.' Bob Bergwall says that when Nasoya first introduced their soymilk last year, the market was wide open and they could have sold enormous quantities. 'But we didn't want to put out a product we couldn't believe in. We might produce a plain soymilk sometime.'"

"This summer Nasoya will release a new line of tofu products, including soy mayonnaise, 'eggless' egg salad, and an onion, a dill, and a zesty Italian dip." Address: Colrain, Massachusetts.

4165. Leviton, Richard. 1979. Judging the suitability of soybeans for tofu-making. *Soycraft* (*Greenfield, Massachusetts*) 1(1):30-38. Summer. [40 ref]
• ***Summary:*** Contents: Introduction, Strategies for selecting suitable soybeans: Composition analysis, shop tests, soybean pedigrees. Soybean agronomy: Maturity groups, Japanese and U.S. soybeans compared, environmental stress and soybean composition. The physical and chemical properties of soybean proteins: Physical description of the proteins, hydration, solubility, soak-water pH, heat treatment, phytates, disulfide polymerization. ionic environment and salt concentration, denaturation of the proteins, future studies.

Tables show: (1) Soybeans classified by maturity group and composition. (2) Map of Maturity Groups in North America. (3) Pedigrees of selected soybean cultivars released in the U.S. and Canada. (4) Selections from Uniform Soybean Tests: Year, variety, lowest protein, highest protein.

"Novice tofu-makers in this country undoubtedly have experienced a full range of bewildering difficulties and perplexing performances with their soybeans. In the early days of Laughing Grasshopper Tofu Shop, for example, a full day's production, quite often, was (tearfully) discarded because the tofu was too oily, or too crumbly, or too dense, or, plainly, no good, and we were never able to determine precisely the origin of the problem. We soon learned, thereafter, about varietal differences among soybeans–there are hundreds–and that certain varieties are simply better suited for tofu production than others. Later, we received two shipments of Corsoy–one from Minnesota, one from Iowa–and the performances for each were startlingly different, as if they were two different varieties altogether. This was puzzling and the situation was repeated again, when we experimented with Hodgson, reputedly good for tofu-making: our results demonstrated poor performance, yet reports from another shop indicated Hodgson was a satisfactory tofu bean. Why is this?

"In this article we will look at the questions, how to tell which varieties of soybeans are suitable for tofu, what makes them so, why do some varieties perform poorly, and why proven varieties can vary so greatly in their performances. We will examine these problems from two primary angles-first, soybean agronomy, in order to assess the effect of field conditions on soybean composition and quality, and second, the physical and chemical properties of the proteins, in order to examine the subtle biochemical interactions among soybean components in tofu-making–and we will begin with an assessment of several strategies for establishing guidelines for selecting suitable soybeans for tofu." Address: Colrain, Massachusetts.

4166. Leviton, Richard. 1979. Opening speech. Paper presented at Second Annual Soycrafters' Conference. 6 p. Held 26-29 July 1979 at Hampshire College, Amherst, Massachusetts. Typed manuscript.
Address: 100 Heath Rd., Colrain, Massachusetts 01340.

4167. Leviton, Richard. 1979. The beanfield. "Let the Earth say beans"–Henry David Thoreau. *Soycraft* (*Greenfield, Massachusetts*) 1(1):2. Summer.
• ***Summary:*** This is the first article (actually, more like an editorial) in this new magazine. "Making and marketing soyfoods is becoming an increasingly widespread and satisfying practice. What attracts many people to soycrafting,

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I think, is that it serves as a focal point 'for many vital life-ambitions currently circulating in our generation.'

"Some of these are: 'Desire for social service, anguish over world hunger, meaningful political action, skilled traditional foodcrafts, employing appropriate technology, self-employment, health-consciousness, food-awareness and vegetarian lifestyles, ecological concern, local economies and community food self-reliance, an integrated, non-alienated workplace, and right livelihood–these are some of the core motivations that are the inspiration for many of the newly-formed tofu shops and soy dairies in the United States."

Note: For these reasons, some people have referred to the "soyfoods movement" in North America and soyfoods as a "way of life."

4168. **Product Name:** Tofu.
Manufacturer's Name: Meiji-ya.
Manufacturer's Address: 1569-F Redondo Beach Blvd., Gardena, CA 90247. Phone: 213-770-4677.
Date of Introduction: 1979. July.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Owner: Mr. Charles Iwana. Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Charles Iwana. Talk with owners. 1989. Feb. 22. Company is called Meiji-ya Tofu, 16440 Southwestern Ave., Gardena, California. Phone: 213-538-0403. They are very uncooperative, unfriendly, almost rude.

4169. *Money.* 1979. Americanized tofu. July. p. 25-26.
• ***Summary:*** High meat prices are popularizing tofu in America. In recent years the number of U.S. producers has gone from 60 to 150. "Tofu costs $0.55 to $1.09 a pound, compared with about $1.60 a pound for hamburger. Tofu has only a third the protein of hamburger. But it's the same high-quality protein, and tofu has a third the calories of hamburger, very little fat and no cholesterol. For recipes, write to the New England Soy Dairy, 305 Wells St., Greenfield, Massachusetts 01301."

4170. Needleman, Larry. 1979. Tofu study tour in Japan. *Soycraft* (*Greenfield, Massachusetts*) 1(1):40-41. Summer.
• ***Summary:*** Discusses visits to Takatsuka Marugo, Tengu Tofu, Izumiya Shokuhin, Tokyo Tofu, and Takai Tofu & Soymilk Equipment Co. Address: Bodega, California.

4171. **Product Name:** New World Rice & Tofu Sandwich.
Manufacturer's Name: New World Enterprises. Renamed New World Natural Foods in 1985.
Manufacturer's Address: 226 Cypress St., Brookline, MA 02146. Phone: 617-232-5973.
Date of Introduction: 1979. July.
Ingredients: Organic short grain brown rice, tofu, carrot, lettuce, scallions, peanut butter, miso, safflower oil, tamari, ginger root, and sea salt, wrapped in chapati bread.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Paul Duchesne. 1989. Aug. This company was started in about 1980-81 by a woman in Brookline. He does not know from whom she learned to make the sandwich. The product was called Rice and Tofu Sandwich. Label sent by Paul Duchesne. 1989. Aug. 11. 3 inch diameter. Dark blue lettering on a light blue and orange background illustration of the world. This label is currently in use by Emily Merghart in Brookline. Phone: 617-232-5973.

Talk with Emily Morse Merghart. 1989. Aug. 18. Emily started this company on 5 July 1979 at 226 Cypress St. in Brookline. Before that she was a ballet dancer. Her husband was a dancer. She developed the product herself and did not learn the process from anyone else. She never met Paul Duchesne. This was her first sandwich. She is positive that there were no other rice and tofu sandwiches on the market at the time; she never saw any in the many stores to which she distributed hers. In mid-1988 she moved to her present address, 157 Sutherland Rd., Brookline, Massachusetts 02146. Phone: See above. She now has a line of ten sandwiches, and makes 1,000 a day.

4172. **Product Name:** Tofu.
Manufacturer's Name: Oanh's Tofu Shoppe.
Manufacturer's Address: 541 Hopkins Blvd., Biloxi, MS 39530.
Date of Introduction: 1979. July.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Oanh or Nick Drozdowski.

4173. **Product Name:** Tofu Tarts.
Manufacturer's Name: Pie in the Sky Bakery.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1979. July.
Ingredients: Filling: Firm tofu, water, maple syrup, vanilla, almond extract, oil, lemon juice, carob powder, salt. In pie shell, topped with almonds and raisins.
Wt/Vol., Packaging, Price: 4.5 inch tart tins.
How Stored: Refrigerated.
New Product–Documentation: Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 165.

4174. **Product Name:** Tofu.
Manufacturer's Name: Prem Soyfoods.
Manufacturer's Address: 538 Fredricksburg Rd., San Antonio, TX 78201. Phone: 512-828-2027.
Date of Introduction: 1979. July.
New Product–Documentation: Shurtleff & Aoyagi. 1979.

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July. New Tofu Shops & Soy Dairies in the West. Bill Hyde.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives phone number. Owner: Bill Hyde.

4175. **Product Name:** Nori Rolls (With Tofu Filling).
Manufacturer's Name: Real Food Co.
Manufacturer's Address: Boulder, Colorado. Phone: 449-7790.
Date of Introduction: 1979. July.
Ingredients: Rice, nori, tofu, zucchini, green pepper, carrots, turnips, onions, sesame oil, miso, umeboshi salt plums, shoyu, garlic, spices.
Wt/Vol., Packaging, Price: 8 oz.
New Product–Documentation: Label. 1981. 6.25 by 2.5 inches. Paper. Black on tan. Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 167.

4176. Schulz, Julie. 1979. Small is beautiful for tofu, too. *Well Being* No. 44. p. 45. July.
• ***Summary:*** "Mia Posner and Harry MacCormack are partners–both in marriage and in business–and the 'work like dogs.' The business is Sunbow Farm, a corporation dedicated to providing alternative, low cost protein to the Corvallis, Oregon community in the form of tofu, soy sausage [made from okara], and soy burger."

Describes make tofu at Sunbow Farm using a wood stove. They decided to begin a tofu business last July, in part because the only tofu producer in Corvallis, the Welcome Home Bakery and Tofu Shop, had recently closed. Sunbow currently transforms 1,400 lb of soybeans a month into soy products, and makes 115 pounds of tofu daily.

Harry works some nights as a carpenter on the stage crew at Oregon State University. This moonlighting helps buy new equipment and supplement their income from the business. In addition to the tofu business, Harry and Mia run a 27-acre organic farm where they grow fruits, vegetables, and grains. They use whey (a by-product of tofu) and crop rotation to enrich the soil. A photo shows Harry pressing soymilk from the pulp; Mia is about to add nigari.

4177. Senti, Richard. 1979. Tofu: New staple for the American diet. *Well Being* No. 44. p. 40-44. July.
• ***Summary:*** The New England Soy Dairy, in operation since Jan. 1977 and the largest new-age tofu shop in America, makes about 23,000 lb/week of tofu in a 3,000 square foot production area. The company also makes and sells "Soymayo," an eggless mayonnaise. Four photos show tofu being at the New England Soy Dairy: Drawing off the soymilk. Adding nigari. Ladling the curds into the press. Pressing the tofu.

In San Francisco, California, the Farm Food Co. makes 2 tons of tofu a week–even in the midst of a major expansion. This company is an outgrowth of The Farm in Tennessee, a religious vegetarian community led by Stephen Gaskin. Gives a brief history of The Farm. Page 43 gives "a partial inventory of the many possible uses for tofu." Page 44 gives 5 tofu recipes.

4178. Shurtleff, William. 1979. Soyfoods in America 1979: Progress, problems, challenges. Keynote paper presented at Second Annual Soycrafters Conference, Hampshire College, Amherst, Massachusetts. July 26. 14 p. Unpublished manuscript.
• ***Summary:*** The full text of this presentation has been transcribed. The major events of the past 12 months are reviewed. The key challenge is to build a strong Soycrafters Association. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4179. Shurtleff, William; Aoyagi, Akiko. 1979. Tofu & soymilk production: A craft and technical manual. Lafayette, California: New-Age Foods Study Center (Renamed Soyfoods Center in Sept. 1980). 336 p. Illust. by Akiko Aoyagi Shurtleff. Index. July. 28 cm. First published in Aug. 1977 as a rough photocopied manuscript with a yellow cover. [223 ref]
• ***Summary:*** Contents: Preface. 1. How to start a tofu shop or soy dairy. 2. Setting up shop; The community or village shop; The traditional caldron shop; The steam cooker plant; The pressure cooker plant; The soy dairy; The automatic steam cooker plant; The modern factory. 3. Ingredients. 4. Sanitation and safety. 5. Principles of tofu & soymilk production. 6. Tofu. 7. Firm tofu, pressed tofu & smoked tofu. 8. Foods made from tofu: Introduction, creamy tofu dressing, tofu chip dip, tofu mayonnaise, tofu cream cheese, cottage cheese, sour cream, tartare sauce, tofu eggless egg spread or missing egg salad, tofunafish spread or salad, tofu rice salad, tofu cheesecake (Sprucetree Baking Co. and White Wave), tofu pies, tofu creamies or tofu-coconut cream bars, tofu tarts, tofu turnovers, tofu puddings, fruit whips, custards and parfaits, tofu cinnamon rolls, tofu whipped cream, tofu icing and cream cakes, marinated tofu (fried or baked, p. 166), tofu jerkey [sic, jerky] (p. 166), teriyaki tofu, tofu teriyaki, savory baked tofu, savory pressed tofu (with five spice powder, *wu-hsiang toufu-kan*), nori rolls with brown rice & tofu, tofu & brown rice burgers, tofu baby foods, tofu in ready-made sandwiches. 9. Using okara, whey, curds & hulls. Deep-fried tofu (cutlets, cubes, burgers, treasure balls, burger balls, pouches, puffs). 11. Soymilk. 12. Dairylike products made from soymilk: Frozen soymilk desserts (soymilk ice cream, frozen soymilk yogurt, soymilk sherbets, soysicles, frozen soymilk custard, ice soymilk), fermented or cultured soymilks (soymilk yogurt, acidophilus soymilk, soymilk kefir, soymilk piima, soymilk buttermilk and other fermented milks), soymilk cheeses (unripened fresh, unripened soft {quark, queso blanco, panir, etc.}, ripened soymilk cheeses), soymilk mayonnaise, soy shakes

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TOFU & SOYMILK PRODUCTION

THE BOOK OF TOFU , VOLUME II

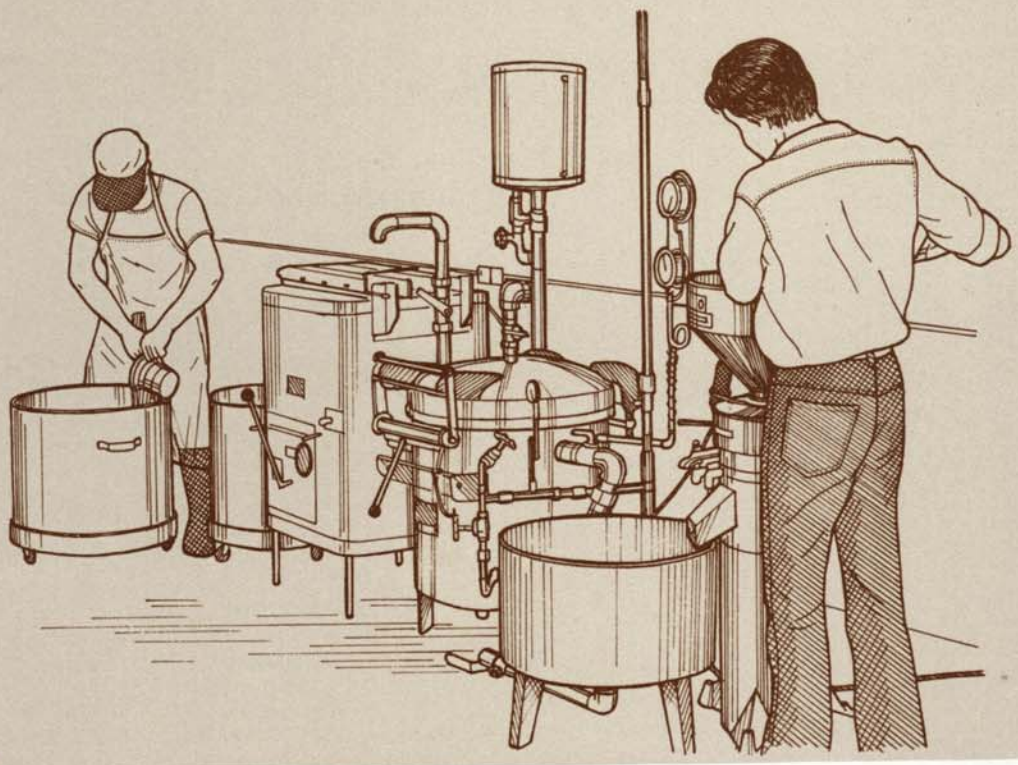

WILLIAM SHURTLEFF & AKIKO AOYAGI

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and energy drinks, soymilk eggnog (soy nog), soymilk whipped cream, chip dips, puddings, custards. 13. Silken tofu & pressed silken tofu (Silken tofu is made from concentrated soymilk). 14. Lactone silken tofu (GDL). 15 Grilled tofu. 16. Fermented tofu. 17. Dried-frozen tofu. 18. Yuba. Appendix A: Resources. People & institutions connected with tofu & soymilk production. B: Weights, measures & equivalents. Bibliography. About the New-Age Foods Study Center.

See ¼-page ads in *East West Journal.* 1979. Dec. p. 4. 1980. Jan. p. 19.

Note 1. This is the earliest English-language book seen with the term "soymilk," spelled as one word, in the title.

Note 2. This is the earliest document seen (Feb. 2002) that mentions tofu jerky or any kind of soy jerky.

Note 3. This is also the earliest English-language document seen (April 2013) that uses the word "quark," or "queso blanco" in connection with soy cheese or tofu.

Note 4. This is the earliest English-language document seen (Sept. 2012) that contains the term "cultured soymilks" (or "cultured soymilk").

Note 5. This is the earliest English-language document seen (Sept. 2012) that contains the term "ripened soymilk cheeses" (or "ripened soymilk cheese").

Note 6. This is the 2nd earliest English-language document seen (April 2013) that uses the term "smoked tofu," but the first that uses it in its modern sense.

Note 7. This book contains the most detailed and complete descriptions seen to date (Oct. 2012) of how to make tofu, soymilk, and yuba on a commercial scale.

Note 8. This book was first printed on 1 Aug. 1977 in a photocopied and rough-typed edition with a yellow and black cover.

Note 8. Reviews of this book appeared in many publications: (1) Richard Leviton. 1980. *Soycraft* (Massachusetts). 2(1):63-64. Winter. "An indispensable operating manual for soyfoods entrepreneurs... The illustrations alone make the book a valuable reference tool... a sustained inspiration. The only book of its kind in English." (2) *Food Chain* (Intermediate Technology, England). 1997. No. 20. March. p. 6. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4180. Shurtleff, William; Aoyagi, Akiko. 1979. Distributors of natural nigari in North America (Document part). In: William Shurtleff and A. Aoyagi. 1979. Tofu & Soymilk Production. New-Age Foods Study Center. 336 p. See p. 312.
• ***Summary:*** Corn Country Whole Food Supply, 1310 W. Main, Urbana, Illinois 61801. Tel. 217-384-5856.

Eden Foods, 4601 Platt Rd., Ann Arbor, Michigan 48104. Tel. 313-973-9400.

Erewhon West, 4770 District Blvd., Vernon, California 90058. Tel. 213-582-6144.

Erewhon Trading Co., Three East St., Cambridge, Massachusetts 02141. Tel. 617-354-2001.

Janus Natural Foods, 217 S. Findlay St., Seattle, Washington 98108. Tel. 206-767-7770.

Laurelbrook Natural Foods, 505 Granary Rd., Bel Air, Maryland 21014. Tel. 301-879-1736.

Lama Trading Co. [formerly Llama, Toucan & Crow], 21 Frost St., Brattleboro, Vermont 05301. Tel. 802-257-7182.

Tree of Life, 315 Industrial Dr., St. Augustine, Florida 32084. Tel. 904-829-3484.

Westbrae Natural Foods, 4240 Hollis St., Emeryville, California 94608. Tel. 415-658-7521. The most reliable source.

Note: This is the earliest document seen (March 2011) that mentions "Erewhon West." Address: P.O. Box 234, Lafayette, California 94549.

4181. Shurtleff, William; Aoyagi, Akiko. 1979. Nigari-type (or chloride type) coagulants (Document part). In: Shurtleff and Aoyagi. 1979. Tofu & Soymilk Production. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 336 p. See p. 96-99.
• ***Summary:*** Contents: Introduction. Natural nigari. Magnesium chloride nigari. Calcium chloride. Sea water. The section on natural nigari (p. 98) states: "At present all the natural nigari used in North America is being used illegally; neither the term 'nigari' nor the product have been approved for use as a food additive by the FDA, and nigari is not on the GRAS (Generally Recognized as Safe) list or in the Food Chemicals Codex. We suggest that all tofu shops locate a source of food-grade calcium chloride (which is on the GRAS list) or magnesium chloride (which is in the Food Chemicals Codex) in case the FDA decides to ban natural nigari pending approval. For sources, see Appendix A." Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4182. Shurtleff, William. 1979. Report on trip to second annual meeting of Soycrafters Association of North America (Amherst College, Massachusetts, July 26-29), and subsequent visit to Rochester, New York. P.O. Box 234, Lafayette, CA 94549. 2 p. Aug. Unpublished manuscript.
• ***Summary:*** July 15–9:45. Akiko and I fly to New York City from Lafayette. The previous day our *Book of Tempeh* had arrived from Harper & Row, and we took it with us to the conference. Stay in a hotel near a park, with fear of being mugged or robbed in this unfriendly city.

We attend and I speak at Buckminster Fuller's World Games (about world hunger and world resources) in New York City. Have a nice talk there with Robert Rodale.

Akiko and I meet Uri Geller at his home / apartment–at his invitation, because he knows and admires our Book of Tofu; he is a very nice, healthy man with world-famous psychic abilities. He bends my house key before my eyes by psychic force, without touching it; I carry that useless house key on my key chain for years and show it to many people.

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Uri also replicates a drawing I made of a stick figure standing with both hands held high under a rayed sun; he was sitting across the room and could not see what I had drawn.

I do about 3 live radio broadcasts for Gary Null (WBAI Natural Living) and visit his home for taping segments; he is a bachelor. Also do an evening program on soyfoods for Annemarie Colbin at her home. And we have dinner at The Cauldron (that makes tofu–and probably tofu cheesecake–we visit the kitchen) and Souen (which makes tofu cheesecake), both macrobiotic restaurants.

While in New York City, Akiko and I visit our editors at Harper & Row headquarters–many stories up in Manhattan.

July 22–Overnight at Ira and Kathy Leviton's home at Sunrise Farm, 100 Heath Road., Colrain, Massachusetts.

July 24? Visit Michael and Shelley Cohen's Tempeh Works, which is preparing to open in a gas station in Greenfield, Massachusetts (production officially began on Oct. 1). I take 3 pages of handwritten notes and many photos for our forthcoming book *Tempeh Production* (see p. 95-98). I first describe each piece of equipment in the shop and illustrate some, then describe the process (20 lb of dry beans makes 52 lb of tempeh), and finally draw a detailed floor plan of the shop. This was the first batch of tempeh Michael had ever made in this shop. He sold 200 lb of tempeh to the Soycrafters Conference later that week.

July 25. Our book *Tofu & Soymilk Production*, published by our New-Age Foods Study Center, arrives from the printer (Braun Brumfield) in Ann Arbor, Michigan. It is the first book we have self-published properly, and the first to contain an ISBN (our second, 0-933332-01-7) and an LCCN.

July 26-29 (Thurs. to Sun.) Second Annual Soycrafters Association of North America (SANA) conference at Hampshire College in Amherst, Massachusetts, organized and run by Ira / Richard Leviton. 230 people attend. It is Akiko's first SANA conference. A magnificent event. Also first issue of *Soyfoods* magazine out, published by Leviton. One evening there is a square dance. I recall Jon Lee of New England Soy Dairy being a superb square dancer. I meet Paul Duchesne. Steve Earle from San Jirushi gives a wooden speech on the history of his company and the tamari they make.

July 30-31. After the conference, with Richard Leviton driving and Jeremiah Ridenour on board, we visit The Tofu Shop, a soy deli at 686 Monroe Ave., Rochester, New York, founded by Andy Schecter, Greg Weaver, and Norman Holland. Very interesting. Ira takes lots of photos for an article in *Soyfoods* magazine. One nice one shows Akiko and Jeremiah Ridenour seated in the Deli at a table which is loaded with soyfoods dishes ready to eat.

While in Rochester, Shurtleff presented a lecture and slide show to 150 people at the Eisenhart Auditorium in the Rochester Museum and Science Center; it was sponsored by The Tofu Shop.

Aug. 2–We arrive back in Lafayette. Address: New-age Foods Study Center, Lafayette, California.

4183. Shurtleff, William; Aoyagi, Akiko. 1979. The book of tempeh: A super soyfood from Indonesia. Professional hardcover edition (Continued). New York, NY: Harper & Row. 248 p. Illust. by Akiko Aoyagi Shurtleff. Index. July. 28 cm. [190 ref]

• ***Summary:*** Continued: Numbered figures (line drawings unless otherwise stated. The capital letter before the decimal refers to the appendix number). B.1 Table: Tempeh shops in Indonesia by province: Home-industry scale. B.2 Table: Relative frequency of tempeh consumption in Indonesia (by province). B.3 Carrying tempeh to market in Java using a shoulder pole and trays stacked on two baskets. B.4 Cost of one day's supply of protein in Indonesia.

C.1 Table: Edible grain legumes. C.2 Map: Distribution of legumes in southeast Asia. C.3 Winged bean, showing leaves, pods, flowers and beans. C.4 Leucaena leaves and pods (*peté china*). C.5 Reduction in bongkrek toxicity from bongkrek acid during fermentation (Ko 1977). Okra. Packets of tempeh, ready to sell, wrapped in leaves and tied. A large soybean, with hilum showing.

D.1 Table: Soybean production in Indonesia (1950-1976). D.2 Table: Major Indonesian food crops, D.3 Table: Indonesian soybean production and yields (by province).

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D.4 Map: Major soybean producing districts in Java (1976; most are in East Java, led by Jemper and Pasuruan). Table: Daily per capita consumption of tempeh (by province, led by Central Java, then West Nusa Tenggara, Yogyakarta, and East Java). Table: Percent of dietary protein supplied by major food categories (led by cereal grains, then fish, nonlegume vegetables, and soy products). Table: Percentage of dietary protein supplied by soy products (by province, led by Central Java, then East Java, Yogyakarta, and West Java). D.5 Table: Statistics on production and consumption of basic Indonesian soyfoods (led by tempeh, then tofu, kechap, taucho). D.6 Star anise. Grinding soybeans for tofu using traditional push-pull stone mills. Pouring soy curds into cloth-lined forming box. Javanese shadow puppet (*wayang kulit*).

Note. This is the earliest English-language document seen (April 2013) that uses the term "soy curds in connection with tofu. The curds, when pressed in the box, will become tofu.

Table: Classification of *Rhizopus oligosporus.* E.1 Two stages in the germination of a spore (after 1½ and 10 hours). E.2 Two successive views of hyphal tip growth at half-hour intervals.

E.3 Rhizopus oligosporus (Frazier 1957, showing sporangium, columella, apophysis, sporangiophores, stolon, sporangiospores, node, rhizoid). E.4 *Rhizopus stolonifer.* A. Columella and attached spores. B. Collapsed (invaginated) columella (Webster 1970).

E.5 Life cycle of *Rhizopus* (Raven and Everet 1976). E.6 Graph: Changes in tempeh oil and moisture content during fermentation (Sudarmadji 1977). E.7 Graph: Three phases of tempeh fermentation (rapid, transition, and deterioration; Sudarmadji 1977). E.8 Graph: Changes occurring during tempeh fermentation (temperature, soluble solids, pH, soluble nitrogen, and reducing solids; Steinkraus et al. 1960). E.9 Graph: Yields of tempeh and of solids and different stages of the fermentation process (100 gm of whole dry soybeans yield 173 gm of tempeh on average; Steinkraus 1960; Murata 1967). E.10 Table: Loss of solids and protein during tempeh fermentation. E.11 Table: Percentage changes in composition of key essential amino acids during tempeh fermentation. E.12 Table: PER (protein efficiency ratio, a measure of protein quality for humans) changes during tempeh fermentation. E.13 Graph: Changes in concentration of three carbohydrates during tempeh fermentation (sucrose, stachyose, and raffinose, all decrease; Shallenberger et al. 1976). E.14 Table: Amount of B-complex vitamins in 100 gm of tempeh vs. 100 gm unfermented soybeans (all increase in tempeh except thiamine {vitamin B-1}). Changes in peroxide value and TBA value tempeh and soy flour during storage at 37ºC (98.6ºF; both rise rapidly in soybeans, but stay near zero and stable for tempeh; Watanabe et al. 1971).

H.1 Table: Foods known in Indonesia as "onchom" (made from peanuts or soybeans). H.2 Selling onchom in a Javanese market. H.3 Graph: Changes in soy onchom during fermentation (temperature, soluble solids, pH, soluble nitrogen, and reducing solids; Steinkraus et al. 1965). H.4 Flowchart for preparation of peanut presscake onchom. Unnumbered illustrations show 12 steps in the process of making onchom in a commercial shop in Indonesia. Neurospora: Budding conidia, conidiophore. H.5 Graph: Reduction in onchom aflatoxin during fermentation with *Neurospora* (Ko 1974). A thermometer, showing both Fahrenheit and Centigrade.

Glossary of Indonesian foods, spices, etc. Agar. Amaranth, Indonesian. Apem. Arak. Aren sugar. Aromatic ginger. Asam. Bananas (pisang). Basil. Bawang merah. Bawang putih. Bayam. Bean sprouts. Belimbing. Blachan. Brem. Bumbu. Candlenuts (kemiri). Carambola (belimbing). Cassava. Chabé. Chayoté. Chilies (red, green, fiery dwarf). Two-page spread (p. 220-21) showing illustrations of Indonesian natural foods. Choko. Citrus leaves. Cloves. Coconut. Coconut, grated. Coconut milk and cream. Coconut oil. Coconut water. Coriander. Cumin. Dageh. Daun asam. Daun jeruk purut. Daun salam. Daun seré. Daun-so. Durian. Fermented fish. Fermented fish sauce. Fruits. Galangal, greater. Galangal, lesser. Gingerroot. Indonesian amaranth. Jackfruit. Jaggery. Jinten or jintan. Kangkung leaves. Kecap (kecap) or ketjap. Kemangi leaves. Kemiri. Kenchur root. Ketjap. Ketumbar. Kluwak. Koji. Kolang-kaling. Krupuk. Kunyit. Labu siam. Laos root. Lemongrass. Lime leaves. Lombok. Melinjo leaves. Mochi, Indonesian (*uli*). Mung-bean sprouts. Nutmeg. Okara. Onchom or ontjom. Palm sugar. Pandanus leaf. Pasta. Pepper. Peté beans. Petis. Peuyeum. Prawn paste. Putjung nuts. Ragi. Rempeyek. Rice. Salam leaf. Sambals. Santan, Sayur asin. Seré or serai. Shallots. Shrimp crisps. Shrimp paste. Soursop. Soy sauce, Indonesian. Star fruit. Swamp cabbage. Tahu. Tamarind. Taocho, tauco, taoco, or taotjo. Taogé or taugé. Tape. Tapioca. Taucho or tauco. Terasi. Tofu. Trasi. Tuak or tuwak. Turmeric. Winged bean. Note on monosodium glutamate. A woman holding a tray of leaf-wrapped tempeh in Surinam. Photo of Shurtleff and Aoyagi on inside rear dust jacket. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4184. Shurtleff, William; Aoyagi, Akiko. 1979. Fermented tofu (Document part). In: Shurtleff and Aoyagi. 1979. Tofu & Soymilk Production. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 336 p. See p. 283-86.

• ***Summary:*** Contents: Introduction. Making wine-fermented tofu at Quong Hop. Red, redolent & savory fermented tofu: White-wine fermented tofu, red-wine fermented tofu, redolent fermented tofu, savory fermented tofu.

There are two types of "Redolent fermented tofu (*ch'ou* or *tsao toufu*)*:* (1) Drunken (*tsao-toufu-ru*)*:* Age plain or molded tofu cubes in a mixture of sake lees (*chu-tsao*) and a large portion of rice wine. For variety add cloves and orange peels.

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Green (*ch'ou toufu*)*:* Age plain squares of pressed tofu (*toufu-kan*) for at least 12 hours in a crock containing a mixture of sake lees, and a green *Mucor* mold.

Note: This is the earliest English-language document seen (Oct. 2011) that uses the word "redolent" to describe *ch'ou toufu.*

Illustrations–line drawings: (1) Fermented tofu on bamboo trays. (2) Increase in soluble nitrogen and free fatty acids with aging of wine-fermented tofu (Source: Wang and Hesseltine 1970). (3) Three types of fermented tofu. (4) Molded tofu cubes in incubator. (5) Rolling rack of skewered inoculated tofu (Quong Hop, San Francisco). (5) Adding brining liquor to molded tofu cubes in jars. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4185. **Product Name:** Tofu.
Manufacturer's Name: Silver Sprout Co.
Manufacturer's Address: 124 Russ St., San Francisco, CA 94133. Phone: 415-431-5031.
Date of Introduction: 1979. July.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Owner: Paul Louie.

4186. **Product Name:** Tofu.
Manufacturer's Name: Soy Shop.
Manufacturer's Address: 1081 Memorial Dr. S.E., Atlanta, GA 30316. Phone: 404-577-8896.
Date of Introduction: 1979. July.
Ingredients: Organic soybeans, water, nigari.
Wt/Vol., Packaging, Price: 1 lb and 1 lb/16 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz, Calories 90, protein 10 gm, carbohydrates 1 gm, fat 6 gm, sodium 6 mg.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address (Zip is 30316), and phone number. Owners: Sara & Steve Yurman.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 87. The company now makes about 3,000 lb/week of tofu, and is planning to increase to 5,000 lb in the near future. Label. 1983. 6.5 inches square. Plastic film. Black, orange, white and blue, printed on clear film. "Tofu is a wholesome food rich in protein and completely cholesterol-free. It fits into many special diets–perfect for reducing calories in hearty, satisfying meals. Send a stamped, self-addressed envelope for recipe ideas and more nutritional information." Seven serving suggestions on rear panel.

Interview with Sarah Yurman. 1984. Jan. The company started in July 1979. They now make 7,000 lb/week of tofu and 300 lb/week of tempeh.

Label. 1984. 4.5 by 2 inches. Plastic film. Brown and yellow on clear plastic.

Talk with Steve Yurman. 1989. Nov. 8. In 1979 he and his wife, Sarah, were in North Carolina when they heard that Lotus Moon (a tofu shop in Atlanta, Georgia) had gone out of business. They went to Atlanta and met with Charles Unger, the owner, who had purchased the company from someone named Mike. Lotus Moon only made tofu and soymilk. Steve never heard of Chandler Barrett. Lotus Moon at that time was not connected with Sevananda Co-op; Charles had moved it out. The Yurmans did not buy Lotus Moon, but rather in July 1979 went into a joint venture with Unger for about a month, but it did not work out, so they separated. Then in Aug. 1979 Steve and Sarah founded The Soy Shop and set up operations making tofu in the kitchen of the St. Peter and Paul Church in Atlanta. After 1-2 months they were asked to leave, so they moved to 1081 Memorial Drive S.E., in Atlanta in early Sept. 1979. There they made tofu, soysage, a little soymilk, and a little tempeh. They owned the Atlanta tofu market until Calco moved in, followed by Swan Gardens. Both of those companies, instead of working to expand the market, went after Yurman's market with low prices. In the fall of 1981 the Yurman's moved their company to 1863 Memorial Drive S.E. in Atlanta.

The Yurmans sold The Soy Shop to Kich Lam, a Chinese American, in April 1985. Why? (1) Many of their distributors went out of business, owing them lots of money, and (2) The competition from Jimmy Wang and Calco was fierce because Calco kept its tofu prices very low, and (3) There was employee theft.

4187. *Soycraft* (*Greenfield, Massachusetts*). 1979. Soymilk ice cream in Guatemala. 1(1):50-51. Summer.
• ***Summary:*** This spring Plenty commenced installation of a small scale soy dairy, which will manufacture soymilk ice cream and tofu, in the Indigenous Municipal Building in Solola, Guatemala. Plenty received a $30,000 grant from CIDA (the Canadian International Development Agency) for the project.

4188. *Soycraft* (*Greenfield, Massachusetts*). 1979. Monroeville, Ohio: Ohio Miso Company. 1(1):8. Summer.
• ***Summary:*** "Thom Leonard and Richard Kluding ladled their first batch of miso into their one-ton wooden vats on March 15 this year. They began construction of their miso shop, one of the first in the United States, in late October [1978], on Richard's rural farm assembling a frame structure of forty feet by thirty with slab floors. As *koji*-making requires constant monitoring, they chose to locate the shop–partitioned into a storage and fermentation area, production space, a small koji room, and office cubicle–close to where they live.

"Their weekly miso volume is in excess of one thousand pounds, spread over four working days, and recently,

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they began selling Mellow Barley Miso, which takes only five weeks to mature but requires refrigeration to extend its comparatively short shelf-life. The bulk of their miso production is Barley Miso which requires up to eighteen months to ferment. To supplement their business, Richard and Thom produce between twenty and fifty pounds of tofu every week.

"Thom learned miso-making through a blend of Bill Shurtleff's writings, a two-week intensive course with Muramoto sensei at Asunaro, actual production of two thousand pounds of miso in Arkansas, and work at Island Spring in Vashon, Washington."

Note: This miso was never sold by Ohio Miso Co. Before the miso had finished aging, the company was put up for sale and purchased by Christian and Gaella Elwell, who started South River Miso (SRM) Co. The vats of aging miso were transported to Conway, Massachusetts, where the finished miso was sold by the Elwells in late 1980.

4189. *Soycraft* (*Greenfield, Massachusetts*). 1979. Greenfield, Massachusetts: Tempeh Works. 1(1):9. Summer.
• ***Summary:*** Michael Cohen is now opening what promises to be one of the largest volume tempeh shops in the U.S., with a capacity of 3,000 lb/week in the 1,200 square foot workshop. He intends to have the New England Soy Dairy handle the bulk of his distribution.

Note: This is the earliest document seen (Sept. 2011) concerning The Tempeh Works.

4190. *Soycraft* (*Greenfield, Massachusetts*). 1979. New England Soy Dairy plans expansion. 1(1):10. Summer.
• ***Summary:*** "Equipment being used to produce 25,000 pounds of tofu weekly is designed to make only 10,000 pounds weekly. The company plans to triple its soymilk capacity and double its tofu production. It will introduce plain and flavored soymilk beverages, tofu salad, soy mayonnaise, deep-fried tofu cutlets, and soymilk ice cream, sometime this summer."

4191. *Soycraft* (*Greenfield, Massachusetts*). 1979. "Tofu shops have sprung up like mushrooms all over North America." A conversation with Bill Shurtleff. 1(1):58-59. Summer.
• ***Summary:*** "Among many of the people I know today, the beginning of a change in lifestyle and a new way of thinking about one's own life, about one's planet, is somehow inaugurated by a change in diet. Why should it be diet? Why shouldn't it be clothing? I changed my way of eating and suddenly my way of looking at the world began to change. Gandhi is interesting in this sense. Gandhi set out to become an Englishman but at the height of his depression about becoming an Englishman in India, he suddenly changed his diet and that was the first step in the total transformation of himself as the person who went on to change the whole complexion of the world. The change seems to be healthy, a change towards a simpler lifestyle, a spiritual or religious attitude, a more compassionate stance. I feel diet is the very substance of our senses and brains and bodies and that by having a healthy body and clear mind, we really begin to see everything in a more sane, more real, light. I never would have believed that until I had actually experienced it for myself, having grown up on a standard American diet.

"When I went to Japan, I went as a poor student and I discovered tofu shortly after arriving there. I felt it was a delicious food. I knew it was nutritious and considered that anything that played such an important role in my diet would be of great importance, great potential interest, to the majority of people on this planet who were even poorer than I was. I felt I wanted to share what I thought was a discovery and I would share that by writing a small book, and that book, which I imagined would take six months to write, ended up taking over five years.

"How do I approach people reluctant to try tofu? I guess I approach it in a pragmatic way. I just like to serve people our favorite recipes and most people try them, like them. They say, 'That's great! What is it?' and I say, 'Oh, its made from tofu, a staple food made from soybeans.' 'Oh, that's interesting. I've never tasted that before.' It's the same way Italian entrepreneurs introduced people to pizza. They didn't introduce them philosophically or nutritionally; people just like pizza and pizza caught on. I'm enough of a pragmatist to know that's the best way to introduce people to soyfoods in America–to introduce foods they like, and, after that, to explain to them, for instance, to those watching their weight, that soyfoods are low in calories, or to those watching their cholesterol, that all soyfoods contain no cholesterol, and to those watching their pocketbooks, that all soyfoods are relatively inexpensive. Actually, I don't ever like to convince people at all because I think the foods speak for themselves, the same way pizza does. What we're seeing now is that all over America, tofu shops last year experienced a growth rate of about twenty-five percent, which is very healthy for an industry; and that just indicates that people are discovering these foods and enjoying them.

"In the U.S. a lot of people are discovering for the first time how they can make the different soyfoods part of their daily American diets, and I want to underline the word 'American.' Today we went out to lunch and we had tofu burgers and eggless egg salad, both made from tofu and invented by the guy who runs a little restaurant here in Greenfield. People are finding ways of using soy products to make foods just like what they're used to using, except that they are free of cholesterol, low in cost, high in protein. And people somehow get an experimental sense as they tune in with tofu and that's a key part of the enjoyable thing that's happening–people have a sense of developing things themselves.

"The success continues to surprise me. We had hoped

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our ideas would catch on in the West, but we never imagined they would take root as quickly as they have. I think the times were ripe for this type of effort and there were many people who shared the same consciousness that I did about food; they were ready and saw the relationship between diet and world hunger, diet and health, diet and the need for simpler, lower-cost lifestyles, and all those ideas fit in beautifully with soyfoods. So, in fact, tofu shops have sprung up like mushrooms all over North America. People connect with this personally, they're taking the message to heart, going beyond what we have done. We find ourselves once again in the position of being students, learning from the people who maybe have gained some of their original inspiration from us and done a great deal of researching on their own.

"There is a very definite relationship between the way people eat and hunger on planet earth. In the U.S. today, fifty percent of the farmland is used to grow food for animals. In a world in which fifteen million people die each year of starvation, a country that has the capacity to produce food the way we do, is using fifty percent of its land to grow food for animals. The crops being used are corn, soybeans, oats, and wheat, in that order. This pattern of food misuse is a pattern that was pioneered in America and today America is still the world's leading developer of this wonderful way of turning abundance into scarcity.

"When did it start? Basically, it started during the 1950's when American farmers had huge surpluses of basic agricultural crops. People began to ask, what can we do with these surpluses that will convert them from a problem into an asset? and they developed what is called the *feedlot system.* This means you take cattle off the rocky hillsides and hill tops–places where crops couldn't be grown yet cattle made good use of the land by converting grass into food–and put them into huge feedlots, or corrals. You begin taking all the extra soybeans, corn oats, and wheat and feeding them to the livestock. But in this process, it takes eight pounds of grain protein to produce one pound of livestock protein; basically, you're converting grain protein at only twelve percent efficiency, or at an eighty-eight percent loss. The most inefficient of all processes is raising the feedlot steer, the prime candidate of the American Steak Religion. In order to produce one pound of feedlot steer protein, you have to feed the animal fifteen to twenty pounds of grain. That means ninety-five percent of the earth's bounty is being wasted.

"The point is that in a world where hunger is becoming more and more a grim reality in the lives of many people, we have to return to the traditional pattern of eating directly the food Mother Nature provides us with. The problem is not that the earth is unable to provide humans with enough food. The problem is that humans have developed a system that makes gross misuse of the food and one of the best examples in the U.S. is the misuse of the soybean. We have never really learned all the wonderful things you can do with soybeans and, in a sense, I felt like I was discovering this first hand when I went to Japan. Other people have felt the same thing and all of us are working to introduce these soyfoods to Americans. In using soybeans directly as food rather than running them through animals, we simply liberate ninety-five percent more food."

4192. *Soycraft* (*Greenfield, Massachusetts*). 1979. New England local soybean production. 1(1):5. Summer.
• ***Summary:*** The New England Soy Dairy is encouraging area farmers, through production contracts, to grow soybeans this summer. To assist and encourage this, the company prepared a 50-page booklet titled "Local Soybean Growing Project Prospectus."

4193. *Soycraft* (*Greenfield, Massachusetts*). 1979. Tofu meets the USDA–a favorable response. 1(1):6. Summer.
• ***Summary:*** "The New England Soy Dairy Institutional Representative, Judy Rubenstein, met with Dr. Audrey Maretski, Director of the Division of Nutrition and Technical Services Staff, of the Food and Nutrition Service, USDA, in Washington DC this May to discuss a Standard of Identity for tofu and its subsequent nationwide use in school lunch programs."

4194. *Soycraft* (*Greenfield, Massachusetts*). 1979. Successful soyfoods booth at Detroit Symposium. 1(1):6. Summer.
• ***Summary:*** The Soy Plant of Ann Arbor, Michigan, dispensed a lavish array of soyfoods at the Detroit Symposium on Humanity, held at the University of Detroit, from March 30 to April 1. The Soy Plant's theme was "Soybeans Can Feed the World."

The Soy Plant prepared tahini-tofu spread sandwiches, missing-egg salad sandwiches, and Sloppy Barney's (half soysage and half tofu) served in pita bread with sprouts. They also had four flavors of tofu pies (banana, strawberry, peanut, and cheesecake), and peanut butter balls (made with okara, sweet white miso, and tofu). According to Dan Ecclestone, who helped man the Soy Plant booth, the purpose was to demonstrate the wide flexibility of tofu. "It was fantastic, the acceptance was very good. We were surely the most talked about booth at the exhibition." In total, they sold 450 sandwiches and 200 tofu pies.

4195. *Soycraft* (*Greenfield, Massachusetts*). 1979. Soyfoods at San Francisco's New Earth Exposition. 1(1):4. Summer.
• ***Summary:*** "The Soycrafters Association of North America was offered the free use of a booth at the New Earth Exposition in San Francisco from March 15-18. The booth was manned by Bill Shurtleff, Akiko Aoyagi, Larry Needleman, and friends from Quong Hop Tofu Company. Over 50,000 people attended the exposition and an estimated 12,000 visitors stopped by the booth and tasted free samples of Creamy Tofu Dip and slices of Tofu Burgers and Teriyaki

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Tofu, all prepared by Quong Hop. Over 6,000 "What is Tofu?" pamphlets were given away and Bill Shurtleff gave two one-hour slide presentations about soyfoods, protein, and world hunger on the main Exposition stage to an audience of 400. Down the aisle, the Gilman Street Gourmet had a large booth where over 3,000 tofu burgers were sold while The Farm [Farm Foods] sold delectable soymilk ice cream (Soy Ice Bean), tofu salad [like an eggless egg salad], and tofu cheesecake."

4196. Takai. 1979. Takai Tofu & Soymilk Equipment Co. (Ad). *Soycraft* (*Greenfield, Massachusetts*) 1(1):39. Summer.
• ***Summary:*** This full-page ad: (1) Gives an introduction to the company. (2) Explains that they have worked closely with William Shurtleff, author of *The Book of Tofu* to develop their first English-language catalog. (3) States that they are working with Bean Machines, Inc., a California-based company to get Takai equipment to customers at the lowest possible prices with the minimum delay. (4) Shows illustrations of 11 pieces of Takai equipment, ranging from traditional to modern. (5) Gives the address, phone number, and logo of both Bean Machines and Takai. Address: 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan.

4197. *Times-Union* (*Rochester, New York*). 1979. Wegman's savings guide. July. *
• ***Summary:*** Tofu (made locally) is advertised in the guide.

4198. **Product Name:** Tofu Turnover.
Manufacturer's Name: Tumaro's, Inc.
Manufacturer's Address: Los Angeles, California.
Date of Introduction: 1979. July.
Ingredients: Crust: Whole wheat flour (organic), corn oil, water, sea salt. Filling: Tofu, mung bean sprouts, celery, green peppers, onions, shoyu, arrowroot, ginger, garlic, pepper.
How Stored: Refrigerated.
New Product–Documentation: Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 165.

4199. **Product Name:** Tofu Mayo (Eggless and Dairyless Mayonnaise).
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Tofu [organically raised soy-beans, filtered water, nigari (salt bitterns)], safflower oil, apple cider vinegar, honey, lemon juice, salt, spices.
Wt/Vol., Packaging, Price: 16 oz, 1 pint jar. Retails for $1.26.
How Stored: Refrigerated, 30-60 day shelf life.
New Product–Documentation: Label. 1979. 2½ by 2½ inches. Self adhesive. Blue on beige. White wave logo.

Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 162. "White Wave in Boulder, Colorado, uses the following recipe for Tofu Mayonnaise: Combine the following ingredients in a (sterilized) high-speed VCM and blend at high speed until creamy smooth: 60 pounds tofu, parboiled for 7 minutes; 24 cups oil; 13.5 cups apple cider vinegar; 6.75 cups honey; 10 tablespoons salt; and 2 lemons, juiced. Pack hot in 1-pint glass jars. Yields 55 pints that retail for $1.26 a pint (1979). Nice also as a base for spreads or dips. Keeps 30 to 60 days."

4200. **Product Name:** Missing Egg Salad.
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Tofu (organically raised soybeans, filtered water, nigari salt bitterns), celery, dill pickles, tofu mayonnaise, shoyu, prepared (wet) mustard, honey, granulated onion, granulated garlic, granulated kelp, turmeric, poppy seeds, dill weed, paprika.
Wt/Vol., Packaging, Price: 10 oz deli container. Retails for $1.43.
How Stored: Refrigerated.
New Product–Documentation: Label. 1981. 2.5 by 2.5 inches. Paper. Brown on tan. Wings on chicken legs illustration. Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 163. "White Wave in Boulder, Colorado, uses the following recipe for their Missing Egg Salad. Parboil 48 pounds of tofu for 7 minutes and drain very well. Add tofu and the following ingredients to a VCM: 2½ bunches celery, chopped; 3 pounds chopped dill pickles; 13 cups Tofu Mayonnaise, 2¼ cups shoyu; 14 ounces prepared (wet) mustard; 3/4 cup honey; 9 tablespoons granulated onion; 5½ tablespoons granulated garlic; 4½ tablespoons granulated kelp; 3 tablespoons turmeric; 1 tablespoon poppy seeds; 9 teaspoons dill weed; and 4 teaspoons paprika. Mix briefly on low speed to preserve chunks. Yields 56 pounds. Sold in

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10-ounce containers for $1.43 retail or sold on a tofu salad sandwich for $1.25 retail by Grateful Sandwiches in Denver; their best seller!"

4201. **Product Name:** Tofu Cheesecake.
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Tofu, maple syrup, vanilla, orange or lemon rind, water, cashew butter, arrowroot, cinnamon, sesame tahini, sea salt. Plus graham cracker crust.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 164.

4202. **Product Name:** Tofu Creamies (or Tofu-Coconut Cream Bars).
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Crust: Whole wheat flour, cut oats, oil, shredded coconut, sea salt. Filling: Tofu, bananas, honey, oil, vanilla, arrowroot, sea salt, shredded coconut.
How Stored: Refrigerated.
New Product–Documentation: Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 165.

4203. **Product Name:** Tofu Turnover (with Spinach).
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Crust: Whole wheat flour, water, salt. Filling: Tofu, spinach, mushrooms, nutritional yeast, chopped onion, oil, shoyu, sesame salt, dill weed.
How Stored: Refrigerated.
New Product–Documentation: Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 165. This was one of America's earliest refrigerated tofu entrees.

4204. **Product Name:** Tofu Cinnamon Rolls.
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Glaze: Margarine, honey, walnuts, raisins. Filling: Tofu, walnuts, honey, vanilla, cinnamon, salt. Dough: Whole wheat flour, soymilk, raisins, honey, oil, baking powder, salt.
Wt/Vol., Packaging, Price: Retails for $0.66 each.
How Stored: Refrigerated.
New Product–Documentation: Recipe given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 166.

4205. **Product Name:** Marinated Tofu Cutlets.
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. July.
Ingredients: Firm tofu. Marinade: Shoyu, water, granulated onion, granulated garlic, dark (toasted) sesame oil, powdered ginger, cayenne.
How Stored: Refrigerated.
New Product–Documentation: Recipe for this non-fried product is given by Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 166.

4206. Yao, Moon-Lan; Peng, Andrew C. 1979. The effect of coagulants on protein content and amino acid composition of soybean-cheese whey curd. *Ohio Agricultural Experiment Station, Research Circular* No. 250. p. 48-51. July. [11 ref]
• ***Summary:*** Soymilk was mixed with "cheese whey milk" (made by mixing sodium cheese whey protein concentrate). The protein quality of the mixture was higher than that of soymilk alone. Adding various coagulants (GDL, calcium sulfate, or magnesium chloride) resulted in soft, white gelatinous curds. Address: Dep. of Horticulture, Ohio State Univ., and Ohio Agricultural Research and Development Center.

4207. **Product Name:** Tofu.
Manufacturer's Name: Yaupon Soyfoods.
Manufacturer's Address: 404 S. Main St., Elgin, TX 78621.
Date of Introduction: 1979. July.
Ingredients: Organically grown soybeans, water, natural nigari.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West. Chico

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Wagner & Doug Cox.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Chico Wagner & Doug Cox.

Label. 1982, undated. 3.25 inch diameter. Self adhesive. Green on blue. Illustration: bean vine. "Keep refrigerated."

Talk with Chico Wagner. 1989. June 21. This was his first product, launched in 1979. The company name, pronounced YOE-pon, comes from the name of a native shrub that grows widely in the area. About 1-2 years after it started, the company moved to its present location at 226 East. Austin St., Elgin, Texas. Phone: 512-285-3810. He sent a new label. 6 by 4.5 inches. Greenish blue and white on clear film.

Note 1. According to *Scientific American* (1872 March 30, p. 209) "Yaupon is the name given by the Indians to the leaves of the *Ilex Cassine*, a plant indigenous to the Southern States, but found only along the coast, from Florida to North Carolina. Mixed with the leaves of other species of the same plant, *Ilex vomitoria* and *Ilex dahoon*, it formed 'Cassena,' the basis of their famous 'black drink,' which was used by the red men as a medicine, and as a state drink at some of their religious festivals... Yaupon is largely used in the South as a substitute for tea, coffee, and other stimulants; and it is reported to be very beneficial to inebriates who wish to cure themselves of their love of liquor.–Henry M. Smith."

Note 2. This is the second earliest known company in the USA (after Surata Soyfoods, founded Dec. 1976, began production March 1977) to use the term "Soyfoods" in the company name.

Talk with Chico Wagner. 1992. May 29. He now makes about 5,000 lb/week of tofu. The company makes 4 basic products: Tofu (1 lb packages and bulk), plain soymilk, and tempeh.

4208. *Morning Union* (*The*) (*Springfield, Massachusetts*). 1979. Tofu tomatoes, tofu mayonnaise, tofu pops. Aug. 1. *

4209. *Nichi Bei Times* (*San Francisco*). 1979. Tofu factory that just grew and grew. Aug. 1. *
• ***Summary:*** About tofu at Azumaya.

4210. O'Connell, Jean. 1979. Protein through the soybean: Soycrafters' new food. *Morning Union* (*The*) (*Springfield, Massachusetts*). Aug. 1. p. 22, 27.
• ***Summary:*** The Soycrafters Association of North America held its first national conference at Hampshire College this past weekend. Some 230 people attended the conference. Most were under 40, and most were looking quite fit, certainly not fat. William Shurtleff gave the conference keynote address. A large illustration by Akiko Aoyagi shows Richard Leviton stirring nigari into hot soymilk to make tofu. Address: Union Food Editor.

4211. *Signal and Saugas Enterprise* (*Newhall, California*). 1979. Tofu loaded with iron, calcium; low in fat. Aug. 1. *

4212. *Gridley Herald* (*California*). 1979. Ancient Chinese food 'tofu' can be an important nutritional substance. Aug. 3. *

4213. Redrupp, Jackie. 1979. 'We must return to getting protein from the earth.' *Democrat and Chronicle* (*Rochester, New York*). Aug. 4. p. 12C. [2 ref]
• ***Summary:*** About the work of William Shurtleff and Akiko Aoyagi with tempeh. A photo shows Akiko standing by a skillet with a freshly-made tempeh burger. The Shurtleffs are on the East Coast to attend the second annual Soycrafters of North America Conference at Hampshire College, Amherst, Massachusetts; it was attended by about 230 people. Greg Weaver, a partner in The Tofu Shop, 686 Monroe Avenue, the soy delicatessen of the Northern Soy Tofu Company of Rochester, attended the conference and invited Shurtleff to Rochester to sample the deli's selection of soyfoods and to share ideas about the production and marketing of tempeh. Contains 3 favorite recipes from *The Book of Tempeh.* Address: D&C Food Writer.

4214. Gump, Debbie. 1979. Tempeh, Tempeh. Don't turn up your nose–It doesn't taste half-bad and the protein story on tempeh is really good news. *Times-Union* (*Rochester, New York*). Aug. 7. p. 1C, 2C, 4C.
• ***Summary:*** Based on a lecture presented last week by William Shurtleff to 150 people at the Eisenhart Auditorium in the Rochester Museum and Science Center. Sponsored by The Tofu Shop, 686 Monroe Ave., which sells Sloppy Joe Tempehs, Tempeh Reubens, and Temptations. The article contains recipes for Homemade soy tempeh, Seasoned crisp tempeh, and Tempeh Reuben sandwich. Address: Food editor.

4215. *Daily Republic* (*Fairfield, California*). 1979. Tofu is an excellent nutrition buy. Aug. 8. p. 26.
• ***Summary:*** A good introduction to tofu.

4216. Flinders, Carol. 1979. Tofu, a soyfood, captures food writer's interest: Notes from Laurel's Kitchen. *Hartford Courant* (*Connecticut*). Aug. 8. p. 2A.
• ***Summary:*** This article is almost identical to one by the same writer titled "Soybean key to world food plight? Notes from Laurel's Kitchen" published in *Rocky Mountain News* (Denver, Colorado) on May 16 (p. 24A).

4217. *Manchester Evening Herald* (*Connecticut*). 1979. Tofu aids diet. Aug. 8. *

4218. *Recorder* (*Greenfield, Massachusetts*). 1979. Our

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growth industry [soyfoods]. Aug. 8. p. A6.
• ***Summary:*** This editorial states that the New England Soy Dairy has moved into the former Bete Fog Nozzle building on Wells Street and plans to add 1,200 square feet for refrigeration. New equipment will help maintain production of 25,000 pounds of tofu weekly.

Michael Cohen is opening The Tempeh Works on French King Highway; he hopes it will be one of the largest volume tempeh businesses in the United States. And Lama Trading Co. [formerly Llama, Toucan & Crow], which moved to Greenfield from Brattleboro, Vermont, is growing as a major soyfood-natural foods distributor throughout the Northeast.

"To help coordinate and build the industry, Richard Leviton and David Kilroy have formed the Soycrafters Association of North America and are publishing a slick quarterly magazine called *Soycraft.* Both use the Wells Street address. More than 200 industry representatives gathered in Amherst recently for a national conference organized primarily under Mr. Leviton's direction."

4219. *Recorder* (*Greenfield, Massachusetts*). 1979. Tofu: An inexpensive, versatile, healthful, protein-rich food. Aug. 8. *

4220. *San Gabriel Valley Tribune* (*California*). 1979. Tofu: Poor man's meat, high in nutrition, low in fat. Aug. 8. *

4221. *Shrewsbury Register* (*New Jersey*). 1979. Turn to soybeans for extra protein source. Aug. 8. *

4222. *Columbus Citizen Journal* (*Ohio*). 1979. Tofu: Eastern diet staple arrives in the supermarkets. Aug. 9. *

4223. *Cooperative Builder* (*Superior, Wisconsin*). 1979. Tofu: Asian born soyfood made for Midwest. Aug. 9. *
• ***Summary:*** About tofu at the Joy of Soy in Minneapolis, Minnesota.

4224. *Ellsworth American* (*Maine*). 1979. Mutual benefit. Aug. 9. *

4225. *Enterprise* (*Fallbrook, California*). 1979. Tofu: Excellent nutrition buy. Aug. 9. *

4226. *Memphis Press Scimitar* (*Tennessee*). 1979. Protein rich tofu (soybean curd) can be barbecued, fried, frozen. July 9. *

4227. *Asbury Park Evening News* (*New Jersey*). 1979. Tofu is high in protein. Aug. 12. *

4228. *Hudson Register Star* (*New York*). 1979. Consumer cues: Tofu. Aug. 13. *

4229. *South Haven Tribune* (*Michigan*). 1979. Soybean future food tofu increases in popularity. Aug. 13. *

4230. *Brooklyn Exponent* (*Michigan*). 1979. Tofu extremely versatile. Aug. 14. *

4231. Beckman, Maryann. 1979. Tofu an ancient staple in Oriental diets. *Kalamazoo Gazette* (*Michigan*). Aug. 15. p. B1.
• ***Summary:*** "Tofu (phonetically pronounced 'toe-foo') is an ancient staple of Oriental diets that's becoming increasingly popular with curious consumers and may even promise to be a 'food of the future.' One reason for its popularity is the increased interest in and exposure to Oriental foods and wok cookery, where it is often listed as one of the ingredients. Tofu is also an inexpensive source of protein.

"Tofu, familiar to many as bean curd, is the curd of soy 'milk.'" A short description follows of how it is made, using coagulants such as magnesium chloride, other magnesium or calcium salts, lemon juice or vinegar.

Tofu "is now available in many fruit, vegetable and supermarkets. It was once available only in health food stores and Oriental specialty shops.

"It is usually displayed with the exotic produce and sells for about 70 cents to $1.09 a pound. Though many Orientals produce their own or in small shops, most of that available in Michigan markets is made by a few soy 'dairies' that produce large quantities for sale in interstate markets. Most brands are pre-packaged in water, while some are vacuum packed."

Describes popular ways to use tofu and compares its protein content with that of other major protein sources, such as cottage cheese, hamburger, and cheddar cheese. "Tofu is also low in fat (5 grams per serving), low in calories (86) and low in sodium (8 milligrams)." In Oriental restaurants, it is often served as stir-fried cubes with vegetables, or with thin strips of beef in Sukiyaki. Address: Kalamazoo District, Consumer Marketing Agent, Michigan State Cooperative Extension Service.

4232. *Galesburg Argus* (*Michigan*). 1979. Tofu or bean curd is a useful product of the soybean. Aug. 15. *

4233. Herman, Robin. 1979. Communal life adapts to endure decade of change: After Woodstock. *New York Times.* Aug. 15. p. A20.
• ***Summary:*** This is the last of 3 articles on the impact of the counterculture. "*A Guide to Cooperative Alternatives*, a recently published handbook for collective living, estimates that there are 100,000 'group living situations' in the United States, including at least 750 'intentional communities,' cooperative households with distinct names and a declared purpose." The latter are often found in and around university towns. The largest such group in the USA is The Farm in

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Summertown, Tennessee; it has 1,100 members and 12 sister communities across America. Last year The Farm, "which is strictly vegetarian," sent 100 of its members to San Francisco to open a factory making tofu. A large photo shows members of The Farm commune at work in a factory in San Francisco that makes soybean curd [tofu].

Contains a long discussion of The Hog Farm, now located in Berkeley, California–with a photo of the group.

4234. *Lomita News* (*California*). 1979. Tofu: The poor man's meat. Aug. 16. *

4235. *Valley News & Tribune* (*Gardena, California*). 1979. Tofu: Poor man's meat. Aug. 16. *

4236. *Valley News & Valley Green Sheet* (*Van Nuys, California*). 1979. From the makers of tofu and miso, a new tempeh-tation–The Joy of Soy: Treat your body like a temple with tempeh. Aug. 16. *

4237. *Valley Tribune* (*Bay City, Michigan*). 1979. Marketing with Maryann: Tofu. Aug. 16. *

4238. *Farmer's Exchange* (*New Paris, Indiana*). 1979. Marketing with Maryann: Tofu. Aug. 17. *

4239. *Vancouver Free Press* (*Canada*). 1979. Tofu, bean curd, soy cheese. Aug. 17. *

4240. *Hartford Courant* (*Connecticut*). 1979. Sampler. Aug. 19. p. 15H.
• ***Summary:*** Susan, an artist from New Haven, Connecticut, makes ceramic vegetables and "soy bean curd."

4241. *Jackson Blazer* (*Michigan*). 1979. Marketing with Maryann–Soybeans becoming exotic. Aug. 20. *

4242. Lin, James F. 1979. Re: Standard of identity for tofu. Letter to Judith Rubenstein, Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301, Aug. 20. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Since no petition to establish a standard of identity for tofu has been submitted by USDA or any other interested parties, the FDA is not working on a standard for tofu."

"If you decide to petition for the standard, please be advised that we are unable to anticipate when the agency will be able to respond to your petition due to the backlog of priority tasks and other urgent responsibilities." Address: PhD, Div. of Food Technology, Bureau of Foods, FDA, Public Health Service, Dep. of Health, Education, and Welfare, Washington, DC.

4243. Beckman, Maryann. 1979. Tofu: Food of the future? *Ann Arbor News* (*Michigan*). Aug. 22. p. B-13.
• ***Summary:*** This article is very similar to one by the same writer in the Aug. 15 issue of the *Kalamazoo Gazette* (Michigan) (p. B1). Address: MSU Consumer Marketing Agent.

4244. *Monmouth Sun Enterprise* (*Oregon*). 1979. Cooking with tofu offers protein at reasonable price. Aug. 22. *

4245. *Paw Paw Courier Leader* (*Michigan*). 1979. Marketing with Maryann: Tofu. Aug. 22. *

4246. Steiman, Harvey. 1979. Taking tofu seriously–for nutrition and economy. *San Francisco Examiner.* Aug. 22. Food section. p. 22, 23, 26.
• ***Summary:*** Starts by talking about Juel Andersen and her book *The Tofu Cookbook.* Juel wrote the book with Kathy Bauer, a poet and her neighbor at her summer home in Arnold (Mendocino County).

Anderson wanted to eat less meat and she was looking for an alternative to chicken and fish. Kathy and her husband, who are vegetarians who had discovered tofu and soymilk, invited Juel for dinner and served tofu enchiladas. Joel thought they were delicious.

So Juel went looking for information on tofu, but she found only a few books that even mentioned it in passing. One book was published in the 1940s and the other was more recent. But she didn't like the recipes in either. She felt she could do better.

Andersen emphasizes that tofu is not a substitute for meat or eggs, and encourages people to make their own tofu; page 23 describes how to do this. Tofu is inexpensive; she calculates it costs her less than 25 cents a pound to make at home. "With the money I save using tofu, I can treat myself to a filet mignon occasionally."

Photos show: (1) Irish soda bread made with tofu; it has an unusual chewiness in addition to its protein and good taste. (2) Juel Andersen seated at a table; in front of her are various tofu dishes. (3) Tofu is a surprise ingredient in Citron Fromage–shown in two dishes on a wooden table. (4) A dish of Mushroom a la Creme Tofu, served on a white plate. (5-10) Various steps showing how Juel Andersen makes tofu at home, starting with whole soybeans, making soymilk, removing the okara and whey, and ending with a round cake of tofu.

Contains four recipes: Citron fromage. Mushrooms a la creem tofu. Tofu-cheese cake. Nelly Twomey's Irish soda bread. Address: Food Editor.

4247. New-age Foods Study Center. 1979. Catalog of publications & materials by William Shurtleff & Akiko Aoyagi [mail order]. P.O. Box 234, Lafayette, CA 94549. 1 p. Front and back. 36 x 22 cm. Aug. 24.

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• ***Summary:*** This single page leaflet, 8½ by 14 inches, is printed on both sides with brown and teal blue ink on white Classic Laid paper. The Japanese-style logo is waves and a moon in a circle. The following items are available: The Book of Tofu (Ballantine $2.95). Tofu & Soymilk Production ($17.95). The Book of Tofu: Food for Mankind (Autumn Press $7.95). The Book of Tempeh (paperback and professional hardcover editions). Tempeh Production ($13.95). The Book of Miso (Autumn Press). Miso Production. Pamphlets (5). Tofu kit. Color slide sets. Soycraft magazine (and information about Soycrafters Assoc.). Catalogs of tofu & soymilk equipment (Bean Machines). Natural nigari. Tempeh starter (contact Farm Foods). Koji & koji starter. Pressing sacks & straining bags. The Book of Kudzu. A large sidebar is titled "New-Age Foods Study Center." Address: Lafayette, California. Phone: 415-283-3161.

4248. *Times Record* (*The*) (*Troy, New York*). 1979. Tofu: Soybean curd staple of ancient diets. Aug. 29. *

4249. *Southeast News & Champion* (*Downey, California*). 1979. Tofu: Nutrition at low cost. Aug. 30. *

4250. *Lowry Airman* (*Denver, Colorado*). 1979. Soyburgers pass (mostly) 'gourmet' test. Aug. 31. *
• ***Summary:*** Note: Lowry Airforce Base is located near Denver, Colorado.

4251. Leviton, Richard. 1979. Local soybean growing prospectus. Revised ed. Colrain, Massachusetts. 35 p. Aug. Contains 20 pages of reprinted articles. Unpublished manuscript. [12 ref]
• ***Summary:*** Contents: 1. World soybean harvests and uses: A perspective. 2. New England Soy Dairy and the U.S. soyfoods industry. 3. Why grow soybeans? 4. Quality requirements and agricultural standards. 5. General information about soybeans. 6. Cultural practices. 7. General and indigenous problems. 8. New England Soy Dairy and the farmer. 9. Projected costs and income sheet. 10. Bibliography. 11. Supplementary reading. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

4252. **Product Name:** Tofu Salad.
Manufacturer's Name: New England Soy Dairy, Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1979. August.
Ingredients: Organic tofu, 'Soymayo' (soymilk, soy oil, apple cider vinegar, spices), fresh carrots and celery, prepared mustard, natural soy sauce, sea salt, garlic powder, turmeric.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: *Soycraft* (Greenfield, Massachusetts). 1979. "New England Soy Dairy plans expansion." 1(1):10. Summer. The company plans to launch Tofu Salad later this summer.

Label. Undated. Sent by New England Soy Dairy. 3.25 inches diameter. Brown, yellow and green on beige.

4253. New-age Foods Study Center. 1979. Soyfoods tour of the Pacific Northwest (Itinerary, Aug. 27–Sept. 6). P.O. Box 234, Lafayette, CA 94549. 1 p. Aug. Unpublished manuscript.
• ***Summary:*** On this tour Shurtleff and Aoyagi conducted a number of public programs on soyfoods (tofu, tempeh, miso, etc.), showing color slides and sampling foods. They also did research for their forthcoming book *Tempeh Production* and held numerous media interviews. In California they visited Bean Machines, Ramagiri (home of Laurel's Kitchen), Farallones Inst. (Donna Calvaud). In Oregon, Surata Soyfoods (Benjamin Hills), Blair Island (Toby Alves), Sunbow Farm (Mia Posner), and *Rain* magazine. In Washington, Island Spring (Luke Lukoskie). Address: Lafayette, California.

4254. *Plenty News* (*Summertown, Tennessee*). 1979. Guatemala. 1(3):2-3. Aug.
• ***Summary:*** After the 1976 earthquake that devastated Guatemala, "Plenty became involved with the construction of hundreds of homes, schools, and clinics... Foundation and walls have been completed on a 22- by 44-foot solar dairy being constructed in the village of San Bartolo. Work is continuing with the building of roof trusses, final solar design, and delivery of the tons of equipment. The first step in the solar aspect of the project is a water pre-heater."

In a sidebar, Laurie Praskin, soy technician with Plenty Guatemala, writes: "...our soy demonstrations are going good... you keep seeing kids you want to bring home and feed for awhile. It feels great to be teaching their mothers how to make soymilk and tofu, and giving them nutritional information... it's good to see these malnourished kids stuff their faces with tofu and soy milk... protein... they all love it...

"As a result of holding one class last year in San Martin, 45 ladies were inspired to plant soybeans this year... This is really the heart of the project, to introduce The Noble Bean so they can be recognized and used at the village level, in the homes, so they can become a regular part of the life and diet..."

Photos show: (1) Villagers constructing a gravity-fed water system. (2) Plenty volunteer Jane Graf with a little Guatemalan girl (looking healthy and happy): "She's been fed a soy-based diet, loved a lot..." (3) Members of Plenty's Agricultural Project preparing for variety trials in Solola (altitude 7,200 feet) with soybeans, amaranth, quinoa, and winged beans–all high protein crops that grow in the

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tropical highlands. Address: 156 Drakes Lane, Summertown, Tennessee 38483.

4255. Saio, Kyoko. 1979. Tofu–Relationships between texture and fine structure. *Cereal Foods World* 24(8):342-45, 350-54. Aug. [8 ref]
• ***Summary:*** A very thorough, detailed and complex discussion of the subject with 21 figures and 1 table. Many of the figures are amazing scanning electron microscope images of different types of tofu, and seven are graphs. Address: National Food Research Inst. (Shokuhin Sogo Kenkyujo), Ministry of Agriculture, Forestry and Fishery, Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken, Japan.

4256. Simonds, Nina. 1979. Chinese cuisine: Soybeans. *Gourmet* 39:28-29, 74-77. Aug.
• ***Summary:*** After a brief history of soya in China, gives recipes for: Fried soybeans [soynuts]. Sweet soybean milk. Stir-fried soybean sprouts red-in-snow (incl. how to sprout soybeans). Braised soybeans and meatballs. Spareribs and soybean sprout soup. Stuffed wheat gluten balls with soybean sprouts (*Mien Chin Jou Yüan*). Braised bean sticks [*fu tsu;* dried yuba sticks] with black mushrooms. Buddha's delight (*Lo Han Su Ts'ai*). Stuffed bean curd rolls. Sweet-and-sour fish in bean milk skin [yuba]. Bean milk skin (*fu p'i*) and eggplant rolls.

4257. Stahler, Charles. 1979. Tofu: The cheese of the Orient. *Nutrition Action.* Aug. p. 13.
• ***Summary:*** A table compares tofu and whole milk. "The nutrient content of tofu is remarkably similar to milk in several respects, yet has significantly fewer drawbacks... A cup of milk has 122 mg of sodium compared to only 8 mg in a serving (120 mg) of tofu, so it is a fine food for people with high blood pressure. Both tofu and whole milk have moderate levels of fat, but tofu's fat is mainly unsaturated. Also, tofu has no cholesterol. However, like whole milk, constant consumption of tofu could substantially increase fat intake. If tofu ever becomes popular in the U.S., it is conceivable that low-fat versions will be produced commercially, just as low-fat and skim dairy products are available (New England Soy Dairy has begun distributing a fat-reduced variety of tofu)."

A photo shows Kathy Leviton making tofu at New England Soy Dairy. Contains a recipe for Tofu Manicotti from New England Soy Dairy. Address: Manager, Reports Dep., Center for Science in the Public Interest.

4258. Suwa, Junichi; Koyanagi, T.; Kimura, S. 1979. Studies on soybean factors which produced goiter in rats. *J. of Nutritional Science and Vitaminology* (*Tokyo*) 25(4):309-15. Aug. [8 ref. Eng]
• ***Summary:*** The goitrogenic factor in soybeans appears to be concentrated in the curd, but the goitrogenicity of soybean curd was not eliminated by proteolytic digestion. This report supports the findings of Sharpless et al. (1939) that rats fed soybeans required twice as much dietary iodine as control animals to prevent goiter. The method for making soybean curd is described and illustrated on page 311. Address: Lab. of Nutrition, Faculty of Agriculture, Tohoku Univ., Sendai, Miyagi 980, Japan.

4259. *Vashon-Maury Island Beachcomber.* 1979. Tofu gurus to talk here. Late Aug.
• ***Summary:*** "The people who wrote the Book of Tofu and the Book of Miso are to show Islanders Sept. 4 (at Ober Park, 7:30 to 9:30 p.m.) how to prepare tofu and miso at home." The talk will be hosted by Luke Lukoskie of Island Spring Inc. Address: Washington.

4260. Demos, Steve. 1979. Re: Making tempeh at White Wave, Inc. Letter to William Shurtleff at New-Age Foods Study Center, Sept. 2. 3 p. Handwritten.
• ***Summary:*** "Dear William and Akiko, I'm sorry for not having written sooner. I've meant to, however I've been extremely busy here at White Wave. Most of my time is taken up in tofu production, as we've been producing quite a lot lately.

"At the present moment, tempeh is a very minor product at White Wave. I make only two batches a week at 80 10 oz packages per batch. The growth of tempeh consumption in this area is very slow, as few people know about it. However we are trying to turn more people on to it, and have plans to expand our production, perhaps this winter.

"I am very interested in your new Book of Tempeh. I haven't read much of it, as yet, but plan to go through it thoroughly I'll also be interested in obtaining a copy of your book on Tempeh Production.

"The following is a description of our current mode of tempeh production. Please keep in mind it is a very small operation, and that the same equipment is also used in tofu production." The rest of the letter is that description. Address: Boulder, Colorado.

4261. Kanthamani, S. 1979. Re: Introducing soyfoods to India. Letter to William Shurtleff at New-Age Foods Study Center, Sept. 3. 2 p. Handwritten on aerogram.
• ***Summary:*** She thanks Shurtleff for the copy of *The Book of Tofu.* She resigned her job in Sri Lanka in July 1979; the situation was unsatisfactory and there was too much discrimination. She has had a few offers in India but she is still debating whether to accept a job or start her own business.

She is revising her book *Tasty Recipes from Soyabean.* She is looking for a publisher. When she succeeds in getting the revised edition published, she will send a copy to Shurtleff.

She would not recommend use of a nylon sock for soya

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milk preparation because of sanitation problems, however a thin white cloth works well. Her level of preparing soyamilk at the home level has become very popular as there has been a scarcity of coconuts. Sinhala people [in Sri Lanka] usually use coconut milk for preparing all types of curries. "Now they have replaced coconut milk with soyamilk." She provides here new address [see above]. Address: 559-A 10th A Main Rd., V Block, Jayanagar, Bangalore 560041, India.

4262. Barat, Oak. 1979. Re: Founding of the McNaturals project. Letter to William Shurtleff at New-Age Foods Study Center, California, Sept. 4. 1 p. Handwritten.
• ***Summary:*** Oak [Gary] orders another copy of *Tofu & Soymilk Production.* "Things are going very well here. Putting pieces of the puzzle together. So far Sept. 24 is my target date for [arriving in] California. I will be speaking to you shortly with more details.

"Looking forward to our meeting. You will be meeting the founding team of 'Operation Soy Bomb' the McNaturals project.

"With Respect and Peace. Oak."

Note: This is the earliest document seen (March 2013) concerning Legume, Inc. (which was established in June 1980) or the work of Oak / Gary Barat with soyfoods. Address: New York.

4263. *Lake Wales Highlander* (*Florida*). 1979. Food facts: Tofu anyone? Sept. 4. *

4264. *Times Star* (*Alameda, California*). 1979. Food facts: Tofu anyone? Sept. 4. *

4265. *Bucks County Courier Times* (*Pennsylvania*). 1979. Tofu: Wonder food of the future. Sept. 5. *

4266. *Napa Register* (*California*). 1979. Tofu making adventure. Sept. 6. *

4267. *Manchester Herald* (*Connecticut*). 1979. Tofu aids diet. Sept. 8. *

4268. *Prescott Courier* (*Arizona*). 1979. Tofu: The versatile Far Eastern 'hamburger.' Sept. 10. *
• ***Summary:*** About Soyfoods of Arizona.

4269. *County Record & Valley News* (*Napa, California*). 1979. Tofu not new food: Used 2000 years ago by Chinese. Sept. 12. *

4270. *Lakeport Record Bee* (*California*). 1979. Tofu: The pennywise protein. Sept. 12. *

4271. *Anaheim Bulletin* (*California*). 1979. Chinese ate tofu 2,000 years ago. Sept. 15. p. D10.
• ***Summary:*** A basic introduction without recipes.

4272. Krieger, Verena. 1979. Re: Thoughts on returning to Switzerland. Letter to William Shurtleff at Soyfoods Center, Sept. 17. 1 p. Typed, with signature.
• ***Summary:*** "Dear Bill, It has finally become possible for me to return to my native Switzerland (just as you told me two years ago at the first national 'soyfoods conference' [Held July 28-30, 1978, in Ann Arbor, Michigan]). I am determined to continue my work as a natural foods cook, teacher and possibly writer... What would be new here is the contribution from the Far East, especially soyfoods and seaweeds. It may take a long time for these products to spread in Europe, and especially in Switzerland, since many popular-traditional and cultural values are so much connected with cattle raising. Also, soybeans grow poorly here... Anyway, these were considerations I did not have to face, while I was using pounds and pounds of tofu, tempeh, miso, etc. in our restaurant in Chicago, and I feel I have a lot to learn and rethink at this point."

Note: In 1978-79 Verena worked at the vegetarian, natural-foods restaurant "It's Natural," owned by Brian Schaefer, at 502 & 514 Main St., Evanston, Illinois 60202 (a suburb of Chicago). Address: Frauenfeld, Switzerland. Phone: 041-22 50 34.

4273. Yamamoto, Toyo. 1979. The soybean: Potential to feed the world. *Oregon Herald.* Sept. 17. p. 5, 8. [3 ref]
• ***Summary:*** An interview with William Shurtleff about soyfoods. "On Saturday night of the Labor Day weekend about 70 people cozily seated themselves at the First Methodist Church in downtown Salem [Oregon] to hear a lecture/slide show by author William Shurtleff. He discussed soybean foods, such as tempeh, tofu and miso–most of which are now available at natural foods stores in the mid-valley." The program was sponsored by Heliotrope Natural Foods in Salem. Address: Salem, Oregon.

4274. Beckman, Maryann. 1979. Market tips: Oriental tofu makes good protein substitute. *Ann Arbor News* (*Michigan*). Sept. 19. p. B-10.
• ***Summary:*** This article is very similar to one by the same writer in the Aug. 15 issue of the *Kalamazoo Gazette* (Michigan) (p. B1). Only the last sentence is missing. Address: MSU Consumer Marketing Agent.

4275. *Greenfield Reporter* (*Indiana*). 1979. Ready for tofu protein pops? Sept. 19. *

4276. Harris, Michael. 1979. Tofu: A North Country kitchen produces about a ton of this protein-rich soybean curd every week. *New Hampshire Times* (*Concord, NH*) 9(14):22-23. Sept. 19. [1 ref]
• ***Summary:*** Crystal Hills Tofu Shop, a small but thriving

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operation in the tiny northern town of Bethlehem, New Hampshire, converts certified organically grown soybeans from Minnesota into about 1 ton of tofu every week. The founding partners, Pat and Jay Gibbons, both of Bethlehem, are "two energetic, forward-looking and unusual people who nurture a vision of tofu-based diets in a world of plenty for all." She was formerly a New York City schoolteacher and he a London researcher for Amnesty International. Even before they met, both were vegetarians on the path of New-Age consciousness. In 1974 they moved to The Farm in Tennessee and there learned about soy crafting for the first time. After leaving The Farm, they moved to Bethlehem and started by making tofu at home. Then two years ago (1977) they decided to start a commercial tofu shop. The biggest impetus to the growth of the tofu industry was publication of *The Book of Tofu,* which not only tells what tofu is and how to make it, but also provides technical instructions for starting and operating your own soy dairy. Today Crystal Hills has two full-time and two part-time employees in addition to Pat and Jay. The process for making tofu at Crystal Hills is described in detail. The company also makes Soysage. Pat and Jay plan to open a soy deli in Bethlehem next year. All tofu sales are in bulk, shipped in plastic buckets to retail outlets. Photos show Jay and Pat, with their equipment (all made in New Hampshire) and two workers. Recipes are given for Breaded tofu sticks, French dressing, Bulgur casserole, Tofu-vegetable pie.

4277. *Signal and Saugas Enterprise* (*Newhall, California*). 1979. Bean curd: A low-cost protein. Sept. 21. *

4278. *Times* (*Beaver, Pennsylvania*). 1979. Tofu anyone? Sept. 23. *

4279. *Lehighton Times News* (*Pennsylvania*). 1979. Soyburgers are here. Sept. 24. *

4280. *Journal American* (*Kirkland, Washington*). 1979. Some say protein foods of the future are tofu and tempeh. Sept. 26. *
• ***Summary:*** About Island Spring (Vashon, Washington).

4281. *Chicago Tribune.* 1979. Chicago's tortilla baker, tofu maker, and more. Sept. 27. p. W-B3, S_A3, N_B3.
• ***Summary:*** For tofu, visit Nomura Company, 2119 N. Clark St., Chicago, Illinois. "The creamy white, smooth curd made from soybeans is prepared daily by the family that runs this 5-year-old business." Their tofu, which is sold in "12-ounce chunks," is best when fresh.

4282. *Co-op City Times* (*Bronx, New York*). 1979. Tofu: The food of the future. Sept. 29. *

4283. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Carmel Hill Tofu Shop.
Manufacturer's Address: P.O. Box 3, New Carlisle, QUE, G0C 1Z0, Canada.
Date of Introduction: 1979. September.
New Product–Documentation: Letter/Order for 100 copies of the pamphlet "What is Tofu" from "Carmel Hill Tofu Shop." 1979. Sept. 25. The company is located at the address shown above.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Dennis Connolly.

4284. Esko, Wendy. 1979. Introducing macrobiotic cooking. Tokyo: Japan Publications. 144 p. Foreword by Aveline Kushi. Preface by Edward Esko (both written June 1978). Illust. by Bonnie Harris. Index. 26 cm. Reprinted in 2006 by Square One Publishers (Long Island, NY, 240 p.).
• ***Summary:*** The author was introduced to macrobiotics in upstate New York in about 1971. This is her first book on macrobiotics. It was originally published under the title of *An Introduction to Macrobiotic Cooking* by the East West Foundation, 17 Station Street, Brookline, Massachusetts 02146. Though copyrighted in 1978, the first edition appeared in Sept. 1979. The fourth printing was May 1981.

The chapter titled "Beans including tofu and natto" gives descriptions of and recipes for making: Japanese black beans (black soybeans, p. 54; "These beans are therapeutic for the sexual organs and will relieve an overly yang condition caused by too much animal food or fish.") Soybeans (p. 54. "These beans are the most yin of the bean family... It is recommended that soybeans be eaten only occasionally as a separate side dish. Because they are very yin, they should be cooked with yang vegetables such as lotus root or burdock, for balance. The best way to eat soybeans is in the form of *tofu, okara, natto, tempeh,* and, of course, miso and tamari.") Tofu, and Homemade tofu (curded with nigari, p. 54-55). Okara (p. 55-56). Tofu and corn. Tofu, onions and water cress. Dried tofu (dried-frozen, p. 57). Yuba (dried soy milk; how to make at home). Vegetables and dried soy milk (p. 57). Ganmodoki (Tofu and jinenjo patties, p. 57-58). Natto (description and how to make at home, p. 58-59).

Other soy-related recipes include: Tofu soup (p. 68). Miso soup (p. 69-70, basic, or quick). Watercress miso soup (p. 71). Daikon and sweet rice dumpling soup (with miso). Chinese cabbage and tofu miso soup (p. 71). Aveline Kushi's miso stuffed lotus root (p. 86). Tofu dressing (p. 91). Miso-tahini spread (p. 92). Miso-sesame spread (p. 92). Miso-lemon sauce (p. 93). Tofu dip (p. 93). Miso with scallions (p. 95). Tamari (description, p. 95). Tekka (made with Hatcho miso, p. 96). Miso pickles (p. 100-01). Tamari pickles (p. 101). Tofu plaster (p. 130). Ume-Sho-Kuzu drink (with umeboshi, tamari and kuzu, p. 131). Ume-sho-bancha (with tamari, p. 131). Use of tamari, miso, and tekka (p. 132).

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Also includes instructions for making amasake at home (p. 116; it is a natural sweetener made from fermented sweet rice), and a recipe for Amasake bread (p. 107), instructions for making seitan at home (p. 46-47, using 3½ lb of hard spring or hard winter whole wheat flour; spring wheat flour produces a much softer texture of seitan than the winter variety), and recipes for seitan stew, seitan-barley soup, sauteed vegetables and seitan, stuffed cabbage with seitan, and seitan croquettes (p. 47-49), plus recipes for leftover seitan (p. 125). Address: East West Foundation, near Boston/ Cambridge, Massachusetts.

4285. Simonds, Nina. 1979. Chinese cuisine: Bean curd. *Gourmet.* Sept. p. 28-29, 84-91.
• ***Summary:*** Contains a discussion of regular tofu, fermented tofu (*ch'ou tou fu, tou fu ju*), tofu sheets ("bean curd skin," *pai yeh*), tofu noodles (*kan szu*), fried tofu, pressed tofu (*tou fu kan*), and yuba in East Asia, how tofu is made, and 11 recipes. A full-page color photo shows a dish of "Cold bean curd with carrot and celery..." The recipe is given.

Taipei in the morning in Taipei is teeming with food smells, including the aroma of "deep-fried Chinese crullers." But in stark contrast to the delightful panorama of aromas "was a putrid odor that defied classification. That baffling pungent smell, present throughout the entire day in every part of the city, I soon traced to stinky bean curd (*ch'ou tou fu*), a favorite snack of the Chinese."

Vendors of this unsavory delicacy can be found all over the city with their portable deep fryers. "The children in my Chinese family's house, all great fans of the stuff, used to race outside excitedly with empty plates at the stinky bean curd man's call (The smell usually preceded him by two blocks).

"This foodstuff is a type of fermented bean curd which is generally deep-fried and eaten with a choice of soy sauce, vinegar, mashed garlic, and chili paste." It is but one of many bean curd products made by the Chinese.

When a coagulant is added to hot soymilk, the "liquid is transformed into a delicate custardlike substance. Chinese love to eat bean curd in this tender state–sometimes adding a little cornstarch as a stabilizer–with a sugar syrup and softened peanuts or flavored with sesame oil, scallion and pickled vegetable."

The tofu recipes are: (1) Leng teng tou fu (Cold bean curd with red-in-snow; from Szechwan, with five 3-inch squares of bean curd). (2) Pan kan szu (Cold bean curd with carrot and celery; from Szechwan). (3) Ma p'o tou fu (Spicy bean curd; from Szechwan). (4) Hung shao tou fu (Red-cooked bean curd with vegetables). (5) Tung ku p'a tofu fu (Braised bean curd with black mushrooms; from Szechwan). (6) Hsieh jou p'a tou fu (Stir-fried bean curd with crab meat). (7) Pa pao la chiang (Eight-treasure stir-fried vegetables with pork; from Szechwan). (8) Hsiang tofu fu (Stuffed bean curd pockets, from Canton). (9) San hsien kan szu t'ang (Three-flavor bean curd soup; from Shanghai). (10) Kuo t'ieh tou fu (Panfried stuffed bean curd). (11) San hsien tofu fu tun (Steamed three-flavor molded bean curd).

4286. **Product Name:** Tofu (Vacuum Packed).
Manufacturer's Name: Summercorn Foods Inc.
Manufacturer's Address: Community Cannery, 1508 W. 6th St., Fayetteville, AR 72701. From spring 1981: 401 Watson, Fayetteville, AR 72701. Phone: 501-521-9338.
Date of Introduction: 1979. September.
Ingredients: 1988: Certified organic soybeans, purified water, natural calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz vacuum packed.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 72, protein 9 gm, carbohydrates 2.4 gm, calcium 828 mg, sodium 14 mg, fat 4 gm.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address (401 Watson St.) and phone number. The owners are Steve Kectner and David Druding.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owners are now Steve Keltner, David Druding, and Annee Littell. 1981. Spring. Swallows. Summercorn Soyfoods is now producing tofu, soymilk, and soysage.

Talk with David Druding. 1987. Oct. The company started in 1974 as a bakery. Rodale Press published their Uprisings Cookbook. Label. 1988. 3 by 4 inches. Blue and brown on tan.

Talk with David Druding. 1988. May 18. They started making tofu in September 1979 in a place they rented in the Community Cannery, which was about 8 blocks from the main bakery, and located at 1508 West 6th St. in Fayetteville. Steve Keltner learned the process from a Korean man who had worked with Thom Leonard in Lawrence, Kansas. He also learned from *The Book of Tofu.* They would cut up the tofu as soon as it was chilled, transport it to the main building, package it and make carob pudding, tofu onion dip, and creamy tofu dressing. They sold the products locally (Fayetteville and Little Rock) and in Missouri, not to the 11-state region that was part of New Destiny Federation. The formal trade name of the company/co-op from the beginning was Summercorn Foods Inc. The name on the incorporation paper is Summercorn Collective Co, Inc. but at time the trade name Summercorn Bakery and Soyfoods was used, informally. The latter never appeared on labels.

Talk with David Druding. 1994. Nov. 2. He moved in about Dec. 1992 from 401 West Watson St. to 1410 Cato Springs Rd., Fayetteville, Arkansas. Same phone. At that time he changed the business name from Summercorn Bakery and Soyfoods to Summercorn Foods. His business is doing well. He just started selling his tofu to Walmart, which is selling it at their new natural and gourmet foods

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department in several of their division 1 stores. A health inspector said that he must establish another barrier to botulism and other food poisoning bacteria in his vacuum packed tofu.

4287. **Product Name:** Tofu.
Manufacturer's Name: Tofu Factory (The).
Manufacturer's Address: Route 1, Box 216, St. Ignatius, MT 59865. Phone: 406-745-4538.
Date of Introduction: 1979. September.
New Product–Documentation: Letter (order form) from Gerald Minsk of The Tofu Factory (formerly Swan Gardens; Box 216 Rt 1, St. Ignatius, Montana 59865). 1979. Sept. 28. He order the books *Tofu & Soymilk Production, The Book of Tempeh, The Book of Tempeh, Vol. II.*

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Gerald Minsk and Brenda Adley. Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Gerald Minsk and Brenda Adley.

Talk with (call from) Liz Elliott of Dixon, Montana. 1996. June 19. She would like to start a tofu shop in Montana. She says there was one in St. Ignatius until several years ago but they had water contamination problems and then the management fell apart. They no longer exist.

Letter from then talk with Daniel Reddish of Montana. 2000. July 12. He used to work for the Tofu Factory, a co-op in St. Ignatius, Montana. His phone: 406-859-3544.

Talk with Daniel Reddish of Philypsburg, Montana. 2000. July 23. He talked with Vicky Allbright, who was an early member of the co-op (she started in about 1980) and still lives in St. Ignatius, Montana. Daniel joined the co-op in about 1981. It was a co-op from day one. In about 1979 a group of about 12 people (including Gerald Minsk), named Friends Unlimited, came to Montana from Boulder, Colorado. They were oriented to whole foods. They purchased 230 acres on the Flathead Indian reservation and began to grow foods organically. At about the same time they bought 7 acres of very good land in St. Ignatius, about 3 miles from the organic farm, which had formerly been a dairy farm [and, unbeknownst to Daniel, Swan Gardens tofu shop]. The co-op built a nice, new building on this land in St. Ignatius for their tofu shop. Near the dairy farm building was a large main house made of logs; it could house 6-15 co-op members. But soon the members had erected 3 yurts and several tepees, each heated with a wood stove during the winter.

By about 1982 the farm was looking to distribute their produce over a larger area, so the co-op established The Whole Food Connection. They got a 22-foot semi truck and The Tofu Factory began taking produce on their distribution route, which soon was reaching as far east as the Midwest. When all the food was delivered, they would go to Wisconsin and fill up with organically grown soybeans for the trip home.

The Tofu Factory was a pioneer in vacuum packing tofu. They would put a cake of tofu into each of four plastic bags, then seal all four at once in a pneumatic vacuum sealer. By 1981 they were selling about 90% of their tofu in these vacuum packs and the other 10% in bulk in spring water.

The cooperative was located in an area inhabited by many ranchers and red-necks. One day a local farmer stopped by to see what was going on. He asked about the pulp and ended up taking home a bucket of okara. The next day he came back with 15 fifty-gallon drums in his 32-foot horse trailer. He said that his cows ate okara "like it was ice cream." So an ongoing trade was agreed upon: okara for firewood. Daniel got increasingly involved with the marketing side of the tofu business. He did tofu demos in Safeway supermarkets, and soon landed the Safeway account for all of Montana, northern Idaho, and eastern Washington as far as Spokane. The future looked very bright.

But in the cooperative, the problems of factions and consensus decision making were taking their toll. In about 1984 the cooperative broke up; they sold their tofu equipment to a local LDS (Mormon) group, who used it to make dairy cheese.

4288. *View: Santa Cruz City Schools* (*California*). 1979. Food program 'shines' across the country. 1(6):1, 3-4. Sept. • ***Summary:*** Discusses the work of Thelma Dalman, Maxine Prairie, and Mary Tolan (a photo shows each) in introducing natural foods and tofu to the city's schools. Tofu serves as a partial substitute for meats, and some dishes contain up to 30% tofu. Nutrition education is one of the program's goals. Foodservice people from across American contact Dalman regularly to seek advice on how to upgrade their programs. She is western regional director of the American School Food Services Association. Address: Santa Cruz, California.

4289. *Clinton News* (*Oklahoma*). 1979. The soybean is a most nutritious plant food. Oct. 2. *

4290. *Blade Tribune* (*Oceanside, California*). 1979. Tofu is a versatile, new protein option. Oct. 3. *

4291. Cadwallader, Sharon. 1979. Soy bean curd has many uses. *Capital Journal* (*Salem, Oregon*). Oct. 3. p. 11F. • ***Summary:*** This introduction to tofu begins: "By now many readers have heard of tofu, the curd or cheese made from soy beans. It is usually sold in sealed plastic boxes and found in the cold produce section of the supermarket or sometimes it is in the dairy section." Contains recipes for: Tofuburgers. Tofu & spinach stuffed manicotti. Spicy skillet bake.

4292. *Indianapolis Star* (*Indiana*). 1979. Frozen tofu's texture meaty. Oct. 3. *

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4293. *Pensacola Journal* (*Florida*). 1979. Tofu: A soy product whose time has come. Oct. 3. *

4294. *Quad-City Times* (*Davenport, Iowa*). 1979. Tofu: A slice of Oriental wisdom at the table. Oct. 3. *

4295. *Teche News* (*St. Martinville, Louisiana*). 1979. Soy oil spells value for smart shoppers. Oct. 3. *

4296. *Arkansas Gazette* (*Little Rock, Arkansas*). 1979. Tofu adapts to recipes. Oct. 4. *

4297. *Greenville News* (*South Carolina*). 1979. Protein-packed tofu popular meat substitute. Oct. 4. *

4298. Haddix, Carol. 1979. Health foods that are more than good for you: Turn health foods into class act. *Chicago Tribune.* Oct. 4. p. D1.
• ***Summary:*** These include bean sprouts, lentils, tofu, cracked wheat, bran, carob, and Graham flour (for whole wheat bread, biscuits, etc.).

Tofu is a Japanese word. The mild flavor of this bean cake makes it easy to add to just about any dish when you want to increase the protein content. Tofu adds an interesting texture and a little of its own flavor to dishes from stir-fried vegetables to noodle casserole. "We stir-fried tofu with bits of tomato, onion, and fresh basil and came up with a refreshing main dish that tasters raved about." It was also delicious with East Indian spices, such as turmeric, or scrambled as an alternative to scrambled eggs.

4299. Nathan, Joan. 1979. The venerable soy sauce from Vietnam. *Washington Post.* Oct. 4. p. E1, E3.
• ***Summary:*** After the fall of Saigon in 1975, Vietnam no longer exported goods to the United States. So Vietnamese living in the USA were no longer able to buy their traditional soy sauce, named Tuong, a key ingredient in many Vietnamese recipes. Tuong is quite different from its Japanese or Chinese counterparts. It is "much lighter in color and thicker in consistency, with a slightly sour taste."

Now Tuong is being made in Bowie, Maryland (in the Ardmore Industrial Park), by Hoang Van Chi (a chemist) and his wife Hoang Phan. Many relatives have helped them to start the small business named Vietnam Food and Drink.

Their first shipment, in June 1975, was 4,000 pounds, sent to Paris where the largest community of expatriate Vietnamese live. "The second shipment went to California and the third to Texas."

Tuong is not used in place of salt as is soy sauce in Japanese and Chinese cookery. For that the Vietnamese use Nuoc Mam, made by layering fresh fish and salt, in alternating layers, in barrels

Describes briefly how Tuong is made and gives three Vietnamese recipes: (1) Dau phu ran cham tuong (Fried tofu dipped in Vietnamese soy sauce). (2) Bo tai tuong gung (Steak with soy sauce and ginger). (3) Banh xeo (Pork, shrimp and vegetable pancake / omelet).

Before becoming a voluntary exile in 1959, Hoang Van Chi wrote his classic book *From Colonialism to Communism.*

A photo shows Hoang and his wife holding bottles and jars of their soy sauce.

4300. *Minneapolis Tribune.* 1979. After 2000 years, tofu has become newest thing in food. Oct. 7. *

4301. *Tribune* (*Chanute, Kansas*). 1979. Today's family: Soybeans. Oct. 9. *

4302. *Courier Post* (*Camden, New Jersey*). 1979. Tofu, the soybean's offspring, can be dressed in many ways. Oct. 10. *

4303. *Daily Argus* (*Mount Vernon, New York*). 1979. Protein rich tofu gains popularity as meat substitute. Oct. 10. *

4304. *Daily Republic* (*Fairfield, California*). 1979. Tofu cooking class being offered at Solano College. Oct. 10. p. 31.
• ***Summary:*** "Juel Anderson, author of *The Tofu Cookbook,* will conduct a one evening workshop at 6 to 10 p.m. in Room 610 at Solano Community College [SCC] Tuesday, Oct. 30. Sponsored by SCC community services, the non-credit class will cover how to make tofu, a non-cholesterol, high-protein Oriental cheese, from soybean milk and how to use tofu in everyday America cuisine such as pancakes, casseroles and desserts."

"The four-hour session is limited to 30 persons. To register for the Tofu Cooking workshop, forward the class fee to Solano College,..."

4305. *Tarrytown News* (*New York*). 1979. Protein rich tofu gains in popularity as meat substitute. Oct. 10. *

4306. *Dixon Tribune* (*California*). 1979. Tofu workshop at SCC. Oct. 11. *

4307. *Southwest Times Record* (*Fort Smith, Arkansas*). 1979. Tiny soybean is a giant in nutrition. Oct. 11. *

4308. *Five Cities Times Press Recorder* (*Arroyo Grande, California*). 1979. Low fat tofu topic of class. Oct. 12. *

4309. Cross, Robert. 1979. The gentrification of Haight-Ashbury: Bourgeois values, including soaring real estate prices, have descended upon the San Francisco neighborhood that was America's counter-culture mecca of the late 1960s. *Chicago Tribune.* Oct. 14. p. H20, H40-42.
• ***Summary:*** In the context of a guided tour by Blackie through the "good ole days," the article contains a good

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history of this San Francisco neighborhood. Most of the flower children are long gone. But in those wonderful days the Diggers (whose name "was inspired by a group of 17th Century English altruists) fed indigent freaks stewpots and a cache of day-old vegetables. Hardly anyone then could afford to sit around scarfing sprouts, falafel, and soy bean curd [tofu] in some fancy restaurant" (p. H20, col. 4).

4310. *Niagara Falls Gazette* (*New York*). 1979. Fresh tofu is rich in low-fat protein. Oct. 14. *

4311. Kreck, Carol. 1979. Tofu is 'remarkable.' *Denver Post* (*Colorado*). Oct. 17.
• ***Summary:*** A profile of Steve Demos and White Wave. "Two years ago last week, White Wave started in a small retail space making about 300 pounds of tofu a week. Now the company has a factory at 3867 Walnut St., produces between 5,000 and 7,000 pounds of tofu a week, and operates a vegetarian delicatessen, the Cow of China, at 1738 Pearl St. in Boulder. The Cow of China also provides a place for White Wave to test the market for their other products (Polar Bean, Tempeh, etc.) Their tofu is sold at health food stores and King Soopers at $0.85 for a 14-ounce package." A photo shows George Hamel pressing the long wooden arm of the soymilk press. Address: Colorado.

4312. *Star Free Press* (*Ventura, California*). 1979. Tofu is giving protein a boost in California diets. Oct. 17. *

4313. *Hollister Free Lance* (*California*). 1979. Everything you want to know about tofu. Oct. 18. *

4314. *Stuttgart Leader* (*Arkansas*). 1979. Japanese cooks lean to soybeans as staple. Oct. 18. *
• ***Summary:*** About Kenji Fukamachi of Hiroshima, Japan.

4315. *Stuttgart Leader* (*Arkansas*). 1979. Ancient food has many uses. Oct. 18. *

4316. Frank, Phil. 1979. Travels with Farley: Bean curd? (Cartoon). *San Francisco Chronicle*. Oct. 20. p. 48.
• ***Summary:*** A family is sitting around the dinner table. A man looks down at his plate with a puzzled look on his face and asks "Bean curd?" The woman sitting next to him replies "Tofu! It's very good for you. It gives you as much protein as the meat you're used to eating." A second man is tasting it with a dubious look on his face. The child at this table of 4 says enthusiastically, "Make it look like meat, Mom." The second frame shows only the first man and the woman. To the horror-stricken man who is still staring at his plate, the woman says heartily, "I can shape it to look like a drumstick or a hamburger patty if that'd help. Tofu can be molded into any shape..." The last frame shows all 4 people, the first man now angry, the second bewildered, and the child smiling as the woman gleefully states, "Starchild taught me that."

Note: This is the earliest cartoon seen (Oct. 2001) that mentions soy.

4317. *Stockton Record* (*California*). 1979. Juel Andersen's *Americanization of Tofu.* Oct. 21. *

4318. Carlin, Margaret. 1979. Soy to the world! Tofu is cheap, nutritious and low in calories. *Albuquerque Tribune* (*New Mexico*). Oct. 23. p. B-1. [1 ref]
• ***Summary:*** About Southwest Soy Foods. "Tofu has fed Orientals for thousands of years, and now Americans are learning to appreciate the bland white nutritious stuff.

"Tofu is bean curd, a custard-like cake made from curdled soybean milk. It is cheap, high in protein, low in calories and saturated fats and it has no cholesterol. Anybody trying to lose weight can enjoy tofu with a clear conscience.

"Tofu is practically tasteless so it blends well with other flavors. It is delicious fried, baked in souffles and casseroles, broiled, scrambled and made into burgers, tacos, enchiladas, tamales, lasagna and almost anyway you like." Tofu mayonnaise is good tasting but low in calories.

"Tofu is showing up on vegetarian restaurant menus, health food store shelves and in Oriental shops and supermarkets as well." Stephen and Kathryn Bennett Clarke own Southwest Soy Foods in Santa Fe, New Mexico. It started only 18 months ago but now makes more than 2,400 pounds/week of tofu. Their tofu is also sold in Albuquerque. "Mrs. Clarke wandered into the world of tofu because her daughter, Madena, 9, was allergic to milk." She learned about soy milk and before long she was making her own tofu.

"She and her husband also were inspired by 'The Book of Tofu,' by William Shurtleff and Akiko Aoyagi ($6.95), a book widely regarded as definitive. When it was published a few years ago, the book created an explosion of interest in tofu, and resulted in the opening of many tofu shops throughout the country, including the Clarke venture in Santa Fe." "Tofu costs from $1.09 to about $1.20 a pound."

Of course, if you make your own tofu at home it costs much less. "An Albuquerque engineer, Al Geduld, has designed a wooden tofu maker [tofu kit] which sells for $20."

Recipes from Kathryn Clarke include: Tofu mayonnaise. Missing egg salad. Ruthie's tofu / seafood stir fry. Tofu protein pops. Photos show: (1) Overhead view of Stephen Clarke stirring soy milk before adding the curdling agent. (2) Stephen Clarke, Kathryn Clarke, and Thalia Plantian, standing behind a sink in which their tofu is cooling. Address: Tribune Accent Editor.

4319. *Loveland Reporter Herald* (*Colorado*). 1979. What's cooking? Onion tofu casserole and oatburgers. Oct. 23. *

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4320. *Phoenix and Times Democrat* (*Muskogee, Oklahoma*). 1979. Home hints: Soybeans. Oct. 23. *

4321. *Courier News* (*The*) (*Plainfield, New Jersey*). 1979. Tofu by number. Oct. 24. *

4322. *Littleton Courier* (*New Hampshire*). 1979. Try tofu for meatless meals. Oct. 24. *
• ***Summary:*** About Crystal Hills tofu shop.

4323. *News Bulletin* (*Sandpoint, Idaho*). 1979. Home economists discuss tofu. Oct. 24. *

4324. Turner, Patricia. 1979. Tofu by number. *Courier-News* (*Somerville, New Jersey*). Oct. 24. p. C1. [2 ref]
• ***Summary:*** Seven photos show Kenneth and Lisa Haedrich of Plainfield, New Jersey, making nigari tofu at home. Ken first tasted tofu in an Oriental restaurant in New York several years ago. He liked it, then got "his real start in the subject when his wife, Lisa, bought him the book he still uses and recommends," *The Book of Tofu* by Shurtleff and Aoyagi. He learned how to make tofu from this book. A tofu fan, Ken featured it in his *Good Food, Good Folks* cookbook of "good tasting recipes from across America" (1978, $1.95).

4325. *Boston Phoenix Supplement* (*Massachusetts*). 1979. The soy dairy: I never saw a tofu cow. Oct. 30. *
• ***Summary:*** About the New England Soy Dairy.

4326. Frank, Stephen. 1979. Soybeans take root in county. *Recorder* (*Greenfield, Massachusetts*). Oct. 30. Section B. p. 1. Tuesday.
• ***Summary:*** "The first cash crop of soybeans grown in Franklin County has been harvested and loaded onto the bed of Charles Warner's truck... From Warner's truck the beans will be put through a fanning mill to separate out rocks and dirt. Then the beans will be loaded into bushel bags" and transported to the New England Soy Dairy at 305 Wells St. in Greenfield for use in making tofu.

Warner, whose farm is in Sunderland, "was one of three farmers enticed by Richard Leviton, founder of the New England Soy Dairy in Greenfield, to experiment with the new crop. The soy dairy uses about 600,000 pounds of soybeans annually to produce the creamy white cakes of soy curd known as tofu.

"Of more than 30 acres of soybeans planted in fields in Belchertown, East Leveratt, and Sunderland, only Warner's plants grew to maturity and were harvestable." Leviton blamed the failures of the other crops on late planting, early frost, and excessive weeds. Address: Recorder staff.

4327. Barton, David. 1979. Foods from the Far East. *Whole Foods* (*Berkeley, California*). Oct. p. 28-34, 54.
• ***Summary:*** Mutual Trading Co. is making 500 tons of miso a year, and this is expected to increase by 10-15% in 1980. Their miso sales are up 300% in 5 years. Erewhon wholesale sales by product for the year ended June 1979 were: Miso $100,000, shoyu $200,000, tofu $110,000. Japanese trade commission figures for 1978 natural food imports are: Miso $625,528, and shoyu $1,466,909.

4328. Belson, Abby Avin. 1979. Super soy. *Family Health* 11(9):52-53, 55. Oct.
• ***Summary:*** "Healthier than a hearty hamburger, more maligned than a little liver pill, able to leap from salads to stews in a single bound... It's a bean, its protein, its Super Soy." An introduction to: Soybean history. Ways of using soybeans and commercial soy foods (incl. bean curd, or tofu). Textured soy protein as a hamburger extender. Soy lecithin, choline, and the human brain. Recipe for soybean salad. Soy sprouts. Soy and cancer (protease inhibitors). Frederic Stare, M.D., professor of nutrition at the Harvard School of Public Health (in Boston, Massachusetts) says: "Nutritionists used to think that 50 percent animal protein was appropriate to an average diet, but they now realize that this is an unnecessarily large supply of animal food. If you get ten to fifteen percent of your total protein from animal sources, the rest can come from plant foods. And soy products can provide half of that vegetable protein." David Kritchevsky of the Wistar Institute in Philadelphia, Pennsylvania, is finding that both soy oil and soy protein may be capable of lowering dangerously high levels of cholesterol in the blood of consumers.

4329. D.B. 1979. Soy deli's to go! *Whole Foods* (*Berkeley, California*). Oct. p. 44.
• ***Summary:*** About Northern Soy (Rochester, New York) and White Wave (Boulder, Colorado). A list of the items served by each is given. Greg Weaver and his two partners–Norman Holland and Andy Schecter–started their soy deli in Nov. 1978. Sales now run over $2,000 a week in August. "Other soy delis currently known to be in operation are the Soy Plant in Ann Arbor, Michigan, and Yellow Bean in Detroit, Michigan."

4330. Frank, Ellen Perley; Rubenstein, Judith. 1979. Tofu power: Protein for a small planet. *New Age Journal* (*Boston, Massachusetts*). Oct. p. 52-53.
• ***Summary:*** About the New England Soy Dairy and tofu. "It may just turn out to be the most popular food of the '80s. You can fry it, freeze it, blend it, bake it. It can serve as the basis of dishes ranging from cheesecake to fake burgers. In the past three years this lightweight white blob has jumped from the confines of Chinese restaurants to become a near-staple in many American homes." Tofu is "blocks of intense protein made from soybean curds."

Two years the co-founders of the Soy Dairy, Ira Leviton and his wife Kathy, were running a natural-foods bakery

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"when they read the tofu-eater's bible, William Shurtleff and Akiko Aoyagi's *The Book of Tofu* (Autumn Press, 1975) and got tofu fever. Five people banded together and built the tofu shop... Since *The Book of Tofu* was first published, fifty tofu shops have sprung up around the country." Photos show: New England Soy Dairy owners Tom Timmins, Kathy Leviton, and Ira Leviton standing behind a large, round tank in which cakes of tofu are soaking. Richard Leviton pressing tofu. A worker removing the cloths from large sheets of pressed tofu. Address: 1. Writer for New Age; 2. An ace tofu chef.

4331. Ohta, Teruo; Takano, Kenji; Nikkuni, Ikumi; Hashizume, K.; Saio, K. 1979. Shokuhin-yô daizu no chôki hokan-chû no hinshitsu henka [Soybean quality change and its influence on food processing]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 35. p. 56-70. Oct. [6 ref. Jap; eng]
• ***Summary:*** As soybeans were stored for 1 year, the changes in their quality were measured and the effects of these changes on natto, tofu, and aburage were investigated under different temperatures (15, 25, and 35ºC) and humidity (RH = Relative Humidity 60, 70, and 80%). New crop (recently harvested) soybeans grown in the USA and China were used in this experiment.

Soybean quality deteriorated with time, and there were definite measurable changes in the ability to germinate / sprout, acid values, titratable acidity, Nitrogen Solubility Index (NSI), solids extracted in soakwater, and extraction rates of protein and solids into soybean milk.

The passage of time in storage led to harder cooked beans for natto, lower yield of soybean milk and tofu, lower coagulation rate in tofu, and less ability to expand during deep frying in aburage.

Increased temperatures and relative humidity increased the rate of soybean quality deterioration as measured above, and increased RH caused more deterioration than the increased temperature. Therefore, soybeans awaiting processing into natto, tofu, or aburage should be stored in a cool, dry place. Address: National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan.

4332. Taira, Harue; Taira, Hirokadzu; Mori, Y.; Ushirogi, T.; Fujimori, I. 1979. Daizu shushi no kansô shori hôhô to sono hinshitsu ni tsuite. IV. [Influence of dry treatment after harvest on quality of soybean seeds. IV. Suitability for food processing of stored seeds]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 35. p. 160-71. Oct. [11 ref. Jap; eng]
• ***Summary:*** The effects of dry treatment (drying) after harvest on the physical properties, chemical composition, and suitability for food processing of soybean seeds were investigated. The heat treatments were natural drying and air drying using heated and non-heated air at 20, 30, and 40ºC.

The seeds were then stored at 15ºC with RH (Relative Humidity) of 65% and 75%, at 30ºC with RH of 65% and 75%, and at room temperature and humidity in a paper bag for 30, 60, 120, 180, 270, and 360 days, respectively. These various storage conditions were further investigated for their effects on suitability for food processing.

At a given RH, the seed moisture rose as the temperature rose; many figures are given. Seed quality degenerated as storage time increased. The following decreased: absorbability of water in seeds, rate of germination, extractability of protein from soaked seeds by hot water, pH of soybean milk, and ratio of weight of steamed seeds to raw seeds. And the following increased: soluble matter and protein in soak water, moisture content, hardness and darkness of color of steamed seeds.

Conclusion: Soybeans should be stored in a cool, dry place, ideally at a temperature of 15ºC (50ºF) or below and an RN of 75% or below. Remarkable deterioration was observed at 30ºC with RH of 75%. Seeds heat dried at 40ºC showed a significant decrease in suitability for making miso, natto, or cooked soybeans. Tofu making was less affected by drying the seeds with heated air.

Reprinted from *Proceedings of the Crop Science Society of Japan* (*Nippon Sakumotsu Gakkai Kiji*) 48(2):291-302 (1979). Address: 1-2. National Food Research Inst., Ministry of Agriculture, Forestry and Fisheries (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan; 3-4. Hokkaido Prefectural Central Agric. Exp. Station, Naganuma, Hokkaido 069-13.

4333. *Beacon* (*Beulah, North Dakota*). 1979. New protein sources available. Nov. 1. *

4334. *Minidoka County News* (*Rupert, Idaho*). 1979. Tofu now available. Nov. 1. *

4335. Richman, Phyllis C. 1979. Richman on restaurants: Hunan Taste. *Washington Post.* Nov. 1. p. SM24.
• ***Summary:*** This is a restaurant review of Hunan Taste (519 13th St., N.W., Washington, DC), which "offers a dish called 'vegetarian fried meat' on its dinner menu (the 'meat' proving to be deep-fried bean curd sheets) that was a plateful of glop."

Note: This "bean curd sheet" is probably what we call a "pressed tofu sheet."

4336. *Wood River Sunbeam* (*Nebraska*). 1979. Soybeans now used in human diet. Nov. 1. *

4337. Environmental Expositions. 1979. 2nd annual New Earth Exposition: Holiday festival (Ad). *Los Angeles Times.* Nov. 4. p. M15.
• ***Summary:*** "November 16, 17, 18. Los Angeles Convention

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Center. Friday, 12-8. Saturday 10-10. Sunday, 10-8. Adults $4.00.

"Presenting the largest showcase of natural and environmentally creative products and services ever assembled. A colorful marketplace of thousands of tools and ideas that Everyone can use now. Energy. Food. Gardening. Shelter. Wholistic health. Wilderness. Personal growth. Transportation. Ecology. Entertainment. Crafts. First and experience..."

Marketplace includes "tofu making kits... solar collectors, soy foods, saunas, rollerskates, American Indian culture, hammocks..."

This ad also appeared on Nov. 11, p. N12.

4338. *Citizen* (*Arlington, Nebraska*). 1979. Soybeans can be protein supplement. Nov. 8. *

4339. *South Idaho Press* (*Burley, Idaho*). 1979. Your Minidoka County home ec. agent–Try tofu. Nov. 8. *

4340. Lukoskie, Luke; Shurtleff, William. 1979. Re: Need for industry-wide support for the Soycrafters Association and *Soycraft* magazine. Letter to "Fellow Soycrafters," Nov. 9. 1 p. Typed, with Shurtleff's signature on letterhead (photocopy).
• ***Summary:*** SANA needs additional funds and support. "Because we feel so strongly about the worth of what everyone here in North America is doing and the promise it holds for people everywhere, the two of us (Luke and Bill) have decided to make regular contributions to SANA of between $30 and $50 a month... in good times and bad. Why not take a good hard look at what you wish to contribute, and join us." Note: This letter was drafted by Shurtleff but sent out on Island Spring's letterhead. Address: 1. Island Spring, P.O. Box 747, Vashon, Washington 98070; 2. New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549. Phone: (1) 206-622-6448; (2) 415-283-2991.

4341. Universal Press Syndicate. 1979. Cathy (Cartoon). *Unknown newspaper.* Nov. 19.
• ***Summary:*** This 4-part cartoon begins with a mother and daughter standing by the kitchen refrigerator. Daughter: "It's 3 days before Thanksgiving, mom. Why is your refrigerator full of bean curd?" Mom: "Oh, didn't I tell you? I've become an Earth Mother.

"My consciousness-raising group has decided to celebrate our pioneer spirits with an all-natural feast this year.

"We feel that a self-basting turkey in a self-basting oven is simply no longer an expression of the real me."

Daughter: "Is bean curd an expression of the real you?" Mom: "Please sweetie... You're wadding up our main course" (as the daughter crushes a blob of tofu in her left hand).

4342. Reed, M.H. 1979. Dining out: 100 Hunan tastes and parking, too. *New York Times.* Nov. 25. p. WC19.
• ***Summary:*** This is a review of the Chinese restaurant Hunan Manor (149 South Central Ave., Hartsdale–a hamlet and a census-designated place (CDP) located in the town of Greenburgh, Westchester County, New York). The "Beancurd Sichuan style" was recommended. "Of the regular offerings, fresh prawns with black bean sauce appeared flawed only by the intensely salty black beans that should have been sliced fine or mashed."

4343. Ohlund, Tim. 1979. Re: Ted Nordquist and Aros Soymilk Products in Sweden. Letter to William Shurtleff at New-Age Foods Study Center, P.O. Box 234, Lafayette, California, Nov. 26. 1 p. Handwritten.
• ***Summary:*** "Ted [Nordquist], a business man named Gunnar, a Korean–Professor Kim, and myself are now deeply involved in setting up the Aros Soymilk Products company. We've found a suitable factory location in Örsundsbro (my village) at a reasonable price. Now the architect is busy working out the floor plan [500 square meters] which will have to be approved by the health authorities. An estimate of the factory remodeling plus all other prospected costs will be the basis for a loan from the State development agency. We hope to get a loan for the whole shebang. The interest rate and other conditions will be very favorable. If all goes well we hope to start production of tofu, soymilk, salad dressing and later a few other products next fall. We'll let you know more later as it develops. Love–Tim, Annalena & Finn."

Note: The date of this letter is not clear. It was probably 26 Nov. 1979 but could be 20 April 1979, with a follow-up card from Tim on 5 Dec. 1979 (or 12 May 1979). The books were finally sent on 10 Dec. 1979. Address: Box 559A, 19063 Örsundsbro, Sweden.

4344. Beardsley, Nancy. 1979. Tempeh beefs up meatless diet. *Seattle Post-Intelligencer.* Nov. 28. p. D1. [1 ref]
• ***Summary:*** A nice introduction to tempeh with recipes for Tempeh Lasagne, Seasoned Crisp Tempeh, and Steam-Fry Tempeh. William Shurtleff, Akiko Aoyagi, and Luke Lukoskie visited this newspaper to promote tempeh. Photos show (1) Shurtleff and Aoyagi with tempeh recipes, their *Book of Tempeh*, and a package of Island Spring Tempeh; (2) The inside of the Island Spring soyfoods plant. Address: Staff home economist, Washington.

4345. Won, Shirley. 1979. "Meat without bones" business growing: Hull couple banking on soybeans. *Ottawa Journal* (*Canada*). Nov. 28. p. 35.
• ***Summary:*** Francine and Koichi Watanabe first tried to start a tofu shop in Ottawa but failed. Now they own and run La Soyarie in Hull, Quebec, Canada. Contains 5 recipes. A large

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color photo shows Koichi as he uses a hand-turned winch to lift a pressing sack filled with okara and soymilk.

Note: This is the most recent English-language document seen (June 2012) with the phrase "Meat without bones" (or a similar phrase) in the title; it is used to refer to tofu. Address: Ontario, ONT.

4346. **Product Name:** Cottage Tofu (Non-Dairy Cottage Cheese).
Manufacturer's Name: Garden of Eatin'. Made in San Francisco by Farm Food Co.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1979. November.
Ingredients: Tofu (from organically grown soy beans, water & Nigari Bitterns), soy oil, apple cider vinegar, natural herbs & spices, sea salt.
Wt/Vol., Packaging, Price: 8 oz. or 16 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. 1981. 3.5 diameter. Self adhesive. Red and blue on white. "Tofu never had it so good!" Article and photo in Soyfoods. 1981. Winter. p. 59-61. Summer p. 44-45. 8 or 16 oz. retails for $1.39 or $2.15. Interview with Al Jacobson. 1981. April 13. His invoices show that he first started marketing Cottage Tofu in November 1979. It was his formula, made by Farm Foods in San Francisco. Note: This is the world's first commercial tofu (or soy) cottage cheese.

4347. Leviton, Richard; Kilroy, David. 1979. Media bibliography. Greenfield, Massachusetts: Soycrafters Association of North America. 16 p. Nov. Unpublished manuscript. 28 cm. [243 ref]
• ***Summary:*** Each page of this soyfoods (mostly tofu) bibliography is on letterhead that reads: *Soycraft: The Journal of the Soycrafters Association of North America.* Most of the articles cited were published in 1979, between May and November. However 9 articles were published from June 1976 to Feb. 1979. It is divided into 5 sections: (1) Profiles of individual soycraft companies (3 p., 38 ref). (2) Soybean and soyfoods industry (2 p., 32 ref). (3) Sanitation and soyfoods production (2 p., 18 ref). (4) Local and regional general accounts of soyfoods (8 p., 140 ref) (5) National and mass circulation coverage (1 p., 15 ref).

Note 1. How did Richard Leviton collect all these references? In an interview (2005 March 2) he recalls that New England Soy Dairy (of which he was a co-owner and where he worked) subscribed to a clipping service on the subject of soyfoods (tofu, tempeh, food uses of soybeans, soybean oil, soy based infant formula, etc.) starting in about May 1979.

Note 2. It is quite remarkable to see the level of nationwide media coverage that tofu received as early as 1979. Leviton's tireless and effective activities (organized national conference in July 1979 in Amherst, Massachusetts, wrote and published *Soycraft* magazine, and perhaps did a news release) may well have been the main reason for this positive media coverage. As of March 2005, of the 225 food-related references in this bibliography, Soyfoods Center had not seen 161, or 71.6%. Address: 305 Wells St., Greenfield, Massachusetts 01301. Phone: 413-774-5480.

4348. **Product Name:** Soysage. Briefly renamed Soy Loaf in the early 1980s.
Manufacturer's Name: Northern Soy.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1979. November.
Ingredients: Incl. okara.
New Product–Documentation: Talk with Andy Schecter of Northern Soy. 1991. Feb. 5. This product was launched as Soysage in Nov. 1979 at 30 Somerton St. For a short time in the early 1980s the name was changed to Soy Loaf, then the company "decided to stop bucking the tide, and changed the name back to Soysage. The product was discontinued about 2 years ago, then re-introduced in 1990."

4349. Rodale, Robert. 1979. The amazing three-way bean. *Organic Gardening.* Nov. p. 28-35.
• ***Summary:*** Some people see soybeans as just another bean. Soycrafters see in soybeans the potential for a natural, healthful and even profitable new way of life. And one doctor even sees in soybeans a possible way of controlling cancer.

After discussing tofu and tempeh, and why one might want to become a soycrafter, Rodale continues: "What may really cause soycraft to boom, though, is new information

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that the eating of soy foods may give people a potent weapon in the control of cancer. Walter Troll, Ph.D., a researcher at New York University Medical Center, is about to publish details of experiments which show that experimental animals fed soybeans were able to resist the effects of chemical carcinogens (cancer-causing substances). It is already known that women living in countries where soybeans and other seeds are important sources of protein have less breast cancer. Now there is laboratory evidence showing why. Substances called protease inhibitors [or trypsin inhibitors] are the key."

"If you are interested in tofu or tempeh-making as a business, you may want to check out *Soycraft* magazine. The address is 158 Main Street #3, Greenfield, Massachusetts 01301. A one-year subscription–four issues–is $15." Photos show: Robert Rodale. Tofu being made at the New England Soy Dairy.

4350. Rubenstein, Judith. 1979. Soycrafters: A New-Age guild. *New Age Journal* (*Boston, Massachusetts*). Nov. p. 51-53.
• ***Summary:*** "The production of soyfoods has become one of the fastest-growing food industries in the western world. Some 230 people gathered at Hampshire College in Amherst, Massachusetts, this July for the second annual Conference of Soycrafters Association of North America (SANA)–four days of workshops and lectures about producing and marketing soyfoods." Photos by Lionel Delevingne show: (1) Robert Rodale and Richard (Ira) Leviton seated on a low stone wall and talking. (2) Kathy Leviton working in the kitchen. (2) Akiko Aoyagi and Bill Shurtleff (portrait photo). Address: [Institutional Consultant, New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301].

4351. **Product Name:** Shiwa's No-Cheese Cake (Tofu Cheesecake) [Strawberry, or Blueberry].
Manufacturer's Name: Shiwa's No-Cheese Cake. Div. of Grain-Dance Natural Foods.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1979. November.
Ingredients: Tofu, honey, natural whole-wheat graham cracker (made with honey) crust, pure vanilla. Topping: Seasonal fruits (strawberry, blueberry, etc.).
Wt/Vol., Packaging, Price: 12 oz in aluminum pie tin with clear plastic raised dome top.
How Stored: Refrigerated.
New Product–Documentation: Talk with Shiwa Harris. 1988. March 13. She thinks that "Shiwa's No-Cheese Cake" was the first tofu cheesecake in San Francisco. Started making it in late 1977, shortly after Ron Harris went commercial with seitan and before her second daughter Elizabeth was born. She made it at home from a recipe she created independently, and distributed it to 8-10 natural food stores. Rainbow was her best customer. It sold fairly well; would have been more marketable if she had sold it frozen. It was on the market for over a year. She still has a label. That was her only soy product. She recalls that this cheesecake was introduced about a year after her amazake cupcakes.

4352. Shurtleff, William. 1979. Rapid growth of tofu shops and soy dairies in North America (News release). Lafayette, California: New-Age Foods Study Center. 1 p. Nov.
• ***Summary:*** "There are presently 164 tofu shops and soy dairies in North America and, as shown in the accompanying graph, the increase in numbers is rapidly accelerating. Ninety-six of these run by Caucasian Americans have opened in the past 3 years since publication of *The Book of Tofu*, by Shurtleff & Aoyagi, which has sold over a quarter of a million copies. The industry has a brisk sales growth rate of 25 to 30% a year, and uses an estimated 35% of the industry sales; the 68 Oriental shops have 65%.

"The largest tofu factory in the U.S. is the Matsuda-Hinode company in Los Angeles; they produce about 16,000 pounds of tofu a day under 14 different labels. The largest of the new breed of Caucasian-run plants is the New England Soy Dairy in Greenfield, Massachusetts. Founded in 1977, it now produces some 4,500 pounds of tofu a day and expects revenues of $750,000 in 1979. In its April 12 front page story on the tofu industry, *The Wall Street Journal* focused on The New England Soy Dairy...

"Worldwide, the tofu and soymilk industry is rapidly expanding. There are presently a total of 211,000 producers, including 38,000 in Japan, 158,000 in mainland China, 11,000 in Indonesia, 2,500 in Taiwan, and 1,470 in Korea. The largest tofu factories, located in Japan, produce over 100,000 pounds of tofu a day (15,000 tons a year) and the largest soy dairy, located in Hong Kong, produces 500,000 bottles of soymilk a day (150 million bottles a year).

"Most of the new tofu shops and soy dairies in the U.S. have gotten into production using the technical manual *Tofu & Soymilk Production* by William Shurtleff & Akiko Aoyagi, which has just been published in both paperback and hardback editions." Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

4353. *Valley Advocate* (*Amherst, Massachusetts*). 1979. Tofu swings American. Nov. *

4354. Z.H. 1979. The tofu takeover. *Bon Appetit.* Nov. p. 189.
• ***Summary:*** "Known to many as bean curd, tofu is the once and future food." Gives a brief introduction to this ancient staple that is "increasingly valued today as an inexpensive protein source." Note: This is the earliest article on soy seen (Aug. 2002) in *Bon Appetit* magazine.

4355. Crosby, Louise. 1979. Miracle tofu a busy way of life for couple [Francine & Koichi Watanabe of La Soyarie in

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Hull]. *Ottawa Citizen* (*Ontario, Canada*). Dec. 4. p. 58.
• ***Summary:*** The company started in June 1979. They plan to open a soy deli and make tofu cheesecake and tofu burgers on a larger scale. Address: Staff writer.

4356. Crosby, Louise. 1979. Tofu flavor is delicate, subtle–or bland! *Ottawa Citizen* (*Ontario, Canada*). Dec. 12. p. 5.
• ***Summary:*** "Tofu fans say its flavor is delicate, subtle. Others call it bland, tasteless. Alone, its not much to get excited about, but combined with other foods and spices, or in a sauce, it can be delicious." Summarizes many ways of using tofu.

"Good tofu cookbooks are also available and many of the unfamiliar ingredients are available in Oriental food stores.

Included in the list are *The Tofu Cookbook*, by Bauer and Anderson (Rodale Press), *Tofu Goes West*, by Gary Landgrebe (Fresh Press), *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi (Autumn Press), and *The Heartsong Tofu Cookbook*, by Toni and Bob Heartsong (Banyan Books). Address: Staff writer.

4357. Anderson, Peter. 1979. Off the road: Tracing winter's scents. *Boston Globe.* Dec. 23.
• ***Summary:*** "There is no smoking in the tofu factory in Greenfield [Massachusetts]. The tofu maker described the taste of his product as subtle, bland, and that describes the smell of it too." Address: Massachusetts.

4358. *Boston Globe.* 1979. Novel N.H. foster home stresses love. Dec. 23.
• ***Summary:*** Tom Hartman (age 28) is director of New England's Salem Children's Trust, which includes Salem New England, in Concord, New Hampshire. It offers a home with a family atmosphere for homeless and foster children. It also offer a diet natural foods such as wholewheat bread and tofu, plus plenty of hugs and love. Address: Massachusetts.

4359. *SoyaScan Notes.* 1979. Chronology of soybeans, soyfoods and natural foods in the United States 1979 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. Yvonne and Irene Lo incorporate The Soya Bean Products Co., N.A. in San Francisco as a marketing company and immediately begin to import and distribute Vitasoy, the world's most popular soymilk, to Canada from their parent company in Hong Kong. It is not yet sold in America due to an FDA ban on aseptic Tetra Pak cartons.

Jan. Soycrafters Association of North America headquarters moves to Colrain, Massachusetts. Richard Leviton takes over as Director. Decides to edit and publish *Soycraft* magazine.

Jan. "The Soyfoods Revolution" published as a cover story by *Whole Foods* magazine.

Jan. 15-18. Second International Workshop on Low-Cost Extrusion Cookers held in Dar es Salaam, Tanzania, with 43 participants.

Feb. Takai catalog of large scale equipment published.

Feb. 9. Judith Rubenstein, institutional consultant for the New England Soy dairy, initiates a correspondence with Carol Tucker Foreman, Director of Child Nutrition programs at USDA, on the subjects of tofu standards and acceptance of tofu in USDA Child Nutrition Programs, including the school lunch program. Four letters are exchanged between Feb. and Aug. 1979. This is the start of work of tofu standards and tofu in school lunch programs.

Feb. *Natural Foods Merchandiser* magazine starts publication, founded by Doug and Karen Greene.

March 11. KOPTI is founded in Indonesia. It soon functions as an active, effective trade association for Indonesian tempeh and tofu manufacturers. By June 1986 it has more than 12,000 members from 40 cooperatives, and is promoting mechanization of production.

March. Soycrafters Assoc. and Quong Hop & Co. have adjoining booths at the New Earth Expo in San Francisco. 6,000 people sample free tofu burgers, tofu chip dips. Farm Foods sells Ice Bean (soymilk ice cream) and tofu cheesecakes. Gilman Street Gourmet sells tofu burgers.

March. Oak Feed Miso Company founded by Sandy Pukel, John Belleme, and Barry Evans. Joe Carpenter, Michio Kushi, and James Kenny are also involved. It is soon renamed American Miso Co.

March 26-29. World Soybean Research Conference II held at North Carolina State University. The 897-page proceedings, edited by F.T. Corbin, are published in 1980.

March. Food Protein Council holds International Soybean Fair in Washington, D.C. Many Congressmen, consular officials, etc. attend and sample soy protein products and tofu dips.

March. The Ohio Miso Company, founded by Thom Leonard and Richard Kluding, begins production in Ohio. America's first Caucasian-run miso company.

March. Richard Leviton takes a 3-week soyfoods research trip to the Midwest. Establishes many important contacts.

April. *New England Soy Dairy Product and Merchandising Guide* published.

April 12. "Good Old Bean Curd Is Suddenly Popular, But You Call It Tofu" by W.M. Bulkeley published as a front page article in *The Wall Street Journal.*

May 24. "The Americanization of Bean Curd," an expansion of Bulkeley's April article, published in the *Washington Post.*

May. Quong Hop & Co. in San Francisco introduces vacuum packed firm tofu, tofu cutlets, tofu burgers, and teriyaki tofu. Each of the latter three products is the earliest known product of its type in America.

June. *The Tofu Cookbook* by Kathy Bauer and Juel

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Andersen published by Rodale Press.

June 29. An internal FDA memorandum is prepared by FDA headquarters personnel to set forth the agency's views on the attributes of tofu. Publication of a "pull date" on tofu packages is encouraged.

July. Farm Foods starts national advertising of tempeh starter and tempeh kits.

July. David Mintz, owner of Mintz's Buffet, a kosher Jewish deli in New York City, first learns of tofu from Pesach Lazaroff, a young Jewish vegetarian. That summer Lazaroff spends many hours working with Mintz as a paid consultant, developing tofu recipes. Mintz later becomes rich and famous for developing Tofutti, a soy ice cream. Over the years Mintz pushed the date that he supposedly learned about tofu further and further back, from 1979 to 1976, to 1974, then finally to 1972.

July. *The Book of Tempeh,* by Shurtleff and Aoyagi published by Harper & Row in both large-format paperback and professional hardcover editions. The world's first book about tempeh.

July. *Tofu & Soymilk Production*, by Shurtleff and Aoyagi published by The Soyfoods Center. This is the first book to use the term "soyfoods" in English.

July 17. "Tofu–The Oriental Way to High-Protein, Low-Calorie Meals" published by *Family Circle.*

July 23. Judith Rubenstein (see Feb. above) writes the Commissioner of the FDA requesting that the agency establish a standard of identity for tofu. She notes that the Director of Nutrition and Technical Services for USDA suggested that FDA give top priority to this issue. Issues of imitation tofu products and bacterial contamination are raised.

July 26-29. Second Soycrafters of North America Conference: "Producing and Marketing Soyfoods," held at Hampshire College, Amherst, Massachusetts, organized by Richard Leviton and financed on a shoestring. A major milestone for the U.S. soyfoods industry. 230 people attend and the content is a great success, but Leviton loses $1,000 on the venture. The first issue of Soycraft magazine, written and published (1,900 copies) by Leviton, is distributed at the conference. In the keynote address, Shurtleff notes that the biggest challenges facing the industry are to build a strong trade association with adequate funding, and to develop soyfoods standards.

July. *Alimentacion Integral Para Una Vida Plena: Los Mil Usos de la Soya* (*Integral Nutrition for a Full Life: The Thousand Uses of Soya*), by Blanca Dominguez published by Editorial Posada in Mexico. The country's first book on soyfoods.

Aug. Robert Rodale and Rodale Press gives strong support to *Soycraft* magazine, with ads and a nice mention in an article, which brings in 135 subscriptions in November.

Sept. The Soycrafters Apprenticeship Program is started by Luke Lukoskie at Island Spring, Vashon, Washington. Here people can spend about 3 weeks getting hands-on experience in making tofu, soymilk, and tempeh.

Sept. Tempeh Works, America's first Caucasian-run commercial tempeh shop in a commercial building and making only tempeh, starts production in Greenfield, Massachusetts. Founded and run by Michael Cohen.

Sept. Many articles about the Amherst Soyfoods Conference published in national magazines, such as *New Age.*

Sept. New England Soy Dairy opens America's first in-house tofu & soymilk sanitation laboratory.

Sept. "Chinese Cuisine: Bean Curd" by Nina Simonds published in Gourmet magazine.

Nov. 26. A fire destroys Eden Foods warehouse and $800,000 inventory. The company, struggling for life, moves to rural Clinton, Michigan.

Oct. The Great American Tofu Cookbook by Patricia McGruter published by Autumn Press.

Dec. Rodale Press contacts Richard Leviton to announce plans to do a Soybean Newsletter, with Leviton as editor. The idea later falls through.

Dec. *Frijol Soja* (Soybeans) published in Peru by INTSOY.

Dec. *The Soysage Cookbook,* by Cloud and Burdett self-published in Vermont.

* San-J tamari starts to be imported to America from Japan.

* California and Maine become the second and third states to enact organic labeling laws. California's becomes a model and a standard for many other similar laws, and it is cited on many soyfood product labels. By 1988 there are 12 states with organic laws, and 5 more planned.

* Tofu production in Japan tops 1.1 million metric tons for the first time.

* Soybean research in America begins to shift from emphasis on production to emphasis on utilization.

* Syntex corporation of Palo Alto, California, recalls its soymilk Neo Mull Soy after it is found to be missing a key nutrient, chloride. Many children who used this product were mentally damaged.

* Lauhoff Grain Corp. acquired by Bunge.

* 1979-82. Years of the "salt craze." Growing concern with the level sodium in American food products begins to hurt sales of miso and shoyu. Continued.

4360. *SoyaScan Notes.* 1979. Chronology of soybeans, soyfoods and natural foods in the United States 1970s (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Overview of the 1970s:

The Soyfoods Movement Begins. This industry focused on traditional, low-tech soyfoods such as tofu, soymilk, tempeh, and miso. Many of the pioneer Caucasian-American (non-Asian) soyfoods companies started during this decade,

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often for philosophical and ideological reasons. The founding of the Soycrafters Association of North America in July 1978 marks the beginning of this movement.

By Dec. 1979 there are 159 tofu manufacturers in the United States. Ninety of these are run by Caucasian Americans and are less than 3 years old. There are also 18 tempeh companies and 3 commercial miso companies (not including those in Hawaii).

Natural Foods and Vegetarian Movements Grow. The basic philosophy of natural foods and vegetarianism became more widely accepted, and this greatly helped the soyfoods movement.

Unprecedented Interest in Nutrition, Health, and Fitness. During this decade, the interest in nutrition grew dramatically, both among consumers and professionals. Consumers, seeking ways of protecting themselves from the ravages of heart disease and cancer, try more healthful diets. Exercise and looking healthy are now "in." For example, the New York Marathon, which had 55 finishers (no women) in 1970, boasted 10,477 finishers (including 1,621 women) in 1979. Preventive medicine is becoming a new profession.

Steady Increase in Population of Asian-Americans. The number of Asian- and Pacific-Americans living in the USA increased from about 800,000 in 1960 to 1,369,000 in 1970 to 3,500,000 in 1980, at which time they comprised 1.5% of the total U.S. population. Their burgeoning numbers were a major factor in steadily growth of the soyfoods industry, since many Asians use soyfoods in their daily diets.

U.S. Soy Sauce and Miso Consumption Grows. Soy sauce consumption grew from about 9,000 kiloliters in 1970 to about 38,000 kl in 1979, a 4.2-fold increase during the decade. In 1974 domestic production passed imports.

U.S. miso consumption grew from about 750 metric tons (tonnes) in 1970 to about 1,800 tonnes in 1979, a 2.4 fold increase.

Shipments of Soy-Fortified Foods in the Food For Peace (P.L. 480) Program Jumps. Shipments of two products in 1970 totaled 131,000 tonnes. In 1979 a record 664,000 tonnes of ten products were shipped to needy countries, a 5-fold increase during the decade. In 1979, the main products whipped were SFB (soy-fortified bulgur), CSM (corn-soy-milk), and WSB (wheat-soy blend).

The Ongoing Protein-Versus-Calories Debate. As Nevin Scrimshaw concluded prophetically in his insightful 1977 lecture "Through a Glass Darkly: Discerning the Practical Implications of Human Dietary Protein-Energy Interrelationships": "To the extent that the pendulum swung too far in emphasizing protein in the 1960s, and too far in emphasizing calories in the 1970s, it must come to a more appropriate position for the 1980s and beyond." He noted that two big protein issues concerned (1) human requirements for protein at different ages and physiological states, and (2) the evaluation of the protein quality of foods as related to human requirements.

Reappraisal of the Value of Plant and Animal Proteins. During the late 1960s and early 1970s, animal proteins probably reached their historical peak of popularity in the U.S. A diet rich in animal protein was considered a "better diet." However during the 1970s a growing body of nutritional and ecological evidence, and changing attitudes toward world hunger and animal rights, led to a new appreciation of the quality, now more broadly defined, of plant (and soy) proteins. They were more healthful, less expensive, more efficient in utilizing farmland, energy and water, less polluting, and obviated animal slaughter.

Switch from Animal to Vegetable Fats. In the early 1950s Americans were consuming approximately equal amounts of animal and vegetable fats. By 1978 the ratio of vegetable to animal fat was 84 to 16. The same shift occurred worldwide, where the 1978 ratio was 71 to 29.

There were at least three basic reasons for this shift: (1) The growing concern, especially after 1960, with the health dangers associated with consumption of saturated fats and cholesterol, most of which came from animal fats such as butter and lard; (2) Hydrogenation, which allowed vegetable oils to be used in making substitutes for butter and lard (i.e., margarine and shortening); and (3) the lower price of vegetable oils, shortening, and margarine.

Production of soy oil grew dramatically during the postwar period, filling most of the increased demand for vegetable oil.

Boom Years for U.S. Agriculture. The 1970s was a decade of rapid growth for U.S. farmers. With high inflation and low interest rates, American farm products dominated world trade. The boom ended with the second "Oil Shock" of 1979-80, which set off the most serious recession of the post-war era, and marked the start of the Latin American debt crisis that later had a major negative effect on U.S. soybean farmers. 1979 was the last year of roughly 50 years of essentially non-stop, rapid soybean growth. During the next decade, U.S. soybean production zigzagged sideways and declined slightly.

Rapid Increases in Soybean Production in New Third World Countries. Prior to the 1970s, soybeans had never been widely grown in the tropics or semi-tropics (except perhaps in Indonesia). But during this decade a host of countries in such areas started to grow soybeans on a large scale for the first time. Major causes for this were the U.S. soybean boycott of 1973, the pioneering work done by INTSOY in Illinois, IITA in Nigeria, and AVRDC in Taiwan, and the development of day-neutral soybean cultivars that gave high yields at low latitudes. The major areas of rapid new production growth were...

Latin America. Total production increased from 1,746,000 tonnes in 1970 to 15,384,000 tonnes in 1979, an 8.8 fold increase during the decade. Latin America's three leading soybean producers in 1979 were Brazil, Argentina, and Mexico. Brazil's production rose 7.8 fold between 1970

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and 1979, but Argentina's jumped 137-fold!

In 1979 soybean production in Latin American passed that in all of Asia, the birthplace of this ancient crop, and became second only to that of North America (61,722,000 tonnes in 1979/80).

In 1974, Brazil passed China to become the world's second largest soybean producing nation after the USA. The ranking in 1979 by tonnage was USA, Brazil, China, Argentina, Mexico, Indonesia, Paraguay, USSR, Romania, India, and North Korea.

Africa. Total production increased from 67,000 tonnes in 1970 to 300,000 tonnes in 1979, an 4.5 fold increase during the decade. By 1979 Egypt had become the largest producing country, followed by Zimbabwe, Nigeria, and South Africa. This promising growth was doubly important because it came at a time of steadily falling per capita food production in Africa as a whole, down 20% from 1970 to 1987.

India. Total production increased from a mere 18,000 tonnes in 1971 (production was negligible in 1970) to 450,000 tonnes in 1980, an astonishing 25-fold increase in ten years, and a growth rate greater than that of Latin America. Meanwhile, in Asia as a whole soybean production was slowly declining.

4361. Anliker, Jean Ann; Rosen, Jacalyn A. 1979. Energy efficiency comparison of tofu, soybean, and beef production. Greenfield, Massachusetts: New England Soy Dairy. 51 p. Dec. Unpublished manuscript. [21 ref]
• ***Summary:*** This report was prepared by two college students working with and at the New England Soy Dairy. Tom Timmins, head of the Soy Dairy, thinks the findings are inaccurate. Address: 1. 43 Breckenridge Rd., Hadley, Massachusetts 01035.

4362. **Product Name:** Tofu.
Manufacturer's Name: Blue Ridge Soyfoods.
Manufacturer's Address: Fletcher, North Carolina. Phone: 704-684-8501.
Date of Introduction: 1979. December.
New Product–Documentation: Leviton. 1982. Soyfoods. Summer. p. 35. Jeanne and Bob Hunt started company in Dec. 1979 then in June 1980 moved to renovated dairy milking parlor on the grounds of a Seventh-day Adventist Hospital.

4363. **Product Name:** Tofu No Egg Salad.
Manufacturer's Name: Garden of Eatin'.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1979. December.
Wt/Vol., Packaging, Price: 8 oz. of 16 oz.
New Product–Documentation: Article and photo in Soyfoods. 1981. Winter. p. 59-61. The label reads "Tofu No Egg Salad" on both round tubs and rectangular trays. 8 or 16 oz. retails for $1.39 or $2.15. Interview with Al Jacobson. 1981. April 13. His invoices show he started selling this in December 1979. He gave the basic idea for the formula to a gal who developed it for him.

4364. **Product Name:** Super Tofu (Curried Sandwich Filling or Salad with Cayenne and Herbs).
Manufacturer's Name: Garden of Eatin'.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1979. December.
Ingredients: Tofu (100% certified organically grown soybeans, water, nigari), organically grown sunflower seeds, vegetables, apple cider vinegar, lemon juice, tamari, honey, natural herbs, spices, sea salt.
Wt/Vol., Packaging, Price: 16 oz.
New Product–Documentation: Interview with Al Jacobson. 1981. April 13. His invoices show he was selling this by December 1979. Leaflet and price list. 8 or 16 oz. retails for $1.39 or $2.15. Food Report (Lehmann). 1984. Oct.

4365. Hansen, Sandra; Randall, Chris; Dallam, Bette; Friedman, Ruth. eds. 1979. Sunyata's whole foods cookery for big & little folks: A vegetarian cookbook. Eau Claire, Wisconsin: Sunyata Whole Food Co-op. 332 p. Dec. 3. Illust. Index. 22 cm. [9 ref]
• ***Summary:*** A glossary titled "Odds and Ends" (p. 32-33) contains entries for tamari, miso soybean paste, and tofu. Soy-related recipes include: Rye oatmeal soy bread (p. 69). Soybean casserole (p. 142). Soy flour and grits are discussed under "Complementary protein proportions" (p. 113). Page 117 notes that soybeans should be cooked for 3 hours or more, soy grits for 15 minutes. Address: Eau Claire, Wisconsin.

4366. **Product Name:** Nasoya Tofu Spread [Creamy Dill, Zesty Italian, or Onion].
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1979. December.
Ingredients: Creamy Dill: Nasoya tofu, unrefined safflower oil, wood-aged organic apple cider vinegar, dill, garlic and sea salt. Zesty Italian: herbs, onion, sweet peppers, garlic, cayenne pepper. Onion: Onion, garlic, parsley.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1982. 3.75 diameter. Hard plastic. Creamy Dill: Blue, cream, tan and black on white. Dill illustration. Zesty Italian: Maroon, blue and black on white. Illustration of gondola with man rowing. Onion: Blue, yellow, tan and black on white. Onion illustration. Leviton. 1980. Soyfoods. Summer. p. 49. Soyfoods. 1983.

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Summer. p. 52.

4367. *New Roots* (*Greenfield, Massachusetts*). 1979. Soyfoods: An age old food rediscovered. Nov/Dec. *

4368. New-Age Foods. 1979. Start your own tofu shop or soy dairy–Here's the book that shows you how: *Tofu & Soymilk Production*, by William Shurtleff and Akiko Aoyagi (Ad). *East West Journal.* Dec. p. 4.
• ***Summary:*** This ¼-page black-and-white ad includes a photo of the book's cover. The authors also wrote *The Book of Tofu*, with over a quarter million copies in print. The book "is a guidebook to a new vocation and a new way of life, that has been used to start over 100 tofu shops in America in the past two years... Free with each book: Illustrated catalog of tofu & soymilk equipment, list of tofu shops in the West, and applications for Soycrafters Apprenticeship Program, Soycrafters Association of North America, and *Soycraft* Magazine. Order now! Paperback $17.95. Hardback $22.95. Postage free. Available only from the publisher. Send prepaid orders to:"

Note: This ad also appeared in the Jan. 1980 issue (p. 19) of this magazine. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4369. Obis, Clare Barrett. 1979. Vegetarian nutrition for pregnant and breast-feeding women. *Vegetarian Times* No. 34. Nov/Dec. p. 42, 44-46.
• ***Summary:*** Describes how to meet the special nutritional needs of pregnancy with a well-balanced vegetarian diet using vegetarian and vegan sources of nutrients. Contents: Introduction. Protein. Iron. Vitamin D. Vitamin A. Vitamin C. Vitamin B-6 (riboflavin). Vitamin B-12. Calcium. Supplements. Final words. Resources.

4370. Rodale, Robert. 1979. Vegetables are cancer fighters. *Prevention* (*Emmaus, Pennsylvania*). Dec. p. 20-27.
• ***Summary:*** Discusses the research of "Walter Troll, Ph.D., professor of environmental medicine at New York University Medical Center, who recently demonstrated that feeding soybean foods to experimental animals reduces the severity of cancers." Dr. Troll believes that "Naturally occurring protease inhibitors such as those found in soybeans may offer a novel method of preventing cancer in man." Rodale notes: "Tofu is a much better food than cheese, and a growing challenge to meat." Contains recipes for: Sweet potato-soy pancakes, Soy-sweet potato sauce, and Soybean-sweet potato pie.

4371. Shurtleff, William. 1979. Soycrafters conference. *Vegetarian Times* No. 34. Nov/Dec. p. 36.
• ***Summary:*** "From July 26 to 29 some 230 people from Across the United States gathered at beautiful Hampshire College in Amherst, Massachusetts, to attend the second annual conference of the *Soycrafters Association of North America* (SANA)." The first issue of *Soycraft* magazine was published just in time for the conference. The conference was "attended by representatives of some of America's largest food processing companies, including Beatrice Foods, Kraft Foods, Dannon Yogurt, and others."

Note: Juan Metzger, who was head of the Dannon Company from 1959 to 1981, was later actively involved with Tomsun Foods and their Jofu–a nonfermented soy yogurt. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4372. Soy Plant (The). 1979. Tofu gratuity (Leaflet). Ann Arbor, Michigan. 1 p. Undated. 11 x 9 cm.
• ***Summary:*** This tiny, hand-lettered "take one" reads: "Gift certificates may be purchased at a 10% discount through January 31st 1981. Visit our retail store, 211 E. Ann, Ann Arbor, Michigan. 663-0500." An illustration shows a wheel with spokes; on each spoke is written: Tempeh, soysage, tofu, soymilk, miso. Across the diameter: "Soy foods for body & planet." In large letters across the bottom: "The Soy Plant." Address: 211 East Ann St., Ann Arbor, Michigan. Phone: (313) 663-0500.

4373. *Vegetarian Times.* 1979. The New England Soy Dairy. No. 34. Nov/Dec. p. 52, 54-56.
• ***Summary:*** "In January, 1977 Richard and Kathleen Leviton started a 'cottage' business, which they felt would enable them to make enough money working two or three days a week, to allow them to have the rest of their time off for other pursuits." Laughing Grasshopper's sales of tofu hit $70,000 the first year. "In February, 1978 the Levitons convinced some of their friends and a few private investors

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to ante up $50,000 for an expansion program. They changed their name to 'The New England Soy Dairy,' incorporated, sold stock (to raise the money), imported large-capacity tofu equipment from Japan, and moved to a new, larger location in Greenfield." Today the Soy Dairy produces on average 22,000 lb/week of tofu. Sales have been increasing by about 300% a year notes President and Sales Manager Tom Timmins. Annual sales are estimated at more than $500,000, which makes the Soy Dairy the largest Caucasian-owned tofu manufacturer in the USA. The company sells about 30 cases a week of soy mayonnaise. A soy milk is scheduled to be introduced at the end of this year and a soy-based ice cream next spring. Photos show: Tofu being packaged into plastic water-filled tubs. A man cutting tofu into one-pound cakes.

4374. White Wave Soy and Natural Foods. 1979. Product price list: Winter. 3869 Walnut St., Boulder, CO 80301. 6 panels. Catalog. Dec.
• ***Summary:*** Soyfoods: Nigari tofu (bulk, packaged, doufu [extra firm Chinese style]). Salad dressings (mellow miso salad dressing, hearty miso salad dressing). Tempeh. Soysage. Tofu Mayo. Savory baked tofu. Polar bean (banana-carob soy ice cream).

The company also sells sesame products (raw tahini, roasted tahini, sesame butter, sesame salt), peanut butters (salted or unsalted; crunchy natural, creamy natural, Valencia {crunchy or creamy}), more nut and seed butters (roasted almond butter, raw cashew butter, roasted cashew butter, roasted sunflower butter), and tamaried nuts and seeds (tamaried almonds, tamaried cashews, tamaried Spanish peanuts, tamaried sunflower seeds, and tamaried nut mix [a blend of peanuts, sunflower seeds, cashews, and almonds]). Note: This is the earliest English-language document seen (April 2012) that uses the word "tamaried" to refer to nuts and seeds that have been seasoned with tamari soy sauce and then baked.

"White Wave was founded in 1977 upon the principle of supplying the Rocky Mountain region with high quality protein foods. As these foods are an extension of our own lifestyles, we offer only products we personally feel are wholesome and nutritious. It is our pleasure to guarantee the quality of all our products. All foods carrying a White Wave label are made solely by us. We thank you for supporting our business. The Folks at White Wave." Address: White Wave, 3869 Walnut St., Boulder, Colorado. Phone: 303-443-3470.

4375. **Product Name:** Doufu (Extra Firm Chinese Style Tofu).
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. December.
New Product–Documentation: Product Price List. 1979, winter. Bulk or packaged. 16 oz. for $0.75.

4376. **Product Name:** Savory Baked Tofu.
Manufacturer's Name: White Wave.
Manufacturer's Address: 3869 Walnut St., Boulder, CO 80301.
Date of Introduction: 1979. December.
New Product–Documentation: Product Price List. 1979, winter. 10 oz. "Ready to eat, flavored tofu. Delicious!"

4377. Soyfoods Standards Committee, Soyfoods Association of North America. 1979-1985. Development and drafts of the Tofu Standards (Archival collection). Lafayette, California. 2 file folders, 1½ linear inches.
• ***Summary:*** This collection consists of two file folders contain letters, drafts, comments, and memoranda concerning the U.S. Tofu Standards. The first covers the years 1979 to 1984, and the second 1985. The earliest document in this collection is a letter dated 9 Feb. 1979 from Judith Rubenstein of the New England Soy Dairy (Greenfield, Massachusetts) to Ms. Carol Tucker Foreman, Director, Child Nutrition Programs, USDA. The early drafts were developed by William Shurtleff and Tom Timmins, with excellent legal help from Stephen H. McNamara of the Hyman, Phelps & McNamara, a law firm based in Washington, DC. Each new draft was sent to an ever widening circle of interested parties. The standards were never finalized or officially adopted.

Note: For a good overview of the development of these standards see: Shurtleff, William. 1986. "Chronology and analysis of the U.S. tofu standards: One viewpoint." Soyfoods Center, P.O. Box 234, Lafayette, California 94549. 15 p. April. Unpublished manuscript. Address: Soyfoods Center, P.O. Box 234, Lafayette, California. Phone: 415-283-2991.

4378. **Product Name:** Tofu.
Manufacturer's Name: Bean Mountain Soy Dairy.
Manufacturer's Address: 121 W. Howard St., Boone, NC 28607. Phone: 704-264-0890.
Date of Introduction: 1979.
Ingredients: Water, organic soy beans, nigari.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Rick Mashburn. 1980. *The Sentinel* (Winston-Salem, North Carolina). Feb. 15. p. 7. "From beans to 'cheese.'" Four photos show Jerry MacKinnon and Marc Crowell making tofu. A blow-up photo shows one of their tofu labels. Below the ingredients is written: "Store in fresh water."

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Jerry McKinnon.

Talk with Jon Kessler of Virginia Soyworks, then with

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an employee of the company. 1991. Sept. 14. The company, now named Bean Mountain Natural Foods, has just moved to 1096 New Stock Rd., Weaverville, North Carolina (phone: 704-658-2326), and has just gotten a major account with Tree of Life. John Swann is president. The company is privately owned and presently makes only tofu and tempeh.

D. Christner. 1992. Dec. 14. *Times-Dispatch* (Richmond, Virginia). Bear [Bean] Mountain Natural Foods of North Carolina went out of business during 1992.

Letter (e-mail) from John Swann. 2012. July 18–in reply to a question from Shurtleff. "I did indeed own a tofu and tempeh shop from 1987 until 1992. Your books on commercial tofu and tempeh production were invaluable to us, and I still have them. Thank you for writing them. I would be glad to share a brief history of the company.

"The shop was started in 1979 in Boone, NC, by Gerry McKinnon. I helped Gerry get it started for the first few months (he actually rented the production space from me at the time), but was not actively involved in the business until I bought it in 1987. We ran it in Boone for three more years, then moved the plant to Weaverville, NC, (north of Asheville) in 1990. At the height of the business, we had two refrigerated trucks and were delivering weekly to retail stores throughout most of NC. We had Tree of Life, Harris Teeter, Biggers Brothers (Fresh Market), and Mountain Warehouse Co-op as wholesale accounts. We also distributed American Miso Co. and a few other products on our delivery runs, which is when I met John and Jan Belleme.

"For the tofu operation, we used a hammer-mill disintegrator and an 80-gallon steam jacket kettle with a steam injection wand. Our hydraulic okara press was homemade. We curdled with nigari. We used weighted buckets to press the tofu, with locally made stainless steel press boxes. We hand packed in a 16-oz printed cup and lid, packed 6/ and 12/case, as well as bulk in 12# and 25# buckets.

"For the tempeh, we used an antique stone mill to split the beans and a centrifugal commercial laundry extractor to dry them. We used a sausage mixer to inoculate, and we incubated on dishwasher trays set in rolling bread racks, in an incubator room that I designed. We packed in perforated poly bags, over-wrapped by printed poly bags after steam oven pasteurization. We packed (24) 8-ounce frozen cakes in a punch-out display box.

"Unfortunately, the same month that we opened our new plant near Asheville, Cornucopia Natural Foods (now UNFI) opened their warehouse in Atlanta, bringing with them Nasoya tofu and Lightlife tempeh. We worked hard for two years to get Cornucopia to pick up our products, but they never would pick them up. And my associate John Paino (we served together on the Soyfoods Association of America for a year) made good on his promise that he (Nasoya) would "own tofu in the eastern US," with killer promos and pricing through both Tree and Cornucopia. We ran for two more years, but never could get sales to grow enough to cover the higher cost of the new plant. So, in 1992 we sold the assets of the company to Jon Kessler and Twin Oaks Community Foods in Virginia, and moved on.

"That's the short story. If you want any more of the bloody details, I would be glad to fill in the blanks.

The only product that we made other than regular soy tofu and tempeh was a Dulse Tofu, which only had modest success.

"Thanks again for your work and all you have done for the industry.

"Best Regards,..."

"P.S. I am still in Asheville. After Bean Mountain, I worked in several food related businesses, including a year as general manager at Great Eastern Sun, and four years with a local produce distributor. Since then, I have been working mostly in retail, with seven years at Earth Fare and seven years with Greenlife Grocery, of which I was a partner. Since Whole Foods bought out Greenlife two years (over my strenuous objections), I have been consulting and am currently developing a new retail venture here in Asheville."

4379. **Product Name:** Captain Organic Vital Burgers (Meatless Burgers).
Manufacturer's Name: Captain Organic.
Manufacturer's Address: P.O. Box 606, Hermosa Beach, California.
Date of Introduction: 1979.
Ingredients: Incl. tofu, lentils, rice.
Wt/Vol., Packaging, Price: Paperboard box.
How Stored: Frozen.
New Product–Documentation: Talk with Andrew Harrison, President, Heart & Soul, Common Objective Inc. 1991. Nov. 27. This frozen veggie-burger, introduced in 1979, was the first soy product he ever developed. It was on the market until 1983, made with tofu, lentils, and rice. Another similar product of his was made with garbanzos, zucchini, and millet; it contained no tofu. He made the products in his own plant, and bought the tofu from Mr. Yamauchi of Hinode Tofu Co. He mixed the ingredients, put them through a patty machine, and then froze them. They were not fried. On the package was a cartoon of Captain Organic. Andrew's forte is sales and marketing; he has worked with distributors and brokers in the natural foods industry for 12 years. In the early days he worked with a yogurt company named Natural and Kosher, then went to a distribution company named Nature's Food Farms, then spent 4 years at a brokerage named MBA and Associates where he represented a lot of soy lines like Legume and Pizsoy. In 1988 he went to Westpico Foods, which is a kosher poultry and secondary frozen supermarket distributor and he got a lot of perishable natural foods into supermarkets in southern California. From there he started Heart and Soul because he was competing against Cedarlane and Soy Power, who had their brands. One he was a vicious

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competitor of Cedarlane; now he works very closely with them.

4380. Chen, W.L. 1979. [Soybean pudding or touhua processing]. *Shih Ping Kung Yeh* (*Food Industry*) (*Hsinchu, Taiwan*) 11(9):40. [Chi]*
• ***Summary:*** This is a very soft beancurd prepared by pouring hot soy milk suddenly into a container in which there is a suspension of calcium sulfate and starch. After setting for 10 minutes, the pudding is formed. This product is usually put in a sweet ginger syrup with well-cooked peanuts and consumed hot in winter or cold in summer. Other coagulants, such as agar or carrageenan may also be used.

4381. Chiang, L.G.; Huang, S.Y. 1979. [Study on the supply and demand of soybeans in Taiwan]. Dep. of Agricultural Economics, Faculty of Agriculture, National Taiwan University. [Chi]*
• ***Summary:*** More than 1,400 small tofu plants are located throughout Taiwan.

4382. Frail, F.S. 1979. The soy dairy: I never saw a tofu cow. *Savor* (*Boston, Massachusetts*). Date unknown. p. 5, 30, 32, 34.
• ***Summary:*** A visit to the New England Soy Dairy in western Massachusetts, where dedicated food enthusiasts mass-produce tofu for sale throughout the Northeast.

Note: Savor is published by The Boston Phoenix, 100 Massachusetts Ave., Boston, MA 02115. Phone: 536-5390.

4383. Han, B.-H.; Kim, K.-S.; Chom, D.-J. 1979. Processing of soybean powder with soybean and krill. *Bulletin of the Korean Fisheries Society* 12(3):137-41. [Eng]*
• ***Summary:*** Soy curd [tofu] was made using the traditional process. The use of 3% glucono-delta-lactone (GDL) at 90ºC gave the highest bulk yield in relation to the crude protein of the tofu. Soy curd powder was prepared by spray drying soybean milk. It was then suspended in water and coagulated by adding GDL at 90ºC. When krill autolysate was dried with the soymilk then made into tofu, coagulated under the same conditions, it produced a softer tofu. Another powder, made by spray drying the mixture of soybean milk, krill autolysate, and GDL could be coagulated by suspending in water, bringing to a boil, then letting it stand at room temperature for 2 minutes.

Note: Krill (*Euphasia superba*) are planktonic crustaceans and larvae that constitute the main food of baleen whales. Address: Dep. of Food Science & Technology, National Fisheries Univ., Busan, Korea.

4384. **Product Name:** Tofu.
Manufacturer's Name: Institute of Buddhist Dialectics.
Manufacturer's Address: Macleod Ganj, Dharmasala, Dist. Kangra, H.P. 176219, India.
Date of Introduction: 1979.
New Product–Documentation: Letter from Institute. 1987. Person is charge: Kalsang. The Buddhist monks from Tibet use 6.5 kg/week of dry soybeans. Note: This is the earliest commercial product seen made by Tibetans (one of two documents), although not in Tibet.

4385. **Product Name:** Tofu Pudding [Carob, Sweet Potato, or Coconut], and Soysage.
Manufacturer's Name: Lecanto Tofu.
Manufacturer's Address: P.O. Box 444, Lecanto, FL 32661.
Date of Introduction: 1979.
New Product–Documentation: Talk with Marvel Huffman. 1988. May 17.

4386. Magic Bean Co-Op (The). 1979. Wanted: Loans for Milwaukee's soyfood future (Leaflet). Milwaukee, Wisconsin. 2 panels each side. Each panel: 22 x 14 cm.
• ***Summary:*** "The Magic Bean Coop is a non-profit producer cooperative controlled by the workers through the consensus decision-making process." Its 6 goals are described. The company is presently located at Mike's Bakery but "we are moving to 330 East North Avenue and we will be sharing working and warehouse space with Milwaukee Area Cooperative Services (a coalition of cooperatives in the Milwaukee area) and Milwaukee Area Cooperative Supply (a cooperative produce distributor and trucking service).

"We are seeking community support in the form of small personal loans of a minimum of $50.00. Initially we ask that your loan be given for a minimum of one year on a no-interest basis. However, we will begin to pay you in-kind interest on your loan upon the opening of our storefront on North Ave. This is how it works: Folks who loan us $100.00 will receive one lb. of Tofu FREE every two weeks for the time the loan is left with the Magic Bean." Address: 330 East North Ave., Milwaukee, Wisconsin 53212. Phone: 414-933-COOP.

4387. *Meditation* (*Tokyo, Japan*). 1979. Daizu wa eiyô no haha [Soybeans are the mother of nutrition]. No. 7. p. 42-44. [Jap]
• ***Summary:*** About the work of William Shurtleff, age 38, with soybeans, tofu, and miso. A photo shows Shurtleff.

4388. **Product Name:** The Original Fried Rice Sandwich (With Tofu).
Manufacturer's Name: Natural Cafe.
Manufacturer's Address: 1494 Cerrillos Rd., Santa Fe, NM 87501.
Date of Introduction: 1979.
Ingredients: Organic brown rice fried with scallions and soy sauce, wrapped in a whole wheat tortilla with steamed organic carrots, alfalfa sprouts, miso tahini sauce, tofu, green

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leaf lettuce.
Wt/Vol., Packaging, Price: 10 oz. Retails for $2.95 (1988).
New Product–Documentation: Label sent by Paul Duchesne. 1989. Aug. 11. Handwritten "Naturally delicious. Made fresh today. To eat; peel back wrapper from one end." When Paul went to Boston, he taught Barbara and Marty Roth how to make the Brown Rice & Tofu Sandwich. (Barbara's maiden name was Svenning; she married Jack Garvey then lived for years with Marty Roth.) After he left, they made it for a while. Then they began as a restaurant in Santa Fe, New Mexico based on a this sandwich. At one point they were making their own tofu, sprouts, and chapatis. When Barbara separated from Marty (they were never officially married), she moved to Black Mountain (near Asheville), North Carolina, where she continued to make a line of tofu sandwiches.

Talk with Martin Roth. 1989. Aug. 17. He learned how to make The Original Fried Rice Sandwich (With Tofu) from Paul Duchesne at the macrobiotic study house on Boylston St. in Brookline, Massachusetts. In about 1979 Martin (unable to convert his macrobiotic house to a Zen center) moved to the Bodhi Mandala Zen Center in Jimenez, New Mexico. He was the head cook (Tenzo) for a while. Then, forsaking Zen for tofu, he and Barbara Svenning Garvey moved to Santa Fe into the Linda Motel on Cerrillos Rd. They got a room with a stove, and then persuaded the Santa Fe Health Inspector to certify the room as a facility for tofu sandwich production. They fried the rice and made the chapati-wrapped sandwiches early each morning, wrapped them in plastic, and delivered them to the local co-ops and health food stores. The sandwiches soon became very popular (they were selling 30-50 a day, six days a week), so they expanded into an apartment and decided to start a natural foods manufacturing and distribution company named New Mexico Natural. In the apartment they made the sandwiches, and started to make tofu, mochi, sweet white miso, sauerkraut, pickles, amasake, etc. In late 1979 or early 1980, as the sandwich grew even more popular they bought an old Mexican restaurant in Santa Fe named El Charro and converted it into a natural foods and macrobiotic restaurant called the Natural Cafe, based on the brown rice and tofu sandwich which evolved into the Fried Rice Plate (with tofu) and remained their most popular item. They were purists and self sufficient. All ingredients were organically grown and they used only spring water, even in their ice cubes. They made their own tofu from soybeans, their own miso, and their own chapatis from wheat. They grew their own sprouts and ground their own sesame seeds for the sauce. They made seitan and sold seitan burgers. As the restaurant business demanded more and more of their time, they decided to discontinue the distribution company.

At one point Martin considered starting a tofu shop, but a rebuff from a local Japanese restaurant, the fact that they were too busy with other things, and the availability of good tofu from Kathryn Peterson Bennett of Southwest Soyfoods (which she had started by June 1978) led him to drop the idea. But they sold miso out of the restaurant as a commercial product. At the restaurant they also made and sold amasake, amasake shakes (which the Mexican men loved, and called "chakes"), and amasake ice cream. Martin believes this was America's first amasake ice cream.

In 1981 Martin and Barbara sold the restaurant to one of their employees; it still exists under the same name. Then they went to Boulder for several months, then to Miami for several months, then to North Carolina, where they stayed for several years while Martin helped to start Great Eastern Sun. In about 1985 they separated and Barbara moved back to North Carolina.

4389. **Product Name:** Tofu.
Manufacturer's Name: Natural Pacific.
Manufacturer's Address: 153 Makaala St. (P.O. Box 4352), Hilo, Island of Hawaii, HI 96720. Phone: 808-935-3220.
Date of Introduction: 1979.
Ingredients: Water, soybean curd precipitated with natural nigari. Made with organically grown soybeans.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: David Gantz.

Talk with Ty Katibah. 1988. Feb. 10. He bought the company from David Gantz, the founder in 1987. The company was started in 1979. Business is booming. He now makes about 3,000 lb/week of tofu. Labels. Both the original and the current. The latter says Firm Tofu.

Talk with Paul Duchesne. 1989. Oct. 27. He talked with Ty, who for a while was coagulating his tofu with sea water–but it was too much work.

Talk with Ty Katibah. 1999. Dec. 2. His company moved to a new address in July 1999: 15-205 Wiliama Place, Keaau (near Hilo), Hawaii 96749. Phone: 808-966-9579. His tofu sales have dropped about 15% from local newspaper publication of Lon White's research. Two other tofu makers in the island of Hawaii (big island) have indicated a 30-40% drop in sales. His company is a maker and distributor of natural foods.

4390. New England SoyDairy Inc. 1979. Soydairy summertime tofu (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. 28 x 22 cm. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** Printed on rigid card stock with a peel-off adhesive stop across the top and bottom of the back so that poster can be attached to a flat surface. On a wooden table by a window showing blue sky is a vase filled with flowers, a bowl of lemons, many prepared tofu dishes, a package

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(yellow label) of Soy Dairy tofu in the left foreground, a large cake of tofu, plus cubes and pieces of finely-diced tofu. Address: Greenfield, Massachusetts.

4391. **Product Name:** Tofu Pattie.
Manufacturer's Name: Prasad.
Manufacturer's Address: P.O. Box 7434, Thousand Oaks, CA 91359.
Date of Introduction: 1979.
New Product–Documentation: The tofu used in this product is purchased from Quong Hop & Co.

4392. **Product Name:** Tofu (Vacuum Packed) [Firm, Firm Nigari, or Nigari].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: South San Francisco, California. Phone: 415-873-4444.
Date of Introduction: 1979.
Ingredients: Firm Nigari Tofu: Water, organically grown soybeans, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 10 to 12 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1979, undated. 2 by 3.5 inches. Blue, red, or green on light green background with silver border. "Vacuum packed. Since 1906. No preservatives. Firm Tofu (10 oz., blue), made with calcium sulphate, is for dressings, omelettes & soups. Nigari Tofu (12 oz., green) is for stir frying, baking, and deep frying. Firm Nigari Tofu (10 oz., red) is for dressings, dips, and spreads. Later labels. Red and brown on salmon tan. 5 by 3 inches. "High in complete protein. No cholesterol.

4393. **Product Name:** Agé. Chinese Style Fried Tofu.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1979.
Ingredients: Water, soybeans, cold pressed soy oil, calcium sulfate.
Wt/Vol., Packaging, Price: 4 oz.
How Stored: Refrigerated.

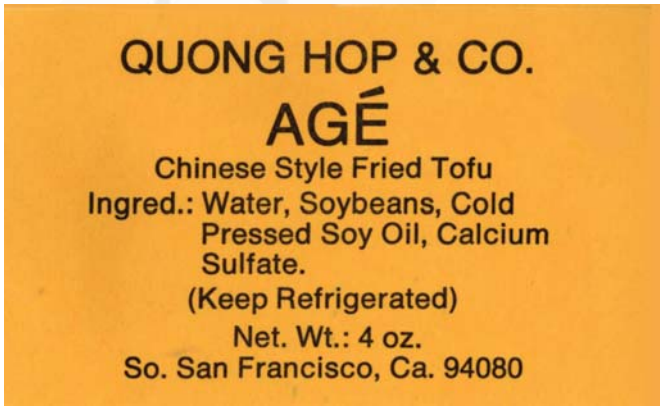

New Product–Documentation: Label. 1979. 3.75 by 2.25 inches. Paper. Black on yellow.

4394. **Product Name:** Spinach Tofu Pie.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1979.
Ingredients: Filling: Tofu, spinach, onion, miso, cider vinegar and spices. Crust: Whole wheat flour, sunflower seeds, oats, corn oil, water.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Oval Label in Soy Plant scrapbook from 1979 or 1980. 3 by 3 inches. Green on beige. 6 oz.

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. This was like a quiche (savory, not sweet) probably developed by an African-American guy named Jura (pronounced ju-RAH) McDowell. "He was a very creative cook, definitely interested in what we were doing, and became a real part of the whole group."

4395. **Product Name:** Country Style Tofu.
Manufacturer's Name: Sunbow Farm Products.
Manufacturer's Address: Route 2, Box 46, Corvallis, OR 97330. Phone: 503-929-5782.
Date of Introduction: 1979.
Ingredients: Organically grown soybeans, natural nigari (minerals remaining after sea salt extraction), well water.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Label. 1979, undated. 3.25 by 2.25 inches. Self adhesive. Black on white. "Prepared the traditional way over a woodfire. Keep refrigerated." Shurtleff & Aoyagi. 1979. July. New Tofu Shops & Soy Dairies in the West; Mia Posner & Harry McCormick. Soy Cookbooklet. 1979.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Owners: Mia Posner & Harry McCormick.

4396. **Product Name:** Firm Tofu, Soft Tofu, Fried Tofu, Flavored Tofu (Wu-Hsiang Kan), and Soymilk.
Manufacturer's Name: Superfoods.
Manufacturer's Address: 1257 4th St. N.E., Washington, DC 20002. Phone: 202-546-5205.
Date of Introduction: 1979.
New Product–Documentation: Call from Paul Wilson, PhD of Chapel Hill, North Carolina. 1996. July 2. When he was in Washington, DC, recently, he bought soymilk, fried tofu, marinated tofu, and silken tofu made by a local company named Superfoods. The soymilk was very sweet.

Talk with Tom Lee, founder and owner of Superfoods.

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1996. July 2. Tom, who is Chinese-American, started this company in 1979 in Maryland. The name was slightly different at that time. In 1981 or 1982 he moved the company to its present address in Washington, DC. His main competition in the local tofu market comes from two Korean-run companies.

4397. **Product Name:** [Tofu (Made with Natural Nigari), Okara Burgers].
Foreign Name: Tofu, Okaraburgers.
Manufacturer's Name: Svadesha Pflanzen-Feinkost.
Manufacturer's Address: Winterlehnen 1½, Einweging, West Germany. Phone: 099-73-1066.
Date of Introduction: 1979.
Ingredients: Tofu: Water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: Tofu packed in water in round plastic deli containers.
How Stored: Refrigerated.
New Product–Documentation: Form filled out (about mid-1982) by Swami Anand Svadesha (Ruediger Urban). The address is Aeussere Kötzinger Str. 52a, 8492 Fuerth im Wald, West Germany. The company started at this address in Fuerth am Wald on 1 March 1981. They now use 20 lb of soybeans, 3 days a week.

Letter from Sjon Welters. 1982. April 16. Svadesha is a tofu producer who bought tofu from Manna.

Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Ruediger Urban.

Interview with Bernd Drosihn. 1987. Nov. 30. They make about 1,500 kg/week of tofu.

Letter from Harry Whitford of Soyastern. 1987. Dec. 14. Svadesha makes about 1,200 kg/week of organic nigari tofu. The address is now: Ostpreussenstr. 22, 8000 Munich 81, West Germany. It is well known that Svadesha started the first tofu shop in Germany.

Talk with Michael Pierce of Georgia (Phone: 912-752-8083 Office). 1989. Oct. 30. Svadesh, who started making tofu before Peter Wiegand, had a small operation in central eastern Bavaria right near the Czechoslovakian border. He made only about 25-30 lb/week of tofu, then he drove all the way to Munich and sold it at 10-11 health food stores there and along the way. It was in small round lidded plastic deli containers immersed in water. His tofu was in the stores when Auenland introduced theirs. Pierce thinks Svadesh was a Bhagwani, a follower of Sri Rajneesh. Auenland's growing business also got Svadesha going; he decided to come out of the woods and move to Munich. So he set up his little tofu kitchen/plant in a little place called the Werkhaus (Workhouse), a little community restaurant and counter-culture hangout in Munich.

Die Geschaeftsidee. 1989. Dec. p. 26-27, 32-33. Ruediger Urban was West Germany's first tofu maker. "Since his business was founded in 1979, Urban's clientele has grown greatly. The former proprietor of a restaurant on the Mosel (Moselle) River cooked in the early days in his own kitchen in the Bavarian forest only with a wood fire and normal kitchen utensils. Twice a week he produced 30-40 kg of tofu. He personally visited each natural food store (*Bioladen*) in Munich to enlist outlets for his product. Soon he was getting more and more orders. In 1983 he moved to Munich and started a small kitchen; the transportation had gotten too complicated for him. In 1985 he settled into his present location near Denning, a suburb of Munich. Today he makes about 230 kg/day of tofu." A photo (p. 33) shows Svadesha and his present shop.

Label sent by Anthony Marrese. 1990. March 22. 8 by 6 inch pre-printed plastic bag. Green, blue, and orange on clear plastic. Logo of orange sun behind breaking wave. Company is now Svadesha R. Urban, Ostpreussenstr. 22, 8000 Munich 81, West Germany. Phone: (089) 93 90 05. "Fresh tofu, made by hand (*in Handarbeit hergestellt*), rich in high-quality protein for light cuisine. Ingredients: Soybeans (organically grown) and water. 300 gm. 9% protein. Our tofu is made with the traditional coagulant nigari, obtained from whole sea salt. Nigari tofu is famous for its smooth consistency and its fine aroma. Tofu is free of cholesterol and non-acid forming (*nicht saeuerebildend*). Tofu contains all the essential amino acids, which make the protein high in quality."

Talk with the receptionist at this company. 1990. June 12. Ruediger Urban is now in the hospital. He is very sick, with cancer of the cheeks, but he can walk and he visits the company occasionally. The company changed ownership on 1 June 1990. It is now owned by Robert Mayer and Erhardt Schwartz. The present business name is Svadesha, and the "subtitle" is Vegetarische Feinkost.

Talk with Svadesha R. Urban. 1990. June 13. In about 1979, he started on the side to make tofu in a little farmhouse at Winterlehen 1½, Einweging, in the Bavarian Forest (*Bayerischer Wald*). He made only one product, tofu, using organically grown soybeans and nigari coagulant. He made the tofu using a gas stove, which he sometimes used in the kitchen and sometimes moved out into the garden. The tofu was sold under his name Svadesha (he was a disciple of Bhagavan Sri Rajneesh) but he had no officially registered business. Twice a week he produced about 30-40 kg of tofu, which he packed in small plastic tubs, and drove more than 200 km (120 miles) into Munich. There he personally delivered it to a handful of the new generation of natural food stores (*Biolaeden*) that sold all of his tofu.

After about a year making tofu at this location, he decided to go to India for 6 months, so he entrusted his small business to another person while he was gone. The company fell apart during this time. Upon his return from India, Svadesha moved the business to Aeussere Kötzingerstr. 52a, D-8492 Fuerth im Wald, very near the Czechoslovakian border, and farther away (about 200 km or 120 miles) from Munich.

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Talk with Ruediger Urban in hospital (8621-871-326). 1990. June 13. He has cancer of the cheeks. Letter (fax) from Bernd Drosihn. 1991. Nov. 11. "All the telephone numbers I have for Svadesh are no longer valid. The last contact I had was half a year ago. I have heard that he is now in a hospital for psychiatric problems, but I am not sure about this."

Note: This is the earliest record seen (April 2001) concerning Tofurei Svadesha Naturkost Produkte GmbH.

4398. **Product Name:** [Herb Tofu].
Foreign Name: Kraeuter Tofu.
Manufacturer's Name: Svadesha Pflanzen-Feinkost.
Manufacturer's Address: Winterlehnen 1½, Einweging, West Germany. Phone: 099-73-1066.
Date of Introduction: 1979.
Wt/Vol., Packaging, Price: Sold in round plastic deli containers.
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban, company founder. 1990. June 13. He introduced this product while his company was still in Einweging. It is made by mashing tofu with herbs to give it a cottage cheese consistency.

4399. Trader Vic's. 1979. Let us put a little tofu in your life (Poster). San Francisco, California. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** The background for this poster is a Polynesian / Hawaiian lady with a flower in her hair. "Tofu is low calorie. No cholesterol. High protein. It digests like a damn, and its taste and texture is fantastic! Try any or all of our Tofu specialties. Trader Vic."

Trader Vic's restaurants now serve: Appetizers: Tofu Chicken Tidbits, Pistachio and Veal-Tofu Pate; Tofu-Vegetable Salad with Dill Dressing; Entrees: Quenelles of Mahi Mahi with Tofu, Trader Vic's Tofu Pork Sausage, Tofu Tomato Beef, Parmesan Tofu with Ham and Tomato Sauce. Address: San Francisco, California.

4400. **Product Name:** Creamy Tofu Dressing [Italian, or Bleu Cheese].
Manufacturer's Name: Traditional Tofu.
Manufacturer's Address: Oakland, California.
Date of Introduction: 1979.
Ingredients: Italian: Tofu, water, vinegar, salt, soy sauce powder, fructose, onion powder, garlic powder, natural flavors, spices, vegetable gum. Blue Cheese: Tofu, water, vinegar, blue cheese powder, salt, soy sauce, onion & garlic powders, parsley other spices, calcium phosphate, vegetable gum.
Wt/Vol., Packaging, Price: 1 pint jar.
How Stored: Shelf stable.
Nutrition: Italian: Per 14 gm.: Calories less than 1 gm, protein less than 1 gm, carbohydrate less than 1 gm, fat less than 1 gm. Cholesterol 0 mg. Blue Cheese: Per 14 gm.: Calories 10 gm; Proteins less than 1 gm; Carbohydrate less than 1 gm; Fat less than 1 gm; Cholesterol less than 1 mg.
New Product–Documentation: Label. 1981. 3.75 by 6 inches. Paper. Italian: Dark blue and white on yellow. Bleu Cheese: Dark blue and white on light blue. Shurtleff & Aoyagi. 1979. Tofu & Soymilk Production. p. 161.

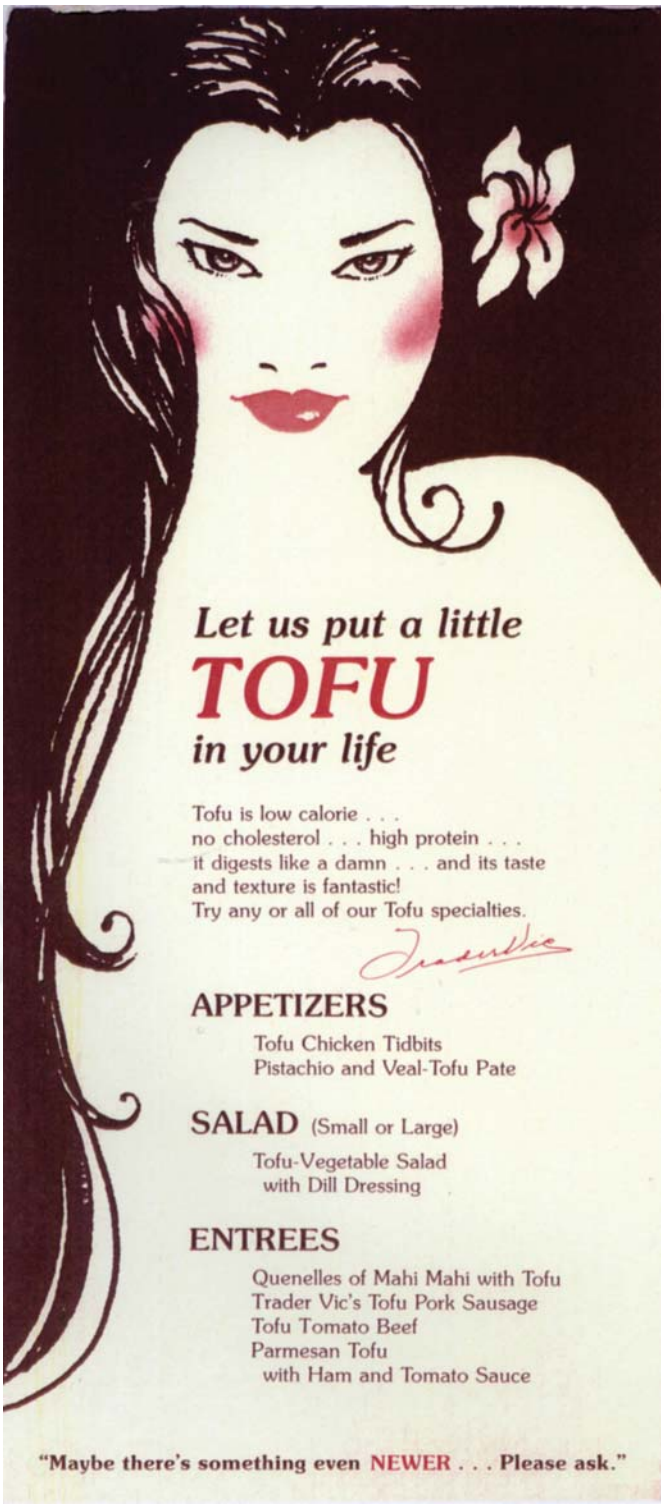

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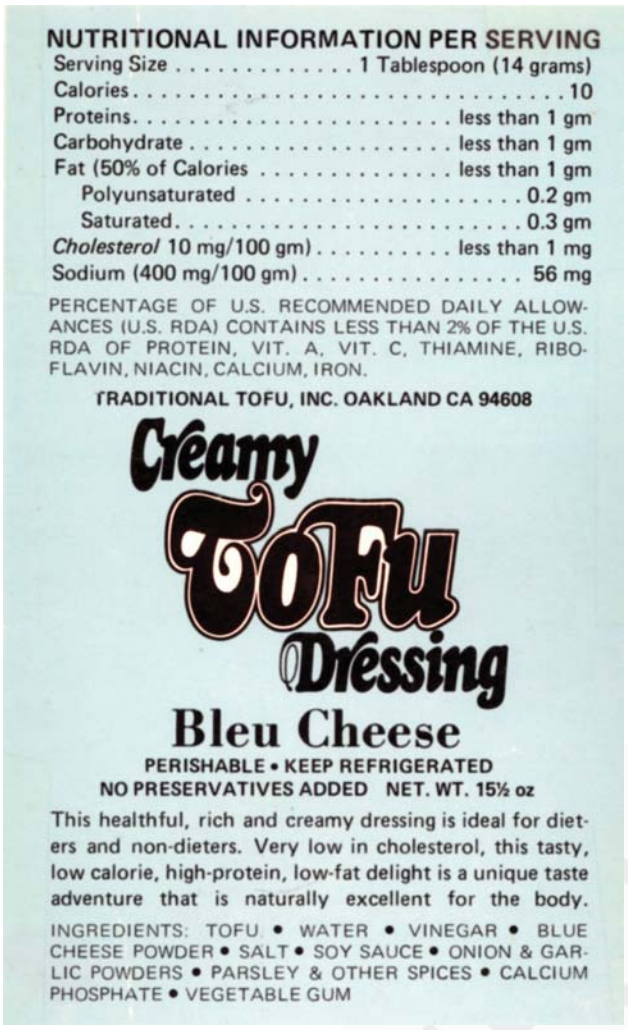

4401. **Product Name:** White Tiger Tofu Sauce.
Manufacturer's Name: Westbrae Natural Foods.
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: (415) 658-7521.
Date of Introduction: 1979.
Ingredients: Soy sauce (water, soybeans, wheat, seasalt), honey, vinegar, toasted sesame oil, lecithin, gum tragacanth, cayenne.
Wt/Vol., Packaging, Price: 10 fluid oz, 12 fluid oz (355 ml) bottle.
How Stored: Shelf stable.
New Product–Documentation: Two Labels. 1979. undated. 3.5 by 3.5 inches. Paper. Red, black, and white or green and yellow-orange. Stalking tiger illustration. 5.25 by 3.5 inches. Paper. Brown, blue, black, orange, white. Mt. Fuji logo illustration. Small tiger in title. Ingredients: Soy sauce, malt syrup, cider vinegar, honey, sesame oil, natural gum stabilizers, ginger, cayenne. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Westbrae Natural Wholesale Food Catalog. 1980. Spring. Ingredients are now: Tamari, honey, apple cider vinegar, toasted sesame

oil, guar gum, gum tragacanth, cayenne. Letter from Gordon Bennett. 1987. Oct. Gives date as 1979.

4402. Aihara, Cornellia. 1979. The calendar cookbook. George Ohsawa Macrobiotic Foundation, 1544 Oak St., Oroville, CA 95965. 253 p. [unnumbered]. Illust. by Nan Schleiger. Index. 17 x 24 cm.
• ***Summary:*** This macrobiotic cookbook is designed for cooking with the seasons. Breakfast and dinner menus are given for every day of the year. A glossary gives brief descriptions of the Japanese foods listed in the recipes. For example: "Tamari: traditional soy sauce (*shoyu*) made without chemicals. Tofu: curdled soy milk. Tekka: condiment of miso and vegetables cooked a long time." All recipes are numbered.

Soy-related recipes include: 2d. Baked mochi with kinako. 4. Kombu, age, albi nishime. 5. Black bean nishime [these are almost certainly black soybeans]. 8. Amasake. 8a. Amasake kanten. 13. Natto with pickled daikon leaves. 18. Vegetable miso soup. 20. Mackerel with ginger miso. 28 Wakame miso soup. 32. Kidney beans with miso. 35 Onion miso. 46. Burdock, carrot and lotus root with oily miso. 60. Vegetable oden (with stuffed age). 63. Collard greens with age nitsuke. 64. Home-made age (deep-fried tofu). 73. Home made natto I and II. 75. Northern white beans with miso. 80. Home made tofu and nigari. 80a. Clear soup with tofu and shingiku [sic, *shungiku* = chrysanthemum leaves]. 80b. Tofu-scallion miso soup. 82. Amasake cake with cream cheese frosting (3-layer, using 1 lb of dairy cream cheese). 87. Wheat gluten (made from 10 cups whole wheat flour and 4 cups unbleached white flour). 87a. Seitan (with wheat gluten and tamari soy sauce). 87b. Fresh wheat fu (with wheat gluten). 87c. Boiled fu. 87d. Fried fu (Gluten cutlet). 87e. Cutlet kabobs (with cooked wheat gluten). 97. Scallion miso. 100. Okara nitsuke (okara is "soybeans which are leftover after making tofu"). 132. Amasake cake. 135. Amasake yeasted doughnuts. 138. Vegetable kabobs with lemon miso sauce. 159. Koi-koku (carp soup with barley miso). 161. Amasake cake with fruit and nuts. 177. Buckwheat dumpling miso soup. 183. Cooked vegetable salad miso ai (miso

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dressing). 191b. Tomato sauce with miso. Amasake cookies. 197. Onion cream miso soup. 199. Soybean soup. 220. Tofu, snow peas and white rice miso soup. 229. Cucumber with miso. 233. Fresh corn tortillas with scallion and oily miso. 236. Toasted rice balls with soy sauce or miso. 244. Barley miso soup. 245. Tekka [miso]. 251. Pan-fried eggplant with lemon-miso sauce. 257. Green pepper with sauteed miso. 259. Tofu with mustard sauce. 261. Goma tofu (made from sesame butter and a little tamari soy sauce). 263a. Parsley miso pickles. 263b. Miso pickles. 266. Amasake wedding cake. 274. Shingiku miso soup. 290. Tofu with kuzu sauce. 294. Soybean nitsuke. 304. Kombu, dried tofu, age nitsuke. 305a. Millet and soybean soup. 329. Amasake crescent cookies. 333. Tofu-egg clear soup with watercress.

The Acknowledgments section begins: "After the French Meadows Summer Camp sponsored by the George Ohsawa Macrobiotic Foundation in 1972, I looked over the menus of the meals I served at camp. In revising them, I had the idea to keep a one-year record of menus. I thought this would be a practical, everyday help for those people beginning to cook...

"Since then, seven years passed." Address: Oroville, California.

4403. Aoki, Hiroshi; Ito, Kiyoe. 1979. Chôri to daizu [Cooking and soybeans]. Gakken Shoin K.K., Tokyo. 173 p. Illust. Index. 22 cm. [151 ref. Jap]

• ***Summary:*** Contents. I. Cooking and soybeans. II. Soybean molecules and soybean protein. III. Cooking and traditional soy protein foods. 1. Cooked whole soybeans (nimame), green vegetable soybeans (yude-mame, edamame), soy sprouts. 2. Roasted soy flour (kinako). 3. Tofu. 4. Deep-fried tofu pouches and tofu burgers (aburaage and ganmodoki). 5. Dried frozen tofu (kori-dofu). 6. Yuba. 7. Natto. 8. Tempeh. 9. Soymilk. 10. Miso (Miso soup, miso-ni, ae-mono). 11. Shoyu. IV. Cooking and new soy protein products. Address: 1. Prof., Otsuma Joshi Daigaku; 2. Prof., Tokyo Gaku Gei Dai.

4404. Barer-Stein, Thelma. 1979. You eat what you are: A study of ethnic food traditions. Canada: McClelland & Stewart, Ltd. xii + 13-624 p. Index. 23 cm. [550+* ref]

• ***Summary:*** This is largely a compilation of information from many other books and articles. On the cover is a color painting of The Gardener (or Vertumnus), from his series, The Four Seasons, c. 1590, by Giuseppe Arcimboldo (or Arcimboldi) of Milano.

In Chapter 12, on China, the section titled "Meats and alternates" (p. 110-13) notes that the soybean is called the "Chinese Cow" [sic, "Cow of China"] because of its versatility. Soybeans are used as whole dry beans and as sprouts, or they can be made into a firm white curd called "Chinese cheese" [sic], which can be used in many different ways. Soybean milk may be used in much the same way that westerners use cow's milk. They are fermented to make the favourite condiment, soy sauce. "Bean curd sauce is fermented bean curd that is packed in jars and sold as red bean curd sauce or white bean curd sauce,..." Cantonese names for soy products are (p. 111-12): Mien chiang: A syrup-like sweet bean paste. Dow-foo (tofu). Foo yu (fermented tofu). Tiem jook (dried yuba, broken into pieces [sweet dried yuba sticks]). Wow doo [Wu dou]. Black soybeans. Dow see [doushi, fermented black soybeans]: Salted, fermented black bean paste [sic, fermented black soybeans] often garlic flavoured and used in small amounts as a condiment or seasoning.

In Chapter 30, on Japan, the section titled "Meats and alternates" (p. 336-37) notes that products made from soybeans include: (1) "Shoyu, a sweetish soy sauce made from wheat and barley [sic], soybeans, salt, and water." (2) Miso, or "fermented soybean paste," used mostly for flavouring soups [miso soup]. (3) Tofu, or soybean curd, is a staple in Japanese cookery. "Its smooth, custard-like texture and bland flavour make it an ideal ingredient. It is extremely versatile and readily absorbs other flavours. Many "restaurants in Japan take great pride in their tofu dishes."

In Chapter 31, on Korea, the section titled "Fruits and vegetables" (p. 350-51) discusses soybeans and their products at length. Soy sauce is used to season *kim* (nori) and other edible seaweeds. Soy sauce is an ingredient in "hot pepper mash" [*kochu jang*]. Soybeans are used to make "soybean mash" [*doen jang*]. Dry soybeans are roasted in an iron pot, then ground, and the roasted soy flour is used as a garnish over rice cakes [mochi] or plain cooked rice; children enjoy eating the coarser roasted bits that are sifted out of roasted flour or meal. Soybeans sprouts are eaten lightly cooked as a vegetable. Soybeans are also made into tofu (*tu bu*)*;* a brief description of the process is given, in which the drained curds are left in their hemp bag to form a firm cake, which may be cut, dipped into soy sauce, or fried in sesame oil. "Oil can also be made from the soybeans, but it is not commonly used or prepared."

Although commercial soy sauce, made in factories, is now widely available, many Korean households still prepare their own soy sauce each fall. Boiled soybeans are pounded, molded into a cone shape, and set to dry until hard. They are then wrapped with rice straw, hung from eves, rafters or ceilings, and allowed to ferment for several weeks [until they become *meju*]. During the winter, these fermented cones may be stored in huge rice-straw bags kept in a cool place.

In the spring, break the cone into small pieces and place in a large earthenware jar, nearly filled with water. Add salt, spices, red peppers, and a few charcoal lumps. Leave this in the sun for a few days [sic, 30-60 days] until the molded soybean chunks float to the top and the resulting liquid turns black. Ladle out and filter the black liquid, then boil it to make soy sauce. The solids remaining in the jar are used as soybean mash [after the charcoal is removed].

A portrait photo of the author, with a brief biography,

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appear on the rear cover and in the Introduction. Address: Ph.D. student, Ontario Inst. for Studies in Education, Toronto, Ontario, Canada.

4405. Bauer, Cathy; Andersen, Juel. 1979. The tofu cookbook. Emmaus, Pennsylvania: Rodale Press. xix + 188 p. Illust. Woodcuts by David Frampton. Index. 23 cm.
• ***Summary:*** Text atop the title page reads: "The no-cholesterol, high-protein food from the Orient as it can be used in your kitchen." Contents: Recipes in this book. 1. What is tofu? 2. Getting better acquainted: Saving money with tofu, waste of land, tofu and better nutrition, growing your own. 3. Making tofu: equipment, solidifier, process, making tofu in quantity. 4. Using tofu: fresh tofu, aging tofu, making firmer tofu, freezing it, serving it plain and simple, tofu for vegetarians, tofu for dieters, becoming an innovator. 5. Okara and whey: Okara, whey. 6. Soymilk: Soymilk recipes in this book, how to make it, koumiss, milkshakes. 7. Processed soy protein (PSP): What is processed soy protein?, PSP recipes in this book.

The Recipes: 8. Main dishes. 9. Side dishes and preparations. 10. Soup, sandwich, and salad. 11. Baking with Okara; bread crackers, and pastries. 12. Sauces, dips, and spreads. 13. Breakfasts. 14. Desserts: Pies, cakes, cookies, and assorted fancies. 15. Kids' specials and baby food. Appendices: A. Substituting flours. B. Composition of spices. C. Miscellaneous substitutions. D. Table of equivalents. E. Fahrenheit and Celsius equivalents. F. Recommended daily dietary allowances.

Note: As of Sept. 1989, 105,528 copies of this book have been sold by Rodale Press. 2,000 copies are still in stock. Address: California.

4406. Colbin, Annemarie. 1979. The book of whole meals: A seasonal guide to assembling balanced vegetarian breakfasts, lunches and dinners. Brookline, Massachusetts: Autumn Press. Distributed by Random House. 232 p. Illust. Index. 28 cm. Reissued in Feb. 1983 by Ballantine Books, NY. 28 cm. [88 ref]
• ***Summary:*** In this macrobiotic cookbook, note (despite the subtitle) that fish are used in some recipes, so it is not actually a vegetarian cookbook. The term "shoyu (natural soy sauce)" is used throughout. Contents: Part I: Theory: A kitchen philosophy. Where we are now. Choosing our food. Balance. Menu planning: General guidelines, food categories. In the kitchen: Cooking: why and how, setting up the kitchen, buying, storing, and preserving food, cutting vegetables. Special situations: Eating away from home, if you live alone, entertaining, the art of eating.

Part II: The practice. Using this book. Fall meals. Winter meals. Spring meals. Summer meals. Basic beverage recipes. Homemade bread. Appendix. Bibliography (24 cookbooks, 65 reference books and others).

Soy-related recipes include: Miso soup (with tofu, p. 69), Hiziki [Hijiki] with mushrooms and tofu (p. 74), Tofu-ginger dressing (p. 93), Miso-tahini spread I (p. 94), Oden stew (with fried tofu, p. 112), Fried tofu (p. 113), Miso-tahini spread II (p. 118), Tofu-miso spread (p. 127), Daikon with miso (p. 139), Cold tofu with garnish (p. 144), Tofu-sprout spread on toast (with alfalfa sprouts, p. 146), Tofu cream pie (p. 156), Scrambled tofu (p. 158), Noodles with tofu and bean sprouts (p. 165; the type of "bean sprouts" is not specified), Miso-dill dressing (p. 172), Tofu mayonnaise (p. 182-83), Lemon-miso soup (p. 185), Peanut-apple-miso spread (p. 190), Tofu pickle spread (p. 191), Miso-dill dressing with tahini (p. 195), Miso-vinegar dressing (p. 204), Baked tomatoes with miso (p. 207), Tofu dip (p. 208), Miso dip (p. 209), Tahini-tofu dressing (p. 209), Tofu-mustard dressing (p. 213). Address: 365 West End Ave., New York City, NY 10024. Phone: 212-580-7121.

4407. Doyle, Rodger Pirnie. 1979. The vegetarian handbook: A guide to vegetarian nutrition and foods. New York, NY: Crown Publishers. x + 182 p. Illust. Index. 24 cm. [20+ ref]
• ***Summary:*** Table 3, "Daily food guide for vegan adults" (p. 30) recommends soy milk, tofu, and fermented soybean curd [fermented tofu].

The section titled "Weaning infants on vegan diets" (p. 40-44) also discusses soy milk and The Farm in Tennessee. Soy milk is also recommended for pregnant and lactating women (p. 54-55).

Chapter 9, titled "A pair of unusual diets," discusses macrobiotic diets and fruitarian diets. The author is quite critical of a number of macrobiotic practices and teachings: Studies have shown nutritional deficiencies. Restricted intake of liquids may lead to kidney stones and kidney failure. "The greatest danger of a macrobiotic diet is not to adults but to newly weaned infants... Don't wean infants on Kokoh... Wean them instead on either milk or fortified soy milk."

Page 93 states: "Soybeans are among the most valuable of vegetarian foods, not only because of their high-quality protein but because they can be made into soy milk and tofu (soybean curd)... Two other soy products that are widely used in the United States are soy sauce and miso." Pages 96-97 discuss soy milk and textured vegetable protein (TVP).

4408. Escueta, Elias E. 1979. Effect of boiling treatment and gata (coconut cream) addition to soymilk on the chemical, rheological, and sensory properties of tofu. PhD thesis, Cornell University. 155 p. Page 5304 in volume 39/11-B of Dissertation Abstracts International. *
Address: Cornell Univ.

4409. Grigson, Jane. 1979. Jane Grigson's vegetable book. New York, NY: Atheneum. 607 p. Illust. (by Yvonne Skargon). Index. 24 cm.
• ***Summary:*** "Combines recipes and cooking tips with information on the history and lore of every kind of

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The no-cholesterol, high-protein food from the Orient as it can be used in your kitchen

the Tofu Cookbook

Cathy Bauer & Juel Andersen ~ Woodcuts by David Frampton

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vegetable from artichokes to yams."

The recipe for Mongolian fire pot (Shua yang jou) (p. 224-25) calls for (in the "Sauce"): "5 teaspoons canned fermented red bean curd."

The section titled "Soya beans, mung beans, and bean sprouts" (p. 459-61) notes that bean sprouts are easily grown at home. Soya beans have been grown in China since at least the Western Chou dynasty (1027-770 B.C.).

During the Tang dynasty [618-906 AD] in China, Buddhist vegetarians, in their temple kitchens, "were the first to turn soya bean-curd [sic, yuba] into imitation meats, imitation poultry and imitation fish, which they prepared with great tastiness." The practice continues in China to this day.

Recipes are given for: Stir-fried bean sprouts. Chop suey. Note: When speaking of "bean sprouts" she does not distinguished between soy sprouts and mung bean sprouts. Address: Broad Town & Trôo, England.

4410. Hsiung, Deh-Ta. 1979. Chinese regional cooking. New York, NY: Mayflower Books; London: Macdonald. 224 p. Illust. (chiefly color). Maps. 28 cm. 1st American ed.
• ***Summary:*** A superb and beautiful book, loaded with beautiful color photos printed on glossy paper. It identifies four regional schools: Peking (Northern school). Shanghai (Eastern School). Sichuan (Western school). Canton (Southern school). The Pearl River delta, with Canton as the capital of Guangdong (W.-G. Kwangtung) province, "is undoubtedly the home of the most famous of all Chinese cooking styles... Because Canton was the first Chinese port opened for trade, foreign influences are particularly strong in its cooking." Note: Likewise, what most Westerners have traditionally thought of a "Chinese cooking" comes from Canton.

Archaeological evidence shows that by 5000 B.C. the people of north China had begun to settle down, to farm, and to make painted pottery and cooking utensils. Written records first appeared in about 3500 B.C. "Later, during the Chou dynasty (11th century to 221 B.C.) soy beans were added to the Chinese diet" (p. 32.).

Northern soy-related recipes: Fried bean-curd [tofu] (with 2-3 cakes of bean curd) and a color photo of "A bean-curd factory run by a unit of the People's Liberation Army on the outskirts of Peking" (p. 53). Rinsed lamb in fire-pot (with 2 cakes of bean curd, fresh or frozen, p. 68-71). The Yangtse [Yangtze], China's longest river, is a natural divide between north and south in China. Those in the north eat more wheat and soybeans (p. 94).

Shanghai / eastern soy related recipes: The Yangtse River has already traveled 3,000 miles before it reaches its Lower Plain where many crops, including soy beans are grown (p. 98). A page titled "Buddhist and Taoist dishes," notes that they are vegetarian (actually vegan), since "Chinese vegetarians are not allowed anything remotely connected with animals, including eggs or milk. They get their protein mainly from the soy bean and its by-products, such as bean-curd and imitation meat. Curiously these imitation meats (known as vegetarian meat, chicken, fish, and so on) bear an amazing resemblance to their fleshy counterparts in form, texture and flavor.

"For some unknown reason, the best vegetarian restaurants [in China] are to be found in Shanghai–a thriving commercial center and seaport..." (p. 119). Buddha's fry (with 1 oz. dried bean-curd skin [yuba], p. 120-21). A small color photo shows sheets of dry yuba. Eight treasure bean curd (p. 132). "This recipe used to be called 'Prince's Bean-Curd' and originally appeared in *Sui-yuan Shihtan* (Recipes of Sui-yuan), by the 18th century man of letters and gourmet, Yuan Mei." A small color photo shows fresh bean-curd on a wooden table in a Chinese market stall. Bean curd a la maison (p. 144).

Sichuan / western soy related recipes: Bean curd fish in chili sauce (p. 164). Steamed beef with ground rice (with 1 tablespoon {15 ml} salted black beans, crushed). 'Pock marked woman' bean curd (Mabo doufu, with salted black beans, p. 173). This is another nationally popular dish that originated in Sichuan. The woman was the wife of a well-known chef who worked in Chengdu about 100 years ago; she created the dish. Hot and sour soup (with 1 cake bean curd, p. 174). Fish soup (with bean curd, p. 181). Soy braised duck (with Hoi Sin sauce and soy sauce, p. 182).

Cantonese / southern soy related recipes: Fish and bean-curd casserole (p. 194-95). Eight treasure stuffed bean-curd (a well known Hakka dish, p. 198). Squid and peppers with shrimp (prawn) balls (with 1 tablespoon crushed black bean sauce, p. 202-03). Fish head casserole (with 2 cakes bean-curd, p. 203). Steamed bass in salted black beans (p. 209).

Glossary of main ingredients (p. 219-21) has entries for: Bean-curd (toufu, incl. dried bean-curd skin). "Bean sauce: Sometimes called 'Crushed bean sauce,' this thick sauce is made from black or yellow [soy] beans, flour and salt. It is sold in tins... (N.B. Black bean sauce is very salty, while yellow bean sauce is sweeter with sugar added)." Bean sprouts: Of the two kinds, yellow soy bean sprouts are sold only in Chinese provision stores.

A large excellent photo (p. 219) shows: 1. Hoi Sin [hoishin] sauce in white bowl. 2. Salted black beans in can. 3. Light soy sauce in bottle. 4. Dark soy sauce in bottle. 5. Red bean-curd sauce in small brown crock. 6. Crushed yellow bean sauce in bowl. 7. Yellow bean sauce in white bowl.

"Chili paste: Also called 'Chili purée,' is made of chili, soy bean, salt, sugar and flour. Sold in jars; will keep almost indefinitely." "Hoi Sin sauce: Also known as barbecue sauce. Made from soy beans, sugar, flour, vinegar, salt, garlic, chili, and sesame." "Red bean curd sauce: A thick sauce made from fermented bean curd and salt. Sold in cans or jars, will keep indefinitely." "Salted black beans: Whole bean sauce,

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very salty." Sesame seed oil: Chinese typically use vegetable oils; soy bean oil is very widely used. Soy sauce: "The darker colored sauces are strongest and more often used in cooking, whereas the lighter are used at the table."

4411. Junior League of Baton Rouge, Inc. 1979. River Road recipes II. Baton Rouge, Louisiana. *
• ***Summary:*** Contains several tofu recipes.

4412. Kohler, Jean Charles; Kohler, Mary Alice. 1979. Healing miracles from macrobiotics: a diet for all diseases. West Nyack, New York: Parker Publishing Co. 290 p. Index. 24 cm. [70* ref]
• ***Summary:*** This book is by and about people who were cured of cancer, apparently by following a macrobiotic diet, lifestyle, and worldview.

Miso soup is mentioned on pages 29, 30, 112, 122, 161, 169, 173. Miso-tahini spread p. 208. Miso, tekka, p. 131. Shoyu, p. 169. Soybeans, p. 122, 169. Soy ice cream, p. 214. Tamari, p. 112, 169. Tofu, p. 178 ("you can often find some tofu {some natural-foods stores are equipped to handle this perishable bean-curd}").

Seitan is mentioned on pages 202, 216, and 218.

The index also contains many entries for seaweed (edible), sesame oil, sesame seeds, sugar, sunflower seeds, tahini, umeboshi plum, vegetarian diets and nutrition, Zen, etc.

At age 16, while visiting a shrine in Akita (in northeastern Japan), Michio Kushi had a profound spiritual experience, which is described at length (p. 88). "I saw... that everything was being; everything was radiating light. I could then understand that everything is living, everything is breathing, including plants, grasses, trees, birds, and even houses, stones, and soil; everything without exception. Then I understood that life is nothing but light and vibration, or waves, and the universe is full of life, and is one continuity, yet is manifested in everything and every being."

Michio visited an organization in Tokyo named the World Government Organization. To Michio's surprise, the young people there "talked about food and cooking rather than world government. They introduced Michio to their teacher: Nyoichi Sakurazawa, whose name in the Western world was George Ohsawa."

"Ohsawa never spoke to Michio about food. It was always the view of the Universe he talked about–and of yin and yang."

Jean Charles Kohler (husband) was born in 1916 and Mary Alice Kohler (wife) was born in 1917.

4413. L'Aurore. 1979. La cuisine au tofu: Un art Japonais [Tofu cuisine: A Japanese art]. Quebec, Canada: L'Aurore. 192 p. Illust. No index. 14 x 22 cm. [Fre]
• ***Summary:*** Contents: I. Introduction: Table of derivatives of soybeans. Some numbers [statistics]. II. Tofu: Utensils, coagulants, method of preparation of tofu, method of preparation of kinugoshi tofu. Other preparations: Soymilk. Soymilk yoghurt [yogurt]. III. Getting started: Fundamental ingredients, tools of the art, techniques for preparing foods. Fundamental recipes: Bouillons, sauces to accompany basic soy sauce, preparations to accompany basic miso, basic sauces, rice, noodles, sesame salt, grilled soybeans, kofu [wheat gluten]. Recipes using gô, okara, tofu, soymilk, kinugoshi tofu, yuba. Glossary. Useful addresses. Bibliography.

Note 1. This book is largely based on and pirated from *The Book of Tofu* by Shurtleff and Aoyagi (1975).

Note 2. This is the earliest French-language document seen (April 2013) that mentions silken tofu, which it refers to as *kinogoshi*. Address: Quebec, Canada.

4414. Lin, Haiyin; Hsia, Zumei; Hsia, Zuli. comps. 1979. Zhongguo doufu [Chinese tofu. 9th ed.]. Taibei, Taiwan: Chunwen-xue Chubanshe Youxian Gongsi. 4 + 4 + 249 p. 18 cm. [Chi]*
• ***Summary:*** Discusses the lore, anecdotes, and history of tofu, gives references to tofu in Chinese literature, and tofu recipes. Address: Taiwan.

4415. Lo, Kenneth H.C. 1979. The encyclopedia of Chinese cooking. New York, NY: A & W Publishers, Inc. viii + 369 p. Plus 10 unnumbered pages of color plates. Illust. Index. 26 cm.
• ***Summary:*** The Introduction notes: "Everybody who has lived through the last couple of decades in the West has noted the tremendous expansion in the desire for increased sensuality; for the freer and fuller use of our senses of sound, sight, taste, and touch" (p. 1).

"Chinese meals are communal meals." Chinese food and cooking "are undoubtedly one of China's unique contributions to the sum total of the world's civilization" (p. 3).

Note: This book calls for the use of monosodium glutamate in many recipes.

Soy related recipes: Peking soy-meat sauce for noodles (with soy sauce, brown bean paste, and hoisin sauce, p. 39). Soy-celery sauce for deep-fried chicken (with soy sauce, p. 42). Soy-stock sauce for deep-fried chicken (with soy sauce, p. 42). Soy-vinegar sauce for deep-fried chicken (with soy sauce, p. 42). Soy and mixed vegetable sauce for deep-fried chicken (with soy sauce, p. 43). Soy-stock sauce for boiled, white-cut, or sliced chicken (with soy sauce, p. 43). Soy-red bean cheese marinade for pork or spare ribs (with "1 tablespoon red bean cheese," p. 48). Basic soy-vinegar dressing (with soy sauce, p. 49). Strengthened soy-vinegar dressing (with soy sauce, p. 49). Hot soy dressing (with soy sauce, p. 50). Soy-sesame dressing (with soy sauce, p. 50). Soy-onion dressing (with soy sauce, p. 50).

Basic condiments: Soy sauce (p. 52). Hoisin sauce (p.

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53). Soy sauce comes in three grades: light, dark, and heavy. The heavy type can be used as a tasty dip. "Good quality heavy soy-sauce has a flavor of its own..."

Various dips for chicken (all with soy sauce): Soy-oil dip for chicken (p. 55). Soy-oil-garlic dip (p. 55). Soy-oil-ginger dip (p. 55). Soy-ginger-garlic dip (p. 55). Soy-oil-scallion dip (p. 56). Soy-mustard dip (p. 56). Hot soy-oil dip (p. 56). Soy-sherry dip (p. 56). Hoisin or plum sauce for pork (p. 56). Soy-sesame dip for pork (p. 57). Dip for deep-fried bean curd (with soy sauce, peanut butter, sesame oil, etc., p. 58). Sliced pork and bean curd soup (with "2-3 cakes bean curd," p. 67).

Hot noodles with soy jam and fresh vegetables (with "6¼ tablespoons soy jam or paste," p. 102).

The chapter titled "Vegetable and vegetarian dishes" (p. 106-21) begins: "There are three background factors in Chinese vegetable and vegetarian cooking which give them strength, tradition, and variety.

"The first of these is the widespread use of soy beans and their by-products [soyfoods] which, as we have already seen, add a great deal of flavoring power to Chinese meat cooking, as well as the cooking of other foods. One must also recognize that the use of bean curds is of great importance–for shear versatility–for shear versatility they have few equals in the whole realm of food materials." This type of cooking is derived "principally from Buddhist monastery and temple cooking. "Soy beans and their by-products (soy sauce, soy paste [jiang], soy cheese [fermented tofu], soy bean curd, and fermented salted black beans) [fermented black soybeans] act as a common denominator between meat and vegetable dishes." The "Basic vegetarian stock" has three main ingredients: fresh and dried mushrooms and mushroom stalks, 1½ lb yellow [soy] beans, and ¼ teaspoon MSG. The technique of "Splash frying" is used in the recipe for "Splash-fried bean sprouts" (p. 112). Soy related: Vegetarian toasted 'shrimp' (with 2 cakes bean curd and 1 teaspoon bean curd cheese, p. 119). Vegetarian spring rolls (with 2 cakes bean curd 1 teaspoon bean curd cheese, p. 119).

Spare ribs with black beans (Chinese style) (with "2 tablespoons fermented black beans," p. 142).

Spare ribs with black beans (overseas Chinese style) (with "2 tablespoons fermented black beans," p. 142). Spare ribs with red bean curd cheese (p. 143-44). Sliced roast pork stir-fried with bean curd (p. 150). Diced chicken in soy jam (with "2 tablespoons soy jam or paste," p. 212-13). Soy eggs (made by simmering hard-boiled eggs in soy sauce).

The Glossary (p. 343-46) includes entries for: Bean curd. Bean curd cheese ("It is used extensively for flavoring, and is often eaten in small quantities with congee {plain, boiled rice porridge} for breakfast in China"). Bean sprouts ("Young sprouts of the mung bean"). Black beans (Fermented) ("Small, black, salted soy beans"). Hoisin sauce ("Literally translated it means 'Sea-Fresh Sauce.' The ingredients are soy sauce, soy paste, ground yellow beans, garlic, sugar and vinegar). Light soy sauce. Monosodium glutamate ("It can be eliminated from the recipes if desired"). Red bean curd cheese [a type of fermented tofu]. Soy jam (soy bean paste) (This is almost a solid version of soy sauce; it is somewhat less salty but often tastier than soy sauce).

Note: This book was first published in 1974 by William Collins Sons & Co. in London.

4416. Making tofu at The Soy Plant in Ann Arbor, Michigan (Photographs). 1979.
• ***Summary:*** These two black-and-white photos (each 5 by 7 inches) were sent to Soyfoods Center in 1979 by Steve Fiering of The Soy Plant. Both photos show Ann Elder making tofu at The Soy Plant. She is wearing a bandana over her hair and a plastic apron over her clothes. In the first photo, she is using a wooden paddle to stir the *gô* (soy slurry) in a steam-jacked cooker / kettle and spraying it with cold water from the sprayer in her left hand. The rim of the cooker is several inches below the height of her shoulders. When the slurry would boil and start to rise, she would spray it down. After it rose three times, it was removed from the cooker, and the soymilk was pressed out.

In the second photo, she is tilting a second large kettle in which the soymilk was curded with nigari. The kettle is shown full of curds and whey. After the whey was ladled off, the curds were gently scooped into forming boxes.

Note from Steve Fiering. 1999. July 6. Steve, who was a founder of The Soy Plant, is now a Professor of Microbiology, at the Dartmouth-Hitchcock Medical Center, in Lebanon, New Hampshire. He says that Ann Elder still lives in Ann Arbor and works for the co-op bakery there.

4417. Mather, Christie. 1979. The Tofu Shop. Telluride, Colorado. 1 p.
• ***Summary:*** A cute poem, in rhyming couplets, describing this warm and friendly place. Christie is a member of the Tofu Shop cooperative. Address: 116 N. Oak St., P.O. Box 69, Telluride, Colorado 81435.

4418. McGruter, Patricia Gaddis. 1979. The great American tofu cookbook. Brookline, Massachusetts: Autumn Press. 124 p. Illust. Recipe index. 26 cm.
• ***Summary:*** Contents: Acknowledgments. Introduction. Preparatory techniques. Appetizers. Soups. Salads. Entrées. Desserts.

4419. New England Soy Dairy Inc. 1979. Product and merchandising guide. Greenfield, Massachusetts. 18 p. Illust. No index. 28 cm.
• ***Summary:*** Contents: About NESD. What is tofu? Why buy tofu?: Consumer benefits, retailer benefits, institution benefits (shows package label). Why buy Soy Dairy tofu?:

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High quality ingredients (soybeans, natural nigari, water), good taste, freshness, long shelf life (18 days from day of production), sales service, product liability insurance. How tofu is made (with 7 large photos showing each step). The many uses of tofu. Nutritional highlights. Nutritional information: Tofu, firm tofu. Point-of-purchase materials and program (incl. 3 recipe brochures, color poster). Letters of recommendation. Kosher letter (1 Sept. 1978 from Rabbinical Council of New England; Tofu and Soymayo have been granted the KVH symbol of Kashruth endorsement). Care and handling: Packaged tofu, bulk tofu. New products and guarantees. Price list (enclosure).

"New products scheduled for release in 1979 are plain and flavored soymilk, deep-fried ready-to-eat tofu cutlets, eggless no-cholesterol mayonnaise, and soymilk ice cream. In the testing stages are soymilk yogurt and soymilk kefir, and other traditional foods made from soybeans... Guarantee: New England Soy Dairy guarantees the quality and integrity of all its products." Address: 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746.

4420. New England Soy Dairy Inc. 1979. Soy Dairy tofu (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. 44 x 28 cm. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

• ***Summary:*** This large and colorful poster has a yellow title and color photos of prepared tofu dishes on a black background. The photos on the top two-thirds are: 1. Tofu tomato cheese sauce on broccoli. 2. Tofu garlic dressing on a green salad and alfalfa sprouts. 3. Tofu strawberry whip in a stem glass. 4. Soy milk. 5. Deep fried sweet & sour tofu. 6. Organic Soy Dairy Tofu. 7. Organic Soy Dairy Firm Tofu. The bottom one-third is text and explanation. Address: Greenfield, Massachusetts.

4421. New England Soy Dairy. 1979. Cooking with Soy Dairy tofu. Volume 1 (Leaflet). Greenfield, Massachusetts. 3 panels each side. Each panel: 22 x 9 cm.

• ***Summary:*** This two-color leaflet is printed with brown and green on beige. Contents: Introduction to tofu and *The Book of Tofu*, by Shurtleff and Aoyagi. Nutrition information per serving. Percentage of U.S. Recommended Daily Allowances (protein 15%, iron 15%, phosphorus 15%). Serving suggestions. Storage. Recipes: Pan-fried tofu with sauce. Stewed tofu. Tofu manicotti. Tofu eggless "egg salad." Tofu guacamole. Tofu Russian dressing. Tofu onion garlic dip. Tofu strawberry whip. Tofu "cheesecake." Address: 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746, 774-3141; NYC (212) 532-1404.

4422. New England Soy Dairy. 1979. Cooking with New England Soy Dairy tofu: Summer recipes. Volume 2 (Leaflet). Greenfield, Massachusetts. 3 panels each side. Each panel: 25.5 x 9 cm. Dated 1979.

• ***Summary:*** This two-color leaflet is printed with brown and green on beige. Contents: Introduction to tofu and *The Book of Tofu*, by Shurtleff and Aoyagi. Serving suggestions. Storage. Nutrition information per serving. Percentage of U.S. Recommended Daily Allowances (protein 15%, iron 15%, phosphorus 15%). Recipes: Chocolate or carob tofu creme pie. Tofu "Mayonnaise." Creamy tofu dip. Tofu vinaigrette [Salad]. Tofu "Steaks" on the outdoor grill. Tofu garlic dressing. Tofu blue cheese dressing. Tofu protein pops. Tofu raspberry pudding. Batter-fried tofu with vegetables. Summery tofu salad. Address: 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746, 774-3141; NYC (212) 532-1404.

4423. Ng Sock Nye. 1979. Soya bean–Nutritious food for the people. Malaysia: Institut Masyarakat Berhad, 9 Lorong Kucing, Pulau Tikus, Penang. 19 p. Illust. 21 cm. [3 ref]

• ***Summary:*** A very original and informative booklet, containing a photo or illustration (line drawing) of most of the soyfood products discussed.

Contents: Nutritional value of soya bean, soya bean milk (tau chui [soymilk]), soya bean curd (tau fu fah [soymilk curds]), soya bean jelly (tau fu [tofu]), fried bean cake cubes (tau fu pok [deep-fried tofu cubes]), bean cakes (tau kuah [pressed tofu]), dried soya strands (tau ki / fu chok [dried yuba sticks]), soya skin sheets (tau pui; dried yuba), sweet bamboo (t'im chok [sweet dried] yuba), vegetarian duck (chai ak [Buddha's duck made from seasoned and steamed yuba]), vegetarian salted fish (chai kiam hu [Buddha's fish made from tofu spread on yuba]), vegetarian meat (chai tu kar [Buddha's ham made from seasoned yuba; may be steamed]), soya bean sprouts (tau geh [soy sprouts]), soya sauce (tau eu [soy sauce]), salted soya beans (tau chio [Malaysian fermented black soybeans]). Bibliography.

On page 18 is a photo of all the soyfood products discussed on one table, each neatly labeled with its Malaysian name.

4424. NHK. 1979. Tôfu ryôri [Tofu cookery]. Tokyo: Nihon Hoso Kyokai. 128 p. Illust. No index. 19 cm. [Jap]

• ***Summary:*** Contents: Part I: Japanese style tofu recipes. Boiled/simmered (niru), steamed, broiled, fried, sauteed, tossed salad (with tofu dressing), soups, other, okara, deep-fried tofu cutlets, deep-fried tofu pouches, kôya-dofu. Part II: Chinese style tofu recipes. Tossed salad, steamed, boiled/simmered, deep fried, deep-fried tofu cutlets, deep-fried tofu pouches. Address: Tokyo, Japan.

4425. Nordquist, Ted. 1979. Re: Planning a natural soy products industry in Sweden. Letter to William Shurtleff and Akiko Aoyagi at New-Age Foods Study Center, undated. 1 p. Typed, with signature. [Eng]

• ***Summary:*** "Thank you again for the lovely evening [19 May 1979, in Lafayette] and all the helpful materials. A

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great deal has transpired here since we last met. I am now in the process of planning a 'natural soy products' industry in Sweden, along with a long time friend and Engineer, Ki Yong Kim. Towards this end, Kim will be visiting Japan in August." He would like to visit medium- and large-scale companies that make tofu equipment.

"Ray Nagai of Traditional Tofu mentioned the ideas of soy-milk yogurt and tofu salad dressings as good starters on the Swedish market (Swedes have a taste for 'sour' milk products)."

"We are in the process of researching all available Swedish machinery suitable for soy products. We are aiming at December [1979] as the month when we put together our findings concerning machinery, marketing, distribution, initial products, aims, etc. and can present a convincing deal to probable financiers, hopefully by February of 1980... It took me a great deal of deep thinking to make the final jump from academics to soy products. Now that I have turned down a two-year grant and both Anne-Marie and I have decided to 'make or break' our lives on soy products I have a good gut sensation that I am headed in the right direction. My love to you both. Om Tat Sat. Ted A. Nordquist, FD."

Note: This is the earliest English-language document seen (Sept. 2012) that contains the term "soy-milk yogurt." Address: Blodstensvägen 16, 752 44 Uppsala, Sweden.

4426. Okita Enterprises, Inc. 1979. Masuko Sangyo Miniplant: Tofu & soy milk machine. 960 E. 12th St., Los Angeles, CA 90021. 12 p. Undated. 28 cm.
• ***Summary:*** A photo on the cover shows the Masuko Sangyo Miniplant on a blue background. Okita Enterprises is the sole agent in the USA for the equipment shown in this catalog. Okita has a training center at 723 S. Stanford Ave., Los Angeles, California 90021. The body of the catalog shows photos and gives details on the following equipment: The Miniplant and related parts (p. 2-5). The Super Masukoroider, a soybean grinder with special non-permeable grinding stones made by Masuko Sangyo K.K. in Japan (p. 6-7). Various sizes of manual and automatic tray packagers, the smallest of which is the Monkey Packer 1 (p. 8-9). The new Asahi Container (tofu pressing and forming box), made of stainless steel and Tofu-Tex "cloth" by Toyo Plant in Japan. Address: Los Angeles, California. Phone: (213) 629-2206.

4427. Okita Enterprises, Inc. 1979. Sany Ace "Unit": Unit type sanitary plant [Automatic tofu & soy milk machine]. 960 E. 12th St., Los Angeles, CA 90021. 6 p. 30 cm.
• ***Summary:*** On the cover is a photo of the Sany Ace plant on a blue and white background. The manufacturer is Sato Shoji Co. Ltd. in Japan. Okita Enterprises is an importer of this equipment. Contents: DEvelopment of the "Sany Ace (Unit)." Characteristics of Sany Ace. Flow sheet, with the names and a mechanical drawing of each piece of equipment in the system. Features of the grinding unit, boiling unit, and squeezing unit (with a photo of each). Option: Advanced separator for labor saving: Vibrating screen, Brown squeezing unit (with photos of both). Address: Los Angeles, California. Phone: (213) 629-2206.

4428. Okita Enterprises, Inc. 1979. Rietz Manufacturing Co. 960 E. 12th St., Los Angeles, CA 90021. 4 p. Undated. 28 cm.
• ***Summary:*** A black-and-white photo on the front cover shows a Rietz disintegrator on a green background. A black-and-white photo on the rear cover shows a Rietz tofu and soymilk cooker on a white background. The inside two pages show mechanical drawings of these two pieces of equipment integrated into the OK-FRSB 1000 tofu plant, which has a capacity of 10-15 gallons/minute. The text states that this "could very well become the Tofu plant of the future." Note: Rietz (c/o Bepex Corp.) is located in Santa Rosa, California. Address: Los Angeles, California. Phone: (213) 629-2206.

4429. Okita Enterprises, Inc. 1979. Brown International Corp. Sato Shoji Co., Ltd. 960 E. 12th St., Los Angeles, CA 90021. 4 p. Undated. 28 cm.
• ***Summary:*** A black-and-white photo on the front cover shows a Brown 2202 disintegrator-extractor on an orange-brown background. Black-and-white photos on the other three panels show the following pieces of equipment, each on a white background. (1) Okita-type separation unit consisting of a Sweco Separator and a Brown Extractor. (2) Brown 3900 continuous process screw extractor. (3) Sany Ace unit, made by Sato Shoji Co., Ltd. of Japan. Address: Los Angeles, California. Phone: (213) 629-2206.

4430. Okita Enterprises, Inc. 1979. Automatic tray packager: US 900 ss–electro-mechanical press, and US 90 ssa–compressed air press (Leaflet). 960 E. 12th St., Los Angeles, CA 90021. 1 p. Undated. 28 cm.
• ***Summary:*** A black-and-white photo on the front cover shows one of these large packaging units on a white background. The packaging machine is "for tofu, seafood, pickled vegetables, or any other product that may require a water tight seal." Produces 500 to 1,500 packages/hour. The dimensions of each machine are given. Address: Los Angeles, California. Phone: (213) 629-2206.

4431. Padilla, Jean. 1979. Les recettes végétariennes de l'Auberge "in" [The vegetarian recipes of the Auberge "Inn"]. Paris: Editions Robert Laffont. 142 p. Illust. No index. 22 cm. [Fre]
• ***Summary:*** The Auberge "Inn" is apparently a restaurant in France. In French, the word *Auberge* refers to an inn, public house, hostel, or tavern. Soy-related recipes include: Macao salad (with soy sprouts, p. 113). Tropical salad (with soy sprouts, p. 116). Macrobiotic pâté (with soy flour, sesame

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butter, etc., p. 125). Miso pâté (with miso [soja fermenté em pâté], chickpea flour, Chinese-style tofu [pâte de soja = fromage de soja], and soy sprouts, p. 126). Shallot sauce (with tamari, p. 127). Clafoutis Auberge "In" (with soy flour, p. 137). Address: Paris, France.

4432. Peppler, Henry J.; Perlman, D. eds. 1979. Microbial technology. 2nd ed. Vol. 1. Microbial processes. Vol. 2. Fermentation technology. New York, NY: Academic Press. Vol. 1, 544 p. Vol. 2, 536 p. Subject index.
• ***Summary:*** Contents of Vol. 1: 1. Beer brewing. 2. Cheese. 3. Distilled beverages. 4. Mold modified foods, by Hwa L. Wang and C.W. Hesseltine (p. 95-129, cited separately; incl. soy sauce, miso, hamanatto, sufu, tempeh). 5. Wine. 6. Vinegar. 7. Ketogenic fermentation processes. 8. Mushroom fermentation. 9. Inocula for blue-veined cheese and blue cheese flavor. 10. Microorganisms for waste treatment. 11. Elementary principles of microbial reaction engineering. 12. Microbial culture selection. 13. Methods for laboratory fermentations. 14. Instrumentation of fermentation systems. 15. Computer applications in fermentation technology. 16. General procedures for isolation of fermentation products. 17. Use of immobilized cell systems to prepare fine chemicals. 18. Economics of fermentation processes. 19. Fermentation processes and products: Problems in patenting.

Page 111: "Sufu, a traditional Chinese food, is a soft cream cheese-type product made from cubes of soybean curd (tofu) by the action of a mold. In the Western world, sufu has been referred to either as Chinese cheese or as bean cake. Because of the numerous dialects used in China, the product is also known as fu-ju, tou-fu-ju, and others (Wang and Hesseltine, 1970a)." Address: 1. Universal Foods Corp., Milwaukee, Wisconsin; 2. School of Pharmacy, Univ. of Wisconsin, Madison.

4433. Rattazzi, Ilaria; Rivetti, Franz. 1979. La soia. Semi e germogli: come coltivarli, prepararli e cuocerli. Gli abbinamenti con carne e verdure. Come prepare il go, il latte di soia e il tofu [Soybeans. Seeds and sprouts: how to grow, prepare, and cook them. Combining with meat and vegetables. How to prepare fresh soy puree (gô), soymilk, and tofu]. Milano, Italy: Sonzogno. 127 p. [73 ref. Ita]
• ***Summary:*** Contains many recipes. Address: Italy.

4434. Riker, Tom; Roberts, Richard. 1979. Directory of natural and health foods: A sourcebook for dietary revolution. New York, NY: Putnam (A Paragon Book). 320 p. Index. 37 cm.
• ***Summary:*** The first part of this book (p. 7-49) consists of essays on natural foods and nutrition (some reprinted). Part two is a commercial catalog/directory of natural foods available in 1979; it lists and describes (with may photos and labels) products from most of the major U.S. natural foods manufacturers. An Index (p. 293-308) lists participating companies alphabetically.

Soy-related products include: Hain Super-E Soy Oil and Crude [unrefined] Soy Oil (Los Angeles, California, p. 55). Health Valley Soy Moo (Montebello, California, p. 56). Edward & Sons Miso-Cup (Union, New Jersey, p. 57). Family Orchards Fruit & Nut mixes, incl. Back Packer+*, Hi-Fiber Mix+, Hi-Iron Mix+, Hi-Protein Mix+*, Hiker's Helper, Mixed Nuts*, Mountain Munchies*, Tamari Mixed Nuts* (+ = contains Soy Nuts; * = contains Tamari Peanuts) (Berkeley, California, p. 60-61). Niblack Tamari Pumpkin Seeds (Pepitas), Tamari Roasted Sunflower Seeds, Liquid Lecithin, Granular Lecithin (Rochester, New York, p. 72-73). Arrowhead Mills Unrefined Soybean Oil (Hereford, Texas, p. 75). Good Morning New England Granola incl. Cashew-Raisin Bran-ola (with okara soy fiber), Happy Trails Mix (with roasted soynuts) (Amherst, Massachusetts, p. 79). Elam's Soy Flour (Broadview, Illinois, p. 81).

A long section on Erewhon and its products (p. 84-108) is probably the reproduction of an Erewhon catalog. Erewhon is now located at 3 East Street, Cambridge, MA 02141. Following several pages about the company and its philosophy and standards, each of its major products is discussed in detail, often with nutritional analyses. A label for Soy Flour (organically-grown stone-ground, 24 oz.) is shown; the main recommended use is for making soy milk! A major part of the presentation is titled "Japanese food guide." Products described include: Umeboshi (2 pages): Plums pickled in brine (umeboshi). Umeboshi paste. Plum concentrate (*bainiku ekisu*). Miso (2 pages): Hatcho, waka-Hatcho, soybean, barley, brown rice, rice, and natto miso varieties. Tekka (made with Hatcho miso). Sweets made from mizu ame [rice syrup]. Nigari. Gomashio. Koji starters for various types of miso or shoyu. Goma-muso (60% barley miso and 40% whole sesame seed butter). *Gomamiso furikake* (with barley miso, whole roasted sesame seeds, and shredded nori seaweed). Kombu candy. Kokkoh. Dried tofu (*Kohya-dofu*). Brown rice sake. Mirin. Gluten cakes (*Kuruma-fu*). Seitan (Gluten cooked in shoyu). Rice crackers seasoned with tamari soy sauce. Kuzu (3 pages). Tamari and shoyu (4 pages; Johsen Shoyu is made in Sendai and tamari is made by San-jirushi Co.). Seaweeds (4 pages): Kanten, arame, hijiki, kombu, ne-kombu, nori, seasoned nori, kanten, kanten flakes, wakame, and mekabu.

Good Food brand Soy-Millet Bread (Austin, Texas, p. 120). Arrowhead Mills Bulgur-Soy Grits (p. 121). Erewhon Morning Cereal, and Infant Cereal (each containing soy beans). Chico-San Black Soybeans (imported), and Azuki Beans (Dainagon imported small red), and Lima Soy Sauce (Chico, California, p. 126-27). Arrowhead Mills 7 Grain Cereal, and Deaf Smith Crunch (granola-type cold cereal) (each contains soybeans, p. 130).

The section on pages 188-197 is titled "Soy." It lists Farm Foods Tempeh Kit, Tempeh Starter, Natural Nigari for Curding Tofu, Soyflour, Whole Cleaned Soybeans, Good for

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Ya Textured Vegetable Protein (Summertown, Tennessee, p. 189). New England Soy Dairy Tofu (with many tofu recipes, Greenfield, Massachusetts, p. 192-96).

The Redwood Sprouter Co. sprouter containing Soy Sprouts (1976, Austin, Texas, p. 202-04). Worthington Foods (a photo shows their line of 38 products). Millstone Burger-Like (with soy flour and TVP), Wheat Fries (with wheat gluten), Tender Cuts (with wheat protein and soy flour) (Penryn, California, p. 222-23). Sunrise Health Products Lecithin Granules (p. 274-75).

4435. **Product Name:** [Tofu kit].
Foreign Name: Tofu kit.
Manufacturer's Name: Roland A. di Centa.
Manufacturer's Address: Via Maffei, Milan, Italy.
Date of Introduction: 1979. January.
New Product–Documentation: Ad (in French, 2 inches square, black and white) in Le Compas (France). 1981. No. 17. Spring. p. 52. "Tofu kit. Contains everything to prepare tofu in your own home, including a 16-page booklet and enough nigari for two batches of tofu. Price: 120 francs, postpaid. Send a check to De Centa, 12, rue des Patriarches, 750-05, Paris."

An undated booklet accompanied this tofu kit made in Italy by Roland A. di Centa, Italy's first Caucasian tofu maker. On the yellow cover of the French-language booklet the word "tofu" is also written using Chinese characters. Contents of the booklet: Tofu: What is tofu?, vitality and energy, proteins, easy to digest, saturated fats and cholesterol, easy to prepare in recipes, make tofu at home using the tofu kit. The tofu kit and its contents. Details on the tofu kit and how to use it. How to store and press tofu. How to make tofu at home: Detailed instructions with illustrations. Ingredients used in preparing tofu recipes: Tamari, miso, kuzu, unrefined sea salt, sesame oil, sesame seeds and gomashio, tahini (most sold at macrobiotic food stores). Recipes for using tofu. Recipes for using okara. Soymilk.

Note: This booklet was sent with a letter by Roland A. di Centa. 1993. Aug. 9. For details, see that letter.

4436. **Product Name:** [Tofu kit].
Foreign Name: Tau-fu kit.
Manufacturer's Name: Roland A. di Centa.
Manufacturer's Address: Via Maffei, Milan, Italy.
Date of Introduction: 1979. January.
New Product–Documentation: An undated booklet accompanied this tofu kit made in Italy by Roland A. di Centa, Italy's first Caucasian tofu maker. On the white cover of the Italian-language booklet the word "Tau-Fu Kit" is written in brown outline letters. Contents of the booklet: Tofu: What is tofu?, vitality and energy, proteins, easy to digest, saturated fats and cholesterol, easy to prepare in recipes, make tofu at home using the tofu kit. The tofu kit and its contents. Details on the tofu kit and how to use it. How to store and press tofu. How to make tofu at home: Detailed instructions with illustrations. Ingredients used in preparing tofu recipes: Tamari, miso, kuzu, unrefined sea salt, sesame oil, sesame seeds and gomashio, tahini (most sold at macrobiotic food stores). Recipes for using tofu. Recipes for using okara. Soymilk.

Note: This booklet was sent with a letter by Roland A. di Centa. 1993. Aug. 9. For details, see that letter.

4437. Rovira, Eleanore. ed. 1979. The what to do with tofu cookbooklet: Recipes for soybean curd. The Grow-cery, 6526 Landsdowne Ave., Philadelphia, PA 19151. 28 p. Illust. No index. 22 cm.
• ***Summary:*** There is a page of acknowledgments, and a section titled "What is Tofu?" followed by 12 pages of recipes. At the end is a blank page entitled "Tofu a la your own imagination," is a dedication and a page-long poem. Address: Philadelphia, Pennsylvania.

4438. Sato Shoji Co. Ltd. 1979. Hôsô-dôfu shisutemu [Bean curd product system]. Nakano 3-33-9, Nakano-ku, Tokyo, Japan. Manufacturer's catalog. [Jap; Eng]
• ***Summary:*** On the cover, a large rectangular color photo in a blue frame shows a a cake of tofu, served as chilled tofu with a dab of ginger on top, in a glass bowl, with green shiso leaves on one side. Near it is a pair of wooden chopsticks on a stand and a second smaller glass bowl. All three of these items are set atop eight pieces of green bamboo, which are on a background of white pebbles. On the inside 3-page spread, a color photo shows Sato's modern Sany System. Since 1958 Sato has specialized in tofu packaging machines. Its Sany Ace System is widely used. "Bean curd is protein source in the world!" On the back page is a flow sheet of the Sany System, plus three color photos showing finished and packaged tofu products, a case of packaged tofu, and the tofu displayed in the refrigerated section of a department store. Address: Tokyo, Japan.

4439. Shulman, Martha Rose. 1979. The vegetarian feast. New York, NY: Harper & Row. xii + 319 p. Illust. by Beverly Leathers. Index. 24 cm.
• ***Summary:*** The author, born in Connecticut in 1950, is the daughter of writer Max Shulman. A color photo on the back dust jacket shows Martha Shulman. Address: Austin, Texas.

4440. Smith, Elizabeth Bernice. 1979. Vegetarian meal-planing guide: A lacto-ovo-vegetarian diet. Winnipeg, Manitoba, Canada: Hyperion Press Ltd. 104 p. Illust. (some color). 21 x 22 cm. [57+ ref]
• ***Summary:*** At head of title: "Dr. Elizabeth Smith's New World of Eating." Table 5e (p. 25) lists calories for meat alternates group. Soybean sprouts, miso, soybean curd (tofu), soybean milk, and TVP are moderate calorie, while soybeans and soy grits are high calorie.

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Page 47 notes: "Generally speaking, legumes are moderately deficient in methionine. Soybeans are an exception, as are their by-products, tempeh (fermented), tofu (the curd formed for soya), and soybean milk. All these are roughly equivalent in quality to cow's milk.

Page 49 notes that when breast feeding is not possible, soyamilk may be formulated as a very satisfactory substitute; vitamin B-12 must supplement it in pill form. "An infant who cannot tolerate cow's milk because of allergy and cannot be breast fed may accept a soybean formula until 3 to 4 months of age. At weaning, according to Fomon, the child should continue to receive by cup either soybean formula or soybean milk fortified with vitamin B-12.

Pages 54-56 describe in detail how to sprout soybeans at home, and how to prepare homemade soymilk and tofu (soybean curd). It is advised that fermented soybean products such as miso and tempeh not be produced at home "as the control of the fermentation process by specific micro-organisms is too difficult to achieve without specialized training and equipment."

Soy-related recipes include: American soybean loaf (with soaked, ground soybeans, p. 76). Soybeans printanier (with cooked soybeans). Soya sesame loaf. Soya cheese balls (with cooked, seasoned soybeans). Soybean casserole (p. 77). Sprouted soybean Creole. Sprouted soybeans au gratin. Bean sprout chop suey (with tofu, p. 77). Skillet soya sprouts and beans (p. 78). Soybean stroganov (p. 78). Address: Winnipeg, Manitoba, Canada.

4441. Sunbow Farm Products. 1979. Soy cookbooklet. Corvallis, Oregon. 8 p. 22 cm.
• ***Summary:*** Sunbow produces tofu, soy sausage, and burger mix. Contents: Why the "noble" bean. What is tofu? 20 quick ways to use tofu: Main dishes (13 brief recipes), smoothies (2), salad dressings and sandwich spreads (6), desserts (2).

12 ways to use Sunbow Soy Sausage (11 brief recipes). Sunbow's Burger Mix (3 recipes). "Our burger mix is another high fiber product and a lot more."

The two recipes for "Smoothies" read: (1) Banana: In blender put ¼ lb. tofu, one ripe banana, ¼ tsp. vanilla and some crushed ice or cold water. Sweeten to taste. (2) Berry: Blend ¼ lb. tofu, ¼ cup water or crushed ice and drop in fresh or frozen berries to taste. Sweeten to taste. Note: This is the earliest document seen (Feb. 2007) that uses frozen fruit (berries) to add thickness to a smoothie. Address: Route 2, Box 46, Corvallis, Oregon 97330.

4442. Takenaka, Haruko. comp. 1979. Nihon kaseigaku bunken-shu 1969-1978 [Bibliography of home economics 1969-78]. Tokyo: Nihon Kasei Gakkai (Japan Home Economics Assoc.). 678 p. See p. 52-57. [275 ref. Jap]
• ***Summary:*** Bibliographies are given for soybeans (protein), soybeans (other nutrients), tofu, natto, other soyfoods, and azuki beans. Address: Nihon Joshi Daigaku, Kaseigaku-bu [Home Economics Dep., Japan Women's Univ.].

4443. Timmins, Tom. 1979. Re: Flow chart for system for making soy mayo. Letter to William Shurtleff at Soyfoods Center, Undated. 2 p. Handwritten on letterhead.
• ***Summary:*** "Here is a flow chart for a simple, relatively inexpensive, yet high capacity system for mayo." A bottle washer is needed along with a bottle labeler. Address: New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746, 774-3141.

4444. Tofu Shop (The). 1979. Soyboy Tofu recipes (Leaflet). Rochester, New York. 4 panels each side. Each panel: 23 x 11 cm.
• ***Summary:*** The front panel contains an illustration of a boy flexing his muscles, holding a pail of soybeans on his shoulder, and wearing a T-shirt with a large soybean pod on it. "Did you know that tofu is eaten by more than one billion people every day? It's true–in East Asia,..."

Contains about 15 tofu recipes including 3 types of baked tofu, three salads and dips (Tofu dip, Tofu "egg" salad, and tofu guacamole), and two tofu desserts (Tofu cheesecake and Chocolate mint pie). Address: 686 Monroe Ave., Rochester, New York 14607. Phone: 716-244-4270.

4445. Tofu Shop (The). 1979. Soyboy Tofu (Leaflet). Rochester, New York. 4 panels each side. Each panel: 23 x 11 cm. Dated 1979.
• ***Summary:*** Brown ink on beige paper. On the front panel is an illustration of a laughing boy in a circle with soybean pods and leaves at the bottom. "High protein. Low calorie. Low sodium. No cholesterol. Tofu, the subtly sweet soybean 'cheese,' has been the key source of protein in Japan and China for thousands of years."

Contains 10 American-style tofu recipes, including: Tofu for babies. Chilled tofu. Lime tofu. Tofu "cottage" cheese. Pan fried tofu. Scrambled tofu. Tofu burgers. Ginger-garlic tofu. Tofu manicotti. Tofu spinach pie. Address: 686 Monroe Ave., Rochester, New York 14607. Phone: 716-244-4270.

4446. **Product Name:** Packaged Lactone Silken Tofu.
Manufacturer's Name: Unicurd Food Co.
Manufacturer's Address: Singapore.
Date of Introduction: 1979. January.
New Product–Documentation: Letter from Francis N.K. Goh. 1994. Nov. 3. This company, originally named Unicurd Food Co., was founded in 1978 as a partnership by two housewives, Madam Tan Ai Wang and Madam Chiang Kuei Chin. In late 1979 the company began to make and sell tofu, operating on a small scale in a combination 2-story shop and home, with the residence located above the shop. The approximate size was 800 square feet. They produced mainly *juten tofu* (lactone silken tofu), packed in 300 gm trays (known as 2B shape in Japan) and also 250 gm sausage-

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shaped polyethylene bags (known as sakura tofu in Japan), at the rate of about 150 kg/day. In 1980 the company moved into a factory building at Block 1012, Aljunied Ave. 3, #01-35/37, Singapore 1438. The building, of about 2,400 square feet, was constructed by the Government of Singapore. For more details, see separate entry for this letter.

4447. Voldeng, Harvey D. 1979. Soybeans in Canada–Past, present and future. Based on an article [sic, manuscript] by Dr. H. Voldeng. In: 1979. Fats and Oils in Canada: Annual Review. Ottawa, Ontario, Canada: Grain Marketing Office, Dept. of Industry, Trade and Commerce, Agriculture Canada. [vi] + 95 p. See p. 1-10. Chap. 1. [7 ref]

• ***Summary:*** Contents: Introduction. Introduction of soybeans to Canada. Importance of the soybean [worldwide]. Utilization. Food uses of soybeans: Oriental foods–Soy milk, tofu, sufu, miso, soy sauce, tempeh, Hamanatto, natto. Western ingredients–Full fat flour, defatted flour, soy protein concentrates (70% protein), soy protein isolate (more than 90% protein), textured soybean protein. Soybeans in Ontario. Development of short season varieties. Soybeans in Quebec and the Maritimes. Soybeans in the Prairies (southern Manitoba and Alberta).

A table shows soybean acreage in Ontario's leading counties in 1978. Kent 205,000. Essex 192,000. Lambton 170,000. Elgin 63,000. Middlesex 40,000. Other 7,000. Total (Ontario) 705,000 acres.

Soybeans grown in Ontario can be crushed at three plants: (1) Victory Soya Mills (owned by Procter and Gamble) in Toronto. (2) Canadian Vegetable Oil Processing Limited (owned by Canada Packers) in Hamilton. (3) The recently completed Maple Leaf Monarch plant (affiliated with Unilever Corporation) in Windsor. Total crushing capacity in Ontario is about 35 million bushels per year.

The CSP Foods Plant in Altona, Manitoba, has in some years crushed limited amounts of soybeans imported from the U.S.

"Development of short season varieties: The justification for the effort to develop a large acreage outside of southwestern Ontario has been the magnitude of imports of soybeans, meal and oil. This has been and continues to be sizeable. The situation (in metric tons = tonnes) is outlined below for the 1977/78 crop year: (1) Whole soybeans: Production 527,361. Imports 262,835. exports 64,173. Domestic crushing 728,400.

(2) Soybean oil: Imports 28,100. Exports 1,400. Domestic production 125,600.

(3) Soybean meal: Imports 376,300. Exports 45,600. Domestic production 575,400. Source: *Fats and Oils in Canada, Annual Review,* 1978.

Letter (e-mail) from Dr. H. Voldeng of Agriculture and Agri-Foods Canada. 2010. Feb. 16. The original "article" was not an article but a manuscript that was sent to the publishers of this volume; they reduced the length slightly. It was never published separately, no longer exists, and cannot be cited separately. Address: Agriculture Canada, Ottawa, Ontario.

4448. Wang, Hwa L.; Hesseltine, C.W. 1979. Mold-modified foods. In: H.J. Peppler and D. Perlman, eds. 1979. Microbial Technology. 2nd ed. Vol. 2. Fermentation Technology. New York: Academic Press. 544 p. See Vol. 1, p. 95-129. [90 ref]

• ***Summary:*** Volume 1. Microbial processes. Volume 2. Fermentation technology. Contents: 1. Introduction. 2. Soy sauce. 3. Miso. 4. Hamanatto. 5. Sufu [fermented tofu]. 6. Tempeh. 7. Ang-kak (red rice, used as a color agent). 8. Absence of mycotoxins in fermented foods. 9. Conclusions.

For each food is given: General description, method of preparation, composition [chemical / nutritional]. In addition for tempeh is given: Tempeh-like products, biochemistry and physiology of *Rhizopus oligosporus*, changes occurring during fermentation, nutritional value.

"Soy sauce "is known as chiang-yu on China, shoyu in Japan, kecap in Indonesia, kanjang in Korea, toyo in the Philippines, and see-iew in Thailand. In the Western World the product is often referred to as soy sauce." Japan is the leader worldwide in sauce production; it has the largest fermentation plant and uses the most advanced technology.

Hamanatto: Products similar to Japan's hamanatto are known as tou-shih in China, tao-si in the Philippines, and tao-tjo [sic] in the East Indies [Indonesia]. A typical process for making hamanatto in Japan, based on information supplied by Dr. T. Kaneko of Nagoya Univ., Japan, is as follows: Wash soybeans, then soak, steam until soft, drain, and cool. Mix with parched wheat flour in the ratio of 2 parts soybeans to 1 part flour. Inoculate the soybeans with a short- or medium-stalked strain of *Aspergillus oryzae*. Incubate for 1-2 days until the beans are covered with a fragrant mycelium and have become soybean koji. Pack the soybeans in a container [wooden keg] with (for example) 2.5 kg soybean koji, 650 gm salt, 3.6 liters water and some freshly sliced gingerroot. Cover the container tightly and age under pressure for 6-12 months. Remove beans from liquid and dry them in the sun to give hamanatto. The composition of the brine may differ among manufacturers.; thus the finished hamanatto differs somewhat in taste and appearance. "Japanese hamanatto is rather soft, having a high moisture content. Chinese tou-shih has a much lower moisture content... and therefore is not so soft. Tao-tjo tends to have a sweet taste because sugar is often added to the brine."

Shoyu in Japan: Although there are more than 4,000 shoyu makers in Japan, the largest 4-5 companies produce about 50% of the total.

Note: A wide variety of dairy cheeses, especially of French origin, are made with surface mold growth. Typical varieties are Camembert, Coulommiers, and Brie. Address: NRRC, Peoria, Illinois.

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4449. Witty, Helen; Colchie, Elizabeth Schneider. 1979. Better than store-bought: A cookbook. New York, NY: Harper & Row. ix + 325 p. Index. 24 cm.
• ***Summary:*** Contains information about and recipes for homemade soybean sprouts (p. 281-82) and bean curd [tofu] (p. 283-84, curded with Epsom salts–magnesium sulphate).

4450. Yamaguchi, Momoo; Kojima, Setsuko. eds. 1979. Wa-Ei Nihon bunka jiten [A cultural dictionary of Japan]. Tokyo: Japan Times. vii + 408 p. See p. 108. 19 cm. [Eng; jap]
• ***Summary:*** A very useful book with excellent definitions of Japanese words in English. It is divided into nine parts; No. 2 is titled "dietary habits" (p. 79-131). Each definition has four parts: (1) The word is written in romanized English, with diacritical marks and a hyphen in compound words. (2) The word is written in characters. (3) A long definition is given in English. (4) Related words and "see also" words are given (romanized) and key words in the definition are defined in Japanese (Chinese characters).

Words only distantly related to soy are preceded below by an asterisk. Soy-related words: abekawa-mochi (with "sweetened yellow soybean powder–kinako"), abura-age (fried soybean curd), aemono, age-dama, age-dashi ("soybean curd fried lightly without a tenpura batter"), Aji-no-moto ("a popular brand of monosodium glutamate"), ama-zake, * an (sweet bean jam = azuki-an; Can be strained {*koshi-an*} or mashed {*tsubushi-an*}), dengaku-tofu, doburoku, eda-mame, fu ("dried, bread-like pieces of wheat gluten"), fucha-ryori ("Chinese-style vegetarian dishes served in some Japanese temples of Chinese origin"), gan-modoki, goma-ae, goma-shio (widely used with sekihan), hiya-yakko, inari-zushi, isobe-maki (with mochi, soy sauce and nori), kara-age, kashiwa-mochi (stuffed with sweet [azuki] bean paste), kina-ko ("yellowish soybean powder"), kishimen (seasoned with soy sauce and topped with a few pieces of fried bean curd), kitsune udon (seasoned with soy sauce and topped with a few pieces of fried bean curd), koji, koya-dofu, * kuzu-manju (a ball of sweet redbean paste {azuki-an} with a covering of kuzu starch), kuzu-mochi (with kinako), masu (a small square measuring box, usually made of Japanese cypress {*hinoki*}. The three sizes measure 0.18, 0.9 and 1.8 liters. It is constructed by dovetailing, without the use of nails or adhesive. It is used for measuring soybeans, cereal grains, or for drinking saké), miso, miso-shiru, miso-zuke, * mochi, nabe-mono (often contain tofu; examples are sukiyaki, yose-nabe, and mizu-taki), nama-gashi (traditional Japanese confections made with beans and/or glutinous rice, cooked but not baked), natto, * nori (a dried sheet of laver, a seaweed), * oboro (related to sushi, not soy), oden, * ohagi (coated with sweet redbean paste {*azuki-an*}), shiru-mono (the two basic types are clear soup and miso soup), * shiruko (sweet beanpaste soup with mochi; see zenzai), shojin-age, shojin-ryori, shoyu, suki-yaki, sukiyaki-nabe, suri-bachi, suriko-gi [suri-kogi], sushi, sushi-ya, teri-yaki, tofu, * ume-boshi (a Japanese pickled plum), wa-gashi (Japanese-style confectionery), wakame, warishita (soy sauce flavored seasoning), washoku = nihon-ryori, yaki-dofu, yaki-mono, yakko-dofu, yu-dofu, * zenzai ("a thick kind of sweet redbean soup").

Page 24 defines hiragana (lit. flat kana) as "The cursive form of *kana* script, one of the two sets of Japanese syllabary writing. *Hira-gana* is more commonly used than the other set called *kata-kana*. It is usually used for writing inflectional endings and function words not represented by Chinese characters (*kanji*)." Address: Tokyo, Japan.

4451. Yueh, Jean. 1979. The great tastes of Chinese cooking: contemporary methods and menus. New York, NY: Times Books. A Division of Quadrangle / The New York Times Book Co., Inc. xiv + 302 p. Illust. (line drawings and photos). Index. 24 cm.
• ***Summary:*** "Western food technology is applied to classical Chinese recipes, allowing for the use of the food processor, blender and microwave oven in preparing a variety of Chinese dishes" (from the publisher). The romanization / transliteration is in Pinyin (which means "transcription"). The index contains 8 recipe entries for black beans, salted, 6 for brown bean sauce, 4 each for black bean sauce and for hoisin sauce, 3 each for bean curd and for soy sauce, and 1 for fermented bean curd.

The section titled "Chinese ingredients" (p. 267-80) includes: Bean curd, fresh (2 Cc = 2 Chinese characters are given): Dou-fu. "This ivory-colored, smooth and custard-like product is made from soybean milk..."

"Black beans, salted (2 Cc): Dou-chi–One of the most interesting seasonings, they are salty with a distinct flavor. The beans are available in cans or plastic bags. To store: Will keep indefinitely in a covered jar at room temperature. Tiny white salt crystals may appear after a long period..."

Brown bean sauce (3 Cc): Yuan shai-chi. "Made from fermented soybeans, salt, flour, and water, it is a salty, thick, brownish sauce. When the beans in the sauce are ground up, it is called *ground* brown bean sauce."

Fermented bean curd (red or white) (4 Cc): Fu-ru (Hong, Bai): "Both are pungent and salty in taste, and are used mostly for seasoning or as condiments for Chinese breakfast with rice congee."

Hoisin sauce (3 Cc): Hai-xian-jiang. "Thick, reddish brown sauce made from sugar, vinegar, soybean, salt, flour, fermented rice, chili, and spices."

Soy sauce (2 Cc): Jiang-you. "This is the most important and distinctive seasoning in Chinese cooking." Light soy sauce (or thin soy) (2 Cc): Sheng-chou. Use when you wish to retain the natural color of the food. Dark soy sauce (thick or black soy) (2 Cc): Lao-chou. It has a slightly sweet taste from the caramel that is added for coloring. Use when a dark, rich color is desired.

About the author: "Jean Yueh, Chinese cooking

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authority, native of Shanghai and protégé of noted Hong Kong chefs, runs the Jean Yueh cooking school in Berkeley Heights, New Jersey." A portrait photo shows Jean Yueh (inside rear dust jacket). Address: Berkeley Heights, New Jersey.

4452. *Manna Bulletin.* 1979--. Serial/periodical. Meeuwenlaan 70, 1012 JK Amsterdam, Netherlands. Editor: Sjon Welters. Illust. 21 cm. [Dut]
• ***Summary:*** This is a magazine about natural foods, macrobiotics, and alternative lifestyles. Soyfoods Center owns Vol. 3, No. 2 (June 1979), and Vol. 4, No. 3 (autumn 1982). In the former issue, the advisors are Adelbert Nelissen and Willem de Ridder. The editors are Hans den Hoed, Wieke Nelissen, etc. The latter issue contains one article titled "Macrobiotic Economics and the Practice of Manna" (a photo shows Adelbert Nelissen, Manna director), and another titled "Fermented products, an essential supplement to a vegetarian (*plantaardig*) diet." Page 12 shows an ad for Witte Wonder Products (2 Riemerstraat 186, 2513 EZ Den Haag), producers of tofu and seitan.

Talk with Sjon Welters. 1994. April 4. He was once the editor of this publication. He thinks it stopped being published in about 1984-1985. Address: Amsterdam, Netherlands.

4453. Hamilton, William. 1979? The now society (Cartoon). *San Francisco Chronicle.* Undated.
• ***Summary:*** One man, looking like a business executive, is holding a glass in one hand and a spoonful of something in the other. He is facing four other similar-looking executives. The caption reads: "Taste the future, gentleman. It's called tofu."

4454. Soy Plant (The). 1979? [Loan request description and form] (Leaflet). Ann Arbor, Michigan. 2 p. Undated. 28 cm.
• ***Summary:*** Page 1 contains a description of The Soy Plant and the terms of the loan request. "The Soy Plant is a democratically managed producer's cooperative. Our goals are: (1) to provide quality soy products. (2) at a minimal price. (3) with a minimum of exploitation. (4) educate and do research concerning the ecological, nutritional, and plain good eating of soy products. (5) aid and assist others founding community tofu shops.

"The demand for tofu and soy products continues to grow rapidly. The Soy Plant, Ann Arbor's Tofu Shop and Deli, has moved and expanded to meet this demand. Our expansion has meant better community service to a community who has supported us handsomely through our loan program. Our new production facility is a direct manifestation of the capital we have borrowed from you. To continue to realize our goals, we are seeking your funding and involvement in the form of small personal loans of one hundred dollars. We pay interest in tofu.

"Here's how it works: Folks who loan us $100 will receive one pound of tofu a week for each week the loan is with us. The loan is repayable after a minimum of 90 days, subject to the approval of the Soyplant's Board of Directors. We ask that requests for withdrawal be made at least 14 days before payment is desired. Repayments may be deferred by action of the Board of Directors if necessary to insure sound financial management of the Cooperative. Community loans are not secured by the assets of the Soyplant and are subordinate to other debts and obligations of the Cooperative.

"If you deposit money in the bank, you receive 5 3/4% interest and the bank uses your money to do some things you wouldn't want done. You have no control. Loan us your money. We offer 39% interest in monetary value of tofu, and you have a clear idea of what your money is supporting. We are a community minded people who feel the best way to capitalize The Soy Plant would be small loans from the community we serve. If you can help us with a loan, please call.

"The Soy Deli–663-0500."

Page 2 is a boilerplate loan form, with blanks for the date, amount of money borrowed, name, address, and phone number of lender, lender signature, Soy Plant signature. Names of others, if any, authorized by the lender to collect interest.

Talk with Steve Fiering, a founder of The Soy Plant in Ann Arbor. 2000. Dec. 3. The Soy Plant was loaned considerably more than $10,000 by members of the community. The total, which was probably over $20,000, is hard to calculate since loans were often being paid back to some lenders as new loans were made by others. They also used this loan arrangement to move into the facility on Airport Blvd. Prior to 1983, anyone who wanted their money back, got it with no problems–in part because new loans were coming in on a steady basis. The problems started in about 1983 Steve had started studying microbiology and The Soy Plant was experiencing increasingly serious financial difficulties. After The Soy Plant declared bankruptcy, no back loans were repaid. But, Steve thinks, most of the lenders didn't care–but some people were upset. Address: 211 East Ann St., Ann Arbor, Michigan. Phone: (313) 663-0500.

4455. **Product Name:** Yaki Tofu: Baked Soy Bean Curd (Grilled Tofu).
Manufacturer's Name: Tokyo Food Processing Corporation.
Manufacturer's Address: Brooklyn, New York.
Date of Introduction: 1979?
Ingredients: Soy beans, water, calcium sulphate.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1979. 5.75 by 3.5

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inches. Paper. Photocopy black on white. Distributed by Japan Food Corp.

4456. **Product Name:** Tokyo Food brand Tofu: Regular Soy Bean Curd–Momen.
Manufacturer's Name: Tokyo Food Processing Corporation.
Manufacturer's Address: Brooklyn, New York 11237.
Date of Introduction: 1979?
Ingredients: Soy beans, water, 1/10 of 1% soy bean oil [as defoamer], 1/10 of 1% calcium sulphate, 1/10 of 1% glucono lactone and food grade lime.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. Undated. 5.5 by 4.5 inches. Printed blue and red on clear film. Japanese characters for "Tokyo Tofu" around border of label.

4457. Yoshikawa, Koichi. 1979? [The correct way of making tofu and deep-fried tofu]. Yoshikawa Shoji Co., Honmachi Wako Building, 2-50 Kita-Kyuhoji-machi, Higashi-ku, Osaka, Japan. 24 p. [Jap; eng+]*
• ***Summary:*** Soyfoods Center has done a 16-page translation of this booklet. Address: Osaka, Japan.

4458. Landsberg, Michele. 1980. Family: 25 pounds later, I'm hanging in. *Toronto Star* (*Ontario, Canada*). Jan. 14. p. D1.
• ***Summary:*** She spent 26 days at the Nathan Pritikin Longevity Center in Santa Monica, California, where she "practised the austere virtues of exercise, a no-fat [sic, low-fat] diet of natural whole grains and vegetables, and a nicotine-free life." It wasn't easy for an "unsaintly" lady, but she lost 25 pounds.

She even learned about a new wonder food, as crazily versatile as the famous "shmoo" of L'il Abner fame. It's tofu! As exulted by Jim White, Star food writer, who transforms it into everything from tofu cheesecake to stir-fried tofu to tofu-garlic dip. She will give recipes next Wednesday.

"Tofu is a bland, creamy soya bean curd which is almost solid protein; 3½ ounces of the cute little wobbly stuff has only 72 calories compared to 347 calories for the same amount of rump roast.

"It's goofy serendipities like tofu that filled up the blank space left by cigarettes and steak."

4459. *Toronto Star* (*Ontario, Canada*). 1980. Tofu takes the cake as dieter's delight. Jan. 16. p. D2.
• ***Summary:*** A half page of tofu recipes tested by the Star Test Kitchen. The source of each is given. For example: Tofu orange almond dessert, from The Book of Tofu by Shurtleff and Aoyagi. Tofu smoothie, from The Tofu Cookbook by Kathy Bauer and Juel Andersen. Tofu cheesecake, from the Soja Restaurant, which will soon open on Kensington Ave.

An illustration shows a slice of Tofu cheesecake.

4460. White, Jim. 1980. Close encounter of the tofu kind: A white custardy thing zooms out of the Orient onto your lunch counter. *Toronto Star* (*Ontario, Canada*). Jan. 18. Family section.
• ***Summary:*** This full-page feature states: "Brace yourself, Toronto, for the experience, because there's every indication tofu's going to do more than hover on the horizon like a fleet of sci-fi spacecraft." Victor Food Products in Scarborough [a suburb of Ontario] says that sales of tofu have nearly tripled in one year, from 720 lb/day to more than 1,900 lb/day. Shoppers can now buy tofu in selected Dominion, Lowlaws, Miracle Mart, and A&P outlets. "When the big boys take a bite of the action, you know something is cooking."

The article includes a listing of tofu makers and retailers in the Toronto area. Makers: (1) Pyung Hwa Co., 2139 Dundas St. W. Jhasun Koo. Phone: 534-0237. Korean-style tofu. Firm, 10-oz. cakes cost $0.55. (2) Wah Chong Co., 88 Ossington. Phone: 532-0841. Chinese style. $1.20/dozen. (3) Yet Sing Co., 11 Baldwin St. Phone: 863-0818. Custardy tofu. $0.70/dozen. (4) Victor Food Products. A photo shows Stephen Yu, standing with has packaged tofu and soymilk products.

Paul Smith, owner of Baldwin St. Natural Foods, runs a small night class once a month on making tofu. Branson Hospital (Seventh-day Adventist) has been serving vegetarian meals to patients for 22 years. Much of the protein comes from soyamilk, soya curd, and other soya products. Interest in tofu has been spread by the publication of *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi. Address: Star Food Writer.

4461. Beard, James. 1980. A vegetarian's lunch need not be dull. *Toronto Star* (*Ontario, Canada*). Jan. 23. p. D6.
• ***Summary:*** "Ten years ago, few people would have

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dreamed of going to a vegetarian restaurant for lunch–and I count myself among them." Beard finds the food in most vegetarian restaurants too limited, bland and boring.

But then he discovered Greens in San Francisco [California] (near the Presidio and the Golden Gate Bridge). He tried the brochette [two skewers] of vegetables and marinated tofu and, to his surprise, he liked it. The veggies were mushrooms, zucchini, carrots, and onions.

Illustrations show: (1) Two brochettes with one cube of tofu on each. (2) James Beard.

4462. Praskin, Laurie. 1980. Re: Plenty's work with soyfoods in Solola, Guatemala. Letter to William Shurtleff at Soyfoods Center, Jan. 28. 2 p. Typed, with signature.
• ***Summary:*** Plenty, run by The Farm in Tennessee, is introducing soymilk, tofu, and soy ice cream to the Guatemalan highlands and building a soy dairy in Solola. Address: Plenty, San Bartolo, Solola, Solola, Guatemala.

4463. Hughes El Rancho Markets; Hughes Lido Markets. 1980. California grown! (Ad). *Los Angeles Times.* Jan. 31. p. SG12.
• ***Summary:*** In no special section includes: "JFC Kinako 7 oz. pkg. Soy bean flour–55¢." Chow mein mix. Hapi rice crackers. Nisshin demae ramen–5 for $1.00.

4464. ASEAN Sub-Committee on Protein. 1980. ASEAN Protein Project. Bangkok, Thailand. 24 p. Jan. Illust. 29 cm. [Eng]
• ***Summary:*** Contents: Introduction (incl. history, programs, and budget). Administration (incl. list of workshops held by the ASEAN Sub-Committee on Protein). Research and development. High-protein low-cost foods. Full-fat soy flour (a plant at Chiang Rai, northern Thailand, produces 100 tons/month). Fermented foods (incl. soy sauce). Soy products (incl. tofu). ASEAN network (directory).

"The ASEAN Protein Project was conceived at a joint research project on soybeans and protein-rich foods at the first meeting of the ASEAN Permanent Committee on Science and Technology held in August 1971 in Indonesia. Meetings of food specialists soon followed, one in September 1972 in Malaysia and another in November 1972 in Indonesia. At a further meeting in August 1974, involving Australian technical experts, four areas for research co-operation were identified, namely: (1) Identification, development, and utilisation of low-cost, protein-rich foods for children and other vulnerable groups. (2) Processing and utilisation of full fat soy flour (3) Improvement of fermentation technology; and (4) Microbiological culture collection.

Workshops held by the ASEAN Sub-Committee that concern soya include: 1st Workshop on soy products (1976, Kuala Lumpur, Malaysia). 3rd Workshop on culture collection (1977, Bangkok, Thailand). 4th Workshop on soy sauce manufacturing techniques (1978, Singapore). 5th Workshop on solid substrate fermentation (1978, Bandung, Indonesia). 8th Workshop on extruder technology (1980, Bangkok, Thailand).

Photos show: (1-4) Participants, meetings, and tours. (5-6) Full fat soy plant at Chiang Rai, Thailand. (7) Commercial soy sauce factory. Address: Bangkok, Thailand.

4465. Shurtleff, William; Aoyagi, Akiko. 1980. Making money making tofu. *East West Journal.* Jan. p. 18-24.
• ***Summary:*** Describes how to start a tofu company. Contents: Introduction. Key resources: Soycrafters Association of North America, Bean Machines Inc., Soycrafters Apprenticeship Program, the book *Tofu and Soymilk Production,* list of all tofu shops and soy dairies in the West (free from New-Age Foods Study Center). First steps in getting started. Doing a market survey. Determining the type of shop. Making other soyfoods (from tofu or soymilk). Running a retail outlet, soy deli, or restaurant. Obtaining a building and equipment. Putting it all together.

"There are now about 160 tofu shops and soy dairies in the United States (compared to 38,000 in Japan). More than 100 of these have opened during the past three years." Illustrations (line drawings) show: Sangen-Ya tofu shop in Tokyo. A tofu burger–"Watch out Big Mac." Photos show Shurtleff and Aoyagi. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4466. **Product Name:** Tofu.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: 1111 N.W. 22nd., Miami, FL 33127. Phone: 305-538-7751.
Date of Introduction: 1980. January.
How Stored: Refrigerated.
New Product–Documentation: Needleman. 1981. *Soyfoods.* Summer. p. 26-27. "Tofu plant profiles: Swan Gardens, Miami." The firm tofu is vacuum packed.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Dick McIntyre, who lived at 940 17th St., Miami Beach, FL 33139.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 76. The company now makes about 9,000 to 10,000 lb/week of tofu in 1 lb vacuum packs. The typical supermarket price for their tofu is 99 cents. Approximately 95% of their tofu is sold through health food stores and restaurants. Note: This company came to Florida from Montana.

Talk with Steve Yurman, owner of the Soy Shop in Atlanta. 1989. Nov. 8. McIntyre is very secretive and doesn't help others, and sometimes hasn't paid those to whom he owes money. Steve heard that the reason McIntyre had to leave Florida was that he got into a dispute with Publix, a big Florida supermarket chain, and they dropped him. So he had

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to move. Steve's company owned the Atlanta tofu market until Calco moved in, followed by Swan Gardens–with all its fancy equipment. Both of those companies, instead of working to expand the market, went after Yurman's market with low prices. In the fall of 1981 the Yurman's moved their company to 1863 Memorial Drive S.E. in Atlanta.

4467. Waldbaum's. 1980. Waldbaum's food mart (Ad). *Hartford Courant* (*Connecticut*). Feb. 3. p. 46A.
• ***Summary:*** "New England Soy Dairy Fresh Tofu–bean curd–1 lb pkg. 89¢"

4468. Kalish, Jon. 1980. Let 'em eat tofu. *Soho Weekly News.* Feb. 6. p. 5.
• ***Summary:*** "This spring a dozen schools with heavy populations of Seventh-day Adventists, observant Jews and Muslims (all of whom follow strict dietary laws regarding meat) will be served meals prepared with tofu. Initially the experiment will involve about 2,000 kids. The New England Soy Dairy has already begun teaching school lunch personnel how to prepare tofu burgers, tofu fish cakes, tofu egg salad, and tofu Parmesan." Tofu is also served in schools in Rochester, New York, and Santa Barbara, California.

4469. Giuca, Linda. 1980. It's tofu: You can steam it, fry it, broil it, bake it, simmer it or eat it uncooked. *Hartford Courant* (*Connecticut*). Feb. 13. p. 1A.
• ***Summary:*** The first thing people ask when they see a cake of tofu is "What do I do with it?" The bland-tasting, cream-colored soy food has a custardy consistency. "Tofu (pronounced toe-foo) has been a staple in Oriental diets for centuries; to the Chinese it is 'meat without bones.'" Some Americans know tofu under other names such as "bean curd" or "soybean cake."

From tofu you can make garlic salad dressing, tofu burgers, chocolate creme pie, lasagna, batter-fried tofu with vegetables, or a frozen treat on a stick.

Maria Orefice, a vegetarian and owner of Garden of Eating on Jefferson St., features some tofu recipes on her menu. She learned how to make tofu at home when William Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu* (Autumn Press) stayed with her during a visit to Hartford in 1976. Now she teaches classes in making and cooking with tofu at her restaurant.

Photos show two views inside the New England Soy Dairy in Greenfield, Massachusetts, where about 20,000 pounds of tofu are made each week: (1) Many packages of tofu being cooled in ice water. (2) Soybeans being soaked in water in large vats. Contains four tofu recipes: Breaded tofu, Protein pops, Chocolate creme pie, and Chili con tofu. Address: Food editor.

4470. Waldbaum's. 1980. Waldbaum's food mart (Ad). *Hartford Courant* (*Connecticut*). Feb. 13. p. 10A.
• ***Summary:*** "Its the year of the monkey!–4678. You're all invited to join in the celebration of Chinese New Year."

"New England Soy Dairy–Tofu (bean cake). A high protein soybean product with the consistency of cottage cheese. Can be kept for several days, covered with water, under refrigeration. (Recipes). 1 lb pkg. 89¢."

4471. Mashburn, Rick. 1980. From beans to 'cheese.' *Sentinel* (*The*) (*Winston-Salem, North Carolina*). Feb. 15. p. 7. [1 ref]
• ***Summary:*** About Jerry MacKinnon and Bean Mountain Soy Dairy of Boone, North Carolina. The shop makes 1,000 lb/week of tofu plus some tempeh and soymilk. MacKinnon left a tofu business he started in Ann Arbor with four other people 2 years ago when it grew too big. "MacKinnon seems reluctant to start sermonizing on the virtues of tofu. He'd much rather hand out a copy of a chapter from *The Book of Tofu*, by William Shurtleff. Crowell, however, is a more zealous missionary." Concerning the future of tofu, he notes: "As soon as General Foods realize Americans are gonna eat tofu, we'll be out of business." Four photos show Jerry MacKinnon, with beard and hat, cooking 50 lb of ground soybeans in steam-jacketed cooker. A portrait shows Marc Crowell. A label for the company's tofu product.

4472. Leonard, Mary Anne. 1980. Tofu: Finding its place in America. *Knickerbocker News.* Feb. 19. p. 1B.
• ***Summary:*** About the New England Soy Dairy. Contains 5 tofu recipes, and 2 photos of tofu being made at the company's plant in Greenfield, Massachusetts. Address: Staff reporter.

4473. Loblaws. 1980. 1/3 off sale (Ad). *Toronto Star* (*Ontario, Canada*). Feb. 20. p. A13.
• ***Summary:*** Near the right center of this full-page grocery store ad: "ToFu (soya bean curd) product of Ontario, package 79¢" Address: Toronto.

4474. New-age Foods Study Center. 1980. Catalog of publications & materials by William Shurtleff & Akiko Aoyagi [mail order]. P.O. Box 234, Lafayette, CA 94549. 20 panels. Feb. 20.
• ***Summary:*** This catalog, folded like a road map, is printed with brown and dark orange ink on white paper. The Japanese-style logo is waves and a moon in a circle. In addition to the many books and pamphlets in the previous catalog, the following have been added: Soyfoods: Protein source of the future... now (1 panel). Many quotations from book reviews. Books about world hunger (1 panel). New-Age Foods Study Center (1 panel). About the authors (1 panel, autobiographical). Photos show William Shurtleff & Akiko Aoyagi. Address: Lafayette, California. Phone: 415-283-3161.

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4475. Upton, Kim. 1980. Tofu may be the new revolutionary food of the '80s. *Dallas Times Herald.* Feb. 21.
• ***Summary:*** "Tofu absorbs flavors beautifully and acts in harmony with whatever it accompanies." "Jo Mildyn, cook with Small Planet Catering in Chicago, recently taught a class in cooking tofu. And from her students learned to fashion tofu into eggless nog, cheesecake and a dip for snacking." Contains 3 of Ms. Mildyn's tofu recipes. Address: Chicago Sun-Times wire.

4476. Cone, Joe. 1980. Tip of the tongue [Tempeh and Surata Soyfoods]. *Oregon Daily Emerald.* Feb. 22. [1 ref]
• ***Summary:*** Combines an introduction to tempeh with a description of how it is made by Benjamin Hills of Surata Soyfoods, a cooperatively owned food business with 6 full-time members in dowtown Eugene, Oregon. Surata now makes 300 10-ounce bags weekly; each wholesales for $0.80. "Surata tempeh is available in the freezer case of most food and community markets in Eugene, including the University Food-Op. The Homefried Truckstop and Zoo-Zoo's Cafe regularly feature tempeh and tofu dishes."

4477. *Time.* 1980. Climbing curd. Feb. 25. p. 62.
• ***Summary:*** "Tofu, or bean curd, a custard-like cake made from curdled soybean milk, was a favorite of Taoist priests in ancient China. Now Americans are learning to use the nearly tasteless curd (flavoring must be added) to replace cheese in cheesecake and meat in burgers. A 4-oz serving of tofu has nearly as much protein as an equal amount of hamburger but fewer calories (150 vs. 237) and no cholesterol. At $0.99 per lb, it is also cheaper. One large supplier, the New England Soy Dairy, Inc. of Greenfield, Massachusetts, peddled 300 to 500 lbs of curd a week in 1977, its first year. It now sells 25,000 lbs a week."

4478. Hope, Jane; Bright-See, E. 1980. Tofu: Nutritionally its the ideal food. Nutrition matters. *Toronto Star* (*Ontario, Canada*). Feb. 27. p. C3.
• ***Summary:*** Discusses the many virtues of tofu.

4479. Calkins, P.H.; Wang, H.M. 1980. Improving the marketing of perishable commodities: A case study of selected vegetables in Taiwan. *AVRDC Technical Bulletin* No. 9 (78-86). 60 p. (Shanhua, Taiwan).
• ***Summary:*** Table 3 (p. 8) shows that the area planted to soybeans in Taiwan has decreased from 51,300 ha in 1966 to 35,500 ha in 1976. The soybean's percentage of total cropped area has decreased from 3.04% in 1966 to 2.21% in 1976. However the yield has increased by 21% (no actual yield figures are given) and the price per ton has almost doubled.

Fig 2 (p. 9) gives the expenditures per household per year from 1973 to 1976 on hard soybean curd ($9/yr), soybean curd (regular; $7/yr), and soybeans ($0.50/yr). All are roughly static. Fig. 4 (p. 10) shows the seasonal pattern of consumption of these three foods.

Table 6 (p. 15) shows the dramatic increase in dry soybean imports, from 472,212 tons in 1969 to a record 1,654,874 tons in 1975. Address: AVRDC.

4480. **Product Name:** [Tofu].
Foreign Name: Queso de Soya.
Manufacturer's Name: Centro de Soya, Soy Dairy.
Manufacturer's Address: Barrio San Bartolo, Molino Belen, Solola, Guatemala; Apartado Postal 118, 07091 Solola.
Date of Introduction: 1980. February.
Ingredients: Water, soybeans, coagulant (nigari or vinegar).
Wt/Vol., Packaging, Price: 8 oz and 16 oz cakes are wrapped in large leaves.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). "Solola Soy Dairy, c/o Clifford Figallo, Molina Belen, Solola, Guatemala. Run jointly with members of The Farm, Tennessee."

Jenkins, Praskin, and Praskin. 1982. Plenty Integrated Soy Program, Guatemala. p. 21, 33. Letter from Amado del Valle. 1987. July 22. From January-July 1987 the soy dairy produced 3,308 lb of tofu. Interview with Laurie Praskin. 1987. Nov. 30. Letter from Amado del Valle. 1988. March 16.

4481. Fiering, Steve. 1980. Boilers for beginners. I. Boiler basics. *Soycraft* (*Colrain, Massachusetts*) 1(2):13-15. Winter.
• ***Summary:*** An extremely interesting and useful introduction to almost everything one needs to know when using a boiler in food preparation, with numerous mathematical calculations.

"The boiler is one of the most important, expensive, complicated, and potentially dangerous soycrafting tools. A competent soycrafter must always relate to the boiler in a very 'aware' fashion.

"We need first to understand why using a boiler steam cooking system is the most widely used system for making tofu commercially. The idea is simple: steam cooking enables us to put quickly a lot of heat into the puree without subjecting it to high temperatures that scorch it and give it a burned taste. We must understand the difference between heat and temperature. Putting heat into the puree quickly is our goal. Temperature is the measure of the concentration of heat in matter and describes which way the heat will flow. Heat always flows from a higher temperature material into a lower temperature material. Heat is measured in British Thermal Units, or BTUs. One BTU is the amount of heat needed to raise the temperature of one pound of water by one degree Fahrenheit. We do not need to have large temperature differences in order to put large amounts of heat into the puree quickly."

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Part II is "Boiler function and installation." Address: Founder and manager, The Soy Plant, Ann Arbor, Michigan.

4482. *Food and Drug Packaging.* 1980. Tofu producers adapt portion packs to up shelf life and standardize weight. Feb. 7. p. 3. *

4483. Fox, Madeline. 1980. Bringing tofu in the front door: An approach to institutional marketing. *Soycraft* (*Colrain, Massachusetts*) 1(2):34-35. Winter.
• ***Summary:*** "Many of us in the tofu industry have pondered the ways and means of marketing, such as, health foods market or chain stores, packaged tofu or bulk, and should we pursue the institutional market. This market of hospitals, colleges, nursing homes, and others, is one where we know tofu could flourish for reasons of its healthfulness, versatility, nutritional profile, and low cost. In a business that's ruled by budgets and setbacks, as the institutional field is, a food that can help cut costs and create a better diet is in great demand. Rising costs have made many institutions more aware of the urgency of finding low-cost but high quality foods.

"At New England Soy Dairy we decided to plant the tofu seed in institutions and to create a demand for the product through teaching them to become familiar with tofu. We were timid at first because of our nonexistent track record and we found ourselves caught in the Side-Door Syndrome. This began first with the food buyer, to whom we gave samples, recipes, and literature, only to have him send us to the food service supervisor (head cook). We once again handed him samples and our materials but learned he felt his hands were tied and we should see the dietician. We went through our spiel with her; she approved, but sent us back to the food buyer again. This is time-consuming, costly, with meager results, and just a little frustrating.

"We were fortunate in meeting Helene Rocket, a dietician at the University of Massachusetts at Amherst. She had experience in the health foods field; she had an understanding of institutional-style recipes, and a good working knowledge of food preparatory techniques. Ms. Rocket was instrumental in our developing a professional approach to the institutional market, most notably in our marketing package. This is a package that we can distribute at one time to the food buyer, the food service supervisor, and the dietician. This is what it contains: (1) a separate cover letter to each department that addresses its specific needs and viewpoint; (2) thirty recipes scaled up in quantities of fifty, one hundred, and two hundred, with a nutritional breakdown for each; (3) three categories for tofu are presented, including tofu in the salad bar, tofu as the main course, and tofu as an extender with other protein foods; (4) a cost comparison between tofu and beef, chicken, eggs, and cheese; (5) a nutritional comparison chart for tofu, beef, chicken, cheese, and cottage cheese; (6) newspaper and magazine articles about the soyfoods movement that emphasize the irresistibility of tofu as a food of the future; and (7) a special section devoted to the digestibility and utilization of tofu in special diets, including lactose intolerance, diabetes, hyperglycemia, high blood pressure, weight control, and heart problems.

"Many of our prospective institutional accounts include hospitals, convalescent homes, out-patient clinics, and senior citizen food services. Tofu greets these people as a flexible and inexpensive alternative to their costly special diets, and I would like to relate here a few of our successes. This past summer, Silers Corporation, a food service company near Boston, that deals with hospitals and nursing homes, sent a nutritionist intern out to our area for a summer project. Her goal was to see how tofu would fit into the hospital context. The intern developed tofu recipes and tested their popularity among staff and patients (with a positive outcome) and wrote a report about her findings. We are encouraged that a company such as Silers saw enough future in tofu to spend time and money on this exploratory project; they now have several institutional tofu customers.

"Recently we were asked to conduct tofu demonstrations for the Food Service supervisor for the elementary schools, New York City Board of Education..." Address: Marketing Director, New England Soy Dairy, Greenfield, Massachusetts.

4484. **Product Name:** Island Spring Smoke Flavored Soyloaf (Okara & Wheat).
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1980. February.
Ingredients: Soybeans (organic), whole wheat flour, soybean oil, water, dried yeast, Dijon mustard, salt, natural distilled wood smoke, spices, garlic oil.
Wt/Vol., Packaging, Price: 1 lb tray. Wholesales for $1.04.
How Stored: Refrigerated or frozen.
Nutrition: Per 2 oz.: Calories 179, protein 8 gm, carbohydrate 9 gm, fat 13 gm.
New Product–Documentation: Spot in Soycraft. 1980. Winter. p. 12. "New Soy Products on Market." Label. 1981. 5 by 4 inches. Plastic. Brown and tan on clear. Gives serving suggestions. Article in Soyfoods. 1981. Summer. p. 41. They make 500 lb/week. A detailed description of the ingredients and process is given. Talk with Luke Lukoskie. 1987. Oct. 19. This product contained okara and wheat, but no whole soybeans and no tofu.

4485. Leviton, Richard. 1980. Soyfoods and the media: Soyfoods are beginning to fascinate newspaper and magazines across the country and major television coverage is bound to follow soon. *Soycraft* (*Colrain, Massachusetts*) 1(2):56-59. Winter.
• ***Summary:*** Discusses coverage of soyfoods, especially

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tofu, in major American magazines and newspapers, with an analysis which publications ran stories and how these stories are covered. Photos show: (1) Norman Holland being interviewed by a lady with a microphone at the Rochester Soy Deli in New York. (2) A TV cameraman, holding the camera on his shoulder, as he shoots the Soy Deli; Bill Shurtleff is in the background. (3) A collage showing the headlines of major media articles.

The cover photo for this issue, which is connected with this article, shows Jeremiah Ridenour and Akiko Aoyagi Shurtleff seated at a wooden table at the Rochester Soy Deli. On the table are ten different menu items served on small plates, each featuring one or more soyfoods. Address: Colrain, Massachusetts.

4486. Leviton, Richard. 1980. Out of the feed trough and onto the dinner plate: The beanfield (Editorial). *Soycraft* (*Colrain, Massachusetts*) 1(2):3. Winter.
• ***Summary:*** This editorial begins: "Tofu is gradually working its humble way into the pages of the national press and onto the dinner plates of the American mainstream consumer."

"Each week, *Soycraft* receives two dozen newspaper clippings from regional and local papers from all over the country, often from communities or states where there is no tofu producer. Tofu is penetrating the Midwest, the South, the western mountain states, through widespread distribution. Home economists and county extension agents write knowingly in their columns about the uses of tofu in family meals, as an inexpensive food 'worth trying.' Nearly every month now a mass circulation magazine devotes attention to tofu, and one need only compile the circulation figures to appreciate the vast numbers of Americans who are becoming informed through the press." Address: Colrain, Massachusetts.

4487. Leviton, Richard. 1980. Soycrafters Conference: The birthing of a new industry. Director's report: Missed all the meals. *Soycraft* (*Colrain, Massachusetts*) 1(2):16-23. Winter.
• ***Summary:*** A report on the Second Soycrafters Conference, held 26-29 July 1979 at Hampshire College, Amherst, Massachusetts. Over 50 workshops and lectures were presented on all phases of the soyfoods industry. "Miraculously, the $19,000 conference broke even financially, and attracted significant national press in the following three months."

The section titled "The view from the guests" (p. 20-23) contains brief statements (all positive) about the conference from the following attendees: Luke Lukoskie (Island Spring), Rebecca Uchida (Mu Tofu Shop), Michelle Ajamian (Amesville, Ohio), Shag Kiefer (Redbud Creek Tofu), Will Truslow (Jamaica Plain, Massachusetts), Dr. Joseph Rakosky (Rakosky Services, Melrose, Illinois), Marvel Huffman (Lecanto Tofu), Francine Watanabe (La Soyarie, Hull, Quebec, Canada), Dr. Charles Howes (Loma Linda Foods, Mt. Vernon, Ohio), Timothy Metzger (Dannon Milk Products, Long Island City, New York), Lee Cunningham (Wonder Life Corp., Des Moines, Iowa), Joseph Jaffer (Waymart, Pennsylvania), Chico Wagner (Yaupon Soyfoods), Dr. Malcolm Bourne, Frank Pilotte (Golden Key Farm, Grant Park, Illinois), David Patten (Brightsong Tofu, {Redwood Valley}, California), Patti Smith (Erewhon, Cambridge, Massachusetts), Larry Needleman (Bean Machines, Bodega, California), Peter Driscoll, Goodhart Foods (Petosky, Michigan), Bill Shurtleff (New-Age Foods Study Center), George Strayer (Agricultural Exports, Hudson, Iowa), David Blumberg (San Francisco, California), Dr. Keith Steinkraus (Cornell Univ., Ithaca, New York), Bob Bergwall (Nasoya Foods, Leominster, Massachusetts).

Photos show: (1) Overview of the conference registration hall incl. Richard Leviton talking with George Strayer. (2) Kathy Leviton adding finishing touches to large trays of tofu cheesecake. (3) A woman preparing scrambled tofu and fried soysage patties in the Hampshire College kitchens. (4) Members of Okita Enterprises and the Tennessee Farm: Charles Ishigawa, Robert Dolgin, Eddie Okita, and Michael Moorman. (5) Dr. Walter Wolf (Northern Regional Research Center, Peoria, Illinois). (6) Robert Rodale, Rodale Press, Emmaus, Pennsylvania. (7) Dr. Malcolm Bourne, Cornell University, Geneva, New York. (8) Michael Cohen, holding a baby and talking with Dr. Clifford Hesseltine.

Note: This is the earliest publication seen (Feb. 2003) that mentions Brightsong Tofu. Address: Colrain, Massachusetts.

4488. Leviton, Richard. 1980. Sanitary practices and soyfoods production. *Soycraft* (*Colrain, Massachusetts*) 1(2):24-31. Winter. [8 ref]
• ***Summary:*** Discusses: Bacteria, on overview. Six bacterial families. The view from the health department: "In Massachusetts the following serve as guidelines for evaluating tofu: 1. Total plate count: no more than 100,000 colonies/gm product. 2. Total coliform: no more than 100 colonies/gm product. 3. *Staphylococcus:* no "coagulase positive" Staph. Coagulase negative Staph. do not cause food poisoning. 4. Minimal enteric (human intestinal) bacteria, e.g. *Escherichia coli.* 5. Zero or very low product tolerance for pathogenic organisms, depending on the type, e.g. *Salmonella, Klebsiella, Shigella.* 6. Holding temperature of product less than 40ºF or greater than 150ºF." These are compared with milk standards. Recommended building, floor, and drain specifications are discussed. For unpasteurized tofu, the Massachusetts Dept. of Public Health recommends a 7-8 day shelf life, and would like to see (1) a maximum allowable bacterial count established for soyfoods, and (2) what are the ideal lowest counts achievable under good manufacturing practices.

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Setting up an in-house sanitation laboratory. Last summer New England Soy Dairy employed Amy Braveman, an undergraduate in microbiology and chemistry at the Univ. of Mass. to set up such a lab. Details and photos are given. Typical pH values on the soymilk production line are: bean soak water 6.5, slurry 6.7, soymilk 6.6, tofu curds 5.9. Actual plate count and coliform count for various pieces of equipment and stages in the tofu manufacturing process are given. Phase II of the companies total sanitation program is discussed. Address: Colrain, Massachusetts.

4489. Leviton, Richard. 1980. Tofu production problems: Nigari person as shop coordinator. *Soycraft* (*Colrain, Massachusetts*) 1(2):42-49. Winter. [1 ref]
• ***Summary:*** "The craft of making nigari tofu in the commercial shop is a blend of precision and intuition, and the nigari person emerges as a key production component."

"Traditionally, aspiring tofu apprentices in Japan will train for six years with a tofu master, learning the subtleties and vagaries of coagulating soymilk. They will study the effect of the amount of soybeans and water, the influence of the weather, correct stirring methods, nuances in cooking and soymilk extraction, and the role of mental alertness and physical stamina in the daily production sequence. This information is imparted under the careful supervision of a person who thoroughly understands the art and process of making tofu and who has a coherent body of accumulated knowledge to pass on to students.

"In the West there are few tofu masters available and most aspiring American tofu makers have had to rely on a blend of Yankee ingenuity, intuition, book-derived suggestions, and day-to-day experience, which, examined over a period of a year or two, begins to yield a pattern, and facts and principles about tofu making can be deduced. But to reach this stage involves fumbling, frustration, countless pounds of inferior tofu, and bafflement. It becomes a matter of perception: there is a problem but is it in the mechanical system or is it something I, as nigari person, am doing? For example: oversoaked or undersoaked soybeans can throw off soymilk solids levels and tofu bulk yields. The inexperienced nigari person will attribute the low tofu yields to his own supposed incompetence whereas it is actually traceable to the mechanical system, something that went wrong before he even started working that day. At Laughing Grasshopper it took us many anguished months to stop blaming ourselves for faults in the system. When you can focus on where the problem originates, this means you are beginning to understand the nigari process.

"This perceptual work is contingent on the comparative sophistication of the production system you are working with. The more advanced and automated your equipment, the less variables you have that can throw the production sequence out of kilter, while the more primitive, labor-intensive the system, the more places there are for the nigari process to be upset. At this point, a fair amount of the 'craft' of tofu-making, which is in large measure an ability to deal successfully with the panoply of variables, is transferred to the automated equipment. The production logic is to eliminate as many variables as possible to facilitate the production of a uniform, consistent tofu, every day, every season.

"After twenty-two months of self-instruction in nigari technique, we tofu-makers at Laughing Grasshopper believed we had accumulated a concrete body of knowledge that we could actually impart to new nigari apprentices in a systematic, articulate manner. we could now draft a four-week training program..." Address: Colrain, Massachusetts.

4490. Leviton, Richard; Shurtleff, William. 1980. Estimates of production and sales of tofu and other soyfoods in the USA and Canada (News release). Soycrafters Assoc. of North America, 305 Wells St., Greenfield, Massachusetts 01301. 1 p. Feb.
• ***Summary:*** Early statistics compiled on the U.S. soyfoods industry: 188 tofu companies, employing 680 people, used 13,500,000 lb of soybeans to produce 33,750,000 pounds of tofu that retailed for $33,750,000.

Other soyfood manufacturers (including 27 tempeh companies and 5 miso companies), employing 225 people, used 4,500,000 lb of soybeans to produce 11,250,000 pounds of other soyfoods that retailed for $11,250,000. The figures were compiled largely by Shurtleff, who gave Soycrafters Assoc. permission to use them. On 8 Feb. 1980 Leviton also sent a letter to Linda Madl, Soybean Bluebook, American Soybean Assoc. with a request to publish these statistics; she never did. Address: 1. Sunrise Farm, Heath Rd., Colrain, Massachusetts 01340; 2. New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4491. Leviton, Richard. 1980. The fresh memoirs of a foodcraft creator. *In Business.* Jan/Feb. p. 40-43.
• ***Summary:*** Discusses Northern Soy and the Rochester Soy Deli. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

4492. Lu, J.Y.; Carter, Eloise.; Chung, R.A. 1980. Use of calcium salts for soybean curd preparation. *J. of Food Science* 45(1):32-34. Jan/Feb. [9 ref]
• ***Summary:*** Adding the coagulant is a delicate step in the preparation of soybean curd. The most widely used calcium salt is calcium sulfate. In this study the use of other calcium salts (calcium chloride, calcium lactate, calcium acetate, calcium carbonate, calcium phosphate, calcium hydroxide, calcium gluconate) and two noncalcium coagulants (glucono-delta-lactone and acetic acid) were investigated.

Calcium acetate received the highest taste panel scores; glucono-delta-lactone got the lowest. Address: Food Science and Nutrition Dep., Tuskegee Inst., Tuskegee, Alabama 36088.

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4493. Lukoskie, L. 1980. The Soycrafter Apprenticeship Program. *Soycraft* (*Colrain, Massachusetts*) 1(2):12. Winter. See also ad, "Can You Make a Living Making Tofu?," in Soyfoods, Summer 1980, p. 8.
• ***Summary:*** Later renamed "The Soycrafters Apprenticeship Program." Address: Island Spring, P.O. Box 747, Vashon, Washington 98070.

4494. McGregor, Otis. 1980. Report from Ontario [Soya-Bean Growers' Marketing Board]. *Soycraft* (*Colrain, Massachusetts*) 1(2):10-11. Winter.
• ***Summary:*** "The Ontario Soya-Bean Grower's Marketing Board is a growers' board. In 1949, soybean growers in Ontario petitioned the Agriculture Department to establish a marketing plan and soybeans were declared as a regulatory commodity under the Ontario Farm Products Act. Soybean production in Ontario started in tests plots at the Ontario Agricultural College, Guelph, in 1893. By 1927, O.A.C. evaluated over 100 varieties. The Harrow Research Station began soybean plots in 1923 and later produced such varieties as Harman, Hardome, Harasoy, Harlan, Harcor, Harwood.

"Soybean acreage in Ontario competes with field corn."

Soybean production in Canada is 98% of Ontario origin. Ontario is deficient in production to meet the needs of the three crushing plants which now possess a daily production capacity of 3,550 tons. To be self-sufficient, production would require 1.2 million acres. Last crop year, the Ontario crushers purchased 13 million bushels from the U.S. which enter Canada tariff-free.

"In 1954, the Board, endeavoring to achieve greater competition in the marketplace, exported soybeans to Europe. In 1974, with the variety Harwood, the Board entered the human consumption market in Japan. Harwood, having a greater water-soluble protein, soon became distinguished in that market for tofu and miso.

"The Board negotiates on behalf of its 16,000 growers, the terms and condition of sales from the farm-gate to dealers and processors."

"Editor's note: Soybeans that the Board markets, suitable for tofu-making, include Hodgson, Wells, Harosoy 63, Harcor, Amsoy 71, Maple Arrow, and Evans." Address: Secretary-Manager OSBGMB, Box 1199, Chatham, ONT Canada N7M 5L8, Canada.

4495. **Product Name:** Tempeh.
Manufacturer's Name: Monterey Bay Soyfoods.
Manufacturer's Address: 335 Pennsylvania Ave., Santa Cruz, CA 95062. Phone: 408-423-2256.
Date of Introduction: 1980. February.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 31. This was the first commercial soy product made by Jeremiah or by Monterey Bay Soyfoods.

4496. *Plenty News* (*Summertown, Tennessee*). 1980. Soybeans in the Third World. 1(4):4-5. Winter.
• ***Summary:*** "Soy dairy [in Guatemala]: The village soy dairy in San Bartolo is now complete. The building was constructed during the summer and fall of 1979 in conjunction with the men of the community. The inauguration for the 22 by 44 foot soy dairy occurred on February 15, 1980."

"Several hundred local people and officials attended and enjoyed the festivities and free ice bean. Augustin Xocuic, (pictured above) President of the San Bartolo Community Association, spoke warmly of the cooperation and help given by Plenty."

"The dairy has a split-level design for gravity feed production and also contains a sawdust stove for water heating."

"The dairy is capable of producing 200 pounds of tofu and 35 gallons of ice bean daily. Some will go out free to schools. We will be test marketing the soy products to determine the viability of the soy dairy as a self-sustaining cottage industry.

"The construction of the dairy was a community effort on the part of the people of San Bartolo. Training in soy dairy management will also involve interested members of this community."

"This pilot project has drawn a great deal of interest from other international organizations."

"Tofu is a complete protein and when it is served with a grain food like tortillas or bread it has even more protein value. Ice bean is naturally the popular way to eat the 'Noble Bean'."

Lesotho: "During 1979 Plenty introduced soybean in Lesotho. A demonstration of soy technology for home use was held at the National Agricultural Show in Maseru last June. The booth sparked much interest. Soy demonstrations have been held in the Sebapala villages and were met with acceptance and enthusiasm.

Photos show: (1) The soy dairy equipment being loaded for shipment to Guatemala. (2) Augustin Xocuic of San Bartolo talking with two people from Plenty. (3) A Plenty volunteer and a Guatemalan stirring soymilk with a wooden paddle. (4) A view of the new soy dairy in San Bartolo from the outside. (5) Two little Guatemalan girls enjoying soy ice cream on a cone. (6) A Plenty volunteer (Suzy Jenkins) and a Guatemalan woman each demonstrating tofu on a tortilla. "At the annual fair in the square in Solola, we were invited to set up a booth featuring tofu on tortillas. On the first day we 'sold out' in half an hour... on the second day it all sold out in ten minutes." (7) A Plenty volunteer (man) standing behind a long wooden table on which are soyfoods and simple equipment for making them at home. Looking on are 6-8 people from Lesotho. (8) A Plenty volunteer and

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a kid from Lesotho serving soymilk in cups to many other African kids. "In Lesotho, Plenty's volunteers have begun soy demonstration classes for native villagers in the Sebapala area. In Africa, as in Guatemala, the 'Noble Bean' has been welcomed with great interest and enthusiasm."

4497. Shurtleff, William. 1980. The honeymoon stage is over [for the U.S. soyfoods industry]. *Soycraft* (*Colrain, Massachusetts*) 1(2):17-19. Winter.
• ***Summary:*** Speech at 1979 Soyfoods Association conference. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4498. *Soycraft* (*Colrain, Massachusetts*). 1980. Successful soybean production in Massachusetts. 1(2):4. Winter.
• ***Summary:*** "This past growing season, New England Soy Dairy sponsored the cultivation of 30 acres of soybeans in Franklin County (western Massachusetts)." The company used 1 million lb of soybeans in 1980.

4499. *Soycraft* (*Colrain, Massachusetts*). 1980. Soybeans for sprouting [from Rodale Press' Organic Gardening & Research Center]. 1(2):9. Winter.
• ***Summary:*** "Those who have sprouted soybeans, at home or commercially, have probably noted that they tend to be more problematical to sprout than other smaller seeds. Partly in recognition of this difficulty, and pursuing the possibility that raw soybeans may have a cancer inhibitory effect, the Organic Gardening and Farming Research Center in Kutztown, Pennsylvania, is actively developing lines of small-seeded soybeans suitable for home or commercial sprouting. The following report was submitted by Anne Duncan Edwards, researcher for Rodale Press:

"We feel that the soybean has potential as a sprouting bean because of its high nutritional value, its ease of cultivation, and its range of climatic adaptability. Varietal selection now needs to be researched for type suitability. The small-seeded soybean plots here are made up of yield trials and seed increases for some of our more promising sprouting soybean types. These varieties were chosen from 111 different soybeans grown in 1978 that included varieties from Korea, Indonesia, Taiwan, and the United States.

"Size is one important factor considered in the evaluation of these soybeans for sprouting purposes. Differences among varieties can easily be seen by observing the weight (in grams) of 100 beans of each type. Corsoy, a commercial bean, weighs between 17 and 19 grams per 100 seeds. Varieties being considered for sprouting include: No. 11, Korean, 6-10 gms; No. 46, USA, 5-6 gms; No. 48, USA, 8-9 gms; No. 17, Korea, 9-11 gms. Also considered is attractiveness, taste, and agronomic characteristics. Results of last year's yield trials are not yet available, but many of the beans set large numbers of well-filled pods.

"The soybean project for next season is being expanded to include sprouting bean, vegetable bean, and tofu bean variety trials. Our plot work will be closely linked to the Test Kitchen in Emmaus, where taste testing, recipe formulation, and suitability for tofu-making will be analyzed. We hope to add many more varieties to our collection for next year's research and are currently in the midst of a search for suitable types.

"For more information write: Organic Gardening & Research Center, P.O. Box 323, RD 1, Kutztown, PA 19530."

4500. *Soycraft* (*Colrain, Massachusetts*). 1980. Soyfoods deli update. 1(2):10. Winter.
• ***Summary:*** Discusses Yellow Bean Trading Co. (Detroit, Michigan), The Tofu Shop (Rochester, New York), and The Cow of China (Boulder, Colorado), and The Soy Plant Deli (Ann Arbor, Michigan).

"The Yellow Bean Trading Company of Detroit, Michigan, began business in September 1978, with a truck, garage, and cooler, as Timothy and Carol Huang delivered tofu, tempeh, soysage, and soymilk, made by the Ann Arbor Soy Plant, around the metropolitan area. But in March 1979, they opened a retail delicatessen because they 'wanted to teach people about soyfoods by letting them taste them, which is better than reading about them in books.' The deli retails groceries, juices, herbs, teas, dry grains, bulk tofu, bottled soymilk, nori rolls, tofu carob creme pies, and tofu salad. The Yellow Bean has seating for fourteen and they are planning to introduce hot food items, such as tofu spinach pies, tofu lasagna, rice with tempeh, and bean and vegetable dishes." Though currently losing money, the deli grosses about $600 each six-day week.

Greg Weaver of The Tofu Shop in Rochester reports that August 1979 was their biggest month all year; they grossed $2,000/week. Autumn sales averaged about $1,700/week. During the World Series in October they invented the Not Dog–a hot dog based on baked tofu.

Steve Fiering of the Soy Plant deli in Ann Arbor reports steady sales of about $1,000 a week. Steve Demos at the Cow of China deli in Boulder reports that retail sales peaked in August at $450/day. Now they range from $1,700 to $2,000/week.

4501. *Soycraft* (*Colrain, Massachusetts*). 1980. Rapid growth of the soyfoods industry. 1(2):11-12. Winter.
• ***Summary:*** Presents original statistics gathered by New-Age Foods Study Center (Soyfoods Center, and sent in a news release titled "Rapid Growth of Tofu Shops and Soy Dairies in North America," in Nov. 1979), plus reports from three tofu companies that have recently expanded: Joy of Soy (Minneapolis, Minnesota; making 6,000 lb/week of tofu), Northern Soy (Rochester, New York), and New England Soy Dairy (Greenfield, Massachusetts).

4502. *Soycraft* (*Colrain, Massachusetts*). 1980. Roundtable:

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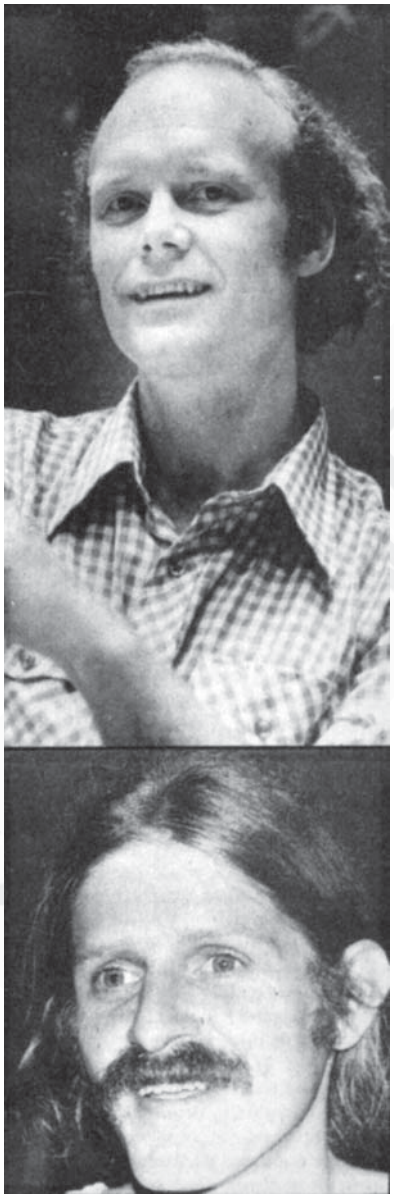

"I believe in the gas station on every corner, tofu shop myth." 1(2):60-62. Winter.
• ***Summary:*** Comments by and photos of Luke Lukoskie of Island Spring, Richard Kaneda of Kanai Tofu Factory, Tom Timmins of New England Soy Dairy, Steve Demos of White Wave, Kathryn Clarke of Southwest Tofu. Comments also by Bill Shurtleff of New-Age Foods Study Center, Bob Bergwall of Nasoya Foods, Steve Fiering of The Soy Plant, Robert Dolgin of Farm Foods, and Norman Holland of Northern Soy.

4503. *Soycraft* (*Colrain, Massachusetts*). 1980. Bill Shurtleff and friend [Richard Leviton] (Photo caption). 1(2):64. Winter.
• ***Summary:*** This photo (4 by 4.75 inches, black-and-white), taken at the Second Soycrafters Conference in Massachusetts, shows Bill Shurtleff (author of *The Book of Tofu*) and Richard Leviton (organizer of the conference and director of the association), seated side by side with arms folded and smiling. Next to the photo is a review and summary of the new Ballantine edition of *The Book of Tofu*.

4504. Takai. 1980. Takai Tofu & Soymilk Equipment Co. (Ad). *Soycraft* (*Colrain, Massachusetts*) 1(2):54-55. Winter.
• ***Summary:*** This 2-page ad gives basic information about the company. Photos show: (1) "Our modern tofu and soymilk equipment factory." (2) Takai continuous roller extractor. (3) Takai automatic duplex pressure cooker system (S180). (4) Takai pressure cooker system (S40A). (5) Pressure cooker. (6) Hydraulic press. (7) Takai automatic pressure cooker system (W30C). Address: 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan.

4505. *Vegetarian Times.* 1980. Brother Ron Pickarski: Bringing vegetarianism into the gourmet limelight. No. 35. Jan/Feb. p. 28-32, 34-35.

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• ***Summary:*** This cover story on Brother Ron Pickarski, a Franciscan brother and a world-class vegan chef, contains a nice portrait of him. Another photo shows an associate chef carving a portion of Tempeh Wellington–an entree served in his Escoffier Dinner Menu. Soy-related recipes include: Tofu dip (p. 34). Dairyless, eggless quiche (with tofu, p. 34). Mushroom stroganoff (with tofu cream, p. 34). Curried tofu and bananas (p. 35).

4506. Hershfield, Joanne. 1980. Film proposal: Surata tofu. Eugene, Oregon. 2 p. Unpublished typescript. March 20. 28 cm.
• ***Summary:*** This film proposal is for a class in "Film and Folklore," English 410, at the University of Oregon (Eugene, Oregon).

"Surata is a locally owned and operated collective in Eugene, Oregon that produces and distributes tofu, a traditional Chinese and Japanese food made from the curds of soybean milk. My film, tentatively titled Surata Tofu, will be concerned with three major objectives: to briefly describe the philosophy and practice of the traditional 'art' of making tofu; to describe the process of making tofu at Surata, adapted from the traditional way to be functionally utilized to meet Western needs; and to examine the philosophy and organization of a particular business collective–how it functions, it's ideological premises, and how it's concept of work relates to the philosophy of making tofu.

"The film will focus on process, community and aesthetics, as interrelated elements within a fundamental belief system and life style. The method of making tofu is traditionally credited to Lord Liu An of Huai (154 B.C.), a Taoist philosopher and practitioner of meditation and alchemy. Tofu making was brought over from China to Japan in the eighth Century by Buddhist priests and has consequently undergone modifications as the knowledge was passed from priests and upper classes, down to the lay people on farms and in villages. Like many Japanese crafts, making tofu is a practice, a spiritual path, a set of knowledge that has been handed down from master to disciple. Work becomes art, the goal is not economic gain or fame, but self-realization discovered in the moment-to- moment process." Address: Eugene, Oregon.

4507. Needleman, Larry. 1980. Tofu Helper: A product idea for Celestial Seasonings. 25 p. March 10. Unpublished manuscript. 28 cm.
• ***Summary:*** Tofu Helper is a dry seasoning mix idea in 3 flavors to be mixed into mashed tofu to make salads, spreads, dips, etc. The idea was never brought to market.

Contents: Putting tofu in historical perspective. Why focus on tofu? Limitations to tofu. My idea. Tofu Helper. Tofu salad. Why celestial seasonings?

Note 1. Tofu Helper was an excellent idea that was never commercialized. Larry Needleman developed the product prototype, then unsuccessfully tried to sell it to Celestial Seasonings.

Note 2. This is the earliest document seen (March 2009) that contains the term "Tofu Helper." Matthew Schmit (also in northern California) invented the same product with the same name about 1 month later; he, too, was unable to commercialize it.

4508. *Asahi Shinbun.* 1980. Tôfu go osuki ni natta. Gaijin Baabaa-san no ryôri hoho [She's grown to love tofu. How foreigner Linda Barber cooks it]. March 26. [Jap]
• ***Summary:*** American Linda Lee Barber teaches a class in Tofu Cooking at the Kobe YMCA. A photo shows her, wearing a white cooking apron, seated between two Japanese women, holding a plate of tofu dishes. Address: Japan.

4509. *SoyaScan Notes.* 1980. How Laughing Grasshopper tofu shop (which became the New England Soy Dairy) was founded (Overview). March 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following story was compiled from various interviews with and writings by Richard Leviton and Tom Timmins from 1977 to 1980. In 1976 Ira (Richard) Leviton and Kathy Whelan were running the successful Corncreek Whole Grain Bakery, which they had started in the spring of 1974. It was located in South Deerfield, Massachusetts, 10 miles north of Amherst, where some 25,000 students attended the University of Massachusetts and Amherst College. In Feb. 1976 an employee from Corncreek Bakery visited the Welcome Home Bakery and Tofu Shop in Corvallis, Oregon, started by Alec Evans in March 1975. He returned to tell Ira in detail how Alec made tofu in Oregon. Ira, a vegetarian, had already been eating tofu since 1970; he bought it at a local supermarket, which in turn bought it from Chinatown in Boston.

In early 1976 Ira bought *The Book of Tofu* by Shurtleff and Aoyagi, then made tofu at home several times successfully. He thought, "This would be a good second food business." He found that the bakery's 100 bread accounts were eager to stock tofu. But his partner, Kathy, was not very interested in the idea. Ira wrote Bill Shurtleff in mid-1976 to explain his idea and ask for advice. Ira then firmly decided to start a tofu shop during a Zen meditation sesshin on 19 July 1976. In August he rented a two-room 1,000-square-foot shop (with handsome wooden floors) at 3 Main St. in the sleepy little papermill town of Millers Falls, Massachusetts, 8 miles from the bakery. Working largely alone, he began to convert the space into a traditional, cauldron-style tofu shop.

For startup capital, Ira and Kathy together put in $4,000 of their own funds, to which Tom Timmins added $1,200 and Michael Cohen added $2,000. In Sept. 1976 Ira got a $7,500 five-year bank loan to bring the total to $14,700. Part of this money was used to equip the shop with a large Hobart VCM-40 (Vertical Cutter-Mixer) to grind the beans, four 15-gallon

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stainless steel pots set over four gas burners to cook the slurry, a solid-oak apple cider press to extract the soymilk, hand-made oak curding barrels (former cider barrels) and forming boxes, and cedar soaking barrels from a Maine lobster supply house. The "old fashioned" shop was a joy to behold–but soon proved to be a misery to work in!

On 4 Nov. 1976 Shurtleff and Aoyagi, while on a nationwide tour to introduce tofu and miso to America, visited Leviton in Massachusetts. Leviton hosted their program at his bakery and drove Shurtleff to the tofu shop that would open in several months. A day or two later Shurtleff and Aoyagi visited Tom Timmins, in Brattleboro, Vermont. From 1973-75 Timmins had been manager of Yellow Sun Natural Foods Cooperative in Amherst, Massachusetts. This food co-op had 500 member families and was a pioneer in the organic farming movement in New England. From 1975 to 1977 he was sales manager at Llama, Toucan & Crow, a natural foods distributor in Brattleboro.

In early December, Timmins called Leviton to say that he would like to be a partner with Ira and Kathy in the new tofu shop. Timmins' wife, Judy, had started the Equinox Vegetarian Restaurant in Amherst,–which bought bread from Corncreek bakery. Timmins was soon invited to join as the third partner.

Ira, Kathy and Tom made the first batch of tofu at Laughing Grasshopper Tofu Shop on 12 January 1977, a Saturday. Initial output was 300 to 1,000 pounds a week. The young craftsmen, bypassing the traditional Japanese apprenticeship and having made tofu only five times before opening, learned as they went along, partially following instructions in a pre-publication rough draft of Shurtleff and Aoyagi's *Tofu and Soymilk Production*, and benefitting from their daily mistakes and observations.

But before long things started to go awry. Heaving the heavy pressing sacks onto their cider press, they found, required almost superhuman physical strength and conditioning; it left them exhausted and with aching backs at the end of each day. The wooden soaking and curding barrels warped badly, began to rot, and generally were too unsanitary and too heavy to handle. The forming boxes warped and pulled apart at the seams. The pressing sacks often sprang leaks, tore open at the seams, and sprayed hot okara all over the shop and workers. The floor warped (especially after 1 month when the drains clogged permanently; the landlord had done an illegal plumbing job himself) and water dripped through the radiator pipe openings into the room below onto the landlord's stored art materials. The sheet rock walls slowly began to crumble. The landlord, who lived in the building, often showed up drunk (sometimes with a pistol) and occasionally shut off the water in the middle of production. The smell of tofu production seeped into the town library, which was in the same building, prompting complaints. Town and state health inspectors, concerned with the unsanitary conditions, kept a close eye on the operation. Nonetheless, in the process of overcoming these and many other unforeseen difficulties, the young craftsmen soon became proficient in the art of making fine nigari tofu. Timmins later remarked, "Only willpower and dedication kept us going." Ira got mononucleosis in February or March 1977 from stress and overwork, and was out for 7 weeks. Many other early tofu shops in America experienced the same types of difficulties.

The three partners hired Michael Cohen to deliver their tofu 3 times a week. Michael had just returned from The Farm in Tennessee (there and at a satellite community of The Farm he had learned to make soyfoods) and wanted to start his own tofu shop. In Feb. 1977 the company took in Michael Cohen as the fourth partner. This combination of diverse talents proved helpful in running the business. The partners used Corncreek Bakery to develop a Tofu Pie (4½-inch diameter tofu cheesecake), which was launched in April 1977. But it was not on the market very long, since the bakery closed in Aug. 1977 due to a continuing labor dispute.

Yet despite all these problems, business was booming. At the end of its first year in business (Jan. 1978), the little company was employing ten people, each working 40 hours per 7-day week, and making over 7,000 pounds of tofu a week. They packed their tofu in plastic lined 5-gallon plastic pails, storing them overnight in a 10-by-12-foot self-built cooler. They made deliveries in their own van two to four times a week to over 100 small food stores, restaurants, and supermarkets in Boston and Western Massachusetts. With sales for the first year at an impressive $75,000, they company was already planning a first expansion and a new image–just in time, as they were also being evicted by the landlord and town council.

In Nov. 1977 the partners incorporated the company, made Tom Timmins the top man (president), changed the name to New England Soy Dairy, raised $45,000 of new capital, and began to moved the business into a much larger building at 305 Wells St., Greenfield, Massachusetts. Production in Greenfield began on 31 Jan. 1978. In Feb. 1978 the company stopped using the name "Laughing Grasshopper" for their tofu. In Feb. 1978 the former landlord sued the company for $35,000 but *his* lawyer dropped the suit out of embarrassment.

4510. **Product Name:** Boncheese (Tofu).
Manufacturer's Name: Boncheese.
Manufacturer's Address: 128 Kitulwatte Rd., Colombo, Sri Lanka.
Date of Introduction: 1980. March.
New Product–Documentation: *Soyanews.* 1982. April. p. 4-5. "Sri Lanka's first tofu shop." With three photos taken inside the shop. The name of the shop is given in this article only as "Sri Lanka's first tofu shop." The name of the owner is also not given, but we are told that he is a devout Buddhist and vegetarian.

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Letter from Gai W. Kim, UNDP, Sri Lanka. 1982. April 23. This was Sri Lanka's first tofu shop. Work on the factory was completed by March, 1980. The owner was Mr. U.N. Gunasekera, a large contractor. The product, Boncheese, was retailed at a stall in Kolpetty Market, the largest market in Sri Lanka. The factory had to be closed from Dec. 1980 to March 1981 due to a shortage of soybeans. Presently Boncheese is sold only at Cornel's Super Market (Colombo's only super market); 60 lb a day are supplied. By March 1988 the product has been renamed Soya Bean Curd and the Manufacturer Soya House (which see).

4511. Boyd, Billy Ray. 1980. The Buddha-foods of China. *Asia Mail* (*The*). March.

• ***Summary:*** In Taipei, Canton, or many other Chinese cities or towns you can find Buddhist vegetarian restaurants. The foods, which are displayed in the window, look like pressed duck, sweet-sour pork, chicken soup, fish, etc., and invite you to enter. Yet you will find that these delicacies contain no meats or dairy products. In the island province of Taiwan alone there are almost 100 such eating places, in almost every city and town. "Over the centuries monks and nuns have developed and refined special foods made from various soy products and from gluten." These include tofu (beancurd), gluten meat, and *doupi* [2 Cc = 2 Chinese characters given] "(the tender, fleshy skim from soymilk)." They are high in protein and look and taste remarkably like a wide array of flesh foods. "These foods are manufactured by specialized businesses and sold in market stalls dealing with nothing else. Since the food is prepared is prepared in large quantities that same day, it is inexpensive.

Note. This is the earliest English-language document seen (Oct. 2012) that uses the word *doupi* or the terms "skim from soymilk" or "fleshy skim from soymilk" or "tender fleshy skim from soymilk" to refer to yuba.

"When ordering in a Buddhist restaurant, the simplest approach is to ask for the daily special or 'guest food' *kuh fahn."*

Generally it is lay Buddhists, traveling clergy, and people concerned with health who eat at these restaurants.

"The strictly vegetarian regimen is adhered to in Buddhist temples as well. In west-central Taiwan, at the very top of Lion's Head Mountain (3 Cc) sits the Buddhist temple Shih Yen Tung (3 Cc). The resident nuns and monks here are used to visitors, including occasional westerners, and one can spend the night. As usual in temples, a modest offering of 'incense money' is expected to cover the costs of providing food and lodging: a few dollars for an overnight stay, meals taken with the monks and nuns in the communal dining hall. The mountain itself, when not enshrouded in timeless mists, provides a panoramic view of the region. The food served is, of course, the traditional vegetarian kind, unlike at many other temples–on the mountain and elsewhere–of mixed Buddhist and Taoist allegiance.

"Though Buddhism has in many ways been discouraged in Maoist China, the vegetarian tradition there lives on. Two famous temples where resident monks and nuns still serve elaborate vegetarian meals to pilgrims and visitors are T'ien P'ing Shan (3 Cc) in the suburbs of Soochow, and Ling Yin Ssu (3 Cc) in Hangchow. The latter city is noted for being one of the most beautiful in all China, a pre-Liberation favorite of resident foreigners.

"Chinese Buddhist restaurants can be found in several cities in southeast Asia as well, including Hong Kong, Kuala Lumpur, and Singapore. English will often appear on the menu, and/or be spoken by some of the waitpersons. The Chinese Buddhist gustatory tradition did not, unfortunately, survive the cultural transplant to the United States, though recently some non-Chinese have opened a restaurant in San Francisco where one can begin–just begin–to discover the richness and diversity of the traditional Buddhist foods."

The author, a freelance writer and vegetarian cook, chanced upon and subsequently researched the Chinese Buddhist restaurants during a 4½-year odyssey in Asia. Address: Box 872, Santa Cruz, California.

4512. **Product Name:** Bud Tofu [Firm Style].
Manufacturer's Name: Bud, Inc.
Manufacturer's Address: 1100 Wicomico St., Baltimore, MD 21230.
Date of Introduction: 1980. March.
Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: 16 oz. Originally packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid. By 1985 both water- and vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Morris, Linda. 1982. "Tofu: Soy product can be used like cheese." *Sun* (Baltimore, Maryland). May 12. p. C1. The Liu family, whose business is named Bud, Inc., began making tofu in 1980 and has recently moved into larger quarters on Wicomico street.

Label. 1982. "Bud tofu–Firm style." Green on clear film. Logo is a musical note.

Label. 1982, March. (dated). 4 by 5.5 inches. Red, green, and blue on clear film. Refrigerate in fresh water. Serving suggestions: Boil or fry tofu and serve with desired sauce. Serve diced tofu in tossed salad or soup. Stir fry tofu with vegetables. Substitute tofu for half the amount of ground meat, cheese, eggs, or mayonnaise called for in all recipes. Puree tofu, fruit and milk with drops of vanilla, add desired sweetening for desserts. Blend tofu (½ lb) with lemon juice (2 T.), oil (2 T.), and preferred seasoning for preferred spread, dip, or dressing. Vegetable protein: No cholesterol. Low calories. No preservatives.

New Label. 1985. Oct. (dated). 4.5 by 4 inches. Clear film. Black on green with black on white logo. The logo is a picture of a bud on a soybean. "All natural. No preservatives. Keep refrigerated at 36-38ºF."

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Talk with Aaron Liu. 1988. July 18. The company started in May 1982. 95% of their products go to the natural food industry, and 5% to Chinese restaurants. They now use 12 x 60 lb bags of soybeans a day to make 1,440 lb of tofu a day, and 7,200 to 8,640 lb a week. Aaron and his sister, Wang Chen, both own the company. Talk with Jon Kessler of Sunergia Soyfoods. 1999. March 21. Jon heard from Ed Mueller of Potomac Whole Foods and Bread of Life that Bud, Inc. of Baltimore has lost its lease and perhaps has ceased operations. Ed is hoping to move the Bud equipment up to Hancock, Maryland, and start a new tofu shop there.

4513. Daizu Kyokyu Antei Kyokai. 1980. Gaiyo [About the Japan Soybean Supply Stabilization Association]. Tokyo: DKAK. 12 p. March 31. 26 cm. [Jap]
• ***Summary:*** Name of organization with diacritics is: Daizu Kyôkyû Antei Kyôkai. This association was founded on 26 Dec. 1974, following the U.S. soybean embargo in 1973. It has 8 member associations, including the Japanese national tofu, dried-frozen tofu, natto, miso, shoyu, oil, oil importer, and coarse grain associations. The name and address of each is given. Address: #2 Makoto Bldg. 5F, 1-4-4 Toranomon, Minato-ku, Tokyo 105, Japan. Phone: 03-591-3879.

4514. Hip Pocket Tofu Deli. 1980. March. New soyfoods restaurant or deli. 1634 N.W. Blvd., Columbus, OH 43212.
• ***Summary:*** Questionnaire filled out by owner of restaurant or deli. 1982. Lists the company's most popular soy-based menu items in descending order of popularity. The highest weekly total sales over the past 6-2 months, the month that this occurred, and why. The average weekly sales during this period. Average hourly wages paid to workers. The business startup cost (amount of money it cost to get the business started). Current profitability status. Plans for the future. Advice the owner would give to someone starting a similar business.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started March 1980 by Mick Vissman and Bill Lutz. Startup cost: $10,000. Avg. weekly sales in 1982: $2.000. Address: Columbus, Ohio.

4515. Island Spring Inc. 1980. Can you make a living making tempeh? (Ad). In: William Shurtleff and Akiko Akiko. 1980. Tempeh Production: The Book of Tempeh, Volume II. Lafayette, California: New-Age Foods Study Center. 176 p. See p. 171.
• ***Summary:*** This quarter-page black-and-white ad is for the Soycrafters Apprenticeship Program, a professional 21-day intensive "hands-on" course in the commercial production and marketing of tempeh, tofu, soymilk, and related soyfoods. Address: P.O. Box 747, Vashon Island, Washington 98070. Phone: (206) 622-6448.

4516. **Product Name:** Tofu.
Manufacturer's Name: Island Tofu Works.
Manufacturer's Address: 318 Main St., Bar Harbor, ME 04609. Phone: 207-288-4969.
Date of Introduction: 1980. March.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Address: c/o Golbitz-Kingma, 318 Main St., Bar Harbor, 04609. Owner: Peter Golbitz.

Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 1. The company was started by Sharyn Kingma and Peter Golbitz.

FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry. p. 95. A small tofu shop.

Roy Zalesky. 1987. American (Ellsworth, Maine). March 12. "For Bar Harbor couple tofu manufacture leads to research in soyfoods." In 1980 Sharyn Kingma and Peter Golbitz started to produce tofu in their kitchen.

According to the Registry of Deeds for Hancock County (60 State St., Ellsworth, Maine. Phone: 207-667-8353), no company with the name Island Tofu Works, or any similar name, was established in that county between 1977 and 1986. The earliest records related to the business are a Uniform Commercial Code financial statement for the year 1982 showing Jason P. Golbitz and Sharyn Kingma doing business as Island Tofu Works.

Talk with Peter Golbitz. 1988. Sept. 8. The company was founded in the winter of 1979 as a partnership. Maine does not require registration of partnerships with the county. Production began in February or March 1980. At their peak, they were producing about 2,000 lb/week of tofu but still losing money.

Note: This is the earliest document seen (Feb. 2003) concerning the work of Peter Golbitz with soyfoods.

4517. Murakami, Debbie. 1980. "To me, tofu is like bread." *International Examiner* (*The*) (*Seattle*). March. p. 8-9.
• ***Summary:*** "Island Spring has actually paved the way toward marketing tofu and getting it accepted by the public. The company is located in the middle of an orchard operation on Vashon Island. The biggest sales barrier is unfamiliarity." Address: Seattle, Washington.

4518. Shurtleff, William; Aoyagi, Akiko. 1980. Tempeh production: The book of tempeh, volume II. A craft and technical manual. Lafayette, California: New-Age Foods Study Center (Renamed Soyfoods Center in Sept. 1980). 176 p. Illust. by Akiko Aoyagi Shurtleff. Index. March. 28 cm. [46 ref]
• ***Summary:*** Contents: Preface. 1. How to start a tempeh shop. 2. Setting up shop: Community or kitchen shop, fire cooker shop, steam cooker plant, modern factory, tropical village shop, tropical caldron plant. 3. Ingredients. 4. Principles of tempeh production. 5. Making tempeh in

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North America. 6. Making tempeh in Indonesia. 7. Making specialty tempehs: Introduction, specialty soy tempehs, other legume tempehs, grain (or seed) & soy tempehs, grain tempehs, okara tempeh, soy (or grain) & okara tempehs. 8. Quantity tempeh recipes & the soy deli. 9. Making tempeh starter. Appendices: A. Resources: People and institutions connected with tempeh production. B. Tempeh shops in the West. C. Measures, weights & equivalents. Bibliography. New-Age Foods study center. D. Index.

Note 1. This is the earliest known English-language book devoted entirely to tempeh production.

Note 2. On page 10 we read: "For more information about the natural low-tech soyfoods industry and its publication *Soyfoods*, contact the Soycrafters Association of North America,..." This is the earliest English-language document seen (Feb. 2013) that contains the term "low-tech" (regardless of hyphenation) in connection with soy, or the term "low-tech soyfoods." Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4519. Shurtleff, William; Aoyagi, Akiko. 1980. Soyfoods: The Americanization of tofu. *Vegetarian Times* No. 36. March. p. 54-55. [3 ref]
• ***Summary:*** An introduction to tofu in America followed by 6 recipes adapted from *The Book of Tofu.*

"Westerners are doing things with tofu that the Japanese never dreamed of: "Tofu burgers," "tofu cheesecake," and soybean ice cream are all as American as apple pie. In the immortal words of Andy Schecter, of the Northern Soy tofu and tempeh shop in Rochester, New York: 'We can make tofu and soymilk products that rival even the best junk foods in America!' What more could anyone ask for?" Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4520. **Product Name:** Soya Bean Curd (Formerly Boncheese).
Manufacturer's Name: Soya House (U.N. Gunesekara and Co.).
Manufacturer's Address: 128, Kitulwatte Road (Off Elvitigala Mawatham), Colombo 8, Sri Lanka. Phone: 597759.
Date of Introduction: 1980. March.
Ingredients: Soybeans, coagulant.
Wt/Vol., Packaging, Price: 500 gm in sealed plastic bag retails for Rs. 15/-.
How Stored: Refrigerated, 3 day shelf life.
New Product–Documentation: Label. 1988. March. 5.25 x 3 inches. Black on white card stock paper. Form filled out by Jane Gleason. She visited the shop in Colombo on 14 March 1988. Discussion with Mrs. Mendis, shop manager. Marketed from the shop and through Cargills and Cornel's supermarkets in Colombo. Production varies from 30 to 60 lb/day, or 400 kg/month. Production has decreased due to a competitor making silken tofu and selling it through the same outlets. The soybeans are purchased for 9 Rs/kg from the Colombo market. Consumers buy the product because of nutrition and quality. Most consumers are upper middle class and 90% are vegetarians. "Many Buddhist monks, bought for almsgiving, for monks, especially cutlets."

4521. Taira, Harue; Taira, Hirokadzu; Kokubu, Yoshijiro; Otake, Shigeto. 1980. Shihan (Murasaki han?) byôkin ni yoru higai daizu no kakô tekisei [Suitability for food processing of purple specked soybean seeds caused by *Cercospora kikuchii*]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 36. p. 14-20. March. [7 ref. Jap; eng]
Address: National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan.

4522. Zell, Fran. 1980. Dong Hung Vien wins: Dining. *Chicago Tribune*. April 6. p. E12.
• ***Summary:*** Dong Hung Vien, a Chinese restaurant at 7316 N. Milwaukee Rd. in Niles, serves a delicious "crunchy, batter-dipped nugget of deep-fried bean curd. A tangy sauce as well as a small bowl of sugar were provided for dipping."

4523. Cadwallader, Sharon. 1980. An Asian answer to hamburger: Naturally. *Los Angeles Times*. April 10. p. L34, or J32, or K32.
• ***Summary:*** "I have had quite a bit of response to using frozen tofu in Western-style dishes. It seems the newcomer to the world of tofu–i.e., the Western palate–is more inclined to be comfortable with this texture than with the soft, fresh tofu."

You can easily freeze tofu at home; just put it in the freezer for several days, then thaw, drain, squeeze out any excess liquid, and keep any unused portions in the refrigerator. Contains two recipes using 1-2 cups "crumbled thawed tofu": Spanish rice, and Chili beans.

Note: An almost identical article titled "Naturally" appeared on this same date in the *Washington Post* (p. E8).

4524. *Toyo Shinpo* (*Soyfoods News*). 1980. Tôfu o sôzai ni shita gaikokujin no "Ryorikyôshitsu" kôhyô. Kôbe Jogakuin kôshi Linda Lee Barber-san [Foreigner's cooking class using tofu as an ingredient has a good response. Kobe Women's School teacher Linda Lee Barber]. April 11. [Jap]
• ***Summary:*** Linda Barber, an American home economics and lifestyle teacher, has the theme "Cooking with Love." She says "I like tofu very much." There is a steady stream of applicants for her "Tofu Cooking" classes at the Kobe YWCA, and for the next year twice as many classes each month are planned. Three photos show Linda Barber in a white apron making tofu on a kitchen scale and teaching Japanese about Western-style tofu cookery.

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4525. Schmit, Matthew. 1980. Tofu-Helper: New directions in packaging and marketing for the soy industry, 1980. Bayside, California. 5 p. April 12. Unpublished manuscript. 28 cm.
• ***Summary:*** A proposal for a new product developed by Matthew Schmit. Five pages of black and white photocopies: (1) Title page. Handwritten. A rectangular photo in the center shows 3 prototypes of the product and 3 tubs of tofu atop a wooden barrel, outdoors. (2) Statement of original idea (handwritten): Name: Tofu-Helper portion pouch. Description. Purpose. Adaptation. Sketch (blank). Signed: Matthew Schmit, Date: 4/12/80.

(3) Tofu-Helper: Getting off the ground: An example of the steps undertaken by a tofu company beginning to introduce Tofu-Helper sauces into their sales region. "Choose a name for the campaign, such as Tofu Internationale, and sauces such as... Tofu turkey and dressing.

(4) Letter to Mr. Jeno Paulucci, 535 Lake Avenue South, Duluth, Minnesota 55802. From Matthew Schmit, Bayside, California. 1 page typewritten, no letterhead, with signature. Explains the product to Mr. Paolucci and suggests that he make and package it. New foods, "primarily tofu, tempeh, and soysage, have burst upon the American natural foods market in the last two and a half years. I have worked with these now items since September 1977, and have followed closely the 'new soyfoods' industry."

(5) Reply from Jeno F. Paolucci, chairman. May 29. Typed on letterhead with signature. "I appreciate your writing me in this connection. However, I just don't feel we would have any interest in going into soyfoods at least at the present time."

Note 1. Jeno was founder of Chun King Corp. and Jeno's Pizza. Matthew's father, Justin, was the company's executive vice president for years in Duluth, Minnesota, and later engineer.

Note 2. Matthew never commercialized this product. Address: Rt. 1, Box 484, Bayside, California 95524. Phone: 707-443-9054.

4526. White, Jim. 1980. Dining out: Jim White goes on a soya spree at Soja and finds the salads and desserts respectable, but the tofu tiresome. Unlike MacArthur, he will not return. *Starweek* (*Supplement of the Toronto Saturday Star*). April 5 to 12. p. 57.
• ***Summary:*** Soja, a soyfoods vegetarian restaurant at Kensington Market in Toronto, got mixed reviews. The author loved the tofu desserts but found too much tofu in everything. "You know tofu as bean curd, that squiggly, bland stuff that winks at you from the depths of a platter of Chinese mixed vegetables... tofu is a patty of compressed soya milk... its healthy but tasteless."

"Soja, by the way, means soya in Spanish and is pronounced as in 'So'dja like the meal? Wouldja come again?' The answer is No, pronounced emphatically. Not until the menu–like starch–is modified."

A photo shows Lynn Stirling and Mary Anderson in front of their restaurant. Address: ONT, Canada.

4527. Dunn, Carole. 1980. Soya beans are good for human 'beans.' *Chronicle, Tuesday Magazine* (*Eumundi, Australia*). April 15. p. 11.
• ***Summary:*** Cyril and Elly Cain, originally from the USA but now living in Imbil, are selling soyfoods at the Saturday morning Eumundi market, including soymilk drinks, smoothies, plain tofu, flavored tofu dips and spreads, tofu sandwiches and burgers, Soysage rolls, ice bean (soy ice cream), and a variety of cakes and pies such as tofu cheesecake. A photo shows Elly smiling as she makes a sale at a tofu & soymilk stall; Cyril appears in the background.

4528. Haddix, Carol. 1980. Ingrid: Master of the cold buffet. *Chicago Tribune*. April 17. p. S_A1, or N_B1.
• ***Summary:*** Ingrid Kostrubala (Swedish), one of Chicago's hottest caterers, has a constantly varying repertoire. Part of it is her unusual tofu appetizer. "Still a relatively unknown food for most Americans, tofu has a wonderful texture that contrasts well with crisp greens, Ingrid said. But its bland flavor (it actually is soy bean curd) stops many people cold." So Ingrid serves tofu with a dipping sauce that contains soy sauce laced with the hotness of shredded fresh ginger; it contrasts nicely with the mild tofu flavor. Contains several recipes, including Tofu with ginger sauce. Mix ½ cup each freshly grated ginger root and soy sauce with ¼ to ½ cup cream sherry in a small serving bowl. Cut tofu (use 3 cartons, 15 ounces each, drained) into 1-inch cubes. Dip and enjoy. A photo shows Ingrid standing by her buffet.

4529. Will, Joanne. 1980. Saute pan encounters wok in chinois cuisine. *Chicago Tribune*. April 17. p. W_B3, or S_A3, or N_B3.
• ***Summary:*** Ruth Law is an accomplished Chinese cooking instructor. John Snowden is a chef and the proprietor of a French cooking school. Chinois cuisine aims to mate this two great culinary traditions. "Law has had to eliminate soy bean curd, a favored Chinese ingredient but one that Snowden finds offensive. 'We cook things that are compatible, so that the menu is harmonious,' Law explained." Four recipes are given. Flower soup calls for 1 teaspoon light soy sauce and 1½ teaspoons sesame oil. Address: Food editor.

4530. *Toyo Shinpo* (*Soyfoods News*). 1980. Tôfu ryôri no barieeshon [New ways of cooking with tofu]. April 21. [Jap]
• ***Summary:*** Linda Lee Barber, an American home economics and lifestyle teacher, presents three Western-style tofu recipes. A small photo shows Barber.

4531. Belt, Becky; Jelepis, Kathy. 1980. Tofu takes many

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forms. *Dispatch* (*Columbus, Ohio*). April 23.
• ***Summary:*** Bill Lutz and Mick Vissman, two entrepreneurs in their 20s, recently started Rainstar Foods, which distributes tofu and other natural foods. They also started the Hip Pocket Tofu Deli [on 1 March 1980]; its popular items include: Chili with tofu, Eggless "egg salad," Saltimbocca (marinated tofu cuts), Tofu burger, Guacamole, and Tofu onion-garlic dips. Soy foods like soymilk, soysage, and seitan roast are also on the menu. For dessert there is tofu cheesecake and banana cream pie. All recipes used at the deli were developed by chef Dennis Prutsman, who cooked with tofu for 15 years in San Francisco, California. No recipes are given.

4532. Dosti, Rose. 1980. Vitamin D hormone produces favorable effects: Relief from osteoporosis? *Los Angeles Times.* April 24. p. L1.
• ***Summary:*** Scientific studies have shown that many adults do not get enough vitamin D and calcium in their diets to maintain strong, healthy bones, according to Hector F. DeLuca, PhD, professor and chairman of the biochemistry at the University of Wisconsin. Breakthroughs in vitamin D research by DeLuca and co-workers could bring relief to millions of aging American women suffering from osteoporosis. Luca has shown that vitamin D cannot be activated without calcium. Our main source of vitamin D is the sun; when it comes in contact with the skin, it converts a form of cholesterol into vitamin D.

DeLuca advises women approaching menopause to drink milk and other dairy products, or to supplement their diets with calcium. An alternative, he says, is to consume "tofu, a soy bean curd which contains good supplies of calcium." Exercise that stresses bones is also important. The vitamin D hormone must not be taken unless prescribed by a physicians. A photo shows DeLuca. Address: Food editor.

4533. Dosti, Rose. 1980. Nutrition class: You practice eating what you preach. *Los Angeles Times.* April 24. p. L29.
• ***Summary:*** "Elementary-school teachers who registered for a course called Nutrition Update at Cal State Long Beach last week learned a thing or two about teaching children nutrition and got to eat what they learned, too." The recipe for Basic stir-fried meat and vegetables calls for "1 (7-ounce) package baked soy bean cakes (tofu)."

A recipe for Chicken marinade calls for "1 tablespoon light soy sauce." Address: Staff writer.

4534. *Santa Cruz Sentinel* (*California*). 1980. Workshop-lecture on tofu and tempeh Monday. April 30. p. 32. [3 ref]
• ***Summary:*** This news release explains that William Shurtleff and Akiko Aoyagi, authors of 3 best-selling books, will present a program and workshop on Monday, May 5, from 7:30 to 9:30 p.m. at Santa Cruz High School Auditorium. Donation is $1. "Sponsoring the lecture Monday is Monterey Bay Soy Foods whose proprietors, Jeremiah Ridenour and Kevin Van Slooten, plan to provide the community with fresh bulk tofu and other soy products." Photos show Shurtleff and Aoyagi. Note 1. This is the first program on Shurtleff & Aoyagi's Soyfoods America Tour 1980.

Note 2. This is the earliest document seen that mentions Jeremiah Ridenour in connection with soyfoods.

4535. Java Murni Restaurant. 1980. April. New soyfoods restaurant or deli. 4509 Adams St., Carlsbad, CA 92008.
• ***Summary:*** Questionnaire filled out by owner of restaurant or deli. 1982. Lists the company's most popular soy-based menu items in descending order of popularity. The highest weekly total sales over the past 6-2 months, the month that this occurred, and why. The average weekly sales during this period. Average hourly wages paid to workers. The business startup cost (amount of money it cost to get the business started). Current profitability status. Plans for the future. Advice the owner would give to someone starting a similar business.

Poster sent by Doug Fiske. 1981. Dec. "Prepare now for Java Murni's vegetarian X-mas dinner. Dec. 26 and Dec. 27. 5-7 or 7:15-10 pm. Contains the menu and an illustration of a shadow puppet. Soy-related dishes include: Appetizers: Gulung Rebung (bamboo shoots wrapped in crispy tofu). Tofu Kembang (tofu flowers). Salad: Gado-gado (with peanut dressing). Entree: Tempeh Treat (tempeh braised in Indonesian soy and safflower oil). Tofu-Saus-Richa (tofu in sweet-and-sour spicy sauce). Chah Tempeh (mixed-tempeh-vegetables). Keringan Tempeh (sweet-piquant tempeh). Satay Tempeh (bbq tempeh). Soyex Malakka (soy cubes in malakka sauce).

Vegetarian menu. 1982. Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Address: Carlsbad, California. Phone: 714-434-4131.

4536. **Product Name:** Light Foods Tofu.
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133. Phone: 314-721-3960.
Date of Introduction: 1980. April.
Ingredients: Certified organic soybeans, filtered water, nigari (salt bitterns).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 8 oz.: Calories 164, protein 17.6 gm, fat 9.6 gm, carbohydrate 5.4 gm, calcium 292 mg, iron 4.4 mg, sodium 96.0 mg, potassium 96.0 mg, thiamine 0.12 mg, riboflavin 0.08 mg, phosphorus 286 mg.
New Product–Documentation: Letter/Order for the book *Tofu & Soymilk Production* from Bob Davis. 1979. Sept. 24. "Greetings & love. We're going into the soy business in

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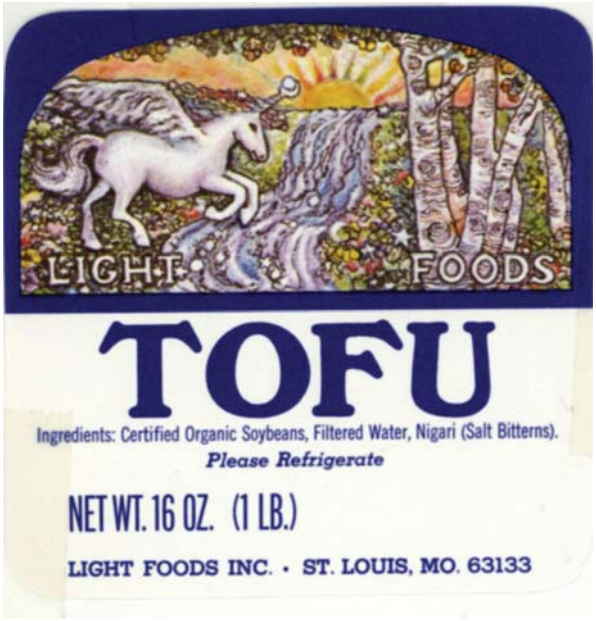

St. Louis. Our temporary name and address: "St. Louis Soy Foods, 613C Broadmoor Dr., Chesterfield, Missouri 63017. Phone: 314-469-3624. Love and energy to you all.

Letter from Bob Davis of Light Foods (6144 Bartmer, St. Louis, Missouri 63133). 1979. Nov. 16. He orders *The Book of Tofu, Tempeh Production, The Book of Miso.*

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Bob Davis.

Barbara G. Ostmann. 1980. Post-Dispatch (St. Louis, Missouri). Oct. 29. p. 1E, 4E. "Time for tofu." Bob Davis started making tofu 7 months ago. A large color photo shows the tofu package and label, on which is an illustration of a winged unicorn jumping across a stream in front of a rising or setting sun. Label. 1980, undated. 3 inches square. Self adhesive. Letters blue on white. Color illustration of a unicorn jumping across a stream at sunrise. "Please refrigerate." Label. 1982, undated. 5 by 3 inches. Plastic film. Dark blue, light blue and orange on clear film. Now contains the descriptive phrase "A soy cheese. Low calories. No cholesterol. 100% non-dairy."

4537. Saio, K.; Nikkuni, I.; Ando, Y.; Otsuru, M.; Terauchi, Y.; Kito, M. 1980. Soybean quality changes during model storage studies. *Cereal Chemistry* 57(2):77-82. March/April. [14 ref]

• ***Summary:*** Because of uncertainties in international soybean trade, the Ministry of Agriculture, Forestry, and Fishery in Japan is planning to set aside soybean reserves to avoid possible shortages. This article analyzes changes in soybeans stored under conditions that cause significant changes in qualities important to food uses of soybeans–such as tofu. Address: 1-3. National Food Research Inst., Ministry of Agriculture, Forestry, and Fishery [Japan].

4538. **Product Name:** Yuba Rolls, and Stuffed Agé Pouches.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1980. April.
New Product–Documentation: Talk with Steve Fiering. 1988. June 10. These were developed by Jura McDowell, who was a good cook. The yuba rolls were about 5 inches long and a little less than 1 inch in diameter. He made the yuba (but it was never sold as such) then use it as an outer wrapping around a filling with ground tempeh and soysage. The Agé Pouches were made by deep-frying tofu to make pouches, then opening and stuffing them with a delicious mixture of ground tempeh, and perhaps soysage, nuts, and sweet white miso. They were sold fresh in the deli, and they sold very well. Note: This is the 2nd earliest commercial soy product seen (Sept. 2011) in which tempeh is used as an ingredient.

4539. Steinkraus, Keith H. 1980. Guideline for the production of soybean milk and soybean curd at the village level. *Food and Nutrition Bulletin* (*United Nations Univ.*) 2(2):29-30. April.

• ***Summary:*** A step-by-step guide to making each product using simple equipment. Address: Cornell Univ., Geneva, New York.

4540. **Product Name:** Westbrae Nigari (Bittern).
Manufacturer's Name: Westbrae Natural Foods (Distributor). Imported from Japan. Made in China (PRC).
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: 415-658-7518.
Date of Introduction: 1980. April.
Ingredients: Incl. magnesium chloride.
Wt/Vol., Packaging, Price: 44 lb. Wholesales for $21.60.
How Stored: Shelf stable.
New Product–Documentation: A series of 3 labels appears on Westbrae's internal print order log: (1) "Westbrae Nigari (Bittern): for use in making tofu." 1976. Printed with dark blue ink on light blue paper. 3.5 by 4 inches. "Made from clear seawater from which most of the tablesalt (NaCl) and water have been removed. Store tight to prevent water absorption. Net weight: 5.29 oz. (150 grams). Imported by Westbrae Natural Foods. Product of Japan. (2) "Westbrae Nigari: Bittern." 1977. July 20. Printed brown on beige. (3) Westbrae Dried Natural Nigari (Bittern)." 1978. Jan. 26. Printed with dark blue on silver. 2¼ by 3¼ inches.

Westbrae Natural Wholesale Food Catalog. 1980. Spring. "Nigari is the mineral-rich liquid that remains after sodium-chloride (table salt) is separated from seawater. Westbrae's natural nigari is made after the traditional methods in the salt fields of the People's Republic of China.

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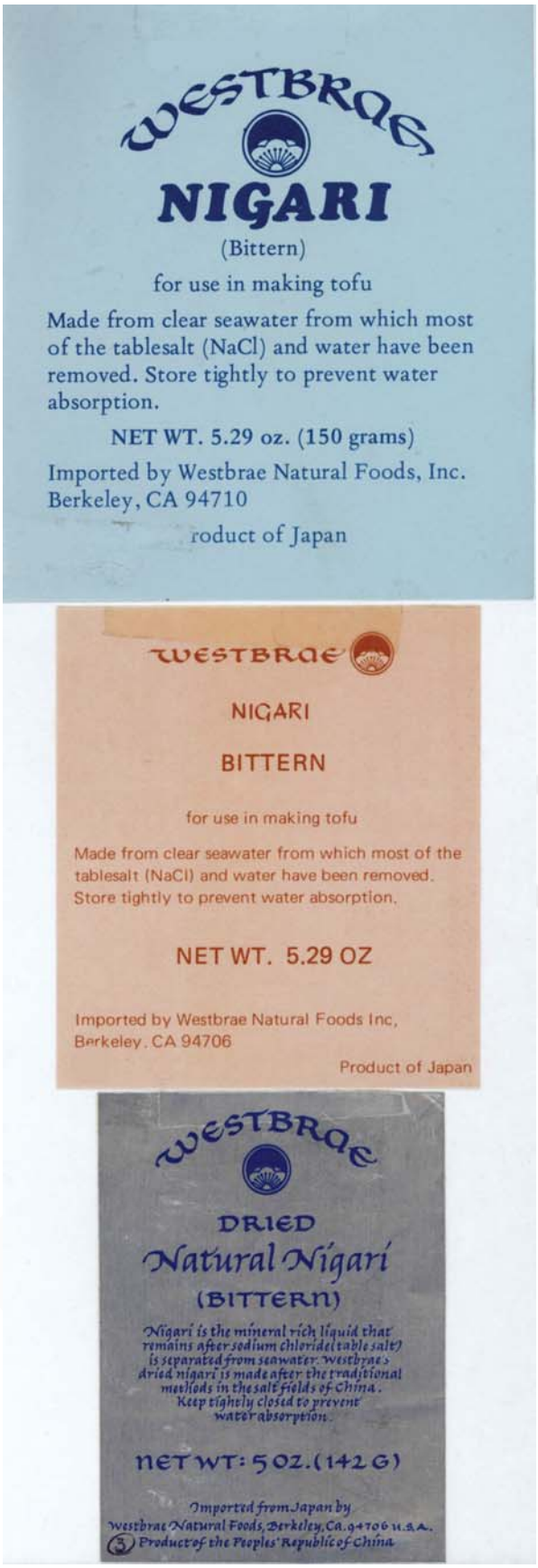

Used as a coagulant in making tofu."

4541. Yoneda, Soei. 1980. Shôjin ryôri, osôzai: Take-no-Gosho fû [Zen vegetarian cookery, side dishes: Kyoto Take-no-Gosho style]. *Kurashi no Sekkei* (*Designs for Living*) No. 131. 196 p. April. Illust. 30 cm. (Tokyo: Chuo Koronsha). [Jap]

• ***Summary:*** Filled with hundreds of lovely color photos of prepared dishes, steps in preparation, Zen temples and their art treasures, gardens, and buildings. Many of the recipes include soyfoods, especially tofu, miso, shoyu, and okara. Includes a color portrait of Soei Yoneda (p. 5) and the story of her life and work (p. 165-67). Address: Abbess, Sanko-in Zen temple, Honcho 3-1-36, Koganei-shi, West Tokyo (Musashi Koganei Station).

4542. *Los Angeles Times.* 1980. Calendar of events: 'Book of Tofu' authors' lecture. May 1. p. WS5-WS8. See p. 6. [1 ref]

• ***Summary:*** "Santa Monica–A workshop by William Shurtleff and Akiko Aoyagi, authors of 'The Book of Tofu,' will be held from 7:30 to 9:30 p.m. Thursday, May 8, at John Muir High School cafetorium, at Lincoln and Ocean Park boulevards. Admission is $2."

Note: A "cafetorium" is a room, usually in a school, that is used as both a cafeteria and auditorium.

4543. Anderson, Gene. 1980. Re: Thanks for and comments on *The Book of Miso.* Letter to William Shurtleff at Soyfoods Center, May 7. 2 p. Typed, with signature on letterhead. [1 ref]

• ***Summary:*** "A million thanks and blessings for *The Book of Miso.* It is the most impressive single book on food that I have ever seen in a lifetime of rooting around in this literature... I am getting more and more willing to attribute near-miraculous powers to ferments. This is partly because of one recent discovery you haven't picked up: soybeans are about the riches common source of phytic acid, or phytate (ion), which picks up mineral nutrients (specifically active metals: iron, zinc, calcium, copper...) and renders them unavailable in the diet, and also niacin. (Hence the pellagra in corn-eating areas, since corn also has a lot, though nothing like soybeans.) Well, as you would expect, fermentation organisms handle the phytate, metabolizing it away. So soybeans by themselves are dangerous, but all the fermentation products are perfectly fine. Tofu is also OK, since the phytate goes off in the whey." Address: Dep. of Anthropology, Univ. of California, Riverside, CA 92521.

4544. Gullion, Laurie. 1980. State to aid soy dairy expansion. *Recorder* (*Greenfield, Massachusetts*). May 8. p. 1, back page this section.

• ***Summary:*** "The decision of the nation's fourth-largest 'tofu' producer to remain in Franklin County for seven years may help counter Greenfield's sagging reputation in retaining

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its small businesses. The rapidly expanding New England Soy Dairy in Greenfield will sign Friday a state-funded $200,000 investment agreement which commits it to a seven-year capital improvement program in Franklin County. The agreement is part of an initial $350,000 expansion program expected to double the infant firm's $1.2 million in sales. The 3-year-old business has tripled its sales each year and grown to 44 employees...

"The funds have been made available by the Massachusetts Community Development Finance Corp. through the Franklin County Community Development Corp... The $200,000 deal involves a $100,000 loan and a $100,000 purchase of stock in the company, said Vice Chairman Donald Stone. The state and county development agencies will obtain four seats on a 12-person board of directors to monitor the operation with 30 and 3 percent interests in the company respectively. Stone said the agreement will help in obtaining an additional $150,000 in loans from local banks... President Thomas Timmins said the company will experiment with a new product–tofu ice cream... The soy dairy plans to add 2,400 square feet to the building's north side, primarily for storage, and construct two 40-foot silos, he said." Address: Staff reporter.

4545. *Hartford Courant* (*Connecticut*). 1980. Tofu workshop planned May 14. May 10. p. 11.
• ***Summary:*** "A workshop on how to use tofu in low-cost, low-calorie meal planning will take place May 14 from 7:30 to 9 p.m. at the Holiday Inn, Meriden. The workshop will be co-sponsored by Diet Centers of Southington and the New England Soy Dairy, Greenfield, Massachusetts, producers of tofu.

"Cele Cohen, R.N., Diet Center counselor, and Madeline Fox, Soy Dairy's marketing director, will speak. Samples of salads and hors d'oeuvres made with tofu, a soybean product, will be offered.

"The event is open to the public; admission is $1.50. For further information, call Cele Cohen, 621-7268, or Jane Kenefick, 237-3225."

4546. Hope, Jane; Bright-See, E. 1980. Milk digestion aid now in liquid form: Nutrition matters. *Toronto Star* (*Ontario, Canada*). May 14. p. D3.
• ***Summary:*** Those who don't drink milk because they can't digest its lactose [a sugar], might want to try LactAid; just add 4-5 drops to a glass of milk.

Other people are forced to avoid milk and milk products because they are allergic to milk protein. Babies with milk allergies are often given formulas based on soy protein. "Since soy protein is a high quality protein, the babies grow just as well as if they were getting regular milk."

Adults who are allergic to daily milk might "consider using the soy products which are available in many Chinese grocery stores. These include soybean milk and bean curd (also known as tofu or dow fu). The protein in these products is very good." And they contain no lactose.

Small photos show Jane Bright and Dr. E. Bright-See.

4547. Jerram, Elsie. 1980. Tofu is a hit in Santa Cruz. *Monterey Peninsula Herald* (*California*). May 14. p. 25. Food section.
• ***Summary:*** The article begins: "Santa Cruz children are eating tofu for lunch and loving it." So says Thelma Dalman, director of food services for Santa Cruz City Schools. Her food service program currently pays $1.60/lb for ground chuck hamburger, which is 18% fat; she can buy tofu for $0.50/lb. She incorporates tofu into enchiladas, tamale pies, quiches, and casseroles; all these are offered to the children on the vegetarian lunch menu. Next year she hopes to use tofu in her regular meals, as well as the vegetarian ones. She is working to get USDA, which subsidizes the national school lunch program, to allow a pilot program involving tofu. Address: Editor, Food Page.

4548. *Iowa City Press-Citizen.* 1980. Tofu, tempeh workshop set. May 20. p. 7A.
• ***Summary:*** "Want to learn how to cook with tofu and tempeh? William Shurtleff and Akiko Aoyagi, authors of books on preparing the soybean products, will present a program and workshop from 7:30 to 9:30 p.m. Thursday [May 22] at the Unitarian Church Auditorium, 10 S. Gilbert St." in Iowa City... The program is sponsored by the New Pioneer Cooperative Society. Photos show Shurtleff and Aoyagi. Address: Iowa.

4549. Kudo, Shiro; Hayashi, Mitsuyoshi. Assignors to Asahimatsu Kori-dofu K.K. 1980. Process for producing fibrous food materials. *U.S. Patent* 4,204,005. May 20. 7 p. Application filed 16 Dec. 1977. 1 drawing. [9 ref]
• ***Summary:*** Whole soybeans are soaked in water until fully hydrated (40-55% water). Then they "are passed through a very narrow gap between two grindstones [see drawing] which rotate at high speed (the size of the gap and the sped of rotation depend on both material and desired product but 0.2 mm or less is favorable when fibrous protein is to be made from soybeans)." In this grinding process the whole soybeans are converted into fibers in less than one second. Address: Japan.

4550. *State Journal* (*Lansing, Michigan*). 1980. Annual soy day to promote bean long on protein. May 27. Living Today / Lifestyle section.
• ***Summary:*** Len Stuttman is in charge of the Mid-Michigan "Soy to the World Day" which will be celebrated at a program on June 2 at 7:30 p.m. at the United Ministries in Higher Education, 1118 S. Harrison, East Lansing. His company, INARI Ltd. makes soynut snacks by the ton. "Authors William Shurtleff and Akiko Aoyagi Shurtleff will

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be the featured speakers, showing slides and explaining how to make soyfoods at home. They will prepare and serve a number of their favorite recipes in addition to discussing soy foods from a nutritional point of view... The program is sponsored locally by, among others, area food cooperatives, Michigan State University's Food Science and Microbiology Club, Tri-County Office on Aging, several area bookstores, INARI, and Unitarian Universalist Church. Admission is free. The Ingham County Task Force on Hunger and Nutrition will sponsor a vegetarian potluck at United Ministries beginning at 6:15 p.m. Those attending are to bring a vegetarian dish and recipe.

"On Tuesday, June 3, Shurtleff will present a program for the Tri-County Office on Aging senior citizen cooks on alternative ways of working protein into meals via soybeans."

Note: This is the earliest published document seen (Sept. 1998) that contains the phrase "Soy to the World," which was coined by Len Stuttman for this event and used later that year for marketing his company's gift packs of soynuts.

4551. Greenwood, Rebecca. 1980. Variety is possible with tofu, tempeh dishes. *Daily Camera* (*Boulder, Colorado*). May 28.
• ***Summary:*** Based on a lecture by William Shurtleff to 200 people sponsored by White Wave.

4552. Bannar, Robert. 1980. Let's talk tofu. *Food Engineering* 52(5):126-28. May.
• ***Summary:*** Contents: Introduction. What is tofu (Shurtleff, New England Soy Dairy). How do you serve tofu? How do you make tofu? (discusses Morinaga tofu). Tofu, step by step. Nutritional data: Tofu vs. lean beef. A photo shows a package of Morinaga Ever-Fresh Silken Tofu.

4553. *Food Product Development.* 1980. Oriental specialty miso expands market horizons. 14(5):26. May.
• ***Summary:*** About Kikkoman Instant Miso-Shiru Soy Bean Soup Mix, available in red (aka) and white (shiro). "Following the lead of its soybean cousin tofu, miso is beginning to break away from its limited market in gourmet, ethnic, and health food stores and filter into select supermarkets." A photo shows the front of the two packages, written in both Japanese and English.

4554. **Product Name:** Whipped Tofu Mousse Pie. Soon renamed Tofu Chocolate Mousse.
Manufacturer's Name: Legume.
Manufacturer's Address: 112 West 75th St., New York, NY 10023. Phone: 212-362-6616.
Date of Introduction: 1980. May.
New Product–Documentation: Letter from Oak Barat to Bill Shurtleff. 1979. Sept. 4. He orders another copy of *Tofu & Soymilk Production.* "Things are going very well here. Looking forward to our meeting. You will be meeting the founding team of 'Operation Soy Bomb' the McNaturals project. With Respect and Peace. Oak."

Letter from Chandri Speer to Bill Shurtleff. 1980. June 23. "We are doing business as Legume and have created a kosher product line including tofu-spinach quiche (eggless), whipped tofu mousse pie, and soon to include contemporary chile..."

Leviton. 1982. Soyfoods. Summer. p. 41. Gary and Chandri Barat isolated a significant product gap–frozen prepared tofu products–then tested their idea at various New York City street fairs during the summer of 1980. They served meals of tempeh chili, tofu chocolate mousse, and tofu cutlets, and watched faces carefully. Buoyed by the positive response, they rented a 90 year old bakery in Brooklyn and set to work. Then in January 1981 they relocated Legume in Verona, New Jersey. Talk with Chandri Barat. 1988. Oct. 28. The Tofu Cutlets and Tempeh Chili were never real products in that they were never packaged and never sold with labels.

4555. Morris, Charles. 1980. International cheese trends. *Food Engineering International* (*Chilton's*). May. p. 30-36.
• ***Summary:*** According to USDA statistics, the world's top 10 cheese producing countries (in metric tons, 1978 preliminary data) are: United States (1,595,000), France (1,060,000), West Germany (710,000), Soviet Union (700,000), Italy (575,000), Netherlands (418,000), Poland (357,000), Argentina (249,000), Brazil (220,000), and United Kingdom (200,000). In the EEC, milk yield per cow has soared 30% since 1960.

The bad news: Agricultural subsidies in the EEC have encouraged farmers to overproduce, creating huge surpluses of milk solids (nonfat dry milk, butter, and whey powder) that have created an international problem. The good news: EEC cheese production expanded 94.4% between 1960 and 1977. Per capita cheese consumption in the UK–13.4 lb in 1976–is relatively static, and less than half of the per capita consumption in West Germany–28.6 lb/year. In the UK, cheddar is by far the most popular cheese, and 88% of all UK grocery shoppers buy cheese at least once a week, with most of them buying at least 2 varieties per week–Cheddar and one other.

One section is titled "Quarg: Potential in the U.S.?" [Note: Tofu is sometimes called soya quark in German.] It states that quarg (or quark, literally *Speisequark*) accounts for 45% of West German cheese production. The average person in West Germany consumes 11 lb of quarg per year, and that 15% of all West German households serve quarg for breakfast. Manfred Kroger of Pennsylvania State University defines quarg as a "soft, unripened, usually low-fat cheese of soft or mildly-supple body and texture, milky-white to fairly yellow in color, with high moisture content, good spreadability and clean–perhaps mildly acidic–taste."

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Typical skim milk quarg contains 17.2% protein and 0.6% fat. Though quark is sometimes described as "German cottage cheese," this is not at all accurate. Quark is virtually unknown in the U.S. Yet says Kroger: "Deep down inside I feel that American yogurt experience could be repeated with Quarg."

Gist-Brocades NV in the Netherlands has developed a food-grade yeast lactase enzyme, derived from *Saccharomyces lactis* and sold under the brand name Maxilact, which can hydrolyze all or part of the lactose in milk and whey into glucose and galactose at normal refrigeration temperatures of 4ºC within 24 hours. "The product is marketed in the US for both consumer and dairy use in hydrolyzing milk into its component monosaccharides, glucose and galactose, to make low-lactose milk for people suffering from lactose intolerance."

Note: This is the earliest document seen (April 2001) that contains soy cheese industry or market statistics or trends–by geographical region. It gives statistics on quarg in Germany, a potential market for tofu or *soya quark.* However, neither tofu nor soya quark are mentioned. Address: Midwest Ed.

4556. Robertson, Valerie. 1980. Early history of Soyfoods Unlimited, Inc.–a large, pioneering tempeh making company in San Leandro, California.

• ***Summary:*** In Sept. 2011 Bill Shurtleff asked Valerie Robertson, with help from John and Gary Robertson, to reach back 30 years and (with the help of dated documents from those days) to try to reconstruct the origins of Soyfoods Unlimited–a pioneer tempeh maker in California. As Valerie recalls: "I think I first met you and Akiko at Eco House in Walnut Creek, run by Mark Maloney (later Mark Westwind); we kept our bees there and I met you one day when all three of us happened to be there. Then I saw an ad in the *Contra Costa Times* from Soyfoods Center asking for volunteers. I called and started doing work for you both, first doing office work–filing, folding pamphlets and then testing recipes and eating–tempeh!!! You were both very interested in tempeh because your *Book of Tempeh* had recently been published.

"Gary recalls that we were all at your house and you asked Gary (who was a contractor) and John (who was the Biomedical Director at John Muir Medical Center)–'What do you want to do? Are you happy with what you are doing now or would you maybe like to do something else?' You kind of put a bug in their ear. We talked about doing something with tempeh and we started making and eating tempeh.

"We made our own tempeh at our home in Walnut Creek (see photo) using an incubator from John Muir Hospital. It was not hard to make and turned out like magic. Starting in 1981 we sold the tempeh we made at home under the label Vasilia's Homemade Soy Tempeh. My ancestors are Greek and 'Vasilia' is the Greek word for Valerie. Akiko designed the 'Vasilia's' label and we had it printed up. I taught tempeh and tofu cooking classes at a health food store in nearby Concord called The Harvest House. Actually, Akiko came to one of my cooking classes with me as my 'helper.' So I had an outlet via Harvest House and classes to sell tempeh.

"We started to get really interested in starting a tempeh company in the San Francisco Bay Area. Above all it was the tempeh itself that convinced us to do it. 1. We *loved* tempeh. 2. We made excellent tempeh at home. 3. We wholeheartedly believed it was a excellent protein food for vegetarians and all others. We believed in tempeh. It tasted so good, and the texture was amazing. It sold itself (proven during countless demos in stores). We had the desire and ambition to give it a try with a lot of sweat equity (eventually drilling out the concrete for drains, building incubation rooms, setting up a lab etc.).

"But back to the story: You and Akiko were about to leave on a speaking tour, which you called "1980 Soyfoods America Tour," to promote your books and tempeh, and to attend the University of Illinois soyfoods course and the 3rd annual Soyfoods Association of North American conference at the University of Illinois in Champaign-Urbana, Illinois. You both wanted to serve your favorite tempeh recipe during intermission to everyone at each talk. So Akiko asked me to help her make Tempeh Cacciatore (chunks of tempeh in a seasoned tomato sauce) and to "can" these in quart Mason jars. We had a ball together in your tiny kitchen and ended up canning 110 quart jars.

"On May 5, 1980, you and Akiko left Lafayette, California, on your tour, with your big white Dodge van loaded with books, canned tempeh, etc. You were planning to be gone for 3 months. At about this time we decided that we definitely wanted to start a company making tempeh. I think you (Bill) came up with the name, 'Soyfoods Unlimited.' It ended up being a corporation, incorporated in Nov. 1980 as Soyfoods Unlimited, Inc. The 'Inc.' part was costly; we had to paint a lawyer's house in Lafayette in exchange for the Inc.! It also (as you know) protected us as individuals.

"I decided to fly to Illinois to attend the SANA conference to learn as much as I could about making tempeh and the new soyfoods movement; John and Gary were busy with their work and could not go. On July 9-13, 1980, the Third Annual SANA Conference was held at the University of Illinois. It was a big success in every way. About 270-285 people from all over the world attended. I met Dr. Clifford Hesseltine and talked with him about tempeh and our ideas. He was very helpful and encouraging.

"On Aug. 3, 1980, you and Akiko returned to Lafayette from Illinois and your tour. You had given 27 programs and traveled 9,000 miles. At each program you served your favorite tofu and your favorite tempeh recipe, than asked for a show of hands as to which one people liked best–without exception tempeh was the favorite by a 2 to 1 ratio. We were ready to go.

"In about Sept. 1980 we signed the lease on a large

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building suitable for food processing in San Leandro, California. The first 3 months were rent-free. We knew we would need plenty of money to start the kind of company we envisioned. Gary invested $100,000 cash and John put in more than $35,000 by taking a second mortgage on our home on San Miguel Drive in Walnut Creek. The money started to flow out and our sweat equity began to flow in–John with his engineering mind and logic; Gary with his construction skills, and our knowledge of recipe development. We tested many recipes at home first. Murphy's Law was in full force, as every step in the process took much longer than expected.

"On Oct. 3, Akiko finished designing for us a new Soyfoods Unlimited letterhead, with promotional materials and even aprons for demos. The logo was like a soybean leaf with three leaves, one for each of the three of us (see photo).

"On Oct. 16, 1980, we finished a new 8-panel brochure titled "What is Tempeh?"–a joint venture of the Robertsons and Shurtleffs. We both had the rights to use it as we wished.

"Finally, on Feb. 15, 1981, the three of us begin making tempeh in our state-of-the -American-art $100,000 plant in San Leandro, California. The efficient, 1,850-square-foot operation, had a capacity of 10,000 pounds a week.

A photo shows Valerie seated near some tempeh on a table at her home in Walnut Creek, California. Valerie and John were married. John was Gary's older brother. All three lived in the same large home in Walnut Creek.

"Later that year, on July 8-12, 1981, the 4th Annual Soycrafters Conference was held at Colorado State University, Fort Collins, Colorado. I drove out with you and Akiko and Kazuko Aoyagi and Maria-Elena Nava of Mexico, stopping overnight at your cabin at Lake Tahoe and sleeping out one night in a "snake farm" in the desert.

"Our company did well, launched many delicious tempeh products, and introduced many innovations.

Note: They were the first company to do dry dehulling and hull removal from their soybeans prior to cooking; for this they used a simple and ingenious mill and vacuum cleaner system designed by the Department of Food Science at the University of Illinois but modified and enlarged by the Robertsons. They started selling frozen soy tempeh, but after 2-3 months were selling 90% of their tempeh refrigerated, after steaming. In Sept. 1981 they introduced America's first nonfried tempeh burger, which they vacuum packed. In Jan. 1982 they started air-freighting 1,800 pounds a month of their tempeh burgers to the East Coast. In June 1983 Lonnie "Lon" Stromnes of Namaste Marketing began to work as their full-time marketing director.

"White Wave was a major tempeh maker at that time. In 1986 we met Steve Demos (founder and CEO of White Wave) at Spenger's restaurant in Berkeley and asked him if he would be interested in buying our company. White Wave acquired Soyfoods Unlimited, Inc. on Dec. 1, 1986 and each of the three of us Robertsons ended up owning 1% of White Wave.

"By acquiring Soyfoods Unlimited, White Wave became the largest manufacturer of tempeh in the United States. And he got our greatly superior process for making tempeh, the ability to make his own tempeh starter, our excellent recipes, our list of our distributors, a much greater presence for White Wave products on the West Coast, and much more. He also took on our debt! He thanked us for offering our business and our secrets to him instead of folding up. He is Greek, just like me.

"On May 7, 2002, Dean Foods acquired the remaining 64% of White Wave that it did not already own. At that point we sold our shares of White Wave stock to Dean Foods. Our stocks split and each share became 9,860 shares. We were each bought out at $145.00 a share. Not bad!

"The home I am living in today on the big island of Hawaii was paid for by the sale of the White Wave stock. I only wish I made a deal for endless tempeh!! I love tempeh!"

"I still eat tempeh all the time and still love it. I buy White Wave tempeh out here in Hawaii. I think Turtle Island also has a great white tempeh. I'm so glad it is available here in Hawaii at all the health food stores."

4557. Shurtleff, William; Aoyagi, Akiko. 1980. Soyfoods America Tour: May 5 to June 10; July 25 to Aug. 3, 1980 (Log and trip report–unpublished, including Itinerary with map). Lafayette, California: New-Age Foods Study Center. Unpublished log.

• ***Summary:*** This trip had five purposes: (1) To introduce tempeh to America; (2) To promote the authors' newly published *Book of Tempeh.* Harper & Row, the publisher, paid most of the trip expenses; (3) For William Shurtleff to attend the University of Illinois Short Course in Soybean Processing; (4) To visit and study soyfoods companies in America; (5) To introduce people to the many advantages of a meatless / vegetarian diet.

A photo shows: Shortly before the trip, Akiko (left) and Valerie Robertson (right) (working in the Shurtleff's small home kitchen) "canned" many quart Mason jars of Tempeh Cacciatore to serve at the intermission of each lecture / presentation.

Includes the name and address of 37 people and organizations visited. Many of these were pioneers in the soyfoods and natural foods movement: April 25–Optimum Foods (Napa, California). April 27–David Burns (Sebastopol, CA). May 5–Jeremiah Ridenour of Monterey Bay Soyfoods (Santa Cruz, CA). May 6–Thelma Dalman, Foodservice Director for the Santa Cruz City Schools, *Monterey Peninsula Herald*, Ted & Marie Fehring (Carmel), Paula Welch Terui of Jack and the Beanstalk (Carmel Valley, CA). May 8–Al Jacobson of Garden of Eatin', Mr. Kaye Dunham of Tumaro's, Hugh Roberts of Meals for Millions. May 9–Eddie Okita of Okita Enterprises, and Noritoshi Kanai of Mutual Trading Co. (Los Angeles, CA). May 10–Kay Glass (La Cañada, CA). May 11–Frazier Farms natural

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foods supermarket (Escondido, CA), Bill Walton vegetarian and basketball star (San Diego, CA; we stay with Craig Wright and Andrew Solony of TriLife; they hope to market Bill Walton's tofu under the TriLife brand). May 12–Clare Quinn of The Farm (Tucson, Arizona; her check bounced so we never got paid). May 13–Kathryn Bennett of Southwest Soyfoods (Santa Fe, New Mexico), Tracy McCallum, Taos. May 14–Leslie Wertz (Alamosa, Colorado). May 16–Stay with Christie and John Baker (Boulder, Colorado). May 17–Steve Demos of White Wave Soyfoods and Good Belly Deli. May 18–Sanford and Rebecca Greenwood of East West Center (Boulder, Colorado). May 19–Judson Harper and the low cost extrusion cooker program at Colorado State Univ., Carol Hargadine of Nupro Foods & Soywaze Tofu (Fort Collins, CO). May 21–Gale Randall of the Indonesian Tempeh Co. (Palmyra, Nebraska). May 22–David Tucker of New Pioneer Co-op Society (Iowa City). May 23–George Strayer of Edible Soy Products (Makers of Pro-Nuts, May 23) and Agricultural Exports (Hudson, and Cedar Falls, Iowa). May 24–Cedar Falls (Iowa) and Minneapolis media. May 25–Pat Aylward and Jamie Stunkard of Joy of Soy Tofu (Minneapolis, Minnesota). May 27–Richard Cihoski (Duluth, MN). May 28–Chris Burant of Bountiful Bean Plant and Jehan Ziegler of Higher Ground Cultured Foods (Madison, Wisconsin). May 29–Danji Fukushima of Kikkoman Foods (Walworth, Wisconsin), Diane Loomans of The Magic Bean Co-op (Milwaukee, Wisconsin). May 30–Susan Dart (Lake Forest, Wisconsin), Research staff of Kraft Foods (Glenview, Illinois), Brian Schaefer of It's Natural (Evanston, Illinois). May 31–Paul Obis of *Vegetarian Times* magazine (with Brother Ron Pickarski) (Oak Park, Illinois). June 2–Lou Richard of Fearn Soya Foods, Leonard and Irene Stuttman of INARI, Ltd. June 3–John Gingrich of The Soy Plant. June 4–Tim and Carol Ann Huang of Yellow Bean Trading Co. (Detroit, Michigan). June 5–Glen Blix and Charles D. Howes of Loma Linda Foods (Mt. Vernon, Ohio; furthest point east on tour). June 6–Warren Hartman of Worthington Foods (Worthington, Ohio). June 7–Mick Vissman and Bill Lutz of Hip Pocket Tofu Deli and Rain Star (Columbus, Ohio), Ed Willwerth of Soya Food Products (Cincinnati, Ohio). June 8–Jay McKinney of Simply Soyfoods (Bloomington, Indiana). June 9–Lynn Adolphson and Bob Thompson of Archer Daniels Midland Co., and Grant Smith of A.E. Staley Mfg. Co. (Decatur, Illinois). June 10-11–Les Karplus of Corn Country Foods and Strawberry Fields. June 11–William Thompson and John Santa of INTSOY (Champaign, Illinois).

During the INTSOY Short Course: July 6–We did a program hosted by Patricia Mutch at Andrews University (Berrien Springs, Michigan). July 9-13–Third Annual Soycrafters Association of North America conference was held at the University of Illinois, produced by Richard Leviton. There were 270-285 attendees, and it made good money.

People at the University of Illinois we met during the course: Dr. William Thompson, Frances Van Duyne, Harold Kauffman, John Erdman, L.S. Wei, A.I. Nelson, M.P. Steinberg, Munir Cheryan, Ted Hymowitz, Woody Yeh.

Return trip after course: July 28–Bob Davis of Light Foods (St. Louis, Missouri). July 30–James Lowrie of Iowa State University (Ames, Iowa). Aug. 2–Lake Tahoe. Aug. 4–Home in Lafayette, CA.

At most of the public classes/lectures on this trip, Shurtleff and Aoyagi served their favorite tempeh and tofu dishes. They wanted to find out how Americans liked tempeh, so they asked for a show of hands as to which the attendees liked best. The tempeh dish was usually Tempeh Cacciatore, and the results were, on average, that the tempeh was preferred by a ratio of 2 to 1 over the tofu.

On this trip, Shurtleff and Aoyagi did 27 public programs, had 28 media interviews and appearances, traveled 9,000 miles, earned $13,000 gross income and $8,500 net income. Address: P.O. Box 234, Lafayette, California 94549.

4558. **Product Name:** Tofu.
Manufacturer's Name: Soy City Foods.
Manufacturer's Address: 2847 Dundas Street West, Toronto, ONT, M6P 1Y6, Canada. Phone: 416-762-1257.
Date of Introduction: 1980. May.
Ingredients: 1985: Water, organically grown soybeans, magnesium chloride.
Wt/Vol., Packaging, Price: 550 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 72, protein 7.6 gm, carbohydrate 2.3 gm, fat 5 gm.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Pat Guardino & Paul Whitehead.

Label. 1985. 6.75 by 9.5 inches. Plastic film. Orange, green, yellow, and brown on clear. "A Good Source of Protein. Made from Soybeans Organically Grown in Canada." Back label says, "Health is the most precious thing you have. Sustain it by eating good food. Come to our Soyateria for information, education and cooking ideas on Tofu, Soy-Pro, Soyettes, and all of Soy City's delicious and nutritious products. Soyateria–The Soybean Information Center."

Label sent by Jon Cloud. 1989. May 5. Says that this product was introduced in the spring of 1980.

Leaflet (glossy, color, printed in about 2002) sent by Lorraine Guardino, sales manager at Sol Cuisine. 2013. March 11. "Sol Cuisine: Second Nature has found its Sol Mate." This leaflet gives a color photo of the front of the organic tofu package, nutritional information, and the ingredients. Lorraine adds a note that this product was introduced in 1980 and became organic in 1985. The label is now red, dark green and yellow. 500 gm of tofu (drained).

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Ingredients: Organic soy milk, calcium chloride, and magnesium chloride.

4559. Stuttman, Leonard; Stuttman, Irene. 1980. Mid-Michigan Soy to the World Day (Leaflet). East Lansing, Michigan. 1 p. Single sided. 14 x 22 cm.
• ***Summary:*** "Save money and eat well. Free! Everyone is welcome. Free! Featuring William Shurtleff and Akiko Aoyagi, authors of: *Book of Tofu, Book of Tempeh, Book of Miso.* * slides * good nutrition * recipes * excellent cuisine for pennies! Taste and enjoy delicious soy food samples! June 2, 1980, 7:30 p.m. at U.M.H.E. [United Ministries in Higher Education], 1118 S. Harrison Ave., W. Lansing, Michigan (right behind the Trowbridge Spartan shopping center * park in the rear of the Church)."

Printed with black ink on pink paper. Illustrations show a soybean plant growing (upper right) and a wok on a wok stand with a spatula in it (lower left). This huge and very successful dinner was organized by Leonard and Irene Stuttman of INARI Ltd.

Note: This is the earliest document seen (Sept. 1998) that contains the phrase "Soy to the World," which was coined by Len and Irene Stuttman. Talk with Len and Irene Stuttman. 1998. Sept. 5. Documents show that Len and Irene coined this phrase for this event and later that year used it for marketing his company's gift packs of soynuts. Address: East Lansing, Michigan.

4560. Sunshine Soy Co. Inc. 1980. Retail price list–Effective May, 1980. 4015 Laguna St., Suite "H," Coral Gables, FL 33146. 1 p. 28 cm.
• ***Summary:*** Printed in black on yellow paper. Lists five products: Regular Tofu (14 oz package, or 1 lb bulk), Golden Light Baked Tofu, Soy Melk–Plain, Soy Salad, Eggless Egg Salad. Also: Bulk container deposit: $3.00. At the top center is the company logo, name, address, and phone number. At the top left: "Power packed. Certified organic soybeans." Top center, above the logo: "Missing something? Try soyfoods!" Top right: "Quality, naturally." Address: Coral Gables, Florida. Phone: 305-447-1277.

4561. *Tilth* (*Arlington, Washington state*). 1980. Yay, soybeans! 6(1):18. May
• ***Summary:*** "'Growing and Using Soybeans in the Pacific Northwest' was the title of a conference held on February 23-24 on Vashon Island, Washington. Sponsored by Island Spring Soy Products and the Abundant Life Seed Foundation, the conference goal was to promote more regional food self-reliance by stimulating more local production of soybeans. Luke Lukoskie of Island Spring told the group that he would much rather buy the 275,000 pounds of organically grown soybeans Island Spring uses yearly from a local source than from Minnesota.

"Thirty participants, mainly farmers from Washington and Oregon, were treated to expert lecturers, tours of Island Spring's operation and delicious meals featuring soy foods. The featured speaker was Dr. William Judy, a noted agronomist from the University of Illinois. He talked about soy cultivation techniques and distributed varieties of beans with which to experiment in this climate.

"Growers interested in trying out any of the twenty varieties available for experimentation should contact the Abundant Life Seed Foundation, PO Box 772, Port Townsend, WA 98368, (206) 385-5560."

Note: The subtitle of *Tilth* is "Biological Agriculture in the Northwest." It is published at Rt. 2, Box 190-A, Arlington, WA 98223. The word "tilth" refers to (1) The quality of cultivated soil. (2) The cultivation of wisdom and the spirit.

4562. **Product Name:** [Tofu, and Miso].
Foreign Name: Tofu, Miso.
Manufacturer's Name: Weg Der Natur.
Manufacturer's Address: A-2380 Perchtoldsdorf, Merzg. 34, Austria.
Date of Introduction: 1980. May.
New Product–Documentation: Letter from Lawrence Dreyer of Weg der Natur. 1982. April 27. "The Way of Nature (Weg der Natur), a foundation, was established in Austria with the express purpose of disseminating information about macrobiotics, food, and their relationship to our health... The foundation has, for the past two years been linked to a Natural Food Shop and has been, for this period, producing tofu and miso.

Shurtleff & Aoyagi. 1983. The Book of Miso. 2nd ed. p. 255. Lawrence Dreyer, proprietor. Note: This city is just southwest of Vienna.

Soyfoods Center Computerized Mailing List. 1983. Jan. 17. Owner: Lawrence Dreyer. Soyfoods Center Computerized Mailing List. 1983. June 20. The address has now changed to Helmgasse 75/2, A-8070 Graz, Austria.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. This company is now the same as SoyVita and they get their tofu from SoyVita.

4563. Westbrae Natural Foods. 1980. Wholesale food catalog: Spring 1980. Emeryville, California: Westbrae. 23 p. 22 by 28 cm.
• ***Summary:*** On the cover, the lettering is in dark blue and dark red on a tan background. Contents: Westbrae juices. Honey butters. Unsweetened spreads. Preserves. Applesauce. Nut butters (Almond butter roasted, cashew butter roasted, cashew butter raw, cashew-peanut-date butter, raw sesame tahini, toasted sesame tahini, peanut butter crunchy, peanut butter smooth, peanut butter crunchy salted, organically grown Valencia peanut butter crunchy). Cereals (mostly granola, incl. cashew granola, maple almond granola).

Trail mixes: Bay to Breakers trail mix (with sunflower

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seeds and Valencia peanuts, both roasted and coated with shoyu), Chisholm trail mix (with sunflower seeds, cashew pieces, and almonds, each roasted and coated with shoyu).

Roasted nuts (bulk, 12-25 lb; * = 9 oz package also available): Tamari almonds*, Tamari cashews*, Tamari Chisholm mix*, Tamari Valencia peanuts, Tamari pepitas (pumpkin seeds), Tamari sunflower seeds*, Tamari nutroaster's mix*, Deluxe tamari nut mix, roasted Spanish [peanuts] splits for butter stock, roasted Valencia peanuts. Packaged nuts.

Wholegrain pasta (incl. Soy linguini). Westbrae miso (imported from Japan): Red miso, brown rice miso, barley miso, Hatcho miso, soybean miso, natto miso. Cold Mountain miso (made in Los Angeles): Light yellow, mellow white, red. Sea vegetables: Kombu, hijiki, arame, wakame, nori. Atlantic Mariculture dulse.

Westbrae tamari and other Asian foods: Johsen shoyu-tamari, Traditional (true) tamari–wheat free, White tiger tofu sauce, natural nigari, agar flakes and sticks, umeboshi salt plums, rice wine vinegar, brown rice wine vinegar, ramen with soup stock.

Helpful tools (incl. Learning Tree tofu kit, wok, vegetable steamers, vegetable brush, utility knife). Informational pamphlets: What is miso? What is tofu? Miscellaneous (incl. falafel mix, tabouleh mix, Ak Mak crackers, sea salt, mayonnaise, black spiced olives, kosher dill pickles). Oils. Sweeteners. Bakery products. Dried fruit. Beans (incl. azuki beans, soybeans). Grains. Nuts and seeds. Non edible (drums, jars, and bottles). Glossary of manufactured products showing ingredients. Address: 4240 Hollis St., Emeryville, California 94608; 4841 Eastern Ave., City of Bell, CA 90201 (10 miles southeast of Los Angeles). Phone: (415) 658-7518 (orders).

4564. Stop & Shop. 1980. Reach for a peach instead of a sweet–and stay in great shape! (Ad). *Hartford Courant* (*Connecticut*). June 1. p. W1CTA.
• ***Summary:*** The section titled "Specialties" (in the shape of a recipe card) includes "Soy bean cake–Fresh, 'Tofu' 16 oz. pkg.–89¢." Also includes fresh bean sprouts, and "alfalfa sprouts."

4565. New England Soy Dairy, Inc. 1980. Action by unanimous consent of stockholders. Greenfield, Massachusetts. 2 p. June 3. Unpublished manuscript.
• ***Summary:*** "Voted: That the Corporation borrow from the Massachusetts Business Development Corporation, Country Bank, N.A. and Pioneer National Bank–Franklin a sum not in excess of $175,000.00." The names of 20 stockholders are given. They include John Baldwin, Michael Cohen, Stephen Hassell, Steven Heller, Jon Lee, Kathleen Leviton, Richard Leviton, Judy Rubenstein, and Thomas Timmins. Address: Greenfield, Massachusetts.

4566. Battin, Sandy. 1980. Tofu is cheap, tasty, high in protein, too. *Herald* (*Duluth, Minnesota*). June 4. p. 1D, 5D. Living & Food section. [2 ref]
• ***Summary:*** An introduction to tofu and soybeans, with several recipes, including Creamy tofu dressing with curry. William Shurtleff and Akiko Aoyagi recently conducted a program on tofu in Duluth, hosted and sponsored by Richard Cihosky, a Duluth city planner. A large photo shows Shurtleff and Aoyagi with dishes of Tempeh sloppy Joes and a Creamy tofu dip for vegetables. They are holding their books on tofu and tempeh.

4567. Bernardino, Minnie. 1980. The question: Tofu or not tofu? *Los Angeles Times.* June 5. Part VIII, p. 12.
• ***Summary:*** In this question and answer column, a reader asks about tofu: How many calories does it have? What is the protein content and how does it compare with the protein in animal foods? Is tofu high in cholesterol and saturated fats?

Ms. Bernardino gives good answers, noting that tofu is "a complete protein, that ism one containing all of the eight essential amino acids." Address: Times staff writer.

4568. Klein, Pamela. 1980. Soy Plant finds room to sprout. *Ann Arbor News* (*Michigan*). June 8. p. F-10.
• ***Summary:*** The Soy Plant has grown rapidly during its three years in Ann Arbor. It began when several people joined to make several hundred pounds of tofu a week in the basement of Eden's Deli at 330 Maynard Street. The 15 to 20 members of the Soy Plant Cooperative, now located at 211 East Ann Street, are about to relocate their production facility to 771 Airport Road what they say may be the best tofu production plant in the country. Producing 1,500 pounds of tofu a day, they have outgrown their present quarters.

Walt Rogaczewski says The Soy Plant plans to enlarge its deli at 211 East Ann St. after the production equipment is moved to the new location, and eventually hopes to operate a restaurant there when next-door The Herb Shop moves. The aim of the restaurant and deli are to educate the public on the virtues of tofu.

Photos by Larry E. Wright show: (1) Jean Raubar and Walt Rogaczewski [later Wally Rogers] taking orders for tofu. Wally is wearing a T-shirt with "Yay soybeans" written across the front. (2) Bob Schroeder pressing out soymilk. (3) ... then pouring the soymilk into containers. (4) John Gingrich cutting a large block of tofu into squares.

A sidebar titled "An introduction to tofu," by Pamela Klein describes how tofu is made and gives three recipes: Scrambled tofu & eggs. Tofu rollups. Tofu lemon cream pie (dairy free). Address: Business-Labor reporter.

4569. Chiavetta, Lee. 1980. Protein-rich soybean may be wise solution to world food crisis. *Iowa City Press-Citizen.* June 9. p. 8. [3 ref]
• ***Summary:*** William Shurtleff (who calls himself "the

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Johnny Appleseed of tofu") and his wife, Japanese painter and cook, Akiko Aoyagi, discussed soyfoods and global food problems before a soyfood workshop sponsored by the New Pioneer Food Cooperative. Shurtleff said the audience response is generally quite good, even in this beef-and-pork country. Address: Staff Writer, Iowa.

4570. Tufford, Carolyn. 1980. Versatile vegetable assumes many uses and may be the answer to world hunger. *Herald-Tribune* (*Bloomington, Indiana*). June 11.
• ***Summary:*** A summary of a speech which William Shurtleff and Akiko Aoyagi presented about soybeans and soyfoods, especially tempeh and tofu, to about 100 persons of all ages at the Whittenburger Auditorium in Bloomington. Simply Soyfoods, a Bloomington-based company, provided recipes for tofu burgers and tofu onion dip. Address: Asst. Lifestyle Editor.

4571. *Daizu Tanpaku Shinbun* (*Soy Protein Newspaper*). 1980. [Ministry of Agriculture (Norinsho) report on the Japanese tofu industry]. June 15. [Jap]
• ***Summary:*** Percentage of tofu shops using various amounts of dry soybeans per day: 0-30 kg 32.0%, 30-60 kg 31.5%, 60-300 kg 28.1%, 300+ kg 8.4%.

Various types of ownership: Sole proprietorship 81.6%, limited co. (Ltd.) 10.3%, corporation 4.9%, cooperative and other 2.3%.

When the tofu shops were started: After 1945 56.0%, before 1941 15.8%, Taisho period 10.2%, Meiji period (1868-1912) 8.8%, pre-Meiji 0.7%, after 1967 8.5%.

Source of income: Tofu making only 73.4%, tofu plus another job 26.6%.

Number of workers in tofu plant: 1 worker 18.5%, 2 workers 28.4%, 3 workers 16.8%, 4 workers 12.6%, 5-9 workers 14.2%, 10-19 workers 4.7%, 20 or more workers 4.8%.

The biggest problem for the small shops is that the large plants sell their tofu at very low prices.

4572. Speer, Chandri. 1980. Re: Dissolution of Natures Inn Corporation, establishment of Legume. Letter to William Shurtleff at Soyfoods Center, June 23. 1 p. Typed, with signature.
• ***Summary:*** "This is to inform you of the legal dissolution of the entity formerly known as "Natures Inn Corporation."... Gary (Oak) [Barat] and myself are continuing our work in the development and sale of soyfoods. We are doing business as Legume and have created a kosher product line including tofu-spinach quiche (eggless), whipped tofu mousse pie, and soon to include contemporary chile as soon as we can arrange for the koshering of Michael Levine's plant. We have witnessed an extremely favorable public response to our products." Address: Legume, 112 West 75th Street, New York, NY 10023. Phone: 212-362-6616.

4573. Boyd, Billy Ray. 1980. Tofu in the public schools: Santa Cruz's Thelma Dalman introduces a natural foods lunch program. *East West Journal.* June. p. 46-50.
• ***Summary:*** For over 20 years Thelma Dalman has been head of the school lunch program in Santa Cruz, California, schools. As early as 1970, the program was running its own bakery, producing whole-grain breads and pastries. In 1972 Dalman eliminated practically all chemical additives from the school lunches. In 1975 sugar was also eliminated. In Sept. 1978 a vegetarian alternative was instituted (about 8% of elementary students now take that option) and in Oct. 1978 tofu was introduced into the kids' diet in a limited way. "The result is what is perhaps the most progressive school lunch program in the nation, and all without any added burden to the taxpayer.

Today tofu is used increasingly in the program, but it still may not be used to meet the meal requirements of the Type A lunch. So Dalman went to the USDA with a proposal to do a pilot program using tofu in school lunches, but funding was denied. Dalman feels frustrated, and believes that the USDA is not fully meeting the mandates of school lunch legislation. According to a Roper Poll there are almost 7 million individuals in America eating whole foods instead of meat and another 37 million "cautious" about the amount of meat they eat. Two photos by Susan Hillyard show Thelma Dalman, the "Tofu Queen." Address: Santa Cruz and Honolulu.

4574. *Consumer Reports.* 1980. Soybeans–the "meat" that grows on vines. 45(6):360. June.
• ***Summary:*** This sidebar to the article "Vegetarianism: Can you get by without meat?" gives a brief description of the soybean and its food uses. "Roasted soybeans [soynuts] can be a delicious snack food." A small amount of soy flour added to bread or pasta dough appreciably increases those foods' protein content. Sprouted soybeans can be eaten cooked or as a salad vegetable and are a good source of vitamin C.

"Soybeans can be made into a milk that, when fortified, can supply nutrients usually obtained from cow's milk. That's important for total vegetarians or those allergic to milk protein. Soy milk can be made into a cheese: soybean curd, or tofu, familiar to many as the little white cubes floating in the soup at a Chinese restaurant." Also mentions soy sauce, miso, tempeh, and meat extenders or meat analogs.

4575. DeRoin, Nancy. 1980. Tofu: Versatile soybean curd, miracle food of the East, comes West. *Cuisine.* June. p. 32-38, 40, 73-75. [1 ref]
• ***Summary:*** A cover story, with elegant color photos by John Stewart. In Japan, the author visited Taku Watanabe, director of Kyoto's famous Junsei restaurant which specializes in

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tofu, Sasa-no-yuki restaurant in Tokyo, Okutan and Takocho restaurants in Kyoto, and 120-year-old Morika tofu factory outside Kyoto. Contains tips for buying and storing tofu plus Japanese-type tofu recipes.

4576. **Product Name:** Living Tempeh Starter [Kit Size 15 x 60 mm Petri dish, or Professional Size 15 x 100 mm Petri dish], Koji Starter for Miso (40 gm) [Light Rice, Red Rice, Barley, or Soybean Koji], Shoyu Koji Starter (60 gm), Natural Nigari (Tofu Coagulant).
Manufacturer's Name: GEM Cultures.
Manufacturer's Address: 30301 Sherwood Rd., Fort Bragg, CA 95437. Phone: 707-964-2922.
Date of Introduction: 1980. June.
New Product–Documentation: Article and ad in Soyfoods. 1980. Summer. p. 4-5. "New Source of Tempeh Starter." "Gordon McBride, PhD, former manager of the Living Culture Department at Ann Arbor Biological Center [Inc. in Michigan], and his wife, Betty Stechmeyer, B.S., announced the formation of GEM Cultures, which will provide high-quality tempeh starter cultures at reasonable prices."

Letter and catalog from GEM Cultures to Tempeh producers. 1980. July. Offers a free sample of professional size Living Tempeh Starter (a pure culture of *Rhizopus oligosporus*).

Shurtleff & Aoyagi. 1985. History of Tempeh. p. 55. This starter, sold live, was grown on agar in petri dishes.

Letter from Betty L. Stechmeyer of GEM Cultures. 1991. Oct. 18. These four basic products were introduced in June 1980. For a while, they tried to import commercial shoyu and miso cultures from Nihon Jozo Kogyo but it never worked, so they ended up ordering via Mitoku.

4577. Jayawardene, Ellen. 1980. Sri Lanka soya recipes. Unpublished manuscript. 15 p. Undated. Unpublished typescript. [Eng]
• ***Summary:*** "In soyabean cookery, time is saved by using broken soyabeans." Contains the following 29 recipes: Soya curry (with broken soyabeans). Soya sambol (with blanched roasted soybeans). Soya string hoppers (with soya flour). Soya waddai (with broken soyabeans). Soya milk (1, made from finely ground raw soya flour). Soya milk curry. Soya milk residue and wheat roti (with okara). Soya murukku (with "full fat soyaflour"). Soyabean milk (2, made from soyabeans). Soya pakoda [pakora] (with soya residue or soya flour). Soya tofu (made from 5 cups soya milk). Tofu curry. Soya milk watalappam (with jaggery or *kitul*). Soya rice thosai [Indian = dosa, dosai] (with broken soyabeans). Soya wheat thosai. Soya rice hoppers (with soya flour). Soya rice kanjee (kande, congee [from Tamil; rice porridge or gruel]; with soya flour or soya milk). Soya–rice keum (with blanched roasted soyabeans). Soya kurakkan roti (*karukkan* = millet; with processed soya flour). Soya groundnut sweet (with blanched and roasted soyabeans). Soyamilk with broken beans. Soya pittu (with soya milk residue). Soya kiri bhat (with soya milk). Soya vegetable mixed curry (with broken soyabeans). 25. Soya coconut chutney (Indian type; with blanched and roasted soyabeans). Fried soyabeans. Soya mixture (with fried soyabeans and flattened rice–*Habala Peti*). Soya rice aluwa [halva, halwa] (with dehulled soyabeans). Soya potato cutlets (with broken soyabeans).

4578. **Product Name:** [Tofu Salad (Soya-Vegetables). Natural].
Foreign Name: Tofusalat (Soja-Gemuese), Salade de Tofu (Soya-Légumes), Tofusalade (Soja-groenten).
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium.
Date of Introduction: 1980. June.
Wt/Vol., Packaging, Price: Jar.
New Product–Documentation: Photo in Le Compas. 1986. March-April. No. 26. p. 14. Label. Received 1988. 4 by 3.5 inches. Card stock. White, gold, and black on orange. "Tofu Salad. Natuur. Nature. Naturell. Natural. Ingredients (in 4 languages): Tofu (soya proteins)*, sunflower oil*, water, arrow-root, vegetable extract, sea-salt, herbs, spices. * = organically grown. Product weight = 100 gm. Nutritional composition: Vegetable proteins 8.3%, vegetable fats 13.9%, ash 1.62%, carbohydrates 2.3%, 168 calories (Kcal) per 100 gm." Label. Received 1988. 10.5 by 1.25 inches. Glossy paper. Orange and black on a pastoral background with sea gull and duckling. Additional ingredients include (organically grown) carrots and parsley. Note that we have 3 labels for Tofu Salad from Jonathan, probably from different periods. Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in June 1980. It appears to be the first of the second-generation tofu products introduced to Europe by the new wave of tofu companies.

4579. **Product Name:** Tofu Spinach Quiche (Eggless).
Manufacturer's Name: Legume.
Manufacturer's Address: 112 West 75th St., New York, NY 10023. Phone: 212-362-6616.
Date of Introduction: 1980. June.
Ingredients: Tofu, soymilk, soy oil, spinach onions, mozzarella cheese, garlic, soy margarine, spices. Crust: Whole wheat flour, soy margarine, sea salt.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Letter from Chandri Speer to Bill Shurtleff. 1980. June 23. "We are doing business as Legume and have created a kosher product line including tofu-spinach quiche (eggless), whipped tofu mousse pie, and soon to include contemporary chile..." Label. 1980, undated. 3.25 by 4 inches. "Complete protein meals by Legume. 100% natural. No preservatives. No sugar. No artificial additives... If frozen, bake for 35-40 minutes." This is an

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early American frozen tofu entree. It is eggless and kosher, but not dairyless. Shurtleff & Aoyagi. 1980. List of soyfoods products.

4580. **Product Name:** Legume Tofu Muffin [Tofu-Carrot-Bran, or Tofu-Banana-Bran].
Manufacturer's Name: Legume.
Manufacturer's Address: 112 West 75th St., New York, NY 10023. Phone: 212-362-6616.
Date of Introduction: 1980. June.
Ingredients: Carrot-Bran: Whole wheat flour, bran, carrots, honey, tofu, soymilk, raisins, soy margarine, safflower oil, baking powder, arrowroot, sea salt, natural flavorings.
Wt/Vol., Packaging, Price: 4 oz, cellophane wrapped.
How Stored: Shelf stable.
New Product–Documentation: Label. 1980, undated. 1.5 by 2 inches. "The complete protein snack by Legume. All natural."

4581. Lerner, Andrea. 1980. Tofu: an ideal protein for athletes. *Running Times* No. 41. p. 18-20. June.
• ***Summary:*** New England Soy Dairy now produces about 30,000 pounds of tofu a week. "Tom Timmins attributes tofu's recent surge in popularity to four streams of influence: the maturing natural foods movement, the recognition of a world protein shortage, the need for energy conservation, and the growth of self-help health care. He regards the 1975 publication of *The Book of Tofu* as the catalyst which coalesced these into an outpouring of physical energy, financial investment, and intensive research and development, all focused toward making tofu a staple in the American diet."

4582. Leviton, Richard. 1980. Kicking the dairy habit: Healthy soyfoods are putting old cows out to pasture. *East West Journal*. June. p. 60-65.
• ***Summary:*** Discusses: The infant soyfoods industry. Luke Lukoskie. Soyfoods industry and market statistics. The soy deli. Five established soy delis in the USA. Third Annual Soycrafters Association Conference next month at the University of Illinois. Media coverage of tofu.

Tofu and soymilk recipes (from *The Book of Tofu,* by William Shurtleff and Akiko Aoyagi). Gives six tofu recipes and 3 soymilk recipes. Address: 1. Publisher and editor of *Soycraft,* 100 Heath Rd., Colrain, Massachusetts 01340.

4583. **Product Name:** Atlantean Marinade.
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133. Phone: 314-721-3960.
Date of Introduction: 1980. June.
How Stored: Refrigerated.
New Product–Documentation: Barbara G. Ostmann. 1980. Post-Dispatch (St. Louis, Missouri). Oct. 29. p. 1E, 4E. "Time for tofu." Bob Davis' company Light Foods Inc. makes marinated tofu.

Talk with Bob Davis, founder of Light Foods. 1994. May 7. His marinated tofu was a commercial product named Atlantean Marinade. It was packed in a heat sealed tofu tub. At first he marinated the product in an oil system, but then he replaced the oil by water, and added a little of that to the tub with the product. He started making it about 3 months after the company started making tofu.

4584. Mintz's Buffet. 1980. June. New soyfoods restaurant or deli. 1040 Third Ave., New York, NY 10021.
• ***Summary:*** Questionnaire filled out by owner of restaurant or deli. 1982. Lists the company's most popular soy-based menu items in descending order of popularity: Tofu ice cream, tofu spinach egg rolls, tofu burgers, tofu quiches, tofu vegetable salads, tofu (cheese) non-dairy burger, tofu rugalach, steamed broccoli with tofu sauce, baked fish with tofu cheese sauce, veg. casserole pies with tofu, spinach tofu pancakes. The highest weekly total sales over the past 6-2 months, the month that this occurred, and why. The average weekly sales during this period. Average hourly wages paid to workers. The business startup cost (amount of money it cost to get the business started). Current profitability status. Plans for the future. Advice the owner would give to someone starting a similar business.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 54-55. Started by David & Ethyl Mintz. In 1962 David and Ethyl Mintz purchased a store at 1040 Third Ave. and established Mintz's Caterer's Inc., mostly over the counter, take-home kosher foods with some catering. In 1973 they renamed the place Mintz's Buffet. In about 1979-80 they first started using tofu in the kosher menu. Address: New York, New York.

4585. Shurtleff, William; Aoyagi, Akiko. 1980. Kicking the meat habit with soyfoods. *Vegetarian Times* No. 38. June. p. 30-31.
• ***Summary:*** Contains recipes for: Tofu steak. Tofu burgers. Teriyaki tofu. Tofu cutlets. Tofu Italian meatballs. Tempeh burger. Sloppy Joe tempeh. Tofu jerky (marinated in teriyaki sauce, then baked). Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4586. Shurtleff, William. 1980. The soyfoods explosion–Here come soyfoods: The Americanization of tofu. *CSC Reports* (*Elkins Park, Pennsylvania*) 2(2):5, 10. Spring/Summer. Cover story. [1 ref]
• ***Summary:*** On the cover of this issue are photos of Shurtleff and Aoyagi. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4587. Soycrafters Assoc. of North America. 1980. Estimated

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soyfoods industry statistics (News release). Sunrise Farm, Heath Rd., Colrain, MA 01340. 1 p. June.
• ***Summary:*** Raw soybean usage, number of companies, employees, food production, wholesale value, and retail value are given for tofu, other soyfoods (mainly tempeh and miso), and total. Coverage: USA and Canada. Based in part on statistics gathered by Soyfoods Center.

For tofu: Raw soybean usage: 13,500,000 lb. Number of companies: 188. Employees: 680. Production (of tofu): 33,750,000 lb. Wholesale value: $27 million. Retail value: $33.75 million.

For other soyfoods: Raw soybean usage: 4,500,000 lb. Number of companies: tempeh 27, miso 5, other 5. Employees: 225. Production: 11,250,000 lb. Wholesale value: $9 million. Retail value: $11.25 million.

Industry total: Raw soybean usage: 18,000,000 lb. Number of companies: 225. Employees: 905. Production: 45,000,000 lb. Wholesale value: $36 million. Retail value: $45 million. Address: Colrain, Massachusetts.

4588. **Product Name:** Golden Light Baked Tofu.
Manufacturer's Name: Sunshine Soy Co. Inc.
Manufacturer's Address: 4015 Laguna St., Suite "H," Coral Gables, FL 33146. Phone: 305-447-1277.
Date of Introduction: 1980. June.
Ingredients: Tofu, organic soybean, pure water, natural nigari, yeast, tamari, spices.
Wt/Vol., Packaging, Price: 8 oz. retails for $1.50.
How Stored: Refrigerated.
New Product–Documentation: Sunshine Soy Company. 1980. Retail price list–Effective May 1980. 8 oz retails for $1.50. One case of 12 units weighs 6 lb 6 oz and retails for $18.00.

Needleman. 1981. Soyfoods. Summer. p. 29-30. "Tofu plant profiles: Swan Gardens and Sunshine Soy (Miami)." Danny Paolucci started Sunshine Soy in June 1980.

Label. 1983. 3.5 by 3 inches. Self adhesive. Orange, green, blue and yellow on white. Soy fields with sun illustration. "Natural. No preservatives." Label says: "Mtd. by Sunshine Soy Co. Inc., Coral Gables, Florida 33146."

Talk with Danny Paolucci, founder and former owner of Sunshine Soy. He thinks this product was introduced in about Oct. 1980.

4589. **Product Name:** Regular Tofu (Organic, Firm; Packaged or Bulk).
Manufacturer's Name: Sunshine Soy Co. Inc.
Manufacturer's Address: 4015 Laguna St., Suite "H," Coral Gables, FL 33146. Phone: 305-447-1277.
Date of Introduction: 1980. June.
Ingredients: Soybeans, pure water, natural nigari.
Wt/Vol., Packaging, Price: 14 oz. package retails for $0.90.
How Stored: Refrigerated.
New Product–Documentation: Sunshine Soy Company. 1980. Retail price list–Effective May 1980. "Certified organic soybeans." "Regular Tofu." The 14 oz package retails for $0.90; one case weighs 13 lb 8 oz and retails for $10.80. The 16 oz (1 lb) cake sold in 25 lb bulk retails for $0.89. So 25 lb costs $22.25.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Danny Paolucci.

Needleman. 1981. Soyfoods. Summer. p. 29-30. "Tofu plant profiles: Swan Gardens and Sunshine Soy (Miami, Florida)." Danny Paolucci started Sunshine Soy in June 1980. "Sunshine Soy produces 500 to 750 pounds of tofu daily, of which two thirds is packaged, one third bulk."

Label. 1983, undated. 4.5 by 4 inches. Plastic film. Orange, yellow, blue and green on clear plastic. "Keep refrigerated. Place in water after opening. Change water daily for freshness." Address: 4015 Laguna, Coral Gables, Florida 33146. Recipe for Savory Pan Fried Tofu on back panel. Also on back panel, "Tofu is a Healthy Economical protein source, that can serve as an alternative to traditional protein sources."

Letter from Tom Nazzaro. 1990. Aug. 17. He worked for Sunshine Soy for about 18 months after graduating from the Soycrafters Apprenticeship Program at Island Spring (Vashon, Washington). Now he lives in New Rochelle, New York, and wants to get back into the soyfoods industry.

4590. **Product Name:** Eggless Egg Salad.
Manufacturer's Name: Sunshine Soy Co. Inc.
Manufacturer's Address: 4015 Laguna St., Suite "H," Coral Gables, FL 33146. Phone: 305-447-1277.
Date of Introduction: 1980. June.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: 8 oz. package retails for $1.15.
How Stored: Refrigerated.
New Product–Documentation: Sunshine Soy Company. 1980. Retail price list–Effective May 1980. "Eggless Egg Salad." One case of 12 packs weighs 6 lb and retails for $13.80.

Needleman. 1981. Soyfoods. Summer. p. 29-30. "Tofu plant profiles: Swan Gardens and Sunshine Soy (Miami)." "Sunshine soy markets a mushroom pate and a tofu eggless egg salad under their own label."

4591. Thompson, William N. 1980. History of work with soy and views on the potential of soyfoods around the world (Interview). Conducted by William Shurtleff of Soyfoods Center, July 3. 3 p. transcript.
• ***Summary:*** 1. What is your background and how did you become interested in soy and INTSOY? Ans: He grew up on a farm in Illinois when soy was still a very small crop. In college, he was an ag economist, specializing in farm management, with work on the economics of various types of cropping systems. In 1965 he helped to develop an

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agricultural university in Sierra Leone, This experience was very valuable in orienting him toward the problems of the developing world. Since then, most of his work has been on these problems. He has had short-term assignments in India, Nepal, and Thailand, where he developed research and education organizations. He is the first director of Intsoy. He had no special interest in soy before joining Intsoy except that soy and maize are major crops in Illinois. He is mainly an administrator, not a technical man. His major role has been to develop an institutional structure to make knowledge on soy available worldwide.

2. What do you feel are the two or three main advancements that INTSOY has made worldwide? 1. Facilitate worldwide network to improve communications among people interested in soy. Regional conferences, newsletter, publication series, training courses at the Univ. of Illinois. 2. Focus on the key problems of soy in tropical countries. Intsoy has more impact in India than in any other country. The India program started in 1965 (funded by US AID) with the cooperation of Indian food scientists and agronomists, specially at Pantnagar and Bareilly. The two university development projects in India were in Madhya Pradesh and Uttar Pradesh. Then the Coordinated Research Project on Soybeans was developed–both utilization and production. The results were exciting. Intsoy grew out of that program as the potential became clear. Now India has 1 million acres in soybeans. Develop soybean varieties that will grow in areas where it was formerly not thought possible. Develop new Maturity Groups 0 and 00 to the north and 9 and 10 to the south as soybeans are grown ever closer to the equator. Work on soybean diseases (mosaic virus), pest control. Intsoy has done more work in soybean production than in utilization. It is hard to get financing for utilization.

New soybean countries working with Intsoy: Ecuador now has 30,000 acres of soybeans, Egypt 50,000 acres, Ivory Coast, Pakistan (good yields), Colombia, Guatemala (work with Plenty from Tennessee), Indonesia, Thailand, Zambia, Kenya, Ghana, and Nigeria. 3. The method for boiling and processing whole soybeans using sodium bicarbonate has been a breakthrough. Soy + cereals make low-cost infant foods.

3. Do you feel that in 20 to 30 years most countries in the world will be growing and processing soybeans. Yes, he thinks that, in the next 15-30 years, most developing countries will have soybeans growing somewhere in their country. This will take adaptive research domestically. Some areas and climate in most countries are suited to soybeans, which can now be grown under a wide range of conditions. The soybean is a high producer of both energy (calories) and protein per hectare.

4. What are your views on low-technology soyfoods in Third World Countries? Which particular foods do you feel will become widely used in South Asia, South America, and Africa. Intsoy's primary orientation is low-tech–using less capital and more labor. The Sri Lanka program is medium- to low-tech. Intsoy is proud of that program and its training activities. There is great potential to expand soybean utilization in this way.

5. How do you feel about the use of soy in livestock feeds in poor countries? Is there a danger that the upper classes will use most of the soy protein to make their meat leaving little for direct food use? This is not much of a problem since prices for soy will always be low for use as livestock feed. We should use soy to help as many people as possible. The more affluent, with economic and political power, will consume more animal proteins and soy. Soy will easily find its way into feed. We need strategies to get soy to the poor–those who need it most. It can also be used in feeds for animals of the poor. Intsoy's bias is to help soy find its way into the diets of low-income people. We must be very careful with the crop that is displaced, so that a net gain results. In India, the soybean fit in as a monsoon crop where no other crop was grown. Beware of the Brazil problem. Intsoy did some variety testing in the Amazon in Brazil. They now have varieties that yield very well in northern Brazil. Brazil has lifted some technologies from the U.S., such as highly mechanized farms, but this will not work in northeastern Brazil. There has been aggressive government support and subsidies for soy in Brazil. Dr. Thompson has lots of respect for Brazil and the government's support for agricultural development. Now they need to work on nutrition and food uses. The main problem for Intsoy is to figure out how soy can met the needs of a particular country or region; not to get soy growing everywhere.

6. Are you aware of a deemphasizing of the role of protein in the diet in Third World countries? How might this affect soy? If we grow enough grains, will the protein take care of itself? Soy fits in nicely with the Green Revolution, although this revolution has led to a decrease in legume production in India. This leads to more funding for IRRI and less for soy. But there is still a problem of protein in some countries that have done a lot to meet calorie needs. It is an oversimplification to say that a diet with adequate calories will contain enough protein. Indians now realize this. They now want more dairy milk–the white revolution.

7. Recent findings at MIT and INCAP have shown that for humans soy protein is approximately equal in quality to that of milk and meats. How long do you think it will be before this finding has an impact in America and the Third World? Dairy milk is no longer considered to contain higher quality protein than soymilk. Dr. Thompson thinks this research data is solid. Perhaps more important, we can produce 4 times as much protein from a unit area of land in the form of soymilk than of dairy milk. So the key problems are acceptability and cost.

In the U.S., as with margarine replacing butter, there is a gradual move toward vegetable proteins. That move is faster in the Third World where people have less choice with

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their food dollars. Dr. Thompson thinks that when people are introduced to soyfoods in the Third World, they will generally like them, and buy or make them. They are not as resistant to change as we might think–as shown clearly in the Sri Lanka program. Moreover, ingredients like ground whole soybeans or soy flour can be added to baked goods or tortillas where people are not aware that they are eating a more nutritional food.

8. How might the Soycrafters Association and our New-Age Foods Study Center cooperate with INTSOY? Specific projects? He thinks our two organizations are more oriented toward the USA, whereas Intsoy is oriented toward the Third World. Yet he sees good opportunities for cooperation–as in Intsoy learning more about traditional Asian soyfoods such as tofu, tempeh, miso, etc. He hopes our two organizations can have more of an impact on the Third World. Les Ferrier has done lots of overseas utilization work. Maybe we could be on a technical advisory committee (TAC).

9. Would you favor legislation requiring 5-10% fortification of items such as baked goods and chapaties in poor countries growing soybeans if this did not decrease the acceptability of the foods. How might it affect cost? Is there any such legislation?

10. Any other comments? Intsoy's annual budget is less than $2 million, including $850,000 from AID for Urbana and Puerto Rico. IRRI's budget is about $15 million. Part of the reason for the difference is due to the reevaluation of the importance of protein in human diets. Address: Director, INTSOY, Univ. of Illinois at Urbana-Champaign, Urbana, Illinois.

4592. United Press International (UPI). 1980. Tofu–Food that mixes with almost anything. *Journal Star* (*Peoria, Illinois*). July 7.
• ***Summary:*** This article begins: "Remember the lovable schmoo in Al Capp's Dogpatch comic strip–the critter that could turn itself into the most succulent dish or almost anything else? The oriental version of the schmoo could be tofu (toe-foo)."

Lee L. Lee, tofu manufacturer and owner of Tofu, Inc. in Roseville, a suburb of Minneapolis, says tofu can be used to make anything from appetizers to desserts. He considers tofu the perfect health food. Lee came to the USA from Korea in 1963. His handmade tofu began to sell well in about 1975. In 1977, when one woman started buying ten pounds at a time, he bought Japanese equipment to mass produce the product. By April 1978 his production has reached 2,000 lb/week, rising to 13,000 lb/week by Jan. 1980. His tofu retails for $0.90 to $1.00 a pound.

4593. Lukoskie, Suni. 1980. Popular Korean soy sprout recipes (Interview). *SoyaScan Notes.* July 9-13. Interview conducted by W. Shurtleff of Soyfoods Center.
• ***Summary:*** Suni's sister-in-law is a gourmet Korean cook. The recipes are listed here in order of popularity: Clear and hot soy sprout soup (*Kongnamul kuk*). Cooked soy sprout salad (*Kongnamul*). Soy sprouts atop rice (*Kongnamul pap*). Ingredients (but not amounts) and the method of preparation are given for each recipe. Address: Island Spring, P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

4594. Dart, Susan. 1980. America warms to tofu, versatile food: Natural foods. *Chicago Tribune.* July 10. p. W_B11G and N_B11G.
• ***Summary:*** "If you haven't tried tofu yet, you should. You've got a treat in store for you. Yesterday I met Mr. Tofu himself, Bill Shurtleff, and his Japanese wife, Akiko." Contains a recipe for Tofu dip from *The Book of Tofu.* A small portrait photo shows Susan Dart.

4595. Reed, M.H. 1980. A tour of Japanese cuisine. *New York Times.* July 20. p. WC1.
• ***Summary:*** There are now nine Japanese restaurants in Westchester. This is a review of each of those restaurants, in order of preference. Note: Westchester County is the southernmost county in mainland New York State, located just north of Long Island. The county seat is White Plains. Connecticut is on the east and the Hudson River is on the west.

The first restaurant is Koto–the reviewer's favorite. They serve a "hearty misoshiru soup;... fried bean curd with a fine dipping sauce (age-dashi-tofu), sukiyaki (one cooks one's own here...)."

4596. Food City. 1980. Food City: We reserve the right to limit quantities (Ad). *Toronto Star* (*Ontario, Canada*). July 23. p. A10.
• ***Summary:*** Near the center of this full-page grocery store ad: "Tofu (soya bean curd) product of Ontario, 16-oz. package 99¢" Address: Toronto.

4597. United Press International (UPI). 1980. Soy foods heralded as key to survival. *Toronto Star* (*Ontario, Canada*). July 28. p. C4.
• ***Summary:*** "Urbana, Illinois (UPI)–If the 1980s are the years of tofu, the '90s belong to tempeh and miso." These foods are believed to hold the key to world hunger problems.

The article is a summary of the Soyfoods Association of North America's annual meeting, at the University of Illinois. Speakers included William Shurtleff, Dr. Clifford Hesseltine, Richard Leviton.

4598. Dimock, Janet. 1980. Practicing macrobiotics: Hilltown couple seeks to improve quality of their lives. *Daily Hampshire Gazette* (*Northampton, Massachusetts*). July 30. p. 16.
• ***Summary:*** The Winston Donovan family of Huntington Road is moving to Boston to be near the Kushi Institute,

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where Winston has studied macrobiotics with Michio Kushi since January. Their daughter, Traci, aged 17, will go too. Winston ran a home-building business, but 2½ years ago he "found himself in the hospital (at the age of 38) recuperating from a heart attack and diagnosed as suffering from 'an incurable kidney disease,' he said. The next step was a dialysis machine and a kidney transplant, the doctors projected...

"At this point they seriously began to consider macrobiotics. Support for the idea was forthcoming from Dr. William Shevin, formerly of the Worthington Health Center, who introduced them to foods such as tofu (a soybean product). Since that time, Donovan explained that he is off medication and he sees a doctor only for a periodic checkup." A photo shows Winston and Joan Donovan.

4599. **Product Name:** Tofu.
Manufacturer's Name: American Tofu Corp.
Manufacturer's Address: 6317 Welcome Ave., North, Suite N1, Brooklyn Park, MN 55429. Phone: 612-536-8741.
Date of Introduction: 1980. July.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Steven J. Schmidgall. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 86. The company now makes about 2,200 lb/week of tofu. They have been in operation since July 1980.

4600. Everybody's Vegetarian Restaurant. 1980. July. New soyfoods restaurant or deli. 120 21st Ave. North, Nashville, Tennessee.
• ***Summary:*** Menu sent by Richard Leviton, obtained while visiting the restaurant. 1982. April.

Leviton, Richard. 1982. "Everybody's Restaurant. The Farm brings soyfoods to Nashville." *Soyfoods.* Summer. p. 38-39.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started July 1980 by members of The Farm, in Summertown, Tennessee. Address: Nashville, Tennessee. Phone: 329-2000.

4601. Fiering, Steve. 1980. The unfinished evolution of the American okara press. *Soyfoods* 1(3):38-39. Summer.
• ***Summary:*** This press, developed in America, has evolved through three working models–each of which is described in detail and its strong- and weak-points analyzed: The first, developed by Jay Gibbons of North Country Soyfoods (Crystal Hills) in Bethlehem, New Hampshire, cost $1,400 without a pressing rack in the box. The second, which used Jay's as a model, was built by Steve Fiering and Eric Kairys of The Soy Plant in Ann Arbor; it also cost $1,400. Blueprints for this press are available for $0.50. The third was developed by Bob Carr and Paul Sheldon of the Cleveland Tofu Co. (Ohio) at a cost of $1,200. Eric Kairys and Paul Sheldon would like to build this style press for other clients.

Photos by Frank Ward show: (1) Paul Whitehead, designer of the okara press at Soy City Foods (Toronto, Canada). (2) Crystal Hills' press. (3) The press at Nasoya Foods.

Note: A photo (p. 42) shows Pat Guardino of Soy City Foods, Toronto, with his tofu press. Address: The Soy Plant, 771 Airport Blvd. Suite 1, Ann Arbor, Michigan.

4602. Fournier, George. 1980. Boilers for beginners. II. Boiler function and installation. *Soyfoods* 1(3):43-44. Summer.
• ***Summary:*** An illustration (line drawing) shows a tofu steam cooking system with a boiler at its center. Address: Massachusetts.

4603. Fox, Madeline. 1980. Tofu and special diets: Soyfoods and human nutrition. *Soyfoods* 1(3):9. Summer.
• ***Summary:*** Contents: Introduction. Heart disease and atherosclerosis. Diabetes. Hypoglycemia. Lactose intolerance.

In diabetic diets, tofu is low in carbohydrates (2.25 gm per 3 oz) and saturated fat (0.9 gm), contains no cholesterol, is low in calories (112.5) and is a good source of protein (12 gm). Address: Marketing Director, New England Soy Dairy, Greenfield, Massachusetts.

4604. **Product Name:** Tofu.
Manufacturer's Name: Greenleaf Farm Foods, Inc.
Manufacturer's Address: Box 206, R.D. 2, Waymart, PA 18472. Phone: 717-937-4071.
Date of Introduction: 1980. July.
Ingredients: Well water, organically grown soybeans, purified magnesium chloride nigari.
Wt/Vol., Packaging, Price: Bulk, 3.5 gallon plastic pails, 25 lb/pail.
How Stored: Refrigerated.
New Product–Documentation: Talks with Joel Schuman. 1989. Sept. 5 and 15. Dr. Joseph Jaffer learned how to make tofu in the early 1980s. He developed a really superior product. He was a chemical engineer and thought of this as a pilot project. He made it on his farm and sold it out of his station wagon for several years. He kept trying to interest someone in scaling up, but never was able to find the right person. Finally he sold the pilot equipment to Bob Whitcomb in Woodstock. Joe Jaffer is now at Box 206, R.D. 2, Waymart, Pennsylvania, 18472. Phone: 717-937-4071.

Talk with Joe Jaffer. 1989. Sept. 16. In 1979 he had just finished working elsewhere as a consultant and was looking for good work that he could do on his rural farm, where he preferred to live. He first got interested in tofu after reading

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a *Wall Street Journal* article titled "Good old bean curd is suddenly popular, but you call it tofu" (12 April 1979). So at age 48 he attended the Second Annual Soycrafters Conference (26-29 July 1979) at Amherst, Massachusetts, and was inspired. He renovated an old barn on his farm in Waymart, incorporated the company as Greenleaf Farm Foods, Inc. in Jan. 1980 (he just checked the incorporation papers), and started a small scale plant making a moderately firm tofu in July 1980. He strove for a quality product, using untreated water from his deep well, organically grown soybeans, and purified magnesium chloride nigari. The key to his good quality was a combination of good water, good ingredients, a sensible processing stream, rigid sanitation control, and product consistency. He delivered his tofu once a week. In bulk in a pail under his ideal conditions, the tofu had a shelf life of almost a month. He did all the work himself, including the delivery. Still by 1987 he was able to make 1,000 lb/day of tofu and a maximum of 3,000 lb/week. He made good money at the business. He wanted to build this into a large, substantial business but never could find the labor and right capital source. So he finally sold the company in June 1987 to Bob Whitcomb, his second largest customer.

4605. Hills, Benjamin. 1980. New jigs for pressing tofu. *Soyfoods* 1(3):41-42. Summer.
• ***Summary:*** A photo shows Pat Guardino of Soy City Foods, Toronto, and his tofu press. Address: Surata Soyfoods Inc., 518 Olive St., Eugene, Oregon 97401.

4606. Island Spring Inc. 1980. Can you make a living making tofu? (Ad). *Soyfoods* 1(3):8. Summer.
• ***Summary:*** This quarter-page black-and-white ad is for the Soycrafters Apprenticeship Program, a professional 21-day intensive "hands-on" course in the commercial production and marketing of tempeh, tofu, soymilk, and related soyfoods. Address: P.O. Box 747, Vashon Island, Washington 98070. Phone: (206) 622-6448.

4607. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Jack and the Beanstalk.
Manufacturer's Address: Buckeye Building, 65 W. Carmel Valley Rd. (P.O. Box 525), Carmel Valley, CA 93924. Phone: 408-659-4366.
Date of Introduction: 1980. July.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. The owners are Paula and Nobukatsu Terui. Bill and Akiko Shurtleff visited them and stayed overnight at their home in the Carmel Valley at about the time they started production.

Michael Shedlin. 1985. Monterey Life. Feb. p. 12 "Tofu: That chameleon of the food world." Buck and Leslie Patton, owners of Jack and the Beanstalk, make tofu in Carmel Valley Village. They make 1,700 lb/week of nigari tofu.

Letter announcing sale of business. 1985. "Jack and the Beanstalk began manufacturing tofu in July 1980. Leslie and Buck Patton bought the business in May 1983. It is the only tofu manufacturer in Monterey County. Current tofu production is 1,800 to 2,000 lb/week. Soymilk production is about 15 gallons a week [it is not clear when soymilk production started]. Sale price is $50,000. The gross income grew from $43,705 in 1981 to $81,000 in 1985, when profit was $13,100."

Talk with Russel Hicks of Sweet Earth. 1991. Jan. 31. His company now buys its tofu from Jack and the Beanstalk, which is located in Salinas.

Talk with Albert Park, owner. 1991. Feb. 1. The company, whose name has not changed, is now located at 401 Victor Way, Suite 16, Salinas, California 93907. The previous owner, Mr. Hun Kim, moved it to that location from Carmel Valley about 5 years ago. Both Mr. Kim and Mr. Park are Korean-Americans. The company now makes only 3 products: tofu, soymilk, and soybean sprouts. It is a very small business that makes 1,500 to 1,700 lb/week of tofu.

4608. Kimura, Yuko. comp. 1980. Amerika-jin no kangaeta okara ryôri [Okara recipes developed by an American (William Shurtleff)]. Tokyo. 40 p. Illust. 14 x 20 cm. Translated from *The Book of Tofu* by Miyuki MIE. [1 ref. Jap]
• ***Summary:*** Contents: Forward (preface). Menu. Okara recipes. Tofu salads. About the translators. Address: 1-10-3, Tamagawa Gakuen, Machida-shi, Tokyo 194, Japan.

4609. Leviton, Richard. 1980. Soyfoods in Toronto. *Soyfoods* 1(3):14-19. Summer.
• ***Summary:*** Discusses Vital Eat, Pyung Hwa, Soy City Foods, and Victor Food Products. Victor Food products (102 Hymus Rd., Scarborough, Ontario, Canada M1L 2C9) was founded and is owned and managed by Mr. Stephen Yu. In the 3,600 square foot tofu factory, 13 workers (mostly Vietnamese refugees) produce 1,900 lb/day of tofu, 750 gallons/week of Nutrisoya soymilk, and about 200 quarts/day of kinugoshi soybean pudding. Mr. Yu, who was born in China and educated in California, came to Toronto in 1977 to make an initial market survey. He opened his plant in Feb. 1978, with an initial production of 900 lb/day. Mr. Yu now has accounts in all major Toronto supermarket chains. He reaches about 40% of the Oriental market and about 40% of the overall soyfoods market. He speaks fluent English and is "far more forward looking and market conscious than his Oriental competitors in the Toronto area." His production process and equipment are described in detail. Last summer he appeared on a 10-minute television feature that depicted the story of soybeans from field to shop to table. This was followed, in Jan. 1980, by a major article which profiled his

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company in the *Toronto Star.* This publicity ushered his tofu into the three big supermarket chains not yet carrying it and sales in the four chains that were rose 100%. Note: This is the earliest document seen (April 2001) that mentions Victor Food Products in Canada.

Soy City Foods, at 2847 Dundas St., is a new soy production site due to open in the spring. Pat Guardino is general manager and Leonard Bugyra is sales manager. The company is a subsidiary of Golden Age, Inc., a spiritual group which operates a successful vegetarian restaurant downtown and is currently installing a second one next door. The company will start by producing about 600 lb/day of tofu, as well as soymilk and soysage. They will supply their contiguous restaurant and sell bulk soyfoods from their own retail counter in the storefront. They will also produce tofu cheesecakes and okara cookies in the restaurant.

Photos show: (1) Soy City Foods and its owners (incl. Pat Guardino) under the storefront sign. (2) Pyung Hwa Tofu Shop, with cakes of tofu cooling in a bathtub. (3) Stephen Yu of Victor Food Products with Nutrisoya soymilk. Address: Colrain, Massachusetts.

4610. Leviton, Richard. 1980. Traditional tofu in New Hampshire. *Soyfoods* 1(3):34-37. Summer.
• ***Summary:*** There are two tofu shops in New Hampshire. Discusses the work of Jay and Pat Gibbons of North Country Soyfoods (once called Crystal Hills Tofu Shop, in Bethlehem, New Hampshire) and Robert Cook and Viney Loveland of Willowbrook Soyfoods (Gilsum, New Hampshire). Each shop "illustrates the virtues and drawbacks of operating a small, labor-intensive, low-technology, low-capital shop that serves a local clientele. Each shop embodies a portion of that original inspiring vision from *The Book of Tofu* of a multiplicity of tiny, traditional, community based tofu shops whose tofu crafters deliver fresh bulk tofu every day.

Crystal Hills opened in September 1977, after a year of preparation by Jay and Pat. Now named North Country Soyfoods, it has modified the traditional soysage recipe by eliminating wheat germ, substituting barley malt for honey, and adding 5% vinegar to increase the shelf life. The company supplies large amounts to Jon Cloud of Cloud Mountain, who helps to export about 1,000 lbs every 3 weeks to co-ops in Montreal and Toronto.

Photos show: (1) Robert Cook and Viney Loveland standing in front of the Willowbrook Soyfoods shop. (2) Jay and Pat Gibbons. (3) Adding nigari to soymilk at Crystal Hills. (4) Stirring the soy slurry in a large caldron. (5) Then pressing the okara for soymilk. Address: Colrain, Massachusetts.

4611. Leviton, Richard. 1980. Effective soyfoods marketing: "We want to do for tofu what flavors did for yogurt." *Soyfoods* 1(3):46-51. Summer.
• ***Summary:*** Discusses the tofu marketing strategies of: (1) Steve Demos at White Wave (Boulder, Colorado); he makes 7,500 lb/week of tofu and tofu products; (2) John Paino of Nasoya Foods (Leominster, Massachusetts). Nasoya makes four tofu spreads and a tofu mayonnaise; (3) Luke Lukoskie of Island Spring, Inc. (Vashon, Washington). Each week the company produces 10,000 lb of tofu, five flavors of Soyfreeze (soymilk ice cream), soyloaf, tempeh, soymilk, and spicy Korean tofu; (4) Madeline Fox, director of Marketing at the New England Soy Dairy (Greenfield, Massachusetts).

Photos show: (1) Tom Timmins (rear view) addressing a soyfoods press conference audience in Boston. (2) A waiter in a black bow tie setting up the tofu buffet at the Seventh Inn.

Note: This is an earliest document seen comparing the marketing of tofu to yogurt (the dairy product) in the title. Address: Colrain, Massachusetts.

4612. Lusas, Edmund. 1980. Tofu from glandless cottonseeds. *Soyfoods* 1(3):11-12. Summer.
• ***Summary:*** "'Did you know that many Asiatic- type foods (including tofu) can also be made from a variety of oilseeds like glandless cottonseed, white-skinned peanuts, sesame, etc., each giving its unique flavor and texture characteristics?' So reports Dr. Edmund Lusas, director of the Food Protein Research and Development Center at Texas A&M University. The Center's objective is the development of food ingredients and products from low-cost protein resources, mainly oilseeds, wherein, as Dr. Lusas notes, 'Processes are developed for converting crops into food ingredients, then uses of these ingredients are demonstrated in compounded food products.' Researchers there are currently working with cottonseed, coconut, sunflower, lupine, sesame, peanut, and soybean."

Tofu made from glandless cottonseed is called TAMUcurd. where "TAMU" stands for Texas A&M University. Address: Director, Food Protein R&D Center, Texas A&M Univ., College Station, TX 77843.

4613. Needleman, Larry. 1980. The natural nigari mystique and the calcium sulfate misconception. *Soyfoods* 1(3):13. Summer.
• ***Summary:*** Since "natural nigari" has the word "natural" in its name, it must be good. Right? "You mean natural nigari is a chemical? Yes, several chemicals. All the coagulants are. And what's more, it has foreign matter present and requires filtering; it's quite expensive, hard to get, not approved by the FDA, slow, inconsistent, difficult to use, and gives lower bulk yields. Well then, what's it good for? Well, it has 'natural' in its name and some people think that if properly used, it gives slightly sweeter tofu with a slightly creamier texture. However, in commercially made tofu, after a day or more in water, I doubt if anyone can tell well-made natural

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nigari tofu from well-made calcium sulfate tofu. And fresh and warm, they both taste creamy, sweet and delicious."

"Often consumers here in the U.S. think that calcium sulfate (CaSO4) is a chemical preservative or, at the very least, an artificial or human-made ingredient. As you can tell from the preceding paragraph, this is definitely not the case. As a matter of fact, American calcium sulfate is an extremely pure, naturally mined mineral, whereas natural nigari (gathered from extremely clean water) still contains some pollution and foreign matter. Calcium sulfate costs an average of 14¢ per pound (compared with a 50¢ per pound average for natural nigari); it is easy to use; can be added all at once (natural nigari requires careful adding in stages); is easy to obtain; nigari is often hard to locate as it is imported; provides the often much-needed calcium to the vegetarian diet (which natural nigari does not); produces sweet and creamy curds; and generally gives bulk yields of 3.1 of tofu to dry soybeans by weight (natural nigari generally yields 2-2.5 to 1)." Address: President, Bean Machines, Inc., Bodega, California.

4614. Needleman, Larry. 1980. Sanitary bean mill. *Soyfoods* 1(3):42. Summer.
• ***Summary:*** Bean Machines, Inc. announces production of the Bean Machines Disintegrator M6A, a sanitary stainless-steel grinder for soaked soybeans used in making tofu. Address: President, Bean Machines, Inc., P.O. Box 76, Bodega, California 94922. Phone: (707) 876-3341.

4615. **Product Name:** Soydairy Numu (Soymilk).
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1980. July.
Ingredients: Water, soybeans (grown without artificial chemical materials), barley malt, honey.
Wt/Vol., Packaging, Price: Quart.
New Product–Documentation: Ad in Soyfoods. 1980. Summer. p. 11. "Numu. New England Soy Dairy brings you a unique nutritional beverage. Blast off with Numu." Soya Bluebook. 1980. p. 51. "Pure-Pak Soymilk." Article in Soyfoods. 1981. Winter. p. 18-19.

4616. New-Age Foods. 1980. Calling all soycrafters... Start your own soyfoods business. Tofu, soymilk, tempeh, miso. Here are the books that show you how! (Ad). *Soyfoods* 1(3):45. Summer.
• ***Summary:*** This 2/3 page ad is for three books by Shurtleff and Aoyagi: *Tofu & Soymilk Production. Tempeh Production. Miso Production.*

"Since publication in 1976 of *The Book of Tofu* by William Shurtleff & Akiko Aoyagi (there are now a quarter million copies in print), more than 120 new tofu shops and soy dairies have been started in North America. Based on the authors' *Book of Tempeh* and *Book of Miso*, many new tempeh and miso shops have also come into being. The founders of these shops have joined to form the Soycrafters Association of North America. Indeed a growing number of people are joining the Soyfoods Revolution and finding that the soycrafting arts offer just the type of creative, satisfying, and financially rewarding work and way of life they have long been seeking–plus an opportunity to make a vital contribution to the future.

"Three beautiful technical manuals: Based on over seven years of research with master craftsmen and modern producers in the U.S. and around the world, Shurtleff and Aoyagi have prepared three beautiful craft and technical manuals, containing all the information you'll need to start and run your own soyfoods business on any of various scales and budgets from low-cost community shops up to large modern plants. These books, used to start virtually all the shops mentioned above, each come in a handsome large (8½ by 11-inch) format, filled with informative illustrations."

A brief description is given of each, along with the price, and a photo of the cover. "Free with each book: A list of all tofu, tempeh, or miso shops in the West, and applications for the Soycrafters Apprenticeship program, Soycrafters Assoc. of North America, and *Soyfoods Magazine.*"

Note: Each time William Shurtleff contributed a full-length article to a magazine, always free of charge, the magazine agreed to run this ad in exchange. Address: New-Age Foods, P.O. Box 234, Lafayette, California.

4617. **Product Name:** New Leaf Soy Ice Dream. Renamed Soy Ice Delight by May 1981 [Orange, Fresh Banana, Carob, or Vanilla].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1980. July.
Ingredients: Fresh organic soymilk (water, organic soybeans), honey, soy oil, orange juice concentrate, soy protein, lecithin, vegetable gum.
Wt/Vol., Packaging, Price: 16 oz (1 pint).
How Stored: Frozen.
New Product–Documentation: Labels. 1980, undated. 3.5 inch diameter. Orange, black, and cream on silver-gold. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 48. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 69. The company "recently introduced frozen desserts called Soy Ice Delight."

4618. **Product Name:** Marinated Tofu (Tofu in a Marinade).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, (8473 East Rd.), Redwood Valley, CA 94570.
Date of Introduction: 1980. July.

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Ingredients: Tofu, shoyu, garlic, onion, cayenne. Yellow label: Organic Brightsong tofu, soy sauce, filtered water, garlic, onion, cayene.
Wt/Vol., Packaging, Price: 8 oz cakes.
How Stored: Refrigerated.

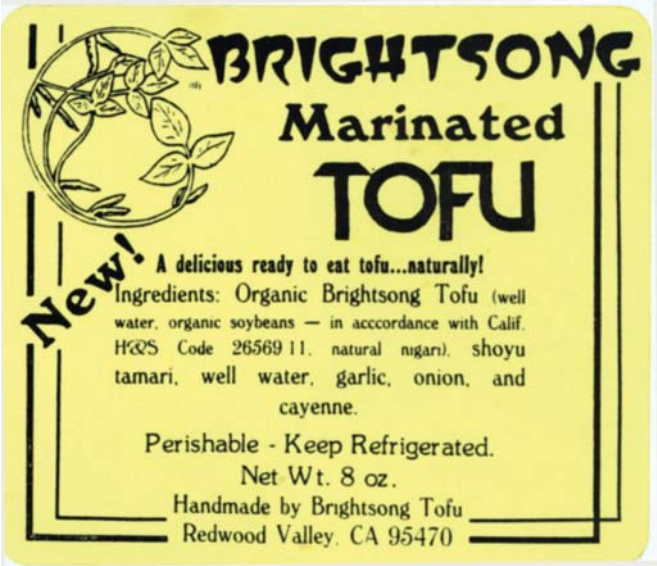

New Product–Documentation: Label. 1981. 4 by 3.5 inches. Self adhesive. Black on yellow. "New! A delicious ready to eat tofu... naturally!" Spot in Soyfoods. 1982. Summer. p. 56. "Prepared Tofu Salads and Desserts." Letter from Richard Rose. 1987. Aug. 29. The company was named Brightsong Tofu from its founding in June 1978 to June 1980. Then it changed to Redwood Valley Soyfoods Unlimited, until June 1982, when it changed to Brightsong Light Foods.

4619. **Product Name:** Vege-Herb Tofu (With Fresh Vegetables and Herbs Pressed into the Curds).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1980. July.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. "Bulk packing; had fresh basil, beets, chard, and carrots pressed into the curds." Brightsong's second product.

4620. *School Food Service Journal.* 1980. Soybean products: New vegetarian delights. Children are special. 34(6):48, 50. June/July.
• ***Summary:*** Tofu and soy oil are used in the School Foodservice Program in Santa Cruz, California. A photo shows Food Service Director, Thelma Dalman, and Central Kitchen Manager, Maxine Prairie, with dishes they have prepared that look good, taste good, and are nutritious–low in fat and cholesterol and rich in protein. A recipe is given for Tofu Tamale Pie (100 servings). Dalman prepares and serves about 5,000 school meals a day, with a staff of 52 full-time employees and an annual budget of $1.5 million.

4621. Shurtleff, William; Aoyagi, Akiko. 1980. Soyfoods: One answer to world hunger. *New Age Journal* (*Boston, Massachusetts*). July. p. 34-38. [3 ref]
• ***Summary:*** Here are ten reasons why: 1. Optimum land utilization. 2. Lowest cost. 3. High nutritional value. 4. Time tested. 5. Remarkably versatile. 6. Appropriate technology. 7. New dairylike products. 8. Hardy and adaptive. 9. Free nitrogen fertilizer. 10. Energy and resource efficient. Also discusses: Present patterns of soy-protein utilization, and new developments with soyfoods in America (120 tofu shops and soy dairies, The Farm in Summertown, Tennessee, *Soycraft* magazine, Bean Machines, etc.). Excerpted from *The Book of Tempeh.* Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4622. Shurtleff, William. 1980. Soyfoods in America 1980: Progress, problems, challenges. Opening remarks to the 1980 Soycrafters Conference at the University of Illinois. Opening paper presented at Third Annual Soycrafters Conference, Urbana, Illinois. July 9. 14 p. Unpublished manuscript.
• ***Summary:*** The full text of this presentation has been transcribed. Ten trends and the major events of the past 12 months are reviewed. The key challenge is still to build a strong Soycrafters Association. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4623. **Product Name:** Tofu Spinach Quiche.
Manufacturer's Name: Soy Plant.
Manufacturer's Address: 711 Airport Blvd., Suite 1, Ann Arbor, MI 48104.
Date of Introduction: 1980. July.
Ingredients: Tofu (organic soybeans, nigari), spinach, onions, nutritional yeast, tahini, soy sauce (soybeans, wheate, salt), vinegar, spices. Crust: Wholewheat flour, corn oil, sea salt.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated.
New Product–Documentation: Oval Label in Soy Plant scrapbook from about 1980. 3¼ by 1½ inches. Black on white. 5 oz. Hand lettered.

4624. *Soyfoods.* 1980. Centrifuge proves efficient in tempeh production. 1(3):40. Summer.
• ***Summary:*** The Tempeh Works (Greenfield, Massachusetts) has purchased a laundry extractor to spin dry their cooked soybeans for tempeh production. This centrifuge works much better than the simple drying table with overhead fans described in *Soycraft* (1(2):39–Winter 1980). The extractor was purchased used for less than $1,000. It dewaters the

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beans in 2 minutes.

Island Spring (Vashon, Washington) also uses a centrifuge for making tempeh; theirs cost $225 from a junk dealer who buys equipment lots from Army surplus. A photo shows a long-haired production worker at The Tempeh Works with their centrifuge.

4625. *Soyfoods.* 1980. Custom designed conveyorized tofu cooling tank. 1(3):41. Summer.
• ***Summary:*** New England Soy Dairy plant manager and technical expert Jon Lee has designed and had manufactured a 32-foot-long conveyorized tank filled with cold water for cooling and rinsing tofu. Details are given. The tank lowers the temperature of the tofu to 65ºF. A photo shows the tank, filled with tubs of tofu, and with workers standing at each side.

4626. *Soyfoods.* 1980. Soyfoods to the American taste: An interview with Drs. Clifford Hesseltine and Hwa L. Wang. 1(3):58-62. Summer. [1 ref]
• ***Summary:*** Dr. Hesseltine has just returned from a six-week trip to East Asia. In Taiwan he studied soy sauce fermentation and gave advice on setting up a national collection of microorganisms used in soybean fermentations. In Indonesia he attended an international symposium on various aspects of fermentation as a method a processing foods, with an emphasis on soybeans in Southeast Asia. "These people look to us in the West as far as science is concerned. Suddenly we see scientific institutions in the U.S. and now in Europe being interested in high protein foods made from soybeans. The East Asians follow and say, 'Well, if its very interesting for the West, then we should be interested in it.'" There is increasing interest in traditional, lightly-processed soyfoods.

Way back in 1963 the NRRL did research on making tempeh perforated plastic bags. Today, "on the island of Java, 90 percent of tempeh is now produced using plastic bags, including the tempeh I saw being sold on the street,..."

Dr. Wang, who was born and raised in China, recently returned there to visit family. She noted: "To me, it is a very sad story... Even tofu is rationed now. You can't buy tofu every day, probably once a week." "Soy sauce is not hard to get. Miso never had as much importance as in Japan... Tofu and soymilk are the two foods that were very common before. We stayed at a hotel and we only had soymilk once a week, in the morning for breakfast. And tofu, I don't even remember having eaten any."

"Dr. Hesseltine: Natto is one of the most rapidly growing fermented soyfoods in Japan, which surprised me, over something like miso. Natto has become more popular because it's supposed to be the great aid for digestion. In the new form, natto is much more acceptable as a food because the old, traditional type is sticky (it's a real mess) and this isn't. This is coated, so what you get is like small peanuts coated with powder; they don't stick to your hands."

Dr. Hesseltine: "What I saw in Taiwan really fascinated me–pressed tofu sheets [*pai-yeh*]. We would like to see the soycrafters making some recommendations [for us] as to practical areas of research for soybeans."

Portrait photos show (1) Dr. Clifford Hesseltine. (2) Dr. H.L. Wang. Two photos of each, seated. Address: NRRC, Peoria, Illinois.

4627. *Soyfoods.* 1980. Bringing the soybean home to the Northwest. 1(3):6. Summer.
• ***Summary:*** Island Spring recently sponsored a 2-day seminar on the production of soybeans in Washington and Oregon. 35 people attended, including 6 farmers.

4628. *Soyfoods.* 1980. Pressing cloths. 1(3):39. Summer.
• ***Summary:*** An excellent coarse woven pressing cloth that works better than Japanese press bags and is cheaper is available from: Tekto Inc., 420 Saw Mill River Road, Elmsford, New York 10523. Phone: 914-592-5010. The fabric is identified as 3A-15GG and is AGB monofilament Nylon.

4629. **Product Name:** Tofu Salad.
Manufacturer's Name: Soyplant (The).
Manufacturer's Address: Ann Arbor, Michigan.
Date of Introduction: 1980. July.
Ingredients: Fresh tofu, fresh vegetables, wine vinegar, safflower oil, soy sauce, spices.
How Stored: Refrigerated.
New Product–Documentation: Label in Soy Plant scrapbook from about 1980. 3 by 2 inches. Black on white. The variable weight and incomplete listing of ingredients indicates this must have been made at the deli on East Ann St. This product was sold in bulk or in plastic tubs, unpasteurized, like a fresh salad.

4630. **Product Name:** Soynaise: Imitation Mayonnaise.
Manufacturer's Name: Soyplant Co-op Inc. (The).
Manufacturer's Address: 711 Airport Blvd., Suite 1, Ann Arbor, MI 48104. Phone: 313-663-8638.
Date of Introduction: 1980. July.
Ingredients: Tofu (soymilk, nigari), sesame oil, soymilk (organic soybeans, water), cider vinegar, honey, salt, garlic, dulse, love.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Label in Soy Plant scrapbook from about 1980. 3 by 3 inches. Black on white. 12 oz. "Please reuse or recycle this container." This product was sold in plastic tubs, unpasteurized, like a fresh dressing.

4631. **Product Name:** Miso-Garlic Dressing.
Manufacturer's Name: Soyplant Co-op Inc. (The).

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Manufacturer's Address: 711 Airport Blvd., Suite 1, Ann Arbor, MI 48104. Phone: 313-663-8638.
Date of Introduction: 1980. July.
Ingredients: A rich, smooth blend of miso (fermented soybeans and rice), safflower, shoyu sauce, garlic, onion, cider vinegar, water, lemon oil.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Label in Soy Plant scrapbook from about 1980. 2½ by 2½ inches. Black on white. 16 oz. Sold in a plastic tub.

4632. Switzer, Larry. 1980. Spirulina: The whole food revolution. Proteus Corp., 2000 Center St., Suite 1221, Berkeley, CA 94704. 94 p. Illust. by Akiko Aoyagi Shurtleff. 22 cm. [78* ref]
• ***Summary:*** Contents: Acknowledgements. Preface. Earthrise 1969. 1. Introduction to microalgae. 2. History of spirulina. 3. Cultivating around the world. 4. Farming and processing. 5. Nutritional value. 6. How to use spirulina. 7. Recipes. 8. Spirulina as a world food. 9. Global impact of microalgae. New earthrise 2001. References.

Soy-related recipes include: Aquamole dip or dressing (with tofu and tamari soy sauce, p. 64). Pro-miso soup (p. 65). Pro-miso canape (p. 69).

The Preface notes that Larry Switzer, who used to be a filmmaker, first learned about spirulina in the winter of 1974 from a small article in *Solar Energy Digest.* Earlier that year he had formed a partnership with Dr. William J. Oswald, a University of California prof. of public health and engineering, and a recognized world expert on the mass cultivation of microalgae. Proteus is being financed by a far-sighted philanthropist, David Donneley, a wonderful guy. Proteus was incorporated in California in late 1975. In 1975-76 extensive laboratory and pilot scale experiments were conducted in Concord, California. Robert Henrickson and Dr. Alan Jassby joined Proteus in 1976. Small ponds were constructed in the Imperial Valley of Southern California, and by 1979 larger farms were in operation there. In 1978 Proteus began importing spirulina from Sosa Texcoco, S.A., of Mexico, the major world producer. Address: Founder and President, Proteus Corp.

4633. **Product Name:** Kinugoshi Soybean Pudding.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1980. July.
New Product–Documentation: Leviton. 1980. Soyfoods. Summer. p. 17. The company makes "about 200 quarts daily of *kinugoshi* soybean pudding."

4634. Palmer, Jane. 1980. Yogurt's success inspires tofu backers. Soybean product adapts to main dishes, desserts. *World-Herald* (*Omaha, Nebraska*). Aug. 6. p. 17.
• ***Summary:*** William Shurtleff and Akiko Aoyagi were in Omaha, Nebraska, last week to present a program on tofu and tempeh, two soybean products. Contains three tofu recipes: Tofu burgers. Creamy tofu dressing. Tofu cheesecake. Photos show Shurtleff and Aoyagi. Note: This is an second earliest document seen comparing the marketing of tofu to yogurt (the dairy product) in the title.

4635. Porter, Sylvia. 1980. Tofu gaining popularity as cheap protein source. *Washington Post.* Aug. 7. Special to the Washington Star. Widely syndicated.
• ***Summary:*** "Once found only in health stores and Oriental restaurants, this white, custard-like substance is sold today in major supermarket chains, served in schools and hospitals, and added to cakes, quiches and casseroles available at urban delicatessens. Many nutritionists regard tofu as an ideal diet food.

"I've got tofu fever," claims David Mintz, owner of a Manhattan kosher catering service and deli, Mintz's Buffet. "It's a food of the future, a miracle food. We're using it in almost everything–a Caesar dressing, noodle charlotte, even in fresh fruit salad–and people are so glad because they can eat these foods now whereas they couldn't before because they weren't kosher or because of their low-fat, low-sodium diets." Mintz now turns out a range of foods from beef stroganoff, muffins, cheesecake and quiches, items which Jewish dietary law prevented his making before he discovered non-dairy tofu. Also mentions Matsuda-Hinode Tofu Co., Harry Tanikawa (their sales supervisor), New England Soy Dairy, and *The Book of Tofu* by Shurtleff and Aoyagi. "Tofu in some form is among the possible new products Dannon Co. is investigating for distribution."

Note: This is the earliest document seen (Oct. 2001) concerning the work of David Mintz with soyfoods. In Aug. 1981 he created and introduced Tofutti, a pioneering non-dairy, kosher soy ice cream based on tofu. He later founded a company named Tofutti Brands, Inc.

Note 2. Also appeared in *New York Daily News.* Aug. 7. "Japan's tofu may be next big import"; *Transcript-Telegram* (*Holyoke, Massachusetts*). Aug. 11, p. 12. "Tofu–another Japanese import"; San Francisco Chronicle. Sept. 8. "Import that's not hard to swallow."

4636. Ralphs. 1980. Ralphs super savings (Ad). *Los Angeles Times.* Aug. 7. p. I18.
• ***Summary:*** Includes: "Everfresh Silken Tofu. 10½ oz. pkg. 59¢." Note: The "Ever-Fresh" brand is made and sold by Mori-Nu (Morinaga). Address: [Southern California].

4637. Recchia, Camille. 1980. Takoma Park changing: Influence of Seventh-day Adventists wanes before influx of newcomers. *Washington Post.* Aug. 10. p. B1.
• ***Summary:*** Takoma Park, Maryland, has long been the

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world headquarters of the Seventh-day Adventist Church. Thousands of Adventists, a group that is largely vegetarian and known to eat a healthy diet, live in the area. But today at a local health food store, "Adventist grandmothers buying soy bean curd and organically grown cantaloupes are outnumbered by young people who are only dimly aware of the church's connection with Takoma Park."

In addition, "the influence of the Adventists, who were once a dominant force in the town's politics, real estate, and commerce, is beginning to wane." Church leaders are becoming more sensitive to community issues and more willing to solicit and listen to the views of others. Address: Staff writer.

4638. *Journal Star* (*Peoria, Illinois*). 1980. Tempeh, tofu, miso may replace hot dog. Aug. 11.
• ***Summary:*** At a recent national conference held at the University of Illinois, William Shurtleff discussed the potential and possible future of these three foods. His remarks were supported by those of Dr. Clifford Hesseltine, a microbiologist at the USDA's research laboratory in Peoria, Illinois. Hesseltine added that the use of tempeh is growing "at a phenomenal rate."

4639. Huey, Pamela J. 1980. Conference sees future for tofu, tempeh, miso. *Hartford Courant* (*Connecticut*). Aug. 13. p. 1A.
• ***Summary:*** "If the 1980s are the years of tofu, the '90s belong to tempeh and miso. All three are soybean products long used as staple foods in several Asian countries." William Shurtleff spoke about these foods at a recent national conference at the University of Illinois.

Eight years ago tofu was largely unknown in the United States. During the past four years, the number of tofu makers in the U.S. has gone from 60 to 240, according to Shurtleff.

"Tempeh is a fermented soy food held together by the fibers of the tempeh culture. It has a meaty texture and flavor." Dr. Clifford Hesseltine spoke about tempeh, whose use is growing "at a phenomenal rate."

"Shurtleff is convinced the system of feeding animals for slaughter is the major reason for hunger in the world. Soy foods are a logical replacement for the feedlot system, he said." Address: United Press International (UPI).

4640. Palm, Göran. 1980. Företag för sojaförädling till Örsundsbro [Company for soybean processing in Orsundsbro]. *Uppsala Nya Tidning* (*Sweden*). Aug. 16. p. 10. [Swe]
• ***Summary:*** First major article on Ted Nordquist's tofu. Address: Sweden.

4641. Palm, Göran. 1980. De ska laera svenskarna att aeta tofu [They will teach Swedes to eat tofu]. *Industri-Handel-Hantverk.* Aug. 20. [Swe]
• ***Summary:*** About Ted Nordquist's pioneering work with tofu in Sweden. A photo shows Nordquist. Address: Sweden.

4642. **Product Name:** Tofu (Bulk).
Manufacturer's Name: California Kitchen.
Manufacturer's Address: 1919 Park Ave., Chico, CA 95928. Phone: 916-893-0986.
Date of Introduction: 1980. August.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Cal Parrott. Address listed as 1020 Main St., Chico, California 95926. Talk with Cal Parrot. 1987. Dec. 16. He started the business. Also makes mochi. Sells at only 2 stores in Chico, plus several restaurants.

Form filled out by Cal Parrott. 1998. July 18. California Kitchen, 1919 Park Ave., Chico, CA 95928. Phone: 530-342-1405. His company began making and selling tofu in August 1980.

4643. Dinshah, Freya. 1980. More vegan recipes. Malaga, New Jersey: American Vegan Society. 27 p. Aug. No index. 22 cm. Spiral bound.
• ***Summary:*** Soy-related recipes include: Soy bean cheese spread (with cooked, ground soybeans, p. 5). Slicing soya cheese (with vegetable margarine and soya powder/flour, p. 5). Simple soy cheese (with soya powder and nutritional yeast, p. 5). South Jersey soy patties (with soy granules, p. 7). Corn bread (with soya powder/flour, p. 9). Sesame soy milk (with soya powder/flour, p. 11). Sunflower soy milk (with soya powder/flour, p. 11). Scrambled tofu, Tofu salad dressing, Yeasted tofu, Tofu Cantonese, Tofu, mushrooms and greens, Tofu in savory crumbs, Tofu turino, Tasty tofu strips (baked with soy sauce) (all p. 15). A photo on the title page shows the author. Address: 501 Old Harding Highway, Malaga, New Jersey 08328.

4644. **Product Name:** Original Tofu Press.
Manufacturer's Name: Health Science Enterprises.
Manufacturer's Address: P.O. Box 186, Yakima, Washington. Phone: (509) 722-3601.
Date of Introduction: 1980. August.
New Product–Documentation: Ad and poster. 1980. "Now honorable American women can make their own nutritious tofu with the original tofu press." 2 pages.

Letter from Loren D. Price, President of HSE to William Shurtleff of Soyfoods Center. 1980. Aug. Loren wants to put the Soyfoods Center catalog in his tofu kit, then have Soyfoods Center pay him a commission on each copy of *The Book of Tofu* that he sells. The kit is manufactured in Fruitland, Washington. Sales are less than 11 kits/month. The suggested retail price is $19.95 each.

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4645. **Product Name:** Island Spring Tempeh Burgers.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1980. August.
New Product–Documentation: Letter from Luke Lukoskie. 1982. July 18. He started selling tempeh burgers in Aug. 1980; Shurtleff & Aoyagi. 1985. History of Tempeh. p. 56. These were "America's (and the world's) first commercial tempeh burgers, made on a small scale in individual petri dishes." Form filled out by Yvonne Kuperberg. 1988. Oct. 1. These were sold only in bulk. No labels in existence.

4646. Norton, Reggi; Wagner, Martha. 1980. The soy of cooking: A tofu and tempeh recipe book. White Crane, P.O. Box 3081, Eugene, OR 97403. 24 p. Aug. Illust. No index. 22 cm.
• ***Summary:*** Contents. Introduction. Recipes: Salads and dressings. Lunches and light meals. Main courses. 5. Desserts. Address: Eugene, Oregon.

4647. **Product Name:** Tempeh.
Manufacturer's Name: Pacific Tempeh.
Manufacturer's Address: 1508 62nd St., Emeryville, CA 94608. Phone: 415-655-4441.
Date of Introduction: 1980. August.
New Product–Documentation: This company was founded by Travis Burgeson. His initial interest was in making okara tempeh. Label. 1980, undated. Black and white on yellow. Label, 1983, undated. 3.5 by 4.5 inches. Red and brown on white.

Leaflet. About 1980, undated. "Pacific Tempeh: A Cultured Soyfood." 4.5 by 8.5 inches. Black on beige. Contents: What is tempeh? It tastes good! Recipes for: Deep-fried tempeh. Pan-fried tempeh. Seasoned tempeh. Sweet and sour tempeh. Tempeh burgers. Tempeh salad spread.

Soyfoods Center Computerized Mailing List. 1982. July 23. Owner: Travis Burgeson. Ad in Whole Life Times. 1982. Aug. "It tastes good!" Shurtleff & Aoyagi. 1985. History of Tempeh. p. 51-52. America's second true tempeh company and the first to sell vacuum packed tempeh. It was refrigerated, not frozen.

4648. Shurtleff, William; Aoyagi, Akiko. 1980. How to make tofu at home easily and inexpensively. *Vegetarian Times* No. 40. Aug. p. 36-40.
• ***Summary:*** Describes a new and improved method, with illustrations of the utensils needed, 3 designs for a homemade forming box, and 11 illustrations of key steps in the process. Partially adapted from *The Book of Tofu* (Ballantine edition). Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4649. *Soyanews* (*Sri Lanka*). 1980. Over 100 take part in Open House. 3(1):1, 4-5. Aug.
• ***Summary:*** "The first Open House on the processing of soya foods organized by the Soya Foods Research Centre at Gannoruwa last month turned out to be a highly successful event which surpassed the expectations of is organizers.

"The Soya Open House, primarily meant for those in the commercial food business, was attended by over 100 representatives from both the private and public sectors from many parts of the island.

"There were caterers and bakery owners, canteen managers and hostel keepers as well as researchers and designers of food processing machines. Most of them were visiting the Centre for the first time."

Photos show: (1) Participants following closely the words of home level instructress, Miss Etampawala. On display are puddings, salad creams, biscuits and watalappan all made with soya. (2) A demonstration of home level soya food preparation. (3) Participants examining samples of soya flour. (4) Soya milk being strained, in a hanging square of muslin, during preparation of tofu. (5) Participants examining bakery products that contain 5% soya flour. (6) Demonstration of intermediate level preparation of soya snacks. The cracker prepared is a mix of rice flour and soya flour.

4650. *Vashon-Maury Island Beachcomber.* 1980. Lukoskie chairs soycrafters. About July or Aug.
• ***Summary:*** Luke Lukoskie has been named chairman of the board of directors of the Soycrafters Association of North America. This honor was bestowed upon him last week at the association's third annual conference held at the University of Illinois at Urbana-Champaign. A portrait photo shows Lukoskie. Address: Washington.

4651. Victoria, Hugo. 1980. Re: Intention to start a company named S.R. Natural to make tofu in Mexico. Letter to William Shurtleff at Soyfoods Center. 1 p.
• ***Summary:*** Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the proposed company's name, address, and phone number. Owner: Mr. Hugo Victoria.

Note from Nicole Black. 1988. Oct. 24. "I know this man personally and he has never made tofu." He may once have intended to. Address: Vasconcelos 143 Ote NL, Col. de Valle, Mexico.

4652. **Product Name:** UFO Tofu (Water Packed in Bulk).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1980. August.
Ingredients: Filtered water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: 10, 15, 20, or 25 lb of tofu in a bucket with water.

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How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Paul Duchesne.

Leviton. 1981. Soyfoods. Winter. p. 61. "Putting tofu in the lunch boxes of America."

Leviton 1983. Soyfoods. Summer. p. 42. "Wildwood's sandwich power." With their 340 square foot steam kettle tofu shop, Wildwood, located in Fairfax, California, produces 2200 pounds of nigari tofu every week of which one half is used for sandwiches, the other half for distribution as bulk tofu under the "UFO" brand name ("us feeding ourselves").

Leaflet. 1983. 8 by 6 inches. Blue on white (see next page). "UFOTOFU" (UFO tofu) is a palindrome, which reads the same forward or backward. (Soybean Curd). "Made in the tradition of the open cauldron shop with hand presses, filtered water and lots of good energy."

Talk with Paul Duchesne. 1989. Aug. 16. This was the first tofu produced by Wildwood, introduced in Sept. 1981. It had this name from day one. Bill Bramblett came up with this palindrome, which also meant "us feeding ourselves tofu." The wings were similar to Sufi wings.

Talk with Billy Bramblett, one owner of Wildwood Natural Foods. 1998. Aug. 8. On 8 August 1980 (08-8-80) Wildwood first made their own tofu. Though Billy was already a palindrome freak he did not plan for the date of the first day that Wildwood made tofu to be a palindrome. Already, one of his favorite books was "Goedel, Escher, Bach." He invented "UFO Tofu," a palindrome (it can be spelled forward and backward the same way) which was the "official" name of all Wildwood's early tofu. Some people called in to ask what it meant; he told them "Us Feeding Ourselves Tofu." One person asked if they got their tofu from a UFO (unidentified flying object). Ans: Sure. Q: Were the soybeans organically grown? Ans: There are no pesticides in outer space. Yo Soy, Wildwood's soymilk, is also a palindrome. All of the tofu Wildwood made in the early days was sold in bulk, floating in water in a white plastic bucket that was refrigerated, had a plastic bag liner, a lid, and a large blue and white label on the side that read "UFO Tofu." One could buy 10, 15, 20, or 25 lb of tofu in a bucket. He has a Wildwood T-shirt with "UFO Tofu" written on it. Actually, Wildwood has made many T-shirts; the first one probably appeared in about 1981-82. Michael Pierce did the art for all of the early ones. They were green on white, silkscreened. One of them showed all the equipment used in the tofu process, in the order used, so that one can see how tofu is made. The current T-shirt has Wildwood's logo on it. All Wildwood's drivers wear them.

One year for Christmas in the late 1980s, some of Billy's friends who knew he was into palindromes, gave him a crossword puzzle book titled "Rats Live on No Evil Star"–which is a palindrome. There were 101 (a palindrome) puzzles. The answer to all the clues in all the puzzles were palindromes. One of the answers in one puzzle was "UFO Tofu." The clue was "Close Encounters of the Curd Kind" (a play on words derived from the title of the 1977 movie "Close Encounters of the Third Kind," by Stephen Spielberg). A fellow named Bella Fleck, who has a band named the Flecktones, came out with an album several years ago titled "UFO Tofu." One of the songs was also titled "UFO Tofu."

4653. Steiman, Harvey. 1980. Tofu: Trader Vic's creativity Americanizes an Asian staple. *San Francisco Examiner* 116(72):B7-B8. Sept. 3.
• ***Summary:*** Two photos show Trader Vic Bergeron, the famous San Francisco restaurateur. His menu now features tofu in dishes such as tofu Parmesan. and tofu mixed into fish balls, salad, chicken liver pate, and chicken balls. Recipes are given for tofu-chicken liver pate, chicken balls, fish balls, Parmesan tofu, and tofu herb chicken. Address: Food Editor.

4654. Dwan, Lois. 1980. Trader Vic's: Divided, not conquered. *Calendar* (*Los Angeles*). Sept. 7. p. 98. Sunday.
• ***Summary:*** Trader Vic Bergeron, born in 1902, started his first restaurant, Hinky Dinks, in Oakland. In 1938 he announced he was going to go fancy, and sent everyone home to put on a jacket. Now he owns 20 fine restaurants extending from San Francisco (opened in 1951) to the Beverly Hills Hilton (opened in 1955) to Tokyo, from London to Munich. Today Trader Vic "is into tofu," as is his vice president, Chan Wong. "He rolls it into little balls with minced ham and spices, coats them with Japanese bread crumbs (*panko*), deep fries. He serves big chunks of *tofu* in a sauce with thin beef. He makes a terrine with chicken livers and *tofu*, garlic, mace, nutmeg, brandy... No cholesterol. Fantastic." A photo shows Trader Vic seated at his desk, smiling and gesturing. Address: Los Angeles.

4655. Nelson, David. 1980. Wok's cooking? Well, Chinese burritos and more. *Los Angeles Times.* Sept. 11. p. SD_A6.
• ***Summary:*** This is a review of the Chinese restaurant named China Camp, on Pacific Highway near downtown San Diego; it builds its menu and theme around the cooking and environment experienced by pioneer Chinese immigrants to California. They presumably adapted local ingredients to Chinese cookery.

For example, the "Mother Lode Tofu" is a meatless appetizer or entree that "features wedges of deep-fried *tofu* (bean curd) and a good selection of shredded vegetables in an excellent spicy sauce." Since tofu is bland in flavor, it made an excellent backdrop for the subtle mix of flavors in the sauce.

4656. *SoyaScan Notes.* 1980. Is naturally occurring MSG found or formed in tofu or shoyu? (Overview). Sept. 11.

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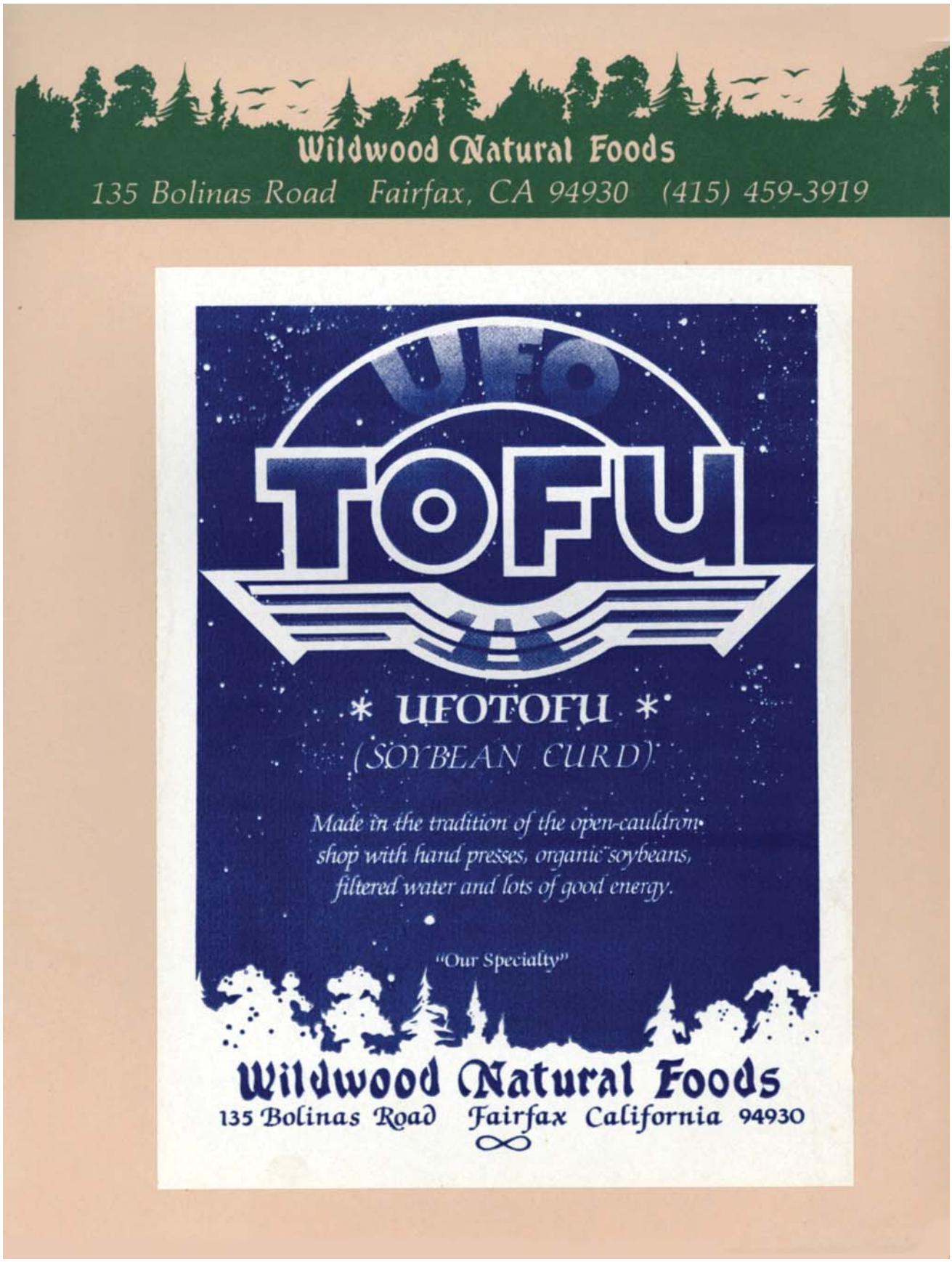

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Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** There are no sodium glutamates in tofu or shoyu. They exist in tofu as glutamic acid residues incorporated into the protein molecules, and in shoyu as ammonium glutamates. Both of these are different from commercial MSG (monosodium glutamate) as sold by Ajinomoto, both in their chemical composition and in their physiological effects.

4657. *Toyo Shinpo* (*Soyfoods News*). 1980. Shokubunka kenkyûka Nagayama-shi, Nihon sôzô gakkai de kôen: Sekai ni rui o minai kansei sareta shokuhin nattô [Mr. Nagayama, a food culture researcher, lectured at a creative Japanese academic meeting: There is only one complete food like nattô in the world]. Sept. 11. [Jap]
• ***Summary:*** During the natto fermentation, vitamin B-2 increases fivefold. Natto sells best in the winter, whereas tofu sells best in the summer. A photo shows Mr. Nagayama standing in front of a blackboard, holding some papers.

4658. Soyfoods Center. 1980. Re: Morinaga Ever-Fresh Silken Tofu. Letter to U.S. natural and health food distributors, Sept. 17. 2 p. Typed, without signature on letterhead.
• ***Summary:*** This form letter, written by William Shurtleff, begins: "As you well know, one of the brightest new stars on the natural- and health foods horizon is *tofu.* Recent statistics published by the Soycrafters Association of North America show that $33.7 million of tofu (retail value) were sold in the U.S. during the past year, and that the market is expanding at the remarkable rate of 25 to 30 percent a year!"

Soyfoods Center has been working as a consultant for the Morinaga company of Japan, which is one of Japan's largest and oldest producers of fine foods... Morinaga has developed a high-quality new product called Morinaga Ever-Fresh Silken Tofu. This tofu is packaged in a revolutionary new way–developed by Morinaga–that allows the tofu to stay as fresh as the day it was made for up to six months without refrigeration or preservatives of any kind... The secret lies in the Tetra Pak container, developed in Sweden and now used throughout the world."

"For you, as a distributor of natural and health foods, this tofu has several important advantages: 1. No refrigerated distribution required." 2. No spoilage losses or returns. 3. Wonderful silken-smooth texture. 4. Color recipe brochure. 5. Excellent price. 6. Private branding available. 6. Free trial offer.

"Free sample offer: Please clip here. YES. Please send me one carton of Morinaga Ever-Fresh Silken Tofu and 24 free color recipe brochures, free of all charge and obligation." A form for the person's name, company name, address, and phone is provided. "Please return this form to: The Soyfoods Center, P.O. Box 234, Lafayette, California 94549." Address: P.O. Box 234, Lafayette, California 94549. Phone: (415) 283-2991.

4659. Thalman, Margaret Morse. 1980. Memories of her father, William J. Morse (Interview). Conducted by William Shurtleff of Soyfoods Center, Sept. 18 and Oct. 3. 1 p. transcript.
• ***Summary:*** William Morse, her father, as born on 10 May 1884 in Lowville, New York (upstate). His father was a butcher. W.J. Morse's wife, Edna, went on the trip to East Asia, as did Margaret, who was an only child. Edna kept diaries for her daughter and wrote down what happened every day–in child's language such as "Played in the park."

William Morse wrote much of the book about soybean foods that he hoped to publish. He wrote it by hand on yellow lined paper; it was never published and she has sent the manuscript to the American Soybean Association.

During World War II W.J. Morse was under a great deal of pressure. A great many people called on him for information. He first became aware that he had an ulcer in about 1943, and this affected his diet. He lost a lot of weight (you can see it in the photos of him from that period) and he had to go on a "baby food diet." He ate soft, bland foods including soymilk, tofu and acidophilus soymilk and yogurt. He bought soyfoods at the Seventh-day Adventist health food store in Takoma Park, Maryland–including the soy ice cream he loved. She does not recall that he ever made tofu or soymilk at home.

After returning from their two years in East Asia, he and his wife used soyfoods regularly in their diet. He liked very much to make sukiyaki for dinner, especially for guests or special occasions. He had a low sukiyaki table made by having the legs cut of a regular table. Everyone would sit on cushions on the floor, with an electric hot plate on the table. His sukiyaki recipe always included tofu.

He and his wife liked to put soy flour in homemade breads and waffles. He did not eat a lot of meat but neither was he a vegetarian. He ate Boston baked soybeans when his wife fixed them.

William Morse bought the house in Tacoma Park, DC, in 1917 and lived there until he retired, shortly after which he and his wife moved to Eastchester New York, where he lived the rest of his life.

He spent the last ten years of his life writing his book (from time to time she typed up his notes), doing lots of gardening and reading, and writing many letters. He kept in touch with the world of soy.

His office, where he had shelved with packaged soyfoods, was in Washington, DC. He did not move his office to Beltsville until about 1939–when all of USDA moved there.

Note: P.H. Dorsett was born on 21 April 1862. So at the time the expedition first arrived in Japan he was age 67. Dorsett had a grown daughter.

"William Morse was a gentle, soft-spoken person,

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who liked others and they liked him. He liked to tease, and the secretaries at his office all loved it. He was a very easy person to get along with; he was slow to anger and never cursed. He wasn't aggressive; where some might push, he would give in. He was intelligent. His work came first. He was not financially ambitious." He was a rather heavy cigarette smoker. His daughter remarked that "If anything upset him, he didn't let it out on his fellow workers."

"His friends and co-workers called him "Bill." His family called him "Will."

She still has her diaries and some of her father's small notebooks of the trip plus many photographs glued into scrapbooks. She has no files of his left; she sent them all to the American Soybean Association.

Verna Donavan was W.J. Morse's secretary at USDA starting not long before he went to the Orient to study soybeans. After Morse returned, when the Bureau of Home Economics became interested in soybeans, the two of them were often asked to come over and to taste the soybean dishes they had prepared.

Update. 2004. April 14. She has a book that was given to her father when he retired from USDA. In it are letters from many companies (cereal companies, oil companies, etc.) praising his work. It also has letters of praise from his co-workers and his superiors. Address: 22 Interlaken Rd., Eastchester, New York 10709. Phone: 914-632-2508.

4660. Lundberg, Göran. 1980. Tofu. Kan det varna na't foer Orsundsbro? [Tofu: Are there lessons to be learned from Orsundsbro?]. *Enkoepings Posten Tisdagen.* Sept. 23. p. 16. [Swe]

• ***Summary:*** About Ted Nordquist's pioneering work with tofu in Sweden. A photo shows Nordquist sitting in a chair.

4661. Hope, Jane; Bright-See, E. 1980. Vegetarian diets need good planning: Nutrition. *Toronto Star* (*Ontario, Canada*). Sept. 24. p. C-3.

• ***Summary:*** Describes the different types of vegetarians and their different needs. The section titled "Soy protein" begins: "But the amount and quality of protein in plant foods is usually lower than that found in animal foods. The exception, of course, is soy protein. Soy products, such as cakes [tofu?] and soy milk, are excellent sources of protein."

Discusses protein complementarity and good books on vegetarian nutrition and recipes.

4662. Sass, Lorna J. 1980. A couple on a tofu mission in the West. *New York Times.* Sept. 24. p. C3. Reprinted in the San Francisco Chronicle. Nov. 12. p. 22.

• ***Summary:*** About William Shurtleff and Akiko Aoyagi, authors of *The Book of Tofu.* A large photo shows each person. "The two people most responsible for catapulting tofu from the wok into the frying pan are William Shurtleff and Akiko Aoyagi." In the early 1970s they began to work on introducing this inexpensive foodstuff, high in protein and free of cholesterol, to the United States. Concerned that there is a world food crisis, they are committed to the philosophy expressed in the book *Diet for a Small Planet,* that if people in Western cultures relied on beans and grains rather than meat, the problem would start to improve. Shurtleff says that they wanted to find a way to make soy foods appealing to Big Mac [hamburger] fans. "'We decided to try to do for tofu and other soy foods what Johnny Appleseed did for apples.'"

A graduate of Stanford University in physics and industrial engineering, Shurtleff first became interested in natural foods and a healthy diet starting in 1968, while living at the Tassajara Zen Mountain Center near Carmel Valley, California. In 1971 he went to live in Japan where, as a student with little money, he found he could eat for as little as 30 cents a day by relying on tofu as his major source of protein. There he met Miss Akiko Aoyagi, a Tokyo-born fashion designer who was also fine cook. Using the seven different types of Japanese tofu, she prepared her favorite tofu recipes for him. A turning point came when they shared a meal at Japan's oldest haute cuisine tofu restaurant [Sasa-no-yuki, in Tokyo].

At the time they had no publishing experience and only about $100 between them. Yet within several weeks they had found a publisher and were hired on a part-time basis by an American company to do interpreting, that paid enough to free them to research the subject thoroughly for the next four years.

In December 1975 their first book, *The Book of Tofu,* as published by Autumn Press, a small publisher originally headquartered in Japan and now in Massachusetts, interested in both tofu and vegetarianism. The book was received so enthusiastically–over 100,000 copies are now in print, that Ballantine Books decided last year to publish a revised mass market pocket-book edition.

In 1975 they founded the New-Age Foods Study Center, with offices in Tokyo and Lafayette. Their center has published three volumes: *Tofu and Soymilk Production* ($17.95), *Tempeh Production* ($15.95), and *Miso Production* ($17.95). These books are directed at people interested in manufacturing "soy foods." In 1978 they helped to found the Soycrafters Association of North America. Last July the association held its third annual conference.

Lorna Sass is also the "general editor of the forthcoming reprint series of significant historical cook books." Address: Culinary historian, New York.

4663. Zell, Fran. 1980. Restaurants: Johnny's–With a split personality at your service. *Chicago Tribune.* Sept. 28. p. D12.

• ***Summary:*** Includes a review of the Japanese restaurant Kyori, 316 N. Michigan Ave. "You can make a meal on the appetizers alone, which include such tasty little side dishes as *agedofu,* ($2.25), three cubes of deep-fried *tofu* in a

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ginger sauce;...” Chicken teriyaki is also served. Address: Restaurant critic.

4664. **Product Name:** Firm Tofu, and Soft Tofu.
Manufacturer’s Name: Aloha Grocery Store.
Manufacturer’s Address: 4515 Centinela Ave., Los Angeles, CA 90066. Phone: 213-822-2288.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company’s name, address, and phone number. Owner: Mr. Uehara.

Talk with Tom Uyehara. 1988. Oct. 24. His parents, Hiroshi and Alice Uyehara started making 2 types of tofu just for sale at their grocery store in 1981. The firm was made with calcium sulfate. In 1983 when Tom graduated from college he set up a plant on the property and continued to make those two types of tofu.

4665. **Product Name:** Tofu.
Manufacturer’s Name: Annelies’ Breads & Tofu.
Manufacturer’s Address: Route 2, Box 72, Floyd, VA 24091. Phone: 703-789-7080.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company’s name, address, and phone number. Owner: Annelies Brady.

4666. **Product Name:** [Tofu].
Manufacturer’s Name: Aversano Tofu Shop.
Manufacturer’s Address: Driestratt 87, Waregen W-VL, Belgium.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company’s name, address, and phone number. Owners: Eduardo & Racine Aversano.

4667. **Product Name:** Tofu.
Manufacturer’s Name: Caldron Tofu Shop.
Manufacturer’s Address: c/o The Caldron Restaurant, 308 E. 6th St., New York, NY 10014. Phone: 212-473-9543.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Letter from Steven Zeev Berg (c/o Caldron Restaurant, 308 E. 6th St., New York, NY 10003). 1976. Aug. 20 and Sept. 14. He encloses $12 for a photocopy of *The Book of Tofu, Vol. II.*

Shurtleff & Aoyagi. 1978, Dec. *The Book of Tofu* (Ballantine pocketbook edition). “Appendix B: Tofu Shops and Soy Dairies in the West.” p. 397. Caldron (The), 306 E. 6th St., New York, NY 10003. Phone: 212-473-9543. Owner: Unknown.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Caldron Tofu Shop is now at 308 E. 6th St., 10114. Owner: Gloria Bremmer. This tofu shop operated out of the kitchen of The Caldron, a macrobiotic restaurant in New York City.

Talk with Richard Sandler. 1997. Sept. 16. “My first recollection of tofu cheesecake (or tofu pie) was 1969 in New York. The Caldron restaurant was started by Marty Schloss, his wife Glory, and his mother, Seena. I was the first cook at The Caldron; I set up the kitchen, the menu, the bookkeeping, etc. The Caldron first opened for business on 18 April 1969.” About a month of two after The Caldron opened, its three founders started a natural-food grocery story and bakery right next door to The Caldron; it was named The Caldron’s Well.

4668. **Product Name:** Tofu.
Manufacturer’s Name: Cantai Tofu Corp.
Manufacturer’s Address: 700 S. Leland Ave., Thunder Bay, ONT, P7E 2P6, Canada.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company’s name and address. No phone number.

4669. **Product Name:** Tofu (Hard & Soft), Tofu/Okara By-Products, Soymilk.
Manufacturer’s Name: Cleveland Tofu Co.
Manufacturer’s Address: 1797 Radnor St., Cleveland Heights, OH 44118. Phone: 216-371-3222.
Date of Introduction: 1980. September.
Ingredients: Tofu: Water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: Tofu: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company’s name, address, and phone number. Owners: Paul Sheldon & Bob Karr.

Label. 1982, dated. 4 inch diameter. Green on clear plastic lid. “Keep refrigerated. Store in fresh water.” Founded by Bob Carr. Form filled out by Brooks Jones and Bob Carr. They started on 22 March 1982. They presently make hard & soft pressed tofu, tofu/okara by-products, and soymilk.

Levin. 1984. Crain’s Cleveland Business Weekly. Feb. 19. “Cleveland Tofu Co. must educate the market.”

Dun & Bradstreet database search. 1984. May. Company has two names: Ohio Tofu Company Inc. and Cleveland Tofu. Address: 6210 White Ave., Cleveland, Ohio 44103. Phone: 216-361-8638. Year started: 1983. Sales this year: $250,000. Employees: 11. Principals: Brooks Jones, President; Robert N. Carr, Vice President.

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Talk with someone from Ohio. 1988. Feb. 22. Brooks Jones had to close his business in December 1987. His plant was in a bad part of town and he had to spend all his profits on security guards.

Talk with Charles Meeker of VitaLite Foods. 1992. Feb. 27. Charles does not know why Brooks went out of business but he has heard that his father was extremely wealthy and he was just doing the tofu business as a sort of hobby. He didn't really need the money. A year or so ago he was painting strips on parking lots, and now he is in the consulting business. Moreover, he ran the business poorly. When Vitalite Foods bought the Cleveland Tofu name and trademarks from Brooks, he did not even know the names of his accounts. His records were poor. The man who did the deliveries knew where the accounts were but Brooks didn't. Cleveland Tofu was selling a lot of tofu at the time VitaLite took it over.

4670. **Product Name:** Organic Tofu.
Manufacturer's Name: Downeast Soy Dairy.
Manufacturer's Address: RFD No. 2, Box 162, Lincolnville, ME 04849. Phone: 207-596-6525.
Date of Introduction: 1980. September.
Ingredients: Organic soy beans, water, nigari (natural coagulant).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name (Downeast Soy Dairy) and address. No phone. Owners: Robert Lovell & Fauna Kenison.

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Address: Main St., Throndike Arcade, Rockland, ME 04841. Owner: Rob Lovell. The listing gives another entry: Downeast Soy Dairy, R.F.D. 2, Box 162, Lincolnville, ME 04609. Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 1. Owner is Rob Lovell. Label. 1982, dated. 5 by 4 inches. Plastic film. Red, black, brown and white on clear film. "Keep refrigerated." Company is now Down East Soy, in Camden, ME 04843. In about 1987 Down East Soy was at P.O. Box 1246, Rockland, Maine 04841.

Talk with (call from) Lynn Farver. 1991. Aug. 12. She and her husband are thinking of starting a tofu shop in Maine. She has talked to Rob Lovell who was and is a school teacher and tried to make tofu as a part-time business. He stopped making tofu 5 years ago but he still has all his equipment, which he wants to sell. Rob's phone is now 207-236-2161.

4671. **Product Name:** Tofu.
Manufacturer's Name: Firewood Foods.
Manufacturer's Address: P.O. Box 73235, Fairbanks, AK 99707.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and owner. No phone number is given. Owner: Jeanette Cole.

4672. **Product Name:** Tofu.
Manufacturer's Name: Formosa Food.
Manufacturer's Address: 5146 N. Fifth, Philadelphia, PA 19120. Phone: 215-457-6724.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Steve Sieh.

4673. **Product Name:** Tofu.
Manufacturer's Name: Four Directions Soycrafters.
Manufacturer's Address: 426 Grant Ave., Morgantown, WV 26505. Phone: 304-292-4862.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Gregory Jenkins & Diane Huey.

4674. **Product Name:** [Tofu].
Foreign Name: Queso de soya.
Manufacturer's Name: Fundacion Tao-Fu: Alimentos de Soya.
Manufacturer's Address: 6 de Diciembre 1536, Quito, Ecuador 540-152. Phone: 540-152.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Tao-Fu: Alimentos de Soya, 6 de Diciembre 1536, c/o Hojas de Hierba. Phone: 540-152. Owner: Richard Jennings.

Letters from Richard Jennings. 1981. Feb. 14 and March 19. Address has changed to Casilla 252-A, Quito, Ecuador 529-679.

Leaflet titled "Tofu." 1982? Brown on beige paper. Single sided, with no company name. Gives 10 tofu recipes; Leaflet (32 cm, brown on beige paper) from Fundación Tao-Fu. 1982? Qué es el tofu? Qué es el miso? Six sides with recipes for tofu and miso, and nutritional information. The address is Casilla 252A, Quito. Phone: 521 679.

Soyfoods Center Computerized Mailing List. 1983. June 20. The company is listed is Fundacion Tofu. The phone is

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now 540-288. The owner is or was Richard Jennings.

William Shurtleff. 1983. "History of Soya in Latin America," p. 38. "In 1980 the American Richard Jennings founded the TAO-FU Foundation in Quito and began making tofu for orphanages, day-care centers, restaurants, and food stores. By 1982 production had reached 55 kg (120 lb) per day and acceptance was greatly improved when the tofu was preseasoned with salt. In mid-1982 Jennings returned to the USA to buy and run a tofu shop in New Mexico. At that time he turned the tofu shop in Ecuador over to Arnulfo Ibarra, an employee of the Ministry of Agriculture of Ecuador, who was also actively interested in soynuts, both the salted and brown-sugar-coated types."

4675. **Product Name:** Tofu.
Manufacturer's Name: Gems Tofu.
Manufacturer's Address: 58 Pond Ct., Webster, MA 01570. Phone: 617-943-5880.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mary Chabot.

4676. **Product Name:** Tofu.
Manufacturer's Name: Golden Temple Tofu.
Manufacturer's Address: Route 1, Box 132-D, Espanola, NM 87532. Phone: 505-753-9865.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Hargobind S. Khalsa.

Card labeled "New Tofu Shops." Soyfoods Center Computerized Mailing List. 1981. Jan. 22. The company is now Golden Temple Foods, P.O. Box 247, Espanola, New Mexico 87532. Phone: 505-753-3270. Owner: Hargobind S. Khalsa.

4677. **Product Name:** Ready to Eat Tofu.
Manufacturer's Name: Hatsuko's Oriental Food.
Manufacturer's Address: 1410 S. 11th St., Lawton, OK 73501. Phone: 405-353-5560.
Date of Introduction: 1980. September.
Ingredients: Soybeans, water, bittern.
Wt/Vol., Packaging, Price: 1 lb packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Gene Burns.

Label. 1982, undated. 6 by 4.5 inches. Plastic film. Reddish purple and green on clear film. "Fresh. Serve hot or cold. Proteins with no cholesterol. Water change recommended for freshness." Drawing of Mt. Fuji and a pagoda. Company name: Hatsuko's.

4678. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Institut Tenryu.
Manufacturer's Address: 8 rue Rochebrune, 75011 Paris, France. Phone: 805-913-5.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Tsuyoshi Ito. Note: By 1981 the address has been changed to 2 rue Rochebrune.

Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3. Letter from Noboru Sakaguchi of Paris. ca. 1984. Says Tenryu is no longer in business.

4679. **Product Name:** Tofu.
Manufacturer's Name: Lampley Tofu Shop.
Manufacturer's Address: 525 S. 16th St., Philadelphia, PA 19146.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number. Owner: David Lampley.

4680. **Product Name:** [Tofu].
Manufacturer's Name: Le Grain d'Or.
Manufacturer's Address: Rue Voltaire 29, Geneva CH-1201, Switzerland.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number or owner.

Letter from Sjon Welters. 1982. April 16. Some Italian people started a tofu plant in Geneva. They bought a whole system from Jakso in the Netherlands.

Anne-Marie Jaccard. 1982. Illustre (Lausanne). No. 4. p. 63. Jan. 27. "Une graine pour l'an 2000." In the French-speaking cantons of Switzerland, there are only two places: (1) The Macrobiotic Center of Lausanne, 7 ruelle de Bourg, and (2) Le Grain d'Or, 7 rue Voltaire, Geneva.

4681. *League for International Food Education* (*LIFE*) *Newsletter.* 1980. Soybeans in Guatemala. Sept. p. 3.
• ***Summary:*** "With 1500 lbs of soybeans donated by UNICEF, Plenty has been teaching the people of Guatemala,

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concentrating on the wives of farmers who have shown an interest in growing soybeans, how to make soymilk and tofu (bean curd) using a metate and utensils traditionally found in their homes.

"Classes are held once a week for four students at a time. All students have learned the process in one lesson. They return to their homes provided with cheesecloth and small bags of beans. After they use those, they can return for more. Most students have successfully made tofu in their homes and say their families like it.

"Plenty plans to set up a village-scale soy processing plant which will produce 100 lbs of tofu and forty gallons of icebean (ice cream made from soymilk) three times a week. Funded by Plenty and CIDA/Canada, the plant will supply free icebean for school lunch programs. After an initial period of training, the soy plant will evolve into a local cottage industry and a means of financial support for members of the community.

"For further information, please write to: Suzy Jenkins; Soy Technician; Plenty; 156 Drakes Lane; Summertown, Tennessee 38483 USA."

4682. **Product Name:** [Tofu].
Manufacturer's Name: Michel Horemaus Tofu.
Manufacturer's Address: Le Helmerstraat 67-I, Amsterdam 1054 DC, The Netherlands.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Michel Horemaus.

4683. **Product Name:** Tofu.
Manufacturer's Name: Midwest Oriental Foods.
Manufacturer's Address: 8243 Hascall, Omaha, NE 68124. Phone: 402-391-7730.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Kim.

4684. **Product Name:** Tofu.
Manufacturer's Name: Mighty Soy, Inc.
Manufacturer's Address: 2805 E. Washington Blvd., Los Angeles, CA 90023. Phone: 213-266-6969.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Maung Ming [sic, Myint].

Interview with Maung Myint, President. 1983. He is Burmese. Soya Bluebook. 1986. p. 107; 1987. p. 95.

4685. **Product Name:** Tofu.
Manufacturer's Name: Monterey Bay Soyfoods.
Manufacturer's Address: 335 Pennsylvania Ave., Santa Cruz, CA 95062. Phone: 408-423-2256.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Jeremiah Ridenour.

4686. **Product Name:** Tofu.
Manufacturer's Name: Mountain Soy.
Manufacturer's Address: General Delivery, Telluride, CO 81435. Phone: 303-728-4441.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Lee Ogelsby.

4687. **Product Name:** Nature Foods Organic Tofu Rico.
Manufacturer's Name: Nature Foods Inc.
Manufacturer's Address: Box 40127 Minillas Sta., Santurce, PR 00940. Phone: 809-722-6192 (or 3402).
Date of Introduction: 1980. September.
Ingredients: Water, soybeans, nigari (natural coagulant).
Wt/Vol., Packaging, Price: Packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone

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number. Owner: Fausto Carrasquillo.

Label. 1982, undated. 3.5 by 3 inches. Self adhesive. Black and green on red. "No preservatives. Keep refrigerated, change water daily."

Letter from Fausto. 1982. May 4. They are producing about 3,000 lb/month of tofu; they had very hard times economically, but are trying again.

Talk with Fausto. 1991. Jan. 31. He sold this company in Aug. 1985 to a lawyer named Federico Rivera Zaez, who still owns it. Zaez has hired another person who makes the tofu, which Fausto thinks is poor in quality and very high in price. The company moved to a new location several weeks ago (Calle Guayama #14, Hato Rey, Puerto Rico 00917. Phone: 758-4614). Fausto recently sold the natural foods distribution company that he started after he sold the tofu company, but he is still actively involved with the distribution company. Now he is planning to get back into the tofu business. Mr. Zaez has offered to sell the tofu company back to Fausto, but the price is too high and the plant is not in good condition. So Fausto will start by importing Lecanto Tofu and Mori-Nu Tofu, then begin to make his own again. He hopes to have his own tofu shop open by the end of 1991.

Talk with Fausto. 1995. May 15. Nature Foods is still making tofu in Santurce, but the quality is poor. When he introduced this product in 1980 it was sold water packed in a plastic tray. Five years later, after he met his partner Federico Rivera Zaez, he started to sell it vacuum packed. Note: This is the earliest known commercial soy product made in Puerto Rico.

4688. **Product Name:** Tofu.
Manufacturer's Name: New Moon.
Manufacturer's Address: 1550 W. Michigan, Kalamazoo, MI 49007.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number. Owners: Donald Wykoff & Pat Toohey.

4689. **Product Name:** Tofu.
Manufacturer's Name: Ojai Tofu Co.
Manufacturer's Address: 602 E. Ojai Ave., Ojai, CA 93023. Phone: 805-646-3285.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Carl G. Tolbert.

Soyfoods Center Computerized Mailing List. 1983. June 20. The phone number has changed to 805-646-3285.

4690. **Product Name:** [Tofu].
Manufacturer's Name: Portman Soyfoods.
Manufacturer's Address: Werengouwstraat 359, Amsterdam, The Netherlands.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number. Owner: P. Portman.

4691. **Product Name:** Tofu.
Manufacturer's Name: Prem Soyfoods.
Manufacturer's Address: P.O. Box 5321, Fletcher, NC 28732. Phone: 704-684-8501.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Bob & Jeanne Hunt.

4692. **Product Name:** Tofu.
Manufacturer's Name: Puueo Poi Factory.
Manufacturer's Address: 265-D Kekuanaoa St., Hilo, Island of Hawaii, HI 96720. Phone: 808-935-8435.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Leslie Ahana Chang. Note that this is the former location of Kreston's Enterprise Tofu.

4693. Redwood Valley Soyfoods Unlimited. 1980. [Real Food Tofu Shop and Café] (News release). 8473 East Rd., Redwood Valley, CA 95470. 1 p. Sept.
• ***Summary:*** "Redwood Valley Soyfoods Unlimited is proud to announce their opening of the Real Food Tofu Shop and Cafe. It is a 14-seat restaurant serving lunch and dinner with deli products featuring our Brightsong Tofu." The tofu shop is behind the cafe. The wholesale food processing kitchen manufactures Tofu Cheesecake, Soy Juice, Tofu Treat, Tofu Dips and Dressings, Marinated Salad, Soyannaise, Soy Loaf, frozen dinners and various sandwiches. "The cafe is the only one of its type west of Colorado."

Note 1. A leaflet (printed with black ink on pink paper, undated, 8½ by 11 inches, single sided) titled "Brightsong. The Real Food Tofu Café," gives details: Air conditioned. Smoke free. 8473 East Road, Redwood Valley. Sandwiches $2.00: Tofunafish, Baked-spice tofu, Missing egg salad, Happy Chicken Salad, Hummous, Tofummus, Stuffed mochi. Not dogs. Burgers $2.50: Tempeh, Tofu, Soysage. Desserts: Creamies, Cheesecake, Cookies, Ice Bean, Banana Split, Frozen Joy. Salads: Missing Egg... Drinks: Soy shake,

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soymilk, Spirulina smoothies.

Note 2. This is the earliest document seen (Sept. 2011) that mentions "Redwood Valley Soyfoods Unlimited."

Note 3. On 31 Oct. 1979 Brightsong Tofu ordered *The Book of Tempeh* (professional edition) and *Tempeh Production* (Vol. II, manuscript). Address: Redwood Valley, California.

4694. **Product Name:** Tofu.
Manufacturer's Name: Rubenstein Tofu Shop.
Manufacturer's Address: R.R. 1, Cleveland, NS, B0E 1J0, Canada.
Date of Introduction: 1980. September.
New Product–Documentation: Letter/Order for the book *Tofu & Soymilk Production* from Mark Rubenstein. 1979. Sept. 19. He is located at the address shown above.

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number. Owner: Mark Rubenstein.

4695. **Product Name:** Tofu.
Manufacturer's Name: Sam Woong Foods Corp.
Manufacturer's Address: 4607 S. Main St., Los Angeles, CA 90037. Phone: 213-232-5197.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Aoki.

4696. **Product Name:** Tofu.
Manufacturer's Name: Shaw Grocery.
Manufacturer's Address: 1447 Gerard St. East, Toronto, ONT, M4L 1Z9, Canada. Phone: 416-466-8058.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Mr. Yen Yung Shaw.

4697. Shurtleff, William. 1980. Tofu shops and soy dairies in the West. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 2 p. Sept. Unpublished typescript.
• ***Summary:*** Lists the name, address, phone number and owner of all known tofu shops and soy dairies in the USA (alphabetically by state), Canada, Latin America, Europe, Australia & New Zealand, Africa, and the Middle East. Address: Lafayette, California. Phone: 415-283-2991.

4698. Shurtleff, William; Aoyagi, Akiko. 1980. The soyfoods explosion–Here come soyfoods: Tofu & tempeh. *CSC Reports* (*Elkins Park, Pennsylvania*) 2(3):8. Fall/Winter. [1 ref]
• ***Summary:*** This full-page article describes how to make tofu at home, and gives recipes for Tofu cheesecake (with strawberry topping), and Tofu fruit whip. Also tells how to make a tempeh incubator, with illustration. Address: New-Age Foods Study Center, P.O. Box 234, Lafayette, California 94549.

4699. *Soyanews* (*Sri Lanka*). 1980. Letters: The art of tofu making. 3(2):2. Sept.
• ***Summary:*** A reader asks about how a tofu box and how tofu itself are made. An illustration of a homemade box, with dimensions, is given. To learn the art of tofu making, why not drop in at the Soyabean Foods Research Centre at Gannoruwa (which is near where the reader lives) and "Wilmot Wijeratne, the Manager, will be glad to help. The Centre makes Tofu daily and is open from 8 a.m. to 4 p.m."

4700. Soyfoods Center. 1980. Growth of tofu shops and soy dairies in the West (Report). Lafayette, California. 1 p. Sept.
• ***Summary:*** Subtitle: "(Since publication of *The Book of Tofu* by Shurtleff & Aoyagi in December 1975).

This 1-page report consists of a table (compiled by William Shurtleff) and 4 graphs based on the table. The table, which contains 9 columns, gives statistics for 7 dates from Sept. 1975 to Aug. 1980.

In Sept. 1975 in North America there were no Caucasian owned tofu shops or soy dairies, but 53 such shops owned by Asian-Americans. Outside of North America, there were 2 others for a total of 55.

In Sept. 1978 in North America there were 60 Caucasian owned tofu shops or soy dairies, and 52 such shops owned by Asian-Americans. Outside of North America, there were 3 others for a total of 115.

In July 1979 in North America there were 76 Caucasian owned tofu shops or soy dairies, and 60 such shops owned by Asian-Americans. Outside of North America, there were 29 others for a total of 165.

In April 1980 in North America there were 80 Caucasian owned tofu shops or soy dairies, and 80 such shops owned by Asian-Americans. Outside of North America, there were 36 others for a total of 196.

In Aug. 1980 in North America there were 89 Caucasian owned tofu shops or soy dairies, and 85 such shops owned by Asian-Americans. Outside of North America, there were 42 others for a total of 216. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

4701. **Product Name:** Tofu.
Manufacturer's Name: Spring Creek Soy Dairy.
Manufacturer's Address: 136 Main St., Spencer, WV 25276. Phone: 304-927-1815.
Date of Introduction: 1980. September.
Ingredients: Organic soybeans, water, nigari.
How Stored: Refrigerated.

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GROWTH OF TOFU SHOPS & SOY DAIRIES IN THE WEST

(Since publication of The Book of Tofu by Shurtleff & Aoyagi in December 1975.)

	Tofu Shops & Soy Dairies				Tempeh Shops			Industry Use of Dry Soybeans (tons/year)
	North America		Other West	Total	N.AM.	Other West	Total	
	Caucas	Oriental						
Sept. 1975	0	53	2	55				
Sept. 1978	60	52	3	115				
Dec. 1978	63	51	10	124	12	4	16	
July 1979	76	60	29	165	15	4	19	
Nov. 1979	78	65	34	200	18	4	22	800
Apr. 1980	80	80	36	215	26	4	30	875
Aug. 1980	89	85	42	216	29	5	34	920
								8,666

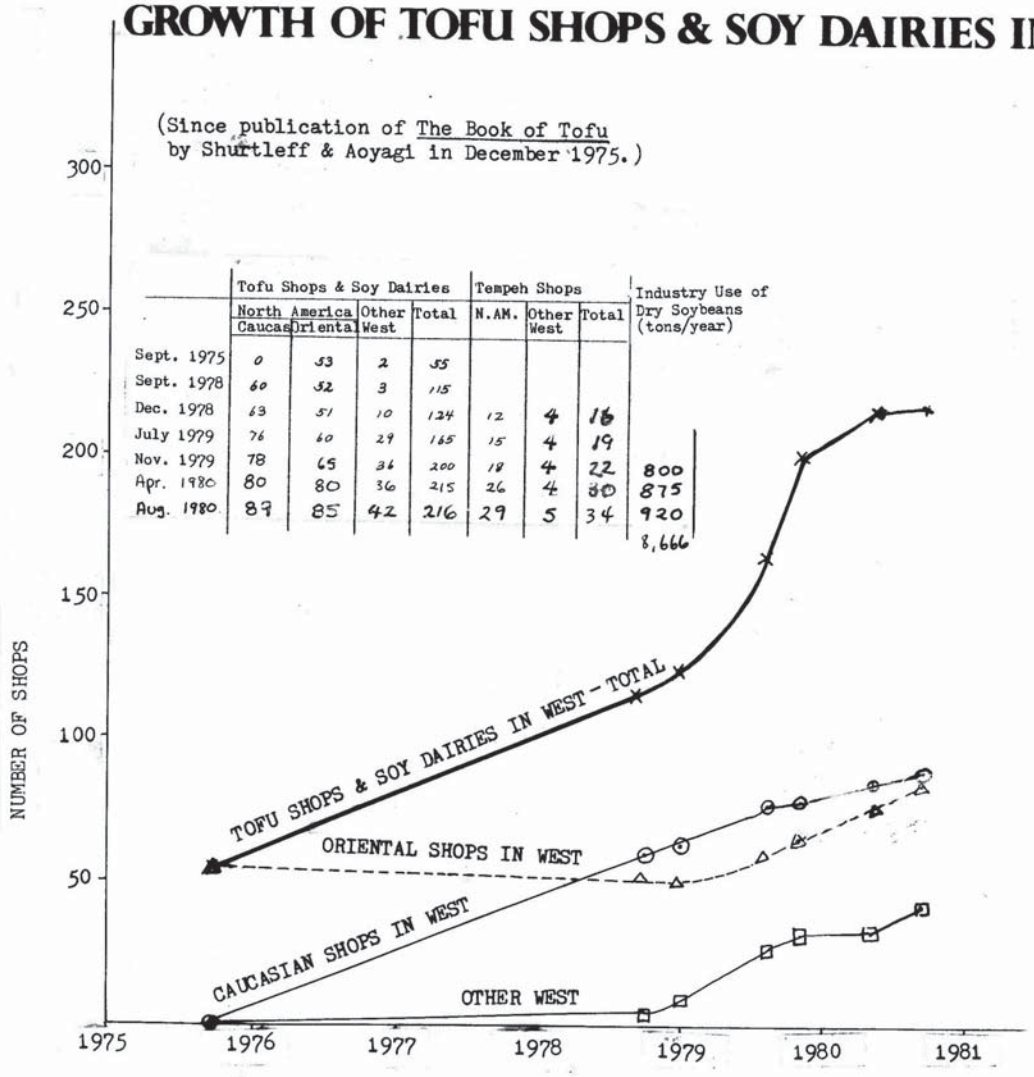

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New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Stan Kenner.

Label. Undated. "Tofu." Spring Creek Soy Dairy, Inc., Spencer, WV 25276. Printed blue on white; self adhesive label.

Talk with Tenley Weaver. 1990. May 22. The company name was changed to Spring Creek Natural Foods at the time they moved in July 1989. New address: 212-C East Main St., Spencer. Owner: Mark Bossert. It is a co-op and Mark has been with the company since it started.

Talk with Jon Kessler of Twin Oaks Community Foods. 1996. Feb. 9. Spring Creek now makes about 10,000 lb/week of tofu and tofu products.

Talk with Mark Bossert, President. 1998. Oct. 11. They were worker-owned until the start of 1997. They now make about 10,000 lb/week of tofu. In addition to tofu, they now make baked tofu, soysage, soy burgers, tofu and salads. Their main regional competitors are Fresh Tofu (Easton, Pennsylvania) and Twin Oaks.

Label. Undated. "Traditional nigari tofu" [organic]. 1 lb. Spring Creek Soy Dairy, Inc., Spencer, WV 25276. Printed red, blue and yellow on white, on a clear film pouch.

4702. **Product Name:** Tofu, and Tempeh.
Manufacturer's Name: Taos Tofu & Tempeh.
Manufacturer's Address: Box 137, Arroyo Seco, NM 87514. Phone: 505-776-2971.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Tracy McCallum.

4703. **Product Name:** Tofu.
Manufacturer's Name: Tofu for You.
Manufacturer's Address: 207 N. Acacia St., Solano Beach, CA 92075. Phone: 714-481-6914.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Paul Beeson.

Talk with Paul Beeson, who calls from California. 1996. Dec. 16. His company was named Tofu for You. He also had these words on his license plate. He started making tofu in 1980.

4704. **Product Name:** Tofu.
Manufacturer's Name: Unicorn Village.
Manufacturer's Address: 332 E. 7th St., Tucson, AZ 85705. Phone: 602-622-4963.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Letter/Order for the book *Tofu & Soymilk Production* from Leslie Snyder of Unicorn Village. 1979. Sept. The company is located at the address shown above. At this time they probably made foods other than soyfoods (probably sprouts).

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Les Snyder. Company listed as Unicorn Village Soyfoods.

Poster. 1982, undated. "Unicorn Village–Tofu Comes West. A remarkably versatile healthful food. Protein for less." Note: This company was bought out by Fuji Foods, owned by Hinoichi in Los Angeles, in about 1985. The production manager moved to Tomsun in Massachusetts. For details ask Tucson Co-op Warehouse (Russell: 602-884-9951).

4705. **Product Name:** Tofu.
Manufacturer's Name: Uwajimaya Inc.
Manufacturer's Address: 519 Sixth Ave. South, Seattle, WA 98104. Phone: 206-624-6248.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Tommie Oiye.

4706. **Product Name:** Tofu.
Manufacturer's Name: Voda Tofu Shop.
Manufacturer's Address: 671 Jacoby Mill Rd., Xenia, OH 45385.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number. Owner: Andy Voda.

4707. Wagner, Martha. 1980. Okara: The little-known superfood & soy cookbooks. *New Age Journal* (*Boston, Massachusetts*). Sept. p. 69, 71.
• ***Summary:*** Part I is about Okara, which is defined as "the pulp left behind when soymilk is strained to make tofu. As a by-product, it is a free food for tofu makers and people who make soymilk at home or on a commercial scale... Fluffy, cream-colored okara is easily as versatile as tofu. Some American tofu shops are now using okara to make 'soysage,' a spicy, meatlike food. It can be used in yeasted and quick breads; just substitute packed okara for a third of the flour called for... Dry-roast okara in the oven and you have the

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makings for granola or a crumb crust."

Part II is a brief review of some soy cookbooks, of which there has been a proliferation in the past few years. "It all began in 1975 with *The Book of Tofu* (Autumn Press, $8.95). With this tome of 300-plus pages, including over 500 recipes, William Shurtleff and Akiko Aoyagi introduced tofu to America. A fascinating book, attractively illustrated;... the condensed, revised 1979 paperback edition (Ballantine $2.95) has a more manageable amount of material (including 250 recipes) and is still packed with information..." Other books reviewed: The Tofu Cookbook, by Kathy Bauer and Juel Andersen (Rodale Press). The Farm Vegetarian Cookbook. Tofu Goes West, by Gary Landgrebe (Fresh Press, $4.95). The Great American Tofu Cookbook, by Patricia Gaddis McGruter (Autumn Press, $6.95).

"Shurtleff and Aoyagi have recently followed up their tofu classic with The Book of Tempeh (Harper & Row, $6.95)... a thoroughly researched and fascinating book." Contains two illustrations reprinted, with permission, from *The Book of Tofu.*

4708. **Product Name:** Tofu.
Manufacturer's Name: Wah Hing Co.
Manufacturer's Address: 12347 Gratoit, Detroit, MI 48205. Phone: 313-527-2210.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Unknown.

4709. **Product Name:** Tofu.
Manufacturer's Name: White Clouds of Tofu.
Manufacturer's Address: 300 Hillside St., Asheville, NC 28801. Phone: 704-252-0854.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Joelen Bell.

4710. Wildwood Natural Foods. 1980. The grand opening of Wildwood Natural Foods (Leaflet). Fairfax, California. 1 p. 28 cm.
• ***Summary:*** "Celebrate with us Sunday, September 28, 1-6 PM. 135 Bolinas Road, Fairfax. A circular illustration (line drawing) shows the front of Wildwood's new tofu shop–the original one, with a sidewalk along the front. Above the building is a moon, and behind it are the silhouettes of evergreen trees.

Talk with Billy Bramblett, one owner of Wildwood Natural Foods. 1988. Aug. 5. This building had been a store front before Wildwood took over the space. It has a big glass window across the front. If you happened to be walking along this sidewalk and you looked in this window early in the morning, you could see people making tofu–though the window might be a little steamy. The building was long and skinny–about 25 feet across the front and 100 feet from front to back. If you entered the door on the right, a low "pony-wall" (about 3 feet tall) was all that separated you from the tofu shop. In the back half of the building, the fresh tofu was made into other Wildwood products such as sandwiches, salads, etc. There was a hood in the middle of the building to vent the steam and heat. The tofu cauldron was on one side of a pony wall (5 feet tall); on the other side of that was a 6-burner stove and a convection oven. So all the cooking was done under one hood. The second floor above the tofu shop was a residence, occupied by some artists, followed by some friends of Billy's for about 2 years, followed by an employee for about a year. Then Wildwood moved its accounting offices into this upstairs space–and they are still there today. Wildwood still leases the whole building. They sublet to a separate caterer, who now uses the downstairs space.

4711. **Product Name:** Tofu.
Manufacturer's Name: Willowbrook Soyfoods.
Manufacturer's Address: Vessel Rock Rd., Gilsum, NH 03448. Phone: 603-357-3762.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owners: Viney Loveland & Robert Clark.

4712. **Product Name:** Tofu.
Manufacturer's Name: Yerba Santa Tofu Shop.
Manufacturer's Address: Whitethorn Star Route, Whitethorn, CA 95489.
Date of Introduction: 1980. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name and address. No phone number or owner:

Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4713. **Product Name:** Tofu.
Manufacturer's Name: Yu's Tofu Shop.
Manufacturer's Address: 21 Langley Ave., Surbiton, Surrey KT6 6QN, England.
Date of Introduction: 1980. September.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone

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number. Owner: Joseph Yu. Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3.

4714. *Hartford Courant* (*Connecticut*). 1980. Nutrition workshop Oct. 8 to feature tofu. Oct. 1. p. E5.
• ***Summary:*** "A 'Tofu and you' nutrition workshop will take place Oct. 8 from 7:30 to 9:30 p.m. at Picadilly [Piccadilly] Square restaurant, New Haven. The New England Soy Dairy and Diet Centers of New Haven will co-sponsor the event."

4715. Dart, Susan. 1980. After thousands of years, tofu catches on: Natural foods. *Chicago Tribune*. Oct. 9. p. W_ A14.
• ***Summary:*** "Much of the popularity of tofu is due to Bill Shurtleff and his Japanese wife, Akiko. Together they have written the definitive book on the subject, 'The Book of Tofu' (Ballantine, $2.95), which contains hundreds of recipes."

Gives a recipe for Tofu burgers (makes eight patties).

4716. Hodgson, Moira. 1980. Restaurants: Sushi and more and new Italian. *New York Times.* Oct. 10. p. C22.
• ***Summary:*** A review of Sushiko, a small Japanese restaurant in New York City between Broadway and Eighth Avenue, which has a "sushi bar." Inexpensive side orders include: "Natto, mustard-colored fermented soybeans, gooey and unusual, were seasoned with mustard, chopped scallions and soy sauce, and had an extraordinary and subtle flavor, tasting slightly smoky, resembling food that has been cooked over charcoal. Bean curd came in large moist squares in a bowl of water, accompanied by a sauce of dried tuna [sic, bonito] flakes and scallions mixed with soy."

Paper-thin yakinori (toasted nori) could be used as a wrap for natto. Spectacular nasu shigiyaki was an eggplant sliced in half, covered with miso sauce, and grilled. Misoshiru [miso soup] is a rich brown soybean soup. Tofu is added to a tossed American-style salad.

4717. Waggoner, Dianna. 1980. With his book on tofu, William Shurtleff hopes to bring soy to the world. *People* 14:57-58. Oct. 13.
• ***Summary:*** Tells the story of how William Shurtleff and Akiko Aoyagi Shurtleff played a major role in introducing tofu to the Western world. With two recipes. Photos (see next page; reprintd with permission) show Shurtleff and Aoyagi: (1) Sitting behind a table on which are six tofu dishes; (2) In the kitchen preparing deep-fried tofu patties.

A sidebar with a photo of model Cheryl Tiegs notes that she has been eating tofu for several years and gives it some of the credit for helping her loose 35 pounds in 1972. Note: This is the earliest article on soy seen (Aug. 2002) in *People* magazine.

4718. Ellis, Merle. 1980. A reunion with Japanese food: The butcher. *Los Angeles Times.* Oct. 16. p. K10.
• ***Summary:*** "If good food, simple preparation, beautiful presentation and economy are some of the things you look for in a meal, look to the Japanese."

Three recipes are given. Mizutaki means (literally) "water + boiling." "Legend has it that Samurai warriors (and ancient Mongolian warriors in China before them) used their helmets to cook a meal of whatever was at hand in a helmet full of boiling water." That is mizutaki. A "Mongolian hot pot" is a special utensil used for this dish, when available. The mizutaki recipe calls for "1 block tofu (soy bean cake) cut in 1-inch cubes." The Mizutaki sauce recipe calls for ¼ cup soy sauce.

Note: This article, titled "Japanese cuisine: Simple, beautiful and economical" also appeared in the *Hartford Courant* (Connecticut) (Oct. 16, p. E12). Address: Staff writer.

4719. *San Francisco Bay Guardian.* 1980. 4th Annual New Earth Exposition: "Living lightly on the earth" (Ad). Oct. 16-23. p. 13 (Ad).
• ***Summary:*** "Transportation. Shelter. Energy. Health. Food. Growth. Wilderness. Gardening. Environment. Exhibits, marketplace, lectures, films, demonstrations, entertainment."

"Highlights:... Delicious natural foods to eat: Soy ice cream, sushi, tofu, tempeh, mochi, fresh juices, organic burritos." Lectures:... Soyfoods (Bill Shurtleff).

"October 17-19, 25-26. 2 weekends. Fort Mason Center, San Francisco."

4720. Porath, Ellen. 1980. Tofu makers predicting boom for lowly soybean curd [Bountiful Bean Plant]. *Register* (*The*) (*Madison, Wisconsin*). Oct. 19. p. J3. This syndicated AP story also titled "Tofu you say? Lowly soybean curd may take root in your daily diet."
• ***Summary:*** "It looks like an albino brick. Or a soap eraser with a thyroid problem. Steve Marshall's brother calls it 'toad food.'" Tofu lovers at The Bountiful Bean Plant say tofu, "the lowly soybean curd," is headed for a popularity boom to rival that of yogurt several years ago. This company started in 1978 and was taken over 2 years ago by Debra Bachmann and Chris Burant. When they joined the business, about 200 lb/week of tofu were made in a large bathtub in the back of the building. Since then the company has installed shiny new equipment that allows its six employees–called "beaners"–to make about 1,200 lb/week of tofu. "Its going to be another yogurt," says Bachmann. Address: Madison, Wisconsin.

4721. Hauser, Nao. 1980. The joy of eating this Thai's food. *Chicago Tribune.* Oct. 20. p. E1.
• ***Summary:*** Chanpen Ratanadilokchai is the cook at Thai Room Restaurant in Chicago. A recipe for Fried whole red snapper calls for "1 tablespoon each: soy sauce, brown bean sauce."

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At the end of the recipe we read: "Note: Chanpen prefers Kikko-man soy sauce because it is the right weight."

When shopping, she buys "thick bean sauce" and "bean cake [probably tofu] to use in fresh egg rolls."

A photo shows Chanpen happily at work in the restaurant kitchen.

4722. Ostmann, Barbara Gibbs. 1980. Shurtleff's sermon: Soy to the world. *Post-Dispatch* (*St. Louis, Missouri*). Oct. 22. p. 1B. Food section.
• ***Summary:*** "The guru of tofu made a brief stop in St. Louis recently, to address a full house–composed of soybean farmers, vegetarians, Oriental food enthusiasts and just plain curious cooks–about the wonders of the soybean and its many forms, in particular tofu or soybean curd." A color photo shows Shurtleff and Aoyagi holding tofu and miso dishes that they served to the audience. Address: Post-Dispatch Food Editor.

4723. Ostmann, Barbara Gibbs. 1980. Soy: The superbean. *Post-Dispatch* (*St. Louis, Missouri*). Oct. 22. p. 1B, 11B. Food section. [1 ref]
• ***Summary:*** "Faster growing than sugar cane or cotton, more protein-packed than fresh red meat, able to reap more foreign cash than any other farm product, it's a plant, it's an export, its Superbean–Time magazine."

The average American consumes 35 to 40 pounds of soy oil each year. That's almost 5 gallons for each of us. Yet David Erickson, director of the soy oil program for the American Soybean Association, says this is a "big secret, because hardly anyone realizes that they are using soy oil and liking it. How would you like to be a king without a crown?, or a hero without medals" asks Erickson. Address: Post-Dispatch Food Editor.

4724. Stocker, Carol. 1980. Living. *Boston Globe.* Oct. 22.
• ***Summary:*** Nancy Kerr (a nutritionist with the states WIC program) is trying to help people who can't afford meat every night to find alternatives that are healthy and grown in Massachusetts in season. The state currently imports 80-90%

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of its food. For 2 years, Kerr was co-manager of the Yellow Sun Natural Foods Coop in Amherst, Mass. Now she is part of Nut Ed, a nutrition education group, which supports local food companies such as the New England Soy Dairy and the Tempeh Works, two businesses in Greenfield that produce soybean products–including tofu and tempeh. Address: Massachusetts.

4725. Ostmann, Barbara Gibbs. 1980. Time for tofu. *Post-Dispatch* (*St. Louis, Missouri*). Oct. 29. p. 1E, 4E. Food section.
• ***Summary:*** When Bob Davis moved to St. Louis about 18 months ago, he was able to find tofu only in health food stores. So he started his own tofu company, Light Foods, Inc., which began making tofu 7 months ago. He got the idea from his cousin in Indiana [Rob Davis] who has a tofu shop named Simply Soy [sic, Simply Soyfoods in Bloomington]. "Prior to his involvement with tofu, Davis earned a bachelor's degree in political science and a master's degree in planetary development. He worked at the Solar Energy Institute in Washington [DC] while finishing his master's thesis. His concern about energy sources and his enthusiasm for soybeans and a vegetarian diet are a part of his philosophy of living." Davis, age 27, says that Light Foods now produces up to 1,000 lb of tofu daily, as well as assorted tofu products such as Soysage (okara-based soy "sausage"), Soyloaf (soy "meatloaf"), Marinated Tofu, soy cookies, and Tofu Cream Pies (with fruit). "His newest development is bean cream, 'to challenge yogurt' said Davis. 'I think its better than yogurt and its lower in calories."

Photos show: Bob Davis pouring nigari coagulant into soymilk to make curds, ladling curds into tofu forming boxes, then cutting the finished tofu. A close-up of a package of Light Foods tofu with a winged unicorn jumping across a stream. Packages of five products (with labels). Bob's mother [Donna Davis] cutting a tofu cream pie. Contains a recipe for homemade tofu (adapted from *The Book of Tofu* by Shurtleff & Aoyagi) and 5 tofu recipes.

Talk with Bob Davis, founder of Light Foods, Inc. 1994. May 7. Bob was one of the first people in America during the 1970s to try to develop a soy yogurt ("bean cream"). Actually he was working with viili cultures to try to develop a soy viili. But he was short on capital and overextended in terms of trying to do too many things with his product line, so was never able to get the product into commercial production. Bob left St. Louis in about 1983-84 for 3 reasons: (1) His company couldn't make tofu inexpensively enough to compete with regular tofu being imported from elsewhere (as from Hinoichi in California); (2) Bob had just introduced his Light Links (meatless tofu hot dogs) by August 1982. He made the tofu and the hot dogs were made and packed by a meat packer in Columbia, Missouri. Then Bob began looking for another company to make the basic tofu, since he could not make enough at a low enough price, and for a meat packer near the tofu supplier. He flew out to California and after visiting several places decided to get the tofu from Sacramento Tofu and to have the hot dogs packed by MadeRight Meats in Sacramento initially, then shifted over to Safeway; (3) He wanted to get out of the run-down neighborhood in St. Louis where his first company was located. Address: Post-Dispatch Food Editor.

4726. Boyer, Robert A. 1980. Work with Henry Ford and soybeans. II (Interview). Conducted by William Shurtleff of Soyfoods Center, Oct. 30. 2 p. transcript.
• ***Summary:*** It seems very possible that soyfoods were being sold in the Ford stores in 1923–though Boyer has no firsthand knowledge of this. Dr. Edsel Ruddiman started his research on food uses of soybeans in the late 1920s, about 2 years before Boyer started his work with soybeans. Ford converted an old residence into a lab for Ruddiman, his boyhood pal.

Boyer attended the Henry Ford Trade School, located at the Rouge Plant, from 1927 to 1929. It was a work-study program and he spent one month in each of the major departments at the plant. Then he went to the Edison Institute of Technology Lab. It was both a school and a research lab. Boyer was part of the first class of students. The idea was to learn by doing. It was a "school for inventors." Over the door was a sign that read "Place for Damn Fool Experiments." Consultants were sometimes brought in to help with research projects and answer questions. "In 1930 we started building the soybean laboratory." Boyer knew John Harvey Kellogg, but he does not think Henry Ford knew him.

Boyer uses some meat analogs in his daily diet but he is disappointed in the quality so they are not a regular part of his diet. Manufacturers have to make compromises in equipment and to keep costs down. He can make a much better flavor and texture in the laboratory, but it takes time and hand work. One major problem is that all isolates are made from defatted soybean meal which already has a strong beany flavor. There is no way to control the off-flavors that far back in the process. Boyer prefers the meat analogs made by Worthington to those made by Loma Linda. Boyer uses both tofu and Bacon Bits quite a bit in his daily meals.

Concerning the plastic car: The importance of soy decreased as the researchers got farther into the project since they could not make soy 100% waterproof no matter how much resin they mixed with it. So in the 1941 car body, soy was only a very minor component–but the popular notion that it was a major component persisted; that was a distortion. Soy was, however, a major component in non-structural car parts. The real importance of the soybean was as a renewable resource. When the "plastic car" made its debut in 1941, an all-soy luncheon was served.

When Ford struck the trunk of his car with an axe, he used the back/blunt side of the axe, and it was covered with a plastic guard to help cushion the blow. Once Walter Chrysler

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hit the body with an ax and fractured it slightly. Boyer drove the plastic car. The whole white body of the car was plastic, but it contained little soy.

The idea of using spun soybean fibers in food occurred to Boyer while he was working for Ford in about 1942. He left Ford in 1943 and applied for his first spinning patent in 1949. It was allowed in 1951. He abandoned this first application since everyone realized it was a much broader patent. So the 1954 patent application was the best and most important one that everyone worked under. "No one can use a man-made fiber in a food without violating that claim."

The industry that makes spun soy protein fibers for food use reached a plateau starting in early 1979. He is now aware that there are 2 companies in Europe very actively spinning soy fibers and advertising their products. Two are Dutch and one is in Belgium. The patents are now public property. Dawson Mills bought General Mills' soy protein fiber spinning equipment. In an article in the *Journal of Textural Studies* Boyer explained why the spinning part of the program has now grown as much as expected. "This is still a product whose time has not yet arrived. It was mushroom when meat prices become 10-20% high than soy. The danger is that some of the techniques we've developed in the past 2-3 years for improving texture and flavor might get lost if they are not actively pursued. Worthington is in a state of change and Bayer may try to sell it. All the work is secret." Boyer may someday write a book about it, but his eyes are very bad now.

Boyer felt Ford was a great man, great to work with and for. He knew how to judge men and he always picked the right men for the job. Ford would drive the 4-5 miles up from the Rouge Plant and be in Boyer's office by about 8:00 every morning for years and years. He was always very generous money and essentially gave Boyer a blank check to pursue any research project he wanted. But he could be pretty tough with some guys, especially if they did not produce results. Ford was a real thinker, always trying to find the basic reasons behind what was going on.

Worthington bought the patent rights for the health food industry. Loma Linda started spinning soy protein fibers after Boyer's patents expired. He did not known that Loma Linda made soy meat analogs; he thought they used only gluten.

Note: This is the earliest English-language document seen (Dec. 2004) that uses the term "spinning soy protein fibers." Address: 632 Edgewater Dr., Apt. 731, Dunedin, Florida 33528. Phone: 813-734-2415.

4727. Business Trend Analysts, Inc. 1980. The health and natural food market: An analysis of current performance & future prospects. Dix Hills, New York. viii + 234 p. Oct. No index. 28 cm. Spiral bound. Project director: Amadee Bender. [9 ref]

• ***Summary:*** Section 12 (p. 85-113) of this study is titled "Soyfoods & Other Soy Products." It consists largely of statistics compiled by the Soyfoods Center and Soycrafters Association of North America. On pages 95-110 is published, without permission, complete lists of all U.S. tofu shops, tempeh shops, and miso and koji manufacturers from books copyrighted by Shurtleff and Aoyagi. Acknowledgement of the source of all this information is given only at the bottom of tables, on the last page of the plagiarized list of manufacturers, and in Appendix 6, page 234. No permission was obtained from the Soyfoods Center to use any of this material.

On page 113 is a table on U.S. lecithin production from 1976 to 1979, based partly on U.S. Census figures. Production averaged about 60 million lb/year, worth $19 to $23 million. The estimated percentage consumed for health purposes rose from a estimated 2.5% worth $500,000 in 1976 to an estimated 5.5% worth $1.3 million in 1979.

Page 232 lists the largest health food wholesalers in the USA: Balanced Foods Inc. (Ridgefield, New Jersey), Landstrom Distributing (San Francisco, California), Erewhon, Inc. (Cambridge, Massachusetts), Health Foods Inc. (Des Plaines, Illinois), Kahan & Lessin Co. (Compton, California), Nature's Best (Torrance, California), and Tree of Life Inc. (St. Augustine, Florida). Address: Dix Hills, New York.

4728. **Product Name:** Tofu.
Manufacturer's Name: Harvest Wholefoods.
Manufacturer's Address: 403 Richmond Rd., Grey Lynn, Auckland, New Zealand.
Date of Introduction: 1980. October.
Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: Packaged in bulk, under water.
How Stored: Refrigerated.
New Product–Documentation: Martha Wagner. 1981. Soyfoods. Summer, p. 11. "Soy down under." Harvest Whole Foods began producing tofu in a backroom kitchen last October [1980]. The three owners, Greg and Ricky Chalmers and Ricky's wife, Elizabeth, are producing about 170 to 299 kilos (374 to 440 pounds) of tofu a week.

Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owners: Greg, Ricky, and Elizabeth Chalmers.

Chalmers, Elizabeth. 2007. Jan. 16. "Business history of the Chalmers family: Making soyfoods in New Zealand" (Interview). This tofu was packaged in bulk, refrigerated under water. We didn't start using organic soybeans until we started the Organic Soy Company in 1996.

Note: This is the earliest known commercial soy product made in New Zealand.

4729. Leviton, Richard. 1980. The soy deli: Tofuna salad to soysage-on-rye. *In Business.* Sept/Oct. p. 44-47.

• ***Summary:*** "The soy delicatessen is emerging as the most exciting and innovative means of retailing these ready-to-eat natural foods." Discusses in detail: Hip Pocket Tofu

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Deli in Columbus, Ohio, started on 1 March 1980 by Mick Vissman and Bill Lutz; Soja Soyfoods Cafe & Delicatessen in Toronto, ONT, Canada, started in Feb. 1980 by Tucker Held, Lynn Sterling, and Mary Anderson; Far Pavillians [sic, Pavilions] in Telluride, Colorado, opened in October 1977 and now run by Catherine Peterson; The Tofu Shop deli in Rochester, New York, started in November 1978 by Greg Weaver, Norman Holland, and Andy Schecter; The Soy Plant Deli in Ann Arbor, Michigan, a cooperative; The Yellow Bean Trading Company, started in September 1978 by Timothy and Carol Huang. They opened a retail soy deli in March 1979; The Good Belly Deli in Boulder, Colorado, which recently changed its name from "Cow of China," is run by Steve Demos, who also owns White Wave; and Mintz's Buffet, in the upper East side of New York City. "David and Ethyl Mintz have incorporated tofu into their traditional kosher Jewish deli, featuring dairyless tofu cheesecakes, tofu sauces, tofu in vegetable egg souffles, along with their matzoh balls, gefilte fish, and chopped liver, or soup to nuts, old time foods like Grandma used to make, a big menu."

Photos show: The exterior of Soja Soyfood Cafe, with Tucker Held, Lynn Stirling, and Mary Anderson standing below the sign. The wooden wall menu at The Tofu Shop in Rochester, New York. Greg Weaver and one other person working inside the kitchen of The Tofu Shop. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

4730. **Product Name:** Donna's Deva Cookie (With Tofu) [Peanut Butter, Raspberry Butter, Apricot Butter].
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133.
Date of Introduction: 1980. October.
Ingredients: Peanut butter: Filling: Organic tofu, safflower oil, barley-malt and/or honey, natural vanilla, pure lemon juice, seasalt. Cookie: Organic whole wheat flour, okara, soy margarine, barley malt. Flavoring: Natural unsweetened organic peanut butter.
Wt/Vol., Packaging, Price: 3.5 oz.
How Stored: Frozen.
New Product–Documentation: Barbara G. Ostmann. 1980. Post-Dispatch (St. Louis, Missouri). Oct. 29. p. 1E, 4E. "Time for tofu." Bob Davis' company Light Foods Inc. makes soy cookies. Label. 1981. 2.5 inch diameter. Self adhesive. Brown on white. "Non-dairy." Letter from Bob Davis. 1988. Oct. Gives date of introduction.

4731. **Product Name:** Tofu Cream Pie (Tofu Cheesecake) [Carob, or Vanilla].
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133.
Date of Introduction: 1980. October.
Ingredients: Organic tofu, honey, safflower oil, vanilla, lemon juice. Crust: Whole wheat flour, okara, barley malt. sunflower seeds, safflower oil, vanilla, sea salt. Flavoring.
Wt/Vol., Packaging, Price: 11.5 oz minimum.
How Stored: Refrigerated.
New Product–Documentation: Barbara G. Ostmann. 1980. Post-Dispatch (St. Louis, Missouri). Oct. 29. p. 1E, 4E. "Time for tofu." Bob Davis' company Light Foods Inc. makes Tofu Cream Pie. A color photo shows the label. Label. 1981. 3 inches square. Self adhesive. Red and yellow on white. Illustration of a sun with face and rays. "No preservatives. Please refrigerate." Letter from Bob Davis. 1988. Oct. Gives date of introduction. Bob's mother, Donna, developed this delicious product.

4732. Mandoe, Bonnie. 1980. Cooking with tofu. *Mother Earth News* No. 65. p. 124-25. Sept/Oct.
• ***Summary:*** Gives recipes, with color photos, for: Tofu-garlic dip. Tofu stroganoff. Baba burgers. Tofu pancakes. Tofu-walnut torte. Maple-tofu cheesecake. Address: Maui, Hawaii.

4733. *Nutrition News* (*Pomona, California*). 1980. Soyfoods from the magic bean. 3(10):1-4.
• ***Summary:*** Discusses the nutritional value of soybeans, meat analogs, tofu, tempeh, miso, soy sauce, and TVP.

4734. Shurtleff, William; Aoyagi, Akiko. 1980. Making money making tofu. *Cosmos* (*NSW, Australia*). Oct. p. 10-11.
• ***Summary:*** This is a reprint of an article originally published in the USA in *East West Journal* (Jan. 1980, p. 18-24). Address: Lafayette, California.

4735. **Product Name:** Tofu.
Manufacturer's Name: Sooke Soy Foods Ltd.
Manufacturer's Address: 2625 Otter Pt. Rd., R.R. 2, Sooke, BC, Canada V0S 1N0. Phone: 604-642-3263.
Date of Introduction: 1980. October.
Ingredients: Organic soybeans, water, nigari (magnesium chloride–extract of sea water) (1988).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 70, protein 9 gm, carbohydrate 1 gm, fat 5 gm, sodium 7 mg, potassium 40 mg.
New Product–Documentation: Leviton. 1982. In a Small Bright Building. Wayne Jolley. The Healing Exchange News. 1988. Jan. p. 7. "The only organic tofu and soymilk available in Victoria."

Talk with and letter from Wayne Fatt. 1988. Sept. 28-29. The business was started in 1980 in a small building in Sooke, a community on the outskirts of Victoria. It has since relocated twice. In May 1988 Wayne Fatt purchased

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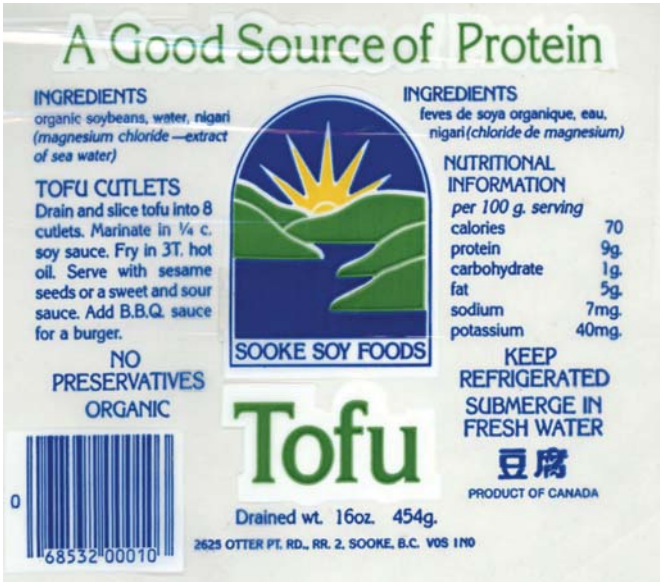

the company from Wayne Jolley, and in July 1988 moved from 2625 Otter Point Rd., R.R. 2, Sooke, BC, V0S 1N0 to a much larger facility at 4247 Dieppe, in Victoria. The company name is unchanged. They now make the following soyfood products, all of which are organic: Tofu (packaged and bulk), herb tofu, tofu cutlets, tofu burgers, tempeh, tempeh burgers, many pasta types: linguini, buckwheat linguini, mixed rotini, whole wheat fettuccine (plain, spinach, and herb), SuperSoy organic soya drink (natural, malted, or mocha). Non-soy products include wheatlets (seitan, formerly called Vegetarian Wheat Cutlets, launched in Sept. 1987) [garlic, ginger, or plain flavors], mochi (introduced Nov. 1985) [miso, brown rice, multi nut/maltinut, raisin & cinnamon, plain flavors], amazake [plain, blueberry, nut, strawberry].

Label. 1988, received. 5 inches square. Blue, green, yellow and white on clear plastic film. Logo of sun rising behind fjords. Address: 2625 Otter Point Rd. "A Good Source of Protein" written in large letters across top of label. Recipe for Tofu Cutlets.

4736. TNO and IIT. 1980. Précis of the final report on the Colombian-Netherlands project for "Utilization of soybean proteins for human consumption," Colombia, 1977–1979. Wageningen, Netherlands: The Netherlands Organization for Applied Scientific Research (TNO) and Instituto de Investigaciones Technologicas (IIT). 12 p.
• ***Summary:*** The following products and related processes were developed or improved for use in Colombia: Soy beverage, soy cheese (tofu), soy yogurt, roasted soybeans, quick-cooking soybeans, full-fat soy flour, soy-enriched arepas or maize cakes. IIT is the Instituto de Investigaciones Tecnologicas, Bogota, Colombia.

4737. *Vegetarian Times.* 1980. Bill Walton carries the ball for soyfoods. No. 41. Oct. p. 63-64.
• ***Summary:*** Andrew Solony (ex-personal manager of the Beach Boys) and Doug Fiske (former editor of *Surfing Magazine*), and Craig Wright (former solar home builder [and TV character Mork from Dork]), team up with basketball star Walton in TriLife. They hope to market Bill Walton's tofu under the TriLife brand. A photo shows Bill Walton

Talk with Doug Fiske. 1996. July 14. Tri-Life was started as a natural foods company. The three people of "TriLife" were Andrew, Craig, and Bill Walton. Doug was the reason it got involved with soyfoods. Doug had been in touch with Bill Shurtleff, had read The Book of Tofu, and Bill had written an encouraging letter back to Doug. Doug felt that tofu was coming new idea and could be the basis of a viable business. Bill Walton had committed to put up the capital for the business; he was involved because Craig met him at a health spa named Healing Waters in Eden, Arizona. Bill may have been trying to heal a foot he had hurt. Doug and Andrew had previously known one another when they lived on Long Island, New York. Andrew was from Beth Page, Long Island, and Doug was from Massapequa, near Oyster Bay. Shurtleff spent an evening during a tour with Andrew and Craig at Craig's home in southern California on 9 May 1980. Doug and Shurtleff first met later that day and took a long walk through Balboa Park near the San Diego Zoo, including a visit to the spectacular arboretum. Doug got involved with the group after this.

Doug, Andrew, Craig, and Bill Walton all went to the Soycrafters' Conference in the summer of 1980 at the University of Illinois. There Doug first met Richard Leviton and Bernie Levy. They held a press conference, centered around Walton. The whole idea fell apart after Bill Walton injured his foot again. His handlers and money people advised him to withdraw from all speculative ventures, so he dropped out of Tri-Life before any products had been launched.

4738. **Product Name:** Soymilk, or Honey Vanilla Soymilk. Renamed Yo Soy! by about Sept. 1981.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1980. October.
Ingredients: Honey-Vanilla: Filtered water, organic soybean grown in accordance with Sec. 2659.11 of the Cal. health and safety code, honey, vanilla extract, and a trace of sea salt.
Wt/Vol., Packaging, Price: Pint or quart plastic bottle.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer. p. 42-43. Labels sent by Wildwood on their letterhead. 1983, undated. 2 by 3 inches. Self adhesive. Black and green on ivory. Silhouette of woods with birds. "It's rich. Not to be sold after date stamped on container." The product names are

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"Soymilk" and "Honey Vanilla Soymilk."

Talk with Billy Bramblett, an owner of Wildwood. 1998. Aug. 8. Soymilk was not a product made from day one. Billy would estimate that Wildwood started bottling soymilk (plain and honey-vanilla) in the spring of 1981. Because Wildwood was distributed outside the country they were in (Marin), their products suddenly became regulated by the state–rather than the county. Shortly after this product, labeled "Soymilk" was launched, the California Department of Health sent two women (dressed in lab coats) to the plant; they went through every product Wildwood had, took samples, examined labels, etc. They found various problems with Wildwood's labels. So they went back to Wildwood and told them how to change their labels to bring them into compliance with state labeling law. Paul Orbuch was in charge of Wildwood's labels at the time; he was a photographer, so he had a lot to do with the text and graphic design of the labels. A guy who came along (sort of a Nazi type) told Billy "You can't use the word "Soymilk." Billy asked "Why not? I've got a book right here, written by Shurtleff and Aoyagi, that says its soymilk." He said, "If it's milk, the label must say "dairy," otherwise it must say "imitation." Billy shot back, "How about milk of magnesia." The guy got really mad–like a bureaucrat without an answer, and said "Look–Change the label or we're gonna pull the product." Billy had a huge debate with this guy for about 2 months. Wildwood toyed with the idea of calling it *Tonyu,* which is the Japanese word for soymilk, but they realized nobody would know what that meant. They wanted to keep the word "Soy" in the name, so Billy came up with "Yo Soy," which is a palindrome.

Talk with Paul Duchesne, founder of Wildwood. 1998. Aug. 28. Paul still has detailed typewritten records showing sales of individual Wildwood products in 1980 and 1981. According to these records, Wildwood first made and sold soymilk in October 1980; $32,00 worth of plain soymilk was sold that month. The company consistently made soymilk from that time on. Sales increased to $34 in November. In November Wildwood added Honey Soymilk and sold a total of $40.00 worth of the two flavors that month. By July 1981 Wildwood was selling $200/month of Honey Soymilk and $172/month of plain.

4739. Barber, Linda. 1980. Re: Thinking of writing a book about natto in English. Letter to William Shurtleff & Akiko Aoyagi at New-Age Foods Study Center, Nov. 7. 1 p. Handwritten (aerogram).

• ***Summary:*** Thank you for sending a copy of *Tofu and Soymilk Production.* "I'm spinning from all the new information."

"I wrote to you before about my work with tofu in Japan and now I'm beginning to study natto as well. Through my interest in tofu I met Hisao Nagayama (author of *Natto no Shimpi* and free lance writer about food culture). He wants to work with me, hopefully, to get a book about natto in English. I really feel honored but because of our language barrier, there are many problems. I remembered that the Center has many resources and, I hope, about natto! I don't need the slides you advertized in your catalog, but any other information would be great! Could you let me know what is available and how much it would cost?"

"Thank you..."

Note 1. Linda and a Japanese author wrote a booklet (25 pages) in Japanese titled *Tôfu, Nattô Ryôri* [Tofu and Natto Cookery] which was published in Japan in 1981.

Note 2. Nishinomiya is a city located in Hyogo prefecture, Japan, between the cities of Osaka and Kobe. Address: c/o Kobe College, 4-1 Okadayama, Nishinomiya, 662 Japan.

4740. Watanabe, Hidekazu. 1980. Re: Early work by San-iku Foods in Japan with tofu and soymilk. Letter to William Shurtleff at Soyfoods Center, Nov. 20. 5 p. Handwritten, with signature on letterhead. [Jap; eng]

• ***Summary:*** Starting in about 1955 Dr. Harry Miller began to recommend that the Saniku school in Japan serve soymilk instead of dairy milk to its students. But the school decided not to do this because they thought the taste of the soymilk was not very good and it was considered less nutritious than cow's milk; moreover, it would cost a lot of money to buy soymilk equipment.

In 1957 Mr. Hanzo Ueda (who had previously worked at the post office in Hachioji and was a Seventh-day Adventist) was running a tofu shop. He and Mr. Hidekazu Watanabe were making soymilk at the tofu shop, packing it in 180 ml bottles, and selling it around Hachioji–under Dr. Miller's guidance.

In 1959 people from the Saniku school visited the tofu shop and gained confidence. They bought similar (but not identical) equipment, and started to produce soymilk at the school. They bottled it in 180 ml containers and started to serve it to 500 students at every meal.

Ten years later, in 1969, they started to produce Soyalac infant formula soymilk with help from Loma Linda Foods in America. They produced it at College Health Foods–a separate organization from the Saniku school.

Dr. Miller gave us helpful advice on technical and nutritional matters, and furthermore he always supported our spirit and spirituality as we developed the soymilk plant (1959) and the infant formula (1969). In 1969 Luppy Kôsan began to make Luppy soymilk. This was the first really serious commercial soymilk product in Japan.

Note: See also Mr. Watanabe's follow-up letter of July 1981. Address: San-iku Foods, Sodegaura-machi, Chiba-ken 299-02, Japan.

4741. Fabricant, Florence. 1980. Authentic and traditionally Japanese. *New York Times.* Nov. 23. p. LI27.

• ***Summary:*** This is a review of the Japanese restaurant Kura

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Barn, 479 New York Ave., Huntington [on the north shore of Long Island]. One of the favorites is "fried tofu."

"Tofu, the snowy, slippery soybean curd that has no flavor whatever but plenty of nutritional value, is transformed into mildly seasoned patties, deep-fried and bathed in a rich black mushroom sauce for a particularly splendid appetizer." Address: Restaurant critic.

4742. Associated Press (AP). 1980. Lowly soy bean curd enjoying popularity rivaling yogurt. *Los Angeles Times.* Nov. 27. p. C3.
• ***Summary:*** This article about the Bountiful Bean Plant in Madison, Wisconsin, first appeared as: Porath, Ellen. 1980. "Tofu makers predicting boom for lowly soybean curd." *Register* (The) (Madison, Wisconsin). Oct. 19. p. J3.

4743. Andoh, Elizabeth. 1980. At home with Japanese cooking. New York, NY: Alfred A. Knopf. 254 p. Illust. by Michiko Fujiwara. Index. 25 x 22 cm.
• ***Summary:*** A beautiful, intimate and very useful book, approachable and suffused with a unique tranquility and charm. The illustrations (line drawings) are exquisite.

Contents: Acknowledgments. Introduction. A note about the romanization of the Japanese language (Hepburn system). In the Japanese kitchen: Techniques and equipment–Grilling, broiling, steaming, braising and simmering, frying, dry roasting, grinding, crushing and mixing, using knives (four types, and how to hold and use them), skewering, straining and mashing, grating, pots and pans, miscellaneous equipment (chopsticks, rice paddle, rice tub, flat fan, bamboo mats, bamboo trays, metal mold, etc.). Meals and menu planning. The recipes: Soups, rice, noodles, braised and simmered foods, grilled and skillet-grilled foods, deep-fried foods, steamed foods, mixed, sauced and tossed foods, pickles, sweet things and beverages. In the Japanese kitchen: Foodstuffs. Suggestions for ordering Japanese foodstuffs, A glossary of Japanese terms.

The very helpful glossary includes (soy related): Abura agé: fried bean curd [tofu]. Aka miso: dark bean paste [miso]. Daizu: dried soybeans. Eda mamé: fresh soybeans. Kikkoman: brand name of soy sauce. Kinako: soy flour [roasted]. Marukomé miso: brand name of medium fermented bean paste. Miso: fermented bean paste. Miso shiru: soup thickened with fermented bean paste. Natto: fermented sticky soy beans. Okara: by-product of fresh tofu-making. Saikyô miso: light bean paste, a brand and regional name. Sendai miso: dark bean paste, a brand and a regional name. Shinshû Ichi miso: medium bean paste, a brand and regional name. Shiro miso: white (or light) bean paste. Shôyu: soy sauce. Teri yaki: glaze grilling. Tôfu: bean curd. Usu kuchi shôyu: thin or light soy sauce. Yuba: thin brittle sheets of soy milk (by-product of tôfu-making).

Note: This is the earliest English-language document seen (April 2013) that uses the word *Abura-agé* (hyphenated with diacritics) to refer to deep-fried tofu pouches.

Also includes: Each of the basic sea vegetables / sea greens used for food in Japan (ao nori, hijiki, konbu, nori, wakamé, etc.). Umé-boshi: pickled plums.

The book contains excellent recipes and descriptions (see the index) using bean curd [tofu] (7 recipes), eda mamé (1), fried bean curd (*abura agé*) (5), grilled bean curd (*yaki-dôfu*) (3), miso (17), and soybeans, dried (1); natto is not mentioned.

Elizabeth concludes the Introduction by explaining: "What I've tried to write here is the very book I wish I'd had with me when I started out fourteen years ago."

About the author (last page and with portrait photo on inside rear dust jacket): Elizabeth, who was raised in New York and graduated from the University of Michigan, traveled to Japan in 1966 to study Japanese, lived with the Andoh family on the island of Shikoku, and married into that family two years later. Shortly after her marriage, she enrolled in a class at the Yanagihara School of Classical Japanese Cooking, where she studied for six years. She has a daughter, Rena, to whom this book is dedicated.

The copyright page states: "Many of the recipes which appear here were originally printed in slightly different form in *Gourmet* magazine, 1975, as part of a 6-part series entitled 'The Seasonal Japanese Kitchen,' by Elizabeth Andoh." Address: Tokyo, Japan.

4744. Barber, Linda Lee. 1980. Let's cook: A beginner's cook book–starring "Pooh," the culinary cat. Translated by Kazuko Kagotani and Tomoko Matsuda. Kobe, Japan: Published by the author. 102 p. Nov. Illust. No index. 30 cm. Comb bound. [Eng; Jap]
• ***Summary:*** Letter (e-mail) from Linda Barber. 2012. July 7. A bi-lingual step-by-step cookbook for children that uses tofu and kinako in the recipes. I developed the recipes, my sister Wendy, illustrated them, and my assistants Kazuko and Tomoko translated them. I haven't seen anything like this before. I wrote this while I was in Japan in the early 80's. It is self published.

The recipe for "Tofu cheesecake" (p. 64-67) calls for many ingredients including "momen-dofu" (450 gm), 2 eggs, crumb crust, natural sugar, yogurt cheese, lemon, etc. The crumb crust and yogurt cheese must be prepared in advance; the recipes are in this book.

The recipe for "Power flour" (p. 68-69) calls for Kinako. To make this Power flour: Measure into a bowl: 1 kg all purpose flour, 5 tablespoons nonfat dry milk granules, 5 tablespoons wheat germ, and 5 teaspoons kinako. Mix well. "Store in a cool place in a covered container, and use this flour mixture when a recipe calls for flour." This recipe alone contains 15 illustrations. Many subsequent recipes in this book call for Power flour.

The recipe for "Moon bread" (p. 78-81) calls for 450 gm "momen tofu" and produces croissants with a tofu filling.

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The recipe for UFO's (p. 82-85) begins: "This cookie has an Unidentified Food Object... tofu! They are really out of this world with a glass of milk!!!" Address: Kobe College, 4-1 Okadayama, Nishinomiya 662, Japan.

4745. Esko, Edward; Esko, Wendy. 1980. Macrobiotic cooking for everyone. Tokyo: Japan Publications, Inc. 272 p. Nov. Foreword by William Tara, Director, Community Health Foundation, London, England. 26 cm. [50 ref]
• ***Summary:*** The authors studied in Japan (mostly Kyoto), from Sept. 1978 to May 1979, at which time they returned to Boston. In the summer of 1979 "more than 100 delegates from various regional centers throughout the United States and Canada met in Boston for the first North American Congress of Macrobiotics." Part I of this book discusses the theory of macrobiotics and Part II gives recipes. Unfortunately, the book has no index, and the bibliography gives no years of publication. There are chapters on: Seitan, fu, and noodles (incl. soba), and Sea vegetables.

Soy-related recipes include: Brown rice and soybeans (p. 90). Miso soft rice (p. 96). Somen with deep-fried tofu (p. 118). Kenchin soup (with deep-fried tofu cubes and tamari, p. 130). Okara soup (p. 132). Miso soups (p. 137-143; 12 recipes are given plus a long letter from Jan Belleme, about how she and her husband, John, who arrived in Japan in late October 1979, are now living with the Onozaki family and studying miso-making there–p. 138-39). Sauteed cucumbers and miso (p. 154). Boiled cabbage, sweet corn, and tofu (p. 155). Udon-vegetable bane (with deep-fried tofu, p. 159). Steamed kale and tofu (p. 161). How to make sprouts (incl. soybean sprouts, p. 177).

Chapter 5 is titled "Bean dishes, including tofu and natto." It states (p. 178-79, without citing the source) that "In China and Japan there is a proverb, 'A man who eats too many beans becomes a fool.'... Lima beans and soybeans are both very yin, and require thorough chewing. They should be eaten only on occasion and in small quantities... Kombu can be placed on the bottom of the pot when cooking chickpeas, soybeans, lima beans or kidney, pinto and navy beans. I have found that kombu definitely improves their flavor, and because of its high mineral content, creates a very balanced dish." To pressure cook soybeans so that they do not clog the steam escape valve, first boil them for 30 minutes. Skim the foam off the top as it rises, and when no more foam rises to the surface you may place them in a pressure cooker and continue cooking until done. Recipes include: Japanese black beans (black soybeans). Soybeans with kombu and burdock. Soybeans with lotus root and salmon. Following a long discussion of tofu, Homemade tofu. Tofu with scallions. Tofu with bonito flake broth. Baked tofu with miso/lemon sauce. Broiled tofu. Tofu loaf. Steamed tofu rolls. Deep-fried tofu cakes. Aburage (Age or deep-fried tofu). Stuffed age pouches. Okara. Okara croquettes. Sautéed natto. Natto rice or noodles. Natto tempura. Dried natto.

Note 1 This is the earliest English-language document seen (April 2013) that uses the term "broiled tofu" to refer to grilled tofu.

Hijiki with soybeans (p. 193). Hijiki and deep-fried tofu (p. 194). Tempuraed tofu-nori rolls (p. 198). Koi-koku (Carp miso soup, p. 220). Daikon and tamari. Scallion miso. Green peppers and miso (p. 224). Miso condiments (p. 226). Tamari. Moromi (p. 227). Rutabaga-tamari pickles (p. 233). Quick miso pickles (p. 234). Tofu tamari dressing (p. 236). Tofu-sesame dressing. Shiro-miso-tofu dressing. Miso dressing (p. 237). Tamari-lemon dressing. Tamari-rice vinegar dressing. Miso-tahini dressing (p. 238). Miso-rice vinegar dressing. Miso walnut dressing. Miso-tahini spread. Sesame miso spread. Miso-nut spread (p. 239). Lentil-miso spread. Lima bean miso spread (p. 240). Tofu dip (p. 243). Amazake (p. 247-48). Clear broth soup with tofu & scallions (p. 253). The glossary lists many soy products plus azuki beans, sea vegetables (many types), gluten, koji, kuzu, mochi, natto, nigari, okara, seitan, tekka, tempeh, umeboshi, unohana (okara), and yuba.

Macrobiotic periodicals include: *East West Journal* (Brookline, Massachusetts). *Kushi Institute Study Guide and Kushi Inst. Newsletter* (Brookline, MA). *The Order of the Universe* (East West Foundation, Brookline, MA). *The Macrobiotic Review* (East West Foundation, Baltimore, Maryland). *Spiral* (Community Health Foundation, London). *Le Compas* (Paris). Note: The date each periodical began publication is not given.

The lengthy section on seitan (p. 110-13) gives a detailed recipe for making seitan at home using the short method and 3½ lb hard spring wheat flour or hard red winter wheat flour. The broth is made with kombu and tamari. Seitan recipes include: Seitan stew. Seitan fried rice. Stuffed mushrooms (with sauce). Stuffed squash or Hokkaido pumpkin. Address: Boston, Massachusetts.

4746. Gery, Michael E.C. 1980. Tempeh: A tempting soyfood with culture. *New Roots* (*Amherst, Massachusetts*) No. 12. Nov. p. 50-53.
• ***Summary:*** A long sidebar tells about Michael Cohen and The Tempeh Works of Greenfield, Massachusetts. "The Tempeh Works in Greenfield, Mass. produced 300 pounds of tempeh per week when Cohen opened the business in the fall of 1979. A year later it makes more than 3,000 pounds per week." The Tempeh Works buys its soybeans from the New England Soy Dairy. Photos show Cohen holding a tray of fresh tempeh, a man at Tempeh Works making tempeh, and the Tempeh Works label. Address: Ashfield, Massachusetts.

4747. **Product Name:** Tofu.
Manufacturer's Name: John Francis Tofu.
Manufacturer's Address: Brunswick Rd. 1, Wanganui, New Zealand.
Date of Introduction: 1980. November.

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New Product–Documentation: Soyfoods Center. 1980. Nov. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: John Francis. The name of this very small town is pronounced wan-ga-NEW-ee.

4748. Real Food Tofu Cafe (The). Also known as The Brightsong Cafe. 1980. November. New soyfoods restaurant or deli. 8473 East Rd., Redwood Valley, CA 95470.
• ***Summary:*** Leaflet. 1980. "Now open! The Real Food Tofu Shop and Cafe. Mendocino's only 100% vegetarian cafe!! Soy, natural & live foods. No animal products." Plus 1-page news release announcing the opening of the 14-seat restaurant.

Page 33 of the "1981 Harvest Issue" of an unknown magazine tells about this new business. A photo shows Dik Rose (with a beard and bandana cap) "Separating soymilk from the fiber (okara)" as he makes soymilk for tofu.

Questionnaire filled out by owner of restaurant or deli. 1982. Lists the company's most popular soy-based menu items in descending order of popularity. The highest weekly total sales over the past 6-2 months, the month that this occurred, and why. The average weekly sales during this period. Average hourly wages paid to workers. The business startup cost (amount of money it cost to get the business started). Current profitability status. Plans for the future. Advice the owner would give to someone starting a similar business.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started in Nov. 1980 by Richard & Sharon Rose. Address: Redwood Valley, California. Phone: (707) 485-7050.

4749. Shurtleff, William; Aoyagi, Akiko. 1980. Que es el tofu? Traducido por Corina Gutman [What is tofu? Translated into Spanish by Corina Gutman]. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 6 p. Nov. [3 ref. Spa]
• ***Summary:*** Contents: Introduction. A family of distinctively varied foods. A storehouse of high-quality protein. Low in saturated fats: free of cholesterol; an ideal diet food. Natural backbone of the meatless diet. Buying and storing tofu. Making tofu at home and in communities. Soybeans, tofu, and the world food crisis. Tofu shops in Japan. Cooking with tofu (13 recipes). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

4750. Somporn, Wannee. 1980. Review of solid substrate fermented products in Thailand. In: ASEAN Sub-Committee on Protein, ed. 1980. Report on the Second ASEAN Workshop on Solid Substrate Fermentation. Kuala Lumpur, Malaysia. 415 p. See p. 235-49. [3 ref]
• ***Summary:*** Table 3 shows fermented foods prepared in Thailand from legumes and cereals. Fermented foods having soybeans are the main substrate are: See iew (a condiment, made in central and south Thailand using bacteria, molds, and yeasts). Thua nao (main dish, made in north Thailand using bacteria). Tao hoo (tofu, main dish, made in central and south Thailand using bacteria, molds, and yeasts). Tao jiao (flavoring, made in central and south Thailand using bacteria, molds, and yeasts). Tao si ([fermented black soybeans], flavoring agent, made in south Thailand, using molds).

A survey of all soy sauce factories in Thailand was conducted in 1975. Representative samples were analyzed for both pathogenic organisms and aflatoxin, but neither was found (Biological Science Division, 1975-1976).

Note 1. This is the earliest English-language document seen (April 2013) that uses the word "Tao hoo" (or "Tao-hoo") to refer to tofu.

Note 2. This is the earliest English-language document seen (Jan. 2012) that uses the term "Thua nao" (with no hyphen) to refer to Thua-nao. Address: Biological Science Div., Dep. of Science Service, Ministry of Science, Technology and Energy, Thailand.

4751. Tsuchiya, Kunio. 1980. Minami no tôfu, kita no tôfu: Hiden–Rokujô-dofu o tazunete [Southern tofu, northern tofu: Secrets of the art–A visit to Rokujo tofu]. *Daizu Geppo* (*Soybean Monthly News*). Nov. p. 22-32. [Jap]

4752. **Product Name:** Weissman's Original Tofu Sausage.
Manufacturer's Name: Vegetable Protein Co.
Manufacturer's Address: 140 River St., Cambridge, Massachusetts.
Date of Introduction: 1980. November.
Ingredients: Incl. tofu, seasonings.
Wt/Vol., Packaging, Price: 6 oz vacuum pack. Retails for $2.29.
New Product–Documentation: Manufacturer's leaflet. 1985. Nov.

East West. 1987. June. p. 65. The Vegetable Protein Co. makes Tofu Sausage. Company not listed in Natural Foods Merchandiser Supplier Guide (Aug. 1988).

Talk with Paul Duchesne, founder of Wildwood Natural Foods in Fairfax, California. 1991. Nov. 19. Paul was in Boston for 9 months starting in Sept. 1978. He met Johnny Weissman, who was a partner with some other person in the Vegetable Protein Co. in Cambridge. Johnny was very creative in making foods. In 1979 he developed a Tofu Bologna and some other tofu-based meatlike product, but he was so paranoid that other companies would copy him after he launched them that he never did. "I tasted the Tofu Bologna at his home and I flipped out. It was just fantastic–great texture and flavor–I'll never forget it. He was good at product development but poor at marketing."

Talk with then letter from John Weissman. 1992. May 8. This product was introduced in Nov. 1980. His Vegetable Protein Co. made this product for the first 4 years of its

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existence. It eventually became his best-selling item. As its popularity increased, he phased out retail sales of Wheatmeat and Solar Burgers, and sold only these Tofu Sausages to Restaurants in Bulk. After this period he invented only tofu products. In May 1984 he had to leave his food factory on River Street so he arranged with Michael Cohen to make the Tofu Sausage at his plant in Greenfield, Massachusetts. This was disastrous for John, since the product's new poor quality almost ended any reputation it had left in the marketplace. But it was quite an education for John. In January 1985 he took back the product and began making it for himself again.

4753. *Toyo Shinpo* (*Soyfoods News*). 1980. [Nutritional analysis of tofu using various coagulants]. Dec. 1. [Jap; eng+]
• ***Summary:*** Table 1 gives the nutritional composition of two types of tofu: Regular handmade tofu, and lactone silken tofu (made by machine). Analyses are given for three types of regular tofu, each made with a different coagulant/curding agent. For each of these four types of tofu, the content of water, protein, fat, calcium, and magnesium per 100 gm is given.

The calcium content (per 100 gm) of the four types of tofu is as follows, with the coagulant shown first: calcium sulfate 139 mg, natural nigari 42 mg, magnesium chloride 36 mg, lactone silken tofu coagulated with GDL (glucono delta lactone) 14 mg. Note that tofu coagulated with calcium sulfate contains more than 3.8 times as much calcium as that coagulated with magnesium chloride (refined nigari).

The tofu curded with calcium sulfate contains 89.0% water, 3.6% protein, 1.7% fat, and 25 mg of magnesium. The tofu curded with magnesium chloride (refined nigari) contains 88.6% water, 5.3% protein, 2.9% fat, and 84 mg of magnesium.

Table 2 compares the nutritional composition of machine-made lactone silken tofu (given above) with handmade silken tofu that contains a chemical additive (Glycerin fatty acid ester = *Guriserin shibosan esuteru*) used to prevent burning while cooking the soybean puree, and improve the tofu yield and texture; each type is coagulated with GDL. The calcium content is 14 mg vs. 129 mg.

Table 3 shows tofu yield using 3 different coagulants: From 1 kg of soybeans a manufacturer can get: 2.75–3.25 lb of tofu coagulated with nigari; 3.50–4.00 lb of tofu coagulated with calcium sulfate; or 4.50–5.00 lb of tofu coagulated with GDL.

The analyses were conducted by the Omiya Consumers' Living Center in Japan.

4754. Ambrose, Elaine. 1980. The "perfect" alternative? *Montachussett Review* (*The*) (*Massachusetts*). Dec. 3.
• ***Summary:*** A good introduction to tofu and a close look at Nasoya Foods, co-owned by John Paino and Bob Bergwall, and how they make tofu. They have been producing high-quality tofu for 3 years and recently business has been booming. The company has worked to Americanize tofu, and they have been pioneers in developing tofu spreads and dips. Their motto: "We've done for tofu what flavors did for yogurt." John and Bob's wives, Sarah Paino and Margery Bergwall conduct the Nasoya Cooking School in Ashby, Massachusetts, where students are introduced to cooking with tofu and other natural foods.

4755. Ferretti, Fred. 1980. Gastronomes' Christmas visions: Oysters, crabmeat, a live goat [and tofu]. *New York Times.* Dec. 3. p. C1, C8. [2 ref]
• ***Summary:*** Various food authorities were asked: "After truffles, foie gras and caviar, what would you like for Christmas?" Alice Waters of Chez Panisse wanted "a live goat so I could get warm goats milk every morning into which I would melt Swiss chocolate. What a breakfast!" James Beard wanted choice Dungeness crab meat from the West Coast. "Finally a wish for enough food for the '15 to 20 million people starving throughout the world' was expressed by William Shurtleff, who with his wife Akiko Aoyagi wrote 'The Book of Tofu' and 'The Book of Miso.' And, he added, the realization by Americans that their diet is exceedingly harmful would be a fine Christmas gift." Other than that Shurtleff said he could think of nothing else but tofu (bean curd) or tempeh (cakes made of soy) as things he wanted for Christmas 'Anything else, he said, 'would be insignificant.' Contains a cartoon of Shurtleff, Julia Child, and others.

4756. Martin, Dale. 1980. New age eatery owners hope to attract diners from all over the state to tofu cafe in Redwood Valley. *Daily Journal* (*Ukiah, California*). Dec. 4. p. 2-3. [1 ref]
• ***Summary:*** The article begins: "Redwood Valley may be an unlikely place to open a tofu shop and cafe, but store owners Dik and Sharon Rose are hoping this new age eatery will catch on and attract diners from all over the area. Tofu is becoming quite a business these days, as more and more people are starting to discover the cheap, nutritious, and versatile soybean product... tofu is finding its way into the American mainstream. It isn't just a health food any more."

"Tofu, made from curdled soybean milk, is also called bean curd. A complete protein, the custardy textured product has been hailed as being highly digestible and an excellent diet food. With meat prices going up and up, many meat eaters as well as vegetarians are increasing their tofu intake.

"Dik and Sharon Rose bought into the tofu dream in June [1980], when they took over Brightsong Tofu in Redwood Valley from its former owner, David Patton. The shop is now in its third year of production. Through increased advertising and hard work, the Roses tripled the output of the shop in five months. The shop is now producing 1300 pounds of tofu a week... The Roses currently employ two workers who make the tofu by hand with wellwater,

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fresh soybeans and 'a lot of care and love,' according to Dik."

Until a few months ago, Brightsong was the only tofu shop between South San Francisco and Eugene, Oregon. But now there is a new shop in Marin and one opening soon in Arcata.

"Dik and Sharon became interested in tofu after hearing a lecture in 1976 by the 'gurus' of the soybean product, William Shurtleff and Akiko Aoyagi, who wrote 'The Book of Tofu.' After visiting a shop in Oregon, the Roses came to Mendocino County where they discovered 'Brightsong' for sale in the spring."

The Real Food Tofu Cafe seats 14. "The cafe's menu offers such dishes as spiced baked tofu sandwiches, tofu burgers, brown rice tofu burritos, 'soyannaise' spread and tofu cheesecake." Tempeh is also served.

Photos show: (1) Sharon Rose (with long curly hair) standing at the front counter, with a large menu on the wall behind her. Menu items include cheese cake, ice bean cone, soy juice, spirulina, vege herb tofu. (2) A grinder, out of which ground soybeans are dropping into a 5-gallon plastic bucket labeled Brightsong Tofu. (3) A large, round curding basin: "After the nigari is added, the tofu solidifies and separates into curds and whey." (4) Dik Rose, with beard and pony tail, cutting tofu into cakes. (5) Cakes of tofu cooling in water in a stainless steel sink.

Note 1. This is the earliest dated document seen (Aug. 2012) that mentions Brightsong Tofu. Note 2. This is the earliest document seen (Aug. 2012) that mentions Dik or Sharon Rose in connection with this company.

4757. Soyfoods Center. 1980. Catalog: Publications & materials by William Shurtleff & Akiko Aoyagi [mail order]. P.O. Box 234, Lafayette, CA 94549. 20 panels. Dec. 8.
• ***Summary:*** On 17 Sept. 1980, the name of New-Age Foods Study Center was changed to Soyfoods Center. This catalog, folded like a road map, is printed with brown and light green ink on white paper. 12,500 copies were printed. Address: Lafayette, California. Phone: 415-283-3161.

4758. Ferretti, Fred. 1980. The gastronomes' Christmas wish list. *Chicago Tribune.* Dec. 11. p. W_B2, or S_B2, or N_B2. [2 ref]
• ***Summary:*** This article (under a slightly different title) first appeared in the New York Times (3 Dec. 1980, p. C1).

4759. Anderson, Eugene N. 1980. Re: Soybeans, tofu, and tempeh. Letter to William Shurtleff at Soyfoods Center, Dec. 12–in reply to inquiry. 2 p. Typed, with signature on letterhead. [4 ref]
• ***Summary:*** A sinophile, he is collaborating with Dr. Paul Buell (an historian at Western Washington University, Bellingham, WA) on various books on Chinese agriculture, including an economic botany. "We are currently working on the soybean article for this and drawing heavily on your books. He is an inveterate tofu maker who lives by your books."

The spices in real curry are fascinating and much different from those in the "nauseating and disgusting 'curry powder' of commerce."

He is aware of some spectacularly fine Chinese books on vegetarian soyfoods cookery, written by Buddhist religious groups. "Most of the Chinese cookbooks in English are obscene and should be banned as pornography."

It is now known that the old Shen Nung Herbal is from ca. 100 A.D.

"Tempe I assume to be an application to soybeans of earlier technology used on coconut. Incidentally the soybean was introduced to the Malay world by people from the Fujian-Guangdong border between Xinmen (Amoy) and Swatow (Shandou), as shown by the distinctive dialect words borrowed into Malay (*bahasa Indonesia, bahasa Malaysia*)–*taohu, taugé, taucho, tausi*, etc. These are also in Indonesian and Filipino–though tausi could be from Cantonese. These are direct borrowings of precisely the dialect forms of the border area, the southern dialects of the Southern Min or Hokkien language. Tauhu, for instance, is their pronunciation of tofu (doufu in standard Chinese). One word I can't explain is *kecap* (formerly spelled ketjap and so pronounced), the Malay word for soy sauce. It seems to have referred earlier to quite a different, local brew. It has nothing whatever to do with ketchup.

"The latest soy news is yet another proof that peasant techniques have their reasons. It now appears that soybeans have a huge amount of phytate, amounting to up to several percent of the bean. Phytate (the distinctive ion of phytic acid) takes up calcium, zinc magnesium, niacin and other chemically active items in food and makes chemical compounds that humans can't digest effectively. Thus the calcium, niacin, etc., of food is lost. This leads to calcium deficiency, zinc deficiency (as with whole-grain wheat bread eaters in the Near East), or worst of all, pellagra (corn is classically associated with pellagra because it's high in phytate and low in niacin). But of course if you add calcium or magnesium or the like to your food, it takes up the phytate and you're OK. Heat also destroys some of it. Micro-organisms such as yeasts and *Aspergillus* can also destroy it, having appropriate enzymes. Thus processing soybeans with gypsum, nigari or fungal fermentation wipes out this danger." Address: Dep. of Anthropology, Univ. of California, Riverside, CA 92521.

4760. Lowe, Janet. 1980. City's first tofu plant due soon in Hillcrest: San Diego Soy Dairy hopes a demand for exotic food will follow. *San Diego Daily Transcript.* Dec. 24. p. 1A, 12A.
• ***Summary:*** "Gary Stein is building the San Diego Soy Dairy in a building next to the Kung Food restaurant on Fifth

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Avenue. Kung Food will use part of the former gasoline station for a bakery, and Stein will use the remaining space for his steam injected cauldron system. Stein says his plant should be operating by Jan. 15."

Note: In late 1980 Gary C. Stein of San Diego Soy Dairy (P.O. Box 33778, San Diego, CA 92103. Phone: 714-692-0132) wrote an undated letter on his company's letterhead which stated: "Dear friends, Our new company, the San Diego Soy Dairy, is happy to announce that we will soon be producing tofu and soy milk on a daily basis. By early January we will be able to serve your store or restaurant with fresh tofu and soy milk. We are using only organically grown soy beans and filtered water in our process."

"It would be great service to us if you would indicate on the enclosed card your interest in fresh tofu and soy milk and return the card to us. If you would like to met with a representative of our please indicate that on the card or call 692-0132. We will be happy to answer any further questions. Thank you for your help." Address: San Diego, California.

4761. Root, Waverley. 1980. Soybean: An underdog sneaks up on the world's diet. *Los Angeles Times.* Dec. 29. p. I15.
• ***Summary:*** "Mahatma Gandhi, after much experimentation with various diets, expressed the opinion that the world's best staple food was the soybean."

This article focuses on uses of whole soybeans and unfermented soybean products such as: Fried soybeans [soynuts] in China and Japan. Cooked whole soybeans, which may be added to soups. The young unripe beans [green vegetable soybeans] may be eaten raw in salads.

Whole mature soybeans may be soaked, ground and made into a white liquid which looks like milk. In China "soybean milk is prescribed for babies allergic to human milk, and it is also recommended for invalids."

"Soybean milk is used in cooking in both China and Japan. It is because of this product that the soybean has been called 'the cow of China.'"

For adult Chinese a "typical breakfast is hot soybean milk with bread–a sesame bun or a cruller."

"A byproduct of soybean milk is soybean milk skin (*fu p'i*)" [yuba] which forms on the surface of heated soymilk and can be skimmed off and dried into sheets.

Dried yuba can be "rolled up and deep fried to make the crisp crusty bean sticks (*fu tzu*)" [dried yuba sticks] which appear in both Chinese and vegetarian dishes.

A by-product of the manufacture of soymilk is okara, a high-fiber sediment that is generally fed to pigs in China. Yet okara can be made into pancakes, etc.

"The most important derivative of soybean milk is bean curd [tofu],..." In China it is often pressed, and in both China and Japan it is deep-fried. Or it can be frozen and dried.

4762. Timmins, Tom. 1980. Re: Dates and statistics related to the history of Laughing Grasshopper Tofu Shop and New England Soy Dairy, Inc. Letter to William Shurtleff at Soyfoods Center–in reply to questions of Dec. 29. 1 p.
• ***Summary:*** 1. In Feb. 1978 New England Soy Dairy (NESD) stopped using the name "Laughing Grasshopper" for its tofu.

2. At 305 Wells St., Greenfield, Massachusetts, NESD presently has 3,300 square feet of production space and a total of 7,800 square feet (including offices, storage space, etc.).

3. In July or August 1979 NESD stopped using a batch pressure cooker and replaced it with an Okita continuous cooking system.

4. In Feb. 1978 NESD landed its first big supermarket chain account. It was Food Mart (a division of Waldbaums, New York). They initially purchased 50 cases of tofu a week and are now buying 250 cases a week.

5. NESD got its two latest big loans in May 1980 and July 1980.

6. NESD presently makes about 30,000 lb/week of tofu.

7. The company's total sales were about $70,400 for calendar year 1979 and $1,025,000 for 1980.

8. In about March 1979 Richard Leviton left day-to-day work at NESD to work for the new Soycrafter's Association of North America (SANA; later renamed Soyfoods Association of North America).

9. NESD now has two big projects: Developing consumer markets. Developing four institutional markets (e.g., hospitals, restaurants, business cafeterias, etc.).

10. Laughing Grasshopper's address was 3 Main St., Millers Falls, Massachusetts. Address: New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301.

4763. Mullarkey, Barbara. 1980. Lots of goodies to munch on at the Good Nature Deli. *J. of Oak Park & River Forest* (*Illinois*) 1(23):9, 12. Dec. 31. Wednesday.
• ***Summary:*** Good Nature Deli is located at 810 Harrison St. in Oak Park. The owners are Kevin D. O'Brien and Mary Ellen Sackett. A big hand-written wall board advertises the daily fare. A recipe for Happy Turkey Pot Pie (with tofu) is given.

4764. *SoyaScan Notes.* 1980. Chronology of soybeans, soyfoods and natural foods in the United States 1980 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 4. An embargo on the sale of grain to the USSR is announced by President Carter in retaliation for the Soviet invasion of Afghanistan. Though the embargo was lifted in 1981, it led to a subsequent reduction on Soviet purchases of U.S. soybeans and products.

Feb. Second issue of *Soycraft* magazine published by Leviton. 5,000 copies. On Shurtleff's suggestion, Leviton decides to change the magazine's name to *Soyfoods* in future issues.

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Feb. New England Soy Dairy holds a big press conference and soyfoods luncheon in Boston.

Feb. First statistics on the size of the U.S. soyfoods industry and market published by SANA (Soyfoods Association of North America) and The Soyfoods Center.

Feb. Plenty, a Third World development and relief organization run by The Farm in Tennessee, works with the people of Solola, Guatemala to open a solar-heated soy dairy. They make tofu and soy ice cream. Partial funding comes from Canadian International Development Agency (CIDA). A promising, original concept and model for taking soybeans and soyfoods to Third World countries.

March 10. Tempeh Production by Shurtleff and Aoyagi published by The Soyfoods Center.

March. Trader Vic (Bergeron), internationally famous San Francisco restaurateur, publishes a poster titled "Put a Little Tofu in Your Life," containing a lovely Polynesian girl and names of tofu recipes served at his restaurants. Three major newspaper stories on his tofu cuisine follow.

March. Soja Soyfoods Cafe opens in Toronto, Canada.

March. Hip Pocket Tofu Deli and Rainstar, a distributor of soyfoods, open at same location in Columbus, Ohio.

March. A second commercial source of tempeh starter culture is now available from Ann Arbor Biological Supply and GEM Cultures, run by Gordon McBride and Betty Stechmeyer.

April. "Climbing Curd," an article on tofu, published in Time magazine, as a result of the New England Soy Dairy Press Conference in February.

May. New England Soy Dairy puts Numu brand soymilk on the market after 2 years of product development. It is quickly withdrawn and dropped, due to short shelf life.

May 5 -June 9. Shurtleff and Aoyagi do Soyfoods America Tour: 20 public programs, 30 media interviews, and 5,800 miles of driving to promote and teach about tempeh and tofu. Ends in Champaign, Illinois where Shurtleff attends the INTSOY Short Course on Soybean Processing for 2 months.

May. Gary and Chandri Barat start selling soyfoods (Whipped Tofu Mousse Pie, Tofu Muffins, Tofu Spinach Quiche) at street fairs in New York City under the name Legume. During 1980 both Legume and Quong Hop & Co. in South San Francisco introduce tofu quiches (both sold frozen); these are America's first tofu entrees to be sold frozen.

June. "Tofu" by Nancy DeRoin published as a cover story by *Cuisine magazine*.

June. U.S. Supreme Court rules that man-made organisms created by genetic manipulation can be granted copyright protection. This ushers in a new era of research on and commercialization of soybean varieties by private companies.

June. INTSOY and Land of Lincoln Soybean Farmers establish International Soybean Institute, headed by Russ Odell, to expand soybean utilization overseas.

June. American Soybean Association's *Soya Bluebook* publishes its first information on the new wave of U.S. soyfoods producers.

July. *Das Miso Buch* (The Book of Miso), by Shurtleff and Aoyagi published in German by Ahorn Verlag.

July 9-13. Third Annual Soycrafters Conference at the University of Illinois. Organized and financed by Richard Leviton. 270-285 attendees from 10 foreign countries. Very successful, with a profit of $7,000. Third issue of Soyfoods magazine published by Leviton. A new Board of Directors is elected with Luke Lukoskie as chairman.

July. Mark Brawerman starts Jolly Licks (later renamed Pacific Trading Co.), a soyfoods marketer-distributor, in San Francisco. First product is soymilk ice cream. Quickly expands to tofu cheesecakes, tofu tamales, etc. Best existing model of this new concept.

Aug. 15. Archer Daniels Midland Co. enters the soy protein isolate market with its purchase of Central Soya's isolate plant.

Aug. Wildwood Natural Foods, Inc. formed in Fairfax, California. Original owners are Paul Duchesne, Paul Orbuch, Bill Bramblett, and Frank Rosenmayr. They do very creative work with prepared, convenience tofu products, such as sandwiches and salads.

Aug. *Tofu: Everybody's Guide*, by Stephen Cherniske published by Mother's Inn Center for Creative Living.

Aug. *The Soy of Cooking*, by Norton and Wagner self-published.

Aug. 20. "Tofu Gaining Popularity as a Cheap Protein Source," by Sylvia Porter published in the *Washington Post.* This is the earliest known publication to mention David Mintz's work with tofu. It describes the numerous deli products he makes from tofu. Ice cream is not mentioned.

Sept. 3. "Tofu: Trader Vic's Creativity Americanizes an Asian Staple" by Harvey Steiman published in San Francisco Examiner. Trader Vic is one of America's foremost restaurateurs.

Sept. Richard Leviton (Soyfoods Association) and Thelma Dalman (food service director for Santa Cruz city school system) lobby for tofu in Washington, D.C. USDA grants 1-time approval for a test program using tofu in Santa Cruz County School Lunches. But this failed to set a national precedent.

Sept. Soyfoods Association board holds first meeting in Colrain, Mass. Plans fund raising program that fizzles.

Sept. 17. New-Age Foods Study Center (run by Shurtleff & Aoyagi) changes its name to The Soyfoods Center. Creates new logo and letterhead.

Sept. 24. "A Couple on a Tofu Mission in the West" (about William Shurtleff and Akiko Aoyagi) by Lorna Sass, published in The New York Times.

Oct. First issue of *The Beanfield* (named after a chapter in *Walden* by Henry David Thoreau) a monthly soyfoods

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newsletter, published by Leviton. Name changed to *Soyfoods Monthly* in March 1982.

Oct. Tofu and The Bountiful Bean Plant in Madison, Wisconsin are on the Today Show for 2 minutes. This TV segment is aired 2-3 times.

Oct. 13. "With his Book on Tofu William Shurtleff Hopes to Bring Soy to the World" by Dianna Waggoner published in *People* magazine (circulation 3.4 million). The same issue noted: "Model Cheryl Tiegs" has been eating tofu for several years and gives it some of the credit for helping her to lose 35 pounds in 1972. Her favorite recipe for Oriental Pudding is published.

Oct. Severe nationwide shortages of peanuts and peanut butter. Soyfoods producers miss a golden opportunity to make and sell soynut butter.

Nov. 9-14. World Conference on Soya Processing and Utilization held in Acapulco, Mexico, organized primarily by the American Soybean Assoc. 1,100 participants from 35 nations; of these approximately 300 registrants and 250 student attendees were from Latin America. Proceedings published in March 1981 issue of Journal of the American Oil Chemists' Society. Leviton attends and mans a SANA booth, but is not invited to speak.

Nov. Soyfoods Center publishes three pamphlets on soyfoods in Spanish: *Que es el Tofu? Que es el Tempeh? Que es el Miso?*

Nov. *East West Journal* and Michio Kushi stop misusing the term "tamari" and start using the proper term, shoyu or "natural shoyu."

Dec. The Soyfoods Center and Soyfoods magazine merge and computerize their mailing lists of people and organizations world wide actively interested in soyfoods. 5,000 names now on list. Soyfoods Center pays all costs of computerization. By mid-1981 there were 10,600 names in 50 categories. List is available for rent.

Dec. Farm Foods starts national ad campaign for Soy Ice Bean with full-page color ads in national magazines: New Age, Whole Foods, East West Journal, and Vegetarian Times.

Dec. First branch of the International Soyfoods Center Network starts in Sweden, run by Ted Nordquist. Headquarters are in Lafayette, California.

Dec. *The Tofu Primer* by Juel Andersen published by Creative Arts.

Dec. Soymilk viili first made (on a home scale) by Gordon McBride and Betty Stechmeyer of GEM Cultures in Fort Bragg, northern California. This cultured milk product, similar to the traditional Finnish dairy product, has a thick consistency almost like honey.

Dec. New England Soy Dairy becomes the first of the new generation of Caucasian-run tofu companies to top $1 million in annual sales (they hit $1.2 million). With only 6 workers in the plant, they are making $4,000 profit per month during the last quarter.

* In Diamond v. Chakrabarty, the U.S. Supreme Court upholds by 5 to 4 the patentability of genetically altered microorganisms, opening the door to greater patent protection for any modified life forms.

4765. Barber, Linda. 1980. Color slides taken at a small tofu shop in rural Japan. Kobe, Japan. 1 p. Based on e-mail of 2 Nov. 2012.

• ***Summary:*** Linda took these color slides at a tofu shop in a very rural farm town in Japan while on a trip that friends arranged for her. She writes (Nov. 2012). "I loved the old tools and the owners / makers who were a mother and son. It was like going back in time." (1) A traditional stone grinder mounted on stone supports, surrounded by traditional tofu-making utensils. (2) Soaked soybeans being ground between granite stones, which are now turned by a motor. The fresh soy puree runs down into a metal can.

(3) Stirring the soy puree as it cooks and foams up in the caldron. (4) Ladling the cooked soy puree into a coarse pressing sack–as the steam rises.

(5) After the soymilk has been pressed out, only okara (soybean residue) remains in the flattened pressing sack. (6) While stirring hot soymilk with a paddle in the curding vat, the mother prepares to pour in a nigari solution slowly so as to transform the soymilk into curds and whey.

(7) Ladling the curds into a cloth-lined wooden forming box. (8) Pouring the last of the curds from curding vat into the cloth-lined forming box, where they will be pressed into tofu.

(9) A young man (at another tofu shop) carefully cutting a large block of tofu in the cooling sink into individual cakes of tofu, which will remain under water in the sink until they are sold. Address: Resident Director of Practice House and Oral English Instructor, Kobe College, 4-1 Okadayama, Nishinomiya, Japan.

4766. Bau, H.M.; Debry, G. 1980. L'art de l'utilisation du soja: Habitudes et traditions [The art of soya utilization: Customs and traditions]. *Cahiers de Nutrition et de Dietetique* 15(4):277-84. Oct/Dec. [40 ref. Fre; eng]

• ***Summary:*** "For many centuries, soybeans have meant meat, milk, cheese, bread, and oil to the people of Asia. Because of their great food value, they not only have long had a definite place in the oriental diet but now belong in the diet of America and of the entire world. In Europe, the use of soybean products in the quotidian diet is still limited, however it is sure that they will be an important factor in the balanced diet of the future."

Note 1. Soyfoods Center has a 16-page English-language translation of this article.

Note 2. *Webster's Dictionary* defines quotidian (derived from the French *quot* = as many as + *dies* = day) as "occurring every day." Address: University of Nancy, France.

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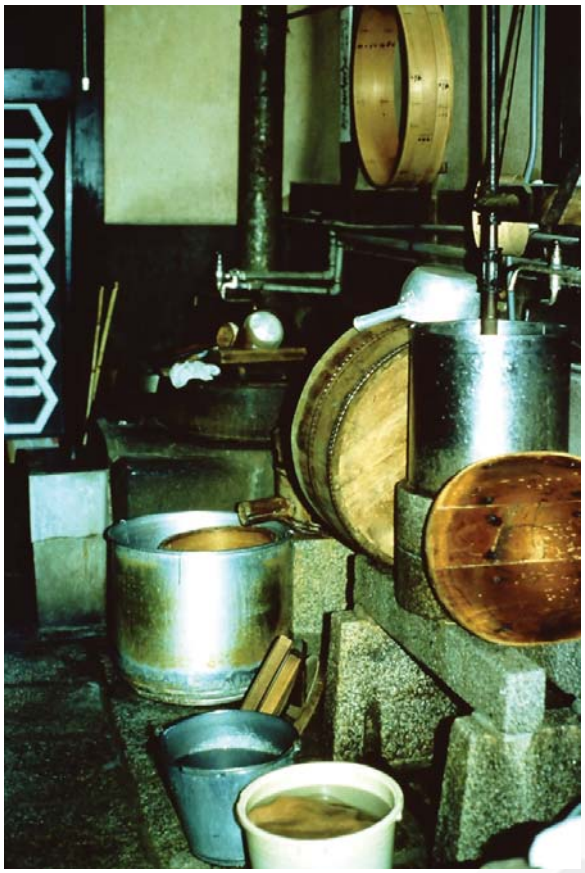

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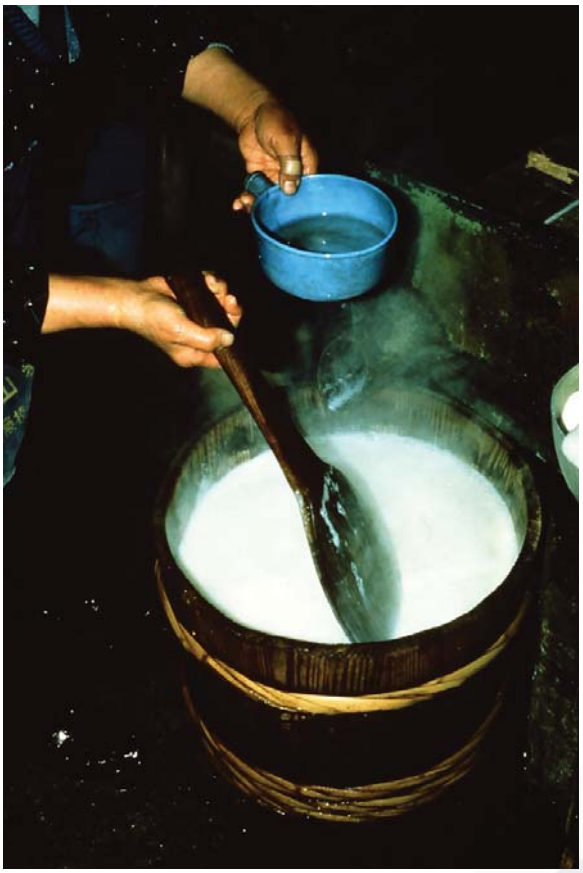

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4767. Gerratt, David. 1980. The selling of soyfoods [Interviews with Tom Timmins of New England Soy dairy, Michael Cohen of Tempeh Works, and Martin Strasman of Nature's Table]. *Sprouts: The Newsletter of Western Mass Co-ops* (*Hatfield, Massachusetts*) 2(7):4-5. Dec.
• ***Summary:*** Tom Timmins started his career in natural foods as a manager of the Yellow Sun Food Co-op in Amherst, in 1973. He was introduced to tofu through his work at the Equinox, Amherst's first natural foods restaurant. In 1974 the Equinox started serving tofu, which was purchased through a local Chinese restaurant, which was in turn supplied from Boston's Chinatown. "In 1976, while working for a local natural foods distributor [Llama, Toucan & Crow], Tom was turned on to *The Book of Tofu.* It excited him to such a degree that by the next year he began to work on the Laughing Grasshopper Tofu Shop, together with Richard (Ira) Leviton... The New England Soy Dairy now employs 40 people and sells over 100,000 lb/month of tofu (25,000 lb/week by Jan. 1980).

Michael Cohen, a vegetarian since 1971, stopped eating foods containing *any* animal products in 1975. He too was involved with the Equinox restaurant when it first opened and was introduced to tofu there and at The Farm in Tennessee. In 1978, after 6 months at The Farm, he returned to what had become the New England Soy Dairy. But he decided to leave for personal reasons to start his own tempeh business.

4768. Inagaku, Naoka. 1980. Minami no tôfu, kita no tôfu: Hakusan fumoto–Hakusan no kata tôfu o tazunete [Southern tofu, northern tofu: At the foot of Mt. Hakusan–A visit to Hakusan very firm tofu]. *Daizu Geppo* (*Soybean Monthly News*). Dec. p. 27-29. [Jap]
• ***Summary:*** Hakusan is a mountain in Ishikawa prefecture, western Japan (Honshu), south of Kanazawa, on the Gifu border. 8,862 feet tall with 5 peaks, it is an extinct volcano that last erupted in 1554.

4769. **Product Name:** Adults Only Snacks & Cakes [Almond Delight (Tofu Cheese Cake), Cheeseless Cake with Fruit Topping, Carob Almond Swirl, or Carob Mousse].
Manufacturer's Name: Nature's Table.
Manufacturer's Address: P.O. Box 909, Greenfield, MA 01302.
Date of Introduction: 1980. December.
New Product–Documentation: Gerratt. 1980. Sprouts: The Newsletter of Western Mass Co-ops. Dec. p. 5. The tofu for this product was made by New England Soy Dairy. Interview with Martin Strassmore. 1982. His two cheese cakes are doing okay. Distribution is a problem. Selling frozen.

4770. **Product Name:** Tofu.
Manufacturer's Name: Oak's Soybean Products.
Manufacturer's Address: 5059 Fairforest Dr., Stone Mountain, Georgia. Phone: 404-296-8538.
Date of Introduction: 1980. December.
New Product–Documentation: Talk with Ock Kye (pronounced Kay), owner. 1989. June 16. He started making tofu in December 1980, and still makes only this one product. His is a small company that sells only to restaurants and Oriental grocery stores.

4771. **Product Name:** Tofu.
Manufacturer's Name: Sam Sung Foods, Inc.
Manufacturer's Address: 409 Morse St., Washington, DC 20002. Phone: 202-544-6660.
Date of Introduction: 1980. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Samsung Foods, Inc. Owner: Kim Salazar. Leviton. 1982. Soyfoods. Summer. p. 34. Henry & Kim Salazar opened in December 1980. Previously they had been in the bean sprout business. By 1983 the company was named Sam Sung Food Inc.

Sam Sung Soy Foods, Inc. Organic Tofu. Seen at Giant Foods in College Park, Maryland. 1992. July. 16 oz retails for $1.39.

4772. Skurray, G.; Cunich, J.; Carter, O. 1980. The effect of different varieties of soybean and calcium ion concentration on the quality of tofu. *Food Chemistry* 6(2):89-95. Dec. [8 ref]
• ***Summary:*** A slight variation in the texture of tofu was due to the 7S and 11S proteins in the soybean but an important factor affecting the texture of tofu was found to be the amount of calcium ions added during processing. The firmness and coarseness of the product increased with increases in the amount of calcium ions added and a linear relationship was found between the protein content of the beans and the calcium sulphate concentration required for good quality tofu. Address: School of Food Sciences, Hawkesbury Agricultural College, Richmond, NSW 2753, Australia.

4773. *Soyanews* (*Sri Lanka*). 1980. Recipes: Curds and yogurt from soya milk. 3(5):3. Dec.
• ***Summary:*** The "curd from buffalo milk along with treacle [like molasses] still remains the *piece de resistance* of the traditional Sri Lankan table." Inoculate warm soya milk with dairy curd.

4774. **Product Name:** Tofu: Soybean Curds [Packaged, or Bulk].
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St. (Box 4716), Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1980. December.
Ingredients: Organic soybeans, water, nigari (magnesium chloride).

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Wt/Vol., Packaging, Price: 14 oz water pack or 10 lb minimum bulk, plus refundable bucket deposit.
How Stored: Refrigerated.
New Product–Documentation: Label. Undated (Dec. 1980). 2.5 inches square. Self adhesive. Blue on white. An illustration (line drawing) shows a dragon. "Soybean curds. Perishable. Keep refrigerated." Leaflet. Undated. The Tofu Shop. Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Suzanne Schmit.

Talk with Matthew Schmit. 1988. July 20. He presently makes about 1,500 lb/week of tofu. He sells at a premium price to the gourmet market that wants fresh tofu. Some customers bring their own containers right into his shop to get the very freshest product. Label (from 1983), sent in 1988. 3 inch diameter. Self adhesive. Gold, blue, green, and white. "Natural Firm Nigari Tofu." Text in a diagonal sash–gold on green: "Handmade since 1977, for a Sweet, Delicate Flavor." Around the edge of the label–blue on gold: "Keep refrigerated. High Protein. Low Calorie. Cholesterol Free." Dragon logo.

Unpublished manuscript by Matthew Schmit. 1988. Brief history of the Tofu Shop (Arcata, California). "The Tofu Shop Specialty Foods Company, a member of the Soyfoods Association of America, was born in the Colorado Rockies [Telluride, Colorado] in 1977 and relocated in Northern California [Arcata] in 1980. The deli opened in Dec. 1980."

Leaflet from ABC Realty in Eureka, California. 1993. June 10. The Tofu Shop–Specialty Grocery and Deli in Arcata is for sale, asking $32,500. Three photos show the deli: one outside and two inside.

Talk with Mara Devine of Arcata, California. 1995. June 1. Matthew Schmit sold his deli (it never really made money) but he continues to be active with his tofu business.

Form filled out by Matthew Schmit. 1998. July 16. Tofu Shop Specialty Foods Inc., 100 Ericson Ct. Suite 150, Arcata, CA 95521. Phone: 707-822-7401. His company started making tofu in Arcata in December 1980.

New Label sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in 1980. 4½ by 3½ inches. Self adhesive. Blue, black, and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop (with an Oriental-style roof) on stilts on a cliff near the ocean, with a tree arching overhead. "Traditional nigari. Crafted in small batches from whole soybeans for a sweet, *delicate flavor.* Low in saturated fat. Cholesterol free. Contains 170 mg Omega 3 fatty acids per serving. Made in Humboldt."

Talk with Matthew Schmit. 2002. Sept. 23. When he started making tofu in Arcata in Dec. 1980 he used the same label (blue on white with a blue dragon in the middle) he had used in Telluride. The word "organic" still did not appear on the label.

4775. Tofu Shop (The). 1980. December. New soyfoods restaurant or deli. 768 18th St., Arcata, CA 95521.
• ***Summary:*** Matthew Schmit. 1981 Feb. 13. "Fresh tofu comes to Northern Cal." "The Tofu Shop of Arcata, California, officially opened its doors on December 12, 1980..."

Questionnaire filled out by owner of restaurant or deli. 1982. Restaurant opened for business in Dec. 1980. Lists the company's most popular soy-based menu items in descending order of popularity: 1. Tofuburger (authentic). 2. Tofu-vegetable sushi rolls. 3. Tofu spinach turnovers. 4. Tofu pumpkin pie. 5. Tofu cream pie. 6. Tofu vegetable patties. 7. Tofu tahini salad. 8. Tofu potato salad. 9. Carob soy pudding. 10. Happy-dragon soydrink. The highest weekly total sales over the past 6-2 months: $1,200 in Oct. 1981 because of deli expansion and return of students to Humboldt State. The average weekly deli sales during this period: $850. Note: The company also sells $850/week wholesale. Average hourly wages paid to workers: $3.50. The business startup cost (amount of money it cost to get the business started): $11,000. Current profitability status: Profitable. Plans for the future: Deli display cooler, steam table for hot food, tempeh production. Advice the owner would give to someone starting a similar business: Choose the perfect community. Prepare a detailed business prospectus. Obtain sufficient capital (plus some extra). Prepare for at least one year of double-time work. Love soyfoods. Be professional. Other: "Our goal has been to develop a model for the 'all-American neighborhood tofu shop,' which produces its own fresh tofu and other soy products; where the neighbor down the street can grab a quick bite on the run, or pick up staple groceries (tofu, soymilk, soy margarine, bread, etc.) for home cooking. A large portion of our business is from people who walk to our shop. A balance of wholesale / retail and deli foods / groceries makes small scale tofu production feasible."

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started in Dec. 1980 by Matthew & Suzanne Schmit, who formerly ran Far Pavilions in

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Telluride, Colorado.

Packet from Matthew Schmit. 2002. Sept. 24. He encloses three original, undated menu leaflets, all vegetarian: (1) Earliest, printed in about 1982, is dark blue ink on tan paper. 3 panels each side, each panel 22 x 9 cm. The menu is on the inside 3 panels. On the 1st panel: Welcome! The Tofu Shop Deli and Grocery. A nice (3 by 2¼ inch) illustration of "The Tofu Shop Specialty Grocery and Deli" appears in the center. "We make our own tofu fresh daily..." (2) Similar. Printed in about 1987. Blue ink on light beige paper. Prices have risen a little. (3) Larger. Printed in about 1992, green ink on beige recycled paper, 8½ by 14 inches, folded into 4 panels on each side. More menu items in these categories: Green salads. Deli salads. Tofu salads. Burgers. Sandwiches. House specialties. Soups & sides. Beverages. Tofu cold-cuts. Address: Arcata, California.

4776. **Product Name:** Potato-Tofu Salad.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521.
Date of Introduction: 1980. December.
Ingredients: Potatoes, tofu, celery, parsley, tofu mayonnaise, seasonings.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat.

Label. Received 1988. Launched July 1981. 2.5 inches diameter. Self adhesive. Green on yellow. "Fresh 'N Natural." Net weight: 5 oz. (142 gm). Ingredients: Potato, fresh organic tofu, celery, green onion, parsley, sesame tofu-mayo (tofu, safflower oil, fresh lemon juice, cider vinegar, a touch of sea salt). Great hot or cold as a spread, salad, or side dish. Lactose-free and cholesterol free. Label. 1983. 3 inch diameter. Self adhesive. Green, blue and yellow on white. Ingredients: Potatoes, tofu, celery, onion, parsley, tofu, mayonnaise, seasonings.

4777. **Product Name:** Tahini-Tofu Salad.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521.
Date of Introduction: 1980. December.
Ingredients: Fresh organic tofu, celery, green onions, olives, sesame tahini, tamari, mustard, seasonings.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat.

Label. Received 1988. Launched Dec. 1980. July. 2.5 inches diameter. Self adhesive. Green on yellow. "Fresh 'N Natural." Net weight: 5 oz. (142 gm). Great hot or cold as a spread, salad, or side dish. Lactose-free and cholesterol free.

4778. **Product Name:** Carob-Soy Pudding.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521.
Date of Introduction: 1980. December.
Ingredients: Tofu, carob, honey, soymilk, walnuts, coconut, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat.

4779. **Product Name:** Pumpkin-Tofu Pie.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1980. December.
Ingredients: Tofu, pumpkin, honey, barley syrup, walnuts, cinnamon, whole wheat crust.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat.

Label. Received 1988. Product launched Dec. 1980. Matthew Schmit says (March 2009) this label was introduced in 1983. July. 2.5 inches diameter. Self adhesive. Brown on yellow. "Fresh 'N Natural." Net weight: 6 oz. (170 gm). Ingredients: Pumpkin, fresh organic tofu, barley syrup, honey, cinnamon, walnuts, ginger, a touch of sea salt. Crust: whole wheat pastry flour, soybean margarine, water. Great hot or cold as a spread, salad, or side dish. Lactose-free and cholesterol free.

4780. **Product Name:** Natural Firm Nigari Tofu.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521.

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Date of Introduction: 1980. December.
Ingredients: Water, organic soybeans, nigari (a natural curding agent).
Wt/Vol., Packaging, Price: 14 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, undated. 3 inches diameter. Self adhesive. Blue, green, and gold on white. "Handmade since 1977 for a sweet delicate flavor. Keep refrigerated. High protein. Low calorie. Cholesterol free."

4781. **Product Name:** Fresh Joy o' Soy (Soymilk; Natural Unflavored).
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521.
Date of Introduction: 1980. December.
Ingredients: Organic soybeans (California Health Code, Sect. 26569.11), and water.
Wt/Vol., Packaging, Price: Pint or quart plastic bottles.
How Stored: Refrigerated.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat. Pints or quarts.

Label. Received July 1988. 2.5 by 4 inches, vertical oval. Self adhesive. Gold, blue, and green on white. "Fresh Joy o' Soy Soymilk. Natural Unflavored." "Additive-Free. Traditional Methods Since 1977. Cholesterol-Free. Lactose Free." Address: 768 18th St., Arcata, California 95521.

Note: This is the company's 2nd and nicest soymilk label in Arcata; it was first used in 1983 The first (sent by Matthew Schmit in March 2009), which first appeared in Dec. 1980, was round, 3 inches in diameter, green and yellow on white. A large, horizontal, white oval in the middle enabled the product name ingredients, and volume to be stamped on in blue ink, as follows: "Fresh Joy O' Soy. Ingredients: Water, organic soybeans. 16 Fluid ounces (1 pint)."

As of 2002, the unflavored soymilk is sold in pints, quarts, half gallons, and gallons.

4782. **Product Name:** Tofu Veggie Patties. Delicious and Baked.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1980. December.
Ingredients: Tofu (water, organic soybeans grown according to Cal. Health Code Sect. 26569.11 and nigari). Fresh vegetables (carrots, green onions, parsley). Tamari (natural soy sauce made with water, soybeans, wholewheat and salt). Garlic and ginger.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerated.
New Product–Documentation: Label (metallic). Received 1988. 4 by 2.5 inches. Self adhesive. Green, red, gold, and white. "Ready to eat... or reheat, naturally fresh... from our deli. A perfect snack fresh from the pack. Great in your favorite burger with all the fixin's or as a main dish. Simple to heat in oven (350ºF, 10 minutes) or frying pan. Perishable, keep refrigerated, 34-39º." Matthew Schmit says (March 2009) that the metallic label was first used in 1985.

4783. Tofu Shop (The). 1980. New deli foods from The Tofu Shop (Leaflet). Arcata, California. 1 p. Single sided.
• ***Summary:*** Across the bottom is written: "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms (with white-gloved hands), two legs (with white spats and black shoes), and is wearing a top hat.

The top half of this leaflet reads: "Dear friends and customers, We hope you'll try our new, ready-to-eat deli foods! They're all made with our traditional-style tofu. Each item is tasty, low in calories, and cholesterol free. And of course, they're all packed with high quality protein.

"Every tofu shop deli product you order is custom-made just for you, and delivered fresh to the northcoast cooperative warehouse in Eureka. This means a high quality product for your customers, and a good shelf life for you.

"You can help by keeping these fresh foods well refrigerated (34-37ºf) and observing the pull date on each label. Thank you.

"Happy eating, The Tofu Shop

"P.S. Just a note about our tofu! It's handmade right here in northwestern California, shipped fresh, and our traditional slow-cooking technique gives it a sweet, delicate taste."

On the bottom half are listed (with ingredients and weights, but without prices) soy products made by the company: Tofu: 14 oz. 14 oz package, or 10 lb bulk. Soymilk: Unflavored pints or quarts. Salads (8 oz): Potato-Tofu Salad, Tahini-Tofu Salad, Tofu Egg(less) Salad. Desserts (8-10 oz): Carob-Soy Pudding, Cocoa-Carob Creme Pie, Pina-Colada Creme Pie, Pumpkin-Tofu Pie. Address: 768 18th St., Arcata, California 95521.

4784. **Product Name:** Basic Everyday Tofu Spread.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1980. December.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced

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the TOFU SHOP

768 18th ST. ARCATA, CALIFORNIA 95521

* * * * * * *NEW DELI FOODS FROM THE TOFU SHOP * * * * * * *

DEAR FRIENDS AND CUSTOMERS,

WE HOPE YOU'LL TRY OUR NEW, FRESH, READY-TO-EAT DELI FOODS! THEY'RE ALL MADE WITH OUR OWN TRADITIONAL-STYLE TOFU. EACH ITEM IS TASTY, LOW IN CALORIES, AND CHOLESTEROL FREE. AND OF COURSE, THEY'RE ALL PACKED WITH HIGH QUALITY PROTEIN.

EVERY TOFU SHOP DELI PRODUCT YOU ORDER IS CUSTOM-MADE JUST FOR YOU, AND DELIVERED FRESH TO THE NORTHCOAST COOPERATIVE WAREHOUSE IN EUREKA. THIS MEANS A HIGH QUALITY PRODUCT FOR YOUR CUSTOMERS, AND A GOOD SHELF LIFE FOR YOU.

YOU CAN HELP BY KEEPING THESE FRESH FOODS WELL REFRIGERATED (34-37°f) AND OBSERVING THE PULL DATE ON EACH LABLE. THANK YOU.

HAPPY EATING, THE TOFU SHOP

P.S. JUST A NOTE ABOUT OUR TOFU! IT'S HANDMADE RIGHT HERE IN NORTHERN CALIFORNIA, SHIPPED FRESH, AND OUR TRADITIONAL SLOW-COOKING TECHNIQUE GIVES IT A SWEET, DELICATE TASTE.

TOFU

*14 OZ. PACKAGE. MADE WITH CERTIFIED, ORGANIC SOYBEANS, WATER AND NIGARI (A NATURAL CURDLING AGENT).

*BULK. 10 LB. MINIMUM, PLUS REFUNDABLE BUCKET DEPOSIT.

SOYMILK

*UNFLAVORED, PINT (16 FLUID OZ.)

*UNFLAVORED, QUART (32 FLUID OZ.)

SALADS

*POTATO-TOFU SALAD, 8 OZ., MADE WITH POTATOES, TOFU, CELERY, PARSLEY, TOFU MAYONNAISE AND SEASONINGS.

*TAHINI-TOFU SALAD, 8 OZ., MADE WITH TOFU, CELERY, TAHINI, OLIVES, ONIONS, AND SEASONINGS.

*TOFU EGG(less) SALAD, 8 OZ., MADE WITH TOFU, TOFU MAYONNAISE, GREEN PEPPER, CELERY, ONIONS, PICKLES, MUSTARD AND SEASONINGS.

DESSERTS

*CAROB-SOY PUDDING, 8 OZ., MADE WITH TOFU, CAROB, HONEY, SOYMILK, WALNUTS, COCONUT AND SPICES.

*COCOA-CAROB CREME PIE, 10 OZ., MADE WITH TOFU, HONEY, COCOA, CAROB, VANILLA, AGAR, AND WHOLE WHEAT CRUST. DAIRYLESS.

*PINA-COLADA CREME PIE, 10 OZ., MADE WITH PINEAPPLE, COCONUT, TOFU, HONEY, CORN STARCH, VANILLA, SALT, WHOLE WHEAT CRUST. DAIRYLESS.

*PUMPKIN-TOFU PIE, 10 OZ., MADE WITH TOFU, PUMPKIN, HONEY, BARLEY SYRUP, WALNUTS, CINNAMON, WHOLE WHEAT CRUST. DAIRYLESS.

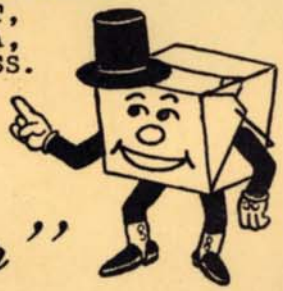

"your local soyfoods producer"

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in 1980. Label #1 of Jan. 1997. "Basic Everyday Tofu Spread." 3 inches diameter. Self adhesive. Dark green on blue. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead. Ingredients: Tofu (filtered water, organic* soybeans, magnesium chloride), organic* canola oil, organic* cider vinegar, lemon juice, salt. * = Grown in accordance with the California Organic Food Act of 1990.

Label #2 of Oct. 2002. "Organic Everyday Tofu Spread." 3½ inches diameter. Self adhesive. Blue and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff near the ocean with a tree arching overhead.

4785. **Product Name:** Tofuburger, and Tofucado Burger.
Manufacturer's Name: Tofu Shop Deli & Grocery.
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1980. December.
Ingredients: Tofuburger: A fresh made tofu-Vegie Patty with Tofu-Mayo, tomato, sprouts, green onion, no-salt seasoning on a whole-grain herb-onion bun.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. Received. 1988, July. Launched 1980, Dec. 3 inch diameter. Self adhesive. Blue, green, and yellow on white. An illustration on the perimeter of a circle of The Tofu Shop shows the ocean, with waves and trees. "An authentic tofuburger."

Note: Matthew says (May 2012) this tofu burger was and always has been baked.

4786. Tofu Shop Deli & Grocery. 1980. Welcome to the Tofu Shop (Sign). 768 18th St., Arcata, CA 95521.
• ***Summary:*** Sign (8½ by 11 inches, in black calligraphy on white) sent by Matthew Schmit 2002 Sept. 24. It was located inside the Tofu Shop. "A blending of the delicatessens of the West with the tofu shops of the Orient. We produce tofu, soymilk and other soyfoods using traditional methods and demonstrate how these versatile foods are adapted to the Western Diet. Try our take-out deli. We use the finest ingredients which are often organic and locally produced. Browse our shelves for specially chosen condiments and grocery items to tastefully enhance your own homecooking with soyfoods. Thank you for you patronage." Address: Arcata, California. Phone: 707-822-7409.

4787. *Annual Directory of Vegetarian Restaurants.* 1980-1983. Serial/periodical. Angwin, California: Daystar Publishing Co. 22 cm.
• ***Summary:*** The first (1980) edition, compiled and edited by Loren Kennett Cronk, contains 283 pages (not illustrated, 22 cm tall). It gives details on nearly 1,000 restaurants in 450 cities in the USA. Subtitle on cover: "Access to prepared health foods over the entire United States."

At the rear of the book are four ads for restaurants: (1) Whole Wheat 'n Wild Berries (New York City). (2) Real Good Karma (San Francisco). (3) Jack LaLanne's Nutrition Center (Los Angeles). (3) The Prophet (San Diego, California).

The book is organized alphabetically by states, and within each state, alphabetically by city. A detailed description of each restaurant is given, including the name, address, phone number, how to get there, days and hours, days and hours, cost of lunch and dinner. Types of meals served: Lacto-ovo-vegetarian, vegetarian, or macrobiotic. Use of organically grown foods, preservatives, and artificial flavors or colors. What alcoholic beverages are served (if any). Number of seats. Whether or not "food to go" (takeout) is available. Type of ownership. Year established. The earliest vegetarian restaurants seem to have been established in the early 1960s.

In San Francisco, the Real Good Karma Natural Foods Restaurant was established in 1964. The Real Food Company Cafe was established in 1976.

Restaurants that list tofu among the items they serve in 1980 include: The Sleeping Lady Cafe (Fairfax, California; tofu stroganoff). Real Food Company Cafe (San Francisco, California; tofu burgers). Taste of Honey Bakery (San Francisco, CA; tofu cheesecake). The Good Shepherd Restaurant (Santa Barbara, CA; tofu specials). Staff of Life Deli (Santa Cruz, California; tofu vegie lasagna). Mandala Cafe (Santa Rosa, California; tofu almondine). The Regular Restaurant (Rochester, New York; tofu mozzarella).

The last issue of this annual periodical was published in 1983. Address: P.O. Box 707, Angwin, California.

4788. **Product Name:** [Soy Flake Number 1].
Foreign Name: Daizu Fureeku No. 1.
Manufacturer's Name: Ajia Protein.
Manufacturer's Address: Main Office: Miyanomori Palace, Miyanomori 4 jo, 11 chome, Chuo-ku, Sapporo-shi, Japan. Phone: (011) 644-1760.
Date of Introduction: 1980.
Ingredients: Whole soybeans.
Wt/Vol., Packaging, Price: 15 or 30 kg (33 or 66 lb).
How Stored: Shelf stable, 10 month shelf life.
New Product–Documentation: Leaflet. 1983. *Daizu Fureeku No. 1: Gyokai no machinozonde ita kakumei-teki genryô desu* [Soy flake Number 1: The revolutionary ingredient that the industry has long been waiting for]. 4 p. Describes whole (non-defatted) soybean flakes that are used to make tofu in Japan. Stored under the proper conditions (in a cool, dry, dark place), they are guaranteed to keep their quality for 10 months. They are packaged in quantities of 15 kg and 30 kg (33 or 66 lb). An annotated flow sheet of the process for using the flakes to make tofu is given.

A table shows that from 30 kg of Soy Flake No. 1, a tofu

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maker can obtain 400 cakes (400 gm each) of regular tofu, compared with only 250 cakes if whole soybeans were used. This implies that the flakes give a 60% higher yield of tofu per unit weight than whole soybeans.

The address of the factory is Aza-Toyoni, Hirô-machi, Hirô-gun, Hokkaido.

Talk with (call from) Art Mio of Morinaga. 1990. March 28. He says that Morinaga has used these flakes to make tofu, and the resulting tofu is more bitter than that made from whole soybeans.

Letter from David Nichols of Nichii Co. of America. Asia Protein Co. was established in 1977 by Mr. Chikaarashi; they started to make soy flakes in 1980.

Note: This is the earliest document seen (July 2011) concerning Nichii Co. and soy.

4789. **Product Name:** American Pride Tofu: Soybean Cake [Firm, or Soft].
Manufacturer's Name: American Pride Whole Foods.
Manufacturer's Address: 208 N. 2nd St., Fairfield, IA 52556. Phone: 515-472-9244.
Date of Introduction: 1980.
Ingredients: Soybeans, water, natural nigari.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Label. 1980, dated. 3.5 by 5 inches. Self adhesive. Blue and red on white. "Soybean cake. High protein. One pound supplies 77% of the Adult Minimum Daily Requirement for complete protein. No cholesterol. Keep refrigerated. No preservatives."

Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name (American Pride), address, and phone number. Owner: Fredrich Shaefer.

Talk with Rick Desmond, partner in American Pride. 1990. Aug. 2. He is now selling his half of the partnership. Alex Green is his partner but Alex does not want to expand the business; he has other interests. Alex was never really into the tofu business. He bought it as an emergency bailout situation for his financial needs. The company was originally set up to supply Maharishi International University, which is out in the middle of nowhere, amidst corn and soybean fields. The university was one of the founders and provided some funding. Originally the tofu was made in the university kitchen, then it became independent with Frederick Schaefer as the first owner. He owned it for 2 years. He sold it to another person who is now in the appliance business in the San Francisco Bay Area. Alex Green came in in 1985. Now the company makes only one product, tofu. Formerly it made Non-Meat Balls, Soft Tofu, Firm Tofu, and maybe soymilk.

Form filled out by Alex Green. 1998. July 28. American Pride Soyfoods, P.O. Box 524, 1603 N. Fourth St., Fairfield, Iowa 52556. Phone: 515-472-4881. Alex Green in Charge. Started making and selling tofu: Fall 1978.

4790. **Product Name:** Deli Items: Tofu Dips, Salads, Okara Orbs, Baked Fu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703.
Date of Introduction: 1980.
New Product–Documentation: James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean.

4791. Continental Soyfoods Inc. [Joy of Soy]. 1980. Discover tofu! (Leaflet, with recipes). Minneapolis, Minnesota. 1 p.
• ***Summary:*** Contains 9 recipes and 6 preparatory techniques. Note new company name. Address: 510 Kasota Ave. S.E., Minneapolis, Minnesota 55414.

4792. **Product Name:** Honorable Tofu [Dri-Pak (Packed Without Water), or Water Pack].
Manufacturer's Name: Garden of Eatin' (Marketer/Distributor).
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1980.
Ingredients: Dr-Pak: Organically grown soybeans, water, nigari bitterns (derived from seawater).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Invoice/Catalog. 1981. April. Leaflet. The world's first dry-packed tofu, sold pasteurized in tofu tubs that contain no water. 16 oz. retails for $1.29. Label. 1981. 4.75 by 4 inches. Plastic film. Blue red and black on clear film. "Tofu never had it so good! The Wizard's guarantee." That the soybeans are organically grown, and no artificial ingredients or preservatives are used. Illustration of Japanese lady in Edo period kimono.

4793. **Product Name:** Tofu "No Cheese" Cake (Dairyless Cheesecake).
Manufacturer's Name: Garden of Eatin'.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1980.
Ingredients: Tofu, honey, almonds, vanilla, agar, almond extract.
Wt/Vol., Packaging, Price: 3.5 oz.
New Product–Documentation: Article and photo in Soyfoods. 1981. Summer. p. 44-45. "No dairy products. No eggs. No oil."

4794. **Product Name:** Eggless Tofu Salad.
Manufacturer's Name: Grateful Sandwiches.
Manufacturer's Address: 2859 Colorado Blvd., Denver, Colorado.

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Date of Introduction: 1980.
Ingredients: White Wave tofu, tomatoes, sprouts, eggless soy mayonnaise, sunflower seeds, celery, pickles, herbs, spices, and love on rye bread.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 3.25 by 3 inches. Paper. Black on brown. Shurtleff & Aoyagi. 1980. List of Soyfoods Products.

4795. Hinode Tofu Company. 1980. Hinode Tofu. Natural soy protein (Leaflet). Los Angeles, California. 1 p.
• ***Summary:*** This color leaflet describes 6 tofu types with 8 recipes. Address: 526 Stanford Ave., Los Angeles, California 90013.

4796. Island Spring, Inc. 1980. 5 things to do with Island Spring Tofu (Leaflet, with recipes). Vashon, Washington. 1 p.
• ***Summary:*** Five recipes, one with chicken. Address: P.O. Box 747, Vashon, Washington 98070.

4797. **Product Name:** Island Spring Soymilk (Flavored) [Raspberry, Orange, Vanilla, Coffee].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1980.
Ingredients: Raspberry: Soy milk with mixed fruit concentrate and raspberry concentrate.
Wt/Vol., Packaging, Price: 8 fluid oz (236 ml) plastic jar.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1980. 5.5 by 1.75 inches. Self adhesive. Raspberry is black and white on raspberry. Orange flavor is black and white on orange. "100% Non-Dairy. No sugar. No preservatives." Talk with Luke Lukoskie. 1987. Oct. 19. Island Spring Inc. Fact Sheet and Price List. 1988. This product is still being sold. Now called "Soymilk" and sold 16 quarts or 9 half gallons to the case. Form filled out by Yvonne Kuperberg. 1988. Oct. 1. Gives flavors. Not currently produced.

4798. **Product Name:** Tofuna Salad.
Manufacturer's Name: Lecanto Tofu.
Manufacturer's Address: P.O. Box 444, Lecanto, FL 32661.
Date of Introduction: 1980.
New Product–Documentation: Talk with Marvel Huffman. 1988. May 17. She learned how to make this at one of the annual soyfood conferences.

4799. **Product Name:** Local Tofu.
Manufacturer's Name: Local Tofu.
Manufacturer's Address: R.R. #1, Box 404, Stony Point, NY 10980. Phone: 914-429-2292.
Date of Introduction: 1980.
Ingredients: Water, nigari, Terra Alba.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Address listed as R.R. #1, Box 404, Stony Point, NY 10980. Talk with Sam Weinreb. 1987. Dec. 29. Company started in 1979-80. He now makes 1,800 lb/week of tofu. Label. 1987. 3 by 1.6 inches. Red or blue on white. Made in West Nyack, NY 10994.

Talk with Sam Weinreb when he visited Soyfoods Center. 1989. Aug. 17. Sam got interested after he bought *The Book of Tofu* at a bookstore in Los Angeles. He took a plane back to Gate Hill, the artist colony where he lived in Stony Point, New York and proposed to the Gate Hill Co-op that he supply them with tofu. They liked the idea so he set up a small tofu shop in the kitchen of a dome he had built himself at R.R. #1, Stony Point (now 540 Gate Hill Rd.), NY. There he made tofu two mornings a week. Occasionally others came in to help but it never became the co-operative effort involving many people as Sam had hoped. His main outlets were the Gate Hill Co-op, a local health food store in Sloatsburg, and various food co-ops in the county. After a year and a half, two problems arose: He was using so much of the community's water that there was not enough left for anyone to take a shower. He didn't know how to compost the okara and on some hot days, when the wind blew a certain direction, it gave off an objectionable smell. Because of these problems he was urged to move the shop from his home to a rented building 10 minutes drive away at 26 Main St., Haverstraw, NY 10927. In Nov. 1984 Sam moved his shop from Haverstraw to its present location at 307 Route 59, West Nyack, NY 10994.

Sam is now trying to sell his tofu shop. He is burned out and feels it is time for another career (his fifth). Crystal Run, a local group interested in ecology and natural farming and part of the Lakeside community, is showing a strong interest. They would move his soy dairy to their community in Spring Valley. The Ananda community in New York is also interested.

Call from Sam Weinreb. 1997. Sept. 30. He was forced out of his tofu shop at 307 Route 59 in West Nyack, New York, when a huge mall opened across the street. His landlord thought he could now earn more rent. So on Labor Day (end of August) 1997 Sam moved into a new shop at 203 Main St., Nyack, New York 10960. Phone number is the same. He had been at the previous address for 12 years. His present building is one-third smaller than the previous one. But now he is in a community, on Main Street, and he would like to do more retail business, with a deli, fresh take-out foods, etc.

4800. **Product Name:** Tofu (Made with Seawater).

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Manufacturer's Name: Lotus Food Products.
Manufacturer's Address: Km. 6 Superhighway, Buhangin, Davao City 8000, Mindanao, Philippines. Phone: 241-0278.
Date of Introduction: 1980.
Ingredients: Soybeans, water, seawater.
New Product–Documentation: Talk with Andrew Rawlings. 1994. Nov. 1. This organization is a training center for Americans run by Ananda Marga, established by Shrii Shrii Anandamurti. Andrew is in the process of becoming a missionary in the organization, whose motto is "Self Realization & Social Service" (Namaskar). They have been making tofu for at least 5-6 years and selling it unpackaged in bulk to local people in the area and at their own health food store in Davao. The tofu maker in the community is a Filipino, who makes at least 5 lb/day each morning during meditation. It is the most delicious tofu he has ever tasted. He hopes to buy a tofu making machine in Taiwan for under $2,000.

Letter from Andrew Rawlings. 1994. Nov. 22. He reached Davo a week ago after spending 6 days in Taipei at the Ananda Marga center there. In Taipei he bought a new soybean grinder for US$200 and carried it with him on the plane to Davao. "To my surprise the fellow here has been making tofu for Ananda Marga for 14 years here. Now he is making about 15 kg/day. The name of this shop in Lotus Food Products, not Baba's Foundation as I told you before... Our people here are jubilant about all the useful info contained in your book *Tofu & Soymilk Production."*

4801. **Product Name:** Tofu.
Manufacturer's Name: Mainely Tofu.
Manufacturer's Address: Starks, Maine.
Date of Introduction: 1980.
Ingredients: Soybeans, nigari.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1980, undated. 2.5 inches square. Self adhesive. Red on white.

4802. **Product Name:** Bottled Soymilk.
Manufacturer's Name: Matsuda-Hinode Tofu Co.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1980.
Wt/Vol., Packaging, Price: Bottle.
New Product–Documentation: Soya Bluebook. 1980. p. 50.

4803. **Product Name:** Dry Tofu Burger Mix.
Manufacturer's Name: Maya.
Manufacturer's Address: Ann Arbor, Michigan.
Date of Introduction: 1980.
New Product–Documentation: Shurtleff & Aoyagi. 1980. List of Soyfoods Products. To be blended with fresh tofu to make burgers.

4804. Nasoya Foods. 1980. Summer recipes. Nasoya tofu. A natural soy protein food (Leaflet). Leominster, Massachusetts. 2 panels each side. Each panel: 22 x 14 cm. Undated.
• ***Summary:*** Contains 15 American-style tofu recipes. Address: Leominster, Massachusetts.

4805. Natural Recipes. 1980. Getting to know tofu. Recipes & info (Leaflet). Boston, Massachusetts. 1 p.
• ***Summary:*** This "pamphlet" contains 8 American-style recipes. Any company can have its name and logo printed on the "Getting to know tofu" pamphlet, at the top of the front panel. We have one from Garden of Eatin'.

Note: At about this time, Natural Recipes had the following recipe pads that featured tofu: Creamy tofu dips/dressings. Spicy fried tofu. Sweet & Sour tofu & veggies. Tofu cheesecake. Tofu cutlets parmigiana. Tofu egg-less salad. Tofuburgers. What to do with tofu. They also had the following recipe pads that used tofu as one ingredient, but not the main ingredient: Applesauce cake (icing). Marinated veggies. Old world noodle pudding (dairyless "new world" variation). Peking fried rice. Tokyo fried noodles. Prices: 24-45 pads: $0.88/pad. 50-145 pads: $0.80/pad. 150+ pads: $0.70/pad. One can also order display boards and foam mounting tape for pads. Address: Boston, Massachusetts 02130.

4806. **Product Name:** Nature's Finest Tofu: Natural Soybean Curd.
Manufacturer's Name: Nature's Finest (Distributor).
Manufacturer's Address: Gardena, CA 90249.
Date of Introduction: 1980.
Ingredients: Selected soybeans, water, soybean oil and food grade lime.
Wt/Vol., Packaging, Price: 11 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1980, undated. 5 by 4.25 inches. Plastic film. Orange and yellow on clear film. "Natural soybean curd." Four serving suggestions on front panel.

4807. New England Soy Dairy Inc. 1980. Soydairy Tofu recipes (Leaflet, 4 sets: Basic, easy recipes, Oriental recipes, main dishes). Greenfield, Massachusetts.
• ***Summary:*** Contain respectively 9, 5, and 5 American-style tofu recipes. Address: 305 Wells St., Greenfield, Massachusetts 01301.

4808. **Product Name:** Soyboy Tofu (Bulk).
Manufacturer's Name: Northern Soy.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213.

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Date of Introduction: 1980.
Ingredients: Water, organically grown soybeans, natural nigari.
Wt/Vol., Packaging, Price: 25 pound bucket, approximately fifty 8-ounce pieces.
How Stored: Refrigerated, 21 day shelf life.
New Product–Documentation: Label. 1980, undated. 4.5 by 7 inches. Black on yellow. "Keep refrigerated. Change water daily. 25 pounds. _____ pieces." Illustration of a laughing boy in a circle surrounded by soybeans.

Talk with Andy Schecter. 1991. Feb. 5. Northern Soy began using natural calcium chloride as a coagulant in about Sept. 1983. The first tofu product they coagulated with this natural calcium chloride was their Soyboy bulk tofu, which had formerly been coagulated with natural nigari. As far as Andy knows, no other tofu manufacturers in America are coagulating their tofu with natural calcium chloride, which is made by pumping water underground and bring up a solution of several minerals, then crystallizing out the calcium chloride. The company moved to 30 Somerton St. in the summer of 1979.

4809. **Product Name:** Tofu.
Manufacturer's Name: Northland Soy Products.
Manufacturer's Address: 5650 Old Seward Hwy., Unit J, Anchorage, AK 99502. Phone: 907-349-4235.
Date of Introduction: 1980.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center. 1980. Sept. Tofu shops and soy dairies in the West (2 pages, typeset). Gives the company's name, address, and phone number. Owner: Bernie Soupanavong.

Times (Anchorage, Alaska). 1986. Oct. 9. "Small Business Administration lauds Northland Soy owner." Fuerst. 1987. Alaska Business Monthly. p. 16-17. "Bernie and the Beanstalk." Note: This is the earliest document seen (March 2011) that mentions tofu in Alaska. This is the earliest known commercial soy product made in Alaska.

4810. **Product Name:** Tofu (Chinese Style).
Manufacturer's Name: Oryana Soy Shop.
Manufacturer's Address: c/o Oryana Food Co-op., 601 Randolph, Traverse City, MI 49684. Phone: 616-947-0191.
Date of Introduction: 1980.
New Product–Documentation: Letter and form filled out by Tom Tofu (Tom Slater). 1988. June 12. He has been making tofu for 5 years and tempeh for 2½ years. "The work is wonderful and personally satisfying." Tom and Deb Trowbridge are in charge. Talk with Tom Slater. 1988. Sept. 7. The company started making tofu in about 1980, as part of the Oryana Food Co-op, Inc. The first tofu makers were Pam Faye Clingdale and Kathy Vargas. Michael Williams was the store's general manager. Today Oryana Soy Shop makes 250-300 lb/week of tofu, and that is increasing. They are located at 16591 Cherry Bend Rd. Phone 616-941-0254.

Talk with Mary Blocksma of Beaver Island, Michigan. 1995. Oct. 4. She just visited the Oryana Food Co-op, a health food store in Traverse City, Michigan. They have a kitchen where they make tofu and tempeh at a separate location (601 Randolph, Traverse City). Eric Bartell is in charge there; call him at 616-941-0254.

4811. Quong Hop & Co. 1980. Quong Hop. Quality soy foods since 1906. Now vacuum packed. Recipes inside (Leaflet). South San Francisco, California. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Contains 6 recipes, one for each of their products, with a color photo of each. The products are Soy Milk, Savory Baked Tofu, New Leaf Tofu Burgers, Fresh Tofu, Deep-Fried Tofu Cutlets, and New Leaf Tofu Dressing.

The top half of one panel shows an old black-and-white photo of two men standing in a Chinese food store, surrounded by wooden, boxes, sacks, and shelves. Plainly visible on the back wall is a wooden plaque with two large gold letters bearing the company name. [Note: In a 1986 leaflet from Quong Hop & Co. we are told that this photo was of "The Family Store, 1911"]. The Chinese characters for "Quong Hop" appear on the back wall. The text reads: "The traditional soy foods of China have been our family's business for three generations. Since 1906, when our doors opened in San Francisco's Chinese settlement, we have maintained a firm commitment to quality in every product we manufacture. In 1976, we were the first company to pioneer a return to the use of traditional, time-proven methods and completely natural ingredients in the commercial

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manufacturing of fresh tofu and soy milk. Today, our organic Nigari tofu is widely regarded as the finest made. To further develop the expanding soy foods marketplace, we are now offering a complete line of vacuum-packed soy products. Our historical commitment to quality and, more recently, to the adaptation of soy foods to the American marketplace, have placed us at the forefront of the 'Soy Foods Revolution'. We offer a growing line of soy products based on Western Recipes, including Tofu, Burgers, Creamy Tofu Dressing, and soon Tofu Salad and other items." Address: 161 Beacon St., South San Francisco, California 94080.

4812. **Product Name:** Teriyaki Tofu.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1980.
New Product–Documentation: Shurtleff & Aoyagi. 1980. List of soyfoods products.

Note: This is the world's earliest known Teriyaki Tofu (or Tofu Teriyaki). Interesting that it was developed by a Chinese company in California.

4813. **Product Name:** Tofu Cutlets Marinara.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1980.
Ingredients: Tofu cutlets (organic tofu, whole wheat flour, wheat germ, soy milk, safflower oil), tomato sauce (water, tomato paste, onion, spices, salt), cheese.
Wt/Vol., Packaging, Price: 10.5 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1981. 3 by 2 inches. Self adhesive. Red and brown on white. Shurtleff & Aoyagi. "From the Soy Deli. New Leaf Quality Soyfoods." 1980. List of soyfoods products. Frozen entree. Talk with Ben Lee. 1988. Sept. 30. Introduced in 1980. Frozen.

4814. **Product Name:** Tofu Eggplant Marinara.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1980.
Ingredients: Organic tofu, eggplant, breading (whole wheat flour, wheat germ, soymilk), safflower oil, tomato sauce (water, tomato paste, spices, salt), cheese.
Wt/Vol., Packaging, Price: 10.5 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1980. 3 by 2 inches. Self adhesive. Red and orange on white. "From the Soy Deli." Baking instructions. Shurtleff & Aoyagi. 1980. List of soyfoods products. Frozen entree. Ad in Whole Foods. 1981. Sept. Talk with Ben Lee. 1988. Sept. 30. Introduced in 1980.

4815. **Product Name:** Tofu Quiche.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1980.
Ingredients: Filling: Organic tofu (water, organic soybeans, magnesium chloride-nigari) Gruyere cheese, zucchini, mushrooms, scallions, wheat germ, salt, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Frozen.

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New Product–Documentation: Label. 1981. 3 by 2 inches. Self adhesive. Maroon, brown and yellow on white. Wheat, pitcher, cheese, scallions and mushrooms illustrated on label. Shurtleff & Aoyagi. 1980. List of soyfoods products. Frozen entree. Ad in Whole Foods. 1981. Sept. Soya Bluebook. 1982. p. 78. "New Leaf Tofu Quiche." Talk with Ben Lee of Quong Hop & Co. 1988. Sept. 30. Introduced in 1980.

4816. **Product Name:** Tofu Cutlets Cacciatore.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1980.
Ingredients: Tofu (water, organic soybean, magnesium chloride-nigari), tomato sauce (water, tomato paste, onions, spices), onions, bell peppers, mushrooms, wine, spices, salt.
Wt/Vol., Packaging, Price: 10.5 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1981. 3 by 2 inches. Self adhesive. Red and green on white. "From the Soy Deli. New Leaf Quality Soyfoods." Shurtleff & Aoyagi. 1980. List of soyfoods products. Frozen entree. Ad in Whole Foods. 1981. Sept. Talk with Ben Lee. 1988. Sept. 30. Introduced in 1980.

4817. Slamet, Dewi Sabita; Tarwotjo, Ignatius. 1980. Komposisi zat gizi makanan Indonesia [The nutritional composition of Indonesian foods]. *Penelitian Gizi dan Makanan* (*Research on Food and Nutrition*) 4:21-36. [4 ref. Ind]

4818. **Product Name:** Tofu Salad.
Manufacturer's Name: Solar Winds.
Manufacturer's Address: Ojai, California.
Date of Introduction: 1980.
Ingredients: Tofu, fresh mixed vegetables, miso, safflower oil, vinegar, natural herbs & spices.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 3 by 2 inch oval. Self adhesive. Yellow, brown on orange. Shurtleff & Aoyagi. 1980. List of soyfoods products.

4819. **Product Name:** Tempeh of the Sea (Containing Sea Vegetables).
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1980.
Ingredients: Organic soybeans, arame, hiziki [hijiki], dulse, nori, kelp, vinegar, rhizopus oligosporus culture.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Frozen.
New Product–Documentation: Rectangular Label in Soy Plant scrapbook. 1980. 4½ by 4 inches. Black on white. An oval illustration in the center shows plants growing by the sea shore.

Shurtleff & Aoyagi. 1985. History of Tempeh. p. 56. Sliced, this tempeh "resembled fish sticks."

4820. **Product Name:** SoyAmaze (Soy Mayonnaise).
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: 313-663-0500.
Date of Introduction: 1980.
Ingredients: Soymilk, safflower oil, sesame oil, cider vinegar, honey, salt.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Label in Soy Plant scrapbook from about 1980. 4½ by 3 inches. Black on white. 16 oz. "Serving suggestions; Use in cold salads, on sandwiches. Add spices, or chives, serve on baked potatoes, rice & vegetables, or tofu filets... (Separation may occur, stir before using)." This product was sold in plastic tubs, unpasteurized, like a fresh dressing.

4821. **Product Name:** Soysage [Mild, or Spicy].
Manufacturer's Name: Spring Creek Soy Dairy.
Manufacturer's Address: 136 Main St., Spencer, WV 25276. Phone: 304-927-1815.
Date of Introduction: 1980.
Ingredients: Okara (soy pulp), whole wheat flour, nutritional yeast, water, salt, caraway, mustard, sage, onion powder, garlic powder, cayenne.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Two labels. 1981. 3 inch diameter. Mild is red ink on white. Spicy is red ink on yellow.

Leaflet (8½ by 11 inch, single sided, brown and green on beige) sent by Richard Rose from Natural Products Expo East. 1989. Sept. "Soysage. 100% organic wheat and soy. ach package contains six patties... Spring Creek is worker owned."

4822. **Product Name:** Tofu Onion Dip, and Creamy Tofu Dressing [Thousand Island].
Manufacturer's Name: Summercorn Foods Inc.
Manufacturer's Address: 401 Watson, Fayetteville, AR 72701. Phone: 501-521-9338.
Date of Introduction: 1980.
Ingredients: Dip: Tofu, safflower oil, vinegar, onion, tamari, garlic.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label for Dip. 1981. 2.5 inch diameter. Self adhesive. Blue on white. "Low

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cholesterol. Low calorie." Talk with David Druding. 1988. May 18. They made this while they were still in the Community Cannery.

4823. **Product Name:** Carob Pudding (With Tofu).
Manufacturer's Name: Summercorn Foods Inc.
Manufacturer's Address: 401 Watson, Fayetteville, AR 72701. Phone: 501-521-9338.
Date of Introduction: 1980.
Ingredients: Tofu, honey, carob powder.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1980. 2.5 inch diameter. Self adhesive. Black on white. "Low cholesterol." Talk with David Druding. 1988. May 18. They made this in a 40-liter VCM that they bought from The Farm in Tennessee while they were still in the Community Cannery.

4824. **Product Name:** [Dried Flavored Tofu].
Foreign Name: Tofu Saveur Sec (Wu Hsiang Doufu Kan).
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: 604-254-0701.
Date of Introduction: 1980.
Ingredients: Water, extract of soy, water, salt, calcium sulphate, soy sauce, egg color, monosodium glutamate, spices.
Wt/Vol., Packaging, Price: 250 gm (8.8 oz).
How Stored: Refrigerated.

New Product–Documentation: Label. 1987. 5 x 2 inches. Red on white. Form filled out by Peter Joe. 1988. May 20. Gives date. The term "dried" in the product name means that the tofu is pressed until it is very firm. It does not undergo a drying process.

4825. **Product Name:** Tempeh.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: 1111 N.W. 22nd., Miami, FL 33127. Phone: 305-324-8910.
Date of Introduction: 1980.
New Product–Documentation: Soyfoods Center. 1982. Jan. Tempeh Shops in the West. Unpublished computer printout. Soyfoods Center Computerized Mailing List. 1982. July 23. Owner: Dick McIntyre. Phone: 305-324-8910.

4826. **Product Name:** Tree of Life Organic Tofu.
Manufacturer's Name: Tree of Life, Inc. (Distributor).
Manufacturer's Address: St. Augustine, FL 32084.
Date of Introduction: 1980.
Ingredients: Purified water, organically grown soy beans, natural nigari (an extract of sea water).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, undated. 5.5 by 5 inches. Plastic film. Dark green, cream, and white on film. "We appreciate your confidence in choosing this Tree of Life product. To ensure your satisfaction, we have made certain it contains the freshest, most natural ingredients available. Each Tree of Life product states clearly on the label what is inside and we know because we put it there." As of 1987, this tofu is made by Swan Gardens in Georgia. Talk with Donna Detoro at Tree of Life. 1988. Sept. 23. This product was introduced in April 1980. By 1988 they were selling 6,000 to 8,000 units/week.

4827. **Product Name:** [Tofu, and Soymilk].
Manufacturer's Name: Unimave Tofu.
Manufacturer's Address: Rua Mouzinho da Silveira 25, 1200 Lisboa, Portugal.
Date of Introduction: 1980.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. "In Portugal some macrobiotic centres are busy in promoting soyfoods as part of the macrobiotic diet. They produce tofu and soymilk on a small scale. This macrobiotic centre is very active and did have a lot of success and publications. A friend who studied at Manna for a while, José Parracho is planning to make tempeh and tofu in Portugal. The business will be Quinta da Portugesa in Setubal."

Letter from Miguel de Abreu in Belgium. 1989. Oct. 2. His profession is a natural foods, macrobiotic, vegetarian cook. He began in April 1978, when he started cooking at Unimave, a vegetarian macrobiotic cooperative in Lisbon, Portugal. "Around 1980 we started making tofu and soymilk at Unimave on a community scale... Today I am living in [Oostduinkerke] Belgium with my wife and we would like to start making tofu" and tofu products.

Note: This is the earliest known commercial soy product made in Portugal.

4828. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Unknown.
Manufacturer's Address: Guadalajara, Jalisco, Mexico.
Date of Introduction: 1980.
New Product–Documentation: Letter from Nicole Black. 1988. Oct. 24. "I knew of a tofu shop in Guadalajara that started about 8 years ago but only lasted for 2-3 years."

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4829. White Wave. 1980. White Wave tofu recipes (Leaflet, two sets). Boulder, Colorado. 1 p.
• ***Summary:*** Each sheet, printed front and back, 8.5 by 5.5 inches, contains about 6 recipes. A reddish brown on white set includes recipes for Tofu Spaghetti Balls, Tofu Salad, and Tofu Lasagne. A blue on white set includes recipes for Tofu "Cheese" Cake, Scrambled Tofu, and Tofu "Steaks." Address: 3869 Walnut St., Boulder, Colorado 80301.

4830. *WIC Bibliography Series.* 1980. Food for baby's first year. W-159. 1 sheet. [Eng; Lao; Vie; Khm]*
• ***Summary:*** A table, arranged by age, illustrates when and how to add new foods to baby's diet. Cereal is introduced at 6 months; vegetables, fruit and tofu at 7 months. Published in English, Laotian, Vietnamese, and Khmer (Cambodian). Available from: St. Paul-Ramsey County Nutrition Program, 555 Cedar St., St. Paul, Minnesota 55101. Address: Beltsville, Maryland.

4831. Wildwuchs. 1980. Herzlich willkommen: Wildwuchs im Werkhaus [Welcome to Cafe-Wildwuchs in the Werkhaus (Poster)]. Leonrodstr. 19, 8 Munich, West Germany. 2 p. [Ger]
• ***Summary:*** Run by Alexander Nabben, this is a completely vegetarian, organic, smoke-free cafe, restaurant, and club that serves 3 warm meals a day, bakes bread and cakes, and produces various soyfoods (*soja-produkte*), including soymilk yogurt, tofu (*Soja Käse*), soy-based mayonnaise, soy coffee, etc. Address: Munich, West Germany. Phone: 16 04 74.

4832. Andersen, Juel; Andersen, Sigrid. 1980. The tofu primer: A beginner's book of bean cake cookery. Berkeley, California: Creative Arts Communications. 41 p. Illust. Index. 23 cm.
• ***Summary:*** Contents: Frontispiece. Introducing tofu. Recipes: A to S. Tofu–How to make it. Recipes: U to Z. Note: The text is written by hand. Address: California.

4833. Bloodroot Collective; Beaven, Betsey; Giordano, Noel; Miriam, Selma; Shea, Pat. eds. 1980. The political palate: A feminist vegetarian cookbook. Sanguinaria Publishing, 85 Ferris St., Bridgeport, CT 06605. xxiii + 325 p. Illust. Index. 23 cm. [39 ref]
• ***Summary:*** This feminist collective and restaurant is named Bloodroot for an eastern woodland wildflower, *Sanguinaria canadensis.* They "found something symbolic in its slow spreading rhizomatous root system and the way each piece of root throws up its own grey-green leaf furled protectively around the eight-petaled white flower. Any part of the root, stem, or leaf 'bleeds' a red juice." The cookbook is largely vegetarian (though 8 recipes which use fish are included), seasonal, and ethnic/regional. The introduction praises the books on tofu, tempeh, and miso written by Shurtleff and Aoyagi as "truly political books." Their favorite vegetarian cookbook is Julie Jordan's *Wings of Life* (Crossing Press). The book is interspersed with feminist quotations and has a separate lengthy feminist bibliography.

Soy-related recipes include: Harvest vegetable platter with miso gravy (p. 17-19). Winter miso soup (with soybeans, p. 80-81). Kasha platter (with miso gravy, p. 91-92). Indonesian tempeh dinner (p. 96-97). Urab: Indonesian steamed vegetable salad (with tofu, p. 98). Sea vegetable salad (with tofu dressing and wakame, p. 134-35). Grilled Ma-Po tofu and rice (p. 169-70). Hot and sour soup with wild daylily buds (and tofu, p. 188-89). Snow pea salad with tofu sauce (p. 196). Omelet grandmere (with miso gravy, p. 280-82). Address: Bridgeport, Connecticut.

4834. Calkins, Fern; Register, U.D.; Sonnenberg, Lydia. 1980. It's your world vegetarian cookbook. Enlarged, 2nd ed. Washington, DC: Review and Herald Publishing Association. 304 p. Illust. Index. 24 cm. Sponsored by Dept. of Nutrition, School of Health, Loma Linda University, and Southern California Conference of Seventh Day Adventists.
• ***Summary:*** It's Your World" is a television series hosted by Art Linkletter and sponsored by the Seventh-day Adventist Church in Glendale, California. The original edition was published in 1973. Contains a number of quotations on diet and health by Ellen G. White.

Soy-related recipes include: Catalina cutlets (with cooked soybeans, p. 13). Florentine fritters (with soybeans, p. 18). Frontier fritters (with soybeans, p. 21). Saucy soy sizzlers (with soybeans, p. 23). Hawaiian chestnut balls (with tofu, p. 24). Tofuburgers (p. 24). Tasty tofu timbales (p. 25). Millet gourmet casserole (with soybeans, p. 34). Tender soya broccoli (with FriChik and Soyannaise, p. 40). Savory baked beans (p. 45). Baked soybeans Americana (p. 48). Beans 'n' apples (p. 50). Soybeans Hawaiian (p. 54). Mandarin garden soys (using Loma Linda Green Soybeans, p. 60). Celebrated red rice (with adzuki beans, p. 63). Oriental tofu (p. 69). Stir-fry vegetables with tofu. Luncheon tofu (p. 70). Tofu dippers (p. 71). Pepper-olive tofu (p. 78). Emperor's feast (with tofu, p. 78). Tofu "steak" (p. 79). Tofu scramble (p. 88). Quick 'n' easy tofu (p. 89). Crispy tofu sticks (p. 89). "Cheesy" spread (with tofu, p. 96). Soybean soup a la Creole (p. 106). Tokyo special (with tofu, p. 111). Tofu salad (p. 130). Tofu stuffing (p. 132). Garlic-dill dressing (with tofu, p. 145). Tofu sour crème topping (p. 151). Garden vegetable dip, or Confetti dip (with tofu, p. 152). Whole-wheat bread (with tofu, p. 174). Wabash fried mush (with soy beans and soy flour, p. 182). Tofu "jerky" (p. 200). Roasted soy smacks (dry-roasted, seasoned soynuts, p. 201).

Pages 42-43 contain a cooking guide for dry beans, peas, and lentils. Adzuki (or Chinese red) beans are included. Concerning soybeans: "It is better to soak soybeans longer than other beans–2 or 3 hours or overnight. Soaked

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beans in small quantities may be frozen in containers as a convenience. Thaw before cooking or drop frozen into boiling water. 2/3 teaspoon of salt is enough for each cup of dry soybeans, or use 1 tablespoon chicken-like seasoning and ¼ to ½ teaspoon salt. When pressure cooking 1 cup soybeans, use 2 cups water; 1 teaspoon of oil may be added to keep from foaming; at the end of cooking time cool immediately under cold running water. Soybeans have a more nutty flavor and are more tender when they are served immediately after cooking."

Many recipes also called for commercial branded soy-based products made mostly by Loma Linda Foods or Worthington Foods. Pages 273-75 give a list of "Vegetable Protein Alternates (Analogs)." Those made by Loma Linda Foods or Worthington Foods are so marked. Details on tofu are given on pages 24, 69, 79, 275, and 298. Address: 1. B.A.; 2. PhD, RD, Chairman, Dep. of Nutrition; 3. M.A., R.D., Assoc. Prof., Dep. of Nutrition. All: School of Health, Loma Linda Univ., Loma Linda, California.

4835. Carter, O.G.; Skurray, G.R.; Cunich, J.; Honey, S. 1980. Quality assessment of Australian soybean varieties for the production of Japanese foods (Abstract). In: F.T. Corbin, ed. 1980. World Soybean Research Conference II: Abstracts. Boulder, Colorado: Westview Press. 124 p. See p. 35.
• ***Summary:*** Japan imports 3,600,000 tonnes (metric tons) of soybeans each year for use as food and crushing. Previous studies have shown that the ratio of 7S to 11S proteins and the ratio of phosphorus to nitrogen are important in determining the texture of tofu. However this study shows that these ratios are not as important as the amount of calcium sulfate used as a tofu coagulant. Variation in the first two ratios could be counteracted by changing the amount of calcium sulfate used. Address: Hawkesbury Agricultural College, Richmond, NSW 2753, Australia.

4836. Chan-Yap, Gloria. 1980. Hokkien Chinese borrowings in Tagalog. Canberra, Australia: Dept. of Linguistics, School of Pacific Studies, Australian National University. viii + 155 + 10 p. Illust. 25 cm. Series: Monograph Publication of Philippine Linguistics, Series B. No. 71/ *
• ***Summary:*** Page 94 states "... preparation of food such as spices, seasoning and other food preservatives. Examples are angkak "red-coloured grains of rice used as colouring for food."

However in the actual word list, angkak is described as being made from red leaves, which is incorrect.

The Tagalog word *utaw* meaning soybean (or perhaps black soybean) is derived from the Hokkien word *otau* (black + bean).

The Tagalog word *togu* meaning bean sprouts (often soybean sprouts) is derived from the Hokkien word *tauge* (bean + sprout).

The Tagalog word *taho* meaning tofu is derived from the Hokkien word *tauhu* (bean + curd).

The Tagalog word *tahure* meaning fermented salted soybean curd / tofu is derived from the Hokkien word *tauhu* (bean + curd).

The Tagalog word *tawsi* meaning fermented black soybeans is derived from the Hokkien word *tausi* (bean + preserved).

The Tagalog word *tokwa / tokuwa* meaning pressed tofu is derived from the Hokkien word *taukua* (bean + dried).

The Tagalog word *toyo* meaning soy sauce is derived from the Hokkien word *tauiu* (bean + oil).

4837. Chen, Steve; Wang, E. 1980. Huang-dou shu-pin [Soy foods]. Taipei, Taiwan: American Soybean Assoc. 248 p. Illust. 19 cm. [Chi]
• ***Summary:*** On the cover is written: "In celebration for the 10th anniversary of ASA/Taiwan. American Soybean Association. China Nutrition Society. China Institute of Food Science Technology. China Food Health, Nutrition Research Foundation." Contains many photos and graphs. Address: American Soybean Assoc.

4838. Cherniske, Stephen Snehan. 1980. Tofu: Everybody's guide. East Woodstock, Connecticut: Mother's Inn Center for Creative Living. v + 90 p. Foreword by Sandra McLanahan, M.D. Illust. Index. 22 cm.
• ***Summary:*** Contents: Foreword. Introduction. Tofu: A 2000 year old "discovery." Useful tools. First steps. Easy does it. Condiments and complements. Recipes: Breakfast, spreads & dips, sauces, salad dressings, sandwiches, main courses, desserts. Address: East Woodstock, Connecticut.

4839. Corbin, Frederick T. ed. 1980. World Soybean Research Conference II: Abstracts. Boulder, Colorado: Westview Press. 124 p. Conference held 26-29 March 1979 at North Carolina State Univ. Author index. 24 cm.
• ***Summary:*** The World Soybean Research Conference II was held on 26-29 March 1979 at North Carolina State University. This volume contains summaries of the more than 200 papers, both invited and contributed, presented at that meeting. The full proceedings contains 74 of the invited papers in full.

Contents: Keynote addresses. Mineral nutrition. Engineering. Nitrogen fixation. Entomology. Utilization. Breeding. Physiology. Production. Protein and oil. Plant pathology. Modeling soybean systems. Regional. Agribusiness. Marketing, transport and storage. Weed control. Research techniques. Addendum. Address: Prof. of Crop Science; North Carolina State Univ., Raleigh.

4840. Das, Swami Harihar; Ito, Dee. 1980. The healthy body handbook: A basic guide to diet and nutrition, yoga for health, and natural cures. New York, NY: Harper & Row. ix + 113 p. Illust. No index. 23 cm. [13 ref]

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• ***Summary:*** About vegetarianism, vegetarian menus and recipes, hatha yoga, and naturopathy. Soy-related recipes include: Russian vegetable pie with spiced yogurt (with soy butter, p. 32). Fresh bean curd with ginger and scallions (p. 34).

4841. Doi, Tadao; Takeshi, Morita; Chonan, Minoru. 1980. Hôyaku Nippo jisho [Vocabulary of the language of Japan]. Tokyo: Iwanami Shoten. xxxiv + 862 p. 27 cm. [Jap; Por]
• ***Summary:*** This is a Japanese-language translation of the original 1603 edition, *Vocabulario da Lingua de Iapam,* the second earliest dictionary of the Japanese language compiled by Europeans. Soy-related terms in this dictionary, which are translated from the original hard-to-read Portuguese into modern Japanese, are described in detail at the reference for the original 1603 dictionary, which see.

In the Forward, the author notes that this is the entire translation of the Nagasaki edition of the Japanese Portuguese Dictionary. The original title is *Vocabulario da Lingoa de Iapam com a declacaraçao em Portugues* (Japanese dictionary with explanation in Portuguese), published in 1603 by the Japanese Society of Jesus (Nihon Iezuzu-kai). In 1604 a second dictionary was published, titled *Arte da Lingoa de Iapam Composta Pello Padre Iaao Rodriguez* (1604-1608).

Christian priests traveled by boat to Japan to teach the Japanese Christianity. As a result, they left many historical documents. Francis Xavier first arrived in Japan in 1549 and only 54 years later his group published this remarkable Japanese dictionary. The year 1603 was also the year that Tokugawa Ieyasu became the shogun (Seiitaishogun, or highest ranking samurai), founding the Tokugawa Shogunate or Edo period. In Japanese history it was the turning point at which the country changed from the medieval period to the modern one. This dictionary is a very unique mirror which reflects this period and is regarded as an important document that raises many questions in Japanese cultural history. The dictionary is indispensable in Japanese linguistic history since it contains many Japanese words of the period with explanations in Portuguese. In those days the Japanese had dictionaries that focused on Chinese characters (kanji) and simple dictionaries for waka and renka poems. This dictionary picked up a wide range of words from daily conversation, organizing and defining them in modern dictionary form. The original edition was stored in a secret place in Europe, inaccessible to Japanese, who therefore had to largely depend on a 19th century French translation by Leon Pajes. A rotogravure edition of the book stored at Oxford University entered Japan during the Taisho period (1912-1926) and was studied. Only recently was a facsimile copy of the original edition published, and it is being used increasingly.

This dictionary was produced by the Japanese Society of Jesus [Jesuits] to further their goal of spreading Christianity. The 1603 dictionary was developed to help the priests understand dialects, lower-class speech, and the confessions of the local common people. The 1604 dictionary focused on the speech of the upper classes and more educated people. Thus the 1603 dictionary collected words the priests needed to understand, while the 1604 dictionary collected those that they wanted to use.

4842. Easterday, Kate Cusick. 1980. The peaceable kitchen cookbook: Recipes for personal and global well-being. New York, NY, Toronto, Canada: Paulist Press. 313 p. Illust. by Ragna Tischler Goddard. 21 cm. [28 ref]
• ***Summary:*** A vegetarian cookbook. Page 45 describes how to sprout various seeds and beans, including soybeans. The section titled "Soybeans Simplified" (p. 66-75) begins by asking "Why are soybeans so highly praised?" then gives recipes for: Basic cook soybeans. Soyburgers (from cooked, mashed soybeans). How to make soy milk (12 cups, using soy flour or soybeans). Soy "coffee." Tofu (soybean curd). Tofu sandwich spread. How to roast soybeans (dry). The last page of the section, titled "Soybean Terminology" gives 1-2 line descriptions of: Soy grits, soy meal, soy granules, soy flour, soy powder (extra fine soy flour, used to make soy milk), soya (implies that the product has been toasted), roasted soybeans, tofu, miso, tamari.

Other soy-related recipes include: Wheat-soy pancakes (with soy flour, p. 169). Soy fritters (with mashed soybeans, p. 222). Simple soy bean loaf (p. 228). Vegetarian sukiyaki (with tofu and soy sauce, p. 231). Soy cheesecake (with tofu, p. 291). Address: Illinois.

4843. Ebling, Gerd. 1980. What is tofu? Win these prizes (Ad). *Willamette Valley Observer* (*Oregon*). Advertising Supplement. 4 p.
• ***Summary:*** On the front of this 4-page supplement is the Surata Soyfoods logo plus a brief description of the prizes: "1st–One year supply of tofu. 2nd–Six month supply of tofu... and many more." On pages 2 and 3, under the title "Welcome to the Tofu-Quizz," are 41 multiple choice questions about tofu, including its history, nutritional value, etc. "You must answer all questions to be eligible for the prize." On the last page are a list of 7 prizes, contest rules, and a listing of 13 retail outlets and 8 restaurants where Surata tofu is sold and where extra copies of the Tofu Quizz may be obtained and where answers must be submitted. "No entry will be accepted after October 21st, 1980." Address: Surata Soyfoods, Oregon.

4844. Fessler, Stella Lau. 1980. Chinese meatless cooking. New York, NY and Scarborough, Ontario, Canada: New American Library. 298 p. Illust. by Janet Nelson. Index. 20 cm.
• ***Summary:*** This vegetarian cookbook, which contains more than 180 recipes, demonstrates vividly how much Chinese

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vegetarian cookery depends on soyfoods–especially tofu (bean curd). The glossary includes excellent descriptions of bean curd–fermented red (*nan-ru*), bean curd–fermented white (*tofu-ru*), bean curd–pressed threads or noodles, bean curd sheets (*tofu-pi* [*yuba*]), bean curd sheets (*er-ju*), bean curd sheets–pressed or hundred-leaf (*bai-yeh*), bean curd sticks (folded bean curd sheets), brown bean paste or brown bean sauce, bean paste–Szechuan hot bean or spicy soy, bean sprouts–soy or yellow, fermented or salted black beans, Hoisin sauce, Oyster sauce (with soy), soy sauce, soy sauce–light or thin.

The chapter on soups stocks notes that soybeans or soybean sprouts have a delicate flavor and are most suitable for making stock. Soy sprouts, which are much larger than mung bean sprouts, have a more chewy texture and a very sweet, delicate taste; they are often used to strengthen the flavor of a dish (see recipe p. 90).

Soy-related recipes (each with the name written in Chinese characters) include: Mixed pressed bean curd threads (p. 68). Spinach and deep-fried bean curd puff salad (p. 70). Soybean sprout salad (p. 73). Pressed bean curd salad (p. 76). Monks in a storm of wind and snow (Asparagus and bean curd salad, p. 82). Soybean sprout stock (p. 90). Deep-fried bean curd and mung bean noodle soup (p. 93). Spinach and bean curd soup (p. 98). Seaweed and bean curd soup (p. 99). Soybean soup (p. 100). Soybean with fried gluten soup (p. 101). Asparagus and bean curd soup (p. 106). Goddess of Mercy (Kuan-yin) soup (With bean curd and tiger lily bulbs, p. 112-13).

One long chapter (p. 118-160) is titled "Bean curd dishes, mock meat dishes, and mock fish dishes." It gives good definitions of and home-scale recipes for: Bean curd. Deep-fried bean curd puffs. Plain pressed bean curd cakes. Five-spice pressed bean curd cakes. Braised deep-fried bean curd puffs. Bean curd with oyster sauce (not vegetarian). Braised bean curd. Spicy bean curd. Steamed bean curd with spicy bean paste sauce. Bean curd with tomatoes. Bean curd with fresh mushrooms. Cold bean curd. Stubborn stones' obeisance (Fried bean curd with vegetables). Braised frozen bean curd with chives. Braised Fukien [Fujian] bean curd. Stir-fried Chinese chives with pressed bean curd. Stir-fried pressed bean curd with carrots and bamboo shoots. Mock lion's head (with five-spice pressed bean curd). Stir-fried green peppers with mock meat (pressed bean curd). Mock moo goo gai pan (Stir-fried pressed bean curd with vegetables). Mock roast duck (with dried bean curd sheets and soy sauce). Mock soy sauce chicken (with fresh or frozen hundred-leaf bean curd sheets). Mock velvet chicken (fried bean curd with egg whites). Spicy mock chicken (with mock soy sauce chicken). Mock ham (with dried bean curd sheets). Bock abalone (braised gluten balls). Mock mu-shu pork (with five-spice pressed bean curd, shredded). Fried mock squab (with chopped pressed bean curd). Mock twice-cooked pork (with five spice pressed bean curd). Bean curd with thousand-year eggs.

Other interesting recipes include: Wheat gluten (homemade mein jin or vegetable steak, p. 165-66; At Chinese grocery stores, wheat gluten is sold in various forms–fried, dried, steamed, boiled, canned, and frozen). Fried gluten balls. Boiled gluten. Lo Han vegetable dish (with fried wheat gluten balls, p. 169-70). Chinese mustard greens in black bean sauce (p. 173-74). Stir-fried leeks with bean curd (p. 186). Fresh soybeans stir-fried with fresh mushrooms (p. 187). Boiled fresh soybeans in their pods (p. 188). Bean sprouts stir fried with wheat gluten (p. 190). Stir-fried soybean sprouts with bean curd puffs (p. 191). Cauliflower and bean curd sticks (p. 192). Winter melon with red fermented bean curd sauce (p. 195). Stir-fried asparagus with fermented bean curd (p. 197). Stir-fried lettuce with white fermented bean curd sauce (p. 198). Sweet and sour fried gluten and cabbage (p. 208). Two immortals in the apricot garden (fried gluten with vegetables and almonds, p. 209). Braised eggs with bean curd sticks (p. 213-14). Scrambled eggs with fermented bean curd (p. 214). Bean curd with salted eggs (p. 216-17). Wonton soup (with fresh bean curd, p. 233-34). Fried wontons (filled with five-spice pressed bean curd, coarsely chopped). Soybean milk, sweet soybean milk, and salty soybean milk (p. 247-48). Deep-fried crullers (*yu chiao;* sometimes served in hot soymilk, p. 249-50). Noodles with spicy bean paste sauce (and five-spice pressed bean curd, p. 258-59).

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term "red fermented bean curd" to refer to red fermented tofu.

Note 2. This is the earliest English-language document seen (Oct. 2011) that uses the term "white fermented bean curd" to refer to regular white fermented tofu. Address: Cornell Univ., Ithaca, New York.

4845. Fukushima, Danji; Hashimoto, Hikotaka. 1980. Oriental soybean foods. In: F.T. Corbin, ed. 1980. World Soybean Research Conference II: Proceedings. Boulder, Colorado: Westview Press. xv + 897 p. See p. 729-743. [7 ref]

• ***Summary:*** Contents: Fermented soybean foods. Non-fermented soybean food. Conclusion. References.

The following statistics show the amount (tons) of whole soybeans / defatted soybean grits / total of whole and grits consumed for various soybean foods and feeds in Japan in 1976.

Fermented soyfoods: Shoyu (soy sauce) 10,000 / 165,000 / 175,000, miso 190,500 / 5,000 / 195,500. Natto 69,000 / 0 / 69,000.

Non-fermented soyfoods: tofu and aburage (fried tofu pouches) 411,500, 55,000 / 466,500. Kori-tofu (dried-frozen tofu) 29,000 / 0 / 29,000. Others 16,000 / 75,000 / 91,000.

Animal feeds: 30,000 / 1,950,000 / 1,980,000. Thus total use for foods and feeds is whole soybeans 756,000.

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Defatted soybean grits 2,250,000, total of both 3,006,000. By type of use, animal feeds account for 65.9% of total Japanese usage of whole soybeans and defatted grits, non-fermented soyfoods account for 19.5%, and fermented soyfoods account for 14.6%. The top three food users are tofu (466,500 tons, 45.5% of all food uses), miso (195,500), and shoyu (175,000). There are 35,000 tofu plants in Japan.

Fermented soybean foods described are shoyu (soy sauce; 5 types), miso (3 basic types, 6 varieties), sufu (Chinese soybean cheese), tempeh (fermented soybean cake), natto (fermented whole soybeans; itohiki-natto and hama-natto), and fermented soymilk (recently a new fermented soybean product appeared on the market in Japan. It is a soy milk drink fermented by lactic acid bacteria).

Non-fermented soybean foods described are tofu (soy milk curd), aburage (fried tofu pouches), kori-tofu (dried-frozen tofu), yuba (coagulant film of soy milk), kinako (roasted soybean powder), moyashi (soybean sprouts), and soybeans. Production, chemical composition, and use of each of these foods is discussed.

Figures (flow sheets) show: (1) Shoyu manufacturing process. (2) Rice miso manufacturing process. (3) Sufu manufacturing process. (4a) Tempeh manufacturing process. (4b) Natto manufacturing process. (5a) Tofu manufacturing process. (5b) Kori-tofu manufacturing process. Address: Kikkoman Foods Inc., P.O. Box 69, Walworth, Wisconsin 53184.

4846. Gay, Martin; Gay, Kathlyn. 1980. Eating what grows naturally. South Bend, Indiana: And Books. 137 p. Illust. by Brian "Woodie" Byrn. 21 cm. [75 ref]
• ***Summary:*** A book about natural foods, with some vegetarian recipes. Martin was born in 1950. Pages 79-80 give ten menus based on Shelton's food-combining principles, including (5) Stir-fried vegetables and tofu cubes, and (9) Tofu-vegetable casserole with green salad. Page 106 gives definitions of miso, tamari, tempeh, and tofu. Soy-related recipes include: Soy burgers (with ground, cooked soybeans, p. 108), and tofu casserole (p. 109).

4847. Hanssen, Maurice. 1980. Country kitchen recipes with soya beans. Wellingborough, Northamptonshire, England: Thorsons Publishers Ltd. 32 p. Illust. 14 cm. *
Address: Northamptonshire, England.

4848. Herrick, J.P. 1980. Process development and optimization of a cheddar cheese/tofu product. MSc thesis, University of Massachusetts at Amherst. *
• ***Summary:*** For a summary of this thesis, see the article by Rosenau and Herrick in *Soyfoods* magazine (summer 1981, p. 9-10). Address: Dep. of Food Engineering, Univ. of Massachusetts, Amherst.

4849. Hewitt, Jean. 1980. Jean Hewitt's international meatless cookbook: Over 300 delicious recipes, including many for fish and chicken. New York, NY: Times Books. viii + 312 p. Index. 24 cm. [19 ref]
• ***Summary:*** Why is a book that contains many recipes for chicken and fish catalogued by the Library of Congress as a vegetarian cookbook? Soy-related recipes include: Bean curd soup (Chinese, p. 70). Stir-fried bean curd with vegetables (Chinese, p. 196).

4850. Himalayan International Institute. 1980. The Yoga way cookbook: Natural vegetarian recipes. 4th ed. Honesdale, Pennsylvania: Himalayan International Institute of Yoga Science and Philosophy. 249 p. Illust. Index. 22 cm. 1st ed. as 1974.
• ***Summary:*** A vegetarian and natural foods cookbook. Pages 8-9 describe in detail how to make tofu at home. A list of special ingredients includes soybeans, soy granules, grits, and flour, miso, tamari, and tofu. Soy-related recipes include: Tofu spinach pie (p. 18). Soybean tacos (p. 32). Soy burgers (p. 36). Tofu burgers (p. 40). Tofu rice with vegetables (p. 47). Soybean rice (p. 49). Soy-potato soup (with soy granules, p. 105). Miso soup (p. 116). Tamari soup (p. 117). Tofu salad dressing (p. 127). Scrambled tofu (p. 228). Tofu-avocado supersandwich (p. 233). "Short order" tofu luncheon.

4851. Hu, Shiu-ying; Kong, Y.C.; But, Paul P.H. comp. 1980. An enumeration of Chinese materia medica. Hong Kong: The Chinese University Press. xxiv + 287 p. Illust. Index. 17 x 24 cm. [40+ ref. Eng; chi]
• ***Summary:*** A dictionary, arranged alphabetically. Part of the growing interest in ethnopharmacology. Dr. Hu is a woman. Contents: Dedication. Foreword, by Richard Evans Schultes (Director, Botanical Museum, Harvard Univ.). Preface by E. John Staba (College of Pharmacy, Univ. of Minnesota). Acknowledgments. Introduction: Selection, structure, appendices, literature cited. Part I: An alphabetical list (numbered) of Chinese medicines, with their Chinese names (transliteration and characters), botanical names, and their equivalents in English and pharmaceutical usage (p. 1-188). Part II: A systematic arrangement: Plants, animals, minerals, and miscellaneous preparations (p. 191-229). Appendices: I-A. A guide to the Wade system of romanization. I-B. A table for the conversion of Pinyin to the Wade system. II. Alphabetic lists of families and general of plants. III. The conversion of simplified Chinese characters into classical form. IV. An index of Chinese names.

Soy-related items in Part I. #800, p. 65: "Lu-tou-p'i (Tou-i). Soybean husk. Testa Glycines.

"#1425, p. 115: Ta-tou huang-chuan. Young [yellow] soybean sprouts. Plantula Glycines.

"#1477, p. 119: Tan-tou shih [shih as in fermented black soybeans]. Glycine soja [wild soybean], Morus alba [white mulberry], plus Artemisia apiacea [member of the daisy

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family, Asteraceae]. English: Tantoushih. Pharmaceutical: Mistura Glycines, Mori, et Artemisiae Fermentata.

"#1651, p. 134: Tou-fu (Tou-chiang, Tou-fu cha [= dregs], Tou-yu). Tofu (Soybean jiang, okara, soy oil). Soybean products. Effectus Glycines.

"#1653, p. 134: Tou-huang. Bean + yellow. Glycine soja. Black soybean (cooked and mold yellow). Touhuang.

"#1661, p. 135. Tou-shih (Hêh-tou shih). Black + bean + fermented soybeans. Glycine soja. Black soybean (medicated). Semen Sojae Praeparatus.

"#2105, p. 172: Yeh liao tou. Glycine soja. Wild soybean. Semen Glycines Soja.

"#2129, p. 175: Yeh ta-tou t'êng. Glycine soja. Wild soybean. Herba et Radix Glycines Soja." Address: PhD, Botanist.

4852. Hyoe, Murakami; Richie, Donald. eds. 1980. A hundred *more* things Japanese. Tokyo: Japan Culture Institute. 215 p. Illust. (some color). 22 cm. [Eng]
• ***Summary:*** The section titled *Daizu* (soybeans, p. 48-49) begins with the often-told story of Ogyû Sorai (1666-1728), one of the outstanding Confucian scholars of the Edo / Kamakura period and official tutor to the shogun. When Sorai was young and poor, he was unable to afford any food other than okara, the lees of tôfu (soybean curd). The local tofu maker would occasionally take pity on him and treat him to a feast of fresh tofu. Yet far from being malnourished or sick from his okara diet, the young man thrived on this protein-rich food, and went on to become a great man.

The great soy triumvirate–soy sauce, miso, and tofu–towers high in Japanese cookery. Other foods from the soybean are soy milk, soy oil, and yuba.

A song from the Edo period states: "The nightingale stays far from the crowds.

"Twelve kilometers from the saké shop,

"Eight kilometers from the tofu shop."

A large photo shows a tofu-maker cutting cakes of tofu.

A yatai (p. 66) is a movable nighttime street stall from which food and drink are sold. They are a compact wooden restaurant on wheels. The food may include oden, fried bean-curd cakes [fried tofu].

On pages 44-45 is a section on "Umeboshi (pickled plums) and on pages 46-47 a section on "Kaisô (algae; seaweed [sea vegetables]). These include wakame, which is invariably found floating in the morning's miso soup. Also nori, tengusa / agar, hijiki, and konbu. Address: Tokyo.

4853. Jensen, M.W. 1980. Variability of proteins, flavor contribution, and food products among four winged bean selections. PhD thesis, Purdue University. *
• ***Summary:*** Discusses the variability of protein content in winged bean tofu. Address: Purdue Univ., W. Lafayette, Indiana.

4854. Jordan, Darryl; Jenkins, Suzy. 1980. Plenty Agricultural Program: Guatemala. Summertown, Tennessee: Plenty. 46 p. Illust. 28 cm. Presented to UNICEF Guatemala.
• ***Summary:*** This is the single best report on the innovative 1978 Plenty-UNICEF project in the San Andres Itzapa area (Chimaltenango) of the Guatemala highlands. Most of the report focuses on trials with soybeans and other crops (written by Darryl Jordan), but there is also an excellent supplement, with 15 magnificent, lively photos showing the local people involved in the soy dairy project. Many of these photos were taken by Jenny Banks Bryant and others.

Contents: Preface, by Edward Sierra, executive director of Plenty. Soybean variety trials. Photoperiod response experiment. Soybean insects and diseases. Continuation of the soybean project. Grain amaranth. Quinoa. Winged bean. Cover crops and crop rotations. Nematodes. Fertilizer use. Seed collection. Plenty report for UNICEF, by Suzy Jenkins (Plenty soy technician). Supplement: Soy utilization and nutrition. List of figures: Field data for soy variety trials. Graphs of soybean yield data. Three graphs of soybean yield data. Yield equivalents for soybeans. Oil and protein analyses. Relative yields of protein for various crops. Crop rotation.

A table (p. 12) shows field data on INTSOY variety trials in 1978. The highest yields came from the soybean varieties Davis (40.1 bushels/acre = 4,161 lb/manzana; 1.7 manzanas = 1 hectare), Cobb (34.6 bu/acre = 3,590 lb/manz.), Bossier (32.8 bu/acre = 3,400 lb/manz.), Forrest (31.4 bu/acre = 3,251 lb/manz.).

Photos in the Plenty report for UNICEF show: (1-3) Severely malnourished babies lying on their backs. (4) Suzy Jenkins holding Baby Cruz, now age 8 months, after 4 months of soymilk. "She is one of several children who were able to regain good health."

(5) Suzy Jenkins (5' 4"), a Plenty volunteer (on left) walking with her friend Juana (4' 10"), each carrying water in a pot on their heads for a soy demonstration in Solola. "Juana stands about the average height for the ladies of Guatemala. She eats a protein-deficient diet.

(6) A Mayan lady grinding soaked soybeans on a *metate*, traditionally used for grinding corn / maize. (7) Add the ground soybeans and, stirring regularly, cook for 20 minutes over a wood fire. Suzy stirs.

(8) Ladle the cooked soybean slurry into a colander lined with several layers of cheesecloth and set over a pot to catch the soymilk. Soy pulp [okara] remains behind in the cheesecloth.

(9) "Soymilk, slightly sweetened, contains 9.1 grams of protein per cup. One pint of soymilk or 1 cup of tofu will provide nearly one-half of a child's total protein requirement for a day. Children love it." (10). To make soy cheese [tofu]: Add vinegar (or other coagulant) to hot soymilk, causing it to separate into curds and whey. Ladle or gently pour the mixture into a colander lined with several layers of

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cheesecloth and placed over a pot. The cheesecloth catches the curds, while the whey drains through into the pot. The whey can be used as a soup stock; it contains some vitamins and other nutrients.

(11) A happy group enjoying their soymilk. (12) Press the curds to make tofu, which can be sliced and fried, eaten plain with salt, or scrambled and fried with onions and tomatoes. A boy, standing, is enjoying a tofu sandwich. (13-15). People eating tofu, which is a complete protein; when served with grain foods like tortillas or bread, its protein quality is increased. Address: 1. Plenty Agricultural Technician; 2. Plenty Soy Utilization Technician. Both: The Farm, Summertown, Tennessee.

4855. Kan, Johnny; Leong, Charles L. 1980. Eight immortal flavors. Rev. ed. San Francisco, California: California Living Books. xiii + 236 p. Illust. 24 cm. 1st edition 1963.
• ***Summary:*** The title page states: "Including new recipes kitchen-tested by Master Chef Sun Pui Wong, Executive Chef, Kan's Restaurant." This book is almost identical to the original 1963 edition. However Roman numerals have been assigned to the front matter, so the recipes are on different pages. None of the original soy-related recipes or definitions have been changed or deleted.

On the rear cover (undated): "Will probably become a standard reference work... It is admirable for its scope and authenticity." Address: 1. Chef, Chinatown; 2. Historian of Chinese life in America.

4856. Kasin, Miriam. 1980. The age of enlightenment cookbook. New York, NY: Arco Publishing, Inc. v + 342 p. Illust. Index. 25 cm. [1 ref]
• ***Summary:*** A vegetarian cookbook. The chapter on Basic Ingredients discusses dairy substitutes (incl. recipes for soy milk [made from whole soybeans or soy flour], coconut milk, nut milk {from blanched almonds or raw cashews}, and soy margarine [free of preservatives]), bean curd (as a substitute for panir), and soy flour. The chapter on beans (p. 129-37) has recipes for: Roasted soybeans. Aduki (azuki) beans. Stewed soybeans. Soyburgers. Soy loaf. Bean curd (tofu or dofu). Stir-fried or deep-fried bean curd. Scrambled bean curd.

Other soy-related recipes include: Soy mayonnaise (p. 170). Soyburgers or tofu sandwiches (p. 186). Soy spread or dip (with whole soybeans, p. 187). Soy noodles (with equal parts soy flour and unbleached white flour, p. 201). Noodles and bean curd (Japan, kitsune udon or domburi, p. 205).

4857. Kendig, Joan; Kendig, Keith. 1980. Modern vegetable protein cookery. New York, NY: Arco Publishing, Inc. viii + 339 p. Illust. Index. 24 cm. [1 ref]
• ***Summary:*** Contents: Preface. Introduction. Cooking hints. Recipes: Basic recipes, oven loaves, oven patties and individual forms, skillet burgers, pies and crust items, crepes and thin pancakes, casseroles and oven dishes, skillet dishes, stuffed vegetables, pasta dishes. Appendixes 1, 2. Contains 200+ recipes. Joan Kendig was born in 1938. Address: USA.

4858. Lai, Him Mark.; Lim, Genny; Yung, Judy. 1980. Island: poetry and history of Chinese immigrants on Angel Island, 1910-1940. San Francisco, California: Hoc Doi (History of Chinese Detained on Island); Chinese Culture Foundation. Distributed by San Francisco Study Center. 174 p. Illust. (photos). Portraits. 24 x 20 cm. A project of the Chinese Culture Foundation of San Francisco. [Eng; Chi]
• ***Summary:*** This is a remarkable book, another painful example of American racism and insensitivity. The majority of the approximately 175,000 Chinese immigrants (most from Canton) who came to the United States from 1910 to 1940 passed trough the detention center at Angel Island–the West Coast counterpart of Ellis Island. Here they awaited jurisdiction on the outcomes of medical examinations, interviews, and immigration papers. It was an ordeal that left many scars. Some wrote poems on the walls of the center to express their grief or sadness. The poems, written on facing pages in both Chinese and English, are divided into chapters. There are also many transcriptions of interviews, each accompanied by a Chinese person's name, age, and date, plus some footnotes of explanation.

In the chapter on "The detainment" Mr. Dea, age 26, writes in 1939 (p. 74): "We would get up in the morning and there was no set time for this, and have plain congee with fermented bean curd. Then, after breakfast, we could go out and exercise..."

In the same chapter, Mr. Low, Kitchen helper, 1923-25, wrote (p. 77): "The main dish included soup, and the following served in turn: vermicelli and pork, dried bean curd [*doufu-gan*] and pork, potatoes and beef, dried greens and fish... The small dish was usually either salted fish, fermented bean curd, or *hoisin* sauce."

Footnote 20: Soya bean is one ingredient in *hoisin* sauce. Address: California.

4859. Leneman, Leah. 1980. Slimming the vegetarian way. Wellingborough, Northamptonshire, England: Thorsons Publishing Group. 96 p. *
Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

4860. Li, Shizeng. 1980. Li Shizeng xian sheng wen ji. 2 vols. [Collected works of Li Shizeng. 2 vols.]. Taipei, Taiwan: Zhongguo guo min dang zhong yang wei yuan hui dang shi wei yuan hui: jing xiao chu Zhong yang wen wu gong ying she [Party History Committee, Central Committee, Republic Party of China (Guomindang)]. 11 + [8] + 495 p. Illust. Portraits. 22 cm. Reprinted in 1990. [Cht]
• ***Summary:*** These two volumes contain a collection of Li's works, mostly expressing his political opinions and

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comments, plus lists of rules of the many associations and universities that were written by Li.

The two volumes contain a total of five sections. Volume I contains sections 1 and 2. Section 1 (p. 1-174) is titled "New century" collection. Section 2 (p. 175-493) is "Political comments."

Volume II contains 3 sections. Section 1 (p. 1-226), titled "Li' notes," is Li's essays and writing (mostly non-political). For example. His birth place (p. 17). Establishing the World Society in Paris (p. 37+). Travels from age 22 (p. 68-76; includes Learning French, attending school, and doing research on soybeans {p. 73}, and his tofu company in France {p. 76}). Chinese New Year (p. 83). Section 2 (p. 227-84) is Li's "Public speeches." Section 3 (p. 285-387) is "Telegrams." One telegram of 5 June 1915 (p. 306) from Li in France to Wu Zhi Hui (apparently not in France) states: Sales of tofu are getting better. During the first 5 years, tofu sales averaged 500 pieces a month, but they have been increasing ever since. Sales of tofu have averaged 10,000 pieces a month this year, and sometimes they are more than 17,000 pieces a month. If sales will continue like this, the tofu company will never go out of business.

Another telegram of 2 Feb. 1947 (p. 374-76) was sent from Shanghai to many of his friends immediately after his 2nd marriage. He has ended his 2-year relationship with Ru Su in New York City. Li was married to his 1st wife, Yao, for 45 years; then she passed away. Today (in Shanghai) he married his 2nd wife Lin Su Shan; she had been married before and divorced. Li is now almost 70 years of age.

Another telegram (p. 343) is about his tofu company. Li had three reasons for starting this tofu company: (1) To raise funds for Chinese organizations, or to sell the factory and use the profits to help fund the World Society. (2) To find a French business partner. (3) If neither of the above works, the company can be used as part of a work-study program for Chinese students in France. By working at the tofu company, Chinese students can earn money to support their studies and pay for their food, rent, and other basic expenses.

Appendix 1 (p. 387-401) is a biography of Li by the publisher, including (p. 388) his five names: (1) Li Yu-ying. (2) Li Shizeng, probably given to him by his parents at birth. (3) Li Shizeng, pronounced the same as his 2nd name but the 2nd character of his given name is the character for "monk," implying perhaps selflessness or simplicity. (4) Li Zhenming. (5) Kuowu, a name he called himself in later life; many people had such a name in old China. And (p. 389) attending school in France, publishing a book about soybeans, the tofu company, Mr. Li has been in France for 6 years, he only returned to China once in 1908 for a few months. In 1909 he founded a tofu manufacturing company near Paris. One of his friends, Qi Shu Shan helped Li to start the tofu company. Qi was a follower of Cai Yuan Pei (a very famous man in China). He founded and was chancellor of many universities, incl. Beijing University. Li Yu-ying was a vegetarian; Cai Yuan Pei agreed with Li's ideas about vegetarianism.

There is not much description of Li's work with soyfoods in Paris. There is also no information as to whether he did any work with soy after he returned to China. And there is no description of his genealogy or family.

Photos 1-3 and 6 are all in *Legend of a Generation–A Biography of Li Shizeng*, by Chen Jiying (1982). (4) Li Shizeng (far right) with Zhang Jing Jiang, Cai Yuan Pei, Wu Zhi Hui, and others in 1933. (5) 19th anniversary of Beijing Research Institute, 1948.

Note: Li Yu-ying, a soyfoods pioneer in Paris, France, lived 29 May 1881 to 3 Sept. 1973. Near the front of the book are six photos of Li Yu-ying.

Note: In old China, it was not uncommon for a man to have more than one wife or to have concubines. If a man had a wife and 3 concubines, and if the man approved, each could use his surname. They could also be called: Wife #1 (his real wife), wife #2, wife #3, and wife #4. All might be present at his funeral.

4861. Liener, Irvin E. 1980. Miscellaneous toxic factors. In: I.E. Liener, ed. 1980. Toxic Constituents of Plant Foodstuffs. 2nd ed. New York: Academic Press. xiv + 502 p. See p. 430-67. Chap. 13. [322* ref]

• ***Summary:*** Soya is discussed under: Estrogenic factors (p. 430). Antivitamin A (Raw soybeans are know to contain the enzyme lipoxidase, which oxidizes and destroys carotene; p. 442). Antivitamin D (which leads to rachitogenic activity and can cause rickets; p. 442-43). Antivitamin E (p. 444). Antivitamin B-12 (p. 447). Other enzyme inhibitors (inhibitor of pancreatic lipase; p. 452). Flatus-producing factors (p. 455-56).

The estrogenic principles of plants have been, in most cases, chemically identified as isoflavones, which occur naturally in the form of glucosides. Isoflavones have been isolated from the soybean.

"One of the major factors limiting the human consumption of legumes is their ability to produce gas in the gastrointestinal tract, also referred to as flatulence." The intestinal gas is "composed largely of carbon dioxide, hydrogen, and, to a lesser extent, methane. Studies have clearly implicated the oligosaccharides raffinose and stachyose as causative factors of flatus. These oligosaccharides are related by having one or two α-D-galactopyranosyl groups attached to sucrose via α-1,6-galactosidic linkages. Owing to the absence of enzymes in the human intestinal mucosa that are capable of hydrolyzing this linkage, the intact oligosaccharides accumulate in the lower intestine, where they undergo fermentation by anaerobic bacteria. The gases so produced are responsible for the characteristic features of flatulence, namely, nausea, cramps, diarrhea, abdominal rumbling, and the social discomfort associated with the ejection of rectal gas. Such traditional soybean foods as tofu (soybean curd) and tempeh

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have little flatus activity." Address: Dep. of Biochemistry, College of Biological Sciences, Univ. of Minnesota, St. Paul, MN 55108.

4862. McConnaughey, Evelyn. 1980. Sea vegetable recipes from the Oregon coast. Oregon Inst. of Marine Biology, Charleston, OR 97420. [32 p.]. Illust. by Lynn Rudy. No index. 22 cm. [8 ref]
• ***Summary:*** The pages are not numbered. Soy related recipes: Miso soup with tofu. Suimono (with cubes of tofu). Miso soup with egg. Address: Oregon.

4863. McConnaughey, Evelyn. 1980. More sea vegetable recipes from the Oregon coast. Plus seaweeds from the Orient. 1653 Fairmount Blvd., Eugene, OR 97403. 41 p. Illust. by Catherine Vignaux. No index. 22 cm. [8 ref]
• ***Summary:*** On page 7 is nutritional information about tofu, tempeh, miso, and tamari (shoyu). Soy-related recipes: Green salad with dulse, and miso-lemon dressing (p. 13). Tofu creamy mayo (p. 15). Alaria tempeh triumph (p. 26). Alaria soyfood delight (with tofu or tempeh, plus tamari / shoyu, p. 27). Pressure cooked soybeans with hijiki (p. 37). Curried stir-fried noodles with tempeh and hijiki. Line drawings of sea vegetables appear on most pages. Address: Oregon.

4864. Miller, Lani; Rodgers, Diane. 1980. We love your body. Seattle, Washington: Morse Press, Inc. vii + 256 p. Illust. by Joanie Oliver. 25 cm.
• ***Summary:*** A natural foods, vegetarian cookbook. The glossary describes soybeans (incl. soy flour, milk, and tempeh, p. 246), tamari sauce, and tofu (p. 247).

4865. Nakamura, Hiroshi. 1980. Desirable qualities of soybeans–Japanese viewpoints. In: F.T. Corbin, ed. 1980. World Soybean Research Conference II: Proceedings. Boulder, Colorado: Westview Press. xv + 897 p. See p. 1-9.
• ***Summary:*** The author believes that both protein and oil contents should be incorporated in soybean quality standards. "I think efforts should be made to develop different varieties for different uses, so that soybeans could be traded on an oil or protein basis in the future." Address: Hohnen Oil Co., Ltd., Tokyo, Japan.

4866. Needham, Joseph. 1980. Science and civilisation in China. Vol. 5, Chemistry and chemical technology. Part 4: Spagyrical discovery and invention: Apparatus, theories and gifts. Cambridge, England: Cambridge University Press. xlviii + 772 p. See p. 192. Illust. Index. 25 cm.
• ***Summary:*** In the section on "Alchemy and Chemistry," page 192 discusses how nigari or magnesium chloride is a by-product of the manufacture of saltpeter (potassium nitrate or sodium nitrate). "After the evaporation the saltpetre crystallised around maize sticks which could be lifted out, while the dark mother-liquor, *lu yen shui* [nigari] was used for salting out soya-bean curd and as a fertilizer.

Note: *Webster's Third International Dictionary* shows "spagyric" as being related to alchemic or iatro-chemical–which see. Address: East Asian History of Science Library, Gonville & Caius College, Cambridge, England.

4867. Northern Soy. 1980. Soyboy Tofu: Cooking with tofu. Vol. 1 (Leaflet). Rochester, New York. 4 panels each side. Each panel: 14 x 11 cm.
• ***Summary:*** Brown ink on beige paper. On the front panel is an illustration of a laughing boy in a circle with soybean pods and leaves at the bottom. "High protein. Low calorie. Low sodium. No cholesterol. Tofu, the subtly sweet soybean 'cheese,' has been the key source of protein in Japan and China for thousands of years."

Contains 9 American-style tofu recipes, including tofu for babies, pan fried tofu, tofu burgers, tofu cranberry loaf, tofu onion dip, eggless tofu salad, and tofu leek quiche. Address: 30 Somerton St., Rochester, New York 14607. Phone: 716-442-1213.

4868. Null, Gary. 1980. The new vegetarian cookbook. New York, NY: Macmillan Publishing Co., Inc.; London: Collier Macmillan Publishers. x + 310 p. Recipe index. 24 cm.
• ***Summary:*** One chapter (p. 52-60) titled "Soybeans and Soybean Products" discusses: "Whole, raw soybeans" [green vegetable soybeans], dried soybeans, soybean milk soy flour, soy grits, soy flakes, tempeh, tamari, miso, and tofu. The long section on tofu begins: "As a high-quality source of complete protein, tofu (soybean curd, usually called bean curd) is hard to beat, not to mention inexpensive, low in calories and versatile." It ends: "As you become more familiar with tofu, you'll come up with many of your own innovations. But no matter how you choose to serve this natural, high-protein food, serve it often and savor its benefits!"

Page 78, under "Bean Sprouts," states that "Soybeans make the most delicious sprouts, but are a little more difficult to grow" than mung bean sprouts. Page 88 notes that tamari and miso are good alternatives to salt.

Soy-related recipes include: Miso tofu soup (p. 132-33). The section titled "Tofu Dishes" (p. 199-208) includes: Butternut tofu. Tofu cauliflower casserole. Herby tofu croquettes. Mushroom and tofu sautéed in miso. Tofu Orleans. Red and green peppers with tofu. Soba tofu dinner. Tofu eggplant Parmesan. Yogurt tofu casserole [with cow's milk yogurt]. Tomato tofu and kidney beans. Bulghur, lentil and tofu casserole. Tofu à la king. Sesame tofu (Tofu plus sesame seeds). Hot breakfast for two (tofu with oatmeal, raisins, and walnuts).

Soy-enriched wheat berry bread (p. 242). Page 304 contains a list of food suppliers, including Chico San, East West Journal Mail Order, and Walnut Acres (Penns Creek, Pennsylvania). Address: New York City, NY.

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4869. Pennington, Jean A.T.; Church, Helen Nichols. eds. 1980. Bowes and Church's food values of portions commonly used. 13th ed. Philadelphia, Pennsylvania: J.B. Lippincott Co. xvii + 186 p. Index. 28 cm. 1st ed. was 1937. 2nd ed. was 1939. 10th ed. was 1966. [62 ref]
• ***Summary:*** The index contains entries for: Beans (but no soy). Cheese and cheese food (but alternatives). Cheez-its, Chili–vegetarian. Float, Dairy Queen. Flour. French fried potatoes (Arthur Treachers, Burger Chef, Burger King, Dairy Queen, Long John Silver's, McDonald's, Wendys). Ice cream bars. Infant formulas (Isomil–Ross Labs, L-Soyalac–Loma Linda, Neomullsoy–Syntex, Nursoy, ProSobee–Mead Johnson, Soyalac–Loma Linda). Irishmoss [Irish moss]. Milk (goat, human, Indian buffalo, reindeer, sheep, soybean, whole). Miso. Natto. Oils. Soyamaise dressing (p. 122). Soyamel. Soybeans, fermented. Soybean curd. Soybean flour. Soybean milk. Soybean nuts. Soybean oil. Soybean protein. Soysauce. Teriyaki sauce. Tigers Milk Bar. Tofu. Tom Collins. Veg Skalops. Veja-Links. Vegeburger. Vegetarian products made mostly by Worthington Foods and Loma Linda (p. 22-23): Beef style roll, Chicken style, Chic-Ketts, Chili, Corned beef style, Croquettes, Dinner cuts, Fry Sticks, Gran Burger, Meatloaf mix, Nuteena, Prosage, Proteena, Rediburger, Smoked beef style, Stakelets, Stripples, Tasteecuts, Turkey Style–Smoked, Vega-links, Vegeburger, Veg Skallops, Vegetarian Burger, Vitaburger, Wham. Yogurt.

Aluminum is not among the lists of trace minerals in foods in the back. The book *does* list the following as trace minerals: chromium, cobalt, fluoride, iodine, molybdenum, nickel, selenium, and tin. Address: 1. Formerly Instructor of Nutrition, City College of San Francisco, San Francisco, California [Now with U.S. Food and Drug Administration, Washington, DC]. Phone: 202-245-1064.

4870. Perl, Lila. 1980. Eating the vegetarian way: Good food from the earth. New York, NY: William Morrow and Company. 93 p. Illust. Index. 25 cm. [9 ref]
• ***Summary:*** This children's book discusses the reasons for vegetarianism, the different types of vegetarian diets, and why modern meat-raising techniques are causing many Americans to change their diets. Also offers alternative protein-rich recipes.

Pages 42 mentions soybeans, and page 48 mentions tofu, tempeh, and soy sauce. Address: Beechhurst, New York.

4871. Rain Star Foods. 1980. Tofu. What it is. How to cook with it. What it can do for you (Leaflet). P.O. Box 2582, Columbus, Ohio 43216. 4 panels each side. Each panel: 26 x 9 cm. Dated 1980.
• ***Summary:*** This superb glossy color recipe leaflet contains 4 recipes: Tofu eggless "egg salad," Tofu Cutlets Parmesan, Tofu Cheesecake, Tofu Onion-Garlic Dip. The most attractive tofu recipe brochure seen to date (1986). Address: Columbus, Ohio.

4872. Raymond, Jennifer. 1980. The best of Jenny's kitchen. Mendocino, California: Mendocino Presbyterian Church. [x] + 180 p. Preface and Foreword by Lois Jean Raymond. Illust. Index. 22 cm. [9 ref]
• ***Summary:*** A vegetarian cookbook (comb-bound), printed with brown ink on tan paper. Contents: Nutrition–Nutrition: protein. Nutrition: carbohydrates. Nutrition: fats. Nutrition for pregnancy and lactation. Vegetarian diets for pets. Legumes and grains. Sweeteners. Salt and sodium.

Menu planning–Menu ideas. Seasonal eating. Growing sprouts (a table, p. 31, gives details on sprouts grown from aduki beans, alfalfa, chia, cress, lentils, wheat, rye, radish, and mung). "Mung bean sprouts are the typical bean sprout used in Chinese cooking." Protein content of recipes.

The recipes–Breakfasts. Soups. Salads, spreads and sandwiches. Breads. Entrees. Desserts. Making the basics.

Sources, substitutes, and equivalents–Sources (books). Substitutes. Equivalents.

Soy related recipes: Tofu, scrambled (for breakfast, in place of eggs, p. 45). Tofu salad sandwich spread (p. 74). Soy paté (with cooked whole soybeans, as a sandwich spread, p. 76). Tofu cornbread (p. 82). Tofu burgers (p. 97). Soybean crockpot stew (p. 108). Tofu stuffed shells (p. 127). Tofu lasagne (p. 129). Tofu & vegetables (p. 142). Okara & coconut macaroons (p. 151). Okara tofu spice bars (p. 152). Making tofu at home (p. 163). Many recipes call for either "tamari soy" or "soy sauce."

Publishing history: First published by Mendocino Presbyterian Church, Mendocino. California. 1980. Comb binding. Next published by SunRay Press. 1980.

Jennifer sold the rights to this self-published vegetarian cookbook to Avon Press, which published it in 1982 as *The Best of Jenny's Kitchen: Cooking Naturally with Vegetables* (180 p.). Address: Teacher of Vegetarian Cooking, College of the Redwoods, Mendocino Coast Branch, California.

4873. Redfield, Linda. 1980. Vegetarian cooking with tofu. Davis, California: Printed by the author. 9 p. 21 cm.
• ***Summary:*** This typewritten booklet of vegetarian tofu recipes has the Chinese characters for "tofu" written on the brown cover. It was reproduced by photocopying and bound with four staples (saddle stitched). Contents: Nutritional information. A simplified method of preparing tofu from soybeans. Sauces (incl. Miso spread, Dipping sauce with tamari, Tofu marinade with tamari, Teriyaki marinade with tamari). Tofu salads. Chinese recipes. Mexican recipes. Recipes using sliced tofu. Italian recipes. Tofu desserts and fruit whips.

Talk with Linda Redfield. 2002. Sept. 23. She developed this booklet in about 1980 in Davis–before she went to Arcata, where she now lives. Her business is now named

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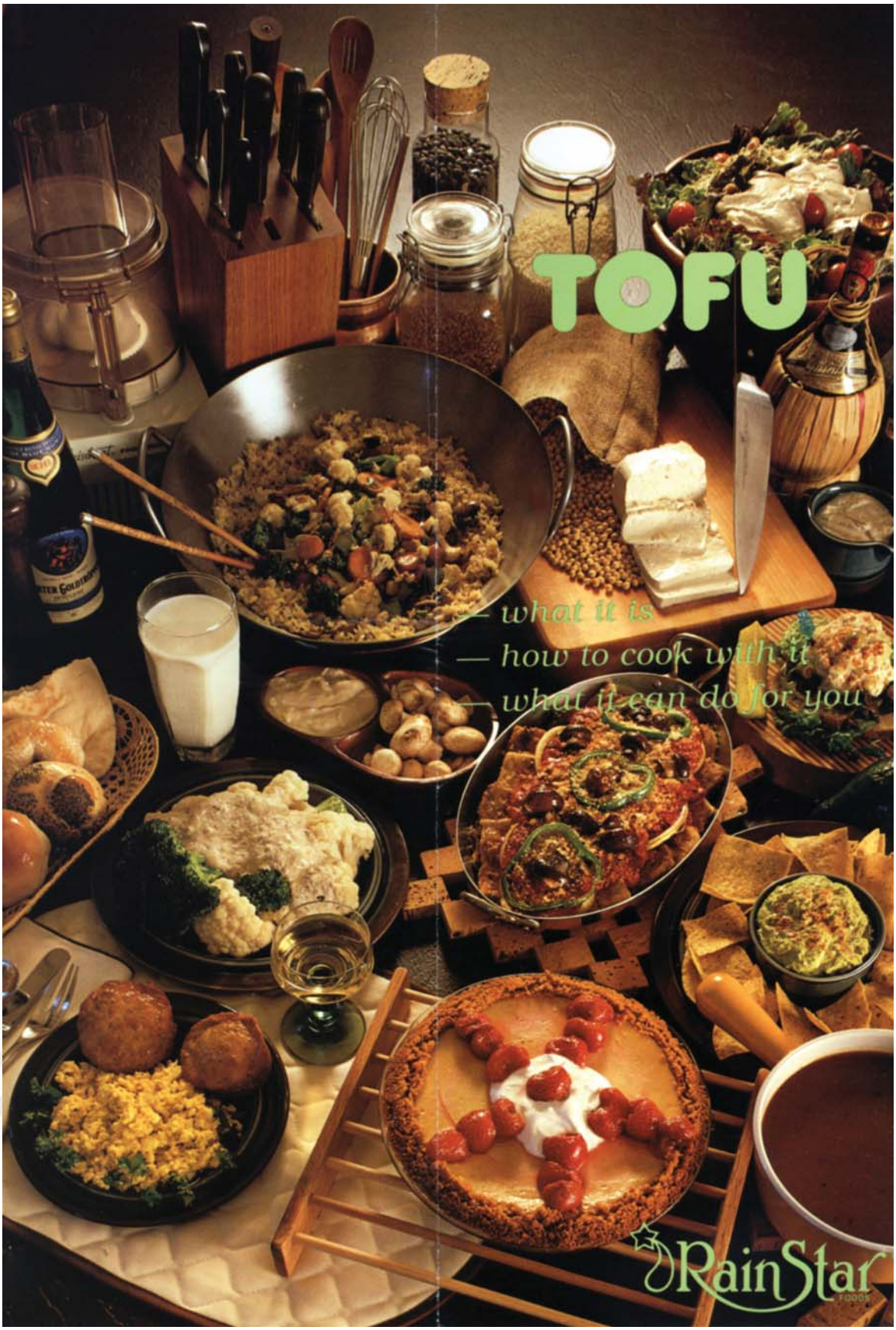

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Holistic Self Healing. She does nutritional and wellness counseling, whole foods meal service, cooking and nutrition classes, and energy therapies. After her name are the following title abbreviations: D.C. (Diet Counselor), N.E. (Nutrition Educator), W.C. (Wellness Consultant). She is like a wholistic dietitian. Address: Davis, California.

4874. Shandler, Nina; Shandler, Michael. 1980. How to make all the "meat" you eat out of wheat: International gluten wheat "meat" cookbook. New York, NY: Rawson, Wade Publishers, Inc. xiv + 241 p. Index. 24 cm. [10 ref]
• ***Summary:*** How to make and use wheat gluten in a vegetarian diet, with 250 American and international recipes. Contents: Acknowledgements. Author's note. Part I. Introducing wheat "meat": 1. The cost of the meat-centered diet: How meat consumption affects ecology, economy and health, food economy, fuel conservation, water reserves and pollution, heart disease, cancer and meat eating, premature aging, chemical residues in meat, medical costs. 2. Introducing wheat "meat": a low-cost, homemade alternative to meat (gluten meats cost about $0.15 per serving). 3. How to make "meat" from wheat: Preparing raw gluten (from 7 cups whole wheat flour), seven varieties of wheat "meat," cutlets (a veal substitute), steak (a mock beef steak), ground gluten (a hamburger taste-alike), spiced links (an alternative to sausage), roast with a beef flavor, seawheat (a clam alternative), poultry pieces (chicken-flavored wheat "meat), using the reserved starch, bran and germ: Gluten-free crackers, and cold crunchy cereal.

Part II. Hundreds of international ways to serve wheat "meat": 4. All-American wheat meat recipes. 5. Mexican wheat "meat" food. 6. Latin American. 7. British. 8. French. 9. Spanish. 10. Italian. 11. Austrian. 12. Greek. 13. African. 14. Indian (from India). 15. Chinese. 16. Japanese wheat "meat" cooking.

Note 1. Tamari soy sauce and miso are used to flavor a number of recipes in this book. Other soy-related recipes include: Spiced bean curd and cutlet (with tofu, p. 212). Spares with black beans (mock spare ribs with "Chinese prepared black beans [fermented black soybeans], p. 216). Family-style bean curd (with tofu, p. 219). Poultry with orange-flavored soy sauce (p. 228-29). Seawheat in soy and ginger sauce (p. 229). Seawheat with bean curd and vegetables in casseroles (p. 230). Seawheat with vinegared miso (p. 231). Note 2. This book does not mention "seitan," but a Japanese recipe titled "Seawheat in Soy and Ginger Sauce" is quite similar; It uses tamari soy sauce and grated gingerroot, and kombu is used in making Seawheat, a clam alternative. A photo on the inside back dust jacket shows Nina and Michael Shandler.

Talk with Michael Shandler in Amherst, Massachusetts. 1992. Jan. 14. He and Nina became vegetarians in 1969. They were first introduced to wheat gluten in about 1970; at that time they were served gluten steaks by a friend, Jayanti Peterson, in Santa Cruz, California. At the time their book was published, they were probably not aware of "seitan." They did not know of any other books on gluten when they were writing their book–which is why no gluten books are listed in their bibliography. The book sold about 2,000 copies in hardcover and 5,000 to 6,000 in quality paperback; it went out of print 6-7 years ago. They have had many requests for the book since it went out of print. He is an organization development consultant and Nina is a child psychologist. Food is their hobby. Their best-selling book is *The Complete Guide and Cookbook for Raising your Child as a Vegetarian* which has sold over 50,000 copies (Shocken & Ballantine). Address: Amherst, Massachusetts. Phone: 413-549-1671.

4875. Shufu-no-tomo sha. 1980. Wa-yô-ka no tôfu ryôri [Japanese, Western, and Chinese-style tofu cookery]. Tokyo: Shufu-no-tomo-sha: Shufunotomo Bunka No. 568. 84 p. Illust. No index. 19 cm. [Jap]
• ***Summary:*** Contents: Healthy menu. New discovery of taste. Making tofu recipes more filling by adding some oil. The main character of the diet. Tofu side dish for wines (sake). Contains many recipes.

The entire rear cover contains a color ad for Higashimaru Shoyu (usukuchi), and shows the label in a size that all ingredients are legible. Address: Tokyo, Japan.

4876. Sung, Ying-sing. 1980. *T'ien Kung K'ai Wu:* Exploitation of the work of nature: Chinese agriculture and technology in the XVII century. Taipei, Taiwan: China Academy. xii + 488 p. Illust. Index. 22 cm. [Eng]
• ***Summary:*** The *T'ien Kung K'ai Wu,* by Sung Ying-hsing (pinyin: *Tiangong Kaiwu,* by Song Yingxing) was published in 1637. This English-language translation of the 17th century work on Chinese technology contains 18 chapters, 166 superb illustrations, and extensive information on soybeans. Each chapter was translated by a person specializing in that subject matter.

4877. Thio, Goan Loo. 1980. Processing and application of soya beans for human nutrition at home and village levels (Abstract). In: F.T. Corbin, ed. 1980. World Soybean Research Conference II: Abstracts. Boulder, Colorado: Westview Press. 124 p. See p. 35-36.
• ***Summary:*** "It is of utmost importance that the less developed and the developing countries avail themselves of simple methods for processing soya beans into easily digestible soya products, which can be manufactured at home and village levels. These products should have a high nutritive value and preferably a neutral, bland taste, so that they can be incorporated into local dishes of the countries concerned, without the risk of being refused by the population. Because of the neutral bland taste, these soya products will take on the taste and flavor of the national dish into which they are incorporated. In this way they will

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in most cases be directly accepted by the consumers. Soya products like soya milk and soya bean curd (also called toufu [tofu]), which have proved to be high quality protein sources and which have existed for thousands of years, can easily be flavored or spiced so that they will become as delicious as meat and fish dishes.

"Soya milk can be prepared easily at home and village levels just like soya bean curd and soya steak (also called tempeh). The most important factor is the absence of the beany taste in these products, and also the absence of trypsin inhibitors and of hemagglutinins. Especially for babies and toddlers these two antinutritive factors should be inactivated. As they both belong to the proteins, simple heat treatment during a few minutes at temperatures above 90 C is sufficient. With soya products prepared at home and village levels, a great variety of delicious dishes and high quality weaning food can be prepared." Address: Royal Tropical Inst., Amsterdam, The Netherlands.

4878. Tsuchiya, Kanji. 1980. Tônyû: Yomigaetta dentô shokuhin [Soymilk: Traditional food that's make a comeback]. Tokyo: Shokuhin Kenkyusha. 176 p. 2nd edition published in Dec. 1982. Illust. 17 cm. [Jap]
• ***Summary:*** This is the best book seen on soymilk in Japanese. For contents and details, see the enlarged 2nd edition (Dec. 1982). A portrait photo on the rear cover shows the author, Kanji Tsuchiya, and gives a brief biography. Address: Technical consultant, Okazaki Marusan, Japan.

4879. Tsuji, Shizuo; Sutherland, Mary. 1980. Japanese cooking: A simple art. New York and Tokyo: Kodansha International. 518 p. Introduction by M.F.K. Fisher. Illust. (510 line drawings by Yoshito Suzuki. 16 color pages, mostly photos). Index. 27 cm.
• ***Summary:*** This is a beautiful and informative book by a great Japanese chef, though the awkward English terminology often sounds like "Japlish." The illustrations are very nicely done, but the artist's name does not appear in the book. Tsuji is the author of 29 books on gastronomy, travel, and music. His basic thesis is that "like Japanese and poetry, cooking is simply the result of an acute awareness of the seasons, Freshness and naturalness are the *sine qua non* of Japanese cuisine."

This definitive treatise on Japanese cooking, the most complete and well-thought-out to date, is written by the head of the *Ecole Technique Hoteliere Tsuji*, the technical hotel school in Osaka, Japan. This is the "largest school training professional chefs in Japan," according to the publisher.

The excellent "Ingredients" section (p. 53-100) gives detailed descriptions (with Japanese characters) of: Azuki beans (p. 55). including red rice (*sekihan*) and "sweet red-bean paste" (*an*). Bean curd (*tôfu*, p. 56-61) incl. *momen* tofu (regular; "The type described here as 'regular' is known in Japan as *momen*–'cotton' tofu... 'Cotton' bean curd is the type most commonly used in Japan"), *kinu-goshi* (silk tofu), *yakidôfu* (lightly broiled or grilled bean curd), atsu-age or nama-age (thick cakes), aburage or usu-age (thin deep-fried tofu), ganmodoki (mixed tofu), *kôya-dôfu* or *kôri-dôfu* ("freeze-dried bean curd"), *yuba* ("soybean milk 'skin'" [soybean milk skin]), *okara* ("bean curd pulp or 'lees'").

Note 1. This is the earliest English-language document seen (April 2013) that contains the term *atsu-age* or the term *usu-age* or the term "thin deep-fried tofu" (all regardless of hyphenation), all of which refer to types of Japanese of deep-fried tofu.

Miso (p. 76-77) incl. shiro-miso, Shinshû-miso, inaka-miso, Hatchô miso, akadashi miso. Soybeans and edamame. Soy sauce (shôyu, p. 90-93) incl. Natural Japanese soy sauce, synthetic soy sauce, Kikkoman, light soy sauce (*usukuchi shôyu*), tamari ("In Japanese cooking tamari is generally used as a dipping sauce or a base for basting sauce such as Yakitori Sauce"). "Dutch traders in Nagasaki in the seventeenth century exported soy sauce to Europe, and it was the secret seasoning served at the court banquets of Louis XIV of France" (sic). Kuzu (p. 93-94). Wheat gluten (p. 98, 60).

Soy-related recipes include: Making soups (p. 151-56). Miso soup (*Miso-shiru*, p. 156-57). Ginger soy sauce (*Shôga-jôyu*, p. 172). Ponzu sauce (p. 172, with soy sauce and tamari). Mustard-vinegar miso sauce (*Karashi-su-miso*, p. 172-73). Dengaku, dengaku miso toppings, and bean curd dengaku (*Tôfu dengaku*) (p. 190-93). Teriyaki (p. 199-202, 370; the meaning in the United States is now different from the original meaning in Japan. Definition and history, homemade teriyaki sauce, teriyaki yellowtail, chicken teriyaki, steak teriyaki). Egg "tofu" (*Tamago-dôfu*, p. 216). Dressings for aemono (salads, p. 246, incl. white tofu dressing, white miso dressing, red miso dressing). Rice with miso soup and pickles (p. 270-71). Nori-roll sushi (*Nori-maki*, p. 300, with freeze-dried bean curd). Fox noodles (*Kitsune udon*, p. 312). Pickling vegetables (*Tsukemono*, p. 315, 318, with miso). Pureed corn soup (*Tômorokoshi surinagashi-jiru*, p. 347, with miso). Thunder soup (*Kaminari-jiru*, p. 349, with "1 cake *tôfu* (bean curd)" and "2-3 cakes thin deep-fried *tôfu* {*aburage or usuage*}, cut into julienne strips). Potatoes simmered in miso (*Jaga-imo miso-ni*, p. 393). Radish with white miso sauce (*Furofuki daikon*, p. 394). Chinese cabbage and deep-fried tofu (*Age-dôfu hakusai-ni*, p. 398). Tortoiseshell tofu (*Tôfu bekkô-ni*, p. 398-99). Fried and simmered freeze-dried tofu (*Kôri-dôfu age-ni*, p. 399-400). Gold purses (*Fukuro*, p. 400, with thin deep-fried bean curd). Deep-fried tofu (*Agedashi-dôfu*, p. 412-13). Green beans with sesame-miso dressing (*Sandomame goma-miso ae*, p. 420). Savory okra (cold) (*Okura wasabi-joyu*, p. 420-21). Tangy white salad (*Shirazu-ae*, p. 421-22). "River Bank" oyster stew (*Kaki dote-nabe*, p. 433-34, with miso). Simmering tofu (*yudôfu*, p. 436-37). Mushroom rice (*Shiitake gohan*, with "1 cake thin deep-fried

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bean curd (*aburage* or *usuage*)," p. 438-39). Soybeans in the pod (*Edamame,* p. 471-72).

Murasaki (p. 287): Japanese love *sushi* so much that they have developed a special aficionado's vocabulary. "At a *sushi* restaurant, you do not ask for soy sauce as *shôyu,* but, rather, as 'purple,' or *murasaki.* Every shop has its own house sauce, made by reducing soy sauce or thicker *tamari* sauce over heat with *saké, mirin,* bonito flakes and so on." Since the resulting sauce is darker than regular soy sauce, the name *murasaki* seems appropriate.

The recipe for Abe River mochi (Abe-kawa mochi) uses "1 cup kinako (roasted soybean flour)" as a major ingredient (p. 469).

Concerning azuki beans (red beans; characters small + bean) (p. 55): "This small, red bean is the legume you will most frequently encounter in Japanese cooking besides soybeans (*daizu*). It is used in the cooking of many countries, so it is stocked in most supermarkets throughout the United States. For some historical reason this bean is commonly spelled *adzuki.* This spelling is a Victorian romanization; phonetically, *azuki* is correct.

"These beans are steamed with glutinous rice on special occasions to make the festive red rice (*sekihan;* p. 280). They are more commonly boiled with sugar to make sweet red-bean paste (*an*), which forms the base of a large percentage of Japanese sweet confections (see p. 327). *An* is made in two textures: smooth puree (*koshi-an*) and 'chunky,' with beans partially crushed (*tsubushi-an*). If there is no time to make *an* from scratch, ready-made *an* is available canned and stocked in most Japanese food stores."

Note 2. This is the earliest English-language document seen (March 2006) that uses the term "sweet red-bean paste" to refer to sweet azuki bean paste [*azuki-an*], or the term "smooth puree" to refer to *koshi-an,* or the term "chunky" to refer to *tsubushi-an.* Address: Tsuji Professional Culinary Inst., Osaka, Japan.

4880. *Well Being.* 1980. Food for the '80s: Gleanings from the past and exploring the future for good nutrition, energy efficiency, and global well being. No. 53. p. 9-16. *
• ***Summary:*** This is a roundtable discussion with Bill Shurtleff, Larry Switzer, and Mark Wetzel, hosted by the editors of *Well Being.* They discuss mainly tofu, other soyfoods, and spirulina. Address: Santa Cruz, California.

4881. Yang, Kailing. 1980. Min guo Li Shizeng xian sheng Yuying nian pu [A chronicle of Li Shizeng's life]. Taipei, Taiwan: Taiwan shang wu yin shu guan. 8 + 200 p. + [2] leaves of plates. Illust. 19 cm. Series: Xin bian Zhongguo ming ren nian pu ji cheng; Di 8 ji. [Cht]
• ***Summary:*** This entire book is a chronology of Li's life. It discusses his life year by year, one after the other in chronological order. This biography of a Chinese statesman contains no table of contents, and there is no record of the author's title of affiliation.

Li's work with soyfoods in France is first described on pages 17-18: 1906–After graduating from the school of agriculture in France, Li Shizeng enrolled in the Pasteur Institute to study biochemistry, specifically to do research on soybeans. His professor was Gabriel Emile Bertrand.

The story continues on pages 20-23:

1907–Li continued to study biochemistry and conduct research on soybeans. He discovered soybeans can be used to make many nutritious foods. Mr. Li published his first book, *The Soybean* (*Le Soja*).

1908–Li founded the Tofu Manufacturing Company (*Usine Caseo-Sojaine*). He went back to China to raise money for his company. A few months later, he returned to France with 5 workers. The company was located in Colombes, northwest of Paris.

1909–More workers traveled to France to join the tofu company. The founder of the Republic of China, Sun Zhong-shan [Sun Yat-sen], visited the company and wrote an encouraging article that said, "My friend Lin Shizeng studied abroad in France and researched agriculture and soybeans. He stands for replacing meat with soyfoods."

1910–A third round of workers arrived in Paris from China to join the tofu company. The total number of workers was now more than 30. When the workers weren't working, they were studying Chinese and French. The workers weren't allowed to smoke, drink, or gamble. Also in 1910 Mr. Li's book, *The Soybean,* was published in Chinese.

1911–The tofu company attended an exhibition at a park in France [whose name sounds like Linan or Rinan] to show people all kinds of foods made from soybeans. Later in 1911, Li traveled back to China.

Li did not do any work with soy after he returned to China.

Li's genealogy and family are discussed on pages 2-5, 12, 14, 23, 100-103. Father: Li Hong-Zao (died 1897) (p. 12). Mother: 2nd wife of Li Hong-Zao, Mrs. Yang. Li was the fifth of five brothers. (1) Li Zhao-Ying. His 2nd and 3rd brothers each died at early age. (4) Li Kuan-Ying. (5) Li Yu Ying (Li Shizeng). Li had 3 sisters: (1) Li Zhu-Yi. His 2nd, 3rd, and 4th sisters each died at early age.

Li's first wife: Yao Tong-Yi (She was Li's older cousin). Li and Yao married in 1897 (p. 12). Li and Yao had two children, a boy and a girl. Son: Li Zong-Wei (born in 1899) (p. 14). His son's wife: Ji Xieng-Zhan. Daughter: Li Ya-Mei (born in 1910) (p. 23). Grandsons: Li Da-Yang. Li Er-Yang. Granddaughter: Li Ai-Lian. Li's first wife, Yao, died in 1940 (p. 94).

Three years after Li's first wife died, he met Mrs. Ru Su, who was Jewish, in New York. She became his partner, but they never married. They were involved from 1943-1947, but Li lived in the USA only from 1943 to 1945. In 1947 he telegrammed Mrs. Ru Su from China that he had decided to marry a Chinese lady. (p. 100-103).

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Li's second wife: Lin Su-Shan. Li married Lin in 1947 (p. 104). Lin passed away in 1954 (p. 120).

Li's third wife was Tian Bao-Tian. Li married Tian in 1957 when Li was 77. Tian was 42 (p. 133). This biography includes a chronology of Li Shizeng.

Near the front of the book are four portrait photos which show Li: (1) In 1922 when he was age 42. (2) In 1932 when he was age 52. (3) In 1962 when he was age 82. (4) In 1970 when he was age 91.

Note: Li Yu-ying, a soyfoods pioneer in Paris, France, lived 29 May 1881 to 3 Sept. 1973 (p. 6, 76).

4882. Yntema, Sharon K. 1980. Vegetarian baby: A sensible guide for parents. Ithaca, New York: McBooks Press. 224 p. Illust. by Tom Parker. Index. 22 cm. 2nd ed. 1984. [150* ref]
• ***Summary:*** A good handbook for vegetarian as well as vegan parents. Contains nutrition facts as well as good tips for feeding babies, plus special recipes for babies. Covers babies up to two years of age. Contains extensive, positive information about soyfoods, especially tofu and soymilk, including the nutritional value, specific uses in infant nutrition, and how to make each food at home. Tofu may be introduced to an infant's diet at age 8-9 months. Appendix B contains brief reviews of baby food cookbooks, most published after 1970. The author was born in 1951. Address: Ithaca, New York.

4883. *Boston Rice Paper* (*Macrobiotic*). 1980? New Erewhon products. No. 1. p. 4. Undated.
• ***Summary:*** These new products are: (1) Crispy Brown Rice Cereal, a blend of organic medium grain brown rice, barley malt, and sea salt. It is ready to eat. (2) Erewhon tofu. "Tofu is one of the health food trade's big celebrities, and Erewhon's comes in two organic styles, firm and soft. (3) Erewhon Bread, a yeasted whole-wheat loaf. (4) Erewhon Pickles and Erewhon Sauerkraut.

Note: This new 8-page typewritten newsletter (with no date or address) is published by Louis Fellman.

4884. Boykin, Craig; Boykin, Annie. 1980? The drama of the two soyboys. 2 p. Unpublished manuscript. Undated.
• ***Summary:*** "Narrator: The year–1999. The place: The great American west. Gone are the herds of cattle. With the growing popularity of tofu, the range lands have been planted with soy beans. Gone is the cowboy. But a new breed of man has moved into the big sky country... A strong, independent and often lonely kind of man. Yes, the American soyboy.

"Scene: Two grisly looking range hands sitting at a campfire, tearing with their teeth at the food they have been roasting over the fire on a stick. They are wearing yoga pants and cowboy hats.

"1st soyboy: This range tofu sure is tough.

"2nd soyboy: Damn right, pass the tamari..."

4885. INTSOY. 1980? Soybean Foods Research Centre (SFRC), Gannoruwa (Brochure). 3 p. Undated. Publisher not given.
• ***Summary:*** Contents: Introduction. Home level. Village level. Commercial level: Full fat soya flour, coconut milk substitute, soya cereal extrusion cooked blends, soya milk (beverage), soya oil and meal, soya and cassava extrusion cooked blends, soya-maize extrusion cooked blends, Oriental soya foods (tofu and tempeh), soya sauce. Future plans.

4886. **Product Name:** Tofu.
Manufacturer's Name: Mainley Tofu.
Manufacturer's Address: Starks, Maine.
Date of Introduction: 1980?
New Product–Documentation: Letter from Peter Beane. ca. 1982. David Friedman and Amythyst Montford run Mainley Soyfoods, and are friends of Peter's.

4887. Morinaga Milk Co. 1980? The wonder food from Japan! Morinaga brand Ever-Fresh Silken Tofu (Poster). Shiba 5-33-1, Minato-ku, Tokyo 108, Japan. 1 p. Undated. 36 x 41 cm. [Eng]
• ***Summary:*** "Your body will love the high plant protein... Your waistline, the low calories... And your heart, the total absence of cholesterol."

Note: This poster (see next page) is in a wooden frame and can be hung on a wall. In the lower right corner is a pouch where recipes can be placed on the poster. Address: Tokyo, Japan.

4888. **Product Name:** Savory Tofu Quiches (Vegetable or Spinach).
Manufacturer's Name: Nature's Table.
Manufacturer's Address: P.O. Box 909, Greenfield. MA 01302.
Date of Introduction: 1980?
New Product–Documentation: Brochure. undated. Green and white.

4889. Soy Plant (The). 1980? Tofu from The Soy Plant (Scrapbook). Ann Arbor, Michigan. 7 p. Undated. 51 x 63 cm.
• ***Summary:*** This large 6-ring binder has stiff black covers and holds large black sheets with acetate sheet protectors. Each hand-lettered sheet (unnumbered and undated), in dark green, light green and black letters, is designed to give information about and promote the company's tofu, as follows: (1) "A Michigan product. Made from organic soybeans, water and nigari." (2) "Ways to use Soyplant tofu: As an alternative source of protein–Stir-fried vegetables and tofu, tofu-based dips and salad dressings, sautéed tofu sandwich. As a substitute for meat, cheese and eggs–'Missing egg' salad, tofu chili or stroganoff, tofu pudding or

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'cheese' cake. As an extender for other protein food–tofu-meat loaf, tofu-fish cakes, tofu-hamburger spaghetti sauce."

(3) Nutritional value. Versatility. Handling. Cost savings. (4) Nutritional value. (5) "Tofu is recommended for: Athletes, dieters, lactose-intolerant individuals, diabetics and cardiac patients, persons with digestive conditions, infants and the elderly." (6) Versatility. "Tofu takes on the flavor of other ingredients and seasonings. Tofu adapts to many recipes–Dips, soups, entreés, casseroles, desserts. Tofu can be prepared in many ways–Baked, blended, fried, marinated, cubed, mashed sliced, frozen." (7) Handling. It comes packaged in water in a 1-lb tub or a 20-lb pail. An illustration of each is shown. "The water should be replaced after one week. Tofu will stay fresh at least two weeks."

Location: As of Dec. 2000 this binder is owned by Bruce Rose, president of Rosewood Products, Inc., Ann Arbor, Michigan. Address: 771 Airport Blvd., Ann Arbor, Michigan 48104. Phone: (313) 663-8638.

4890. Davis, Richie. 1981. Soy food prices to increase: Soybeans in shorter supply. *Recorder* (*Greenfield, Massachusetts*). Jan. 2.

• ***Summary:*** The New England Soy Dairy of Greenfield now manufactures nearly 30,000 lb/week of tofu. They buy 15,000 lb/week of soybeans from Minnesota and Illinois. The Tempeh Works buys 10,000 lb/month of soybeans to make 4,200 lb/week of tempeh.

Richard Leviton, "who said shipping costs account for 25 percent of the price of soybeans, said he, his wife and a third partner plan to start growing soybeans in the Hadley-Hatfield area this spring... The first year, he said, he plans on growing between 25 and 50 acres of organic soybeans on rented land. Eventual plans call for between 1,000 and 1,500 acres of soybeans." A photo shows Louis H. Battalen checking tempeh at the Tempeh Works. Address: Staff reporter.

4891. Anderson, Eugene N. 1981. Re: Early history of soybeans in China. Letter to William Shurtleff at Soyfoods Center, Jan. 8–in reply to inquiry. 1 p. Typed, with signature on letterhead. [4 ref]

• ***Summary:*** The standard work on the early history of

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soybeans is still *Cradle of the East,* by Ping-ti Ho. Address: Dep. of Anthropology, Univ. of California, Riverside, CA 92521.

4892. Waldbaum's. 1981. Waldbaum's food mart (Ad). *Hartford Courant* (*Connecticut*). Jan. 11. p. B15.
• ***Summary:*** "New England Soy Dairy–Tofu (bean curd)–1 lb pkg. 89¢"

4893. Ikegami, Seishiro. 1981. History of Morinaga tofu sales (Interview). *SoyaScan Notes.* Jan. 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Prior to 1976, hence prior to Morinaga's introduction of their aseptically packaged tofu, the Japanese government passed protective legislation for small and medium sized industries, not just for tofu shops. Morinaga now sells Sasa-no-Yuki brand Sealed Lactone Silken Tofu (buro-dofu; buro means "blow" not "overflow") in Japan. It has a 30-day shelf life. They sold it before the protective law was passed, so they can sell that volume now. Many middle-size Japanese companies, which are not bound by the legislation, are increasing their rate of buro-dofu production, even now. Morinaga did not make Japan's first buro-dofu.

Ever Fresh Silken Tofu (EFST) was developed in 1976, mainly for the American market, and was introduced (first sold) in 1977. It is not sold at all in Brazil since import duties are 100%. The number 3 market is Europe. Presently, Morinaga could sell a fixed amount of EFST in Japan, but there is no need to since buro-dofu is cheaper. Address: c/o Beech-Nut California Corp., P.O. Box 5759, San Jose, CA 95150-5759. Phone: 408-293-8330.

4894. Hansen, Barbara. 1981. Rice leads the flavorful parade of dishes in this Indonesian feast: 'Colonial cooking' a blending of cultures. *Los Angeles Times.* Jan. 15. p. J1.
• ***Summary:*** The Indonesian *rijsttafel* is a magnificent parade of dishes, featuring rice. When Bob Blansjaar, who was born in Surabaya on the Island of Java, prepares *rijsttafel* for guests, he makes more than 20 dishes–marking it as the real thing.

A standard recipe is *Gado Gado,* a sort of salad topped with peanut sauce. "He also sliced and fried tofu for the salad, using Chinese style hard tofu rather than the softer variety."

Another key dish is Sambal Ketjap (hot sauce); the ingredients include "2½ teaspoons Indonesian sweet soy sauce" [probably ketjap manis]. Ten recipes are given, including Gado Gado and Sambal Ketjap.

Photos show: (1) The *rijsttafel* served in many dishes on a large table. (2) Bob Blansjaar as he chops vegetables in the kitchen. Address: Staff writer.

4895. Root, Waverley. 1981. A cordial bow to the byproducts of the soybean. *Los Angeles Times.* Jan. 15. p. J42.
• ***Summary:*** This article is indebted to: Simonds, Nina. 1979. "Chinese cuisine: Bean curd." *Gourmet.* Sept. p. 28-29, 84-91.

The soybean, which offers extraordinary versatility as a human food, can be transformed into soybean milk, "the soybean milk skin [yuba] derived from the milk, the bean sticks [dried yuba sticks] made from the milk skin, the also edible sediment given off by the milk [okara], untreated bean curd [regular tofu and perhaps silken tofu], pressed bean curd which produces bean curd noodles [pressed tofu noodles], more tightly compressed bean curd cakes, and frozen-and-thawed bean curd [dried frozen tofu]." Note: This is the earliest English-language document seen (April 2013) that uses the term "frozen-and-thawed bean curd" to refer to dried-frozen tofu.

In the process of making "pressed bean curd, another soybean food is created–bean curd skin [*pai yeh,* pressed tofu sheets], which should not be confused with soybean milk skin [yuba]. Dried bean curd skin," which needs no refrigeration and is often stuffed, for example with chopped meat, is sold by weight by Chinese specialty shops throughout the world; five or six sheets weigh one ounce.

"There is a whole family of foods made from fermented bean curd" [fermented tofu]. Bean curd can be fermented in various ways. Bean curd loaves, for example, can be stored for the winter in a cool dark place; micro-organisms from the air cause fermentation. "The loaves acquire a fungoid coating, which has to be scraped off, and as far as I know is not used for food,..." Fermented bean curd, which has been called "soybean cheese," is easier to digest than unfermented bean curd. Bean curd can also be marinated in rice wine, flavored with spices, and then allowed to ferment. A most unusual type of fermented tofu is stinky bean curd (*sh'ou tou fu*), a favorite Chinese snack. In Taipei, there are many street vendors who ply the streets with their portable deep fryers. This fermented tofu is usually deep-fried and usually eaten with one's choice of soy sauce, vinegar, mashed garlic, and chili paste.

Other fermented foods include miso, natto, hamanatto (which is of Korean origin), tempeh (of Indonesian origin), and shoyu (Soybean sauce, soy sauce).

"It is said that the best grades of soy sauce can take as much as six to seven years of aging to reach perfection, and that the making of a superb soy sauce requires 'as much art in its preparation as good French wines.'"

Flavorings are added to some Chinese soy sauce "various herbs, especially citronella; spices (ginger); aromatic vegetables (onions); and not only fermented fish, but even fermented chicken meat. To produce three liters (3.1 quarts) of sauce requires on kilogram (2.2 pounds) of beans.

"Fukien has the reputation of producing the best soy bean sauce in China and consequently stews many foods in it, giving them a color which has caused the culinary techniques of this region to be called 'red cooking.'"

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Soybean sauce is "often an important ingredient in many more complicated sauces–for instance Hoisin sauce in China and Worcestershire sauce in England."

4896. Dominguez de Diez Gutiérrez, Blanca. 1981. Re: Current work with tofu in Mexico and India. Letter to William Shurtleff at Soyfoods Center, Jan. 16. 1 p. Typed, with signature.
• ***Summary:*** Blanca now lives in Acapulco. At Christmas time she went to Mexico City to try to find a publisher for a booklet titled "What is Tofu?" developed by Soyfoods Center–but the person she had hoped to see was on vacation. "I think he would be interested as we have nothing like it in Mexico and they publish little booklets, although it would need about 50 more pages of tofu recipes. Anyhow, I shall try again." The person who translated it into Spanish did a poor job; the published will have to put it into Mexican Spanish. "I think instead of *queso* for tofu I would use *cuajada,* or curd. For *Gô; masa de soya* and for okara *pasta de soya."*

Blanca asks Shurtleff to send her again the 40 addresses of people working with soya in India. The last time they got lost. "I have a wonderful invitation to go to India. My book will be translated into Tamil. I pray that all goes well.

"Have been invited by Soyacraft to assist a Soya Congress in July. [Note: On 8-12 July 1981 the annual Soycrafters Conference was held at Colorado State Univ., Fort Collins, Colorado]. Very honored to go and looking forward to the trip. Perhaps I shall meet you. Hope so. All the best for 1981–with affectionate regards, Blanca Dominguez." Address: Acapulco.

4897. Xiques, Linda. 1981. A surprised convert to tofu [Wildwood Natural Foods]. *Pacific Sun* (*Mill Valley, California*). Jan. 16-21. p. 2. Food & Drink section.
• ***Summary:*** The author (whose last name is pronounced HEE-kays), formerly skeptical about tofu, becomes a convert to "Tofuism" after this visit to Wildwood and a talk with the four partners. Bill Bramblett, the partner in charge of production, is the former breakfast manager at the Sleeping Lady Cafe. Paul Orbuch is a commercial photographer, and Frank Rosenmayr a building contractor. Describes the company's tofu making process and equipment (including a Rietz disintegrator). The company has 18 part time employees. Gives recipes for Vegan Quiche and Tofu Mayo.

"Wildwood Natural Foods started out in August 1980 as a wholesale sandwich and 'deli' products supplier. A month later, the founders decided to start making their own tofu since they were stuffing so much of it into their sandwiches. Their Brown Rice and Tofu Sandwich is highly popular with the Marin vegetarian set, and the 'Tofunofish Sandwich' not only uses tofu for the 'nofish' but features 'tofunoegg' mayonnaise. Wildwood's latest invention, the Tofu Steak Sandwich, is rising on the charts as well."

Bramblett explains that Wildwood makes four or

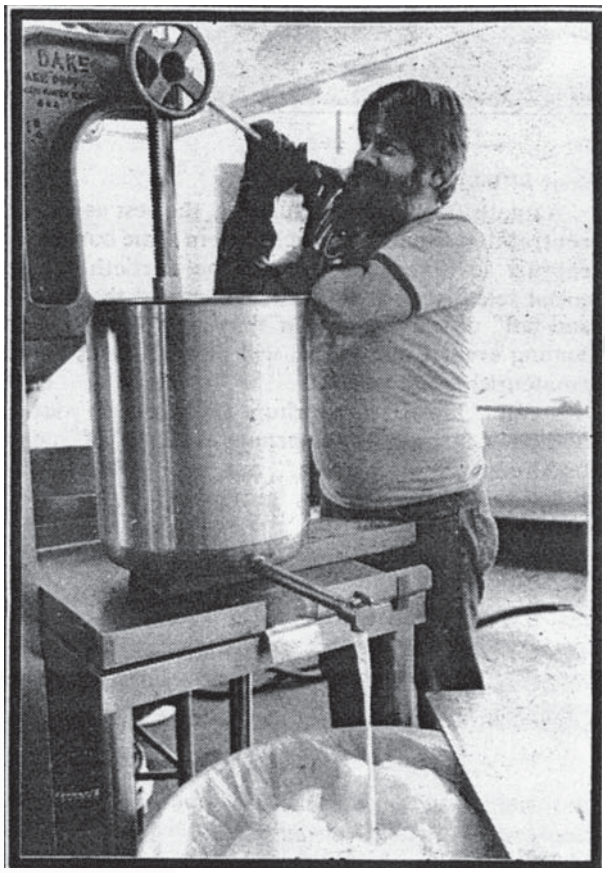

five batches of tofu a day, each starting with 20 lb of dry soybeans and ending up with 40 lb of tofu. "It's *magic!"* He has written a song about tofu, titled "Tofunction," which goes: "Rinse 'em up, soak 'em up, grind 'em up, cook 'em up, squeeze 'em up, curd 'em up, press 'em up, cool 'em up, cut 'em up, pack 'em up, eat 'em up!*

"A quick shuffle and a quick chorus and he was ready for applause. 'Here,' he said, dishing up a small container of hot tofu for me to try. "Isn't this wonderful stuff? So good when it's fresh and few people get to eat it when it's really fresh." Spooning it in, I was surprised at how flavorful it was, tender and delicate. I was softening toward tofu."

"Extending their small-is-beautiful, do-right-while-doing-well philosophy to its logical conclusion, Wildwood Natural Food products are delivered by bicycle. Pulling a small low-slung trailer, Mark Horowitz, a bike racer of some local renown, hauls their wares from Fairfax to outlets as far south as Mill Valley, delivering them fresh, with nary a drop of gasoline wasted."

Photos show: (1) Bill Bramblett using a ratchet press to press soymilk from a stainless-steel vat into a curding barrel. (2) Paul Duchesne, focused on weighing the tofu before packing.

Talk with Bill Bramblett. 2013. May 6. (1) Concerning the four original partners: Paul Duchesne put up his sandwich company and no additional money. Bramblett, Orbuch and Rosenmayr each put up $12,000 to capitalize

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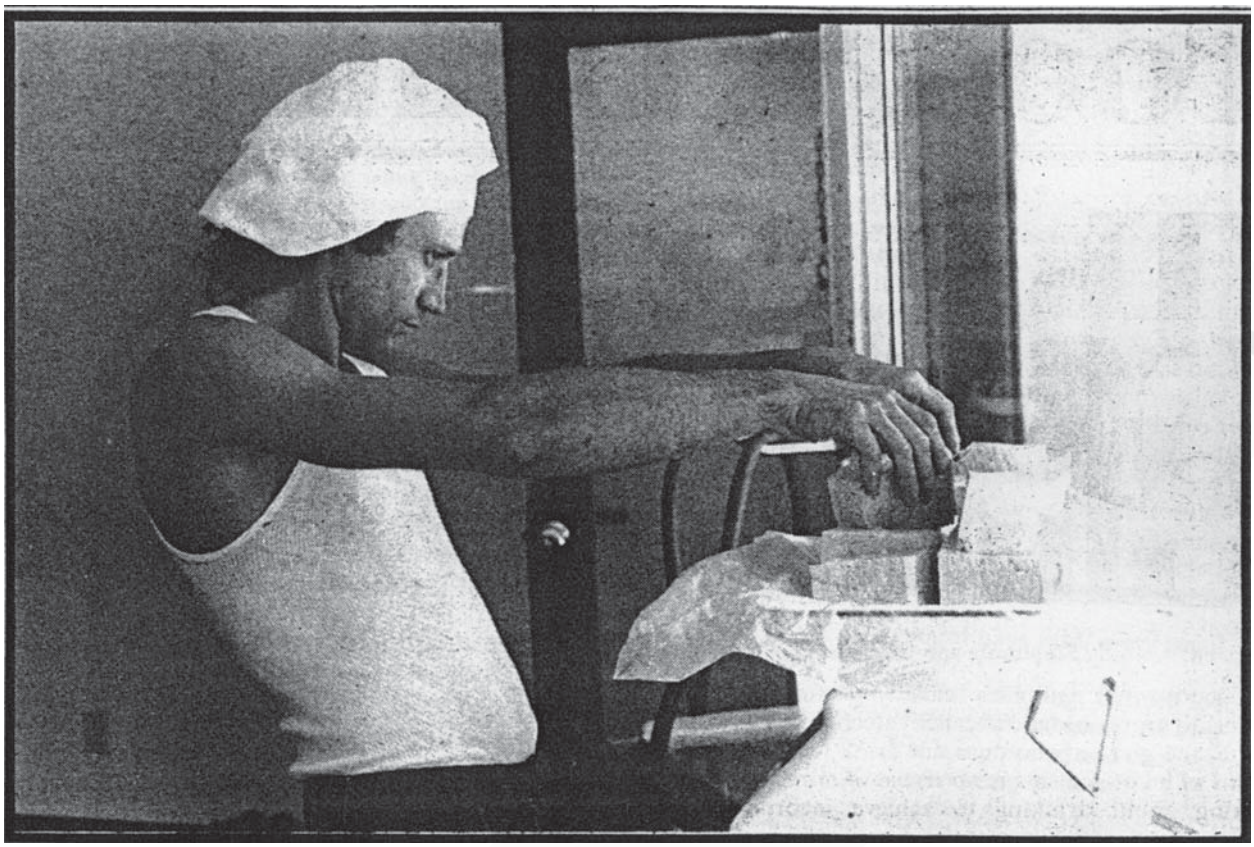

the new startup company. (2) Wildwood Natural Foods Inc. started making tofu from the very first day in their new shop in Aug. 1980; they did not start as a wholesale sandwich and deli products supplier and then start to make tofu a month later. However they did continue to make sandwiches (at The Sleeping Lady) using their own fresh tofu as an important ingredient.

4898. Anderson, Alice Marie. 1981. Employee dispute [at Island Spring] prompts tofu boycott. Tofu is more than a four-letter word. *University of Washington Daily.* Jan. 21. p. 6.

• ***Summary:*** The dispute began last October when the company introduced a new automatic cooker and a company employee policy manual. The workers wanted to all receive the same pay. The owner refused to meet with a group to discuss the subject. In mid-October when the owner found out the employees were talking union, he fired three of them. A union election was held but over half the votes were contested. A boycott of the company's products began Jan. 3.

4899. Flinders, Carol. 1981. Notes from Laurel's Kitchen: Chinese cooking, vegetarian style, uses soybeans for meat. *Hartford Courant* (*Connecticut*). Jan. 21. p. E8.

• ***Summary:*** The traditional teachings of both Buddhism and Taoism prohibit the eating of any food that requires killing animals, birds, fish, or other sea creatures. For this reason "the native culinary genius of China has produced a superb vegetarian cuisine. It has flourished for centuries, mainly in Buddhist monasteries."

Now Stella Lau Fessler has written "Chinese Meatless Cooking" which contains authentic recipes. The next step is to locate a store in your town that sells Oriental foods. Tofu, sesame oil, and even shiitake mushrooms are now widely available.

"Soybeans make an impressive showing throughout the recipes: As tofu in many forms (did you know there's a fermented tofu, 'tofu-ru,' which aficionados compare with blue cheese?), as soybean milk, and even as just plain soybeans, boiled fresh in the pods."

4900. Flinders, Carol. 1981. Lecithin keeps fats from separating: Notes from Laurel's Kitchen. *Hartford Courant* (*Connecticut*). Jan. 28. p. E2.

• ***Summary:*** Why is lecithin (an emulsifier) sold in health food stores? "Primarily because it has been suggested from time to time that lecithin might work in our blood stream the same way it does in foods. That is, that it would take up globules of cholesterol and keep them moving along, instead of forming deposits on the walls of our arteries. Scientific research has failed to reward this hypothesis. But once a substance takes on that super-food aura, it doesn't lose it overnight.

"Commercial lecithin is derived from soybeans. In

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fact, when you make tofu, you end up with a whey-like by-product that is extremely rich in lecithin. It feels slick and soapy, and forms a sudsy 'head' when agitated. Bill Shurtleff describes the many uses the Japanese have for soy 'whey.' Its knack for cutting grease makes it an ideal bio-degradable soap for cooking utensils and fine fabric. It's used as a facial cleanse, a plant nutrient, and a nourishing, well-received drink for cattle."

Contains a recipe for Special soy plate, that includes "2 cups soy puree."

4901. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Alexander's Tofu Shop.
Manufacturer's Address: Das Werkhaus, Leonrodstr. 19, D-8000 Munich 19, West Germany. Phone: 089-160-474.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Alexander Nabben. Talk with Svadesha Ruediger Urban. 1990. June 13. This company was a very early one, located in the Werkhaus in Munich. Svadesha moved into the same building.

4902. **Product Name:** [Soymilk, and Soy Yogurt].
Manufacturer's Name: Alternatur.
Manufacturer's Address: Korte Spekstraat, Hallaar, Belgium.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. March 4. This was the second earliest known soy yogurt made in Europe, and the first made after 1911.

4903. **Product Name:** [Tofu].
Manufacturer's Name: Biogarten.
Manufacturer's Address: Riesenfeldstr 16, 8000 Munich 40, West Germany. Phone: 089-359-1955.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Gunther Scholl. Talk with Svadesha Ruediger Urban. 1990. June 15. He thinks this company sold tofu but did not make it themselves.

4904. **Product Name:** Tofu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703. Phone: 608-251-0595.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Chris Burant.

4905. **Product Name:** Tofu.
Manufacturer's Name: Cheng's (Mrs.) China Bean.
Manufacturer's Address: 1829 E. Palolo Ave., Honolulu, HI 96816. Phone: 808-737-2571.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4906. Chico-San, Inc. 1981. Chico-San products: A catalog of unique natural foods. P.O. Box 1004, Chico, CA 95927. 28 p. Revised Jan. 1981.
• ***Summary:*** Contents: A message from the president, J. Robert Kennedy. Chico-San rice products: Rice Cakes (6 varieties; plain, millet, or buckwheat, each salted or unsalted), Carob Crunch (carob-coated rice cakes in plain or mint flavors), Golden Rice Nuggets, Yinnies candies (Taffy made from rice and barley; Caramel made from rice, barley, oat powder, raisins, almonds, sesame oil, coconut, rice bran, lecithin, natural vanilla, and agar agar).

Yinnies brand Rice Syrup ("A pure, natural sweetener made from rice, water, and barley malt..."). "How Yinnies brand Rice Syrup is made: Chico-San's process involves the conversion of the natural starches in the rice into complex sugars. Extended low temperature cooking allows the enzymes from the malted grains to create a fermentation which occurs in a liquid mash. After an optimum period of fermentation, the process is halted and liquid squeezed from the mash. This liquid is then vacuum cooked at low temperature, bringing the syrup to the proper consistency." Yinnies brand rice syrup and refined sugar comparison. This rice syrup is high in maltose.

How Chico-San guarantees Oriental-type organically-grown brown rice (describes in detail how the rice is grown in California). Chico-San whole grains, seeds and beans (Incl. organically-grown brown rice, sweet brown rice, sesame seeds, black soybeans, and azuki beans). Chico-San condiments: Lima soy sauce, soybean puree (miso, in 3 types, mugi, kome, or hacho), barley koji, kuzu, malt vinegar malt vinegar, salt plums, nigari (for tofu making), sesame oil (light or dark), tekka. Chico-San imported seaweeds: Hijiki, kombu, wakame, nori, sea vegetable gelatin (kanten). Herb teas and other products. Chico-San cookbooks. Chico-San special recipes–including recipes for Sesame miso spread, Black soy beans, Azuki beans, and Wakame miso soup. Address: Chico, California.

4907. **Product Name:** Tofu [Regular, or Firm].
Manufacturer's Name: Colony Soy Dairy.
Manufacturer's Address: 12333 Mt. Angel-Gervais Rd., Mt. Angel, OR 97362. Phone: 503-845-9261.
Date of Introduction: 1981. January.
Ingredients: Well water, organically grown soybeans, nigari.

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Wt/Vol., Packaging, Price: 16 oz regular or 14 oz firm. Packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Eileen Dumont. Labels. 1983, undated. 5.5 by 4.5 inches. Plastic film. Green or yellow, brown, red and green on clear film. Bean plant with little bean man illustration. "Home of the contented bean. No preservatives or additives. Refrigerate. Change water daily."

4908. **Product Name:** Tofu.
Manufacturer's Name: Columbia Soyfoods.
Manufacturer's Address: P.O. Box 1382, Manassas, VA 22110. Phone: 703-361-8132.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Richard Leshuk.

4909. Dominguez de Diez Gutiérrez, Blanca. 1981. Re: Teaching about tofu, soymilk, and other soyfoods in Mexico. Letter to William Shurtleff at Soyfoods Center.
• ***Summary:*** Blanca never really ran a tofu shop in Mexico. She only taught how to make it, especially in Jalapa, Veracruz. Address: Apartado Postal 65, Zacatepec, Morelos, Mexico.

4910. **Product Name:** Tofu.
Manufacturer's Name: Duta Proteina Indonesia.
Manufacturer's Address: P.O. Box 3137, Jakarta, Indonesia.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Lusiani T. Saputro.

4911. **Product Name:** Tofu.
Manufacturer's Name: Ener-G Foods Inc.
Manufacturer's Address: P.O. Box 24723, Seattle, WA 98124. Phone: 206-767-6660.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Makes Soymilk and Jolly Joan Soyquik.

4912. **Product Name:** [Tofu].
Manufacturer's Name: Eng. D. Figueroa Tagle.
Manufacturer's Address: Proquide S.A. 5, Febrero 743, Mexico 13 DF, Mexico.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4913. **Product Name:** [Tofu].
Manufacturer's Name: Firma Ergepe.
Manufacturer's Address: 4 Singelsteeg, 3511 Utrecht, The Netherlands. Phone: 030-318-315.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4914. Fukushima, Danji. 1981. Re: History of tofu in Japan. Letter to William Shurtleff at Soyfoods Center, Jan. 22–in reply to inquiry. 1 p. Typed, with signature on letterhead. [2 ref]
• ***Summary:*** Tofu was first introduced into Japan in the 8th century; from that time until about the 12th century it was called "okabe." Source: Tomomi Kono. 1970. *Encyclopedia Japonica*. Tokyo: Shogakukan. Vol. 13, p. 227. Please see enclosed photocopy.

Fermented tofu originated in China in the 5th century A.D. Source: T. Watanabe, H. Ebine, and T. Ota. 1971. *Daizu Shokuhin*. Tokyo: Korin Shoin. p. 196. Please see enclosed photocopy.

In Japan today, several factories produce 50,000 to 100,000 packages of packaged tofu per day.

By separate mail, Dr. Fukushima is sending a copy of a color slide showing Kibun's Soena. Address: Kikkoman Foods, Inc., Walworth, Wisconsin 53184.

4915. **Product Name:** Tofu.
Manufacturer's Name: Homeland Foundation.
Manufacturer's Address: Upper Thora, Bellingen, NSW 2492, Australia. Phone: 066-558-514.
Date of Introduction: 1981. January.
New Product–Documentation: Letter from Marcea Newman Weber of Sydney. 1981. Nov. 8. Gives the address of Homeland Community, Upper Thora, Bellingen 2454 NSW, Australia.

Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: David Wilson.

Interview with Jonathan Gordon of White Wave, Inc. 1995. Nov. 16. Jonathan left Findhorn in March 1981 and arrived in Australia in about July or August 1981. He traveled in Australia with a girlfriend and lived at the Homeland Foundation in Upper Thora, Bellingen, New South Wales, where he made tofu with other members of the community. Upper Thora is a little town in the Bellingen (pronounced BEL-ing-un) valley. Some community members had already been making tofu for a long time before he arrived; the tofu company was a completely established local business, with customers and delivery routes, when he arrived. They made about 300 lb/week of tofu and delivered it themselves to nearby communities in insulated cold boxes

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(called "Eskis," short for Eskimos) in a van. Homeland was also making tempeh at the time, but Jonathan was not a tempeh maker. He left Australia in about Dec. 1981 to return to England.

4916. Kamen, Sy; Kamen, Betty. 1981. The tofu connection (filmstrip). New York, NY: Cold Spring Harbor. *
• ***Summary:*** This entertaining and educational color filmstrip, created and produced by Sy and Betty Kamen, consists of two different parts, each of 79 frames and lasting 15 minutes. Part One, "The Making of Tofu," depicts how tofu is made in both the traditional Japanese shop and in a large-scale American tofu plant. Part Two, "Tofu–America Style," features a cooking class led by Madeline Fox of the New England Soy Dairy. She prepares tofu meatballs and buckwheat spaghetti, tofu sloppy joes, tofu salad, tofu dip, tofu fruit cream, and tofu chocolate mousse.

The Tofu Connection is available from Encore Visual Education Inc., 1235 South Victory Boulevard, Burbank, California 91502 (Catalog No. 203); the price is $46 for both filmstrips and audio cassettes. Address: Cold Spring Harbor, New York.

4917. **Product Name:** Tofu [Water Pack, or Vacuum Pack], Soysage, Tofu Pudding, Marinated Tofu.
Manufacturer's Name: Lecanto Tofu.
Manufacturer's Address: Route 2, Box 764, Lake Butler, FL 32054. Phone: 904-496-3714 or 904-496-3698 (HM).
Date of Introduction: 1981. January.
Wt/Vol., Packaging, Price: Water and vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jean Huffman. Address is given as P.O. Box 444, Lecanto, FL 32661. Talk with Rodney and Carol Prins. 1988. May. They bought the business in late 1983 from Marvel Huffman. They have continued to make the products they bought, and have not introduced any new ones, except vacuum packed tofu. The business is on a small farm. Sales are about $50,000/year. The business is for sale.

4918. **Product Name:** Tofu.
Manufacturer's Name: Libby Outlaw Tofu Shop.
Manufacturer's Address: Box 34, Hillsborough, NC 27278. Phone: 919-732-3359.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4919. **Product Name:** [Lima Tofu {Sold in a Jar}].
Manufacturer's Name: Lima Foods. Made in Belgium by Jonathan P.V.B.A.
Manufacturer's Address: Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium. Phone: 09-52-4176.
Date of Introduction: 1981. January.
Wt/Vol., Packaging, Price: 225 gm jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

Letter from Sjon Welters. 1982. April 16. "Jonathan is a macrobiotic food company. They make the tofu and soymilk for Lima Foods in Belgium which is sold all over Europe. It is sterilized, so it keeps a long time. Talk with Ted Nordquist. 1988. March.

Lima catalogue, price list, and color product brochure. 1989. Shows the 225 gm jar.

4920. **Product Name:** Tofu.
Manufacturer's Name: Lucky Bean Cake.
Manufacturer's Address: 3925 Hampton Blvd., Norfolk, VA 23508. Phone: 804-423-4006.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Dan Nguyen. Dun & Bradstreet database search. 1984. March. Listed as: Lucky Bean Cake Tofu, 800 Elkin St., Norfolk, Virginia 23508. Phone: 804-489-1493. Manufacturer of soybean cake. Started in 1981. Has 4 employees and 30 accounts. Owners (partners): Luu Hanglong and Nguyen Van Gan.

Call telephone operator in Norfolk, VA. 1991. Sept. 19. Has no phone number listed for Lucky Bean Cake, Luu Hanglong, or Nguyen van Gan. Not there 2001/05.

4921. **Product Name:** Tofu.
Manufacturer's Name: Michiana Soyfoods, Inc.
Manufacturer's Address: 1204 Garden, Elkhart, IN 46514. Phone: 219-259-1729.
Date of Introduction: 1981. January.
Ingredients: Water, organically grown soybeans, refined natural nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Kris Klawitter. Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Address listed as 2027 N. Merrifield Ave., Mishawaka, Indiana 46544.

Label (undated) sent by Bruce Rose of Rosewood Products. 2000. Oct. 15. Label is from about 1982. Printed red and black on clear plastic film. Leaves and pods of a soybean plant are shown against a red circle with a black border. Address is 2027 N. Merrifield.

4922. **Product Name:** Tempeh (Soy-Rice).

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Manufacturer's Name: Monterey Bay Soyfoods.
Manufacturer's Address: 335 Pennsylvania Ave., Santa Cruz, CA 95062. Phone: 408-423-2256.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jeremiah Ridenour. Talk with Jeremiah Ridenour. 1988. Aug. 31.

4923. **Product Name:** Pacific Tempeh Burger (Vacuum Packed).
Manufacturer's Name: Pacific Tempeh.
Manufacturer's Address: 1508 62nd St., Emeryville, CA 94608.
Date of Introduction: 1981. January.
Ingredients: Soy tempeh, water, shoyu, lemon juice, garlic, paprika, thyme, oleic safflower oil.
Wt/Vol., Packaging, Price: 7 oz 2 x 3.5 oz burgers. Vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Label. Undated. 3.25 inch diameter. Brown and white on orange. "A natural hearty meal." Leviton. 1982. Soyfoods. Winter. p. 27. Sales climbed to 5,000 a week by Nov. 1981. Leaflet. 1982. 8½ by 11 inch. Color. "A what burger? A Pacific Tempeh Burger. A hearty and satisfying cultured soyfood with twice the protein of tofu and more vitamin B-12 than tuna or eggs. Take the taste test."

Talk with Travis Burgeson of Pacific Tempeh. 1983. April. Pacific Tempeh now makes 4,000 to 4,500 lb/week of tempeh, 75-80% of it in the form of tempeh burgers.

4924. **Product Name:** Living Lightly Tofu Enchilada.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: P.O. Box 40429, San Francisco, CA 94110.
Date of Introduction: 1981. January.
New Product–Documentation: Price List & Catalog. 1981. Sept. 12 oz. or 18 oz. Spot in Soyfoods. 1982. Winter. p. 57. 12 oz.

4925. **Product Name:** Living Lightly Tofu Tamale. Renamed Tofumale by Feb. 1982.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1981. January.
Ingredients: Water, tofu, ground corn, rice flour, corn oil, chili pepper, onions, tomato puree, spices, salt, sunflower seeds, garlic powder.
Wt/Vol., Packaging, Price: 7 oz. or 12 oz.
How Stored: Frozen.
New Product–Documentation: Pacific Trading Price List. 1981. Sept. This was one of America's earliest frozen tofu entrees. Spot in Soyfoods. 1982. Winter. p. 57. 7 and 12 oz.

Label. 1982. Tofumale. 3 inch diameter. Self adhesive. Brown and blue on white. Ingredients: Water, ground corn, whole wheat flour, corn oil, tofu, chili pepper, sunflower seeds, salt, dehydrated onion, lime, garlic, spices.

4926. Pacific Trading Co. 1981. Catalog and price list. P.O. Box 1635, San Francisco, CA 94101. Jan.
• ***Summary:*** Lines include Redwood Valley Soyfoods, Soyfoods Unlimited, Living Lightly, Ice-C-Bean. Address: Redwood Valley, California.

4927. **Product Name:** Living Lightly Tofu Enchiladas.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1981. January.
Ingredients: Water, whole wheat flour, tortillas (whole wheat flour, water, soy oil, salt, baking powder), corn oil, tofu, chili pepper, sunflower seeds, raw rennetless cheddar cheese, salt, dehydrated onion,
Wt/Vol., Packaging, Price: 12 oz. (341 gm).
How Stored: Frozen.
New Product–Documentation: Label. 1982. 3 inch diameter. Self adhesive. Brown and blue on white.

4928. **Product Name:** Organic Tofu.
Manufacturer's Name: Prairie Soyl.
Manufacturer's Address: P.O. Box 80055, 4029 Progressive Ave. #3, Lincoln, NE 68504. Phone: 402-476-7653.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Julie Robinette. Letter from Marla A. Lowell. 1982. June 9. They started making tofu in early April 1982. Company run by her and Julie Robinette Diegel.

4929. **Product Name:** Tofu.
Manufacturer's Name: Real Foods.
Manufacturer's Address: 1501 Lehigh St., Allentown, PA 18103. Phone: 215-791-4100.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jim Saunders. Apparently he didn't open until March. Leviton. 1982. Soyfoods. Summer. p. 32. Jim Saunders opened in March 1981. Now makes 4,000 lb/week.

4930. **Product Name:** Tofu Creamie (Pudding) [All Natural, Strawberry, Almond, or Carob].
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. January.

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Ingredients: Almond: Tofu, honey, almond butter, vanilla extract, lecithin. Strawberry: Tofu, honey, strawberries, safflower oil, lemon juice, natural strawberry extract, beet powder, almond extract, sea salt.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. Spot in Whole Foods. 1982. April. p. 60. "Convenience Soyfoods." Spot in Soyfoods. Summer. p. 56. "Prepared Tofu & Salads. A decadent tofu dessert!" Label. 4 inches diameter. Plastic. Almond: Brown, blue and red on white. Strawberry: Blue and red on white. Almond: "A decadent tofu desert!" Strawberry: "All natural 100% non-dairy." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. "100% Non-Dairy." Letter from Richard Rose. 1987. Aug. 29. Made while in Redwood Valley, probably early 1981. Moved to Petaluma in June 1982.

4931. **Product Name:** Tofu.
Manufacturer's Name: Rose Kitchen Tofu.
Manufacturer's Address: 515 E. Central, Wichita, KS 67202. Phone: 312-267-8024.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: John Guffey.

4932. **Product Name:** Tofu.
Manufacturer's Name: Ruch Co-Op Soy Dairy.
Manufacturer's Address: 6091 Hwy 238, Jacksonville, OR 97530.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22.

4933. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Solola Soy Dairy.
Manufacturer's Address: Solola, Guatemala.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Figallo Molina Belen.

4934. Soy Plant Co-op Inc. (The). 1981. Price list effective 1/28/81 [28 Jan. 1981]. Ann Arbor, Michigan. 1 p. 28 cm.
• ***Summary:*** This hand-lettered sheet contains four columns: Manufacturer, product, unit price, and case price. The Soy Plant is manufacturer of: Tofu, plain soy milk, flavored soy milk, tempeh, miso garlic dressing, and Soyanaise (soy mayo). Other manufacturers are Sunshower (fruit juices and butters), Hills Brothers (apple cider), Toper (pickles), Westbrae (miso–3 types), and Canadian Soya (Soya Lecithin Spread, non-hydrogenated). Address: 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: 313-663-TOFU (663-8638).

4935. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soy-Can Dairy Ltd.
Manufacturer's Address: 59 St. James St. W #601, Montreal, QUE, Canada.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner and phone not listed.

4936. **Product Name:** Tofu.
Manufacturer's Name: Suzuki Tofu Shop.
Manufacturer's Address: 480 E. 20th St., Chico, CA 95926.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Aiko Suzuki.

4937. **Product Name:** Tofu.
Manufacturer's Name: Thistle Down Tofu.
Manufacturer's Address: R.R. 5 Church Rd., Duncan, BC, V9L 4T6, Canada. Phone: 604-748-9514.
Date of Introduction: 1981. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jan Norris.

4938. **Product Name:** Tofu.
Manufacturer's Name: Tofu In-Sted.
Manufacturer's Address: Box 805 Frederickstead, St. Croix, VI 00840.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Monty Thomson.

Note: This is the earliest known commercial soy product made in the U.S. Virgin Islands, or in the Lesser Antilles.

4939. **Product Name:** Wel Pac Tofu.
Manufacturer's Name: Tokyo Food Processing Corp. Affiliate of JFC International.
Manufacturer's Address: 40 Varick Ave., Brooklyn, NY 11237. Phone: 212-456-8805.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center

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Computerized Mailing List. 1981. Jan. 22. Owner: Mr. Shirata & Mr. Terry Terahira. Soya Bluebook. 1986. p. 107. New name for an existing product. Note also new affiliation.

4940. **Product Name:** Zakhi Tofu (1 lb. Vacuum Packed in Box with Window).
Manufacturer's Name: Tris Inc.
Manufacturer's Address: 340 Greenhills Ct., Greenwood, IN 46142. Phone: 317-881-1299.
Date of Introduction: 1981. January.
Wt/Vol., Packaging, Price: 1 lb vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: David Yang. Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Alternate address given as 500 S. Polk St., #2, Greenwood, Indiana 46142.

4941. **Product Name:** Tofu.
Manufacturer's Name: Tropi-Pak.
Manufacturer's Address: 3664 N.W. 48th St., Miami, FL 33142. Phone: 305-635-1968.
Date of Introduction: 1981. January.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Dennis Murasaki.

4942. Tsuchiya, Kunio. 1981. Minami no tôfu, kita no tôfu: Aizu Tajima no tsuto-dofu ni tsuite [Southern tofu, northern tofu: Tsuto-dofu from Aizu Tajima]. *Daizu Geppo* (*Soybean Monthly News*). Jan. p. 39-47. [Jap]
• ***Summary:*** Aizu Tajima is a place in the northeast prefectures (Tohoku Chiho), near the border of Fukushima prefecture and Tochigi prefecture. During the Edo period it was a major town through which travelers passed. Tsuto-dofu is wrapped in a bamboo mat (*sudare*), then boiled in water until small holes form in the tofu.

4943. **Product Name:** Tofu Steak Sandwich.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. January.
Ingredients: UFO Tofu by Wildwood, whole grain bread, sprouts, lettuce, brine pickles, mustard, tamari, safflower oil, apple cider vinegar, herbs & spices, sea salt.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Xiques. 1981. Pacific Sun. Jan. 16. "A surprised convert to tofu... Wildwood's latest invention, the Tofu Steak Sandwich, is rising on the charts as well. It looks questionable... but it is quite delicious." Fillip. 1981. May. East West Journal. p. 40 "The Amazing Tofumobile." Cohen. 1981. Nov. 23. San Francisco Business Journal. p. 6. "To make tofu steak for tofu steak sandwich, the end cuts of raw tofu blocks are marinated in tamari and baked.

Label sent by Wildwood on their letterhead. 1983, undated. 3 by 2 inches. Self adhesive. Black and green on orange-yellow. Silhouette of woods with birds. "Fresh Daily. Ready to Eat Foods. Naturally. Perishable. Keep Refrigerated."

Note. This is the earliest known commercial soy product named "Tofu Steak."

4944. **Product Name:** Tofunofish Sandwich.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. January.
Ingredients: UFO Tofu by Wildwood, onions, lettuce, scallions, brine pickles, safflower oil, tamari, apple cider vinegar, garlic, kelp, sea salt, spices, whole grain bread.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Xiques. 1981. Pacific Sun. Jan. 16. "A surprised convert to tofu... The Tofunofish Sandwich not only uses tofu for the 'nofish' but features 'tofunoegg' mayonnaise." Fillip. 1981. May. East West Journal. p. 40 "The Amazing Tofumobile." Cohen. 1981. Nov. 23. San Francisco Business Journal. p. 6. "The tofunofish sandwich contains many of the same ingredients as the brown rice and tofu sandwich, minus the brown rice. To give it a tuna fish taste and texture, the sandwich has okara in it.

Label sent by Wildwood on their letterhead. 1983, undated. 3 by 2 inches. Self adhesive. Black and green on white. Silhouette of woods with birds. "Fresh Daily. Ready to eat foods, Naturally. Perishable, keep refrigerated."

Talk with Billy Bramblett, an owner of Wildwood. 1998. Aug. 8. This product definitely contained okara; Billy will ask Paul Orbuch and Doug Porter why okara was not listed on the label. He thinks he has the original recipe in his archive of old Wildwood recipes that are no longer in production. This was an actual sandwich, but Billy thinks that from time to time Wildwood marketed the Tofunofish filling/spread in a plastic tub.

4945. **Product Name:** Zakhi Tofu (1 lb. Vacuum Packed in Box with Window).
Manufacturer's Name: Zakhi Soyfoods.
Manufacturer's Address: 124 S. Hadley Rd., Fort Wayne, IN 46804. Phone: 219-432-1291.
Date of Introduction: 1981. January.
Wt/Vol., Packaging, Price: 1 lb vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Letter and order for the

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book *Tofu & Soymilk Production* from Doris Zakhi. 1979. Nov. 9. She is located at the address shown above. "We are very interested in starting a soy dairy here in Ft. Wayne."

Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Victor Zakhi. Spot in Soyfoods. 1984. Summer. p. 45.

4946. Fabricant, Florence. 1981. A good place to sample sushi: Dining out. *New York Times.* Feb. 1. p. LI17.
• ***Summary:*** This is a review of the two-star Japanese restaurant Taiko. Recommended dishes include "fried bean curd appetizer."

"Hot appetizers of deep-fried bean curd, the squares of tofu finished with a crunchy coating and seasoned with a gingery sauce..."

"Rich miso soup with diced bean curd provides a warmly restorative interlude between the main courses, especially on a biter winter evening."

Sukiyaki casserole includes "bean curd in a soy-based broth."

Note that the word "soy" (used by itself, at this late date) refers to soy sauce.

4947. Stop & Shop. 1981. Happy Chinese New Year! (Ad). *Hartford Courant* (*Connecticut*). Feb. 1. p. V5.
• ***Summary:*** "La Choy, 10 ounce bottle–Soy Sauce–69¢... Soy bean cake–Tofu 1 pound package–89¢." Also includes Azumaya egg noodles, egg roll wrappers, wonton wrappers (each in a 1-lb. package).

4948. Wakai, Ted. 1981. Dictionaries and raw fish (Letter to the editor). *Los Angeles Times.* Feb. 1. p. I14.
• ***Summary:*** Discusses the meanings of the words "sushi" and "sashimi." Not all sushi contains raw fish. His understanding is that "that sushi is a type of rice dish or delicacy made in a variety of sizes, shapes, recipes, appearances, tastes, etc. It comes rolled in seaweed [nori] or egg omelette, rolled into a ball, pushed through a mold, filled into a bag of deep-fried bean curd, loose, etc." Address: Oxnard, California.

4949. Burros, Marian. 1981. Chinese New Year: The year of the rooster. Gathering around the fire pot. *Washington Post.* Feb. 5. p. A1, A15 (E15).
• ***Summary:*** The fire pot (the Chinese version of a chafing dish) is specially popular during the Spring Festival, which Americans call Chinese New Year. In Mandarin it is called *huo kuo,* while in the Cantonese dialect it is *ta pin lou.* Popular ingredients include tofu, "frozen tofu" (made by slicing and freezing fresh tofu), soy sauce, and red fermented tofu. One recipe is given for Aline Berman's fire pot, and another for Fire pot sauce.

4950. Miller, Jim. 1981. Re: Chronology of Quong Hop's firsts in American soyfoods. Letter to William Shurtleff at Soyfoods Center, Feb. 9. 1 p. Typed, with signature on letterhead.
• ***Summary:*** In response to Shurtleff's request for additional information about Quong Hop's "contributions to the making of soyfoods history in the West, I thought I would send along the following list of firsts and other significant things pertaining to our own involvement in soyfoods, just to set the record straight."

1972–"The first orientally owned and operated tofu company to make a significant move to introduce tofu to the American consumer."

1972–"The first producer of fresh soymilk for the health and natural food as well as the oriental food market."

1973 Jan.–"The first to promote tofu in its many varieties as an economical and nutritious alternative to meat and dairy products using the enclosed pamphlet and other p.o.p. [point of purchase] material for supermarket promotions."

1975 Dec.–"The first commercial producer of tofu to use organically grown soybeans."

1976 Aug.–"The first commercial producer of tofu to use natural nigari."

1977 June–"The first commercial producer of tofu burgers" [labeled "Tofu Burgers"]. Note: Azumaya started commercial production of tofu burgers labeled "Ganmodoki" in about 1937.

1978 April–"The first producer of vacuum packed nigari tofu."

1980 May–"The first to produce aseptically packed creamy tofu dressings requiring no refrigeration."

1980 Sept.–"The first to produce a line of frozen tofu entrees for sale to the Western market for natural convenience stores." Address: Quong Hop & Co., 161 Beacon St., South San Francisco, California 94080. Phone: 415-873-4444.

4951. Schmit, Matthew. 1981. Fresh tofu comes to Northern Cal. Arcata, Clifornia. 2 p. Feb. 13. Unpublished manuscript.
• ***Summary:*** "The Tofu Shop of Arcata, California, officially opened its doors on December 12, 1980, after a year of low-key planning and three months of shop/equipment renovation. Owners Matthew and Susanne Schmit label the shop 'a soy deli and whole grain bakery,' and have designed the wholesale and retail operation to be a family run business.

"Upon entering the 500 sq. ft. shop, customers find themselves in a quaint, hand-crafted retail area, offering a full line of whole grain breads and a variety of 'tofu-support grocery items' such as sauces, condiments, sea vegetables, grains, and cookbooks. Deli specials, recipes-of-the-week, and soy news items are listed on central bulletin boards. Regular deli features include soymilk, tofu cheesecake, tofu-pumpkin pie, ganmo patties, and tofu-spinach turnovers.

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Behind the service counter customers can see dough mixers and baking ovens, and portions of the tofu-making process are also visible from the shop's front windows–all an attempt to bring the consumers closer to the source of their food.

"The traditional-style cauldron shop is presently producing 100 pounds of firm nigari tofu per day with a capacity of 300 pounds per day. The equipment is all American made and adapted to its present function. Grinding is done with a C.W. Bell steel plate grinder. Soymilk is extracted with a traditional cider press. Settling boxes are actually stainless steel steam table inserts with drilled holes. Pressing is done with a custom-made jig using cargo jacks as adapted by Surata Soyfoods of Eugene, Oregon (Soyfoods, Summer, 1981).

"Future plans for the shop include upgrading the tofu equipment to increase production capabilities, and at the same time developing the deli facility to attract a larger cross-section of the community. Matthew and Susanne Schmit are dedicated to the community-level tofu shop concept and are happy to play a part in the growth of a viable small shop model in the United States. For information call or write: The Tofu Shop, P.O. Box 4716, 768 18th Street, Arcata, California, 95521. Phone: (707) 822-7409." Address: 768 18th St., Arcata, California 95521. Phone: 707-822-7409.

4952. Sheraton, Mimi. 1981. Restaurants: Tempura treats, a neighborhood spot. *New York Times.* Feb. 13. p. 58.
• ***Summary:*** This is a review of Inagiku, a Japanese restaurant inside the Waldorf-Astoria at 111 East 49th St. They serve "soba (cold buckwheat noodles enlivened with soy sauce and scallions),..." and "small dishes such as nimono, a combination of simmered vegetables and bean curd [tofu]..." Also teriyaki fish.

"At one dinner we asked a waiter for natto, a cool side dish of fermented soybeans in a spicy, eggy sauce..."

4953. Jennings, Richard. 1981. Re: Use of soybeans in Ecuador. Letter to William Shurtleff at Soyfoods Center, Feb. 14. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "The most popular use for soya in Ecuador is solvent extracted oil, with the presscake being fed to chickens. As to machica (máchica), this is made with frijol tumbre (black-eyed peas = cowpeas) which are grown in the coastal areas and are somewhat similar in shape and size to soya. Mehica (Méhica) is made in the Sierra, and while the black-eyed peas are used, it is usually made with maize/corn or barley (cebada).

"The other use for soya is at the Chinese-run soy sauce and miso factory in Quevedo, in the lowlands where there is a constant warm climate for fermentation. They make a kind of miso but with some sugar and spices. When I visited the factory, I was not enough in the owner's confidence to ask about specifics, but I saw tangerine peels being dried, and also tasted anise and maybe cinnamon. The recipe on the jar recommends using their product for cooking pig and turkey. The people there also make an edible soy sauce. Ecuadorian soy sauce is for the most part horrible, consisting of a lot of burnt sugar and very little soy. I would with some confidence rank it as the worst in the world. It is used for *chaulafan,* which is the name here for a fried rice dish, and is preferred because it is thick and dark, and turns the rice a brown color. Anyway the Chinese in Quevedo make this petroleum-like glop, but also make an edible normal soy sauce which I am distributing along with the miso until I can get it together to make a better product.

"There are few Chinese and Japanese making tofu at home, and there is one restaurant that claims to sell about 40 lbs daily, so a friend tells me. No soymilk that I know of." Address: Casilla 252A, Quito, Ecuador. Phone: 529-679.

4954. Hesseltine, C.W. 1981. Aflatoxins in soyfoods (Interview). *SoyaScan Notes.* Feb. 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Concerning the 1969 *Time* magazine article on aflatoxins in homemade miso and soy sauce in Korea–There is a lot of incorrect information in the literature based on a problem with determining aflatoxins, since not all things that fluoresce are aflatoxins. A test for fluorescence needs to be followed by a chemical test. He found that one-third to one-half of all oats sampled in the USA contained fluorescent material that looked like aflatoxin–but was not. The oats were fed to animals and no problems resulted.

A study in Japan showed that when homemade miso was properly inoculated, it contained no aflatoxins, but when inoculated with natural spores, it did contain some aflatoxins. He has never seen any figures on the aflatoxin content of the latter miso. He has seen no evidence to indicate that there are problems with aflatoxins in naturally inoculated homemade misos. Good studies conducted in Japan have found aflatoxins in homemade miso but they were found only in a few samples and the levels were so low that there was no problem. No aflatoxins have ever been found in commercial misos as far as he knows. In short, he feels there is no risk is consuming any type of miso.

Dr. Hesseltine is now on a low-sodium diet and has therefore started eating a lot of tofu. In addition, he and Dr. Wang are conducting an interesting study on microbial spoilage of tofu. Address: NRRC, Peoria, Illinois.

4955. Bailey, Dennis. 1981. The selling of soy: If you don't know much about tofu yet, don't worry, you will soon. *Maine Times* (*Topsham, Maine*). Feb. 20. p. 32.
• ***Summary:*** "Everybody knows what tofu is, right? It's that chalk-colored square hunk of cheese-like matter in hermetically sealed plastic tubs that sits between the lettuce and tomatoes in the produce sections of large grocery stores. Perhaps you have on occasion halted your shopping cart

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and picked one up to marvel at its weirdness, puzzle over its presence, or to ask a basic question, 'What in the world is this?' One person supposedly bought one thinking it was some sort of scrubbing utensil or a sponge, only to get it home to realize that sponge companies don't normally list their product's nutritional value on the outside wrapping. Of course, after taking a bite, the befuddled buyer's faith in the adage that initial impressions are always reliable was restored. Yup, it had to be a sponge. Food was never meant to taste like this."

In Maine, the larger grocery stores get their tofu from the New England Soy Dairy of Greenfield, Massachusetts. The Soy Dairy sells about 12 tons of tofu each week. In the major chain markets, Soy Dairy tofu is likely to be the only brand available, but that too may soon change. Other companies are getting into the act, including the Dannon Company. Yes, the folks at Dannon are thinking about doing for tofu what they did for yogurt–Americanize it, popularize it, commercialize it and cash in on it. Today the health food stores, tomorrow the IGAs. Out of the coops and into the Frigidaires." #2." Madeline Fox, Soy Dairy sales director, discusses the many benefits of tofu.

4956. Yoshimura, Sam. 1981. Re: Chronology of work at Madison Foods and reminiscences. Letter to William Shurtleff at Soyfoods Center, Feb. 20. 2 p. Typed, with signature.

• ***Summary:*** 1937-1943. Sam attended Madison College and received a B.S. degree in nutrition in 1941. "At that time extensive study on soy beans and human nutrition was conducted at the college under the direction of Francis Dittes, (Ph.D. in nutrition) Phillip Chen, (Ph.D. in chemistry) and Perry Webber (Ph.D. in nutrition). Madison Foods (owned by the college) was manufacturing various canned and dried vegetable protein products including Kre-O-Soy (soy milk) and Cheze-O-Soy (seasoned tofu) and marketed them nationally. I received valuable experience working in the food plant.

1943-1946. Sam went to Emmanuel Missionary College located in Berrien Springs, Michigan (now renamed Andrews University), and received a B.S. degree in agriculture in 1945.

1945-1956. Sam returned to Japan and re-established San-iku Foods (owned by the Japan Missionary College). The college was closed during World War II. The company made canned and baked products based on wheat and soy proteins and marketed them extensively, including at Mitsukoshi, Seibu and other department stores. A series of pilot scale tests of soy milk production was conducted under the direction of Dr. Harry Miller. However, they did not start commercial production due to the somewhat weak public response to the product.

1956-1963. He worked for Madison Foods in Tennessee, where he was responsible for managing the production, research, and development program. Various canned vegetable protein products were produced. Madison Burger based on wheat and soy protein and improved Cheze-O-Soy were well accepted by the market. At the beginning of 1962, production of Infa Soy using Dr. Harry Miller's formula, was started under the direction of his son, Willis Miller; J.B. Craw was general manager at that time.

1963-1964. Sam left Madison Foods and went to work for Madison Hospital (owned by the organization). He was assigned to develop economical vegetable protein products suitable for hospitals, schools and other institutions. A series of frozen products including the so-called "Sam's Chicken," made with wheat protein [gluten] and tofu, were formulated. The product was well accepted by institutions as it had a torn chicken-like texture. "It was a least expensive product. I understand a dish prepared with Sam's Chicken (supplied by Southern Missionary College) received recognition at the International Restaurant Show in Chicago several years ago.

1965 to present. He joined Worthington Foods after Worthington acquired Madison Foods. Worthington sent him to Africa Basic Foods Inc. in Uganda, East Africa, to assist development of soy protein products. During his 6-month stay the company produced soy milk, tofu, CSM (combination of corn, soy and powdered skim milk) and other high protein products for hospitals and the school lunch program. It was a missionary project for the company to take part in solving kwashiorkor problems. It was an unforgettable and rewarding experience for Sam. He is a staff member of the R&D department, especially assigned to develop new products. He is also a professional member of the Institute of Food Technologists.

For information regarding Krem-O-Soy and other products from the early days of Madison Foods, contact Dr. Register (Chairman, Dep. of Nutrition, Loma Linda Univ.) or Dr. Shirou Kunihara at the same university. They were students at Madison College and did R&D work for the food plant. The son of Dr. Philip Chen (deceased) is at the Weimar Institute, Box A, Weimar, California 95736. Address: 8200 Colonial Meadows, Westerville, Ohio 43081. Phone: 614-882-0625.

4957. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Aros Sojaprodukter KB.
Manufacturer's Address: Bergsvagen 1, S-19063 Orsundsbro, Sweden. Phone: 0171-604 56.
Date of Introduction: 1981. February.
Ingredients: Soybeans, water, magnesium chloride.
Wt/Vol., Packaging, Price: 400 gm packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated, 14 day shelf life.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Ted Nordquist. Address listed as Box 13012, 75013 Uppsala,

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Sweden. The company's original name before production started was Aros Sojamjolkprodukter. KB (*kommanditbolag*) means "limited partnership." Ad and article in Haelsa. 1981. March 3. p. 29, 32 (a black-and-white photo shows the package), plus 4 page color insert (p. 35-38) of tofu recipes with color photos of the recipes and of Ted Nordquist, and 1 page of instructions for making tofu at home.

Aros Catalog. 1982. The company is now at Bergsvaegen 1. On the cover of the 6-panel catalog is a company logo and "Aros Sojaprodukter Örsundsbro, and next to it Soyfoods Center Sweden with the Soyfoods Center logo. The company sells books, soyfoods, nigari, tempeh starter, and miso and koji starter. Soyfoods Center owns a large black-and-white photo of Ted Nordquist and Tim Ohlund loading cases of Aros tofu into the back of a vehicle.

Form filled out by Ted Nordquist of Aros. 1984. Aros started making commercial tofu in Feb. 1981, and is now making 800 kg/week. One year ago they were making 500 kg/week. Started vacuum packing in 1983.

Talk with Ted Nordquist. 1985. Jan. 7. Now making 1,750 kg/week of tofu. During the past year they lost the Finland market but Sweden's sales doubled. Talk with Ted Nordquist. 1990. May 18. Starting in about 1987 this product was renamed Tofu Line Tofu Naturelle. All Aros products are now sold under the Tofu Line brand.

4958. Chu, Yung-shung. 1981. Soybean protein food in China. *J. of the American Oil Chemists' Society* 58(2):96A, 98A, 100A. Feb. Reprinted in APCC Quarterly, 30 June 1981, p. 23-27.

• ***Summary:*** Contents: Abstract. Methods of preparation: Bean curd (tu fu), bean curd derivatives (tough bean curd, smoked tough bean curd, dried soybean sheets, fried bean curd, vegetable chicken), fermented bean curd (fu ru), dried bean milk cream (fu tsu [dried yuba sticks]).

For 4,000 years soybean have been one of the main crops cultivated in China. The history of extracting protein to prepare tofu is about 1,000 years old. The soybean was important not only as a food but also as a seasoning. The earliest fermented soybean products were dou-jiang (soybean ch'iang) and dou-chi [fermented black soybeans].

Note: This is the earliest document seen (Nov. 2011) that uses the term "dou-chi" to refer to fermented black soybeans.

The preparation of these two products was recorded briefly in *On Medical Emergency Treatment* written by Si Yu during the Western Han Dynasty (100 B.C.). [Note: This is the *Chi chiu p'ien* by Shih Yu.] Later, these procedures were described in detail in the *People's Agricultural Calendar* written by Cui-Zi during the Han Dynasty (200 A.D.). Illustrations of techniques appeared in 600 A.D. in special chapters of *The Principal Methodology of Economics*, by Jia Si-Yi.

According to historical literature of the Min [Ming] and Qing [Ch'ing] Dynasties, the preparation of bean curd [tofu] was first recorded in Han Zi, written by Liu An, King of Huai Nan (179-122 B.C.) In the book of Qin-Yi, Tao Gu (907-960 A.D.) said that bean curd was a common food in the market of the south Huai district.

Fu ru is the fermented form of bean curd. The earliest record of this is in the book called *Night Dialogue Under the Shade*, written by Li Ri-huo (1636-1661). He said that fu ru was prepared between summer and autumn in the Qi Men district and briefly described the procedure. In a famous book on Chinese herbal medicine, *Compendium of Materia Medica,* the author, Li Shizen (1518-1593), describes the preparation technique in detail.

Later, these procedures were described in detail in the *People's Agricultural Calendar* written by Cui-Zi during the Han Dynasty (200 A.D.). Illustrations of techniques appeared in 600 A.D. in special chapters of *The Principal Methodology of Economics*, by Jia Si-Yi. Address: Oil and Fat Research Inst., Shaanxi, China.

4959. Dalman, Thelma. 1981. From Thelma's kitchen: Tofu Italiano. *Soyfoods* 1(4):68. Winter.

• ***Summary:*** Contains a recipe for Tofu Italiano. "Thelma Dalman's school lunch program for Santa Cruz city schools in California has been the bellwether for nutrition, innovation, and economy for many years now. First, with their vegetarian menu and the elimination of foods with preservatives and artificial ingredients; more recently her (to some) audacious introduction of tofu into the meal plan..." Thelma and her staff, including central kitchen manager Maxine Prairie, direct some 8,000 meals daily that are delivered fresh to 18 different school locations.

"She remarks that the institutional kitchen takes tofu back a step, from its slablike delivered state, to a more cottage-cheese curd physical appearance. She is encouraging a local tofu supplier to consider delivering tofu as curds rather than blocks, and she believes tofu is more attractive to the average housewife in the form of cottage-cheese-style curds."

Contains a recipe for Tofu Italians that serves 50 and uses 10 lb of tofu. Address: Director, Santa Cruz City School Lunch Program, Santa Cruz, California.

4960. Fiering, Steve. 1981. Low technology soybean dehuller. *Soyfoods* 1(4):52. Winter. [1 ref]

• ***Summary:*** An essential article for anyone wishing to dehull soybeans using low-cost equipment, with one useful illustration. The basic machine, a simple stone dehuller, was developed and patented by Nelson and Ferrier at the University of Illinois. U.S. Patent 3,981,234. The separator, based on a vacuum cleaner blower, neatly and cleanly separates the hulls into a cloth bag.

"During last summer's *Soyfoods Showcase* I was excited by the work of the University of Illinois in expanding the use of soybeans as human food. Their work with technology-

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deficient countries has led them to develop a 'low tech' soybean hull separator. This machine holds promise for immediate use by the growing ranks of tempeh makers."

Note 1. This is the earliest document seen (Sept. 2011) with the term "low technology" (or "low tech") in the title.

Note 2. This is the earliest document seen (Sept. 2011) that contains the term "low tech" (or "low-tech").

Note 3. The description of this dehuller and hull separator (with different illustrations) first appeared in: Nelson, A.I.; Ferrier, L.K. 1976. Soybean processing using low level technology. Urbana, Illinois: University of Illinois. 34 p.

Note 4: In a 2-page letter to Bill Shurtleff dated 16 July 1984, A.I. Nelson says: "The hull separator is not patented and can be used by any interested parties." Address: The Soy Plant, Ann Arbor, Michigan.

4961. Fiering, Steve. 1981. Demystifying refrigeration. *Soyfoods* 1(4):48-51. Winter. [2 ref]
• ***Summary:*** An excellent introduction to an essential subject for soyfoods makers who sell refrigerated or frozen products. "A cooler takes heat from within an insulated box and releases the heat into the environment outside the box. This is accomplished by taking advantage of the fact that when a liquid changes to a gas (evaporates), it absorbs a great deal of heat, and when a gas changes to a liquid (condenses), it releases heat.

"All coolers work on this very simple principle. A substance, generally freon [Freon], is brought inside the cooler box as a liquid and once in the box, allowed to evaporate; thus absorbing heat from within the box. The freon is taken out of the box as a gas and then condenses back into a liquid releasing heat. The liquid is sent back into the cooler, allowed to evaporate, then once more taken out and condensed. This cycle–called the refrigeration cycle–continues until the box is cool enough. It's a simple idea, though the mechanics of accomplishing it may be complex."

The three basic units of every refrigeration unit are the compressor, evaporator, and condenser. Two illustrations show the relationship between these basic components. Address: The Soy Plant, Ann Arbor, Michigan.

4962. **Product Name:** Tofu Spreads [Teriyaki, or Curry].
Manufacturer's Name: Harvest Wholefoods.
Manufacturer's Address: 403 Richmond Rd., Grey Lynn, Auckland, New Zealand.
Date of Introduction: 1981. February.
Ingredients: Tofu, tamari, garlic vinegar.
Wt/Vol., Packaging, Price: 200 gm plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Chalmers, Elizabeth. 2007. Jan. 16. "Business history of the Chalmers family: Making soyfoods in New Zealand" (Interview). Letter (e-mail) from Elizabeth Chalmers. 2007. Jan. 24. Harvest Soyfoods made "Tofu Spread" in two flavors, Teriyaki and Curry. Teriyaki sold best. Ingredients: Tofu, tamari, garlic, vinegar. They were sold in 200 gm small plastic tub, refrigerated. Bean Supreme discontinued them. "We did actually start to make these again when we started the Organic Soy Company, but only for about 6 months, as we could not get a long enough shelf life out of them–only 2 weeks. All our products (except Teriyaki sauce) have always been refrigerated. New Zealand has a population of 4 million in a country the size of the whole United Kingdom. Because of these logistics we are always 'playing to a small audience,'" and need to send our products to all corners of the country. Hence we need to get a shelf life of 6-8 weeks out of all of our products. If we were just to sell locally in Auckland, it would not be enough business to keep us going."

Letter (e-mail) from Elizabeth Chalmers. 2007. Jan. 24. "Now that I really set me mind to it, I think we started making the spreads before we made Tempeh. I would take a guess at early 1981, February, when we were still in the back of Harvest Wholefoods.

4963. *Jewish Times.* 1981. Food of life (Mintz's Kosher Buffet). Jan/Feb.
• ***Summary:*** Tofu use is spreading to the Jewish community. Mintz's Kosher Buffet now offers "a full line of tofu products, including non-dairy quiches, muffins, vegetable souffle's, spinach pies, and egg rolls. Mintz's will soon add chocolate cream and banana cream tofu pies to the menu."

4964. Kawashima, Masao. 1981. Kôri-dôfu to shite no genryô daizu [Soybeans as raw materials for dried-frozen tofu]. *Daizu Geppo* (*Soybean Monthly News*). Feb. p. 9-21. [Jap]
Address: Habutae Tofu K.K., Kikaku, Kagaku Kenkyu-shitsu-cho, Kanazawa-shi, Ishikawa-ken 921, Japan.

4965. Kay, Nancy. 1981. Discovering tofu in Guyana. *Soyfoods* 1(4):65-66. Winter.
• ***Summary:*** During her recent trip to Guyana, while looking up some members of Guyana's one and only vegetarian society, the author found a small but thriving tofu manufacturing company–in the village of Golden Grove, 15 miles outside of the capital, Georgetown. She met the founders and owners, Peter and Rosemary Kempadoo, who make 100 pounds of tofu a week, with no government assistance. Every Friday they truck it into town to sell to and through members of the vegetarian society–so that their operation won't be subject to government licensing. "They claim their customers keep the tofu without refrigeration several days in a salt water brine."

Soybeans are not a cash crop in Guyana. "But Peter is determined to increase soybean production and to develop seed beans more suitable to Guyanese growing conditions. He encourages farmers in his village to grow soybeans

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and to come to see soyfoods as human food." Rosemary works to adapt traditional recipes to locally produced foods, vegetarian ingredients, and (sometimes) tofu. Peter and Rosemary are parents of nine children of their own plus two adopted children. Peter is East Indian, his ancestors having come from Madras, in southern India. Rosemary claims to be a mix of six of the main ethnic groups in Guyana.

Recipes are given for: Tofu pepperpot (Amerindian). Tofu curry (East Indian). Roast garlic tofu (Portuguese). Cutty-cutty soup (Creole African). A photo shows Nancy Kay working in a kitchen. Address: Vegetarian chef and proprietor, Small Planet Catering Service, Chicago, Illinois.

4966. Leviton, Richard. 1981. Making soymilk in America. *Soyfoods* 1(4):16-24. Winter.
• ***Summary:*** A review of soymilks available nationwide and a detailed analysis of Numu, New England Soy Dairy's problematic soymilk and the reasons for its failure in September 1980, at a cost of $40,000. Also discusses: Vitasoy (imported to California). President Soybean Drink (imported to California). Soy Fresh (made by Quong Hop in California since 1972). Soy Moo (made by Health Valley in California). Fresh Soybean Juice (made by Wy Ky of Los Angeles). Soymilk (made by Mighty Soy). Soybean Beverage (made by Hoven Foods, Seattle). Soy Juice (made by Redwood Valley Soyfoods Unlimited [Richard Rose]). Plain Soymilk (made by Island Spring, Vashon, Washington). Nutrisoya (made by Victor Food Products, Toronto, Canada). Soy-Ya! (made by Joy of Soy, Minneapolis, Minnesota). Soy Milk (made by White Wave of Boulder, Colorado). Soyalac and Soyagen (made by Loma Linda of Mt. Vernon, Ohio). In 1978 Nasoya introduced Vidasoy–prematurely; it was a disaster. A photo shows Stephen Yu holding a bottle of Victor Foods' Nutrisoya. Address: Colrain, Massachusetts.

4967. Leviton, Richard. 1981. Putting tofu in the lunch boxes of America: A report on serious soyfoods marketing. *Soyfoods* 1(4):54-61. Winter.
• ***Summary:*** About New England Soy Dairy, Timothy Metzger and Dannon Yogurt, Larry Needleman and Bean Machines, Thelma Dalman (Food Service Director for Santa Cruz city school system), Al Jacobson (The Wizard of Foods, "a tidy, bustling, elfin, walking idea man") and his Garden of Eatin', Paul Duchesne and Wildwood Natural Foods, Steve Demos and White Wave. A photo shows Victor Food Products on sale in Canada: VFP Tofu, and VFP Nutrisoya soymilk.

A sidebar by Timothy Metzger, gives an interesting history of marketing dairy yogurt in America. Dannon introduced its yogurt to the U.S. some 38 years ago (i.e. about 1943). Concerning Wildwood (p. 61): "In Fairfax, just over the hills from the Golden Gate Bridge and San Francisco, Paul Duchesne's Wildwood Natural Foods appears to fulfill the dreams of many soyfoods proprietors by combining both light tofu manufacture with light sandwich production in a clean, efficient, and industrious little shop. Mr. Duchesne designed his shop as a tofu showcase with broad wall-to-wall front windows so that passers-by may glimpse tofu production during the days. Wildwood produces a line of eight packaged vegetarian sandwiches including *Brown Rice and Tofu Sandwich* (with vegetables in a whole wheat bun), *Tofu Vegetable Salad, Two Beans in a Bun, Carrot-Raisin Salad, Marinated Bean Salad,* and *Beet Salad.* While they enjoy the luxury of a delivery van for San Francisco accounts, Mr. Duchesne impressed upon me the fun of using a bicycle that pulls a small flat trailer for on-the-street sales in Fairfax on those endless California summer days when folks are out relaxing on their skateboards and zipping down the street on roller skates and sailboats crisscross Sausalito Bay." Address: Colrain, Massachusetts.

4968. Leviton, Richard. 1981. With spoon in hand: A survey of soymilk ice creams. *Soyfoods* 1(4):62-64. Winter.
• ***Summary:*** Soymilk ice creams are on the rise in America. Discusses: Ice Bean (made by Farm Foods in San Francisco, but removed from the market in early 1980). Jolly Licks Ice-C-Bean (developed and marketed by Mark Brawerman's Jolly Licks of San Francisco). Soy Freeze (made by Island Spring of Vashon, Washington). Soy Dream (formerly named Ice Dream Frozen Dessert, made by Quong Hop & Co. in South San Francisco). Soy Dream (developed and marketed by Al Jacobsen's Garden of Eatin' in Los Angeles). Polar Bean (made by White Wave Soyfoods of Boulder, Colorado). Soy Dream (made by Joy of Soy in Minneapolis, Minnesota). Sunflower Frozen Desserts (made by Susan Gershuny and Kirk Meyer of Tivoli, New York). Soy Softee (made by Cindy and Steve Hassell of The Granary in Northampton, Massachusetts, and sold from a soft serve machine in their retail store).

For most products, the flavors and ingredients are given. Photos show: Cindy Hassell of the Granary in Massachusetts holding up a cone filled with her Soy Softee. Many pints of Ice Dream. Mark Brawerman of Jolly Licks. Address: Colrain, Massachusetts.

4969. Leviton, Richard. 1981. Tofu plant profiles: Soycrafters on the Island [Luke and Suni Lukoskie of Island Spring on Vashon Island, near Seattle, Washington]. *Soyfoods* 1(4):42-44. Winter.
• ***Summary:*** "From the back step of Island Spring's soyfoods plant on Vashon Island near Seattle, Washington, when you take a moment's break from making tofu and look out over the orchard and small plane airstrip, you enjoy a stunning view (when the sky is clear) of towering, snowcapped Mt. Rainier, rising 14,000 feet above sea level some 120 miles to the south. Island Spring, Inc., founded in 1977 by Luke Lukoskie and Suni Kim, his wife, shares space in a broad, squat building with Wax Cannery, a small-scale orchardist

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and fruit juice bottling company that constructed the Island Spring production space to their specifications. Outside the tofu plant, there's a miscellany of second-hand steam kettles and bulk holding tanks and Army surplus discards, that Mr. Lukoskie was quick to scrounge up and rejuvenate for his production needs.

"The Island Spring plant is tightly laid out with five long aisles of equipment, workspace, and production supplies, flanked by an overhead loft that runs along the back wall and houses dry materials, coagulants, labels, and boxes. Immediately outside the shop, a metal silo stores 50,000 pounds of dry bulk soybeans which are augered, when needed, into the shop for soaking in either steam kettles on wheels or in stainless steel twin compartment moveable tanks. The soaked beans are then scaled up in measures (the batch size is 140 pounds of beans and 30 gallons of water) on a large industrial scale wrapped in plastic against the ubiquitous moisture, placed in polyethylene tubs, and hoisted to the floor of their five-foot raised platform. The worker mounts the platform to dump the hydrated beans into the hopper of their soybean mill (a J.C. Ford Master wet corn grinder, which they bought for $2,850 in 1976; 548 Monterey Pass Road, Monterey Park, CA).

"The worker tends two adjacent 60-gallon steam kettles that receive (alternately) the ground soybean puree from the mill; the foam is sprayed down with cold water, and when the cooking is finished, the slurry is pumped into their home-made, hand-hydraulic soymilk press. After extraction, the soymilk is pumped into one of three steam kettles that serve as curding barrels. Each barrel, which has a 120-pound capacity, produces three 40-pound batches of tofu curds, or enough for three forming boxes. The soymilk is coagulated using either nigari or calcium sulfate. The curds are then ladled into the three forming boxes, most of the whey is drained off before ladling, and buckets filled with water are hoisted on top of the lids for weight. The finished tofu is sliced on the lid which floats in the water in the cooling tank; it's sliced according to an imprinted grid that forms a cutting pattern on the tofu during pressing. The cooling tank, which is 25 feet long and was purchased for only $300, holds 1,800 pounds of tofu, has circulating cold water, and freon coils for chilling the water (not presently used). Metal screens on four-inch risers are set on the tank bottom to facilitate packing and to prevent the tofu from making contact with the tank bottom. Almost all of the tofu (silken and regular) is packaged in 16-ounce tubs, then packed in cardboard boxes and cooled until delivery. In late October the daily tofu production was 15 batches (1,800 pounds) requiring four people working 6½ hour shifts. Mr. Lukoskie reports that 70 percent of their tofu sales are to Washington supermarkets.

"Island Spring produces both regular and silken tofu (calcium sulfate-based, made every 10 days in 120-pound batches) for a weekly total of 10,000 pounds. One thousand pounds are converted into Delicious Steamed Tofu, fresh griddled slabs of tofu packed in a soy sauce, 480 pounds of Soyloaf, 210 quarts of Soyfreeze [soy ice cream] (described in With Spoon in Hand, this issue), nine gallons of soymilk daily, and some 700 pounds of soy tempeh every week.

"Let's look briefly at the Island Spring tempeh process. For tempeh, the daily batch size is 80 pounds of dry soybeans that produces 260 eight-ounce units. They use a CeCoCo dehuller for bean dehulling, an item they purchased second-hand in 1976 for less than $1,000 (purchased originally in Japan in 1966); this removes most of the hulls and the rest are skimmed off when the beans are boiled. The dehulled beans are kept at a racing boil for 30 minutes in a portable steam kettle, followed by spin-drying in the centrifuge. This requires three or four loads to get the beans sufficiently dry. This stage is slow as each load handles only 25 pounds of beans.

"The inoculated beans are packed in shallow tofu tubs which have no bottom aeration or drainage; therefore excess moisture in the beans condenses on the top lid and "rains" down on the fermenting soybeans (rather than escaping as steam), sometimes causing spoilage or retardation of the Rhizopus. The beans and inoculant are blended thoroughly in a Leland rotary mixer and vinegar is added; then the inoculated beans are scooped out and placed in eight-ounce tubs to be stacked on trays on moveable bakery racks. The tubs are heat-sealed with film and holes are pricked in the film with a special nail punch. This punch has been sterilized for one hour in a special Sterilizing Hood that purifies and filters air with fans and ultraviolet light; the hood is also used as a sterile workspace for tempeh starter production. The tempeh is incubated in a 6 foot x 6 foot incubator at 85ºF for 12 to 18 hours. For the last step, they apply 'crack-and-peel' tempeh labels over the pin-pricked film, and refrigerate until delivery.

"As a soy plant, Island Spring is a model to emulate, impressive for its efficiency, economy and scale, thrift, ingenuity, and product wholesomeness. Specifically, here are 14 points of commendation: (1) their bulk soybean storage and augering system, one of only a few such systems in the country; (2) the innovative use of steam kettles and the concept of 'kettles on wheels' which saves space; (3) the efficient but inexpensive dehuller and wet grinder, both not commonly known; (4) the trim production floor layout designed for compartmentalization of products, high-volume production, and efficiency; (5) the large cooling tank with inside raised mesh and freon coils' that was still inexpensive; (6) the use of removable steam injection hoses for the 'kettles on wheels'; (7) the marvelous steaming bell that is lowered over the racks of Soyloaf to the floor with a steam hose injected in the side, then hoisted up out of the way when not in use;

"(8) iodine dip buckets for hand disinfecting, soaking tanks for production cloths, and the general high level of sanitation awareness; (9) the Sterilizing Hood used for

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tempeh starter production and purification of the nail punch; (10) the use of shallow broad sinks at the curding barrel stations for utensils used in coagulation; (11) the electric insect grill suspended from the ceiling; (12) the simple pumping system that moves the puree from the grinder to cooker, slurry from cooker to press, and soymilk from press to curding barrels; (13) the use of both nigari and calcium sulfate, unusual among Western shops; (14) their unique batch-piecework payment schedule that enables some production workers to earn over $7 an hour, including a health plan and flexible schedule, making Island Spring workers just about the highest paid soycrafters in the country.

"Island Spring has not only mastered the demands of engineering a smooth production system with low-technology, low-expense solutions, they have also introduced North America's pioneer Soycrafters Apprenticeship Program, an invaluable service where soycrafters are trained for three weeks in all aspects of soyfoods production and business management. Apprenticeship Program Director Steven Sloan reports they receive 50 inquiries a month, that they have graduated 15 students already, and that several of them have since inaugurated their own soy plants in places like Utah and Mexico. Other innovations continue. The tempeh makers are experimenting with producing preformed tempeh burgers by incubating the tempeh in round petri dishes; already they are selling 75 four-ounce patties weekly. To streamline tofu production, Mr. Lukoskie will install a new Okita three-compartment cooker and a Brown-Sweco soymilk extraction unit; and to simplify forming box tofu pressing, he will construct a series of overhead hydraulic beam presses with cement weights. With this new system he expects to increase his production capacity per hour by 25 percent. In addition, Island Spring is the first shop in America to install Bean Machine's brand new BMI Disintegrator for soybean grinding.

"As for new products, Younghee Kim, Suni Kim's sister, is developing a commercial *kim che* [*kimchi, kim chee, kimchee*] (fermented Chinese cabbage, very popular among Koreans) for the Western, rather than Oriental (which has suppliers) market in Seattle. Their label describes *kim che* as 'a spicy Korean pickled condiment in a piquant sauce,' and includes, in one-pint jars, 'napa cabbage, green onions, garlic, ginger, red pepper, water, salt.' *Kim che* contains no preservatives with a shelf life of at least 50 days, and requires refrigeration after opening."

Photos show: (1) Emptying hot okara at Island Spring. (2) Suni Kim Lukoskie. (3-4) Two views of the inside of the plant. (5) Laminar sterilizing hood for tempeh-starter. Address: Colrain, Massachusetts.

4970. Leviton, Richard. 1981. Small scale commercial soybean farming. Colrain, Massachusetts. 15 p. Unpublished manuscript.
• ***Summary:*** The New England Soy Dairy is contracting with local farmers to grow soybeans in Massachusetts. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

4971. Leviton, Richard. 1981. Tofu plant profiles: This is as far as our statement goes [Ray Nagai and Gary Sato of Traditional Tofu in Oakland, California]. *Soyfoods* 1(4):44. Winter.
• ***Summary:*** Traditional Tofu produces 6 to 7 tons of tofu a week in the form of 22-ounce cakes; this requires three people working 4 days a week. Of this tofu, 80% is sold packaged in water-filled trays for $0.47 wholesale. Bulk tofu is kept chilled with the abundant supply of ice cubes made every minute by their large ice-making machine. Photos show: Ray Nagai and Gary Sato in their tofu-making clothes (p. 44). Cleaning the equipment at Traditional Tofu (p. 45). Address: Colrain, Massachusetts.

4972. Leviton, Richard. 1981. Tofu plant profiles: Competing in the Diho Market [Maung Myint and Mrs. Jin Yee Lee of Mighty Soy in Los Angeles, California]. *Soyfoods* 1(4):46. Winter.
• ***Summary:*** Mighty Soy opened in August 1980. The two owners employ three workers. Together each day they produce 700 pounds of tofu (both silken and firm), 500 pints of soymilk, and 100 x 14-ounce containers of Soybean Gelatin Dessert (a pudding made by adding gelatin to hot soymilk). The prestigious Diho Market is "an Oriental supermarket with the largest section of tofu, soymilk, tofu pouches, and soy products I've ever seen in a store." The tofu arrives here at $0.42 a pound wholesale and the competition is fierce among companies like Hinode, Wy Ky, American Foods, and Mighty Soy. Photos show: Maung Myint. His hydraulic forming box presses. Address: Colrain, Massachusetts.

4973. **Product Name:** Tofu Spread [Original], and Sesame Tofu: Spread and Dip.
Manufacturer's Name: Natural Alternatives.
Manufacturer's Address: Alexandria, Virginia.
Date of Introduction: 1981. February.
Ingredients: Sesame (7/92): Organic tofu, tahini, vegetables, nutritional yeast, sesame seeds, tamari sauce, spices, salt.
Wt/Vol., Packaging, Price: 8 oz. plastic tub. Retails for $2.25 (7/92, Maryland).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Beautiful Day Trading Co., College Park, Maryland. 1992. July. Label is 3 inch diameter. Green on white. Illustration of 4 beans holding hands and dancing.

Talk with Robert Ashton, founder and owner of Natural Alternatives / Promart. 1992. Sept. 14. He started this company (sort of as a hobby) out of his home kitchen in 1981 in Alexandria, Virginia. His first product was Tofu

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Spread (Original flavor, introduced in about Feb. 1981), followed by Sesame Tofu Spread (June 1981). He has never made tofu; he first purchased it from a company in Maryland named something like Natural, Inc., owned by a Caucasian American. In about Sept. 1985 the company moved to its present location at 721 T St., N.W., Washington, DC 20001. Phone: 202-462-8415. He now purchases his tofu from Sam Sung. His company now officially uses the name Promart, since they learned that a vitamin company on the West Coast owns the name Natural Alternatives. The Sesame Tofu Spread is presently his best-selling product. A similar product is made by Michelle's in Philadelphia. The company also makes Hummus and Black Bean something.

4974. **Product Name:** Tofu Cream Pie (Tofu Cheesecake) [Strawberry, Carob, or Mocha].
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. February.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. 14 oz.

4975. **Product Name:** Tofu Salad Dressings [Thousand Island, Green Goddess, or Herb].
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. February.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. 16 oz.

4976. **Product Name:** Tofunofish Salad (Vegetarian Tuna Salad).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. February.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. 16 oz.

4977. **Product Name:** Tofu Mayo (Eggless Mayonnaise).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. February.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. 16 oz.

4978. Ridenour, Jeremiah. 1981. The dead refrigerator transformation [into a tempeh incubator]. *Soyfoods* 1(4):47-48. Winter.
• ***Summary:*** Jeremiah transformed a "dead" refrigerator into a tempeh incubator. Details of the transformation (including window, thermostat, fan, and placement of racks) are given. For about $35 he was able to achieve a capacity of 25 to 35 lb of tempeh every 24 hours, or 175-245 lb/week. Address: Monterey Bay Soyfoods, 335 Pennsylvania Ave., Santa Cruz, California 95062. Phone: 408-423-2256.

4979. Shurtleff, William. 1981. Dr. Harry Miller: Taking soymilk around the world. *Soyfoods* 1(4):28-36. Winter.
• ***Summary:*** Contents: Introduction. Growing up (1879-1902): Birth, early contact with Dr. J.H. Kellogg, marriage. Early years in China (1903-1911). Washington, DC (1912-1925). Pioneering soymilk in China (1925-1939): Research, development of plant, destruction of plant 13 Aug. 1937, U.S. patent, No. 2,078,962 for soymilk process and equipment, work before return to U.S. Introducing soyfoods to America (1939-1949): In Mt. Vernon, new products, work with AMA, American Soybean Assoc. speaker and lifetime member 1958, contact with K.S. Lo and Vitasoy. Research and work around the world (1949-1977): Quick visit to Shanghai, death of second wife, sale of International Nutrition Foundation, Taiwan work, Indonesian plant, Trinidad, Libya, Japan, old age and relationship with William Shurtleff, the "Great Man." Contains 5 photos, and a sidebar titled "Early History of Soymilk."

Among the many people who pioneered in bringing soyfoods to America and to the West, two men of great vision, dedication, and perseverance deserve special mention: Dr. Harry W. Miller and William J. Morse. Dr. Miller, the well-known 'China Doctor'(after his biography by that title), was a world-famous missionary doctor and surgeon, and founder of more than 15 Seventh-day Adventist hospitals around the world. He was one of those unique individuals who was both a dreamer and a doer, and who inspired almost everyone who knew him.

"Like W.J. Morse, he considered it his personal 'responsibility to awaken the West to the wonders of the soybean and to promote its use as food. (But where Morse was interested in soybean agronomy, livestock feeding, and food, Miller was interested only in food uses.) Dr. Miller can also be considered the founder of the modern soymilk renaissance in Asia. The development and popularization of soyfoods, and especially soymilk, was his lifelong hobby and despite his other numerous and demanding careers, he never lacked the time, over a span of almost 75 years, to continue his ongoing research and work in this new field that he loved so well.

"Growing Up (1879-1902): The first of five children of Amanda Ehlers and John Oliver Miller, Harry was born in a log cabin on a farm in the small town of Ludlow Falls, Ohio (just north of Dayton) on 2 July 1879. His father was

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a school teacher. He later wrote that he delighted in working on the family farm but found it 'disgusting' to have to kill and eat the animals he had raised. When he was 12, Harry's parents became Seventh-day Adventists. Two years later, after much study, at the annual camp meeting, he and a friend decided to be baptized and become Adventist church members.

"At age 15 Harry entered secondary school at the Adventist-run Mt. Vernon Academy in Mt. Vernon, Ohio. He loved the strict, puritan atmosphere, the vegetarian diet, and the teachings of the church. In 1898, at age 19, he enrolled in medical school at the newly opened, Adventist-run American Medical Missionary College in Battle Creek, Michigan, which was associated with Dr. John Harvey Kellogg's Battle Creek Sanitarium (founded in 1866), the largest and most progressive medical institution of its kind in America at that time, and the birthplace of modern dietetics. Opposing the popular cures of the day (drugs, bleeding, etc.), the sanitarium recommended diet (especially a simple grain-based vegetarian diet), exercise, hydrotherapy and good mental health as the foundations of healthful living and natural healing. These teachings had a lifelong effect on Miller.

"Working to pay his own tuition, room, and board, Miller led guided tours through the sanitarium and food factory, which forced him to learn more about the various foods (America's first meat analogs and breakfast cereals) and how they were made. Miller was deeply influenced by the personality and teachings of Dr. J.H. Kellogg, who personally taught a number of the classes Miller attended, treated him like a son, and helped put him through college. One of America's great pioneers of both nutrition and of soyfoods, Kellogg stressed to the small class the importance of preventive medicine, nutrition, and diet. He strongly opposed the use of alcohol, tobacco, caffeine, and narcotics. Miller later noted that almost all the students in the small class lived past the age of 90; Kellogg lived to age 91, Miller to 97½ and one classmate to 101.

"Miller graduated in 1902 and was married to a classmate-doctor, Maude Thompson, the same year. During an internship autopsy, Dr. Miller cut his finger badly and suddenly contracted systemic blastomycosis, an infection considered at the time to be fatal. With deep faith he prayed to God, promising that if he were to be healed, he would go anywhere in the Lord's service. To the astonishment of his doctors, Miller was miraculously healed. This greatly deepened his faith. Shortly thereafter a call came from the Adventist church for a missionary doctor in China. Miller accepted the challenge. For the rest of his life he prayed for his patients before all operations (minor or major), and, according to others, apparently his great faith was rewarded by their recovery.

"Early Years in China (1903-1911): In October 1903, Dr. Miller and Maude, together with another physician couple, sailed for China, stopping briefly in Japan. In Kobe, at the home of fellow Adventists, Myrtle Lockwood first introduced Miller to soyfoods serving an entree called Tofu Loaf, with which Miller was particularly impressed. In China the couple went deep into the interior, near the center of Honan Province, where they found great poverty and malnutrition. They both learned Chinese, dressed like the local people, and even adopted the hair style of a long queue and shaved pate. They also ate Chinese foods, and soon Miller was visiting local tofu shops, learning about and sampling tofu, yuba, curds, soymilk, and the like. He found that tofu was much more widely consumed than soymilk, although the latter was quite widely used as a spicy hot breakfast soup and a warm, sweetened beverage. Dr. Miller later said (1961) that many Chinese and other East Asians told him that they did not drink much soymilk since they believed it caused them intestinal disturbances, which tofu did not. Perhaps this was why soymilk was not generally fed to infants-and children.

"In 1905, Dr. Miller's beloved wife died suddenly of an unknown disease. He was 26. 0ut of his deep sadness grew an even deeper commitment to help the impoverished and suffering millions of China. After a brief return to America two years later, where he married Marie Iverson, Miller returned to Shanghai. Two daughters were born in 1908 and 1910. Then Dr. Miller contracted a severe unknown disease and was forced to return to America in 1911.

"Washington, D.C. (1912-1925): Miller eventually managed to heal himself of what he later learned was a vitamin deficiency illness called sprue. During recovery he taught the Bible at Mt. Vernon Academy, his former alma mater and in 1912 his first son. Harry Willis, Jr., was born. Soon he was called to the position of medical superintendent and surgeon of the Adventist-run Washington Sanitarium and Hospital, which he developed into a Mecca for congressional leaders of the day. He became consulting physician to three U.S. presidents. In Washington he pioneered new techniques of thyroid goiter surgery, which lowered fatalities from 50 percent to about one percent. He eventually performed over 6,000 goiter surgeries around the world. In Washington he also met Dr. W.J. Morse and Dr. J.A. LeClerc, both soy pioneers from the USDA. He later wrote that these men filled him with 'inspiration, enthusiasm, and information,' and both later made frequent visits to Miller's soymilk plant in Ohio. In 1915 a fourth child, Clarence, was born.

"Prior to 1917 the Sanitarium had used a lot of dairy products on its vegetarian menus, but in that year, with World War I under way, all milk supplies from the local dairy were requisitioned by the Walter Reed Military Hospital. The sanitarium bought its own herd, but the problems that Miller found with contamination, animal disease (tuberculosis), and the like, convinced him of the need to develop a good alternative to dairy milk. In the small food plant connected with the hospital, where several soyfoods were already

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being produced for use in the lacto-vegetarian diet, Miller began a few basic soymilk experiments in 1925." Continued. Address: Lafayette, California.

4980. Shurtleff, William. 1981. Dr. Harry Miller: Taking soymilk around the world (Continued–Document part II). *Soyfoods* 1(4):28-36. Winter.

• ***Summary:*** Continued. "Pioneering Soymilk in China (1925-1939): In 1925 Miller accepted the church's invitation to return to Shanghai to develop a network of Adventist health care facilities, the first of which was the Shanghai Sanitarium and Hospital, which opened January 1, 1928, with Dr. Miller as medical director. Deeply touched by the high infant mortality rate caused by malnutrition, Dr. Miller began again in 1926 to turn his attention to soymilk, working on it steadily in his spare time at a small food plant located behind the hospital building. A growing number of orphaned infants began to appear at the hospital. Their only hope of finding food was to find a wet nurse or to be fed cow's milk, which was very expensive in China and which not all infants tolerated well.

"Dr. Miller was determined to develop a soymilk that had good flavor and digestibility, could be formulated to nutritional equivalency to mother's milk, was low in cost, and had a good storage life. Preparing his soymilk at the small soy plant in the typical Chinese way, with cold extraction of the soymilk from the okara, followed by cooking, he began to study ways to remove the beany flavor and make the soymilk more digestible.

"On his medical travels in other parts of China, and in Korea and Japan, he visited tofu shops and studied their methods. He believed that the beany flavor resulted from natural oils in the soybean; perhaps if the soymilk were spray dried and then reformulated with fresh soy oil, the flavor would improve.

"In the early 1930s, returning to America on furlough, he purchased the necessary equipment for a small soy dairy and had it shipped to China; a motorized stone mill, an American extractor, and a small homogenizer. Soon he was making improved formulated soymilk for the babies, patients, and staff at the Shanghai Sanitarium. The Chinese, too, liked the flavor. Some friends cajoled that it was 'undignified for a talented surgeon to be always playing around with beans.' Miller was undaunted, yet the beany flavor persisted.

"One day, in the mid 1930s, the breakthrough came as he was standing in the kitchen of the compound working with slurry from a tofu maker. He later wrote: 'I heard a divine voice behind me that said "why don't you cook it longer with live steam?" No one had ever thought of that before. Soon the staff and patients noticed the improved flavor and digestibility, and he added some soy oil or peanut oil during homogenization to make it even better. With new enthusiasm he began more baby feeding experiments. Soymilk was added to what was called the sanitarium's 'Universal Diet,' which also included whole wheat bread and half polished rice, plus other soyfoods. During a trip to the Philippines at this time he learned from refiners of coconut oil that steam distillation and flash pasteurization improved flavor of foods containing fats by driving off volatile oils and gases.

"So promising was the new product that Miller began to move forward on three fronts: controlled feeding studies on infants, establishment of a commercial soy, dairy, and application for a U.S. patent. In 1932 Dr. Miller had established the Vetose Nutritional Laboratory for furtherance of his research. For two years (1936-37) he fed formulated soymilk to several hundred small children at the Shanghai Clinic, running control tests with fresh cow's milk and various types of American and European prepared baby foods. The study turned out well and the results were published in the April 1936 issue of the prestigious *Chinese Medical Journal*, an English-language publication read widely in the U.S. and China. Here it was officially noted that babies could be nourished from birth fully as well with soymilk as with animal milks. This led to increased interest in the product. Dr. Miller later wrote: 'I regarded that work as of far greater importance than the building up of the sanitarium because it had to do with the preservation of thousands of lives that otherwise would be lost if they did not have a proper substitute for mother's breast milk, since cow' milk is beyond the economic level of the Chinese people and almost all Oriental races.' In later years follow-up infant feeding studies were done by other researchers using Dr. Miller's soymilk at the Indigent Hospital in the Philippines, at Tokyo University, and at Ohio State University at the Children's Hospital in Columbus, Ohio.

"In January 1936 Dr. Miller and his oldest son, Willis (who did much of the plant design and equipment construction and was the production manager), opened a full-scale soy dairy, the first of its kind in the world, on Pingliang Road in Shanghai, not far from the Shanghai clinic. The milk was cooked with live steam in open-top kettles. Soon a fresh liquid beverage, called Vetose Soya Milk, was available in natural, chocolate, and acidophilus flavors, in half-pint and quart bottles. The tangy acidophilus, cultured, bottled (but not sterilized) and delivered chilled was a real favorite. Ice cream was sold to institutions and meat analogs were under development. Production skyrocketed, doubling each month. Eventually the entire city of Shanghai had a soymilk route with thousands of families receiving door to door deliveries (by three- wheel pedicycles with carts behind them) of 3,000 quarts and 4,000 half-pints a day. The commercial product sold for less than dairy milks and cost less than one-fourth as much to produce. The soymilk proved so successful that it was soon included in rations for the Chinese army. A system for making dehydrated soymilk was also set up using a locally made Grey Jensen spray dryer; the government planned to use the dehydrated soymilk in rations that were

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lighter in weight and could be stored longer.

"But the Japanese were now invading China and on August 13, 1937, just eight months after the plant opened, it was totally destroyed by Japanese crossfire and bombs. (At the same time another soy dairy was being run by Julean Arnold of California and Nellie Lee, a Chinese, both of the China Nutritional Aid Council, in Dr. Fu's Children's Hospital in Shanghai. They provided their soymilk to 25,000 to 37,000 refugee children a day and distributed millions of biscuits containing 40 percent okara from their soy dairy.) The Japanese occupied Shanghai in November, 1937, and soon thereafter the Shanghai Sanitarium was closed, to become a refugee center. The political situation forced Miller to leave Shanghai.

On May 4, 1937, while his Shanghai soy dairy was still in full swing, Dr. Miller was awarded U.S. Patent No. 2,078,962. He introduced methods for eliminating beany flavor, and for the use of a centrifuge, and an homogenizer. In the patent he referred to his product as 'vegetable milk;' however subsequent pressure from the powerful dairy industry and the USDA convinced him to Latinize the name to Soya-Lac. This term was first used in late 1939 for Miller's first American soymilk; the spelling had been changed to the present one-word Soyalac by September 1941.

"Miller's patented process was as follows: Soak 1 part by weight of soybeans in 8 parts of water at 60 to 75ºF for 6 to 10 hours. Grind well in a burr mill, adding a little water while grinding, to produce a mixture of 20 gallons water and 25 pounds ground beans. Ex- tract the soymilk through a fine cloth in a centrifuge at 2,500 RPM in either of two ways: (1) before heating; or (2) after bringing to a boil, stirring constantly, in a caldron and simmering briefly. Now to the simmering soymilk add 7 pounds each grain sugar (dextrose, maltose) and oil plus 3 ounces salt. Return to the boil and simmer, stirring constantly, for 30 to 60 minutes, or until the flavor changes from 'beany' to 'nutty.' Homogenize in a colloid mill or homogenizer to give a milk containing 3.5 to 4 percent protein and 5 percent fat. Cool, bottle, and refrigerate, or dehydrate.

"From late 1937, Dr. Miller was in Hankow-Wuhan establishing the Wuhan Sanitarium Hospital, where he also had a small soy dairy. Eventually over 15,000 Chinese refugees, escaping the Japanese troops in the north, filled the hospital compound. Finally in January 1939, as the war got too hot, Dr. Miller left China and returned to America in April of that year." Continued. Address: Lafayette, California.

4981. Shurtleff, William. 1981. Dr. Harry Miller: Taking soymilk around the world (Continued–Document part III). *Soyfoods* 1(4):28-36. Winter.

• ***Summary:*** Continued. "Introducing Soyfoods to America: Undaunted, Dr. Miller returned to the U.S., convinced that soymilk was destined for worldwide acceptance. He decided to settle in Mt. Vernon, Ohio, where he had formerly gone to school and later taught. Dr. Miller's oldest son, Willis, had returned from Shanghai after the plant there had been destroyed and in 1938 started his own business, Miller's Soy Foods, in Utica, New York. Later that year it moved to Washington, DC, and was successfully marketing canned soymilk, okara spreads, and gluten cutlets.

"When Dr; Miller returned to the U.S. he suggested that he and his son go into business together; Willis liked the idea. Working with his son, Dr. Miller set up a company called the International Nutrition Foundation and then began searching for a suitable site in Mt. Vernon for their new soy dairy. Soon they found a 140-acre farm, containing a number of fine springs, located several miles outside of town–and for the remarkably low price of $7,000. Dr. Miller borrowed money from his brother Clarence to purchase this farm, then moved into the one large house on the property. Willis moved his soyfoods equipment from Washington, DC, into a garage near the house and got the plant running while the new buildings were being built. In April 1939 Clarence, Dr. Miller's second son, left his job in Washington, DC, and went to Mt. Vernon to help with the work; he later became accountant and treasurer of the soy business. To help raise money for the soymilk operation, Dr. Miller set up a private part time medical practice, with an office in one wing of the local hospital. Although he had very little money, Dr. Miller made plans for a 60- by 130-foot building, which he planned to enlarge later by adding a second story. A local high school had been recently torn down and he obtained all the bricks for free if he would haul them away. So each evening after his medical work was done, Dr. Miller and his sons trucked the bricks over to their land, cleaned them, and built the new soy dairy building. The surgeon's skilled hands were not too delicate for the rough work. The original building still stands strong; today it houses the office, lab, and pilot plant where Loma Linda still makes Soyalac.

"The new plant was completed in the fall of 1939 and the first products, canned Soya Lac (made in a pressure cooker and fortified with vitamins and minerals) and Soy-A-Malt were available late that year; powdered Soya Lac was first produced in 1940. But contrary to Miller's expectations, the American public was simply not ready for soymilk; acceptance was painfully slow. He decided that, in order to survive, he would have to develop new products, try to get his soymilk approved by the American Medical Association, and, in the meantime, sell his soymilk and related soyfoods to ready markets in East Asia.

"With his typical boundless energy, Dr. Miller, now 61 years old, started by setting up a plant near the soy dairy to can fresh green soybeans of the tasty, large-seeded or vegetable variety, which were grown on the farm. Partially because of the mushrooming growth of interest in soyfoods during World War II (due to the rationing and

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high prices of meat, milk, eggs, and cheese), these found a ready market and became his most profitable product, with 40,000 cases a year being sold at supermarkets and health food stores around the Midwest by 1943. The company's best selling product (which was not as profitable due to the high production costs) was Miller's Cutlets, a canned gluten entree. He began to develop other meat analogs similar to those developed initially by Dr. J.H. Kellogg at Battle Creek. He now perfected his acidophilus soymilk but sold it only to the local Mt. Vernon hospital since he did not want to kill the culture by sterilization required for long distance distribution. (In 1934, Kellogg had patented a similar acidophilus soymilk.) He made tofu from his basic soymilk and did extensive experiments, working with Ohio State University, in making a fermented tofu cheese; tofu was pressed as hard as possible, inoculated with Cheddar microorganisms, then allowed to ripen. The product was fairly good but often excess moisture in the tofu led to the growth of unfriendly bacteria. Next came a soymilk ice cream. Dr. Miller put all of his medical income into the soyfoods business and by 1940 the company was producing an exciting line of vegetarian soyfoods and meat substitutes, sold nationwide, mostly at health food stores. A pamphlet of that year lists the following, all sold under the brand name 'Miller's': Soya Lac, a liquid soymilk in natural and chocolate flavors sold in 13 ounce and 30 ounce cans. Soy-A-Malt, spray dried soymilk in natural and chocolate flavors in one-pound cans. Soya Sauce, produced in South China. Soya Curd, made by coagulating Soya Lac with lactic acid to make curds, then blending this with tomato puree, pimento, and soy sauce. Soya Loaf, made from a seasoned mixture of okara (soy pulp and gluten). Soya Spread, for sandwiches, also made from okara and sold in 16-ounce jars. Whole Soya Bean Flour, a naturally alkaline full-fat soy flour. Green Soya Beans, canned, vegetable type. Giant Soya Beans, cooked and canned mature vegetable-type soybeans, and Soya Beans with Tomato Sauce, edible soybeans canned with tomato puree and malt.

"Products added years later included Vegetable Chili Con Carne and Vegetable Chop Suey, both sold in 16-ounce jars with wheat gluten used in place of meat. In 1942 Kellogg's Battle Creek Food Company had a similar line of soyfoods: Soy Protose (a meat analog), Soy Gluten Wafers, canned Green Soybeans, Soy Flour, Soykee (soy coffee), and Soy Acidophilus. A few years later Dr. Miller developed Vege-Links, the world's first meatless wiener, made of seasoned okara and wheat gluten packed in a sausage casing, and Vege-Chee, a cheese analog made of curdled soymilk.

"During the years that he was developing new products, Dr. Miller made countless trips to the American Medical Association trying to convince them that the research he had done in China proved that his Soyalac was an acceptable substitute for dairy milk in feeding both infants and adults. But the AMA, apparently strongly influenced by the dairy industry, refused to grant any recognition to the product. Finally, after one fruitless trip, a member of the board took Dr. Miller aside and explained frankly that he would never get endorsement for his product unless he started to market his product specifically for that 7 percent of U.S. infants who are allergic to cow's milk, and avoided unfriendly comparisons with cow's milk. Dr. Miller was not too pleased, since he had hoped that soymilk would gradually replace cow's milk in the American diet. He felt that soymilk made much more efficient use of the world's land to feed people, and that it was a lower cost, more healthful product of comparable nutritional value. Yet he reluctantly accepted the AMA's advice and within a few months had their approval. Soyalac began to be prescribed by physicians for allergic infants and soon started to sell quite well." Continued. Address: Lafayette, California.

4982. Shurtleff, William. 1981. Dr. Harry Miller: Taking soymilk around the world (Continued–Document part IV). *Soyfoods* 1(4):28-36. Winter.

• ***Summary:*** Continued. "From 1939 to 1941 most of Miller's powdered soymilk and some of his other soyfoods were sold in the Philippines and China. However World War II cut off his business, so he began to promote his soymilk more vigorously in the U.S. not only as an allergy-free infant formula that would not clog the nipple, but as a healthful beverage that alkalized the bloodstream and was good for diabetics, postoperative patients, ulcer and colitis patients, and those with atherosclerosis.

"Before World War II started, Dr. Miller had set up a branch of his International Nutrition Laboratory and a Soymilk plant in the Philippines at 41 Nagtahan in Manila. It was run by Paul Sycip (pronounced SIS-up), a private Chinese Christian (but not Adventist) businessman, who had come briefly to Mt. Vernon to learn Miller's process, and buy equipment. Miller was in the Philippines helping to set up the plant when the Japanese attacked. During the war the Japanese stole all of the soymilk equipment but did not harm the building. In 1948 Mr. Sinclair Pinnick, a foreman at the Mt. Vernon plant since 1944, went to the Philippines, took new equipment, and got the plant reestablished. It produced regular soymilk, the first ever in the Philippines.

"The expanding success of Soyalac encouraged the growth of competing products but Dr. Miller didn't mind. A true evangelist, he was happy to see the message finally reaching the people.

"To fully appreciate Dr. Miller's great energy and diverse talents, we should note that during the early 1940's, as he developed, produced, and marketed his line of innovative new soyfoods, he also maintained an active medical practice, partially because the other two doctors at the hospital where he worked were called for military duty, and partially to support his work. Prior to World War II he would fly to the Philippines about once a year, do 12 to 15

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thyroid surgeries a day for two to three weeks, give half of his income to the hospital there, then return to America with the balance. In 1942 he and his brother bought the local hospital in Mt. Vernon where he worked; his son Clarence came in to manage, renovate, and expand it. Miller was the only surgeon in Knox County (population 35,000).

"At his Mt. Vernon soy dairy, Miller was always the first one to start the day's work. One day, while experimenting with a new formula, he cut off end of his finger in a food grinder. He calmly picked up the severed part, walked into his office, and sewed it back on.

"During the years he spent introducing soyfoods to America, Dr. Miller was one of the most active supporters of the American Soybean Association, a regular speaker at conventions and contributor of articles to the Soybean Digest. His first speech was "The Role of the Soybean in Human Nutrition" (1940) and his first article "Soybeans and the Orient" (1943), was followed by "Feeding the World with Soya" (1946), "Survey of Soy Foods in East Asia" (1948), and others. Then in September 1958 he was made an honorary member of the Association and awarded a gold medal.

"By the late 1930s the seeds that Dr. Miller had planted in East Asia began to sprout. It is interesting to note that most of the remarkable expansion of interest in and production of soymilk that has taken place throughout Asia during the last half of the twentieth century can trace its origins directly back to the work of Dr. Miller.

"While Dr. Miller was in Shanghai, an Adventist named Howard Hoover had come and learned the soymilk process, then started his own soy dairy and health food plant in a mission school in Canton in about 1938. This was the first offshoot.

"In 1940 Mr. K.S. Lo of Hong Kong asked Hoover if he would help him set up a plant. Hoover got approval from Miller, then went to Hong Kong and designed Lo's first plant. [Note: K.S. Lo recalls the origin of has company quite differently; we accept his version of the story]. By 1940 Lo's Hong Kong Milk Factory was making homogenized soymilk and selling it in natural and chocolate flavors, like dairy milk, in standard half-pint bottles sealed with a paper cap and hood. The soymilk was sweeter and a little thinner than Miller's and had more of the natural (so-called beany) flavor, which the Chinese prefer. By 1942, when the Pacific War broke out, Lo's company had gone broke. But in 1945, after the war, the company reopened as the Hong Kong Soya Bean Products Co., Ltd, and reintroduced their product, now called Vitasoy, not as a milk substitute, but as the world's first soymilk soft drink. By 1974 Vitasoy passed Coca Cola to become Hong Kong's best selling soft drink, with sales of 150 million bottles a year. In the meantime many other large soymilk plants had started up in Singapore, Malaysia, and Thailand.

"In 1948 the Chinese Quartermaster Department, with the help of Dr. Miller's son, Willis, set up the largest soymilk plant in the world in Shanghai, using a process patterned after that used in Ohio, to make spray-dried soymilk. Costing over $1,000,000, it had a capacity of 5 tons of dry soymilk every 12 hours. The dried soymilk would be mixed with puffed rice, pressed into wafers, and packed into cans, then opened in the field and soaked with hot water for rations. The plant was completed and ready for operation (Dr. Miller was at the dedication ceremony) just prior to the Communist takeover of Shanghai in 1949.

"Research and Work Around The World (1949-1977): In 1949, at age 70, Dr. Miller accepted the invitation of the Adventist church to take over the direction of the Shanghai Sanitarium and reestablish a soy dairy there. China was in the throes of revolutionary war and Shanghai was still held by the Nationalist forces. A daring pilot dropped Miller at the besieged Shanghai airport, hardly pausing to stop. But Shanghai fell to the Communists in May 1949; Miller was soon evacuated, and returned to America.

"In 1950 Dr. Miller's second wife died. Shortly thereafter he decided to sell his Mt. Vernon business. There was the increasing pressure of running a food plant and although sales were good ($1.25 million gross in 1950) profits were only $120,000 due to high taxes. He wanted to devote more of his time to research and medicine. Although offered a large sum of money by a private company outside the Adventist denomination, he decided to divide the company into two parts, the meat analogs and the soymilk plus related products, and sell these to Adventist-run firms. In June 1950 he sold the meat-analog part of his business (gluten meats, nut loaves, frankfurters, etc.) to Worthington Foods in Worthington, Ohio, a private company owned by Adventist laymen that had been making meat analogs since 1939. They bought the patents, recipes and formulas, equipment, technology, and good will that went with Miller's meat analog business. Most of these analogs contained no soy. Worthington kept the brand name "Miller's" for several years thereafter as they sold Miller's Cutlets, Miller's Burger, Miller's Stew, Vege-Links, and the like. Willis Miller worked with Worthington for some time after the sale.

"In early 1951, Dr. Miller sold the rest of his business at a very low price (book value) to Loma Linda Foods of Riverside, California. This sale included the Mt. Vernon land, buildings, equipment, technology, and recipes and formulas for soymilk, canned fresh green soybeans, Vege-Cheese (a canned tofu cottage cheese) and related products. All these products continued to be produced in Ohio. Loma Linda Foods, an integral part of the Seventh-day Adventist Church, was founded in 1906 and had run a plant in Riverside making meat analogs, soymilk, and other foods since 1936. Dr. Miller had always believed that the process for making soymilk was not something that he had originated; the key to it had been a gift to him from a higher power. Thus, he felt it was simply not his to sell. So

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he gave the process to the Adventist church but sold the rest of the business to Loma Linda Foods (they operate the Mt. Vernon plant to this day), and loaned them the money to buy it. They paid him in installments and he returned half of the money to them for them to set up laboratories and a pilot plant in their headquarters at 11503 Pierce Boulevard in Riverside (the town was then called Arlington). Here he established the International Nutrition Research Foundation, which he further endowed heavily with his own funds; 95 percent of its future research was on soyfoods. He bought a home nearby. For the three years following his wife's death he worked intensively on soyfoods research. In 1951 Loma Linda first introduced Soyagen, a lightly fortified soymilk for adults to match their Soyalac for babies. Miller did extensive work on further eliminating the beany flavor from soymilk using a vacuum pan and flash pasteurization. By 1958 his labs had developed new and improved soymilks, soy cream, improved acidophilus soymilk and ice cream, cottage cheese, a soy-cream cheese spread, cholesterol-free cheese, and a non-dairy margarine." Continued. Address: Lafayette, California.

4983. Shurtleff, William. 1981. Dr. Harry Miller: Taking soymilk around the world (Continued–Document part V). *Soyfoods* 1(4):28-36. Winter.

• ***Summary:*** Continued. "In 1953, at the age of 74, he married for a third time (his wife was about 35) and shortly thereafter was asked to establish an Adventist Sanitarium in Taipei, Taiwan. With it, of course, he started a soy dairy at a school, which supplied the school, the Sanitarium, and the surrounding community with soymilk daily. In 1956, when it came time for Miller to leave Taiwan, Generalissimo Chiang Kai-shek personally gave him China's highest award, the Blue Star of China, in appreciation for his tireless service to the people of China in saving the lives of thousands of infants with the use of soymilk and in establishing some twelve sanitarium-hospital clinics. At the time, the Generalissimo, who had been a former patient of Dr. Miller's, recalled how he had become so fond of the sanitarium's soymilk that he had once sent his private plane over 1,000 miles to Shanghai to replenish his supply.

"In 1954 the World Health Organization became interested in Miller's work with soymilk. His oldest son, H.W. (Bill) Miller supervised the construction of a joint FAO / UNICEF soymilk plant in Yogyakarta, Java, Indonesia, which opened in 1957 and produced about two tons a day of a spray-dried soymilk called Saridele.

"After filling in for other surgeons in Trinidad and Libya from 1956 to 1957, Miller went to Japan in 1957 to spend seven months as medical director and surgeon at the Tokyo Sanitarium-Hospital. He was now 79. Despite his busy medical routine, he found time to set up a small soymilk pilot plant in the hospital kitchen where they made soymilk, soy whipping cream, soy ice cream, and soy spread, which were served to the staff and patients. In cooperation with the Japanese Ministry of Health, he then developed the concept of helping existing small tofu producers to set up a soymilk operation right in their shops by adding on a boiler, pressure cooker, homogenizer, cooler, and bottler. The equipment could be installed for less than $2,000 and would enable each plant to produce 150 pounds of tofu and 200 gallons of soymilk a day using three trained workers. Miller personally helped at least one small rural tofu shop set up such a system; their soymilk was sold fresh and hot or cold and bottled for half the price of fresh dairy milk.

"Starting in about 1955 Dr. Miller began to recommend that the Adventist-run Japan Saniku School serve soymilk instead of cow's milk to the students; however the staff hesitated because of questions about its nutritional value and flavor. In 1957 two Japanese Adventists, Mr. Hidekazu Watanabe and Mr. Hanzo Ueda (who ran a tofu shop at the time) started making Japan's first soymilk on a small scale in Hachioji, Tokyo, bottling it in 180-ml bottles, and selling it locally. Mr. Watanabe later described the great value to them of Dr. Miller's ongoing technical, nutritional, and spiritual guidance.

"After some time, directors of the Saniku School visited the small soymilk plant, liked the soymilk flavor, and understood its nutritional value. In 1959 they bought similar equipment, set up a small plant in the school, and started to produce soymilk, which was bottled in 180-ml bottles and served to the students at every meal. In 1969 the Saniku School set up an independent food production company called College Health Foods (which later became today's Saniku Foods) and through it, with the help of Loma Linda Foods in America, began to produce Soyalac soymilk infant formula. That same year, the Luppy Soymilk Company started and went on to produce Japan's first widely popular commercial soymilk.

"By 1980 Japan's largest soymilk producers were Kibun Foods (33,000 pacs a day), Saniku Foods (23,000 pacs a day), Okazaki Marusan (23,000 pacs a day), and Mitsubishi Kasei (18,000 pacs a day), A typical pac is 200 ml (6.8 fluid ounces).

"Prior to 1960, a small soymilk plant similar to those established by Miller in Japan, was set up at the Adventist-run Mountain View College in Central Mindanao, Philippines. The college farm raised edible soybeans and the 700 students were served fresh soymilk each morning for breakfast and fresh tofu for lunch.

"In 1960 Dr. Miller again accepted the invitation of the Adventist church to start a new hospital, this time in Hong Kong. As always, it was accompanied by a little soymilk plant. By 1960 soy dairies had also been established in Hong Kong at the South China Union College and at an Adventist-run college in Bandung, Indonesia.

"Dr. Miller spent most of his time from 1960 to 1973 in East Asia. He practiced surgery until the age of 93. In 1961

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his biography *China Doctor* by Raymond S. Moore was published by Harper & Bros. In 1963 Dorothea Van Gundy Jones in *The Soybean Cookbook* wrote: 'Certainly Dr. Miller has done more than any other person to introduce soybeans and soybean products, especially the milk, to the population of this country.'

"In 1973 Dr. Miller formally retired from medical practice and returned to California, where he spent the last few years of his life doing the work he loved so much: soyfoods research. He lived about one mile from Loma Linda Foods in Riverside, and he walked to work each morning. He continued his experiments with tofu and soymilk, making improved acidophilus soymilk, tofu-based cheese, and cheese spreads. He made a good tofu-based Cheddar cheese but could not make it melt. His later years were not as productive as they might have been since, in old age, he had lost most of his sense of smell; when he would ask others how new products tasted, they would often tend to flatter him instead of giving an honest and objective response. Yet this work was still of real potential value.

"In 1972 the Southern Asia Division of the Adventist church asked Mr. Pinnick of Mt. Vernon to go to India to set up a soymilk plant at their Spicer Memorial College in Poona. In March 1973 Dr. Miller flew over from Hong Kong to help the operation get started. Pinnick writes: 'He would work all day with us at the plant (at age 94) then spend nearly-every evening speaking to some group on healthful living. There seemed to be no limit to his endurance.'

"Starting in 1975, while in Japan, I exchanged numerous letters with Dr. Miller. He typed each letter himself and was always full of questions about new developments in tofu and soymilk production in Japan. In 1976 he sponsored and hosted a program about tofu and soymilk that my wife and I did for several hundred members of the faculty and community of Loma Linda University, La Sierra campus. During the day of our visit he took us through his pilot plant and described his latest experiments making tofu-based fermented cheese spreads. He seemed extremely alert and well informed.

"Dr. Miller died on New Year's Day, 1977, at the age of 97, just as he was getting ready to go to his beloved church.

"Harry Miller was a shining example of what the Chinese call 'The Great Man.' He dedicated his life to the welfare of all beings, human and nonhuman. He chose a life of voluntary simplicity, finding his real joy in giving. Close associates estimate that, in professional fees alone, he turned over some $2.5 million to the hospitals, church, and nutritional work with which he was connected. Spiritual values were at the center of his life. Though world famous, he was the most humble of men; though very busy, he had time for each person who needed him. His vision was fifty years ahead of his time. He left an indelible impression on the world. Would that he could he here with us now to see the blossoming of his work in America and around the globe.

"The author wishes to give special thanks to Dr. Miller's two sons, Willis and Clarence, and to Glen Blix, plant manager at the Loma Linda Mt. Vernon plant, for extensive information provided in interviews and letters. For a bibliography of Dr. Miller's publications, send a SASE to *Soyfoods* magazine." Address: Lafayette, California.

4984. *Soyanews* (*Sri Lanka*). 1981. Tofu–The Sri Lankan way. 3(7):4-5. Feb.
• ***Summary:*** The members of the Young Farmers' Club of Kansalgamuwa, who do not eat meat, are learning to make tofu. This article describes the process and offers some tips.

4985. *Soyfoods.* 1981. Soyfoods showcase 1980 [Third Annual Soycrafters Association conference at the University of Illinois is a big success]. 1(4):6. Winter.
• ***Summary:*** The conference, titled *Soyfoods Showcase* under the direction of Richard Leviton, was convened at the University of Illinois at Urbana on 9-13 July 1980. Over 270 people attended, including representatives for 10 other nations, in addition to 15 Third World students already on campus for the INTSOY summer training program. Representatives of a number of large American food companies also attended, including Kraft, Beatrice Foods, General Foods, and General Nutrition.

"In addition to its rigorous intellectual format, *Soyfoods Showcase* featured 12 vegetarian-soyfoods meals prepared by Small Planet Catering of Chicago and Catering Plus of Champaign. Buffet meals included tofu lasagna, tofu spread in pita bread, tofu enchiladas, tofu 'egg salad' sandwiches, tempeh 'sloppy joes,' barbecued tofu in Chinese stir fry, miso paté, Indonesian gado-gado with tempeh, spinach tofu quiche, and tofu cheesecake." A photo shows Akiko Aoyagi teaching a cooking class.

4986. *Soyfoods.* 1981. New soy deli opens [Redwood Valley Soyfoods Unlimited, owned by Dik Rose]. 1(4):6. Winter.
• ***Summary:*** Redwood Valley Soyfoods Unlimited recently opened their Real Food Tofu Shop and Cafe, a 14-seat restaurant at 8473 East Road, Redwood Valley, California 95470. The many menu items are listed. Address: P.O. Box 371, Redwood Valley, California 94570.

4987. *Soyfoods.* 1981. Giant tofu market: School lunches. 1(4):8-9. Winter.
• ***Summary:*** The federally-subsidized school lunch program serves an estimated 3,800 million meals annually. Thelma Dalman (director of Food Service for Santa Cruz city schools, a district that has experimented with tofu-based vegetarian meals for three years) and Richard Leviton (director of Soycrafters Association) went to Washington, DC, on 13-18 September 1980 to investigate the possibilities of having tofu "legalized" for school lunches. "The result was not only favorable but startling in significance." Dalman

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and Leviton met with numerous senators and representatives who were sympathetic to enlist their support. "Aides to these congressmen each expressed lively and informed interest in tofu and a willingness of their office to cooperate. Dalman and Leviton presented a two-hour program on tofu and public schools to 15 members of the Nutrition and Technical Services Division (NTSD), a regulation advisory group in the Food and Nutrition Service. A request was made for the USDA to grant interim permission to use tofu at 30% substitution for the meat requirement (2 oz. lean cooked meat) in the school meal pattern. For a lunch to meet the 'reimbursable meal pattern' its components must conform to a strict nutritional code, essentially based on meat protein. Textured Vegetable Protein (TVP) has been granted use in meals at 30% replacement... So the strategy was to bring in tofu on the shirttails of TVP. As it developed, we fared better than we had expected; the USDA, in fact, let us know they favored a higher equivalency rating for tofu than TVP and chose to regard tofu as a whole food rather than like TVP [which is considered a fortified, highly processed food].

"Henry Rodriguez, director of NTSD, stated: (1) Tofu may now be used as part of the reimbursable meal pattern based on section 210.H of the *National School Lunch Program...* (2) To obtain approval, individual school boards must apply to their Department of Education, Child and Nutrition Division, to request them to apply to USDA-FNS for permission to use tofu based on section 210.10.H. (3) Meanwhile FNS and SANA will draft a USDA *Specification* for tofu which will legalize and standardize tofu's use in school meals."

Richard Leviton made a second visit to Washington, DC on 24-27 Nov. 1980 to meet with the USDA again as well as with a handful of congressmen and the FDA.

4988. *Soyfoods.* 1981. Soyfoods in America: 1981 Soycrafters Conference. 1(4):7-8. Winter.
• ***Summary:*** The Fourth Annual Soycrafters Association Conference, *Soyfoods in America*, will be held at the Colorado State University, July 8-12, 1981. This promises to be the most exciting and thorough soyfoods meeting ever held." Highlights include: (1) A Tofu Cheesecake Bakeoff, for the best vegetarian cream pie made from tofu; (2) The "soycraft industry's first trade show, Soyfoods Expo–1981." The meeting is expected to attract at least 300 people for the 4 full days and several hundred additional visitors for the trade show.

A photo shows lovely Valerie Robertson cutting a slice from a tofu cheesecake.

4989. Stepanske, Kenneth. 1981. Madison Foods, Worthington Foods, and Loma Linda Foods (Two interviews). Conducted by William Shurtleff of Soyfoods Center, Feb. 12 and Feb. 15. 4 p. transcript.
• ***Summary:*** Kenneth started work at Madison in 1964, when

the college lost its accreditation. He had been working at Worthington before that. Discussion of how Sam's Chicken was made, using tofu.

4990. **Product Name:** Tofu Sausage.
Manufacturer's Name: Vegetable Protein Co. (The).
Manufacturer's Address: 140 River St., Cambridge, Massachusetts.
Date of Introduction: 1981. February.
Ingredients: Incl. tofu.
New Product–Documentation: Talk with Johnny Weissman, inventor. 1992. March 31. In Feb. 1981 he introduced a Tofu Sausage, which tasted like bologna. A 6-ounce mixture of spices and tofu in a cellulose casing, it was cooked in a smokehouse. At one point Michael Cohen of Lightlife Foods made John's Tofu Sausage for about 6 months.

4991. **Product Name:** VFP Soya Cookies.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1981. February.
New Product–Documentation: Ad in Chimo. 1981. Feb. p. 15.

4992. **Product Name:** VFP Soya Muffins.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1981. February.
New Product–Documentation: Ad in Chimo. 1981. Feb. p. 15.

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4993. **Product Name:** VFP Soya-Banana Cake.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1981. February.
New Product–Documentation: Ad in Chimo. 1981. Feb. p. 15.

4994. Wagner, Martha. 1981. Tofu: The surprisingly versatile protein. *Medical Self-Care.* Winter. p. 46-47. [4 ref]
• ***Summary:*** A popular overview.

4995. *Whole Life Times.* 1981. Nutrition in the schools. Jan/Feb. p. 10. *

4996. **Product Name:** Tofu-Vegetable Salad.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Road, Fairfax, California 94930. Phone: 415-459-3919.
Date of Introduction: 1981. February.
Ingredients: UFO tofu by Wildwood, any of the following seasonal vegetables: celery, carrots, onions, cabbage or daikon radish, safflower oil, tamari, sea salt and spices.
Wt/Vol., Packaging, Price: 12 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Leviton. 1981. Soyfoods. Winter. p. 61. "Putting tofu in the lunch boxes of America." Wildwood produces a line of eight packaged vegetarian sandwiches including... *Tofu Vegetable Salad*...

Label sent by Wildwood on their letterhead. 1983. 2.75 by 1.75 inches. Self adhesive. Green and black on white. "Ready to eat Foods, Naturally." Talk with Paul Duchesne. 1989. Oct. 27. Paul opened the account that starting this product being sold through Diet Centers.

4997. *Haelsa.* 1981. Tofu [Tofu]. March 3. p. 29, 32, 35-36. [Swe]
• ***Summary:*** A black-and-white photo shows a package of Aros tofu. A 4-page color insert (p. 35-38) gives tofu recipes and 1 page of instructions for making tofu at home. Color photos show the recipes and Ted Nordquist.

4998. Shea, David. 1981. Soybeans called inflation fighters: Smorgasbord highlights meeting. *Recorder* (*Greenfield, Massachusetts*). March 12.
• ***Summary:*** The monthly meeting of the Northeast chapter of the Institute of Food Technology (IFT), hosted by New England Soy Dairy of Greenfield, Massachusetts, was held at the Howard Johnson's Motor Lodge and attended by 100 food industry specialists and students from across the state. The meal was a vegetarian tofu smorgasbord including tofu lasagna, won-tons stuffed with tofu, and tofu dips. It was the first taste of tofu for many of the older IFT members. A tofu slide show was presented by Richard Leviton, editor of Soyfoods, a trade magazine. Researchers compared notes and traded recipes with New England Soy Dairy quality control supervisor Mary Castelli. Address: Staff reporter.

4999. Wood, Debbie. 1981. Dining out. Good bet: Good Nature Deli. *Suburban Trib* (*Oak Park, Illinois*). March 13. Section III. p. 8.
• ***Summary:*** Good Nature Deli, with 8 tables and 20 seats, is located at 810 Harrison St. in Oak Park. The owners, Kevin D. O'Brien and Mary Ellen Sackett, run a meatless restaurant which they claim is the only nondairy restaurant in the state of Illinois. Soy-based recipes include happy turkey (with tofu), and soy burgers.

5000. MacDonald, Harry A. 1981. Re: Will be glad to review final draft of manuscript. Letter to William Shurtleff at Soyfoods Center, March 18. 1 p. Handwritten.
• ***Summary:*** "I wish to thank you very much for the copy of your *Book of Tofu* which you so kindly sent." Address: Prof.-Emeritus, 503 Bradfield Hall, Dep. of Agronomy, Cornell Univ., Ithaca, New York 14853.

5001. O'Conell, Jean. 1981. First cousins in Greenfield [Massachusetts]: Tempeh follows tofu to market. *Morning Union* (*The*) (*Springfield, Massachusetts*). March 18. p. 25-26.
• ***Summary:*** A few nights ago the New England Soy Dairy organized a dinner meeting in Greenfield for the members of the Northeast Chapter of the Institute of Food Technologists. The meal included cottage cheese made without milk and lasagna made without meat. "Fairly tasty, but hardly exciting." But the dinner menu wasn't the point. Rather the "event served to point out that soy is coming of age here in the Connecticut Valley." More people are including tofu in their cooking, and tofu is now available in the lunch program of the Springfield public schools. "Soy is a good, cheap source of protein and it's receiving more attention as people scramble to beat, or at least meet inflation."

A little tofu shop named Laughing Grasshopper opened in 1976 in Greenfield. It was the forerunner of the New England Soy Dairy which is now the third or fourth largest tofu maker in the USA. Eighteen months ago Michael Cohen, one of the four partners, left the Soy Dairy to establish his own soy business, the Tempeh Works, which is also located in Greenfield. Cohen's shop now produces an average of 4,000 lb/week of tempeh. Photos show: (1) Michael Cohen putting soybeans into a centrifugal extractor for removal of the water before adding tempeh culture. (2) Skat McPherson examining finished cakes of tempeh on a rack at the Tempeh Works.

"Another chapter in the soy story in the Connecticut Valley is expected to begin in the fall of this year with the opening of the South River Miso Company in Conway [Massachusetts]. Christian Elwell and his family are moving

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the company here from Ohio.

"Miso, even less known than tempeh, is a fermented soybean puree made with water and barley or rice. It has a long fermentation period and is used for such things as soup stock, according to Elwell who attended the Soy Dairy dinner in Greenfield.

"There are only three miso companies in the United States, one on the West Coast, one in North Carolina [American Miso Co.] and the one which is coming to Conway, it was noted by Richard Leviton at the Greenfield meeting." Leviton added that he and others in the soy industry are heartened that a few farmers in the Connecticut Valley are trying to grow soybeans, since the nearest source is now about 1,000 miles away. Contains a recipe for "Peanutty Soy," peanut butter extended with tofu, from Madeline Fox, marketing director and recipe developer at the New England Soy Dairy.

Note: This is the earliest document seen (Nov. 1999) that mentions the South River Miso Company–which began selling miso under its name in Oct. 1982. Address: Union Food and Fashion Editor.

5002. Sheridan, Margaret. 1981. A versatile cube of soy with Oriental origins. *Chicago Tribune.* March 19. p. N_A1 or S_A1, or W_A1 (2 p.).
• ***Summary:*** "It is pronounced *toe-foo* and it is not the name of a Bruce Lee movie. A soybean curd sometimes called soybean cheese, tofu looks like a cross between a spongy block of cream cheese and a hunk of ricotta." It has a bland taste; if eaten alone, it leaves a lot to be desired. But tofu is a food worth getting to know: it is inexpensive, nutritious, and versatile. High in protein, and low in saturated fat and cholesterol, a 12 ounce container costs about 98 cents. Although rich in calcium, iron, B vitamins, and vitamin E, an 8-ounce serving contains only 147 calories.

There are about 38,000 tofu shops in Japan, and it is made in the USA by more than 170 tofu shops and soy dairies. Discusses *The Book of Tofu,* by Shurtleff and Aoyagi. Shurtleff, a vegetarian, hopes to introduce soyfoods as a practical, low cost source of protein. Contains a recipe for Tofu yung. Address: Food editor.

5003. Yoshimura, Sam. 1981. Re: Reminiscences of work at Madison Foods. Letter to William Shurtleff at Soyfoods Center, March 19–in reply to inquiry. 3 p. Handwritten.
• ***Summary:*** Sam attended Madison College from 1937-1943, then worked for Madison Foods 1956-63. As far as he knows, no graduate of Madison College owns or presently operates a viable soy food plant.

Mr. H.J. Miller was supervisor for canned and cereal sections of the Madison plant when Sam was there. He was not related to Dr. Harry W. Miller.

Okara was used in the Madison Zoyburger exclusively. The product consisted of wheat gluten, okara, tomato paste and seasonings. It was a canned, meat loaf type of product.

Compro was a canned product made of wheat gluten, soy cheese [tofu] and seasonings. It was first distributed commercially in 1957.

Sam's Chicken was modified and called Chickettes. The product contained wheat gluten, soy protein, and seasonings. Address: 8200 Colonial Meadows, Westerville, Ohio 43081. Phone: 614-882-0625.

5004. Sheraton, Mimi. 1981. Restaurants: East side steak and side dishes of Japan. *New York Times.* March 20. p. C16.
• ***Summary:*** This is a review of the one-star Japanese restaurant Aikahana (at 1034 Second Ave. in New York City). Recommended dishes include "deep-fried bean curd with special sauce."

Aikahana "offers one of the most complete and interesting listings of the small side dishes that most Japanese restaurants reserve for their Japanese customers and rarely include on the English menus."

The writers favorite small side dishes include "squares of bean curd in ice water [hiya yakko], which made them as firm and delicate as fresh farm cheese; bean curd fried in a fresh brown sauce with shrimp;..."

5005. Hicks, Alastair. 1981. Re: History of the full-fat soy flour factory in Thailand. Letter to William Shurtleff at Soyfoods Center, March 25. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "The full fat soy flour factory in Thailand commenced production of soyflour during commissioning trials which I ran in the week April 24-28, 1978, as food engineer to the project. The location is Mae Chan, a small village outside Chiang Rai in the far north of Thailand, near the Golden Triangle. The plant was initiated by the ASEAN Sub-Committee on Protein, whose chairman is Professor Amara Bhumiratana, Director of the Institute of Food Research and Product Development (IFRPD), Kasetsart University, Bangkok, Thailand.

"The king of Thailand, King Bhumibol Adulyadej, provided the land and buildings, as part of the Thai contribution to the project. One aim of the Royal Preserved Foods Project is to encourage Hill tribe farmers to grow crops other than opium poppies, in this case, nutritious soybeans, as part of an overall crop substitution program...

"The factory is able to make the following products: cleaned soybeans (up to 3 ton/hour); clean, cracked, debittered soybeans (a possible tempeh raw material); enzyme inactive full fat soyflour. The latter products can be produced at 1.1 tonne/hour. Enzyme active products could also be produced. Most of the full fat soyflour is utilized in the production of Kaset Infant food, a baby food produced at the I.F.R.P.D. in Bangkok. This product in turn is supplied to the hundreds of baby health centers throughout Thailand.

"For further information on these and other details, I

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suggest you write to Professor Amara... Meanwhile, I would like you to record the Department of Food Technology, Hawkesbury Agricultural College of Advanced Education, Richmond, N.S.W., Australia, as a center for soyfoods processing and research in Australia.

"We have an ongoing program of agricultural research in soybean varieties suitable for the Asian market. Related to this we have developed tofu trials and soybean canning trials. Presently we are developing soymilk from full fat soyflour and tempeh as a soyfood in Australia." Address: Lecturer, Dep. of Food Technology, Hawkesbury Agricultural College, Richmond, NSW 2753, Australia. Phone: (045) 701 333.

5006. *New York Times.* 1981. Radio. March 26. p. C23.
• ***Summary:*** All radio stations are divided into two types: Music and talk. Under talk: "Noon-1 P.M., WBAI: Natural Living. With Gary Null. 'Soyfoods in America.'" Note: Gary Null will be talking with William Shurtleff.

5007. Timmins, Tom. 1981. President's 1980 report to the corporation. New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301. 3 p. March 28. Unpublished manuscript.
• ***Summary:*** "1980 has been a milestone year for New England Soy Dairy, Inc. Our first major financing agreement was reached on May 9, 1980 with the Massachusetts Community Development Finance Corporation for $200,000 equity and debt financing. On July 23, 1980 we signed an agreement with the Massachusetts Business Development Corporation for an additional $150,000 debt financing. These moneys have allowed the company to improve dramatically in all departments.

"Our manufacturing operation has clearly benefitted from the financing. The Wells Street facility has nearly finished its transformation from machine shop to sanitary food processing plant. Tofu production efficiency has increased and the Soy Dairy continues to lead the industry in hygienic food production. We produce the finest tofu made in America.

"Sales grew 47% from 1979 to $1,026,000 for 1980, while tofu poundage sold increased 36% to 1,630,000 pounds. Many new programs were undertaken. The emphasis was on developing product awareness in New England. Opening loyal distribution channels has put the Soy Dairy in a strong position for major entry into the New England consumer market.

"As in any rapidly changing organization, our employees felt the stress of growth. A company-wide effort to address the personnel problems and difficulties has resulted in improved working conditions in the plant, reduced turnover among the workforce, shop benefits and wages competitive with other comparable businesses in the area, and consistently high quality produce.

"The ultimate gauge of company strength, our financial condition, has continued to improve. Our operating losses were reduced to less than 2% of sales with additional one-time expenses incurred by loan costs bringing total loss to a little over 2% of sales. This is an improvement from 1979 when losses were nearly 9% of sales. Internal accounting operations have been developed to provide managers with accurate and immediate information. The result has been improved decision making and quick feedback to help company leaders adjust their plans to real life situations.

"The Massachusetts CDFC investment brought with it several professional businesspeople to our board of directors. Their years of front-line experience and long-range views enhanced the quality of board discussions. These board members provided the company with valuable counsel that was otherwise unavailable.

"The management team has set high goals for the company in 1981. We intend to complete the installation of equipment to provide a 21-24 day shelf life for tofu. Productivity measured by pounds of tofu produced per labor hour will improve at least 10% by this fall. Through these positive changes, we will be able to further improve employee wages and benefits. The sales goal is a 35% increase in tofu sales, with a 40% increase in dollar volume to 1.4 million. Continued focus on the New England consumer market, opening the New York and Mid-Atlantic markets, and new product development for institutional sales will occupy our sales staff for the year. I foresee greater allocation of company resources to our marketing efforts with a corresponding improvement in efficiency of sales efforts. We will be selling for profitability while expanding the total tofu market through advertising. Profit goal for 1981 is $100,000.

"I look to 1981 as the year when New England Soy Dairy, Inc., enters a strong growth stage. With continued interest from the stockholders, the employees, and the board of directors, the Soy Dairy will accomplish its goals in a manner beneficial to all participants."

Note: New England Soy Dairy's production of tofu has increased steadily and quite dramatically, starting from zero in Jan. 1977 to 4,500 lb/week in Aug. 1977, to 14,200 lb/week in June 1978 to 20,000 lb/week in March 1979, to 26,000 lb/week in June 1980. Address: President, New England Soy Dairy, Inc..

5008. Watanabe, Tokuji. 1981. Re: History of tofu in Japan. Letter to William Shurtleff at Soyfoods Center, March 29–in reply to inquiry. 2 p. Handwritten, without signature. [Jap; eng+]
Address: Kyoritsu Women's Univ., Tokyo.

5009. Andreoni, Phyllis. 1981. Schools turn to tofu for lunch menu. *Morning Union* (*The*) (*Springfield, Massachusetts*). March?
• ***Summary:*** The Springfield, Massachusetts, school lunch

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director noted that tofu has already been used as an extender in chicken salad and "nobody knew the difference."... "In the New York city school system plans are underway to use tofu for tuna cakes, lasagna and other dishes." In each case the main goal is to reduce the cost of each lunch. Address: Union Staff.

5010. Barber, Linda. 1981. Color slides taken at a small tofu shop in Kyoto where she worked for a month. Kobe, Japan. 1 p. Based on e-mail of 9 May 2012.
• ***Summary:*** Linda took these color slides in early 1981 in Kyoto, Japan, at a small neighborhood tofu shop (whose name she does not remember) where she worked for a month. The shop was owned and operated by a husband and wife under the same roof as their home.

(1) A 60-kg sack of whole soybeans grown in Japan. (2) Soaked and drained whole soybeans in a woven bamboo colander, with dipper, shortly before grinding. (3) Tofu shop utensils: Metal caldron and hand turned screw press for pressing soymilk from okara. (4) Tofu shop utensils: Wooden curding vat (foreground), metal pressing box (rear), and nigari in earthenware vessel on floor. (5) Mixture of simmering soybean puree and water rising in the caldron, ready to be stirred down by bamboo defoamer rod / whisk resting in bowl of defoamer (*awakeshi*). (6) Steaming cooked soy puree being ladled by from caldron into pressing sack. (7) Soymilk pressed from okara in pressing sack runs into wooden curding barrel. A new batch of soybean puree is cooking in the background. Forming cloths line perforated forming box in foreground. (8) Soymilk pressed from okara runs through fine-mesh straining cloth into wooden curding barrel. (9) Wife wrings last of soymilk out of straining cloth into curding barrel. (10) Stirring nigari coagulant into hot soymilk in curding barrel. (11) Ladle of soymilk curds in ladle set in cloth-lined forming box. (12) Curds pressed to make tofu, ready to be cut into cakes. (13) Tofu cut into cakes next to cooling sink. Address: Resident Director of Practice House and Oral English Instructor, Kobe College, 4-1 Okadayama, Nishinomiya, Japan.

5011. Fenwick, Dorothy E.; Oakenfull, D.G. 1981. Saponin content of soya beans and some commercial soya bean products. *J. of the Science of Food and Agriculture* (*London*) 32(3):273-78. March. [23 ref]
• ***Summary:*** The saponin content for various soybean products, in grams per kg of dry weight, is as follows: whole soybeans 56, defatted soy flour 22-25, soya hulls 20, soy protein isolate (Promine D 3, GL-750 8, Maxten C 19, Maxten E 25), lecithin (Crown 53, Vitaplex 29), tofu 21. Some manufacturers use ethyl alcohol extraction to prepare soy protein concentrates; this process removes a substantial portion of the saponins. Address: CSIRO Div. of Food Research, P.O. Box 52, North Ryde, NSW 2113, Australia.

5012. Fukushima, D. 1981. Soy proteins for foods centering around soy sauce and tofu. *J. of the American Oil Chemists' Society* 58(3):346-54. March. [41 ref]
• ***Summary:*** Contents: Abstract. Introduction. Soy sauce varieties: Koikuchi, usukuchi, tamari, saishikomi, and shiro shoyu. Soy sauce manufacturing process (for each of the 5 types). Miso. Other fermented products: Tempeh and natto. Tofu and related products: Regular and silken tofu, dried-frozen tofu, deep-fried tofu. Fermented tofu (Sufu). Other soy products: Soy milk, fermented soy milk beverages, yuba.

This paper discusses traditional Oriental soy protein foods which are growing rapidly in popularity in the USA among non-Asian-Americans.

"Generally speaking, soy sauce is divided into two groups: fermented soy sauce and chemical soy sauce. Fermented soy sauce has a long history as a human food, whereas chemical soy sauce has a history of only several decades. In fermented soy sauce, the proteins and carbohydrates contained in the materials are hydrolyzed very slowly under mild conditions below 30ºC for over six months, whereas in chemical soy sauce they are hydrolyzed quickly by hydrochloric acid at 80ºC for 8-10 hours. Chemical hydrolysis is a cheap and rapid process, but during the hydrolysis, various secondary reactions occur and produce undesirable compounds, e.g. dark humins, furfurol, dimethyl sulfide, hydrogen sulfide, levulinic acid and formic acid, which are not present in fermented soy sauce. Furfurol, dimethyl sulfide and hydrogen sulfide, which have strong, bad odors in themselves, are derived from pentose, methionine, and sulfur-containing amino acids respectively. Furthermore, tryptophane, one of the nutritionally important amino acids, is destroyed almost completely. As shown in Figure 1 [two chromatograms], the main organic acid of fermented soy sauce is lactic acid, whereas the main organic acid of chemical soy sauce is formic acid. Levulinic acid, present in chemical soy sauce, does not exist naturally.

"To improve the odors of chemical soy sauce, semichemical soy sauce was devised. It is made by hydrolyzing raw soybeans with a lower concentration of hydrochloric acid (7-8%) as the first step, followed by fermenting the hydrolysate with osmophilic yeasts in the presence of wheat koji." In Japan, chemical soy sauce is not used as a soy sauce in itself, but as an extender for fermented soy sauce.

Table 1 gives the typical chemical composition (per 100 ml) of the five varieties of traditional soy sauce in Japan, including Bé [Baumé; a measure of the relative density of liquids], sodium (koikuchi is lowest at 17.6%, usukuchi is highest at 19.2%), total nitrogen (koikuchi has 1.55 gm, tamari has 2.55 gm or 65% more), formol nitrogen, reducing sugar, alcohol (koikuchi is 2.2%, by far the highest), pH (ranges from 4.6 to 4.8), and color.

A brief description of each of the five traditional varieties: (1) Koikuchi: This "dark-colored" shoyu is by

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far the most popular of the five types of fermented soy sauce in Japan, comprising 85% of the total. It is an all-purpose seasoning with a strong aroma, complex flavor, and deep, reddish-brown color. These characteristics are mainly derived from the use of equal amounts of wheat and soybeans in the koji; (2) Usukuchi [light-colored] shoyu is characterized by a lighter, red-brownish color and a milder flavor and aroma. It is used mainly for cooking when one wishes to preserve the original flavor and color of the food itself. As in koikuchi, equal amounts of soybeans and wheat are used in the koji, but the fermentation is done under conditions which prevent the development of a dark color. (3) Tamari shoyu has a higher amino acid content, but it lacks aroma. The koji is made primarily from soybeans with little or no wheat. (4) Saishikomi (twice-fermented) shoyu is made using equal amounts of wheat and soybeans in the koji, but using raw (unpasteurized) soy sauce instead of salt solution, which is mixed with the harvested koji. Saishikomi is characterized by aroma and full-bodied taste. (5) Shiro (clear, or "white") shoyu is made by using a very high ratio of wheat to soybeans in the koji, and further by fermentation under conditions which prevent dark color development. It is characterized by a very light yellow to tan color, though the amino acid content is very low because of the low soybean content in the koji. Flow sheets (Figures 2-5) show the process for manufacturing koikuchi, usukuchi, and tamari shoyu. Each has three basic parts: Koji making process, brine fermentation process, and refining process.

Concerning soy sauce production and consumption: The total annual production of soy sauce in Japan in 1979 reported by the Japanese Agricultural Standard (JAS) was 1,252,431 kiloliters (kl). In 1979 in Japan, about 70% of the soy sauce products in Japan were purely fermented, 25% contained some semichemical soy sauce, and the remaining 5% contained chemical (HVP) soy sauce. The most recent estimates of annual consumption of soy sauce in the USA are as follows: Fermented soy sauce 17,850 kl; Chemical (HVP) soy sauce 25,500 kl. Within fermented soy sauce, production of koikuchi soy sauce is estimated to be 16,500 kl/year.

In Japan an "instant tofu powder" is actually a spray-dried soy milk. This product was made and introduced by *Nihon Tanpaku Kogyo* (Japan Protein Industry) about 15 years ago (ca. 1966) and was used mainly as a raw material for making regular or silken tofu in order to save time. "Recently, however [1973], the product was placed on the market as an instant powdered tofu [named *Hausu Hontôfu*] by Hausu [House] Foods Co."

Other figures show: (5) Manufacturing process of rice miso. (6) Manufacturing processes of soy milk used for making tofu, regular tofu, and silken tofu. (7) Manufacturing process of freeze-dried tofu (kori-tofu). (8) Manufacturing process of fermented soy milk beverage. *Lactobacillus casei*, *L. acidophilus*, and *L. bulgaricus* are usually used as starters. One such product recently appeared on the market in Japan.

A photo shows D. Fukushima. Address: Kikkoman Foods, Inc., Walworth, Wisconsin 53184.

5013. Haytowitz, David B.; Marsh, Anne C.; Matthews, Ruth H. 1981. Content of selected nutrients in raw, cooked, and processed legumes. *Food Technology* 35(3):73-74. March. [11 ref]

• ***Summary:*** Contents: Introduction. Peanuts and soybean products (soy flours, soy isolates, soy concentrates). Conventionally cooked legumes. Oriental legume products (includes tofu, tempeh, soy sauce, miso, and natto). Address: Consumer Nutrition Center, Human Nutrition, Science and Education Administration, USDA, Hyattsville, Maryland 20782 USA.

5014. Hibshman, Dan. 1981. From beans to burgers: Cheap crop brings nutritious rewards [Dik and Sharon Rose of Redwood Valley Soyfoods Unlimited]. *Redwood Rancher Country.* Spring. p. 32.

• ***Summary:*** A photo shows Dik Rose (with beard and Amazing Grace T-shirt) and wife Sharon under menu.

5015. Holmes, Charlotte Van Gundy. 1981. The life of T.A. Van Gundy (Three interviews). Conducted by William Shurtleff of Soyfoods Center, March-May 1981. 6 p. transcript. Also 3 letters from Charlottte in March, April, and May 1981.

• ***Summary:*** Birth and early life: Theodore Ananias Van Gundy (his friends called him "Van") was born on 8 July 1874 in the tiny rural community of Osoflaco, near Arroyo Grande, on the California Coast midway between San Francisco and Los Angeles. In 1886, at age 12, he became a Seventh-day Adventist, and began to show his mechanical talent by building an engine powered by steam from his mother's stove. He went to college in Healdsburg, California.

Early work with peanut butter: In 1897, at about age 23, he began his first commercial food production, making peanut butter (which, at the time, was a new food) with Dr. Hare in Fresno, California. In February 1898 he married Lulu Pond and moved to San Jose. It is not known what became of his peanut butter business.

Founding La Sierra Industries in 1928: In the fall of 1928 (probably not in 1927 as reported by Dorothea Van Gundy Jones in 1963), T.A. Van Gundy moved to La Sierra, California (now a suburb of Riverside) and started La Sierra Industries, the business that would make his famous as a soyfoods pioneer. The plant was on a lot behind his brother-in-law's home. By continuous experimentation and using equipment he designed and built himself, he soon developed a line of eleven soyfood products, plus canned garbanzos (chick peas), brown rice, and whole wheat. The first eight La Sierra-brand soyfood products were probably on the market by late 1929. They included Smoein (bacon-flavored smoked soy powder), Soy Beans (canned, unseasoned green-seeded

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type or with tomato sauce; his next products developed after Smoein), Soy Milk (canned, with the beany flavor removed by processing with live steam), Soy Cheese (canned tofu, with pimiento added to prevent graying after canning), Soy Flour, Soy Mamenoka (roasted soy flour; a Chinese name), Soy-Co (soy coffee substitute with an excellent coffeelike flavor; coarse grind or fine), B-Nuts or Beanuts (oil-roasted soynuts), B-Nut Butter (soynut butter made from B-Nuts), Soy Spread (canned okara or soy pulp, salt, mace, and other seasonings; it had a soft consistency and was said to taste and smell like "potted chicken"), Soy Gluten (a meat analog made of soy spread mixed with ground wheat gluten, resembling Dr. John Harvey Kellogg's Protose, but with soy), and Soy Cereal. In 1929 or 1930 he designed and built the mill that produced this Soy Cereal, a ready-to-eat, toasted and shredded, all-soy product. Address: California.

5016. Jacobson, Al. 1981. Pioneering soyfoods in Los Angeles (Two interviews). Conducted by William Shurtleff of Soyfoods Center, March 30 and April 13. 2 p. transcript.
• ***Summary:*** His work with soyfoods started in early 1979. He was introduced to Farm Foods at the New Earth Expo on 15-18 March 1979, then started to distribute Farm Foods' products on a small scale 2-3 months later–in their packaging under their label. He sold a lot of Farm Foods' tofu salad (he couldn't keep up with the demand), but they didn't want him to distribute their Ice Bean (soy ice cream) because he didn't have any freezer trucks. Then about 2 months later Farm Foods dropped Al to go with Nature's Finest (NF), a bigger distributor–but that new arrangement didn't work out since NF didn't have a any freezer trucks either. That fall, Al considered coming out with his own tofu salad. Then Robert Tepper of Farm Foods called Al and asked if he wanted to distribute the salad again. He replied "No, but I'd like to have you make my product for for me under my label." Farm Foods said okay. This product under Al's label sold even better than before. It was his second soy product, after Cottage Tofu, which was also made by Farm Foods in San Francisco. By late 1979 he was marketing a Cottage Tofu, Tofu no-Egg Salad, and Super Tofu (curried spread). Address: Garden of Eatin', Los Angeles, California.

5017. **Product Name:** Legume Tofu Country Pie [Spinach, or Broccoli].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1981. March.
Ingredients: Spinach: Tofu, spinach or broccoli, onions, soy margarine, soy oil, mozzarella & Romano cheese, whole wheat flour, spices, arrowroot flour, salt. Crust: Whole wheat flour, pure vegetable shortening, salt.
Wt/Vol., Packaging, Price: 5 oz. or 10.5 oz.
How Stored: Frozen or refrigerated.
New Product–Documentation: Leaflet from Legume, Inc. 1981, March. "Who says rich, creamy foods have to be high in cholesterol and calories?" The company's "Product list" includes this product.

Ad in Whole Foods. 1981. Sept. p. 56. "What's 2000 years old and tastes brand new? Tofu." States that Legume Tofu Country Pies are now available.

Label. 1982. 2.25 inches square. Green, chartreuse, and a third color on white. "A delicious protein meal by Legume. 100% natural. No preservatives. No sugar. No artificial additives. If frozen, bake..." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Article in Soyfoods. 1982. Winter. p. 56. Weight: 5, 10,5, or 32 oz.

5018. **Product Name:** Legume Tofu Muffin [Raisin Bran, or Blueberry Bran].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1981. March.
Ingredients: Raisin bran: Whole wheat flour, honey, raisins, bran, soy margarine, soy oil, baking soda, baking powder, arrowroot flour, lemon juice, spices, vanilla, salt.
Wt/Vol., Packaging, Price: Raisin Bran weighs 2.25 oz. and 3.25 oz., Blueberry Bran 3.25 oz.
How Stored: Refrigerated.

New Product–Documentation: Leaflet from Legume, Inc. 1981, March. "Who says rich, creamy foods have to be high in cholesterol and calories?" The company's "Product list" includes this product.

Ad in Whole Foods. 1981. Sept. p. 56. "What's 2000 years old and tastes brand new? Tofu." States that Legume Tofu Muffins are now available.

Label. 1982. 2 inches square. Green, chartreuse, and a third color on white. "A delicious protein meal by Legume. 100% natural. No preservatives. No sugar. No artificial additives." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Article in Soyfoods. 1982. Winter. p. 56.

5019. **Product Name:** Legume Tofu No-Creme Pie (Tofu Cheesecakes) [Strawberry, Coconut, or Banana].

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Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1981. March.
Ingredients: Tofu, bananas, honey, lemon juice, whole wheat flour, soy oil, spices, vanilla, salt. Crust: Whole wheat flour, pure vegetable shortening, salt.
Wt/Vol., Packaging, Price: 3 oz in plastic wrap.
How Stored: Refrigerated.
New Product–Documentation: Leaflet from Legume, Inc. 1981, March. "Who says rich, creamy foods have to be high in cholesterol and calories?" The company's "Product list" includes this product.

Ad in Whole Foods. 1981. Sept. p. 56. "What's 2000 years old and tastes brand new? Tofu." States that Legume "No-Creme" Pies are now available.

Spot in Soyfoods. 1982. Winter. p. 56. Label. 1981-82. 2 inches square. Green, chartreuse, and orange or white. "A delicious protein snack by Legume. 100% natural. No preservatives. No sugar. No artificial additives."

5020. **Product Name:** Legume Tofu Cake [Carrot, or Banana].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1981. March.
New Product–Documentation: Leaflet from Legume, Inc. 1981, March. "Who says rich, creamy foods have to be high in cholesterol and calories?" The company's "Product list" includes this product.

Ad in Whole Foods. 1981. Sept. p. 56. "What's 2000 years old and tastes brand new? Tofu." States that Legume Tofu Cakes are now available.

Spot in Soyfoods. 1982. Winter. p. 56. Cake weighs 8 oz.

5021. Liener, I.E. 1981. Factors affecting the nutritional quality of soya products. *J. of the American Oil Chemists' Society* 58(3):406-15. March. [145 ref]
• ***Summary:*** Contents: Abstract. Introduction. Heat-labile factors: Protease inhibitors (incl. trypsin inhibitors), lectins (hemagglutinins; they have the unique property of binding carbohydrate substances), goitrogens, antivitamins (antivitamin D, antivitamin E, and antivitamin B-12), phytate, phytic acid. Heat-stable factors: Estrogens (incl. isoflavones, genistin, daidzin, coumestrol), saponins, flatulence factors, lysinoalanine, allergenicity.

Goitrogens: Unheated soybeans have been reported to cause significant enlargement of the thyroid gland of rats and chicks; this effect can be counteracted by supplementing the diet with iodine (as potassium iodide) or partially eliminated by heat. Several cases of goiter have also been reported in human infants fed soybean milk, a situation which could likewise be alleviated by iodine supplementation. Therefore iodine supplementation of soyamilk infant formulas is recommended as a precautionary measure against the goitrogenic potential of this product.

The component responsible for the goitrogenic effect of soybeans is still unknown. It appears to be concentrated mainly in the curd, but goitrogenic activity has also been detected to a lesser extent in toasted soya flours, concentrates, and isolates. Unlike most goitrogenic plants of the Cruciferae family, soybeans do not contain glucosinolates. The goitrogenic principle in soybeans has been reported to be a low molecular weight oligopeptide; this appears to be inconsistent with the observation that the goitrogenicity of soybean curd was not eliminated by proteolytic digestion.

Most of the evidence indicates that, whatever the goitrogenic principle is, it seems to exert its effect by inhibiting the uptake of iodine into the thyroid gland. However other researchers believe that goiter from soy-containing diets may result from an increased fecal loss of thyroxine or a simple iodine deficiency (Halverson et al. 1949; Van Middlesworth 1957; Beck 1958; Hydowitz 1960; Shepard et al. 1960). One study (Kimura et al. 1976) found that female rats which were fed defatted soybeans with an iodine-free diet for 6-12 months showed thyroid carcinomas. This effect, however, was completely prevented by iodine supplementation.

"Heat-stable factors: Estrogens. The banning of the use of diethylstilbestrol [DES] as a growth stimulant for animals in meat and poultry production has served to focus attention on the possible toxic effects of naturally occurring estrogens." Fig. 9 shows the structure and formula of isoflavonoid compounds isolated from soybeans (Naim et al. 1974). Table 9 shows the estrogenicity of compounds isolated from soybeans and their potency relative to DES. The compounds are genistin, daidzin, glycitein 7-O-Beta-glucoside, and coumestrol. All figures are from other sources (Naim et al. 1974; Bickoff et al. 1962; Knuckles et al. 1976). Address: Dep. of Biochemistry, College of Biological Sciences, Univ. of Minnesota, St. Paul, MN 55108.

5022. McDonnell, Kathleen. 1981. From fodder to fast food: Soybeans crop up more than ever on farms and in stores. *Maclean's* (*Canada*). March.
• ***Summary:*** Recently soybean breeders have created early-maturing varieties which are enabling soybeans to spread northward "beyond their traditional growing area in extreme southern Ontario, which now produces more than 90 per cent of Canada's total harvest." This year substantial acreage will be seeded in Alberta, Manitoba, P.U.I. [Prince Edward Island], Quebec and eastern Ontario.

"With last year's harvest of 26.2 million bushels worth more than $200 million, Canada has now moved into fifth place among world soybean producers–after the U.S., Brazil,

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China, and Argentina.

Human consumption of soybeans is definitely catching on in Canada. At one health food store in Vancouver, BC, the most popular item is tofu, or soybean curd, which is now "being touted as the 'yogurt of the '80s.' Packaged tofu is now being sold in major supermarket chains across the country..."

The largest consumers of soy products by far are vegetarians. Elsie Sokol, chief dietitian at Toronto's Branson Hospital (run by Seventh-Day Adventists) "receives 'thousands' of requests from across the country for information about soybeans and gives lectures on their nutritional value and preparation." She believes the day will come when people in general will praise soybean growers. Mary Anderson, who shares her enthusiasm, is one of three partners who run a soy-food restaurant named Soja in Kensington Market. A photo shows Mary, with a tray of soy cheesecake and burgers, in front of her restaurant's sign.

5023. **Product Name:** [Soymilk (Plain, Coffee, Orange)].
Foreign Name: Morinaga Tônyû (Pureen, Koohii, Orenji).
Manufacturer's Name: Morinaga Milk Co. (Morinaga Nyugyo) (Marketer). Made in Japan by Mitsubishi.
Manufacturer's Address: Shiba 5-33-1, Minato-ku, Tokyo 108, Japan.
Date of Introduction: 1981. March.
Wt/Vol., Packaging, Price: 200 ml Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Toyo Shinpo. 1982. July 21. "The soymilk industry and market in Japan." States that Morinaga Nyugyo first sold commercial soymilk in Japan in 1981.

K. Tsuchiya. 1982. Dec. *Tonyu* [*Soymilk.* 2nd ed.]. p. 73. States that these three products were introduced in Nov. 1981 in 200 ml long-life packs, and distributed nationwide. Product (coffee flavor) with Label (200 ml Tetra Brik carton) purchased in Tokyo in June 1983.

Shurtleff & Aoyagi. 1984. Soymilk Industry & Market. p. 63-64. In March 1981, Morinaga Milk Co., Japan's third largest milk company, was licensed by Mitsubishi to distribute their soymilk.

5024. *Prevention* (*Emmaus, Pennsylvania*). 1981. A health food dictionary: Soybeans. March. p. 144-46.
• ***Summary:*** Soybean foods include soybean oil, tofu, tamari, soy milk, tempeh, miso, soybean sprouts, soy flour, soy ice cream, and soy nuts.

The article ends: "Do yourself a favor. Get to know the soybean." Address: Emmaus, Pennsylvania.

5025. Shurtleff, William; Aoyagi, Akiko. 1981. The book of miso: Food for mankind. Revised. New York, NY: Ballantine Books. xx + 618 p. March. Illust. by Akiko Aoyagi Shurtleff. Index. 18 cm. [82 ref]
• ***Summary:*** Contents: What is miso? Preface. Acknowledgments. Part I. Miso: Savory, High Protein Seasoning. 1. Soybeans, protein and the world food crisis. 2. Miso as a food. 3. The miracle of fermentation. 4. The varieties of miso: Regular Miso: Rice miso (red / aka, light-yellow / shinshu, mellow red / amakuchi akamiso, mellow beige / amakuchi tanshoku, mellow white / shiro koji, sweet red / edo or edo ama-miso, sweet white / Kyoto shiro miso), barley miso (karakuchi mugi, mellow barley / amakuchi mugi), soybean miso / mamé miso (miso-dama, Hatcho miso, soybean miso / mame miso, tamari miso). Special Miso: Finger lickin' miso / Namemiso (Kinzanji miso, moromi miso, hishio, namémiso, natto miso, goto miso), sweet simmered miso / nerimiso. Modern Miso: Akadashi miso, dehydrated or freeze-dried miso, low-salt / high-protein miso.

Part II. Cooking with Miso (400 recipes). 5. Getting started. 6. Recipes from East and West. Part III. The Preparation of Miso. 7. Making miso at home and in communities. 8. Japanese farmhouse miso. 9. Traditional and modern miso production.

Appendixes: A. A history of chiang, soy nuggets [fermented black soybeans], miso, tamari, and shoyu. B. Other East Asian misos: Chiang, jang, taucho, and tausi. C. The microbiology and chemistry of miso fermentation. D. People and institutions connected with miso. E. Miso additives. F. Miso with seafoods, chicken, and meat. G. Measures, weights, and equivalents. H. So you want to study miso in Japan? Bibliography. Glossary.

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "fermented black soybeans" to refer to Fermented black soybeans. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5026. *Soyanews* (*Sri Lanka*). 1981. Soya sales topped Rs. 4,000 (Photo caption). 3(8):1. March.
• ***Summary:*** The lower caption reads: "A Soya foods sales centre was set up at the Mahapola held last month at the Thelikada Maa Vidyalaya, Ambalangoda. The sales of soya preparations like Tofu netted over Rs. 4,200 during the Mahapola week.

A photo shows a visitor at the soya stall reaching for a piece of Tofu offered by Miss Ellen Jayawardena, Chief Instructress of the Home Level Program.

5027. Soycrafters Assoc. of North America; Soyfoods Center. 1981. Estimated soyfoods industry statistics (News release). Sunrise Farm, Heath Rd., Colrain, MA 01340. 1 p. March. Updated in Aug. 1981.
• ***Summary:*** 1. Number of companies manufacturing tofu, tempeh, miso, soynuts, soy sprouts, soy sauce, secondary soyfoods, soy delis & restaurants, in the USA, Canada, and Latin America. 2. Production statistics for USA and Canada:

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Raw soybean usage, food production, employees, and retail sales value are given for 4 types of tofu makers (caldron, steam kettle, pressure cooker, factory), tempeh, soynuts, and soy delis and restaurants. With totals. Actual gathering of statistics was done largely by Soyfoods Center. Address: 1. Richard Leviton, Colrain, Massachusetts; 2. W. Shurtleff, Lafayette, California.

5028. Suzuki, Yasuhira; Tsuchiya, Kunio. 1981. Minami no tôfu, kita no tôfu: Hikyo–Gokanoshô ni tsutawaru "miso-zuke" tôfu o tazunete [Southern tofu, northern tofu: Unexplored regions–A visit to "miso-pickled tofu" that has been handed down for generations in Gokanosho]. *Daizu Geppo* (*Soybean Monthly News*). March. p. 34-45. [Jap]
• ***Summary:*** Gokanoshô is a village in Kumamoto prefecture. South of it are two smaller villages named Gokimura and Izumimura, as shown on a map. There they make tofu that is pickled in miso.

5029. **Product Name:** [Tofu Meatless Meatballs].
Foreign Name: Tofu Pflanzarl.
Manufacturer's Name: Svadesha Pflanzen-Feinkost.
Manufacturer's Address: Aeussere Koetzinger Str. 52a, 8492 Fuerth im Wald, West Germany. Phone: 099-73-1066.
Date of Introduction: 1981. March.
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban. 1990. June 13. This product, which resembles Bolleten, like meatless meat balls, was introduced at Fuerth am Wald. "Pflanzarl" is a special Bavarian name for this kind of product. After moving to Munich in about 1983, he developed a new and improved variety of this product. It is now his second best-selling product after plain tofu.

5030. Taira, Harue; Taira, Hirokadzu; Ushirogi, Toshizo; Tanimura, Yoshimitsu; Wada, Tuguo; Kawasaki, Yoshihiro; Suzuki, Norio; Koyatsu, Hiroyasu; Takei, Reiko; Kikuchi, Shiyoko; Tamura, Katsuichi. 1981. Daizu shushi no kansô shori hôhô to sono hinshitsu ni tsuite. V. Daizu shokuhin e no kakô tekisei oyobi tôfu, nattô no kôjô seizô shiken [Influence of dry treatment after harvest on quality of soybean seeds. V. Qualities for soybean food processing and tests for factory production qualities for soybean food processing and tests for factory production of tofu and natto]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 38. p. 23-32. March. [12 ref. Jap; eng]
• ***Summary:*** Two harvesting methods and 4 drying methods were tested. Address: 1-2. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan; 3-4. Hokkaido Prefectural Central Agric. Exp. Station, Naganuma, Hokkaido.

5031. *Recorder* (*Greenfield, Massachusetts*). 1981. MBDC loans. April 1. p. 8.
• ***Summary:*** "New England Soy Dairy of Greenfield was able to purchase new equipment for producing tofu through the help of a $150,000 loan last year from the Massachusetts Business Development Corporation. MBDC approved 23 loans totaling $6.7 million during 1980. The corporation's 111 members are Massachusetts financial institutions."

A photo shows the inside of the New England Soy Dairy, with many cakes of tofu in the long, water-filled, conveyorized cooling tank, and tofu being pressed with hydraulic presses in the forming boxes.

5032. *Hartford Courant* (*Connecticut*). 1981. 'Cooks Tour' opens Sunday at Fox stores. April 4. p. A11.
• ***Summary:*** "The G. Fox 'Cooks Tour,' an event including cooking and housewares demonstrations, food sampling, new products and more, will take place Sunday through April 12 at all stores."

"Madeline Fox, representative of the New England Soy Dairy, demonstrating 'nutritious budget cooking with tofu,' on Saturday."

"The events are free and open to the public."

5033. Flinders, Carol. 1981. 'Tofu-kit' for at-home making. *Hartford Courant* (*Connecticut*). April 8. p. E3. [1 ref]
• ***Summary:*** "It looks as if tofu is here to stay. Americans ate just short of 33 million pounds of it last year, and the figure is expected to have doubled this year.

"Tofu and soyfoods business are opening at the rate of two a year. And the Soycrafters Association of North America (SANA) is presently at work with the United States Department of Agricultural officials to establish standards of identity and acceptance for use in school lunch programs. A driving force behind these developments is Larry Needleman, who lives almost in my backyard, in Bodega, California. I'm tempted to put the initials 'F.A.' after his name. There should be some such title for the true food activists among us–the people who are helping in very practical ways to implement today's dietary reforms.

"Two American companies import and manufacture equipment for making soyfoods on a commercial sail. One is Bean Machines, and Larry is president. He was a founding member and the first director of SANA, too. And by designing and marketing his 'Tofu Kit,' he has performed a great service to people who want to make their own today at home.

"Larry's interest in soyfoods goes back a ways. He graduated from Cornell University [Ithaca, New York] in 1965 with a degree in Hotel Administration, and worked several years after that in restaurant and consulting. Then a routine medical checkup in 1967 revealed that his serum cholesterol level was seriously elevated.

"Larry had been a vegetarian for some time, using dairy

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products and eggs freely. Now, looking for alternatives, he ran across the newly published 'Book of Tofu,' by Bill Shurtleff and Akiko Aoyagi. Within a few weeks he was making his own tofu and eating it in every form imaginable.

"Delighted with his new mainstay and impressed by the role he thought it could play in solving the world food problem, Larry was eager to encourage tofu's popularity in the U.S. While he was putting together his own tofu making set-up following the Shurtleff's instructions, it struck him that some potential users of tofu just wouldn't get past this first hurdle. That's how the Tofu kit was born, and shortly after that, Learning Tree, as the company that would market it.

"About this time, Bill and Akiko returned to the U.S. from a 3-year stay in Japan and heard what Larry was up to. Here was a man with zeal to match their own! Thrilled to see the kit, they took it with them on a cross-country demonstration tour, and it was effectively launched, Bean Machines and SANA both came along in short order–fruits of a warm working relationship between Larry and the Shurtleffs...

"I have to confess that I'm just the sort of person the tofu kit was meant for: well-meaning, but not awfully resourceful! You still need your own grinder or blender, but the hard-to-obtain items are all there: a pressing box built from Philippine mahogany [red lauan] (so handsome you can't wait to use it), strainer cloths, 'nigari' (a coagulant), and complete instructions, including 'troubleshooting' and recipes. The kit costs $19.95."

"Larry isn't just a man with a cause. He's an experienced and innovative cook too." The latest version of his recipe for Creamy tofu mayo is given.

5034. Iggers, Jeremy. 1981. Tofu: Tasty tofu recipes, for you. *Detroit Free Press* 150(339):1D, 8D. April 8.
• ***Summary:*** A banner at the top of the front page reads: "Tofu is not a martial art. The Chinese have been eating it for 2,000 years. Page 1D."

This article is largely about The Soy Plant (in Ann Arbor, Michigan) which has more than 20 employees and makes 7,000 lb of tofu a week. The company recently moved into a larger building in an Ann Arbor industrial park. The tofu they make is distributed to Farmer Jack, Kroger, Meijer, and A&P stores in the Ann Arbor area. The Soy Plant also operates a retail store, the Soy Plant Deli at 211 E. Ann St. A photo shows Tristram Seidler cutting a block of fresh tofu into cakes. Recipes are given for: Spicy tofu with minced pork. Tofu ambrosia.

On p. 8D are recipes for: Tofu and peanut salad. Tofu Tetrazzini. Vegetable stock. Banana-tofu milkshake. A photo shows Lisa Jackobs packing tofu in plastic tubs at The Soy Plant in Ann Arbor. Address: Free Press food writer.

5035. Jones, Irmarie. 1981. Firm seeks U.S. seal of approval for tofu. *Recorder* (*Greenfield, Massachusetts*). April 8. p. B4.
• ***Summary:*** According to Richard Leviton of Colrain, a director of Soycrafters Association of North America, Inc., tofu is being considered for complete approval by the U.S. Department of Agriculture for use in public school lunch programs. "'We want tofu approved to allow it to take the place of meat,' Leviton said."

"Madeline Fox, sales manager of the New England Soy Dairy, said the New York City school department is buying tofu from the local firm, the third largest tofu shop in the country. 'Everything looks good. Springfield schools, Portland, Maine, and some Connecticut school systems are using tofu. I know that Amherst and Smith colleges and the University of Massachusetts incorporated tofu in their meals.'...

"Leviton and Ms. Dalman [Thelma is director of food services for Santa Cruz, California, schools and a friend of Leviton's] went to Washington [DC] last September and Leviton went again in November, meeting with USDA officials, congressmen and various other agencies, to influence the 'legalizing' of tofu for school lunches." Address: Staff reporter.

5036. Huang, Timothy. 1981. Early work with soyfoods distribution and the Yellow Bean deli in Detroit (Interview). Conducted by William Shurtleff of Soyfoods Center, April 9. 1 p. transcript.
• ***Summary:*** Timothy started a soyfoods marketing and distribution company called Yellow Bean Trading Co. in Detroit in about Sept. 1978. His first products were Soy Plant products from Ann Arbor, sprouts, TVP and soy flour (from Farm Foods), and soyfoods books. In March 1979 he and Carol Ann, his wife, started a soyfoods deli named Yellow Bean Vegetarian Foods at 15309 Mack Ave. in Detroit. They made 3 types of tofu pies (carob, cocoa, peanut butter) and a bulk tofu salad [like an eggless egg salad]. He was selling these 2 products to 25 accounts by summer 1979. Address: Detroit, Michigan.

5037. Kempadoo, Peter. 1981. Re: My work with soyfoods in Guyana. Letter to William Shurtleff at Soyfoods Center, April 12. 2 p. Typed, with signature on letterhead.
• ***Summary:*** Peter started making tofu in 1972, when he learned the process from an elderly Chinese gentleman in Guyana. Since then he has made tofu for his family and for the local Seventh-day Adventist Hospital. Two years ago he started a vegetarian society. They enjoy Soyburgers (made from whole soybeans), tokara (tofu with the okara fiber), soynut butter (75% peanuts, 25% soybeans), soy bread (10% okara in whole wheat bread). Address: The Sarvodaya Development Education Organisation Ltd., 423 Golden Grove, E.C.D., Guyana.

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5038. Sammons, Robert L. 1981. A very low bow to Japanese cuisine. *Los Angeles Times.* April 12. p. H10.
• ***Summary:*** "Tokyo–In Japanese cooking, emphasis is placed on enhancing rather than eclipsing the natural flavors of the food–and as with most things Japanese, those flavors generally are subtle."

At Shirakawago, a restaurant in Shinjuku, Tokyo, you dine in an ancient wooden farmhouse built in the Gassho (praying hands) architectural style. Brought from the Japan Alps in 1958, it transports you back to the Edo period.

Zakuro, a restaurant in Asakusa, you can enjoy Tokyo's most delicious *shabu-shabu* (beef and fresh vegetables). The latter "vary with the season, but mushrooms, soy bean curd [tofu], bamboo shoots, spinach, green onions and chrysanthemum leaves are usually included." All are cooked in a pot at the table and served with a number of sauces.

At Nabeya you can enjoy paper-thin slices of *fugu* (blowfish) "dipped in a piquant sauce (soy and shredded ginger)" an eaten like any other sashimi–except that *fugu,* if not properly prepared, can be poisonous.

5039. Garden of Eatin'. 1981. Invoice, catalog, and order form. Los Angeles, California. 1 p. April 20. 28 cm.
• ***Summary:*** Soy products: Honorable Tofu (16 oz). Honorable Tofu Dri-Pak (16 oz). Honorable Tofu Salad (8 oz). Cottage Tofu (8 oz or 16 oz). Tofu No Egg Salad (8 oz or 16 oz). Super Tofu (16 oz).

Ice Dream (soy ice cream, each in 3½ oz or pint): Vanilla, Strawberry, Tropical Fruit, Maple Nut, Carob Mint.

Written in by hand: Baloogie Foofoo (mild or wild). Jerky Soy. Address: 5300 Santa Monica Blvd., Los Angeles, California 90029. Phone: (213) 462-5406 or 5421.

5040. Lukoskie, Suni Kim. 1981. Re: Korean natto and miso. Letter to William Shurtleff at Soyfoods Center, April 20–in reply to inquiry of March 5. 1 p. Typed, with signature on letterhead.
• ***Summary:*** About Joenkuk-jang and Damsue-jang. I always call them Chungkuk-jang and Dambuk-jang.

To eat and serve them, we make pretty thick Miso type soup with Tofu and Vegetables in it. This is the miso that we can make very easily and quickly in the winter time.

I can't explain what they look and taste like, but I'm sure you could buy them at Korean grocery stores in California.

I don't know when or where they originated in Korea.

Chungkuk-jang and Dambuk-jang are made by almost the same process. (1) Chingkuk-jang: Wash soybeans then soak for 10-12 hours. Cook for 5-6 hours until they are very tender so that when you touch them they crumble. Put them in a bowl and leave it in the room with a blanket over it; no culture is added. After 2-3 days the surface will be white and sticky, and it smells rotten. Then add salt, garlic and cayenne, and pound it until coarse. This is the traditional method. As you may know, the Korean floor is very warm in the winter time.

Another method is to make it more like making tempeh. My text-book says that after cooking the beans add the culture then incubate them 30-35 hours at 40ºC.

Dambuk-jang: Same as above but no spices.

The Korean word for okara is BéGé [piji].

People in Korea don't eat whole soybeans much, except that sometimes we roast them.

I have never eaten green vegetable soybeans in Korea. I don't think we even have word for them in Korean. But the general name for soybean is *Mayjekwong.*

Note: Suni married to Luke Lukoskie. Address: 1. Island Spring Inc., P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

5041. **Product Name:** Tofu.
Manufacturer's Name: Bridge (The).
Manufacturer's Address: 598 Washington St., Middletown, CT 06457. Phone: 203-346-3663.
Date of Introduction: 1981. April.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Roberto Marrocchesi & Bill Spear. Leviton. 1982. Soyfoods. Summer. p. 42. Tofu made at this macrobiotically inspired shop by Roberto Marrocchesi and Bill Spear, since March 1981. They also make amazake and seitan, and hope to make mochi. Talk with Bill Spear. 1988. Jan. 26. They now make 4,000 to 4,500 lb/week of tofu. They have always made it by hand using a cauldron. It retails for about $1.45/lb. They stopped making mochi because they felt that the grinding process they were using (also used by Kendall Foods and Grainaissance) was not giving it the "ki" found in real pounded mochi. His company has always emphasized quality and traditional processes.

Talk with Bill Spear. 1988. March 1. He is looking at early company records: The Bridge incorporated on 1 Aug. 1980. Purchased its first soybeans 4 March 1981. Sold its first tofu 2 April 1981. Purchased its first wheat flour to make seitan 17 Feb. 1982. Sold first seitan commercially on 22 Feb. 1982. Purchased first sweet (glutinous) rice for amazake and mochi on 10 March 1982. Sold first amazake 27 March 1982. Sold first Tofu Salad on about 16 April 1981. Talk with Bill Spear. 1991. Sept. 7. The company is still located at 598 Washington St. in Middletown, Connecticut.

Note: This is the earliest known edible soy product made in Connecticut.

5042. **Product Name:** Tofu Salad.
Manufacturer's Name: Bridge (The).
Manufacturer's Address: 598 Washington St., Middletown, CT 06457. Phone: 203-346-3663.
Date of Introduction: 1981. April.
Wt/Vol., Packaging, Price: 1 lb.

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How Stored: Refrigerated.
New Product–Documentation: Leviton. 1982. Soyfoods. Summer. p. 42. Tofu made by Roberto Marrocchesi and Bill Spear, since March 1981. Talk with Bill Spear. 1988. March 1. This product was introduced in April 1981, about 2 weeks after they introduced tofu.

5043. Cling Peach Advisory Board. 1981. Color recipe cards for tofu & peaches. P.O. Box 7111, San Francisco, California 94120. 6 color recipes. And 4 black and white.
• ***Summary:*** Each color recipe card, yielding typically 24 portions, is 5 by 8 inches, with a color photo, the recipe name, and a brief description on the front. On the back are ingredients, directions, and nutritional analysis of one serving. Color recipes are for: Cheeseless cheesecake with peach glaze, Double peach tofu pudding cups, Fruited tofu rice pudding, Peach banana tofu smoothie, Peach tofu whip (with soft tofu), and Tofu fruit 'n rice custard.

Recipes with black-and-white photos are for Tofu french toast with peaches, Peach tofu salad dressing, Peach tofu cobbler, and Tofu fruit gelatin salad combo. Finally there is a card titled "Tofu: What every foodservice operator should know."

The front of the card for "Peach Banana Tofu Smoothie" begins: "For inbetween mealtime snacks or instant meals, serve this Peach Banana Tofu Smoothie. It's a tasty, nutritious drink that's quickly prepared in a blender..." The recipe on the back reads: "Tofu, soft custard type–8 oz. Cling peach slices, drained–2 cups. Peach syrup–¼ cup. Orange juice–¼ cup. Banana, small–1. Honey–3 to 4 Tbsp. Almond flavoring–¼ tsp. Drain tofu; rinse in cold water and drain again. In a blender or food processor, whirl all ingredients until smooth. Keep refrigerated. Serve chilled."

5044. **Product Name:** Honorable Tofu Salad (with Olives).
Manufacturer's Name: Garden of Eatin'.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1981. April.
Wt/Vol., Packaging, Price: 8 oz.
New Product–Documentation: Interview with Al Jacobson. 1981. April 13. New product. Invoice/Catalog. 1981. April 20.

5045. Gubhaju, T.B. 1981. Letters: A Tofu plant. *Soyanews* (*Sri Lanka*) 3(9):3. April.
• ***Summary:*** "I am interested in setting up a tofu plant in Kathmandu [Nepal] with a capacity of about 30 to 50 kg per hour. I am looking for a manufacturing company which can supply a full line of equipment to make tofu from raw soyabeans.

The editor suggests the writer contact The New-age Foods Study Center, P.O. Box 234, Lafayette, California 94549. The Center sent Mr. Gubhaju a Takai catalog right after reading this article. Address: B.E. (Civil), 29/321 Naya Bazaar, Kathmandu, Nepal.

5046. Hoefer, Hans Johannes; Lueras, Leonard; Chung, Nedra. 1981. Korea. Hong Kong: Apa Productions. 377 p. Illust. (some color). 23 cm. Series: Insight Guides.
• ***Summary:*** In the section titled "Korean cuisine" (p. 316-19), soy beans, soy sauce, *twoenjang-guk* (a popular "fermented soybean paste soup"), and soybean curd (*tubu*) are mentioned on p. 317 (right side).

Page 318 (right): "At important celebrations, steamed rice cakes (*ttôk*), sometimes embellished with aromatic mugwort leaves or dusted with toasted soy, barley, or millet flour, are presented as tasty ritual food."

Directed by Hans Johannes Hoefer; produced, edited, and designed by Leonard Lueras and Nedra Chung.

Note: The 2nd updated edition (1983) has the same number of pages as the 1st edition (April 1981).

5047. **Product Name:** Tofu.
Manufacturer's Name: Jack's Beanstalk, Inc.
Manufacturer's Address: 2160 West 2300 South, Salt Lake City, UT 84119. Phone: 801-973-9777.
Date of Introduction: 1981. April.
New Product–Documentation: Clifton Jolley. 1981. Deseret News. Oct. 20. Sect. C. Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Jack & Bonnie Roddy.

Letter from Bonnie H. Roddy, President, to Luke Lukoskie of Island Spring. 1982. March 29. "April marks the first anniversary of Jack's Beanstalk, Inc... We're still struggling with cashflow problems, but our successes have really been in terms of marketing and research." The company is involved with research in both Brigham Young University and the University of Utah Medical Center.

5048. **Product Name:** Firm Tofu.
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103. Phone: 714-296-8029.
Date of Introduction: 1981. April.
Ingredients: Organically grown soy beans, filtered water, natural nigari (derived from sea water).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: San Diego County Clerk. 1980. Dec. 1. Fictitious business name statement approval. Application by Gary C. Stein for San Diego Soy Dairy of 2965 Fifth Ave., San Diego, CA 92103.

Shurtleff & Aoyagi. 1981. The company is owned by Gary C. Stein at 2965 Fifth Ave., San Diego, CA 92103. Phone: 714-296-8029. Label. 1981. 3.5 by 2.25 inches. Blue on white. "Premium Tofu. Firm Style." Talk with Gary Stein. 1989. Feb. 17. In about 1977 Gary and two friends (one was

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Todd Takeuchi) started apprenticing with Mr. Haruki Koba, the tofu maker at Oriental Groceries in San Diego. Haruki's son was Dwayne Koba. Initially they worked for no pay as they learned, but after 6-8 months they were paid as they helped the business to grow. The apprenticeship continued for about 18 months. Then Gary left and started his own company from scratch at 2965 5th Ave. in San Diego. He signed the lease in Dec. 1980. His first product, firm tofu, was launched on 1 April 1981. He began the Soycrafters Apprenticeship Program; 3 weeks training for $1,500. To date only one person (Liz Appel) has gone through it. He moved the business to El Cajon (1330 Hill St., Suite B), California 92020 in Nov. 1986.

Talk with Gary Stein. 1989. Oct. 25. He is now redoing all his labels except the tofu with wilderness scenes (mountains, streams, etc.) in 4-color process.

Label sent by Gary Stein. 1990. Dark blue and green (bamboo and bamboo leaves) on white. Printed on film.

5049. Shulman, Martha Rose. 1981. Terrific tofu. *House and Garden* 153:189, 194, 196-97. April.
• ***Summary:*** Contains praise for tofu ("The all-purpose, fresh-as-a-spring day food that costs little, keeps forever, and is delightfully low in calories"), hints for using it, plus 7 recipes.

5050. **Product Name:** Firm Tofu.
Manufacturer's Name: Soy Power Company, Inc. (Marketer-Distributor). Made in Los Angeles by Wy Ky.
Manufacturer's Address: 235 Montana Ave. #105, Santa Monica, CA 90403. Phone: 213-394-5682.
Date of Introduction: 1981. April.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Tom Binder. Talk with Kevin Cross. 1988. Sept. 22. He and Tom Binder were partners in the company, then Tom left. This product, introduced in April 1981, was originally made by Wy Ky. It now has a red label and is made by Mighty Soy. "They are a great company."

5051. *Soyanews* (*Sri Lanka*). 1981. Hospitals take to soya milk. 3(9):1. April.
• ***Summary:*** "Two hospitals in Kandy... are now using soya milk in the preparation of curries for patients." They started in February of this year. The patients and staff who tasted the curries can't tell the difference. "The soya bean milk is supplied by the Gannoruwa Soyabean Foods Research Centre in powdered form. Kitchen staff in the two hospitals are pleased with the use of soya milk as preparation is now shorter and less tedious.

"A 250 gm packet of soya milk powder is equivalent to the amount of milk extracted from about 5 coconuts, the manager of SFRC, Mr. T.D. Siriwardena told Soyanews."

"He added that the hospitals using soya milk can make further savings and added nutritional gains if they prepare the soya milk in their own kitchens from raw soaked beans.

"This would involve, he said, the use of a motorised stone grinder which can be turned out locally. But the long term advantages are many, Mr. Siriwardene said. As Tofu is an excellent food for invalids and convalescents, the next step in the preparation of soya milk is the making of tofu..." The residue [okara] is available at no extra cost for making rotis, and it can partly replace the coconut that goes into pol sambol.

"Last year the General Hospital in Colombo tried out using the slurry (the ground paste from soaked soyabeans) directly in curried and found that it was well received by patients."

Note: Sri Lanka may be the first developing country to begin to grasp the great potential of soymilk and tofu for its food culture.

5052. Soyfoods Center; Soycrafters Assoc. of North America. 1981. Soyfoods production in America and the West (News release). Lafayette, California: New-Age Foods Study Center. 1 p. April. Updated in Sept. 1981 in a neater format.
• ***Summary:*** A table shows production statistics for 25 types of soyfoods. Number of manufacturers in the USA, Canada, Other West, Total; Tons of raw soybeans/year used by each food. Yield of food from 1 unit weight of soybeans. Wholesale value. Retail value. Number of people employed. Address: P.O. Box 234, Lafayette, California 94549.

5053. Ted Nordquist and Tim Ohlund in Sweden lifting cases and packets of Aros tofu into the back of a delivery van (Photograph). 1981. April.
• ***Summary:*** This 7 by 9½ inch black-and-white photo is copyrighted by (please credit) Folklore Film, Stockholm, Sweden. Aros Sojaproduckter first made and sold tofu commercially in Feb. 1981.

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In Feb. 2013 Bill Shurtleff, an old friend of Ted's, sent him a digital scan of the photo as an attachment to an e-mail which stated simply "Handsome Viking." Ted wrote the following reply and forwarded the photo to his friends: "Bill Shurtleff's wife Akiko taught me how to make tofu in 1975. Bill is the author of just about every soyfood book worth reading including tofu, tempeh, miso and the history of soy. Bill must be cleaning house and found this picture of Tim Öhlund, partner and plant manager, and me loading the back of my 1969 Volvo station wagon with cases of 18 four hundred gram packs of tofu to be delivered to Stockholm every Tuesday and Thursday of each week. This must be 1981. The name of our company in Örsundsbro, Sweden was Aros Sojaprodukter. Aros is the old Viking name for 'river mouth' represented by Uppsala which was a major Viking stronghold around 800 AD. Boy, how a picture lets you know how life rushes by!

The next day, in an e-mail reply to Akiko, Ted wrote: "Yes, you taught me how to make tofu at Bill's mother's home in Lafayette, California! I started making it at home in Alameda at my parents' home. The first time it took about 4 hours before I finished in the kitchen. Then I learned how to add some of the water to the cooking kettle, then boil it and add the *go* [puree] very slowly. That way it did not burn to the bottom of the kettle. When my father became ill with stomach cancer, vegetable soup with homemade tofu became his favorite dish. No gas or pain! By making tofu almost every morning for awhile, I got it down to one hour from start to finish. I also made 'tofu kits' for sale in my Dad's garage for a few months. He died in January, 1976. I stayed on until July helping my Mom get settled. Then I returned to Sweden." Hope you are enjoying a full life.

5054. **Product Name:** BRT: Brown Rice & Tofu Sandwich (In a Chapati) [Regular, Curry, or Mustard].
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. April.
Ingredients: Regular 1983: Brown rice, UFO Tofu by Wildwood, alfalfa sprouts, tahini, barley miso, seasonal vegetables (celery, carrots, zucchini, chard, or parsley), whole grain chapati, lettuce, scallions, tamari, sea salt.
Wt/Vol., Packaging, Price: 11.5 oz.
How Stored: Refrigerated.
New Product–Documentation: Leviton. 1981. Soyfoods. Winter. p. 61. "Putting tofu in the lunch boxes of America."

Leviton 1983. Soyfoods. Summer. p. 42-43. "Wildwood's sandwich power." "Dated for 1 day although they stay fresh for 2. Their Brown Rice & Tofu Sandwich accounts for 30% of sandwich sales." Labels set by Wildwood on their letterhead. 1983, undated. 3 by 2 inches.

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Self adhesive. Mustard: Black and green on orange-yellow. Curry: Orange and green on white. Regular: Black and green on white. Silhouette of woods with birds. "Fresh Daily. Ready to Eat Foods. Naturally. Perishable. Keep refrigerated."

Labels for all 3 flavors. Sent by Paul Duchesne. 1989. Aug. 11. This set of labels is slightly different from those described above; each has the slogan "Ready to eat foods, naturally." In the ingredients, the tofu is listed as "Wildwood Tofu" rather than "UFO Tofu by Wildwood." Talk with Paul Duchesne. 1989. Aug. 17. The term "BRT" probably started to be used in late 1981 or early 1982, while Paul was still with Wildwood. The term "UFO Tofu" was used for all tofu made by Wildwood. It is a palindrome, which reads the same backward or forward.

5055. **Product Name:** [Tofu {Vacuum Packed}].
Foreign Name: Tofu.
Manufacturer's Name: Witte Wonder Products.
Manufacturer's Address: Piet Heinstraat 80, 2518 CK, Den Haag, Netherlands. Phone: 070-464-5225.
Date of Introduction: 1981. April.
Wt/Vol., Packaging, Price: Vacuum packed 250 gm retails for 1.75 guilder (11/83). Also in 3 kg bulk pails.
How Stored: Refrigerated.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. "Witte Wonder is a macrobiotic center and production plant for tofu in Den Haag (The Hague); our competitor." Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3. Niko van Hagen is contact person. Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 24. Nov. 3. Visited Witte Wonder Products, Piet Heinstraat 80, 2518 CK Den Haag (The Hague). Talked to Nico van Hagen and wife Loes Witteman, the principal tofu makers. They make 900-1,200 kg/week of tofu, plus 500 kg/week of seitan. They make tofu dips at another shop and will soon consolidate the two operations. In 1979 they started their foundation called Stichting Natuurvoeding as a health food shop and in April 1981 began to make 100 kg/week of tofu, plus seitan. "They know of 3 big Chinese tofu shops in Den Haag but they are not biological [organic], another 3 in Amsterdam. Holland is probably the best market for tofu in Europe says van Hagen, but Indonesians are already supplying themselves so the market is closed to Witte Wonder. Indonesian products cost less, use calcium sulfate, and regular (non-organic) soybeans."

Interview with Sjon Welters. 1984. Oct. 25. They now make 2,000 lb/day of tofu.

5056. Burghi, Allen H. 1981. Re: Cling Peach Advisory Board is developing tofu recipes. Letter to William Shurtleff at Soyfoods Center, May 3–in reply to inquiry. 2 p. Typed, with signature on letterhead.

• ***Summary:*** "May 15th the Board sponsors a special luncheon in Chicago during the National Restaurant Show (100,000 people in attendance) for the Major Cities Directors of the American School Food Service Association. It is only a small luncheon for about 50 of the top directors. I have asked the Hilton to duplicate your cheesecake recipe–so that will be interesting. I don't intend to tell the directors the ingredients until afterwards."

Note: A very stylish color letterhead shows cling peaches on the tree and a can of cling peaches. Address: Foodservice Promotion Manager, Cling Peach Advisory Board, One California Street, San Francisco, California 94111. Phone: 982-0970.

5057. Lesem, Jeanne. 1981. Will Americans swallow soybeans? *Morning Union* (*The*) (*Springfield, Massachusetts*). May 13. p. 29. [1 ref]
• ***Summary:*** According to this summary of an article by Judy Brown in the *National Food Review,* a USDA quarterly, tofu, tempeh, and miso are becoming increasingly popular.

5058. Lesem, Jeanne. 1981. Will soybeans now follow margarine on road to success? *Hartford Courant* (*Connecticut*). May 13. p. E12.
• ***Summary:*** This article is a telephone interview with Judy Brown, based on her article in the *National Food Review,* a USDA quarterly. "Tofu (toe-foo) is as much a part of Japanese culture and cookery as bread is in the United States," says Brown. Also discusses tempeh, miso, soy flour and grits, and "textured vegetable products."

Note: Syndicated by United Press International, this article appeared in several other newspapers.

5059. Hansen, Barbara. 1981. Indonesia in the heart of L.A.: Let's eat out. *Los Angeles Times.* May 14. p. L33.
• ***Summary:*** This is a review of the small Indonesian restaurant Dewi (Alpine Plaza, 211 Alpine St No. 4, Los Angeles). It has been open for about four years and is popular with local Indonesians.

Dewi simulates the *rijsttafel* with a combination plate that includes spiced hardcooked egg and "bean curd."

Dewi sometimes serves *nasi gudeg,* a specialty of Yogyakarta in central Java, that includes "bean curd cubes."

"*Tahu ketoprak* is a salad of deep-fried bean curd cubes in a sweet peanut sauce."

If you like the meal, pick up some "sweet Indonesian soy sauce" [probably ketjap manis] and coconut milk at Dewi's grocery.

5060. *Hartford Courant* (*Connecticut*). 1981. Tofu: You can cook it up, but don't look it up. May 14. p. C2E.
• ***Summary:*** "Tofu. You can't find the word in the 1966 Random House dictionary and you can't find it in the 1977 unabridged Webster's." But you can call the New England

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Soy Dairy Inc. of Greenfield, Massachusetts, and learn all about it. This Sunday Madeline Fox will give cooking demonstrations, and show the many ways it can be used.

"In fact, so far it seems that about the only thing it hasn't been used in is a dictionary."

5061. Shurtleff, William. 1981. Analysis of the U.S. and Western world tofu industry. Lafayette, California: Soyfoods Center. 1 p. May 17. Unpublished typescript.

• ***Summary:*** In this 1-page summary, prepared for Kikkoman Corporation, a table gives the following statistics for the years 1979, 1980, and 1981: Number of tofu manufacturers in the USA (120, 145, 159), Canada (7, 14, 19), other non-Asia, total. Raw soybeans used (tons/year) in USA. Percentage of total raw soybeans used for all soyfoods in the USA. Yield (pounds of tofu made from 1 pound of soybeans) (2.5). Tons of tofu produced in USA (16,250, 20,500, 26,000). Wholesale value (million dollars) (12.0, 17.5, 25.0). Retail value (million dollars) (23.2, 33.9, 48.5). Number of production employees (602, 759, 965).

Notes: The largest food uses of soybeans in the USA in 1981 are: Soy flour and grits (defatted) 52.6% (of all soybeans used), textured soy flour (incl. TVP) 19.7%, soy protein isolates 16.9%, soy protein concentrates 7.7%, soy sauce 1.2%, tofu 0.8%, soymilk and dairylike products 0.6%.

Estimates of regional markets for tofu: Largest market–California. Second largest–East Coast from Massachusetts to Maryland. Third largest–Pacific Northwest. Fourth largest–Northern Midwest (Wisconsin, Michigan, Illinois, Minnesota, Indiana).

Addresses of tofu manufacturers is included. Address: The Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5062. Takai, Wataru. 1981. Re: Wish to have booth at Soyfoods Conference at Fort Collins, Colorado. Letter to Richard Leviton, Conference Chairman, SANA, 100 Heath Road, Colrain, MA 01340, May 17. 1 p. Typed, with signature on letterhead.

• ***Summary:*** "I shall enclose $100 for the balance.

"Thank you for your letter of 'Soyfoods Expo 1981' for exhibitor and No. 18 booth for Takai.

"We will display our Sub-System S30C at Soyfoods Conference at Fort Collins and want to sell it at conference. S30C System consists of two crates. One is Mill & Cooker (1720 x 1270 x 1670mm, 520 kgs) and another is Continuous Roller Extractor (1260 x 1060 x 1700mm, 300 kgs). Our S30C system will arrive at Oakland at the middle of June.

"I must talk demonstration with B.M.I. Our electrical requirements is 3 phase, 1.35 Kw. S30C occupy only one space and we hope B.M.I booth is next to Takai.

"I will also bring Sony Video Cassette (L-500 Betamax) of our automatic pressure cooker plant. Please contact Sony shop in Denver (Mr. Jack Emerson. Tel: 303-238-6493) and prepare Sony Videocassette Recorder (SLO-350) and Color TV. Many people can see our Automatic tofu plant.

"I will go to the U.S.A. alone and will stay at campus room. But please send me a list of off campus hotel.

"See you in Conference. Yours truly,..."

Note: Only 19 May 1981 Takai wrote a similar letter to Larry Needleman. In addition he asks Larry to print 1,000 each small-scale catalog and large-scale catalog in California. Shurtleff now sends out about 50 catalogs a month. Address: Manager of Overseas Department, Takai Tofu & Soymilk Equipment Co., 307 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. Phone: 0762-48-1355.

5063. Lesem, Jeanne. 1981. Soybean products make a comeback. *Chicago Tribune.* May 21. p. S_A6, W_A6, W_E12.

• ***Summary:*** This article, with the same title, author and date, appeared in the *Los Angeles Times* (p. O53).

Note: A similar article titled "Will soybeans now follow margarine on road to success?" appeared in the *Hartford Courant* (May 13, p. E12).

"Tofu (toe-foo) is as much a part of Japanese culture and cookery as bread is in the United States," says Judy Brown.

5064. Boynton, Suzanne. 1981. Tofu: It is low cal, low cost, nutritious, and versatile [Larry Needleman, his Tofu Kit and favorite tofu recipes]. *Press Democrat* (*Santa Rosa, California*). May 27. p. 1C, 4C. [1 ref]

• ***Summary:*** A nice introduction to tofu, featuring the work of Larry Needleman, president of Bean Machines Inc. After graduating from Cornell University's hotel administration school, Larry worked at the swanky Four Seasons. "A few years later he dropped out of the mainstream rat race to become a long-haired hippie in the Mendocino County [California] woods. Now, a shave and a haircut later, he lives in a fancy barn surrounded by virgin redwoods in rural Sebastopol [California]..."

Large photos show: Larry Needleman standing in a kitchen, wearing a cook's apron, holding a bottle of soy sauce. The Learning Tree Tofu Kit, developed by Needleman, inspired by *The Book of Tofu.*

5065. Wheat and Meat Retreat, Inc. (Staff). 1981. Why "natural"* foods? You are what you eat! (*Natural–The way God designed). *Washington Post.* May 28. p. AS30.

• ***Summary:*** "Across the country, as more and more consumers are growing wise and nutritionally aware, natural food grocery stores are rising up to meet the demands..."

"On a diet? Eat the ideal high protein diet food–Tofu! Tofu is a tasty soyfood from the Orient." It is entirely free of cholesterol and very low in saturated fats.

5066. Wheat Meat Retreat. 1981. You are what you eat! Be more energetic and "alive"! Shop and save at your natural

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grocer (Ad). *Washington Post.* May 28. p. AS13.
• ***Summary:*** "Eat wholesome, uncontaminated, limited-processed foods free of all chemical preservatives, additives & coloring."

"Large selection of: Dairy products, nuts & dried fried tofu products, meats, herbs, teas, spices, vitamins, beverages,... fish, poultry,..." Address: 19310 Montgomery Village Ave., Gaithersburg, Maryland 20760. Phone: 977-2022.

5067. Krieger, Verena. 1981. Re: Recent developments with tofu in Switzerland. Letter to William Shurtleff at Soyfoods Center, May 29. 1 p. Typed, with signature.
• ***Summary:*** "My work here is progressing slowly. I have started to sell Tofu-Kits, and I'm now working on a long article on soyfoods for the Sunday magazine of a very large Swiss newspaper. I have also made some valuable contacts with soybean growers... We shall now do some trial plantings again this year... Early this year, soy-cultivation has received new impetus. Nestlé is helping to finance an almost dormant research project by one of our federal agricultural stations to develop soybean varieties, which grow well in the Swiss (and northern European) climate. As you probably know, Nestlé is already selling soymilk in Asia, and has a declared interest in traditional soyfoods. If you are interested, I shall send you their statement (in German)." Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

5068. **Product Name:** Canned Tofu.
Manufacturer's Name: American Roland Food Corp. (Importer). Made in Taiwan or Japan.
Manufacturer's Address: New York City, NY.
Date of Introduction: 1981. May.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 103. A tofu importer.

5069. **Product Name:** Tofu Burgers, Tofu Balls (to Serve with Spaghetti), Tofu Pouches, and Tofu Cutlets.
Manufacturer's Name: American Tofu Corp.
Manufacturer's Address: 6317 Welcome Ave. Suite N1, Brooklyn Park, MN 55429. Phone: 612-536-8741.
Date of Introduction: 1981. May.
New Product–Documentation: FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 86, 128.

5070. **Product Name:** Dried Spicy Bean Curd.
Manufacturer's Name: China Bowl Trading Co. (Importer). Made in Taiwan.
Manufacturer's Address: New York, NY.
Date of Introduction: 1981. May.
Ingredients: Bean Curd, fermented and aged soybeans, salt, chilies, and spices.
Wt/Vol., Packaging, Price: 2 oz.
How Stored: Shelf stable.
New Product–Documentation: Label. 1981. 2.5 by 4.4 inches by 1.25 wide. Paper box. Orange, yellow, black and white. "Seasoned Bean Curd Skins. These spicy squares of dried bean curd add subtle flavor and good texture contrast to meat and seafood stir frys, many braised dishes, soups, and vegetarian recipes." Preparation directions for soups, braised dishes and stir frys. Recipes: Dried Spicy Bean Curd; Spareribs with Dried Bean Curd. FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 103. A tofu importer.

5071. *Compas* (*Le*) (*France*). 1981. Le soja et ses dérivés: Miso, tamari, tofou [The soybean and its derivatives: Miso, tamari and tofu]. No. 17. p. 37-54. Spring. Illust. 27 cm. [Fre]
• ***Summary:*** An in-depth look at each of these three soyfoods, with illustrations from books by Shurtleff & Aoyagi. The section titled "Tofu and its craftsmen" (p. 42-44) profiles Le Bol en Bois, Les 7 Marches, and Jonathan. Photos show Jos van de Ponseele and his wife, plus Lima tofu and seitan in a retail cooler. The section titled "Make tofu–An occupation for the future" (p. 45-49) contains excerpts from the book *Tofu and Soymilk Production*, by Shurtleff & Aoyagi. The section, titled "Making tofu at home" (p. 50-53) contains the basic method, with many illustrations, from *The Book of Tofu*, by Shurtleff and Aoyagi. The last section, titled "Tofu–Is it yin or yang?" (p. 54) is by Louis Thévenon.

5072. *Compas* (*Le*) (*France*). 1981. Cuisine: Soja d'hier, et d'aujourd'hui [Cookery: The soybean of yesterday and of today]. No. 17. p. 59-63. Spring. [Fre]
• ***Summary:*** Contains recipes for natto, miso, tofu, and tamari. With illustrations from books by Shurtleff & Aoyagi.

5073. Fillip, Janice. 1981. The amazing tofumobile. *East West Journal.* May. p. 38-40.
• ***Summary:*** Marc Horwitz has developed and runs a bicycle-powered vehicle for delivering tofu from Wildwood Natural Foods in downtown Fairfax to local natural foods stores. A state champion bike racer and avid cyclist. Marc takes about two and a half hours to service his route in Marin County. Paul Duchesne (whose photo is shown) recalls that an article in *East West Journal* that mentioned a book on tofu production (*Tofu & Soymilk Production* by Shurtleff & Aoyagi) inspired the founding of the business. Wildwood presently produces about 240 lb/day of tofu. Horwitz "envisions a time when the neighborhood tofu route joins the neighborhood paper route as a revenue source for local kids. The dream of a tofumobile network may be realized in the

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near future. Paul Orbuch and Marc Horwitz are discussing the logistics of combining automobiles and tofumobiles to deliver Wildwood products to Berkeley, a community 25 miles across san Francisco Bay from Fairfax."

Note: Talk with Paul Duchesne. 1989. Aug. 26. This vehicle was Paul's idea, inspired by the bicycle driven by Japanese tofu makers. Paul and Marc developed the actual vehicle together. Address: California.

5074. FIND/SVP. 1981. The tofu market: Overview of a high-potential industry. New York, NY: FIND/SVP. 140 p. May. No index. 28 cm. [34 ref]
• ***Summary:*** This report, largely plagiarized from Soyfoods Center documents without permission or credit, predicted that "tofu may be the next yogurt." The tofu market shows many parallels to the growth of the yogurt market. Tofu must break away from its bland image, like yogurt before flavors were introduced. Sales of tofu in the U.S. are predicted to grow from their present $50 million level to $200 million by 1986.

Contents: Preface. 1. Executive summary. 2. Tofu: History, background and definition. 3. Methods of production. 4. U.S. soybean supply. 5. Tofu products currently on the market. 6. Current market trends. 7. Institutional markets: School lunch programs. 8. Tofu and the consumer. 9. Major producers of tofu: Hinode Tofu Company, Inc., Azumaya, Inc., Quong Hop, Island Spring, Nasoya, New England Soy Dairy, Swan Gardens (Miami Beach, Florida), White Wave, Tofu Inc. (Roseville, Minnesota), The Soy Plant Co-op Inc., Northern Soy Inc., American Tofu Inc. (Brooklyn Park, Minnesota), Soy Shop, Lecanto Tofu, Traditional Tofu, Chicago Tofu Company, Hashizume Food Products Co.

10. Tofu imports. 11. Packaging. 12. Distribution. 13. Pricing and margins. 14. Advertising and promotion. 15. Market outlook and forecasts. Appendices: A. Names and addresses of major tofu producers in the U.S. B. List of tofu consultants. C. Bibliography of tofu literature. D. Tofu consumer survey questionnaire. E. Notes on the growth of the yogurt market in the U.S.

An advertisement is shown in Soyfoods magazine. 1981. Summer. p. 11. This study sells for $695 and its companion on Tofu Consumer Awareness sells for $650.

Concerning the growth of the dairy yogurt market in the U.S.: Though yogurt has been sold in the U.S. since about the 1930s, it did not enter the mainstream of American food consciousness until the late 1960s and early 1970s. They key event was the introduction of flavored yogurt varieties in 1968. Yogurt sales grew from 17 million lb in 1955 to approximately 580 million lb in 1978. In the ten years between 1968 and 1978, per capita sales of yogurt grew 325%–remarkable for a product that was so slow to catch on. In 1970, according to one survey, yogurt was perceived as a "new product" with 43% of consumers having eaten the product for less than one year. Yogurt's popularity has been attributed to changes in the American lifestyle: more health and weight conscious, faster paced, and more interested in natural foods. Yet yogurt is eaten mainly for its taste. Yogurt's protein is digested twice as fast as that of plain cow's milk. Only about 30% of Americans consume yogurt, and of those that do, 26.4% consume 76.2% of all the yogurt sold. The average American consumes about 3 lb of yogurt per year. U.S. sales of yogurt in the USA in 1980 were about $500 million; the market is highly decentralized, with about 100 manufacturers. Today yogurt, the "glamour of the dairy case," is the fastest growing dairy product in America.

Note: This is the earliest document seen (Feb. 1999) which compares the potential market for tofu with the current market for yogurt. Address: The Information Clearinghouse, 500 Fifth Ave., New York NY 10110.

5075. FIND/SVP. 1981. Tofu consumer awareness and purchasing patterns. New York, NY: FIND/SVP. 87 p. May. No index. 28 cm.
• ***Summary:*** A phone survey of 1,700 people nationwide in major metropolitan areas revealed that 33% of the total sample (819 respondents) had heard of tofu, 18% had tasted tofu, and 10% had purchased tofu. The greatest awareness was on the west coast. Reasons for purchase: Nutrition (65%; high protein content was cited by 45%). Blandness was cited as the major reason for disliking tofu. Address: The Information Clearinghouse, 500 Fifth Ave., New York NY 10110.

5076. **Product Name:** Canned Tofu, Instant Powdered Tofu [Powdered Soymilk with a Separate Coagulant], Silken Tofu.
Manufacturer's Name: Japan Food Corp. (Importer). Made in Japan.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1981. May.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: FIND/SVP. 1981, May. "The tofu market: Overview of a high-potential industry." p. 103. A tofu importer.

5077. Keltner, Steve; Druding, David; Littell, Annee. 1981. New Arkansas regional tofu producer: Summercorn Soyfoods. *Swallows* (*Newsletter of the New Destiny Federation of Food Co-ops, Fayetteville, Arkansas*). Spring. p. 8-9.
• ***Summary:*** The soyfoods business grew out of Summercorn Bakery. It is now producing tofu, soymilk, and soysage. Contains 6 photos of the tofu making equipment, including photos of Keltner, Druding, and Claudia Smith. Annee is Druding's wife.

5078. **Product Name:** Legume Tofu Lasagna.
Manufacturer's Name: Legume, Inc.

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Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1981. May.
Ingredients: Feb. 1982: Crushed California tomatoes, organic tofu, water, whole soy and peanut oil, pure vegetable shortening, whole wheat flour, arrowroot, garlic, onion, oregano, basil, parsley, salt, pepper. Pasta: Fancy durum semolina pasta, soy flour, wheat gluten, wheat germ.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Frozen.
Nutrition: Per 8 oz.: Calories 296, protein 13 gm, carbohydrates 38 gm, fat 9 gm, cholesterol 0 mg, sodium 660 mg.
New Product–Documentation: Ad in Whole Foods. 1981. Sept. p. 56. "What's 2000 years old and tastes brand new? Tofu." States that Legume Tofu Lasagna is now available.

Food Report (Lehmann). 1982. Jan. Article in Soyfoods. 1982. Winter (Feb.), p. 56. Shows original lasagna label and lists all ingredients. Spot in Vegetarian Times. 1982. Issue #55. March. p. 59. A photo shows the original box with the Legume trefoil logo but no food illustration on cover. "Legume Inc. has announced the addition of Tofu Lasagna to its line of protein meals and snacks. This non-dairy, cholesterol-free meal is made with DeBole's Jerusalem Artichoke Flour–a specially created blend of organic tofu and spices, and an all-natural whole tomato sauce. Also available are Tofu Ravioli, Tofu Country Pie, Tofu Muffins, Tofu "No Creme" Pies and Tofu Cakes.

Label. 7 by 9 inches. Color boxes. Now it has color illustration of lasagna on cover. "A delicious meal by Legume. 100% natural. No cholesterol. No artificial preservatives. No sugar." The ingredients are now: Crushed tomatoes, organic tofu, whole wheat flour, water, soy and peanut oil, garlic, onion, oregano, basil, parsley, salt, pepper. Pasta: Unbleached fancy durum semolina, soy flour, DeBoles American (Jerusalem) artichoke flour, wheat germ, wheat gluten. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Article in Soyfoods. 1982. Winter (Feb.), p. 56. Shows original label and lists its ingredients. Ad in Whole Foods. 1982. March. p. 57. "What's 2000 years old and tastes brand new? Tofu makes the difference!" Same ad in Vegetarian Times. 1982. April. p. 27, and Whole Life Times. 1982. July/Aug. p. 20.

S.L. Jacobs. 1983. The Wall Street Journal. Jan. 24. "Company finds a niche selling frozen foods made with tofu." A large Italian food company [Celentano] went on to make Legume's first tofu lasagna in May 1982, and now produces all its products. Eventually the baked goods were dropped in favor of the Italian frozen products.

5079. Leviton, Richard. 1981. Soyfood nutrition: Inadequacies of knowledge. *Vegetarian Times* No. 46. May. p. 63-65. [2 ref]
Address: 100 Heath Rd., Colrain, Massachusetts 01340.

5080. Obis, Clare Barrett. 1981. The versatile soybean. *Vegetarian Times* No. 46. May. p. 66-71. [7 ref]
• ***Summary:*** One place you won't hear any arguments about soybeans is in the kitchen of knowledgeable cooks. "High in protein, fiber and minerals, soybeans are one of nature's truly universal miracle foods." "Here is a sampling of recipes from some of our favorite cookbooks" (cites 7).

How to use soy flour. Soy coffee cake (with 1 cup soy milk and 1 cup soy flour). Tofu cheesecake. Spiced tofu marinade. Tofu spinach pie. Soy burgers. Soya paté. Scotch eggs. Arancini Siciliani (Soybean and rice croquettes). Creamy tofu dip or dressing. Dairyless, eggless quiche. Scherezade casserole. Shepherd's pie (with tofu). Zuccanoes. Spicy Sichuan tofu. Soy stock gravy. Tofu stroganoff. Tofu stuffed mushrooms. Vegetable bean noodle bake. Address: Chicago, Illinois.

5081. Sano, Rinji. 1981. Minami no tôfu, kita no tôfu: Tôfu kasutera no kokyô [Southern tofu, northern tofu: The birthplace of tofu kasutera]. *Daizu Geppo* (*Soybean Monthly News*). May. p. 36-40. [Jap]
• ***Summary:*** The Japanese word *kasutera* comes from the Portuguese *castella* meaning a spongecake. It is probably named after the kingdom of Castile, which is now in Spain. Japanese kasutera is a damp, rich, sweet spongecake with a light, delicate texture. It is made from flour, eggs, malt syrup, and a mixture of finely granulated large-crystal sugar.

In Yokote city, Akita prefecture, scraps of tofu are sometimes added to the ingredients when making this delicious and popular spongecake; it is served with tea.

5082. **Product Name:** [Tofu Kit and Instruction Booklet titled "How I Make Tofu"].
Foreign Name: Tofu-Set und "So mache ich Tofu".
Manufacturer's Name: Verena Krieger.
Manufacturer's Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.
Date of Introduction: 1981. May.
New Product–Documentation: Letter from Verena Krieger. 1981. May 29. "I have started to sell Tofu-Kits..." Letter from Verena Krieger. 1983. March 8. She sells a "tofu set." The instruction booklet that accompanies it is titled "So mache ich Tofu" (How I Make tofu). It is copyrighted 1981 by Verena Krieger and published jointly by Sojaquelle in West Germany and Oekullus (Bruchmattstr. 24, CH-6003 Lucern, Switzerland). A second edition was published in 1984. It contains many illustration and techniques from *The Book of Tofu* by Shurtleff and Aoyagi.

Letters from Verena Krieger. 1990. May 31 and July 5. She started to sell this wooden kit in 1981. It was made by Stefan Suhner in CH-6000 Lucerne. It is still available. Now it is made by Ulmenhof, CH-8973 Ottenbach, and sold by Engel Tofurei, CH-8913 Ottenbach.

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5083. Wang, Hwa L. 1981. Oriental soybean foods: Simple techniques produce many varieties. *Food Development* 15(5):29-34. May.
• ***Summary:*** Methods of preparation are given for the following soyfoods: Tofu, soy sauce, miso, hamanatto, sufu, tempeh, natto. A table gives local names, descriptions, and uses for traditional East-Asian non-fermented soyfoods: "Fresh green soybeans (mao-tou, edamame)," soybean sprouts (huang-tou-ya, daizu no moyashi), soybean milk (tou-chiang), protein-lipid film (tou-fu-pi, yuba), soybean curd (tofu, tou-fu, tubu, tahoo, touhu, taufoo, dou-fu, dan-fu), and soybean flour (tou-fen, kinako). Local names, organisms used, substrate, and description of the product are given for traditional East-Asian fermented soyfoods: soy sauce, miso, hamanatto, sufu, tempeh, and natto.

Note: This is the earliest English-language document seen (April 2013) that uses the word "taufoo" to refer to Chinese-style tofu. Address: NRRC, Peoria, Illinois.

5084. **Product Name:** Potato Salad (With Tofu Mayonnaise Dressing).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. May.
Ingredients: Potatoes, scallions, celery, tofu dressing (nigari tofu, safflower, apple cider vinegar, garlic, sea salt), spices.
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Wildwood on their letterhead. 1983, undated. 2.5 by 1.5 inches. Self adhesive. Black and green on white. Silhouette of woods with birds. "Ready to Eat Foods. Naturally. Perishable. Keep refrigerated."

5085. **Product Name:** Good Puddin' (Tofu Pudding).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd, Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. May.
Ingredients: Fruits, tofu, carob.
New Product–Documentation: Fillip. 1981. May. East West Journal. p. 40 "The Amazing Tofumobile." Cohen. 1981. Nov. 23. San Francisco Business Journal. p. 6. "Good Puddin' is a product with fruits, tofu, and carob."

5086. Phillips, Kathryn. 1981. It's tough to be a tofu tycoon but Stein finally is on his way. *San Diego Union.* June 8. p. B-2.
• ***Summary:*** "Will soybean curd become a household word? Gary Stein, age 32, is father of San Diego's first full-scale tofu factory... About 3 years ago, Stein, a vegetarian who has been eating tofu since 1971, decided to get serious about a hazy dream he had of someday opening a tofu shop. He became an apprentice of sorts to Haruki and Mitchiko Koba at Oriental Groceries in downtown San Diego. The Kobas make about 90 lb of tofu each day for a few restaurants and regular customers. After about 13 months, Stein was ready to strike out on his own. The problem was money. Digging up financing for the novel business took some creative thinking. He received about $2,000 through a weekly newspaper advertisement promising readers that for a $100 investment, they would receive 1 lb of tofu a week until the investment was returned. Other money to start the business came in from relatives, friends and, in some cases, strangers who had heard about Stein's plans."

"He signed a lease on an abandoned service station next to a health-food restaurant at Fifth and Quince... Problems with the boiler and in getting certain equipment from Japan delayed the expected January opening about 5 more months. The factory is now turning out about 130 lb of tofu each day, and he and partner Sean Meloy hope to be making 300 lb daily in a few months to sell to local restaurants and markets." Stein is a tall, slender man who meditates 2½ hours each day and studies Taoism. Address: San Diego, California.

5087. O'Neill, K. 1981. America, God willing, becomes a tempe nation. *Tempo.* June 13. p. 49-50. [1 ref]
• ***Summary:*** Tempeh has started to be sold in Indonesian supermarkets. They are displayed on the stands at Pekan Raya in Jakarta. KOPTI was founded on 11 March 1979. The cooperative split off from a firm which equalized the distribution of soybeans, which are still imported and always in short supply. Indonesia requires 4,300 tons of soybeans a day. Of that total, 3,000 tons is for tempeh and 1,300 tons for tofu. KOPTI, which now has more than 12,000 members from 40 cooperatives, is headed toward mechanization.

Note: This is the earliest document seen (Sept. 2011) that mentions KOPTI. Address: New York.

5088. Jacklin, Michele. 1981. The Good Harvest Food Coop Inc. Soy what? For 10 years! *Hartford Courant* (*Connecticut*). June 18. p. B5E.
• ***Summary:*** Good Harvest, in Middletown, Connecticut (about 10 miles south of Hartford), is celebrating its 10th anniversary. The membership numbers between 600 and 700 depending on the time of year. The produce still looks fresh and the loaves of bread (some of which use soy as an ingredient) are freshly baked. "The tofu, sesame tahini paste, seven kinds of granola and carob are popular items, but not for junk food addicts who need their daily fix of additives and preservatives."

Several months ago the food coop added a snack bar, whose menu changes daily. "Favorites include lentil stew, sandwiches stuffed with hummus (garbanzo beans) and guacamole, tofu (soy bean curd) pot pie, carrot juice and

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carob brownies." During warm weather, "soy milk softees," which resemble milkshakes, are very popular. Meat and fish are not sold. Address: Staff writer.

5089. Arum, Nancy. 1981. Cooking what's light for summer. *New York Times.* June 21. p. L18.
• ***Summary:*** In Sea Cliff, "Cooking with natural foods" (Phone: 676-0242) is offering a course titled "Cooking with natural foods for summer, beginning and intermediate. One session course in tofu and a one-session course in desserts.

"Instructor: Melanie Nelia. Cost: $80 for four classes or $20 for individual sessions. Classes begin: Beginning of July. Type: Demonstration and limited participation. Maximum number in class: 10. 'What is tofu, how to make it and what to do with it' include recipes for barbecued tofu, tofu sauces and tofu pie."

5090. Giuca, Linda. 1981. Neighborhood markets are starting to sprout: Food notes. *Hartford Courant* (*Connecticut*). June 24. p. E6.
• ***Summary:*** The section titled "Tofu demonstration" says that the New England Soy Dairy will present one at FoodMart on Thursday from 10 a.m. to 4 p.m. "Recipe booklets and samples will be provided." Gives a recipe for Tofu eggless salad. Address: Food editor.

5091. Dosti, Rose. 1981. Trader Vic Bergeron offers timely tips on tofu. *Los Angeles Times.* June 29. p. 1, 6. Monday.
• ***Summary:*** Gives recipes for some of the most popular recipes at Trader Vic's Beverly Hills restaurant: Trader Vic's tofu chicken meatballs. Trader Vic's tomato beef (with tofu). Trader Vic's poached halibut with tofu. Trader Vic's Parmesan tofu. Chef Elmo Yee demonstrated how to make these tofu dishes at the restaurant. Photos show Yee and three dishes. Address: Staff writer.

5092. Chu, Yung-shung. 1981. Soybean protein food in China. *APCC Quarterly Supplement.* June 30. p. 23-27. [Eng]
• ***Summary:*** This article was first published in the Journal of the American Oil Chemists' Society (1981, Feb. p. 96A). Address: Oil and Fat Research Inst., Shaanxi, China.

5093. Murray, Megan Baldrige. 1981. Tofu fever in New York. 3 p. June 30. Unpublished English-language manuscript. Published in Japanese in Sept.
• ***Summary:*** "This American tofu lover, David Mintz... started experimenting with tofu as a milk and cheese substitute five years ago [i.e. in 1976]... Mintz found that he could make cream sauces, quiches, and souffles without needing to use dairy products if instead he used tofu. Says Mintz, 'I've got tofu fever. Its a food of the future, a miracle food... The whole secret is tofu's flexibility. It lends itself to becoming Dutch chocolate ice cream, and it can also become roast duck... I dream about it. Its a miracle food I never expected to see. I have to learn how to harness it.'

"After several years experimentation with ice creams based on tofu, Mintz is now producing his own tofu ice creams... in several flavors: vanilla, chocolate, maple-walnut, peach, apple, apricot rum, and peanut butter & chocolate. He is making 275 gallons a week... Mintz loves to introduce his customers to tofu. He is proud of the tofu wedding he recently planned, in which the bride and groom started off their married life on a tofu menu." Address: New York.

5094. Soy City Foods. 1981. Wholesalers of Tofu and other Soy Products (Ad). *Toronto Star* (*Ontario, Canada*). June 30. p. B13. Advertising supplement.
• ***Summary:*** "Soyateria–Soyfoods Specialty Shop. Try our fast, tasty, all natural soyfoods–to take out." Address: 2847 Dundas Street West, just east of Keele St. [Toronto]. Phone: 762-1257.

5095. *Toronto Star* (*Ontario, Canada*). 1981. New miracle food is protein rich Tofu (Advertorial). June 30. p. B13. Advertising supplement.
• ***Summary:*** A large advertorial in praise of tofu. An illustration shows a cake of tofu on a white plate.

"Just what is this tofu everyone is talking about?

"Tofu (pronounced TOE-fu) is a rich source of protein that can serve as the backbone of any diet–replacing or alternating with meat and dairy products. It originated in East Asia several millennia ago... In the West, it is known as soybean curd."

"Tofu has a white cheese-like consistency made from soybean curds just as cheese is made from dairy curds. Unlike cheese, Tofu is not fermented, aged and ripened."

5096. *Toronto Star* (*Ontario, Canada*). 1981. Many foods promote health (Advertorial). June 30. p. B11. Advertising supplement.
• ***Summary:*** "The subject of health foods opens a wide and complex canvas." What are they? Are they the same as "natural foods" and "pure foods"? Are they all organic?

"'Health foods are,' as Barbara Towns, manager of Soyateria Delicatessen in Toronto explains, 'anything that enhances the body. Anything that prmotes health instead of disease.'"

"Tofu is a health food staple. It is a soybean curd which looks like a block of cheese. It is high in protein..."

5097. Bassett, Barbara. 1981. Surprise! Its soy: New ideas for soy cookery from the Soyfoods Center. *Bestways.* June. p. 70-71, 74.
• ***Summary:*** This is an interview with William Shurtleff plus recipes for their latest favorite (previously unpublished) tofu recipes, including Yummy no-egg carob-applesauce cake with tofu, No-egg tofu carrot cake with tofu-tahini icing,

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Tofu cheesecake with strawberry topping, Tofu-apple-nut whole-wheat bread, Savory tofu cutlets (fried), Tofu carob parfait, Wonderful creamy tofu dip or dressing: our favorite latest discovery, and Eggless egg salad sandwich. Photos show: Each of the above recipes. Akiko Aoyagi seated behind a table on which are various tofu recipes.

Tempeh is mentioned as a source of vitamin B-12.

5098. *Daizu Geppo* (*Soybean Monthly News*). 1981. Saikin no tônyû shijô o kataru [Discussion of Japan's soymilk market today]. June. p. 4-23. [Jap]
• ***Summary:*** On May 22 industry leaders from various companies met to discuss the market. The industry is only about 10 years old. In 1980 the value of soymilk was estimated to be about 3,000 million yen, and in 1981 it was 5,000 million yen. About 3,000 tons of soybeans are used to produce soymilk compared with 450,000 tons for tofu. Soymilk and cow's milk complement one another as products, rather than competing. One is animal and the other is vegetable. Kids need more animal protein and adults need more vegetable protein. Soymilk gives stamina whereas dairy milk gives growth. The price of soymilk is a little higher than that of dairy milk. About 10% of Japanese are allergic to dairy milk. Kibun makes soymilk potage (thick and creamy soup) and also ice cream. Drinking a 50:50 mixture of soymilk and dairy milk gives a better flavor and complementary nutrition. At any department of the Kibun company they answer the phone by saying "Tonyu no Kibun" (Kibun, the soymilk company).

5099. Holazo, Ma. Ava F.; Punzalan, Erlinda J.; Gonzales, Olympia N. 1981. Development of instant soy tokua: Effect of freezing and chemical treatments. *Nutrisyon* (*Philippines*) 6(1):48-65. Jan/June. [10 ref]
• ***Summary:*** This study, undertaken under the ASEAN-Australia Economic Cooperation Program, is about making dried frozen tofu. Increasing the freezing time increases the product quality and rehydration ratio. Increased frozen storage also increases product quality and rehydration ratio. The use of magnesium sulfate as a coagulant gave better results than the use of calcium chloride or vinegar. Soaking the frozen tofu in sodium bicarbonate solution prior to dehydration also gave better product quality. Address: National Institute of Science and Technology, National Science Development Board, Philippines.

5100. Keough, Carol. 1981. Tofu goes All-American. *Organic Gardening* 28(6):97-99. June. [1 ref]
• ***Summary:*** "New recipes and techniques from our kitchen translate tofu into down-home cooking. Tofu seems weird to people who have never tried it. The word itself is funny. The English translation, bean curd, is even less appealing. If you buy some at a health food store or supermarket, and bite off a big hunk–you probably won't think it's delicious. Bland is the word for raw tofu.

"That's because tofu is an *ingredient,* to be combined with other foods. Like flour, cooking oil and yeast, it does not stand well alone. But, as those ingredients can be turned into a delicious loaf of bread, so can tofu be combined into a variety of wonderful dishes."

Contains tofu recipes which will appear in a upcoming book, *Home Soyfood Equipment:* Scalloped tofu au gratin. Quick blender tofu soufflé. Tofu and pineapple pastry filling. Carob tofu pudding.

5101. Krieger, Verena. 1981. Die schweizerische Sojaforschung [Soybean research in Switzerland]. Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. 2 p. June. Unpublished manuscript. [Ger]
• ***Summary:*** Most Swiss people would be astonished to hear that there is a Swiss Soybean Growers Assoc. (*Vereinigung schweizerischer Soja-Produzenten; VSSP*), established in Nov. 1973 through the efforts of Dipl. agricultural engineer Edgar W. Schweizer. Following Schweizer's untimely death [on 15 April 1979], most of the practical soybean cultural experiments ceased. But private industry such as Nestlé is now showing active interest. Address: Lucerne, Switzerland.

5102. Leviton, Richard. 1981. The soybeaning of the American kitchen. In: R.B. Yepson, ed. 1981. Home Food Systems. Emmaus, Pennsylvania: Rodale Press. 475 p. See p. 99-115. [14 ref]
• ***Summary:*** The United States is the world's leading producer of soybeans, harvesting 136 billion pounds a year. Yet instead of enjoying foods made directly from soybeans, we feed them first to animals, converting them into meat and dairy products.

"Meanwhile, East Asians, who have lived with the soybean for millennia, and who are not as affluent as we, have a simple, economical and healthful answer: simple, nutritious, inexpensive foods such as tofu, tempeh, soymilk, miso, and many others less known in the West." Address: Colrain, Massachusetts 01340.

5103. **Product Name:** Tofu, Silken Tofu, Tofu Dressings.
Manufacturer's Name: Little Prince (The).
Manufacturer's Address: Rehov Mac-Donald 16, Ramat Gan, Israel.
Date of Introduction: 1981. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Joseph Fresco. They started in June 1981 and now use 24 kg/day of soybeans.

5104. **Product Name:** Tofu Time Non-Dairy Frozen Dessert [Carrot-Raisin, Chocolate, Vanilla, Walnut, Maple-Walnut, Peach, Apple, Apricot-Rum, or Peanut Butter-Chocolate].
Manufacturer's Name: Mintz's Buffet.

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Manufacturer's Address: 1040 Third Ave. (between 61-62 St.), New York City, NY 10021.
Date of Introduction: 1981. June.
Ingredients: Incl. tofu.
How Stored: Frozen.
New Product–Documentation: Poster. 1981, undated and roughly handwritten. Tofu Time. Non-Dairy Frozen Dessert. Glatt Kosher Pareve. "It's Beyond Cream." Cook. 1983. Home News (NY). Aug. 24. p. D1. "New frozen ice cream dessert uses healthy tofu as base for mix." Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 56. This product was renamed Tofutti in late summer, 1981. It was sold commercially inside Mintz's Buffet from that time, and to other retail outlets from May 1982.

5105. Photographs of Paul Duchesne and Peter Wiegand making tofu at Wildwood Natural Foods in Fairfax, California. 1981. Fairfax, California.
• ***Summary:*** These three color photographs (each 3½ by 5 inches) were taken in mid-1981 at the Wildwood Natural Foods tofu shop in Fairfax. They show: (1) The entire shop, including the red tile floor, taken from the back of the shop look out through the three big windows onto the street. On the windows, in large gold letters, is written "Wildwood Natural Foods." In the foreground are the mill and cooker. Near the windows are yellow soybeans soaking in buckets, a curding vat on wheels, a stainless steel sink, and Peter watching Paul cut tofu. (2) Paul, dressed in a white apron and tank-top white shirt, examining curds and whey in the curding barrel. He holds a stainless steel paddle in his right hand and his left hand rests on the rim of the vat. Peter is standing facing the camera, holding a stainless steel can of nigari, wearing high boots, a white apron, and a Tofu t-shirt. (3) Paul placing a cake of tofu into a bucket of water for delivery. The shop window and a stainless steel sink are in the background.

A fourth photo, black-and-white Polaroid, shows Michael Pierce, standing by a steaming cooker. The caption: "My first batch of tofu."

5106. **Product Name:** Tofu Pudding [Lemon, or Olallieberry].
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. June.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. 16 oz.

5107. Shurtleff, William; Aoyagi, Akiko. 1981. Survey of tofu production in the United States. Lafayette, California. 1 p. June. Unpublished manuscript.
• ***Summary:*** This is a handwritten (in pencil) table with 8 columns: (1) Shop name. (2) Type of shop. (3) Date interviewed. (4) Lbs of [whole] dry soybeans per week. (5) Lbs of tofu per week. (6) Size of building (square feet). (7) Sales ($). (8) Notes.

The survey began in April 1977 and continued to Jan. 1981. Only key information in each row will be included below.

The Soy Plant [Ann Arbor, Michigan]. March 1979. 2,000 lb/week of tofu. Jan. 1981. 5,600 lb/week of tofu.

Rochester Tofu [New York]. Jan. 1978. 1,000 lb/week of tofu.

Surata Soyfoods [Eugene, Oregon]. June 1978. 900 lb/week of tofu.

Island Spring [Vashon, Washington state]. June 1978. 5,500 lb/week of tofu. Jan. 1981. 2,300 lb/week of tofu.

Lecanto Tofu [Lecanto, Florida]. April 1978. 600 lb/week of tofu.

The Farm [Soy Dairy, Summertown, Tennessee]. June 1977. 1,125 lb/week of tofu.

New England Soy Dairy [Greenfield, Massachusetts]. March 1979. 4,050 lb/week of dry soybeans and 22,500 lb/week of tofu. Nov. 1978. 8,250 lb/week of tofu.

Swan Foods [Swan Gardens; Montana or Florida]. Confidential.

Ota Tofu Co. [Portland, Oregon]. April 1977. 4,165 lb/week of tofu.

Quong Hop & Co. [South San Francisco, California]. 10,000 lb/week of dry soybeans and 32,000 lb/week of tofu.

Azumaya [South San Francisco, California]. March 1979. 18,000 lb/week of dry soybeans. Building is 40,000 square feet. They are building a new, larger tofu factory.

Matsuda-Hinode [Los Angeles, California]. 27,000 lb/week of dry soybeans.

Northern Soy [Rochester, New York]. Aug. 1980. 2,000 lb/week of dry soybeans.

White Wave [Boulder, Colorado]. $450,000 sales in 1980. Jan. 1981. 5,833 lb/week of tofu.

Joy of Soy [Minneapolis, Minnesota]. June 1981. 4,000 lb/week of tofu. Traditional Tofu [Oakland, California]. June 1981. 15,000 lb/week of tofu.

Sunshine Soy Co. [Danny Paolucci, Coral Gables, Florida]. June 1981. 3,750 lb/week of tofu.

Panda Food Products [Woodhaven, New York]. June 1981. 14,000 lb/week of tofu (sold in bulk).

Nasoya Foods [Leominster, Massachusetts]. Jan. 1981. 11,700 lb/week of tofu.

Note: In 1979 the U.S. tofu industry used about 7,000 tons/year of dry soybeans. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5108. Smith, Paul. 1981. Re: Pioneering work with debittered full fat soy flour and with soybeans in Australia. Soybean production in Australia. Letter to William Shurtleff at Soyfoods Center, undated. 2 p. Handwritten. Plus

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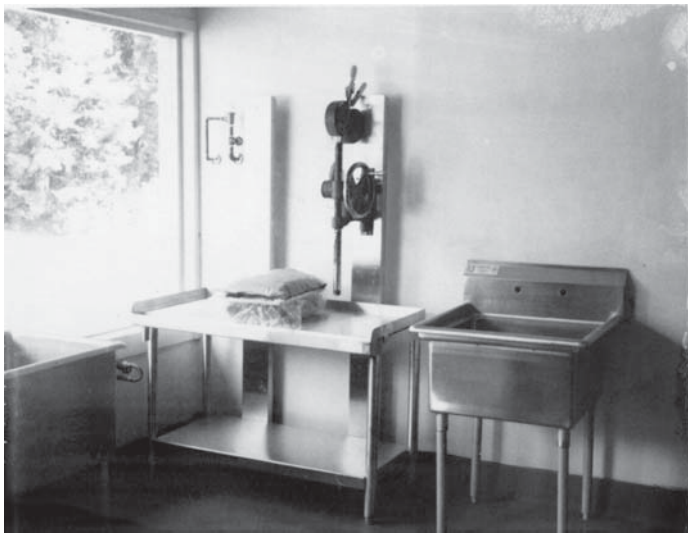

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comments on draft of History chapter.
• ***Summary:*** Comments on "History of Soya in Australia" manuscript: Vincent R. Smith was a soyfoods pioneer in Australia. In 1951-52 he began to manufacture Australia's first whole (full-fat) heat-treated (debittered) soy flour. From 1953-54 to 1974-75 V.R. Smith also canned soybeans in tomato sauce or puree. In 1956 he founded Soy Products of Australia Pty. Ltd. Between 1965 and 1974-75 Mr. Smith developed and manufactured two soyabean meat substitutes–Soya Bean Luncheon Loaf, and Savoury Roast–for Bellevue Health Supplies, as part of his product range within F.G. Roberts' Health Foods Proprietary Ltd. This latter company has since been absorbed within Soy Products of Australia Pty. Ltd. Technically and nutritionally these products were excellent, but they were discontinued due to rising labour costs, the small Australian market, and competition from larger, more highly automated companies like Sanitarium and Heinz. At the time, possibly due to the very cheap cost of meat in Australia, there was very little market interest in soyabeans either as a food, meat substitute, and/or extender.

By 1981 Soya Products of Australia Pty. Ltd. was making debittered full-fat soy flour and grits, Soy Crunch (a breakfast cereal containing soy grits), Soy Compound (containing dry soymilk, whole soy flour, malt, and lactose), and several types of Muesli containing soy grits. The company's main role is in supplying high grade, human consumption quality raw (enzyme active) and debittered (heat-treated) soy grits and soy flour to industry [food processors] for a wide variety of uses: cakes, biscuits, bread, bread premixes, pizzas, breakfast cereals and mueslis, hamburgers, smallgoods, baby foods, soy milk, soy ice cream, tofu, and calf- and piglet rations.

Interest in soyfoods is growing in Australia, and will continue to grow fostered by increasing health consciousness and the rising prices of meats of all kinds. After the end of the Vietnam war in 1975, there was a big influx of Vietnamese into Australia, swelling the number to 50,000, of which 30,000 are ethnic Chinese. There are also some 10,000 Indonesians currently residing in Sydney alone.

Letter: "Thank you for your hospitality during my visit to the USA... We are now more than fully occupied running, maintaining, and expanding our soy flour mill and our health food business. In the last two years we have made substantial improvements in our quality control, throughput, and heat-treatment process. We have also been working on improving our bulk unloading and grain cleaning system, and plans for extending and further automating our plant are well in hand... We are actively participating in research and development work on soy flour and its end uses: particularly in the areas of liquid and powdered soymilks and soy ice cream.

"We were amongst the first people in Australia to use soya beans to make products for human consumption, in particular heat-treated or debittered full fat soy flour. We were actively involved with the first commercial crops of soybeans grown in Australia in the early 1950s at Kingaroy; we even had a plot of several varieties of soyabeans growing in our own backyard for several years from about 1953-55. Though the bushes grow, the soybeans never mature properly. We also did some interesting work in canning beans in tomato sauce or purée and in manufacturing soy meat substitutes. In addition to our conventional bakery and small goods outlets, our own specialty products and breakfast cereals, we are now supplying several small manufacturers of tofu, soymilk with soybeans, soy flour (raw), and soy grits (raw) and have recently become involved in tempeh manufacture. The trend here in Australia is definitely following that in the USA and interest seems to have grown dramatically in the last year or so. Soyfoods seem to have taken off... Unless you can afford shiploads, freight to Australia is a killer, so we do our best to avoid importing soybeans.

"I am enclosing a recent newspaper article about a tofu producer. We supply him with soy flour for making his tofu and soymilk."

Concerning soyabean production in Australia: "Soyabeans are widely grown in Australia from just north of Shepparton in Victoria (120 miles north of Melbourne), through the Riverina district of southern New South Wales (NSW), through central, north, and northeastern NSW; the Darling Downs area (around Toowoomba) and Kingaroy districts of Queensland. More recently soyabeans have been grown in Western Australia, near Perth.

"A great deal of work has gone into developing suitable varieties of soyabeans for Australian conditions; much of this has been built on American research and experience. U.S., Chinese and Australian beans, while generally similar, are very different to handle and process, in our experience.

"Initially, soyabeans were grown under natural rainfall but this is now rare as bean size tends to be small and yield poor. Soyabeans are definitely not suited to dryland farming techniques. Nearly all soya beans now grown in Australia are grown under irrigation."

Update (March 1995): Paul Smith joined this family-run company in April 1980. In 1981 he was just starting to learn about its history. By 1986 he had done extensive research and writing (which see) on the company history, which showed that it had much earlier and very interesting origins. Address: Soy Products of Australia Pty. Ltd., 69 Power Road, Bayswater, VIC 3153, Australia. Phone: (03) 729-1738 or 729-3611.

5109. *Soyanews* (*Sri Lanka*). 1981. How to do it: Tofu as a meat substitute. 3(11):3, 8. June.
• ***Summary:*** How to make tofu on a small commercial scale. Describes the process then gives 3 tables related in costs and income: (1) What you require to make about 20 kilos of tofu a day (Prices as of Aug. 1980). A list of equipment and the price of each. Total price: Rs. 4,220. (2) Costs and returns:

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Variable costs + fixed costs: Rs. 145. Revenue: 210. Net profit per day: Rs. 65.00.

5110. Vaidehi, M.P. 1981. A few soyabean products requiring better attention. *Lal-Baugh Journal* (*The*) 26(2). April/June. [Eng]
• ***Summary:*** "Soyabean should be considered not primarily as a meat substitute, but rather as a food ranking with meat, eggs, milk, and cheese, in protein content and supplementing these foods in the diet."

"The most popular south Indian fermented breakfast foods are 'idli' and 'dose'" [dosai]. Their batters are naturally fermented with wild yeasts present in the atmosphere. Soya dhal could be used as a partial replacement for black gram dhal in making either of these popular foods. A recipe is given.

Recipes are also given for making tempeh, tempeh chips, tempeh curry, soy milk, soy curd and butter milk, tofu (like paneer). Cow's milk paneer retails for over Rs. 25/- per kg. whereas tofu retails for Rs. 8-10 per kg–less than half the price.

Note. This is the earliest English-language document seen (Oct. 2012) that suggests the use of the soya dhal or soya bean in preparing "dose" [dosai]. Address: Univ. of Agricultural Sciences, Bangalore, India.

5111. *Nation's Restaurant News.* 1981. Healthy tofu winning converts. Food of the future? July 6. p. 25.
• ***Summary:*** About Dik Rose, owner of Soyfoods Cafe in Redwood Valley, California. He serves sandwiches, soups, burgers, desserts and dips–all made with tofu. "His tiny restaurant, which has 10 seats, has been in operation three years and does about $2,000 a week in sales." Rose is not alone. Tofu is "becoming a mainstay at small nutrition-oriented restaurants across the country." Rose also owns a tofu company, which makes about 1,500 lb/week plus 40 gallons of soymilk. None of the foods served in the cafe contain any animal products. Items on the menu are described.

5112. Hymowitz, Theodore. 1981. The history of soybeans. Paper presented at the Soycrafters Conference, Fort Collins, Colorado. 8 p. July 8. Unpublished manuscript.
• ***Summary:*** This lecture was taped, with permission, by conference organizers. Soyfoods Center has an 8-page transcript of the tape, plus a copy of the audio tape. Contents: Introduction. Taxonomy of the genus *Glycine.* The origin and domestication of the soybean. Domestication of the soybean in Asia. Dissemination of the soybean to Europe. Dissemination of the soybean to the United States. The soybean industry in the United States. Address: Univ. of Illinois at Urbana-Champaign, Champaign, USA.

5113. Fleck, Michael. 1981. Soybeans gain popularity as uses for them grow. *Daily Camera* (*Boulder, Colorado*). July 15. p. 47-48.
• ***Summary:*** Discusses the forth annual conference of the Soycrafters Association of North America, held for 5 days last week at Colorado State University, Ft. Collins, Colorado. It attracted 250 members and enthusiasts from 22 countries. Steve Demos, co-founder and president of White Wave, says: "I thought I was starting a little cottage industry." In October 1977 he and Pat Calhoun opened a small tofu shop next to the Good Earth restaurant in Boulder and began putting in 14-hour days. Today White Wave has a large, modern plant with 12 employees who can barely keep up with demand.

William Shurtleff, the "Johnny Appleseed of soy," notes that the tofu industry's biggest challenge today is consumer education.

Thelma Dalman has been Director of Food Services for the Santa Cruz City Schools for the past 13 years. She has successfully introduced vegetarian entrees and now tofu into the 8,000 daily meals served at her 32 schools. She has lobbied successfully in Washington, DC, so that federal school lunch program regulations now allow the use of 30% tofu in combination with eggs or cheese as a "meat alternative," and 100% directly in dressings, spreads, and tofu mayonnaise. At this conferences, she and her senior partner, Maxine Prairie, ran a lively seminar on institutional cooking. "Tofu is the ideal solution to reduced school budgets and increased nutritional concern," she said.

5114. Mounts, T.L. 1981. Soycrafters annual meeting. *Northern Regional Research Center, Notes from the Director* (*Peoria, Illinois*) No. 1468. p. 1-2. July 17.
• ***Summary:*** "The fourth annual meeting of the Soycrafters Association was held on the campus of Colorado State University at Fort Collins, July 8-12. The foods receiving the most attention were tofu and tempeh, and modifications of them. Richard Leviton, Executive Director of the organization, pointed out that the growth rate of traditional soy foods is 25 to 30% each year, and he projected gross sales of $620 million by 1990. Currently the total sales are more than $50 million. California now has a pilot study on tofu for the school lunch program."

"Since 1979, the taste and appearance of soy foods served at these meetings has greatly improved. The tempeh burgers, served on a bun with lettuce and tomatoes, were exceptionally good." Address: Director.

5115. Watanabe, Hidekazu. 1981. Re: Early work by San-iku Foods in Japan with tofu and soymilk. Letter to William Shurtleff at Soyfoods Center, July 19. 2 p. Handwritten. [Jap]
• ***Summary:*** Discusses the early history of this product. "The Ueda Tofu Shop in Hachioji helped with the development of our first soymilk in 1957; I was there at the time. In those days our name was *San-iku Gakuin Shokuhin-bu,* not San-iku Foods. The purpose was to provide a place of labor for the

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students and opportunities to learn food processing. It was not a business. Dr. Perry Webber was the principal of our school at the time. I think that our company did not make commercial soymilk before 1957. The food company is said to have been founded in 1928 in connection with the school, but legally it did not become an independent company until December 1970."

Note: In 1969 the food company, named College Health Foods (later renamed San-iku Foods), introduced Soyalac soymilk. Address: San-iku Foods, Sodegaura-machi, Chiba-ken 299-02, Japan.

5116. Hevrdejs, Judy. 1981. Cheap eats–Mine Gen: Easy to miss, but worth the search. *Chicago Tribune.* July 24. p. B6.
• ***Summary:*** Mine Gen Chinese Restaurant, at 2709 N. Clark St., Chicago, features Peking-style cookery. The hot-sour soup includes "chunks of tofu." A spicy vegetable dish, "hot braised bean curd,... features creamy white cubes of the soybean curd tofu in a flavorful sauce" for $4.50. Address: Food editor.

5117. Kornblatt, Sasha. 1981. Re: Request for permission to use a quotation from *The Book of Tempeh, Vol. II* (*Tempeh Production*). Letter to William Shurtleff and Akiko Aoyagi at New-Age Foods Study Center, July 24. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Since we moved into our new facility, things here at Surata have been very exciting. While we are still a co-operative, we have organized to insure a strong management to effectively respond to the fast pace of the food industry. In May, I became Marketing Manager."

At the new plant, for the first time, Surata is able to produce more than the demand. "While natural food stores have always been responsive and pioneering accounts for us, that market is saturated and becoming increasingly competitive..." Now Surata is working to become "competitive and effective in the supermarket arena. We have been doing very well in a supermarket that sells [tofu in] bulk, surprisingly, and we are planning to approach other accounts with a co-ordinated, professional, and service-oriented view.

Sasha has been working with a graphics firm to redesign Surata's logo and labels. She encloses a copy of their new tofu label. "We are also switching to eight-ounce tempeh as we redesign the package." She requests permission to use a quote from *The Book of Tempeh, Vol. II* on their new tempeh label.

Note: The permission was granted in writing. Address: Marketing Manager, Surata Soyfoods, Inc., 302 Blair Boulevard, Eugene, Oregon 97402. Phone: (503) 485-6990.

5118. Abrams, Bill. 1981. The next yogurt? Sales of tofu will quadruple. *Wall Street Journal.* July 30. p. 23, Western ed.; p. 27, col. 1, Eastern ed.
• ***Summary:*** ..."to $200 million by 1986, predicts FIND/SVP. It found that one of every three food buyers is familiar with the bean curd. 'Even with appropriately promoted and branded products,' the research concern says, it'll take 5 to 10 years for tofu to equal yogurt's present popularity."

5119. Miller, Dwight L. 1981. Tofu studied. *Notes from the Director: Northern Regional Research Center* (*Peoria, Illinois*) No. 1470. p. 1. July 31.
• ***Summary:*** "Over the past decade, the food habits of Western consumers have slowly changed. A growing interest in foods of plant origin has become evident, especially among younger Americans and those living in large cities. These consumers may have medical, philosophical, or religious reasons for choosing vegetarian diets. One food product that is gaining general acceptance and attention is soybean curd or tofu.

"Tofu, a highly hydrated gelatinous product, has been the most important source of protein in the Orient since Liu An (179 B.C.-122 B.C.) of the Han dynasty invented the method of preparation. Today, tofu is prepared in essentially the same way that it was more than 2,000 years ago. Soybeans are washed, soaked, and ground with water. After the bean slurry has been boiled and filtered through cheese-cloth, it yields a milk-like product known as soybean milk. When bittern (the bitter mother liquor that remains after salt is crystallized from seawater), gypsum, or vinegar is added to the hot soybean milk, curd forms; this curd is pressed to form a soft, whitish cake or tofu. Tofu production is estimated at $50,000,000 and is growing at a rate of 25-30% per year.

"Hwa Li Wang (PL) has made a study of the conditions for making various types of tofu. The results of this study, to be published in *Process Biochemistry,* suggest that in processing tofu the quality and quantity can be manipulated by selection of coagulating conditions, such as type and concentration of coagulants, temperature, and mode of mixing, as well as pressure applied to remove the whey. By observing selected conditions, uniform products can be obtained from the same lot of soybeans or from other lots of the same variety of soybeans. Some of the results from this study were presented earlier this month at the Soycrafters annual meeting in Fort Collins, Colorado (Issue 1468). As a result of this presentation, Mr. Richard Leviton, Executive Director of the Soycrafters Association, has written a personal letter to Dr. Tallent supporting and commending the work of Drs. Wang and C.W. Hesseltine (FL) on traditional foods." Address: Acting Center Director.

5120. Strayer, George M. 1981. Re: Pro-Nuts and Soy Ahoy soynuts. Letter to William Shurtleff at Soyfoods Center, July 31. 2 p.
• ***Summary:*** During the year ending 31 March 1981, Edible Soy Products Inc. used slightly less than 2,000 tons of raw soybeans in producing Pro-Nuts. "It is my understanding

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that Malt-O-Meal is no longer making a soynut product. They had their inventory of finished product up for sale a while back, with the announcement that they were going to utilize their facilities to manufacture other products. I have not personally contacted them, but I have not seen any Malt-O-Meal products on shelves of either health food or grocery stores in the past few months."

Strayer is very upset with Richard McIntyre of Swan Gardens who is refusing to pay for $10,000 worth of soybeans. Address: President, Agricultural Exports, Inc., P.O. Box 266, Hudson, Iowa 50643. Phone: 319-988-4593.

5121. Barber, Linda. 1981. Tofu banzai. *Soyfoods* No. 5. p. 8. Summer.
• ***Summary:*** A photo shows Linda Barber in Japan surrounded by five Japanese women. Address: Kobe, Japan.

5122. Fiering, Steve; Huang, Timothy. 1981. How to install van refrigeration [for soyfoods]. *Soyfoods* No. 5. p. 51-55. Summer.
Address: Soy Plant, Ann Arbor, Michigan.

5123. **Product Name:** Tofuna (Tofu-Based Meatless Tuna).
Manufacturer's Name: Garden of Eatin'.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1981. July.
Ingredients: Tofu, vegetables, soy oil, apple cider vinegar, barley malt, natural herbs & spices, sea salt.
Wt/Vol., Packaging, Price: 16 oz.
New Product–Documentation: Article and photo in Soyfoods. 1981. Summer. p. 44-45.

5124. **Product Name:** Fresh Viili Starter, Powdered Tempeh Starter, Homemaker Light Rice Koji Spore Kit [for Amazake], Natural Terra Alba Calcium Sulfate (Tofu Coagulant).
Manufacturer's Name: GEM Cultures.
Manufacturer's Address: 30301 Sherwood Rd., Fort Bragg, CA 95437. Phone: 707-964-2922.
Date of Introduction: 1981. July.
New Product–Documentation: Letter from GEM Cultures. 1981. "Just a few words about our Powdered Tempeh Starter. Our PTS is prepared on the same all vegetable (non dairy, non animal origin) medium on which our Living Tempeh Starter is grown." It is mixed with sterilized flour to extend it.

Letter from Betty Stechmeyer of GEM Cultures. 1991. Oct. 18. These three basic products were introduced in July 1981.

5125. Jacobson, Al. 1981. Labels that tell...sell. *Soyfoods* No. 5. p. 44-45. Summer.
• ***Summary:*** Jacobson is the 67 year old founder and president of Garden of Eatin', Inc. in Los Angeles. Across the bottom of the article are clear photos of the labels of six soyfood products: Cottage Tofu, Tofuna, Mild Jerky Soy, Tofu "No Cheese" Cake (cheesecake), Vegie Yaki, and Ice Dream. Across the top of the first two labels is printed the registered trademark "Tofu never had it so good!"

Two photos show Jacobson in a chef's top hat, across the front of which is written "Wizard of foods." Address: Garden of Eatin', Los Angeles.

5126. Leviton, Richard. comp. 1981. Soyfoods in America. The Fourth Annual Soycrafters Association Conference on Producing and Marketing Soyfoods: Schedule, abstracts, expo information, the menu, registration list, and directory of instructors. Colrain, Massachusetts: Soycrafters Assoc. 150 p. Held 8-12 July 1981 at Colorado State Univ., Ft. Collins, CO. No index. 28 cm.
• ***Summary:*** These proceedings were given to the registrants when they arrived. Schedule: Wed., July 8. Lectures: Directions for the soyfoods industry, by Richard Leviton. Soyfoods: Protein source of the future, by William Shurtleff.

Thurs., July 9. Class period 1: Review of tofu-making equipment, by Larry Needleman. International soyfoods cooking class, by Melodie Phipps. Small business management, by Dr. Harry Kreuckeberg. Tofu plant tour. Seminars: Sensory evaluation, part I, by Adrian Pearson. Soyfoods & human nutrition, part I, by Dr. Joseph Rackis, chairman. Home soymilk preparation, by Linda Gilbert. Tempeh production laboratory, by Dr. Clifford Hesseltine [NRRC, Peoria, Illinois], chairman. Class period 2: Soyfoods master chef cooking class, by Akiko Aoyagi. The Real Food Tofu Cafe, by Dik Rose. Soyfoods marketing strategies, by Dr. Harry Krueckeberg. Tofu plant tour. Tempeh production laboratory II, by Dr. Clifford Hesseltine, chairman. Lecture: Low cost extrusion cooking, by Dr. Judson Harper. Expo opens. Class period 3: Cooking soyfoods, macrobiotic style, by Rebecca Greenwood. Effective advertising and promotion, by Dr. Harry Krueckeberg. Seminars: Levels of tofu production, Luke Lukoskie, chairman. Introduction to nutrition and dietary analysis, by Jennifer Andersen & Suzy Pelican. Lectures: The view from tofu towers, by Thelma Dalman. The history of soybeans in the West, by Dr. Theodore Hymowitz. The year in review: Progress, problems & challenges, by William Shurtleff.

Fri., July 10. Class period 4: Tofu in Ecuador cooking class, by Ricardo Jennings. Quality control of soy products, by Dr. Joseph Maga. Labor / management relations, by Dr. Ron Wiggins. Demonstrations: Tofu making, at White Wave, Boulder, Colorado. Soymilk ice cream, by Jamie Stunkard & Al Jacobson. Extrusion cooking, by Dr. Ron Tribelhorn. Seminars: Soyfoods & human nutrition, by Dr. J. Rackis, chairman. Sensory evaluation, part 2, by Adrian Pearson. Business management, by William Scott. Class period 5: Soyfoods master chef cooking class, part 2, by Akiko

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Aoyagi. The small tofu shop, by Dik Rose. Tempeh making demonstration, at White Wave. Lecture: The nutritional value of extruded foods, by Dr. Richard Jansen. Expo open. Class period 6: How to open a tofu or tempeh plant, by William Shurtleff. Infant and child nutrition, by Dr. Barbara Smith. Soyfoods desserts cooking class, by Darrilyn Jackson. Seminar: Recall programs for soyfoods, by Dr. Joseph Rakosky. Lecture: Soyfoods & the natural foods industry, by Gil Johnson. Tofu cheesecake bake-off awards. Live music & refreshments.

Sat., July 11. How to open a tofu business on nothing down, by Al Jacobson. Soyfoods & the kosher market, by Chananyah Kronenberg. Government taxes and small business, by Dr. Terry Lantry. Demonstrations: Design and maintenance of the soy plant, by Steve Fiering (at White Wave). Soysage production, by Jamie Stunkard & Bob Davis (at White Wave). Seminars: Quality assurance programs, by Dr. Joseph Rakosky. Tofu and institutional feeding, by Thelma Dalman and Maxine Prairie. Class period 8: Sweden's first tofu plant, by Dr. Ted Nordquist. Quick home tempeh method, by Linda Gilbert. Frozen tofu cooking class, by Robin Clute. Expo open. Lecture: Tofu from cottonseeds, by Dr. Khee Choon Rhee. Class period 9: Tempeh microbiology and technology, by Chananyah Kronenberg. Financial management, by Dr. Oscar Varela. Tofu production cost control and analysis, by John Baldwin. Mexican village soya cooking class, by Blanca Dominguez. Seminar: Principles of tofu production, by Dr. Hwa Wang, Dr. C. Hesseltine, Dr. K.C. Rhee. Dinner. Square dance.

Sunday, July 12. Class period 10: Soyfoods in the North Woods cooking class, by Demetria Nanos Hamdorf. Workers & management / conflict resolution. What are organic soybeans, by Ardell Andersen. Open technical seminar on soyfoods, by William Shurtleff. Tempeh producers roundtable: Dr. Clifford Hesseltine, chairman. Lectures: The woman's role in promoting soya in Mexico, by Blanca Dominguez. Morinaga aseptically packaged tofu, by Kunisuke Kuwahara. Closing remarks, by Richard Leviton.

A SANA business meeting was held on Sat. July 11, starting at 7:00 p.m., moderated by Luke Lukoskie of Island Spring (president) and Richard Leviton (Executive Director). Format: President's report, by Luke Lukoskie. Financial report, by Richard Leviton. Proposals, by Richard Leviton. Open discussion. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5127. Leviton, Richard. 1981. Directions for the soyfoods industry. Paper presented at the annual Soyfoods Association Conference, Ft. Collins, Colorado. 12 p. Unpublished manuscript.
Address: 100 Heath Rd., Colrain, Massachusetts 01340.

5128. Leviton, Richard. 1981. MU Tofu in Chicago. *Soyfoods* No. 5. p. 28. Summer.
• ***Summary:*** MU Tofu Shop, owned and operated by Rebecca and Yoshiharu Uchida, is a steam jacketed kettle tofu plant located in the Korean district of Chicago. The company began tofu production on 1 June 1979 and now makes 3,000 lb of tofu a week. A description of the process and equipment is given. Besides 2 styles of tofu, MU turns out 300 five-ounce pieces of deep-fried tofu pouches. Photos show: Rebecca and Yoshiharu Uchida, and Richard Park. A man stirring the contents of a cooker, with a stone mill in the foreground. Address: Colrain, Massachusetts.

5129. Leviton, Richard. 1981. Using okara. *Soyfoods* No. 5. p. 41-42. Summer.
• ***Summary:*** Gives details of the recipe, process, and packaging for three types of soysage made in the USA. Island Spring, Inc. (Vashon Island, near Seattle, Washington) makes 500 lb/week of Smoked Soy Loaf. Four photos show this product being made; the ingredients are mixed in a Leland mixer, steamed, sliced into 16-ounce slabs, and packaged. One pound retails for about $1.90.

At Redwood Valley Soyfoods Unlimited (Redwood Valley, California), owner Dik Rose makes 100 lb/week of Brightsong Soysage. And at Light Foods (St. Louis, Missouri), owner Bob Davis makes up to 300 lb/week of Soyloaf. Address: Colrain, Massachusetts.

5130. L.H. 1981. Tofu salad with nuts, vegetables. *Sunset* (*Menlo Park, California*) 167(1):144. July. Central edition.
• ***Summary:*** This recipe for Deviled Tofu Salad includes medium-firm tofu, peanuts or walnuts, and various vegetable. Address: Auburn, California.

5131. Londin, Louise. 1981. Soy delis & Mintz's Buffet. *Soyfoods* No. 5. p. 6-7. Summer.
• ***Summary:*** Discusses the Good Nature Deli in Oak Park, Illinois, started on 14 December 1980 by Kevin O'Brien and Mary Ellen Sackett; The Soyateria in Toronto, Canada, situated in front of Soy City Foods and started in 1980 by Jon Cloud; and Mintz's Buffet (Glatt Kosher Cookery and Catering) in New York City. "David Mintz's popular recent contribution to tofu cookery is his creamy, delicious Tofu Ice Kream, which has been attracting large numbers of people into the shop. It is an original blend of tofu, soymilk, fresh fruits, natural essences of apples, figs and raisins, pure wildflower honey, egg whites, and soy oil. It comes in such tempting flavors as country vanilla, old fashioned chocolate, strawberries n' kream, peaches n' kream, apples n' kream, dutch nut chocolate, and apricot rum. At the Buffet, they call him Mintz, the Prince of Tofu." Photos show: David Mintz at his Tofu Time ice cream machine. The deli case at Mintz's Buffet.

5132. **Product Name:** Tofu Time Tofu Ice Kream [Country Vanilla, Old-Fashioned Chocolate, Strawberries n' Kream,

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Peaches n' Kream, Apples n' Kream, Dutch Nut Chocolate, or Apricot Rum].
Manufacturer's Name: Mintz's Buffet.
Manufacturer's Address: 1040 Third Ave. (Between 61-62 St.), New York City, NY 10021.
Date of Introduction: 1981. July.
How Stored: Frozen.
New Product–Documentation: Londin. 1981. Soyfoods. Summer. p. 6-7. "Mintz's Buffet." Note: Londin designed the first poster and menu on which the term "Tofu Ice Kream" appeared. Nation's Restaurant News. 1981. Sept. 14. "His (Mintz's) most popular item is an imitation ice cream made with tofu and called 'tofu ice kream.'" Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 56. This product was renamed Tofutti in late summer, 1981. It was sold commercially inside Mintz's Buffet from that time, and to other retail outlets from May 1982.

5133. **Product Name:** Deep-fried Tofu Pouches (Aburage).
Manufacturer's Name: MU Tofu Shop.
Manufacturer's Address: 1735 W. Greenleaf, Chicago, IL 60626. Phone: 312-743-1339.
Date of Introduction: 1981. July.
New Product–Documentation: Leviton. 1981. Soyfoods. p. 28.

5134. Needleman, Larry. 1981. Tofu plant profiles: Swan Gardens, Miami. *Soyfoods* No. 5. p. 26-27. Summer.
• ***Summary:*** Swan Gardens, located in Industrial Miami, is a family-run business which was started by and is now owned by Jocelyn and Dick McIntyre. It has 6 employees, including the McIntyre's daughter and, earlier, Jocelyn's mother. "The company began in St. Ignatius, Montana in 1978 where they produced 500 pounds of tofu weekly from a small shop situated on an organic vegetable farm, Jocelyn McIntyre had been making tofu at home for 8 years previously and finally yielded to her friends' encouragement to produce tofu commercially. In August 1979 they sold their company and farm and used the proceeds to launch Swan Gardens in Miami, which they opened in January 1980. They wanted to get into tofu in a big way and Miami seemed like a promising, wide-open market. Today they manufacture 2,100 lb of firm, vacuum packaged tofu, 5 to 6 days weekly, and distribute over 50% of it outside of Florida, often as far as Illinois and Ohio." A detailed description of the tofu production process and equipment is given. "What I find most impressive about Swan Gardens is their excellent application of American equipment to fashion a smooth production flow in a very clean and well maintained plant. They are among a few innovative companies that are trying vacuum-packing tofu as a way to extend shelf life and attract customers. Jocelyn McIntyre describes the company as 'a stable, solid business with a good work crew.' They are preparing an okara tempeh for the market and plan to release soysage and baked tofu in the future." Photos show: (1) Dick McIntyre and his daughter, Cecilia/Ceci, standing behind a 200 gallon tank of soymilk (p. 26). Ceci and her grandmother (Joci's mom) preparing tofu for vacuum packaging (p. 27). Address: Bean Machines Inc., Bodega, California.

5135. Needleman, Larry. 1981. Tofu plant profiles: Sunshine Soy, Miami. *Soyfoods* No. 5. p. 29-30. Summer.
• ***Summary:*** Sunshine Soy is owned and operated by Danny Paolucci in Coral Gables, a suburb of Miami. "Starting in 1970 when he became acquainted with the vegetarian diet and the food uses of soybeans, Mr. Paolucci has been 'screaming soybeans,' as he remarks. In the mid-1970s he was cook at the Mt. Baldy Zen Center in California where he experimented with soybean dishes and made community scale miso. In 1974 he wanted to open a soy plant but there was no technology or information available; existing Oriental plants were unwilling to help him. In December 1977 he linked up as manager with the meteoric Swan Foods of Miami, an early multiproducts soy company that in its one intense year of business lost some $140,000. Mr. Paolucci emerged from the experience with considerable insight and some manufacturing equipment so that in June 1980 he was able to launch his own soy venture"–Sunshine Soy.

The company now makes 500-750 lb of tofu a day, plus tempeh, baked tofu, soymilk, miso salad dressing, and soysage. Photos show: Danny Paolucci. A hydraulic forming box press. A clamshell sealer. A Chisholm-Ryder screw extractor; unfortunately it is no longer manufactured. Address: Bean Machines Inc., Bodega, California.

5136. Rakosky, Joseph, Jr. 1981. Tempeh today: Report from Indonesia. *Soyfoods* No. 5. p. 34-35. Summer.
• ***Summary:*** This year Rakosky traveled to Southeast Asia on behalf of the American Soybean Association (ASA), the Foreign Agricultural Service (FAS), and the USDA. He visited five countries: Philippines, Singapore, Malaysia, Thailand, and Indonesia. The purpose of his trip was to encourage people to use soy protein products in their foods and the report his impressions on the market potential.

In Indonesia he found that soymilk was being made in villages by licensed businesses for use in schools; it was flavored with ginger and contained 8% added sugar and 0.03% salt. Plans were underway to start a special soymilk project in which the beverage would be retorted, then distributed in shelf-stable cans and bottles.

Dr. F.G. Winarno, head of Nutritional Research and Development at the Agricultural Institute of Bogor in Jakarta, is involved in a program to improve the nutritional level of Indonesians living in villages. His group is concerned with the design and construction of equipment suitable for village level food processing.

Dr. Winarno said the biggest change in tempe processing occurred in 1976 when the university showed tempe makers

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that they could get a better product, faster, by incubating their inoculated soybeans in plastic bags rather than in the traditional banana leaves. "'Twenty years ago the people of Java ate tempe and the Chinese ate tofu,' Dr. Winarno explained. 'Today they are both considered national dishes for the Indonesian people.'" About 70% of the soybeans in Indonesia are used to make tempe, with 20% used to make tofu. The biggest tofu maker in Indonesia uses a little less than 10 metric tons per day.

There follows a detailed description of how tempe and tempe starter are made commercially in a traditional Indonesian shop. "The government requires tempe shops to offer small preparation areas for villagers to use to make their own tempe."

"While the Chinese make up about 4% of the total population, they control about 80% of the wealth; obviously they are the country's businessmen, an imbalance the government is trying to correct."

KOPTI is an cooperative organization of independent tempe and tofu makers, mostly small companies, with a current membership of 2,035. To become a member, a company pays a one-time fee (depending on the size of the company) then a monthly fee of $1.62. Members buy their soybeans from KOPTI, which presently handles 4,800 metric tons a month and uses its large volume to get low prices. KOPTI also helps its members upgrade their products and schools them in sanitary practices.

"Since tempe is so popular in Indonesia, one would expect to find it in local supermarkets, but it cannot be found there." A photo shows a small tempe shop in Jakarta, with soybeans being soaked in metal barrels. Address: Morton Grove, Illinois.

5137. **Product Name:** Cal-gari Tofu (Regular Tofu made with a Blend of Calcium Sulfate and Nigari Coagulants).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. July.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. Bulk packing.

5138. Ridenour, Jeremiah. 1981. Honey extractor for tempeh [centrifuge/dewaterer]. *Soyfoods* No. 5. p. 50. Summer. [1 ref]
• ***Summary:*** For beginning or small-scale tempeh makers who wish to get into business on a shoestring. After converting a dead refrigerator into an in incubator, you can get a low-cost, manual centrifugal honey extractor for cooling and drying the cooked soybeans or splits. Describes how to convert the equipment to tempeh use, and how to use it. The total cost of the extractor and conversion was about $125. A list of two honey equipment suppliers is given. A photo shows the cylindrical extractor and its internal basket. Address: Santa Cruz, California.

5139. Ridenour, Jeremiah. 1981. Tofu has a fling with cling [peaches]. *Soyfoods* No. 5. p. 44-46. Summer.
• ***Summary:*** "On April 12 to 14 in Sacramento, California, institutional tofu awareness took a step forward. A well-respected organization called the Cling Peach Advisory Board decided to use tofu as the theme of their exhibitors booth at the 1981 California School Food Service Association's (CSFSA) 28th Annual Meeting. In conjunction with Thelma Dalman of Santa Cruz City Schools, the Cling Peach group tested several recipes using peaches and tofu.

"Allen Burgi, who is the food service director for Cling Peach, is the source for Cling's enthusiasm about tofu. Allen visits Japan yearly and provides the Japanese with American cling peaches for their school lunch programs. Allen also had a more personal experience with tofu. By eating tofu in various forms twice a day he lost 19 pounds in 60 days. Tofu couldn't have found a better sponsor than Allen and Cling Peaches.

"Allen needed a tofu addict to answer the questions that were bound to arise when tofu appeared with Cling Peach at the CSFSA. Thanks to Thelma Dalman's recommendation, Allen asked me to appear at the exhibition and to write a short statement ('What ever food service operator should know about tofu'), which was handed out during the show." Address: Santa Cruz, California.

5140. Rosenau, J.R.; Herrick, J.P. 1981. Cheddar cheese & tofu mixtures. *Soyfoods* No. 5. p. 9-10. Summer. [3 ref]
• ***Summary:*** Using tofu to extend cheddar cheese has some advantages over using typical soy-based extenders. "(1) The flaking step mixes lipoxygenase (the 'off flavor' enzyme) with substrate generating flavor problems that are hard to correct.

"(2) Heating the flakes to inactivate growth inhibitors often produces toasted flavors.

"(3) Raffinose and stachyose remain in the meal causing potential flatus problems.

"(4) Excess fiber remains in the meal causing texture problems in the extended cheese."

To make processed tofu-cheddar cheese, drain tofu and press it in nylon press cloth until only about 60% moisture remains. Mix 27% tofu with 73% aged, extra-sharp cheddar cheese, grind the mixture, the homogenize using a colloid mill. Emulsify, adding 2.5% disodium phosphate as an emulsifying salt; heat and agitate as the pH rises to 6-7. Add 6N hydrochloric acid the adjust the pH downward to 5.5–5.7. Form into molds, package, and cool to 1.1ºC. The manufacturing cost of this product is estimated to be 23% below regular sharp cheddar cheese. Address: 1. Dep. of Food Engineering, Univ. of Massachusetts, Amherst, MA 01003; 2. General Foods Corp.

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5141. Shurtleff, William; Aoyagi, Akiko. 1981. Das Tofu-Buch: Nahrung fuer alle Band 2 [The book of tofu: Food for mankind. Vol. 2]. Soyen, West Germany: Ahorn Verlag. 288 p. Illust. by Akiko Aoyagi Shurtleff. Index. July. 23 x 21 cm. Translated from the English by Rainer Bosch and Gudrun Klein. [43 ref. Ger]

• ***Summary:*** Contains 500 recipes. Contents: How to use this book. Preface. Acknowledgements. 1. Protein East and West. 2. Tofu as a food. 3. Getting started. 4. Soybeans. 5. Fresh soybean puree (*Frisches Sojapüree*). 6. Okara. 7. Soymilk curds and soymilk (*Sojaquark und Sojamolke*). 8. Tofu (History, how to make at home, basic preparatory techniques). 9. Recipes for regular and firm tofu. 10. Deep-fried tofu: tofu cutlets, burgers, and pouches (*Vorfritierter Tofu: Tofuschnitzel, Tofuburger, Tofutaschen*). 11. Grilled tofu (*Gegrillter Tofu*). 12. Frozen and dried-frozen tofu (*Gefrorener Tofu und gefriergetrockneter Tofu*). 13. Fermented tofu (*Fermentierter Tofu*). 14. Soymilk (*Sojamilch*). 15. Silken tofu (*Seidentofu*). 16. Yuba. 15. Tofu and yuba in China, Taiwan, and Korea. 17. Farmhouse tofu for large families. 19. The ethos and tradition of handmade tofu production. 20. Making tofu in a traditional shop. Appendices: A. Tofu restaurants in Japan. B. Varieties of tofu in East Asia. C. People and institutions connected with tofu worldwide (Incl. directory of tofu manufacturers). D. Sources of supply for tofu production. Bibliography. Glossary. Favorite tofu recipes. About the authors and their work (autobiographical). Tofu–An opportunity for poor and rich lands. The tofu kit (from Sojaquelle in West Germany and Oekullus in Switzerland).

Note 1. This is the earliest publication seen (April 2013) that uses term "Tofurei" to refer to tofu shops / manufacturers. The term was coined by Gabriele Furth-Kuby of Ahorn Verlag.

Note 2. "Sojaquark" is used to refer to soymilk curds rather than to tofu. Published in a hardcover edition only. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

5142. Shurtleff, William. 1981. Soycrafters conference speech: The year in review, 1980-81. Paper presented at Fourth Annual Soyfoods Association of North America (SANA) Conference, Colorado State University, Fort Collins, Colorado. July 8. 14 p. Unpublished manuscript.

• ***Summary:*** In outline form: Discusses the major events of the past year, month by month, overall developments, and the main problem: To build a strong trade association. The conference was held on 8-12 July 1981. Address: Co-founder and director, Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5143. Shurtleff, William. 1981. William Morse: The father of soybeans in America (Continued–Part II). *Soyfoods* No. 5. p. 56-60. Summer.

• ***Summary:*** Continued: "It is truly remarkable that the authors were able to write such a complete and detailed book when neither of them had been to East Asia. (Morse would later spend two years there; 1929-1931.) Most of the book was actually written by Morse who, nevertheless, kindly listed Piper as the senior author. He gathered his information and photographs by extensive correspondence with researchers throughout East Asia and apparently drew heavily on a large collection of books on Chinese agriculture called the Swingle Collection, named after Walter T. Swingle of the Office of Crop Physiology, who spoke Chinese, had traveled extensively in the Orient collecting plants and the books, and had housed them at the USDA library, where Morse did much of his research. Decades ahead of its time, *The Soybean* soon became the standard work on the subject and was referred to by many as 'the soybean bible.' Dr. Piper died in February 1926 at the age of 69.

"Morse's fine work was already starting to give real substance to Piper's dream. In 1920, Morse helped to found the American Soybean Association (ASA) and thereafter helped to unify and direct an ongoing program of research and experimentation. Morse distributed seed from new introductions to anyone interested in soybeans. Among his closest contacts at the State Agricultural Experiment Stations were W.L. Burlison in Illinois and C.B. Williams in North Carolina. As late as 1927, most soybean agronomy research was still done on plots in Washington, D.C. outside the USDA south building. Morse sent out seeds to the states but farmers had problems; they shattered at maturity, were hard to harvest, and were abrasive on the binder canvas in those days before combines. Thus in the early years the tide of interest in soybeans ebbed and flowed. Doubters were always ready to laugh at anyone who talked of the soybean becoming a major U.S. farm crop. But this only served to spur Morse on to greater efforts. He was a very effective extension worker with many contacts, a deep knowledge of his subject, and good intuition. His desk at the USDA soon became the clearing house for information about the soybean. In 1927 he wrote: 'We may keep this work going and place the soybean where it belongs–in the King row with King Corn and King Cotton.'

"The Dorsett-Morse Expedition to East Asia (1929-1931): In the late 1920s it became evident to the USDA that the soybean had definite promise as a crop in America and it was decided to send W.J. Morse and P.H. Dorsett to East Asia for two years on what was officially known as the Oriental Agricultural Exploration Expedition (but which people interested in soy usually call the Morse Expedition) to 'make investigations regarding the utilization of the soybean in Oriental countries and the securing of varieties that might be of value to widespread American conditions' (Morse, 1929). In 1929 when the expedition left, Morse was age 45 and had worked on soybeans with the USDA

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for 22 years. Dorsett (1862-1943), now age 67, was a plant explorer from the USDA Office of Plant Introduction; he was described by a fellow agricultural explorer, David Fairchild, as one of the most ingenious and indefatigable workers he had ever known. Whereas Morse was a specialist, interested in soybeans, Dorsett was a generalist, interested mainly in persimmons, but also in grasses, forages, and other plants.

"During the expedition, Morse and Dorsett kept detailed daily journal notebooks, which were typewritten after the trip and bound in 17 hardback volumes. These volumes, primarily the work of Dorsett, also contain correspondence plus thousands of black-and-white photographs taken by both men. In the bound volumes there are several references to a 'special report on the soybean and its products' that Morse intended to write. Apparently he never completed it, although he did complete detailed chapters on tofu and soymilk. The only original copy of the documents described above is in the archives of the American Soybean Association in St. Louis, Missouri. [Note: As of 2011, it is in Rare and Special Collections, at the National Agricultural Library, Beltsville, Maryland].

"The group arrived in Tokyo on March 18, 1929, and set up headquarters. In August they traveled to Hokkaido, the northernmost island of Japan and center of soybean production, where they studied both soybean cultivation and food uses. In December 1929 they returned to Tokyo and spent full time until March 1930 collecting soyfoods and studying their production and use. On April 1, 1930, they arrived in Dairen, Manchuria, to study soybean cultivation and oil extraction. Dorsett left Morse in the summer of 1930 and went to Peking. He did not rejoin Morse on the trip, although he wrote regularly. Morse went to Korea on August 22, to Mukden in Manchuria on September 29, back to Dairen, the oil-processing capital of East Asia, and then to Peking on October 20; Morse apparently spent only 20 days in China on the entire trip. In late December they took a ship from Dairen back to Kyoto and then Tokyo. On February 17, after several more months of soyfoods research in Tokyo, they sailed for America, arriving in San Francisco on March 4, 1931. Morse's collection efforts–months of tramping through the fields of East Asia–were a bonanza. He discovered that almost every village in the Orient had its own distinctive soybean varieties, developed during thousands of years of close cultivation and inbreeding. Unlike their Western counterparts, Chinese farmers didn't think of looking for improved varieties in nearby villages and then growing these in their own village. They loyally grew the varieties that had been handed down by their honorable ancestors, and wouldn't dream of growing a variety handed down by someone else's ancestors. Morse's major accomplishments on the expedition were: (1) he collected approximately 4,600 distinct soybean seed samples representing roughly 2,000 soybean varieties and including 150 large-seeded vegetable type varieties collected mostly in Korea and Japan; all of these were introduced into the U.S. germplasm collection; (2) he realized for the first time the superiority and potential of the vegetable-type soybeans for food use and later played the leading role in propagating them and teaching others of their value; (3) he developed a much better understanding of soybean growing methods and technology; and (4) he collected more than [commercial] 250 food products made from soybeans, which he took back to America, and did by far the most extensive studies on soyfood production of any Westerner up to that time.

"In his journals and letters, Morse wrote more than once that he was 'amazed at the extent to which the soybean was used for food in Japan.' He was intrigued by the techniques for making tofu, miso, shoyu, natto, and other soyfoods, spent many days in small shops with producers, and described their processes in great detail, taking hundreds of pages of typed text with hundreds of photographs.

"The two-year trip was a tremendous adventure for both Morse and Dorsett. Morse later remarked that he considered it the highlight of his career. He was finally able to fully grasp the great potential of the soybean, which he had only been able to glimpse through his years of reading and work in America." Continued. Address: Soyfoods Center, P.O. Box 234, Lafayette, California.

5144. Shurtleff, William. 1981. William Morse: The father of soybeans in America (Continued–Part III). *Soyfoods* No. 5. p. 56-60. Summer.

• ***Summary:*** Continued: "Later years in America (1931-1959): Morse returned to America in March 1931 with great enthusiasm and interest in transmitting to America all that he had learned in East Asia. He was now a principal agronomist at the USDA Bureau of Plant Industry. With the stage set for the fruition of years of work and research that would transform the place of the soybean in the Western world, let us pause for a minute to ask, 'What kind of a man was Bill Morse?'

"In appearance, he was tall and lean, with a kind face and soft features. Farmers all over America, with whom he had met and talked in their fields, might remember his baggy suspendered pants, loose tie, and slouched hat, his great interest in their problems and successes.

"George Strayer, editor for 27 years of the American Soybean Association's *Soybean Digest*, who had known Morse since 1927, said of him: 'He was a quiet, unassuming, yet brilliant fellow, not particularly dynamic as a speechmaker, but intensely interested in seeing soybeans progress. He would sit up half the night talking with people about soybeans and soyfoods.'

"An article by Mary Burr Pieters in the September 1944 *Soybean Digest* described Morse as 'modest and retiring but sure and right as rain... He studied, he traveled, he toiled, he experimented–he exhorted–and the result of all of this singleness of purpose and devotion surely borders on

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fantastic.'

"Edward J. Dies, his close colleague, described him in Gold from the Soil as 'heedless of material gain or personal honor, shy, modest, agreeable, and easy going, but with the repressed intensity of a crusader.' Martin G. Weiss, who worked under Morse for many years and succeeded him when Morse retired, said of him: 'He was a kindly man, always willing to encourage and give moral support to his subordinates. He was loved by all, and his employees worked hard–they never wished to disappoint him.' His daughter Margaret described him in 1980 by saying: 'He was a gentle, soft-spoken person, who liked others and they liked him. He liked to tease, and the secretaries at his office all loved it. He was a very easy person to get along with; he was slow to anger and never cursed. He wasn't aggressive; where some might push, he would give in. He was intelligent. His work came first. He was not financially ambitious.'

"After returning from East Asia, Morse was more interested than ever in soyfoods, and much of the subsequent increasing interest in America derives from his efforts. He expanded his work with the USDA Office of Home Economics in Washington, D.C. and interested researchers in the Department of Home Economics at the University of Illinois to get involved with research on soyfoods, especially on use of the large-seeded, vegetable-type soybeans he had brought back from East Asia. He encouraged development of soyfoods recipes suited to American tastes and talked a lot about soyfoods at American Soybean Association meetings and many other gatherings. Working with others, he was largely responsible for the development of soy flour and grits. One entire wall of Morse's Washington office was covered with floor-to-ceiling shelves, filled with soyfood samples from Asia.

Except for Dr. Harry Miller, Morse was probably the first soy researcher in America to make soyfoods a regular part of his diet. While in East Asia, he and his family had become very fond of Oriental cooking, and especially of soyfoods, and they enjoyed them often after returning to America. Of the many recipes they brought back from the Orient, Morse's favorite was sukiyaki. He built a low sukiyaki table with a hot plate on top and cushions around it on the floor in his home and at every opportunity would invite over guests to serve them his specialty which of course featured tofu and sprouts. He also liked to take family and friends out to a good Chinese or Japanese restaurant. The family enjoyed using soy flour when making breads, muffins, or waffles. Morse's mother [Edna] liked to cook him fresh green soybeans and his wife regularly fixed him her favorite Boston Baked Soybeans. Morse loved soymilk ice cream; one magazine ran a full-page photo of him happily eating it. He also regularly enjoyed tofu, soymilk (plain and acidophilus), and soymilk yogurt, and these foods became increasingly important in his largely meatless diet after he found he had an ulcer. In fact he once told George Strayer that, with his ulcer, he felt these soyfoods had greatly extended his life and good health.

"Morse also actively continued his soybean selection and propagation work at the Arlington Farm. He realized more than ever that if the soybean was to become a national crop that hundreds of different varieties, adaptable to different latitudes, soils, and climates, would have to be found and developed by breeding. He was especially interested in working with farmers and the USDA to stimulate research and development on the vegetable-type soybeans, which had been little more than a curiosity prior to his trip to East Asia. While Morse was the first to popularize the vegetable-type soybeans, he was not the first to introduce them. The variety Easycook (which took less than half as long as most field-type soybeans to become tender after boiling) was introduced to the U.S. in 1894 and the Hahto was introduced in 1915. Morse mentioned both of these in *The Soybean* in 1923 but did not mention the term 'vegetable-type soybeans,' and was apparently unaware of their significance. Many of the vegetable-type soybeans that Morse brought back from East Asia were grown out and starting in 1934, distributed to various state agricultural experiment stations for trial.

"Up until 1928, Morse, in charge of soybean research, had been the only USDA employee working full time in this field. In 1928 the USDA hired a second full-time soybean researcher, Jackson L. Cartter, who had just graduated with a master's degree from Iowa State College. From 1928 to 1933 Cartter did soybean research on a farm in Holgate, Ohio that was managed by the Ohio Experiment Station. From 1933 to 1936 Cartter worked directly under Morse at the USDA Experiment Station, Arlington Farm, Virginia; he tested, grew out, and classified many of the soybeans from Morse's trip to East Asia. In 1936 Cartter helped to organize the U.S. Regional Soybean Laboratory at the University of Illinois. He became the first director of its agronomic division and was placed in charge of the soybean breeding program for the 12 Midwestern states; he studied the soybean's oil and protein composition, and served as director of the laboratory until his retirement in 1965.

"Unfortunately the long-term results of Morse's collection efforts in East Asia are not what they might have been. It was estimated in 1980 that only 25,000 acres of the 70.1-million-acre U.S. soybean crop were planted in vegetable-type soybeans, a mere 0.04 percent of the total. They have never become popular here for various reasons; they give 20 to 30 percent lower per-acre yields than field-type soybeans, tend to shatter easily at maturity and are thus hard to harvest, and consequently sell for 12 to 18 percent more than other soybeans. If they were less expensive, large amounts would probably be used in East Asia to make tofu, soymilk, tempeh, and miso by producers who already buy their beans from America." Continued. Address: Soyfoods Center, P.O. Box 234, Lafayette, California.

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5145. Shurtleff, William. 1981. William Morse: The father of soybeans in America (Continued–Part IV). *Soyfoods* No. 5. p. 56-60. Summer.
• ***Summary:*** Continued: "Moreover, in the U.S. only about 11,350 tons of soybeans (a mere 0.02 percent of the total U.S. crop) are used directly as food in a lightly processed form that allows the virtues of the vegetable-type bean (better flavor and texture, higher protein, larger seeds) to shine through. About half of the U.S. vegetable-type soybeans are exported to soyfoods producers in Japan and Europe and half are used for American soyfoods. The major uses, in order of importance, are for tofu, soynuts, soymilk, whole canned (mature) soybeans, and tempeh.

"Bill Morse was a strong supporter of the American Soybean Association. He was at the founding meeting in 1920 and was elected president three times (1924, 1925, and 1932). Pioneer soybean grower, E.F. 'Soybean' Johnson later said that 'for many years the ASA existed mainly through Morse's untiring efforts.' He was the mainspring that kept the clock ticking year after year through good times and bad. In 1944 George Strayer said: 'Morse might be called the 'daddy' of the American Soybean Association as well as of the soybean in America, since our organization has probably leaned on him more than any other man through the years. He has always been a guiding light and missed few if any meetings (except 1929-31 when he was in Asia). It is doubtful if anyone can equal his record.'

"Morse was a highly competent researcher and a prolific writer. Between 1910 and 1950 he wrote some 87 articles and bulletins on soybeans and soyfoods, including The Soybean–in addition to making hundreds of speeches. Many of his articles appeared in publications of the American Soybean Association. He was editor of the Association's first publication in 1928 entitled *Proceedings of the American Soybean Association*, which contained 192 pages of papers given at the annual ASA conferences between 1925 and 1927. He contributed several papers to this volume, including 'The Distribution of Soybeans in the U.S.' (1927). He was also a frequent contributor to the *Soybean Digest*, which the ASA started in November 1940.

"The first article on soyfoods run by *Soybean Digest* was an article by Morse about vegetable-type fresh green soybeans entitled 'Shanghied... A Super Food' (July 1941). His second article was also on vegetable-type soybeans, 'Soys in Food: Future of Vegetable Varieties' (September 1945). In 1951 he wrote 'What's in a Name,' describing the significance of the poetic names given to varieties of soybeans in East Asia.

"In November 1949, when Morse retired after 42 years of service, he was known throughout the world, but especially in the U.S. and East Asia, for his work on soybeans and soyfoods. In 1907, when he started work, the soybean was such a small crop that no records of its production were kept. One measure of the success of his work is the amazing expansion of the crop from about two million bushels in 1919 to 9.4 million in 1929, 91 million in 1939, and 200 million in 1949.

"On retirement, Morse turned his work over to Martin G. Weiss, a professor of plant breeding and genetics from Iowa State University. From his home in Takoma Park, Maryland, where he had lived since 1917, Morse moved to Eastchester, New York, next door to his daughter, Margaret, who had accompanied him on the trip to East Asia. During the last ten years of his life he worked from time to time on his book on soyfoods (which, unfortunately, he never finished), did a lot of reading and gardening (he planted his own vegetable-type soybeans and enjoyed them each spring as fresh green soybeans, or later in the season, as mature cooked soybeans), and kept in active touch with the world of soybeans and soyfoods through many visitors and an extensive correspondence. He continued to enjoy soyfoods in his home meals.

"On the morning of July 30, 1959, at age 75, William J. Morse died of a cerebral hemorrhage at his home in Eastchester, New York.

"The work of Bill Morse runs like a bright thread through the whole tapestry of soybean and soyfood development in the Western world. We can pay no greater tribute to the man than to carry on his work and help fulfill his dream.

"For their help in providing information related to this article, the author would like to thank Mrs. Walter Thalman (Morse's daughter), George Strayer, Martin G. Weiss, Theodore Hymowitz, Jackson Cartter, R.W. Howell, and Verna Donavan." Address: Soyfoods Center, P.O. Box 234, Lafayette, California.

5146. Southfork Tofu Cafe. 1981. July. New soyfoods restaurant or deli. 322 Fuller Ave., Helena, MT 59601.
• ***Summary:*** R. Leviton. 1982. Vegetarian Times. April. "On the road for the fast food burger: A soy deli odyssey." Ad for "South Fork Cafe" in Montana Prospect (undated), page 9. Questionnaire filled out by the 3 owners: Bruce Anfinson, Vicki Keller, Richard Saravalli. ca. 1982. "Originated last May. Open for business July 1." Menu for "The Southfork." about 1982. Many of the recipes contain meat. For details, see separate Menu entry for 1982. Address: Helena, Montana. Phone: 406-443-5586.

5147. Soycrafters Association of North America. 1981. Soyfoods in America (T-shirt). 100 Heath Rd., Colrain, MA 01340.
• ***Summary:*** This beige T-shirt is 100% cotton. On the front is an 8.5-inch diameter illustration of a person (Richard Leviton) standing behind a vat of hot soymilk, stirring in the coagulant to make tofu. The drawing, by Akiko Aoyagi Shurtleff, is brown, largely inside of a circle, against a

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background that goes from red at the bottom, through orange, to yellow at the top. It is largely the same as the Association's logo. Around the bottom of the circle, in outline brown capital letters is "Soyfoods in America." This T-shirt was developed by Richard Leviton for the annual soyfoods symposium at Colorado State University. Address: Colrain, Massachusetts.

5148. *Soyfoods.* 1981. Mini-Mite Bean Mill. No. 5. p. 55. Summer.
• ***Summary:*** "The need by the small-scale, traditional-style tofu shop for an inexpensive, all stainless steel, sanitary soybean mill prompted Bean Machines, Inc. to develop their new 'Mini-Mite.' This economy model uses the same heavy rotor, screen, and control disc as their huskier models, but utilizes standard food service industry stainless steel containers for its housing. The result is a powerful, but lighter, machine, powered by a two-horsepower motor with a capacity of 100 pounds of dry soybeans per hour, compared with capacities of 300 and 600 pounds for the heavier-duty models. The Model M6C combines simplicity and efficiency and uses a 'butterfly' rotor rotating at 3600 rpm (driven by a two horsepower, 115/230 volt single-phase motor, painted with sanitary white enamel) within a 360 degree stainless steel screen. The control flow disc meters the beans for an even, steady feed. The M6C is constructed from lightweight 304 stainless steel with sanitary surface finish inside and outside. The Mini-Mite has a 3¼-inch diameter inlet, a 2 x 3 inch outlet, a two-blade removable hammer with one full circle perforated screen (inside dimension 6 inches x 2 7/16 inch high). The Mini-Mite comes with a one-year warranty against mechanical defects and sells for $1485 with a four-week delivery time. For more information, write: Bean Machines, Inc., P.O. Box 76, Bodega, CA 94922; tel. (707) 876-3341." Address: Bean Machines, Inc., P.O. Box 76, Bodega, California 94922.

5149. *Soyfoods.* 1981. From Thelma's kitchen: Tofu tamale pie. No. 5. p. 68. Summer.
• ***Summary:*** Contains a recipe for Tofu Tamale Pie that serves 50. A photo shows Maxine Prairie as she mashes tofu. Address: Director of Food Services, Santa Cruz City Schools, California.

5150. *Soyfoods.* 1981. Innovative soy technologies [at Food Protein Research and Development Center, Texas A&M University]. No. 5. p. 13. Summer.
• ***Summary:*** On 14 April 1981 the Food Protein Research and Development Center (FPRDC) at Texas A&M University celebrated the official opening of its new 28,000 square foot facility with a two-day industrial open house and oilseeds conference. Dr. Edmund Lusas, the center's director, prepared an informative program and tour of the innovative pilot plant. Dr. Khee Choon Rhee is assistant director and Dr. J.T. Lawhon is pursuing new commercial applications.

A photo shows a large extrusion cooker that has been used to make cottonseed tofu (called TAMU-curd), roasted cottonseed nuts (TAMU-nuts), and textured vegetable protein. It might be a new tool for making tofu from soybeans. Address: Food Protein R&D Center, Texas A&M Univ., Faculty Mail Box 183, College Station, TX 77483.

5151. **Product Name:** Mexican Pastry (With Tofu)
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521.
Date of Introduction: 1981. July.
Ingredients: Tofu, brown rice, beans, onions, salsa, herbs, spices, whole wheat flour, soy margarine, sea salt.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 3 inch diameter. Self adhesive. Green, blue and yellow on white.

5152. Wagner, Martha. 1981. Soy down under. *Soyfoods* No. 5. p. 11-12. Summer.
• ***Summary:*** First discusses the work of Marcea Weber and Debbie Schmetzer in Australia. Marcea Weber owns The Soybean Factory located just outside of Sydney, Australia. Debbie, formerly a tofu maker at Surata Soyfoods in Eugene, Oregon, is now living in New Zealand, where she plans to start a soyfoods business. "Marcea, originally from New York, began her tofu business three years ago, about a year after arriving in Australia from England where she operated a small natural foods bakery. Koreans and Chinese were already producing large volumes of tofu in Australia but her business was the first to produce a nigari tofu. After three years, tofu is still quite foreign to Australians, Marcea says...

"The Soybean Factory sells to natural food stores, restaurants, and juice bars. It produces only 600 half-pound blocks a week. Using simple Takai machinery with a 45-gallon Australian pressure cooker, only 30 pounds are produced in each batch so the selling cost is high, about double U.S. prices, and much higher than Korean and Chinese tofu sold in Australia." "The factory employs three production workers and a manager. Marcea does the promotion. She also spends much of her time teaching cooking and nutrition classes at the East-West (Macrobiotic) Center, which she and her husband, Daniel, an acupuncturist, established when they arrived in Australia."

In New Zealand, "no one outside the Chinese community had even heard of tofu until an Auckland health food store, Harvest Whole Foods, began producing it in a backroom kitchen last October [1980]. The enthusiasm for tofu was shown by several restaurants doing an alternative lifestyle festival, which featured tofu burgers, has produced healthy sales for the shop. The three owners, Greg and Ricky Chalmers and Ricky's wife, Elizabeth, are producing about 170 to 299 kilos (374 to 440 pounds) of tofu a week. They

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expect sales to grow and are planning to expand production facilities."

Debbie Schmetzer arrived in New Zealand in Jan. 1981 with her husband, Peter (who was born in New Zealand) and their young son. She describes the process and ingredients used to make tofu at Harvest Health Foods, then notes that "Even in the Chinese community, only two Chinese restaurants are making tofu. Harvest's main customers are Indonesians, vegetarians, people switching from dairy to soy on the advice of naturopathic doctors, and spiritual seekers such as Hare Krishna and Divine Light people." On the Run is a fast food deli that makes excellent tofu dishes in Auckland, including tofu burgers, curried tofu salad in pita bread, and tofu tacos with locally made tortillas.

Letter from Martha Wagner. 1981. July 24. "Before this article went to press I learned that Debbie and her husband had become disillusioned with attitudes in New Zealand toward food and organic agriculture, red tape, and toward setting up business–especially concerning a mold to make tempeh. So they took off for greener pastures in Australia. They are now mulling over the scene in the Melbourne are and may well do a bagel business combined with a soy deli. She would be a good person for a soyfoods information center there. Address: 35 Flower Street, Essendon 3040 Victoria, Australia.

"For the addresses of the Koreans and Chinese making lots of tofu in Australia, contact Marcea Weber, 29 Belmore St., Rozelle 2039, NSW.

"Did you meet the Australian couple Fred and Radhika Koch at the SANA conference? They are planning to set up a good size tofu operation as a support for a 26-person community in the country." Address: USA.

5153. Dukess, Karen. 1981. Tofu, tofu everywhere. *New York Times.* Aug. 2. Section 3. p. 17, col. 1.

• ***Summary:*** Yogurt didn't catch on in America until Dannon added fruit to the plain product in 1968 and won the hearts of a newly diet-conscious nation. Yogurt production climbed from 44 million pounds in 1960 to 589 million pounds in 1980. Production of tofu and tofu products in 1980 was about 52 million pounds. But Tom Timmins, owner of New England Soy Dairy, predicts that tofu could be the yogurt of the 1980s.

The big American food companies aren't biting yet. "'Most companies are aware of the incredible blood, sweat, and tears it will take to create another yoghurt,' said Timothy Metzger, director of new products/planning at Dannon."

The Hinode Tofu Co. started in Hawaii in 1939, and opened in Los Angeles in 1947. Today it is the largest in the USA, producing 20,000 lb of tofu a day. It reaped $110,500 profit on $3.5 million sales last year.

Mintz's Buffet is a "kosher-soy delicatessen in Manhattan. David Mintz, the buffet's owner, became intrigued when asked to create a kosher beef stroganoff. Answer: substitute tofu for the sour cream, which under Jewish law cannot be mixed with meat. Now, after four years in the kitchen, Mr. Mintz has created an all natural, no cholesterol tofu ice cream that looks and tastes like the real thing. Producing 200 gallons a week, Mr. Mintz says he cannot satisfy the demand, which includes a request from Mt. Sinai hospital for 500 portions daily. There are also tofu bran muffins, vegetable pies, and salads–plus a $2,000 tofu wedding, from tofu roast duck to tofu wedding cake.

"But the real future of tofu could lie in Washington [DC]. If President Reagan has his way, the Child Nutritional Program (mainly the National School Lunch Program, which serves approximately 4,350 million meals a year) will have to cut $1,500 million from its annual budget. Now tofu costs roughly $1.10 a pound, while hamburger is upward of $1.50 and fish over $3. (Chicken runs more like 71 cents, but that includes bone.) With that sort of math in mind, an Agriculture Department task force recommended last month that tofu be accredited to the program."

Note 1. This is the earliest document seen (Feb. 1999) which conceives of tofu as "the yogurt of the 1980s." This theme would repeated many times during the 1980s.

Note 2. This is the earliest document seen (Oct. 2001) that contains industry or market statistics on soy ice cream for individual companies.

5154. Sobocinski, Sylvia. 1981. Tofu: destined to become as American as apple pie. *Country News* (*Massachusetts*). Aug. 6.

• ***Summary:*** About tofu and Nasoya Foods, which is owned by John Paino and Bob Bergwall. They met 10 years ago when they lived in the same dorm and played soccer at Hartwick College in Oneonta, New York. That's when they got interested in natural foods and in providing an alternative to meat. Then they explored different jobs for several years. John sailed the seas as a licensed Captain and also worked as a sales representative for his father-in-law. Bob worked as a gourmet cook on Nantucket Island and then used his biochemistry background working as a lab technician in Boston.

After reading "The Book of Tofu" by Shurtleff and Aoyagi they made some small batches of tofu at home, then decided to start producing it for natural food stores. They have been making tofu commercially for the past 3 years. Today they use 2,100 lb of organically grown soybeans a day to make 4,500 lb of tofu. Nasoya in now producing 5 unique spreads. Paino predicts that within the next 5 years tofu will be as popular as yogurt in America. A photo shows Paino.

5155. Magida, Phylis. 1981. How to eat well and still kiss salt, sugar, and fat goodbye. *Chicago Tribune.* Aug. 10. p. A11.

• ***Summary:*** Many Chinese, Japanese and Korean dishes consist largely of vegetables. Instead of using meat, many

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use tofu (soy bean curd) as a protein source, since tofu contains no cholesterol and relatively little fat. When eaten with rice, the protein quality of tofu increases.

To decrease salt intake, use a low-salt soy sauce available from Yamasa soy sauce company. Or you can decrease the amount of salt or soy sauce by increasing the amount of garlic and/or ginger.

5156. Sass, Lorna J. 1981. Soy foods: Versatile, cheap and on the rise. *New York Times.* Aug. 12. p. C1, C6. Widely syndicated.

• ***Summary:*** The article begins: "Soy foods have come west and, apparently, are here to stay. No longer restricted exclusively to the world of woks and cleavers, soybeans in America are now patted into soyburgers, and tofu (soybean curd) is puréed into soy mayonnaise, baked into 'cheesecake' and fried as 'cutlets,' while soy milk emerges from the blender as a frothy carob shake or from the freezer as cantaloupe 'ice cream.'

"Because soy foods are an inexpensive source of protein, low in fat and completely cholesterol-free, they have been attracting more and more attention among the growing number of weight-conscious, health-conscious and dollar-conscious Americans. Until recently, soy sauce was the only soy product familiar to most Americans.

Contains a long discussion of David Mintz (owner of Mintz's Buffet, a kosher delicatessen at 1040 Third Avenue at 62nd Street). He makes a tofu ice cream, and a tofu-spinach quiche. "A large Japanese company wants to buy exclusive rights to distribute Mintz's tofutti 'ice cream' in Japan. 'The more dishes I make with tofu, the better my business is,' said Mr. Mintz." He is frequently called upon to cater "tofu weddings."

Also discusses Light Foods in St. Louis (Missouri), and the Rochester Soy Deli (in New York). "Two of the people most responsible for introducing soy foods to Americans are William Shurtleff and his wife, Akiko Aoyagi, who in 1975 wrote 'The Book of Tofu,' a comprehensive cookbook and introduction to the untapped potential of soy foods as an alternate source of protein."

There follow seven recipes featuring tofu and tempeh: Mintz's tofu herb dip. Breaded tofu cutlets (with frozen tofu. Might also be called "Fillet of tofu," plus a note on how to freeze tofu at home). Tofu tartare sauce. Tempeh salad. Carob-tofu-mint pie. Whole wheat pastry crust (with soy milk and soy oil). Lotus Cafe not-dogs (meatless hot dogs).

Next comes a section titled "Learning more about soy: A listing of useful books." For example: "There is no more thorough book on the history and myriad Oriental forms of tofu than the profusely illustrated *"Book of Tofu,"* by William Shurtleff and Akiko Aoyagi (Autumn Press / Random House; 334 pages; $8.95). First published in 1975, it is credited by most tofu cookbooks as the one that 'spread the light.' The hundreds of recipes, mostly Oriental in style, will fascinate adventurous cooks. Beginners may prefer the condensed, somewhat more Americanized version (Ballantine, 433 pages, $2.95)."

The long article ends with a helpful sidebar titled "How to buy and store tofu." "A four-ounce piece of tofu (bean curd) sells for about 30 cents..." One main difference "between the tofu sold in health food stores and the Oriental-style tofu sold by many greengrocers is the type of coagulant used. Tofu from health food stores is almost always made with nigari (primarily magnesium chloride and trace mineral elements derived from evaporated seawater), while Oriental tofu makers generally use calcium sulphate."

A photo shows Katherine Iselin with some of the special sandwiches at the Tofu Shop, a fast-food soy deli in Rochester, New York. She is wearing a Soyboy Tofu T-shirt. On the wall behind her is the restaurant menu.

Note: A similar article titled "Out of the wok and into the frying pan" appeared in *The Durham Sun* (9 Sept. 1981, Section B).

Another similar article titled "More budget-conscious Americans are hitting the soy–its not just sauce" appeared in the *Chicago Tribune* (29 Oct. 1981, p. W_A21).

5157. Spencer, Colin. 1981. Food: Bean feast. *Guardian* (*Manchester*). Aug. 14. p. 7.

• ***Summary:*** A recent cartoon in the *New Yorker* showed a wife serving a suckling pig, as her husband sourly remarked, "Not tofu disguised again." "Tofu is a soybean curd" that has been made in China more 2,000 years. In the 6th century, Buddhist monks made elaborate imitations of fish and poultry out of tofu. "In the United States, thanks to the moral health movement, tofu has become an 'in' food."

Although Americans constitute only 6% of the world's population, they consume 30% of its meat and dairy products. "The vegetarian minority–estimated at 10 million–are blazingly articulate in their diatribes against this injustice.

"William Shurtleff and Akiko Aoyagi have again written the definitive work, *The Book of Tofu* [Autumn Press] £4.50, available at Cranks and all health stores which stock a wide range of publications."

In England, Granose Foods Ltd. makes soya milk; it is delicious and such a book for vegans and children allergic to dairy milk. A new brand of tofu is now available. Sunwheel Foods, whose products are always impeccable in quality, are selling a tofu made by Morinaga and imported from Japan. It retails for 60 pence for 297 gm. Contains 4 recipes using Morinaga [silken] tofu: Stir-fried tofu. Sesame tofu. Tofu salad dressing. Tofu-stuffed pancakes. Address: [England].

5158. *Toyo Shinpo* (*Soyfoods News*). 1981. Tôfu zukuri wa nintai desu. Linda Lee Barber [Making tofu takes patience. Linda Lee Barber]. Aug. 21. p. 7. [Jap]

5159. Krieger, Verena. 1981. Gestern Steak, Morgen Tofu:

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Oder was man mit einer Bohne so alles machen kann [Yesterday steak, tomorrow tofu: Or all the things that can be made with one bean]. *Tages Anzeiger Magazin* No. 34. p. 6-12. Aug. 22. Also translated in English, French, and Italian. [4 ref. Ger; Eng; Ita; Fre]

• ***Summary:*** A lengthy, pioneering account of the virtues of tofu, and its development in the USA and Switzerland by the Sunday supplement to Switzerland's biggest daily newspaper. Contains numerous color photos of soyfoods from around the world. Also defines and discusses soymilk, miso, tamari, shoyu, and soy sauce, tempeh, and soy sprouts. Discusses the work of Edgar W. Schweizer (underway by 1977) in attempting to grow soybean varieties suited to Switzerland.

The Geneva restaurant "La Moisson" has had tofu on the menu for 5 years. In Bern, in the beginning of July, the restaurant "Sesam" was acquired by the first Swiss organic food store (*Bioladen*), the "Lotusbluemli" (Little Lotus Blossom). Since Sesam opened, the people of Bern have been able to get to know a rich treasure of dishes from tofu made at Sesam, as well as many applications of miso and shoyu or tamari. The vegetarian restaurant "Bristol" in Lucerne is launching tofu as its summer hit this year, in the form of Tofu Schnitzels and Burgers... In organic food shops, Reform Houses and Oriental specialty shops, miso and soy sauce are available. The following places in Switzerland sell fresh tofu, which they make on the spot: (1) Centre macrobiotique de Lausanne, ruelle de Bourg 7, 1003 Lausanne. (2) S. Gänterli, Vonmattsrr. 50, 6003 Lucern. (3) Le Grain d'Or, rue Voltair 27, 1201 Geneva. (4) De Lade, Oberaltstadt 8, 6300 Zug. (5) S. Lotusbluemli, Gerechtigkeitsgasse 17, 3011 Bern. (6) Madal Bal, Kreuzplatz 10, 8032 Zurich. On the last page of the article is an ad for Soyana in Zurich.

Note: The Italian-language edition of this article is titled "Ieri bistecca, domani il tofu." It is the earliest Italian-language document seen (Sept. 2011) that mentions tempeh, which it calls "tempeh." Address: Lucerne, Switzerland.

5160. Sklarz, Eleen. 1981. Vegetarian stakeout: Surveying restaurants in the southland that feature meatless menus. *Los Angeles Times.* Aug. 25. p. I1, I14.

• ***Summary:*** Today vegetarian restaurants are widely available. In Los Angeles County: Butter Thief (Venice): Known for its vegetarian pizza. Comeback Inn (Venice): Includes a "bistro burger" with tofu, and wok-fried vegetables with tofu. Follow Your Heart (21825 Sherman Way, Canoga Park).

Golden Temple Conscious Cookery of Los Angeles (7910 West 3rd St., Los Angeles): "This is one of the oldest of vegetarian restaurants, with other locations throughout the United States and Europe." "The restaurant is collectively owned by Sikh Pharma, a religion founded in India 500 years ago." The "Marrakesh Vege-Kebab" is a broiled vegetable and tofu kebab.

Govinda's (9624 Venice Blvd., Culver City). Meyera (Santa Monica). Natural Fudge Co. (Hollywood; Among other entrees are tofu platters). Organic-ville Vegetarian Restaurant (Los Angeles). Our Contribution (Van Nuys; serves a tuna sandwich). Paru's Indian Vegetarian Restaurant (Hollywood). Two Worlds Kosher Vegetarian Restaurant (8022 West 3rd St., Los Angeles; all the dishes are kosher. If you like soybeans, this is the place for you. "Two Worlds offers soy chicken, soy scallops, soy steaks, soy fish, and even soy chicken chow mein").

Orange County: Mother's Market and Kitchen (Costa Mesa).

San Diego (City): Cornucopia (112 W. Washington St.; Omelet choices include tofu and mushrooms. The whole-wheat spaghetti has tofu as an ingredient). Kung Food (Serves sandwiches and dinner entrees made with tofu; tofu tostada; tofu-vegetable enchiladas, and braised tofu over brown rice, served with guacamole and *tabbouleh*). Peaceable Kingdom (Serves spring rolls stuffed with stir-fried vegetables and tofu, with sweet-and-sour sauce. Also creative sandwiches with ingredients including tofu). Prophet International Vegetarian Restaurant (Serves miso soup).

A large cartoon shows a rabbit seated at a table, with knife and fork, launching into a large vegetarian entree.

5161. McNees, Pat. 1981. Natural & organic: Taking the health food approach. *Washington Post.* Aug. 27. p. E1, E15, E20.

• ***Summary:*** The author's position on health food is slightly to the left of Julia Child and "considerably right of tofu lemon pie." She still eats more for pleasure than virtue [health]. She quickly adds: "You don't have to be a health nut or food faddist to take advantage of what health food stores have to offer." Their prices aren't always more expensive than those of supermarkets–and they tend to be much less expensive on some items, such as bran or stick cinnamon, and grains, nuts, herbs, and dried foods sold in bulk–which two photos show.

Includes the name and address of 15 such stores in Washington, DC, and 20 in Maryland (incl. Beautiful Day Trading Co. and Smile Herb Shop). Contains 8 recipes incl. one for Seasoned Crisp Fried Tempeh, from *The Book of Tempeh*, and one for Creamy Tofu Dip, from *The Book of Tofu* (both by Shurtleff and Aoyagi).

5162. McNees, Pat. 1981. Questions? Read on [A list of books about healthy foods]. *Washington Post.* Aug. 27. p. E1, E26. [30 ref]

• ***Summary:*** The books listed here are a good introduction to the subject of healthy and natural foods. Includes books on whole foods, whole grains, macrobiotics, vegetarianism, and soybean products. "Serious vegetarians and lovers of Oriental cuisine will want to take a look at, if not own, three

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thoroughly fascinating and informative books about how to prepare and make the best use of three important soybean products: 'The Book of Miso' (Autumn Press), 'The Book of Tempeh' (Harper & Row), and 'The Book of Tofu' (Autumn Press), all by William Shurtleff and Akiko Aoyagi. Aoyagi creates the recipes, which work better than those we've tried in some other recipe books mainly because she doesn't try to make the principal ingredients taste too much like something they're not (although even she fails to make tofu palatable as a dessert, in the recipes we tried). What makes these books seductive for cookbook buffs is the research, which is Shurtleff's bailiwick; he tells you more than you could ever want to know about a subject, but he sure keeps you reading..."

5163. Sellman, Per; Sellman, Gita. 1981. Tofun har kommit till Sverige [Tofu has come to Sweden]. *Saxons* No. 36. p. 68-69, 71. Aug. 31. [Swe]
• ***Summary:*** On the first page, color photos show: (1) Ted Nordquist and Tim Öhlund, founders of Aros, seated at a table, enjoying food together. (2) A tofu burger and other tofu dishes. The next page shows a 6-step process for making tofu at home and several tofu recipes. A black-and-white photo on the last page shows packages of Aros Tofu (10 korner for 400 gm), Morinaga Ever-Fresh Silken Tofu, and a can of Sunbest Bean Curd. Address: Sweden.

5164. Colchie, Elizabeth Schneider. 1981. Tofu: Light, low calorie, and versatile. *Bon Appetit.* Aug. p. 52-56.
• ***Summary:*** Contains an introduction to tofu, details on how to make tofu at home, and 6 tofu recipes. Address: Cookbook author and food writer, New York.

5165. **Product Name:** Fried Rice Sandwich (With Tofu).
Manufacturer's Name: Community Kitchens.
Manufacturer's Address: Maplewood St., Boulder, Colorado.
Date of Introduction: 1981. August.
Ingredients: Organic brown rice fried with scallions and soy sauce, wrapped in a whole wheat tortilla with steamed organic carrots, alfalfa sprouts, miso tahini sauce, tofu, green leaf lettuce.
New Product–Documentation: Talk with Marty Roth. 1989. Aug. 16. Barbara started her own sandwich business in Boulder making a brown rice sandwich with tofu. Talk with Barbara Svenning. 1989. Aug. 21. She went to Boulder by herself in mid-Aug. 1981 and started a business to support herself. Her only product was the Fried Rice Sandwich. She called it Community Kitchens. It was a cover to keep her away from the health inspector. She was pregnant with her son, Ricky, who was born later on 28 April 1982. For the first 3 weeks she made the sandwiches out of Rebecca Woods' kitchen, then she moved right across the street on Maplewood St. She made and distributed 30-40 sandwiches a day to 3-4 natural food stores in Boulder. She continued until the health inspector shut her down. She bought her tofu in the form of fresh scraps from White Wave. She continued until the health inspector shut her down, then she sold the business to Gloria Gilbert.

5166. Lenetsky, Mark. 1981. Short course on soyfoods: What they are, how they are used. *Health Foods Business.* Aug. p. 46, 49-50, 52, 53. [2 ref]
• ***Summary:*** Contents: Introduction. Tofu or "soy cheese." The many uses of tofu. Makings of miso. Tamari–by any name. Tempting tempeh. 'High tech' approach (TVP). Its a joy to cook with soy: Selected recipes from suppliers. Address: Nutritional consultant, Applegate Natural Foods, Tigard, Oregon.

5167. Leviton, Richard. 1981. Soybean ice creams: Getting your licks in. *Vegetarian Times* No. 48. July/Aug. p. 18-22.
• ***Summary:*** This is a slightly revised and popularized version of an article by Leviton first published in *Soyfoods* magazine (Winter [Feb.] 1981, p. 62-64). The author notes: "For a thorough discussion of soymilk ice cream and recipes, see *Tofu and Soymilk Production* by William Shurtleff and Akiko Aoyagi (1979, p. 235-42); also *The Farm Vegetarian Cookbook* (p. 104-107). Photos show: Cindy Hassell of the Granary in Massachusetts eyeing a cone filled with her Soy Softee. Cindy filling a cone with Soy Softee from her soft serve machine. Many pints of Ice Dream.

At the end of the article is a sort of sidebar titled "Recipes for Dairyless Ice Cream & Frozen Desserts." Six recipes, taken from the two books mentioned above, are given. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5168. Lowe, Marion. 1981. Tofu. *Chimo* (*Canada*). July/Aug. p. 41-42.
• ***Summary:*** An introduction to tofu, with two recipes (Tofu Rarebit, and Tofu Cheesecake), based on *The Book of Tofu* by Shurtleff & Aoyagi.

5169. Lukoskie, W.M. Luke. 1981. Island Spring is pleased to announce that we are now distributing two fine brands of nigari (Leaflet). Vashon, Washington. 1 p. Typed, with signature on letterhead. Single sided. 28 cm.
• ***Summary:*** For the past year, Island Spring has sold Akoho Kasei unrefined nigari, a product of China imported through Japan. It has been filtered and contains beneficial trace elements and minerals. It sells for $24.80 per 20 kg F.O.B. Seattle.

The new line of refined nigari (magnesium chloride) is made by Yoshikawa, the oldest nigari maker in Japan. Approved by the FDA, it sells for $18.00 per 20 kg F.O.B. Seattle. Island spring will rebate $2.00 per bag for the Akoho nigari and $1.00 per bag for the Yoshikawa product to the

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Soycrafters Assoc. of North America. Address: P.O. Box 747, Vashon, Washington 98070. Phone: (206) 622-6448.

5170. **Product Name:** Tofutti (Non-Dairy Tofu-Based Frozen Dessert) [Chocolate, Vanilla, Walnut, Maple-Walnut, Peach, Apple, Apricot-Rum, or Peanut Butter-Chocolate].
Manufacturer's Name: Mintz's Buffet.
Manufacturer's Address: 1040 Third Ave. (Between 61-62 St.), New York City, NY 10021.
Date of Introduction: 1981. August.
How Stored: Frozen.
New Product–Documentation: Lorna Sass. 1981. New York Times. Aug. 12. "A large Japanese company wants to buy exclusive rights to distribute Mintz's tofutti 'ice cream' in Japan." Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 57.

5171. **Product Name:** Soydairy Tofu (Pasteurized) [Soft Style, or Firm Style].
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: Greenfield, MA 01301.
Date of Introduction: 1981. August.
Ingredients: Water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: 1 lb packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 130, protein 13 gm, carbohydrate 1 gm, fat 8 gm, sodium 8 mg.
New Product–Documentation: Leaflet. 1981. "Put time on your side with the Soydairy 28 day shelf life advantage. Announcing Soydairy pasteurized tofu. As of September 15, 1981 all Soydairy tofu will bear a 28 day open date on its packages." Leaflet shows details of Label. 1981. "Protein with no cholesterol. No preservatives. Low sodium. Special cookbook offer." Label from Rochester, New York. 1982. July. "Soft Style. New. Pasteurized for purity."

5172. New-Age Foods. 1981. Move over Big Mac! Here comes tempeh: A super soyfood from Indonesia. William Shurtleff and Akiko Aoyagi (Ad). *East West Journal.* Aug. p. 65.
• ***Summary:*** This 1/3-page black-and-white ad for *The Book of Tempeh* by Shurtleff and Aoyagi, includes a photo of the book's cover. "The authors of the bestselling *Book of Tofu* (over 250,000 copies in print) and *Book of Miso,* now present *The Book of Tempeh."* Address: P.O. Box 234-A, Lafayette, California 94549.

5173. Okita Enterprises Inc. 1981. Presents tofu and beansprout study tour of Japan (Leaflet). Los Angeles, California. 2 p. Front and back. 28 cm.
• ***Summary:*** This second annual tour will run from Sept. 24 (leaving Los Angeles for Tokyo) to Oct. 3. It will be led by Hideyoshi Okita, president of Okita Enterprises Inc. and organized by Japan America Tours. The price: $1,365.55. Address: Los Angeles, California.

5174. **Product Name:** Cococarob Tofu Tart (Baked Tart with a Crust).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. August.
Ingredients: Tofu, honey, carob, natural cocoa, vanilla, lecithin, cinnamon, peanut butter, graham crackers, honey, non-hydrogenated coconut oil.
Wt/Vol., Packaging, Price: 4 oz portion. $1.65 retail.
How Stored: Refrigerated.
New Product–Documentation: Spot in Soyfoods. Summer. p. 56. "Prepared Tofu & Salads. A yummy ready-to-eat dessert." Letter from Richard Rose. 1987. Aug. 29.

5175. Richman, Alan. 1981. Soyfoods: The future is here but are you ready? *Health Foods Business.* Aug. p. 43-45, 114-15. Cover story.
Address: Editor.

5176. Shurtleff, William; Aoyagi, Akiko. 1981. History of Cedar Lake Foods (Document part). In: William Shurtleff and A. Aoyagi. 1981. History of Small Seventh-day Adventist Food Companies and Sanitariums. 8 p. See p. 6-7. Unpublished manuscript. Available online at www.soyinfocenter.com. [1 ref]
• ***Summary:*** In operation from 1949 to the present, this was a private company in Cedar Lake, Michigan. "In 1949 when the Cedar Lake Academy ceased operating the former Butler Foods, Vesper Sias, a former employee of both companies, purchased the name Cedar Lake Foods and the food manufacturing rights from the Academy. He then started a business in rooms in the back of his home, working on a kitchen scale with his wife, making meatless products similar to those developed by Butler Food Products. The line started with Vegetarian Chops (like a veal cutlet with a savory soy sauce), Vegeburger, Soynut Cheese (whole soaked soybeans and nuts milled together, slurried, then cooked down to form a spreadable or sliceable loaf), Soynut Loaf, and Meatlike. They also made tofu. In 1959 the business expanded into a newly constructed plant, and four workers were kept busy meeting a growing demand and adding new products such as meatless frankfurters. Sias soon opened a storefront in his plant where all of his products were retailed (*Grand Rapids Press* 1962). In 1968 Cedar Lake bought the production of Sunnydale Foods of Centralia, Missouri. At the same time, Sias purchased the canning division of Lange Foods. The product Turkettes, Hostess Cuts, Vegebits, Lentil Roast, and Breakfast Links were added to the Cedar Lake line. In 1975, after several months of illness, Sias sold Cedar Lake

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Foods (which employed 26 people and had $500,000 yearly sales) to a corporation of five stockholders, who operated the business as Cedar Lake Foods Inc. of Tennessee. In the spring of 1981 the business, after being closed for 6 months, was sold to Country Life Natural Foods, a non-profit corporation and self-supporting Adventist group that made other vegetarian health food items such as nut butters, pastas, and juices, and ran several natural food restaurants. Many of the new company's foods contained soy products. TSF (textured soy flour) and soy sauce were used in the Vegeburger. Defatted soy flour was used in the Soynut Loaf. And soy sauce was the only soyfood used in the Hostess Cuts, Sloppy Joe, Vege-bits, Chops, and Chipettes. Wheat gluten served as the primary ingredient in most of the products. In March 1981 a typical 19-ounce can retailed for $1.75-$1.95. The plant continued to be located in Cedar Lake, Michigan, near the original Cedar Lake Academy, founded in 1898." Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5177. Well Bean Deli (The). 1981. August. New soyfoods restaurant or deli. 349 Soquel Ave., Santa Cruz, CA 95062.
• ***Summary:*** Letter from Kevin Van Slooten. 1980. Dec. 15. Written on letterhead that reads: Monterey Bay Soyfoods, 594 Redwood Dr., Santa Cruz, California 95060. Phone: 408-476-5833. Producers of tofu, tempeh and other fine soy foods. "I'm planning a soy deli for the Santa Cruz area. I'm 3/4 done defining and strategizing the plan... It will be structured partly as a non-profit educational organization so I can continue doing classes on soyfoods cooking etc. We did a booth of tempeh burgers and tofu salad at a food festival last weekend. It was a big hit and I've attracted interest by the local heart association."

Leaflet. 1981. "Announcing the Grand Opening" at 349 Soquel Ave., behind the Breadline Eatery. Article in *Santa Cruz Mobile News.* 1981. Oct. 2. p. 19. "A restaurant with accent on health." A photo shows part of the menu on the wall.

Candace Atkins. 1981. Green Sheet (Santa Cruz, California). Nov. 4. p. 3. "Tofu–the 'natural' kind of fast food."

Questionnaire filled out by owner of restaurant or deli. 1982. Lists the company's most popular soy-based menu items in descending order of popularity. The highest weekly total sales over the past 6-2 months, the month that this occurred, and why. The average weekly sales during this period. Average hourly wages paid to workers. The business startup cost (amount of money it cost to get the business started). Current profitability status. Plans for the future. Advice the owner would give to someone starting a similar business.

Shurtleff & Aoyagi. 1982. Report on Soyfoods Delis, Cafes & Restaurants. p. 3. Started on 25 August 1981 by Kevin Van Slooten. Startup cost: $43,000. Avg. weekly sales in 1982: $2,200. Address: Santa Cruz, California. Phone: (408) 425-4544.

5178. **Product Name:** Seventh-Heaven Bread (Wheat-Free with Tofu).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. August.
Ingredients: UFO Tofu by Wildwood, brown-rice flour, rolled oats, millet, sunflower seeds, raisins, carob, apple-juice, safflower oil, sea salt, vanilla, baking soda.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Wildwood on their letterhead. 1983, undated. 3 by 2 inches. Self adhesive. Black and green on white. Silhouette of woods with birds. "Ready to Eat Foods. Naturally. Perishable. Keep refrigerated." On sale in Berkeley. 1988. Aug. 30. Talk with Paul Duchesne. 1989. Aug. 26. This was being made while Paul was still at Wildwood. It was created by a woman named Tarrane.

Talk with Billy Bramblett, an owner of Wildwood. 1998. Aug. 8. A woman named Tarane Sayler developed this recipe to fill the great void for a tasty, wholesome, whole-wheat bread. She originally called it the "Bread of the Seven Happinesses." It was just delicious, and the conscious combination of tofu with grains added protein complementarity.

5179. Leviton, Richard; Shurtleff, William. 1981. U.S. per capita consumption of soyfoods grows to nearly 9 pounds per year (News release). Soyfoods Assoc., Sunrise Farm, Heath Rd., Colrain, MA 01340; and Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 4 p. Sept. 4. Published in Soyfoods, winter 1982, p. 6. [2 ref]
• ***Summary:*** Compiled largely by Shurtleff, circulated by Leviton. "In 1981 Americans spent $4.57 per capita on soyfoods [not including soy oil] while consuming 4.9% of the U.S. soybean crop–possibly an all-time high." Address: 1. Colrain, Massachusetts; Lafayette, California.

5180. *Federal Register.* 1981. National School Lunch, School Breakfast, and Child Care Food Programs; Meal pattern requirements. Proposed rule. 46(172):44452-71. Sept. 4. 7 CFR Parts 210, 220, and 226.
• ***Summary:*** It is proposed that tofu (three types–regular, firm, and silken, are described in detail on p. 44455) be available as an alternative protein source in these programs. For example, in secondary school lunch programs, ½ cup tofu could be substituted for 2 oz of cooked lean meat, poultry, or fish. Or for 2 oz cheese or 1 large egg or 8 oz yogurt. These alternatives are shown in tables on p. 44465, 44470, and 44471.

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5181. The Soycrafters Association of North American (SANA) board of directors meets at the home of John and Valerie Robertson, 2101 San Miguel Drive, Walnut Creek (near San Francisco), California (photograph). 1981. Sept. 13.

• ***Summary:*** The board decides (unanimously) to change the name of the association to Soyfoods Association of North America to broaden its scope and base of support.

That evening a dinner party for the board is held at the home of William and Akiko Aoyagi Shurtleff. The vegetarian meal (featuring tempeh and other soyfoods) is prepared by Akiko. A photo shows (left to right): Steve Demos (White Wave; gray sweater), Mark Brawerman (Living Lightly), Pat Aylward (Joy of Soy), Bob Davis (Light Foods), Luke Lukoskie (Island Spring), Larry Needleman (Bean Machines), Richard "Ira" Leviton (Soyfoods Association, Soyfoods magazine), Valerie Robertson (Soyfoods Unlimited), Akiko Aoyagi (Soyfoods Center). The photo was taken by William Shurtleff (of Soyfoods Center) on the evening of 13 Sept. 1981 at Soyfoods Center, the home of William and Akiko Shurtleff, 951½ Mountain View Drive, Lafayette, California.

5182. *Nation's Restaurant News.* 1981. Tofu triggers big boom for Mintz's. Sept. 14. p. 48.

• ***Summary:*** "Since David Mintz [the owner of Mintz's Buffet], introduced tofu into his food store, 14-seat restaurant and catering business, sales have grown to $1 million and he now expects to develop other tofu restaurants in the city."

Mintz says of tofu: "It's the food of the future." "Mintz offers tofu in noodle charlotte, spinach quiche, egg rolls, cheesecake, bran muffins in blueberry, carrot apple, strawberry rhubarb, banana, pineapple and dutch apple, to name just a few items. His most popular item is an imitation ice cream made with tofu and called 'tofu ice kream.' This nondairy frozen dessert is made with tofu, soy milk, fresh fruits, natural essences of apples, figs, raisins, wildflower honey, egg whites and soy oil. It comes in flavors such as country vanilla, old fashioned chocolate, strawberries and 'kream,' dutch nut chocolate, and apricot rum... Mintz also operates a catering business which accounts for about half his sales."

Note: This is the earliest English-language document seen (March 2007) that uses the term "nondairy frozen dessert" to refer to soy ice cream.

"Mintz developed an interest in tofu about four years ago [1977] and many of the recipes are his own concoctions. Because tofu is pareve (neither meat nor dairy), Mintz was able to develop kosher dishes previously off limits in a kosher diet since meat and dairy can not be mixed." Products made with tofu now account for two-third of Mintz's sales. A large photo shows the front exterior of Mintz's buffet. The signs over the windows read: "Take home foods. Party catering. Strictly kosher. Glatt kosher buffet catering."

5183. White, Jim. 1981. Chinese take-out gets the taste test: Our experts explore Metro's other 'Chinatown'–the busy suburban take-out scene–and find some of the food good,

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much of it predictable but none of it exceptional. *Toronto Star* (*Ontario, Canada*). Sept. 20. p. D1.
• ***Summary:*** A Chinese woman observes that women's tastes are changing: "'Younger women tend to order a lot of bean curd [tofu] dishes, now. Its very popular. I think many of them are on diets.'" Address: Food editor.

5184. Soy Plant Co-op Inc. (The). 1981. Re: Discontinuing delivery service along many routes. Letter "To our valued customers," Sept. 22. 2 p. Typed, without signature on letterhead.
• ***Summary:*** "Last January, we began production in our new facility. The new building is great, with lots of room for movement and growth... Unfortunately, at the same time, an increase in rent, added to numerous cost incurred in moving, and building improvements, has drained our resources to the limit. To further complicate the matter, the summer sales slump has caused us to tighten-up all the more.

"Truck repair, fuel & labor have reached the point of being so high as to make long delivery runs not only unprofitable but costly. We pondered the discontinuation of our Kalamazoo run for several months before finally making the move. At this point, we opted for combining the Lansing and Grand Rapids runs into one day to try to conserve. Shortly thereafter, we lost our largest Grand Rapids account (Meijer's Warehouse) to California Brand Tofu. The proverbial 'last straw' was dropped on our western runs. We were forced to stop delivery to Grand Rapids, leaving only the Lansing run." Address: 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: 313-663-8638.

5185. *Oakland Tribune.* 1981. Tofu products are expected to leap in '80s. Sept. 23.
• ***Summary:*** David Mintz is having great success with tofu at his New York delicatessen and catering service. He has developed and is selling dozens of western-style tofu products from broccoli with tofu mustard sauce to "tofu frozen desserts."

FIND-SVP, a New York-based market research and publishing company, suggests that Mintz is part of a national trend. John Perry, director of research for FIND-SVP, think the potential market for tofu "is at least as great as the current market for yogurt." But it will probably take 5-10 years to reach that level. The FIND-SVP survey estimates current tofu sales at about $50 million/year and predicts they will increase 300% in the next 5 years. Cassandra Marrone thinks William Shurtleff, author of *The Book of Tofu,* is responsible for a great deal of the interest in making and selling tofu in America.

Note: This is the earliest document seen (Feb. 1999) which compares the potential market for tofu with the current market for yogurt. Address: California.

5186. Centell, Linda. 1981. Tofu pioneer crosses the Rockies to establish neighborhood soy deli [Matthew Schmit and The Tofu Shop in Arcata, California]. *Union* (*Arcata, California*). Sept. 24. p. 17.
• ***Summary:*** Schmit started selling tofu products in a restaurant in Telluride, Colorado, 3-4 years ago. Now he makes tofu and at his deli sells sushi rolls, spinach pies with tofu, soymilk, herb onion dip, salads, pumpkin pies, cookies, carob pudding, and tofu burgers. Photos show: (1) Schmit holding a handful of Minnesota certified organic soybeans. (2) Melanie Patrick holding up a cake of tofu. (3) Happy Dragon Soydrink and products made with tofu. Address: Arcata, California.

5187. Board of Directors, Soycrafters Association of North America. 1981. SANA Board's agreement with Richard Leviton. Walnut Creek, California. 1 p. Handwritten, with signature.
• ***Summary:*** "In order to ensure the continuation of *Soyfoods: The Journal of the Soycrafters Association of North America,* and due to a need for capitalization at present, and because the editor/publisher Richard Leviton has not been adequately compensated for his extensive work on the magazine, the Board makes the following agreement with Richard:

"1. He may create a corporation with 12,500 shares and may own 4,200 shares. 2. No more than 49% of the total stock may be sold without SANA Board approval. 3. SANA Board has the right of first refusal on all shares re-sold. 4. SANA will put up $2,500 to own 1,250 shares. 5. The subtitle, *Journal of the Soycrafters Assoc. of North America,* will continue to be run on the cover and title page of the magazine. 6. Given the above, Richard will continue to be able to use the SANA/Soyfoods Center mailing list."

Dated: Sept. 13, 1981. Signed: Richard Leviton, and W.M. Luke Lukoskie, Chairman SANA B.O.D. Address: 2101 San Miguel Dr., Walnut Creek, California.

5188. Corn Country Whole Foods, Inc. 1981. Market Street: Natural foods with a difference (Catalog). 132 South Market St., Champaign, IL 61820. 24 p. Index. 28 cm.
• ***Summary:*** This natural foods, vegetarian catalog is printed on beige paper with black ink. Corn Country is now distributing products made by many other companies. Interesting products: (1) Stoneground flours: Soy flour-full fat (OG = Organically Grown). Chickpea (garbanzo) flour. Our "old fashioned granite stone mills keep the flour at the lowest grind temperature..." Soybeans and chick peas are preheated before grinding. (2) Beans: Soybeans OG. Azuki beans. Chickpeas (Garbonzos). Lentils (green or red). Mung beans (for sprouting). (3) Peanut butter. Almond butter. Sesame tahini. (4) Sea vegetables (10 types). Westbrae miso (7 types). (5) Light Foods: Tofu. Marinated tofu. "Soyproducts are becoming an increasingly attractive source of protein throughout the world... We offer a small

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variety of soy products." (6) Condiments. Nigari (bulk or 5 lb). Umeboshi plums. Shoyu (pints to 4.75 gal tin). Miso (red or white). Tamari (with dispenser to quarts). (7) Market Street meals (vegetarian): Nutburger. Soyburger. Chick 'n sea burger. (8) Nutritional (brewer's) yeast (20 lb to 125 lb): "These yeasts are primary yeasts cultured on molasses for human consumption. They are not a byproduct of petroleum, or paper industries." Sold in powder or flakes. (9) Natural oils: Sesame oil. Safflower oil. (10) Seeds. Alfalfa seed for sprouting. Sesame seeds whole brown. Sesame seeds hulled white. Sunflower seeds. (11) Market Street shoyu almonds, suns (sunflower), cashew pieces. (12) Soy & corn "nuts": Soy nuts salted. Soy nuts plain. (13) Market street mixes (unsulfured fruits and natural nuts): Sweet & shoyu mix. (14) Literature: 26 Talking Foods pads. (15) Dr. Bronner's soap (14 types). (16) Kitchen help: Tofu kit. Sprouter lids. Wok set. Address: Champaign, Illinois. Phone: 217-359-8843.

5189. **Product Name:** [Sojalada Tofu].
Foreign Name: Sojalade Tofu.
Manufacturer's Name: Genossenschaft Sojalade. Renamed Genossenschaftstofurei in 1982. Then renamed Tofurei Genossenschaft Engel in 1989.
Manufacturer's Address: Dorfplatz, 8913 Ottenbach ZH, Switzerland. Phone: 01-769-0349.
Date of Introduction: 1981. September.
New Product–Documentation: Form filled out by owners: Gernot Schneider, Martin Mueller, Hansruedi Opplinger, Verena Krieger. They make tofu, and started on 1 Sept. 1981; Recipe leaflet. 1981. "Tofu-Rezepte." Black on yellow. Contains illustrations from *The Book of Tofu* by Shurtleff and Aoyagi. Leaflet. 1981. "Tofu: The natural soya protein." Black on green. Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Sojalade. Owner: Verena Krieger. A. Hoesli. 1982. Oeko Journal (Switzerland). Oct. p. 10-13. "Tofu." RSL. Retailed for F4.70 per 380 gm. Letter from Sjon Welters. 1982. April 16. Verena Krieger is a founder of Sojalade, Tellenrutistr. 106, 6390 Engelberg, Switzerland. Sjon says he thinks that Hans Rudolph Opplinger has a separate shop at Weinbergstrasse 13, Cham/Chaim 6330, Switzerland.

Letters from Gauthier Loeffler. 1982. Oct. 3 and 24. He has been producing tofu at Sojalade for almost a year. Wants to start a tofu plant in a Third World country.

Letter from Verena Krieger. 1983. March 8. "The first people to make tofu in Switzerland was the restaurant 'La Moisson.' They made tofu for their restaurant and store only. The first large-scale production was by Sojalade in Aug. 1981."

Soyfoods Center Computerized Mailing List. 1984. Feb. 7. The name is now Genossenschaftstofurei, Engel Dorfplatz, CH-8913 Ottenbach, Switzerland. Contact: Verena Krieger. Phone: 017 69 03 49.

Soya Bluebook. 1984. p. 79. "Sojalada Tofu. Contact: Gauthier W. Loeffler."

Letter (fax) from Verena Krieger. 1990. May 31. This company now makes 600-700 kg/week of tofu. They also make and sell a tofu kit.

Letter from Verena Krieger. 1990. Aug. 10. This company makes only plain tofu. They do not make any soymilk or any other soy products for sale.

5190. Hymowitz, T.; Newell, C.A. 1981. Taxonomy of the genus *Glycine*, domestication and uses of soybeans. *Economic Botany* 35(3):272-88. Sept. [100 ref]
• ***Summary:*** Contents: Taxonomic history of *Glycine*. Domestication [and dissemination of the soybean]. Uses [of the soybean] (The four most important foods developed from the soybean in East Asia are miso, shoyu (soy sauce), tempeh, and tofu). "These traditional foods have little physical or flavor identity with the original bean. Hence it is not too surprising that Marco Polo, who raveled from Venice to Cathay and throughout the Orient between 1271 and 1295, makes no mention of the soybean (Rugoff, 1961)."

The earliest accurate description by a European seen for the use of soybeans as food was by Friar Domingo Navarrete. He wrote about them in 1665.

East Asian nonfermented soy foods: Tofu, soy milk, yuba, kinako, sprouts, green soybeans.

East Asian fermented soy foods: Miso, soy sauce, tempeh. Soy uses in the West: Oil, protein (from defatted soybean meal). A brief history of each of these foods is given.

Tables: (1) The species of *Glycine* according to Linnaeus, 1753, and their subsequent classification. (2) The genus *Glycine* L. according to Bentham (1864, 1865). (3) The genus *Glycine* L. according to Hermann (1962). (4) The genus *Glycine* Willd. as revised by Verdcourt (1966, 1970). (5) The genus *Glycine* Willd. as accurately delimited.

Figures: (1) *Shu*, the archaic character for soybeans (five stages in the character's development; Hu {1963} believes that the shu pictograph can be traced back to approximately the 11th century B.C.). Address: Dep. of Agronomy, Univ. of Illinois, Urbana.

5191. **Product Name:** Legume Tofu Ravioli.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1981. September.
Ingredients: Tofu mixture: Tofu, soy oil, garlic, basil, parsley, pepper, sea salt. For the pasta: High gluten enriched wheat flour, organic whole wheat pastry flour, organic soy flour, DeBoles American Jerusalem artichoke flour, wheat germ, wheat gluten, corn flour.
Wt/Vol., Packaging, Price: 24 ravioli per box.
How Stored: Frozen.
Nutrition: Per 4 oz serving: 250 calories, 11 gm protein,

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110 mg sodium, 5 gm fat.
New Product–Documentation: Ad in Whole Foods. 1981. Sept. p. 56. "What's 2000 years old and tastes brand new? Tofu." States that Legume Tofu Ravioli is now available.

Label. 7 by 9 inches. Color boxes. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Article in Soyfoods. 1982. Winter. p. 56. Ad and spot in Soyfoods. 1983. Winter. p. 2 and 48. Spot in Soyfoods. 1984. Summer. p. 42. Spot in Soya Newsletter. 1987. March/April. p. 6.

5192. Legume. 1981. What's 200 years old and tastes brand new? Tofu (Ad). *Whole Foods* (*Berkeley, California*). Sept. p. 55.
• ***Summary:*** This 8.5 by 11-inch, white-on-black ad states that Legume now markets 3 Legume-brand snacks (Tofu muffins, "No-creme" pies, and tofu cakes), and 3 entrees (Tofu lasagna, Tofu ravioli, and Tofu country pies). The company's slogan is "Delicious protein meals and snacks."

"The 2,000 year old miracle food of the Orient is now available in convenient, heat & serve entrees and ready-to-eat snacks.

"Legume has created a full line of convenience foods based on the outstanding nutritional benefits of tofu. In today's high-pressure world of deadlines and responsibilities, we are dedicated to bringing you delicious, protein-packed foods that will meet both your busy schedule and your demand for high quality nutrition. And it's all based on tofu!

"Pledge of quality: All Legume delicious protein meals & snacks are made from the highest quality, 100% natural ingredients. We use pure, fresh tofu, only whole grains, no sugar, no preservatives, no artificial additives, and, no shortcuts." Address: 150 Bloomfield Ave., Verona, New Jersey 07044. Phone: 201/857-9010.

5193. Lesem, Jeanne. 1981. Survey predicts fast growth for foods that contain tofu. *United Press International.* Sept. Widely syndicated.
• ***Summary:*** This is an interview with Dr. C.W. Hesseltine, initiated by him. Address: NRRC, Peoria, Illinois.

5194. Murray, Megan Baldrige. 1981. Watakushi tachi mo aratamete minaosubeki kamo. Nyuu Yooku no tôfu fiibaa [Perhaps we should reconsider it. New York's tofu fever]. *Japanese Cosmopolitan* (*Tokyo*). Sept. [Jap]
• ***Summary:*** This is the Japanese version of a manuscript written in English on 30 June 1981 (which see). Across the center of the Japanese-language article is an English-language sign that reads: "Mintz's Buffet. Strictly Kosher. Party Catering."

5195. **Product Name:** Tofu Garden Salad (Non-Dairy Cottage Cheese with Vegetables).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1981. September.
Ingredients: Tofu, wood aged organic apple cider, vinegar, cold pressed safflower oil, honey, sea salt, dehydrated red peppers, celery, chives, natural herbs and spices, citric acid, vegetable gum.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 3.75 inches diameter. Hard plastic. Green, orange, red and black on white. Vegetable illustration. Letter from John Paino. 1982. April 17. Gives starting date. Nasoya Tofu Cookbook. 1981. Oct. p. 3.

5196. *Natural Foods Merchandiser.* 1981. Soyfoods report. 3:9-17, 23-34. Sept.
• ***Summary:*** Coverage of the Soyfoods Conference at Fort Collins, Colorado. Address: 328 South Main St., New Hope, Pennsylvania 18938.

5197. **Product Name:** Living Lightly Tofu No-Cheese Cake [Hawaiian, or Strawberry].
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1981. September.
Ingredients: Crust: Graham crackers (graham flour, honey, whole wheat flour, soy oil, unsulphured molasses, cinnamon, vanilla, salt), soy margarine. Hawaiian filling: Tofu, honey, soy oil, arrowroot, pineapple, coconut, natural flavors. Topping: Pineapple, coconut. Strawberry filling: Tofu, honey, soy, oil, arrowroot, lemon juice, strawberries, natural flavors. Topping: Strawberries.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1981. 3 inch diameter. Self adhesive. Brown and blue on white. "A non-dairy dessert." Price List & Catalog. 1981. Sept. 12 oz. Spot in Soyfoods. 1982. Winter. p. 57.

5198. **Product Name:** Living Lightly Tofu Ravioli.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, CA 94110.
Date of Introduction: 1981. September.
Ingredients: Pasta: Whole wheat flour, soy oil. Filling: Soybeans, spinach, toasted wheat germ, nutritional yeast, whole wheat flour, safflower oil, water, tofu, shoyu soy sauce, honey, garlic, onion, salt, herbs, spices.
Wt/Vol., Packaging, Price: 6 and 14 oz.
How Stored: Frozen.
New Product–Documentation: Price List & Catalog. 1981. Sept. 14 oz. Spot in Soyfoods. 1982. Winter. p. 57. 14 oz. "Tofu with Pastabilities. No preservatives. No additives." Label. 1982. 3 by 4 inches. Self adhesive. Red and green on

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white. This is the world's earliest known tofu ravioli.

5199. **Product Name:** Living Lightly Tofu Italian Salad.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1981. September.
Ingredients: Tofu, soy oil, apple cider vinegar, carrots, celery, cabbage, herbs and spices, garlic powder, salt.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1981. 3 inch diameter. Self adhesive. Brown and blue on white. Price List & Catalog. 1981. Sept. 8 oz. Spot in Soyfoods. 1982. Winter. p. 57. 8 oz.

5200. **Product Name:** Living Lightly No Egg Salad. Renamed Tofu Missing Egg Salad by 1982.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1981. September.
Ingredients: 1982: Tofu, soy oil, apple cider vinegar, celery, onion powder, herbs and spices, nutritional yeast, salt.
Wt/Vol., Packaging, Price: 8 oz (227 gm).
How Stored: Refrigerated.
New Product–Documentation: Price List & Catalog. 1981. Sept. 8 oz. Spot in Soyfoods. 1982. Winter. p. 57. 8 oz.

5201. **Product Name:** New Leaf Tofu Wholly Cannoli.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1981. September.
Ingredients: Filling: Tofu, soy margarine, honey, carob chips, walnuts, pure vanilla, pure almond extract, spices. Shell: Organic whole wheat flour, soy oil, natural flavors, sea salt, spices, fried in pressed safflower oil.
Wt/Vol., Packaging, Price: 2 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1981. 3 by 2 inches. Self adhesive. Brown and black on white. "Authentic Italian dessert. All natural dessert treat." Leaflet (8½ by 11 inches, color). Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Tofu wholly cannoli! An authentic Italian dessert. A non dairy product. Interview with Jim Miller. 1982. April 17. This product introduced in Sept. 1981. Soya Bluebook. 1982. p. 78. "wholly tofu cannoli."

5202. **Product Name:** Tofu Ravioli.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1981. September.
Ingredients: Pasta: Organically grown whole wheat flour, enriched unbleached flour, water, eggs, sea salt. Filling: Organic tofu (water, organically grown soybeans, nigari solidifier), ricotta cheese, eggs, Romano cheese, potato flour, fresh parsley, salt, pepper, spices.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Frozen or refrigerated.
New Product–Documentation: Ad in Whole Foods. 1981. Sept. Label. 1982. 4.75 by 2.25 inches. Self adhesive. Red and black on white. Soya Bluebook. 1982. p. 78. New Leaf Tofu Ravioli.

5203. *Soyanews* (*Sri Lanka*). 1981. Snack foods sales up at fair. 4(1):1, 8. Sept.
• ***Summary:*** The Soya Sales Centre conducted by the Department of Agriculture during the Kandy Esala Fair last month had, once again, a successful run with a turnover reaching record levels. This was the fourth year in succession" that the Centre was open at the fair.

"The Sales Centre opened for the first time in 1978 with only a soya milk bar run by the Milk Board which produced the milk from its Pallekele factory. A cup of chilled soya milk was sold at -/25 cents. It was an instant success with 30,000 cups of milk sold during the first ten days.

"In 1979 more soya foods were put out for sale at the Esala Fair Soya Sales Centre which was taken charge of by the Department of Agriculture for the first time."

"On sale at the 1979 exhibition were soya nuts [oil roasted soyabeans], murukku [a deep-fried snack, popular in southern India and Sri Lanka], and cutlets which were all turned out at the home level kitchen of the Soyabean Foods Research Centre in Gannoruwa.

In 1980 "Soya ice cream which was on sale for the first time was the most popular item and along with the rising demand each night of the fair for fried [soya] nuts, cutlets and [soya] milk it was clear that soyafoods had come to stay."

This year soya ice cream was popular again; the new soyafood on sale was tempeh. "Both tempeh and tofu had satisfactory sales considering that they were not items that could be consumed on the spot."

5204. Soyfoods Center; Soycrafters Assoc. of North America. 1981. Soyfoods production in America and the West (Report). Lafayette, California. 1 p. Sept.
• ***Summary:*** This full-page table contains statistics for the following soyfoods and soy ingredients: Low technology, traditional. Tofu & tofu products. Tempeh. Soymilk & soymilk products. Soy sauce, shoyu & tamari. Soynuts & soynut butter. Miso. Soy sprouts. Whole dry or mature soybeans. Whole soy flour & grits, full fat. Fermented soymilk. Fermented tofu. Fresh green soybeans. Roasted soy flour & soy coffee. Natto, thua nao & kinema. Yuba. Soy nuggets (Hamanatto, tou-ch'ih [Fermented black soybeans]). Soy delis and restaurants. Secondary soyfoods prod-distributors. Soyfoods marketer-distributors. Subtotal.

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High technology, modern [soy ingredients]: Soy flour & grits, defatted. TSP / TVP (extruded soy flour). Soy protein concentrates. Soy protein isolates. Meat analogs (secondary products), Soy oil.

Subtotal: High tech. Total: Low tech & high tech.

This table has 12 columns with information about each soyfood. (1) Type of soyfood. (2-5) Number of manufacturers: USA, Canada, Other West, Total. (6-7) Raw soybeans used (tons / year): USA, % of total used. (8) Yield (lbs of food from 1 lb of soybeans). USA only–(9) Tons produced. (10) Wholesale value (million $). (11) Retail value (million $). (12) Number of employees.

Note: Total retail value in USA is $998 million. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

5205. *Sunset* (*Menlo Park, California*). 1981. It's tofu, breaded and fried. 167:160-61. Sept.
• ***Summary:*** "Fried fish? No, it's low-cal tofu, fried crispy, served with a choice of [three] sauces." Teriyaki sauce, cocktail sauce, or caper sauce. The breading is done with Japanese panco. Tofu is described as coming in "blocks." A recipe and photo of it are given.

5206. **Product Name:** Tempeh, and Tofu.
Manufacturer's Name: Teac Bán Macrobiotic Center–Fad Saol Foods.
Manufacturer's Address: 6 Parnell Road, Harold's Cross Bridge, Dublin 6, Ireland. Phone: 01-543943.
Date of Introduction: 1981. September.
Ingredients: Tempeh: Organic soybeans, rice, Rhizopus oligosporus culture.
New Product–Documentation: Letter concerning an interview with owners and founders Ann Currie and Patrick Duggan conducted by Anthony Marrese. 1993. March. This organization was founded in 1985 or 1986. "They say they were the first in Ireland to make tempeh in any quantity and to sell it commercially. The name "Fad Saol Foods" is used for their products; It means "Long Life," or, for them, macrobiotics. Their first contact with tempeh was through the Community Health Foundation in England. They were given the first tempeh hand grinder that was used by the Foundation, and they say it was the first organization in England to make tempeh. Since tofu and tempeh were generally not available for their needs in macrobiotics and dietary counseling, they started making these foods. They supplied most of Dublin with tempeh at that time, and their fresh tofu was sold at health food shops. There are Chinese shops that produced their own tofu at that time and still do. Ann and Patrick use nigari to make their tofu. They also run tofu-making classes and tofu cookery courses. They presently sell most of their tofu and tempeh through only one retail shop. They have little desire to supply more because of their current focus on courses and teaching. At present they make about 35 lb/week of tempeh (sold frozen) and 70 lb/week of tofu. Patrick produces both these soyfoods on his own. In the future they are open to increasing production if people from their courses come in to help. Once a week they serve a meal prepared by their cooking class and explain the significance of the foods, their preparation, etc. Approximately 15 people can be served and they are generally sold out.

In a letter of 12 May 1994 Anthony Marrese also sends a business card for the Macrobiotic Centre, a tempeh label, an issue of *Teac Ban News* (Vol. 7, No. 3, Autumn/Winter 1992; the Centre offers shiatsu treatment and classes, macrobiotic consultations, and courses in alternative medicine [10 sessions] and wholefood cookery [8 sessions, including tofu and tempeh]), and 2 pages of tofu recipes (from *The Magic of Tofu* and *The Book of Tofu*).

Tempeh Label. 4 by 6.75 inches. Blue on beige. Printed on both sides–with 6 recipes or recipe suggestions on the back. "Gluten free. No cholesterol. High protein. No preservatives."

Form filled out by Patrick Duggan and Ann Currie. 2001. May 29. Their food company is named Fad Saol Foods. They started making tempeh in Sept. 1981. They also send their tempeh label, a one-panel tempeh leaflet, and a 6-panel brochure describing "Teac Ban: The home of healthy living, macrobiotic cooking, feng shui, and shiatsu."

5207. **Product Name:** Yo Soy! [Plain, or Honey-Vanilla].
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981. September.
Ingredients: Honey-Vanilla: Filtered water, organic soybean grown in accordance with Sec. 2659.11 of the Cal. health and safety code, honey, vanilla extract, and a trace of sea salt.
Wt/Vol., Packaging, Price: Pint or quart plastic bottle.
How Stored: Refrigerated.
New Product–Documentation: 1988 Aug. 15–Bill Shurtleff saw this new brand of soymilk at Living Foods, University Ave., Berkeley.

Label for Plain flavor sent by Claire and Jim Wickens of Lafayette. 1993. Sept. 1.75 by 3.75 inches. Self adhesive. Blue and green on white.

Talk with and Label sent by Bill Bramblett, part owner of Wildwood Natural Foods. 1998. Aug. 8. Yo Soy! is a palindrome. He thinks this product was introduced in about the fall of 1981 at Fairfax. It replaced an identical product that had formerly been called "Soymilk."

5208. *Santa Cruz Mobile News.* 1981. A restaurant with accent on health. Oct. 2. p. 19.
• ***Summary:*** About the Well Bean Deli, 349 Soquel Ave., Santa Cruz, California. It was started less than 2 months ago by Kevin Van Slooten. A photo shows part of the menu on

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the wall. Many of the dishes feature tofu or tempeh–Tofu burger, tempeh burger, missing egg salad or sandwich, tempeh mock chicken salad, tofuna salad or sandwich, tempeh salad, soy milk, tofu cheesecakes, etc. Address: Santa Cruz, California.

5209. Shurtleff, William; Aoyagi, Akiko. 1981. History of Loma Linda Foods. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 8 p. Oct. 4. Unpublished typescript. Available online at www.soyinfocenter.com.
• ***Summary:*** A comprehensive history of the subject. Contents: Background. Early years (1906-1937): Sanitarium Food Co. (1905-06); first soyfoods (copied from Van Gundy): Smokene (1921), tofu, soymilk, and soy sandwich spread (1933-34); no one at Loma Linda knows how these foods originated. New plant (1938-1950): Started 1938 under Chapman, World War II years. The 1950's: Acquisition of Dr. Harry Miller's company, International Nutrition Laboratories (1951). The 1960's. The 1970's and 1980's: Many new products from 1972, products in 1981, 1980 takeover by Sanitarium Health Foods Co. of Australia, present. Address: Lafayette, California. Phone: 415-283-2991.

5210. Adilman, Sid. 1981. Relief from chow mein: Breaking bread. *Toronto Star* (*Ontario, Canada*). Oct. 11. p. F15.
• ***Summary:*** Outside of Toronto's Chinatown the writer discovered an excellent restaurant named Dinner King, that serves Chinese vegetarian food. From "the four pages of strictly vegetarian offerings" he chose and enjoyed: (1) Bean curd and straw mushroom soup. Sparkling–with fresh tofu, straw mushrooms juicy and round, and no MSG. (2) Sangkan with pepper in garlic and black bean sauce. The writer was unable to find out what "Sangkan" was; it "had the texture and look of fried bean curd, made with dough." He called it "Breathtaking!" (3) Fried bean curd skin [yuba] rolls.

5211. Shurtleff, William; Aoyagi, Akiko. 1981. History of major U.S. soya research centers. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 24 p. Oct. 12. Unpublished typescript. Available online at www.soyinfocenter.com.
• ***Summary:*** A comprehensive history of the subject. Contents: Introduction. University of Illinois and INTSOY: Home Economics Department's work (in the 1930's, 1940-1961, and 1974-1981), Food Science Department (1955-1981), International Soybean Program (INTSOY) founded July 1973, large number of talented faculty made the Univ. of Illinois one of the world's top soy research centers. Iowa State University. Cornell University: First work with soy 1883, first soyfoods work in 1927 (soymilk thesis by Y.T. Chiu), one of leading centers of U.S. soyfoods research during World War II (see chapter on Clive and Jeanette McCay), rebirth of interest in soyfoods in late 1950's, 1960 paper on tempeh, soymilk work 1963-1980, other soyfoods studied, arrival of Dr. Van Veen in 1962 (had studied tempeh since 1932, had lived in Indonesia, and had a lifelong interest in tempeh), renewed program of soybean development and production initiated in New York state in 1964. USDA Northern Regional Research Center (NRRC): Originated with 1929 USDA soybean lab in Ohio, 1936 soybean lab in Urbana, IL, transferred to Peoria, IL, 1942, expanded research on food uses of soybeans and soy oil, fermentation division headed by Langlykke, work on soy sauce, life of Dr. A.K. Smith, at NRRC from 1942-1964, arrival of Drs. Watanabe and Shibasaki, Smith one of first American researchers to realize the potential of tofu, work with miso, 1960 arrival of respected Indonesian microbiologist Ko Swan Djien, work on tempeh, NRRC hosted 2 of first major conferences on soy protein foods in 1961 and 1966, sponsorship of overseas contract work, expansion of research in 1960's, soy flour extrusion, Rackis' work with oligosaccharides (flatulence-causing factor in soybeans), life of Dr. C.W. Hesseltine, 1962 arrival of Dr. H.L. Wang at fermentation lab, Mustakas' studies on soymilk, NRRC's interest in soyfoods steadily growing, legitimizes soyfoods to people in U.S. and around the world. INTSOY: Founding, 5 basic objectives, main accomplishments with soybeans, main accomplishments with soyfoods. Address: Lafayette, California. Phone: 415-283-2991.

5212. Cohen, Richard L. 1981. Local tofu makers and sellers trying to stir up interest within food market. *San Francisco Business Journal.* Oct. 20. p. 18-19.
• ***Summary:*** This interview with Jim Miller begins with the early history of Quong Hop & Co. The characters "Quong Hop" can be translated as "expanding oneness" or "immense unity." The company is one of the largest tofu makers on the West Coast, and, so far as the company knows, "it is the oldest in the country having been started shortly before the 1906 earthquake and fire in San Francisco.

Founded by Lee Sing How on Wentworth Street in [San Francisco's] Chinatown, the company spent the year after the earthquake in Oakland, and then returned to San Francisco to a new location on Waverly Place.

"During those early years, tofu was manufactured daily on the premises and sold."

"It was customary for many in San Francisco's Chinese community to get up at dawn and go to their local tofu shop–which had been open since 2 a.m.–and buy their daily needs."

Quong Hop did well as a business until the start of World War II when a shortage of soybeans occurred, since almost all of the company's soybeans used at that time were imported from China. So Quong Hop "stopped making regular tofu and restricted its product line to regular tofu, a product used as a condiment."

In the early 1960s the company moved to a new location on Folsom Street, maintaining its factory but eliminating its retail store.

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Then the natural foods movement arrived and Quong Hop was swept up in it. In 1971 the company decided "to expand its product line back to what it had once been, several varieties of tofu and soymilk." But Quong Hop's main customers remained basically the same; Chinese Americans. In 1976 Quong Hop began using completely natural ingredients–including natural nigari.

Today Quong Hop's products are distributed to three main types of markets: (1) Oriental groceries and restaurants. (2) health and natural food stores. (3) supermarkets and other restaurants.

Photos show: (1) Jim Miller. (2) Some of Quong Hop's many soyfood products.

5213. Jolley, Clifton. 1981. Eat tofu? Our man would as soon eat crow. *Deseret News* (*Salt Lake City, Utah*). Oct. 20. Section C.
• ***Summary:*** "I shouldn't have done it. I shouldn't have made light of tofu. When I suggested that the government was going too far by considering the addition of tofu to the school lunch program, when I described tofu as a 'colorless, tasteless, postage paste coagulation,' I should have known that there were tofu lovers out there, somewhere.

"Three of them, to be precise. They bill themselves as the 'Tofu Trio,' three SLC businesswomen who about a year ago started an enterprise called 'Jack's Beanstalk' that specializes in the production and marketing of tofu."

Jack's Beanstalk is Salt Lake City's first tofu manufacturer. The trio are Bonnie Roddy, Sally Roddy (her daughter), and Pat Hodgson. They went to Jolley's office and served him "a salad (with tofu dressing), manicotti (with tofu filling), pizza (with tofu substituting for cheese), and pineapple cream tofu pie." He liked it, and loved the pie. See follow-up article Nov. 20.

5214. *Hartford Daily Courant* (*Connecticut*). 1981. 'Sideways sushi' full of memories: Notes from Laurel's Kitchen. Oct. 21. p. E7.
• ***Summary:*** Carol has very fond memories of the time her judo instructor, Fukuda sensei (a woman) gave her a lesson in Japanese cooking. The main dish was a vegetarian version of sushi–the scattered kind [*maki-zushi*] rather than rolled sushi. The ingredients included tiny cubes of carrots (barely cooked) "and small pieces of a deep-fried tofu 'pouch' sold in Oriental markets," as well as shiitake mushrooms, thin strips of omelet, and crumbled sheets of nori sea weed (optional). A recipe for "Sideways sushi" is given. Address: Staff writer.

5215. Jones, Irmarie. 1981. Explaining 'how to' of tofu. *Recorder* (*Greenfield, Massachusetts*). Oct. 21. p. C1.
• ***Summary:*** A large photo shows authors Madeline Fox, Judith Timmins, and Kathy O'Connor showing off their new cookbook *Soydairy Delights of Tofu.* The 40-page $2.95 book was issued Oct. 1. Mrs. Fox, involved in sales promotion for tofu, was introduced to the food at an oriental cooking class 12 years ago [i.e. in 1969]. Mrs. Timmins has four children. Like pasta, tofu has little or no taste, which serves to its advantage. Address: Staff reporter.

5216. Brownstone, Cecily. 1981. Fond meetings at Trader Vic's: A new food combination at the international eatery. *Los Angeles Times.* Oct. 29. p. WS42.
• ***Summary:*** Trader Vic's four children have now taken over the bulk of the responsibilities of managing his international chain of restaurants, leaving more time for the Trader to be on the look-out for new food combinations.

"A few months ago I was offered his version of Chicken and Tofu Puffs..." She tried the recipe in her test kitchen and found the Puffs easy to make. A recipe is given for Trader Vic's Chicken and Tofu Puffs; its ingredients include "12 ounces bean curd (tofu)."

Note 1. These Tofu Puffs are very creative and original; they are not the traditional Japanese aburagé.

Note 2. Victor J. (Trader Vic) Bergeron died on 11 Oct. 1984 at his home in Hillsborough, California. He was age 81. Mr. Bergeron entered the restaurant business on 17 Nov. 1934, borrowing $500 to open Hinky Dinks, a hole-in-the-wall eatery at 65th St. and San Pablo in Oakland. Address: Associated Press food editor.

5217. *Chicago Tribune.* 1981. 'Tofu' and other soy books: Reader's guide to good eating. Oct. 29. p. W_A21, or N_ B19.
• ***Summary:*** This is a briefly annotated list of useful books about soy products: (1) *Soybeans for Health and Longevity,* by Philip S. Chen. (2) *The Soybean Book: Growing and Using Nature's Miracle Protein,* by Phyllis Dobson. (3) *The Farm Vegetarian Cookbook,* edited by Louise Hagler. See recipes for making ice bean, soy yogurt, and soysage. (4) *The Book of Tofu,* William Shurtleff and Akiko Aoyagi. Profusely illustrated, with hundreds of recipes. "There is no more thorough book on the history and myriad Oriental forms of tofu... First published in 1975, it is credited by most tofu cookbooks as the one that 'spread the light.'" (5) *The Tofu Cookbook,* by Cathy Bauer and Juel Anderson. Incorporates tofu artfully into familiar international dishes Many recipes assume access to the by-products of making tofu at home: okara (soy pulp) and whey. (6) *The Great American Tofu Cookbook,* by Patricia McGruter. (7) *Tofu Goes West,* by Gary Landgrebe. For those who enjoy the chewy texture of "frozen tofu." (3) *The Book of Miso,* by Shurtleff & Aoyagi. The best-known book about miso. (8) *The Book of Tempeh, by Shurtleff & Aoyagi.* A thorough study of this traditional Indonesian food.

5218. Sass, Lorna J. 1981. More budget-conscious Americans are hitting the soy–its not just sauce. *Chicago*

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Tribune. Oct. 29. p. N_B19.
• ***Summary:*** This article first appeared as: Sass, Lorna J. 1981. "Soy foods: Versatile, cheap and on the rise." *New York Times.* Aug. 12. p. C1, C6.

5219. Pathiravitana, S. 1981. Re: Tofu shop in Sri Lanka. Soybean acreage figures. Impact of the loss of Intsoy. Letter to William Shurtleff at Soyfoods Center, Oct. 31–in reply to inquiry of Sept. 26. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "1. The tofu shop you mention was set up in May 1980, A few months later it stopped work due to a lack of soyabeans. It has started functioning again and this time it looks as if it can go on. Shall write about it when it starts cutting its teeth.

"This shop has been opened mostly at the insistence of Mrs. Kim, the wife of the UNDP rep here, who is really putting heart and soul into popularizing soya in Sri Lanka. Her home address is 17/1 Bagatelle Road, Colombo 3. You may also reach her at her husband's office: UNDP Office, 202-204 Bauddhaloka Mawatha, Colombo 7.

"2. The soyabean acreage is not very spectacular. Last yala (1980) was a mere 50 acres in Anuradhapura! But this yala (1981) it rose to over 1,500. I shall send you the official figures the moment I get them from the Dep. of Agriculture.

"It is still [too] early to say what the loss of Intsoy means. As far as the agronomy goes, the expertise is now, I believe, available locally. But the lack of an Intsoy man on the spot may perhaps be felt more keenly in securing Intsoy help for any matter that may come up. Dr. Hittle was also a good trouble shooter.

"I am sending you a copy of the Department of Agriculture publication *Soya Bean, the Miracle Crop of the 20th Century."* Address: CARE, P.O. Box 1024, Colombo 3, Sri Lanka. Phone: 20894/5.

5220. Storup, Bernard; Ruel, Françoise. 1981. Re: Studying tofu in America and starting work with tofu in France. Letter to William Shurtleff at Soyfoods Center, Oct. 31. 6 p. Typed, with signature. [2 ref. Eng]
• ***Summary:*** Bernard and Françoise enjoyed the 8 months they spent studying soyfoods in the USA, and have now been back in France for nearly 10 weeks. "During the time we were in the U.S., we had a rather good survey of the small and medium scale tofu industry, and I think we learned a lot from all the people we met, and very often what not to do.

"I have been really surprised by the quality of the welcome we had all along our way, as well as the spirit prevailing among most of the people involved with soyfoods (we did not visit the big factories). This too has been a good lesson. Another small surprise has been the general lack of technical experience of most of the people working with tofu... They could learn a great deal from the dairy industry–chiefly the small and medium scale cheese-making industry–by using the techniques and the equipment (very often not expensive) employed when curding, putting in pressing boxes by gravity, pressing, etc."

Concerning Li Yu-ying, "we went with Jean de Preneuf to the location of 'La Société Française pour l'exploitation du soja et de ses dérivés,' located at 48 Rue Denis Papin, Les Vallées, Colombes (west of Paris). The buildings had been pulled down about 20 years ago, but were used for other manufacture since at least the beginning of the thirties. We met an old man who has always lived in the neighborhood and remembers that 'some Chinese people were making cakes there before the first world war.' So, it is certain that this address was the one of Li's plant in 1912. We have been to the town hall of Colombes, but nobody was able to help us. We have to come back there at the end of November...

"Since our return to France, we had have, with Jean de Preneuf, a lot of contacts with different people to introduce, at least, the idea of soyfoods. We met people of the medical corps, all having an important role in scientific research (Dr. Sautier, INSERM, Hôpital Bichat, Paris; Dr. Mirouse, Dean of the Faculty of Medicine in Montpellier–the most important in France) working on plant proteins for years (as Dr. Cheftel, Universite de Montpellier, who has been to Japan several times and has worked on soymilk with experimental equipment made by Alfa-Laval) and people from INRA (Institut National de la Recherche Scientifique). All these people knew or at least had heard about tofu, and are ready to help us in their own field (analysis or sometimes technical assistance).

"We also met people from large industry (researchers for Nestlé, and an executive of Prolait) to ask if they had worked on soy products other than T.V.P. and soymilk formulas for infants. They all knew tofu and other soyfoods very well but said that 'the market in Europe is not ready yet for this.' Finally, we met organic soybean producers (and non-organic too); we wanted to know more about the future policy of the Economic European Community on soybeans...

"Actually, 9000 hectares of soya (22,500 acres) are cultivated in France, mostly in the south of France. Soya represents in value the second largest (after oil) national import for the French budget.

"In France, we can find tofu only in very few places, most of the time at a prohibitive price, between $4 and $7 a kilo. Vietnamese shops in all big cities have tofu, but their tofu is rather special with a sandy texture and a strong (sour) taste. We found only one (bad) tempeh producer in Paris. For these reasons, we have thought more and more that it would be a good thing to open a tofu shop and to work at the same time on the informational level. We are now working on a small recipe book (adapted to the French habits) as well as on a technical flyer, a pamphlet and other things...

"We are thinking of starting a Soyfood Center in France but we will tell you about this in the future as soon as we have found a new place to settle (it should be near Paris). We have already made an application.

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"Jean de Preneuf contacted different (good) publishers, and one said *The Book of Tofu* has been found to be very interesting by a committee of readers. We are now waiting for a definitive answer from this publisher (Editions Denoel, one of the best in France, by quality and volume)."

Accompanying the letter are photocopies of books by Li Yu-ying and Grandvoinnet (1912) and Rouest (1921) which Shurtleff had been unable to find in America. Key portions were highlighted in yellow and translated into English.

Note: This is the earliest document seen (Feb. 2013) concerning Société Soy or its founders, Bernard and Françoise Storup. The company's first soy product was launched in June 1982. Address: 48 Rue Bouffard, 33000 Bordeaux, France.

5221. Asahimatsu Shokuhin. 1981. Asahimatsu sanjû-nen no ayumi [Asahimatsu Shokuhin: Thirty-year history]. Iida-shi, Nagano-ken, Japan: Asahimatsu. 290 p. Oct. 18. Illust. No index. 23 cm. [Jap]

• ***Summary:*** Contents: History of kori-dofu. 1. History of the early days. 2. When the company began. 3. The spirit of starting the business. 4. The birth of Asahimatsu Kori-dofu K.K. 5. Becoming an independent business. 6. The construction of a new factory and problems producing soft kori-dofu. 7. The challenge of becoming first in the industry. 8. The reality of becoming first in the industry. 9. The aim of becoming a "unique first-class food business." 10. The 30th year: A new start for progress. Documents. Time table. Postscript.

Chronology:

1904–Artificially frozen tofu was displayed at the Fourth Industrial Exhibition in Japan.

1923–The Matsuo Kori-dofu Union was established.

1925 Dec. 25–The Association of Kori-dofu Unions in Nagano prefecture was established.

1930–The Anonymous Asahimatsu Improved Kori-dofu Union was established.

1932–The Anonymous Asahimatsu Improved Kori-dofu Union was reorganized as Asahimatsu Improved Kori-dofu Company, Ltd.

1932–Misuzu-dofu Sales Union (predecessor of the present Misuzu Tofu, Inc.) was established.

1935–Responsibility-guaranteed Suwa Sales Union (the predecessor of the present Daiya Tofu, Inc.) was established.

1937–Kori-dofu Union of East Tsukuma County in Matsumoto City (the predecessor of Miyama Tofu, Inc.) was established.

1939–The All Japan Kori-dofu Association was founded.

1939–The factory for making artificially frozen tofu was built in Matsuo village by Asahimatsu Improved Kori-dofu Company, Ltd.

1940 May–The All Japan Kori-dofu Union Association was established in order to serve as an organization controlling the distribution of soybeans, the raw material.

1941–The Asahimatsu Improved Kori-dofu Company, Ltd. built a branch factory in Korea.

1943–The All Japan Kori-dofu Industry Union Association was established under an order given by the Ministry of Agriculture and Forestry.

1944–The All Japan Kori-dofu Industry Union Association was re-established as The All Japan Kori-dofu Industry Control Union.

1945–The Asahimatsu Improved Kori-dofu Company, Ltd. gave their factory to Fujikura Aircraft Industry Company, Ltd. to be used as a munitions factory.

1945 Aug. 15–The Korean branch factory of Asahimatsu Improved Kori-dofu Company, Ltd. was closed due to the termination of World War II.

1945–The All Japan Kori-dofu Industry Control Union was dissolved.

1947 March–The All Japan Kori-dofu Industry Association was established and joined the Japan Soybean Association.

1950 Dec. 19–The Asahimatsu Kori-dofu Company, Ltd. was established having a total capital of 3,750,000 yen.

1950–The naturally frozen tofu industries were struck by the unusually warm winter.

1951 Jan. 19–The factory of the former Asahimatsu Improved Kori-dofu Company, Ltd. (4873 Matsuo village) was purchased from the Fujikura Aircraft Industry Co., Ltd. and reconstruction of the factory began.

1951 April–The Soybean Control Order was abolished.

1951 May 15–The Asahimatsu Improved Kori-dofu factory started operation. The average daily production was 30 sacks (1 sack = 60 kg = 132 lb) of soybeans. Labor productivity per unit was 13.90 hours/1,000 cuts.

1952–The products of Kansai (the Kyoto-Osaka area) and the natural products from all areas in Japan declined steeply.

1953 Feb.–The All Japan Kori-dofu Industry Cooperative Union Association was founded.

1954 July 1–Asahimatsu's factory was designated by the Ministry of Labor as a model plant having safety and sanitation management.

1956 Aug.–The second construction of the SupeCo style dryer was completed. A current style thawing machine was installed which made the flow of operation continuously automatic.

1957 Nov.–The third construction of a freezing process and boiler was completed. A combustion machine for coal powder was introduced. A new chimney for the boiler was built. The average daily productivity was 112 sacks.

1958 Oct.–'Asahi-dofu' was used as food by the observation party of Showa base at the South Pole.

1958–Competitive sale of kori-dofu began.

1959 March–The first TV commercials for the Kori-dofu industry began in the Osaka area.

1959 Jan. 1–The 'meter' rule was put into practice.

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1959–A specialized dryer for cubes was newly installed. Sprinkler-type thawing equipment was completed. The complete continuous operation by exchanging labor made the increase in productivity possible after the completion of the third construction.

1960–The average daily productivity: 154 sacks. Productivity of labor per unit: 7.50 hours/1000 cuts.

1962 July–Began sales of soft tofu.

1962–Began refrigeration of products.

1963 Feb.–Frequent occurrence of browned and hardened products.

1963 July–Tenryû plant began full-scale operation.

1963 Oct. 24–Success in making the products soft. Became number one in both quality and productivity among the industries.

1963 Nov. 1–Awarded by the Japan Food Sanitation Association an official commendation for having a well controlled sanitary plant. Began to use heavy oil as boiler fuel at Iida plant. The average daily productivity: At Iida plan, 97 sacks; at Tenryû plant, 136 sacks. Productivity of labor per unit: 6.50 hours/1000 cuts (at both Iida plant and Tenryû plants).

1964 July 7–Awarded by the Nagano Labor Standards Bureau of Ministry of Labor an official commendation for having a well controlled and safe plant. Stabilization of quality of 'soft' products.

1966 Oct.–Shinshu Tofu Co. Ltd. was entirely destroyed by fire.

1966 Nov. 1–Awarded by the Minister of Health and Welfare an official commendation for having a sanitary plant.

1966 Nov.–Misuzu-tofu Co. Ltd. expanded its plants and began to make 'soft' products.

1967 July 1–Asahi-dofu Sales Co. Ltd. was founded.

1967 July–Development at Iida plant of a forming box which does not require removal of whey.

1967 Dec.–Daiya Tofu Co. Ltd. began a plant to work in concert with Asahimatsu Kori-dofu Co. Ltd.

1968 April–Daiya Tofu Co. Ltd. tied up with Asahimatsu Kori-dofu Co. Ltd. Asahimatsu has 53% of the Japanese market.

1968 June 22–Asahi Dofu Sales Co. Ltd. was dissolved. Shinshû-dofu Sales Co. Ltd. was established. Ginseki Kori-dofu Co. Ltd. consigned production to Misuzu Kori-dofu Co. Ltd. Established a sales company entering into partnership with Misuzu Kori-dofu Co. Ltd.

1969 March–Decision to install a test plant which treats liquid effluent waste by the lagoon method inside Asahimatsu Kori-dofu Company's plant.

1969 July 21–'New Asahi-dofu' began to be sold.

1970–Wrapping and boxing machines were introduced at the Iida plant. Specialized dryer for cubes was completed. Percentage of good products at Iida plant is 96% and that of Tenryû plant is 95.3%. The average daily productivity at the Iida plant: 232 sacks, and at the Tenryû plant: 224 sacks. Productivity of labor per unit at the Iida plant: 3.97 hours/1000 cuts, and at the Tenryû plant: 3.28 hours/1000 cuts.

1970 Jan. 1–Genichi Akaba became the new president of Asahimatsu Kori-dofu Co. Ltd.

1970 May–Genichi Akaba, the president of Asahimatsu Kori-dofu Co. Ltd. took office as the chief director of the Kori-dofu Industry Association Union of Nagano prefecture.

1971 Aug. 17–An overseas training program was established. The first trainee was sent to the University of Illinois. A liquid waste management facility was completed.

1972–Operations began in January in the Iida plant and in August in the Tenryû plant. 'Asahikoya with Seasoning' was developed and began its sales with a test market.

1972 Aug. 17–A second trainee was sent to the University of Illinois.

1973–'Asahikoya with Seasoning' was introduced to the public in the Tokyo market. Misuzu Tofu Co. Ltd. began to sell Koya-dofu with seasoning.

1975 Jan.–Tie-up with Mitsubishi Shoji in sales. President Fukui of the National Nutrition Research Institute and the nutritionist Kozu reported the results of an experiment using kori-dofu for preventing anemia.

1976 July–The machine for dehydrating okara at the Tenryû plant began operation.

1976 Oct. 23–The 30th anniversary of Asahimatsu Company was celebrated and a party was held. The percentage of good products at the Iida plant was 96.0%; at the Tenryû plant was 96.4%. The average daily productivity at the Iida plant was 244 sacks (1 sack = 60 kg of soybeans); at the Tenryû plant was 251 sacks. The productivity of labor per unit at the Iida plant was 1.99 hours/1000 cuts; at the Tenryû plant was 1.80 hours/1000 cuts. Address: 1008 Dashina, Iida-shi, Nagano-ken 399-25, Japan.

5222. **Product Name:** Tofu.
Manufacturer's Name: Ashland Soy Works.
Manufacturer's Address: 280 Helman St., Ashland, OR 97520. Phone: 503-482-1865.
Date of Introduction: 1981. October.
Ingredients: Water, organically grown soybeans, natural magnesium chloride or nigari (a derivative of seawater).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: What is Tofu? 1981. Label. 1981. 6 by 4 inches. Red and green on clear film. "No artificial additives or preservatives of any kind. To keep fresh, rinse and change water daily." Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: James Muhs. Talk with Diana Muhs. 1988. Feb. 10. The company started making soyfoods in October 1981. Their first product was tofu, followed by soymilk about a year later.

5223. Clarke, Christina. 1981. Cook with tofu. New York,

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NY: Avon Books. 223 p. Oct. Index. 21 cm. Published in both trade and mass-market paperback editions.
• ***Summary:*** Contents: Acknowledgments. Introduction. 1. Tofu for all occasions (some sample menus). 2. Buying and storing tofu. 3. Ways to prepare tofu. 4. The recipes. 5. Points to remember. 6. Dips, spreads, and appetizers. 7. Soups. 8. Sandwiches. 9. Salads. 10. Dressings and Sauces. 11. Entrées. 12. Baked goods and desserts. 13. Substitutions. 14. Helpful sources. Glossary.

"Over 150 delicious, nutritious recipes you and your family will love." Note: As of Sept. 1989, 57,500 copies of this book have been printed. Of these, 47,500 were sold before March 1984, and 32,500 before Nov. 1982. It is still in print. Address: Rochester Zen Center, Rochester, New York.

5224. Fox, Madeline; O'Connor, K.; Timmins, J. 1981. Delights of tofu: Soydairy. Greenfield, Massachusetts: Soy to the World Publishing Co. 41 p. Oct. 1. Illust. No index. 22 cm. 2nd edition, 1986, retitled Tomsun Delights of Tofu.
• ***Summary:*** Contains 56 tofu recipes. Some use fish, poultry, and meat. A color photo on the cover shows a tofu quiche, salad, and chocolate parfait in a stemmed glass. Address: Greenfield, Massachusetts.

5225. Greenwood, Rebecca. 1981. Recipe for a prizewinning tofu cheesecake. *East West Journal.* Oct. p. 34-35.
• ***Summary:*** About the Great America Tofu Pie Bakeoff held as part of the 4th annual Soycrafters Association of North America convention in Fort Collins, Colorado. Ten tofu cheesecakes were submitted for the judges to sample. The first-prize winner was Sally Sheppard, an elementary school teacher from Salt Lake City, Utah. The recipe for her tofu cheesecake with peaches is given. Ms Sheppard is in partnership with her husband and four friends, forming a soyfoods business in Salt Lake City named Jack's Beanstalk. A photo shows Robin Clute slicing a tofu cheesecake.

Note 1. Ms. Greenwood changes the ingredients in the winning recipes to suit her personal macrobiotic beliefs, then adds a long paragraph criticizing tofu based on those beliefs, with no reference to her sources. "As a footnote I would like to add that I never use tofu in sweetened desserts... Tofu reduces the blood flow to the sexual organs and was traditionally used in Oriental monasteries to help reduce sexual desire." Note 2. When asked twice for the sources of her information about Oriental monasteries, she failed to respond. Address: Co-director, East West Center, Boulder, Colorado.

5226. Leviton, Richard. 1981. Things go better with soyburgers: The new all-American food. *East West Journal.* Oct. p. 24-30. Cover story. Photos by Frank Ward.
• ***Summary:*** Contents: Of tempeh burgers and tofu dips: An industry poised for growth. The soyfoods industry: Building on a solid foundation. Market penetration: Mainstreaming convenience soyfoods. Soyfoods market snapshot: Crystal ball gazing. Soy sense. Address: Editor and publisher of *Soyfoods,* the quarterly journal of the soyfoods trade, and executive director of the Soycrafters Assoc. of North America, 100 Heath Road, Colrain, Massachusetts 01340.

5227. Lima N.V. 1981. Lima natural foods pricelist. Lima Foods, Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium. 12 p. Catalog. 30 cm. [Eng]
• ***Summary:*** Lima has been making organic, unrefined foods, without additives, for 20 years. Organic quality is guaranteed. Contents: Whole cereal grains. Stone-ground whole flours (incl. soya flour, 500 gm). Whole pulses (incl. soya, and azuki, each 500 gm). Coffee substitutes (incl. Yannoh with azuki, Dandelio [dandelion root], roasted barley, and chicory). Lima specialties (incl. Kokoh with azuki flour, Seitanpast [Vegetable spread with seitan]). Oriental specialties: Tamari-shoyu (from soya and wheat), Tamari, Hatcho miso, Barley miso, rice miso, instant miso soup (with dried vegetables), Kozou (kuzu), Mebosi (umeboshi), Tekka (natural seasoning with miso). Seaweeds. Unrefined oils. Sea salt. Vegetable protein products: Seitan (vegetable protein concentrate, 150 gm jar), Seitan goulash (seitan with vegetables), Soya filtrate (soyamilk), Tofu (curdled soya filtrate). Concentrated soups (incl. azuki soup). Books (incl. 2 cookbooks by Anette Gevaert). Address: Lima Foods, Edgar Gevaertdreef 10, Sint-Martens-Latem 9830, Belgium.

5228. Members of The Soy Plant collective in Ann Arbor, Michigan, outside their deli at 211 East Ann St. (Photographs). 1981.
• ***Summary:*** This color photo (see next page; 6¼ by 4¼ inches) shows eleven members of the Soy Plant. They are (back row, left to right): Suzanna Middaugh, Steve Fiering, Walter Rogaczewski, Margaret Shaw (she is holding up a small sign that reads "No Nukes), Dan Ecclestone, Kelly Kinney (Steve Fiering's wife since 1990), Tristram Seidler. Front row (left to right): Bob (surname unknown), Rob (surname unknown), John Gingrich, Jura McDowell.

To the left of the door is the large round sign of "People's Herb and Spice Co-op." To the right of the door is the large round sign of "The Soy Plant–Soy Dairy." The photo was taken at about the time The Soy Plant moved its manufacturing operations to 711 Airport Blvd. in Ann Arbor, leaving the deli at 211 East Ann St.

Location of original: The Soy Plant scrapbook, c/o Rosewood Products, Ann Arbor, Michigan.

5229. Nasoya Foods. 1981. Nasoya tofu cookbook. P.O. Box 841, Leominster, Massachusetts. 28 p. Oct. No index. 22 cm.
• ***Summary:*** Contents: Introduction. General serving suggestions. Nutritional benefits of tofu. Terms which may

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be new to you. Recipes (contains 62 recipes): Salads, soups, entrees, desserts, baked foods, snacks.

This cookbooklet is not vegetarian; Recipes use chicken and tuna. The cover of one edition is green on white, and of another is brown on white with a photo. Address: Leominster, Massachusetts.

5230. New England Soy Dairy, Inc. 1981. Put time on your side. New Soydairy cookbook increases tofu use. *Erewhon Monthly.* Oct. p. 2-3.
• ***Summary:*** These are the titles of two full-page ads. The first shows a package of Soydairy tofu "with the soydairy 28 day shelf life advantage." The second shows a man holding a cookbook titled "Delights of Tofu." Address: Greenfield, Massachusetts.

5231. Ontos Yogaville. 1981. Tofu, Ontos style. *Ziriuz* (*Australia*). Oct. p. 21.
• ***Summary:*** This spiritual community is planning "construction of a tofu-making building. We are planning to supply East Gippsland and Melbourne with this wonderful food. This will provide an important source of income to the community, and provide a real service to those foods to better their diet." Address: Buchan, 3885, Australia. Phone: 051 55 0215.

5232. Soy Plant (The). 1981. An all-soy deli: Tofu, miso, soymilk, tamari, tempeh (Ad). *Ann Arbor Calendar* (*Michigan*). Oct. p. 21.
• ***Summary:*** At the top of this small ad (2½ by 1.75 inches) is the collective's logo. At the bottom: "Present this ad for a 10% discount on listed items through 10/31/81. Limit one per customer." Address: 211 East Ann St., Ann Arbor, Michigan 48104. Phone: 663-0500.

5233. **Product Name:** Tofu.
Manufacturer's Name: Thistledown Soyfoods.
Manufacturer's Address: R.R. 5, Duncan, BC, V0L 4T6, Canada.
Date of Introduction: 1981. October.
New Product–Documentation: Leviton. 1982. In a Small Bright Building. They began making tofu in Oct. 1981.

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5234. **Product Name:** Tofu.
Manufacturer's Name: Tofu Lady (The).
Manufacturer's Address: Hector, NY 14841. Phone: 607-546-8258.
Date of Introduction: 1981. October.
New Product–Documentation: Talk with (call from) Carol DeSarno, founder and owner of The Tofu Lady. 1993. Oct. 27. She started making tofu in Oct. 1981. She still makes it in a 12 by 18 foot building attached to her home; the shop is and has always been licensed and inspected. Age 43, she now makes about 300 to 500 lb/week of tofu which she sells to health food stores, restaurants, and Wegmans. Her shop is near Ithaca, and her main competitor is Ithaca Soy.

5235. Garden of Eatin'. 1981. Price list. 5300 Santa Monica Blvd., Los Angeles, CA 90029. 1 p. Nov. 1.
• ***Summary:*** For 7 soy products, gives case pack, size, and distributor, wholesale, and retail prices. Address: Los Angeles, California.

5236. Tarzan, Deloris. 1981. Tofu: It's soul food. Sages, yogis eat it right after sips of heavenly mists and morning dew. *Seattle Times.* Nov. 1. p. E8. Sunday. [1 ref]
• ***Summary:*** "Luke Lukoskie, the Northwest's tofu tycoon... views tofu less as a business than as a way of life. The concept of right livelihood, he says, helps define a new approach to work." Photos show: (1) Russ Terry, an apprentice at Island Spring, Inc., ladles "soy curds into long forming boxes to drain," cool and be pressed. (2) Issie Rosford arranges grilled slices of Delicious Steamed Tofu in containers, ready to be shipped to stores. Address: Staff writer, Washington.

5237. Mossman, Josef. 1981. Tofu finally comes into its own, gets its own 'complete' cookbook. *Des Moines Register* (*Iowa*). Nov. 2.
• ***Summary:*** A review of Christina Clarke's new book *Cook with Tofu*–"a first-rate cookbook." "The book contains generous mentions of the Shurtleff-Aoyagi *Book of Tofu,* so generous, in fact, that I am nearly convinced that perhaps *The Book of Tofu* would be my choice between the two."

5238. Atkins, Candace. 1981. Tofu–the 'natural' kind of fast food. *Green Sheet* (*Santa Cruz, California*). Nov. 4. p. 3.
• ***Summary:*** About Kevin Slooten and his Well Bean Deli, a "fast and natural" soy food restaurant at 349 Soquel Ave. in Santa Cruz. A photo shows Kevin and Susie Lord preparing a tofu menu.

5239. Weber, Marcia. 1981. Re: New developments with tofu and tempeh in Australia. Letter to William Shurtleff at Soyfoods Center, Nov. 8. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Here in Sydney there are only two other major producers of Bean Curd. They are both Chinese and are very enterprising.

"Our factory has shut down, and now one of the Chinese producers [Sin Ma Trading Co., 9 Meeks Road, Marrakville, NSW] is allowing us to use their premises to make our tofu... We are hoping to start another factory with more capital behind us. Unfortunately, we were grossly undercapitalized, and this was our downfall. The demand here in the healthfood line has stabilized at about 600 [pieces of tofu] weekly. Many people buy the Chinese bean curd, because they don't know the difference. When they experience our brand, they realize that there is a vast difference.

"However, it is impossible to compete with the price; our Tofu is twice the price. Because our volume is so low, we have very little choice. I myself teach cooking, and try to promote it as much as I can... Don't forget that this whole country is only 13 million people. It's very small compared to the U.S."

Gives addresses for Castle Trading Pty. Ltd. in Ranwick NSW, Homeland Community in Bellingen NSW, Sin Ma Trading Co. in Marrakville NSW, and Elly & Cyril Cain in Eumundi. The latter are just starting tempeh making on a very small scale. Address: East West Foundation of Australia, Suite 507, 363 George Street, Sydney 29 5481, Australia.

5240. Wiegand, Peter. 1981. Re: Starting Auenland Tofu in Germany. Letter to Michael Pierce at Wildwood Natural Foods, 135 Bolinas Rd., Fairfax, California, Nov. 9. 1 p. Handwritten, with signature. [Eng]
• ***Summary:*** This letter is written on an artistic letterhead showing a green tree-vine growing up the right side and part way across the top. The paper is light gray. In the lower left is a little green house with a shale roof and a blooming tree by the chimney.

In Germany, things are going pretty well for Peter and his wife, Elgard. A few days ago they settled in a beautiful place in the mountains. Winter time has already started and all of nature has fallen asleep, but life keeps the Wiegands very busy. Peter has already gotten a room for the "Tofu Kitchen." After Christmas they want to start getting it ready to make tofu. They invite Michael to come to Germany, and to pay his way. "So give our love to Wildwood and to Craig the gardener, and give the other letter to him."

Note: This is the earliest document seen (Oct. 2000) concerning Auenland Tofu in Germany.

Talk with Michael Pierce of Georgia. 2000. Oct. 11. Craig was an organic gardener in Marin, California. They used to take all of Wildwood's okara over to Craig's garden and compost it for the community garden. Peter was a musician, and he also made candles. Michael is quite sure Peter did not illustrate this letterhead. Address: Hub Bleimhaus, D-8210 Prien-Chiemsee, West Germany.

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5241. Sugawara, Akiko. 1981. Amerika no tôfuyusan [American tofu company (K. Tanaka & Co. in New York City)]. *Living Book.* Nov. 11. p. 82. [Jap]
• ***Summary:*** Sugawara, Akiko. 1981. The Living Book (Japan). Nov. 11. p. 82. In this 3 by 4 inch sidebar to a larger article on tofu, color photo shows the front of K. Tanaka & Co. in New York, Founded in 1903, the company is located on Amsterdam St. The 45 year old owner, Mr. Keisuke Murakami, succeeded to the shop ownership 20 years ago. His tofu sells for $0.50 a piece. He previously worked for Pan Am. The shop also sells other Japanese foods. His 3 workers also make Spinach Tofu Pie and Tofu Lasagna. Address: 326 Amsterdam Ave., New York, NY (Manhattan's West Side).

5242. Jolley, Clifton. 1981. Well, uh, 20 years does make a difference. *Deseret News* (*Salt Lake City, Utah*). Nov. 20. Section C.
• ***Summary:*** "Drat those tofu ladies. OK, so what they made with *the terrible tofu* was a lot better than it had any right to be. But when they documented the quality of their cuisine by saying that BYU's Cannon Center was using it, I responded (in print–oh, rue the day!) that Cannon Center didn't seem like much of an epicurean endorsement. Cannon Center was not pleased. BYU Food Services was not pleased. My word!"

He son received a call. "Mr. Jolley, we are pleased to inform you that next Wednesday is going to be Clifton Jolley Day at Cannon Center."

5243. Cohen, Richard L. 1981. Fairfax firm finds wild growth in business of tofu sandwich. *San Francisco Business Journal.* Nov. 23. p. 6-7.
• ***Summary:*** "On Dec. 31, Wildwood Natural Foods in Fairfax [California] will have chalked up its first complete fiscal year with total sales in excess of a quarter of a million dollars. The company has grown this large, this quickly, by concentrating its efforts on preparing 3 kinds of tofu sandwiches that are distributed fresh every day to approximately 30 health food stores in Marin [County] and San Francisco. 'I knew that the company would be successful right from the beginning,' said president Paul Duchesne. 'I had studied other tofu manufacturing shops closely and concluded that the keys to success in this business were to manufacture mostly secondary tofu products rather than just raw tofu, distribute the products fresh every day and minimize the physical area of the tofu-producing operation.'

"Duchesne said that the tofu is manufactured in an area of only 150 square feet. This, he said, leaves most of the space in the shop for sandwich making. 'The sandwich business is a manpower-intensive business,' he said, 'but it is also a high-profit business compared with simply distributing raw tofu.'"

"Buoyed by his success with that [brown rice and tofu] sandwich, Duchesne decided to make a career of it. He found 3 partners who each invested $10,000 in the business. A tofu manufacturing facility was built and in August 1980, the company officially geared up for production as Wildwood Natural Foods and began to produce other sandwiches besides the popular brown rice and tofu."

"The sandwich operation accounts for 60% of Wildwood's business... Raw tofu, distributed to 8 health food stores and representing 15% of total sales, is changed every day... Tofu deli products include such delights as tofu salad and Good Puddin', a product with fruits, tofu and carob. 'We run our tofu-making equipment 6 days a week, 8 runs a day and 40 pounds at a run,' Duchesne said. 'That totals 1,920 pounds a week.'"

"For 10 years Duchesne was an associate engineer for AT&T Long Lines, first in New York and then in San Francisco."

5244. Leviton, Richard (Ira). 1981. Re: Memorandum to the SANA board. Letter to board members of the Soyfoods Association of North America, Nov. 24. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The letter begins: "Hello friends: All 4 of you now, as Pat Aylward has resigned from the Board. Bill Shurtleff has agreed to loan SANA the sum owed Colorado State University (approximately $3,100) which we will pay back monthly in $200 installments, the balance at the conference next July. Luke Lukoskie has agreed to back the [upcoming] conference financially and to provide some financial assistance to me in advance of the conference. Luke is also going ahead with the fund raising letter and program which we outlines at the September Board meeting in California. As usual, SANA hovers on the edge of bankruptcy and grand success.

"In regard to the July conference at the University of Washington, July 7-11, can I enlist your help presently in two areas? Four requests for help are described." Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5245. MacCormack, Harry; Posner, Mia. 1981. Re: Integration of the soy dairy with the bio-farm. Letter to William and Akiko Shurtleff at Soyfoods Center, Nov. 24. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "We've had people from all over the world visiting the farm to see the integration of the Soy Dairy with the Bio-Farm process. Also to see and watch the wood-fired processing. We're more committed than ever to the need for small, local, capital-non-intensive, soy dairy operations. There seem to be others, so we've done a fair amount of teaching and have spawned a couple new dairy farms." Address: Sunbow Farm Products, Route 2, Box 46, Corvallis, Oregon 97330. Phone: (503) 929-5782.

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5246. J.D. 1981. Nofu [The Koba family of Oriental Groceries in San Diego will soon stop production of handmade tofu]. *Reader* (*San Diego, California*). Nov. 25. p. 3. City Lights section.
• ***Summary:*** "Chill news is blowing through San Diego's Japanese-American community: Haruki and Michiko Koba are going out of business. This means soon, very soon, it will be impossible to buy handmade tofu anywhere in Southern California." The Kobas have made tofu by this painstaking process for the past 33 years; but now the city is buying the building which houses their oriental groceries storefront, with plans to demolish it and replace it with a park. "The Kobas will be moving out sometime shortly after the beginning of next year. (The city offered to help them relocate, but the couple decided it wasn't worth the trouble to move the business.) They first began paying $45 a month for a single room in the building in late 1947, not long after Haruki was discharged from the U.S. Army. Born in Coronado, he had studied business at the University of Redlands until the outbreak of the war, when he volunteered for the service (and fought in France and Italy). When he got out, he and his wife had the chance to buy the foundering tofu business, which another second-generation Japanese-American had been operating unsuccessfully."

"Haruki had a cousin in Tokyo who wanted to emigrate to the United States, so the cousin worked in a tofu factory there [in Tokyo] to learn the manufacturing process, then came to San Diego to aid the Kobas."

"They rise before dawn and usually by 6 in the morning Haruki and Michiko arrive at the storefront, where Haruki grinds about 13½ lb of yellow soybeans. He uses an old electric grinder equipped with volcanic stones... He harbors a few other secrets which he declines to divulge." Toward the end of the tofu-making process, Michiko fills wooden forms with the softly congealed curd. The Kobas sell the 1½-lb cakes in the front of the store for $0.89 apiece. "Up to last year, Haruki also sold them (along with the fried tofu cakes called *age,* which Michiko also makes) from the back of a truck. Just like a milkman, he plied a regular route."

Contains a nice photo of Mr. and Mrs. Koba.

5247. Lukoskie, W.M. Luke. 1981. Letter of intent between Island Spring Inc. and Soyfoods Association of North America. Vashon, Washington. 2 p. Nov. 27. Typed, with signature.
• ***Summary:*** Island Spring has applied for a trademark on the name "Soyfreeze," which refers to a soy-based ice cream. Island Spring is willing to make use of the term "Soyfreeze" available to SANA, who may allow its members to use the term under the terms outlined in this agreement. Note: The agreement was never signed by SANA and the term was never used by any company other than Island Spring. Address: P.O. Box 747, Vashon, Washington 98070. Phone: (206) 622-6448.

5248. *Diet and Exercise.* 1981. Diet food of the 80's. Fall. p. 26-27. [1 ref]
• ***Summary:*** The subtitle reads: "It makes delicious Sloppy Joes, meatless meatloaf, eggless egg salad. When you cook with it, you not only like what you eat, but you save calories and money and add a high protein, low cholesterol, low fat food to your diet." Bill Shurtleff and Akiko Aoyagi see a bright future for tofu in America. Contains 8 recipes and two photos of the New England Soy Dairy.

5249. Elliot, Sharon. 1981. Dinner can be a picnic all year round: Meatless recipes. Palo Alto, California: Fresh Press. 128 p. Nov. Illust. by Tonia Macneil. Index. 21 cm.
• ***Summary:*** A vegetarian cookbook. Soy-related recipes include: Tofu Mexicano (p. 14). Find-the-tofu lasagna (p. 28-29). Surprise loaf (with dried soy beans, p. 49). Zesty soy soup (with cooked soy beans, p. 63). Address: Palo Alto, California.

5250. **Product Name:** Tofu Spinach Pie.
Manufacturer's Name: K. Tanaka & Company.
Manufacturer's Address: 326 Amsterdam Ave., New York, NY (Manhattan's West Side).
Date of Introduction: 1981. November.
New Product–Documentation: Sugawara. 1981. Living Book magazine. Nov. 11. p. 82.

5251. **Product Name:** Tofu Lasagna.
Manufacturer's Name: K. Tanaka & Company.
Manufacturer's Address: 326 Amsterdam Ave., New York, NY (Manhattan's West Side).
Date of Introduction: 1981. November.
New Product–Documentation: Sugawara. 1981. Living Book magazine. Nov. 11. p. 82.

5252. Leviton, Richard. 1981. Plenty to eat at "Soyfoods in America" conference [at Colorado State University]. *Vegetarian Times* No. 51. Nov. p. 86-88.
• ***Summary:*** More than 240 people, from 18 nations, attended the 4-day conference. The "Soyfoods Expo 1981" featured a 30-booth trade show, including much production equipment. A strong feature of the conference was the opportunity it offered everyone to sample soyfood dishes in daily meals and cooking classes. The vegetarian food service program was developed and supervised by Pat Calhoun and Pattie Morris, soyfood chefs associated with White Wave, which helped plan the conference.

"Another world's first was the Tofu Cheesecake Bakeoff, never before dreamed of anywhere, anytime (according to our far-flung sources) in the tofu-eating world. Ten daring contestants baked their tofu creme pies and cheesecakes (free from dairy, eggs, sugar, white flour) during the conference

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while the panel of hungry judges went delirious in sampling, then evaluating, what was agreed were the finest tofu cheesecakes ever submitted to a panel of soyfoods judges."

A series of ten cooking classes were taught by Akiko Aoyagi, Rebecca Greenwood, Richard Jennings, Darrilyn Jackson, Robin Clute, Blanca Dominguez, Demetria Nanos Hamdorf, Melodie Phipps, and Thelma Dalman. Linda Gilbert and Ray Wolf of Rodale Press demonstrated their shortened and simplified home tempeh method.

Photos show Robin Clute, Akiko Aoyagi, and Rebecca Greenwood. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5253. Leviton, Richard. 1981. Status report: The USDA, school meals, and tofu. Colrain, Massachusetts: Soycrafters Association of North America. 10 p. Nov. Unpublished manuscript.
• ***Summary:*** "Background: Between February and May 1979, Judith Rubenstein of New England Soy Dairy, established contact with Carole Tucker Foreman, Director of the Food and Nutrition Service at USDA, regarding approval for tofu in school meals. The response was favorable. On May 9, Ms. Rubenstein visited Foreman's office and made a presentation; Ms. Foreman stated 'We are making every effort to find a means to authorize foods such as tofu to meet meal requirements of the Type A lunch.' Meanwhile, tofu industry members, at their annual meeting in Massachusetts, in late July 1979, express common interest in pursuing USDA approval for tofu. No further action was taken until August 1980, as the Chronology presented here explains.

"It was expected that Carole Tucker Foreman would have secured the approval for tofu. With the change in administrations, the certainty of approval seemed to wane. However, President Reagan's proposed budget cuts to school lunches intensified the need for approval, although stressing the desirability from a different angle. As tofu is now part of the overall revised meal pattern, as distinct from being a separate, highly visible, regulation, and as many school food service directors are financially pinched, the approval of tofu for school meals seems highly likely and imminent." A chronology then gives 24 dates and events from 10 July 1980 to 25 Sept. 1981 concerning steps taken by SANA and USDA to help get tofu into the USDA school lunch program. The last event is dated 25 Sept. 1981. "President Reagan instructs USDA to withdraw all proposals; USDA withdraws permission to use tofu as a creditable protein in Santa Cruz schools." Address: Executive Director, SANA, 100 Heath Rd., Colrain, Massachusetts 01340. Phone: (413) 624-5591.

5254. Norton, Reggi; Wagner, Martha. 1981. The soy of cooking: A tofu and tempeh recipe book. Revised ed. White Crane, P.O. Box 3081, Eugene, OR 97403. 58 p. Nov. Illust. 22 cm.
• ***Summary:*** Contents: Introduction. 1. Tofu and tempeh basics. Recipes–2. Salads, dressings, and dips. 3. Light meals and snacks, including appetizers and soups. 4. Main courses. 5. Desserts and muffins. Address: Eugene, Oregon.

5255. *Plenty Canada News* (*Lanark, Ontario, Canada*). 1981. Soy Dairy: Integrated soy project–Guatemala. Fall. p. 3.
• ***Summary:*** "The Integrated Soy Project which Plenty Canada introduced into the Guatemala Highlands is continuing without the presence of Plenty volunteers. The Indigenos of San Bartolo, trained by Plenty Volunteers in soy technology, now operate their Soy Dairy on a daily basis. Two hundred local farmers have grown enough soybeans to supply the dairy for the rest of this year.

"The dairy is currently sustaining itself by selling soy ice bean and tofu at an affordable price in the local market. Every week it sells about 75 gallons of ice beans and 50 lbs. of tofu, and is making just enough money to cover weekly operating expenses."

"Just about everybody seems to love ice cream. The soy ice bean is rich and creamy and is made with all natural native fruits and flavors such as: banana, pineapple, orange, raspberry, zapote, papaya, melon and chocolate."

An illustration shows a cone of "Soy Ice Bean." A photo shows many Guatemalan children happily holding up cones of soy ice bean. Below this article is a form requesting donations to Plenty Canada. Address: R.R. 3, Lanark, Ontario K0G 1K0, Canada.

5256. **Product Name:** Pumpkin Pie (Tofu-Based. Baked with a Crust).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. November.
Ingredients: Pumpkin, tofu, honey, vanilla, spices. Graham cracker crust.
Wt/Vol., Packaging, Price: 4 oz.
New Product–Documentation: Spot in Soyfoods. 1983. Winter. p. 48. "For a Soyful Christmas."

5257. **Product Name:** Tofu.
Manufacturer's Name: Sin Ma Trading Co.
Manufacturer's Address: 9 Meeks Rd., Marrickville, NSW, Australia.
Date of Introduction: 1981. November.
New Product–Documentation: Letter from Marcea Weber. 1981. Nov. 8. They are allowing us to make tofu at their plant. Marrickville is in is the southwestern part of Sydney.

5258. Soy Plant (The). 1981. The Soy Plant Deli / retail store presents... (Ad). *Ann Arbor Calendar* (*Michigan*). Nov. p. 7.
• ***Summary:*** "Our community loan program. Inquire at 211

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E. Ann at how you can receive tofu as interest on a $100.00 returnable loan. Or give the interest to a friend while retailing ownership of the money loaned. And while you're there try our home style non-dairy vegetarian food to go! Pasties, pot pies, seitan roast, salads, sandwich spreads, and sweet delights." Address: 211 East Ann St., Ann Arbor, Michigan 48104. Phone: 663-0500.

5259. **Product Name:** Tofu Links.
Manufacturer's Name: Soya Food Products.
Manufacturer's Address: Cincinnati, Ohio.
Date of Introduction: 1981. November.
Ingredients: Tofu, all natural spices, salt, vegetable oil.
New Product–Documentation: Spot in Soyfoods. 1982. Summer. p. 54. "The Missing Link." Introduced Nov. 1981.

5260. **Product Name:** Furama Tofu (Bean Curd) [Regular, or Soft].
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: 1091 E. Hamilton Rd., Duarte, CA 91010. Phone: 213-358-4526.
Date of Introduction: 1981. November.
Ingredients: Soybeans, water, calcium sulfate.
Wt/Vol., Packaging, Price: regular: 19 oz. Soft: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Ken Lee. Shurtleff & Aoyagi. 1983. Soyfoods Industry & Market. Starting year given as 1981. Talk with Ken Lee. 1988. Aug. 29. This product was launched in Nov. 1981. It now accounts for about 30% of his company sales. Mrs. Lee recalls introduction date to be Aug. 1981. Labels. 5 by 4 inches on plastic film. Regular: Red, black, and white. Soft: Yellow, brown, and white. "No preservatives."

5261. Suzuki, Tsuguyoshi; Okazaki, M.; Kashiwazaki, H.; Moriyama, M.; Takemoto, T-I. 1981. Changing food consumption of Japanese immigrants in the lowland of Bolivia. *Ecology of Food and Nutrition* 11(2):103-16. Nov. [13 ref. Eng]
• ***Summary:*** During a 3-day period in July and August 1975, dietary records of 34 households of Japanese immigrants in the lowlands of Bolivia were analyzed for the amounts and types of food consumed. The colony of Japanese immigrants, *Colonia San Juan de Yapacaní,* was established in 1955 on the basis of a governmental agreement between Bolivia and Japan. From 1955 until 1974 a total of 297 households, including 1,649 individuals, immigrated into the colony; the majority came during the first ten years. Among the items consumed were soybean products (not including soy sauce; consumed by 79.4% of the households), *tsukudani* (small fish cooked in soy sauce), wakame, nori, and kombu (3 sea vegetables), *furikake* (a seasoning containing nori), and azuki beans. "Among legumes, soybeans occupied the top position even after excluding the consumption of soybean sauce. The usual preparation was miso (soybean paste fermented and salted) and tofu (soybean curd), raw or fried, which the colonists could buy from a tofu shop in the colony."

Adzuki beans were boiled with glutinous rice and served at celebrations. "Immigrants procured the seed from Japan or Brazil and cultivated the beans." Also served was *kintsuba* (a sweet adzuki bean cake). One of the most widely used seasonings was soybean sauce, used in 85.3% of the households. Address: 1. Dep. of Human Ecology, School of Health Sciences, The Univ. of Tokyo, Tokyo, Japan.

5262. **Product Name:** Santa Cruz Tempeh. Soy-Rice.
Manufacturer's Name: Western Soy Complements.
Manufacturer's Address: 335 Pennsylvania Ave., Santa Cruz, CA 95062. Phone: 408-423-2256.
Date of Introduction: 1981. November.
Wt/Vol., Packaging, Price: ½ lb. and 1 lb.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. July 23. Owner: Jeremiah Ridenour. Talk with Jeremiah Ridenour. 1988. Aug. 31.

5263. Knoblauch, Mark. 1981. Restaurants: Jade East, Thai Hut: 2 fresh finds on the dining front. *Chicago Tribune.* Dec. 6. p. G5.
• ***Summary:*** Includes a review of the Thai Hut (1509 W. Devon Ave.). "A lot of people who claim they don't like bean curd probably have never tasted deep-fried bean curd. The heat of deep frying removes the liquid from the bean curd, leaving a puffy brown shell with a light, nutty flavor that takes particularly well to a variety of dipping sauces. Thai Hut's version ($2) sauces the bean curd with a thin spicy sauce of Thai fish sauce, chopped peanuts, and red peppers."

5264. White, Jim. 1981. Food gifts good enough to give and receive: Christmas gifts. *Toronto Star* (*Ontario, Canada*). Dec. 6. p. E4.
• ***Summary:*** No. 3 is tofu, also known as the "white steak" of the Orient [sic], bean curd, or dofu. It "is that shimmery, squiggly custard found in Chinese and Japanese restaurants."

Made from soy beans, tofu is just catching on. It is a healthy food, a good source of protein, that contains no cholesterol and is low in calories and sodium. Vegetarians like tofu, as do those who are allergic to dairy products. In fact, many alternatives to dairy products are now made from tofu.

Since tofu is inexpensive, it should grow in popularity among those who are budget minded or thrifty.

For the many people who run out of ideas for how to prepare tofu, its smart to buy a good tofu cookbook. *Cook with Tofu,* by Christina Clarke is one of these. Address: Food editor.

5265. Burns, Ken. 1981. Re: George Ohsawa and a brief

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history of macrobiotics in America. Letter to William Shurtleff at Soyfoods Center, Dec. 9–in reply to inquiry. 7 p. Typed, with signature. [1 ref]

• ***Summary:*** An excellent, in-depth history by a very knowledgeable source, who occasionally teaches a course in Boston on the history of macrobiotics in the USA. With numerous fond personal recollections and character sketch of Ohsawa. 1959 Dec.–Ohsawa first visited the USA. 1960 Jan.–He published, in mimeograph form, his astonishing book *Zen Macrobiotics* in English in New York City. "Although not in great detail, here he introduced miso, tamari, and tofu to the general public. The first two especially quickly become essential ingredients in the diet of almost all macrobiotic people in the US.

"During January, February, and March [1960] he lectured extensively at the Buddhist Academy in New York City. He returned to the US in July and lectured at the First American Summer Camp on Long Island daily for two months.

"The Second American Summer Camp was held in July and August of 1961. I am not sure whether he was present or not. This was in Wortsboro, New York. In that year also, thirteen macrobiotic families left New York and moved to Chico, California on his advice. The next year, 1962, they founded the first American macrobiotic food distribution and processing center in this country.

"In 1963, in the summer he came to the US again and lectured in Boston, NYC, and at the Chico Summer Camp.

"In 1964, he lectured at the Big Sur Summer Camp.

"In 1965, he lectured at Mayoro Lodge near Pulga, California.

"In 1966, on April 24th [or 23rd] he died in Japan.

"All in all, George Ohsawa visited this country either five or six times, each time lecturing, and speaking to the people individually without rest. He was ceaselessly active. I have heard many anecdotes concerning him during that period. As best I can determine, his affect on people was quite simply shattering–they had never seen anything like it.

"According to Madame Ogawa (who spoke in great and loving detail of him at the 1981 French Meadows Summer Camp) he was a very sharp dresser and had quite an eye for beauty in the female of the species. She was so obviously still in love with this 'terrible man.'

"Jacques DeLangre... never tires of telling about the time when they were descending the mountain after a long and intensely yangizing summer camp. Their car rounded a bend and there!, suddenly!, was a huge patch of luscious juicy *blackberries!* The car as though it had a mind of its own, screeched to a halt, all the doors flew open, and all the passengers were catapulted into the middle of that patch. It would be hard to imagine a clearer, cleaner-cut example of the attraction of yang to yin. Their ecstatic reverie was broken, a few moments later, by the sound of another car coming around the bend. 'Oh my God, it's Ohsawa himself; what will he say?' (In those days people were, understandably, a little naive in their application of yin and yang.) Well, that second car did just exactly what the first one had done–the screeching halt, the doors flying open, and of a sudden there was George Ohsawa right in the middle of that patch too, crying out in his basso profundo voice, 'Oh blackberries, they are sooo delicious!'

"That voice–possibly there is the key to understanding Ohsawa's impact in this country; I didn't personally meet him; he died about a month after I began macrobiotics in 1966. But I have heard him on many tapes, poorly-recorded as most of than were. And I have spoken to others who did know him personally, and sooner or later they get around to mentioning his voice. Peter Magnusson here in Boston describes it as the kind of voice that rattled the windows. I have done a course here in Boston I call 'The Healing Power of the Spoken Word;' and for that course I have listened to all the recordings of the great speakers of this era that I can get my hands on–Kennedy, Churchill, Roosevelt, William Jennings Bryan, John L. Lewis, etc. Probably the best orator in the world today (or was anyway, I haven't heard him lately) is Fidel Castro. His is a warm, rich, full voice, capable of a startling range of thoroughly human emotions–from the righteous indignation and anger of an oppressed people through endless shades and nuances to a profoundly warm and compassionate voice that might be that of your very best friend. Take that voice in account and you can understand Castro's success against seemingly insurmountable odds in Cuba. Well, I can tell you of an even better voice–that of Ohsawa. Peter Magnusson goes on to say that when he spoke it seemed as if the very world itself was speaking. As I have said above, his was a profoundly rich, deep voice, ranging from bass to baritone. But at the same time it was very delicate, sensitive, and poised, as ready to go up as down, as ready to go left as right–flexible! But the one quality that his voice had that I have never heard equaled I can sum up with one adjective–Vibrant.

"Probably this is not the kind of material you can use in your book, but I have taken a lot of time here on it anyway. The reason is that all the discussions I have heard about Ohsawa and his impact on this country have centered on what he said and not how he said it. Otherwise, how are we to explain how he was able to inspire so many people, along than Michio and Aveline Kushi, Herman and Cornellia Aihara to literally give up everything and come to a strange land to struggle against apparently insurmountable odds. Because that's what they did, arriving here penniless, operating on a wing and a prayer so to speak. And it is to them that we must go in the next chapter of this little story:"

Note: People were also attracted to the great sense of happiness, vitality, love of life (*joie de vivre*), and purpose that Ohsawa radiated. Continued. Address: Boston, Massachusetts.

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5266. Hoang, Van Chi. 1981. Re: Vietnamese soy sauce, xi dau, and nuoc tuong. Questions answered on Soyfoods Center letterhead (dated 9 Dec. 1981) and returned to SC. 1 p. Plus 2 enclosures.

• ***Summary:*** Upon receiving Mr. Hoang's answers by mail, Shurtleff called him on 6 March 6 1982 to ask for clarification on some points. The two sets of answers are merged below.

Xi dau (pronounced "si zao") is the Vietnamese term for *siyu* or black soy sauce served mostly in Chinese restaurants in Vietnam. It is made in Vietnam, but only by Chinese, in both North- and South Vietnam. It is exposed to air for many months to make it dark.

Nuoc Tuong (pronounced "Nuc Tung"–"Nuoc means "liquid") is the water in which soybeans are soaked, typically for about 9 days, but sometimes as long as 30 days. This soak water (also called "soybean self-autolysis water") is removed because otherwise (many believe) it would lower the quality of the finished Tuong. The soak water contains some soluble soybean nutrients and is pale yellow to clear in color. The Japanese discard this water, but some Vietnamese add salt and use it for pickling eggplants, etc.

There is no filtered soy sauce in Vietnam. Of the soy "sauces" made in Vietnam, about 60% is tuong cuda (ground jiang) and 40% is tuong ban (not ground; made in the village of ban). The origin of these two fermented Vietnamese soy products is unknown, but Mr. Hoang suspects they are of ancient origin. Mahayana Buddhists must be vegetarian. Buddhism went to Vietnam (from India) before it went to China, because Vietnam was an international port, trading with India. In about the 3rd century AD Buddhist monks came to Vietnam and spread Buddhism. They ate tofu and soy sauce.

What percent salt (sodium chloride) exists in your finished tuong? 10% in Tuong Cu Da for Vietnamese consumers. 6% in Bodhi Sauce for those who follow a low-salt diet.

In Vietnam are there any traditional soy sauces that have the liquid separated from the solids like Japanese soy sauce? If so, what are they called? Ans: Yes, Tuong Ban; it is usually used for cooking and is made in the Ban village.

One of the enclosures is from the International Register of Profiles. Born on 1 Oct. 1915 in Thanh-hoa province in Vietnam, Hoang Van Chi descended from a long line of Confucian scholars. He attended the best universities in Vietnam (1928-1940) earning a Baccalaureate in mathematics and another degree in physics, chemistry, and biology. He studied Oriental philosophies with a critical and non-dogmatic mind. Like his father and grandfather, he persistently opposed the French colonial rule. In 1940 he married Le Han Phan. In 1945 he joined the resistance and served the Ho Chi Minh government in many high offices, including Director of the National Mint. In 1948 he won an award for his brilliant work from Ho Chi Minh. But in 1955 he fled Saigon when the regime turned towards a full Communist dictatorship. He went into voluntary exile in Europe, settling in Paris from 1960-65 where he wrote his book "From Colonialism to Communism." Address: Bowie, Maryland.

5267. Jootla, Susan Elbaum. 1981. Re: Making miso and tofu at home in India. Letter to William Shurtleff at Soyfoods Center, Dec. 15. 2 p. Typed, with signature.

• ***Summary:*** She and her husband have used up their first batch of homemade white miso and are now consuming a great pot of modified red miso. She thanks William and Akiko Shurtleff for the guidance their Book of Miso and Book of Tofu have given them in making these soybean products over the past few years.

She gives details of their experiments making tofu and miso 7,000 feet up in India's western Himalayas. Her husband had been trying unsuccessfully ever since he worked in Indonesia in the 1950s. Finally a friend who worked in a Florida health food store sent them The Book of Tofu. Using Epsom salts and an electric blender they succeeded in making good tofu. Susan then wrote an article on making tofu in India for an Indian woman's magazine, which was published in the spring of 1979. She is working on another longer article.

Having conquered tofu, she turned to miso. The big problem was getting koji starter, which she eventually obtained from Kikkoman in Tokyo.

Susan is now thinking of making tofu commercially on a small scale to cater to the interest evinced by several boarding houses in town. There are already a few soyamilk producers in India. In India, Susan uses tofu as "a substitute for paneer, which is the fresh cheese from milk, drained and pressed briefly to a compact solid texture. Tofu can be used in curries and pakoras (a very common snack, spicy fritters) in almost the same way as paneer is traditionally prepared, thus decreasing the problem of tofu's novel taste.

"We have also found that okara can be incorporated into dough for chapaties [chapatis], in equal proportions to the wholewheat flour. When the dough is seasoned with salt and ground cumin and coriander seeds, and baked as a chapati on a cast iron griddle, the resultant thick bread should be attractive for Indian cooks who begin to make tofu but are reluctant to waste the residue.

"As you can see, we are tofu enthusiasts and are trying to spread an appreciation of soyfoods in this country in a small way. So far, texturized soy protein is the only product that seems to have caught on here." Doubtless, this is because it does not require refrigeration, is not affected by heat or moisture, and is a useful and inexpensive meal stretcher.

Note: As of April 2008, Susan has long practiced Buddhist meditation and is the author of many related books. Google "Susan Elbaum Jootle" and you will see. Address:

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Jeet Villa, Dalhousie, H.P. [Himchal Pradesh], India.

5268. Kim, Gai W. 1981. Re: Introducing tofu to Sri Lanka. Letter to William Shurtleff at Soyfoods Center, Dec. 18–in reply to inquiry of Nov. 18. 1 p. Typed, with signature.
• ***Summary:*** "I sincerely hope that you and your wife will come to Sri Lanka in the near future to teach me how to make aburaage [deep-fried tofu pouches], which I simply fail to make although I tried all the instructions written in your *The Book of Tofu.*

"As for my project, at present, Tofu, which I named Boncheese here because 'bean' in Sinhalese is Bonchi and the method of making tofu is just like making cheese. Soy Bread are daily sold at the Cornel's, the only Super Market in Colombo. I managed to make Miso out of Tempeh within a week's time and you have to taste it to appreciate its beauty. The biggest breakthrough is to supply about 50 pounds of *soyamesh* [soybeans ground in water; soybase or soy puree] every morning to the Colombo General Hospitals and the Welikada Prison to be used in lieu of coconut milk for the daily curry cooked in their kitchen. The plant I helped to set up is using about 1.5 to 2 tons of de-hulled [soya] beans a month at the moment.

"I am enclosing a report from the Super Intendent [superintendent] of the Welikade Prison in Colombo for your perusal. If you are really interested in my project in can send you some correspondence and newspaper cutouts [clippings] upon request.

"I just finished writing a letter to BMI regarding an order of BMI 100 for the expansion of the project."

A handwritten note says that Kim is contacting the Navy and Air Force canteens for her soy project.

Attached are two letters which are cited separately: (1) From H.G. Dharmadasa, Superintendent of Welikada / Welikade Prison (Oct. 1981). (2) From Dr. W.S. Weerasooria, Secretary, Ministry of Plan Implementation (16. Oct. 1981). Address: c/o UNDP in Sri Lanka, P.O. Box 1505, Colombo, Sri Lanka.

5269. Hughes Markets. 1981. Christmas (Ad). *Los Angeles Times.* Dec. 21. p. I19.
• ***Summary:*** The section titled "Foods of the Orient" includes: Kikkoman soy sauce, gallon can–$4.35. Fresh age, Hinode 1.8 oz.–83¢. Kikkoman 10 oz. Tempura Sauce–95¢. JFC soy bean flour 7 oz. Kinako–69¢. Hime black [soy] beans 6.35 oz., Kuromame amani–99¢. Wheat cake [sic, dried frozen tofu] 3.5 oz. Misuzu Koya Dofu–$1.19.

Also includes: Umeya frozen Mochi. Kokuho rice. Hime rolled kelp–Honporo Maki. Hime dried seaweed–Sushinori [Sushi nori]. Kikkoman sweet cooking sake–Aji Mirin. Ozeki sake. Bamboo tips. Dried gourd strip–Kezuka Kampyo [Kanpyo]. Rice vinegar–Mitsukan Su. Sliced pickled ginger–Miyako Kizami Shoga. Dried mushrooms–Miyako Shiitake. M.S.G.–Asahi Aji.

Note: Hughes now has 21 stores in the greater Los Angeles area–all open 24 hours a day. "We welcome food stamp shoppers."

5270. *SoyaScan Notes.* 1981. Chronology of soybeans, soyfoods and natural foods in the United States 1981 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. *Soyfoods* magazine issue No. 4 published. Silver cover. 10,000 copies published. Steve Fiering loans SANA money for mailing it and agrees to make a loan for a test mailing.

Jan. Union activity begins at New England Soy Dairy.

Jan. Boxed tofu (1 lb. vacuum packed in a box with a window) first made by Zakhi Soyfoods in Fort Wayne, Indiana. This important innovation of packaging tofu in a box was later employed by New England Soy Dairy (1982), Quong Hop & Co. (1983), Swan Gardens (1983), and White Wave (1985).

Jan. Hain Food Co. starts nationwide color ads for Natural Onion and Jalapeno (Soy) Bean Dips.

Jan. Travis Burgeson of Pacific Tempeh near San Francisco, CA, introduces the world's first commercial tempeh burger.

Jan. Paul's Tofu & Tempeh, the first European tempeh company in Europe outside of the Netherlands, opens in England.

Jan 20. Ronald Reagan inaugurated as president of the United States. His Secretary of Agriculture is John R. Block. The regulatory climate in Washington begins to shift toward less federal regulation and more encouragement for industries to regulate themselves. The Republican administration favors free-market policies with less government regulation and involvement.

Jan. 23. Legume, run by Gary and Chandri Barat, is incorporated in New York, then that month moves to Verona, New Jersey.

Feb. 2. Island Spring in Washington becomes America's first unionized tofu plant.

Feb. San-Jirushi International starts its first major American ad campaign using the slogan "San-J is the real tamari." The full-color, full-page national ads aim to clarify the confusion between tamari and shoyu created by the macrobiotic movement.

Feb. Soyfoods Unlimited tempeh plant starts operation in San Francisco area. It is the most modern U.S. tempeh plant, although output is small.

Feb. Vitasoy soymilk and Morinaga tofu start to be imported and sold in the USA from Hong Kong and Japan respectively, immediately after the FDA lifts its ban on aseptic Tetra Pak type cartons. Morinaga tofu was sold by Beech Nut California Corporation, a joint venture with Beech Nuts Food Corp., established in 1977 in San Jose, California.

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Feb. "Soyfoods Catching On" by Judith Brown published in *USDA National Food Review.* About tofu and tempeh.

Feb. Many tempeh plants switch to using GEM cultures tempeh starter.

March 1. Svadesha Pflanzen-Feinkost, West Germany's first commercial tofu company, starts production. Founded by Swami Anand Svadesha (Rudiger Urban) in Fuerth im Wald.

March. Institute of Food Technologists meeting at New England Soy Dairy. Tour, dinner, and speeches.

March. Richard Leviton on National Public Radio's "All Things Considered" talks for 10 minutes about soyfoods to 2 million people.

March. *The Book of Miso,* by Shurtleff and Aoyagi published by Ballantine Books in a mass market paperback edition.

April. USDA decides to establish tofu standards, then announce them in the Federal Register, but this plan is dropped in September, amid controversy over changes in the School Lunch Program.

April. Dr. Cook at Kansas State University publishes a paper on the possible inhibitory effects of soy proteins on nonheme iron absorption in humans. USDA becomes concerned.

April. *Tofu at Center Stage,* by Gary Landgrebe published by Fresh Press. First tofu cookbook containing many recipes calling for use of meat.

April. Bean Machines introduces new sanitary disintegrators/ grinders for tofu and soymilk production.

April. "The Miso-Master's Apprentice," by John Belleme published in *East West Journal.*

May. "The Amazing Tofumobile," by Janice Fillip, about Wildwood Natural Foods, published in *East West Journal.* Revival of interest in small tofu shops in areas where there is a high density of interest and high food consciousness, and rediscovery of soyfoods craftsmanship.

May. *Tofu Boken* by Ted Nordquist and Tim Ohlund published by Aros Sojaprodukter in Sweden. Europe's first book on tofu.

June. *Tofu Fever in New York,* by Megan B. Murray notes that David Mintz is making 275 gallons of tofu ice cream a week. This is the earliest known publication on his work with soy ice cream. He had been making it for 3-4 months.

June. "Surprise, It's Soy" by Barbara Bassett published in *Bestways.*

June. FIND/SVP survey of the U.S. tofu industry and tofu consumer survey published. 33% of respondents in major metropolitan areas were aware of tofu and 10% had purchased it. Predicts market will grow 32% a year for the next 6 years... an over-optimistic prediction.

June 29. "Trader Vic Bergeron Offers Timely Tips for Tofu" by Rose Dosti published in *Los Angeles Times.*

July. *Soyfoods* magazine is incorporated by Richard Leviton, and offers stock.

July 8-12. Fourth Annual Soycrafters Convention at Colorado State University. 240 people from 18 nations attend, 210 pay. First National Tofu Cheesecake Bakeoff and Soyfoods Equipment/Supplies Expo in the western world.

July. Mary Tolan selected Registered Young Dietitian of the Year by the American Dietetic Association. Invited to present speech on "Tofu–Food of the Future" at ADA convention in Philadelphia.

July. *Tofu Cookbook,* by Sally Sheppard published by Jack's Beanstalk.

July. "Soybean Ice Creams: Getting your Licks In" by Richard Leviton published in *Vegetarian Times.*

July. Soyfoods Center is working to build the world's largest library of documents on soyfoods, each with a bibliographic card, filed by author. Also building a large library of color slides on soyfoods.

Aug. "Tofu, Tofu Everywhere," by Karen Dukess published in *The New York Times'* Business section.

Aug. "Soyfoods: The Future Is Here but Are You Ready" by Alan Richman published by *Health Foods Business* as a cover story.

Aug. 12. "Soy Foods: Versatile, Cheap and on the Rise" by Lorna Sass, and "A Source of Quality Protein" by Jane Brody published in *The New York Times,* and syndicated nationwide.

Aug. "My Favorite Tempeh Recipes" by Aveline Kushi published in *East West Journal.*

Aug. *Delights of Tofu,* by Fox, O'Connor and Timmins published by New England Soy Dairy.

Aug. *Das Tofu Book,* by Shurtleff and Aoyagi published in Germany by Ahorn Verlag.

Sept. "Soyfoods Report" published by *Natural Food Merchandiser.*

Sept. *Home Soyfood Equipment,* by Ray Wolf published by Rodale Press.

Sept. 13. At SANA Board of Directors Meeting held near San Francisco, the Soycrafters Association of North America has its name changed to Soyfoods Association of North America to broaden scope and support base.

Sept. SANA and The Soyfoods Center do a major press release on soyfoods production and consumption in America to 250 key media. Many magazines publish this report and conduct radio interviews.

Sept. Okita Enterprises takes 22 tofu and bean sprout makers to Japan for a 10-day tour. SANA executives Richard Leviton and Luke Lukoskie make important contacts with Japanese tofu trade officials and publications.

Sept. USDA publishes tofu regulations in the Federal Register, then withdraws entire school lunch revisions and revokes permission given to the Santa Cruz (Calif.) school system to use tofu in school lunches.

Sept. Dr. Hirayama of the National Cancer Center in

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Japan announces that miso soup is effective in combating stomach cancer and stroke.

Oct. "Things Go Better With Soyburgers: The New All-American Food" by Richard Leviton published in *East West Journal* as a cover story.

Oct. *Cook with Tofu,* by Christina Clarke published by Avon Books in mass market edition.

Oct. John Belleme's American Miso Corp. begins miso production in North Carolina.

Oct. Workers at Hinode Tofu Co. in Los Angeles go on strike for 2 weeks.

Oct. *Nasoya Tofu Cookbook,* published by Nasoya Foods.

Oct. *O Livro da Soja,* by Jane Cadwell published in Brazil by Editora Ground. One of the country's first books on soyfoods.

Nov. 10. Erewhon, America's natural foods pioneer, files for Chapter 11 reorganization under the U.S. bankruptcy laws. On 2 April 1982 Erewhon is sold to Nature Food Centers.

Nov. Autumn Press, publisher of *The Book of Tofu,* original edition, files for Chapter 11 bankruptcy.

Nov. New England Soy Dairy announces 28-Day Self Life Advantage Pasteurized Tofu in a 2/3 page ad in *Natural Foods Merchandiser.*

Nov. Soyfoods Unlimited advertises tempeh burgers in *Natural Foods Merchandiser.*

Nov. The Ministry of Agriculture and Forestry in Japan announces a Japanese Agricultural Standard (JAS) for soymilk. The soymilk boom in Japan starts.

Dec. *Juel Andersen's Tofu Kitchen* published by Bantam Books in mass- market paperback.

Dec. "World's Best Tofu Cheesecake" by Richard Leviton published in *Vegetarian Times.*

Dec. Food Protein Council, a trade association, changes its name to Soy Protein Council, since all of its members make only soy protein products.

Dec. *La Soya y Sus Derivados* (*Tofu, Tempeh, Miso*), by Shurtleff and Aoyagi published by Quadernos de Natura in Mexico.

Dec. *The Tofu-Miso High Efficiency Diet,* by Yoshiaki Omura M.D. published by Arco Publ.

Dec. *Cooking with Tofu.* by Mary Anna DuSablon published by Garden Way.

Dec. There are now 158 tofu manufacturers and 41 tempeh manufactures in the USA.

Dec. The Farm Vegetarian Cookbook published as *Soja Total* in German.

* Global economic activity is shifting from the Atlantic to the Pacific. In 1981 Asia passed Europe to become the largest market for U.S. agricultural products. In fiscal 1981 Japan bought $6,700 million worth of U.S. farm products.

* Soybean breeders, which have formerly focused their research efforts on increasing quantity (yield) of soybeans, now start to give more attention to quality (composition). Increasing total protein, methionine, and oil, and decreasing linolenic acid and antinutritional factors are priorities.

* U.S. soybean exports reach their peak this year of 25 million metric tons (tonnes). By 1987 they have fallen to 18 million tonnes, a 28% drop, due largely to competition from Brazil and Argentina, and to foreign subsidies. The market changes from a seller's to a buyer's market.

5271. **Product Name:** Tofu.
Manufacturer's Name: Aberdeen Foods, Inc.
Manufacturer's Address: 631 S Dixie Highway East, Pompano Beach, FL 33060. Phone: 305-782-2685.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Tony.

5272. Andersen, Juel. 1981. Juel Andersen's tofu kitchen. New York, NY: Bantam Books. x + 211 p. Illust. by Juel Andersen. Index. Dec. 18 cm.
• ***Summary:*** Contents: An introduction. Tofu is... Making tofu and soymilk. Recipes–Salad dressings, dips, appetizers, and sauces. Salads and sandwiches. The tofu burger. Soups. Tofu for dinner. Tofu for breakfast and brunch. Baking with tofu. Desserts: Pies, puddings, and pastries. Beverages. Afterword. Appendix 1: Protein and protein complementarity, including a table showing the RDA for grams of protein for children, males, females, and pregnant and lactating women of different ages, weights and heights. Appendix 2: Substitutions and equivalents. Appendix 3: Nutrients in selected foods (mostly protein sources). Address: California.

5273. **Product Name:** Tofu.
Manufacturer's Name: Bob & Toni's Tofu Works.
Manufacturer's Address: 746 N.W. 29th St., Miami, FL 33127. Phone: 305-635-6052.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Bob & Toni Heartsong.

5274. Brown, Judy. 1981. Soyfoods: Catching on in the U.S. diet. *National Food Review.* Winter. p. 10-11. [6 ref]
• ***Summary:*** Begins with a brief history of soyfoods and soy modern soy protein ingredient in the United States. Contains a long section on tofu and a shorter section on tempeh and miso.

"Soybeans are finding a new place in the U.S. food system."

"Another indication of the growing popularity of soy protein as food can be found in industry figures which show that in 1971 food use of soybeans was estimated to be around 10 million bushels annually or less than 1 percent of the

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crop. Today, almost 50 million bushels or nearly 2 percent of the total soybean production goes to human consumption each year (excluding oil)." Address: USDA Economics, Statistics, and Cooperatives Service. Phone: (202) 447-6364.

5275. **Product Name:** Tofu.
Manufacturer's Name: Castle Trading, Ltd.
Manufacturer's Address: 93 Belmore Rd., Randwick, NSW, Australia.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8.

5276. **Product Name:** Tofu.
Manufacturer's Name: Clearway Soyfoods and Deli Products.
Manufacturer's Address: 1037 17th Ave., Santa Cruz, CA 95062. Phone: 408-476-6390.
Date of Introduction: 1981. December.
New Product–Documentation: Shurtleff & Aoyagi. 1982. Soyfoods Industry & Market. p. 1. Owner: Buddy Hamel. Talk with Paul Duchesne. 1989. Aug. 25. This is the best tofu he ever tasted.

5277. **Product Name:** Tofu.
Manufacturer's Name: CNK Corp.
Manufacturer's Address: 165 Main St., Paterson, NJ 07505. Phone: 201-742-3830.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: L.H. Cho.

5278. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: De Morgenstond.
Manufacturer's Address: Kreilen 3, 9243 WC, Bakkeveen, Netherlands. Phone: 051-696-51.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Wout Gerritsma. Letter from Sjon Welters. 1982. April 16. De Morgenstond is a small tofu shop at Keilen 3 in Bakkeveen. Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 3. Wout Gerritsma is contact person.

5279. Hoang, Van Chi. 1981. How to make Tuong (Vietnamese unfiltered, ground soy sauce) (Interview). Conducted by William Shurtleff of Soyfoods Center, Dec. 1 p. transcript.
• ***Summary:*** 1. Prepare soybeans: Dehull 10 lb soybeans with a mill and remove hulls with a seed cleaner. Roast the cotyledons at 450ºF (232ºC) for 15 minutes in any type of roaster. Pressure cook the roasted cotyledons with adequate water at 5 lb pressure for 30 minutes. Transfer the contents of the cooker (beans and water) into a plastic 40 liter (10.6 gallon) container, place in a warm room (80ºF or 26.5ºC) for 10 days; this enables the soybeans to undergo auto-hydrolysis. Each day skim off any surface foam.

2. Make glutinous rice koji: On the 3rd day of the soybean fermentation, soak 10 lb of glutinous rice overnight. Drain and steam at atmospheric pressure for 30 minutes, then cool to body temperature. Mix koji starter (*Aspergillus oryzae* mold spores propagated on glutinous rice) with water, sprinkle over rice, then drain on a perforated tray. Transfer inoculated rice into shallow wooden trays (each 10 by 15 by 4 inches deep) and place them in a warm koji room (80ºF or 26.5ºC) for 6 days. Do not stir during this time. Finally the mold-fermented rice koji (*moc*) will be floating in a glucose syrup. Mix the koji with 7.5 lb salt, grind the mixture in a mill, then transfer ground mixture to a plastic vat and leave for 2 days to stop the fermentation.

3. Combine and ferment: Place the fermented soybeans and their water in a Hobart VCM (Vertical Cutter Mixer) and blend until smooth. Mix in the ground salted koji and allow the mixture to stand at room temperature for 3 days. Bottle and cap without heating. Use as a dipping sauce for fresh or fried tofu, or as a pickling medium. In Vietnam, Tuong is also used as a dipping sauce for roast beef, as a cooking sauce for fish, or as a pickling sauce for pork.

Hoang adds: There are less than 200,000 Vietnamese in the USA, and about the same number in France. Traditionally, soy sauce was made and used mostly in North Vietnam. But for the last 30 years (i.e., since about 1951) there has been no soy sauce in North Vietnam due to two factors: (1) The shortage of soybeans and rice; (2) The fact that those who formerly made it were classified as "landlords" by the Communist regime. Today in Vietnam people try to make it using peanut- or cottonseed presscake instead of soybeans. Address: Bowie, Maryland. Phone: (415) 253-1065.

5280. **Product Name:** Tofu.
Manufacturer's Name: Ithaca Soy.
Manufacturer's Address: 403 N. Plain St., Ithaca, NY 14850. Phone: 607-272-4903.
Date of Introduction: 1981. December.
New Product–Documentation: Form filled out by Robert Shapiro, the person in charge. Undated. They make only tofu (for now). Use about 300 lb/week of soybeans to make 750-800 lb/week of medium-firm tofu. The company started in Dec. 1981.

Talk with Shiva Khalsa. 1990. May 16. He made nigari tofu at Ithaca Soy starting in about 1982-83. Rob Shapiro was the owner. At that time there was great concern about toxins in the natural nigari from polluted sea water. So they switched from natural nigari to calcium chloride as their coagulant. He also helped to develop Tofu-Kan. He now represents Mori-Nu tofu in the northeastern USA.

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Letter from David Scovronick. 1994. Aug. 14. David opened his company 14 years ago, inspired by reading *The Book of Tofu.* He built the shop himself and did virtually all of the maintenance and repair work that was required. The company eventually produced over 2,000 lb/day of tofu and tofu products. "And all of it was made by hand, using time-honored and traditional techniques that were so beautifully encouraged by your writing and by Akiko's illustrations."

5281. **Product Name:** [Tofu].
Manufacturer's Name: Jaime Valencia Tofu.
Manufacturer's Address: Ave. Ninos Heroes 1633-307, Guadalajara, JAL, Mexico.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Jaime Valencia.

5282. Java Murni. 1981. Reserve now for Java Murni's Vegetarian X-mas dinner. 4509 Adams St., Carlsbad, California.
• ***Summary:*** The dinner will we held on Dec. 26 and 27 from 5-7 or 7:15 to 10 p.m. The menu is given: Soup: Soto (mild) or Laksa (spicy). Appetizers: Gulung rebung (bamboo shoots wrapped in crispy tofu). Tofu kembang (tofu flowers). Salad: Gado-gado (with peanut dressing). Urap (with coconut dressing).

Entree: Tempeh treat (tempeh braised in Indonesian soy and safflower oil). Tofu-saus-richa (tofu in sweet-and-sour spicy sauce). Sambal goreng boontjis (green beans in savoury sauce). Sayur lodeh (vegetables in coconut milk). Chah tempeh (mixed tempeh & vegetables). Keringan tempeh (sweet-piquant tempeh). Satay tempeh (barbecue tempeh). Beehun goreng (rice noodles). Soyex malakka (soy cubes in malakka sauce). Nasi kuning (yellow rice).

Dessert: Onde-onde (mung beans wrapped in glutinous rice and sesame). Pisang goreng (coated fried banana).

Dinner includes all the above: Per person $12.95.

A map shows the way to the restaurant. Illustrations: A bamboo border. A large Javanese shadow puppet on the left border, looking right. Address: Carlsbad, California. Phone: 434-4131.

5283. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: La Maison du Tofu Carmel.
Manufacturer's Address: CP 567, Bonaventure, QUE, Canada G0C 1E0. Phone: 418-752-5869.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Dennis Connolly.

5284. Leviton, Richard. 1981. The world's best tofu cheesecake. *Vegetarian Times* No. 52. Dec. p. 74-77.
• ***Summary:*** The subtitle reads: "Containing no animal fat and far fewer calories than its dairy counterpart, tofu cheesecake is soo-o good that you'll probably start dancing at the dinner table." The world's first Tofu Cheesecake Bake-Off took place at the 4th annual Soycrafters Association Conference, held July 8-12 in Fort Collins, Colorado. Ten tofu cheesecakes were submitted for the 16 judges to sample. The first-prize winner was Sally Sheppard, an elementary school teacher from Salt Lake City, Utah. Recipes for four tofu cheesecakes are given: Carob almond-swirl tofu cheesecake, by Donna Davis. Darrilyn's Best Tofu Cheesecake, by Darrilyn Jackson. Country Life Tofu Cheesecake, by Josette Wahl. Tofu Cheesecake with Fruit Topping (not entered in the contest but a favorite in New England).

Photos show: Robin Clute slicing a tofu cheesecake. The four winners holding their cheesecakes: Amethyst Montfort, Sally Sheppard, Linda Gilbert, and Darrilyn Jackson. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5285. **Product Name:** Kori Tofu (Dried-Frozen Tofu).
Manufacturer's Name: Marusan, Inc. (Importer). Made in Japan.
Manufacturer's Address: 1 Branca Rd., East Rutherford, NJ 07073.
Date of Introduction: 1981. December.
New Product–Documentation: Ad in Vegetarian Times. 1981. Dec. Issue #53. p. 48. A pie chart compares the nutritional composition of kori tofu with regular tofu. A photo shows the product package and the product served. Leaflet. 1982. "Kori-Tofu." Contains nutritional information and 14 recipes.

5286. **Product Name:** Tofu.
Manufacturer's Name: New Ark Foods.
Manufacturer's Address: Route 1, Box 252B, Stanley, VA 22851. Phone: 703-778-3890.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Melinda Siska.

5287. **Product Name:** Tofu.
Manufacturer's Name: New World Soyfoods Co.
Manufacturer's Address: 2028 Katerri Dr., Vista, CA 92083. Phone: 714-727-4903.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Alex Press.

5288. **Product Name:** Tofu.

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Manufacturer's Name: North Country Soyfoods.
Manufacturer's Address: Box 572, Jefferson St., Bethlehem, NH 03574. Phone: 603-869-2677.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Jay & Pat Gibbons.

5289. **Product Name:** Tofu.
Manufacturer's Name: Palomar Mountain Soyfoods.
Manufacturer's Address: 31405 N. Highway 395, Escondido, CA 92025. Phone: 714-749-2476.
Date of Introduction: 1981. December.
Wt/Vol., Packaging, Price: In a cottage cheese container with a snap-on lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Alex Press. Talk with Alex Press. 1990. Feb. 28. He began by taking the Soycrafters Apprenticeship Program at Island Spring for 3 weeks in Sept. 1980. He started a tofu company in Escondido and began selling this tofu in Dec. 1981. In 1984 he started to make and sell mochi with Muramoto sensei. In 1984 he moved to a new location in Escondido, reopening there in about March 1984. His business closed in Aug. 1986. He started to work for White Wave in April 1989. He is now purchasing agent.

5290. **Product Name:** Tofu.
Manufacturer's Name: Protein City.
Manufacturer's Address: 22 Lombard St., North Adelaide, SA 5006, Australia. Phone: 082-673-635.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Terrell & Laryssa Neuage. They are located in the state of South Australia.

Letter from Terrell and Laryssa (28 Lombard St.). 1982. Aug. 21. They plan to visit the USA in Sept. and Oct. to visit as many tofu producers, nationwide, as possible. "The last year has been a very frustrating year for us. No one that we've contacted seems to know anything about soyabeans, except for yield and acreage. I have called and written departments of agriculture and schools, etc.–no one has responded to anything beyond acreage and yield. I believe that the Chinese tofu makers here use beans from China, as that is what they have offered us... We look forward to seeing you."

5291. **Product Name:** Tofu.
Manufacturer's Name: Purist Foods.
Manufacturer's Address: 4100-A Ed Bluestein St., 105, Austin, TX 78721. Phone: 512-928-0191.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Reed Murray. Talk with Allen Maurer, consultant. 1988. Oct. 12. Purist foods is still in business, run by Reed Murray. Address is now 6014 Techni-Center Dr., Suite 105, Austin, TX 78721. Phone: 512-928-0191. They also make Wheat Roast and Texas-Style Vegetarian Bar-B-Q from Gluten (both with only soy sauce and soy oil), plus White Mountain Premium Bulgarian Yogurt with Live Acidophilus. Purist Foods started as a yogurt company in 1979. They added tofu in 1981, when they bought out a small tofu company in Austin named "Soyfoods Texas."

5292. **Product Name:** Soynog (Soymilk-based Eggless Eggnog. Renamed Lite Nog in 1982 and Tofu Nog in 1985).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981. December.
Ingredients: Brightsong soymilk and tofu, honey, maple syrup, spices, lecithin.
Wt/Vol., Packaging, Price: Pint bottles.
How Stored: Refrigerated.
New Product–Documentation: Spot in Whole Foods. 1983. Jan. p. 39. "Winter dairy-free treats." Brightsong Light Foods has introduced two new special products for the winter season. SoyNog is an egg and dairy-free blend of Brightsong Soymilk and Tofu, honey, maple syrup from Shady Maple Farms, vanilla, spices and lecithin. SoyNog is a cholesterol-free alternative to egg nog, packed in pint bottles.

Spot in Soyfoods. 1983. Winter. p. 48. "For a Soyful Christmas... Soynog." Shurtleff & Aoyagi. 1984. Soymilk Industry & Market. p. 60.

Note: This is the earliest known commercial soy-based eggless eggnog.

5293. **Product Name:** Tofu, Tofu Burgers, Okara Cakes.
Manufacturer's Name: Regular Tofu Company Ltd.
Manufacturer's Address: 75 Chandos St., Leicester, LE2 1BU, England. Phone: (0533) 549839.
Date of Introduction: 1981. December.
New Product–Documentation: Form filled out by John Holt. ca. 1982. The company opened in Dec. 1981. He now uses 50-100 lb/day of dry soybeans to make regular tofu (vacuum packed), tofu burgers, and okara cakes. Letter from John Holt. ca. May 1982. "Having used your book to learn how to make tofu, we now have a small business here making about 700 lb/week of tofu and about 2,500 tofu burgers per week. We give our okara to a pig farmer... We sell the nigari tofu vacuum packaged." Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: John Holt.

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5294. **Product Name:** Tofu.
Manufacturer's Name: Sequoia Soy.
Manufacturer's Address: P.O. Box 685, Redway, CA 95560.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Lewis Headrick. Lewis learned to make tofu at The Farm in Tennessee.

5295. Shurtleff, William; Aoyagi, Akiko. 1981. La soya y sus derivados: Tofu, miso, tempeh [The soybean and its products: Tofu, miso, tempeh]. *Quadernos de Natura* (*Editorial Posada, Mexico*) No. 20. 87 p. Dec. [3 ref. Spa]
• ***Summary:*** Contents: Introduction: The miracle of soya, by Ma. Teresa Piazza. 1. Soya: Source of protein. Ten reasons that soy will be the protein source of the future. 2. Tofu: Introduction A family of distinctive foods. A storehouse of high-quality protein. Cost of protein from different sources. Low in saturated fats: free of cholesterol; an ideal diet food. Natural backbone of the meatless diet. Buying and storing tofu. Making tofu at home and in communities. Soybeans, tofu, and the world food crisis. Table of different tofu varieties. Tofu shops in Japan. Our favorite tofu recipes.

3. Miso: Introduction. Delightfully varied; highly versatile. A nutritional treasure trove. The varieties of miso (including a table). The preparation of miso. Traditional natural miso and quick modern miso. A brief history of miso. Buying, storing, and using miso. Miso in Japan. Traditional Japanese miso shops and modern factories. Making miso at home. Our favorite miso recipes (contains 16 recipes).

4. Tempeh: Introduction. Rich in protein and vitamin B-12. Tempeh comes west (a brief history). How tempeh is made. The miracle of fermentation. Buying and storing tempeh. Tempeh for Latin America. Our favorite tempeh recipes (contains 8 recipes).

Note: This book is largely a Spanish-language translation of three English-language brochures written by the authors in the late 1970s: What is tofu? What is miso? What is tempeh? Chapter 1 is summarized from the first chapter of *The Book of Tempeh.* Address: Soyfoods Center, P.O. Box 234, Lafayette, California.

5296. **Product Name:** Tempeh (Soy & Okara), Tofu, Soysage, Egg-less Salad, Flavored Soymilk (Carob & Honey, or Maple).
Manufacturer's Name: Soy Beings.
Manufacturer's Address: 13-C Railroad Square, Waterville, ME 04901. Phone: 207-872-8790.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Richard Tory. Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 1. Form filled out by Richard Tory. ca. 1982. This is a 5-person collective. "We have a small, light catering business and wholesale sandwich business selling locally to natural food stores, etc. Potato salad, tofu dips, tempeh sandwiches, whole wheat tofu pizza, and natural pastries." The tofu contains nigari and organically grown soybeans. Soysage is made with nutritional yeast, safflower oil, honey and spices in an okara base. Egg-less salad made with tofu and eggless mayonnaise.

5297. Soyfoods Center; Soycrafters Assn. of North America. 1981. Per capita use of soyfoods grows to nearly 9 lbs. in U.S. *Vegetarian Times* No. 52. Dec. p. 6.
• ***Summary:*** Based on a Sept. 1981 news release copyrighted by the Soyfoods Center and the Soycrafters Assoc. of North America, this summary of a market study gives for each major soyfood product the number of manufacturers in the USA, Canada, and worldwide. The tons/year of raw soybeans used. And (in the USA only) the tons of food produced, wholesale value, retail value, and number of employees.

In the USA, the number of manufacturers, tons of product produced, and retail value in million dollars are as follows for low technology, traditional: Tofu and tofu products (154, 22,700, $50.4), tempeh (32, 494, $1.78), soymilk and soymilk products (14, 148,000, $118.0), soy sauce, shoyu & tamari (15, 54,837, $203.0), soynuts and soynut butter (12, 2,750, $4.6), miso (10, 2,000, $4.8), soy sprouts (5, 360, $0.25), etc. Subtotals for low-tech (284 manufacturers, 231,305 tons produced, $392.25 retail value).

For high-technology, modern: Soy flour & grits, defatted (12, 400,000, $190.4), textured, extruded soy flour (TSP/TVP) (2, 200,000, $179.2), soy protein concentrates (3, 45,000, $56.7), soy protein isolates (3, 45,000, $126.0), meat analogs (secondary products) (6, 20,000, $55,000). Subtotals for high-tech (26 manufacturers, 710,000 tons produced, $615.6 retail value). Total low and high tech: 310 manufacturers, 941,305 tons produced, and $1,007.85 million dollars.

The news release reads: "Americans are consuming an average of nearly nine pounds of foods made from soybeans per year, according to the Soycrafters Association of North America and the Soyfoods Center. The largest growth is occurring in the consumption of tofu (or beancurd) and tempeh (fermented patties).

"Traditional soyfoods, which include tofu, tempeh, soymilk, miso, soy sprouts, soynuts and soy sauce, account for $390.7 million in annual retail sales. High technology, modern soy protein foods, which include soy flour and grits, soy protein isolates and concentrates, extruded soy flour and meat analogs, account for $615.6 million in annual sales. This amounts to nearly $1 billion worth of soy products consumed by Americans per year.

"Per capita consumption of the low technology foods is now at 2.13 lbs. per year, while consumption of the high

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technology foods, which are generally used as ingredients in other products, is now at 6.45 lbs. These figures represent a steady growth in consumption of the large soybean crop produced annually; the greatest part of the crop goes to feed livestock. In 1980, for example, only 2.1% of the 60 million ton crop was used in America for food, which is believed to be the highest percentage ever; 57% of that crop, however, was exported.

"The director of the Soycrafters Association, Richard Leviton, and William Shurtleff of the Soyfoods Center have forecast the following trends for soyfoods use in the United States over the next five years:

"A steady growth in the use of tofu and tempeh by non-vegetarians.

"Growth in the use of convenient, prepared foods made from soyfoods.

"The Big Tempeh Boom" an upsurge in the use of fermented soy patties.

"Large corporations will start marketing secondary soyfoods (such as dips and dressings) via national advertising.

Also published in *New Age* (Jan. 1982, p. 17) under the title "Tofu Takes Over."

5298. **Product Name:** Tofu.
Manufacturer's Name: Squee-za-Bean.
Manufacturer's Address: 302 Market St., Santa Cruz, CA 95060. Phone: 408-427-1231.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Buddy Hamel.

5299. **Product Name:** Tofu Creme Pies (Dairyless Tofu Cheesecakes) [Piña-Colada, or Cocoa-Carob].
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1981. December.
Ingredients: Pina-Colada: Pineapple, coconut, tofu, honey, corn starch, vanilla, salt, whole wheat crust. Cocoa-Carob: Tofu, honey, cocoa, carob, vanilla, agar, whole wheat crust.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerate at 34-39ºF.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat.

Label for Pina-Colada (Delicious Dessert). Received 1988. 2.5 inches diameter. Self adhesive. Green on yellow. "Fresh 'n Natural. Lactose-free and cholesterol-free." The ingredients now read: Fresh organic (Cal. Health Code 26569.11) tofu, pineapple, coconut, honey, safflower oil, corn starch, real vanilla, a touch of sea salt. Crust: Whole wheat pastry flour, soybean margarine, water. The weight is now 6 oz (170 gm).

5300. Tsai, S.J.; Lan, C.Y.; Kao, C.S.; Chen, Steve. 1981. Studies on the yield and quality characteristics of tofu. *J. of Food Science* 46(6):1734-37, 1740. Nov/Dec. [6 ref]
• ***Summary:*** There are 1,410 tofu plants in Taiwan. Address: 1-3. Dep. of Food Science, The National Chung Hsing Univ., Taichung, Taiwan; 4. American Soybean Assoc., Taipei, Taiwan.

5301. **Product Name:** Tofu.
Manufacturer's Name: Vegetable Protein Co.
Manufacturer's Address: 53 Thomas St., Unley 5061, Australia.
Date of Introduction: 1981. December.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: David Hammond.

5302. Wolf, Walter J. 1981. Foreign travel report. Peoria, Illinois. 4 p. Dec. 18. Typed, with signature.
• ***Summary:*** "Country visited: Japan, Oct. 10-21, 1981. Purpose of trip: (a) Participate in the U.S./Japan Cooperative Program in Natural Resources (UJNR), Protein Resources Panel Meeting; (b) participate in UJNR panel study tour; (c) visit research institutes and industrial laboratories working on soybean proteins; and (d) participate in symposium on soy protein foods. Summary: The UJNR meeting in Tsukuba included 10 presentations by seven Japanese research workers from six different research institutes and three U.S. scientists from three USDA regional research centers. Topics discussed included... (f) single cell protein production from soybean cooking waste waters; (g) soybean storage; (h) food uses of soy protein; and (i) nutritional evaluation of soy proteins. The study tour included a visit to a miso and soy milk factory which was impressive and confirms earlier reports that soy milk has become very popular in Japan in the past 5 years. Visits to industrial laboratories revealed that soy proteins are now used in a large variety of foods. Flavor is one of the last problems holding back development of soy protein-based foods."

The UJNR program, initiated in 1964, plays an important role in implementing the policy of scientific cooperation between the United States and Japan. The protein panel was organized in 1968, and there are now 17 different panels in UJNR.

Dr. Ebine reported that about 790,000 metric tons (29 million bushels) of soybeans are used in traditional Japanese foods–miso, natto, tofu. Organizations visited included Okazaki Marusan Co. Ltd (makes miso, soy milk, and

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soy yogurt), Research Institute for Food Science of Kyoto University at Uji, Nisshin Oil Mills Ltd., Ajinomoto Co., Inc., Fujipurina Protein Ltd. (Fuji Oil Co. has a joint venture with Ralston Purina Co.). Address: Leader, Meal Products Research, Oilseed Crops Lab., Northern Regional Research Center, Peoria, Illinois 61604.

5303. Aros Sojaprodukter. 1981. Tofu. Naturren farskvara. Naringsrik spannande vegetarisk [Tofu recipes (Leaflet)]. Orsundsbro, Sweden. 2 panels each side. Each panel: 8.7 x 12.5 cm. [Swe]
• ***Summary:*** Contains 4 recipes (Tofu Delight, Tofu Burger, Tofu Salad, Tofu Dressing) and basic information. Address: Orsundsbro, Sweden.

5304. **Product Name:** Wonder-Vite Firm Tofu.
Manufacturer's Name: Blissquik (Natural) Food Products.
Manufacturer's Address: 37 Hammett St., Townsville, QLD 4812, Australia. Phone: 077-745-926.
Date of Introduction: 1981.
New Product–Documentation: Manufacturer's catalog. 1981, undated. Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: C.H. Lee.

5305. **Product Name:** Wonder-Vite Deep-Fried Tofu.
Manufacturer's Name: Blissquik (Natural) Food Products.
Manufacturer's Address: 37 Hammett St., Townsville, QLD 4812, Australia.
Date of Introduction: 1981.
New Product–Documentation: Manufacturer's catalog. 1981, undated.

5306. **Product Name:** Wonder-Vite Super Soy Burger.
Manufacturer's Name: Blissquik (Natural) Food Products.
Manufacturer's Address: 37 Hammett St., Townsville, QLD 4812, Australia.
Date of Introduction: 1981.
New Product–Documentation: Manufacturer's catalog. 1981, undated.

5307. **Product Name:** Spicy Tofu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703.
Date of Introduction: 1981.
New Product–Documentation: James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean.

5308. **Product Name:** Deli Items: Tofu Sandwiches, Quiche, Puddings.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703.
Date of Introduction: 1981.
New Product–Documentation: James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean.

5309. **Product Name:** Cedarlane Tofu Marinara.
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 4928 Hollywood Blvd., Los Angeles, CA 90027.
Date of Introduction: 1981.
Ingredients: Incl. tofu, brown rice, Italian marinara sauce.
New Product–Documentation: Leaflet. Talk with Robert Atallah, president of Cedarlane. 1988. Feb. 5. Tofu Luau and Marinara, which he made, were discontinued because they were not feasible. Retailing for $1.99, they did not sell. Yet everybody who tasted them liked them.

Ad in Whole Foods. 1991. July. p. 76. "Soypreme. Substituting without sacrificing." This product is now part of the "Tofu Dinners" line, consisting of Tofu Marinara, Tofu Luau, and Tofu Stroganoff.

5310. **Product Name:** Cedarlane Tofu Luau.
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 4928 Hollywood Blvd., Los

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Angeles, CA 90027.
Date of Introduction: 1981.
Ingredients: Incl. sauteed tofu, brown rice, pineapple, tomato sauce, herbs, spice, sweet and sour flavor.
New Product–Documentation: Leaflet. Talk with Robert Atallah, president of Cedarlane. 1988. Feb. 5. Tofu Luau and Marinara, which he made, were discontinued because they were not feasible. Retailing for $1.99, they did not sell. Yet everybody who tasted them liked them.

Vegetarian Times. 1990. Feb. p. 69. Shows a color photo of the Soypreme Tofu Luau box in an article on vegetarian frozen dinner entrees.

Ad in Whole Foods. 1991. July. p. 76. "Soypreme. Substituting without sacrificing." This product is now part of the "Tofu Dinners" line, consisting of Tofu Marinara, Tofu Luau, and Tofu Stroganoff.

5311. **Product Name:** Tofu Quiche in a Cup [Spinach, Mushroom, or Onion].
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 4928 Hollywood Blvd., Los Angeles, CA 90027.
Date of Introduction: 1981.
New Product–Documentation: Leaflet. Talk with Robert Atallah, president of Cedarlane. 1988. Feb. 5. Tofu Luau and Marinara and Tofu Quiche in a Cup, which he made, were discontinued because they were not feasible. Retailing for $1.99, they did not sell. Yet everybody who tasted them liked them.

5312. **Product Name:** Tofu Dip [Dill, Basiga (Basil), or Hot Curry], and Tofu Pudding [Carob-Almond].
Manufacturer's Name: Central Soyfoods.
Manufacturer's Address: 11 W. 14th St., Lawrence, KS 66044. Phone: 913-843-0653.
Date of Introduction: 1981.
New Product–Documentation: Talk with Jim Cooley of Central Soyfoods. 1989. Feb. 16. He started making these when he bought a Hobart blender. Both have been discontinued. Volume was too small to be profitable.

5313. **Product Name:** Tofu.
Manufacturer's Name: Dairy Foods.
Manufacturer's Address: 28 E. Broadway, New York, NY.
Date of Introduction: 1981.
New Product–Documentation: Talk with Kevin Chan. 1989. Nov. 16. This company his Fong-Inn Pastry's main competition. The original owners used to work for Fong-Inn then they left and started their own company. They ran the company for 20 years then sold out to the new owners 8 years ago. Philip Wong is the manager.

5314. Dronne, Yves. 1981. Le problème mondial du soja [The problem of soybean worldwide]. Paris: Institute National de la Recherche Agronomique. [Fre]*
• ***Summary:*** Gives details on Japanese consumption of industrially processed plant proteins (tons/year of defatted soybean meal equivalent): Unfermented: Tofu 84,200, Dried-frozen tofu 22,400, Other products. including texturized soy protein 87,800. Fermented: Soy sauce 173,000, miso 157,400, natto 55,200. Total: 580,000

Concerning Japanese consumption of new "purified" protein in tons/year. In 1971/1977 total consumption was 27,300/44,000. Of this the amount made from soybeans was 15,900/17,000 and the amount made from wheat gluten was 11,400/27,000. As for the texture, the amount sold in the form of a powder was 17,400/19,600 and the amount sold in textured form was 9,600/24,400.

In 1977, of powdered products, the amount from soybeans was 9,500 (6,000 isolates and 3,500 concentrates) and from gluten 10,100. Of the textured products, the amount from soybeans was 7,500 (6,000 dry extruded, 1,500 moist, and no paste), whereas the amount from gluten was 16,900 (200 dry extruded, 12,000 moist, and 4,700 paste). Address: Paris, France.

5315. *Ekoteket.* 1981. Tofu–användbart sojaprotein [Tofu–useful soy protein]. No. 2. p. 14-15. [Swe]
• ***Summary:*** On the first page, black-and-white photos show: (1) A package of Aros Tofu and a partly-sliced cake. (2) Ted Nordquist, founder of Aros, with his tofu plant (grinder, cooker, press). An illustration shows the cover of a book titled *Tofu Boken,* by Ted Nordquist and Tim öhlund. Five black-and-white photos (p. 2) show Tim Öhlund making tofu in the Aros plant: Grinding the soybeans with water, curding the soymilk with nigari, pressing the curds in stainless steel boxes with a mechanical lever press, cutting the large block of tofu into cakes with a knife, transferring the tofu cakes that are under water in a cooling tank into plastic trays (packages). Contains a recipe for making tofu burgers.

5316. Encore Visual Education. 1981. The tofu experience (Filmstrip). Burbank, California: Encore Filmstrips. *
• ***Summary:*** Consists of two filmstrips: Part 1. The making of tofu (79 frames, 17 minutes). Part 2. Cooking with tofu (79 frames, 17 minutes). The sound accompaniment contains both audible and silent signals. A young homemaker demonstrates the practical aspects of using tofu, including preparation of recipes for tofu balls, casseroles, sloppy Joes, salads, and desserts. Address: 1235 S. Victory Blvd., Burbank, California 91502.

5317. **Product Name:** Fortune Tofu.
Manufacturer's Name: Fraser & Neave Pte., Ltd., Food Div.
Manufacturer's Address: 253, Pandan Loop, Singapore 0512, Singapore.
Date of Introduction: 1981.

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New Product–Documentation: Letter from Melvin Wee, Mgr. 1985.

5318. **Product Name:** [House Mabo-dofu Seasoning Sauce Mix].
Foreign Name: Hausu Maaboo-dôfu no Moto.
Manufacturer's Name: House Shokuhin Kogyo.
Manufacturer's Address: Japan.
Date of Introduction: 1981.
Ingredients: Sugar, sesame oil, spices, soy sauce, lard, starch, oyster sauce, salt, monosodium glutamate, soy bean paste, red pepper, beef extract, citric acid.
Wt/Vol., Packaging, Price: 7 oz (200 gm). In foil packet in paperboard box with full-color photo on cover.
How Stored: Shelf stable.
New Product–Documentation: Label in Japanese. Distributed in the USA by Nishimoto Trading Co., Los Angeles, CA 90058. Mix diced tofu with this sauce to make the popular Chinese recipe, Mabo-dofu.

5319. **Product Name:** Tofu?
Manufacturer's Name: Island Style Soybean Products Inc.
Manufacturer's Address: 94-137a Leoleo St. (WAIP), Honolulu, Oahu, Hawaii.
Date of Introduction: 1981.
New Product–Documentation: Honolulu City Directory. 1981. p. 275. Island Style Soybean Products, Inc. 94-137a Leoleo St. (WAIP), Honolulu. The name of the product is not given. Note: By 1984 a company by this same name is making tofu at a different address in Wahiawa.

5320. Jack's Beanstalk, Inc. 1981. Burger Light. 100% ground beef and tofu! (Leaflet). Salt Lake City, Utah. 1 p.
• ***Summary:*** Standup sign, 4 inches square, printed black on salmon, to be displayed in institutional food lines, as in a college cafeteria. "Lighter eating for livelier living." Address: 2160 West 2300 South, Salt Lake City, Utah 84119.

5321. Java Murni. 1981. Vegetarian Menu. 4509 Adams St., Carlsbad, California.
• ***Summary:*** Includes many interesting tempeh and tofu dishes. Dec. 1981 ranking of best-sellers: 1. Tempeh treat (Tempeh braised in Indonesian soy and safflower oil). 2. Keringan tempeh. 3. Satay tempeh. 4. Tempeh kechap. 5. Tempeh malakka. 6. Sambal goreng tempeh.
Note: *Kechap* is Indonesian soy sauce. Address: Carlsbad, California. Phone: 434-4131.

5322. **Product Name:** [Mitsukan Ma-Bo Tofu Seasoning Mix].
Foreign Name: Mitsukan Ma-Bo Tôfu no Moto.
Manufacturer's Name: Nakano Vinegar Co. Ltd.
Manufacturer's Address: Japan.
Date of Introduction: 1981.
Ingredients: Dehydrated soy sauce, powdered miso, sugar, potato starch, salt, powdered chili paste, dehydrated chicken extract, dehydrated garlic, dehydrated ginger, dehydrated oyster extract, monosodium glutamate (to enhance flavor).
Wt/Vol., Packaging, Price: 1.89 oz (54 gm). 2 foil packets in paperboard box with color photo of recipe on front. $1.08.
How Stored: Shelf stable.
New Product–Documentation: Label in Japanese. Mix diced tofu with this sauce to make the popular Chinese recipe, Mabo-dofu. Recipe on back.

5323. **Product Name:** Tofu (Vacuum Pack).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1981.
Wt/Vol., Packaging, Price: Vacuum packed.
New Product–Documentation: Letter from John Paino. 1982. April 17. Point of purchase ad (Leaflet). 1982. "Nasoya tofu: Vacuum packed for freshness." Printed brown, yellow and white on orange. Single sided. 21 x 12.6 cm.

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"Stays fresh longer. Higher protein (per pound). Free recipes (on back of each package). Free standing display. Hanging display."

5324. **Product Name:** Nasoya Foods Organic Firm Style Tofu (Vacuum Packed).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1981.
Ingredients: Water, organic soybeans, magnesium chloride (nigari) solidifier.
Wt/Vol., Packaging, Price: 1 lb vacuum packed. 28 day shelf life.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 130, protein 14 gm, carbohydrate 2 gm, fat 8 gm, sodium 15 mg.

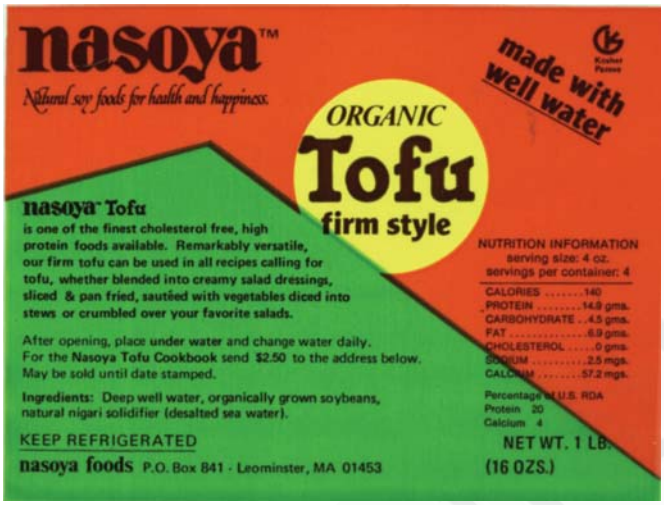

New Product–Documentation: Label. 1983, undated. 4 by 5 inches. Plastic film. Yellow, green, orange and black. "Made with well water. High protein." Label also says, "For the *Nasoya Tofu Cookbook* send $2.50 to the address below." Technical Specification Sheet. 1983.

5325. **Product Name:** Ginger Soy Sauce.
Manufacturer's Name: New England Soy Dairy Inc. Tomsun Foods Inc. (Marketer).
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1981.
New Product–Documentation: Poster. 1981. Introducing Soydairy. Naturally gourmet; Spot in Soyfoods. 1982. Winter. p. 56. "Oriental-style tofu condiments: Ginger soy sauce, five spice powder." Soya Bluebook. 1984. p. 76. Soya Bluebook. 1987. p. 92. Tomsun Foods International. Tomsun Ginger Soy Sauce.

5326. New England Soy Dairy, Inc. 1981. Introducing... Soydairy. Naturally gourmet. Easy-to-use foods with a gourmet flair [Won-ton skins, egg roll wrappers, ginger soy sauce, five-spice powder] (Poster). 305 Wells St., Greenfield, MA 01301. 1 panel each side. Each panel: 28 x 21.6 cm. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** On the front panel of this glossy color leaflet are five color photos, which are on a brown background, which is on a larger tan background with a white hairline border, which is on an even larger brown background.

The photos are (top left to lower right): (1) Two vertical packages of Soydairy Tofu (soft style and firm style). (2) The cover of the Soydairy Delights of Tofu Cookbook. (3) The front panel of Soydairy Naturally-Gourmet Fresh Won-Ton Skins. (4) Bottles of Soydairy Five Spice Powder and Ginger Soy Sauce. (5) The front panel of Soydairy Naturally-Gourmet Fresh Egg Roll Wrappers.

On the rear, in black on white, is an explanation of each of these seven products plus Soydairy Alfalfa Sprouts.

The rear of this leaflet also appeared as an ad in *Natural Foods Merchandiser,* March 1982 (p. 50). Address: Greenfield, Massachusetts. Phone: 413-772-0746.

5327. **Product Name:** New World Norimaki (Vegetarian Sushi with Tofu).
Manufacturer's Name: New World Enterprises. Renamed New World Natural Foods in 1985.
Manufacturer's Address: 226 Cypress St., Brookline, MA 02146. Phone: 617-232-5973.
Date of Introduction: 1981.
New Product–Documentation: Talk with Emily Merghart. 1989. Aug. 18. This product was introduced 8 years ago.

5328. **Product Name:** [Nikko-Mame Defatted Soybean Flakes for Shoyu and Miso, Sakae-Mame Soy Flour for Tofu, ProtFlour Soy Flour for Food and Milk Replacer, Nikoprotein High Protein for Food].
Manufacturer's Name: Nihon Koyu Co. Ltd.
Manufacturer's Address: No. 32 Bungocho, Higashi-ku, Osaka, Japan.
Date of Introduction: 1981.
New Product–Documentation: Soya Bluebook. 1981. p. 63.

5329. **Product Name:** [Nikko-Mame {Defatted Soybean Meal for Shoyu and Miso}, and Sakae-Mame {Soybean Meal for Tofu}].
Manufacturer's Name: Nikko Oil Mills Co. Ltd.
Manufacturer's Address: Kanda Ogawamachi 2-12, Chiyoda-ku, Tokyo, Japan.
Date of Introduction: 1981.
New Product–Documentation: Soya Bluebook. 1981. p. 63; 1982. p. 67, 76.

5330. **Product Name:** Soyboy Tempeh.

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Manufacturer's Name: Northern Soy.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607.
Date of Introduction: 1981.
Ingredients: Water, organic soybeans, cider vinegar, tempeh starter (Rice, Rhizopus oligosporus).
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1981, dated. 5.5 by 6.5 inches. Orange, green, and black on beige. Recipes on back for Pan Fried Tempeh, Steamed Tempeh, Tempeh Lettuce & Tomato Sandwich, Garden Tempeh Spread, Sloppy Joe Tempeh. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Soyfoods Center Computerized Mailing List. 1982. July 23. Owners: Andy Schecter & Norman Holland. Address is now 30 Somerton St., Rochester, New York. Phone: 716-442-1213.

5331. **Product Name:** Living Lightly Tofu [Vacuum Packed: Nigari Style, Organic, or Firm Organic].
Manufacturer's Name: Pacific Trading Co. Distributed by Living Lightly.
Manufacturer's Address: P.O. Box 40429, San Francisco, CA 94110.
Date of Introduction: 1981.
Ingredients: Nigari style: Water, soybeans (organically grown in accordance with section 26569.11 of the California Health and Safety Code), curded with calcium chloride (nigari style curding agent). No preservatives.
Wt/Vol., Packaging, Price: 10, 14, or 16 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1981. Nigari style: 4 by 2.5 inches. Self adhesive. Red and blue on white. Others: 3 inches in diameter. Blue and one other color on white. Organic tofu is "curded with natural calcium sulfate. This pure natural earth mineral contains calcium and has been used in China for 2,000 years. No preservatives. For recipes see *The Book of Tofu*, Ballantine Books."

Leaflet. 1981. Living Lightly Organic Tofu. Describes the advantages of natural calcium sulfate tofu. "Recent tests in Japan show that tofu curded with calcium sulfate contains 3½ times as much calcium as tofu curded with nigari." "What do experts say? 'We strongly support the use of tofu curded with natural calcium sulfate because of its low cost, high content of essential natural calcium, and good flavor. We use it regularly in our own cooking.'–William Shurtleff, January 1981."

Labels. 1982. Nigari Style Firm: 14 oz, 5.5 by 4.5 inches; 10 oz, 7.75 by 4.5 inches. Plastic film. Red, white and blue on clear plastic. Organic Firm Tofu: 5.5 by 4.25 inches. Plastic film. 16 oz, Yellow, white and blue on clear plastic. 14 oz, Blue and white on clear plastic.

5332. **Product Name:** Tofu.
Manufacturer's Name: Panda Food Products.
Manufacturer's Address: 79-20 Jamaica Ave., Woodhaven, NY 11421. Phone: 212-441-6494.
Date of Introduction: 1981.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Hal Siegel. Phone changed from 212-271-4669 to 212-441-6494; Interview with Hal Siegel. 1983. In Feb. 1984 the owner was Saul Willner. Talk with Henry Creces. 1988. May. The company, now called Panda Foods, is presently located at 1321 Oakpoint Ave., Bronx, New York 10474. Tel. 212-542-3190. Henry purchased the company 6-7 months ago from Hal Siegel. He now makes 15,000 lb/week of tofu. As of July 1988 Panda was making the tofu for Tomsun.

5333. **Product Name:** Brightsong Tofu.
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1981.
Ingredients: Well water, organic soybeans, nigari (bittern).
Wt/Vol., Packaging, Price: 14 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Poster. 1981. 8 by 5 inches. Card stock. Black on white.

5334. **Product Name:** [Showa Soy Flour, and Sangyo-Mame Soy Flour {For Making Tofu}].
Manufacturer's Name: Showa Sangyo Co. Ltd.
Manufacturer's Address: Uchikanda 2-2-1, Chiyoda-ku, Tokyo 101, Japan.
Date of Introduction: 1981.
New Product–Documentation: Soya Bluebook. 1981. p. 63; 1986. p. 87; 1987. p. 78. Sangyo-Mame is still being made.

5335. Shurtleff, William. 1981. Tofu: Eating healthy in community [How to make tofu and/or soymilk on a community scale]. *Communities–A Journal of Cooperative Living* (*Oroville, California*) p. 17-23.
• ***Summary:*** Gives details of and illustrations show: Processes and equipment used for making tofu and/or soymilk on a community scale at the Farallones Institute (Dillon Beach, California), Ramagiri–Blue Mountain Center of Meditation (Petaluma, California), Sunbow Farm (Corvallis, Oregon), and The Farm (Summertown, Tennessee). Address: Soyfoods Center, P.O. Box 234, Lafayette, California.

5336. **Product Name:** Tempeh Salad.
Manufacturer's Name: Soy Plant (The).
Manufacturer's Address: 711 Airport Blvd., Suite #1, Ann

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Arbor, Michigan 48104. Phone: 313-663-8638.
Date of Introduction: 1981.
Ingredients: Tempeh (organic soybeans, Rhizopus culture, vinegar), simmered in shoyu & water, Soynaise (soymilk, oil, vinegar, spices), carrots, celery, green onions, parsley, basil.
Wt/Vol., Packaging, Price: 12 oz. plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label in Soy Plant scrapbook. 1980. 2.75 by 2.5 inches. Black on white.

5337. **Product Name:** Pressed Tofu, and Baked Tofu.
Manufacturer's Name: Soy Power Company, Inc. (Marketer-Distributor). Made in Los Angeles by Wy Ky.
Manufacturer's Address: 235 Montana Ave. #105, Santa Monica, CA 90403.
Date of Introduction: 1981.
Ingredients: Organically grown soybeans, water, nigari.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
Nutrition: Per 1.75 oz: Calories 86, protein 8.4 gm, carbohydrate 0.2 gm, fat 5.6 gm.
New Product–Documentation: Label. 1983, undated. 4 by 3 inches. Self adhesive. Yellow, brown, orange and white. "100% natural, high in protein, no cholesterol. Cut into cubes and add to soups, salads, or stews. Keep refrigerated."

Talk with Kevin Cross. 1988. Sept. 22. These products, originally made by Wy Ky are now made by Quong Hop & Co.

5338. Soyfoods company letterheads. 1981. 2 p.
• ***Summary:*** 1. Nature's Touch Soyfoods (Encinitas, California).

2. Soycrafters Association of North America (100 Heath Rd., Colrain, Massachusetts).

3. The Soyfoods Center (Lafayette, California).

4. Soyfoods Unlimited (San Leandro, California).

5. Continental Soyfoods, Inc. (Minneapolis, Minnesota).

6. Light Foods Inc. (St. Louis, Missouri).

5339. **Product Name:** [Manna Tofu-Based Spreads (Natural, Dill, Sandwich), and Soyanaise (Imitation Mayonnaise)].
Foreign Name: Manna Tofu Spreads (Naturel), Soyanaise.
Manufacturer's Name: Stichting Natuurvoeding Amsterdam. Renamed Manna Natuurvoeding B.V. in 1982.
Manufacturer's Address: Meeuwenlaan 70, 1021JK, Amsterdam, The Netherlands.
Date of Introduction: 1981.
Ingredients: Naturel: Manna's tofu-soycheese (*sojakaas*)*, unrefined cold-pressed vegetable oil, grain [corn] syrup (*graanstroop*), demeter-apple cider vinegar*, ume (Japanese plum) paste, mustard, white seasalt, guar vegetable binder.
* = *van biologische grondstoffen of teelt* = from organically grown raw materials or agriculture.
Wt/Vol., Packaging, Price: 215 gm glass jar.
How Stored: Shelf stable.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. "Manna started this month to market tofu spreads, which are a great success right now. It lasts for at least 3 months refrigerated, with no chemicals or artificial additives." Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 25. "Manna started to make tofu spreads in 1981. They are now made in a Hobart blender. 200 kg/week of tofu is used to make 1,000 x 250 gm bottles of spreads. Some are pasteurized at 85ºC and some sterilized at 100ºC. The flavor of the spreads is lost at temperatures higher than 85ºC. The Manna spreads are 3.45 guilders per 45 gm jar for 3 flavors. The natural spread contains tofu, unrefined oil, miso, apple vinegar, corn syrup, sea salt, guar." Soya Bluebook. 1987. p. 100. Label. 16.5 cm by 3.5 cm.

5340. **Product Name:** [Tofurin Tofu Cheese (With Miso)].
Foreign Name: Tofurin.
Manufacturer's Name: Stichting Natuurvoeding Amsterdam. Renamed Manna Natuurvoeding B.V. in 1982.
Manufacturer's Address: Meeuwenlaan 70, 1021JK, Amsterdam, The Netherlands.
Date of Introduction: 1981.
Ingredients: Tofu, miso.
New Product–Documentation: Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 25. "Tofurin tastes like cheese. It is tofu fermented with miso, then sterilized at 100ºC for 1 hour." Letter from Sjon Welters. 1989. July 24. Tofurin was developed by Sjon Welters for Manna and introduced together with Manna's tofu spreads [in 1981], in the same size glass jar. It was not really fermented, just tofu mixed with miso.

Manna Bulletin. 1983. 5(4):1. June. The price of Tofurin has been reduced from 3.90 to 3.45 guilders.

5341. **Product Name:** Hing's Tofu.
Manufacturer's Name: Sun Hing Foods Co.
Manufacturer's Address: 147 Onepu Rd., (P.O. Box 14-213, Kilbirnie), Lyall Bay, Wellington 3, New Zealand. Phone: (04) 877 313.
Date of Introduction: 1981.
New Product–Documentation: Letter from Alan Tam of Hing's Tofu, 275 Cuba St., Wellington, New Zealand. 1985. May 1. "We have been makers of tofu for many years now, initially on a small scale, only making it for friends and family. But in recent years, with growing awareness of health and nutrition among the general public, there has been growing demand for tofu in Wellington. This has led us to making tofu on a commercial scale, supplying the local health food stores, restaurants, and the local community in general. After reading your book, *The Book of Tofu*, I am

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very impressed at the extent of your research into tofu and soybean foods, its historical, cultural, and nutritional aspects. I also find your recipes very interesting, covering a wide range of tastes and exploring many new ways of eating tofu. In fact it is the most comprehensive book on soyfoods that I've ever seen!" He asks about ordering the book *Tofu & Soymilk Production.*

Letter from Alan Tam, Owner. 1986. Nov. 18. He has just moved into new premises, so this address is probably incorrect. Current production is about 1,000–1,200 lb/week of tofu. Leaflet. 1986. Hing's Tofu. Brown and blue on white. Contains 18 recipes, nutritional analysis and illustrations from *The Book of Tofu* by Shurtleff and Aoyagi.

Letter from Alex Leung, Director. 1992. Dec. 9. The company is now named Hing's Limited, located at 147 Onepu Road, Kilbirnie, Wellington, New Zealand.

Note: This is the earliest known commercial soy product made in New Zealand.

5342. **Product Name:** Tofu Vegie Patties: Seasoned and Baked.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1981.
Ingredients: Our own fresh tofu (water, organic soybeans grown according to Cal. Health Code Sect. 26569.11 and nigari), fresh vegetables (carrots, green onions, parsley), tamari (natural soy sauce made with water, soybeans, wholewheat and salt). Garlic and ginger.
Wt/Vol., Packaging, Price: 10 oz. vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Three Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in 1981. Label #1 of 1981. 4 by 2.5 inches. Self adhesive. Metallic gold, red, white, and silver on green. "Ready to eat... or reheat, naturally fresh... from our deli. A perfect snack fresh from the pack. Great in your favorite burger with all the fixins, or as a main dish. or Simple to heat in oven (350ºF, 10 minutes) or frying pan. Perishable, keep refrigerated, 34-39º." Illustration in a vertical parallelogram shows a tofu shop on stilts near the ocean with a tree arching overhead.

Label #2 of 1992. "Tofu Vegie Patties: 2 Baked." 3 inches diameter. Black, yellow, and white on green. "Crafted from whole organic soybeans. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead.

Label #3 of Oct. 2002. Dark green and orange-yellow on white. 3 inches diameter. No adhesive. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Good source of protein. Low in saturated fat. Cholesterol free."

5343. **Product Name:** Teya's Chinese Rice and Tofu. Curried Rice & Tofu. Stuffed Golden Soybean Cakes. Pizza (with whole wheat crust).
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1981.
Ingredients: Chinese Rice & Tofu: Organically grown brown rice, zucchini, baked tofu (soy beans, water, soy bean oil, nigari), water chestnuts, eggplant, peanuts, mushrooms, onion, tamari (soy beans, water, sea salt), sesame oil, garlic, sea salt. Curried Rice & Tofu: above plus curry powder. Stuffed Golden Soy Bean Cakes: Brow rice, deep fried soy bean cakes, sprouted soy beans, zucchini, eggplant, water chestnuts, onion, tamari, sesame oil, garlic, ginger.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Frozen.
New Product–Documentation: Labels. 1981. 3 by 2 inches. Self adhesive. Chinese Rice & Tofu: Tan on brown. Curried Rice & Tofu: Brown on tan. Stuffed Golden Soy Bean Cakes: Black on red. "No Meat or Meat Derivatives." Poster. Back to back, color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

5344. **Product Name:** Vegetarian Entrees: Tamale, Burrito, Empanada, Enchilada, Pizza, Sprout & Tofu Pie.
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1981.
New Product–Documentation: Poster, back to back color. "Tumaro's Brings You This All-Natural Family of Protein-Rich Vegetarian Entrees." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

5345. Tôfu seihin to eiyô [Tofu products and nutrition]. 1981. Aichi Prefecture, Japan: Aichi Prefecture Tôfu Shokô Kyokai. [Jap]*
• ***Summary:*** This booklet contains 13 chapters, one of which is about soyfoods and health. The trypsin inhibitors in tofu and soymilk are said to be effective in treating diabetes. Address: Japan.

5346. **Product Name:** Tofu-Dill Salad.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981.
Ingredients: Tofu-Dill: UFO Tofu by Wildwood, green peppers, celery, brine pickles, lemon juice, safflower oil, apple cider vinegar, dill, mustard, spices, sea salt.
Wt/Vol., Packaging, Price: 12 oz plastic tub. Retails for $2.25.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer.

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p. 42-43. “Dated for 7 days shelf life.” Label sent by Wildwood on their letterhead. 1983, undated. 3 x 2 inches. Dark and Light green on white. Silhouette of woods with birds. “Ready to Eat Foods, Naturally. Perishable. Keep refrigerated.” Saw Tofu Curry Salad and Tofu Veggie/ Vegetable Salad on sale in Berkeley. 1988. Aug. 30.

Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1981.

Ingredients: Wildwood tofu (filtered water, soybeans organically grown in accordance with the California Organic Foods Act of 1990, nigari/magnesium chloride, a natural firming agent), okara (soybean pulp), celery, lemon juice, safflower oil, apple cider vinegar, dill weed, mustard, garlic, spices and salt.

5347. **Product Name:** Tabouli Salad.
Manufacturer’s Name: Wildwood Natural Foods.
Manufacturer’s Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1981.
Ingredients: Bulgur, filtered water, onions, olive oil, tamari, lemon juice, parsley, mint, garlic, salt.
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Wildwood on their letterhead. 1983, undated. 2.75 by 1.75 inches. Self adhesive. Black and green on ivory. Silhouette of woods with birds. “Ready to eat Foods, Naturally. Perishable. Keep Refrigerated.”

Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1981, and made at Wildwood’s plant in Fairfax. On the front label, the text below the product name reads: “A refreshing combo of bulgur wheat, tomatoes, parsley, lemon and mint.” The ingredients are now: Bulgur wheat, vegetables (tomato, cucumbers, red onion), lemon juice, olive oil, parsley, mint, salt. On the back label, next to the UPC indicia: “Contains no animal products.”

5348. Wood, Brian J.B.; Hounam, Laura. 1981. Dairy products from soy beans. In: 1981. Proceedings of Dairy Symposium at the Food Industries Exhibition, London. See p. 19-23. [16 ref]
• ***Summary:*** Contents: Introduction. History (of soy milk). Preparation and nature of traditional soy-milk and tofu. Practical aspects of soy milk and tofu. Products derived from tofu (salted tofu, smoked tofu, spiced and flavored tofu, tofu burgers, Sufu {resembling Camembert cheese}). Economic considerations. Address: 1. Dep. of Applied Microbiology; 2. Centre for Industrial Innovation. Both: Univ. of Strathclyde, Glasgow, Scotland.

5349. Altman, Nathaniel. 1981. Nathaniel Altman’s total vegetarian cooking. New Canaan, Connecticut: Keats Publishing, Inc. 229 p. Index. 18 cm. Series: A Pivot Original Health Book. [180 ref]
• ***Summary:*** The author was born in 1948. The first page of the book begins: “It’s not just spinach. The vegetarian way of eating is incredibly varied, employing such exotic, appealing foods as calcium-rich hijiki, tempeh from Indonesia, and tofu.”

The glossary (p. 139-44) describes: Lecithin, milk (soy), miso, soybeans, soy grits, sprouts (incl. soy), tamari, tempeh, tofu, and textured vegetable protein (TVP).

Chapter 11, titled “A vegetarian diet can save you money” (p. 146-51) mentions soybeans and soyfoods (incl. soy milk powder, dry tofu [probably dried-frozen tofu], soy sprouts, soy flour, soy sauce, tofu) repeatedly as low-cost sources of protein.

The book has several very interesting appendixes: C. The vegetarian bookshelf (p. 208-10). D. Vegetarian contacts–Some vegetarian societies and publications (p. 211-12). Bibliography by chapter (p. 213-20).

5350. Aoki, Hiroshi. 1981. Misoshiru sanbai kenkô-hô [Three bowls of miso soup daily for good health]. Tokyo: Goma Books. 220 p. Illust. 20 cm. [Jap]
• ***Summary:*** Miso soups and health recipes. He worked for food companies, including Ajinomoto, for 30 years on development of new soy protein foods. A popularizing book. Discusses Hirayama.

Contents: Preface. Why are miso soups and soyfoods appreciated again now? 1. The many benefits from eating miso soups and soyfoods every day. 2. The Japanese people have forgotten the goodness of miso soups and soyfoods. 3. Healthy soyfoods: From miso to soymilk (miso, natto, shoyu, tofu, deep-fried tofu pouches, dried-frozen tofu, yuba, okara, kinako {roasted whole soy flour}, soymilk, soy oil). 4. Miso soups and soybean cooking make a healthy body. Soybean recipes which are suited to people in the younger generation. Mother’s favorite recipes are good for health, too. Appendix. Maps of Japan showing areas of miso soups and natto.

5351. Barber, Linda; Matsuda, Tomoko. 1981. Tôfu, nattô ryôri [Tofu and natto cookery]. Kumamoto City, Kumamoto prefecture (on the island of Kyushu), Japan: Marumiya Co. 25 p. Illust. (color photos). No index. 22 cm. [Jap]
• ***Summary:*** Contents: Recipes of tofu and natto: 13 western style, 2 Japanese.

Note: A photo (see next page) shows Linda (left) with co-author, Tomoko Matsuda; she translated Linda’s recipes into Japanese. She was also Linda’s assistant at Kobe College, and she traveled everywhere that Linda went as a friend and translator. She also helped Linda with food styling.

5352. Barber, Linda. 1981. Color slides of making soymilk curds and tofu at home in Japan. Kobe, Japan. 1 p. Based on e-mail of 9 May 2012.

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• ***Summary:*** (1) Fresh homemade soymilk curds, ready to be served, seasoned with soy sauce. (2) Fresh homemade tofu, placed in cold water in a bowl to be chilled. (3) Homemade frozen tofu; its spongy porous texture absorbs sauces like magic. (4) Tofu can be used as a source of protein in a wide variety of dishes–including many healthy desserts. Address: Resident Director of Practice House and Oral English Instructor, Kobe College, 4-1 Okadayama, Nishinomiya, Japan.

5353. Beasley, Sonia. 1981. The spirulina cookbook: Recipes for rejuvenating the body. Boulder Creek, California: University of the Trees Press. viii + 184 p. Illust. by Reenie Haughey. Background by Dr. Christopher Hills. Index. 15 x 23 cm.

• ***Summary:*** Contains over 100 recipes using spirulina, a type of fresh-water algae. Soy-related recipes include: Scrambled eggs with tofu (p. 2). Pam's green goop (with tofu and miso; p. 18). Spirulina Aztec soup (with miso; p. 29). Chris's spirulina soup (with miso; p. 41). Pam's dressing (with miso; p. 166).

Note: Sonia was born in 1941 in Ceylon. She is a gourmet cook with her own catering business specializing in international cuisine. On the rear cover is a color photo of Sonia Beasley and Dr. Christopher Hills.

5354. Block, Lawrence; Morrison, Cheryl. 1981. Real food places: A guide to restaurants that serve fresh, wholesome food. Emmaus, Pennsylvania: Rodale Press. xiii + 296 p. 22 cm.

• ***Summary:*** The real food places are arranged alphabetically by state, and within each state alphabetically by city. Each entry was written by a "reviewer," whose name appears at the end. For example, under California: "Glendale–Foods for Life, 504 E. Broadway. 213-249-2660. Natural wood is the decorating motif of this attractive natural foods restaurant. The tables and chairs (wood and padded seats) are custom made. Bright lights permit reading, and the surroundings are clean and neat at all times. Mostly women dine here; there are very few children, and few men.

"The foods and drinks are top quality; they seem slightly high-priced but are apparently worth it because sales volume is high. Sandwiches are a big seller, assembled to order and served with a mixed green salad including chopped walnuts. Menus are posted on the walls and they're so extensive it takes a while to absorb them. Tuna with sprouts is very popular. There are many delightful desserts, made without sugar; carrot cake is the most popular, but others come close.

"Coffee and a substitute are available; no beer, wine or liquor. Finding a place to sit at meal time is a problem; it is recommended that you arrive early or late–Alan W. Farrant."

California (p. 6-68) is the state best represented in this book. Other restaurants in California: Hollywood–The Source, 8301 Sunset Blvd., 213-656-6388. Serves fish and chicken. The desserts contain no refined sugar. The menu states: "Only whole grains and pure honey... all our oils are cold pressed."

Los Angeles–Golden Temple Conscious Cookery, 7910 Third St., 213-655-1891. "Bright yellow paint on the outside makes this restaurant especially easy to find." Vegetarian menu. Drinks: Nectaral Rose is Red Zinger tea mixed with apple juice and sparkling mineral water. Sparkling cider is served, too, but there is no coffee or alcohol."

San Francisco: Good Earth, 2323 Powell St. Seats 250. Special section for smokers.

San Francisco: Greens, Building A, Fort Mason. This old Army warehouse has been renovated by the San Francisco Zen Center. The brochette includes tofu. Desserts, which come from Zen Center's own bakery, are extra special. Reservations are a must. Smoking permitted.

San Francisco: Real Good Karma, 501 Dolores St. A vegetarian restaurant, with many hanging plants and fresh flowers. Everything is prepared without preservatives or chemical additives, using only whole grains, cold-pressed oils, and natural rennetless cheese. Tofu is used in at least one salad. "Coffee is served but no alcohol. Customers may bring their own wine."

Florida: Oak Feed Restaurant, 3008 Grand Ave., Cocoanut Grove. "Under the sign of a huge carrot in the center of this artistic village is Oak Feed." "Desserts are sugar free, with the soybean cake deserving special attention." Smoking on the patio only.

Boston, Massachusetts: Sanae (which means "little sprout" in Japanese), was Boston's first natural food and macrobiotic restaurant; it opened in 1969. It has mellowed somewhat since it started, enough to serve coffee and offer dairy products in the baked good. No meat or sugar is on the menu, which does include: Tofu stew. Miso soup with tofu. Hiziki [sic, Hijiki] topping with creamy tofu. Desserts are sweetened with maple syrup. "No alcohol. No credit cards. No smoking."

Boston: Seventh Inn, 288 Boylston St. This is the elegant, grown-up sister of Sanae. The pedigree is macrobiotic. Specializes in vegetarian and fish dishes, and it also serves tofu and eggs–but no meat and very little cheese. "Smoking permitted. MasterCard and Visa accepted."

Many of the other restaurants are vegetarian and

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quite a few serve soyfoods, especially tofu. Address: 1. Novelist who has been a vegetarian for several years; 2. Nonvegetarian but health-conscious freelance writer. Both: New York City.

5355. Bragg, Paul C.; Bragg, Patricia. 1981. Hi protein vegetarian health recipes: With history and reasons. Santa Barbara, California: Health Science. 184 p. Illust. No index. 21 cm.

• ***Summary:*** This book is quite similar to the 1975 edition, however one word in the title has been changed (to vegetarian meatless from meatless), and small changes have been made on several pages following Paul Bragg's death in Dec. 1976. Nevertheless, the book gives the strong impression that Paul Bragg is still alive. Whereas he used to advocate moderate amounts of meat and fish in the diet, he now advocates a vegetarian diet [which is becoming increasingly popular, especially among young people, in the USA]. On the book's cover these words appear in large bold letters: "Vegetarian. Salt free. Sugar free."

We will discuss here only the changes that have been made in the 1980 edition. The copyright page states that this is the fifth printing. The address of Health Science, the publisher, has changed to Box 7, Santa Barbara, California 93102–from Hot Springs, California.

At the bottom of the next page a message has been added, which starts: "Our sincere blessings to you dear friends, who make out lives so worthwhile and fulfilled by reading our teachings on natural living as our Creator laid down for all of us to follow... Our prayers reach out to you for the best in health and happiness..." Signed Paul C. Bragg and Patricia Bragg.

On the page facing page 1, under the large photo of Bragg, is a different caption: "Paul C. Bragg in Hawaii, where he spends much of his time during the latter years of his vigorous, long life (almost a century!)." Describes how he writes, teaches, and exercise each day. Below that is "An old English Prayer," which begins: "Give us, Lord, a bit of sun, / A bit of work and a bit of fun. / "... Our daily whole grain bread and a bit of nut butter."

On page 66, at the bottom of the full-page ad for Bragg Liquid Aminos, readers are directed to order from a new address: Live Food Products, Box 7, Santa Barbara, CA 93102. "For 8 ounces of Bragg New Super Concentrated Liquid Aminos send $3.50 which covers postage and handling." Note: In 1975 the price was $2.99 for 16 ounces of "Bragg Liquid Aminos."

On page 81, an illustration of a pot and vegetables has been replaced by an illustration of Ponce de Leon, with a message about how he searched for the fountain of youth. "If he had only known–it's within us." There is also a new quotation from Patricia Bragg which states: "The more natural food you eat, the more radiant health you will enjoy and you will be better able to promote the higher life of love and brotherhood."

On page 157, the section titled "Sickness is expensive," has been updated (new statistics) and slightly expanded.

On page 160, a new photo, titled "When you are healthy–You are happy! shows the members of the "Longer Life, Health and Happiness Club" at Fort DeRussy on Waikiki Beach, Honolulu, Hawaii.

The end of the book (after a blank page titled "My favorite recipes") contains: Advertisements: (1) Send for important free health bulletins. (2) Bragg live longer, live stronger self-improvement library (list of 25 books by Bragg, with prices). From the authors. Brief biography of Patricia Bragg, Ph.D., Nutritionist, beauty and health consultant. Advisor to world leaders, glamorous Hollywood stars, singers, dancers, athletes. Lecturer and author (She says she is the daughter of Paul C. Bragg. An accomplished musician, dancer, tennis player, swimmer, and mountain climber. The youngest woman to ever have been granted a U.S. patent. Graduate of the University of California. Lists her famous clients). Biography of Paul C. Bragg. Address: 1. N.D., Ph.D., Life Extension Specialist; 2. Beauty and diet expert. Both: Santa Barbara, California, and Honolulu, Hawaii.

5356. Cadwell, Jane. 1981. O Livro da Soja [The book of soya]. Sao Paulo, Brazil: Editora Ground Ltda. 79 p. Illust. Index. 21 cm. [Por]

• ***Summary:*** Contents: Preface. Introduction. The soybean. Soybeans and health (nutritional composition). Our daily foods and our health. Auxiliary foods and ingredients (incl. miso). Kitchen utensils. Recipes: Whole soybeans (incl. cooked ground soybeans, green vegetable soybeans {*Soja fresca* (*verde*)}, soynuts {*castanhas de soja*}) Soymilk (incl. homemade using the Cornell method, soymilk yogurt), okara, tofu (incl. homemade, tofu miso soup, cakes, pies, baby foods).

Jane writes in a letter dated 5 July 1982 of her book: "My book is the first one [published in Brazil] exclusively on soyfoods. The intent was to show people all the varieties of things that they could make starting principally from whole dry soybeans. Consequently I did not include the topics of miso, soyflour, and textured proteins. I began writing the book as a result of a government campaign last year to get people to use soybeans in place of regular beans. As you probably know, rice and beans is really the principal dish at the noon and evening meals. There was a shortage of the regular beans and the price was very high... Consequently the government campaign to introduce soybeans. They were ridiculously cheap, yet there was hardly any information on how to use them. Thus–my book... Soybeans are now available in many supermarkets and well as health food stores and oriental shops." Address: Brazil.

5357. Cho, Joong Ok. 1981. Home style Korean cooking in pictures. Tokyo: Japan Publications. Distributed by Harper &

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Row (New York). 96 p. Illust. (mostly color photos). Recipe index. 27 cm.
• ***Summary:*** Soy related recipes: Cooked tofu and ground meat (*Dubu jjim*, p. 32). Garnished rice (*Bibim bap*, p. 44, with soy sprouts).

About the author: "Mrs. Cho Joong Ok was born and raised in Seoul, Korea. A descendant of a noble family from which six Korean queens have come, Mrs. Cho is as versed in palace cuisine as she is in family cooking." She has written a number of books on Korean cooking, "contributes regularly to magazines and teaches Korean cooking on television. She lives in Tokyo with her husband..." Unfortunately, this book has a poor index. Address: Tokyo, Japan.

5358. Daenzer, A. Walter. 1981. Soya-Eiweiss: Nahrung der Zukunft [Soy protein: Food of the future]. Zurich, Switzerland: Verlag Bewusstes Dasein. 84 p. Illust. No index. 21 cm. [Ger]
• ***Summary:*** Contents: 1. The long journey of a new basic food (TVP, or Soyameat). 2. How it came to Soyameat. 3. The significance of Soyameat for nutrition. 4. Meat or soy protein? (starts with a photo of 25 famous vegetarians). 5. Soy products, the Third World, and world food supplies in the future. 6. Tips and recipes.

This is Dänzer's first book, about textured soy protein (especially Soyana brand TVP), which his company sold. Born in 1947, he is a disciple of the Indian spiritual teacher, Sri Chinmoy. He wrote the book largely to promote his TVP, which he imported and packaged for the Swiss Reform Houses. Address: Soyana, Postfach 8039, CH-8002, Zurich, Switzerland.

5359. Dahlen, Martha; Phillips, Karen. 1981. A further guide to Chinese market vegetables. Hong Kong: South China Morning Post Ltd., Publications Division. xi + 74 p. Illust. Index. 21 x 28 cm.
• ***Summary:*** This is the 2nd in a series of three books about Chinese market vegetables in Hong Kong. The inquisitive authors have learned much about this subject since their first volume was published in 1980–and this book shows it! When "beginner's mind" meets a subject, we too learn many new things that the expert overlooks. The romanization of names in this book represent the Cantonese pronunciation system of Herklots. The color illustrations of these foods are large and exquisite.

The book is divided into two parts–with the first part of this book being very similar to the first part of the first book in the series (1980). (1) Foreword. Chinese cooking utensils. Acknowledgements. Basic methods of Chinese cooking. Basic seasonings: Drygoods & sauces. Chinese numbers & market figures.

The section titled "Basic seasonings" (p. 3) includes three made from soybeans–with a somewhat different format and definitions than found in the 1980 volume.

"Fermented black beans (2 Cc = Chinese characters are given) Dau see [fermented black soybeans]. These are whole soybeans which have been fermented with salt and other ingredients to give them a rich flavour. They are black in colour, each bean measuring about ¼ inch long, soft rather than hard and dried in texture, and sold in plastic bags. Dau see are commonly mashed with garlic and stir-fried with pork, beef, shellfish, or vegetables.

"Light soy sauce (2 Cc) See yau; sang chau. This is the best grade of soy sauce. 'Light' means it is not thick or viscous, and has a delicate, fine flavour. Use this when stir-frying, for a final seasoning of soups and steamed fish, and as a sauce at the table.

"Dark soy sauce (2 Cc) Lo chau. 'Dark' here means thick and of stronger flavour; often it has been fermented with other ingredients such as molasses, mushrooms, etc. This is mainly used for braised or long cooked dishes."

(2) The vegetables (41 not in the 1980 volume, including soybean sprouts and various types of bean curd).

Soybean sprouts. Daai dau nga choi (4 Cc). A color illustration shows a small bundle of fresh soybean sprouts. "Appearance: 'Na choi' are bean sprouts; 'daai dau' means big beans" or soybeans. The large seed attached to each sprout distinguishes soybean sprouts from all other sprouts. Each sprout measures 2-3 inches in length with a yellow, ½-inch-long bean at one end. "Whereas vendors display mung bean sprouts in jumbled heaps, they neatly align these sprouts, either tied in bunches or arranged in a shallow wooden tub, heads to the outside and root-tails in, like hundreds of spokes of a wheel."

"Quality: The beans should be yellow, with no tint of green or emerging leaves; the shoot should be clear, crisp and white from head to tip." (N.B. Green soybean sprouts are not harmful to eat, just less delicious).

"Availability: Ubiquitous and perennial, except during Chinese New Year; inexpensive.

"General comments: Soybean sprouts are one of the most nutritious and economical foods available." They are comparable in food value to meat and eggs, and have a rich, nutty taste. "The process of sprouting converts much of its already minimal starch into vitamins (particularly vitamin C), enzymes, and tender, sweet new plant.

"Cooks should keep three precautions in mind when preparing this vegetable: First, because raw soybeans are slightly poisonous, the sprouts must always be cooked before eating. Second, soy sprouts tend to be slightly fibrous and less tender than mungbean sprouts, especially if old or overcooked. Third, sprouts will keep longer and remain whiter if stored in water in a covered container in the fridge.

"Preparation: Before untying the bundle, if the vendor has not already done it, trim off the lower root portions of the shoots with a single blow of the cleaver. Then wash and drain, discarding any blackened or otherwise disreputable

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heads.

Cooking: (1) "*Western:* Blanch in boiling, salted water, drain, and marinate with other vegetables (chopped tomatoes, celery, green pepper, fuzzy melon–ts'eet gwa–spring onions, etc.) in an oil and vinegar or Italian salad dressing. Saute. Mince and add to meat loaf or hamburger meat patties.

"*Chinese:* Three styles of preparation seem standard: one, simply stir-fried with ginger and/or pork; two, boiled with pork bones in a soup to make a traditional 'poor man's' stock; and three, minced with pork in a meat patty."

There follow two recipes: (1) Pork & soy sprout soup (with "soybean sprouts" and "1-2 slices of ginger, crushed," p. 31). (2) Soybean and pork mince (with "1 bunch {about 1 lb} soybean sprouts, minced).

Bean curd. Dau-foo (2 Cc). With 2 color illustrations.

"Appearance: Most bean vendors sell mungbean sprouts, soybean sprouts and between two and five different kinds of bean curd. Each of the different varieties will be dealt with separately on the following pages.

"Quality: The quality of fresh dau-foo mostly depends on the quality of the water used to make it. Thus quality–and price–are more or less fixed within any market, if not throughout Hong Kong."

"Availability: "Soi dau-foo" (literally "water tofu," also called *sui-doufu*) is in virtually every market every day; the other types are irregularly available according to vendor (not season); that is, some bean vendors habitually carry all five types, while others may carry only two or three.

General comments: Describes briefly how bean curd is made. "This fresh bean curd may be sold as is or processed further: pressed, fried, dried, or fermented." It is a good source of protein and oil with little starch. "Bean curd in any state is bland is taste."

(1) "Deep-fried bean curd (Dau-foo pok, 3 Cc): These are small cubes or large squares of bean curd which have been deep-fried. The outer surface is a golden-brown crust, while the inside is porous." Describes preparation (pour boiling water over squares to remove excess oil and dirt) and cooking (usually braised). Gives one recipe: Lettuce and dau-foo pok.

(2) "Water-type bean curd (Soi dau-foo, 3 Cc). This is the most common type of bean curd. It is made in a cloth-lined wooden tray about 12 inches square; the vendor removes the surrounding frame and cuts the curd into 1½-inch cubes for selling. The cakes are shiny, white and smooth on all surfaces.

"Preparation: Rinse well but carefully, with cold or boiling water. Note: The tofu is not sold immersed in water. It is fundamentally different from Japanese silken tofu.

"Cooking: This type has a very light, delicate texture. It is best used for steaming or simmering briefly in soup where it is least likely to disintegrate under rough handling." One recipe is given: Green & bean curd soup.

(3) "Bean curd (Dau-foo, 2 Cc): Although this type of curd seems to have no name of its own, vendors and cooks always distinguish it from its twin, 'soi dau-foo.' The cakes are "cut from a square block on a wooden board. This variety, however, has been slightly pressed so it is shorter [from top to bottom], bears the faint imprint of cloth on its top surface, and will stand rougher treatment than soi dau-foo. Thus this type is recommended for frying or braising." One recipe is given: Braised dau-foo.

(4) "Wrapped bean curd (Bo-baau dau-fu 4 Cc): With one color illustration. This bean curd is sold from tubs of water rather than from a wooden board. Each square of curd has been wrapped in cloth so that each piece measures about 2 inches square with rounded, rather than sharp, edges and each piece is 2-3 times more expensive than common fresh dau-foo. This is the finest, most delicate bean curd and is usually used only for steaming as in the following recipe." Recipe for: Lo-siu ping-on (with "3 squares bean curd {either bo-baau or soi type}," p. 34).

(5) "Hard-pressed bean curd (Dau-foo gonn [pinyin: doufu-gan], 3 Cc): This type of curd is solid, and thus easily sliced or cut in shreds and stir-fried with other bits of meat and vegetables. Two types are available, as illustrated (two color illustrations on p. 34): the larger, 3-inch square, white one is the plain Cantonese type; while the smaller, 2-inch square one is reddish in colour due to a light coating of 5-spice powder (*ng heung fun*, 3 Cc). As both tend to be bland and dry in texture, prepare them with a rich sauce or with other highly flavoured, slightly oily ingredients, such as duck." Recipe for: Chop choi ("Chop all of the following in ¼-inch cubes, in proportions to taste"). Address: Hong Kong.

5360. DuSablon, Mary Anna. 1981. Cooking with tofu: Perfect beginner's book with all-natural recipes. Charlotte, Vermont: Garden Way Publishing. 32 p. "A Nutri Book." Illust. No index. 22 cm.

• ***Summary:*** Contents: Cooking with tofu. Enjoying tofu for the first time. Tips for cooking and storing tofu. Making tofu. Tofu on the side. Soups. Main dishes. Chinese dishes. Desserts. Address: Ohio.

5361. Ethnic Studies Oral History Project. 1981. Uchinanchu: A history of Okinawans in Hawaii. Honolulu, Hawaii: Ethnic Studies Program, University of Hawaii at Manoa. xxvii + 631 p. Plus 3 unnumbered pages of plates. Illust. Index. 25 cm.

• ***Summary:*** Chapter 6, titled "Issei life histories," includes a history of Tsuru Yamauchi (p. 488-509, based on an interview with Michiko Kodama), the mother of Shoan Yamauchi, who founded Hinoichi Tofu, the largest tofu company in the United States.

Tsuru Kamiawa was born in 25 Dec. 1890 (Meiji 23; the year of the tiger) in Shuri, Okinawa, into a poor family that had once been "of samurai lineage." When she was age 3, the family moved to the countryside, to Itoman and

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Ahagun, where she was raised. When she was about 13 or 14 [1903-04] she learned to make tofu, grinding the [soy] beans by hand early in the morning. She made one kettleful each morning, then sold it on a sidewalk where things were for sale. She also tended her own agricultural field, where she grew and harvested various crops.

She was married in about 1908 (Meiji 41) as a "picture bride," to Shokin Yamauchi, who was the eldest of four boys and two girls. At the time of the marriage, he was away in Kauai, Hawaii, cutting sugarcane, so she went to live with his parents–who were kind to her, but who also lived in a small, crowded rented house of one room. There was a tofu shop next door, and she was careful never to waste tofu or okara.

In 1910 she went to Wapiahu, Hawaii (on a 15-day trip by ship via Japan), to meet her husband for the first time. They lived deep in the canefields, where her husband worked, in one big crowded cottage in Camp 35. In 1911 she had her first child, a daughter. They usually ate tofu once a week only, but they had it twice in one week only about once a month. The people who made it carried it by foot from Wapiahu to sell it to them. The sugarcane workers worked hard, six days a week, with only Sunday off. They moved to Camp 1 and then to Camp 10, where they lived for 8 years in the middle of the canefields. For breakfast they now had miso soup and daikon pickled in miso. By the age of 30 Tsuru had had 4 children, most born with a midwife and all without a doctor. The children's grandfather on their husband's side [i.e., her husband's father, Mr. Yamauchi, had come to live with them in Hawaii].

Around 1919, after being away from home for 8-9 years, she returned with her 4 children to visit parents in Itoman, Okinawa. After 4 years in Okinawa, she return alone to Hawaii to be with her husband; later on they called their children one by one to be with them in Hawaii. In Hawaii she found a job where her husband was then working, at the Hawaii Military Academy on 18th Avenue. She worked in the boarding school–even though she spoke almost no Hawaiian or English. She had three more children in 1925, 1927, and 1929–bringing the total now to seven. When Mr. Yamauchi decided to start working for the Ewa landing pier, she worked as a housemaid (for very little money), until 1937, when she started to work at Libby's cannery–starting at 30 cents an hour. She worked at Libby's for three years (during the pineapple season), then during the off-season she worked at a tuna canning factory for 20 cents an hour. It smelled terrible. Around that time she also did housecleaning in Kahala, two or three houses a week. Their small income helped to pay for the elder children's school tuition in Japan.

Then on 15 July 1940, with almost no money, they purchased an existing tofu shop [Haruko Uyeda Tofu] and renamed it Aala Tofu Co. She made the tofu and ran the shop; her husband had a job gardening. In 1938 her boy came back from Okinawa. He helped her to make tofu while he was going to school. "Later this boy [Shoan Yamauchi] when to the States and is now involved in the tofu business in a big way. He had gone to America for a vacation, intending to play, but he started making tofu there and lives in Los Angeles."

In Hawaii the tofu was made differently from the way she had learned to make it in Okinawa; in Hawaii the okara was cooked with the slurry before it was removed. Since they had no machines at that time, it took a long time to make tofu and was hard work. They got up and started work at 1-2 o'clock in the morning. They ground the [soy] beans with a stone mortar [sic, hand-turned stone mill].

Kanai Tofu, run by Mr. Kanai, is the oldest tofu shop in the area. "We've been doing it for 40 years and he was before us. There was one more on River Street, Green Mill, which used to be on Maui, came afterwards. After the war others also came up–Aloha Tofu and other smaller ones that do the work themselves. Many are Okinawans" (p. 505). At the shop they also made and sold *age* (fried bean curd), konnyaku, and okara. Pig keepers would by the okara very cheaply for feed.

The tofu business stopped for about 3 weeks after Pearl Harbor and the start of war. Then business was good and tofu sold well because of food shortages. In 1942 they started a noodle shop (*saimin-ya*) to augment their income. They used their age to make "cone sushi." During the war, their son [Shoan Yamauchi] doing tofu went into the U.S. army when his number came up. Fortunately, there was no internment of Japanese or Okinawans in Hawaii.

Today, one of their boys is in jewelry; three are in tofu. Her girl who was born in Okinawa now lives in California with her family. Tsuru was age 91 at the time of this interview. Her life consisted mostly of ceaseless hard work and poverty. Life is good now in Hawaii.

Note: Tsuru Yamauchi died in 1990 in Hawaii. Address: Manoa, Hawaii.

5362. Ford, Richard. 1981. Soy foodery cookbook: Tofu, tempeh, miso, sea vegetable recipes and resources. Santa Barbara, California: Published by the author. ii + 78 p. Illust. No index. 22 cm. Spiral bound. [20+ ref]
• ***Summary:*** Contents: Introduction: Creative balance. Soyfoods: Foods for the future. Soyfoods resources. Tofu: A soy product catching on. Tempeh: The super soy. Soysage. Sea vegetables: The tide is rising. Miso: A food doing it with culture. Soyfood travelers guide. Contains many recipes using tofu, tempeh, sea vegetables, and miso. At the end of each chapter is a bibliography. Address: Santa Barbara, California.

5363. Hall, Janice. 1981. A taste for tofu: Recipes for the novice and the epicure. Marjanal Publications, P.O. Box 1363, Avalon, CA 90704. 46 p. No index. 22 cm.
• ***Summary:*** Contents: Breakfasts. Lunches. Soups. Desserts.

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Entrées. Contains many recipes. The cover is black on red. The text is handwritten calligraphy. Address: Avalon, California.

5364. Hinode Tofu Company. 1981. Hinode Top Silken Tofu. Natural high protein (Leaflet). Los Angeles, California. 4 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** This color leaflet contains 8 tofu recipes from *The Book of Tofu* by Shurtleff & Aoyagi: Tofu mushroom meatloaf. Chinese chilled tofu. Salmon tofu salad with sesame dressing. Crisp-pan-fried tofu. Deep fried tofu. Eastern omelet. Tofu with vegetables. Tofu fruit pudding.

Other panels: The joy of tofu (nutrition). Tofu and you (protein; how silken tofu is made). Top silken tofu (firmer than kinugoshi tofu, pasteurized in the package). Easy to use and enjoy. Up to 60 day shelf life under refrigeration. Address: 526 Stanford Ave., Los Angeles, California 90013.

5365. Hom, Ken; Steiman, Harvey. 1981. Chinese technique: an illustrated guide to the fundamental techniques of Chinese cooking. New York, NY: Simon & Schuster. Wallaby Books. 345 p. Illust. (photos by Willie Kee). Index. 29 cm.
• ***Summary:*** This "comprehensive, illustrated guide to the art of Chinese cooking provides step-by-step instruction in the basic techniques of Chinese cuisine and more than one hundred traditional recipes." A full-page photo of Ken Hom faces p. 13, and a biography of both authors appears at the end of the book.

The section on "Ingredients" includes descriptions and a photo of: Bean curd (fresh–Chinese style tends to be firmer than Japanese; "red bean curd," also known as "red bean curd cheese and preserved bean curd–red" is red fermented tofu. "Two other types of preserved bean curd are wet bean curd and fermented bean cake"). Beans, fermented black [Fermented black beans]. Bean sauce (Brown bean sauce, Brown bean paste; comes in two forms–whole bean and ground bean. Whole is preferred. "Both are very salty and are made from soybeans, flour, and salt"). Hoisin sauce (Duck sauce, Red seasoning sauce. Made from soybean flour, red beans, chili sugar, salt, garlic, and spices). Soy sauce (The two main types are light and dark. Other variations include mushroom soy and shrimp soy. Japanese soy sauce is not a good substitute).

"Shredding ginger" (p. 66): "If the ginger is fresh, it is not necessary to peel it; simply wipe it clean with a damp cloth."

In the section on "Vegetables" under "Main-ingredient vegetables" we find: Bean curd (p. 89-93): It is an inexpensive source of protein used throughout China. How to deep-fry it. Fried tofu with vegetables and cooked meat. Stuffed bean curd (use "firm Chinese bean curd").

Soy-related recipes: Cantonese roast duck (with bean sauce, p. 171). Peking duck (with hoisin sauce, p. 176-85). Chinese beef stew (with "2 cubes fermented red bean curd," p. 217-19). Steamed fish with black beans (with "2 tablespoons fermented black beans," p. 231-32). Braised Sichuan fish (with dark soy sauce, and "1 tablespoon bean sauce," p. 233-35). Shrimp in lobster sauce (with fermented black beans and thin soy sauce, p. 261-62). Clams with black beans (with "2 tablespoons fermented black beans, coarsely chopped," p. 273-74). Sizzling rice soup (with "4 small cakes Chinese bean curd, cubed, rinsed in cold water," p. 327-28). Address: 1. Chinese cooking school teacher, California; 2. Food and wine writer for *San Francisco Examiner*.

5366. Hoshijo, Kathy. 1981. Kathy cooks... naturally. The Self Sufficiency Assoc., P.O. Box 1122, Glendale, CA 91209. 497 p. Illust. Index. 28 cm.
• ***Summary:*** This excellent natural-foods, vegetarian cookbook, written with a nice balance of heart and mind, contains over 1,000 recipes–many written from an Hawaiian viewpoint. The lovely and talented author is the hostess of a popular TV series "Kathy's Kitchen." In the long chapter titled "Soybeans" (p. 349-92) is an introduction to the nutritional value of soybeans and soyfoods, plus many recipes for using and making the following at home: Whole dry soybeans (often cooked and mashed; 13 recipes), soy nuts (deep-fried or dry roasted), kinako (roasted soybean flour; homemade + 1 recipe), soy milk (homemade + 19 recipes), yuba (homemade + 11 recipes), okara (15 recipes), tofu (homemade + 50 recipes), frozen tofu ("Homemade TVP" + 7 recipes), miso (18 recipes). Address: Self-Sufficiency Assoc., 2525 South King St., Honolulu, Hawaii 96826, or P.O. Box 1122, Glendale, California 91209.

5367. Immegart, Mavis; Dansby, Patti Jon. 1981. The incredible tofu cookbook: California style. Published by the authors, P.O. Box 1145, Yorba Linda, CA 92686. 128 p. Illust. No index. 22 cm. Spiral bound.
• ***Summary:*** Contents: What is tofu. Storing tofu. Freezing tofu. Thawing frozen tofu. Drying tofu. Restoring freshness. Diet food. Types of tofu. Dips, appetizers, misc. Soups. Salads. Main dishes. Breads. Not just desserts. Helpful hints. Equivalents. Substitutions. Baking pan substitutions. Cooking at high altitudes. Contains many recipes. A color photo on the rear cover shows Mavis and Immegart and Patti Jon Dansby. Address: Yorba Linda, California.

5368. Jaffrey, Madhur. 1981. Madhur Jaffrey's World-of-the-East vegetarian cookery. New York, NY: Alfred A. Knopf, Inc. 461 p. Illust. by Susan Gaber. Index. 20 x 20 cm. A second edition was published in 1983 in London by J. Cape.
• ***Summary:*** The Indian woman author of this creative book presents 21 recipes for bean curd (tofu), 7 for tempeh, and some for yuba and miso. Green soy beans with sauce (p. 7). Cabbage with miso (p. 15). Eggplant slices with white miso (p. 22-23). Fresh soy beans, steamed (p. 57). Spinach with fermented bean curd (p. 59). Stuffed yellow squash (with

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yuba, p. 62-64). Pecel (Vegetable salad with spicy peanut sauce, plus tofu and tempeh; p. 73-74). Tempura (with tofu; p. 75-77). Soy bean sprouts (how to grow; p. 100). Soy-bean and mung-bean sprouts seasoned with sesame oil (p. 105). Tempeh, Fried tempeh, Fried, preseasoned tempeh, Sambal goreng tempeh kering (Sweet and sour tempeh), Tempeh cooked in coconut milk (p. 108-110). Thai fried rice (with Red Bean Curd or Nam Yee [red fermented tofu]; p. 150-51).

One chapter (p. 160-89) is titled "Soy milk, bean curd, and wheat gluten." Making your own soy milk. Making your own bean curd. Udofu (*Yudofu*, simmering bean curd with seasonings). Bean curd with watercress. Korean-style bean curd in a hot water bath. *Hiya-yakko* (Chilled bean curd). Bean curd with Chinese parsley. Bean curd with broccoli. Cabbage cooked with bean curd. Bean curd with a deliciously spicy sauce. Carrots and beans with bean curd dressing. Bean curd, mushrooms, and peanuts in hoisin sauce. Sautéed bean curd. Tofu dengaku (Toasted bean curd with a miso topping). Fried bean curd cubes, soy-bean sprouts sautéed with fried bean curd. Fried bean curd with a sweet-and-sour sauce. Fried bean curd cakes with a mustard surprise. Inari-zushi ("Bags" of fried bean curd stuffed with sushi rice). Pressed bean curd with cabbage. Salad of pressed bean curd, mung-bean sprouts, and agar-agar. How to make fried and baked wheat gluten balls (plus 5 gluten recipes). Buddha's delight (with yuba and fried bean curd).

Chawanmushi (Steamed savory custards, with tofu; p. 192-94). Omelette with bean curd (p. 198-99). Soy sauce eggs (p. 209). Paneer (milk cheese; p. 237-40). Hot or cold noodles with a soy-sauce dressing (p. 248). Noodles with a hot-and-sour bean sauce (p. 250). Vegetarian mee krob (Crisp noodles with pressed bean curd and eggs, from Thailand, p. 255-56). Noodles with quail eggs, mushrooms, spinach, and yuba (Japan; p. 256-57). Hoppers (yeast pancakes from Sri Lanka). Roti (Flat whole-wheat bread). Delicious stock made with soy-bean sprouts. Clear soup with enok mushrooms, bean curd skins [yuba], and spinach (p. 297). Clear soup with soft bean curd and celery cabbage (p. 298). Miso soup with bean curd (p. 307). Miso soup with carrots and mushrooms (p. 308). Fried, munchable soy beans [soynuts] (p. 321-22). Potato and tempeh patties (p. 339). Dipping sauces (with soy sauce; p. 357-59). Kombu relish (with soy sauce, p. 374). Shoyu daikon (White radish pickled in soy sauce). Ginger quick-pickled soy sauce (p. 375). Aomidaikon (Quick pickled small white radishes, with slightly sweet yellow miso; p. 377-78). Chinese-style jellied bean-curd sweetmeat with a peanut topping (p. 399-400).

General information (p. 418-36; lots on soyfoods, see: bean curd [regular, fried, fermented (Nam Yee), pressed, pressed seasoned], kochu chang [jang], miso, soy-, tempeh, yuba). Sources (of ingredients; p. 437-40). Address: New York City, NY.

5369. Kloss, Jethro. 1981. Back to Eden: A human interest story of health and restoration to be found in herb, root, and bark. Loma Linda, California: Back to Eden Books. xxxii + 684 p. Illust. Index. 18 cm. Kloss Family Heirloom Edition. • ***Summary:*** One of the most creative and original sources of early soyfoods recipes, which include "Soybean Cream" and "Soybean Ice Cream." This revised edition contains the complete original text of this classic work on healing herbs, home remedies, diet, and health–plus 16 pages of new family recollections by Jethro Kloss' daughter, son, and granddaughter at the beginning of the book, and 16 pages of previously unpublished photographs in the middle of the book. This edition was first copyrighted in 1972. The book has been published continuously by the Kloss family since 1946. A blurb on the cover of the 1981 printing (which retails for $2.95) states: "Two million copy bestseller. The complete original text [with the same page numbers]. New family additions!" A color illustration by Harry Anderson shows a man and woman seated by an idyllic river, surrounded by birds and animals, in the Garden of Eden. The rear cover states that this is "The heirloom authorized Kloss family edition."

The contents of the book, except for the new sections mentioned above, are identical to the original 1939 edition. But the recollections of Jethro Kloss by his children and granddaughter contain a wealth of new and interesting information. The recollections by his daughter Promise Kloss Moffett note: "My father was born on a large farm near Manitowac, Wisconsin, on April 27, 1863. The ninth of eleven children born to his pioneering parents lived a healthy and happy life in that primitive Indian country...

"When he was about twenty, he went to Florida and worked in the orange groves, finally owning a large grove at Deland. Later he attended school in Nebraska and then in Battle Creek, Michigan. While in Battle Creek he worked closely with the then revolutionary medical leadership of the world-renowned Battle Creek Sanitarium. He saw clearly the disastrous results of the use of dangerous drugs then prevalent in caring for the sick. He developed further his own philosophy and understanding of the laws of nature...

"He was married March 5, 1900 to Miss Carrie Stilson, who had trained as a Bible worker and teacher and had labored in a mission in Madison, Wisconsin and taught several terms of grade school. At that time he was a licensed minister in Wisconsin and they established their home at Rose Lawn. Two children were born to this union, Promise Joy and Paul, who died when only four weeks old of whooping cough. During these years, besides my father's ministerial work, my parent's operated a branch of the Battle Creek Sanitarium and also sold Battle Creek Sanitarium health foods. My mother died in July of 1905.

"In March, 1907, my father married Mrs. Amy Ponwith, a widow with a small daughter, Mabel. My father and step-mother owned and operated an attractive sanitarium in pleasant surroundings in St. Peter, Minnesota, which they

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named *The Home Sanitarium*... Their daughter Lucile was born here in St. Peter in 1908 and their son, Eden, in 1910.

"Next the Kloss's became interested in the self-supporting work being conducted in the south and visited some of the schools in North Carolina and Tennessee. About 1911 they sold the sanitarium in Minnesota and moved to Fountain Head, Tennessee, where their youngest daughter, Naomi, was born in 1913. Here they bought a 250 acre farm, built a large house and barn, and raised many kinds of fruits and vegetables...

"A later development in good health was his creation of a significant health food manufacturing operation in Amqui, Tennessee after receiving a call from them to take charge of their food factory...

"Before this factory was sold to the Nashville Agricultural Normal Institute he was shipping health foods all over the United States and Canada. It was during this time at this place that he originated many new health food recipes. This establishment later became a part of what has since become the well-known Madison College near Nashville, Tennessee.

"Our next move was to Brooke, Virginia where [in 1921] papa established a health food factory and retail market. Each of us children was pressed into service in one way or another with this family enterprise. At times we would be helping with some food experiment, or perhaps in typing and retyping the material that later became *Back to Eden*, which was many years in preparation. Jethro Kloss's son Eden was for many years his right hand helper. Whatever my father did in spreading the gospel of health and natural living, he did with all his might and trained his children in that same pattern of living...

"One of my favorite memories as a family is the daily worship hour when Father would gather his family of seven about him and we would sing hymns, read Bible verses around the circle, and pray together. He was a gentle but firm family leader.

"Although a strict disciplinarian, my father was warm-hearted and affectionate–devoted to his family. When he was away from home, we invariably received a letter from 'papa' every day...

"Eventually this health food factory at Brooke, Virginia was taken over by my step-sister, Mabel and her husband.

"The Kloss's then moved to Washington, D.C. and carried on his work of treating the sick, lecturing on health and a more intensive study of herbs and preparation of his book, *Back to Eden.* I still have in my possession an attractive menu... for a Demonstration Dinner he gave March 27, 1933, at the Dodge Hotel in Washington, D.C. The menu was completely vegetarian and included 'Sweetbreads a la Kloss.' The pumpkin pie and strawberry sundae were made with soy milk...

"*Back to Eden* was at last published in 1939, the fruition of much toil and sacrifice for many years by the entire Kloss family... [Jethro's] wife Amy [Pettis] Kloss died in 1944 at Fredericksburg, Virginia...

"In 1945 papa became acquainted with Mr. and Mrs. Deloe Robert Hiatt on a trip to Madison, Tennessee. Together they found a property at Coalmont, Tennessee, where the Hiatts took over the promotion and publication of *Back to Eden*... [Jethro] peacefully went to sleep in June of 1946, his eighty-fourth year [but he was age 83], and today rests in a little cemetery in Tennessee."

The recollections by his son, Eden, note: "I was born in St. Peter, Minnesota, on February 10, 1910, to Jethro and Amy Kloss... After the move to Tennessee, my parents developed a plant for the manufacture of a line of vegetarian meat substitutes, cereals, crackers, and other items, at Amqui, near Nashville. (Our business was called the Nashville Sanitarium Food Factory.) Many of my early memories center on that large two-story factory, where raw materials were transformed into good-tasting, healthful food products...

"My father was an untiring worker. He would be up hours before the rest of the family–building fires, starting cracker dough, and making everything ready so that the work could go full speed ahead when the workers arrived in the morning... One day when Eden was burned while canning tomatoes, Jethro rushed him to the Madison Sanitarium for treatment. Kloss also made gluten there.

"When I was nine or ten years old, the factory was sold to the private school at Madison and transferred to that campus, and our family traveled in our pickup truck, camping en route, from Tennessee to Virginia. Here, at a town named Brooke, we found an ideal location–a plot of ground with a building in which we could make and sell health foods and teach people about healthful living...

"It was here at Brooke, Virginia, that Papa started to put in uncounted hours working on the beginnings of his book, *Back to Eden.*

"After some years, my oldest sister and her husband took over the food factory, and my parents moved to Takoma Park (on the outskirts of Washington, D.C.)...

"Papa's travels to give lectures and food demonstrations took him to places like Miami, Florida, and Houston, Texas."

There are also recollections by his granddaughter, Doris Joyce Kloss Gardiner. In about 1939-40 she used to be with her grandparents when they visited relatives in Falmouth, Virginia, just north of Fredericksburg. There she helped make soymilk: "Nor was I happy to stand at the stove stirring and stirring large kettles of soybean milk (so the milk wouldn't stick and be scorched)–a laborious and time-consuming process. But Grandpa's soybean milk was delicious, and so were the twenty or so other soy products that he originated and produced–including meat substitutes and soybean bread, butter, cheese, and ice cream...

"Often Grandpa would prepare soybean ice cream to serve at the close of his lectures or cooking demonstrations.

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One of my favorite treats was to lick the paddle from the ice-cream freezer before we left home to go to the lecture...

"Grandpa and Grandma Kloss died when I was in my mid-teens." The frontispiece (facing the title page) is a portrait photo of Jethro Kloss. An original of this photo was sent to Soyfoods Center in 1985 by Doris Kloss Gardiner of Loma Linda, California. On the 4th page of photos in the center section is an ad by "Kethro Kloss Health Food Company, Brooke, Virginia." Photos show two hand grinders, a large-scale gas-fired pressure cooker, a large stove-top pressure cooker, and a hand scaler. The text begins: "We manufacture a large line of health foods." In 1921 Kloss opened this health food factory in Brooke, VA, and it as on this site that he began writing *Back to Eden.* Address: P.O. Box 1439, Loma Linda, California 92354.

5370. Kloss, Jethro. 1981. The Back to Eden cookbook. Loma Linda, California: Back to Eden Books. 159 p. Illust. by Daniel Guild. Index. 22 cm.
• ***Summary:*** The yellow cover of this 1981 edition ($2.95) features a color illustration (by Harry Anderson) showing a man and woman seated by an idyllic river, surrounded by birds and animals, in the Garden of Eden. The cover text states: "From the renowned author of Back to Eden. This is a golden treasury of recipes and priceless information on natural foods for health and healing. Based on the work of the late Jethro Kloss. Published under the supervision of Promise Kloss Moffett and Doris Kloss Gardiner. The copyright page of the 1981 printing states that the book is published and distributed by Back to Eden Books, P.O. Box 1439, Loma Linda, California 92354. The book is copyrighted by Doris Kloss Gardiner, Promise Kloss Moffett, and Eden P. Kloss. The book was previously published by Woodbridge Press under ISBN 0-912800-05-4.

Contents: Jethro Kloss... Pioneer nutritionist. Return to Eden... Return to happiness. Soy milk, cheese, butter, and cream. Nut milk, cheese, butter, and cream. Main dishes. Using sprouted seeds (including soybean sprouts). Bread... A health food. Life-giving breads. Natural breakfast foods. Soups... Total nutrition. Salads and dressings. Vegetables. Sauces, seasonings, and spreads. Desserts for health. Coffees, teas, and broths (including a recipe for making soybean coffee at home, p. 151).

The chapter titled "Nut milk, cheese, butter and cream" has recipes for: Nut milk (made from raw peanut butter). Nut cheese (from raw peanut butter and soy butter). Dieters nut cheese (from raw peanut butter). Malted nut cream (from raw peanut butter and malt powder). Superb peanut butter. Blanched peanut butter (add water to make into milk or cream). Simple peanut butter. To blanch peanuts. Nut meal. Nut butter cream (add warm water to nut butter).

Photos (p. 6 and 9) show: daughter Promise Kloss Moffett, son Eden Kloss, and granddaughter Doris Kloss Gardiner. Address: P.O. Box 1439, Loma Linda, California 92354.

5371. Landgrebe, Gary. 1981. Tofu at center stage. Palo Alto, California: Fresh Press. 110 p. Illust. Recipe index. 21 cm.
• ***Summary:*** Contents: About tofu at center stage. Using tofu. A word from the author. Tofu main dishes. Frozen tofu main dishes. Tofu-seafood entrees. Tofu-meat entrees. Tofu breads and desserts. Appendix. Contains many recipes.

Note: Talk with Sharon Elliot of Fresh Press. 1990. July 17. This book has sold about 50,000 copies. Address: Aptos, California.

5372. Le tofu... [What is tofu?]. 1981. Quebec, Canada. 14 p. 28 cm. [Fre]
• ***Summary:*** This is a pirated edition of the English-language publication "What is tofu?" by Shurtleff and Aoyagi.
It was pirated and produced by L'Entrepôt Coopératif L'Engoulevent, 320 rue St-Roch, Quebec, G1K 6S2. Phone: (418) 522-3347. 2,000 copies were printed in 1991. Address: Quebec, Canada.

5373. Legume, Inc. 1981. Who says rich, creamy foods have to be high in cholesterol & calories? (Leaflet). 150 Bloomfield Ave., Verona, NJ 07044. 1 p. 28 cm.
• ***Summary:*** "All Legume Protein Products are made with Tofu and No sugar, No artificial additives, No preservatives, No eggs, No cream, and are 100% natural. Best of all, they're delicious. Product list: Tofu Country Pies (Tofu Spinach, Tofu Broccoli), Assorted Tofu-Bran Muffins (Blueberry, Raisin, Carrot, Banana), Tofu "No-Cream" Pies (Banana, Coconut, Strawberry), Tofu Carrot & Tofu Banana cakes." An illustration (line drawing) shows Legume's many products.

Interview with Chandri Barat. 1988. Oct. 28. This leaflet was printed in early 1981, shortly before they met Celentano. All these products were shipped frozen, nationwide. Address: Verona, New Jersey.

5374. Leviton, Richard. 1981. Tofu. Colrain, Massachusetts: Published by the author. 19 p. Unpublished manuscript. 28 cm.
• ***Summary:*** Each page contains a large photo (mostly color) with a caption below explaining it. There are photos of: Nasoya Organic Tofu. Richard and Kathy Leviton and Tom Timmins behind a round cooling tank of tofu at New England Soy Dairy.

Packaging tofu at Victor Food Products in Canada. The production process used for tofu at Tomsun including soaking, grinding, cooking in a triple compartment steam cooker, separation of soymilk and okara, coagulation, pressing of the curds, manual cutting of the tofu, cooling the tofu in water in a long stainless steel cooling tank. Four photos of tofu recipes. Address: Colrain, Massachusetts.

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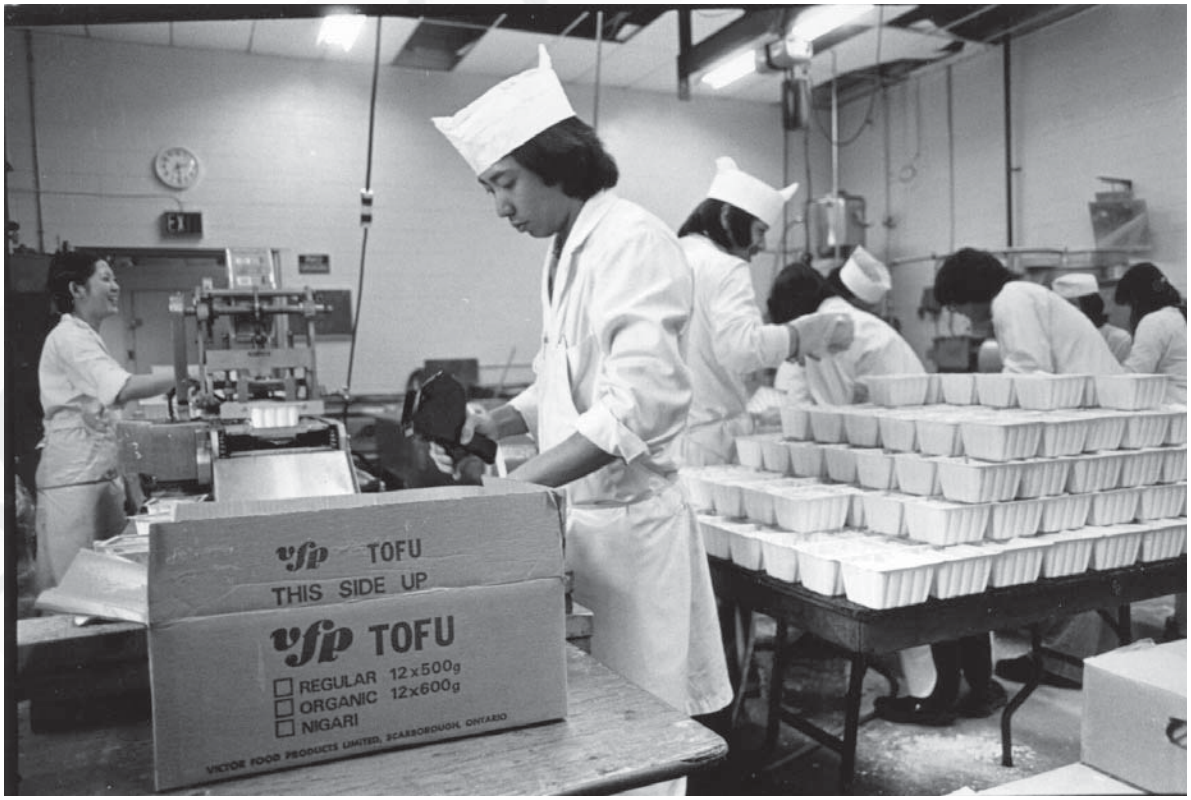

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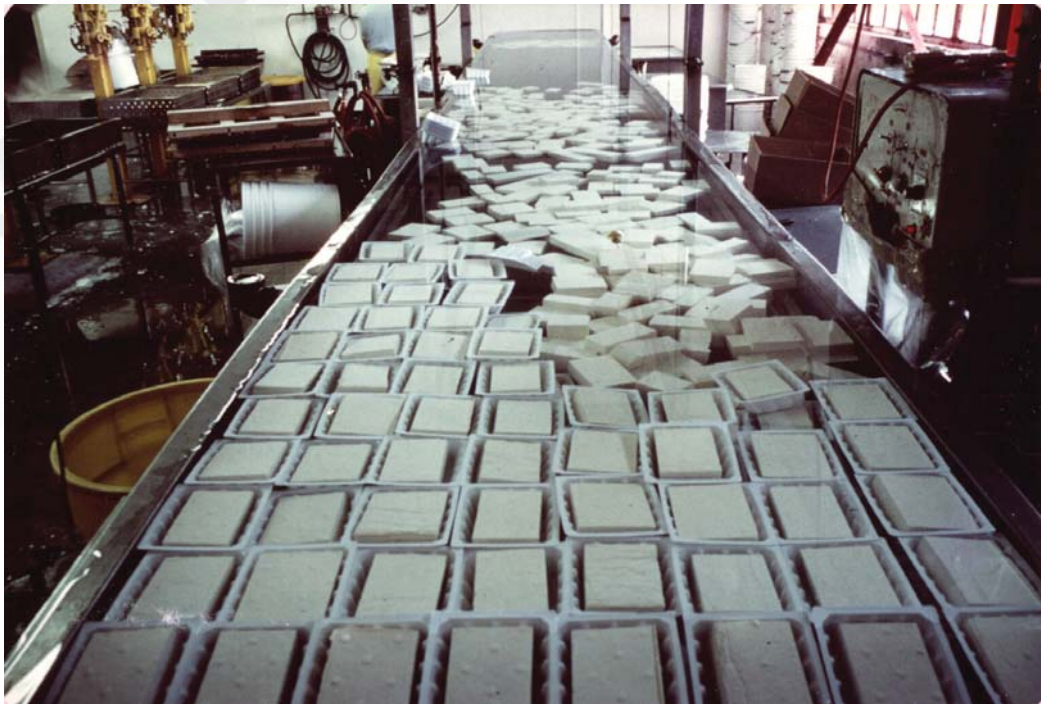

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5375. Lugay, J.C.; Kim, M.K. 1981. Freeze alignment: A novel method for protein texturization. In: D.W. Stanley, E.D. Murray, and D.H. Lees, eds. 1981. Utilization of Protein Resources. Westport, CT: Food & Nutrition Press, Inc. 403 p. See p. 177-87. Chap. 8. [7 ref]
• ***Summary:*** "The two most common methods for protein texturization are spinning and extrusion. A new texturization process is described here involving freezing a protein dispersion to generate fibrosity, followed by removal of water by freeze drying to maintain the integrity of the frozen structure and heat-setting the protein to stabilize the structure. The use of the freezing method to produce textured protein is not new. It is a tradition practiced in Japan in the preparation of Kori-tofu... This product, however, is spongy rather than fibrous and, therefore, does not resemble meat...

"Freeze-aligned soy milk: To prepare a texturized soy protein product having highly oriented, well-defined fibers, a soy milk (having a protein concentration of 2-25%) is used as a protein source." The pH of the soymilk is adjusted to 7.5 using 2N sodium hydroxide and an antioxidant is added to the soymilk at a level equivalent to 0.02% of the fat content. The soymilk is "then placed in an aluminum pan to a depth of about 1 in. The pan is placed on a block of dry ice (-76ºC) which extends across the entire bottom surface of the pan. Unidirectional ice crystals, substantially perpendicular to the bottom of the pan, are generated. The mass is completely frozen in about 30 min. The mass is then freeze-dried immediately to prevent rearrangement of the ice crystal structure. After freeze-drying, the fibrous structure is stabilized by heat treating with moist heat at 15 pounds per square inch gauge for about 10 min. The heat-set fibrous mass is then rehydrated by soaking in water for about 20 min to yield a product having discrete long, soft and chewy fibers or sheets."

A number of very interesting photographs and photomicrographs show the product at various stages in its preparation. Address: General Foods Corp., Technical Center, 250 North St., White Palins, New York 10625.

5376. Madlener, Judith Cooper. 1981. The sea vegetable gelatin cookbook and field guide. Santa Barbara, California: Woodbridge Press Publishing Co. 154 p. Illust. Index. 15 x 21 cm. [51* ref]
• ***Summary:*** This cookbook and field guide for foraging contains 200 gelatin recipes with no animal-based gels for gourmet, kosher, or vegetarian dining with a flair.

Soy-related recipes include: Cold tofu in lemon jelly (p. 80). Tofu chunks in aspic (p. 86). Cold tofu mousse (p. 87). Jellied Japanese tofu (p. 95; tofu is called "soybean cake"). Contains a good bibliography. Address: P.O. Box 5560, Elmwood Station, Berkeley, California 94705.

5377. Marks, Copeland; Soeharjo, Mintari. 1981. The Indonesian kitchen. New York, NY: Atheneum. 278 p. Illust. Index. 22 cm. [2 ref]
• ***Summary:*** "'This is to my mind, the best and most easily followed of all the books on Indonesian cooking. And I would certainly rank Indonesian cooking among the greatest on earth.' Craig Claiborne, Food Editor, The New York Times" (rear cover).

Soy related: Spices–"Sweet soy sauce, which you can make at home (see p. 237-38)" (p. 13). Barbecued chicken in sweet soy sauce (Ayam Panggang kecap, Tuban, Java, p. 86-87. "Sweet soy sauce [kecap manis], reconstituted from a dark Chinese soy sauce with caramelized sugar and various spices added, must be considered the most popular and universally accepted of Indonesian flavorings"). Beef stew with sweet soy sauce (Karangmenanci, Java, p. 98-99).

Vegetarian recipes: Stuffed soybean cake (Tahu isi, Jakarta, Java, with "4 Chinese soybean cakes" [tofu], p. 120-21). Eggplant in sweet soy sauce (Semur terong, Java, p. 155). Happy heart (Suki hati, Java, with 3 Chinese-style soybean cakes [tofu], p. 160-61). Bean cake in mixed spice sauce (Bumbu rudjak tahu, Wonosobo, Central Java, with tofu, p. 161-62). Soy bean cake fry (Tahu kering, East Java, with "4 Chinese soybean cakes" [tofu], p. 163-64). Fried soybean cake with peanut dressing (Tahu goreng, Kediri, East Java, with "4 Chinese soybean cakes," p. 164-65). Fresh vegetable salad with soybean cake (Asinan, Jakarta, Java, with "2 Chinese soybean cakes [tofu], boiled in water for ten minutes and drained, p. 197-98).

Beef and soybean cake fritters (Perkedel tahu, Java, with "2 Chinese soybean cakes [tofu], mashed, p. 215-16).

Bean cake fritters (Tahu perkedel, Java, with "2 Chinese soybean cakes [tofu], mashed, p. 218-19). Soybean cake omelet (Tahu telor, Java, with "2 Chinese soybean cakes [tofu], cut into 1-inch cubes," p. 235).

Sweet soy sauce (Kecap manis, all Indonesia, p. 237-38. "The homemade sauce based on this recipe is infinitely superior to the store-bought brands found in Chinese and Southeast Asian food shops." Ingredients: 2½ cups sugar, 2.75 cups Chinese dark soy sauce, 3 cloves garlic, ½ teaspoon star anise pods, 2 salam leaves, 2 pieces laos, ½ cup water. Do not strain sauce after cooking since all ingredients continue to provide flavor. Makes about 2.75 cups. Keeps for several months refrigerated). Rijsttafel (with sweet soy sauce, p. 256-59). Address: 1. Textile importer, Brooklyn Heights, New York; 2. Central Java, Indonesia.

5378. McCallum, Cass. 1981. The real food guide. Vol. 2: Pulses, grains and seeds. Glasgow, Scotland: The Molendinar Press. 196 p. Index. 20 cm.
• ***Summary:*** The section on "Anti-nutritional factors in pulses" discusses those found in many legumes (such as haemagglutinins, trypsin inhibitors, phytic acid, flatulence factors) and those of importance in specific legumes; for soybeans, only heat-resistant trypsin inhibitors are mentioned. The section on "Basic bean cookery" gives

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general guidelines and tips (never add salt until beans are cooked tender). A table (p. 54) shows that soybeans require the longest cooking time of any bean listed.

The section titled "A-Z pulses" gives details (incl. the scientific name) concerning many legumes listed alphabetically. Includes adzuki, kura mame [sic, kuro mame = black soybeans] (p. 65), and winged beans. By far the longest section is on soy beans (p. 71-82). Contents: Introduction. Nutritional values. Dried soy bean products: Soy grits, soy coffee, soy flour (full fat, medium fat, fat free), soy nuts, soy milk, soy yolk (a concentrated form of soy flour), textured vegetable protein, soy splits, tofu powder. Fermented soy bean products: Black beans–fermented, chao, chee-fan, chiang (Chinese miso), Hamanatto, ketjap, koji, meitauza, miso, mame miso, Hatcho miso, kome miso, mugi miso, natto, okara. Soy sauces: Introduction, Chinese soy sauce, ketjap, synthetic sauce, tamari. Sofu [sic, sufu], tahuri, tamari, tao-cho, taokoan or tao koan, taotjo or tao dji [sic, taotjo is Indonesian-style miso; tao dji are Indonesian fermented black soybeans], tempeh, tofu. Tofu from whole beans (homemade recipe). Tofu from powdered [soy] milk.

The part titled "Recipes" (p. 129-92) is divided into three sections. Soy-related recipes in each are listed here: (1) Soups and starters: Iced tofu (p. 134). Miso soup (p. 138). Adzuki bean soup (p. 141). (2) Main dishes: Deep-fried tofu (p. 167). Szechuan bean curd (p. 168). (3) Bread, side dishes, sauces and desserts: Miso lemon sauce (p. 186). Miso ginger sauce (p. 187). Peanut butter (homemade recipe, p. 191).

The rear cover states: "These books fight a war against junk food–and win." The author is a woman.

Note: This is the earliest English-language document seen (April 2013) that uses the word "tao koan" (or "tao-koan") to refer to tofu. Address: United Kingdom.

5379. Mintz's Buffet. 1981. Glatt kosher cookery and catering–Menu. 1040 Third Ave. (between 61st & 62nd Streets), New York, NY 10021. 4 panels each side. Each panel: 28 x 14 cm. Undated.
• ***Summary:*** Printed with brown ink on beige paper. This menu includes prices. Contents: Front 4 panels: Appetizers. Hors d'oeuvres & party snacks. Home made soups. Salads. Entrees: Poultry, beef, veal, fish. Side dishes. Quiches and Moussakas. Nosh department. Deli-by-the-pound. Custom-made sandwiches. Specialty sandwiches. Slim gourmet department. From Mintz's freezer. Beverages and fresh squeezed juices. Desserts from Mintz's bakery [no ice cream].

Back 4 panels: An affair to remember (catering service). Specialties from Mintz's vegetarian kitchen: Hors d'oeuvres (incl. Bean curd spinach snacks). Salads (incl. Mushroom salad with creamy tofu). Meatless entrees (incl. Cucumber and creamy spiced tofu). Address: New York City. Phone: 212-751-9367.

5380. Natural Messages Co. 1981. Tofu egg-less salad: You'll hardly believe it has no eggs! (Tear-off recipe pad). Boston, Massachusetts.
• ***Summary:*** The ingredients in this popular recipe are: 1 lb tofu. ¼ to ½ cup mayonnaise. 2 teaspoons prepared mustard. ¼ teaspoon garlic powder. 1 green pepper, minced. 1 rib celery, chopped fine. ½ teaspoon salt. Pepper to taste 2 or 3 scallions, or 1 small onion, minced (optional). 1/8 teaspoon turmeric (optional). ½ teaspoon soy sauce (optional). Address: 74 McBride Box 226C, Boston, Massachusetts 02130-0226.

5381. New England Soy Dairy Inc. 1981. Put time on your side, with the Soydairy 28 day shelf life advantage (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. 28 x 22 cm. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** A green snipe in the upper right corner proclaims: "Announcing Soydairy pasteurized tofu." A photo shows the water-packed tray with a printed film label. As of 15 Sept. 1981 all Soydairy tofu will bear a 28-day open date on all its packages. Address: Greenfield, Massachusetts.

5382. New England Soy Dairy Inc. 1981. Fresh & light: Summer salads with soydairy tofu (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. Undated. 17 x 41 cm.
• ***Summary:*** A large color sideways photo shows crumbled tofu, cherry tomatoes, sliced mushrooms and cucumbers, asparagus heads, and alfalfa sprouts against a bed of lettuce. In the lower right corner is a small inset color photo of two water-packs of Soydairy Tofu, one soft style and one firm style. The text by the inset photo reads: "Look for free recipe cards on package. 90 calories per 4 oz. serving of soft tofu. 150 calories per 4 oz serving of firm tofu." Address: Greenfield, Massachusetts.

5383. New England Soy Dairy Inc. 1981. Try Soydairy tofu (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. Undated. 21 x 41 cm.
• ***Summary:*** This large, colorful sideways poster is divided into three parts. On the left one-third is a color photo of three prepared tofu dishes on a dark brown background. They are: A chocolate parfait with a whipped tofu topping in a stem parfait class. A green salad topped with mashed tofu and cherry tomatoes. A tofu quiche.

The right two-thirds is bold brown text on a yellow background. It states: Guaranteed fresh: Only tofu pasteurized for purity. Easy to use: Free Soydairy recipes. Lowest calorie tofu: Soydairy soft tofu. Highest protein tofu: Soydairy firm tofu.

In the lower right corner is a small inset color photo of two water-packs of pasteurized Soydairy Tofu, one soft style and one firm style. On the front of each is a stylized green soybean leaf, each with three leaflets. Address: Greenfield,

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Massachusetts.

5384. Nordquist, Ted; Ohlund, Tim. 1981. Tofu-boken [The tofu book]. Orsundsbro, Sweden: Aros Sojaprodukter. 52 p. Illust. No index. 22 cm. [Swe]
• ***Summary:*** This is Sweden's first book about tofu. The cover is black on yellow with illustrations of a soybean plant and of a tofu-making kit. Contains many recipes. Four blue-and-white photos (p. 51) show: (1) Tim Ohlund grinding the soybeans using a modern mechanical grinder. (2) Ted Nordquist pressing the soymilk, using an hydraulic press. (3) Ladling the curds into a cloth-lined forming box before they are pressed. (4) Ted lifting ca. 12 kg of finished tofu in a stainless-steel forming box into a sink of cold water. Address: Orsundsbro, Sweden.

5385. Omae, Kinjiro; Tachibana, Yuzuru. 1981. The book of sushi. Tokyo, New York and San Francisco: Kodansha International Ltd. Distributed through Harper & Row. 127 p. Foreword by Jean-Pierre Rampal. Illust (some color; 40 color plates). Index. 27 cm.
• ***Summary:*** Shôyu (soy sauce) is discussed in depth on pages 99-100. The section titled "Sushi shop vocabulary" (p. 20) states that *murasaki* refers to soy sauce, which is usually called "shoyu."

The section on "Materials" (p. 56) states that soy sauce is absolutely essential to sushi–as essential as rice, rice vinegar, wasabi (nose-tinglingly sharp when freshly grated), pickled ginger, nori, and tea.

Natto and tofu (p. 49) are mentioned as sushi ingredients. Address: 1. Former chairman, Tokyo Sushi Assoc., then president of the Federation of Japan Sushi Shops.

5386. Omura, Yoshiaki. 1981. The tofu-miso high efficiency diet. New York, NY: Arco Publishing, Inc. xvi + 221 p. Index. 21 cm. [70 ref]
• ***Summary:*** Contents: Acknowledgments. Foreword. A natural, balanced diet for health, weight loss, and longevity. 1. The benefits of a diet based on traditional Japanese foods. 2. How being overweight affects your health. 3. Why certain foods? What is needed to maintain health (The key concept is balance). The diet plan: Changing your eating habits. 4. What is misoshuru? Miso, tofu, and seaweed. 5. The first two weeks: Rapid weight loss. 6. The third week: Transition. 7. The maintenance diet. How to calculate your individual calorie requirements. Food plan. Adapting Japanese foods and cooking methods. 8. Representative Japanese and American menus. 9. Japanese foods and how to shop for them. 10. Some Japanese cooking methods which you can adapt to American foods. 11. Some recipes for Japanese dishes. Changing your lifestyle. 12. Exercise. 13. The mental side of losing weight: How your mind can help your body. Appendices: 1. Charts and records for your personal use. 2. Nutritional information on miso, tofu, seaweed, and green tea. 3. Vitamins. 4. Distributors of Japanese foods. Bibliography: Cookbooks and foodbooks, nutrition books and articles, books in Japanese, books and articles on health and weight control by alternative approaches. Notes.

5387. Osman, Jack D. 1981. Thin from within: Vegetarian edition. Washington, DC: Review and Herald Publishing Association. 159 p. 21 cm. [31+ ref]
• ***Summary:*** Discusses the psychological aspects of losing weight via a low-calorie, vegetarian diet. Page 102 lists soybeans as a good source of iron; 2 tablespoons provide 2.0 mg. Page 130 lists soybeans and tofu as good iron sources. Address: Towson, Maryland.

5388. Photograph of various types of Chinese and Japanese of soy sauce sold in the San Francisco Bay Area. 1981.
• ***Summary:*** Back row (left to right): Superior Soy, Longevity Brand Soy Sauce, Superior Soy, and Westbrae White Tiger Tofu Sauce. The first three brands are Chinese style.

Front row (L-R): Westbrae tamari, illegible, Kikkoman soy sauce in table-top dispenser, illegible. Longevity Brand Soy Sauce.

The Chinese brands were purchased in San Francisco Chinatown by William Shurtleff, who also shot the photo at home on Mountain View Dr. in Lafayette, California.

5389. Sakaguchi, Koichi. 1981. Tomago no okazu, tôfu no okazu 500 sen [500 selected egg side dishes and tofu side dishes]. *Kamakura Orange Series* No. 2. 274 p. Illust. Index. 26 cm. (Kamakura Shobo, Tokyo). [Jap]
• ***Summary:*** Contents: Recipes–Eggs: Omelet, frying, boiling, tojiru, poaching, scrambling, steaming, raw, soups (Japanese, western, Chinese styles), sandwiches, drinks, lunch ideas, good cooking information–Do you know about eggs? Tofu: Raw, sauteed, stir-fried, fried, cooked in sauce, steamed, salads (*aeru*), soups (Japanese, western, Chinese styles), broiled, okara, deep-fried pouches, koya-dofu, deep-fried, ganmodoki (tofu burgers), good cooking information–Do you know about tofu? Writing about my challenge in tofu making. How to make menus.

American Linda Barber is mentioned on page 242.

5390. Schmidgall-Tellings, A. Ed; Stevens, Alan M. 1981. Contemporary Indonesian-English dictionary: a supplement to the standard Indonesian dictionaries with particular concentration on new words, expressions, and meanings. Chicago, Illinois: Ohio University Press. xv + 388 p. 24 cm. [Ind; Eng]
• ***Summary:*** Soy-related words (many are missing):

"Bungkil–peanut residue after the oil has been pressed out.

"Kacang hijau–mung beans. Kacang tojin–roasted

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peanuts with garlic. Note 1. Soybean is not mentioned here.

"Kècap manis–Indonesian sweet soy sauce." Note 2. Plain Indonesian soy sauce is not mentioned here.

Note 3. Kedelai, kedelé–Not listed.

"Tahu–bean curd. Tahu pong–bean curd cut into small pieces and baked until it pops up. Tahu tempe–a side dish of tahu and tempe."

Note 4: Tauco–Not listed.

"Témpé–a protein-rich cake of fermented soybeans. témpé bangsa–a small and insignificant nation. témpé pemuda–a good-for-nothing kid. témpé gembos–fermented beancake made from peanut residue."

The Preface begins: "The form of Malay used in the Indonesian archipelago was already different from peninsular Malay when, on October 28, 1928, a nationwide youth congress held in Jakarta named Bahasa Indonesia, the Indonesian language, as the national language. Since August 17, 1945, when Indonesia declared its independence, the language has changed rapidly, especially in the area of vocabulary." Address: 1. Freelance translator and author of many books and articles on the Indonesian language; 2. Prof. of Linguistics, Queens College and the Graduate Center, City Univ. of New York.

5391. Shandler, Michael; Shandler, Nina. 1981. The complete guide and cookbook for raising your child as a vegetarian. New York, NY: Schocken Books. xiv + 337 p. Index. 24 cm. [65 ref]

• ***Summary:*** On p. 22 soybeans and rice are used to illustrate protein complementarity. Fats survival plan (p. 70-71): Describes how to make clarified butter (ghee); it is superior to other fats for frying purposes and is not subject to the same polymerization as vegetable oils. "Eggs do not constitute a cholesterol risk," but "soy milk and tofu are... excellent high-protein substitutes for eggs if your children are allergic." Good sources of protein during pregnancy include beans, grains, tofu, gluten, dairy products, and soy products. Use complementary proteins together. Tofu can be blended into creamy salad dressings.

"Homemade soy milk is deficient in vitamin B-12, vitamin D, and calcium. Commercial soy drinks for infants [infant formulas] are fortified with these and other nutrients but often contain sugar and other detrimental additives" (p. 110).

"After approximately 1 month of eating solid foods, a second series of foods can be introduced to your infant." These may include puréed tofu or light miso soups (p. 116-17).

Soy-related recipes include: Whole wheat soy flakes (p. 206). Tamari broth with dumplings (and soy flour, p. 216). Nondairy cream of vegetable soup (with tofu, p. 216). Summer cucumber tofu soup (p. 218). Soyburgers (with whole soybeans, p. 222-23). Barbecued tofu sandwiches (p. 226). Tofu cheesie macaroni (p. 232). Tofu noodle casserole. Fried tofu over rice. Tomato tofu lo mien (p. 233-34). Tofu and rice seaweed rolls (p. 236). Pizza (with soy flour and gluten flour, p. 236-37). Creamed spinach with tofu (p. 254). Tamari-glazed "trees" (Broccoli, p. 255). Vegan dips (p. 264-65): Avocado tofu dip. Cucumber tofu dip. Nondairy dressings (p. 271-72): Tofu dressing. Nut and soy milks (p. 311-13): Fortified soy milk. Carob soy milk. Spiced soy milk. Almond milk. Cashew milk. Coconut milk. Tahini milk. Nondairy sandwich fillers (p. 320-21): Soy sandwich "meat" (with whole soybeans and tamari soy sauce). Tofu sandwich spread.

5392. Sheppard, Sally. 1981. Tofu cookbook. Salt Lake City, Utah: Jack's Beanstalk. 99 p. Illust. Index. 23 cm. Spiral bound.

• ***Summary:*** Contents: Recipes–Main dishes. Soups and salads. Sandwiches. Breads. Desserts. Appetizers, dips and dressings for salads. Beverages and breakfasts.

5393. Shurtleff, William; Aoyagi, Akiko. 1981. Qu'est-ce le tofu? Traduction et mise en page: L'équipe de l'Informatek, Quebec [What is tofu? Translated into French by the folks at Informatek, Quebec, Canada]. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 16 p. [Fre]

• ***Summary:*** Contents: Introduction: What is tofu? A family of distinctively varied foods. A storehouse of high-quality protein. A pillar of vegetarian nutrition. An ideal food: Low in saturated fats, free of cholesterol; an ideal diet food. Buying and storing tofu. Making tofu at home and in communities. Soybeans, tofu, and the world food crisis. Tofu shops in Japan. Cooking with tofu (13 recipes). Address: Authors: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Informatek: 688 St-Jean, Québec, G1R 1P8, Canada. Phone: Quebec: (418) 522-5386.

5394. Shurtleff, William; Aoyagi, Akiko. 1981. Wat is tofu? Nederlandse bewerking: Robby de Nies [What is tofu? Translated into Dutch by Robby de Nies]. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 13 p. [1 ref. Dut]

• ***Summary:*** Contents: Introduction. A family of distinctively varied foods. A storehouse of high-quality protein. Low in saturated fats: free of cholesterol; an ideal diet food. Natural backbone of the meatless diet. Buying and storing tofu. Making tofu at home and in communities. Soybeans, tofu, and the world food crisis. Tofu shops in Japan. Cooking with tofu (13 recipes). Address: Authors: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. De Nies: c/o Tenmi, Sakuragaoka 4-3, Shibuya-ku, Tokyo, Japan.

5395. Soei, Zenni. 1981. Shôjin no osôzai: Tôfu ryôri [Zen vegetarian cookery, daily recipes: Tofu cuisine]. *Kurashi no Sekkei* (*Designs for Living*) No. 140. 168 p. Illust. No index. 29 cm. (Tokyo: Chuo Koronsha). [Jap]

• ***Summary:*** Contents: Preface. Takenogosho and tofu

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cookery. How to make momen [regular Japanese style] tofu using the easy home method. Nutrition of tofu and prevention of adult diseases. Non-tofu tofu. Introduction to Sanko-in temple. Tofu recipes: Broiled tofu, deep-fried tofu, okara, dried-frozen tofu, yuba. Meaning of inertia. Watching the moon.

5396. Sojalade. 1981. Das natuerliche Soja-Eiweiss [The natural soya-protein (Leaflet)]. Ottenbach, Switzerland. 3 panels each side. Each panel: 21 x 10 cm. [Ger]
• ***Summary:*** Printed with black ink on light green paper. Contents: Tofu–The natural protein from soybeans. Tofu for a world in which one third of humanity is hungry or suffers from malnutrition. Chart showing amount of usable protein (in kg) produced per hectare of land by various crops: The soybean is the leader at 399 kg. Tofu for good health. Tofu for a healthy environment. Tofu has a thousand talents. Storage and further processing of tofu. The soybean plant and its cultivation in Europe. Tofu from Sojalade. Information about tofu (two books, incl. *Das Tofu-Buch,* by Shurtleff & Aoyagi). Address: Dorfplatz, 8913 Ottenbach [Switzerland].

5397. Sojalade. 1981. Tofu-Rezepte [Tofu recipes (Leaflet)]. Ottenbach, Switzerland. 3 panels each side. Each panel: 21 x 10 cm. [Ger]
• ***Summary:*** Printed with black in on light yellow paper. Contains 11 tofu recipes, plus 4 illustrations from *The Book of Tofu,* by Shurtleff and Aoyagi. Address: Dorfplatz, 8913 Ottenbach [Switzerland].

5398. Soyfoods company business cards. 1981. 1 p.
• ***Summary:*** 1. Maison Tofu (Montreal, Quebec).
2. Sooke Soy Foods (Sooke, British Columbia, Canada).
3. Surata Soyfoods (Eugene, Oregon).
4. Soyfoods Unlimited (San Leandro, California).
5. Community Food (Rimini, Italy).
6. Nature's Touch Soyfoods (Encinitas, California). 7. Bud, Inc. (Baltimore, Maryland).

5399. Stobart, Tom; Owen, Millie. 1981. The cook's encyclopedia: Ingredients and processes. New York, NY: Harper & Row, Publishers, Inc. xii + 547 p. Illust. 25 cm. [20 ref]
• ***Summary:*** Soy related entries include: Bean curd (incl. tofu). Bean-curd cheese [fermented tofu]. Bean paste and bean sauce (incl. Red bean paste) is sweet and made from adzuki beans. Yellow bean paste is made from soybeans and is salty and pungent. "Fermented salted black beans" is made from a black variety of soybeans; these salted black beans can be used to make "black bean sauce" which can be used as a flavoring in fish, lobster, chicken, and pork dishes.

Soybean (incl. soya bean, soja bean, flour {"pork soya links" used in Britain during World War II}, sprouts, soy oil, soy sauce, soymilk, vegetable yogurt [soy yogurt], vegetable cheese [soy cheese], tempeh, bean curd skin [yuba], miso, tamari, soy sauce, soy protein isolate, soy granules or grits, textured plant protein [textured soy protein]). The name in four European languages is given.

Soy sauce or shoyu (It "is said to be one of the ingredients of Worcestershire sauce." Incl. the "very heavy Indonesian *ketjap* {*ketjap manis or ketjap benteng*}, which is a type of soy sauce,..."). The name in four European languages is given.

Textured plant protein (a high-protein foodstuff manufactured from plants (soybeans, peanuts, wheat, cottonseed, etc.). "Originally it was aimed at the vegetarian market." Also called "textured vegetable protein" in the USA. Incl. textured soy flour, textured soy protein gel and fibers).

Worcestershire sauce: Begins with a history (starting in 1837) based on the fanciful story so widely known. "Thus was born what is probably the world's best-known and most ubiquitous bottled sauce, one which has become a standard ingredient." Note: How about soy sauce? "The exact formula is secret. Although it is much imitated, nobody seems to be able to get quite the taste of the original."

Also contains entries for adzuki, ketchup ("Javanese katjap [ketjap], for example, is a very sweet soy sauce"), peanut (groundut or monkey nut), pulses, seaweed, sesame seed, tahini.

Note: Millie Owen prepared the American edition of this book. Address: 1. Hassocks, Sussex, England; 2. Northfield, Vermont.

5400. Sunset menus & recipes for vegetarian cooking. 1981. Menlo Park, California: Lane Publishing Co. 96 p. Illust. Index. 28 cm.
• ***Summary:*** Written and compiled by the editors of Sunset Books and *Sunset Magazine,* this is a lacto-ovo vegetarian cookbook. In 1986 the title was shortened to simply *Vegetarian Cooking.*

Soy-related: Hot & sour soup (with "4 ounces tofu, diced" and "1 tablespoon soy sauce," p. 29). Soybean soup, bistro style (with "2½ cups cooked soybeans {page 49}," p. 30). Cooking beans, soybeans ("Strong-flavored, near-perfect protein source. Refrigerate while soaking. 3 to 3½ hours," p. 49). Sweet & sour soybeans (with "2½ cups cooked soybeans {page 49}," p. 51). Sesame tofu sticks (with "About 1 pound medium-firm tofu," and "Teriyaki sauce (recipe follows)," p. 59-60). Savory vegetables & tofu, p. 61. Vegetable sauces, Herbed tofu sauce, p. 69. Address: Menlo Park, California. Phone: 415-321-3600.

5401. Teraoka, Hisayuki; Morii, F.; Kobayashi, J. 1981. Shokuhin-chû ni fukumareru 24 shu no genso ryô oyobi ichi nichi no genso sesshu-ryô ni tsuite [The concentrations of 24 elements in foodstuffs and the estimate of their daily

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intake]. *Eiyo to Shokuryo* (*J. of Japanese Society of Food and Nutrition*) 34(3):221-39. See p. 232-35. [Jap]
• ***Summary:*** The 24 chemical elements whose concentrations are given are: potassium (K), phosphorus (P), magnesium (Mg), calcium (Ca), sodium (Na), iron (Fe), silicon (Si), zinc (Zn), manganese (Mn), aluminum (Al), copper (Cu), boron (B), strontium (Sr), lead (Pb), titanium (Ti), barium (Ba), nickel (Ni), vanadium (V), molybdenum (Mo), silver (Ag), cadmium (Cd), cobalt (Co), tin (Sn), and chromium (Cr).

Concentrations (in micrograms per 100 gm) of these elements were measured in the following soyfoods: Soybeans 1,200, tofu (momen/regular) 410 (average of 2 samples), tofu (natural foods, probably made with nigari) 280, tofu (kinugoshi/silken) 280, and natto 770.

These aluminum concentrations were about average compared with the other foods tested. Examples of foods with much higher aluminum concentrations were: kombu seaweed 33,000, tsukushi (a vegetable) 22,000, white sesame seeds 4,400.

Note: This is the earliest document seen (Aug. 2002) that gives the concentration of aluminum in soybeans or soyfoods. Address: Inst. for Agricultural and Biological Sciences, Okayama Univ., Kurashiki, Okayama, Japan.

5402. Tranggono, -. 1981. Studies on the stability of dried soybean curds. PhD thesis, Michigan State University. 161 p. Page 2294 in volume 42/06-B Dissertation Abstracts International. *
• ***Summary:*** Tofu was prepared by conventional methods and modified by addition of either sesame milk or ground sesame and air dried, frozen, aged, thawed and then air dried, dried frozen or freeze dried. Stability of the dried products with respect to lipid oxidation and non-enzymic browning were studied. Accelerated storage studies were conducted at 37ºC and 50ºC. Peroxide values, diene conjugated and thiobarbituric acid tests were used to follow oxidative changes in lipids. Results are discussed in detail. It is concluded that oxygen appears to be the primary cause of product deterioration. Optimum water activity for storage with respect to lipid oxidation and browning was 0.22. Loss of available lysine was correlated with browning (increased at high temperatures and in products with ground sesame). Address: Michigan State Univ.

5403. Vaidehi, M.P.; Vijayakumari, J. 1981. Soya delights: Recipes for the use of soybean. Hebbal, Bangalore 560-024, India: University of Agricultural Sciences. xii + 106 p. Illust. No index. 22 cm. All India Coordinated Research Project on Soybean. [17 ref]
• ***Summary:*** Contents: 1. Introduction: Importance of soybean in Indian diet, processing method of soybeans, University of Illinois methods of processing for home and village level use, industrial processing of soybeans, soybean cultivation details, glossary. 2. Boiling method for soy dishes. 3. Roasting method for soy dishes. 4. Steaming method for soy dishes. 5. Frying method for soy dishes. 6. Baking method for soy preparations. 7. Sweet dishes from soybeans. 8. Soy milk and its preparation. 9. Soy fermented foods (tempeh). Tables and figures (12). Address: 1. PhD; 2. Mrs., instructor. Both: Univ. of Agricultural Sciences, Bangalore, India.

5404. Wolf, Ray; Hoffman, Jim; Keough, Carol. ed. 1981. Home soyfood equipment: Build-it-yourself. For production and use of high-protein, low-calorie tofu, tempeh, and soymilk. Emmaus, Pennsylvania: Rodale Press. 84 p. Illust. No index. 22 x 29 cm.
• ***Summary:*** For production and use of high-protein, low-calorie tofu, tempeh, and soymilk. Contents: Section I. Introduction. 1. What soyfoods are. 2. Using soyfoods (recipes). Section II. Introduction. 3. Tofu box. 4. Pot-mount press. 5. Table-mount press. 6. Tempeh incubator. Section III. Blueprints. Address: Rodale Press, 33 East Minor St., Emmaus, Pennsylvania 18049.

5405. World of God. 1981. The cookbook for people who love animals. 2nd ed. Route 2, Box 98E, Brooksville, Florida 33512. 176 p. Edited by Butterflies. Illust. and cover design by Flowers. Recipe index. 26 cm. Spiral bound. The 4th edition was copyright in 1987. [31 ref]
• ***Summary:*** The top of the title page reads: “Over 300 totally vegetarian recipes. From beginner to gourmet. No meat. No eggs. No dairy. No honey.” At the bottom of the title page is a field of red and orange flowers, with butterflies around them, and a rayed sun overhead against a light yellow background. This is a good, spiral-bound collection of vegan recipes, which are straightforward, appetizing, and nutritious. Special section includes recipes for cat and dog food.

The book is interspersed with nice quotations about vegetarianism, veganism, and animal rights from great thinkers such as Longfellow, Emerson, Schopenhauer, John Gallsworthy, Jeremy Bentham, Cicero, Herbert M. Shelton, John Ruskin, John Stuart Mill, Tagore, Plutarch, Tolstoy, Cardinal Newman, George Bernard Shaw, Thoreau, St. Francis, Leonardo da Vinci, Harriet Beecher Stowe, Romain Rolland, and Friedrich W. Nietzsche.

The glossary of ingredients lists okara, soy powder, tamari, tofu. “Soy powder [whole soy flour]–Made from cooked soybeans, it contains all the natural oil of the soybean. Used in casseroles, sweets, and for making soy milk. It can also be used as an egg substitute. Use 1 heaping tablespoon soy powder and 2 tablespoons water in place of 1 egg.”

Recipes with soyfood terms in the title include: Quick instant soy milk (p. 12). Soy milk. Soy yogurt (p. 13, made from tofu, frozen and non-frozen bananas, etc; not fermented). Soy margarine (p. 13). Soy tofu. Scrambled tofu. Tofu cottage cheese (p. 14). Tofu cream cheese (p. 15). Bran

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muffins (with soymilk, p. 22). Most baked goods include soymilk in place of dairy milk. Miso soup (p. 37). Tofu eggless salad. Okara salad (p. 54). Tofu potato salad (p. 56). Tomato tofu salad (p. 57). Tofu tahini dressing. Blond miso dressing (p. 67). Orange tamari dressing. Soy mayonnaise (p. 68). Miso spread (p. 69). Hot miso dressing (p. 73). Tahini-tamari sauce (p. 75). Stuffed tomato with soybeans (p. 92). Tofu saute (p. 104). Potatoes with tofu. Noodle tofu (p. 105). Tofu bean-thread saute (p. 106). Matzoh tofu bake (p. 124). Soy burgers (p. 131). Okara cylinders (p. 132). Tofu cheesecake (p. 141). Carob tofu cream pie (p. 143). Recipes for dogs and cats: Okara delight (p. 163). Soybean mash (p. 164). Instant soybean-meal dinner (p. 165).

At the back is a 6-page section titled "The Spirit of Ahimsa" by H. Jay Dinshah, president of the American Vegan Society. It is excerpted from his books "Out of the Jungle" and "Here's Harmlessness."

Note: This is the earliest document seen (Sept. 2012) that mentions (or gives a recipe for) a nonfermented soy yogurt. Address: Brooksville, Florida.

5406. Yan, Martin. 1981. The Yan can cook book. Garden City, New York: Doubleday & Company Inc. 355 p. Illust.
• ***Summary:*** This Chinese cookbook, published in both hardcover and paperback, contains at least 15 recipes using bean curd (tofu), especially in the chapter titled "Bean Curd, Eggs, and Other Protein-Rich Foods" (p. 179-99). Tofu is usually referred to as "soybean curd" or "bean curd." Pages 185-87 contain a recipe for making tofu at home, and give a nutritional comparison of firm bean curd, chicken eggs, ground beef, and cottage cheese. In the chapter "Saucy Dips" is a recipe for "Black Bean Sauce" using "salted black beans" [fermented black soybeans].

The glossary (p. 313-) gives good descriptions of the following soyfoods: Black beans salted, brown soy sauce, Hoisin sauce, Hot bean paste, MSG (monosodium glutamate), soy sauce, bean curd, and soybean sheets dried (yuba).

The author is the star of a popular daily Chinese cooking show named "Yan Can," which he has hosted since 1978. Born and raised in Kwongchow, China, he left China in 1963 and began cooking at the age of 13 as an apprentice in a popular Hong Kong Restaurant (owned by his uncle) and at age 18 he had earned a diploma from the Overseas Institute of Cookery. Arriving in the USA in 1969, he earned a masters degree from the University of California at Davis.

5407. Yepson, Roger B. ed. 1981. Home food systems. Emmaus, Pennsylvania: Rodale Press, Inc. 475 p. Illust. Index. 29 cm. [15 ref]
• ***Summary:*** Extensive, positive information on soyfoods is contained in the chapters on Grains (and bread, see p. 35), Beans (p. 94-95, 99-115; tofu, tempeh), Sprouting (p. 120, 125, 127), Canning (p. 203), and The Home Dairy (p. 298; soymilk, soy yogurt). Reviews and photos of many soyfoods books are given, with a sample recipe from most.

Pages 298 notes: "Soymilk is low in riboflavin (vitamin B-2), totally lacking in vitamin B-12, and has drastically less calcium than dairy milk. On the other hand, soymilk is lower in carbohydrates, has 12% fewer calories, 25% less fat, no cholesterol, and contains 15 times more iron than cow's milk." Address: Emmaus, Pennsylvania.

5408. Morinaga Milk Co. 1981? Morinaga brand Ever-Fresh Silken Tofu. For your body–vegetable protein. For your heart–no cholesterol. For your waistline–low calories (Poster). Tokyo, Japan. 1 p. 35 x 51 cm. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Undated. [Eng]
• ***Summary:*** A stylish presentation of tofu. Address: Tokyo, Japan.

5409. Soy City Foods. 1981? Recipes for tofu & soy-pro & other soy foods. W. Toronto, ONT, Canada. 9 p. No index. 22 cm. Undated.
• ***Summary:*** Contents: Retail section–tofu recipes. Soups. Salads. Sandwiches. Dinners. Desserts. Soypro. Soypro recipes. Address: 2847 Dundas St., West Toronto, ONT, Canada. Phone: (416) 762-1257.

5410. *Toyo Shinpo* (*Soyfoods News*). 1982. [Lots of talk of nigari and many interested in calcium sulfate]. Jan. 1. [Jap]
• ***Summary:*** Last year nigari was not used that much; but there was much talk about it.

5411. *Toyo Shinpo* (*Soyfoods News*). 1982. [Japanese national tofu statistics for 1981]. Jan. 1. [Jap]
• ***Summary:*** In 1981 in Japan, the average amount of money spent on tofu per family was 6,274 yen, which bought about 87 cakes of tofu. The amount spent on aburage [deep-fried tofu pouches] per family was 3,534 yes, which bought about 93 pieces.

In 1980 the amount of soybeans used nationwide was 319,568 tonnes (metric tons) for tofu and 112,108 tonnes for deep-fried tofu pouches and tofu burgers (aburage and ganmodoki).

In 1981 the amount of soybeans used nationwide was 328,557 tonnes for tofu and 115,157 tonnes for deep-fried tofu pouches and tofu burgers (aburage and ganmodoki).

5412. Linton, Marilyn. 1982. How's your tofu, old bean curd? *Sunday Sun* (*The*). Jan. 10. p. G-17.
• ***Summary:*** In ten years, "tofu will be as commonplace as pizza, as much a part of your eating style as yogurt." A photo shows Stephen Yu of Victor Food Products standing in front of his tofu products and cooling tank inside his factory. Yu's business has increased 300% is the last 3 years. Today he sells his tofu through Loblaws. Yu recommends that

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Caucasians start cooking with tofu by making Scrambled Tofu.

"Buying tofu: Most supermarkets carry tofu and all Chinese and Japanese grocery stores do. You can also buy freshly made tofu from Yet Sing, at 11 Baldwin, Victor Food's tofu costs $1.29 at Loblaws for a plastic package containing three pieces or 500 gm.

"Every Chinese restaurant in town includes dishes with tofu on its menu. Also try Soja's Tofu Cafe at 10 Kensington in the Kensington Market area. Nettie Cronish's tofu kiwi cake costs $12, serves eight, and is available (along with other tofu delicacies) by special order from her at 598-3228." Address: Toronto, ONT, Canada.

5413. Cadwallader, Sharon. 1982. Naturally: Tofu. *Washington Post.* Jan. 14. p. E8.
• ***Summary:*** A good introduction to tofu and to *The Book of Tofu*, by Shurtleff and Aoyagi, "a definitive work..." Contains recipes for: Far East tofu soup. Greek tofu soup. Tofu burritos with Cheese sauce.

5414. MacCormack, Harry; Posner, Mia. 1982. Re: The soy dairy farm. Letter to William Shurtleff at Soyfoods Center, Jan. 14. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Yes, the soy dairy farm notion has taken hold." Sunbow has helped to start: 1. Colony Soy Dairy in Mt. Angel, Oregon. 2. Turtle Island Soy Dairy (Seth Tibbott). 3. A small operation near Boonesferry, Idaho. At last report they were making several hundred pounds of tofu a week. 4. A man named Sarvarhara did an apprenticeship with Sunbow last summer. He plans to set up a soy dairy on his peach farm near Coleville, Washington, later this spring. He is now travelling in Honduras where he is teaching organic farming. 5. John, who has been working at Sunbow for the past "two years, will be moving on in March to join with a group of people in the Cottage Grove area, farming with a soy dairy center. The latter two setups are modeled on our woodfired system, double boiler." Address: Sunbow Farm Products, Route 2, Box 46, Corvallis, Oregon 97330. Phone: (503) 929-5782.

5415. Sheridan, Margaret. 1982. Touring a tofu factory 6,000 miles east of the Orient. *Chicago Tribune.* Jan. 14. p. 1, 3.
• ***Summary:*** Tofu is on the rise in America, where there are now about 150 tofu shops. Although a growing number of supermarkets are now selling tofu, and more restaurants are serving it, it is still new to many Americans. There are four tofu factories in Chicago; this article is based on a visit to one of them, MU Tofu, run by Rebecca and Yoshihara Uchida. The word "MU" comes from her maiden name, Miller, two years ago, and his family name, Uchida. They met in 1977, when they both worked in the field of cameras. "A common interest, tofu and its manufacture, started to jell when he was transferred back to Japan. She followed, they married," and decided to start a tofu shop. So they apprenticed themselves to a tofu maker–who thought they were crazy. Describes how soft and firm tofu are made at MU Tofu. "Uchida believes tofu has the same marketing potential as yogurt." He believes it will become part of the American diet. Includes recipes for Tofu lasagna, Potato surprise, Cheese tofu dip, and Tofu carrot cake. A photo shows Yoshihara Uchida removing tofu from a metal forming box.

Note: This is the second earliest document seen (Feb. 1999) which compares the potential market for tofu with the current market for yogurt.

5416. A&P. 1982. Double coupons. All Connecticut stores open Sunday (Ad). *Hartford Courant* (*Connecticut*). Jan. 17. p. C12, or E7.
• ***Summary:*** The section titled "The Farm" includes: "Nutritional Soydairy Tofu (Soy Bean Curd) 1-lb, tub $1.19."

5417. Krieger, Verena. 1982. Re: Dr. Johannes Kuhl and fermented foods in Switzerland. Letter to William Shurtleff at Soyfoods Center, Jan. 19. 1 p. Typed, with signature. [1 ref]
• ***Summary:*** Dr. Kuhl, who wrote in the 1950s and is no longer living, advocated a natural-foods diet containing large amounts of fermented foods (one-third to one-half of all foods consumed). He believed that such a diet is the best protection against cancer and radioactivity. "His publisher, who keeps re-editing his books thinks that miso and tempeh would fit perfectly into his theory (K. himself had probably never heard of fermented soybeans).

"I have always been fascinated by fermented foods and feel that they will have to become an important part of the diet, especially with people moving away from meat eating. I hope that I shall be able to write a cookbook some day as a tool on how to integrate them into a practicable diet." Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

5418. *Chicago Tribune.* 1982. 'Tofu' and other soy books: A reader's guide to good eating. Jan. 21. p. S_A15A.
• ***Summary:*** This is very similar to an article with the same title published in this newspaper on 29 Oct. 1981 (p. W_A21 and p. N_B19).

5419. Sass, Lorna J. 1982. Budget-conscious Americans are hitting the soy–its not just sauce. *Chicago Tribune.* Jan. 21. p. S_A151.
• ***Summary:*** This article first appeared as: Sass, Lorna J. 1981. "Soy foods: Versatile, cheap and on the rise." *New York Times.* Aug. 12. p. C1, C6. It first appeared in the *Chicago Tribune* on 29 Oct. 1981 (p. N_B19).

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5420. Hartford Civic Center. 1982. Its the year of the dog and the time of your life! The Chinese New Year celebration at the Hartford Civic Center shops. Thursday, January 28 (Ad). *Hartford Courant* (*Connecticut*). Jan. 27. p. A6.
• ***Summary:*** "Oriental cooking class–Learn to stir fry, wrap wontons and cook with tofu, a high protein soyfood. Marcy Brown, instructor from New England Soydairy,..."

5421. Jaccard, Anne-Marie; Krieger, Verena. 1982. Une graine pour l'an 2000 [A grain for the year 2000]. *Illustre* (*Lausanne, Switzerland*) No. 4. p. 59-63. Jan. 27. [Fre]
• ***Summary:*** This grain is the soybean, which is imported in huge quantities from the USA to Europe. The article discusses the soybean plant, tofu, miso, tamari and shoyu, tempeh, homemade soy sprouts, and yuba.

A photo shows Paul Simon, a specialist in macrobiotic food at Lausanne. He makes tofu in the traditional way using nigari, and serves it with tamari and ginger. "Fresh tofu, prepared on the spot, is difficult to find in Switzerland. In the French-speaking cantons of Switzerland, there are only two places: (1) The macrobiotic Center of Lausanne, 7 ruelle de Bourg, and (2) Le Grain d'Or, 7 rue Voltaire, Geneva." Recently a factory opened at Zurich, and another will open soon at Nyon. In the two macrobiotic restaurants of French-speaking Switzerland (Romandie), tofu is found regularly à la carte: at "The Bio" in Lausanne, and "La Moisson" in Geneva.

5422. *Vashon-Maury Island Beachcomber.* 1982. That tofu you bought can be saved. Jan. 28. p. 2.
• ***Summary:*** According to Washington state epidemiologist Dr. Jack Allard, Yersinia bacteria caused 23 instances of diarrhea and severe stomach cramps in Washingtonians last month. Half were hospitalized. Of the 23 people, 19 said they ate tofu in the previous two weeks and 16 of those thought it was Island Spring's tofu. Consumers are advised to cook tofu thoroughly. The company installed a $3,000 automatic continuous ultraviolet cold water purifier, filters, tanks of iodine dip, and a chlorinator for the water. Employees now must wear face masks and hair restrainers. Address: Washington.

5423. **Product Name:** Tofu.
Manufacturer's Name: American Soy Products. Renamed American Soyfood Industries.
Manufacturer's Address: 2222 Aisquith St., Baltimore, MD 21218. Phone: 301-235-5554.
Date of Introduction: 1982. January.
Wt/Vol., Packaging, Price: 20 lb tub and (later) 1 lb vacuum packs.
How Stored: Refrigerated.
New Product–Documentation: Letter from Mark Courtney. 1980. Sept. His photocopied letterhead says: South River Tofu Shop, 174 Mayo Rd., Edgewater, MD 21037. Letter (on South River Tofu Shop photocopied letterhead) from Mark Courtney. 1980. Oct. 31. His new address (handwritten over the printed one) is: 9220 Fowler Lane, Lanham, Maryland 20801. "Our enterprise is alive but not yet kicking. Two or three more months before we're in production." In February of 1980 he ordered books on tofu and on tempeh production.

Owner: Mark Courtney. Letter (on South River Tofu Shop photocopied letterhead) from Mark Courtney. 1980. Oct. 31. His new address (handwritten over the printed one) is: 9220 Fowler Lane, Lanham, Maryland 20801. "Our enterprise is alive but not yet kicking. Two or three more months before we're in production." In February of 1980 he ordered books on tofu and on tempeh production.

Morris, Linda. 1982. "Tofu: Soy product can be used like cheese." *Sun* (Baltimore, Maryland). May 12. p. C1. American Soy Products, established by Larry Betzler, Mark Courtney and Dick Leshuk, has been making tofu in Baltimore at a plant on Aisquith street since the start of 1982.

Talk with Mark Courtney of Baltimore, Maryland. 1998. Feb. 15. Phone: 410-243-9353. This company (South River Tofu Shop) never happened, but the idea led to the establishment of American Soyfood Industries.

Computerized Mailing List. 1983. June 20. Owner: Talk with Larry C. Betzler of American Soyfood Industries. 1988. April 1. The company is now at 419 Frankford Ave., Baltimore, Maryland 21206. Originally he was in a partnership with Richard Leshuk and Mark Courtney. Production of tofu started on the first business day of 1982. About a year later Leshuk wanted to declare bankruptcy. Betzler hung on and paid off all debts. Then he stopped manufacturing and became a marketer/distributor. Eddie Tsai of Natural Inc. in Elkridge, Maryland, makes his products now. The secret to the long shelf life of his vacuum packed tofu is to pack it hot, before immersion in water. He uses a Smith chamber vacuum packer. Shelf life is 2-3 months, up to 9 months. Larry now runs this company as a hobby. He runs a travel agency as his main business. Total sales are $75,000 a year. 20% of that is soymilk.

Talk with Mark Courtney in Baltimore, Maryland. 1998. Feb. 15. Phone: 410-243-9353. It was his idea to start this company. He joined with Glen Nichols and with Richard Leshuk to start the company. They rented space from another company named Mrs. Minnick's Salads (which made potato salads, macaroni salads, etc.) on Aisquith Ave. in Baltimore. But every time the salad company needed high-pressure water to wash and peel their potatoes, the tofu operation had to shut down for 30-40 minutes. This became a major problem. Their only product was tofu which was not initially vacuum packed. They made tofu 2-3 days a week for about 18 months. Larry Betzler entered the company after it had started. He was a "slick character," and with him big problems arrived. For example, he was caught taking payroll taxes but not forwarding them to the government. Later Mark and Glen left the company and started a business in

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Baltimore.

5424. **Product Name:** Tofu Sunny Eggless Salad.
Manufacturer's Name: Ashland Soy Works.
Manufacturer's Address: 280 Helman St., Ashland, OR 97520. Phone: 503/482-1865.
Date of Introduction: 1982. January.
Ingredients: Tofu, oil, tamari, vinegar, lemon juice, mustard, celery, onion, garlic, spices.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 3 by 2.25 inches. Self adhesive. Red on yellow. "No preservatives or additives." Talk with Diana Muhs. 1988. Feb. 10.

5425. *Beanfield Newsletter* (*The*) (*SANA, Colrain, Massachusetts*). 1982. Tempeh sales. 2(4):1. Jan.
• ***Summary:*** *"The Beanfield* recently contacted 15 tempeh companies around the U.S. to determine industry production figures and general prospects for tempeh sales. While overall poundage remains light except in Massachusetts and California most producers foresee a bright future and expanding sales." Lists weekly tempeh production figures (in pounds) for each manufacturer.

The largest are: Soyfoods Unlimited (San Leandro, California; 5,900, including 3,200 lb of soy tempeh, 400 lb of five grain tempeh, and 400 lb of soy/rice, and 1,000 lb of packaged tempeh burgers every week. In addition they ship some 6,000 lb of tempeh burgers once a month to New England Soy Dairy in Massachusetts for East Coast distribution. Promotion to the local Indonesian market netted a 33% sales increase in one month).

The Tempeh Works (Greenfield, Massachusetts; 4,500), and Pacific Tempeh (Emeryville, California; 2,500). White Wave (Boulder, Colorado; 700). Cricklewood Soyfoods (Mertztoown, Pennsylvania; 500). Northern Soy (Rochester, New York; 500).

5426. Benrey, DeDee. 1982. America's 'First Vegetarian': An interview with Patti (Reagan) Davis. *Vegetarian Times* No. 53. Jan. p. 18-21, 65. Cover story.
• ***Summary:*** An interview with Patti Davis, the first child of President Ronald and Nancy Davis Reagan. For dinner, Patti enjoys chopped raw vegetables mixed with tofu. A half-page photo shows Patti.

5427. Dominguez de Diez Gutiérrez, Blanca. 1982. Re: Introducing soyfoods to Mexico. Letter to William Shurtleff at Soyfoods Center, Jan.–in reply to inquiry. 5 p. Typed. [Eng]
• ***Summary:*** The following is Blanca's response to and editing of a history of her work with soyfoods in Mexico, written by William Shurtleff and sent to her, requesting that she check it for accuracy. Shurtleff's history is a based largely on letters from Blanca to Shurtleff in the early 1980s.

An independent soyfoods pioneer in Mexico who deserves special mention is Blanca Domínguez de Diez Gutiérrez, a small, sparkling-eyed woman who, initially alone and unfunded, has taught the many uses of soyfoods to people (especially women in poor villages) throughout Mexico. She became interested in soyfoods after reading *The Book of Tofu* in 1976. In 1977 she founded a Yoga Center in the village of Tepoztlan, Morelos, but after seeing poverty and malnutrition all around her, she gave up her position as president of the Center to devote herself entirely to teaching others about soyfoods and better nutrition. She developed a low-cost, tasty, and easy to practice system of nutrition based on protein complementarity from soyfoods and grains (including underutilized grains widely used only for livestock feed) plus the use of sprouts [including soy sprouts]. Using this nutritious model, which was a great success wherever it was introduced, she began to develop soyfoods recipes and preparatory techniques that were suited to local tastes and would help lower income people to help themselves and provide their families with better nutrition. In 1977 Dominguez's booklet 'Los Mil Usos de la Soya' (The Thousand Uses of Soy) was published as an entire issue of the popular magazine *Quadernos de Natura* by Editorial Posada. Shortly thereafter the magazine published two articles about Dominguez's work ('The Soy Cooperative' [1980] and 'The Woman who is Taking Soy to the Countryside' [April 1978]) and then in 1978 a major book on soyfoods and Dominguez's system of nutrition featuring soyfoods and whole grains: *Alimentacion Integral Para Una Vida Plena: Los Mil Usos de la Soya.* Focusing on low-technology soyfoods such as fresh soy puree, soymilk, tofu, okara, roasted soy flour, and soy sprouts, plus many original recipes, this was the first book of its type in Latin America. A second printing was out within a year.

"Dominguez was one of the first people in Latin America to grasp the spirit of the soyfoods movement in the U.S. and to see the great potential for working directly with the people to introduce soyfoods 'from the bottom up.' Her fine publications were accompanied by lots of hard work with local people. In the 1970s in Tepoztlan she founded the Soya Cooperative Padma Xochitl, with the help of three teachers there whose students regularly fell asleep in class from lack of a proper breakfast–or any breakfast at all. A number of people joined with Dominguez, working with a most creative and generous spirit, to make the Cooperative into a very active and extremely effective center of soyfoods information: Victor Ariel Barcenas, Albino Quiroz, Marisela Penaloza de Quiroz, and Coti Nava deserve special mention. The fine work started here first reached the people of Morelos, then quickly spread throughout Mexico. It proved that soyfoods in conjunction with the new yet traditional diet were well received wherever they were tried.

"Dominguez was a creative and inspiring teacher and

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the people with whom she worked felt her love and care. She developed Tofu Chorizo (like a garlic sausage), enchiladas, and tamales, pozole (stew) soy-flour enriched masa, and many soymilk recipes. Women understood quickly when she showed that from 16 pesos of soybeans they could get 10 liters of soymilk (worth 130 pesos) and 1.5 kg of okara (worth 150 pesos). She asked that women pay for their classes by teaching 10 other women what they had learned. Deploring that food had fallen into the hands of men, who thought only of its monetary and rarely of its nutritional value, she never failed to teach of the dangers of junk foods (like proliferating soft drinks) and the ease with which traditional diets could be improved with soy.

"Dominguez worked closely with a host of other people, who in turn became soyfoods teachers. Maria Esther Rosete of IMSS did pioneering work with Dominguez introducing soyfoods into her area and to the workers and their wives at a big sugar mill in Zacatepec. They gave many demonstrations and trained volunteers who introduced the healthful diet in many places in the state of Morelos. In 1980 Maria Esther was transferred to Xalapa, Veracruz, where she continued her work with soyfoods with great effectiveness. In 1981, Dominguez was invited to train a group of social workers, nutritionists, and cooking teachers there to take the diet to villagers, schools, and the poorest sections of the city. In 1979 Dominguez was invited by the Teachers College in the state of Durango to train a group of teachers in using soybeans. Today this college has a one-semester course in the theory and practice of soyfoods use, directed particularly at rural teachers. Señora Elvia de Jesus Hidalgo de Sanchez, one of Dominguez's former students from Tepoztlan, who initiated he program, has also trained one hundred volunteers from the DIF (Family Integral Development) in Durango and given many soyfoods courses throughout the state of Durango, including at the Agricultural Experiment Center. Starting in 1979 Laura Mendez, earlier from the Tepoztlan Cooperative, worked with Dominguez and many others to introduce soyfoods to the state of Mexico. Obdulia Herrera Bazan, Dr. and Mrs. Arturo Aldama, Arcadia Ramirez, and many others also did fine work with soyfoods.

"In late 1981 Dominguez, who had previously worked entirely without outside financial support, was invited by DIF in the state of Veracruz to work for one year as an employee teaching about soyfoods. She developed a nutritional program for the state and trained a group of young nutritionists, who taught soyfoods to housewives, jails, orphanages, etc. throughout the state, emphasizing home preparation of low-cost substitutes for meat and milk. The program was a great success, and many of these and other workers gave generously of their time, energy and money with almost missionary zeal in the strong belief that soyfoods could play a key role in uplifting the poor and improving their diet. Throughout this ongoing work, Dominguez viewed her efforts as a part of their spiritual practice of Yoga, to serve others selflessly and lovingly, to help relieve suffering." Address: Mexico City.

5428. Harrison, Sharon L.; Konishi, Frank. 1982. Development and evaluation of a tofu (soy curd)-with-fiber product for the elderly. *J. of Nutrition for the Elderly* 2(1):19-29. Jan. [18 ref]
• ***Summary:*** The new product, named FibraTofu, containing fiber in the form of pulverized soybean hulls, was developed for the elderly. It has a very bland flavor and is an excellent source of protein, calcium, and dietary fiber, but with very low levels of sodium and saturated fat, and no cholesterol. When FibraTofu was added at levels of about 20% to a variety of foods (onion dip, fried rice, potato salad, fudge), it significantly improved their nutritional value without sacrificing overall acceptability. If people consumed 16 ounces of FibraTofu daily, they would receive 50% of their daily protein requirements and more than 100% of their daily calcium and dietary fiber requirements. Address: 1. Dep. of Human Nutrition & Food Management, Ohio State Univ., Columbus, OH 43210; 2. Southern Illinois Univ., Carbondale, IL 62901.

5429. Homma, Seiichi; Fujimaki, Masao. 1982. Effect of water activity on lipid oxidation and browning of Kori-tofu [dried-frozen tofu]. *Agricultural and Biological Chemistry* 46(1):301-04. Jan. [20 ref. Eng]
• ***Summary:*** Decreasing water activity (Aw) was found to be a practical way to reduce browning. Address: Dep. of Food & Nutrition, Ochanomizu Univ., Ohtsuka 2-1-1, Bunkyo-ku, Tokyo 112, Japan.

5430. **Product Name:** Tofu.
Manufacturer's Name: Jon Judson Tofu.
Manufacturer's Address: 142 Easter Crescent, Kew Dunedin, New Zealand.
Date of Introduction: 1982. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jon Judson.

Talk with Elizabeth Chalmers of The Organic Soy Co., Auckland, New Zealand. 2007. Jan. 15. She, Greg, and Rick Chambers taught Jon how to make tofu. He came to Auckland, worked in the factory, and stayed with Greg. Elizabeth thinks Jon started actually his own company after Oct. 1982.

5431. **Product Name:** Tofu Kit.
Manufacturer's Name: Juel Andersen & Assoc.
Manufacturer's Address: P.O. Box 235, Arnold, CA 95223.
Date of Introduction: 1982. January.
New Product–Documentation: Spot in Whole Foods. 1982. Jan. p. 68. "Tofu Kit and Primer." She is selling the kit

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with her book Tofu Primer.

5432. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Midwest Soy Products, Inc.
Manufacturer's Address: 608 S. Belmont Ave., Champaign, IL 61820. Phone: 217-398-57560180.
Date of Introduction: 1982. January.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Anthony & Patricia Kao.

5433. Murphy, P.A. 1982. Phytoestrogen content of processed soybean products. *Food Technology* 36(1):60, 62-64. Jan. [32 ref]
• ***Summary:*** The phytoestrogens, genistin and daidzin; their agluticones, genistein and daidzein; and coumesterol are the principal isoflavonoid substances found in soybeans. These 5 types of soy phytoestrogens (which are hormones) were separated using HPLC from soybeans, toasted defatted soyflakes, textured soy protein, soy-containing breakfast patties, soy sprouts (germinated for 5 days), tofu, soy isolates (acid precipitated), and fermented soy sauce. There was a general decrease in genistin concentration with additional processing. But there is a significant carryover of soy phytoestrogens into processed soy protein products. Thus soy products have high estrogenic activity. Analysis of phytoestrogens in food mixtures may be a useful technique for estimating soy protein concentration in foods. Address: Dep. of Food Technology, Iowa State Univ., Ames, Iowa 50011.

5434. **Product Name:** Tofu, and Soysage.
Manufacturer's Name: Rising Sun Soy Farms.
Manufacturer's Address: 2810 Banwick, Columbus, OH 43227. Phone: 614-231-4073.
Date of Introduction: 1982. January.
New Product–Documentation: Leviton. 1982. Trip notes. They opened in January 1982. Form filled out by Tim Nusser and C.H. Burnett, in charge of Risingsun Soy Farms. They opened on 1 Jan. 1982. Gives address.

5435. *Seattle Times.* 1982. Tofu suspected in outbreak of intestinal illness. Jan.
• ***Summary:*** An outbreak of bacterial illness was suspected of being caused by Island Spring's tofu. The company voluntarily stopped production and ordered a voluntary recall of the product. Between January 1 and yesterday, 24 cases of the infection were reported in the state, 17 of them in King County.

Note: This was the earliest known outbreak of illness in the USA caused by tofu. The outbreak was thought to be yersiniosis, caused by the bacterium *Yersinia enterocolitica.*

Note: The source of the contamination was thought to be the untreated well water used by Island Spring at Wax Orchards where the company was leasing. This was a spring-fed well, but it was several hundred yards away from a cattle pasture. The local county health department requires a setback of only 100 feet from such a pasture. Luke Lukoskie, owner of Island personally believes that the cause of the contamination may have been a bird that flew into a water storage tank through an unscreened opening and died there. He never saw such a bird, but he heard a rumor to this effect that originated with a maintenance man. Address: Olympia (AP), Washington.

5436. Taira, Harue; Katoh, Kazuhisa; Okazaki, Koichiro; Ishida, Shigeki; Kawasaki, Yoshihiro; Shimokawara, Hiroshi; Takei, Reiko; Kikuchi, Syoko; Murakami, Shunichiro; Okubo, Soichiro. 1982. Daizu shijitsu no kansô shori hôhô to sono hinshitsu ni tsuite. VI. Tei-suibun ganryô shijitsu no futsûgata konbain shûkaku–kansô shori ga shijitsu no kakô tekisei oyobi tôfu, nattô no kôjô seizô shiken ni oyobosu eikyô [Influence of dry treatment after harvest on quality of soybean seeds. VI. Influence of combine harvesting and drying of low moisture seed on qualities for soybean food processing and tests for factory production of tofu and natto]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 39. p. 23-31. Jan. [7 ref. Jap; eng]
• ***Summary:*** Two harvesting methods and 4 drying methods were tested with the middle-sized seed variety Kitamishiro (Table 1). Address: 1. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan; 2-4. Hokkaido National Agric. Exp. Station, Memuro, Hokkaido, Japan.

5437. Wood, Brian J.B. 1982. Soy sauce and miso. *Economic Microbiology* 7:39-86. Jan. A.H. Rose, ed. Fermented Foods. [50 ref]
• ***Summary:*** Contents: 1. Introduction. 2. The preparation of soy sauce: Introduction, preparation of raw materials (the beans, wheat), mixing, koji, moromi. 3. Of beans, microbes, and miso: Beans, microbes, miso. 4. Trade in soy sauce: Introduction, statistics. Table 1 (p. 64-66) shows exports of soy sauce in 1978, in tonnes (metric tons) from Hong Kong, Korean Republic, Singapore, Japan, and total, to almost every country in the world (with each country's population in millions), grouped by region as follows:

1. North America: Canada, USA (#1)–Regional total imports: 6,052.3 tonnes.

2. South and Central America [and Caribbean]: Argentina (#3 in region), Bolivia, Brazil, Chile, Costa Rica, Ecuador, El Salvador, Guatemala, Guyana, Honduras, Mexico (#2), Nicaragua, Panama, Paraguay, Surinam, Venezuela (#1), Granada, Jamaica, Trinidad and Tobago, total. Former Dutch West Indies–Regional total imports: 1,046.4 tonnes.

3. Europe: Austria, Belgium, Czechoslovakia, Denmark,

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Finland, France (#4 in region), Germany (West #3), Greece, Italy, Netherlands (#2), Norway, Portugal, Spain, Sweden, Switzerland, UK (#1), USSR–Regional total imports: 3,017.7 tonnes.

4. Near and Middle East: Bahrain (#3), Egypt, India, Iran (#2), Iraq, Jordan, Kuwait, Oman, Qatar, Saudi Arabia (#1), United Arab Emirates, Yemen Arab Republic–Regional total imports: 1,193.5 tonnes.

5. Far East and Western Pacific: Brunei, Hong Kong (#3 in region), Indonesia, Japan, Korea (South), Macao, Malaysia (#2), Philippines, Sabah (#1; A state of Malaysia from 1963; Formerly British North Borneo), Sarawak (A state of Malaysia from 1963), Singapore, Taiwan, Thailand–Regional total imports: 3,139.4.

6. Pacific and Australasia: Australia (#1 in region), Cook Islands, Christmas Islands, Fiji, Guam (#2), Nauru, New Caledonia, New Hebrides, New Zealand, Oceania n.c.s. (#3), Papua New Guinea, Portuguese Timor, Samoa and Tonga, Solomon Islands, Tuvalu (Ellis Island), U.S. Oceania–Regional total imports: 1,647.5 tonnes.

Note: This is the earliest document seen (March 2010) concerning soybean products (soy sauce) in Kiribati (Christmas Islands), in Nauru, in Qatar, in Portuguese Timor (later renamed Timor-Leste [East Timor]) or in Tuvalu. This document contains the earliest date seen for soybean products in Kiribati (Christmas Islands), in Nauru, in Qatar, Portuguese Timor, or in Tuvalu (1978); soybeans as such have not yet been reported.

7. Africa: Algeria, Canary Islands, Ethiopia, Gambia, Ghana, Kenya, Libya, Malagasy, Malawi, Mauritius (#2 in region), Nigeria, South Africa (Republic of, #1), Sudan, Réunion Islands (#3), Tanzania, Zaire. Other African countries–Regional total imports: 365.7 tonnes. World total imports: 15,731.5 tonnes, of which 6,192.8 tonnes from Hong Kong, 1,233.5 tonnes from South Korea, 1,713.6 tonnes from Singapore, 6,591.6 tonnes from Japan. The value in pounds sterling and in pounds sterling per tons of soy sauce is given for each exporter.

Other tables show: (2) Soy sauce exports (in tonnes and value) each year from 1976 to 1976 from Hong Kong, South Korea, Singapore, and Japan. A large percentage of Hong Kong's exports are re-exports (probably from China). (3) Total soy sauce exports from Japan, 1976-1978, by container type, with amount and value. (4) Soy sauce and miso production in Japan every 5 years from 1965 to 1978 (in tonnes). (5) Soy sauce and miso production in Japan for export in 1976, 1977, and 1978. Miso production (in tonnes) averaged about 40% of soy sauce production, and miso exports (in tonnes) averaged about 13% of soy sauce exports. (6) Imports of soy sauce into Hong Kong, Singapore, and the USA from exporting countries in 1978 (with figures for exports from China in 1976 and 1977). (7) Re-exports of soy sauce (made in China) from Hong Kong and Singapore in 1978 to major importing countries worldwide, by region, by country. Small countries that are the destination of this soy sauce include: Honduras, Nicaragua, Panama, Venezuela, Trinidad and Tobago, Former Dutch West Indies [also called Netherlands Antilles; they are part of the Lesser Antilles and consist of two groups of islands in the Caribbean Sea: Curaçao and Bonaire, just off the Venezuelan coast, and Sint Eustatius, Saba and Sint Maarten, located southeast of the Virgin Islands. The islands form an autonomous part of the Kingdom of the Netherlands], Pakistan, Saudi Arabia, United Arab Emirates, Brunei, Sabah, Sarawak, Fiji, Nauru, Oceanea (non-U.S.), Oceanea (U.S.), Papua, Samoa and Tonga, Solomon Islands, Ghana, Malagasy Republic, Togo. Total from Hong Kong: 2,945.3 tonnes, and from Singapore 109.5 tonnes.

(8) Exports of miso (in tonnes) from South Korea and Japan in 1978 to major importing countries worldwide, by region, by country. The leading importers are: USA (622), Saudi Arabia (353), Singapore (66), Bahrain (64), Netherlands (38), Iran (29), Iraq (29) France (28), German Federal Republic (23), Smaller importers include: Chile, Guyana, Surinam, Bangladesh, Iran, Iraq, Jordan, Kuwait, Quatar, Saudi Arabia, United Arab Emirates, Yemen Arab Republic, Sabah, Fiji, Guam, New Hebrides, Papua New Guinea, Samoa, Solomon Islands, Algeria, Canary Islands, Ghana, Kenya, Libya, Mozambique, South Africa Republic, Zaire.

Note: This is the earliest document seen (June 2007) concerning soybean products (miso) in Quatar. This document contains the earliest date seen for soybean products in Quatar (1978); soybeans as such have not yet been reported.

(9) Exports of miso from South Korea and Japan in 1976, 1977, and 1978 (quantity and value each year; no importing country names are given).

5. Tour of South East Asia: Technical and scientific aspects, trade aspects. 6. Acknowledgments. References

The chapter on Trade states: Soy sauce and soy paste (miso) are traded between all countries of South East Asia. The Korean Republic's exports nearly quadrupled in tonnage. The Kikkoman Company's production facility in Wisconsin produced 21,6000 tonnes of soy sauce in 1978. This was equal to 3 times the total exports from Japan in the same year. Japan's total share of the world soy sauce market remains very healthy. Miso exports are still small in comparison with soy sauce. On a rising market Japan's exports still only represent 0.2% of its annual miso production; "clearly there is considerable room for expansion here."

Miso is of greater relative importance to Korea than it is to Japan. Among the European countries, Belgium and Holland import the greatest amount of miso on a per capita basis. Spain imports a fair amount of miso. The U.S.A. and Canada had total miso imports totaling about 10% of their soy sauce imports.

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"In Thailand, there are about 50 soy sauce factories, the majority of which are small, producing less than 100 kilolitres per year, although it should be noted that most of them also produce soybean paste and soybean cheese [probably tofu]. The total annual consumption of soy sauce in Thailand is estimated at about 6,000 kilolitres (about 7,200 tonnes).

"In Malaysia, there are about 140 soy sauce factories producing in total an estimated 5.5 million gallons of soy sauce per year according to the proprietor of a leading brewery in Kuala Lumpur. This is about 21,000 tonnes per annum" (p. 84). Address: Dep. of Applied Microbiology, Univ., of Strathclyde, Glasgow [Scotland], U.K.

5438. *Food Chemical News.* 1982. Tofu: Possible link to food poisoning cases in Washington [state] is being investigated by FDA and CDC. Feb. 1. p. 2.
• ***Summary:*** The FDA's Seattle District was alerted by the Washington State government of 20 cases of illness caused by *Yersinia enterocolitica.* A news release was issued by the State, which requested a recall of tofu by Island Spring, a manufacturer on Vashon Island, Washington.

5439. Aros Sojaprodukter. 1982. Tofu & alger den nya maten! [Tofu & sea vegetables, the new foods (Ad)]. *Haelsa.* Feb. 2. [Swe]
• ***Summary:*** This full-page color ad shows Aros tofu (both in the package and sliced), Morinaga Ever-Fresh Silken Tofu, a tall bottle of "Traditionally Brewed Shoyu Soya Sauce," plus packages of nori, wakame, kombu, and Irish dulse (from Sunwheel). Address: Bergsvagen 1, 190 60 Orsundsbro, Sweden. Phone: 0171/60 456.

5440. Wollner, Joel. 1982. History of Erewhon, macrobiotics, and soyfoods in America (Interview). Conducted by William Shurtleff of Soyfoods Center, Feb. 2. 2 p. transcript.
• ***Summary:*** Evan Root was the first attendant at the Erewhon retail store, below street level at 303-B Newbury Street. He lacquered the walls with Michio. Evan is a great storyteller, very intelligent. The initial store was just one room, about10 by 20 feet. Very few people came in to buy food, so it was more like a stock room than a store. Some evenings there were lectures there. Redwing Books now occupies that space. Most of the food (a tin of miso, a keg of tamari) was just being sent by the Kushis' friends from Japan as gifts; it didn't go through customs.

The Kushis got nigari and made tofu at home. It was not for sale, but for dinner guests and cooking classes. Joel made some tofu using lemon juice when nigari was not available.

As tofu started to become more popular, Erewhon started to buy it from a tofu maker in Boston's Chinatown. First they just bought and sold that tofu, but before long (in about 1973-74) they convinced him to start making nigari tofu for them. They guaranteed to buy what he made, and they sold him the nigari at cost. This might have been the first nigari tofu made in USA. A lot of nigari tofu is still made in Boston's Chinatown. Joel thinks the tofu maker was located on Tyler, Street, perhaps Yah Kee. Nigari came in 66 pound sacks from Japan. Erewhon also sold small quantities of nigari in the retail store. Chinatown was Erewhon's main source of tofu until Laughing Grasshopper appeared.

What was the macrobiotic movement's contribution to the history of soyfoods in the United States? Macrobiotic teachers and students talked and wrote about them, ate them, and sold them. They felt soyfoods were an important part of a good diet. They educated people and developed a market for soyfoods. Few Americans had eaten miso and tofu at home before 1966–the year Erewhon started. Macrobiotics were the first Caucasian Americans to really use soyfoods regularly. Before that, soyfoods (except perhaps soy sauce) were just interesting oddities. Once could say that the macrobiotic movement introduced soyfoods to America.

As for tofu, Joel thinks that Michio Kushi's students misinterpreted his remarks about tofu being yin. Macrobiotics now eat tofu regularly, 3-4 times a week. There are endless ways to prepare it. It's been years since Joel has heard that tofu is "too yin."

What did *The Book of Tofu* (published in Dec. 1975) do for tofu? It expanded its relevance for the Western diet. Before that book, most of the tofu in the United States was consumed by people of East Asian ancestry.

Charles Kendall played a key role in making and introducing natto, mochi, and amazake to Caucasian Americans. He made these foods in his home and sold them locally. Initially, it was not a formal / legal business. But today his business, Kendall Foods, sells $500 a week of these three foods. He has been making natto for 4-5 years. He was America's first Caucasian natto maker. Natto was served in macrobiotic restaurants in Boston.

The latest soyfood to hit Boston has been tempeh. It's been a phenomenal success. Macrobiotics are going crazy over it. Thom Leonard has been giving lots of tempeh classes for the past 1½ years. For more than a year, lots of sandwich makers in Boston have been making and selling tempeh sandwiches. Tempeh is made into cutlets, burgers, tempeh mock-tuna salad. Why is it so popular? Because it is rich and meaty in texture and flavor–the opposite of rice. Most macrobiotics crave rich, meaty foods.

Ron Kotzsch is very close to the Kushis. A very unpretentious person with a wonderful sense of humor, he is now teaching in North Carolina. He is friends with Helen and Scott Nearing. He toured China and Japan with John Denver, the singer and songwriter–who did a benefit for Michio's new college.

How does Joes see the future of Erewhon? He thinks the company will focus on manufacturing only. Now is the critical time. He'd give Erewhon a 30-70% chance of survival. Address: Boston, Massachusetts.

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5441. Hillyard, Roger. 1982. History of Erewhon, natural foods, and macrobiotics in America. Part II (Interview). Conducted by William Shurtleff of Soyfoods Center, Feb. 7. 2 p. transcript.
• ***Summary:*** While Roger was in Boston, no tofu was sold at the Erewhon retail store at 342 Newbury St.–since there was no refrigeration and no room. He thinks tofu was introduced after Erewhon got 33 Farnsworth St.

The trickiest question, which has no place in this book, is about work as a disciple / discipline vs. for money / as business. Work can be a spiritual practice (*karma yoga*), and that is how many of the early workers at Erewhon viewed it.

Roger does not know why so many people left Erewhon. Maybe Michio Kushi planned it that way. He does not know why Erewhon went bankrupt; maybe it was because the company was undercapitalized, there was no worker equity, and Michio did not know American business. "Maybe Michio did not care so much. Distributing foods was always a minor focus for Michio."

Other macrobiotic food distributors outside the U.S. were Lima in Belgium (by far the earliest), Harmony and Sunwheel in England, and some company in Italy. Address: California.

5442. White, Jim. 1982. Carobs brighten dull winter dishes. *Toronto Star* (*Ontario, Canada*). Feb. 10. p. C8.
• ***Summary:*** Frieda Caplan, the queen of exotic and interesting new fruits and vegetables, and a California food wholesaler, is in Toronto to brighten the dull, cold winter with California sunshine. This year her company hopes to ring up $10 million in gross sales.

According to Kaplan, trends in the U.S. are towards fresh herbs and tofu, and away from salt.

Nearly half of the 10,000 letters Caplan receives each year come from consumers who want "to know more about tofu, the Orient's soybean cake, and how to use it.

"Tofu is available in many Toronto supermarkets." A 500-gram package of Victor Food Products' tofu, containing four slices packed in water, retails for $1.19 at A&P.

Karen Kaplan, Frieda's daughter (age 26), who is in charge of developing recipes for the company's line of exotic foods, prefers to treat tofu simply–by broiling it.

Cut slices about 3/4 inch thick, brush with soy or teriyaki sauce, and place beneath the broiler on an oiled pan. Broil until nicely browned and crusty, then turn to brown the other side.

Before broiling the 2nd side, you may want to "top it with a slice of mozzarella cheese (though this works better without the brushed-on sauces). Broil until the cheese is melted."

A photo shows Kaplan tasting a Mexican carob pod. Address: Food editor.

5443. Dominguez de Diez Gutiérrez, Blanca. 1982. Re: Current work with soyfoods in Mexico. Letter to William Shurtleff at Soyfoods Center, Feb. 16. 4 p. Typed, with signature. [Eng]
• ***Summary:*** "We are making the most incredible tamales." Blanca's maiden name is Dominguez. Her husband's double surname is Diez Gutierrez. She has decided to use only her maiden name–otherwise it is too long. She regrets that she does not know her husband's address.

"I have gone to three good agricultural libraries. When I enquire about the history of soya in Mexico, the librarian looks at me wide-eyed. So they bring out all they have on soya, plenty of information, but no history. I know Manuel Gamio wrote about it and was a great promoter." But Blanca has been unable to find any of his books.

"Soya flour was widely used by the Social Security in Mexico for many years; they began in the 1960s, and only recently gave it up. It was distributed freely among the people. It was never very successful and was not accepted permanently, because only the Social Security distributed it. I have been told that many years ago, even as early as the 1940s, the soya bean was sold or introduced in some shops; but it later was removed because people rejected it. They tried cooking it like Mexican beans, which are much softer and cook into a nice gravy sort of sauce. This soya bean never cooked, was hard as a rock, so it did not succeed. Now many people realize you must learn how to use it, and are willing to learn.

"I am sure there was some very goos stuff around in the 1930s. I have this clue from an old teacher, who told me she had some notes, which sounded terrific." But she has not yet been able to find them.

"You must write to Dr. Nuren Banfunzi (Apdo. Postal #6, Iguala, Guerrero). He has made many important contributions to Mexico in the field of Soya, among them creating the variety BM2, with no odor or beany taste, so that people do not reject the milk for human consumption. He might have all the information you need. He is now working in *el tecnológico* of Monterrey; also in Queretaro and also in Michoacan. He has been in contact with many fine people (incl. one lady in Michoacan) who are doing a lot to take the soya to the common folk. I am sure he can help you. He is a scientist. We are very good friends, and he has done a lot to introduce the soya to the ordinary housewife, even creating some recipes himself.

"Soya is almost like a conversion. When people adopt it, they turn inside out." Blanca encloses a sheet of the names she uses for basic soyfoods in Spanish. "Soyafoods = *alimentos de soya.* Fresh green soybeans = *frijol de soya tierno* (no special name). Soya nuts = I call them *soya-nuez* and so do my students, but this is only amongst us. Soya sprouts = *germinados de soya.* Roasted soya flour = *harina de soya tostada.* Coffee = I call it *soyafee* but this is only known among my students and at the cooperative I founded

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in Tepoztlán. Soya-choc = I call it *soyalate,* same as above. Tofu = *tofu o queso de soya o cuajada* (curd) *de soya.* Okara = *Okara o pasta de soya.* Soya oil = *aceite de soya.* Soy flour = *harina de soya.* Textured soya protein products = *productos de soya texturizada.* Soya grits: are not known here. Roasted soya beans with salt = like peanuts, I call them *soya-huates,* but my names are not well known yet, only among those who study with me. Gô = *masa de soya* which looks very much like the corn dough with which we make tortillas." Note: This is the earliest English-language document seen (Nov. 2012) that contains the term "roasted soya flour."

"In Mexico there are some commercial products: *Chocosoya,* like chocolate soya to drink with water or milk. *Soyavena,* a soya powder for children, soya and oats. *Pinole de soya,* is soya powder with cinnamon and sugar. *Horchata de soya,* invented by me but very well known, soya milk with plenty of ice, cinnamon, vanilla and sugar (I made it in Denver [Colorado, at the annual Soyfoods Conference])." Address: Apdo. Postal 226, Jalapa, Veracruz, Mexico.

5444. O'Brien, Jane M. 1982. Re: Re-thinking starting a tofu and soymilk factory in Ireland. Letter to William Shurtleff at Soyfoods Center, Feb. 17. 1 p. Typed, with signature.
• ***Summary:*** "We have had to backpedal a bit on any plans for a tofu and soymilk factory for many reasons–there is just not presently enough demand to warrant such a venture, but the time will come eventually.

"My book is coming along midst all the other things that are happening which have to do with family life, Baha'i life, and my interest in the many aspects of health and healing." Address: 7 Woodside Drive, Rathfarnham, Dublin 14, Ireland. Phone: 909-769.

5445. Nabben, Alexander. 1982. Re: Work with soyfoods in Germany and France. Letters to William Shurtleff at Soyfoods Center, Feb. 20 and July 17. 1 p. Typed, with signature. [Eng]
• ***Summary:*** "I have given our vegan restaurant [Wildwuchs] in Munich to friends, who are continuing to make tofu there. We [Irene and I] went with our friends from the Eire-Farm to the mountains of southwest France to start a new European Farm. In the beginning we are living in tents, planting a big soybean field and more. But we're still connected with Germany, so we're going to have a tour through the country, doing soy-cooking lessons in Berlin, Hamburg, Bremen, Frankfurt (at the International Bookfair), Stuttgart and in Munich. Beside all that we're working on a small book about soyfoods and life alternatives... Soon we'll have some people with us who worked in the tempeh plant on the Tennessee Farm." Address: Europa Farm, Ferme la Garringue, Besse-Festes St. André, 11300 France; or Berlin, West Germany.

5446. *Toyo Shinpo* (*Soyfoods News*). 1982. Zenkoku hanbai [Table shows wholesale and retail prices of tofu in each prefecture in Japan]. Feb. 21. p. 5. [Jap]
• ***Summary:*** The average wholesale price of 1 cake (400 gm) of tofu is 68 yen.

5447. Brody, Jane E. 1982. Winged bean hailed as a potent weapon against malnutrition. *New York Times.* Feb. 23. p. C1, C4. [1 ref]
• ***Summary:*** "The winged bean, a plant virtually unknown six years ago, has definitely taken off." Prof. Theodore Hymowitz says, "it's like an ice cream cone–you eat the whole thing." "The winged bean seed rivals the soybean in the quantity and quality of its protein."

Like the soybean, the winged bean can be pressed to obtain an edible oil. It can also be sprouted, or made into tofu, tempeh ("an Indonesian fermented bean cake") or a nutritious milk-like drink. Address: New York.

5448. Apuli, Debbie. 1982. There's really no limit to the uses of tofu: Arcata firm produces tofu treats. *Times-Standard / North Coast Optimist* (*California*). Feb. 28. p. B-9.
• ***Summary:*** About Matthew Schmit and the Tofu Shop in Arcata, California. Address: Times-Standard writer.

5449. Aros Sojaprodukter. 1982. Prislista februari 1982 [Price list. February 1982]. Bergsvagen 1, S-190 63 Orsundsbro, Sweden. 2 p. [Swe]
• ***Summary:*** Lists 27 products, including books. Foods include tofu, tofu burgers, nigari, mung- and alfalfa sprouts. Address: Orsundsbro, Sweden. Phone: 0171-604 56.

5450. Fiering, Steve. 1982. An armchair guide to pressure washers. *Soyfoods.* Winter. p. 42-48.
• ***Summary:*** "Clean-up in a food processing facility is a major responsibility. A great deal of labor, energy and material resources go into maintaining sanitation. One tool that can reduce the labor and expense of cleanup, while improving the level of sanitation, is the pressure washer. Don't expect to stop buying scrub pads, they are still in fashion; but you can expect to have a cleaner shop, and to see your facility closed up earlier by smiling clean-up crew members.

"Soyfoods has looked at and used pressure washers, spoken with manufacturers and sales reps, and studied the literature. Our report here outlines the basic concepts, identifies areas of choice and important detail, and introduces the companies that manufacture pressure washing equipment.

What is a pressure washer? It is basically the most effective and inexpensive tool for partially mechanizing the cleaning operation. More basically, it is a pump that will increase the pressure of the water or solution that you are cleaning with. The high pressure water removes surface soil that would otherwise have to be removed by hand-scrubbing, or not removed at all.

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"Most of us have used pressure washers. A common example is the coin operated, 'wash your own' car wash. For your coins you get a high pressure spray of hot water that you apply with a 'wand' to clean your car. It is not hard to imagine this high pressure spray being as useful in cleaning a food processing facility as it is in cleaning your car, but your clean-up crew won't need a pocketful of change. Another common example of pressure cleaning is the dish washer.

"Cleaning of surfaces is accomplished through the application of force to dislodge the particles of soil, a solution to dissolve and carry off the soil, and heat to aid the dissolution process. In food plants a final disinfecting solution kills microorganisms. A pressure washer is an aid to all aspects of this process. You can expect a good pressure washer to: reduce labor time and effort, reduce water and sewage expense, economize cleaning chemical usage, improve sanitation quality, clean more completely, minimize energy usage, reduce wear on equipment. The actual change you can expect in the above areas depends to a great extent on what your present clean-up procedures are. In most cases this type of equipment will be a 'profit maker' by reducing the cost of production and improving sanitation, which will improve product quality and shelf life.

"By applying much of the force needed to clean, the pressure washer reduces the amount of force the worker must apply. This allows the work to proceed faster. More work gets done in less time and with less human effort. The morale of the cleaning crew is improved as we all know that spraying is more enjoyable than scrubbing.

"If your present clean-up involves a lot of spraying with a garden type hose and city water pressure, then you can save water and sewage by using a pressure cleaner. A garden hose uses 4 to 10 gallons per minute (gpm). A pressure washer adequate for food processors uses from 2 to 5 gpm on the average. However, this savings in water usage may be negated by the probability that you will spend more time spraying with a pressure washer than with your present procedure, because the spraying will replace the scrubbing..." Address: A founder of the Soy Plant Co-op Inc., Ann Arbor, Michigan.

5451. Fiske, Doug. 1982. Presenting tofu's calling card. *Soyfoods*. Winter. p. 50-55.
• ***Summary:*** "How does soy sound? For various reasons and in most contexts, the words soy, soybean and bean don't carry positive connotations. They go the other way and prompt negative, unpleasant associations. Soybeans are regarded by many as animal fodder. People associate beans with flatulence.

"For those old enough to remember rationing during World War II, soybeans will never escape their perceived role as second-rate replacements for, or extenders of, meat–nearly every well-to-do person's first choice protein source. For these people, soy products are reminders of a time when they had to do without; they represent sacrifice. Sorry, there's not enough meat to go around, you'll have to eat beans.

"Beans are what poor people eat in place of meat. There's no prestige in eating beans. Doing so is like admitting you're not cutting the mustard; it involves shame. Prime rib says elite, beans say proletariat. Soybeans also suffer from the 'Are-they-still-trying to-make-those-things-taste-good?' syndrome.

"For these reasons I don't think it's in our interest to wave the soybean banner. Let the value of soy products creep into the American consciousness over a long period of time as they gradually gain popularity. We're much better off emphasizing the economy, nutrition, and tasty versatility of our products than we are stressing their soy origin.

"I think the context in which the great majority of people are familiar with soy is soy sauce. And soy sauce is a black, salty liquid that they first found in a funny shaker on the table in a Chinese restaurant. There are many clever names involving soy, soybean, or bean that can be conjured up but I think it's best to let your fingers do the walking in other parts of your thesaurus.

"If all this makes the hairs on the back of your neck stand up, I think the word 'soy' does the least damage when it's placed other than at the beginning of a name. Vitasoy, for example, is a good name. Soy as the final syllable creates a new context, especially when coupled with vita–that's life. Let me know if Midasoy strikes gold for you. Does Satisoy satisfy anyone?

"It's a hindrance to sell the soy cause in your marketing program. Precious few people will consume soyfoods because it's the charitable or environmentally righteous thing to do." Address: California.

5452. Hinode Tofu Company. 1982. Hinode Tofu [Japanese or Regular Style, Chinese or 4-piece, Kinugoshi or Silken, Yaki or Broiled, Age or French Fried Pouches, Nama Age or Deep-Fried Tofu Cutlets] (Ad). 526 Stanford Ave., Los Angeles, CA 90013.
• ***Summary:*** Ad in Soyfoods. 1982. Winter. p. 51. "Tofu Has Been our Business for 39 Years." Address: Los Angeles, California.

5453. **Product Name:** Hinode Agé or French Fried Tofu Pouches (Hinoichi).
Manufacturer's Name: Hinode Tofu Company.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013.
Date of Introduction: 1982. February.
Ingredients: Soybeans, water, soybean oil, sea salt.
Wt/Vol., Packaging, Price: 1½ oz (45.5 gm).
How Stored: Refrigerated.
New Product–Documentation: Ad in Soyfoods. 1982. Winter. p. 51. "Tofu Has Been our Business for 39 Years." Talk with Shoan Yamauchi. 1988. Oct. 23. This product was

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introduced when they started the business in 1947. Label. 1988, received. 5 by 7 inches. Red, white, black, and gold on clear plastic film. Hinoichi brand. Recipe on front of package for Rolled Tofu Pouches. $0.98 (10/88).

5454. Leviton, Richard. 1982. Tofu for institutions: Recipes for 225. *Soyfoods.* Winter. p. 66-67. [7 ref]
• ***Summary:*** These recipes were developed by Thelma Dalman (foodservice director of the Santa Cruz City Schools) and Mary Tolan (Dalman's former co-worker, and newly appointed foodservice director for Manteca Unified School District in California). On 15 Sept. 1981, Tolan made a landmark presentation on tofu for institutional feeding programs at the American Dietetic Association's annual convention in Philadelphia, Pennsylvania. "In working with our students," she told an audience of 600 enthusiastic nutritionists, "we have found high acceptance of the incorporation of tofu into popular Italian and Mexican foods, such as pizza and tacos. The seasoning is the key to its success." Ms. Tolan distributed bulk tofu recipes to the group that "the protein cost savings yielded per serving of tofu pizza is approximately 44.69 percent."

Large-scale recipes are given for: Tofu and egg muffin supreme (serves 50). Tofu tamale pie (serves 225). Tofu patties (serves 50). Photos by Frank Ward show: Thelma Dalman holding a tray of tofu pizza. Tofu Lasagna being offered in a school lunch line. Tofu Lasagna for 25 being prepared in the Colorado State University kitchens. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5455. Leviton, Richard; Shurtleff, William. 1982. The coming tempeh boom. *Soyfoods.* Winter. p. 26-34, 38-40. Cover story. [13 ref]
• ***Summary:*** Company profiles of Soyfoods Unlimited (San Leandro, California) and Pacific Tempeh (Emeryville, California). "On February 15, 1981, Valerie, John, and Gary Robertson began tempeh production in their state of the American art $100,000 plant in San Leandro, California." The 1,000 square foot plant has a capacity of 10,000 lb/week of tempeh. "While the three Robertsons are each principals, Valerie is the chief dynamo, tempeh-maker, and sales-stormer, staging three in-store product demonstrations (called 'Tempeh Tastings') every week while managing their line of three tempehs and tempeh burgers." "Soyfoods Unlimited produces 1,000 pounds of tempeh weekly and 1,000 pounds of marinated, steamed tempeh burgers. The tempeh intended for distributors is frozen immediately, then thawed and predated 16 days ahead of the day of delivery. Fresh tempeh is steamed then refrigerated until delivery. The Robertsons refrain from vacuum packing their tempeh in order to preserve the firm, white cake; the vacuum compression tends to darken and crush the fragile white mycelium. Although their tempeh was presented initially as a frozen food, the lack of product shelf visibility prompted the Robertsons to supply a refrigerated tempeh as well. The tempeh burgers, which are vacuum packed in six ounce plastic bags (with two burgers) are marinated in a steam kettle, then steamed... Their Brown Rice Soy Tempeh is fast becoming popular while the burgers are available in both round and square shapes (called "Tempeh Cutlets / Burgers").

"The energetic Valerie continually drives around the Bay Area to conduct new Tempeh Tastings in the high volume stores among the region's natural foods outlets. At a typical demonstration she offers samples of Tempeh with Herb Tomato Sauce, Sweet and Sour Tempeh, Mock Chicken Tempeh Salad, and Tempeh Burgers. To complement the demonstrations, the Robertsons have launched a cautious advertising campaign targeted for both the Bay area and selected national natural foods publications."

The plant has a powerful sanitation system, which is described in detail.

Pacific tempeh was launched in Aug. 1980 on a $40,000 investment that secured a 1,000 square foot facility in Emeryville, California. "The plant has a per week capacity of 5,500 pounds while current weekly tempeh production is 2,400 pounds."

Photos show: (Cover) Valerie Robertson standing behind a table of tempeh dishes and promotional materials. (1) Valerie Robertson pulling a tray of finished tempeh in perforated plastic bags from a rolling rack. (2) Inside of the Soyfoods Unlimited plant. (2) Travis Burgeson holding a tray of finished tempeh. (4) A person vacuum packing tempeh burgers. (5) Travis Burgeson standing by a rolling rack. Address: 1. 100 Heath Rd., Colrain, Massachusetts 01340; 2. Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 413-624-5591.

5456. Leviton, Richard. 1982. Silken tofu and fried pouches: Inside the Japanese tofu industry. *Soyfoods.* Winter. p. 18-25.
• ***Summary:*** Leviton is on a two-week tour of Japan's tofu industry. He is part of "Okita Enterprises' whirlwind tofu and beansprout study tour, expertly arranged by Hideyoshi Okita and Charles Ishikawa of Los Angeles. Twelve tofu entrepreneurs and eight bean sprout enthusiasts [total 20] will bus their way through Tokyo traffic for 8 days in late September [1981] searching for the state-of-the-art of the Japanese tofu industry, and two of us will remain another week for more far-flung tofu travels."

Discusses: Takatsuka Marugo, Kinugoshi, Ikuta, Yahima, Asahi Shokuhin, Asahimatsu, Japan Packaged Tofu Assoc., Ninomiya Tofu Factory, Machida, Supermarkets, Linda Barber. Contains many photos of huge tofu factories and small, traditional neighborhood tofu shops. There is no mention of bean sprouts in Japan. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5457. Leviton, Richard. 1982. Soy delis: Fast, natural, and

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growing. *Soyfoods.* Winter. p. 35-37.

• ***Summary:*** Discusses the Well Bean Deli in Santa Cruz (with a photo of Kevin Van Slooten); Real Food Tofu Cafe in Redwood Valley; and The Tofu Shop in Arcata. All in California. 2-3 photos show each location.

Concerning The Tofu Shop (768 18th St., Arcata, CA 95521): It "combines retail take-out with small scale tofu production and bakery products in a wood-lined airy storefront. Owner Matthew Schmit (who earlier managed a soy deli in Telluride, Colorado) has filled his 1,000 square feet with a small commercial cauldron-style tofu shop, small bakery, and 200 square foot retail front, all of which he launched on $11,000 investment on December 15, 1980. The cozy retail space features racks of soy cookbooks and crackers, teas, packaged miso, tofu and tempeh kits, noodles, seaweed, and a handsome reach-in cooler where the tofu herb burgers, tofu spinach pies, vegetable tofu sushi rolls, tofu tahini salad, tofu herb dip, tofu cream pies, and bottled soymilk are displayed. Monthly sales average $3,500 with some outside distribution of tofu, soymilk, and burgers. The deli attracts walk-in customers from the nearby Humboldt branch of the University of California while tofu burgers and tofu spinach turnovers are probably the most popular products at the deli." Photos show: (1) Matthew Schmit standing at the wood-lined counter. (2) Matthew and Susan [Suzanne] Schmit with their shop's specialties.

Concerning the Real Food Tofu Cafe (8473 East Rd., Redwood Valley, California): The Tofu Cafe is "in the tiny inland town of Redwood Valley (population: 400). Real Food (billed as 'Vegetarian whole foods, specializing in delights from the humble soybean') opened its 900 square foot facility (which includes in-house tofu production and secondary tofu products) in November 1980. The cafe is open for leisurely lunches, from noon until four and the customer often feels as if he is dining in someone's large, lovely living room. The deli is outfitted with wall-to-wall carpeting, an authentic rock wall, hefty wooden tables, plants. The decor, in fact, in most soy delis is typically tasteful, low key, earthy, and exudes a subdued sense of quality. 'Anyone who runs a soy deli,' Dik Rose remarks 'should make secondaries because of their promotional value for the deli name.' Rose's cafe, which is the retail branch of his Brightsong Tofu Company, produces Missing Egg Tofu Salad, Tofummus, Almond Tofu Creamie, and Strawberry Tofu Creamie, packaged in 8 ounce plastic tubs, and shipped frozen (with a 17 day refrigerated shelf life) around the San Francisco market. Missing Egg Tofu Salad sandwich and banana carob soymilk shakes are the deli best sellers, the average ticket is $3.50, and take-out and sit-down each draw 50 percent." Photos show: (3) The inside of the deli. (2) Dik and Sharon Rose behind the counter, with their large menu on the wall behind them. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5458. Ontario Soya-Bean Growers' Marketing Board. 1982. "Canadian soyabean mission, South East Asia, Feb. 12th–27th, 1982: Mission member reports." 1982. Canadian soyabean mission, South East Asia, Feb. 12th–27th, 1982: Mission member reports. Chatham, Ontario: Ontario Soya-Bean Growers' Marketing Board. 12 p. Feb. 12 p. Feb. 24 x 11 cm. [Eng]

• ***Summary:*** Contents: Comments, by Peter H. Epp, Chairman. Japan: Home Shokuhin Tofu Manufacturing Co., Komatsuya Shokuhin (natto mfg. plant), Nihon Miso (manufacturing plant), Japan Miso Assoc., Japan Tofu Assoc., Federation of Japan Natto Manufacturers' Cooperative Society, Wako Shokuryo Co. (makes natto; Jacob Hartz in Arkansas supplies them with "936X" variety small-sized natto soybeans; Wako also supplies Nihon Miso Mfg. Plant), X-Can Far East Ltd. Korea: Seoul meeting at embassy, Chung's Food Ltd., Agriculture and Fisheries Development Corp., Korean Soybean Curd Cooperative Manufacturing Assoc. Singapore: Okura & Company Ltd., Eng Huat Pte. Ltd., Intraco. Malaysia: Yeo Hiap Seng Co. Ltd. (the largest manufacturer of soymilk in Malaysia and Singapore). Follow-up. Conclusion.

Each of the following members of the mission wrote a chapter in this book, discussing each visit mentioned in the contents: Peter H. Epp, Bernard Calhoun, Otis McGregor, Richard I. Buzzell, M.D. Pennell (General Manager, R&D, H.J. Heinz Company of Canada Ltd.), Michael Loh (Export Development Specialist, Ontario Ministry of Agriculture and Food).

Details are given on the soybean characteristics desired for each type of soyfood product, especially in the chapter by Dr. Buzzell. Popular soybean varieties include: For Miso: Enlei [Enrei], Fujimejiro, Harcor.

For natto: The main natto specifications are: 1. Seed size–small but fully developed, less than 5.0 mm diameter if possible. 2. Round seed. 3. Total sugar content < 22%. 4. Oil content > 19%. 5. White / yellow hilum. Best natto varieties: Jizuka (the smallest, from Ibaraki prefecture) and Suzuhime (small, from Hokkaido), "two domestic [Japanese] varieties used for superior quality natto, were priced at $100 U.S. for 60 kg. The U.S. varieties which have been, and are being used presently, are not satisfactory. Both Nattawa and Pioneer 1677 varieties should adapt well to the natto product." Jennett (H24) from the USA is good. (p. 5, "Natto specifications Japan, unnumbered page near rear).

For tofu: Amsoy, Coles, Harcor.

Letter from Fred Brandenburg of OSGMB. 1994. Nov. 9. "Regarding export promotion before 1982, any activities would have been part of larger government sponsored trade missions. For example, in 1979 Otis McGregor participated in a mission to Asia which was co-ordinated by Michael Loh. It included a number of marketing boards and associations from Canada."

Note: This is the earliest document seen (Dec. 1998) that

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(apparently) mentions the soybean variety Enrei. Address: P.O. Box 1199, Chatham, ONT N7M 5L8, Canada. Phone: 519-352-7730.

5459. Pacific Trading Co. (Living Lightly brand). 1982. Product catalog. P.O. Box 40429, San Francisco, CA 94110. 12 p. [1 ref]
• ***Summary:*** Includes photocopies of all product labels, showing all ingredients. A pioneering and extremely creative product line. Address: San Francisco, California.

5460. **Product Name:** Living Lightly Ready to Eat Tofu Cutlet (Deep-fried Cake of Tofu).
Manufacturer's Name: Pacific Trading Co. Distributed by Living Lightly.
Manufacturer's Address: P.O. Box 40429, San Francisco, CA 94110.
Date of Introduction: 1982. February.
Ingredients: Water, soybeans (organically grown in accordance with Section 26569. 11 of the California Health & Safety Code), soy oil, curded with natural calcium sulfate.
Wt/Vol., Packaging, Price: 6.5 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. 1982, undated. 4 by 2.75 inches. Self adhesive. Blue, brown, green and white.

Film label. 1983. 7.5 by 4.5 inches. Blue and green on white. "Organic soybeans. Use like meat or cheese." "Serving Suggestions: Tofu Cutlets are ready to eat. Serve like cheese, ham, or bacon; sliced in sandwiches or with fried eggs; diced in salads, soups, casseroles, stews, or scrambled eggs. Or reheat in a toaster, oven or barbecue, and serve with a little soy sauce, and garlic or grated ginger."

5461. **Product Name:** Living Lightly Tofu Lasagna.
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: San Francisco, California.
Date of Introduction: 1982. February.
Ingredients: Rennetless ricotta cheese, tofu, tomatoes, rennetless mozzarella and Romano cheese, whole wheat flour, green onions, carrots, eggplant, soy oil, garlic, herbs and spices.

Wt/Vol., Packaging, Price: 18 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1982. 4 by 2.75 inches. Self adhesive. Green and red on white. "Tofu with pastabilities... For more about tofu see *The Book of Tofu...*" Spot in Soyfoods. 1982. Winter. p. 57. 18 oz.

5462. **Product Name:** Tofu (Water or Vacuum Pack) [Organic, Not Organic, Firm, Regular, Nigari-Style, or Calcium Sulfate].
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: P.O. Box 40429, San Francisco, CA 94110.
Date of Introduction: 1982. February.
Ingredients: Organic Firm Tofu: Made with: Water, soybeans (Organically grown in accordance with Section 26569.11 of the California Health and Safety Code), Curded with natural calcium sulfate. (This pure natural earth mineral contains calcium and has been used in China for 2,000 years).
Wt/Vol., Packaging, Price: 14-16 oz water pack or vacuum pack.
How Stored: Refrigerated, 21-30 day shelf life (if pasteurized).
New Product–Documentation: Manufacturer's catalog. Label reads: "For delicious TOFU recipes see THE BOOK OF TOFU by Shurtleff & Aoyagi."

5463. **Product Name:** Living Lightly Savory Broiled Tofu (Vacuum Packed).
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: P.O. Box 40429, San Francisco, CA 94110.
Date of Introduction: 1982. February.
Ingredients: Tofu (organic), magnesium chloride (nigari), natural soy sauce, herbs and spices.
Wt/Vol., Packaging, Price: 8 oz, vacuum packed.
How Stored: Refrigerated.
Nutrition: Per 4 oz. serving: 180 calories, 17 gm protein, 5 gm carbohydrates, 10 gm fat.
New Product–Documentation: Label. 1982. 2.75 by 4.25

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inches (circled top). Plastic. Red and yellow. "Ready to eat. No preservatives."

5464. **Product Name:** Tofu (Vacuum Pack) [Organic, Not Organic, Firm, Regular, Nigari-Style, or Calcium Sulfate].
Manufacturer's Name: Pacific Trading Co.
Manufacturer's Address: P.O. Box 40429, San Francisco, CA 94110.
Date of Introduction: 1982. February.
Wt/Vol., Packaging, Price: Vacuum packed.
New Product–Documentation: Manufacturer's catalog. Text on label: "For delicious TOFU recipes see THE BOOK OF TOFU by Shurtleff & Aoyagi."

5465. Percival, Bob. 1982. Easy to do tofu. *Vegetarian Times* No. 54. Feb. p. 61-64.
• ***Summary:*** How to make tofu at home, plus recipes for Tofu Guacamole and Soysage. A photo shows the utensils necessary for making tofu (found in most kitchens).

5466. **Product Name:** Missing-Egg Tofu Salad (100% Vegetarian).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1982. February.
Ingredients: Tofu, celery, pickles, safflower oil, lemon juice, shoyu, mustard, curry, garlic, onion, sea salt, honey, lecithin. Yellow label: Brightsong Tofu, pickles, celery, oil, lemon juice, soy sauce, mustard, honey, spices, garlic, onion, salt.
Wt/Vol., Packaging, Price: 8 oz. Yellow label: 15 oz.
How Stored: Refrigerated.
New Product–Documentation: Spot in Whole Foods. 1982. April. p. 60. "Convenience Soyfoods." Spot in Soyfoods. 1982. Summer. p. 56. "Prepared Tofu Salads and Desserts." Label. 4 inches diameter. Plastic. 3 color: Red, yellow and blue on white. "Try our other soy foods–Hummous, tofummus, soysage and creamies." 1 plastic tub top each. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Letter from Richard Rose. 1987. Aug. 29.

5467. **Product Name:** Cottage Tofu Salad (Non-Dairy Cottage Cheese).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1982. February.
New Product–Documentation: Spot in Whole Foods. 1982. April. p. 60. Spot in Soyfoods. 1982. Summer. p. 56. "Prepared Tofu Salads and Desserts." Label, 3 color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Letter from Richard Rose. 1987. Aug. 29.

5468. **Product Name:** Tofummus (Middle-Eastern-Style Hummous with Tofu).
Manufacturer's Name: Redwood Valley Soyfoods Unlimited.
Manufacturer's Address: P.O. Box 371, Redwood Valley, CA 94570.
Date of Introduction: 1982. February.
Ingredients: Tofu, garbanzo beans, tahini, lemon juice, garlic, sea salt, lecithin.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. Spot in Whole Foods. 1982. April. p. 60. "Convenience Soyfoods." Spot in Soyfoods. 1982. Summer. p. 56. "Prepared Tofu Salads and Desserts." Label. 4 inches diameter. Plastic. Red, green and blue on white. "Try our other soy foods–Missing egg tofu salad, hummous, soysage and creamies." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Letter from Richard Rose. 1987. Aug. 29.

5469. Shurtleff, William. 1982. Otten's Indonesian Foods. *Soyfoods.* Winter. p. 28.
• ***Summary:*** This company is run by Mary and Irene (mother and daughter) Otten, of Indonesian descent. "Mary Otten started the earliest known U.S. tempeh shop in 1961 in Albany, California, where she produced it in a basement and sold it to friends and catered parties." Mary and Irene moved to Oakland, then to 322 Key Blvd. in Richmond, California, where in 1976 they started Otten's in a small plant behind their home. In addition to tempeh they make a line of ready-to-eat tempeh dishes: Sambal Bali Tempeh, Tumis Tempeh, Oblok-Oblok Tempeh, Sayur Lodeh Tempeh, Sweet & Sour Tempeh, Sambal Goreng Tempeh, Terik Tempeh, and Sambal Goreng Udang dan Tempeh. A photo shows Mary and Irene Otten. Address: Lafayette, California.

5470. Shurtleff, William; Aoyagi, Akiko. 1982. Tofu & soymilk production: A craft and technical manual. Lafayette, California: Soyfoods Center. 336 p. Illust. by Akiko Aoyagi Shurtleff. Index. Feb. 28 cm. [223 ref]
• ***Summary:*** The contents is identical to that of the original Aug. 1979 edition, but the publisher's name has changed to Soyfoods Center from New-Age Foods Study Center. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5471. **Product Name:** Marinated Tofu Cutlets.
Manufacturer's Name: Sooke Soy Foods.
Manufacturer's Address: Sooke, BC, Canada V0S 1N0.
Date of Introduction: 1982. February.
Ingredients: Tofu (organic soybeans, water, nigari [magnesium chloride–an extract of sea water]), soy sauce,

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garlic, ginger, cayenne, black pepper.
Wt/Vol., Packaging, Price: 10 oz / 284 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 104, protein 12 gm, carbohydrates 3.4 gm, fat 8.2 gm.
New Product–Documentation: Label. 1988, received. 6 by 4.5 inches. Yellow, green, blue and white on clear plastic film. "Ready to serve–Hot or cold. For snacks, sandwiches, or as a main course. A good source of protein. No preservatives."

5472. **Product Name:** [Soyana Tofu (Firm)].
Foreign Name: Soyana Tofu.
Manufacturer's Name: Soyana.
Manufacturer's Address: Postfach 8039, Friedensgasse 3, CH-8002 Zurich, Switzerland. Phone: 012-028-997.
Date of Introduction: 1982. February.
Nutrition: Per 100 gm.: Protein 12.9 gm, fat 4.0 gm, usable carbohydrates 0.1 gm, minerals 1.0 gm, fiber 9.1 gm, calories 90.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Walter Daenzer.

Letter from Verena Krieger. 1983. March 8. The Soyana tofu shop opened in Feb. 1982.

Leaflet (1 panel, 21 x 15 cm, single sided, printed black on white). *Gehalt von Soyana-Tofu* (*fest*) [Content of Soyana Tofu (firm)]. 1982? (undated). Gives the nutritional composition of the product, as shown above.

R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 17, 19. Product seen in Reformhaus health food store in Zurich, Switzerland. Tofu production started in Feb. 1982. Letter from Michael Karlen. 1986. Feb. 16. They make organic nigari tofu.

5473. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Soyfoods Australia (Renamed Nutrisoy. Pty Ltd. by 1987).
Manufacturer's Address: Rear 355 Parramatta Rd., Leichhardt, NSW 2040, Australia. Phone: 560 0792.
Date of Introduction: 1982. February.
New Product–Documentation: Letter from T. [Tony] Wondal. 1982. Dec. 17 (only stamp-dated envelope survives); Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Marcea Newman Weber and John Fenwick. Phone: 025-600-792. They make tofu and soymilk.

Letter from Marcea Newman Weber. 1995. Feb. 12. The company moved to 14/2 Paton Place, Manly Vale, NSW 2093 in about 1983, and Pty. Ltd. was added to the company name in about 1984.

Letter from Marcea Newman Weber. 1995. March 3. "We started making tofu in Leichhardt in 1982–first part of the year."

5474. *Soyfoods.* 1982. California yuba plant opens. Winter. p. 7.
• ***Summary:*** "Soyfoods of America's Ken Lee and Lawrence Wu, of Duarte, California, plan to make yuba far more available, visible, and talked about as they launch America's first semi-mechanized (and only) yuba plant.

"The yuba operation, which precedes tofu production in their daily schedule, begins with a low density, low solids soymilk which is pumped automatically across the plant from the tofu line to a series of shallow heating tubs in a 30 foot long stainless steel yuba forming machine. The soymilk is heated and a worker manually lifts off the skins and hangs them on metal drying tiers. Lawrence Wu reports that as many as 22 skins can be obtained from a 2¼ inch basin of soymilk but that as the oil portion is used up, more carbohydrates comprise the yuba and it darkens slightly. Wu's yuba has 51% protein, 20% oil, and 2% lecithin on a dry weight basis. Ken Lee plans to package his yuba semi-moist with a nitrogen flush to increase shelf life, but he's experimenting with vacuum-packing as well. Yuba in its dry form can last up to 2 years at room temperature... Yuba will be positioned in natural foods and supermarket outlets as a sandwich wrapper, eggroll-style, for entrees, as a dry soup mix powder, or as a steamed bologna-like yuba roll flavored with shoyu."

5475. *Soyfoods.* 1982. What's 200 years old and tastes brand new? Legume Tofu Lasagna. Winter. p. 56.

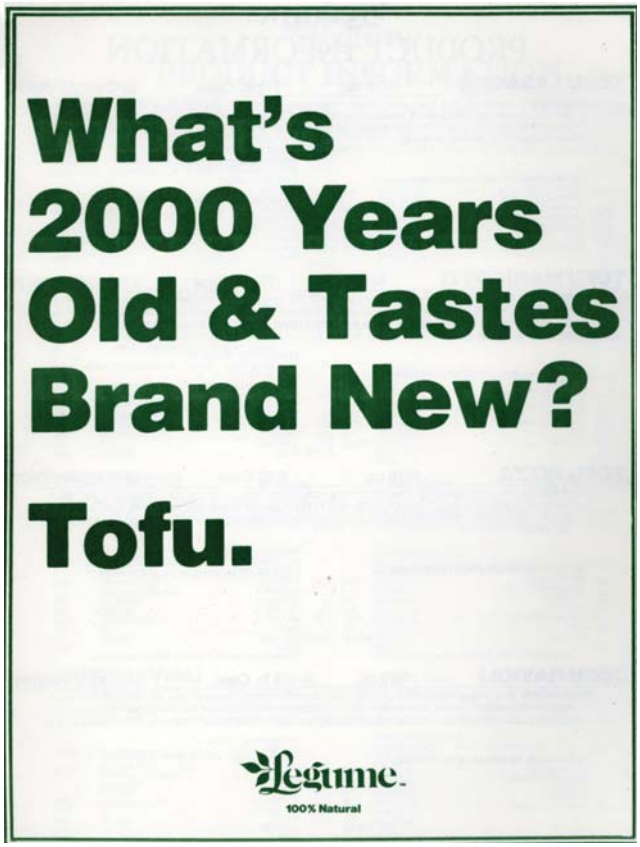

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• ***Summary:*** "Legume, Inc. of Verona, New Jersey, now uses this slogan to market a line of frozen tofu convenience foods to 22 natural foods distributors covering 30 states. Legume's line, which includes tofu snacks and tofu entrees, is sold in 20 New Jersey supermarkets."

Tofu Ravioli appeared in January 1982. Robert Shapiro, Legume's Sales Director, remarks: "Our Lasagna is a smash success, while the introduction of Ravioli should substantially increase sales of our Italian line." Address: Verona, New Jersey.

5476. *Soyfoods.* 1982. Soyfoods marketer. Winter. p. 57.
• ***Summary:*** "Mark Brawerman's Pacific Trading Co. distributes a diverse line of frozen and refrigerated soyfoods around the greater San Francisco area. Besides his stock of yogurt, cheeses, juices, eggless honey dairy ice cream, and middle eastern specialty foods, Brawerman distributes soyfoods from three West coast producers including Island Spring (Smoked Soyloaf, Steamed Tofu), Redwood Valley (Almond Creamie, Berry Creamie, Soysage, Tofumous, Missing Egg), and Soyfoods Unlimited (Tempeh, Tempeh Burger). Brawerman also handles two brand name lines of his own, Jolly Licks Non-Dairy Frozen Desserts and Living Lightly. The Jolly Licks line of soymilk ice creams was introduced in July 1980 and includes these flavors: Toasted Almond, Strawberry, Coffee, Carob, Orange, Carob Mint, Vanilla, Chocolate, (in pints and 5 oz cups). The Living Lightly line includes soft and firm tofu (water-packed and vacuum packed), tofu cutlets, SoyMoo beverage (plain, vanilla-cinnamon, in pints and quarts), two flavors of Tofu No-Cheese Cake (Hawaiian, Strawberry, at 12 oz), and six frozen tofu entrees, (Tofu Tamale, 7 and 12 oz; Tofu Enchilada, 12 oz; Tofu Lasagna, 18 oz; Tofu Ravioli, 14 oz; Tofu Italian Salad, 8 oz; and Tofu No Egg Salad, 8 oz)."

5477. Stephensen, Susie; Frumkin, Paul. 1982. Budget stretching entrees: The economy and you. *Food Management.* Feb. p. 47-53.
• ***Summary:*** "One budget stretcher that is increasing in popularity all over the country is tofu." At Bryn Mawr College in Pennsylvania, foodservice director Gail Finan serves chopped tofu on the salad bar, plus a tofu parmigiana and a tofu served in marinara sauce. These have proved "quite successful among students and faculty."

Other tofu recipes described are: Marinated orange tofu salad (Boston College). Tofu with taco. Tofu burger on a sesame bun. Tofu cutlet with cheese (the tofu is deep fried). Tofu tempura. Address: 1. Senior editor; 2. Contributing editor.

5478. Suzuki, Hiroshi. 1982. Daizu kakô shokuhin no hinshitsu [Quality of processed soybean foods]. *Nyu Fudo Indasutori* (*New Food Industry*) 24(2):42-49. Feb. [2 ref. Jap]
• ***Summary:*** Discusses mostly natto and tofu. This journal is published by the Tokyo Metropolitan Agric. Exp. Station. Address: Tokyo-to Nogyo Shikenjo.

5479. Wang, Hwa L.; Hesseltine, C.W. 1982. Coagulation conditions in tofu processing. *Process Biochemistry* 17(1):7-8, 11-12. Jan/Feb. [32 ref]
• ***Summary:*** Contents: Introduction. Preparation of the soybean milk. In vitro measurement of protein digestibility. Evaluation of coagulation conditions. Texture evaluation. Effect of heat treatment. Effects of coagulants (Calcium sulfate, calcium chloride, magnesium sulfate, magnesium chloride). Effects of coagulant conditions. Effect of coagulation temperature. Effect of mixing on coagulation. Conclusion.

Figures (all graphs) show: (1) In vitro digestibility of soybean milk (% of protein digested) as affected by boiling time. (2) Relationship of concentration and type of 4 coagulants to the yield of tofu (4 graphs). (3) Force-distance curve of tofu for brittleness and elasticity (2 graphs) obtained from Instron universal testing machine. (4) Relationship of concentration and type of 4 coagulants to the texture characteristics of tofu (4 graphs; cohesiveness, hardness, elasticity, brittleness). (5) Effect of coagulation temperature on tofu (2 graphs; gross weight, corrected gross weight, moisture content, total solids, hardness, elasticity, cohesiveness).

Tables show: (1) Effect of boiling time on the essential amino acid composition (g/16 gm of nitrogen) of soybean milk. (2) Effect of mixing on coagulation temperature in making tofu. Address: NRRC, Peoria, Illinois.

5480. Yavelow, Jonathan; Gidlund, M.; Troll, W. 1982. Protease inhibitors from processed legumes effectively inhibit superoxide generation in response to TPA. *Carcinogenesis* 3(2):135-38. Feb. [32 ref]
• ***Summary:*** Protease inhibitors in soybeans and tofu block cancerous tumors. The significance of protease inhibitors in edible legumes and the possible role of free oxygen radicals in tumor promotion are discussed. TPA is the tumor promoter 12-O-tetradecanoyl-phorbol-13-acetate. The tests were done in vitro using human enzymes. Address: Dep. of Environmental Medicine, New York Univ. Medical Center, 550 First Ave., New York, NY 10016.

5481. Funcación Tao-Fu. 1982. Proyecto piloto para la produccion e introduccion de los productos derivados de la soya en Quito, Ecuador [Pilot project for the production and introduction of soyfoods to Quito, Ecuador]. Quito, Ecuador. iii + 21 p. March 1. Unpublished manuscript. [Spa]
• ***Summary:*** Proposal submitted by Richard Jennings and Ismael Janisch. In Feb. 1980 la Fundacion Tao-Fu began its work to introduce soy protein foods to Ecuador. To date, they have developed tofu (seasoned and natural), tempeh,

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soy yogurt, and soymilk. Address: Casilla 252-A, Quito, Ecuador.

5482. Nordquist, Ted. 1982. Re: New developments with tofu at Aros in Sweden. Letter to William Shurtleff at Soyfoods Center, March 3. 1 p. Typed, with signature.
• ***Summary:*** The letterhead has the Aros logo and name at the top left; the logo is a little Viking with a big red heart and a horned helmet. In the top center, under the word "AROS" is written in small letters in Swedish: "A company with a wholistic/global perspective. Ask for our catalog and possibilities for a lecture concerning soyfoods and the future." At the top right is the Soyfoods Center logo, and around it is written "A Soyfoods Center, Sweden." Ted adds: "Morinaga Tofu is now available throughout Sweden, imported via Sunwheel in England. The cost is about $3.00 (14.75 skr) for 297 gm. while our tofu retails for 11.75 skr for 400 gm. So their campaign is actually helping us." Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

5483. Sheridan, Margaret. 1982. Will tofu be America's next yogurt? *New York Daily News.* March 3. p. 14.
• ***Summary:*** Discusses the Mu Tofu Shop in Chicago, run by Rebecca and Yoshihara Uchida, and describes briefly how tofu is made. Includes recipe for Tofu Lasagna. Originally published in the *Chicago Tribune* on 14 Jan. 1982 as "Touring a tofu factory 6,000 miles east of the Orient." Note: This is the earliest article on soy seen (Aug. 2002) in the *New York Daily News.*

5484. Root, Evan. 1982. Re: History of macrobiotics. Letter to William Shurtleff at Soyfoods Center, March 4–in reply to inquiry. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Here is my reply to your questionnaire." Discusses Sanae, Erewhon, Paul Hawken, Michio Kushi. The original Erewhon store started in April 1966 at 303-B Newbury St. Prior to that, some food sales were done from the Kushi's home on a very small scale.

In Oct. 1967, Paul Hawken took over the management of Evan Root moved up the street to commence renovations for Sanae Restaurant. Paul was the main force in expanding and developing Erewhon in the early days. Prior to him it was mainly a cracker barrel style store where people came in to talk philosophy and swap recipes, whether or not they bought anything.

Sanae opened its doors to the public in Feb. 1968.

In the early days of Erewhon one of the suppliers not to be overlooked is Japan Food Corporation. From them we bought seaweeds, fish flakes, gourd strips, and most importantly from your point of view, Hatcho miso. Chico-San and Infinity Foods were in operation before Erewhon and we got most of the Japanese items from them except for a couple of kegs of miso that Junsei Yamaguchi put up in the Kushi's basement.

I do not know this for a fact, but I have speculated that the early tamari that was available when I first got into macrobiotics in 1964 may have been, in fact, real tamari as I distinctly remember that it was thicker and richer than what became available a little later. Address: Relationships, 39 Harvard St., Brookline, Massachusetts 02146. Phone: 617-739-3300.

5485. Wrange, E. 1982. Tofu [Tofu]. *Svenska Dagbladet Mat.* March 4. Food section. p. 1. [Swe]
Address: Sweden.

5486. Fabricant, Florence. 1982. Japanese food with inventiveness: Dining out. *New York Times.* March 7. p. LI19.
• ***Summary:*** This is a review of the two-star Japanese restaurant Asahi Tokyo (2 Village Square, Glen Cove, New York). Recommended dishes include "fried bean curd." One of the many delicious appetizers is "squares of deep-fried bean curd with a tangy dipping sauce..."

5487. *Ann Arbor News* (*Michigan*). 1982. Soyplant firm given loan. March 19. p. C-2. [1 ref]
• ***Summary:*** The Soyplant Cooperative Inc. of Ann Arbor has been given a loan of $12,600 by the National Consumer Cooperative Bank of Washington, DC. Company president Kathleen Jackson said the money will be used for working capital, inventory and refinancing existing debt. The Soyplant operates two facilities: the Soy Dairy Deli at 211 E. Ann St. and a production facility at 771 Airport Blvd., where more than 8,000 lb/week of tofu and other soy products are made. The company delivers its products throughout Michigan and to several Midwest states.

5488. Lopez, Alejandro. 1982. El trabajo del maestro Ejo Takata con la soya en Mexico [Re: The work of Zen master Ejo Takata with soya in Mexico]. Letter to William Shurtleff at Soyfoods Center, March 19. 3 p. Typed, with signature. [Spa; eng]
• ***Summary:*** In 1969 Rev. Ejo Takata, a Japanese Zen monk and later Zen master who first arrived in Mexico in 1967, began his work with soyfoods. That year, while traveling in the mountains of Oaxaca state, he became aware of the malnutrition among the Mixes and Mazatecos Indians. With the help of the Japanese agronomist Toshihiko Onuki and of a group of Mexicans from the School of Agriculture of Chapingo and of his Zen A.C. community, he established an experimental soybean farm in Oaxaca and promoted the cultivation of soybeans and the use of soyfoods among the Indian communities. He taught the Indians how to make soymilk and how to use the okara (soy pulp) in making corn tortillas. He gave demonstrations in more than 100 communities and in almost all of these the soyfoods

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were received with such enthusiasm that they became and remain a part of the daily diet. They are made from soybeans now grown locally by the Indians. In 1971 Takata and co-workers opened a dining room at the Universidad Nacional Autonomo de Mexico. During the next 6 months they gave demonstrations and prepared 200 meals a day based on soyfoods including soymilk, okara with green vegetables, tortas with fresh soy puree, tofu in various recipes, crackers (*galletas*), breads, etc. In 1972 they began to give soyfoods demonstrations to the National Workers Syndicate of the ISSSTE, and to peasants and farm workers' organizations. They traveled widely into the countryside and their presentations and food were always well received. This work played a significant role in paving the way for soyfoods in Mexico. In 1973 the President of Mexico, Lic. Luis Echeverria, at a reception, recognized Rev. Takata for the work he had done with soybeans and soyfoods, then inaugurated a national soy program. In 1976 Takata and colleagues established an organization to teach appropriate technology (for food and energy), including soyfoods production. This work expanded in 1981 to the application of Japanese low-cost soyfoods equipment to small businesses, and participation in a national food program called Sistema Alimentario Mexicano (SAM). Takata and his co-workers have demonstrated vividly what individuals can do to help bring soybeans and soyfoods to the people in a country where they are not known. Address: Lic. Alejandro Lopez, Zen A.C., Ave. Revolucion #2036, San Angel, Mexico, DF, Mexico.

5489. *Toyo Shinpo* (*Soyfoods News*). 1982. T-shyatsu [Yoshikawa Shoji is giving away American T-shirts to people who buy his nigari or sumashiko]. March 21 [Jap]
• ***Summary:*** This sort of idea for publicity didn't used to exist. Tofu makers are now very interested in T-shirts and a lot of them have been ordered.

5490. Curtin, Barbara. 1982. Tofu: Oriental master of mimicry takes on a thousand tastes; its low in calories, too. *Gazette-Times* (*Corvallis, Oregon*). March 23. p. 15.
• ***Summary:*** In the top half of this full-page article photos show: (1) Harry MacCormack pours soybean from a paper bag into a plastic bucket for tomorrow's Sunbow tofu. (2) Various tofu dishes, and a jug of soymilk, served on a table. (3) Mia Posner dips tofu cubes into soy sauce, then flour, for "T-N-T."

Recipes include: Tofu cheesecake. T-N-T. Mock egg salad. Tofunafish. Tortilla filling. Quick tricks (6). Address: Staff writer.

5491. King, Warren. 1982. Some tofu made by Vashon firm made be tainted, officials warn. *Seattle Times.* March 26.
• ***Summary:*** "Tests showed the presence of fecal coliform, which originates in animal feces, and *Yersinia entercolitica,* commonly found in water, soil, and animal intestinal tracts. Biologists were not certain if Yersinia in this case could cause illness... Health officials suspected Island Spring's tofu as the source of about 24 cases of illness in January. The company voluntarily recalled tofu produced over a two-week period... The whole tofu manufacturing process has been changed to eliminate any sources of contamination." Address: Times medical reporter, Seattle, Washington.

5492. Andersen, Juel. 1982. Tofu fantasies: A cookbook of incomparable desserts. Berkeley, California: Creative Arts. 88 p. March. Illust. Index. 23 cm.
• ***Summary:*** Contains 16 sensuous recipes for delicious-sounding tofu desserts–each accompanied by sensuous patter. Recipe names include: Baba au rhum. Chocolate concupiscence. Amaretto cream torte and the orgy. The text accompanying the latter recipe begins: "If you want instant orgy these days just say 'Amaretto, m'love, on the rocks.' This is a password to hot tubs, naked lunches, varieties of titillation, and intellectual smut of all kinds." Address: Arnold, California.

5493. **Product Name:** [Tofu Pizza].
Foreign Name: Tofu Pizza.
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 2, D-8210 Prien-Chiemsee, West Germany.
Date of Introduction: 1982. March.
New Product–Documentation: Letter from Peter Wiegand. 1982. June 22. Followed by phone talk. Talk with Peter Wiegand. 1987. Nov. 11. He introduced 7 tofu products on the day he started.

5494. **Product Name:** [Tofu Apple Tart].
Foreign Name: Tofu Apfel-Kuchen, or Tofuschnitte.
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 2, D-8210 Prien-Chiemsee, West Germany.
Date of Introduction: 1982. March.
New Product–Documentation: Letter from Peter Wiegand. 1982. June 22. Followed by phone talk. Talk with Peter Wiegand. 1987. Nov. 11. He introduced 7 tofu products on the day he started. the day he started.

Talk with Michael Pierce (Graphic artist, Macon, Georgia). 1989. Oct. 30. He recalls this as being a tofu apple cake (*Apfelkuchen*), made with apples.

5495. **Product Name:** [Tofunafish Salad or Tofu Salad].
Foreign Name: Tofunafish Salad.
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 2, D-8210 Prien-Chiemsee, West Germany.
Date of Introduction: 1982. March.
Wt/Vol., Packaging, Price: Round plastic deli tubs.

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How Stored: Refrigerated.
New Product–Documentation: Letter from Peter Wiegand. 1982. June 22. Followed by phone talk. Talk with Peter Wiegand. 1987. Nov. 11. He introduced 7 tofu products on the day he started.

Talk with Michael Pierce (Graphic artist, Macon, Georgia). 1989. Oct. 30. He recalls that the Tofunafish Salad was sold in round plastic deli tubs.

5496. **Product Name:** [Tofu Mayonnaise].
Foreign Name: Tofu Mayonnaise.
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 2, D-8210 Prien-Chiemsee, West Germany.
Date of Introduction: 1982. March.
New Product–Documentation: Talk with Peter Wiegand. 1987. Nov. 11. He introduced 7 tofu products on the day he started.

Talk with Michael Pierce (Graphic artist, Macon, Georgia). 1989. Oct. 30. He thinks the mayonnaise was used on their burger, but not sold as an independent product.

5497. **Product Name:** [Tofu Burger (Ready-to-Eat in Buns, or 3 Pieces in Vacuum Pack)].
Foreign Name: Tofu Burger.
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 2, D-8210 Prien-Chiemsee, West Germany.
Date of Introduction: 1982. March.
Wt/Vol., Packaging, Price: Vacuum packed.
New Product–Documentation: Talk with Peter Wiegand. 1987. Nov. 11. He introduced 7 tofu products on the day he started. The Tofu Burgers were the most successful of his products, followed by the Tofu Cakes. He was in business for two and a half years, closing in Oct. 1986. He was very evangelical during that time.

5498. **Product Name:** [Auenland Tofu].
Foreign Name: Auenland Tofu.
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 4, 8210 Prien-Chiemsee, West Germany. Phone: 08054 579.
Date of Introduction: 1982. March.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Owner: Peter Wiegand. Letter from Peter Wiegand. 1982. June 22. Followed by phone talk. Note: Apparently the company had not yet started. Peter got interested in tofu, in part, through Wildwood Natural Foods in Fairfax, California.

Form filled out by Peter Wiegand. 1982 (probably). Says that his company, Auenland Tofu, started making tofu on a commercial scale in April 1982. It is sold both vacuum packed and bulk in water.

Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Peter Wiegand. Label. 1983, undated. 6.25 by 4.5 inches. Self adhesive. Many colored. Shows rayed sunrise over a rural village.

Letter from Wolfgang Furth-Kuby of Sojaquelle. 1984. April 26. "Lukas Kelterborn is not with us any more. The *Rundbrief* was mainly his thing. I knew it was not going to work this way, but I let him do it his way so he could learn. Lukas wanted to go into production of tofu so badly. He joined with Peter Wiegand and some other people and after having stuffed some 70,000 German marks into Peter's exhausted business, all went bankrupt."

Talk with Paul Duchesne. 1989. Aug. 26. Much of the following is the result of a conversation Duchesne had yesterday with Michael Pierce in Georgia (Phone: 912-752-8070 Office; 912-742-4234 Home). Wiegand sometimes used to refer informally to his company as "Wildwood II" because he felt such a strong connection with Wildwood in Fairfax, but neither the company nor the product was ever officially named Wildwood Tofu. It was always called Auenland Tofu, from the first day. Michael Pierce was present in Germany when the company started production (from Feb. to July 1982) in a small dairy barn, not in a garage. Michael did the artwork for the original labels. As soon as the products hit the market, the first plant was too small. Peter will now be very hard to get hold of. Try contacting his friend and benefactor, George Eich, Aumuehle 8210, Prien Chiemsee. George is a filmmaker who has money and may have invested in Auenland. Wiegand is presently on the outs with almost everyone–maybe including George. Wiegand also knew Wolfgang Furth-Kuby, whom he called "the Shurtleff of Germany."

Wiegand ran the small company for a while, then built a larger plant. In July 1983 Wiegand visited Fairfax for the 2nd or 3rd time. That fall, in October, Duchesne's son Paul went back to Germany with him at his new and larger facility. So the new operation, which Michael described as a huge dairy almost the size of a basketball court, contained 4 large pots for cooking, troughs, etc. and it never got completely used. Wiegand was very much in debt and working very hard. Everyone wanted the tofu but not the second generation products. So he sold his tofu mostly to food processors who made their own second generation products. He was not good at organizing, negotiating, scheduling, or managing his workers, who were not very productive. He was enthusiastic and a good salesman. After a while, he went crazy. His wife, who had a better head for business than Peter, did the bookkeeping.

For more history, see interview with Paul Duchesne, 25 Aug. 1989.

Talk with Michael Pierce (Graphic designer, 408 2nd St., Macon, Georgia 31201. Phone: 912-752-8083 Office). 1989. Oct. 30. Svadesha, who started making tofu before

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Wiegand, had a small operation in southeast Germany near the border, making only about 25-30 lb/week of tofu, sold at 10-11 health food stores in small lidded plastic tubs immersed in water. His tofu was in the stores when Auenland introduced theirs. Pierce went to Germany in Feb. 1982. The kitchen was getting put together when he arrived. He helped Wiegand develop a press and they started making tofu in late Feb. They also made soymilk (*sojamilch*), a baked tofu sandwich, tofu pizza, and tofu apple cake. He has an early German-language publication with recipes plus some labels. Auenland's early tofu was sold in bulk. Everyone was ready for it and people wanted more. In the early days, Auenland's people would go to the Rajneesh center and give classes on how to cook with tofu to 60-70 people. The day the company opened, it was too small. So Wiegand tried to expand, but that was a disaster, which also destroyed his family. He couldn't make enough money. Michael went to India in Feb. 1983 and when he came back in June 1983 Wiegand had a gymnasium sized building with 4 big kettles. He got the money from his ex-wife's father. Auenland got hooked up with a company near Salzburg that made mochi and seitan. (Note: It sounds like Sojvita Produktions & Norbert Brunthaler in Lichtenwörth, which was making seitan and mochi by mid-1984, but Sojvita was located southwest of Vienna, far away from Salzburg). That company had a store in Salzburg but produced foods in a home about 15 miles outside of the city. Auenland smuggled tofu to them in Austria and brought back excellent Austrian-grown soybeans. Later that Salzburg company started to make tofu. Auenland also bought organic soybeans from France, and used them to make tofu. Pierce got to know Wolfgang Furth-Kuby, whom he feels played a key role in getting tofu started in Germany, in part by translating *The Book of Tofu* into German. Pierce never heard Wiegand call the company Wildwood, only Auenland. Auenland is a folk name for that part of Germany (a mystical golden triangle in the mountains); its not a map term. The area was also called the Chiem-gau meaning "Bay Area." And it was also in a place called Wildenwald, which means "Wildwood." So there seemed to be many cosmic connections with Wildwood in California. It was located about 60 miles southeast of Munich on the Way to Salzburg.

Pierce also recalls hearing about a big research organization connected with a university in Stuttgart, both growing and utilization. They wanted to develop a soybean that grew in the area.

5499. **Product Name:** [Baked Tofu Sandwich].
Manufacturer's Name: Auenland Tofu und Soja Produkte.
Manufacturer's Address: Hub 2, 8210 Prien-Chiemsee, West Germany.
Date of Introduction: 1982. March.
New Product–Documentation: Talk with Michael Pierce (Graphic artist, Macon, Georgia). 1989. Oct. 30. He recalls this as being different from the tofu burger, which was fried.

5500. **Product Name:** Tofu Burger.
Manufacturer's Name: Bud, Inc.
Manufacturer's Address: 1100 Wicomico St., Baltimore, MD 21230.
Date of Introduction: 1982. March.
Ingredients: Natural nigari tofu, carrots, cabbage, onion, celery, okara, soymilk, sesame seeds, sunflower seeds, soybean oil, sea salt, spices.
Wt/Vol., Packaging, Price: 7 oz vacuum pack.
How Stored: Refrigerated or frozen.
Nutrition: Per 3.5 oz.: Calories 190, calories 12 gm, carbohydrates 11 gm, fat 12 gm, sodium 250 mg (250 mg/100 gm).
New Product–Documentation: Label. 1982. March (dated). 4.5 inches square. Black and white on yellow. "Keep frozen. Completely vegetarian. All natural. No preservatives." Logo reads: "Soyfoods for a healthy world"; This company is run by a Taiwanese family.

This product is still being sold with the same label in July 1992.

5501. **Product Name:** Tofu: Soy Bean Curd.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: Sunny Bank, Chapel Lane, Fish Ponds, Bristol 16, England. Phone: 858-881.
Date of Introduction: 1982. March.
Ingredients: Soy beans, water, nigari, magnesium chloride.
How Stored: Refrigerated.

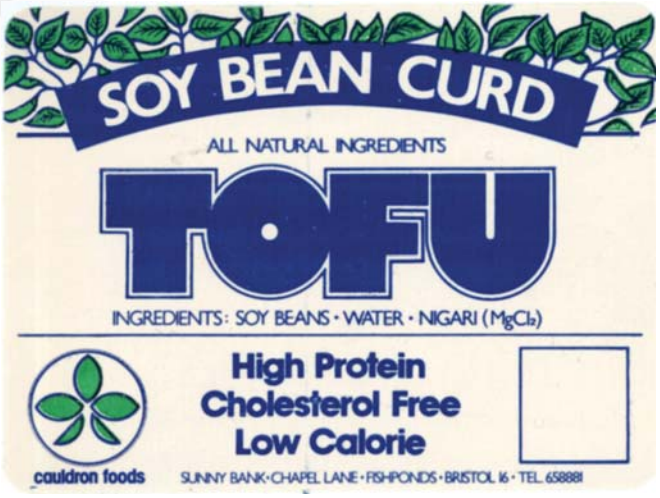

New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Philip Marshall and Peter Fagan. Original address: Sunny Bank, Chapel Lane. Later: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England.

Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 26-28. See history of the company. Philip Marshall and Peter

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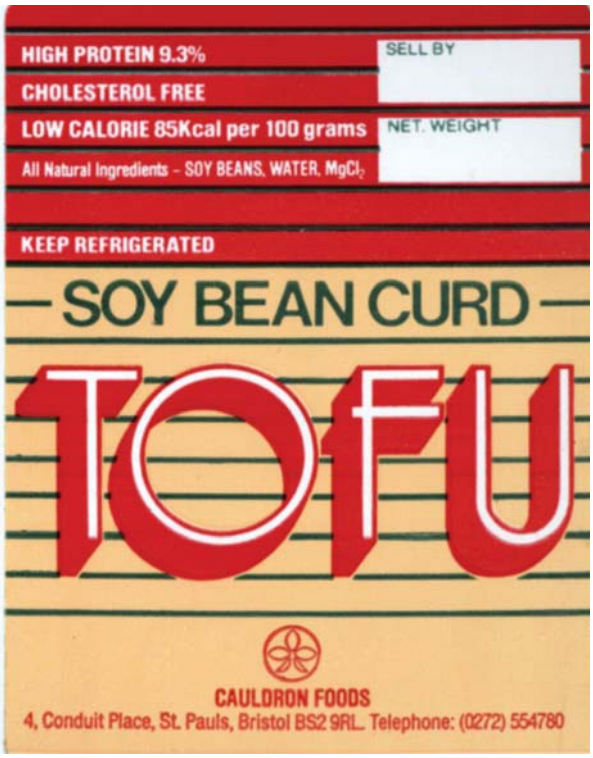

Fagan started their partnership in Cauldron Foods in Sept. 1981. Philip was previously a partner with Paul Jones, and at the time he joined with Peter he was already a Bristol tofu maker selling some tofu in bulk to the converted. They now make 1,200–1,500 lb/week of tofu, all in one day. They are planning to do a fermented tofu spread.

Labels. 1983. 4 by 3 inches. Self adhesive. Blue and green on white. Bean vine drawing. "Soy Bean Curd. All Natural Ingredients. High Protein. Cholesterol Free. Low Calorie." Label. 1983, undated. 3 by 4 inches. Self adhesive. Red, beige, green, and white. "Soy Bean Curd. High protein 9.3%. Cholesterol Free. Low Calorie 85Kcal per 100 grams. All Natural Ingredients." Address: 4, Conduit Place, St. Paul's, Bristol, BS2 9RL.

Soya Bluebook. 1985. p. 100. Ad in The Vegan. 1986. Summer. p. 4. "Cooking with tofu? Look for the mark of quality. Tofu and smoked tofu." Address: 149A South Liberty Lane, Ashton Vale, Bristol, England.

Letter from Neil Robinson. 1989. Aug. 7. The three major tofu products in Britain, as far as I know, are (1) Tofeata Tofu by Haldane Foods (Hera), Leicester, England; (2) Cauldron Foods, Bristol, England; (3) Truehealth Tofu by Birchwood Foods, Wrexham, Wales.

Talk with Philip Marshall, founder. 1990. March 29. Cauldron Foods was founded in 1980 and began to produce tofu in late 1981 in Bristol. This was a pioneer tofu company in England.

Note: This is the earliest record seen (April 2001) in connection with Cauldron Foods Ltd.

5502. Herath, H.M.E. 1982. [Soybeans in] Sri Lanka. *INTSOY Series* No. 22. p. 172-75. J.B. Sinclair and J.A. Jackobs, eds. Soybean Seed Quality and Stand Establishment (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Contents: Introduction. Liquid soymilk. Dried soymilk. Full fat soy flour. Soy-fortified bakery and other products. Low cost weaning food. Tofu. Tempeh. Soy dhal. Home level training and demonstrations.

"At the present time, the government has included soybeans with a few other field crops into a floor price system. During the last 12 months, the demand for soybeans has increased tremendously, with their use by some agencies in fortification programs... There is an immediate demand for 30,000 ha of soybeans. This target will be achieved by 1982.

"The bulk of the area under soybeans is presently confined to the rainfed highland... The primary objective of the Sri Lanka program is to develop a balanced soybean industry including production, marketing, processing and utilization...

"Accomplishments of the Soybean Food Research Centre (SFRC) include: Liquid soymilk. Dried soymilk: Nearly 5,000 lbs of dried soymilk (DSM) was manufactured... as a coconut milk extender/substitute. DSM has been found acceptable as a coconut milk extender by General Hospital in Kandy and Teaching Hospital in Peradeniya. The Rajarata Food Grain Processing Co., Ltd., a joint venture of the GSL and the private sector, is putting up a 4-ton FFSF/DSM plant in Maha Illuppallama, under the technical guidance of the staff at the SFRC.

"Full fat soy flour:... Nearly 70,000 lbs of FFSF has been produced at the pilot plant and sold through various sales outlets for fortifying wheat/rice flour at 5-10 percent levels... Soy-fortified noodles are being successfully marketed by Forbes and Walker...

"Tofu: Regular production of about 20 lbs of tofu per day has been done with a view to testing its acceptance for use in various curry preparations... Tempeh: Processing parameters for the production of tempeh at the cottage scale have been standardized... Soy dhal.

"By May, 1981, 1,077 trainees had followed the one- to two-week regular course, and 483 had completed the 'Sandwich Course.' More than one hundred demonstrations have involved about 6,000 participants, both from governmental and voluntary organizations." Address: Coordinator, Sri Lanka Soyabean Production Project, Deputy Director of Horticulture, Ministry of Agricultural R&D, Sri Lanka.

5503. Legume, Inc. 1982. Tofu makes the difference! Legume 100% Natural Tofu Lasagna (Ad). *Natural Foods Merchandiser.* March. p. 26. Also in Vegetarian Times, May 1982, p. 16. No. 55.
• ***Summary:*** "The 2,000 year old miracle food of the Orient is now available in convenient, heat & serve entrees and

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ready-to-eat snacks.

"Legume has created a full line of convenience foods based on the outstanding nutritional benefits of tofu. In today's high-pressure world of deadlines and responsibilities, we are dedicated to bringing you delicious, protein-packed foods that will meet both your busy schedule and your demand for high-quality nutrition. And it's all based on tofu.

"Try out other delicious tofu meals & snacks: whole wheat pizza, country pie, muffins, no-creme pies & cakes.

"Institutional pack available. A non-dairy product." Address: 150 Bloomfield Ave., Verona, New Jersey 07044.

5504. **Product Name:** [Soyabec Baked Tofu Roti].
Manufacturer's Name: Les Alimentents Soyabec Inc. (Importer). Made in Miami, Florida, by Swan Gardens.
Manufacturer's Address: 1215 Boulevard St. Joseph, Montreal, QUE, H2J 3K1, Canada.
Date of Introduction: 1982. March.
Ingredients: Eau, feves de soya, sauce soya (feves de soya, ble entier, sel de mer), epices, sulfate de calcium.
Wt/Vol., Packaging, Price: 227 g vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. *Roti* means "A roast."

5505. **Product Name:** [Soyabec Tofu].
Foreign Name: Soyabec Tofu.
Manufacturer's Name: Les Alimentents Soyabec Inc. (Importer). Made in Miami, Florida, by Swan Gardens.
Manufacturer's Address: 1215 Boulevard St. Joseph, Montreal, QUE, H2J 3K1, Canada.
Date of Introduction: 1982. March.
Ingredients: Eau, feves de soya, sulfate de calcium.
Wt/Vol., Packaging, Price: 454 gm vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. They imported the tofu by air freight 3,000 lb at a time, then delivered it to stores. It was the first vacuum packed tofu in Quebec. Soyabec stopped operations in early 1983. They had no money left to import. Transportation costs had increased and the U.S. dollar had become more expensive.

5506. **Product Name:** [Tofu Salad].
Foreign Name: Salad au Tofu.
Manufacturer's Name: Les Aliments Soyabec Inc.
Manufacturer's Address: Montreal, QUE, H2J 3K1, Canada. Phone: 514-276-9570.
Date of Introduction: 1982. March.
Ingredients: Tofu, shallots (échalotes), celery, carrot, parsley, mustard, sunflowerseed oil (huile d'tournesol), turmeric (curcuma), thyme, basil, chervil (cerfeuil), salt, pepper, garlic, salty-tasting herbs (herbes salees).
Wt/Vol., Packaging, Price: 250 gm plastic tub.
How Stored: Refrigerated.
New Product–Documentation: From Yvon Tremblay and La Magie du Tofu. In six years he served at least 100,000 samples. Sold about 500 lb/week.

5507. Leviton, Richard. 1982. The American soy deli: A collection of articles, interviews, artifacts, and recipes from practitioners of the new marketing innovation for retailing delicious, ready-to-eat soyfoods to the public. 100 Heath Rd., Colrain, Massachusetts 01340. 74 p. March. Unpublished manuscript. 28 cm.
• ***Summary:*** An interesting collection and collage of reprints and photos, containing some original material such as: A soyfood primer and cookbook roundup by Lorna Sass. Article–"On the road for the fast food burger: A soy deli odyssey," by Richard Leviton (Vegetarian Times, April 1982, p. 62-65. Note: This is the longer, unedited original manuscript, 13 pages). Ad and 3-page menu from The Southfork Tofu Cafe (322 Fuller Ave., Helena, Montana). Menus from Far Pavilions (Telluride, Colorado), The Tofu Shop (768 18th, Arcata, California), Brightsong–The Real Food Tofu Café (Redwood Valley, California).

Article–"Kicking the dairy habit," by Richard Leviton (East West Journal, June 1980, p. 60-65). Article–"Food Showmanship," by Linda Reedy (Foodservice Marketing, Nov. 1981, p. 36-41). Article–"Fast food: A nutritional trap" (New York Times, 19 Sept. 1979). Article–"Restaurant fast foods in the grocery store? Franchises could test new income source," by Stan Merritt (April 1980, p. 18, 22). Menu–"Recipes for a versatile food" (6 tofu recipes). Shopping list (form to fill out)–Mother Earth, natural foods, 604 N.W. 13th Street, Gainesville, Florida 32607. Phone: (904) 378-5224. "Fresh tofu comes to Northern Cal.," by Matthew Schmit (Sketch of The Tofu Shop in Arcata, 13 Feb. 1981). Article–"'Back to basics' approach provides answers to challenges facing product developers," by James S. Burns (Oct. 1979, p. 40, 42, 46, 58). Address: Colrain, Massachusetts. Phone: 413-624-5591.

5508. Quebral, Florenco C. 1982. [Soybeans in] The Philippines. *INTSOY Series* No. 22. p. 166-71. J.B. Sinclair and J.A. Jackobs, eds. Soybean Seed Quality and Stand Establishment (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Contents: Introduction. Cultivar improvement. Planting. Inoculation and fertilization. Pests and diseases. Intensive cropping. Utilization. Costs and returns. Marketing. Marketing program. Areas that need attention. Cooperating agencies.

"The domestic supply of soybeans has never been sufficient to meet national demands for food, feed, and industrial uses. Total domestic soybean production in 1978 was reported to be 7,099 metric tons. Approximately 176,000 metric tons of soybeans, costing $30.8 million, were

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imported.

"To boost domestic production, the government has launched projects like Masaganang Maisan, the white corn and feed grains program, and the National Soybean Development Program...

"Researchers at the University of the Philippines at Los Baños have produced bottled soymilk (Philsoy) using the hot water grind technique... Fermented soybean products, such as soy sauce, soy cheese (tokwa [tofu]), soy paste (miso), soy curds (tahuri [tofu in brine]), and canned salted beans (tausi [fermented black soybeans]) are the most common soybean products used as ingredients in traditional Filipino dishes. A cheese-like product served with sugar syrup (taho) is sold by ambulant peddlers in urban centers." Address: Prof. of Plant Pathology, College of Agriculture, the Univ. of the Philippines at Los Baños.

5509. Saio, Kyoko; Nikkuni, Ikumi; Ando, Yoko; Otsuru, Masaru; Takeuchi, Yutaka; Kito, Makoto. 1982. Soybean quality changes during model storage studies. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 40. p. 189-95. March. [14 ref. Eng; jap]

• ***Summary:*** Reprinted from *Cereal Chemistry* 57:77-82 (1980). Address: 1-2. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan.

5510. Shurtleff, William; Aoyagi, Akiko. 1982. History of the soyfoods movement in North America. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 50 p. March. Unpublished typescript. Available online at www.soyinfocenter.com.

• ***Summary:*** A comprehensive history of the subject. Contents: New image of soyfoods and causes of interest: Good health, nutrition and fatness, weight loss diets, low-cost protein, meatless and vegetarian diets, world hunger, appropriate technology and right livelihood, voluntary simplicity, ecology and conservation, interest in East Asian cultures, spiritual practices, and cuisines.

Allied movements: Macrobiotics, natural foods, Rodale Press, vegetarianism.

Characteristics of the soyfoods movement: Major foods and types of products, comparison of soy protein industry (high tech) and soyfoods industry (low tech), appropriate technology, relevance to the Third World, conclusion.

The Farm in Tennessee. *The Book of Tofu* and Soyfoods Center. Early soyfoods manufacturers. Soyfoods delis and restaurants. Second-generation soyfoods manufacturers and distributors (e.g. Swan Foods in Florida). Tofu kits and equipment. Soyfoods terminology. Founding of the Soycrafters/Soyfoods Association of North America: Richard Leviton. Growth of the Soyfoods Association: First conference, Soyfoods magazine, subsequent conferences, SANA problems, The New Soyfoods Association–Gary Barat and Michael Austin of New York City.

Soyfoods books and booklets. Media coverage. Growth of the soyfoods industry, including the Soycrafters Apprenticeship Program. Soyfoods Marketer/Distributors: Yellow Bean Trading Co., Garden of Eatin', Jolly Licks. Soyfoods in foodservice institutions. Influence and activities abroad. The future.

Note: This is the earliest document seen (Oct. 2008) that uses the term "Second-generation" in connection with soyfoods to refer to a soyfood product which uses a basic soyfood as its major ingredient. Thus, Tofu Cheesecake, Tempeh Lasagne, and Instant Miso Soup are all commercial "second-generation soyfood products." If made at home for home use, they would be "second-generation soyfoods." For some products, the line between basic and second-generation soyfood products is blurred, since some second-generation products that have a long history have come to be thought of as basic. For example: Deep-fried tofu burgers (*ganmodoki*), teriyaki sauce, etc. Address: Lafayette, California. Phone: 415-283-2991.

5511. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soy Joy or Tofu Denmark.
Manufacturer's Address: 231 Valbylangade, 2500 Valby, Denmark.
Date of Introduction: 1982. March.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. This company was just started by macrobiotic people in Denmark. Contact: Per Fruergaard, Valbylanjady 231, 2500 Valby, Denmark. The health inspectors refused to allow them to use nigari. The distribution will be done by Urtekram, a macrobiotic distributor.

Talk with Thomas Andersen. 1990. May 25. Followed by letter of June 23. The two earliest tofu companies in Denmark, which started at about the same time, were Dansk Tofu (owned by Ted Goldberg and some other guys) and Soy Joy (231 Valbylangade, 2500 Valby, Denmark) in the Valby district of Copenhagen. The owners of Soy Joy were very idealistic. They never got a packaging machine for their tofu; they just delivered it in bulk in water, which the Danish health authorities, who are very strict, did not like. They were only in business for about 3-6 months.

5512. Soy Plant Co-op Inc. (The). 1982. Price list effective 3/22/82 [22 March 1982]. Ann Arbor, Michigan. 1 p. 28 cm.

• ***Summary:*** This typewritten sheet contains three columns: Supplier, product, and price. The Soy Plant is supplier of (packaged or in bulk): Tofu (1 lb tub), plain soy milk and flavored soy milk (quarts), tempeh (8 oz), soysage (8 oz), miso garlic dressing (16 oz), Soyanaise (soy mayo, 16 oz), carob tofu pies, missing egg salad, tofu spinach quiche, gomaseao [gomashio]. Other suppliers are Micro Farms

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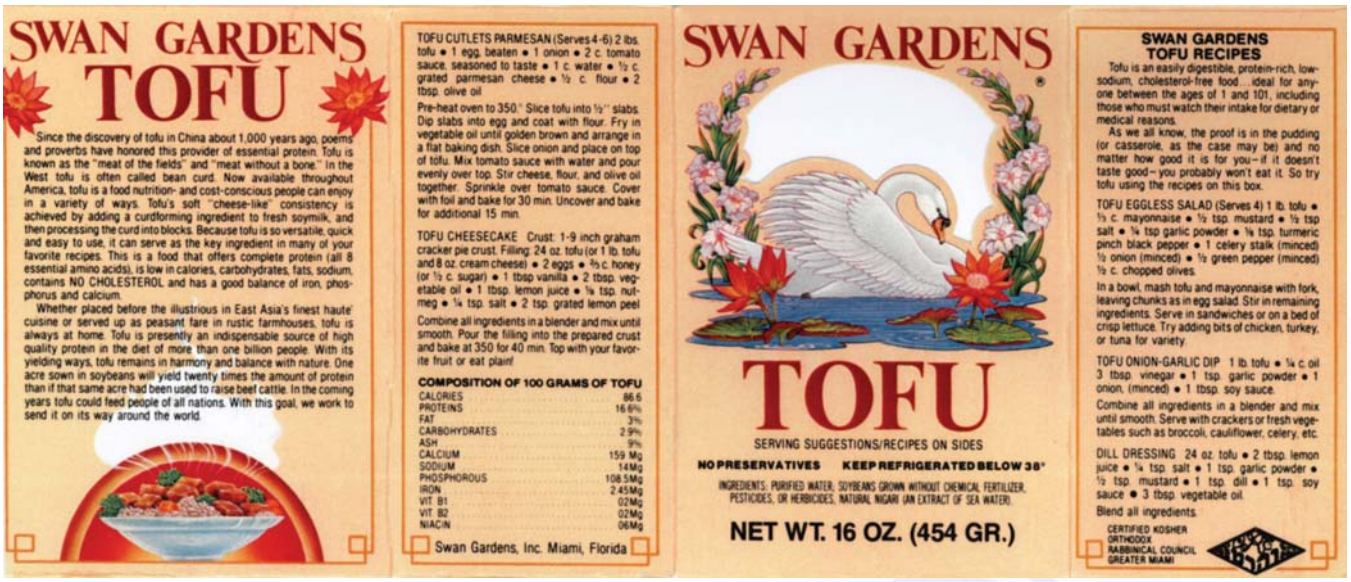

(alfalfa- or mung bean sprouts), Westbrae Foods (miso–3 types), The Grocery (The Tofu Cookbooklet), and Learning Tree (tofu kit, $13.50 each).

New products available soon: Tempeh salad. Tofu tahini spread. Address: 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: (313) 663-8638.

5513. **Product Name:** Tofu (Vacuum Packed in a Box with Window).
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: 940 17th St., Miami Beach, FL 33139. Phone: 305-324-8910.
Date of Introduction: 1982. March.
Wt/Vol., Packaging, Price: Vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer. p. 39. "The Miami soyfoods scene. In March 1982 Swan introduced their boxed tofu." Spot in Soyfoods. 1983. Summer. p. 55. "The Boxed Look." The 1 lb cake of tofu contains 16.6% protein and retails for $1.19 in supermarkets. The first boxed tofu appeared in 1982, and was the second major tofu packaging innovation, after vacuum packaging, which started in about 1979.

Talk with confidential source. 1987. Lisa tofu undersold Swan and drove the company into Georgia. Swan moved to Decatur, Georgia. Oct. 1988. Stops making vacuum packed tofu for Tree of Life, by mutual consent. Swan has too much business.

5514. Tremblay, Yvon; Boyte, Frances. 1982. La magie du tofu: 80 recettes simples et économiques [The magic of tofu: 80 simple and economical recipes]. Montreal and Paris: Stanke Ltee. 101 p. Illust. No index. 22 cm. [Fre]
• ***Summary:*** Contents: Preface. The health advantages of tofu. Preparation of tofu. 1. Hors-d'oeuvres. 2. Soups. 3. Salads. 4. Sauces. 5. Main dishes. 6. Desserts. Address: 1. Chef, Montreal, QUE, Canada; 2. Dietitian.

5515. Vijayalakshmi, K.; Vaidehi, M.P. 1982. Nutritional quality of tofu from soymilk and blends of soymilk, sunflower seed milk and skim milk. *Nutrition Reports International* 25(3):519-24. March. [7 ref]
• ***Summary:*** Tofu made from Soy and Skim Milk (60+40) contains the highest total protein (52.28% dry weight basis) when compared to Soy Tofu (47.38%) or Soy + Sunflower seed milk (44.27%) or Soy + Sunflower seed milk + Skim milk (49.17%). Address: Dep. of Rural Home Science, Univ. of Agricultural Sciences, Bangalore 560024, India.

5516. *Whole Foods* (*Berkeley, California*). 1982. New England Soy Dairy [distributing tempeh products]. March. p. 51.
• ***Summary:*** New England Soy Dairy has entered into an exclusive distribution agreement to distribute Soyfoods Unlimited Tempeh Burgers and Cutlets and the Pacific Tempeh Burger.

5517. Bourbonnais, Josette. 1982. Tofu. L'aliment de l'avenir [Tofu. The food of the future]. *Dimanche-Matin* (*Quebec, Canada*). April 4. p. B30. [Fre]
• ***Summary:*** About the new book *La Magie du Tofu*, by Yvon Tremblay and Frances Boyte. Address: Canada.

5518. Rowan, Renee. 1982. Le "tofu", l'or blanc des années 80 [Tofu, the white gold of the '80s]. *Devoir* (*Le*) (*Quebec, Canada*). April 7. p. 13. [Fre]
• ***Summary:*** Discusses Yvon Tremblay and his new book La Magie du Tofu. He has been a specialist in vegetarian cuisine for 10 years. Address: Canada.

5519. Carlson, Lisa. 1982. Tofu–the new yogurt of the '80s? *Middlesex News* (*Massachusetts*). April 14. Wednesday.

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• ***Summary:*** Includes interview with John Paino of Nasoya, which makes 5,000 lb of tofu a day. A portrait photo shows John Paino, "tofu entrepreneur." Note: This is the earliest document seen (Feb. 1990) that uses the phrase "yogurt of the '80s" in the title with reference to tofu.

5520. Lemov, Penelope. 1982. Family out: Golden China. *Washington Post*. April 14. p. MD13.
• ***Summary:*** This is a review of the Chinese restaurant Golden China in Rockville, Maryland. "The sixth dish in our dinner was deep-fried bean curd with vegetables ($5.25), ordered for the vegetarian in our midst. He didn't like it, and neither did we." Address: Special to the Post.

5521. Welters, Sjon. 1982. Re: Recent developments with soyfoods in Europe, and ties with macrobiotics. Letter to William Shurtleff at Soyfoods Center, April 16. 6 p. Typed, with signature on letterhead (photocopy).
• ***Summary:*** This letter, whose letterhead reads "Manna Natuurlijke Levensmiddelen," contains names and addresses of many new soyfoods companies, many of them started by people interested in macrobiotics. Names and addresses of the following companies are given: Tofu Denmark (in Valby, run by Per Fruergaard, a macrobiotic), Bernard Storup, Ab & Paulien Schaft (Dutch, setting up a small shop in Baillestavy, France, to make miso, shoyu, natto, and koji), Traditions du Grain (Jean Luc Alonso is setting up a macrobiotic tempeh shop in Ivry France; they will start this summer), Paul Jones (Tofu shop in London), Saskia de Jong (may make miso in Ireland), de Brandnetel (tofu shop in Antwerp, Belgium), Jonathan (makes tofu, ganmo, seitan, mochi in Ekeren, Belgium. Run by J. v. Ponseele), Seven Arrows (Leuven, Belgium; making tofu), Lima Foods (now sell miso made at their plant and farm in France), Witte Wonder (Den Haag, Netherlands), De Morgenstond (Bakkeveen, Netherlands), Jakso (Heerewaarden, Netherlands. Run by Peter Dekker. The first and only shop making tempeh from organic soybeans), Firma Lembekker (Amsterdam), Unimave (Lisbon, Portugal), Jose Parracho (Setubal, Portugal), Swame [sic, Swami] Anand Svadesha (Furth im Wald, West Germany), Bittersuess (Cologne, West Germany. Attn: Thomas Kasas/Karas). Three distributors of soyfoods and natural foods in Germany are YinYang (Berlin), Rapunzel (Heimraadshofe), and Mutter Erde (Werbelen). In Finland: Luonnonruokakauppa AUMA (Helsinki). In Switzerland: Verena Krieger of Sojalade (Engelberg, tofu shop), Hans Rudolph Opplinger (Cham, tofu shop), Marty Halsley (Nyon, tofu & tempeh), Restaurant Sesam (Bern). P. Ton van Oers is a Dutch priest who works in Kananga, Zaire. The natives have grown soya for 10 years and he is thinking of making tofu and soymilk from them.

"In Great Britain the East West Centre is very active in promoting soyfoods. As a part of the Kushi Institute program they have home-scale processing, in which tofu, tempeh, and miso-making are taught by Jon Sandler [Sandifer?]. He is the tempehmaker of the EWC too at Community Health Foundation, 188 Old St., London EC1. In the Netherlands, a great deal of soyfoods promotion is done by the East West Center and Manna. As you probably know, Manna was the first to introduce miso, tamari, shoyu, tempeh, tofu and koji to the larger public and we are still the main promoters of soyfoods as part of a more natural, vegetarian, and economic diet. Manna has been followed by a lot of other distributors of natural and health foods. We have two competitors in the tofu business: Witte Wonder and De Morgenstond.

"At the moment I'm the only teacher giving lectures on homescale miso-, tofu-, tempeh-, shoyu-, tamari-, natto-, and koji-making in the Netherlands. Mainly at the East West Centre and sometimes at different places in the country. People are starting to get interested."

Note: This is the earliest document seen (Jan. 2003) concerning the work of Swami Anand Svadesha of West Germany, and of Thomas Karas of Bittersuess (Cologne, West Germany). Address: Stichting Natuurvoeding Amsterdam, Meeuwenlaan 70, 1021 JK Amsterdam-N, Netherlands. Phone: 020-323977.

5522. Timmins, Tom. 1982. Re: Recent developments at New England Soy Dairy. Questions answered on Soyfoods Center letterhead (dated April 17) and returned to SC. 3 p. Typed, with signature on letterhead.
• ***Summary:*** The company name was changed to New England Soy Dairy from Laughing Grasshopper in Nov. 1977, at the time of incorporation. The company's Naturally Gourmet program was started in Sept. 1981, when egg roll skins, won ton wrappers, ginger soy sauce, and five-spice powder were launched, In Sept. 1982 bean sprouts, fresh noodles, and new tofu products will be added. In Oct. 1981 the company published a cookbook titled *Soydairy Delights of Tofu.* Sales for 1981 were $1.25 million. Bongrain was interested in buying the company but they were not willing to pay the required price.

Other new developments: Company expansion into primary markets of Philadelphia, Metro New York, and Boston; secondary markets of Hartford and New Haven (Connecticut), Albany and Buffalo (New York), and Portland (Maine). Company sales people in New England and New York are doing many tofu cooking classes in supermarket chains. There are 3 classes a day and 100-200 people attend each. Tofu production (in lb/week) grew as follows: 8,000 in Jan. 1978, 18,500 in 1979, 24,500 in 1980, 30,000 in 1981, and 40,000 in 1982.

"Our success to this point emerges from a combination of extremely talented and hard-working people focused on specific goals. Our team grows personally as it grows professionally."

Attached are: (1) Four pages of edited manuscript about the history of the company, with 1½ pages of handwritten

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comments. (2) A graph of the company's tofu production from 1977 to 1982, in 1,000 lb. manufactured per week. Address: Greenfield, Massachusetts.

5523. Hawken, Paul. 1982. History of Erewhon and macrobiotics in America. Part I (Interview). Conducted by William Shurtleff of Soyfoods Center, April 18. 3 p. and 5 p. transcripts.

• ***Summary:*** Hawken played an important and very innovative role in establishing the natural foods industry in America and in building Erewhon into a major distributor of macrobiotic and natural foods.

Chico-San imported foods from Tokyo CI (Centre Ignoramus); Muso didn't exist at that time.

The Kushis never made tofu or nigari tofu. They were not big tofu eaters, largely because tofu was considered too yin–ridiculous. Then people started craving it, and buying it from Chinatown. But the tofu they bought was not made with nigari.

By the mid-1960s there were roughly 300 to 2,000 people actively involved with macrobiotics in the USA–including Michio Kushi's students, Herman Aihara's students, and those in New York and Boston.

Beth Ann Simon had started using heroin again before she died [on her No. 7 macrobiotic diet]. The family covered it up, blaming Japanese and tamari. But she was not the only one who died. George and Lima Ohsawa's only child died within a year of being born in Tokyo (according to Lima) from excess salt.

Erewhon was started by Aveline Kushi, not by Evan Root. Paul does not know who gave Erewhon its name [it was Aveline Kushi]; of course, it is "Nowhere" scrambled, as in the title of the famous 1872 novel by Samuel Butler about a utopian island divested of machinery. Originally various people would drive to Pennsylvania to see the Mennonites and Walnut Acres. It was a buying club for students who lived in the Kushi's house in Cambridge, Massachusetts. Foods such as wheat, [whole-wheat] flour, oatmeal. Nothing imported from Japan. It was started with $500 cash in the basement of the Kushi's house. It backed into being a store since it was cheaper to buy larger quantities. The food was divided up into little bags and a price was written on each. It was sort of a way of buying food for people at the Kushi's house, like Aveline doing her shopping for 10-12 people in the first big macrobiotic study house. It began to outgrow the house and outside students wanted good food. It was never seen as a business or a money-making venture. Good food was so difficult to get in those days.

Another source of good food was Infinity Foods in New York City, started and owned by Howard Rower; they had a warehouse and were wholesaling by mid-1965. Soon Howard was importing miso and tamari (shoyu / soy sauce) from Tokyo CI. "This 'guaranteed' its quasi-medicinal effects. Otherwise it didn't work. It was actually the best food–really." Then Howard started to import directly from the manufacturers of miso and shoyu in Japan: Hatcho miso and Marushima shoyu (whose owner knew Ohsawa intimately). Paul visited Marushima in 1969. Paul thinks Marushima bought their shoyu from other shoyu factories on the island, or maybe they made it in the early days. Paul thinks there is a big difference in taste between shoyu made from whole soybeans and that made from defatted soybean meal (*dasshi daizu*). Paul was suspicious of Marushima shoyu in 1970; he demanded that Muso Shokuhin change to Johsen [Sendai Miso Shoyu] as their source; Johsen has a long history and the owner was also one of Ohsawa's cronies.

Paul left Erewhon in 1973. He went to Japan three times. The first trip was in March 1969, when he set up Mitoku in the natural foods business; before that they were an importer of hockey equipment. Muso was called Osaka CI; neither of those two companies were exporters before that time.

In the early days of the below-ground store in Boston, more of the foods came from Lima Foods in Belgium than from Japan. The miso and shoyu in those day came from Infinity Foods in New York City. They did not carry tofu because there was no refrigeration. None of the food was sent by the Kushis' friends.

In the early days of that store, Evan Root just tended the store, which had sales of about $20–$30 a day. The store was Aveline's idea. Evan was Aveline's lover–and not the only one. The store was originally called simply "Erewhon." Paul later added the words "Trading Co." when he incorporated it in the late fall of 1967. Paul and Aveline each owned 50% of the corporation. During its first year as a corporation, sales went from $1,000/month to $9,000/month–and not because it was macrobiotic. Erewhon was the first natural food store (as opposed to health food store) in America. It sold no pills. Many of the customers were not macros; they wanted whole foods. In mid-1968, as Paul was ready to leave Erewhon, someone came into the store and asked: "How do you know the oil is cold-pressed? And how do you know the grains are organically grown? He couldn't answer. So he wrote letters and found out that most were not what they claimed to be. Then Paul decided to use Erewhon to create a true food supply. He went directly to farmers. He didn't trust anyone. The idea was to know where the food came from and to have no middlemen between Erewhon and the producers.

In Oct. 1968 the little Erewhon retail store moved up and across the street to a new location at 342 Newbury Street. At that time they began to sell wholesale and to import from Japan, by correspondence with Mr. Kazama. The first import order from Japan, dated Aug. 1968, was *aka miso* (red rice miso–superb) from Sendai Miso Shoyu and Marushima shoyu. Soon customers who used to drive 400 miles to buy staples from Erewhon started to open their own stores. The natural foods business mushroomed. Erewhon started selling tofu in 1968 at 342 Newbury; they got it from

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a Chinese tofu maker in Boston. Nigari came in much later, after 1973. Neither Evan nor anyone else wanted to work at or run Erewhon; they all wanted to teach macrobiotics.

Paul was selling whole dry soybeans at that time, but mostly non-macros were eating those soybeans. Erewhon's first supplier, in mid-1968, was a wheat grower in North Dakota. Carl Garrich in Lone Pine, Arkansas, was much later. Paul got his first soybeans from a guy in a boxcar who was an insurance salesman, but who worked one day a week selling soybeans and wheat. Paul also bought soybeans from Deaf Smith County, Texas. Paul knew Frank Ford of Deaf Smith County in the early days. Paul was vice president of Arrowhead Mills before Roger Hillyard even worked for them. He ground his flour in a boxcar.

Paul wrote a long and detailed article about the early history of Erewhon titled "Erewhon: A biography. The view within," published in the Aug. 1973 issue of *East West Journal*. He was upset at the time. It was critical of the Kushis, and Paul explained why he was about to leave Erewhon. Robert Hargrove, editor of the journal, ran it anyway. Since then, Erewhon's history has been sanitized. Continued. Address: California.

5524. Schmit, Matthew. 1982. Re: The booklet "Peaking Out." Letter to William Shurtleff at New-Age Foods Study Center, April 19. 1 p. Handwritten, with signature on letterhead.

• ***Summary:*** "I'm sending one of the last known copies of 'Peaking Out.' The booklet was originally put together by our collective group in 1978. When the group disbanded in the Fall of 1979, Catherine Peterson purchased the restaurants and renamed it 'Far Pavilions.' She still operates it, I've heard, although I haven't been back there for almost 3 years."

"The Arcata Shop is holding its own... and growing in fact. Our group has recently been joined by Linda Redfield, compiler of the booklet 'Vegetarian Cooking with Tofu.' Last month was our record month, over $6,000 in gross sales. The increase was due largely to hot take-out food and retail / wholesale deli items."

Note: A dragon logo is in the upper right corner of the letterhead. Address: Founder and owner, Tofu Shop (The), 768 18th St., Arcata, California 95521. Phone: (7007) 822-7409.

5525. Shurtleff, William; Aoyagi, Akiko. 1982. History of tofu. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 119 p. April 21. Unpublished typescript. Available online at www.soyinfocenter.com.

• ***Summary:*** A comprehensive history of the subject. Contents: Introduction. Etymology. Part I: History of tofu in China. Origin and developments to 960 A.D. Sung dynasty, 960-1279. Yuan (Mongol) dynasty, 1279-1368. Ming dynasty, 1368-1662. Ching dynasty, 1662-1912. Developments from 1912-1948. The People's Republic of China, 1949-1980's. Part II: History of tofu in Japan. Introduction and early development (to 1185). Kamakura period, 1185-1333. Ashikaga/Muromachi, 1338-1600. Edo/Tokugawa period, 1600-1868. The Meiji period, 1868-1912. Development from 1912-1939. The war and postwar period, 1940-1959. The modern period, 1960-1982. Part III: History of tofu in South and Southeast Asia. Korea. Taiwan. Malaysia and Indonesia. Vietnam. Philippines. Thailand, Sri Lanka, and India. Part IV: History of tofu in Europe, 1613-1982. Part V: History of tofu in the United States. The early years, 1896-1919. 1920-1939. 1940-1959. 1960-1975. 1976–the awakening of American interest in tofu. Rise of the new American tofu industry. New England Soy Dairy = Tomsun Foods, Inc. from April 1984. Tofu innovation in America. Tofu in foodservice institutions. Growth of the tofu industry. Future of the U.S. tofu industry. Part VI: History of tofu in Latin American and Africa. Part VII: History of frozen and dried-frozen tofu. Frozen tofu. Dried-frozen tofu in Japan. Dried-frozen tofu in the West. Part VIII: History of other special types of tofu. Firm tofu. Pressed tofu. Smoked tofu. Deep-fried tofu. Grilled tofu. Silken tofu. Lactone silken tofu. Address: Lafayette, California. Phone: 415-283-2991.

5526. Kim, Gai W. 1982. Re: Details of introducing tofu [Boncheese] to Sri Lanka. More on replacing coconut milk with soymilk. Letter to William Shurtleff at Soyfoods Center, April 23–in reply to inquiry of April 13. 2 p. Typed, with signature.

• ***Summary:*** "Thank you for your letter dated 13 April 1982 asking me for information about Sri Lanka's first tofu shop."

The name of the show was Boncheese, 128 Kitulwatte Rd., Colombo, Sri Lanka. Phone: 596-992. Owner: Mr. U.N. Gunasekera; he is one of the few big contractors in Sri Lanka.

Work on the factory was completed by March 1980. The product, Boncheese, was publicly retailed at a stall in Kolpetty Market, the largest market in Colombo. The factory had to be closed from December, 1980 to March, 1981 due to a shortage of soybeans in the local market. At the moment, Cornel's Super Market, which opened in early August, the only Super Market in Colombo, is the sole sales outlet for Boncheese; 60 lb per day is supplied.

Sri Lankans usually cut tofu into ½-inch cubes and deep fry them before adding them to curry in place of whole boiled eggs or beef. Foreigners and Sri Lankans who have lived abroad are the best customers. "I have already given quite a few demonstrations on how to use tofu but, I think, more efforts should be made.

"I named tofu as 'Boncheese' in order to give Sri Lankans a name that was more familiar to them. Locally any bean is called 'Bonchi.' I added 'Cheese' to make it 'Boncheese' because of its similarity in texture and in the way it is made like *farmer's cheese* which I used to replace

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with tofu when it as not available.

Sri Lankans use coconut milk to make their curries; it is not only very expensive but also very rich in cholesterol [high in saturated fats]. So far I succeeded in replacing coconut milk with diluted soya paste at the kitchens of Colombo General Hospital and Welikade Prison. The Boncheese factory delivers about 30 kg (dry weight) of soybeans wet ground every morning to those institutions 365 days a year. Since 500 gm of soybean replaces 10 coconuts, 600 coconuts are not used and that means 100% saving in cost to the institutions.

At my urging, the Nutrition section of the Ministry of Plan Implementation already ordered two grinding machines from Bean Machines, Inc. One machine will be given to the Welikade Prison kitchen so that it will not only be self-sufficient in making its own soy paste (at the moment only 30% of the coconut milk is replaced by soy paste) but will also be able to make tofu and soy bread. The prison farms are already growing their own soybeans! Address: c/o UNDP in Sri Lanka, P.O. Box 1505, Colombo, Sri Lanka.

5527. Dreyer, Lawrence. 1982. Re: International fair and symposium on soya products in Salzburg. Letter to William Shurtleff at Soyfoods Center, April 27. 2 p. Typed, with signature. [Eng]

• ***Summary:*** "The Way of Nature (*Weg der Natur*), a foundation, was established in Austria with the express purpose of disseminating information about macrobiotics, food, and their relationship to our health. Each of the founding members have had at least 2 months training at a temple in Japan." The foundation plans to hold an international fair named Bio Life 2000 in Salzburg from 17-20 Nov. 1982. "The foundation has, for the past two years been linked to a Natural Food Shop and has been, for this period, producing tofu and miso. This shop will be represented at the Fair and will be exhibiting and selling macrobiotic foods, snacks, and drinks. To run concurrently with the Fair, the Foundation is also planning a symposium on Soya products, Miso, Tofu, Tempeh, etc.

"The program will include lectures and discussions on planting and growing soya beans, making soya products, the suitability and advantages of soya products in the diet of Mankind with particular emphasis on the peoples of the West, and the substitution of soya products for animal products as a source of protein. There will also be demonstrations on cooking natural foods and the production of tofu and miso.

"The symposium will be conducted in both English and German and possibly also in French. The media, press, radio and TV have all expressed a keen interest in this fair, so a wide coverage is assured. We would be delighted if you, as the initiator of the use of tofu in the West, would be prepared to participate in this fair."

Note: A handwritten letter from Lawrence Dreyer (1983 Feb. 15) states that this fair was never held. His company is still producing tofu with equipment purchased in Japan a couple of years ago. Address: Director.

5528. Mizono, Jack. 1982. History of Azumaya (Interview). *SoyaScan Notes.* April 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Azumaya started in about 1920 in Stockton. Jack does not know the name of the man who started it. A Mr. Teranishi bought the company in 1926 and moved it to San Francisco in about 1928. His son took over the business in 1930 and ran it until 1936, then sold it to Mr. Sakamaki, who ran it for 6-12 months, then in Feb. 1937 sold it to George and Jack Mizono, and their mother and father. The father was named Saichi Mizono.

George, the eldest brother, worked at Azumaya from the time his family bought it. The father loved tofu. Jack joined them as soon as he graduated from high school. The business was closed during World War II, but after the war the 4 brothers ran it. It was very slow, a real struggle. In the early 1960s business started to pick up. At that time, they delivered direct to stores. The Berkeley Co-op was their first account outside the Japanese stores. They sold tofu to the Co-op loose, in bulk, before Azumaya began individual packaging. After Azumaya began packaging, there was resistance from the Co-op. People complained and feared bad sanitation. Address: Azumaya Inc., 1575 Burke Ave., San Francisco, California 94124. Phone: 415-285-8500.

5529. Auenland Tofu und Soja Produkte. 1982. Auenland Tofu und Soja Produkte [Auenland Tofu and soy products (Brochure)]. Prien-Chiemsee, West Germany. 4 p. 29 cm. [Ger]

• ***Summary:*** The colorful cover of this brochure (see next page) was illustrated by Michael Pierce, an American friend of Peter Wiegand, who started the company. The cover is filled with an illustration of a rayed orangish-red sun setting behind a range of green mountains over a little German village with red-roofed houses and a church. In the foreground is green grass, then flowery knolls and a small river. The inside two pages are devoted to a nine-point explanation of "What is Tofu?" On the rear cover are six recipes, below which we read: "Further recipes are available in *Das Tofu-Buch* (Ahorn-Verlag [published July 1981]).

Talk with Michael Pierce of Georgia. 2000. Oct. 11. He confirms that he illustrated this cover in about April 2000. It appeared at about the same time as Auenland's first products. Peter Wiegand started the company using his wife's money; that's one reason he is no longer married to her. Address: Hub Bleimhaus, D-8210 Prien-Chiemsee, West Germany.

5530. **Product Name:** Soybean Curd, and Soy Milk. **Manufacturer's Name:** Dae Han and Company. **Manufacturer's Address:** 18300 S.W. Boones Ferry Rd.,

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Durham, OR 97223. Phone: 503-620-8983.
Date of Introduction: 1982. April.
New Product–Documentation: Form filled out by Yeun Mo Koo (Korean). The company started on 1 April 1982.

Talk with Paul Moss, who has worked with Dae Han for 7 years. 1990. May 28. The company name is now Dae Han, Inc., 737 S.E. Alder St., Portland, Oregon 97214. Phone: 503-233-8638. Paul plans to use their plant to make tempeh. Labels sent by Paul Moss. 1990. May 10. The soymilk is now called Fresh Wonder Soy (Plain Soy Beverage). The two types of tofu are Organic Regular Tofu (Japanese Style), and Organic Firm Tofu (Chinese Style). Both are certified kosher by Rabbi Yonah H. Geller.

5531. *East West Journal.* 1982. Bookshelf (Ad). April. p. 70-72.
• ***Summary:*** This mail order catalog includes four types of books; the first two are related to macrobiotics. 1. Getting started. 2. Cooking. 3. Exercise. 4. General topics: Incl. *The Book of Tofu* and *The Book of Miso* by Shurtleff & Aoyagi.

5532. Everybody's Vegetarian Restaurant. 1982. Menu. Nashville, Tennessee. 1 p.
• ***Summary:*** Contains many recipes using tofu, tempeh, cooked whole soybeans, plus soymilk ice cream ("The original soy milk Ice Bean" in cones, cups, milk shakes, or sundaes), soy sour cream or mayo, soy milk shakes, tofu cheesecake, and apple crisp a la mode. Address: 120 21st Ave. North, Nashville, Tennessee. Phone: 329-2000.

5533. **Product Name:** Eden's Orchard Tofutini (Non-dairy Frozen Dessert; Renamed Tofu-Zert by Jan. 1984) [Banana, Vanilla, Rum-Raisin, Maple-Walnut, Chocolate, Strawberry, or Almond].
Manufacturer's Name: Heller Enterprises.
Manufacturer's Address: 395 Atlantic Ave., East Rockaway, NY 11518.
Date of Introduction: 1982. April.
How Stored: Frozen.
New Product–Documentation: Talk with Carl Tropper of Heller Enterprises. 1985. Jan. 17 and 25. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 50-51. David Mintz's Tofutti and Carl Tropper's Tofutini were both launched in New York retail stores in the spring of 1982. Mintz threatened to sue for trademark infringement and his lawyer got a cease and desist order. Tropper changed the

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name to Tofu-Zert. See Also Tofutini Dessert, launched by American Food Lines in Merrick, NY, Dec. 1982.

5534. Jacobs, Leonard. 1982. The Chico-San story: Popularizing rice cakes in America (Continued–Part II). *East West Journal*. April. p. 58-61.

• ***Summary:*** Continued: "By the end of the year, Ohsawa had located an old rice cake machine in Japan and shipped it to Chico. Kennedy had it refurbished and assembled and began the first rice cake manufacturing in America. (Basically, rice cakes are made by soaking rice, adding measured portions into individual molds, heating them under pressure, and then releasing the pressure so they puff uniformly and take on the shape of the mold.) However, this first machine was manually operated and required a strenuous effort to stamp out individual crackers. Since the operation of the machine was sending the employees to the chiropractors more and more frequently, Kennedy redesigned it to operate more automatically. Eventually he created a design which worked fairly easily, and they began selling the rice cakes as quickly as they could manufacture them.

"To ensure the quality of the rice, Kennedy and Aihara started searching for the best rice farmers in the area. Eventually they found a Farmer Koda who was growing a strain of short grain brown rice 200 miles south of Chico [Koda Farms in South Dos Palos]. Although his rice was of excellent quality, he was located in an area of cotton growers who used large quantities of chemicals. Kennedy felt compelled to find another farm which was relatively free of surrounding chemicalized agriculture and which would be willing to experiment with growing completely organic brown rice. In 1968 he signed a contract with the Lundberg's of Wehah Farm [Richvale, California], guaranteeing the purchase of their first organic crop. This was a considerable risk on each side, since at best the farmers felt the yield would be half as much as the conventional crop, and even then the weeds and insects, especially during the paddy stage, would be extremely competitive with the rice. However, the experiment proved successful, and we all have been benefiting ever since. (Other farmers have since begun producing organic brown rice, most notably Farmer Garrich of Lone Pines Farm in Arkansas.)

"Interestingly, with the recession of 1973 and 1974, the price of organic rice increased quite a bit and the demand for organic rice cakes decreased considerably, so Chico-San discontinued the organic rice cakes–selling only organic rice. However, by 1976, they were able to reintroduce the organic rice cakes and the demand has again been on the up-swing.

By the late '60s/early '70s the FDA began a close scrutiny of the relationships between food companies and educational programs. They would not allow promotion of foods based on educational or health claims. As a result Kennedy and Aihara established the George Ohsawa Macrobiotic Foundation (GOMF) to continue the educational activities separately from the food company. Kennedy became the director of Chico-San, Aihara the director of GOMF. This relationship has proved very productive for both sides as each continues to promote the other. Aihara is still involved in the selection and quality control of the food products, and he gives weekly classes to approximately thirty-five of the seventy-five staff members of Chico-San. Kennedy began to devote himself completely to the development of the food company.

"In addition to enlarging the ware- house space, Kennedy looked for ways to expand and improve the product line. In 1974 he brought Junsei Yamaguchi into the company to begin manufacturing miso and tamari soy sauce according to Chico-San's standards. Chico-San also began to produce yinnie rice syrup, a traditional sweetener Kennedy had discovered on one of his trips to Japan. Yinnie syrup is a whole grain product made from malted wheat and rice and has a much lower concentration of refined sugars than most other malted grain sweeteners such as barley malt or corn syrup. During this time Chico-San had acquired additional rice cake machines purchased from Japan, but Kennedy felt that these machines could be improved. Eventually he developed a completely hydraulic machine which was capable of increasing the supply of rice cakes up to the market demand. Unfortunately, soon after they got the new machine into production, it shorted out, blew up, and caused a fire which totally destroyed the Chico-San warehouse, all the incubating miso and tamari, and the majority of their other products. The founders of Chico-San had escaped the threat of destruction in New York, but over a decade later they witnessed their almost total devastation in California.

"However, by that time the company had developed a strong reputation in the market. In addition, Kennedy was willing to withstand considerable odds and start from scratch. So within a year of the fire (and a loss of $250,000 beyond the insurance settlement), he began again with a larger warehouse and what he considered to be better rice cake machines. Presently, Chico-San is making rice cakes twenty-four hours a day, seven days a week. It is selling these cakes in the natural foods stores, and has distribution in the supermarkets and (under the label of Landau and Kemach) in the Jewish Kosher foods stores. Kennedy is also attempting to get his rice cakes into the institutional food services, such as hospitals and prisons, but finds this to be very slow. 'The bureaucracies involved are very difficult to work with. But we do have a few public schools in California using rice cakes in the lunch programs,' Kennedy claims.

Although Chico-San never got back into miso and tamari production, it did expand its own product line by increased importing of traditional macro- biotic foods from Japan. These include Lima Soy Sauce (named after George Ohsawa's wife, Lima), miso, barley koji, kuzu, and rice malt vinegar; the sea vegetables hijiki, kombu, wakame, nori, and kanten; nigari (for making tofu); tekka (a

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condiment rich in iron); umeboshi plums; and the Japanese teas kukicha, mu, and renkon (lotus root). In this country Chico-San makes yinnie syrup, yinnie taffy candies, rice cakes, carob-covered rice cakes, and rice nuggets. Chico-San also publishes the *Chico-San Cookbook*, which was written by Cornellia Aihara. The products sold by Chico-San undergo close scrutiny by Kennedy, Smith, and Herman Aihara. They are very careful about quality control and generally agree about standards. One exception has been the carob-covered rice cakes. It is difficult to solidify the carob without adding some type of refined sweetener. Although they have been experimenting with yinnie syrup, at this point they are using fructose but without consensus within the company as to whether it is a healthful ingredient. Besides the manufacturing company in Chico, Kennedy is planning to reopen the Chico-San retail store. He has also opened up a warehouse and rice cake plant near Trenton, New Jersey and is considering opening up another outside of London [England]. In addition, Kennedy and Aihara went to Japan in early December, 1981, to conclude formal discussions with the Ohsawa C.I. macrobiotic teaching organization in Tokyo, concerning the creation of a distribution company called Ohsawa U.S.A. Lima Ohsawa's sister, Flora, will be in charge of this company which will allow for the increased distribution of many Japanese macrobiotic specialty foods.

5535. **Product Name:** [Ganmo {Tofu Burger}].
Foreign Name: Ganmo.
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03/664 58 48.
Date of Introduction: 1982. April.
Ingredients: Crushed tofu, sesame seeds, vegetables, tamari, fresh herbs and spices, wheat flour.
Wt/Vol., Packaging, Price: Vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. "Jonathan is a macrobiotic food company. They produce a wide assortment of macrobiotic products, such as tofu (3,000 lb/week), ganmo, etc.

Jonathan catalog. 1988. A full-page color plate shows all these products. These are deep-fried tofu burgers. Ingredients are listed (see above).

5536. **Product Name:** [Horium Tofu].
Foreign Name: Tofu Horium.
Manufacturer's Name: Les Aliments Horium Foods Inc.
Manufacturer's Address: 1050 rue Lacasse Street, C1-18, Montreal, QUE, H4C 2Z3, Canada. Phone: 514-933-4605.
Date of Introduction: 1982. April.
Ingredients: Organic soybeans, natural salt or sea salt, purified water.
Wt/Vol., Packaging, Price: 450 gm.
How Stored: Refrigerated.
New Product–Documentation: Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. Form filled out by Mr. Chong-Hong Ho, owner. 1988. Nov. 11. The product was launched in April 1982. Label. 5 by 7 inches. Red, green, and black on white. In French and English. "All natural. After removing package, submerge tofu completely in cold water and change it regularly."

5537. Leviton, Richard. 1982. On the road for the fast food burger: A soy deli odyssey. *Vegetarian Times* No. 56. April. p. 62-65.
• ***Summary:*** Includes visits to and detailed descriptions of the ambience and menu at: The Well Bean Deli in Santa Cruz, California (Kevin Van Slooten), Real Food Tofu Cafe in Redwood Valley, California (Dik & Sharon Rose), The Tofu Shop in Arcata, California (Matthew & Susanne Schmit), South Fork Tofu Cafe in Helena, Montana (Bruce Anfinson, Vicki Keller, and Richard Saravalli), The Good Nature Deli in Oak Park, Illinois (Kevin O'Brien and Mary Ellen Sackett), The Soy Plant Deli in Ann Arbor, Michigan (a co-op), Hip Pocket Tofu Deli in Columbus, Ohio (Bill Lutz), Nature's Grace in Honesdale, Pennsylvania (Jamie and Nancy Stunkard), Lotos Cafe in Rochester, New York (Greg Weaver), Soyateria in Toronto, Ontario (owned by Soy City Foods), Mintz's Buffet in New York City (David Mintz), and Everybody's Vegetarian Restaurant in Nashville, Tennessee (run by The Farm).

At Mintz's Buffet (1040 Third Ave., 10021) "David Mintz would like to stuff the Big Apple with savory tofu, judging by the enthusiasm with which he embraced tofu a year ago in his traditional Jewish kosher deli and catering company. Mintz added tofu to his line of 'soup to nuts, old time foods like Grandma used to make, a big menu,' and placed tofu vegetable pies and tofu ice cream proudly next to the gefilte fish, chopped livers and matzoh balls. Located on New York's upper east side near Bloomingdale's, Mintz's (which seats 15) receives celebrities and ordinary folk alike, people who are drawn to its special 'Mintz's Tofu Buffet of Vegetable Quiches,' Tofu Vegetable Pies, Tofu Vegetable Salads (for instance, steamed broccoli with tofu mustard sauce), Tofu Egg Rolls, Tofu Blintzes, Tofu Bran Muffins (strawberry-rhubarb, apple-walnut, blueberry-bran, carrot-apple, pecan, lemon-granola, pineapple-coconut and cherry-granola), Soy Burgers and Soy Pizza. Before we glide out of Mintz's soy emporium on a cloud of soybeans, we must sample his renowned Tofu Ice Kream (also called *Tofutti*) made from tofu, soymilk, fresh fruit, essences of apples, figs and raisins, honey, egg whites, soy oil–'creamy and delicious, it's beyond cream.'" Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5538. Leviton, Richard. 1982. The coming age of soyfoods: Soyfoods have grown from obscurity into a booming grassroots industry in seven years. *New Roots* (*Amherst,*

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Massachusetts) No. 23. Spring. p. 41-46.
• ***Summary:*** Contents: Introduction. The soybean sprouts in New England. Soyfoods: Becoming big business in America. The tofu shop on every corner myth. Growing pains of an emerging industry. Building a strong base of support. Resources.

Note: On page 45 are large ads for "Crystal Hills Tofu" (Bethlehem, New Hampshire) and "Tempeh: The soyfood with culture" (The Tempeh Works, Greenfield, Massachusetts). Address: 100 Heath Rd., Colrain, Massachusetts 01340.

5539. Leviton, Richard. 1982. Tôfu, soifûdo kamu Uesto [Tofu & soyfoods come West (Leaflet)]. Colrain, Massachusetts. 2 panels each side. Each panel: 22 x 18 cm. [Jap]
• ***Summary:*** This is a description of the 1982 Soyfoods Conference in Seattle, Washington (July 6-14), for people in Japan who wish to attend, a day by day description of the 10-day itinerary plan (cost: $2,250, which includes airfare, lodging, conference fee, bus tickets, Disneyland tickets, and 5 dinners), and an application form.

A photo shows Richard Leviton and Luke Lukoskie standing in front of Mt. Fuji, a tall volcanic mountain in Japan.

As Luke recalls (e-mail of 30 May 2011): In 1982 he and Richard Leviton and approximately 18 other soyfoods professionals from the USA did an 8-day tour of Japan. Richard was listed as managing director and Luke as chairman of the board of the International Soyfoods Association–an organization created for the purpose of this trip. Address: Soyfoods Association of North American, 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5540. **Product Name:** Deli Salad (A Tuna-Fish-Style Crunchy & Creamy Tempeh Salad or Sandwich Spread).
Manufacturer's Name: Pacific Tempeh.
Manufacturer's Address: 1508 62nd St., Emeryville, CA 94608.
Date of Introduction: 1982. April.
New Product–Documentation: Shurtleff & Aoyagi. 1985. History of Tempeh. p. 52. America's first product of this type.

5541. **Product Name:** [Tofu, Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer's Name: Restaurant Sesam.
Manufacturer's Address: Byouxstr., Bern, Switzerland. Phone: 032-257-077.
Date of Introduction: 1982. April.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. "The most active macrobiotic center in Switzerland is located in Bern. They have a restaurant and home-scale tofu and seitan production. The last time I had contact with them, they were planning to set up a tofu plant."

Letter from Verena Krieger of Switzerland. 1990. July 5. Sesam was a macrobiotic restaurant in Bern. It has been out of business since 1987.

5542. **Product Name:** Tofu, and Soy Sprouts.
Manufacturer's Name: Sam Hwa Beansprout Co.
Manufacturer's Address: 5642 N. Broadway, Chicago, IL 60660. Phone: 312-271-0330.
Date of Introduction: 1982. April.
New Product–Documentation: Letter from Rebecca Uchida of Mu Tofu Shop. 1982. April 20. Sam Hwa is the owner.

5543. **Product Name:** [Tofu].
Manufacturer's Name: Seven Arrows Tofu.
Manufacturer's Address: Hoogaardenstr. 83, 3000 Leuven, Belgium.
Date of Introduction: 1982. April.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. Seven Arrows is a small shop producing tofu and tofu products in Leuven.

5544. Shurtleff, William; Aoyagi, Akiko. 1982. Survey of tofu production in the United States and Canada. Lafayette, California. 1 p. April. Unpublished manuscript.
• ***Summary:*** This is a typewritten table with 8 columns: The three main ones are (1) Company name. (2) Date started operations. (3) Tofu production in April 1982 (in 1,000 lb/week). Companies are arranged in descending order of tofu production.

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Hinode Tofu Co. (Los Angeles, California; 1937?). 140.
Azumaya, Inc. (South San Francisco, California; 1920?). 110.
Aloha Tofu Co. (Honolulu, Hawaii; 1950?). 60.
Quong Hop & Co. (South San Francisco, California; 1906). 43.
England Soy Dairy (Greenfield, Massachusetts; Jan. 1977). 36.
C.R. Food (Los Angeles, California; April 1979). 28.5.
Wy Ky (Los Angeles, California; July 1970). 28.
Wo Chong & Co. (San Francisco, California; 1928). 24.
Kanai Tofu Factory (Hawaii; 1923). 16.
Traditional Tofu (Oakland, California; 1978?). 17.
Mighty Soy, Inc. (Los Angeles, California; Aug. 1980). 16.6.
Eastern Foods Corp. (Minneapolis, Minnesota). 15.
Panda Food Products (Woodhaven, New York; 1981). 15.
Nasoya Foods (Leominster, Massachusetts; April 1978). 12.
Island Spring (Vashon, Washington; Dec. 1976). 12.
Swan Gardens (Miami, Florida). 12.
Sam Sung Food Inc. (Washington, DC; 1980). 11.
Ota Tofu Co. (Portland, Oregon; 1919). 10.4.
Victor Food Products (Scarborough, Ontario, Canada; Feb. 1978). 10.
Hashizume Food Products (New York City, New York; 1969). 10.
Soyfoods of America (Duarte, California; 1981?). 10.
White Wave (Boulder, Colorado; Sept. 1977). 9.
The Soy Plant (Ann Arbor, Michigan; Sept. 1977). 7.
Chicago Tofu Co. (Chicago, Illinois; 1960). 6.
Nomura Tofu Co. (Chicago, Illinois; 1975). 6.
Northern Soy (Rochester, New York; May 1977). 6. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5545. **Product Name:** [Tempeh, Tofu, and Natto].
Manufacturer's Name: Soy Joy.
Manufacturer's Address: Chemin de la Prelaz 1, CH-1260 Nyon, Switzerland. Phone: 022-61-9312.
Date of Introduction: 1982. April.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. July 23. Owner: Marty Halsey. Form filled out by Martin Halsey ca. 1982. Company opened in April 1982. His initial products were tempeh, tofu, and natto. "Working on miso. Supplying macrobiotic community on a small scale."

Note: This is the earliest known commercial natto manufacturer in Europe.

Letter from Sjon Welters. 1982. April 16. Gives his home address as c/o Costello, Mafroi 6bis, 1260 Nyon, Switzerland. He is "An American sportsman who started a small tofu and tempeh shop."

R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 17. Marty Halsy [sic, Halsey] makes 200 kg/week of tofu, plus some handmade tempeh.

5546. *Soyanews* (*Sri Lanka*). 1982. Sri Lanka's first tofu shop. 4(8):4-5. April.
• ***Summary:*** "'Sri Lanka's first tofu shop,' set up at Kitulwatta Road off the Elvitigala Mawatha in Borella" [a district of Colombo], was not started with the intention of making profits. Its founder is a philanthropist and a devout Buddhist, who would be glad if it just breaks even. If people take to soyafoods "this would be one way of saving the dwindling cattle population of this country as well as the lives of many other domestic animals.

"The owner of the tofu shop and all members of his family are practising vegetarians and when the subject of soya was brought up one day by Mrs. Gai Kim, wife of the UNDP Resident in Sri Lanka, it struck him that if more people took to soya less animals would be killed and the people would become healthier and more humane.

The shop started in 1980 but had to close because of a lack of soyabeans grown in Sri Lanka. It resumed production in 1981, when the soya acreage was a little larger "but more important from the point of view of sales was the opening the same year of a new supermarket in Kollupitiya [a major city within Colombo] run by Cornel in collaboration with Fitzpatrick of Singapore.

Today about 60 pounds of bean curd are produced daily at the shop.

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Photos show: (1) A lady ladling soaked soyabeans into the hopper of a motorised stone mill. (2) The slurry being cooked and stirred. (3) Ladling the curds into a woven bamboo basket floating on the mixture of curds and whey. (4) A man with tofu on sale at Cornel's supermarket.

Note: This shop first opened in March 1980.

5547. Wagner, Martha. 1982. Tofu gains a toehold. *Nutrition Action.* April. p. 12-13.
• ***Summary:*** Discusses: The parallels between tofu and yogurt. *The Book of Tofu,* by Shurtleff and Aoyagi. Surata Soyfoods in Eugene, Oregon. Al Jacobson and his Garden of Eatin' in Los Angeles.

5548. Holt, John. 1982. Re: New developments at The Regular Tofu Co. Letter to William Shurtleff at Soyfoods Center, May 1. 1 p. Handwritten, with signature on letterhead.
• ***Summary:*** "Having used your book to learn how to make tofu, we now have a small business here making about 700 lb/week of tofu and about 2,500 tofu burgers per week. We give our okara to a pig farmer... We sell the tofu vacuum packaged. As yet we don't have a means of packaging soya milk. It is sold over here in Tetra Briks and is very expensive. We want to expand the business to make larger quantities of tofu (regular and silken if possible) and to sell soymilk more cheaply... At present, our equipment is very similar, I should imagine, to a small Japanese tofu shop. We use nigari.

An accompanying form states that this company started business in Dec. 1981 and now uses 50-100 lb/day of dry soybeans. Address: 75 Chandos St., Leicestershire LE2 1BU, England. Phone: (0533) 549839.

5549. Reed, M.H. 1982. Japanese spot bridges East, West. *New York Times.* May 2. p. WC23.
• ***Summary:*** This is a review of the Japanese restaurant Ichi Riki in Nyack, New York. Recommended dishes include agedofu and salmon teriyaki.

"For instance, it would have been a pity to miss the superb example of agedofu–silken bean curd deep fried to 'meatiness' and flavored with daikon and dashi;..."

Note: This is the earliest English-language document seen (April 2013) that contains the term "silken bean curd."

5550. Lorenz, -. 1982. Tofu 'n Tab (Cartoon). *New Yorker.* May 3. p. 44.
• ***Summary:*** This cartoon a shows sporty couple stepping into a bistro named "Tofu 'n Tab." As he opens the awning-covered door, he turns to her and jauntily remarks, "Another nice thing about this spot–it hasn't been discovered yet."

Note: This cartoon also appeared in the *Washington Post* (7 Jan. 1983, p. WK36). Address: New York.

5551. Burros, Marian. 1982. Food notes: How about tofuburgers? *New York Times.* May 5. p. C9.
• ***Summary:*** "When the students at P.S. [Public School] 128, on West 169th Street in Manhattan [New York], were introduced to tofuburgers last week, some ate them and some didn't; some liked them and some didn't."

"Two years ago the city received permission from the United States Department of Agriculture for a pilot program to serve meatless meals as part of the approved school-lunch program. The first year 17 schools participated; this year there are 40. The meatless meals include peanut butter made with tofu; beans and rice; vegetarian chili, and now, for the first time, tofuburgers.

"But Barbara Friedlander, nutrition education coordinator for the city schools, is returning to the stove. Next time she is going to have the cooks add soy sauce to the tofu mixture 'so it will look brown instead of white,' and she will have them make hamburgers of a mixture of tofu and ground beef." Address: New York.

5552. Cadwallader, Sharon. 1982. Try tempting them with tofu. *San Francisco Chronicle.* May 5. p. 24.
• ***Summary:*** Contains recipes for Tofu Crepes, Creamy Tofu Vegetable Soup, Tofu-Oatmeal Muffins.

5553. Morris, Linda Lowe. 1982. Tofu: Soy product can be used like cheese. *Sun* (*Baltimore, Maryland*). May 12. p. C1. [3 ref]
• ***Summary:*** Two companies in Baltimore in Baltimore make tofu: (1) American Soy Products, established by Larry Betzler, Mark Courtney and Dick Leshuk, has been making tofu at a plant on Aisquith street since the start of 1982. (2) The Liu family, whose business is named Bud, Inc., began making tofu in 1980 and has recently moved into larger quarters on Wicomico street.

Both companies use organic soybeans. A large photo shows Larry Betzler and Mark Courtney making tofu.

5554. Parker, Joyce. 1982. Re: Soybeans and the Peace Corps in Nepal. Letter to William Shurtleff at Soyfoods Center, May 12. 4 p. Handwritten on lined paper.
• ***Summary:*** She is a Peace Corps volunteer living in the eastern middle hills of Nepal. She works at a tuberculosis clinic, and is thinking of starting to make tofu for herself and the TB patients. Friends sent her a copy of *The Book of Tofu.* Nepalese have the basic idea of "hot and cold foods." Boiled soybeans are considered "cold" whereas dry roasted soybeans are "hot." Address: c/o U.S. Peace Corps, P.O. Box 613, Kathmandu, Nepal.

5555. Soroka, Monica. 1982. Re: Poland is ready for tofu. Thinking of starting a tofu shop there. Letter to William Shurtleff at Soyfoods Center, May 16. 3 p. Handwritten, with signature.
• ***Summary:*** Monica has worked at the Magic Bean Co-op in

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Milwaukee, and at Light Foods in St. Louis. "During the past year the women of Poland were frantic that their children would not have enough milk. The Polish farmers were coming into the cities and buying out the bread supplies to feed their cattle because of the unavailability of grains! Total chaos! The Poles need to be exposed to alternative protein sources, such as tofu.

"I'm considering returning to Poland this summer." Address: 4100 Jordan Lane, Stevens Point, Wisconsin 54481.

5556. Parker, Joyce. 1982. Soyfoods and soybeans in Nepal (Interview). Conducted by William Shurtleff of Soyfoods Center, May 17. 1 p. transcript.
• ***Summary:*** Tofu is made in Kathmandu, but on a very small scale. Soybeans (*bhatmas* in Nepali) are used as food in various ways in various parts of Nepal. In Eastern Nepal, they are used mostly as a snack (*khaajaa*) served with early afternoon tea. The snack is called *bhatmas ani chiura* ("soybeans and beaten rice"). To make it: Roast dry soybeans in a dry, well-seasoned, heavy cast iron wok over an open hearth for 5-10 minutes, stirring constantly, until nicely browned but with no burned beans. Run through a hand-turned stone mill to just split the soybeans into halves. In the wok, heat mustard oil (*mattitel*) and heat until the smoke rises. Then add minced green onion, chili pepper, and gingerroot. Stir fry until the soybeans are enrobed with the mixture, salt lightly, then stir over beaten rice [also called flattened rice; dehusked rice which is flattened into light dry flakes]. It is delicious and crunchy.

In Nepal, soybeans are usually grown as companion plants with corn or along the borders of irrigated fields. A British AID agricultural farm [Agricultural Research Station] at Pakhribas has developed soybean varieties for different terrains.

Kinema, a fermented soyfood, is a good trekking food. Nepalese make a soup of it and pour it over rice. It keeps well and is easy to cook. To make kinema, boil soybeans until they are soft, then grind to a mush with a local mortar and pestle. Mix in the ash of any type of wood and place the mixture in a shallow bamboo basket (*dhahi*), cover and leave for 24 hours. Then remove and sun dry.

Note: This is the earliest document seen (Dec. 2011) that uses the word "kinema" to refer to this fermented soyfood from Nepal; it is a close relative of Japanese natto. Address: Peace Corps volunteer, Nepal.

5557. Halsey, Marty. 1982. Re: Recent developments with soyfoods Switzerland. Letter to William Shurtleff at Soyfoods Center, May 18. 1 p. Handwritten, with signature.
• ***Summary:*** Marty encloses a business card for Eric Dougoud, who will be starting a soyfood business in September in Geneva. Marty visited Eric's plant today and saw his tofu making machines. "He has a large, very professional space, and the Takai W-30B whole system. He has a large vacuum packager that he plans to use for various tofu related products. He is working in unison with a group in Milan, Italy, and plans to export his products there as well. I showed him all the information that you sent me." Address: Switzerland.

5558. Sheraton, Mimi. 1982. Restaurants: Rumania to China on the East Side [of Manhattan]. *New York Times.* May 21. p. C20.
• ***Summary:*** This is a review of the Chinese restaurant Sichuan Pavilion (322 East 44th St., between First and Second Avenues, Manhattan, New York City).

Among the best main courses are: "Crispy shrimp packets–pounded shrimp deep-fried in wrappings of golden, crackling bean curd sheet."

Also tasty were "bean curd slices with ground pork that were properly dosed with chili oil. Perhaps the biggest disappointment on two recent visits was Buddha's duck," formerly tender and aromatic, now fatty, stale and bland.

Note: This "bean curd sheet" is what we call a "pressed tofu sheet."

5559. Deakin, Doris. 1982. Hand-me-down recipes that taste of tradition. *Washington Post.* May 26. p. E1, E8, E10.
• ***Summary:*** In this era of fast foods, we have lost the tradition of mothers handing down to daughters their favorite recipes–often handwritten and often together with stories about the family. These recipes and stories are a special kind of nourishment.

Yet many other cultures have their traditional dishes and story accompanies many of them. In China, one such dish is Ma-Po Tofu. Victoria Chen, formerly of Shanghai and Taiwan, who teaches Chinese cooking in Montgomery County, tells her students this story. "Ma" means smallpox scar and "Po" means woman. "Tofu" is bean curd. After this woman contracted smallpox, her face was scarred. Then her brother died, leaving a widow and two children. The family land was so small that they could not earn a living from it. To help her brother's family, the scarred woman tried to find a husband, but she could not. So the sisters-in-law developed this recipe, and sold it to passers by. In this way all were able to survive.

The recipe calls for "1 pound bean curd... 1 tablespoon black fermented beans, chopped... 2 tablespoons soy sauce... 1 tablespoon hot doe-ban paste [douban-jiang] for hot bean sauce." Cut the "tofu" into 1 by 1 by ½-inch pieces. Saute the "black beans" for a few minutes but do not crush.

5560. Freiberg, Karen. 1982. New company [Royal American] has unusual food, backers. *Kansas City Star* (*Missouri*). May 28.
• ***Summary:*** The 25 investors in Royal American Food Co. raised nearly $1 million. Located at 24307 E. 40 Highway in Blue Springs, Missouri, the firm is a multi-level marketing

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company that sells flavored instant tofu and dehydrated soy-based desserts.

5561. Pautz, Jane Abe Cadwell. 1982. Re: Directory of soyfoods manufacturers in Sao Paulo, Brazil, and comments on the availability of these foods. Letter to William Shurtleff at Soyfoods Center, May 29. 3 p. Typed.
• ***Summary:*** List all known companies in Sao Paulo that make soyfood products. A separate listing is given for each product with the full company name and address. The product categories include: Tofu and tofu products (2 companies). Soymilk (4). Shoyu (3). Sellers of whole dry soybeans (1). Lecithin (1). Soyflour (1; soyflour is available in many stores without a brand name). TSP / TVP (2).

"As you know we have a large Japanese colony here in the country. I am only aware of what is here in Sao Paulo."

"Soynuts are available in health food stores in small unlabeled packages. I have not seen soynut butter. Misso (miso) is plentiful. Soy sprouts are sometimes available in open-air markets along with other Japanese products. They aren't common. Fresh green soybeans [edamamé] are also available at certain times of the year in these markets. Of course there is lots of soyoil. I think that Sanbra is one of the big producers or sales company of the beans [soybeans]. In some of the healthfood stores there is a product available called 'carne de soja' (literally "soy meat [textured soy flour]). There is no brand name and I have not experimented with it."

"I will be working on a book of tofu recipes during this vacation. The publisher wants to publish it yet this year.

"Last year I gave 3 lessons in working with soyfoods at the Nestlé experimental kitchen here in Sao Paulo, and may be working with a new health foods store / restaurant in developing foods. I would like to see them try some typical soy-deli kinds of things. There is a lot of interest here, new stores of 'produtos naturais' [natural food products] and vegetarian restaurants are quite popular." Address: Rua Spinagés 1974 Apto. 61, 01258 Sao Paulo, Brazil.

5562. *Daizu Geppo* (*Soybean Monthly News*). 1982. Tottori meisan, tôfu chikuwa [Tofu chikuwa, famous product of Tottori prefecture, Japan]. May. p. 30-39. [Jap; eng+]
• ***Summary:*** It was first produced about 120-150 years ago, in the late Edo or early Meiji periods. To use up leftover tofu, tofu makers mixed it with starch, shaped it into dumplings, and steamed it. In later years they mixed in fish paste. The formula now is: tofu 55-65%, fish meat 25-35%, starch, seasonings (salt, sugar) 10%. The preparation is described.

5563. Fitzpatrick, Brian. 1982. Soya milk in Asia. In: Theng Chye Yam, W-L Kwik, and C-Y Fong, eds. 1982. Proceedings of Food Conference 1982. viii + 382 p. See p. 261-62. Held 16-20 May 1982 in Singapore. Publ: Singapore Inst. of Food Science & Technology.
• ***Summary:*** Contents: History. Consumption of soymilk. Nutrition. Soymilk- the product. Unprocessed raw materials suitability. Clarified and suspended products. Packaging. Yields for clarified and suspended. Product mix (yogurt, tofu, ice cream). Present market.

Recent introductions of commercial soymilk products include: Green Spot Bangkok (1960), Coca Cola test market of SACI in Brazil (1969), Singapore Cold Storage (1969), Kibun, Japan (1976), and Ace Canning (1980). Address: Alfa-Laval South East Asia, Singapore.

5564. **Product Name:** Tofu Kit.
Manufacturer's Name: Homefood Co.
Manufacturer's Address: P.O. Box 1242, East Lansing, MI 48823.
Date of Introduction: 1982. May.
New Product–Documentation: Ad in Vegetarian Times. 1982. May. p. 62. This new tofu kit contains a TofuPres (2-pint capacity tubular design, apparently transparent plastic), TofuSeed (3 oz. natural nigari), and TofuBag (washable nylon netting and instructions). Ordered by direct mail, each kit costs $17.99, including shipping and handling.

5565. Island Spring, Inc. 1982. Island Spring installs MENUVISION at QFC Supermarket in Seattle (News release). P.O. Box 747, Vashon, WA 98070. 1 p. May.
• ***Summary:*** To solve the problem that many people do not know how to use tofu, a video monitor and cassette deck have been installed near Island Spring Tofu in the produce department. A continuous tape shows a cook preparing Guacamofu (Tofu Guacamole) and Tofuna (Tuna and Tofu). Address: Vashon, Washington.

5566. Krieger, Verena. 1982. Die tausend Talente von Tofu [The thousand talents of tofu]. *Natuerlich* 2(5):69-73. May. [Ger]
• ***Summary:*** An excellent overview, with numerous color photos of recipes, products, and plants. "Tofu found its way to Europe not over the steppes of Asia but through the kitchens of North America, starting with *The Book of Tofu* by Shurtleff and Aoyagi."

Contents: What is tofu? Why tofu? Soya–king of the beans (Switzerland imports 100,000 tonnes of soybeans each year to feed to animals). Tofu and its brothers. Is soy an exotic plant? The most important traditional soyfoods of East Asia: Tofu, miso, soymilk, tamari, shoyu and soy sauce (*sojasauce*), tempeh, soy sprouts (*sojakeime*).

5567. **Product Name:** Legume Tofu Pizza.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 150 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 857-9010.
Date of Introduction: 1982. May.
Ingredients: Organic tofu, crushed tomatoes, peanut and

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soy oil, salt, oregano, onion, garlic, parsley, basil, pepper. Crust: Whole wheat pastry flour, high gluten enriched flour, DeBoles American (Jerusalem) artichoke flour, water, vegetable shortening, yeast.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Frozen.
Nutrition: Per 4 oz.: Calories 220, protein 8 gm, carbohydrates 33 gm, fat 7 gm.
New Product–Documentation: Label. 7 by 9 inches. Color boxes. "A delicious meal by Legume. 100% natural. No cholesterol. No artificial preservatives. No sugar." The pizza crust contains whole wheat pastry flour as a major ingredient. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Article in Soyfoods. 1982. Winter. p. 56. Ad in Whole Life Times. 1982. July/Aug. p. 20. "Tofu Makes the Difference." Spot in Soyfoods. 1982. Summer. p. 54. "The Legume Food System. Tofu Makes the Difference."

5568. Leviton, Richard. 1982. Discovering Japanese soyfoods. *Vegetarian Times* No. 57. May. p. 60-62, 65. [1 ref]
• ***Summary:*** Recently Richard Leviton traveled to Japan with a group of Americans to get a firsthand look at the Japanese soyfoods industry. There he got his first look at the fabled neighborhood corner tofu shop. He discusses tofu (the Japanese consume 10 million cakes a day) and tofu manufacturers (large and small), types of tofu include silken tofu (called kinugoshi), fresh soft tofu called momen. "In the typical supermarket we counted as many as 60 different soyfood items (often several brands or product sizes), ranging from fresh miso and tofu to packaged soymilk and shoyu, natto, dried frozen tofu, yuba rolls and kinako powder."

Also: Takatsuka Marugo (a large tofu maker that churns out 100,000 lb/day of tofu), Yuba Han (a traditional yuba shop in Kyoto), Asahimatsu Kori-dofu Co., natto, Hamanatto, soymilk, cooked soybeans with wakame, soy sprouts, kinako powder, packaged green soybeans in the pods, miso (fresh and freeze-dried), Linda Barber (an American home economist who is teaching at Kobe Girl's College in Nishinomiya, and also teaching American-style tofu recipes to Japanese housewives via television and the print media), and Sasa-no-Yuki, a 279-year old restaurant that specializes in tofu cookery.

Photos show: (1) Eleven different tofu dishes in bowls as served at Sasa-no-Yuki restaurant in Tokyo. (2) A man hanging up fresh yuba at Yuba Han. (3) Members of the group seated on tatami mats on the floor around a huge table enjoying dishes served at Sasa-no-Yuki. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5569. Leviton, Richard. 1982. Mainstreaming tofu. The soyfoods industry comes of age. Colrain, Massachusetts. 20 p. Written and re-written for New Age magazine but never published. One-fifth published by Vegetarian Times, Nov. 1982, as "Soyfoods Come of Age." Unpublished manuscript. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

5570. Leviton, Richard. 1982. Tour: April 21-28, 1982. Itinerary and notes from trip to study soyfoods on the East Coast and in the Midwest. Colrain, Massachusetts. 21 p. Unpublished typescript. 28 cm.
• ***Summary:*** Visited: Nature's Grace (Honesdale, Pennsylvania), Real Foods (Allentown, PA), Cricklewood Soyfoods (Mertztown, PA), Kingdom Foods (Washington, DC), Sam Sung Tofu Co. (Washington, DC), Edward & Sons Trading Co. (Saluda, North Carolina), American Miso Co. (Rutherfordton, NC; April 24), Blue Ridge Soyfoods (Fletcher, NC), The Farm (Summertown, Tennessee), Everybody's Restaurant (Nashville, TN), Soya Food Products (Cincinnati, Ohio), Rising Sun Soy Farms (Columbus, OH), Hip Pocket Tofu Deli (Columbus, OH), Legume (Verona, New Jersey), The Bridge (Middletown, Connecticut). Includes directions by car to each place. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5571. Mandoe, Bonnie. 1982. Soy power! Part I. *Bestways.* May. p. 98, 99, 101.
• ***Summary:*** "However familiar–or unfamiliar–we may be with soy foods, the eighties are certain to increase our appreciation of these versatile and varied products. The same marketing skills that turned yogurt from the curious 'health-food oddity' it was in the sixties, to the popular supermarket item it is today, are being applied to soy foods, particularly tofu, tempeh, and soya ice cream."

Contains a short section on tofu that mentions Larry Needleman and *Soyfoods* magazine, and a shorter section on tempeh. Gives 3 tofu recipes and 4 tempeh recipes. Photos show: (1) Bonnie Mandoe. (2) A cake of tofu.

5572. Mason, Robert M.; Carden, John L. 1982. Controlled ecological life support system: Research and development guidelines. Moffett Field, California: National Aeronautics and Space Administration (NASA). 99 p. May. 28 cm. Report No. NASA CP-2232–NASA Conference Publication 2232. Proceedings of a NASA workshop held 9-12 Jan. 1979 at Ames Research Center, Moffett Field, California.
• ***Summary:*** Contents: Preface. List of figures and tables. 1. Introduction: Background, approach, overview of report, references (5 refs). 2. Evaluation of a ground based manned demonstration as a milestone in CELSS development: Introduction, summary of workshop findings (Group 1), food production (Group 2), waste processing (Group 3), systems engineering and modeling (Group 4), ecology-systems safety (Group 5). 3. Development requirements for a successful ground based CELSS demonstration (Introduction plus comments from the five groups). 4. Research recommendations (Introduction plus comments

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from the five groups). Appendixes: A. Individual research recommendations (Group 2). B. Interactions of waste processing group with other groups. C. Group membership. D. Names and addresses of workshop participants.

"Preface: The purpose of this workshop was to consider research and development guidelines for Controlled Ecological Life Support Systems. (CELSS)" and to "Identify considerations critical to a successful ground-based manned CELSS demonstration (GBCD)." "The workshop was supported by NASA as a part of the work under Grant No. NSG-2323."

In Chap. 3 (p. 21) the Nutrition and Food Processing Group (Group 1) states: "Some conventional sources are advanced (i.e. soy milk, oriental 'cheeses' [such as tofu], fabricated meats, textured vegetable protein, sausages, and candy),..." Much recycling is involved, including "food regeneration from wastes" (incl. higher plants grown in urine). Higher plants have many valuable functions in addition to food production for humans: air revitalization including addition of oxygen and removal of carbon dioxide and certain gaseous contaminants, conversion of wastes into food, aesthetic value, etc. Vegetarian diets, and use of algae (single cell proteins) are considered important.

The first paper in Appendix A is titled "Quantitative analysis of biomass production and compatibility studies of early maturing soybean cultivars for GBCD, by Jagmohan Joshi, Univ. of Maryland (Eastern Shore at Princess Ann). It begins: Justification: Soybean is one of the recommended plants to be grown in GBCD This has been clearly shown by various investigators in the earlier studies conducted for NASA. In CELSS it is very important to know the total amount of biomass produced by each crop." Six early maturing soybean will be grown under hydroponic conditions. Note: This is the earliest document seen (July 1999) concerning space travel and soy. Address: 1. METRICS, Inc.; 2. Georgia Inst. of Technology. Both: Atlanta, Georgia.

5573. Moriyama, Yukiko. 1982. Quick & easy tofu cookbook. Tokyo: Joie. c/o J.P. Trading Inc., 300 Industrial Way, Brisbane, CA 94005. 104 p. May. Illust. Index. 27 cm.
• ***Summary:*** Contents. Introduction. Preparation tips. Recipes–1. Cheese 2. Egg. 3. Just tofu. 4. Meat. 5. Sea foods. 6. Vegetables. 7. Salad. 8. Soup. 9. Dessert.

Reissued in 1988 under a new title: "Quick & Easy. A taste of tofu: Mastering the art of tofu cooking."

5574. Price, Charlene C.; Brown, Judy. 1982. A natural twist to the school lunch program. *National Food Review.* Spring. p. 20-22. [7 ref]
• ***Summary:*** Natural foods "are inching their way from specialty stores to supermarkets and into the school lunch program. As knowledge about the relationship of diet to health grows, more emphasis is being placed on using natural, additive-free foods in the school lunch program. In 1980 USDA's Food and Nutrition Service (FNS) rewrote the guidelines to reduce the levels of starch, sugar, and fat in school lunches. The Nutra Breakfast and Lunch Program, emphasizing natural foods, was introduced in 1976 into schools in Atlanta, Georgia.

"In 1978, the public school system in Santa Cruz, California, became the Nation's first to experiment with tofu, an inexpensive protein made from curdled soybean milk. In 1981, USDA granted temporary approval to the Santa Cruz school system to serve tofu as a primary meat replacer in its 8,000 daily school meals. The approval has since expired, and reapproval is being sought. Tofu is now federally reimbursable only if it is used with either eggs, cheese, or beans which qualify as complete proteins. Santa Cruz claims that the soybean product has helped cut the program budget from $1.5 million in 1980 to $1.2 million in 1981. Use of the tofu has been a big part of the savings because it sells for 45 cents a pound compared with beef which goes for $1.68 and cheese for $1.27 a pound in that area. The Santa Cruz school system intends to make even more use of soy products which are less expensive than animal products."

Note: This is the second earliest English-language document seen that contains the term "meat replacer" or "meat replacers" (with any combination of quotation marks). Address: USDA. Phone: 202-447-6363.

5575. **Product Name:** [Tofu Itaquera].
Manufacturer's Name: Proteija Ind. & Comercio.
Manufacturer's Address: Estrada D, No. 1300, Itaquera, Sao Paulo, Brazil.
Date of Introduction: 1982. May.
New Product–Documentation: Letter from Jane Cadwell Pautz. 1982. May 29. "Very good firm tofu." Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5576. Shurtleff, William; Aoyagi, Akiko. 1982. Soyfoods directory and databook. 1st ed. Lafayette, California: Soyfoods Center. 21 p. May. 28 cm. 2nd ed. published in June as Soyfoods Industry: Directory and Databook. 56 p. [24 ref]
• ***Summary:*** A detailed study of the rapidly emerging soyfoods industry and market. Contains original statistics compiled by the Soyfoods Center through interviews with companies. Contents: 1. Names and addresses of soyfoods manufacturers in the Western world, plus major soymilk, miso, shoyu, and yuba manufacturers in East Asia. 2. Analysis of the soyfoods industry in the U.S. 3. Soyfoods production statistics for America and the West. 4. America's prime soyfoods market regions. 5. The tofu industry in the West: Three-year analysis of the tofu industry in the West. The U.S. Tofu market: overview and outlook. Graph of number of tempeh and tofu manufacturers in the West. North America's twenty largest tofu manufacturers. 6. Analysis of

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the soymilk industry in the United States. 7. Key institutions working with soyfoods in the West.

Note: This is the first market study published by Shurtleff and Aoyagi. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5577. **Product Name:** Nutcracker Sweets Creme Pie (Tofu Cheesecakes) [Very Berry, Pineapple Coconut, or Carob Mint].
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403.
Date of Introduction: 1982. May.
Ingredients: Topping: Soy milk, soy oil, honey, pure vanilla. Filling: Tofu (Organic soybeans, nigari), honey, carob, soy oil, pure mint, pure vanilla, guar gum. Crust: Graham crackers, nuts, honey, vegetable margarine.
Wt/Vol., Packaging, Price: 8 oz in plastic deli tub.
How Stored: Frozen.
New Product–Documentation: Labels. 1983, undated. Multi-color. "A naturally delicious, ready-to-eat, cholesterol-free dessert." Spot in Soyfoods. 1983. Summer. p. 55, and 1984. Summer. p. 43.

5578. *Soyanews* (*Sri Lanka*). 1982. Recipes: The quicker way to make bean curd. 4(9):7. May.
• ***Summary:*** Describes how to make tofu with soya flour. Also gives two tofu recipes.

5579. Soyplant Co-op Inc. (The). 1982. Price list: Effective 5/21/82 (Leaflet). Ann Arbor, Michigan. 1 p. 28 cm.
• ***Summary:*** This is a photocopy sheet, black on white. At the top center is the company logo, two soybean plants growing out of a round Planet Earth. Office hours: 9:00–4:00 M-F. These are wholesale prices, with suggested retail prices listed in parentheses. "A minimum order of $25.00 is required for all deliveries."

Tofu–1# tub. $0.85 per lb ($1.10).

Tofu–Bulk. $0.70 per lb plus 5¢/lb outside Ann Arbor.

Plain soy milk. $0.80 per quart ($1.04).

Flavored soy milk. $0.88 per quart ($1.14).

Plain soy milk–Bulk. $2.10 per gallon (5–gallon minimum).

Flavored soy milk–Bulk. $2.50 per gallon (5–gallon minimum).

Tempeh. $0.90 per half lb ($1.25).

Tempeh–Bulk. $12.00 per 8 lb sheet. Address: 771 Airport Blvd. Suite 1, Ann Arbor, Michigan 48104. Phone: (313) 663-8638.

5580. Switzer, Larry. 1982. Spirulina: The whole food revolution. New York, NY: Bantam Books. vii + 135 p. Illust. by Akiko Aoyagi Shurtleff. No index. 18 cm. [78* ref]
• ***Summary:*** Contents: Acknowledgements. Why spirulina? 1. Introducing your venerable ancestors: The microalgae. 2. The history and rediscovery of spirulina. 3. Nutritional value. 4. A natural way to weight control: The diet of no-diet. 5. From vitamin food to vegetable protein breakthrough. 6. Survive and thrive: Food reserves and future microfarms. 7. Cooking with spirulina: Three favorites and thirty recipes. 8. State of the art: Algae farming around the world. 9. Marketing spirulina: Breaking the food barrier. 10. Spirulina and world protein politics. 11. The future: Farming deserts, oceans, and planets. Appendix A: The Proteus-Earthrise story. Appendix B: Product standards and quality controls.

Soy-related recipes include: Instant spirulina miso soup (p. 51). Aquamole dip or dressing (with tofu and tamari soy sauce, p. 53-54). Tofu dip (p. 54). Pro-miso canape (p. 56). Pro-miso soup (p. 57). Tofu eggless salad (p. 63). Miso salad dressing (p. 65). Pastalina (with tofu chunks, p. 68).

"Nature's oldest protein is now a perfect food supplement for diet, energy, and total health." Appendix A expands on the history of Proteus-Earthrise from the 1980 edition of this book. In 1979 Proteus launched the first U.S. market test of spirulina, first in aquatic specialty feeds and then in the health foods market, under the Earthrise brand. Earthrise products have been marketed through Spruce Street Marketing of Boulder, Colorado, run by Bob Bellows and Terry Cohen, formerly of Celestial Seasonings.

Pages 126-27 note: "One possible criticism of single-cell proteins, such as microalgae and yeast, is their relatively high level of nucleic acid (RNA and DNA) compared to other common foods. The ingestion of large amounts of nucleic acid can raise the uric acid level in the body and increase the chances of kidney stones and gout. The Protein Advisory Group of the United Nations currently recommends that daily nucleic acid intake be limited to 2 grams. These levels are conservative. They allow significant intake with no ill effects. Two grams would be found in 45 grams of Spirulina, which provides 45% of the U.S. RDA adult protein intake. Spirulina will present no problem when taken at the 10 to 20 gram level daily, as suggested by Earthrise." Address: Founder and President, Proteus Corp.

5581. Thornock, Kaylene. 1982. The usability of tofu in schools and colleges. Jack's Beanstalk, P.O. Box 26615, Salt Lake City, Utah. iii + 102 p. May. No index. 28 cm.
• ***Summary:*** Contents: About tofu. Acknowledgments. Agreement for research on tofu. Statement of objectives. Research objectives #1-6. Summary of research findings by objectives.

Tofu was served and evaluated by students at Brigham Young University in a number of popular recipes. Generally, the more students knew about tofu, the higher their acceptance level. Tofu was very well accepted in both entrees and dessert items. A cheesecake, in which tofu was substituted for one-third of the cream cheese, was preferred almost 2-to-1 over that without.

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Among the recipes tested which contained tofu were: Brownies, burritos, chow mein, chili rellenos, cheesecake, enchiladas, French toast, fruit smoothies, guacamole dip, onion dip, pizza, pumpkin pie, quiche, scrambled tofu, spaghetti sauce, stroganoff, tofu stew, and yakisoba (fried buckwheat noodles).

Cost savings: Ground beef at $1.39/lb was found to be 74% more expensive than tofu at $0.80/lb. At 50:50 extension a foodservice operation would save $29.50 per 100 lb of food product, or 21%. If 600 lb a week was served, this would result in an annual savings of $9,204 in one entree item. Foodservice directors find this very impressive. Tofu may replace all or part of the following ingredients to realize substantial cost savings: Bleu cheese $4.60/lb. Mozzarella cheese $3.60. Cream cheese $2.95. Round steak $2.15. Beef sirloin roast $1.79. Ground beef $1.39. American cheese $1.29. Tofu $0.80. Other economical substitutions are for mayonnaise, salad dressing, cottage cheese, sour cream, ice cream, eggs, chicken, sausage, pork. Note that TVP (textured soy flour) is now widely used by foodservice institutions in tacos and to some extent in hamburgers.

Nutritional value: Tofu is a star, being free of cholesterol, low in total fats and saturated fats, very low in calories, and free of salt... in addition to being an excellent source of high-quality protein.

Acceptability: Jack's Beanstalk (a tofu manufacturer in Salt Lake City, Utah) introduced a 50-50 mixture of tofu and ground beef under the catchy name of "Burgerlite" in college food lines. "Where tofu content has been 25-50% and all recipes tested have been in a form familiar to the college students (i.e. meat loaf, tacos, spaghetti sauce, etc.), acceptability has been equal to that of products not containing tofu." The more education and exposure people have concerning tofu, the more their general level of acceptance increases. The more accurate information they have, the less they fear change. To boost acceptability, two things are important: educate frontline foodservice employees and give general (or, even better, specific) recommendations for using tofu. In addition, develop a general strategy for introducing tofu as a new food to students, much as you would launch any new product. For example, prepare a campaign slogan: "Tofu, the new and upcoming food of the future is coming your way." Tofu seems to work best in desserts, entrees, salads and dressings, sauces, soups, and beverages. Try to develop recipes to yield at least 75 to 100 portions.

5582. **Product Name:** Tofutti (Soft Serve Non-Dairy Soy Ice Cream).
Manufacturer's Name: Tofu Time, Inc. (Marketer). Made in Middletown, New York by Gem Ice Cream Co., then in New Jersey by Welsh Farms.
Manufacturer's Address: 1638–63rd St., Brooklyn, NY 11204.
Date of Introduction: 1982. May.
Ingredients: Water, high fructose corn sweetener, corn oil, tofu, isolated soy protein, all natural flavorings (if strawberry--color is derived from the juice of beets; if chocolate, cocoa is added), soy lecithin, vegetable gums (guar seed, carob bean, carrageenan), salt.
Wt/Vol., Packaging, Price: Pint.
How Stored: Frozen.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 54. "The Tofutti Union. Tofutti, which is a soft-serve dairyfree ice cream made from tofu, soymilk, lecithin, soy oil, fruits, flavorings, and honey, is distributed to 11 states in gallon containers (in liquid form with a 7-week shelf life). The soft-serve form has been on the market since May 1982 and is sold in 60 outlets in New York City alone, including Bloomingdale's 40 Carrots, Zabar's, The World Trade Center's Big Kitchen, New York Health and Racquet Clubs, and the Great American Health Bar."

5583. Tsuchiya, Kunio. 1982. Minami no tôfu, kita no tôfu: Tottori meisan "Tôfu chikuwa" o tazunete [Southern tofu, northern tofu: A visit to "tofu chikuwa," a famous product of Tottori prefecture]. *Daizu Geppo* (*Soybean Monthly News*). May. p. 30-39. [Jap]
• ***Summary:*** Ordinarily the Japanese word *chikuwa* refers to a kind of fish paste.

5584. Grosserode, Teresa Willson. 1982. There's nothing fishy about this diet: Cook's corner. *Press* (*Ypsilanti, Michigan*). June 2.
• ***Summary:*** Chef Larry Janes is executive chef for Weight Watchers Inc. in central and eastern Michigan. One of his favorite low-calorie recipes, for Missing egg salad, is given here. Photos show Janes (age 30) and the salad.

5585. Gillis, Cydney. 1982. "Tofu madness" hits Seattle. *Daily of the University of Washington.* June 3. p. 13, 14, 19. [1 ref]
• ***Summary:*** Professor George Pigott [pronounced PAI-gut] teaches graduate courses in the food sciences. Each spring his students work with one local company to improve their process. This year he chose tofu and Island Spring. The one condition is that all of the students' findings may be published in research journals. A recent dinner at Pigott's home featuring tofu and attended by 10 of his students plus their guests was a big success. Guacamofu, Tofuna, and Tofu-Sambusa were among the fast moving appetizers.

5586. Nave, Robert W. 1982. Re: History of work with soyfoods and soybeans at SPRA in India. Letter to William Shurtleff at Soyfoods Center, June 5. 7 p. Typed (single spaced), with signature on letterhead.
• ***Summary:*** Gives details of his pioneering work, starting in 1968 when he was working at the Nave Technical Institute,

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Shahjahanpur, UP, India. In March 1970 Nave visited Joe Wenger and his plant in Sabetha, Kansas. He was impressed and the Wenger company then offered to give him the machinery (a Wenger X-25 extruder) necessary to set up a pilot project making extruded soy flour in India. During 1970 USAID in Delhi and the G.B. Pant University joined the proposed project. "From 1970 to late 1971 or early 1972 the project operated as NTI Soya Products. It was set up as a Part of Nave Technical Institute. After the University became a partner, the name was changed to Soya Production & Research Association. The association has been set up as a charitable company...

"SPRA produced Nutri Nugget (TVP), Protesnac (a soya-rice spiced snack), Protein Plus (a corn-soya weaning food), Nutriahar (a wheat-soya–fullfat [full-fat]–weaning food) and extruded fullfat soya flour. SPRA has not produced soymilk, tofu, etc. except on an experimental basis."

SPRA started building a factory in March 1971 at Bereilly. In July 1972 SPRA produced 40 tons of corn-soy weaning food for some feeding trials to be conducted by USAID in Madras state. Nutri Nugget (TVP) was the company's first product; the defatted soybean meal was originally purchased from Prag Ice & Oil Mills, and then from General Foods of Indore (owned by the Sahara brothers). In 1978 the company began having problems with its factory manager (George Grundy) and with production. Grundy and an electrical contractor, Kalim, had been approached by the Sahara brothers to build an extruder for them and set up a competing factory. "Grundy and Kalim then took our machinery apart on the pretext of maintenance and copied it, mostly at SPRA expense."

"Nutrela is produced by Ruchi. Ruchi is the name of one of Kailash Shahra's daughters after whom the company is named. The first extruder they used in this plant is the one made by Grundy as explained above. Unfortunately and in spite of their large media campaign their impact has been negative. They have gone so far as to provide retailers with new packages into which to fill the contents of the outdated packages which did not sell. Because they have little or no quality control, neither Meal Maker nor Nutrela sell well in the markets where Nutri Nugget is available. Both took the wordings used on their boxes and in their ads almost verbatim from the Nutri Nugget boxes and ads...

"Dr. Al Nelson was the key figure in setting up the soybean utilization lab at Pantnagar. Dr. Surjan Singh was head of the department of Food Science and Technology and in charge of the utilization lab. Both were key people in the University's roll in working with us when we were setting up the SPRA–although it had already existed for almost a year at NTI Soya Products.

"As far as I know, no one is extracting soy oil by expellers. All is being extracted by solvent. In Nagpur, someone who had been in the states for some time set up a soy milk project which has local distribution and was a private commercial effort...

"The government figures on soybean cultivation are not accurate. It is less than they say–largely because certain agricultural officers pad figures in order to make their efforts look better. However, cultivation is on the increase and will increase even faster when the market becomes adequately developed to assure sale of the crop.

"Almost as long as I can remember, it has been possible to get tofu in various foods in Chinese restaurants in India. I assume the Chinese were making this for their own limited use but did not try to market it outside.

"I have heard of soy flour being used in idli but think it is very limited if at all. Defatted soy flour and soybeans just aren't available in most places. I have never seen defatted soya flour on sale in retail stores anywhere. If it is now available, it has come very recently...

"TVP is the major soy food product in India. I imagine the total production of this is not much more than 200 tons per month at present but that this is more restricted by ability to produce than lack of market.

"I think the first solvent extraction of soy oil was in about 1969 or 1970.

"When I was in India last April 1982, the milk production at Pantnagar was closed and Sipso was not doing well. In both cases it seemed to be more because of management problems than anything else. The product was good. I have no knowledge of the Jabalpur plant.

"Possibly 50% of the people in India would eat eggs, meat, fish or poultry if they could afford them. Perhaps 20% eat these regularly. There is a great market for soy foods in India and it will grow at an increasingly rapid rate until India is one of the biggest users of soy foods in the world. It is a natural for soya foods if they are produced in a way that suits Indian tastes and conditions."

Attached is a 3-page news release (undated) about: (1) Dr. Vivian Erasmus, a native of India and general manager of SPRA in Bareilly, Uttar Pradesh, who will be in Minnesota from June 24 to July 13. A full-page biography is given. (2) SPRA in India; it is an association of the Methodist Church in India through the Nave Technical Institute (80% shares) and the G.B. Pant University of Agriculture (20% shares). The Methodist Church in India is affiliated to the United Methodist Church of the U.S. "All surplus earnings of the association are use to support charitable projects." The "main impact of SPRA has been in private homes through distribution and sales of its products in retail outlets. It now has nation-wide distribution. Its products include textured soy protein under the name of Nutri Nugget, a soy rice snack, a wheat soy weaning food and full-fat soy flour. Due to the pioneering work of SPRA, soybean based foods are now well established in India." Address: Compatible Technology, Inc, 7600 Harold Ave., Minneapolis, Minnesota 55427. Phone: (612) 545-0378.

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5587. Andersen, Juel. 1982. Re: Tofu association and Tofu Institute prospectus. Letter to Steve Snyder, Hinode Foods, 519 Gladys, Los Angeles, CA, June 8. 3 p. Typed, without signature.
• ***Summary:*** Juel first met with Steve Snyder on June 3. She and Loren Fink co-produced a TV tape she left with Snyder. Juel is still trying to decide whether or not to go to the SANA meeting in Seattle, Washington, so she could explore the aims of the "other" camp. She talked with Jeremiah Ridenour who knows all the insiders, and says there is still a huge rift between the small [tofu] producers and the large primarily Oriental producers. Juel wants to convince the large producers that they need to promote tofu in general in order to protect their market, as well as to grow.

Her bid is $1,500 for the Tofu Institute prospectus, plus out of pocket expenses. Prepared by Carol Schreiber of ProCom, San Jose, California. Address: San Jose, California.

5588. Flinders, Carol. 1982. Children meet soy food in school lunch program. *Hartford Courant* (*Connecticut*). June 9. p. E5.
• ***Summary:*** Cartoonist Gary Trudeau drew up a series of comic strips in "Doonesbury" that poked fun at the federal guidelines for school lunches.

"Two teenaged boys sit before sparsely furnished cafeteria trays, expressions bleak.

"'Trade you an ounce of milk for your bean curd?'

"'No way, man! Bean curd's an entree."

This article is really about Thelma Dalman and her efforts to introduce tofu to the Santa Cruz (California) school lunch program, of which she is food service director. She has been serving tofu for years as part of an extremely successful program. "Outside of a brief, federally sanctioned experiment last year, Dalman is not permitted to use tofu as the primary protein food in school lunches. But she does use it in many dishes where cheese and eggs fill that role, and in non-entree dishes," such as an eggless mayonnaise, dips, or spreads. Dalman prefers tofu as it is, just stir fried or baked in a sauce. But she finds it is easier for the kids to accept it at first in quiches, tamale pies, or tacos.

Contains a recipe for Tofu tartar sauce.

5589. Farm Foods. 1982. American Booksellers Association tastes tofu and Ice Bean at annual convention (News release). 156 Drakes Lane, Summertown, TN 39483. 1 p. June 11.
• ***Summary:*** "Anaheim, California: Farm Foods and sister company The Book Publishing Company sampled recipes from their new book, *Tofu Cookery* at the annual Booksellers Convention and Exposition May 28-June 3. Seventeen thousand people filed through one of the largest trade shows in this country, sampling tofu onion dip, tofu cheesecake and soy Ice Bean (a nationally distributed soymilk ice cream similar to a recipe for tofu-ice cream in the new cookbook).

"'For many people it was the first time they ever tasted soy foods. The response was great. So many people thanked us for showing them how tasty tofu and soymilk ice cream can be... We kept the serving bowl filled for four days, using well over 150 pounds of tofu,' says Robert Tepper, Marketing Director for Farm Foods and collaborator on *Tofu Cookery."* Address: Summertown, Tennessee.

5590. Sheraton, Mimi. 1982. Restaurants: A Chinatown find, old-style French. *New York Times.* June 11. p. C24.
• ***Summary:*** This is a review of the Chinese restaurant Say Eng Look (5 East Broadway, Manhattan, New York City).

"A hefty belt of chili oil brings life to the... satiny squares of bean curd with ground pork,..."

"Seaweed lends a verdant, parsleylike freshness when crispy fried and crumbled over a miraculously crunchy fried whole sea bass or in the batter that coats the fried fish fillets..."

"If standard Cantonese appetizers... are inexcusably greasy and banal, there are a few exceptional alternatives, such as the fish roll wrapped in sheets of bean curd fried to gold-leaf fragility and topped with minced scallions..." Recommended dishes: "Fried fish roll in bean curd sheet."

Note: This "bean curd sheet" is what we call a "pressed tofu sheet."

5591. Foley, Terrence B. 1982. Soybeans and soyfoods in China (Interview). Conducted by William Shurtleff of Soyfoods Center, June 12. 2 p. typed manuscript.
• ***Summary:*** Terry is now in the USA, visiting American Soybean Assoc. headquarters. He has been an ASA employee for 1½ years. He is a specialist in East Asia, who studied Chinese history in college and worked in Massachusetts. He knows our work, has all our books on soyfoods, and hopes we can meet some time. There are no official statistics published by China on its agricultural production or area.

Terry's inquiries in Peking indicate that peanut oil is preferred for food use, followed by soybean oil, rapeseed oil, and lard–in that order. Sesame oil is not mentioned. He does not know what oils are preferred in southern China. He has read that Manchurians prefer soy oil. Like all basic foods, vegetable oil is rationed, to maybe a couple of cups per family per year; he has no figures on the exact amount. Vegetable oil is replacing lard. Koreans strongly prefer sesame oil; they drizzle it on foods.

About 85% of the oil made in China is obtained using hand-turned screw presses; the remaining 15% comes from modern solvent extraction plants. He has visited such plants in Shanghai, and knows they are operating in Dairen and elsewhere in Manchuria such as Harbin and perhaps Shenyang. These large solvent plants probably refine their oil. He would guess that both refined and traditional unrefined soy oil are sold in China. When a consumer buys oil, she takes her own bottle to a distribution point in a store, then has it filled. He strongly suspects the quality would be

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very poor by Western standards.

The Chinese are moving to low-fat hogs, since the people want more meat and less fat. There are now two prices established by the government: fatty pork and lean pork.

The main area of soybean production in China is the northeast (Manchuria), followed by the North China Plain. There is now a big export push in China to raise money. Some soybeans have been exported to Japan; most soybean meal is spread on the fields.

Tofu is in especially short supply in China; housewives almost get into a fistfight waiting in long lines for it.

ASA's top priority in China is the livestock industry, including the formulation of modern livestock diets, confinement methods, disease prevention, and genetics (to get modern breeds of animals to China). Address: Director, China Office, American Soybean Assoc.

5592. Krieger, Verena. 1982. Re: Recent developments with tofu in Switzerland. Letter to William Shurtleff at Soyfoods Center, June 14. 3 p. Typed, with signature. [1 ref]
• ***Summary:*** A person who is knowledgeable on macrobiotics and soyfoods in Europe is Mario Binetto from the Macrobiotic Center in Bern. He can be reached at Restaurant Sesam, Monbijourstr. 19, CH-3011 Bern. Marty Halsey is doing work at his tofu shop. Tevan Thieu is trying to start a tofu business in the Basel-area. In the late 1970s Verena worked at a natural foods vegetarian restaurant near Chicago, Illinois, where tempeh and tofu were made frequently. In June 1979 she and her husband David returned to her native Switzerland and began work that played a key role in getting soyfoods into the Swiss consciousness and Swiss kitchens.

"The milestone was set, when I managed to publish my article 'Gestern Steak, morgen Tofu.'...into a Sunday magazine, which is respectable and progressive at the same time and widely read in Switzerland.

"Thanks to the foresight of my friend Lukas Kelterborn, who knew that this publication would stir a wave of interest, we [she and 4 other people interested in tofu] hastily set up a tofu shop to meet the coming demand for tofu. This was the birth of the 'Sojalade.'

"Two months later Swiss national TV did a 30-minute show during prime time on soybeans, using basic information from 'Das Tofu-Buch' (the book was actually shown and recommended through the channel), at the end of which I was given a few minutes to present a meal of five tofu dishes, tailored to the Swiss palate. Since then tofu has been a favorite child of the medias. A couple of weeks ago, our tofu group was even mentioned in the 'Blick' (the 'National Enquirer' of Switzerland)... With all this noise, things have remained small and still beautiful. Our shop is approaching the 1,000 lb/week production level, and we are distributing our tofu mainly in Zurich (population about half a million). Demand has gone up steadily, especially in Zurich. Considering that Switzerland is a classic dairy country, where the cow is held more holy than in India, where milk is the next best thing to our life-blood, and where there is no Asian population to speak of, this is a compliment to both tofu and the Swiss. Of course, the bulk of tofu is still being sold in health and natural foods markets...

"The present soyfoods market wants only organically grown soybeans, and to promote soybean growing just on that basis is ten times harder than conventionally grown beans...

"For the fall, Swiss national radio plans a series of two programs on soybeans, especially directed to farmers." Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

5593. Fabricant, Florence. 1982. Recipes on microfiche to assist chefs. *New York Times.* June 16. III, 3. p. 1.
• ***Summary:*** Dieter Hannig, Director of Food Research for Hilton International Hotels, has compiled many recipes on microfiche to inspire Hilton hotel chefs. A part of the menu is devoted to what Mr. Hannig calls the "new healthy food." It includes foods that appeal to vegetarians and those on a salt-free diet.

One of the most recent microfiche series covered tofu, with serving suggestions that ranged from traditional East Asian dishes to "some of Mr. Hannig's personal creations such as tofu terrines with vegetables and herbs, vegetable pasta with tofu sauce, and tofu dumplings." A photo shows Dieter Hannig looking at a recipe on a microfiche reader. Address: New York.

5594. *Vashon-Maury Island Beachcomber.* 1982. Tofu education begins. June 17. p. 5.
• ***Summary:*** Island Spring has installed a video show at the QFC Supermarket. A continuous tape shows a local cook using tofu in two simple recipes: Guacamofu (tofu guacamole) and Tofuna (tuna and tofu). "TV at point-of-purchase puts us in touch with people when they're in a food buying mood." Address: Washington.

5595. Wells, Patricia. 1982. Fast food on the fast track: On–or near–Japan's railroads, box lunches are first-class fare. *New York Times.* June 20. p. XX37.
• ***Summary:*** "In much of the world, fast food has become a synonym for mediocre, mass-produced fare." But not so in Japan. The *ekiben* (box lunch for train travelers) has a long tradition of high quality, inexpensive, healthful food. A part of almost every box lunch is a tiny container of soy sauce for seasoning.

One excellent part of this box lunch, "a favorite of Japanese children, is inari zushi, seasoned rice wrapped with fried bean curd or tofu that's been boiled in a sweet sauce."

5596. Re: First International Natural Food and Health

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Exhibition. 1982. Letter to William Shurtleff at Soyfoods Center, June 21. 1 p. Typed, on letterhead. [Eng]
• ***Summary:*** "We were introduced to you by Mr. Lawrence Dreyer from "Weg der Natur" in Austria who forwarded us all the mail received from you.

"At the moment we are organizing the "First International Natural Food and Health Exhibition, Conference, Seminar and Film Festival," which will be held in West Germany in autumn 1984, with the expected attendance of over 40,000 persons.

"We will appreciate very much if you join us to organize within our exhibit the "First International Soyaproducts Conference."

"For this matter we would urgently need your "Soyfood directory" and "Data Book" as well as the "Soyfood Mailing List."

"Also we are very interested to establish a Soya Food Center in Munich, Germany. Please send us information and application forms.

"Also we want a one year subscription to the "Soyfoods Magazine." When possible we want to buy a camera-ready copy of pamphlets about Tofu and Miso in German." Address: Weg der Natur, Amalienstrasse 45, D-8000 Munich 40, West Germany. Phone: (089) 28 37 51.

5597. Wiegand, Peter. 1982. Re: Starting Auenland Tofu in Germany. Letter to William Shurtleff at Soyfoods Center, June 22. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** This letter is written on a colorful letterhead showing a rayed reddish-orange sun setting over a village. "I learned to make tofu in Fairfax, California, at Wildwood Natural Foods, working with Paul Duchesne for about 6 months. In the autumn of last year my family and I returned to Germany and opened a tofu kitchen in the spring of this year [March 1982]. At the beginning we named our kitchen the same as in California (Wildwood Natural Foods), but we soon decided to give it a German name. Tofu is getting a bigger market more and more. Our small kitchen is now able to produce about 200 kg/day of tofu. Since we started I have met a lot of people who are really interested in tofu and Sojaproducts, and they want information. We are right at the beginning and tofu needs a lot of promotion because it is unknown. The health department gives us a lot of trouble about using nigari, the shelf life, packaging, using another name than tofu, etc.

Follow-up phone talk: Since the beginning we have made tofu burgers, tofu salad, tofu pizza, and Tofu Apfel-kuchen (Apple Tart, using tofu instead of quark). There was a big party when the company started. Address: Auenland Tofu & Sojaprodukte, Hub 4, D-8210 Prien/Chiemsee, West Germany.

5598. Bernard, Alain. 1982. Re: Work with soyfoods at Auroville, India. Letter to William Shurtleff at Soyfoods Center, June 24–in reply to inquiry of March 17. 1 p. Handwritten, with signature on aerogramme.
• ***Summary:*** "We would like, in addition to the toffu [tofu] making, to start more developing the consumption of Soya Milk." He asks: (1) How can make it so it keeps for more than a few hours in tropical climates. (2) What other ingredients can be added to the milk to make it more palatable, in order for people to accept it more quickly. Address: "Pour Tous" Food Processing Unit, Aspiration–Auroville, Kottakuppam 605104, South India.

5599. Lee, Bill. 1982. History of Wy Ky and its struggle to enter the Los Angeles tofu market (Interview). Conducted by William Shurtleff of Soyfoods Center, June 29. 1 p. transcript.
• ***Summary:*** Wy Ky started in July 1970. Bill was the first Chinese-American tofu manufacturer in Los Angeles Chinatown. Matsuda-Hinode, which then controlled 100% of the Los Angeles Chinese tofu market, used every trick in the book to try to keep Bill out of the market, but to no avail. Eventually Wy Ky captured 90% of the Los Angeles Chinese tofu market, but now has 60-65% after other Chinese tofu makers came in.

Note: In 1984 Bill sold his to Yuk-Ming Man and Mrs. Ho, who is the mother of David and Elaine Ho. The latter two people run the company.

Talk with Raymond Lea. 1993. Oct. 13. His father, William Lee, founded this business. He was the first Chinese-American tofu maker in Los Angeles Chinatown. In about 1988 Wy Ky stopped manufacturing tofu, tofu products, and soymilk, but they continue to distribute and sell these products which are made by other companies; Hinoichi makes the basic tofu, Furama makes the soymilk, and Visoy makes a pudding. At the Wy Ky plant there are two walk-in refrigerators where the soyfoods products are stored. All the equipment is in the basement. Bill Lee, the founder, died in Jan. 1993 while on a trip to the Philippines. He had been divorced in about 1980 and sold the business in 1984. Raymond is assembling a team to try to buy back the company. Address: Owner, Wy Ky Food Products Inc., 237 San Fernando Rd., Los Angeles, California 90031.

5600. Yamauchi, Shoan. 1982. History of Matsuda-Hinode Tofu Co. (Interview). *SoyaScan Notes.* June 29 and Aug. 11. Conducted by William Shurtleff of Soyfoods Center. Then two follow-up interviews in Oct. 1988.
• ***Summary:*** The company traces its roots back to Hawaii to the Uyeda/Ueda Tofu Co., which may have started at an earlier date. In 1939 Mr. and Mrs. Shokin Yamauchi, who had 6 (8??) children and very little money (the effects of the Depression were still being felt), bought Uyeda/Ueda Tofu Co. on Aala Street from Mr. and Mrs. Uyeda/Ueda, who had bought it 2-3 years earlier from someone else. It was a very small mom and pop operation. Two friends of the family, one

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an uncle, helped the Yamauchi family to buy the company. Either shortly before or shortly after the Yamauchi family bought the business, it was renamed Aala Tofu Co. It was never named Shoan Yamauchi Tofu, the name that appears in a 1942 Honolulu City Directory. Mrs. Yamauchi and her two sons, Shoan (the #2 son, who had previously baked cakes in a bakery) and Shojin (the #3 son, who was still in high school), ran the family business successfully. Shoan, who learned how to make tofu from Mr. Ueda, the eldest son did most of the work. He recalls: "I worked like a dog, 15-16 hours a day, 7 days a week, for no pay and with almost no help from machines." Shoan's father did other work in the shipyards. In 1942 Shoan married Shizuko ??, who also lived in Hawaii. She joined him working at the tofu shop.

After World War II, in 1946, on his younger brother's recommendation, Shoan went to Los Angeles. The Japanese were just coming out of the wartime intern camps, many having lost everything. First he talked to the five partners at Matsuda Tofu Co., which had about 5,000 square feet versus 700 square feet for Hinode, but Matsuda didn't want to sell? What did they say? So 1946, Shoan gave the family tofu shop in Hawaii to his brother, Shojin, and in September 1947 he and his wife moved to the mainland. Before buying a business?? The owners of the Hinode Tofu Co. in Los Angeles offered to him their company for $4,000; it had cost them $8,000 to set it up. Shoan decided to buy it, even though his wife didn't want to.

A little background on tofu in Los Angeles. The two early tofu companies were Japanese-run Matsuda and Chinese-run Wing Chong Lung. Both had started in about the 1920s (or perhaps before) in Los Angeles.

Matsuda Tofu Co. was started in about 1920 by a Mr. Matsuda. During World War II the company was closed. Mr. Matsuda and his workers were sent to intern camps. After the war, 5 partners (including Ken Osaki and a Mr. Sasaki), who had very little money, obtained the Matsuda name from Mr. Matsuda and essentially started a new company. They had to move the business to a new location, probably because of zoning problems.

Shortly after the war a new company named Tomoi Tofu Co. was established in Los Angeles at First and San Pedro Streets. But they were bought out by Matsuda in 1946 for $8,000. Thereafter, having no competition, Matsuda raised prices and there was a furor among consumers. So the former owners of Tomoe (Mr. Tomoe and probably a partner) started Hinode Tofu Co. in March 1947 at 6th St. and Towne Ave. They made 1,500 cakes of tofu a day.

Then the owner of Tomoe Tofu Co. got sick. Shoan Yamauchi's younger brother, Shojin ("Jin"), had visited Hinode in May 1946, then returned to Hawaii and told Shoan to go to Los Angeles, as described above.

In November 1947 Shoan and Shizuko began to run Hinode Tofu Co. at 6th St. and Towne Ave. They made only three products: Japanese-style soft and Chinese-style firm tofu, plus agé (deep-fried tofu pouches). The early years were tough; it was a small company with no reputation, and almost no machinery or capitalization. The tofu wholesaled for $0.20/lb and was sold only in bulk. Again the work was hard and the hours long. In 1952-53 he moved the business to 4th St. and Towne Ave (Why??), where he bought his own building. Most of Mr. Yamauchi's customers were Chinese and Japanese, with very few Caucasians. Hinode Tofu Co. grew steadily, and in 1956 Mr. Yamauchi bought out his competitor, Matsuda Tofu Co., the only other Japanese tofu maker in the area. The new company, named Matsuda-Hinode Tofu Mfg. Co. was now the biggest on the mainland United States. In 1964 (1962) the company established three milestones: (1) It became the first company on the West Coast (and perhaps in the world) to package tofu; (2) It became the first U.S. company to get tofu into a supermarket chain (Boy's Market in Los Angeles); and (3) It became the first U.S. company to make natto.

In 1969 the company built and moved into its present location at 526 S. Stanford Ave. That same year the company introduced several new tofu products that Yamauchi had learned to make in Hawaii, which were not yet widely made on the mainland: Kinugoshi (silken) tofu, nama agé (deep-fried tofu cutlets), and yaki-dofu (grilled tofu).

In about 1976 he added ganmodoki (deep-fried tofu burgers). In 1978 the company expanded into a million-dollar automated factory, which made the first pasteurized tofu in the western world. In 1981 the company's name was shortened to the original name, Hinode Tofu Co. That year tofu production was 81,000 pounds a week, rising to an estimated 140,000 lb/week in 1982–27% more than the next largest tofu manufacturer in the western world, Azumaya.

Mr. and Mrs. Yamauchi have three children, all adopted. John Yamauchi, the second oldest, is very involved with the tofu business. Rodney does sprouts. Address: 526 S. Stanford Ave., Los Angeles, California.

5601. Chico-San, Inc. 1982. Mail order–Price list. P.O. Box 1004, Chico, CA 95927. 4 p. June. 28 cm.

• ***Summary:*** Products include: Rice Cakes (6 varieties, with 4 new ones coming soon); all in 3 different packages. Carob coated rice cakes in plain or mint flavors. Yinnies brand products: Taffy, Caramel, or Rice Syrup. Grains, beans, and seeds: Incl. Sweet brown rice, azuki beans, black [soy] beans (the latter two imported from Japan since 1962). Tea. Natural condiments from Japan (some imported since 1962): Lima soy sauce. Mugi (barley) miso. Kome (rice) miso. Rice malt vinegar. Tekka (soy plus). Nigari (for tofu making). Kuzu (wild arrowroot). Salt plums (umeboshi). Sesame oil (dark). Koji, barley. Seaweeds from the Orient: Wakame (curly dulse). Kombu. Hijiki. Kanten (gel). Nori. Household goods: Incl. The Yinnies Brand Rice Syrup Cookbook.

Introducing a new Chico-San Product: Tamari Soy Sauce. Address: Chico, California. Phone: 916-891-6271.

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5602. Daenzer, A. Walter. 1982. Tofu: Ein neues altes Produkt aus Asien [Tofu: A new old product from Asia]. *Reform + Diaet.* June. p. 2. [Ger]
• ***Summary:*** For some months a new biona exclusive product has been available in biona-Reform Houses: Soyana-Tofu. He compares it to quark and emphasizes how pure, pure, pure it is. Black-and-white photos show: (1) Tofu being pressed at the Soyana tofu shop. (2) The tofu product's label. An ad for new biona Soyana Tofu is on the same page.

5603. Five Seasons Restaurant (The). 1982. Menu. Jamaica Plain, Massachusetts. 1 p.
• ***Summary:*** This menu, dated June 1982, printed with dark brown ink on beige paper, is divided into the following categories: Appetizers: incl. Tofu cream cheese & crackers, Tenpura nori roll, Marinated tofu. Staples. Salads: incl. Chef's salad with slices of seitan and marinated tofu, Tofu cream cheese platter. Desserts. Luncheon specials. Sandwiches: incl. Fried tempeh sandwich, Tofu cream cheese sandwich. Noodles: incl. With tofu & vegetables, topped with fried tofu or tempeh. Pan-fried rice or noodles. Side orders: incl. fried tofu, fried tempeh. Beverages. To go: Tofu cream cheese. Address: Jamaica Plain (near Boston), Massachusetts.

5604. Granny Goose Potato Chips. 1982. California Style Chips (Ad). Radio broadcast. KYA 1260. June. 30 seconds. 1 p. transcript.
• ***Summary:*** Woman: Ooh, try this avocado, sprouts, and tofu quiche. Man: Oh, no thank you. I'm happy with my California Style Chips.

Woman: Don't you relate to tofu? Man: Basically, I relate best to Granny Goose California Style Potato Chips.

Woman: California Style Chips. I can dig it. I've got a thing about California. Jogging, sharing, staying mellow. Man: Well, that's just where California Style Chips are coming from. They've got a subtle, buttery flavor that's incredibly mellow. (Crunch, crunch)

Woman: Ooh, they are buttery. I could really munch out on them. Man: And they're crisped in a pure golden sunflower oil to make them really light tasting.

Woman: Mmmm, light things are so heavy. Listen, lets take this bag of chips and go eat them in my hot tub. Man: Won't we get the chips all wet? Woman: Not if I fill the hot tub with guacamole.

5605. Howe, J.M.; Hoff, J.E. 1982. Plant diversity to support humans in a CELSS ground-based demonstrator. Moffett Field, California: National Aeronautics and Space Administration (NASA). 51 p. June. 28 cm. Report No. NASA CR-166357. [49 ref]
• ***Summary:*** Prepared under NASA Grant NSG-2401. CELSS stands for "controlled ecological life support systems." Contents: Introduction. Human nutritional requirements in CELSS-GD: Nutrient composition of total plant [vegan] diets (energy, protein, vitamins, minerals), interaction of dietary components, stress. Bioavailability studies of minerals: Rationale (calcium, iron, zinc), experimental procedure (planning of diet, experimental animals), results, experiment IV. Summary. Bibliography of CELSS reports.

Appendix A is a 14-day total vegetarian [vegan] cycle menu. Soy products appear as follows (B = Breakfast, L = Lunch, D = Dinner): Day 1–Sandwich of soy pate (L), soy milk (L&D, 1 cup each). Day 2–Tofu (L, ¼ cup), soy milk (L). Day 3–Soy milk (D). Day 4–Soy milk (B&L). Day 5–Soy milk (B&L), soy burgers (L, 2). Days 6 and 7 = none. Day 8–Soybeans (D, 1 cup). Day 9–Soy milk (B&D), soy bean and winter squash (L, ½ cup each), soy sauce with cooked veggies & brown rice. Day 10–Soy milk (B). Day 11–Soy milk (L). Day 12–Soy meat analogue (D, 3 oz). Address: 1. Dep. of Food and Nutrition; 2. Dep. of Horticulture. Both: Purdue Univ., West Lafayette, Indiana 47907.

5606. Lappé, Frances Moore. 1982. Diet for a small planet. Tenth anniversary edition. Completely revised and updated. New York, NY: Ballantine Books. xiv + 498 p. Illust. by Marika Hahn. Index. 21 cm. [250* ref]
• ***Summary:*** Listings of soyfoods in index: Soy flour & grits p. 16, Tofu p. 14, Soybeans p. 7, Soy foods (tofu, tempeh) p. 229. Tempeh p. 3. The section titled "Recommended paperback cookbooks" (p. 454-55) includes *The Book of Tofu*, *The Book of Miso*, and *The Book of Tempeh*, by William Shurtleff and Akiko Aoyagi, and an invitation to send a long, self-addressed stamped envelope to their Soyfoods Center in Lafayette, California. Address: Inst. for Food & Development Policy, San Francisco, California.

5607. Leviton, Richard. 1982. Tofu, tempeh, miso and other soyfoods. New Canaan, Connecticut: Keats Publishing Inc. 26 p. June. No index. 22 cm. [46 ref]
• ***Summary:*** Contents: The neighborhood soy deli. What are soyfoods? Soybeans from China. Soyfoods have marched west. The nutritional side of soyfoods. Soyfoods in your kitchen (3 recipes from other cookbooks). The future. Bibliography. A list of soyfoods cookbooks. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5608. Lotus Cafe (The). 1982. Menu. Rochester, New York. June.
• ***Summary:*** This original menu, dated June 1982 and typed on beige paper, is divided into: Soups. Salads (incl. Hummus, Devilled tofu, Tempeh salad). Sandwiches (all with the Lotus Cafe's original tofu mayonnaise): Tofuburger, Tempehburger, Not dog, Tempeh Reuben, Pita sandwiches

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in Syrian pocket bread (incl. Tofulafel, Temptation). Entrees: Incl. Tofu spinach pie, Tofu ravioli, Tofu and sauce with brown rice and marinated tofu. Side dishes. Beverages: Incl. Shakes with fresh soymilk (Banilla, Carobanana, Banana colada), freshly made juices, sparklings, glass of soymilk or carob soymilk. Desserts: Incl. Almond cream cheese tart, Maple walnut pudding, carob brownie, ice cream (Ice Bean). Address: 686 Monroe Ave., Rochester, New York 14607.

5609. Mandoe, Bonnie. 1982. Soy power. Part II. *Bestways.* June. p. 91-92.
• ***Summary:*** The author recently had the opportunity to visit an old Hawaiian tofu shop on the island of Maui. The Teruya family has made Valley Isle Tofu there since 1916. Walter and Takeshi Teruya now make the tofu. Takeshi has been making tofu since he was age 15. Production begins at midnight, 6 nights a week. The author has been using tofu for over 12 years. Her two strongest impressions of the shop are its cleanliness and tranquility.

Contains 3 Oriental style recipes (adapted from Sakae Teruya) and 3 western style tofu recipes.

5610. **Product Name:** Tofu.
Manufacturer's Name: Methow Valley Foods.
Manufacturer's Address: General Delivery, Twisp, WA 98856. Phone: 509-996-2372.
Date of Introduction: 1982. June.
Ingredients: Water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 5.25 by 3 inches. Self adhesive. Light green and black on white. Illustration: man on horse riding up mountain. "Keep refrigerated." Letter from Joyce Campbell and Bernie Bigelow. 1982. June 30. They are "The Tofus" who started the business. Photo from Joyce and Bernie of Methow Valley Foods. 1987. May. Shows the inside of their tofu shop and all its equipment. Their address is now P.O. Box 247, Carlton, Washington 98814.

Letter from Joyce Ann Campbell. 1999. March 2. She and Bernie have seen a lot of changes and their tofu company is changing too. The began a community style tofu business in 1982. In 1995 they stopped and recently they began plans to reopen, in collaboration with a cooperative, in the spring of 1999.

5611. Shurtleff, William; Aoyagi, Akiko. 1982. Report on soy delis, cafes and restaurants. Lafayette, California: Soyfoods Center. 116 p. Illust. June. 28 cm. [21 ref]
• ***Summary:*** Contains 150 recipes. Based on extensive original surveys conducted by Soyfoods Center, including questionnaires sent to each of the soy delis. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5612. Shurtleff, William; Aoyagi, Akiko. 1982. Soyfoods industry: directory and databook. 2nd ed. Lafayette, California: Soyfoods Center. 56 p. June. 28 cm. [24 ref]
• ***Summary:*** A detailed study of the rapidly emerging soyfoods industry and market. Contains original statistics compiled by the Soyfoods Center through interviews with companies. Contents: 1. Terminology: The many types of soyfoods. I. Traditional low-technology soyfoods. 1A–Nonfermented soyfoods: Fresh green soybeans, whole dry soybeans, soynuts and soynut butter, soy sprouts, whole soy flour & grits, roasted soy flour [kinako] & soy coffee, soymilk and dairylike soymilk products, tofu (eight types), okara or soy pulp, yuba.

1B–Fermented soyfoods: Tempeh, miso, soy sauce, shoyu & tamari, natto & thua-nao, fermented tofu & soymilk, soy nuggets [fermented black soybeans] (Hamanatto & tou-ch'ih).

II. Modern soy protein foods: Defatted soy flour, grits & flakes, soy protein concentrates, textured soy protein products, soy protein isolates.

III. Soy oil products: Soy salad oil & cooking oil, soy oil margarine & shortening, soy lecithin.

2. Soyfoods industry directory: Names and addresses of over 850 soyfoods manufacturers in the Western world, plus major soymilk, miso, shoyu, and yuba manufacturers in East Asia. 3. Analysis of the soyfoods industry in the U.S.

4. Trends in U.S. and world soybean production: Graph of world soybean production (1922-1979) including graphs for the world total, USA, Asia total, and Latin America. Graph of U.S. soybean production, yields, and exports (1924-1979).

5. Analysis of the tofu industry in the West: The U.S. tofu market: overview and outlook. Graph of the number of tofu (and tempeh) manufacturers in the West from 1975 to 1982. Four-year analysis of the tofu industry in the West. Listing of North America's largest tofu manufacturers and their weekly tofu output. Japan's largest tofu manufacturers and their daily output. Favorite tofu, soymilk, and tempeh recipes as served at U.S. soyfoods, delis, cafes, and restaurants, or marketed as ready-to-serve products. Books on tofu published in America.

6. Analysis of the tempeh industry in the West: Graph of number of tempeh manufacturers. Recipes. Listing of North America's largest tempeh manufacturers and their weekly output.

7. Analysis of the worldwide soymilk industry: Analysis of the soymilk industry in the United States. Analysis of the soymilk industry in Japan. Major Japanese soymilk companies and their products.

8. Analysis of the soy sauce / shoyu and miso industries worldwide. Statistics on fermented soyfoods in East Asia. The soy sauce market in the United States (1981). U.S. imports of soy sauce. Graph (1947-1981. Source: U.S. General Imports, Schedule A. Commodity by Country. U.S.

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Dept. of Commerce, Bureau of Census). U.S. imports of soy sauce. Table (1947-1981. Source: U.S. General Imports, etc. See above). The shoyu / soy sauce market in Japan. Graph. (1886-1980. Includes: Number of manufacturers. Per capita consumption. Shoyu production. Kikkoman's market share (%)). The miso market in Japan. Graph. (1930-1980. Includes: Per capita consumption. Total miso production. Factory production. Number of manufacturers. Home production. Amount of soybeans used). Overview of the miso market in the United States. Miso exports from Japan (1981). Japan's ten largest miso manufacturers and their output.

9. Other: Analysis of the soynuts industry in the U.S. North America's larger soyfoods delis, cafes & restaurants. The soybean crushing industry; overview.

10. Soyfoods terminology and standards (Glossary of soyfoods terms): I. Traditional nonfermented soyfoods: Fresh green soybeans, okara, roasted soy flour (soy coffee, soy chocolate), soybeans, soymilk (soymilk ice cream, soymilk soft serve, frozen soymilk yogurt, soymilk mayonnaise, soy shakes, soy nog, soymilk whipped cream), soynuts, soy sprouts, tofu (regular tofu, deep-fried tofu {deep-fried tofu cutlets called nama-age or atsu-age in Japan, deep-fried tofu burgers or burger balls, called ganmodoki or hiryozu in Japan, deep fried tofu pouches (called aburage in Japan; the words "deep-fried" may be dropped from the names after the initial usage, and in recipes or on package labels, if desired}), silken tofu {made without separation of curds and whey, called kinugoshi in Japan; modern types, all made with glucono delta-lactone as coagulant, and all known in Japanese as juten-dofu, are packaged lactone silken tofu, bagged lactone silken tofu (fukuro-dofu), sealed lactone silken tofu (buro-dofu), and Ever-Fresh Lactone Silken Tofu (in Tetra-Pak}), grilled tofu, frozen and dried-frozen tofu. (Note 1. It is illegal to describe the latter product as "freeze-dried tofu," since freeze-drying is a completely different process), terms associated with making tofu {fresh soy puree, a coagulant or curding agent, forming box, filter bag or pressing sack, tofu comes in cakes, not blocks}), whole soy flour, flakes and grits, yuba.

II. Traditional fermented soyfoods: Fermented soymilk products (soymilk yogurt {Soy Yogurt, Soyogurt, Soygurt}, acidophilus soymilk, soymilk kefir, viili, piima, buttermilk {Soy Kefir, etc.}), fermented tofu (wine-fermented tofu, brine-fermented tofu), miso (rice miso, barley miso, soybean miso, Chinese soybean chiang), natto (thua-nao from Thailand and kinema from Nepal; all are non-salted), fermented black soybeans [fermented black soybeans] (Chinese fermented black soybeans know as shih, tou-ch'ih, tou-shih, or dow-si; savory fermented black soybeans called Hamanatto in Japan, Daitokuji fermented black soybeans called Daitokuji natto in Japan, Philippine fermented black soybeans called tausi or tao-si in the Philippines, Indonesian soy nugget paste called tauco, formerly spelled tao-tjo, Malaysian soy nugget sauce called tao-si), soy sauce (shoyu. The five basic types of Japanese shoyu are: regular shoyu called koikuchi shoyu in Japanese, light-colored shoyu called usukuchi shoyu, tamari shoyu, clear shoyu called shiro shoyu, and rich shoyu called saishikomi shoyu), tempeh, other fermented soyfoods.

Note 2. This is the earliest document seen (Sept. 2012) that uses the word "Soygurt" to refer to soy yogurt.

III. Soy oil and modern soy protein foods: soy oil, defatted soy flour, flakes and grits, soy protein concentrate, soy protein isolate, textured soy protein products (TSP, TVP is a registered trademark of the Archer Daniels Midland Company and cannot be used as a generic name for this product), meat analogs (foods typically made from spun soy protein fibers to resemble meat, fish, or poultry products).

11. Names of soyfoods around the world: Names of 40 products. Brazilian / Portuguese names. British English names. Chinese names (fermented tofu is Toufu-ju or Sufu). French names, German names. Japanese names. Spanish names.

12. Key institutions working with soyfoods in the West: The Soyfoods Center, Soyfoods Association of North America, INTSOY, American Soybean Association, Bean Machines, Inc., Soycrafters Apprenticeship Program, USDA Northern Regional Research Center, Sojaquelle.

About The Soyfoods Center.

Note 3. This is the 2nd market study published by Shurtleff. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5613. **Product Name:** [Tofu].
Foreign Name: Tofou.
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: Plateau de l'Ardennais, 91590 Cerny, France. Phone: (6) 457.52.01.
Date of Introduction: 1982. June.
Ingredients: Water, French-grown soybeans*, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. The most important development with soyfoods in France is that Bernard Storup has just bought a whole system for tofu production.

Letter from Bernard Storup. 1982. Aug. 19. Bernard and Jean Preneuf have been making tofou [tofu] since mid-June. The plant is located at Cerney but he and Françoise (who had a baby girl on May 9) live at nearby Arpajon. "I think things will go quicker for soyfoods in Europe than in the U.S."

Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Company is named Soy S.A.R.L. at Plateau de l'Ardennais. Owner: Bernard Storup & Jean de Preneuf.

Richard Leviton. 1983. Oct. 16-17. Visit to Societe Soy in Cerny. This tofu plant, the largest in France, is

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distinguished for its dairy style machinery innovations. Societe Soy uses 6 workers two days a week to produce 5,000 lb/week of tofu. They use the "tofou" spelling and Soy not soja for the company name so they could trademark both in France. Societe Soy began production in Sept. 1982.

Label. Undated. Printed with green, yellow and red on plastic pouch. *Tofou: Equilibrez vos menus*) (Tofu: Balance your menus).

Letter from and form filled out by Bernard Storup. 1984. March 22. Contains a brief history of the company. They now make 2,500 kg/week of tofu, including 1,400 kg/week of tofu burgers. One year ago they made 1,000 kg/week.

Letter from Bernard Storup. 1986. Jan. 1. "Bernard, Françoise and I are on the way to move to the center of France in a new shop (near the mountains and French best quality water, in St.-Chamond, near St.-Etienne, a little southwest of Lyon) end of summer 1986. From: 16 Avenue de le Republique, 91590 Arpajon, France." Soya Bluebook. 1986. p. 107. Company now named "Soy." Their product is listed as "Croque Tofu." Letter from Harry Whitford of Soyastern. 1987. Dec. 14. "My feeling is that this company has lots of capital but not so many good ideas. I wasn't impressed by their products, mostly because their professional packaging awakens professional expectations. We don't have much information about their production amounts. As far as I know they distribute through natural/health food channels." Letter from Bernard Storup. 1989. March 3. "We started to make tofu commercially in June 1982. The company itself was founded in Feb. 1982."

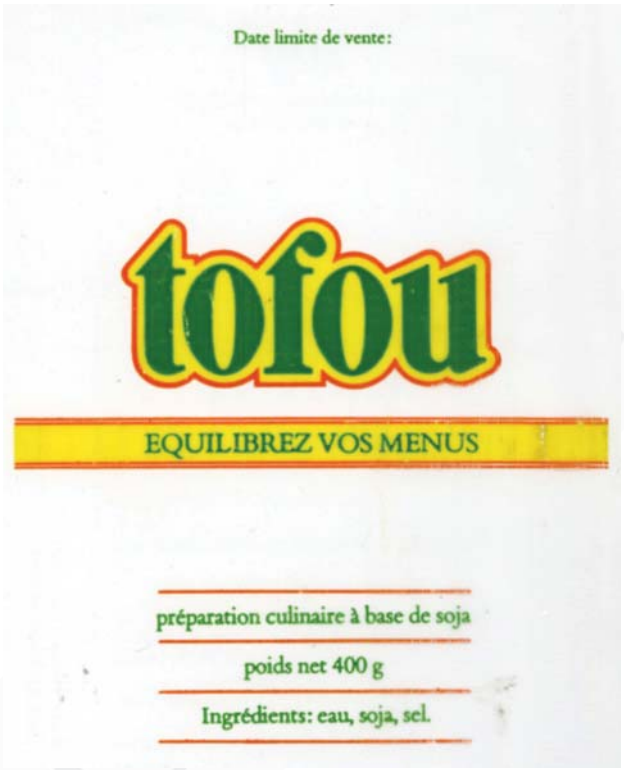

Label. 1988. 2.5 by 4 inches. Self adhesive. Green, yellow, and red on white. "The green protein (*La proteine verte*). Culinary preparation based on soya. Consume before 1 Aug. 1984. Store refrigerated at + 4ºC. After opening the sachet, put in a bowl filled with water. For information and recipes, write Société Soy at Saint-Chamond."

5614. **Product Name:** Soft Organic Tofu.
Manufacturer's Name: Surata Soyfoods.
Manufacturer's Address: 302 Blair Blvd., Eugene, OR 97402.
Date of Introduction: 1982. June.
Ingredients: Certified organically grown soybeans, water, nigari (natural sea minerals).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Shevah Lambert. 1990. July 2. Surata now makes 4,300 lb/month of this product. Production started in June 1982. Label sent by Shevah Lambert. 1991. Jan. 16. 6 by 4.5 inches. Green and red on clear plastic film. "Perfect for blending–use in dressings, dips, puddings...! For recipes and information send a S.A.S.E. to: Surata Soyfoods, Inc."

5615. Tofu Shop (The). 1982. Take-out deli (Menu). 768 18th St., Arcata, CA 95521. 3 panels each side. Each panel: 22 x 9 cm. Undated.
• ***Summary:*** This 6-panel leaflet and menu is mostly hand-written but partly printed. On the front cover is the logo of a

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dragon in a circle. "9-6 Monday–Saturday. Hot food served 12-6 daily. In a hurry? Call ahead: 822-7409. Your local soyfoods producer." One panel, titled "Welcome to the tofu shop," states that this is "one of only a handful of traditional-style tofu shops in the Western Hemisphere."

Another titled "Inside our sandwiches" lists the ingredients in each sandwich. Soy-related menu items include: Sandwiches: Tofuburger. Dragonburger. Tofucadoburger. Spinach turnover (with tofu filling). Sesame tofu pocket. Mexican pastry (a mini-burrito filled with spicy tofu). Fuji roll (with rice, [mung] bean sprouts, tofu, and miso). Sushi roll (with nattoh miso filling). Tofu burrito. Salads: Potato-tofu. Tahini-tofu. Desserts. Beverages: Soymilk. Sides: Tamari, olive and lemon. Sesame tofu dressing. Miso onion sauce. Tofu vegie patty. Baked tofu cutlet. Specialty groceries: Tofu, miso, condiments, crackers, recipes, supplies for tofu and miso making. Address: Arcata, California. Phone: 707-822-7409.

5616. *Toyo Shinpo* (*Soyfoods News*). 1982. Kontesuto [Tofu cooking contest]. July 1. [Jap]
• ***Summary:*** Recipes are given for the top three winning recipes in the content: (1) Tofu layer cheesecake. (2) Soy cake pizza. (3) Tofu white mousse.

5617. Japan Packaged Tofu Association. 1982. U.S. Soycrafts Study Tour: Member list. Japan. 3 panels each side. Each panel: 19.4 x 10 cm.
• ***Summary:*** This glossy black-and-white leaflet gives a portrait photo and basic information about each of the 22 Japanese who will attend the Seattle soyfoods conference. For each person the following information is given: Member of the Packaged Tofu Association: Yes or no (all are members). Name written in Japanese characters. Name written in Roomaji (Roman letters, last name first). Name of person's company, his position, and the full company address. The leader of the group is Mr. Minemoto Shunichi of Asahi Foods Co. in Tokyo.

Note: Mr. Wataru Takai may have helped to organize this group, although he was not a member of it.

5618. Nilsson, B. 1982. I Örsundsbro görs tofu [Tofu is made in Örsundsbro]. *Enkopings Posten.* July 7. p. 10. [Swe] Address: Orsundsbro, Sweden.

5619. White, Jim. 1982. Restaurant busts spiral as depression hits home. *Toronto Star* (*Ontario, Canada*). July 7. p. C14.
• ***Summary:*** A year ago many new restaurants were opening in Toronto. Among those already gone from the local food scene is "the tofu palace Soja (Kensington Market)."

"The depression (you can call it a recession all you want to, but when 1.25 million Canadians are on the pogey [welfare, dole], I call it a depression) has really hit the restaurant trade hard." Address: Food editor.

5620. Bhatnagar, P.S. 1982. Re: Request for proforma invoice for publications and materials. Letter to William Shurtleff at Soyfoods Center, July 8. 1 p. Typed, with signature on letterhead.
• ***Summary:*** He would like to order popular books on miso, tofu, and tempeh. Address: Project Coordinator, All-India Coordinated Research Project on Soybean, G.B. Pant Univ. of Agriculture and Technology, Pantnagar (Uttar Pradesh), India. Phone: 291-292 Rudrapur.

5621. Dominguez de Diez Gutiérrez, Blanca. 1982. Re: Names of soyfoods around the world: Spanish. Form filled out and returned to William Shurtleff at Soyfoods Center, July 9. 1 p. Handwritten. [Eng]
• ***Summary:*** Gives the names of all the various soyfoods in Spanish. Note: A typed list of these names is published in *Soyfoods Industry and Market: Directory and Databook,* 1985. 5th ed. p. 164.

"Fresh green soybeans–Frijol de soya tierno o ejote de soya. Whole dry soybeans–La soya, Frijol de soya. Black soybeans–Frijol de soya negro. Fresh soy puree–Pure de frijol de soya. Soy sprouts–Germinados de soya. Soynuts–Soya-nuez (nuez means walnuts or pecans), Soya-huate (means peanuts from cacahuate). Oil roasted soynuts–Soya nuez tostada (meaning nut). Dry roasted soynuts–Soya-huate tostado (meaning peanuts). Soynut butter–Mantequilla de soya. Roasted soy flour–Harina de soya tostada (kinako). Soy coffee–Soyafee. Soy chocolate–Soyalate. Soymilk–Leche de soya. Soymilk ice cream–Helado de leche de soya. Soymilk curds–Cuajada de soya, Jocoque de leche de soya. Tofu–Tofu, Queso de soya, Cuajada de soya. Soft tofu–Tofu blando. (Regular) Tofu–Tofu comun. Firm Tofu–Tofu firme. Extra firm tofu–Tofu extra firme. (Deep fried) Tofu cutlets–chuletas de tofu. (Deep fried) Tofu burgers–Hamburguesas o tortitas de tofu. (Deep fried) Tofu pouches–Saquitos de tofu. Silken tofu–Tofu sedoso. Pressed silken tofu–Tofu sedoso prensado. Grilled tofu–Tofu a la parrilla. Dried frozen tofu–Tofu seco congelado. Okara or soy pulp–Okara, pasta de soya, pulpa de soya. Yuba–Yuba. Fermented black soybeans–Palanquetas de soya. Miso or soybean jian–Miso (el). Soy sauce–Salsa de soya. Shoyu–Shoyu (el). Tamari–Tamari. HVP soy sauce–Have not found it. Tempeh–Tempeh (el). Fermented tofu–tofu fermentado. Fermented / cultured soymilk–Leche de soya fermentada. Natto, thua-nao, kinema–Natto (el). Soy oil–aceite de soya. Soy lecithin–Lecitina de soya. Soy flour–Harina de soya. Whole (full fat) soy flour–Harina de soya entera. Defatted soy flour–Harina de soya degrasada. Soy grits and flakes–Soya martajada y hojuelas de soya. Cereal-soy blends (CSM, WSB, etc.)–Soyavena (with oatmeal). Soy protein concentrate–Concentrado de proteina de soya. Soy protein isolate–Aislado de soya. Textured soy protein products–Productos de soya texturizada. Textured soy flour, TSF, or TSP–Harina de

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soya texturizada. Textured soy concentrates–Concentrados de soya texturizada. Textured soy isolate–Aislados de soya texturizada. Spun soy protein fibers–Fibra de proteía hilada de soya. Soy casmar, Soya Cocoa, Coco soya–Beverages made with chocolate or cocoa. Pastisoya–Like spaghetti or noodles of different kinds made with soy flour–commercial products. Vegesoya–Commercial products for soups. Soya mex and Chocosoya–for beverages. Soya pac–Textured soya like meat, also a commercial product." Address: Apdo. Postal 226, Jalapa, Veracruz, Mexico.

5622. Furth-Kuby, Wolfgang. 1982. Quark or Quarg (Non-fermented dairy cheese or curds) (Interview). Conducted by William Shurtleff of Soyfoods Center, July 15. 2 p. transcript.
• ***Summary:*** Quark is a traditional non-fermented cheese, which has no counterpart in the U.S. It is the dairy counterpart of tofu. Wolfgang describes how to make and serve quark, popular German recipes in which it is used, types of quark such as herb quark and low-fat quark, geographical distribution (Bavaria has the highest per capita consumption), and how sold. Address: West Germany.

5623. Pautz, Jane Abe Cadwell. 1982. Re: Brazilian names for soyfoods. Letters to William Shurtleff at Soyfoods Center, July 15 and Aug. 22. 3 p. Typed.
• ***Summary:*** Portuguese names for the following foods are given: Green vegetable soybeans, whole dry soybeans, fresh soy puree, soynuts, soynut butter, deep-fried tofu cutlets, tofu burgers, tofu pouches, fermented black soybeans; isolated soy protein, textured soy protein products, textured soy flour.

Jane's book is the first book published in Brazil that is exclusively on soyfoods. Address: Sao Paulo, Brazil.

5624. *Toyo Shinpo* (*Soyfoods News*). 1982. Tônyû no peeji: 2-3 baizô no urigae o tassei. Sudeni 150 oku shijô keisei no koemo [The soymilk industry and market in Japan: Sales have increased 2-3 fold to an estimated 15,000 million yen per year]. July 21. p. 26. [Jap; eng+]
• ***Summary:*** Industry sources say that the Japanese soymilk market has already reached about 15,000 million yen. The order in which companies started making or marketing soymilk is: 1959 San-iku Foods. 1969 House Shokuhin. 1972 Ishihara Food Center. 1974 Tokyo Soymeal, Kenbi-Sha, Okazaki Marusan. 1976 Asahi Shokuhin, Soken-sha, Kyushu Nyugyo. 1977 Kibun, Natural Foods. 1979 Mitsubishi Kasei Shokuhin. 1980 Chiba Seisen Shokuhin Kogyo, Meiji Nyugyo. 1981 Yakuruto, Nagano Tomato, Morinaga Nyugyo. 1982. Seven-Up Inryo. Among these, House Shokuhin and Tokyo Soymeal have discontinued.

Major Japanese brands of soymilk, aseptically packaged in Tetra Brik cartons are (percentages indicate market share): Kibun Foods (Plain, Yogurt flavored, Fruit, Barley Malt & Coffee), 41.7%; Okazaki Marusan (Plain, Orange, Barley malt), 23.3%; Mitsubishi Kasei (Maburon plain, Orange, Coffee, Honey), 10.0%; San-iku Foods (Soya Neo Cocoa), 8.0%; Kyushu Nyugyo, 6.0%; Meiji Nyugyo (Sun-Glow), 5.8%; Kenbisha, 2.5%; Asahi Shokuhin (Plain, Orange, Coffee), 2.5%; Soken-sha, 1.3%; and Natural Foods, 1.3%. Most sizes are 200 ml, which retail for 75 yen with a 60 day shelf life.

Companies with the largest number of different soymilk products are: (1) Okazaki Marusan has 15 products including soymilk in a Pure-Pak carton (500 ml for 150 yen) and in a can (195 gm); (2) Kyushu Nyugyo has 13 products incl. Midori Tonyu; (3) San-Iku Foods has 10 products, including canned soymilk; (4) Kibun has 8 products. Mitsubishi Kasei is taking a different approach; they have only 5 items (honey, coffee, fruits, sour, and plain) but are aiming at large production.

Kibun's sales have been very good, especially after they switched to the Brik Pak-type carton. Last year they had sales of 2,500 million yen and they are aiming to double that this year. Industry analysts believe that Kibun will be the industry leader for a while.

Mitsubishi Kasei established Mitsubishi Kasei Shokuhin in January of this year, and transferred all soymilk sales to that new department. They are hoping this year's sales will be three times as large as last years, hopefully 1,800 to 2,000 million yen. They are now constructing a new soymilk plant in Okayama, and when it is done they hope sales will reach 8,000 million yen.

Okazaki Marusan has grown 20-fold in the past 5 years. They predict this year's soymilk sales to be 2,000 million yen.

A photo shows 24 soymilk products. Most are in Brik Pak Aseptic cartons. Three Soyalac products are in cans. One product is in a retort pouch.

5625. *Toyo Shinpo* (*Soyfoods News*). 1982. Kissaten de ninki jôshôochû. Tôfu "aisukuriimu" Mada mada uremasu. Jishin tappuri no tenchô. Mr. Pû [Tofu ice cream is becoming popular in tea parlors, such as Mr. Poo's. He has confidence he sell a lot more]. July 21. [Jap]
• ***Summary:*** Soymilk ice cream is selling well in this tea house at 380 yen for a dish. The owner calls it "tofu ice cream." The owner, Mr. Yamanouchi, got the idea when he traveled to Los Angeles. He has been selling it for 4 years, since 1978.

5626. Sheraton, Mimi. 1982. Restaurants: West Side duck, swinging brasserie. *New York Times.* July 23. p. C18.
• ***Summary:*** This is a review of the Chinese restaurant Peking Duck West (199 Amsterdam Ave. at 69th St., Manhattan, New York City).

"But greasiness marred such appetizers as... vegetarian duck, which is formed of bean-curd sheets."

Note: These "bean curd sheets" are what we call

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"pressed tofu sheets."

5627. Zalbowitz, Marcia. 1982. Americans are taking to tofu. *Boston Globe.* July 28. p. 44-S.
• ***Summary:*** Not long ago, tofu was sold only in health food stores and oriental food shops. Now cakes of soybean curd can be found in most grocery stores. Norman Holland of Northern Soy in Rochester, New York, is one of the leading experts in the production of "health-food style tofu." The following tofu recipes are given: Tofu chili. Tofu curry with vegetables. Marinated mushrooms. Tofu cheesecake. Pesto tofu souffle. Note: This is the earliest article on soy seen (Aug. 2002) in the *Boston Globe* newspaper.

5628. Tally, Gene. 1982. The Coca-Cola Company's work with soymilk in Asia (Interview). Conducted by William Shurtleff of Soyfoods Center, July 29. 1 p. transcript.
• ***Summary:*** Coca-Cola Co. (CCC) does not have a soymilk on the market in Thailand; they are still at the talking stage.

CCC has introduced soymilk, named H-C, in Hong Kong. They use their franchise Coca-Cola bottler there. They just bottle soymilk like any other soft drink by using isolates. So no need for a soymilk plant or buying soybeans etc. This is the way soft drink companies can easily get into soymilk.

In the Philippines, CCC is not presently involved with soymilk. The Magnolia Dairy Co. is owned by the same group that owns the Coke business in the Philippines. They have made it in the past, are not doing it now, but will resume soon, after they develop a new formulation. In the future they will probably not use Coke's soymilk formulations. Get from Dong Bang in Korea, or a group in Belgium, which has technology. Not the same as the Singapore company. This is a split-off of the Singapore company.

CCC has not yet introduced soymilk in USA, but they are looking at it. They are now in a feasibility study. They have Tetra Brik lines in the U.S. making Hi-C juices. The company's decision to go or no-go is imminent. We'll be the first to know.

Lots of talk with Vitasoy in the past about a joint venture in Hong Kong.

Thailand. CCC would probably contract with one of the local dairy companies there to co-pack for them. Probably Siam Foods. Its a bit early; only in the talk stage. Originally did a lot of exploratory work concerning Thailand with Vitasoy but it took a long time and the Los wanted to use their own formula, so they went different ways. CCC may not get a product on the market for Thailand in less than 1-1½% years.

Talley would like to be marketing manager for Morinaga's tofu products in the US. Address: Coca-Cola Co., Atlanta, Georgia.

5629. **Product Name:** Calco Tofu, Soy Sprouts, and Mung Bean Sprouts.
Manufacturer's Name: Calco of Atlanta.
Manufacturer's Address: 2059 Manchester St., N.E., Atlanta, GA 30324. Phone: 404-874-3650.
Date of Introduction: 1982. July.
Ingredients: Organically grown soybeans, water, calcium sulfate (a natural mineral).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 70, protein 10 gm, carbohydrates 7 gm, fat 0.5 gm.
New Product–Documentation: Label. 1983, undated. 5.25 by 4.25 inches. Plastic film. Green and white on clear film. "High quality protein, low in calories & no cholesterol." Serving suggestions. Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Owner: Jim Y. Wang.

Interview with Bob Phipps. 1989. Sept. 7. Gives a brief history and background of Calco in the USA, especially in Houston.

Talk with Steve Yurman. 1989. Nov. 8. Jimmy Wang, Taiwanese, owns Calco in Atlanta. He started doing bean sprouts then expanded into tofu. He sold his tofu at very low prices and used his family to help keep labor costs down. He hasn't raised his tofu prices in 10 years. He is a tough competitor but helped the Yurmans nicely at times.

Talk with Jimmy Wang and Karen, his sister-in-law. 1989. Nov. 9. The company started in July 1982, making 3 products: mung bean sprouts, soy sprouts, and tofu.

Form filled out and photocopies of Labels sent by Eric Wang. 1998. July 14. W & W Bean Products, Inc., dba Calco of Atlanta Inc., 2059 Manchester St. N.E., Atlanta, Georgia 30324. Phone: 404-874-3650. Began making and selling tofu in 1983. Labels for: Calco Tofu (Extra Firm, or Soft), and Wonderful Brand Tofu (Firm Style). Weight: 1 lb. Curded with calcium sulfate.

5630. Chowka, Peter Barry. 1982. Natural foods: A commodity in crisis. *New Age Journal* (*Boston, Massachusetts*). July. p. 32-41.
• ***Summary:*** Includes sidebars or discussions on: "Erewhon: High hopes, high standards–and low profits." Michio Kushi. A history of health foods. Wildwood Natural Foods and Good Earth: Small, beautiful, and profitable. The McGovern Committee and Dietary Guidelines. Bread & Circus (whose first store opened in 1975). Dr. Michael Jacobson of Center for Science in the Public Interest. Talk show host Gary Null. Address: Massachusetts.

5631. *Cosmopolitan.* 1982. Discover tofu: Dinner for four. July. p. 62, 261.
• ***Summary:*** "This high-protein, low-calorie food from the Orient is a *find!* Tasty, economical, tofu can stand in for everything from meat to mozzarella... Dressed up or

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plain, tofu is *terrific."* Gives recipes for: Stir-fry tofu and vegetables. Tofu salad.

5632. *Daizu Geppo* (*Soybean Monthly News*). 1982. Rokujô [Rokujo-dofu]. July. p. 31. [Jap; eng+]
• ***Summary:*** This is a type of very firm tofu from Yamagata prefecture, which was originally created as a vegetarian katsuobushi (dried bonito) on Mt. Koya.

5633. *Daizu Geppo* (*Soybean Monthly News*). 1982. Matsuyama no kansôage [Dried Aburaage from Matsuyama]. July. p. 26. [Jap; eng+]
• ***Summary:*** Gives a description of his it is made. It contains 3.5% moisture and 52.9% fat versus 44% moisture and 31.4% fat for regular age (tofu pouches). It will keep for 3 months in a cool place. Four companies in Matsuyama now make it.

5634. Fiering, Steve. 1982. Vacuum-packing: Is it the new wave for soyfoods? *Soyfoods.* Summer. p. 42-48.
• ***Summary:*** "Two packaging technologies–pasteurization and vacuum packing–can extend tofu shelf life to one month or more. As competition for the large warehouse accounts heats up, it seems certain that most of the sales will be captured by tofu with the 30 day shelf life." Discusses: 1. What is vacuum packaging? "Possibly the most important marketing consideration is that most of the other familiar protein foods, such and cheese and lunchmeats, are also vacuum packaged... Most of the common spoilage organisms are aerobic... Tests done for Nasoya Inc. indicate that the total plate count of tofu is reduced by at least 80% after vacuum packaging..." Is botulism a reasonable concern? Maybe. But not if an oxygen permeable film is used. Most films have a polyethylene inside and nylon outside, which permits some oxygen permeability. 2. What is botulism? 3. Botulism and vacuum packaging. 4. Vacuum packaging equipment "Available machinery varies according to evacuating, sealing, and product handling systems." Chamber system, nozzle type machine, double chamber style machine, conveyor chamber, horizontal form-fill-seal machine (which start at $50,000). 5. The companies. Cryovac, Hantover Inc., Koch Supplies Inc., T.W. Kutter, Inc., Packaging Aids Corp., Smith Equipment Co., Tipper Tie. Photos show Kutter's Tiromat in action at Nasoya Foods in Massachusetts. Address: The Soy Plant, Ann Arbor, Michigan.

5635. Kinderlehrer, Jane. 1982. Using tofu. *Prevention* (*Emmaus, Pennsylvania*). July. p. 104.
Address: Emmaus, Pennsylvania.

5636. Leviton, Richard. 1982. Touring for soyfoods. *Soyfoods.* Summer. p. 32-37, 41.
• ***Summary:*** At The Farm in Tennessee, the soy dairy, managed by Chuck Haren, "operates 3 days a week, turning out 7,500 lb/week of calcium sulfate tofu for immediate consumption by the Farm's 1,300 soyfood lovers." They use a Sweco-Brown filtration system. The okara is composted. They make 600 gallons per week of fresh soymilk. Their tempeh shop makes 700 lb/week of fresh tempeh–the 7th largest in the UA. Both the tofu and tempeh plants have been used as training grounds for apprentices from Europe, South America, and Africa, who come to The Farm to stay for 6 month sessions. A ice cream manufacturer in Memphis makes their Ice Bean. Plenty is active in Haiti, where they are providing soymilk for malnourished children, and in Lesotho, South Africa, where they are aiding in the construction of a village soy dairy and demo site as part of the Motsemocha Village Technology Center. They recently conducted a Caribbean cruise with 8 soy technicians.

Legume: "Gary and Chandri Barat and Robert Shapiro have a booming company on their hands after 1 year of business with an impressive line of prepared frozen tofu entrees and desserts. Jan. 1981 rented facility in Verona, New Jersey. May 1981 Celantano started co-packing. Photos show: Chandri Barat, Gary Barat, and Robert Shapiro of Legume (see also photo on p. 3).

The following people and their companies are also discussed, with photos: Tim Nusser of Rising Sun Soy Farms (Columbus, Ohio). Jim Saunders of Real Foods (tofu shop in a supermarket in Allentown, Pennsylvania). Renate and Karl Krummenoehl of Cricklewood Soyfoods. Jamie and Nancy Stunkard of Nature's Grace. Joel Dee of Edward & Sons in Saluda, North Carolina (marketers of Miso-Cup). Henry Salazar of Sam Sung Tofu Co. Eileen Foote and Eileen Judge of Kingdom Foods. Bob Hunt of Blue Ridge Soyfoods. Soya Food Products in Cincinnati (Ben & Nina Yamaguchi). Rising Sun Soy Farms. Bill Lutz of Hip Pocket Tofu Deli (Columbus, Ohio). Robert Marrochessi and Bill Spear of The Bridge (Middletown, Connecticut, macrobiotic, run by Roberto Marrocchesi and Bill Spear. Began tofu production in March 1981). Suzy Jenkins and Laurie Praskin of Plenty (Summertown, Tennessee). Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5637. Leviton, Richard. 1982. Multimarket targeting: Where is the soyfoods market? *Soyfoods.* Summer. p. 61-68.
• ***Summary:*** Discusses Pacific Tempeh, White Wave, Quong Hop Tofu Cutlets Marinara, Burgers, Cannoli. Photos show: Jim Miller and his wife Emily of Quong Hop, with the New Leaf products. Steve Demos at Pat Calhoun in the White Wave booth at the Natural Foods Expo, 1982, Anaheim, California. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5638. Leviton, Richard. 1982. Everybody's Restaurant. The Farm brings soyfoods to Nashville. *Soyfoods.* Summer. p. 38-39.

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• ***Summary:*** Everybody's Vegetarian Restaurant, founded and owned by Judd and Diane Hoffman, opened in July 1980 in the university district of Nashville, Tennessee, and now seats 45. Many of the items on the meatless and dairyless [vegan] menu feature soyfoods–especially tofu, soymilk, and tempeh. The facility has 2,700 square feet, with 1,500 for retail and 1,200 for kitchen. The 12 restaurant workers, who are all members of The Farm (Summertown, Tennessee), live together communally in a large house outside Nashville.

Photos show: (1) Judd and Diane Hoffman. (2) A view of the front of the restaurant from outside. (3) Inside the kitchen. Address: Colrain, Massachusetts.

5639. Leviton, Richard. 1982. Soyfoods of America. High volume Duarte company takes on California market. *Soyfoods.* Summer. p. 30-31.
• ***Summary:*** America's first yuba plant opened in September 1981, requiring nearly one million dollars of startup capital. They move 18,000 lb/week of tofu in the very competitive Los Angeles market. Their lines are Furama and Nature's Touch.

Photos show: 1. The company's line of yuba, tofu, and soymilk products; 2. Ken Lee with his innovative semiautomatic yuba machine and freshly packaged sheets; 3. The part of the plant that makes tofu and soymilk; 4. Ken Lee and sales manager Doug Fiske holding water-packed and vacuum-packed tofu. Address: Colrain, Massachusetts.

5640. **Product Name:** Light Links (Meatless Tofu Hot Dogs with Egg Whites). Renamed Tofu Light Links by 1987.
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133. Phone: 314-721-3960.
Date of Introduction: 1982. July.
Ingredients: Tofu, soy oil, okara, dried egg white, textured soy protein, salt, barley flour, honey, shoyu, locust bean gum, natural spices.
Wt/Vol., Packaging, Price: 16 oz vacuum pack. Ten links per pack.
How Stored: Frozen.
Nutrition: Per 1.6-oz. link: 105 calories, 6.36 gm protein, 7.04 gm fat, 0.59 mg cholesterol.
New Product–Documentation: This pioneering and creative product was introduced by Robert Davis at the NNFA convention in New Orleans, Louisiana, July 1982. Food Report (Lehmann). 1982. Aug. The product "Has absolutely no meat, no nitrites, no additives, no preservatives, no artificial coloring and no sugar." Spot in Soyfoods. 1983. Winter. p. 49. "Tofu Dogs. Possibly the most maturely conceived, expertly produced, and appropriately packaged prepared convenience soyfood on the market."

Label (orange, brown, and yellow on white) reads: "Meatless. A vegetable based product. A food for thought. 99% cholesterol free. Low calories." Spot in Whole Foods.

1983. Jan. p. 39. "New Tofu Line. Light Foods, Inc. presents a new dimension to soyfoods: Light Links, Light Tofulogna and Light Soysage.

Leaflet (see next page). 1983. "Light Foods Inc. presents Light Links: A tofu-based hot dog developed for the healthy child in us all." 1 p. Single sided. 28 cm. Brown ink on beige paper. "This product has absolutely: No meat. No nitrites. No additives. No preservatives. No artificial coloring. No sugar... and are 99% cholesterol free."

Spot in Soyfoods. 1984. Summer. p. 42. Label. 1988, received. Tofu Light Links. 5.5 inches square. Light and dark purple, beige, and white. Logo of smiling sun in upper left. "A meatless vegetable based product. No cholesterol. Low calories." Ingredients are now: Tofu, soy oil, water, dried egg white, textured soy protein (made from soy flour), salt, barley flour, honey, tamari (a natural soy sauce), beet juice, spices, natural extractives of paprika, natural spice oils. Now contains only 76 calories and 6.0 gm of fat per 1.2 oz serving.

5641. MacCormack, H. 1982. The place of small tofu shops in the industry. *Soyfoods.* Summer. p. 28-29.
• ***Summary:*** A description of Sunbow Farm Products in Oregon. Photos show Mia Posner and Harry MacCormack making tofu on their farm. Address: Sunbow Farm, P.O. Box 229, Philomath, Oregon 97370.

5642. MacCormack, Harry. 1982. The soy dairy: A way to save the small farm. P.O. Box 229, Philomath, Oregon: Sunbow Publishing. 25 p. July. Illust. No index. 22 cm.
• ***Summary:*** Contents. 1. The concept. 2. The dairy room. 3. Recycling, whey, and compost. 4. Products. 5. Marketing.

Sunbow has pioneered the idea of a soy dairy farm, which is small and local, delivering fresh products. In 1978,

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LIGHT FOODS INC. PRESENTS:
LIGHT LINKS

A Tofu based Hot Dog developed for the healthy child in us all.

This product has absolutely,

- **No meat**
- **No nitrites**
- **No additives**
- **No preservatives**
- **No artificial coloring**
- **No sugar**

Light Links are also low in calories and are 99% cholesterol free.

Delicious when broiled, browned, or bar-b-qued.

In Joy!

Consciously crafted by Light Foods Inc.
6144 Bartmer / St. Louis, MO 63133

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for $3,000, they opened their soy dairy in a room attached to their home. They now make 600 to 800 lb/week of tofu which wholesales for $0.75 to $0.85/lb and retails for about $1.14.

Many small farms have a dairy room, and soycrafters may be able to rent it in exchange for okara which the farm can use as compost. Sunbow also has an apprenticeship program; a person agrees to live in a cabin on their farm and work for minimum wages. Address: Philomath, Oregon.

5643. Nelly. 1982. Rendez-vous mit Nelly. Sojaspeisen [Rendezvous with Nelly. Soyfoods]. *Fuer Uns Aktuell.* June. p. 58-61; July. p. 50-53. [Ger]
• ***Summary:*** The June issue discusses the work of Shurtleff and Aoyagi in America, and *The Book of Tofu*, soyfoods in general with a focus on tofu and Tofureien (tofu shops). Ten color photos show how tofu is made and served at Sojalade in Ottenbach. Also mentions Oekullus (Bruchmattstrasse 24, 6000 Lucerne).

The July issue focus on tofu cookery and contains color photos of tofu dishes. Address: Switzerland.

5644. Pickarski, Ron. 1982. Tofu makes a gourmet debut in Miami. *Soyfoods.* Summer. p. 40.
• ***Summary:*** Brother Ron tells the story of his life and his current work at Unicorn Village, a natural foods restaurant in North Miami Beach. He entered the seminary, became a Franciscan brother, and worked even then in the foodservice business. He graduated at the top of his class from Washburne Trade School, a prominent Chef Training School in Chicago. He then became an executive chef in one of the order's seminaries in Chicago. "Since 1968 I have been involved in nutrition, and as it escalated, I became a vegetarian and eventually a vegan... My concept is to carry tofu and natural foods into the realm of gourmet and nouvelle cuisine. I want to see–and indeed I will–natural vegetarian foods on the gourmet four star level."

An Editor's note describes the Unicorn's recent welcoming party which cost $15,000, drew 55 invited guests, and featured a dazzling all-natural buffet made primarily from vegetarian foods. The theme of the meal was "Foods for the Future." The following soy-related dishes were included in the buffet: Italian antipasto, garnished with cucumber and tofu strips. Tofu spinach pie. Raw vegetable platters with creamy sunflower and tofu herb dips. A serving tray with tofu cottage cheese and vegetable garnish and another tray with Tofu-E Salad with black olives and tomatoes. Four styles of canape (tofu butter with pea; carrot paté with pea; pea paté with carrot; tofu butter on lentil paté). Maple cream tofu cheesecake (with granola crust, tahini tofu icing with raspberry filling). In addition, Chef Pickarski unveiled a lifesize flamingo carved from soy butter [probably soy margarine]. Address: Brother, Unicorn Village Restaurant, North Miami Beach, Florida.

5645. **Product Name:** Vegetarian Tofu Pizza.
Manufacturer's Name: Pizza Naturally.
Manufacturer's Address: Blenheim, New Jersey.
Date of Introduction: 1982. July.
Ingredients: Stone ground whole wheat flour, tomatoes, SoyDairy tofu, mushrooms, peppers, shoyu, honey, yeast onion, garlic, oregano, basil, pepper.
Wt/Vol., Packaging, Price: 9-inch pizza weighing 16 oz. Retails for $2.39.
How Stored: Frozen.
New Product–Documentation: Spot in Soyfoods. 1982. Summer. p. 55. "Frozen Tofu Pizza Introduced."

5646. **Product Name:** The Soy Deli Starter Kit: Tofu Cutlets Marinara, Tofu Eggplant Marinara, Tofu Cacciatore, Tofu Quiche, Tofu Ravioli, Tofu Burgers-in-a-Bun, Tofu Wholly Cannoli.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1982. July.
New Product–Documentation: 2-page leaflet (see next page). 1982. Each of these is a separate commercial soy product. Each label is 4 by 2.75 inches.

5647. Quong Hop & Co. 1982. New Leaf. The Soy Deli in natural food store freezers everywhere (Ad). *Natural Foods Merchandiser.* July. p. 136.
• ***Summary:*** A 1/3 page vertical black and white ad. "Now, open a full-line gourmet soyfoods deli right in your own store's freezer and give your customers all they've been looking for in natural food goodness, gourmet quality and selection, and super-convenience.

"Natural food goodness: Every product from your New Leaf Soy Deli contains only the finest quality natural ingredients including organic tofu, garden fresh vegetables, organic whole wheat pastas, and pressed oils. NO sugars, NO preservatives, and NO artificial ingredients whatsoever are used, We give you tofu, the food of the future, in its most delicious forms ever.

"Gourmet quality and selection: Plump and juicy tofu ravioli, ready to boil and serve in just minutes, an eggless tofu quiche with Gruyere cheese and fresh mushrooms on a whole wheat crust, and rich and savory tofu cacciatore with garden vegetables are just a few of the many items you can offer to satisfy even the most discriminating tastes. For desserts or snacks, they'll always come back for more of our baked tofu no-cheese cakes or our incredible dairy-free tofu 'Wholly Canolli.'

"Convenience for your customer and for you: For your customer, convenience means desserts that are ready to thaw and serve from the package and entrees that are piping hot and ready to eat from the oven or microwave in just minutes.

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For you, the retailer, convenience means that just one phone call and as little as $50.00 can put you into the soy deli business with our soy deli 'Grand Opening' kit. Included in one package are window posters, shelf talkers, and a selection of the best moving products in the line.

"The Grand Opening: For piping hot samples and specials, drop by our grand opening at the coming NNFA Show in New Orleans, Booth 755." Address: 161 Beacon St., South San Francisco, California 94080.

5648. Shurtleff, William. 1982. Re: Leaders of the soyfoods movement in Europe. Letter to Wolfgang Furth-Kuby at Sojaquelle, Soyen, West Germany, July. 1 p. Typed, without signature on letterhead.
• ***Summary:*** The name, address, and phone number of the following people are given: Wolfgang Furth-Kuby in West Germany, Verena Krieger in Switzerland, Sjon Welters in the Netherlands, Ted Nordquist and Tim Ohlund in Sweden, Bernard Storup and Alexander Nabben in France, and Gilberto Bianchini in Italy. As of July 1982 there are 609 European names and addresses on the Soyfoods Center Mailing List. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

5649. Shurtleff, William. 1982. What the Japanese can learn from the American soyfoods industry. Paper presented at Fifth Annual Soyfoods Association of North America (SANA) Conference, University of Washington, Seattle. July 8. 2 p. Unpublished manuscript–outline.
• ***Summary:*** Presented to a special meeting of Japanese attendees. Contents: Introduction. Americans' basic view of soybeans and soyfoods. Nutrition and attitudes toward animal and vegetable proteins. Tofu innovations. Tempeh. Kikkoman. Conclusion. Accompanied a slide show. Address: Co-founder and director, Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5650. Shurtleff, William. 1982. The year in review. Paper presented at Fifth Annual Soyfoods Association of North America (SANA) Conference, University of Washington, Seattle. July 8. 2 p. Unpublished manuscript–outline.
• ***Summary:*** Presented on Thursday, July 8, 9:30 to 10:15. Includes popular media coverage of soyfoods from 1975 to the present. Address: Co-founder and director, Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5651. *Soyanews* (*Sri Lanka*). 1982. Book review: Food for kings and philosophers. 4(11):6, 8. July.
• ***Summary:*** A full page, positive review (by. S. Pathiravitana) of *The Book of Tofu* (updated and condensed, Ballantine Books edition) by William Shurtleff and Akiko Aoyagi. With 250 recipes and 100 illustrations, the retail price is $2.50.

5652. **Product Name:** Nature's Touch Tofu [Regular Style: Soy Cheese, or Extra Firm].
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: Duarte, CA 91010.
Date of Introduction: 1982. July.
Ingredients: Organic soybeans, water, natural calcium

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sulfate.
Wt/Vol., Packaging, Price: Regular style, 16 oz, 19 oz; Extra firm, 8 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 90, protein 15 gm, carbohydrate 1 gm, fat 5 gm.

New Product–Documentation: Labels. 1982, undated. 5.25 by 4.25 inches. Plastic film. Red, yellow, brown, blue and white on clear film. Logo of a long-haired damsel in an oval window. Kosher. Leviton. 1982. Soyfoods. Summer. p. 30-31. This line was developed by Doug Fiske. Ken Lee later changed the brand to Nature's Spring but kept the same logo and package design. Mrs. Lee recalls the introduction date as Sept. 1981.

Spot in Whole Foods. 1983. Jan. p. 39. "Nature's Touch Tofu. Nature's Touch introduces the first in a line of soyfoods produced by Soyfoods of America. Nature's Touch Regular Style (8.5% protein) tofu is available in two versions: one and four piece, water packed in 19-ounce units and pasteurized for a 30-day refrigerated shelf life." A photo shows both labels. Talk with Doug Fiske. 1983. Dec. 13. The company is now making 10,000 lb/week of tofu. The basic tofu was in a 19 oz pack, but now changed to 12 oz. Letter from Ken Lee. 1988. Oct. 10. He stopped marketing the product in July 1984.

5653. **Product Name:** Nature's Touch Seasoned Tofu (Baked).
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: Duarte, CA 91010.
Date of Introduction: 1982. July.
Wt/Vol., Packaging, Price: 8 oz (227 gm).
How Stored: Refrigerated.
New Product–Documentation: Leviton. 1982. Soyfoods. Summer. p. 30-31. This line was developed by Doug Fiske. Label. 1982. 5.5 by 3.75 inches. Film. Red, yellow, blue, black and brown on white. "Low fat. High protein. Cholesterol free. Sandwich sliced. 100% natural."

Letter from Ken Lee. 1988. Oct. 10. He stopped marketing the product in July 1984.

5654. **Product Name:** Nature's Touch Deep-Fried Tofu.
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: Duarte, CA 91010.
Date of Introduction: 1982. July.

New Product–Documentation: Leviton. 1982. Soyfoods. Summer. p. 30-31. This line was developed by Doug Fiske. Letter from Ken Lee. 1988. Oct. 10. He stopped marketing the product in July 1984.

5655. *Soyfoods.* 1982. On creating a brand name for tofu [New England Soy Dairy]. Summer. p. 50, 52.
• ***Summary:*** A photo shows Madeline Fox, Judith Timmins, and Marcy Brown in Soydairy aprons.

5656. *Soyfoods.* 1982. Soy isolates: New tofu ingredient? [ADM Foods]. Summer. p. 7-8.
• ***Summary:*** "ADM Food's search for new applications for its high protein soy isolates have led them to frozen soymilk dessert, a flavored soymilk beverage, imitation cheeses, and, most recently, silken tofu.

"ADM, one of the nation's largest soy isolate producers, located in Decatur, Illinois, has been devoting considerable research effort to find new product applications for its basic soy ingredient, isolated soy protein. Initial commercial interest in isolates (which contain 90% protein, as most of the carbohydrates have been removed) began in the 1930s when they had industrial uses such as paper coatings. But by 1967, at least 22 million pounds were produced, and by 1981, annual production was estimated at 90 million pounds as isolates were used in numerous foods.

"Soy isolate production begins with defatted soybean flakes, from which protein is extracted, in an aqueous solution, from the insoluble residue with the aid of screens or centrifuges. The 'soy curd' is precipitated at

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the isoelectric point (pH 4.5, where the solubility of the protein is at a minimum) using a food grade acid such as acetic or phosphoric. The curds and whey are separated by centrifuging, the curds are washed, then neutralized with food grade alkali. Finally the isolate is spray-dried for storage.

"Recently ADM Foods announced the development of a 'wet' curd isolated soy protein" that has maximum functional properties. The curd is suitable for interaction with milk, whey, and egg proteins in foods. The wet curd can be used as a partial replacement (up to 50%) for casein (a milk-derived protein) in imitation mozzarella cheeses, and as a coffee whitener that will not coagulate after immersion in the hot liquid. The soy isolate slurry is not heat denatured, has a pH of 4.5, solids content of 23%, is easily pumped, can be delivered in stainless steel tanks of 45,000 pounds capacity, and is stable for two days at room temperature.

"At first glance, soy isolates may seem a world away from everyday tofumaking, yet this year ADM researchers began experimenting with their Ardex isolated soy protein for a silken tofulike product and even custom designed yogurt type desserts. A soy beverage base, made from soy isolate, is heated to 80ºC; then 1% (by weight) glucono-delta-lactone (GDL) is added. After 20 minutes the milk has set to a yogurt-style smooth consistency. To make a 'firmer' silken tofu, ADM scientists added (5% by weight) kappa-carrageenan and 0.5% tetrapotassium phosphate to the beverage before heating.

"This method, ADM researchers suggest, greatly simplifies the tofumaking process while providing significant cost reductions. 'These products can be formulated to achieve up to 80% ingredient cost reductions compared to conventional tofu,' their report states. The use of soy isolates also allows for the extension of several dairy systems using soy such as puddings, sour cream, yogurt, baby food, and frozen desserts.

"ADM Foods has experimented with three processing methods for preparing a soymilk beverage including batch pasteurization, high temperature, short time pasteurization, and ultra high temperature (UHT) for aseptic packaging.

"For the batch method, water at 50-55ºC is agitated while the soy isolate powder is mixed in, followed by corn sweetener (fructose) and vegetable oil. The mix is heated to 60ºC and held for 30 minutes with constant agitation.

"Next comes a two stage hot homogenization (at 2500 psi, then 500 psi) followed by immediate cooling to 5ºC. Flavorings are added and the product is packaged for storage. The ingredient cost per 8 fluid ounce serving for unflavored soy beverage is $0.032 compared to $0.086 for whole milk. The cost per pound of protein served is $1.701 compared to milk's $4.938. The soy beverage's nutritional profile includes 3.47% protein, 2.00% fat, total solids l3.97%, and 67.70 calories per 100 grams.

"The soy isolate has been applied in making frozen soymilk ice creams that yield protein contents twice the level of those in standard ice creams. With the isolate-based desserts, as the fat content is reduced, the caloric density is also reduced, so that a 4% fat soy dessert has about 20% less calories than standard ice cream, while a 2% fat dessert has nearly 30% fewer calories. The ingredients include Ardex soy isolate, sucrose, CornSweet (corn sweetener), corn syrup, stabilizer, emulsifier, while the ingredient cost is $0.017 compared to $0.048 for standard ice cream–a savings of 64.6%. Nutritionally, the product is comparable to standard ice creams, with 1.8% protein, 2.00% fat, 142.50 calories per 100 grams, and 117 calories per 4 fluid ounce serving.

"ADM representatives provided samples of their strawberry soymilk dessert along with chocolate and unflavored (but sweetened) soymilk beverage at the recent U.S. International Food Show in New York City."

5657. *Soyfoods.* 1982. The industry survives its first tofu recall. Summer. p. 6-7.
• ***Summary:*** In January Island Spring recalled its tofu because of an unfamiliar food poisoning organism, *Yersinia enterocolitica.* 20 residents of Seattle, Washington had become ill with gastroenteritis and 16 recalled eating tofu in the previous 2 weeks.

5658. *Soyfoods.* 1982. Soyfoods at Natural Foods Expo in Anaheim, California. Summer. p. 7.
• ***Summary:*** "Juel Andersen, with her tofu kit and various tofu cookbooks, and Robert Tepper of Farm Foods with samples of Ice Bean, were among the 15 soy exhibitors at the Natural Foods Expo, March 1982, in Anaheim, California." Photos show Juel Andersen and Robert Tepper.

5659. **Product Name:** Mild Italian Soysage (Meatless Okara-based Sausage).
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: 940 17th St., Miami Beach, FL 33139. Phone: 305-324-8910.
Date of Introduction: 1982. July.
Ingredients: Soy press cake, whole wheat flour, nutritional yeast, soy oil, soy milk, salt, seasonings, spices.
Wt/Vol., Packaging, Price: 8 oz. Retails for $1.79.
How Stored: Refrigerated.
New Product–Documentation: Find/SVP. 1981. May. The Tofu Market. Gives Miami Beach address. Spot in Soyfoods. 1982. Summer. p. 55. "Vacuum Packed Soysage." 250 lb are produced weekly.

Soyfoods. 1983. Summer. p. 43. They make a "spicy Soysage."

Label. 1985, undated. 3.25 inch diameter. Self adhesive. Blue and red on gold. Swan on lotus. "Ready to eat!" Made by Swan Gardens, Inc. Miami, Florida 33127.

5660. **Product Name:** Baked Tofu.

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Manufacturer's Name: Swan Gardens.
Manufacturer's Address: 940 17th St., Miami Beach, FL 33139. Phone: 305-324-8910.
Date of Introduction: 1982. July.
Ingredients: Tofu, soy sauce, spices.
Wt/Vol., Packaging, Price: 8 oz vacuum pack.
How Stored: Refrigerated, 60 day shelf life.
New Product–Documentation: Label, 1984? 2.25 by 3.5 inches. Self adhesive. Black and red on gold. Swan on lotus illustration. "Ready to eat. No Preservatives." Spot in Soyfoods. 1982. Summer. p. 55. "Vacuum Packed Soysage." Soyfoods. 1983. Summer. p. 43.

5661. **Product Name:** Tofu Egg(less) Salad. Renamed Eggless-Tofu Salad by 1983.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1982. July.
Ingredients: Tofu, tofu mayonnaise, green pepper, celery, onions, pickles, mustard, seasonings.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet 1980, undated. "New deli foods from The Tofu Shop" (768 18th St., Arcata, California 95521). "Your local soyfoods producer." In the upper left corner is a dragon in a round circle. In the lower right is a little man whose body is a paper deli takeout container; he has two arms and two legs, and is wearing a top hat.

Label. Received 1988. Launched Dec. 1981. July. 2.5 inches diameter. Self adhesive. Green on yellow. "Fresh 'N Natural." Net weight: 5 oz. (142 gm). Ingredients: Fresh organic tofu, tofu mayo (tofu, safflower oil, fresh lemon juice, cider vinegar, a touch of sea salt), celery, bell pepper, green onion, natural pickles, mustard, spices. Great hot or cold as a spread, salad, or side dish; lactose-free and cholesterol free.

Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in 1985. Label #1 of Jan. 1997. "Eggless Tofu Salad." 3 inches diameter. Self adhesive. Dark green on yellow. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead. Ingredients: Tofu (filtered water, organic* soybeans, calcium sulphate), organic* pickles, fresh vegetables (celery, green onion, green pepper), mustard, organic* canola oil, distilled vinegar, fresh lemon juice, organic cider vinegar, sea salt, organic* dill, basil, organic* turmeric. * = Grown in accordance with the California Organic Food Act of 1990. 8 oz.

Label #2 of Oct. 2002. "Organic Eggless Tofu Salad." 3½ inches diameter. Self adhesive. Blue and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Low in saturated fat. Cholesterol free. Contains 170 mg Omega 3 fatty acids per serving." 8 oz.

Talk with Matthew Schmit. 2002. Sept. 21. He hired a lady named Linda Redfield, who had been teaching tofu classes in the Davis area, to work in the deli. She brought this recipe into the shop, and also the Tofu Sausage patty. Talk with Linda Redfield. 2002. Sept. 23. Linda arrived in Arcata in May 1982 and introduced this recipe to The Tofu Shop; as far as she knows, she developed it. The tofu and veggies were mixed together first, then tofu mayonnaise was folded in at the end. It was probably first sold commercially at The Tofu Shop in the summer of 1982.

5662. **Product Name:** [Traditional Tofu].
Foreign Name: Traditionelle Tofu.
Manufacturer's Name: Tofuhaus Belsen. Changed to Yamato Tofuhaus Sojaprodukte GmbH on 1 Jan. 1984.
Manufacturer's Address: Moessingerstr. 41, D-7406 Moessingen 2-Belsen, West Germany. Phone: 07071-71094 or 95.
Date of Introduction: 1982. July.
How Stored: Refrigerated.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. They make about 3,500 kg/week of tofu. Letter from Harry Whitford of Soyastern. 1987. Dec. 14. They make 3,000 to 3,500 kg/week of organic calcium sulfate tofu. Address: Mössingerstr. 41, D-7406 Mössingen-Belsen, W. Germany. Letter from Klaus Gaiser. 1989. May 5. "In the year 1978 I had the chance to learn the basic principles of making tofu at Kamakura/Japan. The master there said that another 'hen-na gaijin' [Shurtleff] had spent the nights on the meadow opposite the house in order to take part in the early morning work making tofu. He even wrote a book about it and dedicated one copy to him (the master). It was your 'Book of Tofu' which I had the chance to study during my stay. It's about time to say thanks for this initial help on making tofu. By now, I am looking back on 7 years of running a Tofu-Ya. And if there is ever a chance, I would be pleased to meet you."

Die Geschäftsidee. 1989. Dec. p. 27-28. Klaus Gaiser (with photo and interview), a former student of Sinology and Japanology, started Yamato Tofuhaus in 1983 in Tuebingen, making about 150 kg/week. He learned to make tofu in Japan, where he lived for a year. He now makes 3,500 kg/week of tofu (up 35% during the past year) and is West Germany's most successful company.

Talk with Klaus Gaiser. 1990. March 12. This tofu is now sold in 250 gm and 400 gm packs. Note 1. Mössingen is in Baden-Wuertemberg, a little south of Tuebingen.

Talk with Klaus Gaiser. 1990 May 8. The name of his first company was Tofuhaus Belsen, started as a "single man's company" in the village of Belsen near the small town of Mössingen. He started to make tofu commercially in the summer of 1982 (June or July). The company's main product was tofu (called Traditionelle Tofu, and coagulated with

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calcium sulfate), but it also made a lot of sprouts as a side business–from mung beans, azuki beans, lentils, and alfalfa seeds. It changed into Yamato Tofuhaus GmbH on 1 Jan. 1984 at the same address. The company moved from Belsen to Hirschau near Tuebingen in March 1987.

Letter (fax) from Klaus Gaiser. 1990. May 5. The information from *Die Geschäftsidee* about his company starting in 1983 was incorrect. They also wrote that he stated with the money somebody else started with. He definitely started in the summer of 1982.

Note 2. This is the earliest record seen (Feb. 2013) concerning Huegli.

5663. **Product Name:** Tofu Muffins [6 Flavors Incl. Blueberry, Spice, or Strawberry].
Manufacturer's Name: Victoria's.
Manufacturer's Address: Columbus, Ohio.
Date of Introduction: 1982. July.
Ingredients: Unbleached flour, tofu, fruits or vegetables, honey, eggs, vegetable shortening, baking powder, lemon juice, herbs, spices, salt.
Wt/Vol., Packaging, Price: 6 per container weigh 16.5 oz. Retails for $2.60.
How Stored: Refrigerated.
New Product–Documentation: Spot in Soyfoods. 1982. Summer. p. 54. "Tofu Muffin Madness."

5664. *Toyo Shinpo* (*Soyfoods News*). 1982. Bungei Shunjû ni mo tofu [Bungei Shunjû and other famous publications are writing about tofu]. Aug. 1. [Jap]
• ***Summary:*** In addition to tofu, they are also writing about vegetable protein and their relation to good health.

5665. Gardiner, Doris Kloss. 1982. Re: Jethro Kloss' work with soyfoods. Letter to William Shurtleff at Soyfoods Center, Aug. 3. 1 p. Answers handwritten after typewritten questions on Soyfoods Center stationery.
• ***Summary:*** Doris is Jethro Kloss' only grandchild. She was born on 28 Feb. 1929 in Miami, Florida. Concerning her grandfather's work with soy ice cream she recalls: "My mother and I, my uncle Eden, and my grandfather spent the winter of 1935-36 in Miami, Florida. I know he was preparing soy ice cream to serve at the close of his lectures and food demonstrations at that time. I used to get to lick the freezer paddles before he left for the lectures.

"I have no idea where and when and why Jethro Kloss became interested in soybeans. The soy foods that I remember that he made and that I ate as a child were the soy ice cream (of course!), delicious soy bean bread, soy bean butter, soy milk, soy cheese, pie crust, soy coffee, broth, soy mayonnaise, and soy bean roast.

"I just talked with my aunt (Promise Kloss Moffett), who lives in Hagerstown, Maryland, and who turned 79 today, and she does not recall if Jethro used any soy in the commercial health foods he made at the Nashville Sanitarium Food Company (which was sold in 1919-1920). She said that she does recall his experimenting with soy beans when they lived in Brooke, Virginia (in about 1924)." Address: Back to Eden Books, P.O. Box 1439, Loma Linda, California 92354. Phone: (714) 796-9615.

5666. *Times-Standard* (*Eureka, California*). 1982. Tofu specialist joins company. Aug. 7.
• ***Summary:*** "Arcata–Linda Redfield, author of 'Vegetarian Cooking with Tofu,' has joined the staff of the Tofu Shop Specialty Foods Co. here." She will supervise new product development for a line of soy-based deli foods.

5667. Dominguez de Diez Gutiérrez, Blanca. 1982. Re: Current work with soyfoods in Mexico. Letter to William Shurtleff at Soyfoods Center, Aug. 8. 1 p. Typed, with signature. [Eng]
• ***Summary:*** "Thank you for sending me a copy of the letter sent to you from Zen, A.C. For many years I have heard of [Ejo] Takata and I never could get in touch with him." Blanca plans to write to Takata and send him her book.

"Will end my commitment with the DIF next month. I have made up my mind to consolidate all the work I have done, have a base in the city, and from there organize little groups everywhere I have been and I am asked to return. Once I have everything organized I shall be happy to include all you have on soya. Have given your address to a lot of university students interested in your *Book of Tofu.*

"Hope you managed to get in touch with Nuren Banfunzi. He has done a tremendous amount of work in Guerrero as a scientist and in social work. He is practically unknown and deserves a lot of credit.

"You must know about the devaluation of the peso. Never before will soya be so much in demand in Mexico, not only to combat undernourishment [malnutrition] but for the sake of survival.

"Please note new address. Leaving for Mexico City the 25th of September."

To this letter Blanca attaches two sheets of paper: (1) Biographical and contact information for Dr. Nuren Banfunzi, head of the Department of Promotion and Difusion of ISAEAG (Institute Superior Autonomo de Estudios Agropecuarios de Guerrero) in Iguala, Guerrero. He has a PhD in genetics and has done a lot of fine work planting the new variety he developed, BM2, and using it to make soyfoods in Monterrey, Michoacan and Queretaro. Has address is Apdo, Postal #6, Iguala Guerrero, Mexico. Office phone: 21555. Home phone 23637 from 7 p.m. to 9 a.m. "I'm sure he can be very useful."

(2) Carbon copy of a letter written by Blanca to Maestro [Ejo] Takata (Zen) dated 22 Aug. 1982. She also sent him a copy of her book. Address: Apdo. Postal 21140, Mexico, 04000, D.F., Mexico.

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5668. *Toyo Shinpo* (*Soyfoods News*). 1982. Yoshikawa Shoji [Yoshikawa Shoji has opened a branch office in Seoul, Korea]. Aug. 11. [Jap]
• ***Summary:*** A photo shows the office.

5669. Storup, Bernard. 1982. Re: Work with tofu in France. Letter to William Shurtleff at Soyfoods Center, Aug. 19. 2 p. Handwritten and typed, with signature. [Eng]
• ***Summary:*** Bernard and Jean Preneuf have been making tofou [tofu] since mid-June. Bernard has been so busy for the last 6 months that he has had no time to write. He and Françoise had to change addresses (move) four times before they found a place to live rather near their tofu shop. This shop is: SOY SARL (or Société SOY), Plateau de l'Ardenay, 91590 Cerny, France. Phone: (6) 457 52 01. Their personal residence is 16 avenue de la République, 91290 Arpajon, France. Phone: (6) 490 24 44.

On 9 May 1982 Françoise gave birth to a baby girl named Aurore.

In recent months Bernard and Jean have had to organize everything for the new tofu shop, develop contacts with other shops, distributors, journalists, etc. "But we won't really begin before September 1981 as all is dead in France during July and August. Only the two of use are working, Jean and I, and it's a rather good association. In fact, we are completely different from one another; he has no real discipline, is afraid of anything related to administration, papers or figures, has no real practical background, but he is much more inventive that I am, dares to meet people and do things that I don't, has great common sense, has a more futurist vision of what things can be, is very generous, and believes in Soyfoods at least as much as I do.

"As I said to you a few days ago, I think things will go quicker for soyfoods in Europe than in the U.S. Most of the soycrafters who will set up a shop in the next few years will take advantage of the American experience and will avoid some mistakes. Same thing with the media and a lot of potential customers who have heard about TOFU."

Bernard then answers some questions about Li Yu-Ying, a French translation of *The Book of Tofu*, and a French-language pamphlet about tofu. He is waiting for information about the history of macrobiotics and soyfoods from *Institut Tenryu* (run by Mme. Rivière, an old disciple of George Ohsawa). Address: SOY SARL (or Société SOY), Plateau de l'Ardenay, 91590 Cerny, France. Phone: (6) 457 52 01.

5670. Parker, Joyce. 1982. Re: Soyfoods and soybeans in Nepal. Letter to William Shurtleff at Soyfoods Center, Aug. 28. 3 p. Handwritten with signature on letterhead of the Britain Nepal Medical Trust (Koshi Anchal).
• ***Summary:*** She is a Peace Corps volunteer living in the eastern middle hills of Nepal, eating the local food, and going crazy. Nepal is extremely diverse culturally, so what is done in one part of the country may not be true of other parts. Tofu is made in Kathmandu, the capital of Nepal, but only on a very small scale. In the eastern middle hills, soybeans are used mostly for a snack (*khaajaa*) in the early afternoon, often with tea–to sustain people until the evening meal. "The snack I'm familiar with is called *Bhatmas ani chiuraa*... and is made with soybeans and beaten rice. The mature soybeans are roasted over an open hearth, usually in a heavy cast iron wok–stirred with a stick continuously (the pan is dry but well seasoned) for 5-10 minutes. Remove from heat–put into a *jato* (primitive grinding stone) only to split the soybeans in half. A small amount of *mattitel* (mustard oil) is heated until the smoke rises (otherwise the taste is foul)–pyaaj (green onion–chopped fine) and jursaani (chili pepper also chopped fine) and fresh ginger are added, and next the bhaatmas–stir until they are covered with the oil mixture–salt is also added. It is then served hot or cold over the beaten rice. Its delicious–a real favorite with me–puts a bit of crunch into your diet.

"Soybeans are usually grown in a companion planting system with the *makai* (corn) or along the borders of the rice *khets* (irrigated fields). I have never seen the soybean grown in a *bari* (dry field) as a main crop. Main crops include rice, wheat and corn. Soybeans are always an afterthought. There is a British Aid Agricultural Farm at Pakhribas (in the Kosi Zone of eastern Nepal, 3 hours from Dhankuta) working on soybean trials." They came up with 3 varieties of soybeans which will grow in different terrains. More technical information can be gathered from them.

The Limbu live in the high hills and are "junglely types." "One of my co-workers is of Limbu origin and was the only one that knew about kinema or kenima (couldn't get the correct spelling but will keep trying). It seems it is a good trekking food. They make a soup of it and pour it over rice–keeps well–easy to cook. Lentils, a much preferred food, take too long to make on the trail. After my trip to Ilam–investigating the Limbu land–I'll write more specific details. From what I could gather:" Boil soybeans until they are soft. Grind to a mush with a local mortar and pestle. Add ashes (*kharain*) from the cooking stove (*chulo*) and mix with the soybeans. Place in a bamboo basket (*dhahi*), cover, and leave for 24 hours. Remove from basket, place on a bamboo mat, and dry in the sun. Recipes vary. "I have never tasted any but it sounds awful. More research is required. I'll keep you informed."

Newsflash–the SCF clinic is looking into using soymilk as a substitute food for babies–only when the mother is unable to breast-feed. We have also discussed possible weaning foods. One problem–soymilk is not high in calories; both calories and protein are rare commodities. "The value of the soybean's body building protein would be lost and just burned off as energy." The biggest problem here is just a lack of food. The Nepali diet is healthy but too many mouths to feed. Address: c/o U.S. Peace Corps, P.O. Box 613,

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Kathmandu, Nepal.

5671. BBC of London. 1982. U.S. tofu industry. Television broadcast. Aug. 30-minutes. *

5672. Brown, Judy A. 1982. Soyfoods are catching on. The soyfoods industry has shown astonishing growth. Who created the boom and why? *Whole Life Times* No. 20. p. 34-36. July/Aug.
• ***Summary:*** Contents: Introduction. Idealism guides many soycrafters. Soybean goldmine. Tofu. Tempeh. Miso. Soymilk. Soy inhibitions. Wave of the future. Photos show: William Shurtleff and Akiko Aoyagi. Richard Leviton. Michael Cohen.

5673. McGregor, Otis. 1982. Soybeans–The human consumption approach. *Notes on Agriculture* (*Guelph, Ontario*) 18(1):13-14. Aug.
• ***Summary:*** "In 1974 the Ontario Soya-bean Growers' Marketing Board launched a program directed to the human consumption market... In 1974 the Ontario soybean export market represented a single shipment of white hilum soybeans to Japan for processing into tofu, miso and natto. Today tofu and miso are becoming popular in Ontario.

"Since 1975 the Ontario Soy-Bean Board has experienced remarkable success in moving soybeans into the human consumption market and the diets of Canadians. Two cookbooks have been printed by the Board and distribution has exceeded 70,000. Tofu shops have emerged in Ontario, to the extent that franchising is in the offing. Toronto has restaurants serving soybean meals... Today, the Ontario Soya-Bean Growers' Marketing Board actively promotes whole soybeans in one pound bags in various supermarkets." Address: Ontario Soya-bean Growers' Marketing Board, Chatham, ONT, Canada.

5674. Seifert, Kim Allan. 1982. Tofu utilization in health care institutions. Salt Lake City, Utah: Jack's Beanstalk. 32 recipe cards. Aug.
• ***Summary:*** Each recipe card, which is 8.5 by 5.5 inches, serves 100 and lists: Portion size. Yield. Ingredients. Weights. Measures. Methods. Two salmon colored cards are for soups. Five green cards for salad dressings. Four blue cards are for breads. Seventeen yellow cards for entrees. And four pink cards are for desserts. Address: Director, Nutrition Care Service, Univ. of Utah Hospital, Medical Center.

5675. *Soyanews* (*Sri Lanka*). 1982. Health and nutrition: Tofu and special diets. 4(12):3, 8. Aug.
• ***Summary:*** This article first appeared in *Soyfoods* (vol. 1, no. 3, 1980) published by the Soycrafters' Association of North America.

5676. *Soyanews* (*Sri Lanka*). 1982. Bring up the kids on tofu. 4(12):6-7. Aug.
• ***Summary:*** "The Wattegama Children's Home, situated a few miles away from Kandy town, has been using tofu as part of its feeding program since 1980. There are 54 children in the Home whose ages range from 3 to 17. The Home is managed by the National Council for Child and Youth Welfare and is supervised by the Department of Social Services and Probation.

"The decision was taken in early 1980 to send one of the staff working in the Home for training in soya cookery to the Gannoruwa Soyabean Foods Research Centre." "After her return the children have been treated to many preparations with soya, both sweet and savoury, and tofu soon came to be a favorite with them."

Describes how tofu is made at the home throughout the week with three large photos.

5677. **Product Name:** Tempeh, Tofu Tart (Tofu Pudding) [Chofu with Carob, Vanillafu with Vanilla, Lemonfu with Lemon, and Bananafu with Banana], Cottage Tofu.
Manufacturer's Name: Star Soyfoods.
Manufacturer's Address: Route 2, Box 337, Sandpoint, ID 83864. Phone: 208-265-4720.
Date of Introduction: 1982. August.
Ingredients: Tofu Tart: Crust: Vegan graham crackers, soy margarine. Soy Whip: Soy oil, soy milk, honey, vanilla. Fillings: Tofu, honey, vanilla for Vanillafu; plus lemon juice, soy oil and lemon rind for Lemonfu; carob powder and soy milk for Chofu; bananas, soy oil and lemon juice for Bananafu.
Wt/Vol., Packaging, Price: Tempeh: 8 oz. perforated poly bag sealed in a printed outer bag. Tart and Cottage Tofu: 2-4 oz small clear plastic cup with snap-on lid.
How Stored: Refrigerated.
New Product–Documentation: Order from Penny Billiter of Rt. 2, Box 337, Sandpoint, Idaho. 1981. Oct. 23. She orders 100 "What is Tempeh" pamphlets. On Dec. 8 she writes: "I have found your books very helpful and full of information. Thanks."

Form filled out by Penny A. Billiter. ca. 1981. Label with a smiling orange star is enclosed. "I am making tempeh, mock happy chicken, and baked tofu for the three health food outlets here in Sandpoint. I am only using 3-4 lb dry beans/week." Second form states the company started officially on 3 August 1982. Makes Tempeh and Tofu Tarts. Label. 1982, undated. 3.5 by 4 inches. Blue and orange on white. Label. 1983. 2 by 2 inches. Self adhesive. Blue on white with orange smiling star. Soyfoods Center Computerized Mailing List. 1982. July 23. Owner: Penny Billiter.

Talk with Penny Billiter Miller. 1993. Feb. 23. She still lives in Sandpoint and is still interested in soyfoods. She called the tarts "puddings" and she made several flavors: carob, vanilla, and banana. Sometimes she omitted the graham-cracker crust and just sold the product as a pudding.

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The Cottage Tofu, introduced at about the same time as the tempeh and tarts, was on the market for only a short time; she did it through the local food co-op. She still has records.

5678. **Product Name:** Tofu Sausage Patties: Seasoned and Baked.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1982. August.
Ingredients: Tofu (water, organic soybeans grown according to Cal. Health Code Sect. 26569.11 and nigari). Marinated in a sauce of Tamari (a natural soy sauce made with water, soybeans, wholewheat and salt). Unrefined coldpressed Safflower oil, and a blend of eight herbs and spices.
Wt/Vol., Packaging, Price: 8 oz. vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Label. Received 1988. 4 by 2.5 inches. Self adhesive. Metallic red, blue, gold, and white. "Ready to eat... or reheat, naturally fresh... from our deli. A perfect snack fresh from the pack. Great for breakfast, in a burger, or in your favorite pizza or spaghetti sauce. Simple to heat in oven (350ºF, 10 minutes) or frying pan. Perishable, keep refrigerated, 34-39º." Matthew Schmit says (March 2009) that the metallic label was first used in 1985.

Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in 1985. Label #1 of 1992. "Tofu Sausage Patties: 4 Seasoned & Baked. 3 inches square. Self adhesive. Black and yellow on red. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead. Ingredients similar to above, but more organic. * = Grown according to California Natural Foods Act of 1990. "With whole, organic, GMO-free soybeans." Ready to eat or heat. A Perfect snack fresh from the pack."

Label #2 of Oct. 2002. No adhesive. Red and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Good source of protein. Low in saturated fat. Cholesterol free."

Talk with Linda Redfield. 2002. Sept. 23. Linda arrived in Arcata in May 1982 and introduced this recipe to The Tofu Shop; as far as she knows, she developed it. It was probably first sold commercially at The Tofu Shop in about Aug. 1982; there was only one flavor.

5679. Vijayalakshmi, K.; Vaidehi, M.P. 1982. Evaluation of tofu and its products prepared from soymilk and combination with sunflower seed milk and skimmilk [skim milk]. *J. of Food Science and Technology* (*Mysore, India*) 19(4):139-42. July/Aug. [8 ref]
• ***Summary:*** "Tofus from soymilk and combinations with sunflower seed milk and skimmilk were developed as a ready-to-use and prepare base for various Indian dishes." A sensory panel decided that tofu made from soymilk or from 60% soymilk and 40% skimmilk was acceptable, whereas tofu made from 60% soy and 40% sunflower seed milk or from 60% soymilk + 20% sunflower seed milk + 20% skimmilk were not acceptable.

Two snack foods, Burfi and Pakoda [Pakora], prepared from the acceptable tofu were both acceptable with no significant difference ($P < 0.05$) among the products.

Note: A pakora is a fritter–any kind of food coated in batter and deep fried. Address: Dep. of Rural Home Science, Univ. of Agricultural Sciences, Hebbal, Bangalore 560 024, India.

5680. Wagner, Martha. 1982. Dairyless cooking. *Vegetarian Times.* Aug. p. 46-48.
• ***Summary:*** It's easy when you learn how to use soy milk, tofu, and nut milks as dairy substitutes. Contains recipes for: Soy milk (homemade). Tofu sour cream. Tofu creme (like whipped cream). Cashew nut cream. Nut milk (using almonds, cashews, or brazil nuts). Cashew milk gravy. Address: White Crane Publications, P.O. Box 3081, Eugene, Oregon 97403.

5681. Roi, Caroline. 1982. Re: Distributing through Sun Farms, owned by Ben Wenzel. Letter to "Dear customer," Sept. 1. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "This month we will begin distributing our products through Sun Farms. The prices for tofu will remain the same ($.85 in tubs, $.75 in bulk)...

"We are confident that Ben Wenzel, owner of Sun Farms, and his company will give you excellent, dependable service. Sun Farms will handle your weekly orders and billings. Their address is:

"Sun Farms, Ben Wenzel, owner, 1635 South State Street, Ann Arbor, Michigan 48104. (313) 665-2233. Our intention is to provide you with the freshest, highest-quality tofu and soyfoods available in this area." Note: D.J. Ben Wenzel's business card is attached. Address: Coordinator, Sales and Marketing, The Soy Plant Co-op Inc., 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: 313-663-8638.

5682. Krieger, Verena. 1982. Re: Update on soyfoods in Switzerland. Letter to William Shurtleff at Soyfoods Center, Sept. 8. 2 p. Typed, with signature. [1 ref]
• ***Summary:*** "There is a widespread error in German speaking countries about mung beans. These are sold as 'gruene Sojabohnen' ("green soybeans") in health food stores and many people think that the soybean is green... Note: A similar problem occurs in French speaking countries.

"Soy sprouts can be translated as 'Soyasprossen' and 'Sojakeimlinge'. Both are common... The tofu shop in Nyon is run by Marty Halsey, an American... My article 'Gestern Steak, morgen Tofu' has been translated into English, French

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and Italian."

Soybean growing in Switzerland. This is a hard nut to crack. The first of the three farmers we have contracted to grow organic soybeans for us had to cut the beans and plow them under, since the whole field was totally overgrown with weeds. In a desperate attempt to save the beans, our tofu group (9 people) spent a weekend there, pulling out weds by hand. That same night a tornado-like thunderstorm ravaged the field and the next morning we could nothing but stems. The second farmer is having better results (if the weather holds out, so that the beans can reach maturity) but he says with all the work and worry he's had, he is not going to do it again next year. The third one is having good results with Maple Arrow (a Canadian breed [variety / cultivar]), but less good results with Fiskeby (Swedish). A third breed we have tried, Giesso (German) also seems to yield less good results.

"I continue to believe that soybean growing is possible in Switzerland, but many years of practical experience is necessary before it can be widely accepted by farmers."

"5. The tofu shop in Nyon is run by Marty Halsey, an American."

"7. I have told Wolfgang [Furth-Kuby] that I would help him as much as I can with the 'Newsletter' and with a conference" [for soycrafters in Europe who want to start a soyfoods association]. Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

5683. Marshall, Philip. 1982. Re: The establishment of Cauldron Foods Ltd. Letter to William Shurtleff at Soyfoods Center, Sept. 8. 3 p. Handwritten.
• ***Summary:*** Cauldron Foods was formed in Nov. 1981 as a partnership between Philip Marshall and Mr. Peter Fagan. They began tofu production in March 1982. They now have a "cauldron shop" type tofu plant presently producing 200 lb. of firm tofu (9.3% protein) 3 to 4 times weekly. "Sales of tofu itself may not have risen very dramatically, but public awareness concerning tofu and related products is growing steadily. A local television station filmed the process of tofu being made at our plant, to be included in a program on nutrition later this year... We have had more success perhaps with our burger containing tofu and grains, vacuum packed giving it a shelf-life of 3 weeks. Our turnover is rising at a good pace, and we are introducing new products to our range as we improve production methods. We would like to move into sterilized tofu creams and spreads... We would like to keep informed of new developments in the industry in America..." and to establish contact with similar American businesses.

Note: This is the earliest document seen (April 2001) that mentions Cauldron Foods. Address: Chapel Lane, Sunnybank, Fishponds, Bristol 16, England.

5684. Winter, Christine. 1982. News for you: Good 'n' healthy. *Chicago Tribune.* Sept. 15. p. E2.
• ***Summary:*** "Health foods are becoming increasingly popular, and even mainstream foods are taking on a healthy glow..." New Product News is filled with page after page of new health food products including tofu hot dogs (Light Links, from Light Foods) and soy ravioli (New Leaf Soyfoods).

5685. Weiner, Steve. 1982. Cashing in on 'natural foods.' *Eugene Register-Guard* (*Oregon*). Sept. 19. p. 1E, 2E.
• ***Summary:*** A large color photo shows Surata Soyfoods tofu and tempeh, plus Nancy's Honey Yogurt. Sue Kesey, co-owner of the Springfield Creamery (founded 22 years ago), is president of the fledgling Lane County Natural Foods Association, a 20-member group that wants everyone to eat natural foods. Gil Johnson is a spokesman for the Association. Callix Miller is Surata's marketing manager.

5686. Rasmussen, Carol. 1982. Japan's delicacies lose nothing in translation at Star Market. *Chicago Tribune.* Sept. 23. p. N_B1 or W_B1.
• ***Summary:*** "We in the United States are known for our culinary curiosity." We're learning to eat raw fish and Japanese sushi. A good place to explore Japanese food and culture is Star Market, 3349 N. Clark St. in Chicago. The small grocery store is owned and run by two Japanese couples. It is the epitome of order, neatness, cleanliness and warm hospitality.

The various type of tofu include: (1) *"Kinu goshi"* [*Kinugoshi*], which "has been silk-screened [sic, curded as a gel, without separation of curds and whey] so that its texture is very fine like silk." (2) *"Momen goshi,* which is regular tofu." and (3) "tofu pouches" that can be stuffed with vinegared rice, cooked chopped vegetables, soy sauce and sugar [to make a type of sushi named *Inari-zushi*].

5687. Fitzpatrick, Jean Grasso. 1982. Separate and equal. *New York Times.* Sept. 26. p. SM96, 121.
• ***Summary:*** What happens in households where vegetarians and meat eaters regularly have meals together? Living with a vegetarian has its pluses and minuses. If you are a gourmet, remember that they tend to be upwardly mobile–trying to eat like the people they aspire to be. Vegetarians tend to be downwardly mobile. Who makes the meals, and how? Can they respect one another? One way is to make one base, say from vegetables, then add chicken to one half and tofu to the other.

Two recipes are given: Tempeh / lamb kebabs. Chinese broccoli with chicken or tofu. "Each of these recipes serves two–one vegetarian and one meat eater. To cook for a group, multiply the meat or the soy food (depending on who's in the majority) and add accordingly to the remaining ingredients."

5688. **Product Name:** Tofu.
Manufacturer's Name: Abbey Hearth, Inc.

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Manufacturer's Address: 6327 14th St., Detroit, MI 48208. Phone: 313-895-9366.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Brother David.

5689. **Product Name:** [Tofu].
Manufacturer's Name: Americo Larralde.
Manufacturer's Address: Timantitla 15 Tlalpan, Mexico 22 DF, Mexico.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5690. **Product Name:** Tofu.
Manufacturer's Name: Ananda Tofu Shop.
Manufacturer's Address: 14618 Tyler Foote Rd., Nevada City, CA 95959. Phone: 916-292-3505.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Michael Moody.

5691. **Product Name:** Tofu.
Manufacturer's Name: Beantime Soyfoods.
Manufacturer's Address: N4469 Highway 55, Chilton, WI 53014. Phone: 414-439-1746.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Glenny Whitcomb.

5692. **Product Name:** Blue Lotus Tofu.
Manufacturer's Name: Blue Lotus Foods.
Manufacturer's Address: P.O. Box 44, Gembrook, VIC 3783, Australia. Phone: 756-7374.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Eng Eu or Beng Eu. Ad in The Macrobiotic Journal Origins. 1982. Autumn. p. 12. "Blue Lotus Tofu, The food of the future." It is made with nigari and hand-pressed in cedar boxes. Contact: Monbulk [in Melbourne, VIC].

Letter from Darren Fletcher of Darkville, Melbourne. 1984. Sept. 4. Another soyfoods business in Melbourne is Blue Lotus Tofu, Lot Vika Ave., Monbulk 3793. Phone: 756-7374. In Dec. 1986 Soyfoods Center received this address: Blue Lotus Tofu, Lot Vika Ave. Monbulk 3793, Melbourne, Australia. Phone: 756-7374.

Letter from Beng Eu. 1989. June 26. "Blue Lotus has been into natural organic soyfoods in Victoria, Australia, for 8 years now and is a controlled, small scale tofu manufacturer." Address is now P.O. Box 188, Gembrook 3783, Australia. Letter from Beng Eu. 1990. July 23. Address is now: Blue Lotus Foods ("Makers of fine soyfoods"), 3/83 Main Street, Gembrook 3783, Australia. Phone: (059) 681 307. Letter from Loan Eu. "We are manufacturers and distributors of soyfoods in Australia and we would like to include in our range of products all available tofu cookbooks." Fax number is now (059) 681866.

Letter (fax) from Beng Eu. 1994. July 18. Address is now: Blue Lotus Foods ("Makers of fine soyfoods"), 9/83 Canterbury Road, Kilsyth, VIC 3137, Australia. Fax: 61 3 728 6011. Beng and Joan Eu, Partners.

5693. **Product Name:** Lite & Creamy (Tofu-based with Liqueur for Gourmet Market) [Amaretto-Almond, or Grand Marnier Chocolate].
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. September.
Ingredients: Brightsong tofu, honey, almonds, vanilla, amaretto, lecithin. (Note: Toasted almonds and non-alcoholic amaretto).
Wt/Vol., Packaging, Price: 4 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. 2 inch diameter. Self adhesive. Blue on white. Spot showing Label in Whole Foods. 1984. Jan. p. 39. Letter from Richard Rose. 1987. Aug. 29. "Positioned for gourmet market, made with real liqueurs, honey sweetened." Grand Marnier is the brand name of a French orange liqueur. *Webster's Dictionary* defines "amaretto" (a term first used in 1973) as: "an almond flavored liqueur."

5694. **Product Name:** Tofu.
Manufacturer's Name: Cedric Lindholm Tofu.
Manufacturer's Address: 203 Lower Main R. Observatory, 7925 Capetown, South Africa.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Cedric

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Lindholm.

5695. **Product Name:** Firm Tofu: Soybean Curd Cake, Soymilk, Soy Sprouts.
Manufacturer's Name: Chunco Foods Inc.
Manufacturer's Address: P.O. Box 883, Kansas City, MO 64141. Phone: 913-362-8097.
Date of Introduction: 1982. September.
Ingredients: Tofu: Soy beans, water, nigari (calcium sulphate).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. President: Peter Chun. Talk with and business card from Peter Chun at Soyfoods Conference in Seattle, Washington. 1982. He is a Korean-American, who presently makes tofu, soymilk, and soy sprouts. Label. 1983, undated. 5.5 by 4.25 inches. Plastic film. Blue, black, and orange on clear film. "No preservatives. Keep refrigerated." Contains serving suggestions. In March 1990 his tofu retailed for $1.29 for 18 oz. It was very low priced and probably not pasteurized.

5696. **Product Name:** Tofu.
Manufacturer's Name: Chung Hing Bean Curd Manufacturing.
Manufacturer's Address: 268 Victoria St., Melbourne, VIC, Australia. Phone: 033-284-596.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5697. **Product Name:** [Tofu].
Manufacturer's Name: Circolo L'Aratro.
Manufacturer's Address: V Cavour 35, 46100 Mantova, Italy. Phone: 037-636-8760.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Sergio Mambrini.

5698. **Product Name:** Tofu: Shinsen [Soft, or Regular].
Manufacturer's Name: Continental Soyfoods Inc. [Joy of Soy].
Manufacturer's Address: 510 Kasota Ave. S.E., Minneapolis, MN 55414. Phone: 612-378-0464.
Date of Introduction: 1982. September.
Ingredients: Soy bean curd cake: Soybeans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982 Sept. 17. Owner: Pat Aylward. Labels. 1982, undated. 5.5 by 4.5 inches. Plastic film. Blue or green and red on clear film. The word "tofu" is written in Chinese characters. In very small letters, vertical to the bottom of the label, is the phrase "soy bean curd cake."

5699. Corn Country Whole Foods, Inc. 1982. Fall-winter 1982: New & improved (Catalog). 132 South Market St., Champaign, IL 61820. iv + 26 p. No index. 28 cm.
• ***Summary:*** The cover of this natural foods, vegetarian catalog is printed on orange paper with brown ink. Corn Country has increased the number of products it distributes, both those under its own Market Street brand and those made by many other companies. Corn Country trucks deliver throughout the Midwest: Freight is free with a minimum order of $400. Product categories: Refrigerated products. Bulk foods. Packaged foods. Snacks. Other.

Interesting products: (1) Tofu: Packaged ($0.82/lb) or bulk ($80/lb). (2) Market Street bread: Cinnamon raisin and Whole wheat both contain "whole soy flour." (3) Stoneground flours: Soy flour-full fat (OG = Organically Grown) ($0.42/lb). Corn Country uses old fashioned granite stone mills to keep the temperature low, which "preserves the nutritional value and flavor of the whole grain... Whole soy flour is milled from soybeans which have been heated first to destroy an enzyme which interferes with protein digestion. It is milder tasting compared to the defatted soy flour typically sold commercially." (4) Market Street granolas: Of the 7 varieties, 6 contain small amounts of "soy flour." (5) Beans, peas, and lentils: Soybeans OG ($0.28/lb). Azuki beans. Chickpeas (Garbanzos). Lentils (green or red). Mung beans. (6) Market Street meals (vegetarian): Nutburger (incl. soy flour). Soyburger (soy flour is main ingredient). (7) Sea vegetables (9 types). (8) Westbrae miso (6 types). (9) Market Street nut butters: Peanut butter ("coarsely ground to retard oil separation"). Almond butter. Sesame tahini. (10) Natural oils: Sesame oil. Safflower oil. (11) Condiments. Nigari (bulk or 5 lb). Umeboshi plums. Shoyu (pints to 4.75 gal tin). Tamari (with dispenser to quarts). (12) Seeds: Alfalfa seeds. Sesame seeds whole brown. Sesame seeds hulled white. Sunflower seeds. Pepitas. (13) Market Street snack nuts: Shoyu almonds. Shoyu suns (sunflower), Shoyu cashew pieces. (14) Soy & corn snacks: Soy nuts salted. Soy nuts unsalted. (15) Market street mixes (unsulfured dried fruits, nuts and seeds): Sweet & shoyu mix (ingreds: Raisins, date pieces, dried bananas, shoyu almonds, shoyu cashews, shoyu sunflower seeds). Flatland mix (incl. unsalted "soynuts" {soybeans, vegetable oil}, fancy cashew pieces, and pumpkin seeds). (16) Health and beauty aids: Dr. Bronner soap (14 types). (17) Literature: 25 Talking Foods pads. (18) Traditional medicinal herb teas (27 types). (19) Celestial Seasonings teas (38 types); (20) Packaging supplies and kitchen help: Tofu kit ($12.56). Address: Champaign, Illinois. Phone: 217-359-8843.

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5700. **Product Name:** Tofu.
Manufacturer's Name: Creative Soyfoods, Inc.
Manufacturer's Address: 526 N. Clark St., River Falls, WI 54022. Phone: 715-425-0467.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: David Nackerud.

5701. **Product Name:** Dayspring Tofu, Deep-Fried Tofu, Soy Pudding, and Tofu Kit.
Manufacturer's Name: Dayspring Soyacraft Corporation.
Manufacturer's Address: 626 Esquimalt Rd., No. 5., P.O. Box 7285, Station D, Victoria, BC, V9A 3L4, Canada. Phone: 604-382-2144.
Date of Introduction: 1982. September.
New Product–Documentation: Form filled out by Michael and Paul Hsieh. ca. 1982. Soya Bluebook. 1986. p. 107.

5702. **Product Name:** Tofu.
Manufacturer's Name: Devi's Country Soy Sausage.
Manufacturer's Address: 81472 Cassidy Lane, Eugene, OR 97405. Phone: 503-344-7454.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Virginia Ruffulo.

5703. **Product Name:** Earth Angel Tofu Cheesecake.
Manufacturer's Name: Earth Angel Soyfoods.
Manufacturer's Address: 53 Stanley Ave., Mt. Waverley (E. Oakleigh), VIC 3149, Australia. Phone: 03-544-8020.
Date of Introduction: 1982. September.
New Product–Documentation: Letter from Debbie Schmetzer. 1982. March 3. "At the moment we are selling tempeh as well as tofu cheesecakes to a natural foods restaurant, and the response was great."

5704. **Product Name:** Earth Angel Tofu.
Manufacturer's Name: Earth Angel Soyfoods.
Manufacturer's Address: 53 Stanley Ave., Mt. Waverley (E. Oakleigh), VIC 3149, Australia. Phone: 03-544-8020.
Date of Introduction: 1982. September.
New Product–Documentation: Letter from Debbie Schmetzer. 1982. March 3. Earth Angel is just getting underway and their first product is tempeh. They soon hope to produce tofu and tofu puddings for the health food stores. "Right now there are two Chinese factories that produce inorganic gypsum tofu and people would rather see organic tofu on the market... At the moment we are selling tempeh as well as tofu cheesecakes to a natural foods restaurant, and the response was great."

Letter from Darren Fletcher of Darkville, Melbourne. 1984. Sept. 4. "Earth Angel Soyfoods makes tofu and tempeh. They may close down in the near future. They told me that they would like to finish and take off for a laid-back country life style. Too much hard work they said. They will look for someone to buy the business."

5705. **Product Name:** Eastern Flavor brand Tofu [Soft, Regular, Organic, or Firm Organic].
Manufacturer's Name: Eastern Foods Corporation.
Manufacturer's Address: 3225 E. Hennepin Ave., Minneapolis, MN 55413. Phone: 612-331-3353.
Date of Introduction: 1982. September.
Ingredients: Firm organic: Organic soybeans, water, nigari (magnesium chloride derived from sea water).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Firm organic: Per 4 oz.: calories 80, protein 9 gm, carbohydrates 3 gm, fat 5 gm, sodium 8 mg. Percentage of USRDA: Protein 15%, iron 12%, thiamine 4%.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Mr. Lee & Calvin Lutzke. Labels. 1985. 5.5 by 6 inches. Red, black, and green on clear film. The soft is coagulated with calcium sulfate and glucono delta-lactone, the regular organic with only calcium sulfate, and the firm organic with nigari. Letter from Tom Menie. 1988. June. Introduced in 1985.

5706. **Product Name:** Not Cheesecake (Tofu Cheesecake).
Manufacturer's Name: Evolutionary Bean.
Manufacturer's Address: P.O. Box 707, Bolinas, CA 94924. Phone: 415-868-0188.
Date of Introduction: 1982. September.
Ingredients: Filling: Tofu, soy oil, honey, banana. Crust: Oats, wheat germ, soy oil, honey, cinnamon, vanilla, nutmeg. Topping (One of the following): Pineapple, strawberry or apple.
Wt/Vol., Packaging, Price: 4. oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 2.5 inch diameter. Self adhesive. Green and purple on white. Form filled out by Claire Heart.

5707. **Product Name:** Tofu.
Manufacturer's Name: Flying Dragon Foods.
Manufacturer's Address: 3311 8th St. E, Saskatoon, SASK, Canada S7H 4K1. Phone: 306-373-9040.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Tak K. Sue.

5708. **Product Name:** Tofu.
Manufacturer's Name: Fong-Inn Pastry (Fong-On).

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Manufacturer's Address: 46 Mott St., New York, NY 10013. Phone: 212-962-5196.
Date of Introduction: 1982. September.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Kevin Chan. This company started in 1935. Talk with Kevin Chan. 1989. Nov. 16. His grandfather Eng Fong-on and a partner started this company as Fong-On in 1933, across the street at 43 Mott St. His grandfather passed away many years ago. In 1982 the company changed from a 4-person partnership to a 2-person partnership, owned by Kevin and his brother. At that time, the English-language name of the company changed to Fong-Inn Pastry but the Chinese name (which has not changed since the company was started) remained Fong-On. The company now makes a rice cake pastry named Bok Tung Go.

Kevin gives me an overview of the New York tofu market, with names of all major players. Tofu products he now makes are: Tofu, firm tofu (¼ lb), soft tofu (nun-daufu, ½ lb), extra firm tofu, and fried tofu. He is fortunate in that he owns his own building. All the competition has had to move to Brooklyn to escape the high rents. He has been offered more than a million dollars for his building. He remembers 25 years ago they sold tofu for $7 per 100 pieces. Now with all the competition it sells for only $8-$9 per 100 pieces. His main competition is Dairy Foods at 28 East Broadway in New York City.

Talk with Paul Eng of Fong Inn Too. 1995. Dec. 12. The company name changed from Fong Inn to Fong Inn Too in about Jan. 1995. They are still located at 46 Mott St.

5709. **Product Name:** Tofu.
Manufacturer's Name: Greatwater Soyfoods.
Manufacturer's Address: 1039 E. Pioneer Rd., Duluth, MN 55804. Phone: 218-525-3913.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Doug Hamdorf & Demetria Nanos.

5710. **Product Name:** Tofu.
Manufacturer's Name: Hannes Bakery.
Manufacturer's Address: 605101 Auroville, Tamil Nadu, India.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5711. **Product Name:** Tofu.
Manufacturer's Name: Himalayan Tofu.
Manufacturer's Address: Jeet Villa, Dalhousie, HP India.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Susan Jootla.

5712. **Product Name:** Tofu.
Manufacturer's Name: Hong Kong Supermarket.
Manufacturer's Address: Shaftsbury Ave., London, England.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5713. **Product Name:** Tofu.
Manufacturer's Name: Hong Oriental Food.
Manufacturer's Address: 189 Lt. Bourke St., Melbourne, VIC, Australia. Phone: 036-632-811.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5714. **Product Name:** Tofu.
Manufacturer's Name: Jomar Inc.
Manufacturer's Address: 8404 E. Brookville Rd., Indianapolis, IN 46239. Phone: 317-353-1008.
Date of Introduction: 1982. September.
New Product–Documentation: Form filled out by Fred Mark. 1982. Company started in Sept. 1982.

5715. **Product Name:** [Tofu].
Manufacturer's Name: Jose Parracho Tofu.
Manufacturer's Address: Quinta da Portugesa, Fieguesia da Annuciada, Setubal, Portugal.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Jose Parracho. Note: This way of writing the company name and address are probably correct.

5716. **Product Name:** [Tofu].
Manufacturer's Name: Joya.
Manufacturer's Address: Le Lieu, 1345 Vaud, Switzerland.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Joanna White.

R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 17. Joanne White in Le Lieu makes about 20 kg/week of tofu.

5717. **Product Name:** Tofu.
Manufacturer's Name: Knitty Gritty City, Inc.
Manufacturer's Address: P.O. Box 736, Hurricane, UT 84737. Phone: 801-635-4369.
Date of Introduction: 1982. September.

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New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Joanne Michaels.

5718. **Product Name:** [Tofu].
Manufacturer's Name: Les Sept Marches.
Manufacturer's Address: Les Creusettes, Chemin des Mouille, 74330 Poisy, La Balme de Sillingy, France. Phone: 50.22.13.45.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Address listed as Chemin Des Mouille, 74330 Poisy, France. Shurtleff & Aoyagi. 1983. Feb. Soymilk Industry and Market. p. 7. Richard leviton. 1983. Oct. 16. Trip to Europe with American Soybean Assoc. Jacques Mitler makes about 500 lb/week of tofu at this company. It is sold pasteurized in a glass jar. Poor quality. Le Compas. 1986. March-April. p. 32. Mitler did not respond to a questionnaire from Anthony Marrese. 1989. Nov. Address is now Les Creusettes, 74330 Poisy, France. Same phone.

5719. Leviton, Richard. 1982. In a small bright building: Cottage soy industries on Vancouver Island. Colrain, Massachusetts. 15 p. Sept. Unpublished typescript.
• ***Summary:*** Discusses Sooke Soyfoods (Wayne Jolley), Thistledown Soyfoods, Shin Mei Do Miso, and Metta Tofu. Note: This article was commissioned by *East West Journal* but never paid for or published. For a good summary, see: *Soyfoods.* 1983. Winter. p. 36-37. "Cottage soy industries thrive on Vancouver Island."

Concerning Shin Mei Do on Denman Island: Lulu Yoshihara recalls: In 1976 we picked up *The Book of Miso* at Uwjimaya department store in Seattle [Washington]. It didn't look like it would be all that hard [to make miso] or take that much time or technology. Plus miso wasn't perishable and didn't need to be marketed right away. Ray [Lipovsky] was already here doing tofu and that gave us the idea we could do a little home soy business on the island and make a living. So I went to Japan in 1977 to find a miso teacher. We've been together since 1971. Address: Colrain, Massachusetts 01340.

5720. **Product Name:** Tofu.
Manufacturer's Name: Manoa Soy Works.
Manufacturer's Address: 2561 Manoa Rd., Honolulu, Oahu, HI 96822. Phone: 808-949-1815.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Bev Lum.

5721. **Product Name:** Tofu.
Manufacturer's Name: Many Happiness Tofu.
Manufacturer's Address: 305 Smith St., Mt. Shasta, CA 96067. Phone: 916-926-3939.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Susan Ergas. Note: Susan later moved to Israel and ran a tofu company named Jerusalem Tofu there.

5722. McNeil, Maggie. 1982. Soybeans: The payoff from export promotion. *Foreign Agriculture.* Sept. p. 20-22.
• ***Summary:*** Every year since 1966, U.S. soybean growers have been using a checkoff program to invest a small part of their income in activities designed to create new or expanded demand for U.S. soybeans overseas. In fiscal year 1982, some 475,000 farmers in 23 states ear-marked nearly $5 million for these activities. For example, soybean oil now commands a 50% share of the total German edible oils market. In 1977 Blauband, a Unilever Co. product, became the first major identified soybean oil product to hit West German retail shelves. Address: Soybean update editor, Information and Education, American Soybean Assoc., St. Louis, Missouri.

5723. **Product Name:** Marinated & Broiled Tofu (Tofu Slices).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1982. September.
Ingredients: Tofu, soy sauce, honey, herbs, spices.
Wt/Vol., Packaging, Price: Semirigid 8 oz vacuum package is opaque, with pre-printed film.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 180, protein 17 gm, carbohydrate 5 gm, fat 10 gm.
New Product–Documentation: Label. 1983. 4 by 4.5 inches. Self adhesive. Orange, green, yellow and black on white. "High in protein. Serve hot or cold as an entree, sandwich, or high protein snack." Spot in Soyfoods. 1983. Winter. p. 49. "A Slice of Tofu." Summer. p. 52. These are vacuum packed.

Letter from John Paino of Nasoya. 1990. Sept. 25. Bob Bergwall says this product was introduced in Sept. 1982.

5724. *Natural Foods Merchandiser.* 1982. Soy producers prepare a marketing strategy. Sept. p. 84-85.
• ***Summary:*** A summary of the annual Soyfoods Assoc. conference at the Univ. of Washington (Seattle) in July 1982. Several companies and individuals [Gary Barat of Legume, and Steve Snyder] are "talking about forming an American Tofu Council, similar to the American Dairy Council, and running promotional ads along the same line–you know, 'Everybody needs tofu.'" Regardless of whether SANA is used as a base or not, the companies planning the campaign were talking about spending $250,000 the first year and

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hiring an advertising agency. Address: Seattle.

5725. **Product Name:** [Tofu].
Manufacturer's Name: Natural Products Promo Carouge.
Manufacturer's Address: 11, chemin du Faubourg-Cruseilles, CH-1227 Carouge (by Geneva), Switzerland. Phone: 022-432-416.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Eric W. Dougoud.

5726. **Product Name:** Tomsun Soydairy Tofu-10 Spice (Renamed Spice Garden Tofu by 1983).
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1982. September.
Ingredients: Water, soybeans, spices, herbs, bell peppers, carrots, onion, garlic, natural calcium sulfate, nigari, sea salt.
Wt/Vol., Packaging, Price: 8 and 10 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 140, protein 13 gm, carbohydrate 2 gm, fat 8 gm.
New Product–Documentation: Label. 1983. 5.25 by 4.25 inches. Plastic film. Orange and green on clear film. "The Perfect Protein. Cholesterol Free. Low in Calories. Low in Fat. Low in Sodium. Pure, pasteurized, bathed in Berkshire mountain water to protect its moistness, freshness, and unique simple flavor, Tomsun Tofu is a new staple in an American diet concerned with higher standards of physical well-being. Recipes on back. Spice brings the warmth of Mexico and the Orient to your cooking." "The Perfect Protein."

Leaflet (see next page). 8½ by 11 inches, color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. "Soydairy Introduces the Tofu with Taste. Herb Garden Tofu, Spice Garden Tofu, Chinese-style fresh noodles." Spot in Soyfoods. Winter. p. 48. "Soy Dairy's Tofu with Taste." Label. 1983. 6 by 5 inches by 1.5 wide. Paper box. Orange, black and white. Color photo of vegetables and tofu. 8 oz. "All natural. No Cholesterol. Low Calorie. 3 Quick-n-Easy Recipes Inside."

5727. **Product Name:** Tomsun Soydairy Tofu-10 Herb (Later Renamed Tomsun Soydairy Herb Garden Tofu; For Salads).
Manufacturer's Name: New England Soy Dairy.
Manufacturer's Address: Greenfield, Massachusetts.
Date of Introduction: 1982. September.
Ingredients: Water, soybeans, herbs, spices, celery, onion, garlic, natural calcium sulfate, natural nigari, sea salt.
Wt/Vol., Packaging, Price: 8 and 10 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 135, protein 13 gm, carbohydrate 2 gm, fat 8 gm.

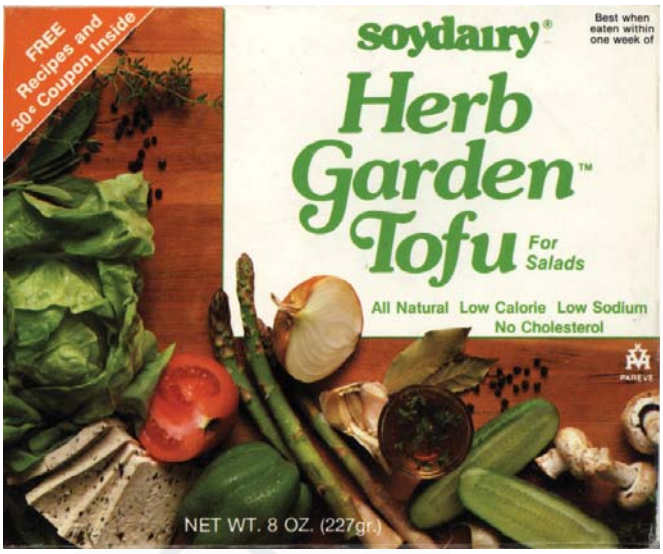

New Product–Documentation: Label. 1983. 5.25 by 4.25 inches. Plastic film. Green and orange on clear film. "The Perfect Protein. Cholesterol-Free. Low in Calories. Low in Fat. Low in Sodium." Spot in Soyfoods. 1983. Summer. p. 53. "The Tomsun Ten." The company's new brand name Tomsun will be introduced on all company products in September, 1983. Label. 1983. 6 by 5 inches by 1.5 inches wide. Paper box. Green on white. Color photo of vegetables and tofu. 8 oz. "All natural. Low calorie. Low sodium. No cholesterol. Free recipes and 30 cent coupon inside." On back: "Freshness counts. Soydairy tofu is pasteurized for purity, to guarantee the freshest tofu you can buy. Easy-to-Use. Just crumble Herb Garden Tofu on salads, or try Italian Casserole or Mexicali Pie."

5728. **Product Name:** Tofu.
Manufacturer's Name: Norman Leong Tofu.
Manufacturer's Address: 2031 53rd Ave., S.W., Calgary, ALB, Canada. Phone: 403-243-6531.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Norman Leong.

5729. **Product Name:** [Tofu].
Manufacturer's Name: Ohnichi Intl. Foods Co., Lottizzazione Industries.
Manufacturer's Address: V Salaria KM 25, Rome, Italy.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5730. **Product Name:** Soybean Sprouts, Tofu, and Mung Sprouts.

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Manufacturer's Name: Omaha Oriental Foods.
Manufacturer's Address: 2763 Farnham St., Omaha, NE 68103. Phone: 402-345-1736.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Mr. Iksu Shin. They also make egg rolls, mung sprouts, and rice cakes.

5731. Reymonenq, Juliette. 1982. Old meets new in good rapport: A look at new food alternatives and old concepts redressed. *Restaurant Hospitality.* Sept. p. 95-96, 98, 100.

5732. **Product Name:** Tofu.
Manufacturer's Name: Robert Richard Tofu.
Manufacturer's Address: Box 225, Rexton, NB, Canada E0A 2L0.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Note: This is the earliest commercial soy product seen made in New Brunswick province, Canada.

5733. **Product Name:** [Tofu].
Manufacturer's Name: Shogun Produtos Aliment.
Manufacturer's Address: R. Gen Joao de Almeida, 1300 Lisboa, Portugal. Phone: 644-868.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Joaquim Reis & Francisco Varatojo.

5734. Shurtleff, William; Aoyagi, Akiko. comps. 1982. Soyfoods labels, posters & other graphics. Lafayette, California: Soyfoods Center. 185 p. Sept. Illust. No index. 28 cm. 2nd ed. 1984. 6 vols. 685 p. total.
• ***Summary:*** Contents: 1. Tofu. 2. Other tofu types. 3. Secondary tofu products. 4. Tempeh. 5. Secondary tempeh products. 6. Soymilk. 7. Soymilk products. 8. Soy sauce, shoyu & tamari. 9. Miso. 10. Soynuts. 11. Other soyfoods. 12. Letterheads & business cards. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5735. **Product Name:** [Tofu].
Manufacturer's Name: Small Tofu Shop.
Manufacturer's Address: Rome, Italy.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5736. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Sojatour Tofu Shop.
Manufacturer's Address: Paris, France.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17.

5737. **Product Name:** Tofu.
Manufacturer's Name: Sonoma Natural Foods.
Manufacturer's Address: 100A Poultry, P.O. Box 603, Petaluma, CA 94953. Phone: 707-778-8638.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Dik & Sharon Rose.

5738. **Product Name:** Tofu.
Manufacturer's Name: Sopro Products, Inc.
Manufacturer's Address: 111 West Ave., Albion, NY 14411. Phone: 716-589-7074.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Stephen Hwa.

5739. **Product Name:** [Tofu].
Manufacturer's Name: Soy-Lin or F.M. Lin.
Manufacturer's Address: Burgemeester Huydecoperweg 18, 3615 AD Westbroek, The Netherlands. Phone: 034-69-1996.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Mr. F.M. Lin.

Proceedings of the First European Soyfoods Workshop. 1984. Sept. 27-28. Mr. F.M. Lin, owner of a company named F.M. Lin, at the address shown above, was in attendance at the Workshop.

Talk with Sjon Welters. 1990. March 30. Lin Tahoe (Soy Lin) is a traditional Indonesian tofu company that makes an estimated 1,000 kg/week of calcium chloride tofu.

Talk with Sjon Welters. 1990. Sept. 9. He talked with his co-worker Bernard Faber in Holland who is trying to find out more about Soy Lin. He called them but could get any information. "The Chinese and Indonesian business people in Holland are so secretive. They hide everything behind different brand names, small companies here and there, so its very hard to find out what is happening. Even if you know the address and go there, you might not find anything there but an empty storefront."

Talk with Bernd Drosihn. 1991. Aug. 25. He thinks Vanka Kawat is a brand of Soy Lin.

5740. *Soyanews* (*Sri Lanka*). 1982. Deep frozen tofu. 5(1):3. Sept.
• ***Summary:*** Describes frozen tofu and tells how to make it in homes that have a deep freezer. Gives a few recipe ideas.

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"Deep frozen tofu when thawed and oven or solar dried turns into a chewy meaty product like TVP."

5741. **Product Name:** Tofu.
Manufacturer's Name: Sugar Ridge Soyfoods.
Manufacturer's Address: Box 726, Ashland, NH 03217.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Mary Bates.

5742. **Product Name:** Tofu.
Manufacturer's Name: Sung's Oriental Grocery.
Manufacturer's Address: 471 Englewood Ave., Buffalo, NY 14223. Phone: 716-836-3611.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Form filled out by Soo Y. Lee. 1998. July 2. This company stopped making tofu in 1988, but they are still in business as a grocery store that sells a variety of different types of tofu; they are interested in starting tofu production again. The present address is 3605 Sheridan Dr., Amherst, New York 14226. Phone: (716) 836-3611. Talk with Mr. Soo Lee. 1998. July 9. He personally started making tofu in 1982 but he had to stop in 1988 because his equipment got too old. Now he wants a catalog of tofu equipment.

5743. **Product Name:** Tofu.
Manufacturer's Name: Tofu, Inc.
Manufacturer's Address: 6216 Madison Ct., Morton Grove, IL 60053. Phone: 312-967-0090.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Eileen Friedman.

5744. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofu Quebec, Inc.
Manufacturer's Address: 451 47th St. E, Charlesbourg, QUE, Canada G1H2M7. Phone: 418-622-0471.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Pierre Laflanne; Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Guy de Valter and Pierre la Flamme. The address is now 344 Rue St. Roch, Quebec, QUE, G1K 6S2, Canada. Phone: 418-525-7207.

5745. **Product Name:** Tofu, Tofu Cakes, Tofu Sandwiches, and Soymilk.
Manufacturer's Name: Tofu Shop.
Manufacturer's Address: 78 Bridge Rd., Richmond, Melbourne, VIC, Australia. Phone: 03-429-6024 or 6204.
Date of Introduction: 1982. September.
New Product–Documentation: Form filled out by Malcolm Green. 1983. They also operate a deli serving soyburgers, sushi rolls, kanten (agar) sweets, tofu rice sandwiches, various soy drinks, and health foods. They use 10-15 lb/day of dry soybeans.

Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Malcolm Green.

Newspaper article by Jeni Port. 1983. "The tofu is here!" (Title of newspaper and exact date unknown). A photo shows Malcolm and Guna Green and their baby, Georgia, in their Richmond home, the first tofu shop in Melbourne. At "The Tofu Shop" (78 Bridge Road, Richmond) Malcolm and Guna make and sell a variety of soy foods, "specialising in tofu and tempting tofu cakes and sandwiches for the take away trade. It seems incongruous that the former butcher shop now contains Melbourne's first retail outlet for tofu, a food so strongly associated with vegetarianism." Making tofu is an art "that has taken Malcolm many years to master." They also sell soy milk for 90 cents a litre.

Letter from Darren Fletcher of Darkville, Melbourne. 1984. Sept. 4. "I've decided I don't want to commit myself to the tofu business. Too much long and hard work and I really think Melbourne has enough tofu shops. I also work with Malcolm Green's Tofu Shop."

5746. **Product Name:** [Tofu].
Manufacturer's Name: Unisoya, Inc.
Manufacturer's Address: 17911 LeBeau, C.P. 929, Quebec, QUE, J0N 1L0, Canada. Phone: 514-430-8690.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Address is now 17911 LeBeau, C.P. 929, Quebec, QUE, J0N 1L0, Canada. Phone: 514-430-8690. Note that in July 1982 Norbert Argiles was an owner of SoyBios, C.P. 929, St. Janvier, QUE, J0N 1L0, Canada.

Soyfoods Center Computerized Mailing List. 1983. Jan. 17. Owner: Norbert Argiles. The address is now C.P. Box 278, Prevost, QUE, J0R 1T0, Canada. Phone: 514-224-2628.

Fran Halter. 1984. The Gazette (Quebec). March 5. "A Committed True Believer Spreads the Word About the Curd." About Norbert Argiles of Unisoya. Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. Unisoya was started in 1976 by Norbert Argiles. It was one of the first tofu shops in Quebec. Their tofu was sold in Montreal. Argiles worked for 10 years then burned out. He sold the company, which still exists.

5747. **Product Name:** Tofu.
Manufacturer's Name: Veggie Table.
Manufacturer's Address: P.O. Box 8029, 31 Altona, St. Thomas, VI 00801. Phone: 809-774-1810.

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Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: P.A. Callwood.

Talk with Pia Izack, owner of Rastafari Dynasty; she phones from St. Thomas, Virgin Islands. 1996. July 15. Veggie Table is still active and in business. They prepare hot meals daily and are also a basic health food store. They carry homeopathic remedies, herbs, and water-packed tofu, but they no longer make the tofu themselves.

Talk with Benita Martin of St. Thomas, U.S. Virgin Islands. 1996. Aug. 6. She has been making tofu on a home scale in a rural area and selling it to farmers in St. Thomas since 1995, but she was not the first to make tofu there. The first was the lady at the Veggie Table. She is the mother of four, and she hopes to start a tofu shop for her four sons to run as a source of income. She first called Soyfoods Center in March 1995.

5748. **Product Name:** Tofu.
Manufacturer's Name: Yong Ho Pak Food, Inc.
Manufacturer's Address: 3201 Ross Ave., Dallas, TX 75204. Phone: 214-821-0542.
Date of Introduction: 1982. September.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1982. Sept. 17. Owner: Yong Ho Pak.

5749. Timmins, Tom. 1982. Re: Calcium, tofu, and osteoporosis. Letter to William Shurtleff at Soyfoods Center, Oct. 4. 2 p. Handwritten on letterhead.
• ***Summary:*** Tom thanks Bill Shurtleff for including him on a list of people to whom Shurtleff sent a problem about his [Shurtleff's] low bone mineral density. Tom's family is basically, and has been, lacto-ovo [vegetarian] since they stopped eating meat. His wife, Judy, has been primarily vegan for 15 years, so she is a prime candidate for osteoporosis. Tom thinks the mass market people get plenty of calcium from dairy products. Address: New England Soy Dairy, Inc., 305 Wells St., Greenfield, Massachusetts 01301. Phone: (413) 772-0746, 774-3141.

5750. Flinders, Carol. 1982. Greens popular Zen restaurant [at Fort Mason, San Francisco]. *Hartford Courant* (*Connecticut*). Oct. 6. p. E6.
• ***Summary:*** Fort Mason served as an Army post for more than 100 years, initially as a coastal defense site and subsequently as a military port facility. During World War II, Fort Mason was the point of debarkation for all troops leaving for the South Pacific. Today it is part of the Golden Gate National Recreation Area. Greens, owned and operated by members of the San Francisco Zen Center, "is easily and deservedly the most popular vegetarian restaurant in San Francisco."

One popular dish is the "charcoal-grilled tofu sandwich" with a touch of horse radish.

Note: This article also appeared (in slightly varied form) in the Washington Post (Nov. 3, p. E19).

5751. Miko Seisakusho. 1982. Nigari tofu kikai ni [Machine for making natural nigari tofu (Ad)]. *Toyo Shinpo* (*Soyfoods News*). Oc. 11. p. 8. [Jap]
• ***Summary:*** A full page ad. A photo shows the machine.

5752. Fiske, Doug. 1982. Re: First proposal for a publicity program for soyfoods. Letter to William Shurtleff at Soyfoods Center, Oct. 12. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "I think you suggested some time ago that I could be providing for other soyfoods companies the same services I'm now performing for Ken Lee. I'm going to take you up on that suggestion and I have asked Ira [Leviton] to reserve some ad space for me [in *Soyfoods* magazine]."

"With the help of free-lance associates, we would offer the following:" The name of Doug's Company to be is "Hope Springs Marketing." Address: Nature's Touch Soyfoods, P.O. Box 511, Encinitas, California 92024. Phone: (714) 753-5979.

5753. DeSimone, Bonnie. 1982. 'Small is beautiful, but invisible is not. We want to be effective without selling out.' *Ann Arbor News* (*Michigan*). Oct. 14. [1 ref]
• ***Summary:*** Ann Arbor's "new wave" cooperatives and worker collectives are facing hard times, and having to take a long look at themselves. "Many are struggling to maintain their identity as economic realities call their idealistic business practices into question. But that was when the economy was healthy and alternative lifestyles were thriving." Ann Arbor's food co-ops were "small, tight-knit groups with a consensus on the importance of natural foods and the principles of a democratic workplace. Now efficiency has become paramount." Collective management and decision making is giving way to more traditional management practices. Volunteerism is down as workers worry about survival for themselves and their workplaces.

The small Soy Deli on East Ann Street took the expansionist plunge two years ago. Last year they lost about $20,000. After much soul searching, the collective took action, broke even during the first half of this year and managed to repay some old debts. Production is up to 6,000 to 7,000 lb/week of tofu. Steve Fiering, who was a founder of the Soy Plant six years ago, explains that he was in favor of expansion. He notes that the company knows how to make tofu but not how to make money.

The Michigan Federation of Co-ops, based in Ann Arbor, sells $9 million a year wholesale to its 450 member stores and "buying clubs." Co-ops also flourished in the 1930s. Address: News staff reporter.

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5754. Wittels, Beatrice. 1982. World Food Day Symposium & Soyfoods Supper (Poster). Philadelphia, Pennsylvania: CSC. 1 p. Oct. 15. 11 x 14 inches.
• ***Summary:*** This poster, printed with black ink on orange-yellow paper, announces the 2ns annual "World Food Day Symposium & Soyfoods Supper," at Friends Meeting House, 4th & Arch, Philadelphia.

"Come meet, hear, see a slide show by Richard Leviton, Director of SANA (Soyfoods Association of North America), 'The World of Soy.'" Beatrice Wittels, founder and director of CSC, will speak about "Alternative Proteins." Address: Cooking for Survival Consciousness, Elkins, Pennsylvania.

5755. Leviton, Richard. 1982. Re: Traveling (Color postcard). Letter to William and Akiko Shurtleff at Soyfoods Center, Oct. 24. 1 p. Handwritten.
• ***Summary:*** "Hello–I should become a truck driver. Then I'd get paid more for this driving–3,200 miles so far but, no speeding tickets. The speeches are well received, & the tofu companies put together good programs but I'm not selling any books or mags [magazines] which means I will only break even for the whole exertion. I'm disappointed because I'm not really enjoying the whole experience. Oh well. Best wishes, Ira." Address: 100 Heath Rd., Colrain, Massachusetts 01340.

5756. Buchwald, Art. 1982. PAC-ing the House: Capitol punishment. *Washington Post.* Oct. 26.
• ***Summary:*** Buchwald, observing the man in the airplane next to him arranging $100 bills in neat piles, asks what business he is in. The man replies that he is with the Tofu Growers Political Action Committee (TOF-PAC) and he has to get out to congressional supporters before election day. His PAC "supports people who favor a strong American bean-curd policy, and we also try to defeat those whose voting record on tofu is a national disgrace."

5757. Fiske, Doug. 1982. Re: Second proposal for a publicity program for soyfoods. Letter to William Shurtleff at Soyfoods Center, Oct. 26. 2 p. Typed, with signature on letterhead.
• ***Summary:*** Doug is shocked to find that many food professional have never even heard to tofu. "Each soyfoods manufacturer or interested party would contribute a flat monthly fee of $50 for the first soyfood category publicity plus $10 per month for each additional category to be publicized." Address: Nature's Touch Soyfoods, P.O. Box 511, Encinitas, California 92024. Phone: (714) 753-5979.

5758. Appropriate Foods, Inc. 1982. Eat Appropriately! [Catalog and price list]. P.O. Box 57, Sea Cliff, NY 11579.
• ***Summary:*** The following lines are carried and distributed: Tempeh Brothers, No Cow (Soymilk), Nasoya, The Bridge (Amazake, Seitan, Tofu Salad), Grainaissance (mochi), Island Sprouts (alfalfa), Sunshine Soyfoods (soysage), Sister Shorter (tofu spinach pie).

Note: This is the earliest document seen (Sept. 2011) that mentions Tempeh Brothers or Appropriate Foods. Address: Sea Cliff, New York.

5759. Asunaro Eastern Studies Institute. 1982. Natural foods preparation with Sensei Noboru Muramoto (Poster). P.O. Box 2546, Escondido, CA 92025. 1 p.
• ***Summary:*** Noboru Muramoto, author of *Healing Ourselves,* will be presenting a series of 2 week classes on natural foods preparation at the Asunaro Institute in rural southern California. Students will participate in the preparation of miso, tamari, koji, amasake, mochi, tofu, and tekka. Address: Escondido, California.

5760. Barrett, Clare. ed. 1982. The Hilton Hotel's gourmet tofu dishes. *Vegetarian Times.* Oct. p. 32-36. [1 ref]
• ***Summary:*** Dieter Hannig, Director of Food Research for Hilton International Hotels, has compiled 49 recipes on microfiche. Fourteen of them are given here; color photos show ten. A black-and-white photo shows Hannig, standing in his kitchen with a white top-hat and camera in hand. Address: Chicago, Illinois.

5761. **Product Name:** Strawberry Diet DeLite (Low Calorie Tofu Pudding with Saccharin Sweetener).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. October.
Ingredients: Tofu, strawberries, saccharin, lecithin.
Wt/Vol., Packaging, Price: 8 oz cup.
How Stored: Refrigerated.
New Product–Documentation: Letter from Richard Rose. 1987. Aug. 29. Developed for Diet Centers, not for natural foods market.

5762. **Product Name:** Cottage Salad (Diet Center Formulation; Non-Dairy Tofu Cottage Cheese).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. October.
Ingredients: Brightsong tofu, soy oil, onion, dill, sea salt, citric acid.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982. 3 inch diameter. Blue on white. Letter from Richard Rose. 1987. Sept. 19. Diet Center is a chain of 2,000 clinics in the U.S. and Canada, somewhat like Weight Watchers. The ingredients differed from regular tofu Cottage Salad to meet

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Diet Center's specifications. Brightsong sold both products, but to different markets.

5763. **Product Name:** Missing-Egg Salad (Diet Center Formulation).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. October.
Ingredients: Organic Brightsong tofu, soy oil, soy sauce, mustard, spices, citric acid, salt.
Wt/Vol., Packaging, Price: 8 oz in plastic cup.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982, undated. 3 inch diameter. Orange on white. "Non-dairy Salad or Dip. Contains no eggs." Letter from Richard Rose. 1987. Sept. 19. Diet Center is a chain of 2,000 clinics in the U.S. and Canada, somewhat like Weight Watchers. The ingredients differed from regular Missing-Egg Tofu Salad in that the honey and pickles were removed. Brightsong sold both products, but to different markets.

5764. Ewing, Sandra. 1982. Tofu: The perfect source of protein. *Vegetarian Times.* Oct. p. 18-19.
• ***Summary:*** Discusses use of tofu as a baby food. The basic recipe is 2 T. tofu mixed with 2 T. pureed fruit or vegetables.

5765. Hagler, Louise. 1982. Tofu cookery. Summertown, Tennessee: The Book Publishing Co. 160 p. Oct. Illust. (color). Index. 29 cm.
• ***Summary:*** Contents. Introduction. Recipes–1. Dips and spreads. 2. Soups. 3. Salads. 4. Salad dressings and sauces. 5. Main dishes. 6. Side dishes. 7. Breads. 8. Cookies and bars. 9. Desserts. 10. Making tofu at home.

This vegan cookbook contains no recipes calling for eggs or dairy products. Note: Robert Holzapfel of The Book Publishing Co. says (Jan. 1991) that this book has sold about 205,000 copies. Sales during the last few years have averaged about 18,000 copies/year. Sales rose substantially in 1989 and 1990, largely because of the rapid increase of interest in vegetarianism in America, especially among young people. A new edition will be out in Feb. 1991. Address: Summertown, Tennessee.

5766. Hoesli, Annemarie. 1982. Tofu [Tofu]. *Oeko Journal* (*Switzerland*). Oct. p. 10-13. [2 ref. Ger]
Address: Sojalade, Dorfplatz, CH-8913 Ottenbach ZH, Switzerland. Phone: 017-690-349.

5767. Hundley, Kris. 1982. Update: Sales quadrupled at [New England] Soy Dairy. *In Business.* Sept/Oct. p. 55. [1 ref]
• ***Summary:*** Production has reached 38,000 pounds of tofu a week and 1981 net sales were over $1.25 million. 35 full-time employees.

5768. Leviton, Richard. 1982. The Perriers of soy foods: With large initial capital investments and national marketing plans, these companies are positioned for rapid growth. *In Business.* Sept/Oct. p. 53-56.
• ***Summary:*** Discusses three soyfoods companies: Legume, Soyfoods Unlimited, and American Miso Co. "While most companies in the industry operate on local or regional levels at best, these three progressive firms uphold nationwide market goals, have tied up large amounts of capital, and nurture vigorous plans to capture the American mainstream market. Legume, located in Caldwell, New Jersey, and run by Gary and Chandri Barat, and Robert Shapiro, "distributes an impressive line of tastefully packaged, prepared convenience soyfoods in 40 states. Legume practically invented the product category, which includes tofu pizza, lasagna, ravioli, egg-plant Parmesan, tofu-vegetable pot pies, muffins, cakes, and tofu cheese-cakes. Currently the company, with weekly sales of $8,000, contracts out all its food production, thereby allowing its lean staff of three to concentrate on sales and marketing. The Barats expect 1982 sales to top $1 million with three employees, and $3 million by 1983 with only five workers." A good history of Legume begins: "Gary and Chandri Barat first caught wind of the swelling enthusiasm for soy products in July, 1979 at the Second Soycrafters Conference in Amherst, Massachusetts. They gathered over 500 pages of industry documentation and while uncertain of a specific product line, they were convinced that soyfoods, particularly prepared convenience offerings, were to be *the growth* area of the general food industry. Yet in their search for venture capital, holding only their prospectus as bait, they experienced difficulty... 'Let's taste the product,' potential investors demanded.

"The Barats lacked a track record in the food industry,... But today, investment money firmly in hand, Gary reflects: 'When raising money, make it a learning experience.' Ask a lot of questions. Find out why people say no, listen carefully, study their answers, then make adjustments to address their concerns. Then ask again. Never take the rejections personally. Developing a business plan is an ongoing venture; it never stops and never ends. In the summer of 1980 the Barats took their fledgling concept to the streets of New York City, where they served their new line of prepared tofu products to a series of street fairs. "They served over 10,00 meals of tempeh chili, tofu chocolate mousse, and tofu cutlets, and studied faces carefully for reactions. Buoyed by the positive response," they added tofu muffins, then vegetarian quiche to their line. The "R&D Taste Testing" at the street fairs eventually secured them $50,000 in capital and $100,00 in loans. They still managed to hang on to 51% ownership in their new company. They did careful market research using the influential SAMI (Standard Area Marketing Index) data, read reports, and interviewed

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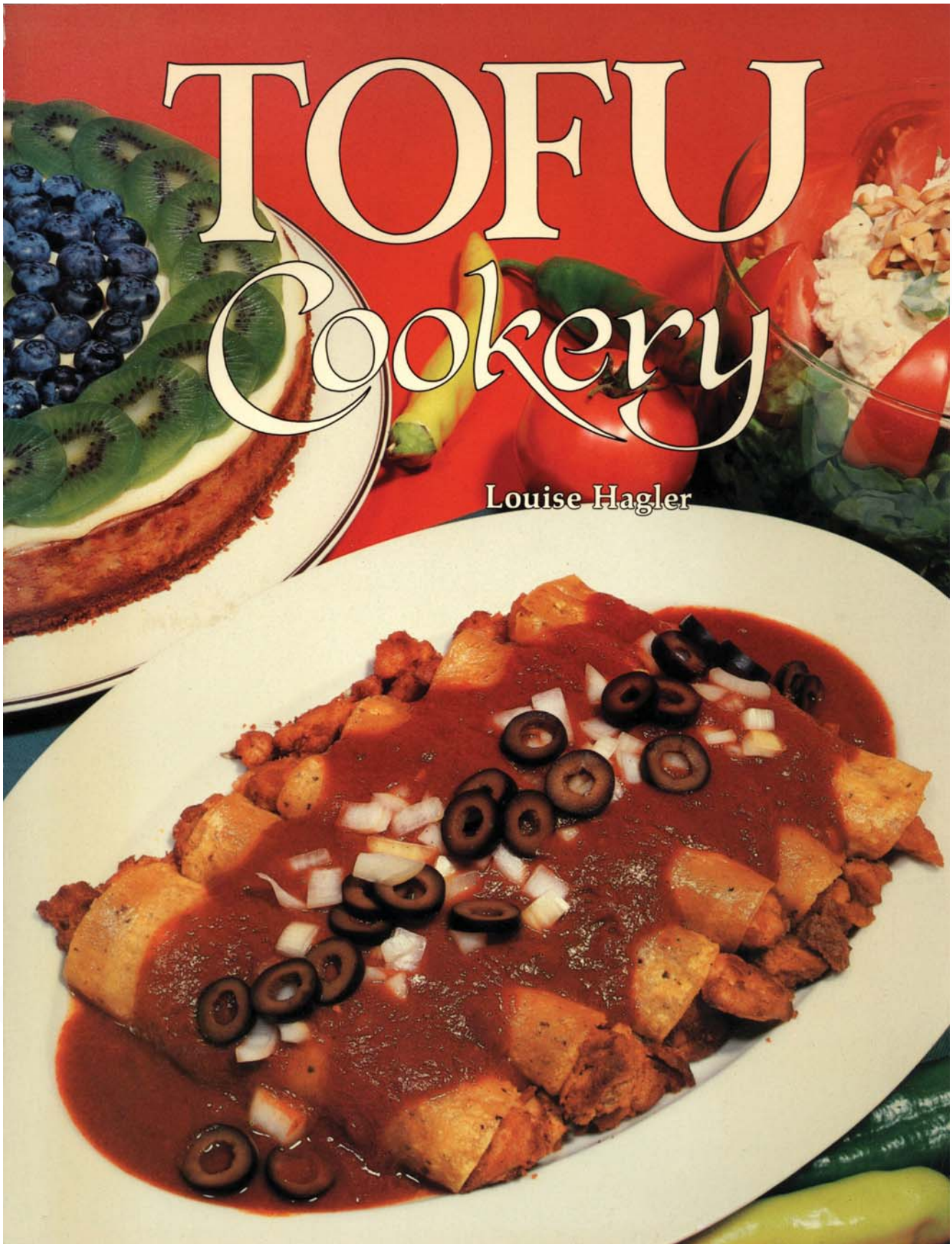

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industry leaders. They began to promote frozen tofu entrees but the profit margins were too slim. Their latest 1982 plan "calls for introducing six or eight boxed, frozen tofu entrees for national distribution."

Valerie, John and Gary Robertson launched Soyfoods Unlimited in San Leandro, California in Feb. 1981. They focus on making and marketing selling. A big break came when New England Soy Dairy in Massachusetts bid to distribute 2,700 lb/month of their tempeh burgers. Once a week Valerie delivers the cases of frozen tempeh to the San Francisco airport.

John and Jan Belleme started the American Miso Co. in Aug. 1981 in Rutherfordton, North Carolina, after a $300,000 investment in plant and equipment. They hope to produce 500,000 lb/year of miso. They did an 8-month apprenticeship in Japan with a master misomaker.

Photos (by Richard Leviton) show: (1) Valerie Robertson of Soyfoods Unlimited with a tray of freshly-made tempeh. (2) John, Valerie, and Gary Robertson; the two men are wearing masks. (3) John Belleme of American Miso Co. empties hot, steaming soybeans. Address: Colrain, Massachusetts.

5769. Leviton, Richard. 1982. The Bridge: Bringing traditional Eastern foods to middle America. *East West Journal.* Oct. p. 22, 24-27.
• ***Summary:*** Founded in March 1981 by Roberto Marrocchesi and Bill Spear, macrobiotic friends, this company in Middletown, Connecticut, makes soyfoods (incl. tofu), seitan, amasake, and mochi. Includes a good history of the company and of its founders.

Photos show (clockwise from bottom right): (1) Jordan Stearn, Bill Spear, and Roberto Marrocchesi in their Middletown shop. (2) Roberto stirring boiling soymilk in a 60-gallon kettle. (3) Roberto folding forming box cloths over tofu curds before they are pressed. (4) Roberto cutting the fresh tofu. (5) Jordan Stearn packaging tofu salad. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

5770. **Product Name:** Tofu Spinach Pie.
Manufacturer's Name: Sister Shorter.
Manufacturer's Address: P.O. Box 207, Livingston, NY 12541. Phone: 518-851-2007.
Date of Introduction: 1982. October.
New Product–Documentation: Appropriate Foods. 1982. Fall catalog. Made by Rick & Gwen Shorter. Interview with Robert Werz of Appropriate Foods. 1987 Oct. 16. They are still making the pie.

5771. *Soyanews* (*Sri Lanka*). 1982. Tofu dishes from Jaffna. 5(2):2. Oct.
• ***Summary:*** "The following recipes are from Mr. K.S. Kumaraswamy of Jaffna. Mr. Kumaraswamy began making tofu in 1977 in Jaffna at a time when few people here had heard about tofu" (see p. 4-5). The recipes are: Tofu stew (with 1 lb bean curd). Bean curd achcharu. Bean curd cutlets. For tips for making god tofu are given.

A photo shows a Chinese earthenware vessel used by Mr. Kumaraswamy in tofu making.

5772. *Soyanews* (*Sri Lanka*). 1982. Jaffna's first tofu shop. 5(2):4-7. Oct.
• ***Summary:*** "The credit for opening Sri Lanka's first tofu shop should perhaps go to Mr. K.S. Kumaraswamy of 235, Navalar Road, Jaffna. Sixty-three year old Mr. Kumaraswamy opened his tofu ship in 1977... but within two months the venture folded up. He was born in Singapore and raised in Sri Lanka. In 1968 he returned to Singapore on a visit. Since he was a vegetarian, his sister prepared a tofu dish for him, but he was reluctant to eat a dish that looked so much like meat. After many assurances that the dish contained no animal products, "he agreed to taste tofu for the first time in his life. What he ate was a revelation, so much so that he decided to take a closer look at the process of tofu-making itself. He visited many tofu shops in Singapore and she saw the equipment for grinding the soaked beans. He also discovered Tau fu fah," the sweetened curds.

A man with excellent mechanical skills, he believed that he could make the necessary equipment in Sri Lanka. All that he needed were the grinding stones.

"On a second visit to Singapore in 1975 he selected the equipment he needed and in 1976 began his experiments of making tofu in Sri Lanka." Although soyabeans were not readily available at that time, he did manage to get some locally. "He even found farmers in Jaffna growing soya from whom he obtained some of his requirements.

"All in all he followed the Chinese technique of making tofu, not the cold water method but the hot grind. He built a fireplace about 3½ feet tall with a built-in large pan in which to cook the slurry."

After "the ceremonial opening on August 20, 1977," he began making and selling his first tofu. But he soon faced the harsh realities of trying to market an unfamiliar food.

Nonetheless, he found a hard core of consumers who encouraged him–but not enough to justify his efforts at running a power mill. He tried to educate his customers by issuing printed recipes (see p. 3) along with his product. But after 2-3 months he was forced to shut down his shop. At one point there was a faint hope that the business might revive if he sold only soya milk. He got a hotelier in Jaffna town interested in making ice cream from soya milk. The results were exciting but in the end the hotelier said he could buy dairy milk power much cheaper than the soya milk.

"A house he is building for himself has diverted him temporarily from his life-long ambitions. Once that is over he plans to give tofu-making another try."

Photos show: (1) "Mr. Kumaraswamy standing beside the fireplace he built with mud. A pan for cooking

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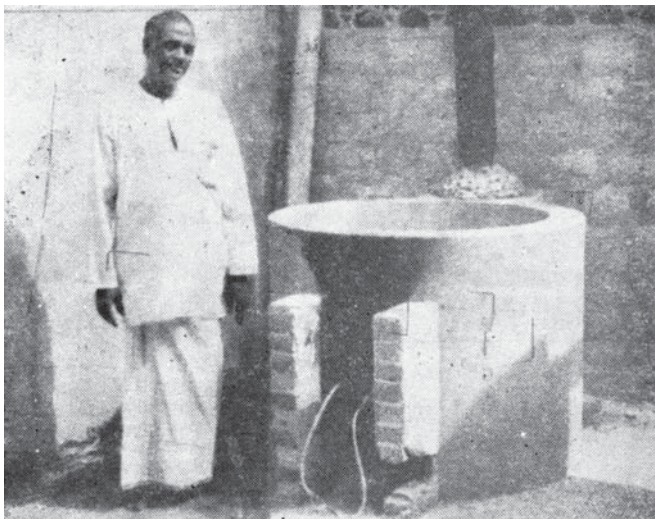

the slurry is built into the fireplace. (2) Some of the cane [bamboo] utensils used in Singapore for tofu-making... The finely woven baskets are used to remove the whey without disturbing the curds." (3) "The machine built by Mr. Kumaraswamy for grinding soaked soyabeans. Only the grinding stones are imported." The rest of the equipment was made locally.

5773. **Product Name:** Tofu.
Manufacturer's Name: SoySource Tofu Shop.
Manufacturer's Address: 79 Mandeville St., Riccarton, Christchurch, New Zealand.
Date of Introduction: 1982. October.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1981. Jan. 22. Owner: Jon Judson. Soyfoods Center Computerized Mailing List. 1981. Dec. 8. Address given as 917-B Colombo St., Christchurch, New Zealand. Letter from Alan Tam. 1986. Nov. 18. "On a recent visit to Christchurch, I found that the previous owner of this company had sold out; the address and names of the new owners are not known. They make about 500 lb/week of tofu."

Letter (fax) from Jan Batchelar of Tremanco / The Soy Works. 1993. Feb. 3. "Soysource was sold and the business changed its name to Pacific Foods. The address is 377 Selwyn Street, Christchurch, New Zealand. Phone: 643-365-5268."

Talk with Elizabeth Chalmers of The Organic Soy Co., Auckland, New Zealand. 2007. Jan. 15. She, Greg, and Rick Chambers taught Jon how to make tofu. He came to Auckland, worked in the factory, and stayed with Greg. Elizabeth thinks Jon started actually his own company after Oct. 1982.

5774. **Product Name:** Tofu, Soymilk, Soysage, Seasoned Tofu, Falafel Made with Okara, Granola with Okara.
Manufacturer's Name: Springfield Community Foods.
Manufacturer's Address: 300 N. Waverly, Springfield, MO 65802. Phone: 417-866-1337.
Date of Introduction: 1982. October.
New Product–Documentation: Letter from Jim Hawkins. 1982. Oct. 12. Nice letterhead. "Home Town Tempeh is one of several businesses operating under one roof as Springfield Community Foods. The tofu shop in association with Springfield Community Foods makes tofu, soymilk, soysage & seasoned tofu. Other products available at the store include falafel made with okara, granola with okara, tempeh & tofu sandwiches (in pocket bread made by our in-house baker). The deli section is evolving, and other soy products are in the works, including a tofu dressing/dip and tempeh salad."

Soyfoods Center Computerized Mailing List. 1983. June 20. Muckfoot Farms and Springfield Community Tofu are both listed as tofu manufacturers at 300 N. Waverly, Springfield, Missouri 65802. Phone: 417-866-1337. Owner of Muckfield is Paul Day.

5775. *Sunset* (*Menlo Park, California*). 1982. It's a tofu burger open-faced. 169:180. Oct.
• ***Summary:*** The recipe, which is accompanied by a photo, was submitted by R.K. of Soquel, California.

5776. **Product Name:** Tree of Life Baked Tofu, and Savory Yeast Baked Tofu.
Manufacturer's Name: Tree of Life, Inc. (Distributor).
Manufacturer's Address: St. Augustine, FL 32084.
Date of Introduction: 1982. October.
Ingredients: Organically grown soybeans, purified water, natural Nigari, soy sauce and spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 5 by 4.5 inches. Plastic. Brown, yellow, green and white. Picture of tree (may be logo). "We appreciate your confidence in choosing this Tree of Life product. To ensure your satisfaction we have made certain it contains the freshest, most natural ingredients available." Talk with Donna Detoro at Tree of Life. 1988. Sept. 23. This product was introduced in Oct. 1982.

5777. Ikeda Sangyo Co., Ltd. 1982. Tennen nigari tofu [Machine for making natural nigari tofu (Ad)]. *Toyo Shinpo* (*Soyfoods News*). Nov. 1. p. 6. [Jap]
• ***Summary:*** A full page ad. A photo shows the machine. A similar ad by this same company appeared in the Dec. 1 issue (p. 5).

5778. Takahashi Shoten 1982. Tennen nigari tofu [Machine for making natural nigari tofu (Ad)]. *Toyo Shinpo* (*Soyfoods News*). Nov. 1. p. 8. [Jap]
• ***Summary:*** A full page ad. A sidebar mentions the Association for Respecting Natural Nigari Tofu.

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5779. *Toyo Shinpo* (*Soyfoods News*). 1982. Beikoku no tofu buumu [Tofu boom in the United States]. Sept. 1. p. 1. [Jap]
• ***Summary:*** About 160 companies are now making tofu in the USA.

5780. Norvell, Candyce. 1982. Can this be the stuff of a dietary revolution? *Ann Arbor News* (*Michigan*). Nov. 3. p. E-1. [1 ref]
• ***Summary:*** A superbly written article about the first five years of the soyfoods revolution in America, and The Soy Plant in Ann Arbor, Michigan, including much interesting dialogue with Steve Fiering, a founder of The Soy Plant. Photos by Larry E. Wright show: (1) A hand in a sanitary plastic glove holding a cube of tofu. (2) Soymilk curds. (3) Metal lever presses pressing the curds into large blocks of tofu. (4) Cutting the blocks into cakes for packaging. (5) Packaging the cakes of tofu in plastic tubs. Address: News special writer, Ann Arbor, Michigan.

5781. Furth-Kuby, Wolfgang. 1982. Re: New developments with tofu and soyfoods in Europe. Letter to William Shurtleff at Soyfoods Center, Nov. 4. 2 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "The term 'Tofurei' was invented by Gabriele Furth-Kuby. We thought it would be nice to have a similar name as 'Backerei' for bakery, 'Metzgerei' for butchery, etc. Consequently a miso shop would be called 'Misorei' or a soy foods shop 'Sojarei' or a Tempeh shop 'Tempehrei.'

To date, the German edition of *The Book of Tofu* has sold 2,203 copies and *The Book of Miso* 3,040 copies. There are two new books about soyfoods out in German. One is *Kochen mit Tofu* (originally published by Autumn Press), the other *Soja Total* the new Farm cookbook. Sojaquelle has a full-page ad in each of them. Advertising our Tofu-kit we will get the addresses of people interested in soyfoods and then they will also buy our soybooks.

Wolfgang will see Herrn Wolf in Vienna [Austria] "within the next two weeks and then will get copies of the two soybooks [that Shurtleff requested]. As soon as I have them I will send them to you."

In December the German TV will broadcast a six-minute film about Tofu. Gabriele's brother has done the film and we expect a breakthrough with it."

Note: Sojaquelle became inactive in 1986.

Letter from Bernd Drosihn of Viana. 1995. April 19. Wolfgang Furth-Kuby's new address is: Nelkenstrasse 11, 83125 Eggstätt, Germany. Phone: 08056 240. Fax: 836. "Wolfgang is now working as a consultant mostly for natural food stores and seems to be a little bit disappointed by the soyfoods business. He wants to get in contact with you again." Address: President Sojaquelle and Ahorn Verlag, Weidgarten 2, D-8091 Soyen, West Germany. Phone: 08071-4220.

5782. Hughes Markets; El Rancho Markets. 1982. Here–Gift giving's easy with certificates (Ad). *Los Angeles Times.* Nov. 4. p. K27.
• ***Summary:*** The section titled "Foods of the Orient–in our fresh produce dept." includes: "Fresh noodles... Kokuho rice... Morinaga Tofu–10.5 oz. box Soy Bean Curd–45¢. Ramen noodles. Dried mushrooms (shiitake). Pickled plum (aka umezuke).

Note: This is the earliest English-language document seen (Dec. 2006) that uses the word "umezuke" or the term "aka umezuke" (literally "red plums pickled") to refer umeboshi salt plums.

5783. Nelissen, Tomas. 1982. Re: Jakso and soyfoods in the Netherlands. Letter to William Shurtleff at Soyfoods Center, Nov. 9. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Maybe you still remember me from the time we were in Japan; once we met at Kichijoji station, next to Mitaka station. You tasted my genmai [brown rice] miso at a coffee-bar (next door).

"At this moment I am living in Holland with my wife Yvonne and two children. We set up a farm called Jakso. The whole idea is about becoming self-sufficient from the 30 hectares of land (including 6 hectares of fruit trees), a sourdough bakery, a soyfoods workshop, a futon workshop and educational activities.

"For the three workshops we "cut" the big barn into two halves and made a third floor. We built a very nice wood-burning bakery which produces all kinds of bread, cookies and savories. The soyfoods workshop makes tempeh and tofu, as well as seitan. Year-round we produce an average of about 1,500 pieces of tempeh a week at 210 grams each, about 50 kg of tofu a day and a little less than 100 kg of seitan.

"We distribute our products all over Holland... in a 100 km circle around the farm. Our future products will be miso, shoyu, amasake and mushrooms. These are the products we studied in Japan for about 4 years...

"There are 12 people working on the farm (plus 7 children)... The meals are on a macrobiotic base." Address: Director, Jakso, St. Natuurlijke Land- en Tuinbouw, Voorne 13, 6624 KL Heerewarden, Netherlands. Phone: 08877-2189.

5784. Fiske, Doug. 1982. Re: Juel Andersen has put together an organization proposal. Letter to William Shurtleff at Soyfoods Center, Nov. 14. 2 p. Handwritten, with signature on letterhead.
• ***Summary:*** "Hello Bill, If you haven't heard, Juel has put together an organization proposal and is calling for a meeting in San Jose in January. I read it and responded that I thought she should send a one-page letter to all prospects outlining the organization and how it would benefit them and soliciting pledges in $ that would be contributed should such

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an approved organization and plan come about. Depending upon response, do whatever is appropriate. Since whatever she does conflicts with my press release program (which, incidentally, I want to call Soyfoods Data), I think I'll hold off pending her action.

"There seems to be conflict between you and her, I don't know if you communicate, hence this letter." Address: Nature's Touch Soyfoods, P.O. Box 511, Encinitas, California 92024. Phone: (714) 753-5979.

5785. *Toyo Shinpo* (*Soyfoods News*). 1982. Seibu Shokuhin-kan ni okeru... [In newly opened Tokyo food department store there are two tofu retail shops]. Nov. 21. [Jap]
• ***Summary:*** In the newly opened Seibu Food Department Store (Ikebukuro, Tokyo) there are two tofu retail shops. One is "Homemade Tofu Shop Asahi" (*Tezukuri Tofu no Mise Asahi*) where Japanese soybeans and natural nigari are used to make fresh tofu in the department store. The price, 180 yen per cake, is high.

The other one is Tanaka Tsune; they bring tofu from Kyoto every morning. The price, 190 yen per cake, is also high. Yet both are selling very well.

5786. Parker, Paula. 1982. San Diego vegetarians celebrate the Soy of Cooking with the unturkey. *Los Angeles Times.* Nov. 25. p. SD_A1.
• ***Summary:*** The Prophet International Vegetarian Restaurant, on University Ave. in San Diego is offering a "living Thanksgiving" today, with a choice of three meatless entrees, says owner Marianne (Makeda) Cheatom. One features a "soy turkey," with cornbread dressing and cranberry relish. Another is built around Wham (a meatless ham made of soy), covered with pineapple glaze and served with raisin sauce. Cheatom (who insists people can't tell the difference between her soybean turkey and the real thing) wonders why should have to kill to express thankfulness. "Everything's centered around this dead thing," she says.

The Thanksgiving favorite of Sandy Katz, a waitress at Kung Food vegetarian restaurant in Hillcrest, is "'tofu turkey,' a blend of soybean curd, nuts, vegetables, and breadcrumbs."

5787. Aihara, Herman. 1982. History of work with macrobiotics and Chico-San. Part II (Interview). Conducted by William Shurtleff of Soyfoods Center, Nov. 29. 5 p. transcript.
• ***Summary:*** Continued: Chico-San imported their first Japanese foods from Herman personally. At that time, there was no Muso and no Nippon CI. Ohsawa Japan (which started in about 1965) was the trading / export company and Nippon CI was devoted to education. Before Muso was "Three Boys," the "Three L" (*San-L*) company. Ohsawa told them to take charge of exports. Then Mr. Okada took over from them. Osaka was PR and education. "Three L" (which started in about 1962 in Osaka) was whom Chico-San was importing from. George Ohsawa kept a careful watch over what was being exported from Japan. Chico-San later imported from both Muso (Osaka) and Ohsawa Japan (Tokyo). Note: Did Ohsawa have two trading companies? If so, why?

The first edition of *The Book of Judgment* was printed in Japan in about 1956, then revised in 1966. There is no publication date in the book. This book came after *Zen Macrobiotics.* It is actually *The Philosophy of Oriental Medicine* (subtitled The Book of Judgment), probably first written in French.

Herman has just started writing a biography of Ohsawa, but he is too busy, so it will not be finished for a long time.

The Ohsawa Foundation in Paris was started by 1956 by George Ohsawa. The Ohsawa Foundation in Tokyo started before 1960. The Ohsawa Foundation in Los Angeles was started in 1965 by Lou Oles, an older Jewish trumpet player. The Ohsawa Foundation of New York was founded in 1961 by Michio Kushi and Irma Paule. The name "GOMF" was coined in 1970.

Herman has a green 8½ by 11 inch edition of *Zen Macrobiotics.* Herman says the date was about 1960. It shows that the Ohsawa Foundation then existed in New York, Paris, Brussels, and Tokyo. It also contains lots of recipes. I copied some pages. Copyright date of the fifth edition was 1966, Ignoramus Press, the Ohsawa Foundation, 1424 N. Curson Ave., Los Angeles.

Michio Kushi was Ohsawa's senior student in the sense that he came to America first. I should omit the concept that Herman was Ohsawa's closest associate. Herman and Michio simply have different styles. Michio has broad appeal; he has started a mass movement, and is more businesslike. Herman appeals to a small group, deeply; he works more with individual students.

Lou and Shayne Oles got involved with macrobiotics during the second summer camp, in 1961. They traveled with the group from New York to Chico. He was a famous trumpet player, worked with Benny Goodman. In California he emphasized publishing more than his trumpet. His first publication was titled *Spiral;* 1-2 issues were published. Then *Macrobiotic Monthly.* After Beth Ann Simon's death, Chico-San was separated from educational work. Lou Oles went to Los Angeles and that year established the Ohsawa Foundation; he did education and publication. He published three books: *Zen Macrobiotics, Book of Judgment,* and *Guidebook for Living.* Jacques DeLangre helped him. Lou died in 1967 of cancer. He got depressed when George Ohsawa died; he started drinking coffee, which may have activated his cancer growth. Shayne continued his work. Lima asked Herman to be president, so he traveled to Los Angeles once a month. In those days they sold lots of *Zen Cookery* books. The Ohsawa Foundation in Los Angeles closed in about 1970.

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Yes, Ohsawa was age 72 when he died. He died April 24 (Japan date) in Japan.

The spirallic multidimensional scale from yin to yang was Peter Milford's idea, not Herman's. It is generally a linear scale.

Infinity Foods, founded by Howard Rower, is still in existence. Herman thinks they started in about 1962, and they imported foods from Japan.

Chico-San established only one organic grower–the Lundbergs for rice. The controversy was complicated. The Lundbergs and Bob Kennedy of Chico-San made a contract. Eventually there was a lawsuit between Chico-San and Lundberg [but it was resolved before it went to court]. Herman thinks Lundberg sued Bob Kennedy.

In 1963 Herman went on the lecture circuit with Bob Kennedy as they tried to educate people about the macrobiotic foods that Chico-San was selling.

The first summer camp without Ohsawa was 1967 (or perhaps 1968).

Macromuse is published in Washington, DC, by Michael Rosoff. It started in 1981.

Chico-San was founded in Jan. 1962. In Nov. 1962 Chico-San's first location (a retail store) opened, downstairs with hearing aid company. It moved upstairs to a different location and opened on 6 March 1962; they had an open house.

In 1973 the Aiharas established the Vega Institute, a residential program for macrobiotic studies in San Francisco. Then in 1974, they moved the Vega Institute and the George Ohsawa Macrobiotic Foundation to Oroville, a town southeast of Chico, where the Aiharas continued their work, together with their students. Herman and Cornellia Aihara moved to Oroville instead of Chico because it was more rural and because Peter Milbury, a high school teacher in Oroville, knew of some good land. The Ohsawa Foundation in San Francisco bought the land, and then they moved. Herman owns the Vega Institute on Oak Street.

Junsei Yamazaki came to the USA in 1963. Ohsawa told him to help Americans grow brown rice. First he tried in New York, but there was not enough sun. He originally graduated with a degree in fermentation from a major Japanese university, but he then became a rice farmer. Then in New York City he went to work with Michio at Musubi near Takashimaya–for little pay. The Chico group invited him to Chico. He worked on the rice cake machine–again poor pay. Like Herman he also worked with orchids.

In 1971 Herman invited Noboru Muramoto to be on his lecture trip. His first guest was Alcan Yamaguchi in 1970. Herman read Muramoto's articles in a Japanese magazine. He had family problems in Japan and was happy to stay here. Herman was his guarantor, and he became a permanent resident.

Chico-San began baking in March 1962 in an upstairs store; Herman was the first baker.

Herman talked with Michio Kushi this summer. They have a friendly relationship but both are very busy.

Junsei Yamazaki's plans with Chico-San are not clear; he may end up working on his own.

A good Japanese-language biography of George Ohsawa is *Kakumei-ji*, by Matsumoto Ichiro; he interviewed Lima Ohsawa.

Herman likes the term "a macrobiotic" better than "a macro" or "a macrobiotic student / follower."

Cornellia arrived in the U.S. in 1955.

The Ohsawa Foundation did not move from Chico to Los Angeles; it never existed in Chico–only in Los Angeles.

Overview of macrobiotic contribution. Typical Americans overemphasize the importance of protein (even though nutritionists may not agree). Most people who stop eating meat start consuming more dairy products. Macrobiotics avoid dairy products and go straight to grains plus legumes–with little mention of protein.

Mari Metz has a good color photo of Herman and Cornellia together.

Erewhon was hurt by high interest rates and inflation.

In 1960 the handbound book Zen Macrobiotics was made in Herman's apartment in New York City. In it Ohsawa used the word "syoyu" [shoyu]. He changed to tamari because when he introduced soy sauce to Europe he initially called it "shoyu." He then gave exclusive distribution rights to a European to distribute Ohsawa's selected shoyu. The man called it "Ohsawa Shoyu," but then in about 1960-61 he started importing low-quality shoyu from Japan and selling it under the same brand name. Ohsawa could do nothing to stop him. That was when Ohsawa started using the word "tamari" to refer to natural shoyu. Herman heard this story directly from George Ohsawa–whose name in Japanese is pronounced OH-sawa.

Herman says a healthy person may eat 12-16 ounces of tofu a week, but it is not recommended for cancer patients who need a diet that is more yang.

Herman came from Kyushu, moved to Tokyo at age 9. He likes natto. Address: Oroville, California.

5788. Aihara, Cornellia. 1982. Macrobiotic kitchen: Key to good health. Tokyo: Japan Publications, Inc. 140 p. Illust. Index. 26 cm.
• ***Summary:*** This book was originally published under the title *The Chico-san Cookbook* (1972). This completely revised and enlarged edition was published in Nov. 1982. Address: Chico, California.

5789. Barber, Linda. 1982. Tofu sampler. Menomonie, Wisconsin: University of Wisconsin-Stout Print Shop. 24 p. Nov. 22 cm. [7 ref]
• ***Summary:*** A saddle-stitched (stapled) booklet of creative American-style tofu recipes with an orange cover and black lettering. Contents: What is this thing called tofu?

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Tofu mayonnaise. Deviled tofu salad. Tofu mayo dip. Tofu cheese rolls. Tofu burgers. Chinese steamed buns with tofu. Nail soup (with heart-warming story about the hobo who came for dinner). Tofu pancakes. Tofu quiche. Easy pie crust. Tofu jumbles. Tropical tea bread. Dark mystery cake. Chocolate tofu creme. Tofu ambrosia pudding. Banana cream pudding or pie filling. Tofu cheesecake. Bread crumb crust. Tofu carrot cake. Tofu nog. Tofu peach frozen dessert. One more idea [about a beautiful geisha in Japan who used tofu externally as an aid to beauty]. A sampler of soyfood books [cites 7 books].

E-mail from Linda Barber Pike in reply to questions after she sent booklet to Soyinfo Center. 2012. May 11. "The booklet was developed for a presentation I gave to the Vocational, Technical and Adult Education meeting in Wausau, Wisconsin, November 19th, 1982. The title of my workshop was 'Creativity with Tofu... The Food of the Future,'

"The first printing was done by the print staff at the University of Wisconsin-Stout, Menomonie, Wisconsin. About 30 booklets were printed. I was a grad student earning a Masters degree in Vocational and Adult Education. I completed the degree in 1983. I used the booklet as a take home for the participants. There were about 30 home economics teachers there.

The second printing was done about 16 years later; I was married and a teacher. I used it for my students who were enrolled in the foreign foods class, Family Consumer Science Department, Carmel High School, Carmel, Indiana, 1998. The reason the pages are out of order in this booklet, second printing (1998) is that the student print shop at Carmel High School messed up... I had about 35 students enrolled in this class. About 40 booklets were printed in second printing. This booklet is very typical of what we used to make for our students for classroom use and hopefully, the participants in both situations would take the booklet home and use the recipes! Address: Menomonie, Wisconsin.

5790. **Product Name:** Tofu Pumpkin Puddin' (Non-Dairy. Later renamed Pumpkin Pie and Pumpkin Puddin' with Tofu).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. November.
Ingredients: Pumpkin, tofu, fructose, honey, spices, natural vegetable gums, lecithin.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Frozen or refrigerated.
New Product–Documentation: Spot in Whole Foods. 1983. Jan. p. 39. "Winter dairy-free treats... Pumpkin Pie4 is egg and dairy free and is made with pumpkin, Brightsong Tofu, honey, vanilla and spices in a graham cracker crust. The pie is pre-baked and ready to eat in a 4 oz. slice." May be frozen and will be available through January 1984.

Spot in Frozen Food Age. 1985. Nov.; Poster. 1986. "Back for the holiday season for the fifth year in a row."

5791. Cohen, Michele. 1982. Local bean makes good: A look at Wildwood Natural Foods. *T&T Natural News* (*San Rafael, California*). Oct/Nov.
• ***Summary:*** When the author visited Wildwood, "Marin's local tofu-making factory in Fairfax, she was given a guided tour by Paul Orbuch, one of the company's four owners. The place was "a flurry of impressively organized activity in an area of less than 1,000 square feet. Paul explained that each morning at 5 A.M. 8 workers arrive and begin the day's preparation of sandwiches, which have become standard favorites of many. The selection includes a brown rice and tofu sandwich, Tofunofish, Avotofu, Tofu-Steak and a Supreme-Bean Tempeh Burger. The Deli line offers hummus, potato salad, tofu-dill salad, tobouli [sic, tabouli, tabbouleh] and tofu-vegetable salad."

"Bill Bramblett, another partner who popped into the office added that the clear structure, right personnel and smooth system are what keep those soybeans cooking."

The author then describes how "20 pounds of organic Midwestern soybeans are alchemically transformed into 40 pounds of tender tofu... The capacity of Wildwood's facilities allows them to manufacture a maximum of 330-340 pounds of tofu per day."

Photos show: Eleven Wildwood employees, around a table with their products. Tom Meyer stirring tofu curds in a large stainless steel barrel. Soybeans soaking and a press.

Note: *T&T Natural News* is published by a two-chain food store in San Rafael, California. The T&T stands for Throckmorton and Thunderstrand.

5792. **Product Name:** Tofu (Momen/Medium Firm), and Agé.
Manufacturer's Name: Fresno Tofu Co.
Manufacturer's Address: 943 E Street, Fresno, CA 93706. Phone: 209-268-1717.
Date of Introduction: 1982. November.
New Product–Documentation: Talk with Brad (Musashi) Kubota, owner. 1990. Nov. 28. He bought this company in Nov. 1982, when it was named Goto Tofu, owned by Nagaki Goto. He started by making the same two tofu products that Mr. Goto had made, as shown above. He put his own logo on the label. All the text was in English, with no Japanese characters. Goto Tofu was formerly named Star Tofu, run by David Goto. David asked his younger brother, Nagaki, to come to America from Japan to help him make tofu. After a while, Nagaki took over the company. David left the business and started farming. Nagaki Goto changed the company name from Star Tofu to Goto Tofu.

Note: According to Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*). p.

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238, in 1922 Yokota Tofu-ya was located at 940 E Street in Fresno.

Talk with Brad Kubota, who called. 1993. Oct. 12. He leased the business to Terry Sasaki and Debbie Sasaki Diaz for 1 year, but they abandoned it at the last minute, so he is now stuck with it, and trying to sell it again.

5793. Kushi, Michio. 1982. Cancer and heart disease: The macrobiotic approach to degenerative disorders. Tokyo: Japan Publications, Inc. 224 p. Nov. Illust. Index. 26 cm. [50* ref]
• ***Summary:*** Contents: Foreword, by Michio Kushi. Foreword by Edward Esko. 1. The macrobiotic approach, by Michio Kushi. 2. Cancer and diet. 3. Diet and heart disease. 4. Macrobiotics, preventive medicine, and society. 5. Case histories. Appendixes: Food policy recommendations for the United States, by Michio Kushi. East West Foundation–Diet and health related activities, 1972-1982. Bibliography.

Many of the subchapters in this book are written by physicians. For example, William P. Castelli, M.D., contributed a 5-page original article titled "Lessons of the Framingham Heart Study." There are also articles by Robert S. Mendelsohn, M.D., Keith Block, M.D., and Christiane Northrup, M.D. Miso, tempeh, natto, tofu, and soy sauce are all discussed as foods that can be used to help in the prevention and cure of these two major diseases. Address: Brookline, Massachusetts.

5794. Leviton, Richard. 1982. Soyfoods come of age. *Vegetarian Times.* Nov. p. 28-29, 31. [1 ref]
• ***Summary:*** "Soybean based foods made with simple technology are gradually replacing meat in America diets. Originally developed in the Far East, foods like miso, tofu, and tempeh are becoming Westernized as manufacturers add convenient packaging, modern marketing and pizzazz to their soyfoods. Discusses: New tofu marketing techniques, the impact of *The Book of Tofu* by Shurtleff & Aoyagi and other tofu cookbooks, secondary soy products (prepared, convenient soyfoods), Legume, Quong Hop, Garden of Eatin', Edward & Sons, the soy deli, interest in tofu by large American food companies (Del Monte and Kraft).

Includes "A Guide to Soyfoods" the briefly defines miso, soy sauce, texturized soy protein, tofu, and tempeh. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5795. McGruter, Patricia Gaddis. 1982. Kochen mit Tofu [Cooking with tofu]. Munich, West Germany: Hugendubel. 134 p. Illust. 22 cm. [Ger]
• ***Summary:*** Originally published in the USA as *The Great American Tofu Cookbook* (1979, Autumn Press). A second German printing was apparently done by Otto Maier Verlag in Ravensburg.

Contents: Introduction. How to make tofu at home. Methods of preparing tofu for cooking. Hors d'oeuvres. Soups. Salads. Main dishes. Desserts and tarts (*Torten*). Address: USA.

5796. *Plenty News* (*Summertown, Tennessee*). 1982. Central America. Fall. p. 3.
• ***Summary:*** Refugees continue to pour out of Guatemala and El Salvador. "Recent reports have an estimated 100,000 Guatemalans seeking sanctuary in southern Mexico. These are poor rural people, mostly Indians. Many of them have seen their homes destroyed, crops burned..."

"In a country where 81% of the children under the age of five suffer some degree of malnutrition, soy ice bean is a tasty way to bolster protein and calorie intake in the diet. Thanks to Food Fund donations, we'll be giving away free ice bean to a thousand kids at the town's annual fair this summer."

"Two years since we departed, and through continuing civil war, our intrepid soy dairy near Solola is still operating–producing tofu and ice bean for sale in the market."

Photos show: (1) Many happy Guatemalan boys eating soymilk ice cream from cones as they sit on the grass. (2) A Guatemalan child in a cowboy hat hold two soy ice cream cones.

5797. **Product Name:** American Gold Tofu Mousse Mix [Chocolate, Vanilla, Raspberry, or Lemon].
Manufacturer's Name: Royal American Food Co. (Distributor).
Manufacturer's Address: P.O. Box 1000, Blue Springs, MO 64015.
Date of Introduction: 1982. November.
Ingredients: Isolated soy protein, fructose, partially hydrogenated vegetable oil, corn syrup solids, natural flavors, natural color, propylene glycol monostearate, milk protein, acetylated monoglycerides, mono- and diglycerides.
Wt/Vol., Packaging, Price: 2.4 oz foil packet. Each produces four 2-ounce servings. Retails for $1.40-$1.58.
How Stored: Shelf stable.
Nutrition: Per 2 oz.: Calories 80, protein 4 gm, carbohydrate 8 gm, fat 3 gm.
New Product–Documentation: Label. 1982, dated. "Natural Protein Dessert." Spot in Soyfoods. 1983. Summer. p. 53. "A Questionable Mousse."

5798. **Product Name:** Royal American Instant Tofu Mix. High Protein Mix.
Manufacturer's Name: Royal American Food Co.
Manufacturer's Address: P.O. Box 1000, Blue Springs, MO 64015.
Date of Introduction: 1982. November.
Ingredients: Isolated soy protein, maltodextrin, gluconic acid, partially hydrogenated soybean oil, milk protein, lactose, mono- and diglycerides.

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Wt/Vol., Packaging, Price: 2.4 oz foil packets, 20 per case. Each makes 16 oz tofu, and retails for $1.25-$1.43.
How Stored: Shelf stable.
New Product–Documentation: Label (foil pouch). 1982, dated. Spot in Soyfoods. 1983. Summer. p. 53. "A Questionable Mousse." Accompanied by a brochure that gives benefits, cost comparisons, instructions for preparation, nutritional analysis, and ingredients.

5799. **Product Name:** Homestyle Natural Tofu "No Eggo" Salad.
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: Santa Rosa, CA 95401.
Date of Introduction: 1982. November.
Ingredients: Tofu (organic soybeans, water, nigari), celery, nutritional yeast, soy oil, apple cider vinegar, soy sauce, mustard, natural herbs and spices, sea salt.
Wt/Vol., Packaging, Price: 8 oz plastic deli tub.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, undated. 3.75 inch diameter. Plastic. Multi-color: Yellow, green, blue, orange, red on white. "Naturally light & delicious. Use on sandwiches, in dips and salads." Spot in Soyfoods. 1983. Summer. p. 55. Interview with Benjamin Hills. 1987. Sept. 7. Presently the company's best seller. Talk with Benjamin Hills. 1988. Feb. 19. Says introduced in Nov. 1982.

5800. **Product Name:** Cottage Salad (Non-Dairy Tofu Cottage Cheese).
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403.
Date of Introduction: 1982. November.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 55. "Can be used like cottage cheese with fruits or vegetables." 8 oz. or 15 oz. Talk with Benjamin Hills. 1988. Feb. 19. Gave introduction date as 11/82.

5801. *Soyanews* (*Sri Lanka*). 1982. Soya saves the coconut. 5(3):1. Nov.
• ***Summary:*** By mixing two parts coconut milk with one part soya milk, the Welikada Prison has saved 108,000 coconuts in one year. The also relieved the pressure on the kitchen budget. "At present soya milk is supplied to the prison in the form of a paste [soy base]... This paste is then added to curries. Now the Welikada Prison will be able to make it own paste because, with the saving it has made, it has bought two grinding machines from Bean Machines, U.S.A.

"One of these machines will be installed at the Bogambara Prison, Kandy. There are also plans to install more of these machines at the Anuradhapura, Jaffna, and Mahara prisons." Soymilk is considered more healthful than coconut milk. "There have been no complaints from the prisoners regarding any changes of taste.

"The commissioner of prisons also said that with these new machines it will be possible to begin a new prison's industry–making soyafoods. Already he was planning to use the residue left after making soya milk by incorporating it in the bread made in the prison bakery. Tofu also could be made and put on sale.

"There are other soyafoods that can be made and they are now looking into the possibilities of making soya sauce, soya ice cream and soya yogurt.

"The Commissioner of Prisons, Mr. Delgoda, thanked Mrs. Gai Kim, wife of the Resident Representative of the UNDP, Mr. Y.Y. Kim, for suggesting the introduction of soya into the diet of prisoners."

A photo shows a man standing next to "the grinding machine installed at the Welikade Prison. The machine grinds 100 pounds in an hour."

5802. *Soyanews* (*Sri Lanka*). 1982. The day tofu came to Jaffna. 5(3):4-5. Nov.
• ***Summary:*** "Over 250 representatives from the Jaffna Multi-Purpose Co-operative Societies Women's Guilds attended the lecture / demonstrations in soyafood preparations conducted last September by Miss Ellen Jayawardene, Chief Instructress of the Soyafoods Research Centre's Home Level Training Program. The lecture / demonstrations were spread over five days. It was the first time such an intensive training program was held in Jaffna."

Three large photos show lively scenes women making soyafoods. A fourth photo shows a sales transaction following a demonstration at the Veerasingham Hall, Jaffna. Soya flour and dried tempeh were greatly in demand. Tempeh, either fresh or dried, can serve as a substitute for the ever popular *karawadu* [karawala] (dried fish).

5803. *Soyanews* (*Sri Lanka*). 1982. Science: Curd and yogurt–the difference. 5(3):7. Nov.
• ***Summary:*** "These questions on fermented milks are being answered by Dr. B.K. Mital, Associate Professor in the Department of Food Technology" of the G.B. Pant University, Pantnagar, India.

"1. What is the difference between curd and yogurt?"

Ans: "Curd (known in India as Dahi) is a popular fermented milk product of South Asia. It is obtained by lactic fermentation of cow or buffalo milk. The starter used in homes and by vendors for preparation of curd contains a mixed flora [various species] of lactic acid bacteria.

"Yogurt is a popular fermented milk of Western cultures. It is prepared by fermentation of low fat cow milk. A mixed culture of *Streptococcus thermophilus* and *Lactobacillus bulgaricus* is used as starter for preparation of yogurt. A variety of fruits can be added to the yogurt.

"Curd resembles plain yogurt in appearance, taste and consistency. From the consumer view point, it can be termed as a fermented milk analogous to yogurt."

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"4. Sri Lankan curd made with buffalo milk has won the acclaim of consumers as well as foreigners. Is there anything special about this curd?"

Ans: "Buffalo milk contains more total solids (15-17%) than cow milk (13%). Therefore the gel of curd obtained from buffalo milk is firmer" than that of cow milk and there is less wheying off. The higher fat content of buffalo milk imparts a smooth and creamy texture to the product.

5804. Soyplant (The). 1982. Getting to know your tofu (Leaflet). Ann Arbor, Michigan. 1 p. Undated. 28 cm.
• ***Summary:*** Contents: What is tofu? Taste. Texture. Freshness. Cooking methods. Blending. Freezing. Marinating. Measuring. Draining. Variations: Frozen tofu, dried-frozen tofu, fermented tofu, deep-fried tofu. Address: Ann Arbor, Michigan. Phone: (313) 663-8638.

5805. **Product Name:** [Soyastern Tofu].
Foreign Name: Soyastern Tofu.
Manufacturer's Name: Thomas Karas und Ingeborg Taschen. Renamed Soyastern Naturkost GmbH in Dec. 1985.
Manufacturer's Address: Roonstr. 38, D-5200 Siegburg, West Germany.
Date of Introduction: 1982. November.
Ingredients: Water, organically grown soybeans (*Soyabohnen aus kontrolliertem biologischen Anbau*).
Wt/Vol., Packaging, Price: 300 gm.
How Stored: Refrigerated.
Nutrition: Protein 11.1%, fat 6.7%, carbohydrate 1.3%. 110 cal/100 gm.
New Product–Documentation: Letter from Sjon Welters. 1982. April 16. "Bittersuess (Händelstr. 35, D-5000 Koeln 1, W. Germany) is a macrobiotic store that ordered an almost complete tofu system from us. They will start in the summer, 1982. Attn: Thomas Kasas [sic, Karas]." Note: Thomas Karas writes on 21 April 1989: "Bittersuess is a natural food store in Cologne. It was owned by me from 1979 to 1984 and still exists, but it has nothing to do with soyfoods. It was only the contact address for Soyastern at the very beginning." Soyastern started making tofu in Dec. 1983.

Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This product is still the company's best seller, accounting for about 30% of total sales. They make about 4,000 kg/week of all types of tofu products. Label. 1987. 3.5 by 5.5 inches. Yellow, red, and blue. "Traditional nigari tofu, made purely from plants (*rein pflanzlich*). A fresh soy delicacy for the light kitchen. A soy protein preparation (*Eine frische Soyadelikatesse für die leichte Kueche. Soyaeiweiss–Zubereitung*)."

Letter from Harry Whitford of Soyastern. 1987. Dec. 14. Soyastern makes 7,000 to 8,000 kg/week of organic nigari tofu. Germany is probably the most diversified tofu market in Europe. There is every kind of tofu shop imaginable here, from tiny one-man hip handycraft traditional shops with local distribution to middle-sized factories with distribution both domestically and abroad. Nearly all tofu is sold through the Naturkostläden (Natural food stores) and Reformhäuser (Reform Houses or Health food stores). A fair amount is also sold to restaurants and commercial kitchens, and a few supermarkets are beginning to introduce tofu. The four largest companies are Soyastern, Yamato Tofuhaus GmbH, Henselwerk GmbH, and Svadesha.

Talk with Thomas Karas. 1990. March 14. This company started making tofu in Siegburg (at Roonstr. 38, D-5200 Siegburg, West Germany) in Nov. 1982. The original name of the company was Thomas Karas und Ingeborg Taschen. It was not a GmbH. The original brand was Soyastern. Since the first day it has always been spelled "Soyastern," never "Sojastern." Ingeborg Taschen was a woman. Thomas' residence and the business office during this time was Hauptstrasse 1, D-5232 Ziegenhain, near Siegburg. While in Siegburg, they had three products: Regular tofu, Herb Tofu (Tofu Provence), and Tofu Burgers.

Note: This is the earliest record seen (April 2001) concerning Sojastern of Germany.

5806. *Toyo Shinpo* (*Soyfoods News*). 1982. [Recipes for tofu cheesecake and Chocolate cream pie]. Dec. 1. [Jap]
• ***Summary:*** A photo shows both prepared dishes.

5807. Cauwenberghe, Marc van. 1982. Re: George Ohsawa's early work with soyfoods from 1956, especially miso and soy sauce. Letter to William Shurtleff at Soyfoods Center, Dec. 2. 5 p. [12 ref]
• ***Summary:*** The earliest document seen, written by Ohsawa, that mentions miso is the *Guide Pratique de la Medicine Macrobiotique d'Extreme-Orient*, which appeared in 1956. He arranged for miso and soy sauce to be imported to Europe from Japan and he organized the production of miso and soy sauce in France and Belgium in the Lima Foods factory by putting two of his Japanese students, Clim Yoshimi and "Jim" Takanami, to work there. Both are still living in Belgium. Clim's address: c/o Kusa, Sportstraat, 319, 9000 Gent, Belgium. The home-made tofu he sells at his store is known as the best.

Klim wrote a book in Japanese on macrobiotics titled *Shin Shokuryo-ho*, which he translated into English as Macrobiotics–The biological and physiological foundation of Zen. It contains recipes using miso, tamari, soy sauce, and tofu. "In 1972 I attended cooking classes by Aveline Kushi where she was teaching tofu making and tofu recipes. In 1974 Michio Kushi gave a month long seminar on natural agriculture and food processing. This included the preparation of tofu and miso. The seminar was published in the series 'Michio Kushi Seminar Reports.'" Address: East West Foundation, 62 Buckminster Rd., Brookline, Massachusetts 02146. Phone: 617-734-3853.

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5808. Daenzer, Walter. 1982. Re: Work with tofu in Switzerland. Letter to William Shurtleff at Soyfoods Center, Dec. 6. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** Walter prefers to spell the word as Soya rather than Soja. *Tofurei* is a natural way of saying "tofu shop" in German, similar to Baeckerei (bakery). "Soyana is the exclusive brand of our tofu for the health food stores organised as 'biona.' The Soyaquell brand we sell anywhere." Address: Soyana, Postfach 8039, Zurich, Switzerland. Phone: 01/202 89 97.

5809. Leviton, Richard. 1982. Re: Summary of soyfoods research trips in the Midwest and Canada (Oct. 14-28) and West Coast (Nov. 21-30). Letter to William Shurtleff at Soyfoods Center, Dec. 6. 2 p. Typed, with signature on letterhead.
• ***Summary:*** The letter begins: "As you requested, the notes on my 'historic' tour, hysterically unprofitable, but at least fun." Traveling 4,700 miles, Leviton gave programs about tofu, tempeh, and other soyfoods sponsored by various companies, and was on TV and newspaper interviews. Companies visited in the Midwest and Canada: Rising Sun (Columbus, Ohio), Prairie Soyl, Community Foods Tofu/ Tempeh Shop, Light Foods, Michiana Soyfoods, Zakhi Soyfoods, Bountiful Bean, Higher Ground Tempeh, Steve Fiering (disappointing business meeting), Soyateria, Victor Foods (Toronto, Ontario, Canada), La Soyarie (Ottawa), Unisoya (Quebec).

West Coast and British Columbia: Wildwood Natural Foods, Brightsong Light Foods, Dayspring Soyacraft, Sooke Soyfoods, Metta Tofu, Sin-Mei-Do, Thistledown, Lifestream, Surata.

Leviton is thinking about relocating in California or working with Soyfoods Center on writing books. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5810. Nordquist, Ted. 1982. Re: New developments with tofu at Aros in Sweden. Letter to William Shurtleff at Soyfoods Center, Dec. 17. 1 p. Typed, with signature.
• ***Summary:*** "We have landed a contract with a large wholesaler in Finland with 250 health food and 9,000 grocery chain stores. The first two weeks of January 1983 we will export per week more than we sell in Sweden. So it looks good for the future. But it is still an 18 hour a day, seven day a week job for me." Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

5811. Vogel, Lothar. 1982. Re: Work with tofu in Austria. Letter to William Shurtleff at Soyfoods Center, Dec. 28. 2 p. Handwritten, with signature. [Eng]
• ***Summary:*** Lothar is a professional chef. Yesterday he made a batch of tofu for a natural food store and restaurant in Vienna. For the next 3 months he is obligated to work at the Walfisch. He is fascinated with the soybean and wants to spend the rest of his life learning about it and teaching others. "Candle and I had a very fine journey across the US... holding two workshops, one in Kansas City and one in Ft. Wayne, Indiana. I also had the opportunity to appear on TV, being interviewed for 15 minutes in a life show." Address: Walfisch, Walfischgasse 14, 1010 Vienna, Austria.

5812. Rehert, Isaac. 1982. '83 bash with spirit–not spirits. *Sun* (*Baltimore, Maryland*). Dec. 29. p. B1-B2.
• ***Summary:*** You don't need alcohol or a hangover to usher in the new year. Nor do you need meat or cigarettes. Why not "spend New Year's Eve with Baltimore Vegetarians at Christ Church, 1110 St. Paul St." The $4 fee covers all food and drink, music and entertainment. "You don't need to be a vegetarian (although you will feel more comfortable if you are).

"The other day Charles Stahler and Debra Wasserman, organizers of Baltimore Vegetarians who are sponsors of the party, took time out from cooking a vegetarian meal in their home in Ridgely's Delight, to explain what the organization and the coming party were about." A photo shows Stahler (age 28) and Wasserman (25), both vegans, preparing food in a kitchen. Five recipes are given: Hot apple cider, hummus, tabbuli [tabbouleh, tabouli, tabbouli], carob tofu pie, and baked apples and Freya's cashew cream topping.

5813. *SoyaScan Notes.* 1982. Chronology of soybeans, soyfoods and natural foods in the United States 1982 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. White Wave in Colorado is the first company to get its tofu placed in the yogurt / dairy case in supermarkets.

Jan. Legume, Inc. launches Tofu Lasagna, frozen in a box. It is soon followed by Tofu Ravioli.

Jan. *The Incredible Tofu Cookbook, California Style,* by Immegart and Dansby self published.

Jan. New England Soy Dairy launches "Year of the Dog" Chinese New Year tofu promotion and nets 47% immediate sales increase.

Jan. Island Spring survives industry's first publicized tofu recall and the discovery of new tofu spoilage microorganism, *Yersinia enterolitica.*

Jan. ADM becomes sponsor of "This Week with David Brinkley" on Sunday ABC TV, with 4.4 million viewers.

Jan. Soyfoods Unlimited in California introduces tempeh burgers and ships them air freight to East Coast markets; Pacific Tempeh in California follows suit.

Feb. Yuba is first produced and sold commercially in the Western world by Ken Lee of Soyfoods of America, in Duarte, southern California. Trial production had begun in Nov. 1981.

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Feb. *Soyfoods* magazine No. 6 (yellow cover) published.

Feb. Many large ads run by San-J (tamari), New England Soy Dairy, and Legume in major national trade journals.

Feb. Unicorn Restaurant in Miami has $15,000 gourmet, soy / natural foods banquet to welcome chef Ron Pikarski, who makes elegant tofu dishes and carves a swan from soy butter.

Feb. Nasoya buys $50,000 Kutter vacuum-packaging machine, which helps to popularize this packaging style for tofu.

March. *Tofu Fantasies,* by Juel Andersen published by Creative Arts.

March. USDA issues new school lunch regulations, fails to approve tofu for use.

March. Inaccurate, damaging article on iron binding by soy proteins appears in San Francisco Chronicle and Los Angeles Times.

March. Fifteen soyfoods companies exhibit at Natural Foods Expo, Anaheim, CA. Richard Leviton gives key speech. 5,000 visitors see expo. Pacific Tempeh unveils new full-color tempeh burger poster.

March. Big increase in European soyfoods companies; there are now 11.

March. Name of *The Beanfield* newsletter changed to *Soyfoods Monthly.*

March. Great Eastern Sun trading company founded in North Carolina by Barry Evans.

April. At New York's International Food Show, Quong Hop, Yeo's, and President brand soymilks, and Veda's Bayou Delights (tofu / tempeh pot pies) exhibit. ADM serves soy isolate ice cream and soymilk.

April. Quong Hop unveils its new Soy Deli marketing concept for retail using posters and tofu entrees sold frozen.

April. Jack's Beanstalk in Utah does creative work at introducing tofu to institutions. Develops 30 bulk recipe cards scaled to 100 servings.

April. ADM unveils work with glucono delta-lactone (GDL) and soy isolates in making tofu.

April. *Toyo Shimpo,* Japan's tofu newspaper, gives extensive coverage to upcoming Soyfoods Come West conference in Seattle.

May. Island Spring releases two 5-minute color video tapes demonstrating tofu cooking for showing in supermarkets.

May. Public schools in Hawaii granted permission to use tofu in meals.

May. *Soyfoods Directory and Databook.* by Shurtleff and Aoyagi published by Soyfoods Center, the first book of its type listing all soyfoods companies and industry and market statistics, 21 pages. Second edition published in June as *Soyfoods Industry: Directory and Databook,* 52 p.

May. William Shurtleff and Mark Fruin receive a grant from Kikkoman to write a book on soy sauce.

May. *Cook with Tofu,* by Christina Clarke is 2nd runner-up in R.T. French's Tastemaker awards for cookbooks.

May. Clearway Tofu sponsors the first Mother's Day Tofu Fair in Santa Cruz, California, with tofu recipe competition, music, and prizes.

June. Vitasoy USA runs color display ads for soymilk on San Francisco buses.

June. Kibun of Japan exhibits four flavors of soymilk in Tetra Pak cartons at National Restaurant Show in Chicago.

June 16. *The New York Times* runs an article on Dieter Hannig, Director of Food Research for Hilton Hotels. His many tofu recipes on microfiche are sent to 86 Hiltons worldwide.

June. Bestways magazine begins 3-part series on soyfoods by Bonnie Mandoe.

June. *The Soy Dairy: A Way to Save the Small Farm,* by MacCormack published by Sunbow Farm.

June. *The Book of Nigari Technique* (in English) published by Yoshikawa Kagaku in Japan.

June. Metta Tofu Products in Denman Island, B.C., Canada, introduces Frozen Buddha soymilk ice cream.

June. Haarmann & Reimer debuts flavors for tofu and okara at IFT convention in Las Vegas.

June. Royal American Foods is launched in Kansas City with $1 million startup capital to sell TVP entrees, tofu-like products via multi-level marketing system.

June. Granny Goose Potato Chips does extensive radio advertising in California for a new potato chip. Ad makes frequent, positive reference to tofu. First national radio ads mentioning tofu.

June. Farm Foods presents Ice Bean at American Booksellers Convention at Anaheim, California, along with previews of their new tofu cookbook.

July. "Discover Tofu" published by *Cosmopolitan* magazine.

July. Farm Foods receives a U.S. trademark for "Ice Bean" as a soy ice cream.

July. Light Foods excites NNFA convention in New Orleans with debut of Light Links, the world's first tofu hot dogs.

July. Eden's Orchard tofu / soymilk ice cream introduced in New York by Heller Enterprises.

July. Richard Jennings announces new formula for okara / barley tempeh; later purchases Southwest Soyfoods, relocates company in Santa Fe, New Mexico. Continued.

5814. *SoyaScan Notes.* 1982. Chronology of soybeans, soyfoods and natural foods in the United States 1982 (Continued) (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued. July. Turtle Island releases liquid tempeh starter to industry.

July. *Soyfoods* magazine No. 7 published by Richard Leviton, with 4-color cover (brown border) and glossy paper.

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July. Bean Machines introduces its new Continuous Pressurized Slurry Cooker. July. *Tofu: Einladung ins Schlaraffenland* (Tofu: Introduction to the Land of Milk and Honey), by Walter Daenzer published by Verlag Bewusstes Dasein in Zurich, Switzerland (in German). Europe's third tofu book.

July. *Using Tofu, Tempeh & Other Soyfoods in Restaurants, Delis & Cafeterias,* by Shurtleff and Aoyagi published by The Soyfoods Center.

July. Soyfoods Come West, the Fifth Annual Soyfoods Convention and Expo, in Seattle draws 250 people from 12 nations and makes a profit. Plans are made for a new tofu trade group to represent the larger manufacturers. Gary Barat of Legume and Steve Snyder lead this effort to break away from SANA.

July. *Diet for a Small Planet,* by Frances Moore Lappe, a completely revised edition, published by Ballantine Books. Over 2 million copies of the book have been sold since 1971. The new edition contains many new soyfoods recipes, including 8 tofu and tempeh recipes submitted by Shurtleff and Aoyagi as part of a recipe contest.

Aug. The BBC of London, England, runs a 30-minute program on the U.S. tofu industry and market.

Aug. "Why Are Soyfoods Catching On?" by Judy Brown published in *Whole Life Times.*

Aug. Soy Protein Council in Washington, D.C. releases filmstrip on soy proteins.

Aug. *Tofu, Tempeh, Miso & Other Soyfoods,* by Richard Leviton published by Keats. 32 p., 15,000 copies printed.

Aug. Mexico announces that it can no longer meet its foreign debt repayment obligations. The first major debtor nation to do so.

Sept. New England Soy Dairy launches herb and spice preflavored tofu in colorful boxes. This is an important innovation in tofu packaging.

Sept. Miyako / Cold Mountain Miso in Los Angeles moves into new plant, has $15,000 reopening party.

Sept. Dr. C.W. Hesseltine, at USDA Northern Regional Research Lab., receives $50,000 research grant to study shelf life of tofu, tempeh, miso.

Sept. *Soyfoods Labels, Posters, and Other Graphics,* compiled and edited by Shurtleff and Aoyagi, published by Soyfoods Center. 185 p.

Sept. Soyfoods Unlimited runs full-page color ads for tempeh burgers in national magazines: *Vegetarian Times* and *New Age.*

Sept. Richard Leviton plans to move to Ann Arbor. Steve Fiering offers to recapitalize Soyfoods magazine and buy typesetting equipment. Plan dropped by Fiering in October.

Oct. Legume Inc. has its first of many public stock offerings; raises $100,000 from sale of stock plus $100,000 from a loan. Legume thus becomes the first of the new wave of soyfoods companies to be publicly owned. In Nov. 1983 Legume raised $600,000 more, two-thirds from sale of stock and one-third from debt.

Oct. Richard Leviton does "Soyfoods in the Heartland" nationwide tour with 13 programs, 11,000 miles. Net loss of $300 but lots of fun.

Oct. *Tofu Cookery,* by Louise Hagler published by The Farm's Book Publishing Co.

Oct. *Tofu Cookery* by Fusako Holthaus published by Kodansha, New York. Japan's first tofu book aimed at the American market. Both this and the Farm's tofu book are America's first tofu books with color plates.

Oct. Beatrice Wittels' CSC sponsors World Food Day in Philadelphia, with speech by Richard Leviton and soyfoods banquet. 200 people, including a Pennsylvania senator, attend.

Oct. South River Farm Miso Co. opens in Massachusetts as nation's second Caucasian-run miso manufacturer. It was formerly Ohio Miso Co.

Oct. "The Hilton Hotel's Gourmet Tofu Dishes" by Clare Barrett published by *Vegetarian Times.* Dishes made from Dieter Hannig's tofu recipes are shown in full color.

Nov. Unicorn Restaurant in Miami prepares three tofu turkeys for Thanksgiving Day.

Nov. Restaurant Business magazine praises Legume products as "tasty, superb."

Nov. Whole Life Expo held in New York. Farm Foods gives speech on soyfoods.

Nov. "Mainstreaming Soyfoods" by Richard Leviton published by *Vegetarian Times.*

Nov. Campbell Soup makes offer to buy Legume stock. Quaker Oats is reported to make tender to buy any of America's largest tofu makers. But nothing happens.

Nov. Pacific Tempeh introduces nitrogen-flush vacuum packaging for tempeh.

Nov. Well Bean Soy Deli in Santa Cruz changes its image to "Fast Natural Foods" after soy deli sales sag.

Nov. *East West Journal* publishes article on The Bridge tofu company in Connecticut.

Nov. Lane County Natural Foods Assoc. sponsors large, Natural Horizons Expo in Eugene, Oregon. Richard Leviton gives speech. Surata Soyfoods and Devi's Country Soy Sausages have exhibits.

Nov. *Quick & Easy Tofu Cookbook,* by Yukiko Moriyama published by Joie in Japan. Aimed at American market; over 400 full-color photos but poor English translation.

Nov. *La Magie du Tofu* (The Magic of Tofu), by Tremblay and Boyte published by Stanke in Montreal. Canada's first original tofu cookbook. It becomes a best-seller.

Nov. *Le Plaisir de la Cuisine au Tofu* by Marie Poirier published by Unisoya in Quebec, Canada.

Nov. *Cooking with Tempeh,* by Claire Seguin published by Higher Ground Press. America's second tempeh

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cookbook.

Dec. Light Foods helps establish a soup kitchen in St. Louis; will provide okara and tofu scraps free of charge to the city's indigent.

Dec. Nasoya restyles their tofu dips as "Vegi-Dips" in new containers.

Dec. Soyfoods of America runs $2,800 large display ad in Los Angeles Times (circ. 1 million) with tofu recipes.

Dec. *Washington Post*, in the Style section, says frozen yogurt is "Out" and frozen tofu desserts are "In."

Dec. Swan Gardens, Miami, after 3 years of R&D, announces informally that it has three flavors of "meltable" cheeselike tofu. It is introduced as Soya Kaas in Feb. 1986.

Dec. *Le Tofu dans le Cuisine Macrobiotique*, by Eddie H. Hara published in France by Editions de la Maisnie.

Dec. Since 1974, 25 books on tofu have been published in the U.S. In 1981 and 1982 publication of books on tofu in North America and Europe reaches its peak, with 12 published each year.

Dec. There are seven brands of tempeh burgers on the market; four brands of frozen tofu ravioli; 8 brands of soy ice creams.

5815. **Product Name:** Tofutini Dessert (Non-dairy Frozen Dessert; Renamed Tofu-Zert by Jan. 1984) [Banana, Rum-Raisin, Maple-Walnut, Strawberry].
Manufacturer's Name: American Food Lines.
Manufacturer's Address: Merrick, New York.
Date of Introduction: 1982. December.
Ingredients: Incl. pure honey, soya oil, organic tofu, soy flour, soya lecithin, guar seed gum, sea salt, water.
Wt/Vol., Packaging, Price: Liquid mix, 2-gallon dipping tubs, pints, or 4 oz cups.
How Stored: Frozen.
New Product–Documentation: Food Report (Lehmann). 1982. Dec. Note that a product with a similar name was introduced earlier this year by Heller Enterprises in East Rockaway, New York.

5816. **Product Name:** Skinny Dip, and Spicy Skinny Dip (Tofu-Based Dip with Vitamin B-12).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. December.
Ingredients: Skinny Dip: Brightsong tofu, soy oil, olives, onion, soy sauce, nutritional yeast, garlic, natural spices, citric acid.
Wt/Vol., Packaging, Price: 7, 8 oz.
How Stored: Refrigerated.

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Nutrition: Per 3.5 gm.: Calories 160, protein 11 gm, carbohydrate 5 gm, fat 11 gm.
New Product–Documentation: Label. 1982. 3 inch diameter. Self adhesive. Green on white. Label. 1983, undated. 3 color. Reprinted in Soyfoods Marketing. Label. 1983. 2.5 inch diameter. Plastic tub. Green and blue on white. "Low in calories, fat and salt, a good source of protein, vitamins and minerals, all natural. Use as a dip, salad, spread or..." Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p. 42. Letter from Richard Rose. 1987. Aug. 29.

5817. **Product Name:** Lite & Creamy (Tofu Pudding for Natural Foods Market) [Almond, or Chocolate].
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. December.
Ingredients: Chocolate: Brightsong tofu, honey, natural cocoa, vanilla, lecithin. Almond: Brightsong tofu, honey, almonds, vanilla, lecithin, almond extract.
Wt/Vol., Packaging, Price: 4 oz, 6 oz or 8 oz in plastic deli tub.
How Stored: Refrigerated.
Nutrition: Per 3 oz.: (Chocolate) Calories 160, protein 9 gm, carbohydrates 24 gm, fat 4 gm, sodium 75 mg; (Almond) Calories 170, protein 9 gm, carbohydrates 15 gm, fat 8 gm.
New Product–Documentation: Label. 1982. 3 inch diameter. Self adhesive. Blue on white. Label. 1983, dated. Brown and red on white background. "Light... and nondairy." Label. 1983. 2.5 inch diameter. Plastic tub. Almond: Orange and blue on white. Chocolate: Brown and red on white. "Low in calories, fat and salt, a good source of protein, vitamins and minerals, and all natural. A delicious light desert..." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Whole Foods. 1984. Jan. p. 39. "Almond-Amaretto Lite & Creamy contains toasted almonds and non-alcoholic Amaretto [It was heated to vaporize off the alcohol]. Almond Lite & Creamy has 165 calories per 4 oz." Spot in Soyfoods. 1984. Summer. p. 42.

5818. **Product Name:** Cottage Salad (Non-Dairy Tofu Cottage Cheese) [Herb].
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1982. December.
Ingredients: Brightsong tofu, soy oil, onion, dill, salt, citric acid.
Wt/Vol., Packaging, Price: 7 oz plastic deli tub.
How Stored: Refrigerated.
Nutrition: Per 3.5 oz.: Calories 150, protein 10 gm, carbohydrates 10 gm, fat 4 gm, sodium 180 mg.
New Product–Documentation: Label. 1983, dated. 2.5 inch diameter. Plastic tub. Red and blue on white background. "Light... and nondairy." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p. 42.

5819. **Product Name:** [Tofu, and Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer's Name: C.D.S. Pianeta Terra Soc. Coop. A.R.L.
Manufacturer's Address: Via de' Serragli 4, 50124 Florence, Italy. Phone: 055-298804.
Date of Introduction: 1982. December.
New Product–Documentation: Letter from Giorgio Rosso, Import Manager. 1984. Dec. 14. "We have been producing tofu and seitan now for 2 years and would like to increase this production to supply other Italian macrobiotic centers with books and foods. Could you please send information and the application forms for becoming a Soyfoods Center member and to receive all your materials."

5820. **Product Name:** Tofu Settling Box [Kit].
Manufacturer's Name: Heron's Flights.
Manufacturer's Address: Box 221A, Star Route, Sarona, WI 54840.
Date of Introduction: 1982. December.
New Product–Documentation: Ad in Vegetarian Times. 1982. Dec. p. 37. Price: $18.00. Comes with soybeans and nigari.

5821. Kim, Kil Hwan. 1982. Kohng, dubu wa kohng nah mul eh kwah hak [The science of soybeans, tofu and soy sprouts]. Seoul, South Korea: Korean Science Foundation. 211 p. Dec. Illust. Index. 21 cm. [200+ ref. Kor]
• ***Summary:*** Contents: I. Soybeans. Introduction. World soybean production: Areas of production, quantities produced, amount produced in Korea, amount imported to Korea, chemical composition of all soybeans. How to use soybeans: Foods and processed soybean foods (sauces, tempeh, natto), industrial uses. Nutritional composition of soybeans: Common components, protein and amino acids (protein, essential amino acids, necessary protein intake, necessary amino intake, chemical score, biological value of soybean protein, the need to heat soy protein, the use of soy protein as a protein supplement), soybean oil (components of soybean oil, oil assimilation / absorption), other nutritional components (carbohydrates, vitamins, minerals), references.

II. Tofu. Introduction. Kinds of tofu and production: Soybean curd (production in factories, production at home, instant tofu, kinugoshi tofu, grilled tofu, frozen tofu, how to freeze and dry tofu). Movement of nutritional values during tofu processing: Movement of common nutrients, movement of amino acids. Nutritional components of tofu: Tofu protein, tofu protein as a protein supplement, digestion

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of tofu, calories in tofu, fat and cholesterol, minerals and vitamins, toxins, *hwe bun* in tofu. Tofu and group meals: School meals in Japan, in America, in Korea. Tofu factories and associations involved with tofu: Member list of food associations in Korea, regular member and extra member list of tofu packaging associations in Japan, directory of tofu shops and factories in North America, in Europe, in other countries, list of companies selling tofu coagulants, list of tofu restaurants in Japan. References.

III. Soy sprouts. Introduction. Production of soy sprouts: Soybean varieties, selecting and washing the soybeans, soaking, watering the sprouts, machines for cultivating soy sprouts, maintenance. Nutritional composition of soy sprouts: Common nutrients, increase of vitamin C during growth, changes in vitamin C during heating, changes in riboflavin during heating. Glossary.

Soybeans arrived in Korea in about 200 B.C. (p. 11). Contains many useful tables. Address: Korea.

5822. **Product Name:** Tofu Vegi-Dip [Onion, Eggless Salad, Blue Cheese, Italian Garlic, Soyannaise, Soyannaise with Dijon Mustard, or Creamy Dill].
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1982. December.
Ingredients: Italian-Garlic: Tofu, unrefined safflower oil, apple cider vinegar, honey, sea salt, vegetable gum, citric acid, natural spices, herbs, flavorings.
Wt/Vol., Packaging, Price: 8 oz plastic tubs.
How Stored: Refrigerated, 30 day shelf life.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 52. "Nasoya Restyles Tofu Dips. The line of 5 spreads and salads, introduced in December 1979, was restyled and repackaged in December 1982." 1984. Summer. p. 43. "Nasoya's Vegi Dips."

5823. *Soyanews* (*Sri Lanka*). 1982. Recipes: Gourmet dishes with bean curd. 5(4):7. Dec.
• ***Summary:*** Taucho [sic, tahuri] (fermented tofu immersed in brine) is now available at the Darley Road sales room of Lankasoy, "It is a salty preparation quite flavorful like our *jaadi* and a little adds a lot to make dishes extra tasty."

Recipes are given for: Braised bean curd (with "4 slabs bean curd (tofu) cut into 8 slices each"). Spicy bean curd sambol (with "2 slabs tofu. 2 tbsp. preserved soya beans (taucho)"). "Note: The taucho may be fairly salty: wash before use."

Note: Taucho is Filipino miso, whereas tahuri is Filipino brine-fermented tofu. The recipe probably intends to call for tao-si (fermented black soybeans from the Philippines).

5824. Tsuchiya, Kanji. 1982. Tônyû. Shinban [Soymilk. 2nd ed.]. Tokyo: Shoku no Joho-sha. 223 p. First edition was published in 1980. Illust. 17 cm. [Jap]
• ***Summary:*** This is the best book seen to date on soymilk in Japanese. A detailed chronology of tofu and soymilk is given on pages 173-76. Over 20 years ago, when Mr. Tsuchiya was plant manager of the Kyôdo Nyûgyo dairy milk plant at Matsumoto, he became interested in using soy protein to replace dairy protein. Although soybean crushers had investigated the use of defatted soybean meal, the techniques for removing the beany flavor and smell were not yet good enough to allow substitution of soy protein for milk solids. At that time there was a shortage of imported nonfat milk for use in ice cream bars. It was said that a small numbers of manufacturers of the inexpensive ice cream products were already using some soy protein to increase their over-run. "Discovering this, Nisshin Seiyu, after some research, found a method of removing the beany smell by fermentation with a yeast; they asked if Kyodo Nyugyo could make a test run of 10 kg of spray-dried soymilk in our plant. So they dissolved soy powder (*daizu-ko;* which had been defatted at a low temperature) in water, added yeast, waited until the reaction was finished, diluted it with some water, and put it in a spray dryer. Yet the spray drying caused some protein denaturation and an increase in the viscosity of the soy powder, which made it difficult to pump the solution to the top of the spray dryer. Glucose was used to replace half the soy powder. The spray-dried powder would not dissolve in water and the resulting mixture had a muddy brown color, a flavor that was too sweet, and a beany flavor. It was useless. They had discovered that defatted soybean meal and nonfat dried milk behave differently. Defatted soybean meal contains about 20% sugars, but less than 1/3 of these are water soluble and many have a very complicated structure and high viscosity."

Therefore they started to study the basic nature of defatted soybean powder (*dasshi daizu-ko*) and after much trial and error, in 1961 they applied for a Japanese patent on "The method of refining defatted soybean powder" (*Dasshi daizu-ko no seisei hôhô*). They were issued the patent (#16,658) in 1962. The key to the success of this patent was the use of meta potassium bisulfite (*meta jûaryusan karium*), which lowers the viscosity, bleaches it and increases the amount of soluble nitrogen. Not enough of the beany flavor had been removed, yet at that time it was an excellent product, which could be used in place up to 30% of nonfat dried milk to make an ice cream product without a beany flavor. Mr. Masaharu Sato (who is presently head of the soybean department of Kyodo Nyugyo's central research lab) was the person who contributed most to the discovery. He is now conducting research on tofu and soymilk. "I still see him often since we are both members of Soyfoods Development Study Group (*Daizu Shokuhin Kaihatsu Kenkyû-kai*). He recently told me, 'After that incident, I became captivated by soy protein.'"

"After about 2 years of research, during the summer we

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received an order from Nisshin Seiyu for 200 tons of soy protein. Our plant had been losing money for a long time, and this discovery helped to make some profit during my time of work there. I will never forget it. I feel real gratitude to Nisshin Seiyu for helping us to become captivated by soybeans."

At about that time dairy farmers throughout Japan began to compete with one another in a price war which lowered milk prices. The battle between them and the owners of dairy milk companies got worse and worse. Among the leaders of this struggle were progressive dairy farmers in Matsumoto. "Although we made soy powder very secretly, one of the plant workers, who was the son of a dairy farmer, leaked the secret. This caused an uproar (we were using soy powder instead of dairy milk) and the local farmers asked us to stop immediately. However we decided to continue making soy powder for various reasons: (1) We had to fulfill the order that we had accepted; (2) Since we simply processed soy and sold it to another company, this had no effect on our plant's use of unprocessed dairy milk; (3) The soy business allowed out plant to operate profitably and this allowed us to return some money on the dairy farmers' investment." For a variety of complex reasons related to this conflict, Mr. Tsuchiya was fired as plant manager for Kyodo Nyugyo's Matsumoto dairy milk plant. Though his retirement was very near, he left the dairy industry without regret to continue his research on soy powder (p. 14-19).

"Meeting with Dr. Miller: During the period 1965-1969 I was involved in the founding of Taiwan Ryokusô Kogyô Kôshi, and I took a leadership role in constructing modern plants to make powdered soymilk and chlorella. One of the leaders in the chlorella industry, the late Dr. Yoshio Takechi, was in charge of the chlorella cultivation department and I was in charge of chlorella product development and of powdered soymilk production. In 1966 Dr. W.A. [sic, Harry W.] Miller (who was a founder of Loma Linda Foods) and his son visited our company, under the guidance of Dr. Taisei of Taikei University. At that time Dr. Miller stood on the platform atop our spray dryer, which was 20 meters tall and had 500 liters/hour capacity. Admiring it, he said: 'I've never seen a soymilk plant which has this much facilities!' He also tasted the soymilk (from which the beany flavor had been removed) and said 'I wonder if you have to refine soymilk to this degree for Chinese people.' His words left a strong impression in my memory. Sure enough, when the factory was completed and we launched our canned soymilk powder, we heard Chinese saying, 'This is not real soymilk. It's an imitation.' But we did a good marketing campaign and soon the soymilk started selling. When my 2-year contract ended, I returned to Japan. After that, the products produced in this plant were used as food for the Taiwanese army and were not sold to the public. Moreover, because of the chlorella boom in Japan, the spray dryer was used for chlorella and soymilk production stopped. Since I had great expectations for this plant, I was greatly disappointed.

"Right after I returned to Japan in 1970, I was asked to provide technical assistance to Keijô Shison Shokuhin Kenkyusho, a research lab in Korea headed by pediatrician Son Zaien. I visited there several times and even drafted a floor plan, then suddenly the Japanese government told me that the money which had been available for helping Koreans was no longer available, so I could do no more" (p. 18-21; see p. 53 for more on soymilk in Korea). Continued. Address: Technical consultant, Okazaki Marusan, Japan.

5825. Tsuchiya, Kanji. 1982. Tônyû. Shinban [Soymilk. 2nd ed.]. Tokyo: Shoku no Joho-sha. 223 p. First edition was published in 1980. Illust. 17 cm. [Jap]

• ***Summary:*** Continued. Pages 31-32. In the literature of Japan's Muromachi period it is written that after eating confections (*tenshin* such as okashi, oyatsu) they ate light and simple food (*tanpaku na tabemono*). One of the latter was called *tofu no uwamono*, which means yuba.

A flow diagram (p. 35-36) gives Chinese names of soymilk, yuba, fermented tofu, etc.

Part III (p. 39-64) titled "Soymilk around the world," has chapters on the USA, Korea, Hong Kong, China, Taiwan, Southeast Asia, and Europe. Soymilk in America (p. 47-52) includes a 1975 table showing major manufacturers of soymilk and soy-based infant formula, their location, and the names of their products. Soymilk in Korea (p. 53-54): In 1968 the Keijo Shison Shokuhin Kenkyujo made soymilk using the regular tofu making equipment adjusted to make a product as similar as possible to dairy milk, then bottled it in cider bottles, pasteurized it, and sold it. They made 500 to 800 bottles a day and sold it nationwide. It was brownish in color and tasted like soybean cooking liquid; there was no comparison between that and today's soymilk in quality. The head of this research lab was Dr. Son Zaien, who also ran the children's hospital and was a professor of pediatrics at Seoul Medical University. As a pediatrician his concern was that the soymilk promote the growth and health of children; he was not concerned about its acceptance among adults. The children accepted it within 2-3 days. Later, in May 1982, Tsuchiya visited Korea again. They had developed their own method of making soymilk and the soymilk plant had been expanded. Now they produced 500,000 bottles a day (180 cc each, retort sterilized); they call it Vegemil / Vegemeal. It contains added fat and sugar to make it closer to dairy milk., but the sugar content is 10%, which is sweeter than Japanese soymilk. The plant is built on a lot of 4-5,000 tsubo and has 24 retort sterilizers; each machine has 2,500 bottles capacity. Tôhô Yuryô, as part of a Korean technical joint venture with Kibun in Japan, is going to make 120-130,000 Tetra Brik cartons (each 200 cc). Also other dairy milk makers (Sojû and Sangan) are going to have some sort of equipment to start making soymilk. Also, I head that Tôa Shokuhin (K.K.), a pharmaceutical company, is planning a joint venture with

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Meiji in Japan to make soymilk.

Also, Lotte Chilsung Beverage Co. is planning to use Marusan's (Japan) technology to make soymilk. They are constructing a plant to start to making soymilk in Feb. 1983.–The population of Korea is about 40 million and the GNP 24,000 million won (unit of currency) a year; it is the largest in Asia. But it is a tough war for market share among these fine companies.

Soymilk in Taiwan (p. 57-61): People who were born in Taiwan [the former Japanese colony of Formosa (1895-1945)] have Japanese food habits and don't like soymilk as much as the Chinese. Also, Taiwanese young people don't like soymilk much. In mainland China people only drink water that has been boiled and cooled–just as they do with tea. The same with soymilk. They boil soymilk in a flat pan (*hira-nabe*) for 20-30 minutes before selling it. The buyers don't buy it without seeing that it has been properly boiled. If you cook soymilk in a flat pan for a long time, you can eliminate much of the beany smell and flavor, the antidigestion substances, and harmful bacteria. They don't care about a little burned flavor, bitterness, or beany flavor. But this is ancient wisdom. There they continue to drink soymilk up to this day and it is still very popular. It is said that the annual sale of soymilk in Taiwan is about 5,000 million yen.

In China, sellers of ice candy (like ice Popsicles) call out loudly *kaishui bingo. Kaishui* means boiled and cooled water. *Bingo* means Popsicle.

In the Philippines, about 10 years ago, the University of the Philippines developed soymilk and a blend of soymilk and coconut milk for American children. It was test marketed among the students and teachers of elementary schools, junior and senior high schools, and universities. It was acceptable only to comparatively well educated people. A 200 ml bottle (about 7 ounces) sold for 15 cents, making it more expensive than most other drinks. The taste was plain but the bean smell was not completely removed. In October 1982 Dr. William G. Padorina and other economically influential people came to Japan at the request of President Ferdinand Marcos and studied Marusan's soymilk plant. They are planning a Food Development Symposium in Feb. 1983 and they would like to have nutritious soy products that contain coconut oil (they account for 70% of the world's production). They have asked Marusan to cooperate in the effort.

In Denmark, a company named Starna [Nutana?] makes various soyfoods such as textured soy flour (*daizu nikku*), defatted soymilk, and soymilk. They are selling these products in Denmark and neighboring countries. *The Book of Tofu* by Shurtleff and Aoyagi is mentioned on pages 46 and 117.

Okazaki Marusan makes a soy yogurt named *Tôgurt / Tôguruto* in Japanese. The character *tô*, which means bean, is also the first character in the word *tôfu* (p. 71). Address: Technical consultant, Okazaki Marusan, Japan.

5826. Tsuchiya, Kanji. 1982. [Soymilk in Japan, and its history (Document part)]. In: Kanji Tsuchiya. 1982. Tônyû. Shinban [Soymilk. 2nd ed.]. Tokyo: Shoku no Joho-sha. 223 p. First edition was published in 1980. [Jap]

• ***Summary:*** Building a plant specialized in making soymilk (p. 21-24): After my two overseas attempts ended in failure, I returned to studying the basics. With the help of a friend, I had a soymilk test plant (55 liters/hour) built on the outskirts of Sendai, in the Tohoku region. There I worked on making soymilk with less beany flavor and better digestibility. Over a period of about 2½ years I completed development of a new heating system (Japanese Patent No. 19,928 issued in 1973), and also completed a report on digestibility of soymilk with my co-worker Kazuhiro Ootomo. In order to test the results of my research, I went to Tokyo in 1974. I found an investor, taught my techniques to Tokyo Soymeal K.K., spent 9,000,000 yen, and started to build a soymilk plant in the Tokyo area. At about this time other early soymilk manufacturers like House Luppy, Soyalac, etc. were building the market slowly but steadily, making about 10,000 to 20,000 packs/day. Our company, Tokyo Soymeal, cut into this market share, and spent 3 very tough years. But finally we were producing 6,000 packs/day and we first started to break even financially. Our soymilk product, named Soymeal, marketed as a soft drink, had a good flavor and was accepted as a new type of soymilk by consumers.

"However I realized at that time that soymilk was being sold only in the health food market. Because of that, no regular mainstream consumers bought our soymilk since distributors placed it only in Diet- and Health food stores, and in the drug section of other stores. Thus our share of the milk or beverage markets was extremely small, and expansion was difficult. Our next step was to change consumers preconceptions about soymilk.

"I want to make a tasty soymilk: Rather than placing emphasis on health or medical care, beauty care, changing one's constitution, etc. I wanted to make a soymilk product that was simply delicious and nutritious. But unfortunately our Soymeal company had to close its plant in December 1978 because the landlord sold the land on which the plant was located. This land was located next to the Tachikawa U.S. military base, and when the U.S. army gave the land back to the Japanese government, the price of land in the whole area rose. Thus our landlord wanted to sell his land too.

"In order to use my past effort and experience to make a new start, I was planning to build a plant in the Chûbu area. I did not have the means to do this by myself, but by good fortune, in 1979 Okazaki Marusan K.K. decided to help this enterprise and I was accepted as a member of their company. And furthermore it is planned to build a plant that can produce 4 times as much soymilk as plants that existed in

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May 1980. I would like to produce the best soymilk in Japan. The Japanese Department of Food, Agriculture, and Forestry is now studying soymilk with the intent of establishing a JAS standard in 1980."

Pages 50-52 show a chart of different brands of soymilk and soy-based infant formulas sold in the USA, with the name of the manufacturer, ingredients, and/or composition. These include: Loma Linda Food Co. of Arlington, California (Soyagen [liquid or powder], Soyalac); Mead Johnson & Co. of Evansville, Indiana (Metrecal, Sobee); Dietetic Food Co. Inc. of Brooklyn, New York (Diamel no Sorina); Ovaltine Food Products of Villa Park, Illinois (Ovaltine, 2 types which contain soy protein); Gerber Food Products of Fremont, Michigan; Plus Products of Los Angeles, California; Borden Co. of New York (Mullsoy, 2 types); Pavo Co. Ice of Minneapolis, Minnesota.

Early history of soymilk: In the *Teikun Orai,* written during the Muromachi (Ashikaga) period in Japan, the word *tofu-kan* appears in the section titled *Shojin Ryori* (Buddhist Vegetarian Cookery). That word used to mean "tofu soup" but it actually refers to what Japanese today call soymilk (*tônyû*). In the book *Sôgo Daisô-shi,* written in about 1417-1473 by Ise no Jôshin, there is a section on cooking okara (*unohana*). Mr. Tsuchiya thinks this soup was similar to today's soymilk except that the okara had not been removed. The author was the ancestor of Ise no Teijô, who lived during the Tokugawa (Edo) period and wrote that the word *Tofu-kan* should actually be pronounced *Tofu-ko,* and means "soup" (*shiru*). When the last character is pronounced "kan" it means "yokan." Note: Could Mr. Tsuchiya be confusing Manpukuji's tofukan (hard tofu) with the word tofukan that means soymilk?

A table (p. 72-75) lists all Japanese soymilk products made to date, including the name of the manufacturer, the exact date of introduction, range of distribution, package size and type, and retail price. Products sold by the following companies are listed: Kibun, Okazaki Marusan, Mitsubishi Kasei Shokuhin, Meiji Nyugyo, Kyushu Nyugyo, Nisshi Seiyu, Asahi Shokuhin, Kyodo Nyugyo, Yakuruto Honsha, Furuta Shokuhin Kogyo, Morinaga Nyugyo, Sugiyo, Koshin Nyugyo, Kenbi-Sha, Saniku Foods / Fuuzu, Nagoya Seiraku, Nagano Tomato, Zenkoku Nokyo Chokuhan (Nokyo), Yamato Shokuhin, Sokensha, Ishihara Fuudo Senta, Chiba Seisen Shokuhin Kogyo, Asahi Fuuzum Sebun-Irebun (7-11), Fukushima-ken Rakuren, Nacuraru Fuuzu (Natural Foods), Sebun Appu Inryo (7-Up). This entire table has been translated by Soyfoods Center; printed copies are filed with the book. The word processing filename is d:\w\hss\MilkJap1.doc. In addition, most of these soymilk products have a commercial soy products (CSP) record in the SoyaScan database. Address: Technical consultant, Okazaki Marusan, Japan.

5827. **Product Name:** [Natto, Agé, Okara].
Foreign Name: Natto, Ague, Okara.
Manufacturer's Name: Agro-Nippo Produtos Alimenticios Ltda.
Manufacturer's Address: Av. José Alves de Mira 185, Piribuba, Sao Paulo, Brazil.
Date of Introduction: 1982.
New Product–Documentation: Letter from Jane Cadwell Pautz in Sao Paulo, Brazil. 1982. May 29. The company sells natto, sprouts (mung bean type), agé (*ague*)*;* sometimes they sell the okara in the open market.

Note: We have no idea when each of these products was introduced. This is the earliest known commercial natto maker in Brazil.

5828. **Product Name:** [Marinated Tofu (Vacuum Packed)].
Foreign Name: Tofu Marinerad.
Manufacturer's Name: Aros Sojaprodukter KB.
Manufacturer's Address: Bergsvagen 1, S-19063 Orsundsbro, Sweden. Phone: 0171-60-456.
Date of Introduction: 1982.
Wt/Vol., Packaging, Price: Vacuum packed.
New Product–Documentation: Talk with Ted Nordquist. 1988. Nov. 22. The product, introduced in 1982, was named Tofu Marinerad. It later became part of the Tofu Line line.

5829. **Product Name:** Tofu.
Manufacturer's Name: Bean Machine.
Manufacturer's Address: 45 Maes Ingli, Newport, Pembrokeshire Coast National Park, Wales, UK. Phone: 820-896.
Date of Introduction: 1982.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Zorah Groom. Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 29. Bean Machine is a 12-member co-op in Wales using someone's kitchen. Their best-seller is soysage. Cauldron Foods in Bristol invited them to move to Bristol and consolidate. Jon and Zorah Groom. 1985. La Lettre de L'ARTS. No. 3. p. 8. "Bean Machine story."

Carolyn Rees. 1987. April. Soyfoods (ESFA). "The Bean Machine story" The tofu is made largely by hand at the rate of 60 lb every 2 hours. The soymilk is curded with calcium sulfate. The company presently makes a range of three flavors of tofu, plain, chives, and garlic. The tofu is put into round presses and cut into two sizes, 227 gm and 454 gm, then vacuum packed in bags.

Letter from Simon Bailey. 1988. Oct. 10. Ceased trading.

5830. **Product Name:** Soysage [Regular, Tomato, or Spicy].
Manufacturer's Name: Bean Machine.
Manufacturer's Address: 45 Maes Ingli, Newport, Pembrokeshire Coast National Park, Wales, UK. Phone:

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820-896.
Date of Introduction: 1982.
Ingredients: Incl. okara, tofu, spices, and flavors.
Wt/Vol., Packaging, Price: 213 gm or 426 gm sausage shaped casing.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Zorah Groom.

Jon and Zorah Groom. 1985. La Lettre de L'ARTS. No. 3. p. 8. "Bean Machine story."

Carolyn Rees. 1987. April. Soyfoods (ESFA). "The Bean Machine story." Soysage is made with okara, a by-product of tofu. Flavors and spices are added. Tofu is also a main ingredient. They now make a range of 3 flavors: regular, tomato (with added tomato puree), and spices (with added spices and chili). They are sold in 213 gm and 426 gm packages. The packages are sausage shaped.

Letter from Simon Bailey. 1988. Oct. 10. Ceased trading.

5831. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Bilkis S.c.r.l.
Manufacturer's Address: S.S. 186 Ponte Catena, 90040 Pioppo (Palermo), Italy.
Date of Introduction: 1982.
New Product–Documentation: Talk with then letter from Mr. Suresh Nath (his spiritual name; His birth name is Giampiero Spadafora). 1990. June 18 and 19. They have been making tofu for their small restaurant near Palermo since 1982. Now they want to expand their operation. For details see Nath, June 1992 (letter).

5832. **Product Name:** Deli Items: Soy Yogurt, Dream Bars, Frosty Bean (Soft Serve Soy Ice Cream), Toasted Tofu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703.
Date of Introduction: 1982.
How Stored: Frozen.
New Product–Documentation: James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean. They also sold miso and rice nori rolls as deli items. In October 1983, they closed the deli, and started to pay more attention to marketing.

5833. **Product Name:** The Bristol Vegetable Burger (Meatless Tofu Burger).
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: Sunny Bank, Chapel Lane, Fish Ponds, Bristol 16, England. Phone: (0272) 554780.
Date of Introduction: 1982.
Ingredients: Tofu, brown rice, textured soy flour, tomatoes, shoyu (soybeans, wheat, water, salt), soy, oil, herbs and spices, salt, yeast extract, onion extract, garlic.
Wt/Vol., Packaging, Price: 85 and 100 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 5.5 by 7 inches and 5.5 by 8.5 inches. Plastic. Green, brown, tan and white. "Pre-cooked–Eat cold, or warm under grill. Low calorie: 172 calories per 100 gm." Poster. 1983, undated. 6 by 8 inches. Red and blue on white. "The Bristol Burger range of natural convenience foods are now available in 3 varieties. Ready cooked. Can be eaten cold or hot. Low calorie and high protein." Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 26-27. Spot in The Vegan. 1988. Summer. p. 17. "There is a new Vegetable & Tofu Burger from Cauldron Foods."

5834. **Product Name:** The Bristol Chilli Burger (Meatless Tofu Burger).
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: Sunny Bank, Chapel Lane, Fish Ponds, Bristol 16, England. Phone: (0272) 554780.
Date of Introduction: 1982.
Ingredients: Tofu, brown rice, textured soy flour, tomatoes, shoyu (soybeans, wheat, salt), soy oil, herbs, chilli spices, salt, yeast extract, onion extract, garlic.
Wt/Vol., Packaging, Price: 85 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 5.5 by 8 inches. Plastic. Brown, red, yellow and white. "Low calorie–172 Kcal per 100 gram." Poster. 1983, undated. 6 by 8 inches. Red and blue on white. "The Bristol Burger Range of Natural Convenience Foods are now available in 3 Varieties. Ready Cooked. Can be eaten Cold or Hot. Low Calorie and High Protein." Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 26-27.

5835. **Product Name:** The Bristol Nut Burger (Meatless Tofu Burger).
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: Sunny Bank, Chapel Lane, Fish Ponds, Bristol 16, England. Phone: (0272) 554780.
Date of Introduction: 1982.
Ingredients: Tofu, brown rice, textured soy flour, peanuts, shoyu (soybeans, wheat, water, salt), soy oil, salt, hydrolysed vegetable protein, onion extract, citric acid, garlic.
Wt/Vol., Packaging, Price: 85 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 5.5 by 7 inches. Plastic. Dark brown, light brown and white. Poster. 1983, undated. 6 by 8 inches. Red and blue on white. "The Bristol Burger Range of Natural Convenience Foods are now available in 3 Varieties. Ready Cooked. Can be eaten Cold or

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Hot. Low Calorie and High Protein." Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 26-27. This company was built on the burger, which contains TVP (purchased from British Arkady) to add chewiness.

5836. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Centre Macrobiotique de Lausanne.
Manufacturer's Address: 7, ruelle de Bourg, Lausanne, Switzerland.
Date of Introduction: 1982.
Ingredients: Soybeans, nigari.
New Product–Documentation: Anne-Marie Jaccard. 1982. Illustre (Lausanne). No. 4. p. 63. Jan. 27. "Une graine pour l'an 2000." In the French-speaking cantons of Switzerland, there are only two places: (1) The Macrobiotic Center of Lausanne, 7 ruelle de Bourg, and (2) Le Grain d'Or, 7 rue Voltaire, Geneva.

5837. **Product Name:** Joy of Soy Tofu: Soybean Curd [Soft, or Firm].
Manufacturer's Name: Continental Soyfoods Inc. [Joy of Soy].
Manufacturer's Address: 510 Kasota Ave. S.E., Minneapolis, MN 55414.
Date of Introduction: 1982.
Ingredients: Filtered water, soybeans (grown without pesticides or herbicides), calcium sulphate.
Wt/Vol., Packaging, Price: 1 lb packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1982, undated. 4.5 by 5.5 inches. Plastic film. Red and brown (for soft) or green and yellow (for firm) on clear. "Soybean curd. No preservatives added." Joy of Soy has renamed the company, then come out with a Joy of Soy Caucasian line and a Shinsen Oriental line.

5838. Far Pavilions. 1982. Menu. 116 N. Oak Street (Box 69), Telluride, CO 81435.
• ***Summary:*** The front panel of this 8-panel menu (Green on tan paper) states: "International vegetarian cuisine. Welcome hospitality. Located below the opera house." The menu (which gives no prices) begins: "Our recipes are traditional as well as our own creations, all using pure and natural foods." Gives a definition of tofu and how it is made, then notes: "We make tofu in this traditional way regularly at Far Pavilions. In our kitchens, tofu is prepared in a wide variety of ways to show how this new high-protein, non-dairy food can be included in your menu. We also make regular use of the nutritious by-products of tofu-making: the soymilk and the soy fiber (okara)."

Soy-related menu items include: Soup of the day. Salad (dressings include "tamari sauce"): Mixed vegetable and sprouts with guacamole, full (or half) plate salad with tofu and guacamole. Salad specialties: Tofu and vegetable, okara salad, hummus, tabouli. Daily specials from the wok: Stir-fried tofu, rice, and vegetables, tofu and vegetables, stir-fried okara and vegetables. Stuffed pitas: Grilled tofu and vegetables, guacamole and tofu, falafels. Burgers: Soy burger, tofu burger, okara burger. Burritos: Spicy tofu and rice filling with guacamole. Extras: Fresh tofu, grilled tofu. Smoothies: Carob shake (with banana and sesame). Carob-honey soymilk. Nutritional yeast–20 cents extra. Other refreshments: Hot miso broth (cup). Soy milk. Desserts: Ask us! "For reservations, catering, or take out, call 728-4441." Address: Telluride, Colorado. Phone: 728-4441.

5839. **Product Name:** Tofu.
Manufacturer's Name: Fertile Hills.
Manufacturer's Address: Route 1, Box 171-E (P.O. Box 34), Hillsborough, NC 27578. Phone: 919-732-6626.
Date of Introduction: 1982.
New Product–Documentation: Letter from Ken Dawson. This is a farm that also sells organic produce and grows sprouts; Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Ken Dawson.

5840. Gilman Street Gourmet: Natural Foods & Delicatessen. 1982. Menu. Berkeley, California. 1 p.
• ***Summary:*** In the Deli Menu, soy related items include: Tofu miso ginger. Tofu burgers. Tofu "meat" balls. There is also a bakery menu. Hours: Monday-Friday 10-7. Sat. 10-6. Closed Sundays. Address: 1334 Gilman St., Berkeley, California 94706. Phone: 415-524-0505.

5841. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Green Valley Farms Tofu.
Manufacturer's Address: Box 56, Avondale, PA 19311. Phone: 215-268-2456.
Date of Introduction: 1982.
New Product–Documentation: Card labeled "New Tofu Shops." Owner is Warren Reynolds. Debbie Wygent. 1986. Local News (West Chester, Pennsylvania). Sept. 14. P. C-2, C-6. "Old farm produces a new protein [Warren Reynolds at Green Valley Farms]."

5842. **Product Name:** Tofu.
Manufacturer's Name: Imagine Foods, Inc.
Manufacturer's Address: Moniteau Farm, R.R. 1, Box 11, Jamestown, MO 65046. Phone: 816-849-2583.
Date of Introduction: 1982.
New Product–Documentation: Form filled out by David Carlson, ca. 1982. They opened on 6 Jan. 1982 and now produce tempeh, tofu, and miso; Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: David

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Carlson.

5843. Krieger, Verena. 1982. Hier le steak, demain le tofu ou tout ce que l'on peut faire avec une graine [Yesterday steak, tomorrow tofu, or all that can be made with a bean]. *Dragoco Report* (*Neuilly-sur-Seine*) 27(2):46-52. 2 photos. [Fre]*
• ***Summary:*** Tofu is made from soymilk. Discusses the nutritive value of tofu and other soyfoods. Address: Lucerne, Switzerland.

5844. **Product Name:** [Tofu (Firm, Regular, or Kinugoshi)].
Foreign Name: Tofu (Ferme, Regulier, Veloute).
Manufacturer's Name: Les Aliments Multisoya Inc.
Manufacturer's Address: 1925 Route 139, Roxton-Sud, QUE, J0H 1Z0, Canada.
Date of Introduction: 1982.
Ingredients: Feves soya, eau, nigari naturel (clorure de magnesium).
Wt/Vol., Packaging, Price: 250 gm or 500 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. 1982, undated. 4.5 by 4 inches. Plastic film. Reddish purple, yellow and black on clear film. Drawing of bean vine. "Keep refrigerated. No cholesterol. Product of Quebec." Claude Harris is the owner. Letter (handwritten) from Frances of Les Aliments Multisoya Inc. 1984. March 1. He has already sent a resumé of his conference of Nov. 1983. Gives the owner's name, address and phone number of the company.

5845. **Product Name:** Maggy Jinn's "Bean Cake Dressing."
Date of Introduction: 1982.
New Product–Documentation: Talk with Jim Miller, V.P. Marketing & Personnel, Quong Hop & Co., 161 Beacon St., South San Francisco, California 94080. (Phone: 415-873-4444 or 761-2022), 1985. June 13. In about 1982 the first commercial Western-style prepared food using fermented tofu as a primary ingredient was introduced. Called "Maggy Jinn's Bean Cake Dressing" it was a Roquefort-style salad dressing sold in a bottle as part of a six-pack of bottled dressings and sauces. The fermented tofu was imported from Hong Kong.

5846. Maison Tofu. 1982. New soyfoods restaurant or deli. 835 est, rue Duluth, Montréal, QUE, H2L 1B2, Canada.
• ***Summary:*** Menu sent by Richard Leviton. 1982. Above "Maison Tofu" is written in French: "buffet/café pour végétarien gourmet." The menu includes the following soy-related dishes: A la carte: Tofu burger. Sandwich au tofu. Chili con tofu. Choix quotidien, avec margarine de soya ou beurre. Les plats choisis: Lasagna de tofu. Tofu bourguignon. Ragoût de tofu. Chili con tofu. Grande salade verte–du tofu mariné. Desserts: Pouding de tofu aux fruits. Address: Montreal, Quebec, Canada. Phone: 522-2304.

5847. Marusan Inc. (Importer). Made in Japan. 1982. Kori-Tofu (Natural Dried-Frozen Tofu) (Brochure). 1 Branca Rd., East Rutherford, NJ 07073. 4 p.
• ***Summary:*** Contains nutritional information and 14 recipes. Address: East Rutherford, New Jersey.

5848. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1982.
New Product–Documentation: Blair. 1987. Detroit News. Nov. 4. p. 1E, 2E. Tofu. Talk with Dorothy Hwang. 1988. Feb. 18. She presently makes 2,000 lb/week of tofu.

5849. Mintz's Buffet. 1982. What's tofu? (Poster). 1040 Third Ave. (between 61 and 62 St.), New York City, NY 10012. 1 p. 28 x 22 cm. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** "It is a low-calorie high protein nutritious food made from soybeans. Tofu has been widely used as a health food and now it is the ingredient for many delicious specialty dishes.

"Try a pie, salad, cake or casserole made with Tofu. You'll enjoy all of them for their superb taste. And you'll be treating yourself to the ideal diet food, with *no cholesterol.*

"Mintz's Buffet Tofu dishes are made without preservatives or artificial ingredients. Only products as good as these can meet the high standards of Kosher cooking."

A nutritional profile follows, showing the composition of 8 ounces of tofu. "Kosher cooking at its finest." Address: New York City. Phone: 212-751-9367.

5850. **Product Name:** Angel Brand Mabo Tofu Sauce.
Manufacturer's Name: Morinaga Milk Industry Co., Ltd.
Manufacturer's Address: 5-33-1 Shiba, Minato-ku, Tokyo 108, Japan.
Date of Introduction: 1982.
Ingredients: Water, vegetable oils (soybean oil, sesame oil), soy sauce, tomato catsup, garlic, sugar, modified food starch, textured vegetable protein (soy flour and caramel coloring), ginger, salt, potato starch, monosodium glutamate, tobanjan (brown bean sauce) waxy corn starch, beef extract, hydrolyzed plant protein, dehydrated leek, chicken extract, oleoresin, paprika, disodium inosinate, disodium guanylate, yeast extract, spices.
Wt/Vol., Packaging, Price: 5½ oz (156 gm).
How Stored: Shelf stable.
New Product–Documentation: Label. 1982. 6.5 by 3.25 inches. Red, blue, green and black on yellow. Color photos show: (1) A package of Morinaga Ever-Fresh Silken Tofu. (2) A shallow blue and white dish of tofu rectangles in Mabo Tofu Sauce. Two illustrations show how to prepare this tofu dish: (1) Pour Angel Mabo Tofu Sauce into saucepan, add

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Angel Tofu, cut into ½ inch cubes. (2) Simmer and stir gently at times for two minutes. If more minced meat is required, add to the mixture according to your taste.

5851. **Product Name:** Nasoya Organic Tofu [Firm Style. Water Packed].
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1982.
Ingredients: Deep well water, organically grown soybeans, natural nigari solidifier (desalted sea water).
Wt/Vol., Packaging, Price: 1 lb packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 140, protein 14.9 gm, carbohydrate 4.5 gm, fat 6.9 gm, sodium 2.5 mg, calcium 57.2 mg.
New Product–Documentation: Label. 1982, undated. 5.25 by 4 inches. Orange, green, yellow, and brown. "Made with well water. Nasoya soy foods for health and happiness. For the Nasoya Tofu Cookbook, send $2.50 to the address below." Technical Specification Sheet. 1983.

5852. **Product Name:** The New Deli Brown Rice & Tofu (Sandwich in a Chapati).
Manufacturer's Name: New Deli (The).
Manufacturer's Address: Del Monte Plaza, 624A San Pablo Ave., Pinole, California. Phone: 415-724-5335.
Date of Introduction: 1982.
Ingredients: Brown rice, tofu, sprouts, carrot & miso, on whole wheat tortilla.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Talk with Paul Duchesne. 1989. July 31. They made this product from about 1982-85. Label sent by Paul Duchesne. 1989. Aug. 11. 3 by 2.25 inches. Black on gray-green. "No added fats or oils."

5853. **Product Name:** Tomsun Soydairy Tofu [Soft Style, or Firm Style].
Manufacturer's Name: New England Soy Dairy Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1982.
Ingredients: Water, soybeans, calcium sulphate, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz: Calories 90, protein 10 gm, carbohydrate 1 gm, fat 6 gm.
New Product–Documentation: Label. 1982. 4 by 5 inches. Plastic film. Green, white and red on clear plastic. Illustration of 3 leaves. Package says, "Pasteurized for Purity. No Cholesterol. No Preservatives. Low Sodium. Water Packed for Freshness." Labels. 1983. Plastic film. 5.25 by 4.25 inches. Blue and red (for soft) or red and blue (for firm) on clear film. "The Perfect Protein." Orange and green on clear film. "The Perfect Protein." Firm comes in both 10 and 16 oz. sizes.

5854. **Product Name:** Tofu Sausage Sandwich.
Manufacturer's Name: New World Enterprises. Renamed New World Natural Foods in 1985.
Manufacturer's Address: 226 Cypress St., Brookline, MA 02146. Phone: 617-232-5973.
Date of Introduction: 1982.
Ingredients: Incl. Weissman's Original Tofu Sausage.
New Product–Documentation: Talk with Emily Merghart Morse. 1992. July 16. This sandwich was introduced in 1982. The main ingredient was Weissman's Original Tofu Sausage,

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made by John Weissman.

5855. Nolan, C.; Harris, N.; Ballard, J.; Allard, J.; Kobayashi, J. 1982. Outbreak of *Yersinia enterocolitica*. *Washington State Morbidity and Mortality Weekly Report* 31:562-64. *
• ***Summary:*** This outbreak involved 87 cases in the state of Washington. The illness was associated with the consumption of locally produced tofu packed together with untreated spring water.

5856. **Product Name:** Tofu.
Manufacturer's Name: Peter Ngai Tofu.
Manufacturer's Address: 240 Waterloo Rd., Carapichima, Trinidad, Trinidad and Tobago. Phone: 868-673-1476.
Date of Introduction: 1982.
New Product–Documentation: Letter from Peter Ngai. 1997. Aug. 14. Peter has been a tofu producer in Trinidad for the past five years. Note: This is the earliest known commercial soy product made in Trinidad.

5857. **Product Name:** The Original Tofu Salad.
Manufacturer's Name: Purist Foods.
Manufacturer's Address: 6014 Techni-Center Dr. Suite 105, Austin, TX 78721. Phone: 512-928-0191.
Date of Introduction: 1982.
Ingredients: Tofu, lemon juice, vinegar, vegetable oil, nutritional yeast, soy sauce, salt, herbs, and spices.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Allen Maurer, consultant. 1988. Oct. 12. Purist foods is still in business, run by Reed Murray. Label. 1988, received. 3 by 2 inches. Green on white. Leaf vine design on sides.

5858. **Product Name:** Tofu "No-Egg" Salad.
Manufacturer's Name: Purist Foods.
Manufacturer's Address: 6014 Techni-Center Dr. Suite 105, Austin, TX 78721. Phone: 512-928-0191.
Date of Introduction: 1982.
Ingredients: Tofu, soy oil, lemon juice, vinegar, honey, salt, herbs, spices.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Allen Maurer, consultant. 1988. Oct. 12. Purist foods is still in business, run by Reed Murray. Label. 1988, received. 3 by 2 inches. Self adhesive. Green on white. Leaf vine design on sides.

5859. **Product Name:** Tofu Hot Dip.
Manufacturer's Name: Purist Foods.
Manufacturer's Address: 6014 Techni-Center Dr. Suite 105, Austin, TX 78721. Phone: 512-928-0191.
Date of Introduction: 1982.
Ingredients: Tofu, soy oil, picante sauce, vinegar, nutritional yeast, honey, soy sauce, salt, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Allen Maurer, consultant. 1988. Oct. 12. Purist foods is still in business, run by Reed Murray. Label. 1988, received. 3 by 2 inches. Self adhesive. Green on white. Leaf vine design on sides.

5860. **Product Name:** Cottage Tofu (Non-Dairy Cottage Cheese).
Manufacturer's Name: Purist Foods.
Manufacturer's Address: 6014 Techni-Center Dr. Suite 105, Austin, TX 78721. Phone: 512-928-0191.
Date of Introduction: 1982.
Ingredients: Tofu, soy oil, vinegar, nutritional yeast, lemon juice, salt, herbs, and spices.
Wt/Vol., Packaging, Price: 8 or 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Allen Maurer, consultant. 1988. Oct. 12. Purist foods is still in business, run by Reed Murray. Label. 1988, received. 3 by 2 inches. Green on white. Leaf vine design on sides.

5861. **Product Name:** Tofu Onion Dip.
Manufacturer's Name: Purist Foods.
Manufacturer's Address: 6014 Techni-Center Dr. Suite 105, Austin, TX 78721. Phone: 512-928-0191.
Date of Introduction: 1982.
Ingredients: Tofu, soy oil, vinegar, nutritional yeast, honey, soy sauce, salt, and spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Allen Maurer, consultant. 1988. Oct. 12. Purist foods is still in business, run by Reed Murray. Label. 1988, received. 3 by 2 inches. Green on white. Leaf vine design on sides.

5862. **Product Name:** The Soy Deli Tofu Burgers (Vacuum Packed).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1982.
Ingredients: Organic tofu, fresh carrots and onions, sesame seeds, sunflower seeds, currants, safflower oil, sea salt, spices.
Wt/Vol., Packaging, Price: 7 oz (199 gm) vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is quality and variety after 80!" Shows all products. Label. 1987. 5 inches square. Orange and brown on white film. "Soy Deli Tofu Burgers contain the finest natural ingredients blended together and deep fried to

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a golden crispness. Just pop in the toaster and serve. Pop 'n serve."

5863. Real Food Tofu Cafe (The). 1982. Brightsong–Menu. 8473 East Rd., Redwood Valley, CA 95470.
• ***Summary:*** The circular logo shows a soybean plant. The hand-written menu begins: "Vegetarian whole foods, specializing in delights from the humble soybean. Free tastes and recipes too. Low-cal, high protein, cholesterol-free, grease-less complete foods! Air conditioned. Smoke free. Tuesday-Friday 12:00–4:00.

Sandwiches $2.00: Tofunofish, baked-spice tofu, missing egg salad, happy-chicken salad, hummous, tofummus, stuffed mochi, not dogs. Desserts: Creamies, cheesecake, cookies, fruit bars, Ice Bean, banana split, frozen joy. Burgers $2.50: Tempeh, tofu, soysage. Drinks: Pure-fruit smoothies, fresh carrot juice, soy shake, apple juice, mineral water, Rush sodas, spirulina smoothies, soymilk, herb tea. Plus! Daily specials. To-go orders Fresh Brightsong tofu and other packaged soyfoods for your convenience. Address: Redwood Valley, California. Phone: (707) 485-7050.

5864. Southfork Tofu Cafe. 1982. Menu. 322 Fuller Ave., Helena, MT 59601.
• ***Summary:*** Many of the menu items contain meat. Soy-related recipes include–Lunch: Sandwiches–McFu cutlet (breaded tofu cutlet sandwich), PTB (peanut butter, bananas, and tofu sandwich). Specialties–Tofu taco, French-fu's (tofu french fries). Salads–Marinated tofu salad. Desserts–Tofu cheesecake. Breakfast: Peanut butter, tofu and banana on toast with hash browns, Soysage with eggs, hash browns and toast, Scrambled eggs, tofu & veggies with hash browns and blueberry muffin. Address: Helena, Montana. Phone: 406-443-5586.

5865. **Product Name:** Silken Tofu (Water Pack).
Manufacturer's Name: Soy Power Company, Inc. (Marketer-Distributor). Made in Los Angeles by Mighty Soy.
Manufacturer's Address: 2811-A Ocean Park Blvd., Santa Monica, CA 90405.
Date of Introduction: 1982.
Ingredients: Organically grown soybeans, filtered water, natural calcium sulfate.
Wt/Vol., Packaging, Price: 12 oz (341 gm) packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 54, protein 5 gm, carbohydrate 1.4 gm, fat 3.2 gm.
New Product–Documentation: Label. 1982, dated. 5.25 by 4.25 inches. Plastic film. Blue and red on clear film. "Creamy not beany. Organic soybeans. 100% natural. High in protein. No cholesterol. Silken tofu is delightfully smooth and creamy when blended. Use as a non-dairy base for salad dressings, mayonnaise, fruit puddings, dips, or spreads." Talk with Kevin Cross. 1988. Sept. 22. This water packed silken tofu was a unique, original product, introduced in 1982. Originally made by Wy Ky, it is now made by Mighty Soy.

5866. Soyateria (The). 1982. Soyfoods specialty shop: Menu. 2847 Dundas St. West, Toronto, ONT, M6P 1Y6, Canada. 1 p.
• ***Summary:*** The menu includes the following soy-related dishes: Hot sandwiches: Tofu not dog. Tofu okara superwich. Soyball submarines. Tofuna submarine. Soysalad submarine. Soy reuben. Tofu delight. Specials: Agé. Side orders: Tofu macaroni salad. Tofu dip–for chips or vegetables. Salad-sandwich spreads: Tofuna. Soya. Tofu macaroni. Beverages: Cashew nut milk. Soymilk shakes (Banilla, Carobana). Desserts: Cheese cake. Puddings. Address: Toronto, ONT, Canada. Phone: 416-762-1257.

5867. Soyfoods company business cards. 1982. 1 p.
• ***Summary:*** 1. Sonoma Specialty Foods (Santa Rosa, California).
2. New Leaf / Quong Hop & Co. (South San Francisco, California).
3. BrightSong Light Foods (Petaluma, California).
4. Farm Foods (Summertown, Tennessee).
5. Soy Power (Santa Monica, California)
6. Farm Foods (Summertown, Tennessee) (Different design).
7. Laughing Moon Food Co. (Venice, California).
8. Auenland Tofu und Soya Produkte (Wildenwart, Frasdorf, Germany).

5868. Soyfoods company logos. 1982. 1 p.
• ***Summary:*** 1. Farm Foods (Summertown, Tennessee).
2. Cleveland Tofu Company (Cleveland Heights, Ohio).
3. Wildwood Natural Foods (Fairfax, California).
4. Tofu Banzai! Hurray For Tofu! (Menomonie, Wisconsin)

5869. **Product Name:** [Manna Tofu (Organic, Nigari, Vacuum Packed)].
Foreign Name: Tofu.
Manufacturer's Name: Stichting Natuurvoeding Amsterdam. Renamed Manna Natuurvoeding B.V. in 1982.
Manufacturer's Address: Meeuwenlaan 70, 1021JK, Amsterdam, The Netherlands. Phone: 020-323-977.
Date of Introduction: 1982.
New Product–Documentation: Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 24-25. Manna started to make tofu in 1978 in a small village north of Amsterdam behind the Manna store. Klaus Hillberg is now the tofu maker. He and one helper make 600 kg/week of vacuum packed tofu. It keeps for 3 weeks. Predated on package. Uses single

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Business Cards

1982

SONOMA SPECIALTY FOODS

DAVID BURNS, Vice President
General Manager

2317 Bluebell Dr., Santa Rosa, CA 95401 (707) 525-8822

NEWLEAF

Quality Soyfoods from Quong Hop & Co.— since 1906

161 Beacon Street • South San Francisco, CA 94080 • 415/873-4444

Dik, Sharon Rose

Brightsong®
Light Foods

707-778-8638

P.O. Box 603, Petaluma CA 94953

FARM FOODS

156 DRAKES LANE
SUMMERTOWN, TN 38483
(615)964-3584

Robert Tepper

Soy Food Products
Vegeterian Catering

TOM BINDER (213) 452-1965

SOY POWER T.M.

HEALTH FOOD DISTRIBUTOR
"SPECIALIZING IN SOY FOODS"

2811 A OCEAN PARK BLVD. SANTA MONICA, CALIF. 90405

Farm Foods

156 DRAKES LANE
SUMMERTOWN, TENNESSEE 38483

Robert Tepper
V.P./Sales

615 • 964-3584
212 • 589-4413

Laughing Moon Food Co.

specializing in quality frozen foods

danielle lin art satren

213 / 396-8616
220 third avenue
venice, ca 90291

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1982

Farm Foods

156 Drakes Lane Summertown, TN 38483
(615) 964-3584

OHIO TOFU INCORPORATED

CLEVELAND TOFU COMPANY

CLEVELAND TOFU COMPANY

MAILING / BILLING
P.O. BOX 18153
CLEVELAND HEIGHTS, OH 44118

DELIVERY / RECEIVING
8021 EUCLID AVENUE
CLEVELAND, OH 44103
(216) 791-5100

Wildwood Natural Foods
135 Bolinas Road Fairfax, CA 94930 (415) 459-3919

Tofu Banzai!
Hurray For Tofu!

Linda Lee Barber – Home Economist 2202 3rd Street East, Menomonie, Wisconsin 54751 715-235-8711

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chamber vacuum pack machine.

Witte Wonder says that Manna's tofu production has not gone up in 3 years. Manna uses its own distribution system to reach 250 health food stores. Talk with Sjon Welters. 1989. Sept. 20. Sjon started working at Manna the second time in Jan. 1980. At that time, Manna was selling tofu in bulk. It was Sjon's idea to start selling it vacuum packed, in part so that it could be labeled. He got the idea of vacuum packing from other Dutch tofu makers in Limburg (maybe in Kirkrade, a city in Limburg), perhaps from Heuschen (which was in Limburg and which private labeled under about 12 different brands), which he recalls were vacuum packing tofu before 1977, especially the tofu that they sold in Germany. Manna bought their vacuum packaging machine at the same time they bought their Takai tofu system, which Sjon thinks was in late 1981 or early 1982. But Takai sales figures show that a tofu production system was sold to Manna on 20 Sept. 1982.

5870. **Product Name:** Pasteurized Tofu: Firm Style. Renamed Organic Tofu: Firm Style by 1992.
Manufacturer's Name: Stow Mills (Distributor).
Manufacturer's Address: Brattleboro, VT 05301.
Date of Introduction: 1982.
Ingredients: Filtered water, organic soybeans, nigari (a salt-free sea mineral, magnesium chloride).
Wt/Vol., Packaging, Price: 16 oz. Retails for $1.19 (7/92, Maryland).
How Stored: Refrigerated.
Nutrition: 7/92. Per 4 oz.: Calories 120, protein 13 gm, carbohydrates 3 gm, fat 6 gm, cholesterol 0 mg, sodium 9 mg.
New Product–Documentation: Label. 1982, undated. 4 by 4.75 inches. Plastic film. 4 color featuring blue, green, red, orange, yellow and white on clear plastic. Picture of plate with brocoli, carrots and tofu with card which says, "100% Natural." Package says, "No Chemicals. No Cholesterol. No Preservatives. Low in Sodium. Low in Calories. High in Protein."

Product with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. Label is 4 by 6 inches. Blue, black, green and orange on white. "Creamy texture. No cholesterol. No chemicals. No preservatives. 100% natural. Low sodium. Los calories. High in protein. High in calcium. Refrigerate 34-38ºF. Vacuum packed for freshness." Ingredients: "Filtered water, organically grown soybeans, natural calcium chloride Nigari–a naturally occurring mineral coagulant, not a preservative." Distributed by Stow Mills, Chesterfield, New Hampshire 03443.

5871. **Product Name:** Baked Marinated Tofu.
Manufacturer's Name: Summercorn Foods Inc.
Manufacturer's Address: 401 Watson, Fayetteville, AR 72701. Phone: 501-521-9338.
Date of Introduction: 1982.
Ingredients: Certified organic soybeans, purified water, natural calcium sulfate, soy sauce, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 3.25 x 2.75 inches. Self adhesive. Brown and green on tan. "High in protein and calcium. No cholesterol. Contact us for detailed nutritional information & menu ideas."

5872. **Product Name:** Bean Cake, Tofu Curds, Pressed Tofu, Grilled Tofu.
Manufacturer's Name: Superior (Tofu) Soy Products Co. Renamed Superior Tofu Ltd. in 1994.
Manufacturer's Address: 1752 Commercial Dr., Vancouver, BC, V5N 4A3, Canada. Phone: 604-253-1050.
Date of Introduction: 1982.
New Product–Documentation: Business card from Percy Chan. Received 1987. Sept. Chinese characters read: Doufu, Doufu-hwa, Dou-jiang, Doufu-gan, Zha-doufu.

Talk with Rita Chan, owner. 1997. June 23. She and her husband started this company in 1982 at 1752 Commercial Dr., Vancouver. Originally they made 4 types of tofu plus soymilk. They stayed at this location until 1992. However in 1986 they expanded into a new location at 438 Main Street in Vancouver. In 1994 they moved out of the building on commercial drive and into their present, much larger building at 1469 Venables St., Vancouver, BC Canada V5L 2G1. Phone and fax: (604) 251-1806. Also in 1994 they changed the company name to Superior Tofu Ltd., the present name. Then in 1996 they moved out of Main St., consolidating all operations at 1469 Venables St. Over the years they have added many new soy products. In Feb. 1997 they started a restaurant named Superior Tofu in the heart of Chinatown in Vancouver. They serve mostly fast foods–using much of their own tofu and soymilk–and they also have a retail outlet.

5873. **Product Name:** Tofu Cutlets: Marinated and Baked.
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1982.
Ingredients: Tofu (water, organic soybeans grown according to Cal. Health Code Sect. 26569.11 and nigari). Marinated in a sauce of Tamari (a natural soy sauce made with water, soybeans, wholewheat and salt). Water, lemon, garlic and kelp.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label of 1985. Received 1988. 4 by 2.5 inches. Self adhesive. Blue, green, gold, and white. "Ready to eat... or reheat, naturally fresh... from our deli. A perfect snack fresh from the pack. Great in your favorite sandwich, diced and sauteed with rice and

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vegetables, or as a main dish. Simple to heat in oven (350ºF, 10 minutes) or frying pan. Perishable, keep refrigerated, 34-39º."

Two Labels (front and back) sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in 1982. Label #1 from Feb. 2002. 3¼ by 2.75 inches. Self adhesive. Blue and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. Label #2. Larger watercolor illustration. More white in the background. Will be used when the company is certified organic in Oct. 2002.

5874. Tofu Shop (The). 1982. Take-out deli foods–Naturally (Menu). 768 18th St., Arcata, CA 95521.
• ***Summary:*** "In our coolers and ready to go. Ready to eat or take home to reheat." Tofu burgers. Tofu-spinach pies. Vegetable pastries (arabian rice, hijiki, burritos). Avocado sandwiches (On 9-grain bread). Vegetable sushi rolls (brown rice, tofu, carrot, green onion, flavored with miso). Tofu-tahini salad. Tofu-herb dip (for chips, raw vegies or as salad dressing). Tofu cream pie (with real maple syrup and fresh fruit). Tofu pumpkin pie (on whole wheat crust with walnuts). Carob-soy pudding (creamy, topped with coconut & nuts). Plus more! The logo is a circular dragon by a circle. "Mon-Sat 9-6. Makers of fine tofu and other soyfoods." Address: Arcata, California. Phone: 822-7409.

5875. **Product Name:** [Tofu, Grilled Tofu, Tea-Time Tofu (Marinated), Vegetable-Soya Patties (Okara)].
Foreign Name: Tofu, Grilltofu, Jausen Tofu, Getreide-Soja Laibchen.
Manufacturer's Name: Tofurei Wels. Renamed Schoen Tofurei in 1987.
Manufacturer's Address: Prinz Eugen Strasse 1, A-4600 Wels, Austria. Phone: 07242/834222, 78073.
Date of Introduction: 1982.
New Product–Documentation: Letters from Norbert Brunthaler of Sojvita. 1988. Jan. 4 and Feb. 2. Price List. 1988. With dates products were introduced. Tofu. 250 gm and 1000 gm. Grilled tofu, 200 gm, is basted in soy sauce and ready to grill. Jausen Tofu, 170 gm, is marinated and pre-baked for use with bread, soups, or salads. The croquettes, 200 gm, provide bulk. A letter from I.A. Gertraud, managing director, notes that Walter Schoen is the owner. In 1987 the company name was changed to Schoen Tofurei. They have created a video about tofu. Envelope reads: Tofurei. Producer of plant foods. Reformfrischdienst.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. He says this is the third largest tofu maker in Austria, after Sojarei Ebner-Prosl and SoyVita.

5876. Tosovic, T. 1982. [Use of soybean products in the milk processing industry]. *Hrana i Ishrana* (*Food and Nutrition*) 23(1/2):43-49. [27 ref. Ser; eng]*
• ***Summary:*** This review, referring mainly to developments in the USA, compares the composition of soymilk and cow's milk, and discusses the production of dairy-type products made from soymilk or soy protein isolate (including soy curd [tofu], yoghurt, cheese, and non-dairy creamers) and the use of soy products with milk or caseinates to produce fatty spreads, filled milks, cultured milk products, etc. Address: Visa Pedagoska Skola za Ekonomiku Domacinstva, Yugoslavia.

5877. Unicorn Village Restaurant. 1982. Menu. North Miami Beach, Florida. 1 p.

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• ***Summary:*** The five "Sensational Sandwiches" include Tofu Reuben Sandwich. The nine Lunch Specialties include: Sweet & sour tofu stir-fry. Unicorn burgers (with tofu). Tofu vegetable tempura. Address: North Miami Beach, Florida.

5878. Well Bean Deli (The). 1982. Menu. Santa Cruz, California. 1 p.
• ***Summary:*** Hot sandwiches: Tofu burger. Tofu Santa Cruz. Tempeh burger. TLT. Falafel burger. Mochi burrito. Bean taco.

Cold sandwiches: Missing egg sandwich. Tempeh salad sandwich. Sushi rolls.

Soups with Ak Mak crackers: Miso. Cream of mushroom (changed daily).

Spreads: Tossed. Tofu salad. Tempeh salad. Salad of the day.

Special entree: Tofu quiche. Tofu eggplant Parmesan (changed daily).

From the deli: Tempeh salad. Missing egg salad. Tempeh chips. Garlic onion dip. Tahini dip. Burger mix. Soy yogurt. Fresh fruit salad.

Desserts: Carob mint pie. Tofu cheesecake. Fresh fruit salad.

Drinks: Carobanana shake. Shake-a-leg hi protein drink. Strawbanana shake. Soymilk–plain, carob. Herb teas (assorted). Fruit smoothie–apple plus choice of orange plus two fruits.

Note: This deli was previously located at 349 Soquel Avenue, Santa Cruz. Address: 594 Redwood Dr., Santa Cruz, California 95060. Phone: (408) 427-2586.

5879. **Product Name:** Santa Cruz Tempeh. Soy-Rice: Tempeh of the Sea with Nori Seaweed (Vacuum Packed).
Manufacturer's Name: Western Soy Complements.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-479-05968.
Date of Introduction: 1982.
Wt/Vol., Packaging, Price: 8 oz vacuum packed. Retails for $1.59 (8/88 Berkeley, CA).
How Stored: Frozen.
New Product–Documentation: Products with Labels purchased in Berkeley, California. 1988. Aug. 30. 2.75 by 5 inches. Black, white and brown. "A cultured soyfood. Preparation: Use as a protein-rich staple food: slice, fry, bake, or steam. Season to taste. Occasional black or grey spots are part of the tempeh culture and not indicative of spoilage.

Note that this company is at the same address as Wildwood Natural Foods of Santa Cruz.

5880. **Product Name:** BRT: Brown Rice & Tofu Sandwich (In a Chapati) [Hot Peanut].
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1982.
Wt/Vol., Packaging, Price: 11.5 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Paul Duchesne. 1989. Aug. 11. "Ready to eat foods, naturally." In the ingredients, the tofu is listed as "Wildwood Tofu" rather than "UFO Tofu by Wildwood." Talk with Paul Duchesne. 1989. Aug. 17. The term "BRT" probably started to be used in late 1981 or early 1982, while Paul was still with Wildwood. The hot peanut flavor was introduced after he left Wildwood in Dec. 1981.

5881. **Product Name:** Tofu-Curry Salad. Later renamed Curry-Tofu Salad.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1982.
Ingredients: Wildwood tofu (filtered water, soybeans organically grown in accordance with the California Organic Foods Act of 1990, nigari/magnesium chloride, a natural firming agent), okara (soybean pulp), celery, carrots, dried apples, soy sauce, safflower oil, curry powder, mustard, apple juice, garlic, spices and salt.
Wt/Vol., Packaging, Price: 12 oz plastic tub. Retails for $2.25.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer. p. 42-43. "Dated for 7 days shelf life." Label. 1983, undated. 3 x 2 inches. Dark and Light green on white. Silhouette of woods with birds. "Ready to Eat Foods. Naturally. Perishable–Keep refrigerated." Saw Tofu Curry Salad and Tofu Veggie / Vegetable Salad on sale in Berkeley. 1988. Aug. 30.

Label sent by Billy Bramblett of Wildwood. 1990.

Label sent by Billy Bramblett of Wildwood. 1998. July. He says this product was introduced in 1982.

5882. **Product Name:** Tofu Noodles (tou-kan ssu).
Manufacturer's Name: Wy Ky Inc.
Manufacturer's Address: 237 San Fernando Rd., Los Angeles, CA 90031.
Date of Introduction: 1982.
New Product–Documentation: Interview with Bill Lee of Wy Ky. 1982. June 29. Wy Ky is the only maker of this product in America.

5883. **Product Name:** Tofu Pudding (toufu hwa).
Manufacturer's Name: Wy Ky Inc.
Manufacturer's Address: 237 San Fernando Rd., Los Angeles, CA 90031.
Date of Introduction: 1982.
New Product–Documentation: Interview with Bill Lee

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of Wy Ky. 1982. June 29. Lee thinks Wy Ky was the first company to make this product in America.

5884. **Product Name:** Five Spice Baked Tofu (Wu-hsiang Tofu-kan).
Manufacturer's Name: Wy Ky Inc.
Manufacturer's Address: 237 San Fernando Rd., Los Angeles, CA 90031.
Date of Introduction: 1982.
New Product–Documentation: Interview with Bill Lee of Wy Ky. 1982. June 29. Lee thinks Wy Ky was the first company to make this product in America.

5885. Aihara, Cornellia. 1982. The *dô* of cooking: Complete macrobiotic cooking for the seasons. Oroville, California: GOMF Press (George Ohsawa Macrobiotic Foundation). 230 p. Illust. by Carl Campbell. Index. 28 cm.
• ***Summary:*** This is a compendium of four seasonal cookbooks, each with the title *The Dô of Cooking* (*Ryorido*), first published individually in 1971. Contents: Preface. Introduction. Selecting good foods. The secret of cooking. Spring. Summer. Autumn. Winter. Glossary. Cutting styles. Topical index (within each major food category {grains, grains with vegetables, seaweeds, beans and tofu, etc.}, recipes are listed alphabetically). Recipe index (of all recipes).

Contains many recipes calling for: Miso, natto, tofu (regular, deep-fried, and frozen). Also: Amazake, azuki beans, kuzu, mochi, sea vegetables, seitan (wheat gluten), sesame seeds and gomashio.

Near the front of the book is a biographical sketch and photo of Cornellia Aihara. She was born in 1926 in Fukushima, Northern Japan. She learned macrobiotics from George Ohsawa when he came to her town (Aizuwakamatsu) for lectures; this changed her life. While in school, she began corresponding with Herman Aihara, who was living in New York. In 1955 he invited her to New York. Although they had never met, she trusted him and went to American with only ten dollars in her pocket. They were married soon after her arrival in New York. There they engaged in retail business. When Mr. and Mrs. Ohsawa came to the USA from Europe, Cornellia studied macrobiotic cooking by helping Mrs. Lima Ohsawa at the first macrobiotic summer camps on Long Island in 1960; in the Catskill Mountains in 1961; at the University of California at Chico in 1963; and at the Big Sur Camp in 1964. Since 1961 Cornellia has devoted her life to the teaching of macrobiotic cooking, childcare, home remedies, and philosophy. Since 1965 Cornellia and Herman Aihara have organized fourteen macrobiotic summer camps in California; her cooking has been the biggest attraction.

On the cover is a large color photo of freshly prepared food, including slices of deep-fried tofu. Address: 902 14th St., Oroville, California 95965.

5886. Alejandro, Reynaldo G. 1982. The Philippine cookbook. New York, NY: Coward, McCann & Geoghegan. 256 p. Illust. Index. 25 cm.
• ***Summary:*** Tausi [fermented black soybeans] is called for in two recipes: Lapu-lapu with tausi: Grouper with black bean sauce (with "1 tablespoon minced ginger, 4 tablespoons tausi {black beans; sold in Oriental food stores}, p. 141). Alimango sa tausi: Crabs in black bean sauce (with "8-ounce can black bean sauce," p. 149).

Bean curd or tokwa is called for in recipes on 7 pages including p. 19, 33, 140, 141, 163, 167, 187. Page 163: "1 cup diced tokwa or bean curd (sold in Oriental food stores)."

Soy sauce is mentioned on 58 pages, including pages 12, 13, 18, 20, 23, 24, etc. "Adobo" is defined as "cooked in vinegar, soy sauce, and garlic."

The "Glossary" (p. 238-41) includes: Misu–soybean paste. Tausi–black soy beans, salted and fermented. Togue–bean sprout. Tokwa–soy bean cake [tofu]. Address: Manhattan, New York City, New York.

5887. American Soybean Assoc. 1982. Tofu and the American soybean. *Checkoff Successfile.* Japan #105. 2 p.
• ***Summary:*** Contents: Summary. The problem. ASA's program and execution. Results. "In 1958 Japan's tofu industry used only 955,000 bushels of U.S. soybeans. Government restrictions and the tofu industry's quality

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standards held back the growth of U.S. imports by the tofu industry." Meanwhile Japanese tofu makers were using nearly 8 million bushels of soybeans grown in Japan or imported from China.

Step 1. ASA arranged for two senior Japanese food scientists to spend several months at USDA's Northern Regional Research Lab in Peoria, Illinois. They conducted research on tofu and miso to determine which U.S. soybean varieties worked best. "At the same time, ASA, the Japan Tofu Association, and the Food Research Lab of the Japanese Ministry of Agriculture repeated the tests using various varieties of U.S. soybeans.

"The result was the development of a soft tofu production method, which gave reduced loss of water-soluble proteins and higher yields of tofu [because the tofu contained more water]. "Most important to U.S. farmers it was discovered that U.S. soybeans were the most suitable to the new process."

Next a "series of technical seminars were held in which demonstrations were presented to illustrate the superior quality of U.S. soybeans and the new processing methods." Gil Griffis, ASA director for Asia, says, "We succeeded in destroying the myth that only Japanese and Chinese soybeans could serve the tofu market."

ASA's next goal was to increase tofu consumption in Japan. In cooperation with the Japan Tofu Association, ASA conducted a nationwide series of cooking classes from the back of a kitchen-equipped bus that traveled from city to city. New tofu recipes were developed to appeal to the young homemaker. Several of the cooking seminars were televised, thus expanding the audience. "In addition, attractive posters were created and displayed outside nearly 25,000 tofu shops in Japan.

"Results: After 22 years of promoting U.S. soybeans to the Japanese tofu industry, the U.S. has made great inroads into the market. Last year Japan's tofu industry used nearly 17 million bushels of soybeans. Nearly 16 million bushels of the total industry purchases [about 94%] came from the U.S.–the production of over half a million acres of U.S. soybeans."

A large graph shows "Consumption of whole soybeans in foods" from 1975 to 1980 [in Japan]. Tofu and others has risen from 525,000 tonnes (metric tons) to about 590,000 tones. Miso has remained unchanged at about 180,000 tonnes. Photos show: (1) ASA's Ms. Kojima with a Japanese man making tofu in a traditional shop. (2) An ASA cooking class attended by women. (3) A Kentucky Fried Chicken outlet in Japan. Address: St. Louis, Missouri 63141.

5888. An, Tzu-chieh (An, Zijie). 1982. Cracking the Chinese puzzles. 5 vols. Hong Kong: Stockflows Co. 24 cm.
• ***Summary:*** Vol. 2, p. 1099 contains an entry for the Chinese character "Fu," which means "rotten, putrid, stale, corroded, bean curd,..."

Doufu is "bean curd."

Furu is "fermented bean curd." *Fuzhu* is "dried bean milk cream in tight rolls" [i.e., shaped into tight rolls–called "dried yuba sticks]."

Note: Vol. 2 contains pages ix + p. 675-1358.

5889. Aykroyd, Wallace R.; Doughty, Joyce. 1982. Legumes in human nutrition. 2nd ed. Revised by Joyce Doughty and Ann Walker. Rome, Italy: Food and Agriculture Organization of the United Nations (FAO). viii + 152 p. Illust. 28 cm. The original edition was 1964. [293* ref. Eng]
• ***Summary:*** Contents: Preface. Introduction. History of legumes. Production and consumption. Composition and nutritive value. Methods of processing and cooking. Effects of processing on nutritive value. Toxic substances. Legume proteins. Observations on the value of legumes in human feeding. The place of legumes in human diets. Appendixes. References.

On pages 49-51 are sub-sections on: Traditional fermented soybean products (methods of home preparation are detailed in Appendix 5, p. 120-22): Soy sauce (shoyu), soy paste (miso), tempeh, natto, Hammanatto. Protein separation and other extraction techniques. Soy-milk. Soybean curd (tofu). Modern products from soybeans. Soy flour and grits. Soy protein concentrates. Isolated soy protein.

Under tofu (p. 50): "The curd may also be fermented to make soy-cheeses, which resemble the more highly flavoured European cheeses. These are known in China as *chou tofu*, which means stinking bean curd." See also p. 120, where yuba is mentioned.

Note: This 1982 edition was made by revising the original 1964 edition. Ann Walker is from the Dep. of Food Science, University of Reading. Dr. Wallace Aykroyd died in Feb. 1979 just as he was taking the first steps toward this revision. Address: 1. Dep. of Human Nutrition, London School of Hygiene and Tropical Medicine; Former Director, Nutrition Div., FAO, Rome, Italy.

5890. Berman, Louis Arthur. 1982. Vegetarianism and the Jewish tradition. New York, NY: Ktav Publishing House, Inc. xxi + 119 p. Illust. General index. Index to Biblical references. Nutrition and cookery index. 24 cm. [115* ref]
• ***Summary:*** Contents: Preface and acknowledgments. Foreword by Rabbi Zalman Schachter. Introductory remarks on vegetarianism by Dr. Jean Mayer. 1. One man's meat is another man's porridge. 2. Compassion for animals in the Hebrew Bible. 3. The psychological roots of human compassion. 4. The craving for flesh. 5. Slaughter as a mode of worship. 6. The dietary laws as atonements for flesh eating. 7. The celebration of life. 8. What science can tell us 9. Steps toward vegetarianism in recent Jewish life. 10. Eight questions and answers. Appendixes: I. What's cooking? II. Protein complementarity. Notes.

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Foods mentioned include: Gluten (wheat protein). Lecithin. Marmite. Peanut butter. Tofu (p. 82, 106). TVP (p. 76). Address: Univ. of Illinois at Chicago Circle.

5891. Bernstein, Richard. 1982. From the center of the earth: The search for the truth about China. Boston & Toronto: Little, Brown and Co. xii + 260 p. Index. 24 cm.
• ***Summary:*** Page viii, titled "A note on romanization," states: "Every system ever devised for rendering the Chinese language into the Roman alphabet has its imperfections. The Communist Chinese in 1979 put into use an alphabet called *pinyin* (literal meaning: combine sounds) that has gained international acceptance. It is the system that I have used for most Chinese names and phrases. It has a couple of idiosyncrasies. The initial *x* is pronounced like the English *sh;* for example, *Deng Xiaoping* might be more phonetically rendered as *Deng She-ao Ping.* The letter *q,* which in *pinyin* is sometimes not followed by a *u,* sounds like the English *ch,* as in the Emperor *Qianlong* (pronounced *Chee-en Loong*). The letter *c* is pronounced *ts,* as in *Cao Yu,* the famous dramatist, whose name was formerly spelled *Tsao Yu.* Otherwise, *pinyin* gives a pretty close idea of the way Chinese words are actually spoken.

"In two kinds of situations, however, I do not use *pinyin.* First, for two well known figures, Mao Tse-tung and Chou En-lai (*pinyin* would be Mao Zedong and Zhou Enlai), I have stuck with the old alphabetization for reasons of greater familiarity. The second case concerns some words that by common practice have for decades been spelled in a way that conformed to no standard system of romanization. These include the place-names Peking (*pinyin:* Beijing), Canton (Guangzhou), Nanking (Nanjing), Chungking (Chongqing), and Hong Kong (Xianggang), as well as a few historical figures, like the ancient philosopher Chuang-tse and Nationalist leader Chiang Kai-shek. These alphabetizations are more likely to be recognized by the nonspecialist than are the standardized *pinyin* spellings."

During the "three disastrous years"–the period from 1959 to 1961–after the Great Leaf Forward, there was extensive starvation in China, but the number of those who died were never made public (p. 199).

Tang remembers the time that "prisoners were given some pieces of bean curd to eat. She was so overjoyed that she didn't want to eat all of it at once but kept some of it apart and managed to ferment it. She says that it was the most delicious thing that she ever ate in her life" (p. 213). Address: Time magazine correspondent, China.

5892. Blair Island. 1982. Menu. Eugene, Oegon. 1 p. both sides. 24 x 11 cm. Black on yellow.
• ***Summary:*** This soy deli serves breakfast and lunch. Soy-related products in the breakfast menu include: Tofu pocket (sauteed tofu in a pita pocket). Tofu scrambles (Blair Island style tofu, sauteed onions and cheddar cheese). Tofu breakfasts: "Blair Island style tofu is pressed, then sauteed with seven herbs, spices, and shoyu. Served with sprouts, fresh-baked toast or muffin and a side of sweet and sour tomato sauce. Regular (tofu, sprouts and sauce), or Special (tofu smothered with mushrooms and onions)." Side orders: Cup of tofu. Cashew milk.

Lunch. Tofu tia (tofu with sprouts and sauce wrapped in a corn tortilla). Tofu pocket sandwich. Tempeh tia. Tia special. Buddah burger (tofu-mushroom burger). Temptation (tempeh burger). Tempeh burrito. Bean burrito with tofu sour cream. Salads with tofu sour cream dressing. Tofu cheesecake desserts with different toppings.

Note: This company was in business in Aug. 1979, located on an island between two branches of the road. Address: 325 Blair Blvd., Eugene, Oregon 97402. Phone: 683-5117.

5893. Bunka Shuppan Kyoku. 1982. Tôfu no hon: Tsukutte tabeyô [The book of tofu: Let's make and eat]. Tokyo: Bunka Shuppan Kyoku. 94 p. Illust. Index. 25 cm. [Jap]
• ***Summary:*** Packed with recipes and color photos, this book also describes how to make tofu at home (a wooden tofu kit is pictured on page 95), and gives a brief history of tofu (by Abe Koryu), with two early woodblock prints. One print (p. 91) from the *Wakoku Shoshoku E-zukushi,* by Hisakawa MORONOBU (a famous Japanese artist of the Edo period) (1685) shows a Japanese man carrying two water-filled wooden tubs of tofu suspended by 4 ropes at each end of a shoulder pole. He is selling tofu, probably in Kyoto. To his left is walking a kimono-clad woman, with a similar wooden tub (covered with a cloth but probably containing tofu) atop her head. She probably bought the tofu from him. Both people are bare footed. The caption says: "Please eat tofu. I came all the way from Nara."

The other print (p. 92) titled "Tofu seller" (*Tofu uri*) from the book *Shichijû-ichiban Shokunin-zukushi Uta Awase,* by Mitsunobu TOSA (1657) shows a Japanese woman seated on her heels in the seiza position on the ground behind a short table (about 4 inches high, 4½ feet long, and 14 inches wide). On the table is one large cake of tofu (about 10 inches square and 3 inches high) and four smaller pieces (each about 6 inches square and 1 inch high).

5894. Butterfield, Fox. 1982. China: Alive in the bitter sea. New York, NY: Bantam Books. 468 p. Illust. Index. 23 cm.
• ***Summary:*** A section discussing food shortages and rationing (p. 100-01) states that each neighborhood state grocery shop issues a special type of ration booklet. "It includes monthly allotments of soap, sugar, bean curd, corn starch, some types of fish, and several Chinese delicacies like sesame paste and vermicelli noodles made from green beans."

In Chongqing–a city in Sichuan province that was Chiang Kai-shek's wartime capital–the author enjoyed "a

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peppery bean-curd treat" (p. 105-06). Getting enough to eat is an obsession for most Chinese. Popular cooking oils (especially peanut or rapeseed oil) are hard to get (p. 117). Address: Peking, China & USA.

5895. Chen, Jiying. 1982. Yi dai zhen qi ren: Li Shizeng zhuan [Legend of a generation: Biography of Li Shizeng (Li Yu-ying)]. Taipei, Taiwan: Jin dai Zhongguo chu ban she: Zong jing xiao Zhong yang wen wu gong ying she, min guo 71 [1982]. 4 + 4 + 4 + 350 p. + [8] p. of plates. Illust. 22 cm. Series: Xian lie xian xian zhuan ji cong kan, Jin dai Zhongguo cong shu. [5 ref. Cht]

• ***Summary:*** Li Shizeng is the "courtesy name" of Li Yu-ying. Li's courtesy name was used mostly in his political and public life. This book is written using the Taiwanese form of Chinese characters, which most Chinese from mainland China have great difficulty reading. The author of this book is a woman.

Contents: 1. Ancestry. 2. Birth and childhood. 3. Life as a young adult. 4. From Yi He Tuan to founding of Republic of China. 5. Political life while studying abroad. 6. Cruise on Xin Ming and others. 7. Jin De Club and the Work-Study Club. 8. World Club. 9. Li Huang-works while studying abroad. 10. Summary of the life of work-study students in France. 11. Club of Chinese in France and Communist Party in France. 12. Li Shuhua–works while studying abroad. 13. End of the Ch'ing Dynasty and the National Palace Museum. 14. Revolutionary Army and University of China-France. 15. The meaning of Revolution and Social Movement of Saving the Republic Party and the Country. 16. Start and end of Beijing University. 17. Founding of Federal Beijing Research Institute and Development, and the Result. 18. Transformation of Pan Yang and Government movement to Taiwan. 19. Late life of Li Shizeng and Mung Do. 20. Li's legacy.

Li's work with soybeans: Page 41. Li attended a university in France, where he majored in biochemistry. He discovered that, not only could many kinds of nutritious food be made with soybeans, but soybeans could also be used to make fake ivory, which no one had ever discovered before. He wrote his first book, *The Soybean*, which was published in France. Note: There is no mention that Li did any work with soybeans when he returned to China.

Pages 42-43: After staying in France for 6 years, Li Yu-ying went back to China in order to raise funds for his tofu company. Six months later, he returned to France with 5 workers. They bought machines and set up the tofu company at a place near Paris, called Colombes. The name of the company is *Usine Caseo-Sojaine*, and it produces foods made from soybeans.

Page 44. In 1909, Sun Zhong-shan [Sun Yat-sen] (founder of the Republic of China) visited the company and wrote, "My friend Li Shizeng has conducted research on soybeans, and advocates eating soybean foods instead of meat." That is the principle of the tofu company.

Pages 110-11: Mr. Li was a biochemistry major while he was studying in France. The company only made sweet soy bean cake for Chinese workers and dried bean curd. He tested the nutritional composition of soybeans. The result: Soy beans contain more oil and protein than milk. He founded a tofu company in Paris and a vegetarian restaurant. Unfortunately the French didn't like to eat tofu; they didn't even like soy milk. So the business of the tofu company was not so good towards that end.

Li Shizeng's genealogy: Father: Li Hong-Zao (1819-1897), who had 2 wives. The 2nd wife (Yang Shao-Ji) was the mother of Li Shizeng (Li Yu-Ying). Li Yu-Ying had 5 brothers and 4 sisters. Li was the 5th boy in the family. Brothers (Birth and death dates not given): (1) Li Zhao-Ying. 2nd and 3rd brothers died at early age. (4) Li Kuan-Ying. (5) Li Yu-Ying (Li Shizeng). Sisters (Birth and Death dates not given): (2nd sister) Li Shu-Yi; died at early age. (4th sister) Li Shu Lian; died at early age.

There were four women involved in Li Shizeng's life. He was married 3 times, and lived with one other woman. First wife: Yao Tong-Yi. Married in 1897 when Li was 17. Yao, who was Li's cousin, died in 1940. They had two children, a boy (Li Zongwei) (1899-1976) who married Ji Xieng-Zhan, and a girl (Li Yamei) (birth and death dates not given) who married Zhu Guangyi. Li Shizeng had two grandsons and one granddaughter from this marriage: Grandsons: Li Da-Yang. Li Er-Yang. Granddaughter: Li Ai-Lian.

After Yao died, Li Shizeng was in a relationship with an American woman called Mrs. Vegetarian (Ru Su). They met in New York and were involved with each other there from 1943-1947. Li's second wife: Lin Su Shan. Married in 1947. Lin died in 1954. Li's third wife: Tian Baotian. Married in 1957 when Li was 77. Tian was 42. Tian later moved to the USA and stayed there for the rest of her life.

On page 349 is Li's biography.

Note: Li Yu-ying, a soyfoods pioneer in Paris, France, lived 29 May 1881 to 3 Sept. 1973.

Of the 8 glossy pages of plates, there are 7 photos of Li, including one portrait and three in considerable detail. These photos show:

(1) Li Shizeng in about 1961. (2, top): Li Shizeng and classmates in 1900; Li is in the top row, far right. (3, bottom): Founders of World Club (right to left): Li Shizeng, Zheng Jing-Jiang, Wu Zhu-Hui.

(4) Li Shizeng and the president of Republic Party [in Taiwan] in 1953.

(5) Li Shizeng and his third wife Tian Baotian in 1958. (6, top): Li Shizeng in 1972.

(7, bottom): Li Shizeng giving a speech in Taiwan in 1973. Address: Big Lake Road, Inner Lake, Taipei, Taiwan (ROC).

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5896. Coyle, L. Patrick, Jr. 1982. The world encyclopedia of food. New York, NY: Facts on File, Inc. xv + 790 p. Illust. Index. 28 cm.
• ***Summary:*** Contains basic information (sometimes interesting, often superficial, with quite a few errors) about some 4,000 foods and beverages, including worldwide staples (potatoes, soybeans, apples), local specialties, delicacies, major brand-name products (Coca-Cola) and oddities (penguin eggs, grasshoppers). With 200 line drawings, 150 black-and-white photos, and 50 color plates.

See entries for soybean (incl. black soybeans, fermented tofu, miso, soybean flour, soybean milk, soybean oil, soy sauce, tempeh; tofu, "white soybeans"), and Worcestershire sauce (which "is said to contain more than 100 ingredients, including soy sauce, vinegar, molasses, chili, anchovies, garlic, shallots, tamarinds, limes and many spices").

Tofu: "A fermented form of this, called stinking tofu, is a favorite snack of the Chinese. It has a pungent smell and is usually deepfried [deep fried] and seasoned with soy sauce, vinegar, mashed garlic or chili paste. The food value is high..." (p. 643).

Note: This is the earliest English-language document seen (Oct. 2011) that contains the term "stinking tofu."

Also has entries for: Almond, chufa, peanut, peanut butter, peanut oil, seaweed (incl. algae, dulse, laver, rock weed / sea wrack, agar-agar, carrageen, kelp), sesame (with illustration of leaves, flower, and pods). Address: Freelance writer, Oceanside, California.

5897. Daenzer, A. Walter. 1982. Tofu, l'invitation au pays de cocagne [Tofu, invitation to the land of Cockaigne]. Zurich, Switzerland: Editions Bewusstes Dasein. 107 p. Illust. No index. 21 cm. [Fre]
• ***Summary:*** Contains 100 recipes. Contents: Soy proteins. What is tofu? How is tofu made? A visit to a tofu factory. The biological value in food and diet. Tofu and soymilk in Third World Countries. 100 tofu recipes from the land of milk and honey.

Note: Cockaigne, or Fool's Paradise, is often contrasted in literature to The Garden of Eden. *Webster's Dictionary* defines Cockaigne (from the Middle English *cokaygne*, which comes from the Middle French (*pais de*) *cocaigne* = land of plenty), a term first used in the 14th century, as an imaginary land of great luxury and ease. Note also the connection with the addicting drug cocaine. Address: Soyana, Friedensgasse 3, CH-8002, Zurich, Switzerland.

5898. Daenzer, A. Walter. 1982. Tofu, die Einladung ins Schlaraffenland [Tofu, invitation to the land of plenty]. Zurich, Switzerland: Verlag Bewusstes Dasein. 97 p. Illust. 21 cm. [Ger]
• ***Summary:*** Contains 100 recipes. Contents: 1. Soy protein–Food of the future. 2. What is tofu? 3. How is tofu produced. 3. A visit to the Soyana tofu shop (Tofurei; includes a discussion of Sri Chinmoy and 8 photos of the Soyana tofu-making process). 4. The value of organic tofu for nutrition and the diet. 6. Tofu and soymilk in developing countries. 7. 100 tofu recipes from the land of milk and honey.

The author talks a lot about purines, antibiotics, hormones, and cholesterol in meat. Also emphasizes organically grown (biologisch) soybeans and tofu (made at Tofurei), and Reform Houses. Living Farms, one source of organic soybeans, was founded on 6 Jan. 1975. Address: Soyana, Zurich, Switzerland.

5899. Editors of Time-Life Books. 1982. Dried beans and grains. Alexandria, Virginia: Time-Life Books, Inc. 176 p. Illust. Index. 28 cm.
• ***Summary:*** Soy-related recipes include: Stewed bean curd (p. 108). Fried bean curd (p. 108). Mrs. Chen's bean curd (Ma-po dou-fu, p. 109). Sizzling bean curd with ginger ankake sauce (p. 109). Bean curd and vegetable tempura (p. 110). Red-cooked pork chops with bean curd (p. 110). Home-style bean curd (p. 110-11). Seafood sizzling rice (San hsien kuo pa) with soy chicken sauce (p. 135). Bean (soy) and chicken stew (p. 159). Split peas with barley (and soy grits, p. 161). Bean curd (p. 165). Address: Alexandria, Virginia.

5900. Elliot, Rose. 1982. Vegetarian dishes from around the world. 1st American ed. New York, NY: Pantheon Books. xxii + 296 p. 17 line drawings. Index. 24 cm.
• ***Summary:*** The name of each of these traditional vegetarian recipes is given with its country of origin. The only soy-related recipe that could be found was Mushrooms and tofu (China, p. 104-05). The introduction to this recipe states: *"Tofu*, or bean curd, is creamy white and extremely high in protein. It is sold in small squares in Chinese-food shops and now that tofu is gaining in popularity, even in your regular grocery store."

"Originally published in a somewhat different form in Great Britain as *Vegetarian Dishes of the World* by William Collins Sons & Co. The author, a self-proclaimed vegetarian since the age of 3, is one of England's most popular cookbook authors. She was born and educated in England, and now lives in Hampshire with her husband and 3 daughters. "The real strength of the British contribution lies in baking... I love the easy-going, inventive feel of American cookery; its exciting and its fun. Address: Hampshire, England.

5901. Goulart, Frances Sheridan. 1982. The vegetarian weight loss cookbook. New York, NY: Simon & Schuster. 176 p. Index. 24 cm. Series: A Wallaby Book.
• ***Summary:*** Tofu is discussed on pages 26, 46, and 59. Soy-related recipes include: Mock Mayo (with tofu, p. 97). Low-calorie thousand island dressing (with tofu, p. 99). Ma Bell (with cooked soybeans, p. 100). Vegetarian stroganoff

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(Mushroom-tofu stew, p. 101). Plain brown wrappers (soy flour crepe, p. 112). Broiler-maker bean curd (with tofu, p. 112-13). 20 carrots tofu (p. 15). Tofu "bacon" (p. 118-19). Breadless breakfast squares (tofu toast, p. 132-33). Tofu whipped cream (p. 142).

5902. Hagler, Louise. 1982. Soja Total. Das vegetarische Kochbuch der Tennessee-Farm [Total soya. The vegetarian cookbook of the Tennessee-Farm]. Hamburg, West Germany: Papyrus Verlag. 200 p. Translation by Elizabeth Leihs of *The Farm Vegetarian Cookbook* (1978, English). Illust. 21 cm. [Ger]
• ***Summary:*** This interesting vegan cookbook book is loaded with creative recipes, illustrations (line drawings), and black-and-white photos. Contents: Beans. Soyameat (TVP). Italian dishes. Chili rellenos, nixatamal and masa. Nutritional yeast. Knishes. Soups. Uncle Bill's recipes. Gluten. Tempeh. Miso. Soymilk. Ice Bean (Soymilk ice cream, p. 4, 96-98). Soy yogurt. Tofu. Pureed tofu. Yuba. Soy coffee. Soynuts. Soya pulp (okara). Soy flour. Vegetables. Bread. Cereal grain recipes. Breakfast breads and pancakes. Desserts. Nutritional advice.

Note: This is the earliest German-language document seen (March 2007) that mentions soy ice cream, which it calls *Soja-Eiskrem, Eis-Bohnen,* or *Schokoladen-Bohnen-Eiskrem.* Address: Summertown, Tennessee.

5903. Hara, Eddie H. 1982. Le tofu dans la cuisine macrobiotique [Tofu in macrobiotic cuisine]. Paris: Guy Tredaniel. Éditions de la Maisnie. 85 p. Illust. No index. 25 cm. Preface by Clim Yoshimi. [Fre]
• ***Summary:*** This attractive book, featuring 36 recipes, starts with one for homemade tofu, and includes recipes for tofu mayonnaise, tofu omelets, salads, soups, bread, tofu hamburger, tofu steak, and desserts. Address: Japanese photographer living in France.

5904. Hayashi, Harutaka. 1982. Shinsen tôfu hyakuchin [One hundred new tofu favorites]. Tokyo: Chuo Bunko. 260 p. No index. 16 cm. [1 ref. Jap]
• ***Summary:*** Contents: Preface. Introduction. Contains 100 recipes in Japanese alphabetical (IROHA) order. Tofu Hyakuchin new selected edition. [A modern edition of old *Tofu Hyakuchin* book.] Dengaku. Various thoughts on tofu. Address: Obaku, Japan.

5905. Henderson, Bruce R. 1982. Oakland organic: A vegan primer. Albany, New York: Caboose Press. 200 p. Illust. 23 cm. [24 ref]
• ***Summary:*** This is a book about veganism which contains a few vegan recipes near the back. It focuses on the San Francisco Bay Area and urban areas, and contains extensive information about soybeans and soyfoods, much of it inspired by *Yay Soybeans,* from The Farm in Summertown, Tennessee. As follows: Miso, and Soya-Mineral Bouillon (Dr. Bronner's) (p. 19). Soy as an alternative protein source (p. 37-43). Soymilk (p. 53-56; Jethro Kloss). More soy (p. 57-61; soy pulp [okara] pudding, soysage, Garden of Eatin' Soy Jerky (illustration of package), Brightsong Missing Egg Tofu Salad (illustration), soy yogurt (fermented), soy tofu–hard, baked, or fried). Sprouting (p. 67-70; incl. soybeans). Fermented foods (p. 71-74; incl. tempeh, raw tofu). Snacks & quick foods (p. 88-96; incl. Ice Bean–soy ice cream, Ice-C-Bean). Miso and soy sauce (p. 120-21). Soy-related recipes: Baked apples with miso (p. 185-86). Tofu cheesecake (p. 188-89). Soysage (p. 193). Soy ice bean (p. 195). Note: Bruce Henderson was born in 1946. Address: Oakland, California.

5906. Holthaus, Fusako. 1982. Tofu cookery. Tokyo: Kodansha International. 159 p. Illust. Index. 27 cm. Though published in Japan, this book was sold mainly in America.
• ***Summary:*** Contents. Introduction. Recipes: 1. Hors d'oeuvres. 2. Soups. 3. Main dishes. 4. Salads. 5. Sauces, dips, and spreads. 6. Breakfast and lunch. 7. Baking. 8. Desserts. Address: Japan & Washington state.

5907. Hooker, Alan. 1982. Vegetarian gourmet cookery. Revised ed. San Francisco, California: 101 Productions. New York: Distributed by Scribner. 185 p. Edited by Helen Morrow. Illust. by Sara Raffetto. 21 cm.
• ***Summary:*** The author started and ran the Ranch House Restaurant in the Ojai Valley of southern California, which served vegetarian food. Soy-related recipes include: Baked soy beans (p. 69). Sesame-soy bread (p. 76). Tofu with tempura vegetables (p. 126). Soybean loaf (p. 132). Mushrooms with tofu (p. 148). Address: Ojai, California.

5908. Horsley, Janet. 1982. Bean cuisine. Stable Court, England: Prism Press. 89 p. Illust. (by Andrew Pomeroy). 20 cm. General index. Recipe index. U.S. edition published in 1989 by Avery Publishing Group (Garden City, New York). * Address: England.

5909. Iibuchi, Sadaaki; Yano, Yoshimasa; Kawashima, Masao; Nakagawa, Keizo. 1982. Energy analysis of a kori-dofu plant. *J. of Food Engineering* 1(1):17-29. [35 ref]
• ***Summary:*** In a plant which used 13 operations to process 6 tons/day of soybeans to make dried-frozen tofu (kori-tofu), total energy consumption per 1 kg of dried-frozen tofu was 27.1 MJ of fuel energy plus 8.3 MJ of electrical energy. This total of 35.4 MJ of energy required to produce 1 kg of product is rather high compared to the energy required to make other foods. The waste-water treatment consumed more energy than the entire manufacturing process. The analysis was made in 1980 on a plant owned by Habutae Tofu Co. Ltd., Kanazawa-shi, Japan. The term "exergy" (the ability of work) is used frequently. Address: 1-2. Dep.

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of Agricultural Chemistry, The Univ. of Tokyo, Tokyo 113, Japan; 3-4. Habutae Tofu Co. Ltd., Kanazawa-shi, 921, Japan.

5910. Jack's Beanstalk. 1982. Tofu institutional recipes: Developed for schools and college by Brigham Young University Food Science and Nutrition Department (Recipe cards). Salt Lake City, Utah. 11 cards.
• ***Summary:*** The research report contains: 30 tofu recipes–15 entrees. Each recipe card, 5½ by 8½ inches, is color coded: Soups (salmon cards), salad dressings and salads (green), breads and pancakes (blue), entrees (yellow), and desserts (pink). Each recipe yields 100 servings. All recipes have been used successfully in cafeteria kitchens on the Brigham Young University (BYU) campus. Research data showing staff and student acceptability. Cost comparison of tofu to animal products. Preparation techniques and equipment for the institutional kitchen. An attitude survey with recommendations for a successful introduction of tofu to staff and students.

The recipes are: Canadian cheese soup with tofu. Guacamole with tofu. Creamy blue cheese dressing. Thousand island dressing. Potato and tofu salad. Grenadine tofu dressing. Corn bread with tofu. French toast with tofu. Banana nut tofu bread. Buttermilk and tofu hotcakes. Macaroni and cheese and tofu.

Note: A letter dated 8 June 1982 from Bonnie Roddy of Jack's Beanstalk, Inc. (Salt Lake City, Utah), on company letterhead, announces the publication of these institutional recipes. Jack's Beanstalk funded this research at a cost of more than $2,000. Address: 2160 West 2300 South, Salt Lake City, Utah 84119. Phone: 801-973-9777.

5911. Jenkins, Suzy; Praskin, L.; Praskin, A. 1982. Plenty integrated soy program, Guatemala. Summertown, Tennessee: The Book Publishing Co. 48 p. Illust. 28 cm.
• ***Summary:*** This remarkable, inspirational, creative booklet contains the best summary of Plenty's Solola Soy Program, with 71 excellent black-and-white photos, many of them taken by Jenny Banks Bryant and others. "Plenty Canada" (founded in 1976 by a group of Canadians) provided the funding for this project and Plenty International provided the volunteers. It was a very successful and innovative project, that unfortunately was suspended in 1980 when the political situation became too dangerous for Americans to stay in the area. Happily, it was restarted by Plenty Canada in mid-1985 and as of early 1988 is active and growing.

Contents: Plenty. Preface. Soy agricultural program. Soy demonstration program. Soy extension program. Step-by-step demonstration process (how to make soymilk and tofu in a Guatemalan village). Plenty Solola soy dairy. Soy dairy floor plan and flow sheet. Step-by-step production procedures. Marketing soy products. Poor people and nutrition. Training apprentices. Appendix.

The Preface, by Plenty director David Purviance, notes that Plenty went to Guatemala in 1976 to help with reconstruction following a severe earthquake. Plenty set up a primary health care program and an orphanage. "In these programs, we fed soymilk to the children who were brought to us for care. The beneficial effects on these malnourished kids were unmistakable. Many of the Indian mothers observed that our own children remained healthy on a soy-based diet. Living in the village and learning the language and lifestyle of the people, Plenty volunteers remained accessible to our Indian neighbors.

"In 1978, agronomist Daryl Jordan began testing the feasibility of growing soybeans in the highland area. The results were good, and Suzy Jenkins started demonstrating how to make soymilk and tofu in some of the local homes. As interest and support for the soybeans grew, they were joined by Laurie and Alan Praskin to help expand the project. During the next two years, their efforts produced a three-phase program of soy introduction that improved the lives of several thousand Guatemalan Indians. What follows is their account of a program that included the cultivation of soybeans by village farmers, home demonstration of soy preparation techniques and the creation of a village-scale soy dairy which produces soy ice cream and tofu for sale in the local market and for free distribution to hungry kids."

Page 15 states: "The Extension Program was implemented by one soy technician and the 18 trained cooperative extensionists. In six months over 1,000 men and women were taught how to make soymilk and tofu through this program. One hundred ten classes were held in 74 different areas." Photos show tofu and soymilk being made. Thirteen photos (p. 12-17) show the step-by-step process for making tofu in a Guatemalan village, including:

(1) San Martin soy extensionists preparing tofu at a nutrition class.

Twenty-four photos (p. 18-32) show the Solola Soy Dairy, including its construction, inside, outside, floor plan, and the step-by-step process for making tofu and soy ice cream. Page 21 states: "The soy dairy started operation in February of 1980. It produces approximately 90 to 100 gallons of soy ice cream and 60 to 75 pounds of tofu a week. Its maximum production capacity with the present equipment is 200 gallons of ice cream and 450 pounds of tofu a week. It was stocked with a year and a half supply of soybeans and has since been supporting itself by selling soy ice cream and tofu from the dairy in the local marketplace."

(2) "The soy dairy is open for selling tofu and soy ice cream seven days a week. Suzy Jenkins hands soft-serve soy ice cream in cones from a soy dairy window (p. 32).

(3) Little Mayan girl eating seasoned tofu from a bowl. "A one-half pound serving of tofu sells for 25 cents [U.S.] and contains: 163 calories (10% of the Recommended Dietary Allowance for a child age 4-6 years), and 17.7 grams of protein (59% of RDA) (p. 37).

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(4) Little Mayan girl licking a big soy ice cream cone as she runs. "Our soy ice cream contains soymilk, tofu, sugar and oil, which make it abundant in calories and protein. A half-cup serving of our soy ice cream sells for 10 cents and contains 183.4 calories" (11% of the Recommended Dietary Allowance for a child age 4-6 years) and 3.1 grams of protein (10% of RDA) (p. 38).

In the chapter titled "Marketing soy products," a photo (p. 33) shows the Soy dairy booth in the Solola market. The sign over the window reads: "Helados y Queso–Hecho de frijoles de soya" ["Ice cream and cheese–Made from soybeans"]. Photos on the next two pages show: Mayan women preparing tofu to be sold on tortillas at the Solola State Annual Fair. The booth at the fair with a sign advertising soy ice cream and tofu. Guatemalan soldiers enjoying soy ice cream cones. Many happy kids holding up soy ice cream cones. A Plenty volunteer "giving away soy ice cream to 180 children at a school in a rural village."

Note: This is the earliest document seen (Jan. 2003) that mentions "Plenty Canada" (see p. 4). Address: The Farm, Summertown, Tennessee.

5912. Joy of Soy. 1982. Tofu (Leaflet, with recipes). Minneapolis, Minnesota. 3 panels each side. Each panel: 22 x 12 cm.

• ***Summary:*** Printed with blank ink on a salmon-pink background. Contents: Introduction. High protein. Low in saturated fats. No cholesterol. Low calorie. Protein source of the future. How tofu is made. How to store your tofu. Who we are. Recipes–Tofu quick and easy. Salads and dips. Fried tofu. Tofu and vegetables. Address: 510 Kasota Ave. S.E., Minneapolis, Minnesota 55414.

5913. Kamel, B.S.; deMan, J.M. 1982. Composition and properties of bean curd made from Ontario soybeans. *Canadian Institute of Food Science and Technology Journal* 15(4):273-76. [7 ref. Eng; fre]

• ***Summary:*** The composition and properties of tofu made from 11 varieties of soybeans grown commercially in Ontario were determined. The crude protein content of the soybeans (in gm/100 gm, on an "as is" basis) ranged from 31.6 to 38.9. The minimum concentrations for coagulation were 0.1% for calcium chloride, 0.25% for calcium sulfate, and 0.20% for calcium acetate. Calcium citrate did not coagulate soymilk. Both anion and pH appear to influence coagulation. The initial pH of the soymilk was 6.58 and coagulation occurred at pH 5.91 for calcium chloride, 5.74 for calcium sulfate, and 6.09 for calcium acetate. Curd yield ranged from 20.7 to 27.3% and protein yield from 59.0 to 69.8%.

Queso Blanco (recently being studied in the author's department) is a cheeselike product made in Latin America from dairy milk that is heated and coagulated using acidic fruit juices or acidic solutions (citric acid or calcium chloride). It is salted, separated, and pressed. The white creamy fresh cheese, which is ready to be used after a short period of ripening, has a high yield and interesting functional properties. "The similarity between this process and the manufacture of Tofu is obvious. It should be interesting to study production of a mixed soymilk Queso Blanco." Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT N1G 2W1, Canada.

5914. Kapleau, Philip. 1982. To cherish all life: A Buddhist case for becoming vegetarian. San Francisco, California: Harper & Row, Publishers. 104 p. Illust. No index. 21 cm. [110 ref]

• ***Summary:*** Contents: Acknowledgments. Introduction. Part I: The sufferings of animals raised for slaughter. Factory farming of chickens. The cruelties of overcrowding and castration. Terrors of transportation to slaughter. Execution in the slaughterhouse. Ritual slaughter. The complicity of meat eaters in animal slaughter. Meat eating and violence toward humans. Part II: Religious basis of the first precept. Buddhist and Christian views of animals. Did the Buddha die from eating meat? Meat offerings as alms. Meat in the diet of Japanese monks. Flesh eating in a Southeast Asian monastery. Did the Buddha sanction meat eating?: Theravada version, Mahayana version. The doctrine of Ahimsa in India. Denigration of meat animals. The Pali canon on meat eating. Meat eating as a family issue. What is vegetarianism? Whale killing and Japanese Buddhism. Human beings distinguished from animals. Eating animals while 'loving' them. The killing and eating of animals by native peoples. Is killing a vegetable the same as killing an animal? Hitler–Vegetarianism's skeleton in the closet.

Part III: Supplements: 1. The protein issue–Raising waves when there is no wind. 2. Meat is no treat–The hazards of eating animal flesh. 3. Meat's by-products–Hunger, waste, and pollution. 4. Food for thought–What notable persons have said about flesh eating and animal suffering (famous vegetarians including Henry David Thoreau, Leo Tolstoy, Francois Voltaire, etc.). 5. Further reading. Notes and glossary. Text. Supplements. Address: Roshi, Rochester Zen Center, Rochester, New York.

5915. Katzen, Mollie. 1982. The enchanted broccoli forest. Berkeley, California: Ten Speed Press. 307 p. Illust. Index. 27 cm. [1 ref]

• ***Summary:*** This entire remarkable vegetarian cookbook (excepting the index) is hand-lettered. The index contains 25 entries for tofu, and 19 for tamari sauce (soy sauce). Address: Berkeley, California.

5916. Kushi, Micho; Kushi, Aveline. 1982. Macrobiotic dietary recommendations. East West Foundation, P.O. Box 850, Brookline Village, MA 02147. 48 p. 22 cm. [15 ref]

• ***Summary:*** Contents: Introduction. Standard dietary

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recommendations. Recommended daily proportions. Foods to reduce or avoid for better health. Way of life suggestions. Daily reflections. Suggestions for patients with cancer or other serious illnesses. Special dishes. Home remedies. Baby food suggestions. Kitchen utensils. Nutritional considerations. East West Foundation information. Glossary. Bibliography.

Compiled with the help of Edward Esko, Murray Snyder, Bill Spear and Bill Tara. Address: Brookline Village, Massachusetts. Phone: -.

5917. Leneman, Leah. 1982. Vegan cooking. Wellingborough, Northamptonshire, England: Thorsons Publishing Group. 126 p. *
• ***Summary:*** Contains an introduction to tofu, a recipe for making tofu at home, and 9 recipes using tofu. A recipe for making soya milk at home is also given, and soya milk is used in a number of recipes. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

5918. Leneman, Leah. 1982. Dieta vegetariana para adelgazar [Slimming the vegetarian way]. Madrid, Spain: EDAF. 95 p. [Spa]*
• ***Summary:*** This is the Spanish edition of *Slimming the Vegetarian Way,* first published in the United Kingdom in 1980. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

5919. **Product Name:** Tofu.
Manufacturer's Name: Liberty Soy Foods.
Manufacturer's Address: R.R. 1 Box 400, Honesdale, Pennsylvania 18431. Phone: 570-253-3469.
Date of Introduction: 1982. January.
Ingredients: Water, organic soybeans, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray, heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label (undated) sent by Bruce Rose of Rosewood Products. 2000. Oct. 15. Printed brown on yellow. "Economical. 100% non-dairy. Versatile." Talk with Jamie Stunkard, founder and owner. 2002. Aug. 21. Liberty Soy Foods, which started in 1982, and makes about 180 lb/week of tofu. Located in the basement of the Himalayan Institute in Honesdale. He also runs Nature's Grace: Health foods and Deli (947 Main St., Honesdale, Pennsylvania) 18431.

Label sent by Jamie Stunkard. 2002. Sept. 2. Printed red on yellow film. Same text and weight as above.

5920. Lifespan Community Collective Ltd. 1982. Full of beans. Sheffield, England: Lifespan. 24 p. Illust. 21 cm. [1 ref]
• ***Summary:*** "This is a book about cooking pulses and beans," with several vegetarian recipes for each type. Contents: Introduction. Red kidney beans. Brown lentils. Soya beans. Chick peas. Butter beans [Lima beans]. Haricot beans. Red lentils. Field beans. Aduki beans. Split peas. Marrowfat peas. Black eye beans. Mung beans. Tofu or bean curd. Miso or bean paste. Bean sprouts.

Soya bean recipes: Soya and carrot pistou. Soya bean curry. Soya swede pie. The section on tofu describes "Tofu using soya beans" and "Tofu using soya flour. There is also a section on miso.

"Who we are: Lifespan is a workers' collective registered under Industrial & Provident Society rules. We live communally in two terraces of houses and share our work including childcare, domestic work, gardening, building maintenance, craft workshops and the printing business. We are part of a network of communities, seeking to provide an alternative lifestyle to the nuclear family, patriarchy and the nuclear state." Address: Townhead, Dunford Bridge, Sheffield S30 GT6, England. Phone: Barnsley (0226) 762359.

5921. Liu, Chen. 1982. Dou zhi pin shi pu (Tou chih pin shih pu) [Soyfoods recipe book]. Harbin, China: Heilongjiang Science and Technology Publishing Co. 499+ p. 19 cm. [Chi] Address: Heilongjiang, China.

5922. Magariños, Hélène. 1982. Cuisine pour une vie nouvelle [Cuisine for a new life]. Paris: Editions Debard. 230 p. Preface by Aveline Kushi. Preface by Dr. Yves Nani. Illust. (some color). No index. 22 cm. [195 ref. Fre]
• ***Summary:*** This is a book about macrobiotic foods, cookery, and medicine. On the cover: *La macrobiotique, pratique alimentaire de la sagesse orientale.* Lacking an index, the book is difficult to use.

Contents: Introduction by the author. Macrobiotic / yin-yang terminology. Glossary. 1. Cereals. 2. Vegetables. 3. Legumes and sea vegetables. 4. Soups, sauces and condiments. 5. Seitan and fish. 6. Desserts and beverages. 7. For mothers and infants. 8. Suggestions for some familiar remedies.

The glossary (p. 41-43) includes: Sea vegetables, amazake, azuki, gomashio, hijiki, koji, kombu, kuzu, miso, natto, nigari, nori, potimarron (or Hokkaido pumpkin / kabocha), rice koji, sake, seitan, shoyu, soba, suribachi, tahini, tamari and shoyu, tekka, tea (3 years old), tofu, udon, umeboshi, wakame, yang and yin.

The section on sauces (p. 76-77) includes: Cream of umeboshi. Creame of umeboshi and tofu. Tamari with citron. Tofu mayonnaise. Grilled sesame miso. Miso with grated orange rind. Miso nuts. Note: Miso and tamari are used as seasonings throughout the book.

Chapter 3 includes (in the section on Soya, p. 109-15): Edamame. Special recipe for anemia or fatigue. Soybeans cooked with miso. Homemade tofu (curded with nigari,

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with 5 helpful photos). A kind of fromage blanc made from tofu. Tofu mayonnaise. Tofu cooked with tamari. Tofu and vegetables. Homemade natto. Natto with onions. Natto with hard-boiled eggs.

About the author (with a photo) appears on the rear cover. Address: France.

5923. McDonnell, Christine. 1982. Toad food & measle soup. New York, NY: The Dial Press. 111 p. Illust. by Diane de Groat. 20 cm.
• ***Summary:*** In this children's story, "toad food" and "measle soup" are Leo Nolan's words for tofu and miso soup (see p. 14-16). Though he (secretly) liked the first miso soup with tofu that his mother made and served as part of a new family experiment with vegetarian cooking, he quickly grew to dislike them, and to dread mealtimes. Leo liked hot dogs, hamburgers, french fries, and Coke. He had his troubles at school too. "In five funny, very real episodes mischievous Leo copes with many of the problems and insecurities that beset children today." A color illustration on the cover shows Leo seated at the table, looking wryly at a bowl of miso soup with cubes of tofu floating in it. A black-and-white illustration (p. 11) shows a bowl of miso soup.

5924. Nagai, Masaki; Hashimoto, Tsutomu; Yanagawa, Hiroshi; Yokoyama, Hideaki; Minowa, Masumi. 1982. Relationship of diet to the incidence of esophageal and stomach cancer in Japan. *Nutrition and Cancer* 3(4):257-68. [8 ref. Eng]
• ***Summary:*** In a study of food intake in 1,040 Japanese households, consumption of tofu was negatively related to these two cancers–after adjustment for income, population ratio of census industry, and other dietary variables. Thus, high rates of tofu consumption were associated with low rates of these cancers. An inverse association between the consumption of miso soup and stomach cancer seen in women was not significant on multivariate analysis. Address: 1-3. Dep. of Public Health, Jichi Medical School, Tochigi-ken, Japan.

5925. Natural Messages Co. 1982. Tofu cheese 'n vegie bake (Tear-off recipe pad). Boston, Massachusetts.
• ***Summary:*** The subtitle reads: "A scrumptious casserole of succulent vegetables, your favorite cheese, savory herb seasonings, and tofu." Address: 74 McBride Box 226C, Boston, Massachusetts 02130-0226.

5926. Nippon Shokuryo Shinbun-sha. 1982. Shokuhin sangyô jiten [Encyclopedia of the Japanese food industry. 3rd ed. 2 vols.]. Tokyo: NSS. 528 p. [Jap]
• ***Summary:*** Contains substantial entries for the following soy-related foods: Tofu and tofu products (p. 81-87), frozen and dried-frozen tofu (p. 96-97), natto (p. 98-101), and vegetable oils (p. 107-13). Address: Japan.

5927. Ohara, Teruko; et al. 1982. Tôfu hyaku chin now [One hundred favorite tofu recipes, now]. Tokyo: Shibata Shoten. 130 p. Illust. 19 cm. [Jap]
• ***Summary:*** Contains 100 recipes. Contents: Preface. Western style tofu cookery, by Teruko Ohara. Japanese style tofu cookery, by Hiroshi Fukuda. Chinese style tofu cookery, by Yutaka Yamamoto.

5928. Photographs of Peter and Elgard Wiegand establishing Auenland Tofu in Germany and making tofu there. 1982. Prien-Chiemsee, Germany.
• ***Summary:*** These twenty color photographs (each 3½ by 5 inches or 3 inches square) were taken at Prien-Chiemsee in southern Germany in 1982 by Michael Pierce, while he was visiting his friend Peter Wiegand. They show: (1-5) Farmhouses in the village near the tofu kitchen. (6) The tofu kitchen, which was an old dairy but looks like a small village farmhouse. (7) Three containers of okara by the door of the tofu kitchen. (8-9) A person preparing the tofu kitchen building. (10) Portrait of Elgard. (11) Peter Wiegand sitting cross-legged by a wide waterfall. (12) Peter & Elgard hugging on the steps of a house. (13) Their children, Lila and Jauna, pulling toys on a road. (14) "Another tofu freak in Germany" riding a very high bicycle, which he invented and built. (15) Michael trying to cheer up Peter (lying on the ground) after a long day in the tofu kitchen. (16-18) A cake of Auenland Tofu, vacuum packed, on a snowbank. The label shows a colorful rayed orangish-red sun setting over a little village behind a range of green mountains. (19) The village of Prien-Chiemsee with its tall spired church and snow-capped mountains in the background. (20) Three young people seated by the door of the tofu kitchen.

Update. Talk with Michael Pierce of Georgia. 2000. Oct. 11. Peter is now a singer with his own band. He sings many songs written and record by Tom Waits. Peter no longer does graphic art. Michael goes to Germany once or twice a year fora month or so to be with Peter and to help move his band from one gig to the next.

5929. Plenty International. 1982. Soy Demonstration Program: Introducing soyfoods to the Third World. A step by step guide for demonstrating soymilk and tofu preparation. Summertown, Tennessee. 16 p. Undated. Illust. 21 cm.
• ***Summary:*** Actually written by Suzy Jenkins and Laurie Praskin, this booklet is a summary of two larger works published in 1980 (written by Darryl Jordan and Suzie Jenkins) and earlier in 1982 (by Suzy, Laurie and Alan Praskin).

As interesting as it is innovative, this summary focuses on Plenty International's Soy Demonstration Project in Guatemala, showing how soybeans are being grown in local villages and women are making soymilk and tofu using traditional equipment. All Guatemalans are shown in

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traditional Mayan clothing (*traje*).

Contents: Introduction. Soy extension program. A soy demonstration in photographs: Soaking the beans, grinding, cooking, straining, soymilk, curding tofu, straining the curds, storing the products. Helpful hints. Recipes. A nutritional comparison. Soybean agricultural impact statement.

Black and white photos show soyfoods and people in Guatemala. These include: (1) A little Guatemalan girl, kneeling, licking her fingers as she eats seasoned tofu from a bowl. (2) Women smiling and laughing as they grind soybeans on traditional stone *metate*. (3) Women's nutrition group (with children) from San Jose Poaquil standing behind their soybean patch. (4) Simple tools needed for making tofu. (5) Close-up of a woman grinding soybeans on a *metate.* (6-8) Cooking ground soy slurry and filtering the soymilk from the pulp. (9) A little girl drinking a big cup of soymilk. (10-14) Curding the tofu, straining the curds, and pressing the tofu. (15) Girl eating tofu on a bun. (16) A happy group of Guatemalans and Americans standing around a stove, enjoying soymilk and tofu. (17) Soybean variety trials in Solola, Guatemala. Elevation: 7,200 feet (2,195 meters). (18) A little bustling along as she licks a cone of soymilk ice cream.

On the rear cover: "The Soy Demonstration Project was funded by Plenty International, UNICEF (United National International Children's Educational Fund) and CIDA (Canadian International Development Agency), and donations from supporters." For further information write: "Suzy Jenkins or Laurie Praskin, Plenty Soy Technicians, 156 Drakes Lane, Summertown, Tennessee 38483 USA." Address: Summertown, Tennessee.

5930. Poirier, Marie. 1982. Le plaisir de la cuisine au tofu [The pleasure of tofu cuisine]. Prevost, Quebec, Canada: Unisoya Inc. 52 p. No index. 22 cm. [2 ref. Fre]
• ***Summary:*** Includes recipes for main courses, soups, salad dressings, salads, and desserts. Many of the recipes call specifically for Unisoya tofu. There is also an ad for Unisoya on the rear cover. Address: Quebec, Canada.

5931. Random House College Dictionary. 1982. New York, NY: Random House Inc. See p. 1381.
• ***Summary:*** "Tofu" has replaced "bean curd" as the main entry. Tofu "is a soft, bland, white, cheeselike food made from curdled soybean milk..."

5932. Re: Names of soyfoods around the world: French. 1982. Form filled out by William Shurtleff based on sources given below. 1 p. [Eng; Fre]
• ***Summary:*** Gives the names of the main soyfoods in French. Sources: Bernard Storup; Bau & Debry, of France.

"Soyfoods–Aliments à base de soja.
Fresh green soybeans (edamamé)–Edamamé. Soja frais.
Whole dry soybeans–(haricots de) Soja sec / secs.
Black soybeans -
Fresh soy puree–Purée de soja.
Soy sprouts–Pousses de soja. Soja germe.
Soynuts–Soja grillé. Graines de soja grillées.
Oil roasted soynuts–Graines de soja grillées (à l'huile). Soja grillé, revenu dans l'huile.
Dry roasted soynuts–Soja grillé à sec. Graines de soja grillées à sec (or sans huile). Haricots de soja, grillés à sec.
Soynut butter–Buerre de soja grillé.
Roasted soy flour–Farine de soja grillé.
Soy coffee–Cafe de soja.
Soy chocolate–Chocolat de soja.
Soymilk–As of Feb. 2012 only the terms "boisson au soja" or "jus de soja" or "tonyu" (the Japanese word for "soymilk") can be used legally on commercial soymilk products in France–because of dairy lobby protests. The term "lait de soja" is generally used in cookbooks, books, articles, etc.
Soymilk ice cream -
Soymilk curds -
Tofu (regular)–Tofu or Tofou (le). Note: Many French speakers, who are also soyfoods experts, prefer "Tofou."
Soft tofu–Tofu mou.
Firm Tofu–Tofu ferme. Extra firm tofu–Tofu très ferme.
(Deep fried) Tofu cutlets–Tranches de tofu frites.
(Deep fried) Tofu burgers–Tofuburgers frits. Burgers de tofu (frits).
(Deep fried) Tofu pouches–Poches de tofu (frites).
Silken tofu–Tofu soyeux.
Pressed silken tofu–Tofu soyeux.
Grilled tofu–Tofu grillé.
Dried frozen tofu–Tofu séché. Tofu déshydraté.
Okara or soy pulp–Okara (l').
Yuba–Yuba (le).
Dried yuba sticks -
Sweet dried yuba -
Fermented black soybeans -
Miso or soybean jiang–Miso (le).
Soy sauce–Sauce de soja. Sauce soja. Shoyou (le).
Chinese sauces -
Tamari–Tamari (le).
Tempeh–Tempeh (le).
Fermented tofu–Tofu fermenté (au vin).
Fermented soymilk–Lait de soja fermenté.
Natto, thua-nao, kinema–Natto (le).
Soy oil–Huile de soja.
Soy lecithin–Lecithine de soja.
Soy flour–Farine de soja.
Whole (full fat) soy flour–Farine de soja entière.
Defatted soy flour–Farine de soja dégraissée.
Soy grits and flakes–Flocons et granule de soja.
Cereal-soy blends (CSM, WSB, etc.) -
Soy protein concentrate–Proteine de soja concentrée.
Soy protein isolate / Isolated soy protein–Isolat de

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proteines de soja. Proteine de soja isolée.

Textured soy protein products–Protéines de soja texturées (Produits à base de proteines de soja texturée).

Textured soy flour, TSF, or TSP–Farine de soja texturé.

Textured soy concentrates–Concentrat de soja texturé.

Textured soy isolate–Isolate de soja texturé.

Spun soy protein fibers. Address: Soyinfo Center, Lafayette, California 94549.

5933. Royal American Food Co. 1982. Royal American. Blue Springs, Missouri. 16 p. 28 cm.

• ***Summary:*** Contents: A company founded on proper principles. By the right people. In the right place. At the right time. With the right products. And the right program.

The four main executive officers are Robert L. Montgomery (Chairman of the Board and CEO), N. James Adams, Dr. Carl W. Hastings (Executive vice president; Co-founder, Chairman, and CEO of Spectrum Foods, Inc.; he resides in Mt. Zion, Illinois), and Richard N. Kreher. A color photo shows the four, and a biographical sketch of each is given. On 9 Jan. 1982 they presented their ideas for a powerful new company to a group of business professionals in Decatur, Illinois. Other corporate founders (a color photo and biographical sketch of each is given) are: Jon R. Anfinsen, Joel E. Cansler, Hugh E. "Ed" Clemmons, Jr., James E. Cummings, Dr. Thomas J. Futch, Dr. Glyn J. Godwin, Joseph E. Granville, Alfred E. Guebert, Ron Hadley, Evan H. Johnson, Alan R. Kimbell, Ronald W. Neureuther, Mike Nuzum, Neal Pfeiffer, Jim Proffitt, Robert Rieckenberg, Dean L. Robinson, Jack Rudnay, Dr. James M. Spata, Paul G. Walther, H.L. Weatherford.

An important group within Royal American is Spectrum Foods, formed in 1981. "By Jan. 1982 Spectrum had already developed a number of food products which were well received in the market. A color photo shows Spectrum Food scientists (all PhDs) Carl W. Hastings, Glyn Godwin, James Spata, Thomas Futch, and Jon Anfinsen.

Royal America is a multi-level marketing company (MLM)–which offers an alternative to current high unemployment. The American public has developed a new consciousness concerning the nutritional value of food. The Royal American products include: American Gold, a line of whey-based nutritious beverages; Royal American dinners, a line of soy protein-based nutritious dinners. The first to be introduced are Sweet and Sour and Mexican-Style dinners. The meat textures and flavors are truly remarkable. Eventually there will be a complete line of 12 dinners, with a new one introduced every 4 months. Includes a form titled "Commitment to become a Royal American distributor" (a Distributor Kit costs $40) and a Product Purchase Order.

5934. Seifert, Kim A. 1982. Tofu recipes developed for health care institutions. Salt Lake City, Utah: Jack's Beanstalk. 26 recipe cards. 28 cm.

• ***Summary:*** Each recipe card, which is 8.5 by 5.5 inches, lists: Exchanges: Meat, fat, milk, fruit, bread, vegetable. Nutrients per serving incl. sodium. Applicable diets (such as regular, soft, diabetic, low calorie, low sodium, etc.). Portion size. Yield. Ingredients. Amount. Methods. Two salmon colored cards are for sauces and toppings. Four green cards for vegetable dishes. Sixteen yellow cards for entrees. And four pink cards are for desserts. Address: Director, Nutrition Care Service, Univ. of Utah Hospital, Medical Center.

5935. Sherman, Kay Lynne. comp. 1982. The Findhorn family cookbook: A vegetarian cookbook which celebrates the wholeness of life. Boulder, Colorado: Shambhala. Distributed in the U.S. by Random House. 152 p. Illust. Recipe index. 24 cm.

• ***Summary:*** Originally published in Findhorn, Scotland, by Findhorn Publications. Soy-related recipes include: Tofu whey soup (p. 23; the whey is from homemade tofu). Tofu teriyaki (p. 48). Tofu (marinated and baked, with peanut sauce, p. 65).

There is an entire chapter on tofu (p. 68-76). The method for making tofu is that developed by Jacques Cormier, using rather large equipment to make enough tofu for many people. "If you become intrigued with the art of making tofu, and would like to have more tofu recipes, as well as information about this centuries-old tradition, we highly recommend reading *The Book of Tofu* by William Shurtleff and Akiko Aoyagi (Autumn Press, 1975)." Recipes: Homemade tofu (with 29 photos showing each step in the process at Findhorn's tofu shop). Scrambled tofu (p. 111). On the unnumbered page after p. 75 is an illustration of a tofu forming box for home- or community-scale tofu. Address: Scotland.

5936. Shulman, Martha Rose. 1982. Fast vegetarian feasts. New York, NY: The Dial Press. 312 p. Illust. Index. 24 cm.

• ***Summary:*** This is a book of "delicious healthful meals in under 45 minutes. It is interested in protein complementarity with a low-fat diet. Soyfoods are used extensively. Wherever a heart symbol appears next to a recipe, it is acceptable for low-salt and low-fat dishes. The ingredients section (p. 13-18) discusses and defines soybeans ("the king of beans, as far as nutrients are concerned"), soy flakes, soy grits, miso, and tofu. "Tofu is my mainstay. It is a miracle food." Savorex, Marmite, and Vegex are three different brand names for the same product, a yeast extract that comes in the form of a dark viscous paste." Never cook soybeans in a pressure cooker. They tend to foam and clog the safety valve, which can cause an explosion.

Page 14 states: "Soy flakes: Soybeans that have been cooked, split, and dehydrated. Because they take only 30 minutes to cook and are as high in nutrients as soybeans, they are a perfect high-protein convenience food. Soy flakes can always be substituted in recipes for soybeans.

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"Soy grits: Cracked soybeans. These are a nutritious addition to grain dishes (you can cook them along with the grains), have a nutty texture and taste, and take only 40 minutes to cook–another good convenience food."

Soy-related recipes include: Tofu mayonnaise (p. 57). Tofu cream sauce. Tofu béchamel (p. 58). Morning tofu spread or evening pudding (p. 59). Roasted soybeans [dry roasted soynuts] (p. 60). Tamari-bouillon broth (p. 62). Instant tamari-bouillon broth (p. 63). Simple miso soup (p. 68-69). Miso soup with buckwheat noodles (p. 70).

One chapter is titled "Grains, legumes, tofu, and vegetables" (p. 91). Easy hiziki [hijiki] and squash dinner with soba and soy (flakes and tamari, p. 101). Brown rice "risotto" with soy flakes. Eggplant stuffed with rice and soy "risotto" or risi e bisi (p. 110). Fried rice and soy grits with vegetables (p. 114). Spicy eggplant miso sauté with bulgur. Purple cabbage, tofu, onions, and winter squash with miso (p. 125-26). Cabbage leaves stuffed with kasha, with creamy tofu sauce (p. 130). Tofu cutlets (p. 131). Chilled tofu with dipping sauces (p. 132). Teriyaki sauce (p. 133). Tahini-tamari sauce. Miso toppings for tofu and grains (adapted from The Book of Miso, p. 134-35). Tofu vegetable curry (p. 136). Chinese-style tofu with vegetables and grains (p. 138-39). Tomato sauce with soy grits (p. 205). Tofu tomato sauce. Pasta with tofu cream sauce (p. 209). Pesto with miso (p. 217). Potato, tofu, and tomato tacos (p. 226). Tofu and poblano tacos (p. 228). Green tomato, corn, and tofu tacos (p. 230). Tofu mayonnaise (p. 237). Green tofu dressing (p. 238). Watercress, mushroom, and tofu salad (p. 252). Cottage cheese and tomato salad with miso dressing (p. 256). Tofu noodle kugel (p. 279).

Note: A revised 356-page edition was published in 1986. The author is now living in Paris (May 1985) and there is an added chapter of fish recipes. She has become "a more serious fish cook..." How can a vegetarian book contain a chapter of fish recipes? Address: Paris, France.

5937. Shurtleff, William; Aoyagi, Akiko. 1982. Report on soyfoods in delis, cafés, and restaurants. Lafayette, California: Soyfoods Center. 127 p. 28 cm. [21 ref]
• ***Summary:*** Contents: 1. Introduction and overview: A. Names and addresses: Soyfoods delis, cafes, restaurants; Secondary soyfoods manufacturer-distributors; Soyfoods marketer-distributors. B. Chronology of soy delis starting in business (Farm Food Company in San Rafael, California, was first in Aug. 1976). C. North America's largest soy delis, cafes, and restaurants, with startup cost and average and maximum weekly sales.

2. Names of recipes served at each soy deli and ranking of the best-selling of these recipes: Data for 18 soy delis, cafes, and restaurants. 3. Names of recipes produced by secondary soyfoods manufacturer-distributors: Data for 4 soyfoods manufacturer-distributors. 4. Names of recipes produced by soyfoods marketer-distributors: Data for 4 soyfoods marketer-distributors. 5. Individual bulk recipes for tofu and tempeh dishes: 21 bulk tofu recipes and 21 tempeh recipes. 6. Alphabetical listing of recipes given above: 250 recipe names listed alphabetically. 7. Articles published about soyfoods delis, cafes, and restaurants: 19 articles. 8. Menus, posters, and promotional materials: 15 menus, posters, and flyers. 9. Conclusion and summary. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5938. Simonds, Nina. 1982. Classic Chinese cuisine. Boston, Massachusetts: Houghton Mifflin. xi + 353 p. Illust. Map. Index. 23 cm.
• ***Summary:*** This is a remarkable book by one who is part "of a new generation of American chefs and food writers." The Pinyin system of romanization, "which was officially adopted by the People's Republic of China in 1979, has been used for most of the Chinese words in this book" (p. vi).

A map of China (facing page 1) shows the individual provinces and the four main culinary schools: northern, western, eastern, and southern–as explained on pages 1-4. Taiwan is considered part of the eastern school. The southern school is comprised of only two provinces: Guangdong (which includes the city of Guangzhou–formerly named Canton) and Guangxi.

Soyfoods are used and discussed liberally throughout this book. The section titled "Condiments, seasonings, and special ingredients" (p. 5-11) gives detailed discussions of hoisin sauce, oyster sauce, soy sauce (the three grades are light, medium and heavy, with light having a delicate and slightly more subtle flavor than the other varieties), sweet bean sauce (and bean pastes including brown bean paste and yellow bean paste), fermented black beans (and black bean sauce).

The next section, "Selected fresh and pickled vegetables" (p. 11-14) has an entry for bean sprouts (the two main types are sprouted from mung beans {which are green} and soybeans {which are yellow}; soybean sprouts have a stronger flavor and require longer cooking).

Soy related recipes: Beef with noodles in a pot (with "2 cakes bean curd," p. 76). Cold spicy noodles (with "2 cakes bean curd, about 3 inches square and 1 inch thick," p. 80).

One chapter, titled "Soybeans and bean curd" (p. 113-29) begins with a charming introduction to "stinky bean curd" (fermented tofu). As evening fell after dinner, luscious scents and fragrances filled the air. Yet there was "a putrid smell that defied classification. What was that baffling, pungent odor, present in every part of the city." After a bit of research she soon discovered that it came from "stinky bean curd (*chou dou fu*), a favorite snack of the Chinese." Vendors of this unusual "delicacy ran rampant all over the city with their portable deep deep-fryers. My Chinese surrogate sister and brothers, who were great fans of the stuff, used to race outside, armed with empty bowls and chopsticks, at the sound of the stinky bean curd man's call. (The smell usually

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preceded him by two blocks, giving everyone plenty of notice.)" It is "made by fermenting fresh bean curd squares in a brine with assorted spices and pickled vegetables." The resulting cakes are deep-fried... until golden and eaten with soy sauce, vinegar, mashed garlic, or chili paste."

The soybean is used to make various Chinese seasonings including soy sauce, hoisin sauce, sweet bean sauce or paste, and hot bean paste. Fresh green soybeans are cooked and served with soy sauce and sesame oil. Whole dry soybeans are fried and eaten as a snack.

"The nutritious properties of the soybean further explain why it is so popular with the health-conscious Chinese."

Heating soybean milk gives "bean milk sheets (*fu pi*)" [yuba]. Also mentions "bean curd sticks (*fu zu*)" [dried yuba sticks], bean curd sheets (*bai ye*)," and "bean curd noodles (*gan si*)." In terms of consistency, the three basic types of bean curd are soft, medium, and hard (*dou fu gan*)." "Bean curd is also fermented in rice wine and spices to make a popular seasoning (*dou fu ru*), which has a "slightly cheeselike flavor."

Nina concludes the introduction: "As most nutritionists will agree, the soybean and its many by-products are the foods of the future." Line drawings show: soybeans, bean curd, bean milk sheets, bean curd sheets, bean curd sticks, and bean curd noodles. Recipes in this soy chapter: Meatball and soybean casserole (with "4 cups dry soybeans, p. 116). Sweet soybean milk (How to make at home; the Chinese equivalent of America's cup of coffee for breakfast, with 2 cups dry soybeans and 1 cup sugar. Typically accompanied by a sesame flat bread {*shao bing*} and a fried cruller {*you tiao*}). Stir-fried soybean sprouts with red-in-snow. Stuffed bean curd rolls (with "8 dried bean curd sheets or bean milk sheets"). Sweet-and-sour fish slices (with "10 dried bean milk sheets"). Eggplant rolls (with "6 dried bean milk sheets"). Buddha's delight (a well-known vegetarian dish, with "2 ounces bean curd sticks"). Cold tossed bean curd and celery shreds (from Sichuan, with "8 cakes bean curd, about 3 inches square and 1 inch thick"). Red-cooked bean curd. Braised bean curd with black mushrooms in oyster sauce (from Sichuan). Stuffed bean curd (from Canton). Ma po bean curd (from Sichuan). Eight-treasure stir-fried vegetables with meat (with "3 cakes bean curd, about 3 inches square and 1 inch thick"). Northern-style bean curd (p. 129).

More soy related recipes: Steamed fish fillets in black bean sauce (with "1 tablespoon fermented black beans, rinsed, drained, and minced," p. 183). Double-cooked pork slices (with "3 cakes bean curd," p. 230). Steamed spareribs in black bean sauce (with "2 tablespoons fermented black beans, rinsed, drained, and coarsely chopped," p. 234). Stuffed peppers in black bean sauce (with "1 tablespoon fermented black beans, rinsed, drained, and minced," p. 272).

One entire chapter is titled "Vegetarian dishes" (p. 279-94). The introduction discusses the Kuantu Temple (a Buddhist-Taoist sanctuary about 1 hour drive from Taipei), and the origin of vegetarian cuisine in China in early Buddhist and Taoist monastery kitchens. Wheat gluten (*mian jin*) and related preparations such as deep-fried wheat gluten balls (*mian jin pao*) steamed wheat gluten chunks (*kao fu*), plus seasonings such as "pickled bean curd (*dou fu ru*)" are often used. Soy related: Broccoli in mock crabmeat sauce (with "1 cake bean curd," p. 285). Vegetarian lion's head (with "4 cakes bean curd," p. 287). Mock goose (with "20 bean milk sheets" [yuba], p. 290-91). Vegetarian eight treasures (with "2 cakes bean curd," p. 291). Wheat gluten (how to make at home from wheat flour, p. 292).

More soy related: Eight-treasure mixed soup pot (with 2 cakes bean curd," p. 310-11). Hot and sour soup (with "2 cakes bean curd," p. 316).

About the author: A photo of Nina Simonds (in Chinese clothing) appears on the inside rear dust jacket. She studied Chinese food and cooking, language and culture, in Taiwan for more than three years (she arrived there at age 19) with Chinese master chefs at the Wei-Chuan school in Taipei, while living with a Chinese family. She subsequently received the Grand Diplôme from La Varenne École de Cuisine in Paris, where she also taught Chinese cooking. "For the past eight years (prior to 1982) she has taught in cooking schools all over the United States and Canada and her articles have appeared in *Gourmet* and *Cuisine* magazines and the *Boston Globe*" (from the inside rear dust jacket). Address: Salem, Massachusetts.

5939. Surata Soyfoods, Inc. 1982. Our consensus affirms us. Goals of Surata Soyfoods Cooperative. Eugene, Oregon. 2 p. Unpublished typescript. Undated. On letterhead. 28 cm.
• ***Summary:*** Page 1 has no title: "We affirm as the working consensus of our cooperative the practice of soycraft not as a job we 'have', but as an inner discipline through which our lives are centered, while our livelihoods are maintained. We seek to create a workplace serving the spiritual dimensions of our labor, that we may nourish the inner riches found within the cyclic rhythms of soycraft.

"In concert with our commitment to a humane workplace is our commitment to a world where human beings are the beneficiaries of our labor, and not the victims of our technology. Our products derive their high quality from the earth's ecology, and provide people with a protein source to counter the immense wastefulness of our culture's meat-centered diet. Our product reflects our belief that a global diet be based on need, not affluence.

"At the same time our efforts to create a democratically-managed workplace serve as a constant awareness that hunger in our world will never be eliminated until people everywhere take control over their own lives and their own resources. Our consensus confirms our willingness to work for each other in the name of world equity with the power of a consciously directed labor.

"Our consensus affirms us, The Surata Soyfoods

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Cooperative"

Page 2, titled "Goals of Surata Soyfoods Cooperative" states: "Produce and market top quality soyfoods.

"Operate as a successful business providing economic wellbeing to its workers.

"Develop as a worker owned and operated business providing a responsive work environment.

"Expand the knowledge and use of soyfoods." Address: 302 Blair Boulevard, Eugene, Oregon 97402. Phone: (503) 485-6990.

5940. Takai, Motoo. 1982. Tôfu seizô no chiekku pointo [Check points for making tofu]. Takai Tofu & Soymilk Equipment Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan: Takai Seisakusho. 13 p. [Jap]
Address: Ishikawa-ken, Japan.

5941. Time Inc. 1982. People weekly cooks. New York, NY: Time Inc. 49 p. Illust. No index. 21 cm. [1 ref]
• ***Summary:*** This hardcover, spiral-bound book features cooks who have appeared on the pages of *People* magazine. Each person (or people) is given a two-page spread. On the left page is a large black-and-white photo. On the right page is a favorite recipe and some information about both the recipe and the person. William Shurtleff and Akiko Aoyagi Shurtleff appear on pages 40-41. The photo shows her using chopsticks to deep-fry tofu burgers in a heavy skillet at their home at 951½ Mountain View Drive, Lafayette, California. He is holding a metal baking sheet on which are a number of unfried burger patties. The recipe is for "Tofu eggless egg salad sandwich." The text notes: "'I want soyfoods to be the most important source of protein in the world,' declares William Shurtleff." Address: New York City.

5942. Tropp, Barbara. 1982. The modern art of Chinese cooking. New York, NY: William Morrow and Co. 623 p. Illust. Index. 23 cm.
• ***Summary:*** One of the best and most authoritative books on Chinese food written by a Westerner, who is a Chinese scholar turned Chinese cook, and who lives in San Francisco. Contains an excellent, long "Glossary of Ingredients" (p. 529-81) with extensive information about Chinese foods (plus their names spelled phonetically in Mandarin and Cantonese) including: Hoisin sauce (Mandarin: hai-hsyen-jyang; Cantonese: hoi-seem-jyenug. The characters mean "sea-freshness sauce." She uses a widely distributed brand, Koon Chun, that is jam-like in consistency and on the sweet side). Mock meat (Mandarin: myen-jin; Cantonese: ming-gun. incl. Companion brand Braised Dried Bean Curd, Curried Braised Gluten, Curry Vegetarian Mock Duck, and Longevity brand Curried Mock Abalone). MSG ("Originally made from dried fermented wheat gluten"). Salted black beans (Mandarin: doe-jrr; Cantonese: dao-see; fermented black soybeans. This "popular Chinese seasoning is also known as Chinese black beans, salted beans, fermented black beans, and occasionally ginger black beans." "Shreds of ginger or orange peel or a dash of five-spice powder occasionally added to season the beans in the final soaking stage." Barbara prefers salted black beans that are seasoned with ginger and she avoids the kind seasoned with five-spice powder. She uses Mee Chun brand and does *not* wash salted black beans, as is common; it is a practice she has never understood).

A recipe for Hot and sour Hunan chicken (p. 142-43), in the ingredients section titled "Aromatics," calls for "2 tablespoons Chinese salted black beans (page 561)."

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "Chinese salted black beans" or the term "ginger black beans" to refer to fermented black soybeans. This term former is also used in recipes for Garlic-stewed sparerib nuggets (p. 203) and Hunan eggplant with spicy meat sauce (p. 293).

Soyfoods: Introduction, soy sauce (Kikkoman soy sauce {Barbara's everyday favorite}, thin soy sauce, black soy sauce, mushroom soy sauce; good Chinese brands are Superior and Koon Chun). Tofu (fermented tofu {incl. Pepper Bean Cake with hot chili flakes–[*la jiao doufu-ru*]}, fresh tofu, pressed tofu.

"Mushroom soy sauce is a flavored soy sauce, something between thin soy sauce and black soy sauce in saltiness. The brand I like best is Pearl River Bridge, which is made specifically with straw mushrooms and is classified in Chinese as black soy sauce owing to a touch of sugar that is included in the mixture," p. 569).

Note: This is the earliest document seen (June 2011) that uses the term "ginger black beans" to refer to fermented black soybeans (*douchi*).

Ms. Tropp (see photo on inside rear dust jacket) studied Chinese language, poetry, and art history at Columbia University, Yale, Princeton, and the University of Taiwan. Her two-year sojourn in Taiwan found her living with remarkable Chinese families. On the rear cover is a nice long quotation from James Beard.

5943. Unicorn Village. 1982. Tofu comes West. A remarkably versatile healthful food. Protein for less (Poster). Tucson, Arizona. 1 p. 27 x 34 cm.
• ***Summary:*** Near the top of this large color poster is a unicorn galloping across the top of a globe. In the center is a place to attach recipes, with an arrow pointing to it: "Take one." Color photos to the left and right show: (1) Fried tofu, sprouts, and tomato sandwich, with a glass of soy milk in the background. (2) Two stemmed parfait glasses filled with strawberry tofu pudding and Banana tofu pudding. Address: 332 E. Seventh Street, Tucson, Arizona 85705.

5944. Uozumi, Megumi; Omori, T.; Shimada, A.; Yoshimatsu, F. 1982. Kurumi-dôfu ni kansuru kenkyû. I.

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Zairyô haigo oyobi kanetsu joken ga reoroji-teki seishitsu ni oyobosu eikyô [Studies on cookery of walnut tofu (kurumi-dofu). I. The effects of composition of ingredients and cooking conditions on rheological properties of kurumi-dofu: Homogenized walnut (*Juglans sieboldiana*), arrowroot starch, and water]. *Kaseigaku Zasshi* (*J. of Home Economics of Japan*) 33(8):425-33. [5 ref. Jap; eng]
• ***Summary:*** Walnut tofu is made from finely ground walnuts, arrowroot starch, and water. The suspension of these materials is heated while stirring and, after gelatinization, the paste is cooled at room temperature. Address: 1. Iwate Kenritsu Morioka Tanki Daigaku; 2. Ochanomizu Joshi Daigaku, Japan.

5945. Wholefood Cookery School. 1982. Homemade tofu and its uses. Wigston, Leicester: WCS. 12 p.
• ***Summary:*** Contents: Introduction: What is tofu? Buying and storing tofu. Making tofu at home. Recipes using tofu: Tofu tamari and ginger. Tofu burgers. Tofu ice-cream. Tofu mayonnaise. Tofu quiche. Tofu dip. Address: 16, 18 Bushloe End, Wigston, Leicester, LE8 2BA England. Phone: Leicester (0533) 883701.

5946. Yoneda, Soei; Hoshino, Koei; Schuefftan, Kim. 1982. Good food from a Japanese temple. Tokyo, New York, and San Francisco: Kodansha International. 224 p. Illust. Index. 27 cm.
• ***Summary:*** An outstanding, beautiful book, the best seen to date on Buddhist Vegetarian Cookery (*shojin ryori*)–after you get past the poor, almost embarrassing introduction, written by Robert Farrar Capon of New York. The author, Sôei Yoneda, is a great Zen Abbess and cook, and a visit to Sankô-in, a Rinzai nunnery, is an unforgettable experience. The recipes are arranged by season: Spring, summer, autumn, winter, all seasons. For every recipe, both a Japanese and an English-language name are given. Soy-related recipes include: Soybean rice (*mame gohan,* p. 73). Unohana rice (with fried okara, p. 75). Thick-rolled sushi (with dried-frozen tofu, p. 75). Tofu rice (p. 80). Soy bean dashi (p. 82). Miso soups (p. 85-88; 14 recipes, one for each month but two for Jan. 1 and 2–White miso Ozoni and Zen temple ozoni–and one for all seasons–Saké lees soup). Pickling with miso (p. 89). Rape blossoms with miso-mustard dressing (p. 93). Bamboo shoots with vinegar-miso dressing (p. 98-99). Quick oden (with tofu, p. 107-08). Green beans with miso dressing (p. 113-14). Eggplant with miso sauce (p. 123). Zucchini with sesame-miso sauce (p. 129). Steamed zucchini with three-color miso (p. 130-31). Jade nuggets (*kizami nattô no ao-jiso age,* p. 136). Pine cones (*matsukasa,* with tofu, p. 151). Miso-pickled vinegared konbu kelp (p. 153). Crisp turnip with sesame-miso dressing (p. 158). Amazake (p. 162). Daikon with miso sauce (*daikon oden,* p. 170). Brussels sprouts with miso sauce (p. 179-80). Dried-frozen tofu mélange (p. 181-82). Not exactly hamburger ("patties" with dried-frozen tofu and okara, p. 182). Simmered dried-frozen tofu (p. 182-83). Dried-frozen tofu tempura (p. 183). Konnyaku in miso dressing (p. 184). Fried unohana (*iri unohana,* with thin deep-fried tofu and okara, p. 187; "The mash or lees (*okara*) remaining after making tofu are inexpensive, plentiful, and nourishing–ideal everyday temple food. By itself *okara* is not interesting, but it is brought to life by the addition of a little oil and a few other ingredients"). Inari-zushi (p. 189-90). Grilled usuage (with thin deep-fried tofu, p. 190). Deep-fried usuage (p. 190-91). Golden sushi rolls (with usuage, p. 191). Rôbai (Sanko-in fresh wheat gluten, p. 192-93). Deep-fried dried yuba (p. 195). Fried and simmered dried yuba (p. 196). Sesame "tofu' (with kuzu, p. 196-99). Almond tofu (p. 202). Salt-grilled tofu (from old Naniwa, today's Osaka, p. 203-04). Steamed tofu loaf (p. 206). Salad with white [tofu] dressing (*shira ae,* p. 206-07). Steamed tofu cup (*otôfu no chawan mushi,* p. 208). Deep-fried tofu in thick sauce (p. 209). Tofu sauté (*yaki-dofu no atsuyaki,* p. 213). Bean flowers (*nattô no mochi gurumi,* p. 215). Buckwheat-miso topping (p. 215-16). Miso mayonnaise (with sweet white Saikyo miso, p. 216-17). Contains 17 pages of color photos showing dishes prepared from recipes in this book. The 510 delicate illustrations (both line drawings and simple brush paintings) clarify and enhance the text throughout.

In 1987 this book was re-issued with a new title: The Heart of Zen Cuisine: A 600-year Tradition of Vegetarian Cookery. Address: 1. Abbess, Sanko-in Zen temple, Honcho 3-1-36, Koganei-shi, West Tokyo (Musashi Koganei Station).

5947. Yoshikawa-Shoji Co. Ltd. 1982. The book of nigari tofu & nama-age tofu technique. Honmachi Wako Building, 2-50 Kita-Kyuhoji-machi, Higashi-ku, Osaka, Japan. 18 p. 26 cm. [Eng]
• ***Summary:*** This company, founded in 1861, is the oldest maker of nigari in Japan today. They make two three types: Maruzen Micro Neoekis (in fine granular, and an older flake style), and traditional solid nigari in cans. Micro Neoekis, introduced 20 years ago, is purified magnesium chloride.

Contents: Characteristics of nigari tofu. Micro-Neoekis. Real nigari and delicious tofu. Which nigari is best for tofu? Basic characteristics of nigari. Storage of nigari. General method of making tofu. Varieties of tofu. How to make high quality products. Characteristics of high quality soymilk for tofu. How to judge the quality of soymilk. How to make soymilk. Other comments. How to make regular tofu. When is more coagulant needed? When is less coagulant needed? Methods for coagulation with nigari. How to add Micro-Neoekis. How to make silken tofu. Reasons for failure. How to make packaged tofu. Reasons whey appears. How to make tofu for deep-frying. Major points to observe in coagulation. How to coagulate. Magnesium chloride 1,2 method. How to make egg tofu. Address: Osaka, Japan. Phone: 06-261-6767.

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5948. Zhang, De-sheng. 1982. Doufu cai si bai zhong [Four hundred tofu dishes]. Fu Zhou, Fujian Province: Science and Technology Publishing House of Fujian. 280 p. Illust. No index. 19 cm. [Chi]
• ***Summary:*** A unique collection of Chinese tofu recipes, arranged by type of tofu. Contains a photo of the author and his father. Contents: Soft tofu dishes. Tofu dishes. Ground tofu dishes. Very firm tofu dishes (with doufugan). Yuba dishes. Ground soybean dishes. Dried yuba dishes. Vegetarian dishes. Address: Fujian province, China.

5949. Desert Gardens. 1982? New soyfoods restaurant or deli. 702 Main St., Safford, AZ 85546.
• ***Summary:*** Menu sent by owner Katerina Lewis about 1982. "One of our main staples is tofu..." Soy-related recipes include–Appetizers: Eggless salad (with tofu), Brazilian bean dip (with tofu), French onion dip (with tofu & miso), California guacamole (with tofu). Side dishes: Potato tofu knish, Chili beans & tofu, Baked potatoes (with tofu sour cream), Tofu pizza. Deli: Tofu cottage cheese, Soy sour cream, Tofu cream cheese. Entrees: Sicilian eggplant Parmesan (with tofu), Tofu & fresh vegetable saute, The combo (featuring breaded tofu cutlets). Sandwiches: Tofuburger with millet, Sizzling tofu, Guacamole, Tofagel (tofu, sprouts, and tomato on a toasted bagel). Beverages: Soy milk, Soy shakes. Desserts: Tofu cheesecake. Soybean ice cream. Address: Safford, Arizona. Phone: 428-5132.

5950. Island Spring, Inc. 1982? Tofu: Island Spring (T-shirt). Vashon, Washington. Undated.
• ***Summary:*** This black T-shirt has white letters on the front. Near the top are the two 4-inch-high Chinese characters for the word "Tofu." Below that, in capital letters 5/8 inch high are the words "Island Spring." Address: Vashon, Washington.

5951. Kagan, Bernice. 1982? Success without selling out: Local producers. *Arcata Co-op Newsletter.* Undated.
• ***Summary:*** Article about Matthew Schmit and the Tofu Shop in Arcata, California. "The wholesale end of the business produces 275 pounds of fresh tofu five days a week." A photo shows a man cutting a large block of tofu. In the same issue is a large ad for The Tofu Shop. Another photo shows Matthew Schmit making tofu.

5952. **Product Name:** Diet Tofu.
Manufacturer's Name: Lucky Bean Cake.
Manufacturer's Address: 1060 W. 39th St., Norfolk, VA 23508. Phone: 804-489-1493.
Date of Introduction: 1982?
Ingredients: Organically grown soybean, purified water, calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label (undated) from about 1982 sent by Bruce Rose of Rosewood Products. 2000. Oct. 15. Red, black, and white on yellow, printed on clear film. Note: The company name is not clear. Contains four serving suggestions.

5953. **Product Name:** Tofu, and Soysage.
Manufacturer's Name: Mainley Tofu.
Manufacturer's Address: P.O. Box 209, Anson, ME 04911. Phone: 207-696-5845.
Date of Introduction: 1982?
New Product–Documentation: Letter from Peter Beane. ca. 1982. David Friedman and Amythyst Montford are friends at Mainley Soyfoods. He is making tofu and soysage again, but now his main business is growing alfalfa sprouts (450 lb/week). He is about to marry Noreen O'Leary. Shurtleff & Aoyagi. 1982. Soyfoods Industry: Directory & Databook. p. 1.

5954. Northern Soy. 1982? The tofu pasteurization myth (Leaflet). Rochester, New York. 1 p. Single sided. 28 cm. Undated.
• ***Summary:*** "At Northern Soy we only package tofu in bulk so that the retailer can take proper care of the product by changing the water regularly. In this way the customer is assured of purchasing fresh, good tasting tofu. We take pride in guaranteeing that our retailers always sell fresh tofu. To this end, we give frequent delivery service and educate our retailers in the proper car of tofu.

"So remember, no matter what steps are taken, stale packaged tofu will never compare in taste and quality to the fresh product."

At the bottom of the sheet is a label (2.5 by 1.25 inches) labeled "Soyboy Tofu." Address: 30 Somerton St., Rochester, New York 14607. Phone: (716) 442-1213.

5955. **Product Name:** Paul's Tofu Burgers.
Manufacturer's Name: Paul's Tofu.
Manufacturer's Address: The Old Brewery, Wheathampstead House, Wheathampstead, Hertfordshire, England. Phone: Wheathampstead (058283) 4241.
Date of Introduction: 1982?
Ingredients: Organically grown soya beans, whole grain cereals, vegetables, and herbs.
How Stored: Refrigerated.
New Product–Documentation: Leaflet titled "Paul's Tofu" (undated, but sent in 1982). Address: The Old Brewery, Wheathampstead House, Wheathampstead, Hertfordshire, UK. Phone: Wheathampstead (058283) 4241. 3 panels on each side. Each panel: 21 x 10 cm. Printed brown ink on beige paper. Contents: Introduction to tofu. For whom is tofu intended? The qualities of tofu. Suggestions for use. Storage. Try these recipes with your tofu (5 recipes from *The Magic of Tofu*, by Jane O'Brien; Thorsons Publishers). Community

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Health Foundation (188-94 Old Street, London EC1V 9BP). "Paul's Tofu Burgers are made from organically grown soya beans, whole grain cereals, vegetables and herbs..."

5956. Sun Youth Machinery Co., Ltd. 1982? Automatic tofu, dried bean curd and soybean milk making equipment. Factory: No. 6, lane 229, Hwa Chen Rd., Hsin Juang Taipei Hsien, Taiwan. 12 p. Manufacturer's catalog. Undated.
• ***Summary:*** "Dried bean curd" probably refers to pressed tofu (*doufugan; W.-G. toufu kan*). Address: Taipei, Taiwan.

5957. **Product Name:** Morning Calm brand Organic Tofu (Soy Bean Cake).
Manufacturer's Name: Tofu, Inc.
Manufacturer's Address: 1900 Oak Crest, Roseville, MN 55113.
Date of Introduction: 1982?
Ingredients: Organic soybean, water, natural nigari.
Wt/Vol., Packaging, Price: 15 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid. Retails for $1.10.
How Stored: Refrigerated.
New Product–Documentation: Label (undated) sent by Bruce Rose of Rosewood Products. 2000. Oct. 15. Black and yellow on white film. "Tofu (Vegetable protein). Tofu is a versatile, easily digestible source of vegetable protein." Contains six serving suggestions.

5958. **Product Name:** Tofu (Soybean Curd).
Manufacturer's Name: Zina Naturals, Inc.
Manufacturer's Address: Baltimore, Maryland.
Date of Introduction: 1982?
Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray, heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label (undated) sent by Bruce Rose of Rosewood Products. 2000. Oct. 15. Printed Blue, light green, and white on clear plastic film. "Add tofu to soups & casseroles just before serving. Stir fry it in Oriental recipes. Use in place of ricotta for pasta dishes. Delicious breaded & fried. Tofu is a good source of high quality protein & it's low in calories."

5959. Mouish, Jo Collins. 1983. Cook uses tofu to create 'luscious' cheesecake: Cook's corner. *Press* (*Ypsilanti, Michigan*). Jan. 5. p. 1C.
• ***Summary:*** Karen Malofy, age 29, works as a cook at The Soy Plant in Ann Arbor, is married and has two daughters. The "hidden ingredient" in her recipes is tofu. Recipes are given for: Tofu cheese cake. Tofu quiche. Tempeh mock chicken salad. Missing egg salad. Tempeh with nutritional yeast gravy. Photos show: (1) Ms. Malofy. (2) A block of tofu and tofu cheesecake. Address: Living editor.

5960. Pantry Supermarkets. 1983. Clip these coupons 'n save (Ad). *Los Angeles Times.* Jan. 6. p. SG3.
• ***Summary:*** The section titled "Pantry Oriental foods" states: "Hinode kinugoshi tofu (soft) 9 oz. 59¢.
"Hinode shirataki (yam noodles) 9 oz.–51¢."
Note: This ad also appeared in the issues of Jan. 27 (p. SG3) and March 31 (p. SG3). Address: Los Angeles.

5961. Munson, Judy. 1983. Dining out: The Golden Mushroom (Ad). *Chicago Tribune.* Jan. 7. p. SWC7, or SC7.
• ***Summary:*** The menu of this natural foods restaurant, at 18500 S. Vincennes Ave., compromises with a few chicken, shrimp and tuna offerings, but no white sugar is allowed in the place. The most popular item on the lunch menu is the veggieburger, served stuffed in whole wheat pita bread. Tofu, a food well known to vegetarians, is served scrambled with green onions and sesame seeds.
"For the uninitiated, tofu looks like cubes of chicken breast, but actually is a soy bean curd (soy milk made into cheese). 'It's a perfect food, if you can get used to the taste,' said the chef."

5962. Ostrow, J. 1983. Tofu! Tofu! Tofu! The attack of the Orient's all-purpose do-it-yourself miracle food. *Weekend/ The Washington Post.* Jan. 7. p. 36.
• ***Summary:*** Melodie Phipps in Bethesda, Maryland, teaches the Open University's most popular cooking class titled "Tofu: The Meat Without the Bones." A list of popular books about tofu is given.
Hugo's, a health-food supermarket in Chevy Chase, Maryland, sells "Frozen tofu lasagna."

5963. Barat, Gary Oak; Barat, Chandri. 1983. Re: Formation of American Tofu Council–Monday, February 7, 1983 at Anaheim. Letter to members of soyfoods industry, Jan. 14. 5 p. Typed, with signature on letterhead.
• ***Summary:*** "It's clear to us that the tofu industry now stands at a crucial point. Our most immediate need is to push tofu sales in the fastest, most efficient way possible. The most effective way to do this, both in terms of time and dollars, is to form a tofu council to conduct mass education programs, largely through a public relations campaign in the media.
"At the Seattle [Washington] Soyfoods Conference last July, many of the larger tofu companies spoke of the need to act together in expanding public awareness of tofu. The consensus was that forming some kind of tofu council would be the best way to proceed." Address: 1. Chairman; 2. President. Both: Legume Inc., 91 Roseland Ave., Caldwell, New Jersey 07006. Phone: (201) 228-9466.

5964. Sheraton, Mimi. 1983. Restaurants: Japanese fare for theater nights. *New York Times.* Jan. 14. p. C18.
• ***Summary:*** This is a review of Sushiko, a Japanese

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restaurant at 231 West 55th St., between Broadway and Eighth Ave. in New York City. They sell: "fried half-eggplant mellowed with miso sauce, topped with sesame seeds; soybean cakes [tofu] in seaweed soup with vegetables; oshitashi [o-shitashi, o-hitashi], a salad of marinated spinach with soy sauce and crunchy flakes of dried bonito, and natto, winy, fermented soybeans in an egg and scallion sauce."

And "zaru soba, cold buckwheat noodles with soy sauce, horseradish and scallions were refreshing." "Broiled fish, meats and poultry, done teriyaki-style are stringy and less interesting..."

5965. Flinders, Carol. 1983. Tofu industry prepared for boom times in '80s. *Hartford Courant* (*Connecticut*). Jan. 19. p. E2.

• ***Summary:*** "That faint rumble that you hear just offstage is the tofu industry, tooling up for its Great Leap Forward in the 1980s." Yearly production are expected to grow to 200 million pounds by 1986, from 50 million pounds now.

Carol met with Dik and Sharon Rose, co-owners of Brightsong Light Foods of Petaluma, California. They operate out of what used to be a poultry processing plant; Petaluma used to be the "chicken capital of the West."

Brightsong makes 400 lb/day of tofu, as well as "soy milk, soyshakes, and a number of tofu-based salads, spreads, and desserts.

"Brightsong is an example of the first phase of the soy-foods industry–low profit margin, relatively low volume and very labor intensive."

An illustration shows the Brightsong logo. There is a recipe for Hot and sour tofu soup.

5966. Pantry Supermarkets. 1983. Buy one, get one free! (Ad). *Los Angeles Times.* Jan. 20. p. SG3.

• ***Summary:*** The section titled "Oriental foods" states: "Hinode shirataki (yam noodles) 9 oz.–50¢. Hinode natto (steamed soybeans) 5 oz.–49¢. Hinode Japanese tofu 19 oz.–59¢." Address: Los Angeles Co. and southern California.

5967. Jacobs, Sanford L. 1983. Company finds a niche selling frozen foods made with tofu. *Wall Street Journal.* Jan. 24. p. 23 or 27.

• ***Summary:*** Chandri and Gary Barat assume that they can get Americans to eat bean curd and like it. They envision frozen products made of the white, cheesy, nearly tasteless ingredient–properly known as tofu–selling briskly in supermarkets across the country.

"Many businesses are started with such visions. Seldom do they succeed. Three out of four new frozen food products don't make it in the marketplace and disappear...

"The Barats' company, three-year-old Legume Inc., can't be counted a success yet. A private sale of stock last year raised $100,000 that saved it from bankruptcy. But the Bloomfield, N.J., concern has succeeded in placing its products in health-food stores across the country and in a few supermarket chains on both coasts...

"Legume's success doesn't depend on people eating plain tofu. 'Our idea,' says the 40-year-old Mr. Barat, 'was to put it in finished products in ways that Mr. and Mrs. Average American can understand.'

"... In Legume's frozen lasagna, ravioli and pizza, tofu replaces cheese. The result is convenience food that is low in fat and calories...

"The Barats had something to do with it, too. 'These people are totally committed to what they are doing,' says Mr. Bloom. Both vegetarians, they worked together before they were married in researching tofu and the food industry. By early 1980 they had a 100-page business plan but little money. Legume was created when the couple began making quiches, muffins and desserts of tofu in their New York City apartment and selling them with mixed success at local street fairs.

"A break moved the Barats quickly beyond the cottage-industry stage. A friend introduced them to a baker in New Jersey. He was impressed by their business plan and put $19,500 into the company and let them use his bakery after his daily baking was done. The professional facilities enabled the Barats to develop new products and produce more tofu baked goods, which they were able to sell to health-food stores.

"Another fortuitous move was plucking Ira Shapiro's name from a list of food distributors and asking him to represent Legume. Mr. Shapiro is a veteran distributor who represents major low-calorie frozen food lines–something the Barats didn't know when they picked him out. He thought tofu-baked products could be big, but Legume was too small for his company then. However his son, Robert, put $10,000 into Legume and became sales manager.

"As luck would have it, a large Italian food company is near the bakery used by the Barats. Its owner was introduced to the couple by the baker, and they found that his philosophy of food coincided with theirs... From that start, the food company went on to make Legume's first tofu lasagna in May 1982, and now produces all its products. Eventually, the baked goods were dropped in favor of the Italian frozen products, which have gained supermarket acceptance quicker than quiches, muffins and desserts could have...

"Legume's sales are only $40,000 a month, $20,000 less than the breakeven point. But the company will survive, Mr. Barat says, even if it doesn't get the money he is after. There's enough left from last year's financing to see it through to profitability." Address: Staff reporter.

5968. Oers, Ton van. 1983. Re: Soya in Kananga, Zaire. Letter to William Shurtleff at Soyfoods Center, Jan. 25. 1 p. Typed, without signature.

• ***Summary:*** In Nov. 1982 Sjon Welters in Amsterdam wrote

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William Shurtleff: "A Dutch priest who works in Zaire came to visit our tofu plant to learn about possibilities for soyfoods in the village in which he worked. The local people have grown soybeans for 10 years and he is thinking of making tofu and soymilk from them."

Ton van Oers responded as follows to a letter from Shurtleff: "I am a great believer in soya myself. Masuika is a fertile agricultural region which provides foods such as manioc, corn, and soya to much of the city of Kananga and Mbuji Mayi.

"The soybean crop this year in Masuika was about 200 tons; part was bought by the mission and the rest by commercial firms. The price (3.00) is low. Lots is exported to Kananga, located about 260 km north of here, to a factory named Bisoka, where it is processed to make cakes, cookies, and soy flour (soyameel). In Masuika, 30-40 tons of soybeans are processed into soy flour, which is packaged in 750 gm plastic bags and then sold elsewhere. People use it mostly in food for children. Very often, it is prescribed by doctors. For us, due to the limited possibilities, the most suitable method to sell soya is to roast it then grind it into flour. It stores well in this form. We would like to learn about other ways of possibilities.

"Soybean cultivation started here in 1965. In Kananga there was an agricultural school of which Father Vaneste was the director. The people introduced soya under his direction. The pastor explained the benefits of soya during a catechism lesson, then he gave everyone a 250 gm glassful of soybeans. In 15 years this has expanded to 200 tons. Sales of soybeans have always been guaranteed by the mission. The seeds are planted in January and harvested in May. Yields are 600-800 kg/ha.

"I cannot predict the future of soya. I hope it will continue to exist and that the population will see its usefulness, not only as a cash crop, but also as a means to improve nutrition. Personally I feel the possibilities for doing things with soya are pretty limited: soy flour and soya cakes or cookies. Making tofu seems pretty complicated and it does not store well." Address: M.C. Masuika, B.P. 70, Kananga, Zaire.

5969. Gevaert, Pierre. 1983. Re: Making miso, tofu, and soy sauce in Europe. Questions answered on Soyfoods Center letterhead (dated 26 Jan. 1983) and returned to SC. 1 p.
• ***Summary:*** Q1. Are you now making soy sauce (shoyu or tamari) in both Belgium and France? Please give the address and phone numbers of each plant where you are making soy sauce. When did you start making soy sauce in France?

Answer 1. We will finally start making shoyu in April 1982, only in France. At Lima-Andiran, 47170 Mezin, France. Tel. 5365 1002. Lima is presently making miso at their plant in Mezin.

Q2. Do you make miso at your plant at Sint-Martens-Latem? Answer 2. No.

Q3. Are you making tofu, yourselves, anywhere in Europe or is it made for you by other companies? Answer 3. Jonathan at Antwerp, Belgium, makes it for us using our organic soybeans.

Q4. Can you tell me (if it is not a secret) roughly how much of the following in metric tons you produced in 1982? Answer 4. Soy sauce 0. Miso 5 tons. Tofu 2/3 tons. Address: Lima Foods, Edgar Gevaertdreef 10, Sint-Martens-Latem 9830, Belgium. Phone: 09-52-4176.

5970. Hughes Markets; El Rancho Markets. 1983. Hughes Markets ham and egg sale! (Ad). *Los Angeles Times.* Jan. 27. p. J34.
• ***Summary:*** The section titled "Foods of the Orient–in our fresh produce dept." includes: "19-oz. Pkg. Hinode Tofu–59¢. Ramen noodles... Yamaizumi Miso–16-oz. cup Soy Bean Paste–$1.19. Morinaga Tofu–10 oz. Pkg. Soy Bean Curd–47¢."

5971. Pantry Supermarkets. 1983. 4 double coupons! (Ad). *Los Angeles Times.* Jan. 27. p. SG3.
• ***Summary:*** The section titled "Pantry savings Oriental foods" states: "Hinode tofu 59¢ each.

"Your choice:

"Japanese–19 oz.

"Kinugoshi–12 oz.

"Chinese–20 oz.

"Hinode Age, 1½ oz. 79¢.

"Kokuho Rose rice, No talc. 25 lb. bag. $7.99." Address: Los Angeles.

5972. Shurtleff, William. 1983. Re: Thoughts on a proposed American Tofu Council. Letter to the Soyfoods Association of America, and to tofu and soyfoods companies, Jan. 27. 3 p. Typed, with signature on letterhead.
• ***Summary:*** "To summarize, we support the American Tofu Council if it is structured as part of a larger and more comprehensive Soyfoods Association and NOT as a separate and isolated group, and if the Director is well qualified and dedicated. If these two points are *not* adhered to, we will vigorously oppose the formation of a separatist American Tofu Council." Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

5973. Fiske, Doug. 1983. Re: Thoughts on reviving the Soyfoods Association of North America. Letter to William Shurtleff at Soyfoods Center, Jan. 31. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Doug is glad that Gary Barat is taking the lead in trying to activate the soyfoods association and ATC (American Tofu Council). "I tend to think that the funding is not available to support an association on the level that our committee, your memo, and Barat's proposal outlined. I think something along the lines of $50 per month from

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anybody and everybody to fund a press release program as I outlined in my October letter is more likely to come about." Address: Nature's Touch Soyfoods, P.O. Box 511, Encinitas, California 92024. Phone: (714) 753-5979.

5974. Arasaki, Seibin; Arasaki, Teruko. 1983. Vegetables from the sea: Low calorie, high nutrition, to help you look and feel better. Tokyo: Japan Publications. 196 p. Illust. (color plates and line drawings). Index. Jan. 26 cm. [Eng]
• ***Summary:*** This is probably the best English-language book written about sea vegetables. Contents: Preface. Part I: General information. Introduction. 1. In the human diet: In general, in Japan. 2. Dietary and medical applications: Chemical composition (polysaccharides, proteins, amino acids and peptides, fats and lipids, vitamins, minerals, nutritional value, pigments), flavor and taste (specific Japanese seaweeds as foods), medical applications (antilipemic and blood-cholesterol reducing substances, blood anticoagulants, antitumoral {anti-cancer} effects, antibiotics, toxic compounds, medical uses of alginate), folk medicine, thalassotherapy and algotherapy, longevity. 3. Biology of the algae: Differences, pigment systems, photosynthetic products and storage substances, land and marine vegetation, life-spans and seasonality, generation alterations. 4. Harvesting and farming: General (Monostroma and Enteromorpha), brown algae (Laminariales and Undaria, artificial cultivation), red algae (Porphyra, Eucheuma and Gelidium), freshwater algae. 5. Processing and preserving: General, amanori and aonori, green algae (*Caulerpa*, sea grapes), brown algae (wakame, kombu, arame and hijiki, mozuku), red algae, nostoc freshwater algae, domestic algae. 6. Illustrations of major sea vegetables.

Part II: Cooking with sea vegetables. Kombu (*Laminaria*). Wakame (*Undaria pinnatifida*) and Matsumo (*Analipus japonicus*). Hijiki (*Hizikia fusiforme*). Arame (*Eisenia bicyclis*). Asakusa nori (*Porphyra tenera*). Tosakanori (*Meristotheca papulosa*). Kanten (*Agar*). Green laver (*Enteromorpha*).

Index of scientific names of sea vegetables. Index of Japanese names of sea vegetables. List of recipes. Address: 1. Prof. and lecturer on Fisheries Botany and Marine Ecology, Univ. of Tokyo and Nihon Univ., Japan; 2. Prof. Kobe-Yamate Women's College, Lab. of Biochemistry.

5975. **Product Name:** Vegie Burger.
Manufacturer's Name: Bud, Inc.
Manufacturer's Address: 1100 Wicomico St., Baltimore, MD 21230.
Date of Introduction: 1983. January.
Ingredients: Natural nigari tofu, carrots, cabbage, onion, celery, potato, yam, okara, soymilk, sesame seeds, sunflower seeds, soybean oil, sea salt, spices.
Wt/Vol., Packaging, Price: 7 oz vacuum pack.
How Stored: Frozen.
Nutrition: Per 3.5 oz.: Calories 210, calories 12 gm, carbohydrates 13 gm, fat 13 gm, sodium 235 mg (235 mg/100 gm).
New Product–Documentation: Label. 1983. Jan. (dated). 4.5 inches square. Black and white on reddish-purple. "Keep frozen. Completely vegetarian. All natural. No preservatives." Logo reads: "Soyfoods for a healthy world"; East West. 1987. June. p. 65.

5976. Forbes, R.M.; Erdman, J.W., Jr.; Parker, H.M.; Kondo, H.; Ketelsen, Sandra M. 1983. Bioavailability of zinc in coagulated soy protein (tofu) to rats and effect of dietary calcium at a constant phytate:zinc ratio. *J. of Nutrition* 113(1):205-10. Jan. [10 ref]
• ***Summary:*** Zinc bioavailability as expressed by weight gain was reduced by about 48% by tripling the calcium content of a tofu-based diet, but this effect was not seen on an egg-white-based diet. Address: Univ. of Illinois.

5977. Kingaard, Jan. 1983. The winning recipe for tofu sales: The marketing menu. *Whole Foods* (*Berkeley, California*). Jan. p. 8-10. [19 ref]
• ***Summary:*** Tofu's selling points: Budget stretcher. Natural product. High protein source. Diet food. Convenience food. Versatile staple. Other considerations. Tofu booklist.

On page 13 is a full-page introduction to tofu titled "Getting to know your tofu." In the upper right corner is a rectangle in which is written: "Attach your business card here so consumers know who to contact when they are ready to buy."

5978. Shurtleff, William. 1983. Graph of tofu and tempeh manufacturers in the West. Lafayette, California: Soyfoods Center. 1 p. Jan. Unpublished manuscript.
• ***Summary:*** This graph shows how the number of tofu manufacturers in the West grew from 56 in Oct. 1975 to 310 in Jan. 1983. The number of tofu manufacturers in the USA grew from 48 in Oct. 1975 to 182 in Jan. 1983.

The number of tempeh manufacturers in the West grew from 8 in Oct. 1975 to 78 in Jan. 1983. The number of tempeh manufacturers in the USA grew from 1 in Oct. 1975 to 56 in Jan. 1983. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

5979. **Product Name:** Soya Nova Tofu.
Manufacturer's Name: Soya Nova Tofu Shop.
Manufacturer's Address: Glen Echo Rd., R.R. #1, Mayne, BC, V0N 2U0. Canada.
Date of Introduction: 1983. January.
New Product–Documentation: Talk with Debbie Lauzon. 1990. Dec. 28. Then letter from her on 11 Feb. 1991. She learned how to make tofu 15-20 years ago in California, where she also bought tofu. Then she moved to Canada and was living on a farm in the Ottawa Valley, Ontario, Canada.

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A friend bought and sent her a little tofu kit that enabled her to make about 1 pound of tofu. She and Chris Kodaly first started making tofu commercially in Jan. 1983 at Mayne, BC, Canada. Mayne Island is a small island in the Gulf Islands, with a population of about 500. The official name of the company was and still is Soya Nova Tofu Shop. The market was small so she only made 10 lb of tofu a week. But nearby Galiano Island is a larger market, so on Fridays she took went there and sold her tofu at the farmers' market. The only way back to Mayne Island was via Saltspring Island (the largest of the Gulf Islands), so she sold her tofu there at the Saturday farmers' market. Saltspring (population 5,000) soon became her biggest market so she and Chris moved there from Mayne in 1985. Their tofu shop is part of their home and is considered a cottage industry.

As of Feb. 1991 Soya Nova makes about 800 lb/week of tofu on Saltspring (up from 400 lb/week in Dec. 1990); they have about 3 employees, not all full time. Chris Kodaly has not been directly involved with the company for the last couple of years. He is a piano teacher, but he is still her business partner. "The most important thing for Soya Nova is to produce the freshest and best tofu for our community, friends, and family."

Leaflet sent by Deborah. 1991. Feb. 6. The company is now located at 1200 Beddis Road, Ganges, B.C. V0S 1E0. Phone: 537-9651. But the return address on the envelope is RR#2 Rourke Rd. C-28, Ganges. Products that are coming soon are Okara Granola Bars and Tofu Cheesecake.

5980. Wasserman, Debra. 1983. Tofu cooking demonstration: Friday 8 pm. January 28. *Baltimore Vegetarians* 2(1):1. Jan.
• ***Summary:*** "Baltimore Vegetarians will be sponsoring both an enjoyable and educational event on Friday evening, January 28th, 1983. At 8 pm, in the Mt. Vernon Place Methodist Church located at 10 East Mt. Vernon Place. Baltimore Vegetarians member Sandy Weinstein will do a tofu cooking demonstration as well as a discussion.

"Sandy will be preparing an appetizer–tofu tahini dip, a main dish–tofu arame seaweed pie, and a dessert–tofu cheese cake. She will also speak about the various ways tofu can be prepared–for instance in spreads, marinades, desserts, main dishes, etc.

"The cost for this event is $1.00 for members and $3.00 for non-members. We will also be offering pita sandwiches for 75 cents each and free cider.

"Call 752-VEGV and let us know if you plan to attend this event." However reservations are not required. Address: P.O. Box 1463, Baltimore, Maryland 21203. Phone: 301-752-VEGV.

5981. *Whole Foods* (*Berkeley, California*). 1983. Getting to know your tofu. Jan. p. 13. [2 ref]
• ***Summary:*** A one-page introduction to tofu based on *Tofu Cookery* by Louise Hagler and *The Book of Tofu* by Shurtleff and Aoyagi. Contents: What is tofu? Taste. Texture. Freshness. Cooking methods. Blending. Freezing. Marinating. Measuring. Draining. Variations: Frozen tofu, dried-frozen tofu, fermented tofu, deep-fried tofu.

5982. Dominguez de Diez Gutiérrez, Blanca. 1983. Re: Work with soyfoods in Mexico. Letters to William Shurtleff at Soyfoods Center, Feb. 6, Feb. 12, March 1, and Aug. 10. 7 p. total. Handwritten, with signature. [Eng]
• ***Summary:*** In a typed letter dated 5 Dec. 1982 William Shurtleff sent Blanca a new, updated draft of a history of soy in Mexico and of Blanca's work. "Could you please read it again and given me your additions and corrections. The section on your work is too long already, so please don't make it longer–but its really nice. Also please try to help me in answering the enclosed questions.

Blanca was away in Paris, France, teaching yoga and diet, so the letter was delayed in reaching her. Her three letters are all handwritten, the first from Boston, Massachusetts. She is on her way to teach about Ann Wigmore's inexpensive healing diet at a hospital in Houston, Texas. She hopes to be back at her "spiritual school" in Mexico teaching yoga and soyfoods in about April. "I find that today there is no longer the same interest that there was before in the U.S. for soya. Everybody seems to be mad about raw food."

The DIF has disappeared, having been absorbed by the Dept. of Public Health. Questions: (#2) The National Autonomous University of Mexico. (#4) Blanca left Tepoztlan in order to reach more people, in particular low income ones, who couldn't come to her. (#21). In the year 1977.

Letter of Feb. 12. "I was not the founder of the Circle Yoga de Tapasthona in Tepoztlan, Morelos; I was the president of it. The founder was Swami Pranavananda Saraswati from India."

Letter of March 1. "I have been a vegetarian for 22 years but have not adhered to any diet in particular. Perhaps the closest is the macrobiotic, [but] with more vegetables & fruits. Have never consumed milk, eggs, or cheese..." Address: Apdo. Postal 226, Jalapa, Veracruz, Mexico.

5983. A&P. 1983. You'll do better with these great super... (Ad). *Toronto Daily Star* (*Canada*). Feb. 9. p. C8.
• ***Summary:*** In the right center of this full-page ad: "Fresh To Fu. Product of Ontario. Soya Bean Curd, 500 gm pkg.–99¢." Address: Toronto.

5984. Piotrowski, Joyce Dodson. 1983. Chinese barbecue no longer requires torching the hut. *Washington Post.* Feb. 9. p. E1, E16.
• ***Summary:*** The tradition of Chinese barbecue has an ancient origin. The Chinese invented charcoal, which burns hotter than wood, probably for use barbecuing, using cast-

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iron cylindrical ovens, with a grate and openings at the bottom for supplying air to the charcoal fire. Any Chinese dish that is cooked in an oven (including Peking duck) can be considered a barbecued dish.

Describes the details of making good Peking duck with its thin crisp skin, moist and fragrant meat, and golden-brown color.

The secret of making delicious barbecued Chinese spareribs and this strips of red roast pork lies in the sauce, which "is a blend of hoisin sauce, soy [sauce], honey, garlic, ginger, and five-spice powder. This sauce is used as both a marinade and a basting liquid, and sometimes even as a sauce to pour over the meat.

"In fact, there are recipes in Chinese cookbooks for dishes such as barbecued bean curd that are not really barbecued but are really stir-fried in barbecue sauce." For best results, make the barbecue fresh yourself rather than buying a ready-made product.

Note that the word "soy" (used by itself, at this late date) refers to soy sauce.

5985. Hansen, Barbara. 1983. Cookbook welcomes the new year: A few celebrity recipes added to old favorites. *Los Angeles Times.* Feb. 10. p. L1, L29. [1 ref]
• ***Summary:*** The Los Angeles Chinese Women's Club has reissued its cookbook, *Gourmet Celestial,* first published in 1970. Income from sales is used to fund scholarships. The book includes several meatless recipes that are traditionally served during the 24-hour fasting period that runs from midnight of Chinese New Year's Eve to the sundown of New Year's day. One of these given here, Chinese meatless dish (Law Hon Jai) includes: "¼ pound dried bean curd stick [dried yuba sticks], soaked overnight and cut into 2 inch lengths,... ¼ pound sweet dry bean curd [probably sweet dried yuba], soaked overnight then halved,... 4 or 5 pieces fried bean curd, quartered,... ½ cup fermented bean curd cake [fermented tofu], ¼ cup red bean curd" [red fermented tofu]. Address: Times staff writer.

5986. Leonard, Thom. 1983. Pioneering work with miso in America (Interview). *SoyaScan Notes.* Feb. 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In the fall of 1974, Thom Leonard made his first batch of barley koji and barley miso using a recipe in Herman Aihara's new book titled *Soybean Diet.* The 80-pound batch of miso was aged in a soy sauce keg from Hong Kong. He then made 80-pound batches of chunky wheat miso in the fall of 1975 (he later pickled tofu in it) and of barley miso in early 1976. After moving to Fayetteville, Arkansas, he and Jim Hemminger made larger scale miso equipment and on 15 April 1977 packed their first 35-gallon cedar vat with brown-rice miso. Soon over 1,000 lb were aging in the vats. This miso was sold to and distributed by the Ozark Cooperative Warehouse.

Thom and Richard Kluding founded the first Caucasian-run miso company in North America, Ohio Miso Co. in Monroeville, Ohio. They began production on 13 March 1979. By Jan. 1980 Ohio Miso was making several varieties of miso: brown rice, barley (one or two year), mellow brown rice, mellow red, and black soybean; output was 2,400 lb/week.

Then in the spring of 1980 Leonard and Kluding split up, largely because of interpersonal problems. In the summer of 1980 Leonard taught miso classes at the macrobiotic Spiral Inn and Moniteau Farm in Missouri. Then in late 1980 he taught 2 classes on making miso, natto, tofu, and tempeh at the Kushi Institute in Boston, Massachusetts, with 30-40 people per class. In 1981 and 1982 he taught 8 similar classes out of his home in Boston, plus four 3-day residential workshops on the same subjects. All were sold out every time. In 1983 he plans to travel Ireland to start a miso plant in County Kilkenny. Friends of his own several old buildings. The Irish government will help pay startup costs, covering 45% of the required startup capital plus 25% of the rent for the first 5 years. He hopes to start in July 1983 and to be producing miso by late 1983. He hopes to make 100,000 to 200,000 pounds of mostly barley miso, both mellow barley and 12-24 month barley miso. Thom's constitution is so yang that he can't eat much miso–which is also very yang. But this week he enjoyed miso soup twice, which is more than he has had for the past year.

Note: Thom and his wife went to Ireland but they never started a miso plant or commercial miso production there. Address: Brookline, Massachusetts.

5987. Mintz, David. 1983. History of the development of Tofutti (Interview). Conducted by William Shurtleff of Soyfoods Center, Feb. 14.
• ***Summary:*** Extensive, frank discussions on his pioneering work, from its earliest days. Mintz says that Tofutti contains lots of tofu. Address: New York.

5988. *Chicago Tribune.* 1983. Homemade tofu: Preparation is easy when you know the Asian secret. The good cook. Feb. 17. p. S_A8.
• ***Summary:*** Gives a recipe for making "Bean curd" at home using nigari as a solidifier. It is not hard to make tofu at home. "Homemade cakes are incomparably fresh in flavor and fine in texture."

5989. Krieger, Verena. 1983. Vielseitiger Tofu [Many-sided tofu]. *Schweizer Familie.* Feb. 23. p. 81-84. [Ger]
• ***Summary:*** Letter from Verena Krieger. 1983. March 8. "This is the largest family magazine in Switzerland."

5990. Zacharowicz, Paul. 1983. Re: Soybeans and soyfoods in Austria. Letter to William Shurtleff at Soyfoods Center, Feb. 23. 2 p. Handwritten. [Eng]

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• ***Summary:*** He will try to find out about the Salzburg Faire. He discovered a relatively old Austrian book in which the Soybean, for Western standards, is rather extensively discussed. It appears that before World War II, the soybean was making inroads here. Currently he is aware of only two farmers in Austria who produce soybeans–and in only extremely limited quantities (for their pigs, of course). "There appears to be some sort of restriction on soybean production between the U.S. and Austrian governments."

Lothar Vogel is developing a specialty tempeh from dried peas. He has created contacts with farmers who have tons of peas and no idea of what to do with them. "The spectrum of soyfoods is still a future endeavor. With positive, constructive collaboration it will become a bona fide reality in the near future. Currently we are working on an information awakening of the general public regarding whole foods in general. Further, there are an increasing number of Austrian Macrobiotics who are producing tofu regularly and delivering it to whole foods stores as well as Chinese restaurants." Address: Hasnerstr. 159/18, 1160 Vienna, Austria.

5991. Pantry Supermarkets. 1983. Double coupons! (Ad). *Los Angeles Times.* Feb. 24. p. SG3.
• ***Summary:*** The section titled "Oriental foods" states: "Hinode natto (steamed soybeans) 5 oz.–49¢. Hinode Japanese tofu 19 oz.–59¢. Hinode kinugoshi tofu 12 oz.–59¢. Hinode Chinese tofu 20 oz. 59¢. Sisco koji miso 1 lb.–$1.25. Kokuho Rose rice 15 lb. bag–$7.99."

Note: The Pantry has 11 supermarkets in southern California: Pasadena (3), Duarte, Placentia, Arcadia, Santa Ana, Fullerton, Tustin, Costa Mesa, and Monrovia. Address: Los Angeles Co. and southern California.

5992. *Better Homes and Gardens.* 1983. Homemade tofu. Feb. p. F7.
• ***Summary:*** Contains recipes for: Homemade tofu. Peppery tofu with cashews. Peanut butter-tofu cookies.

5993. **Product Name:** The First Great Tofuburger Mix.
Manufacturer's Name: Essential Foods, Inc. (Product Developer-Marketer).
Manufacturer's Address: P.O. 8462, Emeryville, California. Phone: 314-832-7575.
Date of Introduction: 1983. February.
Ingredients: Sunflower seed meal, soy flour, sesame seed flour, arrowroot, garbanzo flour, sea salt, soy sauce, garlic, onion, torula yeast, natural herbs & spices.
Wt/Vol., Packaging, Price: 5.3 oz (150 gm) foil packet.
How Stored: Shelf stable.
New Product–Documentation: Label (foil packet). Undated. 5.5 by 7.5 inches. Orange, blue, red, tan. Color photo of burger on front. Recipes on back for Tofuburgers, Tofuballs or Appetizers, Tofuloaf. Spot in Soyfoods. 1983. Summer. p. 54. The contents of the packet is mixed with 1 lb of tofu to make 6 tofu burgers.

Leaflet. 1983. The First Great Tofuburger Mix. 2 p. Address is 5565 Fremont St., Oakland, CA 94606. Talk with Craig Ramsell. 1989. March 14. This product was discontinued in late 1983, having been replaced by the Lite Chef California Burger. The product was co-packed by another company.

5994. **Product Name:** Firm Tofu.
Manufacturer's Name: Golden Jerusalem Tofu.
Manufacturer's Address: P.O. Box 6212 (Zichron Tuvia 19), Jerusalem 91061, Israel. Phone: 022-495-69.
Date of Introduction: 1983. February.
New Product–Documentation: Form filled out by Zvi Weisberg. ca. 1981-82. Shurtleff & Aoyagi. 1983. Soyfoods Industry and Market: Directory & Databook. p. 7.

Letter from Gloria Freedland in Franklin Village, Michigan. 1985. Feb. The new owner of Golden Jerusalem Tofu in Jerusalem, Israel, is Karen Freedland, her daughter. The business address has not changed.

Letter from David Silverstein from Setagaya-ku, Tokyo, Japan. 1987. Sept. 6. I have fond memories of Zvi Weisberg "with whom I studied tai chi for 4 years at 6:00 A.M. on a Jerusalem mountain top. I remember when Zvi was the only tofu maker in town and his lugging around always by foot his heavy water protected loving tofu. I'd love to get his address as I lost track of him when he finally left Israel after 10 or so years and headed back to the USA."

Talk with Avraham Sand. 1990. Sept. 9. This shop opened shortly after his Pillar of Dawn closed. It was a very funky, primitive operation located off Rehov Bezalel (Betzalel). He thinks that Simcha Susan Ergas bought this company, then scaled up to more sophisticated equipment imported from Japan.

5995. Legume, Inc. 1983. Now...Frozen prepared tofu entrees for institutional kitchens: Tofu Lasagna, Tofu Pizza, Tofu Ravioli, Tofu Manicotti (Ad). *Soyfoods.* Winter. p. 2.
• ***Summary:*** A half-page, horizontal, black and white ad. "Legume Inc. is proud to announce that its line of fully prepared, all natural tofu entrees are now packed for institutional use." Photos show the cover of the a box of Tofu Lasagna, Tofu Pizza, and Tofu Ravioli, and beneath each photo is a brief description of the product.

"It's time the Legume food system became part of your institutional meal planning. Good health and convenience, finally." Address: 91 Roseland Ave., Caldwell, New Jersey 07006.

5996. **Product Name:** Legume Tofu Manicotti.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 91 Roseland Ave., Caldwell, New Jersey.

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Date of Introduction: 1983. February.
Ingredients: Sauce: Crushed tomatoes, organic tofu, water, peanut oil, soy oil, garlic, onion, oregano, basil, parsley, pepper, San-J miso; For the pasta: high gluten enriched wheat flour, whole wheat flour, soy flour, DeBoles Jerusalem artichoke flour, wheat germ.
Wt/Vol., Packaging, Price: 16 oz carton.
How Stored: Frozen.
Nutrition: Per 8 oz.: 240 calories, 12 gm protein, 11 gm fat, 24 gm carbohydrates, 390 mg sodium.
New Product–Documentation: Ad in Soyfoods. 1983. Winter. p. 2. Spot in Soyfoods. 1983. Summer. p. 53, and 1984. Summer. p. 42.

5997. Leviton, Richard. 1983. Jack's Beanstalk: The American tofu dream on trial in Salt Lake City. *Soyfoods*. Winter. p. 18-27.
• ***Summary:*** This very interesting cover story bears the second subtitle: "A disillusioning report on a professionally run Utah tofu company that gambled its marketing success on selling to institutions–and went down gracefully in the end." Jack's Beanstalk was founded by Bonnie and Jack Roddy. Contains many photographs. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5998. Leviton, Richard. 1983. Profile: Hinode Tofu Company. *Soyfoods*. Winter. p. 33-36.
• ***Summary:*** Hinode, America's largest tofu producer, with 1981 sales of $3.85 million, makes 150,000 pounds of tofu a week (30,000 lb/day) in the 15,000 square foot plant on 2 floors. 5,400 pounds of soybeans are used each day, 5 days a week. The company employs 60 people, with 50 in production at $4.50/hour plus medical insurance and benefits. Hinode handles at least 6 dealer brands (worth 10% of their tofu volume) and 20% of Hinode brand tofu is sold outside California. The emphasis today is to restrict private labeling and to promote the Hinode trademark instead. 85% of the tofu is sold at supermarkets and 15% at natural/health food stores. All tofu has been made with calcium sulfate since 1981. The shelf life of the pasteurized (60 minutes at 180ºF or 82ºC) is 28 days. The challenge is to get a fresh tofu texture after pasteurization.

In 1939 Yamauchi's mother purchased the Aala Tofu Co. in Hawaii, a company Shoan's brother still manages today. In 1947, after studying tofu-making at Aala, Shoan Yamauchi moved to Los Angeles and bought the existing Hinode Company; in 1957 he bought the Matsuda Tofu Co. Both plants produced handmade tofu in traditional, kettle-style shops. By 1957 Yamauchi had 22 employees making tofu. The Hinode plant had 5,500 square feet and Matsuda 4,500; between them they made about 3,000 pounds of tofu a day (2,000 cakes weighing 24 oz. each).

During the next 12 years, Yamauchi relocated one or another of his plants three times. In 1969 he consolidated them at 526 Stanford Street, purchased new, more productive equipment, and increased total volume to 7,500 pounds daily. He had 27 workers and turned $1 million in sales. In 1981 the company was traumatized when the 75% Mexican labor force voted to unionize–a strife-filled time. Then in 1982 Yamauchi committed his company to undoubtedly the most ambitious expansion plan to date. He spent $600,000 on new tofu equipment featuring new Nagasawa and Sany Ace systems and slated another $500,000 for construction of a new 16,000 square foot warehouse and processing building across the street. Steve Snyder joined Hinode in 1980 as western sales manager. Mr. Yamauchi owns a prosperous Santa Ana restaurant and a large interest in Airtight Containers. He is preoccupied with tofu quality, which he considers the key to success. John Yamauchi, age 22, is being groomed to take over the company sometime in 1983.

Peak seasons are Christmas, New Years, and Chinese New Years: sales typically rise 15%. Special products include tofu cutlets (4,000 units/week at 5 oz.) and tofu pouches (30,000 puffs/week at 1 oz. each).

Photos show: (1) Nine packages of tofu made by Hinode. (2) Shoan Yamauchi, age 66, standing in front of equipment in his plant. (3) Plant manager Phil Higa standing in front of the 110,000 capacity soybean silos. (4) Shoan Yamauchi holds pasteurized water-packed Hinode tofu, predated for a 28-day shelf life. (5) Overhead view of one of Hinode's two production floors, about 7000 square feet. (6) Hinode's marketing team, Phyllis Friar and Steve Snyder. (7) The main production floor. (8) A worker stands beside a large cooling tank that holds some of Hinode's daily tofu output of 30,000 pounds. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

5999. **Product Name:** Light Tofulogna (Cooked Tofu Bologna).
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133.
Date of Introduction: 1983. February.
Ingredients: Organic tofu, okara, soy oil, water, dried egg white, textured soy protein, salt, barley flour, honey, shoyu, locust bean gum, onion and garlic, natural spices, paprika, natural spice oils.
Wt/Vol., Packaging, Price: 12 oz cylinder, plastic wrapped and vacuum packed.
How Stored: Refrigerated.
Nutrition: Per 1.6 oz. slice: Calories 105, protein 6.4 gm, carbohydrates 5.9 gm, fat 7.0 gm, sodium 510 mg, cholesterol 590 mg.
New Product–Documentation: Spot in Whole Foods. 1983. Jan. p. 39. "New Tofu Line. Light Foods, Inc. presents a new dimension to soyfoods: Light Links, Light Tofulogna and Light Soysage. Spot in Soyfoods. 1983. Winter. p. 48; Manufacturer's leaflet. 1983, undated.

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Label. 1988 received. Chub-packed in a sausage-style waxed paper tube. 10 by 3 inches. Orange, yellow, and tan. With label printed directly on tube. "Pre-cooked. Meatless. 100% cholesterol free."

6000. Light Foods Inc. 1983. Light Foods Inc. is proud to present tomorrow, today: A light line of distinction (Leaflet). St. Louis, Missouri. 1 p. Feb. Front and back.
• ***Summary:*** This 4-panel leaflet is printed with brown ink on beige paper. On the front panel is a stylized smiling sun. On the two inner panels are descriptions of the following meatless products, each with ingredients and nutrition facts. Right page: Light Links (tofu hot dog) [launched July 1982], Light Soysage (sausage featuring okara, whole wheat flour, and soymilk), Light Tofulogna (featuring tofu and okara).

Right page (the label of each product is shown): Crusts (frozen): Golden Crusts (featuring whole wheat flour and soy margarine), Amazing Crusts (featuring cornmeal, okara, whole wheat flour). Pie in the Sky (Tofu Spinach Pie, Tofu Tamale Pie [launched June 1983], Tofu Apple Pie).

Back panel: "Thank you for your attention. In the spirit of light. In Joy."

Talk with Robert Davis. 2007. June 5. He recently underwent a personal transformation of spiritual death, dying to the Self and opening of the heart. The illustration of the sun was probably drawn by Martha Johnson. He will soon be moving to Nelson, BC, in the Kootenays (mountains) near Kootenay Lake to create the Shunya Institute, a safe space. Address: 6144 Bartmer, St. Louis, Missouri 63133. Phone: (314) 721-3960.

6001. **Product Name:** Cooked Raviolis.
Manufacturer's Name: Northern Soy.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607.
Date of Introduction: 1983. February.
New Product–Documentation: Spot in Soyfoods. 1983. Winter. p. 50. The 16-ounce frozen bags contain 10 large shells filled with tofu.

6002. **Product Name:** Northern Soy Tofu Raviolis. Renamed Soyboy Tofu Ravioli in Jan. 1987.
Manufacturer's Name: Northern Soy.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1983. February.
Ingredients: Pasta: Durum flour, unbleached wheat flour, water. Filling: Tofu, herbs & spices, lemon juice, fresh onion, honey, sea salt.
Wt/Vol., Packaging, Price: 16 oz package (without sauce).
How Stored: Frozen.
Nutrition: Per 4.5 oz. (4 ravioli): Calories 169, protein 9 gm, carbohydrates 29 gm, fat 1.5 gm, sodium 75 mg.

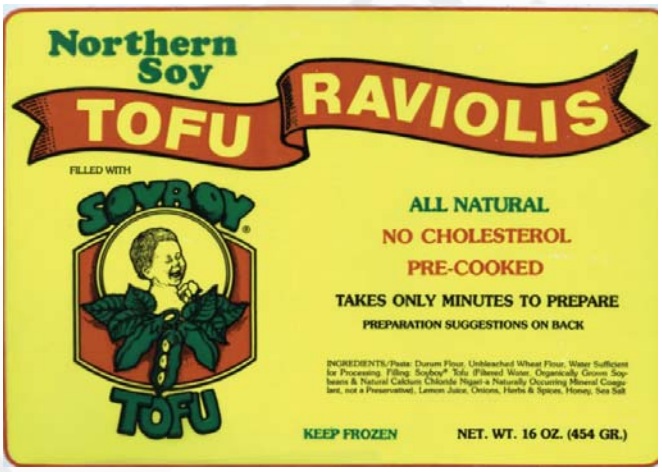

New Product–Documentation: Label. 1983, undated. 8.5 by 6 inches. Plastic. Green and orange on yellow. "Filled with Soyboy Tofu. All natural. No cholesterol. Pre-cooked. Takes only minutes to prepare." Manufacturer's catalog. 1987. Lists ingredients. Label. 1987, undated. Prepare by boiling, baking, deep-frying, or microwaving. Richard Rose review. 1987. Oct. 28. "Very good." Label. 1987. 9.5 by 7 inch plastic bag. Black, red, yellow, and green on white. "SoyBoy all natural meatless entrees." Talk with Andy Schecter. 1988. Feb. 17. The product was renamed in Jan. 1987. The plural of ravioli is ravioli, not raviolis.

6003. Okubo, Kazuyoshi. 1983. Tôfu no hanashi [The story of tofu]. Yamagata-ken Tofu-Aburage Shogyo Kumiai. 20 p. [Jap]
Address: Yamagata-ken, Japan.

6004. **Product Name:** Tempeh Lite (Okara & Brown Rice Tempeh).
Manufacturer's Name: Pacific Tempeh.
Manufacturer's Address: 1508 62nd St., Emeryville, CA 94608.
Date of Introduction: 1983. February.
Ingredients: Soy puree [Okara], brown rice, water, tempeh culture.

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How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 84.
New Product–Documentation: Label. 1983. "New. 71% less fat. Only 84 calories per 4 oz. serving." Spot in *New Age*. 1983. June. p. 63. "Pacific Tempeh sells an unusual Tempeh Lite, which has half the calories of standard whole-soy tempeh and 71% less fat." Talk with Travis Burgeson of Pacific Tempeh. 1983. April. This product was introduced in Feb. 1983. It contains 25% by weight of brown rice and is more expensive to make than soy tempeh. He received a super response to the product at the Natural Foods Expo at Anaheim, where he served it sliced and deep-fried, dipped in shoyu seasoned with garlic, coriander and lemon juice.

Shurtleff & Aoyagi. 1985. History of Tempeh. p. 52. America's first commercial product of this type. Okara tempeh was the product concept that got Travis Burgeson interested in tempeh.

6005. Pickarski, Ron (Brother). 1983. Gourmet cooking: Tofu. *Vegetarian Times.* Feb. p. 41.
• ***Summary:*** Starts with a brief introduction to tofu. Contains recipes for: Tofu trio salad (a full dinner salad). Tofu cottage cheese (with "1 cup crushed tofu"). Tofu hummus. Soy mayo (with "1½ lbs. tofu"). Tofu eggless salad.

Note: Brother Ron Pickarski is a Franciscan brother and a world-class vegan chef.

6006. Shurtleff, William; Aoyagi, Akiko. 1983. The soyfoods industry and market: Directory and databook 1983. 3rd ed. Lafayette, California: Soyfoods Center. 112 p. Feb. No 28 cm. [191 ref]
• ***Summary:*** As of May 1982, America's four largest tempeh makers (in lb/week) are Pacific Tempeh (5,000, California, started 1980), Tempeh Works (4,250, Massachusetts, started 1979), Soyfoods Unlimited (3,000, California, started 1981), White Wave (1,900, Colorado, started 1979). About 17,455 lb/week of tempeh are sold by 15 companies in the USA.

Reviewed by Walter J. Wolf in *Cereal Foods World* (Oct. 1983). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6007. **Product Name:** Tofu.
Manufacturer's Name: South Fork Tofu Cafe.
Manufacturer's Address: 322 Fuller Ave., Helena, MT 59601. Phone: 406-443-5586.
Date of Introduction: 1983. February.
New Product–Documentation: Shurtleff & Aoyagi. 1983. Soyfoods Industry and Market: Directory & Databook. p. 6. Form filled out by the owners: Bruce Anfinson, Vicki Keller, Richard Saravalli. ca. 1983.

6008. *Soyfoods.* 1983. Manhattan's tofu dessert craze... strikes twice (Tofutti and Eden's Orchard). Winter. p. 46. [3 ref]
• ***Summary:*** Discusses Carl Tropper, Heller Enterprises, Eden's Orchard, David Mintz and Tofutti.

6009. *Soyfoods.* 1983. Soyfoods mini-boom underway in Europe. Winter. p. 8-9.
• ***Summary:*** "'This year we became aware that the kind of developments that took place in the U.S. in 1977-78 are now taking place in Europe with the sudden increase in the number of soyfoods companies,' reports Bill Shurtleff of The Soyfoods Center. 'Historically speaking, this will probably be the most important event for the soyfoods industry in 1982. Europe is coming on strong and it's a tradition of soyfoods that goes back 130 years that is now being revived.'

"Most of the impetus for soyfoods in Europe apparently stems from the vigor of the macrobiotic community. Per Fruergaard started Tofu Denmark in Valby and has encountered legal problems regarding the use of nigari. In Paris, France, Bernard Storup purchased a Takai tofu system; Ab and Paulien Schaft are setting up a small plant in Baillestavy to make miso, shoyu, natto, and koji; in Ivry, Jean Luc Alonso's macrobiotic center, Traditions du Grain, prepares for tempeh production.

"In the British Isles, Paul Jones' Tofu Shop in London, England, has been active since 1981 while Community Health Foundation, also in London, promotes homescale tofu, tempeh, and misomaking. In Dublin, Ireland, Jane O'Brien gives tofu cooking classes, has published a tofu cookbook and is considering commercial production.

"The macrobiotic movement is strong in Belgium where de Brandnetel, a large Antwerp-based distributor of natural foods, operates a tofu shop in the rear of their retail store. Jonathan Company in Ekeren makes 3000 pounds of tofu weekly, along with seitan, mochi, soups, canned foods, and soymilk. Seven Arrows in Leuven is another small tofu shop in operation in Belgium.

"In the Netherlands Manna was the first company to introduce soyfoods to the public and is now an important promoter. Manna's John Welters (who provided much of this information) lectures on homescale soy processing and reports interest and sales are rising as are the number of magazine articles on soyfoods. Manna itself markets tofu spreads and distributes a joint equipment price list with Takai Company of Japan. Witte Wonder in The Hague makes tofu, as does De Morgenstond in Bakkeveen, while Peter Dekker's Jakso produces tempeh. In Portugal, Unimave promotes soy as part of the macrobiotic diet and makes small amounts of tofu and soymilk; Jose Parracho in Setubal is starting a self-sufficient center involving tofu and tempeh production.

"In Soyen, West Germany, Wolfgang Furth-Kuby, who published *Das Tofu Buch* (by William Shurtleff) in German, is interested in tofu production at his Sojaquelle. Tofu producers are Swame [sic, Swami] Anand Svadesha in Furth-im-Wald, Thomas Kasas [sic, Karas] who installed a tofu system last summer at his Bittersuess [later Soyastern] in

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Cologne, and Alexander Nabben in Munich.

"In Sweden Tim Ohlund and Ted Nordquist have been operating Aros Sojaprodukter since early 1981 in Örsundsbro using a Takai pressure cooker system and vacuum packaging. In Rimini, Italy, Gilberto Bianchini makes tofu at Community Foods. And Switzerland is the home of four soy companies including Restaurant Sesam in Bern, an active macrobiotic center with homescale tofu and seitan production; Marty Halsey makes tofu in Nyon; Hans Opplinger produces tofu in Chan; and Verena Krieger operates Sojalade in Luzern (Lucerne).

"Sojalade, whose tofu output at mid-summer 1982 was 1000 pounds weekly, is a company launched mainly on the results of an article Ms. Krieger published ('Yesterday Steak, Tomorrow Tofu') in a Swiss Sunday magazine. Krieger then established her shop to meet the expected tofu demand stirred up by her article. Swiss national television ran a 30 minute feature on soybeans this year in which Krieger made a brief demonstration of 5 tofu dishes. 'Since then tofu has been a favorite child of the media,' she says, adding that tofu appeared in the pages of *Blick*, a mass market newspaper."

Photos show: (1) European representatives at the international Soyfoods Come West conference in Seattle, Washington: Gilberto Bianchini, Marina Casazza (Italy); Joanna White (Switzerland); Kym Olsen (England); Wolfgang Furth-Kuby (W. Germany); Tim Ohlund (Sweden); Roger Kayes (England). (2) Ted Nordquist and Tim Ohlund of Aros Sojaprodukter, Sweden's first tofu company.

6010. *Soyfoods.* 1983. Haarman & Reimer experiments with flavoring tofu. Winter. p. 8-9. [1 ref]
• ***Summary:*** Discusses tofu meatball, okara snack bar, simulated crab legs.

6011. *Soyfoods.* 1983. Yersinia: Tofu's new spoilage organism. Winter. p. 10-12.
• ***Summary:*** According to Dr. Clifford W. Hesseltine of the USDA NRRC in Peoria, Illinois, the earliest publication seen on *Yersinia enterocolitica* dates from 1939. It was first identified as a food contaminant in 1960. In 1966, 23 cases of Yersinia-related food poisoning were reported, but by 1974 this had climbed to 4,000. "In the last decade there have been four major outbreaks of *Yersinia* poisoning in the U.S. including an incident in New York involving 200 people who had consumed chocolate milk. Sixteen had their appendix removed while 22 exhibited the symptoms of appendicitis. In Jan. 1982 it was positively linked to an outbreak of food poisoning from water-packed tofu made with well water in Washington.

"*Yersinia enterocolitica* grows well at 4ºC, which is unusually low for pathogens. The optimal growth temperature range is 22-29ºF while the highest toxin production (which cannot be formed in the human body) occurs at 26ºF but not above 30ºF. Even if *Yersinia*-contaminated tofu is heated at 100ºC for 15 minutes and the organism itself perishes, the toxin may survive. The bacterium, which is not sporeforming, can be destroyed (before it produces the toxin) at 60ºC held for 8 minutes." The organism grows under nearly anaerobic conditions, such as those found in vacuum packaging, but it is more likely to grow in water-packed tubs. The organism often appears in cold spring or well water. Pasteurization of incoming water (at 60ºC for 8 minutes) or chlorination are the cheapest, most dependable ways to safeguard against *Yersinia* contamination.

"The particular tofu company that suffered the *Yersinia* outbreak now uses chlorinated water and surface sterilizes the tofu with boiling water in the package just prior to sealing. The hot tofu is not immersed in the cooling tank but is placed by gloved hands in tofu tubs, then, after packaging, it is rapidly cooled in cold water or in a freezer."

6012. *Soyfoods.* 1983. Cottage soy industries thrive on Vancouver Island. Winter. p. 36-37.
• ***Summary:*** Wayne Jolley's Sooke Soyfoods, which opened in early 1981, produces 1,800 lb/week of nigari tofu. Thistledown Soyfoods, run by Jan Norris, opened in October 1981. Each week the company produces 350 lb of tofu, 150 lb of tempeh (vacuum packed), and 75 lb of soy pate from okara. At Shin Mei Do Miso, Lulu and Yoshi Yoshihara have been making miso since 1979. They now produce 10,000 lb of 3 styles of miso each year. Metta Tofu is owned by "Ray Lipovsky, who might be North America's original cottage tofumaker as he's been coagulating soymilk with sea water since 1975... Besides producing 600 pounds of nigari tofu every week, Lipovsky is hot on the trail of Frozen Buddha, his multi-flavored line of frozen soymilk ice cream, already producing 360 gallons weekly."

Also on the island in Victoria, though too large for the cottage scale, is Dayspring Soycraft Corporation, operated by Michael Hsieh. Hsieh, a trained dentist, and his brother, Steven, and their families, emigrated to British Columbia from Taiwan and decided to launch a pressure cooker tofu plant in 1982.

6013. *Soyfoods.* 1983. The soy deli experience at Well Bean. Winter. p. 38-40.
• ***Summary:*** The Well Bean is a soy deli at 349 Soquel Ave., Santa Cruz, California, run by Kevin Van Slooten. It features "Natural Fast Foods." Photos show: Twelve different ads and leaflets promoting the Well Bean. Kevin, behind the counter, smiling, with the deli's menu on the wall behind him.

6014. *Soyfoods.* 1983. A second look at vacuum packaging [for tofu]. Winter. p. 41-44.
• ***Summary:*** T.W. Kutter's Barry Zweiban delineates 7 primary advantages to the vacuum packaging system. 1. Extends shelf life, typically 28 days for tofu. 2. Longer shelf

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life allows a larger inventory of products. 3. More effective and attractive packaging because of more available package surface space. 4. Package is smaller for same amount of tofu, so more fits in the cooler and truck. 5. Less contamination during packaging. 6. All these lead to an extension of a company's sales and marketing area. 7. Overall packaging costs are lower than with water packed tofu: 4-5 cents versus 7 cents. Vacuum packaging can lower production, packaging, and shipping costs by a minimum of $0.05 a unit. Water packed tofu typically carries 5 ounces of water. The rest of the article concerns potential botulism problems. The bacterium *Clostridium botulinum* strongly resists heat. Thus in a vacuum packed container with a film that allowed no oxygen permeation, and that was pasteurized, and that did contain some *C. botulinum* initially, there is the possibility of a botulism problem.

6015. *Soyfoods.* 1983. Tofu recipes on file [Dieter Hannig's 49-item microfiche on tofu recipes, complete with color photos, for the Hilton International Hotels' 87 restaurants]. Winter. p. 47. [2 ref]

• ***Summary:*** Hannig is director of the Food Research Center for the Hilton International Hotels. His microfiched recipes were developed for use by the chain's executive chefs in 87 of their worldwide restaurants. The chain (which is not related to the U.S.-based Hilton Hotels) operates one location in the USA, the Vista International in New York City–which happens to be Hannig's workplace. A photo shows Dieter Hannig, wearing a toque and mustache. Address: Food Research Center, Hilton International, 3 World Trade Center, New York, NY 10048. Phone: 212-938-9100.

6016. **Product Name:** Tofu.
Manufacturer's Name: Super Bean Foods. Renamed The Soy Works in Nov. 1986.
Manufacturer's Address: 205A High Street, Motueka, South Island, New Zealand. Phone: MPX 22252.
Date of Introduction: 1983. February.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Moisture 79%, fat 4.3%, protein 12%, ash 1.2%, energy (calories) 120, calcium 146 mg, sodium 6 mg, phosphorus 105 mg, iron 1.7 mg.
New Product–Documentation: Letter from and form filled out by Linda Carrington and Cindy Maisey. 1984. Oct. 11. "Our business (26 York St., Motueka) is very small; we work one day a week, which includes delivery. The local population is small and conservative but we are slowly getting regular customers. We hope to begin using the okara to make tempeh which isn't (as far as we know) being produced in New Zealand... We have a lot of problems getting a supply of good beans at a reasonable price... My partner, Cindy, and I are both dedicated to helping people eat a healthy, meatless diet. We have organised a promotion at a fair in mid-November and hope to win a few more converts. Our production methods are very labour intensive as we began with no capital but we have just received a grant of $1,000 and a loan of $2,000. This has made all the difference to our operation and we feel inspired to continue despite hassles with packaging."

Letter and business card sent by Jan Batchelar, owner. 1989. Nov. 8. "I have a small tofu kitchen presently producing approximately 150 kilos, 2 days a week... I am vac-packaging the tofu, but the production side is very labour intensive, using large pots–a hand press... I am also looking to develop a vegetarian sausage from the okara."

Letter (fax) from Bruce Trevett and Jan Batchelar of The Soy Works. 1991. Aug. 5. "The Soy Works has been in operation since February 1983 producing tofu for the local market. Our most recent product is Vegetarian Sausages [okara and soy protein are the two main ingredients] which are selling extremely well." The phone/fax is now 64-03-528-9170. At the bottom of the letterhead is written "Manufacturers of tofu & vegetarian food."

Pre-cooked. Dairy free."

Label, leaflet, and letter sent by Bruce Trevett & Jan Batchelar. 1992. Jan. 23. 6 by 8 inches. Plastic bag. Green, white, and blue. "High protein. No cholesterol Low fat. Storage: Keep refrigerated. Rinse on opening. Immerse any excess in water and change water daily." Address on front of bag is: 205A High St., Motueka. Back of bag states: "For more information and recipes send SAE to The Soy Works, P.O. Box 158, Motueka."

The leaflet (8½ by 11½ inches, 6 panels) titled "The Soy Works Tofu, a Healthy Alternative" is blue on green. It discusses the benefits of tofu and gives 6 recipes.

The letter notes that the company, originally named "Super Bean Foods" [Superbean, on Tudor St., Motueka], was formed in Feb. 1983 in a partnership with Cindy Maisey and Linda Carrington. "In Nov. 1986 Cindy and Jan Batchelar formed a new partnership and changed the name to "The Soy Works." This partnership ran for two years, then Jan took over as sole trader until Nov. 1990, when she formed another partnership with Bruce Trevett, who brought with him his machinery manufacturing skills and business management abilities. With increased business skills and forward planning to expanding markets, plus the introduction of the Vegetarian Sausages in March 1991 (the first product of its type in New Zealand) The Soy Works has continued to prosper and grow. We are in the process of planning consent to build a new manufacturing facility that will enable us to expand our product base and increase our market share throughout New Zealand. We know of only three other tofu manufacturers in New Zealand: Bean Supreme in Auckland, Hing's Tofu (Sun Hing Foods Co.) in Wellington, and Pacific Foods in Christchurch."

Letter (fax) from Jan Batchelar of Tremanco / The Soy Works. 1993. Feb. 3. "Super Bean Foods started selling tofu on a commercial basis in Feb. 1983. Their address was the

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same then as it is now–205A High Street, Motueka." But on the fax, the only address given is Huffam Street, P.O. Box 158, Motueka.

6017. Taira, Harue; Takagi, Hideo; Kokubun, K.; Koyama, S.; Hoshino, S.; Miyauchi, N. 1983. Kokusan daizu no hinshitsu. II. Futsû hatake to suiden tenkan saibai daizu shijitsu no kagaku seibun sosei oyobi kakô tekisei no sai [Quality of soybean seeds grown in Japan. II. Differences in the chemical composition and suitability for food processing between upland and drained paddy field cultures / crops]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 41. p. 14-33. Feb. [33 ref. Jap; eng]
• ***Summary:*** The chemical composition and suitability for making tofu, miso, natto and cooked whole soybeans were investigated with 78 seed samples of 31 varieties which were grown in upland and drained paddy fields at five Agricultural Experiment Stations in 1980.

The qualities tested were chemical composition (moisture, protein, and oil content) and suitability for food processing as measured by weight of 100 seeds, weight increase ratio of soaked seed, germination ratio, solid matter content of soaking water, solid matter extractability, pH, color of soybean milk, weight increase ratio by steaming, moisture content, softness, and color of steamed seeds. Drained paddy field cultivation, as compared with upland cultivation, gave high moisture and heavy weight of 100 seeds, and low *x* color value of soybean milk and steamed soybean seeds.

From the results of contribution ratios, it was shown that the moisture content of soybean seeds was influenced by cultural conditions, whereas the chemical composition of protein and oil, and all the suitabilities for food processing were influenced by variety. Address: 1. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305; 2. Hokkaido Agric. Exp. Station, Hitsujigaoka, Sapporo, Hokkaido; 3. Tohoku National Agric. Exp. Station, Kariwano, Akita; 4. Hokuriku National Agric. Exp. Station, Joetsu, Niigata; 5. Niigata Agric. Exp. Station, Nagaoka, Niigata; 6. Ehime Agric. Exp. Station, Dogoichiman, Matsuyama, Ehime. All: Japan.

6018. *Toyo Shinpo* (*Soyfoods News*). 1983. Issetai atari nenkan oyobi ikkagetsu-kan no hinmoku-betsu shishutsu kingan [Amount of money spent and amount of soyfood products consumed per household per year and per month in Japan, 1977-1982]. March 1. [1 ref. Jap]
• ***Summary:*** Gives figures for tofu, ganmodoki, natto, other, shoyu, miso, soy oil, and margarine. Tofu consumption is lowest in February and highest in August, followed by July, May, and June. Natto consumption is highest March then February, and lowest in August. Shoyu consumption is highest in July then May, and lowest in January then February. Miso consumption is highest in April then May, and lowest in January. Soy oil consumption is highest in July and lowest in January. Address: Japan.

6019. Cadwallader, Sharon. 1983. Its time to talk tofu. *San Francisco Chronicle.* March 2. p. 20.
• ***Summary:*** Contains recipes for Tofu Dipping Sauce, Tofu Clam Quiche, Tofu, Oat & Wheat Germ Muffins.

6020. Welters, Sjon. 1983. Re: Brief history of Stichting Natuurvoeding Amsterdam and Manna Natuurvoeding B.V. (Manna Natural Foods) in the Netherlands. Letter to William Shurtleff at Soyfoods Center, March 2. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "Manna was started in 1971 by Adelbert and Wieke Nelissen with a few hundred guilders in a small garage where some natural food products were sold. One year later they gave it an official status by founding the Natural Foods Foundation Amsterdam [Stichting Natuurvoeding Amsterdam; this Manna started as a foundation, and Manna was their brand]. Their first store was on Rozenstraat in Amsterdam. Two years later a second store was opened and the first sourdough bakery in Holland opened. The name of the bread became 'Manna.' Soon after this a third and fourth store opened in other parts of Amsterdam while at the end of 1975 the distribution of bread, nutbutters, cereals and miso, tamari, shoyu, and seaweeds began all over the Netherlands. In 1976 it became clear that a warehouse should be rented. Meanwhile production grew and more and more stores carried Manna products. Again a new Manna store started. In 1977 the warehouse was moved to a bigger place. Another new store opened its doors. We began making tofu and were the first to do so with organic beans and nigari. Also soymilk and seitan were produced. In 1978 sales went steadily up. In 1979 two new stores were opened.

"Meanwhile the East West Center was founded by Adelbert and Wieke, promoting natural foods as part of a healthy and natural way of living. This was a great help for Manna. Two more stores opened in 1980 and 1981. In the beginning of 1982, Manna suffered from bankruptcy and was started one day later as Manna Natural Foods, a holding company mainly owned by the Foundation 'Manna Natural Foods' [Manna Natuurvoeding B.V.; B.V., pronounced Bay Fay, is an abbreviation for Besloten Vennootschap, which means a private company with limited liability]. A reorganization was necessary but the promotion and sales of quality natural foods went on.

"In 1983 Manna is going steady and probably will cooperate with other natural foods distributors to form one strong network of farmers, producers, distributors and retailers. The purpose will be to eliminate competition and put more energy into publications and promoting by cooking

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classes, radio and television programs and education.

"Soyfoods played quite an important role in the history of Manna because it was the soyfoods Manna promoted that made it different from the other health and natural food businesses. Because Manna is based on the macrobiotic view of life, miso, tamari, tofu and so forth were an essential part of the diet of the Manna people.

"Instead of the cheese, milk, yogurt (of which consumption is one of the highest in the Netherlands) we advise soyfoods as a healthy alternative. We did no business in dairy foods. Soyfoods are the number one product to introduce in Netherlands. A great deal of sickness in the Netherlands is caused by the overconsumption of dairy foods, meet and eggs (and other animal products). From this point of view Manna is a unique company in Holland, even in the alternative natural foods business. This difference is a reason of conflict with them. Only by eating a diet which is based mainly on vegetable products such as grains, legumes, soyfoods, seaweeds, fruits and nuts, etc., can a healthy and peaceful world be created. No animals can be mistreated and no land wasted, or misused or destroyed." Address: Manna, Meeuwenlaan 70, 1021 JK Amsterdam-N, Netherlands.

6021. Hansen, Barbara. 1983. Mexican cook-in: Emphasis on health. Border line. *Los Angeles Times.* March 3. p. W1.
• ***Summary:*** Marcia Zlotnik teaches adult education classes in natural foods cookery at East Los Angeles College. "Tofu (bean curd) may sound foreign to Mexican cooking, but that is what Marcia urges those in her classes to put in their enchiladas, chiles rellenos, and a timely dessert, the Lenten bread pudding called *capirotada."* Tofu is introduced "as a high-protein, low-cost, low fat substitute for cheese." A large photo shows Marcia teaching about tofu. Address: Times staff writer.

6022. Joyce, Michael; Joyce, Julie. 1983. Re: Growing soybeans in Australia. Tempeh and tofu down under. Letter to William Shurtleff at Soyfoods Center, March 5. 4 p. Handwritten.
• ***Summary:*** "In Queensland, Australia, soybean still are grown mainly inland, away from the coast. But in coastal regions the wet season occurs when the bean is mature (March-April).

"The beans are sown the first week in December. Inland the yield averages 1.25 tonnes (metric tons) per acre while on coastal regions, if weather permits, yields can be up to 2.25 tonnes per acre. The Department of Primary Industries is presently encouraging sugar cane farmers to intercrop soybeans as a nitrogen fixer, while contracting at $217.00 per tonne this year to the United Grasiers Association.

"Most of the production is high oil content, small beans. I believe we have a similar climate to Florida and I would be interested in high protein soybeans grown in that region for tempeh and soyfoods production. Names of varieties would be a big help. The varieties grown for oil here are Wills, Leslie, and G522 and their heritage can be traced to the Florida region.

"Most soybeans are now grown by a method called "No tillage direct drill," which is by no means organic. It requires aerial spraying with Round-Up, a systemic herbicide, then direct drilling sowing (same as planting sugar cane) one week later.

"We are fortunate to have an organic farmer, supplier, of three generations, farming 200 acres for the culinary trade. He grades and cleans and supplies to us only his biggest beans which we find suitable for tempeh and tofu.

"Cyril and Elly Cain have indeed pioneered tempeh in Australia. They have now set up a small, low-tech shop in Maroochydore, Queensland, and are proud parents of a 7 week old beautiful girl named Jessimin. They are soon to return to the U.S. and Julie and I will be taking over the tempeh shop and moving production to our farm at Cooloolabin, which is west of Yandina and Eumundi at 1,000 feet. We feel it will be more suitable for tempeh in the mountains where we will be more subject to a tropical climate than on the coastal regions only 10 miles away.

"We hope to develop these small beginnings into a "pilot plant" which may spread knowledge of soyfoods to both residents and non-residents of Australia. As our vision unfolds we shall keep you informed of all aspects of progress and the greater good prevailing in this important work. Cyril and Elly will always be remembered as the producers of Australia's first and finest commercial soy tempeh. Their tempeh is known throughout the East Coast to be unsurpassed for flavour and shelf life. Always sold fresh, not frozen. Delicious. We wait in hope and peace. Giving glory to God." Address: Queensland, Australia.

6023. Krieger, Verena. 1983. Re: Reform Houses and Soya in Switzerland. Letter to William Shurtleff at Soyfoods Center, March 8. 3 p. Typed, with signature. [1 ref]
• ***Summary:*** The first Swiss Reform House, named Reformhaus Engli, was opened in Zurich in 1899. Before that a similar retail health food store had already been started in Germany. There are now about 500 Reform Houses (Reformhaeuser) in Switzerland. Most of them are independent businesses with similar product lines. Reform Houses with a similar set-up also exist all over Germany.

On 25 and 28 Oct. 1982 there were two 15-minute programs on soyfoods and growing soybeans on Swiss national radio, with interviews with people from Soyana, Sojalade, and a director of Nestlé. Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

6024. Krieger, Verena. 1983. Re: Recent developments with soybeans in Switzerland. Letter to William Shurtleff at Soyfoods Center, March 8. 1 p. Typed, with signature.
• ***Summary:*** The soybean growers union was renamed in

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1982 to SVFKO. The Swiss soybean expert Alberto Soldati is one of the main initiators of the new EUCARPIA section of the FAO. Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

6025. Vogel, Lothar. 1983. Re: Anton Wolf and the history of soybean breeding in Austria. Letter to William Shurtleff at Soyfoods Center, March 13. 2 p. [Eng]
• ***Summary:*** Lothar spent 5 hours talking about soybeans with Anton Wolf at the latter's home. He learned more during that time than he had been able to learn in the previous 5 years. Wolf said that Franz Anton Brillmayer was Austria's outstanding soy expert. Wolf thinks of himself as the third generation from Brillmayer; they have done much the same work with similar results. Wolf has a collection of virtually all the old Austrian literature on soybeans. The work that Wolf and his colleagues are doing is quite amazing. He has started the SoyaRing and has 100 farmers as members, all growing soybeans under his guidance.

One big problem is that tofu is so expensive here that it is an elitist food, and soybeans cost $2.00/kg. A man in Salzburg is producing tempeh and a couple outside of Vienna is making tofu. Address: Vienna, Austria.

6026. *Ann Arbor News* (*Michigan*). 1983. Action please! Soy Plant repays loan–in cash. March 16. [1 ref]
• ***Summary:*** Mr. S. Takata of Ann Arbor writes asking the newspaper to help him recover $500 he lent to the Soy Plant. He needs the money now so he can return to Japan. The Soy Plant did refund the money shortly after this plea was published. The article goes on to explain that two years ago The Soy Plant borrowed $20,000 from the National Cooperative Bank [in Washington, DC]. The repayment of loans to community members is now limited by restraints connected with the national loan.

6027. Steiman, Harvey. 1983. Tofu. Will it become the yogurt of the '80s? *San Francisco Examiner.* March 16. p. E1, E6, E7. Wednesday.
• ***Summary:*** One cartoon / illustration shows a samurai standing atop a huge block of tofu, holding a long sword over his head in both hands, about to slice the tofu in two–again. Another shows him standing beside the same giant block of tofu, ready to cut it horizontally with his long sword.

Steiman notes: "Those who believe in the future of tofu point to the parallels between the success of yogurt in the 1970s and the first stirrings of widespread interest in bean curd in the 1980s."

Parallel No. 1 is the "Ethnic secret discovered." Parallel No. 2. is "The Strange Food Phenomenon." Big tofu makers include Hinode, Azumaya, and Quong Hop. A sidebar is titled "The facts about tofu." "A sampler of tofu recipes" includes three. A sidebar titled "For your bookshelf" begins: "At last count some two dozen cookbooks have been published on tofu. 'The Book of Tofu,' by William Shurtleff and Akiko Aoyagi (Autumn Press, $9.95 paperback) started it all in 1976 with what still ranks as the definitive book..." Address: Examiner food editor.

6028. Daenzer, Walter. 1983. Re: Work with tofu and TVP in Switzerland. Letter to William Shurtleff at Soyfoods Center, March 17. 2 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "Soyana was founded in 1980. We give 10% of our TVP sales to the Swiss Red Cross. They use it in India and the Sudan. They are very happy with it.

"Right now, we just had our first debut on Swiss TV. It was extremely successful. We are writing a book which will multiply the tofu sales not only here, but quite probably also in other countries like yours. This is a bold statement, but I am sure because it comes from a totally new angle.

"All the workers in our tofu plant are disciples of Sri Chinmoy. They practice their master's teachings to unite the aspiration in the inner world with the dedication in the outer world and thus understand their work as a service which they try to do in a good consciousness–with their heart's love and their mind's vastness. They meditate not only before and after work, but most of the time also at every hour for a few minutes. Therefore, Sri Chinmoy has honored their tofu factory with the name 'The Secrets of Perfection-Flames.' Sri Chinmoy has shown unending concern to the soy world. He is the only spiritual master who has spoken at length on how God feels about His soybean." Address: Soyana, Postfach 8039, Zurich, Switzerland. Phone: 01/202 89 97.

6029. Outrigger (The). 1983. Display ad: The Polynesians set course under the stars. At the Outrigger. *Times of India* (*The*) (*Bombay*). March 20. p. 5.
• ***Summary:*** At this Polynesian restaurant, appetizers include Barbecued baby spare ribs Hawaiian: Choice pork ribs marinated in soya ginger and honey.

Another dish (whose name is hidden by the illustration) includes bamboo shoots and "bean curd."

The main part of the ad is a photo of the menu; superimposed on it is an illustration of a slim Polynesian lady, wearing a lei, riding in a sort of Polynesian canoe–but without outriggers. Address: Hotel Oberoi Towers.

6030. *Washington Post.* 1983. Key. March 20. p. SM26.
• ***Summary:*** Includes a brief review of the Berwyn Cafe (5010 Berwyn Rd., College Park, Maryland). "A half-dozen years ago, the Berwyn Cafe served delicious and carefully prepared food. Now they've too often gone the way of convenience, serving frozen tofu burgers, packaged tofu dressing spread on predictable salads and pita bread sandwiches."

6031. Sinclair, Valerie. 1983. Chinese dining with a

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difference: Dining out. *New York Times.* March 27. p. NJ29.
• ***Summary:*** This is a review of the Chinese restaurant Ledgewood Mall (on Route 10, Ledgewood). The "triangles of braised bean curd had a resilient outer skin that was difficult to cut and an average sauce with red and green peppers."

6032. Wiegand, Peter. 1983. Re: Moving Auenland Tofu to a larger plant. Letter to William Shurtleff at Soyfoods Center, March 28. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "Right now I want to put all my energy into the new place I have found for the tofu plant. A lot of money is going into it and I can't make any mistakes." Address: Auenland Tofu & Sojaprodukte: Residence: Schlossstr. 11, D-8201 Wildenwart-Frasdorf, West Germany. Phone: 08051/2799.

6033. Belanger, Michael G. 1983. Re: Suggestion that "tofu" replace "bean curd" as the main entry in Merriam Webster's dictionary. Letter to William Shurtleff at Soyfoods Center, March 29. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Earlier this year, Shurtleff sent the editors of *Webster's Collegiate Dictionary* a report (based on a search of his SoyaScan database), which showed that on product labels and in newspaper and magazine articles the word "tofu" is much more widely used than the old term "bean curd."

Belanger replies: "You certainly make a strong, impassioned case for the ascendancy of tofu over bean curd. From the evidence that you have presented, we much agree that tofu has become the standard term in the soyfood business. The establishment of a standardized terminology in 1979 by the Soyfoods Association of North American is a persuasive piece of supporting evidence." Address: G.&C. Merriam Company, 47 Federal St., Box 281, Springfield, Massachusetts 01101. Phone: (413) 734-3134.

6034. Aulisio, Calvin C.G.; Stanfield, J.T.; Weagant, S.D.; Hill, W.E. 1983. Yersiniosis associated with tofu consumption: Serological, biochemical and pathogenicity studies of *Yersinia enterocolitica* isolates. *J. of Food Protection* 46(3):226-30, 234. March. [18 ref]
• ***Summary:*** Recently the Food and Drug Administration reported a Class II recall of tofu because of adulteration with *Yersinia enterocolitica* that involved 87 cases in the state of Washington. Address: Div. of Microbiology, Food & Drug Administration (FDA), Washington DC 20204; and Seattle, Washington 98174.

6035. *Courant* (*Hartford, Connecticut*). 1983. Study deals tofu unhealthy blow: Producers object. March 15. [1 ref]*
• ***Summary:*** A summary, for popular consumption, of the findings of *Connecticut Agricultural Experiment Station Bulletin* No. 810. The reporter stated that "Tofu may not be as healthy as its consumers think," mentioning that only 1 out of 17 products tested met the dairy standards. One tofu industry spokesperson stated that it was unfair to apply dairy standards to soyfoods and that improper handling of the foods by retailers rather than unsanitary production or packaging was to blame. A second railed against supermarket negligence at holding tofu at produce temperatures.

6036. **Product Name:** Tofu Burger Mix (Meatless).
Manufacturer's Name: Fantastic Foods.
Manufacturer's Address: 106 Galli Dr., Novato, CA 94947. Phone: 415-883-7718.
Date of Introduction: 1983. March.
Wt/Vol., Packaging, Price: 4.4 oz box.
How Stored: Shelf stable.
New Product–Documentation: Label. Ad in Whole Foods. 1983. Oct. p. 23. "Tofu Burger. The Most Fantastic Way to Enjoy Tofu." Just mix 1 lb of tofu with the contents of the package to make 5-6 tofu burgers. All vegetarian. Also in East West Journal. Dec. Inside front cover. Full page, color.

6037. Hankin, Lester; Hanna, J. Gordon. 1983. Quality of tofu and other soy products. *Connecticut Agricultural Experiment Station, Bulletin* No. 810. 4 p. March. [8 ref]
• ***Summary:*** This cooperative study by the Connecticut Agric. Exp. Station and the Connecticut Department of Consumer Protection analyzed the microbial and nutrient content of 17 soy products: 5 tofu products made by New England Soy Dairy (Greenfield, Massachusetts), Firm Organic Tofu, and Tofu Slices (Marinated and Broiled) made by Nasoya Foods (Leominster, MA), Soy-Moo soymilk sold by Health Valley Natural Foods (Montebello, California), Tempeh Burgers made by Soyfoods Unlimited (San Leandro, CA), Tempeh Burger made by Pacific Tempeh (Emeryville, CA), Tofu Lasagna with Sauce marketed by Legume, Inc. (Bloomfield, New Jersey), Tempeh made by Tempeh Works (Cambridge, MA), Genmai Miso distributed by Erewhon, Inc. (Cambridge, MA), Kome Miso distributed by Tree of Life (St. Augustine, Florida), and 3 tofu products made by The Bridge (Middletown, Connecticut). Ingredients of each product are given.

The study showed high levels of bacterial contamination in many of the products, much higher than for dairy products. Only 41% met the coliform bacteria standard of less than 10 per gram of product, 29% met yeast standard of less than 10/gm, 41% met the 10 mold standard of less than 10/gm, and only 12% met the standard for total aerobic bacterial count (less than 25,000/gm). In addition, soyfoods generally contained more fat than claimed.

This report had widespread repercussions for the soyfoods industry, which (in the short term) were negative. The authors had previously published studies on the microbiological quality of numerous dairy products. Address: P.O. Box 1106, New Haven, CT 06504. Phone: 203-789-

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7272.

6038. Krieger, Verena. 1983. Re: History of work with tofu in Japan, Illinois, and Switzerland. Letter to William Shurtleff at Soyfoods Center, March. 2 p. Typed, without signature. [1 ref. Eng]
• ***Summary:*** "The year of 1973 I spent in Japan, where I got to know tofu and learned how to make it. The following years I spent in the U.S., working at several natural foods restaurants using soyfoods as important parts of the menu. The last of these jobs was at It's Natural (Brian Schaefer), where we made our own tempeh. We were also the first (and an important) customer of Mu-Tofu of Chicago.

"In 1979 I returned to Switzerland, where I first started to sell a Tofu-Set [tofu kit, for making tofu at home], using it in private cooking classes. (The publication 'So mache ich Tofu,' is the instruction booklet, accompanying the set, written by me and printed by the Ahorn-Verlag.)

"In 1980, just before going to the Soyfoods Conference in Illinois, I approached Morga, asking them if they were interested in producing tofu. They had all the right equipment and I even went there to make tofu for them once, but we could not come to terms, since they wanted to sell a sterilized tofu with long shelf life at room temperature. But such tofu was already on the market from Belgium, made by Lima. I wanted the fresh product.

"I then started to make tofu in my home kitchen for a local vegetarian restaurant. In the spring of 1981, I heard about Hans-Ruedi Oppliger, who was then also making tofu in his home kitchen for a natural foods store. I contacted him and we decided to join efforts in creating a market. But it was only after 'Yesterday Steak, Tomorrow Tofu' was published that we could start full scale production. We set up the Sojalade with 3 other people and founded a co-op. This co-op has now 9 members and both Hans-Ruedi and I are still part of it. (Hans-Ruedi does not have a shop of his own.) The Sojalade was set up in August 1981, but Restaurant Sesam in Bern and Restaurant La Moisson (both macrobiotic) had been making tofu for their own use for several months, or even years before us. Soyana started their tofu production in February 1982.

"The Sojalade is now also working on a project to help organic farmers get started with soybean cultivation... By the spring of 1983 interest in tofu production has become quite considerable. Therefore, the Sojalade has instituted a small apprenticeship program, where we train people in tofumaking for at least ten days. Since we can only take one person at a time, we already have a waiting list till June."

Update: 1990 April 9. Verena is now writing cookbooks, and has 5 in print. One on beans just been published. Her tofu cuisine is still in print. A condensed version has been taken over and distributed by Migros. She is no longer involved with Genossenschaft Tofurei, which is quite a distance from her home. She was on the board of directors but she keeps in touch and she still has some money involved.

Note: This is the earliest document seen (Feb. 2013) that mentions Migros in connection with soy. Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

6039. Leviton, Richard. 1983. Soyfoods soar on demographic trends. *American Demographics.* March. p. 36-39.
• ***Summary:*** Since 1975, tofu has made the jump from the ethnic Asian-American to the mainstream supermarket. Discusses the work and products of Legume, Inc., and Tomsun Foods. Address: Editor and publisher of Soyfoods Magazine, Colrain, Massachusetts 01340.

6040. **Product Name:** A Dressing from the Second Kingdom (Tofu Dressing) [Garlic-Dill].
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133.
Date of Introduction: 1983. March.
Ingredients: Organic nigari tofu, safflower oil, pure lemon juice, parsley, shoyu, dill, sea salt, garlic.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 3.5 inches diameter. Self adhesive. Green on white. "A Dressing from the Second Kingdom." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

6041. **Product Name:** Pie in the Sky Tofu-Spinach Pie (Eggless).
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO

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63133.
Date of Introduction: 1983. March.
Ingredients: Filling: Tofu, spinach, nutritional yeast, onion, safflower oil, lemon juice, salt, herbs. Crust: whole wheat flour, soy margarine, wheat germ, salt, baking powder (aluminum-free).
Wt/Vol., Packaging, Price: 10 oz (283.5 oz) in pie tin.
How Stored: Frozen.
New Product–Documentation: Label. 1983, undated. 3.25 inch diameter. Self adhesive. Green on white. Illustration of a winged pie in front of clouds. Ingredients now read: Tofu, spinach, nutritional yeast, onion, safflower oil, lemon juice, sea salt, herbs, whole wheat flour, wheat germ, soy margarine. Spot in Soyfoods. 1983. Summer. p. 53. Manufacturer's leaflet. 1983. With Label.

6042. Milly's International Vegetarian Cuisine. 1983. March. New soyfoods restaurant or deli. 1613 Fourth St., San Rafael, CA 94901.
• ***Summary:*** Menu and article in Natural Foods Merchandiser. 1987. Oct. p. 66. Founded by Brian and Dennis Malone. Their mother is Milly. Entrees include Tempeh Rancheros, Tofu Piccata, Tempeh Dore, Tempeh Oscar, Milly's Vegetable Stirfrys. Address: San Rafael, California.

6043. Shurtleff, William; Greenslade, David. 1983. Mahatma Gandhi: Soyfoods pioneer in India. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 2 p. March. Published in part in Vegetarian Times, June 1983, p. 4. Unpublished manuscript. [5 ref]
• ***Summary:*** Although it is well known that Mahatma Gandhi revitalized the vegetarian movement in India, it is less well known that he was one of India's first pioneers to introduce soybeans and soyfoods. His work during the 1930s still serves as an inspiration to many Indians, who are today transforming India into one of the world's leading soybean growing and soyfoods using countries.

Gandhi's earliest known mention of soybeans or soyfoods was in the July 1935 issue of *Harijan,* his popular magazine for village uplift. There he referred to a book by Dr. H.V. Tilak called *Balanced Diets.* Dr. Tilak's book was based in an orphanage of over a hundred children, whose diet was made richer in protein and more balanced by the addition of soybeans.

In September 1935, Gandhi reprinted a report on soybeans by the Bombay Health Association. This article listed the nutritional and medicinal values of soybeans and also explained how to make soymilk, soy flour, and soy coffee. The October issue of *Harijan* reported that the kitchens at Gandhi's ashram has introduced experimental rations of soybeans into the communal diet. The same article compared soybeans with eggs, wheat, and ghee. Since the more economical soybeans were rich in protein and oil, Gandhi later ordered reductions in the portions of wheat and ghee and suggested that all beans, other than soy, be omitted altogether.

November's *Harijan* reported that soybeans were being boiled, steamed, and used in soups. The ration of ghee had been stopped and soybean portions increased. Gandhi pointed out that everyone seemed to thrive on the new diet. in the same issue, Gandhi reprinted a leaflet by the Baroda State Food Office describing soybean crop cultivation. By December 1935, *Harijan* reports that soybeans had become a substantial part of the diet at Gandhi's ashram.

The December 1935 and January 1936 issues printed a dozen soyfood recipes, including the techniques for making, "TO-FU," "shoyu-sauce," and "soya bean sprouts," Gandhi said he was particularly fond of the sprouts.

By September 1936 *Harijan* was recommending an exhaustive book on soybeans written by F.S. Kale, an Englishman in charge of the Baroda State Food Service Department. Entitled, *The Soya Bean: Its Value in Dietetics; Cultivation and Uses,* this was the first book on soyfoods published in India. *Harijan* also carried a report on soybean cultivation experiments in the USA and the Soviet Union in the same issue.

By 1936, after careful consideration of economic, nutritional and medicinal evidence, Gandhi wholeheartedly favored the cultivation and widespread use of soybean in India and his magazine ran lists of prices and of the places where soybeans could be obtained.

We lose track of Gandhi's interest in soyfoods in late 1936. However in 1949 his ideas were republished in *Diet and Diet Reform,* a book which sold thousands of copies. The fact that Gandhi took such an interest in soybeans and soyfoods is a major source of encouragement to the many Indians working in this burgeoning field today. In 1982 India produced 500,000 metric tons of soybeans, making it the world's ninth largest producer, and soyfoods (such as TVP, soymilk, and soy oil) were catching on rapidly in this country where an estimated 50 percent of the population is vegetarian, and another 30 percent eats only a very small amount of meat. Address: Lafayette, California.

6044. **Product Name:** Saucy Joe (Sloppy Joe Made with Tofu).
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 3015 N. Buffum St., Milwaukee, WI 53212. Phone: 414-765-3733.
Date of Introduction: 1983. March.
Wt/Vol., Packaging, Price: Sold in a cottage cheese container.
New Product–Documentation: Talk with R. Jay Gruenwald. 1989. June 12. This was the company's first product. Ready to eat, cold or warm. Every product that company has ever launched is still being made. Simple Soyman has never made their own tofu; for 4 years they have

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bought the basic tofu from Mu Tofu, where it is made by Yoshi Uchida and his wife. Simple Soyman has been very happy with their product. Now he wants to start making his own tofu, since he needs a larger market and the price of tofu is going up and the logistics of shipping are complicated. He now has some equipment from the Magic Bean, which he recently bought from the person who recovered it when Magic Bean went bankrupt. He now needs a grinder/ disintegrator. People named Cassel and Carla Pulley were involved with the company in its early days.

Talk with R. Jay Gruenwald. 1991. Jan. 24. The Bountiful Bean is now for sale. He is thinking of a joint venture with Mu Tofu. The competition from Nasoya and White Wave is becoming severe.

6045. *Soyanews* (*Sri Lanka*). 1983. Book review: Handy guide to the soyafoods world. 5(7):6. March.
• ***Summary:*** A full page, positive review (by. S. Pathiravitana) of *Soyfoods Industry: Directory and Databook* (1982), by Shurtleff and Aoyagi. A graph of world soybean production (total and by region) is shown.

"The databook section is only one-half of this book. The other is a directory, which helps to bring people in the soyafood business together. Soyafoods is now a worldwide phenomenon to judge from the scattered places in the globe where people are quietly and patiently making tofu and tempeh.

"From Mexico to the Philippines and from New Zealand to Canada there is a growing global soya network which the Shurtleffs have now drawn closer. The glossary of soyafoods terms, names and addresses, of business houses and soycrafters make this databook a useful addition to libraries."

6046. Soyfoods Center. 1983. The Soyfoods Industry and Market: Directory and Databook 1983 (Leaflet). Lafayette, California. 2 p. March 26.
• ***Summary:*** This leaflet, printed with brown and black ink on glossy white paper, advertises the new 1983 edition of this market study. On the front are endorsements from Yvonne Lo of Vitasoy, Luke Lukoskie of Island Spring, and Tom Timmins of New England Soy Dairy, plus excerpts of two reviews. On the back is a detailed table of contents and an order form. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-3161.

6047. Soyfoods Center. 1983. Professional publications and services (Leaflet). Lafayette, California. 2 p. March 26.
• ***Summary:*** This leaflet, printed with brown and black ink on glossy white paper, advertises the following: Soyfoods consulting services. Computerized soyfoods mailing list. *Using Tofu, Tempeh & Other Soyfoods in Restaurants, Delis & Cafeterias* (spiral-bound book, with excerpt of book review). *Soyfoods Labels, Posters & Other Graphics* (spiral-bound book, with excerpt of book review). Special bulk discounts on books and materials. Soyfoods document center and library (which owns 3,500 documents). Soyfoods color slide shows. Tempeh pamphlet reprint rights. Order form. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-3161.

6048. **Product Name:** Okara Tempeh.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: Miami, Forida.
Date of Introduction: 1983. March.
New Product–Documentation: Soyfoods Monthly. 1983. Feb.; Soyfoods. 1983. Summer. p. 43; Shurtleff & Aoyagi. 1985. History of Tempeh. p. 56-57.

6049. Wapner, Carol. 1983. Time for tofu: This high-protein food makes dips, main dishes, and desserts as nutritious as they are delicious. *Good Housekeeping.* March. p. TM4. Some regional editions.
• ***Summary:*** Gives tips for buying, storing, and using tofu. Contains recipes for: Low-calorie tofu-spinach dip. Family meat loaf. Stir-fried tofu with vegetables. Peach "cheese" cake (with 1 lb soft tofu). Address: Home economist.

6050. *Newsweek.* 1983. Jerry Brown, Linda Ronstadt, and tofu. April 4. p. 49.
• ***Summary:*** "He has left the sparsely furnished Sacramento apartment that marked his 8 years as California's no-frills governor, but there are at least 2 things that Jerry Brown hasn't abandoned since he left office: politics and Linda Ronstadt. Brown, who lost his bid for the U.S. Senate last November, showed up with Ronstadt at the Playboy mansion in Los Angeles for a fund-raiser for Chicago mayoral candidate Harold Washington... there is little time for tofu and sprouts at Linda's Malibu pad: the singer is busy recording an album of '30s and '40s tunes, studying opera and Italian."

6051. Heimlich, Jane. 1983. Tofu & tempeh: Meatless alternatives. *Cincinnati Enquirer.* April 6. [4 ref]
• ***Summary:*** Contains 5 tofu and 4 tempeh recipes. Address: Ohio.

6052. Palm, Göran. 1983. Tofu ersaetter allt fran koett till mjoelk [Tofu, a substitute for everything from meat to milk]. *Uppsala Nya Tidning* (*Sweden*). April 6. p. 10. [Swe] Address: Sweden.

6053. Hughes Markets. 1983. Foster Farms chicken (Ad). *Los Angeles Times.* April 21. p. M25.
• ***Summary:*** The section titled "Oriental Foods" includes:
Hinode tofu, 19-oz pkg. $0.59
Morinaga tofu, 10 oz. box [aseptic] $0.49.
Yamasa soy sauce, 1-gal. can $4.45.
Sesame cookies, Tohato Harvest, 7 oz. $0.89.

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Ramen, Yee Fu Mein 3 oz. pkg. 5 for $1.00.

6054. Wagner, Martha. 1983. Forget about meatballs, America; after 2000 years its time for tofu. *Chicago Tribune.* April 27-28. Section 7. p. 8B. Wed/Thurs.
• ***Summary:*** "Hawaii, where tofu is as common as peanut butter, can now offer tofu in all school lunch programs. And in New York City, 40 schools use tofu in a pilot program serving meatless meals."

Prepared soy foods are selling well. Eight brands of soy milk ice cream are now available, not to mention tofu salads and frozen tofu entrees such as lasagna and enchiladas, plus tofu dips, salad dressings, muffins, cheesecakes, tofu burgers and hot dogs, and much more. Gives a brief summary of three of America's most popular tofu cookbooks, plus recipes for Sunny tofu salad, and Baked marinated tofu.

6055. Fox, Chloe; Fox, Abraham. 1983. The au naturel tofu manual: Modern Jewish tofu cooking. Au Naturel, 6110 Monkland Ave., Montreal QUE, Canada H4A 1H4. 47 p. April. No index. 21 cm. [7 ref]
• ***Summary:*** Contents. Introduction. 1. Basic ingredients. Recipes–2. Entrées. 3. Main dishes. 4. Desserts. Address: Au Naturel, Montreal, QUE, Canada.

6056. Gebre-Egziabher, A.; Sumner, A.K. 1983. Preparation of high protein curd from field peas. *J. of Food Science* 48(2):375-77, 388. March/April. [20 ref]
• ***Summary:*** "Pea tofu was two times softer than soy tofu and was slightly grayish." Address: 1. formerly with the College of Home Economics, now affiliated with Dep. of Applied Microbiology & Food Science; 2. College of Home Economics. Both: Univ. of Saskatchewan, Saskatoon, Canada S7N 0W0.

6057. **Product Name:** Green World's Tofu.
Manufacturer's Name: Green World, Inc.
Manufacturer's Address: Mayfield Stage, Boise, ID 83706.
Date of Introduction: 1983. April.
Ingredients: Soy beans, water, calcium chloride.
Wt/Vol., Packaging, Price: 1 lb.
How Stored: Refrigerated.
New Product–Documentation: Interview with Kevin Harrington. 1984. Jan. 16. Gives starting date. Label. 1983. 2.75 by 1.75 inches. Self adhesive. Green and brown on white. "Fresh locally produced. No preservatives added." Interview with James Herrington. 1987. Dec. 30. This is their best and most profitable product.

6058. Ikegami, Seishiro. 1983. Recent developments with tofu at Morinaga (Interview). *SoyaScan Notes.* April. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Presently about 80% of Morinaga's tofu is sold at Japanese / Oriental food stores. General Nutrition Corp. is the only natural foods distributor. Morinaga presently has no central warehouse in the USA, but should get one later this year. Between April 1982 and March 1983 Morinaga sold 80,000 cases of tofu, with 24 cartons (10.5 oz. each) per case. This is the equivalent of 24,230 lb/week. Sales are up 30-35% over a year ago. Address: Morinaga Milk Co., c/o Beech Nut California Corp., P.O. Box 5759 (1661 Senter Dr.), San Jose, CA 95150. Phone: 408-293-8330.

6059. Kantha, S. Sri; Hettiarachchy, N.S.; Erdman, J.W., Jr. 1983. Laboratory scale production of winged bean curd. *J. of Food Science* 48(2):441-44, 447. March/April. [27 ref]
• ***Summary:*** Describes preparation of tofu from winged beans and from a mixture of soy and winged beans. The 50:50 and 25:75 winged bean-soybean combinations by weight gave the best results. Address: 1&3. Dep. of Food Science, Univ. of Illinois, Urbana.

6060. Kitulwate Gardens. 1983. Products of soya (Ad). *Soyanews* (*Sri Lanka*) 5(8):7. April.
• ***Summary:*** "The low cost, high quality protein–Now available for supermarkets, hotels, hospitals, restaurants, etc.

"(1) Soya bean curd–For superb curries and various exotic dishes–substitute for meat. Price per pound Rs. 11/-.

"(2) Soya paste [apparently ground, soaked soyabeans]–A highly nutritious, economical and convenient substitute for coconut milk. Price per pound Rs. 10/-.

"(3) Soya residue [okara]–(From bean curd preparation) for deliciously light rotis, pitta, etc. Price per pound Rs. 2/-.

"All the above prepared very hygienically. Orders will be undertaken now." A map gives directions to Kitulwatte Gardens. Address: 128 Kitulwatte Rd., Off Elwitigala, Mawatha, Colombo 8, Sri Lanka. Phone: 597759 or 596992.

6061. Leviton, Richard. 1983. The innuendos of importing [tofu equipment. Larry Needleman and Bean Machines, Inc.]. *In Business.* March/April. p. 28-30.
Address: 100 Heath Rd., Colrain, Massachusetts 01340.

6062. McMath, R.M. 1983. Tofu is taking off. *Ad Forum.* April. p. 53.

6063. O'Brien, Jane. 1983. The magic of tofu and other soybean products. Wellingborough, England: Thorsons Publishers Ltd. 128 p. April. Illust. by Niall Morris and Clive Birch. Index. 20 cm. [6 ref]
• ***Summary:*** Written in large letters at the top of the cover: "The Best of Vegetarian Cooking." Contents. Foreword. Introduction (incl. tempeh, soy flour, miso, tamari). 1. Making your own tofu. 2. A word about the recipes. 3. Recipes. 4. Soymilk. 5. Other soybean products (Okara, gô, yuba, soynuts). 6. Soybeans as beans. 7. Food value of soyfoods. 8. History of the soybean. Further reading.

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Jane was a soyfoods pioneer in Ireland. In the Introduction (p. 18-21) Jane explains that "I was frequently ill as a child, and on several occasions I was very near to death's door." Yet as she got older, she grew to enjoy gourmet food and gourmet cooking. The man who became her husband gave her the first book she read on natural foods. "As soon as I became aware that food contributed to the maintenance or destruction of health, I began a lifetime of experimentation. I changed from refined foods to whole foods, gave up eating red meat, studied macrobiotics, so much so that over ten years ago I went to Boston [Massachusetts] with two children under the age of four, and pregnant with a third, to study the subject, and I continued from there to develop my own system." Her husband, an actor, is now quite happy with her cooking, after "an austerity programme involving giving up meat, cutting down on and nearly eliminating dairy food, getting rid of sugar."

"I have been working on creating meals that are increasingly more healthful for over seventeen years now [since 1966], and I find it a fascinating study. It is wonderful to witness the vast improvement in my own health..." Her son Quinn is now 15 years old. Her religion is Baha'i. "In furthering my interest in natural foods, I have given cooking classes in Dublin [Ireland] for over ten years [since 1973], not steadily, but from time to time when there were people interested. In the early days of my cooking classes, I also imported the necessary foods: whole grains, beans, miso and natural soy sauce from suppliers in England as they were not available in shops here in Dublin. There was no other way of getting these foods for my family. During the cooking classes I sold much of the stock... That led to the beginning of Ireland's first natural food store which I started with my husband's patient assistance, but which we left to someone else for many reasons."

"Several years ago I began to use tofu and soyfoods and to include them in the cooking classes. Because I was so interested in learning more about them, I attended the soyfoods conference held in Illinois in 1980 and the one in Colorado in 1981... I think that I became so excited about tofu, soymilk and soyfoods really because I had long been a lover of puddings, custard, and creamy toppings, often made with dairy foods. However, because I needed to cut down on my use of dairy foods, I had nearly eliminated all of those things from my diet. When I discovered that it was possible, not only to make tofu and soymilk successfully in my own kitchen, but to use it for very accurate substitutions of my childhood favorites which were far more healthful than the things I had eaten as a child, I was thrilled."

Note: On 9 November 1979 Mrs. Jane M. O'Brien (7 Woodside Drive, Rathfarnham, Dublin 14, Ireland), ordered books on tofu, tofu & soymilk production, miso, and tempeh from Shurtleff & Aoyagi at Soyfoods Center in California.

Talk with Jane O'Brien. 1980. July 13. She developed the many recipes in this book using soybeans that she imported from England to Ireland, starting in about 1980.

Letter from Jane O'Brien. 1983. May 28. This book was published in April 1983. "It is presently on sale in England but not yet here in Ireland." Address: 7 Woodside Dr., Rathfarnham, Dublin 14, Ireland.

6064. Omachi, Mutsuko; Ishak, E.; Homma, S.; Fujimaki, M. 1983. Shikakumame no shajuku ni yoru nanka to tofuyo geru keiseino no kentô [Manufacturing of tofu from winged bean and the effect of presoaking and cooking]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 30(4):216-20. [10 ref. Jap; eng] Address: Dep. of Food and Nutrition, Ochanomizu Univ., Ohtsuka, 2-1-1, Bunkyo-ku, Tokyo 112, Japan.

6065. Rosenbaum, Ron. 1983. The alternative Big Mac. *Esquire* 99(4):126. April.
• ***Summary:*** "I'm sorry, I draw the line at tempeh. I had no qualms about tasting soy burgers, tofu burgers, lentil-walnut burgers, and sunflower-seed burgers, but I simply refuse to taste a tempeh burger.

"Tempeh, if you must know, is soybeans fermented with a mold. Soyheads say that tempeh has all sorts of high-quality-protein benefits you can't get even from the highly acclaimed soybean-curd tofu. It's the hot new item on the health food scene. I don't care. All I can think of when I hear 'tempeh' is those pallid squares of tofu floating in basins of dirty water in health food stores and developing mold. Yucch. I'm all for the health benefits of natural foods, but I have some aesthetic standards.

"The idea here was to search for a health food alternative to the hamburger, something that tasted good on the sensual level and satisfied on the soulful level...

"Do the substitutes offer that kind of satisfaction? Well, forget about tofu burgers. We're looking for hamburger alternatives, not hamburger helper. Tofu burgers are so bland, so ascetic, so utterly tasteless that they may be natural as hell but they taste like polyester."

6066. **Product Name:** Incredible Tofu Salad, and Cottage Tofu Salad (Non-Dairy Cottage Cheese).
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103.
Date of Introduction: 1983. April.
Ingredients: Tofu (organically grown soybeans, filtered water and natural nigari), celery, carrots, sunflower seeds, nutritional yeast, parsley, scallions, Dr. Bronner Bouillon, olive oil, lemon juice, spices, fresh garlic, rice vinegar.
Wt/Vol., Packaging, Price: 9 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1985. 4 inch diameter. Plastic. Blue and yellow on white. Talk with Gary Stein. 1989. Feb. 17. He thinks these products were

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introduced in about April 1983.

6067. **Product Name:** Baked Tofu in Teriyaki Sauce.
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103.
Date of Introduction: 1983. April.
Ingredients: Tofu–organically grown soy beans, filtered water, natural nigari, tamari, sesame oil, rice vinegar, barley malt, fresh garlic and ginger, Dr. Bonner's Mineral Bouillon, spices, sesame seeds.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 3.5 by 2 inches. Self adhesive. Brown on white. "Delicious." Talk with Gary Stein. 1989. Feb. 17. He thinks these products were introduced in about April 1983.

6068. *Soyfoods Monthly* (*Colrain, Massachusetts*). 1983. Soyfoods Association rejuvenated at first meeting of new board, new goals. 3(4):1. April.
• ***Summary:*** "Thirty two industry members attended a 2 hour planning session of the new Soyfoods Association in Anaheim, February 7 and appointed board of directors and officers. Michael Austin was selected the new Executive Director following Richard Leviton's resignation. Board members include: Gary Barat, Legume (President), Yvonne Lo, Vitasoy USA (Vice President), Tom Timmins, New England Soy Dairy (Vice President), Dan Burke, Pacific Soybean (Treasurer), Richard Leviton, *Soyfoods Magazine* (Secretary), Travis Burgeson, Pacific Tempeh; Michael Fountain, SanJi [San-J] Int'l.; Jim Miller, Quong Hop; Jack Mizono, Azumaya; Morris Shriftman, Tree of Life; Robert Tepper, Farm Foods; Shoan Yamauchi, Hinode Tofu Co. An initial pledge of $12,000 from 14 companies was received at this organizational meeting."

6069. Sunset international vegetarian cook book. 1983. Menlo Park, California: Lane Publishing Co. 96 p. April. Illust. 28 cm. Retitled Vegetarian Favorites in 1987.
• ***Summary:*** This book is by the editors of Sunset books and Sunset magazine; the supervising editor is Maureen Williams Zimmerman. A table titled "Choosing nutritiously" (p. 5) shows that soybeans are a good source of thiamin (B-1), niacin, vitamin B-6, folic acid, calcium, and iron. Another table titled "Protein partnerships" (p. 7) states that soybeans and soyfoods (soybean curd/tofu, soy flour, soy milk, and tempeh), like dairy products and eggs, have no limiting amino acid. Soy-related recipes include: Miso grilled mushrooms (p. 14; Japan). Golden tofu cauliflower soup (p. 34; Thailand). Greens & tofu in peanut sauce (p. 48; Thailand). Stir-fried tofu & vegetables (p. 50; Vietnam). Whole wheat & soy pasta (p. 52). Mandarin pancakes with spicy tofu filling (p. 70; China). Address: Menlo Park. Phone: 415-321-3600.

6070. **Product Name:** Natural Nigari Tofu.
Manufacturer's Name: Sweet Whey.
Manufacturer's Address: P.O. Box 154, Redwood Valley, CA 95470. Phone: 707-485-7498.
Date of Introduction: 1983. April.
New Product–Documentation: Form filled out by Joel Brightbill. They opened on 1 April 1983, and now (1983) use 50-75 lb/day of soybeans. Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Joel Brightbill.

Talk with Richard Rose. 1988. May 13. See Brightsong Tofu, 1978. Joel Brightbill and Bob Heartsong were the original founders of Brightsong, back in 1977 or 1978. Their last names were used to make the company name. He is the "Bright" in Brightsong. Heartsong left after a short time and David Patton came in, taking his place; it was an equity partnership with no employees. The partners worked. Then Brightbill sold his interest to Patton. Richard and Sharon Rose bought the company from Patton. In June 1982 the Rose's lease ended in Redwood Valley and the landlord planned not to renew it. So the Roses decided to move the business to Petaluma. Patton and Brightbill did not want the Roses to move out of the county; they felt their note was in jeopardy and that the business was a county resource. The day before the Roses were to move, Brightbill, Patton, and a bunch of others entered the shop in the middle of the night, removed all the equipment, and stored it without a perfected security interest. This was illegal, so lawyers came in, negotiated, and the Roses finally got their equipment back and moved to Petaluma.

About 6 months later Brightbill started Sweet Whey, essentially in the 10 x 10 foot garage on his ranch. Finally the county shut him down. He had tofu spoilage problems.

6071. Talbert, Kathleen. 1983. Tofu: Food of the future. *Restaurant Hospitality.* April. p. 81-84.
• ***Summary:*** Includes recipes for Tofu Terrine, Tofu Crabmeat Roll, Tofu Shrimp Custard. Address: Food Research Center, Hilton International.

6072. *Tofu no Kagaku to Gijutsu: Kako to Kaihatsu* (*The Science and Technology of Tofu: Processing and Development*). 1983--. Serial/periodical. Published originally by Daizu Tanpaku Kaihatsu Kyokai, Okubo Kenkyu-shitsu, Shokuhingaku-ka, Tohoku University, Sendai-shi, Miyagi-ken, Japan. Later by Mr. Teruo Masuda, president of Zenkoku Daizu Tanpaku Kenkyu-kai (Japanese National Soy Protein Research Society) and Sanyu Shoji KK, Tangi-cho 1, Hachioji-shi, Tokyo-to, Japan. Vol. 1, No. 1. April 1983. [Jap]
• ***Summary:*** According to Toyo Shinpo (1 May 1988, p. 16), this periodical is not for sale, but is given away upon request. It contains a lot of scientific and technical information on

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tofu production. Publication re-commenced in March 1988 with Vol. 3, No. 1.

Letter from Mr. Teruo Masuda. 1988. Sept. 3. He is planning to resume publication as a serial. The first new issue, Volume 3, Number 1 was published in March 1988 by the Zenkoku Daizu Tanpaku Kenkyukai (Japanese National Soy Protein Research Society). This was an organization of about 50 to manufacturing companies throughout Japan to study scientific production of tofu. Mr. Masuda's company makes and sells tofu equipment. Address: Tokyo, Japan. Phone: 0426-91-3885.

6073. *Vegetarian Times.* 1983. Tofu in a starring role. April. p. 42-44, 52.
• ***Summary:*** Contains 13 recipes, with color photos, from *Tofu Cookery* by Louise Hagler.

6074. Dreyer, Lawrence. 1983. Re: Work with soya in Austria. Letter to William Shurtleff at Soyfoods Center, May 1. 3 p. Handwritten, with signature. [Eng]
• ***Summary:*** "Herr Anton Wolf was here yesterday and told me that only 100 hectares of soybeans were planted in Austria in 1982. The yield was about 2,500 kg/ha."

Dreyer's main work is as the architect of the additions they are making to their facilities in Wiener Neustadt. At present they have a small shop and restaurant. There will be a new area for producing tofu on a small scale, gluten, mochi, bread. "At present we produce a limited quantity of tofu with equipment bought in Japan... A group of people loosely related to us uses a small centrifuge to make soymilk. This group has also recently started making tempeh... I have given copies of your chapter on "History of Soya in Austria" to Anton Wolf." Address: Weg der Natur, Austria.

6075. Stark, Bruno. 1983. Re: WSL and Haus Minerva in Switzerland. Letter to William Shurtleff at Soyfoods Center, May 4. 1 p. Typed, with signature.
• ***Summary:*** WSL, run by Bruno in Wolfhaden, Switzerland, is a society or club (*Verein*). Since 1982, among other things, every other month, they have given a course in making tofu and tofu dishes. Those attending have been very enthusiastic about it. This year they want to put on a tempeh course. Tempeh is not yet sold in Switzerland. "We hope with our work to make soyfoods better known."

Bruno also sent Soyfoods Center several brochures: One 4-page brochure is titled "*Programm* 1983." One course is titled Cooking Course (Soya cookery: Tofu & tempeh). An introductory tofu course is given 4 times during the year, as in an advanced tofu course. An introductory tempeh course is given twice.

Another brochure (black on pink), titled "Tofu Cooking Course," gives details about tofu and the course. Address: CH-9427 Wolfhaden, Switzerland. Phone: 071-91 26 75.

6076. Welters, Sjon. 1983. Re: Soyfoods in the Netherlands. Letter to William Shurtleff at Soyfoods Center, May 10. 1 p. [Eng]
• ***Summary:*** "Together with this letter, I am sending you the translation into Dutch of the Soyfoods Center slide show. I hope you can use it in your work. Concerning the translation of *The Book of Tofu*, I hope everything has been arranged with TAO-books... I am leaving Manna next August to join Mountain Ark Trading Co. in Fayetteville, Arkansas." Address: Manna Natuurvoeding, Meeuwenlaan 70, 1021 JK Amsterdam-N, Netherlands. Phone: 020-32 3977.

6077. Megan, Kathleen. 1983. Tofu: Its a staple food of health enthusiasts and the subtle ingredient of Oriental cuisine. Ironically, it's being made by an Italian immigrant in Middletown. *Hartford Courant* (*Connecticut*). May 11. p. E1, E10.
• ***Summary:*** About Robert Marocchesi (age 32) and his company, The Bridge, in Middletown, Connecticut. He grew up in Italy, and now makes fresh tofu daily. Each week The Bridge makes, then trucks about 3,000 pounds of tofu across the state and to retail outlets in New York and Massachusetts. His philosophy is to make fresh food for local consumption and to teach people about good nutrition.

For about two years he has been the only tofu maker in Connecticut. His small, white cinderblock building is squeezed in among pizza palaces and fast-food restaurants on Route 66, yet he makes tofu in the traditional way. Visitors are invited to come to the plant and watch the process from beginning to end. The day's work starts at 4 a.m. and the hot soymilk is curded with natural nigari. According to the Soyfoods Association, a trade association based in New York City (the executive director is Michael Austin), there are now about 250 tofu makers in the United States. Since 1979, annual sales of tofu nationwide have jumped from $23.2 million to $55 million this year, and are projected to double again by 1988.

The Bridge also makes several other healthy foods from East Asia, including amasake and seitan.

Photos show: (1) Kent Nelson, an employee, pours fresh soybean puree into a cauldron for cooking. (2) Robert Marocchesi stirs nigari into hot soymilk. (3) Robert carries a large tray of finished tofu, ready to be cut and packaged.

6078. Burros, Marian. 1983. Food notes: Bacteria in soy products. *New York Times.* May 18. p. C4.
• ***Summary:*** A summary of Connecticut Agricultural Experiment Station, Bulletin 810, by Dr. Lester Hankin and J. Gordon Hanna. "Many soy products, including tofu, have extremely high levels of bacteria." The names of the manufacturers and their soyfood products are listed but without any accompanying damaging bacterial statistics.

6079. *Yomiuri Shinbun* (*Yomiuri Daily News, Tokyo*). 1983.

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Niowanai nattô [Natto that doesn't smell: Tempeh]. May 20. Evening ed. p. 14. [Jap]

• ***Summary:*** Tempeh is very different from natto: it is fermented with a mold, whereas natto is fermented with a bacterium. Natto is indigenous to Japan, whereas tempeh is indigenous to Java, and neither is widely consumed in the country of the other. Yet both are fermented soyfoods.

Natto is growing more popular as a breakfast food in Japan–related to the growing interest in natural foods, vegetable protein, and riding the same wave of popularity as soymilk. Young people are eating less rice. In 1982 each family in Japan spent ¥1,531 on natto, up 12% from the previous year. Dr. Teruo Ohta says one reason Japanese have the greatest longevity is because they eat a lot of plant protein instead of animal protein. Representative of these plant protein foods are soyfoods. But miso and shoyu contain salt, and tofu and soymilk contain no dietary fiber. Natto (like tempeh) is doubly good in that it contains fiber but no salt.

But the rice Japanese usually eat with natto is steadily decreasing; will this eventually cause a decrease in natto consumption as well? Maybe only those older than middle age are the main natto consumers.

This article uses the term "tempeh natto" three times. Note: We think this is unfortunate and confusing. Last year Dr. Ohta visited natto plants in Indonesia. Medical research shows natto is good for health.

Did natto originate in China? Was that Chinese natto salted or not? Was it disseminated by Buddhist monks to Japan and Southeast Asia?

Next month the Japanese National Natto Association will send a delegation to Java (Indonesia) to study tempeh.

6080. Shurtleff, William. 1983. Fly from California to Hong Kong: First impressions, May 26 (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 1. Unpublished manuscript.

• ***Summary:*** May 24. I leave by jet for China, from Lafayette, California, my trip paid for by Danish Turnkey Dairies (DTD/STS).

May 25. In Hong Kong with jet lag. Stay at Sheraton Kowloon, meet John Davies and Asger Somer Hansen of DTD.

Singapore soymilk regulations: The protein content must be greater than 2% to label / call it "soymilk"; if less, it must be labeled "soy drink."

When soymilk in a Tetra Pak carton stands for 6-8 months, there is: (1) Physical oil separation. (2) Graying of the color. (3) Some of the enzymes, which are not inactivated by UHT (Ultra-High Temperature) processing, can coagulate the soy protein.

I buy and taste Coca-Cola's soymilk in Hong Kong. The flavor is mediocre, a little watery and cereal-like, but not bad. A 250 ml carton retails for $HK 1.5, about US$0.22.

Ma Po Doufu (Japanese: Mabo-dofu) is a popular Chinese dish from Sichuan (W.-G. Szechuan) province. It is of fairly recent origin.

Note: It is a combination of tofu (bean curd) set in a spicy chili- and bean-based sauce, typically a thin, oily, and bright red suspension, and often cooked with minced meat, usually pork or beef. The character "ma" stands for "mazi," which refers to a person whose face is disfigured by pockmarks. "Po" translates as "old woman." Thus "Ma Po" is an old woman whose face is pockmarked. According to a Chinese legend, the pock-marked old woman lived in the Chinese city of Chengdu (Chengtu)–the capital of Sichuan province in southwest China.

Due to her condition, her home was placed on the outskirts of the city. By coincidence, it was near a road where traders often passed. Although the rich merchants could afford to stay within the numerous inns of the prosperous city while waiting for their goods to sell, poor farmers would stay in cheaper inns scattered along the sides of roads on the outskirts of the ancient city.

According to *Mrs. Chiang's Szechwan Cookbook:* "Eugene Wu, the Librarian of the Harvard Yenching Library, grew up in Chengtu and claims that as a schoolboy he used to eat Pock-Marked Ma's Bean Curd or mapo doufu, at a restaurant run by the original Pock-Marked Ma herself. You ordered by weight, so many grams of bean curd and so many grams of meat, and your serving would be weighed out and cooked as you watched. It arrived at the table fresh, fragrant, and so spicy hot, or la, that it actually caused sweat to break out."

Nowadays there are several Mapo Dofu restaurants in Chengdu. (Source: Wikipedia, at Mapo doufu, retrieved 26 June 2011).

"Dim Sum" literally means "dot heart." Lo Han Tsai ("Monk's Food") is a vegetarian recipe served at Chinese New Year. When tofu is a prominent ingredient it is called "Lo Han Tsai Doufu."

There are two words for deep-fried tofu: (1) *You doufu* (literally "Oil doufu"). (2) *Zha doufu* ("Deep-Fried Doufu"). The first has bigger holes in it.

Note: This is the earliest English-language document seen (April 2013) that contains the term *You doufu.*

Since the 1930s, affluent city people have consumed cow's milk in China.

The soymilk label of Dong Bang (from Korea) is similar to that of Kibun from Japan. An illustration (line drawing) shows the Dong Bang label. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6081. Shurtleff, William. 1983. Talk with Louis Chiang about tofu plants he sold in China (Hong Kong, May 27) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10

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July. Lafayette, California: Soyfoods Center. 117 p. See p. 2-3. Unpublished manuscript.

• ***Summary:*** Tofu plants he sold in China. He has sold two lines to Guangdong province, the province in which Guangzhou (formerly Canton) is located. One line can process 500 kg/hour of dry soybeans. Shurtleff asks: Why do they not go low-tech? Answer: Because they want to modernize; they want everything the best and the newest. Tofu is a monopoly in China; only one organization handles it. Louis feels that the large plant is rational. The key is to retrain those who were not educated during the cultural revolution,

Advice: Preparing a catalog and advertizing letters is a waste of time. Best to find a decision maker directly, via the right channel. You need personal connections, built up gradually, which takes time. Finding the right man may take 3-6 months. They must know your background and purpose. Many Westerners get frustrated if they have no orders after 1-2 years; they must be patient. He also feels it is important that old plants should be demolished.

The proper introduction is very important. Beware of making outside contacts. Stick with your invited group. Let them make contacts and allow contacts.

In Beijing there is a "Food Research Institute." They may be of help.

Ask key contacts for a letter from their organization, on letterhead. Don't discuss politics or economics–its to sensitive.

In China, tofu production may have increased, but quality may have decreased. Party leaders, not food technology experts, make decisions. They are now trying to change that. Scientists and intellectuals had a very low status, but now some are trying to put them in front. But the masses resist. They either use fast radical means or go slowly.

His tofu equipment was paid for by Chinese money–the equivalent of $500,000 for two lines.

Louis Chiang would like to work with Takai Tofu & Soymilk Equipment Co., especially if Takai developed a continuous process system. Takai sold a production line to Harbin but it is not working now.

Research people are hungry for knowledge; the bureaucrats are not.

With new private, personal freedoms, people are generally happier.

Hong Kong yuba: See the trade promotion council, a government organization on the 3rd floor of the Connaught Centre, an office tower in Hong Kong. They have a research library.

Mr. Wang says: Ask the trade promotion council to ring and introduce me as a researcher.

They want immediate gain, not long term research, so our soymilk seminars at various places in China may not work.

He likes Deng Xiaoping (who initiated the Four Modernizations, in December 1978 at the Third Plenum of the 11th Central Committee); he is not so fond of Hua Guofeng.

China is now learning about tofu technology from Japan.

Adding almond to soymilk improves its flavor.

All his trade is with China. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6082. Ikawa, Kazuhisa. 1983. Higashi Ajia fukugo bunka-ken. Tôfu bunka to nattô no toraianguru [East Asia's culture complex. Tofu culture and the natto triangle]. *Asahi Shinbun* (*Asahi Daily News, Tokyo*). May 28. p. 11. [Jap]

6083. Ikawa, Kazuhisa. 1983. Ajia fukugô nattô-ken: Tôfu bunka to Nattô toraianguru [Asia's multi-combined natto zone: Tofu culture and the natto triangle]. *Mainichi Shinbun* (*Mainichi Daily News, Tokyo*). May 28. p. 11. [Jap]

• ***Summary:*** Contains three maps showing the "natto triangle." The three points on the triangle lie at Japan (natto), Java (tempeh), and Bhutan + eastern Nepal (kinema).

Note: All these foods are un-salted, however tempeh is fermented with a mold whereas natto and kinema are both fermented with bacteria. Therefore, Java should not be part of the "natto triangle."

6084. O'Brien, Jane M. 1983. Re: Recent history of soybeans and soyfoods in Ireland. Letter to William Shurtleff at Soyfoods Center, May 28–in reply to inquiry. 1 p. Typed, with signature.

• ***Summary:*** "I was in touch with Tony Walshe at the Golden Dawn Restaurant in Dublin who said that they have been selling tofu more or less regularly since 1979. They use it in the restaurant for various recipes, but at the moment, I believe they could use more than they are able to get.

"There is an oriental [tofu] shop in Dublin which must have been open for about a year now which supplies tofu regularly, I gather. I never seem to be in town when it is open because it opens at 11:00 a.m., and when I shop I am usually in town before 9:00 and ready to leave as early as possible...

"Philip Guiney has been wholesaling Morinaga tofu for about a year now, and it seems to be moving for him...

"Ken Kinsella of Kelkin Naturproducts Ltd. has been wholesaling Granose Soya Milk for about 18 months now, and it is selling quite well for him because of the numbers of people who suffer from lactose intolerance and because of the general interest in getting away from dairy [products]. Ken's daughter, Hillary Kinsella, with a friend of hers, did a project called "Soya–The Modern Food" for the Young Scientists Exhibition in January 1983, for which she won two awards, and she is planning to do it again with further information in 1984, also for the Young Scientists Exhibition.

"For my part, I have taught tofu making in some of my cooking classes a couple of years ago, but I haven't given any cooking classes for the last couple of years for

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various reasons. Roughly from September 1983 through May of 1983, I provided about 12 pounds of tofu per week which Kelkin Naturproducts delivered to the Golden Dawn restaurant as a kind of pilot project to try to determine the demand for tofu in this area. At the end of that period, we discontinued it for a number of reasons and we felt that the time was not yet right to consider tofu production an economic possibility in this country. In fact, in many ways, we feel that soy milk might be a better starting off point here, but we are still not ready to do anything about it at this time." Address: 7 Woodside Drive, Rathfarnham, Dublin 14, Ireland. Phone: 909-769.

6085. Shurtleff, William. 1983. Fly from Hong Kong to Guangzhou (Canton); Give seminar on soymilk (May 29-30) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 5-6. Unpublished manuscript.

• ***Summary:*** On Sunday, May 29. Our group of three (John Davies and Asger Somer Hansen of Danish Turnkey Dairies {DTD}, and I) took an airplane from Hong Kong to Guangzhou, in the far southwest of China. Today is my first day in the People's Republic of China. Canton is very different from the rest of China, more affluent, western, capitalistic. The people speak Cantonese. Seminar rehearsal.

May 30, Monday. In our nice Chinese hotel, built around a big garden, I conduct my first of four seminars on soymilk for government officials China. I have prepared a 2-hour slide show with 60 color slides. The main topics: (1) Ten reasons soybeans will be the protein source of the future (2) The role of soymilk in China's modernization program (3) Various products a soy dairy can make from soymilk (ice cream, tofu, yogurt, yuba, etc.) (4) The advantages of a combined soy-cow dairy (5) Soymilk as a modern food.

Part II: DTD described its soymilk process and we served 3 samples: plain, sweetened, and chocolate. Out of the 35 participants, most liked the plain-unsweetened flavor best. They said it was free of grassy and burnt flavors and was not too thick or too thin. The second favorite was the sweetened. Only 1 person rated the chocolate as the best. The thickness was just right; the sweetness too. They would like to drink it hot in the winter. A general complaint regarding the sweetened and the chocolate was that they coated the mouth and were too thick, but I noted that they were not cold when served.

1. Soymilk could be used to make ice sticks. 2. *Mingun* = a type of firm, deep-fried tofu. 3. Bamboo yuba [dried yuba sticks]–*Fu Chuk* in Cantonese. 4. There is a lot of dried Yuba in Guangzhou. 5. Henan is a major soybean growing region in China.

Lawrence Yung-Lu Li.

1. Dr. Chow (initials = I.C. or En-Tsu) got a PhD on tofu in the USA in the 1930s from Cornell University (Ithaca, New York). See Cal (Berkeley) thesis list of dissertation abstracts. 2. Guangzhou dairy is planning to make soymilk. 3. There are no books on tofu in China, new or old.

May 31. I walk out in the early morning to watch thousands of people doing Tai-chi. I conduct Guangzhou seminar #2. Then drive out into the Guangdong countryside to see proposed DTD dairy site. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6086. *Ann Arbor Observer* (*Michigan*). 1983. A too-generous tofu loan repayment. May. p. 18.

• ***Summary:*** To raise money during its early years, The Soy Plant borrowed money from about 200 community members, paying the interest in tofu. However, for $23,000 in loans it gave away $18,000 worth of tofu in interest–and was still unable to repay the principal.

In 1980 the company expanded into a new facility on Airport Boulevard. During its first two years there, the Soy Plant lost over $30,000. Caroline Roi, company president, reports that the business is now doing better financially. Its losses dropped from $30,000 in 1981 to only $4,000 in 1982. Some of the stiffest competition has come from Abbey Hearth, a new company in Detroit which the Soy Plant helped to establish. A 1979 photo shows Steve Fiering adding water to round tofu tubs. Address: Ann Arbor, Michigan.

6087. Bermudes, Fernando. 1983. Building a soy dairy [in Lesotho]. *Soyanews* (*Sri Lanka*) 5(9):4-5, 8. May.

• ***Summary:*** Plenty has "successfully introduced soya as a garden crop and a useful addition to local diets."

"Under the Soyabean Agricultural Project and the Village Soya Dairy Project, soyabean cooking demonstrations are being carried on in some of the villages of the project area. The women grind soaked soyabeans using a traditional "leloala" grinding stone. Then they make soya milk and tofu, using the leftover soya pulp to make "makoenya."

A pilot village soya dairy is now being built, at Motsemocha, designed to produce about 100 litres of soyamilk per day. Plenty's first experiment in planting soyabeans in Lesotho was in 1979/80 in the Sabapala area of Quthing district. This initial crop was badly damaged by frost and drought. This past season, Plenty planted 35 different soyabean varieties. Five varieties were from the Republic of South Africa; sixteen were from the INTSOY's ISVEX program, a 12 came from AVRDC (Taiwan).

Photos show: (1) Lesotho women preparing soya milk–but not at the soy dairy. (2) Soya ice cream being sold at the Solola Soya Dairy, Guatemala. Address: Soy Technician, Plenty International, Lesotho.

6088. Fox, Chloe; Fox, Abraham. 1983. The au naturel tofu manual: Tofu recipes for families. Au Naturel, 6110

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Monkland Ave., Montreal, QUE, H4A 1H4, Canada. 42 p. May. No index. 22 cm. [5 ref]
• ***Summary:*** Contents. Introduction. 1. Basic ingredients. Recipes–2. Entrées. 3. Main dishes. 4. Desserts. 5. Miscellaneous. Address: Montreal, QUE, Canada.

6089. Hesseltine, C.W. 1983. Food fermentation research and development. In: K.T. Achaya, ed. 1983. Proceedings of AHARA 82, First AFST (I) International Conference on Food Science and Technology. See p. 65-67. Held 23-26 May 1982 at Bangalore, India.
• ***Summary:*** Discusses the amounts of miso, shoyu, and natto produced in Japan. In Korea in 1978 an estimated 51,237 metric tons of soybean paste, 97,830 kiloliters of soy sauce, and 33,525 metric tons of gochoojang (hot pepper paste) were produced. Also discusses the amounts of tofu, tempeh, and miso made in the USA. Address: USDA, Peoria, Illinois.

6090. Kremin, Carol. 1983. Tofu recipes for people who think they hate tofu. *Bestways.* May. p. 94-96.
• ***Summary:*** "These dishes are guaranteed to make a tofu lover out of the most adamant die-hard." "... tofu is probably the most perfect natural food. You simply cannot beat it for nutritional value."

Recipes include: Tofu spinach salad. Italian tofu. Marinated tofu salad. Tofuburgers. Tofu and spinach. Tofu-sesame scrambled eggs. Tofu fruit cream.

A small portrait photo shows Carol Kremin. Address: Staff.

6091. Leviton, Richard. 1983. Soyfoods market overview. *Whole Foods* (*Berkeley, California*). May. p. 24-25.
• ***Summary:*** Discusses twelve soyfoods trends of interest to retailers. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

6092. **Product Name:** [Tofu Burgers (Garlic / Herbs, Black & Green Olives, Mushrooms, Provencale with Tomato & Olives, Emmenthal Cheese)].
Foreign Name: Croque Tofou (Ail / Fines Herbes, Olives Noires et Vertes, Aux Champignons, Provençale, Emmenthal).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: Plateau de l'Ardennais, 91590 Cerny, France. Phone: (6) 457.52.01.
Date of Introduction: 1983. May.
Ingredients: Garlic/Herbs: French-grown soybeans, rolled oats (organically grown), soy sauce, sunflowerseed oil, aromatic herbs.
Wt/Vol., Packaging, Price: 160 gm vacuum pack, 2 croquettes per pack.
How Stored: Refrigerated, 30 day shelf life.
New Product–Documentation: Richard Leviton. 1983. Oct. 16-17. Visit to Societe Soy in Cerny. The company

produces 10,000 Tofu Croques (burgers) a week in 6 flavors. They are vacuum packed for a 3 week shelf life, refrigerated. The Labels. 1983, undated. 2.75 inches diameter. Self adhesive. Red and green, brown, yellow or black on white. Flavors include Olives, and Garlic & Fines Herbes. Ad in Le Compas. 1986. March-April. No, 26. p. 32. Letter from Bernard Storup. 1984. March 22. They now make 1,400 kg/week of tofu burgers. Label for Ail-Fines Herbes from about 1986. 3.5 by 6.5 inches. Red, green, yellow, blue, and white. Self adhesive. Address is still Cerny. Letter from Bernard Storup. 1989. March 3. The first 5 varieties were launched in May 1983. Three more were launched in March 1985, which see.

New Labels (for Ail et Fines Herbes, Provençale, Forestiere, Emmenthal). Introduced in Jan. 1989. 3.25 by 5.25 inches. Self adhesive. Green, gold, and one other color on a white background. Beautiful color combinations and design. But the labels are confusing since each says "Léger" at the top but these are different from Croque Tofou Léger. "Mention Nature et Progres logo."

Letter from Bernard Storup. 1990. Dec. 26. Since Jan.

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1989 this product has been the same as Dorés de Soja (Tofu Burgers) but with different packaging.

Product ("Soy Croque Tofou: aux olives") with Label brought by Taro Mikuriya of the Nutrition & Santé Group (Revel, France). 2011. Dec. 14. Paperboard box. 4 by 6 by 1.5 inches. Dark green, light green and black on white.

Letter (e-mail) from Bernard Storup, founder of Nutrition & Nature (Revel, France). The product named "Soy Croque Tofou: aux olives" was first sold commercially in March 1990.

6093. **Product Name:** [Tofu, and Tempeh].
Foreign Name: Soja-Quark (Tofu), Soja-Brie (Tempeh).
Manufacturer's Name: SoyVita Austria.
Manufacturer's Address: Herrengasse 30, A-5020 Salzburg, Austria. Phone: (0662) 43 09 85.
Date of Introduction: 1983. May.
New Product–Documentation: Letter (typed, with signature on letterhead) from Norbert Brunthaler 1983. May 11. "In our last letter we informed you of our intention to start a soyfood company. We have set up a company named SoyVita Austria (Herrengasse 30, A-5020 Salzburg, Austria. Phone: 0662 43 09 85). We produce tofu, tempeh, and have also put up small amounts if miso. In the future we'll try to produce soysauce. For all of our products we use Austrian soybeans, ecologically grown.

Letter from Lawrence Dreyer. 1983. May 19 (which see). Note: Brunthaler's partner was apparently Anton Krizmanics. By 1984 Brunthaler was part of another company named Sojvita Produktions GmbH in Lichtenwörth, Austria. Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Norbert Brunthaler.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. He says SoyVita is the second largest tofu maker in Austria, after Sojarei Ebner-Prosl.

6094. Warberg, Willetta. 1983. All about tofu. *Modern Maturity.* April/May. p. 68-69.

6095. **Product Name:** Tofu (Vacuum Packed but not in a Box).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1983. May.
Wt/Vol., Packaging, Price: Vacuum packed.
New Product–Documentation: Interview with Steve Demos. 1989. They got their vacuum packer in May 1983. It was a used Tiromat from a beef jerky company in Los Angeles. That one machine almost broke the company's back.

6096. **Product Name:** [Tofu Spread (Natural, Garlic, Celery, or Paprika)].
Foreign Name: Tofu Spread (Naturel, Knoflook, Selderie, Paprika).
Manufacturer's Name: Witte Wonder Natural Products B.V.
Manufacturer's Address: Piet Heinstraat 80, 2518 CK Den Haag, Netherlands.
Date of Introduction: 1983. May.
Ingredients: Garlic: Tofu, olive oil, apple vinegar, garlic, guar.
Wt/Vol., Packaging, Price: Bottled, for 3.15 guilder per bottle.
How Stored: Shelf stable; refrigerate after opening.

New Product–Documentation: Label. 1983. 6 by 1.5 inches. Self adhesive. 2 color: Green and light green on white. Illustration of product vegetable. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 24. They started making their dips in May 1983. Sales are now exploding. They sell 4,000 bottles/week total of 3 flavors of dips and 3 marinated tofus, mostly in Holland but some in Germany. "Tofu spreads sell for 3.15 guldens/guilder; they also repackage soy sauce. Sampled products. Garlic is creamy, tart, no water separation, smooth and creamy." Soya Bluebook. 1987. p. 95. Witte Wonder B.V. is now owned by Solnuts, Inc. Letter from Sjon Welters. 1989. July 24. The company was started by Cees van Rest, who was director until 1 April 1986, at which time Solnuts acquired the majority ownership. Tofu Aufstrich (spread) is not a separate product; it is made by Witte Wonder. The company exports mainly to Germany and England. The current address is Gelreweg 4b, 3843 AN Harderwyk, Netherlands. Letter from Sjon Welters. 1989. Aug. 9. The paprika spread was introduced in 1983 but is no longer on the market.

6097. Arcure, Catherine. 1983. Food of the future, tofu has many uses. *Ann Arbor News* (*Michigan*). June 1. [1 ref]
• ***Summary:*** Christine Liu, a local proponent of using tofu,

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is in the process of completing a tofu cookbook. To see some of the many interesting possibilities, stop by The Soy Plant Deli, 211 East Ann St., in Ann Arbor, Michigan, where many of the delicious take-out treats use tofu in imaginative ways. A large color photo shows Christine, dressed formally, with many tofu dishes she has developed on a table atop a table cloth. Recipes are give for: Curried tofu strudel. Spinach tofu strudel. Tofu stroganoff. Fluffy tofu. Tofu whole wheat sesame cookies. Tofu peanut honey bars. Tofu coconut lemon bars. Address: News food columnist, Ann Arbor, Michigan.

6098. Shurtleff, William. 1983. Fly from Guangzhou (Canton) via Changsha to Zhengzhou (June 1 to 3) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 6-8. Unpublished manuscript.

• ***Summary:*** June 1. Take a long walk around the major market in Guangzhou. I don't see much tofu [*dow foo*]. It is always in 18 inch squares, 2 inches thick. Also saw *dow-gan* (pressed brown tofu squares) and *dow-pok* (small deep-fried tofu cubes).

11:00 Fly to Zhengzhou (capital of Henan province). Turbulent airplane ride; after a very long wait in a small airport, it is decided we must stay overnight at Changsha.

June 2, Thursday. Zhengzhou seminar #1 on ground floor of hotel lobby. Maotai banquet #1 in evening, with ten toasts and a 25-course meal.

Question: How does the cost of aseptic Tetra Pak cartons compare with the cost of other aseptic or sterile pouches, bottles or cans?

Ching-sha Fujook is Bamboo yuba [dried yuba sticks] in a medium-thick tan sauce at the Maotai banquet.

Question: Is China now a net importer or exporter of soybeans?

June 3, Friday. Zhengzhou. 6:00 a.m. walk with Eddie Siu to the big Zhengzhou market (largely indoors). See lots of soft tofu and soymilk. For each type of product you must stand in a different line, and each line is very long–sometimes requiring a wait of 20-30 minutes! I thought the Communist motto was "Serve the people." What a huge waste of everyone's time.

Types of tofu: Most is soft tofu (*Shui-doufu*, like Japanese Momen-dofu, made with the separation of curds and whey) 15 slabs on wood boards 18 x 18 x 4 to 5 inches thick. Pieces are cut with a knife, weighed in a scoop on a hand held lever arm, and put into customer's bag. (b) Dofu-gan, tan squares 1.5 x 1.5 x 3/8 inches. (c) "Thousand sheets" are very thin (like paper). 10-inch squares called *qian zhang.* (d) Tofu rolls (dou-fu? = maki) 3 inches in diameter and 8 inches long make of tofu wrapped in cloth and boiled (illustration). (e) Doufu-ru = fermented tofu in jars. (f) Doufu-fen = soy flour (full fat?) used to make tofu and soymilk. (g) A semi-firm tofu.

Buying: You must present a ration ticket an also pay money. 500 grams of *shui-dofu* costs 10 cents (i.e., ¥0.10). If you use up your tofu ration tickets, you may go to a separate place and use a grain ration ticket, but it costs more.

Soy sprouts: Saw 2 baskets (wicker 18 inch diameter, 14 inch deep) sold outdoors next to 5 baskets of mung beans. *Lu Dou-Ya* = mung sprouts. *Huang Dou-Ya* = soy sprouts.

Note: This is the earliest English-language document seen (Jan. 2013) that uses the term "Huang Dou-Ya" (regardless of capitalization or hyphenation) to refer to soy sprouts.

Flour: *Doufu-fen.* Probably whole soy flour? In a plastic bag containing 500 grams? Instructions read (in Chinese):

1. To make soymilk (*dou-jiang*)*:* Add 13-15 *jin* (6.5 to 7.5 kg or liters) of water (cold or hot) to contents of bag, adding a little at first to make a paste. Then, add the rest and mix/beat until contents of bag are smooth and bring to a boil.

2. To make *doufu-fa* (tofu curds): Proceed as for soymilk using any 3-4 kg of water per bag. Then, add coagulant (what coagulant? No pack of it in the bag) to 0.15 kg of water. Pour boiled milk into coagulant solution and let stand for 5-10 minutes.

3. To make doufu: Wrap tofu curds (#2) in a cloth and press for 20 minutes. (Made in Zhengzhou: Tel. 26644)

This product is widely sold. 1 bag cost ¥0.40?

Soymilk is now one of the hottest subjects in the food field in China. Interest has grown rapidly since 1982 because (1) Vitasoy's success in Hong Kong (yet Vitasoy still has no plant in China and no joint venture). (2) Japan and Southeast Asia's soymilk success. (3) Alfa Laval-Kibun and DTD's competing efforts to sell soymilk plants to China. I predict that there will soon (in 3-10 years) be many modern soymilk plants in China, most run by the Ministry of Light Industry.

One of the new AB-9 Tetra Pak machines sells for about $665,000 in July 1983. It has a capacity of 3,000 liter/hr of milk.

Jiaozi = (Chiao-tsi) = meat dumplings.

Tetra Pak is a family-run business. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6099. Shurtleff, William. 1983. In Harbin (June 6-7) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 10-12. Unpublished manuscript.

• ***Summary:*** 6:00 a.m. I walk to the local market. See one stall (a mobile cart) selling gelled tofu curds (*doufu-fa*) over which is poured a sweet brown sauce then topped with some diced red chilies and green herbs. Served with deep-fried breadsticks. One other place serves soymilk hot with deep-fried breadsticks. No tofu at all in the market. Some say it is sold only in winter. No other soyfoods seen.

Soymilk terminology: (1) Dou Nai–it sounds more modern than "Dou Jiang." Implies or connotes no beany

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flavor, is thicker and has a higher protein content. (2) Dou Ru–(Alfa Laval used this) is harder to pronounce.

[Henan Area grows lots of soybeans]: more than Heilongjiang? The money to build soymilk plants in China is partially foreign capital. People and institutions are falling all over each other to help China develop "China Orient Leasing." 50% are Japanese.

Eaton [Eton], A consortium from Cleveland, Ohio, is planning to build a $50 million oil extraction and protein refining plant in Jiamusi. Oil = extract, refine, make margarine, shortening, etc. Protein = feed, isolate, concentrate, tofu and soymilk production.

Tuesday June 7, 1983 (Harbin): Min-Lite = the Ministry of Light Industry is interested in a soymilk plant. Also, the State Farm Bureau (Bean processing division) and the Soybean Institute is working in breeding (for both protein and oil), diseases, and physiology.

Soymilk Taste Tests in Harbin: Chocolate was vastly the first choice, second was sweetened, third was plain / dairy-like. They dislike added oil in soymilk and would like to try fruit-flavored soymilk (apple, pineapple). Added fat coats the mouth with a greasy / gummy film. Vitasoy has no added fat.

Dou Ru Fen: Niu Nai Mai Jing. 205 gm. This product consists of a white powder containing 10% cow's milk powder, 40% soymilk powder (spray-dried traditional soymilk, not soy flour), and 50% (!!) sugar. 1000 tonnes a year are made, starting in 1978 or 1979. Sold to housewives who use it to make breakfast soymilk. Costs RMB 0.78–0.80 = 70-80 cents. Cow's milk powder is stirred into hot soymilk. The mixture is concentrated and spray dried. Also made in Beijing, but this one is the best quality.

Pure: Soymilk powder is made in Beijing by Beijing Foodstuff Corp. since 1980. Called Doujiang-Fen (Soymilk powder) and also retailed to housewives for breakfast use. It is 50% powdered soymilk and 50% sugar. It is spray dried.

Fresh green soybeans (Maodou = Hairy bean): Mostly eaten by farmers. Also sold in markets. Not packaged or canned. Whole dried soybeans: some canned in China. It is sold in Beijing.

Tofu in Heilongjiang: None is sold during the summer because it spoils easily and people do not like to eat tofu in the summer. A lot is sold in winter.

Soybean use: Of China's 9 million tonnes produced, one man estimates that 80% of soybeans are crushed. The meal is used mainly for feed, but some for tofu, soy sauce, and textured vegetable protein (TVP).

Main uses for foods made with whole soybeans in approximate order: (1) Tofu and kan-dofu. (2) Soymilk. (3) Soy sauce. (4) Miso = Doujiang. (5) Yuba. (6) Fermented tofu.

Main uses for foods made with defatted soybean meal: (1) Tofu. (2) Soy Sauce. (3) Miso. (4) Soymilk.

Soy nuggets [fermented black soybeans] are made only in the south of China. This state farm bureau man estimates that there are 200,000 tofu shops in China, one in every village, but there are no statistics on tofu.

Big tofu factory in Harbin. Ministry of Light Industry people in charge. He does not think as many soybeans will ever be used for soymilk as for tofu.

Many government groups are doing research on soyfoods, such as tofu and soy sauce, but no single group. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6100. Shurtleff, William. 1983. Meet Susan Scurlock, American Embassy Agricultural Attache (Attaché) in Beijing (June 9) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 18-20. Unpublished manuscript.

• ***Summary:*** Sources of information on soybean production in China: The *China Review of Agriculture.* 1981 outlook for 1982 is my best source of overall summary of her data.

Her best sources, as U.S. Ag Attache, are (1) Statistical Yearbook of China. The best primary data, but 1½ years late. I got all relevant data in the 1981 edition. (2) Four Chinese researchers at the embassy read Chinese newspapers for all of Chinese's provinces, looking all over for clues. (3) Travel to the provinces for information from each province. (4) Meet with Beijing Ministry of Agriculture (its Foreign Affairs Bureau) but they usually have poor data. (5) Most Chinese trade statistics come from other countries.

My best channel for the latest statistics and summaries is to call the USDA Foreign Agricultural Service (FAS) or the USDA Economic Research Service (ERS) and to ask for the latest data in their computers on soybeans, foreign country production, imports and exports.

ERS has the best data on soybeans in China. They only do research and have commodity analysts, especially for the USA. In the USA, phone 202-447-8676. FAS promotes the exports of U.S. farm products. Susan works for FAS in their oilseeds division. Phone: 202-447-7037 or 8809. Jerry Harvey is the head of the FAS oilseeds division. Ralph Detro is an oilseeds analyst. Deborah Pumphrey is with FAS oilseeds.

Data on soybean production in Heilongjiang from a Heilongjiang newspaper dated 15 May 1983 stated that the province's soybean production in 1982 was 2.55 million metric tons. This was up 26.8% from 1981.

Total soybean production statistics in China:

In 1980 some 7.94 million metric tons were produced on 7.226 million hectares.

In 1981 some 9.33 million metric tons were produced on 8.024 million hectares.

In 1982 some 9.03 million metric tons were produced on 8.226 million hectares.

In 1980 the central government increased the soybean "procurement price."

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But 1.25 million metric tons of soybeans in storage at the same time is not enough for the needs of food (tofu) and compound feeds–due to mismanagement.

China both exports and imports soybeans. They export since it is easier to export from Heilongjiang to Japan than to ship to south China. In 1982 China imported no soybeans from the USA–partly related to textile quotas. After a huge jump in textile imports from China, the U.S. limited the growth rate. But China is not really importing soybeans from anyone. In China today soybeans are mostly grown on the dykes around rice paddies. In 1981 Hunan and Anhui both doubled soybean production. Yet tofu is scarce.

The main activities of the American Soybean Association in China: They are in it for the long pull. (1) To promote compound feeds, which are seen as the wave of the future. (2) To promote the use of new technologies–for making soy protein isolates and concentrates, soymilk, etc. There will be a "Soybean Symposium" in Jilin. Susan does not foresee much growth of soybean production in China. However she does see much growth in rice, cotton, and tobacco production. And rapeseed production doubled in two years.

That evening we have a maotai banquet with Mr. Pan. We discuss the following:

Meiji makes soymilk ice cream in Japan.

Ice stick prices in China: Sugar and flavor–3 fen. Sugar, flavor and a little milk–5 fen. Sugar, flavor and much milk–15 fen.

Of four soy experts from southern China, none has heard of tou-cha-ping (Chinese tempeh).

Beijing soymilk flavor tests: 15 people prefer sweetened soymilk vs. 12 people prefer it unsweetened (plain). The majority like chocolate, yet they would like it better if it were less thick; the sweetness is just right. They also like sour orange which has the consistency of soy yogurt.

Pre-Pak: These are inexpensive plastic bags for milk or other beverages; widely used in Europe, and some in Japan. China is thinking of using these for packaging soymilk.

Alfa-Laval soymilk systems are promoted by ASA; they do not know DTD.

In China, dried yuba sticks are known as *fuzhu* (in pinyin). Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6101. Shurtleff, William. 1983. In Beijing (June 10-11) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 20-23. Unpublished manuscript.

• ***Summary:*** Soy sauce, miso, and fermented tofu (*doufu-ru*) are all sold at one type of store, a pickle shop that sells salted foods. I visited one of these named *Tien Yuan Jiang Yuen.* A color photo shows various types of soy sauce sold in Beijing.

In the market, the sign above the soyfoods section reads *Douzhi Shipin.* In this section they sell *fuzhu* (bamboo yuba [dried yuba sticks]), Doufu-fen (a type of soy flour made in Beijing), cubes of fried tofu (1 inch on a side, called *doubao*).

Note: This is the earliest English-language document seen (April 2013) that contains the term *doubao.*

In 1949 the East Asiatic Co. (which is owned by rich Danes) was the leading exporter of soybeans from China. They started exporting soybeans from China in the 1920s. When exporting, they had offices in Dalien (Dairen), Harbin, etc. The company now has about 80,000 employees worldwide. It is the biggest company in Denmark and the biggest foreign trading company in China, except for several Japanese companies such as Marubeni, Nissho Iwai, etc.

June 11, Saturday. Beijing seminar #1 in downstairs room. Talk with Mr. Chen of the Food and Fermentation Research Institute. Mr. Chen says the most popular vegetable oils in China are: 1. Peanut. 2. Soy (not generally refined). 3. Rapeseed.

Two organizations do research on soyfoods in Beijing: (1) His Food and Fermentation Research Institute (under MinLight, the Ministry of Light Industry); three people who work there are Mr. Chen, Mr. Dai Jiakun, and Mrs. Xu Lin. (2) Beijing Municipal Food Research Institute; contact Mr. Dai Xinjun (Dong [East] Zongbu Lane, Beijing).

Four acid tests for the buyer of any soymilk process and equipment: (1) Equipment cost (fixed). (2) Processing cost (including labor, energy, water, etc.). (3) Soymilk flavor. (4) Protein and solids recovery (percentage).

The Chinese name for thin pressed tofu sheets ("1,000 sheets / 1,000 folds) is Qianzhang or Baiyeh.

The best local markets (which have more variety of produce in the winter) are: Chongwen Vegetable Market and Xidan Vegetable Market (Chinese characters are given for both). The Chinese term for "soyfoods" is *dadou shipin* ("soybean products").

There is a new Chinese method (in Shanghai) for continuous pressed tofu sheets.

Commercial soy products made by Mr. Chen's institute: (1) Formulated soymilk for infant food. (2) Soy protein concentrate. (3) Later a modern soymilk plant will use this to make (1). Plain and sweetened soymilk in glass bottles, plus fruit (citrus = orange flavor) and malt. There are some technical problems with using plastics bags as soymilk containers; they leak and are fairly expensive. Later he will work on a lactic soymilk drink.

Research on soy sauce: Improved method. Low salt, done in factories in Beijing and Shanghai.

Most soy oil in Beijing is not refined. People like the flavor OK, but they do not know the refined flavor. Rapeseed oil is used mostly in South China. In Beijing, mostly peanut and soy oil; peanut is more expensive and has a higher class image. Rapeseed is the cheapest but people don't like it.

The debate over more meat vs. more protein. Recently

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Chinese officials have come to understand the problem better. Send him *Diet for a Small Planet*, by Lappé.

In 3-4 months, Mr. Chen will send me an article about soyfoods in China–Tell Ira Leviton.

I visit a bookstore and buy a pinyin dictionary and a book (published last year in Chinese) about tofu. Visit the Forbidden City and a very famous square in central Beijing. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6102. Foley, Terrence B. 1983. Work with soybeans and soyfoods in China (Interview). *SoyaScan Notes.* June 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This interview was conducted in the dining room of a major hotel for foreigners in Beijing. Mr. Foley has been the American Soybean Association's country director for China for about 2 years. A previous interview gives his background and credentials. Shurtleff had prepared a list of questions to ask him.

Terry wants to hire a human nutritionist (Beth Branthaver, married name Woon; her husband is in the military, and she is working on a PhD in nutrition).

Human nutrition is the first interest in China. In China, people live in little boxes; society is very secretive. Terry formerly taught Chinese language and history, and was in the military.

In China, knowledge is power. Therefore they don't like to publish statistics. Secrecy. The other reason for no statistics is "socialist methodology" and the fact that China is not yet used to the scientific viewpoint, and methodology. "There is obsessive, pervasive, perverse secrecy." They feel no need and make no effort to compile statistics, and even if they did, they wouldn't give them to foreigners. Tofu is too informal to track; its like asking how many tortillas are made in Mexico.

There is very little modern, mass production of any foods, except for export. They want modern soyfoods for export to get hard currency. Agriculture is now the top priority in China and the government is very interested in improving food production. They are making great strides in agriculture, for example exporting swine.

In Thailand Terry's soymilk group visited Greenspot. K.S. Lo wants a joint venture but to sell the product under his brand. The Chinese basically want to steal Lo's technology, then sell the soymilk back to Hong Kong and put him out of business.

Ministries in China don't do what you'd think. There is no cross communication between Ministries. They are intensely competitive among one another. Now profit is no longer a dirty word in China. Tofu shops are under the jurisdiction of the Ministry of Commerce. The Ministry of Light Industry (MinLight) does canning and processing of some foods, esp. canned, jarred, and bottled foods. Commerce does sausages, grain handling, and setting prices. Terry is very fond of MinLight; they are open, competent, cooperative. Mr. Pan is Chairman of the National Taste Testing Board. He's very sharp and nice. Many bureaucrats are very dull; but not the plant managers. In the ministries, overlapping and diffusion of responsibilities is a big problem, as is inefficiency. China's soymilk expert is Chen Xihau. Three ministries are interested in soy. The Bureau of State Farms is under the Ministry of Agriculture. Communes are not under the Ministry of Agriculture. Commune is a new name for "town." A state farm is basically a new project, on reclaimed land, with a planned development. They all look like army bases, with dorms and all.

ASA is active in sending soy-related teams abroad, and bringing in soy technicians. Doing basic promotion on animal feeding and human foods. Big interest in improving the human diet. This is the most rudimentary of all the world's ASA programs. In July a team of six from the Harbin Commercial College under Prof. Wu Mung will go to USA to study soy protein foods (modern). The team makeup is strongly influenced by ideology and politics, i.e., who is chosen to go. ASA cannot pick the members. In Sept. a second team from Ministry of Commerce will go to USA, to study modern soy protein products. China is interested in self-sufficiency. Cut off from the rest of the world, they don't like to buy from abroad. Terry does not see much expansion in soybean production. Their "midwest" = main soybean belt (northeastern China) is on about the same latitude as America's New England / Maine.

The peak historical year for soybean production in China was 1955, with 10 million tonnes.

The Western view of history presently is that great new, impersonal forces are the main determining factor. China believes more in the effect of individuals, but also with some historical determinism.

The masses in China will demand more meats. Building a livestock industry is a very high priority of China's. Current trends. 1. Big beef industry in the prairies, on land that cannot be used for food. Chinese may destroy their grasslands. 2. Conflict between people's demand for meat and a rational food policy for maximizing food resource use. 3. Huge plans to promote milk as the perfect source of protein. It is now rationed, sold like a prescription item (except the yogurt drinks) to people under 3 or over 70 years old. Not even pregnant mothers can get it. Cow's milk has much more prestige than soymilk. They plan to use soymilk as an interim product until their cow's milk industry is developed. 4. Fascination with modern technology, like all Third World countries. They have a hangup about being backward, maybe inferiority complex. 5. Tendency to look for shortcuts. 6. Isolates and other modern, high-tech soyfoods are attracting much more interested than other types of soyfoods; a some what childish attitude. They want only the most modern, the biggest, the one with the *most* protein (isolates). The *mystique* of isolates. They want to use

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them in baby foods, carbonated beverages, soymilk, etc.

Chinese foods are chopped into little chunks, then fried with sauces and spices. Textured soy protein (TSP) fits into this pattern perfectly. In addition, China is like one big military base or institutional feeding system. Thus it is easy to introduce modern soy protein products like TSP; they understand it like U.S. foodservice institutions. There is No popular resistance to it. There is an isolate plant in Manchuria. Which? They also want to make some TSP in the Nanyuan plant in southern suburbs of Beijing.

Extruders in the USA grew out of the process for extruding plastics. Chinese extraction plants do not adequately toast their soybean meal, which leads to bad flavor and poor nutritional quality. No one likes soy flour. This is not a basic lack of interest, just a reluctance to use a poor quality product.

Foley is part of a generation of Sinologists who couldn't get to China. US-China relations have deteriorated during the past 1½ yrs. Problems: 1. Textile quotas are symbolic of the problem. 2. Taiwan recognition. Terry wants to stay in China a long time so tries to be very careful not to offend anyone.

Transportation: Food doesn't move much by road. They use boats. There is a shortage of railcars. Port and dock facilities for imports are woefully inadequate for grains. This creates domestic "exports" problems. The 7-9 international ports incl. Shanghai, Tientsin, Dahlien.

Travelers don't get sick much in China. Foods are not eaten raw. Tea is boiled; all food is cooked. Continued. Address: Director, China Office, American Soybean Assoc.

6103. Foley, Terrence B. 1983. Work with soybeans and soyfoods in China (Continued–Part II) (Interview). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 27-28. Unpublished manuscript.

• ***Summary:*** Continued. Soy oil: 90% is degummed crude, packed in 55 gallon drums and distributed by trucks. Shanghai is the leading center of oil refining. Only 20% of China's internal is solvent extracted; the rest is expelled. Largest plant is 350 tonnes/day, solvent extracting. Most are 50-150 tones/day. Oil is rationed. In retail shops it's pumped out of 55-gallon drums into your personal bottle, about 1 liter/month. Only about 5-10% of all soy oil in China is refined, and much of that by commercial crushers.

People in Northeast China and Shanghai like soy oil especially. Canton only uses peanut oil. It's also a function of price. After refining, they make margarine, shortening, and dressings in Shanghai. In China, there is a problem with sickness from eating raw veggies in salads.

The Chinese are extremely conservative with food. They do not like foreign food. During his soymilk tour to Japan, the group ate no Japanese food at all on the trip. They found a Chinese restaurant for every meal!!!

Do the Chinese prefer refined soy oil to crude?

In 1997, the U.S. Wheat Association built a full-scale bakery in China. Ed Quinones and Dennis Blankenship were very excited about the potential of soymilk worldwide. Quinones is the regional manager for Asia and Latin America. He is Terry's boss. A 6 man team & the American Soybeans Association agreed to build China a soymilk pilot plant. Now, they want a big one, with one factory equaling 2,000 L/hr. Mr. Pan thinks 2,000 L/hr is the ideal plant size. The China soybean embargo also affects the ability to raise funds for the Chinese market. Everyone likes the idea but doesn't have the money beyond $30,000 for the demo plant.

Cyrus Eaton's company pioneered trade with the Communists. It got together with Farmland, the largest agricultural co-op in the USA. Gene Vickers and Bob Bergland of Farmland-Eaton (in Crystal City, Virginia) are working on the Manchuria plant project. He is concerned that they may not be up to it. He hears that it's off.

Question #8. No idea; total blank. Only 5% of the soybeans in China are used for feed. There is a lot of unease and soybean trips and inhibitors. A little soybean meal is still used for fertilizer. Most solvent extraction is done with variants of the Rotocel design, not the Desmet.

Question #13. Everyone fries everything, like doufu and soy sauce. There is a great need for milk. Soy flour won't succeed until the Ministry of Commerce does better toasting or does subsequent toasting in food plants. There is great potential in China for tofu and soymilk. The Chinese system "falls apart in the middle from bureaucratic sludge."

There are no trade associations in the Chinese soyfoods industry; this is one reason for the slowness to modernize.

The Chinese don't know much about isolates and concentrates, but they are convinced they can be used to advantage. They want to make them in China, not import them. They aren't sure which applications are best. There are lots of applications for tofu and soymilk production. USA uses concentrates and isolates in modern foods; China has no modern foods.

Alfa Laval. The concept of offering soymilk to Beijing on a 1 year trial basis is still under discussion and isn't yet finalized. John Wilson will decide. It's probably about 500 liters/hr, not 2000 liters/hr. It's not yet in the bag, at all. That project will not obviate the need for the American Soybean Association's $30,000 pilot plant. In Shenyang and Shanghai, he's not sure whether or not Alfa has contracts, but they have made some progress. These are autonomous municipalities, so they have their own funds.

The crux of the American Soybean Association's programs are teams and technical travel. Terry wants to draw more on East Asian trips. Countries are at various stages of development here, but the Chinese have no interest in low level technology. All third world countries must have the *best*, yet they espouse self-sufficiency, not small-is-beautiful. They eschew foreign or traditional things.

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Soybean acreage in China: Heilongjiang. World Bank. Heilongjiang is reducing soybean acreage by 20%.

Exports from China: Exported meal. Low price, low quality. The cost of U.S. soybeans delivered to South China is probably less than the cost of soybeans "imported" from Heilongjiang.

The Chinese have never imported much U.S. soybeans, around 500,000 tonnes maximum. They cut this off after the textile quotas squabble, only because it wasn't important to them. This is a symbolic gesture. They could do without it. Terry expects they will be a *net* soybean importer over the next 5-10 years. Brazil has no export office in China, but does have a few traders.

Terry does not know how much soybeans are grown on the banks of rice paddies or about the Jilin seminar, as he was not invited. He's not interested in Chinese expansion of soybean production and, like Susan, does not think it will expand much.

American Soybean Association dispenses technology; China must receive and implement it.

In Beijing, the Chinese eat fermented black soybeans when they have a fever.

The word for "soybean" is *da dou*, not *huang dou. Da dou fen* refers to soy meal and cake. *Dou bing* is soybean cake.

The American Soybean Association (ASA) is like an agricultural extension office. They dispense publications and do translations.

Foley does not now get *Soyfoods* magazine. What a shame.

American Soybean Association is committed to upgrading Chinese soybeans and animal technology.

There is a 25% discount on books bought by Foley from us. Send him a list of all of our books and check history materials.

Foley would like Leviton to come to China when he visits East Asia but visas are nightmarish to get, as are hotel reservations.

The tofu and soymilk production plant in Tientsin (which is Peking's port) is under the Ministry of Commerce. Also, there are oil plants in the southern suburbs.

We talked for a long time about the need for a Soyfoods Industry Directory in China, giving names, addresses, phone numbers, and key contact people of major organizations or researchers involved actively with soyfoods. We made a sample table of contents. Terry will follow up on this. Perhaps give it to Beth as a project. I met Beth in the Beijing Hotel that night and we discussed it. Address: Director, China Office, American Soybean Assoc.

6104. Sutton, Horace. 1983. Traveler's diary: Savoring flavorful Seattle in the sun. *Los Angeles Times.* June 12. p. J13.

• ***Summary:*** "A king-size supermarket called Uwajimaya in the four-square-block Chinatown [in Seattle] is a fantasy of Oriental pleasures–everything from 'white flown analgesic balm' to a do-it-yourself tofu kit."

6105. Andersen, Kurt. 1983. "The new Ellis Island." *Time*. June 13.

• ***Summary:*** A neighborhood of Japanese immigrants was thriving in downtown Los Angeles in Little Tokyo when Beverly Hills was empty land. The area was renamed Bronzeville during World War II when its residents were interned; but now it has been retaken by the Japanese, and is again a main gathering spot for the roughly 175,000 Japanese-Americans scattered around the county. "A brand new, $12.6 million cultural complex provides reminders of home: a lush, still garden of camphor and golden-rain trees, a sleek theater for Japanese-language productions, a brick plaza for a snack of age tofu (deep-fried soybean curd) and a stroll."

6106. Shurtleff, William. 1983. In Beijing (Monday, June 13) (Document part). In: William Shurtleff. 1983. Log of Soyfoods Research Trip to China and Japan: 29 May to 10 July. Lafayette, California: Soyfoods Center. 117 p. See p. 32-33. Unpublished manuscript.

• ***Summary:*** Some reflections: China has not yet begun to modernize its tofu and miso industries like Japan has.

From Terrence Foley, try to get a list of key people involved with soy in China for our mailing list.

Morning in the Beijing market: A line of 15-20 people. No fresh tofu. Lots of (1) Deep-fried tofu cubes. (2) Tofu noodles/shreds. (3) Scraps of firm tofu that have been simmered in soy sauce (heat and salt extend the shelf life). (4) Deep-fried or simmered tofu "fingers"–1½ by 1½ by 5 inches. (5) Tofu roll made of pressed sheets. Most tofu in the market this morning uses soy sauce simmering or deep-frying to preserve it; there is no refrigeration and no fresh "white" tofu.

Vegetarian delicatessen named Quan Zu Zhai at Ba Mien Tsao near Wang Fujin: At 8:15 a van pulls up and unloads its total contents of buckets and trays of 18 types of meatless meat analogs, each with a name and price listed on a board. They are all either simmered in soy sauce, or made of deep-fried tofu and/or yuba. 30 foods are listed on the price list. The foods were put out on shelves. 25 people of all ages lined up early to wait for the foods, mostly (they say) for health reasons. All of the foods are dark brown and most are amorphous / without form. There are no forms of ducks, chicken, fish, etc. However there are many rolls, large and small. 8 workers are employed here in a big black room. The fresh, dark foods are stored in huge crockery vats.

Terrence Foley of ASA says: Dou p'o is half-processed soybean meal or "soy slop," after half of the oil has been pressed out.

Gunnar Lynum is the new head of ASA Japan.

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He has seen green vegetable soybeans (*maodou*) for sale in big baskets in local outdoor markets.

There is no margarine or shortening sold at present in China, since there is no refining or hydrogenation.

Lecithin: After degumming soy oil in China, lots of lecithin remains, but the Chinese don't know what to do with it.

China is the most xenophobic country Foley has ever experienced. During the Qing (Manchu) dynasty in China (1644-1912), they created a foreign affairs bureau to deal with *fangui* (foreign devils, foreigners). Though they fear and loathe foreigners, they are also fascinated by them. Foreigners live in hotels in a ghetto and dislike China intensely; they gripe all the time and are under constant surveillance. Most foreigners can stay / last in China only 1 year. They feel humiliated and frustrated.

Chinese are most fascinated by foreign technology. China allows foreigners in China largely in hopes of acquiring their technology and know-how. Chinese do not want bourgeois, capitalistic ways and culture contaminating their society. They reject and repudiate everything foreign except technology = the gimmick or black box.

The Chinese delegation that Foley took to Japan ate no food except Chinese food; they had no interest in and would not touch Japanese food. However they were very interested in learning as much as possible about Japanese technology– in this case soybean technology.

Southern China has a very different culture than northern China. Northerners are sodbusters, aggressive, and they fit in overseas.

A key man I should meet is Professor Wu Meng of Harbin Commercial College. He started the Heilongjiang Soybean Association, and is now studying soybean isolates and concentrates. He will soon visit the USA.

Mao Zedong underestimated the importance of science and technology in the modern world.

Most soybeans in northeast China are double cropped after wheat or corn: farmers must race to harvest the soybeans before the snows or killing cold.

John Deere is the #1 farm equipment manufacturer worldwide. International Harvester is #2 and Massey Ferguson is #3.

Dou tung (2 Chinese characters given = 2 Cc) are finger-sized pieces of pressed tofu that are deep-fried. They are from Fujian, China (on the mainland, opposite Taiwan).

A deep-fried cutlet net I have seen in Beijing is called Lan Hua Gan (3 Cc); Lan-Hua is a kind of flower. After seep frying it is simmered in a soy-based liquid.

Yen Lu (2 Cc) is nigari, used to make firm tofu. Shi Gao is calcium sulfate, used to make softer tofu. Lu Dou are mung beans, used in many ways.

ASA is run by Midwest farmers / farm boys who think of soybeans as sources of livestock feed and oil. They think the soyfoods movement is irrelevant. But by the late 1970s trends worldwide have forced ASA to take serious interest in soyfoods. Many offices have hired a human nutritionist (e.g., Ruth Orelenna in Mexico, Sabrine Lee in Singapore, Beth in Beijing). ASA tried to get Foley to focus on hogs, but he knows humans represent a much bigger market; 2 billion people vs. 200 million hogs. Foley says it is fine to mention his name and what he has told me repeatedly in the article I will write about this trip to China. Foley was a hippie in San Francisco. He is very supportive of soyfoods, and personally loves tofu and soymilk. I find him to be a very good man. We talk and I take notes for 6 hours. We are on the same wavelength.

Statistical (and other) information about soyfoods in China is in surprisingly short supply, and what does exist is hard to find. There are no private companies so individuals with a personal interest or historical sense. People are assigned to do the jobs they do. There is only a very superficial soy "culture."

Joe Rakosky has lots of fine color slides and charts on soy protein products.

I must meet Ed Quinones; we have similar interests. Quinones is the regional manager for Asia and Latin America. He is Terry's boss.

Big food markets in Beijing, in order of size / importance: (1) Ching Wen Sai Chua. (2) Dong Dan. (3) Chao Yan. They open at 7:30 or 8:00 each morning. Get there early before all foods are sold out. Sunday morning has the best selection of all foods.

The lack of fridges

refrigerators in China is a key factor in the limited availability of fresh tofu; people buy it shortly before they eat it. This factor is also important in all Third World countries.

Su jiang rou is meat or tofu pickled in jiang (Chinese miso).

The place I visited that makes meat analogs is Quan Su Zhai at Ba Mien near Wan Fu Jin.

In a salted foods shop I see La Jiang-you, a type of soy sauce. What is it? How is it made?

At the morning market, 80 people are waiting in line for fish, 40 for vegetables. What a huge waste of people's time. Why not have 2-3 lines instead of one. The retailers just stand there, almost dead-looking. There is no tofu left by 3:30 p.m. Bean threads are sold in the "bean products / foods shop."

KoKo = Ke Ke Doufu Fen, 250 gm. Made in Beijing. Soymilk powder with chocolate flavor.

Most yuba in Beijing is dried yuba sticks. It is tough, so it will not break during shipping.

Da Dou Tanpaku Shokuhin is a leathery looking type of extruded soy flour. Tan in color, sold in a 500 gm bag. Lots of these bags are seen in the market. Made in Beijing. It doesn't seem to be selling to well.

In Japan in the late 1950s and early 1960s, the advent

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of refrigeration in plants, distribution, retail and homes played a major role in the expansion of tofu into large factories and the gradual demise of small tofu shops. The lack of refrigeration has limited the modernization of the tofu industry in China, as has the switch decentralized to centralized state-controlled markets. Are there no traditional outdoor markets in Beijing? Are all markets in these huge uninviting warehouse-like buildings? Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6107. Rasmussen, Carol. 1983. Goldbeck's cookbook is an excellent primer on using natural foods. *Chicago Tribune.* June 16. p. N_A3B or S_A8 or W-A8 or G3E or D8 or NW3A.
• ***Summary:*** Starting in 1971, when the immensely popular *Diet for a Small Planet* was published, Americans have been discovering "natural" foods. Many cookbooks are now available for both vegetarians and natural foods enthusiasts who also want recipes that include meat.

Into this rapidly expanding new field comes *Nikki & David Goldbeck's American Wholefoods Cuisine,* containing 1,300 meatless recipes and a wealth of other information packed into 523 pages. Much more than a cookbook, it is a guide to the whole concept of whole foods, and the wholefoods kitchen.

The focus is on using whole, natural foods and avoiding processed and refined foods. The book includes eggs and dairy products.

One of their systems "is to use frozen tofu, which is a way of keeping tofu on hand at all times. Freezing also toughens the curd, which they think is more acceptable to the American palate."

A photo shows Nikki and David Goldbeck with their new book.

6108. Wagner, Martha. 1983. A growing galaxy of cookbooks helps Americans come to terms with tofu. *Chicago Tribune.* June 16. p. G10. [7 ref]
• ***Summary:*** "As tofu moves out of the hinterlands of America, as it begins to appear in university cafeterias, chic restaurants and gourmet food magazines, tofu cookbooks are multiplying." At least 20 titles are now available in this category. Those mentioned are: (1) *Tofu Goes West,* by Gary Landgrebe (vegetarian, reflects the common theme). (2) *The Book of Tofu,* by William Shurtleff and Akiko Aoyagi ("put tofu on the American map back in 1975, with more than 500 vegetarian recipes... and beautiful illustrations"). (3) *The Tofu Cookbook,* by Kathy Bauer and Juel Andersen. (4) *Cook with Tofu,* by Christina Clark. (5) *Tofu at Center Stage,* by Gary Landgrebe. (6) *The Great American Tofu Cookbook,* by Patricia Gaddis McGruter. (7) *The Book of Tempeh,* by Shurtleff and Aoyagi.

Concludes with three tofu recipes: Sunny tofu salad. Tofu tartar sauce. Baked marinated tofu.

6109. Wilson, Lester A. 1983. Re: Recent research and publications on soyfoods at Iowa State University. Letter to William and Akiko Shurtleff at The Soyfoods Center, June 22. 2 p. Typed, with signature on letterhead. [11 ref]
• ***Summary:*** "Dear Bill and Akiko:

"I have enclosed a copy of Nelson's B.S. thesis (Chemical Engineering), 1935 on "Soynut Spread from Soybeans." Thank you for your check covering the copying and postage charges.

"I thought you might like a quick update on our soy research here in Food Technology.

"One of my masters students (Lamar Johnson) is presently completing his thesis on 'The Influence of Soybean Variety and Method of Processing on Tofu Manufacturing, Quality and Consumer Acceptance.' I will get back to you later when the thesis is completed later this summer. (I will be presenting some of the results of this study at the 6th World Congress of Food Science and Technology, September 18-23, 1983 in Dublin, Ireland).

"Some of the other manuscripts recently published or submitted for publication by Dr. Patricia Murphy, Dr. Ken H. Hsu or myself are as follows:" Nine documents are cited, of which 3 have been published.

"We feel that we have some exciting research going on here, it just takes longer with graduate students. Sincerely yours...

"P.S. I also gave a Summer Events Seminar on 'Tofu and You' last week that was well attended (50 attended) and received." Address: Assoc. Prof., Dep. of Food Technology, Iowa State Univ., Ames, IA 50011. Phone: 515-294-3011.

6110. Iggers, Jeremy. 1983. Weight watchers lose pounds when East cuisine meets West. *Detroit Free Press.* June 30.
• ***Summary:*** Chef Larry Janes of Weight Watchers demonstrates Tofu Egg Salad. The recipe is given. A color photo shows Janes.

6111. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Aldo Fortis Tofu.
Manufacturer's Address: Turin (Torino), Italy. Phone: 017-263-503.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Aldo Fortis.

6112. **Product Name:** Tofu Delight Tofu Brown Rice Pudding.
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1983. June.

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Ingredients: Organic tofu, brown rice, barley malt, raisins, cinnamon, nutmeg, vanilla.
Wt/Vol., Packaging, Price: 4 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Catalog. 1983. June. In June 1984 changed to New York Soy Deli brand. Label. 1984. June. 1.5 by 3 inches. Black on tan.

6113. **Product Name:** Tofu Delight Tofu Mousse [Carob, Vanilla, Chocolate, or Strawberry].
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1983. June.
Ingredients: Vanilla: Organic tofu, maple syrup, agar-agar, pure vanilla extract.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Catalog. 1983. June. In June 1984 changed to New York Soy Deli brand. Three Labels. 1984. June. 1.5 by 3 inches. Black on red. Distributed from June 1984 to June 1986.

6114. **Product Name:** Tofu Delight Tofu Salad (Brand changed to New York Soy Deli in June 1984) [Curry, or Herb].
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1983. June.
New Product–Documentation: Catalog. 1983. June.

6115. **Product Name:** Tofu.
Manufacturer's Name: Boise Co-op.
Manufacturer's Address: 1515 N. 13th St., Boise, ID 83702. Phone: 208-342-6652.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

6116. *Brigitte* (*Germany*). 1983. [Tofu]. June. [Ger]*

6117. **Product Name:** Tofu.
Manufacturer's Name: Brush Creek Tofu.
Manufacturer's Address: P.O. Box 129, Drury, MO 65638. Phone: 417-261-2553.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Marie Steinwachs.

6118. **Product Name:** Tofu.
Manufacturer's Name: Cherry Food Industry.
Manufacturer's Address: 74 Speaker Perez, Quezon City, Philippines. Phone: 613-424.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

6119. **Product Name:** Tofu.
Manufacturer's Name: China House Inc.
Manufacturer's Address: 701-B South Illinois Ave., Carbondale, IL 62901. Phone: 618-549-5032.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: William Fang.

6120. **Product Name:** Tofu.
Manufacturer's Name: Chinese Farmhouse Tofu.
Manufacturer's Address: Motts Rd., Main Arm, Mullumbimby, NSW 2482, Australia.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Ian Mott and Yuen Har Louie. Phone: Not listed.

Letter from Gregory Nance-Kivell, consultant. 1991. Oct. 8. Chinese Farmhouse Tofu is now a Division of Challenge Foundation of NSW–Tweed Branch (at Tweed Heads). The accounts and administration are located at: P.O. Box 654, Murwillumbah 2484, Australia. Phone: (066) 72 2834.

Letter from Greg Nance-Kivell, consultant. 1993. Aug. 12. The company letterhead and business card now reads: "EarthStar–Manufacturers of Quality Wholefoods, P.O. Box 654,..." They have ordered 2 copies of Tofu & Soymilk Production, and note: "We are a non-profit organisation with the aim of giving work opportunities to people with disabilities. We produce organic products based on soybeans, chickpeas, wheat, etc. We produce under three brands and products include tofu, soymilk, hommus [hummus], felafel, vegi sausages, and we will market soy yoghurt desserts in the future. We took over Chinese Farmhouse some 3 years ago."

6121. **Product Name:** Tofu.
Manufacturer's Name: Chinese Tofu.
Manufacturer's Address: 25 Mauban St., Caloocan, Metro Manila, Philippines. Phone: 269-761.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

6122. Crutchfield, Jana Heischman. 1983. Tofu: Not just for the health of it! Jana Heischman Crutchfield, 2 Crutchfield Park, Charlottesville, VA 22906. 169 p. Illust. Index. June. 23 cm.
• ***Summary:*** Contents. 1. Introduction: What is tofu? Buying and handling. Recipes–2. Cocktail chatter. 3. Tidal wave of

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interest in dieting. 4. Ethnic delights: Tofu southern style, tofu Italiano, Mexican cooking, French cuisine, Chinese inspiration. 5. Tofu in the morning. 6. Lower calorie desserts. 7. The baker's kitchen. 8. Natural baby food. 9. You are the author. 10. Making your own tofu at home. Appendix. A photo (p. 169) shows the author. Address: Charlottesville, Virginia.

6123. **Product Name:** [Tofu, Tofu Pâté, Muesli with Okara].
Manufacturer's Name: Dansk Tofu.
Manufacturer's Address: Soendre Vinge Mejeri, Soendre Vinge, Jylland, Denmark. Phone: 45-646-3037.
Date of Introduction: 1983. June.
Wt/Vol., Packaging, Price: 8 oz in plastic see-through tubs.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Ted Goldberg. This listing is soon changed to D-8860 Ulstrup, and the phone to 066-463-037.

R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 23. On a visit to a department store in Denmark, Dansk Tofu was "sold in plastic see-through tubs, 8 oz. 10.95 krone, 2 week shelf life if unopened. Refrigerate at 1-6ºC. After opening, keeps 8 days if water is changed daily. There are only 3 packages on the shelf. There is no side panel labeling, so people can't see what the container is. Not impressive at all."

A tiny natural foods store in Aarhus sells 30 units/week of Dansk brand Tofu Pâté (packed in tin with film cover), also Muesli with Okara.

Talk with Thomas Andersen. 1990. May 24. Followed by a letter of June 23. Denmark's two earliest tofu companies, which started at about the same time, were Soy Joy and Dansk Tofu. Dansk Tofu was located in an old dairy plant called Soendre Vinge mejeri in a small village named Soendre Vinge, which is on the continental part of Denmark called Jylland (Jutland). One of the owners was named Ted. Thomas bought most of the tofu equipment owned by this company in 1985. At that time, the company disappeared.

6124. Davis, William L. 1983. Japan: Surge in soy milk popularity could benefit U.S. *Foreign Agriculture.* June. p. 22.
• ***Summary:*** The growing popularity of soy milk in Japan is good news for U.S. soybean farmers. Current production is estimated at 70,000 tonnes/year, valued at $87.5 million. The industry expects the market to expand to over $260 million as several large firms are now starting production. Currently 11 major firms are producing soy milk. Tofu shops also market soy milk. Soy milk puddings are also now on the market. Address: Agricultural Counselor, Tokyo.

6125. **Product Name:** [Tofu, and Soymilk].
Manufacturer's Name: Ets. Co-Lu.
Manufacturer's Address: 38 Rue Chateaubriand, 13007 Marseilles, France. Phone: 913-144-14.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Andrew Moody. Leviton. 1988. Oct. 16. Trip to Europe with American Soybean Assoc. This traditional Vietnamese-run company makes about 700 kg/week of tofu for the local Asian market. Also makes soymilk.

6126. **Product Name:** Ice Bean (Non-Dairy Frozen Dessert) [Soft Serve: Vanilla, or Chocolate].
Manufacturer's Name: Farm Foods.
Manufacturer's Address: 156 Drakes Lane, Summertown, TN 38483.
Date of Introduction: 1983. June.
How Stored: Frozen.
New Product–Documentation: News Release. 1983. June.

6127. **Product Name:** Tofu.
Manufacturer's Name: Feliciano Laiz Tofu.
Manufacturer's Address: 1518 Sande St., Tondo, Manila, Philippines. Phone: 269-761.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

6128. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Fondazione Est-Ouest.
Manufacturer's Address: Via de Serragli #4, 50123 Florence, Italy.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Ferro Ledvinka.

6129. Gullo, Karen. 1983. Soyfoods consumption hits all-time high. *Vegetarian Times.* June. p. 12. [1 ref]
• ***Summary:*** This is a review and summary of *Soyfoods Industry Directory and Databook 1983* by Shurtleff and Aoyagi. 1982 USA production and retail sales figures are given for the following foods: Tofu (27,500 tons, $50 million in 1981), tempeh (450 tons, $2 million), and miso (750 tons). Four factors contributing to the growth of soyfoods are summarized. "Low-calorie convenience soyfoods products and frozen, meatless 'heat and serve' entrees will play and important role in soyfood's entrance into the mainstream American diet... Dairy-like soymilk and soymilk shakes, yogurt and ice cream, tofu cottage cheese and tofu burgers will soon be low-cost, low-calorie alternatives to mainstream supermarket fare."

6130. Herrmann, Karl. 1983. Ueber Sojabohnen und

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Sojaprodukte [On soybeans and soybean products]. *Ernaehrungs-Umschau* 30(6):175-79. June. [17 ref. Ger]
• ***Summary:*** Contents: Introduction, nutritional composition, amino acids in soy sauce. Unfermented soy products: Soymilk, tofu (*sojaquark*), aburage, kori-tofu, yuba, kinako. Fermented soy products: Soy sauce, miso (*sojapaste*), tempeh, sufu, natto. Address: Instutut fuer Lebensmittelchemie, Hannover Univ., Wunstorfer Str. 14, D-3000 Hannover 91 [West Germany].

6131. **Product Name:** Island Spring Salad Dressing (with Tofu).
Manufacturer's Name: Island Spring, Inc. Co-packed by Blue Banner Foods.
Manufacturer's Address: Seattle, Washington.
Date of Introduction: 1983. June.
Wt/Vol., Packaging, Price: 12 oz jar.
How Stored: Refrigerated.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 55. "Tofu Salmon Balls & Tofu Dressings. Island Spring, in conjunction with Seattle-based Green Gardens, a salad dressing company, has developed a 5-flavor gourmet, spoonable, low-calorie tofu dressing. Island Spring supplies bulk calcium sulfate-GDL tofu in 4 gallon pails." Form filled out by Yvonne Kuperberg. 1988. Oct. 1. The co-packer was Blue Banner Foods.

6132. Island Spring Inc. 1983. Make a living making tofu! (Ad). *Soyfoods* Summer. p. 72.
• ***Summary:*** This quarter-page black-and-white ad is for the Soycrafters Apprenticeship Program, a professional 21-day intensive "hands-on" course in the commercial production and marketing of tempeh, tofu, soymilk, and related soyfoods. "Start your own soyfoods enterprise!... Join the soyfoods movement!." Address: P.O. Box 747, Vashon Island, Washington 98070. Phone: (206) 622-6448.

6133. **Product Name:** Gourmet Northwest Wood Smoked Salmon Ball.
Manufacturer's Name: I.V. Hart's Inc. (Distributor).
Manufacturer's Address: Vashon, WA 98070.
Date of Introduction: 1983. June.
Ingredients: Smoked salmon, tofu (soybeans, water, bittern), onion, soy oil, horseradish, sunflower seeds, egg whites, modified food starch, natural cream cheese flavor, parsley, Lite salt.
Wt/Vol., Packaging, Price: 7 oz or 12 oz.
How Stored: Refrigerated.
Nutrition: 420 calories per 7 oz, or 700 calories per 12 oz.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 55. "Tofu Salmon Balls & Tofu Dressings. This salmon ball manufacturer recently redid their frozen product substituting tofu (made by Island Spring) for cream cheese to lower the calorie content." Labels. 1987. Front and back. 2.5 inch diameter. Red and black on metallic gold. "A unique spread. Only 420 calories per 7 oz."

6134. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Jakso. Center for Agriculture & Craftsmanship. (Also/later called Yakso Farms).
Manufacturer's Address: Voorn 13, 6624 KL Heerewaarden, Netherlands. Phone: 088-772-189.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Tomas Nelissen & Peter Dekker.

6135. **Product Name:** Tofu.
Manufacturer's Name: Jon Weekes Tofu.
Manufacturer's Address: 6/405 Alma Rd., Caulfield, Melbourne, VIC, Australia.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Jon Weekes.

6136. **Product Name:** Tofu.
Manufacturer's Name: Keiko's Tofu House.
Manufacturer's Address: P.O. Box 1641, Sitka, AK 99835. Phone: 407-747-8249.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: T.M. Frederick.

6137. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Lagadec Tofu.
Manufacturer's Address: Quartier Celhay, Garateko Borda, 64240, Hasparren, France. Phone: 592-958-18.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Dominique Lagadec.

6138. **Product Name:** Incredible Vegetable Turnover (with Tofu).
Manufacturer's Name: Laughing Moon Food Company.
Manufacturer's Address: 220 Third Ave., Venice, CA 90291.
Date of Introduction: 1983. June.
Ingredients: Filling: Onion, green pepper, tofu, bean sprouts, peas, potatoes, spices, shoyu. Crust: Whole wheat flour, water, vegetable oil, sea salt.
Wt/Vol., Packaging, Price: 4.5 oz in plastic bag.
How Stored: Frozen.
Nutrition: Per 4.5 oz. turnover: 294 calories, 7 gm protein,

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23 gm carbohydrates, 14 gm fat, 44 mg sodium.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 54. "Turn Over Tofu."

6139. Leviton, Richard. 1983. "We've taken a step into capitalism"–The soyfoods industry: A five year perspective. *Soyfoods.* Summer. p. 46-47.
• ***Summary:*** Gives an insightful and humorous comparison of the soyfoods industry in 1978 and 1983. "On July 31, 1978 [sic, July 30], riding high on a spirit of cooperation and enthusiasm among small tofu shops, the Soycrafters Association of North America was founded in Ann Arbor, Michigan. On February 7, 1983, with intentions of greatly expanding the market through media promotions and backed by the industry's leading producers, the Soyfoods Association held its formative meeting in Anaheim, California. In a brief five years, the soyfoods industry has survived, blossomed, and changed considerably, in ways disappointing to original founders, in other respects, with a measure of success beyond what was ever imagined."

Describes the spirit of the infant soyfoods industry in 1978, then compares it with that of 1983. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6140. Leviton, Richard. 1983. In search of the elegant plate: Using tofu in restaurants. *Soyfoods.* Summer. p. 22-32.
• ***Summary:*** *Soyfoods* magazine recently interviewed 50 restaurants around the country to learn how they were serving tofu, the amount of tofu they used each week, and their prognosis for tofu's future in restaurants. The interviews focused on natural foods and macrobiotic style restaurants–where much of the current use and innovation is taking place. The 50 restaurants represent an estimated 8% of America's estimated 600 natural foods restaurants. The 50 restaurants interviewed purchase about 111 tons of tofu yearly; by extrapolation, all natural foods restaurants would purchase a total of 611.5 tons of tofu yearly, or 2.25% of current tofu production. Asian restaurants are estimated to use an additional 3,822 tons, or 14% of total production. Many restaurants prefer to buy their tofu in bulk directly from the manufacturer. Leading centers for tofu innovation in restaurants are Boston (from the macrobiotic community), New York, then San Francisco and Los Angeles (which have large numbers of Asian-Americans and tofu manufacturers). Open Sesame, one of Boston's foremost macrobiotic restaurants, uses 350 pounds/week of tofu according to owner Gary Welkin. Also discusses tofu use and dishes served at various natural food vegetarian restaurants: Lotos/Lotus Cafe (Rochester, New York; owner Greg Weaver), Woodlands (Vancouver, BC, Canada), Blair Island (Eugene, Oregon), Meyera (Santa Monica, California), Penthouse Garden (New York City; chef George Roeger), Greens (San Francisco, California; run by Zen Center, head chef Jim Phalon), Sojourner Coffee House (Santa Barbara, California), Amazing Grace (San Francisco), Blue Heron (Minneapolis, Minnesota), Sunshine Inn (St. Louis, Missouri), Pachamama (Boulder, Colorado), Brownies (New York City), Moosewood Restaurant (Ithaca, New York), Latacarta (Boston), Blind Faith (Evanston, Illinois), Whole Wheat 'N' Wild Berries (New York City), Earth Angel (New York City), Green River Cafe (Greenfield, Massachusetts), The Garland (Tucson, Arizona), Cafe Shalom (Boston). At macrobiotic restaurants: L'Odeon (Boston), George's (Philadelphia, Pennsylvania), Grain Country (Hollywood, California), Paul & Elizabeth's (Northampton, Massachusetts), Five Seasons (Jamaica Plain, near Boston; owner John Pell), The Caldron (New York City; they have been open since 1970, and making their own tofu since 1975), Angelica's Kitchen (New York), Seventh Inn (Boston), Harvest Cafe (Washington, DC). At mixed cuisine natural foods restaurants: The Unicorn (North Miami Beach, Florida; Terry Dalton, owner, opened in late 1979, uses 335 lb/week of tofu), Nature's Oven (Miami), The Natural Cafe (Santa Fe, New Mexico), The Eatery Amulette (Monmouth Junction, near Princeton, New Jersey), The Haven (Santa Fe, New Mexico), The Copper Star (Tucson, Arizona). At tofu fast food takeout restaurants and delis: The Unicorn (Florida), Erewhon Healthycatessen (Los Angeles), The Patisserie (Boulder), Golden Temple (St. Louis). Natural foods Oriental restaurants: The Wok (Greenfield, Massachusetts), Real Good Karma (San Francisco; has served tofu since 1976), Souen (New York City), Golden Horde (Cambridge, Massachusetts), Plum Tree (New York City), Shangrila (San Francisco), Inaka (Los Angeles), Fuji-Ya (Minneapolis). Specialty atmosphere white tablecloth restaurants: Trader Vic's (San Francisco), Cambridge Crossing (Salt Lake City, Utah), The Good Earth (chain of 30 restaurants owned by General Mills). Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6141. **Product Name:** Pie in the Sky Tofu-Tamale Pie.
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133.
Date of Introduction: 1983. June.
Ingredients: Filling: Light Soysage, tomatoes, tomato paste, sunflower seeds, mushrooms, raisins, honey, herbs, spices. For the yeast cheese: Tofu, nutritional yeast, soy margarine, soy oil, brown mustard, apple cider vinegar, herbs, spices; Crust: Cornmeal, okara, whole wheat flour, soy margarine, salt, baking powder.
Wt/Vol., Packaging, Price: 10 oz in pie tin.
How Stored: Frozen.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 53. Label. Received 1988. 3.25 inches diameter. Self adhesive. Dark purple on white. An illustration (line drawing) shows a winged pie in front of clouds.

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6142. **Product Name:** Tofu Apple Pie.
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 6144 Bartmer, St. Louis, MO 63133.
Date of Introduction: 1983. June.
Ingredients: Filling: Apples, honey, soy margarine, lemon juice, spices, vegetable gum. For the cream: tofu, soy oil, honey, lemon juice, vanilla, salt. Plus crust.
Wt/Vol., Packaging, Price: 9 oz in pie tin.
How Stored: Frozen.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 53.

6143. **Product Name:** Tofu.
Manufacturer's Name: Maple Leaf Soyfoods Co.
Manufacturer's Address: 49 Bushmills Square, Agincourt, ONT, M1V 1K5, Canada.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: M. Wei. Phone: Not listed.

6144. **Product Name:** Tofu.
Manufacturer's Name: Mid-South Soyfoods.
Manufacturer's Address: P.O. Box 17254, Memphis, TN 38117. Phone: 901-365-7003.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: G. Barzizza.

6145. **Product Name:** Tofu.
Manufacturer's Name: Miller's Soy Inc.
Manufacturer's Address: Route 2, Box 2088, Greenbriar, TN 37073. Phone: 615-643-7506.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Harry Miller Jr. (Willis), and Mike Bishop. On the same printout, the company is listed at 206 Amherst Dr., Nashville, Tennessee 37214. Phone: 615-643-7506. Owner: Wayne Miller. Note: It is not clear whether or not either of these companies every produced tofu commercially. Willis later made a successful with R. Fischer called Miller Farms Food Co. in Cedar Falls, Iowa.

6146. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Nanda-Line Soy Products.
Manufacturer's Address: 4058 Rue St. Urbain, Montreal, QUE, H2W 1V3, Canada.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Nantha Kumar. Phone: Not listed.

6147. **Product Name:** Tempeh.
Manufacturer's Name: Nasoya Foods. (Distributor). Made in Greenfield, Mass., by The Tempeh Works.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1983. June.
New Product–Documentation: Poster. 1983; Soyfoods. 1983. Summer. p. 52; Ad in Soyfoods. 1984. Summer. p. 3. Soya Bluebook. 1987. p. 94.

6148. **Product Name:** Tempeh Burgers.
Manufacturer's Name: Nasoya Foods (Distributor). Made in Greenfield, Mass., by The Tempeh Works.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1983. June.
Ingredients: Organic soy tempeh, natural soy sauce, herbs, spices.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Label. 1983, undated. 4 inches square. Yellow, black, blue, green. "100% natural." Coupons. 1983. Dated.

6149. **Product Name:** Tofu.
Manufacturer's Name: Nutri Soy Foods.
Manufacturer's Address: 20 Big Red Lane, Agincourt, ONT, M1V 1N9, Canada. Phone: 416-291-6823.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Harry Kwok.

6150. **Product Name:** Tofu.
Manufacturer's Name: Oriental House Restaurant.
Manufacturer's Address: 4403 Wrightsville Ave., Wilmington, NC 28403. Phone: 919-392-1620.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Mrs. Kyong Riddle.

6151. **Product Name:** Penguino's Dairy Free Frozen Dessert (Using Soymilk and Tofu) [Dutch Chocolate, Strawberry, Carob Mint, Almond, Orange, or Maple Walnut].
Manufacturer's Name: Penguino's Inc. Made in Syracuse, New York, by Darling Ice Cream Co.
Manufacturer's Address: 192 Hillside Ave., Rochester, NY 14610.
Date of Introduction: 1983. June.
Ingredients: Carob Mint: Water, soybeans, honey, tofu, soy oil, carob, vanilla, pure peppermint flavor, lecithin, guar

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gum.
Wt/Vol., Packaging, Price: Pint.
How Stored: Frozen.
Nutrition: Per 3.5 fl oz.: Calories 115, protein 2 gm, carbohydrate 13 gm, fat 6 gm, sodium 2 mg.
New Product–Documentation: Labels. 1984, undated. "Cholesterol free. Dairy free. Low sodium. No sugar added. No preservatives. No artificial ingredients." Talk with then Letter from Miriam Phalen of Penguino's. 1985. Jan. 4. Gives a brief history of the company.

Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 76-77. Introduced in June 1983, it was first made and sold in the Lotus Cafe. In September 1983 it was first sold in outside, in Wegmans supermarkets.

6152. **Product Name:** Tofu.
Manufacturer's Name: Philip Thorpe Tofu.
Manufacturer's Address: Arundel Blackrock Rd., Ballintemple, Cork, Ireland.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

Note: To make tofu, this company must have imported soybeans to Ireland. This is the earliest known commercial soy product made in Ireland.

6153. **Product Name:** Tofu.
Manufacturer's Name: Phoenix Bean Products.
Manufacturer's Address: 5438 N. Broadway, Chicago, IL 60640. Phone: 312-784-2503.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

6154. **Product Name:** Chili Con Tofu.
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103.
Date of Introduction: 1983. June.
Ingredients: Incl. kidney and pinto beans, tofu, a vegetable variety, green chilies, tamari.
Wt/Vol., Packaging, Price: 16 oz deli container.
How Stored: Refrigerated.
New Product–Documentation: Spot in Soyfoods. 1984. Summer. p. 45. "Tofu Ole." Talk with Gary Stein. 1989. Feb. 17. He thinks this product was introduced in about June 1983.

6155. Shurtleff, William. comp. 1983. Main Japanese soymilk manufacturers and their products–June 1983. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 4 p. Unpublished typescript.
• ***Summary:*** This table contains six columns: Manufacturer, brand name, package size, type of packaging, launch date, and distribution (nationwide).

The manufacturers are: Kibun. Okazaki Marusan. Mitsubishi Kasei Shokuhin. Meiji Nyugyo. Kyushu Nyugyo. Nisshin Seiyu. Asahi Shokuhin. Kyodo Nyugyo. Yakuruto Honsha. Furuta Shokuhin Kogyo. Morinaga Nyugyo. Sugiyo. Koshin Nyugyo. Kenbi-sha. Saniku Foods (Saniku Fuuzu). Nagoya Seiraku. Nagano Tomato. Zenkoku Nokyo Chokuhan (Nôkyô). Yamato Shokuhin. Sokensha (Sôkensha). Ishihara Fuudo Sentaa. Chiba Seisen Shokuhin Kogyo (Kôkyô). Asahi Fuuzu. Sebun Irebun (7-11). Fukushima-ken Rakuren. Nacuraru Fuuzu (Natural Foods). Sebun Appu Inryo (Seven-Up). Address: Lafayette, California.

6156. **Product Name:** Nutcracker Sweets Tofu Cheezecake [Very Berry, Pineapple Coconut, or Carob Mint Flavors].
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: Santa Rosa, CA 95401.
Date of Introduction: 1983. June.
Ingredients: Very Berry: Topping: fresh strawberry, honey, water, natural flavor, modified tapioca. Filling: tofu, honey, soy oil, pure vanilla, guar gum. Crust: Graham crackers, nuts, honey, vegetable margarine.
Wt/Vol., Packaging, Price: 8 or 16 oz plastic tubs.
How Stored: Frozen.
New Product–Documentation: Labels. 1983, undated. 3.75 inch diameter. Plastic. Orange red, purple, yellow, dark brown, and white. Across the top in an arched banner: "Very Berry Cheezecake." In the center in the largest horizontal letters: "Nutcracker Sweets." Below that in smaller letters: "A naturally delicious, ready-to-eat, cholesterol-free dessert." Spot in Soyfoods. 1983. Summer. p. 55, and 1984. Summer. p. 43.

6157. **Product Name:** Tofu.
Manufacturer's Name: Soy Magic Co-Op Inc.
Manufacturer's Address: 39 Tower St., Webster, MA 01570. Phone: 617-943-3049.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Lucy Morrison.

6158. **Product Name:** Tofu.
Manufacturer's Name: Soyanara.
Manufacturer's Address: 711 Montgomery St., Ogdensburg, NY 13669. Phone: 315-393-3836.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Pat DuPrey.

6159. **Product Name:** [Tofu].
Foreign Name: Tofu.

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Manufacturer's Name: Soyarei–Erich Wallner Tofu.
Manufacturer's Address: Meiseng 13, A-2521 Trumau, Austria. Phone: 022-537-3022.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Erich Wallner. Soyfoods Center Computerized Mailing List. 1984. Feb. 7. This company has now become Soyarei Wallner Ebner, Augasse 2, Baden bei Wien, Austria. They make 150 kg/week of tofu and 1,000 okara burgers.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. He thinks this company started in about Nov. 1983. Erich Wallner and he later merged their two companies.

Note: This is the earliest record seen (April 2001) concerning Sojarei Ebner-Prosl of Austria.

6160. *Soyfoods.* 1983. Soy marketing: Promotions [Hinode tofu, New England Soy Dairy, Ice Bean sandwich, Bread & Circus, Tree of Life]. Summer. p. 48-51.
• ***Summary:*** Soy Dairy discontinued selling its Herb Garden and Spice Garden Tofu in boxes, switched to redesigned, less expensive, standard tofu tubs.

Farm Foods predicts that sales of Ice Bean will jump 50% in 1982, and will top $1 million by the year's end. Farm Foods recently established a Los Angeles warehouse to handle its 14 West Coast distributors. Farm Foods also recently landed the Alpha Beta supermarket account; Ice Bean is now sold in 15 of the chain's leading Northern California outlets in their natural foods centers. In February 1983, Ice Bean moved into 40 Raley's Supermarkets in the Sacramento area. And Ice Bean is sold at 500 General Nutrition Centers (about half of all outlets) nationwide.

6161. *Soyfoods.* 1983. Tofu bacteriological qualities called into question by report. Summer. p. 8-12. [5 ref]
• ***Summary:*** Discusses the "controversial" Bulletin 810 of the Connecticut Agricultural Experiment Station, titled "Quality of tofu and other soy products" by Hankin and Hanna, released in March 1983 to at least 1,000 readers, including the press, libraries, and consumers. High levels of contamination were found in a number of soy products. Three products showed coliform counts exceeding 30,000 per gram.

The media aftermath in New England was even more devastating: The Hartford *Courant* (March 15), the Holyoke *Transcript-Telegram* (March 23), The Middletown (CT) *Press* (March 16) and the *Springfield Union* (March 16) all ran stories based on the original Experiment Station study. The Associated Press newswire service sent out a study of the report. Channel 11 in New York City ran a 2 minute news feature on the 10 o'clock evening news, referring to tofu's high bacterial counts, possible retailer negligence, and advised consumers to check for discoloration in spoiled tofu. Channel 7 in New York (in mid-March) also ran a negative story. On April 6, the *Valley Advocate* (Amherst, Massachusetts) published "The Dirt on Soy" after interviewing New England Soy Dairy. Finally Marian Burros in her "Food Notes" in the *New York Times* ran a judicious assessment on May 18 titled "Bacteria in Soy products."

The author then presents ten criticisms of Bulletin 810 and concludes that "there are considerable grounds for rejecting the Connecticut study as methodologically invalid, imprecise, and misleading." During March and April tofu companies (including New England Soy Dairy, Nasoya, The Bridge, and Legume) began to take action. Nasoya's preliminary results of temperature readings in the produce section of "75 stores monitored showed an average local temperature of 45ºF, which is 8-10º warmer than is desirable for tofu." Four suggestions are given for dealing with the industry's vulnerable position.

6162. *Soyfoods.* 1983. Tofu research in Iowa. Summer. p. 15.

6163. *Soyfoods.* 1983. Calcium absorption, soyfoods, and vegan diets. Summer. p. 20-21. [1 ref]

6164. *Soyfoods.* 1983. Profile: Azumaya tofu company. Summer. p. 34-37.
• ***Summary:*** One of the best studies of Azumaya ever published, including an in-depth history. The family-run company, which has 70 employees, is now America's second largest tofu manufacturer, making 110,000 pounds/week of tofu and shipping it to 20 states. The plant, with 6,000 square feet of tofumaking space, starts operation at 3:00 A.M. each morning. The 147,000 Asian Americans in San Francisco are a major market.

Jack Mizono's parents bought the business from a Mr. Sakamaki in June 1937. According to Jack, "Azumaya Company had been founded in Stockton, California, in 1920 by a Mr. Teranishi, who later moved it, in 1927, to San Francisco; in Feb. 1936 he sold it to Sakamaki."

"In 1937 Azumaya was processing soybeans on Post Street in a nondescript building all of 35-by-40 feet, or 1,000 square feet. In 1940 the rent went up considerably and they moved to Geary Street, setting up shop in the basement of a 25-by-40 foot building. Their equipment was traditional: stone grinder, gas steamers, large kettles, brick-reinforced wok cookers; they hand-scooped soymilk into flour sacks, hand twisted them, then hung them from hooks to lever press out the soymilk. Jack and brother George were Azumaya's principal tofumakers then but their parents still helped with the tofu pouches, burgers, and grilled tofu.

"Jack didn't like tofumaking too much. The work started at three in the morning, he wasn't making a living from it, he had to paint houses, refinish floors on weekends, and his wife, Aya, worked as a seamstress. I'll try this for a few years to help my parents, Jack said to himself. For the generation of new Caucasian tofu companies, this would seem like 1976

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all over–the good old traditional, laborious, back-straining, unprofitable, daylong adventure.

"The war in 1941 seriously disrupted the business and their lives. The Mizono family was involuntarily 'resettled' in a government camp in California; after a few years there, Jack was sent to Utah, then to New York City where he worked 6 months in the shipyards. Then he was drafted into the U.S. Army. Finally in 1947 the Mizono family reassembled in San Francisco to re-open Azumaya."

"Azumaya remained on Geary Street for about 10 years until their neighborhood underwent 'redevelopment' and the Mizonos lost their occupancy rights. Once again they packed up their tofu plant and in 1957 settled on [855] Golden Gate Avenue where they invested $25,000 in constructing a 25-by-75 foot building (to which they added an additional 25-by-100 feet soon after). They were still using the labor intensive manual tofumaking tools.

"Around this time, Jack Mizono made the acquaintance of Mr. Kunishi, the proprietor of Sacramento Tofu Company, which had opened in the Capitol in 1948. Kunishi introduced Mizono to high technology Japanese equipment and showed him the proper import channels. In 1957, when Azumaya ordered its first pressure cooker system and hydraulic press, Jack's brothers, John and Bill, joined the company and together the four Mizonos ran the plant. In production 6 days weekly, Azumaya began making 7,200 pounds of tofu a week.

"Then in 1968 the Mizono clan made a move that would continue to favorably affect their business for the next 15 years. Packaging. Shoan Yamauchi of Hinode Tofu Company in Los Angeles had already begun to package tofu in 21 ounce sealed plastic tubs and had acquired a special blow-mold form from Sealright Containers. Yamauchi agreed to supply Mizono with tofu tubs which Azumaya initially sealed with a laborious primitive hand sealer until 1971 when they bought a semi-automatic Japanese model. At the time, Azumaya was making 3 weekly deliveries to accounts in the East Bay, and 4 to San Jose, but the bulk of their tofu sales were right in San Francisco. With the new packaging system on line, facilitating wider distribution and longer shelf life, their tofu sales nearly doubled in the next year.

Once again it came time to move the plant. This time, in 1970, it was to [95] Boutwell Street. Redevelopment had edged them out and Azumaya needed more production space for expanding sales. The brothers sold their Golden Gate building, took the $40,000 to buy the new equipment and construct a 40-by-120 foot building to which they soon added another 30-by-120 feet. In 1973 they added noodles to their product line and downscaled the size of their packaged tofu from 21 ounces to 16 ounces for supermarkets.

"In 1975 they began shipping tofu out of state, a smart move apparently, as in 1983 about 50% of Azumaya sales were out of state. In 1978 noodle production represented only 20% of their business but by 1983 pasta madness had blossomed and noodles are half their wholesale business. The company began to grow fast. By 1978 Azumaya's gross sales topped $1 million; by 1980 their tofu production was 48 bushels [60 lb each] of soybeans a day, 6 days weekly, or about 43,000 pounds of tofu every week.

"In late 1979 Azumaya purchased 2½ acres of land and began the process of moving into their present, very modern plant. Once installed at Burke Avenue, Azumaya introduced pasteurization to obtain a longer shelf life for their widely, and increasingly wider, distributed tofu. Tofu lovers in Illinois, Missouri, Oregon, Georgia, and Massachusetts are now able to buy Azumaya brand tofu." Regular and firm tofu are code dated for 21 days, silken for 30 days. Azumaya investigated vacuum packaging but dismissed it because they found it couldn't produce a dependably long shelf life and it tended to compact the tofu, making the texture undesirably dense; a 19-ounce block ended up weighing only 16 ounces after the 2-hour treatment.

"Once a year Jack travels to Japan to monitor the latest tofu and noodle equipment innovations." His tofu equipment can now process 18 bushels (1,080) lb of dry soybeans an hour to yield 3,000 pounds of tofu an hour (yield = 2.77). Last year Azumaya switched from the Sweco vibrating screen to the traditional roller extractor. A detailed discussion is given of Azumaya's progressive employee benefit package, including medical insurance, bi-annual bonuses, pensions, and profit sharing. In total in 1982, these benefits "cost Azumaya $40,000 for medical insurance, $120,000 for pensions and profit sharing, and $45,000 in bonuses and raises–$2,928.57 per employee, to be exact. With a program as comprehensive as this, it is not too surprising that Azumaya operates productively and it doesn't have a union, nor is likely to."

Photos show: Three views of the inside of the plant. Azumaya's products. John, Dorothy, Aya, and Jack Mizono.

6165. *Soyfoods.* 1983. The Miami soyfoods scene [Heartsong Tofu, Sunshine Soy, Swan Foods, Swan Gardens, Unicorn Village, Oak Feed Store]. Summer. p. 38-39, 43.

• ***Summary:*** In Miami, three major tofu companies make about 25,000 pounds a week of vacuum packed tofu, prepared tofu products, and tempeh.

Brightsong Tofu: Bob and Toni Heartsong began making tofu in "1976 in a south Miami cottage style tofu shop which lasted until 1978. Making 900 pounds of hand-made tofu every week, the Heartsongs pioneered the Miami market, fully one year before the legendary and short-lived Swan Foods was opened in 1977. In January 1978 the Heartsongs moved to Redwood Valley, California, to help launch Brightsong Tofu. Meanwhile in 1977 they had written and Banyan Books had published, *The Heartsong Tofu Cookbook*, one of the first designed-for-tofu cooking guides. Bob Heartsong then worked in Hawaii for Mrs. Cheng's Soybean Products where he made 600 pounds of tofu daily."

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Finally, the Heartsongs, peripatetic tofumakers, returned to Miami and in January 1982 opened Heartsong Tofu, a "1,200 square foot plant where today they produce 4,500 pounds of vacuum packed tofu each week (with an 18-day shelf life)." The company employs 6 full-time and 2 part-time workers. A list of their tofu products and equipment is given. The Grand Union supermarket chain sells $2,200/week of their tofu products.

"Sunshine Soy, owned and managed by Danny Paolucci, occupies 2,500 square feet, in suburban Coral Gables, of what once was a Borden's walk-in cooler... Paolucci opened Sunshine in June 1980, a company which today produces 4,000 pounds of tofu and various secondary products every week.

"Previously Paolucci served as production manager for Swan Foods until its closing in December 1978. [Note: Swan Foods opened in 1977.] Paolucci often measures his Sunshine Soy's sensible survival against Swan Foods exciting but disastrous history. Swan Foods was, unfortunately, a textbook example of uncontrolled growth marked by nonmanagement: no competition, distribution by the formidable Tree of Life, a wildly innovative product line, a quadrupling of sales in the first 18 months, $2,200 in weekly sales–ending in a disheartening crash. Their product line included baked, marinated, regular, and caraway tofus, soymilk (1,000 quarts weekly), tofu cashew pie, tofu dips and salads, soy yogurts, and soymilk shakes.

"Sunshine Soy, which employs four workers, has a privately labelled vacuum packed tofu (Golden Harvest brand) in most of Florida's 100 General Nutrition Centers; Tree of Life, out of St. Augustine, handles the distribution."

Swan Gardens: "Commanding the top tofu market position in Miami, Jocelyn and Richard McIntyre's Swan Gardens, which moved to south Florida in 1979 from Montana, produces 15,000 pounds each week of vacuum packed tofu. Their 10,000 square foot plant uses only 3 production workers, each working 10 hour days, 5 days weekly–a model of streamlining. In March 1982 Swan introduced their boxed tofu (see New Products, this issue) featuring their firm (16.6% protein) tofu which sells for $1.19 a pound in produce at Winn Dixie. A major Florida distributor moves an estimated 5,000 pounds of their dealer brand every week as far north as Washington, DC. Recently Swan introduced an okara tempeh with a two week refrigerated shelf life, and this product joins their Spicy Soysage and Baked Tofu, also vacuum packed. Swan Gardens tofu is pre-dated 4 weeks for the supermarkets but McIntyre claims it remains microbially sound for 6 weeks. The company is comfortably profitable."

Photos show: (1-2) Bob Heartsong, with tofu pressing in stainless steel forming boxes, and a close-up of his line of products. (3-4) Danny Paolucci and a close-up of his line of products. (5) A close-up of Swan Gardens' products.

"On the retail natural foods level, four major stores share the bulk of Miami soyfoods sales. The Unicorn Village in North Miami Beach is stocked with 25 soy products... The Unicorn itself prepares a Tofu Cottage Salad, Eggless Egg Tofu Salad, Baked Tofu, and Tofu Onion Dip in their restaurant for retail sale in their adjoining store." Also discusses: The Oak Feed Store, a macrobiotic retailer in Coconut Grove (carries 44 soy products). Sundance Natural Foods in downtown Miami (many tofu-based deli items prepared in their kitchen). Nature's Touch in Miami.

6166. *Soyfoods.* 1983. Wildwood's sandwich power [Tofu sandwiches from Wildwood Natural Foods in Fairfax, California]. Summer. p. 42.

• ***Summary:*** "Wildwood Natural Foods has carved out a successful market niche in the competitive Bay Area soyfoods scene with their daily delivery of fresh tofu sandwiches and tempeh salads. The three year old company has built its reputation and sales volume on same-day freshness as all products reach the stores by 12 noon on the same day as manufacture. Wildwood's concept, backed by their in-house tofu shop, is eminently worth imitating in other similarly strong retail marketplaces.

"The Wildwood shop begins bustling with sandwich-making activity at 5 a.m. six mornings a week as about a dozen (out of a 35 member staff) workers prepare the daily quota of 800 sandwiches completing them by 10 when the truckers take them down to San Francisco, about 60 minutes drive away. With their 340 square foot steam kettle tofu shop, Wildwood, located in Fairfax, California, produces 2200 pounds of nigari tofu every week of which one half is used for sandwiches, the other half for distribution as bulk tofu under the "UFO" brand name ("us feeding ourselves"). In the busy summer months, sandwich production can easily soar to 6000 a week; surprisingly the returns on day-old sandwiches is only 5%.

"Under the guidance of Paul Duchesne and Bill Bramblett, the company was launched in August 1980 [Note: Actually that was when Wildwood began manufacturing tofu, on 8 Aug. 1980; they had incorporated in April or May 1980]. Duchesne had been supplying Marin County with his brown rice and tofu sandwiches since 1975 [Note: Actually since late 1977] when Bramblett suggested they expand his concept, make tofu, and distribute a wider line of tofu sandwiches.

"Today in mid-1983 (with partners Bramblett, Frank Rosenmayr, and Paul Orbuch) Wildwood distributes an impressive line of sandwiches (which retail for $2.25 each) including Avo-Tofu, Brown Rice & Tofu, Mustard Brown Rice & Tofu, Curry Brown Rice and Tofu, Sushi, Tofu Steak, Supreme Bean Tempeh Burger, Hijiki Rice Pie, and Seventh Heaven Bread. They also make prepared salads, packaged in 12 ounce containers which retail for $2.25, including Curry Tofu, Tofu Vegetable, Temptation, Potato, Hummus, Tabooli, and Good Puddin', in addition to bottled plain and honey-

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vanilla soymilk. The salads are dated for 7 days and the sandwiches for 1 although they stay fresh for 2 days.

"To service their Bay Area accounts, Wildwood employs four drivers who ply four different routes, which often take them further north to Santa Rosa or south to Santa Cruz. The limit to fresh sandwich distribution, Paul Orbuch explains, is simply how far they can be transported after production and before 12 noon, the cut-off period as the lunch hour business is crucial to retail sandwich sales.

"Wildwood's distribution system also handles local natural foods products such as Grain Dance seitan, Evolutionary Bean's Not Cheesecakes, and Solar Tacos (with soy protein). Wildwood's line, states Orbuch, is now moving into supermarkets, their Brown rice and Tofu sandwich accounts for 30% of total sandwich sales, and their products are handled by at least two area college lunch concession stands. Wildwood has been noted for their novel pedal-powered Tofumobile which they use in the summertime to bicycle sandwiches around to stores in trendy Marin County."

6167. *Soyfoods.* 1983. The soyfoods industry on display [at Natural Foods Merchandiser Expo in Anaheim, California and Whole Life Times Expo in San Francisco]. Summer. p. 7.
• ***Summary:*** Sixteen soyfoods companies exhibited at Anaheim to 7,600 paying visitors. "Six soyfoods companies shared an official Soyfoods Association booth, where they retailed their own products and provided liberal tasting samples as well. Participants included Legume Inc. (tofu pizza, tofu lasagna), Farm Foods (Ice Bean, in cones), Quong Hop (tofu burgers, tofu canolli, soymilk), Sonoma Specialty Foods (tofu salads, tofu cheesecakes), Laughing Moon (vegetable tofu turnovers), and San-Jirushi International (samples of San-J Real Tamari). The Association booth, one of 10 food catering booths at the Expo, was 'packed solid through the whole show,' reports Farm Foods' Robert Tepper."

"William Shurtleff gave a one hour speech and slide presentation on soyfoods to an enthusiastic audience."

Other interesting companies include: Pacific Tempeh, Light Foods, Essential Foods, Garden of Eatin', Living Lightly, Kibun, Westbrae Natural Foods, Edward & Sons, Cedarlane Foods, Morinaga, Worthington Foods.

Interesting products: Light Links tofu "hotdogs," Ravioli, Tofumale Tamale, Tempehroni Pizza, Chili Con Tempeh, Tempeh Enchilada.

Photos (without captions) show: (1) Danielle Lin of Laughing Moon. (2) Steve Snyder of Hinode. (3) The Morinaga booth, with Mr. Seishiro Ikegami.

6168. *Soyfoods.* 1983. Nasoya restyles tofu dips. Summer. p. 52.
• ***Summary:*** These dips and dressings (Onion, Eggless Salad, Bleu Cheese, Italian Garlic, Soyannaise, Soyannaise Dijon Mustard Flavor) were originally introduced in Dec. 1979. Plans to release a tofu burger this summer. Address: Nasoya Foods, Leominster, Massachusetts.

6169. *Soyfoods.* 1983. A questionable mousse [five varieties of dry "tofu" mousse desserts from Royal American Food Company of Blue Spring, Missouri]. Summer. p. 53.
• ***Summary:*** "These products, in our view, have no business calling themselves 'tofu' and Royal America Food Company's use of 'tofu' in the name is misleading and should be halted. Further, considering the abundance of unsavory chemicals found in the Mousses, it is ludicrous to describe them as 'natural' desserts... The use of isolated soy protein as 'tofu' marks the entry of 'white bread' tofu in the industry."

6170. *Soyfoods.* 1983. The Tofutti union. Summer. p. 54. [3 ref]
• ***Summary:*** "The soft-serve form of Tofutti has been on the market since May 1982 and is sold in 60 outlets in New York City alone including Bloomingdale's 40 Carrots, Zabar's, the World Trade Center's Big Kitchen, New York Health and Racquet Clubs, and the Great American Health Bar."

6171. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Stewart Batchelder Tofu.
Manufacturer's Address: 6 Tweed St., N. Lancaster, High Bentham, England.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Stewart Batchelder/Batcheldor. The company has a second address in addition to the one listed above: Wholefoods Shop, Singl St., 78-A Penny St., Lancaster, England. Neither location has a phone.

6172. **Product Name:** Tofu.
Manufacturer's Name: Susan Hem Lee Tofu.
Manufacturer's Address: 108 Cascade Rd. #3, Port of Spain, Trinidad, Trinidad and Tobago.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Susan Lee Hem.

Letter from Susan Lee Hem of Santa Cruz, Trinidad. 1986. Jan. 15. Describes her work making and selling tofu in Trinidad, West Indies.

6173. **Product Name:** [Tofu].
Manufacturer's Name: Taiwan Restaurant.
Manufacturer's Address: Paulangasse, A-1040 Vienna, Austria.
Date of Introduction: 1983. June.

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New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. He does not know this company but there is one person who makes tofu for the Vienna Chinese restaurants. But many or most of the Chinese restaurants make their own tofu.

6174. **Product Name:** Tofu-Mousse (Delicate Dessert) [Cocoa-Carob].
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1983. June.
Ingredients: Fresh organic (Cal. Health Code 26569.11) tofu, water, honey, cocoa, carob, agar, arrowroot, real vanilla, a touch of sea salt.
Wt/Vol., Packaging, Price: 5 oz (142 gm).
How Stored: Refrigerate at 34-39ºF.
New Product–Documentation: Label. Received 1988. 2.5 inches diameter. Self adhesive. Brown on sky-blue. "Fresh 'n Natural. Lactose-free and cholesterol-free." Matthew Schmit says this product was introduced in 1983.

6175. **Product Name:** Tofu-Charlotte (Rich Dessert) [Maple Almond].
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1983. June.
Ingredients: Fresh organic (Cal. Health Code 26569.11) tofu, water, real organic maple syrup, safflower oil, arrowroot, agar, real vanilla, almond extract, a touch of sea salt. Crust: rolled oats, barley malt, coconut, sesame seeds, wheat germ, corn oil, vanilla & cinnamon.
Wt/Vol., Packaging, Price: 5 oz (142 gm).
How Stored: Refrigerate at 34-39ºF.
New Product–Documentation: Label. Received 1988. 2.5 inches diameter. Self adhesive. Blue on peach. "Fresh 'n Natural. Lactose-free and cholesterol-free."

6176. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofuco Foods Inc.
Manufacturer's Address: 3637 Cremaize E. #1215, Montreal, QUE, H1Z 2J9, Canada. Phone: 514-376-5010.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Not listed.

6177. **Product Name:** Tofu Scramble (Egg-less Seasoning Mix).
Manufacturer's Name: Vegetarian Health Society.
Manufacturer's Address: Chicago, Illinois.
Date of Introduction: 1983. June.
Ingredients: Dehydrated potato, mushroom flavor, vegetable bouillon, turmeric, black pepper, dill weed, garlic powder, onion flakes, chives, herbs, and spices.
Wt/Vol., Packaging, Price: 1 oz foil packet. Retails for $1.19.
How Stored: Shelf stable.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 54. Intended to replace scrambled eggs, the product is mixed with diced tofu, water, and vegetable oil, then cooked (scrambled) for one minute. On package: "100% natural. No eggs. No sugar. No animal ingredients. No preservatives."

6178. **Product Name:** Tofu.
Manufacturer's Name: Wah Chong Co.
Manufacturer's Address: 80 Ossington Ave., Toronto, ONT, M5T 2R4, Canada. Phone: 416-532-0841.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Anthony Kim.

6179. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Walter Brunnader Tofu.
Manufacturer's Address: Lainzerstr. 21, A-1130 Vienna, Austria. Phone: 022-282-5778.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Walter Brunnader.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. Walter Brunnader presently has a health food shop. Years ago he made tofu by himself; now he buys it from Sojarei Ebner-Prosl or from SoyVita.

6180. Wang, H.L.; Swain, E.W.; Kwolek, W.F.; Fehr, W.R. 1983. Effect of soybean varieties on the yield and quality of tofu. *Cereal Chemistry* 60(3):245-48. May/June. [14 ref]
• ***Summary:*** Tofu was made on a laboratory scale from five U.S. and five Japanese soybean varieties. Protein content of the soybeans was positively correlated with the protein content and the protein:oil ratio of the resulting tofu (dry basis). The tofu yield was positively correlated with protein recovery during processing, but not with the protein content of the soybeans. Varieties that have a light hilum and high protein content are preferred for making tofu.

Table 1 (p. 246) shows the physical and chemical properties of 5 U.S. and 5 Japanese soybean varieties. The U.S. varieties (Coles, Vinton, Weber, Hodgson, and Corsoy) contain, on average (on an as-is basis) 42.18% protein (range 40.8% to 45.1%), 18.8% oil (range 17.9% to 19.4%), and

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19.24 gm per 100 beans (range 17.74 gm to 24.71 gm for Vinton). The Japanese varieties (Kitamusume, Tokachi-Nagaha, Wase-Kogane, Yuuzuru, and Toyosuzu) contain, on average (on an as-is basis) 42.84% protein (range 40.8% to 45.2%), 18.0% oil (range 17.3% to 19.4%), and 23.69 gm per 100 beans (range 17.53 gm to 35.51 gm for Yuuzuru). Thus, the American soybeans contain, on average, 1.5% less protein and 4.6% more oil than their Japanese counterparts, and the weight per 100 seeds is 18.2% less. Address: 1-3. NRRC, Peoria, Illinois. 4. Dep. of Agronomy, Iowa State Univ., Ames.

6181. **Product Name:** Temptation (Tempeh Salad).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd, Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods. 1983. Summer. p. 42-43. "Dated for 7 days shelf life."

6182. **Product Name:** Avo-Tofu Sandwich.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd, Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983. June.
Ingredients: Whole grain bread, UFO Tofu by Wildwood, avocado, lettuce, alfalfa sprouts, tomato, onion, nutritional yeast, tamari, lemon juice, vegetable juice, herbs, spices, sea salt.
New Product–Documentation: Soyfoods. 1983. Summer. p. 42-43. "Dated for 1 day although they stay fresh for 2. Their Brown Rice & Tofu Sandwich accounts for 30% of sandwich sales." Label sent by Wildwood on their letterhead. 1983, undated. 3 by 2 inches. Self adhesive.

6183. **Product Name:** Supreme-Bean Tempeh Burger.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983. June.
Ingredients: Tempeh, whole grain bread, lettuce, celery, cucumber, green pepper, onion, tofu dressing (UFO Tofu by Wildwood, safflower oil, mustard, apple cider vinegar, garlic, sea salt), tomato sauce, mustard, tamari, lemon juice, spices, sea salt.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer. p. 42-43. Label sent by Wildwood on their letterhead. 1983, undated. 3 by 2 inches. Self adhesive. Black and green on white. Silhouette of woods with birds. "Fresh Daily. Ready to eat Foods, Naturally. Perishable. Keep Refrigerated."

6184. **Product Name:** Pâté Wildwood.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983. June.
Ingredients: Lentils, whole grain bread, onions, carrots, celery, mushrooms, parsley, tomatoes, miso, tahini, safflower oil, sea salt, and spices.
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Wildwood on their letterhead. 1983, undated. 2.75 by 1.75 inches. Self adhesive. Black and green on ivory. Silhouette of woods with birds. "Ready to eat Foods, Naturally. Perishable. Keep Refrigerated."

6185. **Product Name:** Tofu.
Manufacturer's Name: Winnie Imrie Tofu.
Manufacturer's Address: Route 1, Comp. 9, Site 1, Edgewood, BC, V0G 1J0, Canada. Phone: 604-269-7275.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Winnie Imrie.

6186. **Product Name:** Natural Touch Tofu Garden Patties.
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, OH 43085. Phone: (614) 885-9511.
Date of Introduction: 1983. June.
Ingredients: Water, tofu, isolated soy protein, carrots, peas, soy oil, flavorings (HVP, onion powder), spices, garlic powder, yeast, natural flavor, essential oil of paprika, turmeric, carrageenan.
Wt/Vol., Packaging, Price: 10 oz box contains 4 white patties. Retails for $1.95 to $2.37.
How Stored: Frozen.
Nutrition: Per 70-gm. patty: 11 gm. protein.
New Product–Documentation: Talk with Craig Klatt of Seventh-day Adventist Bookstore in Pleasant Hill, California. 1983. Aug. 8. This product is now on the market, with 4 white/unfried patties per package, retailing for $1.95. Craig does not know who is the man behind this new concept or who makes the tofu.

Interview with Frank Poston. 1983. Dec. 16. This is the start of a new line developed for the health foods market. The Tofu Garden Patties were introduced in June 1983. Worthington bought all of the tofu equipment from Rising Sun Soy Farms in Columbus, Ohio, and are now making the tofu for the product at the Worthington plant in Ohio. The product was developed for the health food market, and will be part of the larger new Natural Touch line of products. More new products will be out in April 1984. This is a big and important new trend for the company and they plan to put a lot of energy and money into promoting it. Some (but not all) of the new products will contain tofu.

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Worthington news release. 1984. May 25. Gives launch date as March 1984. Spot in Soyfoods. Summer. 1984. p. 45. "Prepared Patty Pair." Label, 4 color box. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

Ad (full page, color photo) in Natural Foods Merchandiser. 1985. May. "Natural Wonders. Discover Natural Touch for something new in natural foods taste!" Shows color labels/packages for each of four entrées, including Okara Patties and Tofu Garden Patties.

Talk with Worthington Foods. 1992. Feb. 10. This product has been discontinued.

6187. **Product Name:** Tofu.
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, OH 43085. Phone: (614) 885-9511.
Date of Introduction: 1983. June.
New Product–Documentation: Interview with Frank Poston. 1983. Dec. 16. They bought all of the equipment from Rising Sun Soy Farms in Columbus and are making tofu for their second generation products at the Worthington plant in Ohio.

6188. **Product Name:** Tofu.
Manufacturer's Name: Yee's Grocery.
Manufacturer's Address: 209 Pacific Ave., Winnipeg, MAN, Canada. Phone: 204-942-7668.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Philip Yee.

6189. **Product Name:** Tofu.
Manufacturer's Name: Zen Center Tofu.
Manufacturer's Address: P.O. Box 43, Mountain Center, CA 92361. Phone: 213-387-2351.
Date of Introduction: 1983. June.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owner: Barbara Ancheta.

6190. **Product Name:** [Tofu Powder].
Foreign Name: Doufufen.
Manufacturer's Name: Zheng Zhou Shi Shu Cai Gong Si, Nan Guan Fu Shipin Chang (Zheng Zhou City Vegetable Company, South District Food Factory).
Manufacturer's Address: Zheng Zhou, China.
Date of Introduction: 1983. June.
New Product–Documentation: Label. 1983, undated. In plastic bag. Instructions for making soymilk, tofu curds, silken tofu, and firm tofu.

6191. Hitchcock, Susan Tyler. 1983. Tofu into the mainstream. *Washington Post.* July 24. p. K4. Food section.
• ***Summary:*** "Invite your friends in for a meal of tofu, and nine times out of ten they'll turn thumbs down. Tofu's got that bland, self-righteous flavor that makes health-conscious eaters endure it and makes epicureans say no thanks.

"But tell your friends you're serving cheese-filled crescents, moussaka or dumplings florentine, stuffed potatoes or broccoli crunch, banana cream pie or chocolate mocha fondue–all of which just happen to have a little tofu in them–and you'll find that you've still got company for dinner."

This is the discovery of Jana Crutchfield, who has written a book titled *Tofu: Not just for the health of it* and published it herself. Contains 8 tofu recipes.

6192. Iggers, Jeremy. 1983. Soy Plant struggles to keep its '60s ideals in '80s business world. *Detroit Free Press.* July 31. p. 6G.
• ***Summary:*** About The Soy Plant in Ann Arbor, Michigan. Includes discussions with Steve Fiering, Rick Whealey, Jane Southwell, Geof Beck (production co-ordinator), Carolyn Roi (marketing co-ordinator), and Steve Fiering (one of the founders). Hours and wages have been cut–wages from $5/hour to $3.50/hour last fall because the business was losing money. Difficulties include inefficient equipment, too little capital, and lack of professional management. Federal corporate taxes went unpaid for three years before anyone noticed; it then took years to pay both the taxes and the penalty.

The company got about $20,000 in loans from members of the community. They paid interest in the form of one pound of tofu a week, but the $18,000 they eventually paid in free tofu was a huge drain on the struggling enterprise. Last may the workers decided the tofu interest payments had to stop. Letters were sent to all lenders explaining the financial difficulties and offering three choices: They could forgive the debt, take payment of the principal in tofu, or put their names on a list for eventual repayment. It was a hard choice for the company to make.

Now things are looking up. Several new products are selling well: Tempeh-filled tacos, Soysage, tempeh burgers, and spiced tofu.

6193. **Product Name:** [Tofu (Organic Nigari)].
Foreign Name: Tofu.
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06-352-3473.
Date of Introduction: 1983. July.
Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: 250 gm and 400 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: The company was apparently originally called Albert Hess Tofuhaus Rittersheim, 6719 Rittersheim, W. Germany. Phone: 06-352-

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3473.

Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. They make about 1,000 kg/week of tofu.

Letter from Harry Whitford of Soyastern. 1987. Dec. 14. Albert Hess of Tofuhaus Tiefental, Hauptstrasse 13, D-6719 Lautersheim, W. Germany. He makes about 1,000 kg/week of organic nigari tofu. Form filled out by Albert Hess. 1988. Jan. 25. Production began June 1983. He makes 4,000 to 6,000 kg/month of tofu. Leaflet. 1988. "Produced in the traditional hand-crafted way, using soybeans and nigari." Label. 1988, received. 2.5 by 3.5 inches. Black on brown. Note: As of 1 Dec. 1988 the company letterhead reads Tofuhaus Tiefenthal, Tofu und Soja-Produkte. Albert Hess. The logo is taken from *The Book of Tofu* by Shurtleff & Aoyagi. Some products now have the brand "das Tofuhaus."

Die Geschäftsidee. 1989. Dec. p. 32. Albert Hess began to make tofu in 1983, starting with a DM 2,000 investment. He now makes 1.5 tonnes/week of tofu.

Label brought by Albert Hess of Albert's Tofuhaus. 1995. March 11. 2.5 by 4 inches. Green and white on purple. An illustration shows a large personified cake of tofu, with smiling face and arms held out.

This is the earliest commercial soy product seen (Feb. 2013) made by Albert Hess or Tofuhaus Rittersheim.

6194. **Product Name:** [Tofu Sandwich Spread (Paprika, Herbs & Garlic)].
Foreign Name: Tofu-Brotaufstrich (Paprika, Kraeuter-Knoblauch).
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06-352-3473.
Date of Introduction: 1983. July.
Ingredients: Paprika (1995): *Tofu, *brown rice, *safflower oil (*disteloel*), paprika, *tomato paste, vegetable broth, sea salt, herbs. * = Organically grown (*Rohstoffe aus kontrolliert biologischem Anbau*).
Wt/Vol., Packaging, Price: 180 gm glass.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1988. The ingredients are pureed, filled into glasses, and sterilized. They make 50 kg/month of the garlic spread. The horseradish is new. Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in July 1983. Labels. 1988, received. 5.5 by 1 inch. Black on yellow or orange.

Label brought by Albert Hess of Albert's Tofuhaus. 1995. March 11. 5.5 by 1.3 inches. Black, red, and white on light yellow.

6195. Brightsong Light Foods. 1983. Handmakers of these fine light foods: Premium Tofu, Marinated Tofu, Cottage Salad, Missing Egg Salad... (Leaflet). Petaluma, California. 3 panels each side. Each panel: 22 x 9.5 cm.
• ***Summary:*** The front panel of this leaflet, printed blue on white, lists 14 soy products made by the company. The logo is a flying bird with a white throat. The slogan: "Where good taste and nutrition come naturally." The inside three panels discuss: About Brightsong (since 1978). What makes Brightsong Tofu so special. About the other Brightsong products. Address: P.O. Box 2536, Petaluma, California 94953. Phone: 707-778-8638.

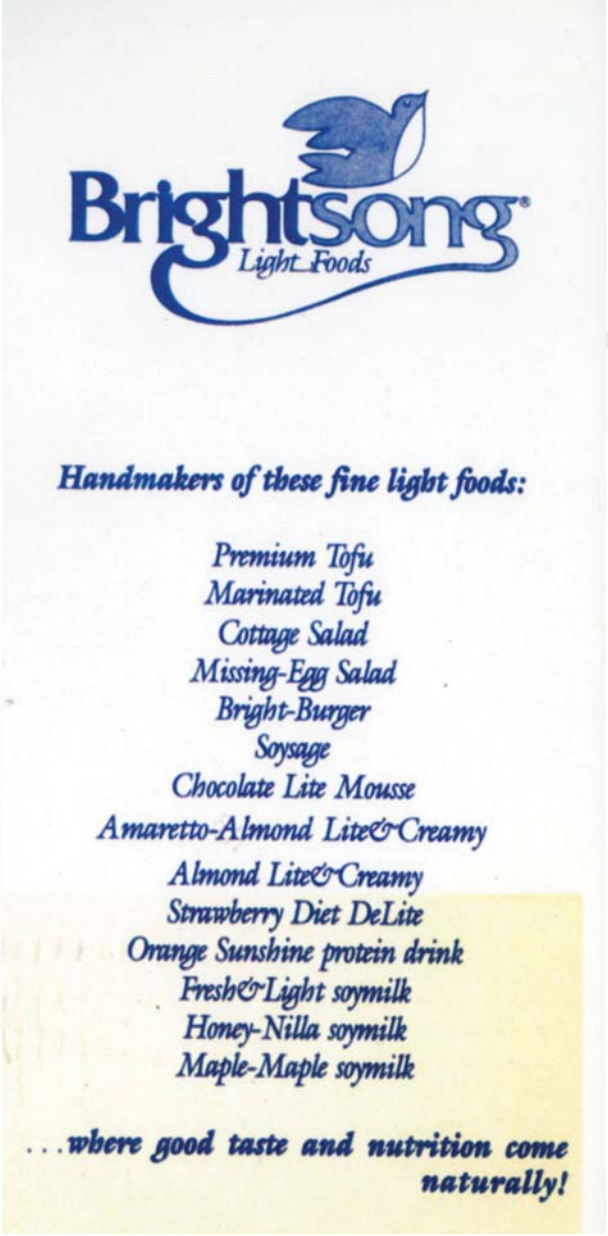

6196. **Product Name:** [Tofu Balls (Ganmo), Tofu Pizza, Seitan Burger].
Manufacturer's Name: De Vuurdoop.
Manufacturer's Address: Warder 108, 1473 PG Warder, Den Haag, Netherlands.
Date of Introduction: 1983. July.
New Product–Documentation: Richard Leviton. 1983.

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Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 25. "She started in July 1983. The pizza is baked with a layer of smooth tofu on top, with tomato, olive, green pepper. Sells for 1.40 guilder/slice. Makes 800 units of tofu balls and pizza a week." Letter from Sjon Welters. 1989. July 24. Vuurdoop is the company name. Lita Hoogervorst is the name of the woman who founded it and still runs it. The company sells other products now too (seitan and a lentil-based product; maybe no soyfoods), and has moved to Groningen or Friesland in the north of Holland.

6197. *Environmental Nutrition Newsletter.* 1983. What is this thing called tofu? 6(7):S-3. July. *
• ***Summary:*** Recipes for Green Goddess tofu dressing and Tofu Spinach Quiche are given.

6198. Guo, Xiang-ao. 1983. Research on heat denaturation of soy protein after solvent extraction, and traditional Chinese soy foods. *INTSOY Series* No. 25. p. 64-66. B.J. Irwin, J.B. Sinclair, and Wang Jin-ling, eds. Soybean Research in China and the United States (College of Agric., Univ. of Illinois at Urbana-Champaign).
• ***Summary:*** Solvent extracted soybean flakes and meals (moisture content 9.6%) were subjected to 80ºC, 90ºC, and 100-105ºC temperatures for 15 or 20 minutes. The critical temperature for protein denaturation was 80ºC. At higher temperatures, solvent-extracted soybean meal was denatured more rapidly than soy flakes. Preparation of the following traditional Chinese soyfoods was described briefly: Soy sprouts (*dou ya*), soybean jiang (*dou jiang*), fermented black soybeans (*dou chi*), soy sauce (*jiang you*), soy beverage (*dou jiang*), tofu (regular and soft, *doufu*), firm tofu (*doufu gan*), pressed tofu sheets (*doufu yi*), vegetarian chicken (*su ji*), fried tofu (*you-doufu*), fermented tofu (*doufu-lu*), and yuba (*doufu pi*).

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term *doufu pi* (spelled in pinyin) to refer to yuba, which he describes as follows: "Soy beverage is poured into a shallow pan and heated slowly. A protein film forms on the surface. This film is rolled and dried until it resembles bamboo. The taste and composition are similar to textured soy protein. It is a very nourishing food." Address: Zhengzhou Grain College, China.

6199. **Product Name:** Heartsong's Herbal Garden Tofu (Firm Tofu with Vegetable Chunks).
Manufacturer's Name: Heartsong Tofu.
Manufacturer's Address: Miami, Florida.
Date of Introduction: 1983. July.
New Product–Documentation: Soyfoods. 1983. Summer. p. 38. 16 oz.

6200. **Product Name:** Heartsong's Tofu Turkey (also called Baked Veggie Loaf).
Manufacturer's Name: Heartsong Tofu.
Manufacturer's Address: Miami, Florida.
Date of Introduction: 1983. July.
New Product–Documentation: Soyfoods. 1983. Summer. p. 38. 16 oz.

6201. **Product Name:** Heartsong's No Egg Salad (With Tofu).
Manufacturer's Name: Heartsong Tofu.
Manufacturer's Address: Miami, Florida.
Date of Introduction: 1983. July.
Ingredients: Tofu, carrots, celery, parsley, dill, onion, salt, turmeric, vinegar, yeast, spices.
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer. p. 38.

6202. **Product Name:** Heartsong's Tofu Herb Dip.
Manufacturer's Name: Heartsong Tofu.
Manufacturer's Address: Miami, Florida.
Date of Introduction: 1983. July.
Ingredients: Tofu, white miso, oil, vinegar, honey, garlic, parsley, dill, onion.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Soyfoods. 1983. Summer. p. 38.

6203. **Product Name:** Heartsong's Baked Tofu Thins (Crispy Cutlets).
Manufacturer's Name: Heartsong Tofu.
Manufacturer's Address: Miami, Florida.
Date of Introduction: 1983. July.
New Product–Documentation: Soyfoods. 1983. Summer. p. 38. 8 oz.

6204. Hinode Tofu Co. 1983. Hinode summer series of tofu recipes (Leaflet). Los Angeles, California. 8 panels each side. Each panel: 7.5 x 12.7 cm.
• ***Summary:*** The 8 color recipes (see next page) include: Fruit Smoothies, Tofu Cheese-less Pie, Fruit Salad with Tofu Dressing, Broccoli a la Hollandaise, Tofu Crab Quiche, Tofu Banana Nut Bread, Enchilada Tofu Casserole, Minestrone Soup.

On the last panel is a coupon: 15¢ off on your next purchase of Hinode Tofu. And: "If you know anyone else who would like a set of Hinode's Summer Series of Tofu Recipes, send a self-addressed, stamped envelope to: Hinode Summer Series, 526 Stanford Ave.,..." Address: 526 Stanford Ave., Los Angeles, California 90013.

6205. **Product Name:** [Kikkoman Instant Tofu Miso Soup (Soybean Paste Soup with Tofu)].

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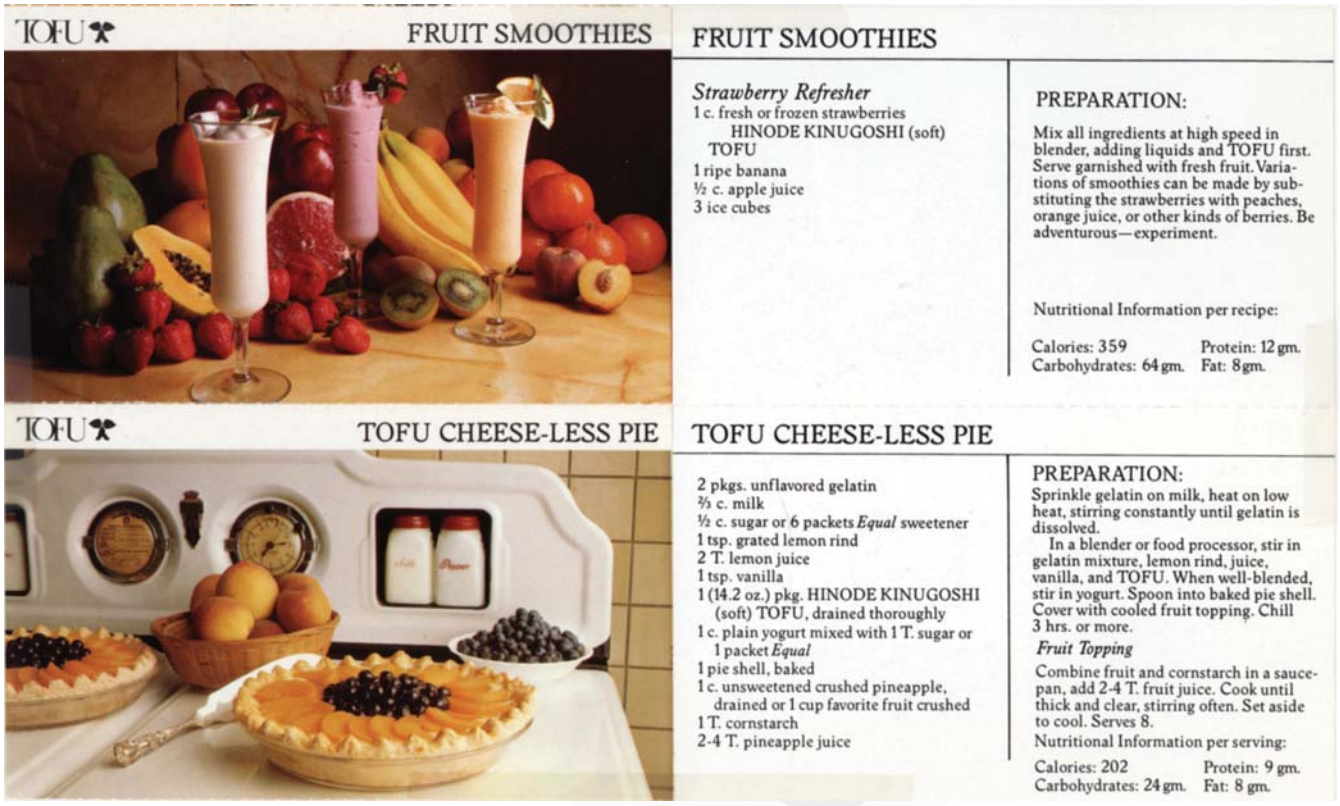

Foreign Name: Tôfu Misoshiru.
Manufacturer's Name: Kikkoman Corporation.
Manufacturer's Address: Noda 278, Chiba-ken, Japan.
Date of Introduction: 1983. July.
Ingredients: Powdered miso, dehydrated tofu, dried seaweed, monosodium glutamate, powdered yeast extract, powdered dried bonito, dehydrated leek.
Wt/Vol., Packaging, Price: 1.5 oz (30 gm). Foil packet containing 3 individual foil packets. Makes 2/3 cup.
How Stored: Shelf stable.
New Product–Documentation: Label. 1983. 5.5 by 7 inches. Plastic packet. Brown, red, green, and yellow on white. Full color picture of wooden bowl of miso soup on tray. Individual foil packets inside are 2.75 by 4 inches. Brown, black and red on white. Picture of bowl of soup on front, instructions on back. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. "Distributed by Kikkoman Corporation, Noda 278, Japan." Text on label in both English and Japanese.

Note: This is the earliest known commercial soy product that uses dried-frozen tofu as an ingredient.

6206. Landgrebe, Gary. 1983. Quantity tofu recipes for institutions and restaurants: Recipes for 50. Palo Alto, California: Fresh Press, with Soyfoods Magazine. 96 p. July. Index. 23 cm.
• ***Summary:*** Includes numerous tofu entrees with meat or fish. Contents. Publisher's introduction. About tofu. Foreword. Recipes–1. Tofu hors d'oeuvres and salads. 2. Tofu main dishes. 3. Frozen tofu main dishes. 4. Tofu entrees with meat or fish. 5. Tofu breads. 6. Tofu desserts. Other cookbooks from Fresh Press.

Note: Talk with Sharon Elliot of Fresh Press. 1990. July 17. Several years ago Paul Obis of *Vegetarian Times* bought the entire inventory of this book from Richard Leviton. Address: Aptos, California.

6207. Leviton, Richard. 1983. The Oriental food that's winning the West. This economical, nutritious, versatile product is being used by more and more people. *Your Life and Health.* July. p. 14-18. [3 ref]
Address: Editor and publisher, Soyfoods Magazine, Colrain, Massachusetts.

6208. Leviton, Richard. 1983. Tofu: Shelf life & packaging. *Whole Foods* (*Berkeley, California*). July. p. 36-37.
• ***Summary:*** Contents: Introduction. Bulk tofu. Water pack. Pasteurized water packs. Vacuum packages. Tetra Paks.

"Pasteurized water packs are becoming the preferred practice in the industry, especially among the largest manufacturers. Already 45% of all tofu is pasteurized."
Address: 100 Heath Rd., Colrain, Massachusetts 01340.

6209. Nolan, Anita L. 1983. Tradition combines with technology: Flavored tofu. *Food Engineering* 55(7):45. July.
• ***Summary:*** Tofu is an ingredient with potential applications in many processed foods. Adding flavors could position it for use in mass-market items. Haarmann & Reimer Corp. (111

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U.S. Hwy. 22, P.O. Box 175, Springfield, New Jersey 07081) has used their flavors with tofu to make a tofu ball (similar to a meatball), a cheese spread analog, and an okara snack bar. Address: Assoc. Editor.

6210. Norin Suisan-sho, Nosan Engei Kyoku, Hatasaku Shinko-ka. 1983. Daizu ni kansuru shiryo [Statistics concerning soybeans]. Tokyo, Japan. 157 p. 26 cm. [Jap]
• ***Summary:*** This yearly report, published by Japan's Ministry of Agriculture, Forestry, and Fisheries (MAFF), is packed with detailed statistics on soybean production, trade, and utilization in Japan. The table on p. 129 gives statistics on miso production, shipments, and use of raw materials by prefecture and for Japan as a whole. In 1981 Japan produced 575,782 tonnes of miso and shipped 578,610 tonnes. Raw materials used were 14,417 tonnes of domestically grown whole soybeans, 167,539 tonnes of imported whole soybeans, 103,611 tonnes of polished rice, 24,667 tonnes of polished barley, 476 tonnes of defatted soybean meal, 71,325 tonnes of salt, and 96 tonnes of cornmeal (used mainly in Nagano and Hyogo prefectures). The top 5 miso producing prefectures were Nagano (164,510 tonnes; 28.6% of Japan's total), Aichi (54,529), Niigata (38,156), Aomori (28,602), and Hokkaido (25,908). The source of these statistics is: Shokuryô-cho, Kakô Shokuhin-ka, Kome Mugi Kakô Shokuhin Seisan Dotai, Tokei Chosa.

The table on p. 130 gives similar statistics on shoyu for 1981. In 1981 Japan produced 1,190,618 kiloliters (kl) of shoyu and shipped 1,118,799 kl. Raw materials used were 6,473 tonnes of whole soybeans, 175,205 tonnes of defatted processed soybean meal (*dashi kakô daizu*), 177,407 tonnes of wheat, 204,777 tonnes of salt, and 80,642 kl amino acid liquid (*amino-san*, either purchased or made on site). The top 7 shoyu producing prefectures were Chiba (424,498 kl; 35.7% of Japan's total), Hyogo (203,374) Aichi (59,201 kl), Kagawa (45,430 kl), Fukuoka (36,575 kl), Oita (31,860 kl), Mie (30,354 kl), The source of these statistics is the same as for the miso statistics, above.

The table on p. 132-33 gives statistics on consumption of shoyu (in 100 ml), miso (100 gm), whole soybean foods (yen), tofu (cakes = *cho*), aburagé and ganmodoki (yen), natto (yen), and other soyfoods (yen) from 1963 (Showa 38) to 1981. Under shoyu, miso, and tofu is given the amount of money spent (*kingaku*), the quantity purchased (*sûryô*), and the price. Annual shoyu consumption per household has decreased from 30.5 liters in 1963 to 16.3 liters in 1981. Annual miso consumption per household has decreased from 18.4 kg in 1963 to 12.1 kg in 1981. Tofu consumption per household has remained about constant, with 87.3 cakes in 1963 and 86.9 cakes in 1981. A breakdown is also given for each food by annual household income, with 5 income levels. One grouping is for all households (including those with a retired head of household or on welfare) and the other is only households with at least one working member. In each case, the higher the household income, the greater the consumption. In the case of tofu, for example, households with an annual income of less than 2.65 million yen consumed 76.1 cakes of tofu, while households with an annual income of more than 5.8 million yen consumed 99.3 cakes. Next is a breakdown by age of head of household. Generally, the younger the head of household, the less the consumption. In the case of tofu, households whose head was 24 years or younger consumed 55.5 cakes/year, while households whose head was age 60-64 consumed 95.4 cakes. The source of these statistics is the *Kakei Chosa Nenpo* (*Sôri-fu, Tôkei-kyoku*).

The table on pages 134-35 shows consumption per household by geographical area of the same foods as the previous table. Geographical areas include: all of Japan, all cities, cities with 50,000 or more population (broken down into large, medium, and small), cities with less than 50,000 population, towns and villages (*machi* and *mura*), 14 major regions, and large cities. Note: Statistics by prefecture are not given. In the case of tofu, the highest consumption is cities with less than 50,000 population (92.0 cakes), while the lowest is in medium-sized cities with more than 50,000 population (84.2 cakes). The regions with the highest tofu consumption are Tohoku (the northeast prefectures; 101.9 cakes) and Chugoku (southwest provinces; 98.1 cakes), while the lowest two are Hokkaido (58.3 cakes) and Okinawa (72.3 cakes). The cities with the highest annual tofu consumption per household are Toyama city (118.9 cakes), Morioka city (118.4), Yamaguchi city (107.9), Matsuyama city (102.9), Fukushima city (102.8), Tokushima city (102.0), Fukui city (100.7). The source of these statistics is the same as for the statistics on p. 132-33.

Tables on pages 136-39 give a detailed nutritional analysis of soybeans and each of 23 soyfoods made in Japan. The following minerals are listed: calcium, phosphorus, iron, sodium, and potassium. Vitamins: A (retinol, carotene, international units), B-1 (thiamine), B-2 (riboflavin), niacin, and C. Soybeans grown in Japan contain, on average, 35.3% protein and 19.0% fat, compared with 33.0% protein and 21.7% fat for soybeans grown in the USA, and 32.8% protein and 19.5% fat for soybeans grown in the China. Address: Tokyo, Japan.

6211. **Product Name:** [Tofu {Vacuum Packed, Nigari}].
Foreign Name: Tofu.
Manufacturer's Name: Regal Naturel (Marketer). Made in Quebec by Unisoya.
Manufacturer's Address: Montreal, QUE, Canada.
Date of Introduction: 1983. July.
Wt/Vol., Packaging, Price: 1 lb vacuum packed.
New Product–Documentation: Talk with Richard Milon. 1987. Dec. 11. He bought the tofu in bulk from Unisoya and vacuum packed it. He had 4 products. Making each one was labor intensive. He sold them to 100 retail stores. The

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company survived until late 1984.

6212. **Product Name:** [Baked Tofu Roti (Sausage Flavor, or Bacon Flavor)].
Foreign Name: Baked Tofu Roti (Saveur de Saucisse, or Saveur de Bacon).
Manufacturer's Name: Regal Naturel (Marketer). Made in Quebec by Unisoya.
Manufacturer's Address: Montreal, QUE, Canada.
Date of Introduction: 1983. July.
Wt/Vol., Packaging, Price: 8 oz vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Talk with Richard Milon. 1987. Dec. 11. He bought the tofu in bulk from Unisoya. Both products were sold vacuum packed.

6213. **Product Name:** [Tofu Salad].
Foreign Name: Salade de Tofu.
Manufacturer's Name: Regal Naturel (Marketer). Tofu made by Unisoya.
Manufacturer's Address: Montreal, QUE, Canada.
Date of Introduction: 1983. July.
New Product–Documentation: Talk with Richard Milon. 1987. Dec. 11. He bought the tofu in bulk from Unisoya.

6214. *Rundbrief: Interessengemeinschaft fuer Sojaspeisen.* 1983--. Serial/periodical. Weidgarten 2, D-8091, Soyen, West Germany. Vol. 1. July 1983. Lukas Kelterborn, editor. [Ger]
• ***Summary:*** This is Germany's first soyfoods newsletter. The first issue, typewritten and photocopied, was 5 pages long. Issue No. 2. was probably never published.

Letter from Wolfgang Furth-Kuby of Sojaquelle. 1984. April 26. "Lukas Kelterborn is not with us any more. The *Rundbrief* was mainly his thing. I knew it was not going to work this way, but I let him do it his way so he could learn. Lukas wanted to go into production of tofu so badly. He joined with Peter Wiegand and some other people and after having stuffed some 70,000 German marks into Peter's exhausted business, all went bankrupt. I will not continue the *Interessengemeinschaft* but I think something new has to come. The IG in its old form was too freaky and 'alternative.'" Address: Soyen, West Germany. Phone: 08071-4220.

6215. Shulman, Martha Rose. 1983. The health food industry. *Cosmopolitan.* July. p. 240-45.
• ***Summary:*** "These days, as interest in nutrition burgeons, health food is no longer the fringe fad it once was. Jane Fonda, Barbra Streisand, Sidney Poitier, Jerry Brown, Carol Channing, and Erica Jong are all avid fans of nutritious cuisine... and did you know Doris Day, Cheryl Tiegs, and Bill Walton have a distinct weakness for tofu? Sales of health food, now $2.4 billion a year, have *tripled* in the last decade. There are more than eight thousand natural-foods stores in the United States–over thirteen hundred in Los Angeles County alone–and over eighteen million people shop in them. Increasingly, too, the funky natural-foods shops of the late sixties and early seventies are becoming sophisticated supermarkets. Health-food chains are–excuse the expression–sprouting up nationwide. The largest, General Nutrition Centers, has about eleven hundred stores."

6216. **Product Name:** Tempeh Burgers.
Manufacturer's Name: Soy Plant Co-op Inc. (The).
Manufacturer's Address: 711 Airport Blvd., Ann Arbor, MI 48104. Phone: (313) 663-8638.
Date of Introduction: 1983. July.
New Product–Documentation: Iggers, Jeremy. 1983. *Detroit Free Press*. July 31. p. 6G. "Soy Plant struggles to keep its '60s ideals in '80s business world." Several new products are selling well, including tempeh burgers.

Soyplant pickup distributor price list effective April 16, 1984. Lists Tempeh Burgers, sold 3 per package or in bulk (50 singles).

6217. Richie, Donald. 1983. Tofu cooking: The Asian bookshelf. Book reviews / features. *Japan Times.* Aug. 6 (8/6/83).
• ***Summary:*** "Tofu is certainly the single Asian food best known in the West" [assuming that soy sauce is considered a seasoning rather than a food].

Tofu originated in China, where it is said to have been invented by an official of the T'ang dynasty [618-907].

"During the Han dynasty [202 BC to AD 220] it is said, overly honest and/or underpaid government staff were called 'tofu officials.'

Note: There is an obvious contradiction here.

Tofu "first entered Japan during the Nara period [710-794] having been brought back by Japanese envoys. Since there were mostly priests tofu was a welcome adjunct to their diet. Buddhist vows prohibited their eating meat–and in the Zen sect they could not eat fish either.

"The earliest document concerning tofu in Japan shows that it was fully domesticated by 1183." In 1782 a best-seller, published in Osaka, was titled "One Hundred Rare Tofu Recipes" [*Tofu Hyaku-chin*].

In Japan, tofu is served in ways that "retain the delicate tofu taste." By contrast, in China, "tofu is often prepared with meat or fish and serves mainly as a nutritional base.

"The West had long known Chinese tofu but it was not until Japanese food became popular abroad that tofu became loved for itself. At the same time the health-food boom occurred and shortly after that appeared a most important tofu document, *The Book of Tofu* by William Shurtleff and Akiko Aoyagi. Tofu had arrived in the West." Address: Japan.

6218. Klatt, Craig. 1983. Update on Worthington Foods and

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other Seventh-day Adventist companies making soyfoods (Interview). *SoyaScan Notes*. Aug. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Worthington Foods is going stronger than ever. They are expanding into new, more natural products, such as Tofu Garden Patties, as part of their Natural Touch line. They plan to develop more new products in this line. Worthington bought back their company from Miles Laboratories for less than they sold it for, and got a new factory and the Morningstar Farms line as part of the deal.

Payless and Longs drug stores in California sell Loma Linda infant formula.

Country Life, formerly Cedar Lake, now imports bottled soymilk (free of sugar) from Japan, and has a chain of vegetarian restaurants, including one on Wall Street. Address: Manager, Adventist Book Center, 2300 Nourse Rd., Pleasant Hill, California 94523. Phone: 415-685-4300.

6219. *Presse* (*La*) (*Montreal, QUE, Canada*). 1983. Le tofu, de la viande sans os [Tofu, the meat without bones]. Aug. 10. p. D4. [Fre]
• ***Summary:*** Contains recipes for tofu gratin and tofu cheesecake.

6220. Hansen, Barbara. 1983. What's in a namesake?: Let's eat out. *Los Angeles Times*. Aug. 11. p. O33.
• ***Summary:*** This is a review of the Taiwanese restaurant Green Leaves Restaurant (No. 117 in the Food Center, 727 N. Broadway, Los Angeles). It specializes in small, simple dishes that Taiwanese like with drinks, such as salted spiced prawns or "braised bean curd." Address: Times staff writer.

6221. Torii, Yasuko. 1983. Re: New developments with tempeh and tofu in Japan. Letter to William Shurtleff at Soyfoods Center, Aug. 14. 2 p. Typed, without signature (carbon copy). [Eng]
• ***Summary:*** Tempeh: "(1) There was a seminar on soyfoods on Aug. 5. The topics were: 'Tofu and Japanese foods in the U.S.,' by Prof. Okubo. 'Does tempeh fit into the Japanese diet,' by Prof. Katsuyoshi Tsujimura of Tokyo. A party was held after the seminar to celebrate the 15th anniversary of the Soyfoods Development Association. Many businessmen showed interest in tempeh.

"(2) Mr. Kato of the Ministry of Agriculture [*Nôrinsho*] arranged for a meeting for Nihon Kogyo KK and Kyodo Press on Aug. 9. I prepared soy and okara tempeh, and Mr. Kato brought Torigoe's tempeh. According to Mr. Kato, articles on tempeh will be distributed to many local papers thru Kyodo Press. Nihon Kogyo seems to be interested in producing [tempeh] starter. A few researchers are going to visit the U.S. in September to attend a convention and they hope to visit some tempeh and tempeh starter factories in California. Is it possible to make such arrangements for them?

"(3) Mr. Sakata of Shibata Shoten [a publishing company] visited Natto Kumiai [Japan Natto Association] and attended the soyfoods seminar. A final decision concerning publication will be made in a few days.

"(4) Natto Kumiai has distributed tempeh cultures to some members to study production. A meeting is scheduled in September and I was asked to attend and talk about tempeh."

Also discusses: Publication of The Book of Kudzu in Japanese. The Book of Tofu on NHK-TV. Address: Kamitsuchidana 324, Ayase-shi, Kanagawa-ken 252, Japan. Phone: 0467-76-0811.

6222. Sheraton, Mimi. 1983. Restaurants: A long line forms in Chinatown. *New York Times*. Aug. 19. p. C16.
• ***Summary:*** This is a review of the Cantonese Chinese 3-star restaurant Siu Lam Kung Restaurant (18 Elizabeth St., south of Canal Street). One exceptional soup is meat broth with straw mushrooms and a side platter of bean curds, green vegetables and pork. A tasty first course is clams in black-bean sauce. Both lobster and cracked crab are delicious with black-bean sauce, or with ginger and scallions. Likewise pork chops with pepper and black-bean sauce. Another masterpiece is crisp cushions of bean curd stuffed with minced shrimp.

Yocca, a leafy vegetable resembling spinach but with a haunting licorice flavor, is generally not on menus, yet it is ordered by Chinese customers. Yocca was served in a winy sauce with garlic and fermented bean cake [fermented tofu]. "Braised bean curd with black mushrooms and Chinese broccoli in oyster sauce" was also flavorful.

6223. Cook, Winnifred I. 1983. New frozen ice cream-type dessert uses healthy tofu as base for mix. *Home News* (*New Jersey*). Aug. 24. p. D1. Wednesday. Lifestyle section.
• ***Summary:*** "Already the famous and the not-so-famous que up at some of the most chic New York eateries to devour the new food–Tofutti. It is a frozen dessert resembling soft ice cream in texture and is sold in five flavors... It has a creamy smooth texture, and is cool, light and sweet, and has about 115 calories for a four-ounce serving... The major ingredient is tofu..."

"Tofutti, the frozen dessert Mintz is selling, took almost 10 years to perfect. He has been in the food business for 27 years... He'd read a book about tofu and Oriental cooking. It intrigued him enough to head for Chinatown in search of the soybean product. 'It was spooky. I went down into a basement where I found these people manufacturing tofu. I didn't, of course, speak Chinese, and I spent a long time trying to get across what I wanted. They call it "tof" so they didn't even know what I was saying.'"

Back at his deli, the first dish Mintz made using tofu was a beef stroganoff, in which the ingredient replaced the sour cream. Photo shows: David Mintz, sporting large

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sunglasses. A one-gallon container of Tofutti soft-serve mix, made by Welsh Farms in Long Valley. Address: Home News consumer writer.

6224. Barber, Linda Lee. 1983. Development, presentation and evaluation of an instruction package on tofu for high school students. MSc thesis, Home Economics, University of Wisconsin, Stout. vii + 105 p. Aug. No index. 28 cm. [67 ref]
• ***Summary:*** Contents: Acknowledgments. List of tables. List of figures. 1. Introduction. 2. Review of literature. 3. Methods and procedures. 4. Results and discussion. 5. Summary, conclusions and recommendations. Bibliography. Appendices. Dr. Thomas Holman was the research advisor.

The description on the title page begins: "'Hurry for Tofu,' an instructional package that includes a slide/tape, motivational tools, taste-testing food samples, was developed and presented to 31 high school students. Using the one group pretest / posttest design, and applying a t-test for data analysis, it was found that the students who participated in the 'Hurray for Tofu' presentation had posttest scores that were significantly higher than their pretest scores. Posttest attitude scores were positive. It was concluded that the 'Hurray for Tofu' presentation was an effective method to create an awareness of tofu for high school students, and that positive attitudes toward tofu were exhibited following the presentation."

Letter (e-mail) from Linda Barber. 2012. July 7. The value of this study is that I think it is still relevant today as introducing soyfoods to the Betty Crocker society still needs work. I believe this is the first teaching / learning packet developed for students in a public setting. "Hurray for Tofu" was the title I gave to my instructional slide show that I created. I used that as an educational tool along with a demonstration and recipe booklet.

Letter (e-mail) from Linda Barber. 2012. Nov. 7. Linda has now digitized her entire slide show. She writes: I do think the thesis ideas still has value today as I don't find many (make that any) schools that use tofu in their cooking classes. Most Family Consumer Teachers have no idea what to do with it either. Maybe this is because my experience has been in the Midwest? Address: Univ. of Wisconsin.

6225. Shurtleff, William. 1983. Log of soyfoods research trip to Hong Kong, China, Singapore, and Japan: May 29 to July 10, 1983 (Unpublished report). Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 117 p. Aug. Unpublished manuscript.
• ***Summary:*** Contents: Hong Kong: K.S. Lo and Vitasoy. May 29 (Sunday)–Plane from Hong Kong to Guangzhou City (Canton) in Guangdong (Kwantung) province. China: Guangzhou (May 29-30), Zhengzhou, Beijing, Harbin, Beijing #2 (Scurlock, Chen Xi-Hau, Joe Rakosky, Terrence Foley, local markets, vegetarian deli). Singapore: STS and Anders Lindner, Alan Yeo, American Soybean Association (Don Bushman, Sabrine Lee, Lars Wiederman).

Japan: Seiyu department store, Kibun, ASA Tokyo (Ms. Kojima), Kanji Tsuchiya, Japan Soymilk Assoc., Sano Rinji, Kikori, Prasad and natural foods, Goro Kanasugi and tempeh, Tsuchiya soymilk #1, Kikkoman at Noda (Yokotsuka #1, Mizunuma, Plant #6 modern, Yokotsuka #2, Goyo Gura, Noda Museum, Noda Library, Mr. Ichiyama), Morinaga, Kikkoman Tokyo, Japan Packaged Tofu Assoc., Natto statistics, Asahimatsu, Natto-tempeh meeting, Mr. Katoh, Nakano Masahiro, Mr. Iitsuka of Kikkoman, Daizu Shokuhin Kaihatsu, Tsuchiya #2, Nagayama, soynuts, oil association, kinako, Ishige, Mr. Mori and soy sprouts, Katoh, Arai-san, Kodansha, Nagayama and kinako, Dr. Nakano #2, Arai shoyu, Tsuchiya #3, Tenmi. Address: Lafayette, California.

6226. Shurtleff, William; Aoyagi, Akiko. 1983. The book of tofu. 2nd ed. Berkeley, California: Ten Speed Press. 336 p. Illust. by Akiko Aoyagi Shurtleff. Index. Aug. 28 cm. [321 ref]
• ***Summary:*** Three parts of this new edition have been extensively revised and updated: (1) "Tofu Makers in the West" (p. 313-16) has been updated and now includes 310 tofu producers in the Western world (with the name, address, phone number, and contact person for each company), arranged by state or foreign country. This is the only tofu book containing such a directory.

(2) The "Bibliography" (p. 319-324) has been greatly expanded and updated. It now contains 321 publications on tofu, including all known scientific and nutritional journal articles, the 33 books about tofu written in North America since publication of the first edition of *The Book of Tofu* in 1975, and other key articles and books about tofu from East Asia and Europe, the earliest from Europe dating back to 1613!

(3) An updated listing of "People and Institutions Connected with Tofu" in the U.S. and around the world, including researchers, major tofu manufacturers in Japan, trade associations, publications, equipment dealers, and tofu apprenticeship programs.

The "Glossary" (p. 325-27) has been condensed to make space for the expanded bibliography and back matter. There is a new page about the Soyfoods Center (p. 333). The page "About the Authors" (autobiographical) has been expanded, and the photograph has been updated. "Sending Tofu to the Four Directions" (p. 335) and the inside rear cover have both been updated. Still contains 500 vegetarian recipes–both western and eastern style.

Note: A news release of 17 Aug. 1983 states: "The Book of Tofu, which introduced the Western world to tofu and inspired the founding of more than 200 tofu shops and soy dairies in North America, has sold 340,000 copies to date, making it the world's best-seller on this popular new 'protein source of the future.'" Address: Soyfoods Center, P.O. Box

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234, Lafayette, California 94549.

6227. Shurtleff, William; Aoyagi, Akiko. 1983. History of soyfoods in China. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 19 p. Aug. Unpublished typescript. Available online at www.soyinfocenter.com.
• ***Summary:*** A comprehensive history of the subject. Contents: Introduction: Soyfoods widely used in all parts of China. Overview of Chinese food and diet. Animal products and soyfoods as protein sources in China. China's great cuisines and soyfoods. General characteristics of Chinese soyfoods industry. Information on soyfoods. Soy trade associations. Attitudes toward technology, modernization, and traditional soyfoods. Private enterprise, bureaucracy, and competing ministries. Availability of soyfoods. Address: Lafayette, California. Phone: 415-283-2991.

6228. *TV Guide.* 1983. Oh Madeline. Sept. 10. p. 52.
• ***Summary:*** Contains an interesting reference to tofu.

6229. Shurtleff, William. 1983. Re: Joint venture with K.S. Lo to have books by Shurtleff and Aoyagi translated into Chinese and sold in China. Letter to Mr. K.S. Lo, Hong Kong Soya Bean Products Co. Ltd., 41, Heung Yip Rd., Aberdeen, Hong Kong, Sept. 24. 2 p. Typed, with signature (carbon copy).
• ***Summary:*** "I was so pleased to see you again in San Francisco and to have found a way that our two companies can work together to mutual benefit. I am very excited about having our books translated into Chinese, starting with *Tofu & Soymilk Production.* If that is successful, I hope we can explore publication of our *Book of Tofu* in Chinese as well. This book also contains extensive information on soymilk.

"As I understand our agreement, we will proceed as follows: 1. You will find a quality translator and arrange to have the book translated at your expense." Three other basic ideas are listed.

Note: Mr. Lo took the book to various publishers in China and Hong Kong, but none were interested in publishing it. What could the Chinese possibly learn from a Westerner about making tofu or soymilk? So the project never got off the ground. Address: Director, Soyfoods Center, P.O. Box 234, Lafayette, California. Phone: 415-283-2991.

6230. **Product Name:** [Tofu Meatless Slices].
Foreign Name: Tofu–Bratschnitte.
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06-352-3473.
Date of Introduction: 1983. September.
Ingredients: Incl. tofu, tamari, sea vegetables, carrots, and herbs.
Wt/Vol., Packaging, Price: 200 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Albert Hess. 1988. Jan. 25. Leaflet. 1988. They make 300 kg/month. Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in Sept. 1983. Label. 1988, received. 2.5 by 4 inches. Black on orange. Self adhesive.

Label brought by Albert Hess. 1995. March 11. 2.5 by 4 inches. White and purple on yellow. An illustration shows a large personified cake of tofu, with smiling face and arms held out. Ingredients in 1995: Tofu, vegetables, herbs, algae, tamari.

6231. *Food Trade News* (*Ardmore, Pennsylvania*). 1983. New England Dairy sees future in Oriental tofu. Sept.
• ***Summary:*** In late 1982 Tomsun began to reposition its tofu from an Oriental position to a mainstream American position. Juan Metzger (a founder and former chairman of the original Dannon Yogurt Co.) and David Kirsch (former owner and president of Kirsch No-Cal Beverages) convinced Tom Timmins the repositioning was in the long-term best interests of Tomsun Tofu. In 1983, as part of the repositioning, the name of the product was changed from Soydairy Tofu to Tomsun Tofu; the latter has a slight hint of the Orient, but sounds more American and is easier to remember and to spell. The package is also entirely new. Tomsun now has 5 tofu products.

6232. Fruin, W. Mark; Shurtleff, William. 1983. A soyfoods training center network: Soyfoods technology transfer from the United States and Japan to East, Southeast, and South Asia. Palo Alto, California. 29 p. 28 cm.
• ***Summary:*** Contents: 1. Introduction. 2. Japan: Asia's leading source of soyfoods technology. 3. America: World's leading supplier of soybeans. 4. Soybeans in U.S.-Asian economic and trade relations. 5. The aims of this proposal. 6. Groups interested in expanding food uses of soybeans in Asia. 7. The Sri Lanka success story. 8. United States-Japan soyfoods technology transfer. 9. Project investigators, collaborators, advisors. 10. Conclusion.

Note: This Fulbright grant proposal was submitted on 28 Sept. 1983 to Ms. Jennifer Keefe, Program Officer, Council for International Exchange of Scholars, Eleven Dupont Circle, N.W., Washington, DC 20036. Accompanying it were CVs for Fruin and Shurtleff, plus letters supporting the project from the following collaborators: Kanji Tsuchiya (Japan), Gunnar Lynum (American Soybean Assoc. director for Japan), Tokuji Watanabe (Prof., Food Science Lab., Kyoritsu Women's Univ., Japan), Harold E. Kauffman (INTSOY Director, Urbana, Illinois), Michael A. Phillips (Director, Market Development, ASA, St. Louis, Missouri), and P.S. Bhatnagar (All India Coordinated Research Project on Soybean, G.B. Pant Univ. of Agriculture and Science, Pantnagar, UP, India). Address: 1. Prof., 4060 Amaranta Ave., Palo Alto, California 94306; 2. Director, Soyfoods

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Center, P.O. Box 234, Lafayette, CA 94549.

6233. **Product Name:** Green World Festive Frozen Dessert (Non-Dairy Tofu Ice Cream) [Carob, Carob Mint, Vanilla, Strawberry, Blueberry, Piña Colada, Raspberry, Banana-Coconut, Tofrutti].
Manufacturer's Name: Green World, Inc.
Manufacturer's Address: Mayfield Stage, Boise, ID 83706.
Date of Introduction: 1983. September.
Ingredients: Tofu, soymilk, honey, oil, carob, lecithin, vanilla.
Wt/Vol., Packaging, Price: 16 fluid oz (1 pint). Retails for $1.19 to $1.25.
How Stored: Frozen.
New Product–Documentation: Boise Statesman. 1984. June 6. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 77. Interview with James Herrington. 1987. Dec. 30. The Tofrutti flavor, introduced in the fall of 1983, was before he had ever heard of Tofutti. It contained pineapple, orange, banana, and apricot. The first two flavors were carob and carob mint. This is their second most successful and profitable product after tofu.

6234. Leviton, Richard. 1983. Report on soyfoods research trip across America, September 1983. Colrain, Massachusetts. 8 p. Unpublished typescript.
• ***Summary:*** Visited or discusses: Grainaissance (makes amazake and mochi), Brightsong (Dik / Richard Rose), Sonoma Specialty Foods (California), Northern Soy (Rochester, New York), Southwest Soyfoods (Richard Jennings), White Wave (Steve Demos, Boulder, Colorado), Quong Hop & Co. (South San Francisco, California), Modern Fare (Loveland, Ohio), Soyfoods Unlimited (Valerie, Gary and John Robertson, San Leandro, California). Soyfoods Center (Lafayette, California), Soyfoods of America (Doug Fiske and Ken Lee, Los Angeles), Real Foods (Polk St., San Francisco), Tumaros (Los Angeles), Unicorn (Terry Dalton, Florida), Japantown and Rainbow Grocery (San Francisco), Berkeley Natural Grocer and Berkeley Co-op (Bob Gerner, California), Hinode Tofu Co., Edensoy, Farm Foods, New England Soy Dairy, and Nasoya (Leominster, Massachusetts). Legume (Gary & Chandri Barat, New York City), Lotos / Lotus Cafe (Greg Weaver, Rochester, New York).

NRRL (Hesseltine and Wang, Peoria, Illinois): Their work is in mixed starter culture fermentation, vitamin B-12 work. Japanese man from Tokyo to work one year on natto at NRRL, paid by Japanese government. B-12 can withstand some heat during cooking and the percentage of B-12 lost depends on the initial percentage present. Natto research: examine all Japanese publications for review article. Experiment using U.S. soybeans to make natto since the Japanese buy Chinese beans for their thinner seed coat. See what happens to the oil to protein ratio during fermentation. Natto as such has no possibilities in the U.S. as it is a slimy food with a rotten smell; hard to tolerate. There might be vitamin B-12 in natto produced by *Bacillus subtilis.* Koreans have done lots of B-12 research with kimchee and other pickled vegetables. Earl Swain died this summer of a heart attack at age 36. Natto research will help U.S. soybean exports. USDA bureaucrats are making it difficult for Dr. Hesseltine to do natto research. They have 65 objectives, but Dr. Wang's projects don't fit any of them clearly, so they won't mention "food" in their research outlines, just fermentation methods. Secretary of Agriculture John Block [served 1981-86 under President Ronald Regan] says the U.S. needs more ag exports and more basic information about crops uses, so he is in support of this natto research.

Out of business: Michiana Soyfoods, St. Ignatius shop, Sunshine Soy, Heartsong, probably Joy of Soy and a Korean shop in Salt Lake City, Utah.

Concerning soymilk: 10. In Oak Park, Illinois, a natural foods retailer says Edensoy outsells San-J by two to one. (Note: San-J imports "To-Neu Natural Soy Beverage" made in Japan by Kibun). Teenagers buy the carob Edensoy along with popcorn in the store, and use it as a soft drink. But most retailers say the Eden package [stand-up foil retort pouch] is a disaster; it is impossible to open without scissors, then if you squeeze, it sometimes spills out. San-J [in a Tetra Brik carton] is convenient but the taste is poor and the front graphics are confusing–too many words and images. According to Shurtleff, both are inferior products compared to Japan's best.

22. Concerning Edensoy at the NNFA show in Denver, Colorado: Mike Potter says "it went over great." He sold two container loads right away. People liked the package and the taste. About 4,000 people sampled it and were "generally amazed." The results were as good as they could want; it generated interest and excitement. Now they are setting up the distribution system. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6235. Leviton, Richard. 1983. Soyfoods in the heartland: A colorful program on tofu and tempeh, by Richard Leviton (Poster). Colrain, Massachusetts. 1 p. Undated (Sept/Dec). 11 x 17 inches.
• ***Summary:*** This poster, printed with black ink on off-white paper, was used to advertise a series of programs that Richard Leviton gave in the Midwest in the fall of 1983. The text states: "Editor / publisher *Soyfoods* magazine, Executive Director Soyfoods Association of North America, & widely published author on soyfoods.

"At the program you will... Learn how to make tofu and tempeh at home.

"Learn how to set up your own kitchen soy deli–from tofu cheesecake to tempeh burgers.

"Enjoy a color slide show: over 200 stimulating images.

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"Meet soyfoods, today's No. 1 versatile, low cost protein.

"Discover nutrition and convenience in soyfoods–fast foods to gourmet.

"Sample delicious tofu or tempeh recipes."

Near the bottom are blank spaces to fill in the date, time, admission fee, place, and sponsored by.

Color photos show: Portrait of Richard Leviton with impish grin. A tempeh burger with all the trimmings. Address: 100 Heath Rd., Colrain, Massachusetts 01340.

6236. McDougall, John A.; McDougall, Mary A. 1983. The McDougall plan. New Century Publishers Inc., 220 Old New Brunswick Rd., Piscataway, NJ 08854. 340 p. Foreword by Nathan Pritikin (8/83). General index and recipe index. 24 cm. [804* ref]

• ***Summary:*** This carefully researched and documented book and cookbook argues convincingly in favor of a vegan diet that uses no animal products, that is low in fats, calories, and sodium, and rich in complex carbohydrates. Pages 89-90 give the percentage of calories from fats in various foods under 3 categories: low-fat vegetable foods (incl. oatmeal 16% of calories from fat, apple 9%, broccoli 9%), high-fat vegetable foods (incl. avocadoes 88% of calories from fat, almonds 82%, peanut butter 77%, sunflower seeds 76%, tofu 53%, soybeans 40%, wheat germ 27%, tempeh 25%), and animal foods (bacon 94%, t-bone steak 82%, frankfurters 80%, cheddar cheese 73%, egg 65%, tuna in oil 64%, milk [whole 3.5% fat] 49%, ice cream 49%, milk low-fat 31%, chicken [light-skinned] 18%, tuna in water 6%, buttermilk 3%, skim milk 2%).

Note: The author, however, argues repeatedly against the use of tofu and tempeh based on the "percentage of calories from fat" concept. His figures are correct but we and many nutritionists feel the basic concept, originally popularized by Nathan Pritikin, overlooks two key points: (1) the percentage of water in the food, and (2) the average serving size.

Page 198, in a section on rich [high fat] plant foods, states that tofu, tempeh, soybeans, textured vegetable protein (TVP), and miso contain excessive fat and most are high in calories. "The rich plant foods may account for a small portion of your daily food (less than 10 percent of your calories per day) but only after you have attained the level of health you are striving for. In general, these foods are more harmful than health-supporting. Never eat these foods if you have problems with your health that remain unsolved. If you begin using this group of foods and find that you are also gaining weight or getting back some of your old ailments, then stop eating these foods immediately."

Appendix I, p. 322-28 contains a table listing the percentage of calories from protein, fat, and carbohydrates in many foods. It also gives the calorie concentration (in calories per gram) for each food; foods with a low concentration aid in weight-loss programs. Tofu has only 0.72 calories per gram, and soy sprouts only 0.46; both are low. No soyfoods are used in the many recipes in this book.

Note: According to a colleague, John McDougall suffered a stroke at age 19, which led to much of his current interest in diet and health. He is not a Seventh-day Adventist. Address: 1. M.D. Both: Near Kailua Bay, Oahu, Hawaii.

6237. **Product Name:** Tofu, Soymilk, Soymilk Yogurt.
Manufacturer's Name: Merrickville Bakery & Tofu.
Manufacturer's Address: St. Lawrence Street, Merrickville, ONT, K0G 1N0, Canada. Phone: 613-269-3200.
Date of Introduction: 1983. September.
New Product–Documentation: Form filled out by Steven Rowat. He uses 2 lb/day of dry soybeans. The tofu shop does not have its own name. Started 15 Sept. 1983.

6238. New England Soy Dairy Inc. 1983. Tomsun Tofu. The perfect protein (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

• ***Summary:*** "Now nutritionally improved with natural calcium. The calcium in 4 oz. Tomsun Firm Tofu = 8 oz of cow's milk." Address: Greenfield, Massachusetts.

6239. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Plenty Soyfoods.
Manufacturer's Address: P.O. Box 21, Mount Moorosi, Quthing District, Lesotho.
Date of Introduction: 1983. September
How Stored: Refrigerated.
New Product–Documentation: Talk with Peter Schweitzer of Plenty USA. 1994. June 7. Chuck Haren of Plenty helped to set up this soy dairy which had solar cells on the roof and was located inside a traditional, round Lesotho house with a thatched roof. Peter does not know whether or not it is still in operation.

Note: These are the earliest commercial soy products seen in Lesotho.

6240. Shurtleff, William; Aoyagi, Akiko. 1983. The book of miso. 2nd ed. Berkeley, California: Ten Speed Press. 278 p. Illust. by Akiko Aoyagi Shurtleff. Index. Sept. 28 cm. [223 ref]

• ***Summary:*** Contents: What is miso? Preface to the second edition. Preface to the first edition. Acknowledgments. Part I. Miso: Savory, High Protein Seasoning. 1. Soybeans, protein and world hunger. 2. Miso as a food. 3. The miracle of fermentation. 4. The varieties of miso: Regular Miso: Rice miso (red / aka, light-yellow / shinshu, mellow red / amakuchi akamiso, mellow beige / amakuchi tanshoku, mellow white / shiro koji, sweet red / edo or edo ama-miso, sweet white / Kyoto shiro miso), barley miso (karakuchi mugi, mellow barley / amakuchi mugi), soybean miso /

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mamé miso (Hatcho miso, soybean miso / mame miso, tamari miso). Special Miso: Finger lickin' miso / Namemiso (Kinzanji miso, moromi miso, hishio, namémiso, natto miso, goto miso), sweet simmered miso / nerimiso. Modern Miso: Akadashi miso, dehydrated or freeze-dried miso, low-salt / high-protein miso.

Part II. Cooking with Miso (400 recipes). 5. Getting started. 6. Recipes from East and West. Part III. The Preparation of Miso. 7. Making miso at home and in communities (incl. Homemade natural shoyu, and Homemade namémiso, p. 184). 8. Japanese farmhouse miso (how to make miso at home). 9. The traditional miso shop. 10. The modern miso factory. Appendixes: A. A history of miso and soybean chiang. B. Other East Asian misos: Chinese chiang, Korean jang and Indonesian Taucho. C. The microbiology and biochemistry of miso fermentation. D. Miso manufacturers in the West. E. People and institutions connected with miso. F. Miso with seafoods, chicken, and meat. G. Measures, weights, and equivalents. H. So you want to study miso in Japan? I. Miso additives. Bibliography [223 references]. Glossary. About the authors (autobiographical). The Soyfoods Center.

In May 1993 a new printing of this book appeared, containing many small changes made by the authors. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6241. Shurtleff, William. 1983. Notes from a phone talk with Richard Leviton concerning his trip across the USA in Sept. 1983 visiting soyfoods companies and giving talks. Lafayette, California. 3 p. Sept. Unpublished manuscript.
• ***Summary:*** Discusses: Nasoya, New England Soy Dairy (doing radio ads and videos in supers; making 45,000 lb/week of tofu), Hinode tofu, Lotus Cafe, Penguino's (chocolate is their favorite soy ice cream favorite), Northern Soy and Wegman's, Vegetarian Times, Emperor of Japan to give Dr. Clifford Hesseltine a high medal at the end of November, Bob Davis plans to move to Nevada City (California), Kraft bought 15 Okita packaging machines. Richard Jennings, his marriage, Southwest Soyfoods, and chilled water as an alternative to pasteurization; his shop in Ecuador is now closed. Nasoya makes 22,000 lb/week of tofu with no outside money. David Mintz was on Good Morning America talking about Tofutti. The Farm (Summertown, Tennessee) now makes only liquid soymilk, no powder. Tom Leonard and Jim Hemminger are selling tofu to Community Mercantile. Leonard was in Arkansas in 1977, first batch of miso in Dec. 1978. Now makes 500 lb/week. Well Spring is a new miso maker in Colorado. White Wave (Boulder, Colorado) is making 12,000 lb/week of tofu and doing well financially, as new frozen entrees & nut butters, tofu lasagne. Edensoy is outselling SanJ soymilk by 2 to 1. Time magazine Sept. 19 insert. American Dietetic Assoc. will list tofu as a good protein source. Jim Cooley of Lawrence, Kansas. He started making tofu in 1977. Legume Inc.'s new product line out Oct. 5; lists names of each product. Address: P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

6242. Takai, Motoo. 1983. Tôfu kikai no kiseki [History of tofu equipment]. Takai Tofu & Soymilk Equipment Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 132 p. Illust. No index. 19 cm. [Jap]

6243. **Product Name:** Tomsun Tofu [10, or 16 oz. Pasteurized Water Tubs].
Manufacturer's Name: Tomsun Foods, Inc.
Manufacturer's Address: Greenfield, Massachusetts.
Date of Introduction: 1983. September.
New Product–Documentation: Spot in Soyfoods. 1983. Summer. p. 53. "The Tomsun Ten." The company's new brand name Tomsun will be introduced on all company products in September, 1983. Soyfoods Newsletter. 1984. Jan. Tomsun's tofu has been repositioned as "The Perfect Protein." It is made with a blend of calcium sulfate and magnesium chloride so that 4 oz. firm tofu contains the same amount of calcium as 8 oz. of cow's milk.

6244. *Executive Fitness Newsletter* (*Rodale Press, Pennsylvania*). 1983. Tofu: The Zelig of health foods. Oct. 1. p. 1.
• ***Summary:*** Mentions tofu cheesecake. Address: Emmaus, Pennsylvania.

6245. Fabricant, Florence. 1983. Elaborate and seriously Chinese: Dining out. *New York Times.* Oct. 2. p. L_I_23.
• ***Summary:*** This is a review of the Chinese one-star restaurant Chopsticks (8 Bond St., Great Neck). Recommended dishes include "Braised bean curd with succulent mushrooms and bamboo shoots."

6246. Reed, M.H. 1983. Where China and Japan meet: Dining out. *New York Times.* Oct. 2. p. WC25.
• ***Summary:*** This is a review of the one-star restaurant Sakura (56 Garth Road, Scarsdale, New York), which has both Japanese and Chinese menus–although the Japanese dishes were preferred.

"Good, too, were age-tofu [fried tofu] and cold yakidofu [grilled tofu], fragile blocks of silken bean curd complemented nicely by a sharp sauce sprinkled with bonito flakes."

6247. Morrow, Lance. 1983. Thinking animal thoughts. *Time.* Oct. 3.
• ***Summary:*** "Human teeth are not designed the way they are in order to eat tofu and alfalfa sprouts, but to tear and grind meat."

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6248. Oda, Lorraine. 1983. Tofu enjoys increasing popularity. *Hawaii Herald.* Oct. 7. p. 5. Friday.
• ***Summary:*** Jack Tsuneyo Uyehara manages Aloha Tofu Factory Inc. His father, Kamesaburo, brought the plant in 1951 from a pig farmer, Kamehachi Shimabukuro, who used the okara for pig feed. Back then the factory was located on Dillingham Blvd. and produced only tofu and abura-age. Today the plant on Akepo Lane in Kalihi produces each week: 3,500 pieces of soft, firm, and mini-tofu, 6,000 pieces of aburage, 2,000 packages of natto, and enough atsu-age and nama-age to supply stores in Oahu. The four Uyehara brothers run the company.

Note: This is the earliest document seen (Dec. 2001) that contains industry or market statistics for natto by individual companies. Address: Editorial Asst., Honolulu.

6249. Leviton, Richard. 1983. Société Soy, France's largest tofu manufacturer (Document part). In: R. Leviton. 1983. Report of Trip to Europe with American Soybean Assoc. 82 p. Unpublished manuscript. See Oct. 16.
• ***Summary:*** This tofu plant in Cerny, the largest in France, is distinguished for its dairy style machinery innovations. Bernard Storup is the 4th generation of a cheesemaking family; his brother, a cheese specialist, went to cheese school. Societe Soy uses 6 workers two days a week to produce 5,000 lb/week of tofu and 10,000 Tofu Croques (burgers) in 6 flavors. Burger sales are rising rapidly, and may hit 20,000 by Dec. 1983. Both products are vacuum packed for a 3 week shelf life, refrigerated. They use the "tofou" spelling and Soy not soja for the company name so they could trademark both in France. They plan to replace their Takai W30-C system with dairy style equipment. The new equipment has curd tanks on a raised platform; the curds flow into a 4x12 foot stainless steel shallow bed trough. One or two large pneumatic presses press the whole lot, then it gets cut all at once. The company reached break-even after 12 months. Their tofu wholesales for 14 French francs/kg which is $0.80/lb. Breakeven is 2,000 lb/week of tofu. Bonneterre distributes 40% of their tofu. Bonneterre started in 1963 but in 1980 nearly went bankrupt and was acquired by a large dairy company [Triballat].

Societe Soy began production in Sept. 1982. France has at least 5 other tofu manufacturers, whose weekly output combined is about 3,500 lb. Paris, then the Marseilles, Mediterranean Coast, are the best markets in France for Tofu, and the typical customer is female, educated, age 25-35. The 13,000 Japanese and 200,000 Chinese in Paris can't get enough tofu. Paris has 3-5 small tofu producers, but sprouts are their main line. Societe Soy tofu has 12.3% protein, 24 day shelf life with hot packing at 60ºC, no cooling tank involved, pasteurization after vacuum packing in vertical steam tank. The company is energetic, professional, and quite aware of sanitary procedures and the need for appropriate packaging. The future of tofu is believed to lie in mixing it with other foods, possibly meat or cheese, or to follow the Asiatic example of using strong spices. Tofu needs a strong, memorable flavor. Americans have been too strict in their essentially vegetarian approach to formulating soyfoods.

For financing, Bernard got 25,000 francs then 60,000 francs from banks for a novel business plan competition that he won twice. His total initial investment was 250,000 francs or US$30,000; half of this came from the government. Address: Colrain, Massachusetts.

6250. Lindner, Anders. 1983. Swedish Better Butter is called Laette & Lagom (Interview). Conducted by William Shurtleff of Soyfoods Center, Oct. 20. 1 p. transcript.
• ***Summary:*** In America "Better-Butter" refers to a blend of 1 cup each vegetable oil and butter plus 2 tablespoons each water and dried skim milk, ¼ teaspoon lecithin, and ½ teaspoon salt (See *Laurel's Kitchen* 1976, p. 123). Easily made at home in minutes, it is an excellent substitute for margarine; the butter provides its unmatched flavor and the vegetable oil reduces the percentage of saturated fats–and the cost.

In Sweden such a product is sold commercially under the name Laette & Lagom–which means "Light and sufficient," or just right. In Japan, Morinaga makes Laette & Lagom under license. Address: STS, Singapore.

6251. **Product Name:** Nama-agé, and Atsu-agé.
Manufacturer's Name: Aloha Tofu Factory Inc.
Manufacturer's Address: 961 Akepo Lane, Honolulu, Oahu, Hawaii. Phone: 808-845-2669.
Date of Introduction: 1983. October.
New Product–Documentation: Oda. 1983. Hawaii Herald. Oct. 7. p. 5. "Tofu enjoys increasing popularity." Ad in Hawaii Herald. 1983. Oct. 7. "Make your favorite recipe even better with the best in soy bean products. Tofu, natto, aburage, konnyaku, okara, yakidofu. 961 Akepo Lane. Phone 845-2669."

6252. **Product Name:** TF-10 (Spray-Dried Tofu Powder) [High Protein, Regular Protein, or High Solubility].
Manufacturer's Name: Clofine Dairy Products, Inc.
Manufacturer's Address: P.O. Box 335 (1407 New Rd.), Linwood, NJ 08221. Phone: 800-441-1001.
Date of Introduction: 1983. October.
Ingredients: Soybeans, water, coagulant.
Wt/Vol., Packaging, Price: 150 lb multiwall paper bag.
How Stored: Shelf stable, 6-12 month shelf life.
Nutrition: Moisture 2-3%, fat 25.5%, protein 53.5%, ash 4.5%, fiber 1.2%, carbohydrates 14%.
New Product–Documentation: Spot in Food Processing. 1985. May. p. 46. This spray dried tofu is said to be produced from a fresh silken curd tofu. Note: Clofine is a dairy products company. Interview with Ed Pedrick. 1986. Feb. 11.

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"Our spray-dried tofu was first sold commercially in about February 1985." Note: Soyfoods Center is suspicious of this product. Numerous enquiries for information yield nothing. Spot in Prepared Foods. 1986. March. p. 177. Contains 52% protein and 25% fat; Cereal Foods World. 1986. March. "Spray-Dried Tofu." Kingma. Soya Newsletter. 1987. May/June. p. 1, 11. July/Aug. p. 2. Clofine estimates that it held 70% of the U.S. market for tofu powders in 1986, and that sales will triple in 1987. Ad in Soya Newsletter. 1988. Jan/Feb. p. 10. "Clofine Dairy and Food Products. World's First and Leading Source of Tofu Powder. Quality spray dried tofu and soymilk powder for food industry applications."

Talk with Richard Rose. 1987. Aug. 6. Clofine just bought a continuous cooker from Bean Machines. Richard is skeptical if this product is really tofu. They sell it for $0.80/lb, and they admit it contains soy protein isolate. Everyone is using the Clofine product in second generation products. It is cheaper than isolate.

Talk with Clofine customer. 1988. Sept. 9. Clofine makes their spray-dried tofu starting with soy flour. They extract the soymilk, add a little calcium sulfate, then spray dry it. The finished product is very satisfactory, but it is not clear why the spray-dried tofu should cost 30-40% more than the spray-dried soymilk. Maybe it is simply that people are willing to pay more for spray-dried tofu.

Talk with Ed Pedrick. 1989. March 2. This product was launched in late 1983. The first commercial product in which it was used was Tofutti. Clofine dehulls soybeans and grinds them to a fine flour. They take this flour to the Armour Foods plant (Phone: 606-336-3922) a former cheese facility, now owned by ConAgra, Inc. in Springfield, Kentucky, where the soy protein is extracted from the flour and coagulated with calcium sulfate, then spray dried. The spray drying costs about $0.18-$0.20/lb of dry product, very low. The spray dried tofu now sells for an average of $1.50/lb, but as high as $1.95/lb in small quantities. Their spray dried soymilk sells for $0.70-$0.85/lb. One of their spray dried tofu products contains soy protein isolate, but this is for a specific application where the functionality of the isolate is needed. The spray dried tofu sells for about twice the price of the spray dried soymilk because the tofu requires additional processing and monitoring, and because the large demand will bear that price.

Ad in Soya Bluebook. 1992. p. 51. "Since 1982, Clofine Dairy & Food Products, Inc. has been a pioneer in the world's soyfood industry, being one of the first companies to commercially produce and sell spray-dried soymilk and tofu for use as a dairy substitute ingredient." Three dried tofu products are listed: Low-Fat Spray-Dried Tofu–TF-7 (2.0% fat max.), Full-Fat Spray-Dried Tofu–TF-15, Spray-Dried Tofu–TF-10.

6253. Dremann, Mary Carroll. 1983. Give tofu the freeze: For added texture & longer shelf life. *Vegetarian Times.* Oct. p. 42-43.
• ***Summary:*** Starts with a description of how to make frozen tofu at home, and then how to dry it. Recipes using frozen tofu: Tofu burritos. Salsa verde. Stuffed mushroom caps with tofu. Vegetarian tofu chili. Vegetarian eggrolls.

6254. **Product Name:** Farm Soy Dairy Tofu (Water Pack).
Manufacturer's Name: Farm Soy Dairy.
Manufacturer's Address: 156 Drakes Lane (P.O. Box 96), Summertown, TN 38483. Phone: 615-964-2529.
Date of Introduction: 1983. October.
Ingredients: Pure well water, soybeans, calcium sulfate.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.

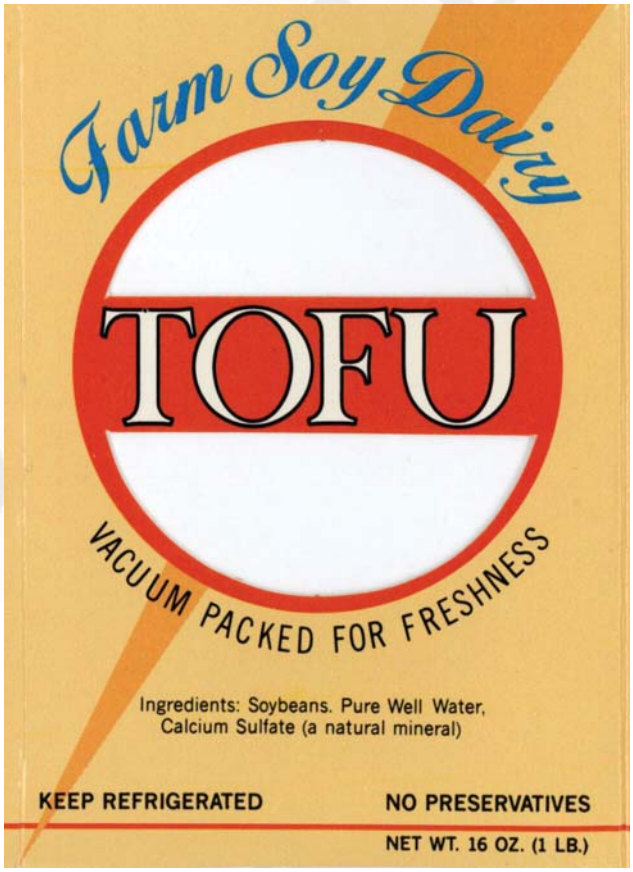

New Product–Documentation: Label obtained in 1984. 4 inches diameter. Plastic lid. Green on clear plastic lid. The text below the ingredients reads: "Quality Tofu Since 1973." Talk with Michael Lee, owner. 1988. Oct. 12. This company, formerly a Farm co-operative, became a partnership (Michael Lee and Ron Maxen) in Oct. 1983, This is their main product, and they now make 10,000 to 12,0000 lb/month in both vacuum and water pack. Gross sales in 1987 were $110,000. Before that, about $65,000. Packaging is in Airlite high density polyurethane water-pack tubs. Talk with Robert Holzapfel. 1988. Oct. 22. "Farm Tofu" is now sold at Krogers in Tennessee and Alabama.

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Two Labels for Farm Soy Dairy Tofu sent Dec. 1988 by M. Lee, Box 96, Summertown, TN 38483. However this tofu is vacuum packed.

Letter (in reply to questions) from Barbara Elliott. 2013. April 10. She and her husband Thomas Elliott presently own the business; they bought it from Michael Lee. (1) "Tom decided to quit using the vacuum packaging when the outer box price went sky high. Tom & I have been water packing the tofu for as long as I can remember. It would require further search of check stubs to determine the exact date.

(2) "I would say that we took over the operation on July 1, 1991. Present owners are Barbara and Thomas Elliott (although the business is for sale and if we don't complete a sale this year, we will probably use up our beans and go out of business). On July 1, 1991, we made the soy milk and tofu. I'm not positive if we made the soy yogurt at that time or later. Again, would require further research and/ or ask Tom. We made our first purchase of certified organic soybeans in November of 1991, having used conventional beans before that.

(3) "We make soymilk only for on the Farm use as it has a short shelf life. More research needed to find out when we started making extra firm date and Soygurt. The Soygurt is a name we coined when designing a preprinted container for commercial sale of our plain, unsweetened soy yogurt. Soygurt is currently sold at the Whole Foods Market in Franklin, TN and Nashville. We just use a plain deli container and simple label for the soy yogurt here on the Farm. We had an account with the Fresh Market stores for several years. They requested and we developed a Soft Tofu at that time. We could still make it, but have not had much demand for it so haven't made it in awhile. We no longer supply the Fresh Market stores.

(4) "Yes, we are at the same location, which is now formally 116 Second Rd, Summertown, Tennessee. Yes it was originally a canning and freezing tent, which became a building over time. The building was in terrible disrepair when we took over. In addition to redoing much of the production equipment, we remodeled the building starting in November of 1992."

6255. Leviton, Richard. 1983. The market boom for soyfoods in the United States. Paper presented before the Euvepro General Assembly, Parma, Italy. Oct. 11. 13 p. Unpublished typescript on Soyfoods magazine letterhead..
• ***Summary:*** An excellent overview of the subject, presented with color slides. Contents: Introduction. The U.S. soyfoods industry and market. Eight reasons for the soyfoods boom in America. New U.S. soyfoods products. Ten trends in the soyfoods market. The European soyfoods boom (what it is and 4 steps to expand it). Conclusions. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6256. Leviton, Richard. 1983. The soy deli case. *Whole Foods* (*Berkeley, California*). Oct. p. 27-28.
• ***Summary:*** "The Hinode Tofu Company of Los Angeles recently propelled the industry years by running a series of full page, full color ads for their branded tofu in regional editions of *Good Housekeeping, Weight Watchers, Runner's World, Bon Appetit,* and the Los Angeles *Times* (circulation: one million). Their ad included a 15¢ discount coupon (eight million were printed in total). Edward & Sons has been advertising its Miso-Cup instant soups and Miso+Plus Chive and Jalapeno dry miso dips in national trade and consumer publications. And Farm Foods, with their expanding line of Ice Bean soy ice creams (hard packed and soft-serve) recently launched a cooperative advertising and discount program in cooperation with retailers..."

The Real Food Store on Polk Street in San Francisco has introduced what is probably the first distinctly labeled soy case. It consists of a self-standing reach-in cooler filled with about 34 different soyfood products, from bulk and packaged tofu to soymilk and tempeh burgers.

"At press time, Bread & Circus, a leading natural foods retailer in Boston, was planning a week-long soy promotion in cooperation with a half dozen Bay State producers... Elsewhere, Tree of Life, Florida's $35 million distributor and manufacturer, designated August as Soyfoods Month and ran promotions in their 60-page monthly newsletter sent to their 2,000 accounts. Soyfoods were presented as that month's 'Super Specials' with 'deep pocket discount' for retailers, reports Morris Shriftman, vice president." Address: Colrain, Massachusetts.

6257. Leviton, Richard. 1983. Soyfoods in your kitchen: The variety is infinite! *Your Good Health: Review & Digest* 1(6):16-18. Oct.
• ***Summary:*** An introduction to tofu and tofu products, tofu main dishes, tofu desserts, tempeh, miso, soysage, "green soybean pods in plastic bags," soynuts, natto, Hamanatto, and yuba.

Gives recipe names and ideas for each soyfood type, but no actual recipes. Concludes with the thought: "If you remember this diversity of applications of tofu and tempeh... never again will you comment, 'Tofu is nice but it's just a bland white block.'" Address: Colrain, Massachusetts 01340.

6258. New England Soy Dairy Inc. 1983. What's good for her hips, her heart, and your produce sales? Tomsun Tofu (Poster). 305 Wells St., Greenfield, MA 01301. 1 p. 51 x 77 cm. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** Shows a young lady in short pants with heavy eye shadow. Beginning Oct. 3, 1983 for 6 weeks. 120 60-second radio spots with tags for participating merchants. Coupons on every package. Point-of-purchase recipes and signs. Recipes on every package. Address: Greenfield, Massachusetts.

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6259. **Product Name:** [Tofu, and Tofu Tart/Cheesecake].
Foreign Name: Tofu, Tofu Taart.
Manufacturer's Name: Premier Foods p.v.b.a. (Marketer). Tofu made in the Netherlands by Heuschen.
Manufacturer's Address: Dietsestraat 197, 3000 Leuven, Belgium. Phone: 016.23.31.48.
Date of Introduction: 1983. October.
How Stored: Refrigerated.
New Product–Documentation: Poster (color, 17 by 23 inches). 1984. "Try our Tofu Tart. Low in calories. Rich in protein. Easily digestible. 100% natural. Tofu is made from soybeans, water, and nigari." The company claims to have a registered trademark on the word "Tofu." The poster shows 3 tofu tarts and a cake of tofu in a white plastic tub, all against a light blue background. One tart is plain, one is topped with strawberries and sliced, and the third is topped with sliced kiwi fruits and red berries.

Letter from Pauline Six-Chan, manager of Premier Foods p.v.b.a., to Michael Martin at American Soybean Assoc. in Brussels. 1984. May 3. "This year we have started campaigning actively to introduce the soya product 'tofu' or 'beancurd' on the Belgian market." 1. Premier Foods has developed original recipes, in both Dutch and French, adapted to the Belgian taste. Copies of these are regularly given to clients of the shop in Leuven, and to those who attend demonstrations. 2. In the very near future a big supermarket chain will start selling tofu in its various stores. This looks like an important breakthrough. 3. Premier Foods has developed a Tofu Tart, which has met with great success so far. 4. 200 color posters presenting tofu and the tofu tart have been printed and will be given to supermarkets who sell the products. 5. Premier Foods has developed a tofu salad which it hopes to launch soon. She asks the ASA for financial assistance to help her young firm get started.

Talk with Pauline Six-Chan. 1984. Aug. 18. In 1982 she started Premier Foods to focus on foods that were international, fresh, and healthy. Since Oct. 1983 the company as been very active in presenting tofu and tofu products to the Belgian public and to buyers at supermarkets, cafeterias, etc. She buys all of her tofu from Heuschen in the Netherlands, and has an exclusive distribution contract for Belgium with him. She is most interested in developing second generation tofu products. She already has a tofu tart/cheesecake.

6260. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soja d'Oc.
Manufacturer's Address: Saint Paul de Mamiac, 81140 Penne, France. Phone: 63.56.34.09.
Date of Introduction: 1983. October.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. Jan. 17. No company name given but two similar listings. Owner is Olivier Attié. Addresses are: Presb. St. Paul de Marmiac, Penne du Tarn, Castelnau, Montmr. Or, Presbytere de St. Paul d'Mammiac, 81140 Pene du Tarn, Par Castelnau.

Richard Leviton. 1983. Oct. 16. Trip to Europe with American Soybean Assoc. Alain Lacombe makes about 200-300 lb/week of tofu at this company. Le Compas. 1986. March-April. p. 32.

Letter from Patrick Roger of Arts. 1985. June 12. Sojadoc (Contact Jacques Isnard; Phone (63) 931015) is at the temporary address St. Paul de Mamiac 81140 Penne. They make Tofu brut, and Tofu cuisiné (with vegetables, with fish).

Letter from Bernard Storup of Société Soy. 1989. March 3. In Dec. 1981 Olivier Attié began to make tofu on his farm in a small village named Penne-d'Agenais, 47140 in southwest France. With 3 friends, he decided to start a small company to sell tofu in shops and market places, so they founded Sojadoc S.A.R.L. The group split up rapidly, and only 2 of them, Alain Lacombe and Jacques Isnard, went on with the business, which began operation at the end of 1983. In 1985 they had financial problems–they were making only plain tofu and distributing it locally.

Note: This is the earliest record seen (April 2001) concerning Sojadoc of France.

6261. *Soyanews* (*Sri Lanka*). 1983. How to make tofu with soya flour. 6(2):2. Oct.
• ***Summary:*** The process (which is described) is an American contribution to the art of making tofu.

6262. *Sunset* (*Menlo Park, California*). 1983. Tofu pinch-hits for cottage cheese. 170:226. Oct.
• ***Summary:*** Uses silken tofu in a Tofu luncheon salad recipe, and regular tofu in White tofu with dark dressing (incl. soy sauce). Two photos accompany the recipes.

6263. *Tetra News* (*Singapore*). 1983. Soya bean: The meat of the Orient. Oct. p. 6-7.
• ***Summary:*** For centuries, the soya bean has been the king of beans in East Asia. "Almost every Asian household eats the bean in various guises–as soya milk, tofu, soya sauce or beancurd." It makes sense to eat the soya bean–it's one of the least expensive sources of high-quality protein.

"One leading soya bean drink producer in Malaysia and Singapore is Yeo Hiap Seng. For years, this company has been distributing soya bean drink in bottles besides marketing other traditional popular soft drinks like chrysanthemum and herb-tea.

"What Yeo Hiap Seng has developed is a set of soft drinks which are traditionally close to the people who have grown up with these drinks which they used to buy from street hawkers. 'What we have also done.' says Mr Francis Lim, Group Marketing Manager at Yeo's, 'is modernise

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production and pack them in bottles and packages.'

"Yeo Hiap Seng also distributes a vitaminised soya bean drink in Tetra Brik Aseptic cartons and sold under the brand name Vitabean. `What we are giving consumers is a soft drink with a plus–with vitamins added to make it a nutritious drink. And no preservatives are used,' Mr Lim stresses.

"While Yeo's bottled soya bean drink is produced for on-premise selling. Vitabean packages cater more to home consumers. 'Packages are lighter, disposable and very convenient for consumers living in highrises,' Mr Lim says. Yeo's Vitabean is exported to Hong Kong, UK, Australia, Canada and the USA.

"While companies like Yeo Hiap Seng market their soya bean beverage as a soft drink, others like Nestle market their product, Bonus, as soya milk. This is not purely a case of terminology. Legally, a soya beverage can only be marketed as soyamilk if it contains at least two per cent protein by weight of volume.

"And in their quests for product individuality, manufacturers have come up with a sweet list of flavours for their soya drinks. For example. President Enterprises Corporation in Taiwan produces soya drink in almond, peanut, coconut, egg, strawberry, chocolate, apple and orange flavours. One of the two flavours Nestle chose for their soya milk is fragrant pandan. There is also a sesame-flavoured soya drink marketed by Wei Chuan Foods Corporation in Taiwan.

"In whatever flavour, soya drink or milk makes a better soft drink in terms of value for money compared to the empty calories of conventional soft drinks."

Photos show: (1) A Tetra Brik package of Morinaga Ever Fresh Silken Tofu. (2) About 30 different East Asian soymilk products in Tetra Brik cartons.

6264. Wang, Yinchun; Sugiyama, Hiroshi. 1983. Extraction of botulinum toxin with urea-buffer. *J. of Food Protection* 46(10):861-63. Oct. [10 ref]
• ***Summary:*** Discusses the effect of *Clostridium botulinum* on wieners (all meat), tofu, and tempeh. Address: Univ. of Wisconsin, Madison, Wisconsin.

6265. Wu, H.M.; Peng, A.C. 1983. Production and textural properties of soy-cheese whey curd. A research note. *J. of Food Science* 48(5):1562-63. Sept/Oct. [5 ref]
Address: Ohio Agricultural Research & Development Center, Ohio State Univ., Wooster, Ohio 44691.

6266. Erewhon Mail Order. 1983. Erewhon. Natural foods mail order catalog. Brookline, Massachusetts. 16 p. Nov. 1. Catalog and price list.
• ***Summary:*** This is a new mail order catalog, whose prices are effective from 1 Nov. 1983. On the front cover is a woodblock print of two wooden barrels, a wooden tub, two sacks of corn, a sheaf of wheat, several ears of corn, and a scythe. Erewhon is located at 26 Washington St. in Brookline Village–also the home of Erewhon Mail Order. There are retail stores at 342 Newbury St. in Boston and 1731 Massachusetts Ave. in Cambridge. Products grown organically, without chemicals, are marked with the code "OG."

Contents: Whole grains & cereals (incl. Erewhon granolas). Flours. Pastas. Beans (incl. azuki beans, black soybeans from Japan, yellow soybeans from Minnesota). Seeds, nuts & dried fruit (incl. alfalfa seeds, sesame seeds, and tamari roasted nuts and seeds). Sea vegetables. Misos and tamari soy sauces. Japanese macrobiotic specialty products. Condiments, vinegars & sauces. Sea salts. Erewhon vegetable oils. Baking & home products (incl. koji rice for making amasake and miso, nigari for making tofu, tempeh starter). Sweeteners (Yinni rice syrup, barley malt, maple syrup, clover honey, wildflower honey {unfiltered}). Erewhon nut butters (Almond, cashew, peanut, sesame, sunflower). Fruit spreads. Snack foods. Sweets. Perishables (incl. bread, mochi, produce, amazake, tempeh). Beverages. Supplements. Natural cosmetics & body care. Cookware & appliances. Books & publications. Ordering & shipping information. Zone & shipping charts. Address: 236 Washington Street, Brookline, Massachusetts 02146. Phone: 1-800-222-802 or (617) 738-45168.

6267. Friedman, Nancy. 1983. Make way for tofu: It's cheap, versatile, nutritious–and about to break out of the health-food ghetto. *West* (*San Jose Mercury News, California*). Nov. 6. p. 34-39.
• ***Summary:*** About San Jose Tofu Co. (with a large color photo of Kenny Nozaki and his tofu shop), Fuji Tofu Co. (Reiso Kake started Fuji Tofu Co. 20 years ago), Azumaya, Quong Hop, and William Shurtleff. Contains 3 tofu recipes provided by Soyfoods Center: Creamy tofu dip or dressing. Tofu cheesecake with strawberry topping. Chilled tofu (*Hiya-yakko*).

6268. *Kansan* (*The*) (*Kansas City, Kansas*). 1983. Natural cooking aids KCK [Kansas City, Kansas] family in health. Nov. 9.
• ***Summary:*** David and Cindy Briscoe, who run the Macrobiotic East West Center [at 4321 Main St.] in Kansas City, Missouri, have been practicing macrobiotics for almost 5 years, with their two children Justin and Nora. They make Brown Rice–Tofu Burgers, and a recipe is given. A photo shows Cindy at a table with an all-natural meal including brown rice–tofu burgers.

Note: David published the first Soyfoods newsletter. He healed himself of a longtime severe schizophrenic problem and Thorazine dependency by changing to a macrobiotic diet. The story of his dramatic, almost miraculous recovery is told in his 1989 book "A Personal Peace: Macrobiotic Reflections on Mental and Emotional Recovery" (Japan

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Publications).

6269. Shurtleff, William; Aoyagi, Akiko. 1983. George Ohsawa and the macrobiotic movement: History of work with soyfoods. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 46 p. Nov. 10. 28 cm. Unpublished typescript. Available online at www.soyinfocenter.com. [92* ref]
• ***Summary:*** A comprehensive history of the subject. Contents: Introduction: Acknowledgement of Ron Kotzsch. The roots of macrobiotics: *Yellow Emperor's Classic of Internal Medicine*, Shinto classics, Ekiken Kaibara (1630-1714), Nanboku Mizuno (late 1700's–early 1800's), Sagen Ishizuka (1850-1910), Manabu Nishibata. The life of George Ohsawa (1893-1966): To Paris 1929-36, return to Japan and World War II, Internationalism 1946-53, ran school Centre Ignoramus, "world journey" 1953 to India, Africa, then Paris, started Muso Shokuhin (macrobiotic food company) in Osaka, Japan, in 1959, work in Europe 1956-66, earliest reference seen to soy (miso) in 1956, first visit to New York City Dec. 1959, post-visit institutions, second visit 1960, first American macrobiotic summer camp on Long Island, exodus to Chico, California, Aug. 1961 to escape feared nuclear war, establishment of Chico-San, move of Michio and Aveline Kushi to Boston in 1963, *Zen Cookery* 1963, *Zen Macrobiotics* second edition 1965, growth of the movement, Beth Ann Simon's death blamed on macrobiotics in 1965, response of U.S. Food and Drug Administration is to close N.Y. Ohsawa Foundation, Ohsawa's general macrobiotic teaching, view of Western civilization as one in crisis, with fundamental biological change required to improve it, death in 1966 in Tokyo at age 72 of cardiac failure, seen as sage by his followers, seen as inconsistent crackpot by his critics, work carried on by wife Lima and by his students. Development of macrobiotics in Boston: Kushi's lectures and classes from 1965, early food sales from house, Erewhon's start in 1966 and subsequent growth, establishment of organic suppliers in the U.S., first imports from Japan 1968, 1970 natural foods boom, National Food Distributors Association, *East West Journal,* Autumn Press founded in Japan by macrobiotic student from Boston, Boston institutes, centers, and foundations from 1972 on, increasing popularity of soyfoods (tofu, tempeh, and miso) in Boston, Erewhon from 1973 to bankruptcy in 1981 and sale to Ronald Rossetti in 1982. Development of macrobiotics in New York City: Void after departure of Aihara group and Kushis, establishment of Infinity Foods in mid-1960's, Michel Abehsera's restaurants, cookbooks, and tour. Development of macrobiotics in California: Influence of Chico-San on natural foods movement to 1970, Lundberg rice 1968-69, Yamazaki miso and shoyu 1970, 1972 fire in Chico-San warehouse, educational activities and institutions, growth of Chico-San, Noboru Muramoto. Nutritional views of macrobiotic diets: General critical attitude from 1965 to 1977, not countered by macrobiotic leaders, scientific studies pro and con, specific critique of the diet, turnaround in attitude since 1977 (*Dietary Goals* published by U.S. Senate's McGovern Committee), Dr. Mendelsohn, Nathan Pritikin, cancer cures and Anthony Sattilaro (1980). Macrobiotics in Europe and Latin America: First European company Lima N.V., other distributors, centers, publications, tours, active in South America since 1954. A major contribution: Type of overall influence on soyfoods, number of followers in 1981. Address: Lafayette, California. Phone: 415-283-2991.

6270. Shurtleff, William; Aoyagi, Akiko. 1983. George Ohsawa and the macrobiotic movement: Noboru Muramoto (Document part). Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 46 p. See p. 39-40. Nov. 10. 28 cm. Unpublished typescript.
• ***Summary:*** "In June 1971 Noboru Muramoto emigrated to America from Japan and lived with the Aiharas in San Francisco at GOMF. In Japan he had studied Chinese literature and philosophy at Tohoku University and Kanazawa University, then began his own study and practice of herbal medicine. He had begun studying Ohsawa's writings in 1942, then studied with Ohsawa after 1964, while running a family business cleaning the cotton from futons. In 1973 he gave a series of lectures in New York which were published that year as the popular book, *Healing Ourselves* (Avon/Swan House). Many uses of miso and natural shoyu were given; soybeans and tofu were not recommended in the book, except that tofu was used in making poultice-like 'plasters' for use in healing. In 1974 Muramoto started Rising Sun, a macrobiotic storefront containing the Herb Tea Co. in San Francisco. Here he gave classes on making miso and shoyu. In November 1976 he acquired Top of the World Ranch on 140 acres of land near Glen Ellen, California, and established Asunaro Institute, a residential program of macrobiotic studies. He also published a newsletter 'Asunaro Notes.' At Asunaro he set up a regular shop for making miso and shoyu, complete with a nice koji incubation room. Many unique and American-style misos were developed, including some made with peanuts, garbanzos (chickpeas), azuki beans, and even natto. A number of Americans apprenticed at the miso-shoyu school. A nice article about the school, 'Making Miso in America,' appeared in the *East West Journal* (Lachman 1978). In March 1979 Muramoto displayed his miso and shoyu equipment and samples of his products at the famous New Earth Exposition in San Francisco. He also sold these products at Rising Sun, and some customers swore that they were the best in America."

Note: On 11 Jan. 1976 William Shurtleff attended a class on how to make miso at Rising Sun (Judah Street, San Francisco), given by Noboru Muramoto. Jimmy Udesky was there, as were about 15 other people.

On 19 Sept. 1977 William Shurtleff and Akiko Aoyagi visited Muramoto sensei at his place, Asunaro, in Glen Ellen, California. He makes miso there and teaches miso making.

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Shurtleff interviews him about his life and history of interest in macrobiotics and soyfoods. We stay overnight and help him the next morning with royalty problems connected with his book *Healing Ourselves;* he is quite sure he is not being paid the royalties due based on his contract with the publisher. Address: Lafayette, California. Phone: 415-283-2991.

6271. Shurtleff, William. 1983. Re: Concern over deceptive use of the word "tofu" in promoting Tofutti, when it contains no tofu. Letter to David Mintz of Tofu Time Inc., Nov. 11. 3 p. Typed, with signature on letterhead.
• ***Summary:*** This letter was written less than 1 month before David Mintz and Tofu Time planned to have their first public stock offering. Shurtleff, who has learned from a tofu manufacturer that Tofutti has been made for roughly 6 months without any tofu, begins by thanking Mintz for all the work he has done over the years to introduce tofu and other soyfoods to America. "Recently, however, like many other people in our industry who have contacted me, I have become very concerned about what you are doing. As I understand it (and please correct me if I am wrong), some time ago you stopped using tofu as an ingredient in your ice cream. Yet you continue to state and to lead others, many others, to believe that your product is still made with tofu as the primary ingredient. It is this ongoing activity of deliberately preying on the good image of tofu to deceive the public that concerns me deeply, for when it is exposed by the media, as it inevitably will be, it will create a scandal that will hurt not only you, but our entire industry and tofu's public image as well.

"Your activities to make others believe that your product contains tofu have been manifold. At trade shows you are passing out promotional literature that talks about tofu. On Good Morning America TV and National Public Radio you and your interviewers talked extensively about tofu, implying to millions of people that your product contains it. Most of the articles in my files about your product imply that it contains tofu, and some say specifically that it does. On the ingredients listing for your product displayed on the side of soft serve machines, 'tofu isolated soy protein' (a term which you must have coined) is prominently written. You continue to distribute to places serving your products a flyer that was written years ago stating that your product is made with 'tofu dessert base' and honey... which it no longer is. The name of your product (Tofutti) and the name of your company (Tofu Times) all combine to create the unmistakable impression that what you are doing is intimately involved with tofu... when in fact it is not. Are you deliberately trying to misrepresent your product and to deceive the public, David?"

Shurtleff then discusses the differences between tofu and isolated soy proteins. As long as Tofutti contains no tofu (or even a token amount), he encourages Mintz to (1) Stop mentioning tofu in his promotional materials and public appearances, (2) Drop the word *tofu* from all ingredient listings in which it appears, and (3) Drop the word *tofu* from the name of name of his product (Tofutti) and the name of his company (Tofu Time) within 6 months. If Mintz fails to take corrective action, Shurtleff plans to propose that the Soyfoods Association notify the Food and Drug Administration (FDA), Federal Trade Commission (FTC), and SEC (Securities and Exchange Commission; which could jeopardize Mintz's forthcoming stock offering), then publish an exposé in *Soyfoods* magazine. The letter closes: "I hope you will clean up your act before it hurts us all." Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6272. Chen, Steve. 1983. Re: Soymilk, soy sprouts, and tofu in Taiwan. Letter to William Shurtleff at Soyfoods Center, Nov. 16. 1 p. Typed, with signature.
• ***Summary:*** It is estimated that in 1982 Taiwan used 26,250 tonnes (metric tons) of soybeans to make 262,500 tonnes of soymilk. Thus 1 kg of soybeans yields 10 kg of soymilk. This amount of soymilk is 5.5 times as much as the amount of cow's milk produced in Taiwan (47,740 tonnes). Taiwan's population is 18.5 million. The per capita consumption of soymilk is estimated at 14.2 kg in 1982.

There is no large manufacturer of soy sprouts in Taiwan. Tai-yi is the brand name of the packaged tofu made by the Nan-Yang Tofu Plant.

"Thanks again for your kind and warm hospitality which you and Akiko extended me during my last visit to your Soyfoods Center." Address: Country Director, American Soybean Assoc., P.O. Box 3512, Taipei, Taiwan. Phone: 7815880.

6273. Soyfoods Center. 1983. Catalog: Publications & materials by William Shurtleff & Akiko Aoyagi [mail order]. P.O. Box 234, Lafayette, CA 94549. 20 panels. Nov. 18.
• ***Summary:*** This catalog, folded like a road map, is printed with reddish brown and light blue ink on white paper. Address: Lafayette, California. Phone: 415-283-3161.

6274. Leviton, Richard. 1983. Short summary of trip to Europe sponsored by the American Soybean Association (Interview). *SoyaScan Notes.* Nov. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The trip was very good, and Richard feels ASA was favorably impressed with his work. Richard did 6 programs, including 5 for ASA in Paris (France), Milan (Italy), Budapest (Hungary, with Tom Brennan from Vienna), and the Netherlands (small seminar for 10 people). He delivered a speech before 150 people at the Euvepro General Assembly in Parma, Italy. In Switzerland he visited Soyana and Verena Krieger.

ASA says they want to sponsor a conference and a newsletter. Richard will be chair of the conference, which

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will be held in late Sept. 1984 in Amsterdam. They will get more sponsors, put up all up-front costs, and ensure plenty of media coverage. Richard can keep all the profits. The newsletter on soyfoods, funded by ASA, will be sent to 200 people 3-4 times a year.

The most interesting general concept was that virtually all tofu in Europe is vacuum packed; he saw no water-packed tofu. Lima Foods packs their tofu in glass jars. Witte Wonder, Soyana, Manna, and Cauldron Foods (Bristol) sell pasteurized, unrefrigerated tofu dips and spreads in jars. They have a good shelf life without preservatives, and no spongy consistency. Some are quite amazing (like sweet curry)–far better than any products we have in the USA. Nutana has 3 tofu entrees (noodles, chili, in cans like Loma Linda); the word "Tofu" appears on the label. Address: Colrain, Massachusetts.

6275. Shurtleff, William; Aoyagi, Akiko. 1983. Dr. D.W. Harrison and Africa Basic Foods: History of work with soyfoods. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 10 p. Nov. 22. Unpublished typescript. Available online at www.soyinfocenter.com.
• ***Summary:*** A comprehensive history of the subject. D.W. Harrison is an African-American physician and a Seventh-day Adventist. Contents: Introduction. Early years: Birth and education, army, first trip to Africa, attraction of Ghana's Nkrumah, Meals for Millions. Work in Ghana (1960-63): contract as surgeon, start of farm machinery company, start of bakery and small school, return to U.S. in 1963. Work in Uganda (1964-71): Attractions of Uganda, hired by Uganda government, establishment of Africa Basic Foods (ABF, 1965), 3 objectives, expansion of soybean production, early food production, home-roasted soy flour, grants, equipment, church ties, 3 early products, marketing and demonstrations, end of government contract, start of private medical practice, Worthington Foods purchase of ABF stock and loan of Sam Yoshimura, new tofu and soymilk products, soynuts and soynut butter, Wenger's extruder, speech to United Nations Industrial Development Organization (1969), balance of business and service, Idi Amin and 1970's instability to present. Work in Kenya (1974-82): Move to Kisii, work with soybean production, start of New Soya Enterprises. Summary. Address: Lafayette, California. Phone: 415-283-2991.

6276. Coakley, Michael. 1983. Nation / world: What burns Americans? Their heartburn. *Chicago Tribune.* Nov. 23. p. D6, or p. 6.
• ***Summary:*** The writer, on assignment, is studying America by traveling from Los Angeles [California] to New York by bus. Looking for a decent meal in Columbus, Ohio, he found a Chinese restaurant named Ho Toy on a side street. "It was one of those typical Formica-laden Cantonese establishments with about 300 entrees, most with names like fung mee har or char shui dow foo" [tofu].

6277. Bates, Cynthia. 1983. Re: Thanks for new editions of *The Book of Tofu* and *The Book of Miso.* Letter to William Shurtleff at Soyfoods Center, Nov. 25. 2 p. Handwritten, with signature on letterhead.
• ***Summary:*** Cynthia would like to make some miso this winter in some big wooden barrels, but they are moving the tempeh shop, so they'll have to wait and see. Address: 156 Drakes Lane, Summertown, Tennessee 38483. Phone: (615) 964-3584.

6278. Barat, Gary. 1983. Re: Soyfoods Association members invited to participate in Soyfoods Pavilion '84 at Natural Foods Expo in Anaheim, California. Letter to members of Soyfoods Association, Nov. 28. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "I am happy to announce that the Soyfoods Pavilion '84 is rapidly taking form. We now have approximately 15 companies participating in our pavilion area at the Natural Foods Expo in Anaheim, California. In addition to the pavilion, we have commitment from approximately 20 manufacturers for ad space in the *Natural Foods Merchandiser* March issue." Address: President, Soyfoods Assoc., P.O. Box 36, New York, NY 10009. Phone: 212-254-6698.

6279. Leviton, Richard. 1983. Long summary of trip to Europe sponsored by the American Soybean Association (Interview). *SoyaScan Notes.* Nov. 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Discusses: Euvepro in Italy, ASA in Italy, Alpro / Vandemoortele, British Arkady, the confusion of mung beans and soybeans, tofu made from soy protein isolates that doesn't develop a spongy texture when frozen, regulatory restrictions, Bernard Storup, tofu burgers, Prolait, Le Bol en Bois, ASA soybean program in England, desire in Eastern Europe for more meat, the many small private businesses in Hungary, Soyana's excellent products (Daenzer makes 5,000 lb/week of tofu in Switzerland), the Reformhaus chain, Vietnamese tofu shop in Dornach, less refrigeration at the distribution and retail levels in Europe has led to new packaging, soyfoods have started to appear in the big international food trade shows in Europe (e.g. ANUGA). Witte Wonder opened in 1981, now makes 1,000 lb/week of seitan. Cauldron Foods (UK) makes mostly tofu burgers, and has a lot of good technical innovations such as control panels. Cauldron also makes a fermented tofu spread. Dragon & Phoenix (UK) makes several tons of tofu a day. In July Wolfgang Furth-Kuby and Lucas Kelterborn (Germany) published the first issue of a European soyfoods newsletter titled *Rundbrief.* Paul Jones (UK) has 2 plants and makes 5,000 lb/week of tofu. One man from Cauldron Foods was Paul Jones' original partner. Full of Beans also makes miso.

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Oct. 28. "I have an all morning meeting at ASA's headquarters in Brussels, Belgium, with Dennis Blankenship, Rita Batens, Roger Leysen, and Michael Martin. It is proposed that I chair the 1984 First European Soyfoods Conference to be held in late September, probably in Amsterdam. ASA agrees to be a sponsor and to help secure another 6 or so sponsors. ASA also agreed to finance the production and mailing of a bi-monthly European Soyfoods Newsletter." Address: Colrain, Massachusetts.

6280. *SoyaScan Notes.* 1983. Recent changes on The Farm in Tennessee: The Changeover (Overview). Nov. 29. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This overview was compiled after talks with several long-time members of The Farm in Tennessee. Many people have left The Farm. The population has dropped to about 700 from a peak of about 1,300 several years ago. Some feel that "the boat is sinking." The farm is now in a period of transition called "the Changeover." The reasons for this change in basic economic structure are quite complicated, but a major reason is the large population of people who did not have a paying job. Formerly everything on The Farm was collectively owned (there was no private property), and all income went into a common pool to pay the community's expenses. At the end of the changeover, each community member will be required to pay their own way, including monthly dues voted by the members for debt reduction plus ongoing community services: roads, water, fuel, taxes, bookkeeping, etc. However, the land and all other non-business community assets will continue to be held in common.

There are two types of work on The Farm: (1) "Service jobs" such as working on the Farm as a teacher, in the Soy Dairy, as a mechanic, etc. at a job which provides valuable services to Farm members but does not generate any income. (2) Money-making jobs, mostly off The Farm, and especially in construction–a construction crew of 40-50 skilled men brought in the majority of The Farm's income. The basic problem is that although everyone works every day, not enough people are making money. Summertown, in Lewis County, is in one of the poorer, rural parts of Tennessee, and there are not many paying jobs available in Summertown or the surrounding area.

The Farm worked very hard to create its own companies (such as Farm Foods and The Book Publishing Co.) that would employ members and earn money to support the community, but it took time for these companies to become profitable and, since they were collectively owned, they could not attract investors. When the changeover started, people working in community-owned businesses were given those businesses. For example, those working in the soy dairy when the changeover started, now owned it. They could sell the soyfoods they made both to community members and off The Farm; they shared the profits from their enterprise, and each used that income to buy whatever they needed.

Many Farm members agree that a basic part of the problem was The Farm's great generosity. They generously allowed almost everybody who came to the gate to join the Farm. Stephen went on tours in buses to talk about vital issues of the day; The Band went with him and neither ever charged people to hear them. The community generously helped those in need around the world, in part through Plenty a relief organization created on The Farm in 1974, and with much volunteer labor.

Over the years The Farm had to borrow money to pay its bills–just like most American families and businesses. The amount borrowed was not unreasonable given the size of the community, however these loans and the interest on them eventually became so large that they were the main catalyst for the changeover. A large percentage of the early dues went toward debt reduction, enabling The Farm to pay off its total debt of $1.2 million in a little more than three years.

Many of those who left were the ones making money; some of them got tired of supporting the others.

The big change from a collective to a cooperative took place in mid-October 1983. Many people who had given all their money and personal possessions to The Farm and imagined living their entire lives there felt considerable bitterness and anguish; they often left with nothing but good memories and had begin to hunt for a job. People are now employed at and paid by The Book Publishing Co., Farm Foods, Solar Electronics, and Satellite Dishes. Things that used to be given away for free on The Farm (such as soyfoods made at the Soy Dairy) are now bought and sold. People can start their own business on The Farm. Its the "real world" now. The Farm still has big debts and could even dissolve. Big medical bills hurt The Farm. Plenty is totally independent of The Farm financially, and has grown much bigger. The Farm Soy Dairy has trained several hundred people from Third World countries over the years.

Plenty Canada is in Lanark, Ontario. They have a little basement tofu and tempeh shop, and want to make it a soyfoods training center.

6281. *Presse* (*La*) (*Montreal, QUE, Canada*). 1983. Le "tofu" connait une faveur grandissante [Tofu wins growing favor]. Nov. 30. p. E-12. [Fre]
• ***Summary:*** Discusses Yvon Tremblay and Frances Boyte. A photo shows a package of Vitasoy. Address: Canada.

6282. **Product Name:** Tofu Spreads [Tofu Vegetable, Tofu Garlic Chive, Tofu Fruit and Nut].
Manufacturer's Name: Blue Twine Farm.
Manufacturer's Address: Polly Dan Road, Burlington, CT 06013. Phone: 203-589-3593.
Date of Introduction: 1983. November.
Ingredients: Tofu Vegetable: Tofu, cream cheese, radishes

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(Israeli or Japanese), onions (Egyptian or Japanese), Italian parsley, mayonnaise, horseradish, dill, sea salt.
New Product–Documentation: Talk with Cipah Shapiro. 1988. Dec. 28. She has been an organic gardener for many years. She started this business making these products in the fall (Nov.) of 1983. Most contain cheeses [such as cream cheese]. Two of her products are sold year-round (Tofu La Mexicana and Smoked Bluefish), then there are six new flavors each season, for a total of 26 products a year. All labels contain a calorie count.

Letter with Labels sent by Cipah Shapiro. 1988. Dec. 29. Gives the date that each product was introduced. Each label is 4 inches diameter, self-adhesive, printed with black and blue ink on white paper. Across the top of each is written: "Four Seasons Dips and Spreads."

Ingredients for Tofu Garlic Chive: Tofu, cream cheese, garlic, chives, anchovies, capers, horseradish, spices.

Ingredients for Tofu Fruit & Nut: Tofu, cream cheese, unsweetened pineapple, unsalted roasted cashews, shredded coconut, maple syrup, natural flavorings, sea salt.

"By early summer of this year (1988) I made the Tofu Veggie available because people had been asking for 'something' without dairy. It has proved to be very popular, and doing this with my own organic vegetables year-round gives it a freshness and crunch that makes it very interesting."

Includes an article from the *Register Citizen* (Torrington, Connecticut), 1988. Aug. 31. p. 6. "Area woman's home business based on tofu." The article says: "The tofumania began in fall 1983, Shapiro said, but she did not become 'serious' until about two and a half years ago" [i.e., until about May 1986].

6283. **Product Name:** Fearn Tofu Mixes [Breakfast Patty Mix, Sesame Burger Mix, Brazil Nut Burger Mix, or Sunflower Burger Mix].
Manufacturer's Name: Fearn Natural Foods.
Manufacturer's Address: -
Date of Introduction: 1983. November.
New Product–Documentation: Spot with photo in Whole Foods. 1983. Nov. "Fearn Tofu Mixes." "Four new Burger Mixes from Fearn Foods are low-calorie alternatives to meat burgers, are high in protein and fiber and easy to prepare... Mixes cup for cup with mashed tofu."

6284. Fitzell, Phil. 1983. Food [Mark Brawerman, Pacific Trading, and Jolly Licks]. *Venture*. Nov. p. 54-57.
• ***Summary:*** Tells how Mark Brawerman, age 35, developed and distributes Jolly Licks, a soy-based ice cream. "When two frozen food distributors declined to handle the product, in July, 1980, he rented a van and hired drivers to deliver his ice cream. Within two months, claims the entrepreneur, 175 health food stores in the San Francisco area were buying Jolly Licks. Brawerman incorporated Pacific Trading, San Francisco, to distribute that product and a line of 100 different Living Lightly soy-related natural foods (mostly cheeses) as well as to distribute other manufacturers' brands, including yogurt and bulk cheese.

"Brawerman estimates he poured between $50,000 and $75,000 into his distribution operation, borrowing from his family in addition to using his own capital. Brawerman projects Living Lightly food sales for 1983 at more than $1 million, and close to $2 million for distribution sales, including business from other manufacturers' brands. To handle his burgeoning business, Brawerman moved into 10,000 sq. ft. of a 35,700-sq.-ft. warehouse." Two photos show Brawerman.

6285. **Product Name:** Tofu Turkee (Meatless Turkey Made with Tofu).
Manufacturer's Name: Garden of Eatin' (Formulator and Distributor).
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1983. November.
Ingredients: Tofu (coagulated with calcium-sulfate), soy sauce, soy oil, vinegar, honey, herbs, hickory smoke.
Wt/Vol., Packaging, Price: 9 oz.
How Stored: Refrigerated.

New Product–Documentation: Label. 1983. 5.5 by 2.75 inches. Paper. Black on tan. "100% Vegetarian." Soyfoods Newsletter. 1984. Jan. p. 1. A firm slab of the tofu is marinated then baked.

6286. Jackson, Vicki. 1983. Squirrels vegetarian cook book. William Brooks Queensland, 921 Kingsford Smith Drive, Eagle Farm, Brisbane 4007, Queensland, Australia. 143 p. Illust. by Vicki Jackson. Index. Nov. 29 cm. 2nd ed. 1984.
• ***Summary:*** This hand-lettered cookbook was written for Squirrels Vegetarian Restaurant, Corner Melbourne & Edmonstone Streets, South Brisbane. The owners, Bronwyn Moses and Diana Mitchell, plan to open Squirrels on the Park, a second restaurant at 685 South Dowling St., Moore Park, Sydney, by Sept. 1984.

Soy-related recipes include: Chinese tofu soup (p. 12). Broccoli-pasta salad (with Soyaroni pasta, p. 30). Soyaroni marinaria [marinara?] (p. 52). Saucy soy stew (with cooked

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soybeans, p. 67). Tofu & peppercorn strudel (p. 79). About tofu (p. 86). Tofu satays with peanut sauce (p. 87). Battered tofu in sweet & sour sauce (p. 88). Tofu & peanut sauce (p. 89). Tofu & veggie curry (p. 90). Tofu & mushroom on spinach pasta (p. 91). Tofu & spinach loaf (p. 92). Tofu Chinese style (p. 93).

About tempeh, by Julie & Michael Joyce (p. 94; "Little did we know in early 1982, when we first ate tempeh made by Cyril & Ellie Cain of Eumundi, Sunshine Coast, that we were soon to become tempeh makers." They supply Squirrels with the tempeh they make). Tempeh chips (p. 96). Tempeh & tomato bake (p. 97). Tempeh sweet & sour (p. 98). Tempeh Indonesian style (p. 99). Tempeh Chinese style (p. 100). Tofu dessert (p. 125). Pages 141-42 describe tamari, tempeh, tofu, and miso. Address: Brisbane, Queensland, Australia.

6287. Leviton, Richard. 1983. Report of soyfoods research and speaking trip to Europe with American Soybean Assoc., Oct. 8–Nov. 15, 1983. Colrain, Massachusetts. 82 p. Unpublished typescript. 28 cm.
• ***Summary:*** Describes visits to or discusses: ASA Belgium (Dennis Blankenship, Rita Batens, Michael Martin), Parma, Euvepro Conference, Parmalat, Guy Coudert and Dr. Sabin president of ONIDOL, Anuga, Jonathan, Société Soy (Bernard Storup, Jean de Preneuf), Le Bol en Bois, Budapest (Hungary), Agrimpex (Hungary), Migros, Sojalade / Die Genossenschafts Tofurei (Verena Krieger), Galactina, Soyana (Walter Daenzer), Alpro (Belgium; Philip Vandemoortele and Christian Daems), Aarhus (Denmark), Witte Wonder, Manna, Cauldron Foods Ltd. (Phillip Marshall, Peter Fagan). Contains a directory of principal people contacted, listed by country. Those not mentioned above are: England: Wild Oats Wholefoods (Mike & Loes Abrahams), British Arkady Co. (Bill Pringle), Sunworld Inc. (David White), Health Foods Manufacturers' Association (Britain). Belgium: ASA, Le Paradoxe (Dota Figuera). China Trading, Ralston Purina (A.G. van der Horn), Premier Foods (Pauline Six Chan). Italy: Cargill SpA (Claudio Rocchietta), Parmalat SpA (Dr. Alberto Rota, Mr. Barilla), ASA (Sergio Monari). France: Robert Bonneterre, Aux Rayons Verts. Germany: European Federation of Health Products Manufacturers (Wolfgang Reinsch, Bad Homburg). Hungary: Central Food Research Inst. (Balint Czukor), Agrimpex (Potori Karoly). Denmark: Danish Turnkey Dairies, Det Gronne Kokken. Netherlands: Witte Wonder Products (Niko van Hagen), Manna (Hans den Hoed), Albert Heijn Supermarkets, Dutch Seed Crushers & Oil Processors Assoc. (Dr. C.J.M. Meershoek). Switzerland: Sojalade (Verena Krieger), Soyana (Walter Daenzer). Austria: Tom Brennan.

Bound in the back of the report are photocopies of labels and promotional materials (graphics) from the following companies: Witte Wonder, Société Soy (Cerny), Cauldron Foods, Manna, Dansk Tofu (Sdr. Vinge Gl. Mejeri, 8860 Ulstrup), Sojalade, Bonneterre, Mutter Erde, Genossenschaftstofurei Engel (Dorfplatz, Ottenbach).

Note: This is the earliest document seen (May 2005) that mentions Parmalat in connection with soy.

Migros (p. 18-19) is Switzerland's biggest supermarket / department store; it sells some whole wheat products. Consumers oppose them for their size, but they attract foreign customers. Natural foods people are very political; they are opposed to Third World imports. Migros is expected to start selling tofu soon. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6288. Leviton, Richard. 1983. Brief history of Manna Natural Foods (Document part). In: R. Leviton. 1983. Report of Trip to Europe with American Soybean Assoc. 82 p. See p. 26. Unpublished manuscript.
• ***Summary:*** Based largely on an interview with Hans den Hoed. Manna started in 1971 as a little natural food retail shop in De Jordan, the Jewish section of Amsterdam. They sold foods made by Lima N.V. in Belgium. In 1972 they started a second retail store and in 1974 a bakery using the Manna name. Hans den Hoed, the source of this information has been with the company since 1977.

Manna began to make tofu in 1978 in a small village north of Amsterdam, behind the Manna store. They started to make tofu spreads in 1981. Manna now has 8 stores in the Netherlands; 5 of these are in Amsterdam. They distribute their products to 200-250 other stores in Holland, plus some in Germany, Denmark, and France.

Adelbert Nelissen is the director of the Stichting (Foundation). Macrobiotics grew fast here because Nelissen started an East West Center and gave classes all over Holland. Holland and the Dutch/French part of Belgium is presently the best in Europe for soyfoods. The Kabouters, young 1960s types looking for new lifestyles, with interests in ecology, and belonging to small organizations, grew up here. Macrobiotics is very popular in Holland. In 1981 the company declared bankruptcy, then restarted. One man put of 50% of the capital/ownership necessary to restart. He has now left the business.

Manna uses a Takai W30C system and a stone mill in a tile-lined room. Klaus Hillberg is the tofu maker. Manna's address is Meeuwenlaan 70, 1021 JK Amsterdam, Netherlands. Address: Colrain, Massachusetts.

6289. Leviton, Richard. 1983. Brief history of Cauldron Foods Ltd. (Document part). In: R. Leviton. 1983. Report of Trip to Europe with American Soybean Assoc. 82 p. See p. 26-27. Unpublished manuscript.
• ***Summary:*** Based on an interview with Philip Marshall and Peter Fagan. These two men started their partnership in Cauldron Foods in Sept. 1981. Philip was previously a partner with Paul Jones, and at the time he joined with Peter he was already a Bristol tofu maker selling some tofu in

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bulk to the converted. They spent 12 months searching for premises. They now make 1,200–1,500 lb/week of tofu, all in one day. They started business doing burgers and tofu, handed out leaflets, and did recipe demos for shops. They prepared and served tofu quiche, cheesecake, mayo, and burgers.

The company was built on the burger. In 1982, selling 6,000 burgers a week, they reached plant capacity in their old 350 square foot plant and in Feb. 1983 they moved to their present location 1,200 square foot plant in Bristol. In 1981 there were 17 natural food stores in Bristol. Today (11/83) there are 24, more per capita than anywhere else in England. In Jan. 1984 Cauldron Foods and Bean Machine (from Wales) will host an all-day meeting in Bristol to form a Tofu & Soymilk Producers Association for England. The main item on the agenda is to take action on "burger" as a product name. Address: Colrain, Massachusetts.

6290. Leviton, Richard. 1983. Visit with Christian Daems and Philippe Vandemoortele at Alpro, Izegem, Belgium. Oct. 28 (Document part). In: R. Leviton. 1983. Report of Trip to Europe with American Soybean Assoc. 82 p. See p. 21. Unpublished manuscript.

• ***Summary:*** Vandemoortele doesn't like soy protein isolates in soymilk because of their poor image. A good tasting plain soymilk is possible if it is properly made. Isolate-based foods don't have the old basic food Oriental image. They also don't like isolates because, if the product's sales become large, the dairy industry will jump on the isolates for fakery and low quality. If used in place of dairy, the product would be called 100% synthetic. So not using isolates is a defensive measure. Codex Alimentarius (in Feb. 1984) will look at this issue. They may allow the term "soymilk" if a product is made from whole soybeans, but "soy drink" if it is made from isolates.

Alpro is opening a new soymilk plant in Ghent in Feb. 1984–the biggest in the world. They will make a 100% natural product from liquid and powder. [Note: Alpro never ended up making the powdered soymilk, says Philippe Vandemoortele 9/91.] This soymilk plant will have a sewage treatment system to recover all the water. The okara will be sold to the mixed feed industry. They will try to make soymilk powder at the same price as subsidized dairy milk and sell the powder for reconstitution. Alpro soymilk will be sold in supermarkets by Sept. 1984. They want high margins, will do promotions, and plan new products. Vandemoortele uses 50,000 tons of soybeans every 2 weeks [for all products, not just soymilk]. Alpro uses organically grown beans from France to make soymilk for Lima Foods in Belgium; these are 100% more expensive than regular soybeans. They will look to the USA and Asia for more markets for this output since the European market is too small. They will focus on areas that have a protein shortage or lactose intolerance. They have sold one turnkey soymilk plant to Madagascar. Alfa-Laval has not sold any soymilk plants recently due to currency problems.

Europe is such a bad market for soymilk, in part because of the many languages. With 10 European countries and languages, labeling requirements make it very complicated to market one food uniformly. Alpro sells more soymilk in north Belgium than in the south. There are more macrobiotics and more money in the north. This is typical for Europe as a whole with natural foods.

At ANUGA, British Arkady received lots of interest in their soymilk made from soy protein isolates, and health foods interest in their soy proteins. It is a Tetra Pack soymilk in raspberry, banana, and strawberry flavors. They exhibited meats and biscuits using isolates. A.E. Staley was pushing isolates for bakery uses.

Michael Martin of the American Soybean Assoc. explains European regulation problems. Soymilk is taxed at 17% when it is traded in the EC. This Value Added Tax (VAT) would be only 6% if soymilk were reclassified as a health food instead of a liquid, powder, or paste. The VAT varies by country but is usually higher on beverages. Dinner with Martin at Le Paradoxe, a natural foods restaurant in Brussels. They serve "croquettes de soja, tofu brochette, and Tofu Ganmo (2 burgers). There are 6 natural foods restaurants in Brussels and all use tofu. The Japanese wanted Alpro to do their soymilk in Europe. They started soymilk in 1975 with the idea of bringing alternative vegetable sources to developing countries.

Vandemoortele's sales are now $600 million/year. In 1936 Philippe's grandfather imported Manchurian soybeans for crushing in Europe. Vandemoortele, which now competes with Unilever in margarine, has a high level of expertise in R&D.

"We sample Alpro soymilk. One tastes thin, metallic, then gives a fatty mouthfeel. Another with sugar and vanilla is too sweet. I'm not impressed with them.

"Philippe is about age 35 and macrobiotically oriented in diet. Very confident, perhaps overly."

The tofu market is completely different from that of soymilk. Tofu is all education work and no comparison of products. With soymilk, there is comparison, but no education work needed. Philippe and Christian are concerned that most of the low-tech soyfoods industry and retailers in Europe are unskilled, small, and unprofessional. They don't want the average public to associate their soymilk with this vegetarian style. They want it to be seen not as a special food, but for everyone.

The European vegetable protein industry made a classic blunder. They put soy steaks in German supermarkets in the 1970s using TVP from British Arkady and ADM. Address: Colrain, Massachusetts.

6291. Leviton, Richard. 1983. Brief history of Soyana and Walter Daenzer (Document part). In: R. Leviton. 1983.

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Report of Trip to Europe with American Soybean Assoc. 82 p. See p. 19-20. Unpublished manuscript.
• ***Summary:*** Based on an interview with Walter Daenzer. Soyana is Switzerland's largest tofu company. Soyana's factory and office are at two very different locations in Zurich. Daenzer, who first became familiar with soy in New York City, has been a vegetarian for 15 years. He first saw soy as textured meats. The company began in 1980, when they started to re-package sell TVP in consumer-size in Zurich. He did 1-3 demos/week that year. "De Gustation" then published his first cookbook about soy protein.

In Sept. 1981 he started to plan tofu production, then on 1 Feb. 1982 he began to produce tofu, and now produces about 6,000 lb/week (2,727 kg/week) of very firm tofu with 13% protein. Of this, it sells about 40 kg/month in bulk to the University of Zurich. The company, which has 5 production and 3 office employees, makes tofu 3 days/week and burgers 1 day/week. They use a Takai W30C system. Daenzer didn't want to use water-filled tubs for packing the tofu, so he uses a Tiromat form-fill-seal vacuum packer that gives tofu a 2-week shelf life (dated), but could actually go to 3 weeks.

Soyana also makes several shelf-stable tofu spreads and dips, packaged in tins, pasteurized, with a 6-month shelf life. "Zurich has the most innovative, dynamic people in Switzerland, I am told, with an international atmosphere; there is a widespread interest in trying new foods." Soyana displays the Biona symbol (a "Y") on its products in recognition of having passed the inspection by the federation of Swiss Reform Houses (about 400 shops). Biona is an association of Reform House stores, "VRSD," with 400 members, called in Swiss the Assoc. of Swiss Reform & Diet Specialty Stores. It corresponds to West Germany's Neuform which has 2,500 members. Only one-half of these shops have refrigeration facilities. The Soyana brand is sold only in Biona stores, whereas Soyana's Sojaquelle brand is sold elsewhere. The "*Bioladen*" stores are more like American natural foods stores. There are 60 of these in Switzerland; they are environmentally oriented, political, and wholistic.

Soyana's director says that Migros, Switzerland's leading supermarket chain with about 2,000 stores and 70-80% of Swiss food sales, is likely to sell tofu, but under its own label and possibly manufactured in-house. Migros has a bad reputation among food manufacturers, because Migros often starts selling a company's product, then if it becomes successful they make their own product and drop the original manufacturer. Co-op is the second largest Swiss food chain. Meanwhile, Soyana is active presenting cooking classes on tofu, has published two tofu cookbooks (each has sold 10,000 copies), and have a third at the printers, *Tofu Kur* (actually it ended up being titled *Schlank mit Tofu*) in full color, a weight-loss book with 127 low-calorie tofu recipes. It should be out in Nov. 1983. Weight Watchers International contributed 30 recipes to the book.

In April 1982 Daenzer tested Tetra Pak soymilk using taste panels and got good reports. The milk was made using his Takai system and flavored with honey. The Swiss Milk Industry Assoc. protested, asking the Tetra Pak company to stop working with Soyana, and they did. 95% of all Swiss milk is in Tetra Pak cartons so if people see a soymilk in such a carton they assume it is dairy milk. Address: Colrain, Massachusetts.

6292. Leviton, Richard. 1983. Brief history of Sojalade (*Die Genossenschaftstofurei*) and Verena Krieger's work with soyfoods in Switzerland (Document part). In: R. Leviton. 1983. Report of Trip to Europe with American Soybean Assoc. 82 p. See p. 17-19. Unpublished manuscript.
• ***Summary:*** Based on talks with Verena Krieger. Sojalade in Ottenbach was renamed Genossenschaftstofurei in 1982. It is an 8-member cooperative that makes 400-500 kg/week of tofu and services the Zurich-Lucerne market. The company started in Aug. 1981 in a small laundry room in Zurich then moved downstairs to a butcher shop with a tile floor on the ground floor of a 300 year old home. Elsewhere in the building is a co-op cafe. They use a BMI Mini Mite disintegrator, double steam jacketed kettles, an Erme Verpackungen vacuum packer (2 chamber, 1 lid), and a ratchet press.

Zurich is the best and biggest market in Switzerland. The country's population is only 6 million. They even sell some tofu by mail-order. Their tofu is sold in some dairy stores (Molkerei/Laiterie), specialty produce stores, 10-12 Japanese or Chinese restaurants, 4 vegetarian restaurants, and health food outlets. The Reform Houses are a chain of 500 outlets in Switzerland stemming, at least in spirit, from the days of Dr. Bircher-Benner and his natural nutrition reform ideas. Tofu is strong in Switzerland because of this established health foods tradition and the country's general affluence. Sojalade works with local farmers to grow organic ("biological") soybeans, without herbicides. In 1982 some 2 tons of soybeans were produced biologically and another 4 tons by conventional means. Maple Arrow and Giesso (from Germany) are the best suited varieties. Fiskeby gave low yields.

Soyana sells its tofu throughout Switzerland, while Marty Halsey services Geneva. Hans Opplinger in Cham is not a company. An English guy, Jean Spearing, is starting a shop named Tofurei Pfannenstiel in Maennedorf. In Bern, the macrobiotic group, Infinity, will start making tempeh and seitan mainly for use in their restaurant. [Note: This later became Berner Tofurei.] In Thusis, someone makes 5 kg/week of tofu. Susan Gerber is converting a dairy into a tofu shop. [Note: It never was finished.] A friend of Verena's, Gauthier Loeffler, sells 200 tofu burgers one day a week in the Zurich open market.

Letters from Verena Krieger. 1990. July 5 and Aug. 10. In 1989 this company's name was changed from Genossenschaftstofurei to Tofurei Genossenschaft Engel,

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because the former name was not acceptable to Swiss trade regulations. The present manager is Peter Martmer. Mr. Hans Opplinger never owned a company making soyfoods in Switzerland, but he is still a member of Tofurei Genossenschaft Engel in Ottenbach. The company has never sold soymilk (despite a listing in Soya Bluebook, 1984, p. 63). Address: Colrain, Massachusetts.

6293. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Nyingma Dzong.
Manufacturer's Address: Chateau de Soleils, 04120 Castellane, Alpes de Haute Provence, France.
Date of Introduction: 1983. November.
New Product–Documentation: Richard Leviton. 1983. Report on trip to Europe with American Soybean Assoc. p. 22. "Nyingma Dzong: This community of 80 people makes its own tofu."

6294. **Product Name:** [Tofu Ravioli].
Manufacturer's Name: Pasticcio.
Manufacturer's Address: CH-8910 Affoltern, Switzerland.
Date of Introduction: 1983. November.
Ingredients: Incl. frozen tofu.
New Product–Documentation: R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 18. A friend of Verena Krieger's makes about 10 kg/week of tofu ravioli in Amfoltern [sic, Affoltern]. They use frozen tofu. It is packaged fresh like pasta with a 5-day shelf life.

Letter from Verena Krieger of Switzerland. 1990. July 5. This company has been out of business since about 1985.

6295. Shurtleff, William; Aoyagi, Akiko. 1983. Tofu & soymilk production. 2nd ed. Lafayette, California: Soyfoods Center. 344 p. Illust. by Akiko Aoyagi Shurtleff. Index. Nov. 28 cm. [223 ref]
• ***Summary:*** Some information in Chapter 1, Appendix A, and many advertisements have been changed. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6296. **Product Name:** [Soyana Tofu Spreads and Dips (Curry, Carob, Sea Buckthorn/Sour-Cherry [Sanddorn/Argousier], Sesame, and Nutritional Yeast)].
Manufacturer's Name: Soyana.
Manufacturer's Address: Postfach 8039, Zurich, Switzerland.
Date of Introduction: 1983. November.
Ingredients: Curry: Incl. tofu, pears, hazelnuts, raisins, tamari, lemon juice, wheat flour, and salt.
Wt/Vol., Packaging, Price: 136 gm thin-walled aluminum tins with peel off lids, pasteurized.
How Stored: 6-month shelf life.
New Product–Documentation: R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 19, and Part II, p. 16. Soyana also makes several shelf-stable tofu spreads and dips, packaged in tins, pasteurized, with a 6-month shelf life. Done by an outside company. The company has a new sesame-herb spread that tastes like cheese–excellent. The carob with nuts is their best spread. Sanddorn is a small red fruit like a small orange rich in vitamin C.

Talk with Walter Dänzer. 1990. May 30. These products are no longer on the market.

6297. **Product Name:** [Soyana Soya Lunch {Firm Tofu Marinated in Soy Sauce & Herbs}].
Foreign Name: Soyana Soya Lunch.
Manufacturer's Name: Soyana.
Manufacturer's Address: Postfach 8039, Zurich, Switzerland.
Date of Introduction: 1983. November.
Ingredients: Incl. tofu, soy sauce, herbs.
Wt/Vol., Packaging, Price: Vacuum packed.
How Stored: Refrigerated, 14 day shelf life.
New Product–Documentation: R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 20.

Talk with Walter Dänzer. 1990. May 30. The product called Soyana Soya Lunch in German was introduced in about 1983.

6298. *Soyanews* (*Sri Lanka*). 1983. Recipes: The many uses for residue [okara]. 6(3):3. Nov.
• ***Summary:*** "Residue is now available at No. 128 Kitukwatta Gardens off Elvitigala Mawatha which is about 300 yards from the Senanayaka Junction at Borella towards Narahenpita. The price is Rs. 2/- a pound. Tofu is made daily here and supplied to Cornel's as well as the Paddy Marketing Board's sales room at 77 Union Place, Slave Island." Gives on recipe.

6299. **Product Name:** [Tofu, Spring Rolls (with Meat, or Vegetables), Tofu Burger, Soya Cakes, Soy Sprouts].
Foreign Name: Tofu, Fruehlingsrollen (mit Fleisch oder Gemuese), Tofu Burger, Sojakuchen, Soya Sprouts.
Manufacturer's Name: Thieu's Soja Spezialitaet.
Manufacturer's Address: Kirchgartenweg 20, CH-4143 Dornach (near Basel), Switzerland. Phone: 06-172-8831.
Date of Introduction: 1983. November.
New Product–Documentation: Richard Leviton. 1983. Report on trip to Europe with American Soybean Assoc. p. 18. Thieu (or Tieu) The Van is a Vietnamese tofu maker in Dornach near Basel. According to a newspaper report dated 9 Sept. 1983 his was a "boat people" family that came from Saigon in 1979. He makes *Fruehlingsrollen* ("spring rolls" with meat or vegetables), tofu, tofu burgers, *Sojakuchen* [Soya Cakes], and Soya sprouts. Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Thieu's

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Soja Spezialitate, Kirschgartenweg 20.

Letter (fax) from Verena Krieger. 1990. May 31. This company cannot be located.

6300. **Product Name:** [Tofu, Marinated Tofu, Tofu Ice Cream, Tofu Burgers].
Manufacturer's Name: Tofurei Ebner.
Manufacturer's Address: Obere Oedlitzerstr. 8A, A-2560 Berndorf, Austria. Phone: 026-723-507.
Date of Introduction: 1983. November.
How Stored: Frozen.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Owner: Guenter Ebner.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. This company started in Nov. 1983. It merged with Erich Wallner's company, Soyarei, in 1984 in a new location in Baden, where the company is still located. Before the merger the company made tofu, marinated tofu, soy ice cream (a small amount), and tofu burgers.

6301. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofurei Pfannenstiel.
Manufacturer's Address: Alte Landstrasse 276, CH-8708 Maennedorf, Switzerland. Phone: 01-920-5548.
Date of Introduction: 1983. November.
New Product–Documentation: R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 17. Verena Krieger says that an English guy, Jean Spearing, is starting a shop named Tofurei Pfannenstiel in Männedorf. Letter (fax) from Verena Krieger. 1990. May 31. This company now makes 160 kg/week of tofu including Herb Tofu and Curry Tofu.

Talk with Walter Dänzer. 1990. May 30. The person who started this company came to Soyana to learn how to make tofu but he didn't say that he wanted to start his own tofu shop. Pfannenstiel is the name of a mountain near where he opened. Walter does not know if he still makes tofu.

6302. **Product Name:** [Tofu, Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer's Name: Vajra.
Manufacturer's Address: Rue Jean Baus, B-1970 Brussels, Belgium.
Date of Introduction: 1983. November.
New Product–Documentation: Richard Leviton. 1983. Report on trip to Europe with American Soybean Assoc. p. 22. This local tofu shop is run by Patrick Gigi. He also makes seitan, and imports products from Japan.

6303. Weston Graham & Associates Ltd. 1983. Eastern Ontario soybean production and marketing feasibility study. Ottawa, ONT, Canada. 26 + 138 + 114 p. Nov. 28 cm. Looseleaf.
• ***Summary:*** This report was prepared largely by William W. Graham of Weston Graham & Associates for the Ontario Soya-Bean Growers' Marketing Board in cooperation with the Government of Ontario and the Government of Canada. Contents of Executive summary: Introduction. Soybean crop development needs: Producer problems and concerns, elevator operator problems and concerns, crusher problems and concerns. Conclusions and recommendations: The potential for increased soybean production, technology transfer and producer information needs, the potential for a new crushing facility in Eastern Ontario (250 tons/day at Prescott), additional handling and storage facilities for soybeans, servicing specialty food markets (natto, tofu). Summary of situation, requirements, effects and future scenarios of soybean production and Marketing in Eastern Ontario: Production, transportation/handling/storage, crushing, import and export markets.

Contents of main report: 1. Introduction. 2. Profile of production. 3. Soybean production and management. 4. Production potential. 5. Marketing and use patterns. 6. Market infrastructure options. 7. Opportunities and impacts. 8. Soybean development needs. 9. Recommendations and conclusions. List of 33 tables. List of 1 map and 2 figures.

Canadian soybean production has traditionally been restricted to the southernmost areas of Ontario. "The release of the soybean variety Maple Arrow in 1975 [developed by Dr. Donovan and Dr. H. Voldeng using Fiskeby V and Harosoy crosses] made commercial scale soybean production a reality in Eastern Ontario." Maple Presto, an extremely early maturing variety, was licensed and released in 1978, but it did not gain wide acceptance due to its relatively low yields. In 1981 Maple Amber was released and has since become popular in shorter-season zones; its yields are generally only a little less than Maple Arrow. Maple Arrow is currently the variety most widely grown in Eastern Ontario. "Soybeans have been grown in Eastern Ontario since the mid-1930s, but until recently were only produced on a very limited scale. During the 1940s and 1950s Dr. Dimmock carried out a research program at the Central Experimental Farm in Ottawa. Varieties such as Comet, Crest, and Acme were adapted to the short season..." In 1976 only 462 acres of soybeans were grown in Eastern Ontario and most of these (197 acres) were grown in Glengarry County. But in 1981 some 11,089 acres of soybeans were grown in Eastern Ontario; the 3 top counties were Prince Edward (4,263 acres), Dundas (1,474 acres), and Ottawa/Carleton (1,129 acres). Since the 1981 census of agriculture, soybean acreage has more than doubled, to an estimated 23,000 acres in June 1982.

In Quebec province, only 66 acres of soybeans were grown in 1961, rising to 1,234 acres in 1971 and 3,555 acres in 1981. The main soybean growing counties in southern Quebec in 1981 were Richelieu (1,840 acres) and SW

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Montreal (1,333 acres). Address: 1684 Woodward Dr., Suite 217, Ottawa, ONT, K2C 3R8 Canada. Phone: (613) 225-0226.

6304. Yasuda, Masaaki. 1983. Tôfuyô to beni kôji [Okinawan fermented tofu (tofuyo) and red koji]. *Nippon Jozo Kyokai Zasshi* (*J. of the Brewing Society of Japan*) 78(11):839-42. Nov.; 78(12):912-15. Dec. [72 ref. Jap; eng+]
• ***Summary:*** How to eat tofuyo (p. 839): In the *Gyozen Honzo* (*Food Herbal*) (1832, a book about food and medicine) the physician TOKASHIKI Tsûkan Peichin wrote: Tofuyo has a delicious flavor and is good for the stomach. It makes eating a pleasure and is good for various types of sickness" (Ref. #9; Note: This book contains the earliest direct reference seen to tofuyo. Peichin refers to a high-ranking officer). It seems that tofuyo was consumed by the upper classes during the Ryukyu Ocho period in Okinawa and it was also used as a food for recovering after a sickness, and as a side dish. According to old people in Okinawa, Tofuyo was popular among upper class people in Shuri or Naha, during the Taisho period (1912-1926) and at the beginning of the Showa period (1926+). It was eaten with tea by ladies or with millet brandy (*awamori*) by men. But it was too for the regular people to afford. The best way to eat tofuyo is to place one cube of it (2-3 cm on a side) on a small dish and eat it with chopsticks or a toothpick a little bit at a time.

Note on the geography and history of the Ryukyu Islands (also called Luchu or Loochoo Islands): This chain of islands extends in a 600-mile long arc southward from the southern tip of Kyushu (Japan's southernmost main island) down to Taiwan. It includes Okinawa, Sakishima, and the Amami island groups. The population in 1970 was 945,000. The chief town is Naha on Okinawa. History: In 1372 these islands came under the political influence of China. In 1451 they became a tributary to Japan as well as China, and 1609 a Japanese protectorate (part of Satsuma-Han). Thus the islands have long had cultural ties with both Japan and China. During Japan's Edo period (1600 to 1868) the kingdom of Ryukyu formally belonged to China, but in fact it was more closely tied with the Satsuma Han, a powerful domain in southern Kyushu. Like China and Japan, Ryukyu had its own emperors and dynasties. The imperial palace was on the island of Okinawa, in the southern city of Shuri. Imperial messengers (*sakuho-shi*) were frequently sent to Okinawa from China and there were cultural exchanges between the two countries. In 1871 the Meiji government in Japan made Ryukyu part of Kagoshima prefecture. In 1872 they made it Ryukyu-Han. After this change, Shôtai (lived 1845-1901) became king of the Ryukyu-Han. In 1879 Ryukyu became an integral part of Japan. Under the Japanese, the Amami group belonged to Kagoshima prefecture and the Okinawa and Sakishima groups constituted Okinawa prefecture. In 1945, after World War II, it was placed under a U.S. military government. In 1966 it received local self-government, and in 1972 was returned to Japan.

History of tofuyo in Okinawa (p. 839-40). The earliest document seen concerning soybeans in Okinawa appeared in 1534 in the *Record of the Messengers to Ryukyu* (*Shi Ryukyu Roku;* Ref. #16). Thereafter soybeans became a widely grown crop (Ref. #17). The *History of Ryukyu* by Ryukyu Opu (1713, Ref. #19) noted that it was not clear at the time when and how tofu came to the country. Although this uncertainty still remains, tofu is thought to have arrived in Ryukyu in the mid-1600s. According to the *Various Records of the Messengers to Ryukyu* written by Osho? (Wang-shu?, Ref. #18) in 1683, tofu was widely available at that time in Okinawan market places. being produced by many companies. It was an important food not only for the local people, but also for the Chinese imperial messengers (Refs. #20-22). Okinawa's tofu was a firm tofu, made in the Chinese way by pressing the soymilk out of the okara before cooking it. This method was also traditionally used in Korea and southern Japan (in Kumamoto–Itsugi-mura, Yamaguchi, Ishikawa, and Koichi prefectures). The method was probably introduced to Okinawa by Chinese imperial messengers or by exchange students, although it could have been brought from Japan by Buddhist monks, who served it in their temple cuisine.

Note: For much more detail about the history of tofu-ru in the Ryukyu islands, please see "History of Fermented Tofu" on the Soyinfo Center website. Address: Dep. of Agricultural Chemistry, University of the Ryukyus.

6305. Southwell, Jane. 1983. Re: Discontinuing Soy Deli at 211 East Ann St. in Ann Arbor. Letter to "Community loan holder," Dec. 5. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "We no longer operate the Soy Deli at 211 East Ann St. The People's Produce Coop, which shares that building space with the Herb and Spice Coop, now handles Soyplant products. You can continue to pick up tofu and soymilk as payment on the principal of your loan, if this is the option you chose. Coordinators of the Produce Coop are keeping records for the Loan Program, and we appreciate their willingness to do this. Other Soyplant products are still available. We apologize for any confusion this change-over may have caused.

"We are seeing a gradual but steady improvement in the company's position. Beginning this month, we will repay loans at the rate of $100 a month, according to the list of loan holders we have compiled who requested cash repayment. We will increase the rate as quickly as we can." Address: The Soyplant, 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: (313) 663-8638.

6306. *Orange County Register* (*California*). 1983. Some new cookbooks are as visually enticing as sophisticated coffee

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table books. Dec. 8. p. 7. [12 ref]
• ***Summary:*** One of the entries is: "'The Book of Tofu–This updated and revised edition by William Shurtleff and Akiko Aoyagi contains more than 500 original recipes and easy-to-follow instructions for making tofu at home. (Ten Speed Press, $11.95. Available by mail order to Ten Speed Press, P.O. Box 7123, Berkeley, CA 94707–(415) 845-8414). These two also have a book entitled 'The Book of Miso' ($9.95)."

6307. Poston, Frank. 1983. Worthington is now making tofu and Tofu Garden Patties as part of their new Natural Touch line (Interview). *SoyaScan Notes.* Dec. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tofu Garden Patties is the start of a new line developed for the health foods market. The Patties were introduced in June 1983. Worthington bought all of the tofu equipment from Rising Sun Soy Farms in Columbus, Ohio, and are now making the tofu for the product at the Worthington plant in Ohio. The product was developed for the health food market, and will be part of the larger new Natural Touch line of products. More new products will be out in April 1984. This is a big and important new trend for the company and they plan to put a lot of energy and money into promoting it. Some (but not all) of the new products will contain tofu. Address: Worthington Foods, 900 Proprietors Rd., Worthington, Ohio 43085-3194. Phone: 614-885-9511.

6308. Hughes Markets. 1983. Merry Christmas! (Ad). *Los Angeles Times.* Dec. 22. p. I30-I131.
• ***Summary:*** Two full pages of ads. The section titled "Happy holidays from Hughes Markets!" (p. I30) includes: "Fresh Hinode age [deep-fried tofu pouches] 1.5 oz. pkg.–79¢. Kikkoman soy sauce gallon can–$4.39. Kikkoman Aji Mirin, 10 oz. bottle, sweet cooking sauce–$1.59. Hime kuromame amani 6.35 oz. can, Black [soy] beans–95¢."

The section titled "Foods of the Orient holiday specials!" (p. I31) includes: "JFC Kinako 7 oz. pkg. Soy bean flour–69¢... Misuzu koya tofu, 3.5 oz box Wheat cake [sic, Dried frozen tofu]–$1.15." Also: "Hime sushinori dried seaweed, Kikkoman tempura sauce, Su Hiro kombu maki Rolled kelp, Umeya frozen mochi."

6309. *SoyaScan Notes.* 1983. Soymilk and dairy milk prices in California, December 1983 (Overview). Dec. 28. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Lafayette, California, whole fluid cow's milk retails for $0.39/pint (1 pint = 16 ounces) and nonfat cow's milk retails for about $0.43/quart. Milk is the least expensive popular beverage, less expensive than Coca-Cola, beer, or orange juice. Prices of unflavored fluid soymilks are as follows: Vitasoy, 8.4 oz. Tetra Brik sold to the Asian-American market $0.35 (which is the equivalent of $0.67 per pint), Quong Hop Soy Fresh 10.16 oz. Pure Pak carton $0.59 ($0.89/pint), Wildwood Yosoy pint plastic bottle $1.05, Brightsong Honey-Vanilla pint plastic bottle $1.08, San-J To-Neu 6.76 oz. Tetra Brik $0.74 ($1.75/pint), Edensoy 6.0 oz. retort pouch $0.74 ($1.97/pint). Vitasoy, the least expensive soymilk, is 1.72 times as expensive as cow's milk. The average price of the pint equivalents of all 6 U.S. soymilk products mentioned above is $1.24 a pint (which would be $2.48/quart). Thus the average soymilk in a typical pack is 3.53 times as expensive as dairy milk per unit volume.

6310. Boys (The). 1983. Untitled display (Ad). *Los Angeles Times.* Dec. 29. p. J23.
• ***Summary:*** This full-page ad contains a section titled "New Year Specials" which are all Japanese food products, including: "Fried tofu pouches Hinode age, 6 pack–79¢." "Miyako brand Roasted soybean flour, kinako, 8-oz. box–89¢." Address: [Los Angeles County].

6311. Dosti, Rose. 1983. Artful use of vegetables: Let's eat out. *Los Angeles Times.* Dec. 29. p. J29.
• ***Summary:*** A review of the Fragrant Vegetable Restaurant (also called Vegi Food Kitchen), 108-110 N. Garfield Ave., Monterey Park. This attractive restaurant is the inspiration of Julie Hau, a Chinese businesswoman who copies the format of a Hong Kong vegetarian restaurant specializing in vegetable protein foods–such as wheat gluten, which the chef prepares from scratch. The executive chef is said to have been schooled in a Zen temple. "Dishes using fungus (fresh and dried imported mushrooms), sea plants [sea vegetables] and soy bean curd (tofu)... abound." Address: Staff writer.

6312. Hughes Markets. 1983. Happy New Year! (Ad). *Los Angeles Times.* Dec. 29. p. J24-25.
• ***Summary:*** The section titled "Foods of the Orient holiday specials" includes: Kikkoman soy sauce, gallon can–$4.25. Fresh Hinode age, 1.8 oz.–79¢. Kikkoman 10 oz. JFC soy bean flour 7 oz. Kinako–69¢. Kikkoman Tempura Sauce 10 oz bottle–$1.09. Hime Kuromame amani, Black [soy] beans–95¢. Misuzu Koya Dofu 3.5 oz. box Wheat cake [sic, Dried frozen tofu]–$1.15.

Also includes: Frozen Umeya mochi. Shirakiku bamboo tips. Ozeki sake. New crop Kokuho rice. Hime sushinori [Sushi nori] Dried seaweed. Kikkoman Aji mirin–Sweet cooking sake. Mitsukan Su–Rice vinegar. Miyako kizami shoga–Sliced pickled ginger. Miyako shiitake–Dried mushrooms. Tamandi Sushipoko–Sushi seasoning. Kezuka kampyo [kanpyo]–Dried gourd strip. Suhiro Kumsu Maki–Rolled kelp [konbu].

6313. *SoyaScan Notes.* 1983. Chronology of soybeans, soyfoods and natural foods in the United States 1983 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 16. Larry Needleman decides to sell Bean Machines. Looking for a buyer. Jan. 24. "Legume, Company

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Finds Niche Selling Frozen Foods Made with Tofu, published by The Wall Street Journal.

Feb. *Soyfoods* magazine No. 8 published by Richard Leviton. Blue cover, 5,000 copies

Feb. 6-8. Sixteen soyfoods companies exhibit at the Natural Foods Expo. in Anaheim, California. A new trade association named Soyfoods Association of America (SAA) is formed; it is basically a restructured version of the original Soyfoods Association of North America, which was founded in July 1978 and which now ceases to be active. SAA elects a new board of directors; Michael Austin is chosen new Executive Director and Gary Barat of Legume becomes new President. Fourteen companies pledge $12,000. Headquarters established in New York City.

Feb. 7. The First Great Tofu Burger, a dry mix, made in Oakland, introduced at Anaheim Natural Foods Expo.

Feb. 18. Wm. Shurtleff has idea for forming a Soy Sauce Council to help encourage soy sauce companies to join Soyfoods Association, develop soy sauce terminology and standards, and eliminate mislabeling.

Feb. Jack's Beanstalk, innovative tofu company in Salt Lake City, goes out of business.

March 10. *Soyfoods Industry and Market: Directory and Databook 1983* published by Soyfoods Center, accompanied by glossy flyer and catalog of professional publications and services.

March 10. *Tempeh Primer,* by Juel Andersen and Robin Clute, published.

March 14. Connecticut Agricultural Experiment Station, in Bulletin 810 "Quality of Tofu and Other Soy Products," reports high bacterial and coliform counts. A virtual expose, revealing the tofu industry's erratic quality control, it gets wide media coverage and hurts sales of New England and New York tofu companies.

March. Hinode Tofu Co. starts major tofu ad and coupon campaign, with full-page ads in four national magazines. Most extensive national publicity ever done for tofu. Triggers lawsuit from a rice company over the Hinode brand, with which Hinode Tofu Co. is subsequently forced to part.

April 27-30. Six soyfoods companies exhibit at Whole Life Expo in San Francisco, as part of Soyfoods Association's booth. Shurtleff presents a speech and color slide show.

April. Hartz Seed Co. is purchased by Monsanto.

May. *The Au Naturel Tofu Manual,* by Chloe & Abraham Fox self-published in Canada. Vol. 1 is *Tofu Recipes for Families.* Vol. 2 is *Modern Jewish Tofu Cooking.*

May 3. Michael Austin mails out Soyfoods Association Charter Member letter. By year's end $18,000 in membership fees had been raised.

May 4. Richard Leviton decides to move to California.

May 8-11. Hinode Tofu Co. exhibits five flavors of Tofu Parfait at the prestigious and influential Food Marketing Institute convention in Chicago, a major national supermarket convention, attended by 20,000.

May 9. Dr. Hwa L. Wang of USDA NRRC speaks on "Tofu and Tempeh as Potential Protein Sources in the Western Diet" at the American Oil Chemists' Society symposium on "Potential New Protein Sources" in Chicago.

May 16. Quong Hop & Co. introduces the first Soy Deli cooler display case to Raley's supermarkets in Reno and Sacramento. In July they introduce the idea to Safeway supermarkets in California. By August there are Soy Delis in ten Safeway supermarkets in the San Francisco Bay Area.

May 18. The New York Times article on "Bacteria in Soy Products" as a follow-up on the Connecticut tofu contamination report.

May 24. Wm. Shurtleff goes to China for three weeks to study soyfoods, sponsored by Danish Turnkey Dairies; the first trip for this purpose since Dr. A.K. Smith of the USDA went there in 1949. Shurtleff writes 75-page report on *Soybeans and Soyfoods in China: 1949-83.* After China, Wm. and Akiko Shurtleff spend 3 weeks studying the soymilk industry and market in Japan.

May 31. Leviton and Wang speak on the soyfoods industry at Iowa State University conference on grains and legumes.

June. Worthington Foods introduces Tofu Garden Patties, developed for the health food market as part of a larger new line of natural food products, all sold under the Natural Touch brand. This is a new trend for the company and they commit money to promoting it. In 1984 they launch Okara Patties (which contain okara as the 4th ingredient).

June. *Quantity Tofu Recipes for Institutions & Restaurants,* by Gary Landgrebe published by Soyfoods magazine and Fresh Press.

June. *The Magic of Tofu,* by Jane O'Brien of Ireland published by Thorsons in the UK.

June. *Tofu: Not Just for the Health of It,* by Jana H. Crutchfield self-published.

June. *Handbook of Indigenous Fermented Foods,* edited by Keith H. Steinkraus, published by Marcel Dekker. Extensive original material on traditional soyfoods. It soon becomes a classic.

June. *Soyfoods* magazine No. 9 published, 7,000 copies. *Soyfoods Newsletter* published in new typeset, 4-page format with new design.

June. Torigoe Seifun, Japan's fifth-largest flour miller, starts production of tempeh. This is the earliest known commercial tempeh ever made in Japan.

July 1. Quong Hop & Co. purchases Pacific Tempeh Co.

July. INTSOY publishes *Proceedings of the First China/USA Soybean Symposium,* held July 1982 at the University of Illinois.

July 3-Aug. 22. Richard Leviton in England, lectures on soyfoods in London and Leicester, and does some soyfoods research.

July 25. Soyfoods Association meeting in Denver.

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Tom Timmins, president of Tomsun Foods Inc. (one of the companies seriously affected by negative publicity on tofu quality) is asked to be head of the Soyfoods Association's Standards Committee, and to appoint people to work with him on the development of standards, especially tofu standards. In October he sends a 4-page survey letter concerning soyfoods standards to the 18-person Soyfoods Association Standards Committee that he has appointed.

July 28-Aug. 2. Second US/China Soybean Research Symposium, held in Jilin, China

July. NNFA show in Denver. Eden Foods surprises the natural foods industry by launching designed-for-America Edensoy in plain and carob flavors. Made in Japan by Marusan-Ai and exported by Muso, it is packed in a 6-ounce retort pouch. San-J's To-Neu brand soymilk is also debuted in Tetra Brik cartons.

Eden Foods is the first Caucasian-American company to import soymilk, and their gamble soon pays off; sales skyrocket, sparked by an extensive magazine advertising campaign. Between Sept. and Dec. 1983 over 1 million packs are sold. A host of competitors rush to follow Eden's lead... and many of them go to Muso. Eden objects.

July 31. Fifth Anniversary of the founding of the Soyfoods Association of North America.

Late July. Hot, dry summer weather heats up the price of soybeans from $6/bu to over $9.50/bu in August and September, falling back to $8 in December.

Aug. 15. *Time* magazine article on stylish ice creams has a paragraph on Tofutti soy ice cream.

Aug. 15. Delegation of four soyfoods experts from People's Republic of China spends 5 hours at The Soyfoods Center. First stop of the first Chinese soyfoods team to visit the USA.

Aug. 15. Soyfoods Center makes the first photocopy of the entire Log of the Dorsett-Morse Expedition to East Asia, 1929-31. 6,170 pages. The only original is owned by the American Soybean Assoc. in St. Louis.

Aug. Farm Foods serves Ice Bean soymilk ice cream at the American Soybean Association convention in Nashville, Tennessee.

Sept. Legume in New Jersey, in their second public stock offering in 15 months, raises an additional $400,000 ($300,000 net).

Sept. Continental Soyfoods, run by Pat Aylward in Minneapolis, goes out of business.

Sept. 9. Leviton leaves Massachusetts, moves Soyfoods magazine to Encinitas, California. But he decides to leave there a week later.

Sept. 21. New Ten Speed Press edition of *The Book of Miso,* by Shurtleff and Aoyagi published. Extensively revised. Shows miso consumption in U.S. has increased 300% since 1975.

Sept. 25. Open House at new headquarters of Soyfoods Center for 30 people, including Nancy Dailey, who is writing a major story on soybeans for *National Geographic* magazine, and for Richard Leviton, newly arrived in California. Shurtleff shows color slides of soyfoods in China.

Sept. 26–Oct. 1. Symposium on "Soybean in Tropical and Subtropical Cropping Systems" held at Tsukuba, Japan. About 200 people attended. Proceedings were published in 1985.

Sept. 28. Soyfoods Center buys its first computer and begins computerization, which soon leads to development of the world's three largest computerized databases focusing on soyfoods and the soybean industry–from which this chronology is compiled.

6314. *SoyaScan Notes.* 1983. Chronology of soybeans, soyfoods and natural foods in the United States 1983 (Continued) (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued. Oct. 9 to Nov. 14. Leviton travels to Europe as a consultant for the American Soybean Association. Gives six speeches on soyfoods in Italy, Belgium, Denmark, France, Netherlands, and Hungary. The 50-minute speech in Italy is about the soyfoods industry in the USA, presented to 150 members of EUVEPRO, the European Vegetable Protein Association. Leviton studies soyfoods throughout Europe, the first representative of the American soyfoods movement to do so. He reports that virtually all tofu in Europe is vacuum packaged. On Oct. 28, ASA Belgium Office expresses interest in sponsoring a European Soyfoods Conference and a European Soyfoods Newsletter. Leviton writes a 56-page report on the trip.

Oct. New England Soy Dairy starts to sell its tofu under the Tomsun brand.

Oct. The world's first spray-dried tofu is introduced by Clofine Dairy & Food Products of Linwood, New Jersey. St. Peter Creamery first began spray-drying soymilk powder in late 1984, and tofu in the summer of 1985, under the Oberg patent.

Oct. Kikkoman: Company, Clan, and Community (358 p.) by W. Mark Fruin published by Harvard University Press as part of their series Studies in Business History.

Oct. Major reorganization of The Farm in Tennessee. It is no longer a cooperative. Every participant must pay his/her own way. All workers earn wages. The soy dairy sells its tofu and soymilk to Farm residents. Farm Foods becomes an independent, for-profit corporation.

Nov. Hymowitz and Harlan's "The Introduction of the Soybean to North America by Samuel Bowen in 1765" published in Economic Botany. This brilliant piece of historical research pushes the introduction date back 39 years, and shows that by the late 1760s Bowen, in Georgia, was making soy sauce and exporting it to England. It also credits Benjamin Franklin with the earliest known reference by an American to tofu, in 1770.

Nov. 11. Wm. Shurtleff and Gordon Bennett (Westbrae

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Natural Foods) mail out a packet including proposed U.S. soy sauce standards, English translation of Japanese Shoyu Standards, and proposal for formation of a Soy Sauce Council to 60 companies connected with soy sauce in the USA.

Nov. Soyfoods Assoc. officers meet with David Mintz of Tofu Time (maker of Tofutti) asking him to either use tofu as an ingredient in Tofutti or drop the term "tofu" from his product name and stop stating or insinuating that his product contains tofu.

Nov. 11. Wm Shurtleff writes a strongly worded letter to Mintz threatening to report the matter to the Securities and Exchange Commission and the FDA if Mintz fails to stop deceptive practices. Mintz quickly re-adds tofu to Tofutti.

Nov. 19. House Shokuhin Kogyo, a major Japanese food company, invests $2.5 million in Hinode Tofu Co. in Los Angeles as part of a joint venture to expand tofu production.

Nov. 25. Dr. Clifford W. Hesseltine of the USDA NRRC receives the award of the Third Class of the Order of the Rising Sun from the Emperor of Japan in recognition of the meritorious services he has rendered: proving the safety of Japan's traditional fermented foods, training Japanese scientists, and promoting technical cooperation in the field of food fermentation between the United States and Japan.

Dec. New England Soy Dairy, in a half-page article in *Inc*. magazine, is named as one of America's 500 fastest growing small private companies.

Dec. Inari Trading Co. in Michigan develops a delicious Christmas Soynut Sampler with seven flavors of Super Soys, including yogurt-coated, carob-coated, and butter-toffee. Runs full page color ad in Soybean Digest.

Dec. *International Bibliography of Soybeans* (3 volumes, 2,500 pages) published in Brazil. 19,571 references total, under 75 subject headings, all published during 1970-1982. Volume III contains author and subject indexes. Mostly soybean agronomy, but 1,584 references on soyfoods.

Dec. 1. The title of *Soyfoods Monthly* is changed to *Soyfoods Newsletter.*

Dec. 5-7. Symposium on Soybean Utilization held at Ibadan, Nigeria, Sponsored by IITA. First event of this type in Africa.

Dec. 8. Tofu Time Inc. in New York raises $3.2 million ($2.4 million net) in their first public stock offering, to finance national marketing of Tofutti soy-based ice cream.

Dec. 10. Doug Fiske becomes majority owner (55%) of *Soyfoods* magazine, Leviton owns 45%. Fiske will take over most publishing responsibilities. Leviton moves to San Francisco Bay Area.

Dec. Soyastern starts to make tofu in West Germany. By 1987 they are the country's largest tofu manufacturer, making 4,000 kg/week.

* *Eurosoya,* the annual publication of the European Cooperative Network on Soybean, begins.

* Soymilk production peaks in Japan at 116,724 kl. By 1986 it has fallen to 43,392 kl, which is only 37% of the peak.

1983 New Trends:

New Capital and Expertise are Flowing into the Soyfoods Industry, leading to many exciting new ideas and products and marketing programs. A dozen or so large companies with nationwide marketing are emerging.

New Emphasis on Soyfoods Marketing, now that production techniques have been fairly well mastered, is seen throughout the industry, and is reflected in new editorial and advertising policies of *Soyfoods* magazine.

Brand-Name Promotion by larger companies is surpassing generic or commodity promotion.

Stylish Second-Generation Products, prepared convenience soyfoods, are appearing with better product quality, better marketing and promotional programs, and better packaging and graphics. These are the fastest growing component of the soyfoods industry.

Extensive Professional Advertising of Soyfoods in natural and health food consumer magazines, as by Legume, Eden Foods, San-J, Hinode, Edward & Sons, and Pure & Simple. Each of these companies run very attractive, professional ads. Brightsong Light Foods has top graphics for a small company.

Exhibits at National Trade Shows are now a matter of course: The Natural Food Merchandiser show, followed by the National Nutritional Foods Association (NNFA) show are most popular.

Tofu Market Control is Increasingly Concentrated in the hands of large manufacturers, who distribute nationally and have professional marketing. Most companies are getting much more professional, but many small tofu companies are going out of business. The total number of companies is stabilizing.

Soymilk Makes its First Big Splash in the American Caucasian Market, led by Eden Foods' Edensoy. Vitasoy has big plans for early 1984. Vitasoy had the largest total imports in 1983, but mostly sold to the Asian-American market. Large new soymilk plants are planned to open in 1985.

East Asian Soymilk Sales are Skyrocketing, leading to a general soyfoods Renaissance, and reevaluation of traditional soyfoods staples. Production of soymilk in Japan tops 100,000 metric tons (tones) for the first time, reaching 116,724 tonnes, up 71% over last year. The per capita consumption of soybeans in Japan is 5.8 kg/year, up 3.6% from last year.

Soy Ice Cream is Becoming Fashionable. Made with tofu, soymilk, and/or isolated soy protein, it is emerging as a major way that Americans are discovering soyfoods.

Tofu Industry is Vulnerable to Sanitation and Credibility Problems as vividly demonstrated by the Connecticut quality/contamination report in March and subsequent adverse publicity, and by a Tofutti mislabeling incident in November. The industry urgently needs standards and better

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sanitation. Tofu souring and spoilage is the tofu industry's number one problem.

The Soy Deli Concept: Defunct or Ready for Takeoff? No new openings and some closings. But more and more natural food and vegetarian restaurants are starting to use soyfoods, and Chinese and Japanese restaurants are increasing their traditional use. In Soyfoods No. 9, Leviton calculated that as much as 16% of all tofu made in the U.S. is being served in restaurants, but this figure is probably far too high. Most promising, plans by Tofu Time/Tofutti to open a chain of natural, fast food restaurants featuring tofu, soymilk and other soyfoods could bring the Soy Deli concept new life and widespread publicity as a healthful alternative to McDonald's, Burger King, and the like.

European Soyfoods Industry is Flourishing, with lots of innovation. Large producers of tofu and tempeh are emerging in the Netherlands.

Tempeh is Starting to Take Off in Japan and interest is rising rapidly: 13 articles were published on tempeh in Japan this year, followed by 20 in both 1984 and 1986.

6315. Ang, Tien-Sê (Hong, Tiansi). 1983. Doufu kaoyuan [On the origin of tofu]. *Xue Shu Lun Wen Ji / Kertas-Kertas Pengajian Tionghua / Papers on Chinese Studies* (*University of Malaysia*) No. 2. p. 29-39. Dec. [35 ref. Chi]
• ***Summary:*** Wade-Giles reference: Hung, T'ien-Ssu. 1983. "Tou fu k'ao yüan." This periodical has three titles.

6316. *Ann Arbor Observer* (*Michigan*). 1983. [A pair of retrenchments]. Dec. [1 ref]
• ***Summary:*** On Ann Street, just west of Fourth, The Soy Plant is discontinuing its retail operation. "The Herb and Spice and Produce co-ops, which have shared the one-time pizzeria at 211 East Ann with the Soy Plant, have taken over the sale of tofu, tempeh, and soy milk, and will continue to redeem the loans the Soy Plant is paying off in bean curd. But the Soy Plant's specialty deli items (which include soy cheesecake and tofu quiche) will now be sold through Arbor Farms instead." Address: Ann Arbor, Michigan.

6317. Daenzer, A. Walter. 1983. Schlank mit Tofu: 177 Schlankheitsrezepte. Die Tofu-Kur: gesund und lecker [Slender with tofu: 177 weight-loss recipes. The tofu cure: healthful and delicious]. Zurich, Switzerland: Verlag Bewusstes Dasein. 249 p. Illust. No index. 21 cm. [Ger]
• ***Summary:*** The 177 tofu diet recipes contain calorie counts. With contributions by Dr. Hecht (Chief physician at the Vita Sana Kurklinik, Lugano), Anita Zimmerman (Nutritional advisor to the city of Zurich), Indu Tamborini (Soyana test kitchen in Zurich), and Annelis Rickli (Test cook for Weight Watchers Organization in Geneva). Contains 42 Weight-Watchers recipes.

Note: Richard Leviton noted during a visit with the author in Nov. 1983 that this book was originally planned to be titled *Tofu Kur* and was scheduled to be published in one month.

Contents: 1. A book for becoming slim, healthy, and happy. With a photo of Dänzer. 2. Facts about tofu. 3. "It would be ideal to eat tofu 2-3 times a week." 4. Organic tofu in high-quality diet therapy. 5. Slender, fit, healthy, and happy. 6. The "tofu treatment & cure." 7. My favorite recipe (four cooks). 8. The production of organic tofu in the Zurich-based firm of Soyana "The Secret of Perfection Flames." 9. 127 diet recipes with tofu: Salads, soups, cutlets and steaks, toasts and burgers, omelets and scrambled eggs, vegetables stuffed with tofu, tofu with vegetables, tofu omelets, gratins and quiches, tofu sauces and dips, tofu cocktails and spreads, tofu dessert feasts (cremes, shakes, puddings, etc.; Schlemmerei). 10. 42 Weight Watchers diet recipes with tofu: Soup, pasta, burgers and snacks, sauces, main dishes, desserts and sweets, breads. Address: Soyana, CH-8039 Zurich, Switzerland.

6318. Grover, Usha; Singh, Surjan; Mital, B.K. 1983. Studies on extending the shelf-life of soybean curd [tofu]. *J. of Food Science and Technology* (*Mysore, India*) 20(6):298-301. Nov/Dec. [14 ref. Eng]
Address: Dep. of Food Science & Technology, G.B. Pant Univ. of Agriculture & Technology, Pantnagar, Nainital, Uttar Pradesh, India.

6319. *Inc.* 1983. The Inc. 500: New England Soy Dairy Inc. Dec. p. 67-94. See p. 91, 94-95.
• ***Summary:*** Tomsun Foods (a tofu manufacturer in Greenfield, Massachusetts) was ranked number 254 by sales growth among the 500 fastest growing private companies in America, regardless of company size. Between 1978 and 1982 the company's sales increased by 720%. Their compound annual sales growth rate was 69%. 1982 sales were $1,854,000 vs. 1978 sales of $226,000. Profit range was 1-5% in both 1982 and 1978. Number of employees was 30 in 1982 and 8 in 1978. Acquisitions from 1978-1982 was zero. Date founded: 1977. Business description: Soy-food processing. Photos show: Tom Timmins (age 38) and Judy Roberts. Juan Metzger (age 64), retired co-founder (with his father) of Dannon Yogurt. Address: New York.

6320. **Product Name:** Legume Light & Natural Tofu Entrees: Stuffed Shells Provencale.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 91 Roseland Ave., Caldwell, New Jersey.
Date of Introduction: 1983. December.
Wt/Vol., Packaging, Price: 11 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1983. 10.5 by 7.5 inches. Paper. Red, green, black on white. Color photo of Stuffed Shells Provençale surrounded by vegetables.

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Contents includes sauce. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p. 42. Ad in Natural Foods Merchandiser. 1987. March. p. 58. Forbidden foods (aren't forbidden any more). Legume Frozen Entrees have less than 300 calories, are all natural–and have no cholesterol at all!

6321. **Product Name:** Legume Light & Natural Tofu Entrees: Tofu Tetrazzini.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 91 Roseland Ave., Caldwell, New Jersey.
Date of Introduction: 1983. December.
Wt/Vol., Packaging, Price: 10.25 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1983. 10.5 by 7.5 inches. Paper. Red, green and black on white. Color photo of Tofu Tetrazzini surrounded by vegetables. "All Natural. Cholesterol Free. 280 calories." Contents includes whole wheat noodles. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center; Quick Frozen Foods. 1985. May. p. 92. Spot in Soyfoods. 1984. Summer. p. 42.

6322. **Product Name:** Legume Light & Natural Tofu Entrees: Vegetable Lasagna.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 91 Roseland Ave., Caldwell, New Jersey.
Date of Introduction: 1983. December.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1983. 8.5 by 10.5 inches. Paper. Green, red and black on white. Color photo of Vegetable Lasagna surrounded by vegetables. Contents includes sauce. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p. 42. Poster. 1987. "Forbidden Foods (aren't forbidden any more). Legume Frozen Entrees have less than 300 calories, are all natural–and have no cholesterol at all!" At some point this product was renamed Classic Lasagna. In March 1988 that 16 oz product retailed for about $4.29 while Stouffer's Lean Cuisine veal lasagna (10 oz) sold for $2.59 (equivalent to $4.14 for 16 oz), and Celentano Lasagna (16 oz) cost $2.49 (Record [Hackensack, New Jersey], March 7).

6323. **Product Name:** Legume Light & Natural Tofu

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Entrees: Sesame-Ginger Stir-Fry.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 91 Roseland Ave., Caldwell, New Jersey.
Date of Introduction: 1983. December.
Wt/Vol., Packaging, Price: 11.5 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1983. 10.5 by 7.5 inches. Paper. Red, green and black on white. Color photo of Sesame Ginger Stir-Fry surrounded by vegetables. "All Natural. Cholesterol Free. 260 calories." Contents includes brown rice. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p. 42.

6324. **Product Name:** Legume Light & Natural Tofu Entrees: Tofu Bourguignon.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: P.O. Box 288, Caldwell, New Jersey 07006.
Date of Introduction: 1983. December.
Wt/Vol., Packaging, Price: 11.25 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1983. 10.5 by 8.5 inches. Paper. Red, green and black on white. Color photo of Tofu Bourguignon. "All Natural. Cholesterol Free. 280 calories. Free Offer! Eat lighter and healthier with Legume's Light Eating Plan." Contents includes whole wheat noodles. Offer is for "Light Eating Plan" and coupons for Legume products. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p. 42.

6325. **Product Name:** Legume Light & Natural Tofu Entrees: Cannelloni Florentine.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: P.O. Box 288, Caldwell, New Jersey 07006.
Date of Introduction: 1983. December.
Wt/Vol., Packaging, Price: 11 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1983. 10.5 by 7.5 inches. Paper. Red, green and black on white. Color photo of Cannelloni Florentine surrounded by vegetables. "All Natural. Cholesterol Free. 270 calories." Contents includes sauce. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Soyfoods. 1984. Summer. p.

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42. Spot with label in Quick Frozen Foods International. 1985. Oct. "Enlightened Entrees with Tofu. Legume Tofu Cannelloni Florentine with Sauce." Ad in Natural Foods Merchandiser. 1987. March. p. 58. "Forbidden Foods. (aren't forbidden any more). Legume Frozen Entrees have less than 300 calories, are all natural–and have no cholesterol at all!"

6326. Leviton, Richard. 1983. Report on soyfoods research trip across America, Dec. 1983. Colrain, Massachusetts. 2 p. Unpublished typescript.
• ***Summary:*** Visited or discusses: Northern Soy (Rochester, New York), Legume (New York City), Tofu Time (David Mintz, New York City), New England Soy Dairy (Greenfield, Massachusetts), SanJ (San-Jirushi, Virginia), Quong Hop & Co. (South San Francisco, California), Worthington Foods (Worthington, Ohio), Southwest Soyfoods (Richard Jennings, Santa Fe, New Mexico). Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6327. **Product Name:** [Soyanaise (Imitation Mayonnaise)].
Foreign Name: Soyanaise.
Manufacturer's Name: Manna Natuurvoeding B.V.
Manufacturer's Address: Meeuwenlaan 70, 1021JK, Amsterdam, The Netherlands.
Date of Introduction: 1983. December.
Ingredients: Tofu (sojakaas), cold pressed, unrefined corn germ oil, apple vinegar, guar (binder), sea salt, corn syrup.
New Product–Documentation: Manna Bulletin. 1983. Dec. No. 8. "New Soyanaise. A delicious "mayonaise" [mayonnaise] made from tofu (*sojakaas*), with cold pressed, unrefined corn germ oil, apple vinegar, guar (binder), with sea salt and corn syrup."

6328. **Product Name:** Yoshi's Tofu: Pressed Soybean Curds.
Manufacturer's Name: Micro-Food Corporation.
Manufacturer's Address: 3890 Bayshore Blvd., Brisbane, CA 94005. Phone: 415-468-3890.
Date of Introduction: 1983. December.
Ingredients: Soybeans, water, nigari (organic–from the ocean).
Wt/Vol., Packaging, Price: 15 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, undated. 5 by 4.25 inches. Plastic film. Black and brown on white film.

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"Pressed Soybean Curds. No preservatives added. Perishable. Keep refrigerated. Rinse immediately after opening." Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Owner: Mr. Yoshi Mikumo.

6329. **Product Name:** Tofu.
Manufacturer's Name: Nepal Tofu Factory.
Manufacturer's Address: 20/321 Naya Bazar (P.O. Box 520), Kathmandu, Nepal. Phone: 4-13101.
Date of Introduction: 1983. December.
New Product–Documentation: Letter from T.B. Gubhaju published in *Soyanews* (Sri Lanka). 1984. Aug. p. 2. "I am pleased to inform you that I have begun making tofu with equipment brought from Japan. I am confident that soyabean products will play a vital role in the nutritional foods of the future." "I am also trying to make curd from soyamilk similar in quality and taste to curd from cow's milk. If you could suggest some ways of making this curd I would be very grateful to you." Address: "Nepal Tofu Factory, 20/321 Naya Bazar, Kathmandu [Nepal]." Reply: "We are sending some past copies of Soyanews which may help you to make the desired quality of soya milk curd. We wish you all success in the venture..."

Letter from T.B. Gubhaju, founder and owner. 1987. June 13.

Letter from T.B. Gubhaju. 1990. Aug. 12. "I would like to introduce myself as the pioneer in Soy Based Food in the kingdom of Nepal. My present tofu plant, imported from Japan, can produce about 800 liters of soymilk or 200 kg or tofu per day." Since the plant is not yet running at full capacity, due to the perishable nature of tofu, he would like to add new tofu or soymilk products to his line.

Letter from T.B. Gubhaju, owner. 1991. April 22. In reply to letter of 23 Aug. 1990. "At present I am making only Regular Tofu. The daily production varies from 100 to 150 kg/day only. I have purchased the equipment from Takai Tofu & Soymilk Equipment Co. of Japan at a price of ¥30,00,000.00 in 1983. The catalog is enclosed." His tofu shop "was established in 1983. I have published some advertisements in local papers to persuade the Nepalese people to have a habit of eating protein rich Soyabased Food in their dietary. During this period of 7 years, the daily consumption is quite satisfactory."

Letter from T.B. Gubhaju, owner. 1991. May 15. His son, Shekar Bajrachakarya, age 24, who recently passed his 3-year Diploma in Mechanical Engineering, First Division (Tribhuvan University, Thapathali), has been running Nepal Tofu Factory's tofu plant for the past 7 years. He is very interested in having his son learn how to make new soy products such as soymilk ice cream, soy yogurt, and soy products made by low-cost extrusion cooking.

Two letters from T.B. Gubhaju. 1991. June and Oct. 6. Nepal Tofu Factory was founded in 1980 by his wife, Mrs. Ganga Laxmi, for the purpose of making tofu and introducing the people of Nepal to soyfoods. Mr. Gubhaju is a civil engineer; he graduated with a bachelor's degree in civil engineering from India in 1959. He took up the tofu business after his retirement from government service. Actual commercial production of tofu began in Dec. 1983, and he has made only one product, tofu, since the beginning. The product has never been labeled, but consumers recognize it by its distinct dimensions and a mark. The address has not changed from the start. He thinks that his company was the first in Nepal to make tofu at a cottage level with Japanese equipment and technology. He purchased the equipment from Takai Tofu & Soymilk Co. in Japan for Rs. 300,000 (3,000,000 yen) in 1983. He feels that one reason for the company's success is that his tofu is made hygienically with equipment. He presently makes about 1,0000 kg/week of tofu. The company employs 6 people (including the owners): 1 manager, 3 production workers, and 2 office workers. The company has grown at the rate of about 15% a year for the past 2-3 years. The size of the building is 25 by 12 feet. It is a sole proprietorship. Sales last year were about Nepali Rs. 300,000 (approximately US$10,000). The net worth of the business is about US$30,000. He is planning to introduce soy ice cream, yogurt, and cheese. He also holds a license to make Soya Based Cereal Infant Food with a capacity of about 400 tons/year.

6330. **Product Name:** No Egg Salad.
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103.
Date of Introduction: 1983. December.
New Product–Documentation: Talk with Gary Stein. 1989. Feb. 17. He thinks this product was introduced in about Dec. 1983.

6331. **Product Name:** Coco Pudding (100% Dairyless).
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103.
Date of Introduction: 1983. December.
Ingredients: Tofu (organically grown soybeans, filtered water, natural nigari), soymilk, coco powder [cocoa powder], honey, malt syrup, vanilla.
Wt/Vol., Packaging, Price: 4 oz (113.5 gm).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Gary Stein. 1989. 2.5 inch diameter. Dark blue and light blue on white. Talk with Gary Stein. 1989. Feb. 17. He thinks this product was introduced in about Dec. 1983.

6332. Wee, Jae-Joon; Lee, Hyong-Joo. 1983. [Characteristics of amino acid fortified tofu manufactured by coprecipitation of whey and soybean proteins]. *Han'guk Nonghwa Hakhoe Chi* (*J. of the Korean Agricultural Chemical Society*)

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26(4):205-10. Dec. [11 ref. Kor; eng]
• ***Summary:*** "The contents of total solids and protein of traditional tofu were about 19% and 13%, respectively, while those of the whey-soybean tofus were 17.3%-18.1% and 10.9%-11.3%, respectively. The 5-15% of lactose in whey-soymilk mixture was transferred into the tofus. The content of sulfur-bearing amino acids in the fortified tofu from 3:1 mixture of whey and soymilk was 3.8g/100g protein which indicated about 50% fortification of the amino acids as compared to the traditional tofu which contained 2.54g/100g protein of the sulfur-bearing amino acids." Address: Dep. of Food Science and Technology, College of Agriculture, Seoul National Univ., Suwon, South Korea.

6333. Soyfoods company business cards. 1983-1984. 1 p.
• ***Summary:*** 1. American Soybean Association (St. Louis, Missouri).
2. The Soyfoods Center (Lafayette, California).
3. Penguino's Inc. (Rochester, New York).
4. Michiana Soyfoods, Inc. (Mishawaka, Indiana).
5. Kikkoman Marketing & Planning, Inc. (San Francisco, California).

6334. **Product Name:** Firm Tofu (Soybean Curd Cake), and Soft Tofu (Soybean Curd Cake).
Manufacturer's Name: Aloha Products.
Manufacturer's Address: 4515 Centinela Ave., Los Angeles, CA 90066. Phone: 213-822-2939.
Date of Introduction: 1983.
How Stored: Refrigerated.
New Product–Documentation: Talk with Tom Uyehara. 1988. Oct. 24. In 1981 his parents, Hiroshi and Alice Uyehara started making 2 types of tofu just for sale at their Aloha Grocery Store. The firm was made with calcium sulfate. In 1983 when Tom graduated from college he set up a plant on the property in a warehouse behind the grocery store and continued to make those two types of tofu. The business was a partnership between himself, his sister, and his sister in law. The grocery store still exists and is run by his brother.

6335. Amrit, The Oakland Siddha Meditation Ashram. 1983. A vegetarian restaurant (Leaflet). Oakland, California. 2 panels each side. Each panel: 21.5 x 9.5 cm. Undated.
• ***Summary:*** Printed with brownish-red ink on off-white paper. "The Ashram is connected to the Amrit Restaurant..." Soyfoods menu items include: Tofu burger. Tempeh burger. Weightwatcher (Tofu or tempeh burger). Tofu salad melt. Tofu salad.

On one panel is a quotation from Swami Muktananda: "Food is the essence of life. It is through food that a person is born. He lives by food too. Therefore, food should be treated with love and respect." Address: 1107 Stanford Ave. at San Pablo, Oakland, California 94608. Phone: 415-655-8677.

6336. **Product Name:** [Asahi Kôya-dofu (Dried-Frozen Tofu)].
Foreign Name: Asahi Kôya-dofu.
Manufacturer's Name: Asahi Shokuhin K.K.
Manufacturer's Address: Nagano-ken, Japan.
Date of Introduction: 1983.
How Stored: Shelf stable.
New Product–Documentation: This colorful Japanese-language label was purchased in Japan in mid-1983. It is orange, red, yellow and black on white. On the front panel, a color photo shows a prepared dish containing two pieces of dried frozen tofu, 5 snow peas, a mushroom, and a shrimp. Logo: JAS seal of approval.

6337. **Product Name:** [Organic Tofu, and Seitan].
Manufacturer's Name: Berner Tofurei.
Manufacturer's Address: Monbijoustr. 19, CH-3000 Bern, Switzerland. Later: Obere Bahnhofstrasse, CH-3714 Frutigen, Switzerland. Phone: 33-71-3090.
Date of Introduction: 1983.
New Product–Documentation: Talk with Thomas Andersen, founder of Thomas Tempeh. 1990. May 24. In late 1986, after selling his company (Thomas Tempeh) in Denmark, he went to Switzerland to help out at Berner Tofurei, which was owned by Infinity, which was owned by all the macrobiotic big shots in Switzerland. He would guess that they had been in business for about 2 years. Their main product was organic tofu, but they also made seitan. Thomas worked there until 1987.

Letter (fax) from Verena Krieger. 1990. May 31. Berner Tofurei used to be named Restaurant Sesam. The company is now located at Obere Banhofstrasse, CH-3714 Frutigen, Switzerland. Phone: 33-71-3090. The owners are Roland and Dassa Wickart. They make 400 kg/week of tofu and 100 kg/week of tempeh.

6338. **Product Name:** Taboolie with Tofu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703. Phone: 608-251-0595.
Date of Introduction: 1983.
Ingredients: Bulgar, tofu, celery, carrots, scallions, parsley, vinegar, water, shoyu soy sauce, oil, mint.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean. Label. 1985. 3.5 inch diameter. Self adhesive. Green on white. "Mid-Eastern Salad."

Label sent by Elizabeth Hanson of Bountiful Bean. 1991. Nov. 12. Same label as above, but company is now located in Ridgeway, Wisconsin 53582.

Leaflet sent by Paul Olson, new owner of Bountiful

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Bean Soyfoods. 1993. Nov. 19. The company makes Taboolie that contains tofu.

6339. **Product Name:** Sunny Tofu Salad (Eggless Egg Salad).
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 903 Williamson St., Madison, WI 53703. Phone: 608-251-0595.
Date of Introduction: 1983.
Ingredients: Tofu, celery, scallions, green pepper, pimiento, shoyu soy sauce, lemon juice, mellow white miso, honey, dried parsley turmeric, curry, cumin, cayenne pepper.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean. A product named simply Sunny was first launched in 1983. Later it was renamed Sunny Tofu, then Sunny Tofu Salad. Label. 1985. 3.5 inch diameter. Self adhesive. Maroon on white. "Eggless Egg Salad."

6340. **Product Name:** Strawberry Diet DeLite (Tofu Pudding).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1983.
Ingredients: Brightsong tofu, strawberries, honey, lecithin, citric acid, natural flavors.
Wt/Vol., Packaging, Price: 6, 8 oz.
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 90, protein 5 gm, carbohydrate 11 gm, fat 3 gm.
New Product–Documentation: Label. 1983. 3 inch diameter. Label. 1983. 2.5 inch diameter. Plastic tub. Red and blue on white. "Low in calories, fat and salt, a good source of protein, vitamins and minerals, and all natural. A delicious light desert... Finest quality since 1978." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Spot in Whole Foods. 1984. Jan. p. 39. "has 17% less calories than low-fat yogurt." Spot in Soyfoods. 1984. Summer. p. 42.

6341. Chen, W.L.; Lee, E.L.; Wu, H.C. 1983. [Preliminary study to prolong the shelflife of spiced and dried hard beancurd]. *Food Industry Research and Development Institute* (*Taiwan*), *Research Report* No. 300. [Chi]*
• ***Summary:*** The tofu discussed in this article is probably Five-Spice Pressed Tofu (*W.-G.: Wu-hsiang Toufukan; pinyin: Wuxiang Doufugan*). Address: Hsinchu, Taiwan.

6342. **Product Name:** Tofu.
Manufacturer's Name: Clearwater Farms.
Manufacturer's Address: 6125 Oakleaf Ave., Baltimore, MD 21215.
Date of Introduction: 1983.
Ingredients: Soybeans, water, nigari.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, undated. 3 by 3.25 inches. Self adhesive. Black, green, red, blue, and brown on white. Illustration of a rural farm and stream. "Fresh as a mountain stream. Keep refrigerated. Send for free recipes."

6343. Daizu Fureeku No. 1: Gyokai no machinozonde ita kakumei-teki genryô desu [Soy flake Number 1: The revolutionary ingredient that the industry has long been waiting for (Leaflet)]. 1983. Hokkaido, Japan. 4 p. [Jap]
• ***Summary:*** Describes whole (non-defatted) soybean flakes that are used to make tofu in Japan. Stored under the proper conditions (in a cool, dry, dark place), they are guaranteed to keep their quality for 10 months. They are packaged in quantities of 15 kg and 30 kg (33 or 66 lb). An annotated flow sheet of the process for using the flakes to make tofu is given.

A table shows that from 30 kg of Soy Flake No. 1, a tofu maker can obtain 400 cakes (400 gm each) of regular tofu, compared with only 250 cakes if whole soybeans were used. This implies that the flakes give a 60% higher yield of tofu per unit weight than whole soybeans.

The address of the factory is Aza-Toyoni, Hirô-machi, Hirô-gun, Hokkaido.

6344. Davies, M. 1983. Erinomaista ravintoa soijapavuista [Tofu]. *Voi Hyvin* No. 1. p. 20-21. [Fin]
Address: Europe.

6345. **Product Name:** Chinese Tofu (Firm), and Kinugoshi Tofu.
Manufacturer's Name: Fresno Tofu Co.
Manufacturer's Address: 943 E Street, Fresno, CA 93706. Phone: 209-268-1717.
Date of Introduction: 1983.
New Product–Documentation: Talk with Brad Kubota, owner. 1990. Nov. 28. He started making these two products in 1983.

6346. **Product Name:** [Hensel Tofu].
Foreign Name: Hensel Tofu.
Manufacturer's Name: Henselwerk GmbH (Marketer). First made by Auenland Tofu, then by Soyastern, then by KMK (Kurhessische Molkerei Kassel) in Kassel, West Germany.
Manufacturer's Address: Muehlenstrasse 5-7, Postfach 1120, D-7037 Magstadt, West Germany. Phone: 0719-4906.
Date of Introduction: 1983.
New Product–Documentation: Interview with Bernd

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Drosihn of Soyastern. 1987. Nov. 30. KMK (formally Kurhessische Molkerei Zentrale eG, Falderbaumstr. 23, D-3500 Kassel) is a dairy cooperative which produces tofu for Hensel. Hensel does not produce any tofu itself. KMK makes about 2,500 kg/week of tofu for them. Letter from Harry Whitford of Soyastern. 1987. Dec. 14. Henselwerk GmbH, Muehlstrasse 5-7, Postfach 1120, D-7037 Magstadt, West Germany, makes an estimated 2,000 to 2,500 kg/ week of non-organic calcium sulfate or calcium chloride tofu. Hensel is a brand of Schoenberger Pflanzensäfte GmbH. They started to sell tofu in 1983. First they bought it from Auenland, then from Soyastern. Nowadays a dairy cooperative in Kassel (KMK) makes it for them.

Die Geschäftsidee. 1989. Dec. p. 33. This company in Magstadt, well known as a large supplier of dietetic foods, now makes tofu. Formerly, the enterprise dealt with other soy products. Because of its financial strength, its investment in fully automatic production equipment, and its large scale production, it is able to produce tofu at a low price.

Listed on the back of the package for Hensel Soja-Kost Soja-Schrot: Other products from the Hensel Soja-Kost Program. "Tofu comes in neutral tasting or marinated forms. It is made purely from plants and is a cholesterol free alternative to flesh or milk protein." Ad (2 by 5.25 inches, full color) in Kurier/Neuform. 1989. Dec. p. 21. "For Hensel Tofu and Tofu Rolls. The tofu is free of cholesterol and rich in protein. A color photo shows the tofu package and sliced tofu on a plate with onions and parsley.

Talk with Thomas Karas of Soyastern. 1990. March 14. Hensel's tofu is made by a dairy company named KMK (Kurhessische Molkerei Kassel) in Kassel.

Hensel leaflet. Sent 1990. March 30. 8 panels.

6347. Hinode Tofu Co. 1983. Tofu: The nutritious ingredient of 1,001 delicious meals (Leaflet). 526 Stanford Ave., Los Angeles, CA 90013. 1 p. Single sided. 28 cm. Also run in numerous magazines, with a coupon. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** "With no taste of its own, it tastes like whatever you mix it with. It can be sweet as apples, hot as chili, or tart as lemons. Colorless, it takes on the color of other ingredients. Red with tomato. Green with spinach. You can make it crumbly, chewy, or silky smooth in texture, depending on preparation. It is low in fat and calories. It has no cholesterol. It's a low-cost source of high-quality protein." Address: Los Angeles, California.

6348. Hinode Tofu Co. 1983. Fitness food. High in protein; low in saturated fats, calories and carbohydrates; devoid of cholesterol: Hinode Tofu is the nutritious ingredient of 1,001 delicious meals (Leaflet). Los Angeles, CA 90013. 1 p. Single sided. 28 cm. Color. Run in numerous magazines, with a coupon.
• ***Summary:*** "High in protein, low in saturated fats, calories and carbohydrates, devoid of cholesterol: Hinode Tofu is the nutritious ingredient of 1,001 delicious meals." Address: 526 Stanford Ave., Los Angeles, CA 90013.

6349. Kasubuchi, Hiroaki. 1983. Kôyadôfu no rekishi to seihô [History and method of producing dried-frozen tofu]. *Shoku no Kagaku* (*Food Science Journal*) No. 72. p. 98-101. [Jap]
• ***Summary:*** Contains numerous photos. Address: Shiga-ken-ritsu Nagahama Nogyo Koko Kyoju.

6350. KOPTI. 1983. [Indonesian tofu and tempeh calendar (Poster)]. Jl. Falatehan I/6-8, Kebayoran Baru, Jakarta Selatan. 12 p. 33 x 54 cm. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. [Ind]
Address: Jakarta, Indonesia.

6351. **Product Name:** [Ganmo, Tofuburger]
Foreign Name: Ganmo, Tofuburger.
Manufacturer's Name: La Soyarie.
Manufacturer's Address: 25 rue St. Etienee, Hull, QUE, J8X 1H5, Canada.
Date of Introduction: 1983.
Ingredients: Ganmo: Tofu, carrots, onions, sunflower seeds, yam, sea salt. Deep-fried in sunflower oil. Tofuburger: Same + herbs and spices
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 3 patties per package.

6352. Lee, E.L.; Wu, H.C.; Chen. W.L.; Tsai, W.C. 1983. [Shelflife and sanitation of intermediate moisture foods]. *Food Industry Research and Development Institute* (*Taiwan*), *Research Report* No. 281. [Chi]*
• ***Summary:*** FIRDI has conducted studies and succeeded in prolonging the shelf life of this tofu to 6 months. Address: Hsinchu, Taiwan.

6353. **Product Name:** Silken Tofu.
Manufacturer's Name: Mandalay Food Products Inc.
Manufacturer's Address: 450 Broome St., New York, NY 10013. Phone: 212-966-0338.
Date of Introduction: 1983.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1983. June 20. Owners: Mr. U Han Kyu and John Tun. Talk with Thein Win. 1987. Dec. 29. This company is Burmese.

6354. **Product Name:** Vitasoy Tofunaise (No Eggs Tofu Salad Dressing).
Manufacturer's Name: Mandarin Enterprises Ltd.
Manufacturer's Address: No. 13-12200 Vulcan Way, Richmond, BC, V6V 1S8, Canada.
Date of Introduction: 1983.

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TOFU: The nutritious ingredient of 1,001 delicious meals.

With no taste of its own, it tastes like whatever you mix it with. It can be sweet as apples, hot as chili, or tart as lemons. Colorless, it takes on the color of other ingredients. Red with tomato. Green with spinach. You can make it crumbly, chewy, or silky smooth in texture, depending on preparation. It's low in fat and calories. It has no cholesterol. It's a low-cost source of high-quality protein. It's Tofu.

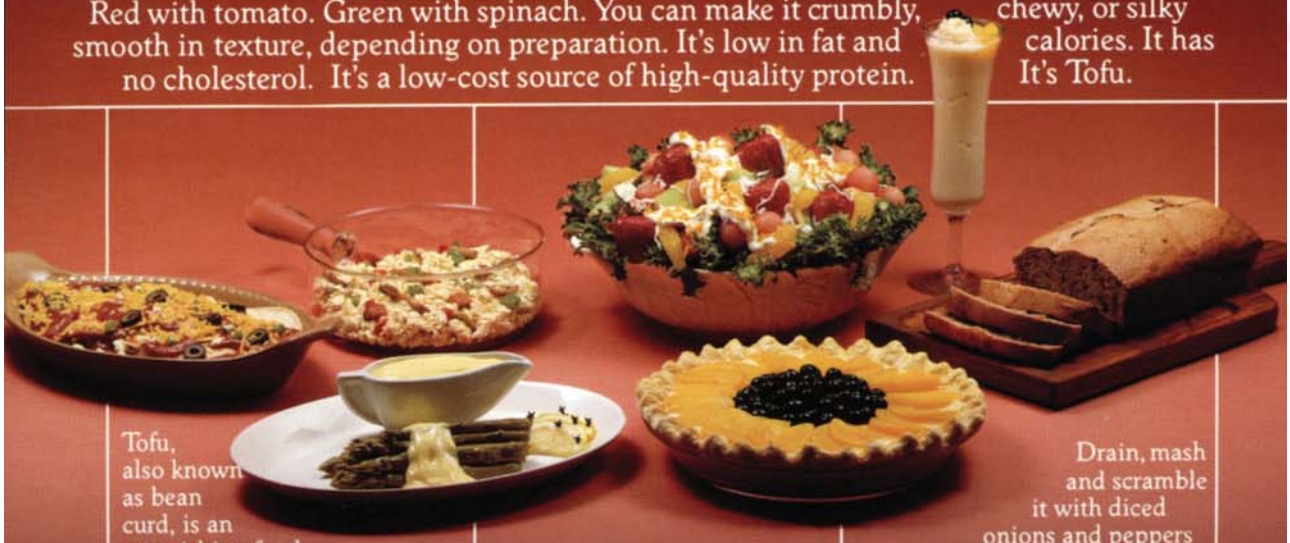

Tofu, also known as bean curd, is an astonishing food. It's natural—made by curding the mild white "milk" of the soybean, much like cheese is made from cow's milk.

Tofu is good for you. It's easy to digest.

It's rich in protein: comparable to beefsteak and whole milk. It provides your body with needed calcium and iron. What it doesn't provide is cholesterol. And it is low in saturated fats and sodium—things your body needs less of, if you're like most people.

Like rice, potatoes, cheese, wheat flour and corn, Tofu is a staple. It can be used in hundreds of ways to make thousands of dishes.

Tofu can be sliced, diced, mashed, pureed, frozen or dried. You can fry, steam, broil, boil, toast, or marinate it. You can blend it into almost any recipe and make a delicious meal richer in protein.

Freeze, defrost and squeeze it dry, and you get an excellent substitute for hamburger meat.

Drain, mash and scramble it with diced onions and peppers in place of eggs. It's terrific!

Breads, dips, sauces, dressings, soups, entrees, salads, casseroles, cookies, pies—you name it; you can make it with Tofu—and Tofu makes it healthier.

Use the coupon below. Get free Hinode Tofu recipes and get started on a whole new approach to nutritious, delicious cooking.

HINODE TOFU

Hinode Tofu is the finest quality Tofu available. It is made from the freshest soymilk from the finest quality soybeans; packaged with the freshness sealed in; dated for your protection and rushed to grocer's shelves daily. Hinode Tofu has no preservatives or other chemical additives. Ask for Hinode brand Tofu to be sure you're using only the very best.

15¢off

On your next purchase of Hinode Tofu.

This offer good until December 31, 1983

GROCER: As our agent, you may accept this coupon from retail customers as a price reduction at the time of purchase of the product specified. MANUFACTURER will reimburse you the face value plus 7¢ handling provided you and the consumer have complied with these terms. Invoices proving your purchases of the respective product must be submitted upon request. Presentation for redemption without compliance of these terms may constitute FRAUD. Offer good only in U.S.A. Void where taxed, licensed, or restricted by law. Customer must pay any sales tax. For prompt redemption send to MANUFACTURER, P.O. Box 30, Pico Rivera, CA 90665. LIMIT: 1 COUPON PER PURCHASE.

For Hinode's Summer Series of Tofu Recipes, send a self-addressed stamped envelope to Hinode Tofu Co., 526 Stanford Ave., Los Angeles, CA 90013.

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FITNESS FOOD

High in protein; low in saturated fats, calories and carbohydrates; devoid of cholesterol:
Hinode Tofu is the nutritious ingredient of 1,001 delicious meals.

Tofu. It's a simple, natural food. It's made by curding the mild white "milk" of the soybean, much as cheese is made from cow's milk.

Versatile

Tofu is versatile. You can fry, steam, broil, toast, bake it, or eat it fresh. You can slice, cube, mash, puree, freeze, dry or blend it.

Tofu is close to tasteless, so it mixes well with virtually any other ingredient. It picks up the taste and aroma of whatever you combine it with.

Near-perfect protein.

Best of all, Tofu is nutritious. It is rich in useable protein, the kind with all eight essential amino acids.

Tofu is efficient, delivering over 35% of its calories in protein. (Sirloin steak delivers about 24%; whole milk, about 22%.) And, gram-for-gram, protein from Tofu costs less than protein from beef. A lot less.

Tofu is low in saturated fat and carbohydrates. The fat it does have, is loaded with lecithin and the essential nutrient, linoleic acid.

There's no cholesterol in Tofu. None.

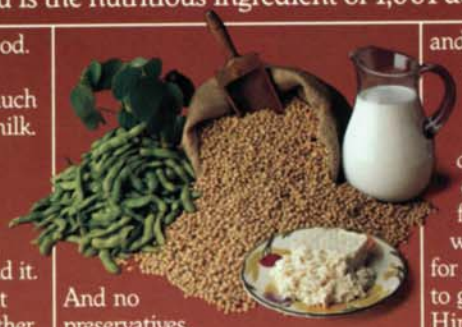

And no preservatives, no coloring, no additives of any sort.

Try it

If you're fitness conscious—or simply nutrition conscious—Tofu is one staple that should never be absent from your refrigerator.

Substitute it for milk products in your favorite recipes. Use it to replace fats and oils in dips, dressings and sauces. Use it with or instead of meat. Add it to breads and baked goods for more moisture and protein.

Hinode Tofu

Hinode Tofu is the finest quality Tofu available. It is made of the freshest soymilk from the finest quality soybeans; packaged with the freshness sealed in; dated for your protection and rushed to grocer's shelves daily. Ask for Hinode Tofu to be sure you're using only the very best.

For Hinode's Summer Series of Tofu Recipes, send a self-addressed, stamped envelope to Hinode Tofu Company, 526 Stanford Avenue, Los Angeles, CA 90013.

HINODE TOFU

15¢off

On your next purchase of Hinode Tofu.

This offer good until December 31, 1983

GROCER: As our agent, you may accept this coupon from retail customers as a price reduction at the time of purchase of the product specified. MANUFACTURER will reimburse you the face value plus 7¢ handling provided you and the consumer have complied with these terms. Invoices proving your purchases of the respective product must be submitted upon request. Premium for redemption without compliance of these terms may constitute FRAUD. Offer good only in U.S.A. Void where taxed, licensed or restricted by law. Customer must pay any sales tax. For payment, redemption send to: MANUFACTURER, P.O. Box 20, Palo Alto, CA 90665. LIMIT: 1 COUPON PER PURCHASE.

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Ingredients: Tofu, sunflower oil, apple cider vinegar, honey, sea salt.
Wt/Vol., Packaging, Price: 375 ml.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, undated. 2.75 by 2 inches. Self adhesive. Red and blue on gold.

Label shown on color brochure sent by Gerry Blanchard of Natural Promotions, Vancouver, BC, Canada. 1992. Jan. 22. His company developed a new label for this product. The term "Vitasoy" is not presently visible.

6355. Morinaga. 1983. The supermarket profit makers. Morinaga ever-fresh Angel silken tofu. The favorite new food for Western tastes (Poster). Morinaga Milk Industry Co., Ltd. 5-33-1 Shiba, Minato-ku, Tokyo 108 Japan. 2 p. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

6356. **Product Name:** Corn Cakes (Contain Okara) [Plain with "Bran," Cranberry, or Blueberry].
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1983.
Ingredients: With Bran: Whole grain organically grown cornmeal, organically grown whole wheat flour, soybean bran, well water, 100% pure barley malt, unrefined corn oil, 100% pure maple syrup, non-aluminum baking powder.
Wt/Vol., Packaging, Price: 8.5 oz.
Nutrition: 35 mg sodium per 100 gm.
New Product–Documentation: Labels. 1983. 4 by 4.5 inches. Multi-colored. "100% Natural." Four cakes per packet. No sodium added.

Talk with John Paino. 1990. Sept. 9. The "soybean bran" in the bran muffin was okara. The product was a "toaster cake," like Thomas' Toaster Cakes, between a pancake and an English muffin. You heat them in a toaster then enjoy them for breakfast. They stopped making the product when they moved to their new plant. The oven broke.

6357. **Product Name:** Tofu Dip (Like Eggless Egg Salad).
Manufacturer's Name: Natural Pacific.
Manufacturer's Address: 153 Makaala St., P.O. Box 11001, Hilo, Island of Hawaii, HI 97520. Phone: 808-935-3220.
Date of Introduction: 1983.
Ingredients: Tofu (water, soybean curd precipitated with filtered seawater and/or natural nigari), sunflower seed oil, soy sauce, rice vinegar, onion powder, dill, garlic powder, turmeric, celery salt.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Not listed in any Hawaiian City Directory prior to 1968. Talk with Ty Katibah. 1988. Feb. 10. Label. 1987. 2.5 by 2.5 inches. Rounded top. Black, yellow and white. "Free from preservatives and artificial additives."

6358. **Product Name:** Teriyaki Tofu.
Manufacturer's Name: Natural Pacific.
Manufacturer's Address: P.O. Box 4352, Hilo, Island of Hawaii, HI 96720. Phone: 808-935-3220.
Date of Introduction: 1983.
Ingredients: Tofu (water, organically grown soybeans, filtered seawater), shoyu, honey, ginger, onion, garlic, spices.
Wt/Vol., Packaging, Price: 3 oz.
How Stored: Refrigerated.
New Product–Documentation: Not listed in any Hawaiian City Directory prior to 1968. Talk with Ty Katibah. 1988. Feb. 10. Labels. Both original and current. Brown and white.

6359. New England Soy Dairy. 1983. Thank you for properly rotating and refrigerating your Tomsun Tofu (Poster). Greenfield, Massachusetts. 1 p. 11 x 14 inches.
• ***Summary:*** A lovely young lady with long blondish hair and short pants is sitting so that the top half of her body is upright on the left side of the ad and her bare legs run across the bottom. She is wearing a white T-shirt, on the front of which is written: "The best tofu is Tomsun fresh tofu." Just above that and centered is a rayed sun. Address: Greenfield, Massachusetts.

6360. **Product Name:** [Nutana Tofu Bolognese].
Foreign Name: Nutana Tofu Bolognese.
Manufacturer's Name: Nutana Helsekost.
Manufacturer's Address: Ringstedvej 531, DK-4632 Bjaeverskov, Denmark.
Date of Introduction: 1983.
Ingredients: Incl. Tomatoes, tofu, margarine, vegetable bouillon.
Wt/Vol., Packaging, Price: 440 gm can.
How Stored: Shelf stable.
Nutrition: Per 100 gm.: Calories 90, protein 4.5 gm, carbohydrate 6 gm, fat 5.5 gm.
New Product–Documentation: Manufacturer's catalog. 1981. Nutana Helsekost. 19 p. Contains a photo of and detailed information about every product. Label for cans. 1983. 9.5 by 4.25 inches. Paper. Red, yellow, green black and white. Color photo of Tofu Bolognese on red background. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Labels in Danish, Dutch, and Finnish.

6361. **Product Name:** [Nutana Tofu Kinagryde].
Foreign Name: Nutana Tofu Kinagryde.
Manufacturer's Name: Nutana Helsekost.
Manufacturer's Address: Ringstedvej 531, DK-4632 Bjaeverskov, Denmark.
Date of Introduction: 1983.

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Ingredients: Tofu, vegetable bouillon, vegetable margarine.
Wt/Vol., Packaging, Price: 435 gm can.
How Stored: Shelf stable.
Nutrition: Per 100 gm.: Calories 60, protein 2.5 gm, carbohydrate 4 gm, fat 4 gm.
New Product–Documentation: Manufacturer's catalog. 1981. Nutana Helsekost. 19 p. Contains a photo of and detailed information about every product. Label for cans. 1983. 9.5 by 4.25 inches. Paper. Red, green, yellow, black and white. Color photo of Tofu Kinagryde. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Labels in Danish, Dutch, and Finnish.

6362. **Product Name:** Soft Tofu, and Firm Tofu.
Manufacturer's Name: Obok Foods.
Manufacturer's Address: 7215 Garden Grove Blvd. Suite M, Garden Grove, CA 92641. Phone: 714-898-9120.
Date of Introduction: 1983.
New Product–Documentation: Talk with Shoan Yamauchi. 1988. Oct. 23. This is a small Korean-run company in Orange County. Talk with Mr. Park, the founder, a Korean-American. 1988. Oct. 24. He started the company in 1983 with soft and firm tofu. In 1987 he added Kinugoshi. He also runs Obok Bakery on the same street. As of May 1991 he consumes 27 tons/month of soybeans. He may move to Riverside.

6363. **Product Name:** Silken Tofu (Kinugoshi Style).
Manufacturer's Name: Obok Foods.
Manufacturer's Address: 7215 Garden Grove Blvd. Suite M, Garden Grove, CA 92641. Phone: 714-898-9120.
Date of Introduction: 1983.
New Product–Documentation: Talk with Mr. Park, the founder, a Korean. 1988. Oct. 24. He started the company in 1983 with soft and firm tofu. In 1987 he added Kinugoshi. He also runs Obok Bakery on the same street.

6364. Okubo, Kazuyoshi; Furabayashi, Y.; Takahashi, M. 1983. Tônyû no haitôtai seibun ni motozuita teimisei ni tsuite [Improvement of the soymilk and tofu process based on the behavior of undesirable flavor components such as glycosides]. *Shokuhin Kaihatsu* (*Up-to-Date Food Processing*) 18(6):16-21. [14 ref. Jap]
• ***Summary:*** Describes methods for improving the flavor of soymilk and tofu based on the elimination of undesirable taste components, such as glycosides. The isoflavone aglucones have a much more astringent and bitter taste than the isoflavone glucosides. Address: Yamagata Daigaku Kyoiku Gakubu, Shokuhin Eiyogaku Kenkyu Shitsu.

6365. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Osoja: La Maison du Tofu. Renamed SPADE S.A., then Tofushop Centanin SA in 1987.
Manufacturer's Address: 11, chemin du Faubourg de Cruseilles, CH-1227 Carouge (by Geneva), Switzerland. Phone: 022/42 73 28.
Date of Introduction: 1983.
New Product–Documentation: Label. 1983, undated. 3.25 by 5.25 inches. Self adhesive. Soybean vine illustration with orange sun. Green, blue, and orange on white. "Soja biologique, biologische Sojabohnen. Riche en proteines pauvre en calories, proteinreich kaloriearm. A conserver au frais, Kuehl aufzubewahren." No ingredients or weight are given. Le Compas. 1986. March-April. p. 32.

Letter from Robert Gaillard. 1983. Aug. 4. "We have started a tofu factory in Geneva." Note: It is not clear which company he is connected with.

Soyfoods (ESFA). 1987. April p. 4. "Switzerland: SPADE S.A. which manufacture and sell Tofu and Soyourt,

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is available for sale or majority participation. Minimum investment: Swiss France 250,000. For more information contact: SPADE S.A., Mr. A. [Albert] Kaeser, 11 rue du Faubourg de Cruseilles, 1227 Carouge, Switzerland. Phone: (4122) 42 73 18.

Letter (fax) from Verena Krieger. 1990. May 31. This company, which is now named Tofushop Centanin and owned by Renzo Centanin, makes 750 kg/week of tofu. They are still at the address shown above.

6366. **Product Name:** Baked Tofu: Marinated in Shoyu.
Manufacturer's Name: Palomar Mountain Soyfoods.
Manufacturer's Address: 31405 N. Highway 395, Escondido, CA 92025. Phone: 714-749-2476.
Date of Introduction: 1983.
Wt/Vol., Packaging, Price: In a cottage cheese container with a snap-on lid.
How Stored: Refrigerated.
New Product–Documentation: Talk with Alex Press. 1990. Feb. 28. He started selling this product in 1983. He does not recall the exact name.

6367. **Product Name:** The Soy Deli Firm Style Tofu (In a Box, or Water Packed).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1983.
Ingredients: Water, organic soybeans (grown in accordance with California Health and Safety code 26569.11), natural magnesium chloride (nigari).
Wt/Vol., Packaging, Price: 1 lb vacuum packed in an outer box.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 122, protein 12.2 gm, carbohydrates 3.5 gm, fat 8 gm, sodium 7 mg.
New Product–Documentation: Label (outer box). 1983, undated. Yellow, white, and black on red. Color photo of tofu in a wok. "No preservatives. No cholesterol. Sodium free." Recipe on back for Almond Tofu, and ad for the book *Tofu Cookery* by Louise Hagler.

Soya Bluebook. 1987. p. 95. Water Packed label. 1988. Brown and orange on clear film. "Gourmet Firm Tofu. No Cholesterol. No preservatives. High Protein. Low Sodium."

6368. Royal American Food Co. 1983. Royal American: Instant Tofu Mix, Tofu Mousse (Leaflet). Blue Springs, Missouri. 2 p. each. Color.
Address: P.O. Box 1000, Blue Springs, Missouri 64015.

6369. Soy Plant Co-op Inc. (The). 1983. Tofu. Wholesale and retail deli (Leaflet). Ann Arbor, Michigan. 1 p.
• ***Summary:*** Contains 9 recipes and basic information. The retail deli is at 211 East Ann St. Address: Ann Arbor, Michigan 48104.

6370. **Product Name:** Tempeh Burger, Hi-Pro Burger (Marinated Tempeh Burger), Tempeh-Tofu Burger.
Manufacturer's Name: Soy Power (Marketer/Distributor). Made in South San Francisco by Quong Hop & Co.
Manufacturer's Address: 2811-A Ocean Park Blvd., Santa Monica, CA 90405.
Date of Introduction: 1983.
Ingredients: Hi-Pro Tempeh Burger: Soy tempeh from organically grown soy beans, shoyu, oleic safflower oil, lemon juice, natural hickory smoke, herbs and spices.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 3 inch diameter. Self adhesive. Dark brown and white on lighter brown. "100% Natural. High in Protein. No Cholesterol. Hi-Pro Tempeh Burgers may be eaten fresh from the pack or steam 6 minutes in a covered pan with 5 tablespoons water sprinkled around burger. Serve in pocket bread, garnished with your favorite burger type trimmings (tomato, alfalfa sprouts, onion, etc.)." Talk with Kevin Cross. 1988. Sept. 22. Introduced in about 1983.

6371. Soyfoods company business cards. 1983. 1 p.
• ***Summary:*** 1. The Soy Shop (Atlanta, Georgia).
2. The Piñon Company (Costa Mesa, California).
3. The Simple Soyman (Milwaukee, Wisconsin)
4. Chico-San (Chico, California).
5. Brightsong Light Foods (Petaluma, California).
6. Soyvita Austria (Salzburg, Austria).
7. Aros Sojaprodukter (Orsundsbro, Sweden).
8. Ohio Miso (Monroeville, Ohio).

6372. Soyfoods company business cards. 1983. 1 p.
• ***Summary:*** 1. Nature's Inn (New York, New York).
2. Creative Soyfoods Inc. (River Falls, Wisconsin).
3. Spring Creek Soy Dairy (Spencer, West Virginia).
4. New England Soy Dairy Inc. (Greenfield, Massachusetts).
5. Light Foods Inc. (St. Louis, Missouri).
6. Osoja–La Maison du Tofu (Carouge, Geneva, Switzerland).
7. Cauldron Foods (Fishponds, Bristol, UK).
8. STS-Soya Technology Systems LTD. (Central, Hong Kong).

6373. Soyfoods company logos. 1983. 1 p.
• ***Summary:*** 1. Legume (Caldwell, New Jersey).
2. Mu Tofu Shop (Chicago, Illinois).
3. New England Soy Dairy Inc. (Greenfield, Massachusetts).
4. Soyfoods Magazine (Encinitas, California).
5. Société Soy (Cerny, France).

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1983

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6. Northern Soy (Rochester, New York).
7. The Tofu Shop (Rochester, New York).
8. Fearn Soya Foods (Melrose Park, Illinois).

6374. Soyfoods company logos. 1983. 1 p.
• ***Summary:*** 1. Jack and the Beanstalk Tofu (Carmel, California).
2. Nutrinal SRL (Santa Cruz, Bolivia).
3. Golden Soy Foods Incorporated (Athens, Ohio).
4. STS-Soya Technology Systems LTD. (San Francisco, California & Hong Kong).
5. BrightSong (California).
6. Legume (Montville, New Jersey).
7. Nasoya Foods (Leominster, Massachusetts).
8. Fresh Tofu Inc. (Allentown, Pennsylvania).
9. Toffait Manufacturing Ltd. (Calgary, Alberta, Canada).

6375. Soyfoods company logos. 1983. 1 p.
• ***Summary:*** 1. Cleveland Tofu Company (Cleveland Heights, Ohio).
2. Nasoya Foods (Leominster, Massachusetts).
3. Kikkoman Marketing & Planning, Inc. (San Francisco, California).
4. Tomsun (Greenfield, Massachusetts).
5. Soy Power (Santa Monica, California).

6376. **Product Name:** Tempeh-Taco.
Manufacturer's Name: Soyplant Co-op Inc. (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104. Phone: (313) 663-8638.
Date of Introduction: 1983.
Ingredients: Tempeh, tomatoes, tomato sauce, soy sauce, peanut oil, sesame oil, garlic, molasses, spices.
Wt/Vol., Packaging, Price: 12 oz.
New Product–Documentation: Label in Soy Plant scrapbook from about 1983. 3 by 2 inches. Red on white. 12 oz.

6377. **Product Name:** Tempehroni.
Manufacturer's Name: Soyplant Co-op Inc. (The).
Manufacturer's Address: 211 East Ann St., Ann Arbor, MI 48104.
Date of Introduction: 1983.
Ingredients: Tempeh, tomatoes, tomato sauce, soy sauce, peanut oil, olive oil, garlic, molasses, spices.
Wt/Vol., Packaging, Price: 12 oz.
New Product–Documentation: Label in Soy Plant scrapbook from about 1983. 3 by 2 inches. Green on white. 12 oz.

6378. **Product Name:** Sweet Earth Fiesta Rice Vegeburger.
Manufacturer's Name: Sweet Earth Natural Foods.
Manufacturer's Address: 597 Lighthouse Ave., Pacific Grove, CA 93950. Phone: 408-375-8673.
Date of Introduction: 1983.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: 12 oz vacuum packed.
New Product–Documentation: Listed in Fowler Brothers' catalog. 1991. Jan. p. 74. Talk with Russel Hicks of Sweet Earth. This product was introduced in 1983.

6379. **Product Name:** [Tofu Spread (Smoked, or Rustic)].
Foreign Name: Raeucher Tofu Aufstrich, and Tofu Aufstrich Rustical.
Manufacturer's Name: Tofuhaus Belsen. Changed to Yamato Tofuhaus Sojaprodukte GmbH on 1 Jan. 1984.
Manufacturer's Address: Moessingerstr. 41, D-7406 Moessingen 2-Belsen, West Germany. Phone: 07071-71094 or 95.
Date of Introduction: 1983.
Wt/Vol., Packaging, Price: Glass jar.
New Product–Documentation: Talk with Klaus Gaiser. 1990. May 8. This spread was meant to be spread with a knife on bread. It had a creamy consistency. It differed from Tofu Pastete, introduced in 1985, in that the latter could be cut into slices. The pastete is more like jelly; it contains agar. It is like a sausage in a glass jar. You can get it out in one piece. Note: This seems to be the first smoked tofu made in Europe since 1911.

6380. **Product Name:** [Tofu].
Manufacturer's Name: Tofurei Giorgio Sapia and Jenny Scott.
Manufacturer's Address: Munich, West Germany.
Date of Introduction: 1983.
New Product–Documentation: Die Geschäftsidee. 1989. Dec. p. 32. In 1983 Georgio Sapia and his business partner Jenny Scott opened a tofu shop in Munich with DM 7,500 of startup capital. He also ran a nearby Aikido studio. He learned by a taking a course from Takai Tofu & Soymilk Equipment Co. in Japan. Now the company makes 375 kg/week, sold direct to natural food stores.

6381. Tsai, S.; Duh, P. 1983. Effect of grinding soybeans on tofu productivity and some flavour evaluations of the products. In: Basic Studies in Food Science. 6th International Congress of Food Science and Technology. Dublin, Ireland: Boole Press Ltd. See vol. 2, p. 211-12. *

6382. Tsumura, ? 1983. Shinpen tôfu hyakuchin-jo [Introduction to a new edition of the *Tofu Hyakuchin*]. *Hachiju Nendai* (*The 1980s*) No. 14. p. 26-29. [Jap]
• ***Summary:*** The title of the *Tofu Hyakuchin*, Japan's most famous early tofu cookbook, may be translated "One hundred rare and favorite tofu recipes."

6383. Tsumura, ? 1983. Shinpen tôfu hyakuchin [A new

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1983

OHIO TOFU INCORPORATED

CLEVELAND TOFU COMPANY

CLEVELAND TOFU COMPANY

MAILING / BILLING
P.O. BOX 18153
CLEVELAND HEIGHTS, OH 44118

KIKKOMAN MARKETING & PLANNING, INC.
50 California Street, Suite 3600
San Francisco, California 94111

NASOYA FOODS

NATURAL SOYFOODS
P.O. BOX 841
LEOMINSTER, MA 01453

SOY POWER™

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edition of the *Tofu Hyakuchin*]. *Hachiju Nendai* (*The 1980s*) No. 15. p. 72-73; No. 16. p. 52-53, 68-71; No. 18. p. 70-71. No. 19. p. 66-67; No. 20. p. 72-73. [Jap]

6384. Tsuruta, Shizuka. 1983. Kodomo-tachi no tsutaeyô, wasurekaketa kono aji o! [Let's tell our children about this wonderful flavor that they may have forgotten!]. *Hachiju Nendai* (*The 1980s*) No. 14. p. 20-25. (Publisher: Yasô-sha). [Jap]
• ***Summary:*** About traditional Japanese handmade tofu and the handmade tofu shop. Note: The author, a woman, translated *The Farm Vegetarian Cookbook* into Japanese.

6385. **Product Name:** Pasta Pals (Tofu-Gluten Meatballs).
Manufacturer's Name: Vegetable Protein Co.
Manufacturer's Address: 140 River St., Cambridge, Massachusetts.
Date of Introduction: 1983.
Ingredients: Proprietary.
New Product–Documentation: Letter from John Weissman. 1992. June 27. In 1983 John invented Pasta Pals, a tofu-gluten meatball (which contained no seitan). He discontinued it when Lipton Tea Inc. brought the trademark from him in late 1984. Lipton still owns the registered trademark.

6386. Well Bean Deli (The). 1983. Menu. Santa Cruz, California. 1 p.
• ***Summary:*** The Well Bean Deli was located at 349 Soquel Ave., Santa Cruz, California 95062 when Richard Leviton visited there before April 1982. Address: 349 Soquel Ave., Santa Cruz, California 95062. Phone: (408) 425-4544.

6387. **Product Name:** Tofu (Organic Soft Style).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1983.
Ingredients: Organic soybeans, water, nigari (salt bitterns).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 4 by 5.75 inches. Blue, yellow and green on white. A huge wave is breaking from the left.

6388. **Product Name:** Wildwood Natural Sushi.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983.
Ingredients: Organically grown brown rice, carrots, seasonal vegetable (zucchini, cucumber, red or green cabbage, broccoli or scallions), brown rice vinegar, nori sea

vegetable, umeboshi plum (salted Japanese plum), ginger, tamari.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Wildwood on their letterhead. 1983, undated. 2.75 by 1.75 inches. Self adhesive. Black and green on ivory. Silhouette of woods with birds. "Ready to eat Foods, Naturally."

6389. **Product Name:** Hijiki Rice Pie.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983.
Ingredients: Brown rice, whole wheat pastry flour, hijiki, shiitake and button mushrooms, unrefined or safflower oil, tamari, ginger, garlic, sea salt.
Wt/Vol., Packaging, Price: 5 oz squares.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Wildwood on their letterhead. 1983, undated. 3 by 2 inches. Self adhesive. Black and green on yellow. Silhouette of woods with birds. "Ready to eat Foods, Naturally. Perishable–Keep refrigerated."

Talk with Billy Bramblett, an owner of Wildwood. 1998. Aug. 8. This delicious product had a whole-wheat crust with a filling based on brown rice. They made it on big baking sheets, then they would cut it into 5-oz squares and wrap it. They sold it hot at the Good Earth.

6390. **Product Name:** Hummus.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983.
Ingredients: Garbanzo beans, tahini, tamari, scallions, parsley, apple cider vinegar, olive oil, sea salt, spices.
Wt/Vol., Packaging, Price: 7 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Wildwood

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on their letterhead. 1983, undated. 2.5 by 1.5 inches. Self adhesive. Black and green on white. Silhouette of woods with birds. “Ready to Eat Foods. Naturally. Perishable. Keep refrigerated.”

6391. **Product Name:** Good Puddin’.
Manufacturer’s Name: Wildwood Natural Foods.
Manufacturer’s Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983.
Ingredients: Couscous, apples, raisins, apple juice, tofu, carob.
How Stored: Refrigerated.
New Product–Documentation: Point-of-purchase (POP) card sent by Wildwood Natural Foods. 1983, undated. 4 by 6 inches. No adhesive. Dark green on white. Silhouette of woods with birds. “Ready-To-Eat Foods, Naturally.” Of the five items listed, the bottom one reads: “Good Puddin’. Couscous, apples and raisins cooked in apple juice with a creamy carob-tofu topping. Sweetened with apple juice.”

6392. **Product Name:** Wildwood Tofu (Water Packed in Bulk).
Manufacturer’s Name: Wildwood Natural Foods.
Manufacturer’s Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1983.
Ingredients: Organic soybeans*, filter water, natural nigari. * = Grown in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 10, 15, 20, or 25 lb of tofu in a bucket with water.
How Stored: Refrigerated.
New Product–Documentation: Label for Wildwood Tofu sent by Michael Pierce. 1983. 3 by 6.5 inches. Self-adhesive label. Green on white. There is a ¼-inch-wide green border around the top, left, and right sides. Along the bottom is the green silhouette of a wild wood (forest) with birds flying over it in three places. The text below the product name reads: “Handmade with organic soybeans*, filter water and natural nigari, using the traditional cauldron method to produce the highest quality and finest flavor. ‘Our Specialty.’ Delivered fresh–Taste the difference.” Perishable, keep refrigerated. Note: In 1983. this label replaced the UFO Tofu label on Wildwood’s bulk water-packed tofu. Since this actual label has both the Fairfax and Santa Cruz addresses written across the bottom in white letters, it must date from 1986 or afterwards since Wildwood opened its Santa Cruz facility in 1986. The same label was used, from about 1986 on, on the outer of sleeve of trays of 16 x 10 oz cakes of vacuum pack tofu make at Santa Cruz. Wildwood used this label on their bulk tofu until about 1994.

On sale in Berkeley. 1988. Aug. 30. Vacuum packed in 10 oz. and 20 oz. sizes.

Product with Label purchased at Safeway supermarket in Lafayette, California. 1992. Dec. 9. The product is now named “Wildwood Natural Foods Organic Tofu–Firm.” It is sold in a 16 oz. water-packed tub, retailing for $1.39. 4.75 by 5.75 inches. Plastic film. Green, black, white, and red. “Local and fresh. Complete vegetable protein–Contains all 8 essential amino acids.” “Fresh tofu” is written in Chinese characters on the front panel. Nutritional information is given. “Ingredients: Soybeans (organically grown in accordance with the California Foods Act of 1990), filtered water, nigari. Santa Cruz, CA 95062. Fairfax, CA 94930.”

6393. Wilson, L.A.; Johnson, L.D.; Love, J.A. 1983. Influence of soybean variety and method of processing in tofu manufacture. In: 1983. Proceedings of the 6th World Congress of Food Science and Technology. Dublin, Ireland. See p. 102-03. *

6394. **Product Name:** [Tofu in Sauces (Tamari Sauce, Herb Sauce, or Tomato Sauce)].
Foreign Name: Tofu in Tamarisaus, Kruidensaus, or Tomatensaus.
Manufacturer’s Name: Witte Wonder Natural Products B.V.
Manufacturer’s Address: Den Haag, Netherlands.
Date of Introduction: 1983.
Wt/Vol., Packaging, Price: Bottles.
New Product–Documentation: Label. 1983. 6 by 1.5 inches. Self adhesive. 2 color: Brown and light green on white. Illustration of product vegetable. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 24. The three varieties of marinated tofu were selling very well by Nov. 1983. Tofu in tamari sauce, in spicy sauce, in tomato sauce–very good. Bottled, shelf stable, pasteurized, boiled in the bottles in a giant kettle for 1.5 hours, they keep for 1 year. In all of Holland there are about 500 health food stores. Tofu in tomato sauce: dice sized chunks clumped together in marinade. Not premarinated but flavor soaks in during pasteurization. Not too salty. Weak tomato taste.

6395. Aubert, Emmanuelle. 1983. Les 9 grains d’or dans la cuisine [The nine golden grains in the cuisine. 2nd ed.]. Paris: Le Courrier du Livre. 286 p. Illust. by C. Galinet. Index. 22 cm. [Fre]
• ***Summary:*** The subtitle on the cover reads: 400 simple and savory recipes. Menus and advice on good health. Contents: Introduction. 1. The cereals (see p. 28-31 for instructions for making seitan at home from 500 gm wheat flour, plus 8 seitan recipes). 2. Breads. 3. Legumes: Cooking legumes, lentils, haricots, dry peas, chick-peas, azuki beans, soya. 4. Vegetables. 5. Soups. 6. Animal products. 7. Condiments, aromatics, and sauces (incl. tamari and miso). 8. Desserts. 9.

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Beverages. 10. 80 menu ideas. 11. Pregnancy and the feeding of young infants. 12. Some natural remedies. Where to buy supplies.

Soy-related recipes include: Making tofu at home (p. 87-91; illustrations and method taken without credit or permission from *The Book of Tofu* by Shurtleff & Aoyagi). Yuba. Grilled tofu (p. 91). Tofu with nuts (*noix*) and miso. Skewered tofu. Tofu salad (p. 92). Tofu with vegetables. Onions with tofu. Okara croquettes. Soymilk with fruits (p. 93). Making tempeh at home (p. 94-95). Tempeh goreng. Tempeh bachem (p. 95). Keripik tempeh (tempeh chips; p. 96). Tempeh croutons (p. 96). Pate of vegetables with tofu (p. 126). Jardinière au tofu (p. 128). Peas with tofu (p. 128). Soy sprouts made from mung beans (p. 129-30).

Pages 191-94 give basic information on the following fermented soya condiments: tamari, miso (Hacho [sic, Hatcho] miso, barley miso, rice miso). Pages 278-79 list manufacturers and handlers of various foods used in this book, and pages 280-81 give their addresses: Yellow soybeans: Celnat, Les Sept Marches, Le Seuil, Lima. Miso: Celnat, Lima, Les Sept Marches, Le Seuil, le Bol en Bois, Tenryu. Only Lima and Les Sept Marches manufacture miso in France. Tamari: Celnat, Le Seuil, Les Sept Marches, Lima, le Bol en Bois, Tenryu. Nigari: Le Bol en Bois, Tenryu. Tofu: Le Bol en Bois, Tenryu, Soy. Tempeh: Traditions du Grain, Le Bol en Bois. Tempeh culture: Semailles. Koji: Les Sept Marches, Tenryu, Le Bol en Bois. Amasaké: Traditions du Grain. Soymilk: Celnat, Lima.

A photo on the rear cover shows Aubert, a woman.

Note: This is the earliest French-language document seen that mentions amazake, which it calls "Amasaké." Address: France.

6396. Azumaya Inc. 1983. Tofu! New way to serve the world's oldest meat substitute. Meet the bean that thinks it's meat. San Francisco, California 94124. 1 p. Undated. 21 x 43 cm.

• ***Summary:*** This two-color poster is printed yellow and white on brown. To the left is a yellow soybean cartoon character (registered trademark), whose two arms are held up in a gesture of joy, legs are short and feet are oval. His big smile comes up to the level of his eyes and eyebrows. Below him is written in white: "Hi! I'm li'l soy." In the lower right corner: "Write for recipes. Send self-addressed stamped envelope to: Consumer Services, Azumaya Inc." Beside the address is the Azumaya company logo: The letter "A" inside a sort of four-leaf clover with four arrows pointing at it. Address: 1575 Burke Ave., San Francisco, California 94124.

6397. Bramblett, Billy. 1983. Tofunction. Fairfax, California.

• ***Summary:*** This song, 2 minutes and 35 seconds long, is on an audio cassette accompanied by rock music (guitar and drums). The lyrics go: "White 'n' creamy / Hot 'n' steamy / Smooth 'n' dreamy / Soya beany.

Chorus: Tofunction. Tofunction. Tofunction [pronounced toe-FUNK-shun].

Repeat first verse and chorus.

Rinse 'em up, soak 'em up, grind 'em up, cook 'em up, squeeze 'em up, curd 'em up, press 'em up, cool 'em up, cut 'em up, pack 'em up, eat 'em up!

Repeat first verse, chorus, and second verse.

Repeat first verse and chorus.

Note: The lyrics to the second verse were first published in January 1981 in an article by Linda Xiques titled "A surprised convert to tofu" in the *Pacific Sun* (Mill Valley, California). The lyrics to the second verse were published in April 1985 in an article by Gilbert Chan titled "Business owner sings tofu's praises" in the *Marin Independent Journal* (California).

Letter from Bill Bramblett. 1998. July 27. "The recording of Tofunction is a songwriter demo not for release, but since you expressed interest... I also have a video of me singing this song solo and acoustically on a student TV show (called Totally Tofu) and will send my only copy if you promise to send it back."

An article by Gary Klein titled "King of tofu getting ready to make a run" (*Marin Independent Journal,* 14 May 1999) states that in 1983 Bramblett composed and recorded "Tofunction," a song extolling the virtues of tofu. The recording can be heard at Wildwood's Web site, www.wildwoodnaturalfoods.com. The lyrics are given in full.

Talk with Bill Bramblett. 1999. May 27. He wrote the lyrics to this song (both parts) in 1981 but first recorded and registered it with the Library of Congress in 1983 as a copyright. Even though Billy is a member of ASCAP (American Society of Composers, Authors and Publishers) as a song writer, he has never gotten any royalties from this song. Address: Owner, Wildwood Natural Foods, Fairfax, California.

6398. Burwash, Peter; Tullius, John. 1983. Peter Burwash's vegetarian primer. New York, NY: Atheneum. xvii + 227 p. Illust. No index. 24 cm. [23 ref]

• ***Summary:*** "An incredibly energetic and highly motivated man, Peter Burwash has been described as the most famous vegetarian athlete in the world today." He is best known as a tennis player.

Contents: Contents

Part I: The vegetarian fugitive. Becoming a fugitive. The myth of vegetarianism. So you want to be a fugitive?

Part II: If it's good enough for Pythagoras, it's good enough for me: A short history of vegetarianism. Pythagoras. The Romans, The Renaissance and Enlightenment. Byron, Tolstoy, and Wagner. Gandhi. George Bernard Shaw.

Part III: The pros and cons of meat-eating. Are you turning your body into a garbage can? Is man designed to eat meat? (carnivores, omnivores, herbivores, frugivores, what about man? Man is clearly a frugivore, just like the

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anthropoid apes, our immediate ancestors). Diseases and impurities in the animals we eat (undulant fever, trichinosis, salmonellosis, toxins in fish). Chemicals we pump into our animals (pesticides in meat, antibiotics in meat, growth promoters, tranquilizers, what slaughtering can do, what the butcher does when he gets his chance). Diseases related to meat-eating (heart disease, cancer, kidney and intestinal disease). The ethical side of vegetarianism (ecological considerations, the waste of our energy and water, the cruelty of modern farming, experimenting with animals, the slaughterhouse).

Part IV: Going vegetarian. Phase One: The nutritional concerns. An adequate diet without meat (making the change gradually, is a vegetarian diet adequate, variety and balance–the keys to a healthy diet, the four basic food groups). Protein (getting the right amounts of protein, but does a vegetarian diet supply enough protein?, protein complementing–yes or no?). Fats and Cholesterol (saturated or unsaturated–does it matter?). Carbohydrates and Sugar (are carbohydrates fattening?, fiber). The Special Problems of a Vegetarian Diet (veganism, the lacto-ovo vegetarian diet, crank diets).

Part V: Going vegetarian. Phase Two: Making Your Vegetarian Diet Work. Shopping for Vegetarian Foods (where to shop, what to look for, grains, legumes, nuts and seeds, dairy products, sweeteneers, oils, fruits and vegetables, miscellaneous foods). Weird foods, or What'll I do with this bag of tofu? (the soybean and its relatives, other weird foods). Selecting vegetables and fruits (vegetables, fruits). The basic preparation of vegetarian foods (basic cooking of vegetables, basic cooking of grains, basic cooking of beans, sprouts). Dining Out (restaurants, handling yourself in a vegetarian restaurant, dining at 40,000 feet).

Part VI: Vegetarianism and the athlete. The vegetarian athlete. How an athlete gets his energy (carbohydrates or protein for energy?, carbohydrate loading, eating before competition, the importance of drinking water).

Part VII: Vegetarian recipes (breakfast, lunch, soups, homemade bread and pastry, salads, dinner, sauces, desserts).

The chapter on "Weird foods" has many nice, very positive things to say (p. 121-23) about tofu, soy milk, soy flour, soy grits, tamari, miso, tempeh okara, lecithin granules and liquid lecithin.

Soy related recipes: Mystery sandwich spread (with 1 cup whole soybeans, cooked until soft, p. 174). Eggless mayonnaise (with soy milk, p. 188). Tofu cabbage casserole (p. 196). Almond stir-fried vegetables with tofu (p. 208-09). Sweet and sour tofu (p. 209). Tofu cheesecake (p. 216-17).

6399. Business Trend Analysts, Inc. 1983. The health and natural food market. Commack, New York: Business Trend Analysts. 199 leaves. 28 cm. [9 ref]
• ***Summary:*** One section of this study (including pages 108-111) concerns the soyfoods market. It consists largely of statistics compiled by the Soyfoods Center and Soyfoods Association of North America. No permission was obtained from Soyfoods Center to use this information. Address: 2171 Jericho Turnpike, Commack, New York 11725.

6400. Cadwell, Jane. 1983. Tofu [Tofu]. Sao Paulo, Brazil: Editora Ground Ltda. 87 p. Illust. No index. 21 cm. [2 ref. Por]
• ***Summary:*** This is the earliest known book or cookbook about tofu ever published in Portuguese or in Brazil. Contents: Preface. Introduction. Main dishes. Soups and salads. Sauces, patês and shakes. Tarts, cakes, and pies. The book is dedicated to William Shurtleff and Akiko Aoyagi Shurtleff. The author is married to a Japanese man, Mr. Abe. Address: Sao Paulo, Brazil.

6401. Chico San Inc. 1983. Mrs. Lima Ohsawa–Pioneer in health. Chico-San's specialist in macrobiotic foods (Leaflet). Chico, California 95927. 1 p. 28 cm.
• ***Summary:*** On the top half of this black-and-white leaflet is a portrait photo of Lima Ohsawa. Near the bottom is Chico-San's logo, a spiral. Just above that: "Look for these special Chico-San imports: Lima Soy Sauce and Lima Tamari; soybean puree (miso); salt plums; mineral-rich mercury-tested seaweeds–hijiki, kombu, wakame, nori, and kanten; 16 Herb Lima Mu tea; Ohsawa Twig tea; malt vinegar; azuki beans; black soybeans; barley koji; kuzu; nigari [a coagulant for making tofu]; tekka; light and dark sesame oils; and lotus root tea." Address: Chico, California.

6402. Chinese menus: Great meals in minutes. 1983. Alexandria, Virginia: Time-Life Books. 104 p. Illust. (some color). Index. 29 cm.
• ***Summary:*** These recipes were contributed by nine chefs; a brief biography and photo is given for each. Barbara Tropp and Nina Simonds are among them (p. 4). Contains detailed instructions on the preparation of Chinese food, recipes, and sample menus.

The section titled "Pantry (for this volume) includes: On the shelf–"Black beans, canned or packaged. Chinese fermented black beans, also known as Chinese salted black beans." Hoisin sauce (sweet, soybean based). Oils: Oriental sesame oil, a highly aromatic oil, is for garnishing, not cooking. Always buy Chinese or Japanese brands. Sesame paste. Soy sauce: Extracted from fermented soybeans, comes in light and dark. In the refrigerator–Bean curd or tofu.

Soy related recipes: Bean curd salad with peanuts (p. 65). Steamed sea bass with black bean sauce (which includes "1 tablespoon Chinese fermented black beans," p. 65). Mushroom soy sauce is good to have on hand (p. 71). Crisp chicken strips with black-bean orange sauce (the sauce ingredients include "2 tablespoons Chinese salted black beans," p. 81).

Diced chicken with fermented black beans (p. 87). Stir-

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fried spinach with fermented bean curd (with "1 small square fermented bean curd, mashed," p. 90).

6403. Dahlen, Martha; Phillipps, Karen. 1983. A popular guide to Chinese vegetables. New York, NY: Crown Publishers, Inc. x + 113 p. Illust. (color). Index. 29 cm. [2 ref]

• ***Summary:*** This book was written for non-Chinese in the maze of Hong Kong's street markets; it originally appeared in 1980 and 1981 as two volumes, published in Hong Kong. This is the 1st American edition. The romanization of names in this book represent the Cantonese pronunciation system of Herklots.

The section on "Seasoning sundries" has entries (p. 3-4) for: Light soy sauce (2 Cc = Chinese characters are given) See yau [Note: See = fermented black soybeans] or Sang chau. "This is the best grade of sauce. 'Light' means it is not thick or viscous and has a delicate or fine flavor."

Dark soy sauce (2 Cc) Lo chau. "'Dark' here means thick and of stronger flavor." There are various types, each of which has been fermented with different special ingredients such as mushrooms, ginger, etc. Yet they all stain food black.

Fermented black beans (2 Cc). Dau see [fermented black soybeans]. "These are whole soybeans which have been cooked, salted and fermented." "These beans are one of the most versatile, convenient, economical and flavourful Oriental seasonings. The Cantonese usually mash them with garlic and stir-fry or braise them with pork, beef, shellfish, fish or vegetables, particularly with green and red vegetables for colour.

"General directions for making black bean sauce are as follows: Use approximately twice as much, by volume, of black beans as garlic. Crush the garlic cloves by smashing them with a single blow of a heavy object (flat side of a cleaver) on a cutting board. Remove the papery husk, then put both beans and garlic in a small bowl and mash together, either with a spoon or the butt of the cleaver's handle. Approximately 1 tablespoon of mash will season 1-2 cups of food.

"To cook, add the mash to the hot oil before the ingredients. In a mixture, add the mash just before the last batch of ingredients to be fried, return all the rest to the wok, season with a pinch of sugar and light soy sauce,... Vary the sauce from heavy to light."

The section on "Soybean sprouts" (*Daai dau nga choi,* 4 Cc = large bean sprout vegetable) has an unusual structure. First comes information on soybean sprouts: Appearance, quality, general comments, preparation, cooking. Then a nice color illustration, followed by two recipes using these sprouts.

Then come subsections on Bean curd (*Dau fu,* 2 Cc).

Water bean curd (*Seui dau fu,* 3 Cc. "This is the most common, and perhaps most versatile, kind of bean curd." Three recipes).

Note. This is the earliest English-language document seen (April 2013) that contains the term "Water bean curd."

Wrapped bean curd (*Bo baau dau fu,* 4 Cc. This type is sold from tubs of water rather than from a wooden board. "Each square has been wrapped in cloth, so pieces have rounded edges and cost 2-3 times more than common fresh dau foo. This is the finest, most delicate curd, and is usually used only for steaming" as in Lo Siu Ping On, a traditional Cantonese dish).

Dry or pressed bean curd (*Dau fu gonn,* 3 Cc [pressed tofu]. This type is firm and therefore "easily sliced or cut into shreds and stir-fried. Two types exist as illustrated; the larger, 3-inch square white one is plain; the smaller, 2-inch square reddish one is lightly coated with 5-spice powder {ng heung fun, 3 Cc}." One recipe is given).

Deep-fried bean curd (*Dau fu pok,* 3 Cc. These are small cubes or squares about 1 inch on a side. Color illustration. One recipe is given).

Page 81. Recipe for Mushrooms & ribs with black bean sauce. In the section on Lotus root is a recipe (p. 87) for Braised pork and lotus which calls for "Fermented red bean curd" (*Naam yue,* 2 Chinese characters are given).

"Because the 'naam yue' tends to preserve the other ingredients, this dish will keep for at least a week in the fridge, and will improve in flavour as it keeps."

Note: "A combination of equal parts dark and light soy sauce may be substituted for the 'naam yue,' but the taste" and texture will be completely different.

On page 106 is a short section on Kudzu (*Fun got,* 2 Cc, with no specific recipes but with suggestions for cooking).

6404. Driver, Christopher. 1983. The British at table, 1940-1980. London: Chatto & Windus–The Hogarth Press. xi + 212 p. Illust. Index. 23 cm. [220* + 169 endnotes]

• ***Summary:*** Chapter 2, titled "The seven lean years," discusses the period from 1941 to 1947 when food was rationed during World War II in Britain. An excerpt from the diary of Vere Hodgson for 7 May 1944 (p. 16) states: "I have an order with the Dairy for a pound of sausage... of soya bean flour."

Chapter 6, "Tastes of Britain: the age of choice" includes long discussions (p. 99-107) of the rise of vegetarianism and health / whole foods. Since "the free market in 'flesh food' returned to Britain it has been clear that shortages converted fewer people to vegetarianism than abundance does." "The distinction between vegetarianism and whole food is fine." Almost all health food restaurants are vegetarian, but not all vegetarian restaurants serve health food. "By 1980, the profession of vegetarianism no longer sounded like the equivalent of wearing sackcloth and ashes." Also discusses TVP and Worcestershire sauce (p. 99), "plant milk" and single cell proteins (p. 137-38), "TVP (texturised vegetable protein)," "meat extenders or substitutes of this kind, chiefly derived from the soy-bean," "march up to Soho

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Chinatown and sit down to a dish of beancurd [tofu] made from the same soybean staple by a cottage industry process ecologically superior to the multi-million pound machinery and vast energy input that western culture tolerates for the sake of making fake steak," "The first tentative flights of artificial protein may seem a long way from the precious mating calls of contemporary British foodies..." (p. 139).

World population continues to grow, and global food production must grow with it. "At some point not very far along that road, the role played in human diet by comparatively inefficient protein conversion machines such as cows, pigs and chickens, however intensively bred and farmed, would have to be diminished or abandoned. Here and there, the animals concerned would be relegated to agricultural zoos, to be gazed at with wild surmises by people who obtained their nourishment chiefly from the protein output of those industrious worms, bugs, and funguses, appropriately flavored."

Contains an interesting bibliography and endnotes. Address: England.

6405. Editors of *China Pictorial*, Beijing. 1983. Chinese cuisine from the master chefs of China. Boston, Massachusetts, and Toronto, Ontario, Canada: Little, Brown and Co. 240 p. Illust. Index. 26 x 24 cm.

• ***Summary:*** An overview with many color illustrations. The section titled "The ingredients" contains color photos of them plus a glossary that includes Chinese names: Dried bean curd stick, dried bean curd sheets, bean curd fresh gluten, fried gluten (p. 42-43). Soybean paste (salted and fermented), fermented bean curd, soy sauce (p. 47). Qingdou (green soybean), huangdouya (soybean sprouts) (p. 51). Doufu (bean curd, tofu), fuzhu (dried soybean milk [dried yuba sticks]), mianjin (gluten), youpi (dried soybean curd sheets [pressed tofu sheets]), kaofu (wheat gluten / vegetable steak) (p. 52). Jiangyou (soy sauce) (p. 54). Huang jiang (soybean paste, salted and fermented), jiangdoufu (fermented bean curd).

White soup (bai tang, with soybean sprouts, p. 56).

Folk nutrition: "All illnesses originate from what is taken into the mouth." On this page is a description of the therapeutic properties of: "Soybeans: their flavor is sweet, raw; their character is warm, and when fried [or cooked] it becomes hot..."

A long section on soybeans (p. 74) begins: "They are the pivot-point of Chinese flavor and nutrition." Includes brief descriptions of how to make soybean milk, bean curd, deep-fried bean curds, "bean curd puffs," and yuba.

Soy-related recipes: Slab bacon with fermented bean curd (Nanru kouru, with "3 cubes fermented bean curd, p. 113). Sweet bean paste sauce (tiendoujiang, for Peking duck; it is made from "fermented black soybeans," p. 140). Braised "shark's fin in white sauce (baipa yuchi, with white soup and soy sauce, p. 199). Mrs. Pockmark's bean curd (mapo doufu, p. 207). Silkworm cocoon bean curd (canjian doufu, p. 208).

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "fermented black soybeans" to refer to fermented black soybeans.

There is a section of seven vegetarian recipes (p. 199-205).

6406. Flaws, Bob; Wolfe, Honora Lee. 1983. Prince Wen Hui's cook: Chinese dietary therapy. Brookline, Massachusetts: Paradigm Publications. v + 201 p. Index. 23 cm. [16 + 25 footnotes]

• ***Summary:*** The story of Prince Wen and his cook appears in Chuang-Tzu's *Inner Chapters* (trans. G.F. Feng & J. English, New York: Vintage Books, 1974, p. 55). Diet is the third of the Eight Limbs of Classical Chinese Medicine. The other 7 limbs are meditation, exercise, astrology, geomancy, massage, herbology, and acupuncture.

If a man is diagnosed as having a liver imbalance, such as "liver fire blazing upwards," he should consume food and herbs that will sedate, calm, and cool the liver and lower the Yang; foods that raise the Yang, produce internal fire, or aggravate the liver should be avoided.

Page 35 notes that foods that are energetically cool and cold include soy products (such as tofu, tempeh, soymilk). Foods that produce fluid and are damp in nature include soybean and tofu.

In the section titled "Categorization of Foods," a number of individual foods are analyzed in detail, based on characteristics described below: Aduki bean, agar (p. 143), alfalfa, almond, and amasake (fermented glutinous rice) (p. 144), black soybean (p. 148), gluten (seitan, p. 158), kudzu root powder (p. 161), seaweed (p. 179), soybean (p. 181), soybean oil (p. 181), and tofu (p. 185).

Taking tofu, then black soybeans, as examples of the format used. Tofu: Nature: Cool. Flavor: Sweet. Meridian: Lungs, large intestine, stomach. Direction: Descending. Quality: Yin and yang. Elemental quality: Earth. Treatment principles: Tonifies Qi [ch'i] and Blood, clears Heat, sedates Yang, tones Yin, harmonizes the Middle Burner, produces Fluid, lubricates Dryness, counteracts toxins. Commonly used in the treatment of conjunctivitis, chronic amoebic dysentery, diabetes, sulfur poisoning, and alcoholism. Contraindications: spermatorrhea.

Black soybean: Nature: Neutral. Flavor: Sweet. Meridian: spleen and Kidneys. Direction: Ascending. Quality: Yang. Elemental quality: Earth. Treatment principles: Tonifies Qi [ch'i] and Blood, activates the Blood, benefits Water, expels Wind, counteracts toxins. Commonly used in the treatment of edema, Wind Bi (rheumatism), jaundice, beriberi, and spasms.

The remedial recipes are divided into Chinese (p. 96-116) and American (p. 117-35) types. Soy-related recipes include: Lord Buddha's delight casserole (with tofu, p. 88-89). Clams with black bean garlic sauce (with salted

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black beans [fermented black soybeans], p. 91). Five jewel casserole (with tofu or tempeh, p. 92). Quick braised soybean sprouts (p. 104).

Amasake cheesecake with cherry topping (p. 119). Shepherd's pie with seitan (Gluten meat, p. 122). Ginger seitan beef (p. 122). Seitan veal marsala (p. 129). Aduki bean brownies (p. 133). Dairyless pumpkin pie (with soymilk or cashew milk, p. 135). Many recipes use soy sauce or tamari in their braising liquid. The cookbook also uses meat, poultry, fish, and sugar quite extensively.

6407. Ford, Richard; Andersen, J.; Andersen, S. 1983. Juel Andersen's sea green primer. A beginner's book of sea weed cookery. Creative Arts Book Co., 833 Bancroft Way, Berkeley, CA 94710. 64 p. Illust. Index. 23 cm. [13 ref]
• ***Summary:*** A Glossary (p. 9) includes miso, mochi, tahini, tamari, tempeh, tofu, suribachi. Soy-related recipes: Tempeh (p. 23, 24). Tofu (p. 25, 28, 29, 43).

Sea vegetable chapters: Agar. Arame. Dulse. Hijiki. Kombu. Nori. Wakame. Common sea greens. Address: California.

6408. Fruin, W. Mark. 1983. Kikkoman: Company, clan and community. Cambridge, Massachusetts: Harvard University Press. xiv + 358 p. Illust. Index. 24 cm. [230 ref. Eng]
• ***Summary:*** A superb business history and No. 35 in the series Harvard Studies on Business History. Contains 8 illustrations, 16 figures. and 30 tables. All Japanese names are written, Japanese style, with the family name first, followed by the given name.

Contents: Editor's introduction, by Alfred D. Chandler, Jr. Acknowledgments. Introduction (author's. The company began brewing shoyu in 1661 in the town of Noda, 90 minutes by modern train northwest of Tokyo. Phase I: 17th century to 1887. Phase II: 1887 to 1917. Phase III: 1918 to 1946. Phase IV: Postwar democracy.

1. Factories in the fields: Rural-centered industrialization, the origins of shoyu, Noda soy sauce (In 1661 Takanashi Hyozaemon XIX began brewing shoyu in Noda), Mogi domination of the market, fermentation technology (preparation of wheat for koji, preparation of brine solution, culturing of the wheat and soybeans to make koji, process of fermentation), extraction or pressing (At the end of the Tokugawa period {1867} the standard wooden keg held 9 *shô,* 4.33 gallons, which was said to be the amount of shoyu consumed in one year), production and scheduling, the dual employment system (organization of work, work rules, 1909 wage agreement, hierarchies of work {in front office and factory}), industry and community, farms and factories in 19th century Japan.

2. Clan and cartel in Meiji Japan: Clan and cartel in the Meiji period, government-regulated markets, Noda brewers assert themselves (registration and promotion of the brand-name Kikkoman by Mogi Saheiji, in Japan, Amsterdam, Austria and California), the Noda Shoyu Manufacturers' Association (*Noda Shôyu Jôzô Kumiai;* a cartel formed in 1887 to stabilize price, control supply, and guarantee markets, cartel and costs, the challenge of Suzuki Tôsaburô / Tosaburo), research and development, distribution: the railroad (opened in late April 1911), social change and the cartel (the cost of charity, noneconomic motivation, from philanthropy to paternalism), the transformation of shoyu manufacture in the countryside.

3. From cartel to corporation and beyond ("A corporation requires a nucleus for centralization and coordination"): 1909 to 1918: period of preparation ("in 1914 three shoyu brewers from Choshi in Chiba prefecture had formed the Choshi Shoyu Company." The owners were Hamaguchi Yoshiuemon, Fukai Yoshibei, and Tanaka Genba) (remains of the cartel, the Noda Shoyu Company {began operations on 1 Jan. 1918}), 1918 to 1927: the first decade–process of incorporation (Jinsen Shoyu was a brand brewed in Inchon, Korea) (1918 to 1925: from committees to functional departments {sales committee, research committee}, 1925 to 1927: holding company reorganization), the making of a rural zaibatsu (1925 on).

4. A loyal retainer's farewell (translation of a small, privately published eulogy for Mogi Shichirouemon VI, of the Kashia clan, first president of the Noda Shoyu Co, written in 1929): Shinshima's views on Japanese management, the master as seen by the apprentice (preface, introduction, brief biography, the president's principles and policies, the president as businessman, the president's everyday life, an impressive personality, a man of unquestionable character, ancestor worship, a model of love, on being what you are, accepting fate, the president's personality as revealed in a game of go, people rather than things, the president and wine {"A proverb says 'a drinker resembles a cake of tofu: in the beginning it's square and has shape, but it ends up shapeless, formless"}, life as a spiritual exercise, three great men of Kashiwa, is Ito crazy?, called by God, everything is one), editor's postscript.

5. Prelude to turmoil: The murder (of Kimura Junichiro), union activities up to the homicide, traditional wage labor (problems associated with the employment system, "internal contracting"), internal contracting and the Noda Shoyu Company, from homicide to the 1923 strike, reorganization of work design and structure (Jan. 1923).

6. The Noda Strikes: 1923 and 1927-28: Worker discontent rises, the strike of 1923 (negotiation and compromise, memoranda), the 1927-28 dispute (it lasted 218 days; work environment, transportation issues: prelude to the strike, 1927-28: an overview), conclusion: Japanese industrial relations at a crossroad.

7. Corporate maturation: The new paternalism (membership in the new paternalism), paternalism and patriotism, two features of the Japanese employment system, the prewar employment system at the Noda Shoyu Company,

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the end of an era, the limits of a family firm, a corporate coming of age

8. Democratization and internationalization (In 1964 Noda Shoyu Co. was renamed Kikkoman Shoyu Co., and in 1980 the name was changed again to Kikkoman Corporation): The course of democratization, democratization of the family (the individual replaced the household / family as the locus of legal responsibility. Zaibatsu were dismembered), unionization–within and without the Noda factories (effect of unionization upon the company), company and community after 1962, antitrust and business strategy, background to marketing development), the growth of internationalization (effect of exogenous factors on Kikkoman, development of a new business strategy), internationalization (in June 1957 Kikkoman International Inc. was established), diversification (Manjo brand, Yomohoharu brand, Del Monte brand, Disney brand, Mann's brand, Higeta brand {marketed but not made by Kikkoman}, Ragu brand, Kikko brand, Monet brand). Conclusion. Appendix A. Ie [stem family lineage] and the shoyu industry. B. Scroll from Mogi Fusagoro with preface by Mogi Keizaburo on the founding of a Noda Shoyu brewery, 1872. C. Rules and Regulations of the Noda Shoyu Brewers' Association. D. Noda Shoyu Brewers' Association Income and Expenses, 1888-1918 (yen). E. Property held by Mogi-Takanashi families joining Noda Shoyu Co. Inventory taken November-December 1917. F. New wage and work proposal, Noda Shoyu Company, 1919. Notes. Glossary.

This book was very favorably reviewed by Masaru Udagawa in *Business History Review.* 1986. Spring. p. 169-70.

Concerning the Kikkoman brand (p. 59): In 1838, Mogi Saheji petitioned for and received registration for the brand name Kikkoman by the central government of Japan. Although this Mogi family has produced other shoyu brands, Kikkoman was the pride of the family, its private label. When written longhand in Japanese characters, the brand is composed of three characters: *ki*, for "tortoise," meaning good luck and longevity in Chinese and Japanese folklore; *ko* means "first-rate"; and *man* suggests "ten thousand" or forever. *Kikko* also means octagon, so the brand name is often written as an octagon with the character for "ten thousand" or *man* written inside the octagon.

"In 1872 and 1873, shortly after the Meiji Restoration of 1868, Mogi Saheiji entered Kikkoman in two world's fairs, the first held in Amsterdam and the second in Austria. Kikkoman was awarded a letter of commendation for excellence at the Austrian fair, and following this, Mogi Saheiji redoubled his efforts to promote the brand. In 1877 Kikkoman received a second-place medal at the All-Japan Industry Promotion Fair, and in 1879 it was registered in California as a legally recognized brand name, a move that predated the same legal protection in Japan by six years!"

Prof. Alfred D. Chandler, Jr. of the Harvard Business School worked closely with Fruin as he was researching and writing this book during nearly two years at Harvard. His scholarship, wisdom, friendship, and encouragement contributed greatly. Address: Prof. of History, California State Univ., Hayward.

6409. Fujimori, Ikuo. 1983. Daizu. Shizen kindaabukku [Soybeans. Natural children's book]. Tokyo: Fureberu-kan K.K. 30 p. Illust. by Akira SETO. 26 cm. [Jap]
• ***Summary:*** A children's book with superb color illustrations. Shows how to make natto, tofu, and soy sprouts at home. A large color photo (p. 10-11; 2-page spread), titled "All made from soybeans," shows kinako, miso, shoyu, soymilk, yuba in a bowl of clear soup, ganmodoki, abura-age, cooked whole soybeans (*nimamé*), okara sauteed with vegetables, dengaku (made with tofu and miso), and atsu-agé. Address: Daizu kairyo no dai-ichi ninsha [President, Takeya Miso Co., Nagano, Japan].

6410. Goldbeck, Nikki; Goldbeck, David. 1983. American wholefoods cuisine: Over 1300 meatless, wholesome recipes from short order to gourmet. New York, NY: New American Library. viii + 580 p. Illust. Index. 23 cm. [65* ref]
• ***Summary:*** This is the best of the Goldbeck's many good books on food. Contains many recipes for tofu (regular and frozen, p. 166-73) and tempeh (p. 173-75), and some for soynuts, whole soybeans, and soy flour. Although its subtitles says it is a meatless cookbook, pages 15-16 discuss the value of adding small amount of meats, fish, and poultry to other dishes, and page 478 contains details on storing six different types of meats, plus poultry and fish. Address: Woodstock, New York.

6411. Harper, Cretia. 1983. Tofu, I love you: Recipes for a healthy heart. British Columbia, Canada: Wings Publications. 43 leaves. Illust. No index. 22 cm.
• ***Summary:*** At the top of the cover is written: "A beginner's guide to using and loving tofu." Contents: Dedication and acknowledgements. Forward: A love story. Did you know...? About these recipes. Before you begin. About marinades. About these recipes. Before you begin. About marinades. Basic blended tofu. Tofu dip variations. Tofu mayo and dressing. Shake 'n' broil coating mix. Basic scrambled tofu. Main dishes. Tofu burgers, hot dogs, sandwiches. Salads. Soups. Sweets. Beverages. A special note to parents. About the author.

Cretia and her family live on Vancouver Island, BC, Canada, where she is a natural foods consultant and educator–and a devout Christian. Address: 3053 Jenner Rd., Victoria, BC, Canada.

6412. Hatton, Hap; Torbet, Laura. 1983. Helpful hints for living better: How to live it up while cutting down. New York, NY: Facts on File Publications. xv + 237 p. 24 cm.

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[100+* ref]
• ***Summary:*** In the chapter on "Shopping for food," the section titled "Shopping for protein" states that the five foods that provide the most protein for the money are all legumes–soybeans, lentils, split peas, kidney beans, and chick peas. More important, soybeans are used to make tofu.

In the same chapter, under "Mail-order shopping" is an entry (p. 44) for: "Manna Foods, 112 Crockford Rd., Scarborough, Ontario, Canada M1R 3C3. Small, high-quality wholesaler. Catalog free." Also listed: Shiloh Farms (Sulphur Springs, Arizona). Starflower (Eugene, Oregon). Stow Mills (Greenfield, Massachusetts). Walnut Acres (Penns Creek, Pennsylvania). Deer Valley Farms, Inc. (Guilford, New York).

6413. Herrmann, Karl. 1983. Exotische Lebensmittel. Inhaltsstoffe und Verwendung [Exotic foods. Ingredients and uses]. Berlin, Heidelberg, & New York: Springer-Verlag. x + 175 p. Illust. 21 cm. See p. 111-19. Sojabohnenprodukte. [18 ref. Ger]
• ***Summary:*** The chapter on legumes contains brief introductions to soybeans, green vegetable soybeans (*unreife Sojabohnen*), soy sprouts (*Sojabohnensprossen, Sojabohnenkeimlinge*), soymilk (*Sojamilch*), tofu (*Tofu, Sojaquark*), soy sauce (*Sojasosse, Shoyu*), miso (*Miso, Sojapaste*), tempeh (*Tempeh*), fermented tofu (*Sufu, chinesischer Sojabohnen-Käse*), and natto (*Natto, fermentierte ganze Sojabohnen*). Tables shows the nutritional composition of tofu, deep-fried tofu pouches (*Aburage*), dried-frozen tofu (*Kori-Tofu*), yuba (*Yuba*), roasted soy flour (*Kinako*), and miso, plus defatted soybean meal (*entfettetes Sojabohnenmehl;* 51% protein), and soybean concentrate (*Sojabohnen Konzentrat;* 64.9% protein). Address: West Germany.

6414. Jaffrey, Madhur. 1983. Eastern vegetarian cookery. London: Jonathan Cape. xii + 531 p. Illust. by Susan Gaber. Index. 24 cm.
• ***Summary:*** This is an expanded version of *Madhur Jaffrey's World-of-the-East vegetarian cookery* (1981, New York). The author of this creative book, a woman, was born in British India on 13 Aug. 1933. She first became known as an actress in India, but later found fame as a food writer. She has lived in America for more than 20 years. She presents 21 recipes for bean curd (tofu), 7 for tempeh, and some for yuba and miso. Soy-related recipes include: Aubergine slices with white miso (Japan, p. 4-5). Green beans with soy sauce (Japan, p. 20), Cabbage with miso (Japan, p. 29). Lotus root with soy-sauce dressing (Korea / Japan / Hong Kong, p. 46-47). Yellow pumpkin cooked with soy sauce (Japan, p. 74-75). Fresh soy beans, steamed (China, p. 76, with "fresh green soy beans in their pods"). Yien Koo's Spinach with fermented bean curd (China, p. 78-79). Pecel (Vegetable salad with spicy peanut sauce, plus tofu and tempeh; Indonesia, p. 87). Tempura (with tofu; Japan, p. 89-92). Soy bean sprouts (how to grow, p. 119). Soy-bean and mung-bean sprouts seasoned with sesame oil (Korea, p. 123-24). Tempeh, Fried tempeh, Fried, pre-seasoned tempeh, Sambal goreng tempeh kering (Sweet and sour tempeh), Tempeh cooked in coconut milk (Indonesia, p. 127-30). Thai fried rice (with red fermented tofu, p. 176).

Chapter 4 (p. 187-221), titled "Soy milk, bean curd, and wheat gluten," contains the following: Introduction to each ingredient. Soy milk (making your own at home). Making your own bean curd. Udofu (Yudofu, simmering bean curd with seasonings, Japan). Bean curd with watercress (Singapore Chinese). Bean curd with fresh coriander (Taiwan). Korean-style bean curd in a hot water bath. *Hiya-yakko* (Chilled bean curd, Japan). Bean curd with broccoli (Hong Kong). Cabbage cooked with bean curd (Japan). Bean curd with a deliciously spicy sauce (China). Carrots and beans with a bean-curd dressing (Japan). Bean curd, mushrooms, and peanuts in hoisin sauce (Chinese style). Sautéed bean curd (Korea). Tofu dengaku (Toasted bean curd with a miso topping, Japan). Fried bean-curd cubes (Most of East Asia). Soy-bean sprouts sautéed with fried bean curd (China). Fried bean curd with a sweet-and-sour sauce (China). Fried bean curd cakes with a mustard surprise (Japan). Inari-zushi ("Bags" of fried bean curd stuffed with sushi rice, Japan). Pressed bean curd with cabbage (China). Salad of pressed bean curd, mung-bean sprouts, and agar-agar (China). How to make fried and baked wheat-gluten balls. Stew of baked wheat gluten, potato, turnip, carrot, and cabbage rolls (Japan, p. 215). Fried wheat gluten with broccoli, carrot, and mushrooms (China). Fried wheat gluten and potato stew (Indian style). Shredded wheat gluten and Cabbage with fennel seeds (Indian style). Buddha's delight (A mixed Chinese stew, Hong Kong; with yuba, fried tofu, and fried wheat gluten balls).

Chawanmushi (Steamed savory custards, with tofu; Japan, p. 223-26). Omelette with bean curd (Japan, p. 230-31). Soy-sauce eggs (Thailand / China, p. 245). Paneer (Fresh cheese from cow's milk; India, p. 277-78). Hot or cold noodles with a soy-sauce dressing (China, p. 288). Noodles with a hot-and-sour bean sauce (China, p. 290). Vegetarian mee krob (Crisp noodles with pressed bean curd and eggs; Thailand, p. 296-97). Noodles with quail eggs, mushrooms, spinach, and yuba (Japan; p. 298-99). Hoppers (yeast pancakes; Sri Lanka, p. 315). Roti (Flat whole-wheat bread; India, p. 320). Delicious stock made with soy-bean sprouts (p. 340). Clear soup with mushrooms, bean curd skins [yuba], and spinach (Japan, p. 346). Clear soup with soft bean curd and Chinese leaves (p. 346). Miso soup with bean curd (Japan, p. 357). Miso soup with carrots and mushrooms (Japan, p. 358). Fried, munchable soy beans [soynuts] (China, p. 373). Potato and tempeh patties (Indonesia, p. 394). Dipping sauces (with soy sauce, p. 414-17, incl. kochu chang–Korean soy sauce). Kombu relish

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(with soy sauce; Japan, p. 435). Shoyu daikon (White radish pickled in soy sauce; Japan, p. 436). Ginger quick-pickled soy sauce (China, p. 436). Aomidaikon (Quick pickled small white radishes, with slightly sweet yellow miso; Japan, p. 438-39). Chinese-style jellied bean-curd sweetmeat with a peanut topping (Singapore, p. 462-63).

General information [like a glossary] (p. 481-506): See: Bean curd (regular, fried, fermented {*fu-ju, nam-ye, tao-hoo-yee,* red bean curd}, pressed {*doufu kan*}, pressed seasoned {*pai doufu kan*}, dried bean-curd skin or yuba). Beans (azuki, soy). Bean sauce (made from fermented soy beans). Chilli paste with soy bean (and garlic). Hoisin sauce. Miso. Nam yee (see Bean curd, fermented). Nigari. Soy beans, fresh. Soy-bean sprouts. Soy milk. Soy sauce (incl. Japanese, Chinese dark and light, Japanese usukuchi, Indonesian ketjap manis). Tao Hoo Yee (see Bean curd, fermented). Tempeh. Yuba. Sources (of ingredients; p. 507-10). Address: New York City, NY.

6415. Joshi Eiyo Daigaku. 1983. Tôfu kukkingu [Tofu cooking]. Tokyo: JED Shuppan-bu. Kyo no Okazu No. 9. 128 p. Illust. Index. 19 cm. [Jap]

• ***Summary:*** Contents: From tofu in Japanese to tofu in English: Modern thoughts on tofu. Ikuko Hisamatsu's healthy tofu menu: Homemade tofu, western style tofu recipes, second generation tofu products and recipes, okara, natto, soymilk. Fujiko Sakami's Japanese style recipes: Homemade second generation tofu products taste better, Japanese style tofu recipes, okara. Seiko Osato's Chinese-style recipes: Introducing the taste of the homeland of tofu in China, Chinese second generation tofu products. Other comments: The history of tofu, the roots of tofu, the challenge of homemade tofu, tricks of Western style tofu recipes, European and American tofu cooking. Note: A color photo accompanies each recipe. Address: Tokyo, Japan.

6416. Konishi, Kiyoko. 1983. Japanese cooking for health and fitness. Tokyo: Gakken Co. Ltd. 120 p. Introduction by Susan F. Stirn (U.S. Embassy, Tokyo). Illust. (color photos). No index. 27 cm. Produced in conjunction with Kikkoman. [Eng]

• ***Summary:*** This attractive book, with many large color photos on glossy paper is crippled by lack of an index. Soy-related recipes include: Miso soups (p. 23, 25). Photos (p. 26) show small packets of Kikkoman's Instant Miso Soup. The photo of sukiyaki includes a bottle of Kikkoman Sukiyaki Sauce (which contains soy sauce); the Sukiyaki recipe includes "1 block tofu." A large photo (p. 39) includes a Kikkoman soy sauce dispenser. Grilled salmon with teriyaki sauce (the sauce contains sugar, sake or dry wine, mirin and soy sauce, p. 60). Tempura (the dipping sauce contains dashi, mirin, and soy sauce, p. 64). Salmon-tofu balls (with "1 block tofu," p. 69). Salad of tuna and wakame with soy sauce dressing (p. 72). Salad of short-necked clams with miso dressing (p. 73). Soybeans cooked with chicken wings (with "10 ounces {300 gm}, or about 2 cups dried soybeans," p. 85).

The section titled "Tofu and other dishes" (p. 89-97) includes Fresh tofu with condiments (*Hiyayakko,* p. 92; a photo, p. 90, shows a Kikkoman soy sauce dispenser). Sauteed tofu topped with shrimp and vegetables (p. 92). Tofu sauteed with ground chicken and vegetables (p. 93). Boiled vegetables with tofu dressing (p. 93). A glossary each (hard to use) covers fish and shellfish; vegetables, grains, seaweed varieties, and processed foods; seasonings, spices and seeds. One full-page photo (p. 102) shows processed foods, including: Thin, deep-fried tofu (*abura-age*). Thick, deep-fried tofu (*atsu-age*). Bean curd (*tofu*). A second full-page photo (p. 103) shows seasonings, spices and seeds, including: Five forms of Kikkoman regular soy sauce (*shoyu*)–dispenser, 150 ml glass bottle, 250 ml plastic bottle, and low-salt (green label, 500 and 250 ml). Two varieties of soybean paste (*miso*). Bottles of Kikkoman soup base for noodles and tempura (*memmi* [*menmi*]), sukiyaki sauce, teriyaki sauce, extract of bonito (*katsuo-dashi*), and extract of kelp (*konbu-dashi*). Japanese horseradish (fresh *wasabi*). White sesame seeds, black sesame seeds, and sesame oil (*goma-abura*).

A full page (p. 106) titled "Japanese cooking and soy sauce" discusses: Kikkoman soy sauce–a long history (it was first made in 1630). How does Kikkoman soy sauce gain is flavor, color, taste and aroma. Why is Kikkoman called the "liquid spice"? How to preserve the fine quality of Kikkoman. Address: Tokyo, Japan.

6417. Kushi, Michio; Jack, Alex. 1983. The cancer prevention diet: Michio Kushi's nutritional blueprint for the relief and prevention of disease. New York, NY: St. Martin's Press. xi + 460 p. Index. 22 cm. [32 ref]

• ***Summary:*** In this book, cancer preventing effects are attributed to miso (p. 50-51, 220-21, 304-06), and to soybeans (p. 51, 154-55, 293, 306). Natto, soymilk, tamari, tempeh, and tofu are also discussed.

Pages 50-51 note: "A ten-year study completed in 1981 by the National Cancer Center of Japan reported that people who ate miso soup daily were 33 percent less likely to contract stomach cancer than those who never ate miso soup. The study also found that miso was effective in preventing heart and liver diseases...

"Soybeans, a major source of protein in the macrobiotic diet, have been singled out as especially effective in reducing tumors. The active ingredient in soybeans is called a protease inhibitor. Laboratory tests show that soybeans and certain other beans and seeds containing this factor added to the diet prevent the development of breast, stomach, and skin tumors. Whole soybeans and soy products, including miso, tamari soy sauce, tofu, tempeh, and natto are staples of the macrobiotic diet... At St. Luke's Hospital in Nagasaki, a

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group of macrobiotic doctors and patients who had survived the atomic bombing on August 9, 1945 subsequently protected themselves against potentially lethal doses of radiation on a diet of brown rice, miso soup, sea vegetables, and sea salt."

Pages 220-21 contain a long excerpt from the account of Dr. Tatsuichiro Akizuki, director of internal medicine at St. Francis's Hospital in Nagasaki. He survived the world's first atomic bomb attack on 9 Aug. 1945. He believed that the main reason that neither he nor any of his co-workers at the hospital suffered or died from radiation was because of their diet, based on miso, brown rice, and sea vegetables.

Pages 293, and 304-06 summarize a number of publications which seem to show that consumption of soybeans, miso, or soymilk may prevent cancer. Pages 391-99 contain soyfoods recipes. Address: Boston, Massachusetts.

6418. Lee, Y.C.; Rosenau, J.R.; Peleg, M. 1983. Rheological characterization of tofu. *J. of Texture Studies* 14(2):143-54. [12 ref]
Address: Dep. of Food Engineering, Univ. of Massachusetts, Amherst, MA 01003.

6419. Lewallen, Eleanor; Lewallen, John. 1983. Sea vegetable gourmet cookbook and forager's guide. Mendocino Sea Vegetable Co., P.O. Box 372, Navarro, CA 95463. 32 p. Illust. No index. 22 cm. [4 ref]
• ***Summary:*** The Gourmet Cookbook (p. 2-20) is by Eleanor. The Forager's Guide (p. 21-32) is by John. On page 8 is a recipe for Nori-tofu spread. Soy sauce is called for in many recipes. Address: Navarro, California.

6420. Li, Pei-shan. ed. 1983. Mei wei dou fu [Delicious beancurd dishes]. Hong Kong: Yin shi tien di chu ban she (Food Paradise Publishing Co.). 96+ p. [Chi; Eng]

6421. Migliaccio, Janice Cook. 1983. Follow Your Heart's vegetarian soup cookbook. Santa Barbara, California: Woodbridge Press. 128 p. Illust. 24 cm.
• ***Summary:*** Contains more than 50 delicious vegetarian soups developed by the author and other creative soupmakers at Follow Your Heart's famous natural foods restaurants–and served to more than 1 million customers. Follow Your Heart began in 1970, founded by Michael Besancon, as a small vegetarian lunch counter in the corner of a natural foods store in Canoga Park, California. In 1973, Follow Your Heart grew to include the store as well. In 1976 it expanded and moved to a much larger store a few blocks away. In Sept. 1982 it opened a second store (without a restaurant) in Santa Barbara, California. Today Follow Your Heart employs about 100 people, all vegetarians. The head store is at 21825 Sherman Way, Canoga Park, California 91303.

The seasonings tamari and Dr. Bronner's "Balanced Protein Seasoning" (p. 17-18) and the "special food items" Bakon Bits, miso, textured vegetable protein (TVP, p. 24-25) are described and used in a number of recipes. Soy-related recipes include: Miso vegetable soup (with miso and tofu, p. 97). Oriental vegetable soup (with tofu and tamari, p. 103-05). Sweet and Sour Oriental Vegetable (with tofu and tamari, p. 120-21). Address: Southern California.

6422. Okamoto, Nobuhiro. 1983. Shin, tôfu no ryôri [Fresh, new tofu cookery]. Tokyo: Gurafusha. 64 p. Illust. (chiefly color). 26 cm. Mylife series no. 173. [Jap]*
Address: Iiyamachi, Nagano-ken, Japan.

6423. Ornish, Dean. 1983. Stress, diet, and your heart. New York, NY: Holt, Rinehart and Winston. xxi + 392 p. Illust. Printed in 1983 by New American Library (Signet Books). 24 cm. [224+ ref]
• ***Summary:*** The title page states: "With a Foreword by Alexander Leaf, MD. Original recipes by Martha Rose Shulman." This is Dean Ornish's first book on the benefits of diet, stress reduction, and exercise in reducing heart disease. Grains and legumes are the staples in this low-fat, vegetarian diet. Dairy products (such as milk and yogurt) are used sparingly. Soy-related recipes and information include: Soy flakes (p. 161). Brief descriptions of azuki beans, soybeans, soy flakes, and soy grits (p. 175-76). Instant soy milk (such as Fearn or Jolly Joan), Tofu (p. 181). Recipe for Brown rice, barley, soy grits (p. 182). Very simple cooked soybeans (p. 185). Cooked soy flakes (p. 188). Roasted soybeans (dry roasted = baked, p. 239-40). Deep-dish vegetable pie (with cooked soy flakes, p. 252-54). Eggplant and rice casserole (with soy grits, p. 257-58). Sprouts, tomato, and white bean spread sandwich (with dry roasted soybeans cracked in a blender, p. 260). Tofu banana cream pie (p. 266). Brown rice salad (with dry roasted soybeans, p. 279). Buckwheat noodle salad with hot and sour dressing (and dry roasted soybeans, p. 282-83). Pasta with vegetables (and dry roasted soybeans, p. 296). Pasta with vegetables (and dry roasted soybeans, p. 296). Grated zucchini casserole with eggplant sauce (and dry roasted soybeans, p. 301-02). Soybean-grains casserole (with cooked soybeans or soy flakes, p. 325-26).

Tofu is mentioned on these pages: 163, 181, 201, 207-09, 236-37, 266-67, 269-70, 272-73, 285, 287, 298-99.

For information on a vegetarian diet, see p. 3, 144-50. Address: M.D., Sausalito, California.

6424. Otsuka, Shigeru. 1983. Encyclopedia of Japan: Tôfu. San Francisco and Tokyo: Kodansha International. See vol. 8, p. 35. [Eng]
• ***Summary:*** (bean curd). Tofu is said to have been first made by the Chinese 2,000 years ago and introduced to Japan in the 7th century. Describes briefly how tofu is made and the different types of tofu. Aburaage and namaage are made by frying tofu from which excess water has been pressed.

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Gammodoki is made the same way, with bits of carrot and sesame seeds added. Koridofu is made by freezing and drying tofu. Okara, the substance left after extracting the liquid *tônyû*, has a unique texture and flavor. Yakidofu is made by toasting squares of bean curd made firm by extracting excess water. The *Tofu Hyakuchin*, a cookbook written during the Edo period (1600-1868) lists 100 methods of cooking tofu. It can be used in soups or sukiyaki. As yudofu, it is kept warm in a pot of hot water and seasoned with a dipping sauce of soy sauce, minced scallion, and spices. As hiyayakko, it is eaten the same way but chilled. As dengaku tofu, it is covered with a miso mixture and broiled. Address: Japan.

6425. Pearson, A.M. 1983. Soy proteins. *Developments in Food Proteins* 2:67-108. Chap. 2. (B.J.F. Hudson, ed. London and Englewood, New Jersey: Applied Science Publishers). [108 ref]
• ***Summary:*** Contents: Summary. Introduction. Soybean production (worldwide). Structure of the soybean. Chemical composition of the soybean: Soy proteins (solubility, characterization, transformation of the 7S and 11S globulins), biologically active components (enzymes, protease inhibitors, hemagglutinins, goitrogens, estrogens, phytates, oligosaccharides, other substances, allergenic compounds, lysinoalanine). Nutritional value of soy proteins: Protein, vitamins, minerals, energy, soy protein and atherosclerosis. Processing of the soybean: Extraction of oil, processing of soybean meal, edible soy flour and grit production, soy concentrates and isolates, spun soy proteins, textured soy products. Food uses of soy protein products: Cereal grain foods, dairy-type foods, snack foods and soups, meat, poultry and fish products, Oriental soy proteins (soy sauce, tofu). Address: Prof., Dep. of Food Science & Human Nutrition, Michigan State Univ., East Lansing, Michigan 48827.

6426. Pemberton, Cindy; Brown, Marcia. 1983. The creative eater's handbook: Better nutrition through vegetarian eating. American Heart Assoc., Alameda County Chapter, 11200 Golf Links Rd., Oakland, CA 94605. 36 p. 23 x 21 cm. [9 ref]
• ***Summary:*** This booklet was developed by and is available at the Student Health Service, University of California, Berkeley. It "provides practical guidelines to ensure a tasty, nutritionally sound vegetarian diet whether you choose to limit meat in your diet, or eliminate all meat protein entirely." Soyfoods listed as good sources of vitamins and minerals include: Calcium (tofu, soybeans), iron (soybeans, tofu). A recipe is given for Tofu quiche. Address: 1. MPH, RD; 2. MPH. Both: Univ. of California.

6427. Plenty International. 1983. Caribbean islands: Another rotten day in Paradise (Leaflet). Summertown, Tennessee. 1 p. Front and back. 3 panels each side. Undated. Illust. 28 cm.
• ***Summary:*** A map shows the proposed voyage of the ship *Fri* (rhymes with "Free"), a 105-foot sailing ship, from northern Florida, through the Caribbean, then back to home port. They plan to visit St. Vincent, St. Lucia, Dominica, Antigua, and Haiti. "And in the long run: Food self-sufficiency can happen on these islands. Plenty soy technicians will stay to help local farmers grow and process soybeans into protein-rich foods such as soy milk, tofu and soy ice cream. This will help fill the need for protein in their diet."

A postcard, printed with blue ink on white, requests donations for: Caribbean project. Guatemalan refugee fund. Wherever needed. "$5 included to mail me–Guatemala: A Commentary on Human Rights."

Note: This cruise stirred up considerable controversy concerning appropriate use of limited funds. Address: Summertown, Tennessee.

6428. Puetz, Jean; Gollhardt, Heinz. 1983. Hobbythek Buch 8 [Hobby book 8]. Cologne, Germany: Verlagsgesellschaft Schulfernsehen. 168 p. See p. 130-39. [3 ref. Ger]
• ***Summary:*** This book describes how to make tofu, tempeh, and soy sprouts, and how to build a tempeh incubator (bio-box) at home. Flora Yap (4/92) notes that the author has demonstrated tempeh making before 1988. Address: Germany.

6429. Quong Hop & Co. 1983. Welcome to the Soy Deli, that corner of your grocery store devoted to the new food of the 80's...TOFU and other soyfoods products (Leaflet). South San Francisco, California. 5 panels each side. Each panel: 13 x 8 cm.
• ***Summary:*** Contents: Facts. New ideas. 14 recipes. Address: 161 Beacon St., South San Francisco, California 94080.

6430. Rohé, Fred. 1983. The complete book of natural foods. Boulder, Colorado: Shambhala. xvi + 491 p. Illust. Index. 26 cm. [120 ref]
• ***Summary:*** This book is about "The New American Diet," which is an "omnivarian" diet including some fish and meat. Chapter 14, titled "New and future natural foods," contains a section titled "Soy foods" (p. 162-65) including tofu, tempeh, miso, soy sauce, soy milk, and other soy products (yuba and sufu). The work of William Shurtleff and Aoyagi, and their Soyfoods Center, is mentioned 2-3 times. Toward the back of the book are many soyfoods recipes.

The Prologue tells Rohe's life story and pioneering work with natural foods. In 1964, at the ripe old age of 27, he didn't feel good, didn't look good, and didn't like it–the result of years of smoking, drinking, eating bad food and "burning the candle at both ends." "It was time to do something about it. Adelle Davis became my guru and Thom Hamilton–the health foods store owner who sold me

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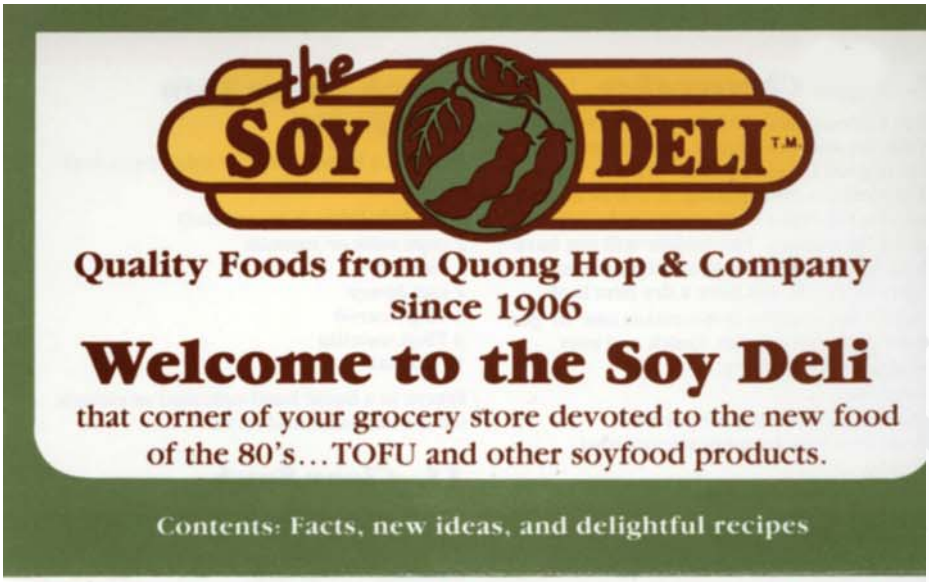

Quality Foods from Quong Hop & Company since 1906

Welcome to the Soy Deli

that corner of your grocery store devoted to the new food of the 80's...TOFU and other soyfood products.

Contents: Facts, new ideas, and delightful recipes

DISCOVER todays miracle protein! Tofu is a pleasant tasting food well known for it's nutritional benefits. Tofu has a higher percentage of usable protein by weight than meat or dairy products. It is easily digested, making it an excellent source of protein for infants and young childen.

The SOY DELI features tofu from Quong Hop & Company in a variety of textures, varying from a soft to very firm. Each type has its own special uses. Tofu can be blended with fruits or vegetables as a base for soups, baby foods, dressings, and sauces.

THE DIFFERENCE IS QUALITY!

Quong Hop tofu contains more food value—up to 50% more protein—than other brands. This is because the water is pressed out to create a firmer product. Vacuum packed tofu is our firmest product and has the highest food value.

NUTRITIONAL FEATURES

- **No cholesterol**
- **Low in calories**
- **No sugar**
- **No chemical residues**
- **Nothing artificial**
- **Low sodium**
- **Free of meat or dairy**

ALL SOY DELI PRODUCTS ARE MADE FRESH AND DELIVERED FRESH.

At the SOY DELI you will also find many wonderful ready-to-eat treats. We offer delicious desserts, salads, flavored soy milk beverages, and new foods to sample, such as tempeh, and savory baked tofu.

Following are recipes that can be prepared quickly and easily with various SOY DELI products. Remember, tofu adapts to all your favorite recipes. For more delicious recipe ideas we suggest *Tofu Cookery* by L. Hagler. For your copy, send a money order for $7.95 (includes shipping) to:

Quong Hop and Company
161 Beacon Street So. San Francisco, California 94080

This $10.00 value is beautifully illustrated in color with over 100 recipes.

RECIPES:

1. Delicious Soy Milk

Quong Hop Soy Milk is a wonderful substitute for whole milk. Soy milk is recommended for people with dairy related allergies and it contains *no* animal fat. It can be used just as you would use milk in cereals, cooking, as a recipe base, or just plain drinking. Varieties include: Carob, Honey and Plain.

2. Strawberry—Tofu

5. Pop n' Serve Tofu Burgers

Just pop in a toaster or broiler, cook for 2–5 minutes and serve with your favorite condiments. One patty (3.5 oz.) is 17 grams of protein and 212 calories.

BBQ Tofu Burgers

1 New Leaf Tofu Burger
1 hamburger bun

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[her book] *Let's Eat Right to Keep Fit* became my mentor." Within a few months he was feeling much better. "So in 1965 I bought a small health food store in the Sunset district of San Francisco." It was named Sunset Health Foods." He discarded most of the dietetic foods on the shelves and replaced them with "old-fashioned groceries–basic stuff, traditional, simple, whole food... What was evolving was a modern version of an old-fashioned grocery store." He would provide information instead of hype, bulk retail foods sold out of barrels, crocks, jars, and drawers instead of packaged products, food instead of food supplements. He renamed the store "New Age Natural Foods."

"My career ended in 1973, after eight years. New Age Natural Foods had served as a model for what were called in those days 'hippie food stores.' It is credited as being the prototype natural foods store, as distinct from a health food store." Since 1973 Fred continued to work in the natural foods industry. In 1979, in his capacity as a consultant, he met the people of Sunburst Farms, who are his collaborators on this book. "Sunburst is the realization of a vision experienced in 1951 by its founder Norm Paulsen, while he was living as a student monk studying yoga at the Self-Realization Fellowship in Los Angeles. He moved to the Santa Barbara area, and while operating a construction business in 1968 established Sunburst Farms as a group of people living communally under spiritual principles on 160 acres of land in the mountains above Santa Barbara. The community-owned business, Sunburst Natural Foods, grew foods organically and flourished. In 1970 they opened a natural foods retail store in Santa Barbara. The community grew to include a second ranch and a total membership of over 200 people. "The business came to include manufacturing and wholesaling as well as retailing. There are now five Sunburst Farmer's Markets, two of them–in Goleta and Ventura–large, complete, natural foods supermarkets. Sunburst also owns and operates a natural foods restaurant, 'The Farmer and the Fisherman,' 35 miles north of Santa Barbara along the coastal highway." Then Norm envisioned a new direction and everything changed. They traded their 6,000 acre coastal ranch for land in northeastern Nevada totaling over 500,000 acres. "It could hardly have been a more radical change. But the soil is rich in minerals and there is abundant water from artesian wells. They are responding strongly to the challenge of, as they say, 'making the desert bloom as a rose.'"

"Appendix eight: Recommended reading list" (p. 470-78) includes a section titled "Soyfoods."

This book was Re-published in 1986 as *Nature's Kitchen* by Garden Way in Brattleboro, Vermont.

Interview with Fred Rohe. 1988. Nov. 3. Fred bought Sunset Health Foods in 1965 and transformed it into New Age Natural Foods at 1326 Ninth Ave. in San Francisco. Address: 4014 Lincoln Way, San Francisco, California 94122. Phone: 415-564-7024.

6431. Santa Maria, Jack. 1983. Chinese vegetarian cookery. London: Rider & Hutchinson Publishing Group. 159 p. Illust. by Kate Simunek. Index. 23 cm.
• ***Summary:*** A 1987 edition was published in the USA by CRCS Publications, P.O. Box 20850, Reno, Nevada 89515. The recipes fall into 12 categories, one of which is "Bean Curd" (Dòufu, p. 51-66, 30 recipes). There are also many tofu recipes in other chapters, plus recipes using soy beans, "bean curd sheets" and "bean curd sticks" [yuba], "salted black beans" [fermented black soybeans] "Black soya beans fermented with malt [sic, mold], salt and flour are obtained in an almost dry form. They are particularly good for enriching the flavor of a bean curd dish."

All recipes have both their English and Chinese names, with the latter written in pinyin with the four tonal marks (very useful). The author notes that "Since 1958, Pinyin ('phonetic transcription') has been the officially endorsed romanization of Chinese, although the West has taken some time to abandon the confusing Wade-Giles system. Pinyin gives a more accurate rendering of spoken Chinese."

6432. Shurtleff, William; Aoyagi, Akiko. 1983. History of soybeans and soyfoods: Past, present and future. 4 vols. Lafayette, California: Soyfoods Center. 2,400 p. manuscript. Forthcoming. 28 cm. [27500+ ref]
• ***Summary:*** The most comprehensive book of its type ever written. Most chapters are now available in manuscript form. Those that are, are listed individually in this database. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6433. Shurtleff, William; Aoyagi, Akiko. 1983. Leaders of the Soyfoods Movement in Europe (Document part). In: Shurtleff and Aoyagi. 1983. Soyfoods Industry and Market: Directory and Databook. 3rd ed. Lafayette, CA: Soyfoods Center. 121 p. See p. 109.
• ***Summary:*** The name, address, and phone number of the following people are given: Wolfgang Furth-Kuby of Sojaquelle, Peter Wiegand of Auenland Tofu, and Boo Massobrio of Weg Der Natur in West Germany. Verena Krieger and Walter Daenzer of Soyana in Switzerland. Sjon Welters of Manna Natural Foods in the Netherlands. Ted Nordquist and Tim Ohlund of Aros Sojaprodukter in Sweden. Bernard Storup of Soy SARL and Alexander Nabben of Europa Farm in France. Gilberto Bianchini of Community Food in Italy. Kym Olsen in England. Pierre Gevaert of Lima Foods in Belgium. Jane O'Brien in Ireland. Dr. Brian J.B. Wood of the University of Strathclyde, Microbiology Department, in Scotland. Lawrence Dreyer of Weg Der Natur in Austria. As of July 1982 there are 609 European names and addresses on the Soyfoods Center Mailing List. Address: Lafayette, California. Phone: 415-283-2991.

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6434. Soy Power Co. 1983. Everything you wanted to know about tofu–But were afraid to ask (Leaflet). Santa Monica, California. 2 panels each side. Each panel: 14 x 11 cm.
• ***Summary:*** Contains basic information about tofu, 6 recipes, and a list of Soy Power products: Silken tofu, Chinese tofu, Pressed tofu, Savory baked tofu, Whatta salad, Fiesta salad, Hi-Pro tempeh burger, and Non-dairy soymilk (Plain, Carob & honey). Printed with purple ink on light gray paper. Soy Power's logo is a pyramid. Address: 2811-A Ocean Park Blvd., Santa Monica, California 90405.

6435. Soyana. 1983. Tofu, die Einladung ins Schlaraffenland [Tofu, invitation to the land of plenty (Leaflet)]. Zurich, Switzerland. 5 panels each side. Each panel: 19 x 5.5 cm. Color. [1 ref. Ger]
• ***Summary:*** Contains 6 recipes: Greek tofu salad. Tofu curry. Quiche. Filets. Chocolate cream cake. Whipped cream. Invitation to tofu cooking class.

Next to the Soyana logo is the simpler Biona logo. Address: Postfach 8039, Zurich, Switzerland.

6436. Swaminathan, Mahadeva. 1983. Oilseed and nut proteins. In: Miloslav Rechcigl, ed. 1983. CRC Handbook of Nutritional Supplements. Vol. I. Human Use. Boca Raton, FL: CRC Press. 564 p. See p. 3-27. [147* ref]
• ***Summary:*** Contents: Introduction. Production: Soybeans, cottonseed, sesame seed, copra, sunflower seed. The chemical composition and nutritive value of the proteins of certain oilseeds and nuts: Chemical composition, essential amino acid composition and nutritive value of proteins, amino acid supplementation of the proteins of oilseeds and nuts. Deleterious constituents present in oilseeds and legumes. Effect of processing on the nutritive value. Processed foods based on oilseeds and their meals: Preparation of edible meals, protein isolates from oilseeds and nuts. Infant foods and milk substitutes from oilseeds and nuts: Infant foods and milk substitutes from soybeans (soy milk, dried soybean milk, large-scale production), nutritive value of soybean milk and soybean milk proteins (animal experiments, treatment of protein malnutrition in children), feeding experiments with infants and children, milk substitutes and infant foods from peanuts, nutritive value of peanut milk and its proteins, feeding trials with infants and children, coconut milk and products based on coconut milk. Milk substitutes based on other nuts and oilseeds: Almond milk, cashewnut milk. Protein foods based on oilseed meals and isolates: Supplements based on soybean meal, on peanut meal, on cottonseed flour, on sesame flour, on coconut meal, on sunflower seed meal. Other processed products based on oilseeds and nuts and their meals: Products based on peanut and peanut flour, enriched tapioca flour and macaroni products, products based on soybean and soybean meal (baked products, macaroni products, tofu, natto, tempeh), foods based on protein isolates from peanut and soybean, products based on peanut protein isolate, products based on soy protein isolate (infant foods, textured food products). Conclusion.

Table 13 (p. 18) lists "Supplementary foods for weaned infants and preschool children." The following contain soya (usually defatted soy flour): Protein Food I and II (India). Fortifex (Brazil). Cerealina (Brazil; with full-fat soy flour). Multipurpose Food, CSM, WSB (USA). Pronutro (South Africa).

Note: On pages 156-57 is a brief description of quark, a non-fermented edible milk protein product widely used in Germany. It is a fresh, uncured cheese, usually sold in bulk form. Versatile and easy to use, it is made by coagulating the milk exactly like cottage cheese, "but instead of cutting, cooking, and washing the curd particles, the whole coagulum is passed through a specially designed centrifuge" to separate the whey from the solidified protein curd, which is then cooled and packaged in bulk. When made under sanitary conditions, the quark has a good shelf life under refrigeration. Some 30-40 different food products based on quark (such as spreads, dips, and desserts) are now sold in western and eastern Europe. A survey concluded that quark has considerable potential in the USA if (like yogurt, the most newly accepted dairy food in the USA) it is well advertised and promoted. Address: Retired, Applied Nutrition and Dietetics Discipline, and Emeritus Scientist, CFTRI, Mysore, India.

6437. Tada, Tetsunosuke; Masaaki, Hirano. 1983. Tôfu tsû [Connoisseur of tofu. 6th ed.]. Tokyo: Tokyo Shobosha. 303 p. + 5 unnumbered pages of plates. Illust. 22 cm. Series: Nihon no Shokubunka Taikei no. 16). [Jap]
• ***Summary:*** Previously published in 1978 as *Tôfu.* Tada Tetsunosuke is the lead author, compiler and editor (*hencho*)*;* Hirano Masaaki is the interpreter, narrator, commentator (*kaisetsusha*).

6438. Tims, William; Allanson, Robert. 1983. Macrobiotic dietary suggestions. Mountain Ark Publishing Co., 109 S. East Street, Fayetteville, AR 72701. 38 p. 22 cm.
• ***Summary:*** Under "Bean Products," tofu, tempeh, and natto are mentioned. "Fermented foods make wonderful seasonings for soups and strengthen the digestive function. Those used in making soups include: Miso, shoyu, tempeh, sauerkraut." There are recipes for Boston baked soybeans, and Boiled tofu. Address: Fayetteville, Arkansas.

6439. Tofu Shop (The). 1983. The Tofu Shop: We make our own tofu fresh daily (Ad). Arcata, California.
• ***Summary:*** This black-and-white ad (3¼ by 6½ inches) was run in local papers. In a vertical panel to the left, in Japanese characters, is written: *Shinsen na tôfu* ["Fresh tofu"].

The ad text reads: "Hot tofuburgers. Salads. Desserts. Baked goods. Coffee, tea, juices. Open daily 8 to 8.

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At the bottom an illustration by Bernice Kagan (left) shows a small tofu shop on stilts on a cliff by the ocean, with an Oriental-style roof and a wind-blown tree arching overhead.

Note from Matthew Schmit. 2009. April 2. The Japanese characters were written by a Japanese foreign exchange student at Humboldt State University. Address: 768 18th St., Arcata, California 95521. Phone: Take out: 822-7409.

6440. Tofu Shop Specialty Grocery & Deli (The). 1983. The Tofu Shop (Business card). Arcata, California. 4 by 2.37 inches. Single sided.

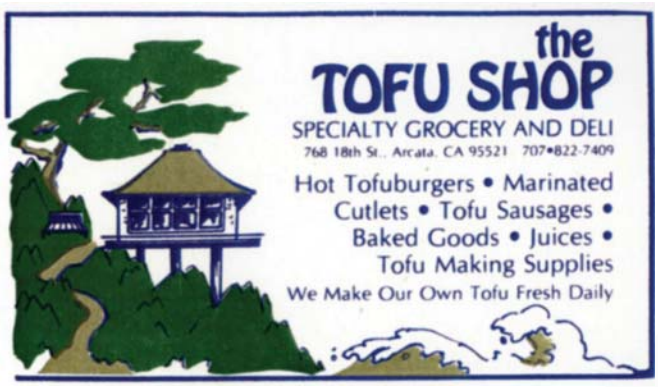

• ***Summary:*** Printed on front in blue on white: "Hot tofuburgers. Marinated cutlets. Tofu sausages. Baked goods. Juices. Tofu making supplies. We make our own fresh tofu daily."

A green, blue and gold illustration (left) shows a small tofu shop on stilts on a cliff by the ocean, with an Oriental-style roof and a wind-blown tree arching overhead. Address: 768 18th St., Arcata, California 95521. Phone: 707-822-7409.

6441. Tofu Shop Specialty Grocery & Deli (The). 1983. The Tofu Shop Delicatessen (Poster). Arcata, California. 8½ by 11 inches.

• ***Summary:*** Printed on front in blue on white with a gold border on glossy cardstock paper: "We make our own tofu: traditional methods for a sweet, delicate taste.

"Delicatessen: featuring fresh food to go. Tofu burgers. Sandwiches. Salads. Desserts with honey. Whole grain breads. Fresh juices. Fresh coffee. Herb teas. Marinated cutlets. Tofu sausages. Baked goods.

Specialty groceries: Fresh tofu. Tempeh. Miso (domestic & imported). Sea vegetables. Macrobiotic supplies. Cook book & recipes. Tofu making supplies."

In the center is the company's long-time logo of a blue dragon inside a thick green circle.

"Handmade tofu since 1977."

A green, blue and gold illustration by Bernice Kagan (left) shows a small tofu shop on stilts on a cliff by the ocean, with an Oriental-style roof and a wind-blown tree arching overhead.

Note from Matthew Schmit. 2009 April 2. "A rather gawdy 1st attempt with a marketing poster. The 'Blue Dragon' was phasing out and the 'Shop on the cliff' was phasing in as our logo." Address: 768 18th St., Arcata, California 95521. Phone: 707-822-7409.

6442. Tsuji, Sachiko; Tsuchiya, F.; Kurata, M.; Okuyama, K.; Shiota, Y. 1983. Hiroshima-ken Tôbu oyobi Okayama-ken Seibu ni okeru shihan tôfu no hinshitsu chôsa [Investigation of the qualities of commercial tofu in eastern Hiroshima prefecture and western Okayama prefecture]. *Kaseigaku Zasshi* (*J. of Home Economics of Japan*) 34(5):293-99. [13 ref. Jap]
Address: Fukuyama Shiritsu Joshi Tanki Daigaku (Fukuyama Women's Junior College).

6443. Walford, Roy L. 1983. Maximum life span. New York and London: W.W. Norton. xiv + 256 p. Illust. 22 cm. [189* ref]

• ***Summary:*** This book and research traces its roots back to the work of Dr. Clive McCay of Cornell University, Ithaca, New York. In Chapter 5, "Undernutrition now" (p. 98-101), Dr. Wolford discusses McCay's work: "Clive McCay's classic undernutrition experiments, performed at Cornell University in the mid 1930s, in some instances approximately doubled both 50 percent survivals and maximum life span of rats. The undernutrition regimes could almost certainly be adapted to human use. Notice carefully here the word *undernutrition* here rather than *malnutrition.* In an undernutrition regime, the total intake of calories is sharply limited but there's no lack of critical nutrients such as vitamins, essential amino acids, fatty acids, and minerals. 'Undernutrition without malnutrition' is the key concept in dietary modulation of the life span" (p. 98).

Dr. McCay initiated "his long and famous series of studies by feeding experimental rats, on a daily basis and beginning at weaning, about 60 percent of the caloric intake of rats allowed to eat as much as they wanted. The restricted diet was supplemented with extra vitamins and minerals. On this 60 percent regimen the animals' growth rate was greatly retarded although in other ways they were super healthy. They could be held in a growth-retarded state for up to 1,000 days, by which time all the normally fed rats had died. When the retarded rats were allowed a full diet, they began to grow again. They were also sexually active and could reproduce at a far more advanced age than normally fed rats" (p. 99-100).

In Appendix B: Menus and recipes, Dr. Walford includes soybeans (p. 227) and soybean curd [tofu] (p. 231).

Dr. Walford also discusses "how functional age may differ from chronological age" and asks: "Are you biologically younger or older than your actual years?" Other factors include food supplements (such as vitamins and antioxidants) and lots of regular, vigorous activity.

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A portrait photo (in a positive review in *Vegetarian Times*, Dec. 1983, p. 60) shows Dr. Walford–with shaven head and long mustache. Address: M.D., Gerontologist, UCLA Medical School.

6444. Wang, H.L. 1983. Oriental soybean foods. In: Ivan A. Wolff, ed. 1983. CRC Handbook of Processing and Utilization in Agriculture. Vol. II: Part 2. Plant Products. Boca Raton, FL: CRC Press, Inc. See p. 91-106. Illust. Index. 26 cm. CRC Series in Agriculture. [10 ref]
• ***Summary:*** Contents: Introduction. Traditional nonfermented soybean foods. Fermented soybean foods. Tables: (1) Oriental nonfermented soybean foods: Fresh green soybeans, soybean sprouts, soybean milk, protein-lipid film [yuba], soybean curd [tofu], soybean flour (local names: Tou-fen, kinako). (2A) Composition of some indigenous soybean foods, 100 g, edible portion. (2B) Composition of some indigenous soybean foods, 100 g, edible portion. (3) Essential amino acid content of some indigenous soybean foods. (4) Oriental fermented soybean foods. (5) Characteristics of rice miso in relation to fermentation condition. (6) Average composition of soy sauce made from whole soybeans and defatted soybean meal. (7) Composition of various types of miso.

Figures: (1) Flow sheet for the preparation of soybean milk and its related products. (2) Flow sheet for manufacture of soy sauce. (3) Flow sheet for manufacture of miso. (4) Flow sheet for making hamanatto. (5) Flow sheet for preparation of sufu. (6) Flow sheet for tempeh fermentation. (7) Flow sheet for preparation of natto.

Note: Vol. 1 is "Animal products." Vol. 2 is "Plant products," Part A. Vol. 3 is "Plant products," Part B. Address: NRRC, Peoria, Illinois.

6445. White, Joanna. 1983. Tofu: Une tradition millénaire, un aliment d'avenir [Tofu: A thousand-year tradition, a food of the future]. Vaud, Switzerland: Published by the author/ Joya. 28 p. Illust. No index. 21 cm. [9 ref. Fre]
• ***Summary:*** Contents: What is tofu. How to make your tofu. Using tofu. Recipes. Bibliography. Address: JOYA, 1345 Le Lieu, Vaud-Suisse.

6446. Wildwood Natural Foods. 1983. Wildwood Natural Foods, and UFO Tofu (T-shirt). 135 Bolinas Rd., Fairfax, CA 94930.
• ***Summary:*** Photocopy (black-and-white) of front of UFO Tofu T-shirt. 1983. This ingenious illustration (with "M. Pierce 83") written in small letters on the right side, shows in one Escher-like drawing how tofu is made. Soybeans are flying, as from outer space, into the rectangular hopper above the grinder, and drops of water are flying into the cauldron. From the circular, perforated mechanical press (on the front of which is written "UFO Tofu"), soymilk is flowing into the curding barrel, where it is being stirred in a spiral by a paddle as nigari is poured in from a cup. The curds are ladled into a forming box, then cubes of tofu are flying off into outer space. Across the bottom is written "Wildwood Natural Foods."

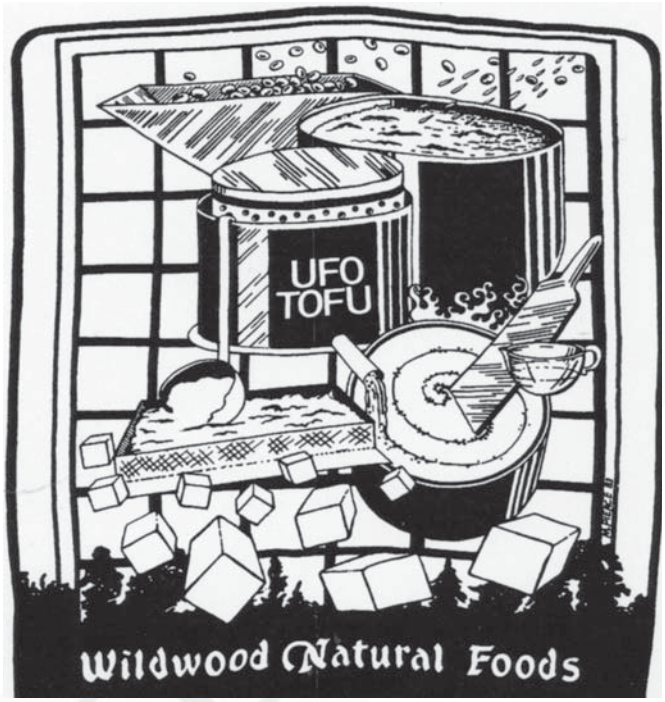

Talk with Billy Bramblett of Wildwood. 1998. Aug. 6. This T-shirt was introduced in about 1982-83. Several different Wildwood T-shirts were produced in the early 1980s. Michael Pierce, besides being an incredible character, is a great graphic artist. He designed the original Wildwood logo, then he produced some silk screens and made various T-shirts. Some of them just had "Wildwood Natural Foods" and the logo on them; with some it was on the back and with others on the front. But he made one that was really incredible. It showed graphically how tofu was made at Wildwood in 1983 (see above). Billy has a picture and a photocopy of that T-shirt, and he still has several of the original T-shirts at home–which are printed green on white. In 1983 Wildwood hand-ladled the ground soybeans into the cauldron, which was full of nearly boiling water. Then they hand-scooped it into a cylindrical, perforated press that was lined with a cloth bag. Michael is a native of Georgia and speaks with a strong Southern accent. He used to be a "roadie" for Billy's cousin in Georgia; he carried the band's equipment when they traveled and did gigs. He came to California, started out making sandwiches for Paul Duchesne, then worked for Wildwood for a number of years. Peter Wiegand, from Germany, came to Wildwood. He was taught how to make tofu and he worked at Wildwood for about a year. Then Peter and Michael went to Germany and worked together on starting an early tofu shop. Peter's family had been in the cheese business for years. Then Michael met a crew of filmmakers, and traveled with them in Europe

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and the USA. Now he is back in Georgia at P.O. Box 238, Farmington, GA 30638. Phone: 706-769-0558. Address: Fairfax, California. Phone: 415-459-3919.

6447. Women's Auxiliary to the Alumni Association, Loma Linda University, School of Medicine. 1983. An apple a day: Vegetarian cookery by doctors' wives. Vol. II. Loma Linda, California: WAAA. 240 p. Index. 23 cm. [8 ref]
• ***Summary:*** A Seventh-day Adventist lacto-ovo vegetarian cookbook. The Cookbook Committee editor is Mrs. Georgia E. Hodgkin, M.S., R.D., Asst. Professor, Dep. of Nutrition and Dietetics, School of Allied Health Professions, Loma Linda Univ. Soy-related recipes include: Soy milk shake (p. 11). Spring rolls (with FriChik Soyameat, p. 15). Soy chicken salad (with canned soy chicken, p. 33, 34). Soya chick fruit salad (p. 35). Soyannaise (p. 43). Tofu cornbread (p. 49). "Tuna" burgers (with canned chicken-style Soyameat, p. 60). Savory soybean burgers (with whole soybeans, p. 61). Chicken-style spread (with canned chicken-style Soyameat, p. 62). Mild sloppy Joes (with Vegeburger, p. 64). Soy chicken spread (with Worthington's fried-style Soy chicken, p. 65). Tofu, peanut butter, and banana spread (p. 67). Whole wheat-soy waffles (with soy flour, p. 70). Crunchy granola (with soy flour, p. 74).

Many of the entrees (p. 77-143) call for canned, frozen, or dry soy-based meatlike products. McKay's seasoning (chicken-style) and G. Washington broth, Vegex, Sovex, and Savita are also widely used. The following is but a sampler: Tofu roast (p. 81). Soy bean loaf (p. 82). Soy cheese loaf (with tofu, p. 82). Chicken loaf (with chicken-style soyameat, p. 85). Soyameat broccoli casserole (chicken-style, p. 86). Onion tofu (p. 93). Easy tofu casserole (p. 94). Tofu casserole (p. 94). Lasagne (with textured vegetable protein, p. 95). Soy bean patties (p. 110). Tofu balls (p. 113). Soy beans, southern style (p. 115). Delicious baked soybeans (p. 116). Stir fry vegetables with tofu (p. 127). Tofu quiche (p. 133). Soybean soufflé (p. 138).

Tofu fruit whip (p. 171). There is a chapter titled "Foods for Fifty" (p. 185-201) including: Curried rice with soyameat (p. 195). Address: Loma Linda Univ., School of Medicine, 11136-A Anderson St., Loma Linda, California 92354.

6448. World of God, Inc. 1983. The cookbook for people who love animals. 2nd ed. Umatilla, Florida. 192 p. Edited by Butterflies. Illust. and cover design by Flowers. No index. 26 cm.
• ***Summary:*** This vegan cookbook is only slightly different from the 1981 edition by the same title, but is 16 pages longer. Recipes with soyfood terms in the title are the same and on the same pages as those in the 1981 edition, except the following recipes added at the back of the book: Avocado-tofu dinner (p. 166). Stuffed avocado with tofu (p. 178). Spaghetti and tofu. Baked macaroni and tofu (p. 180). Tofu omelette (p. 181). Tofu cutlets (p. 182).

The book is interspersed with most of the same nice quotations about vegetarianism, veganism, and animal rights from great thinkers found in the 1981 edition. Address: P.O. Box 1418, Umatilla, Florida 32784.

6449. **Product Name:** [Tofu Dip].
Manufacturer's Name: Les Aliments Multisoya.
Manufacturer's Address: 1925 Route 139, Roxton-Sud, QUE, J0H 1Z0, Canada.
Date of Introduction: 1983?

6450. Northern Soy. 1983? Soyboy Tofu (T-shirt). Rochester, New York. Undated.
• ***Summary:*** This yellow T-shirt is 100% cotton. On the front are the words "Soyboy Tofu" in roundish uppercase letter. Between the words is a bunch of 3 green soybean pods and leaves, plus one white flower. One pod is open, showing three white soybean seeds. Address: Rochester, New York.

6451. Paradise Distributors. 1983? The latest scoop. . . Tofutti. Its a natural beauty. All natural nondairy tofu frozen dessert. 5 luscious flavors (Leaflet). Torrance, California. 2 panels each side. Each panel: 22 x 14 cm. Undated.
• ***Summary:*** "Tofutti's light, rich taste comes from mixing tofu, soy milk, fresh fruits and pure wild honey into a completely natural frozen dessert." The product is said to contain only 128 calories per 4 oz. serving. Ingredients are listed as "Pasteurized tofu dessert base (water, high fructose corn sweetener, honey, soybean oil, tofu isolated soy protein), all natural flavorings (if chocolate, cocoa is added), soy lecithin, vegetable gums (guar seed, carob bean, carrogeenan [sic, carrageenan]), salt." The use of the term "tofu isolated soy protein" is deceptive, perhaps illegal.

This leaflet was being passed out by Paradise employees at the Natural Foods Merchandiser trade show at Anaheim, California, March, 1984. Address: 18655 Western Ave. (P.O. Box 6396), Torrance, California 90504.

6452. **Product Name:** [Tofu, Tofu Pickled in Miso, Tofu Pâté, Terrine with Tofu].
Foreign Name: Tofu, Tofu Mariné, Pâté de Tofu, Terrine de Tofu.
Manufacturer's Name: Tofu Kuehn.
Manufacturer's Address: La Tuiliere, 26560 Montfroc, France. Phone: 92 62 02 76.
Date of Introduction: 1983?
Ingredients: Tofu: Whole French-grown soybeans, spring water, nigari. Pickled: Tofu, miso, onion, ginger, orange. Pâté: Tofu, whole wheat bread, mushrooms, onions, spices. Terrine: Tofu, vegetables, onions, spices, leeks, carrots, wheat flakes, tahini, mushrooms.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Anthony Marrese. 1989. Nov. The company is run by Yves Kuehn and

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John Marc. These products were introduced in the "early 1980s." Production and weights are presently as follows: Tofu (250 gm) 30-50 kg/week. Tofu Pickled in Miso 20 kg/week. Tofu Pâté (150 gm) 10 kg/week. Terrine (150 gm). Anthony writes: "I met this group at an organic fair. It is a small group of 5 or so people making tofu really as a meditation. They produce it in small quantities of 5-10 kg through a mechanical hand grinder, then the paté and pickled tofu are made in a small kitchen.

Leaflet. 1989. In French. Shows labels of the products and briefly outlines Mr. Kuehn's philosophy that we must move from an animal-based to a plant-based diet.

Note: Emprésurage is the action of adding a curding agent or coagulant to milk in the process of making cheese. The "présure" is the coagulant.

6453. **Product Name:** Mided's Touch Tofu: Soy Bean Cake.
Manufacturer's Name: Unknown. Packed for S&M Produce, Inc.
Manufacturer's Address: Chicago, IL 60608.
Date of Introduction: 1983?
Ingredients: Soy bean, water, calcium sulfate, food grade lime, palm oil.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983, received. 5 by 4.5 inches. Plastic film. Blue, green, and yellow on white. Illustration of a yellow hand with one finger pointing against a green background. "Keep refrigerated. No preservative added."

6454. Wildwood Natural Foods. 1983? Wildwood Natural Foods (Ad–Point of purchase cards). Fairfax, California. 2 p. Undated.
• ***Summary:*** Each of these two point-of-purchase (POP) cards is 4 by 6 inches, dark green on white, showing a silhouette of woods with birds. On the first card, under the words "Fresh daily," are written the names of seven Wildwood products: BRT–Brown Rice & Tofu Sandwich, Curry BRT, Mustard BRT, Tofunofish Sandwich, Tofu Steak Sandwich, Avo-Steak Sandwich, and Supreme Bean Tempeh Burger.

On the other card, under the words "Ready-To-Eat Foods, Naturally," are written the names of five more Wildwood products: Potato Salad, Tofu-Vegetable Salad (Curry-Tofu Salad, Tofu-Dill Salad), Hummus, Tabouli, and Good Puddin'. Under each product on this card is more information about that product. For example: "Good Puddin'. Couscous, apples and raisins cooked in apple juice with a creamy carob-tofu topping. Sweetened with apple juice." Address: 135 Bolinas Rd., Fairfax, California 94930. Phone: 415-459-3919.

6455. Fiering, Steve. 1984. Re: Steve is negotiating with Larry Needleman to acquire partial ownership of Bean Machines Inc. (BMI). Letter to William Shurtleff at Soyfoods Center, Jan. 6. 2 p. Typed, with signature. [1 ref]
• ***Summary:*** The negotiations are making slow progress, and Fiering is writing to open discussions with Shurtleff regarding his ownership and involvement in the restructured BMI. The new company will not be primarily marketing Takai equipment, but will develop its own American-made equipment. Wally Rogaczewski Rogers, a long-time friend with an MBA from the Univ. of Michigan and extensive experience in commercial real estate, will also be involved. Steve is presently a graduate student in microbiology at Eastern Michigan University; he expects to earn a master's degree in Dec. 1984. He then plans to move to the Bay Area to work more closely with BMI and begin a doctorate program in microbial genetics. Address: 6637 W. Joy Rd., Dexter, Michigan 48130.

6456. Brody, Jane E. 1984. Lowering cholesterol in blood: Adhering to a diet low in saturated fats is one key. *New York Times.* Jan. 18. p. C1.
• ***Summary:*** "The American Heart Association has long recommended that cholesterol intake be limited to 300 milligrams a day and that fats represent no more than 30 percent of total calories, with only one-third of them from saturated fat. Some experts say these levels are still too high, and that a major reduction in premature heart disease requires a 150-milligram limit on cholesterol and a total fat intake of only 20 percent of calories or less.

"Cholesterol is a waxy alcohol that is found only in animal foods. No foods derived from plants contain cholesterol. In general, the more cholesterol you consume, the higher your blood cholesterol level is likely to be. Foods that are especially high in cholesterol include egg yolks (the yolk of one large egg has 252 milligrams of cholesterol) and organ meats like liver and kidneys...

"Perhaps more important than the actual amount of cholesterol in the diet may be the amount of saturated fats that are consumed. Saturated fats actually raise the cholesterol level in your blood, regardless of how little cholesterol you may consume. Saturated fats are those that are hard at room temperature...

"Certain types of dietary fiber help to lower blood cholesterol levels. Fiber is found *only* in plant foods. Especially effective in lowering cholesterol are the fibers in carrots; oats; apples and other fruits, and soybeans, chickpeas and probably other beans..." The author recommends substituting tofu for meat in some main dishes. Regular exercise raises the body's level of HDL-cholesterol, the beneficial type.

6457. **Product Name:** Tofu Spreads [Tofu Olive, Tofu Avocado, Tofu Danish, Tofu Greek, Tofu Cheddar].

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Manufacturer's Name: Blue Twine Farm.
Manufacturer's Address: Polly Dan Road, Burlington, CT 06013. Phone: 203-589-3593.
Date of Introduction: 1984. January.
Ingredients: Tofu Avocado: Tofu, avocado, cream cheese, mayonnaise, lemon juice, onion, horseradish, garlic, sea salt, spices.
New Product–Documentation: Talk with Cipah Shapiro. 1988. Dec. 28. She has been an organic gardener for many years. She started this business making these products in the fall (Nov.) of 1983. Most contain cheeses [such as cream cheese]. All labels contain a calorie count per ounce.

Letter with Labels sent by Cipah Shapiro. 1988. Dec. 29. Gives the date that each product was introduced. In January 1984: Tofu Olive, Tofu Avocado. In April 1984: Tofu Danish. In July 1984: Tofu Greek. In Fall 1984: Tofu Cheddar.

"By early 1986 I made the Tofu Vegetable available *without salt* (enough people had asked for something without salt to make it feasible).–strangely enough, when I first started making my spread, I was very loathe to use salt since neither my husband nor I use salt in our food. I finally gave it to 'popular demand' by using minimal amounts and, for my conscience, sea salt instead of regular table salt."

6458. **Product Name:** Chocolate Lite Mousse (Fresh Tofu Pudding).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1984. January.
Ingredients: Tofu, honey, natural cocoa (with no alkali or additives), pure vanilla, lecithin, orange oil.
Wt/Vol., Packaging, Price: 4 oz plastic deli container.
How Stored: Refrigerated.
New Product–Documentation: Label. 1984. 2 inch diameter. Self adhesive. Black on yellow. Spot showing Label in Whole Foods. 1984. Jan. p. 39. "New Brightsong Desserts."

6459. **Product Name:** Tofu.
Manufacturer's Name: China Trading.
Manufacturer's Address: Rue Jules van Praet 16, 1000 Brussels, Belgium.
Date of Introduction: 1984. January.
New Product–Documentation: Letter from C. Martinez, Secretary for American Soybean Assoc. in Brussels. 1984. Jan. 9. This is a small Chinese tofu shop in Brussels.

6460. Fantastic Foods. 1984. Tofu Burger: The most fantastic way to enjoy tofu (Ad). *Natural Foods Merchandiser.* Jan. p. 9 (unnumbered) of 12-page color advertising insert. Soyfoods Pavilion '84. Marketing soyfoods in America. • ***Summary:*** This 5 inch square black-and-white ad begins: "Fantastic Foods' Tofu Burger Mix makes it so easy to enjoy tofu. Just mash one pound of tofu and combine with our mix, shape into patties, and cook. In just minutes you will be enjoying delicious and nutritious tofu burgers. We make our Tofu Burger Mix from the finest all natural, all vegetarian ingredients like brown rice, sesame seeds and miso." An illustration shows the front of a package of Tofu Burger Mix. Address: 106 Galli Drive, Novato, California 94947. Phone: (415) 883-7718.

6461. **Product Name:** [Tonic Burger {Tofu Burger}].
Manufacturer's Name: Gestion Resto France. Subsidiary of Comptoirs Modernes.
Manufacturer's Address: 25 rue Quentin Bourchart, 75008 Paris, France.
Date of Introduction: 1984. January.
New Product–Documentation: Soya Foods. 1984. July. p. 4. Interview with Michel Minard, General Director of Comptoirs Modernes. The product was launched 6 months ago and is doing well.

6462. **Product Name:** Eden's Orchard Tofu-Zert (Non-dairy Frozen Dessert; Formerly Named Tofutini) [Banana, Vanilla, Rum-Raisin, Maple-Walnut, Chocolate, Strawberry, or Almond].
Manufacturer's Name: Heller Enterprises.
Manufacturer's Address: 395 Atlantic Ave., East Rockaway, NY 11518.
Date of Introduction: 1984. January.
Wt/Vol., Packaging, Price: Pints, sundaes, dixie cups, and 2.5 gallon bulk packs.
How Stored: Frozen.
New Product–Documentation: Talk with Carl Tropper of Heller Enterprises. 1985. Jan. 17 and 25. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 50-51. David Mintz's Tofutti and Carl Tropper's Tofutini were both launched in New York retail stores in the spring of 1982. Mintz threatened to sue for trademark infringement and his lawyer got a cease and desist order. Tropper changed the name to Tofu-Zert. See Also Tofutini Dessert, launched by American Food Lines in Merrick, NY, Dec. 1982.

6463. Henderson, Sybil. 1984. Sybil's guide to tofu the American way. Henderson Associates, 6057 Melrose Ave., Los Angeles, CA 90038. 32 p. Jan. Illust. No index. 16 cm. • ***Summary:*** Contents: Introduction. What is tofu? How to buy and store? Basic preparation. Deep-fried tofu. Recipes–Salads and dressings. Main dishes. Drinks. Desserts. An attractive color photo on the cover of this booklet shows 8 tofu dishes: Tropical fruit compote. California pudding or drink. Triple threat cheese cake. Salad. Green goddess dressing. Ole' Mexican dressing. Dill dressing. Tofu mushroom tarts. Address: 6057 Melrose Ave., Los Angeles, California.

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6464. Hinode Tofu Co.; Azumaya, Inc. 1984. The #1 and #2 tofu producers in America support the Soyfoods Association of America (Ad). *Natural Foods Merchandiser.* Jan. p. 11 (unnumbered) of 12-page color advertising insert. Soyfoods Pavilion '84. Marketing soyfoods in America.
• ***Summary:*** A small (2½ by 3¼ inch) black-and-white ad. Address: Los Angeles, California; 2. San Francisco, California.

6465. Legume Inc. 1984. Light & natural tofu entrees: Under 300 calories. All natural, cholesterol free, delicious (Ad). *Natural Foods Merchandiser.* Jan. p. 2 (unnumbered) of 12-page color advertising insert. Soyfoods Pavilion '84. Marketing soyfoods in America.
• ***Summary:*** "Introducing–a new milestone in frozen food." A full-page color photo shows the front of 6 packaged frozen tofu entrees. Address: P.O. Box 288, Caldwell, New Jersey 07006. Phone: 201 228 9466.

6466. Leviton, Richard. 1984. Toward a definition of quality in tofu. *Whole Foods* (*Berkeley, California*). Jan. p. 18. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6467. McPartland, Christine. 1984. The new American diet: Has the nation gone natural? *New Age Journal* (*Boston, Massachusetts*). Jan. p. 50-57.
• ***Summary:*** The natural foods industry in America is growing rapidly. One sidebar (p. 54) is titled "From tofu to Twinkies: What *New Age Journal* readers really eat. 23% describe themselves as lacto-ovo vegetarians, 5% as strict vegetarian (vegan), 3% as macrobiotic, and 41% as semivegetarian (occasional fish and fowl). Only 28% said they were outright omnivores.

Another sidebar (p. 57) lists the "Top Ten Cookbooks" chosen as favorites by the Journal's readers. Address: Freelance writer, Jamaica Plain, Massachusetts.

6468. Nasoya Foods. 1984. Make the Nasoya Foods section a part of your store (Ad). *Natural Foods Merchandiser.* Jan. p. 11 (unnumbered) of 12-page color advertising insert. Soyfoods Pavilion '84. Marketing soyfoods in America.
• ***Summary:*** A 7.75 by 10.5 inch black-and-white ad. An illustration show the following Nasoya products: Firm Style Tofu, Soft Style Tofu, Marinated and Broiled Tofu, Tofu Burgers, Tempeh, Tempeh Burgers, Fresh Noodles, Wonton Skins, Egg Roll Wrappers, Tofu Vegi Dip (Creamy Dill, Soyannaise, Onion, Creamy Garlic) and Corn Cakes (Blueberry, Cranberry, With Bran). "Nasoya Foods. A commitment to quality."

This ad also appeared in *Soyfoods* magazine (summer, p. 9). Address: P.O. Box 841, Leominster, Massachusetts 01453. Phone: 617-537-0713.

6469. Shurtleff, William. 1984. Soyfoods year in review 1983. Lafayette, California: Soyfoods Center. 2 p. Unpublished typescript.
• ***Summary:*** A month by month chronology of important events in the soyfoods industry from January to December 1983, followed by a summary of important trends. Address: Co-founder and director, Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6470. *Soyanews* (*Sri Lanka*). 1984. How to make nigari. 6(5):5. Jan. [1 ref]
• ***Summary:*** Describes the traditional way of making nigari for small-scale production. From The Book of Tofu, by Shurtleff and Aoyagi, with an illustration.

6471. **Product Name:** Tofu Missing Egg Salad.
Manufacturer's Name: Soycraft.
Manufacturer's Address: P.O. Box 420, Woollahra (near Sydney), NSW 2025, Australia. Phone: (02) 32 0716.
Date of Introduction: 1984. January.
Ingredients: Tofu, fresh vegetables, herbs and spices, shoyu, vegetable oil, mustard, apple cider vinegar, honey, sea salt.
Wt/Vol., Packaging, Price: 200 gm.
New Product–Documentation: Letter and Label sent by Ralph and Volli Henderson, founders of Soycraft. 1984. Jan. 17. The letter is on Klinica letterhead. "We have been so busy that nobody has yet staggered to the printer to collect Soycraft letterheads. I think Volli and her small crew sometimes wish it had never happened...

"We make tofu, and then use all of our tofu to make secondary products. At the present time we don't think there is market support for tofu, which would justify another firm in that line of business; it will be a year or two before Australians may wean away from their meat based diets. The local Chinese community makes and uses a lot of tofu, but it is really only the health food shops (about 230 in Sydney) that sell tofu. About 30% of these health food shops are still vitamin supply people and unaware of what it is all about anyway. Our tofu is made via the cauldron method–laborious, tedious, etc. We will consider buying the Takai W30A system towards the end of this year."

Label. 2.5 by 3 inches. Green on white. "All natural ingredients–No preservatives."

6472. **Product Name:** Tofu Paté.
Manufacturer's Name: Soycraft.
Manufacturer's Address: P.O. Box 420, Woollahra (near Sydney), NSW 2025, Australia. Phone: (02) 32 0716.
Date of Introduction: 1984. January.
Ingredients: Tofu, soybean concentrate, sesame seeds, herbs & spices.
Wt/Vol., Packaging, Price: 200 gm.
New Product–Documentation: Letter and Label sent by

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Ralph and Volli Henderson, founders of Soycraft. 1984. Jan. 17. Label. 2.5 by 3 inches. Black on white. "All natural ingredients–No preservatives."

6473. **Product Name:** Tangy Tofu "Cottage Cheese."
Manufacturer's Name: Soycraft.
Manufacturer's Address: P.O. Box 420, Woollahra (near Sydney), NSW 2025, Australia. Phone: (02) 32 0716.
Date of Introduction: 1984. January.
Ingredients: Tofu, lemon juice, apple cider vinegar, sea salt, shoyu, vegetable oil, honey, natural herbs and spices.
Wt/Vol., Packaging, Price: 200 gm.
New Product–Documentation: Letter and Label sent by Ralph and Volli Henderson, founders of Soycraft. 1984. Jan. 17. Label. 2.5 by 3 inches. Orange on white. "All natural ingredients–No preservatives."

6474. Soyfoods Assoc. of America. 1984. Soyfoods Pavilion '84. Marketing soyfoods in America (Ad). *Natural Foods Merchandiser.* Jan. 12-page color advertising insert.
• ***Summary:*** Contains large color ads by Legume Inc. (6 frozen tofu entrees), Erewhon, Inc. (shoyu tamari), Vitasoy (USA), Inc. (natural and coconut soy drink, sweetened with maple syrup), San-J International, Inc. (tamari, teriyaki sauce, tamari crackers, teriyaki crackers), Tofu-Time, Inc. (Tofutti "nondairy tofu frozen dessert"), Eden Foods, Inc. (Edensoy soy beverage in plain and carob flavors, retort pouch), and Westbrae Natural Foods (natural ramen in 100% whole-wheat, buckwheat, brown rice, mushroom, seaweed, miso, 5-spice, and curry flavors).

Contains black-and-white ads by Westbrae Natural Foods (shoyu, tamari, and soy sauce), Chico-San, Inc. (imported miso and soysauce), Fantastic Foods, Inc. (tofu burger mix), Penguino's, Inc. (dairy-free frozen dessert), Nasoya Foods (Firm Style Tofu, Soft Style Tofu, Marinated & Broiled Tofu, Tofu Burgers, Tempeh, Tempeh Burgers, Tofu Vegi-Dip [Creamy Dill, Soyannaise, Bleu Cheese, Onion, Creamy Garlic], Corn Cakes [Plain with Bran, Blueberry, Cranberry]; Non-soy products in the "Oriental Cuisine" line include Fresh Noodles, Wonton Skins, Egg Roll Wrappers), Hinode Tofu Co. and Azumaya, Inc. ("The #1 and #2 tofu producers in America").

The only article, whose author is not given, is titled "Soyfoods Pavilion debuts at Natural Foods Expo '84." On the front cover of the insert is a list of members of the Soyfoods Association of America (formed in Feb. 1983) that participated in Natural Foods Expo '84. In addition to the advertisers mentioned above, they include: Farm Foods, Laughing Moon Food Co., Paradise Distributors, Inc., Soyfoods Magazine, Tempeh Works, Inc., and White Wave, Inc. Address: 526 East 20th St., New York, NY 10009.

6475. **Product Name:** Furama Tofu Noodles [Spiced, or Plain].
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: 1091 E. Hamilton Rd., Duarte, CA 91010. Phone: 213-681-5393.
Date of Introduction: 1984. January.
Ingredients: Spiced: Soybeans, water, soy sauce, spices, calcium sulfate.
Wt/Vol., Packaging, Price: 6 oz poly bag.
How Stored: Refrigerated.
New Product–Documentation: Ad in Soyfoods. 1984. Summer. p. 3. "In 8 oz poly bag with 2-week shelf life refrigerated or 6-month shelf life frozen. Available vacuum packed with 6-week shelf life." Talk with Ken Lee. 1988. Aug. 29. The spiced product was launched in Jan. 1984. But Mrs. Lee recalls the two dates to be Jan. 1985 and July 1985. Labels. 1985. 5.5 by 2.5 inches. Paper.

6476. **Product Name:** Furama Spiced Tofu Loaf.
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: 1091 E. Hamilton Rd., Duarte, CA 91010. Phone: 213-681-5393.
Date of Introduction: 1984. January.
Ingredients: Soybeans, water, soy sauce, spices, calcium sulfate.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Ad in Soyfoods. 1984. Summer. p. 3. "In 8 oz poly bag with 2 week refrigerated shelf life. Soon available vacuum packed with 6-week shelf life." Talk with Ken Lee. 1988. Aug. 29. This product was launched in Jan. 1984. Mrs. Lee recalls the date to be Jan. 1985. Label. 5.5 by 2 inches. Black on orange paper.

6477. **Product Name:** Sproutburgers.
Manufacturer's Name: Sprout Delights.
Manufacturer's Address: 13090 N.W. 7th Ave., North Miami, FL 33168. Phone: 305-687-5880.
Date of Introduction: 1984. January.
Ingredients: Incl. sprouted wheat, tofu, carrots, okara, onions, walnuts, sunflower seeds, lemon-tamari, garlic.
Wt/Vol., Packaging, Price: 4 burgers in a 12 oz poly bag.
How Stored: Frozen.
New Product–Documentation: Talk with Steve Bern of Sprout Delights. 1992. July 11. Since 1982 he has run this bakery, which specializes in breads made of sprouts, like the early breads made by Essene, but also makes a host of other innovative natural-food products. This product was introduced in about Jan. 1984.

6478. Yasuda, Masaaki; Hokama, Ikuo. 1984. Tofuyo seizo ni kansuru kenkyu. VI. Tôfuyô seizô ni mochiiru genryô tôfu no seizô [Studies on the manufacture of Okinawan fermented tofu (*tofuyo*). VI. Production of tofu for use in making tofuyo]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*)

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31(1):19-23. [7 ref. Jap; eng]
• ***Summary:*** "Tofuyo is a traditional food in Okinawa, and is made from soybean curd with koji, salt, and awamori (distilled liquor)." It was found that the texture of the tofu affects the quality of the tofuyo. The texture is, in turn, affected by the type of coagulant and its concentration, and the pressure under which the curds were pressed to make tofu. The best conditions were as follows: Final concentration of the calcium sulfate coagulant: 20 mM. Final pressure on the curds: 38 gm per square centimeter. Hardness of the curd: 110,000 to 110,000 dynes per square centimeter. Final moisture of the curd: about 76%.

The best quality of Tofuyo was obtained when tofu of hardness 200,000 to 300,000 dynes per square centimeter was gradually dehydrated at room temperature (25ºC). Hardness of the finished tofuyo: 14-18 dynes per square centimeter. Address: Dep. of Agricultural Chemistry, University of the Ryukyus.

6479. Gillingham, Karen. 1984. Turning tofu into tasty meal. *Los Angeles Times.* Feb. 2, Part 8. p. 2, 9, 12.
Address: Times staff writer, Los Angeles.

6480. Burgeson, Travis; Takamine, Kazuhiro. 1984. Making tempeh and tempeh burgers at Pacific Tempeh and Torigoe (Interview). Conducted by William Shurtleff of Soyfoods Center, Feb. 5. 2 p. transcript.
• ***Summary:*** Details of the processes are given.

6481. Margarida, Jose. 1984. Re: Interest in making tofu and soymilk commercially in Puerto Rico. Letter to William Shurtleff at Soyfoods Center, Feb. 8. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "I am very interested in starting a tofu and soymilk facility to serve Puerto Rico, Latin America, and the Caribbean.

"Many of these Caribbean islands represent an ideal showcase to demonstrate the versatility and logic of soyfoods to solve the world hunger problem and the malnutrition-poverty trap. It's an ideal showcase because many of these islands are not dominated by U.S. food industry interests and therefore you don't have to "fight" the powerful meat and dairy lobbies to introduce new alternatives."

He then asks four questions. William Shurtleff replied and sent him a list of 51 names connected with soyfoods and soybeans in the Caribbean. It is not known if he ever started a commercial business / shop. Address: Compostela 1804, College Park, Rio Piedras, Puerto Rico 00921. Phone: (809) 758-4983.

6482. Blaine, Charley; Chu, P.; Fox, J.; Nelson, T. 1984. N.Y. caterer cashes in on USA's tofu craze: Nutritious ice cream. *USA Today.* Feb. 13. p. 2B.
• ***Summary:*** "David Mintz... used to close his kitchen at night by telling his employees, 'Its tofu time.' Little did they know what he meant. Mintz says he spent about ten years [i.e. from about 1974], from 10 p.m. to 4 a.m. experimenting with tofu. Today, Mintz is cashing in on the USA's tofu craze as president of Tofu Time Inc., a company that went public in December at 5 3/4 a share and now is priced between 10 and 11¼... His sales grew from $23,847 in 1982, his first year of business, to $329,171 in 1983 (a loss of $33,370 the first year to a profit of $92,634 the following year). What's next on the corporate drawing board? 'Franchises and tofu burgers, tofu sauces and dressings, tofu pies and tofu egg rolls,' Mintz says." Note: This is the earliest article on soy seen (Aug. 2002) in *USA Today,* the national newspaper.

6483. Hesseltine, C.W. 1984. Re: Three current projects at the Fermentation Laboratory. Letter to William Shurtleff at Soyfoods Center, Feb. 17. 1 p. Typed, with signature on letterhead.
• ***Summary:*** They are: (1) A review of what is known about natto. (2) Project on mixed culture fermentations and the starter culture business in China and Indonesia. "We have discovered that all the starter mold cultures in ragi, etc. are capable of anaerobic growth which is not the situation in nearly all other fungi." (3) Dr. Hesseltine is preparing an hour lecture on the history of research on fermented foods in the USDA, and particularly at the Peoria laboratory. "I have been honored by being selected to give the Annual Lecture of the Mycological Society of America at their annual meeting next August at Colorado State University.

"Professor Doyle at the Food Research Institute informs me that he is now preparing a paper on his studies on the tofu safety situation." Address: Chief, Fermentation Lab., USDA/NRRL, Peoria, Illinois.

6484. Calvert, Francis E. 1984. Work with Ford and Drackett on soybeans (Interview). Conducted by William Shurtleff of Soyfoods Center, Feb. 19. 3 p. transcript.
• ***Summary:*** Francis (Frank) Calvert was first introduced to soybeans after he went to Detroit. In about 1931, Ford arrived at the Chemical Plant in Greenfield Village (also a lab and a pilot plant), with a 20 pound sack of soybeans. He threw them on the workbench and said, "More people eat these than anything else. There must be something awfully good about them. Why don't you fellows find out what it is." They were already doing research on agricultural wastes and chemurgy, on almost every crop you could think of.

Their first problem was getting soybeans. There were none available. Within the next year or two they planted thousands of acres themselves. Ford plowed up a big field and planted quarter acre plots with different varieties. It was an enormous quantity. Even though they didn't know what to do with them, it was Ford's style. He did nothing small. They raised hundreds of quarter acre plots, testing different varieties.

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Dr. Edsel Ruddiman, after whom Edsel Ford was named, was a nutritionist and pharmacologist. He ran the food laboratory and made lots of the foods served in the Ford cafeteria to Ford employees. They were first sold as samples, but didn't sell well because of the flavor. From about 1932-33, the products included soy milk, soy cheeses, and soy ice cream and sherbets. Soynuts were also made in a counter-current fryer in rectangular buckets on a chain. The employees ate most of the products and tourists consumed some. Food was also served from the kitchen at the Wayside Inn in the village. Products were provided as a snack, but most were given as samples, and a few were sold.

Both Atkinson and Calvert, research chemists, reported to Boyer. Calvert left Ford in 1938 and went to Drackett. Boyer and Atkinson left later to do work on soy-based plastics.

ADM bought The Drackett soybean crushing plant in about 1957. Calvert went with ADM for about 5 years, until 1960-61. From 1962-74, he worked for Ralston Purina. In December 1958 Ralston purchased Procter & Gamble's plant in Louisville, Kentucky, and were already somewhat involved with isolates; they began working with foods after 1962.

Ralston went into dietary products and infant formulas in about 1963-64, supplying soy protein isolates to most of the infant formula manufacturers such as Miles and Wyeth Labs. Ralston, Loma Linda and Worthington were the biggest suppliers of infant formula from 1962-74.

Don Walker, Vice President of Ralston Purina, took a strong interest in soy protein. Ralston took the lead primarily because of the strong interest and leadership of Hal Dean, then Chairman of the Board and CEO. Dean was the key motivating force from the early 1960s. He firmly believed in and supported soy protein development.

Ford was the father of the soybean industry in the U.S. He had an impact just through his interest in soybeans. He planted soybeans and promoted and merchandised them in the same way he promoted the industrial barn at the World's Fair in Chicago. Ford set up an extraction plant and actually extracted oil and molded gearshift balls at the Industrial Barn at the Fair. People couldn't believe their eyes! Ford was the single largest soybean grower in the U.S. at that time.

Note: Frank Calvert passed away in about 1986. Address: 1513 Northlin, Kirkwood, Missouri 63122. Phone: 314-822-3187.

6485. Levin, Gary M. 1984. Cleveland Tofu Co. must educate the market. *Crain's Cleveland Business Weekly.* Feb. 19.
• ***Summary:*** The 5-year old company, owned by Brooks Jones, has just moved into a dairy on White Avenue. His 9 employees make 7,000 pounds of tofu a week.

6486. Stop & Shop. 1984. Its time to stop & shop (Ad). *Hartford Courant* (*Connecticut*). Feb. 19. p. T10.
• ***Summary:*** "Don't be afraid to try–Tofu Soy Bean Cake–99¢. Can be fried like cutlets, used as a ground beef substitute, added to soups or dressings. Dozens of uses! 1 pound package."

6487. **Product Name:** Tofu.
Manufacturer's Name: Deep Forest Tofu Co.
Manufacturer's Address: P.O. Box 373, Dillard, OR 97432. Phone: 503-679-6621.
Date of Introduction: 1984. February.
New Product–Documentation: Letter from David Frazer. Late 1983 or early 1984. He plans to produce 1,000 lb/month for his local community.

6488. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Fernost Markt Nippon Ya, Kondo GmbH.
Manufacturer's Address: Faulmanngasse 5, A-1040 Vienna, Austria.
Date of Introduction: 1984. February.
New Product–Documentation: Letter from C. Martinez, Secretary for American Soybean Assoc. in Brussels, Belgium. 1984. Jan. 9. This is a tofu shop in Vienna. Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. He is not aware of this company.

6489. Johnson, Lamar D.; Wilson, L.A. 1984. Influence of soybean variety and the method of processing in tofu manufacturing: Comparison of methods for measuring soluble solids in soymilk. *J. of Food Science* 49(1):202-04. Jan/Feb. [11 ref]
• ***Summary:*** The percentage solids in soymilk was measured using three methods: light scattering, refractive index, and hydrometry. Light scattering was found to be the most accurate.

The soybean varieties Vinton, Amsoy 71 and Weber were hydrated then used to make soymilk by grinding in (A) 20-25ºC water, (B) 100ºC (boiling) water and holding the slurry above 90ºC for 10 minutes, and (C) soaking the soybeans in 45ºC 15% ethanol solution for 12 hours and grinding in 20-25ºC water. Address: Food Technology Dep., Iowa State Univ.

6490. **Product Name:** Tofu.
Manufacturer's Name: LEASA Investments.
Manufacturer's Address: 6103 N.W. 6th Ct., Miami, FL 33127. Phone: 305-756-8636.
Date of Introduction: 1984. February.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Owners: George Yap and Bob Heartsong.

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Talk with Livingston George Yap, founder and owner. 1998. March 11. His official company name is LEASA Industries Company Inc., presently located at 2450 N.W. 76th St., Miami, Florida 33147. Phone: 305-696-0651. LEASA, written with all capital letters, is an acronym formed from the first letter of the first name of each of the people in his family: His first name is Livingston. His wife's is Einez. His sons are Andrew and Sean, and his daughter is Allison. His ancestry is Chinese. Livingston was born in Jamaica (he still speaks with a Jamaican accent), but his father was born in China. The first food made by his company was bean sprouts. He bought tofu from Swan Foods [sic, Swan Gardens owned by Richard & Jocelyn McIntyre] and from Heartsong Tofu and distributed this tofu with his sprouts. Then in early 1984, when Heartsong Tofu (run by Bob and Toni Heartsong in Miami) went out of business, Livingston bought their equipment; he did not buy their company. He hired Bob Heartsong as his tofu maker and–for the first time–began to make tofu in Feb. 1984. He learned how to make tofu from Bob Heartsong and from the book *Tofu & Soymilk Production* by Shurtleff and Aoyagi. In about 1989 he started to make soy sprouts, but his market for soy sprouts was always small, and he no longer makes soy sprouts. Now he also makes lentil, wheat, azuki, etc.–about ten different types of sprouts. His company focus on the mainstream American market (grocery store chains, foodservice, cruise lines, etc.) much more than the ethnic Chinese market. However at Chinese New Year each year he does a big promotion in supermarkets; this last year he did the promotion with Kikkoman and Winn Dixie. Now people are aware that tofu is good for them and good for menopause, cancer, etc.

6491. Legume Inc. 1984. Legume–Light & natural tofu entrées. Under 300 calories (Ad). *Natural Foods Merchandiser.* Feb. p. 43.
• ***Summary:*** Color photos show the front of the following frozen entrée cartons: Tofu Bourguignon, Sesame Ginger Stir-Fry, Stuffed Shells Provençale, Cannelloni Florentine, Vegetable Lasagna, Tofu Tetrazzini. "All natural. Cholesterol free. Delicious. Introducing a new milestone in frozen food." Address: P.O. Box 288, Caldwell, New Jersey 07006. Phone: 201-228-9466.

6492. Nagasawa, Taro; Miyakawa, H.; Mizuguchi, K.; Kato, R.; Shimamura, S.; Kuwahara, K.; Kawashima, T.; Okonogi, S. 1984. Tônyû no kanetsu shori ga tôfu no iro, kôdo tokuni hozonsei ni oyobosu eikyô [Effect of heat treatment of soymilk on color, consistency and particularly keeping quality of tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 31(2):92-103. [21 ref. Jap; eng]
• ***Summary:*** Tofu made from soymilk thermally processed by the newly-developed HGU method had a better flavor and kept fresh longer than tofu made from typical UHT processed soymilk. By allowing spore-forming microorganisms to germinate before the final heat treatment, the latter can be conducted at 125ºC, rather than the typical 130ºC. Address: 1. Faculty of Agriculture, Tamagawa Univ., 6-1-1 Tamagawagakuen, Machida-shi, Tokyo 194; 2; 2-6,8. Central Research Lab., Morinaga Milk Indsutry Co. Ltd., 4-4-22 Meguro, Meguro-ku, Tokyo 153, Japan.

6493. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Naturkostladen.
Manufacturer's Address: Deutschgasse 9, A-2700 Wiener Neustadt, Austria.
Date of Introduction: 1984. February.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1984. Feb. 7. Owner: Isabella Lorenz. Later Walter Kobald, a macrobiotic, worked there.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. This company is now the same as SoyVita. They were never different. They only changed the name and the structure of the company. This one is not making tofu now.

6494. **Product Name:** Harvest Light Tofu (Made with Natural Calcium Chloride as a Curding Agent).
Manufacturer's Name: Northern Soy.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1984. February.
Ingredients: Filtered water, organically grown soybeans, natural calcium chloride nigari (a naturally occurring mineral coagulant, not a preservative).
Wt/Vol., Packaging, Price: 1 lb vacuum packed.
How Stored: Refrigerated, 28 day shelf life.
Nutrition: Per 4 oz.: Calories 120, protein 13 gm, carbohydrate 3 gm, fat 6 gm (saturated fat 0.8 gm, polyunsaturated fat 3.5 gm), cholesterol 0 mg, sodium 9 mg. [Calcium 145 mg, not listed on label].
New Product–Documentation: Manufacturer's catalog. 1987. Oct. Talk with Andy Schecter. 1988. Feb. 17. This is the brand for their vacuum packed (non-pasteurized) tofu. Before this product was introduced, all of their tofu had been unpackaged, fresh in bulk.

Talk with Andy Schecter. 1991. Feb. 5. Lab tests show that this tofu contains 175 mg of calcium per 4 oz., although it is not listed on the label. Major nutrients as a percentage of the USRDA are: Calcium 20%, protein 20%, iron 10%. Northern Soy began using natural calcium chloride as a coagulant in about Sept. 1983. The first tofu product they coagulated with this natural calcium chloride was their Soyboy bulk tofu, followed by this Harvest Light Tofu. As far as Andy knows, no other tofu manufacturers in America are coagulating their tofu with natural calcium chloride, which is made by pumping water underground and bring

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up a solution of several minerals, then crystallizing out the calcium chloride.

6495. Seligco Food Corp. [Frusen Gladje]. 1984. Gloria Vanderbilt and Frusen Gladje in new tofu frozen dessert blend (News release). 424 East John St., Lindenhurst, New York 11757 [Frusen Gladje]. 3 p. Feb.
• ***Summary:*** "Gloria Vanderbilt and the makers of Frusen Gladje Natural Ice Creams have blended together their talents and fashioned an elegant new frozen dessert. The culmination of more than two years of research and development, Gloria Vanderbilt Glacé is a tofu-based premium frozen dessert with the taste and texture of the finest ice creams. What it does *not* share with its dairy-based counterparts are cholesterol, high calories and high saturated fat level... It will be available at better supermarkets in the South Florida area" in 9-10 flavors.

"As mentioned, Gloria Vanderbilt Glacé is made from tofu, a highly nutritious soy derivative." Address: Lindenhurst, New York.

6496. Shim, Chung-shil. 1984. Korean recipes. Seoul, Korea: Seoul International Tourist Publishing Co. 79 p. Feb. Illust. (color photos by Edward B. Adams). Index. 26 cm.
• ***Summary:*** Recipes include: Five grain rice (*-kok pap,* with ½ cup each red [azuki] beans and black [soy] beans). Rice with soy bean sprouts (*Kong namul pap*). Mixed vegetables on rice (*Pibim pap,* with 100 gm soy bean sprouts, soy sauce, and red pepper paste). Dumplings (*Mandu kuk,* with 150 gm beancurd [tofu]). Seaweed soup (*Miyok kuk,* with 50 gm brown seaweed {*Miyok*} and 2 tablespoons soy sauce). Soy bean sprout soup (*Kong namul kuk*). Soy bean paste stew (*Toinchang ch'igye* [*doenjang*], with 2 tablespoons soy bean paste and 200 gm beancurd). Beancurd with beef (*Tubu chorim,* plus 3 tablespoons soy sauce). Curd with vegetables (*T'angp'yong Ch'ae,* with 250 gm mung bean curd, 200 gm soy bean sprouts, and 2 tablespoons soy sauce). Bean pancake (*Pindae tok,* with 50 gm soy bean sprouts and 4 tablespoons soy sauce).

Each recipe is accompanied by a large color photo. About the author: She is a publisher, artist, and wife of Edward B. Adams, Headmaster of Seoul International School. She has developed a keen interest in Korean cooking, and has chosen here the simple dishes that are most popular among foreigners. She was educated in California, where she married. A color photo shows Shim Chung-shil. Address: Founder, Seoul International Publishing House.

6497. Shurtleff, William; Aoyagi, Akiko. 1984. Soymilk industry and market: Worldwide and country-by-country analysis. 2 vols. Lafayette, California: Soyfoods Center. Vol. 1, 199 p. Vol. 2, 100 p. Feb. 28 cm. [165 ref]
• ***Summary:*** A comprehensive overview, worldwide, with extensive historical information. The first study of its type, with many statistics, graphs, and tables. Volume 1 is the market study, and Volume 2 is black-and-white copies of soymilk labels and other graphics. Contents: 1. Introduction. 2. Directory of soymilk manufacturers and related companies worldwide. 3. Definitions and varieties of soymilk. 4. Overview of world soymilk industry and market, and future outlook. 5. United States soymilk industry and market. 6. Japan. 7. Korea. 8. China. 9. Taiwan. 10. Hong Kong. 11. Singapore and Malaysia. 12. Southeast and South Asia: (13. Vietnam. 14. Thailand. 15. Philippines. 16. Indonesia. 17. India. 18. Sri Lanka). 19. Europe (Incl. Plamil Foods in England, Tetra Pak Group in Sweden, Alfa-Laval and John Wilson in Sweden, Danish Turnkey Dairies–DTD and Soya Technology Systems (STS), Alpro/Vandemoortele in Belgium, Nestle, F. de Selliers in Belgium, Dansk Soyakagefabrik in Denmark, Lima Andiran in France, Galactina in Belp, Switzerland, and Semper A.B. in Sweden).

20. Latin America. 21. Africa. 22. History of Vitasoy in Hong Kong. 23. Two modern soymilk manufacturing processes: Marusan and Alfa-Laval. 24. Etymology of the word "soymilk" worldwide. 25. Analysis of ingredients in 49 popular Japanese soymilk products. 26. Bibliography. 27. About the Soyfoods Center. A table on p. 12 gives an overview of world soymilk production in 1983 ranked in descending order of annual per capita consumption. These statistics do not include China (PRC) or soy-based infant formulas, usually made from soy protein isolate. 1. Taiwan, 210 million liters, 11.1 liters/capita, growing at 30% per year. 2. Hong Kong, 39.1 million liters, 7.5 liters/capita, growing at 10% per year. 3. Singapore, 11.2 million liters, 4.7 liters/capita, growing at 15% per year. 4. South Korea, 67.0 million liters, 1.60 liters/capita, growing at 60% per year. 5. Malaysia, 21.4 million liters, 1.53 liters/capita. 6. Japan, 131.8 million liters, 1,10 liters/capita, growing at 101% per year. 7. Thailand, 50.0 million liters, 1.00 liters/capita. 8. USA, 9.6 million liters, 0.04 liters/capita. Total world production: 548.3 million liters.

Page 36 gives an overview of the U.S. market for soy-based infant formulas and adult soymilk. Production of soy-based infant formulas (on a ready to serve basis) in 1983 was as follows: Ross Laboratories made 14,720,000 gallons of Isomil (i). Mead Johnson made 14,080,000 gallons of Prosobee. Loma Linda made 2,240,000 gallons of Soyalac. And Wyeth Labs made 960,000 gallons of Nursoy. Thus 32,000,000 gallons of soy-based infant formula were made in the USA in 1983.

Also in 1983, consumption of soymilk by adults in the USA was as follows: 1,743,000 gallons were made by specialized soymilk manufacturers in the USA (Loma Linda Soyagen 1,000,000 gallons; Worthington Soyamel 670,000 gallons, Miller's Soy (private label) 73,000 gallons). 690,000 gallons were imported (328,000 gallons of Vitasoy by Vitasoy USA, 254,000 gallons of Yeo's by YHS, 50,000 gallons of Edensoy by Eden Foods, 25,000

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gallons of President by President, 25,000 gallons of Kibun by Kibun, 8,000 gallons of To-Neu by San-J International). 250,000 gallons were made fresh by tofu companies (45,000 gallons by Mighty Soy, 41,000 gallons by Victor Foods [Scarborough, Ontario, Canada], 39,000 gallons by Quong Hop & Co., 35,000 gallons by Wy Ky, and 90,000 gallons by others).

Yield. 1 ton of raw soybeans yields approximately 4,320 gallons of soymilk. Conversion: 3.785 liters = 1 gallon.

On page 56 is a table of "Large natural food distributors in the US" with the dollar figure being estimated annual sales in millions of dollars."

1. Rainbow Distributing (Denver, Colorado) $13.
2. Arrowhead Mills (Hereford, Texas) $12.
3. Eden Foods (Clinton, Michigan) $10.
4. Rock Island Foods (Ignacio, California) $10.
5. Westbrae Natural Foods (Emeryville, California) $9.
6. Pacific Rim (Seattle, Washington) $7.
7. Cornucopia Natural Foods (Coventry, Rhode Island) $7.

Total estimated sales for the top 7 distributors: $68 million a year. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6498. Shurtleff, William; Aoyagi, Akiko. 1984. Brief history of Alfa-Laval's work with soymilk worldwide (Document part). In: Shurtleff and Aoyagi. 1984. Soymilk Industry and Market: Worldwide and Country by Country Analysis. Vol. 1. 177 p. See p. 120-22.

• ***Summary:*** "Alfa-Laval, the world's largest supplier of dairy plants and systems, with some 10,000 employees, celebrated its hundredth anniversary in Sweden in 1983. It was a pioneer in the development of UHT (ultra high temperature) sterilization plants for dairy milk in the early 1960s. Continuous process UHT, guaranteeing milk and juices a shelf life of a month or more without refrigeration, and giving milk a much better flavor than autoclaved sterilized milk, caught on rapidly in Europe and many developing countries. By 1978 UHT milk, which slowly replaced pasteurized and refrigerated milk, had about 40% of the market in Europe. Alfa-Laval made UHT systems based on both direct heating (injection of high pressure steam into the milk flow to bring the temperature up to 135–140ºC) and indirect heating (in a plate heater, to 140ºC for 4 seconds). Alfa-Laval's direct system was called VTIS (Vacu-Therm Instant Sterilizer) and their indirect system, considered the more advanced and economical of the two, was called Steritherm.

"Starting in the early 1960s Alfa-Laval began to sell soymilk system components to soymilk manufacturers in East Asia. The UHT VTIS system was found to work very well, since the vacuum stripped off beany flavors. Alfa installed a VTIS for Yeo Hiap Seng in 1967 and one for Hong Kong Soya Bean Products Co. (makers of Vitasoy) in 1974.

"A key man behind Alfa-Laval's growing interest in soymilk is John Wilson, who got involved with soymilk in 1967, as technical manager for the Cold Storage Group (CSG) in Singapore and Malaysia. His background was in dairy technology. To help CSG launch a soymilk product, he studied traditional tofu processes in Singapore, then mechanized them. He set up CSG's first soymilk line in Petaling Jaya, a suburb of Kuala Lumpur, Malaysia, in 1969, and then another in Singapore later that year.

"In 1971 Wilson joined Alfa-Laval and started developing complete process lines for soymilk, based on a suspended (unfiltered) product made from full-fat enzyme-active soy flour. But only one plant for making suspended soymilk was ever sold (to Africa in 1982). In 1978 soymilk technology R&D was centered under John Wilson in Alfa-Laval, at Lund, Sweden. Systems for making clarified (filtered) soymilk with low bean flavor were developed.

"Alfa-Laval sold complete soymilk lines to Lam Soon (Ace Canning) in Kuala Lumpur, Malaysia (operation started in December 1979) and Kickapoo, in Bangkok, Thailand (from Feb. 1981). By early 1984 they had sold equipment or entire plants to at least twelve soymilk manufacturers in East Asia, including many of the largest (Hong Kong Soya Bean Product Co., Kibun, Dong Bang, President, Siam Food Prods., etc.).

"In 1981-82 Alfa stepped up its soymilk activities dramatically. It published attractive and informative 10-to-15-page large-format booklets on soymilk and its production in English, Chinese, and French, and began heavy promotion worldwide. Alfa-Laval went after the China market in a big way. They offered to install a soymilk plant in Beijing for the Ministry of Light Industry to use for one year, free of charge on a trial basis. Their 12-page brochure in Chinese on soymilk (*Douru*) was widely circulated. During a 3-month period in 1983 they sent five soymilk delegations to China, and began to set up an office in Hong Kong, run by a China trader with ten years experience, to focus on the China market.

"In late 1982 Alfa-Laval and Kibun (in Japan) formed a powerful alliance by signing an important, interesting, and unorthodox agreement. Alfa-Laval supplied Kibun with some of Kibun's original soymilk equipment, but eventually Kibun had to modify it extensively. Now, when Alfa-Laval finds a new equipment client, they tell the client, according to the agreement, that Kibun is their preferred supplier of the soymilk process. Kibun then signs a separate contract with the client for technical assistance, including product formulation and quality control. This could be a joint venture, a license for Kibun patents and technology, and/or purchase of actual patented equipment made by Kibun's food engineering company. Likewise, when Kibun licenses others to use its process, it often asks Alfa-Laval to supply the plant. There are no kickbacks between Alfa-Laval and Kibun. The

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arrangement works nicely since Alfa-Laval is strong in plant design, while Kibun is strong in processing technology and formulation. Yet Kibun holds no soymilk patents.

"Alfa-Laval has made a major contribution to soymilk production by being the world's first company to develop and sell an automated soymilk system. Their system is based on their UHT sterilizer, and incorporates an automated clean-in-place cleanup system. By inactivating the soybean enzymes at the bean stage, before grinding, the system produces a good-tasting soymilk. The economical plant size has a capacity of 2,000 liters/hr, with 1,500 liters/hr the economical minimum." Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6499. **Product Name:** [La Vie Claire Tofu Burgers (Garlic & Fines Herbes, or Mushrooms)].
Foreign Name: La Vie Claire Galettes de Tofu (Ail et Fines Herbes, Champignons).
Manufacturer's Name: Société Française d'Alimentation Saine (SFAS) (Marketer). Made in France by Société Soy.
Manufacturer's Address: B.P. 77, 70 Avenue de la Republique, 94703, Maisons-Alfort Cedex, France. Phone: 43.78.11.32.
Date of Introduction: 1984. February.
Ingredients: Burgers with Garlic: Tofu (water, soybeans), oat flakes*, tamari (soy sauce), sunflowerseed oil, garlic 3.8%, spices and aromatics. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. Received from Bernard Storup of Société Soy. 1989. March. 2.5 by 5.5 inches. Self adhesive. Green and red (or brown for mushroom) on white. "A food preparation based on soya and cereals. Made without artificial colors or preservatives." Logo of flying bird. Illustration of garlic (or mushrooms) with green herbs against cross-hatch background.

Letter (fax) from Bernard Storup. 1990. March 10. "We made the burgers for 'La Vie Claire' under their brand from Feb. 1984 to Oct. 1987. Since that date, they have sold all their burgers (same varieties) under our 'Soy' brand name." The company name is Société Française d'Alimentation Saine (SFAS). They make no soyfoods. They sell those made by Société Soy and soymilk made by Cacoja. In the mushroom burgers, the ingredients are: Tofu (water, soybeans), oat flakes*, mushrooms from Paris 14%, tamari (soy sauce), sunflowerseed oil, garlic 3.8%, spices and aromatics. * = organically grown.

6500. **Product Name:** [La Vie Claire Tofu].
Foreign Name: La Vie Claire Tofu.
Manufacturer's Name: Société Française d'Alimentation Saine (SFAS) (Marketer). Made in France by Société Soy.
Manufacturer's Address: B.P. 77, 70 Avenue de la Republique, 94703, Maisons-Alfort Cedex, France. Phone: 43.78.11.32.
Date of Introduction: 1984. February.
Ingredients: Water, soybeans*, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. Received from Bernard Storup of Société Soy. 1989. March. 4 by 2.75 inches. Self adhesive. Red and orange on white. "A food preparation based on soya and cereals." Logo of flying bird. Illustration of open soybean pods on a vine against a cross-hatch background.

Letter (fax) from Bernard Storup. 1990. March 10. "We made this product for 'La Vie Claire' under their brand." The company name is Société Française d'Alimentation Saine (SFAS).

6501. *Soyanews* (*Sri Lanka*). 1984. The Indonesian art of making soyafoods. 6(6):4-5, 9. Feb. [1 ref]
• ***Summary:*** "Recently the UNDP invited the Soyabean Foods Research Centre in Gannoruwa to send a team of food technicians to study the Indonesian experience. They have now returned to Sri Lanka after a two-month study tour which helped to acquaint them with the home and cottage level processing of soyafoods."

Fermented foods are highly developed and very important in Indonesia. "The only fermented preparation Sri Lankans are perhaps acquainted with is with the making of hoppers, thosai [dosai], and iddli [idli in south India]."

Those who took part in the two-month study course were: Miss Ellen Jayawardene, Miss H.M. Lalitha Padmini, Mrs. J.M.K. Jayaratna, Mrs. K.G.S. Ariyaratna and Mrs. Soma Weerasuriya.

Five large photos show soyfoods being made in Indonesia on a cottage level. The foods are tempeh, tofu, yuba, and soya sauce; one photo shows a shop that makes both tofu and tempeh. At least one person appears in each photo.

6502. *Soyanews* (*Sri Lanka*). 1984. Consumer guide: Tofu, soya mash and soya milk. 6(6):6, 8. Feb. [1 ref]
• ***Summary:*** These three soya foods "are being produced by Sri Lanka's only tofu shop at 123 Kitulwatta Gardens off Elvitigala Mawatha, Borella, Colombo 8." In this full page article the name "Soya House" is never mentioned. A photo shows a man carrying bottles of sterilised soyamilk in a metal rack. On the white wall next to him is a large sign that reads: "Soya House Specials. Soya Milk (substitute for coconut milk). Soya bean curd [tofu]. Soya mash [okara]." On the right side of the sign is a large cartoon illustration of a smiling soya bean with a collar and necktie. To the left of the bean we read: "I come from Soya House: Better known for quality."

Note: It appears that the name of Sri Lanka's only tofu

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shop is "Soya House." But why does the article not make this clear?

6503. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soyarei Wallner Ebner.
Manufacturer's Address: Augasse 2, Baden bei Wien (Vienna), Austria.
Date of Introduction: 1984. February.
New Product–Documentation: Soyfoods Center Computerized Mailing List. 1984. Feb. 7. This company was formed by the merger of two smaller tofu companies: (1) Soyarei–Erich Wallner Tofu in Trumau, and (2) Tofurei Ebner in Berndorf. They make 150 kg/week of tofu and 1,000 okara burgers. By 1988 this company was named Sojarei Ebner-Prosl.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. Erich Wallner was a member of Sojarei Ebner-Prosl, but he left the company in 1987. He is now working in his former profession as a waiter.

6504. Tsumura, Takashi; Tsuruta, Shizuka; Inoue, Mamehiko. 1984. Kenko-shoku tôfu [Tofu, the health food]. Tokyo: Nobunkyo (Nosan Gyoson Bunka Kyokai). 236 p. Tezukuri Nihonshoku Shirizu (Handmade Japanese Foods Series). [27 ref. Jap]
• ***Summary:*** The third author, Mr. Inoue, opened his tofu shop in 1981 and is making tofu coagulated with natural nigari. The second author, Ms. Tsuruta, translated *The Farm Vegetarian Cookbook* into Japanese. This book is not vegetarian. Contents: Part I. Japanese tofu cookery. Chinese and Korean tofu cookery. Futuristic tofu cookery. Part II. The real face of tofu. How tofu is made. How to make tofu by yourself. History of Japanese and Chinese tofu. Part III. One statement from a tofu maker. Aiming for traditional tofu production.

This book contains numerous old illustrations (line drawings) of tofu in Japan. Page 208 shows a tofu vendor carrying two tubs of tofu at the ends of a shoulder pole (tenbin). He is wearing a straw hat, Japanese kimono, and high wooden clogs (geta). It is from the book "Illustrated Edo Period Food Life Dictionary" (Zusetsu Edo Jidai Shoku Seikatsu Jiten), compiled by the Society for the Study of the History of Japanese Customs (Nihon Fuzoku Shigaku-kai).

Page 209 shows the interior of a tofu shop from the Edo period. It adjoins the family home. A woman with a child on her back is grinding the soybeans in a hand-turned stone mill. A man is sitting on the end of a lever press, pressing the soymilk out of the okara. It is from the book "Illustrations of Edo Period Occupations" (Edo Shobai Zue), illustrated by Kazuma MITANI.

Page 210 shows a tofu makers wife cutting tofu above a cooling tank. It is from a book on Japanese occupations (Shokunin Zokushi Hokkugo), with illustrations by Yui Nashimoto. Address: 1. Freelance writer; 2. Author, vegetarian cooking specialist, co-owner of a natural foods restaurant, and translator of the Farm Vegetarian Cookbook; 3. Owner of tofu shop Shonan Mamehiko in Shonan, Kanagawa-ken.

6505. **Product Name:** Tofu.
Manufacturer's Name: Yat Sun Food Products Ltd.
Manufacturer's Address: 12531–126 Street, Edmonton, ALB, T5L 0X3, Canada. Phone: 455-8787.
Date of Introduction: 1984. February.
New Product–Documentation: Letter from Kenson Quan. 1984. March 20. They started production in Feb. 1984. Kenson is a younger member of the family. His uncle is Kenneth Quan. The family has made bean sprouts for years. Still active in May 1991.

6506. Knoblauch, Mark. 1984. Restaurants: Kotobuki's creative Japanese dishes as pretty as a picture. *Chicago Tribune.* March 4. p. K10.
• ***Summary:*** This is a review of the Japanese three-star restaurant in Chicago. The restaurant features sushi and sashimi. "*Inari sushi* ($5.25 for 7 pieces), popular in Japan, doesn't show up often on this side of the Pacific. This type wraps sushi's mounds of vinegared rice in pockets of deep-fried bean curd." It never contains any fish, so some like to order it with raw tuna as a side dish. An unusual version of teriyaki is pork *miso-zukeyaki*, which is pork marinated in miso, then cooked teriyaki style.

6507. Shurtleff, William; Aoyagi, Akiko. 1984. History of soy protein concentrates, isolates, and textured soy protein products. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 25 p. March 4. Unpublished typescript. Available online at www.soyinfocenter.com.
• ***Summary:*** A comprehensive history of the subject. Contents: Definition of types of products. Part I: History of modern soy protein products from origin to 1964. Soy protein isolate: Tofu, Nagel in New York 1903, Beltzer in 1911, Ajinomoto in 1919, Cone and Brown patent in 1928, Glidden (first plant in U.S. for production of industrial grade soy protein isolate) in 1935, first study of use of soy isolates in food (Woodruff at University of Illinois, 1938), Glidden first company in the West to produce a soy protein isolate for use in food (1939, enzyme-modified), Glidden first with large-scale production of non-enzyme modified isolates (1957), Worthington Foods introduced Soyamel in 1952 (first soymilk based on isolate). Soy protein concentrates: First developed and introduced in Germany in 1925, first commercial food-grade concentrates and first patent from Griffith Laboratories in 1959. Textured soy protein products: Developed in China 1,000 years ago, made from tofu or yuba, earliest Western meat analogs developed by John Harvey Kellogg about 1896 (without soy), first

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synthetic industrial protein fiber (Lanital, made from casein) introduced in Italy 1936, first industrial (non-food) soy protein fibers in 1938 from Robert Boyer of Ford Motor Co. (used for upholstery), Boyer got patent for use in food (1951), rights purchased by Worthington, Dr. Harry Miller's soya loaf in 1939, Worthington first to produce a meat analog based on spun soy protein fibers in 1960, textured soy flour (TSP or TVP) introduced as food ingredient in U.S. in 1964.

Part II: History of modern soy protein products in the U.S. from 1965 to 1981. 1964 Belden report from Harvard Business School *Protein Paradox.* Commercial Protein Foods Studies Program of the U.S. Agency for International Development (AID) encouraged U.S. firms to develop protein foods for the Third World in 1967. General Mills Bac-O's test marketed 1966. Producers. February 1971 breakthrough when USDA authorized use of TVP in school lunch programs. 1972 *Soybeans. Chemistry and Technology,* edited by Smith and Circle, contained all the research on nutrition and processing up to that time. 1973 high beef prices led to beef-soy retail blends. Appearance of TSP cookbooks, starting in 1971. First World Soy Protein Conference held in Munich, Germany, in 1973. In 1974 Miles Laboratories/Worthington Foods introduced Morningstar Farms meat analogs, the first soy protein meat analog entrees marketed to mainstream America. Textured soy concentrates and other concentrate developments. New developments with isolates. New flavorings. New textured soy flour development. 1978 Keystone Conference on soy protein and human nutrition sponsored by Ralston Purina. Problems with government regulation.

Part III: History of modern soy protein products outside the U.S. and Europe (1960-1981): Japan. China. Other Asia: Philippines, India, Sri Lanka. Latin America: Colombia, Mexico. Address: Lafayette, California. Phone: 415-283-2991.

6508. Halter, Fran. 1984. A committed tofu true-believer spreads the word about the curd. *Gazette* (*The*) (*Quebec*). March 5. [Eng]

• ***Summary:*** Norbert Argiles, age 43, of Unisoya in Quebec "is philosophically dedicated to placing tofu in every household refrigerator." A native of Catalonia, a region in Spain, he has been preaching the nutritive value of tofu since the 1960s. "In 1978, Argiles decided to quit talking and start acting on the value of the high-protein food. He left a job in quality control at a major Montreal aircraft-engine manufacturer and invested a total of $7,000 to open the first Quebec-based business to produce tofu on a large scale.

"'When I first started, I used to go to stores and people looked at me like I was selling moon rocks,' said the 43-year-old businessman... 'But patience and a strenuous sales effort have convinced them of the value of tofu.'

"Unisoya Inc.'s plant, nestled in the picturesque Laurentian community of Prevost, 75 kilometers north of Montreal, is a converted warehouse and the simple executive office is housed in a trailer." To finance his fledgling operation, Argiles sold granola bars and unsweetened canned fruit on the side. "Unisoya is now producing an average of 5,000 pounds of tofu a week, up from 200 pounds a week at the start of the operation five years ago. The tofu wholesales at $1 a pound in 15-pound pails, or slightly more in prepackaged pound blocks.

"Sales for fiscal 1983 ended May 31 were $200,000. Argiles projects that the figure will increase 30 to 60 per cent in fiscal 1984 as Unisoya develops new markets in the province and begins to sell to a major grocery chain with stores across Quebec... Argiles estimates Unisoya's market share might be as high as 40 per cent, but competition from several new Quebec tofu producers, which have recently entered the market, has left him with little profit... Argiles spent $15,000 last year to promote tofu and said he hopes that once he makes 'a breakthrough' in public awareness, tofu will become a dietary staple."

Each week Argiles uses 3,500 lb of locally grown soybeans that have not been treated with chemicals. His water comes from a well drilled below his tofu factory. Address: Canada.

6509. Jones, Irmarie. 1984. Tofu's time has come: Local soy dairy turns out 45,000 pounds a week. *Recorder* (*Greenfield, Massachusetts*). March 7. p. 15.

• ***Summary:*** "Tomsun Tofu is now making an herb tofu, to use in Italian and French dishes and a spicy tofu for Oriental and Mexican dishes. The herb tofu has tarragon, thyme, oregano and basil already in it, giving it a sweet, light taste. In the spicy tofu you'll find cumin and coriander, giving it a heartier taste... We have also added calcium... Now four ounces of firm Tomsun Tofu contains the equivalent of eight ounces of cow's milk, without the cholesterol." Contains two tofu recipes: Oriental Tofu omelet, and Tofu sloppy joes. A photo shows Madeline Fox and her daughter. Address: Staff reporter.

6510. Robert-Stolow, Johanne B. 1984. Ingredient listing for tofu ["Soymilk" acceptable term for use in Canada]. Manufactured Foods Div., Consumer Products Branch, Hull, Quebec, Canada. 1 p. March 21. Unpublished manuscript.

• ***Summary:*** "To: Regional Managers Attention: Regional Food Specialists in Halifax, Toronto, Winnipeg, Vancouver.

"Subject: Ingredient listing for TOFU. At a recent meeting with Agriculture Canada, it was agreed that the term, 'soymilk' would be the acceptable designation for the aqueous extract of soybeans used in the manufacturing of TOFU. This decision was based on a review of the research literature where the term 'soymilk' has been in use for 60 years or more. It can therefore be argued, as in the case of cocoanut milk, that the common name 'soymilk' is well established within this particular trade, thus barring any

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objection from the dairy industry.

"'Soymilk' is obtained via the following process... (A flowchart is given). The soymilk is then processed further to produce the TOFU.

"Please be advised that we will be recommending the use of this name and of its French equivalent "jus de soya" (MAPAQ) for labelling. For the sake of uniformity, we would appreciate your doing likewise. We thank you in advance for your cooperation in this matter."

Note: Victor Food Products of Toronto petitioned the government to legalize use of the word "soymilk" in labeling tofu. Address: Manufactured Food Div., Consumer Products Branch, Government of Canada, Hull, Quebec.

6511. Cicero, L. 1984. Totally tofu! *Miami Herald.* March 22. Food section.
Address: Florida.

6512. Hesseltine, C.W. 1984. Re: Research on natto. Interest in letters of Frank N. Meyer concerning fermented foods and soybeans. Letter to William Shurtleff at Soyfoods Center, March 22. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "It will be some time before we get a review of natto published since our emphasis just now is to do as much laboratory work as possible. Our interest currently is a study of the genetic stability of *Bacillus natto* which, under many conditions, runs down rapidly. Secondly, we are looking at whether *B. natto* is a separate species from *B. subtilis.*

"Your comments on the letters of the USDA Plant Explorer, Frank N. Meyer, are especially interesting. Where can I see the letters that deal with fermented foods or even soybeans? Next summer I am preparing a lecture on the involvement of USDA in soybean fermented products. I knew there was a man by the name of Meyer associated with soybean exploration, but I was not aware of his description of any soybean foods. I would like to mention these letters since the first scientific paper from USDA was a paper by Church on angkak [red fermented rice] in 1920.

"Thank you also for the information on soy milk and your proposed terminology and standard for tofu. This should be circulated to people in the industry to get their reaction and suggestions as to whether they can live with the standards." Address: Chief, Fermentation Lab., USDA/NRRL, Peoria, Illinois.

6513. Storup, Bernard. 1984. Re: New developments at Société Soy. Letter to William Shurtleff at Soyfoods Center, March 22. 3 p. Typed, with signature on letterhead (photocopy). [Eng]
• ***Summary:*** "A brief history of Société Soy: Oct. 1981–Sept. 1982. Search for a place to settle near Paris, choose and install equipment. The company's first commercial production began in June 1982.

"Oct. 1982–May 1983. Production of tofu (firm for the natural food market and soft for the Japanese community–30,000 Japanese living in Paris); distribution by our own means in Paris only.

"From May 1983. Nationwide distribution of firm tofu–vacuum packed, 24 day shelf-life–and tofuburgers (called 'Croque Tofou') by Paris based distributors (actually, from Rungis, which is the biggest market of its kind in the world, and a key point for fresh products for western Europe).

"We carry 5 types of burgers (see labels), with 26 day shelf-life (we could put 2 months, according to a strict microbiological survey we ran, but prefer to shorten it in order to have a more regular rotation).

"This week have begun a nationwide advertising promotion for 'tonic burgers' (in Paris subway, on the national radio); it is run by a fast food chain that wants to promote a more dietetic way of eating. We make the burgers.

"We should double our production within the next 6 months; We don't really have time to develop new products, at least for this year.

"We are presently making 2,500 kg/week of tofu, including 1,400 kg/week of burgers; one year ago we were making 1,000 kg/week.

"Some news from Europe: Several types of soymilk have recently been put on the market: Lima Soya Drink, Sojal, and Soyo.

"I think the biggest tofu manufacturer in Europe is Vanka-Kawat in Rijswijk, Holland. They sell about 30,000 pieces of tofu (250 gm and 450 gm) per week, mostly for the Asian (Indonesian) community. They also make sprouts and tempeh. They have an automatic plant with only European equipment; there is no way to visit it.

"The French dairy lobby (France is the world's leader in cheese consumption) has recently clearly defined its new priorities: fight by all means against all kinds of substitutes for dairy products–above all soymilk." Address: Société Soy, Plateau de l'Ardennais, 91590 Cerny, France. Phone: (6) 457 52 01.

6514. Vansickle, Janice. 1984. Bean worth weight in gold. *Windsor Star* (*Essex County, Ontario, Canada*). March 26. p. B1-B2.
• ***Summary:*** Soybeans are now Essex County's major field crop and the third largest cash crop in Ontario province (with a value of more than $203 million in 1982), but few people know what happens to the golden nuggets after they leave the farm. Most of the soybeans are crushed in Canada to make soybean oil and meal. Last week the Ontario Soya-Bean Growers' Marketing Board held a symposium in Toronto titled "Ontario soybeans–A journey into the next century." Sheldon Hauck, vice-president of the Soy Protein Council in the USA and one of the speakers estimated that soy protein is an ingredient in over 2,500 readily available grocery store items. Contains a nice history of the soybean in Canada. Ontario now exports soybeans to 20 countries,

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"including major shipments to Japan, which buys only top quality soybeans and turns them into soyamilk, soyaflour, tofu, miso–a soyapaste for soup–and natto–a fermented soybean used as an appetizer." Speaker after speaker confirmed a bright future for soybean exports. Moreover, all supermarkets in Windsor now carry tofu, a soya curd. Soy oil is found in margarine and cooking oils. Soy protein appears in soya sauce, simulated bacon bits, and infant formulas. The H.J. Heinz Company in Leamington has been working with the marketing board to develop a line of processed soybean products for the retail market.

Ontario's three soybean crushing plants are experiencing hard times, in part due to competition from canola oil (which enjoys subsidized freight rates); they are operating at 62% of capacity and could be forced to shut down. Photos show: A pair of cupped hands holding soybeans. Peter Epp, chairman of the Ontario Soybean Growers Marketing Board.

Note: This is the earliest English-language document seen (March 2009) that uses the term "soyapaste" to refer to miso. Address: Star agriculture reporter.

6515. Bhatnagar, P.S. 1984. Soybean in India–Retrospective and perspective. *Tropical Agriculture Research Series* No. 17. p. 11-22. March. International Symposium on Soybean in the Tropics and Subtropics. [22 ref]
• ***Summary:*** Contents: Introduction. Soybean in India. A fallacy. Soybean development. Research in India. Seed production. Production technology. Microbiology. Plant protection. Product development, utilization and production economics. Constraints to rapid expansion of soybean.

Table 1 shows imports of soybeans and soy oil to India from 1970-71 to 1979-80. Imports of soybeans were zero or insignificant except for 516 tons in 1978-79. Imports of soy oil fluctuated widely, from 78,956 tons in 1970-71, to only 3,509 tons in 1975-76, reaching a peak of 350,617 tons in 1978-79. Address: Project Coordinator, All-India Coordinated Research Project on Soybean, ICAR, G.B. Pant Univ. of Agriculture and Technology, Pantnagar 263145, U.P., India.

6516. Caty, Thérèse. 1984. Dossier: Le soja [Dossier on soyfoods in France]. *France Dietetique.* Feb/March. p. 24-31. [Fre]
• ***Summary:*** This extremely interesting article gives an introduction to the various soyfoods, then list all known soyfoods products sold in France, complete with the brand, product name, ingredients, nutritional composition, weight or volume, and packaging. The last half of the paper is a French translation of a paper titled "The American boom in traditional soy products," presented by Richard Leviton on 11 Oct. 1983 at a conference in Parma, Italy.

The following products, manufacturers/marketers (and brands) are listed: 1. Whole soybeans and flour: Lima (Organic soybeans, organic whole soy flour). 2. Textured soya: Charusse, Soyavit. 3. Convenience prepared foods for vegetarians: Pural (Frika Vita, Sojafleisch, Pasta Chuta, Sojavite, Soja Mignon, Sojanelles, Sojanelles épicées), Hera (Croq Meal, Herameal, Végémeal, Potage), Fritini (Aux herbes). 4. Liquid soymilk: Celnat (Soyo), Lima, Pural (Sojlactis), Sapov (Sojal), Provamel (Soya Drink, Soya dessert choco [a pudding, made by Alpro in Belgium]), Naturvit (Soyalet, Soyalet sans sucre). 5. Tofu: Le Bol en Bois (Koya-dofu), Soy (Tofu, Croque Tofu [6 types]). 6. Tempeh: Traditions du Grain. 7. Miso: Celnat (Brown rice miso imported from Japan, Barley miso), Lima (Hatcho miso, barley miso). 8. Soy sauce: Celnat (Shoyou), Lima (Tamari, Tamari Shoyu). Address: France.

6517. Chen, W.L. 1984. Soybean processing for food use in Taiwan. *Tropical Agriculture Research Series* No. 17. p. 143-52. March. International Symposium on Soybean in the Tropics and Subtropics. [18 ref. Eng]
• ***Summary:*** Contents: Abstract. Introduction. Soy milk. Instant soy milk powder. Tofu. Soybean pudding. Hard beancurd. Hard beancurd thread. Spiced and dried hard beancurd. Soy protein-lipid film and its products. Sufu (Chinese cheese). Chou tofu [ch'ou toufu] (fetid tofu, fermented). Dehulled soybean powder (enzyme active, full fat; used to prepare soy milk or soy pudding in factories, schools, and homes).

Note: This is the earliest English-language document seen (Oct. 2011) that uses the term "fetid tofu" to refer to stinky tofu.

In 1982 Taiwan imported 1,150,433 tons of soybeans from the USA, and grew 11,942 tons of soybeans in Taiwan. 80% of the soybeans are crushed to make soybean oil and meal, and the remaining 20% are made into versatile soybean foods. In 1983 two new brands of instant soy milk powder appeared on the market in Taiwan. More than 1,400 small tofu plants are located throughout Taiwan. They make and sell their products on the same day. Only two large, modern plants produce packaged and refrigerated tofu. A continuous film-forming method for making yuba was developed by FIRDI in 1977. Address: Food Technologist, Food Industry Research and Development Inst. (FIRDI), P.O. Box 246, Hsinchu, Taiwan 300.

6518. *Frozen Food Age.* 1984. Legume adds six items to tofu line. March. p. 56.

6519. Hong, E.H.; Kim, S.D.; Hwang, Y.H. 1984. Production and use and research on soybeans in Korea. *Tropical Agriculture Research Series* No. 17. p. 81-93. March. International Symposium on Soybean in the Tropics and Subtropics.
• ***Summary:*** Abstract. Trends in soybean production: importance of soybeans, area planted, yield, production and import, regional distribution. Trends in supply and

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consumption: demand and supply, utilization. Methods of cultivation currently applied: cultural practices (planting time, land preparation and planting, fertilizer application, management, harvesting and processing, marketing and procurement, cropping patterns, competitive power), varieties and their distribution, major diseases and pests, problems in farm cultivation. Soybean research and extension service. Government participation in and support for soybean production. Future prospects of soybean production and main constraints. Discussion.

In Korea, soybeans rank third among all food grain crops, in both the area planted and in production, after rice and barley. Soybean "products such as soy paste [doenjang], soy sauce [kanjang], beancurd [tofu] and beansprouts are the primary side dishes in conventional daily Korean meals." The area planted to soybeans has steadily decreased from about 300,000 acres average in 1967-1971 to only 183,000 acres in 1982.

Tables: (1) Area planted and production of major food crops in Korea. (2) Production, yield and import of soybeans by year in Korea. (3) Regional distribution of soybean production in Korea. (4) Demand and supply of soybeans in Korea. (5) Utilization of soybean in Korea. (6) Regional distribution of soybean planting times in Korea. (7) Results of sample investigation for the application of herbicides on soybean in Korea. (8) change of cropping systems in the central part of Korea. (9) Farm income derived from major summer crops in Korea. (10) Characteristics of main soybean varieties currently recommended and their geographical distribution in Korea. (11) Research institutions, location and number researchers related to soybeans in Korea. (12) Amounts, area planted, and production for every class of soybean seeds in Korea in 1982. (11) research institutions, location and number of researchers related to soybeans in Korea. (12) Amounts, area planted, and production for every class of soybean seeds in Korea in 1982. (13) The amount and purchasing prices of soybean by the government and the prices of imported soybeans by year in Korea. Figures: (1) Marketing channels for soybean in Korea. (2) Flow chart of soybean research and extension services in Korea. Address: Crop Exp. Station, Office of Rural Development, Suwon 170, South Korea.

6520. Howell, R.W. 1984. Contribution of soybeans to the agriculture of the USA. *Tropical Agriculture Research Series* No. 17. p. 127-32. March. International Symposium on Soybean in the Tropics and Subtropics.

• ***Summary:*** An excellent historical overview. "Perhaps the most important person in soybean history in the United States was William J. Morse, who was appointed in 1907 to be in charge of soybean research in the US Department of Agriculture." Morse "led the development of the cooperative research program of the USDA and the State Agricultural Experiment Stations until 1949. This cooperation, which Mr. Morse had encouraged for many years, was formalized by an agreement between USDA and several stations in 1936. The cooperative program continues in its essentials, but is vastly expanded at the present time. Mr. Morse died in 1959."

1920–Dr. Clyde Melvin Woodworth, a geneticist, joined the faculty of the University of Illinois at Urbana. He was the first breeder / geneticist with primary responsibility for soybeans at this university. He constructed the first chromosome map for soybeans [1933]. He developed the varieties Illini and Chief, and made the cross which led to the variety Lincoln. In 1943 Lincoln was released jointly by the University of Illinois, USDA, and several other universities. It "was the first variety to be developed from a purposeful hybridization and was the first to be cooperatively released under the agreement of 1936.

"A contemporary and colleague of Dr. Woodworth was Professor Jay Courtland Hackleman, a crops extension specialist at the University of Illinois. Professor Hackleman was an ardent promoter of soybeans. He and his extension colleagues in other states appreciated the potential of soybeans and strongly encouraged farmers to try them on their farms."

1921-1951–Professor William Leonidas Burlison was head of the department of Agronomy at the University of Illinois. Along with Woodworth and Hackleman, he was instrumental in the establishment of soybeans in Illinois agriculture.

"These people had counterparts in many states who were equally enthusiastic and effective in encouraging farmers to grow soybeans."

1928–J.L. Cartter, a graduate student at the University of Wisconsin, was hired by the USDA as a soybean agronomist. In 1936, when the US Regional Soybean Industrial Products Laboratory was established, Mr. Cartter moved to Urbana, Illinois, to lead the production research at the Laboratory. He continued at that position until his retirement in 1965.

"Plant breeders were employed by USDA and stationed at Iowa State and Purdue [West Lafayette, Indiana] Universities, at later at Stoneville, Mississippi, North Carolina State Univ., and the Universities of Florida, Missouri, and Minnesota, in addition to Illinois."

1949–After the retirement of W.J. Morse, Dr. Weiss took over his position as leader of Soybean Investigations at USDA; he served in that position from 1949 to 1953. "Under Weiss' leadership the soybean germplasm collection was formalized and facilities established at Urbana, Illinois, and Stoneville, Mississippi, for preservation and management of the collection." Weiss was followed by Herbert W. Johnson (1954-1964), who next to Morse probably had the greatest influence on the development of soybean research.

Before 1965, the only U.S. company "with a soybean development was the Coker's Pedigreed Seed Co. of South Carolina, where Henry Webb was the soybean breeder. In 1965 a group of midwestern seed companies joined

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to form the Soybean Research Foundation, Inc. (S.R.F.), and employed A.L. Matson of Missouri as a soybean breeder. During the 1970s many companies established soybean variety development groups following enactment by Congress of the Plant Variety Protection Act of 1970. Consequently the number of varieties available to farmers has increased manyfold. In 1983 it is estimated that at least 300 different varieties were offered for sale in Illinois alone."

Also discusses protecting soybeans from diseases, insects, nematodes and weeds, as well as plant physiologists who worked on soybeans (he pioneering work being done by Garner and Allard on photoperiodism). The Northern Regional Research Center at Peoria, Illinois; since 1942 soybean utilization research as been based here. International programs including INTSOY. Growing interest in food uses of soybeans (tofu, soymilk) including the Soycrafters Association. Rise of the soybean processing industry. The American Soybean Association. Address: Emeritus Prof., Former Head, Dep. of Agronomy, Univ. of Illinois, Urbana, IL.

6521. Huneault, Triena. 1984. A consumer's perspective on soybeans and agriculture [in Canada]. In: Ontario Soya-Bean Growers' Marketing Board. ed. 1984. Ontario Soybean Symposium. Chatham, Ontario, Canada: OSGMB. 319 p. See p. 287-95.
• ***Summary:*** The average person that she talked to had a "vague notion that soybeans were nutritious but, except for health enthusiasts, generally had no idea how to incorporate soybeans into their diet. This is true not only of typical consumers but also of farmer's wives, even though soybeans were a major source of income for their families. Since realizing this in 1977, the Ontario Soya-Bean Growers' Marketing Board hired a full-time home economist to promote soybeans and distributed at least 50,000 copies of a soybean recipe book. A joint project was entered into with the H.J. Heinz Company to develop new soybean products in 1981 and, in 1982, Faye Clack Inc. conducted an independent survey of consumer reaction to soybean products.

During a recent visit to supermarkets and a health food store in Windsor, Ontario, the author found "that all of the supermarkets now carry tofu due to the increased number of Asian immigrants who had been asking for it, and also the relatively new Canadian interest in Oriental cooking." Address: Consumers' Assoc. of Canada, Windsor, Ontario.

6522. Isnijah S.P., Siti; Suharto, Ig.; Yuda M., Adin; Indianti, Tami. 1984. Evaluasi proses panas pada lima jenis olahan tahu dan tempe dalam kaleng [Evaluation of heating on five different processes for canning tofu and tempeh]. Paper presented at Scientific Meeting (Pertemuan Ilmiah) Lembaga Kimia Nasional–LIPI. 24 p. Held March 1984 at Bandung. [Ind]* Address: Bandung, Indonesia.

6523. Kantha, S. Sri; Erdman, John W., Jr. 1984. The winged bean as an oil and protein source: A review. *J. of the American Oil Chemists' Society* 61(3):515-26. March. [160* ref]
• ***Summary:*** The past 10 years of published literature concerning nutritional studies on and uses of the winged bean are reviewed, including its origin and cultivation, its overall proximate composition, its nutritional value and antinutritional factors, the functional properties of its proteins, and its use in protein based foods (supplemented breads, weaning food products, fermented products, winged bean milk and tofu). Address: Dep. of Food Science, Univ. of Illinois, Urbana.

6524. Konno, S. 1984. Soybean production in Japan. *Tropical Agriculture Research Series* No. 17. p. 95-102. March. International Symposium on Soybean in the Tropics and Subtropics.
• ***Summary:*** Abstract. Trend in soybean production. Trends in supply and consumption of soybeans. Methods of cultivation currently applied in Japan. Soybean research and extension. Government participation in and support of soybean production. Future prospects of soybean production and main constraints. Discussion. Tables: (1) Production and trade of soybeans in Japan. (2) Soybean consumption in Japan. (3) Varieties registered during the last decade. Figures: (1) Soybean production by region in Japan (1983). (2) Planting and harvesting time of soybean in Japan. (3) Centers for breeding and research on soybean affiliated to the Ministry of Agriculture, Forestry and Fisheries in Japan. Address: Tropical Agriculture Research Center, Yatabe, Tsukuba, Ibaraki 305, Japan.

6525. Krieger, Verena. 1984. Die Tofu Kueche: Koestliches aus Soja [Tofu cookery: Delicacies from soya]. Tanner + Staehelin Verlag, Waserstrasse 16, CH-8029, Zurich, Switzerland. 171 p. Illust. No index. 18 cm. [Ger]
• ***Summary:*** Contents: Resume. Why tofu? List of 120 recipes. Explanation of recipe terms. Meeting with tofu. Into the tofu adventure. Tofu–a fresh product. Fresh plain tofu for experts and epicures. Scrambled & stir-fried tofu to add taste. Pressed tofu and tofu burgers. Fried tofu. Tofu in hot-pots and casseroles. Tofu in baked dishes. Frozen and dried-frozen tofu. Transforming tofu in a blender. Making tofu yourself and how to use the okara. The raw material–soybeans: From the Emperor's table into the feed trough, the treasure of East Asia's art of long-life is a hope for our time, soybean production in Europe, growing soybeans in your own garden. Tofu as the cornerstone of an environmentally sound and healthy diet. Natural ingredients from A to Z. Basic recipes for cooking with whole grains. Making soymilk from whole soybeans or soy flour. Tofu for special

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diets.

Many full-page black-and-white photos show tofu dishes. A small photo (p. 4) shows Verena Krieger. Note: Leviton (1983, p. 18) gives the publication date as Dec. 1983, but Krieger (7/90) says that is incorrect.

6526. Na Lampang, Arwooth. 1984. Soybean production in Thailand. *Tropical Agriculture Research Series* No. 17. p. 37-43. March. International Symposium on Soybean in the Tropics and Subtropics. [6 ref]
• ***Summary:*** Abstract. Soybean production in Thailand. Cropping patterns and practices. Varietal adaptation and improvement. Pest management. Harvest and storage. Marketing. Consumption and utilization. Prospects and constraints. Acknowledgement. Discussion. Tables: (1) Soybean acreage, yield and production in Thailand (1971-81). (2) Balance of soybean export and importation during 1976-1930. (3) Soybean prices at different locations (US g/kg) (1977-1981). Address: Field Crop Research Inst., Dep. of Agriculture, Bangkhen, Bangkok 10900, Thailand.

6527. *Natural Foods Merchandiser.* 1984. 5th Annual Natural Foods Merchandiser Merchandising Awards: [Silver: Polar Bean by White Wave, Inc.]. March.

6528. Rehberger, T.G.; Wilson, L.A.; Glatz, B.A. 1984. Microbiological quality of commercial tofu. *J. of Food Protection* 47(3):177-81. March. [8 ref]
• ***Summary:*** "A study was done to investigate the microbiological quality of commercial tofu available in local retail outlets. A sampling method was first developed to obtain accurate and representative microbial counts of individual pieces of tofu. Plate count determination of total aerobic organisms, psychrotrophs [bacteria that can grow at temperatures not far above freezing], coliforms, sporeformers, yeasts and molds, and staphylococci were made on 60 tofu samples (representing 3 lots each of 4 different brands) obtained within 24 hours after delivery to the retail store. In addition, for 2 brands that provided manufacturer's pull dates, the same microbial counts were obtained for samples stored in the laboratory at 10ºC until the pull date. Of the tofu sampled immediately after purchase, 83% of the lots tested had total counts greater than 1,000,000 colony-forming units (CFU)/gm and psychrotrophic counts greater than 10,000 CFU/gm. In addition, 67% of the lots tested had confirmed coliform counts greater than 1,000 CFU/gm. Very low levels (less than 10 CFU/gm) of all other microbial groups tested for were found in the majority of lots. Samples held until the manufacturer's pull date contained higher total and psychrotrophic counts but lower or stable counts of other organisms compared with samples tested immediately after purchase. To improve the microbiological quality of tofu, processors need to reduce initial loads by improving sanitation and processing techniques, and retailers should provide more consistent and colder refrigerated storage."

"In the present study, the manufacturer's pull date did not indicate accurately the shelf-life of the tofu." Address: Dep. of Food Technology, Iowa State Univ., Ames, IA, 50011.

6529. Rennie, J. Clare. 1984. A look at the progress of soybeans [in Canada] in the last decade. In: Ontario Soya-Bean Growers' Marketing Board. ed. 1984. Ontario Soybean Symposium. Chatham, Ontario, Canada: OSGMB. 319 p. See p. 22-35.
• ***Summary:*** "In 1893, Professor C.A. Zavitz, crop specialist at the Ontario Agricultural College, grew probably the first field of soybeans, as a replacement for cow peas which had failed, and set in motion a 30-year variety testing program for Ontario farmers. Canada's first new variety, OAC 211, was introduced in 1923; this was followed in the 1930's by three early maturing ones, A.K., Mandarin, and Capital, introduced by Dr. Dimmock of the Harrow Dominion Experimental Station. A colleague, Dr. Cass Owen, was the originator of Harosoy, introduced in 1951. It quickly became a leading Ontario variety as well as the main one grown in the American soybean belt for many years...

"However, soybeans were not a major crop in Ontario, or for that matter in the USA, until the Second World War. What was grown was largely for green manure and forage. The statistics on soybeans in Ontario were not even given separately until 1942. The predominance of linseed meal and cottonseed meal and oil was too strong to be easily overcome by another crop. The wartime demand for an easily available source of vegetable oil and protein gave soybean production its first big boost...

"In Ontario, the production figures for the last decade show... sharp increases. Aside from demand which made it economically attractive for farmers to grow soybeans, this increase has been made possible by a breeding and management research program to extend Ontario's soybean area and to maintain yields at competitive levels. Until the late 1970's, virtually all of the province's soybeans were grown in Essex, Kent, Lambton, Middlesex, and Elgin Counties. With new early maturing, high-yielding varieties adapted to the growing conditions in Central, Western and Eastern Ontario, production in these areas is increasing rapidly. The number of hectares planted has risen from 4,010 ha in 1972 to 61,500 ha in 1982...

"The Ontario breeding program has emphasized not only early maturity and high yields, but also resistance to disease and to pod shattering, and good nodulation capabilities. Under the direction, since 1976, of Dr. Wally Beversdorf... the program is rapidly coming of age. Maple Arrow, a high-yielding variety adapted to 2,600 heat unit areas, was developed at the Central Experimental Farm, Ottawa. Its introduction in 1976 was the shot in the arm needed to

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expand the soybean-growing area, and the OMAF/Guelph program is aimed at continuing this expansion...

"In the last decade, we have largely overcome nodulation problems, with the introduction of granular inoculants in the mid-1970's. These inoculants, which have proven particularly effective in first-time soybean fields...

"The introduction of a flexible floating cutterbar has further cut harvest losses, which had been as high as 30 percent with rigid cutterbars and conventional combines...

"With the establishment of the [Maple Leaf Monarch] crushing facility at Windsor [in July 1979], the province's daily crushing capacity has increased by 300 tonnes per day, and the three crushing plants at Toronto, Hamilton, and Windsor are crushing about 35 million bushels of soybeans each year."

Table 4 shows that in 1972 only 9,909 acres (2.5% of the total Ontario province planting) took place outside the traditional five-county region. By 1982 this had increased to 151,964 acres (17% of the total planting)–largely due to the development of new short-season varieties in the "Maple" series, which matured in 100-108 days at 2200 to 2550 heat units. Address: Asst. Deputy Minister of Technology and Field Services, Ontario Ministry of Agriculture and Food (OMAF).

6530. Saio, Kyoko. 1984. Dietary pattern and soybean processing in Japan today. *Tropical Agriculture Research Series* No. 17. p. 153-61. March. International Symposium on Soybean in the Tropics and Subtropics. [1 ref. Eng]
• ***Summary:*** Abstract. Consumption of soybeans in Japan. Varieties and processing of soybean foods. Traditional technology for modern products and emerging technology applied to traditional foods. Reference. Discussion. Tables: (1) Intake of Kcal/day/person. (2) Intake of protein/day/person. (3) Intake of fat/day/person. (4) Comparison of intake of nutrients among various nations. (5) Supply and demand of whole soybeans in Japan. (6) Detailed use of whole soybeans supplied for food. Figures: (1) Flow sheet of Momen Tofu preparation. (2) Flow sheet of Kori Tofu preparation. (3) Flow sheet of Shoyu (soy sauce) preparation. (4) Flow sheet of Kome Miso preparation. (5) Flow sheet of soy milk preparation. (6) Manufacture of vegetable protein products. Address: National Food Research Inst., Yatabe, Tsukuba, Ibaraki 305, Japan.

6531. Sim, William J. 1984. Farmers' experiences and experiments with growing soybeans [in Ontario, Canada]. In: Ontario Soya-Bean Growers' Marketing Board. ed. 1984. Ontario Soybean Symposium. Chatham, Ontario, Canada: OSGMB. 319 p. See p. 73-78.
• ***Summary:*** The author grows 500 acres of soybeans in Ontario. Soybean production in Canada is subsidized by the federal government. "Until 1973, the only export of any consequence was to the United Kingdom, mainly because of the preferential trade benefit. This was phased out in the early 1970s and export sales greatly diminished. In 1973, after years of frustration, the Soybean Board subsidized a shipment of about 30,000 bushels to Japan for the human consumption market, mainly miso and tofu. Since then, the quality of Ontario soybeans has become so renown in the Pacific Rim countries that 1982 exports to this area accounted for 2.2 million bushels. The potential of this market is almost unlimited...

"In summary, I would like to say that I am excited about our soy production. It is like a new lease on life to grow something other than corn. We'll probably never get rich at it, but we'll enjoy trying." Address: Farmer, Moore township, Lambton County, ONT, Canada.

6532. Somaatmadja, Sadikin. 1984. Development of soybean culture in Indonesia. *Tropical Agriculture Research Series* No. 17. p. 23-36. March. International Symposium on Soybean in the Tropics and Subtropics. [3 ref]
• ***Summary:*** Contents: Abstract. Area and production: Share in national food production, national soybean production, producing centers, soybean area. Supply and demand situation: Export and import, future demand and production, utilization. Methods of cultivation: Cropping system, cultivation, pests, diseases and other problems. Research and CRIFC: Research program and activities. Support for soybean production. Further prospects and main constraints. Discussion (questions and answers).

Utilization (p. 28): "1. Side-dish with rice: Tempe (fermented soybean cake), tahu (soybean cake), tauco (soybean paste), tauge (soybean sprout), kecap (soy sauce) and goreng kedelai (fried soybeans). Of these, tempe and tahu are very important in the diet of the people.

"2. Snacks: Roasted soybeans, kerupuk tahu (tahu chips), boiled young soybean pods" [edamame].

Tables: (1) Annual average soybean production during and before PELITA (Five-year development plan, 1964-1981). (2) Soybean production in the last six years, 1977-1982 (East Java, Yogyakarta, Lampung, Central Java, Nusa Tenggara Barat {NTB}, West Java). (3) Soybean production in six [major soybean producing] provinces, 1988-1981. (4) Soybean production in four additional centers, 1977-1981 (D.I. Aceh, N. Sulawesi, Bali, S. Sulawesi). (5) Soybean harvested area, yield and production in sawah (rice fields) and tegalan (dry land), 1979-1981. (6) Export and import of soybean, 1969-1982 (Indonesia was a small exporter until 1977 when exports stopped; imports over 100,000 tonnes began in 1976, and by 1982 had risen to 476,000 tonnes). (7) The estimated demand for soybean and production target, 1983-1988 (Source: Directorate General of Food Crops). (8) The important insects of soybean. (9) Improved soybean varieties. (10) Packages of technology in the intensification and areal [area] expansion programs.

Graphs: (1) Demand, production, and import of

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soybeans, 1978-1982. (2) Target of soybean area, 1983-1988 (tegalan field area is expected to rise rapidly; sawah field area will stabilize starting in 1985). A map of Indonesia (p. 31) shows seven research institutes under the Central Research Institute for Food Crops (CRIFC). They are located in Bogor, Sukamandi, and Lembang (W. Java), Sukarami (W. Sumatra), Banjarmasin (S. Kalimantan), Maros (S. Sulawesi), and Malang (E. Java). Address: Central Research Inst. of Food Crops, JL Merdeka 99, Bogor, Indonesia.

6533. *Soya Foods* (*ASA, Europe*). 1984. Tofu in Europe: Ready for take-off? No. 1. p. 1-2. March.
• ***Summary:*** Tofu consumption in Europe is estimated at 5 million kg a year. The greatest consumption is in France and the Netherlands, due to larger Asian populations there.

6534. *Soya Foods* (*ASA, Europe*). 1984. Soyfoods in Belgium: An interview with Pauline Six-Chan. No. 1. p. 8. March.
• ***Summary:*** "Pauline Six-Chan was born in Singapore. She is a graduate in food science from Michigan State University (U.S.). During her study she met her husband, who is Belgian. In 1978, after finishing her studies at Michigan State, she came with her fiancé to Belgium, and got married. Being a major in food science, Pauline started then looking for a job in the food area. It was very hard to find an appropriate job in a Belgian food company. So she decided to start her own business in 1980. An ethnic shop and production of soysprouts!

"Pauline, of Asian origin and brought up with soyproducts, is aware of the versatility and nutritional value of these products. She is very interested in soyproducts as they have a lot of potential–they are so easy to use. Soyproducts also have an economic advantage–they are less expensive than other food products with the same nutritional value.

Q: "What soyproducts are currently available to Belgian consumers? Pauline: Soydrink, soypudding, tofu, tempeh, bean-curd sheets, miso (bean paste), soy sauce, soysprouts, soyflour, soymilk, soy oil. Soydrink and soypudding you can get in reformhouses but tofu, tempeh, miso etc you can only buy in the ethnic stores.

Q: "Who buys soyfoods? Pauline: There are people who want a more balanced diet, more vegetable protein and less cholesterol. In general, there is no specific age group or people with a certain lifestyle who buy soyfoods. I know a lot of older people in their 60s, who are conscious about a healthy diet and who do want to use more vegetable proteins. People knowing e.g. soy oil–a healthy natural product, cholesterol free–sometimes make the relationship to other soy products, and are very keen on using them.

"People who know the products will buy them–Asians as well as Belgians. Asians do buy more soyproducts because it is a part of their daily diet. Also, most of the vegetarians know these products and buy them. However, the general public has to be taught through cooking demonstrations and info leaflets.

Q: "What do Belgian consumers know about tofu?

"Pauline: Belgian consumers know very little about soyproducts because these products are originally not a part of their daily diet and they are not commonly available everywhere at the moment.

Q: "What are you doing to tell Belgian consumers about soyfoods?

"Pauline: My primary goal is to introduce soyproducts to Belgian consumers and to teach them how to use these healthy products in their daily diet.

"We demonstrate to Belgian consumers how to use the soyproducts and this through demos in various small supermarkets, institutions, hospitals, schools, housewife organizations, doctors,... I am also organizing demos in my own shop every first Saturday of the month. l distribute recipes–provide people with background information on where soyproducts come from, on the nutritional value of the products, on how easily soyproducts can be used in the daily diet, how soyproducts can be incorporated with the vegetables and meat that people eat normally every day." Address: Premier Foods, Diestsestr. 197, 3000 Leuven, Belgium.

6535. Soyfoods Association of America, Standards Committee. 1984. Tofu standards. First draft. Lafayette, California: Compiled by William Shurtleff of Soyfoods Center. 15 p. March 29. [11 ref]
• ***Summary:*** In this first draft, the term "second generation" is first applied to soyfoods in the section titled "Naming Second Generation Commercial Food Products Containing Tofu." Address: Lafayette, California and Greenfield, Massachusetts.

6536. Suzuki, Steven. 1984. Pacific Rim potential for edible soybeans. In: Ontario Soya-Bean Growers' Marketing Board. ed. 1984. Ontario Soybean Symposium. Chatham, Ontario, Canada: OSGMB. 319 p. See p. 224-41.
• ***Summary:*** Soybeans were first exported from Canada about 12 years ago when a Japanese house approached the Ontario Soybean Grower's Marketing Board for a trial shipment to Japan. The trial worked out very well and in a short time Ontario's soybean exports became a multi-million dollar business. Ontario soybeans are very clean, the quality is comparable to Japanese and Chinese soybeans, and the supply is consistent. However the price is high in relation to Chinese and U.S. soybeans. As a result, Ontario soybeans are sold in high-priced markets, as for making premium quality miso or soyamilk. The supply of Chinese soybeans is irregular. Address: Manager, Grain Trading Section, Okura & Co. America Ltd., New York, NY.

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6537. Wang, Hwa L. 1984. Tofu and tempeh as potential protein sources in the Western diet. *J. of the American Oil Chemists' Society* 61(3):528-34. March. [22 ref]
• ***Summary:*** Contents: Abstract (uses the word "soybean foods" several times). Introduction. Traditional soybean foods. Trends in market growth for tofu and tempeh (based on statistics gathered by Shurtleff & Aoyagi of The Soyfoods Center in California, 1983). Tofu. Tempeh.

Traditional soybean foods can be classified as either nonfermented or fermented. Tables show: (1) Oriental nonfermented soybean foods (gives food name, local names, description, uses): Fresh green soybeans (local names: mao-tou, edamame). Soybean sprouts (huang-tou-ya, daizu no moyashi). Soybean milk (tou-chiang). Protein-lipid film (tou-fu-pi, yuba). Soybean curd (tofu, tou-fu, tubu, tahoo, touhu, tau-foo, dou-fu, dau-fu). Soybean flour (tou-fen, kinako) (Wang 1983).

(2) Oriental fermented soybean foods (gives food name, local names, microorganisms used, substrate, nature of product): Soy sauce (local names: chiang-yu, shoyu, toyo, kanjang, ketjap, see-iu). Miso (chiang, doenjang, soybean paste). Hamanatto [fermented black soybeans] (tou-shih, tao-si, tao-tjo [sic]). Sufu (fu-ru, fu-ju, tou-fu-ju, bean cake, Chinese cheese). Tempeh (tempe kedelee). Natto.

(3) Tofu industry in the United States (No. of manufacturers and annual production in 1975, 1979, 1981, 1982, and 1983).

(4) Soybean solids and proteins in soybean soak water as affected by soaking conditions (temperature vs. time; Lowry protein / Lowry's protein). (5) Ratio of protein to oil content of tofu and soy milk as affected by protein content of soybeans (for different soybean varieties; the highest ratios come from the varieties Wase-Kogane, Vinton, Toyosuzu, and Coles).

Figures: (1) Flow diagram for the preparation of tofu. (2) Graph: In vitro digestibility of soybean milk as affected by the duration of boiling. Best digestibility is 12-14 minutes. (3) Four graphs: Relationship of concentration and type of coagulant to the yield of tofu. Coagulants are calcium sulfate, calcium chloride, magnesium sulfate, and magnesium chloride. The 4 graphs are: Gross weight of tofu. Moisture content. Total solids recovery. Nitrogen recovery. Calcium sulfate gives the highest values on all four graphs. (4) Four graphs: Relationship of concentration and type of coagulant to the texture characteristics of tofu. Same coagulants. The four graphs are: Hardness. Brittleness. Cohesiveness. Elasticity. (5) Flow diagram for tempeh fermentation. Address: NRRC, ARS, USDA, Peoria, Illinois 61604.

6538. Wernham, Les. 1984. Exports–Problems and opportunities [for Canadian soybeans]. In: Ontario Soya-Bean Growers' Marketing Board. ed. 1984. Ontario Soybean Symposium. Chatham, Ontario, Canada: OSGMB. 319 p. See p. 246-53.
• ***Summary:*** Soybean exports from Ontario have expanded dramatically during the past 10 years; in 1982 they reached a high of 132,000 tonnes worth $44 million. The East Asian market including Japan, Korea, Hong Kong, and Malaysia accounted for 81% of Ontario's export soybean sales in 1983, with an additional 8% going to Europe. The main buyers in 1982 were: Japan 47,414 tonnes, Netherlands 19,545 tonnes, Singapore 18,039 tonnes, Indonesia 16,652 tonnes, Hong Kong 15,234 tonnes.

Most of these soybeans are sold for human consumption. "For example, one of Sweden's foremost pharmaceutical manufacturers has in the past years been that country's largest single importer of Canadian soybeans. Taking about 3,000 tons annually, this company produced a patented intravenous nourishment called Intralipid." Tiny soybeans (5 mm diameter or less) are used to make bean sprouts and natto. For soybean exports, freight constitutes an average 21% of the net delivered cost to the buyer in his country. They are shipped in bagged or bulk (20 or 40 foot) containers. The main focus of breeding should be to develop varieties that do not carry a common bitterness or beany flavor. Address: Grain Manager, King Grain, Chatham, ONT, Canada.

6539. White Wave Inc. 1984. Order form and list of products. 1990 North 57th Court, Boulder, CO 80301. 1 p. March.
• ***Summary:*** Soyfoods include: Bulk tofu (hard or soft). Packaged tofu (hard or soft). Savory baked tofu. Soysage (1 lb. or ½ lb.). Tempeh burgers (bulk or packaged). Tempeh (soy, soy rice, or five grain). Polar bean (soy ice cream, 1 pint; carob mint, strawberry, chocolate, vanilla, and mocha).

The company also makes various nut and seed butters. Address: Boulder, Colorado. Phone: (303) 443-3470 or 3485.

6540. **Product Name:** [Tofu].
Foreign Name: Tofu (Proteina Vegetal de Soja) or Requeson de Soja.
Manufacturer's Name: Zuaitzo.
Manufacturer's Address: Calle Diputacion 5* Piso, Calle Correria 39 Bajo, 01001 Vitoria-Gasteiz, Spain. Phone: 945/28 86 30.
Date of Introduction: 1984. March.
Ingredients: Spanish-grown soybeans [habas de soja], water, and magnesium from the sea [magnesio marino].
New Product–Documentation: Dear clients. 1985. May 1. Letter from Zuaitzo to clients introducing tofu and seitan. Soya Bluebook. 1985. p. 83, 101. Letter from Javier Arocena on letterhead. 1986. Sept. 10. "I've been working in the last four years making tofu, seitan, and tempeh, in a craftsman way, in the north of Spain, in the Basque country." Label. 1984, undated. 4.75 by 2.5 inches. Self adhesive. Green, yellow, and black on white. Illustration of birds

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over a soybean field, decorations like vines climbing a tree. "Free of toxins, saturated fats, cholesterol, preservatives, and colorings. Loaded with all the essential amino acids, minerals, and vitamins." Label No. 2. 1987, undated. 3 by 4 inches. Self adhesive. Light green on white. "Tofu. Proteina Vegetal a Base de Soja." How to make tofu at home. 2 pages, with 8 photos. Leaflet. Tofu. A traditional food for the future. 3 panels with 3 recipes.

Letter from Javier Arocena. "I started to work with soy in 1982 on a family scale and in 1984 on an industrial level. I started to sell tofu and seitan in March 1984."

Letter from Javier Arocena. 1992. Dec. 14. In June 1988, his company moved to Plaza Santa Maria, 2–1.º Izda., 01001 Vitoria-Gasteiz.

6541. Hamlin, Suzanne. 1984. The tasty truth about tofu. *Daily News* (*New York*). April 4. Good Living section. p. 3.
• ***Summary:*** Contains 5 recipes from the New England Soy Dairy.

6542. Miller, Jim. 1984. Soy Deli cases in Raley's and Safeway. Fermented tofu must be refrigerated (Interview). *SoyaScan Notes*. April 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The first soy deli cases went into Raley's supers in Reno, Nevada, and Sacramento, California, on 16-17 May 1983. Raley's has now dropped the coolers, but integrated the soyfoods in with their other products in the natural foods section of the store. Safeway is keeping the coolers. A new area of interest is high-volume natural foods stores and co-ops. In March the Puget Consumers Co-op in Seattle, Washington, and the Arcata Co-op in Arcata, California, each took a cooler.

Quong Hop's fermented tofu now retails for $1.75 per pint (16 oz.).

Starting about a year ago, the California state Board of Health required Quong Hop to ship and sell all of its fermented tofu refrigerated. This ruling applies to any fermented tofu made in the USA because the manufacturing process does not conform to cannery standards which are designed to prevent botulism; under extreme conditions botulism spores grew out on furu. Yet imported fermented tofu is not under this regulation because, it is believed, that its overall medium of salt and alcohol acts to prevent botulism.

Miller estimates that 500,000 lb/year is imported. The imported product retails on average for $1.30/lb. Address: V.P. Marketing & Personnel, Quong Hop & Co., 161 Beacon St., South San Francisco, California 94080. Phone: 415-873-4444 or 761-2022.

6543. Simpson, Rita J. 1984. Re: 1982 statistics on production of soybean-based products in Tetra Brik packages. Letter to William Shurtleff at Soyfoods Center, April 18. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The products include plain and flavored soybean milk, plus tofu (million liters): Japan 51.0, Hong Kong 15.0, Malaysia 11.5, Korea 7.0, Thailand 4.0, Singapore 2.5.

"Our international office is aware of your need for the 1983 statistics and I will forward them when received." Address: Vice President, Information, Brik Pak Inc., P.O. Box 802605, Dallas, Texas 75380. Phone: 214 934-0338.

6544. Rubenstein (Howard J.) Associates, Inc. 1984. David Mintz: The prince of tofu (News release). New York. 2 p. April 24.
• ***Summary:*** "In 1972, while searching for a milk substitute for desserts, pastries, pies and sauces, David Mintz 'discovered' the soy bean product [tofu]." In September 1981 Tofu Time Inc. was founded and on 8 December 1983 it went public. Apparently Tofu Time's first news release. Address: New York.

6545. Lewis, Joseph. 1984. Soymilk and soyfoods in Canada (Interview). *SoyaScan Notes*. April 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Use of the word "soymilk" has been legalized in Canada, but users are not allowed to state that it is free of cholesterol or lactose. Joe will send details in a letter.

The key to getting permission from the Canadian government was to show that the word "soymilk" existed before 1922. Joe will send soymilk patents issued before 1922.

Dr. John Demann is one of the world's foremost authorities on soyfoods. He works closely with Victory Foods and was the keynote speaker at a recent soy symposium in London, Ontario.

In March 1984 there was a super soybean symposium in Canada; Joe will photocopy and send the proceedings.

The single best source of historical material on soy in Canada is the National Archives in Ottawa. It is all on computer going back to the 1920s. He thinks one could find 50 pounds of historical material.

Tofu Products International in Markham, Canada, makes very dirty [unsanitary] tofu; many cakes are also underweight. Its a bad company, is ruining the tofu industry in Canada, and seems to exist only for quick profits. Address:

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102 Hymus Rd., Scarborough, Ontario, Canada M1L 2C9. Phone: 416-752-0161.

6546. Richard-Jackson, Jerri. 1984. Re: Introducing Soyplant's new management. Letter to "Dear customer," April 27. 1 p. Typed, without signature on letterhead.
• ***Summary:*** "I'd like to take this opportunity to introduce our new management staff: Jerri Richards-Jackson–General manager. Darcy Clift-Coon–Office coordinator. Kim Spector–Accounts payable/receivable. Dan Ecclestone–Sales and marketing representative.

Note: The top two people are women. Address: The Soyplant, 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: (313) 663-8638.

6547. Rubenstein (Howard J.) Associates, Inc. 1984. Tofutti: The guilt-free 'ice cream' (News release). New York. 1 p. April 27.
• ***Summary:*** "Tofutti, the nondairy frozen dessert, is made with tofu and has no cholesterol, no milk, no butterfat and only 32 calories per ounce... Tofutti consists of pasteurized tofu dessert base (water, high fructose, corn sweeteners [sic], honey, soybean oil, tofu and isolated soy protein), assorted natural flavorings, and vegetable gums... It comes in six flavors." Address: New York.

6548. Rubenstein (Howard J.) Associates, Inc. 1984. Tofutti in bulk-pack available nationwide (News release). New York. 2 p. April 27.
• ***Summary:*** "Tofutti, the nondairy soy-based frozen dessert, is now available hard-frozen in 2½ gallon bulk pack containers to restaurants and food service establishments nationwide... The first five bulk pack flavors are Vanilla Almond Bark, Chocolate Supreme, Maple Walnut and Wildberry Supreme.

"Tofutti, which is made with tofu, is similar to ice cream but contains no cholesterol, no lactose and no butterfat. Its ingredients are water, high fructose, corn sweeteners [sic], honey, corn oil, tofu, isolated soy protein, assorted natural flavors and vegetable gums.

"Tofutti has been available in soft-serve form since 1981 through distributors in New York, Hawaii, California, Florida, Washington, D.C., Oregon, Washington, Idaho, Arizona, New Mexico, Texas, Nevada, Utah and Canada.

"Sold in a liquid mix, retailers then dispense it through a soft-serve frozen dessert machine in any one of six soft-serve flavors: Vanilla, Chocolate, Strawberry, Maple Walnut, Banana Pecan and Peanut Butter."

Then discusses the effects of cholesterol on heart disease, and lactose intolerance–which afflicts approximately 40 million Americans. Address: New York.

6549. **Product Name:** Bean Supreme Tofu [Bulk, or Vacuum Pack].
Manufacturer's Name: Bean Supreme Soyfoods.
Manufacturer's Address: P.O. Box 78-084, 1 Wallingford St., Grey Lynn, Auckland, New Zealand. Phone: 09-764-988.
Date of Introduction: 1984. April.
Ingredients: Whole soybeans, water, natural coagulant.
Wt/Vol., Packaging, Price: Bulk, or 250 gm vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 121, moisture 76.9 gm, protein 12.0 gm, carbohydrate 3.4 gm, fat 6.7 gm, ash 1 gm, sodium 3.3 mg, calcium 170 mg.
New Product–Documentation: Poster. 1986. Letter from Alan Tam. 1986. Nov. 18. Bean Supreme makes about 1,000 to 1,500 lb/week of tofu. Form filled out by Trevor Johnston, Marketing Director. 1989. April. The company started producing soyfoods in April 1984, and fresh bulk tofu was their first product. In Aug. 1984 they started vacuum pack tofu. They presently make 3,000 lb/month of the former and 7,000 lb/month of the latter. "Tofu is still growing, albeit slowly." The company is now Bean Supreme Ltd., Hugo Johnson Drive (P.O. Box 78-084), Penrose, Auckland, New Zealand. Phone: (09) 590 592. They are also involved with Bio Farm, Ro Quark, Spiral Foods, and Musashi. They also distribute other small manufacturers' products and import from Muso-Osaka.

Label for Bean Supreme Tofu, Firm Style. 1989. 6 by 7 inches. Purple and white on clear plastic bag. "High protein. Cholesterol and lactose free." Suggested uses: "Mash with seasoning to resemble cottage cheese. As a base for blended dressings or dips. Slice and marinate to fry or broil. Add to casseroles or savoury loaf, low calorie fruit whip, homemade ice cream or cheesecake. For recipe leaflet send stamped envelop to address below."

In about Feb. 1990 the company changed its name from "Bean Supreme" to "Down to Earth Natural Products Ltd." Bean Supreme will remain as a brand name for their existing and expanding range of traditional soy products.

6550. Cusumano, Camille. 1984. Tofu, tempeh, & other soy delights: Enjoying traditional Oriental soyfoods in American-style cuisine. Emmaus, Pennsylvania: Rodale Press. x + 261 p. Illust. Index. April. 23 x 20 cm.
• ***Summary:*** Each chapter on a specific food describes (with illustrations and nutritional information) how to prepare that food at home, followed by many recipes. Contents: 1. The coming age of soyfoods cuisine. 2. Tofu 3. Tempeh. 4. Soymilk. 5. Japanese soyfoods. 6. Whole dry soybeans. 7. Fresh green soybeans. 8. Soy sprouts. 9. Soy flour and soy grits. 10. Soy sauces. 11. The soyfoods pantry.

Scattered throughout the books are 1-page descriptions of various American soyfoods companies, each accompanied by a black-and-white photo. Photos show: Greg Weaver and two other workers at The Lotus Cafe, Rochester, New York (p. 83). Sharon Rose of Brightsong Light Foods, Petaluma,

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California (p. 142). Steve and Sara Yurman of The Soy Shop, Atlanta, Georgia (p. 169). A craftsman cutting tofu at Tomsun Foods, Greenfield, Massachusetts (p. 195). Toby Alves of Blair Island Natural Foods Restaurant, Eugene, Oregon. A worker making brown rice and tofu sandwiches at Wildwood Natural Foods, Fairfax, California (p. 235). The company is owned by Bill Bramblett, Paul Orbuch, and Frank Rosenmayer.

Note: As of Sept. 1989 some 25,688 copies of this book had been sold by Rodale Press. It was sold out and will not be reprinted. Address: Rodale Press, Emmaus, Pennsylvania.

6551. Leviton, Richard. 1984. Japanese soyfoods. In: Camille Cusumano. 1984. Tofu, Tempeh, & Other Soy Delights. Emmaus, Pennsylvania: Rodale Press. x + 261 p. See p. 144-49.
• ***Summary:*** Contents: Brief biography of Leviton and introduction. Deep-fried and grilled tofu treats: age, atsuage, ganmo, yaki-dofu, doufu-gan. Tofu haute cuisine (at 280-year-old Sasa-no-Yuki in Tokyo, dried-frozen tofu, wine-fermented tofu). Delights of soymilk and yuba (incl. Yuba Han). Natto, miso, and savory soy condiments (incl. Hamanatto or "savory fermented black soybeans," thua nao from Thailand, and natto miso). And still more: Cooked soybeans with wakame, "soy sprouts packed in a sausagelike clear tube, green soybeans in the pods, *kinako* powder (a flour made from dry roasted soybeans, used as a basis for confections or nut butters), freeze-dried instant miso soup powder, instant silken tofu powder (just add water and stir), and dry meat sauces for tofu." Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6552. Shurtleff, William; Aoyagi, Akiko. 1984. Soyfoods industry and market: Directory and databook 1984. 4th ed. Lafayette, California: Soyfoods Center. 203 p. April. 28 cm. [325 ref]
• ***Summary:*** Traditional soyfoods, which include tofu, tempeh, soymilk. miso, soy sprouts, soynuts and soy sauce accounted for $465 million in annual domestic retail sales. High-tech, modern soy protein foods, which include soy flour and grits, soy protein isolates and concentrates, extrusion textured soy flour and meat analogs, totaled $501 million. When the two sectors are tallied together, Americans spent $966 million in 1984 for soyfoods... not including soy oil or exported products. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6553. **Product Name:** [Tofu: Pressed Soya Protein].
Foreign Name: Tofu: Gepresstes Sojaeiweiss.
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1984. April.
Ingredients: Soybeans (from controlled cultivation), water, nigari as a coagulant (Bittersalz als Gerinnungsmittel).
How Stored: Refrigerated.
New Product–Documentation: Letters from Norbert Brunthaler of Sojvita. 1988. Jan. 4 and Feb. 2. Brochure, received 1989. Oct. 12. "Tofu aus der Sojarei." The company sells many fresh soy products, mostly made from tofu. Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 1.75 by 3.75 inches. For frying, baking, or grilling in soups, sauces or sandwiches. Made purely from plants (rein pflanzlich), of high quality. Without chemical preservatives, artificial colorings or flavorings. Logo is a green soybean plant against a white circular background.

In the company's Jan. 1989 catalog this product is called Tofu Natur, is made from organically grown soybeans (With Erntedank certification from Purity Foods, Okemos, Michigan), and sells retail in 250 gm, 500 gm, and 100 gm weights. It is also sold to food processors in 1 kg, 30 kg, 60 kg, 100 kg, and 200 kg weights.

6554. **Product Name:** [Marinated Tofu: Pressed soy protein in a seasoned marinade].
Foreign Name: Tofu Mariniert (gepresstes Sojaeiweiss in pikanter Marinade).
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1984. April.
Ingredients: Soybeans (from controlled cultivation), water, tamari (natural soy sauce), herbs, spices.
How Stored: Refrigerated.
New Product–Documentation: Brochure sent by Sojarei Ebner-Prosl. 1989. Oct. 12. "Fresh products." Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 1.75 by 3.75 inches. For frying, baking, or grilling in soups, sauces or sandwiches. Made purely from plants (rein pflanzlich), of high quality. Without chemical preservatives, artificial colorings or flavorings. Logo is a green soybean plant against a white circular background. The term "aus kontrolliertem Anbau" (from controlled cultivation) refers to a loosely defined type of organically grown crop.

In the company's Jan. 1989 catalog this product is called Tofu Mariniert, is precooked, and sells retail in 150 gm, or 1,000 gm, weights. Each piece weighs about 80 gm. It is also sold to food processors in 1 kg, 30 kg, 60 kg, 100 kg, and 200 kg weights.

6555. **Product Name:** [Tofu & Vegetable Patty].
Foreign Name: Soja-Getreide-Laibchen.
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1984. April.
Ingredients: Soybeans, millet, rolled oats (from controlled

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cultivation), whole wheat flour, vegetables, herbal salt, herbs, spices.
How Stored: Refrigerated.
New Product–Documentation: Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 1.75 by 3.75 inches. Made purely from plants (rein pflanzlich), of high quality. Without chemical preservatives, artificial colorings or flavorings. Logo is a green soybean plant against a white circular background. Note that ingredients are the same as for the Tofu Burger.

Talk with woman at Austrian consulate. 1989. Nov. 6. Laibchen is a uniquely Austrian term that means "patty." Most laibchen, called *Faschiertes Laibchen*, are made with ground beef, ground pork, fried onions and parsley, 1 egg, marjoram, thyme, salt and pepper. Add bread crumbs until firm, shape into a patty, score the top in a crisscross pattern with a knife, and pan-fry in oil on both sides. Potato laibchen are also quite popular.

Talk with Guenter Ebner of Sojarei Ebner-Prosl. 1990. May 28. These patties are made with tofu. At the time they were introduced "tofu" was not a legitimate term to use in ingredient listings.

6556. **Product Name:** [Herb Tofu: Spread with Herbs].
Foreign Name: Kraeuter-Tofu: Aufstrich mit Kraeutern.
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1984. April.
Ingredients: Tofu, Reform margarine, salt, spices, seasonal cooking herbs, yeast.
Wt/Vol., Packaging, Price: 125 gm.
How Stored: Refrigerated.
New Product–Documentation: Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 3.5 by 3 inches. Self adhesive. Logo is a green soybean plant against a white circular background. In the company's Jan. 1989 catalog this product is called Tofu-Kräuteraufstrich, is described as mild fresh spread for bread with fresh herbs, and sells retail in 125 gm, or 1,000 gm weights.

6557. Soyplant (The). 1984. Pickup distributor price list effective April 16, 1984 and subject to change. Ann Arbor, Michigan. 1 p. 28 cm.
• ***Summary:*** This typewritten sheet lists products made by the Soyplant and their prices: Tofu tubs in milk crates. Tofu tubs in cardboard cases. Spiced tofu tubs. Tempetaco tubs. Temperoni tubs. Tofu bulk. Spiced tofu bulk. Soymilk (plain or flavored). Tempeh (8 oz or 8 lb sheet). Soysage (8 oz, 1 lb). Tempeh burgers (3 per package). Tempeh burgers (bulk, 50 singles). Address: 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: (313)-663-8638.

6558. Soyplant (The). 1984. Produce co-op price list–Delivered. Effective April 30, 1984 and subject to change. Ann Arbor, Michigan. 1 p. 28 cm.
• ***Summary:*** This typewritten sheet lists products made by the Soyplant and their prices: Tofu bulk. Spiced tofu bulk. Soymilk (plain or flavored). Dofu Gan savory baked [tofu]. Soysage (8 oz). Tempeh (8 oz). Tempeh burgers (3 per package). TempeTaco. Temperoni. Address: 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: (313)-663-8638.

6559. *Presse* (*La*) (*Montreal, QUE, Canada*). 1984. Le soya, la protéine de l'avenir pour les gens d'ici [The soybean, protein source of the future for people here?]. May 2. [Fre]
• ***Summary:*** Canada is now a major exporter of soybeans to East Asia. Some return in the form of soymilk and tofu.

6560. Maglaty, Jeanne. 1984. Behind the scenes: A hectic day in model's life. *Hartford Courant* (*Connecticut*). May 4. p. C1.
• ***Summary:*** New York–This is about fashion model Connie Cook, who is always on the go. Starting at 9:20 in the morning, her day ended at 11:30 p.m. with a fitting session at Arnold Scaasi's studio on Fifth Avenue.

"'Once I get there he doesn't let me stop for food,' Cook said over a Japanese dinner of grilled bean curd, sushi and two Kirin beers, before the Scaasi appointment."

6561. Mjeda, Luka. 1984. Soyfoods and vegetarianism in Yugoslavia (Interview). *SoyaScan Notes.* May 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Luka, who is a vegetarian, has arranged for a translation of *The Book of Tofu* by Shurtleff and Aoyagi into Yugoslavian. There is a good book on vegetarian cooking in Yugoslavia written by Ljubo Grubor of Zagreb. About the only soy products available in Yugoslavian food stores are whole soybeans. There are about 120 natural food stores in the country, mostly in the western part. They sell herbs, cheeses, milk, and honey. He has never heard of TVP, or of the use of soy flour in bread. Yugoslavia is the most liberal and capitalistic country in Eastern Europe. There is a lot of self-management. In 1951 the first factory was given to the workers and in 1953 all factories were given to the workers. Address: Photographer-Journalist, Skokov Prilaz 2, 41020 Zagreb, Yugoslavia. Phone: 041/672-393.

6562. Bard, B. 1984. Tofu 'miracle' feeds the dessert-hungry. *New York Post.* May 7.
• ***Summary:*** Tofutti is now sold in 200 health food stores and gourmet shops in the metro area, including Bloomingdale's "Forty Carrots," Macy's "Yogurt Bar," Gimbel's "Great American Health Bar," and Zabar's. Sales have grown from $23,000 the first year to $329,000 last year. Address: New York.

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6563. Brown, Paul B. 1984. Mixing *fleishig* and Tofutti. *Forbes* 133:82. May 7.
• ***Summary:*** The story of Tofutti and David Mintz. His contract dairy in Long Valley, New Jersey, fills 2,000 one-gallon containers an hour, five days a week. Mintz says it took him ten years to perfect Tofutti. He watched thousands of batches go down the drain. "I am personally responsible for clogging up the sewers of New York." He formed Tofu Time Inc. in August 1981. It went public in December 1983 at 5 3/4 a share and recently traded at 12 5/8. Mintz owns 61% of the 1,714,700 outstanding shares.

"Tofu has no particular taste of its own and, in Asian dishes, its gelatin-like texture offends many Westerners." Yet the market for tofu in America is growing rapidly. "Consultants for Frost & Sullivan project that the market for tofu in the U.S., $55 million in 1981, will reach $98 million by 1987. But others a re aware of the fast-growing popularity of tofu too. Del Monte, a subsidiary of R.J. Reynolds, Beatrice Foods, Dannon, and Kraft are all reportedly looking at the market." Mintz is not concerned.

A photo shows Tofu Time chairman David Mintz with a Tofutti ice cream cone. The caption: "Is America ready for tofu-based dessert?"

6564. Morris, Linda Lowe. 1984. Popularity of soyfoods keeps cookbook authors busy. *Journal-Gazette* (*Ft. Wayne, Indiana*). May 9. [3 ref]
• ***Summary:*** About Shurtleff & Aoyagi (authors of *The Book of Tofu, The Book of Miso*), Jana Crutchfield (*Tofu–Not Just for the Health of It*), and Juel Anderson (*Tempeh Primer*). Address: Baltimore Sun.

6565. Oda, Lorraine. 1984. Re: Soyfoods in Hawaii. Letter to William Shurtleff at Soyfoods Center, May 22. 1 p. Typed, with signature on letterhead.
Address: Editorial Asst., The Hawaii Herald, 917 Kokea St., Honolulu, Hawaii 96817. Phone: 845-2255.

6566. Annual sales figures and number of employees for America's larger soyfoods companies: Dun & Bradstreet database search. 1984. 3 p. May 23. Unpublished manuscript.
• ***Summary:*** Yamauchi Enterprises, Los Angeles, California: $4,500,000 (60 employees). Cedarlane Foods, Los Angeles, CA: $1,000,000 (11 employees). Kanai Tofu Co., Hawaii: $700,000 (20 employees). American Pride, Iowa (Earl Kaplan): $500,000 (2 employees). Tofu Time Inc., Brooklyn, New York: $329,000 (11 employees; makes Tofutti). Northern Soy, Rochester, New York: $350,000 (11 employees). Island Spring, Vashon, Washington: $323,000 (15 employees). Ohio Tofu Co., Cleveland, OH (Brooks Jones): $250,000 (11 employees). Ota Tofu Co., Portland, Oregon: $171,000 (5 employees). Mu Tofu, Chicago, Illinois: $170,000 (8 employees). Yah Kee, Boston, Massachusetts: $100,000 (3 employees). Cricklewood Soyfoods, Mertztown, Pennsylvania: $20,000 (2 employees). Nomura Tofu Co., Chicago, Illinois: Not available (5 employees).

6567. *Wall Street Journal.* 1984. "Health-food" stores aren't just for wheat germ and tofu anymore. May 24. p. 1, col. 5.
• ***Summary:*** "Nowadays they're also for pizza, potato chips, candy and many other items that suspiciously resemble those in ordinary supermarkets."

6568. Singh, Minu. 1984. Kinema and other soyfoods in Nepal (Interview). Conducted by William Shurtleff of Soyfoods Center, May 25. 2 p. transcript.
• ***Summary:*** The name of this fermented soyfood is kinema or kinima (not kenima); it is usually pronounced kee-NAY-muh. The food is most widely consumed in Darjeeling which is now in West Bengal, India (but was formerly part of Nepal) and in southern Nepal. Typical Nepalis who speak Hindi do not know this food, nor is it known in Kathmandu. It is used mostly by non-Brahmins and it has a very strong flavor and smell; she did not like it. She knows how to make kinema because a friend used to make it at her home. Boil soybeans for about 2 hours (in Nepal mostly black soybeans, and in Darjeeling some yellow soybeans are used). Pour the cooked soybeans into banana leaves, cover very tightly, put into a paper bag, then put in a warm place for 5 days. No inoculant was used and at the end of the 5 days she recalls that it "smelled terrible." Wash the kinema then cook it with tomatoes, ginger and garlic. After cooking it did not smell so bad.

Note: This is the earliest document seen (Oct. 2010) that uses the word "kinima" to refer to kinema, a fermented soyfood from Nepal and a close relative of Nepalese kinema and Japanese natto.

In Nepal, green vegetable soybeans are called *hariyo bhatmas* (*hariyo* means "green" and *bhatmas* is the Nepali word for soybean). They are consumed all over Nepal, boiled in the pods, then the green beans are removed and eaten as is with a little salt as a snack; sometimes they are seasoned with black pepper or hot chili, and sometimes they are used in a curry with potatoes. Whole dry soybeans are soaked overnight then cooked with potatoes.

She worked with the Peace Corps for 9 years as a language coordinator. In about 1980 she worked on a project with the Peace Corps making roasted soy flour at a Nepal maternity home. They called it Poshilo Bito ("Nutrition Flour"). They would mix dry soybeans with some corn, barley and wheat. Roast the mixture, grind it, put it in packets, and distribute it free of charge to the poor and to hospitals. She also taught these people how to make it. To prepare: Mix the flour with boiling milk or water. Address: 2708 Virginia St., Berkeley, California 94709. Phone: 415-848-1481.

6569. Torii, Yasuko. 1984. New developments with tempeh

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in Japan (Interview). Conducted by William Shurtleff of Soyfoods Center, May 25. 4 p. transcript.
• ***Summary:*** This interview, conducted during a visit by Mrs. Torii to Soyfoods Center in Lafayette, California, discusses: Marukin Shokuhin Kogyo in Kumamoto city, Japan, Mr. Goro Kanasugi, the recent start of production of tempeh starter in Japan, tempeh made by Takashin / Takato, René Breuls, sales outlets for tempeh in Japan, Marusan-Ai in Okazaki, update on Torigoe, soybeans in Indonesia, symposium at Tsukuba (Japan) on tempeh and natto, Japan Tempeh Research Society (*Tenpe Kenkyukai*, Korin Shuppan KK, Iriya 1-27-4, Taito-ku, Tokyo), Okinawa fermented tofu (*tofuyo*), Yamagata no Shojin Bushi (dried tofu that is shaved like katsuobushi). Address: Kamitsuchidana 324, Ayase-shi, Kanagawa-ken 252, Japan. Phone: 0467-76-0811.

6570. Hamlin, Suzanne. 1984. Tofu is a food for the health-minded. *Hartford Courant* (*Connecticut*). May 27. p. P15, or Q15.
• ***Summary:*** A charming, humorous, perceptive article. "In China not knowing tofu would be comparable to not knowing Chinese." The delicate white curd is pressed into cakes which look like big bars of Ivory soap. In American it is also called bean curd; the Chinese name is dow foo. "Tofu is about as healthy as you can get without signing up for an aerobics course." The definitive book on the tofu (pronounced TOE-foo) is *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi. It is "earnest, elaborate and scholarly. The Shurtleffs, who are Californians, are the gurus of tofu."

6571. **Product Name:** [Smoked Tofu].
Foreign Name: Tofu–Geraeuchert.
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1984. May.
Ingredients: Tofu, soy sauce, sea salt.
Wt/Vol., Packaging, Price: 250 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Albert Hess. 1988. Jan. 25. Production began June 1983. He makes 1,000 kg/month of the smoked tofu. Leaflet. 1988. "Tofu is marinated for about 8 hours in soy sauce ("Shoyusauce") and then cold smoked for 12 hours. For smoking, we use only natural beech wood and herbs." Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in May 1984. Label. 1988, received. 2.5 by 3.5 inches. Self adhesive. Black on green.

Label brought by Albert Hess of Albert's Tofuhaus. 1995. March 11. 2.5 by 4 inches. White and black on green. An illustration shows a large personified cake of tofu, with smiling face and arms held out.

6572. Farah, Adelaide P. 1984. Tofu: The good-for-everything food. *Health* 16:48-50, 52, 54. May.
• ***Summary:*** Contains several beautiful color photos plus 8 tofu recipes: Marinated orange tofu salad. Five-minute miso soup with tofu. Steamed watercress with tofu and ginger. Tofu mayonnaise. Blue cheese dressing. Light vinegar-oil dressing. Tofu green goddess dressing. Buttermilk dip.

6573. Frost & Sullivan Inc. 1984. Imitation and substitute foods. 106 Fulton St., New York, NY 10038. 291 p. $1,400. *
• ***Summary:*** Review in Chain Marketing & Management Newsletter: "Another item expected to grow substantially in the coming years is tofu–soybean curd. Until recently tofu was sold only in health food stores but now it has appeared in supermarket chains. In the last two years it has been used to formulate an ice cream substitute which has attracted the attention of several major food processors. Its health benefits and ease of cooking, along with its low cost should help tofu sales grow from $50 million at retail in 1982 to about $200 million by 1988. The report speculates that the growth of tofu in the coming years will be comparable to the growth yogurt experienced a number of years ago." Address: New York. Phone: 212-233-1080.

6574. Hu, Dezi. 1984. The production and development of soybean protein foodstuffs in China. In: S. Wong, et al., eds. 1984. Proceedings of the Second U.S.-China Soybean Symposium. Washington, DC: USDA OICD. xix + 464 p. See p. 422-26.
• ***Summary:*** Contents: Traditional soybean foods. Modern soybean protein food. Meat extenders and analogs. Discussion. Figure 1 shows that traditional soybean foods include tough bean curd (which can made into fermented bean curd (fu-ru), sauce bean curd, fried bean curd, or vegetable chicken), tender bean curd (to-fu), or bean curd sheet (fu-zu [yuba]). Address: Dalian Oil Industry General Factory, Liaoning.

6575. Klaper, Michael Cardinal. 1984. A letter to Sesame Street. *Vegedine Quarterly* 1(1):1, 3. Spring.
• ***Summary:*** "An expanded version of the following letter was sent recently to Jim Henson, creator of the Muppets at the Children's Television Workshop:

"Dear Sesame Street family–As a physician practicing preventive health care, it has become evident to me that many people, and especially children, could do much to improve their present health and their future prospect for a long and illness-free life, by changing their dietary habits. Since Sesame Street has achieved such marvelous success in facilitation of learning basic skills in a medium filled with humor, gentleness, and love, it would indeed be a wondrous accomplishment to also help young people to learn principles of food selection based on caring for themselves and others,

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rather than merely on taste gratification and advertising pressures.

"Introduction of foods, such as tofu and tahini, that can serve as healthful and humane alternatives to animal foods, could probably be more effectively done by Big Bird or Bert or Ernie than by any dietitian (or doctor). Since many of your characters are animals themselves, sparing the lives of other animals would be a cause for rejoicing. The health advantages of a vegetarian diet, including reduced risk of vascular disease and cancer, are well documented, but I would be more than happy to assist you and/or advise your staff on any scientific or medical matters related to this project." Address: M.D., Umatilla, Florida.

6576. Ma, Zhongdeng; Wang, X.; Lin, Z.; Liu, H. 1984. Study on the quality of soybeans in different areas of China. In: S. Wong, et al., eds. 1984. Proceedings of the Second U.S.-China Soybean Symposium. Washington, DC: USDA OICD. xix + 464 p. See p. 401-13. [2 ref]
• ***Summary:*** Contents: Introduction. Selection of samples. Analytical methods: Density and weight of one thousand seeds, determination of chemical composition, isolation and identification of protein fractions, determination of bean curd yield. Results. Discussion. Address: 1-2. Xian Oils and Fats Science Research Inst., Ministry of Commerce; 3-4. Academia Sinica.

6577. Obis, Paul. 1984. Getting physical: Hollywood hopeful leaves the high life behind. *Vegetarian Times.* May. p. 31-34.
• ***Summary:*** A cover story about Marcelyn Anne [Spice] Williams, age 31, who is a vegan. Contains a good life history. At age 19, the victim of a car accident, she began taking analgesics (pain relievers) to ease her physical pain. At the time she was working in a hospital and drugs were easy to get. Later, when her career as a singer took off, she found herself on the road, where recreational drugs became part of the scene. With her twin sister, Jackie, she performed in the popular group "Sugar and Spice." It was life in the fast lane, fueled by fast food, hard drugs, and alcohol. She almost died three times, and several friends of her *did* die. One day, to try to relieve her chronic headaches and back pain, she went to see Dr. Armand Gilbo, a practicing chiropractor and kinesiologist. After 14 visits, the chronic pains were gone. Then he recommended a detoxification program for her, called the Sonnes' program. It was a 7-day fast with herbs and a colonic (a sort of enema). She tried it and felt great afterwards. She began to notice bodily improvements. Her hair became fuller and her eyes and skin noticeably clearer. She had more energy and felt better. The switch to a vegetarian diet soon followed. Then she decided to end her career as a singer on the road. She decided to pursue a career in acting and moved to Los Angeles, California. To support herself, she worked as a song writer for 20th Century Records. Meanwhile, she continued to work out at a gym near her home. Soon she became a wrestler and was given a role (doing her own stunts) in *The Devlin Connection,* with Rock Hudson. Now she also has a sideline career as a nutrition and exercise counselor. She believes in food combining and likes tofu for dinner.

6578. *Prevention* (*Emmaus, Pennsylvania*). 1984. The top 25 superfoods. May.
• ***Summary:*** "Healthy foods" include amaranth, soybean products (like tofu and miso), and yogurt.

6579. Schmidt, R.H.; Morris, H.A. 1984. Gelation properties of milk proteins, soy proteins, and blended protein systems. *Food Technology* 38(5):85-88, 90, 92-94, 96. May. [91 ref]
• ***Summary:*** Special attention is given to the chemistry of soy proteins and gelation reactions involving them for the production of tofu, sufu, cheese analogs, and yogurt-type products. Address: 1. Dep. of Food Science & Human Nutrition, Univ. of Florida, Gainesville, FL 32611; 2. Dep. of Food Science & Nutrition, Univ. of Minnesota, St. Paul, MN 55108.

6580. Soyfoods Center. 1984. Tempeh production in the USA (color slide show). P.O. Box 234, Lafayette, CA 94549. 77 slides. Narration with each set.
• ***Summary:*** Slide show (#5). A. The Soyfoods Center presents... B. Basic types of tempeh shops. C. Temperate climate dry dehull tempeh method. D. Temperate climate wet dehull tempeh method.

1. This sequence shows The Tempeh Works in Greenfield, Massachusetts, April 1980. The soybeans are dry dehulled without preheating or pre-grading. 2. Overview of the shop interior. 3. Ditto, with soaking vats in use. 4. Cooking soybeans in a steam-jacketed cooker. 5. Skimming off the hulls. 6. Running soybeans from cooker into sack in centrifuge. 7. Beans in sack in centrifuge. 8. Preparing to centrifuge beans. 9. Transferring centrifuges soybeans into inoculation container. 10. Inoculating the soybeans.

11. Mixing in inoculum by hand. 12. Scooping inoculated beans into pre-perforated polyethylene bags. 13. Weighing bags. 14. Another view of filling area. 15. Heat-sealing the bags. 16. Compacting beans and flattening bags. 17. Transferring bags on rolling rack into incubation room. 18. Bags on racks in incubation room. 19. Pressure steaming tempeh in bags; tempeh is distributed refrigerated, not frozen. 20. Wall mounted sanitation unit.

21. Making tempeh at Island Spring in Vashon, Washington state. The weighed soybeans are transferred into a used (inoperative) steam jacketed kettle used as a wash and rinse tank. 22. After washing and rinsing (but without soaking), the beans are dehulled in a tofu shop stone mill. 23. Then cooked and skim-dehulled in a steam jacketed kettle. 24. After being drained in the screen-bottom kettle, they are dewatered in a centrifuge. 25. Then put in a mixer

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with inoculum and mixed well. 26. The inoculated beans are placed 8 ounces at a time in polyethylene tofu tubs, packed by hand with a tamp.

27. Then placed on trays in a rolling rack in the tubs. 28. The mouth of each tub is covered with plastic film using a tofu packaging machine, perforated with an attachment on the machine. 29. As shown here. 30. The tubs filled with inoculated beans are placed on trays in a rolling rack and rolled into an 8-foot-cube incubation room. 31. After incubation the perforated top of each tub is covered with a label to close the perforations. 32. The finished tempeh and its package look like this.

33. Now we will visit Surata Soyfoods in Eugene, Oregon. The tempeh maker is Benjamin Hills. The soy beans are precooked in a large pot over a gas burner. 34. Then dehulled in a tofu shop stone mill. 35. After a second cooking they are drained in the pressing sack of a tofu hydraulic press, then pressed to dewater them. 36. Inoculated with starter. 37. Mixed well by hand. 38. Scooped in 8-ounce quantities into perforated Ziploc-type bags. 39. Which are placed on bread racks. 40. And incubated in a large incubation room. 40A. Examining the finished tempeh. 40B. Freezing the tempeh for long distance distribution.

41. Tempeh Enterprises in Toronto, Ontario, Canada. The soaked beans are dehulled in a meat grinder with a special extruder blade attachment. 42. The cooker, specially designed, places the cooking pot on the stove then carries it later to the draining sink. 43. The hulls are skimmed off during cooking. 44. Ziploc-type bags are perforated using a sharpened screwdriver and a special grid set over an opened drawer.

45. The beans are weighed into perforated bags in 16-ounce quantities. 46. Tamped firm. 47. And placed overhead on racks in an incubation room. 48. Each cake is cut into fourths. 49. For freezing, the cakes are placed between perforated racks to ensure air circulation. 50. These Coleman refrigerators, used to distributed refrigerated or frozen tempeh, plug into the cigarette lighter of a car.

51. At Northern Soy in Rochester, New York, the tempeh is frozen on these racks. 52. Finished tempeh made in a metal tray, from The Tempeh Works. 53. Tray tempeh being cut. 54. Freezing this tempeh. 55. A low-technology dry dehuller developed at the University of Illinois. 56. Another view. 57. Gale Randall's home tempeh incubator in Nebraska. 58. Bag tempeh. 59. Tray tempeh.

60. Making tempeh starter at Island Spring. A positive pressure hood with the hood down. 61. Inoculating rice (already pressure cooked in a Mason jar) under the hood. 62. Overview of positive pressure hood. 63. Pulverizing the starter in a blender. 64. Drawings of Rhizopus oligosporus by the Japanese scientist, Kendo SAITO, who named it in 1905. 65. The Rhizopus mycelium. 66. The Rhizopus sporangia. 67. Rhizopus after sporulation.

68. Living tempeh starter, made by GEM Cultures on nutrient agar in a petri dish. 69. Method for doing a viable spore count on tempeh starter (or transferring a pure culture). Pipetting a spore suspension or dilution into petri dish. 70. Adding nutrient agar. 71. Shaking all together. Address: Lafayette, California.

6581. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1984. May.
Ingredients: Water, soybeans, calcium sulfate.
Wt/Vol., Packaging, Price: 250 gm vacuum packed in a colorful box (12 packs per 3 kg case), or 2,500 gm, vacuum packed.
How Stored: Refrigerated, 42 day shelf life at 8ºC.
Nutrition: Protein 12.1%, water 78.0%, fat 3.6%, pH 5.9, ash 0.6%, carbohydrate 0.7%, energy 83.4 calories/100 gm.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. They make about 3,500 kg/week of tofu. Form filled out by Hermann Berief, owner. 1988. Jan. Lists 4 products. TKW color catalog. 1988. April. Note that they make a large weight, 5.5 lb/cake. The 250 gm box Label is shown. It is green, red, black, white, and yellow.

This 17-page catalog is one of the best seen to date for tofu products, and is unquestionably the most innovative in introducing tofu to foodservice organizations. On the color cover is a chef standing on a tofu rocket named "flat trajectory" but headed sharply upward. The cover text reads: "Neutral in taste. Low in Calories. Easily digested. Made purely from plants. Independent / self-reliant in taste. The delicious variety in a new food trend. You already know more about tofu."

Each product is given a full page, on which there is a color photo of the product, and the following information presented systematically: Product name, shelf life at a selected temperature, product weight, units per case, case weight, ingredients, product description and suggested uses, description of packaging, and nutritional analysis. Tofu companies, take note!

Label sent by TKW. 1988. Oct. 31. Introduction date given as May 1984. They must have bought this tofu from another company, then started to make their own in Oct. 1985. It is a stiff paper box. 4 by 4 by 2 inches deep. Green, yellow, red, and black with color photos on front (of cut tofu) and back (or 6 prepared recipes). Vacuum packed. Contains 4 recipes printed on sides.

Recipe booklet "Eine neue Esskultur." 1988, received. 6 panels. Green on yellow. Contains 8 recipes.

Letter from Anthony Marrese. 1990. March 22. Christian Nagel says they make calcium sulfate tofu and may be in trouble due to lower than expected sales.

Note: This is the earliest record seen (April 2001)

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concerning TKW of West Germany.

6582. Toumbi, Bienvenu; Gomes, Joaquim Vincente. 1984. Etat de la question de l'implantation, du développement et de l'amélioration de la culture du soja en Afrique noire [State of the question of implantation, development, and improvement of soybean cultivation in black Africa]. Paris: Club de Dakar. 101 p. [148 ref. Fre]

• ***Summary:*** Contents: Acknowledgments. Outline of the report. Introduction: The world's major soybean producers 1979-1984 with production, area and yields (USA, Brazil, China, Argentina, Mexico), major soybean producers in Europe (USSR, Romania, Yugoslavia, Bulgaria). Part I: The implantation of soybean cultivation in black Africa. Zones of production: Nigeria, Zimbabwe. Zones of experimentation: Senegal, Cameroon (since 1924), Madagascar, Cote d'Ivoire (since 1974), Togo (since 1969), Benin (since 1969), Ghana (from 1909), Rwanda (from 1930), Upper Volta, Mali (from 1977), Gabon, Other (Guinea-Bissau, Central African Republic, Congo, Guinea, Ethiopia).

Part II: Development and improvement of soybean culture. Improvement–Contribution of the research centers and institutes (IRAT, IRHO, GERDAT): Localization of the regions adapted to soybean cultivation, varietal selection and inoculation. Development: Popularization of cultivation, products derived from soya, mechanization of cultivation (planting, harvest).

Part III: Socioeconomic aspects of the future of soy projects in Africa. The problems of supply: The peasants, the public powers. The markets for soya: For grain, for cake and meal, for oil, the world market for soy proteins (flours, soy concentrates, soy isolates, textured soy protein products), African markets for soya. Conclusion.

Appendixes. I. General information about soya: Cultivation, requirements of the plant (climate, water, soil, photoperiod), good for use in crop rotations. II. Techniques of inoculation. III. Products derived from soya. IV. Consumption of soya in traditional products: In Africa (Sumbala, faros or to de Soja, tofu, soy bread, soy as a condiment, roasted soya used as coffee in Madagascar), in Asia. V. Initials and abbreviations. Bibliography (extensive but incomplete references; country by country as follows): General (52 references). Africa (general; 3). Cameroun (24). Central Africa (1). Cote d'Ivoire (16). Gabon (3). Upper Volta [Burkina Faso] (4). Ethiopia (2). Madagascar (13). Mali (4). Senegal (20). Togo (6).

A map of Africa (p. 15) shows 4 types of nations: (1) Those now producing soybeans (mainly English-speaking countries such as Egypt, Nigeria, Zaire, Uganda, Burundi, Tanzania, Zambia, Zimbabwe, and South Africa); (2) Those now producing and experimenting with soybeans (Senegal, Guinea-Bissau, Cote d'Ivoire, Upper Volta, Cameroon, Gabon, Rwanda, etc.); (3) Those only experimenting with soybean cultivation (Mali, Guinea, Ghana, Togo, Benin, Ethiopia, Central Africa Republic, and Madagascar); and (4) Those apparently not either producing or experimenting with soybeans (Morocco, Algeria, Tunisia, Libya, Mauritania, Sierra Leone, Niger, Chad, Sudan, Djibouti, Somalia, Kenya, Malawi, Mozambique, Angola, Namibia, Botswana). Address: Université Paris X., Nanterre, France.

6583. **Product Name:** Tofu.
Manufacturer's Name: Traditional Foods Cooperative.
Manufacturer's Address: Route 1, Gays Mills, WI 54631.
Date of Introduction: 1984. May.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Refrigerated.
New Product–Documentation: Talk with Liz Coleman of Traditional Foods. 1991. Nov. 25. This company was started as a home business by Bob Mandel and Cindy Wiar. Bob Ribbens has been with the cooperative since it started. They used to make tempeh, but it was not profitable. The company is now located in a bakery at P.O. Box 92 (Corner of Grove and North Railroad Streets), Gays Mills, WI 54631. Phone: 608-735-4711.

Talk with Mary Ruth of Traditional Foods. 1991. Nov. 25. The people who started the business named Traditional Foods, Bob and Cindy, started making and selling tempeh and tofu out of their home (located just outside of Gays Mills) in about 1984. They only sold the foods through their local co-op, The Kickapoo Exchange, in the little rural town of Gays Mills. In April 1989 Traditional Foods was formally incorporated into a cooperative (a legal form of corporation in Wisconsin) with the same name. Bob and Cindy put up a sign at the local co-op (where Cindy was manager) inviting interested people to a meeting; a group of co-op members formed and began to have meetings. Then, in Sept. 1989, the group found and bought a local commercial bakery named Wheat Heart Bakery, and moved the business out of Bob and Cindy's home into the bakery. Before this time, tempeh and tofu had been discontinued.

Talk with Cindy Wiar. 1991. Nov. 25 and 28, then 1992. Jan. 12. She and Bob started in about April 1984 making tofu at their home located on Route 1 outside of Gays Mills. They didn't have a phone, and they had no business name until the fall of 1986, when they started making tempeh and seitan. At that time they started calling their business "Traditional Foods" but it was not official or incorporated. They learned how to make the tofu from books by Shurtleff and Aoyagi. They made the tofu by hand, grinding the beans in a Corona hand mill and cooking on the kitchen stove. They sold the tofu in bulk (in a 5-gallon plastic pail without a label) to two retail stores: Oriental Market in La Crosse, Wisconsin, and to their local co-op, the Kickapoo Exchange in Gays Mills. They made about 150 cakes a week. They phased out tofu in the summer of 1989, after the new cooperative had been formed, because of their very low profit margins and time pressures to make the more profitable seitan and miso–which

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were being sold to warehouses and larger places. They intended to continue the tofu and tempeh later, but it has not yet happened.

Cindy is no longer associated with Traditional Foods; Bob works there 1 day a week making koji. After Bob passes on his knowledge of making koji, he plans to leave too. He now works the rest of the time on other people's farms. It was their dream to form a cooperative making these foods, but it didn't work out. The quality of the foods declined and the other members of the cooperative often just wanted a job, rather wanting to be owners of the business. There were endless problems and meetings. Cindy and Bob were put in a position of being the bosses, which they didn't want to be. By the summer of 1991 they realized they wanted to get out–but it still hurts.

Talk with Bob Mandel. 1992. Jan. 11. In Dec. 1988 there was meeting called to establish a co-op. In April 1989 they incorporated as a co-operative. In Aug. 1989 they purchased a commercial bakery.

6584. U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, Retail Food Protection Branch. 1984. Definitions–Soy protein products considered to be potentially hazardous foods (Leaflet). In: Retail Food Protection: Program Information Manual. Washington, DC. Part 6–Inspection. Chap. 01–Code Interpretations. Number 1-102(q). 23 May 1984. [11 ref]
• ***Summary:*** "Question: Are tofu and other moist soy protein products considered to be 'potentially hazardous foods.' Discussion... In a recent survey of 60 tofu samples collected from retail stores, some samples had total counts of 10 million Colony Forming Units per gram (CFU/g) and psychrotrophic (cold-stimulated microorganism) counts of 10,000 CFU/g. Some samples also had coliform counts greater than 1000 CFU/g. Staphylococci were also isolated from tofu, but were not of the type commonly associated with foodborne illness (coagulase positive). Tofu has been implicated as the vehicle in one known outbreak of foodborne illness. In that instance, the pathogen was *Yersinia enterocolitica* which is known to grow even at refrigeration temperatures. Other studies clearly establish that moist soy protein products can support the rapid and progressive growth of *Clostridium perfrigens* and *Staphylococcus aureus.*"

Note: The applicable codes or sections to which the above interpretation applies are Section 1-102(q) of the 1982 Food Store Code (FST), and of the 1978 Food Vending Code (FVD) and of the 1976 Food Service Sanitation Code (FSV). Address: 200 C Street S.W., HFF-342, Washington, DC 20204. Phone: 202-485-0140.

6585. Worthington Foods, Inc. 1984. Natural wonders. Discover Natural Touch for something new in natural foods. Taste! (Ad). *Whole Foods.* May? Also in Natural Foods Merchandiser. 1985. May.
• ***Summary:*** This full-page color ad shows packages of Dinner Entrée, Natural Touch Tofu Garden Patties, Okara Patties, and Harvest Bake Lentil Rice Loaf. "Introducing Natural Touch entrées. An all new family of all-natural foods with wonderfully great taste." Address: Worthington, Ohio 43085.

6586. Worthington Foods, Inc. 1984. Worthington Foods has announced the launching of Natural Touch, an all new, all natural product line with "The taste nobody can touch" (News release). Worthington, Ohio. 2 p. May.
• ***Summary:*** Announces launch of Tofu Garden Patties and Okara Patties at Natural Foods Expo in Anaheim, California, in March. Address: Worthington, Ohio.

6587. Condé Nast. 1984. Tutti-frutti or tofu? The Condé Nast Package (Ad). *New York Times.* June 7. p. D21.
• ***Summary:*** Condé Nast is a worldwide magazine publishing company. This ad invites advertisements in fashion and lifestyle magazines (such as *Vogue, Glamour, Mademoiselle, Self*) published by Condé Nast. The ad reads:

"Although you may think of it as a side dish to a Japanese meal, tofu is becoming one of the hottest frozen desserts. Blended with fresh fruit juices, honey, and enriched with soy protein, tofu could give frozen yogurt some healthy competition. Especially since it is free of cholesterol and lactose, has no preservatives, and amounts to 32 calories per ounce.

"Who has a taste for frozen yogurt? The 26 million women whose food tastes are the most adventurous and experimental. The women of the Condé Nast Package."

6588. Gillingham, Karen. 1984. Tofu: Americanization of a soy food. *Los Angeles Times.* June 7. Food section (Part VIII). p. 1, 21, 22, 24. Thursday.
• ***Summary:*** A nice photo shows the inside of the Hinode plant, which turns out 130,000 lb/week of tofu using 180 bushels/day of soybeans in the state-of-the-art plant. Hinode was started here 35 years ago by Shoan Yamauchi and his wife, Shizuko. It merged earlier this year with a large Japanese-based food company. About 2 years ago pasteurization was introduced.

6589. Hansen, Barbara. 1984. Tofu. *Los Angeles Times.* June 7. Food section (Part VIII). p. 1, 9, 12, 14. Thursday.
• ***Summary:*** Don Bushman, American Soybean Assoc. director in Singapore, notes that the Asian soybean market is growing rapidly. "Indonesians consume about 1 million tons of soybeans annually, 60% to 65% of them in the form of tofu, and 35% to 40% as *tempe.* The fifth-largest nation in the world in terms of population, Indonesia imports 400,000 tons of soybeans a year, about 90% of them from the United States. Some 25,000 to 30,000 tons of soybeans

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are used annually for food in Malaysia, and 15,000 to 20,000 tons are imported to Singapore for food use, Bushman said. In Singapore and Malaysia, most of the tofu is made with Canadian beans, he added, explaining that Canada is able to deliver the beans at a lower cost. Thailand produces all of its food beans domestically and does not import additional supplies, Bushman said. However, the United States sends soy meal for animal feed to this and other Asian countries."

6590. Kira, Motoo. 1984. Re: History of Marukin Shokuhin's work with tempeh. Letter to William Shurtleff at Soyfoods Center, June 8. 5 p. Handwritten, with signature. [Jap; eng+]
• ***Summary:*** Marukin Foods: The first natto company to start large-scale production of tempeh in Japan was Marukin Shokuhin (Marukin Foods Industry Co. Ltd.). Located in Kumamoto, Kyushu (Japan's southernmost main island), they were (in 1984) one of Japan's Big Five natto manufacturers, and they also made several other foods such as roasted soy flour (kinako), tofu, and konnyaku. In about 1964 Mr. Hayashi of the Japanese-American Soybean Institute suggested that Marukin start to study tempeh. At that time Marukin was looking for a new product, so Mr. Haruo Kato (the brother of Marukin's president and chief of natto production, research, and development) began with great interest to collect material and investigate this little-known fermented soyfood. Kato obtained tempeh culture from an unknown source in 1964 and was soon making small batches of tempeh. However the company eventually came to believe (incorrectly) that tempeh culture could interfere with the natto fermentation, and taste tests of tempeh led Kato to feel that it might be difficult to introduce tempeh into Westernized diets in Japan. So interest in tempeh waned. In July 1982 Marukin and eleven other small- to medium-sized soyfoods manufacturers from throughout Kyushu joined to establish the Kyushu Soyfoods Industry Association (*Kyushu Daizu Shokuhin Kogyo Kumiai*). Marusan's president, Itsuo Kira, became head of the cooperative Association. To help them compete with larger companies, and supported by Japanese government aid, they built a large and modern factory (6,600 square meters), with a daily capacity of 15 tonnes of natto and 6 tonnes of kinako and soy soup base (*gojiru no moto*). In April 1983, this new natto factory, the largest in Japan, started production, employing 85 workers. Marukin decided to use its former natto factory to make tempeh, since there was a growing interest in soyfoods and healthful foods, and since they already had extensive experience in making fermented soyfoods. In November 1983 Marukin Foods launched SunSeed brand tempeh. An article on the product in the 1 December 1983 issue of the *Japan Food News* (*Nihon Shokuryo Shimbun / Shinbun*) was headlined "nonsticky natto" and by May 1984 they were selling 1,500 packs of 200 gm each (300 kg) daily, about 4,620 lb (2,100 kg) a week or 9,150 kg a month. They were also developing secondary tempeh products, including snack foods, paste-type foods, and fried foods. The person in charge of tempeh production and sales was Moto-o Kira, eldest son of the president, Itsuo Kira, and next to top man in the company. Marukin sold its tempeh in department stores and in supermarkets at their own in-store booths. To promote tempeh, the company employed two professional nutritionists to do demonstrations and lectures at cooking classes. Marukin soon hopes to sell tempeh to school lunch programs. Address: Manager, tempeh production, 380 Yoyasu-machi Kumamoto-shi 860, Japan. Phone: 096-325-3232.

6591. Stinchecum, Amanda Mayer. 1984. Okinawa: Chinese influence. *New York Times.* June 10. p. XX6. Sunday.
• ***Summary:*** Urizun, a restaurant in Naha (Asato 388-5), the capital of Okinawa Prefecture, is a "rare combination of superb food and ambiance." It was started 12 years ago by Tsuchiya Saneyuki, because of his passion for awamori, "the Okinawan liquor distilled from Thai rice and aged like whiskey." Its flavor resembles that of shochu, which is distilled from potatoes in southern Kyushu.

Urizun serves Tofuyo ($1.30), Okinawa-style fermented tofu with a sharp taste. Another popular dish has a dressing of miso and vinegar. Another Okinawan standard is a "creamy white tofu made of peanuts."

Note: The colorful paper wrapper for Urizun's tofuyo looks like this. The text (in Japanese) on the label reads like this.

6592. Geist, William E. 1984. About New York: High hopes for pushcart sales of frozen tofu. *New York Times.* June 20. p. B3 (N.Y. ed.). Wednesday.
• ***Summary:*** Begins by describing how David Mintz, a Brooklyn restaurateur age 53, invented and developed Tofutti. His wife urged him (as he would get up in the middle of the night) to give up his hopeless quest, but Mintz believed that the world was out there "just waiting for a soybean- curd-based frozen dessert. He could not, would not, rest until Tofutti was invented."

In the process, Mintz made sour cream from tofu, then used it to invent *kosher beef stroganoff!*–"which was like defying gravity." Then came tofu cheesecake. Customers, who were sure he was violating kosher law, "threw down their napkins and walked out. Others called him a fool," or asked him if he'd lost his religion.

"Yesterday Mr. Mintz was tasting vindication and Cappuccino Tofutti as he watched 50 young men and women in a training session in midtown, preparing to take to the streets of Manhattan today with their Tofutti carts." Tofutti will be available in five flavors and retail for $1.25 per 5-ounce serving. A photo shows a push cart under a huge umbrella, with the word "Tofutti" on each panel. Mintz and two young ladies wearing white "Tofutti" uniforms and caps are standing under the umbrella, sampling some Tofutti, the

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frozen dessert "based on soy bean curd." Mintz spoke of how he was making history. In Paris, Tofutti was making an appearance at the Salon International d'Alimentation, a food show.

In New York City, street vendors sell all kinds of foods from pushcarts. Venders need to overcome an "anti-tofu sentiment." One trainee noted that she hates tofu. Another said she found it scary, foreign, and weird. Yet both agreed that Tofutti isn't at all like tofu.

David Mintz grew up in the Williamsburg section of Brooklyn and now lives in Sheepshead Bay. Locals recall lines outside his kosher restaurant on Church Avenue in Brooklyn; it was famous for employing Jewish grandmothers in the kitchen. His company went public in Dec. 1983.

Note: This is the earliest document seen (March 2007) that uses the term "frozen tofu" in the title as a generic term to describe soy ice creams alleged to contain tofu. Address: New York.

6593. **Product Name:** New York Soy Deli Tofu Spread.
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. June.
Ingredients: Organic tofu, onion, umeboshi [salt plum], tahini, tamari, herbs.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1984. New York Soy Deli Brand. 1.5 by 3 inches. Black on blue. Interview with Robert Werz. 1987. Sept. 9.

6594. **Product Name:** New York Soy Deli Tofu Pie [Pineapple, or Coconut Custard].
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. June.
Ingredients: Coconut Custard: Organic tofu, coconut, honey, tahini, soy oil, arrowroot, lemon, vanilla.
Wt/Vol., Packaging, Price: 4 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Label. 1984. June. 1.5 by 3 inches. One color on one color.

6595. **Product Name:** New York Soy Deli Tofu Knish [Apple Raisin, Blueberry, or Spinach].
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. June.
Ingredients: Spinach: Dough: Whole wheat flour, durum flour, water, soybean oil, sea salt. Filling: Tofu, spinach, durum flour, soy oil, onions, lemon juice, herbs, spices.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Three Labels. 1984. June. 1.5 by 3 inches. One color on one color.

6596. **Product Name:** New York Soy Deli Tofu Walnut Spread.
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. June.
New Product–Documentation: Labels. 1984. June. 1.5 by 3 inches. Black on yellow.

6597. Appropriate Foods, Inc. 1984. Eat Appropriately! Summer catalog '84. 137 New Hyde Park Rd, Franklin, NY 11010.
• ***Summary:*** The following lines are carried and distributed: Appropriate Foods (tempeh, soymilk), New York Soy Deli, Grainaissance (amazake and mochi), Garden of Eatin', McZand Products, N.Y. Miso, Nasoya, Nutri-Gest, The Soy Source, Sister Shorter, Swan Gardens, Sprout Delights, Willow Run Margarine, Great Eastern Sun (all of their products). Address: Franklin Park, New York.

6598. Chandrasiri, Vasina. 1984. Assessment of protein quality in soybean processed foods: Available lysine contents. *J. of the National Research Council of Thailand* 16(1):35-50. Jan/June. [18 ref. Eng; tha]
• ***Summary:*** Available lysine contents of soybeans and 10 soyfoods was determined as follows: raw soybeans 6.62 g/16 g nitrogen, cooked soybeans 6.12, white tofu 5.64, yellow tofu 6.24, soft curd tofu 5.63, tube tofu 6.17, yuba 8.13, soymilk 4.43, soy sprouts 3.79 (each g/16g N).

Values for fermented soyfoods were as follows: white soybean paste [miso] 4.72, black soybean paste 3.72, fermented curdcake (okara) 5.35. 30 minutes of boiling did not reduce the available lysine significantly. The study concluded that there was no reduction in available lysine content of soybeans before they were made into fermented or non-fermented soyfoods. There was no change in the amount of available lysine in the non-fermented soyfoods, but there was a small, statistically significant reduction in fermented soyfoods. Address: School of Home Economics, Sukothaithammatirat Univ., Thailand.

6599. **Product Name:** [Natural Tofu].
Foreign Name: Tofu Nature.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1984. June.
Wt/Vol., Packaging, Price: 250 gm or 1 kg, fresh,

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unpasteurized in plastic tubs.
How Stored: Refrigerated.
New Product–Documentation: Richard Leviton. 1983. Report of soyfoods research and speaking trip to Europe with American Soybean Assoc., Oct. 8–Nov. 15, 1983; Advertisement. 1984. For Migros tofu and diced tofu with cream. Full page. Shows a plate with a tofu recipe and a fork. Also advertises an 88 page book of tofu recipes for FR 4.80 from Migros, Case Postale 402, CH-8034, Zurich, Switzerland; Conserves Estavayer S.A. 1987. This is a 10-page color introduction to the company, located on the shores of Lac de Neuchatel. Founded in about 1955, they sell 97,000 tonnes/year of processed foods, 82% of which are dairy products and employ 560 people. Annual report of the Federation of Migros Cooperatives Zurich, for 1986. 64 p. Published by FMC, Limmatsstrasse 152, 8031 Zurich, Switzerland. Their turnover for the year was 3,165.8 million Swiss francs, with net income of 40.0 million This is Migros' 61st year of operation. They have 12 regional cooperatives with about 1.4 million members and comprise 15% of Swiss retail trade. 36% of their sales are food and 33% non-food. Note that Conserves Estavayer is a Migros company.

Letter from M. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. Label. 1988. 3 inches square. Self adhesive. Black and green on yellow. Drawing of soybeans and leaves. This is an ingenious, sophisticated label, unlike any we have ever seen in the USA. Between the label surface and its self-adhesive backing is a "built-in" recipe leaflet with 3 color photos and 3 recipes (each in German, French, and Italian) plus a brief description of the benefits of tofu. At the lower edge of the label is a small drawing of scissors and the words "open here." This leaflet was still being used in Aug. 1993.

Letter (fax) from Verena Krieger. 1990. May 31. Migros now makes 4,650 kg/week of tofu. They are introducing Silken Tofu.

6600. Farm Foods. 1984. Soyfoods a hit at American Booksellers Assoc. Convention (News release). P.O. Box 37, Summertown, TN 38483. 1 p. June.
• ***Summary:*** Farm foods and its sister company, The Book Publishing Company, served samples of Tofu Cheesecake, Tofu Onion Dip, and Deep-Fried Tempeh to nearly 20,000 convention attendees in Washington, DC. This helped to promote their books *Tofu Cookery* and *Tempeh Cookery.* Address: Summertown, Tennessee.

6601. Harnett, Susan Guillory; Vigderman, Patsy. 1984. The great white wave: Protein-rich, low-calorie tofu is a gourmet food for everyone. *New Age Journal* (*Boston, Massachusetts*). June. p. 28-30, 32.
• ***Summary:*** An introduction to tofu plus recipes: Tofu chili. Pineapple cake. Tofu-peanut butter balls. Deep-fried tofu. Tofu gelatin. Homemade tofu. Address: 1. Natural foods cooking teacher and vice-president of Bread and Circus natural food supermarkets; 2. A senior editor at New Age Journal.

6602. Hashizume, Kazumoto; Ikeda, Toru; Saio, Kyoko. 1984. [Studies in aburage-making. I. The effects of air content in soybean milk on the expansion of tofu-gels in aburage-making]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 31(6):389-94. [Jap; eng]*
Address: National Food Research Inst., Ministry of Agriculture & Forestry, Shiohama-1, Koto-ku, Tokyo, Japan.

6603. Hashizume, Kazumoto; Ikeda, Toru; Saio, Kyoko. 1984. [Studies in aburage-making. I. The relationship of SH and S-S exchange reaction to the expansion of tofu-gels for aburage-making]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 31(6):395-400. [Jap; eng]*
Address: National Food Research Inst., Ministry of Agriculture & Forestry, Shiohama-1, Koto-ku, Tokyo, Japan.

6604. Huberman Margaretten & Straus. 1984. Legume, Inc. Prospectus. Miami, Florida: HM&S. 50 p. June 5.
• ***Summary:*** Legume was incorporated in New Jersey on 23 Jan. 1981 and commenced operations at that time. It was reincorporated in Delaware on 9 July 1982. The company's executive offices are located at 170 Change Bridge Rd. Legume proposes to sell 6,000,000 units of stock, with par value of $0.0001 per share. For the fiscal year ended 30 June 1982 Legume had revenues of $117,995 with a net loss of $18,465. For the fiscal year ended 30 June 1982 Legume had revenues of $117,995 with a net loss of $18,465. For the 9 months ended 31 March 1984 Legume had revenues of $278,256 with a net loss of $364,883 [equivalent to a net loss of $486,510 for the full year]. Total liabilities are presently

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$327,140. “Liquidity and capital resources: The Company has incurred operating losses since formation and at March 31, 1984 has an accumulated deficit [has incurred aggregate losses] of $709,733 and a working capital deficiency of $44,069. The company’s primary source of capital to date has been from the sales of its Common Stock in various private transaction and from a public offering... which was consummated in October 1982. In addition, in February 1984, the company borrowed $200,000 from two parties, one of whom is a principal stockholder in the company.”

Products: “The company began to market its entrees with a line of ‘Italian’ foods and in December 1983 expanded its product line by introducing an international gourmet line.

“The Company presently distributes eight different tofu-based entrees: Tofu Tetrazzini, Cannelloni Florentine, Vegetable Lasagna, Tofu Bourguignon, Sesame Ginger Stir-fry, Stuffed Shells Provencale, Tofu Manicotti and Tofu Lasagna.

“The frozen tofu entrees produced by the Company contain only natural ingredients and no additives, preservatives or added sugar...”

Approximately 85% of total revenues comes from sales to health food stores; most of the rest comes from supermarkets. The Company’s frozen food tofu-based entrees are produced to its specifications by Celentano, Inc. Current production requirements are about 2,500 cases/week, which is less than 3% of Celentano’s total capacity on a single shift basis. Legume employs 7 persons, including its 2 executive officers, on a full-time basis. Gary Barat earns $27,000/year cash and Dyanne Chandri Barat earns $26,550 cash. Address: Miami, Florida.

6605. Kuishimbo (The Glutton). 1984. June. New soyfoods restaurant or deli. Kuishimbo, Hagiwara 3-13-5, Oita-shi, Oita, Japan.
• ***Summary:*** Toyo Shinpo. 1988. June 1. p. 9. “Sato Shokuhin Kogyo Company has a tofu restaurant called ‘The Glutton’ in Oita which serves appetizing tofu and fish dishes.” Mr. Junichi Sato, president of Sato Shokuhin Kogyo is the owner of the company and restaurant. In addition to being a tofu shop, they also have a fish menu. They are open from 5-12 P.M. every night, except the 1st and 3rd Sundays of each month. They opened for business four years ago.

6606. Leneman, Leah. 1984. The foods that are soya good. *Vegetarian* (*The*). May/June. p. 12.
• ***Summary:*** “Soya foods are playing an increasingly important role in the American health food movement, a positive trend which hopefully will be echoed in the U.K. By soya foods I do not mean TVP (which has never really caught on in a big way in the States), but tofu (soya bean curd) and tempeh. These are low-cost, low-technology products simple enough to make in your kitchen.” In America the movement away from dairy products is for reasons of health rather than ethics. In Britain, ethics come first. Cholesterol is the real bugbear to Americans. In New York the author tasted a soft-serve tofu ice cream with a “creamy texture I would not have believed possible in a dairyless product.”

6607. **Product Name:** [L’Herberie Smoked Tofu Fume].
Foreign Name: L’Herberie Smoked Tofu Fume.
Manufacturer’s Name: L’Herberie.
Manufacturer’s Address: Rue de St. Viateur, Montreal, QUE, Canada.
Date of Introduction: 1984. June.
How Stored: Refrigerated.
New Product–Documentation: Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11.

6608. **Product Name:** Soyboy Tofu Not Dogs: Natural Meatless Links.
Manufacturer’s Name: Northern Soy.
Manufacturer’s Address: 30 Somerton St., Rochester, NY 14607.
Date of Introduction: 1984. June.
Ingredients: Tofu, filtered water, isolated soy protein, cold pressed safflower oil and corn oil, herbs and spices, honey, sea salt, guar gum, carrageenan.
Wt/Vol., Packaging, Price: 12 oz vacuum packed.
How Stored: Refrigerated, 35 day shelf life. Or frozen.
New Product–Documentation: Label. 1986, undated. 4 by 8 inches. Green, orange, and black on yellow. “No nitrates. No cholesterol. Half the salt of regular hot dogs.” Manufacturer’s catalog. 1987. Lists ingredients. Talk with Andy Schecter. 1988. Oct. 10. This product was launched in June 1984. East West Journal. 1988. Oct. p. 72. “Special awards: Best fake not dog: SoyBoy Tofu Not Dogs by Northern Soy of Rochester, NY. Nice smoky flavor and smooth texture, almost as good as the real things.”

Product with Label purchased at Open Sesame in Lafayette, California. 1992. May. The product is now named simply Not Dogs. 7 by 4.5 inches. Plastic film. Red, green, and black on yellow. Illustration of a dog in a circle with a diagonal line drawn through it. “America’s best-tasting vegetarian hot dog. 50% less salt. 35% less fat than regular hot dogs. No nitrates. No cholesterol.” “Ingredients: Organic tofu (filtered water, organically grown soybeans, natural calcium chloride nigari–a mineral coagulant, not a preservative), corn oil, isolated soy protein, tapioca flour, yeast extract, herb and spices, honey, natural flavoring, vegetable gum, sea salt. No preservatives and nothing artificial.” 12 oz. retails for $3.39.

Product with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. Copyright 1991. New label. The product is now named Soyboy Not Dogs. 8.5 by 6.5 inches. Plastic film. Red, yellow, black, and green on white. The word “Dogs” is written in rounded red letters as if

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formed by bending a long hot dog. “America’s best-tasting vegetarian hot dog. All natural. No cholesterol. Wheat and dairy free. Made with organic tofu. No preservatives & nothing artificial.” The ingredients are basically unchanged. “Keep refrigerated or frozen. May be sold frozen for 1 year after date on package.” UPC indicia. 12 oz. retails for $3.29.

6609. **Product Name:** SoyBoy Tofu [Regular, or Silken].
Manufacturer’s Name: Regular Tofu Company Ltd.
Manufacturer’s Address: 16 The Halcroft, Syston, Leicester, England LE7 8LD.
Date of Introduction: 1984. June.
New Product–Documentation: Ad in The Vegetarian (England). May/June. p. 12.

6610. **Product Name:** SoyBoy Tofu Burger [Savoury, or Chili Flavour].
Manufacturer’s Name: Regular Tofu Company Ltd.
Manufacturer’s Address: 16 The Halcroft, Syston, Leicester, England LE7 8LD.
Date of Introduction: 1984. June.
New Product–Documentation: Ad in The Vegetarian (England). May/June. p. 12.

6611. Shurtleff, William; Aoyagi, Akiko. 1984. Using tofu tempeh, & other soyfoods in restaurants, delis & cafeterias. Lafayette, California: Soyfoods Center. 181 p. June. 28 cm. Revision of Report on Soy Delis, Cafes, and Restaurants. [21 ref]
• ***Summary:*** Contents: 1. Introduction and overview. 2. Directory of soyfoods delis, cafes and restaurants. Secondary soyfoods manufacturer-distributors. Soyfoods marketer-distributors. 3. Chronology of opening (Farm Food Company in San Rafael, California, was first in Aug. 1976). 4. Names of recipes served at each soy deli and ranking of the best-selling of these recipes. 5. Names of recipes produced by second generation soyfoods manufacturer-distributors. 6. Names of recipes produced by soyfoods marketer-distributors. 7. Individual bulk recipes for tofu and tempeh dishes. 8. Alphabetical listing of recipes given above. 9. Articles published about soyfoods restaurants, delis, and cafeterias. 10. Menus, posters, and promotional materials. 11. Conclusion and summary. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6612. **Product Name:** [Tofu, Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer’s Name: Sojvita Produktions GmbH.
Manufacturer’s Address: Hauptplatz 1, 2493 Lichtenwoerth, Austria. Phone: 02622/75494.
Date of Introduction: 1984. June.
Ingredients: Sojabohnen, Gerinnungsmittel (Nigari), Wasser.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: 87 calories per 100 gm.
New Product–Documentation: Letter from Norbert Brunthaler 1983. May 11. “In our last letter we informed you of our intention to start a soyfood company. We have set up a company named SoyVita Austria (Herrengasse 30, A-5020 Salzburg, Austria. Phone: 0662 43 09 85). We produce tofu, tempeh, and have also put up small amounts if miso. In the future we’ll try to produce soysauce. For all of our products we use Austrian soybeans, ecologically grown.

Letter from Norbert Brunthaler. 1988. Jan. 4. Gives date of introduction as starting date of company, June 1984. What happened to SoyVita Austria that existed in May 1983? “We also produce rice-wafers, seitan, gomashio [sesame salt], and mochi.” Label. 1987. 2.5 by 3 inches. Dark green, light green, orange, and black on white. “Gepressetes Sojaeiweiss. Tofu ist eine naturliche, pflanzliche Eiweissquelle und geeignet sich zum Kochen, Braten, Bachen oder für Sussspeisen. Tofu ist frei von Cholesterin und enthaelt 4,3 g Fett, davon 3,5 g ungesaettigte Fettsaeuren/100 g.”

Note: The small town of Lichtenwörth is located southwest of Vienna in the district of Wiener Neustadt.

6613. **Product Name:** [Marinated and Baked Tofu].
Foreign Name: Tofu mariniert und gebacken.
Manufacturer’s Name: Sojvita Produktions GmbH.
Manufacturer’s Address: Hauptplatz 1, 2493 Lichtenwoerth, Austria. Phone: 02622/75494.
Date of Introduction: 1984. June.
Ingredients: Tofu in seasoned marinade.
Wt/Vol., Packaging, Price: 150 gm.
How Stored: Refrigerated.
Nutrition: 87 calories/100 gm.
New Product–Documentation: Letter from Norbert Brunthaler. 1988. Jan. 4. Gives date of introduction as starting date of company, June 1984. Label. 1987. 2.5 by 3 inches. Dark green, light green, orange, and black on white. “Ein Fertiggericht für Schnellimbisse. Tofu ist frei von Cholesterin und enthält 4,3 g Fett, davon 3,5 g ungesättigte Fettsäuren/100 g.”

6614. **Product Name:** [Tofu Burger].
Foreign Name: Tofu-Burger.
Manufacturer’s Name: Sojvita Produktions GmbH.
Manufacturer’s Address: Hauptplatz 1, 2493 Lichtenwoerth, Austria. Phone: 02622/75494.
Date of Introduction: 1984. June.
Ingredients: Tofu, onions, spices (Gewuerze), salt.
How Stored: Refrigerated.
New Product–Documentation: Letter from Norbert Brunthaler. 1988. Jan. 4. Gives date of introduction as starting date of company, June 1984. Label. 1987. 3.5 by 1.5 inches. Self adhesive. Black typed letters on white.

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6615. **Product Name:** [Soyanaise with Herbs (Soy Mayonnaise)].
Foreign Name: Sojanaise mit Kraeutern.
Manufacturer's Name: Sojvita Produktions GmbH.
Manufacturer's Address: Hauptplatz 1, 2493 Lichtenwoerth, Austria. Phone: 02622/75494.
Date of Introduction: 1984. June.
Ingredients: Nigari tofu, 15% cold-pressed corn oil, mustard, cornstarch, soy lecithin, vinegar, salt, and herbs.
Wt/Vol., Packaging, Price: 180 gm glass jar.
How Stored: Refrigerated, 4 week shelf life.
Nutrition: 350 cal/100 gm.
New Product–Documentation: Label. 1984. 8.5 by 1.25 inches. Self adhesive. Dark green, light green and yellow on white. Label. 1986. 9.25 by 1.25 inches. Green, gold, and black on white. Letter from Norbert Brunthaler. 1988. Jan. 4. Gives date of introduction as starting date of company, June 1984. The product is a remoulade made in a continuous colloid mill, and filled into glass jars with a pneumatic filler.

6616. **Product Name:** BBQ Tofu.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: Miami, Florida 33127.
Date of Introduction: 1984. June.
Ingredients: Tofu, tomato sauce, honey, onion, mustard, nutritional yeast, molasses, soy oil, soy sauce, herbs and spices.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1983. 3 by 4 inches. Self adhesive. Red, black, and white on silver. Swan surrounded by flowers and lotus illustration. "No preservatives." Appropriate Foods Catalog. 1984. Summer.

6617. **Product Name:** Yeasted Baked Tofu.
Manufacturer's Name: Swan Gardens.
Manufacturer's Address: Miami, Florida.
Date of Introduction: 1984. June.
Ingredients: Tofu, nutritional yeast, soy sauce, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1984. 2.5 by 3.75 inches. Self adhesive. Red, green, black, and white on tan. Swan surrounded by flowers and lotus illustration. "No preservatives." Address on label: Swan Gardens, Inc., Decatur, Georgia 30030. Appropriate Foods Catalog. 1984. Summer.

6618. Szilard, Paula. 1984. Toothsome tofu pies. *Mother Earth News* No. 87. p. 42-44. May/June.
• ***Summary:*** Gives recipes for: Apricot tofu pie. Banana-coconut tofu pie. Orange tofu pie. Carob-almond tofu pie. "At a time when almost everyone seems to be borrowing ideas from Japan, is it possible that the people of that nation could learn something from us? You *bet* it is!... In less than a decade, Americans have adapted tofu to the Western palate. . . and Occidental cooks have really pioneered the development of a number of tofu desserts. The creations include a mouth watering array of pies, cheesecakes, puddings, cakes, cookies, delicate pastries, and even ice creams!"

6619. **Product Name:** Tofutti (Soy Ice Cream) [Hard Pack: Chocolate Supreme, Vanilla Almond Bark, Maple Walnut, or Wildberry Supreme].
Manufacturer's Name: Tofu Time, Inc. (Marketer).
Manufacturer's Address: 1638–63rd St., Brooklyn, NY 11204.
Date of Introduction: 1984. June.
Ingredients: Wildberry Supreme: Water, high fructose corn sweeteners, corn oil, tofu, raspberries, blackberries, strawberries, blueberries, natural flavorings, isolated soy protein, soy lecithin, guar seed gum, cellulose gum, carrageenan, carob bean gum, natural beet extract, salt.
Wt/Vol., Packaging, Price: Pint carton.
How Stored: Frozen.
Nutrition: Per 4 fl oz.: Calories 170, protein 3 gm, carbohydrate 19 gm, fat 9 gm.
New Product–Documentation: Labels. 1984, undated. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 66, 131. "At last–a frozen dessert that tastes deliciously creamy yet contains no cream, butterfat or other dairy products." Lists all ingredients and nutritional information.

6620. Watanabe, Tokuji; Kishi, Asako. 1984. The book of soybeans: Nature's miracle protein. New York, NY: Japan Publications. 191 p. June. Illust. General index. Recipe index. 26 cm. [21 ref]
• ***Summary:*** Contents: Introduction. Part 1. General information: 1. Characteristic traits: Agronomic and other biological characteristics, physical properties, chemical properties, soybean protein, properties of soybeans as food material. 2. Current ways of using and processing soybeans: Throughout the world, traditional ways of using and processing, new soybean food products. 3. Tofu and other nonfermented soybean food products: Tofu (Cotton or regular tofu, silken tofu {*kinugoshi*} and soft tofu, packaged tofu, new equipment), deep-fried tofu, dried-frozen tofu (*Kôri-dôfu*), soy milk, yuba, roasted soy flour (*kinako*), soybean sprouts.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *Kôri-dôfu* to refer to dried-frozen tofu.

4. Miso and other fermented soybean products: Miso, natto, Hama-natto (tera-nattô), soy sauce, sufu, tempeh. 5. Other ways of eating soybeans–Simple traditional Japanese foods: Parched soybeans, boiled soybeans (*budo-mame; hitasahi mame*), beaten and mashed [or ground] soybeans

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(*go*, or (from edamamé) *zunda or jinda*), molded soybean mash (*jinta-dôfu*), molded mashed soybeans and rice flour (*shitogi*), soybean soybean-mash paste. 6. New soybean protein products.

Note 2. This is the earliest document seen (Nov. 2008) that mentions *zunda*. The text (p. 84) reads: "When fresh green soybeans (edamame) are used in cooking, they are boiled for from ten to twenty minutes; ground; and flavored with salt, sugar, and soy sauce. The resulting dish is called *zunda* or *jinda."*

Note 3. Zunda is a healthy and tasty snack or treat made from mashed edamamé. It is sweet, rich in protein, high in fiber and emerald green. It is said to have originated hundreds of years ago in Japan in Miyagi prefecture. In and around Sendai (capital of Miyagi prefecture) one can find many shops and booths that sell zunda cakes, zunda mochi treats, and zunda shakes, all made from edamamé (green vegetable soybeans). One well-known company in Japan that markets delicious zunda products is Zunda Saryo.

Part 2. Cooking with soybean food products: Tofu, yaki-dôfu (toasted tofu), kôri-dôfu (dried-frozen tofu), nama-agè, abura-agè, gammodoki, yuba (soy-milk film), nattô, miso, soy milk, soybeans, bean sprouts. Afterword. Bibliography.

In the chapter on tofu, pages 43-44 discuss okara or *unohana* (the residue remaining after soy milk production); a photo shows it in a glass bowl. "Though it formerly appeared on many Japanese tables seasoned and cooked with vegetables, today it is most often fed to animals. As the number of animals raised in urban and suburban areas decreases, however, tofu manufacturers are finding it harder to dispose of residue."

Page 99 notes of tofu: "At a certain temple in Kyoto is a plaque bearing the following inscription, which, while comparing this food to religious faith, clearly shows the esteem in which the Japanese people hold tofu. 'Religious faith should be like tofu: it is good under any circumstances. It is good boiled, grilled, or fried. Raw, chilled, served with soy sauce and other seasonings, it is good with steamed rice. Simmered in hot water and flavored, it is good with sake. Because it is soft, old people and sick people welcome it, but children and young people like it too. Men like it, women like it; poor and rich both like it. Though common, it has elegance enough to find a place in the upper class.

"'It cuts clean and well for use in clear broths. It is good in the meatless diets of religious training. It can be crushed for use in miso soup. It is used all the time and in all seasons. It is inexpensive yet numbered among the delicious treats. It is welcomed everywhere, in mountains as well as in big cities. It is well received at dinners for dignitaries and guests yet is convenient enough for college students who do their own cooking. Women especially should be like tofu. The mature and cultivated person should be tender, yet firm, like tofu. Though apparently tasteless, it is delicious. Though apparently ordinary, it is extraordinary.'"

Other ways of eating soybeans (p. 83-84): (1) Parched– "Parched gently in unglazed ceramic dishes made for the purpose," then tossed by people at Setsubun in February around their houses as they chant "'Demon out! Good luck in!' Then they pick up the beans and eat them. Parched soybeans are included in some varieties of *mochi* (glutinous rice cake) and in *okoshi* a confection made of puffed rice bound together with sugar syrup. In the past they were eaten with salt, miso, or soy sauce."

Note 4. In the USA, parched soybeans are called "dry roasted soynuts."

Tables show: (1) World production of soybeans (1977-1982). (2) Price trends in dollars per ton for wheat, soybeans, and corn (1970-1981). (3) Soybean yields in the USA and Japan (1974-1981). (4) Chemical composition of soyfoods: Tofu, abura-agè, kôri-dôfu, yuba, kinako, soybean sprouts, nattô, miso (dark yellow), soy sauce (common), soybean (Japanese). (5) Statistics on production of modern soybean products in Japan (1975-1981). (6) Annual production and prices of modern soy protein products in the USA (May 1983).

Japan once produced a million tonnes (metric tons) of soybeans annually. This figure decreased dramatically during World War II. After the war, as soybean imports from the United States steadily increased, Japan's domestic crop gradually fell to the level of no more than 100,000 tonnes. In 1977 it was 111,000 tonnes, yet by 1982 it had jumped to 226,000 tonnes as rice acreage was reduced.

All photos are black and white. Figures show: (2) Line drawing of soybean plant with flowers and leaves. (2) Cross section of soybean seed-coat and cotyledon. (3) Graph of protein solubility (NSI) of defatted soybean meal at different pH values. (4) Graph of protein solubility (NSI) of defatted soybean meal at different concentrations of calcium chloride. (5) Graph of relationship between time and temperature of soaking soybeans in water (colder water temperature requires longer soak time). (6) Flow sheet for making regular tofu. (7) Photo of regular (*momen*) "cotton tofu." (8) Line drawing of grinder (horizontal type) used with soaked soybeans when making tofu. (9) Photo of continuous filter for soy-milk preparation. (10) Photo of small-scale soy-milk processing plant. (11) Line drawing of molding box [forming boxes with lids] for making regular tofu. (12) Photo of yaki-dofu [grilled tofu]. (13) Photo of okara in a glass cup. (14) Line drawing of molding box [forming box] for silken tofu. (15) Photo of silken tofu. (16) Flow sheet for packaged tofu production [GDL]. (17) Photo of packaged tofu in package. (18) Flow diagram of large-scale process for making tofu and abura-agè with 26 pieces of equipment labeled. (20) Flow diagram of continuous process for making packaged tofu [GDL]. (21) Photo of 2 pieces of abura-agè. (22) Photo of deep fryer for making abura-agè. (23) Photo of nama-agè [deep fried tofu cutlet]. (24) Photo of two types of ganmodoki. (25) Line drawing for tofu kneader for ganmodoki production. (26)

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Photo of kôri-dôfu [dried frozen tofu]. (27) Flow sheet for making dried-frozen tofu. (28) Flow diagram of process for making large-scale dried-frozen tofu. (29) Photo of aseptic carton and glass of soy milk. (30) Flow sheet for making aseptically packaged soy milk. (31) Photo of 5 different forms of dried yuba. (32) Photo of kinako in two clear glass bowls. (33) Photo of soybean sprouts in a woven bamboo basket. (34) Flow sheet for making miso. (35) Three different types and colors of miso on 3 bamboo rice paddles (*shamoji*). (36) Line drawing of cut-away view of traditional pressure cooker (*koshiki*) for rice cooking. (37) Diagram of continuous rice cooker with 7 parts labeled. (38) Line drawing of *Aspergillus oryzae* with conidia (spores), sterigmata, and mycelium labeled. (39) Photo of pieces of koji. (40) Diagram of modern fermentation room for making koji. (41) Cut-away view of miso fermenting in a wooden vat with stone weights above vinyl film on top. (42) Line drawing of a mashing machine for miso. (43) Photo of natto in rice straw wrapper and polystyrene tray. (44) Cross sectional view of pressure cooker for soybeans. (45) Line drawing of rotating mixer to combine cooked soybeans with pure-cultured *Bacillus natto.* (46) Photo of soy sauce table dispenser. (47) Flow sheet for making Japanese soy sauce (shoyu). (48) Transparent view of crusher (roller) for roasted wheat in making soy sauce. (49) Photo of modern stainless steel fermentation tanks / vats (indoors). (50) Photo of a jar and a cup of sufu [fermented tofu]. (51) Diagram showing relationships between modern soy protein foods.

Note 5. Surprisingly, edamamé, one of the most popular soyfoods in Japan, is mentioned only once, in passing (p. 84) in this book.

Photos on the rear cover show Tokuji Watanabe and Asako Kishi. A brief biography of each is given.

Tokuji Watanabe: Born in 1917 in Tokyo, he graduated from the Faculty of Agriculture of Tokyo University in 1941, with Doctor of Agriculture. In 1945 he entered the National Food Research Institute (NFRI), of which he became director in 1971. In 1977 he resigned that position and became a professor at the Kyoritsu Women's University, where he now teaches. Address: 1. D. Agr., Kyoritsu Women's Univ., Tokyo.

6621. Wilson, John C. 1984. The manufacture of soymilk which is not contaminated with undesirable "beany flavor," resulting from enzyme induced oxidation of fats. Paper presented at the Singapore Inst. of Food Science & Technology Symposium. 19 p. Held June 14-15 at the Hyatt Hotel, Singapore. [8 ref]

• ***Summary:*** Introduction: "This paper anticipates a series of questions and tries to inform the reason for things pertaining to our topic according to the perspective from which we see things in 1984." Who are the real giants? Shall we not give tribute?" 1. What is the interest in the world regions for a soymilk without the traditional 'beany flavour'? What need creates an interest, creates a demand of such proportions? China, South East Asia, North East Asia, North America, hippies, vegetarians, tofu, *The Book of Tofu*, by Shurtleff and Aoyagi.

2. What is the history behind the long delayed but sudden phenomenal development of this product? Dr. Harry W. Miller in Shanghai (1936), K.S. Lo in Hong Kong [1941], in-bottle sterilizing by K.S. Lo, development of UHT processing and aseptic packaging by Yeo Hiap Seng in Kuala Lumpur, Malaysia (1967), the advent of the brick shaped aseptic carton. The traditional soymilk process: "Filtering off the fibrous material,... one is left with the basic soymilk extract or soybase to which some sugar is added" (p. 8). Improvements in soymilk flavor: Cornell hot-grind process. University of Illinois hot water blanch method "is the basis of most modern soymilk processing." Developments in Japan since the mid-1970s, which have grown "out of the Illinois process but overcoming the 'chalkiness' by a filtration step using a decanter or some form of continuous filtration." The quality is excellent but the yield of protein is unfortunately only about half compared to the almost 100% achieved by the original Illinois method."

3. What are the developments in the market areas? Soyfoods industry and market statistics published annually by Shurtleff. Trends in: Japan, South East Asia, Indian Subcontinent, Mid East [Middle East], Europe (Flavor is not as good as in Japan. "There is also a political impediment. It would be suicidal to set up a soymilk industry as a 'substitute cow's milk...' considering today's ailing European dairy industry and the militant stand of the European dairy farmer. But as surely as margarine has come and been accepted, a prime quality soymilk will come to Europe. It is a matter of time"). Africa (financing troubles, the good work of IITA in Ibadan, Nigeria). South America ("A market spoilt! Take Brazil–the world's 2nd largest producer and exporter [of soybeans]. People have had inferior quality product almost forced down their mouth"). North America.

4. What is the state of the art in the manufacturing technique for a "bean free" tasting soymilk? (Contains a flow chart with 13 steps, of which No. 10 states: "Blend ingredients: Blend into the soybase the ingredients necessary to a particular formulation, e.g., sugar, vegetable fat, emulsifier–stabilizer, flavouring–aromas," p. 16)

This paper deals with the phenomenal growth of the soymilk industry in northeast Asia, and the likeliness that its influence will spread worldwide in the near future.

Note: This is the earliest English-language document seen (May 2006) that uses the word "soybase" to refer to a concentrated form of soymilk. However, no definition of the degree of concentration or total solids content is given. Address: Soya Process Product Manager, Alfa-Laval, Box 1008, S-221 03, Lund, Sweden.

6622. Worthington Foods, Inc. 1984. Introducing all new,

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all natural, Natural Touch: The taste nobody can touch (Ad). *Natural Foods Merchandiser.* June. p. 18-19.
• ***Summary:*** This large-format, two-page color ad shows packages and prepared dishes for Natural Touch Tofu Garden Patties, Okara Patties, Harvest Bake Lentil Rice Loaf, and Kaffree Tea. Okara is described as "the protein-rich, high-fiber pulp from cooked soybeans."

This 2-page ad also ran in the July issue (p. 23-24). Address: Worthington, Ohio 43085.

6623. Praskin, Laurie. 1984. Work with soyfoods on The Farm in Tennessee. Luci Morren working with soyfoods in Mexico (Interview). *SoyaScan Notes.* July 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Farm Soy Dairy had a centrifuge for making soymilk and dewatering soypulp in 1975. Laurie started working in the soy dairy in late 1974 or early 1975. Alexander was still there. There was a centrifuge there before that. All the tempeh at that time was okara tempeh. She does not recall if they used the centrifuge to dewater whole soybeans for tempeh.

Suzie and Chris Jenkins. Utah. 801-532-4289. Suzie made tempeh before she went to Guatemala.

Luci Morren is a woman working in Mexico with refugees from Guatemala. She went to the World Soy Conference. To make tortillas, add soybeans with corn to boiling lime water (cauldron cuts cooking time a lot), soak over night, then rinse, grind, form and cook tortillas.

Also using soybeans with local black beans, 1:5. Soak over night to do away with some SBTI [soybean trypsin inhibitor]. Also cook with rice. People don't use enough wood to cook things longer. Suzi utilizes everything when she does her demos. The whey is drunk with sugar and limes; refreshing. The pulp [okara] used in *masa,* and fried. Luci is a Belgian woman, who got turned onto soy in Mexico. She went to Nicaragua right after the revolution and started a big soy program. Nicaragua has classified soy as one of its protein sources. For 3 years, she worked closely with women; she also has a program with 5 farmers growing soybeans.

Laurie will try to get me Luci's address. Its sickening to see the poor kids. Mexicans do not want to help too much. Foreigners aren't allowed into camps. Including Luci. She works out of San Cristobal in her office, training Mexican promoters, but not all are as dedicated as she. Another student of hers is making tofu in her house to sell to tourists. Laurie taught her to make tofu cheesecakes.

Plenty is funding Luci to do this soy project in Guatemala. Do they buy beans in Tapachala? Are any Chinese in Guatemala making soyfoods?

6624. Browning, Machael. 1984. China tells peasants it's OK now to get rich. *Miami Herald.* July 5.
• ***Summary:*** Rich peasants include the "tofu king." Peasant markets are flourishing. Zhao Ziyang is urging peasants to become rich.

6625. Reed, J.D. 1984. Its trendy, tasty and Tofutti: This summer's hot frozen dessert is no-cream ice cream. *Time* 124:81. July 9.
• ***Summary:*** This two-thirds page article represents the biggest print media coverage for Tofutti to date. "Americans are licking up 40,000 gal. a week of this chilly concoction. Production has nearly doubled in the past month. Move over Frusen Glädjé and frozen yogurt; this is the summer of Tofutti. A photo shows smiling "Tofu tycoon David Mintz and his chic chiller."

Mintz is experimenting with tofu-based drinks and a vegetable salad. His next obsession is a nonmeat burger... It is made of tofu and has the taste and smell of a beefburger. Says the tycoon of tofu: 'I am close to this tremendous breakthrough. It is made of tofu and has the taste and smell of a beefburger.' Given his marketing skills, it may not be long before Tofutti addicts sit down to the main course: a Big MacFutti."

6626. Yang, A.A.; Vander Zanden, R.J. Assignors to Ralston Purina Company. 1984. Basal material for the preparation of tofu. *U.S. Patent* 4,460,613. July 17. 6 p. Application filed 1 Nov. 1982. [6 ref]
Address: Ralston Purina.

6627. *Hartford Courant* (*Connecticut*). 1984. Tofu source of calcium, protein: Ask a dietitian. July 18. p. E3.
• ***Summary:*** A reader is curious about tofu; wants to know what it is and some ways to use it. A registered dietitian answers: "Tofu, or soybean curd, is made by solidifying soy milk. As a soybean product, its protein quality surpasses all other vegetable sources and approaches that of eggs and meat. As a protein source, tofu is unique–it also contributes considerable calcium but negligible amounts of saturated fats and sodium, and contains no cholesterol. It is an excellent alternate protein source in a varied diet.

Contains two recipes from *The Book of Tofu,* by Shurtleff and Aoyagi–for Hot and sour tofu, and Tofu vinaigrette.

6628. Gillingham, Karen. 1984. Desserts to please the strictest vegetarians: The choices widen for those diets restricted to a lower-at regimen. *Los Angeles Times.* July 19. p. K33, 35-37. [1 ref]
• ***Summary:*** One key to such recipes is the use of tofu. Two of the following recipes are adapted from *The Book of Tofu,* by William Shurtleff and Akiko Aoyagi. The recipes are: Plum orchard sherbet. Fruit tart. Tofu cheesecake. Tofu rice pudding. Apricot mallow whip. Bananas flambe. Address: Times staff writer.

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6629. *People*. 1984. A happy zealot turns bean curd (yuck!) into a creamy treat. 22:66. July 30.
• ***Summary:*** "Dieters and health-food fans love it; so do a lot of other people, who lap up 40,000 gallons of Tofutti every week... Eight years ago [i.e. 1976] he hit on the idea of basing the dessert on an oriental food called tofu." Photo caption reads: "Mintz, holding a homely hunk of tofu and a yummy swirl of Tofutti, still carries 50 pounds he gained testing his product."

6630. Lindsley, Kathy. 1984. Meatless, but not tasteless: You won't miss the meat in these recipes. *Times Union* (*Rochester, New York*). July 31.
• ***Summary:*** Vegetarian cookery, featuring tofu and tempeh, has gone gourmet at The Lotus Cafe (686 Monroe Ave.) in Rochester, New York. A large photo shows Greg Weaver with a blackboard menu.

6631. **Product Name:** LeTofu (Non-Dairy Soy Ice Cream in Hard Pack and Soft Serve. Later written Le Tofu) [Dutch-Chocolate, Vanilla-Almond, California Strawberry, French Vanilla, Carob, Maple, Plain, or Coffee].
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1984. July.
Ingredients: French Vanilla: Water, tofu (water, organically grown soybeans, pure calcium sulfate coagulant), high fructose corn sweetener, soy oil, corn syrup solids, honey, pure vanilla extract, crystalline fructose, natural flavors, cellulose gum, lecithin, guar gum, Irish moss, carob bean gum, annatto for color, salt.
Wt/Vol., Packaging, Price: Soft serve pints, 5 oz cups, or 3 gallon dipping tubs.
How Stored: Frozen.
Nutrition: Per 3.2 fl. oz. Vanilla: Calories 100, protein 1 gm, carbohydrates 13 gm, fat 5 gm, sodium 21 mg.
New Product–Documentation: Labels. 1985, dated. "Naturally delicious. Le Tofu... an exciting frozen dessert for today's lifestyle. A wonderful food for people watching calories, fat, cholesterol, and sodium without compromising enjoyment. Light and natural, Le Tofu is a deliciously rich and creamy healthy treat... for those who care!" Brightsong Foods. 1985. Brightsong debuts tofu frozen dessert (News Release). The product, Le Tofu, has a suggested retail price of $1.99/gallon. Flavors are Dutch Chocolate, French Vanilla, and California Strawberry. Curtis & Tompkins, Ltd., Analytical Laboratories, San Francisco. Phone: 861-1863. Analyses of Le Tofu (Chocolate, Vanilla, Strawberry, Plain) and of Yodolo (Peach), Tofutti (Wildberry, Soft Serve). Brightsong Foods. 1985. What is Le Tofu? It contains 15% organic Brightsong Tofu. Sweetened with fructose and honey, it is kosher and pareve. Spot in Food Engineering. 1984. July.

Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 79. A Tofutti-style product containing soy protein isolates; In Business. 1985. Nov/Dec. p. 25. "It is different from all other soy-based frozen desserts because it contains 15% real, organic tofu instead of the more commonly used processed soy powder. The suggested retail price is $1.99 per pint." Spot in Whole Foods. 1986. Jan. "Frozen Tofu." A photo shows the product (California Strawberry flavor). Letter from Richard Rose. 1987. Aug. 29. The main ingredient was fresh tofu. It contained no soymilk.

6632. **Product Name:** Colombo Tofu (Non-Dairy Soy Ice Cream) [Honey-Vanilla, Chocolate, Maple Walnut, Honey Almond, Wildberry, or Peanut Butter].
Manufacturer's Name: Colombo, Inc.
Manufacturer's Address: Danton Dr., Methuen, MA 01844.
Date of Introduction: 1984. July.
How Stored: Frozen.
New Product–Documentation: Interview with Bob Brooks of Colombo. 1985. Jan. 2. Colombo Tofu was officially introduced in mid-July 1984. Colombo is a family business, started in 1923. Yogurt is the only product they ever made.

Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 81. Deceptively named, since the product contains no tofu. Renamed Tofree by April 1985.

6633. **Product Name:** Lite Chef Tofu Mixer [California Burger, Rancheros Fiesta, Mandarin Almond Stir-Fry, or Pasta Italiano].
Manufacturer's Name: Essential Foods, Inc.
Manufacturer's Address: P.O. 8462, Emeryville, California. Phone: 314-832-7575.
Date of Introduction: 1984. July.
Wt/Vol., Packaging, Price: 3.8 oz to 5.9 oz plastic laminated envelope. Retails for $1.69 to $2.09.
How Stored: Shelf stable.
New Product–Documentation: Spot in Soyfoods. 1984. Summer. p. 45. "No Roly-Polies." In foil pouched versions. Talk with Craig Ramsell. 1989. March 14. Phone: 415-655-8662. John Beckley started Essential Foods in August 1982. Craig Ramsell and Gary Whitney joined as principals in 1983. When they developed the 4 products described above, the first product, The First Great Tofuburger Mix, was discontinued. In Oct. 1985 Essential Foods sold all 4 products to Sunfield. Now Craig has the rights back and is looking for a buyer.

Ad in Natural Food Merchandiser. 1984. "The tofu promise comes to light! Lite Chef tofu mixers."

6634. **Product Name:** Firm Nigari Tofu, Soymilk, and Soysage.
Manufacturer's Name: Maritime Soycraft.
Manufacturer's Address: R.R. 4, Antigonish Harbor, NS,

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B2G 2L2, Canada. Phone: 902-863-2903.
Date of Introduction: 1984. July.
New Product–Documentation: Form filled out by Sian McLean (a woman), ca. 1984. They started on 1 July 1984 and now make firm nigari tofu, soymilk, and soysage. The business has no name yet. "Small word-of-mouth operation so far." They use 60 lb/week of soybeans.

Letter from Sam Weinreb. 1988. Jan. 14. He just talked with Hugh and Sian McLean. Talk with Sian McLean. 1988. Feb. 15. They started making tofu July 1984. His company is now named Maritime Soycraft, R.R. 2, Heatherton, NS, B0H 1R0, Canada. Phone: 902-386-2474. Says he started making soysage in 1986, but it is shown on his 1984 form. Call from Sian. 1991. Nov. 18. They make mostly tofu, plus some soymilk. They no longer make soysage. They make about 500 lb/week of tofu. There is a nice little steady market and people really like Maritime tofu. Her first name is Welsh.

Letter from Sian McLean. 1994. July 16. Maritime Soycraft is now located at Keppoch Mountain, R.R. #1, Antigonish, Nova Scotia B2G 2K8, Canada. Phone: 902-863-3978. This is a new tofu shop she built. She presently makes only fresh bulk tofu. She left her former marriage with Hugh and has a new partner who wants to do tofu production.

Talk with lady who works with Sian. 1995. May 15. Sian now has a vacuum packaging machine for her tofu, and she can get a shelf life of two weeks before the product turns yellow. This vacuum-packed tofu is not yet on the market.

Talk with Rick Turner of Maritime Soycraft. 1999. Dec. 2. They moved 1½ to 2 years ago to R.R. #4, Antigonish, NS B2G 2L2. Their phone number has not changed. They are now a partnership with 3 partners, Sian, Rick, and one other full-time person. They make about 1,000 lb/week of tofu, but have to expand to take on a new chain. So their business is growing and they are looking for new equipment.

6635. Marson, Alan. 1984. Tofu: A new health food from Japan. *Bakers' Review* (*Watford, England*). July. p. 31, 34.
• ***Summary:*** "Are bakers in this country missing out on potentially lucrative markets by ignoring some of the current trends in our eating habits?... The consumer is now looking for healthy ingredients in everything that he eats."

"Whether we like it or not, it is a fact that in the U.K. we have a tendency to follow closely on the heels of the Americans when it comes to innovation. This time however, they have got it right, because they have latched on to an ingredient that fulfills many of the criteria for healthier bakery lines. It is called tofu... Tofu is extremely high in protein and yet low in calories. An ideal extender for the health-conscious."

"In the US, the use of tofu is estimated to be growing at the rate of 25-35% per year. There are now 150 plants producing well over 45 million pounds of the food, which in monetary terms means about £25 million worth."

"According to Paul Jones, managing director of Paul's Tofu, suppliers of baked products to Holland & Barratt, he is successfully using tofu in the manufacture of quiches, savoury pasties and cheese cakes: 'I also use it for icing and toppings,' he said. 'It is white, delicate and blends well."

"A domestic version of Tofu is already being sold in this country through Sunwheel Foods–part of the Holgran Group of companies. Roy Harris, the company's sales and marketing director reports that sales last year were up over 35 per cent on the previous year."

"We have already seen the rise of the Vegeburger, and following closely behind is the Tofuburger. Now is the time for bakers to be seeking ways of cashing in on this relatively new–but nevertheless enthusiastic–search by the British housewife to find foods that she knows will at least do her family no harm–if not a great deal of good."

"As there would appear to be no cost differential between choosing eggs or tofu as an ingredient, perhaps it would be worthwhile to do a little experimenting on a limited scale, by producing something in the take-away snack line–which in itself is an expanding market and ripe for further growth. Don't be put off by its bland flavour for its is this very blandness which makes it usable for so many different types of dishes. There is no reason why tofu–although a basic food in itself–should not be utilised to a high degree of sophistication, even to gourmet levels."

A large photo shows a package of Morinaga Ever-Fresh Silken Tofu. Address: Holgran Malt Products, England.

6636. **Product Name:** Tofu Burgers (Mushroom and Onion Flavored).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1984. July.
New Product–Documentation: Ad in Soyfoods. 1984. Summer. p. 3. Vacuum packed. Letter from John Paino. 1989. Nov. 12. This product was never sold.

6637. *Natural Foods Merchandiser.* 1984. Macrobiotics: Varied trends boost sales. July. p. 1, 85-86, 88, 90, 93-94.
• ***Summary:*** There is a definite upward trend in sales of macrobiotic foods. Macrobiotics is both a diet and a philosophy. "The basic foods are whole grains, miso, soy sauce, tofu, seaweed, pasta, fresh vegetables, and various types of pickled vegetables. Dairy products, honey, and most animal foods are not used or are used minimally."

6638. Shurtleff, William; Aoyagi, Akiko. 1984. History of tempeh: A fermented soyfood from Indonesia. Lafayette, California: Soyfoods Center. 81 p. July 17. No index. 28 cm. 2nd ed. 1985. 91 p. [375 ref]
• ***Summary:*** Contents: 1. Introduction. 2. Etymology. 3. World Overview. 4-8. History of Tempeh in Indonesia–

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discusses (for the first time) the world's earliest known reference to tempeh in the *Serat Centini* [also spelled *Serat Centhini*] manuscript, which was probably written in about A.D. 1815. 9-11. History of Tempeh in Europe and Australia. 12-15. History of Tempeh in the United States and Canada. 16-18. History of Tempeh in Japan. 19-23. History of Tempeh in Asia (China, Taiwan, Southeast Asia, India, Sri Lanka). 24. History of Tempeh in Latin America. 25. History of Tempeh in Africa. 27. International Interest. 28. U.S. and Third World Problems.

The world's largest tempeh manufacturers are as follows:

Company name, Country, Year Started, Avg. Weekly Production

1. Marusan-Ai, Japan, 1983, makes 15,148 lb/week = 6,885 kg/week

2. Tempe Production Inc., Netherlands, 1969, makes 13,200 lb/week = 6,000 kg/week

3. Quong Hop/Pacific Tempeh, USA/CA, 1980, makes 7,000 lb/week = 3,182 kg/week

4. White Wave, USA/CO, 1979, makes 5,850 lb/week = 2,659 kg/week

5. Soyfoods Unlimited, USA/CA, 1981, makes 5,800 lb/week = 2,636 kg/week

6. Torigoe Flour Milling, Japan, 1983, makes 5,770 lb/week = 2,623 kg/week

7. The Tempeh Works, USA/MA, 1979, makes 5,500 lb/week = 2,500 kg/week

8. Marukin Foods, Japan, 1983, makes 4,620 lb/week = 2,100 kg/week. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6639. **Product Name:** Homestyle Tofu "No Egg" Salad.
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403. Phone: 707-525-8822.
Date of Introduction: 1984. July.
Ingredients: Tofu (organic soybeans*, water, nigari), soy oil, soy milk, celery, relish, tamari, mustard, vinegar, nutritional yeast, natural herbs and spices, sea salt, and honey. * Grown in accordance with CA H&S Code 26569.11.
Wt/Vol., Packaging, Price: 8 oz or 15 oz plastic tub.
How Stored: Refrigerated.
Nutrition: Per 2.66 oz.: Calories 105, protein 8.1 gm, carbohydrates 1 gm, fat 6.5 gm, fiber 1.3 gm, sodium 0.80 gm, cholesterol 0.
New Product–Documentation: Label. 1987. 4.5 inches diameter. Black, green and yellow on white plastic lid. 15 oz. "Improved! Non-Dairy. Cholesterol Free. Ready to Eat on Sandwiches, as a Dip & in Salads. Natural. No Preservatives. Nutritious. Delicious. Kosher." Illustration of a cottage in front of a picket fence.

6640. *Soya Foods* (*ASA, Europe*). 1984. Effect of soybean varieties on tofu quality. No. 2. p. 3-4. July.
• ***Summary:*** In the midwestern USA, Prize and Vinton are the preferred soybean varieties for making tofu. Cole is also recommended.

6641. **Product Name:** Nature's Spring Tofu [Japanese Regular Style, or Chinese Firm Style].
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: 1091 E. Hamilton Rd., Duarte, CA 91010. Phone: 213-681-5393.
Date of Introduction: 1984. July.
Ingredients: Organic soybeans, water, natural calcium sulfate.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz. Chinese style: Calories 90, protein 10 gm, carbohydrates 1 gm, fat 5 gm, sodium 6 mg.
New Product–Documentation: Ad in Soyfoods. 1984. Summer. p. 3. "12 oz. pasteurized, 4 week shelf life." Mrs. Lee recalls introduction date to be Sept. 1981. Label. Red, orange, brown, blue and white.

6642. *Vegetarian Times.* 1984. Japan's big-league vegetarian champs. July. p. 6.
• ***Summary:*** The manager of a Japanese baseball team, the Seibu Lions, which climbed from the cellar to first place, says he attributes the success of his team to the players' switch to a vegetarian, macrobiotic diet. In October 1981, when Tatsuro Hirooka took over as manager of the Lions, he prescribed a dietary change for his players, who had finished in last place the previous season. He limited their meat intake and banned polished rice and sugar. Instead he said his players would eat brown rice (unpolished), tofu, fish, and soymilk. The following spring he cut out the fish. They won the Pacific League championship and the Japan Series in 1983.

6643. Hansen, Barbara. 1984. Satay's nod to the games: Let's eat out. *Los Angeles Times.* Aug. 2. p. I29.
• ***Summary:*** The spirit of the Olympic Games in Los Angeles has even touched an Indonesian restaurant in Alhambra. "Through Aug. 31 the Indonesia Satay House [208 E. Valley Blvd.] will serve all customers a dish of *cendol* (pronounced chendol) in recognition of the Games."

Under new management, the restaurant's menu has a Sumatran flavor, which means the dishes are less sweet than in Java.

The chicken dishes are memorable; "*ayam panggang kecap* is chicken mildly seasoned with sweet Indonesian soy sauce [perhaps kecap manis?].

The Javanese *ketoprak* contains "puffy squares of fried tofu and crumbled *krupuk* (Indonesian style chips)."

"*Tahu goreng* (fried tofu) features crisp, fried tofu

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blocks propped up against a mixture of shredded lettuce and bean sprouts. This arrangement is sprinkled with chopped toasted peanuts and seasoned with a sweet soy sauce dressing."

6644. Bonomo, Josephine. 1984. Montville firm brings tofu to the frozen food aisle. *Herald News* (*New Jersey*). Aug. 8. Section C.
• ***Summary:*** About Legume, Inc. Photo of Gary and Chandri Barat, and Brother Ron Pickarski.

6645. Viavant, Suzy Jenkins. 1984. Re: Work with soyfoods Sri Lanka and Guatemala. Making tempe at The Farm in Tennessee. Letter to William Shurtleff at Soyfoods Center, Aug. 13–in reply to inquiry. 1 p. Typed, with signature.
• ***Summary:*** Suzy has been "extremely busy getting ready for a soy development tour in Sri Lanka due to happen on the 27th of August through the end of September. I am being sub-contracted by CIDA thru Plenty as a Soy Development Consultant. We will be investigating opportunities for an in-depth soy development project in Sri Lanka. Accompanying me will be the director of Plenty Canada, his wife and a member of the Sarvodaya movement."

"I started making tempe [tempeh, at The Farm in Summertown, Tennessee] in Sept. of 1976 at which time I took over production so Cynthia [Bates] could go full time into making spores [for tempeh]. At this time I was the first one to try using the centrifuge to dewater the soybeans after cooking, although I think it was originally Cynthia's idea. I made tempe until July 1977 when I went to Guatemala."

In Guatemala the "escalation of the political violence made it impossible for our extension workers to hold classes without being looked upon as subversives by the government. Because the dairy [soy dairy at Solola] was just a business it never really threatened the government so it was able to run for a few years. Now the dairy is closed for economic as well as political reasons. We hope to return if it [the political situation] cools down. Our latest report from Guatemala is that people in Itzapa are still growing soybeans and their wives are still making tofu and soymilk. I don't know if the people in Solola are still growing them because we never quite isolated the best variety for their altitude." Address: Utah.

6646. White, D.K. 1984. Turning soybeans into Tofu Wholly Cannoli. *San Francisco Chronicle.* Aug. 14.
Address: San Francisco.

6647. *Chicago Tribune.* 1984. Fresh plums plus versatile tofu equals a teriyaki treat. Aug. 16. p. G11A.
• ***Summary:*** "Tofu (soybean curd) is as versatile as a black suit. Its neutral flavor will absorb others, its firm though custardlike texture can be skewered or crumbled." Gives a recipe for Plum teriyaki with tofu or chicken. A large photo shows the prepared dish.

6648. Word of Nutrition. 1984. The most complete, unique and attractive: More than a health food store in the country (Ad). *Hartford Courant* (*Connecticut*). Aug. 16. p. H13.
• ***Summary:*** This half-page ad appears on the page titled "Spotlighting: Newton." "Come in and let us 'show off' our wares from A-Z. Atmosphere (par excellence)... Herbs (bulk–enormous selection)... Kombu,... Macrobiotic selection (very extensive)... Peanut butter (made fresh by us)...Soy milk... Tofu (fresh)... Tofu entrees... Vegetarian foods..." Address: 194-200 Market Square, Newington, Hartford County, Connecticut.

6649. Six-Chan, Pauline. 1984. Work with soyfoods in Belgium (Interview). *SoyaScan Notes.* Aug. 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Pauline (age 41) earned a MSc degree in food science from Michigan State Univ. (East Lansing) in 1979. In 1982 she started Premier Foods to focus on foods that were international, fresh, and healthy. Since Oct. 1983 the company as been very active in presenting tofu and tofu products to the Belgian public and to buyers at supermarkets, cafeterias, etc. Once a month she gives free tofu cooking demonstrations to the general public. She is the most active person in Belgium with soyfoods, and she would like to start a Soyfoods Center there. She prompted the American Soybean Assoc. to hold the forthcoming soyfoods seminar, but they are charging a lot for it, so she fears that few people will come. She dislikes ASA; they are only interested in animal feeds. She also dislikes macros; they are not interested in soyfoods for the general public, and they insist that she sell "organic (biological) tofu." She makes mung bean sprouts. She buys all of her tofu from Heuschen in the Netherlands, and has an exclusive distribution contract for Belgium with him. She is most interested in developing second generation tofu products. She already has a tofu tart/cheesecake/pie, and she wants to demo U.S. second generation tofu products at the ASA seminar. Her literature about tofu and tempeh is in Flemish.

Heuschen Products started making tofu on a small scale many years ago. They automated and got big about a year ago. Now they cannot sell nearly as much as they can make. Address: Manager & owner, Premier Foods p.v.b.a., Dietstraat 197, 3000 Leuven, Belgium. Phone: 016.23.31.48.

6650. Pande, Nawin. 1984. Re: Plans to establish a solvent extraction plant and refinery. Letter to Richard Leviton, Soyfoods Association of North America, Sunrise Farm, Heath Rd., Colrain, MA, Aug. 28. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The company is establishing a 300 MTPD [metric tons per day] Soybean Solvent Extraction Plant and a 55 MTPD Refinery in the heartland of India's soybean

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country. They also plan to process solvent extracted soymeal into various human food products for which India provides a vast market. "Our efforts are geared to establish Soybean in India firmly and to educate the masses about its nutritional value." They also want to establish facilities for extraction of other by-products such as Lecithin, Deodorizer distillates, Soap stocks and other minor chemicals. They also plan to go into production of dairylike soy products (such milk and cheese [tofu]) and industrial products.

"Since you are one of the leaders in Soyfoods and industrial products, we request you to kindly mail us per return the samples of all soya products being manufactured and marketed by you, different packagings used and other technical literature. Please also indicate what help you can extend to us in achieving the target set forth in para [the paragraph] above."

The company's two logos are shown in black at the left and right near the top of the brown and black letterhead. Address: United Soya Products Ltd. (A United Group Venture), E-1/177, Arera Colony, Bhopal, Madhya Pradesh, India. Phone: 62970.

6651. Rogers, Wally. 1984. Re: Bean Machines Inc. Letter to William Shurtleff at Soyfoods Center, Aug. 28. 1 p. Typed, without signature on letterhead.
• ***Summary:*** Wally is currently running the day to day operations of BMI. He and Steve Fiering are taking a closer look at the opportunity of investing in BMI. Address: Operations Officer, Bean Machines Inc., 390 Liberty St., #2, San Francisco, California 94114. Phone: 415-285-9411.

6652. Bean Machines, Inc. 1984. Manufacturers and distributors of fine quality tofu & soymilk equipment (Ad). *Soyfoods.* Summer. p. 29.
• ***Summary:*** "Individual pieces or complete systems. Our own American-made equipment. Strong. Sanitary. Economical. Bean Machines disintegrators. The world's finest all stainless steel soybean grinders. BMI continuous pressurized slurry cooker.

Photos show: (1) BMI 300 Disintegrator. (2) An imported Takai W30C whole system, makes over 2,000 pounds of tofu per 8-hour shift. Costs under $20,000. Address: P.O. Box 1145, Sebastopol, California 95472.

6653. Bean Machines Inc. 1984. Bean Machines disintegrators: Stainless steel soybean grinders (Brochure). San Francisco, California. 4 p. Aug. 28 cm.
• ***Summary:*** On the front cover is the silhouette of a disintegrator in two shades of blue on a gray background. The text: Manufacturers and distributors of tofu and soymilk equipment. The world's finest soybean mills. Strong. Sanitary. Economical. Cable: BMITofu, San Francisco." On the inside left page is a black-and-white photo of the opened disintegrator, with all parts and functions labeled. A table gives specifications for the three models (300, 600, and 1000). The inside right page explains that the disintegrator has only one moving part; the rotor literally mashes the beans through as screen. Photos show options and extras: Hoppers (2), rolling stand, and pedestal.

On the rear cover is a photo on a light blue background of the company's new economy model–the BMI 150 disintegrator (or Mini Mite II). Capacity: 150 lb/hour of dry soybeans. At the bottom of the page is a warranty and a brief history of the company, which was founded in 1977 by William Shurtleff and Larry Needleman. Address: 390 Liberty St., #2, San Francisco, California 94114. Phone: 415-285-9411.

6654. Bialick, Barbara. 1984. The soyfoods industry: Growing like a beanstalk. *Whole Life Times* No. 36. p. 32-33. July/Aug.
Address: New York.

6655. Brisson, David. 1984. Natural foods go gourmet. *East West Journal*. Aug. p. 22, 24-27.
• ***Summary:*** Brother Ron Pickarski, a 34-year-old Franciscan friar from Miami, Florida, is a world class vegetarian chef, who won a bronze medal in the 1980 Culinary Olympics, and who likes to use tofu in his creations. At this year's Olympics in October in Frankfurt, Germany, he will prepare Tofu Sushi with Mikado Sauce and Seitan Moutard Bitard (a vegetarian steak). A consultant for Legume, Inc. he has created such sumptuous dishes as Tofu Bourguignon and Tofu Tetrazzini for them. Contains an illustration and biography of Pickarski. An illustration shows Brother Ron. Address: Brookline, Massachusetts.

6656. **Product Name:** [Natural Organic Nigari Tofu].
Foreign Name: Tofu Natur.
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Oelkersallee 14a, D-2000 Hamburg 50, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1984. August.
Ingredients: Organically grown soybeans (*Sojabohnen aus kontr. biol. Anbau*), water, nigari (MgCl).
Wt/Vol., Packaging, Price: 250 gm, 400 gm, or 1000 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: 72 calories, protein 8.5 gm, fat 4.5 gm, carbohydrate 1.5 gm.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. Christian Nagel makes about 1,000 kg/week of tofu. Letter from Harry Whitford of Soyastern. 1987. Dec. 14. He makes about 900 kg/week of organic nigari tofu. Form filled out by Christian Nagel. 1988. Jan. Their tofu was introduced in August 1984. They are now making 1200-1500 kg/month. Label. Inhalt: 1000 gm. 1988. 2.5 by 3 inches. Blue or black on white.

Manufacturer's brochure. 1989? "Nagel's Tofu." 4

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panels. Black on blue. The company name seems to be Tofu-Manufaktur Christian Nagel GmbH. Discusses: The essential merits/advantages of tofu (Rich in high quality protein, protein complementarity, low in calories, free of cholesterol, rich in vitamins and minerals, easily digestible, versatile in the kitchen). Includes 8 tofu recipes, plus a graph showing the number of kilograms of protein obtainable from one hectare of land using various protein sources.

Poster. 1989. "Nagel's Tofu." 23 by 16 inches. Dark blue, green, black and light blue on white.

Report of visit to Christian Nagel's tofu company in Hamburg, by Anthony Marrese 1989. Dec. Marrese enclosed two leaflets, a post card and a progression of four tofu labels, over 5½ years; the oldest on the top left and the current one on the lower right.

Talk with Christian Nagel. 1990. May 4. The company name was Christian Nagel Tofumanufaktur until 1 Jan. 1989, when it was changed to Tofumanufaktur Christian Nagel GmbH. The original address was Oelkersallee 14a, D-2000 Hamburg 50, West Germany. He moved to his present address on 1 Aug. 1986. His first product was called Tofu Natur.

Note: This is the earliest known commercial soy product made by Christian Nagel.

6657. Del Valle, F.R.; Alba, E. de; Mariscal, G.; Jimenez, P.G.; Arellanes, J.A.; et al. 1984. Simultaneous curdling of soy/cow's milk blends with rennet and calcium or magnesium sulfate, utilizing soymilk prepared from soybeans or full-fat soy flour. *J. of Food Science* 49(4):1046-52. July/Aug. [11 ref]

• ***Summary:*** The method produced curds of similar characteristics (yield and compactness) regardless of whether the soymilk was made from whole soybeans or full-fat soy flour. Address: 1. President, Fundacion de Estudios Alimentarios y Nutricionales, A.C., Apartado Postal 1545, Sucursal O, Chihuahua, Chihuahua, Mexico; and Prof. of Food Science, Facultad de Ciencias Quimicas, Univ. Autonoma de Chihuahua, Chihuahua.

6658. **Product Name:** Tofu Blend Dressing [Blue Cheese, Creamy Ranch, Creamy Italian, or Thousand Island].
Manufacturer's Name: Eastern Foods Corp.
Manufacturer's Address: 3225 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1984. August.
Wt/Vol., Packaging, Price: 12 oz plastic cup.
How Stored: Refrigerated.
New Product–Documentation: Regulatory Letter from FDA. 1984. Aug. 27. Labels (lids) shown in color brochure titled "Eastern Foods." "Naturally Low Calorie. ½ the calories of regular dressing. Stir before using." Talk with Mr. Lee. 1987. Nov. 11. This product had excellent taste and 6 week shelf life. Discontinued because of shelf life problems. The products were made at his plant.

6659. **Product Name:** Tofu Blend Dip [French Onion, or Jalapeno].
Manufacturer's Name: Eastern Foods Corp.
Manufacturer's Address: 3225 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1984. August.
Wt/Vol., Packaging, Price: 8 oz jar.
How Stored: Refrigerated.
New Product–Documentation: Regulatory Letter from FDA. 1984. Aug. 27. The product does not contain jalapeno peppers. Labels (lids) shown in color brochure titled "Eastern Foods." "Naturally Low Calorie. ½ Calories of Regular Dip." Letter from Tom Menie. The product was introduced in 1985, made at the Eastern Foods Plant, and sold in 8 oz jars.

6660. **Product Name:** Soy Milk.
Manufacturer's Name: Eastern Foods Corp.
Manufacturer's Address: 3225 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1984. August.
New Product–Documentation: Regulatory Letter from FDA. 1984. Aug. 27. The term "Eastern Flavor" should be deleted from the label of the company's "Soy Milk."

6661. **Product Name:** Tofruit (Tofu-based Yogurt with Fruit) [Orange, Raspberry, Black Cherry, Strawberry, or

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Blueberry].
Manufacturer's Name: Eastern Foods Corp.
Manufacturer's Address: 3225 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1984. August.
New Product–Documentation: Regulatory Letter from FDA. 1984. Aug. 27. Color photo of product in brochure titled "Eastern Foods." It is sold in 8 oz plastic cups like yogurt. Looks like a tofu-fruit blend, parfait, or non-fermented yogurt; Ostman. 1985. Public acquires a taste for tofu. Morning Pioneer News Dispatch (St. Paul, Minnesota). Sept. 15. p. 1G, 3G. "The company now has Tofruit (resembling yogurt)..." Talk with Mr. Lee. 1987. Nov. 11. This product was sold for several years in Minneapolis. Discontinued because of shelf life problems. Letter from Tom Menie. 1988. June. Introduced in March 1985. Not fermented.

6662. Estella, Mary. 1984. Spotlight: Restaurant. The Five Seasons, Jamaica Plain, Massachusetts. *Soyfoods.* Summer. p. 8.

6663. Finley, David; Goldberg, Ray. 1984. Kikkoman Corporation. Unpublished Harvard Business School Report. 33 p. No. 9-585-102. [10 ref]
• ***Summary:*** A ten year update on the original 1974 Harvard Case Study of Kikkoman and one of the best insights available into Kikkoman's history and operations (although some of the data has been disguised for competitive reasons). Kikkoman sales in 1982 were about $547 million.

Contents: Early diversification–The wine industry. Company history. Soy sauce production. The soy sauce industry. Structural change. Kikkoman strategy. Expanding soy sauce sales in Japan. Diversifying into other food products (Kikko Foods was established in 1961). Development of the U.S. market. New businesses (Restaurant, health food, and leisure). Technological innovation. Final considerations.

Exhibits. 1. 30 top Japanese food companies in FY (Fiscal Year) 1982, with sales. (1) Kirin Brewery, (2) Suntory, (5) Yuki-jirishi / Snow Brand Milk Products, (6) Ajinomoto, (8) Meiji Milk Products, (9) Nisshin Flour Milling, (10) Morinaga Milk, (19) Showa Sangyo, (20) Nisshin Oil, (23) House Food, (25) Kikkoman.

3. Quantity of soy sauce produced and market share of major Japanese manufacturers. 1982 soy sauce market share was Kikkoman 30.4%, Yamasa 8.9%, Higashimaru 4.6%, Higeta 3.0%, and Marukin 2.5%. Thus the top 5 had 49.4% of the market. 5. Change in per capita food intake (1975-79). 6. Kikkoman financial data. 8. List of main products. 9. World per capita wine consumption by country. France is tops with 90 liters/person/year. 11. Growth through diversification. In 1964 soy sauce accounted for 87% of Kikkoman's sales, in 1983 for 59%. 12. 1980 Asian population of the U.S. by state. Total: California 1,253,987. Hawaii 583,660. New York 310,531. Illinois 159,551. Texas 120,306. New Jersey 103,842. Washington state 102,503.

Oriental immigrants to the USA 1972-81. Total. 1,794,682. From Philippines 375,517. Korea 290,322. Vietnam 233,274. China and Taiwan 213,908. Address: 1. Research Associate; Prof., Harvard Business School, Boston, Massachusetts 02163.

6664. Fiske, Doug. 1984. Soyfoods in the supers [supermarkets]. *Soyfoods.* Summer. p. 18-23. Cover story.
• ***Summary:*** Gives an in-depth look (see next page) at the marketing strategies of Legume Inc., Tomsun Foods, Eden Foods, Vitasoy, Tempehworks, Nasoya, Eden Foods, Soyfoods of America (Furama and Naturespring brands), White Wave, Hinode Tofu Co., Tofu Time (Tofutti), and Nasoya.

Eden Foods of Clinton, Michigan, has been involved with natural foods for 15 years, but only within the past year have they been able to establish a beachhead in supermarkets with their miso, soymilk, and soy sauce products. They are presently selling through 5 chains representing about 50 individual stores. Supermarket sales now account for about 10% of their $7.5 million yearly sales.

6665. *Food Engineering.* 1984. Vegetable proteins: Topics from nutrition to cancer prevention to dietary fiber were presented by soy protein suppliers at the IFT [Institute of Food Technologists] show. 56(8):116, 119. Aug.
• ***Summary:*** A.E. Staley makes Textured Procon, textured soy protein concentrates. Central Soya makes Response, structured soy concentrate. Cargill makes Textratein, textured soy flours in 3 particle sizes used as partial ground meat replacers. "Among the ingredients from Kikkoman International were dehydrated miso and dehydrated tofu from soy, and dehydrated HVP (hydrolyzed vegetable protein) from soybean meal and corn gluten." Hercules highlighted its standard and Luxor lines of HVPs for mild and beef-like flavors, and its capacity to customize HVPs to customer need. A brief summary is given of research indicating that miso may prevent cancer.

6666. House, S.L. 1984. Spotlight: Institutional foodservice. Alive Polarity, Murrieta, California. *Soyfoods.* Summer. p. 6.
• ***Summary:*** "Northeast of San Diego and southeast of Los Angeles lies a peaceful place where people can go for a day, a week, a month to experience spiritual renewal and better health practices. Among other diverse activities, Alive Polarity's Murrieta Hot Springs offers mudbaths, marriage counseling and superb vegetarian cooking."

"The lacto-vegetarian diet offered at Alive Polarity emphasizes purifying, health-building and gourmet dishes. Soyfoods make up a large part of the menu.

"'More than 50 percent of our meals contain soy

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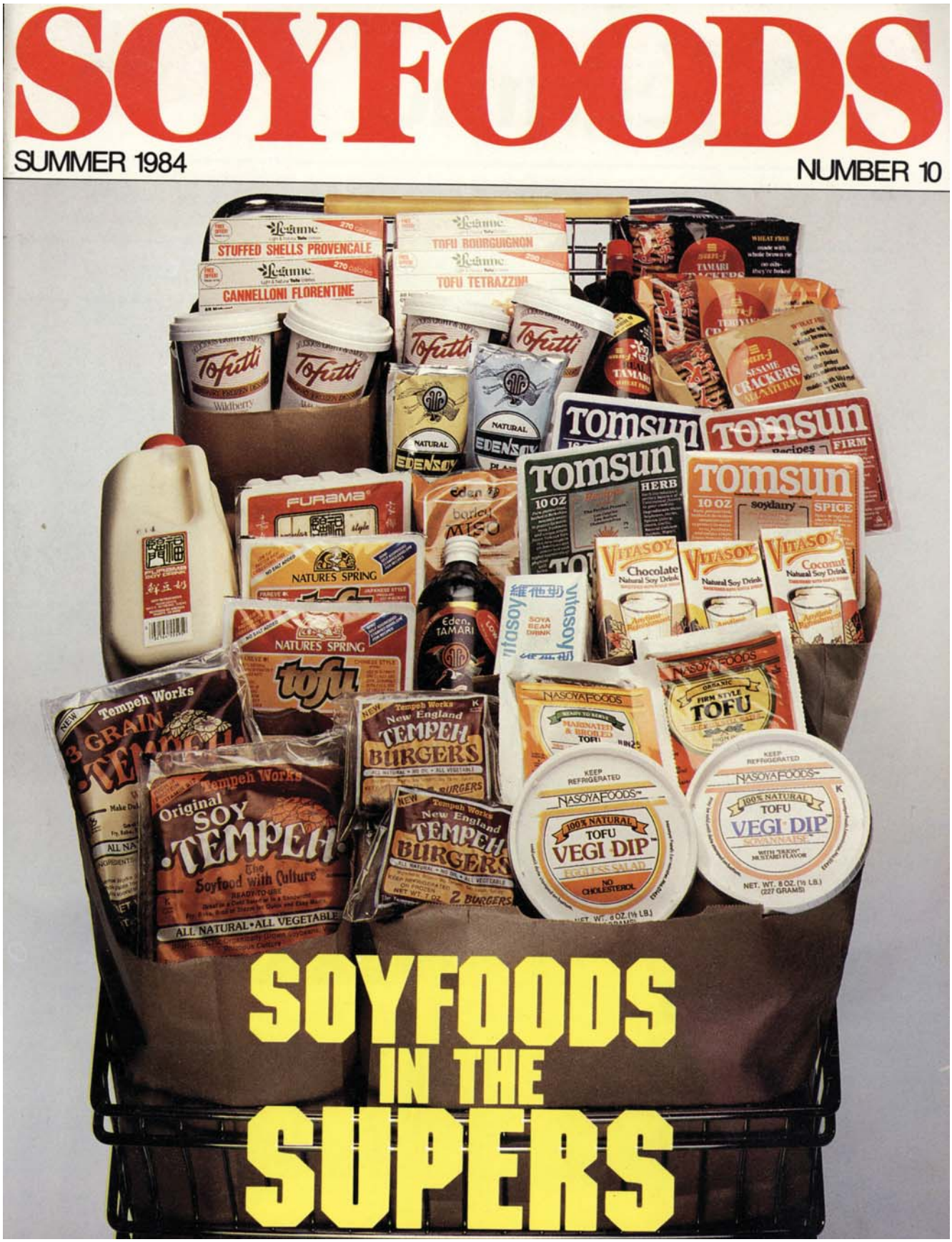

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products,' says Breese English, kitchen manager. Tofu is by far the soyfood used most often because it's so receptive; it adds little flavor of its own yet takes on the flavor of ingredients used with it. 'I'd say we consume at least 70 pounds a day."

"Alive Polarity's restaurant serves breakfast, lunch and dinner buffet style, totaling about 1000 meals daily."

"While tofu is a primary ingredient in many of the recipes, other soy products are used extensively as well. Bragg's Liquid Aminos and tempeh are two products that have found a place in Alive Polarity's kitchen.

"Bragg's is a liquid mineral soy bouillon often used instead of soy sauce or tamari. Its slightly less salty flavor had made it a popular item for the cooks as Mary Ann Beauchamp attests. 'I use it in almost everything, sauces, salad dressings, soups.' About 25 gallons of Bragg's Liquid Aminos are consumed weekly.

"Tempeh is the third most popular soy product used. Tempeh is a complete protein food with a texture that lends itself to hearty foods and entrees. Used in place of hamburger for summer barbecues, tempeh burgers are very popular. The kitchen staff estimates they use about 400 tempeh patties a week.

"Two soyfoods recently introduced at Alive Polarity include soymilk and Tofutti. Given that almost 20 gallons of soymilk are consumed weekly, it appears it's already gained acceptance among the clientele."

"Mary Ann Beauchamp, whose mother is Japanese explains, 'My mother is amazed with the things we do with tofu. The Japanese use tofu in traditional ways for specific purposes. I don't feel that they experiment or work with it as we do.' For example, Beauchamp explains a favorite recipe, Tofu Tidbits. 'You take cubes of tofu and bread them in a mixture of flour, nutritional yeast, herbs and spices. Then layer the cubes in a pan with a small amount of oil. Bake for an hour at 500º. Serve with tartar sauce and lemon wedges, it's fantastic. People just love it.'"

A photo shows the staff: Jane Buck, Breese English, Mary Ann Beauchanp, and Diane Luzzi. Contains a "favorite recipe" for Tofu french toast.

6667. Kawanishi Shoko Co. Ltd. 1984. An industry leader in tofu & soymilk processing and packaging equipment (Ad). *Soyfoods.* Summer. Rear cover.
• ***Summary:*** "Over 100 customers in the USA alone. Competitive prices, wide selection of equipment, unbeatable service." Address: Mike Haraguchi, 4713 Levelside Ave., Lakewood, California 90712.

6668. Kovats, Susan K.; Doyle, M.P.; Tanaka, N. 1984. Evaluation of the microbiological safety of tofu. *J. of Food Protection* 47(8):618-22. Aug. [21 ref]
• ***Summary:*** A key study of major practical importance to tofu makers. Fresh tofu was made using accepted production methods, inoculated with four bacterial pathogens, and held at different temperatures. The tofu was packaged both in sterile plastic tubs filled with sterile water, and vacuum packed in Saran-coated Mylar pouches.

Clostridium botulinum toxin (which causes botulism) was produced in water packed tofu held at 15ºC (59ºF) within 3 weeks. Toxin was not produced at either 4ºC (39ºF) or 10ºC (50ºF) within 6 weeks. *Staphylococcus aureus* and *Salmonella typhimurium* grew in tofu at 10ºC (50ºF) and above, but it did not grow, rather it decreased in number during storage at 5ºC (41ºF). *Yersinia enterocolitica* (which is psychrotrophic, preferring low temperatures) grew in all tofu at all temperatures evaluated.

The study showed that there was no significant difference in microbiological growth between water packed and vacuum packed tofu. Hence, tofu manufacturers, distributors, retailers, and consumers should store tofu at 5ºC (41ºF) or less. The study concludes that "the potential microbiological hazards of tofu produced under insanitary conditions and/or improperly stored are great... Results of these studies substantiate the need for: (a) implementing a high level of sanitary practices during tofu production and packaging, (b) pasteurizing tofu after packaging, and (c) refrigerating tofu after packaging and during storage and display." Address: Food Research Inst., Univ. of Wisconsin, Madison, WI 53706.

6669. Legume, Inc. 1984. Light & natural tofu entrees. No cholesterol, all natural, delicious: Enlightened entrees (Ad). *Soyfoods.* Summer. Inside front cover.
Address: New Jersey.

6670. Legume, Inc. 1984. Legume Light & Natural Tofu Entrées: Legume turns on the lights (Ad). *East West Journal.* Aug. p. 92 (Rear cover).
• ***Summary:*** A color photo shows 6 tofu entrees. Address: New Jersey.

6671. Leviton, Richard. 1984. Plant profile: Quong Hop. *Soyfoods.* Summer. p. 26-28.
• ***Summary:*** An excellent history of Quong Hop & Co. plus an accurate account of their present activities. Photos (see next page) show: (1) The company's heirloom, a board on which are written the characters "Quong Hop." (2) Jim Miller with Quong Hop's products. Address: 100 Heath Rd., Colrain, Massachusetts 01340. Phone: 413-624-5591.

6672. Leviton, Richard. 1984. Soyfoods market: The top 15 prepared convenience soyfoods. *Soyfoods.* Summer. p. 42-43.
• ***Summary:*** "Since 1980 most of the innovation–and excitement–in the American soyfoods industry has centered around what are now called prepared convenience soyfoods." The top 15 are: (1) Legume Light & Natural Tofu Entrees.

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(2) Edward & Sons' Miso-Plus Jalapeno and Chive miso dips. (3) Farm Foods' Ice Bean and Ice Bean Sandwich. (4) Tofu Time's Tofutti. (5) Light Foods' Light Links (tofu hot dogs). (6) Brightsong Light Foods' Tofu Desserts and Dips. (7) Tomsun Foods' Spice and Herb Tofu. (8) Eden Foods' Edensoy. (9) Nasoya's Vegi Dips. (10) Sonoma Specialty Foods' Nutcracker Sweets. (11) Pacific Tempeh and Soyfoods Unlimited's Tempeh Burgers. (12) Soyfoods Unlimited's Leandro's Meatless Lasagna. (13) Fantastic Foods' Tofu Burger Mix. (14) Quong Hop's Soy Fresh. (15) Garden of Eatin's Nuclear Freeze (soymilk ice cream pops). A photo shows each product.

6673. **Product Name:** Tofu Bagel Link (A Tofu Hot Dog in a Whole Wheat Bagel).
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: St. Louis, MO 63017.
Date of Introduction: 1984. August.
Ingredients: Tofu Light Link, tofu, soy oil, water, dried egg white, textured soy protein, salt, barley flour, honey, tamari, spices, natural extracts of paprika, natural spice oils. Whole wheat bagel: High gluten flour, whole wheat flour, bran, honey, salt, yeast.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Frozen.
New Product–Documentation: Food Report (Lehmann). 1984. Aug. Friedman. 1985. Adweek East. Dec. 9; Poster. 5 oz. Frozen.

Spot in Natural Foods Merchandiser. 1986. Jan. Shows a photo of a Tofu Bagel Link.

Label. 1988. 6 by 2.5 inches. Blue, beige, and white. "Real tofu."

6674. Murphy, Patricia A.; Resurreccion, Adoracion P. 1984. Varietal and environmental differences in soybean glycinin and beta-conglycinin content. *J. of Agricultural and Food Chemistry* 32(4):911-15. July/Aug. [32 ref]
• ***Summary:*** Glycinin and beta-conglycinin are the two major protein fractions of the soybean seed. The glycinin and Beta-conglycinin contents of the soybeans used by Johnson (1984) were determined and it was found that a high correlation between glycinin content of the soybeans and the hardness, brittleness, elasticity, and gumminess of the resultant tofu existed. Address: Dep. of Food Technology, Iowa State Univ., Ames, IA.

6675. Sato Co. Ltd. 1984. Jyuten is new tofu. Sato equipment since 1958 (Ad). *Soyfoods.* Summer. p. 5. [Eng]
• ***Summary:*** In this full-page ad, photos show three machines: Continuous soymilk cooker (Sany Ace Special). Okara squeezer (Big Boy II Model). Soymilk filling/packing machine (ST-4000). Note: In Japanese, *Juten* refers to packaged lactone silken tofu. Address: 33-9, Nakano 3-Chome, Nakano-ku, Tokyo 164, Japan. Phone: 03 (382) 0761.

6676. Soyfoods Association of America. 1984. Marketing soyfoods in America. *Soyfoods.* Summer. p. 12-13. [1 ref]
• ***Summary:*** Lists members of the Association and of its Tofu Standards Committee. Address: Santa Ana, California.

6677. *Soyfoods.* 1984. Soyfoods in the media [Tofu Time, Tomsun Foods, Legume, Farm Foods...]. Summer. p. 14, 16.
• ***Summary:*** David Mintz of Tofu Time in Brooklyn has gotten a lot of press and TV coverage recently for Tofutti. He says "that if he spent $5 million he wouldn't be able to duplicate the attention he's gotten already." Mintz even has a license plate that reads "Tofutti" (photo shown). "Following a year of talks with Haagen-Dazs, a distribution agreement was made that will extend Tofutti's reach in hard pint and

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3.5-ounce cup versions to supermarkets nationwide." Tofutti typically retails for $2.50 to $2.79 per pint.

6678. **Product Name:** Tofutti (Soy Ice Cream) [Hard Pack Cups: Chocolate Supreme, Cappuccino, Vanilla/Chocolate, Forest Maple].
Manufacturer's Name: Tofu Time, Inc. (Marketer).
Manufacturer's Address: 1638–63rd St., Brooklyn, NY 11204.
Date of Introduction: 1984. August.
Ingredients: Chocolate Supreme: Water, high fructose corn sweeteners, corn oil, cocoa, tofu, isolated soy protein, soy lecithin, guar seed gum, cellulose gum, carrageenan, carob bean gum, salt.
Wt/Vol., Packaging, Price: 5 fl. oz. paperboard cups.
How Stored: Frozen.
New Product–Documentation: Labels. 1984, undated. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams.

6679. Tomsun Foods, Inc. 1984. What's good for your hips and heart? Tomsun tofu (Ad). *Soyfoods.* Summer. p. 1. Address: 305 Wells St., Greenfield, Massachusetts.

6680. Wu, H.M.; Peng, A.C. 1984. Textural properties of Ohio curd. *Ohio Agricultural Research and Development Center, Research Circular* No. 282. p. 3-6. Aug. [10 ref]
• ***Summary:*** Ohio curd was prepared by adding whey protein concentrate (WPC) at 3, 4.5, 5.25 and 6% (w/v) to soymilk, mixing with 0.6% (w/v) dried glucono-delta lactone, heating at 85ºC for 215 minutes, cooling under a running cold tap for 25 minutes, then refrigerating. Textural properties of the curd (stiffness, firmness, bioyield point [force required to rupture the curd surface], relaxation, plasticity) were studied. The first three properties all increased as WPC concentration increased from 3 to 6%. Address: Dep. of Horticulture and Ohio Agricultural Research & Development Center, Ohio State Univ., Wooster, Ohio 44691.

6681. **Product Name:** [Yoshikawa Nigari {For Making Tofu}].
Manufacturer's Name: Yoshikawa Shoji Co.
Manufacturer's Address: Honmachi Wako Building, 2-50 Kita-Kyuhoji-machi, Higashi-ku, Osaka, Japan.
Date of Introduction: 1984. August.
New Product–Documentation: Ad in Soyfoods. 1984. Summer. p. 46. "Since 1861. We've been making high-quality nigari for 5 generations. Factory in Okayama. U.S. Agent: Island Spring."

6682. Nordquist, Ted. 1984. Re: New developments with tofu at Aros in Sweden. Letter to William Shurtleff at Soyfoods Center, Sept. 6. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "The company continues to expand, sales have doubled each year since we started in 1980. We now have steam injected cooking and pasteurization with a 30 day shelflife on all six products: Tofu (12% protein, made with nigari), tofu (8% protein, made with calcium sulfate), tofuburgers, tofulindstrom (red beets), Indian curry and marinated tofu. We will soon introduce tempeh, deep fried and marinated. We also plan to introduce a sandwich spread much like liverwurst in consistency before the end of this year.

"We produce about 108 kg of tofu per hour now and between 1.5 and 2 tons of products per week. I will be attending the first European Soyfoods Workshop, Sept. 27-28 in Amsterdam...

"Would you please write a short resume about your work so I can submit it to the right people for the Alternative Nobel Prize" [Right Livelihood award].

Across the top of this handsome letterhead are three logos: (1) Left: aros sojaprodukter örsundsbro shows a little blue Viking with a horned helmet and big red heart. (2) Center: Aros. (3) Right: A Soyfoods Center, Sweden, with the California Soyfoods Center logo in all blue.

Enclosed with the letter: (1) Eight-panel brochure of "What is tofu?" and tofu recipes. (2) Aros mail order catalog (1 sheet, 8½ x 12 inches, blue on beige, 3 panels each side), with 8 books, a tofu kit, nigari, tempeh starter, and koji for making miso or amazake. Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

6683. *Daily News* (*New York*). 1984. Frozen food makers' hot new ideas (Advertorial). Sept. 12. p. 19.

6684. Carroll, Maurice; Rimer, Sara. 1984. New York day by day: Tofu on the mind. *New York Times.* Sept. 14. p. B3.
• ***Summary:*** "Some might say that David Mintz, the Brooklyn man who invented the nondairy frozen tofu dessert known as Tofutti, is obsessed with tofu."

The founder of Tofu-Time Inc., Mr. Mintz dreams of tofu. "He spends hours in the kitchen concocting Tofutti flavors and recipes with the product made from fermented soybean curd such as tofu beef stroganoff and tofu brownies.

He married last year and his wedding cake was made of tofu.

And now, just in time for the Jewish New Year (Rosh Hashanah), Mr. Mintz has developed three special nondairy recipes: Tofu matzoh balls, Tofu noodle pudding (recipe given, calling for 1 pound tofu), and Tofu honey cake.

Note: Neither Tofutti nor any of the other dishes mentioned above is made with "fermented soybean curd" [fermented tofu]. The stroganoff and brownies are made with regular tofu–which is not fermented. The cake probably had icing / frosting, including layers, made of sweetened, blended tofu.

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6685. Beecroft, George. 1984. Upscale without the weight. *Asbury Park Press* (*New Jersey*). Sept. 19.
• ***Summary:*** Gloria Vanderbilt, former socialite turned jeans czarina, "is entering the fitness food wars. Her product? A designer ice cream made from tofu. It's supposed to give you all the taste without the waist. All the better to fit into those jeans, my dear." A large photo shows Gloria Vanderbilt, with the caption: "Pass the tofu."

6686. Stepneski, Ron. 1984. Couple brings zest to soy food. *Record* (*The*) (*New York*). Sept. 23. Business section. p. B-1, B-16. Sunday.
• ***Summary:*** Using the $1.5 million raised in a public stock offering earlier this year, Legume is launching a new line of 6 frozen Italian entrees which use tofu in place of meat. The company has already reaped close to $500,000 in sales since the new line was introduced last January. They hope to turn a profit next year. Address: New York.

6687. American Soybean Assoc. ed. 1984. First European Soyfoods Workshop, Proceedings. Brussels, Belgium: ASA. 129 p. Held Sept. 27-28 at Amsterdam, Netherlands (Krasnapolski Hotel). No index. 30 cm. [38 ref]
• ***Summary:*** Contains 9 papers, mainly on soyfoods in Europe. A directory including company name, person's name, and address for the conference's 105 participants. Organizations represented include Caderas de Kerleau, Aarhus Oliefabrik (Aarhus C, Denmark), Aixagri, Alfa-Laval, Alfa-Laval Food (John Wilson), Alpro N.V. (Ph. Vandemoortele, Ch. Daems), Alpura Koreco Ltd., Aros Sojaprodukter (Ted Nordquist), BRT, Cargill (R. Sevink, Amsterdam, Netherlands), Cauldron Foods Ltd. (Mr. Marshall, Mr. Fagan), Centraalbureau Voor Schimmelstruct, Centro Studi Proteini Vegetali, CETIOM ONIDOL (Emmanuel Prudom, Toulouse, France), Chemex, Comite Eetbaar Plantaardig Eiwit (Hague, Netherlands), Consumers' Association, Condimenta, Cooperative Occitane, Danish Turnkey Dairies Ltd., Delisana Natuurvoeding, Deutsche Gesellschaft für Ernaehrung [2 different addresses], DE-VAU-GE Gesundkostwerk (Dr. W. Lubosch), Dragon & Phoenix Ltd. (Donald Lysen), E & R Chemicals, Edelsoja GMBH (K.O. Tielker), E.M. Chajuss Ltd. [Daniel Chajuss], Fa L.L. Frank (Missendorp de Bie), Fed. Nat. Syndicats De Dietetique, F.I.M. Houterman, Food Industries, Food Manufacture, F.M. Lin, Galactina Ltd. (P. Speck), Gebruder Bauermeister, Gemint, Giulini Chemie, Goorden Import Cy, Henselwerk GMBH (Rolf Berger), Heuschen (Mr. Heuschen, Deurne, Netherlands), Itona Products Ltd. (Mr. and Mrs. Hampson), Ivel, Keuringsdienst Voor Waren, Libelle, Lucas Meyer (Axel Schulte), Masterfoods, Melkunie Holland, Niticel B.V., ONIDOL (Guy Coudert), Paksoy TIC, Paul's Tofu (Paul Jones), PFW Nederland BV, Plumrose FDD, Premier Foods, Purina Protein Europe (A.G. van der Horn & Willy Naesens, Zaventem, Belgium), Royal Neth. Dairy Federation, Ruitenberg N.V., Sanico N.V., S.G.A. Flavours, SIO [Societe Industrielle des Oléagineux, Marie Gérard, Nanterre, France], Sopad Nestlé (Mr. Rolland, France), Sojadoc (A. Lacombe, P. Roger, Mr. Henras & Mr. Attié; St. Paul, 81140 Penne du Tarn, France), Sojaquelle (Wolfgang Furth-Kuby), Solnuts B.V. (J. Liebregts), Soy (De Preneuf, Cerny, France), Staley Intern[ational], Stern Chemie (Volkmar Wyviol, Hamburg), UNCAA, Union Deutsche Lebensmittelwerke [Hamburg], Univ. of Strathclyde [Glasgow, Scotland], Vamo Mills (B. Cleenewerck, Ghent, Belgium), Verstegen Specerijen, V.D.SP.V.B.A., Wenger International (I. Ben Gera, Antwerp, Belgium).

Registered on Sept. 27. Naarden Intl., Protevit, Wessanen, Mr. Karas & Mr. Drosihn [Soyastern–From Germany, not Turkey].

A note in the Nov. 1984 issue of *Soya Foods* (ASA, Europe) (p. 2) stated that the workshop was attended by 105 people from 14 countries, and was considered to have been very successful.

Note 1. This is the earliest published document seen (April 2001) concerning Sojadoc of France.

Note 2. E.M. Chajuss is the name of Daniel Chajuss' father. He and his son founded Hayes Ashdod Ltd. "E.M. Chajuss Ltd." is a limited or incorporated company that was jointly owned by Daniel and his father. Daniel Chajuss attended this Soyfoods Workshop as a "delegate" of E.M. Chajuss Ltd. company.

Note 3. This is the earliest document seen (July 2006) that mentions Wessanen of the Netherlands. Address: Brussels, Belgium.

6688. **Product Name:** New York Soy Deli Tofu Cheddar Spread.
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. September.
Ingredients: Cheddar: Organic tofu, carrots, tahini, miso, umeboshi, black olives, pimentos, onions, sea salt.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1984. New York Soy Deli Brand. 1.5 by 3 inches. Black on orange. Interview with Robert Werz. 1987. Sept. 9.

6689. **Product Name:** New York Soy Deli Tofu Salad [Deviled, or Garden Chive].
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. September.
Ingredients: Chive: Organic tofu, tahini, umeboshi, lemon, chives, radish, carrots, brown rice, vinegar, sea salt.
Wt/Vol., Packaging, Price: 7 oz.

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How Stored: Refrigerated.
New Product–Documentation: Label. 1984. New York Soy Deli Brand. 1.5 by 3 inches. Black on red or green. Interview with Robert Werz. 1987. Sept. 9.

6690. **Product Name:** New York Soy Deli Tofu Ricotta.
Manufacturer's Name: Appropriate Foods, Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1984. September.
Ingredients: Organic tofu, tahini, miso, umeboshi vinegar, tamari, herbs.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1984. New York Soy Deli Brand. 1.5 by 3 inches. Brown on yellow. Interview with Robert Werz. 1987. Sept. 9.

6691. **Product Name:** Oregon Baked Tofu, and Curry Baked Tofu.
Manufacturer's Name: Ashland Soy Works.
Manufacturer's Address: 280 Helman St., Ashland, OR 97520. Phone: 503-482-1865.
Date of Introduction: 1984. September.
Ingredients: Oregon: Tofu (water, organically grown soybeans, natural magnesium chloride or nigari: a derivative of seawater), soy sauce, oil, garlic, honey, spices. Curry: Tofu, soy sauce, oil, peanut butter, honey, onion powder, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 4 by 3 inches. Self adhesive. Orange or yellow and brown on white. Talk with Diana Muhs. 1988. Feb. 10.

6692. Berry, Linden. 1984. The soy of cooking. *Women's Sports* 6:40-41. Sept.
• ***Summary:*** A brief introduction, without recipes, to tofu, tempeh, miso, and shoyu. "You don't have to be a vegetarian to eat and enjoy soy foods... Look for cookbooks with recipes for using these soy foods at your local bookstore. There are lots of delicious and healthful alternatives to meat that await you."

6693. Beversdorf, W.D. 1984. Development of new soybean varieties for soy foods [in Canada]. In: Ontario Ministry of Agriculture and Food, Market Development Branch. 1984. Workshop on Export Markets for Ontario Soybeans: Edited Proceedings. 45 p. See p. 18-20. Held 5 Sept. 1984 at Wheels Motor Inn, Chatham, ONT, Canada. 28 cm.
• ***Summary:*** "Historically, soybean breeding efforts in Canada have been directed toward improving yields, increasing the area of adaptation (to shorter season and cooler geographic areas) and improving pest tolerance. As soybean production has increased toward domestic self-sufficiency, the industry has placed more emphasis on development, production, and marketing of special quality beans for specific non-oil export markets...

"In Canada, yield of soybeans per unit land area has remained a primary consideration in soybean breeding (except for natto-type beans) because of licensing requirements for pedigreed seed production and marketing. Among high yielding breeding lines, large seed size, white or yellow hilum colour and high seed quality (resistance to discolouration and cracking) are common selection criteria associated with tofu and miso export potential."

Canadian soybean breeders are generally aware of the characteristics defined during the 1982 "Soybean Export Mission to South East Asia" for various soyfood uses. These desired soybean characteristics are shown in Table 1 for natto, miso, tofu, soymilk, and soy sprouts. Address: Assoc. Prof., Univ. of Guelph, Guelph, ONT, Canada.

6694. Chan, Fred. 1984. General uses of soybeans in Hong Kong and competition from Chinese soybeans. In: Ontario Ministry of Agriculture and Food, Market Development Branch. 1984. Workshop on Export Markets for Ontario Soybeans: Edited Proceedings. 45 p. See p. 15-17. Held 5 Sept. 1984 at Wheels Motor Inn, Chatham, ONT, Canada. 28 cm.
• ***Summary:*** Tofu: The two major types of tofu in Hong Kong are soft tofu (which is displayed in water to maintain its form) and mild tofu (which is firmer, is displayed on wooden planks, and is the most common type). Chinese soybeans are preferred to Canadian soybeans because after a maximum of 5 hours on display in the open market, water will start to weep from the tofu made from Canadian soybeans. In 1983, about 6,000 tonnes of imported soybeans were used to make tofu in Hong Kong; this was about 33% of the total soybeans imported.

Bean curd sheets and bean curd sticks [yuba] are very common snacks and dishes in Hong Kong. "Canadian soybeans have an advantage in this market because they produce whiter soymilk which in turn will produce whiter colour products. However, the bigger size of the Chinese soybean results in a higher yield... Manufacturers will normally mix 60% of Canadian soybeans with 40% of Chinese soybeans in order to achieve a higher output of whiter sheets... Total utilization was around 4,000 tonnes in 1983, with Canadian soybeans representing 78%.

Soy sauce and bean paste: The market is dominated by Chinese soybeans because bigger beans produce more sauce and paste. In 1983 approximately 6,000 tons of soybeans were used to make soy sauce and bean paste, with Chinese soybeans representing 75%, Vietnamese 14%, and Canadian 11%.

Soymilk: In 1983 about 1,800 tonnes of soybeans were used to make soymilk in Hong Kong, mostly by Vitasoy.

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Chinese and Canadian soybeans each share about 50% of the market.

Discusses various reasons that Chinese soybeans are very competitive in Hong Kong. The Chinese Oil, Cereal and Foodstuff Company in Hong Kong has an office in Hong Kong. Under this national organization are two agents specializing in Chinese soybeans. Transport time from China to Hong Kong is 7 days versus 32 days from Canada. Address: Director, Chung Hing Co., Hong Kong.

6695. Chen, Steve. 1984. Soyfoods in the Far East and USA: Products, markets, trends. In: American Soybean Assoc., ed. 1984. First European Soyfoods Workshop, Proceedings. Brussels, Belgium: ASA. 36 p. See p. C1-C38. Held Sept. 27-28 at Amsterdam, Netherlands. [11 ref]

• ***Summary:*** Contents: Summary. 1. Introduction: Ten reasons why soybeans will be a key protein source for the future. 1. Soyfood products. A. Non-fermented soyfoods: Fresh green soybeans, soybean sprouts, soynuts, soymilk, soy flour, yuba or soy protein film, tofu. B. Fermented soyfoods: Soy sauce, miso, tempeh, natto, fermented tofu, fermented black soybeans (tou-shih, hamanatto). 3. Soyfoods markets and trends in the Far East: Taiwan, China, Japan, South Korea, Indonesia, Malaysia, Singapore, Thailand, Philippines. 4. Soyfoods markets and trends in the U.S. 5. References. Plus 15 tables and 8 figures.

"It is our [American Soybean Association's] strong intention that marketing and consumption of soy protein should not in any way deter the expansion of the production and sale of as much animal protein as the world can be expected to produce in the years ahead. Soy protein foods are being intentionally brought to the market to complement and not necessarily to replace animal protein products."

"Taiwan imported 1.41 million tonnes (metric tons) of soybeans in 1983 and used about 250,000 tonnes as soyfoods for direct human consumption, which made Taiwan one of the highest in per capita consumption of soyfoods (13.2 kg or 29 lb) in the world. In the past 10 years (1974-1983), the consumption of traditional soyfoods showed an average increase of 3% per year as compared to 12% and 8.1% for poultry and soy oil, respectively. The market for packaged soymilk, soy pudding and tofu has also been expanding rapidly in recent years in Taiwan." Table 7 shows the production of soymilk in Taiwan, which grew from 103,600 tonnes in 1974 to 210,000 tonnes in 1983, for an average growth rate of 8.2% a year.

China produces about 9 million tones of soybeans a year, and about half of these are consumed as soyfoods, giving a per capita consumption of 4.5 kg of soyfoods. "An improvement in the general economy and soyfood technology and equipment will bring a sharp increase in soybean demand and more soyfoods consumption."

In South Korea soymilk consumption has increased more than seven-fold in the last 4 years. Currently about 10,000 tonnes of soybeans are used to make 70,000 tonnes of soymilk. "It is projected that soymilk production in Korea will double in 1984 as compared to the previous year."

Indonesia continues to be Southeast Asia's largest consumer of soybeans as food. In 1982/83 soybean consumption was 6.7 kg per capita. Indonesia consumes about 1 million tonnes of soybeans annually, 60-65% of them in the form of tofu and 35 to 40% as tempeh.

Malaysia consumes only about 30,000 tonnes of soybeans per year as food. In Singapore, more than 75% of the population of 2.5 million are Chinese. Therefore tofu, soysauce, and soymilk are the predominant traditional soyfoods consumed.

Thailand consumes about 40,000 tonnes of soybeans a year as food, mainly in the form of tofu. The Philippines uses only 5,000 tonnes of soybeans annually for food, mainly as tofu.

To summarize (Table 6), annual per capita consumption of soybeans in various East Asian countries, in descending order of the amount consumed, is as follows: Taiwan 13.2 kg (population 19 million); Japan 8.3 kg (population 120 million); South Korea 7.5 kg (population 40 million); Indonesia 6.7 kg (population 150 million); Singapore 6.25 kg (population 2.4 million); China 4.5 kg (population 1,000 million); Malaysia 2.1 kg (population 14 million); Thailand 0.8 kg (population 50 million); Philippines 0.3 kg (population 15 million). Address: Director, American Soybean Assoc., Room 603, Kwang-Wu Building, No. 386, Tun Hua South Road, Taipei, Taiwan.

6696. Epp, Peter H. 1984. Growers' interest in supplying export markets. In: Ontario Ministry of Agriculture and Food, Market Development Branch. 1984. Workshop on Export Markets for Ontario Soybeans: Edited Proceedings. 45 p. See p. 42-45. Held 5 Sept. 1984 at Wheels Motor Inn, Chatham, ONT, Canada. 28 cm.

• ***Summary:*** In 1954 Ontario soybean growers began to seek export markets when the Ontario Soybean Growers' Marketing Board organized the first export of Canadian soybeans to the United Kingdom.

In the late 1960s, samples of Canadian soybeans were forwarded to Pacific Rim countries to try to determine whether Canadian varieties were acceptable to the tofu and miso markets of those countries.

The replies indicated that Japanese food manufacturers preferred U.S. varieties such as Kanrich, Amsoy, Corsoy, Ohio, and I.O.M. (Indiana, Ohio, Michigan) soybeans.

In 1970 an export promotion booklet titled "Cansoy" was introduced to 52 foreign countries promoting the story of Canadian soybeans.

"Ontario soybean samples continued to be forwarded annually but received no support or interest until the spring of 1972. At that time the C. Itoh people in Toronto indicated the Harwood variety, produced by the Harrow Research

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Station, possessed qualities favorable to the manufacture of tofu and miso. C. Itoh was willing to purchase a shipment of 750 tons for further testing by some of their customers. The soybean board made several important decisions: (1) To include a letter with the soybeans from the Canadian Grain Commission stating that the shipment consisted of 85-90% Harwood variety soybeans. In other words, the identity of the Harwood variety had been preserved or maintained, and not mixed with other varieties. This marks the start of Canada's identity preserved (IP) program and a strong commitment to providing the soybean characteristics that Asian food products wanted. (2) To pay $6,920 of the total freight and stevedoring costs to Japan.

In Feb. 1982 the OSGMB sponsored its first export mission to Asia–to Japan, South Korea, Hong Kong, Singapore, and Malaysia.

Since the Harwood variety, Dr. Buzzel of the Harrow Research Station has devoted a great deal of time breeding soybean varieties suitable for the edible market. Address: Chairman, Ontario Soya-Bean Growers' Marketing Board, Chatham, ONT, Canada.

6697. Hayashi, Nobu. 1984. Users' requirements [of soybean varieties] for natto and tofu. In: Ontario Ministry of Agriculture and Food, Market Development Branch. 1984. Workshop on Export Markets for Ontario Soybeans: Edited Proceedings. 45 p. See p. 12-14. Held 5 Sept. 1984 at Wheels Motor Inn, Chatham, ONT, Canada. 28 cm.
• ***Summary:*** From January to June 1984 soybeans imported to Japan from the USA had the lowest CIF price (US$331.31 per tonne), followed by soybeans from China ($350.16), with Canadian soybeans being the most expensive ($408.62).

The preferred characteristics of soybeans for natto are: Small in size, round in shape, and clear hilum. Beans should have a firm skin (seed coat) free of cracks. High sugar and amino acid contents. High carbohydrate and low calcium contents. "However the real suitability of the soybeans is determined by the taste of the natto."

The preferred characteristics of soybeans for tofu are: High protein and low oil contents, especially a high nitrogen solubility index (NSI) which affects the yield of tofu. The larger the seed size the better. Hilum color is not a big problem but a light-colored hilum is preferred since it may give a whiter tofu. A thin and firm skin (seed coat) which reduces the soaking time required. "Like natto, the real suitability is known only when the tofu is tasted." For all soybeans, it is very important that the price be competitive. Address: Gomei Shoji Co., Tokyo, Japan.

6698. Jones, Paul. 1984. Tofu in the European diet–Fashion or foodstuff? Lecture presented at the First European Soyfoods Workshop. Held 27-28 Sept. 1984 at Amsterdam, The Netherlands. *
• ***Summary:*** Note: According to a letter from Bernard Storup dated 22 March 1984, Paul's Tofu had moved to this new address by that date. But he planned to move again. Address: Paul's Tofu, The Old Brewery, Wheathampstead House, Wheathampstead St. Albans, Hertfordshire, England. Phone: 058 283 42 41.

6699. Kooij, J.A. van; de Boer, E. 1984. Microbiological aspects of soyfoods. In: American Soybean Assoc., ed. 1984. First European Soyfoods Workshop, Proceedings. Brussels, Belgium: ASA. 131 p. See p. I1-I15. Held Sept. 27-28 at Amsterdam, Netherlands. [20 ref]
• ***Summary:*** "To learn more about the microbiological quality and safety of tempeh and tofu a survey was carried out by the working party 'Fungi in Foods' in the summer and autumn of 1983. The products were sampled in stores, restaurants and production places throughout the Netherlands and analyzed by using standard microbiological procedures...

In 110 samples of tempeh: "About 10% of the samples contained *Staphylococcus aureus* and *Bacillus cereus* in numbers which may cause food intoxication. However, the *S. aureus* strains isolated in this survey proved to be non-enterotoxigenic. *Yersinia enterocolitica* (non-pathogenic serotypes) was found in 6 samples. *Salmonella* was not isolated from any of the samples tested...

"In 154 samples of tofu: 2.1% had more than 100 counts/gm of *Staphylococcus aureus;* 11.2% had more than 100 counts/gm of *Bacillus cereus.* And 36.3% had more than 100 counts/gm of *Escherichia coli.* "About 95% of the samples appeared to have an aerobic count over 1,000,000 colony forming units (cfu) per gram. This means that there is a very great proliferation of bacteria after the production, for immediately after the production the aerobic plate count is usually below 10,000 cfu/g. This indicates that the tofu had been stored improperly or for too long. The average pH of tofu immediately after production was about 6.5, but at the time of sampling it averaged 5.2. But 5% of the samples had a pH of less than 4.5, and 16% has a pH of 4.5 to 4.9. These low pH values indicate sour/acidic products caused by large numbers of lactic acid bacteria. "In 0.7% of the tofu samples *Bacillus cereus* and *Staphylococcus aureus* were present in numbers that may cause food intoxication. The presence of *B. cereus* was probably caused by an outgrowth of the spores which survived the heat treatment. This indicates that the tofu must have been stored at too high a temperature during a long period (12–48 hours).

"The presence of *S. aureus* can be explained by a bad hygienic practice during production, after the heat treatment step. *Salmonella* was not found in any of the tofu samples." Address: Food Inspection Services, Netherlands.

6700. Loh, Michael. 1984. An overview of export markets for edible soybeans. In: Ontario Ministry of Agriculture and Food, Market Development Branch. 1984. Workshop on Export Markets for Ontario Soybeans: Edited Proceedings.

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45 p. See p. 1-9. Held 5 Sept. 1984 at Wheels Motor Inn, Chatham, ONT, Canada. 28 cm.
• ***Summary:*** "Ontario first exported edible soybeans in 1972 and over 12 years have built it into a $40 million business. 1981 was our best year when exports totalled $46 million... The bulk of Ontario's soybean exports are sold to the Far East [East Asia]–Japan ($8 million in 1983), Singapore ($6 million), Hong Kong ($3.5 million), Malaysia ($1 million), Indonesia, and Korea." In these countries soybeans are consumed in the daily diet of the people. In Japan, for example, they are made into miso, tofu, natto, soymilk and shoyu. Korea also makes soy sprouts, Indonesia makes tempeh, and Singapore, Malaysia, and Hong Kong make dried yuba. In addition, sales to the Netherlands, United Kingdom, and France are quite significant.

Concerning Ontario's market share of soybean imports for food use: Japan imports 877,300 tonnes, of which 27,000 tonnes or 3.1% is from Ontario. Singapore and Malaysia import 36,000 tonnes, of which 20,000 tonnes or 55.0% is from Ontario. Hong Kong imports 20,000 tonnes, of which 10,000 tonnes or 50.0% is from Ontario.

Japan's sources of its 877,300 tonnes of imported soybeans are as follows: USA 570,000 tonnes (65%), China 280,000 (32%), Canada 27,000, South America 300.

Japan uses its 877,300 tonnes of imported soybeans as follows: tofu 485,000 tonnes (55.3%), miso 180,000, natto 185,000, soymilk 25,000, cooked soybeans 10,000, shoyu 6,500, other 85,800. Within these figures, Ontario's soybeans are used as follows: Miso 20,000 tonnes (11.1% of the total), natto 5,000 tonnes (5.9%), and tofu 2,000 tonnes (0.4%). Address: Export Development Specialist, Ontario Ministry of Agriculture and Food, Toronto, Canada.

6701. Martin, Michael. 1984. World supply and demand for soybeans with special reference to soyfoods. In: American Soybean Assoc., ed. 1984. First European Soyfoods Workshop, Proceedings. Brussels, Belgium: ASA. 131 p. See p. B1-B32. Held Sept. 27-28 at Amsterdam, Netherlands.
• ***Summary:*** The author estimates that European soymilk consumption is about 9-10 million liters / year, which is very small compared to European cow's milk consumption of 22,000 million liters/year. European tofu consumption is estimated at 5-6 million kg/year, which is about one-fourth of U.S. tofu consumption. Other estimates for Europe consumption are: Miso 250,000 to 300,000 kg/year; Soy protein products (probably mostly isolates and concentrates) 40,000,000 kg/year; soy oil 1,700,000 tonnes/year. Europe has a fairly small ethnic population, about 1,000,000 people compared to 3,500,000 in the USA. Europe presently has some 20-25 tempeh companies producing an estimated 400,000 to 500,000 kg/year compared to 900,000 kg/year in the USA. Europe, and especially the Netherlands, are moving ahead quickly with tempeh.

The European food market is more fragmented, diverse, and conservative than its American counterpart. "The European consumer expects freshness and quality as a matter of course, and does not expect to pay a premium for these."

"It is well known that the European healthy foods market is booming. It is part of a much wider social trend which involves ecology and politics, real environmental concerns, alternative medicine and coping with unemployment, an aging population, and a minimum growth economy. It places emphasis on quality of life, individualism and cooperation. It does not exclude any age group.

"Soyfoods will increasingly find a place in our daily diets, but not without significant changes in the existing soyfoods industry, with above all greater attention to product quality and product marketing."

Appendix 1 (p. B-12) lists 9 U.S. "suppliers of food-grade soybeans in small quantities suitable for" tofu manufacturers.

Pages B15 to B32 contain numerous other tables, 8 of them reprinted without permission from *Soyfoods Industry and Market: Directory and Databook*, by Shurtleff & Aoyagi. Address: American Soybean Assoc., Centre International Rogier, Bte 521, 1000 Brussels, Belgium.

6702. **Product Name:** Soft Tofu, Firm Tofu, Extra Firm Tofu, Yellow Tofu, Tofu Triangles, Five-Spice Tofu, Tofu Hwa (Curds).
Manufacturer's Name: Mei Shun Tofu Products Co.
Manufacturer's Address: 523 West 26th St., Chicago, IL 60616. Phone: 312-842-7000.
Date of Introduction: 1984. September.
New Product–Documentation: Talk with Louis Hong, company founder and owner. 1991. March 12. He is a Chinese-American. He started the company in Sept. 1984.

6703. Mwangi, -. 1984. The Jamaica nutrition project. *Yard Roots Reports* (*Oakland, California*). Sept. p. 4-5.
• ***Summary:*** The author is working to raise $100,000 to develop a soy dairy in Jamaica to make tofu, soy-burgers, tempeh, soy milk, ice cream, mayonnaise and other products from soy beans. The Afrobean Foundation in Kingston is also interested in this idea. Two groups in Jamaica will find soy products useful in their diet. First, the more than 100,000 Rastafarians, most of whom are attempting to pursue a vegetarian diet. Second, Jamaicans of Chinese descent who have traditionally used soy products. "Most of the imported soybeans today are mainly used for making oil and for poultry and pig feed." Readers are asked to send donations to Caribbean Media and Community Resources, Inc. in Oakland, California. Address: Caribbean Media and Community Resources, Inc., 314 17th Street #188, Oakland, California 94612. Phone: (415) 536-3031.

6704. Ontario Ministry of Agriculture and Food, Market Development Branch. 1984. Workshop on export markets for

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Ontario soybeans: Edited proceedings. Ontario, Canada. 45 p. Held 5 Sept. 1984 at Wheels Motor Inn, Chatham, ONT, Canada. 28 cm.
• ***Summary:*** Contains 9 chapters by various authors, most cited separately. Address: Ontario, Canada.

6705. Préneuf, Jean de. 1984. Tofu in the European diet–Fashion or foodstuff? Lecture presented at the First European Soyfoods Workshop. Held 27-28 Sept. 1984 at Amsterdam, The Netherlands. *
Address: Société Soy, Plateau d'Ardennes, 91590 Cerny, France.

6706. **Product Name:** [Organic Nigari Tofu].
Foreign Name: Tofu natur.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1984. September.
Wt/Vol., Packaging, Price: 300 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter from Thomas Karas of Soyastern. 1989. April 21. List of members of new Organic Soyfoods Assoc. The owners are Prabuddha (Rolf Barthof) and Prembudda (G. Schramm).

Note: This company seems to be the same as Sojatopf, Friedrich-Ebert-Strasse 40, D-8223 Trostberg, W. Germany. Phone 08621-62538. Founded by Stefan Zauner prior to Jan. 1988.

Letter from Bernd Drosihn. 1990. May 10. This company, owned by Barthof and Schramm, is now located at Wolfsbergerstr. 47, D-8211 Breitbrunn, West Germany. Phone: 08054/1283.

Talk with Harry Whitford of West Germany. 1990. May 20. He knows Soto well and will send more info. They are a small company but are growing rapidly; they have some very good products. They moved recently to Breitbrunn, where they have a very nice, clean production room, with excellent possibilities for expansion. Sojatopf was their former name. Harry is a close friend of Prembuddha, because they are both students of the same spiritual teacher. They see one another often.

Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. The company's original name and address are shown above. The original owner was Rolf Barthof (Prabuddha). From Oct. 1985 until July 1988 Stefan Zauner was also an owner. Then Oskar Schramm (Prembuddha) from July 1988 until the present. So the current owners are Barthof and Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany. Phone: 08054/1283. All their tofu is vacuum packed, which is the usual packaging method for tofu in Europe. Current production is 700 kg/week.

6707. **Product Name:** [Tofuburger].
Foreign Name: Tofuburger.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1984. September.
Ingredients: Incl. tofu, vegetables, oatmeal, spices.
Wt/Vol., Packaging, Price: 100 gm vacuum pack.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

6708. *WomenSports*. 1984. The soy of cooking. 6:40-41. Sept. *

6709. *Yard Roots Reports* (*Oakland, California*). 1984. Plenty in Jamaica. Sept. p. 6-7.
• ***Summary:*** In the summer of 1982 the author (whose name is not given) went to Jamaica armed with a package of information on soy beans. "My dream then was to develop a soy-dairy in St. Ann's Bay, Jamaica, to produce tofu, soy milk, and ice bean [soymilk ice cream]." There was little interest among Jamaican Rastafarians (Rastas).

After returning to California, in March 1984 he met David and Joan Dixon of Oakland, California. They told him about Plenty, a relief organization run by The Farm in Tennessee, and their work with Plenty to introduce soyfoods to Jamaica. Plenty is now attempting to establish a soy dairy in the rural town of St. Ann's Bay. Plenty has tried to grow soybeans on the old Richmond Landowvery sugar estate but without much success. Joan has done soybean cookery demonstrations. Address: Caribbean Media and Community Resources, Inc., 314 17th Street #188, Oakland, California 94612. Phone: (415) 536-3031.

6710. Taj Majal Hotel (The). 1984. It all started with a tree house... Yes. Today we are happy to be able to offer you so many different ways to pamper your palate (Ad). *Times of India* (*The*) (*Bombay*). Oct. 3. p. 9.
• ***Summary:*** One of the five restaurants in the hotel is the House of Ming, which features: "The magical crispness of Jumbo Prawns. The flavourful wonder of creations like Jade Chicken, Dry Lamb in Chilli Sauce, Bean Curd with Oyster Sauce, Eggplant in Hot Garlic Sauce..." Address: Number One Mansingh Road, New Delhi 110 001, India.

6711. Vaidehi, M.P. 1984. Re: Request for tempeh culture and studies on tempeh in Bangalore. Letter to William Shurtleff at Soyfoods Center, Oct. 5. 1 p. Typed, with

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signature on letterhead.
• ***Summary:*** She requests a packet of tempeh starter culture for some consumer acceptability studies. "I was one of your students at M.F.M." [Meals for Millions, in Santa Monica, California] and hope you will help me in encouraging tempeh use in Indian villages.

"In one of my studies I found that when tempeh curry and chips were served to 100 villagers and 100 urban consumers in India, the results were very promising. The consumers liked tempeh, tofu, and nutri nuggets (TVP); they liked soya curds the least." Address: Assoc. Prof. & Head, Dep. of Rural Home Science, The Univ. of Agricultural Sciences, Hebbal, Bangalore–560 024, India.

6712. Wagner, Martha. 1984. Get your tasty tofu right here, folks. *USA Today.* Oct. 5.

6713. Cohen, Richard L. 1984. Tofutti: An alternative to ice cream. *San Francisco Business Journal.* Oct. 8. p. 9.
• ***Summary:*** As a result of the success of Tofutti, Brightsong Light Foods in Petaluma, California, is planning to introduce LeTofu in soft serve and hard pack. Essentially, says Rose, Brightsong has been developing new products ever since he and his wife bought the company in 1980. They have test marketed more than 90 products. The company grossed $100,000 in 1983 expects to gross $150,000 this year. Presently about 80% of Brightsong's sales are in "secondary tofu products." The rest are in its raw tofu and marinated tofu. Quong Hop, with sales of well over 1 million a year, sells mostly basic tofu. Their Soy Deli merchandising concept is now in 13 Safeways in the Bay Area and will soon be going into the Co-op markets. But "the concept has been less than successful." A spokesperson for Safeway stated: "Only a few of the soy delis were successful. It was a good merchandising idea, but the products didn't move. There wasn't enough customer demand. The concept was ahead of its time."

A photo shows youthful Sharon and Richard Rose of Brightsong Foods.

6714. Torii, Yasuko. 1984. Re: New developments with tempeh in Japan. Tofuyo now sold in Tokyo. Letter to William Shurtleff at Soyfoods Center, Oct. 16. 2 p. transcript. Handwritten on lined paper. [Jap; eng+]
• ***Summary:*** Mrs. Torii thinks that tempeh will spread and become popular in Japan. It is now rapidly growing in popularity.

Mr. Kanasugi's restaurant Mame-no-ko opened in March 1976. He makes the tempeh in a walled-off room in his natto factory.

Takashin tempeh is served as tempeh cutlets at Alicia's in Shimokitazawa, where it is a popular entree.

The first tempeh discussion group (*Danwa-kai*) in Japan was at Kyushu University, Fukuoka, on 30 July 1984. The Japanese-language program is enclosed. The next will be in Tokyo on 9 Nov. 1984. The one after that will be in Osaka. At the first discussion group (as the program shows) the activities were speeches, discussion of winged bean tempeh, tempeh cookery, tempeh in Indonesia, and future activities. Membership is ¥3,000. Watanabe Tadao is in charge.

Preparations are now underway for the international tempeh and natto symposium (Non-Salted Soybean Foods).

Natural House sells tempeh in four places: Aoyama, Shimokitazawa, Kichijoji & Akasaka. The tempeh is made by Kanehara Shoten. Natural House also sells nigari tofu.

Mr. Kanasugi's method makes good, firm, tasty tempeh, with no dewatering. Prof. Watanabe and Mrs. Torii have both visited him and both praised the method. His tempeh miso is very delicious. She gives the recipe. Like Namé Miso it is good on sliced cucumber or with ginger.

Mrs. Torii (whose mother is Okinawan) has found Okinawan fermented tofu (*tofuyo*) sold in Tokyo; she includes a label: Tofu maker: Mr. Y. Yamada. K.K. Maruyama (also known as Okinawa Dento Shokuhin-jigyo Kyôdo Kumiai). Eight pieces in a glass jar retailed for ¥2,000. She found this product sold at two department stores in Tokyo: (1) Seibu Department Store, in Yûrakucho. (2) Matsukakaya, in Ginza. 2-10-26 Matsuo, Naha-shi, Okinawa-ken 900, Japan. Phone: (0988) 63-0236.

Mrs. Torii says tofuyo is like Chinese-style fermented tofu (*doufu-ru*) except milder and more expensive. She finds it to be delicious. It is sold in a plastic bag inside a book-sized box. It is made by Urizun, a restaurant in Naha, Okinawa. Molded tofu is immersed in a brining liquor of Ryukyu Awamori, which is clear shochu spirits.

Note: Mrs. Torii brought a small sample of *tofuyo* to Soyfoods Center in 1984 during one of her many visits. Shurtleff and Aoyagi both tasted it straight (as is) and found it the most delicious fermented tofu they have ever tasted. It would make a delicious spread on crackers. Address: Kamitsuchidana 324, Ayase-shi, Kanagawa-ken 252, Japan. Phone: 0467-76-0811.

6715. Flinders, Carol. 1984. Soy food business grows in U.S., Japan. *Hartford Courant* (*Connecticut*). Oct. 17. p. E11. [3 ref]
• ***Summary:*** "I first met Bill Shurtleff 16 years ago at the Tassajara Zen Center in Big Sur, California. Clear-eyed, slender and very thoughtful, he struck me as one of the most self-disciplined and idealistic people I'd ever met."

"And he hasn't changed a bit.

"Bill and his wife Akiko Aoyagi wrote 'The Book of Tofu' in 1979 [sic, 1975], and followed it up with 'The Book of Tempeh,' 'The Book of Miso,' and a spate of books for people in the soy foods business, the most recent being a yearly update called 'The Soyfoods Industry and Market: Directory and Databook.'

"Shurtleff and Aoyagi have probably done more than

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anyone in this country to popularize soyfoods and encourage their commercial production.

"I called them recently and they had nothing but good news. The soy foods industry has greatly benefited from the concern with too much cholesterol, and business is booming, not only in the country, but also in the part of the world where the soybean has long been king.

"Last January, the couple traveled to East Asia, where they discovered that demand for soy milk is growing faster in every country there than for any other food product. In Japan, production has doubled annually for the past five years. All the major milk companies in Japan have begun to market soy milk. They are convinced it doesn't interfere with dairy sales, that in fact it expands their overall market 'reach' and enhances their corporate image by giving the impression of being up to date and health-conscious.

"The term vegetable protein apparently has extremely positive connotations for the modern Japanese. Beef and dairy product consumption has risen enormously since World War II, but so has incidence of cardiovascular disease and cancer. The term plant protein is associated with the traditional, grain-based diet that prevailed when such ailments were rarer.

"The real driving force of the soymilk takeoff, says Bill, has to do with the technological breakthroughs made at Cornell University [Geneva, New York] and the University of Illinois that have made it possible to produce soy milk that does not taste 'beany.' Popularity of this soy milk is not confined to Japan or Indonesia, Bill's itinerary last winter included visits to four provinces in the People's Republic of China, where he gave intensive workshops in soy milk manufacturing. In the United States, seven companies have introduced it this past year, each with major promotional campaigns."

Includes a recipe for tempeh rice salad. Address: Petaluma, California.

6716. Kantha, Sharmila. 1984. Beancurd and Baratanatyam: A dancer's life seems to be a hard one, specially when on tour. When the dance troupe from Kalakshetra passed through Chengdu during its China tour,... *Times of India* (*The*) (*Bombay*). Oct. 21. p. A5.
• ***Summary:*** Note: "Kalakshetra is a cultural academy dedicated to the preservation of traditional values in Indian art, especially in the field of Bharatanatyam dance and Gandharvaveda music" (Source: Wikipedia Sept. 2010). It was founded in 1936 at Adyar, Chennai [named Madras until 1996], by Rukmini Devi Arundale, along with her husband, Dr. George Arundale.

The Indian dance company was well received in China. It asked for vegetarian meals. Meals of 15 dishes (not including rice, curds, and noodles) were not uncommon. "Beancurd and mushroom, prepared in an extraordinary variety of ways, were practically staple servings." Address: Number One Mansingh Road, New Delhi 110 001, India.

6717. Sugarman, Carole. 1984. When dietitians convene: Facing a day-long blitz of workshops and exhibits, issues and aerobics. *Washington Post.* Oct. 21. p. G1, G4. Food section.
• ***Summary:*** More than 13,000 members of the ADA (American Dietetic Assoc.)–the nation's largest association of nutrition professionals–attended the annual ADA convention at the Washington Convention Center. Close to 700 manufacturers, trade associations, and organizations promoted their wares.

"If the exhibits are any indication, our future is in soybeans." Soybean oil. Soybean ice cream. Soybean meat. Legume "light and natural tofu entrees." Colombo. Checkerboard Farms. Address: Washington Post staff writer.

6718. Yoshimura, Sam. 1984. Re: Update on work with soyfoods. Letter to William Shurtleff at Soyfoods Center, Oct. 21–in reply to inquiry. 1 p.
• ***Summary:*** Shurtleff writes: "I just read a little blurb about you, written by your wife, that was in the *Madison Survey.* It indicated that you were now in Canada and again making soyfoods. Could I ask a few questions for use in the Adventist chapter of our history book?

1. What is your present address and postal code. Ans: See above.

2. When did you leave Worthington Foods? Ans: Sept. 30, 1981 (Retired).

3. Could you please tell me a little about your new business? When did you start selling products? Are you working alone or with another company? What products do you make? Can you send me some descriptive or promotional literature on your products?

Ans: "Name of company: MGM Brans. I am a technical consultant of the above company. We started selling products in January 1982.

"Our main product is meat analogs–franks, sausages, sandwich slices, chicken nuggets & burgers. Currently we are developing tofu-based meat alternates [alternatives] & other products."

Note: Sam does not send any labels or descriptive literature. Address: Home: 19 Masedale Cres., Willowdale, ONT M2J 3A3 Canada; Plant: MGM Brans, 59-F Howden Rd., Scarborough, ONT M1R 3C7. Phone: 416-473-9254 or 416-752-6600.

6719. Welters, Sjon. 1984. Early history of tempeh in the Netherlands (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Cees van Rest, a friend of Sjon's and the owner and president of Wittewonder, visited Mrs. Duson, owner of ENTI, and asked her the list of questions Shurtleff had written her twice but she did not answer.

Note: Firma ENTI was founded in about 1946-1948.

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A Dutch couple whose last name was Wedding lived in Indonesia and made tempeh there. They took a 100 year old culture to Holland in a wooden box, along with their tempeh recipe. In Holland they started to make tempeh on a home scale for friends and relatives. They kept the culture going and used it to inoculate Indonesian soybeans with the help of blankets and lamps. It gradually grew into a commercial operation.

The business did well and by the early 1970s they were making 2,000 lb/day of tempeh. Mrs. Duson bought the company in about 1974, Apparently (?) the couple was growing old.

ENTI went out of business in January 1984 and the original Indonesian culture was deliberately destroyed. They sold all the equipment to a used equipment dealer, rather than to a person to continue the business.

Firma Lembeker is now the oldest existing tempeh company in Holland–approximately 25 years old.

Prospects for the future of tempeh in Holland look bad. Mrs. Duson felt extremely sad; she didn't think the health food industry would take over sales of the tempeh for lack of tradition and craftsmanship. She is older. Sjon says the Indonesians in Holland are no longer prospering. After World War II they were prospering with tofu and tempeh. But that stopped in the 1970s, in part because of cultural assimilation. Their population in Holland is diminishing, as some went back to independent Indonesia. Ketjap [soy sauce] is still very popular in Holland.

Sjon knows another company that has just started to make tempeh, and is now making 1,500 lb/week. He thinks it is the best quality he has seen. It is sponsored by a multinational–but Sjon cannot say who it is. Address: Netherlands.

6720. Welters, Sjon. 1984. Wittewonder in the Netherlands (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Cees van Rest, a friend of Sjon's, is the owner and president of Wittewonder–which is doing great now. It is incorporated. They make 2,000 lb of tofu a day. They also make a tofu pastie. plus 2,000 units of spreads and 1,200 units of tofu in sauce in a jar [probably per week]. Their products are now going into supermarkets. Cees can help Shurtleff's research a lot in the future; thank him and stay in touch. Address: Netherlands.

6721. Barat, Chandri; Barat, Gary. 1984. Tofu: The next phenomenon. *Quick Frozen Foods.* Oct. p. 20.
Address: Legume, New Jersey.

6722. Barber, Linda; Lampert, Junko. 1984. The tofu gourmet. Tokyo: Shufunotomo Co. 129 p. Oct. Illust. Index. 27 cm. [Eng]
• ***Summary:*** A beautiful book, packed with superb color photos. Contents. Preface. Preparing, buying, and storing tofu. Recipes–1. Dips, sauces, main dishes. 2. Desserts. On the inside back dust jacket are biographies of Linda Lee Barber and Junko Lampert.

The color dust jacket of the first printing (1984) shows sculpted green kiwis atop a refrigerator tofu cheesecake, whereas that of the second printing (1989) shows a layered "Man's cake" topped with delicate alfalfa sprouts, thinly sliced red radishes, and slivered carrots.

The book was published in London, England in 1986 by Portland House/Windward. Address: Japan.

6723. **Product Name:** [Tofu Snack with Spices, and Diced Tofu with Cream].
Foreign Name: Tofu Snack, Tofu Emince.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1984. October.
Wt/Vol., Packaging, Price: Snack in 195 gm can and Dice in 420 gm can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Letter from M. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. These two products were launched in 1984 (Oct. 26) and discontinued in 1986.

6724. **Product Name:** [Spicy Tofu Sandwich Spread].
Foreign Name: Tofu Crème Sandwich à la Provençale.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1984. October.
Ingredients: Tofu, water, vegetable oil, yeast, shallots, vegetable extracts, seasonings, herbs, casein (milk protein), sea salt, binding agents.
Wt/Vol., Packaging, Price: 190 gm tube.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm: Protein 9 gm, fat 25 gm, carbohydrate 6 gm, 287 calories.
New Product–Documentation: Letter from Peter Speck of Galactina. 1988. March 11. "Migros is still on the market with natural tofu, a flavored tofu, tofu spreads, and canned tofu with gravy. Their tofu products are made by Conserves Estavayer. You could probably contact Mr. A. Dillier there." Letter from M. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. Label. 1988. 7 by 5 inches foil tube resembling a toothpaste tube. Beige/yellow, brown, green, pea green and black on white. Drawing of soybeans and leaves. "New! Ideal for Canapés, hors d'oeuvres (Vorspeisen, antipasti), etc."

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6725. **Product Name:** [Tofu Bolognaise (with Tomatoes)].
Foreign Name: Tofu-Bolognaise / Tofu alla Bolognese.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1984. October.
Ingredients: Water, tomato puree, tofu, onions, carrots, seasonings, aromas, starch.
Wt/Vol., Packaging, Price: 195 gm can. Retails for FR 1.70.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm: Protein 5 gm, fat 6 gm, carbohydrate 6 gm, 1.1 gm salt, 100 calories.
New Product–Documentation: Letter from M. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. This product was launched on 26 Oct. 1984 and discontinued in 1988. Label. 1988. 9.5 by 2 inches paper. Black, pea green and orange on brown. Photo of the product atop a dish of spaghetti.

6726. **Product Name:** [Soyastern Tofu-Burger].
Foreign Name: Soyastern Tofu-Burger.
Manufacturer's Name: Debrecini-Drosihn-Karas. Renamed Soyastern Naturkost GmbH in Dec. 1985.
Manufacturer's Address: Roonstr. 38, D-5200 Siegburg, West Germany.
Date of Introduction: 1984. October.
Ingredients: Rice, Tofu (Water, soybeans*), seasonal vegetables* (carrots, celery, leeks, onions), sunflower seeds, sesame, vegetable oil, spices, sea salt. * = Organically grown; Soyabohnen aus kontr. biologischer Anbau.
Wt/Vol., Packaging, Price: 6 x 8.5 inch plastic bag.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This deep-fried patty is the company's best seller among its ready to eat "Frischeprodukte." It is sold on the counter, and is not refrigerated. Label. 1987. 5.5 by 2 inches. Black on green. Printed on plastic bag.

Letter (fax) from Harry Whitford. 1990. May 11. Byodo started to fry Tofu Burgers in the fall of 1984. Lukas Kelterborn's last service to the company was to establish the tie to Soyastern, which was unable to fry burgers due to complaints by the neighbors. We started buying tofu from Soyastern in Cologne to make burgers for them–at a distance of 400 miles!

Note: This is the earliest document seen (Feb. 2003) concerning Bernd Drosihn, part-owner of Soyastern. A soyfoods pioneer in Germany, he founded Viana in 1989.

6727. *J. of the American Oil Chemists' Society.* 1984. New soy crushing facility [in Indonesia]. 61(10):1521, 1523. Oct.
• ***Summary:*** "Indonesia's first soybean crushing facility is expected to be operational in late 1985 or early 1986, reducing that nation's dependence on imported soybean meal for its poultry industry and increasing the volume of soybean imports.

"The plant capacity is estimated at 300,000 tonnes annually, which should produce about 240,000 tonnes of meal. That is about the volume of soybean meal imported from the U.S. during 1984. Domestically produced soybeans are used almost exclusively for human foods such as tempeh and tofu.

"Oil palm and coconut are the major sources of vegetable oil in Indonesia, with palm, palm kernel and coconut oils accounting for 99% of Indonesia's 1.8 million tonne production."

6728. Jacobs, Martha. 1984. Is tofu taking over this town? *Atlanta Magazine.* Oct. p. 22.
• ***Summary:*** The Soy Shop, started in about 1979 by former herb sellers Sara and Steve Yurman, now makes about 7,000 lb/week of tofu. Some goes to the soup kitchens of Atlanta. Calco, run by Jim Wang, who expanded into tofu from [mung] bean sprouts, makes another 3,000 lb/week; Calco's production of tofu has doubled in less than a year. Eat Your Vegetables restaurant serves some 120 lb/week of tofu to both appreciative and unsuspecting customers. A photo shows Steve and Sarah Yurman. Address: Georgia.

6729. **Product Name:** Tofu Pumpkin Pie.
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 3015 N. Buffum St., Milwaukee, WI 53212. Phone: 414-765-3733.
Date of Introduction: 1984. October.
New Product–Documentation: Talk with R. Jay Gruenwald. 1989. June 12. This was the company's second product, launched in Sept. or Oct. of 1984. It was produced only seasonally.

6730. *SoyaScan Notes.* 1984. Europe's largest tofu manufacturers in 1983-84 (Overview). Oct. Soyfoods Center Survey. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following are ranked in descending order of the amount of tofu produced.

Heuschen Products, Netherlands. Started 1964, 12,000 kg/week of tofu.

Vanka-Kawat, Netherlands. Started 1958, 10,500 kg/week.

Dragon & Phoenix, England. Started 1966, 10,000 kg/week.

Soyana, Switzerland. Started 1982, 6,000 kg/week.

Paul's Tofu, England (2 plants). Started 1981(?), 3,000 kg/week.

Société Soy, France. Started 1982, 2,500 kg/week.

Witte Wonder, Netherlands. Started 1981, 2,400 kg/week.

Soyastern, West Germany. Started 1982, 2,000 kg/week.

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Jonathan, Belgium. Started 1981(?), 2,000 kg/week(?).

Lima Foods, Belgium. Started 1982(?), 2,000 kg/week(?).

Cauldron Foods, England. Started 1981, 1,500 kg/week.

Manna, Netherlands. Started 1978, 1,300 kg/week.

Klaus Steinberg Tofu, West Germany. Started 1984, 1,300 kg/week.

Yamato Tofuhaus, West Germany. Started 1983, 800 kg/week.

Aros Sojaprodukter, Sweden. Started 1981, 800 kg/week.

Total 58,100 kg/week or 29,000,000 kg/year (50 weeks/year).

6731. **Product Name:** Tofu, and Kinu Tofu.
Manufacturer's Name: Sumiyoshi-ya.
Manufacturer's Address: San Pedro St., Carson, CA 90745-6.
Date of Introduction: 1984. October.
How Stored: Refrigerated.
New Product–Documentation: Talk with Seizo "Bob" Tanibata. 1989. Feb. 22. Bob was an engineer who worked with Douglas Aircraft for 21 years. Then he was laid off, so he was looking for work. A friend put him in contact with a guy from Sumiyoshi-ya in Japan who came to America in late 1984 with all the equipment to start a tofu company. The guy needed an American who spoke English to help him out. So Bob began to work with him. He told Bob he was an expert tofu maker, but he wasn't. They started to make and sell tofu in Oct. 1984 at the New Meiji Kitchen. Things didn't work out, so Bob quit in December. Shortly after that the company went bankrupt, so Bob offered to buy him out in Jan. 1985. But for the next 18 months Bob had to look for a new location. In Oct. 1986, having renamed the company Sumiyoshi-ya Foods USA, he started to make tofu at his new location in Gardena.

Talk with Margaret Endo of Los Angeles. 1997. March 12. Seizo Tanibata is her uncle. She just talked with him about the history of this tofu shop. He said he took it over from a Mr. Yoshi.

Form filled out by Bob Tanibata. 1998. July 2. His company, Sumiyoshiya Foods USA is now located at 1429 W. 134th St., Gardena, California 90249. Phone: 310-538-2626. This same name and address is stamped on the envelope. He encloses a Label for Kinu–Hand made Japanese tofu, but on the label is written "Sumiyoshi-Ya U.S.A., Gardena, CA 90247." Talk with Bob Tanibata. This company has made both regular (momen) and kinu (silken) tofu since it started in 1984. He was there making tofu in 1984. He started to make tofu alone in Jan. 1986, and that year he moved to his present address.

6732. Taira, Harue. 1984. Kokusan daizu no hinshitsu. VI. Zenkoku-san daizu no hinshitsu, seibun, kakô tekisei no hendô to chiikikan, hinshukan sai [Quality of soybean seeds grown in Japan. VI. Regional and varietal differences in the physical properties, chemical composition, and suitability for food processing]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 45. p. 55-62. Oct. [9 ref. Jap; eng]
Address: National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan; 3-4. Hokkaido Prefectural Central Agric. Exp. Station, Naganuma, Hokkaido.

6733. *Trinidad and Tobago Review.* 1984. The "noble bean" in the Caribbean. Oct. p. 27.
• ***Summary:*** "On the main road about 1 mile south of the heart of Roseau between Dominica's western slopes and the shoreline is the Plenty Canada Soya Shop (a photo of which is shown). After only a week opening in Newtown, this unusual take-away outlet sells out of accras and [soy] ice-cream nearly every day." Each morning the staff prepares batches of soyamilk. which is "used to make ice-cream and Tofu (soyabean cheese) and some is reserved to be sold as milk while the presscake [okara] is combined with tofu, wholewheat flour and seasonings to prepare the delicious and popular fried accras. The shop opens at one o'clock and serves a steady stream of customers until eight, unless stocks run out."

Plenty Canada's representatives arrived on Dominica in response to requests from local people. "With the co-operation of the government they have demonstrated simple home-scale soyafoods preparation in local areas and conducted soyabean seed trials. The initial interest in soyafoods was enough to encourage them to set up shop in central Roseau, grinding the beans at first by hand in a cocoa mill. As the business grew they needed more production space and more contact with local people on a 'grass roots' level as the shop was intended primarily as a training situation. Since the move to Newtown a Dominican couple are planning to re-open the original premises as a second soya shop, Creole-style.

"Plenty's soya project is staffed by three volunteers from Canada and the USA, who receive only subsistence, and five wage-earning Dominicans who are learning to manage the shop. They have requests for soya shops in other parts of the island...

"Plenty brought in an initial supply of soyabeans from North America and are now supplying seed to two groups of local farmers who are keen to grow for the shop... The shop is beginning production of Tempeh, a cultured soya food from Indonesia."

Note: This is the earliest English-language document seen (Aug. 2002) that uses the term "Noble Bean" in the title to refer to the soybean.

6734. **Product Name:** Westbrae Natural Malted's [Carob

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Malted, Vanilla Malted, Cocoa-Mint Malted, Almond Malted, or Caffeine-free Java Malted].
Manufacturer's Name: Westbrae Natural Foods (Importer). Made in Japan by San-iku Foods.
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: (415) 658-7521.
Date of Introduction: 1984. October.
Ingredients: Cocoa-Mint: Soybeans, malted barley, expeller-pressed corn oil (less than 5%), cocoa, sea salt, peppermint.
Wt/Vol., Packaging, Price: 6 fluid oz.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Cocoa-Mint: Per 6 oz.: Calories 250, protein 6 gm, carbohydrate 50 gm, fat 3 gm. Carob: Calories 230, carbohydrate 44 gm. Vanilla: Calories 250, carbohydrate 46, fat 5 gm.
New Product–Documentation: This is soymilk with a thick and rich milk shake-like consistency. Ad in East West Journal. 1984. Sept. Inside front cover. "Westbrae Natural Malted's. [Note spelling, with apostrophe]. Vanilla, Carob, Cocoa-Mint. Thick and rich non-dairy soy delights. 'Did you make this out of ice-cream?' Ryan Garvy, age 7. All the fun, half the fat of milk shakes. No refined sugar, no preservatives, no cholesterol."

Labels. 1984. 4 by 6.25 inches. Plastic retort pouches. Brown, yellow, white. Cocoa-Mint on mint green background. Carob on cherry background. Vanilla on orange background. All have soda fountain picture with glass of malted with straw. "Shake well. Serve chilled. No refined sugar or cholesterol. No preservatives." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Shurtleff & Aoyagi. 1984. Soymilk Industry and Market, Update. Thick soymilk from whole soybeans (no soy protein isolates) plus malt and 2.65% oil are used to give this product its thickness. Sales of Westsoy and Malteds for 1984 were roughly $700,000 or 1.67 million units at $0.42 each FOB.

Natural Foods Merchandiser. 1985. May. p. 48-49. Gold medal in 6th annual merchandising contest. Poster. 1986. June. "The Cadillac of Soydrinks." Talk with Martin Roth. 1989. Aug. 17. "Gordon Bennett gave me the assignment to develop a soymilk product for Westbrae. He recognized that Westbrae had already missed the boat on soy drinks, with Edensoy, Vitasoy, Ah Soy, and Health Valley already on the market. I said 'Great. How can you make a soy drink that isn't a soy drink.' Then the Malteds idea flashed into my mind, and I said 'Maybe we can do a thicker, richer, creamy one and make it a dessert.' I designed the graphic idea and developed the name and formula."

As of about Feb. 1995 this product was made by Cathay Industrial, owned by John Yamauchi, in Los Angeles. Prior to that, it was made by House Foods & Yamauchi in Los Angeles.

6735. Wheelan, Carol. 1984. The mass marketing of tofu: Growth stems from introducing value-added products. *Food & Beverage Marketing.* Oct.
• ***Summary:*** According to John Paino, president of Nasoya Foods in Leominster, Massachusetts, "there are now 161 tofu producers in the United States. Tofu is now sold to produce departments in its unadulterated [plain] form, and as a value-added item to supermarkets and health food stores across the country. Ten years ago, he says, it was sold in bulk form, primarily to restaurants, as an additive for dishes such as bean curd soup.

"The growth of tofu stems from the 'Americanization' of the product, according to Paino... Tofu caught on in the natural food market, in 1975, as a result of *The Book of Tofu.* The book's author, William Shurtleff, touted tofu as 'the protein food of the '80s.'"

"One of the companies that has made an impact on the mass marketing of value-added tofu is Legume... Barat touts his Legume line as a 'natural Lean Cuisine.'" A list of Legume's line of frozen tofu entrees is given. Photos show Gary Barat and Chandri Barat.

Note: This is the earliest document seen (Aug. 2000) with the term "value added" in the title, in connection with soybeans or soyfoods. In the document itself, the term "value added" is used–not in connection with a tax–to refer to products such soy ice cream, which is made from tofu and adds value to it.

6736. Arcure, Catherine. 1984. Festive vegetarian dishes make delightful holiday treats. *Ann Arbor News* (*Michigan*). Nov. 7. p. F3. [1 ref]
• ***Summary:*** This fall the Soyplant ran a "made in Michigan" promotion. Annette Howells of the Soyplant staff says her company takes pride in making high-quality health foods from Michigan products. She contributes two recipes made with tofu, the company's best-selling food: Soyplant's Creamy tofu pies, and Soyplant's stuffed bread. A photo shows Annette Howells serving a slice of Creamy tofu pie to Ute Arnhold. Address: News food columnist, Ann Arbor, Michigan.

6737. Hamlin, Suzanne. 1984. New, convenient packaged meals high in nutrition. *Daily News* (*New York*). Nov. 14.
• ***Summary:*** "Legume has done the almost impossible–made tofu sexy. These frozen entrees, which are sold in supermarkets at an average $2.79 apiece, are the brainchild of Chandri and Gary Barat, entrepreneurial vegetarians who describe themselves as 'quintessential Yuppies and proud of it.'" Address: New York.

6738. Seaman, Debbie. 1984. A line to evoke a class by itself. *Adweek* (*Eastern Edition*). Nov. 19. Vol. 25, No. 51.
• ***Summary:*** Legume's new line of tofu entrees, sold frozen. The design was by Mr. Quarrell.

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6739. *USA Today.* 1984. Healthy tofu now comes in frozen dinner [From Legume, Inc.]. Nov. 28. Good Living section.

6740. *New Chronicle. The Conscience of the Nation* (*Dominica, West Indies*). 1984. Soy foods available. Nov. 30.
• ***Summary:*** Today Nathalie Andrew is opening "Soy Kweyol," a take away health oriented catering service in the heart of Roseau, Dominica. All of her foods are made from soybeans, and are homemade. A photo shows Nathalie serving a beverage from her shop window. "Soy beans, it has been discovered, can now be grown locally. Farmers in areas like La Plaine have successfully produced their first crop of beans and have already begun preparations for planting a second crop. The seeds which take three months to grow can be obtained from the 'Plenty' Office in Victoria Street, New Town." Address: Dominica.

6741. *Dairy Record.* 1984. Frusen Glädjé takes on tofu: Designer Gloria Vanderbilt lends name, recipe to frozen dessert. Nov. p. 34.
• ***Summary:*** Randall Stuart, sales and marketing director of Frusen Gladje in Lindenhurst, New York, says that Gloria Vanderbilt's agent claims the new non-dairy frozen dessert will receive at least $1 million in free publicity because of its fashionable backer. "Most food marketing experts will agree that tofu has a long way to go before it's integrated into the diet of mainstream America." But promoters of this new product hope that "Vanderbilt's name will attract not only health-conscious city dwellers, but consumers who have no idea what tofu is but are hooked by Vanderbilt's high-class image." Print ads will feature the theme "no regrets."

6742. *Food Engineering.* 1984. All-natural dairy-type products with a difference: They're dairyless. %6(11):87. Nov.

6743. *Food Engineering.* 1984. 30 million people can now enjoy lactose-reduced foods. 56(11):80-81. Nov.
• ***Summary:*** "Whether for health, dietary, or religious reasons, there's a vast market in America for lactose-reduced foods as well as substitute products." In all its forms, lactose intolerance affects an estimated 30 million Americans. Soymilks include Vitasoy (color photo shown) and Health Valley Soy Moo (which has been on the market for over 6 years). Ice creams include Tofutti (which was discovered in 1981 by David Mintz). Entrees include Legume Cannelloni Florentine (color photo shown).

6744. **Product Name:** Tofu (Bulk).
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.
Date of Introduction: 1984. November.
Ingredients: Water, organically grown soybeans, water.
New Product–Documentation: Talk with Gary Abramowitz. 1989. Aug. 21. This company was founded by Jeff Connerton, Incorporated in 1983, it began operation in Nov. 1984. The first product was bulk tofu. The company address has not changed since the beginning and the tofu has always been made with nigari and organically grown soybeans. Gary bought in as an equal partner in March 1985, and in Oct. 1988 he bought out Connerton to become the sole owner and president. Now the company is doing very well. Gary doubled his production space in April 1989 and expanded his system, yet now he is operating a full capacity, unable to produce any more. They have never advertised; the growth has some solely from word of mouth from satisfied customers. Production has doubled each of the past 2 years. He now makes about 7,500 lb/week of fresh tofu, of which about 60% is used in second generation products. The location, midway between Manhattan [New York] and Philadelphia [Pennsylvania] is excellent. He is trying not to grow too fast, and so far it is working well. His basic philosophy is "Fresh." The company does basically all of its own distribution, and he wants to keep it that way. He has talked with Wally Rogers repeatedly about buying a bigger system but each time it decides not to.

The only article ever written about the company was written a long time ago when they sold only tofu. It was not very well written and he doesn't think he can find a copy.

Talk with Cathy Kobayashi. 1995. June 1. She is a student at Pennsylvania State University, and is now working on a project for Fresh Tofu in Easton. The company is alive and well.

6745. **Product Name:** [Galactina Tofu].
Foreign Name: Galactina Tofu.
Manufacturer's Name: Galactina Ltd.
Manufacturer's Address: Birkenwej 1-6, CH-3123 Belp, Switzerland.
Date of Introduction: 1984. November.
New Product–Documentation: R. Leviton. 1983. Report on trip to Europe with American Soybean Assoc. Oct-Nov. p. 20. "Galactina is a large Swiss specialty food company that makes baby food, dietetique foods, etc. and is already using soybeans. Verena Krieger has asked them to expand their soymilk line."

Talk with Peter Speck. 1983. In Nov. 1984 Galactina, a Swiss manufacturer of soymilk since 1969, started test marketing tofu in Swiss supermarkets. The tofu is pasteurized for a 6-week shelf life and an attractive recipe booklet is attached to each packet. Soya Bluebook. 1985. p. 101.

6746. Johnson, Gil. 1984. Natural foods and American history: A ten year perspective. *Vegetarian Times.* Nov. p. 33-34, 66-67. [2 ref]

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• ***Summary:*** A good 10-year history of the natural foods movement in America. Address: Executive editor of *Natural Foods Merchandiser* magazine, Oregon.

6747. Slater, Deborah M. 1984. Selling soyfoods: An education for success. *Whole Foods.* Nov. p. 47-50.

6748. *Soya Foods* (*ASA, Europe*). 1984. The Netherlands: Frank-Soya and Serimpie tofu coagulant. Nov. p. 2.
• ***Summary:*** "Since 1826 Frank-Soya (Twello, the Netherlands) has been a producer of raw materials for the food industry. Since 1953 F.A. Frank has specialized in the production of soyflour, soy lecithine, soyprotein and other related products including raw materials for tofu production.

"F.A. Frank is an associated company of the F.A. WED.W. Miedendorp, which was founded in 1753 and which specializes in the production of raw materials for the bakery industry.

"In the 1950s F.A. Frank launched a curdling product on the market for the production of tofu/tahoe. This product is on the market under the name 'Serimpie stremming/batu-tjina.' This product provides a regular curdling with big flakes occurring during the curdling, and also assures that during eventual baking of the tofu, the tofu swells instead of shrinks. The tofu remains nicely dry and does not become slimy by using batu-tjina.

"Those who want more information on this product should contact: Frank-Soya, Mr. Miedendorp de Bie, P.B. 46, 7390 AA Twello, the Netherlands, Phone: 05712-2141 or 2131; Tx 49350."

6749. *SoyaScan Notes.* 1984. Early tofu manufacturers in Europe, listed chronologically by country (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** All of the following started making tofu before 1985. Countries with the earliest tofu manufacturing are listed first. The month production started, when known, is given after a slash following the year. Thus 1977/09 is Sept. 1979.

France: Usine de la Caséo-Sojaine (run by Li Yu-ying) 1911/05, Two or three tofu shops in and around Paris, including 1-2 at Colombes 1964/03. Alimentation Japonais Osaka 1972, Le Bol en Bois 1975/12, La Rousselie 1978/02, Institut Tenryu 1981/01, SOY (Société Soy) 1982/06, Les Sept Marches 1982/09, Sojatour Tofu Shop 1982/09, Ets. Co-Lu 1983/06, Lagadec Tofu 1983/06, Soja d'Oc 1983/10, Nyingma Dzong 1983/11, Tofu Kuehn 1983?, Sojagral Ouest 1984/12.

Netherlands: Vanka-Kawat 1958, FA. L.I. Frank: Frank Soya 1959?, Heuschen B.V. 1964, Firma Post & Teekman 1965, Stichting Natuurvoeding Amsterdam (renamed Manna Natuurvoeding B.V. in 1982) 1977/09, Hwergelmir: Foundation for a Natural Life 1979/07, Firma Ergepe 1981/01, Stichting Oost West Centrum 1981/01, Michel Horemaus Tofu 1981/01, Witte Wonder Products 1981/04, De Morgenstond 1981/12, Soy-Lin or F.M. Lin 1982/09. Jakso: Center for Agriculture & Craftsmanship (later called Yakso) 1983/06, Vuurdoop 1983/07.

England, UK: Dragon & Phoenix Co. 1966, Wong Chung 1975 or before, Lung Kee 1975 or before, Full of Beans Wholefoods 1978/08, Paul's Tofu & Tempeh 1981/01, Yu's Tofu Shop 1981/01, Cauldron Foods Ltd. 1981/09, The Regular Tofu Co. Ltd. 1981/12, Bean Machine (Wales) 1982, Hong Kong Supermarket 1982/09, Stewart Batchelder Tofu 1983/06.

Belgium: Etablissements Takanami (Takanami Tofu Shop) 1976, Jonathan P.V.B.A. 1977/01, De Brandnetel 1979/07, Unimave Tofu 1980, Aversano Tofu Shop 1981/01, Alternatur 1981/01, Seven Arrows Tofu 1982/04, 1983/10, Vajra 1983/11.

Switzerland: La Moisson 1978, Le Grain d'Or 1981/01, Genossenschaft Sojalade (later renamed Genossenschaftstofurei) 1981/09, Soyana 1982/02, Soy Joy 1982/04, Restaurant Sesam 1982/04, Opplinger Tofu 1982/09, Natural Products Promo Carouge 1982/09, Joya 1982/09, Centre Macrobiotique de Lausanne 1982, Osoja: La Maison du Tofu (later renamed Tofushop Centanin SA) 1983, Tofurei Pfannenstiel 1983/11, Thieu's Soja Spezialitaet 1983/11, Conserves Estavayer S.A. (Sold at Migros Supermarkets) 1984/06, Galactina Ltd. 1984/11, Berner Tofurei 1984?

Italy: Roland A. di Centa 1978, Gilberto Bianchini of Centro Macrobiotico ed Alimentazione Organica (Community Food). Renamed Centro Macrobiotico Tofu 1978/11, Ohnichi Intl. Foods Co. Lotizzazione Industries 1982/09, Circolo L'Aratro 1982/09, C.D.S. Pianetta Terra Soc. Coop. A.R.L. 1982/12, Aldo Fortis Tofu 1983/06, Fondazione Est-Ouest 1983/06.

Germany: Svadesha Pflanzen-Feinkost 1979, Alexander's Tofu Shop [Nabben] 1981/01, Biogarten 1981/01, Auenland Tofu & Soja Produkte 1982/03, Tofuhaus Belsen (renamed Yamato Tofuhaus Sojaprodukte in Jan. 1984) 1982/07, Thomas Karas und Ingeborg Taschen (associated with Bittersuess; renamed Soyastern Naturkost GmbH in Dec. 1985) 1982/11, Albert Hess Tofuhaus Rittersheim (Later in Tiefenthal) 1983/07, Tofukost-Werk TKW GmbH 1984/05, Christian Nagel Tofumanufaktur 1984/08, Sojatopf (renamed Soto in April 1989) 1984/09.

Austria: Weg Der Natur 1980/05, Tofurei Wels (renamed Schoen Tofurei in 1987) 1982, SoyVita Austria 1983/05, Taiwan Restaurant 1983/06, Walter Brunnader Tofu 1983/06, Soyarei–Erich Wallner Tofu 1983/06, Tofurei Ebner 1983/11, Soyarei Wallner Ebner 1984/02, Fernkost Markt Nippon Ya Kondo GmbH 1984/02, Naturkostladen 1984/02, Sojarei Ebner-Prosl 1984/04, Sojvita Produktions GmbH 1984/06.

Sweden: Aros Sojaprodukter 1981/02.

Denmark: Tofu Denmark (Soy Joy?) 1982/03, Dansk Tofu 1983/06.

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Portugal: Unimave Tofu 1980, Shogun Produtos Aliment. 1982/09, Jose Parracho Tofu 1982/09, Próvida Lda. 1984.

Spain: Zuaitzo 1984/03.

6750. Szilard, Paula. 1984. Luscious tofu pies. *Vegetarian Times.* Nov. p. 50-53.
• ***Summary:*** The author wrote a similar article for the May/June 1984 edition of *Mother Earth News.*

6751. Tofutti Shop. 1984. Menu and invitation to opening (Leaflet). 336 Columbus Ave. (between 75-76th Streets), Manhattan, New York.
• ***Summary:*** The shop opened on 20 Nov. 1984. Describes the many items served at the first Tofutti Shop in New York. Soft serve, for scooping, juice shakes, tofu pastries, tofu vegetable pies, tofu soups, tofu salads. Address: Manhattan, New York.

6752. *Vegetarian Times.* 1984. People who have popularized vegetarianism. Nov. p. 28-29, 58-60.
• ***Summary:*** Introduces each person with a brief biography (those followed by an * also contain a photo of the person): Paavo Airola*, Mollie Katzen*, Jay* & Freya Dinshah, Alex Hershaft, Andreas Cahling*, Nellie Shriver, Peter Singer, Herman & Cornellia Aihara, Michio Kushi*, Gary Null*, Dick Gregory, the Seventh-day Adventists, Michael Jacobson, Nikki & David Goldbeck*, The Farm (Summertown, Tennessee; Margaret Dotzler*, Louise Hagler*, and Cynthia Bates*), Jim Mason*, Francis Moore Lappé*, Paul Obis, Laurel Robertson, Carol Flinders & Bronwyn Godfrey, Bill Shurtleff & Akiko Aoyagi*.

6753. Wollner, Joel. 1984. Re: Mountain Ark Trading Co. Letter to William Shurtleff at Soyfoods Center, Undated. 2 p. Typed, with signature.
• ***Summary:*** Joel recently left Mountain Ark and moved back to Massachusetts. Sjon Welters is now at Nasoya–on Joel's introduction. He agrees that Macrobiotic people are especially ill-informed about Japanese foods. Last month *East West Journal* ran an article on kuzu. Address: 62 Gilrain Terrace, Florence, Massachusetts 01060. Phone: 413-586-3291.

6754. Barat, Gary; Barat, Chandri. 1984. Re: Significant developments at Legume, Inc. during 1984. Letter to shareholders, Dec. 3. 4 p. Typed, with signature on letterhead.
• ***Summary:*** The Legume line of 8 frozen Italian entrees (four with "tofu" in the product name) is currently sold at approximately 4,000 natural food stores nationwide, and is now moving into supermarket chains in select market areas. The products are produced to Legume's specifications by Celentano, a large, state-of-the-art frozen foods manufacturer. The company's advertising agency is Dancer Fitzgerald Sample. 1984 sales were a little less than $1 million, ex factory value. Address: 170 Change Bridge Rd. #D-5-2, Montville, New Jersey. Phone: 201-882-9190.

6755. Legume, Inc. 1984. We're bigger losers than Lean Cuisine and Weight Watchers (Ad). *New York Times.* Dec. 5. p. C12. Ad copyrighted 1984.
Address: Montville, New Jersey.

6756. Reed, M.H. 1984. Shanghai regional cooking. *New York Times.* Dec. 16. p. WC37.
• ***Summary:*** This is a restaurant review of Shanghai City, 152 South Hudson Ave. (Route 9A), Croton-on-Hudson, New York. Recommended dishes include: Watercress with beancurd soup. Beancurd house style. Beancake with black mushrooms.

"The kitchen's delicate frying technique was nowhere better illustrated than with fried roll fish with beancurd sheet [yuba]. This essentially bland fish wrapped with a beancurd 'skin,' took on flavor as one dipped the small bundles of fish into an accompanying mound of peppered salt."

6757. Medoff, Marc. 1984. Survey of Tofutti consumers' attitudes toward the product. New York. 3 p. Dec. 23. Unpublished manuscript.
• ***Summary:*** A landmark study. In mid-December, about a month after this Tofutti Shop opened, Medoff and a research assistant stood outside the shop on the sidewalk for about 6 six hours and asked the customers, as they exited, the same 4-5 standardized questions. No one was coached. People did not realize how little tofu is contained in Tofutti.

6758. *SoyaScan Notes.* 1984. Chronology of soybeans, soyfoods and natural foods in the United States 1984 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. A highly influential 10-year, $150 million study released by the National Heart, Lung, and Blood Institute in Washington, D.C. proves for the first time a direct relationship between high blood cholesterol and the risk of heart attack, the nation's number one killer.

Jan. Legume, Inc. launches an all-natural line of cholesterol-free low-calorie Italian and international gourmet tofu-based frozen entrees in stylish full-color packages: Tofu Tetrazzini, Cannelloni Florentine, Vegetable Lasagna, Tofu Bourguignon, Sesame Ginger Stir-fry, Stuffed Shells Provencale, Tofu Manicotti, and Tofu Lasagna. Jan. Eden Foods becomes the sole import agent for Muso Shokuhin in the United States.

Feb. 25. *Soymilk Industry and Market: Worldwide and Country-By-Country Analysis*, by Shurtleff and Aoyagi published by Soyfoods Center. 177 pages, 640 references. $350.

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Feb. Marusan-Ai, Japan's second largest soymilk maker and one of the five largest miso makers, starts to market tempeh. They publish a 27-page tempeh booklet and by May are producing 30 tonnes (66,000 lb.) of tempeh a month, making them the largest tempeh manufacturer in the world. During 1984 at least five Japanese food companies are making tempeh, leading to a mini-boom of this soyfood which was first sold commercially in Japan in 1983.

March 2. Based on responses to his Oct. 1983 survey, Tom Timmins drafts preliminary 3-page tofu standards (2 pages of which are microbiological standards) that he circulates to the Soyfoods Standards Committee, inviting comments. On March 6 Wm. Shurtleff of Soyfoods Center expands these, keys them into the Center's word processor, and returns them to Timmins.

March 2. Problems start between Eden Foods and the U.S. Food and Drug Administration (FDA). FDA sends Eden a strongly worded letter citing eleven claims in Eden's brochures that the agency considers erroneous, including the company's apparent endorsement of Edensoy as an infant formula. FDA asks Eden to recall the brochure in which Edensoy is promoted as "Good for Babies." An infant became ill due to copper deficiency on an Edensoy diet.

March 8. Soyfoods Association of America members have 12 pages of impressive color advertisements and information about soyfoods and the Association in Natural Foods Merchandiser, in preparation for the NFM Anaheim Natural Foods Expo in March. Full-page color ads by Legume, Erewhon shoyu, Vitasoy, San-J, Tofutti, Edensoy, and Pure & Simple soy sauce.

March 11-13. At the Natural Foods Expo at Anaheim, the Soyfoods Association organizes the first Soyfoods Pavilion, a 16-booth cluster of soyfoods companies and products, which is the hit of the Expo and a show of strength for the industry. Lots of delicious free food draws throngs from the 9,000 Expo attendees.

March 11. At Anaheim, Vitasoy launches its first designed-for-America soymilk, in natural, coconut, and chocolate flavors, each sweetened with maple syrup, and imported from Hong Kong. Many subsequent eye-catching, health-oriented full-page color ads are run in national health magazines.

March. American Soybean Association's Belgium Office publishes the first issue of *Soya Foods*, a 6-page newsletter edited by Michael Martin, Protein Market Development Manager. It will be issued three times a year in English, French, Dutch, and Italian. This is a completely new direction for ASA in the Western world... but it doesn't last long.

March 29. First draft of the Tofu Standards, 15 pages double spaced, is compiled by Shurtleff. Timmins allocates $2,000 to retain two Washington, DC, attorneys who are specialists in foods and regulations to assist the committee in developing professional standards. The draft is circulated to 38 people who are asked to respond to a poll on 14 key issues.

March 29. The term "second generation" products is first applied to soyfoods by Wm. Shurtleff in the new tofu standards. A computer-related term indicating one step more advanced, it quickly replaces the term "secondary," which has a slightly negative connotation.

April 7. *Soyfoods Industry and Market: Directory and Databook 1984* (4th ed.) by Shurtleff and Aoyagi published by Soyfoods Center. 215 pages, $95.

April 13. Richard Leviton resigns as co-director of *Soyfoods* magazine and decides to discontinue his active involvement in the U.S. soyfoods movement. He plans to go to England to write a novel about King Arthur; he leaves in late April.

April 20. *Tofu, Tempeh, & Other Soy Delights*, by Camille Cusumano published by Rodale Press. It is widely and positively reviewed by national media.

April 27. The term "soymilk" is legalized for use in Canada, after a lengthy and expensive court battle by Victor Food Products. The court ruled that this is the "common and ordinary term" for the product, used since about 1918 in scientific articles and commerce. Thus it cannot be squelched by dairy interests.

April. New England Soy Dairy, America's largest Caucasian-run tofu manufacturer, changes its name to Tomsun Foods, Inc.

May. *Nutritional Cooking* with Tofu by Christine Liu published by Graphique Publishing in Michigan.

May. American Natural Foods (formed in Jan. 1984 by John Troy, creator of miso-containing Hot Stuff) has a private stock offering that raises $150,000. In October ANF debuts a line mainstream American sauces and seasonings, each featuring miso, that are delicious and beautifully marketed.

May. *Die Tofu Kueche* (The Tofu Kitchen), by Verena Krieger, Swiss soyfoods pioneer, published by Tanner + Staehelin Verlag in Zurich. 171 pages with many photos.

June 7. "Tofu" by Barbara Hansen and "Tofu: Americanization of a Soy Food" by Karen Gillingham published in the *Los Angeles Times.*

June. Landstrom Distributing Co. of San Francisco, files for Chapter XI bankruptcy. Keene Distributors of Texas, and Collegedale of Tennessee, both profitable, well-run companies, are also pulled under, innocent victims of the Landstrom collapse. All three units were owned by Nutritional Foods, Inc. and all were major natural / health foods distributors. These bankruptcies seriously hurt the natural foods industry as well as many individual companies; sales and confidence plummeted nationwide. In late 1984 Fillmore Foods purchased Landstrom, and Balanced Foods purchased Collegedale and Keene.

June. Migros, Switzerland's largest supermarket chain, launches Tofu Nature, its own brand of tofu, made at

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Conserves Estavayer S.A., with widespread publicity and excellent product information on both tofu and soybeans. It is marketed together with dairy products and eggs. The launch was considered a great success; supply was not able to catch up with demand until late December.

June. *The Book of Soybeans,* by Tokuji Watanabe and Asako Kishi published by Japan Publications. 191 p.

July. Kikkoman completes its second major shoyu (Japanese-style soy sauce) plant outside Japan, in Singapore. The 18,000 square meter factory, with a capacity of 3,000 kl (792,500 gallons) a year and 40 employees, costs $14 million. It will make shoyu and teriyaki sauce. Official opening ceremony was Nov. 21.

July. The requirement in effect since 1965 that isolated soy protein used as an ingredient in meat and poultry products must contain titanium dioxide as a tracer, is removed from federal meat and poultry products inspection regulations, following a petition by ADM, Grain Processing Corp., and Ralston Purina.

July 9. "Its Trendy, Tasty and Tofutti" (2/3 page) by J.D. Reed published in *Time* magazine (U.S. circulation 4.3 million). Probably the biggest media coverage for tofu in U.S. history. Tofutti hits the big time!

July 17. *History of Tempeh,* by Shurtleff and Aoyagi published by Soyfoods Center. 102 pages, including 375 references. Continued.

6759. *SoyaScan Notes.* 1984. Chronology of soybeans, soyfoods and natural foods in the United States 1984 (Continued–Part II) (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued. July 26. At the NNFA (National Nutritional Foods Association) show in Atlanta, Great Eastern Sun rolls out Ah Soy, its new line of soymilk imported from Saniku Foods in Japan, in vanilla, chocolate, and plain flavors, in foil retort pouches. After the show, the Soyfoods Association board meets. Steve Snyder replaces Michael Austin as director of SAA. The next day, SAA directors Snyder, Burke, and Barat travel to St. Louis to meet with the staff of the American Soybean Association to discuss possible areas of mutual interest. ASA appears friendly and open minded, and offers to discuss specific future joint projects. A potential line of communication is opened.

July 30. *People* magazine (circulation 2.8 million) article on Tofutti titled (ineptly) "A Happy Zealot Turns Curd (Yuck!) into a Creamy Treat."

July. "The Soyfoods Industry: Growing Like a Beanstalk" by B. Bialick published in *Whole Life Times.*

Aug. 9. *Soyfoods* magazine No. 10 (color cover) published by Doug Fiske. 7,000 copies printed at a cost of $11,200. Magazine's focus has been changed from production to marketing of soyfoods. This is the last issue of this pioneering magazine.

Aug. 12-17. World Soybean Research Conference III held at Iowa State University. Heavy emphasis on soybean production and agronomy; relatively little new material on soyfoods. Soyfoods movement is not represented.

Aug. 20. Ralston Purina introduces Checkerboard Farms TenderLean, America's first branded ground beef product consisting of 75% ground lean beef and 25% textured soy protein isolate. Some meat journals are harshly critical and many meat departments refuse to carry it. Ralston withdraws the product.

Aug. 24. Westbrae Natural launches WestSoy Natural, a plain soymilk similar to Ah Soy but lower in price and made with organic ingredients. Imported in a foil pouch from Saniku Foods in Japan, it is the company's first soymilk.

Aug. 31. San-J International Inc. announces that it will construct a soy sauce plant (44,000 square foot, $5 million) in Virginia on a 27-acre site just north of Colonial Heights.

Sept. Chico-san, Inc. introduces unpasteurized miso in a revolutionary "Pressure Release Package," a plastic bag with a one-way valve that allows the escape of the carbon dioxide produced naturally during fermentation.

Sept. 9-14. Gloria Vanderbilt announces that she, in conjunction with Dolly Madison and Frusen Gladje, will launch a tofu ice cream.

Sept. 27-28. First European Soyfoods Workshop held in Amsterdam, The Netherlands, at the Grand Hotel Krasnapolski, organized by the American Soybean Association's Belgium office. ASA reports attendance as 105 people from 14 countries, but participants report a maximum of 50 participants. Talks on tofu, soymilk, tempeh, distribution, and microbiological standards, all later published in the Proceedings. There is a large Expo with soymilk equipment from Alfa Laval and Soya Technology Systems prominently featured. A very successful event, and another ASA first!

Oct. *The Tofu Gourmet* by Linda Barber and Junko Lampert published by Kodansha in Menlo Park, CA. 129 p. Many color photos.

Oct. 15. "Here Tofutti, There Tofutti," a full-page, very positive article with 2 color photos published in *Newsweek* magazine (circulation 3 million).

Oct. 23. The joint managing directors of the International Food Information Service, owners of Food Science and Technology Abstracts (FSTA, the world's largest, oldest, and most widely used food-related computerized database) visit William Shurtleff at The Soyfoods Center to discuss putting the 6,500 bibliographic records in The Soyfoods Center Library into FSTA, thus making this information available worldwide. Both parties are very interested in the project but technical problems remain to be solved.

Oct. Westbrae Natural Foods launches Malted's, billed as "thick and rich non-dairy soy delights." Marketed like a milkshake and imported from Japan in a foil pouch, they

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come in three flavors: vanilla, carob, and cocoa-mint.

Oct. Three member team from PLENTY Canada spends one month in Sri Lanka, funded by the Canadian International Development Agency, studying the country's soyfoods program. They learn, teach, and introduce tofu ice cream.

Nov. 13. A.E. Staley Manufacturing Company, America's oldest existing soybean crusher, announces that its soybean crushing operations are for sale.

Nov. 20. Tofu Time's first Tofutti Shop opens in uptown Manhattan, New York. A fast-food retail outlet with a slick, red-and-white plastic, almost gaudy, decor.

Nov. 16. Chico-san Inc. is purchased by H.J. Heinz Co., largely for its rice cake business.

Nov. 21. After years of searching, William Shurtleff, with help from Nancy Florida in Java, discovers an 1815 reference to tempeh in the *Serat Centini*, from the Court in Solo, Java. This pushes the earliest reference to tempeh back 60 years and has it originating in Indonesian rather than in Dutch culture.

Nov. 30. America's first Tofu Standards are issued by the Soyfoods Association's Tofu Standards Committee, in part to help stem the rising tide of products bearing the name "tofu" that contain little or no tofu.

Nov. Galactina, a Swiss manufacturer of soymilks since 1969 (they make Vita Drink / Enteroform, a soymilk sold to in vanilla, chocolate, and strawberry flavors to the dietetic and pharmaceutical markets for tube feeding), starts test marketing tofu in Swiss supermarkets. Attractive recipe booklet attached to each packet, which is pasteurized for a 6-week shelf life.

Dec. Excellent, 19-page cover story on "Soymilk and Soyfoods," published in the prestigious *Journal of the American Oil Chemists' Society.* 1984 is the Society's 75th anniversary.

Dec. Ralston Purina, in its 1984 annual report, notes: "The Company has entered into preliminary agreement with Cargill, Inc., to sell six of the Company's seven soybean [crushing] plants." It also reported strong, steady growth in sales of soy protein products, from about $98 million in 1980 to $152 million in 1984, for an 11.5% compound annual growth rate (but only 4.5% after adjusting for inflation).

Dec. Gloria Vanderbilt's Glace, a soy-based nondairy ice cream, starts being test marketed in Los Angeles, in nine flavors.

Dec. A poll of readers by *Vegetarian Times* magazine finds that 53.1% of readers used tofu one or more times during the past 7 days; 29.4% used it 3 or more times.

Dec. 31. Brightsong Light Foods in Petaluma, California, receives the first funds of a $500,000 equity investment from a Hong Kong investor, who had seen an article praising Brightsong in Venture magazine. Brightsong greatly expands its product development and promotion.

* American Soybean Assoc. phases out its Human Nutrition Dept., headed for years by Judy Trujillo.

* Chicago Board of Trade starts trading options contracts on soybean futures. Continued.

6760. *SoyaScan Notes.* 1984. Chronology of soybeans, soyfoods and natural foods in the United States 1984 (Continued–Part III) (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued. 1984 New Trends: Growing Awareness of Dangers of Excess Cholesterol and Fat Consumption. Since cholesterol became a public health issue in the mid-1950s, the medical profession has been uncertain about the degree of its dangers, largely due to lack of medical evidence from long-term human studies. Yet for years the American Heart Association, United States Dept. of Agriculture, and the Soyfoods Association have been urging Americans to lower their blood cholesterol levels by eating less of the foods rich in cholesterol and saturated fats. In Jan. 1984 the long-awaited medical evidence was finally released, dramatically and extremely visibly. There were repercussions throughout the entire food and health care industries. The public started to pay serious attention.

Then on March 26 *Time* magazine ran a landmark cover story on the dangers of cholesterol. On 13 December *The New York Times* ran a major front-page report titled "Panel Suggests Many in U.S. Need to Reduce Cholesterol" containing the "the most far-reaching health recommendations yet made on cholesterol and heart disease" by an expert panel, convened by the National Institutes of Health. Numerous prestigious groups lowered their recommended safe cholesterol intake levels. These developments made soyfoods (which, like all non-animal products are free of cholesterol) look better than ever nutritionally, and increased their consumption significantly.

It has been known for several decades that consumption of polyunsaturated fatty acids (such as those found abundantly in soybeans) reduces serum cholesterol. During the 1970s Americans were encouraged to reduce consumption of saturated fats and cholesterol and increase consumption of polyunsaturates. Now this advice is changing. The new message is to "Reduce the intake of dietary fat." All fat, including polyunsaturated. In fact, these very words now appear as the first of four dietary guidelines on the letterhead of the prestigious American Institute for Cancer Research.

Continued Drop in U.S. Beef and Red Meat Consumption. From a high of 94.4 lb per capita in 1976, beef consumption has steadily declined, falling to 77.3 lb in 1982, a drop of 18.1% in only 6 years. During the same period, total red meat consumption (including pork, lamb, mutton and veal) fell from 163.6 lb to 148.0 lb, a drop of 9.5%. Many consumers switched to lower priced, lower cholesterol chicken, which rose from 42.7 to 52.9 lb per capita. Still, total annual U.S. meat and poultry consumption increased by

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over 4 pounds during his period (Stucker and Parham 1984).

Rise and Decline of the Soyfoods Association. The Soyfoods Association of America (SAA) got off to a promising start in 1984 with a successful fund raising drive. Then in March, soyfoods companies took 16 adjoining booths to form the Soyfoods Pavilion, capturing the spotlight at the Natural Foods Expo in Anaheim. It looked like the "soyfoods movement" was maturing into the "soyfoods industry." But for the rest of the year the Association was largely inactive. This was disappointment to many, since interest in soyfoods in America had never been higher.

Prior to the founding of SAA in 1983, its active forerunner SANA (Soyfoods Association of North America) had six major ongoing activities: (1) Publication of Soyfoods magazine, a quarterly that actually came out about twice a year; (2) Publication of the monthly Soyfoods Newsletter, a key source of communication within the industry between issues of the magazine; (3) An annual summer Soyfoods Conference and Expo, drawing participants from around the world; (4) Periodic press releases; (5) Writing a steady stream of excellent articles on soyfoods for publication in national magazines; (6) An association phone and mail service to respond to outside enquiries for information.

The person primarily responsible for initiating and carrying out all these activities was Richard Leviton. Though funding was hard to obtain, he worked hard, wasted nothing, and made many personal and financial sacrifices for a cause he believed in. Leviton's many and diverse talents, and especially his talents as a careful researcher and outstanding popular writer, were of tremendous aid to the incipient soyfoods movement. In late April, after 5 years of devoted effort and feeling a bit "burned out," he left the soyfoods movement and moved to England to pursue his long-cherished career as a novelist. Leviton, more than any other person, was responsible for the rapid rise and visibility of the soyfoods movement in America. His departure was a major loss to both the association and the magazine. He and his creative efforts will be sorely missed.

Only the last of the six major activities initiated by Leviton has been continued by the "new" Soyfoods Association. However it did initiate the excellent Soyfoods Pavilion at the annual Natural Foods Expo and it started subscribing to the valuable Luce Clipping Service. There were board meetings in June 1984 and Jan. 1985. By summer of 1984 the Association was looking for a replacement for Executive Director Michael Austin, who was also "burned out." In August he was temporarily replaced by Steve Snyder, former marketing director for Hinode Tofu, but shortly thereafter Snyder was hired as national sales manager by Vitasoy USA. After that there was no executive director. Despite relatively large initial pledges, the Association's balance was always low which meant that, lacking Leviton, activity largely came to a stop. The only significant new activity was the development of tofu standards by the Association's Standards Committee.

Unlike the original Soyfoods Association, the "new" one took little interest in small soyfoods companies, arguing that they had no money. The "new" association was therefore composed mainly of larger companies with regional or national distribution and not truly representative of the industry.

Rapid Rise in Soymilk Imports. The boom in soymilk imports, started during the past two years by Vitasoy and Edensoy, accelerated during 1984. New products included Vitasoy's new American flavors, Westbrae Natural's Malteds, and Great Eastern Sun's Ah Soy. All three were very widely advertised in eye-catching color ads. Most of the adult soymilk beverages sold in America are still imported from Japan. Strangely this dramatic development has gone largely unnoticed by the media, which has been focusing its attention on Tofutti.

Two new companies and products were mentioned only briefly by Shurtleff and Aoyagi in their two-volume book *Soymilk Industry and Market: Worldwide and Country-by-Country Analysis,* published in Feb. 1984. The first of these was Westbrae's Malteds and Westsoy. Although Westsoy was launched in August and Malteds in October, sales of both for 1984 were roughly $700,000 or 1.67 million units. They quickly became the best-selling products in the company's history.

From late July when Great Eastern Sun launched Ah Soy, the product was a "fantastic success." During the period from 1 Nov. 1984 to 25 Jan. 1985 (just under one fiscal quarter) 525,000 unit packs of four flavors were sold. By March 1985 Ah Soy accounted for 15-20% of GES's total sales.

Big Food Companies Increasingly Interested in Tofu. Those studying tofu for use in foods include Quaker Oats, CPC International, International Multifoods in Minneapolis, Pillsbury, and Campbell's Soup.

6761. Brownridge, Eleanor. 1984. Tofu: Hospital food of the '80s? *Foodservice & Hospitality.* Dec. p. 22.
• ***Summary:*** Victor Food Products Ltd. makes Hi-Pro Tofu, containing 14.7% protein. Curded with calcium sulfate, it is rich source of calcium.

6762. **Product Name:** Pureharvest Organic Soy Drink [Natural, Vanilla, Barley Malt plus Other Flavors].
Manufacturer's Name: Ceres Natural Foods Pty. Ltd. (Importer & Distributor). Made in Japan.
Manufacturer's Address: East Bentleigh, Victoria, Australia.
Date of Introduction: 1984. December.
Wt/Vol., Packaging, Price: 500 ml Doypack stand-up retort pouch.
How Stored: Refrigerate after opening.
New Product–Documentation: Australian Dairy Foods.

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1985. Feb. p. 51. "Soy report." Over the past year sales have increased greatly. Also distributing Morinaga Tofu. Don Lazzaro is director of this company.

STS. 1985. Containers for Soymilk. Shows color photo of package. Brown, yellow, and orange.

Australian Dairy Foods. 1986. Feb. p. 84. Shows two sizes of Tetra Brik cartons, each vanilla flavor.

Letter (fax) from Don Lazzaro of Ceres Natural Foods. 1995. June 15. In Dec. 1984 they introduced Pureharvest soymilk in vanilla and natural flavors, in 500 ml Tetra Brik cartons, made by and imported from Kibun in Japan.

Letter (fax) from Daniel Hannaford of Ceres Natural Foods Pty. Ltd. The company's brand is Pureharvest. They apparently import soymilk from Mitoku. The address is now 18 Ardena Court, P.O. Box 187, East Bentleigh, Victoria 3165, Australia. Phone: (03) 579 3422.

6763. **Product Name:** Tofait (Non-Dairy Soy Ice Cream) [Soft Serve Mix: Wild Berry Delight, Strawberry Lisse, Swiss Chocolate Silk, French Velvet Vanilla, Peanut Butter, or Cappuccino].
Manufacturer's Name: Hawthorn Mellody.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195.
Date of Introduction: 1984. December.
How Stored: Shelf stable.
New Product–Documentation: News release sent by Chuck Chase of Hawthorn Mellody. 1985. April 9. "Hawthorn Mellody's new "good for you" Tofait: Provides real health benefits from real tofu." Dairy Record. 1985. May. p. 29-30. Tofait is said to contain 15-20% real tofu. Available in both soft serve and hard pack. Hawthorn Mellody is a subsidiary of Custom Creamery System; Product Alert. 1985. Aug. 19. "Tofait contains approximately 20% real tofu." Przybyla. 1985. Prepared Foods. Sept. p. 146.

Leaflets. 1986, undated. 8½ by 11 inches. Full color, both sides. Label reads: "Light & Creamy Tofait. 100% all natural. Made with real tofu. Cholesterol and lactose free."

Dairy Foods. 1987. March. "A terrific time for tofu." Kingma. 1987. Soya Newsletter. 1(3):11. "The company markets seven hard-pack and six soft-serve flavors, distributed in the Mid-Atlantic states."

Note 1. *Webster's Dictionary* defines cappuccino (derived from Italian, literally Capuchin, from the likeness of its color to that of a Capuchin's habit), a word first used in 1948, as "espresso coffee mixed with frothed hot milk or cream and often flavored with cinnamon." Note 2. This is the earliest record seen that uses the word "cappuccino" in connection with soy.

6764. **Product Name:** Frozen Tofu (Soy Ice Cream Soft Serve Mix) [Honey Vanilla, Maple Walnut, Chocolate Fudge, Banana Pecan, Hazelnut Amaretto, Wildberry, Almond Mocha].
Manufacturer's Name: Honey Hill Farms.
Manufacturer's Address: 3810 Delta Fair Blvd., Antioch, CA 94509.
Date of Introduction: 1984. December.
Ingredients: Incl. pureed tofu and soy protein isolates.
How Stored: Frozen.
New Product–Documentation: Talk with John Murphy of Honey Hill Farms. 1985. Jan. 29. Their "Frozen Tofu" non-dairy frozen dessert soft serve mix was launched in Dec. 1984. It contains pureed tofu and soy protein isolates. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 81. The product comes in seven flavors.

Note: This is the earliest commercial product seen (March 2007) that contains the term "frozen tofu" in the product name, used as a generic term to describe soy ice creams alleged to contain tofu.

6765. *J. of the American Oil Chemists' Society.* 1984. Tomsun: Largest East Coast soyfood factory. 61(12):1806-07. Dec.
• ***Summary:*** Tomsun makes an average of 45,000 lb/week of tofu. Its primary market is Boston and New England–chiefly Caucasian–where it does 50% of its business. Another 40% of its sales come from metropolitan New York, with the remaining 10% centered in Philadelphia (Pennsylvania) and Buffalo (New York). The company's products are now in most of the large supermarket chains from Buffalo to Philadelphia. Tom Timmins credits his company's growth to a changing publicity campaign. They have gone through three different programs: In 1981-82 they emphasized the use of tofu in American diets. During 1982-83 they promoted tofu as an Oriental food, Now in 1984 they are emphasizing the nutritional and health benefits of tofu: No cholesterol, no sugar, no salt. Tomsun is the only tofu company in the USA with an in-house quality-control laboratory.

6766. *J. of the American Oil Chemists' Society.* 1984. Soyfoods entering mainstream U.S. diet. 61(12):1800-02, 1804. Dec. [1 ref]
• ***Summary:*** One relegated mainly to small natural foods outlets, soyfoods are now found in regular supermarket chains throughout the USA. The most widely available are soy sauce and tofu. Contains a discussion of the soyfoods market in the USA. One of the most popular new products is Tofutti, a non-dairy frozen dessert.

6767. Liebman, Bonnie. 1984. Tofu tales. *Nutrition Action* 11(10):11. Dec.
• ***Summary:*** Tofu is used in commercial frozen entrees and desserts. The nutritional value of tofu relative to cheddar and part-skim ricotta cheeses as a lower calorie substitute is illustrated.

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6768. **Product Name:** Panda Brand Tofu Cheesecake [Strawberry, Blueberry, Cherry].
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1984. December.
Ingredients: Blueberry: Filling: Tofu, soymilk, honey, maple syrup, soy margarine, lemon juice, tahini, vanilla, sea salt. Crust: Honey grahams, whole wheat pastry flour, soy margarine, honey. Topping: Blueberry, maple syrup, arrowroot.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Dorothy Hwang. 1988. Feb. 18. 3 Labels. 1987. 4 x 2.25 inches, semi-circle. Self adhesive. Black and yellow on white. "Keep refrigerated. No cholesterol. No refined sugar."

6769. **Product Name:** Tofu Creme Pie (Tofu Cheesecakes) [Carob, Almond, Chocolate].
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1984. December.
Ingredients: Chocolate: Filling: Tofu, soymilk, unsweetened cocoa, maple syrup, honey, safflower oil, tahini, vanilla, sea salt. Crust: Whole wheat pastry flour, corn oil, water, sea salt. Topping: Roasted almonds. Carob: Filling: Carob, tahini, grain coffee. Top: Roasted walnuts. Almond: Almond butter. Top: Roasted almonds.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Dorothy Hwang. 1988. Feb. 18. 3 Labels. 1987. 4 x 2.25 inches, semi-circle. Self adhesive. Black and yellow on white. "Keep refrigerated. No cholesterol. No refined sugar."

6770. **Product Name:** Cake (Non-Dairy, No-Egg, Made with Soymilk and Tofu Frosting) [Blueberry, Banana, Black Forest, Carrot, German Carob, Poppyseed-Rice].
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1984. December.
Ingredients: Whole wheat flour, walnut, carrots, cinnamon, nutmeg, clove, corn oil, soy margarine, honey, barley malt, soy milk, ginger, lemon juice, vanilla, baking powder, baking soda, and salt. With tofu almond butter frosting.
How Stored: Refrigerated.
New Product–Documentation: Talk with Dorothy Hwang. 1988. Feb. 18. Label. 1987. Dot matrix printed on white.

6771. Métier, Louis le. 1984. Le pain de soja à l'angevine: Deux ingénieurs lancent le "tofu" [Soy bread at Anjou: Two engineers launch tofu]. *Courrier de l'Ouest* (*Le*). Dec. [Fre]
• ***Summary:*** Patrick Colin and Alain Peyrieux, each with engineering degrees (ingénieurs diplômés) from the upper school of agriculture of Angers (l'École supérieure d'agriculture d'Angers), have recently started a company named Sojagral to make tofu at Redon, Ille-et Vilaine, Saint-Sylvain-d'Anjou. A photo shows one of the entrepreneurs cutting tofu. Address: France.

6772. Okubo, Kazuyoshi. 1984. Kôri-dofu–Seizôhô no hensen, tôketsu jukusei kikan no tanshuku oyobi "yu" kara no yukô seibun no kaishû [Kori-tofu: Development of the processing, reduction of the freeze aging period, and recovery of available materials from "Yu" fraction]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 31(12):814-20. Dec. [50 ref. Jap]
Address: Dep. of Food Chemistry, Faculty of Agriculture, Tohoku Univ., Sendai-shi, Miyagi-ken 980, Japan.

6773. Rosebrock's Tofuburger Cafe. 1984. December. New soyfoods restaurant or deli. 1697 Pacific Ave., Venice, CA 90291.
• ***Summary:*** Linda Burum. 1987. Los Angeles Times. May 31. p. 95-96. Try the Pestoburger or Tofuburger. Address: Venice, California. Phone: 213-450-9169.

6774. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Sojagral Ouest.
Manufacturer's Address: Place de la Mairie, St. Sylvain d'Anjou 49480, France. Phone: (41) 765500.
Date of Introduction: 1984. December.
New Product–Documentation: Louis le Metier. 1984. Le Courrier de l'Ouest. Dec. Describes the company newly founded by Patrick Colin and Alain Peyrieux, with a photo of one of the founders cutting tofu.

Letter from Patrick Roger of Arts. 1985. June 12. Patrick Colin and Alain Peyrieux now make tofu.

Letter from Bernard Storup of Société Soy. 1989. March 3. Sojagral S.A.R.L. was founded in the summer of 1984 by two young agricultural engineers, Alain Peyrieux and Patrick Colin at 49480 St. Sylvain d'Anjou. They made traditional tofu, with an estimated maximum production of 100 kg/week, sold regionally in the health food network. The company lasted about 2 years, then went out of business at the end of 1986.

6775. *SoyaScan Notes.* 1984. Chronology of events during 1984 concerning *Soyfoods* magazine, Doug Fiske, Richard Leviton, and William Shurtleff (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 30–Fiske, owner of *Soyfoods* magazine in Encinitas, California, writes William Shurtleff of Soyfoods

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Center. This letter is written on a new *Soyfoods* letterhead with a new matching envelope.

Feb. 15–Fiske mails a letter to "Dear Reader," the many people receiving *Soyfoods* magazine free of charge. "In the face of the economic realities of magazine publishing, *Soyfoods* is converting its circulation from mostly free to mostly paid... On January 1, 1984 a one-year subscription to soyfoods went from $15 to $20." But, by responding now, you can save $5.00 on your subscription. A coupon is enclosed.

April 13–Leviton writes Fiske to explain that he does not want to continue working with *Soyfoods* magazine. He finds his soy sauce book project stimulating.

March–Fisk writes subscribers apologizing for the delay in publishing. Issue No. 10 is scheduled to be published June 29, 1984.

April 17–Gary Barat, president of the Soyfoods Association, writes a letter on his Legume letterhead to all Soyfoods Association members, urging them to take advantage (as he plans to) "of the Ad / Cover Proposal / Editorial proposal which Doug Fiske of *Soyfoods Magazine* outlines in his enclosed letter... Six of our members have already committed to the cover;..."

April 19–Fiske sends a letter to soyfoods producers asking for help with the magazine, and a sheet of mechanical specs and advertising rates.

May 7–Fiske sends Shurtleff a check to cover the cost of making 422 ads, changes, and deletes to the magazine's mailing list. Also his edited version of an article on tempeh in Japan.

June 11–Shurtleff writes Leviton in Glastonbury / Avalon, England, asking if he would be willing (as a consultant) to visit a tofu plant near London.

Aug. 17–Fiske writes Shurtleff 2 letters concerning details of publishing *Soyfoods* magazine, and responding to Shurtleff's comments on the last issue (full-color cover published summer 1984).

Sept. 5–Leviton writes Shurtleff from Somerset, England; responds to questions written him by Mark Fruin concerning the seriousness of his commitment to writing the soy sauce book with Shurtleff and Fruin. He will honor his agreement but is disappointed that a publisher for the book has not yet been found.

Oct.–Fiske writes a letter to readers (300-350 domestic producers), encouraging them to advertise and enclosing rates. Sends a personal, handwritten letter to Shurtleff with the form letter.

Oct. 21–Shurtleff writes Fiske concerning the annual Soyfoods Year in Review he has written jointly with Leviton for the past 3 years.

Nov. 4–Fiske writes Shurtleff. A small publishing company nearby has shown interest in *Soyfoods* magazine. They want numbers. Doug is cautiously optimistic.

Nov. 28–Leviton writes Shurtleff from Massachusetts. He is back in the USA for a few months and will be in California to visit in December and January. He has finished his book (not related to soy), 1250 pages. He is pleased with it, and will send the manuscript to a literary agent in New York City next week. He will pick up his boxes of personal belongings in the Shurtleffs' garage when he visits.

6776. Soyplant (The). 1984. "Soy" to the world! (Greeting card). Ann Arbor, Michigan. 2 p. Front and back.
• ***Summary:*** On the front of this 5½ by 3½ tan postcard are eight little soybean cartoon characters standing close together in a row. Each has stick arms and legs, and each is wearing a warm pull-down hat, on the front of which is written one big letter. Those letters read: "Soyplant." The title, "Soy" to the world! appears above them amidst falling snowflakes.

On the back is a typed note to "Dear customer" explaining that the Soyplant will be closed for the holiday from December 22 through January 1. Address: 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. Phone: 313-663-8638.

6777. **Product Name:** Hi-Pro Tofu.
Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1984. December.
Ingredients: Curded with calcium sulfate.
Nutrition: Contains 14.7% protein.
New Product–Documentation: Eleanor Brownridge. 1984. Foodservice and Hospitality. Dec. p. 22. "Tofu: Hospital Food of the '80s?"

6778. **Product Name:** [Tofu Sandwich Spread (Horseradish)].
Foreign Name: Tofu-Brotaufstrich (Meerrettisch).
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06-352-3473.
Date of Introduction: 1984.
Ingredients: Horseradish: Smoked tofu, tofu, horseradish, thistle oil? (Disteloel), vegetable broth, and sea salt.
Wt/Vol., Packaging, Price: 180 gm glass.
How Stored: Refrigerated.
New Product–Documentation: Talk with Albert Hess of Albert's Tofuhaus. 1995. March 12.

6779. **Product Name:** [Smoked Tofu Sandwich Spread (Horseradish)].
Foreign Name: Rauchtofu-Brotaufstrich (Meerrettich).
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06-352-3473.
Date of Introduction: 1984.
Ingredients: Smoked tofu, tofu, horseradish, thistle oil?

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(*Disteloel*), vegetable broth, and sea salt.
Wt/Vol., Packaging, Price: 180 gm glass.
How Stored: Refrigerated.
New Product–Documentation: Label brought by (and talk with) Albert Hess of Albert's Tofuhaus. 1995. March 11. 5.5 by 1.3 inches. Black, red, and white on light yellow. The product name is now "Tofu-Brotaufstrich–Meerrettich," The word "smoked" has been omitted, but the first ingredient is still smoked tofu (from organic soybeans).

6780. **Product Name:** [Tofu with Mung Bean Sprouts].
Foreign Name: Sprossen Tofu.
Manufacturer's Name: Albert Hess Tofuhaus Rittersheim.
Manufacturer's Address: Hauptstrasse, D-6719 Rittersheim, West Germany. Phone: 06-352-3473.
Date of Introduction: 1984.
Wt/Vol., Packaging, Price: 180 gm glass.
How Stored: Refrigerated.
New Product–Documentation: Label brought by (and talk with) Albert Hess of Albert's Tofuhaus. 1995. 1995. March 11. 2.5 by 4 inches. White and purple on yellowish green. An illustration shows a large personified cake of tofu, with smiling face and arms held out. The product name is now simply "Tofu mit Sprossen" (Tofu with sprouts), and the sprouts are mung bean sprouts.

6781. *AOK Magazin* (*Germany*). 1984. Soja: (2) ein Tausendsassa! [Soya: The bean of a thousand forms!]. 25(4):15. [Ger]
• ***Summary:*** A brief introduction to the many foods made from the soybean, including soy sauce, soymilk, tofu, and miso. Note: This is the major health insurance magazine in Germany, with a huge circulation.

6782. **Product Name:** Tasty Tofu (Herb Tofu–Marinated and Baked).
Manufacturer's Name: Bountiful Bean Plant. Baked at Nature's Bakery.
Manufacturer's Address: 2049 1/2 Atwood Ave., Madison, WI 53704.
Date of Introduction: 1984.
Ingredients: Herb Tofu (water, organic soybeans, calcium sulfate, magnesium chloride, herbs and spices), baked with shoyu soy sauce and oil at Nature's Bakery.
Wt/Vol., Packaging, Price: 4 oz. or 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Interview with Deborah Bachmann. 1987. Dec. 29. This is an herb tofu that is marinated with shoyu, baked, and vacuum packed. It is ready to eat. Ad. 1987. Spring. "Whee! Pop me into your toaster. Ready to eat. Serve Tasty Tofu hot or cold for snacks, hors d'oeuvres, in salads, sandwiches, or cubed in stir fries." Label. 1985. 4 by 3.25 inches. Self adhesive. Maroon and green on white. "Ready to eat. Serve Tasty Tofu hot or cold for snacks, sandwiches, salads, hors d'oeuvres, or as a main course. No preservatives. Pareve."

Labels sent by Elizabeth Hanson of Bountiful Bean. 1991. Nov. 12. 4 oz. and 8 oz. Same labels as above, but company is now located in Ridgeway, Wisconsin 53582.

Leaflet sent by Paul Olson, new owner of Bountiful Bean Soyfoods. 1993. Nov. 19. "Tasty Tofu: This handy snack is simply our Herb Tofu block, pressed, basted with shoyu soy sauce, and baked in a medium oven for two hours."

6783. **Product Name:** Hummus with Tofu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 2049 1/2 Atwood Ave., Madison, WI 53704.
Date of Introduction: 1984.
Ingredients: Garbanzo beans, tofu, lemon juice, tahini, shoyu soy sauce, parsley, garlic.
Wt/Vol., Packaging, Price: 8 oz. or 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Interview with Deborah Bachmann. 1987. Dec. 29. Ad. 1986-87. 3 by 5 inches. "Our favorite dip! Dip and sandwich spread." Label. 1985. 3.5 inch diameter. Self adhesive. Blue on white. "Chip dip & sandwich spread."

Label sent by Elizabeth Hanson of Bountiful Bean. 1991. Nov. 12. Same label as above, but company is now located in Ridgeway, Wisconsin 53582.

Leaflet sent by Paul Olson, new owner of Bountiful Bean Soyfoods. 1993. Nov. 19. The company's Hummus still contains tofu and soy sauce.

6784. **Product Name:** Tofu Skinny Dip (with Dill).
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 2049 1/2 Atwood Ave., Madison, WI 53704.
Date of Introduction: 1984.
Ingredients: Tofu, lemon juice, mellow white miso, shoyu soy sauce, garlic powder, dill weed, onion powder, dry mustard, dried chives, celery seed.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Interview with Deborah Bachmann. 1987. Dec. 29. James Lubbe. 1988. March. Abbreviated History of the Bountiful Bean. Label. 1985. 3.5 inches diameter. Self adhesive. Light blue on white. "Non-dairy dip and dressing."

6785. Branthaver, Beth. 1984. Report on visits to tofu and soy sauce plants in Beijing, China, Jan. 7. Beijing, China: American Soybean Assoc. 4 p. Unpublished typescript. [Eng]
• ***Summary:*** At this medium-sized plant (5,88 square meters, 270 employees) the raw material is 60% defatted soybean meal and 40% wheat starch. The fermentation takes 25 days

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at 48-49ºC. Four grades of soy sauce are produced. Address: Beijing, China.

6786. **Product Name:** Mix Plus+ (Liquid Mix to Make Tofu Frozen Desserts).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1984.
New Product–Documentation: Brightsong Foods. 1985. Industrial Tofu and Frozen Desserts Offered (News Release). "Brightsong Foods, the oldest tofu development company in the U.S., announces the introduction of its new industrial products: Tofu Plus+, Concentrate Plus+, and Mix Plus+." Dairy Foods. 1986. April. p. 81. "Brightsong Foods has offered Liquid Mix Plus since 1984."

6787. **Product Name:** [Smoked Tofu].
Foreign Name: Raeucher Tofu.
Manufacturer's Name: Cafe Restaurant Zollhaeusle.
Manufacturer's Address: 7730 VS-Zollhaus, Germany. Phone: 07721/21289.
Date of Introduction: 1984.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (6 panels, undated) sent by Flora Yap. 1992. June. States that the Zollhäusle has made smoked tofu for 8 years. Explains what it is and gives 5 recipes.

Label sent by Flora Yap. 2001? Tofu "geräuchert." Zollhäusle Naturkost. Harmut Hauser. 78052 VS Zollhaus. Tel.: 07721/2 12 89. Fax: 07721/2 25 92.

6788. **Product Name:** Calco Doufu-gan (Tofu Cake; Very Firm Tofu).
Manufacturer's Name: Calco of Atlanta.
Manufacturer's Address: 2059 Manchester St., N.E., Atlanta, GA 30324. Phone: 404-874-3650.
Date of Introduction: 1984.
Ingredients: Organically grown soybeans, water, calcium sulfate (a natural mineral).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 70, protein 10 gm, carbohydrates 7 gm, fat 0.5 gm.
New Product–Documentation: Talk with Jimmy Wang. 1989. Nov. 9. This product was introduced in 1984.

6789. **Product Name:** Calco Tofu (Many Kinds), and Soymilk.
Manufacturer's Name: Calco of Houston.
Manufacturer's Address: 2400 Dallas St., Houston, TX 77003. Phone: 713-236-8668 or 713-699-4420.
Date of Introduction: 1984.
New Product–Documentation: List of Tofu and Sprout Manufacturers. 1989. Kent Wang, owner. Talk with Kent Wang. 1989. Nov. 13. He began to make tofu and soymilk at this address in 1984.

6790. **Product Name:** Chilli Style Tofu Burgers.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England.
Date of Introduction: 1984.
Ingredients: Tofu (Soybean curd), brown rice, textured soy flour, tomato puree, shoyu (soybeans, wheat, water, salt), herbs, chilli [chili] spices, sea salt, soy oil, yeast extract, onion, extract, dried garlic. citric acid.
Wt/Vol., Packaging, Price: 150 gm poly bag, 2 burgers per bag.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 209, protein 15.95 gm, fat 12.05 gm, carbohydrates 6.6 gm.
New Product–Documentation: Label. 1986, code dated. Red, yellow, brown and white. "Pre-Cooked–Eat cold or warm under grill. Contains no meat, dairy products or artificial additives."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1984. It is basically the same thing as the original Bristol Chilli Burger launched in 1982.

Label for "2 Chilli Flavour Tofu Burgers" sent by David Greenslade. 1994. Oct.

6791. **Product Name:** Original Tofu.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England.
Date of Introduction: 1984.
Ingredients: Whole soya beans, water, calcium sulphate (natural coagulant).
Wt/Vol., Packaging, Price: 283.5 gm (10 oz) vacuum pack inside paperboard box.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: 90 calories, 11.5 gm protein, 4.5 gm fat, 1 gm carbohydrates, 220 mg calcium.
New Product–Documentation: Label. 1986, code dated. Brown, green, red and brown on white. "The Versatile Food Ingredient. A complete vegetable protein. Soya Bean Curd." Four recipes on back panel: Chilli Con Tofu, Banana Whip, Scrambled Tofu, Frozen Tofu. Soya Bluebook. 1986. p. 107. Address: 149A Liberty Lane, Ashton Vale, Bristol, England. Contact: D. Marshall.

Letter from Philip Marshall. 1989. Dec. 5. "Specification for Original Tofu." Physical properties: Weight (Minimum when packed, kg): 0.285 or 2.5 (bulk). Packaging: Vacuum packed with minimal air voids. Some leaching off whey from the product is to be expected. Microbiological: Aerobic TVC (colony forming units/gm) < 1000. Coliforms cfu/gm < 10.

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Yeasts and moulds < 10. Salmonella in 25 gm = Nil. Listeria in 25 gm = Nil. Store at +2-4ºC. Shelf life: Retail–4 weeks minimum. Bulk packed–4 weeks from date of manufacture. [Note: Product is pasteurized in the pack].

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1984. It was similar to the company's first product, "Tofu: Soy Bean Curd," but with new name and packaging at a new address.

6792. **Product Name:** Tofu Burgers [Savoury, Peanut, Nut, or Chilli].
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England.
Date of Introduction: 1984.
Ingredients: Savoury: Tofu (soya bean curd), brown rice, water, textured soy flour, tomato puree, shoyu (soya beans, wheat, salt, water), herbs, sea salt, soya oil, yeast extract, dried onion, dried garlic, citric acid.
Wt/Vol., Packaging, Price: 150 gm paperboard box, two vacuum packed burgers per box. Retails for 60 pence.
How Stored: Refrigerated or frozen. Do not refreeze.
Nutrition: Per 100 gm.: calories 200, protein 17 gm, fat 11 gm, carbohydrate 7 gm.
New Product–Documentation: Label. 1986, code dated. Paperboard box. Brown, green, red and black on white. "Just heat to eat. Contains no meat, dairy products, or artificial additives. Do not freeze." New label. 1989, sent by Philip Marshall. Address is now 149 South Liberty Lane, Bristol BS3 2TL. Package bears the green "V" symbol "Suitable for vegetarians."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1984.

6793. **Product Name:** Naturally Smoked Tofu.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England.
Date of Introduction: 1984.
Ingredients: Whole soya beans, water, calcium sulphate (natural coagulate), salt. Naturally smoked with English hardwoods.
Wt/Vol., Packaging, Price: 8 oz paperboard box. Vacuum packed. Retails for 99 pence.
How Stored: Refrigerated.
Nutrition: Per 100 gm (avg.): Fat 6.08 gm, protein 14.8 gm, CH (carbohydrate) 0.75 gm, calcium 280 mg, sodium 420 mg, calories 116.
New Product–Documentation: Richard Leviton. 1983. Trip to Europe with American Soybean Assoc. Oct/Nov. Unpublished manuscript. p. 28. They plan to make a vacuum packed smoked tofu from their regular tofu. Hope to get a 4-6 weeks shelf life.

Ad in The Vegetarian. 1985. July/Aug. p. 22. 8 oz. Ad in

The Vegan. 1986. Summer. p. 4. "Cooking with tofu? Look for the mark of quality. Tofu and smoked tofu." Listed on label of tofu burgers. Label. 1987. Best before 01 Jan. 1988. Paperboard box. 5 by 4 by 1 inch deep. Reddish brown and black on white with color illustrations of tofu by a knife on a cutting board and vegetables. "The versatile food ingredient. A complete vegetable protein. Soya bean curd." Address is now Cauldron Foods, 149 South Liberty Lane, Bristol B53 2TL, England. Recipes on back for Celery Soup, Sandwich Suggestions, Taco Filling, Spanish Salad.

L. Leneman. 1988. Soya foods cookery. p. 68. "At time of writing, smoked tofu is produced by only one manufacturer in the UK (Cauldron Foods, 4 Conduit Place, Lower Ashley Rd., St. Paul's, Bristol) but it is widely available at health food stores here and in the USA and has been such a great success that I have felt no hesitation about including it in this book."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1984.

6794. **Product Name:** Vegetable Pâté (Smoked Tofu, Vegetable, Tomato and Red Pepper, Savoury Vegetable, Mushroom). Renamed simply Paté in 1990.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England. Phone: (0272) 632835.
Date of Introduction: 1984.
Ingredients: Smoked Tofu: Water, smoked tofu, ground soya beans, onion, vegetable oil, modified maize starch, yeast extract, salt, fructose, hydrolysed vegetable protein, garlic spices.
Wt/Vol., Packaging, Price: 100 gm paperboard box.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: calories 142, protein 6.8 gm, fat 10.45 gm, carbohydrate 4.95 gm, fibre 1.7 gm.
New Product–Documentation: Ad in The Vegetarian. 1985. July/Aug. p. 22. Cauldron Foods "Vegetable Pâté is

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ideal on toast or a great addition to any picnic hamper." 100 gm.

Label. 1989, sent by Philip Marshall. Paperboard box. Brown, green, red and black on white. Color illustration of pate on bread surrounded by sliced vegetables on front. "New variety." Package bears the green "V" symbol "Suitable for vegetarians."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1984 [as Vegetable Paté]. The labels have been redesigned and just launched.

6795. **Product Name:** Soyanaise (Non-Dairy Tofu-Based Mayonnaise).
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 4, Conduit Place, Lower Ashley Rd., St. Paul's, Bristol BS2 9RL, England.
Date of Introduction: 1984.
Ingredients: Incl. Tofu.
New Product–Documentation: Letter from Simon Bailey. 1988. Sept. 29. "Rayner Burges Ltd. is producing a Soyanaise in conjunction with Cauldron Foods, of which company they are the new owners. This company holds the legal rights to the name Soyanaise in Great Britain."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced by Cauldron Foods in 1984. It did not sell well and was "delisted" (discontinued) within a year after it was launched. It was too expensive to make. When Rayners (Rayner Burgess Ltd.) acquired Cauldron Foods in Sept. 1987 they also acquired the trademark to this product name. Rayner Burgess, being a manufacturer of mayonnaises, now makes Soyanaise containing tofu made by Cauldron Foods Ltd., but it is not a Cauldron Foods product. No label is presently available.

6796. **Product Name:** Cottage Tofu (Non-Dairy Cottage Cheese), and No Egg Tofu.
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 4928 Hollywood Blvd., Los Angeles, CA 90027.
Date of Introduction: 1984.
New Product–Documentation: Talk with Robert Atallah, president of Cedarlane. 1988. Feb. 5. He makes and currently sells only these two tofu products. He buys the tofu from San Diego Soy Dairy. The Tofu Luau and Marinara were discontinued because they were not feasible. Retailing for $1.99, they did not sell. Yet everybody who tasted them liked them.

Talk with Gary Young of Health in Motion. 1991. Dec. 2. His company, which is in the same large building as Cedarlane (1862 E. 22nd St., Los Angeles) makes a number of tofu products for Cedarlane, such as Tofu Stroganoff, Tofu Luau, and Tofu Cottage Salad.

6797. **Product Name:** Masoso Soy Crackers.
Manufacturer's Name: Centre Olame.
Manufacturer's Address: Bukavu, Zaire.
Date of Introduction: 1984.
New Product–Documentation: Letter from Mr. Johnny Kashama of Tofu-Rwanda. 1993. Nov. 9. He is now in Rwanda working at a tofu company but he lives in Bukavu, Zaire, where many children die of hunger and suffer from kwashiorkor. There is an NGO (non-governmental organization; Anti-Kwashiorkor Committee) which is working there but kwashiorkor is still persisting. There is a little factory that makes soy crackers using maize, sorghum, and soya. The blend the three ingredients and make what they call "Masoso." The name is taken from the first two letters of each ingredient. The way it is done is different from what they do in Tofu-Rwanda, where he is working as an apprentice.

Letter from Johnny Kashama. 1993. Dec. 21. The little factory in Bukavu was created by a center called Centre Olame in 1984. A little history: In 1976 the idea was first conceived of making crackers in a little factory. In 1981 they tried making recipes from soybeans as a weaning food for infants. At this time Masoso was prepared experimentally for the first time. In 1984 the center was given five grinders for making soy flour, which started to be produced. At this time, the little company was founded by Centre Olame, and Masoso started to be made and sold. It is packaged in a plastic container.

Note: This is the earliest known commercial soy product made in Zaire.

6798. **Product Name:** Tofu.
Manufacturer's Name: Country Cottage Foods.
Manufacturer's Address: R.R. 1, Ohaton, ALB, T0B 3P0, Canada.
Date of Introduction: 1984.
New Product–Documentation: Soya Bluebook. 1984. p. 78.

6799. **Product Name:** Eden Dried Tofu.
Manufacturer's Name: Eden Foods, Inc. (Importer). Made in Japan.
Manufacturer's Address: Clinton, MI 49236.
Date of Introduction: 1984.
Wt/Vol., Packaging, Price: 5.8 oz retails for $5.49 (8/88).
New Product–Documentation: On sale in Berkeley. 1988. Aug. 30. This is actually dried-frozen tofu.

Talk with Ron Roller of American Soy Products (formerly of Eden Foods) in Saline, Michigan. 1991. Nov. 27. When he went to Japan in 1984, he picked up 30 new items, including this product.

6800. **Product Name:** [Sashimi Tofu].
Manufacturer's Name: Fuji Oil Co. Ltd.
Manufacturer's Address: Nissei Midosuji Hachiman-cho

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Building, 6-1 Hachiman-cho, Minami-ku, Osaka 542, Japan.
Date of Introduction: 1984.
New Product–Documentation: Soya Bluebook. 1984. p. 78.

6801. Hall, Carol. 1984. Marketing tries to take the tofu out of Tofutti. *Ad Forum.* p. 57-59.

6802. **Product Name:** Tofu.
Manufacturer's Name: Island Style Soybean Products Inc.
Manufacturer's Address: 2661 Puninoni St., Wahiawa, Oahu, Hawaii.
Date of Introduction: 1984.
New Product–Documentation: Directory of Manufacturers. 1983-84. p. 11.

6803. **Product Name:** Tofu.
Manufacturer's Name: Jeon's Natural Foods.
Manufacturer's Address: Springfield, Missouri. Phone: 417-NL.
Date of Introduction: 1984.
New Product–Documentation: Talk with John Kaiser. 1989. March 2. John has been making tofu for 7 years, starting at The Farm in Tennessee, and then in Cleveland. A company named Jeon's Natural Foods in Springfield, Missouri, has made tofu for 5 years and sprouts for 13 years but stopped 2 months ago. They have a pressure cooker system. The founder came from Korea and is now running a restaurant and leasing out the sprout operation. John wants to lease his tofu business.

6804. **Product Name:** Tofu.
Manufacturer's Name: Jeon's Natural Foods.
Manufacturer's Address: Route 1, Box 139, Republic, MO 65738. Phone: 417-732-2507.
Date of Introduction: 1984.
New Product–Documentation: Talk with John Kaiser. 1989. June 30. A Korean man named B.K. Jeon started this company near Springfield, and started making tofu and mung bean sprouts about 5 years ago. He sold it to a lady named Sadie. She is too busy with the sprouts to do tofu, so she wants John to come and make the tofu on a profit sharing arrangement.

6805. **Product Name:** Wel-Pac Inari Sushi Age: Prepared Fried Soybean Curd.
Manufacturer's Name: JFC International (Importer-Distributor). Made in Japan.
Manufacturer's Address: S. San Francisco, California.
Date of Introduction: 1984.
Ingredients: Fried soybean curd (soybeans, water, soybean oil, salt, calcium sulfate), soy sauce (water, soybeans, wheat, salt), sugar, sorbitol, sweet cooking rice wine, monosodium glutamate.

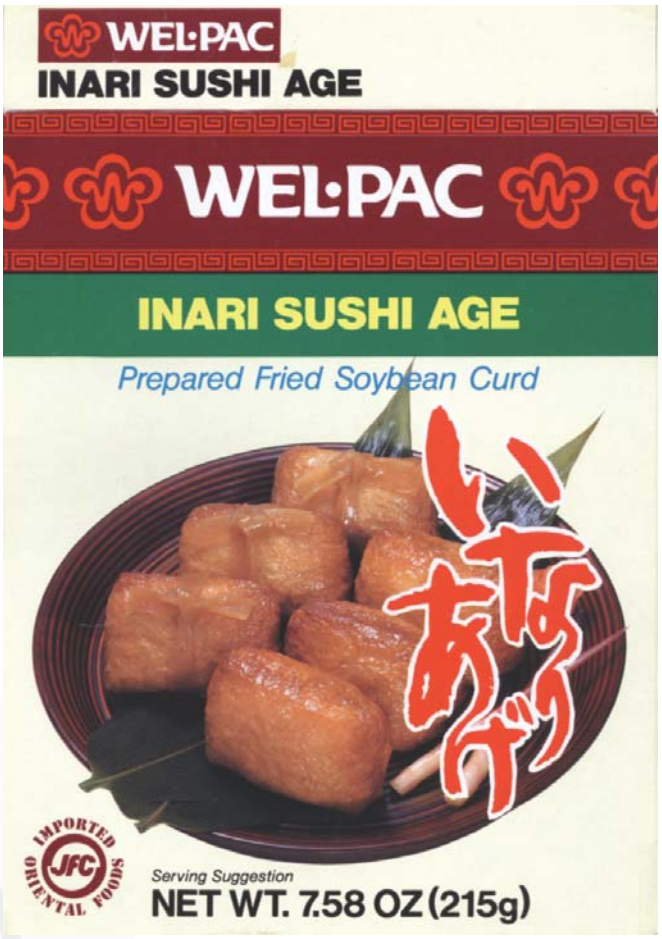

Wt/Vol., Packaging, Price: 7.58 oz (215 gm).
How Stored: Shelf stable.
New Product–Documentation: Label. 1983. 75.5 by 7 by 1 inches. Paperboard box. Red, dark red, green, yellow, blue and black on white. On the front panel is a color photo of six ready-to-eat Inarizushi on a plate.

6806. Jones, Russell. 1984. Loan-words in Indonesian. *Nusa* (*Jakarta, Indonesia*) 19:vi-ix, 1-38. [2 ref]*
• ***Summary:*** Soybean sprouts are known in Indonesian as *taoge* from Hokkien *tâu* 'beans' and *gê* 'sprout.' For soya bean sauce Indonesian uses *taocio* from Hokkien *tâu-chiu* 'a thick salt sauce made from pulse.' An interesting example is the word for 'bean curd' *tahu;* this is from Hokkien *tâu-hû* 'bean-curd shaped, but not yet pressed,' and we should expect the word to appear in Indonesian (as it does in Malay) as *tauhu;* now the word happens to be one of the earliest of the foreign loans recorded in an Indonesian language, occurring in a list of words served at a banquet mentioned in an Old Javanese inscription of the 10th century (The Watu Kura A [Watukura] inscription, plate 5A, lines 4-5, see Antoinette M. Jones 1976, p. 90-91) indicating the antiquity of its adoption and suggesting that the Indonesian form comes via the old Javanese, which is also *tahu.* Address: Dep. of South East Asia and the Islands, School of Oriental

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and African Studies, Univ. of London, Malet St., London WC1E 7HP, England. Phone: 01-637-2388.

6807. Legume, Inc. 1984. A natural born loser (Poster). Montville, New Jersey. 1 p. 28 x 22 cm. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Address: Montville, New Jersey.

6808. Lim, B.S. 1984. Effect of using chemical preservatives to extend the shelf life of soybean curd. MSc thesis, Kansas State University. *
Address: Kansas.

6809. **Product Name:** Local Tofu Salad (With Tahini).
Manufacturer's Name: Local Tofu.
Manufacturer's Address: 307 Route 59, West Nyack, NY 10994. Phone: 914-358-2309.
Date of Introduction: 1984.
Ingredients: Local Tofu, tahini, safflower oil, tamari sauce, umeboshi paste, lemon juice, carrot, onion, celery.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Sam Weinreb. 1987. Dec. 29. Company started in 1979-80. Label. 1987. 3 by 1.6 inches. Purple on white. This product was first made in West Nyack, New York 10994.

6810. **Product Name:** [Manna Herb Tofu].
Manufacturer's Name: Manna Natuurvoeding B.V.
Manufacturer's Address: Weerenweg 28, 1161AJ Zwanenburg, Netherlands.
Date of Introduction: 1984.
New Product–Documentation: Soya Bluebook. 1987. p. 96. Letter from Sjon Welters. 1989. Aug. 10. This product may have been introduced in about 1984. Sjon is not sure that Manna ever made it. It is not on the market now and he does not recall its Dutch name.

6811. **Product Name:** Eggless Tofu Salad (in a Sandwich).
Manufacturer's Name: Martha's Sandwiches.
Manufacturer's Address: Putney Rd., Brattleboro, VT 05301. Phone: 802-254-4778.
Date of Introduction: 1984.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Talk with Bari Madwin. June 29 and Aug. 28. Susan Quinn sells tofu and tempeh sandwiches in Brattleboro, Vermont. She bought an existing company in 1988. She uses about 12 lb/week of tofu.
Talk with Susan Quinn. 1988. Aug. 30. She bought this company from Martha Brown in Aug. 1987. It was named Martha's Sandwiches, and at the time, Martha had a line of sandwiches, including Eggless Tofu Salad (in a sandwich, 8 oz) and BLT with Fakin' Bacon (made from tempeh).

Talk with Martha Brown. 1988. Aug. 31. She was asked in 1982 by Llama, Toucan & Crow, where she was employed, to make sandwiches for their store. That was the only place she ever sold them. She bought her tofu from the store, which bought it from Tomsun. She learned the recipe out of a little book.

Note: This is the earliest known commercial soy product made in Vermont.

6812. **Product Name:** Tofu, Tempeh, and Soya Milk.
Manufacturer's Name: Molly Turner Tofu & Tempeh.
Manufacturer's Address: Malahide, County Dublin, Ireland. Phone: 01-8453853.
Date of Introduction: 1984.
New Product–Documentation: Letter concerning an interview with Molly Turner and her mother and helper (Laura Turner) conducted by Anthony Marrese. 1993. March. Molly is the owner of this small company. She started selling commercially in 1984. She started because of her interest in diet and in supplying other interested people. She is macrobiotic. Although they have sold in various ways (through private sales, health shops, etc.) now they sell only through the local whole-food co-op once every 2 weeks. Presently tempeh sales are 3-5 kg every 2 weeks and tofu sales are 5-10 kg every two weeks. They also sell a small quantity of soya milk (3 liters every 2 weeks). They make their own tempeh starter. They also supply fresh herbs and plants, and books about macrobiotics and gardening at the co-op. They have no present plans for changes except to meet the growth in demand at the food co-op.

6813. Morinaga Milk Industry Co., Ltd. 1984. Morinaga Ever-Fresh Silken Angel Tofu. The favorite new food for Western tastes. Recipes: Shells Italiano, Mini Meat Loaves, Jogger's Energy Shake, Savory Party Dips, Salad Dressings Galore, Sunny Brunch Eggs (Leaflet). Tokyo, Japan. 6 panels each side. Each panel: 11 x 6 cm.
Address: 5-33-1 Shiba, Minato-ku, Tokyo 108, Japan.

6814. **Product Name:** Tofu.
Manufacturer's Name: Nakasone Foods.
Manufacturer's Address: 1510-C 31st Street, North, Lethbridge, ALB, T1H 5J8, Canada. Phone: 403-328-4817.
Date of Introduction: 1984.
New Product–Documentation: Talk with Gene Arizono. 1987. He bought the company from Mark Nakasone in about 1986. Talk with Gene's wife. 1988. Sept. 27. The company has been renamed Sansei Foods. It will reopen in the spring of 1989 at Box 500, Coalhurst, ALB, T0L 0V0, Canada. Mark Nakasone started tofu production in 1984.

6815. **Product Name:** Aburagé (Deep-Fried Tofu Pouches), and Atsu-Agé (Deep-Fried Tofu Cutlets).
Manufacturer's Name: Nakasone Foods.

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Manufacturer's Address: 1510-C 31st Street, North, Lethbridge, ALB, T1H 5J8, Canada. Phone: 403-328-4817.
Date of Introduction: 1984.
New Product–Documentation: Talk with Gene Arizono's wife. 1988. Oct. 17. Mark Nakasone made two types of agé when the Arizono's bought the company in 1986. He started making tofu in 1984.

6816. **Product Name:** Blended Tofu.
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1984.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Refrigerated.
New Product–Documentation: Kingma. 1987. Soya Newsletter. March/April. p. 3, 11. Nasoya is the first manufacturer of traditional tofu to start making Tofu Slurry, a promising new product. Soya Bluebook. 1987. p. 95. Talk with John Paino. The product is doing quite well. Ad in Soya Newsletter. 1988. Feb. p. 5. Talk with Sjon Welters. 1988. March 10. This product was introduced in about 1984. Tofutti bought their tofu in this form initially, but has now switched to using powder. The fresh slurry has a better flavor than the spray dried powder, but it is more perishable and more expensive to ship. Letter from John Paino. 1989. Nov. 12. He prefers to call the product Blended Tofu rather than Tofu Slurry.

6817. **Product Name:** Soymilk, Tofu, Soy Ice Cream, Fried Accras, or Tempeh.
Manufacturer's Name: Plenty Canada Soya Shop. Renamed Soy Development Center by 1987.
Manufacturer's Address: Roseau, Dominica.
Date of Introduction: 1984.
How Stored: Frozen.
New Product–Documentation: Trinidad and Tobago Review. 1984. Oct. p. 27. "The 'noble bean' in the Caribbean. Accras (fritters), a traditional local food, are now made by mixing tofu and okara with wholewheat flour and seasonings, then frying.

Plenty Bulletin. 1987. Fall. p. 4. Note: This is the earliest known commercial soy product made in Dominica.

6818. **Product Name:** [Tofu, Soymilk, and Soy Sprouts].
Manufacturer's Name: Próvida Lda.
Manufacturer's Address: Rua 28 de Setembro 12–Cortegaça, 2715 Sintra, Portugal. Phone: (1) 927.05.40.
Date of Introduction: 1984.
New Product–Documentation: Letter from Miguel Azguime, owner of Miso Producoes. 1989. Nov. 30. This company started making soyfoods in Portugal in 1984 and is currently in operation.

Article in SoyaFoods (ASA, Europe). 1991. 2(2):4-5. The executive director of Provida is now Mr. Alcino Rodrigues de Sousa. The company is now located at Quinta dos Linhais, Cortegaca, 2715 Pero Pinheiro. It is said to be the only tofu manufacturer in Portugal, and it makes 2,000 kg/month of tofu. "Provida also packs textured soya protein (meat extender) and would like to produce soya milk as well."

6819. Quong Hop & Co. 1984. Soy Deli product and price listing. 161 Beacon St., So. San Francisco, CA 94080. 4 p.

6820. **Product Name:** Nishime-Agé (Stuffed Deep-Fried Tofu Pouches).
Manufacturer's Name: Rural Food Products, Inc.
Manufacturer's Address: 117 Mango St., Wahiawa, Oahu, Hawaii 96786. Phone: 808-621-5603.
Date of Introduction: 1984.
New Product–Documentation: Hawaii Directory of Manufacturers. 1983-84. p. 12. Rural Food Products, 117 Mango St., Wahiawa, Oahu, Hawaii 96786. They make tofu, aburage, konnyaku, and Nishime-Agé.

6821. Sambas, Ikeu Yatmika. 1984. Telaahan hubungan penjatahan kedelai dari kopti dengan perkiraan harga pokok dan titik impas (Studi kasus di Sentra Industri Kecil tahu Kelurahan Babakan, Kecamatan Babakan, Ciparay, Kotamadya Bandung) [Correlation study between soybean allocation from KOPTI (Tofu-Tempeh Cooperative) with the price estimation and the breakeven point (A case study at the Center for Small Industry in Babakan, Ciparay, Bandung)]. Sarjana thesis, Bogor Agricultural University. [Ind]*

6822. Six-Chan, Pauline. 1984. What is tofu. Leuven, Belgium: Premier Foods. 7 p.
Address: Leuven, Belgium.

6823. **Product Name:** [Flavored Tofu (Enzyme Active, or Enzyme Inactive)].
Manufacturer's Name: Solnuts B.V. Made in The Netherlands by Witte Wonder.
Manufacturer's Address: Swaardvenstraat 41, P.O. Box 5066, 5048 AV Tilburg, Netherlands.
Date of Introduction: 1984.
New Product–Documentation: Soya Bluebook. 1984. p. 79. This tofu is probably made by Witte Wonder.

6824. **Product Name:** Tofu Tamales [Green Chili, or Red Chili].
Manufacturer's Name: Southwest Soy Foods.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87501. Phone: 505-471-8979.
Date of Introduction: 1984.
Ingredients: Corn, organic tofu (soybeans, water, calcium sulfate–a natural mineral), green or red chili, wheat berries,

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safflower oil, tamari (water, soybeans, salt), spices, salt, baking powder, lime.
Wt/Vol., Packaging, Price: 20 oz plastic vacuum pouch contains 6 tamales, 8 inches square. Retails for $2.00 (9/90, New Mexico).
How Stored: Frozen or refrigerated.

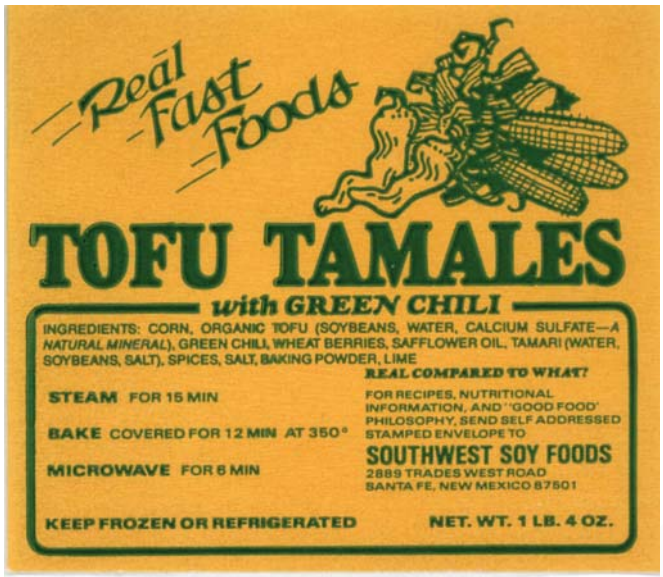

New Product–Documentation: Talk with Richard Jennings. 1987. Dec. 28. Gave date of introduction. Labels brought by Richard Jennings. 1990. Sept. 20. 3.5 by 3 inches. Self adhesive. Green or red on yellow. Illustration of corn with leaves. "Real Fast Foods. Steam for 15 minutes. Bake covered for 12 minutes at 350ºF. Microwave for 6 minutes." Later version has a UPC indicia.

6825. Subowo, Tutu; Suharto, -; Kurniati, -. 1984. Penelitian kerusakan dan korosi kaleng pada makanan kaleng tempe dan tahu [Research on tin can damage and corrosion effects in canned tempeh and tofu]. Bandung: Lembaga Kesehatan Nasional, LIPI. 26 p. Research report. [Ind]*
Address: Bandung, Indonesia.

6826. **Product Name:** [Tofu, Miso, Seitan].
Manufacturer's Name: Sunfood.
Manufacturer's Address: Mlynska 659, 51081 Dobruska, Czechoslovakia. Phone: 42 443 94325 or 443 21578.
Date of Introduction: 1984.
New Product–Documentation: Talk with Bernd Drosihn of Viana Naturkost GmbH, Cologne, Germany. 1991. Aug. 25. At a recent trade show, Bernd met a "very curious visitor," a macrobiotic man from Czechoslovakia who has been making tofu, miso, and seitan for 8 years. He has a large line of products, which he sells mostly in Czechoslovakia. He speaks a little English, and is about 40-45 years old. He now wants to start making tempeh. He buys his soybeans from China. He has great difficulty in obtaining nigari for use as a coagulant. His address is: Sunfood, Mlymska 659, 51081 Dobruska, Czechoslovakia. Phone: 011 + 42 443 94325 or 443 21578.

Letter from Dr. Kamil Bersky, M.D., for The Macrobiotic Centre of Czechoslovakia, Mlynska 659, 51 801 Dobruska, Czechoslovakia. Phone or fax: 011 + 42 443 21578. 1993. July 30. "We are now producing 5 varieties of seitan, 5 varieties of tempeh, amasake, tofu, and we can offer barley malt. Our plan is to start koji and miso production, open a macrobiotic center with a year-round program, a kindergarten, and a small restaurant with a shop."

Talk with Sladjan Randjelovic of Serbia, Yugoslavia. 1993. Dec. 29. His friend named Vacek runs Sunfood in Dobruska, Czechoslovakia (about 75 miles east northeast of Prague near the border with Poland), and his friend is also an agent for Mitoku Macrobiotic Foods.

Note: This is the earliest known commercial soy product made in the Czech Republic.

6827. **Product Name:** Tofu [Moderately Firm].
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada.
Date of Introduction: 1984.
How Stored: Refrigerated.
New Product–Documentation: Label. 1984. 6 x 5 inches. Plastic film for tub. Red and orange. In English and French. Moderately firm. Coagulated with calcium sulphate. 16 oz. "Pasteurized. No preservative." Two packets of tofu recipes. "News break from Sunrise." 1987. "Look what we're doing to sell tofu! Sunrise sponsors popular consumer contest in October '87 issue of Women to Women Magazine. Grand Prize: All expenses paid 7-days trip for 2 to a gorgeous Palm Springs Health Resort." Contest supported in 3 ways: In-store displays; Magazine support, Oct. 4-color double page spread, front cover flash; Radio support–97 Kiss FM, 30

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second spots. Form filled out by Peter Joe. 1988. May 20. Gives date.

6828. **Product Name:** [Soft Tofu].
Foreign Name: Tofu Doux.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada.
Date of Introduction: 1984.
Ingredients: Water, soybeans, magnesium chloride (extracted from nigari), glucono-delta-lactone.
Wt/Vol., Packaging, Price: 10 oz (300 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 5.5 by 3.5 inches. Blue and white with color photo in middle of tofu cubes in a salad with lettuce, tomatoes, and cucumbers. "Pasteurized. No preservative." Product name also written in Chinese. Form filled out by Peter Joe. 1988. May 20. Gives date.

6829. **Product Name:** Tempeh Burger/Cutlet, Mild Italian Soysage.
Manufacturer's Name: Swan Gardens, Inc.
Manufacturer's Address: 1111 N.W. 22nd., Miami, FL 33127.
Date of Introduction: 1984.
Ingredients: Tempeh (cultured soybeans), purified water, soy sauce, herbs.
Wt/Vol., Packaging, Price: 8 oz. Burger/Cutlet retails for $1.11. Soysage retails for $0.79.
How Stored: Refrigerated or frozen.
New Product–Documentation: Labels. 1984, undated. 3 by 4 inches. Red, white, blue, yellow, and black. "Fast food. Easily cooked. No preservatives. All natural."

6830. Watanabe, Y.; Tada, M.; Kawamoto, K.; Oozumi, G.; Kajiwara, Y.; et al. 1984. [A case-control study of cancer of the rectum and colon]. *Nippon Shokakibyo Gakkai Zasshi* (*J. of the Japanese Society of Gastroenterology*) 81:185-94. [Jap]*
• ***Summary:*** Subjects who consumed whole soybeans and tofu had an 80% lower risk of rectal cancer. Specifically, the authors, in a study involving 65 rectal cancer cases and controls, and 138 colon caner cases and controls, found that the consumption of soybeans and tofu both one to two times a week and three or more times a week, compared with nonconsumption of these foods, was associated with lower rectal cancer risk (Relative Risk = 0.15 and 0.12 respectively). They did not find a significantly decreased risk of colon cancer (Relative Risk = 0.63).

6831. **Product Name:** [Tofu with Mung Bean Sprouts].
Foreign Name: Sprossen Tofu.
Manufacturer's Name: Yamato Tofuhaus Sojaprodukte GmbH.
Manufacturer's Address: Moessingerstr. 41, D-7406 Moessingen 2-Belsen, West Germany. Phone: 07071-71094 or 95.
Date of Introduction: 1984.
Ingredients: Incl. water, soybeans, mung bean sprouts, calcium sulfate coagulant.
How Stored: Refrigerated.
New Product–Documentation: Talk with Klaus Gaiser. 1990. March 12 and June 27. This tofu was launched in about 1984. They still make this product quite successfully. It has always been called Sprossen Tofu. It is made as follows: "We blanch mung bean sprouts, then add them to the [soymilk] curds just before pressing the tofu into cakes. The sprouts give the tofu a nice texture and a more refreshing taste."

6832. **Product Name:** [Tofu Burger with Sprouts].
Foreign Name: Sprossen Tofuletten.
Manufacturer's Name: Yamato Tofuhaus Sojaprodukte GmbH.
Manufacturer's Address: Moessingerstr. 41, 7406 Moessingen 2-Belsen, West Germany. Phone: 07071-71094 or 95.
Date of Introduction: 1984.
How Stored: Refrigerated.
New Product–Documentation: Talk with Klaus Gaiser. 1990. March 12. This product was launched in about 1984. Letter from Klaus Gaiser. 1996. Oct. 8. This product was made with mung bean, sunflower, radish, alfalfa, and mustard seed sprouts–no soy sprouts; these burgers were deep fried.

6833. ADM Co. 1984. Dairy products update. Decatur: Illinois: Archer Daniels Midland. 24 p.
• ***Summary:*** On the cover are two colorful scoops of ice cream on top of a cone which is an ear of corn. It's called an "Ice cream corn."

Contents (soy related): The use of corn sweeteners and soy protein in dairy products... The use of soy protein in fluid and frozen products. The use of soy protein in cheese substitutes and cheese-like products. Characteristics and use of Ardex brand isolated soy protein (90% protein)... Additional brochures available.

"Field performance of soft serve mixes is critical. The product must be dry and stiff to remain on cones." "Frozen yogurt is likened to something between ice milk and sherbet. Lactic fermentation provides tartness, which is highly compatible with fruit flavors."

Various types of yogurt include: Regular or unflavored, Swiss style, sundae style, and liquid yogurt.

Ardex F is dispersible isolated soy protein. TVP can be used to add protein and "crunch." "Ardex isolated soy proteins [F] can be used effectively to produce tofu-like products" (p. 19).

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A table (p. 20) gives formulas for "Yogurt" soft curd. "Tofu" firm curd. "Tofu" from dry mix. Chocolate dessert.

Ardex F is dispersible; used for dairy foods. Ardex SP-6 is dispersible; used primarily for injected whole muscle meat products. Ardex R is used where special functionality is required, e.g. coffee whitener, liqueur, cheese, etc. Ardex D is an emulsion stabilizer for use in meat systems,... Ardex DHV is a water and fat binder and adhesive agent. Address: Illinois.

6834. Atlas, Nava. 1984. Vegetariana: A rich harvest of wit, lore and recipes. Garden City, New York: The Dial Press, Doubleday & Company, Inc. 196 p. Illust. by Nava Atlas. 23 cm. [62 ref]

• ***Summary:*** A vegetarian cookbook scattered with quotes on vegetarianism and historical anecdotes. Filled with lovely, creative illustrations.

Soy-related recipes include: Chinese vegetable miso soup (p. 29). White bean dip (with soybeans, p. 50 & 179). Peanut sauce (with soy sauce or tamari, p. 52). Tofu "mayonnaise" (p. 52). Tofu sesame dressing or sauce (p. 53). Eggs and tofu in peanut sauce (p. 62). Peanut rice and tofu (p. 81). Mushrooms and tofu in wine (p. 119). Stir-fried vegetables with tofu (p. 132). Address: New Paltz, New York.

6835. Bhumiratana, Amara. 1984. ASEAN Protein Project, 1974-1984. Bangkok, Thailand: ASEAN Subcommittee on Protein. 111 p. Illust. 29 cm. [Eng]

• ***Summary:*** The ASEAN nations are Indonesia, Malaysia, the Philippines, Singapore, and Thailand. Contents: 1. Malnutrition problems in ASEAN countries (incl. Soy-based products as a solution to malnutrition). 2. Administration of the ASEAN Protein Project. 3. Objectives. 4. Methodology. 5. Results of ASEAN member country research: Soy products developed (high-protein, low-cost foods for infants and children, soy milk and soy milk powder, full-fat soy flour), fermentation products developed (tempe: from shophouse business to modern factory, oncom chips and flour, soy sauce, the ASEAN culture collection), other related projects, exchange of information (incl. details on the 15 ASEAN protein workshops held between July 1975 and Oct. 1984, and the publications resulting from each). 6. New ASEAN projects. 7. Conclusion.

This book, which contains many color photos and focuses on soybeans, describes one of the most successful ASEAN programs, emphasizing cooperation among the ASEAN nations in an attempt to solve the problem of malnutrition common to the region. The project, conceived in Aug. 1971, receives major funding and technical assistance from the Australian government. In May 1978 the ASEAN Full-Fat Soy Flour (FFSF) Factory in Chiang Rai, Thailand, was completely installed and has been producing continuously since then. It has a capacity of 100 tons/month. Numerous photos of the facility are shown. A pilot plant has produced up to 50 tons/month of Kaset Infant Food, which has been well accepted in 573 health centers throughout Thailand and is being evaluated in other ASEAN countries. A photo of the package (plastic bag) is shown. Address: Bangkok, Thailand.

6836. Bloodroot Collective; Beaven, Betsey; Furie, Noel; Miriam, Selma. 1984. The second seasonal political palate: A feminist vegetarian cookbook. Bridgeport, Connecticut: Sanguinara Publishing. xli + 242 p. Illust. Index. 23 cm. [35 ref]

• ***Summary:*** An excellent book and cookbook with a crystal clear explanation of why feminists should also be ethical vegetarians. The "Prefatory material" includes sections on "Feminism in the eighties," "Ethical vegetarianism," "Soyfoods," and "On collectivity and work."

The glossary includes brown rice, hoisin, koji, queso blanco, shiro miso, shoyu (the correct name for tamari), tahini, and tofu.

The index contains 27 entries for tofu, 19 for miso, 10 for tempeh, 4 for soymilk, and 1 each for okara and soysage. Address: 85 Ferris St., Bridgeport, Connecticut 06605. Phone: 203-576-9168.

6837. Brassel, Helen. 1984. The natural foods recipe book: 800 low-calorie dishes to help you loose weight. New York, NY: Arco Publishing, Inc. xiii + 305 p. Foreword by William P. Castelli, M.D., Medical Director, Framingham Heart Study. Index. 27 cm. [7 ref]

• ***Summary:*** This non-vegetarian cookbook contains many soy-based recipes: Tofu tuna bites (p. 15). Soy spread Italian (with soybeans, p. 16). Tofu spread (p. 17). Tofu sour cream (p. 18). Soybean soup (p. 37). Tofu vegetable soup (p. 37). Soy bean salad (p. 51). Tofu sprout salad (with mung bean sprouts, p. 60). Tofu salad with tomatoes (p. 60). Soybean bake (p. 84). Soy muffins (with full fat soy flour, p. 103). Vegetable wheat casserole (with soybeans, p. 105). Soybean pie with sesame salt (p. 164). To cook soybeans. Soy spaghetti made with Soy pasta (with soy flour, p. 178). Soybean noodles (with full-fat soy flour, p. 179). Soybean casserole (p. 183). Chili soybeans (p. 184).

Chapter 11 is titled "Tofu" (p. 168-76). It contains recipes for homemade Tofu (from whole soybeans or soy flour). Tofu mayonnaise. "Egg" salad. Japanese omelet. Tofu stroganoff. Tofu with chicken. Lasagna. Broiled tofu. Okara croquettes. "Sausage" (from okara). Tofu meatloaf. Sauced tofu. Tofu shish kebabs. Low-calorie pancakes. Tuna tofu soufflé. Tofu tuna bake. Tofu with crabmeat. Tofu blintzes.

"Call it bean curd, call it soy cheese, or call it tofu... You can also call it an ideal meat substitute, a dieter's dream, and a budget stretcher. What's it made of? Soybeans, the best vegetable protein available, as it is the only bean containing all eight of the essential amino acids...

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"Though bland, tofu takes on the flavor of foods and sauces it is combined with. Though smooth in texture, once frozen, it has a surprisingly chewy consistency. Though it has no real taste of its own, when broiled it is transformed into a dish with a definite meatlike flavor. It can also replace cream cheese, sour cream, and eggs in most dishes, thus reducing cholesterol as well as calories. It can be used instead of meat in casserole dishes, instead of mayonnaise in salads, and instead of ricotta in lasagna. In fact, it can replace meats, fish, poultry, and cheese in virtually any treasured favorite recipe."

6838. Bray, Francesca. 1984. Legumes (Document part). In: F. Bray. 1984. Science and Civilisation in China. Vol. 6, Biology and Biological Technology. Part II: Agriculture. Joseph Needham series. Cambridge, England: Cambridge University Press. xxvii + 724 p. See p. 510-14. [49 ref]
• ***Summary:*** Note: Chinese characters are given for all italicized Chinese words or terms. Although legumes were among the earliest plants to be domesticated in West Asia and the Americas*, there is no solid evidence that legumes were cultivated in China in prehistoric times, even though several species were native to China, and even though legumes played a very important role in Chinese agriculture from the late Chou [ca. 722 B.C.] onwards.

* Footnote: In the Near East and Europe carbonised peas and lentils, assumed to be domesticated, have been identified at farming sites dating as far back as 7000 B.C. Various species of *Phaseolus* beans seem to have been domesticated in Peru and Mexico by the 6th millennium B.C. And groundnuts are believed to have been domesticated in the upper Amazon regions, in South Bolivia and North Argentina well before 3000 B.C.

"Though remains of leguminous species have been found in one or two Chinese neolithic sites, they have been identified as broad beans (*Vicia faba*) and groundnuts (*Arachis hypogaea*); since the former is believed to have been introduced to China from Western Asia in Han times [220 B.C.–220 A.D.] and the latter is a native American species, the authenticity of these identifications is doubtful, to say the least" (Footnote: K.C. Chang. 1977. *The Archaeology of Ancient China,* 3rd revised ed.).

"There are apparently no references to legumes in the Shang oracle records, and the earliest uncontested evidence for the cultivation of leguminous plants in China is found in Chou bronze inscriptions and in the *Shih Ching.* Both these sources refer to a crop called *shu* (Chinese characters given), and the early form of the character clearly depicts the nodules on the roots of the plants (Fig. 237). The term *shu,* though also used to refer to legumes in general, is primarily associated with the soybean, *Glycine max* (L.) Merrill, and its presence in these writings is usually taken to signify the domestication of this crop" (Footnote: Hu Tao-Ching {1963} in fact postulates a much earlier domestication [it must have been domesticated and well known long before it appeared in inscriptions on bronze vessels in 1024 B.C.]; Ping-To Ho {1975, p. 70} believes that domestication occurred about 1000 B.C.)

"In later lexicographical texts the term *shu* is usually qualified when soybeans are referred to: *jung shu, jen shu,* and *ta shu* are mentioned (Footnote: In the *Erh Ya* and its commentary for example), and this does suggest that even in pre-Han times *shu* was used as a generic term for legumes rather than a specific term for soybeans. The modern term for soybean is *ta tou,* 'greater bean,' a term which first appears in the -1st century *Fan Sheng-Chih Shu.* In classical times the term *tou* was applied only to a type of 'wooden vessel or dish containing flesh sauces at sacrifices or feasts' (Bretschneider 1882, vol. II, p. 162), but by Han times it seems that it was also used as a general term for pulse crops, as it still is today.

"Whether or not the unqualified term *shu* in early texts and inscriptions should be understood to refer to soybeans or to legumes in general, there is no doubt that the soybean was domesticated in China some time around the beginning of the Chou, for texts describing -7th-century events refer to soybeans (*jung shu*) as novel introductions to the Central States, whereas by the time of Mencius [Meng tzu, c. 371-c. 289 B.C.] they had already become a staple food of the common people (Footnote: P.T. Ho 1975, p. 79).

"The presumed wild ancestor of the soybean, *Glycine ussuriensis* Regel & Maack or *G. soja* L. is native to northeast China and the adjacent areas of Manchuria, Korea, and Japan (Footnote: Hymowitz 1970, 1976), and it may be significant that the cultivated soybean was called *jung shu* for Jung was the name commonly given to the Tungusic tribes of Northeast China in Chou times. The *Kuan Tzu* states that in the -7th century Duke Huan of Ch'i (Footnote: Ch'i covered most of modern Shantung) led an expedition to the territory of the Mountain Jung and brought back 'winter onions and soybeans (*jung shu*) for dissemination throughout the various states' (P.T. Ho 1975, p. 78)."

An alternative interpretation of *jung* and of its (then) homophone *jen* is that it simply meant large and luxuriant (Bretschneider 1882, vol. 2, p. 164), for the soybean is a large, bushy plant which grows up to 6 feet tall. Its modern name of *ta tou* can be attributed to its growth habit, and not to the size of its beans which are only about as big as a lentil. Fig. 238 (*Shou Shih T'ung K'ao,* 1742) shows an illustration of a soy bean plant.

"The soybean's rapid conquest of Chou China is a tribute to its superior qualities, qualities so outstanding that they frequently provoke outbursts of surprising lyricism in modern writers: 'that miracle, that noblest of crops, that wondrous plant, the soybean' (Anderson & Anderson 1977, p. 346)." The ancient Chinese were more moderate in their praise, perhaps because they were unaware of the benefits of modern nutritional analysis. The chief virtues of the soybean for the ancient Chinese "were that it produced

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good crops even on poor land, that it did not deplete the soil, and that it guaranteed yields even in poor years, so that it made a useful famine crop." It gave 3-4 times the yield of millet. The *Fan Sheng-Chih Shu* says that in former times (presumably the late Chou) it was customary for peasants to plant 5 *mu* per capita of soybeans to guard against famine. Soybeans were widely grown in China from Chou times on, "but they were not held in high esteem for their gastronomic qualities." The Chinese appreciated soybeans most when they were fermented to make sauces (*jiang*) or relishes (*shi*), or transformed into beancurd (*doufu*). These foods were generally made from yellow soybeans, although the *Qimin Yaoshu* (+544) recommends black soybeans. The various fermentation processes were discovered in early times; they improved the soybean's palatability and its nutritional properties. Address: Research Fellow, East Asian History of Science Library, Cambridge, England.

6839. Brennan, Jennifer. 1984. The cuisines of Asia: nine great oriental cuisines by technique. New York, NY: St. Martin's Press. ix + 542 p. Illust. (line drawings). Index. 24 cm.

• ***Summary:*** The "Nine great Oriental cuisines" are those of "China, India, Indonesia, Japan, Korea, Malaysia, The Philippines, Thailand, Vietnam" (as stated on the book's cover). The book contains many recipes, yet it is largely organized into chapters by cooking techniques: barbecuing, steaming, stir-frying / using a wok, deep-frying, etc.

The chapter on "Japan" discusses soybeans, miso, tofu, and shoyu on pages 44-45. Soyfoods are said to be the 2nd largest source of protein in the Japanese diet.

The section on "Soybeans" (p. 97-104) includes a discussion of the names of various soyfoods in different Asian languages and countries. For example: "The basic bean curd is called *tau-fu* in Cantonese, *tau-hu* in Hokkien, and *tofu* in Japanese." Or consider this (p. 99): "During the basic process of making bean curd, at the stage where the bean and water mixture is boiled, a skin or residue forms on the top. This skin [yuba] is skimmed off and dried. It is commercially available in sheets... and in the form of sticks that bear the picturesque name of 'second bamboo' [dried yuba sticks] in Chinese, meaning that they are the second residue from the curd."

There follows a 3-page table titled "Soybean products" (p. 101-03) which has four columns: Description, Chinese name [Cantonese], Japanese name, comments.

Note: Before proceeding, we believe that the design of this table is fundamentally flawed. (1) Why are the names of the basic soyfoods not given in the other languages with which this book is concerned, including Mandarin Chinese, Korean, Indonesian, Vietnamese, Filipino, etc.? (3) Why is no English name given for each basic soyfood product? Sometimes the description is the English name, yet that name is rarely the name a person would use if they were selling the product in an English-speaking country. (3) Why are so many common "soybean products" omitted from this table, such as the various basic other types of Japanese miso and of Japanese shoyu (besides koikuchi shoyu), fermented black soybeans (douchi, dow see), soymilk, soy sprouts, roasted soy flour, whole soy flour, soybean oil, textured vegetable protein, etc. These problems are easily solved with alternate table designs. For example, have one table for each language, with the name of each soyfood product given first in English and then in the language of that country. Put the description and comments in a glossary to avoid repetition. Or, have a glossary entry for each soyfood, with the English name, description, comments.

The table is divided into four basic types of soybean products. After each, we will give the Cantonese name and then the Japanese name, and we will indicate disagreements using [sic]. NL = Not listed.

(1) Bean curd: Tau fu fu [sic] = kinugoshi tofu. Tau fu = momen tofu. NL = yaki tofu [sic, yaki-dofu]. NL = koya tofu or kori tofu [sic, koya-dofu or kori-dofu]. Tau fu pok = abura age. Fu chu = yuba [sic, fu chu is dried yuba sticks. Yuba in Mandarin is doufu pi]. fu joke [sic, fu jook] (bean curd sticks) = NL. Tim joke [sic, tiem jook] (sweet bean curd sticks) = NL. tau fu kon [Mandarin: doufu gan; pressed tofu].

(2) Soy sauce: Light = chan ch'an or sang chu = usu kuchi shoyu [sic, not the same]. Dark, medium = see yu chan yan = shoyu [sic, see yu is soy nugget sauce, not made in Japan. Japanese shoyu is not traditionally made in China]. Dark, heavy, sweet = chu yan = NL.

(3) Fermented bean pastes and cheeses. Black bean paste = dau see tau ch'ih = NL. Sweet, white bean paste = NL = shiro miso. White soy cheese [fermented tofu, should be classified under tofu] = pai doufu-ru or foo yee or foo yu = NL. Red soybean paste = NL = aka miso. Red soy cheese or spiced red bean curd = hung doufu-ru or nom yee or nam yu.

(3) Miscellaneous soybean productions. Soy jam = yun shi jeung = NL. Whole fermented soybeans = NL = nato [sic, natto]. Red bean sauce = saang see jeung = NL. Soybeans and malted rice = NL = moromi miso. Hoisin sauce = hoisin = NL.

In the "Basic recipes" section is a recipe for Indonesian dark sweet soy sauce (*ketjap manis*).

The Glossary (p. 499-515) contains the following soy-related entries: "Bean Curd (*tofu*, Japanese; *tao foo*, Chinese; *tahu*, Indonesian and Thai; *tokwa*, Philippines): A curdled, soft, cheeselike preparation made from soybean milk. Used as a source of protein in Asian cooking. Available loose or in packages."

Bean paste, red sweet [from azuki beans]. "Substitute Chinese sweet red bean paste, p. 132."

Bean paste, yellow (Chinese).

"Beans, black salted fermented. (Called dow see in Chinese) These are very salty soybeans, sold in cans in Chinese markets. Used with garlic as a flavoring for fish

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and pork dishes. substitute: Soybeans, cooked until soft and seasoned with plenty of soy sauce."

Bean sprouts: Usually refers to mung bean sprouts, "although alfalfa and soybean sprouts are also used."

Hoisin sauce: Soybeans are a major ingredient, along with garlic, chili peppers, and various other spices and ingredients.

Miso. Oyster sauce: "A Chinese sauce, made from oysters cooked in soy sauce and brine." Used as a seasoning with cooked foods and as a table sauce. See recipe p. 146.

Red bean sauce: "A strong table sauce made from mashed soybeans." Available in cans from Chinese stores.

Soy sauce

Also contains entries for: Kombu. Monosodium glutamate (MSG; "I do not use it nor do I recommend its use"). Mung beans.

The index contains 28 entries for soybean, 22 for soy sauce, 14 for miso, 6 for bean paste, oyster sauce, teriyaki, 4 for bean curd–deep fried, hoisin sauce, vegetarian dishes, 2 for ketjap, and 1 each for beans–black salted fermented, bean curd–fermented, jam–soy, jang (see miso), milk–soybean, ragi, shoyu (see soy sauce), soybean oil, sukiyaki, tahu, tau-fu or tau-hu (see bean curd), tempe [tempeh], textured vegetable protein (TVP), tofu (see bean curd), tou shih [fermented black soybeans],

About the author (from the rear cover): "Jennifer Brennan grew up in Pakistan and India and has spent many years in Southeast Asia. She is the author of *The Original Thai Cookbook."* She is "Winner of the IACP [International Association of Culinary Professionals] Award for the Best Literary Food Writing."

6840. Clergeaud, Chantal; Clergeaud, Lionel. 1984. Mystères et secrets du soja [Mysteries and secrets of soya]. Paris: Editions La Vie Claire. 134 p. Illust. 21 cm. [Fre]
• ***Summary:*** Contents: 1. A little history, the properties of soya, soybean culture, soya and animal feeding, recipes based on whole soybeans (*fèves de soja*). 2. Soy flour, soy proteins, recipes based on soy flour and soy proteins. 3. Soy sprouts, recipes based on soy sprouts. 4. Soy oil, recipes based on soy oil. 5. Soymilk, recipes based on soymilk. 6. Tofu, recipes based on tofu. 7. Fermented soy products: miso, recipes based on miso, tamari, tamari-shoyu, recipes based on tamari and tamari shoyu, tempeh, recipes based on tempeh. 8. Other [fermented] soy-based products consumed in the world: Chee fan (fermented tofu), Hamanatto, ketjap (Indonesian soy sauce), Meitauza (fermented okara tempeh), Sufu (fermented tofu). Address: Naturopathes–Ostéopathes, France.

6841. GEM Cultures. 1984. Food cultures from around the world / and more [Mail order catalog]. 30301 Sherwood Rd., Fort Bragg, CA 95437. 4 p. [4 ref]
• ***Summary:*** Contents: 1. Powdered cultures for soycrafters: Powdered starter cultures for tempeh, miso, amazake, shoyu, and tamari. In home and commercial sizes. Rice koji. 2. Koji starter kits. 2. Fresh self-renewing cultures: Viili starter, sourdough starter, kefir grains, natto starter, living tempeh starter. 3. Coagulants for tofu making (nigari, Terra Alba calcium sulfate in 1 lb or 5 lb bags).

4. Some helpful books. 5. Sea vegetables from the Mendocino Sea Vegetable Co. Our purpose. How to order. Address: Fort Bragg, California. Phone: 707-964-2922.

6842. Gerras, Charles. ed. 1984. Rodale's basic natural foods cookbook. Emmaus, Pennsylvania: Rodale Press. xi + 899 p. Illust. Index. 24 x 20 cm.
• ***Summary:*** This book, containing over 1,500 recipes, does not use salt or white sugar, but does use meats, poultry, and fish. It was also published by Simon & Schuster as "A Fireside Book." It contains extensive information on and many recipes for soyfoods, including whole dry soybeans, tofu, soy ice cream, soy flour and grits, miso, soymilk, soy oil, okara (soy pulp), soy sauce, tamari, and soy sprouts. Address: Pennsylvania.

6843. Greenwood, Sadja. 1984. Menopause, naturally: Preparing for the second half of life. San Francisco, and Volcano, California: Volcano Press. 201 p. Illust. by Marcia Quackenbush. 23 cm. [36 ref]
• ***Summary:*** This is a pioneering, wonderful book on menopause. Chapter 10, titled "Estrogen replacement therapy: The pros, cons, and unknowns" states (p. 89) that when estrogen was first isolated in the 1920s, it was used for women who had lost their ovaries through surgery and for women with severe problems after natural menopause. "However, its use was not widespread until the 1960s, when a book entitled *Feminine Forever,* by Robert Wilson, popularized estrogen use for all women who wanted to retard aging and retain their feminine allure. The use of 'estrogen replacement therapy,' or ERT, spread widely among middle- and upper-class women treated by private physicians."

Chapter 15, titled "Nutrition: All about eating and drinking" (p. 147-76) advocates a diet low in meat and high in whole grains, beans, vegetables, and fruits. Beans are excellent foods; they are high in protein, low in fat, and a good source of fiber. If gas is a problem, cook the beans well and serve small portions. "Fresh green beans and peas, bean sprouts, and soybean foods like tofu rarely give you gas." An illustration (line drawing) shows sacks and boxes of various types of beans (not including soybeans) and a cake of tofu. People who get much of their protein from beans and grains are also helping to make most efficient use of world food resources–an idea developed in *Diet for a Small Planet.* Sprouts are a delicious food, high in nutrients. Anyone can make bean sprouts in the kitchen from lentils, aduki beans, mung beans, etc. Sea vegetables are excellent; avoid canned veggies.

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Concerning meat fish and poultry: Try to cut back, replacing them with a combination of whole grains and beans–which provides high-quality protein without added fat. "You can eliminate entirely and be healthy! Vegetarians have good health records, with lower rates of heart disease and cancer than meat-eaters." Nonfat or low-fat milk, yogurt, and cheese are good foods for mid-life women because of they are high in calcium. But some adults lack the ability to digest milk sugar (lactose), and experience cramping, gas, and diarrhea after consuming milk products. "Soy 'milk' can be used, especially in cooking, as a milk substitute." A table shows common foods that are high in calcium, including "tofu (soybean curd)." 4 oz. contains 150 mg of calcium. Note: This is the earliest English-language document seen (Oct. 2003) that contains the term "Soy 'milk.'"

Cut down on fats, sugar, salt, alcohol, and caffeine. A table titled "Suggestions for healthy breakfast foods" (p. 171) includes "Tofu (bean curd): Eat steamed, scrambled, or grilled with onions, curry, soy sauce, or other flavorings." Tofu is high in calcium. Suggestions for a healthy lunch include mashed tofu as a filling in sandwiches made from whole grain bread. Suggestions for healthy snack foods include slices of raw vegetables with tofu or cottage-cheese dip. Suggestions for a healthy dinner (p. 173) include brown rice with stir-fried vegetables and tofu. On p. 175 are recipe suggestions for Stir-fried vegetable dishes with tofu, meat, or fish.

On the rear cover is a photo of Sadja Greenwood, M.D., M.P.H., and a biographical sketch. She is age 53, "mother of two grown sons, a vegetarian, a slow jogger, looking for the truths about life and the joy in every day." A general practitioner, she has long been associated with women's health programs. "She is Medical Director of Min An Health Center, which utilizes Eastern and Western medical treatments, and is Assistant Clinical Professor at the University of California Medical Center, San Francisco."

Note: In 1984 the phytochemicals in soybeans and their possible benefits for menopause were largely unknown.

Note: This is the earliest document seen (Sept. 1999) in which soy is mentioned in connection with relief of menopausal symptoms. Address: M.D., MPH, San Francisco, California.

6844. Hapgood, Fred. 1984. Log of soyfoods research in Japan, Sri Lanka, and China, Oct/Nov., for *National Geographic* magazine (Log–unpublished). 85 p. Unpublished log.

• ***Summary:*** Fred was researching an article about the soybean for *National Geographic* magazine. This handwritten log is filed in Soyinfo Center file cabinets by country keyword. Thus, the portion concerning Sri Lanka (p. 13-43, 57-64) is filed with the documents concerning South Asia (AsSo) in 1984. The first person he met in Sri Lanka was Mr. S. Pathiravitana, editor, *Soyanews.*

6845. Heidenry, Carolyn. 1984. Making the transition to a macrobiotic diet. Brookline, Massachusetts: Aladdin Press. Distributor: Macrobiotic Book Shop. xi + 75 + [3] p. Illust. 22 cm. *

6846. Heidenry, Carolyn. 1984. Making the transition to a macrobiotic diet. Wayne, New Jersey: Avery Publishing Group. xii + 95 p. Illust. Index. 23 cm. *

6847. Hong, Guangzhu. 1984. Zhongguo shipin keji shigao [Draft history of food science and technology in China]. Beijing, China: Commerce Publishers. See p. 47-61. 21 cm. [Chi]

• ***Summary:*** Wade-Giles reference: Hung, Kuang-chu. 1984. *Chung-kuo shih-p'in k'o-chi shih-kao.* Beijing: Zhongguo shangye chubanshe.

In this book is a chapter titled "Tou fu–An important Chinese Invention" (p. 47-61). On page 54 the famous poems on tofu written by Lu Yu (lived A.D. 1125-1210) and Chen [?] are quoted. Pages 58-60 contain 6 nice illustrations (line drawings) showing how tofu was made in the traditional Chinese way.

For a translation of the poem, and more about its author, see Lu Yu (A.D. 960-1279). Address: Assoc. Member, Inst. for the History of Natural Sciences, Academia Sinica, Beijing, China.

6848. Hung, Kuang-chu. 1984. Tou-fu shêng shih kao [The origin of tofu]. *Chung-Kuo Phêng-jên* No. 2. p. 36-37. [Chi]* Address: China.

6849. Johnson, Lamar Daniel. 1984. Influence of soybean variety and method of processing on tofu manufacturing, quality, and consumer acceptability. MSc thesis, Dep. of Food Technology, Iowa State University, Ames, IA. vii + 127 p. No index. 28 cm. [64 ref]

• ***Summary:*** Contents of the "Review of Literature" section: History of soybeans: Beginnings in the Orient, utilization of soybeans in the United States, breeding. Current and future usage of soybeans and soybean products: Whole soybeans, soybean oil, soybean meal, traditional Oriental soyfoods, tofu, justification for carrying out tofu research. Tofu processing: Traditional tofu-making process, history of soymilk utilization, soymilk processing, soymilk in tofu production, coagulants, effect of coagulant type and concentration on tofu quality, factors influencing the optimum coagulant amount, the coagulation reaction, effect of soybean variety on tofu quality. Summary of tofu research. Purpose of the study: Main objectives.

The author concludes: "Soymilk solids concentration, coagulation conditions (coagulation temperature, stirring rate and duration) and volume of whey removed (prior to pressing) are important factors affecting the texture and

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consumer preference of tofu." Address: Ames, Iowa.

6850. Jones, Antoinette M. Barret. 1984. Early tenth century Java from the inscriptions: A study of economic, social and administrative conditions in the first quarter of the century [A.D.]. Dordrecht, Holland: Cinnaminson; U.S.A.: Foris Publications. xi + 203 p. Illust. 24 cm. *
• ***Summary:*** This book is based on her 1976 PhD thesis from the University of London titled "Aspects of economic, social and administrative conditions in Central and East Java in the first quarter of the tenth century A.D." Soybeans are not mentioned among the commodities imported to or exported from Java before the 11th century. Address: England.

6851. Kagaku Gijutsu-cho, Shigen Chosa-kai (Science & Technology Bureau). 1984. Shitei shokuhin seibun hyô [Standard tables of food composition in Japan. 4th ed.]. Tokyo. 370 p. Introduction by R. Kagawa, Joshi Eiyo Daigaku. 28 cm. [Jap; Eng]
• ***Summary:*** Pages 76-80 gives a nutritional analysis of the following Japanese soyfoods: Soybeans: whole domestic (dry, or boiled), USA whole dry, Chinese whole dry. Green immature: raw, or boiled. Soybean sprouts: raw, or boiled. Defatted soybeans: whole, or dehulled. Kinako (roasted, ground soybeans). Budô-mame. Tofu: regular (momen), silken (kinugoshi), soft, packed, Okinawa tofu, grilled (yaki-dofu), nama-agé (deep-fried tofu cutlets), abura-agé (deep-fried tofu pouches), ganmodoki, kori-dofu, Tofu chikuwa (steamed, or roasted). Natto: Itohiki natto, goto-natto, tera-natto (fermented black soybeans). Miso: Rice koji miso (ama miso, light yellow miso, dark yellow miso), barley koji miso, soybean koji miso, dried miso, kinzanji miso, hishio miso. Okara. Soymilk: regular, reconstituted, soft drinks. Yuba: Fresh, or dried.

Page 254 gives the amino acid composition of soybeans, tofu, dried frozen tofu, yuba, okara, natto, and 3 types of miso. Address: Japan.

6852. Kurz, Marey. 1984. Soja in der Vollwertkueche: Rat und Rezept-Ideen zum Kochen und Backen mit allen Soja-Varianten: Bohnen, Mehl, Milch, Sauce, Tofu und Miso. Das erste komplette Soja-Kochbuch [Soya in whole-foods cookery: Advice and recipe ideas for cooking and baking with all the varieties of soya: Beans, flour, milk, sauce, tofu and miso. The first complete soya cookbook]. Munich, West Germany: Gräfe und Unzer GmbH. 102 p. Illust. Index. 20 cm. [11 ref. Ger]
• ***Summary:*** Foreword. Everything about soy (*Soja*). Basic soy recipes (How to make at home): Soy grits. soy sprouts, light soybean pulp (cooked ground soybeans), dark soybean pulp, cooked soybeans, sweet cooked soybeans, cooked azuki beans, soymilk, tofu–Soya quark or soya cheese (*Sojaquark oder Sojakäse*), sokar.

Soups and one-pot dishes. Refines ragouts. Delicate meatballs or rissoles. Pies, pastries and spreads. Hearty vegetable dishes. Special salads. Side dishes, garnishes, and entrements. Fine sauces. Soya for those in a hurry. Desserts and confections. Drinks and energy-spenders. Delicious spreads for breads. Bread, cakes, pastries (*kuchen*) and baked goods. Appendix: Glossary, books and addresses: gomashio (sesame salt), graham flour, Indonesian soy sauce, margarine, miso, nigari, soy oil, tahini (*sessamus*), defatted soy flour, whole (full-fat) soy flour, soy sauce, tofu mayonnaise, Worcestershire sauce. Address: West Germany.

6853. Leung, Albert Y. 1984. Chinese herbal remedies. New York, NY: Universe Books. 192 p. Illust. (drawings by Bing Fun Leung). Index. 21 cm. [48 ref]
• ***Summary:*** The book is arranged by plant- or food type. Each entry has all or most of the following subcategories: General information, effects on the body, traditional uses, modern uses, home remedies (and specific conditions it is used to treat), availability. Entries include:

Bean curd [tofu] (p. 33-35). Types include "dried bean cake" [pressed tofu], fried bean cake [fried tofu] and fermented bean cake [fermented tofu]–"all derived from bean curd." Bean curd is said to have cooling properties. Since it does not have much taste of its own, "it can be made to taste like anything–hence its popularity in vegetarian dishes." "Bean-cake residue" has traditionally been used therapeutically "mainly for skin conditions, such as ulcers and sores, for which both the uncooked and cooked (baked) forms are made into patties and applied directly onto the affected skin." A common use for bean curd in Canton is for treating the common cold. It was made into a soup with green onions; optional ingredients include mint leaves, ginger, and fermented black beans. The exact recipe used by the author's grandmother is given.

Garlic (p. 67-70). Ginger (p. 71-74). "To treat coughing, wheezing, and excessive phlegm due to colds, a popular Cantonese remedy combines the use of ginger and black beans" [fermented black soybeans].

"If one has accidentally ingested an unknown poison which cannot be treated with a specific antidote, a decoction of 31 gm. (1.1 oz.) each of licorice and black soybeans [fermented black soybeans] or mung beans can be used" (p. 94-95).

Mung bean (p. 105-07): Used as a home remedy to "prevent heat rash or prickly heat."

Soybean (soya) (p. 142-45). "Two varieties of soybean are used in Chinese medicine–black soybean and yellow soybean" (*hei da dou* and *huang da dou*). Black soybean skin [hull, seedcoat], when used medicinally, is known as *hei da dou pi*. Traditional food products derived from the soybean include "bean cake [tofu], soybean milk, soy sauce, soybean oil, and bean sprouts." Plus "fermented black beans."

"Traditional uses: The recorded use of black soybean in Chinese medicine preceded that of yellow soybean. The

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former dates back at least 2,000 years, being listed in the Shennong Herbal, while the latter dates back to only around A.D. 1330."

Black soybean skins are prepared as follows. Black soybeans are soaked in water until they germinate / sprout, or until the skins / hulls / seedcoats separate easily. The latter are then removed and sun-dried, then stored in a dry place. The earliest known medical use of black soybean skins dates from the middle of the 8th century [mid-700s] during the Tang Dynasty [618-906]. They are said "to nourish the blood, clear one's vision, and drive away disease-causing factors." They are also "used in treating excessive sweating, night sweat [night sweats], dizziness, headache, and rheumatoid arthritis." They are usually taken in the form of a decoction, with a typical daily dose of 9-16 gm (0.3 to 0.6 oz).

There are two types of fermented black soybeans (*dou chi* in Chinese)–unsalted and salted. "Although the only difference between the two is the added salt, the former is more commonly used in Chinese medicine." In making fermented black soybeans, black soybeans are soaked in a water extract of white mulberry leaves and a wormwood herb (such as *Artemesia annua*) followed by steam cooking and fermentation. Other herbs, such as licorice and *Ephedra sinica* (*ma huang*, in which ephedrine [a stimulant] was first discovered) are also used.

The earliest known use of fermented black soybeans in Chinese medicine dates from the early 6th century (early 500s) during the Liang dynasty (502-557). It is said to have a bitter taste "and is said to be good for treating illnesses that affect the lungs and the digestive system. It is used in treating colds, fevers, typhoid, headache, and discomforts in the chest." For these illnesses it is consumed as a decoction, with a daily dose of 6-12 gm (0.2 to 0.4 oz). Many other medicinal uses are given.

"Availability: Yellow soybeans are available in health food stores, groceries, Chinese groceries, and some supermarkets. Black soybeans, fermented black beans, and yellow soybean sprouts are available in Chinese groceries."

6854. Liu, Christine Y.C. 1984. Nutritional cooking with tofu. Ann Arbor, Michigan: Graphique Publishing. 166 p. Illust. Index. 22 cm. [15 ref]

• ***Summary:*** Contents. Introduction. 1. Tips on keeping and using tofu. Recipes–2. Soup. 3. Main dishes–with a small amount of meat. 4. Main dishes–vegetarian. 5. A meal in itself. 6. Desserts and snacks. 7. Dips, spreads, and dressings. 8. Making tofu [at home]: Regular tofu, fried tofu. and tofu gan (pressed tofu). 9. Ingredients, seasonings, storage, and substitutes. References. About the author (autobiographical). A color photo on the cover and various black-and-white photos throughout the book show Christine Liu. Address: M.P.H., P.O. Box 1332, Ann Arbor, Michigan.

6855. Liu, Chiung-Pi; Shanmugasundaram, S. 1984. Frozen vegetable soybean industry in Taiwan. In: Proceedings of the Symposium on Vegetables and Ornamentals in the Tropics. See p. 199-212. Held 27-28 Oct. 1982 at Universiti Pertanian Malaysia, Malaysia. [Eng; mal]

• ***Summary:*** The term "vegetable soybean" refers to "immature green soybeans, either in pods or as shelled beans." Vegetable soybean varieties were introduced into Taiwan in about 1967 by Japanese trading companies. Frozen soybeans now constitute about 45% of all frozen vegetables exported from Japan, making them the most important and profitable frozen vegetable exported from Taiwan. Approximately 60% of Taiwan's frozen soybeans are exported through Japanese trading firms, especially C. Itoh Co. Ltd., Mitsui Bussan Co. Ltd., Mitsubishi Co. Ltd., Marubeni Co. Ltd., and Toshoku Co. Ltd. In 1981 Taiwan exported 25,000 tons of frozen vegetable soybean pods worth US$21 million to Japan. These frozen exports have been rising steadily since 1975, as shown in Fig. 1.

Although new varieties of vegetable soybeans are now being tested, 95% of the vegetable soybean area in Taiwan is planted with the variety Tsurunoko ("Child of the crane"), known to Taiwanese farmers as #205. In Taiwan an estimated 4,600 ha were planted to vegetable soybeans in 1980, increasing to 5,300 ha in 1981. Most of this area is concentrated in Pintung and Kaohsiung counties in southern Taiwan (just below the Tropic of Cancer), but significant amounts are also planted to the northwest in Changhwa and Taichung counties. The primary cropping season is autumn.

Table 6 shows expenditures (in US dollars per year) on selected foods in Taipei, Taiwan, from 1977 to 1981. The figures 1977–1981 for various soy-related foods are: Soybean curd (tofu) 7.9–7.1. Soybean curd cake (okara) 9.3–8.4. Soybean milk 3.0 (1978)–5.0. Vegetable soybean without pod 2.5–2.6. Soybean 0.5–0.6. Address: AVRDC, Tainan, Taiwan.

6856. Miller, Marcia. 1984. The best little tofu cookbook from Marjon. Tampa, Florida: Depot Press. 67 p. Illust. No index. 23 cm. Spiral bound.

• ***Summary:*** This book is entirely hand-written with many illustrations (line drawings). Contents: What is tofu? Nutrient content of tofu and other common foods. Recipes–Dips (3 recipes). Sandwiches (3). Breads (3). Main dishes (45). Desserts (9 recipes). Six color photos on the front cover show tofu dishes. A black-and-white portrait photo on the rear cover shows John and Marcia Miller, who started Marjon Specialty Foods in 1972 as business partners. The word Marjon was created by combining "Marcia" and "John." Marcia has taught vegetarian cooking classes, given television demonstrations, and created all the recipes for Marjon. Address: Marjon Specialty Foods, 3508 Sydney Road, Plant City, Florida 33566.

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6857. Photographs of the Arcata Tofu Shop in Arcata, California (1980-1984). 1984. Arcata, California.

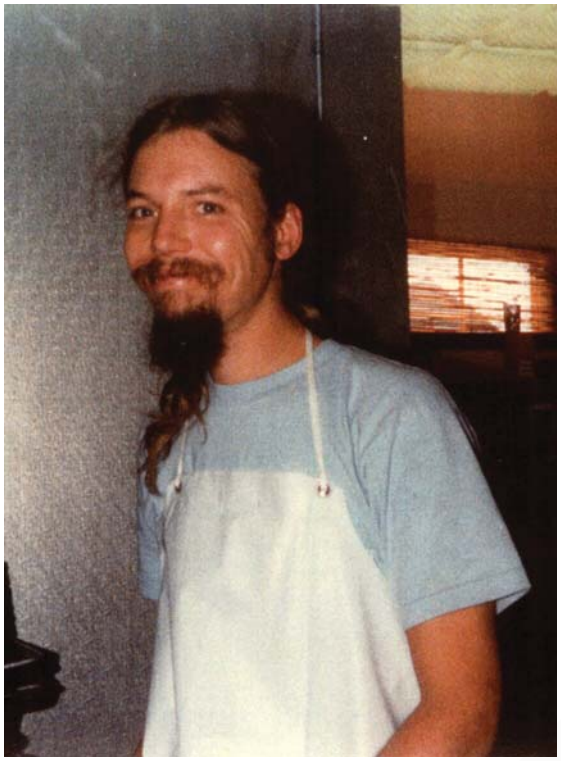

• ***Summary:*** Twenty-two color photos (most 4 by 5 inches), numbered with captions, were sent to Soyfoods Center on 24 Sept. 2002 by Matthew Schmit, founder and owner of the Arcata Tofu Shop. They were taken in Arcata between 1980 and 1984. Nos. 3-12 were taken in Dec. 1980. They show: (1) Oct. 1980–Inside of building in Arcata during complete remodeling of previous insurance offices (1,000 square feet). (2) Oct. 1980–Outside of same building at 768 18th St. Lease just signed. Newspapers in windows in preparation for remodeling. (3) Open for business. Large wooden sign above door reads "The Tofu Shop: Soy Deli and Whole Grain Bakery." (4) Putting up sign over door. All people standing on sidewalk or ladder have their backs to the camera. Bottom left (standing on sidewalk): Paul Kusterman, who loaned money to help shop open; a truck driver for United Naturals, he had been selling tempeh burgers at local fairs since 1978. On ladder: Matthew Schmit. Bottom right (standing on sidewalk): Jackson Hollomon and wife Valerie. Jackson gave Matthew Schmit his first taste of tofu in the winter of 1973-74. In 2001 Jackson finished 3-year Buddhist retreat. On roof holding sign–On left: Man who created the sign. On right: Daniel Schmit (Matthew's brother). (5) Grocery section inside The Tofu Shop, with bottles of sauces, packages of Miso Cup, and an issue of *Soyfoods* magazine on wooden shelves, with a "What is Tofu?" pamphlet on the wall. (6) Suzanne Kosciolek Schmit stocking specialty grocery shelves. A Learning Tree Tofu Kit is now visible. (7) Suzanne Kosciolek Schmit holding The Tofu Shop's tiled logo (a writhing blue dragon on four white tiles in a wooden frame) next to the first shipment from United Naturals: Soybeans (from Arrowhead Mills), nigari, barley malt, natto miso, sea vegetables, etc. (8) Looking in the front door of The Tofu Shop; six shelves of special groceries, tempeh kits, etc. (9) Matthew Schmit dressed in white apron with "first batch grin." Deli store front counter area is in the background. (10) Back wall of shop with supplies and custom forming box table with adapted "load bar" presses (idea from *Soyfoods* magazine). (11) Cutting first batch of tofu in stainless steel sink. (12) Close-up of The Tofu Shop's first printed tofu labels in Arcata atop a deli take-out carton. Color and design are similar to those from Telluride–Blue on white, with a dragon in a circle. (13) 1981–Steve Rhine setting presses on metal forming boxes. (14) 1981–Matthew Schmit ladling *gô* from cooking pots to hand-screw apple-cider press used as a soymilk press. (15) 1982–Workers sitting on brick bench in front of shop. Left to right: Matthew Schmit. Stephen Lyons, tofu maker. Amy Pujanawski, deli worker. Tom Nawrocki, maker of tofu and tempeh. Rob Earhardt, tofu maker. John Hendricks, tofu maker. (16) 1982–Matthew Schmit packing tofu in take-out boxes on shelf of shop's back wall. (17) 1983–Linda Redfield behind Tofu Shop table, promoting soyfoods at Arcata Co-op event. (18) 1983–Deli worker Jeannie Penn behind Tofu Shop table World Food Day at Arcata Co-op. Jeannie was one of the few female tofu makers ever employed by the shop. (19) 1982–Tofu Shop booth at Gemini Distributors Food Show,

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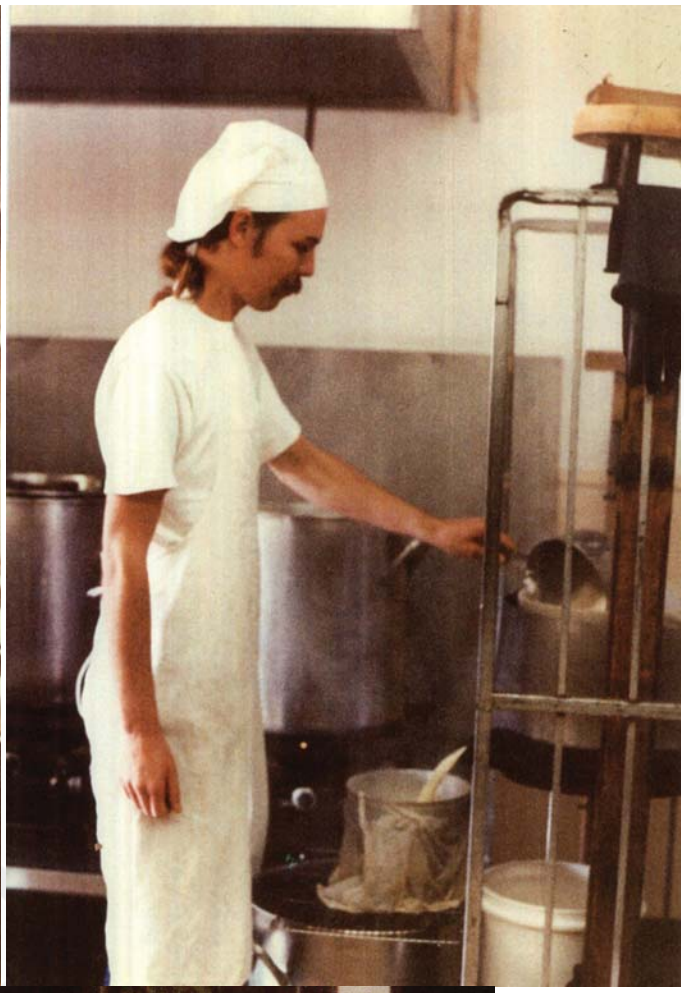

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Fortuna, California (in the middle of cow country), attended by Matthew Schmit and Linda Redfield. Prepared dishes with signs on red checkerboard tablecloth: Creamy herb & onion tofu dressing. Marinated and baked tofu cutlets. Most early labels were rubber stamped on pre-printed generic Tofu Shop adhesive labels. (20) Soyfoods books and magazines on tablecloth at Gemini Food Show. Two signs: Introducing tofu, and The Tofu Shop. (21) Different view of table, with sign: "The Tofu Shop Specialty Foods, Arcata, CA. We specialize in freshmade soyfoods." (22) 1984–Shawn White at food demo in a store. Address: Arcata, California.

6858. PUSKOPTI (Pusat Koperasi Produsen Tempe Tahu Indonesia). 1984. The planning programmes of PUSKOPTI 1983–1984. Jalan Falatehan I/6–8 Kebayoran Baru, Jakarta Selatan, Indonesia. 18 p. 29 cm. [Eng]
• ***Summary:*** Contents: Introduction. Policy and steps of realization. Planning programmes: The Division of Organization, Div. of Effort and Production, Div. of Finance. Target indication of programmes 1983/1984. Budget 1983/1984.

KOPTI is the Production Cooperative of Tempeh and Tofu Producers of Indonesia. PRIMKOPTI and PUSKOPTI work together for the prosperity and profitability of its members. Address: South Jakarta, Indonesia. Phone: 733083–733230.

6859. Robertson, Laurel; Flinders, Carol; Godfrey, Bronwen. 1984. The Laurel's Kitchen breadbook. A guide to whole-grain breadmaking. New York, NY: Random House. 448 p. * Address: Ramagiri, Blue Mountain Center of Meditation, Petaluma, California.

6860. Rosengarten, Frederic, Jr. 1984. The book of edible nuts. New York, NY: Walker and Company. xxv + 384 p. See p. 324-27. Illust. Index. 26 cm. [330* ref]
• ***Summary:*** The chapter titled "Soybeans" (p. 324-27) contains a brief discussion of soybean oil, soybean meal, tofu, miso, tempeh, and soy sauce, plus more detailed information on soynuts, which are attractive nut substitutes. Soynuts are whole soybeans that have been processed to look and taste like nuts, and be used like nuts. With a crunchy texture and no cholesterol, they have more than twice the protein content of most tree nuts and are relatively inexpensive. The author explains that large-seeded vegetable-type soybeans are used for soynuts. He describes how they are processed and the different flavors and brands that are available.

One major reason for the vast increase in soybean production in the USA is the ease with which the crop can be fully mechanized. Address: Associate in Economic Botany, Botanical Museum, Harvard Univ. [Massachusetts].

6861. Saito, Akio. 1984. [Chronology of soybeans in Japan, 1970 to 1984] (Document part). In: Akio Saito. 1985. Daizu Geppo (Soybean Monthly News). Feb. p. 16-18. [Jap]
• ***Summary:*** 1970–Soybean cultivation area in Japan drops to 95,500 ha, falling below 100,000 ha for the first time. Soybean cultivation area in Japan is nearly 10% of total cultivation area for all crops.

1970–Soybean imports rise to 3,243,790 tonnes, passing 3 million tonnes for the first time.

1972–Production of defatted soybean meal reaches 2,035,000 tonnes, topping 2 million tonnes for the first time. Production has risen 2.8 fold during the past decade.

1972–Production of deep-fried tofu pouches (*aburage*) reaches 200,000 tonnes.

1973–Soybean imports reach 3,635,000 tonnes, up 7% over last year despite U.S. export regulations.

1973–Some 2,740,000 tonnes of soybeans, representing about 80% of all soybeans in Japan, are crushed to make soy oil. 1973 Jan. 27–An extraordinary Cabinet meeting is held and the decision is made to import soybeans from the USA urgently. The price of soybeans in late 1972 was 3,000 yen per 60 kg sack but now it has become very difficult to get them even if you pay 15,000 yen per 60 kg. Soybeans are called "yellow diamonds."

1973 June 27–President Richard Nixon sets new regulations for U.S. soybean exports. These give the Japanese tofu, miso, and soy oil industries a big "shock."

1973 July 6–The Japanese government passes a new law that forbids soybean brokers or sellers in Japan from buying up and selling at inflated prices 16 important items–including soybeans.

1973 July 12–The Japanese Department of Commerce announces that it permits the export of soybeans for special food uses, such as tofu and high-quality misos, which were planted under previous contracts.

1973 Sept. 7–The U.S. Department of Agriculture removes all regulations that concern exports of agricultural products.

1973 Oct. 17–OPEC nations decide to regulate the production and supply of crude petroleum. This leads to huge price increases in petroleum products–known in Japan as the "oil shock." Japanese buy up toilet paper and wash detergents causing much confusion.

1974–Good quality miso now retails on average for 251 yen/kg, up 22.4% from last year. The average retail price of shoyu in Tokyo is 434 yen for 3 liters, up 33.5% from last year.

1974 Feb.–The Japanese Ministry of Agriculture and Forestry asks manufacturers of tofu, natto, deep-fried tofu pouches, and dried-frozen tofu to reduce the retail prices of their products to the levels they were at in November 1973.

1974 July 30–In order to get rid of AF2 (a preservative widely used in tofu), the City of Tokyo decides to make a public announcement of all foods which may contain AF2 and announces that food inspections will start immediately,

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on August 1.

1974 Aug.–The Japanese Ministry of Public Welfare forbids the usage of AF2.

1974 Oct.–The JAS food certification system, formerly applied to widely distributed foods, is applied to tofu, natto, konnyaku, etc., which are foods that are distributed over a small area.

1975–The typical price of Tofu in Tokyo is 60-70 yen per 300 gm. Yet in supermarkets it averages 50 yen, and some sell it for as little as 25 yen.

1976–Soybean production in Japan drops to 109,500 tonnes, the lowest level since 1878 when production statistics started to be recorded.

1978–The soybean cultivation area reaches 127,000 ha, topping 100,000 ha for the first time in 9 years.

1978–Soybean imports rise to 4,260,000 tonnes, topping 4 million tonnes for the first time. This is 4.5 times as much soybean imports as 20 years ago.

1978 Aug.–Unbranded generic foods, such as shoyu, miso, and salad oil, start to be sold. They retail for about 30% less than major branded products.

1979–Tofu production continues to rise, reaching 1,114,000 tonnes, an topping 1.1 million tonnes for the first time.

1980–Production of natto reaches 153,000 tonnes, up 33% compared with 10 years ago (when it was 115,000 tonnes).

1981–The area occupied by registered soybean varieties rises to more than 60% of total soybean area.

1981 Per capita consumption of miso drops below 6 kg/year to 5.9 kg/year, down 30% compared with 20 years ago (when it was 8.4 kg) This is a reflection of the health food movement in Japan.

1981 Sept.–Dr. Hirayama of the National Cancer Center announces that miso soup has some effect on lowering the death rate from stomach cancer, stroke, and sclerosis of the liver.

1981 Nov.–The Ministry of Agriculture and Forestry announces JAS (Japanese Agricultural Standards) for soymilk. The soymilk boom starts. The total yen value of the soymilk by all major Japanese manufacturers is 5,000 million yen.

1982–There are now 77 registered varieties of soybeans cultivated in Japan. Two of these (Norin 1-go and Norin 5-go) have a Norin [Ministry of Agriculture] number, and 25 have various place names.

1982–Production of soybeans in Japan this year is 226,300 tonnes, and soybean imports are 4,344,000 tonnes–which is only 5% self sufficiency.

1982–Per capita consumption of soy oil rises to 5.1 kg, topping 5 kg for the first time. It is 3 times higher than it was 3 years ago.

1982–Production of defatted soybean meal reaches 2,800,000 tonnes–up 38% over the last 10 years.

1983–Production of soymilk in Japan rises to 116,724 tonnes, topping 100,000 tonnes for the first time. It has risen 71% during the past year.

1983–Per capita consumption of soybeans in Japan is 5.8 kg, up 3.6% during the past year.

1984–The use of soymilk as a beverage is declining in Japan. The movement to use more soymilk as an ingredient in foods (such as noodles, breads, ice creams, and creamy soups) is becoming more active.

1984–Soybean yields in Japan reach 1,770 kg/ha, an all-time record. The old record was 1,540 kg/ha in 1982. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

6862. Shanghai Cultural Publishing House. 1984. Touring metropolitan Shanghai. Translated by Ou Yamei. Shanghai, China: Shanghai Cultural Publishing House. 291 p. Illust. (some color). No index. 19 cm.

• ***Summary:*** The chapter titled "Famous cuisine and snacks of local flavour" (p. 212-28) contains much information about restaurants.

Restaurants of the Jiangsu style in Shanghai have on their menus "braised pork in preserved bean-curd sauce" and "stewed bean-curd with shrimp and ginger sauce." "The celebrated Yangzhou Restaurant of Huai-Yang style serves, among its best-known dishes, boiled dry bean-curd slices" (p. 216-17).

Vegetarian restaurants (p. 219-20). The names of famous vegetarian restaurants in Shanghai are given. "The Gong De Lin Restaurant specializes in preparing vegetarian food in the way meat dishes are cooked. The restaurant makes its own bean-curd, gluten and spongy bean-curd. Its famous dishes are spongy bean-curd in thick sauce, vegetarian ham, vegetarian shrimps and vegetarian eels. The vegetarian restaurant in the Jade Buddha Temple treats diners with famous dishes like bamboo shoots in the shape of Buddha's fingers,... All these are distinctive is colour, smell, flavour, and appearance, and well received, especially by the elderly people.

Note: This is the earliest English-language document seen (April 2013) that contains the term "spongy bean-curd." Could it be frozen tofu? Address: Shanghai, China.

6863. Shanghai Huangpu District Number 2 Food and Beverage Co. 1984. Jia chang su shi zhi zuo [Homestyle vegetarian recipes]. Shanghai, China: Science and Technology Publishers. 187 p. Illust. 18 cm. [Chi] Address: Shanghai.

6864. Shurtleff, William; Aoyagi, Akiko. comps. 1984. Soyfoods labels, posters & other graphics: 1. Tofu. Lafayette, California: Soyfoods Center. 180 p. 28 cm.

• ***Summary:*** This book is a collection of black-and-white photocopies of materials ranging in date from 1975 to

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1984. The books in this series, each a unique collection of graphic materials, are designed for a number of purposes: (1) To serve as a source of ideas, ingredients, inspiration, legal specifications, and basic guidelines for companies in the process of designing graphics for their own soyfoods company. (2) To document the tremendous diversity of soyfoods products and ways of introducing them to the public. (3) To document, through this, the rise and history of the soyfoods industry and market in the Western World. Contents: Tofu labels (1922-1984). Tofu leaflets and posters (1978-1984). Tofu recipes (1980-1984). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6865. Shurtleff, William; Aoyagi, Akiko. comps. 1984. Soyfoods labels, posters & other graphics: 1. Tofu varieties and second generation tofu products. Lafayette, California: Soyfoods Center. 125 p. 28 cm.
• ***Summary:*** This book is a collection of black-and-white photocopies of materials ranging in date from 1975 to 1984. The books in this series, each a unique collection of graphic materials, are designed for a number of purposes: (1) To serve as a source of ideas, ingredients, inspiration, legal specifications, and basic guidelines for companies in the process of designing graphics for their own soyfoods company. (2) To document the tremendous diversity of soyfoods products and ways of introducing them to the public. (3) To document, through this, the rise and history of the soyfoods industry and market in the Western World.

Contains labels and other documents from 1978 to 1984. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6866. So, Yan-kit. 1984. Yan-kit's classic Chinese cookbook. London: Dorling Kindersley Ltd., London. 240 p. Illust. (color photos). Index. 24 cm. [1 ref]
• ***Summary:*** This is a remarkable Chinese cookbook. Although the text of this book was copyrighted in 1984, the photographs, layout and design have been updated to 1993. For a summary, see the 1993 edition. Address: England.

6867. Soybeans and soybean products. Quick & easy nutritious Japanese cooking no. 1. 1984. Chiyoda-ku, Tokyo: Joie, Inc. 116 p. Illust. No index. 27 cm.
• ***Summary:*** A beautiful cookbook, in which every recipe is illustrated with a color photo. Contents: Preparation tips. Metric tables. Soybeans with meat. Soybeans with eggs. Soybeans with fish. Soybeans with vegetables. Soybeans with seaweed. Yuba. Unohana [okara]. Natto. Koya-dofu. Ganmodoki. Aburage. Atsuage. Grilled tofu. Tofu salads. Deep-fried tofu. Tofu with oysters or kelp. Tofu with shrimps. Tofu with fish. Tofu with meat. Tofu with vegetables. Tofu soups. Tofu. Preparatory techniques for tofu. Information: Glossary, basic recipes.

Note: The publisher is also listed as Japan Publications, Inc. Address: Joie, 1-8-3 Hirakawa-cho, Chiyoda-ku, Tokyo 102, Japan.

6868. Thornock, Kaylene. 1984. An exploratory study to identify factors that promote or deter the use of tofu in food service institutions. MSc Thesis, Dep. of Home Economics Education, Brigham Young University. 172 p. [80+ ref]* Address: Brigham Young Univ., Salt Lake City, Utah.

6869. Vegetarijanska kuhinja [Vegetarian cooking]. 1984. Zagreb, Yugoslavia: SNL (Sveucilisna maklada Liber). 389 p. Photos by Luka Mjeda. 25 cm. [Scr]
• ***Summary:*** This attractive, hardcover book, printed on glossy paper and containing many excellent color photos of dishes, has a lengthy section on soya (Soja; p. 291-307). It gives descriptions of and recipes for using (or making) whole dry soybeans, soymilk, tofu, and miso. Address: Zagreb, Yugoslavia.

6870. Wu, Olivia. 1984. Grand wok cookbook. Woodbury, New York, London, Toronto, Sydney: Barron's. vi + 218 p. Plus 36 unnumbered pages of color plates. Illust. (color). Index. 25 cm.
• ***Summary:*** The section titled "Ingredients" (p. 25-37) includes: Soy sauce: "The French translate this term with more success: *essence de soja.* There's nothing about this extract of soy beans that is remotely like a sauce." "Dark soy is sometimes labeled 'mushroom soy sauce' or 'shrimp soy sauce' because additional flavors are added to it. These flavors are subtle... Finally there is an extremely thick and dark soy sauce, sold as 'double-dark soy sauce' or 'thick soy sauce'" (p. 28-29).

Note: This is the earliest (and only) document seen (April 2012) that contains the term "shrimp soy sauce" or the French term *essence de soja.*

"Tofu: Also called bean curd,..." Use only fresh tofu. Bean sauce, which contains naturally fermented soybeans, is known as miso in Japan. Hoisin sauce is also a bean-based sauce. Oyster sauce (which in French is called *essence des huitres,* or "essence of oysters)."

Soy related recipes include: Miso omelette (p. 79). Tofu and bean sprouts with spicy peanut sauce (p. 160). Crabmeat over tofu (p. 171).

Note: Concerning "essence de soja," it is not listed in our *Cassell's French Dictionary* (1978) under "essence" or "soja." A Google search for the term *essence de soja* (15 July 2011) gets about 259 results, some of which are duplicates. Here are some examples: (1) On the menu of the Eiffel Tower restaurant in Las Vegas, under "A La Carte Menu–Fish, Seafood" is "Loin of Ahi Tuna." The French-language description of the dish includes "Essence de Soja et d'Agrumes" [citrus fruit]. (2) A website selling "Soja Coffee" in cartons of 100 states (in French): *La base de notre 'Soja Coffee' est un grain pur arabica enrichi d'un extrait de*

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soja. Découvrez l'alliance du café occidental et de l'essence de soja, plante traditionnelle en Asie. The sense used here does not seem to refer to soy sauce, but to soy coffee (powdered or spray dried). (3) The restaurant "Le Divin Caprice" in Brussels / Bruxelles, Belgium, offers *Essence de Soja & Miel d'Acacia.* (4) The Restaurant "Le Sarment de Vigne" offers one dish which contains an unspecified amount of "essence de Soja." Address: Cooking instructor, born in Shanghai.

6871. Yeh, Sing-Wood. 1984. Gelation characteristics of Illinois soybean beverage base. PhD thesis, Dep. of Food Science, University of Illinois, Champaign, Illinois. 131 p. Page 1985 in volume 45/07-B of Dissertation Abstracts International. 6 black and white pictures. No index. 28 cm. [130 ref]

• ***Summary:*** Contents of the "Literature Review" section: Soybeans: Historical, soybean protein, problems of utilization (lipoxygenase enzyme induced off-flavor, trypsin inhibitors, flatulence). Methods of soymilk manufacture: Traditional methods, modified methods (hot water extraction, acid extraction, alkaline extraction), defatted soymeal method, protein isolate method, lipid-protein concentrate, whole bean methods. Soybean curds: Historical, regular tofu manufacture in the traditional way, factors affecting the quality of soybean curds (variety of soybean, composition of soybean milk, heat treatment, coagulants, others). Texture profile analysis.

Describes the characteristics of tofu made from Illinois beverage base (soymilk made by the Illinois method). "There was no difference in the textural data between the Illinois curd and the Oriental tofu. The total solids and protein recoveries in the Illinois curd were 82.2 and 94.9% which were much higher than 57.2 and 69.4%, respectively, in the Oriental tofu. The best curd from Illinois soybean base was obtained by blanching cotyledons in tap water without bicarbonate, grinding with water to 10% total solids, homogenizing at 82º with 5000 psi pressure on the first stage, coagulating with 0.5% calcium sulfate at 75ºC and pressing as usual. This curd was somewhat grainy so the mouth-feel was not quite as good as that for tofu. However, it compared favorably with tofu in all other respects while showing a large advantage in protein recovery." Address: Urbana, Illinois.

6872. Yntema, Sharon K. 1984. Vegetarian baby: A sensible guide for parents. 2nd ed. Ithaca, New York: McBooks Press. 224 p. Illust. by Tom Parker. Index. 22 cm. [105 ref]

• ***Summary:*** Text on cover: "A complete and valuable source book for vegetarian parents. Gives you the confidence to bring up your child on a meatless diet." A good handbook for vegetarian as well as vegan parents. Contains nutrition facts as well as good tips for feeding babies, plus special recipes for babies. Covers babies up to two years of age. Contains extensive, positive information about soyfoods, especially tofu and soymilk, including the nutritional value, specific uses in infant nutrition, and how to make each food at home. Tofu may be introduced to an infant's diet at age 8-9 months. Appendix B contains brief reviews of baby food cookbooks, most published after 1970. The author was born in 1951. Address: Ithaca, New York.

6873. **Product Name:** Cookies (with Tofu and Vegetables).
Manufacturer's Name: Aloha Tofu Factory.
Manufacturer's Address: 961 Akepo Lane, Honolulu, Oahu, Hawaii. Phone: 808-845-2669.
Date of Introduction: 1984?

6874. *Caribbean Contact.* 1984? Canadians experiment with soybean in Jamaica.

• ***Summary:*** In Jamaica, Plenty Canada is "conducting an integrated soy foods programme involving the growing of soybeans and other food crops and the introduction of soyfoods such tofu, soy milk, and tempeh to householders. The project, which began in Sept. 1983, is currently assisting over 40 farmers in the growing of soybeans... and has produced soy foods at nearly 30 demonstrations to well over a thousand Jamaicans." Plenty has conducted variety trials for over 200 varieties of soybeans with the Hillside Farmers Association. "Plenty is working with six schools in St. Ann parish to supply materials and training for establishing school gardens. The produce from these gardens will be used in the school lunch programmes...

"Generally, two types of demonstrations are provided. First the people are shown how to cook with tofu and soy milk and are given samples of the foods prepared. In the second demonstration, the actual production of these products is shown, and instruction sheets provided...

"Plenty Canada is currently seeking funding from the Canadian International Development Agency for a three year extension of the project in Jamaica. During this time, a small production facility for soy foods will be set up, nutritional study and training undertaken, and further school lunch programmes developed...

"Plenty Canada is also conducting projects in Antigua, Dominica, St. Lucia, and St. Vincent in the Caribbean and Lesotho in Southern Africa."

6875. Eastern Foods Corp. 1984? Eastern Foods (Brochure). 3235 Hennepin Ave., Minneapolis, MN 55413. 4 p. Undated. 28 cm.

• ***Summary:*** On the cover of this full-color brochure is a vertical photo of black, yellow, and red soybeans. Inside are four shots of tofu being made inside the plant, and three shots of the companies various products, including about 16 tofu products, plus egg roll and won ton skins/wrappers. The bold green headings read: "Quality is Eastern. Crops from the field, to Eastern Foods processing, to finished packaged

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product."

On the rear cover are three photos of the packaging line in the plant and two views of the outside of the plant in the snow. Address: Minneapolis, Minnesota.

6876. **Product Name:** Tofu.
Manufacturer's Name: L.S. Foods, Ltd.
Manufacturer's Address: Manchester, England.
Date of Introduction: 1984?
New Product–Documentation: Talk with George Long, owner, who called from England. 1998 Feb. 12. George is a second generation Englishman of Chinese origin who speaks fluent King's English. This company (Mr. Lau) started making tofu 12-15 years ago, but at a different address in Manchester. The name and address are now: L.S. Foods, Ltd., No. 14 Birch Lane, Longsight, Manchester M13 0NN, England, UK. Phone: 161-225-3098. The product labels are written entirely in English. His company dominates the ethnic Chinese tofu market in central northwest England. An estimated 70-80% of the tofu is sold to Chinese-Brits; the rest is sold to Caucasian Brits. They used to make soybean milk, but they have discontinued it to focus on tofu.

6877. **Product Name:** Hard Tofu: Soy Bean Curd.
Manufacturer's Name: Mon Soon Food Products, Inc.
Manufacturer's Address: 154 Mott St., New York, NY 10013. Phone: (212) 226-7600.
Date of Introduction: 1984?
Ingredients: Soybeans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 16 oz (1 lb) 454 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. Undated. 5.25 by 4.25 inches. Printed red on clear film. Chinese and Korean characters also on label.

6878. Parker & Heart. 1984? The wizard of id (Cartoon). Undated. * • ***Summary:*** A man is sitting in a bank. He says: "I want to open up a restaurant." The banker asks: "What are you gonna make there?" Man: "Everything." Banker: "What you gonna call this restaurant." Man: "McSoybeans."

6879. **Product Name:** [Smoked Tofu (With Red Wine, Mushrooms, or Sea Vegetables)].
Foreign Name: Raeucher Tofu (Rotwein, mit Pilzen, Algen).
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Das Werkhaus, Leonrodstr. 19, D-8000 Munich 19, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1984?
Ingredients: Red wine: Tofu*, red wine, provincial herbs, sea salt, smoke from juniper wood and herbs. * = Organically grown (*aus kontrolliert biologischem Anbau*).
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. March 22. 4 by 1.5 inches. Red, black, or green on white. Logo of sun behind breaking wave. The company's brochure titled "Svadesha Tofurei" states that the mushroom variety contains Egerlingen mushrooms, parsley, and diced leeks. The sea vegetable once contains hijiki and arame. The ingredients are mixed into the curds before the tofu is pressed. They are fried, drained, and then smoked with a mixture of birch and juniper woods, plus herbs. When sliced, the specks of ingredients are clearly visible.

Talk with Svadesha R. Urban, company founder. 1990. June 13. This product was introduced while the company was located in Das Werkhaus on Leonrodstrasse in Munich. He thinks it was the first smoked tofu in Germany. It is now the company's third best-selling product.

6880. **Product Name:** [Tofu Spread].
Foreign Name: Tofu Pastete.
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Das Werkhaus, Leonrodstr. 19, D-8000 Munich 19, West Germany. Phone: 089 / 93 90 05.
Date of Introduction:

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1984?
Ingredients: Tofu*, fresh Egerlinge mushrooms, olive oil*, wheat*, carrots*, shoyu*, arrowroot, balsam vinegar, finely minced vegetables, sea salt. * = Organically grown (*aus kontrolliert biologischem Anbau*).
Wt/Vol., Packaging, Price: 150 gm.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. March 22. 4 by 1.5 inches. Green on white. Logo of sun behind breaking wave. The company's brochure titled "Svadesha Tofurei" states: "As simple as herb tofu, so varied are the ingredients and so extravagant and lavish is the production of these Pastete. A dough is prepared from tofu, fresh carrots and onions, organic olive oil, shoyu, balsam vinegar, and a unique mixture of fine vegetables. Pastry forms are filled with this dough and boiled in water." Talk with Svadesha R. Urban, company founder. 1990. June 13. This product was introduced on Leonrodstr. in Munich. After moving to Ostpreussenstr., he introduced new versions of the product, one with herbs and one with tempeh.

6881. Thomas, Patrick. 1984? Early work with soyfoods on The Farm in Summertown, Tennessee (Interview). *SoyaScan Notes.* Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Patrick founded the milling operations on The Farm in the spring of 1972. He made various types of flour, including soy flour, which was used to make soymilk and tofu. His mill was a large, commercial steel-roller corn mill driven by a 7.5–10 horsepower motor. In about 1977 The Farm started to sell its soy flour and split soybeans that could be used for making tempeh. Address: Historian, The Farm, Summertown, Tennessee.

6882. *Toyo Shinpo* (*Soyfoods News*). 1985. Ninki no aru tôfu ryôri-ten [Popular new tofu restaurants in Japan]. Jan. 1. p. 48. [Jap; eng+]

6883. Wei, Zheng. 1985. For the lover of doufu. *China Daily.* Jan. 2. p. 6. [Eng]
• ***Summary:*** Describes the new breed of tofu entrepreneurs in China. Southern tofu has a different flavor from northern tofu, and is softer or more tender. One maker of southern tofu who sells it in Beijing for 20 fen/500 gm noted that he uses calcium sulfate as a coagulate because "bittern can damage the kidneys." His income from selling tofu is 300-400 yuan/month. The State producers cannot supply all of Beijing's demand. The closing line reads: "You enjoy my bean curd thanks to Deng Xiaoping. Without him, you wouldn't have it." Address: China.

6884. Bertolami, S. 1985. Tofu: Bald auf jedem schweizer Tisch? [Tofu: Soon on every Swiss table?]. *Tages Anzeiger Magazin.* Jan. 5. p. 24-26. [Ger]
Address: Zurich, Switzerland.

6885. Fabricant, Florence. 1985. Sushi to go takes off in New York. *New York Times.* Jan. 6. p. C3.
• ***Summary:*** "Japanese restaurants with sushi bars have become commonplace throughout New York City, but now people can have sushi to go, delivered to the door or for pickup."

Review's four restaurants offering such sushi, including Obento Delight (152 Seventh Ave. South). "Inari sushi, consisting of deep-fried bean curd wrappers enclosing vinegared rice, is an interesting change of pace."

6886. Nordquist, Ted. 1985. The ASA soyfoods conference in Amsterdam. New developments with soyfoods in Europe (Interview). *SoyaScan Notes.* Jan. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** During the 3-day conference 30-50 people were actively involved, not 120. Alfa-Laval and STS had exhibits in the expo hall. Why did the American Soybean Assoc. (ASA) organize this conference? To sell more soybeans. They were very forthright about this. Big drop in sales of soybean meal in Europe due to strong dollar and more use of European oilseeds? The conference was very professional. Amsterdam is definitely the European center of soyfoods. Nutana buys 4 million liters a year of aseptic soymilk from Alpro and sells it through their 7th day Adventist distribution network generally under the brand GranoVita. Nutana claims that when they started soymilk they were responsible for half of Alpro's production. They started distributing it 3 years ago. Alpro was making 3-4,000 liters/hour of milk. A new factory just opened with a capacity of 40,000 liters/hour. Milk from the new plant tastes better. Reliable sources have told Ted that last year 10 million liters of soymilk were sold in Europe, and that 80% of that was made by Alpro.

At least half of the attendees were from big businesses in either the dairy or soy technology areas. There were also about 12-13 soyfoods manufacturers. The smallest soymilk plant from Alfa-Laval or STS is 2,000 liters/hour. A full-scale plant is 20,000 to 40,000 liters/hour. Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

6887. Sierra, Edward. 1985. Re: Plenty's work with soybeans in the Caribbean. Letter to William Shurtleff & Akiko Aoyagi at Soyfoods Center, Jan. 11. 2 p. Typed, without signature on Plenty letterhead.
• ***Summary:*** Thanks for joining Plenty with a kind donation. Plenty was founded in Oct. 1974. PAS stands for Plenty Ambulance Service.

On page 8 of the Tenth Anniversary Newsletter [about Oct. 1984] the top photo shows our soy tech and a rasta friend looking over *The Book of Tofu.* We have taken to heart your suggestion for spelling "soyfoods" as one word–an appropriate industry standard.

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Plenty's work with soybeans and soyfoods in the Caribbean is going well. On Jamaica, Plenty Canada is funding some agricultural work with variety trials of soybeans and other vegetables.

"On St. Lucia, as a result of our work last year, there are 135 farmers now growing soybeans and plans call for setting up a "Soy Shop" [to sell soyfoods] there soon. The first Soy Shop is on the island of Dominica where Plenty volunteers Sara [sic, Sarah] & Norman Ayerst have launched an integrated soy program (agriculture, variety trials, soy demonstrations, etc.) which, last year, flowered into the Soy Shop. Sara, who did the soy demonstrations on Dominica, found that there was a popular and tasty food called "rootis" (pronounced 'roadie'), which are sauce & meat wrapped in dough and fried. She whipped together a tasty tofu recipe and popped that in, and they're a great success! I quote to you from Norman's most recent letter:

"'The soya shop is still doing quite well. We sell about 800 accras (fritters) per day (25 cents ea.). We're open Mon. thru Fri.–can't handle the weekends yet. Ice cream is also a big seller and when we get our own machine we have requests for wholesale lots of the ice cream. We recently put tempeh on the market and it sells slowly (but steadily), at this point–along with the tofu and bottled soymilk. We are planning for some promotion of these last three products–milkshakes, sandwiches, etc. Once the folks taste some appetizing dishes they're much more willing to take the product home in its raw form. There are a lot of vegetarians here and people interested in health, and everyone seems to have a great love of good food.

"'We're operating out of a big house in the Newton district of Roseau... A friend of ours has reopened our old shop under the name of "Soy Kweyole". The new shop is its own entity [self owned by the local folks, which was one of our original goals for the project... ed.] but we have provided backup in many ways and we supply the basic raw materials for the soyfoods they sell. They're going into baked goods–high protein breads, cakes, pies, etc. It looks like they are going to do very well.

"'We are just gearing up to go into soyflour production and sales–it's probably going to be a big seller, judging from our initial marketing survey. Soy fever has definitely hit these parts...It seems as though people are starting to see the economic benefits to soy (not to mention nutritional value) and our project has gotten its feet on the ground. People want to help move things in a positive direction.'

"One of the heart connections that has come of our work with soy in the Caribbean, is with the rastas. Many of them have long ago vowed to "not eat no flesh mon!" stick with "Ital"–godfood, pure stuff. Many were into soy but had none. One fellow, Ras Bongo on St. Vincent, had been given four soybean seeds by one on another island. Ras Bonga planted them, and carefully saved the seed each year, until he could afford to try some. Meanwhile, he asked around for soy, how to use it, recipes, ideas for growing them, but found little. When we showed up we were able to supply him with more seeds and show him how to cook soyfoods. This is one of the intangible rewards that come with the work." Address: Plenty USA, P.O. Box 90, Summertown, Tennessee 38483. Phone: (615) 964-3992.

6888. Lewis, Stephen. 1985. Outdoor dining a la cart: New York loves its food vendors. *Chicago Tribune.* Jan. 13. p. K3.
• ***Summary:*** New York–On a recent stroll down 5th Avenue, the writer counted 70 pushcarts selling food on corners in the 10 blocks between 59th and 49th Streets. He watched as New Yorkers bought "Italian ice cream, ice cream and frozen *tofu* [soft-serve soy ice cream], melons, nectarines, peaches, hard candy, dried apricots, almonds and pistachios by that pound, all washed down with gallons of ice-cold soda and fresh orange juice."

A large cartoon shows a food cart selling hot dogs.

6889. Fabricant, Florence. 1985. Biblical name and Japanese food: Dining out. *New York Times.* Jan. 20. p. L_I_19.
• ***Summary:*** This is a review of the two-star Japanese restaurant Naomi (Great Neck, New York). "The list of sushi preparations is one of the most complete you are likely to find and it includes some of the less typical items such as... inari sushi puffs of deep-fried beancurd filled with vinegared rice..."

Note: This is the earliest English-language document seen (April 2013) that contains the term "deep-fried beancurd" (regardless of hyphenation).

6890. Reichl, Ruth. 1985. Adding up the pluses and minuses at Abacus. *Los Angeles Times.* Jan. 20. p. T81.
• ***Summary:*** This is a review of the Chinese restaurant Abacus (11701 Wilshire Blvd., West Los Angeles). Crab in black bean sauce was mediocre. Catfish was overwhelmed with a messy black bean sauce. "Braised bean curd stuffed with meat was entirely undistinguished."

6891. *Fax* (*The*) (*Fairfax, California*). 1985. Fairfax Council lifts moratorium on downtown service businesses. 2(4):1, 6. Jan. 23.
• ***Summary:*** The change "came at the request of Wildwood Natural Foods owners Bill Bramblett and Paul Orbuch, who had attempted to file an application to move their business from 135 to 31 Bolinas Road and were refused. Wildwood is classified as a wholesale business–they make tofu and natural sandwiches which are sold from Mendocino to Santa Cruz."

"Wildwood, which has purchased the property that includes 31 Bolinas, now occupied by the Car Clinic, plans to remove the existing building and build another. The new building will include three storefronts on Bolinas and a back area where tofu and sandwiches will be made. The company will continue to occupy its current location across the street

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from town hall."

6892. Fritschner, Sarah. 1985. Tofu: It may have bland taste, but its versatility makes it a staple. *Times* (*Louisville, Kentucky*). Jan. 23. p. B1, B8.
• ***Summary:*** Contains tofu market statistics from William Shurtleff. Discusses Nasoya and Legume, inc. Gives 5 tofu recipes.

6893. Associated Press (AP). 1985. Peking paper says cheap tofu in short supply. *Toronto Star* (*Ontario, Canada*). Jan. 30. p. D8.
• ***Summary:*** For the Chinese, tofu (or soybean curd) is a staple food and a chief source of protein–although many westerners find it tasteless and spongy.

"Rationed by the state, the cheapest variety is in particularly short supply in Peking, the official English-language *China Daily* news reports."

Production of tofu cannot keep up with the demand of Peking's five million consumers, however there is no incentive to increase output since the state maintains tofu's traditional price (29 cents Canadian per kilogram) despite the rising costs of energy and raw materials–said the newspaper.

Last year, factories in Peking made 30.6 million kilograms (67 million pounds) of tofu, up 33% from 1979. But even with ration coupons, it is not always available at state grocery stores. Each resident of Peking is allowed 680 grams (24 ounces or 1½ pounds) a month of the most popular kind.

6894. Boyer, Robert A. 1985. Henry Ford, soymilk, soy ice cream, Bob Smith, Rex Diamond, and Rich Products (Interview). *SoyaScan Notes.* Jan. 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soymilk and soy ice cream: "We made soy ice creams in the early 1930s, as a sort of by-product of our work with soymilk. We actually built quite a nice little production unit for making soymilk. It was a natural evolution to make soymilk from ice cream; we didn't learn the idea or the process from anyone. To make the ice cream, we coagulated the soymilk to make a curd, like fresh tofu, which we then dispersed (without drying it) in a colloid mill. We found we got a better product from the curd than from the soymilk itself. So you could call the final product a sort of tofu ice cream. The ice creams were made in the laboratories at Greenfield Village in Dearborn. We had 2-3 labs there. Henry Ford used to call it the Engineering Laboratory. The ice creams were served to special visitors. Mr. Ford would put on special press luncheons for journalists, food editors, etc. and soy ice cream was always on the menu. It was also served in the VIP lounge. It remained an experimental item that we and Mr. Ford would serve to impress people with the good taste and versatility of soy. We served it in the basic favorite American flavors: Chocolate, strawberry, and vanilla. I don't recall whether or not it was served at the 1934 World's Fair in Chicago [probably not], or whether it was served after the start of World War II.

"Later at Ralston Purina we made soy ice cream prototypes from soy protein isolates in order to show the potential and versatility of isolates. We served the ice creams to potential customers. I started to work with Purina in 1960 and our team (headed by Ralph Hoer and soon joined by Frank Calvert) started building an isolate plant in St. Louis, Missouri, shortly after that, so the first ice creams at Purina were probably made in about 1962-63.

"When I joined Ralston Purina, the company already had a commercial isolate plant in Louisville, Kentucky, that made industrial isolates for paper coatings. It was only after I arrived that Purina became involved in edible food-grade soy protein isolates, and these isolates are now a major, rapidly growing product line–which trace their origin back to Henry Ford.

Rich Products Corp. in Buffalo, New York got interested in soy via Rex Diamond, who worked for Henry Ford as Bob Smith's assistant. "Rex Diamond was the original spark plug for Rich. I'm not sure who had the original idea for whip toppings, coffee creamers, etc. Rex finally became the research director for Rich Products Corp. and that company developed the first good whipped topping and coffee whitener.

"When Bob Smith went out on his own to put out his own soymilk [sic, Delsoy whip topping], Rex went with him [though several years later]. After that, Rex left Bob Smith and eventually went with Rich Products. Later there were some hard feelings between Rich Products and Rex, but I don't know what that was all about. I once visited Rex in Buffalo, New York." Address: 632 Edgewater Dr., Apt. 731, Dunedin, Florida 33528. Phone: 813-734-2415.

6895. Mayer, Jean; Goldberg, Jeanne. 1985. Nutrition. *Washington Post.* Jan. 30. p. E3.
• ***Summary:*** Uses a question and answer format. Q: "A friend came to my house with a package of frozen dessert made from tofu (soybean curd) that was similar to ice cream. I was skeptical at first but found it quite tasty. The label said it contained no cholesterol. I am sending you the packaging from both the fruit and the chocolate flavors..." What do you think?

A: When evaluating the nutritional value of any new food, we should "look at two places on the label: the ingredients list and the nutrition information panel." Indeed this product contains no animal fat and no cholesterol; and their is no indication that the corn oil has been hydrogenated.

"In terms of total fat (and calories), however, this dessert does not seem to offer a significant advantage." Four ounces of "the fruit-flavored frozen tofu dessert" contains 9 grams of fat and 170 calories. That is more than regular dairy ice

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cream (10% fat) which contains 7 grams of fat and 135 calories.

The chocolate frozen tofu is even more of a problem. It contains 13 grams of fat and 210 calories per 4-ounce serving.

6896. **Product Name:** [Tofu Burger].
Foreign Name: Tofuburger.
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Oelkersallee 14a, D-2000 Hamburg 50, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1985. January.
New Product–Documentation: Form filled out by Christian Nagel. 1988. Product was introduced in Jan. 1985. They now make 280-320 kg/month.

6897. **Product Name:** Tofu, Tofu Cheesecake, Tofu Burger, and Soymilk.
Manufacturer's Name: Dragonfly.
Manufacturer's Address: 9, Moorashes, Totnes, South Devon, England. Phone: 86-4724.
Date of Introduction: 1985. January.
Ingredients: Tofu (11/91): Organically grown soya beans, filtered water, nigari.
New Product–Documentation: Owner: Sue Harker. Note from Simon Bailey. 1988. Oct. 10. Not operating at present. Business for sale. Future uncertain. Talk with Philip Marshall. 1990. March 29. This company now makes a small amount of organic tofu.

Letter from I.J. Mohammed of Oasis Wholefoods. 1991. Oct. 13. He worked for a while in about 1986 at Dragonfly as a partner. Since 1986 Dragonfly has been sold four times.

Letter and Labels from Simon and Dawn Boreham of Dragonfly Foods. 1991. Nov. 1. They are now located at 19A Riverside Buildings, Staverton Bridge Mill, Totnes, Devon, TQ9 6AQ, UK. Phone: 0803 865667. They first wrote on 9 Feb. 1990 to order books on tofu. Then Simon and his wife "purchased in June 1990 a small tofu factory in Devon called Dragonfly Foods. Together we regularly produce each week up to 200 kg of handmade organic nigari tofu, and 2,000 x 100 gm tofu burgers, with 4 different recipes, distributed and sold throughout the southern part of England. We are certified organic by the Soil Association and our products are approved by the Vegetarian Society." They are now developing a "business plan with a view to move to a larger site with greater production capacity." Label for Handmade Dragonfly Organic Tofu. 4 by 3 inches. Self adhesive. Green on white. "Soya bean cholesterol-free protein. Store below 4ºC. Once opened, refrigerate in a bowl of fresh water." The company is listed as "Dragonfly Kitchen, Staverton Bridge Mill, Totnes, Devon TQ9 6AQ. Phone: Staverton 0803 865667."

Handwritten letter from Simon Boreham in reply to typed questions from William Shurtleff. 1991. Dec. 2. Hard to read. "Dragonfly first began making tofu in 1984, with the organic status of tofu certified by the Soil Association in 1991. Dragonfly was founded by Sue Harker and Sarah Budd. Simon is trying to persuade the Polytechnic South West Plymouth Business School (Drake Circus, Plymouth, Devon PL4 8AA, UK) to conduct a market research project on tofu. He encloses a copy of a letter from this organization stating that they plan to conduct such a study to be completed by early December 1991.

Letter from I.J. Mohammed of Oasis Wholefoods in England. 1991. Dec. 16. Dragonfly (which was the company's official name) was probably founded at about the end of 1984 as a partnership by Sue Harker and Sarah Child. Their private home address was 9, Moorashes, Totnes, Devon, England. They started selling soyfoods (mainly tofu, tofu cheesecake, and tofu burgers) in early 1985. In Feb. 1985 Mr. Mohammed started to work with Dragonfly. Soon the business changed to a partnership between Sue Harker and himself. While he was there, the company made tofu (which he had learned how to make in Japan) and miso. He left the company in Oct. 1985. The company was then owned by Mark, and then by Linsey, who sold it to Simon and Dawn Boreham. Dragonfly Foods now makes tofu and tofu burgers.

Talk with Simon Boreham. 1999. Dec. 7. On 1 Jan. 1994 the company moved to its present address: 2A Mardle Way, Buckfastleigh, Devon TQ11 ONR, England. Phone: +44 1364 642700. When Simon and Dawn bought Dragonfly, the turnover (sales) was £25,000/year. Today it is £325,000/year. The company, which is growing nicely, now makes three types of tofu (natural, smoked, and deep-fried), and ten types of beanies (veggie burgers containing 45% okara). Simon has just registered to web domain names: beany.com (which will be a fun site) and tofu.co.uk (which will be a serious site).

6898. Jayawardene, Ellen. 1985. Soyabean recipes and preparatory techniques developed for use in Sri Lanka. In: 1985. Sri Lanka Soybean Utilization Training Program and Workshop: Proceedings. See p. 422-52.
• ***Summary:*** Recipes use soy flour, whole or split soybeans, soymilk, tofu, tempeh, okara ("soya milk residue"), and soynuts. Address: Instructress, Soybean Foods Research Center.

6899. Kerr, D. 1985. Tofu technology opens profit niche: Not really low calorie. *Dairy Field* 168(1):64-67. Jan.

6900. **Product Name:** [Natural Tofu].
Foreign Name: Tofu Nature.
Manufacturer's Name: La Maison du Tofu.
Manufacturer's Address: Hameau de la Magdeleine, 69770 Montrottier, France. Phone: 74.70.11.38.
Date of Introduction: 1985. January.
Ingredients: Organically grown French soybeans (code ***

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Cinab), water, natural magnesium chloride.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Letter from Patrick Roger of Arts. 1985. June 12. Patrick Wintzer makes tofu.

Le Compas. 1986. March-April. p. 32. Form filled out by Patrick Wintzer for Anthony Marrese. 1989. Nov. This company began production of two tofu products in Jan. 1985. They are a small craft-oriented shop (petit atelier artisanal) with only local distribution. They now make 500 kg/month of natural tofu.

Label. 1985 and 1989 editions. 1985 is blue on white. 1989 is green on white. The logo on both is a rayed sun rising behind a house and mountains. The location on both is Montrottier. "After opening the sachet, rinse and store refrigerated in a container filled with water." CINAB organic certification symbol.

6901. **Product Name:** [Vegetable Terrine with Tofu].
Foreign Name: Terrine Végétale: Tofu.
Manufacturer's Name: La Maison du Tofu.
Manufacturer's Address: Hameau de la Magdeleine, 69770 Montrottier, France. Phone: 74.70.11.38.
Date of Introduction: 1985. January.
Ingredients: Soya*, rolled oats*, sesame puree, onions*, parsley*, soy sauce, salt, nutmeg, carrots. * = Organically grown.
Wt/Vol., Packaging, Price: 160 gm.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Patrick Wintzer for Anthony Marrese. 1989. Nov. This company began production of two tofu products in Jan. 1985. They now make 120 kg/month of this product.

Label. 1989. Orange on white. The logo is a rayed sun rising behind a house and mountains.

Note: *Webster's Dictionary* defines terrine (a French term first used in about 1706) as "a mixture of chopped meat, fish, or vegetables cooked and served in a terrine."

6902. Legume, Inc. 1985. I'm winning with a loser! Enlightened Entrées with Tofu. Legume (T-shirt). 170 Change Bridge Rd., Montville, NJ 07045.
• ***Summary:*** This white T-shirt is 50% cotton and 50% polyester. On the front are the words "I'm winning with a loser!" in 1.25 inch high black letters. Below that are two bold horizontal lines. Below that is written "Enlightened Entrées with Tofu" in ¼ inch green letters. At the bottom is "Legume" in 2 inch high green letters.

On the back, near the top on a red triangular background, in white letters are "Under 300 calories." Below that, exactly as on the front is "Enlightened Entrées with Tofu. Legume." Finally, in bold, black letters: "The only low-calorie entrée that lost more than just the calories... We lost: the Preservatives, the Additives, the Cholesterol, the MSG, and ½ the sodium."

A real classy winner of a T-shirt. Address: Montville, New Jersey.

6903. Leviten, Peter. 1985. Soy products are on the move. *Health Foods Retailing.* Jan. p. 18-22.

6904. Leviton, Richard. 1985. Soyfoods year in review 1984. Colrain, Massachusetts: Soyfoods Magazine. 3 p. Unpublished typescript.
• ***Summary:*** A month by month chronology of important events in the soyfoods industry from January to December 1983, followed by a summary of ten important trends and key events. Address: 100 Heath Road, Colrain, Massachusetts 01340.

6905. Medoff, Marc. 1985. Miracle or myth: Debunking the Tofutti fad. Whole Life, 89 Fifth Ave., Suite 600, New York, NY 10003. 30 p. Jan. Unpublished manuscript.
• ***Summary:*** On 23 December 1984 Medoff and a research assistant stood for 5½ freezing hours outside the Tofutti Shop in uptown Manhattan administering a questionnaire a simple questionnaire to 132 customers as they left the shop. When asked "How much tofu is in Tofutti?" those polled could respond with any percentage estimate they liked. The results showed that 39% of those responding thought Tofutti contained 50% or more tofu, and only 8% answered correctly that it contained less than 15% tofu. The conclusion was clear: The great majority of the people thought that tofutti contained much more tofu than it actually did. Medoff thought that this was proof of misbranding. The follow-up question was "Would you buy Tofutti if you knew what was really in it?" It was explained that the three main ingredients were water, fructose, and oil. Over 61% said they would either stop buying it, or would be discouraged from buying it again or as often. The remaining 39% said they would continue to consume it regardless. Address: New York.

6906. Mwale, J.M.; Luhgu, E.M.; Mutinta, M.; Mabusya, S. 1985. The state of soyabean utilization in Zambia: A brief summary. In: 1985. Sri Lanka Soybean Utilization Training Program and Workshop: Proceedings. See p. 458.
• ***Summary:*** "Soyabean Utilization in Zambia dates back to 1971 when a Netherlands team conducted seminars in various provinces in the country to demonstrate and popularise the various products that can be made from Soyabeans. Agriculture production started around 1975 when about 500 tons of soyabeans were grown." Since then soyabean "growing has increased steadily and at present 1984/85 projected yields are estimated at 15–20,000 tonnes."

In recent years soyabeans are "reported to be used in bread, and breakfast and cereal preparations. At the National Council for Scientific Research (NCSR), it is used in experimental formulations in preparation of weaning foods in

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which maize flour, full fat soya flour and other nutrients are incorporated... It is also used in the preparation of biscuits by the country's Dairy Product Board (DPB)."

"Although traditional dishes do not normally incorporate soyabeans there is sufficient justification to believe... that dishes such as soyamilk, tofu, tempeh, etc., would find acceptability in the country..." Address: Zambia.

6907. **Product Name:** Tofu, Tofu Products, and Tempeh.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia. Phone: +61 2 597-4120.
Date of Introduction: 1985. January.
New Product–Documentation: Communication from Tony Wondal of Nutrisoy. 1987. May. He started Jan. 1985. Total production is 900 lb/week.

Soya Bluebook '94. p. 66. Contact Tony Wondal, managing director. The company makes simulated meat products (analogs); soyfoods, tempeh, tofu & tofu products, other soy-based foods. Exporter: Whole soybeans; split, dehulled. Importer: Organic soybeans.

6908. **Product Name:** Tofu.
Manufacturer's Name: Rekhi Soya Food Products.
Manufacturer's Address: Factory: C-153, Phase-VII, Industrial Area, Mohali; Office: 431-L, Model Town, Jalandhar–144 003. Both: Punjab, India.
Date of Introduction: 1985. January.
New Product–Documentation: Letter (typed with signature, on letterhead) from Mrs. Jagdish Rekhi. 1986. July 30. "We have gone through *The Book of Tofu* (both volumes) published by you. The books contain exhaustive and useful information about soya foods. We find these books a prized piece of information in our collection.

"We have been manufacturing Tofu on a small scale in the state of Punjab for the last year and a half. Now we are planning to set up an automatic pressure cooker type plant in Chandigarh [a union territory of India, that serves as the capital of two states, Punjab and Haryana]. The proposed plant is expected to start tofu production by the end of this year based on a 30 kg/hour soybean processing unit manufactured by Takai (WC-30(G)) [in Japan]. We also propose to open a Soy foods research centre in the Silvan surroundings of Chandigarh. For this purpose we acquired a one acre plot.

"We would like to be supported by your organisation in propagating the soy food culture in the Indian Sub-continent, for mutual benefit. Kindly send up information on setting up a soy foods centre and an application form."

Person in charge: Major MBS Rekhi, M. Tech., MBA, C. Engg, 1984. Average production at present: 200 lb per day of tofu.

6909. Saito, Akio. 1985. Daizu bunka-shi nenpyô [Chronology of soybeans, 122 B.C. to 1984]. *Daizu Geppo* (*Soybean Monthly News*). Jan. p. 12-16; Feb. p. 10-18. 28 cm. [Jap; eng+]
• ***Summary:*** This very interesting, well-researched, and detailed chronology, which is full of new information, focuses on the development of soybeans and soyfoods in Japan. We have divided the contents of the chronology into 9 separate records; the date of each corresponds to the last year in that part of the chronology: 1292, 1599, 1699, 1868, 1899, 1926, 1949, 1969, and 1984. Address: Norin Suisansho, Tokei Johobu, Norin Tokeika Kacho Hosa.

6910. **Product Name:** Gloria Vanderbilt's Glace Tofu Frozen Dessert [Ten Flavors].
Manufacturer's Name: Seligco Food Co. Frusen Gladje Ltd.
Manufacturer's Address: 424 E. John St., Lindenhurst, NY 11757.
Date of Introduction: 1985. January.
Ingredients: Water, sucrose, high fructose corn sweetener, soy oil, cocoa, chocolate chips, tofu, soy protein, mono and diglycerides, cellulose gum, dipotassium phosphate, salt, polysorbate 80.
How Stored: Frozen.
New Product–Documentation: Interview with Randy Stuart of Frusen Gladje. 1985. Jan. 16. He will send a news release on the product. Talk again on Feb. 27. They will soon have a big press conference to announce their product. He does not know whether or not it contains any tofu. The theme will be "Ice cream with no regrets."

Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 82-83. This product was off the market by mid-1986.

6911. Shirakawa, Takeshi. 1985. Tôfu no hozonsei no kôjô ni kansuru kenkyû. I. Tôfu no hensei henpai ni tsuite [Studies on improving the storability of tofu. I. On the slimy spoilage of tofu (soybean curd)]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society for Food Science and Technology*) 32(1):1-6. Jan. [8 ref. Jap; eng]
• ***Summary:*** *Acinetobacter calcoaceticus* was isolated as the causative organism, secreting viscous polypeptides into the water surrounding the tofu. Address: Takamatsu Branch, Kagawa Prefectural Fermentation & Food Exp. Station, Gohto-cho 587-1, Takamatsu-shi, Kagawa 761, Japan.

6912. **Product Name:** Tofu Creme Pie (Non-Dairy Cheesecakes) [Carob-Coconut, Banana-Almond, or Mint Carob Chip; Topped with Unsweetened Blueberry, Raspberry, or Strawberry Preserves].
Manufacturer's Name: Soy Delites, Inc.
Manufacturer's Address: P.O. Box 56, Matawan, NJ 07747. Phone: 201-229-5799.
Date of Introduction: 1985. January.

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Ingredients: Filling: Organic tofu, honey, sesame tahini, pure soy oil, lemon juice, natural vanilla flavor. Crust: organic whole wheat flour, pure soy oil, honey. Flavor or unsweetened fruit topping: As noted.
Wt/Vol., Packaging, Price: 5 oz slices or 20 oz pies. $1.50/slice or $4.50 a pie.
How Stored: Refrigerated or frozen.
New Product–Documentation: Whole Life Times. 1985. June. Whole foods in the news. Whole Life. 1986. April. p. 52-61. "A guide to the best tofu cheesecakes in New York. Louis Fellman at Soy Delites makes the best commercially available tofu cheesecake we've seen." Form filled out by Louis Fellman. 1987. Nov. Started 1/85. Address is now 568 Broadway, Long Branch, New Jersey 07740. They now make 1,100 lb/month. Label. 1987. 2.5 inch diameter. Self adhesive. Blue on yellow background. "Non-dairy, no cholesterol, no added salt, no sugar."

6913. **Product Name:** Furama Deep Fried Tofu.
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: 1091 E. Hamilton Rd., Duarte, CA 91010. Phone: 213-681-5393.
Date of Introduction: 1985. January.
Ingredients: Soybeans, water, soy oil, calcium sulfate.
Wt/Vol., Packaging, Price: 4 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1985. 5.5 by 2 inches. Black on green paper. Contains no preservatives. 100% natural. Genuine country flavor. Fried gently home style in small batches in woks. Ready to use–in soups, stews, stir-fry dishes, Mongolian Hot Pot, & for the major ingredient for Buddha's Delight. Mrs. Lee estimates date to be Jan. 1985.

6914. **Product Name:** Tofruzen (Non-Dairy Soft Serve Soy Ice Cream) [Multiberry, Strawberry, Dutch Chocolate, Orange Coconut Custard, Vanilla Almond, or Peach Melba, Mountain Berry, Tropical Sunshine, Chocolate Peanut Crunch].
Manufacturer's Name: Tofu Today (Marketer). Made in Boulder, Colorado, by White Wave, Inc.
Manufacturer's Address: 333 W. Hampden, Suite 1010, Denver, CO 80110.
Date of Introduction: 1985. January.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: Pints, soft serve, 3.5 oz cups, or bulk. Pint hard pack costs $2.49.
How Stored: Frozen.
Nutrition: 4 oz. has less than 130 calories.
New Product–Documentation: Shurtleff & Aoyagi. 1985. Feb. Tofutti & Other Soy Ice Creams. p. 81. Made with tofu and isolated soy proteins. Private labeled for Tofu Today in Denver; Spot in Product Alert. 1985. May 27. Vanilla, chocolate, and strawberry flavors available. Company is in Englewood, Colorado. Product Alert. 1985. Sept. 23. A new variety is Orange Coconut Custard, in pint cartons for $2.49. "Tofu Today, Inc., located in Denver, Colorado, is the manufacturer [sic].

Spot in Natural Foods Merchandiser. 1985. Oct. Six flavors. Spot in Food & Beverage Marketing. 1985. Nov. "Tofu Heads for Rockies." The product is being introduced into the Denver area. Jason Bois is president of Boulder-based Tofu Today.

Sentinel (Lakewood, Colorado). 1986. Jan. 30. "Local Competition for Tofutti." It sells for a little over $2/pint at King Soopers. By Aug. 1986 Tofu Today Inc. was at 300 East Hampden, Suite 403, Englewood, CO 80110. Leaflet. 1987. March. 8½ by 11 inches, color. "Introducing the hottest new seller in frozen desserts... Tofruzen, Instead of Ice Cream. The frozen dessert with tofu that meets Soyfoods Association standards."

Talk with Steve Demos of White Wave. 1989. Nov. 1. Tofruzen is in very bad shape, largely from poor management. They want the fast buck. A market exists for their product. White Wave's sales to them were last year $800,000 last year but only $300,000 this year. Now they are starting to rise a bit. They greatly over-ordered last year and had huge inventories. Most of their sales are from hard pack. Sales of bars are small. Tofruzen Light, announced in Aug. 1987 (see Soya Newsletter. 1(3):11. Coming soon. To be made entirely without sugars), has not yet been launched.

6915. Welch, Connie. 1985. Tofu: The oldest, newest super food. *Parents* (*Bergenfield, New Jersey*) 60:92-94, 100. Jan.
• ***Summary:*** "High in protein, low in fat, and cholesterol free, this soybean product satisfies like meat, tastes great, and costs about a dollar a pound!" The article starts with a full-page color photo of four tofu recipes. After an introduction to tofu, the following recipes are given: Fried-noodle cakes with tofu chow mein. Tofu pizza. Tofu-herb dip. Cabbage rolls. Banana-tofu bread. Tofu-peanut-butter cookies. Strawberry-tofu pie.

6916. *Toyo Shinpo* (*Soyfoods News*). 1985. [Tofu sausage. Made from 100% whole soybeans (Ad)]. Feb. 1. p. 3. [Jap; eng+]

6917. *Toyo Shinpo* (*Soyfoods News*). 1985. Osaka de ninki no aru tôfu ryôri-ten [Popular tofu restaurant in Osaka. Tofu Messengers "Top Chef"]. Feb. 1. p. 6. [Jap; eng+]

6918. Liberatore, Paul. 1985. The Lady finally goes to sleep [Sleeping Lady Cafe in Fairfax]. *San Francisco Chronicle.* Feb. 4. p. 16.
• ***Summary:*** Fresh from the psychedelic 1960s, Bill Bramblett and 20 or so other young musicians, writers, poets, and artists opened the Sleeping Lady on 24 March 1972 in Fairfax, California. They wrote the bylaws for their

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cooperative venture on a place mat from a pizza joint and took over a struggling coffee house on Bolinas Road.

The Sleeping Lady was well known in the counterculture during the 1970s, serving vegetarian meals, and presenting live music and dancing seven nights a week. It may have been the only nightclub in world history to outlaw smoking, offering its customers "a completely smoke-free environment." "Young waiters and waitresses served veggie burgers, scrambled tofu,... and concoctions with names like Avocado Flip Out and the Basket Case."

It functioned as a cooperative, owned and operated by its employees. All decisions were group decisions and every worker, from the lowest to the highest, had a voice in company policy. But the Lady's de-facto patriarch for most of its 13-year existence was Bill Bramblett; he left the club in the early 1980s and moved up the street where he is a principal in Wildwood Natural Foods, which makes tofu, organic sandwiches, and healthy foods that are sold throughout the greater Bay Area. He has gone from hippie to yuppie, for Wildwood now employs 47 workers and grossed more than $1 million last year–something the Sleeping Lady never did. Bramblett adds that the Sleeping Lady was not for money. It was real and very beautiful, but the rewards were intangible. A large photo shows Bramblett, arms folded, standing at the door of the once-lively Sleeping Lady.

6919. Tremaine, Lew. 1985. Wildwood expansion approve. *Fax* (*The*) (*Fairfax, California*) 2(6):1, 3. Feb. 6.
• ***Summary:*** The Fairfax planning commission unanimously approved an application for a variance submitted by Wildwood Natural Foods to add a new facility at 31 Bolinas Road. They recently purchased that property and intend eventually to build a new 2-story building there. "The new site, which now houses The Car Clinic automotive repair shop, will be converted into a deli/restaurant, kitchen and bake shop. Wildwood's tofu and sandwich manufacturing plant will remain at 135 Bolinas Rd. The company distributes its products from Mendocino to Monterey. Some people credit Wildwood with putting Fairfax on the map.

"A commonly told story is that Councilmember Jo-Hanna Willmann, upon meeting then California Governor Jerry Brown, said she was from Fairfax and the Governor responded 'Fairfax, isn't that where they make tofu?'"

6920. Hatsuhana. 1985. Hasuhana (Ad). *New York Times.* Feb. 10. p. 735.
• ***Summary:*** A half-page ad for this Japanese restaurant at 17 East 48th St. Most of the ad is devoted to the menu, which is divided into appetizers and entrees. Appetizers include: "Soy bean [miso] soup. Geso yaki, broiled squid feet with butter, salt or soy bean paste / miso. Hiya yakko, cold soy bean curd [tofu]. Oshitashi [O-shitashi, O-hitashi], spinach prepared in a delicate sesame and soy sauce. Toro natto, chopped fatty tuna with aged soy beans in a cup.

Many of the entrees are nori-wrapped sushi.

6921. *Asahi Shinbun.* 1985. Nihon no daizu kakôgaku manabu. Nepaaru no Baideya-san. Kuni de gijutsu ikashitai. Kyô jôkyô. Hirogaru kaigai kyôryoku no wa [Mr. Vaidya of Nepal is studying soybean processing in Japan. Hoping to use the techniques at home, he arrived today in Tokyo, expanding international cooperation]. Feb. 14. [Jap]
• ***Summary:*** Mr. Vaidya was invited by the Rotary Club to come to Japan to learn how to make soyfoods. He will be learning about tofu, miso, and shoyu. A photo shows Mr. Vaidya making tofu at Senhachi [Senpachi?] tofu shop at Yajima-cho, Yamadera, Japan. Address: Japan.

6922. Hall, Trish. 1985. Tofu products may be in, but its fans wonder it there's tofu in the products. *Wall Street Journal.* Feb. 27. p. 33.
• ***Summary:*** Discusses the lack of tofu in Tofutti and Royal American's Tofu Mousses. In 1983 when David Mintz was raising money to expand his Tofutti business, his prospectus boasted that the non-dairy frozen dessert contained no butterfat, no cholesterol and no lactose. It failed to mention that the product also contained no tofu. Instead of tofu, the product used isolated soy protein.

But despite the initial disagreement, Mr. Mintz has emerged as something of a hero among those who long to see tofu accepted as a new food. "Thanks to the rapid success of Tofutti, tofu is a word that can now help sell a product rather than automatically drive customers away."

Gary Barat, president of the Soyfoods Association, states: "You have companies that want to say they're using tofu when they aren't because its a terrific marketing angle. Its a little misleading."

Another product with no tofu in it is "Colombo Frozen Tofu." Address: Staff reporter.

6923. *Australian Dairy Foods.* 1985. Soy report: Tofutti is tantalising U.S. tastebuds. Flavored soy drinks selling well. Feb. p. 51.
• ***Summary:*** "Americans are devouring 180,000 litres of Tofutti a week."

Ceres Natural Foods Pty. Ltd. in East Bentleigh, Victoria, Australia is currently distributing 7 varieties of soymilk plus a Tetra Pak tofu. Mr. Don Lazzaro is the company's director. Address: Australia.

6924. **Product Name:** Tofulite (Non-Dairy Soy Ice Cream–Parevine) [Vanilla, Chocolate, Strawberry, Banana-Pecan, Heavenly Hash, Peanut Butter Crunch, Cappuccino Almond, or Wildberry].
Manufacturer's Name: Barricini Foods Inc. (Marketer). Made in Tennessee by Farm Foods.
Manufacturer's Address: 68 West Main St., Oyster Bay, NY 11771.

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Date of Introduction: 1985. February.
Ingredients: Strawberry: Water, sugar, corn syrup, sunflower and/or coconut oil, strawberries, tofu, soy protein isolate, strawberry extract with other natural flavors, soy lecithin, carob bean, guar, salt.
Wt/Vol., Packaging, Price: Pint carton.
How Stored: Frozen.
Nutrition: Per 4 fl oz. strawberry: Calories 130, protein 1 gm, carbohydrates 20 gm, fat 5 gm, sodium 45 mg.
New Product–Documentation: Quick Frozen Foods. 1985. Feb. p. 56. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 85. "During 1984 Barricini selected Farm Foods, Tennessee-based makers of Ice Bean, to develop with them, then to make and market for them, an all-natural non-dairy soy ice cream." Food Processing. 1985. April. p. 41-42.

Leaflet, 2 sides, color, 8½ by 11 inches. 1986. June. Tofulite. "As Rich and Delightful as Ice Cream, only Better for You." Made with 15% tofu. Frozen Food Age. 1987. April. p. 42. Adding three new flavors: Cappuccino Almond, Heavenly Hash, and Peanut Butter Crunch.

6925. **Product Name:** CR Brand Tofoodles (An Oriental Style Fresh Noodle Made Solely from Tofu and Buckwheat Flour).
Manufacturer's Name: C.R. Foods, Inc.
Manufacturer's Address: 4607 S. Main St., Los Angeles, CA 90037. Phone: 213-235-4222.
Date of Introduction: 1985. February.
Ingredients: Buckwheat flour (60%), tofu (40%).
Wt/Vol., Packaging, Price: 8 oz. and 14 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet and ad. Leaflet is 8½ by 11 inches. Black and white. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. "Introducing Tofoodles. High in protein! Wheat free! Salt free! Quick cooking! Can be frozen! 40% tofu!"

Label. 1985. 7 by 3.5 inches. Plastic. Red, black, and blue on clear film. Company now listed as "C.R. Food Inc." "Use like spaghetti. 100% natural. No preservatives, colorings, or chemicals added. To cook, add to boiling water and boil for 3-4 minutes. Keep refrigerated. Can be frozen."

6926. **Product Name:** Ice Bean Tofu Flavors (Non-Dairy Frozen Dessert) [Soft Serve: Tofu Vanilla, Strawberry, or Chocolate].
Manufacturer's Name: Farm Foods.
Manufacturer's Address: 156 Drakes Lane, Summertown, TN 38483.
Date of Introduction: 1985. February.
Ingredients: Incl. soy protein isolates, fresh soymilk, tofu, high fructose corn syrup, honey.
Wt/Vol., Packaging, Price: Half gallon cartons.
How Stored: Frozen.
New Product–Documentation: Talk with Robert Tepper of Farm Foods. 1984. March. Soy protein isolates give an ice cream that tastes better to most Americans and is considerably less expensive than that made from fresh soymilk. Farm Foods plans to introduce a product like this for institutional markets.

Poster (8½ by 14 inches, black and white). 1985, undated. "Sneak Preview. Opening Soon. Ice Bean's Tofu Flavors... with that sweet, creamy taste you'll love." Starting Feb. 15th, soft serve in half gallons, 3 flavors: Tofu vanilla, tofu strawberry, and tofu chocolate. Showtime March 1st, pints and 3 gallon tubs in 3 flavors: Tofu vanilla, tofu almond fudge, and tofu strawberry. Open April 1st, pints and 3 gallon tubs, in 4 more flavors: Tofu wildberry, tofu banana pecan, tofu rum raisin, and tofu peanut butter. New novelties by May 1st: Sandwiches, fudgsicles, creamsicles. "Ice Bean's original 8 flavors, made with soymilk and honey, remain unchanged." Address: Farm Foods, 632 Radcliffe Ave., Pacific Palisades, CA 90272. Phone: 213-459-9251. Note: This was the residence of Robert Tepper, vice president/sales for Farm Foods.

Shurtleff and Aoyagi. 1985. *Tofutti and Other Soy Ice Creams.* (p. 79-80). "Even good old, honest Ice Bean, the healthful granddaddy of natural foods ice creams was affected by Tofutti. First, Tofutti helped Ice Bean sales by expanding the market. More important, it led to the creation of a new line of Ice Beans and a new style of promotion. Since 1982 Farm Foods had been experimenting with the use of isolated soy proteins to replace soymilk in their Ice Bean. But the natural/health foods market was suspicious of isolates. In November 1984 Farm Foods began to test market a mainstream non-dairy ice cream in 3-gallon tubs to dipping stores in Southern California and Ohio. It contained isolates, fresh soymilk and tofu, and was sweetened by mixture of fructose (high fructose corn syrup) and honey. The line was billed as 'Ice Bean's Tofu Flavors.' A vanilla flavor, for example, would be called Tofu Vanilla. Tofu flavors? What could that possibly mean... unless it was a way of implying that the new products contained a significant amount of tofu, without actually saying that they did."

Spot in Natural Foods Merchandiser. 1985. Sept. p. 76. Made with a creamy tofu base and sweetened with fructose, in half gallon cartons. A photo shows the carton.

6927. **Product Name:** [Nigari Tofu, Tofu Spreads, Soymilk].
Manufacturer's Name: Fonte della Vita S.r.L. (La).
Manufacturer's Address: Via Matteoti, Fossano, Italy. Phone: (0172) 66 397.
Date of Introduction: 1985. February.
New Product–Documentation: Entry in SoyaScan Names database. 1987 Jan. 23. They are said to make tofu and soymilk.

Talk with Jean de Preneuf of Société Soy in France. 1990. July 13. He says this is the biggest tofu manufacturer

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in Italy. They are now located at Via Monviso 18, 12049 Trinita (CN), 50 miles south of Turin (Torino).

Talk with Michael Brenger, production manager at Fonte della Vita. 1990. July 18. This company started in Feb. 1985. Its first product was tofu. In April 1986 they moved to the following address: Via Circonvallazione 87, 12049 Trinita (Cuneo), Italy. They are now located in the same place but the address has changed: Via Monviso 18, 12049 Trinita.

6928. **Product Name:** [Natural Tofu, Herb Tofu, Smoked Tofu, Dried-frozen Tofu, Tofu with Toasted Nori, Seitan in Soy Sauce].
Foreign Name: Tofu Natur, Kraeuter-Tofu, Raeucher Tofu, Tofu-gefriergetrocknet, Tofu mit geroesteter Nori-Alge, Seitan in Sojasauce.
Manufacturer's Name: Geestland.
Manufacturer's Address: Burgermeisterschmidt Str. 212, D-2850 Bremerhaven, West Germany. Phone: (0471) 2 60 20.
Date of Introduction: 1985. February.
Ingredients: Natural Tofu: Water, soybeans*, nigari (MgCl). * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm poly bag. Retails for DM 2.60.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 5 by 2 inches. Dark green, yellow, black, and light green on white. "Natural food and macrobiotic from organic agriculture. 100% vegetarian (*vegetabil*). Other tofu specialties from our house:..." An illustration of a green and yellow framed house is next to a round yin-yang (*t'ai chi*) symbol.

Talk with the founder and present owner of Geestland, Paul E. Bremer. 1990. April 25. The company was founded in Feb. 1985. It started in a natural food shop (*Bioladen*) at Burgermeisterschmidt Strasse 212, D-2850 Bremerhaven. There were four products from the beginning, as shown above. About 2 years ago the company moved to: Friedrichstrasse 19, D-2850 Bremerhaven.

Their smoked tofu is made by a special process. Ordinarily, smoking foods imparts benzopyrene (a chemical carcinogen), but they have developed a special smoking process after which no detectable benzopyrene can be found in the tofu.

6929. Honer, Clem. 1985. Keeping up with soy technology: Why soy protein isolates offer unique opportunities for dairies in fluid products and frozen desserts. *Dairy Record.* Feb. p. 62, 64.
• ***Summary:*** "recent research into the manufacture of all soy-based products using soy protein isolates has opened new opportunities for the small- to medium-volume dairy processor..." "Soy-based frozen desserts can be manufactured easily in any ice cream plant." The author explains how.

6930. Kikkoman International Inc. 1985. Analysis of Kikkoman Instant Soups. 50 California St., Suite 3600, San Francisco, CA 94111. 1 p. Unpublished manuscript. [1 ref]
• ***Summary:*** Gives a complete nutritional analysis for four packaged miso soups (aka miso, shiro miso, tofu, wakame), and Osuimono. They have a moisture content of 2.1–4.4%. Protein is 11.5–23.9%. Typically 10 gm of the dry soup is mixed with 2/3 cup water. Address: San Francisco, California. Phone: 415-956-7750.

6931. Krier, Mary. 1985. 'Ice cream' for the calorie and cholesterol counter: Experts say this frozen tofu-based dessert will open new doors for the ice cream marketer. *Dairy Record.* Feb. p. 60-61.
• ***Summary:*** Focuses on Tofutti. Two dairies are making the product for Tofu Time–Welsh Farms in Long Valley, New Jersey, and Penn Dairies in Lancaster, Pennsylvania. Haagen-Dazs, the pioneer of super-premium ice cream, is Tofutti's major distributor. "Another super-premium ice cream firm, Frusen Glädjé, has invested about $1 million in Glacé, a new frozen tofu-dessert sporting Gloria Vanderbilt's name and logo. Gold Star Ice Cream, Brooklyn, New York, has rolled out Gourmet Tofu by Riviera. And *Dairy Record* sources say that at least three other dairies have similar frozen desserts ready for the market... Tom Timmins, president of New England Soya Dairy, points out that many frozen tofu-desserts contain no more than five percent tofu. Even so, marketers use tofu as a buzzword to connote a healthful, cholesterol-free product."

6932. Langley-Danysz, Pernette. 1985. L'entrée discrète du soja en Europe [The discreet / cautious entry of soya into Europe]. *Revue Laitiere Francaise* No. 438. p. 16-20. Feb. [Fre]
• ***Summary:*** An illustration on the cover shows an American cowboy-like man, wearing a cowboy hat and cowboy boots, smoking a cigarette, and carrying a briefcase on which is written ASA. He appears to be emerging from a garbage can labeled "soya" and from his briefcase are flying several cartons of soymilk. The article begins: "Two soy products, milk and tofu, were at the center of a conference organized in September 1984 at Amsterdam [Netherlands] by the American Soybean Association (ASA)."

Gives data on the chemical composition and nutritive value of soy beverages, soymilks, and tofu. Discusses the products recently introduced in Europe. Consumption of soy products in the E.E.C., principally as soy protein concentrates or isolates, has never exceeded 40,000 tonnes/year. Consumption of traditional East Asian soyfoods such as tempeh, miso, sufu, and soy sauce, is still low in Europe, but consumption of tofu and soymilk is growing significantly. Nutritional composition of cow's milk and soymilk are compared, and various commercial soy products are

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discussed.

Soy ice creams (including Ice Bean and Tofutti) are discussed in detail on page 19, col. 1. The pioneer of these soy ice creams (*ces ice cream au soja*), named Ice Bean, was developed by Farm Foods in Tennessee. Today there are a dozen other brands of tofu ice cream (*glaces au tofu*). One of these ice creames (*ces crèmes glacées*), Tofutti, made by the company Tofu Time and presented at SIAL in 1984, took the first place last fall on the hit parade of dairy products from the United States." Note: This is the earliest French-language document seen (March 2007) that mentions soy ice cream which it calls *ice cream au soja,* or *glaces au tofu,* or *crèmes glacées.*

Photos show the following products, each in a Tetra Brik carton: Nestle Bonus Soya Bean Milk, Plamil Soya Milk Concentrated, Morinaga Ever-Fresh Silken Tofu, Yeo's Soya Bean Drink, Alpro Soya Drink. Address: France.

6933. **Product Name:** Legume Light & Natural Entrees: Tofu Enchiladas (With Corn Tortilla).
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Rd., Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1985. February.
Wt/Vol., Packaging, Price: 11.5 oz package.
New Product–Documentation: Ad in New Age Journal. 1985. June. "The #1 frozen tofu entree goes international. Legume adds two exciting new entrees to their line–Tofu Enchiladas and Sweet and Sour Tofu."

6934. **Product Name:** Legume Light & Natural Entrees: Sweet and Sour Tofu with Ramen Noodles.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Rd., Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1985. February.
Wt/Vol., Packaging, Price: 11.5 oz package.
New Product–Documentation: Ad in New Age Journal. 1985. June. "The #1 frozen tofu entree goes international. Legume adds two exciting new entrees to their line–Tofu Enchiladas and Sweet and Sour Tofu." The ramen are made with whole wheat.

6935. MacDonald, Sandy. 1985. Designer beans: Soybeans aren't stuck down on the farm anymore. High-protein, low-calorie soyfoods have gone gourmet. *New Age Journal* (*Boston, Massachusetts*). Feb. p. 53-59. [2 ref]
• ***Summary:*** An excellent introduction to soyfoods and soyfoods companies in America today. Photos show Chandri and Gary Barat of Legume, Akiko Aoyagi and William Shurtleff "parents of the soy boom," and Tom Timmins president of Tomsun Foods.

Note: This is the earliest document seen (April 2011) that contains the term "designer beans." Though this interesting term is used in the title of this article, it does not appear in the body of the article itself. The author appears to mean that the soybean can be made into hundreds of "ingenious" and imaginative (often delicious) foods from ice cream to lasagna, from burgers to creamy dips and dressings–and industrial products, including spun soy protein fibers invented by Robert Boyer, a Ford Motor Company employee, and first put to use in the upholstery of Ford cars; they were later used to make bacon bits and meat alternatives. Address: Brighton, Massachusetts.

6936. **Product Name:** Tofreezi (New Name for Frozen Buddha Soy Ice Cream) [Mocha Royalle, Berry Banana, Amaretto, Pineapple Coconut, Chocolate Mint, or Maple Walnut].
Manufacturer's Name: Metta Tofu Products Ltd.
Manufacturer's Address: Wren Rd., Denman Island, BC, V0R 1T0, Canada.
Date of Introduction: 1985. February.
Ingredients: Incl. soymilk, tofu, honey, fruits, nuts, natural flavorings.
Wt/Vol., Packaging, Price: Half liter and full liter cartons.
How Stored: Frozen.
New Product–Documentation: Label. 1985, undated. Red and blue with black letters on white. Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 78. Product Alert. 1986. March 3. Lists flavors. "Tofreezi is 75% soymilk and tofu by volume." Leviton. 1986. East West. June. p. 37. Rated the highest of all soy ice creams in America.

6937. Prescott, Helen. 1985. Tofu: Press it, you'll like it. *Mother Earth News* No. 91. Jan/Feb. p. 70-71. [3 ref]
• ***Summary:*** Describes (with a photo and exploded diagram) how to build and use a tofu press made of pine lumber and plywood. Makes 5 pounds of tofu using 4 cups of dry soybeans and 2 tablespoons of nigari.

6938. *Quick Frozen Foods.* 1985. Tofu-based dessert called Tofulite is being introduced by Barricini Foods Inc. 47(7):56. Feb.
• ***Summary:*** The company claims the product tastes better than the richest ice cream while having a fraction of the calories (less than 33 per ounce). This non-dairy product is free of cholesterol and lactose. It is now sold in four flavors: Vanilla, chocolate, strawberry, and banana pecan. Wildberry and rum raisin flavors are due next month. Tofulite is sold in cartons of 8 half-gallon containers for soft serve machines, or hard-packed in 3 gallon tubs, pints, 3-ounce cups, or sandwiches.

Note: This is the earliest document seen (Oct. 2001) concerning Barricini Foods and soyfoods.

6939. Robeznieks, Andis. comp. 1985. Facts & figures. *Vegetarian Times.* Feb. p. 17.

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• ***Summary:*** $150 million: Total retail sales of American health food stores in 1973.

$2,800 million: Their retail sales in 1983.

53.1: Percentage of *Vegetarian Times* readers who use tofu at least once a week.

$32,000 million: The amount of money Americans spend on cigarettes each year.

$11,000 million: Amount of money Japanese government spent on defense in fiscal 1983.

49,275: Number of monkeys and apes used each year in the U.S. for research.

15 million: Number of dogs and cats killed by local humane societies.

6940. Shedlin, Michael. 1985. Tofu: That chameleon of the food world. *Monterey Life* (*Monterey, California*). Feb. p. 12.
• ***Summary:*** Buck and Leslie Patton, owners of Jack and the Beanstalk, make tofu in Carmel Valley Village. They do all the work themselves with the help of one part-time assistant. The Pattons bought the compact production facility in 1983 from the previous owner, who had studied with a Japanese tofu master and passed the techniques on to the new owners. The company has about 60 accounts, delivering to local Japanese restaurants, and to retail food shops and supermarkets, including Safeway. They also distribute in San Francisco, Big Sur, Salinas, Santa Cruz and Tassajara. They make 1,700 lb/week of nigari tofu. A nice 3.5 by 4.5 inch black-and-white photo shows Buck and Leslie Patton in their tofu shop in front of equipment (hydraulic press and pressure cooker), showing Pure-Pak type tofu cartons.

6941. Shurtleff, William; Aoyagi, Akiko. 1985. Tofutti & other soy ice creams: Non-dairy frozen dessert industry and market. 2 vols. Lafayette, California: Soyfoods Center. Vol. 1, 144 p. Vol. 2, 214 p. Index. Feb. 28 cm. [129 ref]
• ***Summary:*** The first study of the rapidly emerging soy ice cream market, based on historical principles. Contents: Volume I. 1. Introduction. 2. What are non-dairy frozen desserts? Standards, terminology, and labeling laws. 3. History of non-dairy frozen desserts. United States and Canada (1918–present), History of Tofu Time Inc. and Tofutti, East Asia (1936-), Europe (1946-), Third World countries (1970-), Australasia and the Middle East.

Pages 75-92, titled "The Tofutti Era and Tofutti Clones, contain histories and descriptions of four categories of non-dairy ice cream companies. Within each category, the companies are listed in the sequence that their products appeared: (1) Small soyfoods companies: Penguino's Inc. (New York), Green World (Idaho), Garden of Eatin' (California), Soy City Foods (Ontario, Canada), The Soy Shop (Georgia), Metta Tofu Co. (British Columbia, Canada), Island Spring (Washington state), Evolutionary Foods (Arizona), Midwest Tofu & Sprouts Co. (Nebraska), Cream of the Bean (Illinois). (2) Soyfoods companies that used a mixture of tofu or soymilk and soy protein isolates to make Tofutti-type products: Brightsong Light Foods (California), Farm Foods (Tennessee), White Wave (Colorado). (3) Dairy companies (or non-soyfoods companies) that launched Tofutti-style products: Presto Food Products (California), Colombo, Inc. (Massachusetts), Honey Hill Farms (California), Continental Yogurt (California), Gloria Vanderbilt / Frusen Gladje Ltd. (New York), Barricini Foods Inc. (New York), Parvelle Corp. (New York), Carvel Corp. (New York), Tuscan Dairy Farm (New Jersey), Golden Seal Riviera Ice Cream Co. (New York). (4) Innovative makers of non-dairy frozen desserts that are not soy-based: Olympus Industries (Washington, Yodolo), and Imagine Foods (Arkansas, Rice Dream).

4. The soy ice cream industry and market in the U.S. and worldwide. 5. Nutritional value of soy ice cream. 6. Directory of people, organizations, and publications connected with non-dairy frozen desserts. 7. Tofu standards and soy ice cream. 8. Technical information on soy ice cream production. Ingredients and sample ingredient listings; Formulas and processing techniques. 9. How to calculate the amount of tofu in a tofu ice cream. 10. Bibliography (129 entries). 11. Index. About The Soyfoods Center.

Volume II. Documents and Graphics Related to Soy Ice Cream. This volume contains early historical and current popular articles, product labels, posters, graphics, and corporate brochures. A rich source of information for marketing and product development, these also document the rapid growth of soy ice creams worldwide. The publication is not paginated. Contents: 12. Early history (1918-1969). 13. Farm Foods and Ice Bean (1974-). 14. Tofu Time and Tofutti (1980-). 15. Other Soy Ice Creams and General (1976-). 16. Technical information on soy ice cream production. This last section lists ingredients and recipes, and discusses regulations, labeling, production processes, and quality of soy-based frozen desserts–largely ice cream, but also popsicles, sherbets, custards, etc. Fermented or cultured soymilks are also discussed briefly.

As of Jan. 1998, both volumes are bound as one.

Note: This is the earliest document seen (Oct. 2001) that contains industry or market statistics for soy ice cream by geographical region. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6942. **Product Name:** [Smoked Tofu (Lightly Smoked)].
Foreign Name: Tofu Geraeuchert (Zart Geraeuchert).
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1985. February.
Ingredients: Soybeans (from controlled cultivation), water, tamari (natural soy sauce), herbs, spices.
How Stored: Refrigerated.
New Product–Documentation: Brochure sent by Sojarei

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Ebner-Prosl. 1989. Oct. 12. "Fresh products." Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 1.75 by 3.75 inches. For frying, baking, or grilling in soups, sauces or sandwiches. Made purely from plants (rein pflanzlich), of high quality. Without chemical preservatives, artificial colorings or flavorings. Logo is a green soybean plant against a white circular background.

In the company's Jan. 1989 catalog this product is called Tofu Geräuchert, is precooked, and sells retail in 150 gm, or 1,000 gm, weights. Each piece weighs about 80 gm. It is also sold to food processors in 1 kg, 30 kg, 60 kg, 100 kg, and 200 kg weights.

6943. **Product Name:** [Tofu Siddhartha Pie/Pastry with Fresh Mushrooms].
Foreign Name: Siddhartha Pastete.
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1985. February.
Ingredients: Tofu, herbs, and mushrooms.
New Product–Documentation: Label, received 1989. Oct. Red, black, green, and white on chartreuse. 1.5 by 3.25 inches. Self adhesive. Black and white illustration of 6 uncut mushrooms. "5% fat. Low in calories. Exclusive from a recipe from Head chef Roman Rinke. Another high quality product from the Sojarei."

In the company's Jan. 1989 catalog this product is called Tofu-Pastete "Siddhartha," is described as a fresh vegetarian pastry/pie with fresh mushrooms, and sells retail in 125 gm, or 650 gm, weights.

6944. **Product Name:** Perfect Pasta Gourmet Spinach Tortellini with Tofu.
Manufacturer's Name: Soy Source, Inc. (Appropriate Foods, Inc.).
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1985. February.
Ingredients: Pasta: Whole wheat pastry flour, durum wheat semolina, water, spinach powder. Filling: Tofu, herbs, spices, sea salt.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1985. Feb. 15. 3 by 6 inches. Self adhesive. Brown on yellow. Interview with Robert Werz. 1987. Sept. 9. The tofu was purchased from Nasoya and the product made by a pasta maker.

6945. *Soya Foods* (*ASA, Europe*). 1985. France: First birthday of "ARTS" (Association Rural des Travailleurs de Soja). Feb. p. 1-2, 4.
• ***Summary:*** ARTS was founded in Dec. 1983.

6946. *Soya Foods* (*ASA, Europe*). 1985. France: An interview with Patrick Roger, Director of ARTS (Association Rural des Travailleurs de Soja). Feb. p. 1-2, 4.
• ***Summary:*** "At the basis of the association [ARTS] is the discovery of a recipe dating from many centuries ago which gave us the idea to conduct the whole process from the cultivation of the bean to the production, marketing and utilization of tofu. The experiment arouses the interest of other soybean farmers; this resulted in the creation of ARTS at the end of 1983... We provide the opportunity of sharing our experience in any field of human soyfoods nutrition by means of answering individually to all demands sent to us. We have three key words: contact, training, information, and one priority: demands coming from disadvantaged areas." Address: Presbytère de St. Paul de Mammiac, 81140 Penne par Castelnau, France.

6947. **Product Name:** Tofu Souffle [Corn, or Spinach].
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: Los Angeles, California.
Date of Introduction: 1985. February.
Wt/Vol., Packaging, Price: 9 oz pouch retails for $2.29.
How Stored: Frozen.
New Product–Documentation: Food Report (Lehmann). 1985. Feb. Contain less than half the eggs of a regular souffle and less than 300 calories each.

6948. **Product Name:** Yves Tofu Wieners. Imitation Wiener (Meatless Hot Dogs).
Manufacturer's Name: Yves Natural Foods.
Manufacturer's Address: 1138 East George St., Vancouver, BC, V6A 2A8, Canada.
Date of Introduction: 1985. February.
Ingredients: Tofu, water, soybean oil, wheat gluten, egg albumen, wheat germ, nutritional yeast, sea salt, spices, hydrolized vegetable protein, natural hickory smoked flavor, beet powder, guar gum.
Wt/Vol., Packaging, Price: 8 wieners per 12 oz plastic pack. $2.89 retail.
How Stored: Refrigerated.
Nutrition: Per 1.6 oz wiener. calories 91, protein 7.8 gm, fat 9.8 gm, carbohydrate 3.0 gm, sodium 254 mg, cholesterol 0. 17% of protein RDA.
New Product–Documentation: Spot in Product Alert. 1986. March. Label. 1986, undated. "Soy product. Contains no meat." Ad in Natural Foods Merchandiser. 1987. March. p. 99. "Positively the best tasting tofu wieners you've ever tried. Made from fresh tofu and a special blend of fine natural ingredients." This ad (1/3 page, black and white) also appeared in East West Journal. 1987. June. p. 73. Leaflet. 1987. 8½ by 11 inches, color. Same title as ad. "Made from Fresh Tofu and a Special blend of Fine Natural Ingredients."

Label sent by Yves Fine Foods, comb-bound in "Yves Veggie Cuisine US Packaging." 1998. March.

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Talk with Tracy Wright, executive assistant to Yves Potvin. 1999. Nov. 24. This was the company's first product, launched in Feb. 1985.

Note: This is the earliest known commercial soy product made or sold by Yves. It is also the earliest record seen (Jan. 2010) concerning Yves.

6949. Bishop, Daphne. 1985. Tofu firm: New products may boost sales. *Recorder* (*Greenfield, Massachusetts*). March 2. p. 1.
• ***Summary:*** "In a move that ought to 'double the size of our business,' Tomsun Foods Inc. plans to introduce three new products in June," company president Tom Timmins said Friday, but he declined to say what types of products they would be. Tomsun will have help in its new marketing efforts from Juan Metzger and David Alan Hirsch, both of whom have sat on the company's board since 1983. Metzger, chairman and president of Dannon Yogurt until 1981, has been chairman of the Tomsun board since 1983. Kirsch, former president of No-Cal Corp., is Tomsun's senior vice president. To aid in testing, launching, and promoting the new products, Tomsun has hired the New York advertising firm of Calet Hirsch & Spector. Tomsun now sells 60,000 lb/week of tofu (sales have grown 30% in the last year) and employs 40 people. About 80% of the company's business is with supermarkets and the other 20% with health food stores and institutions, according to Madeline Fox, Tomsun's advertising and promotions director. Address: Staff reporter.

6950. Kilgour, Christine. 1985. Re: Work with soyfoods for Plenty Canada in St. Lucia. Letter to William Shurtleff at Soyfoods Center, March 6. 2 p. Handwritten on Plenty letterhead. With envelope from St. Lucia.
• ***Summary:*** "Having received my 'soy training' [at The Farm] in Tennessee, I'm out in the field now sharing the knowledge. My husband John and I are living in St. Lucia..., where Norman & Sarah Ayerst have been doing a soy project. I recently saw a couple of letters you exchanged with Edward Sierra on The Farm and wondered if we could get in on your offer of a book or two on soyfoods...

"Soy, or 'soya' as we say in the Caribbean, is catching on like wildfire. What would we do without our old copy of *The Book of Tofu* or our wonderful new copy of *Tofu & Soymilk Production!* Apart from the text, Akiko's drawings are great. I've always admired her sure, fine hand. I've enclosed my only U.S. dollar to help out with postage on a return letter–Sincerely, Christine Kilgour.

"P.S. We learned a new (to us) soyfood here from a Guyanese lady; she calls it tokara [tofu with the okara]. Curding the slurry all at once, then strain it. (No one wants to throw away the pulp or course.) This uses the whole bean, one less step than tofu. When seasoned up nicely, it can be fried, deep-fried, and is a tasty (similar in taste) replacement for what they call here an 'accra'–usually done with salt fish. How long would you say to boil the slurry before curding the whole thing–for good digestibility–remember it then gets fried after as well. We usually (boil) do it about 30 min. Sarah was doing it for an hour in Dominica, just to be sure. I'm interested in your opinion." Address: c/o Plenty, General Post Office, Castries, St. Lucia, West Indies.

6951. *Washington Post.* 1985. Tips from top teachers. March 6. p. KB17.
• ***Summary:*** The teachers are Nikki and David Goldbeck, authors of *American Wholefoods Cuisine.* "Frozen tofu: With tofu in your freezer at all times you will have the fixings of many fast meals. One of tofu's more amazing qualities is the wonderful textural changes that occur during freezing." Tofu, which is ordinarily very soft, becomes quite absorbent and chewy after freezing. In this form it can become the basis of many popular entrees. Immersed in a bowl of boiling water, frozen tofu defrosts in less than 10 minutes.

6952. Miller, Bryan. 1985. Restaurants: Sushi and tempura on Park Avenue. *New York Times.* March 8. p. C20.
• ***Summary:*** This is a review of Mitsukoshi, a Japanese restaurant at 465 Park Ave. (at 57th St.). The waitress saved the writer from embarrassment in front of friends. In a foolhardy show of bravado, he ordered something called natto sengyo ae, having no idea what it was.

"'Maybe you not like fish guts so much?' she warned discreetly." He left her a large tip.

The word "tofu" appears several times in the review, without its translation "bean curd."

6953. NHK of Japan. 1985. Tôfuyô [Tofuyo, Okinawan fermented tofu]. Television broadcast / documentary. Friday, March 8. [Jap; eng+]
• ***Summary:*** A person from NHK went to Okinawa on 19 Feb. 1985 and visited the market located in Makishi, near the center of Naha city. It was on the last day of the year, the day before New Year's day (*o-misoka*), as celebrated according to the ancient lunar calendar. The market was very crowded since many Okinawans still use the lunar calendar.

Cakes of Okinawan tofu are large and very firm. Tofu is called *rikuni agatta o-tofu,* which means "tofu landed on a shore."

There are about 300 shops in the market but only one shop, Saburô-ya, that sells tofuyo and only about 10% of the customers buy tofuyo. It is sold in a box. Its color is a pretty red. Red koji (*aka-koji, beni-koji*) is used to make it. It is very difficult and time consuming to make at home. Tofuyo is not the most popular food in Okinawa among regular people. In the old days, the royal family treasured it as a special delicacy (*chinmi*) that was largely reserved for them. During the Okinawa dynasty, the royal family lived in the city Shuri, which is today a district in the highlands of Naha, at the southern part of Okinawa island. It was formerly

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a separate city unto itself and the royal capital of the Ryukyu Kingdom, the site of Shuri Castle. It is believed that the idea for tofuyo came from Chinese fermented tofu. It is difficult to make good tofuyo, and the ageing process takes 3-4 months. Today there are very few people who can still make tofuyo–even in Shuri.

6954. *Times-Standard* (*Eureka, California*). 1985. The Tofu Shop. March 15.
• ***Summary:*** About The Tofu Shop in Arcata, California, and Matthew Schmit. A large photo shows an employee holding some food.

6955. Ballard, Bob. 1985. Ah-Soy! and Great Eastern Sun (Interview). *SoyaScan Notes*. March 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ah-Soy was launched at the NNFA show in Atlanta, Georgia, in the summer of 1984. Initial flavors were vanilla, chocolate, and original (plain). It was made by Saniku Foods in Japan and imported via Mitoku. Carob flavor was introduced in the fall of 1984. Vanilla is now the best seller because it is the most unique. The product is a "fantastic success." The four flavors account for 15-20% of Great Eastern Sun's total sales from 1,100 products. GES only sells to distributors [i.e. it is a master distributor].

Sales reports for the period 1 Nov. 1984 to 25 Feb. 1985 show the following number of units sold (there are 30 units/per case): Vanilla 210,000 units. Original/plain 110,000. Carob 105,000. Chocolate 100,000.

Other GES soyfoods that sell well: Mellow white miso (made by American Miso Co.), 35 lb tub, #9 best seller by dollar volume. Onozaki rice miso, 11 lb tub, #20 best. Mellow white miso, 15 lb tub, #20 best. Instant miso soup from Japan (ranking unknown). This month's sales are annualized. The company is now doing $4 million/year in sales. They used to import freeze-dried tofu; the FDA forced them to change the name to "dried tofu." Shurtleff notes that he prefers the term "dried-frozen tofu."

Another best seller (about #3-5) is their White Cloud Rice Syrup It is made from rice with sprouted barley for malt. Address: Great Eastern Sun, 92 Macintosh Rd., Asheville, North Carolina 28806. Phone: 808-438-4730 or 704 252-3090.

6956. *Toyo Shinpo* (*Soyfoods News*). 1985. Atarashii tôfu gyôsha no atarashii shôhô [New marketing technique for tofu makers. Prefabricated compact capsule tofu shop]. March 21. p. 8. [Jap; eng+]

6957. Byrne, Maureen. 1985. The future for soyfoods. The first European Soyfoods Workshop was held in Amsterdam by the American Soybean Association, and papers covered subjects from marketing to microbiological standards. *Food Manufacture* (*London*) 60(3):49, 51, 53. March.
• ***Summary:*** This workshop was held on 27-28 Sept. 1984 at the Krasnapolski Hotel, Amsterdam, the Netherlands–organized by the American Soybean Association. Gives a brief summary of each paper presented.

Contains an interesting full-page table (p. 51) in which Oriental soyfoods are classified into two types: Non-fermented and fermented. For each non-fermented food is given the local names, description, and uses. The non-fermented soyfoods are: Fresh green soybeans, soybean sprouts (huang tou ya, Chinese), soynuts (hueh huang tou, Chinese; iri-mame, Japanese), soymilk (tou chiang or tounai, Chinese; tonyu, Japanese; kongkuk, Korean), [roasted] soy flour (huang tou fen, Chinese), soy protein-lipid film (yuba, tou-fu-pi), soybean curd (tofu).

For each fermented soyfood is given the local names, organisms used, description, and uses.

The fermented soyfoods are: Soy sauce, miso, tempeh, natto, fermented tofu, and fermented black soybeans.

Soy sauce includes chiang-yu from China, shoyu from Japan, ketjap from Indonesia, kanjang from Korea, toyo and see-ieu from Southeast Asia.

Fermented black soybeans include tau-shih from China, tao-si from the Philippines, tau-cheo from Malaysia, tauco from Indonesia, and Hamanatto from Japan.

6958. **Product Name:** [Tofu Tidbits {Tofu Burger Pieces}].
Foreign Name: Tofu Happen.
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Oelkersallee 14a, D-2000 Hamburg 50, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1985. March.
Ingredients: Tofu, rice, onions, carrots (*Moehren*), wheat groats (coarsely ground meal; *Weizenschrot*), soy sauce* (*Sojasauce**), arrowroot flour (*Pfeilwurzelmehl*), sea salt (*Meersalz*). * = Not organically grown (*aus nicht biolg. Anbau.*).
Wt/Vol., Packaging, Price: 70 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. 1988. 4 by 3 inches. Black on brown. Handwritten. The company also makes Seitan, for which a label was sent. 250 gm.

Label sent by Anthony Marrese after visit to Christian Nagel in Hamburg. 1989. Dec. Black on yellow. Handwritten. 70 gm.

6959. **Product Name:** Amazake Rice Nectar [Toasted Almond, or Original].
Manufacturer's Name: Creative Kitchens, Inc.
Manufacturer's Address: 650 N.W. 71st St., Miami, FL 33150. Phone: 305-756-7638.
Date of Introduction: 1985. March.
Ingredients: Original: Purified water, organic brown rice, rice koji. Toasted almond: Purified water, organic brown rice, rice koji, toasted organic almonds, pure vanilla, sea salt.

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Nutrition: Per 8 oz. serving: 95 calories.
New Product–Documentation: Talk with Marc Corbett in Miami. 1987. Oct. 16. Creative Kitchens is run by an Israeli guy. Stuart Kerrigan from San Francisco taught them how to make Amazake. Letter from Frank Marrero/Allen of Grainaissance. 1987. Dec. 21. The company was started by some lady in West Palm Beach. They don't remember her name. Her company name was Price Rice and she had only local distribution. Company now owned by Yaron Yemini (a Hebrew name). The product is made with koji and organic rice, no commercial enzymes. Creative Kitchens also sells sandwiches and lots of macrobiotic dishes (kind of like Wildwood, in California).

Bob Schiering. 1988. Jan. 18. U.S. Amazake Manufacturers Update. Based on interviews with 8 companies. Company founded in 1981. Amazake first sold in Nov. 1983. Primary source of influence: Macrobiotics: Involved with Macrobiotic Foundation in Miami. Present products: Amazake (only koji, no commercial enzymes, and organic ingredients used): sandwiches, salads, desserts, puddings, cookies, organic muffins. 80% of their products are macrobiotic. Distribution: East Coast to Canada. Present production: about 480 gallons/week (120 gallons 3-5 times a week). Talk with Yaron Yemini. 1988. Jan. 28. They now make both the original drink and an Amazake Pie (launched 1987). He bought this company (formerly Price Rice) from Mary Lee, so the drink dates back to 1983.

6960. **Product Name:** House Hon Tofu Mix (Soybean Curd Mix).
Manufacturer's Name: Dr. Mins Health Lab. (Importer). Made in Japan.
Manufacturer's Address: P.O. Box 533, Danbury, CT 06810.
Date of Introduction: 1985. March.
New Product–Documentation: Spot in Whole Foods. 1985. March. p. 65. Retails for $3.95 per packet.

6961. **Product Name:** Ice Bean Tofu Flavors (Non-Dairy Frozen Dessert) [Hard-pack: Tofu Vanilla, Almond Fudge, Strawberry, Wildberry, Banana Pecan, Rum Raisin, Peanut Butter].
Manufacturer's Name: Farm Foods.
Manufacturer's Address: 156 Drakes Lane, Summertown, TN 38483.
Date of Introduction: 1985. March.
Wt/Vol., Packaging, Price: Pints and 3 gallon tubs.
How Stored: Frozen.
New Product–Documentation: Poster (8½ by 14 inches, black and white). 1985, undated. "Sneak Preview. Opening Soon. Ice Bean's Tofu Flavors... with that sweet, creamy taste you'll love." Starting Feb. 15th, soft serve in half gallons, 3 flavors: Tofu vanilla, tofu strawberry, and tofu chocolate. Showtime March 1st, pints and 3 gallon tubs in 3 flavors: Tofu vanilla, tofu almond fudge, and tofu strawberry. Open April 1st, pints and 3 gallon tubs, in 4 more flavors: Tofu wildberry, tofu banana pecan, tofu rum raisin, and tofu peanut butter. "Ice Bean's original 8 flavors, made with soymilk and honey, remain unchanged." Address: Farm Foods, 632 Radcliffe Ave., Pacific Palisades, California 90272. Phone: 213-459-9251.

6962. *J. of the American Oil Chemists' Society.* 1985. Tofu standards drafted. 62(3):485. March.

6963. *Kenko* (*Health*). 1985. Yasukute, umai tôfu koso: Byôki taiji no taberu kusuri [Inexpensive, tasty tofu: Medicinal food for conquering sickness]. March. p. 43-71. [Jap]

6964. *Kyo no Ryori* (*Today's Food, NHK*). 1985. Tôfuyô [Tofuyo, Okinawan fermented tofu]. March. p. 84-85. Based on an NHK-TV documentary on tofu-yo, broadcast Friday, March 8. [Jap; eng+]
• ***Summary:*** Tofuyo. Even if you can imagine, from its name, that it is a food made from tofu, very few people know what tofuyo is. It tastes like a cheese and there is a similar product in China named *funyu* [fermented tofu]. It is a special delicacy in Okinawa, made from tofu which is fermented in red rice koji and *awamori* (millet brandy). However tofu made in Okinawa is firmer (it contains less water) than regular tofu (*momen-goshi*) made in Japan. And each cake of tofu is large, weighing about 900 gm. Also the method of selling the tofu is a little different; it is not immersed in water but a large piece (containing about 5 cakes) is placed on a wooden cutting board and covered with a kitchen cloth (*fukin*). The tofu seller cuts each cake of tofu according to the customer's desire.

Tofu is essential, as is pork, in the diet and food culture of Okinawans. The most popular dish prepared at home in Okinawa is *chanpurû* [*champuru*] which means "something mixed." It is made from tofu and seasonal vegetables stir fried (or sautéed) together, often with a little meat or fish. Tofuyo, by contrast, is a delicacy most suited for drinking with saké.

Photos show: (1) The inside of a Okinawan shop that makes the island's most popular distilled alcoholic beverage, awamori (millet brandy), in large earthenware vats. There are ten or more old makers of awamori in Naha city (formerly named Shuri). (2) The process for fermenting rice. (3) Freshly made tofu; it is carried to the store in a wooden frame. (4) Wooden presses with heavy weights on top. Soymilk curds are being pressed. (5) To make tofuyo, soak rice koji in awamori for about 10 days. After it becomes soft, grind it in a suribachi. If you have red koji (*beni-koji*), put it in too, and season with salt and sugar. Cut firm tofu into cubes about 3 cm on a side. Sprinkle salt over them. Dry them on a flat woven-bamboo tray in a shady place.

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When the tofu becomes yellowish, wash them in awamori 2-3 times. Place them in a jar of the seasoned sweet koji and cover. Place the jar in a refrigerator and allow to ferment for 3-6 months. (6) Tofuyo in the jar in which it is ripening. (7) Kôsetsu Shijo (huge indoor market) near Heiwa-dori in Naha city, Okinawa. It is regarded as "the kitchen of Okinawa." (8) In Okinawa, all parts of slaughtered pigs (intestines, ears, legs, etc.) are sold as food in Kosetsu market; nothing is wasted. (8) There are tofu shops in Kosetsu market. They cut tofu into one cake (*cho*) pieces at the request of customers. (9) For more information contact Naha-shi Kankô Kyôkai (Tourist's Bureau), Phone: 0988-68-4887. Senzaki 1-1, Naha city 900, Okinawa.

Note: The NHK TV broadcast on tofuyo was on Friday 8 March 1985.

6965. Lee, Judith Fox. 1985. [Plenty Canada has been expanding its work...] (Brochure). Lanark, ONT, Canada: PLENTY Canada. 4 p. March. [Eng]
Address: Lanark, ONT, Canada.

6966. **Product Name:** Tofu Light Loney (Meatless Bologna).
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: St. Louis, MO 63017.
Date of Introduction: 1985. March.
New Product–Documentation: Poster. 1986. 6 oz. Refrigerated. "No cholesterol, no MSG, no meat, no preservatives, no nitrites or nitrate."

6967. McCormick, Richard D. 1985. Methods for developing unique textured foods. *Prepared Foods.* March. p. 155-56.
• ***Summary:*** Four factors contribute to the acceptance of a novel food or beverage: color, aroma, flavor, and texture. The important basic role of food structure and texture, and ways of obtaining unique and inviting textures are discussed. These concepts are applied to the various types of tofu, dried-frozen tofu, and fermented tofu. For example, the use of GDL as a coagulant yields very soft tofu with a silken texture. Deep-frying yields a porous, elastic texture. Freezing creates a sponge-like texture.

6968. *Packaging Digest.* 1985. Redesign to redefine: Sophisticated new graphics (that didn't break the bank) prepare Legume's tofu-based frozen entrees for a battle with the nationally-known brands. 22(3):46-47. March.
• ***Summary:*** Legume Inc. recognized that it had an appealing product line, but recognized that it had to broaden its product base "Even before redesign, Legume had managed to sell its six-product line of frozen entrees made with tofu (bean curd) to more than 4,000 health foods stores nationally, as well as a handful of supermarkets on the Eastern Seaboard. And that distribution had been achieved in less than two years. Overall, acceptance was good." Gary Barat, Legume chairman, approached designers Quarrell & Co. in New York City. One problem was the packaging didn't match the quality of the product. "A second was that there are so many messages to be conveyed in such a small area that, apart from the product photographs on the main panel, they communicated confusion." A technical analysis of the new design is given along with a photos of Legume's new Tofu Sesame Ginger Stir-Fry, and Tofu Cannelloni Florentine. The copy line "Enlightened Entrees with Tofu" runs directly above the large Legume logotype. Retail prices range from $2.79 to $2.99. Legume's two main competitors are Weight Watchers and Stouffer Lean Cuisine.

6969. Public Sector Consultants, Inc. 1985. The potential for expanding the Michigan soyfoods industry. In: 1985. The Potential of Food Processing for Economic Development in Michigan. PCS, Knapp's Centre, 300 S. Washington Square #401, Lansing, MI 48933. See p. III-45 to III-67. 28 cm. [47 ref]
• ***Summary:*** Michigan soyfoods manufacturers include Michigan Soy Products (Royal Oak; Tofu, soymilk; 1,650 lb/week of tofu), Oryana Soy Shop (Traverse City; Cooperative. Tofu, tempeh, soysage; 275 lb/week of tofu), The Soyplant (Ann Arbor; Cooperative. Tofu, tempeh, tempeh burgers, soymilk, dofugan, soysage; 7,500 to 10,000 lb/week of tofu), INARI Ltd. (Mason; Soynuts), Michigan Farm (Bitely; Miso), Hercules, Inc. (Harbor Beach; HVP), Eden Foods (soymilk importer, which hopes to build a soymilk plant in Michigan), and Midwest Natural Foods (Ann Arbor).

"Hercules produces nonfermented soy sauce [HVP] and sells its product to large final producers, such as La Choy and Beatrice Foods, located outside Michigan for sale under their labels." This report was prepared for the Michigan Dept. of Agriculture. March 15. Address: Lansing, Michigan.

6970. Schneider, Sally. 1985. Tofu: The ultimate health food. *Weight-Watchers* 18(2):32. March. *
• ***Summary:*** Tofu's blandness makes it extremely versatile, allowing it to take on the flavor of whatever it is cooked with.

6971. Shurtleff, William; Aoyagi, Akiko. 1985. The book of tempeh: The delicious, cholesterol-free protein. 2nd ed., revised & updated. New York, NY: Harper & Row. 175 p. March. Illust. by Akiko Aoyagi Shurtleff. Index. 28 cm. [374 ref]
• ***Summary:*** Contains 130 Western-style and Indonesian recipes. Appendix A: "A brief history East and West," is extensively revised from the earlier Professional Edition, and discusses the world's earliest known reference to tempeh in the *Serat Centini* manuscript, which was probably written in about A.D. 1815. The history of tempeh in the Europe, Australasia, in the United States has also been updated and expanded.

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Appendix B: "Tempeh makers in the West" has also been updated and expanded. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549 USA.

6972. **Product Name:** [Tofu Burgers (Leek / Ginger, Basque Corn & Pepper, With Sea Vegetables)].
Foreign Name: Croque Tofou (Poireau / Gingembre, Basquaise, Océane).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: Plateau de l'Ardennais, 91590 Cerny, France. Phone: (6) 457.52.01.
Date of Introduction: 1985. March.
Ingredients: With Sea Vegetables: French-grown soybeans, rolled oats (organically grown), British sea vegetables, shrimps, soy sauce, sunflowerseed oil, spices.
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Protein 14.8%, lipids 11.9%, carbohydrates 4.8%, calories 185.
New Product–Documentation: Letter from Bernard Storup. 1989. March 3. These 3 varieties were launched in March 1985 and discontinued in Sept. 1988. Label for Océane. 3.25 by 6.5 inches. Red, yellow, blue, green, and brown. Written in French, German, and Italian. Impressionistic drawing of sea vegetables. Contains 2 croquettes. Address is still Cerny.

Product (Basque / *à la basquaise*) with new Label brought by Taro Mikuriya of the Nutrition & Santé Group (Revel, France). 2011. Dec. 14. Paperboard box. 4 by 6 by 1.5 inches.

6973. Soyfoods Association of America, Standards Committee. 1985. Tofu standards. 7th draft. Lafayette, California: Compiled by William Shurtleff of Soyfoods Center. 18 p. March. 28 cm. [11 ref]
Address: Lafayette, California and Greenfield, Massachusetts.

6974. **Product Name:** Scrummi (Non-Dairy Soy Ice Cream) [Banana & Honey, or Apricot].
Manufacturer's Name: Vegetarian Feasts.
Manufacturer's Address: 21 Carnwath Rd., Fulham, London SW6, England.
Date of Introduction: 1985. March.
Ingredients: Incl. tofu, fruits.
How Stored: Frozen.
New Product–Documentation: Talk with Sonia Newhouse. 1988. March 13. Sonia developed this product for her daughter, who was allergic to dairy products. It debuted at the International Food Exhibition in London, this product received positive reviews mention in the London Evening Standard and at the show. She thinks it was one of the first tofu ice creams in England. But it was never commercialized because the ice cream equipment did not arrive before she sold the company. Her daughter, Suzanna Price, named the product (short for scrumptious) and her daughter owns the formula. Today she served us 5 flavors of her homemade tofu ice cream (pineapple, banana, raspberry, apricot, and chocolate) which are basically variations on Scrummi.

6975. **Product Name:** Ed & Andy's Original Tofu Teriyaki.
Manufacturer's Name: Walker and Wilks Tofoods.
Manufacturer's Address: P.O. Box 3763, Silver Spring, MD 20901.
Date of Introduction: 1985. March.
Wt/Vol., Packaging, Price: $3.98 in California.
How Stored: Shelf stable.
New Product–Documentation: Ad in Health Foods Business. 1985. Dec. p. 39. "Get something hot in your freezer: Ed & Andy's Original Tofu Teriyaki." Label. 5 by 7 inches. Full color with photo. Przybyla. 1987. Food Engineering. April. p. 74. "First introduced in 1985."

6976. **Product Name:** Tofu (Vacuum Packed in a Colorful Box).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1985. March.
Wt/Vol., Packaging, Price: Vacuum packed.
New Product–Documentation: Label. 1985, undated. 1987. Oct. Interview with Steve Demos. 1989. This product was introduced in about March 1985, shortly after Les Karplus was let go. They got their vacuum packer in May 1983. They went to a box because without a box the product looked awful, was leaking on the shelf, and (in the volume stores) it didn't stack properly.

6977. Belleme, John. 1985. New developments at American Miso Co. (Interview). *SoyaScan Notes.* April 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Feb. 1984 (actually 1 Oct. 1983) John sold his ownership in the American Miso Co. to Barry Evans. Originally, John, Sandy Pukel, and Barry each owned one-third of the business. Before that, it had 6-7 owners. First Sandy (under pressure from Barry) sold his one-third to Barry, which made Barry the majority shareholder. After that, Barry let John run the company, which is doing very well in terms of productivity and profitability. They are selling all the miso they can possibly make.

At the time John sold his stock, he set up a new corporation named Just In Foods, Inc. (named after his son, Justin) to make second-generation miso products. John recently sold Just In Foods (which makes Miso Master brand products) to Barry Evans, because John doesn't own a miso plant. John is now a paid consultant for American Miso Co.

Miso Master is a marketing company for miso and miso products, and also a brand name. Chick Peaso is a mellow

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miso made with chick-peas instead of soybeans; it contains no soy. Introduced in May 1984, it was first sold in bulk from Great Eastern Sun but is now sold in 1-pound plastic bags.

Two tofu-miso dips were introduced in Nov. 1984; they are made by Nasoya using John's miso. They are both selling well, under the Miso Master label. Another new product is a delicious spaghetti sauce produced by Ventrillos in New York; it is made with a very mellow miso, low in salt. John sells John Troy about 35,000 lb/year of mellow miso; that's all Troy uses but Belleme does not make much money on this. Troy's miso mustard has 3-month amakuchi miso in it. John first saw this product in Fukuoka, Japan, made by Toshi Shiroozu, a man who makes mellow white miso for Eden Foods; it was in 1-pound packages, exported by Muso Shokuhin. John had a product named Mellow Ebony Miso, made with black soybeans. It was delicious but the color was grotesque, so he phased it out.

Another new non-profit organization is the Institute for Fermented Foods. Its logo is a pickle barrel with a rock on it borrowed from the book *Miso Daigaku.*

Pretty soon John is going to stop making miso. He is now training Don DeBona, who Barry sent to be trained. After that, John plans to run Barry's Just In Foods full time. John's wife, Jan, is writing a book on Japanese foods. John plans to go back to Japan for a while. Address: North Carolina.

6978. Flinders, Carol. 1985. Tempeh replace meat in tasty way: Laurel's Kitchen, vegetarian cookery. *Mercury News* (*San Jose, California*). April 3. [3 ref]
• ***Summary:*** Contains an introduction to tempeh and vegetarianism, with two recipes: Tempeh a la king, and Tempeh cacciatore. Address: Co-author of 'Laurel's Kitchen,' a vegetarian cookbook, Petaluma, California.

6979. Nabben, Alexander. 1985. Re: New soy dairy making tofu and tempeh about to open at Dornhausen, West Germany. Letter to William Shurtleff at Soyfoods Center, April 3. 2 p. Typed, with signature. [Eng]
• ***Summary:*** Alexander and friends have moved from Munich 150 miles to the north of Bavaria and rented a farm in a small village. From the cow stable they are making a nice soy dairy. Very soon they will be "offering tofu, tempeh, and soy sprouts in different recipes and ways." An enclosed leaflet (single sided, in German) shows that he and friends are organizing a meeting for soyfoods makers. "In the last two years they went up to 10 or more, from around 4-5." Their idea is to cooperate more with one another "so that the soy-boom can get through easier." In Sept. of this year a good book publishing company will bring out Alexander's book about soyfoods.

The leaflet titled "Invitation" bears the logo of The Farm in Tennessee, and the organization in Dornhausen is named "Farm-Gemeinschaft e.V." (The Farm Community). The get-together is scheduled for 1-2 June 1985. There is an agenda of 11 items for the meeting. At the bottom of the leaflet is a list of the companies and individuals to whom the invitation is being sent: Sojaföderring, [Sojafoederring; means "Soy bringing forward association"], Sojaquelle, Sojastern, Svadesha, Jamato [Yamato]–Tofu-Haus, Garten Eden, Atlantis, Lukas Kelterborn, Rolf Badhoff [sic, Rolf Barthoff], Albert Hess, Fa. [Firma] Byodo, Fa. Morgenland, Hamburger Tofu-Manufaktur, Verein Freunde der Erde e.V., and Naturkost e.V. Address: Morgenland-Naturkost/Farm-Gemeinschaft e.V., 8821 Dornhausen 29, W. Germany.

6980. Soyfoods Center. 1985. Catalog: Publications & materials by William Shurtleff & Akiko Aoyagi [mail order]. P.O. Box 234, Lafayette, CA 94549. 20 panels. April 3.
• ***Summary:*** This catalog, folded like a road map, is printed with brown and rust (brownish pink) light blue ink on white paper. 10,000 copies were printed by Hunza in Berkeley. Address: Lafayette, California. Phone: 415-283-3161.

6981. Stechmeyer, Betty. 1985. Re: Thanks for book. New developments. Letter to William Shurtleff at Soyfoods Center, April 11. 1 p. Typed, with signature on letterhead. [2 ref]
• ***Summary:*** "Thanks so much for the new edition *Book of Tempeh*... Things are quiet here. Gordon is teaching microbiology at College of the Redwoods and we hope to teach the Soyfoods Workshop next semester. Penny Billiter of Star Soyfoods, Sandpoint, Idaho, was our student. Before the Workshop she hadn't even heard of tempeh, just tofu. She came over just before leaving town to spend a day of intense note taking and talking and a month later was selling tofu pudding to Safeway!

"I've enclosed our most recent catalog. Since we have 20+ of the first Book of Tempeh we'll keep with it for now.

"I'm now selling tempeh on a special order basis to local restaurants. Koji, rice and barley, goes to coops on the same basis. I even had a special order for natto!

"Hope all is well with you. You've obviously been very busy as always! Best regards,..." Address: GEM Cultures, 30301 Sherwood Rd., Fort Bragg, California 95437. Phone: 707-964-2922.

6982. Praskin, Laurie Sythe. 1985. New developments at The Farm and with Plenty (Interview). Conducted by William Shurtleff of Soyfoods Center, April 15. 3 p. transcript.
• ***Summary:*** Laurie has just returned from a Plenty Board of Directors meeting at The Farm in Tennessee. Only 300 people are living there now–it has a deserted feeling. But the Plenty meeting was good. Plenty is doing some excellent work with soyfoods in the Caribbean (especially on Dominica), and in Lesotho. There were color slides shows of each program. Their soy dairies there are selling soyfoods.

The Farm Soy Dairy in Tennessee is now run by Ron

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Maxen and Michael Lee. They sell 100 lb/week of tofu, half of it off The Farm in 1-gallon plastic bags that hold 5 cakes each, or in tubs. On The Farm it sells for $0.90/lb. Off The Farm it sells for $0.75/lb in bulk or $0.85 in tubs. Their yield averages 2 lb of firm tofu from 1 lb of soybeans. They do all their own distributing. They also make 150 gallons/week of soymilk sold as such plus another 4,500 to 5,000 gallons/month for ice bean (2 runs a month). Twice a month they load it into a milk truck and ship to an ice cream company near Memphis. Also 15-20 gallons/week of soy yogurt and 80-90 lb/week of tempeh is sold on The Farm.

The soy dairy in Lesotho is beautiful, housed in a traditional stone hut with a thatched roof. Inside are white walls, a concrete floor, and drains. It is making a little soymilk and soymilk ice cream. It has a nice little Okita stainless steel mill that runs off a generator and also a bicycle-powered mill. They are also growing some soybeans now. Address: 17969 Oak Dr., Los Gatos, California 95030.

6983. Shurtleff, William; Aoyagi, Akiko. 1985. History of soya and the soybean development program in Sri Lanka. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 31 p. April 16. Unpublished typescript. Available online at www.soyinfocenter.com.

• ***Summary:*** www.soyinfocenter.com/HSS/ AsSoSriL1. A comprehensive history of the subject. Contents: Introduction. Demographic background. Early history of soya in Sri Lanka. Meals for Millions in Ceylon (1955-1972). Establishment of Sri Lanka soybean development program. A brief chronology of key events: 1973-. Activities of the soybean development program: summary. Soybean production project. Soyanews. The Soyabean Foods Research Center. Role of Sri Lankan government and Thriposha. Commercial production of soyfoods. Institutional use of soyfoods: hospitals, prisons. Ongoing training abroad. Future prospects for soybeans and soyfoods. Conclusion.

Note: By the year 2000 it was clear that the soybean programs that had been so active during the period from 1955 to 1990 had not succeeded in helping the soybean to take root permanently in Sri Lankan food culture and agriculture. We would suggest several reasons. (1) The Meals for Millions program ended up as basically a food giveaway program, which was unsustainable. (2) The program that involved the University of Illinois and INTSOY was conceived by the government with relatively little focus on starting new business in Sri Lanka. When the government lost interest or money, the program stalled and eventually fizzled out. (3) The Soyabean Foods Research Center used state of the art technology from the USA and Europe. But this technology was inappropriate in Sri Lanka except for potential large soyfood processing businesses. The Center would probably have been much more effective if it had been conceived as a center where people who wanted to start new businesses came to learn how to make soyfoods, such as tofu, soymilk, soy yogurt, roasted soy flour, etc. using relatively simple and inexpensive appropriate technology, then returned home with a small loan and with the necessary equipment, plus plenty of follow-up from the program. (4) The idea of making soyfoods at home has never worked anywhere in the world; it takes too much time. Making them on a village level will work if the village is large enough to support one person who makes the soyfoods or, equally good, if a group of people in the village forms a cooperative, individuals or small teams can make one or more soyfoods on a rotating basis. That way each member would get fresh soyfoods each day free of charge. (5) The program gave little emphasis to edamame / green vegetable soybeans as a new garden vegetable. (6) From about 1983 until 2009 there was a terrible civil war in Sri Lanka between the militant Tamil Tigers in the north and the government of Sri Lanka in the south. The Tigers fought to create an independent Tamil state named Tamil Eelam in the north and the east of the island. After a 30 year long military campaign, the Sri Lankan military defeated the Tamil Tigers in May 2009. But this war took the government's attention and resources away from many other worthwhile projects–including soybeans and soyfoods. Address: Lafayette, California. Phone: 415-283-2991.

6984. Chan, Gilbert. 1985. Business owner sings tofu's praises. *Marin Independent Journal* (*Novato, California*). April 27.

• ***Summary:*** Bill Bramblett, a former breakfast cook at the Sleeping Lady Cafe, a musician and owner of Wildwood Natural Foods in Fairfax, California, has written a song titled "Tofunction." The lyrics go: "White 'n' creamy / Hot 'n' steamy / Smooth 'n' dreamy / Soya beany. In less than 5 years, Wildwood has grown from about 12 workers and $52,000 in yearly sales to 47 employees and more than $1 million sales. Each day more than 1,300 people enjoy a Wildwood sandwich, and Wildwood is proud to be one of the first companies in America to make and sell a sandwich that contained tofu. The company distributes tofu, tofu sandwiches, and other healthy foods to about 100 stores in the Greater Bay Area from Mendocino in the north down to Santa Cruz in the south. Most of the stores are located in Marin County, San Francisco, the East Bay, and the Peninsula.

Bramblett, who sports a button reading "I've joined the tofu revolution," is a partner in the business with Paul Orbuch and Frank Rosenmayr. "Wildwood began in August 1980 in the kitchen of the Sleeping Lady Cafe [sic]. Brown rice and tofu sandwiches were prepared every morning for the Good Earth Natural Foods in Fairfax."

"The company later added salads, health snacks and soy milk to its line. Wildwood also distributes natural foods such as tacos and burritos for other health food companies."

Photos show: (1) Tofu maker Greg Whalen as he

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pours soaked soybeans into the hopper of a grinder. (2) Bill Bramblett, seated at a desk with hands folded, wearing his Wildwood T-shirt and tofu revolution button.

6985. "I've joined the tofu revolution," (Memorabilia–Button with safety pin on back). 1985. *
• ***Summary:*** This metal button is meant to be worn on one's shirt. Billy Bramblett, an owner of Wildwood Natural Foods is wearing it in a photo in the following article: Chan, Gilbert. 1985. "Business owner sings tofu's praises. *Marin Independent Journal* (California). April 27.

Talk with Billy Bramblett. 1998. Aug. 5. This button is "long gone." He has moved six times since that photo was taken, and it got lost in the process. He was a button collector for many years, but he has no idea where he got this one, but he probably got it at about the time that the article was written–no more than a year before. It was definitely not created or produced by Wildwood.

Note: This is the earliest record seen (Aug. 2000) for a "Button with safety pin on back" related to soy. Address: Fairfax, California.

6986. Brightsong Foods. 1985. Tofu! (Ad). *Prepared Foods.* April. p. 135.
• ***Summary:*** A ¼-page black-and-white ad. "Brightsong now has ingredient Tofu for processors! Made to your specifications, this innovative product is available in many forms, including paste, liquid, chunk, curd, etc. The product is freeze-thaw stable, bland, sanitary, all-natural and Kosher Parve. It is packed in boxes, pails or drums, without packing water, for handling ease!

"Brightsong's ingredient Tofu is functional and has marketing advantages in products like frozen desserts, baked goods, yogurt, beverages, dressings, dips and spreads! Using Brightsong Tofu is the easiest, most reliable way of getting in on the fastest growing segment of the food market: tofu products! Applications and technical assistance available. Call us and put our 27,500 hours of tofu product development to work for you today!" Address: Richard Rose, P.O. Box 2536, Petaluma, California 94953. Phone: 707-778-8638.

6987. **Product Name:** Colombo Tofree (Non-Dairy Frozen Dessert Mix) [Honey-Vanilla, Chocolate, Maple Walnut, Honey Almond, Wildberry, or Peanut Butter].
Manufacturer's Name: Colombo Inc.
Manufacturer's Address: Danton Dr., Methuen, MA 01844.
Date of Introduction: 1985. April.
Ingredients: Tofu (water, isolated soy protein, lemon juice), sugar, corn syrup solids, cottonseed oil, cocoa powder, chocolate liqueur, cellulose gum, locust bean gum, carrageenan, salt.
Wt/Vol., Packaging, Price: 2 gallon tub.
How Stored: Frozen.
New Product–Documentation: Interview with Bob Brooks of Colombo. 1985. Jan. 2. This is the new name for Colombo Tofu, deceptively labeled, since the product contains no tofu. Dairy Record. 1985. April. p. 36. "Colombo Tofree Debuts... launched a soft-serve tofu-based dessert to the foodservice industry. Has one-third fewer calories than ice cream." Daily Record (Morristown, NJ). 1985. Aug. 7. Colombo began test marketing its Tofree in July 1984, and introduced it nationwide in June 1985. Food Management. 1985. Oct. "Softserve Tofu." Label. 1985, undated. 4.75 by 3 inches.

6988. Estella, Mary. 1985. Natural foods cookbook: Vegetarian dairy-free cuisine. Briarcliff Manor, NY, and Tokyo: Japan Publications. 250 p. April. Illust (color). Recipe index. Index. 26 cm. [22 ref]
• ***Summary:*** This macrobiotic cookbook, though free of dairy products, uses fish in many recipes. In the chapter titled "Getting Started" there is a section titled "Beans" (p. 25-26) which describes adzuki beans, black soybeans, chickpeas, lentils, mung beans, etc. Concerning black soybeans: "Distinct from our American black bean in shape, texture and taste, this is a type of soybean They are available in Oriental markets or at natural food stores. Black soybeans cooked with sweet brown rice is a special treat" (see p. 157 for the recipe).

On the same page, in the section on "Whole grains" is a description of seitan ("Wheat gluten, also known as 'wheat meat' in America... Making seitan at home is an easy but time-consuming process.").

There is also a section on "Soy Foods" (p. 26-27) which begins by stating that "Soybeans, the king of beans, are ironically not often eaten as whole beans, but instead are processed into miso, shoyu, tofu, tamari, and tempeh." Each of these foods are discussed briefly. Three types of soy sauce are defined: Shoyu, tamari, and commercial soy sauce (which is said to be artificially colored and processed). Chapter 7, titled "Whole grains, beans, tofu and tempeh" contains 7 tofu and 7 tempeh recipes. There are a large number of soy-related recipes throughout the book, including others tofu, tempeh, using miso and tamari.

6989. *Food Processing* (*Chicago*). 1985. Tofu-based non-dairy frozen desserts: Reduced calories, no cholesterol, no lactose are health implications. 46(4):41-42. April.
• ***Summary:*** Discusses the introduction and composition of Barricini Tofulite. "The first introductions were made in New York during the early part of February." The company also plans to introduce soy-based "cheesecake, frozen novelties, lasagna, frozen tofu burgers, frozen tofu enchiladas, soy-based yogurt, and soy milk."

6990. **Product Name:** Tofait (Non-Dairy Soy Ice Cream) [Hard Pack: Wild Berry Delight, Strawberry Lisse, Almond

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Bark Supreme, California Pecan Creme, Swiss Chocolate Silk, Rum Raisin Rhapsody, or French Velvet Vanilla].
Manufacturer's Name: Hawthorn Mellody.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195. Phone: 312-392-3825.
Date of Introduction: 1985. April.
Ingredients: Water, corn oil, sucrose, corn syrup, high fructose corn sweetener, tofu solids, microcrystalline cellulose, mono and diglycerides, cellulose gum, carrageenan, protein, and natural flavors.
Wt/Vol., Packaging, Price: Pint cartons.
How Stored: Frozen.
Nutrition: Per 4 oz.: Protein 2 gm., Calories (low of 160 for French Velvet Vanilla, high of 220 for California Pecan Creme), carbohydrates 20-24, fat 10-14 gm, sodium 90-130 mg.
New Product–Documentation: Interview with Charles Chase of Hawthorn Mellody. 1985. Nov. 11. This company is a dairy processor. Leaflets. 1986, undated. 8½ by 11 inches. Full color, both sides. Label reads: "Light & Creamy Tofait. 100% all natural. Made with real tofu. Cholesterol and lactose free." Dairy Record. 1985. May. p. 29-30. Tofait is said to contain 15-20% real tofu. Available in both soft serve and hard pack. Hawthorn Mellody is a subsidiary of Custom Creamery System; Prepared Foods. 1985. July. p. 17, 109. "Tofait contains an unusually high (15-20%) amount of real tofu." Przybyla. 1985. Prepared Foods. Sept. p. 146. Dairy Foods. 1987. March. "A terrific time for tofu." Kingma. 1987. Soya Newsletter. 1(3):11. "The company markets seven hard-pack and six soft-serve flavors, distributed in the Mid-Atlantic states."

6991. **Product Name:** Island Spring Tofu Frozen Dessert Mix (Soft Serve Non-Dairy Soy Ice Cream) [Chocolate and Vanilla].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1985. April.
Ingredients: Water, tofu (water, soybeans, calcium sulfate), high fructose corn sweeteners, corn oil, all natural flavorings, soy lecithin, vegetable gums (guar gum, carrageenan), salt.
Wt/Vol., Packaging, Price: 1 gallon.
How Stored: Frozen.
New Product–Documentation: Label. 1985, undated. 5 inches square. Brown and white on pink, with faint sprig of plum blossoms, moon, mountains, and water in background. "All natural non-dairy. A Fitness Food from the Pacific Northwest, USA." Interview with Luke Lukoskie. 1985. March 20; Beachcomber (Vashon, Washington). 1986. Nov. 26. Sold in ½ gallon Pure-Pak cartons.

6992. Shurtleff, William; Aoyagi, Akiko. 1985. Soyfoods industry and market: Directory and databook 1985. 5th ed. Lafayette, California: Soyfoods Center. 220 p. Index. April. 28 cm. Updated every 1-3 years with a bibliographic supplement. [360 ref]
• ***Summary:*** Contents: 1. Introduction. 2. Directory of soyfoods manufacturers. 3. Directory of soyfoods support industry: Goods & services. 4. The many types of soyfoods. 5. Historical: Historically most important books and serials, earliest references to individual soyfoods. 6. Year in review. 7. Soyfoods industry and market in the U.S. 8. Tofu industry and market in the U.S. and Canada. 9. Soymilk industry and market: Worldwide and in the U.S. 10. Tempeh industry and market in the U.S. 11. Soy sauce industry and market in the U.S. and Japan. 12. Miso industry and market in the U.S. and Japan. 13. Soynut industry and market in the U.S. 14. Natto industry and market in Japan. 15. Statistics on fermented soyfoods in East Asia. 16. Soyfoods in restaurants, delis & cafeterias. 17. Soybean crushing industry in the U.S. 18. Soy oil industry and market in the U.S. 19. Soy flour and cereal-soy blends industry and market worldwide. 20. Modern soy protein products industry and market in the U.S. 21. Soyfoods terminology and standards. 22. Names of soyfoods in major foreign languages (incl. Chinese / pinyin; Hoisin sauce = haixian jiang). 23. Soybean production worldwide and country-by-country. 24. Key institutions working with soyfoods worldwide. 25. Measures, weights, and equivalents. 26. About the Soyfoods Center & soyfoods consulting services. 27. Bibliography.

In February 1977 a Gallup poll in America showed a remarkable shift in the public's awareness of and attitudes toward soyfoods. The sampling of 1,543 adults across the nation found that: 33% believe that soybeans will be the most important source of protein in the future–ahead of fish at 24% and meat at 21%. 55% believe that "soy products have a nutritional value equal or superior to that of meat." 54% reported that they "had eaten foods containing soy protein as a prime ingredient within the past 12 months." Younger age groups living in large cities and those with college or university educations had the most favorable attitudes toward soy protein, indicating that support for soyfoods is likely to grow in the future. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6993. Shurtleff, William; Aoyagi, Akiko. 1985. The tempeh industry and market in the USA. In: William Shurtleff and Akiko Aoyagi. 1985. Soyfoods Industry and Market: Directory and Databook 1985. 5th ed. Lafayette, California: Soyfoods Center. 220 p. See p. 86-95A.
• ***Summary:*** All statistics in this chapter are based on original Soyfoods Center surveys of the tempeh industry. Contents: 1. Introduction. Historical. Market size and growth rate. Tables: (1) Number of tempeh companies by major countries and regions (1975-1985; not including Indonesia, Malaysia, and Singapore). In Europe and the United States, the number increased from 7 in 1975 to 93 in 1985, with

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55 of the latter in the USA, 21 in Western Europe, and 4 in Canada.

(2) Largest tempeh manufacturers in the United States. The columns are: Rank in 1984. Tank in 1983. Company name & state. Year started making tempeh. Average weekly production (lb/week) in May 1982, May 1983, and Jan. 1984. Of the 18 manufacturers listed, the top 5 are:

(2a) Quong Hop / Pacific Tempeh, CA, started 1980, 7,000 lb/week in Jan. 1984

(2b) White Wave, CO, started 1979, 5,850 lb/week.

(2c) Soyfoods Unlimited, CA, started 1981, 5,800 lb/week.

(2d) The Tempeh Works, MA, started 1979, 5,500 lb/week.

(2e) Appropriate Foods, New York, started 1981, 2,000 lb/week.

Largest tempeh manufacturers in Canada. Only one company, Thistledown Soyfoods, BC, is listed. They make 200 lb/week.

Detailed yearly analysis of the tempeh industry in the United States (1981, 1982, 1983).

Graph of number of tempeh manufacturers in the USA and the Western World.

Major market segments and retailing outlets. Varieties of tempeh and amounts produced: Regular soy tempeh, soy & grain tempehs, second generation tempeh products. Tempeh starter. Pricing. Packaging and refrigeration. Popular uses and recipes. Special distribution arrangements. Outlook and forecast: Second generation products, mainstream marketing with nutritional emphasis, institutions before supermarkets, watch Japan, with the Netherlands. Books on tempeh published in the United States (10 books from 1979-1984). U.S. Media coverage of tempeh (1971-1984). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

6994. **Product Name:** Tofu, Soymilk, Tempeh.
Manufacturer's Name: Soy Shop, Inc.
Manufacturer's Address: 210 Laredo Dr., Decatur, GA 30030. Phone: 404-377-8433.
Date of Introduction: 1985. April.
New Product–Documentation: Talk with Mr. Kich Lam. 1989. Nov. 8. He bought this business from Steve and Sarah Yurman in April 1985, and moved it to Decatur. He now makes tofu, soymilk, and tempeh. He is Chinese.

6995. Tjiptoherijanto, Prijono. 1985. Aspek ekonomi dari usaha tempe tradisional: Pendekatan usaha tani kedelai [Economic aspects of the traditional tempeh producer: An appraisal from the soybean producer]. In: Hermana and Karyadi, eds. 1985. Simposium Pemanfaatan Tempe Dalam Peningkatan Upaya Kesehatan dan Gizi [Symposium on Tempeh Utilization in Efforts for Improving Health and Nutrition]. 148 p. See p. 97-113. Held 15-16 April 1985 in Jakarta. [7 ref. Ind]

• ***Summary:*** This article contains the following graphs: Soybean exports from Indonesia (1977-82); Soybean imports to Indonesia (1978-82); Production and consumption of soybeans and soyfoods in Indonesia (1971-82; soyfoods given for only 1978 and 1980); Per-capita consumption of soybeans, tofu, tempeh, and soy sauce (kecap) by province and total, 1978 and 1980. In 1980 the figures for Indonesia as a whole were soybeans 0.16 kg per capita, tofu 4.66 kg, tempeh 4.87 kg, soy sauce 1.61 bottles. The average consumption of tempeh for Indonesia as a whole was 11.6 grams/person/day in 1978 and 13.3 gm in 1980. Source: Central Bureau of Statistics. Address: Dr., Lembaga Demografi–UI.

6996. *Toyo Shinpo* (*Soyfoods News*). 1985. Tonyu o beesu ni–shin seihin [Tofu and soymilk dessert shop opens in Osaka]. May 1. p. 7. [Jap; eng+]
• ***Summary:*** A tofu and soymilk dessert specialty restaurant will open in April in the Kintetsu department store in eastern Osaka at Fuse city. It will be named Tofeez. It is connected with Furuichian Enterprises which owns the Tofu Kan restaurant. It will serve about 30 soyfoods including tofu ice cream, soymilk bread, tofu burgers, tofu pies, soy yogurt, etc.

On 1 April 1985 a popular Western-style tofu restaurant opened in Nagoya. Named Tcha-na-Time, it is located in the NBN Izumi Building, 1-23-36 Izumi, Higashi-ku, Nagoya, Japan, Phone: 052-951-1877. The owner is Ms. Ishiki. In addition to various soyfoods, they also serve meat and fish. Address: Kyoto.

6997. Shurtleff, William. 1985. Re: Recommending that the Library of Congress change its subject heading from "bean curd" to "tofu." Letter to the Library of Congress, Cataloging in Publication Div., Washington, DC 20540, May 4. 1 p. Typed, without signature.
• ***Summary:*** Gives three reasons for recommending the change: (1) "Since 1975, forty-three books on tofu (with the word 'Tofu' in the title or at least half of the book about tofu) have been published in the United States. Every one has used the word 'Tofu' in the title and throughout the text. Not one has used the term 'Bean Curd,' except perhaps once in the text to explain that it is the outdated/obsolete term for tofu. (2) There are presently 182 manufacturers of tofu in the United States. The largest has sales of about $5 million a year. Every one of these companies labels its products as 'Tofu.' Not one uses the term 'bean curd' as the main term on the front panel. (3) The Soyfoods Association of America and the Tofu Council (representing all U.S. tofu manufacturers) have adopted 'Tofu Standards,' which are 129 pages long (single spaced), which are now in their seventh revision, and which have been reviewed and accepted by the U.S. Food and Drug Administration. In these standards is the firm statement: 'The term "bean curd" should not be used on labels, in advertising, or at any other time when referring to

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tofu.'"

Note: On 28 June 1985 Mary K.D. Pietris (Chief, Subject Cataloging Div., Processing Services, Library of Congress) wrote William Shurtleff that the term "Bean curd" would be changed to "Tofu" in the Library of Congress Subject Headings. The change was finalized in July 1985. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: (415) 283-2991.

6998. Siriwardena, T.D.W. 1985. Re: Requesting visit. Letter to William Shurtleff at Soyfoods Center, May 9. 1 p. Typed, with signature on letterhead.

• ***Summary:*** Mrs. F. Hwavitharana, a research worker attached to his center, expects to visit Canada in early July, 1985. She holds B.Sc. and M.Sc. degrees and is a research bio-chemist who has 3 years experience as a research worker at the Soybean Center.

He is writing to Shurtleff to expedite possibilities for her to visit Soyfoods Center to learn about making tempeh, tofu, and soy beverage. He proposes that she spend about 2 weeks at Soyfoods Center. A few visits to tofu and tempeh manufacturing centers in California would also be useful. Address: Sri Lanka Soybean Project, Dep. of Agriculture, Soybean Foods Research Centre, Gannoruwa, Peradeniya, Sri Lanka.

6999. Ayerst, Norman. 1985. Re: Work with Plenty in Dominica and Central America. Letter to William Shurtleff at Soyfoods Center, May 16. 3 p. Typed, with signature.

• ***Summary:*** "I received your message from Maya Shearer and am glad to hear of your interest in our Caribbean projects. Actually my wife [Sarah] and myself worked mostly on the island of Dominica. We spent 18 months there and returned to Canada on the 18th of Feb. '85.

"We worked on an integrated soybean project similar to the program that Laurie Praskin was involved in in Guatemala. My wife and I spent 6 months in Guatemala during 1980 with Laurie and all. At that time, I was responsible for the administration of the Solola Soy Dairy from the Canadian end.

"In Dominica we carried out the INTSOY variety trials and then went on spacing trails, companion planting trials and various other trials to test the long-range capacity of soybean growth in Dominica. Some of these trials were undertaken with the Government, some with the cooperative farming groups and some with individual farmers. We were somewhat overwhelmed with the response of farmers eager to try out soybeans–Dominica is a very agrarian society, by the way, and most people grow a portion of their own food. They are especially eager to find any new crops that can be sold on the local market–it is, overall, a very poor society. We have identified a few varieties that seem to be well suited for Dominica–one is R315. We obtained the original seed through the Intsoy programme and their seed originated in Cuba. It's a very fast growing variety (90 days to harvest) and seems to dry out well in the field even under damp conditions. There is definitely more work to do to identify the exact varieties suited for Dominica but I think we have made a good start and many Dominicans are now participating in the program.

"We opened our initial Soya Shop in downtown Roseau (the Capital pop. 12,000) in May of 1984. Originally, we produced soymilk and tofu which we incorporated into popular local recipes. A fritter that was tofu/okara/bean based became a very big hit in town and surpassed our expectations of immediate interest in soyfoods. A sandwich spread based on tofu/okara and 50% local vegetables was also very popular–and of course the soy based ice cream (especially peanut flavour) is very popular.

"From the original shop, we moved to the edge of town–the most densely populated area of Dominica–to larger premises on the main road south–down the coast. Here we were able to expand our production facility and go more into training programs and wholesaling products. (We do continue with the retail outlet using soyfoods in local recipes.)

"A second soy shop has opened in Roseau called Soy Kweyol. This was opened by a woman who had previously worked with our program. Her name is Natalie Andrews and she has had a history of experimentation with soybeans/soyfoods in Dominica. We are currently working with Natalie to produce flours from local produce (Natalie initiated this project 5 yrs. ago)–cassava, banana, pumpkin, breadfruit etc. With these flours we are adding toasted soyflour to bring up the protein content and experimenting with tastes and recipes to see what the potential of soyflour is in Dominica.

"Through the Ministry of Education we have been able to set up a series of soyfoods preparation courses–for the home and small business. These courses are part of their adult education program and summer school program. There is some talk of the schools incorporating the preparation of soyfoods into their home economics courses.

"The Soya Shop has been purchasing any soybeans that farmers are growing, with most being resold or given away as seed stock. This is the cycle that we are working towards being self perpetuating in the hands of Dominicans. We are working towards a number of small-scale farmers growing enough soybeans to supply the local market.

"I think that I have touched on the basic outline of the soy aspects of the Dominican project–we also have been working on community development projects such as building an addition onto a small rural school, supplying a school with lighting, building a breakwater with a fishermen's group etc. -

"Plenty Canada has also undertaken an integrated soybean project in St. Lucia, Jamaica, and Antigua.

"I have enclosed some articles and part of a report on

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the Dominican project and hope that this gives you an idea of what we have been doing. I would appreciate receiving any comments or further queries from you. I have a high regard for your tofu books and we have used them often.

"My wife, Sarah, has become somewhat of an expert on soy cookery and nutrition over the past 15 years. She is very good at making soyfoods taste extremely delicious. The initial success of our Soya Shop in Dominica can be attributed, to a great degree, to Sarah's soy experience and the participation of some very enthusiastic Dominican women.

"As far as the slides go, I am currently working on duplicating my originals. I am also making prints from negatives. When I have this completed I will let you know and then perhaps we could make an arrangement whereby you can see them.

"Thanks again for your interest, wishing you all the best, Norman Ayerst."

The letter ends with two handwritten addresses on page 3: (1) Noble Bean, c/o Allan & Susan Brown, R.R. 4, MacDonald's Corners, Ontario, Canada. Sarah [Ayerst] has been working with Allan & Susan since we returned from Dominica. (2) Norman's home address.

Letter (e-mail) from Norman Ayerst. 2008. Aug. 3. "At the times we were working in Guatemala and Dominica, we were working for Plenty Canada–and Plenty Canada was in pretty close partnership with Plenty International on planning and executing the programs." Address: 64 Oxford St., Toronto, Ontario M5T 1P1, Canada. Phone: 416-920-2668.

7000. Sato Shoji Co. 1985. Satô Shôji kaigai tsuaa. Sato Amerika Repooto. Sekai ni hirogeyô, tôfu tsukuri no wa [Sato Shoji overseas tour: Report from America. Expanding the tofu making circle into the world]. *Toyo Shinpo* (*Soyfoods News*). May 21. p. 8-9. [Jap; eng+]
• ***Summary:*** Aloha Tofu in Hawaii makes cookies with tofu and vegetables.

7001. Burros, Marian. 1985. Getting warmed up for healthful frozen desserts? Many are but others aren't. *New York Times.* May 22. p. C1, C8. Living section.
• ***Summary:*** About five years ago, when the term "eating healthy" started to become popular, frozen yogurt entered the market. Since then, the number of frozen desserts that claim to be healthful, "all natural," or better for us that old fashioned ice or sherbet, have increased dramatically.

"The newer frozen desserts are often what they seem to be. But sometimes they are not. Products with the word 'tofu' in their names, for example, have little if any bean curd in them." She calls such products "frozen tofu" or "soybean-based desserts." There is a long section on this category of products, which has grown significantly over the last two years. "Though they are cholesterol-free, these nondairy frozen desserts are not necessarily healthier than ice cream, since they are often high in fat" and calories. According to Gary Barat, president of the Soyfoods Association, of 30 frozen products that list tofu as an ingredient, "perhaps no more than three actually contain it, and then at levels of no more than 5 percent." The Soyfoods Association is now working to establish tofu standards.

An illustration shows a package of ice cream with the word "Tofu" in large letters on the front panel.

7002. **Product Name:** Boon Tofu.
Manufacturer's Name: Soy Food Centre. A Unit of Networks Pvt. Ltd.
Manufacturer's Address: Net House, Uptron Estate, Panki, Kanpur, Uttar Pradesh, 288-822, India. Phone: 244311.
Date of Introduction: 1985. May.
New Product–Documentation: Talk with Rajendra ("Raj") Gupta. 1985. July 21. On 23 May 1985 a company that Raj helped to establish started production of tofu in India in Kanpur (a city in northern India in southern Uttar Pradesh, on the Ganges River, 250 miles southeast of Delhi; Population 1.2 million). Last year he bought and imported a Takai W30B tofu system–which can actually process 50 kg/hour of soybeans. There is a big demand for his tofu; he can't keep up with it. One month ago he was making 500 kg/day of tofu, but soon, when his packaging improves, he will be making 1,500 kg/day.

Soya Bluebook. 1986. p. 105. States that this company is making Boon (soy beverages) and Boon (soy frozen desserts). But Raj Gupta writes (Nov. 1994) that these products were experimental only, and never commercialized.

Letter from T.N. Agarwal, Director. 1986. Oct. 3. "Being very small scale entrepreneurs, we have put all our efforts and money, though quite small, to achieve the goal. Then in the first stage, we got a tofu plant from Takai, Japan, and introduced tofu in the Industrial city of Kanpur at very, very low cost ($0.5 per kg). Initially we spent good amounts on sales promotion ($10,000/-) and dropped further publicity to keep the product cost low. The strategy has been that due to low cost the product will have mouth to mouth publicity and we shall be able to keep the price low. But this strategy did not work. We had high initial sales of 500 kg/day which gradually kept dropping and has come to 100 kg/day in the last 6-7 months. We are working now on a new sales strategy and would inform you of the result. In our first sales approach we focused on price and taste to get customers and did not stress the health factor much. Maybe we were wrong... This is our pilot plant. We are offering franchises all over the country to small scale entrepreneurs." Soya Bluebook. 1986. p. 107.

Ad to sell this company's tofu equipment in *The Times of India.* 1987. July 14. p. 12. When asked about the information in this ad, Raj Gupta replied in Sept. 2010 (which see).

Talk with Raj Gupta. 1994. Nov. 21. The tofu company

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he helped to start in India was named Soy Food Centre. It was located in Kanpur, and was part of another company named Networks Pvt. Ltd., which still manufactures electronic test equipment and parts cabinets. Raj had significant shareholdings in Networks Pvt., but he no longer has any ownership in the company. The tofu company ceased operating after 1½-2 years in late 1986 and sold their Takai equipment to a company in Madurai, which is now using ProSoya's SC-20 SoyaCow instead of the Takai system. The main problem was distribution; the tofu spoiled before it reached the consumer. From this experience he realized that Indian needs a system that will produce soymilk or tofu on demand at the place where the people consume it–as at a school or hospital.

Letter (e-mail) from Rajendra ("Raj") Gupta. 2010. Sept. 5 and 7. The company name and address in the 1987 ad are correct. The tofu, which was the only soyfood product made by this company, was sold under the brand name "Boon." "I do not remember using 'soya paneer' on the label. I believe we called it tofu. We did not want it to be seen as imitation paneer. A cooled 200 gm piece of cut tofu was inserted in a small plastic bag, filled with water as much as possible, and heat sealed, and the sealed bag was put in ice cold water. We sold it in almost all types of retail outlets, but catered mostly to the middle and upper middle classes. It was distributed solely by Indo ProSoya Foods in the Greater Kanpur area. Some was shipped to Delhi to bulk users. We were told there was a company that made tofu in Delhi area but was closed down before we started. However, we could never confirm this. We could never find any details." No soymilk was sold commercially as the flavor was too "beany" for Indian palates. They started manufacturing tofu with the Takai system.

Letter (e-mail) from Raj Gupta. 2010. Oct. 15. As far as I can remember, the name "Indo ProSoya Foods Ltd." was created when we intended to go public, but that never happened. The office address of that startup company was 113/121 Swaroop Nagar, Kanpur 208 002, Uttar Pradesh, India. The actual factory was in Panki, a Kanpur suburb.

7003. Miller, Bryan. 1985. Restaurants: American cuisine on the East Side. *New York Times.* May 31. p. C16.
• ***Summary:*** This is a review of the two-star restaurant Safari Grill (1115 Third Ave., near 65th St., in New York City).

"Grilled beancurd with assorted vegetables was an alluring and healthful idea gone awry–the seared slabs of beancurd were insipid."

Note: This is the earliest English-language document seen (April 2012) that contains the term "grilled beancurd;" it refers to grilled tofu.

7004. Andres, Cal. 1985. Tofu: A nutritious, healthful food gaining wide acceptance. *Food Processing* (*Chicago*) 46(5):46. May.
• ***Summary:*** Describes Instant Tofu Blend (one of four Specialty Blends from A.E. Staley Mfg. Co.) and TF-10 spray dried tofu (from Clofine Dairy Products Inc., Linwood, New Jersey). Address: Editorial director.

7005. **Product Name:** Concentrate Plus+ (LeTofu in Dry Powder Form. Powdered Blend of Spray-Dried Tofu, Solids, and Stabilizer for Industrial Manufacture of Tofu Ice Cream).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1985. May.
Ingredients: Spray-dried tofu, corn syrup solids, vegetable gums.
Wt/Vol., Packaging, Price: Industrial packing.
How Stored: Shelf stable.
New Product–Documentation: Brightsong Foods. 1985. Industrial Tofu and Frozen Desserts Offered (News Release). "Brightsong Foods, the oldest tofu development company in the U.S., announces the introduction of its new industrial products: Tofu Plus+, Concentrate Plus+, and Mix Plus+."

Spot in Food Engineering. 1985. July. p. 32. "Introduces tofu frozen dessert concentrate." The all-natural concentrate contains real tofu, soy protein, etc. In Business. 1985. Nov/Dec. p. 25. Letter from Richard Rose. 1987. Aug. 29. Customer added sweetener, fat, flavor, and water to make a tofu frozen dessert. The main ingredient was Oberg's spray-dried tofu.

Note: This is the earliest record seen (April 2001) showing powdered tofu used as an ingredient in a commercial soy product.

7006. **Product Name:** Tofu Plus+ (Freeze-Dried Tofu Powder or Liquid Processed Curd for Industrial Use).
Manufacturer's Name: Brightsong Light Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1985. May.
New Product–Documentation: Brightsong Foods. 1985. Industrial Tofu and Frozen Desserts Offered (News Release). "Brightsong Foods, the oldest tofu development company in the U.S., announces the introduction of its new industrial products: Tofu Plus+, Concentrate Plus+, and Mix Plus+." Letter from Richard Rose. 1987. Aug. 29. Industrial packing, made to customer's specifications. The freeze-drying made it very expensive. It cost $3.50/lb to make and sold for $7.00/lb.

7007. *Dairy Record.* 1985. New advances in tofu desserts. May. p. 29-30.
• ***Summary:*** Phoenix Foods in Wayne, Pennsylvania launches Ta-Tou, and Hawthorn Mellody of Schaumburg, Illinois, debuts Tofait. Tofait contains 15-20% real tofu.

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7008. **Product Name:** [Soyastern Provence Tofu with Herbs].
Foreign Name: Soyastern Tofu Provence.
Manufacturer's Name: Debrecini-Drosihn-Karas. Renamed Soyastern Naturkost GmbH in Dec. 1985.
Manufacturer's Address: Roonstr. 38, D-5200 Siegburg, West Germany.
Date of Introduction: 1985. May.
Ingredients: Water, soybeans*, herbs, spices, sea salt. * = Organically grown; Soyabohnen aus kontrolliertem biologischen Anbau.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Protein 11.3%, fat 7.2%, carbohydrate 1.9%, 118 kcal/100 gm.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This product is the company's #2 best seller. Label. 3 by 5.5 inches. Light green, dark green, red and white. "Soyastern traditional nigari tofu, made purely from plants (*rein pflanzlich*). A piquant seasoned soya specialty for use as an addition to salads or a crisp pan-food (*Eine pikant gewuerzte Soyaspezialität als Salatbeigabe oder knuspriges Pfannengericht*)."

Talk with Thomas Karas. 1990. March 14. He says this product was called Tofu Provence.

7009. **Product Name:** Dreamy Tofu (Non-Dairy Soy Ice Cream) [Chocolate, Mint Chocolate Swirl, Peanut Butter Swirl, or Wildberry Swirl].
Manufacturer's Name: Giant Food Inc.
Manufacturer's Address: 6300 Sheriff Rd., Landover, MD 20785.
Date of Introduction: 1985. May.
Ingredients: Chocolate: Water, sugar, corn syrup solids, cocoa and cocoa processed with alkali, soy oil, soy isolate, tofu, mono and diglycerides, guar and locust bean gums, polysorbate 80, vanillin, cellulose gum, xanthan gum.
Wt/Vol., Packaging, Price: ½ gallon.
How Stored: Frozen.
Nutrition: Chocolate: Per ½ cup. Calories 130, protein 1 gm, carbohydrate 22 gm, fat 4 gm, sodium 15 mg.
New Product–Documentation: Interview with Giant Food. 1985. Nov. 11. Product introduced about May 1985. Leaflet. 1985, dated. "A Dairy-Free Dream Come True." Gives ingredients and nutritional analyses for 4 flavors of Dreamy Tofu. It is made by Giant Food, sold only at the 134 Giant Food stores (in Virginia, Maryland, and DC), and is reasonably priced. Spot in Food Industry Skirmisher (Baltimore, MD). 1985. July. Dreamy Tofu is manufactured in Giant Food's own processing plant and is available in all 134 area Giant stores in half gallon ($2.59 retail) and pint ($0.99) containers.

Ad (full page) in *Washington Post* 1985. June 21. p. A15. Andres. 1985. *Food Processing.* Nov. p. 40. "Tofu-based frozen dessert is cholesterol and lactose free. Opens new marketing potentials" This product, which uses Frostline tofu mix from Grain Processing Corp. as its main soy ingredient, has not detracted from sales of their dairy ice creams.

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Meyers. 1986. Advertising Age. April 28. p. S-4. "Giant Stocks up on Service, Vertical Integration... Last summer it launched a weekly full-page color ad focusing on specific products, such as Dreamy Tofu." Food Engineering. 1986. Aug. p. 91. "Sea and soy proteins spark analogs, blends." Dreamy Tofu from Giant Foods is the first hard-pack use of Frostline tofu mix. A photo shows two Dreamy Tofu cartons (mint chocolate swirl, and wildberry swirl).

Kingma. 1987. Soya Newsletter. 1(3):11. This is "one of the leading supermarket chains in the Mid-Atlantic region. Dreamy Tofu is the only soy-based nondairy frozen dessert presently marketed in half gallon cartons as well as in pints. Distributed to its 142 stores, the product is available in five flavors."

7010. **Product Name:** Gourmet Tofu by Riviera (Non-Dairy Soy Ice Cream) [Vanilla, Almond, Strawberry, Burnt Walnut, or Raspberry].
Manufacturer's Name: Gold Star Ice Cream Co. (Ingredient Systems Division of ITC).
Manufacturer's Address: 921 East New York Ave., Brooklyn, NY 11302.
Date of Introduction: 1985. May.
How Stored: Frozen.
New Product–Documentation: Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 88. Originally the company was planning to call this product "Tofu for You." Dairy Record. 1985. Sept. p. 86. Dairy Foods. 1985. Nov. p. 63; Food Processing. 1986. March; Food Engineering. 1986. Aug. p. 91. Interview with the company. 1987. Sept. Gold Seal is the selling arm of the company, Gold Star is the manufacturing. New brand is Way of Life.

7011. **Product Name:** Staley Instant Tofu Blend.
Manufacturer's Name: Gunther Products Div., A.E. Staley Manufacturing Co.
Manufacturer's Address: 2200 E. Eldorado St., Decatur, IL 62525.
Date of Introduction: 1985. May.
Wt/Vol., Packaging, Price: Sold in bulk.
How Stored: Shelf stable.
Nutrition: Protein 48%, fat 26%, carbohydrate 16%, and moisture 6%.
New Product–Documentation: Andres. 1985. Food Processing. May. p. 46. June. p. 26-27. Kingma. 1987. Soyatech. March/April. p. 11. "In 1984 the company first developed a spray-dried tofu powder prototype to replace egg and milk powders in baking systems."

7012. **Product Name:** [Tofu Drink].
Manufacturer's Name: Hika Shoten (Japan).
Manufacturer's Address: Japan.
Date of Introduction: 1985. May.
New Product–Documentation: Japanscan Food Industry Bulletin. 1985. 3(3):5. May. "Hika Shoten has found a way to blend orange juice with tofu successfully. The tofu is milled to particle size less than one micron and up to 30% orange juice is added. The resulting beverage is positioned as a yogurt beverage alternative."

7013. Hinman, Bobbie; Snyder, Millie. 1985. Lean and luscious. Charleston, West Virginia: Hinman-Snyder Productions. 452 p. May. 22 cm. Spiral bound.
• ***Summary:*** This book, copyrighted in 1984, was originally self-published by the authors in May 1985. A very similar edition was published in Jan. 1987 by Prima Publishing & Communications in Rocklin, California. The subtitle states: "Over 400 gourmet recipes that are low in calories, low in fat, and easy to prepare. Each recipe includes at-a-glance nutritional breakdown." The cover contains a color photo of a gourmet meal with a candle served on a white tablecloth. This low-calorie cookbook has a chapter titled "Legumes and Tofu," containing three soybean recipes and many tofu recipes: Soybean soufflé (p. 308). Bean stroganoff (with soybeans, p. 309). Mushroom soy loaf supreme (p. 310). Oriental tofu fish cakes (p. 320). Italian tofu "meatballs" (p. 321). Tofu cheddar squares (p. 322). Cauliflower tofu bake (p. 323). Tofu parmigiana (p. 324). Tofu rice pudding (p. 325). Tofu chocolate pudding (p. 326). Tofu banana fritters (p. 327). Tofu, peanut butter and banana spread (p. 328). Chocolate tofu cheese pie (p. 329). Tofu banana cream pie (p. 330).

The introduction to this chapter states: "Tofu is a little-known food that offers incredible variety. The curd from the soybean, tofu 'becomes' whatever it is placed with. In pancakes, cheesecakes, puddings, or 'meatballs,' tofu is prepared in ways that will teach you how really unique natural foods can be.

"It is important to note that legumes and tofu add protein to your diet without adding high levels of fat."

On rear cover, two photos show the authors. Address: 1. Maryland; 2. West Virginia. Phone: 916-624-5718.

7014. *Iowa Stater* (*Iowa State University*). 1985. Improving tofu is goal of project. May. p. 7. [2 ref]
• ***Summary:*** Lester Wilson (professor of food technology at Iowa State Univ.) and Jane Love (associate prof. of food and nutrition) are doing carefully controlled studies of tofu and its production. Patricia Murphy (asst. prof. of food technology) has joined the team in its latest project–enhancing the nutritional quality of tofu. A photo shows Wilson and Love.

7015. **Product Name:** Jason Natural Tofu Shampoo.
Manufacturer's Name: Jason Natural Cosmetics.
Manufacturer's Address: Culver City, California.
Date of Introduction: 1985. May.
Wt/Vol., Packaging, Price: 2 fluid oz or 12 fluid oz. Latter

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retails for $3.00.
New Product–Documentation: Medoff. 1985. Whole Life Times. Mid-April/May #42. "Hey, where's the tofu?"

7016. Kushi, Michio; Jack, Alex. 1985. Diet for a healthy heart. *East West Journal*. May. p. 34-38. Cover story.
• ***Summary:*** "In the Middle Ages, the Black Death [bubonic plague] earned its reputation by killing about one-third of the population of Europe. Today, cardiovascular disease claims the lives of over 50 percent of the people in the United States and in many other advanced industrial societies... heart disease is more deadly than all other modern scourges combined, including cancer and loss of life from car accidents, crime, and war...

"One out of every five men in this country will have a heart attack by age sixty... This year, according to the American Heart Association, 1.5 million Americans will have a heart attack, and 550,000 of them will die."

According to Marstow and Page (1978. *National Food Review.* Dec. p. 28-33. "Nutrient content of national food supply), the fat in the American diet comes from the following sources:

43% cooking and baking fat, salad oils, butter, and margarine.

34% red meat, poultry, and fish.

12% dairy products, not including butter.

4% beans, peas, nuts, soy flour, grits.

4% grains, vegetables, fruits.

3% eggs.

The authors believe that a macrobiotic diet based on natural foods (including miso soup and tofu) can largely prevent heart disease.

A color cover photo, by Robert Kaufman, shows Michio Kushi, dressed in a white apron with a red heart on it, slicing a carrot in a kitchen.

7017. Morinaga Nutritional Foods, Inc. 1985. Mori-Nu Fresh Tofu recipes (Leaflet). Los Angeles, California. 1 p.
• ***Summary:*** 8 color recipes. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040.

7018. **Product Name:** Tofu.
Manufacturer's Name: Pureland Soy Products.
Manufacturer's Address: P.O. Box 56, Eudlo, QLD 4554, Australia. Phone: 071-45-0370.
Date of Introduction: 1985. May.
New Product–Documentation: Letter from Riccio A. Ferrari. 1988. March 14. They started making tofu "a couple of years ago." They now make 1,800 lb/week using all second-hand equipment. Talk with (call from) Ricciardo Ferrari of Pureland. He makes only tofu; started about 4½ years ago in May 1985. Wants to expand the business.

Letter from R.A. Ferrari of Pureland Soy Products. 7 May 1992. The company address is now 23 Depot St., Maroochydore, QLD 4558. Phone: (074) 43 4254.

Letter and leaflet sent by Jennie Finnigan and Ricciardo Ferrari. 1992. June 17. The company now has a new address and phone number: Lot 47 Page Street, Kunda Park, QLD 4556. Phone: (074) 45 6077. The leaflet (brown on yellow) states that Pureland's fresh tofu is now available in 375 gm, 500 gm, and 750 gm packs.

7019. Robey, B. 1985. America's Asians. *American Demographics*. May. p. 22-25, 28-29.

7020. Shurtleff, William; Aoyagi, Akiko. 1985. History of tempeh: A fermented soyfood from Indonesia. 2nd ed. Lafayette, California: Soyfoods Center. 91 p. May. 28 cm. [402 ref]
• ***Summary:*** A slightly revised and updated version of the July 1984 edition.

This book is now (as of April 2011) available free of charge on Google Books, in full view. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

7021. **Product Name:** Soft Tofu Cheese (Non-Dairy Cream Cheese / Soft Tofu-Miso Dip) [Plain, or Herb].
Manufacturer's Name: Simply Natural, Inc.
Manufacturer's Address: P.O. Box 295, Norma, NJ 08347.
Date of Introduction: 1985. May.
Ingredients: Tofu, sweet white miso, seasonings.
Wt/Vol., Packaging, Price: 8 oz round plastic container. $2.59 retail.
How Stored: Refrigerated.
Nutrition: Per 1 oz.; 43 calories.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1987. June. p. 64. "Tofu Cheese." The

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product is similar to cream cheese. Ad in Natural Foods Merchandiser. 1986. Oct. p. 18. "So Who Needs Cream Cheese Any More? Mama Would Approve... Can be used in place of cream cheese and ricotta cheese." Also ad in Vegetarian Times, Dec. 1986. p. 9. This address is given as Simply Natural, Inc., Norma, New Jersey 08347. Label. 1986. 4.5 inches diameter plastic lid. Green and purplish red on white. "A Non-Dairy Cheese Substitute. Spreads smoothly. Ideal on breads, bagels, crackers, on sandwiches, in dips and in sauces." Spot in Soya Newsletter. 1987. 1(4):6. New Onion / Chive or Garlic flavors.

Spot in Gourmet Today (Birmingham, Michigan). 1987. Aug. The founders of Simply Natural Inc. are Bob Pirello and Christina Hayes. Talk with Christina Hayes Pirello. 1988. May 11-12. See Brief History of Simply Natural, Inc. This product is a creative product made by wrapping firm tofu in cheesecloth and embedding it in sweet white miso, then blending / pureeing it. Sold initially as a catering item, it was first sold commercially in May 1985.

Note: This is the earliest record seen (April 2013) concerning Simply Natural, Inc.

7022. Soyfoods Center. comp. 1985--. SoyaScan: Computerized bibliographic database on soybean utilization, history, nutrition, processing, marketing, and production. 1100 B.C. to the 1980s. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. [33940 ref]
• ***Summary:*** First available for use: May, 1985. Statistics as of 1 Jan. 2000: Total number of records: 59,440. Number of records with abstracts: 45,007 (75.7% of total). Average number of words per abstract: 143. Earliest record: 1100 B.C. Number of records for documents published before 1970: 26,000 (44% of total). Number of records on commercial soy products (mostly soyfoods): 7,702 (13.0% of total). Number of individual commercial soy products listed: 12,683. Percentage of records with information on soybean utilization: 82%. Percentage of records with information on soybean production: 26%. Growth rate of database: 2,000 to 2,500 records/year. Printed formats available: Printed bibliographies on major subjects of interest are published regularly. Availability for custom database searches: Available to anyone. Rates: $0.50/record for 0-300 records printed, minimum $90.00. 300+ records are $0.20 each. Commercial Soy Products, Market statistics, and SoyaScan Notes are $1.50 each. No time-based fee is charged. Availability for online searching: Not available.

7023. **Product Name:** [Tofu Salad Dressing].
Foreign Name: Tofu Salat-Creme.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1985. May.
Ingredients: Tofu, soymilk, soy oil, mustard, cane sugar, fruit vinegar, sea salt, citric acid.
Wt/Vol., Packaging, Price: 150 gm or 10 kg plastic tub.
How Stored: Refrigerated, 6 week shelf life at 8ºC.
Nutrition: Protein 6.6%, water 62.8%, fat 20.0%, pH 4.4, ash 1.6%, carbohydrate 6.4%, energy 243 calories/100 gm.
New Product–Documentation: TKW color products catalog. 1988. April. Shows Labels. Red, light green, and orange on white. Label. 1988, received. 3.25 inch diameter.

7024. Torii, Yasuko. 1985. The Book of Tôfu to no deai: Amerika no tôfu buumu no haikei [My encounter with The Book of Tofu (by Shurtleff & Aoyagi): The background of the tofu boom in America]. *Daizu Geppo* (*Soybean Monthly News*). May. p. 31-35. [Jap]
Address: Nihon Yuki Nogyo Kenkyukai Jonin Kanji.

7025. Tsuchiya, Kunio. 1985. Minami no tôfu, kita no tôfu. Fûdo to tôfu. Shiriizu sôshûhen [Southern tofu, northern tofu. Climate and tofu. Plus overview of the series]. *Daizu Geppo* (*Soybean Monthly News*). May. p. 22-25. [Jap]
Address: Gyomu Bucho, Daizu Kyoku Antai Kyokai.

7026. Worthington Foods, Inc. 1985. Natural wonders: Taste the difference in new Natural Touch (Ad). *Bestways*. May. Also in Natural Foods Merchandiser. 1985. May.
• ***Summary:*** This full-page color ad shows packages of (left to right): Okara Patties, Dinner Entrée, Natural Touch Tofu Garden Patties, and Harvest Bake Lentil Rice Loaf. In the foreground is a large slice of one of these on a fork. At the bottom is a 20¢ coupon. Address: Worthington, Ohio 43085.

7027. Roger, Patrick. 1985. [Re: New developments with soyfoods in France, and the Association Rurale des Travailleurs sur Soja]. Letter to William Shurtleff at Soyfoods Center, June 12. 3 p. Typed, with signature. [1 ref. Fre; eng+]
• ***Summary:*** "Many of the farmers in my region have told me that they grew soybeans during World War II. It seems that this was a sort of culture (tax or duty on which the farmers were owing/in debt), for the German occupants considered the soybean to be a strategic commodity.

"More recently, in 1974, it is under the impetus of Mr. Jean Claude Sabin, sometimes called 'Mr. Soja,' that the culture of soya has taken off again in France, starting with the Department of Tarn. Mr. Sabin is presently president of various organizations actively involved with popularizing soybean culture in France. I'd like to point out the little newsletter edited by l'ONIDOL (Office of Oilseed Development) titled *L'Inoculum.* It contains extensive useful information on the culture of soya in France. Subscriptions are free. Write: L'Inoculum, 17 rue Fleurance, 31400 Toulouse, France.

"Finally a little history of l'ARTS. Our association was officially created in December 1983 by Olivier Attie,

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who is today its president, by Jacques Isnard and Alain Lacombe, who manage SOJADOC, which makes tofu and tofu products, and by myself who am now director. The base of the association is now widened to include other members. Those in charge of businesses such as Mrs. Sakaguchi, Colin, Wintzer, Garcia; people working in public organizations; soy researchers; wholesalers. Presently the three of us most actively involved are (1) Olivier, who is most particularly interested in the development projects in Africa. (2) Anne Caderas de Kerleau, who is collecting important documents and writing a book on soya, and (3) me, who keeps people connected by publishing *La Lettre de l'ARTS* and does investigations as on markets, adapted varieties of soybeans, etc.

"By the way, we have a project to launch in the near future the idea of a European Soyfoods Manufacturers Assoc. (but there is no good equivalent for the word 'Soyfoods' in French). We are in the process of working out the laws but the divisive political and linguistic context in Europe makes these things very delicate. In this body we will try to work together to establish standards for production and labeling, to protect soyfoods from the attacks of the dairy lobbies, and to publish a 'Soyfoods Letter' in English and French...

"Here is a list of recent arrivals on the market in France: Sojadoc (fresh tofu and tofu cuisine), Sojagral Ouest (tofu), La Maison du Tofu (tofu), L'Athanor (tempeh), Sapov (soymilk, natural or deodorized)... It seems that 1986 will be the boom year for soy products in France...

"Our training session on tofu took place in November 1984 at Penne and Corbarieu. It has been followed by Mani Coulibali of Senegal, who has since been sent by AGROPOL [Association pour le Developpement International Agronomique et Industriel des Proteagineux et des Oléagineux] as a soya expert for Africa, and by Koffi Aquereburu, who is looking for partners/financiers for a tofu project in his country, Togo.

"I have previously set up a shorter session in the same way (at the same time) a dossier of study (in Spanish) for Hidegar Garcia of Venezuela in view of setting up an experimental shop in that country. I have had no news from him since then.

"The next stage, organized by Olivier Attie, will take place in July by a person from Burkina Faso (formerly Upper Volta) in view of implementing a low technology shop in his country." Address: Director: 1. La Guitarde, 82370 Corbarieu, France; or 2. ARTS (Association Rurale des Travailleurs sur Soja), Presbytere de Saint-Paul-de Mamiac, 81140 Penne du Tarn, France. Phone: 63/56 34 09.

7028. Wood, Deborah Leigh. 1985. Nothing timid in frozen tofu's calorie count. *Chicago Tribune.* June 13. Food section. p. 2.
• ***Summary:*** Note the use of the term "frozen tofu" in the title to apply to soy ice creams. "If you don't know much about tofu frozen desserts, you might assume they're nutrition packed. But if you give a lick about calories, you won't eat too much... Tofu frozen desserts have increased fourfold in the last few years since David Mintz created Tofutti..."

"Haagen-Dazs now sells Tofutti in its 28,000 shops throughout the country."

Robert Tepper, vice president of the Soyfoods Association of America and national sales manager for Farm Foods, says that no matter what you call them, they are still just desserts.

7029. Hillock, Lawrence. 1985. Soy food maker hopes to win over western palates [Stephen Yu and Victor Food Products Ltd. in Toronto]. *Globe & Mail* (*Toronto, ONT, Canada*). June 24. p. B7.
• ***Summary:*** Victor Food Products Ltd., Canada's largest tofu maker, produces 10 tons of soybean curd and related products each week. He sells these foods mostly to oriental enclaves, health food stores, and specialty sections of large supermarkets. Last year his gross sales were less than $1 million. Address: Canada.

7030. Hosaka, Yaoji. Assignor to Toyu Food Co-Operative Corp. (Saitama, Japan). 1985. Process for manufacturing flavored and patterned tofu. *U.S. Patent* 4,525,373. June 25. 6 p. Application filed 1 June 1983. 11 drawings. [5 ref]
• ***Summary:*** This is an invention for "tofu steak," which is a flavored and patterned cake of tofu. It is grilled on a steel plate like beefsteak. The pattern comes from the bottom of the forming box. Address: Yashio, Japan.

7031. Pietris, Mary K.D. 1985. Re: "Bean curd" will be changed to "Tofu" in the Library of Congress Subject Headings. Letter to William Shurtleff at Soyfoods Center, June 28. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Your letter set into motion a chain of investigation which will result in the approval, at the editorial meeting next Wednesday morning, of the change from Bean curd to Tofu.

"You may be interested in the history of this heading. We established the heading Tofu in 1965. In the mid-1970's disputes arose here about the proper form of romanization of that term. The dispute was resolved by the decision to use the common English term Bean curd instead. This decision was backed by the edition of Webster's dictionary that was then in print.

"With the passage of time, and as you indisputably pointed out, the use of the word Tofu has gained universal acceptance. It has since become the preferred term in the latest edition of *Webster's Dictionary.* We agree that it is time to change the subject heading back." Address: Chief, Subject Cataloging Div., Processing Services, Library of Congress, Washington, DC 20540. Phone: 202-707-5342.

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7032. Bray, Franco. 1985. Un gelato vegetale a base di soia [Vegetable ice cream based on soya]. *Industrie Alimentari* 24(228):513-15. June. [12 ref. Ita]
• ***Summary:*** Discusses methods and procedures for making a bland tasting tofu for use in Tofutti, a non-dairy ice cream made in the USA. Tables compare the chemical composition of cow's milk and soymilk, the dry okara (*residuo secco*) from Amsoy, Vinton, and Weber soybean varieties as a function of the extraction method, and the amino acid composition of soy protein and milk proteins.

Note 1. This is the earliest Italian-language document seen (March 2007) that mentions soy ice cream, which it calls *Une gelato vegetale a base di soia.*

Note 2. This is the earliest Italian-language document seen (Oct. 2001) that mentions okara, which it calls *Il residuo secco* and *materiale insolubile.* Address: Via Crimea 21, 20147 Milan, Italy.

7033. **Product Name:** [Tofu with Mushrooms in Gravy (Canned)].
Foreign Name: Tofu Pastetefuellung / Farce pour vol-au-vent / Ripieno per vol-au vent.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1985. June.
Ingredients: Water, tofu, mushrooms (oyster mushrooms and Judas' ears), nonfat dry milk, milk protein (casein), vegetable oil, apple cider, starch, seasonings, cream, sea salt, binding agents.
Wt/Vol., Packaging, Price: 420 gm can. Retails for FR 2.60.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm: Protein 8 gm, fat 5 gm, carbohydrate 8 gm, 1.3 gm salt, 110 calories.
New Product–Documentation: Letter from M. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. This product was launched in 1985 and discontinued in 1988. Label. 1988. 9.5 by 4 inches paper. Black, pea green and orange on brown or dark beige. Motif of a twisted rope and green soybean leaves plus pods on top. Photo of the product in pastry shells.

Alfa-Laval. 1988, June. Soyfoods: Old traditions with new potentials. p. 9. A color photo of the front of the can shows the label.

7034. *Dairy Record.* 1985. New tofu concept for frozen desserts. June. p. 95.
• ***Summary:*** Frostline Tofu Dry Mix is made by the Frostline Food Service Dept. of Grain Processing Corp.

7035. *Dairy Record.* 1985. Tuscan Farms: Moving beyond dairy. Fired up by a new parent company, Tuscan Farms is out to break tradition. June. p. 11-12, 42.
• ***Summary:*** A new TV spot shows family members enjoying Tuscan's Tofu frozen novelties on a stick. Indeed Tuscan Dairy Farms of Union, New Jersey, has launched "Tofu Bars," a non-dairy, lactose- and cholesterol free frozen dessert on a stick. A photo (p. 42) shows "Tuscan's tofu on a stick."

7036. Faris, Charlene. 1985. Bean curds and why. *Women's Sports and Fitness* 7:46-47. June. [2 ref]
• ***Summary:*** A brief, positive introduction with one recipe for Mariah's yummy tofu burgers. "The restaurant offering the most tofu dishes on its menu is the Oasis Buffet Dining Room at Alive Polarity's Murietta [sic, Murrieta] Hot Springs in (where else?) California."

7037. *Food Processing* (*Chicago*). 1985. 101 new food plants: Tofu, soymilk–Mighty Soy, Inc. June. p. 46.
• ***Summary:*** A color photo shows the front of Mighty Soy's new 8,000 square foot facility in Los Angeles, California. It began operation in Nov. 1984 and cost $250,000.

7038. **Product Name:** Tofu [Regular, or Firm].
Manufacturer's Name: Jerusalem Tofu.
Manufacturer's Address: Moshav Orah, Jerusalem 90880, Israel. Phone: 02-413-809.
Date of Introduction: 1985. June.
New Product–Documentation: Talk with Simcha Susan Ergas. 1986. Feb. She says they are the only tofu company in Israel. They have a contract with the Israeli army. Talk with Mike Geringer. 1988. Jan. 2. The company is still in existence. He is starting a new company to make a tofu-based meat analog.

Talk with Susan Ergas. 1989. May 1. She purchased this company from the couple that started it as Golden Jerusalem, then they left the country and are now living in the USA. She does not know when they started the company. She started making regular and firm tofu in about June 1985. The business is now growing, and making 3,000 to 4,000 kg/month of tofu.

Talk with Yoyam Getzler. 1989. June 29. He is a partner in this company with Simcha Susan Ergas. The company was started in 1983 by Susan Ergas and Karen Friedland. Getzler came in in 1989. They are small and undercapitalized. They now make 350 kg/week of fresh tofu, and are developing a new product, a Tofulafel (tofu felafel) in the shape of a ball. Also hope to do a tofu burger. Their phone is now 02-434-830.

Talk with Avraham Sand. 1990. Sept. 9. Simcha (that is her Hebrew name) used to have a tofu shop at Mt. Shasta, California. She now owns the main commercial tofu shop in Israel, Jerusalem Tofu. He saw her briefly about 3 weeks ago in Jerusalem. He got the feeling that things were not going as

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well as she had hoped they would. Its still a small shop. Her tofu is not sold in supermarkets.

7039. Kushi, Aveline; Jack, Alex. 1985. Aveline Kushi's complete guide to macrobiotic cooking: For health, harmony, and peace. New York, NY: Warner Books. xvii + 414 p. June. Illust. Index. 23 cm. [36 ref]
• ***Summary:*** Index entries include: Miso 61, Tofu 50, Tamari 19, Tempeh 17, Whole dry soybeans 6, Natto 3, Soymilk 3, Yuba 1. This book calls ganmodoki "Tofu Croquettes" and further states that "*Gan* means 'crane' and *modoki* means 'looks like.'" Among the 31 chapters are ones titled Beans (incl. basic black soybeans, and brown rice with black soybeans); Tofu, Tempeh, and Natto (including yuba); Sea Vegetables; Condiments and Garnishes (incl. miso), and Fish and Seafood.

Under "Black Soybeans" (p. 257) we read: "These nice shiny beans are also called Japanese black beans. They have a strong, delicious taste. Their juice is said to make the voice clear and beautiful. Throughout Japan, mothers prepare their children for music tests and singing lessons with this dish. Black soybeans are also used medicinally to help discharge animal toxins from the body." Note: This is the earliest macrobiotic cookbook seen that uses the term "Black soybeans" in a recipe title. All previous macrobiotic cookbooks called them "Black beans."

Contains recipes for homemade tofu, tempeh, and natto. Address: Brookline, Massachusetts.

7040. Mandoe, Bonnie. 1985. Tofu. The perfect summer food. *Bestways.* June. p. 40-41, 54.

7041. Medoff, Marc. 1985. Whole foods in the news: Soy Delites' Tofu Cheesecake, and Soy Mozzarella. *Whole Life.* June. p. 26-27.
• ***Summary:*** Its been a while since high-quality tofu cheesecakes have been available in retail shops in New York–sold either as whole pies or by the slice. The Sprucetree Baking Co. of Baltimore, Maryland, stopped making their tofu cheesecake some time ago, but now a company from New Jersey named Soy Delites' (run by Louis Fellman, a former president of Sprucetree) has launched a sinfully delicious Tofu Cream Pie that is a big hit in natural foods stores. Last February pies began to be sold in natural food stores in either one-slice servings or 4-slice mini-pies. At the same time a number of restaurants and natural food snack bars also started carrying them, and within weeks their sales had soared. The pies come in several flavors, including blueberry, strawberry, pineapple, coconut, and carob-coconut. One slice retails for about $1.50 and the 4-slice pie retails for about $4.50. The ingredients in this cheesecake are: Organic tofu, honey, tahini, lemon juice, vanilla & almond extracts, organic wholewheat flour, unrefined safflower oil, and then the appropriate topping for each flavor (Sorrell Ridge fruit conserves are used exclusively). The 5 ounce slices contain less than 200 calories and are certified Kosher-Pareve. "According to a report in *American Health* magazine a typical slice of cheesecake contains a whopping 641 calories–and that's in addition to being full of eggs, sugar and loads of fat." Fellman is now making nearly 200 tofu pies a week for natural food stores and restaurants–and even Bloomingdales. For more information, call Fellman at (212) 408-3116 or (201) 583-8907, or write P.O. Box 56, Matawan, New Jersey 07747. A photo shows Louis Fellman placing a tray of tofu pies into the oven at the New Jersey bakery.

Another new soy product, now being test marketed in the New York area is Soy Mozzarella. It "looks like, tastes like, and believe it or not even *melts* like the real stuff they put on pizzas. Made from soy milk, water, soy oil, vegetable gum, vegetable renin, salt, and nigari, Soy Mozzarella is sold in different sized chunks for about $4.79 a pound at a selected few natural foods stores in New York City, New Jersey and Philadelphia." The test marketing has been going on for about 10 weeks, however little information is available about the manufacturer or ingredients. Neshaminy Valley Natural Foods of Huntingdon Valley, Pennsylvania, has been distributing it in Manhattan, but Edward & Sons Inc. of Union, New Jersey is also involved in some aspect of its marketing. The author was told that "a young entrepreneur in Wisconsin had come up with the recipe." A photo shows Dr. Esther Starr of Clifton, New Jersey, holding a large brick (10-12 inches long) of Soy Mozzarella. Address: Editor and Publisher of Whole Life magazine, New York.

7042. Medoff, Marc. 1985. The best natural-foods restaurants in North America. *Whole Life Times.* June. p. 18.
• ***Summary:*** The Tofu Shop in Arcata, California, is listed under California. It bills itself as "an alternative fast food deli that uses ingredients people can trust." Address: Editor and Publisher of Whole Life magazine, New York.

7043. *Natural Foods Merchandiser.* 1985. Refrigerated/frozen foods get a blast from the past. June. p. 1, 54-59.
• ***Summary:*** Includes excellent discussions of tempeh, soymilk, and non-dairy frozen desserts including Tofutti, Ice Bean, and Rice Dream. One retailer says: "We've never had a product line like Tofutti, where customers practically tell us they'll bomb our store if we don't carry it." Tofutti continues to show strong sales, but it is facing competition from other soy-based frozen desserts (such as Ice Bean), as well as ice cream facsimiles made from fruit (such as Yodolo) or rice (such as Rice Dream).

On the same pages as the article are color ads for Rice Dream and Legume "Enlightened Entrees with Tofu."

7044. Plenty Canada. 1985. Plenty Canada project highlights (Brochure). Lanark, ONT, Canada. 6 p. June.

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• ***Summary:*** Includes discussions of Plenty Canada soy projects in Sri Lanka, the Caribbean (Dominica, St. Lucia, Jamaica), and Lesotho. On Dominica, within 6 months of Plenty Canada setting up a Soy shop, one other successful Soy Shop (named Soy Kweyol) has been opened by a local Dominican who happened to be the first wholesale customer of the Plenty Soy Shop. On St. Lucia, a group of farmers at La Pelle succeeded in growing approximately 10 acres of soyabeans. Denn Farm, a commercial farm, grew 5 acres of soyabeans.

On Jamaica, over 1,000 people received actual training in soybean processing over a 1-year period.

Note: In 1985 Plenty Canada sent Soyfoods Center a 4 by 6 inch color photo (taken recently) of the Lesotho Soy Dairy, part of the Village Technology Training Centre (VTTC), with solar panels on the thatched roof and two Plenty volunteers seated on the thatched roof. Address: Lanark, ONT, Canada.

7045. **Product Name:** Gloria Vanderbilt's Glace Tofu-Based Novelties.
Manufacturer's Name: Seligco Food Co. Frusen Gladje Ltd.
Manufacturer's Address: 424 E. John St., Lindenhurst, NY 11757.
Date of Introduction: 1985. June.
How Stored: Frozen.
New Product–Documentation: Dairy Record. 1985. Sept. p. 86. Przybyla. 1985. Sept. p. 146.

7046. **Product Name:** [Tofu Spreads (With Vegetables, Seitan, Green Rye, or Tunafish)].
Foreign Name: Tofu Aufstrich (Brotaufstrich aus Tofu und Gemuese), Pasetta (Tofu und Seitan), Gruenkern Pastete (Tofu und Gruenkern), Tarree (Tofu und Thunfisch).
Manufacturer's Name: Sojvita Produktions GmbH.
Manufacturer's Address: Hauptplatz 1, 2493 Lichtenwoerth, Austria. Phone: 02622/75494.
Date of Introduction: 1985. June.
Ingredients: 1. Tofu, parsley, celery, soy sauce, onions, vegetable oil, spices (Gewuerze), starch, lecithin. 2. Tofu, seitan (wheat gluten), soy sauce, vegetable oil, spices (Gewuerze), starch, lecithin.
Wt/Vol., Packaging, Price: 180 gm.
How Stored: Refrigerated.
New Product–Documentation: Letter from Norbert Brunthaler. 1988. Jan. 4. Gives date of introduction as September 1986. Label. 1987. 9.25 by 1.25 inches. Dark green, light green, orange, and black on white.

7047. **Product Name:** Tempeh Burgers, and Tofu Burgers.
Manufacturer's Name: Sooke Soy Foods Ltd.
Manufacturer's Address: 2625 Otter Point Rd., R.R. 2, Sooke, Vancouver Island, BC, V0S 1N0, Canada. Phone: 642-3263.
Date of Introduction: 1985. June.
Ingredients: Tofu (or tempeh), natural soy sauce, herbs and spices.
Wt/Vol., Packaging, Price: Tofu: 8 oz. Tempeh: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1985. 3 inch diameter. Self adhesive. Brown (Tofu) or Green (Tempeh) on beige. "Ready to serve, or steam for 5 minutes. Meatless."

7048. **Product Name:** [Tofu].
Foreign Name: Tahoe.
Manufacturer's Name: Tempé Produkten B.V. in April 1983.
Manufacturer's Address: Tunnelweg 107, 6468 EJ Kerkrade, Netherlands. Phone: 045-455803.
Date of Introduction: 1985. June.
Ingredients: Water, soybeans, nigari (stremsel).
Wt/Vol., Packaging, Price: 500 gm vacuum pack. Retails for FL 1.99 (12/92, at Albert Heijn, Netherlands).
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories (Kcal) 120 (490 kilojoules), fat 7 gm, protein 13 gm, carbohydrates 0.5 gm.
New Product–Documentation: Talk with Ike Van Gessel. 1991. Nov. 24. Tempé Produkten B.V. (Tempeh Products Inc.) now makes only two products: Soy tempeh and regular tofu. They started to make tofu in June 1985, shortly after they changed the company name. The interesting news is that they are now also the largest tofu manufacturer in the Netherlands, producing 10,000 cakes/week of tofu. Their tofu plant is totally automated; they developed a machine based on the design of one that is made in Japan, but better than it. Next year, Tempeh Products expects its tofu production to double because of a major contract they have with Albert Heijn, a very large food store chain in the Netherlands; that is where they now sell most of their tofu.

Letter and Labels from Ike Van Gessel. 1992. Dec. 20. The label for the product sold at Albert Heijn (starting in 1992) is 4 by 6 inches. Yellow, orange, blue, green, black, and white. Plastic film. 500 gm. The label for the regular tofu (introduced in June 1985) is the same size but red, yellow, and brown on white.

7049. **Product Name:** Tuscan Tôfü Bar (Non-Dairy Soy Ice Cream Novelty on a Stick) [Chocolate Coated Chocolate Royale, Chocolate Coated Vanilla Almond, or Uncoated Lemon Chiffon].
Manufacturer's Name: Tuscan Foods Inc. (Tuscan Dairy Farms).
Manufacturer's Address: 750 Union Ave., Union, NJ 07083.
Date of Introduction: 1985. June.
Ingredients: Chocolate Coated Vanilla Almond: Water, cane sugar, corn oil, corn syrup solids, tofu, salt, citric acid,

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sorbitol, glycerine, cellulose gel, soy protein, carrageenan, guar gum, locust bean gum, pure vanilla, natural flavors, polysorbate 80. Coating: coconut oil, chocolate liquor, sugar, soya lecithin, natural vanilla flavor.
Wt/Vol., Packaging, Price: 2.5 fluid oz bar, 6 per box. Retails for $1.99.
How Stored: Frozen.
New Product–Documentation: Interview with Tuscan Tofu. 1985. Feb. 6. The company will introduce Tuscan Tofu, a frozen stick novelty, in early March, 1985. For details, talk with Thomas Montagna. Tuscan is a 100-year-old fluid milk company, one of the biggest milk companies in New York state.

Shurtleff & Aoyagi. 1985. Tofutti & Other Soy Ice Creams. p. 88; National Dairy News. 1985. June 7. p. 4. "Snack Sticks. Tuscan is said to be the first with a tofu frozen dessert on a stick"; Frozen Food Age. 1985. 33(12):61. July. Spot in Fancy Food & Candy (Des Plaines, Illinois). 1985. Oct. "Frozen Snack on a Stick." Spot in Dairy Record. 1985. June. p. 42. Martin. 1985. Quick Frozen Foods. July. p. 29. Spot in Food Processing. 1985. Aug. p. 88. "Frozen tofu bars–lactose and cholesterol free." Color photo shows packages of Lemon Chiffon, Vanilla Almond, and Chocolate Royale.

Black-and-white photo of Label in Shigeru Otsuka, 1987. "Journey into the world of soy sauce." p. 184.

7050. Vaidehi, M.P.; Vijayalakshmi, D.; Annapurna, M.L. 1985. Consumer evaluation of tofu, tempeh, curd, and "Meal Maker" in urban areas. *Indian J. of Nutrition and Dietetics* 22(6):190-93. June. [15 ref]
• ***Summary:*** Rural Indian consumers (mostly housewives, predominantly of middle and low income) preferred tempeh and tofu curries to Meal-Maker (textured soy flour) in appearance, flavor, aroma, and after taste, while urban consumers preferred Meal-Maker curry, followed by tempeh and tofu curries. Soy curd (like yogurt) was least preferred by both rural and urban consumers. Address: Univ. of Agricultural Sciences, Hebbal, Bangalore 560 024, India.

7051. **Product Name:** Westbrae Natural Tofu Ramen. Instant Asian-Style Whole-Wheat Noodles & Miso Flavor Broth.
Manufacturer's Name: Westbrae Natural Foods (Importer). Made in Japan.
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: (415) 658-7521.
Date of Introduction: 1985. June.
Ingredients: Asian style noodles: whole wheat flour, sifted wheat flour, and sea salt. Vegetable broth: powdered shoyu (soybeans, wheat and sea salt), dried tofu (soybeans, nigari bittern), shiitake mushroom powder, kombu seaweed powder, sea salt, dried onion, garlic, white pepper, dried ginger, green onion.
Wt/Vol., Packaging, Price: 3.1 oz (90 gm).
How Stored: Shelf stable.
New Product–Documentation: Label. 1986, undated. 10 by 7 inches. Plastic. Red, green, white, brown on yellow. Color picture of bowl of Tofu Ramen.

7052. **Product Name:** Soymilk [Maple, Honey-Vanilla, or Plain].
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1985. June.
Wt/Vol., Packaging, Price: Pints and quarts.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 26. The company started production in June 1985, making tofu and soymilk.

7053. **Product Name:** Tofu Topper (Spread or Potato Topping) [Herbs & Spice Pate, Pepper & Onion Pate, or Spicy Mexican Pate].
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, OH 43085. Phone: (614) 885-9511.
Date of Introduction: 1985. June.
Wt/Vol., Packaging, Price: 10 oz metal can. Retails for $2.39.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Ad (full page, color) in Natural Foods Merchandiser. 1985. June. "Nothing tops Tofu Topper, on potatoes, sandwiches, canapes, vegetables... be creative."

7054. Worthington Foods, Inc. 1985. Nothing tops Tofu Topper, on potatoes, sandwiches, canapes, vegetables... and on your shelf (Ad). *Natural Foods Merchandiser.* June. p. 47.
• ***Summary:*** This full page color ad shows three cans of tofu topper on a wooden cutting board surrounded by vegetables and crackers. On top of one can is a baked potato, on top of the 2nd some chops and dip, and atop the third a veggie burger with Tofu Topper inside.

Note: Worthington Foods has created the Natural Touch brand for introducing its products into natural- and health food stores; for supermarkets it generally uses the Morningstar Farms brand. Address: Worthington, Ohio 43085.

7055. Sheraton, Mimi. 1985. International pot luck: Variety spices the country's rich culinary life. *Time* 126(1):98-99. July 8.
• ***Summary:*** This article is part of a special issue of *Time* magazine about immigrants. It notes that as Americans learn about new ethnic cuisines, they are also "busy naturalizing foreign ingredients into native dishes: tofu, the cheeselike

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soybean curd, as the base for burgers and ice cream... Tempeh, the Oriental fermented soybean cake, is here formed and flavored to simulate bacon and pastrami."

"How long can it be before Benihana is joined by chains with names such as Tacorama, the Piteria, Dim-summery and even Tofusion."

A photo captioned "A sundae kind of love," notes that "there is not one drop of dairy product in the tofu-based "Ice cream." Developed for Jews who observe kosher laws and cannot combine dairy and meat products in the same meal, this creamy soybean-based frozen dessert also satisfies those on low-calorie diets."

Note: This is the earliest known article in *Time* magazine that mentions tempeh.

7056. Clofine Dairy Products Inc. 1985. Re: Sample request. Letter to Dr. Walter Wolf at Northern Regional Research Center, Peoria, Illinois 61604, July 10. 1 p. Typed, without signature on letterhead. [1 ref]
• ***Summary:*** Clofine fills out this form, sending one lb of Spray Dried Tofu #127 to Dr. Walter Wolf, with a "Request for evaluation." Accompanying the form is a 1-page product specifications sheet for "Spray Dry Tofu" typed on Clofine's letterhead which is printed with purple ink on beige paper. The product contains (on average) 25.5% fat, 53.5% protein, 4.5% ash (max), and 3% moisture (max). Address: 1407 New Road, P.O. Box 335, Linwood, New Jersey 08221. Phone: 609-653-1000.

7057. Gupta, Rajendra ("Raj"). 1985. Work with soymilk and tofu (Interview). *SoyaScan Notes.* July 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** On 23 May 1985 a company that Raj helped to establish started production of tofu in India in Kanpur (a city in northern India in southern Uttar Pradesh, on the Ganges River, 250 miles southeast of Delhi; Population 1.2 million). Last year he bought and imported a Takai W30B tofu system–which can actually process 50 kg/hour of soybeans. There is a big demand for his tofu; he can't keep up with it. One month ago he was making 500 kg/day of tofu, but soon, when his packaging improves, he will be making 1,500 kg/day.

For packaging, he uses a heat-sealed pouch, which is sealed with a Takai K-1020 sealer. He makes his own plastic containers. His larger plan is to establish franchises, and to manufacture tofu equipment in India.

He has applied for a process patent (not a machine patent) on a cold grind process for making soymilk with no beany flavor. He wants to license the patent. The concept sounds like a breakthrough. He has patented it in India, the USA, and internationally. It is based on a special machine which can be made inexpensively, in small shops.

Another tofu company in India is Tofu India Ltd. One company that was located near Delhi is no longer in business.

Note 1. This is the earliest document seen (Feb. 2010) concerning the work of Raj Gupta with soyfoods.

Note 2. Raj Gupta first met Bill and Akiko Shurtleff on 6 April 1984 when he visited Soyfoods Center in Lafayette, California. He was on his way to Japan, well before his Indian tofu company came into existence. Address: PhD, 627 Gaines Dr., Ottawa, ONT, K1J 7W7, Canada. Phone: 613-741-2558.

7058. *Toyo Shinpo* (*Soyfoods News*). 1985. Kyuto Bussan. Tôfu "Aisukuriimu." Seizô sôchi, "noohau" o kaihatsu. Shôwa Sangyo, Mitsubishi Jûkô ga kyôryoku [Kyuto Bussan Tofu Ice Cream. They have developed the equipment and know-how. Showa Sangyo and Mitsubishi Heavy Industries helped]. July 21. p. 9. [Jap; eng+]
• ***Summary:*** This ice cream is made using soymilk. Kyuto Bussan is inviting large tofu manufacturers to start producing it in Kyushu. Raw materials are provided by Showa Sangyo, equipment by Mitsubishi Juko, marketing by Kyuto Bussan.

7059. Collins, Alf. 1985. Fresh Today: Busy days at Island Spring. *Seattle Times.* July 31. p. C-7.
• ***Summary:*** Island Spring's tofu-based frozen dessert comes in vanilla-almond, black cherry-amaretto, chocolate, peanut butter, and coffee. Tofu burgers, tofu-based sauces and spreads will soon be introduced. "Luke Lukoskie, Island Spring president, figures the new products will boost the firm's annual sales from $1 million to $30 million in 3 years. Then he can concentrate on building a new plant somewhere between here and Tacoma. He's putting together about $4.4 million in financing for the project." Address: Washington.

7060. Caderas de Kerleau, Anne. 1985. Le soja en Afrique [The soybean in Africa]. *Lettre de l'ARTS* No. 2. p. 1-2. Summer. [3 ref. Fre]
• ***Summary:*** Africa has had a long-term interest in the soybean. Most African countries have had or have–a soybean project. The early projects, generally oriented toward exporting the crop, were often not successful. Recent projects, aimed more at food self-sufficiency, and initiated by the governments concerned, seem to have a better chance of success.

Sources of information for article are cited, followed by a brief history of soya in Africa. Currently African countries can be divided into two types: Those that produce soybeans commercially and those that are experimenting with the crop. The main soybean producing countries are Zimbabwe (91,000 tonnes on 35,000 ha) and Nigeria (75,000 tonnes on 195,000 ha). Other producers are South Africa, Zaire, Uganda, Rwanda, Tanzania, Côte d'Ivoire, and Zambia.

Countries experimenting with soya include: Senegal: A project in the pre-popularization stage has an estimated potential of 1,000 tons. Cameroon: The soy project of

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1980, costing 255 million francs CFA, has a goal of 30,000 tons. Cote d'Ivoire: The soy project of 1977, costing 7,000 million francs CFA, is conducted in collaboration with the Brazilian group COCAPEC. The Brazilians withdrew for various reasons, leaving the plan inactive. Togo: Soy project of 1981. Goal: 10,000 ha, but discontinued for lack of finances. Benin: Experiments of 1969 show possibilities of good yields. Ghana: A study is in progress. Prospects look very favorable because of outlets of oil for food uses (10,000 tonnes) and huge needs for soybean cake or meal due to a new level of livestock. Rwanda: Five-year plan of 1977-81. Goal: 20,000 tons of soybeans and an oil mill of 60 tonnes/day. Burkina Faso (Upper Volta): Project for a soymilk plant, with soybeans produced by farmers under contract. Experimentation with tofu. Gabon: A soy project which is doing very well and feeds an industrial livestock ranch, giving good prices to soybean producers.

Other feasibility studies are underway. For example, the Cameroon project. Soya was introduced to Cameroon in 1924, In 1974 IRA at Dschang intensified research on this crop. Since 1981 the UCCAO soy project has actively popularized soybean culture among farmers and organized an active campaign on the utilization of soybeans for human food and livestock feeding. Financing is assured by the governments of Cameroon and France.

Soy has taken root in Africa because of 3 main reasons: National, economic, and agronomic interest. The crop, which has been shown to give good yields under proper African conditions, can promote food self sufficiency and provide local jobs. But there are obstacles. The soybean is not a traditional African crop, so farmers need to learn how to grown, food companies how to process it, and consumers how to prepare and eat it. The price received by producers is relatively low. The sales price is not competitive on the world market: An American farmer can obtain yields of 1,700 kg/ha with 14 hours work, but a Senegalese farmer obtains only 850 kg/ha with 450 hours work. Thus the success of soy projects in Africa depends largely, at least initially, on the political interest and funding of governments. Production of the crop for export seems to have less potential for success than for local use. Address: ARTS, 108 rue St. Honore, Paris, France.

7061. **Product Name:** Tofu.
Manufacturer's Name: Chenrezig Institute.
Manufacturer's Address: Eudlo P.O., QLD 4554, Australia.
Date of Introduction: 1985. July.
New Product–Documentation: Letter from Mark Gerhard of Chenrezig. 1985. July 23. "A group of us here in the hills of Queensland have just started making our own tofu (using your *Book of Tofu* as a guide) and it has proved very successful. We are swamped with orders from all the local health food shops."

Mark has also been interested in miso for the last three years. "Have just purchased your *Book of Miso* and am deeply impressed by it... You have given me the enthusiasm to seriously think about making our own miso and other related soy products, starting from growing our own beans." He enquires about ordering a copy of *Miso Production.*

"Please keep up the good work. Your far-sighted vision of overcoming (or at least helping) world hunger is highly commendable and very inspiring. May all your wishes be spontaneously fulfilled."

7062. Clofine Dairy and Food Products Inc. 1985. Clofine: Quality ingredients for industry (Leaflet). Linwood, New Jersey. 3 panels each side. Each panel: 17 x 10 cm.
• ***Summary:*** This leaflet is printed with purple ink on beige paper. On the cover panel is the company logo showing a cow in a box with curvy sides. "Our third generation providing quality products for the food and feed industries." On two of the inside panels are lists of the company's dairy products. The center panel is blank, but a flap that folds up from the bottom holds a business card (Edward A. Pedrick) and two small inserts describing additional products. Neither tofu nor soy products are mentioned. However the company does "custom spray drying."

Note: Clofine has apparently just added the words "and Food" to its name. Address: P.O. Box 335, Linwood, New Jersey 08221. Phone: 609-653-1000.

7063. Farah, Adelaide P. 1985. Food: Build a better burger. *Health* (*New York*) 17(7):36-38, 40-41. July.
• ***Summary:*** This article about making burgers from everything except red meat contains a recipe for "Bliss on a Bun" burger, made with tofu and mashed potatoes.

7064. Haumann, Barbara Fitch. 1985. Annual meeting report: Trends of processing, consumption around the world. *J. of the American Oil Chemists' Society* 62(7):1070-76. July.
• ***Summary:*** Based on an all-day session on trends in edible oil processing and consumption around the world held at the AOCS annual meeting. Contents: Supply and demand. Europe. Central America. Canada. Asia. South Asia. Southeast Asia. Far East [East Asia]. China.

Although soybeans are grown throughout China, they are grown most intensively in northeast China in the provinces of Liaoning, Jilin, and Heilongjiang. Dalian, an industrial city and seaport on the Yellow Sea, is reported to be China's main soybean crushing center.

Soybeans in China are consumed mostly as traditional foods such as tofu, soymilk, soy sprouts, soy sauce and soybean paste. "Only about 20% of the crop is crushed for oil and meal." Address: JAOCS.

7065. **Product Name:** Island Spring Tofu Dessert (Ice Cream) [Vanilla Almond, Cherry Amaretto, Chocolate,

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Peanut Butter, Coffee].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070. Phone: 206-622-6448.
Date of Introduction: 1985. July.
Ingredients: Water, tofu (water soybeans, calcium sulfate), high fructose corn sweeteners, corn oil, all natural flavorings, soy lecithin, vegetable gums (guar gum, carrageenan).
Wt/Vol., Packaging, Price: Pints.
How Stored: Frozen.
Nutrition: Base mix analysis, per 4 fl. oz.: Calories 152 avg, protein 2 gm, carbohydrates 19 gm, vegetable fat 8 gm, sodium 7 mg. No cholesterol or lactose.
New Product–Documentation: Collins. 1985. Seattle Times. July 31. p. C-7. An all natural "Fitness Foods from the Pacific Northwest." Contains no lactose, cholesterol, sugar, or saturated fats. Beachcomber (Vashon, Washington). Nov. 26. Poster. 1985, undated. "Tofu Frozen Dessert." Food Report (Lehmann). 1986. March. Labels (side and top). 1986. Black and blue on salmon pink. Tops are 3.25 inches in diameter. "A fitness food from the Pacific Northwest, USA. No lactose. No cholesterol. No sucrose." Side says, "All natural, non-dairy."

7066. Kawakami, Kozo; Kimura, Eiichi. 1985. Daizu ryôri kotoba no rekishi. Tôfu wa mukashi "tôfu" to kaita [History of soyfoods terminology in Japan. "Tofu" was previously written with different characters]. *Daizu Geppo* (*Soybean Monthly News*). July. p. 34-39. [8 ref. Jap]
• ***Summary:*** A full-page table (p. 39) lists all of the major Japanese soyfoods and gives a citation for the earliest Japanese-language document seen by the authors in which each of their names first appears. Address: 1. Nôgaku Hakase, Shusai, Ryori Genten Kenkyukai; 2. Daizu Geppo Staff.

7067. *Lettre de l'ARTS.* 1985. Du tofu au Rwanda [Tofu in Rwanda]. No. 2. p. 2-3. Summer. [Fre]
• ***Summary:*** During 1982, Stéphane Imbert, then doing work for the Club of Dakar, discovered the transformation of soya into tofu in the southwest through the help of l'ARTS. Fascinated by the product, he proposed to the Club of Dakar to study a project on soya in Africa.

Rwanda was chosen as the country for the study. Why Rwanda? Because soya has been cultivated here since 1960, and because the country's major problem is its food balance. Since 1972 soybean culture has been intensified, the government thinking of making it a cash crop. Today it is cultivated on 5,500 ha with yields of 1 to 1.2 tonnes/ha without inoculation. But its price was not competitive on the world market. Today the government of Rwanda, wanting above all to attain food self-sufficiency for its country, wants to promote agriculture and the transformation of agricultural products.

After a feasibility study conducted in June/July 1983, an agreement was signed in early 1984 between the Club of Dakar and the Minister of Agriculture of Rwanda establishing the conditions of the experiment for adding value to soya in this way. Stephen Imbert's work in Rwanda began with a study to determine the best region to produce soybeans for the project. Among the four main production zones, he found those of Kanombé and of Nygatoré best suited. Kigali, the capital of Rwanda, was chosen as the site for the tofu plant. Some of the equipment was sent from France and the rest was made by local craftsmen. A local technician, Mr. Amon Kalinijavo set up the system and from August to September tofu was made 60 times; 240 kg of Palmetto soybeans yielded 480 kg of tofu. Recipes adapted to local tastes were developed and nutritional analyses were conducted by a local nutritional institute (ISAR); pamphlets containing this information were printed and distributed to popularize tofu. Then a number of tests were conducted in which tofu was tasted by 4,000 people of all ages and social groups. Simultaneously a study was conducted on the different avenues for commercialization. The product was demonstrated at scientific and international days at the University of Butaré, attended by many health and nutrition professionals, who in turn requested demonstrations at their organizations. Trafipro is the main commercial cooperative in Rwanda. Test products and an exposition for popularization were set up at three branches; in each case success was reported. Tofu was also tested in kiosks, orphanages, schools and colleges, and the use of by-products as animal feed. The results were encouraging.

7068. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Life Food.
Manufacturer's Address: Wallstrasse 3, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1985. July.
Ingredients: Water, soybeans (organically grown), calcium sulfate (Nigari-ko brand).
Wt/Vol., Packaging, Price: 400 gm vacuum packed or 1 kg for fresh sale.
How Stored: Refrigerated.
New Product–Documentation: Die Geschäftsidee. 1989. Dec. p. 32. In 1986 Klaus Kempff began his company Life Food in Freiburg. He built his first shop very simply in a cellar. He now has 6 workers and uses a 60 square meter plant in Freiburg. He sells direct and to distributors.

SoyaScan interview with Klaus Kempff. 1990. March 14. He started making tofu in July 1985.

Label sent by Anthony Marrese. 1990. March 22. 4 by 2.5 inches. Black, green, and yellow on white. Logo of orange circle. "Organic." Marrese notes that the company started making this product in Dec. 1985 and now makes 500 kg/week. Letter from Klaus Kempff. 1990. June. The original

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name of this product was just tofu. Later it was renamed Taifun Tofu.

Note: This is the earliest record seen (Feb. 2013) concerning Life Food of Freiburg, Germany.

7069. **Product Name:** Naturally Delicious Fried Rice Sandwich (With Tofu).
Manufacturer's Name: Naturally Delicious.
Manufacturer's Address: Asheville, North Carolina. Phone: 704-253-7656.
Date of Introduction: 1985. July.
Ingredients: Organic brown rice fried with scallions and soy sauce, wrapped in a whole wheat tortilla with steamed organic carrots, alfalfa sprouts, miso tahini sauce, tofu, green leaf lettuce.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Label sent by Paul Duchesne. 1989. Aug. 11. Handwritten "Naturally delicious. Made fresh today. To eat; peel back wrapper from one end." Talk with Paul Duchesne. 1989. Aug. Barbara Svenning originally learned how to make this sandwich from Paul. She made it at the Natural Cafe in Santa Fe, New Mexico, with her husband Marty Roth. When she separated from Marty, she moved to Asheville, North Carolina, where Jack Garvey (a former husband) and her children were living. She made a line of at least 28 Fried Rice Sandwiches (many of which contain tofu) and whole meals, which she sold at various places.

Talk with Dinner for the Earth. 1989. Aug. 15. This is a natural food store and deli that has been in business for 13 years and has sold Barbara's line of sandwiches for 3-4 years. In April 1989 Barbara Svenning became manager of the Deli at Dinner for the Earth (160 Broadway St. Phone: 704-253-7656). She lives in Black Mountain, North Carolina.

Talk with Barbara Svenning. 1989. Aug. 21 and 23. It was a coincidence that Great Eastern Sun was established in Asheville. Barry Evans was partners with Sandy Pukel and Michio Kushi. They had a miso factory [American Miso Co.] in North Carolina and they wanted to establish GES near it. Marty suggested Asheville, since it was a good location and he could live their near his wife's children (Jack Garvey lived in Asheville). Barbara did not make her brown rice and tofu sandwiches while Marty was working at Great Eastern Sun. After Marty Roth had set up Great Eastern Sun in Asheville, North Carolina, he continued to live in nearby Black Mountain but worked for Chico-San for a while and set up the Ohsawa America mail order program for Bob Kennedy. Then he began working for Westbrae in California, where he and Barbara and her son relocated. After 2 years, in July 1985, when her son was age 3, she left Marty Roth (they had never been married), and returned by herself to Asheville, North Carolina to be with her two other children. In Asheville, she established a new company named Naturally Delicious. She ran it out of some else's kitchen and sold 12-15 sandwiches a day at only one store, Nothing But Natural, which promised to tell any health inspectors that the sandwich was made in their kitchen. During that time another woman, Barbara Hoffman, who now lives in Israel, sort of took over the sandwich business. When Nothing But Natural went out of business, she moved to Black Mountain (where she still lives), got her own kitchen, and sold the sandwich exclusively to Dinner for the Earth, where she now runs the deli. Yet she still owns the brown rice sandwich business. She makes them at home and sells them to Dinner for the Earth. "Its still my little baby, still an underground business. I make about 15 fresh each day and they are different every day. Only the chapati, fried rice, and lettuce are the same. I make a Mexican, and Indonesian, a Chinese, etc. Not all contain tofu. Sometimes its a tofu sauce, or barbecued or baked tofu. I guarantee the sale and take back any not sold that day. There is a profit of about $1 each. I also make another nice wheat-free tofu sandwich called Barbecued Tofu on Millet. It's on square slices of millet bread. It started it about 6 months ago."

7070. Oberg Foods Co. 1985. Isolated from the tofu market? Try a real solution. Soy Supreme (Ad). *Dairy Record* 86(7):29. July. Also in Dairy Field, July and Aug. 1985.
• ***Summary:*** A revolutionary new and potentially very important product. Address: General Sales Office, Oberg Foods Co., 1201 Broadway, Suite 203, Quincy, Illinois 62301. Phone: 217-224-8010.

7071. Plenty Canada. 1985. Sri Lanka Soy Utilization Project. R.R. #3, Lanark, ONT, K0G 1K0, Canada. 10 p. Unpublished manuscript.
• ***Summary:*** The 5-year project, aimed at increasing consumption of soyfoods in Sri Lanka, proposes to establish four soya nutrition centers in Kandy, Colombo, Vavuniya, and Tanamalwila. Each center will have equipment to make soymilk, tofu, soy ice cream, tempeh, and soy flour (to use to fortify wheat in rotti, pittu, etc.). Each center will conduct demonstrations and training classes to community groups. Address: Lanark, ONT, Canada. Phone: 613-278-2215.

7072. **Product Name:** Furama Tofu Pouches.
Manufacturer's Name: Soyfoods of America.
Manufacturer's Address: 1091 E. Hamilton Rd., Duarte, CA 91010. Phone: 213-681-5393.
Date of Introduction: 1985. July.
Ingredients: Soybeans, water, soy oil, calcium sulfate.
Wt/Vol., Packaging, Price: 4 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1985. 5.5 by 2 inches. Black on chartreuse green paper. Contains no preservatives. 100% natural. Genuine country flavor. Fried

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gently home style in small batches in woks. Ready to use–in soups, stews, stir-fry dishes, Mongolian Hot Pot, & for the major ingredient for Buddha's Delight. Mrs. Lee estimates date to be July 1985.

7073. **Product Name:** Soy Supreme [Spray-Dried Tofu Powder, or Liquid].
Manufacturer's Name: St. Peter Creamery, Inc., Oberg Foods Div.
Manufacturer's Address: 119 Front St., St. Peter, MN 56082. Phone: 507-931-3160.
Date of Introduction: 1985. July.
Ingredients: Soybeans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 50 lb multi-wall paper bag.
How Stored: Shelf stable.
Nutrition: Protein 38%, fat 18%, carbohydrate 33%, moisture 5% (max). pH is 6.7 to 7.0% in a 10% solution.
New Product–Documentation: Ad in Dairy Record. 1985. July. p. 29. "Isolated from the Tofu Market? Try a Real Solution." Oberg Foods Co. 1985. July. "Soy Supreme Product Specifications." Made from whole soybeans by the unique Oberg "hot break" process. LaBelle. 1987. Food Processing. May. "The company uses a patented 'hot break' process that produces a very bland soymilk. The spray dried tofu powder is made from soymilk coagulated by adding calcium sulfate."

Kingma. 1987. Soya Newsletter. March/April. p. 11. Soya Newsletter. 1987. May/June. p. 2. "St. Peter Creamery began producing their spray-dried tofu powder during the summer of 1985."

Snack Food. 1987. Oct. "Tofu powder seen as ideal ingredient... Spray-dried tofu is soy milk processed into a curd with the addition of calcium sulfate as a coagulating agent."

7074. **Product Name:** Pita Pocket Sandwiches (Filled with a Tofu Spread & Tomatoes & Alfalfa Sprouts) [Exotic Tofu Spice, Tuna Curry, Seafood Delight, Hummus Lite, or Mexican Lite].
Manufacturer's Name: Street Natural.
Manufacturer's Address: 1148 Liberty Bell Dr., Cherry Hill, NJ 08003.
Date of Introduction: 1985. July.
Ingredients: Seafood Delight: Pita bread, tomatoes, alfalfa sprouts, shrimp, crab, tofu mayonnaise (self-made), celery, cabbage.
Wt/Vol., Packaging, Price: 6 oz. Retails for $2.85 to $3.35. Assembled on the spot, wrapped in waxed paper.
How Stored: Unrefrigerated and perishable.
Nutrition: Avg. 300 calories per sandwich.
New Product–Documentation: Interview with Scott Gordon. 1987. Oct. 13. These products sold for 4 months in summer of 1985 from an upscale pushcart (stained wood & hanging plants) in Philadelphia. Vendors wore tuxedo jackets. Calorie counts were advertised under each sandwich.

7075. Tofu Shop Specialty Grocery & Deli (The). 1985. Thank you Humboldt County (Leaflet). Arcata, California. 1 p. Single sided.
• ***Summary:*** Contains a quotation from *Whole Life Times* magazine, New York, June 1985. "The Tofu Shop is the delicatessen of the future... The quality of the food... is about as high as you'll find anywhere... This is without a doubt the best (natural foods) take-out eatery in the country."

Also: "Delicatessen items: Hot tofuburgers. Sandwiches. Salads. Desserts. Fresh coffee. Herb teas. Specialty groceries: Fresh tofu. Wholegrain baked goods. Fresh juices. Local foods. Macrobiotic supplies.

"As the Tofu Shop approaches its sixth year, it continues to offer the highest quality foods available for your eating pleasure and good health."

An illustration (lower left) shows a little tofu shop on stilts by the ocean, with an Oriental-style roof and a wind-blown tree arching overhead. Address: 768 18th St., Arcata, California 95521. Phone: Take out 822-7409.

7076. **Product Name:** Fried Tofu.
Manufacturer's Name: Vegetarian Restaurant.
Manufacturer's Address: Panajachel, Guatemala.
Date of Introduction: 1985. July.
Ingredients: Tofu, oil.
New Product–Documentation: Letter from Lorenz Stuber and Ellen Figueroa de Stuber. 1993. Aug. 20. Please see this letter for details on their work with soya, Soyane, and Comida Para Todos in Guatemala. Since 1985 they have known about the soy dairy (which Plenty Canada had helped to establish) in San Bartolo, Solola, Guatemala. In July 1985 they started buying tofu and soy ice cream from San Bartolo for their vegetarian restaurant in Panajachel. They fried the tofu and sold it at the restaurant.

7077. Yacoumba, Doulaye. 1985. Un Burkinabé à Penne du Tarn [A man from Burkina Faso in Penne du Tarn]. *Lettre de l'ARTS* No. 2. p. 2. Summer. [Fre]
• ***Summary:*** For some years soybeans have been cultivated in small amounts by the peasants of Burkina Faso. Up until now they have been used to make Soumbala [sumbala], a ball-shaped fermented soy product, that is an important source of protein used for seasoning sauces. In hopes of diversifying the uses of soya in his country, where soybean acreage for food use is growing, the author worked at St. Paul de Mamiac during 16-23 July 1985 where he learned how to make tofu. He hopes to introduce tofu to Burkina Faso.

A photo shows Mr. Yakoumba, sent by the Minister of Agriculture of Burkina-Faso, and M.P. Boyer, mayor of Penne.

Note 2. This is the earliest document seen (Jan. 2012)

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that uses the word *Soumbala* to refer to dawadawa, a condiment made from soybeans instead of the traditional *Parkia* seeds. Address: Ministry of Agriculture, Burkina Faso, Africa.

7078. *Toyo Shinpo* (*Soyfoods News*). 1985. Beikoku no tokkyo o shutoku "tôfu suteeki" seihô. Tôyû Shokuhin [Toyu Foods granted U.S. patent on method for making "tofu steak"]. Aug. 1. p. 1. [1 ref. Jap; eng+]
• ***Summary:*** The company was issued U.S. Patent 4,525,373, which is valid for 17 years.

7079. Associated Press (AP). 1985. Tofu takes off: AA [Ann Arbor] company churns out the most soybean curd in state. *Press* (*Ypsilanti, Michigan*). Aug. 4. p. 9B.
• ***Summary:*** This article is based on an Associated Press release by Frederick Standish. Tofu is growing in popularity in America. It used to be sold as "soybean curd" in a few Japanese or Chinese restaurants, and some health-food stores. But today it's on grocery store shelves and in kitchen refrigerators. The Soyplant, an Ann Arbor cooperative and the largest of three tofu makers in Michigan, is trying to keep up with the demand.

The company is located in southern Ann Arbor in a cluster of one-story buildings in an industrial park. The 10 co-op members work two or three shifts, four days a week. Last year the Soyplant had about $303,000 in sales, up from $250,000 the year before. A huge amount is sold to the Meijer's warehouse in Lansing.

The Soyplant uses organically grown soybeans produced in Ypsilanti on the farm of Mark Vreeland and his father. Each week they process about 130 bushels or 7,800 pounds.

A smaller tofu manufacturer is Oryana Soy Shop, managed by Michael Williams in Traverse City.

Discusses *The Book of Tofu*, by Shurtleff and Aoyagi. A large AP photo shows Mark Ducharme holding up two "tofu bricks" as he works at the Soyplant Co-op.

7080. *Investment Dealers Digest* (*New York, NY*). 1985. New sweet treats coming to market [Carl Tropper and La Delite Ltd.]. Aug. 5. See also Market Chronicle. Aug. 1.
• ***Summary:*** La Delite Ltd. (122 E. 42nd St., Suite 601, New York, NY) is scheduled to come to market this week with an offering of 200,000 units of common stock a $15 a unit. Patten Securities of Florham Park, New Jersey, is the underwriter. The initial proceeds will be used to buy the plant and equipment of the Mayflower Ice Cream Corp. (42-25 Vernon Blvd., Long Island City, New York), which has been in bankruptcy for 18 months. Carl Tropper, a pharmacist, will be president. Bernard Deutsch is a founder. The company will make a tofu frozen dessert and other non-dairy tofu-based products.

7081. Altaner, David. 1985. His passion flavors the blandest of foods. *Courier-News* (*Bridgewater, New Jersey*). Aug. 6. p. A8-A9.
• ***Summary:*** The company receptionist answers the phone "Tofutti-All-Rootie." "Thank God, I've been blessed with taste buds that like what the masses love." New products? "Next comes tofu jogger, an instant breakfast soy drink. In the future, consumers can expect to see soy-based chocolate and vanilla pudding, potato topping, onion dip, tofu cultured non-dairy yogurt, tofu whipped cream and pancakes... His personal Mount Everest is a tofu burger... To meet the competition Tofu Time is rolling out its first television commercial, which was unveiled last week. In it, the question, 'Has New York gone totally Tofutti?' causes a staid board of directors meeting to erupt into frenzied dancing to 'Tofutti-All-Rootie,' which sounds a lot like Little Richard's 1955 hit 'Tutti-Frutti.'"

7082. *Long Island Business* (*Plainview, New York*). 1985. Barricini wins right to 'Tofu Lite' name. Aug. 7.
• ***Summary:*** Barricini had been denied the use of the 'Tofu Lite' name by the U.S. Patent and Trademark Office, which thought it might cause confusion with Tofutti. Barricini appealed and won. While awaiting the hearing, Tofutti filed a suit against Barricini on 12 July 1985 in the U.S. District Court, Uniondale, New York. After a 1-day hearing, both parties agreed to a settlement. See also: *Food Distributors Magazine* (Barrington, Rhode Island). 1985. Sept.

7083. *Toyo Shinpo* (*Soyfoods News*). 1985. Daizu kara chiizu. Tsukuba-dai ken guruupu no seika [Cheese from soybeans. Success by Tsukuba University research group]. Aug. 11. p. 9. [Jap; eng+]
• ***Summary:*** Prof. Kazuo Murakami and Prof. Isao Kusakabe have found two special enzymes that works well in coagulating soymilk. Both have a molecular weight of about 24,000 and are proteins. The enzymes were found in soil bacteria on a small island near Shikoku. If you add this enzyme to soymilk heated to 70ºC, it coagulates into a yogurt-like product in about 2 minutes. This yogurt-like curd is mostly protein, does not have any sourness or bitterness, and has a smooth texture and mouthfeel–all of which make it well suited for use as a raw material in food manufacturing. The researchers hope to use the curds to make a fermented non-dairy soy cheese by removing excess water from the curd, adding lactic acid and salt, then letting it ferment. Address: Tsukuba Univ., Japan.

7084. Nakamuta, Masamichi. 1985. Method and apparatus for manufacturing bean curd. *U.S. Patent* 4,534,283. Aug. 13. 10 p. Application filed 2 May 1983. 20 drawings. Application also filed in Japan on 6 May 1982. [5 ref. Eng]
• ***Summary:*** Soybean slurry is heated with steam in a 2-step process. Detailed descriptions of the equipment are given. Address: 320, Arii, Shonai-machi, Kaho County, Fukuoka

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prefecture, Japan.

7085. Becker, Robert. 1985. Tofu is out, tempeh is in, she says. *Progress* (*Charlottesville, Virginia*). Aug. 22.
• ***Summary:*** A photo shows Eileen Judge, whose company, Kingdom Foods, makes tempeh. For the past two years, she has been making 300 lbs/week of tempeh in her Charlottesville, Virginia, warehouse. Ms. Judge first learned about tempeh while working in Washington, DC, for an agency for the U.S. State Department. She was doing some research for the *League for International Food Education.*

7086. Lindsley, Kathy. 1985. Frozen tofu is hot stuff [Penguino's]. *Times Union* (*Rochester, New York*). Aug. 27.
• ***Summary:*** A brief history of Penguino's (Rochester, New York) and description of the product. "According to a recent article in the Wall Street Journal, Carnation Co. entered the picture in April with a product called McQueen's."

Sales of Tofutti jumped from $30,000 in 1982 (the year it was launched) to $9 million in 1984. Haagen-Dazs, a subsidiary of Pillsbury Co., has taken over distribution of Tofutti, "which shows just how big time tofu has become."

It gained further momentum this year when celebrity Gloria Vanderbilt launched a "frozen tofu dessert" name Glace, which was developed with the assistance of another up-scale ice cream maker, Frusen Gladje, which is part of the Kraft Foods empire. A photo shows Miriam Phalen, president of Penguino's, serving up her tofu-based ice cream.

7087. Sugisawa, Ko; Matsumura, Y.; Taga, K.; et al. Assignors to House Food Industrial Company Ltd. (Osaka, Japan). 1985. Process for preparing retort tofu. *U.S. Patent* 4,537,789. Aug. 27. 6 p. Application filed 23 Nov. 1983. 1 drawing. Application also filed in Japan on 20 Oct. 1983. [5 ref]
Address: Higashi-Osaka, Japan.

7088. Brin, Herb. 1985. Grandma power and Rebbe are his recipe. Mintz's Tofutti is newest taste sensation. *Heritage* (*Los Angeles*). Aug. 30.
• ***Summary:*** Mintz is a devoted follower of the Lubavitcher Rebbe, who once advised him: "Drop the food business and concentrate on tofu desserts. You will be successful." Tofutti is now found in 36,000 supermarkets across America in 48 states. It is being sold in Hong Kong, Australia, and many parts of Europe.

Note: Rabbi Shneur Zalman of Liady (1748-1812) was a mystic who founded the Lubavitch sect. Address: Los Angeles, California.

7089. Barrett, Clare. 1985. A practical guide to soyfoods. *Vegetarian Times.* Aug. p. 33-40. No. 96. [14 ref]
• ***Summary:*** An overview of fresh green soybeans, whole dry soybeans, soynuts, soy sprouts, soy flour & soy grits, soy oil, soy protein isolates, soymilk, okara, tofu, tempeh, soy sauces, miso, natto. Concludes with a list of 14 recommended books on soyfoods.

7090. **Product Name:** Tofu Glacé (Soy Ice Cream) [Classic Vanilla, Southern Pecan, Chocolaty Chocolate, Fudgy Mocha, Amaretto Chocolate Almond, Really Rocky Road, Strawberry Strawberry, or Minty Chocolate Chip].
Manufacturer's Name: Cuisine Nature. Made in Pennsylvania, by Lehigh Valley Dairies.
Manufacturer's Address: Montreal, QUE, Canada.
Date of Introduction: 1985. August.
Ingredients: Incl. Tofu, corn sweeteners, sugar, unsaturated vegetable oil.
Wt/Vol., Packaging, Price: Pint.
How Stored: Frozen.
New Product–Documentation: Spot. 1986. "Tofu Glace, a new frozen dessert product previously available only in Canada. In northeastern Pennsylvania Tofu Glace is produced exclusively by Lehigh Valley Dairies." (Note: Directory assistance shows this company to be located in Schuylkill (pronounced SKOO-kul) Haven, PA 17972. Phone: 717-385-1884). It is a non-dairy product. Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. They have a label. "This product, made by Bernie Clark of Cuisine Nature (he's rich) contains no tofu. His phone is 514-636-7916."

Soya Newsletter. 1988. July/Aug. p. 8. Address now given as 575 Lepine, Dorval, Quebec, Canada H9P 2R2. Contact Roland Cyr. Phone: 514-636-7916. Ingredients include tofu, soymilk, fresh fruits, nuts, and corn sweeteners. Flavors: Chocolate, Vanilla, Maple Walnut, Strawberry, Orange Mango, and Southern Pecan.

7091. Eckett, Alison. 1985. Beating the protein crunch: A growing number of people are discovering the range of soyfoods, both traditional and modern, that can be made from this bean. *Food Processing* (*UK*) 54(8):25-28. Aug.
• ***Summary:*** "The term 'soyfoods' is a recent generic expression that has been used to describe the complete range of soy products prepared for human consumption. It covers both high technology, modern products such as soy [protein] fibres, concentrates and isolates which are mainly used as ingredients by food manufacturers... and includes the traditional low technology products of soymilk, soy sauce, miso, natto, tofu, tempeh and soy sprouts that have formed part of the staple diet in East Asia for thousands of years."

Soyfoods are divided into non-fermented and fermented. Photos show: (1) Miso Dip (front of two packages). (2) Cubes of tofu under water. (3) Nasoya Tofu Vegi-Dip. (4) Sliced cakes of tempeh. (5) The front of four tempeh packages, made by The Tempeh Works. (5) White Wave tempeh, a tempeh burger, and a promotional piece. (6) A box of Tofu Lasagna, made by Legume, Inc. (7) The front of a

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package of "6 All Natural Vanilla Ice Bean Sandwiches," made from Ice Bean by Farm Foods.

7092. Escueta, Elias E.; Bourne, Malcolm C.; Hood, Lamartine F. 1985. Effect of coconut cream addition on the composition, texture, and sensory properties of tofu. *J. of Food Science* 50(4):887-90. July/Aug. [13 ref]
• ***Summary:*** Coconut cream was added to soymilk at 0, 4.7, 9.0, 16.6, 33.3 and 50% levels before coagulation of the mixture with calcium sulfate. The acceptability at the different levels of added coconut milk was 4.6, 4.8, 4.9, 4.8, 4.8, and 4.6. Therefore the finished product was most acceptable when 9% coconut milk was added.

The coconut cream, which was purchased from a local "sari-sari" (variety) store, contained 77.2% moisture, 2.2% protein, and 17.3% fat.

With increasing levels of added coconut cream, the protein and moisture content of the tofu decreased while the fat content increased. "The percentage yield of tofu did not increase up to 4.7% added coconut cream, but increased significantly when 9.0% or more coconut cream was added to the soymilk." Address: 1&3. Cornell Univ., Ithaca, New York, NY, 14850; 2. Inst. of Food Science & Technology, Univ. of the Philippines at Los Baños, College, Laguna 3720, Philippines.

7093. *Food Processing* (*Chicago*). 1985. Tainted tofu? Aug. p. 28.
• ***Summary:*** According to Michael Dole of the University of Wisconsin-Madison's Food Research Institute, tofu can be deadly if harmful bacteria are present and the tofu is not stored properly. Doyle says that most tofu is quite safe when it leaves the factory; the problems arise in storage. Many grocers display tofu in the produce case, often next to the oriental vegetables, where temperatures are typically way above the safe storage level of 41ºF.

7094. Gipson, Beckilynn. 1985. Processed proteins: Markets, developments. Business Communications Co., Inc., 9 Viaduct Rd., P.O. Box 2070C, Stamford, CT 06906. 112 p. Aug. Report GA-043R. *

7095. Ichino, Naoko; Takei, Emiko. 1985. Highashi Ajia no tôfu-zukuri [Tofu-making in East Asia]. In: Ishige Naomichi, ed. 1985. Ronshi Higashi Ajia no Shokuji Bunka [Essays on Food Culture in East Asia]. Tokyo: Heibonsha Ltd. 646 p. See p. 117-47. Illust. No index. 22 cm. [17 ref. Jap]
• ***Summary:*** Includes a discussion (p. 141) of traditional Chinese cold-extraction of soymilk and more modern hot-extraction methods. In cold extraction, the mixture of ground soybeans and water (slurry) is poured into a filter sack, which is pressed in order to extract the cold soymilk. The okara remaining in the sack is often washed with water then pressed again to give a second extraction of soymilk. The two extractions of soymilk are mixed, then cooked in a caldron.

In hot extraction, the slurry is first cooked, then run into a filter sack, which is pressed to extract the hot soymilk. The okara in the sack is usually discarded. Hot extraction takes less time, probably gives soymilk with a less beany flavor (since the lipoxygenase enzymes are inactivated during cooking), and may give a slightly higher yield of soymilk. However the cold extraction probably uses less fuel to heat the soymilk.

Note: Ichino Naoko was born in 1957. Takei Emiko was born in 1955. Both authors are women. Address: Japan.

7096. Jacobi, Dana. 1985. Tofu: Its history, nutritional virtues, how to buy it and how to cook it. *Wok Talk* (*Great Neck, New York*) 9(4):4-8. July/Aug. [1 ref]
• ***Summary:*** Contains 4 recipes (including one for Lemon Tofu Cheesecake) and a description of how to make tofu at home. A table describes 13 brands of tofu purchased by Dana at Kam Man, a big retail store in New York; the manufacturers are Morinaga (Japan), Mandalay, Monsoon, and Orifood (New York), Tomsun, and Nasoya (Massachusetts), Bud (Maryland), The Bridge (Connecticut), and Kamé (Taiwan). Photos show: Tofu being cut with a Chinese cleaver on a kitchen cutting board. Many varieties of tofu and yuba sold in New York City.

Talk with Dana Jacobi. 2000. May 3. This was the first article Dana wrote about soy. This newsletter was published at 15 Barstow Rd., Great Neck, New York. Address: New York.

7097. Kulkarni, K.D.; Kulkarni, D.N.; Ingle, U.M. 1985. Effect of processing conditions on the quality of soybean pressed curd. *J. of Food Science and Technology* (*Mysore, India*) 22(4):288-90. Aug. [5 ref]
• ***Summary:*** Soymilk was heated for 3, 5, 7, and 10 minutes then coagulated using calcium chloride at 0.5, 1.0, 1.5 and 2.0% of the original soybean weight. The resulting curds were pressed in a wooden press, stored at 0ºC for 24 hours, thawed and drained thrice. The pressed curd contained 49% moisture, 34.1% crude protein, 6.0% crude fat and 9.9% carbohydrate. Heating for 7 or 10 minutes maximized yield of total solids and acceptability. Firmness and total solids yield increased with amount of coagulant used, and at 2% coagulant was comparable to that of tender meat. Address: Dep. of Food Science & Technology, Marathwada Agricultural Univ., Parbhani 431 402, India.

7098. Leneman, Leah. 1985. Tomorrow's world [soyfoods]. *Vegetarian* (*The*) (*England*). July/Aug. p. 21-24.
• ***Summary:*** There are now 8-9 brands of soya milk sold in Britain. "It is a shame that most people's introduction to tofu is in the form of Morinaga silken tofu which... is now found in most health food stores. Silken tofu is pleasant

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and nutritious, but is much softer than regular tofu and is therefore much less versatile. Following recipes meant for firm tofu with it can be frustrating.

"*Granose* is the first big-name health food manufacturer to feature a line of tofu-based products (imported from Denmark). Two of the three tinned convenience meals seem to me less than ideal. The tofu adds nothing special to either the Tofu and Tomato Sauce nor to the Tofu in a Savoury Bean Sauce; they might just as well have used tvp. However, the Chinese-Style Tofu is really excellent, with a nice balance of tastes and textures, including the cubes of tofu– just about the nicest tinned convenience meal around.

"The first national distributor of tofu (to the best of my knowledge) was *The Regular Tofu Company*... Like all other national distributors, their tofu is vacuum-packed, which considerably lengthens its shelf-life... *Paul's Tofu* (The Old Brewery, Wheathampstead House, Wheathampstead, St. Albans, Herts.) produces another vacuum-packed firm tofu, which is available in London and South-East England...

"*Bean Machine* (Station Road, Crymych, Dyfed) produces not only tofu but also a range of 'soysage' foods made from okara... They also make 'Soyannaize,' a dairy-free dressing. *Duchesse* All-Natural Tofu Dressing and Dip (made by St. Giles Foods Ltd, St. Giles House, Sandhurst Road, Sidcup, Kent DA15 7HL) is another mayonnaise-type product..."

She is writing The International Tofu Cookery Book for Routledge & Kegan Paul. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

7099. *Natural Foods Merchandiser.* 1985. New products, changing diets propel soyfood sales. Aug. p. 1, 39-40, 42-44.
• ***Summary:*** "The soyfoods revolution is being fueled by several powerful trends... Many consumers are attracted to soyfoods because they are an excellent no-cholesterol 'replacement' for meat and dairy products. Soyfoods are also growing with the rising tide of macrobiotics, which promotes the use of various soy products. And there are now enough soyfoods on the market to create synergy within the category: consumers buying soymilk try tofu, and go from tofu to tempeh.

"Tofu is by far the best-selling product in the soyfoods category, according to figures provided by the Soyfoods Association [and Soyfoods Center]. An estimated $60 million worth of tofu is produced and sold in the U.S. annually, while frozen tofu desserts, entrees, and prepared products account for approximately $25 million. Soymilk sales have jumped from near zero a few years ago to $10 million today, while tempeh is an emerging growth category at 5 million in yearly sales." All of the retailers interviewed by NFM indicated that the soymilk category is experiencing major growth. Most of the growth has been in six-ounce aseptic individual serving packages supplied by such companies as Westbrae, Ah Soy, Vitasoy and Eden. Health Valley's Soy Moo has recently been repackaged in a 8.45-ounce package.

"Tempehworks produces approximately 7,000 pounds of tempeh a week during peak months, including that used in its processed tempeh products, such as Fakin' Bacon, New York Style Strami and Kansas City Barbecue."

Includes "A directory [sic, glossary] of soyfoods terminology" that defines tofu, tempeh, soybean, miso, soymilk, shoyu/tamari, TVP or TSP, soy protein isolate, defatted soy flour, and "secondary" soyfoods products.

7100. Ofusa, Tsuyoshi. 1985. Shii bejitaburu: Kenko no tame no kaisô dokuhon [Sea vegetables: A book for health]. Tokyo: Kodansha. 194 p. Aug. 20. Illust. No index. 18 cm. [Jap]
Address: Yamamoto Nori Co., Tokyo, Japan.

7101. **Product Name:** [Co-Op Silken Tofu (Made with Soy Protein Isolates)].
Foreign Name: Co-op Tofu.
Manufacturer's Name: PLL (Produits Laitiers Lausanne SA). Sold by Co-Op throughout Switzerland.
Manufacturer's Address: Case 3533, 1002 Lausanne, Switzerland. Phone: 021/634-2134.
Date of Introduction: 1985. August.
Ingredients: Water, soybeans [soy protein isolates], acidified with lactic acid bacteria.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Protein 8.2%, lipids 5.1%, carbohydrates 2.8%, 93 kcal/100 gm.
New Product–Documentation: Talk with, then letter (fax) from Didier Livron. 1989. Dec. 27. They make a semi-silken tofu, with soy protein isolates. The company is basically a manufacturer of dairy products. In the process, the soy protein powder is hydrated and mixed with melted oil and lecithin. The mixture is homogenized, pasteurized, then there is a ferment inoculation and acidification. The product is packed, coagulated for 4 hours, and cooled. As for ingredients, the label says "water, soybeans, acidified with lactic acid bacteria," but the actual ingredients are isolated soy protein, soy oil, soy lecithin, and acidifying ferments. Characteristics: Flavor acceptable to Swiss consumers. No anti-nutritional factors or indigestible carbohydrates. No soil sporulated microorganisms. Acidification with ferments gives better nutritional value through light proteolysis and better stability. Smooth texture. Fax: 21-635-9810.

Letter and Labels from Didier Livron. 1990. Jan. 5. The product name on the label is simply tofu, but there are 3 subtitles "aus Soja, de soja, and di soia," each meaning "from soybeans" in German, French, and Italian respectively. The company has two labels, each 3 inches square, self-adhesive: One (red and black on green) for the product sold in PLL's own stores, and the other (green and black on beige) for the

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product sold in Co-op supermarkets. A brand name may be added soon. This product was launched commercially in Aug. 1985. It is fermented and coagulated with a lactic culture added with the necessary carbohydrate nutrients for growth of the culture. The company does not make any other soy products, but they have the technology for several fruit flavored soja desserts. Since 1988 a French milk company, Laiteries Triballat, has been making and marketing this product in Germany, Great Britain, and Italy under license from PLL with great success. Talk with Verena Krieger in Switzerland. 1990. May 20. Co-op's so-called tofu is made with soy protein isolates, and always has been. They buy the isolates from a plant in Belgium. There was a little scandal about it on the radio. The plant where they make the tofu is somewhere in French Switzerland. She hasn't heard of any soy ice creams sold in Switzerland.

Letter (fax) from Verena Krieger. 1990. May 31. PLL makes about 1,000 kg/week of tofu. They make no soymilk or other tofu products. Triballat does not make silken tofu as such.

7102. San Diego Soy Dairy. 1985. Soycrafters Apprenticeship Program (Leaflet). San Diego, California. 1 p.
Address: 2965 Fifth Ave., San Diego, California 92103.

7103. **Product Name:** Tofu Spinach Raviolis (Filled with Tofu No-Egg Salad).
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95401.
Date of Introduction: 1985. August.
New Product–Documentation: Interview with Benjamin Hills. 1987. Sept. 7. Interview with Dennis Hughes. 1988. Feb. 15. This product was first introduced in about August 1985. The new version of it, out in a month, is just Tofu Ravioli, and the filling is similar to the Cottage Salad.

7104. Soy City Foods. 1985. I love Soy City's vac pac soy foods: Tofu, Soy Pro, tempeh (Bumper sticker). 2849 Dundas St. W., Toronto, ONT, M6P 1Y6, Canada. 15 x 35 cm.
• ***Summary:*** This bumper sticker is green, red, orange, and yellow on white. A heart stands in place of the word "love."
Address: Ontario, Canada.

7105. *Soya Foods* (*ASA, Europe*). 1985. The Soyafoods Interview: Mr. Wil Puik, Heuschen B.V., Netherlands. Aug. p. 7-8.
• ***Summary:*** Heuschen started their activities in 1958 selling Oriental foods, including tofu (tahoe). They began to make their own tofu in 1964. By 1968 they were making 2,000 cakes of tofu a day. The present plant at Deurne started in 1982. Its automatic production line presently makes 10,000 cakes of tofu a day. The company employs 9 people. They distribute their products via the wholesale trade, and export to West Germany and Belgium. They believe the soyfoods industry has an excellent future. They would like to launch several convenience soyfoods such as tofunaise, soyaburgers, tofu dips, creams, and sauces. They sell to both the mainstream and Reform markets.

Note: Puik is pronounced "Powk"; the "Pow" rhymes with "How." Address: Heuschen B.V., Dr. Huub van Doorneweg 16, 5753 PM Deurne, Netherlands.

7106. **Product Name:** Sunrise Vegetarian Quarterpound Burgers (Made from Tofu or Soya Proteins) [Tandoori, Herbs & Spices, Tofu, or Mexican Chili].
Manufacturer's Name: Soya Health Foods, Ltd.
Manufacturer's Address: Unit 4, Guinness Rd., Trafford Park, Manchester M17 1UA, England.
Date of Introduction: 1985. August.
Ingredients: Herbs & Spices: Okara (soya fibre and protein), textured soya flour, hydrogenated vegetable oil, wholewheat rusk, soya flour, modified starch, stabiliser (of vegetable origin), hydrolysed vegetable protein, mixed vegetables, mixed herbs, mixed spices, tamari.
Wt/Vol., Packaging, Price: 1 lb paperboard box.
How Stored: Frozen.
Nutrition: Per 100 gm: Protein 11 gm, fat 14 gm, carbohydrate 12.6 gm, dietary fibre 5.2 gm.
New Product–Documentation: Natural Food Trader (UK). 1985. Sept. p. 25. The burgers are quarter pounders that come 4 in a pack. Michael Cole is director of this company. Poster. Sunrise–Be good to yourself! A photo shows a burger box.

Label. 1988. Paperboard box. 9 by 4.5 by 1.5 inches. Full color in red, green, and brown. Photo on front of open-face burger. "Free from animal fats. No artificial colours. Low in salt and high in fibre. No animal has suffered in the making of this product." Other products available from Soya Health Foods: Sunrise Soya Milk, Soya Milk Yogurt, Soya Ice Dream in 1 litre tubs.

7107. **Product Name:** Duchesse Tofu Dressing & Dip.
Manufacturer's Name: St. Giles Foods Ltd.
Manufacturer's Address: St. Giles House, Sandhurst Rd., Sidcup, Kent, DA15 7HL, England.
Date of Introduction: 1985. August.
Ingredients: Sunflower oil, cider vinegar, tofu (soybean curd), vegetable oil, onion, garlic, raw sugar, herbs, sea salt, whole spices, vegetable gums (guar and xanthan).
Wt/Vol., Packaging, Price: 200 ml.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: L. Leneman. 1985. The Vegetarian. July/Aug. p. 23 "Tomorrow's Food." This is a "mayonnaise-type product... It is superbly flavoured and remarkably rich and creamy–a fabulous egg-free, dairy-free dressing for salads and sandwiches... This company is also

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launching a tofu-based sandwich spread with dill pickles."

Label. 1987, undated. 1.5 by 7.5 inches. White and gold on black. "All-Natural. Low cholesterol. High in polyunsaturates. Without egg products. Suitable for Vegan Diets."

7108. *Sunset* (*Menlo Park, California*). 1985. Call it Tofulato. What happens when you introduce Oriental tofu to Italian gelato? A smooth, lean, delicious ice dessert. Aug. p. 64-65.
• ***Summary:*** How to make tofu ice cream at home, using tofu, buttermilk, whipping cream, gelatin, sugar, etc.

7109. **Product Name:** Tofu Nete (Non-Dairy Frozen Dessert) [Vanilla, Chocolate, Wildberry, or Peanut Butter].
Manufacturer's Name: Tofu Nete, Inc.
Manufacturer's Address: 39 Bellis Circle, Cambridge, MA 02140. Phone: 617-864-2640.
Date of Introduction: 1985. August.
How Stored: Frozen.
Nutrition: Per 4 oz.: Calories 100, protein 1 gm, carbohydrates 17 gm, fat 5 gm.
New Product–Documentation: Advertiser (Saugus, Massachusetts). 1985. Aug. 29. "Tofu Nete is Newest Ice Cream Substitute." Stanley Cohen is president of Tofu Nete Inc. Herald News (Fall River, MA). 1985. Sept. 4. "Enjoy This Perfect Ice Cream Substitute." Recorder (Greenfield, Massachusetts). 1985. Sept. 25. "Tofu 'ice cream' on the rise."

7110. **Product Name:** Tofruzen (Non-Dairy Hard Pack Soy Ice Cream) [Chocolate, Strawberry, Vanilla-Almond].
Manufacturer's Name: Tofu Today (Marketer). Made in Boulder, Colorado, by White Wave, Inc.
Manufacturer's Address: 333 W. Hampden, Suite 1010, Denver, CO 80110.
Date of Introduction: 1985. August.
How Stored: Frozen.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1985. Oct. Six flavors. Spot in Food & Beverage Marketing. 1985. Nov. "Tofu Heads for Rockies. The product is being introduced into the Denver area. Jason Bois is president of Boulder-based Tofu Today." Sentinel (Lakewood, Colorado). 1986. Jan. 30. "Local Competition for Tofutti." It sells for a little over $2/pint at King Soopers. By Aug. 1986 Tofu Today Inc. was at 300 East Hampden, Suite 403, Englewood, Colorado 80110. Leaflet. 1987. March. 8½ by 11 inches, color. "Introducing the hottest new seller in frozen desserts... Tofruzen, Instead of Ice Cream. The frozen dessert with tofu that meets Soyfoods Association standards."

7111. *Whole Foods.* 1985. Source book 1985-86. 8(8):1-136. Aug. Illust. Index. 28 cm.
• ***Summary:*** This is the 5th edition of this directory. Contents: Publisher's page. NewsLinks Wholesalers / distributors: Alphabetical address directory. Wholesalers / distributors: Geographical directory. Product directories: A list of product manufacturers: Foods (p. 33-48–soy-related categories include: Bean products, beans, coffee substitutes, cultures, ice cream, macrobiotic, milk, miso, sauces, soy products, soy sauce, tamari, tempeh, tofu), vitamins and supplements, cosmetics & personal care, herbs. Trade name index: An alphabetical listing of products by their brand or trade names. Brokers. Publishers. Associations. Alphabetical listing of manufacturers / importers. Advertisers' index.

Note: The listings related to soy products are full of errors. This Source Book contains many interesting ads. Whole Foods claims prominently and repeatedly to have the largest circulation in the natural foods industry. Address: South Plainfield, New Jersey.

7112. Lloyd, Beth. 1985. Tofu recipes. Barricini Foods, Inc., 123 South St., Oyster Bay, NY 11771. 5 p. As seen on ABC's "Good Morning Show," Wed. Sept. 11, 1985. Unpublished manuscript.
Address: Oyster Bay, New York.

7113. Zeldin, W.I. 1985. Pepper... and salt: Hail, the baby-boomer. *Wall Street Journal.* Sept. 12. p. 33.
• ***Summary:*** "It's the age of quiche and tofu. / Of the sprout and the tough running shoe. / Lifting gold weights. / Doing ego inflates. / Makes a healthier, yuppier you."

7114. Ostman, Eleanor. 1985. Public acquires a taste for tofu. Soybeans give business more than just desserts [Lee L. Lee, Tofulicious, and Eastern Foods Corp.]. *Morning Pioneer News Dispatch* (*St. Paul, Minnesota*). Sept. 15. p. 1G, 3G.
• ***Summary:*** Korean-born Lee L. Lee graduated in physics from Seoul National University and came to the Univ. of Minnesota to study accounting. He stayed to work for 11 years at Control Data Corporation's international accounting division, the last 5 as its manager. "He was clearly ahead of demand in 1978 when he started producing tofu in a tiny rented warehouse in Roseville [Minnesota]." During his years at CDC "he was also making tofu for First Oriental Foods in St. Paul, ultimately buying that company in 1982. His Eastern Foods Corp. began producing tofu part time a year before he left Control Data, with the assistance of venture capital investment from his former employer." CDC owns 30% of Eastern Foods. In 1979 he built his current quarters at 3235 E. Hennepin Ave.

"Though he kept producing tofu over the years while two other local competitors started and folded, Lee says he knew that 'I couldn't live and die with just one product.' His company began manufacturing won ton skins and egg roll wrappers. 'Within 18 months, we dominated the entire Midwest market for the skins,' said Lee.

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"'In tofu, we are the leader in Minnesota, Wisconsin, Iowa, Michigan and Illinois. Our sales were growing 10 to 15 percent annually, but the base was so small to being with. The Minnesota market uses 300 cases of tofu a week; that's under $10,000 a month.' Total production weekly of tofu, skins and related products is up to 36,000 pounds weekly...

"Steve Schellhaass, formerly with Safeway Stores, was hired last year as vice president of manufacturing and product development, with a directive to find 'value-added' uses for tofu and the skins. Tofulicious is one result and Tofruit, resembling yogurt with fruit, is another. Available in health food stores, it soon may be released to regular retail channels under a co-packing arrangement. The company also has tofu salad dressing ready...

"Lee plans to make Eastern Foods a national company in 1986 and perhaps to go public in 1987. To speed national distribution, his company has contracted with JFC International, the distribution arm of Kikkoman soy sauce and the largest Oriental specialty distributor in the country."

A photo shows Lee L. Lee, founder and president of Eastern Foods Corp., holding a pint of Tofulicious. Address: Minnesota.

7115. Major, Brian. 1985. Tofu Time! Tofutti is 'only the tip of the ice cream,' according to inventor. *Bulletin* (*Brooklyn, New York*). Sept. 20. p. 1, 4.
• ***Summary:*** David Mintz says, "When I read about tofu 10 or 12 years ago, my antenna went up." Mintz now has four plants making tofu products, three in New Jersey. He is working on many second-generation tofu products.

7116. Rose, Richard. 1985. Re: Your business is under attack! Letter to major U.S. tofu manufacturers, Sept. 20. 2 p. Typed, with signature on letterhead (photocopy).
• ***Summary:*** "FACT: 80% of the 'tofu' products introduced in the last 18 months actually contain little or not tofu, using soy protein isolate instead!... FACT: Real tofu companies like yours are losing at least $60,000 per week in sales due to the use of isolate as 'tofu' in tofu products!" Calls for immediate action on finalizing tofu standards. Address: Brightsong Foods, P.O. Box 2536, Petaluma, California 94953.

7117. *Toyo Shinpo* (*Soyfoods News*). 1985. Nigari meekaa mo datsubô. 100% nigari kinugoshi-dôfu. Tôfu ni horete, koko made yattaze Miyaharu Shoten (Gifu) Sakae Haruo shatchô [Silken tofu made with only nigari as a coagulant developed by Haruo SAKAE, president of Miyaharu Shoten in Gifu prefecture]. Sept. 21. p. 6. [Jap; eng+]

7118. Brightsong Foods. 1985. Corporate backgrounder and fact sheet (News release). 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953. 2 p. Sept.
• ***Summary:*** In the late 1970s Richard Rose discovered that his frequent respiratory illnesses were caused by a severe allergy to dairy products. He was a vegetarian and dairy products were a major component in his diet. Substituting tofu for dairy products eliminated all the illnesses he had suffered from since childhood. In 1980 the Roses brought Brightsong Tofu, in 1982 they moved it to Petaluma, and in late 1984 they received the backing of a venture capital firm. Since 1980 over 90 tofu products were developed and marketed by the company. Address: Petaluma, California.

7119. **Product Name:** Brightsong Tofu.
Manufacturer's Name: Brightsong Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953. Phone: 707-778-8638.
Date of Introduction: 1985. September.
New Product–Documentation: Brightsong Foods. 1985. Brightsong Introduces New Tofu Concept (News Release). "Brightsong has introduced a revolutionary new concept in merchandising tofu. It marks the first time tofu has been specifically designed for mainstream American consumers. The new Brightsong Tofu is vacuum-packed like cheese, and displayed in a colorful printed box, somewhat like how butter is sold. Enclosed in the box are recipes, coupons, and informational sheets. Other products compatible with tofu are cross-merchandised by including samples and coupons in the box, such as mixes, seasonings, etc."

7120. **Product Name:** [Organic Nigari Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Byodo Naturkost GmbH.
Manufacturer's Address: Hirschbergstr. 9, D-8000 Munich 19, West Germany. Phone: (089) 16 85 70.
Date of Introduction: 1985. September.
Wt/Vol., Packaging, Price: Bulk: Immersed in water in buckets.
How Stored: Refrigerated.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. They make about 400 kg/week of tofu. Letter from Harry Whitford of Soyastern. 1987. Dec. 14. They make 400 to 500 kg/week of organic nigari tofu.

Die Geschaeftsidee. 1989. Dec. p. 32. The third tofu maker in Munich, Byodo, was founded in 1985. The present owners, Bernd Steyers [sic, actually Steyer] and Michael Biedenbach, make about 400 kg/week of tofu, which is sold largely to distributors. They also make tempeh.

Letters (faxes) from Harry Whitford. 1990. May 11 and June 9. "Byodo Naturkost GmbH (Co. Ltd. in German) was founded on 2 July 1985. Michael Mossbacher entered the company at that time, and the base capital was used to move to Hirschbergstr. 9. In the fall of 1985 we started making tofu after a scandal: We had been buying tofu from Sapia to make our burgers for the Munich market. But he bought conventionally grown beans and sold the tofu as

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bio [organic]! As far as I can recall, the product was simply called Tofu. It was sold immersed in water in buckets to bulk users only."

7121. **Product Name:** Soy Scream Ice Cream, Tofu, Soy Mayonnaise, Okara Burgers.
Manufacturer's Name: Country Farmhouse Project. Renamed Country Farmhouse Lifeline by Fall 1987. Renamed Country Farmhouse Soya Products by 1989. Renamed Country Farmhouse Soya Products Co. Ltd. by Aug. 1997.
Manufacturer's Address: Affiliate of the Country Farmhouse Lifeline, 12 Faulkner Ave., Duhaney Park, Kingston 20, Jamaica. Phone: 809-933-4617.
Date of Introduction: 1985. September.
New Product–Documentation: Plenty Bulletin (Summertown, Tennessee). 1986. Fall. p. 1-3. Jamaica Soy. The Country Farmhouse Project in Kingston, Jamaica is run with the help of two Jamaican young people, Rasino D'Aguilar and his wife, Mohi. This small-scale cottage industry, which has been in business for 1 year on a shoestring budget, makes soy ice cream, tofu, soy mayonnaise, and a variety of okara burgers. Some of their products are sold at a weekly market sponsored by the Jamaica Vegetarian Society.

Plenty Bulletin. 1987. Fall. p. 4. Two full time and two part time staff, working out of a tiny 5 x 30 foot shed on the back of a house, produce 150 lb of tofu a week for sale to restaurants and health food stores in Kingston. First listing in Soya Bluebook. 1989. Country Farmhouse Soya Products. Affiliate of The Country Farmhouse Lifeline. Same address shown above. Phone: 809-92-281 10-9. Products: Salads Delight salad dressing, soymilk, frozen desserts, tofu & tofu products, soy burgers, high protein soy bread, tofu soysage.

Plenty International. 1994. Jan. A Guide to Growing and Using Soybeans for Food. p. 30. This company, which makes fresh soyfoods, is now named Country Farmhouse Soy Products, located at 12 Faulkner Ave., Duhaney Park, Kingston 20, Jamaica. Phone: 809-933-4617.

Talk with Marlon D'Aguilar, owner. 1996. May 20 (which see).

Talk with then letter from Marlon D'Aguilar. 1997. Aug. The letterhead states that the company is now named "Country Farmhouse Soya Products Co. Ltd. Directors: Marlon D'Aguilar, Elaine Lawson, Mrs. Winsome D'Aguilar, Keith Brown."

7122. *Cultivar.* 1985. Le soja en alimentation humaine [Soya in human nutrition]. No. 186. p. 77-78. Sept. [Fre]
• ***Summary:*** A brief introduction to tofu, soymilk, soy sauce, tempeh, miso, soy flour, soy protein isolates, and concentrates. Address: France.

7123. **Product Name:** Tofulicious (Soy Ice Cream) [Dutch Chocolate Almond, Vanilla Almond Supreme, Piña Colada Royale, Triple Berry Delight, or Creamy Peanut Butter].
Manufacturer's Name: Eastern Foods Corp.
Manufacturer's Address: 3225 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1985. September.
How Stored: Frozen.
Nutrition: Chocolate-Almond. Per 4 fl oz: Calories 160, carbohydrates 24 gm, protein 3 gm, fat 6 gm, sodium 50 mg.
New Product–Documentation: Dairy Record. 1985. Nov. p. 43. "A Taste of the Orient." Product development was partially supported by the Minnesota Soybean Growers Association. *Soybean Digest.* 1987. July. p. 4. Leaflet. 1986, undated. Tofulicious. Good taste that's good for you. Haumann. 1987. JAOCS. Oct. p. 1378. The product was developed by research coordinated by Univ. of Minnesota food scientist William Breene and funded by the Minnesota Soybean Research and Promotion Council; Calhoun Herald (Hardin, Illinois). 1988. Sept. 15. "Tofulicious available at Taviners." Midwest Gourmet Ventures, a new distributorship established by John and Caroll Bonn, is the exclusive distributor for Tofulicious, which is a kosher product and has an approved diabetic exchange of one and one half starches and one fat per 4 oz. serving.

7124. **Product Name:** Tofu Scrambler Mix (Egg Replacer).
Manufacturer's Name: Fantastic Foods, Inc.
Manufacturer's Address: 106 Galli Dr., Novato, CA 94947. Phone: 415-883-7718.
Date of Introduction: 1985. September.
Ingredients: Feb. 1991: Barley flour, dehydrated vegetables (potato, onion, parsley, garlic, green onion, chives), dried yeast (molasses grown), hydrolyzed vegetable protein, powdered soy sauce (soybeans, wheat, salt), spices, salt, turmeric.
Wt/Vol., Packaging, Price: 2.7 oz (77 gm). Two seasoning packets per package. Enough for 2 lb of tofu. Retail: $1.49.
How Stored: Shelf stable.
New Product–Documentation: Ad in Whole Foods. 1985. Jan. "When You Want the Scramble Without the Egg." The Mix is added to 1 lb fresh tofu and cooked / scrambled for a few minutes. Also in Natural Foods Merchandiser. 1985. Nov. p. 16.

Spot in Whole Foods. 1986. Jan. p. 52. "Eggless eggs." Product with Label purchased from Lucky supermarket in Lafayette, California. 1991. Feb. 18. 2.7 oz. package (copyright 1988) retails for $1.75. 4.5 by 6.5 by 1 inch paperboard box. Purple, red, green, and black on beige and orange. Color photo on front panel of the finished product, garnished with mushrooms and tomato bits, on a blue and white plate. "Contains 2 packets. Add each to 1 pound of tofu (to make five ½-cup servings). All vegetarian. All natural." In the box, with the 2 seasoning packets, is a 6-panel color brochure titled "Fantastic ideas for tofu scrambler." It gives

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recipes: for Tofu salad and sandwich spread. Scrambler stuffed peppers. Tofu quiche. There are ideas for: Scrambler rice stir fry. Tostadas. Potato boats. Pasta.

Product with Label purchased at Open Sesame in Lafayette, California. 1998. Jan. 10. Label design copyright 1995. Price: $1.79. In the box are two packets of dry mix; each serves 4 and is used with 1 lb tofu. Ingredients: Barley flour, dehydrated vegetables (potatoes, onions, garlic, red bell peppers, celery, chives, green onions), dried yeast, spices, soy sauce powder (wheat, soybeans, salt), sea salt, yeast extract, turmeric powder, soybean oil. Soyfoods Center product evaluation. 1998. Feb. 11. Overall score: 7. Taste: Too spicy. Texture: Somewhat too gummy. Package design: Excellent.

7125. *Florida Grocer* (*Miami, Florida*). 1985. Morinaga Tofu for U.S. market. Sept. Also in: Food Distributors Magazine (Sept.). Economic World (NY, Nov.).
• ***Summary:*** A photo shows a package of "Mori-Nu Fresh Regular Tofu."

"Morinaga Milk Industry Co., Japan's leading manufacturer of dairy products, has announced the creation of a U.S. subsidiary, Morinaga Nutritional Foods. The new company, headquartered in Los Angeles, will market Mori-Nu brand tofu in the United States."

"Unlike other tofu, Mori-Nu is manufactured by a patented process which assures freshness and long shelf life without the use of preservatives, the parent company says."

"Because Mori-Nu Tofu is actually made inside its hermetically-sealed aseptic package, no hands come in contact with the product. This exclusive packaging process permits the company to offer an unqualified guarantee of freshness to the consumer, Morinaga reports."

"Morinaga plans to introduce a 'regular' firmer style tofu to supplement the Soft Tofu which is currently being sold in limited areas."

"With worldwide sales of $1,300 million, Morinaga today markets tofu in more than 30 countries. The company's move into the U.S. coincides with expanding consumer interest in diet and health, according to Morinaga president, Akira Ohno. 'Our research tells us that there is an increasing trend towards health foods in general and a growing need for non-cholesterol products among U.S. consumers.' Mr. Ohno stated."

"The company's initial sales efforts will be directed to selected markets, beginning with Los Angeles and other West Cost cities, then expanding nationwide. Sales for the U.S. are projected at seven million packages in the first year."

"Morinaga sees the launching of Mori-Nu as the beginning of a "long-term involvement" in the U.S."

7126. Groom, Jon; Groom, Sarah. 1985. Bean Machine story. *Point Soja–Soyfoods.* Autumn. p. 8. [Eng; Fre]
• ***Summary:*** Jon and Zorah Groom started a business in 1982 making tofu, soysage, and Soyanaize (vegan mayonnaise) from their kitchen. They learned how to make tofu and soymilk while living in Eire [Ireland] with some people from Stephen Gaskin's Farm in Tennessee. With a co-op of 7 people (The Bean Machine Co-op Ltd.) they transformed an old car spares shop at Crymych into Wales' first soy dairy. It began operation in January 1984. A new product was Tofu Pasties. They are now building a new plant in Cardigan. Address: Crymych, Wales.

7127. *Health Foods Retailing.* 1985. Barricini, Farm Foods link revolves around tofu line. Sept. p. 8.
• ***Summary:*** Barricini Foods, which has had great success in producing a tofu-based frozen dessert, Tofulite, is seeking to expand in this growing field through a recent merger with Farm Foods. The distinguishing factor between the two product lines is in the sweetener used. Barricini's Tofulite is sweetened with sugar while Farm Foods' Ice Bean is sugar-free. Under the merger agreement Farm Foods will be able to market their product under the Barricini banner and make use of the Barricini distribution system, which now covers supermarkets, restaurants, convenience stores, and institutions.

7128. Kotzsch, Ronald E. 1985. Macrobiotics: Yesterday and today. Tokyo and New York: Japan Publications Inc. 292 p. Sept. Illust. Index. 26 cm. [144* ref]
• ***Summary:*** The best and most objective book available to date (April 2011) on the origins and history of macrobiotics, worldwide. Includes detailed information on central ideas and practices of macrobiotics, its leaders, organizations, applications, and aspirations. Carefully researched and well written.

Contents: 1. Ekken Kaibara: The grandfather of macrobiotics. 2. Sagen Ishizuka: The founder of modern macrobiotics. 3. George Ohsawa: The early years (1893-1929; Yukikazu Sakurazawa, later known as George Ohsawa was born on 18 Oct. 1893 in a western suburb of Kyoto, Japan, the family's eldest child). 4. George Ohsawa: The first sojourn in the west (1929-1936). 5. George Ohsawa: Return to Japan in crisis (1936-1939).

Photographic interlude for *Macrobiotics Yesterday.* Illustration (line drawing) of Ekken Kaibara. Photos of Ishizuka, Nishibata, Ohsawa's parents, George Ohsawa (many from 1901-1966). 6. George Ohsawa: The war years (1940-1945). 7. George Ohsawa: Hope for a new Japan and a new world (1945-1953). 8. George Ohsawa: The world journey of the penniless samurai (1953-1966; George and Lima visited India [Nov. 1953-July 1955]; Africa [Aug. 1955-Feb. 1956, incl. Kenya, and 3½ months with Albert Schweitzer at Lambarene, Gabon]; Paris, France and Brussels, Belgium; New York City, USA [late 1959-Oct. 1961]; France [around 1961 he met Louis Kervran]; Tokyo [most of 1963-64]; Vietnam 1965; Tokyo, where he died

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on 23 April 1966 [24 April Japan time], probably of filarial parasites contracted in Lambarene, and smoking). 9. George Ohsawa: The man and the legacy. 10. After the master: Part one: America.

Photographic interlude for *Macrobiotics Today.* Photos are given of Toshi Kawaguchi, Michi Ogawa, Hiroshi Maruyama, Kaoru Yoshimi, Francoise Riviere, Cecile Levin, Dr. Kikuo Chishima, Dr. Moriyasu Ushio, Michio and Aveline Kushi, Herman and Cornellia Aihara, the Kushis, Aiharas, and Shizuko Yamamoto, William Dufty, Bill Tara, Aveline Kushi and Wendy Esko, Alex Jack, Dr. Marc van Cauwenberghe, Edward Esko, Murray Snyder, Noboru Muramoto, Jacques and Yvette de Langre [DeLangre], Jerome Carty, Duncan Sim, Lima Ohsawa, Shuzo Okada, Hideo Ohmori, First European Congress of Macrobiotics in London, Nov. 1978, Lenk summer camp, Switzerland, July 1984, Jan Lansloot, Peter Doggen, Rik Vermuyten, Georges Van Wesenbeeck, Roland Keijser, Mayli Lao Shun, Tomio Kikuchi (in Brazil).

11. After the master: Part two: Japan. 12. After the master: Part three: Europe and elsewhere. 13. The gospel according to Kushi. 14. Macrobiotics in western culture. 15. Prospects for the future. Bibliography.

The author, an excellent historian and writer, with a delightful sense of humor and light touch, began his study and practice of macrobiotics under Michio Kushi in Boston in Jan. 1967. A photo of Ronald E. Kotzsch appears on the rear cover. This book is based on his doctoral dissertation titled "Georges Ohsawa and the Japanese Religious Tradition," submitted on 1 April 1981 for a PhD degree in History of Religions from Harvard University. Pages 185-86 discuss briefly the role of the macrobiotic movement in introducing soyfoods (especially miso, shoyu, and tofu) and natural foods to America. Address: PhD, Hanover, New Hampshire; The New North Church, Hingham, Massachusetts (18 Mar 1985).

7129. Kotzsch, Ronald E. 1985. The Morinaga Incident (Document part). In: R.E. Kotzsch. 1985. Macrobiotics: Yesterday and Today. Tokyo and New York: Japan Publications Inc. 292 p. See p. 213. 26 cm. [144* ref]
• ***Summary:*** "In 1953 Japan was shocked by the 'Morinaga Incident.' The Morinaga Milk Company was using arsenic in the production of dried milk, and a batch became lethally contaminated. One hundred and eighty-six infants died of poisoning. A furor arose and the company passed the incident off as a freak occurrence. [George] Ohsawa contacted his long time associate, Keishi Amano, a biologist then working in the research laboratory of the National Fisheries Ministry. He urged Amano to write a book exposing the company and the dangers inherent in its processing techniques. The scientist did so and later published other books on the dangers of food processing and of chemical additives." Address: The New North Church, Hingham, Massachusetts (18 Mar 1985).

7130. McSweeney, Daniel. 1985. Consumer survey 1985. *Whole Foods.* Sept. p. 23-27.
• ***Summary:*** The percentage of respondents who purchased a type of product at a natural foods during the past 12 months, in descending order of popularity: Tofu 64.5%. Miso 50%. Sea vegetables 37.9%. Non-dairy ice cream 37.9%. Frozen tofu entrees 21.7%. Note: The sample size is not given.

7131. Mitz, Bea. 1985. The joy of soy. *Total Health* (*California*). Sept. p. 55-56.
• ***Summary:*** An overview that contains photos of products made by Legume (Tofu Stuffed Shells Provencale), Loma Linda (Ocean Fillets, Griddle Steaks), Worthington Foods (Tofu Topper), Eden Foods (Edensoy), plus Tofutti and Tofulite (made by Barricini).

7132. Nasoya Foods, Ltd. 1985. Cooking with Nasoya tofu (Color videotape). P.O. Box 841, Leominster, MA 01453. 6 minutes. *
• ***Summary:*** According to the Nasoya Newsletter (No. 2, Sept. 1985): "Nasoya's Tofu is the star of a new video production featuring our talented chef Sarah Paino cooking up three delicious Tofu entrees: Broccoli-Almond-Tofu Stir Fry; Bar-B-Que Tofu; and Tofu Eggless Salad. And it's available for showing in your store!...

"Nasoya's Tofu TV will be ready for viewing later this fall. Tofu TV will really get your customers cooking tofu."

Note: This is the earliest known videotape concerning soyfoods, tofu, or soybeans–though Soyfoods Center does not own it and has never seen it.

Talk with John Paino, former founder and president of Nasoya Foods. 1997. April 7. Purity Supreme supermarkets asked Nasoya for some in-store material to market the tofu and educate consumers. This supermarket chain was just starting to use VCRs and TV screens in place of live demonstrators. John directed this video, and his wife, Sarah, developed and demonstrated the recipes. The production was done by a crew of friends who John hired and who shot the footage at the Paino's home kitchen. John no longer has any copies of this video. Address: Leominster, Massachusetts. Phone: 508-537-0713.

7133. Patni, Manmath. 1985. Soybean–Present situation and future possibilities. *Poultry Guide* (*India*) 22(9):53-62, 85-90. Sept.
• ***Summary:*** This paper was presented at the Zonal Agricultural Research Station, College of Agriculture, Indore. Contents: Miraculous tiny seed. Source of vital goodness. World leader soybean. Processing of soybean. Effect of heat treatment on nutritive value / functionality. Basic protein food from soybean. Soya protein concentrate. Soy protein isolate. Texturized protein product. Whole

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soybean products: Soya milk, tofu, tempeh. Full fat soya flour. Miracle crop of many uses. Present situation and future possibilities.

"For over 5,000 years this tiny seed has been the staple food of certain parts of the East, including North China, Japan, Korea and some areas of India. The ancient Yogis, who were among the world's first vegetarians, placed great faith in the soya bean as a supplement to their meatless diet. In fact it became known as, and is still in the Far East referred to as, 'The Meat of the Soil.'"

Note: In a letter to William Shurtleff of Soyfoods Center dated 21 May 1997, M. Patni states that the source of his information about ancient yogis and soybeans was a book titled *About Soya Beans,* by G.J. Binding (1970, p. 10).

"Source of Vital Goodness: Soybean is not new to India. Black soybean has been cultivated for ages in the low hills of Kumaon and Garhwal regions of U.P. [Uttar Pradesh] as well as on the foot hills of the Himalayas and in some scattered pockets of central India. However, strangely enough the crop has not so far become popular in the Indian sub continent and other tropical countries."

The Soybean Processors' Association of India is opening a Research & Development cum-Training Center at Indore. Address: Product Development Manager, Prestige Group of Industries, Indore.

7134. Przybyla, Ann. 1985. Frozen tofu desserts fill a special marketing niche. *Prepared Foods.* Sept. p. 146-48, 153.
• ***Summary:*** About Tuscan's Tofu Bar, Hawthorn Mellody's Tofait, and Gloria Vanderbilt's soy ice cream and many planned novelties: Fruit'N Creme Bar, Cookies'N Cream Bar, Peanut Butter Caramel Nut Bar, Vanilla Fudge Nut Bar, Cookies'N Creme Bar, Orange Creme Treat, Double Chocolate Bar, Chocolate Coated Wildberry Supreme Bar.

7135. **Product Name:** Slimmery Thin Ice (Soy Ice Cream).
Manufacturer's Name: Slimmery (Distributor).
Manufacturer's Address: St. Louis, Missouri.
Date of Introduction: 1985. September.
Wt/Vol., Packaging, Price: 16 fluid oz plastic container.
How Stored: Frozen.
New Product–Documentation: Viets. 1985. Post-Dispatch (St. Louis, Missouri). Aug. 6. "There's No Fu Like and Old Fu." Manfred Zettl, the chef who owns Slimmery, the national chain of low-cal gourmet food stores, asks for readers help to name his new "tofu frozen dessert." In 5 days readers sent in 602 names. Product Alert notes: "This product appears to be sold only in Slimmery retail outlets in St. Louis. Available in six different flavors."

7136. **Product Name:** Lightlife Meatless Tofu Pups (Meatless Hot Dogs).
Manufacturer's Name: Tempehworks (Product Developer/Marketer).
Manufacturer's Address: Greenfield, MA 01302.
Date of Introduction: 1985. September.
Ingredients: Tofu, water, soy oil, isolated soy protein, spices, nutritional yeast, sea salt, beet powder, paprika oil, natural liquid hickory smoke, guar gum. No nitrites.
Wt/Vol., Packaging, Price: 12 oz package.
How Stored: Refrigerated or frozen.
Nutrition: Per Pup: Calories 95, Protein 8.8 gm, sodium 204 mg, fat 7.5 gm carbohydrates 5 gm, cholesterol 0.
New Product–Documentation: Label. 1985, undated. 4.5 by 6 inches. Red and black on white. "Cholesterol free. The Uncommon Dog. No nitrates. Nothing artificial." Leaflets. 1985 (dated). Front and back, 8½ by 11 inches. "Cholesterol free. Tofu pups: The uncommon dog." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Organica. 1985. Autumn. p. 9. "Whatever happened to the American Hot Dog?" USA Today. 1985. Oct. 4. Life Section. Headline. "Hot dog! A new tofu treat called Tofu Pups. Tempehworks meatless hot dogs taste like the real thing and are high in protein, but have no cholesterol or nitrates. $2.79 for 10."

American Health. 1986. Feb. "Weenies of the New Age." Leaflet. 1986. "If you love the thought of a delicious, juicy hot dog... but hate the thought of what's in it, Read On! It has no cholesterol and no nitrates. It contains less than half the sodium of a meat frank and about half the fat."

Ad (1/3 page, black and white) in East West Journal. 1987. July. p. 77. "Simply the best tasting completely vegetarian hot dog available anywhere! Cholesterol free. Tofu Pups." Soya Newsletter. 1987. Sept/Oct. Party Pups and Tofu Pups Food Service Pack (three 40-pup vacuum packed packages per case) introduced. Ad in Natural Foods Merchandiser. 1987. Oct. p. 93. "The #1 Selling Tofu Hot Dog in America." Richard Rose review. 1987. Oct. 28. "Still the best tofu hot dog." Spot in Natural Foods Merchandiser. Feb. p. 58, and East West. 1988. March. "Fighting Hunger with Tofu Pups." Lightlife Foods is donating 5 cents from the sale of each specially marked package of Tofu Pups to American non-profit hunger relief organizations. Fifty percent of the proceeds will go directly to local community meal programs in western Massachusetts. Layton. 1988. Greenfield Recorder. May 20. p. 25. Tofu Pups cost more than their pork counterparts–$2.49 to $2.99 for a 16 oz package of 10 versus $1.49 to $2.39 for meat wieners.

7137. **Product Name:** [Tofu, and Marinated Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Thomas Tempeh.
Manufacturer's Address: 167 Tagensvej, DK-2400 NV Copenhagen, Denmark.
Date of Introduction: 1985. September.
Ingredients: Incl. organic soybeans.
How Stored: Refrigerated.
New Product–Documentation: Talk with Thomas Andersen of Urten's Tofu. 1990. May 24. Followed by a

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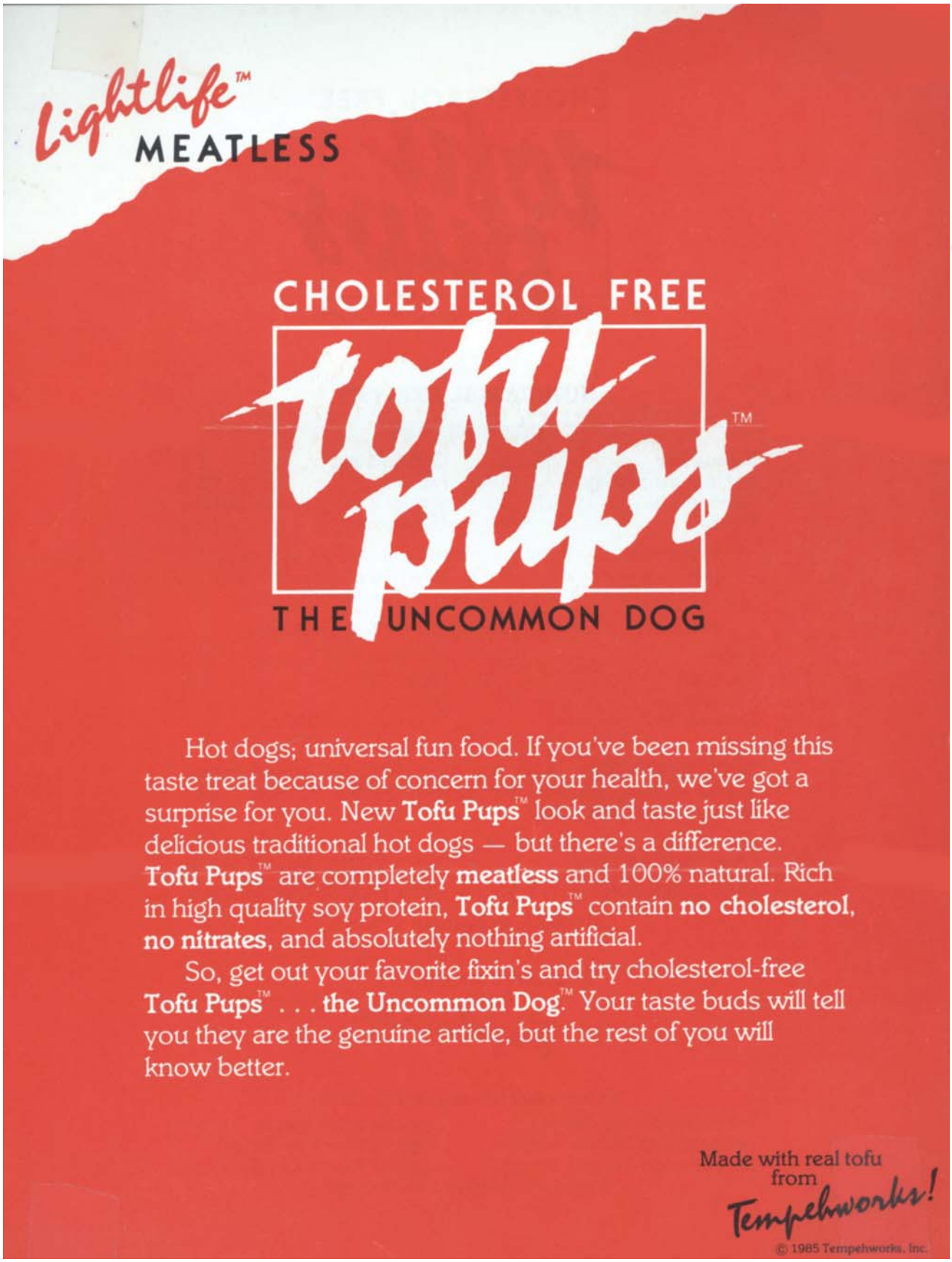

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letter of June 23. He founded this company at this address in 1985. In 1985 he bought most of the tofu equipment from Dansk Tofu and started making tofu and marinated tofu in late 1985. On 1 Jan. 1986 he moved the business to Söndergade nr. 2 in the city of Toelloese, Denmark. The business was still named Thomas Tempeh.

7138. **Product Name:** Tofu Dream (Soy Ice Cream) [Vanilla, Chocolate, Strawberry, Maple Walnut, or Coffee].
Manufacturer's Name: Tofu Treats Ltd. (Marketer). Made in Canada by St. Clair Ice Cream Co.
Manufacturer's Address: 36 Rosevear Ave., Toronto, ONT, Canada. Phone: 416-699-1141.
Date of Introduction: 1985. September.
How Stored: Frozen.
New Product–Documentation: AdNews (Toronto, ONT). 1985. Aug. 6. "The Latest in Yuppie Food." Canadian Jewish News (Toronto, Ontario). 1985. Sept. 12. The product was developed by Arthur Herhold, former general manager of Farm Foods.

7139. **Product Name:** Tomsun Tofu Burgers.
Manufacturer's Name: Tomsun Foods Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1985. September.

7140. **Product Name:** Tumaro's Tofu Enchilada Verde (Meatless Mexican Entree).
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1985. September.
Ingredients: Incl. tofu, green chilies, vegetables, corn tortilla, tomatillo, green chili sauce.
Wt/Vol., Packaging, Price: 10 oz, 6 per case.
New Product–Documentation: Food Report (Lehmann). 1985. Sept. "Dairyless Mexican entree wrapped in a corn tortilla with green tomato sauce." Spot in Natural Foods Merchandiser. 1987. March. p. 20; Leaflet. 1987, dated. 8½ by 11 inches. Brown and green on beige. "Order Tumaro's tasty Mexican entrees today! all under 200 calories!" Lists nine varieties. "A delicious, dairyless enchilada."

7141. **Product Name:** Croissant Cuisine: Tofu Mexicana (Whole Wheat Stuffed Croissants).
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1985. September.
Ingredients: Tofu, tomatoes, bell peppers, onions, celery, corn, serrano chilies, tamari, corn oil, spices, sea salt.
Wt/Vol., Packaging, Price: 6 x 6.5 oz.
New Product–Documentation: BLRF. 1985. Sept. Leaflet. 1987, undated. 8½ by 11 inches. Blue on beige. "A brand new line. Delicious! Unique! Exciting!"

7142. *Daily Leader* (*Stuttgart, Arkansas*). 1985. Far Eastern food market offers outlet for food-type soybeans. Oct. 2. p. 16C. Insert.
• ***Summary:*** Chris Hartz is manager of the Food Beans section of the Hartz Seed Company. He sells food-type soybeans in the USA and Far Eastern markets for use in making food products such as natto, tofu, bean sprouts, and soymilk. Hartz Seed Company has made a commitment to expanding its position in the soybean food markets and to taking a position as a leader in this field. A photo shows Chris Hartz, who is also involved in real estate.

7143. Kates, Joanne. 1985. Tofu for a small planet [Stephen Yu and Victor Foods in Toronto]. *Globe & Mail* (*Toronto, ONT, Canada*). Oct. 4.
• ***Summary:*** Stephen Yu grew up in Canton, then fled to Hong Kong in 1959 with his family when he was 12. In 1969 he went to Halifax, Nova Scotia, to help his older brother run a Chinese restaurant. He soon owned 2 restaurants in Halifax, then went to California to study engineering at Pasadena College. One day a visiting professor at his food science course lectured on soybeans, food of the future. Mr. Yu was fascinated. He learned to make tofu working for the largest tofu maker in Los Angeles. He sold his 2 restaurants and his house, took his life savings out of the bank, and opened Victor Foods in Scarborough in 1978. A big leap forward came in 1980, when he got his products into supermarkets. "But he never forgets his basic market. Tofu puffs (deep fried tofu) are made for Chinatown, even though nobody else wants them."

"Today Kathleen O'Bannon, his staff home economist, makes tofu chicken pie and tofu chicken salad. Neither has a hint of chicken, save the chicken stock used to marinate the tofu. Yet both, thanks to the stock, taste chicken-like."

Stephen Yu now makes 2 tons of tofu a day, and sells a million dollars worth of tofu a year. He is now introducing a new extra firm tofu called Hi-Pro. He dreams of tofu french fries, pudding, yogurt, and cereal, plus Tofu Cup-a-Soup.

A photo shows Stephen Yu. Address: Canada.

7144. Foote, C.F., Jr. 1985. Tofu business sprang from this hunch... [Willa Abramson and To-Fitness in Miami]. *Miami Herald.* Oct. 7. News section.
• ***Summary:*** In 1983 Willa Abramson discovered Tofutti on Third Avenue in New York. She persuaded David Mintz to give her newly formed company WRA Distributing (Willa Rose Abramson) an exclusive for soft serve Tofutti in Florida. In May 1984 the tiny distributor changed its name to To-Fitness and went public. Now it is a fast-growing marketer and developer of its own tofu-based and nutritional foods. In the first 6 months of 1985 To-Fitness had sales of

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$644,290 ($28,500 profit), up from $92,000 for the same period the year before. Address: Florida.

7145. *Republic* (*Fairfield, California*). 1985. Tofu makes hi protein smoothie. Oct. 9.
• ***Summary:*** A delicious smoothie, containing no eggs or milk, can be made with "smooth and creamy shelf-stable Kikkoman Tofu." The recipe is given. For more recipes "send a stamped, self-addressed envelope to: 'The Joy of Tofu,' Kikkoman International Inc., P.O. Box 784, San Francisco, California 94101."

7146. Flentge, Robert L. 1985. Tofu [a potentially hazardous food]. *Illinois Dept. of Public Health. Office of Health Regulations. Division of Food, Drugs and Dairies. Technical Release* No. 12. 1 p. Oct. 10.
• ***Summary:*** This release on tofu was sent by the Division. of Food, Drugs and Dairies, Office of Health Regulations, Illinois Dept. of Public Health to Food Sanitarians in Illinois. "Tofu, a jellied soy bean product that is the mainstay of many oriental diets, is gaining popularity in this country. Because tofu is such a nutritious food, it is also an excellent media for bacteria.

"Research has found that tofu will support bacteria that produce botulism, salmonellosis, and staphylococcal food poisoning if it is stored at a temperature above 41ºF. This is not a product in the orient where the product is consumed within a day or two of when it is made. However in the United States, it may be expected to have a shelf life of three weeks.

"Many times when tofu is displayed in a retail store, it is unrefrigerated and placed next to the oriental vegetables in the produce case.

"Tofu is a potentially hazardous food as defined in Section 760.20 of the Retail Food Store Sanitation Rules and Regulations; it must be handled accordingly."

Note: These rules and regulations are Illinois state regulations, not federal regulations. Address: Chief, Div. of Food, Drugs and Dairies, Office of Health Regulations.

7147. Tepper, Robert. 1985. Soy Supreme and Oberg's spray dried tofu (Interview). *SoyaScan Notes.* Oct. 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The process uses whole soybeans to make a full-fiber soymilk. This can be either spray dried directly or made into calcium sulfate tofu, which is spray dried using large cheddar cheese spray driers. Paul Taylor is the active man. Mr. Oberg is not involved. Lou Osterbur in Quincy, Illinois is the sales and production manager. Address: Barricini Foods, Oyster Bay, New York.

7148. Gibbons, Barbara. 1985. How to cut back on your calorie intake by cooking with tofu. *Los Angeles Times.* Oct. 17. Widely syndicated. [1 ref]
• ***Summary:*** The article begins: "For food marketers, tofu has become the next yogurt or granola, an ingredient with a 'fitness' mystique.

Contains recipes for Tofu mayonnaise, Tofu tartar sauce, Tofu sour cream, Low-calorie tofu vegetable lasagna.

7149. Tofu Shop Specialty Grocery and Deli (The). 1985. Try an authentic Humboldt Tofu Burger "Hot with all the fixin's" (Ad). *Tri-City Weekly, Northern Humboldt edition.* Oct. 22. p. 19.
• ***Summary:*** This 5¼ inch square ad features a large illustration of the Specialty Grocery and Deli storefront done by Laurie Teske (a woman) in 1985. There is a bench by the front door, a planter in front of the windows, and a thatched roof. Hanging from the top of the doorway is a Japanese *noren* or composite cloth curtain with Japanese characters written vertically on each of the pieces of cloth.

"Just over the foot bridge from HSU" [Humboldt State University]. Buy 1 hot tofu burger and get the 2nd at ½ price with this ad. Plus–Hot turnovers. Unique salads. Delicious desserts. Specialty groceries, & more. Open daily 8-8."

Note 1. Letter (e-mail) from Matthew Schmit. 2009. April 6. The "cloth in the doorway did come from Japan. It was a gift from a neighbor who had been in the service in Japan and made regular trips back there. On one of these trips, I asked him to look for any appropriate tofu shop art, etc. He also brought back a jacket, of the style shown in your books worn by tofu makers, black with white logo on the back. For years, we used to display it at demos and fairs until a Japanese woman translated the figures as the name of a lawn service company! Anyway, I never found out what the figures in the doorway cloth translated as."

The "thatched" roof is actually "artistic license." The "roof" as shown is actually a canvas awning. The actual roof of the building is flat. The building is 1,000 square feet, 25 by 40 feet.

Note 2. Many shops (including tofu shops) in Japan have *noren* or curtains over their entrances. It generally bears the name and trademark of the shop in white on cotton cloth dyed in black, brown or grey. The *noren* is more than a sign; it symbolizes the reputation or standing of a shop. When a shop apprentice finished his long apprenticeship and became an expert in the trade, he was formally allowed to leave and start his own business, with permission to use the *noren* of his master-employer. This was called *noren-waké* or "dividing the noren." "This privilege was not given unless the apprentice was found able to keep up the tradition and reputation of his master's shop." This may be seen as a self-regulating system of quality control (Source: *Things Japanese,* by Mock Joya; 1960, p. 85-86).

Note 3. Letter (e-mail) from Matthew Schmit. 2012. May 18. "Our Tofu Burger was baked. If I remember correctly, the ingredients were based on a recipe we found for deep-fried 'Dragon Balls' made with ganmo. Our Tofu

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Burger has always been baked. We still offer this burger today." Address: 768 18th St., Arcata, California. Phone: Take out: 822-7409.

7150. Engel, Margaret. 1985. Relaxation and rice: Its mind over body at Natural Foods Expo. *Washington Post.* Oct. 27. p. G4.
• ***Summary:*** This Expo is a four-day gathering in Washington, DC, of 5,000 food manufacturers who are selling "everything from soy-burgers to no-sugar candy bars" and even "tofu hot dogs."

7151. **Product Name:** Tofu Burgers.
Manufacturer's Name: 21st Century Foods Inc.
Manufacturer's Address: 30A Germania St., Jamaica Plain, MA 02130. Phone: 617-522-7595.
Date of Introduction: 1985. October.
Ingredients: Organic tofu, sourdough bread crumbs, vegetables, roasted sesame seeds, herbs, spices.
Wt/Vol., Packaging, Price: 5.5 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 3 inches diameter. Red, green, black, orange, and white. "All natural. Organic. Gourmet. Ready to eat. Pareve." Howard Posner. 1987. 21st Century Whole Foods Cook Book. Inside rear cover. Talk with Rudy Canale. 1988. Sept. 13. The invoice for printing the labels for this product is dated Oct. 1985.

7152. **Product Name:** Tofu Nog (Non-Dairy Eggless Eggnog. Formerly Soynog).
Manufacturer's Name: Brightsong Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1985. October.
Ingredients: Water, tofu (water, soybeans, calcium sulfate), honey, soybean oil, natural flavors, spices, nutmeg, vegetable gums (guar gum, carrageenan, cellulose gum), lecithin, turmeric for color.
Wt/Vol., Packaging, Price: 15 fluid oz (444 ml) Pure Pak carton.
How Stored: Frozen or refrigerated.
New Product–Documentation: Label. 1985. Red on white. Pure Pak carton. "Tofu Nog is a special holiday treat! Made with tofu instead of milk and eggs, Tofu Nog is the delicious alternative to Egg Nog. Since 1980 Brightsong Foods has made this wonderful dairy-free drink for those who are concerned about their diet, but don't want to compromise flavor and quality. Compared to Egg Nog, Tofu Nog is low in fat, calories and sodium, high in calcium, and free of cholesterol and lactose."

Spot in Frozen Food Age. Nov.; Poster. 1986. "Tofu Nog... Is Back! Back for the holiday season for the fifth year in a row." One ingredient listing has: Water, tofu, fructose, honey, natural flavor, spices, natural vegetable gums, soy lecithin, annatto for color.

Associated Press news release in San Francisco Chronicle. 1986. Nov. 24. "Petaluma: The traditional holiday drink of egg nog will take on a new twist again this year." "Tofu Nog," made by Brightsong Foods, is non-dairy, free of eggs (it uses tofu instead), sweetened with honey, and free of cholesterol. Brightsong has been selling the product since 1981, when it was named "Soynog." Also available this year is Pumpkin Puddin,' a tofu-based dessert.

7153. Coudert, Guy. 1985. Le soja dans l'alimentation [Soyfoods]. *Point Soja–Soyfoods*. Autumn. p. 7. [Fre; Eng]
• ***Summary:*** A brief introduction to soyfoods, traditional products (Asia), modern products (Occidental), markets. Concerning modern products: "Isolates are expanding the fastest. The pet food market would be the biggest market for vegetable proteins. This market will remain highly specialized, to the difference of the one for traditional products, because it will save the agribusiness industry in priority." Address: Director of Marketing, ONIDOL.

7154. Eastern Foods Corp. 1985. Non-dairy frozen dessert comparisons (Leaflet). Minneapolis, Minnesota. 1 p. Single sided. 28 cm.
• ***Summary:*** Compares Tofulicious, Tofutti, Gloria Vanderbilt Glace, Tofait, Tofruzen, Tofulite, and Tofutti Hi-Lite (Vanilla or vanilla with nuts) for calories, protein, carbohydrates, fat, and sodium. All have no cholesterol. Address: 3235 E. Hennepin Ave., Minneapolis, Minnesota 55413.

7155. **Product Name:** Frostig (Non-Dairy Beverage) [Chocolate, Mountain Berry, Piña Colada, or Orange Juice].
Manufacturer's Name: Frostig Inc.
Manufacturer's Address: Incline Village, Nevada.
Date of Introduction: 1985. October.
Ingredients: Water, tofu, sucrose, corn sweetener, orange juice, pectin, natural flavors, citric acid, sodium citrate, annatto.
Wt/Vol., Packaging, Price: 32 fluid oz laminated milk-carton type container.
How Stored: Refrigerated.

7156. **Product Name:** Base #1250 (Tofu Base and Stabilizer for Non-Dairy Soy Ice Creams).
Manufacturer's Name: Germantown Manufacturing Co.
Manufacturer's Address: Broomall, Pennsylvania.
Date of Introduction: 1985. October.
How Stored: Shelf stable.
New Product–Documentation: Food Processing (Chicago). 1985. Oct. p. 125. "Tofu Base. Base #1250 supplies both stabilization and tofu to finished non-dairy frozen desserts. The product contains a specially processed dry tofu... By utilizing the base, frozen dessert processors can produce a non-dairy frozen dessert with tofu as easily as they can

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produce ice cream."

7157. **Product Name:** Tempeh Delites [Mild Cutlets, or Sticks; Spicy Cutlets, or Sticks].
Manufacturer's Name: Harvest Earth Foods.
Manufacturer's Address: 2789 Steamboat Springs, Rochester, MI 48063.
Date of Introduction: 1985. October.
Ingredients: Tempeh. Batter and breading: Certified organically grown corn, hard red spring and winter whole wheat, brown rice, barley malt, tofu, soybean oil, bicarbonate of soda, rare herbs, imported spices.
Wt/Vol., Packaging, Price: 6 per 16 oz pack.
How Stored: Frozen.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1985. Oct. Made from certified organically grown soybeans and whole grains. Leaflet. 1985, undated. "Create a main course or sandwich! Fully cooked–Just heat & serve."

Product Alert (Naples, WY). 1986. March 17. "16. Frozen misc. foods." Tempeh Delites from Harvest Earth Foods of Rochester, Michigan, comes in four varieties. Mild Cutlets and Spicy Cutlets with 6 per pack. Mild Sticks and Spicy Sticks with 9 per pack. All four are in 16 oz size.

Talk with Charles J. Leonardi, owner. 2001. May 18. Harvest Earth Foods is now located at P.O. Box 816, Sterling Heights, Michigan 48316. Phone: 810-469-1730. Charles bought the company from Dr. Jerry Skrocki, the founder.

7158. **Product Name:** Tofu Tortellini.
Manufacturer's Name: Ithaca Soy.
Manufacturer's Address: 403 N. Plain St., Ithaca, NY 14850.
Date of Introduction: 1985. October.
Ingredients: Dough mixture: Durum flour, semolina, water, tomatoes (red pasta), spinach (green pasta). Filling: Organically grown soybeans, water, rice miso, spices, tofu made with calcium sulfate.
Wt/Vol., Packaging, Price: 16 oz in clear plastic wrapper with a stick-on paper label.
How Stored: Refrigerated or frozen.
New Product–Documentation: Label. 1985. "Great hot with sauce and in soups! Delightful cold in marinated salads." Product Alert. 1985. Oct. New Product News. 1988. Dec. 9. "A 4 oz. package is sold nationally in health food stores." Soya Newsletter. 1988. Nov/Dec. Gives company name as Ithaca Soyfoods Co. Pasta is tri-colored: tomatoes color red and spinach colors green. Now sold frozen. Contact: David Scovronick.

Leaflet (8½ by 11 inch, glossy color, front and back) sent by Richard Rose from Natural Products Expo East. 1989. Sept. "Ithaca Soyfoods Tofu Tortellini."

7159. **Product Name:** Tofu-Kan (Very Firm Chinese-Style Tofu).
Manufacturer's Name: Ithaca Soy.
Manufacturer's Address: Ithaca, New York.
Date of Introduction: 1985. October.
Wt/Vol., Packaging, Price: 8 oz vacuum pack. Retails for $1.89 (10/85). Price had increased to $2.79 by Dec. 1988.
How Stored: Refrigerated.
New Product–Documentation: Product Alert. 1985. Oct. New Product News. 1988. Dec. 9. "Baked, marinated tofu that is ready to eat..." Soya Newsletter. 1988. Nov/Dec. Gives company name as Ithaca Soyfoods Co. "A baked and marinated, ready-to-eat tofu..."

7160. Kaderas de Kerleau, A. 1985. Association Européenne du Soja [Soyfoods European Association]. *Point Soja–Soyfoods.* Autumn. p. 1-2. [Fre; Eng]
• ***Summary:*** "To answer the desire expressed by many tofu and soyfoods makers, the ARTS in collaboration with ONIDOL CIS, will organize in Paris on 12-13 March 1986 the second European Soyfoods Workshop.

This workshop will provide the opportunity for giving a legal structure to the European Soyfoods Association (*l'Association Européenne du Soja*), announced at the first workshop, in Amsterdam [Netherlands] (Sept. 1984).

This workshop is for all people involved in the soyfoods industry: soyfoods makers, distributors, specific equipment manufacturers, farmers, nutritionists, medical doctors, consumers...

The program will discuss the specific problems of this new industry: Development of European standards, soybean cultivation and supply, distribution and marketing, specific equipment, nutritional aspects, tofu makers in Europe, etc. The detailed program will be sent to those who are interested, and return the following form." A clip-out reply form is enclosed.

Note: This is the earliest document seen (Jan. 2003) concerning a European Soyfoods Association. Address: ARTS, 108 rue St. Honore, Paris, France.

7161. **Product Name:** Mori-Nu Silken Tofu [Soft, Firm, or Regular].
Manufacturer's Name: Morinaga Nutritional Foods, Inc. (Importer). Made in Japan by Morinaga Nyugyo.
Manufacturer's Address: 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040.
Date of Introduction: 1985. October.
Ingredients: Water, soybeans, glucono delta-lactone, monoglycerides, calcium chloride.
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) Tetra Brik carton.
How Stored: Shelf stable.
Nutrition: Soft: Per 5.25 oz (148 gm): Calories 80, protein 7 gm, carbohydrate 4 gm, fat 4 gm.
New Product–Documentation: Label. "No preservatives.

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Ready to serve. Guaranteed fresh. High in Protein, High in Polyunsaturates, No Cholesterol, Low in Calories/Fat/Sodium. U.S. Patent 4,000,326." This is a new Morinaga label, with the word "Tofu" written sideways in very large letters.

7162. *Organica.* 1985. What ever happened to the American hot dog? 4(5):9. Autumn.
• ***Summary:*** Praise for Lightlife Tofu Pups (meatless tofu-based hot dogs), seen at the Whole Life Expo in Boston, Massachusetts.

7163. *Plenty Canada News* (*Lanark, Ontario, Canada*). 1985. St. Lucia soy shop opens. Oct. p. 2.
• ***Summary:*** "Plenty's soy shop/training centre in Castries, on the Caribbean island of St. Lucia, opened in July [1985] and became a success almost overnight. The centre trains soy food technicians, develops recipes to fit traditional tastes, and wholesales soy products to retail soyfood outlets. It also provides a market for soybeans produced by local farmers.

"Products of the centre, such as tofu, accras (soy fritters), and soy flour, are rapidly gaining popularity in St. Lucia.

"The soy centre is part of an effort to introduce new sources of protein which are inexpensive and can be produced locally. At present St. Lucia imports most of its protein foods."

A photo shows trainee Glen Moses standing in front of a motorized mill, which is grinding soaked soybeans to make tofu. Address: Plenty Canada, R.R. 3, Lanark, ON K0G 1K0, Canada.

7164. *Point Soja–Soyfoods.* 1985. Du tofou au Rwanda [Tofu in Rwanda]. Autumn. p. 6. [Fre; Eng]
• ***Summary:*** This story first appeared in *La Lettre de l'ARTS* No. 2. p. 2-3. Summer–which see.

7165. *Point Soja–Soyfoods.* 1985. L'intérêt du Club de Dakar pour le soja [The Club of Dakar's interest in soybeans]. Autumn. p. 3. No. 3. [Fre; Eng]
• ***Summary:*** The Club of Dakar is a non-governmental organization, unique in the sense that it is composed of about 200 people from both inside and outside Africa. Their purpose is to develop efficient solutions in the fields of cooperation and development. Three years ago, when the Club got involved with the soybean and saw its real usefulness for African countries, it requested an overview of the situation. Two young Africans, M. Gomes and M. Toumbi, were asked to make the first survey of soybean cultivation in Africa and of information available regarding the development of soybeans in Africa. The main conclusions of the report are: Soya is not unknown in Africa, but it has undergone an uneven and discontinuous development. The only perspective that would allow the development and prosperity of Africa's soybean complex would be in cooperation with Europe. Also new soyfood products such as tofu, tempeh, and flavored soymilk must be tested in Africa. A great deal of work on soybean cultivation has been done by the IITA in Ibadan, Nigeria, and by various institutes in Senegal. For more information and to order publications on soy in Africa and on Biotechnics, contact The Club of Dakar, Administrative Secretary, 4 Avenue Hoche, 75008 Paris, France. Phone: 42-67-16-00.

7166. Roger, Patrick. 1985. Interview de Jean Claude Sabin, Président du CIS-ONIDOL [Interview with Jean Claude Sabin, President of CIS-ONIDOL]. *Point Soja–Soyfoods.* Autumn. p. 1-2. [Fre; Eng]
• ***Summary:*** Concerning the history of soybeans in France, cultivation on a national scale dates back to 1973 after CETIOM had done some research in the preceding years. Before that, soybeans were widely grown during World War II, sometimes even with strong pressure from the Vichy government. Soybeans used to be roasted to make coffee.

"During the 1960s experiments with soybean cultivation were conducted, one of them initiated by M. Dolfuss, who made an unsuccessful attempt at the time at being elected a deputy. He used a pamphlet together with a documentary film on soybean cultivation. But at the time there were no guidelines for growing soybeans, and no seeds were available. "I became interested in soybeans in 1965, because of the large amounts being imported for animal feed. Around the same time, heads of the French oil industry asked the Ministry of Agriculture to start a research program... So CETIOM conducted experiments in soybean cultivation and microbiological research on the inoculum. Without the 1973 American soybean embargo, there still would not be any soybeans grown in France. President Pompidou became angry in the middle of a Council of Ministers meeting, and a research mission was sent to the U.S.

"On the cultivation level, the pioneer areas [departments] were Tarn, Haute-Garonne, and Gers [all located in the southwest of France], with some experiments in Bas Rhône. Later the growing expanded northwards... Around 1965 the GATT accords were signed. The U.S. allowed corn to develop, but locked up soy growing. Since that time, there have been no custom duties on oilseed products in Europe. And until the embargo, none of the politicians ever noticed that fact! Then, after 1979, and the new soy *reglementation* [system with strict regulations for growing soybeans], this crop has been in steady expansion." Mr. Proudon has played a key role in this process.

France needs to reduce its surpluses of cereals (such as wheat), expand production of oilseeds, and use the two to balance crop rotations. "I am quite a believer in soyfoods. Our western food habits are out of balance. People are starting to look for a different way of feeding themselves... I do think that tofu and tempeh have very good prospects."

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Note: CIS = Conseil Interrégional Soja. ONIDOL = Office National Interprofessionnel de Développement des Oléagineux. CETIOM = Centre Technique Interprofessionnel des Oléagineux Metropolitains (France). CIS-ONIDOL Is located at 17 rue Fleurance, 31400 Toulouse, France. Address: President, Office National Interprofessionnel des Oleagineux.

7167. **Product Name:** Gloria Vanderbilt's Glace with Tofu Bars [Strawberry 'n Cream, Peanut Butter, or Caramel Nut].
Manufacturer's Name: Seligco Food Co. Frusen Gladje Ltd.
Manufacturer's Address: 424 E. John St., Lindenhurst, NY 11757.
Date of Introduction: 1985. October.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: 2.5 fluid oz bar, four per box.
How Stored: Frozen.

7168. Soyfoods Association of America, Standards Committee. 1985. Tofu standards. 8th draft. Lafayette, California: Compiled by William Shurtleff of Soyfoods Center. 18 p. Oct. Note: 7th draft, 20 March 1985, 18 p., was submitted to U.S. Food and Drug Administration for comments. [11 ref]
Address: Lafayette, California and Greenfield, Massachusetts.

7169. **Product Name:** To-Fitness Tofu Pasta [Plain, Carrot, or Spinach].
Manufacturer's Name: To-Fitness, Inc.
Manufacturer's Address: 1177 Kane Concourse, Bar Harbour Island, FL 33154.
Date of Introduction: 1985. October.
Wt/Vol., Packaging, Price: 10 oz cartons.
New Product–Documentation: Friedman. 1985. Adweek East. July 29. This product is planned; Foote. 1985. Miami Herald. Oct. 7. "Tofu Business Sprang from this Hunch..." Florida Grocer (Miami). 1985. Oct. Shows photos of three types of Tofu Pasta and gives company address. Florida Food & Grocery News. 1985. Nov.

7170. **Product Name:** [Tofu Burgers].
Foreign Name: Tofu–Bratlinge.
Manufacturer's Name: Tofuhaus Tiefenthal.
Manufacturer's Address: Hauptstrasse, D-6719 Tiefenthal, West Germany. Phone: 06351-43718.
Date of Introduction: 1985. October.
Ingredients: Tofu, okara, brown rice, whole wheat flour, vegetables, sesame, flaxseeds, soy sauce, sea salt, and spices.
Wt/Vol., Packaging, Price: 2 pieces per 150 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1988. The ingredients are freshly prepared, fried, and packed after cooling. They make 5,000 to 7,000 pieces/month. Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in July 1986. Label. 1988, received. 5.5 by 4.25 inches. Black on tan.

Label brought by Albert Hess. 1995. March 11. 2.5 by 4 inches. White and green on orange. An illustration shows a large personified cake of tofu, with smiling face and arms held out. The product name is now simply "Tofu Bratlinge."

7171. **Product Name:** ["Samurai" Tofu Slices].
Foreign Name: Tofu Schnitte "Samurai".
Manufacturer's Name: Tofuhaus Tiefenthal.
Manufacturer's Address: Hauptstrasse, D-6719 Tiefenthal, West Germany. Phone: 06351-43718.
Date of Introduction: 1985. October.
Ingredients: Whole wheat flour (80%), freshly roasted soy flour (Sojamehl, 20%).
Wt/Vol., Packaging, Price: 500 gm bag.
How Stored: Shelf stable.
New Product–Documentation: Label brought by (and talk with) Albert Hess of Albert's Tofuhaus. 1995. March 11. 2.5 by 4 inches. Green, black, and white on red. An illustration shows a large personified cake of tofu, with smiling face and arms held out. The product name is now "Tofu Samurai–mild geräuchert" (mildly smoked).

7172. **Product Name:** [Tofu "Croquettes"].
Foreign Name: Tofu–Kroketten.
Manufacturer's Name: Tofuhaus Tiefenthal.
Manufacturer's Address: Hauptstrasse, D-6719 Tiefenthal, West Germany. Phone: 06351-43718.
Date of Introduction: 1985. October.
Ingredients: Tofu, okara, brown rice, whole wheat flour, vegetables, sesame, flaxseeds, soy sauce, sea salt, and spices.
Wt/Vol., Packaging, Price: 2 pieces per 150 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Albert Hess of Albert's Tofuhaus. 1995. March 12.

7173. **Product Name:** Lamp-Lite Tofu Entrees [Stuffed Shells Florentine, Stuffed Cheese Shells, Carrot Pasta Manicotti, Carrot Pasta Lasagna, Lasagna Florentine, Manicotti Florentine].
Manufacturer's Name: Virgo Foods.
Manufacturer's Address: Burbank, California.
Date of Introduction: 1985. October.
How Stored: Frozen.
New Product–Documentation: Food Report (Lehmann). 1985. Oct.

7174. Whitman, Joan. comp. 1985. Craig Claiborne's The New York Times food encyclopedia. New York, NY: Times

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Books (div. of Random House). 496 p. Illust. (line drawings). 25 x 20 cm. [120* ref]
• ***Summary:*** The soy-related entries are as follows: Kecap (ketjap, p. 237): The Indonesian name for soy sauce in its basic form. "Kecap, with its broad uses in Indonesia, became simply 'table sauce' to English-speaking foreigners. By extension, ketchup became the national table sauce in America. See *also* Ketchup."

Ketchup (p. 238): *The New York Times* prefers to spell it ketchup, but catchup and catsup are generally accepted. The late Tom Stobart, in his *The Cook's Encyclopedia*, says that the word came into English 'from the Orient, perhaps from the Malay or Chinese.'

"'You find ketjap benteng or ketjap manis in Indonesian recipes and that is a form of sweet soy sauce,' he wrote. 'Cookbooks of the last century abound with recipes–oyster ketchup (oysters with white wine, brandy, sherry, shallots and spices), mussel ketchup (mussels and cider), pontac or pontack ketchup (elderberries), Windermere ketchup (mushrooms and horseradish), wolfram ketchup (beer, anchovies and mushrooms).'

"There are also ketchups made with walnuts, cucumbers, and many other items that caught some cook's imagination.

"A New Jersey man wrote to me that 'catchup is a Chinese invention and is still called in Cantonese *fan-kei cheop. Fan-kei* is the name for tomato, literally "foreign vine-vegetable" and *cheop* is juice as in *chang-cheop* (orange juice). The truncated word *kei-cheop* or catchup is obtained by dropping *fan.*

Soy Sauce (p. 419-20): Among Chinese soy sauces, dark/black soy sauce is thicker than thin/light because the former contains molasses.

Tofu (p. 451-52): There are said to be 7 kinds of tofu in Japan. "The best book on tofu making I know is *The Book of Tofu*, by William Shurtleff and Akiko Aoyagi. Published in paperback, it contains not only detailed instructions but also five hundred recipes." Note: This book is also listed in the bibliography.

Worcestershire Sauce (p. 483-86): Contains an extensive discussion of the history of Worcestershire sauce. "There are certain names in the world of wine and food that are inextricably linked... indelibly inscribed on the gastronomic roster is Lea and Perrins, makers of the original Worcestershire sauce, 'the original and genuine, from the recipe of a nobleman in the county,' as it reads on the label. The county in question, of course, is Worcestershire, England. The label does not reveal the name of the nobleman nor to this day will the producers of the sauce reveal it.

"The saga of the sauce dates back to the first years of the 1800s, when the governor general of Bengal returned from his post to his native England. He had in his possession a formula for a sauce that had been created in India. One that he had relished at his table and offered to his guests.

"At that time there were two chemists in the English Midlands named John Lea and William Perrins, partners in a then novel enterprise, a 'chain' of chemists shops. Their association had begun in the 1820s. Their main office was in the town of Worcester, in the shire, or county, of the same name.

"The governor general took the recipe to Mr. Lea and Mr. Perrins with a request that they try to reproduce it as closely as possible. The story goes that the chemists produced a concoction that was to their noses and tastes unpalatable. They stored it in the cellar and forgot it.

"Months, perhaps years, later they sampled it once more and found it not only acceptable but haunting in its flavor. Within a short while they were bottling the stuff, and it is a matter of genuine historical record that, without any kind of advertising as it is known today, in a few short years the Worcestershire sauce of Mr. Lea and Mr. Perrins was known and coveted in kitchens throughout the world...

"The incredible haste with which the fame of Worcestershire sauce spread is generally credited to the fact that the manufacturers loaded cases of the sauce on all the ocean liners that plied in and out of English waters. The stewards of the ocean-going liners were 'encouraged' with a few shillings here, a few pounds there, to offer the sauce to the passengers."

Today Lea & Perrins sauce is made at Fair Lawn, New Jersey.

Note: This is the earliest English-language document seen (Jan. 2006) that contains the term "mussel ketchup."

About the author: A portrait photo on the inside rear dust jacket shows Craig Claiborne, who was born in Sunflower, Mississippi, and now resides in East Hampton–at the eastern end of the south shore of Long Island, Suffolk County, New York. Address: East Hampton, New York.

7175. *Toyo Shinpo* (*Soyfoods News*). 1985. Jûnigatsu kara tôfu aisu o yunyû. Daiei kei kigyô [Daiei Group's Captain Cook to import tofu ice cream starting in December]. Nov. 1. p. 1. [Jap; eng+]
• ***Summary:*** Daiei in Japan has decided to sell Tofutti ice cream in their 14 ice cream stores before Christmas, and they plan to open three Tofutti specialty shops in early 1986. Sixteen flavors will be available, at about 180 to 200 yen per serving.

7176. Sugarman, Carole. 1985. Selling what comes naturally: From whole grains to tofu mayonnaise, health foods have hit the mainstream. *Washington Post.* Nov. 3. p. K1-K2.
• ***Summary:*** Mentions: Westbrae, Fantastic Foods, Second Generation Tofu Products. Address: Washington, DC.

7177. Bagby, Rachel. 1985. Frozen dessert wars heat up. How frozen desserts rate in blind tasting. *Mercury News* (*San Jose, California*). Nov. 6. p. 1E, 5E. [1 ref]
• ***Summary:*** Tofulite chocolate (made by Barricini Foods

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Inc.) was rated best overall (12.0), followed by Tofutti (7.2), Brightsong's LeTofu (7.1), Ice Bean Carob (6.8). Respective prices per pint are $2.39, $2.35, $1.99, and $1.95. Address: Staff writer.

7178. *Yomiuri Shinbun* (*Yomiuri Daily News, Tokyo*). 1985. Tôfu o-nedan jitsubai risaachi [Research on tofu prices, buying practices, and flavor preferences]. Nov. 7. [Jap]
• ***Summary:*** A taste test showed 42% preferred tofu coagulated with calcium chloride nigari, 35% natural nigari, 19% calcium sulfate, and 4% glucono delta lactone. Total: 100%. So nigari is strongly preferred.

7179. Sands, David R. 1985. A generous taste of natural foods: Industry holds first [Washington] D.C. expo. Tofabulous. *Business Review* (*Vienna, Virginia*). Nov. 8. p. 7, 28.
• ***Summary:*** Soyfoods were the hit of the show. Address: Staff writer.

7180. Golden Proteins Limited. 1985. Display ad: High yielding soya oil production and deep sea fishery. *Times of India* (*The*) (*Bombay*). Nov. 9. p. 17.
• ***Summary:*** "New project: Soya. And now, from strength to greater strength, Golden Proteins diversifies into the high profit Soya field–with 100 tonnes per day capacity soya solvent extraction plant at Sahibabad, Dist. Ghaziabad, Uttar Pradesh. Besides producing refined soyabean oil, the Company plans to process soya milk, curd, cheese, soyameal into soya flour, protein concentrates and isolates, and texturised vegetable products.

A bar chart shows that the Company's sales grew from Rs. 21 lacs in 1982 to Rs. 136 lacs in 1984. Address: Registered office: C-2 Vasant Vihar, Main Market, New Delhi 110057, India.

7181. Torii, Yasuko. 1985. Beikoku kenko sangyo saishin joho (5). Tofutti buumu. Ice tojo de tôfu buumu choten ni [Latest news of the U.S. health industry (5). Tofu boom reaches its peak with appearance of Tofutti and other tofu ice creams]. *Shukan Kenko Sangyo Shinbun* (*Weekly Health Industry Newspaper*). Nov. 14. p. 7. [Jap]
• ***Summary:*** A photo shows a pack of hard-pack Tofutti.

7182. Winerip, Michael. 1985. Our towns. Tofu wars: Battling for the suburban palate. *New York Times.* Nov. 15. p. B3. New York City Metropolitan ed.
• ***Summary:*** About the emerging fierce competition in the soy ice cream field among Tofutti, Gloria Vanderbilt, Tuscan, and Barricini. When Gary Barat, president of the Soyfoods Association, talks about prime urban or suburban real estate, he talking about the supermarket dairy case. "That's our Fifth Avenue." Tofutti, Inc., founded by David Mintz, is America's largest seller of "frozen tofu desserts."

A photo shows "boxes of frozen tofu on a stick at the Tuscan Dairy in Union, New Jersey."

7183. Francese, Peter. 1985. More will give thanks with tofu. *Detroit Free Press.* Nov. 17. [1 ref]
• ***Summary:*** This Thanksgiving, some imaginative vegetarian cooks will mold their tofu in the shape of a turkey. Since 1979, retail sales of tofu and other soy foods (including soy sauce) have increased nearly fivefold in the USA, from about $41 million in that year to $104 million in 1981, rising to about $200 million in 1984–according to Business Trends Analysts (Commack, New York).

A graph from American Demographics shows "soy food sales" from 1979 to 1984. Address: Michigan.

7184. Lee, Stanley. 1985. Brief history of Quong Hop's "Bean Cake" (Interview). *SoyaScan Notes.* Nov. 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wm. Shurtleff made an appointment with Stanley Lee to have lunch together in South San Francisco and talk about the history Quong Hop's fermented tofu.

The product, first made in 1906 in San Francisco, had always had a Cantonese Chinese name ("Fu-Yu") and an English name ("Bean Cake"). The English name was used mostly because of health inspectors and because of the Bureau of Alcohol, Tobacco and Firearms–especially during the Prohibition era (1920-1933) in the USA. There was no tax on the product until Prohibition went into effect.

There have always been inexpensive imports with which Quong Hop has had to compete, except during World War II. Today these were made mostly in Hong Kong (#1), China, and Taiwan (#3). The U.S. market is composed of about 90% imports and 10% Quong Hop–now the only manufacturer in the USA. The red label (regular, with no chili flakes added), is used mostly by restaurants and served mostly with beef. In about 1948 the Caucasian chef at a big Statler hotel in Boston started to use it as a seasoning in spaghetti sauce. Many types of fermented tofu use no alcohol; they just add lots of salt.

Another company on Sacramento St. in San Francisco may have made fermented tofu as early as 1904. Wo Chong also started making fermented tofu on Jackson St. in San Francisco.

From the early days until 1941 it could be packaged in two ways: (1) Pack in a can 4-5 inches tall, or (2) Pack in a cylinder 3 inches in diameter, pour in the solution, then seal the mouth with tough paper and paste. Glass pint jars came later, when World War II started and metal was rationed.

The company name, "Quong Hop," was the name of an old, famous company in Guangdong province not far from Canton. Stanley is the grandson of Quong Hop's founder. Address: Owner, Quong Hop & Co., 161 Beacon St., South San Francisco, California 94080. Phone: 415-873-4444 or 761-2022.

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7185. Sheraton, Mimi. 1985. Let them eat Mézeskalács. *Time.* Nov. 25.
• ***Summary:*** Donald Richie, an authority on Japanese films, "is also a dedicated food buff who studies the fine points of sushi and sashimi, tempura and tofu, as well as other Japanese culinary disciplines."

7186. *Times of India* (*The*) (*Bombay*). 1985. Company news: Golden Proteins for public issue. Nov. 25. p. 13.
• ***Summary:*** "Golden Proteins, an export-oriented dividend paying company, will enter the capital market on December 14, with a public issue of 7.50 lakh equity shares of Rs. 10 each at par." Since 1982 the company has been in the business of deep sea fishing and exporting the creatures it catches, freshly frozen, to South East Asia.

Future plans include the manufacture of texturised protein foods, plus soya milk, curds, and cheese.

7187. Golden Proteins Limited. 1985. Display ad: Extracting big profits from little soyabeans–netting high returns from deep sea fishery. *Times of India* (*The*) (*Bombay*). Nov. 26. p. 10.
• ***Summary:*** Note: This ad, which is quite similar (except in its title) to the one that appeared in this newspaper on Nov. 9 (p. 17), repeats a clearer version of a statement printed in the former ad: "Besides producing refined soyabean oil, the Company plans to process soyameal into soya flour, soya milk, curd [tofu], cheese flour, protein concentrates and isolates, and texturised vegetable products." Address: Registered office: C-2 Vasant Vihar, Main Market, New Delhi 110057, India.

7188. *Shukan Kenko Sangyo Shinbun* (*Weekly Health Industry Newspaper*). 1985. Kaigai joho: Amerika. Shinseihin aitsugu tôfu desaato [Overseas topics: America. Many new tofu dessert products are being introduced]. Nov. 28. [Jap]
• ***Summary:*** Discusses America's soy ice cream boom and the Soyfoods Association's new tofu standards.

7189. Ahmadu Bello University, Agricultural Extension and Research Liaison Services. 1985. Soyabeans in the Nigerian diet. *Ahmadu Bello University, Extension Bulletin.* No. 21. 74 p. Nov. Home Economics Series No. 1. [64 ref]
• ***Summary:*** See the original 1977 edition. Address: Agricultural Extension and Research Liaison Services, Ahmadu Bello Univ., P.M.B. 1044, Samaru-Zaria, North Nigeria.

7190. Andres, Cal. 1985. Tofu-based frozen dessert is cholesterol and lactose free: Opens new marketing potentials. *Food Processing* (*Chicago*). Nov. p. 40.
• ***Summary:*** Grain Processing Corp. has developed Frostline, a dry mix used in making tofu desserts–which can be consumed by the many Americans who suffer from lactose intolerance. Frostline contains corn syrup solids, isolated soy protein, and spray-dried tofu. Giant Food Inc. spent about 9 months developing a tofu-based frozen dessert named Dreamy Tofu, which is sold in four flavors in pint and half-gallon containers. Address: Associate Editor.

7191. *Dairy Foods.* 1985. Tofu dessert market is expanding. Nov. p. 63.
• ***Summary:*** Frusen Gladje has invested about $1 million in Glace, a new frozen tofu dessert sporting Gloria Vanderbilt's name and logo. Tofu time opted to tap into the retail market first but the time has come to also enter the foodservice and institutional markets. But first Tofutti has to lower its prices.

Gold Star Ice Cream in Brooklyn, New York, has launched Gourmet Tofu, a non-dairy frozen dessert made by Riviera. The main attraction of "frozen tofu desserts" is that they are high in protein, low in saturated fats and cholesterol, and lactose free. Photos show a pint of Tofutti Wildberry Supreme, and 3 packs of Tuscan Tôfü bars.

7192. *Dairy Record.* 1985. A taste of the Orient. Nov. p. 43. *
• ***Summary:*** About Tofulicious. Product development was partially supported by the Minnesota Soybean Growers Association.

7193. Hashizume, Kazumoto; Ka, Ginran. 1985. [Difference between tofus coagulated with glucono delta lacton [GDL] and calcium salts]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 47. p. 150-53. Nov. [11 ref. Jap; eng]
• ***Summary:*** "Kinu-tofu [kinugoshi tofu = silken tofu] coagulated with GDL (glucono delta lacton [lactone]) is harder than that coagulated with calcium sulfate, but it is more fragile."

Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 25(7):383-86 (1978). Address: 1. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Ministry of Agriculture, Forestry and Fisheries, Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan.

7194. Hashizume, Kazumoto; Maeda, Masamichi; Watanabe, Tokuji. 1985. [Relationship of heating and cooling condition to the hardness of tofu]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 47. p. 154-58. Nov. [7 ref. Jap; eng]
• ***Summary:*** Tofu-gel made from soybean milk which had been heated at 100ºC for a long time was softer than typical preparations. This was due to the oxidation of sulfhydryl groups of soybean protein during the heating.

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(*J. of Food Science and Technology*) 25(7):387-91 (1978). Address: 1. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Ministry of Agriculture, Forestry and Fisheries, Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan.

7195. Hashizume, Kazumoto; Ikeda, Toru; Saio, Kyoko. 1985. [The effects of air content in soybean milk on expansion of tofu-gels for aburaage-making (Studies on aburaage-making Part 1)]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 47. p. 218-23. Nov. [6 ref. Jap; eng]
• ***Summary:*** Tofu-gels [slices / kiji] prepared from moderately heated soybean milk, expanded about 3-fold after deep-frying in oil, but one slice made from excessively heated soymilk did not expand. The mechanism of this expansion was investigated: (1) The minimum temperature for Tofu-gel expansion was 85ºC, which is the same temperature for denaturation of 11S protein. (2) The failure of tofu slices to expand was due to the decrease of the air content of soybean milk caused by excess heating of the milk. The air in soybean milk was transferred into tofu slices; it accelerated the vaporizing and resulted in proper expansion. (3) When soybean milk was coagulated at high temperatures, less expansion of tofu slices was observed.

Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 31(6):389-94 (1984). Address: 1&3. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Ministry of Agriculture, Forestry and Fisheries, Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan; 2. Central Research Labs., Ajinomoto Co., Inc., Suzuki-cho, Kawasaki-ku, Kawasaki-shi, Kanagawa 210.

7196. Hashizume, Kazumoto; Ikeda, Toru; Saio, Kyoko. 1985. [The relationship of SH and S-S exchange reaction to the expansion of tofu-gels for aburaage-making (Studies on aburaage-making Part 2)]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 47. p. 224-29. Nov. [14 ref. Jap; eng]
• ***Summary:*** It was found that excess heating of the soymilk used for making aburaage resulted in less expansion of the tofu slices (tofu-gels). Why? (1) The expansion of tofu slices was inhibited by blocking or oxidising reagents for SH groups in soybean proteins, whereas it was accelerated by reducing reagents for S-S bonds. These facts suggests that SH bonds play an important role in the expansion of tofu slices. (2) The tofu slices could not expand significantly when prepared from soybean protein solutions where either SH groups were oxidized into S-S bonds or S-S bonds were reduced into SH groups. However tofu slices prepared by mixing two protein solutions expanded well. This suggests that SH and S-S exchange reactions are certainly involved in the mechanism of the expansion of tofu slices into aburaage. (3) The expansion rate of tofu slices was markedly decreased by heating soybean protein solutions under the conditions where the proteins easily associated or aggregated. On the contrary, the expansion rate was rapidly increased by mercaptoethanol or high urea concentration due to protein dissociation. This suggests that the association or aggregation of proteins by excess heating may prevent tofu slices from expanding when making aburaage.

Reprinted from *Nihon Shokuhin Kogyo Gakkai Shi* (*J. of Food Science and Technology*) 31(6):395-400 (1984). Address: 1&3. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Ministry of Agriculture, Forestry and Fisheries, Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan; 2. Central Research Labs., Ajinomoto Co., Inc., Suzuki-cho, Kawasaki-ku, Kawasaki-shi, Kanagawa 210.

7197. **Product Name:** Island Spring Tofu Burgers [Oriental Style, Italian Style, or Mexican Style].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1985. November.
Ingredients: Oriental Style: Tofu (soybeans grown without chemical pesticides or fertilizers; water; bittern or nigari, an extract of seawater; natural calcium sulfate, traditional Chinese ingredient); highfiber tofu (as stated previously, plus soybean fiber); rolled oats; sesame seed; carrot; onion; green onion; soy sauce; ginger; corn oil.
Wt/Vol., Packaging, Price: Two 3-oz (170 gm) burgers per vacuum pack. 16 units per case.
How Stored: Refrigerated or frozen.
Nutrition: Per 3 oz: Calories 210, protein 11 gm, fat 12 gm, carbohydrates 15 gm, sodium 300 mg.
New Product–Documentation: Product Alert. 1986. March. Beachcomber (Vashon, Washington). 1986. Nov. 26. Talk with Yvonne Kuperberg of Island Spring. 1988. June 2. The product was introduced in November 1985 and vacuum packed. Label. 3.5 inches diameter. Self adhesive. Purple, black, yellow, red and green. Illustration of the moon rising over the hills behind a lake or sound. "A Fitness Food from the Pacific Northwest, USA."

7198. **Product Name:** Island Spring Extra Firm Tofu (Vacuum Packed).
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1985. November.
Ingredients: Soybeans organically grown in accordance with chapter 19.86 Sec. 3 revise code of WA state; water; bittern or nigari, an extract of seawater; natural calcium sulfate (traditional Chinese ingredient).
Wt/Vol., Packaging, Price: 12 oz (340 gm) vacuum packed.
How Stored: Refrigerated (34-36ºF).

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Nutrition: Per 4 oz: Calories 155, protein 16 gm, fat 9 gm, carbohydrates 3 gm, sodium 1 mg, cholesterol 0 mg, lactose 0 mg.
New Product–Documentation: Talk with Luke Lukoskie. 1987. Oct. 19. Talk with Yvonne Kuperberg of Island Spring. 1988. June 2. The product was launched in Nov. 1985 and vacuum packed. Label. 3.5 by 2.5 inches. Self adhesive. Purple, black, yellow, red and green. Illustration of the moon rising over the hills behind a lake or sound. "Organic. High Protein. Lactose Free. Cholesterol Free. Sodium Free."

7199. Jackson, Vicki. 1985. Squirrels vegetarian cook book no. 2. Oneness Life Press, Elizabeth St., Brisbane, Queensland, Australia. 156 p. Illust. by Vicki Jackson. Index. Nov. 29 cm.
• ***Summary:*** This hand-lettered cookbook was written for Squirrels Restaurant, 190 Melbourne St., West End (Brisbane) 4141, which has been open for more than 3 years. The first vegetarian cookbook from this restaurant was published in Nov. 1983.

Soy-related recipes include: Miso & green vegetable soup (p. 8). Tempeh & beanshoot (p. 42). Lemongrass and tofu curry (p. 87). Tempeh kebabs (p. 94). Tempeh burgundy (p. 95). Tempeh & coconut sauce (p. 96). About tofu (p. 97-98). Tofu & Spinach pie (p. 98). Tofu teriyaki & fried rice (p. 99). Tofu à la king (p. 100). Tofu stroganoff (p. 101). Tofu chow mein (p. 102). Tofu nuggets in chick pea batter (p. 103). Curried tofu loaf (p. 104). Pages 149-50 describe tamari, tempeh, tofu, and miso. Address: Brisbane, Queensland, Australia.

7200. **Product Name:** Kikkoman Tofu: Soybean Curd.
Manufacturer's Name: Kikkoman International, Inc. (Importer). Made in Japan by Kikkoman Corp.
Manufacturer's Address: San Francisco, CA 94111.
Date of Introduction: 1985. November.
Ingredients: Water, soybeans, glucono delta lactone, emulsifier E471 [monoglycerides?].
Wt/Vol., Packaging, Price: 10.5 oz foil pouch, inside a paperboard box. Pasteurized. Retails for $0.79.
How Stored: Shelf stable.
Nutrition: Per 100 gm: Calories 69, protein 6 gm, carbohydrate 1 gm, fat 5 gm, sodium 2 mg.
New Product–Documentation: See next page. Label. 1985. 5.75 by 3 by 1.25 inches wide. Paper. Black, orange, green, tan on cream. "68 Calories per serving. No Preservatives. Keep in Cool Place–Do Not Freeze." Photo of Japanese-Style stir fry dish with chopsticks on front panel. Recipe on back for Tofu With Chicken. An innovative shelf-stable retorted tofu. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Packaging magazine. 1986. Jan. p. 12. "American-style Tofu Pack."

7201. **Product Name:** Kikkoman Tofu: Soft Soybean Curd [Kinugoshi].
Manufacturer's Name: Kikkoman International, Inc. (Importer). Made in Japan by Kikkoman Corp.
Manufacturer's Address: San Francisco, CA 94111.
Date of Introduction: 1985. November.
Ingredients: Water, soybeans, glucono delta lactone, emulsifier–E471 [monoglycerides?].
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) foil retort pouch inside a paperboard box.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm: Calories 57, protein 5 gm, carbohydrate 1 gm, fat 4 gm, sodium 2 mg.
New Product–Documentation: Label. 1985. "No Preservatives. Keep in Cool Place–Do Not Freeze." Photo of Japanese-Style Chilled Tofu in bowl on front panel. Recipe on back for Chilled Tofu (Hiyayakko).

Package with Label sent by Dr. Walter Wolf of Peoria, Illinois. 2000. Aug. 5. The "use-by" date is 12 Dec. 1994. 6 by 3 by 1¼ inches. Blue, green, black, and orange on white and blue. Photo of Chilled Tofu cut into 8 pieces on a rectangular bowl with fern design, and the tip of a small fern frond atop the tofu. "High protein. No cholesterol. No preservatives. Sodium free." On the back are recipes for: Creamy corn soup. Tuna-tofu spread. Made by Kikkoman Corp. in Japan. Ingredients: Water, glucono delta lactone, and calcium chloride (coagulating agents).

7202. Levoy, Gregg. 1985. Fast food for the rest of us [McDharma's in Santa Cruz, California]. *New Age Journal* (*Boston, Massachusetts*). Nov. p. 8.
• ***Summary:*** Since 1982 restaurateur Clark Heinrich has been serving up Brahma Burgers (containing soy protein), Big Monks, Dharma Dogs (tofu), I'm Not Chicken (breaded tofu), and Nuclear Subs at his converted '50s style milkshake and burger joint in Santa Cruz, California. His walk-in vegetarian fast food relies heavily on tofu and beans. McDonald's is suing McDharmas for infringement of trademark, their famed prefix "Mc."

7203. **Product Name:** [Soy Burgers / Taifun Hop Sing Tofu & Okara Burgers].
Foreign Name: Sojaboerger / Taifun Hop Sing Gemuesebratling.
Manufacturer's Name: Life Food.
Manufacturer's Address: Wallstrasse 3, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1985. November.
New Product–Documentation: Interview by Anthony Marrese. 1990. March. And price list. This was the company's first product. The original variety was "Full of cracked kernels" (*Kernig, knackig*) with green corn and sunflowers, or soybeans and fresh vegetables; they now make 600/week. In Dec. 1986 they introduced a cheese and paprika variety; they now make 350/week. In April 1989

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they launched a hearty & spicy smoked tofu burger; they now make 400/week. These are also sold to restaurants in either fried or unfried form. Thus in early 1990 make they 1,250/week of three types.

The original name of the product was Sojabörger. But at the same time they used the name Hop Sing on special occasions when they went to present food in the marketplace or in pubs, or give it out at a rock concert. They have an ad with a cook and Hop Sing. It is a soy burger and most of it is okara.

7204. Messenger, Bob. 1985. Prepared Foods 1986 annual trends report: Consumers see the light... and the lean, with a touch of pizzazz. *Prepared Foods* 154(12):46-49. Nov.
• ***Summary:*** One trend discussed is the growing interest in tofu-based foods. "The dairy case is taking on a foreign flavor these days with the arrival of tofu as a bonafide consumer health food. Chinese people have always valued the health benefits of tofu, but it was, for the most part, available only in Chinese-owned retail operations. That has changed.

"Barricini Foods has added two new flavors (wildberry and rum raisin) to its line of Tofulite tofu-based frozen desserts, while Hawthorn Mellody, Schaumburg, Illinois, has introduced Tofait, the first of a line of non-dairy products containing 15-20% real tofu. Available in 8 flavors, Tofait is cholesterol- and lactose-free."

The main concerns among shoppers in 1985 regarding the nutritional content of their foods is 20% want less sugar, 19% want less salt, 18% are concerned with chemical additives (e.g., flavoring, MSG, steroids), 17% worry about the vitamin/mineral content, 14% about the food/nutritional value, 13% want no preservatives, 13% want foods low in fat, 11% want to make sure they get a balanced diet, and 10% are concerned about cholesterol levels in food. Address: Business editor.

7205. **Product Name:** Nasoya Creamy Tofu Dressing [Sesame Garlic, Fine Herbs, or Italian].
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park, (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1985. November.
Ingredients: Sesame Garlic: well water, Nasoya tofu, coldpressed sunflower oil, wood-aged apple cider vinegar, tahini (sesame paste), rice syrup, organic miso, coldpressed sesame oil, dehydrated garlic, seasalt, natural vegetable gum, dehydrated parsley. Fine Herb: Prepared mustard (vinegar, water, mustard salt, turmeric, spices, natural flavor), herbs (basil, rosemary, marjoram).
Wt/Vol., Packaging, Price: 12 oz glass jar.
How Stored: Shelf stable.
Nutrition: Per 14 gm.: Calories 40, protein 1 gm, carbohydrate 1 gm, fat 3 gm.
New Product–Documentation: See next page. Labels. 1985. 2.75 by 3.25 inch oval. Green, brown, red or orange on white. Vegetables on table illustration. "Non dairy. Nothing artificial." Ad in Vegetarian Times, Aug. 1986, inside rear cover. "Introducing Nasoya Creamy Tofu Dressings and Nasoyanaise." Ad in East West. 1986. Nov. p. 83, and in Vegetarian Times. 1986. Nov. p. 33. "Introducing... 2 New Ways to Enjoy the Goodness of Tofu!" Contains 25% tofu. Letter from Sjon Welters. 1989. July 24. The product pull date is code dated, month of production plus 12 months. The original ingredients have changed. A dill flavor was introduced in about Oct. 1986.

Letter from John Paino of Nasoya. 1990. Sept. 25. The company offices were moved from Mechanic St. Ext. to 23 Jytek Park in Dec. 1984; the plant was moved in March 1985.

7206. **Product Name:** Earthling Tofu Vegetable Burger.
Manufacturer's Name: Pacific Soyfoods.
Manufacturer's Address: 6644 Sexton Dr., N.W., Olympia, WA 98502-9551. Phone: 206-866-9661 or 206-866-9246.
Date of Introduction: 1985. November.
Wt/Vol., Packaging, Price: 8 oz. or 16 oz.
New Product–Documentation: Talk with Peter Lesser of Northwest Natural. 1991. Feb. 8. In about Nov. 1985. he introduced his first tofu burger, the Earthling Tofu Vegetable Burger. He bought the tofu for this burger from Boo Han.

7207. Przybyla, Ann E. 1985. Low calorie salad dressings with... Tofucream bases: Tofucream bases are freeze-thaw stable emulsions made from soy milk tofu and other functional ingredients. *Food Engineering* 57(11):58. Nov.
• ***Summary:*** Tofucream Base, for making "Tofu Salad Dressings," is made by blending tofu, isolated soy protein (used for its functional properties), and hydrocolloids. Tofu dressings made from these non-dairy bases are available in at least 8 flavors. The bases can also be used to create other cholesterol-free, lactose-free, reduced-calorie non-dairy products including frozen desserts (hard pack, soft serve, or novelties), dips, sauces, cookies, and other bakery items (replacing milk). from Yongkeun Joh, Advanced Food Systems, Inc., 69 Veronica Ave., Somerset, New Jersey 08873. A photo shows two jars of generic tofu dressings in Oriental and Ginger flavors. Address: Technical Editor.

7208. Rice, Judy. 1985. Gelled tofu in aseptic cartons: Processor estimates 10-month shelf life in non-refrigerated storage. *Food Processing* (*Chicago*) 46(12):133. Nov.
• ***Summary:*** About Mori-Nu brand tofu, now sold in regular and soft textures, by Morinaga Nutritional Foods, Inc., Los Angeles, California. The company is a newly formed subsidiary of a leading Japanese dairy products manufacturer, Morinaga Milk Industry Co., Ltd. Morinaga has been making and selling tofu in aseptic cartons to 32

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countries for 7 years. Before that time the company had been packaging its product in plastic containers which required refrigeration, that gave the tofu a 3-month shelf life. Morinaga projects first-year sales in the USA at 7 million packs. A photo shows two packages of "Mori-Nu Fresh Tofu." Address: Assoc. editor.

7209. Saio, Kyoko. 1985. [Tofu processing characteristics of Japanese domestic soybeans: Technical report]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 47. p. 128-49. Nov. [6 ref. Jap; eng]
• ***Summary:*** This technical report is by "Kyoko Saio and the Research Group of Tofu." Japanese domestic soybeans were found to be superior for making both regular and packaged tofu due to the whitish color of the tofu and soymilk they produced, and to the quality of the finished tofu. Address: 1. National Food Research Inst. (Shokuhin Sogo Kenkyujo), Ministry of Agriculture, Forestry and Fisheries, Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan.

7210. **Product Name:** Savory Herb Pâté (With Tahini and Tofu).
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 4877 North Green Bay, Milwaukee, WI 53209. Phone: 414-264-4133.
Date of Introduction: 1985. November.
New Product–Documentation: Talk with R. Jay and Barbara Gruenwald. 1989. June 12. This product was launched in Nov. 1985, after they moved the business out of their home into the new, present location in July 1985.

7211. **Product Name:** Vegetarian Gourmet Tofu Quiche (Eggless).
Manufacturer's Name: Soy Source (Kenish, Inc.). Appropriate Foods Inc.
Manufacturer's Address: 137 New Hyde Park Rd., Franklin Square, Long Island, NY 11010.
Date of Introduction: 1985. November.
Ingredients: Organic tofu, whole wheat flour, durum semolina, unbleached wheat flour, water, spinach, soy oil, onions, lemon, sea salt, herbs, spices.
Wt/Vol., Packaging, Price: 6.5 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1985. Sept. 3 by 3 inches. Self adhesive. Dark purple on light purple. "Delicious. Quick and Easy. Cholesterol Free. No Preservatives." Kennedy. 1987. New York Times. June 24. Interview with Robert Werz. 1987. Sept. 9.

7212. **Product Name:** Ed & Andy's Original Sweet and Sour Tofu.
Manufacturer's Name: Walker and Wilks Tofoods.
Manufacturer's Address: P.O. Box 3763, Silver Spring, MD 20901.
Date of Introduction: 1985. November.
New Product–Documentation: Label. 1986, undated. 5 by 7 inches. Full color with photo. Przybyla. 1987. Food Engineering. April. p. 74. "First introduced in 1985."

7213. **Product Name:** Ed & Andy's Original Bar-B-Q Tofu.
Manufacturer's Name: Walker and Wilks Tofoods.
Manufacturer's Address: P.O. Box 3763, Silver Spring, MD 20901.
Date of Introduction: 1985. November.
New Product–Documentation: Label. 1986, undated. 5 by 7 inches. Full color with photo. Przybyla. 1987. Food Engineering. April. p. 74. "First introduced in 1985." Talk with Andy Wilks. 1987. Dec. 10. The reformulated version of this was the best seller of their three products, best received in Southern California and Arizona.

7214. Praskin, Laurie Sythe. 1985. The Farm soy history: An overview. Part I. Los Gatos, California. 10 p. Dec. 1. Unpublished manuscript. [Eng]
• ***Summary:*** "In 1971, a unique group of people settled in the Tennessee backwoods to live an alternative lifestyle, committed to living collectively off the land. The community of 200 people came to be known as The Farm and over the years grew to 1,500 residents, gaining international and domestic fame for its community ideals, lifestyle, alternative technologies, [midwifery], and vegetarian diet based on soybeans. Soy technologies practiced and developed on The Farm became the seed for many tofu and tempeh shops that sprang up around the world in the years that followed. Community members started the first [sic, sixth] commercial soy ice cream company, and the first soy 'deli.' Some went on to start several of the major tempeh shops across the United States and Canada and others helped start a network on international soy programs in underdeveloped countries. Innovative recipes developed by Farm members led to the publication of three cookbooks which have made a large contribution to the growing acceptance of soybeans and tofu in the American diet.

"When The Farm was first settled in 1971, most of the people were already vegetarians. There were a variety of reasons for their personal choices: (1) an unwillingness to kill in order to live (feelings which stemmed from religious beliefs similar to the Buddhist religion, as well as pacifist attitudes deepened during the Vietnam War); (2) a growing awareness that meat was too costly to produce and that if more people at lower on the food chain there would ultimately be more food to go around in the world; (3) evidence of the healthful benefits of a vegetarian diet; (4) a belief that the dairy industry practiced cruel and exploitive methods on animals and a reluctance to support that system.

After the community was established, the entire membership decided to adhere to a complete vegetarian [vegan] diet devoid of all animal products, including eggs

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and dairy. They wanted to create a self-sufficient community, eating primarily what they grew on the land. They also wanted to be an example of how people could eat foods lower on the food chain to help create a larger supply of food in the world. During the search for a nutritionally sound vegetarian diet, they settled on soybeans as the main form of vegetable protein, as soybeans have one of the highest and most complete protein contents and are more versatile than any other vegetable protein. Many of the members had already been eating tofu and other soy products before The Farm, but acquiring these foods in the middle of the Tennessee woods was not an easy job. Soybeans were readily available, as they were used as local cattle food, but the challenge was how to create healthy and appetizing foods from them. Besides the Asian population and some Seventh-day Adventists, there weren't many people in the U.S. at the time actually eating soybeans, let alone trying to use them as the main source of protein.

"There were not many physical resources available as the people arrived with few possessions, lived in buses and tents, and had little capital to work with (a typical Third World situation). Some people owned Corona hand mills and occasionally ground soybeans to make fresh milk or tofu, using the recipe in the Seventh Day Adventist's Ten Talents cookbook. Fearn Instant Soya Powder was purchased and used for making soymilk, tofu, yogurt, and 'soy butter'. Just a few families owned pressure cookers so people cooked large communal pots of soybeans, taking turns 'watching the pot,' since they boiled them for 16 to 20 hours, to be sure they were digestible.

"By 1972 the Farm had its own flour mill that ground soybeans into full-fat soy flour and soy grits. The community was then able to make fresher soymilk, and tofu, as well as add soy flour to baked goods for added protein. They developed a curded soy flour base that was spiced and used as a sandwich spread, and they also baked soy flour 'souffle.'

"During these early days while the diet was still being worked out, the young children were given eggs for their protein source. Margaret Nofziger, the Farm's dietician, wanted to provide the babies and young children with a soy formula as a weaning food. She asked Alexander Lyon, a Farm member with a Ph.D. in microbiology, to research how the community could make the formula. He began an extensive research both in libraries and through correspondence. Fortunately, there were studies available about the uses of soy for human food consumption. Alexander, (Dr. Lyon) contacted Dr. Hesseltine and Dr. Wang of the Northern Regional Research Center in Peoria, Illinois, and Dr. Steinkraus of Cornell University in New York. These researchers provided a treasure of information to Dr. Lyon and to the soy technicians that followed. Other scientists who should be credited for their early and helpful research are Dr. Harry Miller with Loma Linda Foods and Malcolm Bourne with Cornell University.

"All of the information gathered by Dr. Lyon led to the start of the Farm Soy Dairy in 1972. After learning the basic processes involved in soy milk preparation, Alexander began collecting used equipment that could be adapted for the use of making soymilk. The original soy dairy was very small, with a production capacity of 20 gallons of soymilk a day, and expanded over the years as the soy technicians were able to find and add new equipment to their dairy. This dairy became a cross between a Japanese tofu shop and American ingenuity. The Farm Soy Dairy had no capital to start operations and no investors beside the Farm itself. Cash was hard to come by and as with all other commodities on the Farm, the products were distributed freely to community members. For these reasons, the soy technicians had to be creative and imaginative in how they obtained equipment and how they adapted such equipment to their needs. Over the years, they went to auctions, scrap metal yards and used restaurant equipment houses. They bought, bartered and traded for their equipment. They designed their own systems in their welding shop and then re-designed them to make improvements and to increase production. They became a school, learning as they went along. In 1975, Laurie Sythe Praskin, one of the early workers in soy dairy, succeeded Dr. Lyon in managing the operation. Over the next 4 years, with David Handel and Michael Halpin as equipment developers, weekly production increased to 800 gallons of soymilk, 600 lbs. of tofu, 80 gallons of soy yogurt, and a varied amount of soy ice cream." Continued. Address: 17969 Oak Dr., Los Gatos, California 95030.

7215. Praskin, Laurie Sythe. 1985. The Farm soy history: An overview. Document part II. Los Gatos, California. 10 p. Dec. 1. Unpublished manuscript. [Eng]

• ***Summary:*** Continued: In 1975, Farm members started a company to promote the use of soybean products in the America diet. The company, named simply Farm Foods [Farm Food Company], began sales on the East Coast with full-fat soy flour (ground fresh on The Farm), TVP (texturized vegetable protein), Good Tasting Nutritional Yeast, split soybeans, and Tempeh Starter Kits (developed by Cynthia Bates and Dr. Lyon). In 1976, under the management of Leticia Coate and Robert Tepper, Farm Foods began participating in national health food trade shows. At the time, they were one of the only companies representing soyfoods. Along with their packaged products, they sold cookbooks and served free samples of tempeh, TVP chili, and nutritional yeast crackers.

"The products and recipes developed over the years led to the publication of three cookbooks: *The Farm Vegetarian Cookbook* (1975) and *Tofu Cookery* (Oct. 1982), edited by Louise Hagler, and *Tempeh Cookery* (March 1984), edited by Colleen Pride. These books made a major contribution in westernizing recipes previously Oriental in origin. They were available in all natural food stores throughout the country.

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"The work with soy products on The Farm also inspired members to start two vegetarian restaurants; the Farm Foods Cafe [opened Aug. 1976], in San Rafael, California, managed by Robert Dolgin, was the first "soy deli" in the United States. Everybody's, located in Nashville, Tennessee [opened July 1980], was managed by Judd and Diane Hoffman.

"The acceptance by the public of Farm Foods Cafe was overwhelming, and although it only operated from 1976 to 1977, it pioneered the path for many tofu delis that have followed since. The unique characteristic of this deli was the tofu and tempeh shop producing fresh products located in the rear of the store. The Farm Foods Cafe also became the first [sic] company to market a non-dairy ice cream made from soybeans. This frozen dessert, marketed under the name of 'Farm Foods Ice Bean,' is still being sold in health food stores nationwide.

"In 1977-78, The Farm Foods Cafe closed, and the soy processing equipment was moved to San Francisco. Farm Food Company began wholesaling soy products throughout California under the management of Robert Tepper. They continued marketing Farm Foods Ice Bean, and added tofu salad [like eggless egg salad], 'tofu cheesecake,' a frozen soy yogurt dessert, and the first firm-pressed tofu to hit the California market. In 1980 it was decided to drop the perishable tofu business and concentrate on the nationwide distribution of Farm Foods Ice Bean. The plant in San Francisco was closed, and large scale production began in a Memphis, Tennessee, dairy and ice cream factory. This new location gave the company easier access to East Coast distributors, and they soon established additional warehouses in Connecticut and California.

By 1984, under the management of Ron Maxin and Michael Lee, the weekly production of The Farm Soy Dairy [in Summertown, Tennessee] was 1,000 lb of tofu, 150 gallons of soymilk, 20 gallons of soy yogurt, 20 gallons of soy ice cream, 400 ice cream sandwiches, and 90 lb of tempeh. Today, the Soy Dairy produces an average of 5,000 gallons of soymilk a month for Farm Foods to use in Ice Bean production. The soymilk is shipped by tanker truck to the Ice Bean production plant [in Memphis], and the Farm Soy Dairy also markets its products in Nashville and Columbia, Tennessee.

"The Farm's uniquely controlled vegetarian diet led to two official studies of its effect on the children. In 1979, Dr. Jeffrey Hergenrather, et al., conducted a study on the pesticide levels in the breast milk of vegetarian nursing mothers on the Farm. He submitted a letter of his findings to the editor of the *New England Journal of Medicine,* March 26, 1981. His letter challenged a previous article written by Rogan, et al, (New England Journal of Med. 1980) which stated that 'there are no obvious dietary predictors' of chemical pollutant in human milk. Rogan went on to say 'For certain fat-soluble chemicals, nursing infants can be regarded as living at the top of the food chain and are exposed to much more than background levels.' Dr. Hergenrather's study included 12 women whose breast milk was analyzed for 17 chemical substances. When compared to the seven contaminants studied by Rogan, in all but one of the contaminants, which showed no difference in contaminant levels, the milk of the vegetarian women had lower levels of contamination.

"The second study was conducted by Jean Roberts Fulton in 1980 and was published in the *Journal of the American Dietetic Association.* She studied a group of the Farm nursery school children and found their amino acid and iron intake to be adequate. (The diet was low on calories, however.)

"The innovative methods used by the Farm soy technologists inspired many groups and individuals to start all over the world to train in the Farm Soy Dairy, and many who couldn't come personally were encouraged through correspondence. In 1977, Plenty, the non profit relief organization founded by the Farm, established an international training program whereby people from other countries could come and train in soybean processes and other technologies that The Farm had to offer. The Farm Soy Dairy received its first trainees from Guatemala and Mozambique.

"From the beginning days of the Farm Soy Dairy, the technicians realized the value that soybeans could have in Third World countries. Eventually they were able to share their knowledge and training in the field of soybeans by starting a dairy in an impoverished country. In 1979, Plenty Canada and Plenty USA sent Farm Soy Dairy technicians Laurie Sythe Praskin, Suzy Viavant and Richard Decker to Guatemala to help establish Plenty's first international soy dairy/tofu shop. Other technicians who trained on the Farm have gone on to help start soy programs with Plenty Canada in Lesotho (in Southern Africa, 1979-present), Jamaica (1983-present), St. Lucia (1983-present), and Dominica (1984-present).

"Many of the people who lived on The Farm and trained in the Soy Dairy or with Farm Foods have started their own soy companies or are working in underdeveloped countries. The common goal felt by all has been to provide healthful, delicious foods for all people, rich and poor alike. Because soybean products can be presented as gourmet dishes, yet can also be prepared very simply, they continue to be accepted by all classes of people." Continued. Address: 17969 Oak Dr., Los Gatos, California 95030.

7216. Praskin, Laurie Sythe. 1985. The Farm soy history: An overview. Document part III. Los Gatos, California. 10 p. Dec. 1. Unpublished manuscript. [Eng]

• ***Summary:*** "The Farm soy dairy was started in 1972. The original equipment consisted of a 15 gallon electric coffee pot to cook the [soy] milk, a washing machine [whose spin

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cycle was used] to extract the milk from the okara, and a peanut grinder to grind the dry soybeans into fine grits. The dry soy grits were added to the boiling water, cooked, and then poured into a bag that was placed in the washing machine. As the washing machine spun, the milk was extracted by the bag by centrifugal force. The soymilk was distributed immediately in glass gallon jars, as there was no refrigeration system available. The capacity of this operation was around 20 gallons a day at this time, the soy dairy was located in the sorghum mill, a split-level, cement block building with concrete floors.

"In 1973, a Farm member's parents donated some used dairy equipment that they had used on their goat farm. The soy dairy made its first technological leap. Included in the equipment was a 45 gal. electric pasteurizer/cooker, a drip system plate cooler, and a 90 gal. refrigerated milk tank. The washing machine was too inefficient and unsanitary, and a simple hand-lever press was constructed, modeled after a Japanese-style press observed by Lesli Jordan in 1973. Lesli apprenticed for one week in a small Stockton Tofu company where she compiled information on procedures for making tofu and age pouches and also took photographs. When she returned to the Farm, her husband Darryl built the soy dairy's first tofu box. The new presses were made from two galvanized wash tubs with holes on the bottom. These were placed on a strong wooden stand and lined with a light cotton cloth bag. Wooden racks were placed on the bottom to keep the bag of the hole, allowing the milk to flow from the tubs freely. The milk was pumped into the bags from the cooker. The filtered milk flowed into buckets, which were then carried and poured into the small holding tank of the plate cooler. The slightly cooled milk was then carried by bucket to the refrigerated milk tank, where it was cooled to 30 degrees Fahrenheit and stored until delivery to the store. The milk was transported in 10 gal stainless steel milk cans to the store where it was distributed. The okara in the bags was pressed to extract all of the milk using a lever system come-along. At this time, the beans were being ground into dry grits at the Farm Flour mill. The capacity of the soy dairy was now 90 gallons of soymeal [not defatted] a day. Occasionally, large blocks of sour milk cheese were made, and 12 to 16 gallons of acidophilus yogurt were made daily. The yogurt was made in one gallon glass jars, incubated in an old refrigerator, and stored in a conventional refrigerator. Tempeh was also being experimented with, using the okara left over from soymilk production. Soy ice cream was being made on a very small scale, using two table top ice cream machines with one quart capacity. Alexander Lyon was still managing the soy dairy. By this time, the Farm was no longer producing sorghum, and the soy dairy had taken over two levels of the three level building. Only cold water was available, so pots of water were carried to the second floor, where they were heated on a stove to be used for cleanup. During the cold winters, a pot belly stove was added to the array of equipment and centered right in the middle of the production room.

"Early in 1975, Alexander left the soy dairy and Laurie Sythe Praskin took over managing production. David Handel and Warren Jefferson stepped in as full-time equipment men to help improve the operation and increase production. Laurie began doing research on how to improve the flavor of the milk, which was very cereal-tasting because of the dry grits. She and David added an industrial Hobart meat grinder to the system and began soaking their beans and grinding them fresh each day. The beans were initially soaked in a bath tub and later in one of the copper lined sorghum tubs. The tub was placed on the second level, so the beans could gravity feed into the grinder. The flavor was greatly improved, but the grinding was very slow and the grind was not very fine.

"They began working on new ideas for a press that could omit the bag and muscle needed to press with the come-along. David devised a system using an upside-down bumper jack mounted over a stainless tank. Inside the tank was a stainless cylinder with holes drilled in the bottom and sides. The milk was pumped or bucketed into the inner cylinder and flowed out the holes when vibrated. The cylinder was vibrated with a rubber mallet. A stainless press plate was placed on top and jacked down to press out all the milk. This system was slow and the okara had to be shoveled out after each batch.

"In late 1975, it was decided to move the soy dairy to The Farm's cannery building so that it would be in a more central location to the Farm's growing population and to make use of the steam boiler that was located there. Even though it had a wooden floor, it was a great improvement for the dairies production. They immediately added some steam jacketed cooking kettles acquired from a scrap yard and production capacity doubled to 150 gallons of soymilk a day. The slow points of operation were now the grinding, separation of milk and okara and cooling of the milk. They began hot blanching the soy beans before grinding for improved flavor. A 150 gallon refrigerated milk tank was added to handle the increase in milk production. While looking for an improved separating system, one that could be continuous, David and Laurie started eyeing some equipment that had been scrapped by one of the Farm's crews. The equipment came from an old evaporated milk plant and included a vibrating separator and a tubular heat exchanger. The separator was converted for the use of the wet soymilk separation. A stainless frame was built to fit in the vibrator with a cloth secured around it. The milk was bucketed and later pumped over the screen while the vibrator was on. The milk flowed through the screen and out the end into a holding tank. The pulp was sprayed with a little water to wash out the milk and the pulp was deposited into buckets. The tubular heat exchanger was converted to be used as a pre-cooler. Cold tap water was run through jacket that surrounded inner

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stainless tubing that the milk was pumped through. A wet corn masa mill was made by Michael Halpin to be used to grind corn for tortillas and to grind the soybeans for the dairy. Now the grinding time was no problem and production increased to 200 gallons of milk a day. Tofu was still not being made on a community scale as the milk came out of the separator too cold to curd properly. Laurie was also making thirty to forty gallons of yogurt a week." Address: 17969 Oak Dr., Los Gatos, California 95030.

7217. Praskin, Laurie Sythe. 1985. The Farm soy history: An overview. Document part IV. Los Gatos, California. 10 p. Dec. 1. Unpublished manuscript. [Eng]

• ***Summary:*** Continued: "In 1977, Laurie visited her home town in California. She went to visit her favorite Japanese tofu shop and ran into Bill Shurtleff and Akiko Aoyagi outside the closed shop. They were delivering a copy of their *Book of Tofu* to the owner and tofu maker of the shop. Bill took Laurie to the tofu makers' home and helped arrange for Laurie to observe in his shop for one day. Upon returning to the Farm, Laurie immediately set up the Farm's first tofu shop in a small corner of the soy dairy. She set up a very simple shop using one of their cooking kettles and designating it for cooking milk only for tofu. A wash tub was mounted on a stand with a simple lever for pressing out the milk. The tub was lined with a coarsely-woven bag, and a sawed-off whiskey barrel was placed underneath to catch the milk. A finer nylon cloth was stretched over the top to strain out the finer pulp [okara]. Hot milk was bucketed into the press, the bag twisted shut, and a heavy wooden press plate placed on top. The original wooden tofu box was finally in use as well as two additional round stainless boxes made by Michael Lovett. The tofu was pressed with cement blocks or buckets of water. Tofu was made in the whiskey barrel and a 20 gal [gallon] aluminum Hobart bread bowl. The tofu shop's capacity was 200 lb of tofu on a production day. In total, about 600 lb/wk in addition to 800 to 1000 gal/wk of soymilk. Most of the tofu went to people with special dietary needs.

"It seemed very energy inefficient to run a separate tofu and soymilk operation, so technicians started designing a separator that could service both operations. Michael Halpin, one of the Farm's equipment technicians, designed a hydraulic press which cost less than $1500 to build. This was the first large amount of money spent by the dairy for equipment. The inspiration for the money came from the delicious tofu produced in the small shop. Once everyone realized how good it was, the decision to invest community money for improved nutrition followed. The idea of the press was good, but all of the bugs were never worked out. It was supposed to require no bag. The milk was pumped into a stainless cylinder that was drilled with holes and set inside another stainless holding tank. Then with press plate and gasket, the hydraulic ram came down from above, squeezing out the milk. When pressed, there was a trap door at the bottom that was opened, and the pulp pressed right out into a container. The trap door shut, and the press was ready for another batch. The system was supposed to work easily and efficiently. It never did. Gasket failures were a problem, spewing hot soymilk and pulp all over the dairy. In addition, the trap door never worked easily. In an expedient measure to get the dairy back in operation, Laurie removed the cylinder and replaced it with a Japanese pressing sack. The hot soymilk and pulp pumped into the bag which was set down in the stainless holding tank. There was a stainless rack on the bottom to keep the bag off the hole and a stainless plate was set on top of the bag after it was filled. The hydraulic ram came down and pressed the bag. This worked all right, but the bag had to be lifted out by hand, and the position was very awkward and left many sore backs. The milk went directly into a curding barrel or was pumped through the tubular heat exchanger. The capacity jumped to 300 gal of milk and 250 lb of tofu approximately 4 days/wk. At this time, the dairy had concrete floors and was starting to get sheetrocked. Soy yogurt production became unsuccessful because of the close proximity of the cannery, and vegetable contamination was airborne. Tempeh was also in the cannery and experiencing the same difficulties. Ice cream was very popular and being produced in large commercial soft-serve machines. Production of ice cream was varied, but its popularity was unquestionable.

"While the Farm was piecing together its operation, a small settlement of Farm members began in Northern California. In 1976, they opened a small commercial soy deli in California under the management of Robert Dolgin. To supply the deli, a small soy dairy and tempeh shop was set up in the back room. This consisted of Japanese equipment specifically designed for the purpose of making soymilk and tofu. They had a Japanese grinder, 45-gal pressure cooker, and a small, efficient hydraulic press. It was a nice small kit which they took out a loan to buy. The deli's business was excellent and lasted over one year before it closed and relocated to San Francisco (SF) in order to expand production and market products throughout the health food store industry in California. So with more investment and loans and a warehouse in SF, Farm Foods re-opened. The building was fixed up to meet all the strict California codes, and the equipment was improved for increased output. They continued cooking with the 45-gallon pressure cooker but went for a continuous separator. This was a Brown, an orange juice extractor, and a vibrating screen to remove the finer pulp. They got a plate heat exchanger to cool the milk and a state-of-the-art Mark 25 continuous ice cream maker. They were running an extremely sophisticated operation complete with walk-in coolers and freezers. The Farm management council sent many of the Farm's trained technicians, business managers, and distributors out to SF to operate the business. In total, 60 Farm residents moved to

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support the growing business, which was under the direction of Robert Tepper and Daniel Lloyd. They started the first commercial soy ice cream company that marketed Soy Ice Bean. Laurie Praskin and her husband were sent to help run the shop and perfect the ice cream recipe. In April 1979, they left to work on the Guatemala soy program and were replaced by Michael and Deborah Lovett and Bobby and Michael Bonnickson. Because of the high cost of operating a business in downtown SF and the increased interest of Ice Bean nationwide, Farm Foods decided to move the Ice Bean production to Tennessee. The Farm Soy Dairy purchased the continuous extractor from the SF Soy Dairy and once installed, it immediately increased the production to 1500 lb/day of tofu and 300 gal/day of soymilk–enough for everyone.

"The soy dairy is now under the management of Michael Lee and Ron Maxin and consists of a 400 gallon bean soak tank and a one-and-a-half horse-powered Japanese grinder. Beans are ground with hot water, and the resulting slurry is pumped into one of three 60 gallon stainless kettles. Direct steam injection cooks this milk. When done, it is pumped into the brown extractor. It flows over a second vibrating-screen filter and is gravity-fed to a 45 gal stainless holding tank where it is tapped off into curding barrels or pumped through the same heat exchanger which now has chilled water running through it for more efficient cooling. A chilled water system also provides cold water to cool and store our tofu. When cooled, the tofu is transferred to 40 gal plastic tubs and wheeled into a walk-in cooler where it awaits distribution. (For more information on the Farm Soy Dairy as it is today, contact Ron Maxin or Michael Lee.)" Address: 17969 Oak Dr., Los Gatos, California 95030.

7218. Gibbons, Barbara. 1985. Broccoli's a versatile vegetable that's equally good cooked or raw. *Los Angeles Times.* Dec. 5. p. N47.
• ***Summary:*** The next recipe was adapted from a recipe suggested by David Mintz of New Jersey; he makes and markets Tofutti, a "frozen tofu dessert." The recipe is similar to potato pancakes (*latkes*), but uses protein-rich tofu instead of potatoes. The recipe, titled Hanukkah broccoli-tofu pancakes, calls for "1 pound fresh tofu, drained."

7219. *Times* (*Sebastopol, California*). 1985. Brightsong Foods. Dec. 5.
• ***Summary:*** A large photo shows Richard and Sharon Rose, fashionably dressed. "Brightsong Foods in Petaluma has launched what it's calling 'a revolutionary new concept for tofu.'" "'It marks the first time tofu has been specifically designed for typical American consumers,' said Brightsong President Richard Rose. The new Brightsong Tofu is vacuum-packed like cheese, and sold in a colorful printed box, somewhat like how butter is sold. Enclosed in the box are recipes, coupons and informational sheets. 'We're trying to appeal to a broader range of consumers that currently don't use tofu regularly,' says Rose."

7220. *Asahi Shinbun* (*Asahi Daily News, Tokyo*). 1985. New York saisentan. Tôfu no aisukuriimu [Tofu-based ice creams popular in New York]. Dec. 8. [Jap]
• ***Summary:*** Tofutti is the leader of this popular new rage. Address: Tokyo, Japan.

7221. Friedman, Martin. 1985. New entries crowd health food market: Even more tofu desserts and frozen entrees. *Adweek East* (*New York*). Dec. 9.
• ***Summary:*** Discusses various new products. As "reports of weakening sales of frozen tofu desserts are filtering in, there were a half-dozen new tofu dessert items that were being confidently introduced to the health food market."

"Tofu items are becoming so popular that they have a section of their own at health food shows. Legume's success with frozen entrees is spawning such imitators as Walker & Wilks Tofoods (sweet and sour, Bar-B-Q and teriyaki) and Lamp Lite Natural Foods' six Italian tofu entrees... Harvest Earth Foods offers Tempeh Delites, fully cooked cutlets and sticks that are made from cultured organic soybeans; and Light Foods sampled Light Links (tofu hot dogs) and Tofu Bagel Links. In the frozen dessert arena, Tofu Today presented Tofruzen, while Tofreezi was sampled by Melta [sic, Metta] Tofu Products. Other new low-calorie and low-cholesterol desserts promoted were Imagine Foods' Rice Dream and Nouvelle Sorbet."

7222. Nair, G.K. 1985. MP's leap forward in farm, industry. *Times of India* (*The*) (*Bombay*). Dec. 13. p. 23.
• ***Summary:*** MP stands for "Madhya Pradesh," India's largest state. The western part sits atop the vast Malwa plateau, an archaeologist's paradise. Despite the Bhopal poison gas disaster of 3 Dec. 1984, the worst industrial accident in world history, massive reconstruction and development work are in full swing across the state–sparked by both the private and public sectors. Over 80% of the population (60 million people) is in the farm sector.

"Oilfed, clumsily designated M.P. State Cooperative Oilseed Growers' Federation Limited, has introduced soyabean on a large scale as a cash crop in the fertile Malwa plateau and a few other districts.

Oilfed's main job is to organise the mostly illiterate cultivators into farmers; co-operatives and to develop a processing and marketing mechanism. There are now 513 such co-operatives with a total membership of 58,000 farmers.

Soybean cultivation has been introduced mainly in the wheat-producing areas; the soybeans are grown in the kharif season instead of jowar–which has long brought farmers a miserably low profit. Wheat is a rabi crop.

By contrast, soyabean earns the farmer good money, Rs. 2.75 through the co-operatives, to which he sells the

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new crop as soon as it has been harvested. Farmers seem genuinely excited about soyabean, in part because he never has to take it to market where middlemen have long fleeced them. The co-operatives now market the soybeans and are in a much better position to get the best possible prices.

Construction of a vanaspati plant with a capacity of 30,000 tonnes per annum has been completed at Churhat (in eastern Madhya Pradesh); it is expected to begin production in Jan. 1986.

Oilfed has started exporting soya meal to West Asian and North African countries at "remunerative" prices. New products such as soya paneer [tofu], soya milk, weaning food, vegetable protein, snacks, and margarine are among the new products it plans to introduce.

7223. Sokolov, Raymond. 1985. Soy, most useful bean: In disguised forms, its use grows in U.S. *Detroit News.* Dec. 13. p. A-1, A-20.
• ***Summary:*** First came soy-based margarine, then soybean oil–which now surpasses corn oil and peanut oil in sales. Then tofu, a soybean curd, began to show up in supermarkets. The latest soy-based product is Tofutti, a trendy alternative to ice cream.

Business Trends Analysts reports that retail sales of soy foods (including the familiar soy sauce) have jumped nearly fivefold since 1979. They exceeded $200 million last year. A body of "evangelical literature has sprung up to educate a carnivorous populace in the mysteries of tofu." *The Book of Tofu,* by William Shurtleff and Akiko Aoyagi, had sold 340,000 copies when Ten Speed Press in Berkeley published a 2nd edition in 1983.

Photos show two workers at The Soy Plant in Ann Arbor: (1) Mark Ducharme cutting tofu. (2) Geoffrey Beck stirring soy milk. Address: Michigan.

7224. Golbitz, Peter. 1985. Re: Eighth draft of tofu standards. Letter to William Shurtleff at Soyfoods Center, Dec. 27. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Enclosed find my recommendations for changes in the eighth draft of the proposed tofu standards. I have also sent copies to Gary Barat and Ron Ishida."

"I hope your holidays were good and that I will see you before or at the Anaheim meeting in February." Address: Standards Committee Member, Island Tofu Works, 318 Main St., Bar Harbor, Maine 04609. Phone: (207) 288-4969.

7225. *SoyaScan Notes.* 1985. Chronology of soybeans, soyfoods and natural foods in the United States 1985 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 2. The soybean crushing industry begins a year of major restructuring as the big get bigger and two pioneers drop out. Ralston Purina announces that it has sold six of its soybean crushing plants to Cargill, Inc. A seventh at Memphis was closed. This removed the company from the soybean commodity business. With this transaction Cargill passes ADM to become America's largest soybean crusher.

Jan. 3. "Myth or Miracle: Debunking the Tofutti Fad" by Mark Medoff published in *Whole Life Times.* The first exposé of Tofutti, which contains very little tofu. Jan. 13 Medoff appears on the Gary Null Show, Natural Living, to discuss his findings for 1 hour on prime time radio.

Jan. 12. A.E. Staley Manufacturing Co. announces that it is basically getting out of the soybean crushing business. It has sold five of its six soybean plants (having a combined crushing capacity of some 275,000 bushels daily) to Independent Soy Processors Co., which is closely affiliated with Archer Daniels Midland. Staley was unable to sell its Decatur facility, which ceased operations indefinitely in Jan. 1984. With this transaction ADM has probably regained a slight lead as America's largest soybean crusher.

Jan. 14-26. Soybean Utilization Workshop held at Soyafoods Research Center in Gannoruwa, Peradeniya, Sri Lanka, sponsored by the Sri Lanka Soybean Project and INTSOY. 24 representatives from 12 developing countries participate. The world's first event of its kind (*Soyanews,* Dec. 1985).

Jan. 25-27. Natural Foods Expo at Anaheim. Soy ice creams steal the show. Tofu standards are debated heatedly at Soyfoods Association board of directors meeting on Jan. 28, especially by Ralston Purina attorney. Board decides funds are too limited to try to hire an executive director for SAA. Jan. 31. Paul Obis, founder and editor of *Vegetarian Times,* is seriously considering buying *Soyfoods* magazine from Doug Fiske. He makes a firm offer in late March.

Feb. "Designer Beans," an excellent overview of the U.S. soyfoods movement and its gourmet connections by Sandy MacDonald, published in *New Age* magazine.

Jan. American Soybean Association introduces SIS (Soybean Information Service), a computerized database focusing on soybean production and marketing, and oil and meal. The earliest record is 1958.

Feb. 21. *Tofutti and Other Soy Ice Creams: Non-Dairy Frozen Dessert Industry and Market,* by Shurtleff and Aoyagi published by The Soyfoods Center. Two volumes, 352 pages. This is the first study of the rapidly emerging soy ice cream market, and of Tofutti.

Feb. 27. "Tofu Products May Be In, but Its Fans Wonder if There's Tofu in the Products" by Trish Hall published in *The Wall Street Journal.* Second major exposé on so-called "tofu ice creams" (such as Tofutti and Gloria Vanderbilt Glace), which contain only a token amount of tofu, as a marketing gimmick.

March 13-14. The theme of the Feb. 27 *Wall Street Journal* article picked up by the NBC evening news and the Today Show. Very positive coverage for tofu. Gary Barat of Legume, David Mintz of Tofu Time, and Gloria Vanderbilt each speak about tofu.

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March 22. *The Book of Tempeh*, extensively revised second edition by Shurtleff and Aoyagi, published by Harper & Row. New bibliography (374 entries), history chapter, and list of tempeh producers.

March 26. Soyfoods Association's Tofu Standards (7th draft) presented to eight senior officials at the U.S. Food and Drug Administration's Center for Food Safety and Applied Nutrition, in Washington, DC, by Tom Timmins (Head of SAA Standards Committee), Gary Barat (President of SAA), Steve McNamara and Tom Donegan (SAA Food & Drug attorneys). The FDA group hears an hour long presentation on tofu, the standards, and the Soyfoods Association of America.

March. Soyarella (later renamed Soy Mozzarella), a tofu-based cheese, is introduced. It becomes an instant hit. Distributed by Neshaminy Valley Natural Foods of Huntingdon Valley, Pennsylvania, it is labeled as "non-dairy," yet it melts, and it tastes like cheese. Shrouded in secrecy, its manufacturer is unknown and the ingredients are questionable. It is sold in large blocks and labeled at individual stores.

March. American Soybean Assoc. launches a campaign among its members to write USAID and encourage them to cancel support for U.S. programs (such as INTSOY) aiding soybean production in Third World nations. The campaign is successful.

April 1. INTSOY signs a new cooperative agreement with USAID. Their work will henceforth focus on soybean utilization. The shift toward utilization began in 1983 and all work on soybean production and varietal development stopped in Aug. 1986.

April. *Tempe: An Annotated Bibliography*, compiled by Siagian and Sofia in Indonesia. Containing 273 references, it is the first bibliography to introduce the extensive Indonesian-language research on tempeh, the majority of which has been published since 1980.

April 15-16. International Symposium on Tempeh held in Jakarta, sponsored by the Indonesian Ministry of Health. 113 people attend.

April. Central Soya buys Griffith Laboratories' line of protein products.

May 31. Barricini Foods acquires Farm Foods, which then becomes a trade name for Barricini's natural / health foods line of non-dairy frozen desserts, including the pioneering product, Ice Bean, and Barricini Tofulite.

May. Morinaga, one of Japan's largest dairy companies, establishes Morinaga Nutritional Foods, Inc., a subsidiary with offices in Los Angeles, to focus on promoting their long-life silken tofu in America.

May. At the 6th Annual Natural Foods Merchandiser Merchandising Awards, soyfoods do well. Miso Mustard by American Natural Foods and Malteds by Westbrae win gold medals. Ah Soy by Great Eastern Sun wins a silver.

May. Soft Tofu Cheese, a non-dairy cream cheese cultured in miso, launched by Simply Natural, Inc.

June. Tofu Topper launched by Worthington Foods.

June. Ralston Purina publishes its 1985 Consumer Attitudes Monitor. Soy Protein in Foods, based on a nationwide survey of 628 adults. Indicates positive attitudes toward soy protein and soyfoods.

July 19. Shamrock Capital, a private company headed by Roy Disney, buys Central Soya, a publicly owned corporation. Agreement to buy was announced April 2.

July. Soy Supreme, spray-dried tofu powder, launched by Oberg Foods Div. of St. Peter Creamery.

July. Asian Symposium on Non-Salted Soybean Fermentation held at Tsukuba, Japan.

July 31. Tofu Time's sales of Tofutti increased more than sevenfold last year to $17,114,886 as compared with $2,361,391 for the previous year. Net income increased nearly 100-fold to $2,006,451.

July. New Gallup survey on vegetarianism of 1,033 Americans shows that millions are eating less meat and tens of millions agree with the move away from meat. 72% disagree with what used to be the standard notion: "The vegetarian diet is just a fad that will pass." A majority (52%) believe that "no one really needs to eat meat more than once or twice a week."

Aug. The DE-VAU-GE soymilk plant in West Germany starts production. Built by STS, with 4,000 liters/hour of soymilk capacity, they make Granose and GranoVita brands of soymilk.

Aug. Lightlife Meatless Tofu Pups (hot dogs) introduced by Tempehworks / Lightlife Foods of Greenfield, Massachusetts. The product sold nearly $250,000 in the next 10 months.

Sept. Soyfoods Center introduces SOYA, a computerized bibliographic database on soybean utilization, history, nutrition, processing, marketing, and production. Contains 18,500 references from 1100 B.C. to the present.

Sept. 30. Fearn Natural Foods in Illinois sold by Louis Richard to Modern Products, Inc. in Milwaukee.

Sept. 30 to Oct. 4. Tropical Soybean Workshop held at the International Institute of Tropical Agriculture (IITA), Ibadan, Nigeria. Proceedings are published in 1987 as Soybeans for the Tropics. Also this year IITA established a soybean utilization unit.

Sept. Tofulicious, a tofu-based non-dairy ice cream launched by Eastern Food products of Minneapolis. It was developed in conjunction with the University of Minnesota and funded by the Minnesota Soybean Research and Promotion Council. By 1986 it has become the first soyfood product in recent times to be actively promoted by state soybean associations, who sell it at many state and county fairs... where it is a big hit. Through Tofulicious many soybean growers begin to warm up to soyfoods.

Oct. 8th Draft of the Tofu Standards finished, incorporating extensive suggestions from FDA. Compiled by

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William Shurtleff.

Oct. Mori-Nu brand aseptically packaged tofu introduced by Morinaga Nutritional Foods.

Oct. Cream of the Bean Soygurt, a cultured soymilk yogurt, launched by Cream of the Bean, Inc.

Nov. Kikkoman introduces a long-life tofu in a foil retort pouch, imported from Japan. Poor quality causes the product to be withdrawn. It was re-introduced later.

Dec. Tofu Time starts exporting Tofutti to Japan. The first order by Daiei (a large retailer) of tubs for their parlors, is $350,000. This may be the first major export of a soyfood product (not including ingredients such as isolates) to Japan.

* The International Institute of Tropical Agriculture (IITA) in Ibadan, Nigeria, starts a program to promote processing and utilization of soybeans in Nigeria and throughout Africa. Continued.

7226. *SoyaScan Notes.* 1985. Chronology of soybeans, soyfoods and natural foods in the United States 1985 (Continued) (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued. 1985 New Trends:

Dramatic Rise of Tofutti and Other Soy Ice Creams. 1985 will go down in the soyfoods history books as the "Year of Tofutti." Never before in history of the United States has any soyfood product achieved such widespread and sudden popularity or notoriety.

During 1985 at least 50 brands of soy ice cream (many with "Tofu" on the label) were on the market worldwide, most in the USA. And many were made by America's biggest dairy companies. An estimated 2.5% of all frozen desserts except novelties (popsicles, bars, etc.) sold in supermarkets were soy-based nondairy. The result of all this was to introduce tofu and isolated soy proteins to millions of people in a very positive context.

But many of the companies that sold so-called "tofu ice creams," while emphasizing tofu in their product names and marketing programs, actually had surprisingly little (if any) tofu in their products. In fact they contain so little that this marketing gimmick might be misbranding and a deliberate deception of the consuming public.

Rise of Soyfoods in Europe. Thanks to the Belgian Office of the American Soybean Association (ASA), and specifically to the efforts of Michael Martin, Europe's growing soyfoods movement is starting to become organized and active. In March 1984 Martin launched Europe's earliest known soyfoods newsletter, *Soya Foods,* and in September organized the First European Soyfoods Workshop, for which bound proceedings were published. This is the first time in recent decades that ASA has promoted soyfoods (other than soy oil) in the Western World. The strong U.S. dollar has led to a recent dramatic decline in imports of soybeans and soybean meal to Europe for feed and oil use (European rapeseed and sunflowerseed are being substituted), so the ASA is exploring new outlets where soy is unique.

The launching of tofu production and marketing by Switzerland's biggest supermarket chain, Migros, and by Galactina, a large and respected maker of dietetic and pharmaceutical products (including soymilk) is a landmark for tofu in Europe. In early January, *Tages Anzeiger,* one of Switzerland's biggest newspapers, had a special report on tofu, followed on Jan. 9 by a 30-minute TV feature on tofu.

The total number of soyfoods companies in Europe continues to show a steady increase. Many of these are being founded by people interested in macrobiotics. By Jan. 1985 there were 1,113 names on The Soyfoods Center's computerized mailing list of people actively involved with soyfoods in Europe.

At the 1984 ASA soyfoods workshop, Martin reported the following estimates of annual European soyfoods consumption: A table with three columns shows: Soyfood name, consumption, percentage of U.S. consumption.

Soy oil–1.7 million metric tons–38%
Modern soy protein products–40 million kg–28%
Soymilk–9 to 10 million liters–7%*
Tofu–5 to 6 million kg–22%
Tempeh–400,000 to 500,000 kg–50%
Miso–250,000 to 300,000 kg–11%

* U.S. figure includes soy based infant formulas. European figure is not clear on this point.

Note that the population of the USA is about 234 million compared with 489 million for all of Europe (not including the USSR), but 237 million for Northern and Western Europe, where most of these products are consumed.

Rapid Growth of Second Generation Soyfoods. In the 1984 edition of this book, we stated that the three fastest growing soyfoods in the USA (in terms of production increases) were tempeh (33% a year compound annual growth rate), tofu (15%), and soy sauce (14%). But now the picture has changed. In 1984 the fastest growing category was second generation products, ready-to-eat, all-American preparations, especially those based on tofu. The leader in this group is clearly soy ice creams (led by Tofutti), with a production growth rate of roughly 600% a year for the past 1-2 years. Then comes convenience tofu-based entrees such as Legume's products, tofu burgers and tofu burger mixes, and the like. This is the number one way that soyfoods are now entering the mainstream American diet. And the biggest gains are being made by marketing companies, rather than manufacturers. The second fastest growing category may now be imported soymilks, growing at about 40-60% a year. Major New Capital Influx. The following is a brief summary of new capital influx to the soyfoods industry: A table with four columns shows: Company name, date of offering, $ amount, equity or debt; use.

Legume–Oct. 1982–$100,000 net–Equity. For tofu frozen entrees

Legume–Oct. 1982–$100,000–Debt. For tofu frozen

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entrees

Legume–Nov. 1983–$400,000 net–*Equity. For tofu frozen entrees

Legume–Nov. 1983–$200,000–Debt. For tofu Frozen entrees

Hinode Tofu–Nov. 1983–$2,500,000–Equity For general expansion

Tofu Time–Dec. 1983 $2,760,000 net–Equity. For soy ice cream

Tempehworks–July 1984–$265,000–Debt. For tempeh expansion

Legume–Feb. 1984–$200,000–Debt. For tofu frozen entrees

Legume–Aug. 1984–$1,248,000 net–Equity. For tofu frozen entrees

Brightsong–Dec. 1984–$500,000–Equity. For tofu products

Legume–April 1985–Expecting lots more. For tofu frozen entrees

White Wave–Expecting.

Note: Equity = Sale of equity ownership in the company via stock in a public offering or in a private placement. Debt = Debt financing by taking out a private loan.

How have these companies fared? Tofu Time has done spectacularly well. The value of the company has increased more than five-fold since Dec. 1983, and profits are excellent. Legume, a marketer of low-calorie, cholesterol-free frozen entrees featuring tofu, has had the hardest sledding. A preliminary prospectus by Huberman Margaretten & Straus dated 5 June 1984 stated that from its inception through 31 March 1984, the company incurred aggregate losses of $709,773, including a loss of $18,465 in 1982, then $225,302 in 1983, increasing again to roughly $486,500 in 1984. Legume's common stock had a negative book value; 1984 sales were "a little less than $1 million." Yet the company has excellent products and in early 1985 landed some foods big chains, which could help its bottom line considerably.

Growing International Interest in Tempeh. During 1983-84 Japan became a major tempeh producer. By May 1984 the world's largest tempeh producing company was Marusan-Ai (of Japan), which made 15,150 lb. a week. New marketing and production techniques were pioneered. The full story was described by Shurtleff and Aoyagi in Tempeh Production (1984).

Three Major International Symposia Featuring Tempeh were held: 15-16 April 1984 in Jakarta, Indonesia; 15-17 July 1984 in Tsukuba, Japan; and May 1986 in Honolulu. A special 13-day group study tour on Japanese Food Fermentations, led by Dr. Keith H. Steinkraus, has been organized by the Japanese-run, New York-based Technology Transfer Institute. Tempeh continues to be one of the fastest-growing soyfoods in the USA.

Growing Interest in Spray-Dried Tofu. Eleven articles were published this year on a product that promises to revolutionize the tofu industry. The first and largest manufacturers (St. Peters Creamery and Clofine) are both dairy companies. Spray dried tofu should appeal to the food industry, since it is easy to ship, store, and process.

Dairy Magazines Publishing Many Positive Articles About Soy-Based Dairylike Products. Traditionally the dairy industry has seen dairy analogs as a threat and fought to oppose them. The decades-long struggle against margarine is a good example of this. But now, many small dairies, struggling to survive, are looking for new products. A number (such as St. Peter Creamery and Clofine) have gained a new lease on life by starting production of soyfoods.

Major Changes in the U.S. Soybean Crushing Industry. Narrow crushing margins, a depressed export market for U.S. soybean meal, and poor profitability have led two of America's biggest soybean crushers, the A.E. Staley Manufacturing Company and Ralston Purina, to decide to get out of the soybean crushing business in Jan. 1985. Clearly they view poor profitability as a long term problem, and plan to diversify away from unpredictable agricultural commodities toward the "value added," retail end of the nation's food supply. Staley, in effect, sold its plants to ADM and Ralston Purina sold its to Cargill. In Nov. 1984 Staley acquired CFS Continental, Inc., the nation's second largest supplier to the foodservice industry. Staley, previously the oldest existing soybean crusher in America (since 1922), now relinquishes that honor to ADM. ADM is now the largest soybean crusher in America, but Cargill (which has many overseas plants) is the biggest in the world. These changes have led to a concentration of control in the U.S. soybean crushing industry. Both Staley and Ralston Purina plan to keep their edible soy protein (isolates, concentrates, etc.) operations.

Biotechnology is Emerging as a Major, Promising Factor in future soybean breeding development. Some agricultural experts are predicting that it could usher in the latest agricultural revolution, following the agrichemical revolution of the 1940s and the Green Revolution of the 1960s and 1970s.

The "Calcium Craze" Starts in America, aiding sales of tofu (curded with calcium sulfate), which is one of the best non-dairy sources of calcium.

7227. Bhatnagar, P.S. 1985. Soybean in India: Problems and prospects. Special review article. *Indian J. of Agricultural Sciences* 55(12):709-22. Dec. [19 ref]

• ***Summary:*** Contents: Introduction. Production potential in the country. Place in cropping systems. Research in India. Breeding, genetics and seed production. Production technology. Microbiology. Plant protection. Production economics. Product development and utilization. Future strategies. Address: All-India Coordinated Research Project on Soybean (ICAR), Govind Ballabh Pant Krishi Evam

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Praudyogiky Vishwa Vidyalaya, Pantnagar, Uttar Pradesh 263 145 India.

7228. Geslewitz, Gina; Wittenberg, Margaret. 1985. Soyfoods: The age of soy literacy. *Health Foods Business* 31(12):33-34, 36, 38-44, 46-47. Dec. [15 ref]
• ***Summary:*** Contains a market study largely pirated from Shurtleff & Aoyagi's *Soyfoods Industry and Market*. Address: New York.

7229. **Product Name:** Tofu Biscuits (Raisins, Whole Wheat, or Blueberry).
Manufacturer's Name: Green World, Inc.
Manufacturer's Address: Mayfield Stage, Boise, ID 83706.
Date of Introduction: 1985. December.
New Product–Documentation: Interview with James Herrington. 1987. Dec. 30.

7230. *In Business.* 1985. The $40 million tofu dessert market: Thanks to Tofutti, sales of frozen tofu desserts are growing by leaps and bounds. Nov/Dec. p. 35.
• ***Summary:*** About Richard and Sharon Rose (whose photo is shown) of Brightsong Foods in Petaluma. Tofutti is been largely responsible for starting a new industry of tofu frozen desserts in America. This industry has grown from about half a million dollars to $40 million now. "Tofutti's sales alone are about $18 million, says Rose. And it was that exponential growth which convinced him to introduce Brightsong's own tofu frozen dessert line."

After 18 months of test marketing, Brightsong introduced Le Tofu, which is different from all other soy-based frozen desserts because it contains 15% real, organic tofu instead of the more commonly used, processed soy powder. The suggested retail price of Le Tofu is $1.99 per pint.

"In addition to producing pints for the retail market, Brightsong sells dipping tubs for ice cream shops and restaurants; a soft-serve version is also available as well as a powder mix that can be made on premise. Rose predicts sales for Le Tofu will reach $10 million in about 2 years..." Brightsong is marketing Le Tofu overseas in a dry powder form named Concentrate Plus+. Address: Emmaus, Pennsylvania.

7231. Kooij, J.A. van; Boer, E. de. 1985. A survey of the microbiological quality of commercial tofu in the Netherlands. *International J. of Food Microbiology* 2(6):349-54. Dec. [16 ref. Eng]
• ***Summary:*** A survey of the microbiological quality of tofu, carried out in the summer and fall of 1983, examined 154 samples, about 95% of which had an aerobic plate count above 1 million CFU (colony forming units) per gram. In 86% of the samples numbers of Enterobacteriaceae exceeded 1,000 CFU/gm, and in 94% of the samples the number of lactic acid bacteria exceeded 10,000 CFU/gm. *Bacillus cereus* was found in one sample and *Staphylococcus aureus* in another, at levels above 100,000 CFU/gm. *Salmonella* was not found in any of the samples. *Escherichia coli* was found in 36% at levels above 100 CFU/gm, and *Yersinia enterocolitica* in 11% of the samples.

The reasons for this poor microbiological quality are discussed and some recommendations are made, including pasteurization of the tofu after packaging and storage of the end product below 7ºC (44.6ºF) for a limited time.

"In The Netherlands, tofu is produced in about 10 small factories supplying mainly local markets and oriental restaurants, and by some larger factories which deliver the product to stores and markets." Address: Food Inspection Service (FIS), Prinsegracht 50, 2512 GA, The Hague, Netherlands.

7232. **Product Name:** [Tempeh (Fresh, or Canned), and Tofu & Tempeh Pate (Spreads, 8 Varieties)].
Manufacturer's Name: La Sojeria, S.C.
Manufacturer's Address: Carretera de Vic Km. 30, 08180 Moia (near Barcelona), Spain. Phone: (93) 830 1123.
Date of Introduction: 1985. December.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: Letter from Javier Arocena of Zuaitzo, Spain. 1992. Dec. 14. He knows of three other soyfoods manufacturers in Spain: Natur-Soy, Vegetalia, and La Sojeria, all near Barcelona.

Form filled out by Laura Cami and Mario Rimoldi of La Sojeria. 1993. Feb. 13. Their company began making soyfoods in Dec. 1985. These products were introduced at that time. They now make about 200 lb/month of fresh and canned tempeh. The spreads are preserved in glass, with a twist-on lid, and sterilized.

Leaflet sent by Allan Brown of Noble Bean, Ontario Canada. 1998. Jan. "Tempeh de Soja." Contents of this Spanish-language leaflet: Telephone: 340 43 62. Que es? Cuáles son sus cualidades? Cómo prepararlo? Recipes for: Tempeh frito. Rellenos. Tempeh hervido o al vapor. Tempeh a la crema. Tempeh cacciatore. Allan writes: "These folks make fresh tempeh in Barcelona." They learned how from The Farm and from Allan in Canada. Form filled out by Mario Rimoldi. 2001/07. His company still exists at the above address but he stopped making tempeh in March 1996.

7233. **Product Name:** [Tofu Gelato (Non-Dairy Soy Ice Cream)].
Foreign Name: Tôfu Geraato.
Manufacturer's Name: Pappy Monro.
Manufacturer's Address: Jiyugaoka, Tokyo, Japan.
Date of Introduction: 1985. December.
How Stored: Frozen.
New Product–Documentation: Asahi Shinbun. 1985. Dec.

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5. Tofu gelato, Italian style ice cream, is sold at a specialty store or restaurant named "Pappy Monro" in Jiyugaoka, Tokyo. Flavors are plain, mocha, matcha (green tea), maron (chestnut), and okura. Prices: single scoop of 100 gm is 180 yen, double scoop of 200 gm is 300 yen, and pint takeout is 800 yen. There is a choice of 6 toppings, including almond and chocolate. Color brochure. 1986, undated. "Everyday Gelato. Pappy Monro." The product was developed by an Italian named Maurizio Curati (born 7 Dec. 1953), a color photo of whom is shown. He has restaurants at Jiyugaoka and Shibuya.

7234. Ransom, Ruth. 1985. Alternatives to four food groups: Meal plan. *Vegetarian Journal* (*Baltimore, Maryland*) 4(12):2. Dec.
• ***Summary:*** "A. Protein Foods: 1-2 servings per day. One serving equals: 1½ cups cooked dried beans or peas. 8 oz. tofu. 4 ounces tempeh. 2 cups fortified soy milk. ½ cup almonds, cashews, walnuts, pecans..."

Note: On page 1 we read: Editors: Debra Wasserman, Charles Stahler. Ruth Ransom, R.D. P.O. Box 1463, Baltimore, MD 21203. (301) 752-VEGV. Address: R.D. [Registered Dietitian].

7235. Sokolov, Raymond. 1985. Tofu or not tofu. Is it nobler to consume bean curd or to eat meat in a protein-deficient world. *Natural History* 94:86, 88, 89. Dec. [1 ref]
Address: Freelance writer with interest in history and preparation of food.

7236. **Product Name:** [Grinioc Grain and Tofu Burgers (Rice, Millet, or Bulgur)].
Foreign Name: Grinioc: Galettes de riz (millet, or blé) aux légumes.
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: Plateau de l'Ardennais, 91590 Cerny, France. Phone: (6) 457.52.01.
Date of Introduction: 1985. December.
Ingredients: Rice: Whole grain rice* (66%), legumes (15%): Peas, tomatoes, onions, hot red and green peppers, soya, sunflowerseed oil, spices and aromatics. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Protein 3.3%, lipids 10.3%, carbohydrates 19.5%, calories 186.
New Product–Documentation: Leaflet. 1988. Front and back. 6 panels. "Grinioc fresh wholemeal burgers. The best way to eat wholemeal cereals (rice, millet, wheat), as an accompaniment to vegetables or as is when you are feeling a little peckish, Grinioc is actually a complete meal in itself."

Labels for all 3 products. About 1988. 3.5 by 7 inches. Self adhesive. Shows a color photo of one burger/croquette on a plate with garnishes such as shrimp, mushrooms, or sliced tomatoes. Refrigerate at 4ºC.

Letter from Bernard Storup. 1989. March 3. These products were launched in Dec. 1985.

7237. *SoyaScan Notes.* 1985. New Trend: Spray-Dried Tofu Powders (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** There were eleven publications during 1985 concerning a product that promises to revolutionize the tofu industry. Many of these articles are in dairy magazines and written with a positive to neutral tone, indicating a surprising acceptance of these potentially competitive products. The first and largest manufacturer (St. Peter Creamery) is a dairy company. It is imperative that standards be developed for tofu, including these new types. Spray-dried tofu should appeal to the food industry since it is easy to ship, store, and process. It could be used to make soy-based cheeses.

7238. *SoyaScan Notes.* 1985. New Trend: U.S. dairy magazines publishing many positive articles about soy-based dairylike products (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Traditionally the U.S. dairy industry has seen dairy analogs as a threat and fought to oppose them. The decades-long struggle against margarine is a good example of this. But now many small dairies, struggling to survive, are looking for new products. A number have thrived by starting production of soyfoods. E.g. St. Peter Creamery, Clofine, etc.

7239. *SoyaScan Notes.* 1985. Chronology of events during 1985 concerning *Soyfoods* magazine, Doug Fiske, Paul Obis, and William Shurtleff (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 8–Richard "Ira" Leviton visits Soyfoods Center and announces that he had decided to discontinue all involvement with soyfoods and the soy sauce book project. He plans to live in England and to write books about King Arthur, geomancy, etc.

Feb. 8–Doug Fiske writes Shurtleff. He had a long conversation with Paul Obis this morning about Paul's interest in buying *Soyfoods* magazine. Fiske writes "I am cautiously optimistic. I hope it works out. Seems good for all parties and for the industry."

March 22–Paul Obis writes Fiske a 5-page letter (typed, single spaced) that begins: "My decision to buy, or not to buy, *Soyfoods* [magazine] has not been an easy one." He discusses each of his concerns.

March 30–Obis writes Fiske a short letter on *Vegetarian Times* letterhead. "Thanks for your letter. My offer was about the best I could make, given my analysis. I do, in all honesty, wish you well in finding another buyer or backer."

April 1–Fiske and Shurtleff talk by phone about what to do next. Doug wants to cash out, to keep $1,500 in the bank

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and $2,000 in cash.

April 1–Paul Obis writes Shurtleff a 1-page letter on *Vegetarian Times* letterhead explaining that his letter to Fiske was prompted, in part, by the letter (enclosed) which he received from Fred Rogers, who was Paul's backer. He says Fiske turned down Paul's offer to buy *Soyfoods* magazine.

April 9–Paul Obis writes Fiske a 1-page letter on Family Syndications letterhead. He agrees to purchase *Soyfoods* magazine for $1,000 cash and sends a $100 advance.

April 19–Paul Obis and Fred Rogers visit Soyfoods Center. That evening Shurtleff writes Obis a letter of thanks, but raises two issues about articles he wrote for *Vegetarian Times.*

April 21–Fiske writes Shurtleff that Paul and Fred came yesterday for discussions and to pick up materials. Everything went well.

April 24–Obis writes Shurtleff in response to two issues raised by Shurtleff (Gandhi article and Tofutti article for *Vegetarian Times*). Paul always tried to operate as aboveboard and forthrightly as possible. He notes that we will be working together more closely than ever before [on *Soyfoods* magazine] and he'd like our relationship to be as harmonious as possible. We have important work to do.

June 14–Shurtleff sends Obis a "Chronology of the Development of U.S. Tofu Standards," which they discussed by phone and which Obis asked to see, "for publication in the next issue of *Soyfoods* magazine." He notes that Obis went to the Soyfoods Association meeting in Las Vegas and requested that they resubscribe to the soyfoods clipping service. Shurtleff asks: "When do you think the first issue of *Soyfoods* will be published?"

July 9–Obis writes Shurtleff (on *Soyfoods* letterhead) that after he purchased *Soyfoods* magazine he was offered the opportunity to purchase *Vegetarian Times* as well. He had not expected this.

July 27–Obis and Shurtleff talk by phone. Obis bought *Soyfoods* magazine on July 26. He has wrestled for a long time with the problems of trying to own and publish two magazines. His first goal is to serve God's will. He hopes to have his first issue of *Soyfoods* magazine published as soon as possible.

Nov. 2–Obis writes Shurtleff a 1-page letter on *Vegetarian Times* letterhead. Apparently Shurtleff disagreed strongly with Obis's decision to buy *Vegetarian Times* but Obis feels his decision was the right one. Publishing two magazines requires less than twice as much work as publishing one, and Obis has always felt that *VT* and *Soyfoods* would make a good combination.

Nov. 4–Obis writes Shurtleff a 1-page letter on *Soyfoods* letterhead. He encloses a check for $95 for the magazine's 50% share of the computerized mailing list's maintenance charges from June 1984 to Dec. 1985.

Dec. 9–Fiske writes Shurtleff on San Diego State University, Dept. of Journalism, letterhead. First to say "Howdy" after being out of touch since sale of *Soyfoods* magazine. He is looking into the possibility of pursuing a doctorate in journalism / mass communication.

Dec. 19–Obis writes Shurtleff on *VT* letterhead. "Just to let you know what's happening on *Soyfoods*, I have yet to make a final decision, however the amount of tangible support I have received so far really makes me question the whole thing." He has been disappointed by Shurtleff, Gary Barat, and a woman who was supposed to write (and get paid for) an article on "Advertising and Marketing." Note: Paul Obis never published any issues of *Soyfoods* magazine.

7240. *SoyaScan Notes.* 1985. Development of the book *History of Soybeans and Soyfoods* (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1980 Oct. 22. First Table of Contents for Soyfoods History. I started this book because Nahum Stiskin of Autumn Press refused to let us use material from our tofu and miso books in our next book, titled *Soyfoods,* and its hard to write the history portions of soyfoods. Inspired by Miller and Ford.

Dec. 9. Start to put bibliographic records on 3 x 5 inch file cards.

1981 March 13. Add chapters on Nutrition, National Soybean Processors Assoc., T.A. Van Gundy.

April 26. Add Society for Acclimatization, Li Yu-ying, Horvath, Lager.

May 15. Make Overview into four chapters. Add Soybean Chronology, Sri Lanka, History of Soybean Production, Asian History, Berczeller, USDA.

May 30. Change book title to History of Soyfoods and Soybeans from Soyfoods History.

June 6. Make Chronology Chapter 1. Make History of Soybean Production a separate chapter. Add McCay, Soyfoods Producers in the West (Listing of companies), changed title from Soyfoods History to History of Soyfoods.

August 21. Four Soybean Processors (Staley, ADM, Ralston Purina, Central Soya), Hymowitz, Bureau of Plant Introduction.

Oct. 8. Cargill, Co-op Processors, drop Hymowitz, Soybean Production Pioneers, put Soy oil ahead of flour, change the order of many chapters.

Nov. 3. Change title to *History of Soybeans and Soyfoods.* Put soy nuggets [fermented black soybeans] before miso.

Nov. 7. Set up first 3+2 character cataloging codes for Soyfoods Center library and documents, e.g. Hym-81.

1982 Jan. 2. Brief History of Fermentation East and West.

Feb. 2. Macrobiotics and Soyfoods, Kikkoman.

March 21. K.S. Lo and Vitasoy. Relocate East Asian pioneers at end of Pioneers section.

June 18. Separate Fermented Tofu and Fermented Soymilk.

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July 22. Separate Soy Oil and Meal from Hydrogenated Soy Oil Products.

Aug. 21. Put all country histories together.

Oct. 25. Start using % instead of percent in Margarine chapter.

Nov. 13. D.W. Harrison.

Nov. 19. Decide to do separate chapter on Lecithin. Retitle each country from "History of Soyfoods in X" to "History of Soybeans and Soyfoods in X."

1983 Jan. 1. Switch from 3-letter codes to 4-letter. Hymo-73.

April 17. Changed "at" to KW = (keyword) on cards.

May 5. Dr. Fearn.

Nov. Added Cereal-Soy Blends at Flour chapter, Iowa State University, History of Soyfoods and Health Foods in Los Angeles.

1984 March. Meals for Millions, SFM-Rodale.

Sept. 22. Added 12 chapters on individual countries. Divided hydrogenation into 3 chapters: Oil, margarine and shortening. Change book's subtitle to "Past, Present, and Future." Structure it into four volumes.

Oct. 31. Completely restructure Soybean Production chapter into 16 parts. Discuss each by decade.

Dec. 26. Ice Cream.

1985 Jan. 19. Change ModProt to ProtMod, ProtIsol, etc.

March 8. Add PPC = Pioneering Protein Companies: Glidden, Rich Products, Gunther, Griffith Labs, I.F. Laucks. 9th. Add the Chemurgic Movement and US Regional Soybean Industrial Products Lab: Industrial Uses of Soybeans. United Nations, History of World Food and Protein, Hunger and Malnutrition.

April 17th. Redo outline, giving each company its own line and bibliography, like Adventists. Print outline vertically. Address: Director, Soyfoods Center, Lafayette, California 94549. Phone: 510-283-2991.

7241. Tofu Shop Specialty Foods (The). 1985. Price increase Jan. 1 (Leaflet). Arcata, California. 1 p. Single sided.
• ***Summary:*** Due to rising operating costs, the prices of all Tofu Shop products will go up approximately 5% starting January 1, 1986.

"Traditional tofu? Did you know that The Tofu Shop in Arcata is one of only a few such traditional-style tofu companies operating successfully in the United States today." They do not make "mass-produced" tofu.

"About The Tofu Shop: Founded in 1980, The Tofu Shop employees eight trained soyfoods workers who produce monthly: 6,000 pounds of fresh, traditional-style tofu, 2,500 tofuburgers, 50 quarts of soymilk, and thousands of tofu cutlets, sausages, salads and desserts. Almost all of our products are distributed right here in Humboldt County!

The Tofu Shop also operates a retail delicatessen near Humboldt State University in Arcata (768 18th Street).

Illustrations show: The front of the deli. (2) The little house on stilts by the ocean, with an Oriental-style roof and a wind-blown tree arching overhead. Address: 768 18th St., Arcata, California 95521. Phone: (707) 822 7409.

7242. **Product Name:** Thinny Thin Tofu (Soy Ice Cream).
Manufacturer's Name: Tom Carvel/Carvel Corporation.
Manufacturer's Address: Yonkers, New York.
Date of Introduction: 1985. December.
Ingredients: Water, corn oil, corn syrup, sucrose, soy protein isolate, mono & diglycerides, cellulose gum, tetra-sodium pyrophosphate, guar gum, polysorbate 80, polysorbate 65, carrageenan, salt, and flavorings.
How Stored: Frozen.
New Product–Documentation: Talk with Mr. Molinari of Carvel Corp. 1985. Jan. 30. Kashrus Newsletter. 1985. Dec. This pareve product is "Chof-K" supervised. Sold at Carvel stores. Whole Life. 1987. Sept/Oct. p. 81. Tofu Fraud of the Month Department. "Thinny-Thin Tofu is manufactured and sold by the Carvel Corporation of Yonkers, New York. It uses the word 'tofu' in the name but doesn't contain any tofu in the actual product."

7243. **Product Name:** Jofu (Non-Dairy Non-Fermented Yogurt) [Blueberry, Strawberry, Cherry, Raspberry, Very Berry, Banana-Strawberry, or Orchard Fruit & Nut].
Manufacturer's Name: Tomsun Foods International Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1985. December.
Ingredients: Blueberry: Silken tofu (water, soybeans, calcium sulfate), blueberries, high fructose corn syrup, corn oil, isolated soy protein, natural fruit flavors, tapioca starch, vegetable gums, pectin, citric acid, salt.
Wt/Vol., Packaging, Price: 6 oz (170 gm) plastic cup with peel-off foil lid.
How Stored: Refrigerated.
Nutrition: Per 6 oz., Blueberry: Calories 165, protein 6 gm, carbohydrates 28 gm, fat 3 gm (of which 2.4 gm unsaturated), sodium 60 mg.
New Product–Documentation: Label (plastic cup). 1986, undated. "Only 165 calories. Luscious Tofu & Fruit. Lactose Free. Cholesterol Free. No sour taste. No preservatives. No artificial ingredients." It is 67% silken tofu. Note: In Japanese there are two words pronounced Jofu but written with different characters. The first means "a lover or paramour." The second means "a mistress or paramour."

Abigail Wilson. 1986. Recorder (Greenfield, MA). Feb. 15. "Tomsun Foods hopes 'Jofu' to be 'food of the future.' p. 3. The product has just been introduced.

Campbell. 1986. Democrat & Chronicle (Rochester, New York). Feb. 19. p. 1A-2A. "Jofu."

Leaflet. 1987. March. "What makes it even better than yogurt? It tastes better. It's cholesterol free. Its real tofu.

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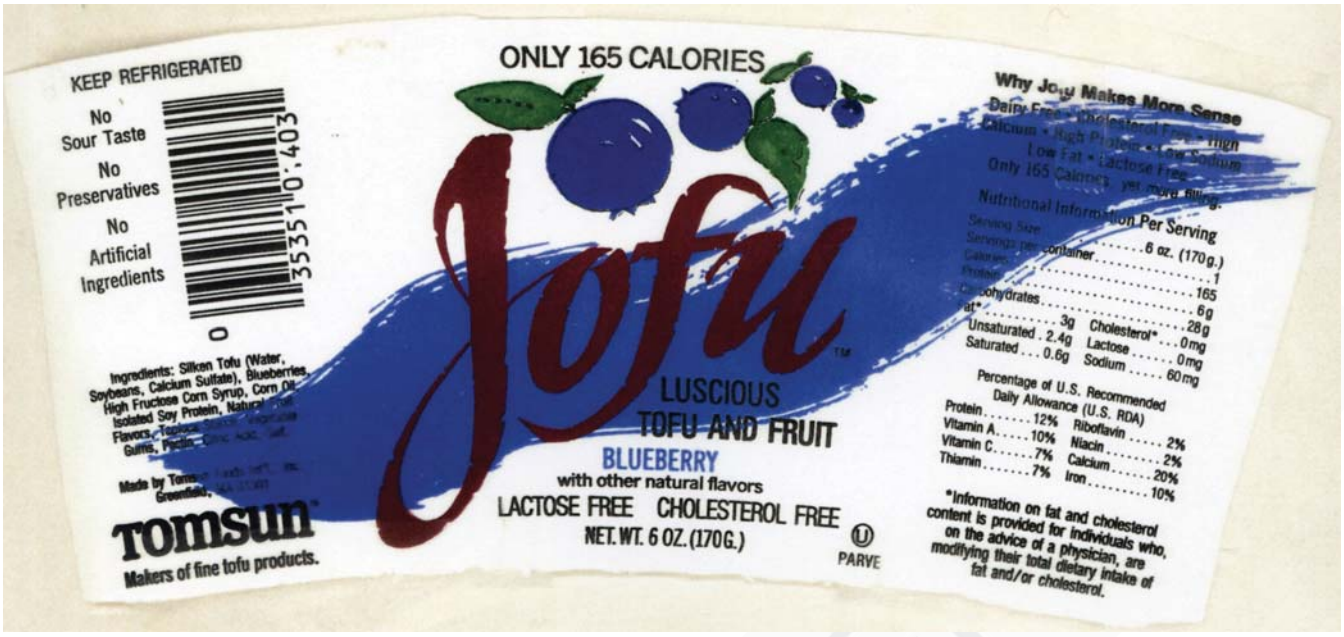

Its lower in calories. Jofu: Luscious tofu & fruit. Beyond yogurt."

Spot in Prepared Foods. 1986. Aug. p. 198. "'Jofu' is a new chilled, spoonable blend of tofu and fruit. Product contains 165 calories per 6-oz. cup. Jofu contains no cholesterol."

Suzanne Wilson. 1986. Hampshire Life (Northampton, MA). Oct. 31. "Talk about tofu. Behind the scenes at Tomsun." The first Jofu was sold to Massachusetts health food stores in Dec. 1985.

Ad in Vegetarian Times. 1987. July. p. 15. "It's time to go beyond yogurt." Contains a "buy one, get one free" offer.

Talk with Richard Rose. 1987. Dec. He says that Wally Rogers of Bean Machines says that Tomsun can't keep up with demand for Jofu. Jofu is made by just running hot soymilk, isolates, and GDL into a yogurt cup. After Tomsun declared bankruptcy in [April] 1988, Jofu production was moved to a plant in Vermont. They have a basic soymilk production line there and make silken tofu, according to Peter Golbitz.

Poster. 1989. April. "What the man who brought you Dannon yogurt eats for breakfast." A large black-and-white photo shows Juan Metzger eating Jofu.

Peter Golbitz. 1989. Soya Newsletter. July/Aug. "Soya Interview: Tom Timmins, Soyfoods visionary." "During 1985 the company launched Jofu..."

7244. **Product Name:** Tree of Life Spaghetti Sauce with Tofu.
Manufacturer's Name: Tree of Life, Inc. (Distributor).
Manufacturer's Address: 315 Industrial Dr., P.O. Box 410, St. Augustine, FL 32084. Phone: 904-829-3483.
Date of Introduction: 1985. December.
New Product–Documentation: Talk with Donna Detoro at Tree of Life. 1988. Sept. 23. This product was introduced in Dec. 1985.

7245. **Product Name:** Jay and Lisa Sommers Tofu and Tempeh?
Manufacturer's Name: Unknown.
Manufacturer's Address: Latrobe, Tasmania.
Date of Introduction: 1985-1988.
New Product–Documentation: Talk with Trishala Shub. 1998. Jan. 18. As far as she knows, the first people to make tofu commercially in Tasmania were Jay and Lisa Sommers. They started in about 1985-88 in a small factory in Latrobe, near Bernie, in Tasmania. They also made tempeh. Trishala is still in touch with Jay and Lisa, who still live in Tasmania; she will ask them if they will write the story of how they founded Tasmania's earliest known tofu and tempeh manufacturing company. The Sommers later sold their equipment to a church group, which some years later sold it to Trishala and her former husband. She sold the equipment in June 1997 to the people from Organic Choice.

7246. **Product Name:** Tofu Delight (Tofu-Vegetable-Bulgur Salad).
Manufacturer's Name: 21st Century Foods Inc.
Manufacturer's Address: 30A Germania St., Jamaica Plain, MA 02130.
Date of Introduction: 1985.
Ingredients: Incl. tofu, carrots, bulgur wheat, parsley.
New Product–Documentation: Talk with Rudi Canale. 1988. Jan. 4. It is ready to eat. Introduced in about 1985. Rudi is now in Charge. Howard Posner is no longer with the company.

7247. **Product Name:** Original Yuzu Tofu (Soybean Curd

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Cake).
Manufacturer's Name: Aloha Products.
Manufacturer's Address: 4515 Centinela Ave., Los Angeles, CA 90066. Phone: 213-822-2939.
Date of Introduction: 1985.
Wt/Vol., Packaging, Price: Packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Talk with Tom Uyehara. 1988. Oct. 24. This product was introduced in about 1985. It is the first commercial yuzu tofu made in America. Yuzu tofu is now fairly popular in Japan. Note: According to *The Book of Tofu* (p. 329): "Yuzu is a fairly expensive citrus fruit similar to a lime, citron, or lemon but slightly larger. The grated or slivered rind and the juice are used for their distinctive, refreshing fragrance and flavor... It is occasionally added to kinugoshi tofu before solidification."

7248. **Product Name:** Tofu Spread.
Manufacturer's Name: American Pride.
Manufacturer's Address: 612 W. Kirkwood, Fairfield, IA 52556.
Date of Introduction: 1985.
New Product–Documentation: Talk with Alex Green. 1988. Sept. 9. This product was introduced in 1985.

Talk with Rick Desmond, partner in American Pride. 1990. Aug. 2. This product belongs to another company. American Pride pays them a royalty to use it.

7249. Betwo Ltd. 1985. Eternity Soy Ice Cream (Poster). 60 Rehov Kikar Malkey, Tel Aviv, Israel. 1 p. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** "World Premiere! Israel introduces Eternity. The world's first all-vegetable ice cream parlors. A futuristic concept in healthful eating. What is all-vegetable ice cream? Eternity is a rich, creamy, delicious ice cream made fresh daily from calcium-rich soybean milk that has: No cholesterol. No salt. No dairy products. No preservatives. It's Pareve!! We use only the sweetest seasonal fruits, richest tehina [sesame tahini], quality brown sugar, and all natural flavorings. We even have our own Eternity whole wheat ice cream cones! In addition to our calcium-rich soybean ice cream, we also serve tantalizing soybean tofu cuisine–created from soybean milk and prepared in a variety of ways. We offer flavorful rich tofu cream pies; pungent tofu cheeses; smooth, sweet tofu puddings; tasty tofu yogurt; and mellow tofu cottage cheese. Enjoy Eternity all-vegetable ice cream and tofu entrees. We know once you have tried them you will be a friend for Eternity!"

Note: This is the earliest document seen (Sept. 2012) that uses the term "tofu yogurt" to refer to soy yogurt. Address: Tel Aviv, Israel. Phone: 03-363674.

7250. **Product Name:** Herb Tofu.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 2049 1/2 Atwood Ave., Madison, WI 53704. Phone: 608-241-8700.
Date of Introduction: 1985.
Ingredients: Water, organic soybeans, calcium sulfate, nigari (magnesium chloride), herbs, spices.
Wt/Vol., Packaging, Price: 16 oz in plastic tub.
How Stored: Refrigerated.
Nutrition: Per 4 oz: Calories 96, protein 11 gm, carbohydrates 1 gm, unsaturated 6 gm, sodium 17 mg, calcium 229 mg, iron 2 mg.
New Product–Documentation: Label. 1985. 4 by 4.5 inches. Light blue, green and maroon on clear plastic film. Interview with Deborah Bachmann. 1987. Dec. 29.

Label sent by Elizabeth Hanson of Bountiful Bean. 1991. Nov. 12. Same label as above, but company is now located in Ridgeway, Wisconsin 53582.

Leaflet sent by Paul Olson, new owner of Bountiful Bean Soyfoods. 1993. Nov. 19. The company's tofu is curded with nigari and calcium sulfate. The herb tofu contains basil, thyme, granulated garlic, onion powder, and cayenne.

7251. **Product Name:** Rice Pudding Surprise.
Manufacturer's Name: Bountiful Bean Plant.
Manufacturer's Address: 2049 1/2 Atwood Ave., Madison, WI 53704. Phone: 608-241-8700.
Date of Introduction: 1985.
Ingredients: Brown rice, currants, tofu (surprise!), honey, lemon juice, vanilla, almonds, cinnamon, nutmeg, agar-agar, salt.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Interview with Deborah Bachmann. 1987. Dec. 29. Seasonal: sold mostly during November-December. In 1985 it was called simply "Rice Pudding." Ad in East Side News. 1986. Winter. "Rice Pudding Surprise. Chocolate Delite. Carob Delite. Delicious, dairy-free desserts are not only possible–they're available! Healthy holidays." Label. 1985. 2.75 by 1.5 inches. Self adhesive. Red on white. "Non-Dairy."

7252. Burant, Christopher. 1985. Working at the Bountiful Bean. *Mifflin St. Co-op Newsletter.* p. 7-8. [1 ref]
• ***Summary:*** "In 1978 we were selling 350 lb/week of tofu. This year we have been averaging 2,800 lb." Address: Madison, Wisconsin.

7253. Caderas de Kerleau, Anne. 1985. O-tofou, l'honorable tofou [O-tofu, the honorable tofu]. *Lettre de l'ARTS* No. 1. p. 1, 3. [1 ref. Fre]
Address: ARTS, 108 rue St. Honore, Paris, France.

7254. **Product Name:** [Tofu].
Foreign Name: Queso de Soya.

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Manufacturer's Name: Centro de Soya, Soy Dairy.
Manufacturer's Address: Barrio San Bartolo, Molino Belen, Solola, Guatemala; Apartado Postal 118, 07091 Solola.
Date of Introduction: 1985.
Ingredients: Water, soybeans, coagulant (Epsom salts).
Wt/Vol., Packaging, Price: 1 lb blocks packed in plastic bags, sold at Q. 1.50 per pound.
How Stored: Refrigerated.
Nutrition: Moisture 79.7%. After drying: moisture 4.5%, ether extract (fat) 30.4%, crude fiber 0.12%, nitrogen 9.0%, protein 56.2%, ash 3.7%.
New Product–Documentation: Talk with Laurie Praskin. 1988. Dec. Most of this tofu is sold to vegetarian restaurants that cater to tourists in Panajachel, Guatemala City (Seventh-day Adventist), and Antigua (a big tourist center and the former capital of Guatemala). Letter from Amado del Valle. 1988. March 16. San Bartolo is the name of the indigenous community situated around the Center. It is comprised of 60 houses with 60 independent families. This community has benefited from the potable water project and system and the Centro de Soya through the help of Plenty Canada. Plenty's original idea was for the soy dairy to benefit the community. The community presently buys products from the soy dairy at reduced prices to stimulate production and improve their nutritional status. The Center also gives the community classes on the benefits of soybeans. Q. refers to Guatemala's monetary unit, the Quetzal. The Center does not yet have any commercial labels or legal receipts since it is not yet registered as a commercial enterprise under Guatemalan law.

7255. **Product Name:** [Tofu (from Organically Grown Soybeans, or Non-Organic), and Silken Tofu].
Foreign Name: Tofu: Pate de soja, Kinugoshi-dôfu.
Manufacturer's Name: Daizou SARL.
Manufacturer's Address: 883 Rue de Bernau–Z.I., 94500 Champigny sur Marne, France. Phone: 48 82 39 90 or 47.06.33.71.
Date of Introduction: 1985.
Ingredients: Water, yellow soybeans, sea salt. * Some organically grown.
Wt/Vol., Packaging, Price: 360 gm.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Anthony Marrese based on an interview with Mr. Hirayama. 1989. Nov. Mr. Sakaguchi is the owner of Daizou and Mr. Takatoshi Hirayama is the tofu production manager. Le Bol en Bois started in the 1970s as probably the first macrobiotic restaurant in Paris. They made tofu for their own use and their outside business grew slowly. In 1985 Tama (an importer and distributor of Japanese natural foods) and Daizou (a food manufacturing company) were made separate business divisions of Le Bol en Bois restaurant and health food store. The three companies employ about 50 people, 6-7 in food production. In 1985 the company introduced three types of tofu: Present production amounts are as follows: Non-organic 4,500 kg/month, organic 500 kg/month, and silken 150 kg/month. Also in 1985 the company started making konnyaku and shirataki [thin konnyaku noodles], and in 1987 they launched mochi.

Talk with David de Korsak. 1990. Jan. 31. David, a Frenchman, worked for this company in Sept. 1987. He did an internship with them, setting up a computer system. The manager was Takatoshi Hirayama. Daizou has about 8 employees total. The tofu company was formerly in the basement of Le Bol en Bois in Paris. They moved when they outgrew that space. They sell mostly to Japanese (in water pack tubs), and their main outlet is at Le Bol en Bois. They use 100-125 kg/day of soybeans to make about 300-375 kg of tofu. They also sell some vacuum packed tofu, made with organically grown soybeans, to 1-2 health food shops in Paris.

Letter from Bernard Storup of Société Soy. 1989. March 3. Daizou was founded by Le Bol en Bois (Paris) in 1985. Mr. Sakaguchi was the first to make tofu in France [Actually, Li Yu-ying was probably the first, in 1911].

7256. **Product Name:** California Nhot Dog (With Tofu).
Manufacturer's Name: East Coast West.
Manufacturer's Address: Fashion Island Mall, California. Phone: 341-4133.
Date of Introduction: 1985.
New Product–Documentation: Talk with Paul Duchesne. 1989. July 31. This man and his wife have been around for 4-5 years. He ran a deli and bakery in a mall selling the Nhot-Dogs (his main product), knishes, bagels, muffins, cookies, cheesecakes, etc. Sold T-shirts and sold his products at fairs. Paul has a menu of his. He might be in San Francisco under California Nhot Dog. Paul has a menu from the place mat, but does not recall the persons name.

7257. **Product Name:** Non-Dairy Soybean Drink (Soymilk) [Plain].
Manufacturer's Name: Eastern Foods Corporation.
Manufacturer's Address: 3235 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1985.
Ingredients: Water, soybeans.
Wt/Vol., Packaging, Price: Quarts and half gallons.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1985. 2.5 by 3.5 inches. Yellow and black on white. "Drink plain or flavor with vanilla, honey, or carob." Letter from Tom Menie. 1988. June. The product was introduced in 1985, in quarts and half gallons.

7258. **Product Name:** Farm Soy Dairy Tofu (Vacuum Pack).

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Manufacturer's Name: Farm Soy Dairy.
Manufacturer's Address: 156 Drakes Lane (P.O. Box 96), Summertown, TN 38483. Phone: 615-964-2529.
Date of Introduction: 1985.
Wt/Vol., Packaging, Price: Vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Talk with Michael Lee, owner. 1988. They added vacuum packed tofu in 1985. They use a Smith chamber vacuum packer, 4 cakes at a time, that can pack 250 lb/hour in a 20-second cycle. Then they sell it packed in an attractive outer box. The design is taken from the from of The Farm's Tofu Cookery cookbook.

7259. **Product Name:** Pak Fook Tofu.
Manufacturer's Name: Foodpak Ltd.
Manufacturer's Address: Watson Centre, 16th Floor, 16-22 Kung Yip St., Kwai Chung, Hong Kong.
Date of Introduction: 1985.
New Product–Documentation: Soya Bluebook. 1985. p. 100.

7260. **Product Name:** Hui Ming Tofu.
Manufacturer's Name: Fraser & Neave (Singapore) Pte. Ltd.
Manufacturer's Address: 475 River Valley Rd. Singapore 1024, Singapore.
Date of Introduction: 1985.
New Product–Documentation: Soya Bluebook. 1985. p. 100.

7261. **Product Name:** [Seasoned Tofu (Gourmet Diced with Soy Sauce & Spices, Provencale with Herbs, and Jardiniere with Vegetables)].
Foreign Name: Tofu Gourmet, Tofu Provençale, Tofu Jardinière.
Manufacturer's Name: Galactina Ltd.
Manufacturer's Address: Birkenwej 1-6, CH-3123 Belp, Switzerland.
Date of Introduction: 1985.
Ingredients: Provencale: Herbs from Provence, soysauce, seasonings, and salt.
Wt/Vol., Packaging, Price: 250 gm (8.8 oz) packed in water in molded plastic tray with heat-seal film top and full-color front panel photo. In 1987, 1 kg package for catering.
How Stored: Refrigerated, 6 week shelf life.
Nutrition: Provencale: Protein 11.5%, 6.5% fat, 2.5% carbohydrate. 114 calories/100 gm.
New Product–Documentation: Soyfoods (ESFA). 1987. Jan. "Galactina ready to eat salads. Tofu Nature, Tofu Gourmet, Tofu Provençale, Tofu Jardinière. All these can be eaten hot or cold." Soya Bluebook. 1986. p. 108; 1987. p. 97. Leaflet. 1987. "Es sprach schon immer viel für Tofu. Jetzt gibt es vier gute Gruende mehr, ihn auch zu geniessen." A stunning color brochure of four tofu packages showing some of the best graphics seen up to this time. In German and French.

Letter from Peter Speck. 1988. March 11. "We started 1985 with four tofu varieties, natural tofu as well as three flavored tofus. In 1987 we introduced the same products in 1 kg packages for catering, plus a tofu spread."

7262. **Product Name:** GlobaLite Instant Tofu Mix.
Manufacturer's Name: Global Foods.
Manufacturer's Address: 2881 Parkway Dr., Decatur, IL 62526. Phone: 800-422-2881.
Date of Introduction: 1985.
Ingredients: Isolated soy protein, partially hydrogenated soybean oil, corn starch, gluconic acid.
How Stored: Shelf stable.
New Product–Documentation: Ad. "Just add boiling water and mix in a blender, pour into a mold, chill for an hour and you have tofu which is virtually identical to fresh tofu." Spot. 1987. Soya Newsletter. 1(4):6. "A newly reformulated product." Lists ingredients.

Ad (full page, color) in Vegetarian Times. 1987. Dec. p. 53. Announcing GlobaLite Instant Tofu and GlobaLite Vegetarian Entrees.

7263. **Product Name:** Eggless Egg Salad, Tofu Pot Pie (Meatless), Tofu Walnut Bar, and Tofu Lemon Pie.
Manufacturer's Name: Greenleaf Farm Foods, Inc.
Manufacturer's Address: Delhi, New York.
Date of Introduction: 1985.
New Product–Documentation: Talk with Joe Jaffer. 1989. Sept. 16. In the mid-1980s he owned a bakery in Delhi, New York which was part of Greenleaf and which used tofu in a number of the products. Most were baked products introduced in 1985. Each pot pie was in a little aluminum tin. The walnut pastry contained a considerable amount of tofu. The people who ran the business also ran the "Good Cheap Food Co-op" in Delhi. He distributed these over a wide geographic area. But it was not profitable, so he closed it in late 1986 or early 1987.

7264. **Product Name:** Hera Tofeata Tofu. Soya Bean Curd.
Manufacturer's Name: Haldane Foods Ltd.
Manufacturer's Address: Unit 25, Hayhill Industrial Estate, Sileby Rd., Barrow-Upon-Soar, Leicester, England.
Date of Introduction: 1985.
Ingredients: Water, dehulled soybeans, calcium sulphate (natural coagulant).
Wt/Vol., Packaging, Price: 255.6 gm (9 oz) vacuum pack inside full-color paperboard box. Retails for 65 pence.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: 328 calories, protein 7.8 gm, fat 4.3 gm, 2.3 gm.
New Product–Documentation: Label. 1986, undated. "Fresh, Light. A non-dairy meat alternative. A versatile

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replacement for meat and dairy products. Keep chilled." Letter from Simon Bailey. 1988. Oct. 10. Haldane joined forces with British Arkady in Feb. 1988 as part of Arkady's Health Food Div. Brian Welsby and Peter Fitch are joint managing directors. Letter from Neil Robinson. 1989. Aug. 7. The three major tofu products in Britain, as far as I know, are (1) Tofeata Tofu by Haldane Foods (Hera), Leicester, England; (2) Cauldron Foods, Bristol, England; (3) Truehealth Tofu by Birchwood Foods, Wrexham, Wales.

7265. **Product Name:** Itona Tofu.
Manufacturer's Name: Itona Products Ltd.
Manufacturer's Address: Itona Works, Leyland Mill Lane, Wigan, Lancashire, WN1 2SB, England.
Date of Introduction: 1985.
New Product–Documentation: Soya Bluebook. 1985. p. 100. Note: Industry observers in 1990 note that this company has always been a bit secretive and is not widely known. They are basically doing the same things they have been doing for years.

7266. **Product Name:** Miso Master Miso-Tofu Dips.
Manufacturer's Name: Just In Foods, Inc.
Manufacturer's Address: Box 541, Route 3, Rutherfordton, NC 28139.
Date of Introduction: 1985.
New Product–Documentation: Leaflet. Back to back, 8½ by 11 inch, 3 color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Miso Master. You've got to try these two extraordinary new Miso-Tofu Dips from Miso Master.

7267. Kikkoman International Inc. 1985. Kikkoman tofu. Delicious recipes (Leaflet, with 6 recipes). San Francisco, California. 1 p.
Address: P.O. Box 784, San Francisco, California 94101.

7268. Kikkoman International Inc. 1985. The joy of tofu. Great recipes from the Kikkoman kitchens (Leaflet) San Francisco, California. 3 panels on each side. Each panel: 20 x 9 cm.
• ***Summary:*** Contains recipes for: Hi-Protein Smoothie, Creamy Corn Soup, Tuna-Tofu Sandwich Spread, Spice-Nut Coffeecake, Marco Polo Pasta Salad, Simple Skillet Sukiyaki, Hunan Pork & Tofu Stir-Fry, Raspberry Yogurt Fluff Pie. Address: P.O. Box 784, San Francisco, California 94101.

7269. **Product Name:** Magic Bean Tofu Jerky.
Manufacturer's Name: Larry's Magic Bean Tofu Jerky.
Manufacturer's Address: 1116 East Belmont, Fresno, CA 93701. Phone: 209-485-3759.
Date of Introduction: 1985.
New Product–Documentation: Talk with Larry Barber. 1988. April 4. He sold this product briefly in about 1985 in San Francisco (Rainbow Grocery) and Santa Cruz (Staff Life), but it took him 1 hour to make 1 pound. He is now trying to automate the process and capitalize the company. The product has been off the market for 3 years. He gets his tofu from Brad Kubota of Fresno Tofu Co.

Note: This is the earliest known commercial tofu jerky product. It contained textured soy protein.

7270. *Lettre de l'ARTS.* 1985. La Clef des Champs: Une cuisine cosmopolite et créative [La Clef des Champs: A restaurant featuring cosmopolitan, creative cuisine]. No. 1. p. 4. [Fre]
• ***Summary:*** This French vegetarian and soyfoods restaurant opened in April 1984 at Montauban. Address: France.

7271. **Product Name:** Living Foods Organic Tofu Spread [With Garlic, Dill, or Celery].
Manufacturer's Name: Living Foods (Importer). Made in The Netherlands by Witte Wonder.
Manufacturer's Address: P.O. Box 66, Chichester, W. Sussex, England.
Date of Introduction: 1985.
New Product–Documentation: Label. 1986, undated. 8 inches by 1.5. Purple and black on beige. "A natural, dairy-free, vegetarian spread. Produce of Holland." Letter from Sjon Welters. 1989. July 24. Witte Wonder started private labeling their tofu spreads for Living Foods in 1984 or 1985.

7272. Masson, A. 1985. Le contrôle microbiologique des aliments dans la province de Québec: Compte-Rendu d'un stage effectué au Canada du 3 au 21 Juin 1985 [Microbiological control of food in the province of Quebec: Report of a study conducted in Canada from June 3-21, 1985]. *Swiss Food* 7(11):7-11. [Fre]*
• ***Summary:*** Contains results of microbiological analyses of soymilk, with or without magnesium chloride added, and of tofu. Identification of the pathogenic bacteria in the finished products and raw materials. Gives Canadian norms or standards on the microbiological quality of food products. Address: Univ. Lausanne, Lab. Cantonal, Controle Denrees Alimentaires, Epalinges, Switzerland.

7273. Matsuhashi, T. 1985. [Development of dried-frozen tofu in Nagano prefecture]. *Report of ASPAC* No. 90. [Jap]*
Address: Nagano State Lab. of Food Technology, Kurita, Nagano-shi, Japan.

7274. Mudjisihono, Robertus; Kusman, Nur; Rivai, A. 1985. Pengaruh suhu ekstraksi dan varietas kedelai terhadap mutu yang dihasilkan [The effects of extraction temperature and soybean varieties on the quality of tofu]. *Media Penelitian Sukamandi* (*Indonesia*) 1:26-32. [Ind]*
• ***Summary:*** This journal is published by the Sukamandi

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Research Inst. for Food Crops (Balai Penelitian Tanaman Pangan Sukamandi).

7275. Nakayama, T.O.M. 1985. Co-precipitation of peanut and soybean milks to form tofu. *Proceedings of the American Peanut Research and Education Society* 17:56. *
• ***Summary:*** A mixture of 1/3 (weight/weight) peanuts and 2/3 soybeans was used to prepare tofu in a traditional manner, coagulated with calcium sulfate. The resulting curds were shown to reflect the increased contribution of oil from the peanuts. Composition of minerals and protein were similar. Address: Dep. of Food Science, Univ. of Georgia Agric. Exp. Station, Experiment, GA 30212.

7276. Nasoya Foods. 1985. A "tempeh-tation" for healthy sandwiches and entrees (poster). Mechanic St. Ext. (P.O. Box 841), Leominster, MA 01453. 4.25 by 11 inches,
• ***Summary:*** Horizontal, on card stock. A large color photo in the center shows two halves of a tempeh sandwich, with sprouts and lettuce. A black olive and cucumber are on the side. The printing is black on white. "High in protein. Rich in B vitamins." A color photo shows two packages of Nasoya Foods tempeh. Note: Nasoya is now making its own tempeh. Address: Leominster, Massachusetts.

7277. **Product Name:** Tofu Spread [Szechuan, or Dill].
Manufacturer's Name: Natural Alternatives.
Manufacturer's Address: Alexandria, Virginia.
Date of Introduction: 1985.
Wt/Vol., Packaging, Price: 8 oz. plastic tub. Retails for $2.25 (7/92, Maryland).
How Stored: Refrigerated.
New Product–Documentation: Talk with Robert Ashton, owner of Natural Alternatives / Promart. 1992. Sept. 14. He introduced these two products in 1985; his first tofu spreads were launched in 1981.

7278. North Dakota Soybean Council–New state soybean association. 1985.
• ***Summary:*** Damien, John. 1988. "Soybean dessert product cuts out middleman" [cow]. *Sun* (Jamestown, North Dakota). May 16. At the North Dakota Newspaper Convention, samples of Tofulicious, a soybean-based, non-dairy frozen dessert were passed around for taste testing. The North Dakota Soybean Council likes that label and is trying to open a market for Tofulicious in the state.

Soya & Oilseed Bluebook. 2004, p. 24. "North Dakota Soybean Council, 1411 32nd St. SW, Fargo, ND 58103... Founded: 1985. Membership: This is a non-member council. All North Dakota farmers participate in this soybean check-off program."

7279. **Product Name:** Tofu Pizza (On Sprouted Wheat Crust with Dairy Cheese).
Manufacturer's Name: Palomar Mountain Soyfoods.
Manufacturer's Address: Escondido, California.
Date of Introduction: 1985.
New Product–Documentation: Talk with Alex Press. 1990. Feb. 28. He started selling this product in 1985, after he moved to a new location in Escondido. Firm grated tofu was added to the pizza sauce. Then vegetables and cheese were put on top of that.

7280. Park, Y.G.; Park, B.D.; Choi, K.S. 1985. [Changes of ultrastructure of tissues, characteristics of protein, and tofu yield with increased soybean soaking time]. *Journal of the Korean Society of Food and Nutrition* 14(4):381-86. [21 ref. Kor; eng]*
• ***Summary:*** Tofu yield was increased from 45.0% to 55.4% when soaking time was increased from 5 to 24 hours. Address: Dep. of Food Science & Technology, Yeungnam Univ., Gyongsangbuk-do, South Korea.

7281. **Product Name:** [Tofu Salads (German, Russian, Brazilian, Chinese, Hungarian, With Fresh Herbs, or Japanese Style)].
Foreign Name: Tofu–Salate (Deutsch, Russisch, Brasilianisch, Chinesisch, Ungarisch, Mit frischen Kraeutern, Japanisch).
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1985.
Wt/Vol., Packaging, Price: 330 gm glass.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet from Tofuhaus Tiefenthal, a distributor. 1988. "No preservatives are used. They are sterilized to make them non-perishable." Letter from Herm. Berief of Tofukost-Werk TKW. 1988. Oct. 27. There is no company named Pro Natura listed in the phone directory in Rödermark. Form filled out by Albert Hess. 1988. Dec. 1. The company started making all their soyfoods in about 1985. E. Rauch is in charge. Gives current address and phone in Rödermark.

Letter from Bernd Drosihn. 1990. May 10. This company is now located at Waldstrasse 9, D-6120 Michelstadt-Vielbrunn, West Germany. Phone: 06066/1479.

7282. **Product Name:** [Tofu Sandwich Spread (Hungarian, or Chinese)].
Foreign Name: Tofu–Brotaufstrich (Ungarisch und chinesisch).
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1985.
Ingredients: Incl. Tofu, brown rice, cereals, cold-pressed oil, and seasonings.

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Wt/Vol., Packaging, Price: 180 gm glass.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet from Tofuhaus Tiefenthal, a distributor. 1988.

7283. **Product Name:** [Tempeh Sandwich Spread (Yugoslavian)].
Foreign Name: Tempeh–Aufstrich (Jugoslawisch).
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1985.
Ingredients: Incl. tofu, tempeh, spices.
Wt/Vol., Packaging, Price: 180 gm glass.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet from Tofuhaus Tiefenthal, a distributor. 1988.

7284. **Product Name:** [Tofu Bars].
Foreign Name: Tofu–Stange.
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1985.
Ingredients: Incl. tofu, cereals, vegetables.
Wt/Vol., Packaging, Price: 190-200 gm vacuum pack.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet from Tofuhaus Tiefenthal, a distributor. 1988. "Nice as a spread for bread, or cut in strips for use in salads, hot pots, or soups."

7285. **Product Name:** [Tofu Entree "Pasta Asciutta"].
Foreign Name: Tofu–Gericht "Pasta Asciuta".
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1985.
Ingredients: Incl. tofu, tomatoes, cereals, spices.
Wt/Vol., Packaging, Price: 330 gm glass.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet from Tofuhaus Tiefenthal, a distributor. 1988. "This famous Italian specialty is made with a base of tofu." Note: In Italian, *pasta asciutta* refers to "macaroni and cheese."

7286. **Product Name:** [Tofu Mayonnaise or Dressing].
Foreign Name: Tofu–Salatverfeinerer.
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1985.
Ingredients: Contains only 20% fat.
Wt/Vol., Packaging, Price: 300 gm glass.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet from Tofuhaus Tiefenthal, a distributor. 1988.

7287. Sohn, J.W.; Kim, W.J. 1985. [Some quality changes in tofu on addition of dried okara]. *Hanguk Sikp'um Kwahakhoe Chi* (*Korean J. of Food Science and Technology*) 17(6):522-25. [14 ref. Kor; eng]*
• ***Summary:*** Dried okara (the residue from making soymilk) was added at up to 30% to the soybean water extract used to make tofu. As proportions of okara increased, volume and water holding capacity of the curd were reduced and penetration value increased. Sag value increased up to 20% residue, then decreased drastically to 30%. Overall physical and sensory attributes indicate that 10% residue inclusion would be acceptable. Address: Dep. of Food & Nutrition, Sook-Myung Women's Univ., Seoul, South Korea.

7288. **Product Name:** [Tofu Ice Cream].
Manufacturer's Name: Solnuts B.V.
Manufacturer's Address: Swaardvenstraat 41, P.O. Box 5066, 5048 AV Tilburg, Netherlands.
Date of Introduction: 1985.
New Product–Documentation: Soya Bluebook. 1985. p. 100.

7289. **Product Name:** Tofu Burrito Filling with Red Chile.
Manufacturer's Name: Southwest Soy Foods.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87501. Phone: 505-471-8979.
Date of Introduction: 1985.
Ingredients: Potatoes, tofu, onions, red chile, water, shoyu, safflower oil, spices.
Wt/Vol., Packaging, Price: 2 lb pack. Retails for $2.40 (9/90, New Mexico).
How Stored: Frozen.
New Product–Documentation: Talk with Richard Jennings. 1987. Dec. 28. Gave date of introduction. This product is sold only to foodservice organizations.

7290. **Product Name:** Tempeh.
Manufacturer's Name: Soy Power (Marketer-Distributor). Made in South San Francisco by Quong Hop & Co.
Manufacturer's Address: 2811-A Ocean Park Blvd., Santa Monica, CA 90405.
Date of Introduction: 1985.
New Product–Documentation: Talk with Kevin Cross. 1988. Sept. 22. Made by Quong Hop. Introduced in about 1985.

7291. **Product Name:** Soya Nova Herb & Garlic Tofu.
Manufacturer's Name: Soya Nova Tofu Shop.
Manufacturer's Address: R.R. #2 Rourke Road, C.28, Ganges, Saltspring Island, BC, V0S 1E0, Canada. Phone: 604-537-9651.

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Date of Introduction: 1985.
Ingredients: Incl. tofu, garlic, herbs.
How Stored: Refrigerated.
New Product–Documentation: Letter from Greg Lundh of Silverking Soya Foods in Nelson, BC, Canada. 1990. Dec. 14. Soya Nova Tofu Shop introduced Herb & Garlic Tofu in 1985.

7292. **Product Name:** Soya Nova Tofu.
Manufacturer's Name: Soya Nova Tofu Shop.
Manufacturer's Address: R.R. #2 Rourke Road, C-28, Ganges, Saltspring Island, BC, V0S 1E0, Canada. Phone: 604-537-9651.
Date of Introduction: 1985.
New Product–Documentation: Two early entries in the Soyfoods Center NAMES database: (1) Chris Kodaly, R.R. #1, Mayne, BC, V0N 2U0, Canada. for Debbie Lauzon and Chris Kodaly. 1987. June 4. Nova Food at R.R. #1, Isabella Point Rd., Fulford Harbour, Saltspring Island, BC, V0S 1C0, Canada, is making tofu. Phone: 604-653-9259.

Talk with Greg Lundh of Silverking Soya Foods in Nelson, BC, Canada. 1990. Oct. 20. Soya Nova Tofu Shop makes tofu at R.R. #2 Rourke Rd., C-28, Ganges, Saltspring Island, British Columbia, V0S 1E0, Canada. Phone: 604-537-9651. The owners are Chris and Debbie Kodaly. Saltspring is one of the "Gulf Islands" in the Straight of Georgia between Vancouver Island and southern southwest tip of the mainland of BC. They have been in business for 5-7 years. They started the business themselves and they have been in the same location for at least the last 5 years. They make tofu, herb tofu, and many other soyfood products. They label their products. They make 700 lb/week of tofu (plain and herb), plus soysage, soysage pastries (made by a French pastry chef).

Letter from Deborah Lauzon. 1991. Feb. 6. They moved to Ganges in 1985.

Talk with Silverking. 1992. Sept. They have a new Takai pressure cooker and boiler. They used to make 900 to 1,000 lb/week of tofu, but now they hope to make that much in one day.

7293. **Product Name:** [Tofu, and Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer's Name: Soyalab.
Manufacturer's Address: Florence, Italy.
Date of Introduction: 1985.
New Product–Documentation: Talk with (call from) Marcello Panchetti of Soyalab in Italy. 1993. Oct. 31. This company started making tofu and seitan in 1985. They introduced mochi in 1990, and also make peanut butter, and hazelnut butter. He is interested in starting to make tempeh. The company still makes all these products. They are located outside of Florence at Via B. Cellini 48N, 50020 Sambuca Val di Pesa (Firenze), Italy. But in 1985 they were located at a different address in Florence.

Call from Marco Lamonica. 1993. Dec. 9. They would like to make a soy cheese based on tofu, like TofuRella, which he saw in America. They plan to order a pressure cooker system for making tofu.

7294. Soyfoods company logos. 1985. 1 p.
• ***Summary:*** 1. Tomsun Foods, Inc. (Greenfield, Massachusetts).
2. Island Tofu Works (Bar Harbor, Maine).

7295. **Product Name:** [Tofu Dessert].
Foreign Name: Tofu Dessert.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada.
Date of Introduction: 1985.
Ingredients: Water, soybeans, sugar, calcium sulphate, glucono-delta-lactone.
Wt/Vol., Packaging, Price: 10 oz (300 gm).
How Stored: Refrigerated.

New Product–Documentation: Label. 5.5 by 3.5 inches. Red and white with color photo in middle of yogurt-like tofu surrounded by fruits (kiwi, strawberry, peaches) in a glass cup. "Pasteurized. No preservative." Product name also written in Chinese–Doufu-hwa [literally, tofu flowers]. Form filled out by Peter Joe. 1988. May 20. Gives date.

7296. **Product Name:** [Tofu Puffs].
Foreign Name: Souffles de Tofu.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: 604-254-0701.
Date of Introduction: 1985.
Ingredients: Water, extract of soy, magnesium chloride, vegetable oil (canola and soybean). vegetable oil.
Wt/Vol., Packaging, Price: 95 gm (3.25 oz).
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 4 x 3 inches.

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Red and black on yellow. "Fully cooked. Keep refrigerated. Heat and serve." Form filled out by Peter Joe. 1988. May 20. Gives date.

7297. Tajima, K.; Tominaga, S. 1985. Dietary habits and gastro-intestinal cancers: A comparative case-control study of stomach and large intestinal cancers in Nagoya, Japan. *Japanese J. of Cancer Research* (*Gann*) 76:705-16. *
• ***Summary:*** In this case-control study, the authors noted an increased in rectal cancer risk, but not in colon cancer risk in people consuming miso soup (Relative Risk = 2.05, $p < 0.05$). No association was found between tofu consumption and either colon or rectal cancer.

Concerning stomach cancer: Consumption of miso soup or miso was not significantly associated with increased risk of stomach cancer.

7298. Takai Tofu & Soymilk Equipment Co. 1985. Modern soymilk plant: Makes delicious dairylike soymilk with no beany flavor. 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 4 p. 30 cm. [Eng; Jap]
• ***Summary:*** Manufacturer's catalog. The front and rear covers are black letters on light blue. With 5 inserts including excellent fold-out layouts and floor plans, flow chart, and "Information sheet: Your soymilk production plans."

7299. **Product Name:** [Tofunaise (Tofu Mayonnaise), and Tofu Dressing].
Foreign Name: Tofunaise, Tofudressing.
Manufacturer's Name: Tofurei Wels. Renamed Schoen Tofurei in 1987.
Manufacturer's Address: Prinz Eugen Strasse 1, A-4600 Wels, Austria. Phone: 07242/834222, 78073.
Date of Introduction: 1985.
New Product–Documentation: Price List. 1988. With dates products were introduced. Each product comes in a 210 ml jar.

7300. **Product Name:** Soft Tofu, Firm Tofu, Fried Tofu, Baked Tofu, Tofu Strips (like noodles), Spiced Tofu (Wu Hsiang Doufu Gan), Soymilk.
Manufacturer's Name: Visoy.
Manufacturer's Address: 111 West Elmyra, Los Angeles, CA 90012. Phone: 213-221-4079.
Date of Introduction: 1985.
New Product–Documentation: Talk with Shoan Yamauchi. 1988. Oct. 23. This company is a small, Chinese-run company. Talk with David Ma. 1988. Oct. 24. The company started making all these products in 1985.

7301. **Product Name:** Tempeh Burgers (Marinated).
Manufacturer's Name: Western Soy Complements.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-479-05968.
Date of Introduction: 1985.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 31. This product was launched in 1985.

7302. **Product Name:** Original Hard Style Tofu.
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1985.
Ingredients: Water, soybeans, naturally occurring gypsum and seawater extract (nigari).

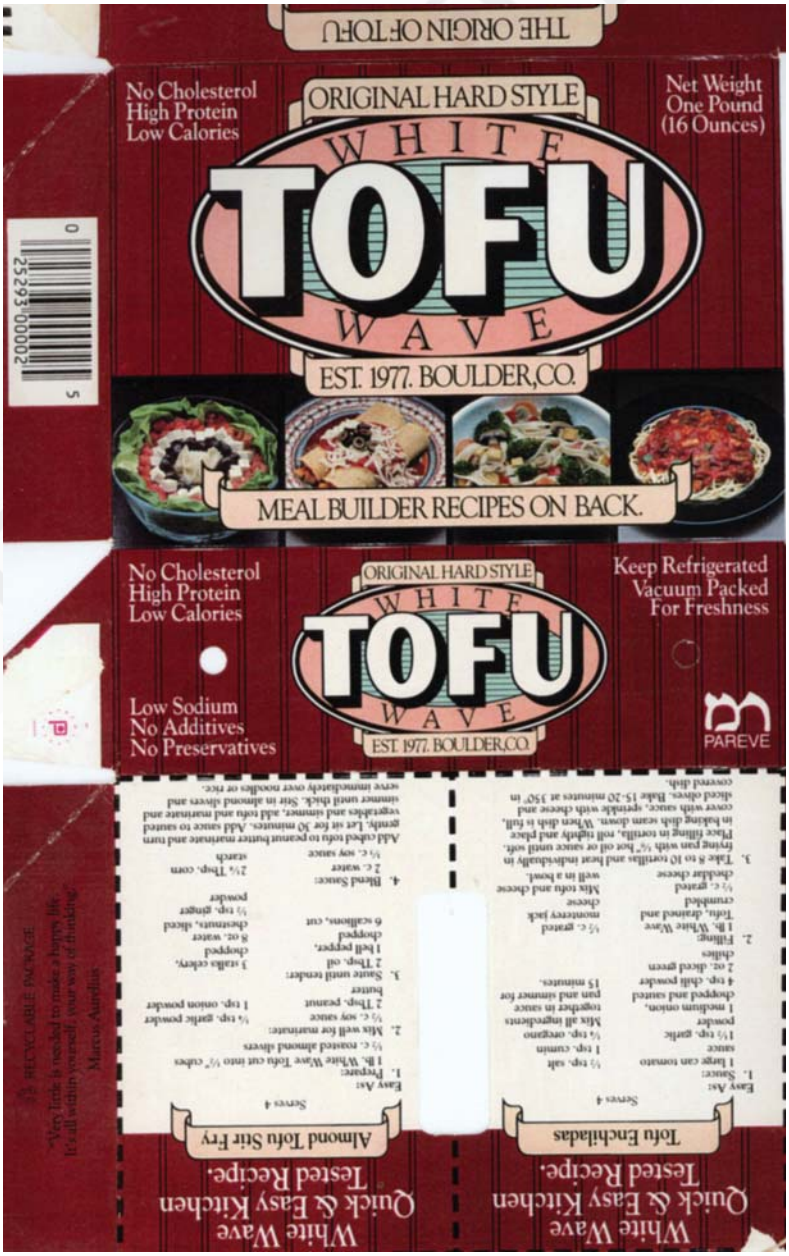

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Wt/Vol., Packaging, Price: 16 oz vacuum packed inside a colorful outer paperboard box.
How Stored: Refrigerated.
New Product–Documentation: Label (box). 1987, undated. "Meal builder recipes on back (Tofu Enchiladas, Almond Tofu Stir Fry). Est. 1977. Boulder, Colorado. No Cholesterol. High Protein. Low Calories. Low Sodium. No Additives. No Preservatives." Copyright 1985.

7303. **Product Name:** [Smoked Tofu].
Foreign Name: Raeucher Tofu.
Manufacturer's Name: Yamato Tofuhaus Sojaprodukte GmbH.
Manufacturer's Address: Moessingerstr. 41, D-7406 Moessingen 2-Belsen, West Germany. Phone: 07071-71094 or 95.
Date of Introduction: 1985.
How Stored: Refrigerated.
New Product–Documentation: Talk with Klaus Gaiser. 1990. March 12. This tofu was launched in about 1985. It is still one of his best-selling products. He feels that it is the best smoked tofu he has ever seen.

7304. **Product Name:** [Tofu Pâté {packed in glass jars} (Smoked, or Marjoram)].
Foreign Name: Raeucher-Tofupastete, Marjoran Tofupastete.
Manufacturer's Name: Yamato Tofuhaus Sojaprodukte GmbH.
Manufacturer's Address: Moessingerstr. 41, D-7406 Moessingen 2-Belsen, West Germany. Phone: 07071-71094 or 95.
Date of Introduction: 1985.
Wt/Vol., Packaging, Price: Glass jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Talk with Klaus Gaiser. 1990. March 12. These products were launched in about 1985.

Talk with Klaus Gaiser. 1990. May 8. This product can be cut into slices. It is more like jelly, and contains agar. It is like a sausage in a glass jar. You can get it out in one piece.

7305. **Product Name:** [Soyburger, and Okara's Croquette].
Manufacturer's Name: Zuaitzo.
Manufacturer's Address: Calle Diputacion 5* Piso, Calle Correria 39 Bajo, 01001 Vitoria-Gasteiz, Spain. Phone: 945/28 86 30.
Date of Introduction: 1985.
Ingredients: Tofu, okara.
New Product–Documentation: Soya Bluebook. 1985. p. 83, 101. Letter from Javier Arocena. "I started to work with soy in 1982 on a family scale and in 1984 on an industrial level. I started to make hamburgers of tofu and seitan in about Nov. 1987, but they didn't sell very well."

7306. Andoh, Elizabeth. 1985. An American taste of Japan. New York, NY: William Morrow and Co. 334 p. + [8] pages of color plates. Illust. by Susan Blubaugh. Color photos by Aaron Rezny). Index. 25 cm.
• ***Summary:*** This is a beautiful, remarkable book by a perfectionist with an intensely curious mind, a woman who really understands (is indeed an authority on) Japanese foods, cookery, language and culture. The illustrations and photos are likewise exquisite.

Contents: A note on the romanization and pronunciation of Japanese. Acknowledgments. An introduction to cross-cultural cooking (including a brief autobiography). At the market, in the kitchen ("A guide to buying and storing Japanese foodstuffs and equipment, plus an explanation of certain Japanese cooking terms and techniques"). The recipes: Soups, appetizers, sushi (in the lingo of the sushi bar, rice is known as *shari* and soy sauce as *murasaki*– literally "purple"), main dishes, side dishes, desserts. Setting the cross-cultural table. Photography credits. Mail-order and shopping guide.

Soyfoods [and sea vegetables] are so abundantly represented that we will only refer the reader to the glossary plus ("At the market, in the kitchen," p. 19-44) and index. In the glossary: Abura agé (fried bean curd). Ao nori (sea herb flakes). Kanten (agar). Kombu (kelp). Miso (fermented bean paste). Miso shiru (also called *omi-otsuke* [a woman's word]). Neri miso (glossy bean-paste sauce). Nori (laver). Soy sauce (The subtle, full-bodied aroma of soy sauce "does fade after several months. Keep opened bottles tightly capped on a dark shelf in your kitchen"). Tofu (bean curd; kinugoshi, momen, yaki-dofu). Usukuchi shoyu. Yaki-zushi nori.

An American who traveled to Japan in 1966 to study Japanese, Andoh married (in 1969) into the Japanese family she visited there. She enrolled in a class at the Yanagihara School of Classical Japanese Cooking, where she studied for six years.

Each recipe has two titles: (1) A long, descriptive title in English with large, bold typeface and title-style capitalization. (2) Under a hairline, the actual Japanese title, in regular capital letters. The modern Hepburn system of romanization is used throughout the book, so that diacritical marks are used consistently with the appropriate words. Page 52: "Light Bean Soup with Slender White Mushrooms and Bean Curd: Enokidaké no Miso Shiru." Page 183: "Bean Curd Tempura with Spicy Scallion Sauce: Agé Dashi-Dôfu."

Note: Use of the terms "bean curd" and "bean sauce" (instead of the now more widely used "tofu" and "miso") in recipe titles, text, and index makes these parts of the book seem slightly imperfect. Address: Japan.

7307. Batt, Eva. 1985. Eva Batt's vegan cooking. Wellingborough, Northamptonshire, England: Thorsons

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Publishers Ltd. 144 p. Illust. (55 line drawings) by Margaret Leaman. Index. 22 cm.
• ***Summary:*** Across the bottom of the front cover: "The classic vegan cookbook. Recommended by The Vegan Society."

Contents: Acknowledgements. Introduction. Mueslis. Soups and small savouries. Salads and Salad dressings. Ways with vegetables. Main meals. Small savouries. Savoury sauces, stuffings and spreads. Desserts and ice cream. Bread, cakes and buns. Pastry, biscuits and cookies. Miscellaneous. Useful information.

Soy related: In the Introduction are sections on "Soya" (p. 13-14) and "Textured Vegetable Protein (TVP)" (p. 17; several brands are available. "Most come in flavoured and unflavoured varieties, in chunks and mince." This nutritious food is low in fat, "high in protein, economical, easily stored, requires very little cooking, and no waste {bone, skin, gristle or fat} is involved").

Recipes include: Beauty breakfast (with "3 tablespoons vegetable milk" [Plantmilk concentrated soymilk], p. 28). Fresh fruit muesli (with vegetable milk, p. 29). Cream of onion soup (with "2 teaspoons soya flour" and "¼ pint {140 ml} undiluted concentrated vegetable milk," p. 34). Salad cream (with "1 tablespoon undiluted concentrated vegetable milk," p. 41). Tofu mayonnaise (with "4 oz {120 gm} silken tofu," p. 41). Basic nutmeat mixture (with "2 level teaspoons soya flour," p. 54). Curried textured vegetable protein (with "1½ oz {45 gm} unflavoured textured vegetable protein, mince or chunks," p. 55). Mushroom pie (with soya flour, p. 62). Fricassee with mushrooms (with "2 oz {55 gm} tvp mince," p. 63). Savoury steak (with "tvp slices" and "soy sauce," p. 66). Bengal curry (with "1 teaspoon soya sauce," p. 68). Pizza (with "10 oz {285 gm} cooked tvp or tin of soya beans," p. 75). Onion tart (with "Soya sauce," p. 76). Soya fritters (with soya flour, p. 79). Soya burgers (with "2 oz. tvp mince," p. 81). Soya crispie (with soya flour, p. 92). Plamil and banana shake (with "½ pint Plamil vegetable milk"). Soya 'cheese' (cream style) (with "4 oz soya flour," p. 122). Soya 'cheese' (cheddar style) (with "3½ oz Soyolk or other heat-treated soya flour," p. 122). Soya compote (with "2 oz. soya flakes"). Soya milk and/or soya flour are used in many baked goods (breads, cakes, and buns, etc., see p. 99-137).

Note: Eva has basically not yet realized how tofu, tempeh, miso and good-tasting soymilk can transform a vegan diet.

Previous edition published as *Eva Batt's Vegan Cookery,* the first major vegan cookbook ever published, with over 300 recipes, plus practical advice and nutritional information. The "corporate author" is given on OCLC as the Vegan Society.

Plamil Foods put this at the top of its list of recommended vegan cookbooks. "This cookery book is most comprehensive and advises on preparing nutritious appetising meals without meat, fish, eggs or dairy products. Essential nutrients from vegetable sources, planning meals for best food value, savoury dishes, snacks, desserts, cakes, bread, biscuits, sauces, garnishes, etc." Address: Vegan Society, UK.

7308. Bradford, Peter; Bradford, Montse. 1985. Cooking with sea vegetables: A collection of naturally delicious dishes using to the full the bountiful harvest of the oceans. Wellingborough & New York: Thorsons Publishing Group. 144 p. Illust. by Sue Reid. Index. 22 cm. [8 ref]
• ***Summary:*** The Bradfords have spent considerable time studying food in Japan and are especially well qualified to present this vegan, macrobiotic cookbook. It contains definitions of and/or recipes for using tofu, tempeh, miso, natto ("The taste of these sticky fermented soya beans is either loved or hated. It is somewhat like a very ripe cheese"), shoyu (soy sauce), and seitan. Address: UK.

7309. Brody, Jane E. 1985. Jane Brody's good food book: Living the high-carbohydrate way. New York & London: W.W. Norton & Co. xxviii + 700 p. Foreword by Pierre Franey. Illust. (line drawings by Ray Skibinski). Index. 24 cm.
• ***Summary:*** Advocates a diet with more complex carbohydrates and starches–including whole grains and beans.

The section titled "Soy, the queen of beans" has the following contents: Soy protein, the meat of the East. Soy oil, a boon to blood vessels. A selection of super soy foods: Tofu–fast track to soy nutrition, tempeh–a treat from Indonesia, soybean sprouts–growing nutrients, soy flour–a protein boost, textured vegetable protein, for more recipes.

"Soy, the Queen of beans. The soybean may be the single most important food produced in the world today. It is certainly the most versatile." A praiseful introduction to soy protein, soy oil, soy grits, flakes and flour, soy powder (isolate), soy milk, soy nuts, tofu, tempeh, soy sprouts, and textured vegetable protein... by one of America's most widely read food writers.

Dr. C.R. Sirtori and collaborators at the University of Milan found that a diet rich in soy protein is considerably more effective in lowering cholesterol than is the traditional low-fat "prudent" diets. Even when 500 milligrams of cholesterol–the equivalent of two large egg yolks–were added to the soy diet, blood cholesterol levels did not rise, the study showed.

On the inside rear dust jacket is a portrait photo of Jane Brody and a brief biography. Born in New York City, she received her B.S. degree from Cornell University [Ithaca, New York] and her M.S. in Journalism from the University of Wisconsin School of Journalism. She lives with her family in Brooklyn, New York.

Note: This book is not vegetarian; meat, fish and poultry

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are used extensively, but not as extensively as in many cookbooks. Address: Food writer for The New York Times.

7310. Brown, Edward Espe. 1985. The Tassajara recipe book: Favorites of the guest season. Boston & London: Shambhala. xviii + 225 p. Foreword by Alice Waters of Chez Panice restaurant in Berkeley. Index. 23 cm.
• ***Summary:*** In the tradition of the bestselling *Tassajara Bread Book* and *Tassajara Cooking*, Ed Brown has compiled a new collection of gourmet vegetarian recipes from the kitchens of the well-known Tassajara Zen Mountain Center near Carmel, California. This cookbook contains 12 tofu recipes (mostly entrees; all use firm rather than soft tofu, which has been drained and pressed), 2 soybean recipes, and 1 one miso recipe: Eggs, scrambled tofu, and our latest granola (p. 23). Scrambled tofu (p. 30). Soups & stocks (p. 49). Soy vegetable soup (p. 65). Oriental stock (p. 67; includes tamari. May include soybean sprouts). Tartar sauce with fresh basil (p. 96; for Tofu cutlets). Sesame soybeans (p. 111). Tofu cabbage grill (p. 112). Tofu entrees (p. 139; introduction to tofu and its preparation). Tofu marinade (p. 141). Grilled marinated tofu (p. 142-43). Tofu cutlets (p. 144-45). Tofu teriyaki (p. 146-47). Eleanor's tofu gumbo (p. 148-49). Tofu miso stew (p. 150-52). Alaskan tofu (p. 153-54). Mushroom tofu stroganoff (p. 155-56).

7311. Brown, Ellen. 1985. Cooking with the new American chefs. New York, NY: Harper & Row. 367 p. Illust. Index. 28 cm.
• ***Summary:*** A decade ago the home cook would have had to venture to the nearest Chinatown to buy fresh snow peas, but not such ingredients are increasingly found in the produce section of mainstream American supermarkets and grocery stores.

"Credit for this must go to a great extent to produce wholesaler Frieda Caplan, who along with her daughter, Karen, runs Frieda's Finest, a specialty produce supply house in Los Angeles, known by its lavender-and-black labels." In 1962 she popularized the kiwi fruit by renaming it; formerly it had been the "Chinese gooseberry."

In the produce area, over the past twenty years, Frieda has been responsible for many firsts, including the idea of moving tofu out of the dairy case and into the produce section, next to fresh foods, such as ginner root, with which it would most often be used.

Note: However, in the produce section, tofu was rarely refrigerated to the level required by law.

A recipe for "Chinese crab" (developed by Wolfgang Puck) calls for "2 tablespoons Chinese fermented black beans" (p. 258). Address: Food industry consultant, food writer, restaurant critic, and former food editor of *USA Today*.

7312. Brown, James T. 1985. Harvest of the sun: An illustrated history of Riverside County. Northridge, California: Windsor Publications, Inc. 248 p. See Loma Linda Foods. p. 188-89.
• ***Summary:*** "In the early 1900s Southern and Northern California Seventh-day Adventists were actively working in the areas of diet and health. Some of their efforts resulted in the formation of the Loma Linda Sanitarium and Loma Linda College of Medical Evangelists.

"Loma Linda Foods began in 1906, supplying bakery goods for the sanitarium, the college, and the small community of Loma Linda. It made a variety of baked stone-ground, whole-wheat breads, health cookies, and fruit crackers.

"Demands from residents for the bakery goods grew quickly. They liked the life-style and diet and came to rely on the company for its products. By 1907 increased production required the construction of a separate building, a small white-frame structure located on Anderson Street across from the railroad station in Loma Linda.

"Now there was room for the production of foods similar to Dr. Kellogg's original line of foods as well as experimentation with new lines. Breakfast cereals, meat analogs from soybean and wheat, soy milk, and canned tofu were added, and bakery items became less important over the years.

"In 1933 the name was officially changed to Loma Linda Foods and by 1935 delivery routes brought the firm's products to stores within a 125-mile radius. Since working space was cramped and Loma Linda Foods wanted to concentrate on production of the breakfast cereal, Ruskets, the decision was made to relocate. The company opted for a site next to La Sierra Junior College near Riverside, with the promise of student employment cinching the move. In Nov. 1938 the first section of the present plant began operation."

"Before the relocation sales had totaled $60,000 a year. Sales increased rapidly during World War II, almost doubling during the first 6 months of 1943. Annual sales now total several million dollars..."

"Loma Linda Foods' association with Dr. Harry Miller provided a major impact on its growth. In January 1951 the company took over his International Nutrition Laboratories, Inc., in Mt. Vernon, Ohio. Dr. Miller donated the sales profit to form the International Nutrition Research Foundation at the Arlington plant near Riverside. Under his direction the foundation did much to establish soy foods as a scientifically recognized source of superior vegetable protein for human needs.

"By 1966 the company was producing six types of soy milk, which now accounts for 70% of its market. In the late 1960s Loma Linda Foods adopted a further innovation in the vegetarian protein foods field–spun protein fiber, which it now manufactures."

"From humble beginnings Loma Linda Foods has now grown to employ 250 people in its two plants and to carry a

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line of 70 products."

Large photos show: (1) The original building and staff in 1925; over the doorway is written "Loma Linda Food Co. Bread and Health Foods. Wholesale Only." (2) The present facility at 11503 Pierce Street, Riverside. Address: California.

7313. Carter, O.G. 1985. Breeding soybeans for special uses. In: R. Shibles, ed. 1985. World Soybean Research Conference III: Proceedings. Boulder, Colorado: Westview Press. xxiii + 1262 p. See p. 374-79. [27 ref]
• ***Summary:*** Contents: Oil quality. Protein: Tofu, soymilk. Oligosaccharides. Cookability. Anti-nutritional factors. Conclusions. Address: Asst. Principal, Hawkesbury Agricultural College, Richmond, New South Wales, 2753, Australia.

7314. Culioli, J. 1985. Les procédés de texturation des matières protéiques végétales: Aspects technologiques [The processes of texturization of vegetable protein materials: Technological aspects]. In: B. Godon, ed. 1985. Protéines Végétales [Vegetable Proteins]. Paris: Technique et Documentation–Lavoisier : APRIA. xxvi + 629 p. See p. 489-522. [99 ref. Fre]
• ***Summary:*** Contents: Introduction. Traditional foods based on textured soy protein: Tofu, dried-frozen tofu, yuba, sufu (fermented tofu), tempeh. The principles of protein texturization. Spinning: Historical, processes, aptitude of proteins for spinning, the texture and structure of spun proteins, the techniques of spinning derived from the Boyer process. Cooking–extrusion. Other processes for texturization of protein. Conclusion. Address: Institut National de la Recherche Agronomique, Station de Recherches sur la Viande, Theix 63110 Beaumont, France.

7315. Diamond, Harvey; Diamond, Marilyn. 1985. Fit for life. New York, NY: Warner Books. xiv + 341 p. Index. 24 cm. Paperback edition published Feb. 1987. 316 p. [204* ref]
• ***Summary:*** Contents: Part I–The principles. Introduction. 1. Diets don't work. 2. Natural hygiene. 3. The natural body cycles. 4. The theory of metabolic imbalance. 5. The principle of high-water-content food. 6. The principle of proper food combining. 7. The principle of correct fruit consumption. 8. The theory of detoxification. 9. Protein. 10. Dairy products. 11. Exercise. 12. You are what you think you are. 13. The most frequently asked questions. Part II–The program. Introduction. 1. Breakfast. 2. Fresh juices. 3. The energy ladder. 4. The *Fit for Life* shopping list. 5. The main-course salad. 6. Life-style guidelines. A four-week example of the fitness life-style. In conclusion. Bibliography.

The only references to soy or soyfoods in the index are: Miso (p. 175; Cold Mountain, Eden, Westbrae), Soy sauce and Tamari sauce (p. 176; low-sodium–Eden, Soken, Westbrae). The text mentions Tofu Sauce (Westbrae). The authors (who live in semi-tropical Los Angeles) advocate high consumption of fruit, and are apparently unaware of tofu and tempeh. The book is near vegetarian but includes the use of fish, seafood, chicken, and turkey (p. 173-74, 237). It advises against the use of dairy products.

The paperback edition announces: "America's all-time #1 health and diet book! Over 3 million copies in print!" Address: Pasadena, California.

7316. Duke, James A.; Ayensu, Edward E. 1985. Medicinal plants of China. 2 vols. Algonac, Michigan: Reference Publications, Inc. 705 p. Introduction by Edward S. Ayensu. 24 cm. Medicinal index (by disease). Common names index. Index to species. No. 4 in the series "Medicinal Plants of the World." [234* ref]
• ***Summary:*** The plants are grouped by family. Two families are tied for containing the largest number of medicinal species: Leguminosae (Fabaceae) and Compositae (Asteraceae) each have 354 species. The soybean (*Glycine max*) is discussed on p. 326-27. "Uses: Leaf: Bruised leaves applied to snakebite. Flower: Used in blindness and opacity of the cornea. Stem: Ashes of stalks applied to granular hemorrhoids or fungus growths on the anus. Fruit: Green hulls chewed to a pulp and applied to corneal and smallpox ulcers. Seed: Chinese herbals suggest that soybean is specific for proper functioning of bowels, heart, kidney, liver and stomach; antidote to *Aconitum* and *Croton.* Root: Decoction astringent. Plant: Bean sprouts ('Ta tou huang chuen') are considered constructive, laxative, resolvent, to help in alopecia [hair loss, baldness], ascites, and rheumatism.

"A salty relish 'Hsien-shih' [salted fermented black soybeans] is made by soaking the beans in water for three days, spreading them to ferment, with salt, ginger, peppers, orange peel, thyme, fennel, and apricot kernels, sealed in an earthen jar, and placed in the sun for one month. This relish is said to be used for ague, bone diseases, chills, colds, cold feet, colic, dogbite, difficulty in breathing, dysentery, fever, headache, marasmus, melancholy, nausea, poisons, and ulcer. Bean ferment (tou huang) is used for rheumatism, especially of the knees. It is chewed to a paste and applied to eczema. Bean curd (tou fu) is prescribed in drunkenness, dysentery, ophthalmia, or swellings. Soy sauce ('Chiang,' 'Chiang yu,' 'Shih yu') is applied to burns, eczema, leprosy, scalds, and sores, and is considered useful in preventing abortion and the hematuria of pregnancy.

"Chemistry: Sitosterol, an anticancer active, replaces diosgenin in some hypotensive drugs. Stigmasterol used to be employed for stiffness. Lecithin derived from soybean may function as a vasodepressor and a lipotropic agent. Soybean oil, with unsaturated fatty acid, is recommended for hypercholesteremia."

The adzuki bean (*Phaseolus vulgaris*) is discussed on p. 336-37, and kudzu (*Pueraria lobata*) on p. 339-40. Address: 1. USDA Germplasm Services Lab., ARS B-001 R-133,

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Beltsville, Maryland 20705.

7317. Findlater, Evelyn. 1985. Making your own home proteins: Tofu, tempeh, soft cheeses, yoghurt and sprouted seeds. London: Century Publishing. 151 p. Illust. Index. 20 cm.
• ***Summary:*** Contents: The soya dairy (The soya bean, products of the soya bean {soya flour, shoyu and tamari, miso, cooking with miso}, soya milk, how to make it at home, recipes, tofu, silken tofu, yuba, soya milk yoghurt, soya milk yoghurt cheese, tempeh). Gluten (wheat protein). Goat's milk dairy produce. Sprouting beans, grains and seeds (beans: aduki, alphatoco, chick peas, flageolet, lentils, mung beans, soya beans).

A portrait photo of the author appears on the front cover; a brief biography is found on the first page and in the introduction. Address: England.

7318. Global Food Industries Corp. 1985. To present Global Food Industries Corporation. 3511 Rupp Parkway, Decatur, IL 62526. 38 p. Manufacturer's catalog.
• ***Summary:*** This company makes an instant tofu and vegetarian entrees. Address: Decatur, Illinois.

7319. Golde, Muriel Collura. 1985. Vegetarian cooking for a better world. Dolgeville, New Yorkk: North American Vegetarian Society. 30 p. 14 x 22 cm.
• ***Summary:*** This is a vegan cookbook, containing no recipes calling for the use of eggs or dairy products. The 75 recipes, including 11 using tofu as a major ingredient, are all simple to prepare. NAVS was founded in 1974. Introduction by George L. Eisman. Address: North American Vegetarian Society, Box 72, Dolgeville, NY 13329.

7320. Hermana, -. 1985. Pengelolaan kedelai menjadi berbagai bahan makanan [Management of soybean for foods]. In: Kedelai [Soybeans]. Bogor: Badan Penelitian dan Pengembangan Pertanian Bogor (Agency for Agricultural Research and Development, Bogor). [Ind]*

7321. Holt, Helen. 1985. Eten zonder vlees: dat kan! [Eat without meat: It's possible!]. Den Haag, Netherlands: De Nederlandse Vegetariërsbond. 38 p. Illust. Index. 15 x 21 cm. [9 ref. Dut]
• ***Summary:*** A vegetarian cookbooklet. Soy-related foods are mentioned on the following pages: Miso (sojapasta, p. 6-7). Soy bits / morsels (probably chunks of textured soy flour; Sojabrokjes, p. 12, 32). Soybeans (sojabonen, p. 12, 15). Tempeh (tempé, p. 2, 3-4, 12, 22). Tofu (tahoe, table of contents, p. 3-4, 7, 12, 18, 20, 28).

Also discusses: Azuki beans (adzukibonen, p. 11, 15). Quark (kwark, p. 7). Sesame salt (sesamzout, gomasio, p. 6) Sesame tahini (sesampasta, tahin, p. 6-7)

Note: This is the earliest Dutch-language document seen (Jan. 2005) that mentions azuki beans, which it calls *adzukibonen.* Address: Larensweg 26, 1221 CM Hilversum, Netherlands.

7322. Hsiung, Deh-Ta. 1985. Chinese vegetarian cooking. London: The Apple Press; Secaucus, New Jersey: Chartwell Books. 128 p. Illust. (color). 29 cm.
• ***Summary:*** Every page of this excellent book is in full color on glossy paper, loaded with color photos. Contains over 70 recipes. Contents: Introduction: History of Chinese vegetarian cooking, essential tools and utensils, basic techniques and cooking methods, regional cooking styles (northern, eastern, western, and southern groups), special ingredients and seasonings (with a photo of each), how to plan your menu. Cold dishes. Soups. Quick stir-fried dishes. Braised & steamed dishes. Rice, noodles & sweets.

History (p. 8): "Vegetarian cooking has a long history in China," and Chinese have traditionally been highly aware of it because of their deep interest in the connection "between food and health, whether physical or spiritual." Chinese Buddhists are vegetarians because they abhor the killing of all living creatures.

"Until quite recently, many people believed that vegetarian cooking in China originated in the Buddhist temples, and that it was first introduced into China with Buddhism from India during the reign of the Han emperor Ming (AD 58-75)." However scholars in China have now found that the earliest known mention of vegetarianism on record was during the Zhou Dynasty (beginning ca 1028 B.C.). Other "references also exist in ancient texts all pre-dating the introduction of Buddhism into China by several hundred years."

"It is generally agreed that the development of vegetarianism in China owed more to the introduction of many foreign fruits and vegetables during the Han Dynasty (206 BC–AD 222) than to Buddhism. Many Chinese vegetarians were influenced by the indigenous philosophy of Taoism, which developed the hygienic and nutritional science of food closely related to the basic yin-yang principles. The appearance of bean curd (tofu)–also during the Han dynasty–and many other soy bean products, together with the discovery of making gluten from dough, helped to enrich and further diversify the vegetarian diet."

It is interesting and important to note "that despite their continual introduction, milk and dairy products are, to date, not prominent in Chinese cuisine. Therefore, unlike their counterparts in the West, Chinese vegetarians will not use butter, cheese, or milk in their cooking, and a true Buddhist will eat neither eggs nor fish." However this book uses eggs (p. 33, 40, 64, 78 etc.).

"One of the best known poets of the Southern Song period, Lu You (1125-1210; W.-G. Lu Yu) was a noted vegetarian. He lived to the ripe old age of 86.

The section on ingredients (p. 13-14) includes concise

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descriptions of: Bean curd (tofu). Gluten. Red bean paste (also called "sweetened red bean paste," p. 124) [azuki, sweet]. Salted black beans [fermented black soybeans]. Sesame seed oil. Soy sauce ("Use Light Soy Sauce which has more flavour and does not discolour the food as much as the Dark or Rich Soy Sauce"). Sweet bean paste or Hoi Sin sauce (Made from soy bean sauce...). Yellow bean sauce ("This thick sauce is made from crushed yellow [soy] beans, flour and salt"). Photos here show (p. 15, 19): (1) Dried bean curd skins [yuba]. (2) Six squares of tofu on a rectangular wooden cutting board, and many cubes of deep-fried tofu on a sieve [for deep frying]. A can of "Black beans with ginger" under the label Yang Jiang Preserved Beans with Ginger." With very few exceptions, the Chinese drink neither water nor tea during the meal; they drink soup instead. A surprisingly large percentage of the recipes in this book call for "bean curd (tofu)."

Soy related recipes: Five spice bean curd (tofu) (with "4 cakes bean curd," p. 34). Hot and sour coup (p. 42). Spinach and bean curd (tofu) soup (p. 43). Deep fried bean curd (tofu) and wood (tree) ear soup (with 50 gm / 2 oz deep-fried bean curd or 1 cake fresh bean curd (tofu), p. 48-49). Dried bean curd (tofu) skin and vermicelli soup (with 15 gm / ½ oz dried bean curd skin [yuba], p. 50-51). Bean curd (tofu) with mushrooms (quick stir fried, p. 68). Stir-fried spinach and bean curd (tofu) (p. 70). Vegetarian chop suey (with tofu, p. 81). Chinese cabbage casserole (with deep-fried or fresh tofu, p. 82, 84). 'Buddha's delight–Eight treasures of Chinese vegetables (with 15 gm / ½ oz dried bean curd (tofu) skin sticks [dried yuba sticks], p. 92-93). Fried gluten (Mianjin, homemade, starting with 2 lb flour, p. 95). Kao fu–Sewed gluten in sweet bean sauce (with 1 tablespoon sweet bean paste or hoi sin sauce, p. 96). Casserole of vegetables (with 1 cake bean curd (tofu), p. 97). Fu-yung bean curd (tofu) (with 1 cake bean curd (tofu), 4 egg whites, and 50 ml / 2 fl oz milk, p. 98-99; Fu yang usually means omelette, but literally means scrambled eggs). Sichuan bean curd (tofu) (with 3 cakes bean curd and 1 teaspoon salted black beans, p. 100-01). San shian–'The tree delicacies' (with 275 gm / 10 oz fried gluten or deep-fried bean curd, p. 104-05). Braised 'three precious jewels' (with 2 cakes bean curd (tofu), p. 106-07). Vegetarian 'lion's head' casserole (with 4 cakes bean curd and 100 gm / 4 oz fried gluten, p. 108-09). Shanghai vegetable casserole (with 2 cakes bean curd (tofu) or 50 gm / 2 oz deep-fried bean curd, p. 110-11. "For some reason, the best vegetarian restaurants in China are found in Shanghai...").

"Rice and noodles provide the bulk of the Chinese meal. The best plain boiled rice is obtained by using only the long grain [white] rice known as patna." Photos show that many dishes are served with a small bowl of white rice. Chow mein–Fried noodles (with 25 gm / 1 oz dried bean curd skin sticks, p. 119). Vegetarian spring rolls (handmade using 1 pack of 20 frozen spring roll skins, p. 122-23).

Note: Many, if not most, recipes call for soy sauce–either light, dark, or both.

About the author (inside rear dust jacket): "Deh-ta Hsiung is a native Chinese who gained his knowledge of Chinese cooking directly from some of the great Chinese chefs. He has made several television and radio appearances in connection with his expertise on Chinese foods and now writes widely on the subject and teaches at Kenneth Lo's Chinese Cookery School [in London].

From Gareth Jones' Food blog (posted 9 Feb. 2011) titled "'Kung Hay Fat Choy' Deh-Ta Hsiung." "Cooking Chinese food at home–complete with wok, steamer and all–took off in the early 1980s. Deh-Ta was at the spearhead of the movement, along with Ken Lo and Chef But from the Ken Lo Cook School. His Chinese Regional Cooking was published in 1979 and was out of print before it got to take off." "Eating Chinese home cooking, for me, is far superior to most restaurant food–dim-sum excluded."

7323. Hume, D.J.; Shanmugasundaram, S.; Beversdorf, W.D. 1985. Soyabean (*Glycine max* (L.) Merrill). In: R.J. Summerfield and E.H. Roberts, eds. 1985. Grain Legume Crops. London: Collins. xvi + 859 p. See p. 391-432. Illust. Index. 24 cm. [192 ref]

• ***Summary:*** Contents: Introduction: History, current status and future projections. Principal economic yield and uses of crop products. Principal farming systems. Botanical and agronomic features: Symbiotic nitrogen fixation potential. Principal limitations to production and yield: Developing countries, developed countries. Fertiliser requirements. Quality of seed constituents. Germplasm resources. Principal breeding strategies: Adaptation to new geographic areas, breeding methodology, breeding objectives, seed quality, pest and disease tolerances, current trends in soyabean breeding. Avenues of communication among researchers (INTSOY, AVDRC, IITA, FAO). Prospects for larger and more stable yields.

Tables: (1) Area (1000 ha), yield (kg per ha), and production (1000 tonnes) of soyabeans from 1969-71 to 1982. (2) Maturity durations and productivity potentials of soyabeans in selected countries. (3) *Glycine* species collections around the world. (4) Sources of resistance among soyabeans to selected insect pests. (5) Sources of resistance among soyabeans to selected diseases.

Table 9 shows that there are soybean germplasm collections in 15 countries. This table has 4 columns: Country, location (city), curator, and number of accessions. AVRDC in Taiwan has the largest germplasm collection in one location (10,400 accessions, Tainan), followed by USA (9,648, Illinois and Mississippi), India (4,000, Pantnagar; 1,800 Amravati), Japan (3,541, Tsukuba; 200, Morioka), USSR (3,000, Leningrad), China (3,000 Jilin; 3,000 Hubei; 2,930 Shadong [sic, Shandong {W.-G. Shantung}]; 2,500 Beijing; 960 Heilungjiang [Heilongjiang]). Also: Australia

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400, France 500, Nigeria 1,300, Indonesia 600, South Korea 2,833, North Korea 300, South Africa 600, Sweden 1,200, and Thailand 1,686. Address: 1&3. Univ. of Guelph, Dep. of Crop Science, Guelph, Ontario N1G 2W1, Canada; 2. Asian Vegetable Research and Development Centre (AVRDC), PO Box 42, Shanhua, Tainan 741, Taiwan, Republic of China.

7324. Klein, Hermine. 1985. Die neuen Sojagerichte: Schnell und delikat–Natuerliche Rezept-sammlung No. 3 [The new soy recipes: Quick and delicate–Natural recipe collection No. 3]. Vienna, Austria: Fachverlag Gesundheit GmbH. 50 p. Illust. 24 x 15 cm. [Ger]
• ***Summary:*** An attractive cookbooklet. Contents: Introduction. Green seeded soybean recipes. Yellow soybean recipes. Making tofu at home. Tofu sweets. Soymilk recipes. Miso soups. Soy granule recipes. Soy granule sweets. TVP recipes. Soy burgers (*Sojastangerln*). Address: Vienna, Austria.

7325. Krieger, Verena. 1985. La cuisine au tofu: Délices au soja [Tofu cuisine: The pleasures of soya]. Tanner + Staehelin Verlag, Waserstrasse 16, CH-8029, Zurich, Switzerland. 88 p. Illust. No index. 18 cm. [Fre]
• ***Summary:*** An abridgment and adaptation of the German edition. Translated by Madeline de Couët. A color photo on the cover shows a package of Migros tofu next to a salad containing tofu cubes and spaghetti topped with a tofu sauce. Contents: Recipes–Salads. Sauces. Soup. Entrées. Desserts. Special ingredients. Address: Switzerland.

7326. Kushi, Aveline; Esko, Wendy. 1985. The changing seasons macrobiotic cookbook. Wayne, New Jersey: Avery Publishing Group, Inc. xii + 265 p. Illust. Index. 28 cm. [43 ref]
• ***Summary:*** The recipes are arranged by the four seasons. The index contains 43 entries for miso, 39 for tofu, 35 for tamari, 18 each for seitan and tempeh, 3 for natto, and 1 each for Japanese black [soy] beans, and for soybeans (dry).

Also contains entries for amazake, amazake pudding, azuki beans, brown rice, hiziki [hijiki], kuzu, mochi, and sea vegetables. Address: Brookline, Massachusetts.

7327. Legume, Inc. 1985. Annual report. 170 Change Bridge Rd., Montville, NJ 07045. 17 p.
Address: New Jersey.

7328. Lo, Kenneth H.C. 1985. New Chinese cooking school. Tucson, Arizona: HP Books. 288 p. Illust. Index. 28 cm.
• ***Summary:*** On the cover, below the title we read: "An illustrated course in contemporary Chinese cuisine." A gorgeous book, packed with superb color photos on glossy paper. One chapter (p. 98-115), titled "Bean curd and eggs," contains many tofu recipes. Other tofu recipes are scattered throughout the book.

The section titled "Soy beans and bean-based products" (p. 26) gives brief definitions of: Bean curd [tofu], bean curd cheese [fermented tofu], bean curd skin [yuba], salted black beans [fermented black soybeans] ("Cooked, salted and fermented whole soy beans. Mash them with other ingredients or mix into dishes for color" and rich, earthy, piquant flavor), Sichuan chili paste (yellow soy bean paste mixed with dried chilies and their seeds, sugar, and garlic), soy bean paste (crushed soy beans mixed with sugar, salt, and chili), sweet bean paste (made from cooked, puréed, sweetened red beans [azuki]), and yellow bean paste (made of fermented, salted puréed yellow [soy] beans with salt, flour and water). Also contains recipes for: Bean-curd cheese [fermented tofu], p. 88, 89. Bean curd skin [yuba] (p. 200, with color photo of "dried bean curd skin" on p. 18).

Recipes and photos for "salted black beans" [fermented black soybeans] or black bean sauce are: Steamed scallops with black bean sauce (p. 132, 138). Quick-fried crab in black bean sauce (p. 144). Cantonese steamed spareribs with black beans (p. 186, 188). Sliced beef in black bean and chili sauce (p. 201). Ho-fen noodles with beef in black bean sauce (p. 270, 273). Soy sauce is used in recipes throughout the book.

A color photo on the rear dust jacket cover shows Kenneth Lo. His biography, on the inside rear dust jacket, states that he is acknowledged the world over as an authority on Chinese food, and is a graduate of both Peking and Cambridge universities. He is also the founder of one of London's best-known Chinese restaurants.

7329. Lukes, Timothy J.; Okihiro, Gary Y. 1985. Japanese legacy: Farming and community life in California's Santa Clara Valley. Cupertino, California: De Anza College, California History Center Foundation. 156 p. Foreword by Norman Y. Mineta. 22 x 26 cm. 60 photos. Series: Local History Studies Vol. 31. California History Center, Cupertino, California. [175* ref]
• ***Summary:*** A comprehensive work about a Japanese farming community in California from 1895 to 1945. This book was the winner of the Association for Asian American Studies 1987 Book Award "for having made a most significant contribution to the study of the Asian American experience." Pages 23-24 contain a map and legend of San Jose Nihonmachi (Japantown) from 1910 to 1920. Nomitsu Tofu was located on Sixth Street, four doors from Taylor Street.

Japanese farmers first arrived in California's Santa Clara Valley in about 1895. The major theme of this book is their constant struggle. The ideas of inclusion and exclusion, oppression and resistance (the search for self-determination) of this minority group are carefully examined. The inside front cover notes: "Around the turn of the century, clusters of Japanese farms sprang up throughout the Santa Clara Valley, at Alviso, Agnew, Trimble Road, Berryessa, and the

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West Side (Santa Clara, Saratoga, Los Gatos). Each cluster built a Japanese language school, held picnics and observed Japanese festivals such as New Year's Day, and shared wells, tools, horses, and laborers. Peddlers from Nihonmachi visited those outlying clusters selling Japanese foodstuffs like tofu, miso, and seaweed, and in turn, the farmers took occasional trips to Nihonmachi for entertainment, funerals, and other social gatherings."

Note: A good source of information on farming by Asian-Americans on the Pacific Coast is the periodical *Pacific Rural Press.* Address: 1. Asst. Prof. of Political Science; 2. Director of the Ethnic Studies Program and Assoc. Prof. of History. Both: Univ. of Santa Clara.

7330. McConnaughey, Evelyn. 1985. Sea vegetables: Harvesting guide & cookbook. Naturegraph Publishers, Inc., P.O. Box 1075, Happy Camp, California 96039. xi + 240 p. Illust. Index. 22 cm. [53* ref]
• ***Summary:*** An excellent book by an expert on the subject, with years of experience. Sea vegetables: *Alaria* (wakame). *Analipus japonicus* (fir needle; matsumo in Japan). *Cystoseira* (chain bladder). *Desmarestia* (color changer). *Egregia menziesii* (feather boa). *Gracilaria* (ogo). *Halosaccion* (sea sac; add to soup and stir fries). *Laminaria* (kelp; kombu in Japan). *Macrocystis* (giant kelp). *Nereocystis* (bull kelp or bullwhip kelp). *Pelvetiopsis* (stir fry seaweed) and *Fucus. Pleuroficus* (sea spatula). *Polyneura* (use in soups and as a garnish). *Porphyra* (nori). *Postelsia* (sea palm). *Sargassum* (add to soups). Other sea vegetables. Commercial and imported sea vegetables.

Note: Some recipe titles contain the word "vegetarian," but some also use meat.

Soy-related recipes: Frozen tofu (p. 85). Miso (p. 93). Soybeans (p. 205). Tempeh (p. 71, 72, 81, 82, 92, 94, 96, 155, 179, 205). Tofu (p. 72, 78, 93, 147, 151, 155, 171, 206, 207, 208).

Contains many excellent illustrations (line drawings by Wendy Lou Manley) and photos. Address: Oregon.

7331. McDougall, Mary A. 1985. The McDougall health-supporting cookbook. Vol. 1. Piscataway, New Jersey: New Century Publishers. v + 122 p. Index. 23 cm.
• ***Summary:*** This is a vegan cookbook whose 250 original recipes are designed to support The McDougall Plan, which is a diet low in fat and sodium, high in complex carbohydrates. Since soyfoods are relatively high in fat, they are used sparingly and the recipes are marked by a symbol of a crown. Soy-related recipes include: No gluten bread (with 2 cups defatted soy flour, p. 7). Rice-soy bread (gluten-free) (p. 7). Easy corn bread or muffins (gluten-free) (p. 7-8). Puffs (gluten-free) (p. 8). Carrot corn bread (gluten-free) (p. 8). Plain & simple corn bread (gluten free, p. 9). Tofu-garlic dressing (p. 12). Tofu chili dip (p. 16). Curried tofu dip (p. 16). Best tofu mayonnaise (p. 16-17). Tofu mayonnaise (p. 17). Tofu "TVP" (using frozen tofu, p. 17). Tamari sauce (p. 37). Azuki rice (p. 62). Tofu and vegetables with rice (p. 67). Mu shui tofu (p. 78). TVP sloppy joes (p. 89). Smoothies (non-soy, p. 27; using regular or frozen bananas, apple juice or water, and other frozen or fresh fruits). Tofu cheesecake (p. 108). Apricot tofu pie (p. 108-09). A portrait photo on the rear cover shows Mary McDougall.

Note 1. Not long after this book was published, New Century Publishers changed its name to New Win Publishing, Inc. and moved to Clinton, New Jersey. As of 2000 this book is published by Putnam/Penguin.

Note 2. This is the earliest English-language document seen (Feb. 2005) that contains the term "gluten-free" (or "gluten free"). Address: P.O. 14039, Santa Rosa, California 95402.

7332. Nabben, Alexander. 1985. Soja-Kueche: Vielseitig und gesund [Soya cookery: Versatile and healthful]. Schaafheim, West Germany: Pala Verlag. 144 p. Illust. Index. 21 cm. [Ger]
• ***Summary:*** Contents: Soya, the wonderbean (*die Wunderbohne*). A cultural history of the soybean. A little soybean botany. Soya is versatile. The world market and world hunger. Health through proper nutrition and diet. Product types and buying tips. Recipes. About the author (autobiographical, with photo; he was born in 1953 in Viersen. Since 1978 he has worked in a whole-grain bakery, a soya kitchen, and in a vegetarian restaurant in Munich).

This vegan cookbook contains a large number of tofu and tempeh recipes, as well as recipes for most of the other types of soyfoods. Note the following German terms: *Ganze Sojabohnen* (*getrocknete gelbe Sojabohnen*) = whole dry soybeans. *Vollsojamehl* = Whole soy flour. *Sojasauce* = soy sauce. *Miso* (*Sojapaste*) = miso. *Okara* (*Sojakleie*) = okara. *Tofu* (*Sojaquark oder Sojakäse*) = tofu. *Tempeh* (*Soja-"Brie"*) = Tempeh.

On the last page of the book (p. 144) is an advertisement for Morgenland Naturkost, located at: Auf dem Anger 2, 3410 Northeim 19, West Germany. Phone: 05551-64592. They offer tofu and tofu dishes, seitan and seitan products, and utensils for the production of tofu and tempeh.

Apparently a second edition or printing appeared in 1988 (ISBN 3-923176-35-x). Address: Morgenland Naturkost, Auf dem Anger 2, 3440 Northeim 19, West Germany.

7333. Noh, Chin-hwa. 1985. Traditional Korean cooking: Snacks & basic side dishes. Elizabeth, New Jersey; Seoul Korea: Hollym Corporation. 78 p. Illust. (color). Index (general). Index of Korean recipe titles. 27 cm. [Eng; kor]
• ***Summary:*** This is an excellent cookbook of authentic Korean recipes, each with its Korean name (romanized and in Korean characters). Each recipe is accompanied by numerous useful color photos. The front matter contains

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an Introduction, Preparation tips, and 2 pages about the healthy Korean diet. Soy related recipes include: Soft bean curd soup (*Sundubutchigae,* p. 10). Seasoned fermented soybean soup (*Ch'onggukchangtchigae,* with 1 cake bean curd and 6-8 tablespoons seasoned fermented soybeans, p. 11 [ch'onggukchang is Korean style natto]). Royal soybean paste soup (*Kungjungdoenjangtchigae,* with 2 tablespoons soybean paste [Korean miso], p. 12). Bean curd casserole (*Tubu Chon-gol,* p. 13). Wrapped bean curd (*Tubussamtchim,* p. 15). Stuffed bean curd (*Tubusobagi,* p. 16). Steamed bean curd (*Tubuson,* p. 16-17). Bean curd in soy sauce (*Tubut'wigimjorim,* p. 18). Salted bean curd and beef (*Tubu Soemgogijorim,* p. 18). Salted beans (*K'ongjorim,* with 1 cup black beans plus soy sauce, sugar, sesame seeds, and sesame oil, p. 19). Cold cooked bean curd (*Tubu Naengch'ae,* p. 22). Bean sprout rice (*K'ongnamulpap,* with 2/3 lb. [soy] bean sprouts, p. 24). Dried radish strips in soy sauce (*Muumallaengijangatchi,* p. 54). Cucumbers in soy sauce (*Oijangatchi,* p. 55). Sesame leaves in soy sauce (*Kkaennipchangatchi,* p. 56). Todok in red sauce (*Todokchangatchi,* with 1 cup soy sauce, p. 56). Fermented soybean lumps (*Meju,* with 18 lb. dried yellow soybeans, p. 62-63). Soy sauce (*Kanjang,* homemade, p. 62-63). Soybean paste (*Toenjang,* homemade, p. 63). Red pepper paste (*Koch'ujang,* homemade, with 2 lb. fermented soybean powder, 6 lb glutinous rice powder, p. 64).

Note 1. This is the earliest English-language document seen (Jan. 2012) that uses the word "ch'onggukchang" to refer to Korean-style natto.

Note 2. This is the earliest English-language document seen (March 2009) that uses the word "Toenjang" to refer to Korean-style soybean paste (miso), or the word "Koch'ujang" to refer to Korean-style fermented red pepper and soybean paste (miso).

The useful Glossary (p. 73-75) contains definitions of: Bean curd (*tubu*). Beans, incl. yellow soybeans (*huink'ong*) which are used to make [soybean] sprouts (*k'ongnamul*), bean curd (*tubu*), soft bean curd (*sundubu*), bean paste (*toenjang*), fermented soybeans for making soy sauce (*meju*), seasoned fermented soybeans (*ch'onggukchang* [*Korean natto*]), soybean flour (*k'ongkaru*), soy sauce (*kanjang*).

Brown soybeans (*pamk'ong*–literally "chestnut beans") are a chestnut brown color and have a smooth chestnut-like texture when cooked.

Black soybeans (*komunk'ong*) are served as a side dish.

Mung beans (*noktu*), used to make mung bean sprouts (*sukchu namul*), etc. Red kidney beans [azuki] (*kangnamk'ong*).

Bean sprouts (*k'ongnamul*) may be grown at home or purchased in the vegetable section of most grocery stores. The large sprouts are from the yellow soybean; the smaller, more delicate sprouts are from the green mung bean.

"Soybean paste (*toenjang*) is a thick brown paste made from a mixture of mashed fermented soybean lumps [soybean koji] (left from making the soy sauce), powdered red pepper seeds and salt. It is used as a thickener for soups and stews and will keep well in the refrigerator.

"Soy sauce (*kanjang*) is a brownish-black salty liquid made by cooking fermented soybean cakes with water and salt. Each household in Korea used to make their own soy sauce in the spring; some still do. These are mild and add good flavor to most any food." Soy sauce is used in cooking and at the table. Japanese "soy sauce is less salty but sweeter than Korean soy sauce.

"Sweet red beans (*p'at*) are small and round and used widely in Korean confections. When cooked and mashed they are sweet and soft textured. This sweet bean puree [Japanese *an*] is used as filling in rice cakes [mochi] and also now in donuts and rolls."

The Glossary also mentions laver (*kim*), a sea vegetable called "nori" in Japan, that is widely used in recipes in this book. No other sea vegetables are mentioned. Address: Munhwa Cooking School.

7334. Noh, Chin-hwa. 1985. Practical Korean cooking. Elizabeth, New Jersey; Seoul Korea: Hollym International Corporation. 214 p. Illust. (color). Index. 27 cm.
• ***Summary:*** Although this cookbook of authentic Korean recipes contains more than twice as many pages as the author's *Traditional Korean Cooking* (214 vs. 78), many of the recipes and photos are identical, as is the front matter: Introduction, Preparation tips, and The Korean Diet. This book contains many more meat dishes.

Most of the soy-related recipes are the same, except there are many new recipes in which "soy sauce" is included in the title; many also contain meat. A complete list of these is given in the Index under "soy sauce." For example: Beef and bamboo shoot in soy sauce (p. 42). Chicken in soy sauce (p. 45). Deep-fried chicken in soy sauce (p. 46). Abalones in soy sauce (p. 104).

The following are recipes for basic soyfoods with many color photos–Page 196: Fermented soybean lumps (*meju;* soybean koji). Pages 196-97: Soy sauce (*kanjang*). Page 197: Soybean paste (*toenjang*). Page 198: Red pepper paste (*koch'ujang*). Address: Munhwa Cooking School.

7335. Ontario Soya-Bean Growers' Marketing Board. 1985. Soybeans: Nature's miracle–teaching unit. Chatham, Ontario, Canada: OSGMB. 33 p. Undated. 28 cm.
• ***Summary:*** This interesting portfolio of materials is designed to teach children in Ontario, Canada, about the growth development of a soybean from seed to mature plant, soybean cultivation, soybean processing and products, the importance of soybeans to Ontario's economy, and the Ontario Soya-Bean Growers' Marketing Board.

Contents: Introduction to teacher's unit. 1. From seed to pod: A brief history of soybeans in Canada, biology of the soybean seed, its germination and seedling growth, soybean

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nodules and rhizobia bacteria, parts of a young soybean plant, reproductive stages from flowering to maturity, corn heat units, tillage, word scramble.

2. Soybeans–Nature's miracle: A brief history of soybean utilization, ways that soybeans are used, soy oil, meal and soyfoods, recipes, word search. 3. Imports and exports: Importance of soybeans to the economy of Canada and Ontario, how soybeans get to market, The Ontario Soya-Bean Growers' Marketing Board.

A table on page 20 shows "Soymeal consumption by Ontario's livestock and poultry." Hogs consume 45% of the total (the total is 503,000 tonnes), poultry 34%, dairy cattle 20%, and beef cattle 1%. Page 22 notes that the bulk of Ontario's soybean exports (77%) are sold to East Asia–especially Japan, Hong Kong, Singapore, Malaysia, Indonesia, and Korea. Soyfoods are listed and discussed in a positive way, with recipes for: Bran muffins (with soy flour and soy oil). Tofamole (tofu guacamole). Tofu fruit pudding. Tofu shake.

Note: This is the earliest English-language document seen (Dec. 2003) that contains the term "Tofu shake."

The three largest farm crops in Ontario in terms of total area are hay (1,050,000 ha), grain corn (902,000 ha), and soybeans (425,000 ha). Address: Chatham, ONT, Canada.

7336. Patel, John. 1985. Re: Unisoy Milk and By Products Ltd. Letter to William Shurtleff at Soyfoods Center. 1 p. Typed, with signature on letterhead. Undated.

• ***Summary:*** This company plans to make Gold Soy Ice Cream and "Burgers." Note: Mr. Patel died on 5 Nov. 1985. He never became actively involved with the Unisoy company.

Note: This is the earliest document seen (Sept. 2002) concerning Unisoy in England. However the company's first product was not launched until May 1986. Address: 24 Chorlton Dr., Cheadle, Cheshire SK8 2BG, England. Phone: (061) 428-9433.

7337. Predan, Neva; Jelicic, Katica. 1985. Recepti za jedi iz soje [Recipes for meals using soybeans]. Ljubljana, Yugoslavia: Zdravje. 64 p. 20 cm. Series: Zdrava Kuhinja. [Slv]

Address: 1. Ljubljana; 2. Zemuna.

7338. Richie, Donald. 1985. A taste of Japan: food fact and fable. What the people eat. Customs and etiquette. Tokyo, New York, San Francisco: Kodansha International. 112 p. Illust. (some color photos). Index. 27 cm.

• ***Summary:*** This book contains a nice chapter titled "Tofu" (p. 34-41) in which the different types are described including *momengoshi-dofu* ("cotton" tofu) and *kinugoshi-dofu* ("silk" tofu). It also discusses okara, noting: "Now mainly used as livestock feed, it once also nourished one of Japan's greatest scholars. Arai Hakuseki, who lived during the Edo period (1615-1868), proudly related that in his impoverished student days he lived almost entirely on *okara* and that in gratitude he later, rich and famous, gave large sums of money to his charitable tofu maker."

On pages 38-39 are color photos of: "(1) Atsu-age. (2) Koya-dofu. (3) Ganmodoki. (4) Unohana or okara. In Kyoto, this humble food is rounded into balls and sold. (5) *Yudofu* course in a Kyoto restaurant. The course includes yuba tempura, simmered *hiryozu* (known as ganmodoki in the Kanto [Tokyo] area) and *goma* (sesame) tofu. (6) Aburage (two sizes).

Even today, Chinese and Japanese view tofu in very different ways: "... Chinese cooking tends to regard tofu as an additive, as something which enhances something else. The Japanese, on the other hand, relish the taste of tofu itself..." for example as *Hiyayakko* [chilled tofu; summer] or *Yudôfu* [simmering tofu; winter]. Each is seasoned with soy sauce or a soy-based dipping sauce. The names of various popular Japanese tofu recipes are given (p. 40).

"Freeze-dried tofu" is said to have originated one cold night in a temple at the summit of Mount Koya [*Kôya-san*] when a forgetful acolyte left the tofu offering of the day on the altar. The next morning it was found frozen. It was also found that this tofu had a completely different texture from ordinary tofu and it could be kept for a long dried since it contained very little water. This tofu has at least four different names: (1) Koya-dofu. (2) Misuzu-dofu. (3) Shimi-dofu. (4) Kori-dofu.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *shimi-dofu* to refer to dried-frozen tofu.

A large illustration (p. 40-41) shows tofu being made from the *Kinsei Shokuhin Zukushi Ekotoba* (1805). The basic process has not changed to this day.

The copyright page notes: "The text of this book is based on a series of articles that appeared in *Winds* magazine, 1981-83." "In this book, all twentieth-century Japanese names appear in Western order, and all earlier names appear in traditional order, surname first."

Note 2. There are also chapters on sushi, sukiyaki, tempura, menrui (noodles), onigiri, mochi, tsukemono (pickles), okashi (Japanese sweets, confections). Saké. Ocha (tea). Address: Japan.

7339. Richter, Dr. Joachim; Torre, Ursula della; Richter, Nora. eds. 1985. Tofu Kochbuch [Tofu cookbook]. Verlag Dr. Richter GmbH, D-8000 Munich 82, West Germany. 72 p. Illust. No index. 20 cm. [Ger]

• ***Summary:*** Contains numerous full-page color photos and over 100 tofu recipes and preparation tips. Nora Richter developed and tested the recipes in cooperation with DE-VAU-GE Gesundkostwerk / granoVita. The tofu was made by Tofu Kost-Werk TKW GmbH in 4724 Wadersloh 3, Germany (which now also sells the book).

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Contents: Tofu, a delicacy for 2000 years. What one should know about tofu. Varieties of tofu. Buying tips. Cooking tips. The ABCs of tofu preparation. Little recipes for getting to know tofu. Fried tofu (Gebratener tofu). Tofuletten. Salads. Salad dressings. Tofu sauces and dips. Soups and hot-pots. Tofu for stuffing/filling. Tofu dumplings and meat balls (*Nocken, Klopse und Klösse*). Souffles and gratins. Classical tofu recipes from East Asia. Desserts, baked goods, cakes, pastries, and tarts. Address: Munich, West Germany.

7340. Richter, Nora. 1985. Sojakeime Kochbuch: Ueber 100 Gerichte und Zubereitungstips mit Bohnenkeimen [The bean sprout cookbook: Over 100 dishes and tips for preparation with bean sprouts]. Munich, West Germany: Verlag Dr. Richter GmbH, D-8000 Munich 82. 72 p. Illust. (color photos & line drawings). No index. 20 cm. [Ger]
• ***Summary:*** The word *Sojakeime* (meaning "soy sprouts") in the title of this cookbook is deceptive; it is a book about bean sprouts and all of the recipes call for *Bohnenkeime* ("bean sprouts"); not one calls for soy sprouts.

Page 4 states that bean sprouts (*Bohnensprossen*) can also be called *Keimlinge, Sprossen,* or *Sojasprossen.*

The lack of an index makes this book hard to use.

Soyfoods such as tofu (see p. 33) and soy sauce (see p. 33, 62) are also called for in some recipes. The author has written cookbooks in German about many foods. Address: Munich, West Germany.

7341. Sahni, Julie. 1985. Classic Indian vegetarian and grain cooking. New York, NY: William Morrow and Co. 511 p. Illust. Index. 25 cm.
• ***Summary:*** Page 75 discusses clarified butter (*Usli Ghee*) and Indian vegetable shortening (*Vanaspati Ghee*.) Butter in India is called *makkhan,* and *usli* (pronounced OOS-lee, not YEWS-lee) means "real" or "pure." *Usli ghee* has a light caramel color and a heavenly aroma. Since it contains no moisture, it keeps well covered, at room temperature, for several months. Describes how to make clarified butter at home.

Vanaspati means "vegetable." Unlike American shortening which is chalk white, flavorless, and odorless, it is a creamy yellow color and has a nutty aroma very similar to that of *usli ghee*–which is very expensive and for which it is an inexpensive substitute. "Hindu Brahmins and Jains consider this shortening an imposter and scorn the mere thought of eating it. They seriously believe that India's problems today are due to all the adulterated fat (another name for vegetable shortening used primarily by *usli ghee* eaters) consumed by the masses."

7342. Salunkhe, D.K.; Kadam, S.S.; Chavan, J.K. 1985. Postharvest biotechnology of food legumes. Boca Raton, Florida: CRC Press. 160 p. Illust. Index. 26 cm. [25 soy ref]
• ***Summary:*** Contents. 1. Introduction. 2. Seed structure, production, and distribution (Soybean, p. 8-10, 17-18). 3. Chemical composition. 4. Nature and causes of losses. 5. Harvesting, threshing, and drying (Soybean, p. 69-70). 6. Storage. 7. Processing and utilization (Soyfoods, p. 121-36). 8. Food legumes in protein crisis.

Chapter 7, "Processing and utilization," discusses tofu, tempeh, soy flour, soymilk, miso, shoyu, natto, Hamanatto, and cereal-soy blends. Address: 1. Vice-Chancellor; 2. Prof. of Food Science & Technology; 3. Asst. Food Science & Technol. All: Mahatma Phule Agricultural Univ., Rahuri, Maharashtra State, India.

7343. Scott, David; Golding, Claire. 1985. The vegan diet: True vegetarian cookery. London, Sydney, Auckland, Johannesburg: Rider (Random Century). 141 p. Illust. by Steve Hardstaff. Index. 20 cm. [10 ref]
• ***Summary:*** This gourmet vegan cookbook, containing over 250 recipes, uses many soyfoods in its recipes: Tofu, soy sprouts, soymilk (Plamil), miso, soy flour (Soyolk), vegan cheese (nonfermented, made with Soyolk soy flour, margarine, and yeast extract), tofu ice cream, and whole dry soybeans. Address: England.

7344. Scott, David. 1985. Protein-balanced vegetarian cookery. London: Rider Books, Century Hutchinson Ltd. 183 p. Illust. (by Steve Hardstaff). Index. 24 cm. [31* ref]
• ***Summary:*** This book was originally published in 1980, and the latest reference in the bibliography is 1978. A second edition was published in 1985, then a 1987 edition was published in the USA by CRCS Publications, P.O. Box 20850, Reno, Nevada 89515. The author has a poor knowledge of soyfoods, and makes little mention or use of them in this book. He refers to tofu as "beancurd," has a recipe for "Beancurd Burgers," mentions miso and a Miso-Tahini Spread, soy sauce, plus an Sunflower Seed, Soya Bean and Almond Casserole. Pages 160-61, information about soya beans, contains many errors.

7345. Toyo Shinpo. 1985. Tôyô Shinpô shikizai nenkan [Toyo Shinpo yearbook of materials and equipment (for tofu)]. Kyoto: Toyo Shinpo K.K. 358 p. [Jap]

7346. Weber, Marlis. 1985. Vollwertkueche fuer 1 Person [Wholefoods cooking for one person]. Weil der Stadt, Germany: Walter Haedecke. 192 p. Illust. 21 cm. [Ger]*
• ***Summary:*** Published in 1987 by Thorsons in England as *The Single Vegetarian.*

7347. Whitaker, Julian M. 1985. Reversing heart disease. New York, NY: Warner Books. xviii + 355 p. Introduction by Henry D. McIntosh, M.D. Illust. Index. 24 cm. [166* ref]
• ***Summary:*** An interesting, relatively early book (after Dr. Dean Ornish and Nathan Pritikin in 1979) that emphasizes

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the important of diet and exercise in treating heart disease. The patient is largely responsible for his or her own health. "The doctor is almost entirely a teacher. The patient carries out the course of treatment."

The author grew up as the son of a doctor. After graduating from Dartmouth College, he "went through the four-year medical course offered at Emory University Medical School in Atlanta, Georgia." After med school, he began a residency in orthopedic surgery. After completing 2½ years of the residency program, doubts began to assail him. "Successful surgeons get their greatest gratification from the drama of surgery; often there is little interaction with their patients. Was that for me? I felt a need for more personal contact with people." So he decided to take off a year or two from his residency, which he fully intended to complete. He moved to California and began to work in the emergency room of a hospital. Soon he began visiting and working with pioneers in the field of curing heart disease. "So that is how a budding surgeon coming from a traditional medical family turned to nutrition and exercise as treatment for heart disease" (p. xxiv). In 1979 Julian Whitaker, MD, opened his institute. As of 2012 is has been renamed the Whitaker Wellness Institute. Their website says: "over the past 30-plus years, we have helped more than 45,000 patients restore their health, safely and naturally."

Contents: Acknowledgments. Introduction. Foreword (by the author). Part I: The American way to die. 1. The American way to die (coronary artery disease is the leading cause of death). 2. Heart disease and modern medicine. 3. Bypass surgery–Pros and cons, risks and benefits. 4. Heart disease is reversible. 5. Our crazy diet. Fat: Inhibitor of oxygen. 7. The process of atherosclerosis. 8. High blood pressure. 9. The cholesterol confusion. 19. Where will I get my protein.

Part II: Reversing the damage. 11. The Institute program (incl. "A typical day at the Institute" and "Observations of the doctor"–he has observed about 2,000 patients as they start and complete this program. He is working to bring diet therapy back into the mainstream of medicine"). 12. The nutrition program. 13. Vitamins and minerals–the controversy. 14. Exercise for a healthy heart.

Part III: The diet–menus and recipes. 15. General principles of diet. 16. How to approach the program. 17. Menus and recipes.

Part IV: Patient testimonials.

A 3-part table (p. 179) shows foods to be avoided (most animal products), foods to be eaten sparingly (coconut, some fish, low-fat dairy, nuts, seeds, soybeans, vegetable oils, and wheat germ; the reason for each is explained in a long footnote), and to be eaten abundantly (beans, fruit, grains, and vegetables).

His recipes include: Hot and cold cereals (p. 218-21). Fruit smoothies. Egg white omelet (p. 225). Rice dinner vegetariana (p. 226). Fillet of sole #1 and #2 (p. 234-35). Tofu mayonnaise (p. 265). Whole wheat bread (p. 268).

Discusses: Ornish, Dr. Dean, p. 131, 138. Pritikin Nathan & Program, p. xxiv, 314. Protein (see index). Soya lecithin (p. 108). Vegetarianism (lots, he favors it, see index). Vitamin and mineral supplements (lots, he favors them, see index).

There two good bibliographies: (1) Suggested recipe books (20 books). Selected references (mostly medical; 146). Address: M.D., National Heart and Diabetes Treatment Institute, Inc., 18800 Florida St., Huntington Beach, California 92648.

7348. Yan, Martin. 1985. Martin Yan: The Chinese chef. Garden City, New York: Doubleday & Company Inc. 179 p. • ***Summary:*** "From the National Public Television Series "Yan Can Cook," now in its sixth season, with 560 shows he has hosted since 1978. One of the show's sponsors is Kikkoman. The recipes in this book are divided by geographical region. "The best way to grasp the diversity of China's cuisine is to consider the land as divided into four major culinary regions [north, south, east, and west], each boasting its own cultural identity. Contents: Introduction. Canton. Szechuan and Hunan. Peking. Shanghai. Nouvelle cuisine.

On pages 8-9 is a gorgeous color photo (2-page spread) showing all the foods and seasonings described in the "Glossary" that follows (p. 11-15). On page 10 is the numbered "key" to the names of items shown on pages 8-9. These include:

Bean curd ("Also known as 'tofu.' Types include: dried [yuba] {in sheets or sticks}; fermented {either red or white and fermented in rice wine}; fresh {in cakes or blocks}; and fried {in small pouches or cubes}. See also p. 79)." Bean paste, sweet ("Sweetened fermented soy bean paste used as a seasoning in many Szechuan and Hunan dishes"). Bean sauce, brown ("Also referred to as yellow bean sauce. Thick sauce made from fermented soy beans"). Bean sprouts ("Tender sprouts from mung beans or soy beans"). Black beans, fermented ("Small, fermented black [soy] beans with pungent aroma and salty taste. Used in Cantonese-style dishes. Sold canned or bulk in plastic bags... Rinse before using"). Hoisin sauce ("Dark brown, thick sauce with a sweet, spicy flavor; made from fermented soy beans, flour, vinegar, sugar, garlic, and spices"). MSG ("... not called for in this book"). Soy sauce. Tofu ("See Bean curd").

A recipe for "Black bean sauce" (p. 32) calls for "¼ cup fermented black beans," 2 tablespoons vegetable oil, 3 cloves minced garlic, 3 tablespoons dry sherry, 2 tablespoons dark soy sauce, 1 tablespoon brown sugar, and 2 teaspoons sesame oil. It is made in a wok.

Contains 9 recipes for tofu (the term now preferred by the author to "bean curd," though he uses both). These include: Crabmeat & bean curd soup (with "1 package {about 1 pound} soft tofu {bean curd}, drained and cut into

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½-inch cubes," p. 47). Szechwan preserved vegetables with tomato (with "1 package {about 1 pound} firm tofu {bean curd}, drained," p. 77). Vegetarian tofu casserole (with "2 tablespoons fermented bean curd, mashed" and "8 ounces pressed bean curd, cut into thin slices," p. 80). Pressed bean curd with beef (with "1 package {7 ounces} pressed soy bean cake, cut into thin slices," p. 89). Peking pork & mushroom soup (with ½ package firm tofu, p. 108). Tofu & green bean salad (with "1 package {about 1 pound} firm tofu {bean curd}, drained," p. 136, photo p. 151). Shanghai fish soup (with ½ package firm tofu, p. 137). Bean curd family style (with 1 package firm tofu, p. 141). Vegetarian bean curd roll (with "6 dried bean curd [yuba] sheets," p. 155). "Red fermented bean curd" is mentioned on page 10 (no. 48 in list) and as an optional ingredient ("for more exotic flavor") in a recipe for Chinese BBQ pork (p. 38).

On page 79 is a description of the many uses of the soybean, including dark/thick and light/thin soy sauce, tofu (fresh bean curd), deep-fried bean curd, dried bean curd sheets or sticks (yuba), and fermented bean curd [fermented tofu] in red and white versions.

"Dark soy sauce has a heavier consistency and is somewhat sweeter. Its dark color imparts a reddish-brown hue to the foods cooked in it, so it is used in 'red-cooked' dishes. Light soy is an all-purpose soy sauce often used in marinades and in stir-fry dishes." Address: Yan Can & Company, Inc., P.O. Box 4755, Foster City, California 94404.

7349. Yang, P.; Chen, Steve. 1985. Huang dou zhi pin pin guan shou ce [Quality control manual for soybean and products]. Taipei, Taiwan: American Soybean Assoc. 110 + 125 p. Illust. 26 cm. [40+ ref. Chi]
Address: American Soybean Assoc., Taiwan.

7350. Young, L. Steven. 1985. Soy protein products in processed meat and dairy foods. In: R. Shibles, ed. 1985. World Soybean Research Conference III: Proceedings. Boulder, Colorado: Westview Press. xxiii + 1262 p. See p. 182-90.
• ***Summary:*** Contents: Soy protein products: Textured vegetable proteins, soy protein concentrate, soy protein isolates, processed meat applications, vegetable protein entrees–low fat, no cholesterol, reduced calorie. Processed dairy foods: Beverages, all vegetable/high protein frozen desserts, imitation cheese and cheese-like products. Address: ADM, Food Research Div., Chicago, Illinois, 60639.

7351. *Nasoya Newsletter.* 1985--. Serial/periodical. Nasoya Foods Ltd., 23 Jytek Drive, Leominster, MA 01453.
• ***Summary:*** In Number 2 (p. 1), dated Sept. 1985, a photo shows Sjon Welters, Product Development Manager. No. 3, dated March 1986, is titled "In search of excellence." Thereafter the issues stopped being numbered. Address: Leominster, Massachusetts.

7352. Christian Nagel. 1985? Tofu-Werkstatt [Tofu workplace (Leaflet)]. Hamburg, Germany. 2 panels each side. Each panel: 21 x 14.8 cm. Undated. [Ger]
• ***Summary:*** Printed black on golden-yellow paper. At top of front panel, logo of a soybean plant growing in a circle. Plus company address and phone number.

Contents: Introduction. The many benefits of tofu: Rich in high-quality protein, excellent for protein complementarity, low in calories, free of cholesterol, rich in vitamins and minerals, easily digestible, extremely versatile in the kitchen.

A table shows the nutritional composition of tofu, soymilk, fried tofu, grilled tofu, okara, and vegetable tofu (*ganmodoki*). Ideas for cooking with tofu (recipe ideas). Use of tofu as a medicine (tofu plaster). Tofu as a possible solution to the world food problem; the protein yield of different foods and animals from 1 hectare of land. Soybeans are #1 and meat gives the lowest yield. References (2).

Note: A subsequent edition of this leaflet was printed before Dec. 1989, with black ink on bluish-gray paper. The content is basically the same, however it is typeset rather than typewritten. The title is "Nagel's Tofu," by Tofu-Manufaktur Christian Nagel GmbH, Osdorfer Landstrasse 4, 2000 Hamburg 52, Germany. Phone: (040) 89 49 37. Address: Osdorfer Landstrasse 4, 2000 Hamburg 52, Germany. Phone: 89 49 37.

7353. **Product Name:** Tofeata Tofu Spicy Burgers.
Manufacturer's Name: Haldane Foods Ltd.
Manufacturer's Address: Unit 25, Hayhill Industrial Estate, Sileby Rd., Barrow-Upon-Soar, Leicester, England.
Date of Introduction: 1985?
Ingredients: Water, tofu (soybean curd), wheat germ, bulgur wheat, rolled oats, sesame seeds, tomatoes, sunflower seed oil, hydrolysed vegetable protein, sea salt, paprika, chili powder, spices.
Wt/Vol., Packaging, Price: 2 burgers weigh 8 oz (227.2 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 1987, undated. 4 x 7.5 inch box. Color photo with red, yellow, and black design on white. "A blend of tofu (soybean curd) with wheat germ, cereals and spices. By Hera. A ready to eat vegetarian meal. Keep chilled." Soya Bluebook. 1987. p. 96. "Tofeata Tofu and Tofu Burgers."

7354. **Product Name:** Hime Brand Inarizushi-no-Moto: Prepared Fried Bean Curd.
Manufacturer's Name: JFC International Inc. (Importer). Made in Japan.
Manufacturer's Address: S. San Francisco, CA 94080.
Date of Introduction: 1985?

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Ingredients: Bean-curd (Soy beans, water, calcium sulphate), soybean oil, soy sauce (water, soybeans, wheat, salt), sugar, monosodium glutamate.
Wt/Vol., Packaging, Price: 10 oz (284 gm).
New Product–Documentation: Label (Can). 3 inches high, 3 inches diameter. Color photo of Inari-zushi (Tofu pouches stuffed with vinegared rice) on front. Includes directions for making 15-17 pouches.

7355. Lembaga Kimia Nasional–LIPI (National Chemistry Institution). 1985? Membuat tahu [Preparation of tofu]. Bandung, Indonesia: Kerja Sama, LIPI-INKUD. 18 p. Undated. [Ind]
• ***Summary:*** An informative, practical booklet, with illustrations (line drawings) on every page, showing how to make tofu in Indonesia. With an introduction by Ig. Suharto, director of LKN–LIPI. Address: Director LKN-LIPI, Indonesia.

7356. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Les Artisans de l'Aurore.
Manufacturer's Address: M.F. d'Authon, 04200 Sisteron, France.
Date of Introduction: 1985?
New Product–Documentation: Letter from Stéphane Lalo. 1985. June 7. "Having the inspiration from your books and having started a small scale tofu production, we are now about to expand and to invest in a larger tofu-tempeh-sprouts enterprise to be able to support ourselves." They live in a "new age" village of 5 people from various spiritual backgrounds.

7357. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tangram Tofurei.
Manufacturer's Address: Schmelzistr. 11, CH-2540 Grenchen, Switzerland. Phone: 06-5-52-1618.
Date of Introduction: 1985?
New Product–Documentation: Letter (fax) from Verena Krieger. 1990. May 31. This company is out of business and has disappeared. There is no way to find out in what year and month they started selling tofu. The contact person was Ignaz Reutlinger.

7358. **Product Name:** Tom Soya Foods Tofu.
Manufacturer's Name: Tom Soya Enterprises (Marketer). Made in Canada by Victor Food Products.
Manufacturer's Address: Toronto, ONT, Canada.
Date of Introduction: 1985?
Ingredients: Water, soya beans, calcium sulfate.
Wt/Vol., Packaging, Price: 500 gm packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Kathleen O'Bannon. 1989. March. Undated. 5 by 4.25 inches. Dark blue, light blue, orange, yellow, and white. Printed on film. Written in French and English. "Fresh soya bean curd. Cailles frais aux feves de soya." An illustration shows a smiling boy resembling Tom Sawyer walking with a straw hat, fishing pole over his shoulder, and rolled up, suspendered jeans.

Letter from Kathleen O'Bannon Baldinger. 1990. March 25. This company was started by Rabbi David Dreben, who was the principal of a Hebrew school in a northern suburb of Toronto. He had the Victor Food Products plant certified to use COR 77 on those products that VFP produced for him. "He marketed his tofu himself, mostly in small stores in the Jewish area of Toronto and in the northern suburbs. He did many cooking demonstrations at various meetings and clubs, encouraging people to use tofu in their kosher cooking. He sold a small quantity compared to the total output of VFP. He died prior to June 1986, possibly during 1985."

7359. *Toyo Shinpo* (*Soyfoods News*). 1986. Herushii Shiroyama. Saeki kôjô ga shunkô. Mukashi-fû no tezukuri o ikasu honkaku kôjô tanjô [Healthy Shiroyama. Modern tofu plant in Hiroshima makes traditional tofu, also has tofu restaurant]. Jan. 1. p. 16. [Jap; eng+]
• ***Summary:*** A new combination of the new and old. Contact:

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Takeo Shiroyama, president. Healthy Shiroyama, Saeki-gun, Hiroshima-ken, Japan.

7360. *Toyo Shinpo* (*Soyfoods News*). 1986. Shizen daizu ni kodawatte, anzen na tôfu-zukuri [Using only organic soybeans to make safe tofu in Yokohama]. Jan. 1. p. 50. [Jap; eng+]
• ***Summary:*** Contact: Yuji TAKADA, owner, Yokohama Mamehiko, Kohoku-ku, Yokohama, Kanagawa-ken, Japan.

7361. *Toyo Shinpo* (*Soyfoods News*). 1986. Yo ni tou. Tôfu Kenshû Gijutsu Sentaa. KK Nagasawa Kikai Seisakusho. Seizô nou hau o kôkai [Nagasawa Equipment Company's Tofu Technology Study Center, open to the public]. Jan. 1. p. 24. [Jap; eng+]
• ***Summary:*** This company risked its future to make this Center and school happen. Even foreigners have graduated and started making tofu in their own countries. Address: K.K. Nihon Shokuhin Seisan Gijutsu Kemkyusho, Aoki 3-15-1, Kawaguchi-shi, Saitama-ken. Phone: 0482-55-6778.

7362. Simas, Luiz; Joels, Bobbi. 1986. Re: Miso, tempeh, shoyu, and macrobiotics in Brazil. Letter to William Shurtleff at Soyfoods Center, Jan. 7. 2 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "When we returned to Brazil from the USA in Nov. 1981, we decided to hold a series of classes on natural foods processing, including a class on making tempeh at home. (Tempeh was completely unknown around here at that time.) We also began to make tempeh for our own consumption, but ended up setting up a small shop in our apartment. Because of the limited space, our tempeh production never went beyond 50 pounds per month, in spite of the large demand. So after a year or so, as we had originally planned, we handed the business over to a couple of friends who, unfortunately, for many reasons, were not able to continue tempeh production.

"However there is now another group of people making and selling tempeh here in Rio: Jurema and Mariá Paulinho, Rua Raimundo Correia, 27, apt. 504, 22.040 Rio de Janeiro (RJ), Brazil. Phone: (021) 237-7897. We will always be available for providing any kind of information about or classes on tempeh. One of our dreams is to see tempeh introduced in Brazil's tropical northeast, where an incubator would not be necessary.

"At present we are involved in setting up miso and koji production in our house in the mountains of Minas Gerais for the coming year (1986). It's an old dream, but it looks like it will finally come true. At first it will be a small-scale farm-house style production.

"Miso and shoyu, as well as tofu, are soy products with a long history in Brazil, mainly due to the large number of Japanese immigrants in Sao Paulo. There are many shops there and some here in Rio which sell Oriental products, including miso, shoyu, tofu and natto. Nevertheless, they are usually semi-industrialized and include sugar, preservatives, etc. among the ingredients.

"Production and consumption of quality miso, shoyu, tofu and natto only began with the arrival of Tomio Kikuchi, a student of George Ohsawa's and one of the first people to introduce macrobiotics to Brazil. Until today the best known good quality miso and shoyu are the miso and shoyu distributed by Kikuchi's Instituto Princípio Unico. There are, however, other good misos as well.

"Instituto Princípio Unico, Sao Paulo (SP); Arma-Zen Produtos Naturais Ltda., Rio de Janeiro (RJ); Terrazul, Nova Friburgo (RJ).

"We're sure there are many, many small producers of quality miso and shoyu all over Brazil, but we don't know their addresses. There is also a large company which claims to devote part of its production to naturally-fermented miso and shoyu, with no sugar. The company's name is Tozan. Their factory address is: Bairro Carlos Gomes s/nº, Campinas (SP); phones: (011) 278-2495 or (011) 278-5826.

"There are also two individuals who have a lot of experience in making miso and koji at home. They are available to provide information as well. They are: Dr. Sakae Maki, Praia de Botafogo, 428, s/304, Rio de Janeiro (RJ), phone: (021) 266-0503; Edson Hiroshi Seó, Fazenda Escola, 45.260 Poçoes (BA), phone: (073) 431-1108.

"We will continue to give classes on making homemade miso here in Rio, and we plan on eventually turning our small miso shop in the mountains into a school. We will always be available for any type of assistance or information concerning soy products.

"Several years ago the Brazilian Government tried to introduce soybeans in the public's diet. It was a complete fiasco, mainly because of the lack of information on the part of the authorities. They simply tried to introduce soybeans as a substitute for the traditional black (turtle) beans, and soy milk as a substitute for cow's milk. It didn't work." Address: Rio de Janeiro, Brazil.

7363. Jain, Laxmi; Jain, Manoj. 1986. Re: Proposal for a book on "Indian Vegetarian Cooking with Soy Bean." Letter to William Shurtleff at Soyfoods Center, Jan. 8. 3 p. Typed, with signature.
• ***Summary:*** The authors have been working on this project for several years, creating and testing some 150 recipes. Now they are looking for a publisher. A proposed outline of the book and biography of both authors is included.

"Mrs. Laxmi Jain has lived in the United States for the past 18 years. She is interested in actively promoting the use of soybean in India and America and had developed many original recipes. She has lectured and gave demonstrations with OilSeed Federation at various colleges at Indore...

"Mr. Manoj Jain is a medical student at Boston University, USA and is also working on his Masters in

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Public Health. He has a B.S. in Biomedical Engineering. Some of his achievements have been, first place winner in Massachusetts State Science Fair for his experiment on 'Irradiation of Cellulose', winner of $1000 scholarship, tuition scholarship at Boston University ($30,000), travelling through several countries including Israel and China to study world religions on a full paid scholarship by International Religious Foundation and is a president of Indian Youth Association of Boston. Mr. Jain has held a Research Assistant position at Massachusetts Institute of Technology and has first authored a paper on 'Mathematical Modeling of Human Inner Ear.' As part of his interest in promoting health care and nutrition in Indian villages, Mr. Jain is studying the role of soybean in daily diet. Manoj Jain, age 22, is son of Mrs. Laxmi Jain."

In response, Shurtleff sent them a lengthy History of Soya in India, and Bibliography of Soya in India.

In return the Jains sent numerous recipes plus a chapter titled "Tofu (soy paneer) as a nutritious, economical and tasty substitute for paneer." Address: 83 Fullerbrook Rd., Wellesley, Massachusetts 02181.

7364. Storup, Bernard. 1986. Re: Moving Société Soy to the center of France. Letter to William Shurtleff at Soyfoods Center, Jan. 8. 1 p. Handwritten, with signature. [Eng]
• ***Summary:*** "Just a few word to wish you a Happy New Year and the best of everything in 1986. Françoise, Jean, and I are just fine. We are on the way to move to the center of France, into a new shop at the end of the summer 1986. It will be near the mountains and near the best quality water in France, in St.-Chamond–St. Etienne." Address: 16 Avenue de le République, 91590 Arpajon, France.

7365. Cook, Anne. 1986. Soybean farms look East for big profits from shrimp. *News-Gazette* (*Champaign, Illinois*). Jan. 11.
• ***Summary:*** Karl Sera, a native of Japan, has managed the American Soybean Association's Tokyo office for 15 years. Japan now imports about 174 million bushels of soybeans, 88% of them from the USA. Ten million cakes of tofu are sold each day in Japan. Sera believes the biggest growth area for soybean use in Japan is in feeding livestock. Japanese poultry and dairy cows are not presently getting the optimum amount of protein; the poultry need the protein from 20 million more bushels of soybeans and the dairy cows from 11 million more bushels. Though fish presently accounts for less than 1% of the feed industry, Sera thinks it has huge potential–especially in feeding shrimp. Dan Akiyama, a native of Hawaii and recent Texas A&M graduate, will soon leave for Singapore to tell industry representatives about a better, faster way to grow shrimp. Akiyama said the high cost of shrimp is linked to 4 main factors: low survival rates in the wild (less than 1%), increasing demand, decreasing supplies, and the expensive diet shrimp farmers now feed their 'livestock.' The current feed now costs $1,000 to $4,000 per ton; with more soy it will cost $400 to $600 a ton. It takes about 100 days for a crop of shrimp to mature for market. Akiyama stresses that raising shrimp is just like any other livestock business, but its under water.

In Asia and South America, where shrimp farming is growing the most rapidly, producers use about 7,500 tonnes/year of soybean meal for shrimp feed. Akiyama believes that when industry leaders see the advantages of feeding more soy, that market is likely to expand to 375,000 tonnes.

In Japan, it takes longer for new agricultural ideas to be put into practice because they do not have an agricultural extension system as we do in the USA. Address: Staff writer.

7366. Peterson, Marguaret. 1986. Tofu: It booms in new, 2nd-generation foods. *Sacramento Bee* (*California*). Jan. 13. p. D1, D7.
• ***Summary:*** Discusses Sacramento Tofu, Light Foods, and Brightsong.

7367. Lee, Susan Hem. 1986. Re: History of making and selling tofu in Trinidad. Letter to William Shurtleff at Soyfoods Center, Jan. 15. 2 p. Typed, with signature.
• ***Summary:*** "For two years or more I have been supplying tofu, single handedly, to various health food stores and individuals. On an average I have been producing 70-80 pounds per week. I have also been producing tofu burgers (approx. 10 doz. per week) as well as traditional Yuletide food known as pastels which is like the Mexican tamale.

"I have been making tofu in our laundry room at home, where counters and 2 large burners have been installed and I imported a one gallon Waring blender. I sell tofu at TT$6.50/lb.

"I first became interested in making tofu as a vegetarian mother. I was first taught how to make tofu by a visiting English dietitian, then I read "The Book of Tofu" by William Shurtleff and Akiko Aoyagi, and the final chapter entitled "Sending Tofu to the Four Directions" convinced me I wanted to try to make tofu for a living.

"Through Rex Lassalle (macrobiotic teacher), who was opening his macrobiotic shop and consultancy at this same time, I was able to import organic soy beans from Oak Feeds, Miami, Florida, at about TT$3.00/lb. Eventually I was able to purchase locally grown, government subsidized soy beans from the government agricultural station at approx. TT$1.30/lb.

"At that time the TT$ was valued at TT$2.42 for US$1.00. In December of 1985 the TT dollar was devalued to TT$3.65 per US$1.00.

"Buying soy beans through the agricultural station has been a profitable situation for me.

"However the government agricultural station's priority is to maintain seed stock to supply farmers and therefore only grow a small quantity of beans, the surplus of which I

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purchased, approx. 1,000 lbs. This supply lasted me about 4-5 months. (The government has attempted for years to interest local farmers to grow soy beans but have been unsuccessful.)

"I then attempted to import soybeans once again from Oak Feed through an import agency and by the time the US$16, 50 lb. sacks of beans arrived in Trinidad the CIF price was TT$177.00. That shipment was purchased before the devaluation. I now find it impossible to import soy beans in this way.

"At this point in time my husband (he works for a computer company) and I are considering the possibility of starting a soy food related business.

"We write to you to hear your point of view;"

"Our National Flour Mills will be importing soy beans for making oil in October of 1986 and there is the possibility of buying beans from them." Address: #5 Sunny Acres, off Sam Boucaud Rd., Santa Cruz, Trinidad, West Indies.

7368. *Daily Hampshire Gazette* (*Northampton, Massachusetts*). 1986. Greenfield tofu firm being reorganized [Tomsun Foods has merged into Tomsun Foods International]. Jan. 23.
• ***Summary:*** The new firm's chairman is Juan Metzger, founder of Dannon Yogurt. The company produces nearly 3 million pounds of tofu each year.

7369. *Newsweek.* 1986. The calcium craze: The 'miracle' mineral builds up bones, teeth–and perhaps false hopes. Jan. 27. p. 48-52.
• ***Summary:*** Tofu, "that staple of the modern health-food store," is given as one good source of calcium; 4 ounces contains 154 mg, whereas 1 cup of whole milk contains 291 mg.

7370. *Los Angeles Times.* 1986. Tofu can be added to recipes as a low-calorie protein source. Jan. 30. p. J35.
• ***Summary:*** "According to Hinoichi, one of the leading tofu brands in Southern California, tofu is cost effective, low in calories and has no cholesterol."

Three varieties of Hinoichi tofu are available: "soft (Kinugoshi), a custard-like tofu most often pureed into dips and sauces; regular (Japanese), a medium-firm tofu ideal for casseroles, soups and salads, and firm (Chinese), a tofu used for crumbling, stir frying and deep frying."

For free tofu recipes, send self-addressed stamped envelope to Hinoichi Tofu, Department NP, 526 Stanford Ave., Los Angeles, California 90013.

A photo shows tofu lasagne. Address: Los Angeles.

7371. **Product Name:** Tofu Loaf.
Manufacturer's Name: Ashland Soy Works.
Manufacturer's Address: 280 Helman St., Ashland, OR 97520.
Date of Introduction: 1986. January.
Ingredients: Tofu, okara (soyfiber), oats, soymilk, onion, carrot, tamari, soy oil, nutritional yeast, spice.
Wt/Vol., Packaging, Price: 14 oz.
New Product–Documentation: Label. 1986. 4 by 2.5 inches. Red on white. "Slice & eat or fry or heat. Sprinkle in soups & salads. Makes great sandwiches too."Talk with Diana Muhs. 1988. Feb. 10.

7372. Bhatnagar, P.S. 1986. Soybean–its food uses and modern food industry. Paper presented at International Seminar on "Modernization of Food Industry." 20 p. Jan. 31. Held Jan. 31 to Feb. 3 at New Delhi. Organized by Trade Fare Authority of India. [15 ref]
• ***Summary:*** Contents: Non-food uses of soya oil. Food uses of soybean. Tofu. Soya-beverage. High protein frozen desserts. Defatted soya flour. Food uses of soya oil. Includes 12 tables. Address: Coordinator, All-India Coordinated Research Project on Soyabean (ICAR), G.B. Pant Univ. of Agriculture & Technology, Pantnagar, UP, 263145, India.

7373. **Product Name:** [Tofu Spreads (Paprika, Horseradish, and Green Pepper)].
Foreign Name: Tofu Brotaufstrich (Paprika, Meerettich, Gruenerpfeffer).
Manufacturer's Name: Byodo Naturkost GmbH.
Manufacturer's Address: Hirschbergstr. 9, D-8000 Munich 19, West Germany. Phone: (089) 16 85 70.
Date of Introduction: 1986. January.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 11. "In early 1986 (probably Jan., but it could be late 1985) we made a tofu spread (Tofu Brotaufstrich). There were 3 kinds: Paprika, horseradish & green pepper (Paprika, Meerrettich & Gruenerpfeffer)."

7374. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Byodo Naturkost GmbH.
Manufacturer's Address: Hirschbergstr. 9, D-8000 Munich 19, West Germany. Phone: (089) 16 85 70.
Date of Introduction: 1986. January.
Ingredients: Water, organically grown soybeans, nigari (Traditional Japanese).
Wt/Vol., Packaging, Price: 400 gm plastic bag.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 7.8 gm, fat 4.3 gm, carbohydrates 0.5 gm, calories 71.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 11. "In 1986 we also started making Vegetable Tofu (in German Gemuese-Tofu). Somewhere along the way we started to make tofu to sell also. I don't know when."

Label sent by Anthony Marrese. 1990. April 15. 4 by 3 inches. Red on white, printed on front and back of plastic

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bag. "Prepared according to a traditional Japanese recipe. A fresh soya specialty. Store at 4-8ºC. Member of the Natural Food Assoc. (Bundesverband Naturkost e.V.)."

7375. **Product Name:** [Tofu Burger–Deep-fried].
Foreign Name: Tofu-Burger–Frittiert.
Manufacturer's Name: Byodo Naturkost GmbH.
Manufacturer's Address: Hirschbergstr. 9, D-8000 Munich 19, West Germany. Phone: (089) 16 85 70.
Date of Introduction: 1986. January.
Ingredients: Soybeans, water, vegetables (Carrots, zucchini, soy sprouts) in varying proportions by weight, whole oats, whole wheat, brown rice, sesame seeds, sunflower seeds, spices, soy sauce (shoyu), sea salt, nigari coagulant (traditional Japanese). Ingredients predominantly organically grown.
Wt/Vol., Packaging, Price: 130 gm plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Letter from Anthony Marrese. 1990. March 22. Based on a March 21 interview with Bernd Steyer. The company started in 1984, when they started to make their own tempeh. Letter (fax) from Harry Whitford. 1990. May 11. "In the fall of 1985 we started making our own tofu after a scandal: We had been buying tofu from Sapia to make our burgers for the Munich market. But he bought conventionally grown beans and sold the tofu as bio [organic]!"

Label sent by Anthony Marrese. 1990. April 15. 5 by 2.25 inches. Green on yellow, printed on front and back of plastic bag. "A nutritional soya specialty (Eine vollwertige Soja-Spezialität). Store at 4-8ºC."

7376. **Product Name:** [Vegetable Tofu].
Foreign Name: Gemuese-Tofu.
Manufacturer's Name: Byodo Naturkost GmbH.
Manufacturer's Address: Hirschbergstr. 9, D-8000 Munich 19, West Germany. Phone: (089) 16 85 70.
Date of Introduction: 1986. January.
Ingredients: Water, soybeans*, carrots*, leeks*, spices, herb salt. * = Organically grown.
Wt/Vol., Packaging, Price: 175 gm plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 11. "In 1986 we also started making Vegetable Tofu (in German Gemuese-Tofu), which is tofu with chopped veggies pressed into it–ready to fry. Somewhere along the way we started to make tofu to sell also. I don't know when."

Label sent by Anthony Marrese. 1990. April 15. 3 by 2.25 inches. Green on yellow, printed on front and back of plastic bag. "Ready to fry. A fresh soy specialty product. Versatile: Fry or bake. Marinate or steam. Use cold in salads, or with breads, etc. Store at 4-8ºC."

7377. Frentz, Jean-Claude. 1986. Le tofu [Tofu]. *Filiere Viande* [*The Meat Industry*] 9(85):49-50. Jan. [1 ref. Fre]
• ***Summary:*** This article, in a meat industry magazine, begins: This mysterious product, whose origin is lost in the mists of time, actually seems to be going through renewed interest. Already well known and appreciated in the United States, on the West coast in particular, it has appeared in Europe, and, more precisely, in France.

Discusses the composition of tofu and the processes used to make it. A table gives the nutritional composition of the following: Tofu, firm tofu, (*tofu ferme*), soft or silken tofu (or perhaps tofu cutlets *tofu "flanc"*–it's water content is higher than that of regular tofu), tofu burger (fried), soymilk, grilled tofu, dried-frozen tofu, okara, dried yuba, pressed tofu, whole dry soybeans.

Concerning the journal title *Filière Viande*, the word *filière* normally means the thread, the path that leads to discovery. However here it is being translated as 'meat industry.' When advancing anti-meat arguments, one can speak of *la filiere viande sur le gril* ("The meat industry on the grill")–a sort of play on words. Address: Directeur technique, Soussana SA, France.

7378. **Product Name:** [Tofu, Smoked Tofu, Tempeh, and Tofuburger].
Foreign Name: Tofu, Tofu Fumé, Tempeh, Galette: Petit Roti Végétal.
Manufacturer's Name: Gaec de La Lix: United Macrobiotic Company.
Manufacturer's Address: 32260 Tachoires–Seissan, France. Phone: 62.65.35.04.
Date of Introduction: 1986. January.
New Product–Documentation: Form filled out for Anthony Marrese. 1989. Sept. These four products were introduced as follows with the amount presently produced shown in parentheses: Tofu (80 kg/week) and Soyaburger (800 pieces/week), Jan. 1986. Smoked Tofu (8 kg/week), June 1986. Tempeh (40 kg/week), Oct. 1986. Anthony visited the community in mid-Oct. 1989 and noted: "They are a small group similar to Terre Nouvelle, but doing more with soya. Very nice kitchen production (see color slide), which is growing. They sell through markets and through 10 stores, which helps them to educate people. They are all Germans who came to France about 5 years ago mainly because land prices were lower in France. They also make small quantities of miso (experimental stage) and 4 kg/week of koji for amazake and miso.

Labels for all 4 products. 1989. 4 by 2.75 inches. Each photocopied with black handwritten letters on pastel color paper, and each with the Nature et Progres logo indicating organically grown. Each label has a description of the food on the back.

For details and an update to 1989 see the letter from Gaec de La Lix: United Macrobiotic Company to Anthony

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Marrese, of Sept. 1989.

7379. **Product Name:** Tofu Biscuit Delight (Sandwich Filled with Seasoned Broiled Tofu).
Manufacturer's Name: Green World, Inc.
Manufacturer's Address: 7825 Federal Way, Boise, ID 83706. Phone: 208-344-4743 (or 343-3967).
Date of Introduction: 1986. January.
New Product–Documentation: Interview with James Herrington. 1987. Dec. 30. Tofu is brushed with or marinated in soy sauce, then broiled, and placed in a sliced tofu biscuit. The building has a new address but its location has not changed. James is still in his late teens.

7380. Jain, Laxmi; Jain, Manoj. 1986. Tofu as a nutritious and economical substitute for paneer. Presented at Conference of Soybean Oil Processors Association. Held Jan. 1986 at Bhopal, India. *

7381. Moore, Waveney Ann. 1986. Selling flab-free goodies to dieters in New York [Sweet Victory, Tofu Glace, and Tofu Lite]. *Food Distributors Magazine*. Jan. p. 59.
• ***Summary:*** Tim Metzger, vice president of Sweet Victory, sells Glace Lite and Tofu Glace at two shops in Manhattan. Glace Lite is 98% fat free and 99% cholesterol free with 80 calories per 4 oz. Tofu Glace, cholesterol free, 80-100 calories per 4 oz. Sweet Victory started June 1984.

7382. *Packaging.* 1986. American-style tofu pack [from Kikkoman]. Jan. p. 12.
Address: Des Moines, Illinois.

7383. Plenty Canada. 1986. The Soya Centre (Calendar). Castries, St. Lucia.
• ***Summary:*** This is the head of a calendar, 8½ by 11 inches. On the top three-fourths of the page is a large black-and-white photo of the Soya Centre, looking from the outside in through two open doors–on each of which is written "Soya Beans" in large diagonal letters, above an illustration of a soya bean plant. Inside are about 10 local black people. On the back right is a food retail counter and snack bar, staffed by several women. On the back wall is a blackboard with a price list and menu written on it in chalk.

On the bottom quarter, in large black letters is written "The Soya Centre" in an arch. A laughing Santa Claus on the left is holding the word "The." Below the arch is written the Center's address: "19 Grass St., Castries, St. Lucia. Tel: 26421." To the right of the arch is a line drawing of a dove, and below it: "With the Compliments of Plenty Canada and the Staff of the Soya Centre." The calendar itself is missing.

Talk with Maya Clarke of Ontario, Canada. 1998. June 25. Maya worked for 7 years as a nutritionist and soyfoods instructor/technician for Plenty Canada at this Soya Centre in St. Lucia. She remembers this calendar well but does not have a copy. "There could possibly be one in the Plenty archives" at Lanark, but she is not too sure. Plenty made a calendar like this for two years, and this was the first of the two. It was designed by Plenty and printed in Castries (the capital city, by the person who prints *The Voice* newspaper) in December 1985 and presented on 1 Jan. 1986 as a New Year's gift to the Center's popular customers and friends. The calendar had a photograph as the head, then one page for each month below. The soya bean plants on the two big doors were painted by a Rastafarian man named Papa. Many of the people shown in the picture, the same as those who came to the Centre, were Rastafarians, who are vegetarians (very important) and consider themselves members of the lost tribe of Israel. They esteem Marcus Garvey, who they consider one of their forerunners. Note: *Webster's Dictionary* (1985) defines Rastafarian (derived from *Ras Tafari*, the precoronation name of Haile Selassie), a word first used in 1955, as "an adherent of Rastafarianism." The latter word, first used in 1968, is defined as "a religious cult among black Jamaicans that teaches the eventual redemption of blacks and their return to Africa, employs ritualistic use of marijuana, forbids the cutting of hair [it is worn in long braids called dreadlocks (first used in 1960)], and venerates Haile Selassie as a god."

The Soya Centre, which was constructed specifically for this purpose by the team just before Maya (John Baranni and Christine Kilgour from Plenty with local labor), was located in the middle of a black ghetto in Castries, and there were lots of social problems in the area. In the back of the Centre was a soyfoods factory. The factory was used to train all the people who subsequently opened up soyfoods businesses in St. Lucia. "What went on with soyfoods in St. Lucia was very significant–much more so than what happened in Jamaica, etc. At any given time, up to ten local people worked (for pay) at the Centre. The Centre was self-sufficient, so the money from the foods they sold went to pay the workers. Two guys would start very early in the morning (about 4:00 a.m.) to make soymilk and tofu. Then a crew of ladies would come in about 7:00 a.m. and use the tofu and soymilk to make second generation products from soymilk, tofu, and okara–such as "bakes" (like a little doughnut) and "accras" (like a fritter, in which the traditional salt cod was replaced by okara). The use of okara made the products more affordable. Tempeh was made at time, but it did not catch on as well as tofu and soymilk, and it was somewhat hard to get the spores. "Tofu caught on almost immediately "The local people just took it up; they just seemed to know what to do with it." Soymilk ice cream was one of the most popular products. Soymilk, imported soy flour, and okara were use to make little breads. Many people would bike or walk to the Centre to buy tofu in bulk over the counter–which was also a snack bar. The Centre was both a business and an education/training center. Many local Seventh-day Adventists came to cooking classes at the center, and Maya also taught classes

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in their churches, schools, and homes. Maya remembers that one day a 13-year-old kid named Sooner knocked on the door of the Center at 7 o'clock in the morning and said to her: "I want to know everything there is about soyfoods." She happily invited him in, and began to teach him. For a while there was a "Comments Book" at the Centre; in it people wrote soy poems and soy songs–some of which Maya still has.

At one time some 10-12 soyfoods businesses were started in St. Lucia by local people who had first trained at Plenty Canada's Soya Centre. About 6 of those businesses are still in operation. A good example is La Soyarie. The reasons the others did not survive had nothing to do with local acceptance of soyfoods; they failed largely for reasons related to money or business management skills.

St. Lucia is a very small (27 miles long) independent country; It was granted self-government by the British in 1967 and attained independence on 22 Feb. 1979. The population is about 160,000 (1998). About 90% of the population is of African descent, with a small minority of Europeans and a few Carib Indians. Bananas are the chief crop. The official language is English, but Creole is the language most widely spoken. It is largely an oral culture.

Note: This is the earliest calendar seen (Oct. 2001) that mentions soy. Address: 19 Grass St., Castries, St. Lucia. Phone: 26421.

7384. **Product Name:** Gloria Vanderbilt's Glace with Tofu (Bars on a Stick) [Chocolate Coated Wildberry Supreme, Double Chocolate, or Chocolate and Cream].
Manufacturer's Name: Seligco Food Co. Frusen Gladje Ltd.
Manufacturer's Address: 424 E. John St., Lindenhurst, NY 11757.
Date of Introduction: 1986. January.
How Stored: Frozen.
New Product–Documentation: Washington Post Magazine. 1986. Jan. 19. With photo of boxes. $1.89 for 6.

7385. Sig, Marie. 1986. Soja: la protéine du futur [Soya: The protein of the future]. *Physic.* Jan. p. 32, 34-35, 110. [Fre]
• ***Summary:*** A brief introduction to tempeh, miso, tamari, tofu, soymilk, and soy flour from a macrobiotic viewpoint. One recipe is given, from the forthcoming French-language book, *Mysteries and Secrets of Soya*, by C. and L. Clergeaud. Address: France.

7386. **Product Name:** [Deep-Fried Tofu with Nuts].
Foreign Name: Nuss-Tofu, fritiert.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1986. January.
Ingredients: Incl. tofu, hazelnuts, tamari.
Wt/Vol., Packaging, Price: 200 gm vacuum pack.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. Tofu with hazelnut pieces pressed into it is marinated in tamari, then deep-fried. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

7387. **Product Name:** Homestyle Tofu Dessert (Puddings) [Chocolate Royale, or Carob Mint].
Manufacturer's Name: Sonoma Specialty Foods.
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403. Phone: 707-525-8822.
Date of Introduction: 1986. January.
Ingredients: Chocolate Royale: Tofu (organic soybeans*, water, calcium sulfate), cocoa, fructose, soy oil, tapioca, pure vanilla. * Grown in accordance with CA H&S Code 26569.11.
Wt/Vol., Packaging, Price: 4.5 oz in plastic cup.
How Stored: Refrigerated or frozen.
New Product–Documentation: Label. 1987. 3 inches diameter. Red and black on white lid. "Cholesterol & Lactose Free." Soy Power. 1987. Catalog. 4.5 oz. Interview with Benjamin Hills. 1987. Sept. 7. Chocolate Royale introduced in Jan. 1986, Carob in Aug. 1986, Cherry Berry in about August 1987. New Labels in April 1988. 3 inches diameter. "Non-Dairy. Cholesterol Free. Nutritious. Natural. Kosher. Ready to Eat." Spot in Health Foods Business. May.

Talk with David Burns. 1991. April 10. The company introduced a new label for the chocolate and cherry-berry flavors in March 1991. They hope to have the new label for the strawberry out by June 1991. The vanilla pudding is not yet ready.

7388. **Product Name:** Soya Kaas (Cheese Alternative Containing Casein) [Mozzarella Style].
Manufacturer's Name: Soya Kaas, Inc. A subsidiary of Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 218 Laredo Dr., Decatur, Georgia 30030. Distributor: P.O. Box 1067, St. Augustine, FL 32085.
Date of Introduction: 1986. January.
Ingredients: Soy milk, soy oil, calcium caseinate, tofu, salt, lecithin, citric acid, guar, annatto (natural color).
Wt/Vol., Packaging, Price: Seven-pound deli blocks and 12-ounce consumer sizes. 12 oz. retails for $3.89 (1986/06, at Real Foods, San Francisco, California).
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Protein 6.7 gm, fat 5.6 gm, carbohydrates 1.8 gm, calories 78, sodium 168 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1986. April. p. 13 and Sept. p. 61. "Soya

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Kaas. The delicious, nutritious alternative to cheese. Available in consumer packages or deli blocks. Cholesterol free. Lactose free." A photo shows the product label. "Manufactured by Soya Kaas, Inc. for American Natural Snacks, St. Augustine, FL 32085."

Leaflet (2-sided, color, 8½ by 11 inches). 1986. "Soya Kaas. The Delicious, Nutritious Alternative to Cheese." On the front is a large block of the sliced cheese alternative on a cutting board atop a purple and black table cloth. To its upper left are red and green bell peppers and a pizza. To its lower left are cubes of the cheese with purple grapes and red apples on a gold plate. To its right is the grated cheese with a grater. On the back are three recipes using Soya Kaas: Chicken a la Kaas, Pita Pizza, and Eggplant Lasagna. The nutritional information per ounce is given but Soya Kaas' ingredients are not listed.

Marc Medoff. 1986. "Whole frauds in the news: Will the *real* soy Mozzarella please stand up (that is, if there is one)." *Whole Life* (New York City). June. p. 82-84. Contains a critical discussion of Soya Kaas for appearing to be a non-dairy product when it actually contains casein. The actual label for Soya Kaas: Mozzarella Style, taken from a wholesale block of Soya Kaas, is reproduced 4 inches square; the ingredient listing is shown.

Spot in Food Distributors Magazine. 1986. Oct. American Natural Snacks of St. Augustine, Florida, introduces Soya Kaas, billed as a natural alternative to mozzarella. Unlike the cheese, Soya Kaas contains no cholesterol and is lactose free. "Soya Kaas is available in seven-pound deli blocks and 12-ounce consumer sizes. Stickers and shelf talkers are available. American Natural Snacks also is known for its nationally distributed Carafection line, which consists of carob and date sweetened bars (Almond Crunch, Cashew Coconut Crunch, Plain, Mint and Crispy Crunch) as well as a variety of bulk candies.

"The firm also manufactures Rice Crisps and Original Honey and Mint Honey Grahams, an interesting desert and snack product."

Talk with Richard Rose. 1988. Jan. 7. He thinks this is the best soy-based cheese on the market, although it contains casein. Richard McIntyre probably makes the soymilk for this cheese himself and he probably uses fresh (rather than dry) tofu, which he also probably makes.

Talk with Richard McIntyre, founder and owner of Swan Gardens, Inc. 1988. Nov. 23. His company developed this product, then launched it in Dec. 1985 and Jan. 1986. See interview.

Dec. 1988. "Fresh soy milk" is listed as the first ingredient. The manufacturer is Swan Gardens.

Talk with Richard Rose. 1990. Nov. 26. Pacific Foods of Tualatin, Oregon, sells soymilk to Richard McIntyre for use in making Soya Kaas.

Note: At least one person has tried to visit this plant using the given street address and was unable to locate it. The local police knew of no such street name and it did not appear on any maps of the area.

Letter from Atlanta Kashruth Commission. 1993. Dec. 12. Soya Kaas products are produced under the Orthodox Rabbinical Supervision of the Atlanta Kashruth Commission. The plant in which these products are made is located at 6029 Lagrange Blvd., Atlanta, Georgia 30336.

Label for Soya Kaas Mozzarella Style. 1992 (Copyright). 4.5 by 3.5 inches. Green and red on white. "No cholesterol. Lactose free." The list of ingredients reads: "Tofu (organic* soy milk, calcium sulfate), casein (a milk protein), soy oil, sea salt, lactic acid, natural flavor, lecithin. * Organic ingredients are grown and processed in accordance with the California Organic Foods Act of 1990."

Note: This is the earliest commercial soy product seen (March 1998) made or marketed by Soya Kaas or American Natural Snacks.

7389. **Product Name:** Chocolate Fudge Tofu Glace (Non-Dairy Soy Ice Cream).
Manufacturer's Name: Sweet Victory.
Manufacturer's Address: New York.
Date of Introduction: 1986. January.
Wt/Vol., Packaging, Price: One pint cartons.
How Stored: Frozen.
New Product–Documentation: W.A. Moore. 1986. Food Distributors Magazine. Jan. p. 59. "Selling Flab-Free Goodies to the Dieters in New York." Quick Frozen Foods International. 1986. Oct. p. 48.

7390. **Product Name:** Tofu-Vegie Burgers.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1986. January.
Ingredients: Wildwood Tofu (organic soybeans grown without synthetically compounded pesticides or fertilizers in accordance with Section 26569.11 of the California Health and Safety Code, filtered water and nigari), any of the following fresh vegetables (carrots, onions, celery, kale, or potato), garlic, pure expeller-pressed hi-oleic mono-unsaturated safflower oil, unrefined peanut oil, sea salt.
Wt/Vol., Packaging, Price: 6.5 oz vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 3.25 oz.: Calories 205, protein 15.4 gm, fat 10.8 gm, carbohydrates 11.5 gm, Vitamin A 3396 I.U., calcium 115 mg, iron 3 mg, sodium 271 mg.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 26. The company started making Tofu Burgers in January 1986. Label. 1986. 3.25 inches diameter. Red on yellow. Logo of birds flying over a forest silhouette. "Complete protein. 25% fresh vegetables. Great flavor. Cholesterol free. Easy to prepare: Heat in toaster,

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microwave, or on a barbecue. Serve hot or cold or as an appetizer or with your favorite burger garnishes and enjoy."

Label sent by Billy Bramblett. 1990. Round. Red on yellow. Logo of birds flying over a forest silhouette. "Complete protein." "25% fresh vegetables."

Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1986, and made at Wildwood's plant in Fairfax.

7391. **Product Name:** Tofu of the Sea with Dulse Sea Vegetable.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1986. January.
Ingredients: Organic soybeans grown in accordance with Section 26569.11 of the California Health and Safety Code, filtered water, dulse sea vegetable, nigari.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 26. The company started production in Jan. 1986. The dulse is layered into the curds in the forming boxes. It has a strong purple dying action. Label. 1987. 2.5 inches diameter. Blue on white. Logo of birds flying over a forest silhouette.

7392. Durfee, Roy. 1986. Santa Fean offers recipe for health: Fortunes of his soyfood business ride on growing public awareness of tofu, tempeh. *Journal* (*Albuquerque, New Mexico*). Feb. 2. p. G1, G4.
• ***Summary:*** Jennings bought Southwest Soyfoods in July 1982. He now makes about 1,500 lb/day of tofu and has 6 employees. The tofu retails for $0.89 to $1.39.

Note: Talk with Richard Jennings. 1989. Aug. 22. He has renamed his company to The Food Plant. His main product is organic salsa. Soyfood products include tofu, tofu tamales, and a burrito filling. He stopped making tempeh in about June 1986. Photos show: Two workers making tofu tamales. Richard Jennings operating a soymilk extractor.

7393. *SoyaScan Notes.* 1986. Tally and analysis of clips from Soyfoods Clipping Service (Overview). Feb. 6. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Soyfoods Center received from Luce Press Clippings a total of 311 clips on the subject of soyfoods during the ten weeks from 17 Oct. 1985 to 6 Feb. 1986. These clips were on the following subjects: Tofu 130 clips (41.8% of total), soy ice creams 83 (26.7%; including 49 clips on Tofutti), tofu second generation products 17 (5.5%), whole dry soybeans 17 (5.5%), modern soy protein products 10 (3.2%, incl. isolates and concentrates), soy oil 10 (3.2%), soymilk 9 (2.9%), miso 8 clips (2.8% of total).

7394. *Toronto Star* (*Ontario, Canada*). 1986. Tempeh new to Toronto. Feb. 6. p. F5.
• ***Summary:*** "Soy based foods are available at more and more restaurants, specialty stores, and supermarkets, in response to a growing demand for lighter and meatless protein foods. For example, there has been a rapid rise in the popularity of tofu (soybean curd) and tofu based products.

"Once only for 'those who dare,' tofu is now available in all major supermarkets and in many major restaurants in Toronto.

"Moving quickly on the heels of tofu is tempeh, and Indonesian culinary delight."

Two varieties of tempeh (traditional soy tempeh and a

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lighter grain tempeh) is now being made by Soy City Foods in Toronto. They are served at: (1) Vegetarian Restaurant, 542 Yonge St.; (2) West End Vegetarian Restaurant, 2849 Dundas St. West.

Gives a recipe for Barbecued tempeh.

7395. Legler, Gretchen. 1986. Soyfoods a growing hit among U.S. consumers. From grits to fake meat: Top soymeal products named. *Agweek* (*Grand Forks, North Dakota*). Feb. 10. [1 ref]
• ***Summary:*** A photo shows Dr. Harold Kauffman of INTSOY. Address: Staff writer.

7396. Pedrick, Ed. 1986. Clofine spray-dried tofu: Development and production (Interview). Conducted by William Shurtleff of Soyfoods Center, Feb. 11. 1 p. transcript.
• ***Summary:*** Clofine is a dairy products ingredient company, not a retailer, that started in 1902. Clofine spray dried tofu was first sold commercially in about February, 1985. They make tofu from whole soybeans or soy flour, curd the soymilk with calcium sulfate (not GDL) and press in cloths to make a regular tofu (not a silken tofu), standardize the solids then spray dry it. Clofine is an office in New Jersey. They do not own plants, but they work with people who own plants. Pedrick has worked with two plants in developing spray-dried tofu. Address: Clofine Dairy & Food Products, P.O. Box 335, Linwood, New Jersey 08221.

7397. *Vashon-Maury Island Beachcomber.* 1986. Fire hits food plants [Island Spring]. Feb. 13.
• ***Summary:*** Fire destroyed the Island Spring packing plant early Saturday morning. Address: Washington.

7398. Wilson, Abigail. 1986. Tomsun Foods hopes 'Jofu' to be 'food of the future.' *Recorder* (*Greenfield, Massachusetts*). Feb. 15. p. 1.
• ***Summary:*** Tomsun Foods Inc. has introduced Jofu, a new soybean product that the company expects will more than double its sales this year. Free of dairy products and cholesterol, Jofu is "low in sodium and fat, high in calcium, iron, and protein, contains 'loads' of fruit, looks and tastes like yogurt, but lacks the sourness. Tomsun has been planning the birth of Jofu for nearly a year...

"Jofu is now for sale at Foster's Supermarket and Food Mart, making western Massachusetts the test market for what Tomsun hopes will become a product with a multi-million dollar profit, said Susan Friedman, advertising and promotion director at Tomsun... 'We call it "beyond yogurt." It's a dairy-free yogurt.'"

Tomsun has hired 20 people during the past year, bringing its payroll to 60. To accommodate the product, Tomsun plans to expand into a neighboring building now leased by Electric Motor Sales and Service. That building will house office space, equipment, and storage. Address: Staff reporter.

7399. Karlen, Michael. 1986. Re: New developments at Soyana. Letter to William Shurtleff at Soyfoods Center, Feb. 16. 4 p. Handwritten. [Eng]
• ***Summary:*** The company recently moved to this new address with a lot more space and modern equipment. They have started to sell soymilk and soy yogurt, and also to make Tofu Ravioli and Spaetzli (pasta), in addition to their organic nigari tofu. "The general situation looks promising with Migros, Co-op, and Galactina making their own new products, like tofu ice cream, tofu bread (still in test market), and soy dessert. I believe that 1986 could become a year with another major step toward general acceptance of soy products in Switzerland... More and more of the 13 big milk processing cooperatives are getting involved in the soy business... The whole situation is really exciting." Address: Friedensgasse 3, Postfach 8039, Zurich, Switzerland. Phone: 01-202-8997.

7400. Campbell, John. 1986. Jofu: An alternative to yogurt. *Democrat and Chronicle* (*Rochester, New York*). Feb. 19. p. 1A-2A.
Address: Staff.

7401. *Christian Science Monitor.* 1986. Bland bean curd makes a tasty dish. Feb. 19.
• ***Summary:*** Largely a recipe for Sweet and Sour Tofu provided by Tomsun Tofu Company.

7402. *Toyo Shinpo* (*Soyfoods News*). 1986. Tokyo Eki chikagai ni Tôfutti kaiten. Tôfu aisu senmon [Tofutti shop opens in Tokyo Station basement shopping center. Specializing in tofu ice cream]. Feb. 21. p. 1. [Jap; eng+]
• ***Summary:*** The first shop of its type in Japan, it is linked to the Daiei Group's Captain Cook.

7403. Biggs, Marcia. 1986. Who's hot. *Michigan: The Magazine of the Detroit News.* Feb. 23. p. 22.
• ***Summary:*** A color photo shows cousins William Guest and Edward Patten of Gladys Knight and the Pipps. They are founding American Tofu in Detroit to make NJOY, a frozen tofu dessert. It will be sold mainly in the Midwest.

7404. *Los Angeles Times.* 1986. New products: Tofu used as protein-rich potato topping (Advertorial). Feb. 27. p. K18.
• ***Summary:*** In this "Special advertising supplement," this disguised ad states: "Tofu, a source of protein to more than 1 billion people a day, is low in carbohydrates and saturated fats and contains no cholesterol.

"Tofu provides 10 usable grams of protein for every 100 calories, according to Hinoichi, one of the leading tofu brands in Southern California."

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Hinoichi offers three types of tofu, each with a different texture and uses: Soft (kinugoshi), regular (medium-firm Japanese style), and firm (Chinese style).

A recipe for Tofu-topped baked potatoes is given. A photo shows the dish, ready to eat.

7405. Bhatnagar, P.S. 1986. Current aspects of soybean in India. Paper presented at International Convention of "Prospects for Soybean Utilization." 25 p. Feb. Organized by Soyabean Processors Assoc. of India on 15-16 Feb. 1986 at Indore, MP, India. [11 ref]

• ***Summary:*** Contents: Introduction. Soybean in India. Production potential in India. Place in cropping system: Will not affect groundnut production since optimum soil and climatic requirements of the two crops are not the same. Progress of research. Utilization: Food uses of soybean, food uses of soya oil, potential food uses in India (defatted soya flour, tofu, soy beverages, frozen desserts). Major constraints (to development of soybean in India).

Oilseed production in India is about 12 million tonnes. In addition, India imports 1.5 million tons of edible oil at a cost of about 10,000 million rupees a year to provide only 11 mg per person per day, which is less than the recommended [by whom?] 18 gm per day. This the importance of the soybean in India become overwhelmingly apparent.

The soybean is also a good source of high-quality, low-cost protein, yielding 2-3 times as much per acre as traditional Indian pulses and at a much lower price per unit weight.

"Farmers have liked soybean because of its low input requirements for labour and nitrogenous fertilizers and wider adaptability. Due to its ability to fix atmospheric nitrogen in the soil, more than its own requirement, the fertility of the soil is improved and the crop following soybean yields better. About 30-40 kg of nitrogen per ha is saved for the succeeding crop."

"Although black soybean has been cultivated for ages in the low hills of the Kumaon and Garhwal regions of Uttar Pradesh as well as in the foothills of the Himalayas and is some scattered pockets of Central India, the crop, strangely enough, had not become popular in the sub-continent."

Tables show: (1) Average yield, oil and protein content of soybean and other pulse crops in similar conditions in India. The other crops are pigeon pea (*Cajanus cajan*), black gram (*Phaseolus mungo*), cowpea (*Vigna sinensis*), green gram [mung bean] (*Vigna radiata*). Soybean has by far the highest yield, oil, and protein content.

(2) Biological value of protein from selected commodities: The commodities are egg, soybean, corn, wheat flour, rice (milled [white]). The values are Biological Value, Protein Score, and Net Protein Utilization.

(3) Targeted and actual cultivation (ha) as well as production (tonnes) in India under the centrally sponsored scheme for soybean development (1978-1984, in 7 states).

(4) Estimated area potentially available for soybean in Madhya Pradesh and Uttar Pradesh. (5) Indigenously bread released varieties of soybean (19 varieties). Five columns show: (1) Name of variety. (2) Whether released by central or state variety release committee. (3) Area of adaptability. (4) Duration (days to maturity) (5) Yield potential (quintals per ha; 1 quintal = 100 kg). (6) Recommendations on package of practices for soybean cultivation in India. (6a) Important food uses of soybean. (7) Composition of defatted soya flour. (8) Protein and energy densities of some cooked foods and commercially available soya flours. (9) Chemical properties of wheat flour, animal protein (egg and milk) and soya flour. (9a) Protein per cent (by weight) in different food products (incl. may soy products). (10). Net protein utilization of different food commodities. (11) Composition of nutrients in 100 gm of different types of tofu. (12) Composition of whole cow milk and soya beverages. Address: Project Coordinator, All-India Coordinated Research Project on Soyabean (ICAR), G.B. Pant Univ. of Agriculture & Technology, Pantnagar, UP, 263145, India.

7406. deMan, J.M. 1986. The growing importance of plant proteins in food. *Notes on Agriculture* (*Guelph, Ontario*) 20(1):13-14. Feb.

• ***Summary:*** "If we look at the list of promising candidates for new foods of the future, soybean appear to be the best answer... Soy proteins are already widely used as food ingredients, e.g. in bread, and it appears certain that slowly but surely plant proteins will continue to play an increased role in the food supply." Soybeans and soy flour are among the least expensive sources of protein, and an acre of land can produce more protein from soybeans than from any other conventional farm crop. Table 3 shows the price of a kilogram of protein from various sources in 1984 in Guelph, Canada: Soybeans $1.11. Wheat $2.14. Bread $17.00. Milk $17.14. Ground beef $24.66. Tofu $25.00. Cheese $40.00. Yoghurt (dairy) $62.56. Sirloin steak $74.06. Address: Dep. of Food Science, Ontario Agricultural College, Univ. of Guelph, ONT, Canada.

7407. *Eiyo to Ryori* (*Nutrition and Food, Tokyo*). 1986. Daizu, daizu seihin: Mijika na tanpakushitsu-gen [Soybeans and soyfoods: A protein source which is close at hand]. Feb. p. 22-34. [Jap]

• ***Summary:*** A collection of recipes, each accompanied by a color photo, using tofu, deep-fried tofu pouches, tofu cutlets, dried-frozen tofu, boiled soybeans, tofu burgers (ganmodoki), okara, and yuba. Address: Japan.

7408. Honer, Clem. 1986. New potential for soy: Soy isolates open doors for soy-based yogurts and other products. *Dairy Foods.* Feb. p. 60.

• ***Summary:*** The use of soy protein isolates instead of whole soymilk may allow more dairy processors to cash in on the

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growing consumer demand for cholesterol- and lactose-free products. To make a non-fermented yogurt-like product, soy protein "isolates are dispersed in water and blended with vegetable oil, lecithin, corn syrup, sodium citrate, and other ingredients. The product is then HTST pasteurized at 180ºF and homogenized at 2,500 psi during the first stage and 500 psi at the second stage. At 176ºF, one percent glucono-delta-lactone (GDL) is added. Coagulation occurs as the GDL slowly releases gluconic acid."

7409. **Product Name:** Legume Meatless Pepper Steak with Kofu (fresh wheat gluten) and Noodles.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Road, A-4, Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1986. February.
New Product–Documentation: Talk with Gary Barat. 1986. March. Legume introduced this product at the Natural Products Expo at Anaheim in Feb. 1986. Ad in Natural Foods Merchandiser. 1986. Oct. p. 110. "A Break from Steak." Spot in East West. 1986. Dec. p. 12. "Wheat meat market." This all-natural frozen entree uses kofu (also known as seitan or wheat meat).

Talk with Lenny Jacobs of East West Journal. 1990. Sept. 10. Legume bought the wheat gluten for this product from Upcountry Seitan in Lenox, Massachusetts.

Talk with Sandy Chianfano of Upcountry Seitan. 1991. Nov. 16. Legume bought kofu (fresh wheat gluten) not seitan, from her company for this product. "I told Barat I didn't think it was a good product to start with. You should put it in either your Mexican line or your Italian line. You're mixing a grain with a grain, and it doesn't even look good. He had Celentano's make the finished product. He didn't put the money into promoting it that he had planned to so it fizzled out."

7410. **Product Name:** Nasoyanaise (Tofu-Based Mayonnaise).
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park, (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1986. February.
Ingredients: Nasoya tofu (well water, organic soybeans, natural nigari type coagulant), cold-pressed sunflower oil, well water, rice syrup, wood-aged apple cider vinegar, prepared mustard (vinegar, water, mustard, salt, turmeric, spices, natural flavor), seasalt, natural vegetable gum.
Wt/Vol., Packaging, Price: 14 oz jar, 12 per case.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 1 tbsp, 14 gm.: Calories 40, protein 1 gm, carbohydrate 1 gm, fat 4 gm.
New Product–Documentation: Soyfoods. 1983. Summer. p. 52. "Nasoya Restyles Tofu Dips." This product, originally named Soyannaise, was introduced in December 1979; Label. 1985. 9.25 by 2.25 inches. Paper. Red, white, blue and light yellow. "Made with fresh tofu. Less than ½ the calories of mayonnaise. No cholesterol. No sugar. 100% natural. Low sodium. Use Nasoyanaise right from the jar as a delicious alternative to other spreads and dressings in your favorite salad or sandwich, on vegetables, fish, baked potatoes and more. Nasoyanaise will add a special wholesome richness to your favorite recipes." Ad in Vegetarian Times, Aug. 1986, inside rear cover. "Introducing Nasoya Creamy Tofu Dressings and Nasoyanaise." Ad in East West. 1986. Nov. p. 83, and in Vegetarian Times. 1986. Nov. p. 33. "Introducing... 2 New Ways to Enjoy the Goodness of Tofu!" Food Report (Lehmann). 1986. Feb.

7411. **Product Name:** Harvest Light Tempeh.
Manufacturer's Name: Northern Soy Inc.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1986. February.
Ingredients: Organically grown soybeans, filtered water, apple cider vinegar, live tempeh culture.
Wt/Vol., Packaging, Price: 8 oz vacuum packed. Not frozen. Steamed.
How Stored: Refrigerated, 45 day shelf life.
New Product–Documentation: Manufacturer's catalog. 1987. Oct. Talk with Andy Schecter. 1988. Feb. 17. This is the brand for their steamed, vacuum packed, non-frozen tempeh. The separate brand idea started with their vacuum packed tofu; previously all of their tofu had been fresh and unpackaged in bulk.

7412. Rocheman, Marc. 1986. Les aliments fermentés derivés du soja [Fermented foods derived from soya]. *Biofutur* No. 43. p. 34-42. Feb. [8 ref. Fre]
• ***Summary:*** Gives the composition and nutritive value of various soy products: tofu, fermented tofu (sufu), miso, natto, shoyu, and tempeh. Describes the possibilities for use of koji, as a source of proteases and peptidases, in the production of these fermented foods.

7413. Sims, Pat. 1986. "Tofu Pups." Weenies of the New Age. *American Health.* Jan/Feb. p. 105.
• ***Summary:*** "Tofu Pups (launched in Sept. 1985) are totally vegetarian, contain no nitrates or cholesterol and have only half the fat and less than one-half the sodium of beef franks. Price: $2.59 for an 8-pack."

7414. **Product Name:** [Tofu Burger (With Sesame)].
Foreign Name: Tofu-Burger (Sesam).
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1986. February.
Ingredients: Soybeans, millet, rolled oats (from controlled

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cultivation), whole wheat flour, vegetables, herbal salt, herbs, spices.
How Stored: Refrigerated.
New Product–Documentation: Brochure sent by Sojarei Ebner-Prosl. 1989. Oct. 12. "Fresh products." "Tofu patties in various sizes and flavors" (Tofu-Laibchen in verschiedenen Grössen un vielen Geschmacksvarianten). Note: The tofu burger apparently has no added bread crumbs like a laibchen.

Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 1.75 by 3.75 inches. Made purely from plants (rein pflanzlich), of high quality. Without chemical preservatives, artificial colorings or flavorings. Logo is a green soybean plant against a white circular background. In the company's Jan. 1989 catalog this product is called Tofu-Burger, is described as a crisp patty with basil and sesame, precooked. It sells retail in 75 gm weight.

7415. **Product Name:** [Tofu Ravioli (with Bolognese Sauce, or with Cheese Cream Sauce)].
Foreign Name: Tofu-Ravioli (an Sauce Bolognese, or an Kaese Rahmsauce).
Manufacturer's Name: Soyana.
Manufacturer's Address: Friedensgasse 3, Postfach 8039, CH-8002 Zurich, Switzerland. Phone: 01-202-8997.
Date of Introduction: 1986. February.
Wt/Vol., Packaging, Price: 400 gm.
New Product–Documentation: Letter from Michael Karlen. 1986. Feb. 16. They now sell soymilk. Brochure. 1986. Soyana. The Future has begun. 10 panels. Blue and white. In German. Tofu Ravioli. Without flesh. Ready to eat; just warm in a pan. Keeps without refrigeration. Whole-grain, organically grown. Two varieties. The sauce Bolognese is made with tomatoes and Soyana soy protein [TVP].

7416. **Product Name:** Tofu Master Tofu [Firm, or Soft], and Tofu Master Gourmet Tofu.
Manufacturer's Name: Tofu Masters, Inc.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1986. February.
Ingredients: 1. Soymilk, calcium sulphate; 2. Water, soybeans, calcium sulfate and/or magnesium chloride.
Wt/Vol., Packaging, Price: 1. 500 gm; 2. 10.6 oz (300 gm).
How Stored: Refrigerated.
Nutrition: 1. Per 100 gm.: Protein 7 gm, fat 3 gm, carbohydrates 1 gm, calories 58, sodium 2 mg, potassium 97 mg. 2. Per 4 oz (113 gm): Calories 120, protein 16 gm, carbohydrate 4 gm, fat 6 gm, cholesterol 0, sodium 0, potassium 180 mg. Percentage of U.S. RDA: Protein 26, calcium 45, iron 10.
New Product–Documentation: Talk with Kathleen O'Bannon. 1990. March 7. Label sent by Kathleen O'Bannon. 1990, March. 5.25 by 4.25 inches. Green, yellow, black, and red. Printed on film. Logo of a stylized rayed sun.

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UPC indicia.

Photocopy of Label sent by Kathleen. 1990. March. 7 by 5 inches. "Sodium free. Preservatives free. Cholesterol free. Product of Canada."

7417. **Product Name:** Laufer's Gourmet Tofu Red Chili.
Manufacturer's Name: Tumaro's Inc.
Manufacturer's Address: 5300 Santa Monica Blvd., Los Angeles, CA 90029.
Date of Introduction: 1986. February.
Ingredients: Tomatoes, water, tofu, red beans, corn, onions, bell pepper, carrots, mushrooms, chili powder, celery, garlic, cumin, tamari, corn oil.
Wt/Vol., Packaging, Price: 11 oz.
Nutrition: Per 11 oz.: Calories 260, protein 18 gm, carbohydrates 24 gm, fat 11 gm, sodium 421 gm.
New Product–Documentation: Leaflet. 1986, undated. 8½ by 11 inches. Black on beige. "The complete line of homemade chili entrees. No meat. No preservatives. Nothing artificial." Food Report (Lehmann). 1986. Feb.

7418. *Toyo Shinpo* (*Soyfoods News*). 1986. 32 kakoku 480 man cho yushutsu. Morinaga Nyûgyô sakunen no jisseki [Morinaga exported 4.8 million cakes of tofu to 32 countries last year. A new company record]. March 1. p. 2. [Jap; eng+]
• ***Summary:*** In Japanese, the product is called LL Tofu, meaning Long Life. The article refers to Morinaga's firm silken tofu as "momen." A photo (see previous page) shows a famous Japanese American promoting the tofu as "Guaranteed fresh, no preservatives, ready to serve." Morinaga has also made a color photo for use as a point-of-purchase ad.

7419. McMath, Robert M. 1986. From the publisher. A potential winner [Jofu from Tomsun Foods, Inc.]. *Product Alert.* March 3.
• ***Summary:*** "Seldom do we have an opportunity to get particularly excited about a new product... Tofutti made tofu acceptable to the American population in general. Jofu may make it a sought-after staple in many American diets, just like yogurt is today." Address: Naples, Wyoming.

7420. *Toyo Shinpo* (*Soyfoods News*). 1986. Kubota Kôgyô. Shiboriki no esu, Shiboraa. Botan osu dake no jido tôfu seizô sôchi [Automated tofu system from Kubota Kogyo in Osaka, Japan]. March 11. p. 7. [Jap; eng+]

7421. *Toyo Shinpo* (*Soyfoods News*). 1986. Tôfu wa 90 chô chikaku kônyû. Zenkoku issetai atari nenkanryô 22 nenkan de hobo kawarazu [Nationwide per household consumption of tofu in Japan is about 90 cakes (300 gm each). It hasn't changed much since 1964]. March 11. p. 1. [Jap; eng+]
• ***Summary:*** The high since 1964 was 93.5 cakes (in 1967) and the low was 83.3 cakes in 1974.

7422. Alpine, Lisa. 1986. Tofu business is down to earth. *Fax* (*The*) (*Fairfax, California*). March 18-31. p. 9.
• ***Summary:*** This is an interview with Paul Orbuch and Bill Bramblett, who run Wildwood Natural Foods. Paul and Bill are described as "super business people" who love Fairfax–which is why they have kept their business there, even though it has recently expanded and lower rents can be found in the industrial section of San Rafael. Wildwood, which put Fairfax on the map as the "Tofu capital of the world," has its roots in Fairfax. "Around 1978, the Good Earth health food store on Bolinas Rd. wanted to start selling their own sandwiches. So Paul Duchesne of Fairfax began making them in the Sleeping Lady Cafe kitchen. He created the brown rice and tofu sandwich which was his best seller and is still tops on the Wildwood orders today. As an offshoot to that success, Paul D. expanded his orders to include the other health food stores in the area.

"Bill Bramblett was the breakfast cook at the Lady and sampled many of Paul's sandwiches. He suggested that they join forces and start aggressively selling them in other parts of the Bay Area. Bill wasn't fooling around. He invested money and rented the space at 135 Bolinas Rd. with the idea of also manufacturing Tofu.

"Meanwhile Paul D. went to Boston [Massachusetts] to study macrobiotics with Michio Kushi, and Chris Smith took over his sandwich delivery business. Chris came up with the name Wildwood and Bill looked in the dictionary to see if it fit. Wildwood: 'a wood lane in its natural state.' Everyone decided it worked.

"Chris then went off to Boston to study and Paul D. returned to operate the sandwich making and get the Tofu production off the ground with Bill.

"After reading 'The Book of Tofu,' Bill and Paul D. realized it was no minor venture and in order to buy the equipment they would need more capital. Paul Orbuch and Frank Rosenmayr joined as investors and plans were drawn up to change the building to fit their needs. There was a lot of opposition from the town planning commission and private areas that held things up for four months. The permit complications and the necessary approval of the town planning commission pushed Bill to an impassioned plea in front of the town council that 'making sandwiches is a quiet business and bread is soft and acoustic.'

"During the first six months they lost money and the partners started taking an even more active interest in the business. Paul Duchesne stepped back and Bill took over the books and got a computer. Paul O. focused on production, distribution, product development and the graphics while Frank remodeled the facilities and put his management skills to work. Slowly, through organization, they formed a solid foundation for their business.

"The delivery routes grew and other fresh food companies started using Wildwood for their distribution.

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Today, outside distribution accounts for a healthy percentage of their business. They deliver to over 200 wholesale customers, three to six times a week. Wildwood has grown tremendously in the seven years since its conception and now includes two manufacturing locations for their wholesale business and a retail deli, all located in Fairfax."

"Why did they expand from a wholesale business to a retail Deli? 'The Deli is the lab where we can find out what is going to be popular in health food,' explained Bill."

"'The Deli gives us a chance to create new products and a way to serve them in other locations,' added Paul."

7423. Gage, R. 1986. Ice cream taste-alike made from field peas. *Globe & Mail* (*Toronto, ONT, Canada*). March 25.
• ***Summary:*** Tofu Treat, a non-dairy frozen dessert, is made with tofu that is made from peas rather than soybeans, by Thai Foods Ltd. of Winnipeg. Address: Winnipeg, MAN.

7424. Norman, Bill. 1986. Chinese to begin building Joliet plant. *Journal* (*Kankakee, Illinois*). March 26.
• ***Summary:*** "The People's Republic of China will begin building its first manufacturing facility in the United States next month when construction begins on 'Cathay Foods, Inc.' at Joliet, Illinois." The new firm will make soy sauce and tofu.

7425. Steiner, Mary P. 1986. Tofu, tempeh also good in dinner entrees: Third of series. *News* (*Bluffton, Ohio*). March 27.
• ***Summary:*** This is the third part of a series on a class in Bluffton Family Recreation class in cooking with whole foods. "The instructors include many recipes using tofu and tempeh, both of which are soybean products." Gives recipes for: Almond tofu. Chili con tofu. Tempeh stroganoff. Orange pudding. A photo shows Hans Houshower stirring tofu in a wok.

7426. **Product Name:** [Bean Curd (Chinese Style, Silken)].
Manufacturer's Name: Chinese Style Bean Curd.
Manufacturer's Address: 106 Jawatta Rd., Colombo, Sri Lanka. Phone: 582-796.
Date of Introduction: 1986. March.
Ingredients: Soya, glucose, etc.
Wt/Vol., Packaging, Price: 400 gm plastic bag retails for Rs. 18/50.
How Stored: Refrigerated, 3 day shelf life.
New Product–Documentation: Label. 1988. 4 by 3 inches. Black on white paper. Form filled out by Jane Gleason. On 18 March 1988 she talked with Mr. Chao, the producer. This is a "silken" type tofu made from soybeans imported from the People's Republic of China, which is said to give it a taste superior to that made from local beans. It is a competitor of Boncheese. Mr. Chao uses 500 kg/month of soybeans. He pays 40-50 Rs/kg for his imported beans. Demand is stable. People buy his product mainly for the good taste.

7427. *East West.* 1986. The best & worst natural foods. East West's first annual awards. March. p. 83-86.
• ***Summary:*** "Frozen non-dairy desserts. Best hard-serve product: Rice Dream by Imagine Foods of Palo Alto, California. Leaves all the soy products with their squabbles about tofu content and soy isolate use in the dust." Address: Massachusetts.

7428. **Product Name:** Tofu Salad, and Tofu Hummus.
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.
Date of Introduction: 1986. March.
New Product–Documentation: See next page. Talk with Gary Abramowitz. 1989. Aug. 21. These products were introduced in about March 1986, after he had been with the company for about a year, but it could have been late 1985.

7429. **Product Name:** Firm Tofu (Doufu), Soft Tofu (Sui Doufu), Soymilk (Dou-nai), and Pressed Tofu (Doufu-gan).
Manufacturer's Name: Golden Gate Tofu.
Manufacturer's Address: 1265 Griffith St., San Francisco, CA 94124. Phone: 415-822-5613.
Date of Introduction: 1986. March.
How Stored: Refrigerated.
New Product–Documentation: 1987. Talk with Richard Rose. 1988. Aug. Bob Chen is the cousin of Maung Ming of Mighty Soy. The company is at Hunters' Point. Talk with Bob Chen. 1988. Aug. 16. He was born in Calcutta, India, of Chinese parents, and raised in Burma. Golden Gate is his first tofu company, and he started it from scratch in March 1986, with three products. He added pressed tofu in late 1986. Today he sells mostly to the Chinese market but some to health food stores.

Label for Soft Tofu purchased at a grocery store in Chinatown, Oakland, California. 1992. Oct. 28. 4.5 inches square. Red, blue, and white on clear plastic film. Illustration of a large red gate. Ingredients: Soy bean, water, 1/10 of 1% natural calcium sulphate. 16 oz water pack.

Form filled out and faxed by Robert Chen. 1998. July 2. The company is still in business; the address and phone number are unchanged.

7430. **Product Name:** Tofu for You (Non-Dairy Frozen Dessert Dry Blends).
Manufacturer's Name: Ingredient Technology Corp. (ITC), Ingredient Systems Div.
Manufacturer's Address: Chicago, Illinois.
Date of Introduction: 1986. March.
Ingredients: Base containing all dry ingredients plus corn sweeteners, vegetable oil, spray dried tofu, soy protein

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isolate, natural fruits and flavorings, lecithin, stabilizers, emulsifiers.
Wt/Vol., Packaging, Price: Sold in bulk.
How Stored: Shelf stable.
New Product–Documentation: Food Processing. 1986. March. "Non-dairy Frozen Desserts from Tofu Blend Base." This is a non-dairy frozen dessert based on powdered tofu.

7431. **Product Name:** Island Spring Tofu Dressing (Salad Dressing) [Blue Cheese, Ranch-House, or Fruit].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1986. March.
Ingredients: Blue Cheese: Soybean oil, water, tofu, blue cheese, distilled vinegar, fructose, salt, whey protein concentrate, spices, xanthan gum, garlic.
Wt/Vol., Packaging, Price: 12 fluid oz bottles.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per tablespoon: Calories 81, protein 70 mg, carbohydrate 2 gm, fat 8 gm, sodium 126 mg, cholesterol 80 mg, lactose 0 mg.
New Product–Documentation: Food Report (Lehmann). 1986. March. Beachcomber (Vashon, Washington). 1986. Nov. 26. Labels. 1986. 7 by 2.25 inches. Blue, salmon pink, and yellow. Shows sun or moon rising over mountains and water. "A fitness food from the Pacific Northwest U.S.A."

7432. Leonard, Tom. 1986. The emperor's tofu. Let the highest standard be your guide. *East West.* March. p. 16-17, 19-20, 22. [1 ref]
Address: Massachusetts.

7433. *Nasoya Newsletter.* 1986. In search of excellence. March. p. 1.
• ***Summary:*** In June 1985 John Paino and Bob Bergwall, the two co-founders of Nasoya, visited Japan to look for tofu making equipment for their new plant. Late that fall, they ordered a system from Sato Shoji Co. of Tokyo. "In February, 7 large trailers arrived with our new equipment, which will be operational by the first week of April, 1986." Four styles of tofu will be exclusively water packed.
Address: Leominster, Massachusetts.

7434. **Product Name:** Nature Break Tofu Dressing (Reduced Calorie) [Italian, Herb, French, or Thousand Island].
Manufacturer's Name: Nature Break. Div. of the Estee Corporation.
Manufacturer's Address: Parsippany, NJ 07054.
Date of Introduction: 1986. March.
Wt/Vol., Packaging, Price: 8 fluid oz glass bottles.
How Stored: Shelf stable.

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7435. **Product Name:** The Soy Deli Tofu-Tempeh Burgers.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986. March.
Ingredients: Organic tofu, organic tempeh, fresh carrots and onions, sesame seeds, sunflower seeds, currants, safflower oil, sea salt, garlic powder.
Wt/Vol., Packaging, Price: 7 ox (199 gm) vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 3.5 oz.: Calories 268, protein 18.6 gm, carbohydrate 9.3 gm, fat 17.3 gm.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. Pre-cooked, they are quick and easy to prepare by toasting, broiling, frying, or microwaving. Labels (front and back). 1987. 5 inches square. Orange and brown on white film. "High in protein. No cholesterol, contains no meat. Pop 'n serve."

Product Alert (Naples, WY), 1986. March 17. "27. Misc. foods." Soy Deli Tofu-Tempeh Burgers were spotted "at a recent health food show."

7436. **Product Name:** The Soy Deli Pacific Tempeh Burger [Original, or Marinated].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986. March.
Ingredients: Marinated: Organic soy tempeh, water, shoyu (natural soy sauce), lemon juice, natural herbs and spices, safflower oil.
Wt/Vol., Packaging, Price: 7 oz (199 gm) vacuum pack.
How Stored: Refrigerated.
Nutrition: Marinated: Per 3.5 oz. Calories 247, protein 18 gm, carbohydrates 12.1 gm, fats 13.75 gm, sodium 13 gm, vitamin B-12 2.2 mg.
New Product–Documentation: Labels for both. 1987. 3.5 inches diameter. Front and back. Front is full color, with orange, yellow and red lettering. Photo of a round burger with onions rings on top, on mushrooms, lettuce and tomato. "Pop 'n Serve. Meatless. Delicious. High Protein. No Cholesterol. Good food in minutes."

7437. **Product Name:** The Soy Deli Garden Salad (Tofu-Based Eggless Egg Salad).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986. March.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. Label reads: "Great for sandwiches and dips. A cholesterol-free egg salad substitute."

7438. **Product Name:** The Soy Deli Cottage Salad (Tofu-Based Non-Dairy Cottage Cheese).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986. March.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. Label reads: "Great for sandwiches and dips. A cholesterol-free cottage cheese substitute."

7439. **Product Name:** The Soy Deli Pacific Tempeh.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986. March.
Ingredients: Water, organically grown soybeans, tempeh starter (Rhizopus oligosporus).
Wt/Vol., Packaging, Price: 8 oz vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 190, protein 20 gm, carbohydrates 14 gm, fat 9.7 gm, sodium 10.5 mg, vitamin B-12 2.5 mg.
New Product–Documentation: Note: Pacific Tempeh was acquired by Quong Hop & Co. in South san Francisco on 1 July 1984. Label. 1987. 3.75 by 4.25 inches. Full color, with orange, yellow and red letters. Photo of a dish of fried tempeh on rice. "Cultured soyfood. Delicious. High protein. Easy to cook. No salt."

7440. Robeznieks, Andis. 1986. Frozen foods: Nutritious and convenient [Worthington Foods, Legume, and Walker & Wilks Tofoods]. *Vegetarian Times.* March. p. 39-41.
• ***Summary:*** Ed Walker, a long-time teacher of transcendental meditation, has been testing his recipes for the past 8 years on groups of meditators. Tofoods currently has 3 entrees and will add 5 more this year. Last year Center for Science in the Public Interest evaluated 360 frozen entrees for taste and nutrition. Two by Legume, Inc. were in the top five: Tofu Bourguignon and Sesame Ginger Stir-Fry.

7441. **Product Name:** Tofu Dressing [Tofu Tahini, or Poppyseed].
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 2965 5th Ave., San Diego, CA 92103.
Date of Introduction: 1986. March.
New Product–Documentation: Talk with Gary Stein. 1989. Feb. 17. He recalls that this product was launched in about March 1986. Both flavors are still sold.

7442. Shon, Dong-Hwa; Lee, Hyong-Joo. 1986. [Stability of protein colloids in a mixture of cheese whey and soy

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milk]. *Han'guk Nonghwa Hakhoe Chi* (*J. of the Korean Agricultural Chemical Society*) 29(1):83-89. March. [23 ref. Kor; eng]
• ***Summary:*** Studies the parameters affecting the colloidal stability of whey and soybean proteins, characteristics of tofu-type gel formation, effects of heat treatment, and salt composition on colloidal stability, and effects of heat treatment on storage stability. In experimental types of tofu made from a mixture of whey and soymilk, calcium in the whey precipitated the soy proteins and disrupted gel formation, resulting in curds of poor texture. Numerous dialysis tests were conducted. Address: Dep. of Food Science & Technology, College of Agriculture, Seoul National Univ., Suwon, South Korea.

7443. **Product Name:** Sombrero Joe (Mexican Flavored Sloppy Joe with Tofu).
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 4877 North Green Bay, Milwaukee, WI 53209. Phone: 414-264-4133.
Date of Introduction: 1986. March.
New Product–Documentation: Talk with R. Jay and Barbara Gruenwald. 1989. June 12. This product was launched in March 1986. It is used as a filling for tacos, burritos, or enchiladas.

7444. Winter, Dorothy. 1986. The substitute foods industry–New directions. Business Communications Co., Inc., 9 Viaduct Rd., P.O. Box 2070C, Stamford, CT 06906. 186 p. March. Report No. GA-052. *
• ***Summary:*** Table of Contents lists the following: The Tofu Market Scene. Description, Manufacturer's and their products. Markets, sales, and outlook. Tables: Percentage of Tempeh Sales by Type. Largest Tofu-Tempeh-Miso Manufacturers in the U.S., 1984. Tofu/Tempeh/Miso Industry in the United States, 1984 and 1990. Much of this material seems to be taken without permission from *Soyfoods Industry & Market* by Shurtleff & Aoyagi.

Other chapters: The role of protein in substitute foods, Meat (extenders and analogs). Dairy substitutes. Regulation in the substitute foods industry. Address: Stamford, Connecticut.

7445. **Product Name:** [Yves Tranches Deli Slices. Bologna Style].
Foreign Name: Style Saucisson de Bologne.
Manufacturer's Name: Yves Natural Foods (Yves Fine Foods Inc.).
Manufacturer's Address: 1138 East Georgia St., Vancouver, BC, V6A 2A8, Canada.
Date of Introduction: 1986. March.
Ingredients: Tofu (soybeans, nigari, water), pure vegetable oil, wheat gluten, dried [egg] albumen, wheat germ, nutritional yeast, spices, hydrolysed vegetable protein, natural hickory smoked flavor, natural color, beet powder, sea salt, guar gum.
Wt/Vol., Packaging, Price: 6 oz (165 gm) vacuum packed. 155 gm retails for $2.29 (8/91).
How Stored: Refrigerated, 28 day shelf life. Or frozen.
New Product–Documentation: Label. 1987. 3.5 inch diameter. Self adhesive Yellow, red, and black. Self adhesive. A second self-adhesive label on the back lists ingredients, in black only. Company name is Yves Fine Foods Inc., Vancouver, Canada V6B 1G4. Soy Power Co. 1987. Catalog.

Label. 1991. Aug. new design. 4.5 by 5.5 inches. Plastic. Red, blue, white, and tan. "Yves Deli Slices do not contain any animal products and are prepared with fresh organic tofu."

7446. *Toyo Shinpo* (*Soyfoods News*). 1986. Ima buumu yobu Haiga Tôfu to wa... Taisei Sangyô ga kaihatsu. Eiyô-ka mo amami mo subete baizô. Kongo wa zenkoku tenkai e [What is soy sprout tofu, whose sales are booming? Taisei Sangyo developed it. The nutritional value and sweetness are doubled. They plan to market it nationwide]. April 1. p. 5. [Jap; eng+]
• ***Summary:*** The product, invented by Katsushi Oguchi, President of Taisei Sangyo, of Okayama prefecture, is produced and marketed by three companies now. Taisei makes the sprouting machine. The product is easier to digest than regular tofu.

7447. *Toyo Shinpo* (*Soyfoods News*). 1986. Iwa Shimizu no aji ga ikiru. Gokayama (Toyama-ken) no tôfu [The taste of firm tofu made with mountain spring water is still alive at Gokayama in Toyama prefecture]. April 1. p. 7. [Jap; eng+]
• ***Summary:*** The tofu from this village, located in an isolated area, is so firm you can carry it by a rice straw rope.

7448. *Toyo Shinpo* (*Soyfoods News*). 1986. In shoppu Kuge ga kaiten. Nichii Fujidera-ten. Fureeku No. 1 tôfu o takaku hyôka. Nakamuta no puranto ga yakudô [New-style tofu shop, using Nakamuta plant, in the Nichii supermarket in Fujidera. It uses Flake No. 1 soy flakes to make tofu, and is selling it freshly fried to customers]. April 1. p. 3. [Jap; eng+]
• ***Summary:*** This new approach is succeeding well.

7449. *Toyo Shinpo* (*Soyfoods News*). 1986. Haigyôsha wa 1800 sha (59 nendo). Shinki san nyûgyôsha 1100 sha mo. Kôseisho chôsa tôfu seizôgyôsha-sû wa 26,032 [In 1984 in Japan 1,797 tofu companies went out of business and 1,067 started business, for a net decrease of 730. Total number of tofu companies is 26,032]. April 1. p. 1. [Jap; eng+]
• ***Summary:*** On average, there was 1 tofu shop for every 4,619 Japanese people. Also, there were 949 natto companies, down 1.86%.

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7450. Jones, Irmarie. 1986. Local firm finds joy in tofu. *Recorder* (*Greenfield, Massachusetts*). April 2. p. 15.
• ***Summary:*** Tomsun has become the largest non-Oriental-owned tofu manufacturing company in the world, and it has expanded its product line accordingly to include Tomsun won-ton and egg roll wrappers, fresh noodles, ginger soy sauce, five spice powder, and tofu burgers. Tomsun also makes firm and soft tofu, herb tofu and spicy tofu, plus Jofu, the first chilled, spoonable blend of tofu and fruit. Tomsun now sells more than 3,000,000 lb/year of tofu. Gives a recipe for Sweet apple egg roll surprise. An illustration (line drawing) shows labels of the first 5 products listed above. Address: Staff reporter.

7451. Harrison, Slater. 1986. Re: Work of the Mennonite Central Committee (MCC) with soybeans in Bangladesh. Letter to William Shurtleff at Soyfoods Center, April 3. 1 p. Typed, with signature on MCC letterhead. [1 ref]
• ***Summary:*** George Horlings' book [report] on soybeans in Bangladesh–summarizing his work and that of others on soybean utilization and production–should be published within 2 months.

A Japanese nutritionist, Dr. Yoshimiko Kobayashi (a soyfoods expert), is now helping MCC; she is with a volunteer organization of Japanese doctors.

Bob Burns got 9 large seeded vegetable type soybeans for "edamame." He planted them and got a second generation of quite a few more. Both Bob and Slater make tempeh regularly. Several immigrants from Hong Kong are making tofu in Dhaka. Address: c/o MCC, P.O. Box 5, Maijdi Court, Noakhali, Bangladesh. Phone: 317065 or 316461.

7452. Hower, George. 1986. Tofu: Brightsong Foods markets more than 90 soy products. *Press-Democrat* (*Santa Rosa, California*). April 6. p. 1E, 8E.
• ***Summary:*** Richard Rose discovered the late 1970s that his frequent respiratory illnesses were caused by a severe allergy to dairy products. He was a vegetarian and dairy products made up a major component of his diet. But when he substituted tofu for dairy products he felt he took a step toward eliminating illnesses he had suffered since childhood. At first they were simply tofu consumers, buying their tofu at a company near Ukiah. Later they bought the company.

In 1982 they moved the company–Brightsong Foods–to Petaluma to be nearer the Bay Area market and transportation, and in 1984 their company received the backing of a venture capital firm. Article contains large photos of the inside of the Brightsong plant and its equipment.

7453. Hansen, Judy. 1986. Soybeans go across the street, across the country. *Herald* (*Saint Peter, Minnesota*). April 7. p. 1B.
• ***Summary:*** St. Peter Creamery and Oberg Foods Co. make Soy Supreme in Minnesota. Dennis Anderson, plant manager, notes that the company succeeded by taking dairy technology and applying it to the soybean. They start with whole soybeans (hulls on) and end with a dried powder. They also make a dried tofu. The company has been processing soybeans for 18 months [i.e. since Nov. 1984]. They apparently make Farm Foods Ice Bean, a photo of which is shown.

7454. Brodsky, Mark. 1986. Finnsugar Biochemicals and makers of GDL or glucono-delta-lactone (Interview). *SoyaScan Notes*. April 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Four companies make GDL: Finnsugar, Fujisawa in Japan (1,000 to 1,500 tons/year), Pfizer, and Roquette in France. In this country, it is all imported from Ireland. ADM uses Finnsugar's GDL. Calcium gluconate will work as a tofu coagulant and add calcium, but it is very expensive. GDL works by hydrolysis. It breaks down into gluconic acid, nothing else. Finnsugar Biochemicals (formerly Fermco Biochemicals) is a subsidiary of the Finnish Sugar Co., Ltd. of Finland. Its GDL is called Glucofin B, sold as white crystals. It also coagulates milk protein. A product specs sheet spells it glucono-delta-lactone, sold in 25 kg bags.

Talk with Louis Hong of Mei Shun Tofu Products Co, in Chicago; he makes tofu using GDL. 1991. Nov. 19. Finnsugar has been sold to Genencor International. Pfizer has been sold to PMP Fermentation, which may be related to DM. Both expect to be out of GDL for the next 3 months. Address: Finnsugar West, 217 W. Alameda Ave., Suite 202, Burbank, California 91502. Phone: 312-640-1112.

7455. Golbitz, Peter. 1986. Re: Tofu standards comments and association bylaws. Letter to Judith Walker, Executive Director, Soyfoods Association of America, 1101 Connecticut Avenue, N.W. Suite 700, Washington, DC 20036, April 17. 2 p. Typed, with signature on letterhead.
• ***Summary:*** Peter is a little distressed over the lack of contact Judy has had with the Association's leadership to date. He and Ron Ishida, as members of the tofu standards committee donating their valuable time, he and Ron Ishida have been frustrated over the lack of respect shown them while trying to do their work for the association (unreturned phone calls, etc.). Obviously something needs to be done to improve this situation. Possibly this could be an agenda topic for the April 28th meeting, when a majority of the board will be present. Address: Board of Directors Member, Standards Committee Member, Island Tofu Works, 318 Main St., Bar Harbor, Maine 04609. Phone: (207) 288-4969.

7456. Farrington, Sharon. 1986. A touch of tofu temptation. *Washington Post*. April 20. p. A1.

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• ***Summary:*** "Tofu is one of those foods we wish we liked because it is so good for us. A bean curd made from a milky extraction of soy beans, tofu is somewhat like a mild custardy cheese." Gives a recipe for Spicy Sichuan tofu, a variation on the classic Sichuan dish named Ma Po Doufu. It calls for "3 cakes firm bean curd,..."

7457. Golbitz, Peter. 1986. Re: Tofu standards and board of directors meeting. Letter to William Shurtleff at Soyfoods Center, April 22. 1 p. Typed, with signature on letterhead. Address: President, Island Tofu Works, 318 Main St., Bar Harbor, Maine 04609. Phone: (207) 288-4969.

7458. *Los Angeles Times.* 1986. New products, convenience foods: Hinoichi offers tofu in three varieties (Advertorial). April 24. p. L23.
• ***Summary:*** In this "Special advertising supplement," this advertorial states: Hinoichi offers three types of tofu, each with a different texture and uses: Soft (kinugoshi), regular (medium-firm Japanese style), and firm (Chinese style).

A recipe for Tofu Mexican vegetable dip is given. A photo shows the dish, ready to eat.

7459. Paterson, Katherine. 1986. The enduring essence of Kyoto: A return visit after nearly 30 years' absence finds the streetcars gone but the city's spirit intact. *New York Times.* April 27. p. XX15.

7460. Bailey, Simon. 1986. Re: Work with tofu and tempeh in Trinidad. Letter to William Shurtleff at Soyfoods Center, April 28. 1 p. Typed, with signature.
• ***Summary:*** "I hope you received my letter dated 11th March. I didn't receive a reply yet so am writing again in the meantime.

"I'm British and since mid-1984 have been in Trinidad Cooking natural foods and beginning to make tempeh on a small scale. In conjunction with tofu producer, Susan Lee Hem, I am seeking to communicate more about soyafoods, improve and increase production of tempeh and act as a focus for farmers interested in growing beans in Trinidad. I would like to receive information about establishing a Soyafoods Centre here.

"If you have names and addresses of any tempeh producers in Surinam those would also be useful. Also any information on suppliers of soyabeans in Brazil, Venezuela, or Belize."

"I would like to obtain the professional edition of The Book of Tempeh, please let me know the price.

"With the original letter I sent some U.S. currency with a request for Tempeh pamphlets and a media package.

"Once again, I trust you received it and await a reply

"Best wishes, Simon Bailey." Address: c/o Valdez, 21 Sun Valley Dr., La Pastora, Upper Santa Cruz, Trinidad, West Indies.

7461. Robertshaw, Nicky. 1986. Says bacterial contamination heads FDA concerns. *Supermarket News.* April 28. p. 4A.
• ***Summary:*** "Microbiological contamination is the Food and Drug Administration's top priority, said FDA's chief food-safety official, citing the outbreak of *Listeria monocytogenes* in cheese this year and of salmonella in Jewel Cos. milk last year."

Sanford Miller, director of FDA's center for food safety and applied nutrition said in an interview that "regarding food safety the pendulum is swinging away from concern about food additives, pesticides and chemicals in the food supply and toward bacterial contamination... He gave yogurt and tofu as examples of products particularly susceptible to contamination."

7462. St. Anthony, Neal. 1986. Tofulicious helps dish up healthy portion of market. *Star and Tribune* (*Minneapolis, Minnesota*). April 28.
• ***Summary:*** Leonard Lee, head of Eastern Foods, was born on 4 Sept. 1938 in Inchon, Korea. In 1979, armed with nearly $1 million commitment of venture capital from Control Data Corp., he resigned from his $36,000 a year job to devote full time to his tofu business. The company has high hopes for Tofulicious, a non-dairy ice cream, which sells for $1.79/pint, versus more than $2.00 for Tofutti and other competing brands. Lee owns 53% of his Eastern Foods Co., which employs about 40 people. Control Data owns 30%. Gives a history of his career: 1961 graduated from the national university in Seoul with a degree in physics; 1966 earned an accounting degree from Univ. of South Carolina; 1969 began to work for Control Data Corp.; 1971 opened an imported food store in Minneapolis, Minnesota; 1978 started making tofu; 1980 built a 16,000 square foot complex at 3235 E. Hennepin Ave. Address: Minnesota.

7463. American Natural Snacks. 1986. Soya Kaas: The delicious, nutritious alternative to cheese (Ad). *Natural Foods Merchandiser.* April. p. 13.
• ***Summary:*** The top three-quarters of this striking, full-page color ad, in Rembrandt colors, shows an attractive table setting. A natural-wood cutting board is set on a black and purple table cloth; on the board are a block and slices of the cheese, next to sliced rounds of green bell peppers, whole red bell peppers, and small whole mushrooms. In the upper left is a pizza on a wooden serving board. To the lower right is the grated cheese in a silver cheese grater. To the lower left are cubes of the cheese on a burnished metal plate with purple grapes and two red apples.

The text (white on purple) near the bottom of the ad reads: "Cholesterol free. High in calcium with lactose removed. No preservatives or artificial ingredients. Perfect for pasta and pizza... super in salads and sandwiches. Mozzarella style–just the first in an exciting new family of

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products to be introduced in 1986. Available now in 7 lb. deli blocks. Manufactured by Soya Kaas, Inc. for American Natural Snacks."

Note: This is the earliest English-language document seen (March 2007) that uses the registered trademark "Soya Kaas" to refer to a Western-style soy cheese, or that mentions American Natural Snacks. Address: P.O. Box 1067, St. Augustine, Florida 32085. Phone: 904-825-2057.

7464. Andres, C. 1986. High quality tofu made with dairy equipment: Base for frozen desserts, yogurt-type product, imitation sour cream [from ADM]. *Food Processing* (*Chicago*) 47(4):108-09. April.
• ***Summary:*** Coagulums made of isolated soy protein, vegetable oil, lecithin, corn sweetener, buffering agent, and glucono delta-lactone. From ADM Research Dept., 1825 N. Laramie Ave., Chicago, Illinois 60639. Address: Editorial Director.

7465. Bassett, Barbara. 1986. That's tofu! *Bestways*. April. p. 34-36. Cover story.
• ***Summary:*** "A food that's high in protein, inexpensive, easy to store, needs no cooking, has little fat and no cholesterol, low sodium, good in both sweet and savory dishes?... This month we feature recipes that give a small idea of the scope of this marvelous food. Enjoy!" Seafood bundles. Sweet & sour sauce. Bean-curd-bulgur "cutlets." Tofu parmegiano. Tofu Florentine. Tofu dip picante. Bean curd Bombay (with Garam masala). Tofuberry tart (tofu filling with berry topping). Address: California.

7466. Bhatnagar, P.S. 1986. All India Coordinated Research Project on Soybean (Indian Council of Agricultural Research). National seminar & seventeenth annual workshop: Proceedings & technical programme 1987-87. G.B. Pant University of Agriculture & Technology, Pantnagar-263145, India. iv + 247 p. Held 22-25 April 1986 at MACS (Maharashtra Assoc. for the Cultivation of Science) Research Institute, Pune, Maharashtra, India. No index. 27 cm.
• ***Summary:*** Recommendations concerning food uses of soybeans include: A domestic market for defatted soy flour should be created. The production and use of tofu, soy beverage, and full-fat flour in weaning (human and cattle calves) should be encouraged. Utilization research is taking place mostly at Sehore (oil, flour), Pantnagar (flour, milk, oil, isolate, tofu), and Bangalore (tempeh, soy yogurt, soy cheese). A directory of researchers is given at the back of the proceedings. Address: Coordinator, All-India Coordinated Research Project on Soyabean (ICAR), G.B. Pant Univ. of Agriculture & Technology, Pantnagar, UP, 263145, India.

7467. Bhatnagar, P.S. 1986. Soybean research and development in India–Diagnostic analysis of constraints and future strategies. In: P.S. Bhatnagar, comp. 1986. National Seminar & 17th Annual Workshop. Proceedings & Technical Programme: G.B. Pant Univ. of Agriculture & Technology. iv + 247 p. See p. 4-29. [11 ref]
• ***Summary:*** Today almost all of India's defatted soybean meal is being exported to affluent countries for use in livestock feeding. This amount increased from 140,420 tonnes in 1981-82 to 432,819 tonnes in 1984-85. In the latter period the meal, selling at 1,968 rupees/tonne earned India 851 million rupees of sorely needed foreign exchange. The author emphasizes the need for a program to utilize soy flour (especially defatted) in India. Address: Coordinator, All-India Coordinated Research Project on Soyabean (ICAR), G.B. Pant Univ. of Agriculture & Technology, Pantnagar, UP, 263145, India.

7468. **Product Name:** Dry Mix Plus (Powdered Instant Version of Mix Plus+ for Frozen Tofu Desserts) [Chocolate, Vanilla, Strawberry, Peanut Butter, Banana, or Coffee].
Manufacturer's Name: Brightsong Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1986. April.
Ingredients: Incl. sugar, vegetable fat, spray-dried tofu, stabilizers.
How Stored: Shelf stable.
New Product–Documentation: Dairy Foods. 1986. April. p. 81. "A plus for tofu." "Dry Mix Plus, a powdered, instant mix for frozen tofu desserts, is being billed as the first unflavored tofu frozen dessert mix designed specially for small- and medium-volume ice cream manufacturers." The product, which can be made on either batch or continuous freezers, contains real spray-dried tofu (instead of soy protein isolates), plus sugar, vegetable fat, and stabilizers. Only water and flavoring need to be added to the mix. It is "said to sell for 30 to 50% less than the cost of various liquid soft-serve tofu frozen dessert mixes."

7469. Camo, Jean-Pierre. 1986. La trilogie végétale. 1. Le tofu, fromage de soja. 2. Le tempeh, ou soja fermenté. 3. Le seitan: La viande de blé [The vegetable trilogy. 1. Tofu or soy cheese. 2. Tempeh or fermented soya. 3. Seitan or wheat meat]. *Compas* (*Le*) (*France*) No. 26. p. 31-35. March/April. [10 ref. Fre]
• ***Summary:*** Each of the three sections gives a description of the product, with black-and-white photos, the nutritional composition, several recipes by Viviane Camo, a list of manufacturers (with the address and phone number of each), and a list of books on the subject. Address: France.

7470. *Compas* (*Le*) (*France*). 1986. L'Association Rurale des Travailleurs sur Soja. Interview de MMe Anne Caderas de Kerleau [The Rural Association of Soya Workers, an interview with Anne Caderas de Kerleau]. No. 26. p. 23-24.

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March/April. [Fre]
• ***Summary:*** ARTS was founded in 1981 in the south of France at St. Paul de Mamiac, in the Tarn by a group of people interested in soyfoods and soybeans. The production part was called Sojadoc. The goals were: Promotion of soybean production in southern France. Research on and promotion of new soyfoods products. The support of small soyfood producers. Collaboration with groups having similar interests. Friends are now in Rwanda and the Côte d'Ivoire pursuing similar goals. They also plan to publish a newspaper titled Soja-Soyfood, continuing the 4 issues of La Lettre de l'A.R.T.S.

The headquarters (*siège social*) of ARTS is at Presbytère de Saint Paul de Mamiac, 81140 Penne du Tarn, France. The secretariat is at 108 rue Saint Honoré, 75001 Paris, France. Phone: (1) 42.60.27.09.

7471. Dietrich, Barbara. 1986. The Supreme Bean [Soy Supreme, St. Peter Creamery, and Oberg Foods]. *FarmFutures.* April. p. G.
• ***Summary:*** The process for making Soy Supreme (soymilk powder or spray-dried tofu powder) was developed by E.B. Oberg, founder of Oberg Foods Co. "The sole manufacturer, St. Peter Creamery Inc. of St. Peter, Minnesota, sold 500,000 pounds of the product in 1985, a spokesman says. And plans are to quadruple production this year."

7472. **Product Name:** Hinoichi Soy Drink [Plain, Original (Dairylike), Mocha, or Chocolate].
Manufacturer's Name: House Foods & Yamauchi, Inc.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013. Phone: 213-624-3615.
Date of Introduction: 1986. April.
Ingredients: Mocha: Water, whole soybeans, corn sweetener, corn oil, soy oil, coffee extract, cocoa, caramel color, mono and diglycerides (prevents oil separation), sodium citrate (emulsifying salt), calcium carbonate (calcium source), salt, dipotassium phosphate (regulates acidity), carrageenan (stabilizing salt [sic]), artificial and natural flavors.
Wt/Vol., Packaging, Price: Pure-Pak cartons, with 3-week shelf life.
How Stored: Refrigerated.
Nutrition: Per 6 fl. oz Mocha: Calories 150, protein 4 gm, carbohydrates 25 gm, fat 4 gm, sodium 95 mg, cholesterol 0.
New Product–Documentation: Ad in Rafu Shimpo and/or Kashu Mainichi. 1986. In Japanese. "Hinoichi Soy Drink. New product. Healthful beverage fresh and delicious." Talk with Harry Tanikawa. 1986. Nov. 15. The product was launched in April 1986 in Pure Pak cartons. These four flavors, targeted only to the Asian-American market, are scheduled for nationwide distribution in a foil pouch sometime in 1987. Labels. 1987. Pure Pak pint cartons for each flavor. Three or four colors on white (Blue, red, and beige for Original; Dark and light brown, red and peach for mocha; Chocolate brown, red and beige for chocolate). On side panel: "Enjoy Hinoichi Soy Drink: a delicious non-dairy alternative." Note: In the Plain product, the only ingredients are water and soybeans. Per 6 fl. oz. serving it contains 85 calories, 6 gm protein, and 80 mg or Visit HFYI plant in Los Angeles. John Yamauchi is in charge of this product. On sale at Yaohan Japanese supermarket in Los Angeles. 1988. Oct. 23. For 32 oz. sizes: Plain retails for $1.19 and mocha for $1.29. For 16 oz.: Original retails for $0.59 and mocha for $0.69.

7473. **Product Name:** Island Spring High Fiber Tofu (Water Packed).
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1986. April.
Ingredients: Water, Soybeans grown without chemical pesticides or fertilizers; bittern or nigari, an extract of seawater; natural calcium sulfate (traditional Chinese ingredient).
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Luke Lukoskie. 1987. Oct. 19. The okara is added back into the product. No commercial outside soy fiber is added. Talk with Yvonne Kuperberg of Island Spring. 1988. June 2. This water packed product was launched in April 1986. Label. 5 by 4 inches. Film. Blue, black, pink, and green. Illustration of the clear sun or moon rising over the hills behind a lake or sound with a drooping spray of plum blossoms in upper left. "A Fitness Food from the Pacific Northwest, USA."

7474. *J. of the American Dietetic Association.* 1986. ADA comments on proposed rule for meat alternates used in child nutrition programs. 86(4):530-31. April.
• ***Summary:*** One of the three categories of foods discussed is

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tofu and dairy yoghurt.

7475. **Product Name:** [Tofu].
Manufacturer's Name: M. Gonin Martial.
Manufacturer's Address: Saint-Quentin sur Isere, 38210 Tullins, France. Phone: 76.93.60.21.
Date of Introduction: 1986. April.
New Product–Documentation: Le Compas. 1986. March-April. No. 26. p. 32.

This is the earliest known commercial soy product related to Innoval.

7476. Medoff, Marc. 1986. A guide to the best tofu "cheesecakes" in New York. *Whole Life.* April. p. 52-61.
• ***Summary:*** "Over the past few years there has literally been a tofu cheesecake revolution going on in New York City's natural foods restaurants, as top local chefs have been working overtime to come up with the perfect tofu cheesecake." Thirteen restaurants now offer them. "In terms of nutritional quality, all are far superior to any real cheesecake, although some are healthier than others. All of the cakes we rated were completely free of animal products. No dairy or eggs at all. None used sugar, white flour or any artificial or highly processed ingredients. The tofu cheesecake rated tops was made by Tokyo-born Keiko Ikeda (a woman; a large photo shows her holding her winner) at *Shojin*, 23 Commerce St. Phone: 989-3530. There wasn't even a close second. Keiko makes five varieties of toppings on one standard tofu cheesecake: strawberry, strawberry grape, strawberry kiwi, blueberry, and raspberry. The pies are baked fresh each day that the restaurant is open and are sold by the slice ($2.75 plain, $3.00 with topping) or by the pie ($17.00, eight slices, orders must be placed one day in advance). Keiko says one key is spending a lot of time squeezing the water out of the tofu before using it. The ingredients are: Tofu (nigari, firm), lemon juice, corn oil, vanilla, maple syrup, sea salt, organic whole wheat flour, organic whole wheat pastry flour, water, cinnamon, fresh fruit.

The second prize went to the two types of tofu cheesecake baked by Ricardo Williams at *Whole Grain* (7 West 19th St. Phone: 206-7518). The plain variety is probably the closest in taste to real cheesecake out of all the ones sampled. Ingredients: Tofu (fresh, firm), lemon juice, vanilla extract, almond extract, agar, maple syrup, toasted almonds, rolled oats, apple juice, blueberry kanten [agar].

Pretty much tied for second was the exceptionally good Tofu Pie made by master chef Alan Hoffman at the downtown *Souen* (pronounced SUE-en; 210 6th Ave. Phone: 807-7421). Ingredients: Tofu (firm, made by The Bridge), maple syrup, rice syrup, tahini, lemon juice, salt, vanilla, whole wheat pastry flour, whole wheat flour, whole fruit, agar, fruit juice. Louis Fellman, now president of Soy Delites (P.O. Box 56, Matawan, New Jersey 07747. Phone: 201-583-8907) developed an early tofu cheesecake at Spruce Tree Bakery. For more than a year Soy Delights "has been producing six varieties of the best commercially available tofu cheesecake we've seen. Fellman's Tofu Cream Pies are sold throughout New York by the slice (about $1.65 for 5 oz.) and by the pie (about $4.50 for 20 oz.) in natural food stores, supermarkets, and many restaurants. Photos show: Fellman with two of his Tofu Cream Pies. Alan Hoffman of Souen with a fresh batch of tofu pies. Margaret Bullard, the tofu cheesecake queen at Country Life. A rare photo shows two men preparing the late great "Tofu Teasecake" at *Angelica Kitchen.*

A half-page sidebar (p. 60) is titled "Tofu Cheesecakes–Gone But Not Forgotten." "The first commercially available (on a large scale) tofu cheesecake sold in the United States was put out by the *Sprucetree Baking Company* of Baltimore, Maryland. Sprucetree began marketing their two varieties of non-dairy tofu cheesecakes (strawberry and blueberry) way back in 1976. The product was sold in stores along the east coast and as far west as West Virginia, and enjoyed a good deal of popularity. Sprucetree founder and current President Howard Grundland recalled that his product was a first, and attracted a faithful following. But in 1983 a number of technical problems arose (including the fact that Sprucetree could not get a dependable supply of kosher tofu) and the company had to suspend its cheesecake production." Grundland says he would like to re-introduce his tofu cheesecake. "Anyone interested in buying into *Sprucetree* or just buying one of their original recipe tofu cheesecakes, can contact: Sprucetree Baking Company, 4200 Mortimer Avenue, Baltimore, Maryland 21215. Phone: (301) 358-8040.

"Another great tofu cheesecake that hasn't been around for a while is the Tofu Teasecake" that use to be a dessert favorite at *Angelica Kitchen* (42 St. Mark's Place. Phone: 228-2909)." Angelica owner Leslie McEachern and her staff stopped making it a couple of years back, feeling that it was too hard to digest and a bad food combination.

"And finally, the recently-gone-out-of-business *Cauldron* [Caldron] had a very good tofu cheesecake with fruit kanten topping..." Address: Editor and Publisher of Whole Life magazine.

7477. Medoff, Marc. 1986. Tofu cheesecake contest turns into Tofu cheesecake massacre. *Whole Life.* April. p. 61.
• ***Summary:*** The first-ever Tofu Cheesecake Bake-Off Contest exploded into complete chaos on March 29, 1986, at the Marriott Marquis Hotel as event organizers apparently badly miscalculated how to coordinate the contest. The resulting scene resembled a cross between a cattle stampede and a group scream therapy session. Members of the audience rushed the stage to grab slices of pie from the hands of startled judges as they ignored the repeated pleas for order. The winner of the contest was a tofu cheesecake made

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by the Natural Gourmet Cookery School (48 West 21st St. Phone: 645-5170). Address: Editor and Publisher of Whole Life magazine.

7478. Mittal, B.K. 1986. Food applications of defatted soy flour in the Indian diet. In: P.S. Bhatnagar, comp. 1986. National Seminar & 17th Annual Workshop. Proceedings & Technical Programme: G.B. Pant Univ. of Agriculture & Technology. iv + 247 p. See p. 97-119. [15 ref]
• ***Summary:*** A besan-like product with the brand name BES-Soy has been developed by Ganesh Research Foundation. Address: Dep. of Food Science & Technol., G.B. Pant Univ. of Agriculture & Technology, Nainital, UP, India.

7479. Nasim, Mohd.; Mital, B.K.; Tyagi, S.M. 1986. Development of a process for preparation of soy paneer [tofu]. *J. of Food Science and Technology* (*Mysore, India*) 23(2):69-72. March/April. [6 ref]
• ***Summary:*** Paneer, the indigenous variety of cheese popular in north India, has been made from soybeans. Coagulate soymilk (6% solids) at 75ºC using citric acid. Hold and cool the coagulum, remove the whey, press the curd, hold the curd blocks in cold water, and finally drain off the water. The product can be use to make vegetarian curries. Address: Dep. of Food Science & Technology, G.B. Pant Univ. of Agriculture & Technology, Pantnagar, Nainital 263 145, UP, India.

7480. Shurtleff, William. 1986. Chronology and analysis of the U.S. tofu standards: One viewpoint. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 15 p. April. Unpublished manuscript. [1 ref]
• ***Summary:*** Chronology of key early dates: 1979 Feb. 9– Judith Rubenstein, acting as Institutional Consultant for the New England Soy Dairy, initiates a correspondence with Carol Tucker Foreman, Director of Child Nutrition Programs, USDA, on the subjects of tofu standards and acceptance of tofu in USDA Child Nutrition Programs, including the School Lunch Program. Four letters are exchanged between February and August 1979.

1979 June 29–FDA headquarters personnel draft an internal memorandum in which the agency's views on tofu and its attributes are set forth. Publication of a "pull date" on tofu packages is encouraged.

1979 July 23–Judith Rubenstein (see above) writes the Commissioner of the U.S. Food and Drug Administration (FDA) requesting that the FDA establish a standard of identity for tofu. She notes that Audrey Maretzski, Director of Nutrition and Technical Services for USDA, suggested that FDA give top priority to this issue. Issues of imitation tofu products and bacterial contamination are raised.

1979 July 25–In *Tofu and Soymilk Production*, Shurtleff and Aoyagi, directors of The Soyfoods Center, attempt to define the basic types of tofu and their composition.

1981 Jan. 20–Ronald Reagan is inaugurated as president of the United States. The regulatory climate in Washington, DC, begins to shift toward less federal regulation, and more encouragement for industries to regulate themselves.

1981 April–The USDA decides to establish tofu standards and to publish them in *Federal Register,* but this plan is dropped in September, amid controversy over changes in the school lunch program.

1982 July 19–In *Soyfoods Industry and Market: Directory and Databook*, Shurtleff and Aoyagi include a 5-page section titled "Soyfoods Terminology and Standards," which contains detailed information on tofu.

1983 March 14–The Connecticut Agricultural Experiment Station, in Bulletin No. 810, titled "Quality of Tofu and Other Soy Products," reports high bacterial and coliform counts. A virtual expose revealing the tofu industry's poor quality control and concomitant vulnerability, the report gets widespread media coverage and hurts sales of New England and New York tofu companies.

1983 July 25–Tom Timmins, president of Tomsun Foods Inc., having seen the need for tofu standards in the aftermath of the Connecticut report and as a prerequisite for acceptance of tofu in school lunch programs, speaks to the Soyfoods Association of America's board of directors at Denver, Colorado, about problems with sour and often undated tofu in America. The board asks Timmins to be head of a Soyfoods Association Standards Committee, and to appoint people to work with him in the development of standards.

1983 October 12–Timmins sends a 4-page survey letter concerning soyfoods standards to the 18-person Soyfoods Association Standards Committee that he has appointed.

1983 November–Various members of the Soyfoods Association discover that David Mintz, CEO of Tofu Time, Inc. and maker of Tofutti brand soy ice cream, is using *no tofu* in his product, although he has repeatedly appeared on national TV and radio programs displaying and talking at length about tofu, thus implying that his product uses it as a major ingredient. On Nov. 11 Shurtleff writes Mintz and strongly-worded letter threatening to report the matter to the FDA and the Securities and Exchange Commission (Mintz is about to launch his first public stock offering) if Mintz fails to stop such deceptive practices. Mintz's attorneys quickly notify Shurtleff that Mintz promises to put tofu back into Tofutti. Shurtleff, seeing the need for tofu standards to stop this sort of consumer deception, becomes active in the standards development.

1984 March 2–Based on responses to his October 1983 survey, Timmins drafts preliminary 3-page tofu standards (2 pages of which are microbiological standards), that he circulates to the Soyfoods Standards Committee, inviting comments. March 6, William Shurtleff expands these, keys them into The Soyfoods Center word processor, and returns them promptly to Timmins.

1984 Feb.–Timmins and Shurtleff draw up a ten-step

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set of procedures and a time line for appointment of a Tofu Standards Committee, development of two drafts of tofu standards, and final approval by the Soyfoods Association Board of Directors in July 1984.

1984 March 29–*First Draft of Tofu Standards,* 15 pages and double spaced, is compiled by Shurtleff on his word processor. As is inevitable with a document of this type, a basic philosophy that shapes the standards has begun to emerge. Essentially it attempts to balance the varied (and often conflicting) commercial interests of the various groups involved with the standards in a way that is as fair as possible to all, considers existing historical precedents and FDA laws, and allows tofu to develop and modernize in the way that it has been since the 1930s. One of the major questions that arises at the outset is whether or not the use of isolated soy proteins (isolates) should be allowed in tofu and, if so, under what conditions and with what labeling requirements. Readers of the first draft are polled on this question and the response is 17 to 4 in favor of allowing isolates, as long as each product is appropriately labeled.

In this first draft, the term "second generation" is first applied to soyfoods in the section titled "Naming Second Generation Commercial Food Products Containing Tofu."

By this time, Stephen H. McNamara, a food and drug specialist with the Washington, DC, law firm of Hyman, Phelps & McNamara is actively serving as an advisor on the standards, reviewing each draft, and making many helpful suggestions. Tom Donegan, of the same law firm, is also helping.

Subsequent drafts of the standards: 1984 June 16–Second draft. Nov. 1–Fourth draft. 1985 March 6–Sixth draft. March 20–Seventh draft, which is submitted to the FDA for comments. Then begins a serious inter-industry conflict over the standards which is documented throughout the rest of this document. Initiated by Ron Ishida, an attorney hired by Azumaya, this conflict ended up destroying the standards and preventing their adoption and implementation. 1985 Oct. 3–Eighth draft, incorporating all FDA suggestions.

A 2-page appendix to this document, titled "The Modernization of Tofu in Japan," gives a brief chronology of the many changes in the way of manufacturing "traditional tofu" from the 1930s to the present. It challenges the idea that "traditional tofu" is widely made today. Address: Soyfoods Center, Lafayette, California.

7481. Soppe, Fennie. 1986. Jonathan, Histoire d'un boucher reconverti. Interview de Jos Van De Ponseele [Jonathan. History of a reconverted butcher. Interview with Jos Van De Ponseele]. *Compas* (*Le*) (*France*) No. 26. p. 14-16. March/April. [Fre]

• ***Summary:*** It all started in 1974, when Jos's wife experienced serious health problems. There were suspicions of lung cancer. She went to Switzerland for care, and had a fever of 38-40ºC for 6 months without improvement. One day someone gave them a small book about natural foods. She then began to eat macrobiotically and her fever disappeared after 3 months.

At the beginning, this diet was not at all attractive. The food was very poor, and Jos began to ask himself questions and to read books on the subject. He learned that it wasn't a bad diet at all. Not wanting to have to prepare two types of food, he started to eat the same diet as his wife. His health did not improve much, but he found he had the capacity to work much more, and a need for less sleep. His days started at 6:00 A.M. and ended between 11:00 P.M. and midnight.

Upon seeing the results, he began to think and live differently. In the long run, the work at the butcher shop worried him. He no longer ate meat, but he was still selling it. That wasn't logical. He then decided to sell organic meat products at the butcher shop, and they sold very well. However that was a form of hypocrisy.

You must understand that at that time, macrobiotic people in the area were very fanatical. Meat was considered bad, in fact a poison. A more moderate viewpoint was needed; a bit of meat in itself is not bad, but its consumption in large quantities can present problems.

Jos opened two natural food shops in succession, and they were a success in part because he had experience in running a business. He tried to sell his butcher shop, which was very large. Through his new shops he met people who wanted to stop eating animal proteins, but they knew of no replacement. Back then, you could not find any tofu, or seitan, just beans. When a person decides to change her diet, she cannot fully benefit from the proteins in beans: the process is too slow. This made it hard for a person to change his or her diet.

Jos attended a seminar conducted by Michio Kushi at Drogen (Germany). They talked about these problems. Michio spoke to Jos about miso and tamari, and advised him to come to Boston, Massachusetts, where he could learn and see everything for himself. He did. Indeed miso and tamari were available, but they were made in a foreign country. He was somewhat deceived in the early days. Most of the products came from Japan. At the same time, he worked at the famous macrobiotic restaurant The Seventh Inn. He became friends with a Japanese person and they worked together making seitan. Finally, he started commercial production with two Americans.

Tofu was very well known, but it was made in [Boston's] Chinatown. The Chinese did not want to show others how to make it, but they were allowed to look. This interested him very much.

Upon returning to Belgium, after his studies in Boston, Jos began commercial production of seitan. At the beginning people were very closed. They thought that one should consume only beans. Their fanaticism seemed very natural to them, but that made it very difficult for Jos to survive economically by making only seitan. He started by

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producing 500 gm a week of seitan for Souen, a macrobiotic restaurant in Gent [Gand]. He urged the restaurant to serve seitan to each customer so that it would become well known. That was successful. After several months, the natural food stores began to order seitan from him; that was his goal. Subsequently he began to make fresh organic tofu. He encountered new opposition when he suggesting sterilizing the tofu, which would cause loss of vitamin C, etc.

People got to know seitan but they were getting tired of it, so now he has the seitan burger between two buns, with onion and lettuce. They are also thinking about introducing seitan brochettes and seitan in sauces. The starch left over from making large quantities is used in making soups, spreads for bread, goulash, etc.

How did his customers react initially to all this? They thought he was crazy–in 3 ways. (1) They thought macrobiotics was folly; (2) Who but a fool would sell a butcher shop that was doing so well, employed 16 persons, and was the first to sell organic meat with great success. They thought that America had made him lose his head; (3) They thought artificial meat was absurd and would not sell. But these people have changed their opinions as things have developed.

His best invention is seitan sold sterilized in jars; it is now a very successful product. He is also very proud of his tofu burgers (*les beignets, les ganmos;* made from tofu, sesame seeds, onions, mushrooms, and arrowroot), his sauces, and his mushroom tarts. Neither his soy croquettes nor his carob products sell well. His basic products are seitan, tofu, and mochi (made according to a traditional Japanese recipe). The company will soon focus more on exporting it products, especially to Germany, followed by France (starting in 1987) and Austria. He has created a company in France named Jonathan France (La Comba 24620, Les Eyzies. Phone 53.06.94.68), directed by Frenchmen, because it is very difficult to export to France; he has been trying for 2 years.

Black-and-white photos show: (1) A portrait shows Jonathan, with a large beard, rimless glasses, and thinning hair. (2) Twenty-three of his sterilized products in jars, which have a shelf-life of 2 years. Among these are Sojapastei, Sojaboont Jes, Azukiboont [Azuki bean] Jes, Brown Rice Casserole with Seitan, and Tofu Salade. The company is studying a tempeh spread for bread. The company now has 16 employees, including 3 in stores an a representative. Most of the employees like this food. Not all are macrobiotic but most have changed their diet, usually without fanaticism.

The company's name Jonathan comes from the name of the book *Jonathan Livingston Seagull* (Jonathan Le Goëland), about a seagull who wants to live differently. Jos believes that vegetable proteins can play an important role in world hunger. His dream, which he hopes to realize, is to establish small food companies in Zaire, Rwanda, and all of southern Africa. "For example, a small tofu machine can produce 800 to 1,000 cakes of tofu/day. I would like these people in poor countries to be able to make tofu themselves."

Jos is not a vegetarian. He still likes meat and eats it in small quantities, often fish or organic meat. He has 3 children. Address: Pays-Bas (Netherlands).

7482. **Product Name:** [Light Tofu Burgers {Low-fat, Cooked without Oil} (Italian-Style, Chinese-Style, and Breaded)].
Foreign Name: Croque Tofu Léger: Galettes Fraiches de Soja (Italienne, Chinoise, Gratinée).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: Plateau de l'Ardennais, 91590 Cerny, France. Phone: (6) 457.52.01.
Date of Introduction: 1986. April.
Ingredients: Garlic and Fines Herbs: Tofu (water and soybeans*), rolled oats*, soy sauce, garlic and fines herbs (3.4%), sunflowerseed oil, spices. * = Organically grown (issus d'agriculture biologique).
Wt/Vol., Packaging, Price: 2 x 100 gm patties.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Protein 15.4 gm, lipids 9.6 gm, carbohydrates 7.8 gm, calories 179.
New Product–Documentation: Labels sent by Bernard. April 1989. Croque Tofu Léger. 4 by 7.75 inches. Red, brown, and green on white. Printed on poly bag. Nature et Progres logo. Text in French and Dutch. Two burgers are vacuum packed side by side behind the one label. "Reheat at low heat without oil in an oven or frying pan." A simple illustration (line drawing) on front the panel shows vegetables.

Letter from Bernard Storup of Société Soy. 1990. June 6. Tof'in was introduced first (in 1986) and Croque Tofu Léger came second (Feb. 1987). They are the same product but the packaging for each was different.

7483. **Product Name:** [Tof'in Tofu Burgers {Precooked without Oil} (Garlic and Fines Herbes, Provençale with Tomato & Onions, or Forest Mushrooms)].
Foreign Name: Tof'in (Ail/Fines Herbes, Provençale, Forestière).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1986. April.
Wt/Vol., Packaging, Price: 2 x 100 gm cakes in vacuum pack.
How Stored: Refrigerated, 28 day shelf life at 4ºC.
Nutrition: Per 100 gm.: Protein 11.6 gm, fat 8.8 gm, carbohydrates 8.1 gm, calories 158.
New Product–Documentation: Soyfoods (ESFA), 1987. Jan. "Launched at SIAL (Oct. 1986). Tofu cakes, precooked without oil, containing different vegetables, spices, and seasonings. Must be heated before serving, and can be

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included in snacks or the main meal instead of animal proteins. The three flavors are Garlic & Herbs, Provençale, and with Mushrooms.

Letter from Bernard Storup. 1989. March 3. Tof'in (low fat tofu burgers, cooked without fat) in 3 flavors (Garlic & Fines Herbes, Provençale, and Forestiere) were introduced in April 1986 and discontinued in March 1988. Three other flavors (Italienne, Chinoise, and Gratinée) were introduced in Sept. 1988, which see.

Letter from Bernard Storup of Société Soy. 1990. June 6. Tof'in was introduced first (in 1986) and Croque Tofu (deep-fried burgers) came second (Feb. 1987). They are the same product but the packaging for each was different.

Talk with Bernard Storup. 1990. June 13. Tof'in (pronounced toe-FEEN) was packaged for supermarkets. It was the same as Croque Tofou, but not the same as Croque Tofou Léger, which came in Italienne, Chinoise, and Gratinée flavors. Tof'in was discontinued about 2 years ago. Then 18 months later the company launched, for supermarkets, a product named Dorés de Soja, which is the same as Tof'in (i.e. deep-fried).

Letter from Bernard Storup. 1990. Dec. 26. This product was not deep-fried. It was prepared without fat.

7484. **Product Name:** Lite Chef Tofu Mixer [Pasta Italiano, Rancheros Fiesta, Mandarin Almond Stir-Fry, California Burger, or Shanghai Sweet 'n Sour].
Manufacturer's Name: Sunfield Foods (Distributor). A Sunmark Company.
Manufacturer's Address: 8155 Hampshire St., St. Louis, MO 63123. Phone: 314-832-7575.
Date of Introduction: 1986. April.
New Product–Documentation: Ad in Whole Foods. 1986. April. p. 41. "Lite Chef Introduces a World of Taste to Tofu, and a World of Profit for You." Ad in Natural Foods Merchandiser. 1986. Oct. p. 46. "Tofu. Traffic!" Leaflet. 8½ by 11 inches, color. "Tofu. Terrific!" Note: This line was first introduced by Essential Foods in 1984. Pasta Italiano 240 calories, Rancheros Fiesta 280, Mandarin Almond 310, California Burger 190 calories. Size: 3.8 to 5.5 oz. Retail: $1.99. Soya Newsletter. 1987. Sept/Oct. p. 6. These are now called Life Chef Entrees (which see). The newest "quick and easy" dinner is Shanghai Sweet 'n Sour. Talk with Craig Ramsell. 1989. March 14. The Lite Chef line of products was discontinued in about Sept. 1988, after a large production run, shortly before Sunfield was acquired by Barbara's Bakery. Barbara's was not interested in buying the line.

7485. **Product Name:** Tofu.
Manufacturer's Name: Tai Foods Inc.
Manufacturer's Address: Muir St., Winnipeg, MAN, Canada. Phone: 204-694-0484.
Date of Introduction: 1986. April.
New Product–Documentation: Boughton. 1987. Small Business (Canada). Dec. p. 12, 14. "Tai Foods Tries for Tofu Converts."

7486. **Product Name:** Tofu Treat (Non-Dairy Soy Ice Cream) [Strawberry, Chocolate, or Vanilla].
Manufacturer's Name: Tai Foods Inc.
Manufacturer's Address: Muir St., Winnipeg, MAN, Canada. Phone: 204-694-0484.
Date of Introduction: 1986. April.
How Stored: Frozen.
New Product–Documentation: Boughton. 1987. Small Business (Canada). Dec. p. 12, 14. "Tai Foods Tries for Tofu Converts."

7487. **Product Name:** [Soy Sprout Tofu].
Foreign Name: Haiga Tôfu.
Manufacturer's Name: Taisei Sangyo.
Manufacturer's Address: Okayama Prefecture, Japan.
Date of Introduction: 1986. April.
New Product–Documentation: Toyo Shinpo (Soyfoods News). 1986. April 1. p. 5. The product, invented by Katsushi Oguchi, President of Taisei Sangyo, of Okayama prefecture, is produced and marketed by three companies now. Taisei makes the sprouting machine. The product is easier to digest than regular tofu.

7488. **Product Name:** Tofutti Cuties (Snack Size Soy Ice Cream Sandwiches) [Vanilla, or Chocolate].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065.
Date of Introduction: 1986. April.
Ingredients: Water, high fructose corn sweeteners, corn oil, tofu, isolated soy protein, vanilla with other natural flavorings, soy lecithin, guar seed gum, cellulose gum, carrageenan, carob bean gum, salt. Wafer Ingreds: Enriched bleached flour, sugar, vegetable shortening, corn sugar, caramel color, corn syrup, cocoa, leavening (sodium bicarbonate, ammonium bicarbonate), modified corn starch, salt, artificial flavor, lecithin.
Wt/Vol., Packaging, Price: 3/93. 360 gm paperboard box (45 gm per sandwich).
How Stored: Frozen.
Nutrition: Per Cutie (1.5 oz plus 2 wafers): Calories 130, protein 2 gm, carbohydrate 21 gm, fat 5 gm, sodium 110 mg.
New Product–Documentation: Spot in Dairy Foods. 1986. March. Snack-sized (1.5 oz) frozen sandwiches made with vanilla or chocolate Tofutti between two non-dairy chocolate wafers. Two Labels. 1987. Sent by Donna Haverstock, Director, Consumer Nutrition Center. Color leaflet. 1988 Tofutti Cuties. "Parevine nondairy frozen dessert snack size sandwiches." Shows Labels. 8 sandwiches per pack.

Product with Label purchased at Trader Joe's (Concord, California). 1994. April 15. $1.79 for a pack of 8 Vanilla

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sandwiches. Package (copyright 1992) is 6 by 4 by 2.25 inches. Dark blue, light blue, red and brown on white. "No milk. No butterfat. Lactose free. Cholesterol free. 8 snack size. Vanilla sandwiches. Nondairy frozen dessert."

7489. **Product Name:** [Tofunaise (Tofu Mayonnaise) (Natural, or Lemon)].
Foreign Name: Tofunaise (Naturel or Citroen).
Manufacturer's Name: Witte Wonder Natural Products B.V.
Manufacturer's Address: Gelreweg 4b, 3843 AN Harderwyk, Netherlands.
Date of Introduction: 1986. April.
Ingredients: Tofu 60% (made from soya beans with water and coagulated with nigari), sunflower oil 25%, natural apple vinegar 5%, mustard 5%, natural maize syrup 5%, sea salt and guar binding agent 0.5%.
Wt/Vol., Packaging, Price: 500 ml bottle.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Protein 5.5%, fat 27.0%, carbohydrates 10.0%, calories per 100 gm = 305.
New Product–Documentation: Letter from Sjon Welters. 1989. July 24. In April 1986 Witte Wonder introduced a tofu-based mayonnaise which was developed by Sjon Welters for Witte Wonder and later adapted and changed by the company. The product is sold in England, Holland, and West Germany. Witte Wonder also private labeled the tofu spreads for Living Foods, starting in about 1984 or 1985. Label. 1986. 7.5 by 2.5 inches. Blue, orange, and silver on white.

Leaflet. 1989. "Tofunaise." In Dutch. Shows half of the label. Tofunaise contains 25% oil. It has 305 calories per 100 gm versus 765 calories for mayonnaise. The address is now Witte Wonder Natural Products B.V., Slachthuiskade 10, 2685 LN Poeldijk, Netherlands.

Leaflet. 1989. "Slasaus, tofunaise citroen, tofunaise naturel. Romige Smaakmakers op Tofubasis." Creamy Taste-makers based on tofu. Tofunaise contains 63% less fat and 60% less calories than mayonnaise. Shows new labels with sliced fresh vegetables on front. The lemon flavor is "fresh and creamy" while the natural flavor is "soft and creamy."

7490. **Product Name:** [Tofu Dressing (Mexican, Herb, or Italian)].
Foreign Name: Dressing op Tofu basis (Mexicaans, Tuinkruiden, or Italiaans).
Manufacturer's Name: Witte Wonder Natural Products B.V.
Manufacturer's Address: Slachthuiskade 10–2685 Poeldijk, Netherlands. Phone: 01749-45999.
Date of Introduction: 1986. April.
Ingredients: Water, tofu* (soybeans, water, coagulant), sunflower oil (cold pressed), dried vegetables and herbs, barley malt syrup, malt vinegar, sea salt, guar gum (as a binder), saffron. * = from organically grown source.
Wt/Vol., Packaging, Price: 300 ml bottle.
How Stored: Shelf stable.
Nutrition: Protein 2.9%, fat 18.1%, carbohydrates 3.6%, calories per 100 gm = 189.
New Product–Documentation: Leaflet. 1989. "tuinkruiden, italiaans, mexicaans Tofu Dressing." Shows 3 white bowls of dressing in front of lettuce, tomato, and cucumber. Inside shows the front of the Label of each, plus a recipe and a photo of the finished recipe. Ingredients and nutritional information are given on the back.

7491. Golbitz, Peter. 1986. Re: Finalizing the tofu standards. Letter to William Shurtleff at Soyfoods Center, May 8. 1 p. Typed, with signature on letterhead.
Address: President, Island Tofu Works, 318 Main St., Bar Harbor, Maine 04609. Phone: (207) 288-4969.

7492. Gupta, Rajendra ("Raj") P. 1986. Re: Selling tofu in Kanpur, India, and soymilk equipment to developing countries. Letter to William Shurtleff at Soyfoods Center, May 9. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "It is not even one year since we started selling tofu to consumers in Kanpur [India] and suddenly every one seems to be interested in soyfoods in India.

"There is a great deal of interest here in our process, and it is likely that we would have a tie up with a few companies for the use of our process. APV Crepaco (USA), APV Texmaco (India) and Kurihara (Japan) have begun making soymilk equipment based on our process. Some companies here are also interested in no-beany soymeal. I am hopeful that my extended stay here (up to the end of Aug. 1986) will help move things at a reasonable pace.

"Godrej, a large business house here, is setting up a 4000 liter/hour soymilk plant with know-how from Kibun and equipment from Alfa-Laval. Kalyan Solvent Extraction Limited is expected to setup a similar size plant with process and know-how from us and equipment considering to go into large scale soymilk production. In addition, we have enquiries from 50 companies keenly interested in setting up small scale tofu and soymilk operations similar to ours in Kanpur. Several of them have made deposits with us of up to Rs. 5,000 for the purpose." Address: Ph.D., Vice President, ProSoya Foods International Inc., 801-275 Slater St., Ottawa, ONT, K1P 5H9, Canada. Phone: 613-237-5814.

7493. State of Wisconsin, Dept. of Agriculture, Trade & Consumer Protection. 1986. Re: Guidelines concerning the bacterial condition and handling of tofu. Letter to Zurkoff Corp., Box 11877, Shorewood, WI 53211, May 9. 3 p.
• ***Summary:*** "Dear Candice: This is a follow-up to our telephone conversation on May 9, 1986. During the conversation you requested the Department's guidelines concerning the bacterial condition and handling of tofu. The Department's Food Division routinely samples a wide

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variety of foods, including tofu. The bacterial condition of tofu is determined by running analyses for coagulase positive staphylococci, salmonella, coliform, and aerobic plate count.

"There are no bacterial standards for tofu. However, for a food such as tofu to be in full compliance with state food law, bacteriological analysis must be negative for coagulase positive staphylococci, and salmonella and analysis should find less than 10 coliform organisms/gram. We would expect the aerobic plate count to be less than the limit set for pasteurized milk (20,000 organisms per gram).

"To date our analyses of tofu have not revealed the presence of coagulase positive staphylococci or salmonella, however, coliform levels are often significantly greater than 10/gram and aerobic plate counts have frequently exceeded the 20,000/gram guideline by a 1,000 times. In tracing bacterial problems, we have often found the problem is at the retail level. Problems may originate from storing tofu at temperatures greater than 40ºF or in areas where contamination from the soil on raw vegetables is possible or from selling a product which is past its shelf life."

An attached, undated, letter from the Milwaukee Regional Office to Wisconsin food retail stores states: "Current research indicates that the bacterial quality of tofu can only be maintained at temperatures below 40ºF. Therefore, we must ask that tofu be held at a temperature of less than 40ºF. in an area not subject to contamination from adjacent products."

Note: Zurkoff was a broker for Mori-Nu Tofu. Morinaga does not recall what prompted this exchange of letters. Address: Howard C. Richards, Secretary, Southeast Regional Office, 10320 West Silver Spring Drive., Milwaukee, WI 53225.

7494. Becker, Jim, Jr. 1986. Solnuts in America (Interview). *SoyaScan Notes.* May 11. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jim, his father (Jim, Sr.), and his brother are working in Wisconsin, employed on a straight salary (no commission) by Solnuts B.V. in the Netherlands. They (Solnuts) have leased a 12,000 square foot warehouse in Houlton, St. Joseph County, Wisconsin, and are importing container loads of their products (dry roasted Solnuts) from Tilburg, the Netherlands. They just add flavors in America. They hope to start production of Solnuts in Wisconsin when their volume hits 1-1.5 million pounds a year. Present imports are 60,000 lb/month.

Solnuts B.V. was founded in the Netherlands in 1977, beginning production that December. The investors are mostly European, but Jim Becker Sr. owns a little stock. Franz van der Marel (elder brother of Jan van der Marel) put the financial deal together. He had a little company called Vollmeyer selling protein foods and importing soynuts from Edible Soy in Iowa. By 1986 they were producing 6 million lb a year of soynuts, which is 5 times the amount made by Edible Soy Products (850,000, which has been constant since the peanut shortage; just one salesman on the east coast). Solnuts BV owns Witte Wonder in the Netherlands. Witte Wonder makes tofu and tofu spreads in sterilized jars. They do not make tempeh. The tofu is sterilized by a continuous process and is said to last 2 years.

Jim Becker Sr. originally worked for Alfa-Laval. He left in 1968 to start his own company Therm Products Co. (spring 1969), which made fluid bed spray driers and instantizers, high fat powders for calf milk replacers, etc. He designed and built the equipment for Edible Soy Products (ESP) in Hudson, IA, the first fluid bed dry roasted soy nut plant in the world. The ESP plant started in Dec. 1970. The research Jim Becker Sr. did to develop the plant was very expensive. The man who put together ESP, George Schulz, formerly had a little company (name unknown) in Los Angeles, California, making oil roasted soynuts in a garage. Also involved in the company were a Chinese man (name unknown), Elmo Herrs (rhymes with "hers"; he was formerly involved with making potato chips), and Roger Graessle (pronounced GRES-ul; he was sales manager and his father was a nut broker for many years). The product looked like Soy Ahoy from Malt-O-Meal.

Blandness: Soynuts take on any flavor that we put with them. Oil roasted soynuts will not do this. Mixed with 50-70% almonds they taste just like almonds. Zero Candy Bar made by Hollywood Candy Company in Illinois contains 60-70% soynuts. They replaced 100% almonds starting 10 years ago. You can't tell it has any soy. This is a key concept. He thinks only 2-3% of the potential is realized...

The ESP process is not patented. There are lots of tricks in the process to make it come out. And there is narrow leeway. Only two ways exist to protect: Patent or keep it locked up. The unique feature is the continuous high-pressure high temperature cooking system, without breaking the nuts up. That was hard to work out and is the secret. It needs to be continuous to go onto the fluid bed. Also it is important to use large soybeans. Now they just use regular soybeans and select the big ones. They say that since 80% are used as ingredients, this doesn't affect sales. They are covered up.

The president of Solnuts Inc., Woud Coster, lives in the USA, a Dutchman here since 1973.

He is not yet making dry roasted. Import container loads from Holland. Just add the flavors. When volume hits 1 to 1.5 million pounds a year they will start their plant.

On 25 April 1986, Becker had sent Soyfoods Center samples of the following products: Soynuts–Whole halves. Soynuts -large, medium, and small diced. Soynut snacks, salted & oiled, barbecue, onion, bacon, curry. Soynut bits–Onion, cheese, barbecue. Krokant [Nut -crunch] SMD. Nut crunch–Hazelnut. Address: Highway 64 North, Route 1, Box 271, Houlton, St. Joseph County, Wisconsin 54082. Phone: 715-549-6366.

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7495. Cromley, Marian. 1986. There's no fooling with the fugu: The preparation of Japan's poisonous puffer fish is best left to the experts. *Washington Post.* May 11. p. K1.
• ***Summary:*** The fugu has killed 200 Japanese diners in the past 10 years–but none of them in restaurants. All have been amateurs or suicides. There are more than 10 species of fugu, and the toxicity of each varies.

A meal of fugu "could be followed by a casserole dish called shabu-shabu with the fugu in chunks in a chicken broth with grilled bean curd, mushrooms, leeks and greens."

A recipe for Chirinabe calls for "16-ounce block firm tofu, cut into 1-inch squares."

An illustration shows a head-on view of the fugu. A photo shows a platter of artistic thinly-sliced fugu sashimi. Address: Special to the Washington Post.

7496. Lane, Susan B. 1986. The right stuff. Can the creators of "Jofu" ride the yogurt wave of success. *Hartford Advocate* (*Hartford, Connecticut*). May 19. Also in New Haven Advocate, May 19, p. 12-14.
• ***Summary:*** A photo shows Tom Timmins eating Jofu.

7497. *Soybean Update.* 1986. Southeast Asia's appetite for soy foods is growing. May 19.
• ***Summary:*** Susani Karta, nutritionist with the American Soybean Assoc. in Singapore, links interest in nutrition and traditional food. In 1984 Thailand consumed 65,000 tonnes of beans; In 1986 this increased to 100,000. Indonesia uses about 1 million tonnes for traditional soyfoods, such as tofu and tempeh. A company there is developing a new soy ice cream.

7498. *Toyo Shinpo* (*Soyfoods News*). 1986. Faasuto Fuudo wa tôfu kara. Tomii Cheen. Gyôkai no sakigake mezasu [Fast foods from tofu. The Tomi Chain aims to be a pioneer in the industry]. May 21. p. 3. [Jap; eng+]
• ***Summary:*** Yoshiaki Saruda, president of the Tomi chain in Kyoto, is franchising the concept. He got the idea from McDonald's. His shop sells tofu ice cream, tofu yogurt, tofu hamburgers, tofu pies, Tomi crepes, Tomi pies, etc. These second generation products are all made by machines, produced by Saruda Shoten, which is pioneering such food equipment. Saruda Shoten is owned by Yoshiaki Saruda's father.

7499. *Los Angeles Times.* 1986. Packaging keeps tofu fresh up to 1 year. May 22. p. M26.
• ***Summary:*** Photos show Mori-Nu's regular and soft packages. Advertises free recipe booklets, and contains a recipe for creamy tomato and tofu soup.

7500. *Vashon-Maury Island Beachcomber.* 1986. Tofu fire called accident here. May 22. p. 2.
• ***Summary:*** A fire which destroyed Island Spring's tofu factory Feb. 7 with an estimated $1 million loss was caused by an electrical problem or malfunction, which ignited some paper. Island Spring has since rebuilt at a new location.

Note: The fire destroyed the 4,000 square foot space that Island Spring was sharing with another company and completely halted tofu production. Address: Washington.

7501. Webster, Bob. 1986. Kosher caterer turns tofu into profits. *Daily Commerce* (*Los Angeles*). May 26. Widely syndicated by United Press International.
• ***Summary:*** "A devout Orthodox Jew, Mintz stumbled onto tofu in 1972 when he sought a milk free product to satisfy his kosher customers... Mintz found the answer to his dilemma in a magazine article on tofu." Now he adds, "My weight has gone up as much as my stock."

7502. Beatty, Denise. 1986. 'Lactose intolerant' still need calcium. *Toronto Star* (*Ontario, Canada*). May 28. p. B4.
• ***Summary:*** If you are lactose intolerant, include non-milk sources of calcium in your diet, such as 1 cup cooked beans (soy, kidney, white; 100 mg calcium); ½ cup tofu (soybean curd; 145 mg calcium).

Lactose, the natural sugar in milk, has to be broken down (hydrolyzed) by an enzyme named lactase before it can be absorbed and used by the human body. If you don't have enough of the enzyme to break down / digest the amount of lactose you are consuming, the undigested sugar remains in the intestine, where it can cause diarrhea, cramps, and intestinal gas.

7503. Business Trend Analysts, Inc. 1986. The health and natural food market. 2171 Jericho Turnpike, Commack, NY 11725.
• ***Summary:*** Section VII is titled "The Market for Soyfoods." It is a combination of material taken without permission from Shurtleff & Aoyagi's *Soymilk Industry and Market* (especially the overview on page 96) and little bits and pieces for various sources that fail to give an accurate picture of this market. The report repeatedly speaks of the "soyfoods market" without defining which product types it is including. Part of the information is said to be based on "A special survey of 5,000 households, providing up-to-date information on changing consumer attitudes and buying patterns with respect to soyfood products." The results of this survey include consumption levels by household income, type of retail outlet, geographic region, race, age and presence of children. They project manufacturers' sales of soyfoods to be $499.5 million in 1995, assuming a compound annual growth rate of 15.3% from 1985 to 1995. Generally a disappointing study, especially for the price. Address: Commack, New York.

7504. **Product Name:** [Canned Tofu Kashmir (with Curry

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and Fruits), Tofu Spread with Cheese (in a Tube), Tofu Chocolate Crème, and Tofunaise (in a Tube)].
Foreign Name: Tofu Casimir, Spreading Tofu, Tofu Chocosette, Tofunaise.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1986. May.
Wt/Vol., Packaging, Price: Can or tube.
New Product–Documentation: Letter from M. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. Each of these 4 products were introduced in 1986 and discontinued in 1987.

7505. Escueta, Elias E.; Bourne, M.C.; Hood, L.F. 1986. Effect of boiling treatment of soymilk on the composition, yield, texture and sensory properties of tofu. *Canadian Institute of Food Science and Technology Journal* 19(2):53-56. May. [23 ref. Eng; fre]
• ***Summary:*** Soymilk was boiled for 0, 12, 30, and 60 minutes before coagulation with calcium sulfate to make tofu. A texture profile and analysis was performed on the product obtained. Hardness and gumminess increased slightly up to 12 minutes of boiling but decreased significantly after 30 and 60 minutes of boiling. Chewiness decreased significantly after 30 and 60 minutes of boiling. Springiness was not affected by boiling. Cohesiveness increased slightly after 12 minutes boiling and then decreased slightly but not significantly after 30 and 60 minutes of boiling. Composition and sensory qualities of tofu were not significantly affected by the length of time soymilk was boiled prior to coagulation. Address: Inst. of Food Science, Cornell Univ., Geneva, New York 14456.

7506. **Product Name:** Tofu Flavors (Eight Flavor Bases for Use in Tofu Frozen Desserts) [Apple, Berry, Lemon, Butter Pecan, Pineapple-Grapefruit, Strawberry, Chocolate, or Rum Raisin].
Manufacturer's Name: Eskimo Flavors. Div. of Eskimo Pie Corp.
Manufacturer's Address: 530 E. Main St., Richmond, VA 23219. Phone: 804-782-1885.
Date of Introduction: 1986. May.
New Product–Documentation: Food World (Columbia, Maryland). 1986. May. The company has introduced 8 new flavor bases for use in tofu frozen desserts. The bases themselves contain no soy. The company also makes Eskimo Chocolate Drink, a premium non-dairy chocolate drink; Shaw Barton Digest. 1986. 14(26):16. June 27. "Eskimo Flavors Has Eight New Flavor Bases for Tofu Frozen Desserts." Modern Dairy (Toronto, ONT). 1986. June.

7507. Goldbeck, Nikki; Goldbeck, David. 1986. Frozen tofu. *Vegetarian Times.* May. p. 50-51. [1 ref]
• ***Summary:*** Contains 4 recipes. Address: Woodstock, New York.

7508. Goodman-Malamuth, Leslie. 1986. Tofu? Surprise! Tofu's chameleon qualities make it a perfect mixer. *Nutrition Action Healthletter* 13(5):12-13. May. [1 ref]
• ***Summary:*** Introduces the reader to the culinary delights and versatility of tofu. Includes tofu recipes and serving tips.

7509. **Product Name:** [Tofu Stew].
Foreign Name: Tofu-Blanquette.
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03/664 58 48.
Date of Introduction: 1986. May.
Ingredients: Tofu (soya-proteins)*, peas*, onions*, carrots*, mushrooms, celery*, seaweed. Sauce: Soya milk*, water, wheat meal*, vegetable fats, soya sauce, seasoning spices. * = biological crop.
Wt/Vol., Packaging, Price: 300 gm.
Nutrition: Minerals 1.4%, vegetable proteins 6.3%, vegetable fats 3.52%, carbohydrates 5%. 76.9 calories (Kcal) per 100 gm.
New Product–Documentation: Label. Received 1988. 6.25 by 5.25 inches. Card stock. Color photo of tofu cubes stewing with various vegetables with item name in white on orange. "Vegetable product." Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in May 1986.

7510. **Product Name:** Tofu Mozzarella (Soy Cheese Containing Casein).
Manufacturer's Name: Kononia Foods (Distributor).
Manufacturer's Address: Fresh Meadows, New York. Phone: 718-969-2960.
Date of Introduction: 1986. May.
Ingredients: Tofu (51%), soybean oil, casein, sea salt, citric acid, soy lecithin, guar gum.
Wt/Vol., Packaging, Price: 5 lb loaves.
How Stored: Refrigerated.
Nutrition: Per ounce: Calories 80, Protein 8 gm, carbohydrates 1 gm, fat 4 gm, calcium 120 mg, sodium 170 mg.
New Product–Documentation: Medoff. 1986. Whole Life. June. p. 82-84. "Will the Real Soy Mozzarella Please Stand Up." "Several weeks after Soya Kaas came out, a third 'soy' cheese hit the market, distributed by Kononia Foods of Fresh Meadows, New York [phone: 718-969-2960], called *Tofu Mozzarella* (claiming to be 51% tofu). When *Tofu Mozzarella* first appeared in early May [1986] its labels said 'Non-dairy,' but their ingredient list read: tofu, soybean oil, casein, sea salt, citric acid, soy lecithin, guar gum." A black-and-white photo shows the product.

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7511. **Product Name:** [Dried-Frozen Tofu].
Foreign Name: Gedroogde Tofu / Koya Dofu.
Manufacturer's Name: Manna Natuurvoeding B.V. (Importer-Distributor). Made in Japan.
Manufacturer's Address: Weerenweg 28, 1161AJ Zwanenburg, Netherlands.
Date of Introduction: 1986. May.
Wt/Vol., Packaging, Price: 200 gm bag. 7 pieces.
How Stored: Shelf stable.
Nutrition: Per 100 gm.: Calories 436, water 10.4 gm, protein 53.4 gm, vegetable fat 26.4 gm, carbohydrate 7.2 gm, calcium 590 mg, iron 9.4 mg, sodium 18 mg.
New Product–Documentation: Manna Bulletin. 1986. May. No. 12. p. 3. A photo shows the package with the Muso brand on it. Note: This is the earliest Dutch-language document seen (April 2013) that uses the term "Gedroogde Tofu" or the term "Koya Dofu" to refer to dried-frozen tofu.

7512. Medoff, Marc. 1986. Tofutti's little secret: This non-dairy dessert contains little or no tofu. *Nutrition Action Healthletter* 13(5):10-11. May. Originally appeared in Whole Life Times, Jan/Feb. 1985, p. 12. [1 ref]
• ***Summary:*** Promoted as a low-calorie, healthy ice cream substitute made from tofu, Tofutti is enjoying huge success. It contain no cholesterol, butterfat, lactose, or preservatives. Actually, the product contains very little tofu. Discusses how the product evolved and what it contains. Also, a comparison of fat and sugars in popular frozen desserts is given.

7513. **Product Name:** Tofu Burger.
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1986. May.
Ingredients: Tofu, brown rice, whole wheat flour, onion, carrot, sesame seeds, oats, sunflower seeds, corn oil, safflower oil, arrowroots, salt, garlic, corn meal, seaweeds.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Blair. 1987. Detroit News. Nov. 4. p. 1E, 2E. Tofu. Talk with Dorothy Hwang. 1988. Feb. 18. This product sells very well. They will soon change the packaging from a tofu tray to a printed paper box. Label. 1987. Dot matrix printed on white gummed label.

7514. **Product Name:** Tofu Salad.
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1986. May.
Ingredients: Tofu, almond soy milk, corn oil, honey, onion, celery, carrot, pickles, garlic, lemon juice, salt, paprika.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Blair. 1987. Detroit News. Nov. 4. p. 1E, 2E. Tofu. Talk with Dorothy Hwang. 1988. Feb. 18. Label. 1987.

7515. Morinaga Nutritional Foods, Inc. 1986. The freshest tofu you can buy... Guaranteed! (Portfolio). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. Ten inserts. 30 cm.

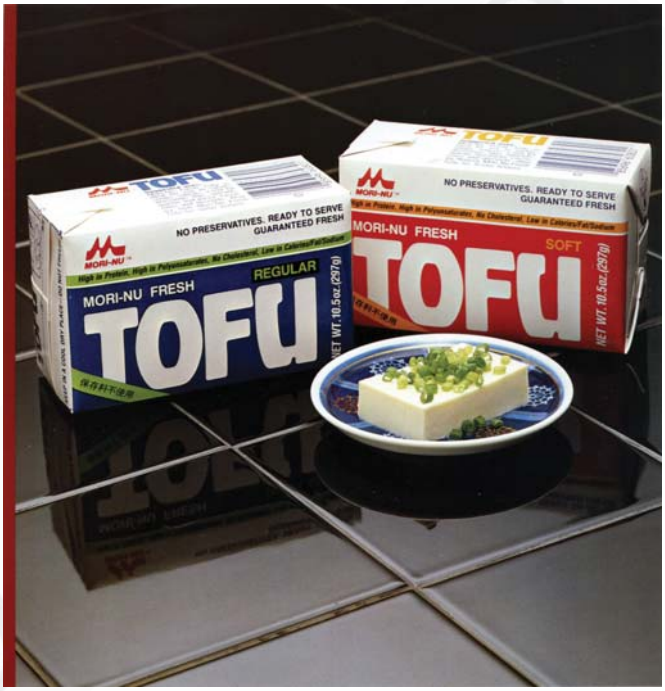

• ***Summary:*** This portfolio, which is both a manufacturer's catalog and a press/buyer's kit, contains 10 separate information sheets, most in color. Mori-Nu tofu comes in a newly-redesigned package. The word "silken" no longer appears on the front panel. Address: Los Angeles, California. Phone: 213-728-4325.

7516. **Product Name:** Natural Tofu (Vacuum Packed) [Firm Style, or Soft Style].
Manufacturer's Name: Natural, Inc.
Manufacturer's Address: 6650 Santa Barbara Ct., Elkridge, MD 21227. Phone: 301-796-3211 (Balt.); 301-621-5388 (DC).
Date of Introduction: 1986. May.
Wt/Vol., Packaging, Price: 16 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Larry Betzler. 1988. April 1. This company opened in the spring of 1986. Their first two products were tofu and soymilk made for Betzler's American Soyfood Industries. Betzler taught them how to vacuum pack, using a hot pack process. Eddie Tsai, the manager, is Taiwanese but speaks fluent English. He used to be the production manager at Bud, Inc. The business is

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family run and many of the people are professionals; doctors, dentists, etc. Larry helped him to get started. Runs as very clean/sanitary business. Elkridge is a suburb of Baltimore. Eddie was at 5532 Mystic Ct., Columbia, Maryland 21004.

Form filled out and faxed copies of Labels sent by William Tsai. 1998. July 3. Natural Inc., 6650 Santa Barbara Rd., Elkridge, MD 21075. Phone: 888-868-2858. They started making tofu in April 1986. One label is for soft tofu (water pack) and the other is for firm tofu (vacuum pack).

7517. Perez, Oswaldo. 1986. La soya en la alimentacion humana [Soya in human nutrition]. *La Era Agricola* (*Merida, Venezuela*) No. 0. May. p. 14-15. [1 ref. Spa]
• ***Summary:*** Shows how soya makes most efficient use of the earth's ability to produce protein. Address: Granja Tierra Nueva, Aldea San Luis, La Azulita, C.P. 5102, Estado Merida, Venezuela.

7518. **Product Name:** Soya Kaas (Cheese Alternative Containing Casein) [Jalapeño Mexi-Kaas, or Mild American Cheddar Style].
Manufacturer's Name: Soya Kaas, Inc. A subsidiary of Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 218 Laredo Dr., Decatur, Georgia 30030. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-824-8181.
Date of Introduction: 1986. May.
Ingredients: Mozzarella Style: Fresh soy milk, soy oil, calcium caseinate, tofu, salt, lecithin, citric acid, guar gum.
Wt/Vol., Packaging, Price: 12 oz vacuum pack retails for $3.89 (6/86), or 7 lb deli block.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 78, protein 6.7 gm, fat 5.6 gm, carbohydrates 1.8 gm, sodium 168 mg.
New Product–Documentation: Form Letter from Casey Van Rysdam, V.P. Marketing, American Natural Snacks, Inc., on blue and red company letterhead. 1986. May 1. At the top left of the letterhead is a silhouette of a traditional windmill. Above it is written: Soya Kaas–The delicious, nutritious alternative to cheese." At the bottom of the letterhead: "Distributed by American Natural Snacks, P.O. Box 1067, St. Augustine, Florida 32085. Phone: 904-824-8181." "Lactose Free... although it does contain Calcium Caseinate..." Ad in Natural Foods Merchandiser. 1986. April. p. 13. Full page, full Color. "Soya Kaas. The Delicious, Nutritious Alternative to Cheese."

Leaflet (8½ by 11 inch, color, 2-sided). 1986. "Soya Kaas. The Delicious, Nutritious Alternative to Cheese. Mozzarella Style, Jalapeno Mexi-Kaas, and Mild American Cheddar Style." On the front is an attractive table setting; on a blue and white cloth are a block of sliced Cheddar cheese, cubes of whitish cheese with crackers and a pear on a plate, surrounded by grapes and a stem glass of apple juice. On the back is a photo of the 3 product labels. A listing of the ingredients in each of the 3 Soya Kaas products shows that each contains fresh soy milk as the main ingredient and calcium caseinate as the third ingredient. Note: Nowhere on this leaflet is the consumer told that calcium caseinate is derived from cow's milk.

Medoff. 1986. Whole Life. June. p. 82-84. "Will the Real Soy Mozzarella Please Stand Up (That is, if There is One)."

Ad in Natural Foods Merchandiser. 1986. Sept. p. 61. "Soya Kaas: The delicious, nutritious alternative to cheese." Ad in Natural Foods Merchandiser. 1986. Dec. p. 34. "Introducing–Jalapeno Mexi Kaas. The Delicious, Nutritious Alternative to Cheese." Cholesterol free. Lactose free. No preservatives. No artificial ingredients. Low in cost." Ad in Natural Foods Merchandiser. 1986. Dec. p. 34. "Introducing Jalapeno Mexi Kaas." American Cheddar Style launched in about April 1987.

Ad in Natural Foods Merchandiser. 1987. Aug. p. 42. "Introducing Mild American Cheddar Style Soya Kaas. No cholesterol. Lactose free. No artificial ingredients. Made with fresh soy milk and fresh tofu. Manufactured by Soya Kaas, Inc. for American Natural Snacks, St. Augustine, Florida."

Labels for Soya Kaas Jalapeño Mexi-Kaas and Mild American Cheddar Style. 1992 (Copyright). For both products, the list of ingredients begins: "Tofu (organic* soy milk, calcium sulfate), casein (a milk protein), soy oil..."

Letter from Atlanta Kashruth Commission. 1993. Dec. 12. Soya Kaas products are produced under the Orthodox Rabbinical Supervision of the Atlanta Kashruth Commission. The plant in which these products are made is located at 6029 Lagrange Blvd., Atlanta, Georgia 30336.

7519. **Product Name:** [Sansan-gurt (Soymilk Yogurt)].
Manufacturer's Name: Taishi Shokuhin Kogyo K.K.
Manufacturer's Address: Kawamorita, Aza Okinaka 68, Santo-machi, Santo-gun, Aomori-ken 039-01, Japan.
Date of Introduction: 1986. May.
New Product–Documentation: Toyo Shinpo (Soyfoods News). 1986. May 11, p. 5. Taishi Shokuhin is a large tofu company and one of the largest soyfoods producers in Japan.

7520. Tharp, B. 1986. Frozen desserts containing tofu. The high level of interest in non-dairy frozen desserts is due to the use of tofu as an ingredient. *Dairy Field.* May. p. 28-30, 48, 50, 66. Reprinted by popular demand in the Sept. issue of Dairy Field, p. 38-42, 60.
• ***Summary:*** An excellent review of the subject, including principles of selecting the tofu ingredient, vegetable fat, sweetener, and stabilizer for a soy ice cream, developing the formula, and processing the mix. Discusses Soy Supreme spray dried tofu. "This type of product is less forgiving of processing shortcomings than conventional frozen desserts." Address: Vice President R&D, Germantown Manufacturing Co., Broomall, Pennsylvania.

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7521. **Product Name:** Tofutti Love Drops (Soy Ice Cream Full of Crunchy Chocolate-Covered Graham Cookies) [Vanilla, Chocolate, or Cappuccino].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065.
Date of Introduction: 1986. May.
Ingredients: Chocolate Tofutti: Water, high-fructose corn sweeteners, corn oil, tofu, isolated soy protein, cocoa processed with alkali, soy lecithin, guar seed gum, cellulose gum, carrageenan, carob bean gum, salt. Cookies: Cocoa, enriched flour, high-fructose corn syrup, graham flour, vegetable shortening, baking soda, salt, honey.
Wt/Vol., Packaging, Price: Pints.
How Stored: Frozen.
Nutrition: Per 4 oz.: Calories 230.
New Product–Documentation: Spot in Dairy Foods. 1986. June. p. 38. "Introduced: Spring 1986." "Hard pack Tofutti mixed with chocolate-covered graham-cookie drops. Free of lactose, cholesterol, and butterfat." Associated Press NYC Metro Wire. 1986. Aug. 5. "Tofutti Brands Inc. promotes its new products 'Love Drops' with a horse-drawn carriage trip with Prince Andrew and Sarah Ferguson look-a-likes; Fifth Avenue starting at 59th Street. 12:45 P.M. Coronation takes place at the steps of The New York Public Library."

7522. U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, Retail Food Protection Branch. 1986. Definitions–Potentially hazardous food (Leaflet). In: Retail Food Protection: Program Information Manual. Washington, DC. Part 6–Inspection. Chap. 01–Code Interpretations. Number 1-102(q). 15 pages. 9 May 1986. [21 ref]
• ***Summary:*** This is an update, revision, and expansion of similar documents from 1984 and 1985. It contains an update of 1-102 (q)–Soy Protein Products Considered to be Potentially Hazardous Foods (5/23/84). "Question: What are the factors that can be used to determine whether or not a food is potentially hazardous." Contents: Discussion. "Classification of foods: Foods can be classified into two major categories–animal and plant. There are four logical groups within the animal category: (1) meat and meat products, (2) poultry and eggs, (3) fish and fishery products, and (4) milk and milk products. Likewise there are four groups within the plant category: (1) cereals and cereal products, (2) sugar and sugar products, (3) vegetables and vegetable products, and (4) fruit and fruit products. In addition to the eight groups, there are lesser groups that include products such as spices, flavoring materials, nutmeats and synthetic ingredients. Practically all foods in the animal category are potentially hazardous. That is, they are typically encountered in a form capable of supporting the rapid and progressive growth of infectious or toxigenic microorganisms or the slower growth of *Clostridium botulinum."* Exceptions are then listed.

"It is the plant products category that causes much of the confusion and uncertainty. These foods are widely believed to be non-potentially hazardous. Yet foodborne illness data clearly establish that such foods are sometimes in a form capable of supporting the rapid and progressive growth of disease organisms or the slower growth of *C. botulinum*... Already interpreted to be potentially hazardous are baked or boiled potatoes and moist soy protein products."

Evaluation factors: "It is necessary to consider the intrinsic and external factors which affect microbial growth. The intrinsic factors vary by product and include nutrient content, water activity measured as available moisture (a_w), hydrogen ion concentration (pH), biological structure, oxidation-reduction potential (Eh), osmotic pressure and natural antimicrobial constituents. The external factors which can influence bacterial growth include but are not limited to temperature, oxygen, time, light and added antimicrobial agents. Also important is the synergistic or competitive interaction of the various microorganisms present in the product.

Nutrient content: Microorganisms, like other living things, meed three basic groups of nutrients: (1) Basic chemical elements such as carbon, hydrogen, sulfur, nitrogen, sodium, potassium, calcium, magnesium, and iron; (2) Vitamins such as B-1 (thiamine), B-2 (riboflavin), B-6 (pyridoxine), biotin, pantothenic acid and folic acid; (3) A source of energy. This is usually obtained through the process of oxidizing carbohydrates (glucose, fructose, lactose, sucrose, raffinose, or complex starches) and proteins.

Water Activity (a_w): This is an index of the available moisture in a food. It is defined as the ratio of water vapor pressure of a food to the vapor pressure of pure water at the same temperature. Water would, therefore have a water activity of 1.000. Each microorganism has an optimum and a minimum water activity for growth. The minimum ranges from 0.86 for *Staphylococcus aureus* to 0.96 *Pseudomonas aeruginosa.* Fresh meat, poultry, fish, and tofu typically have a water value of 0.99 or greater. FDA and USDA consider foods with a water activity of 0.85 or below to be not potentially hazardous.

Hydrogen ion concentration (pH): Most microorganisms grow best at a pH between 6.6–7.5. Each microorganism has a maximum, and optimum, and a minimum ph at which it will grow. The minimum (acidic) is about 4.0 (for *Staphylococcus aureus* and *Salmonella*). The FDA and USDA have established 4.6 as the level at or below which foods should not be considered potentially hazardous. The maximum (alkaline) is about 10.0 for *Bacillus subtilis.* [Note: The pH of fresh tofu is typically 6.5-7.5].

Biological structure: "One fresh plant food has historically been associated with foodborne illness–seed sprouts. Germinated soybeans have caused illness due to

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contamination with *Bacillus cereus.* The more commonly encountered sprouts–mung beans and alfalfa–have been shown to support the growth of both *Salmonella sp.* and *Yersinia enterocolitica*... Many foods in the plant category have caused foodborne illness outbreaks after heating. Some examples are: Bean curd (tofu)–*Yersinia enterocolitica."*

Other intrinsic factors. External factors. Interaction of intrinsic and external factors. Measuring water activity and pH. Measuring other factors. Redefinition: "Based on the information in this and related interpretations, it seems appropriate to redefine the term potentially hazardous food as follows: 'Potentially hazardous food' means any food or food ingredient, natural or synthetic, in a *form* capable of supporting (1) the rapid and progressive growth of infectious or toxigenic microorganisms or (2) the slower growth of *C. botulinum."*

Interpretation. Note. References. Address: 200 C Street S.W., HFF-342, Washington, DC 20204. Phone: 202-485-0140.

7523. **Product Name:** [Yakso Tofu Spread (Onion, Cucumber, or Carrot)].
Foreign Name: Yakso Tofuspread (Ui, Komkommer, Wortel).
Manufacturer's Name: Yakso.
Manufacturer's Address: Netherlands.
Date of Introduction: 1986. May.
Wt/Vol., Packaging, Price: 215 gm jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Manna Bulletin. 1986. May. No. 12.

7524. Bailey, Simon. 1986. Notes on soya in Trinidad & Tobago. Upper Santa Cruz, Trinidad, W.I. 2 p. June 1. Unpublished typescript.
• ***Summary:*** "Soyabeans do not have a long history here. It is not clear whether any of the indentured Chinese immigrants coming to Trinidad about 150 years ago brought any soya with them and there is certainly now no evidence of cultivation on any considerable scale by the Chinese community."

There seem to have been two soyabean experiments by the Ministry of Agriculture. The first [in 1913] failed from poor management. The second, "initiated and originally funded by the Government of West Germany, included variety trials at the Chaguaramas Agricultural Development Project (ADP) and has resulted in the annual maintenance of germplasm for the varieties Pelican Improved & Jupiter. The seed has been grown for about ten years using a mechanised methods with a yield much lower than US averages. The ADP produced a recipe booklet in 1977 encouraging the use of soya by Trinidadians and incorporating soyafoods in recipes with a local flavour. The recipes rely mainly on the use of boiled (or pressure-cooked) soyabeans. There does not seem to have been any investigation by the ministry into the use of traditional soyafoods (e.g. tofu, tempeh etc).

"Sales of soyabean seed to farmers from this source have been slight. Small amounts may have been purchased out of curiosity & for backyard use and user response is not effectively monitored. In the last few years there have been some demand from consumers for beans surplus to ADP's requirements although ADP's brief is to produce seed for farmers. There are signs that, since the failure of the 85-86 crop due to poor storage and low germination of seed, the ADP project may be abandoned altogether unless a policy decision is taken to reactivate it.

"At the same time an oil extraction plant is being constructed by National Flour Mills, a government subsidiary, on the Port of Spain waterfront to handle cargos of imported soyabeans for production of cooking oil & secondary products; the presscake to be used for livestock feeds, replacing existing imports of defatted soya.

"In the marketplace we can find soya/beef burgers, dehydrated soya chunks, fortified powdered "Soyamel", some surrogate boxed and canned soyafoods (imported by Seventh Day Adventists) and the raw beans themselves. Susan Lee Hem has sold tofu on a small scale until recently, but at present all of her tofu production is going into pastelles, a steamed, corndough-wrapped local snack food. I am catering with, and selling, tempeh also on a small scale. The levels for acceptance for soya and vegetarian food in T&T are high, due partly to the dietary codes of Hindus, Adventists & Rastafarians and it is out of these groups that the majority of "health food" businesses have been formed." Address: c/o Valdez, 21 Sun Valley Dr., La Pastora, Upper Santa Cruz, Trinidad, West Indies.

7525. Domitz, Lynne. 1986. "Soysage" maker offers a healthful alternative. *Messenger* (*Athens, Ohio*). June 1.
• ***Summary:*** A photo shows Nancy Hauber, founder and operator of Golden Soy Foods, 26½ East State St., Athens, Ohio. She is posing with equipment she uses to make "soysage, a soy-based, vegetarian sausage substitute." A vegetarian since 1977, she graduated from Ohio University in 1978 (with a degree in elementary education) and started her company 2 years ago. She also makes a tofu-based dill salad dressing and a tofu sandwich spread.

7526. Dosti, Rose. 1986. Culinary SOS: Low-fat, low-cholesterol, low-cost tofu is high in public interest. *Los Angeles Times.* June 5. p. M22.
• ***Summary:*** In this column Dosti replies to questions about recipes for readers: One finds the Tofu Fillet Sandwich served at Follow Your Heart restaurant to be really delicious. Dosti answers: "Dear Mrs. S.D.: Tofu is slowly winning more and more friends because of its low-fat, low-cholesterol, low-calorie, and low-cost assets.

Contains a recipe for Tofu fillet sandwich. Address:

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Times staff writer.

7527. Devasia, T.K. 1986. Soybean can bring revolution in nutrition. *Free Press Journal* (*Indore, India*). June 8. p. 7.
• ***Summary:*** In India, a large number of children die every day of malnutrition. But nutritious foods are too expensive for the poor "Health administrators and researchers are working overtime to find a solution to this problem. Soyabean as been found to be the single best answer as it is cheap and nutritious. Its nutritional merits have been established beyond doubt by researchers all over the world.

"Agricultural scientists and medical practitioners at Indore feel that soyabean can bring about a revolution in this field of nutrition." Although Madhya Pradesh produces about 85% of all soyabeans produced in India, "a large share of the production goes as cattle feed, for extracting milk and other industrial uses. The State Government... has not done anything to promote human consumption."

"The most simple form of soyafood is soya milk, which contains 4.4% protein compared with 2.9% in cow's milk and 1.4% in breast milk. Soyamilk can be easily prepared at home. Approximately 10 liters of soymilk can be prepared from one kilogram of dry soyabeans. It becomes much more acceptable if mixed in equal proportions with cow milk.

The soymilk can be used for making tofu by causing curds to form, then straining with a cheese cloth. There is a perennial shortage of cow milk in urban areas. Farmers can produce and market soymilk on a small scale to be consumed the day it is made.

A sidebar titled "Plan to popularise soya foods in rural areas" explains that "Manoj Soni, a resident of Mhow and student of Boston University Medical School, USA, has conceived a plan to popularise the use of soya foods in the rural areas of the state. Under the project he has selected and trained 15 village health workers from selected villages in Indore tehsil. These in turn will educate the masses about the soya products." "Soni, who was inspired by his mother in undertaking the project, feels that soyabean holds great promise for the rural and urban population."

"Soni, his mother, and Mrs. Pushpa Pandey have prepared 150 recipes of soys food, which will be published soon... Soni has been given funds under the Smith-Kline Packman medical scholarship."

Photos show: (1) Manoj Soni. (2) Mrs. Pushpa Pandya delivering a lecture on soyabean foods to the village health workers at Rau near Indore. Address: India.

7528. Tepper, Robert. 1986. Tofutti and Tofulite are the only two national brands of soy ice cream left (Interview). *SoyaScan Notes.* June 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Gloria Vanderbilt's Glace is off the market. McQueen's is gone. Tofait is regional, in the midwest centered in Illinois, and is probably the third largest brand. Tofulicious is sold only around Minneapolis, Minnesota. Tofruzen is also local to regional.

7529. Freligh, Becky. 1986. Local tofu makers offers something to suit all tastes [Brooks Jones of Cleveland Tofu Co.]. *Plain Dealer* (*Cleveland, Ohio*). June 10. p. 1-C, 5-C.

7530. Forman, Gail. 1986. Where's the beef? Just substitute bean curd skin. *Washington Post.* June 15. p. K1, K6.
• ***Summary:*** Special to the Washington Post: Bean curd has a 2,000 year history [sic] as a dietary staple all over East Asia and recently it has developed a following in the United States. Less well known is a relative of bean curd called "bean curd skins."

Before the coagulant is added to hot soy milk to make bean curd, "a thin skin forms on top, much like the skin that forms when cow's milk or cream is heated... This very thin skin, carefully lifted off and hung up to dry, is called tiem jook [sweet dried yuba] by the Chinese, yuba by the Japanese. In English it goes by the various names of bean curd skin or tofu skin, bean curd sheets and bean curd robes."

Note: This is the earliest English-language document seen (Oct. 2012) that uses the word "robes" or the term "bean curd robes" to refer to yuba.

The thinner the bean curd sheets, the better. Oriental groceries stock them in various dried forms: flat sheets, rolls, folded sticks, strips, circles, and small triangles. They are brittle and break easily, but last almost indefinitely without refrigeration. Some grocery stores now also sell fresh and frozen bean curd skins, which are easier to handle and more flavorful than dried.

Bean curd skins first became widely used millennia ago in Chinese Buddhist vegetarian cuisine, where they were used in place of meat–as in mock Peking duck. They are widely used as wrappers of almost any small packet of tasty ingredients. Steamed bean curd sticks [dried yuba sticks], made of rolled or folded sheets, add substance to a bowl of vegetable broth.

Contains the following recipes, from various restaurants, for using bean curd skins: China Harbor lobster roll (a good way to stretch a small amount of lobster). Meat stuffed bean curd skins (calls for "2½-inch square pressed bean curd"). Yellow birds (vegetarian). Mock Peking duck (vegetarian). Bean stick soup. Steamed fish with bean curd sticks (calls for "2 ounces bean curd sticks, broken into 2-inch sections"). Fukien stuffed shrimp in bean curd skins. Buddha's delight (vegetarian).

Note: This very creative article is the first to mention the word "yuba" in a major American newspaper. Address: Japan.

7531. Newbury, Raymond Eugene. 1986. The FDA position on the use of the terms "tofu" and "bean curd" on product

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labels (Interview). *SoyaScan Notes.* June 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1. Tofu has no common or usual name. In other words, there is no documented proof that the term "tofu" is widely recognized by most American consumers, and that they realize it is a product made from soybeans. 2. Therefore its label must bear an "appropriately descriptive term," such as "soybean curd," on the principal display panel. 3. Tofu is still primarily an ethnic food and a great deal of it is purchased by ethnic consumers (Japanese, Chinese, Koreans, Indonesians, etc.) who speak a variety of languages and call the product by a variety of names. 4. Only a carefully conducted consumer survey would allow the FDA to determine what the common or usual name really is."

Note: Another high-level FDA official said on this point in a separate phone call: "You don't need a survey to determine a common or usual name. It's long term consumer usage and understanding. A survey is only one device, but it certainly is not the only way of determining this. For example if 99% of all dictionaries, cookbooks and ordinary references showed that a single term was used, you could reasonably conclude that that was the common or usual name. Consumers determine what is the common or usual name of a food." See also our Oct. 1989 interview with Judith Riggins of the FDA.

"It is a good idea for a company to submit a proposed label to the FDA before having it printed. We will examine it and if we feel it is acceptable we will issue a 'letter of no adverse findings.' The company should keep that letter, and if another branch of the FDA ever issues a 'notice of adverse findings,' the original letter and label should be presented; they will be carefully considered and it is 'very unlikely' that they would be overridden. If we make a mistake, we usually correct it." Address: Deputy Director, Div. of Regulatory Guidance, Food and Drug Administration, Center for Food Safety and Applied Nutrition, 200 C Street, S.W., Room 5001, HFF-314, Washington, DC 20204. Phone: 202-485-0187.

7532. *New England Business* (*Boston, Massachusetts*). 1986. From tofu to Jofu. June 16.
• ***Summary:*** Tofu: "When you put it on our plate, it sort of sits there quivering while a milky liquid runs off. Like so many disgusting things, it is healthful. Food processors have, for a number of years and with little success, tried to come up with a way to make it into something people might actually want to buy and eat.

"Now a Greenfield, Massachusetts, company, Tomsun Foods Inc., is taking another shot at it. They call it Jofu, and it's touted as the first 'chilled, spoonable blend of tofu and fruit.' The company says Jofu is high in protein, calcium and iron and low in calories and sodium. It also tastes good, they say."

7533. *Toyo Shinpo* (*Soyfoods News*). 1986. 7 mm kaku no Tsubu Dôfu. Nihon Biinzu kongetsu kara shinhatsubai [Firm tofu in 1/4 inch cubes. Nihon Beans starts to sell it this month]. June 16. p. 1. [Jap; eng+]
• ***Summary:*** This diced, firm lactone silken tofu is packed in a polypropylene container. A convenience food, it can be used in Mabo Tofu, miso soup, etc.

7534. *Toyo Shinpo* (*Soyfoods News*). 1986. Minesota musume ga tôfu shugyô–Kyôto. Tezukuri-ten e shigan. Yume wa kokyo de "tôfu shoppu." [Minnesota woman (Jeri Rasmussen, 29) apprenticing at handmade tofu shop (Hattori Shokuhin) in Kyoto. Her dream is to open a tofu shop in America]. June 16. p. 3. [Jap; eng+]

7535. *Toyo Shinpo* (*Soyfoods News*). 1986. Tôfu aisu ni sannyû Doonaa Cheen [Donner Chain entering the tofu ice cream market in Tokyo]. June 16. p. 1. [Jap; eng+]
• ***Summary:*** This Tokyo-based fast food chain has entered the new tofu ice cream market which is getting more popular in Japan. They are going to start marketing their ice cream in mid-June through restaurants, Denki-ya meat shops, auto dealer stores, hospitals, etc.

7536. *Toronto Star* (*Ontario, Canada*). 1986. Try the Kiku platter: Table for Two. June 24. p. H5.
• ***Summary:*** "Table for Two" is the Star's daily restaurant review. This is a review of the Japanese restaurant Kiku located at 1560 Yonge St. (at St. Clair Ave. Phone: 920-9922).

You are the chef at this recently opened restaurant, which is nearly identical to the first Kiku on King St. West. A as barbecue is sunk in the middle of each table.

"The menu offers several entrees that come with miso soup (containing soybean curd with [sic] tofu and green onion), steamed rice, three vegetables or salad, and green tea."

Note: Tofu is the same as soybean curd.

7537. *Appeal-Democrat* (*Marysville, California*). 1986. Try high protein egg in place of tofu. June 25. p. C-2, C-4.
• ***Summary:*** The egg lobby is trying to get cooks to substitute eggs for tofu in tofu recipes. They present an egg-based recipe called "tofu substitute" or "EGGFU."

7538. Lynam, Frances. 1986. Happy birthday tofu, happy birthday tofu [David Mintz about to celebrate Tofutti's fifth birthday]. *Register* (*Shrewsbury, New Jersey*). June 25. p. 6B, 7B.
• ***Summary:*** "In 1971 Mintz read about tofu in a health magazine... For the next 10 years he spent all his free time creating Tofutti. 'It was a whole new world. It became an obsession.' Today more than 38,000 outlets in all 50 states carry the product. It is also sold in Canada, Australia,

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Korea, Hong Kong, and the U.S. Virgin Islands. Recently he developed an 'egg' without cholesterol called 'Eggwatchers' and a coffee whitener without milk."

7539. *Los Angeles Times.* 1986. Packaging breakthrough extends life of tofu. June 26. p. L35.
• ***Summary:*** About Mori-Nu Tofu, recently introduced by Morinaga Nutritional Foods Inc. of Los Angeles. A photo shows two tofu packages. Gives a recipe for tofu meat loaves with ground beef. Address: California.

7540. Strickland, D. 1986. Stroh's new frozen tofu dessert is guaranteed to be a Pip [NJOY launched by American Tofu Inc. and two members of Gladys Knight and the Pips]. *Detroit Free Press.* June 26. For a photo of Guest and Patten enjoying NJOY, see Detroit News of June 26.
• ***Summary:*** The two Pips are William Guest and Edward Patten, who have teamed with Aubrey Bell. NJOY will be distributed by the ice cream division of Stroh Brewery. Address: Detroit, Michigan.

7541. **Product Name:** Tofu, Soymilk, and Tofu Ice Cream.
Manufacturer's Name: Basics (The). Renamed Kootenay Soyfoods in May 1989. Renamed Kaslo Soyfoods in Feb. 1990. Renamed Silverking Soyafoods in Oct. 1990.
Manufacturer's Address: Box 933, Kaslo, BC, V0G 1M0, Canada. Phone: 604-353-7726.
Date of Introduction: 1986. June.
How Stored: Frozen.
New Product–Documentation: Talk with Greg Lundh, owner. 1988. Aug. 9. He started making tofu and soymilk in Sept. 1986, and introduced a tofu ice cream shortly thereafter. The latter was an instant hit. All of his tofu is made with nigari and delivered fresh to the homes of his 125 customers in his Volkswagen van. Most customers have standing orders. He features service and freshness. The business is very small but growing. Talk with Greg Lundh, owner. 1988. Aug. 24. The company started making tofu and soymilk in June 1986. They started making the ice cream in about August 1986. Greg delivers his own products door to door.

Talk with Greg Lundh, owner. 1989. April 28. He now makes 300 lb of tofu a week, one day a week, using a boiling water grind. Still delivers door to door. His company is still unregistered. His only competitor in the interior of British Columbia, Okanagon Soyfoods, went out of business 10 days ago. Now he wants expand from a large blender up to a grinder.

Talk with Greg Lundh. 1990. Oct. 20. His company has been renamed 3 times, as shown above.

7542. Belleme, Jan; Belleme, John. 1986. Cooking with Japanese foods: A guide to the traditional natural foods of Japan. East West Health Books, 17 Station St., Brookline, MA 02146. xi + 220 p. Illust. Index. 25 cm. [45 ref]
• ***Summary:*** A good study from a macrobiotic viewpoint, with more than 200 macrobiotic recipes. The authors studied in Japan and speak Japanese. Contents: Foreword. Acknowledgements. Introduction. Fermented Foods: miso, shoyu, tamari, brown rice vinegar, sake, mirin, koji, amazake, pickles, umeboshi, ume su, medicinal teas, ume extract, bonito flakes, natto. Noodles: cooking noodles, udon, soba, somen, clear noodles. Grains, incl. rice, mochi, seitan, fu gluten cakes, hato mugi [*hatomugi*] (Job's tears), rice syrup, rice bran. Vegetables: shiitake, daikon, Hokkaido pumpkin, Chinese cabbage, burdock, jinenjo, lotus root. Sea vegetables: kombu, nori, wakame, hijiki and arame, kanten (agar). Beans: azuki beans, black soybeans, tofu. Condiments: kuzu, dark (toasted) sesame oil, goma (sesame seeds), tekka, shiso momiji (shiso leaf condiment), wasabi. Teas. Cooking utensils. Appendix: Composing meals, pronunciation guide, suppliers. Bibliography.

Amazake (p. 39-45). Contains a ½ page description plus good instructions for making basic amazake (thick "pudding" and thinner beverage), both from glutinous ("sweet") rice. Also recipes for Vanilla Amazake Pudding, Amazake Cream Puffs, Neapolitan Parfait, Carob Amazake Brownies, Bob's Coconut Amazake Macaroons, Amazake Bread (yeasted), and Unyeasted Amazake Bread. Perhaps the most lengthy information on amazake available in English up to this time.

Hato mugi ("Job's tears," p. 93) "resembles barley, but it is actually a member of the rice family. An easily digestible whole grain with only the tough outer husk removed, hato mugi contains less vitamin B-1 than brown rice but approximately twice as much protein, iron, vitamin B-2, fat, and slightly more calcium." It has long been used in China and Japan as a medicinal food, "for strengthening the stomach, purifying the blood, and restoring health. Since it is so effective in helping the body to discharge toxins, people who are sick and weak, and women who are pregnant, nursing a baby, or menstruating should eat it sparingly." Address: Rutherfordton, North Carolina.

7543. **Product Name:** Mozzarella Style Tofu-Rella (Organic Tofu-Based Cheese Analog with Casein).
Manufacturer's Name: Brightsong Foods.
Manufacturer's Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1986. June.
Ingredients: Organic tofu, soy oil, casein (milk-free protein), salt, citric acid, soy lecithin, guar gum.
Wt/Vol., Packaging, Price: 8 oz. Plastic wrapped.
How Stored: Refrigerated.
New Product–Documentation: Label. 1986, undated. 2.5 by 4 inches. Red on white background. "A delicious, natural, nutritious cheese alternative. 51% of Tofu-Rella is organic tofu. Contains NO cholesterol, artificial ingredients or lactose." The ingredient listing deceptively describes casein

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as "milk-free protein." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

News release. 1986. Sept. "New Tofu 'Cheese' from Brightsong." Tofu-Rella, a mozzarella cheese-like product containing 51% tofu, "is the first non-dairy cheese to contain large amounts of real tofu instead of soy powders... It looks, tastes, smells, slices, grates, melts, and even burns like real cheese, but contains no artificial ingredients, cholesterol, or lactose!... Compared to whole milk mozzarella cheese, Tofu-Rella contains 33% more protein, 11% fewer calories, 43% less fat and none of the lactose or cholesterol."

Letter from Richard Rose. 1987. Aug. 29. Medoff. 1987. Whole Life. Sept/Oct. p. 82. The company's earlier label has been changed. Rose acknowledged his error and realized his definition of casein "just served to confuse more than enlighten." Subsequent labels of Tofu-Rella were changed to call casein a "pure protein derived from milk." The product now also contains full nutritional labeling. "The information now on Tofu-Rella labels represents the most extensive disclosure statements we've seen to date on a casein-containing soy cheese substitute, and he [Rose] is to be lauded for that." Article contains a copy of the new Label.

TofuRella purchased at Trader Joe's in Concord, California. 1994. April 26. Both the Mozzarella and Cheddar flavors retail for $2.89/lb. On the shelves above each product is a colorful hand-made sign (shelf talker) giving the product name and stating "Dairy Free," even though the products contain casein. The products are now marketed by Sharon's Finest in Santa Rosa, California. Richard Rose says (April 27) that these shelf-talkers are made by Trader Joe's and that he (Richard) has asked them more than once not to describe TofuRella as "Dairy Free."

7544. **Product Name:** Tofu (15 kinds, incl. Doufu-gan, Fried Tofu), and Soymilk.
Manufacturer's Name: Calco of Dallas.
Manufacturer's Address: 714 N. Justin Ave., Dallas, TX 75211. Phone: 214-331-6122.
Date of Introduction: 1986. June.
New Product–Documentation: List of Tofu and Sprout Manufacturers. 1989. Louis Wang, owner. Talk with Calco of Dallas. 1989. Nov. 13. They started business in 1983. Tofu types include fried tofu, deep-fried tofu balls, etc. They also make alfalfa sprouts, wonton skins, egg roll skins, noodles. Letter (fax) from then talk with Louis Wang. 1998. Sept. 28. His company is now named Dallas Calco; it changed from Calco of Dallas about 10 years ago. His first name may also be spelled Luis, which is the Spanish spelling. He started making soy sprouts in 1983, then tofu and soymilk on 19 Aug. 1986.

Talk with Louis Wang. 2001. March 15. On 1 Jan. 2001 he moved into a new facility at 2726 Barge Lane, Dallas, Texas 75212. His offices and factory are in the same place.

7545. **Product Name:** Tofu, Extra Firm Tofu, Fried Tofu [Cutlets, or Pouches].
Manufacturer's Name: China Express.
Manufacturer's Address: 1324 E. 8th St., Tempe, AZ 85281. Phone: 602-966-7633.
Date of Introduction: 1986. June.
How Stored: Refrigerated.
New Product–Documentation: Talk with Richard Jennings. 1987. Dec. 28. Gave date of introduction as end of 1985 or 1986. He was making egg roll skins etc. for a year or 2 before that. He will sell for less than his competition no matter what, whether he makes a profit or not. His products are widely sold in Los Angeles. This company, run by a Chinese man Tony Lee, is underselling Southwest Soyfoods and probably also Hinoichi in Los Angeles. This is one of the Chinese-run companies that is hurting Hinoichi. It is now so inexpensive to ship a semi load of food from Phoenix or Tempe to Los Angeles (only $200) that Tempe has become a low-cost manufacturing suburb of Los Angeles. Talk with Tony Lee. 1987. Dec. 28. Gave introduction date. The company also makes bean sprouts and pasta, and has a produce line.

7546. deMan, J.M.; deMan, L.; Gupta, S. 1986. Texture and microstructure of soybean curd (tofu) as affected by different coagulants. *Food Microstructure* 5(1):83-89. [13 ref]
• ***Summary:*** Scanning electron microscopy is used to evaluate the microstructure of tofu. Among the 5 coagulants studied, 0.75% calcium sulfate and 0.4% glucono delta lactone (GDL) appeared to be most suitable for making tofu of high bulk weight and smooth texture. Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, Canada N1G 2W1. Phone: 519-824-4120 x 2515.

7547. *Grocers J. of California* (*Los Angeles*). 1986. Hinoichi Tofu [New consumer education program]. June. Address: Los Angeles.

7548. **Product Name:** Light Tofu Browners, Sausage Style (Meatless Sausage).
Manufacturer's Name: Light Foods Inc.

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Manufacturer's Address: St. Louis, MO 63017.
Date of Introduction: 1986. June.
Ingredients: Water, tofu, TVP (textured vegetable protein), soyoil, egg whites, salt, natural herbs and spices, honey, tamari, wheat gluten, malt powder.
New Product–Documentation: Poster. 1986. "No cholesterol, no MSG, no sugar, no meat." Spot in Natural Foods Merchandiser. 1987. March. p. 99. Adweek East. 1987. April 6. Soya Newsletter. 1988. Sept/Dec. A new smaller size, (8 links in a 12-oz. package) was introduced in late 1988. Address is now 613c Broadmoor, St. Louis, Missouri 63107. Ingredients include water, tofu, TVP, soy oil, salt, honey, soy isolate, malt powder, and natural herbs and spices.

7549. Medoff, Marc. 1986. Whole frauds in the news: Will the *real* soy Mozzarella please stand up (that is, if there is one) [Soyarella, Soya Kaas, and Tofu Mozzarella]. *Whole Life.* June. p. 82-84.
• ***Summary:*** Three brands of "soy" cheese are being sold in New York City and "large numbers of consumers are unwittingly purchasing what they believe to be 'non-dairy' products, when in fact, they are being deceived. Since the first purported 'soy' cheese appeared on the market in early 1985, a peculiar shroud of secrecy has hung over the entire subject of who is actually manufacturing these products and what their ingredients are."

The first soy cheese to be introduced was Soy Mozzarella (now named Soyarella), "which was being 'test marketed' in three states and distributed by Neshaminy Valley Natural Foods of Huntingdon Valley, Pennsylvania. Neshaminy officials at that time told *Whole Life* they didn't know who made the stuff... Soyarella was an instant hit. It's initial ingredient list was a purist's dream; soy milk, water, soy oil, vegetable gum, vegetable renin, salt and nigari. Made from all natural ingredients, and claiming to be totally non-dairy, Soyarella was a smash among macrobiotics, vegans, orthodox Jews and individuals with an intolerance or allergy to regular milk products. It tasted like cheese, and most importantly, melted when heated–just like normal mozzarella cheese. It was a natural food dream come true."

In March, 1986, a second competing product, named Soya Kaas, began to appear in local New York health food stores. Manufactured by American Natural Snacks of St. Augustine, Florida, it arrived in large blocks, and was then sliced into individual servings, in much the same way as Soyarella. Soya Kaas looks, tastes, and melts like Soyarella, but unlike Soyarella, it lists an ingredient named calcium caseinate. "Calcium caseinate is a derivative of casein, which is a protein obtained from cow's milk. Cow's milk to be precise... *Soya Kaas* does not claim to be a non-dairy product, although the labels on the large blocks imply otherwise. 'The Delicious, Nutritious Alternative to Cheese' and the words 'Mozzarella Style' adorn their red, white, and blue stickers. The problem is that the people producing *Soya Kaas* do not provide individual ingredient labels for their distributors to give to natural foods stores, the way *Soyarella* does. Therefore it's been left up to each retailer to decide how packages of *Soya Kaas* should be labeled.

"Several weeks after Soya Kaas came out, a third 'soy' cheese hit the market, distributed by Kononia Foods of Fresh Meadows, New York [phone: 718-969-2960], called *Tofu Mozzarella* (claiming to be 51% tofu). When *Tofu Mozzarella* first appeared in early May [1986] its labels said 'Non-dairy,' but their ingredient list read: tofu, soybean oil, casein, sea salt, citric acid, soy lecithin, guar gum. Casein is the principle protein of cow's milk that is one step closer to actual milk than calcium caseinate. Kononia made up its own labels... Unfortunately the United States Food and Drug Administration (FDA) has a problem with their labeling practices. Herman Janiger, Consumer Affairs Officer at the FDA told *Whole Life* that the use of calcium caseinate or casein as an ingredient in a product without identifying its source, or claiming the product is 'non-dairy,' runs counter to FDA guidelines. 'The FDA recommends that a product that uses calcium caseinate as an ingredient (*Soya Kaas*) identify the source, which in this case is milk. If they don't, the ingredient list could be misleading to consumers. Without identifying it as coming from milk, makes the ingredient list unclear,' Janiger told *Whole Life."*

"While *Soya Kaas's* labels may only violate an FDA guideline, the labels that have appeared on *Tofu Mozzarella* have probably violated federal law, according to Janiger. 'Casein is one step closer to milk, and therefore the FDA has determined that a product having casein it cannot call itself a "non-dairy" product,' he told *Whole Life.* Janiger was careful not to pass final judgement [sic, judgment] on *Tofu Mozzarella* ingredient labels before actually seeing the product, but he said such an item appeared to be in violation of the Federal Food, Drug and Cosmetic Act as a misleading and misbranded food product. Violators are subject to fines."

Whole Life spoke with Pearl Steinbuch and Daniel Freedman, who run Kononia Foods and began distributing up to 350 lbs a week of *Tofu Mozzarella* in New York stores on May 1. They said they would drop the claim of "non-dairy" from their label in early June. Medoff had only talked to distributors of these cheeses, but Kononia put him in touch with an individual named Bob Savar in Cherry Hill, New Jersey, an independent broker who sells the Tofu Mozzarella to them as well as along the east coast. "We asked Savar who made the *Tofu Mozzarella,* and where he got it. He would only tell us that it was made by a company that was 'part of a large conglomerate in New York.' Savar would not tell us who or where this company was, only that they did not want any publicity."

Photos show four different labeled soy cheese products. The actual label for Soya Kaas: Mozzarella Style, taken from a wholesale block of Soya Kaas, is reproduced 4

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inches square; the ingredient listing is shown. Under the heading "To learn nothing," the names and addresses of the three cheese distributors are listed. Three federal and state government agencies are also listed and the reader is encouraged to complain.

Note: This is the earliest English-language document seen (March 2007) that uses the registered trademark "Soyarella" to refer to a Western-style soy cheese. Address: Editor and publisher, Whole Life, New York.

7550. **Product Name:** Tofu, Fried Tofu, Soymilk Curds, Soybean Sprouts, and Soymilk.
Manufacturer's Name: M.S.B. Food Enterprises, Inc.
Manufacturer's Address: 430 Casanova St., Bronx, NY 10474. Phone: (212) 617-6700.
Date of Introduction: 1986. June.
How Stored: Refrigerated.
New Product–Documentation: Order for tofu books from, then talk with Michael Lee, V.P. Gomé Tofu Inc. 1996. Nov. 14. His father, John Lee, a Korean-American, started M.S.B. Food Enterprises in 1986 in the Bronx to make different foods from soybeans using all natural processes. Their main products in 1986 were regular tofu, fried tofu, soymilk curds (*sun tubu*), soybean sprouts, mung bean sprouts, and a small amount of soymilk. In 1992 they introduced *doen jang* (pronounced TEN-jang, Korean Soybean Jang, like miso). MSB Food Enterprises is the parent company for a number of smaller companies, all of which make soyfoods. In 1995 they started a new division, Gomé Tofu Inc., to make tofu specially for the Caucasian American market. In December 1995 the company moved to a new address: 710 Longfellow Ave., Bronx, NY 10474. Phone: (718) 617-4105. The company's main market is still Korean-Americans in the tri-state area (New York, New Jersey, and Connecticut).

Form filled out and Label sent (faxed) by Mike Lee of M.S.B. Food Enterprises / Gômi Tofu. 1998. July 7. The address and phone number are unchanged from 1996. The company began making tofu in June 1986. One label is in Korean and the other in English. The text on the English label states: "Tofu–Original. Excellent meat substitute. More protein and calcium than meat or milk! New! Go natural... Its good for you! Gômi. Easily digestible. Cholesterol free. Low fat food. It blends in beautifully! Slice to fry or broil it. Dice it raw for salad. Mash or whip it to make an inspiring dish! No preservatives. All natural. Keep refrigerated. Change water daily after opening." Note: Gômi means "garbage" in Japanese.

7551. **Product Name:** Nature's Way Slim & Trim (Diet Shake) [Vanilla Cookie, Chocolate Sundae, or Orange Dream].
Manufacturer's Name: Nature's Way Products, Inc.
Manufacturer's Address: 10 Mountain Springs Parkway, Springville, UT 84663. Phone: 800-441-3535.
Date of Introduction: 1986. June.
Wt/Vol., Packaging, Price: 28.83 oz composite container.
How Stored: Shelf stable.
Nutrition: Per serving: Calories 225, protein 15 gm, fat 3 gm, fiber 2 gm, and 18 amino acids.
New Product–Documentation: Ad in Bestways. 1986. July. Rear cover. "Be Some Body." "Introducing the great tasting new diet shake made from protein-rich tofu. A complete 225 calorie meal." Spot in Vegetarian Times. 1987. July.

7552. **Product Name:** Tofu Sandwich Spreads [Garlic, Paprika, Celery, Dill].
Manufacturer's Name: Organic Trading Co. (Importer). Made in The Netherlands by Witte Wonder.
Manufacturer's Address: 10a St. George's Place, Brighton, E. Sussex, BN1 4GB, England. Phone: 273-571772.
Date of Introduction: 1986. June.
Wt/Vol., Packaging, Price: 220 gm glass jar retails in England for £1.09.
How Stored: Shelf stable, 12 month shelf life. Refrigerate after opening.
New Product–Documentation: CSP form filled out by Simon Bailey. 1988. Sept. 28.

7553. Owen, Sri. 1986. Indonesian food and cookery. 2nd edition, revised and enlarged. Prospect Books, 45 Lamont Rd., London SW10 0HU. 268 p. First edition was 1976. Illust. by Thao Soun. Index. 23 cm. [20 ref]
• ***Summary:*** In the chapter titled "Essential ingredients" are sections on "Kecap or soya sauce" (p. 42-43) and tauco (p. 44). Also contains a chapter titled "Tahu and tempeh" (p. 216-28) with good information and recipes on tofu and tempeh. Address: Mustika Rasa, 96 High St., Wimbledon Village, London SW19 5EG. Phone: 01-946-7649.

7554. Sakai, Sonoko. 1986. Tofu: The meat of the fields. *Palate Pleasers of Japan* (*Los Angeles, Calif.*). Spring/ Summer. p. 59-61. [Eng]
• ***Summary:*** Contents: Introduction: The traditional tofu man with his horn and bicycle. What is tofu? Flow chart of the tofu making process. Members of the tofu family (varieties of tofu). How to store tofu. Eating right and staying healthy. Table showing nutritional composition of different types of tofu. History of tofu. Cooking with tofu (six recipes).

Note: This is the earliest document seen with the phrase "The meat of the fields" in the title. Much of the information in this article is taken, with permission, from *The Book of Tofu*, by Shurtleff & Aoyagi. Address: Los Angeles writer.

7555. **Product Name:** [Okara Burger].
Foreign Name: Okaraburger.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323

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Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1986. June.
Ingredients: Incl. okara, tofu, hazelnuts, tamari.
Wt/Vol., Packaging, Price: 80 gm vacuum pack.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

7556. Stein, Margery. 1986. The winning formula: Ten years of testing and tasting made David Mintz a millionaire. *Success!* June. p. 28-32. Cover story.
• ***Summary:*** In 1969 he opened Mintz's Buffet on Manhattan's trendy Upper East Side... "One day I read about tofu in a health food magazine. When I saw the words 'looks like cheese but its not,' I said, 'That's what I've been looking for.' My antenna went up." Mintz made a trip to Chinatown, bought several buckets of bean curd, and went into his kitchen to experiment. "Plans for franchises are proceeding–more than 800 would-be owners are already in Tofu Time's files... A tofu TV dinner is in the works, along with cookies, biscuits, pastas, breads, sauces, dips, drinks, yogurts, low-fat and sugarless Tofutti, and a tofu patty that tastes like a a hamburger."

7557. **Product Name:** Tofu Mozzarella (With Casein).
Manufacturer's Name: Tree Tavern Products.
Manufacturer's Address: 1133 Seagull Lane, Cherry Hill, NJ 08003.
Date of Introduction: 1986. June.
Ingredients: Tofu (51%), soybean oil, casein, sea salt, citric acid, soy lecithin, guar gum.
Wt/Vol., Packaging, Price: 5 lb loaves.
How Stored: Refrigerated.
Nutrition: Per ounce: Calories 80, Protein 8 gm, carbohydrates 1 gm, fat 4 gm, calcium 120 mg, sodium 170 mg.
New Product–Documentation: Medoff. 1986. Whole Life. June. p. 82-84. "Will the Real Soy Mozzarella Please Stand Up." "Several weeks after Soya Kaas came out, a third 'soy' cheese hit the market, distributed by Kononia Foods of Fresh Meadows, New York called *Tofu Mozzarella* (claiming to be 51% tofu). When *Tofu Mozzarella* first appeared in early May [1986] its labels said 'Non-dairy,' but their ingredient list read: tofu, soybean oil, casein, sea salt, citric acid, soy lecithin, guar gum." Kononia put Medoff in touch with an individual named Bob Savar in Cherry Hill, New Jersey, an independent broker who sells the Tofu Mozzarella to them as well as along the east coast. "We asked Savar who made the *Tofu Mozzarella,* and where he got it. He would only tell us that it was made by a company that was 'part of a large conglomerate in New York.' Savar would not tell us who or where this company was, only that they did not want any publicity."

7558. *Toyo Shinpo* (*Soyfoods News*). 1986. Katei de tsukuru tôfu, Hikikko Setto [Make tofu at home using the Hikikko Kit]. July 1. p. 1. [Jap; eng+]
• ***Summary:*** An Osaka-based company, Kansai Toki, makes a machine for grinding dry soybeans to a flour, which can then be used with a tofu kit (hinoki forming box, nigari coagulant, pressing sack, lining cloth; cost 2,500 yen, not including grinder/mill) to make tofu at home. The mill can also be used to grind shiitake mushrooms, niboshi (dry fish), rice, wheat, buckwheat, corn, coffee, konbu seaweed, and herbs.

7559. *Yomiuri Shinbun* (*Yomiuri Daily News, Tokyo*). 1986. Tôfu no junsui-sa de jinsei-kan kae sai-shuppatsu [Because of the purity of tofu, he changed his outlook on life and started a new career (Michael Horne now makes tofu in Australia)]. July 7. [Jap]
• ***Summary:*** Michael Horne has started to make tofu in Australia at Mt. Coolangbura, Bombala, New South Wales 2632. A photo shows Horne cutting tofu in a forming box with a woman in the background.

Michael went to Japan with his parents in 1971; he stayed for 8 months. After graduating from the university, he attended law school for 3 years. But he disliked being a lawyer, so he gave up that career and dropped out for 5 years until he saw books on tofu production and miso production at his parents' home. He made some tofu successfully at home, then started a tofu shop, while his wife baked bread to sell. Their home in the mountains is located 100 km from their nearest customers. He had a steady tofu business by 1983. Address: Japan.

7560. Sieber, R. 1986. Tofu–eine Konkurrenz fuer Milchprodukte? [Tofu–competition for milk products?]. *Deutsche Milchwirtschaft* 37(28):877-81. July 9. [33 ref. Ger]
• ***Summary:*** Contents: Introduction. Production of tofu. Production of quark. Nutritional-physiological comparison of tofu with quark. The microbiological quality of tofu. The use of tofu and quark in the kitchen. 7. Consequences for dairy farming. Summary. Address: Eidgenossisch Forschungsanstalt fuer Milchwirtschaft, CH-3907 Liebefeld-Bern, Switzerland [Federal Research Inst. for Dairy Farming].

7561. *Cheese Reporter* (*Madison, Wisconsin*). 1986. Cheese, other foods being packaged to look like yogurt. July 11. p. 13.
• ***Summary:*** According to The Lempert Report, cheese, tofu, and soy ice creams are being packaged to look like yogurt–a $665 million market at retail–in hopes of capturing the growing segment of calorie- and nutrition conscious

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consumers. Soygurt, made by Cream of the Bean in Gurnee, Illinois, is sold in a 6-ounce container for $0.85. Brown Cow, a New-York dairy will soon be launching Soy-O soy yogurt; a 6-ounce container will retail for $0.69 and will soon be available in vanilla-almond, banana-strawberry, and spiced apple flavors. Tomsun Foods of Greenfield, Massachusetts, is testing Jofu, a tofu yogurt that is sweetened with high fructose corn syrup and has the consistency of sour cream. Jofu is currently available in Northeastern supermarkets in flavors such as banana-strawberry, orchard, and chocolate-mousse. A 6-ounce container will retail for about $0.70.

7562. Consultancy Bureau. 1986. Classified ad: Newly prepared feasibility reports. *Times of India* (*The*) (*Bombay*). July 11. p. 17.
• ***Summary:*** "Dear entrepreneurs! Avail of our help in setting up your plant through our project feasibility cum market survey reports."

An alphabetical bulleted list of more than 20 reports follows. These include: "Shaving cream. Soya cheese (tofu). Soya flour. Soya oil. Sanitary wares..." Price Rs. 350/- each.

Note: This also appeared in the Aug. 3 (p. 10), Oct. 8 (p. 23) and Oct. 27 (p. 2) issues of this newspaper. Address: I-333, Narania Vihar, New Delhi–110028.

7563. Diamond Group. 1986. Display ad: Soyabean milk beverages paneer yoghurt plant. *Times of India* (*The*) (*Bombay*). July 16. p. 10.
• ***Summary:*** "Offers are invited from manufacturers and suppliers of machinery / technical consultants, by a public limited company of repute for setting up a 30 M.T. [metric tonne] per day (10,000 M.T. per year) capacity plant in Rajasthan for manufacture of soyabean milk, beverages, paneer, yogurt etc. Please write to:

"Technical director, Diamond Group." Address: B-27-A, Alaknanda, Pocket B & C, New Delhi-110 019.

7564. Wilson, Abagail. 1986. Tempeh Works making money–but not a profit. *Recorder* (*Greenfield, Massachusetts*). July 18.
• ***Summary:*** Tempeh Works had sales of $550,000 in 1985 and Michael Cohen anticipates they will reach $650,000 in 1986. "The company's potential is proven but money is scarce. Cohen has been able to secure $325,000 in seven years in both state and federal loans. But while the money helped him buy property and move into a new facility, most of it could not be used to meet two critical needs of his business: marketing and working capital." He has found that money for R&D is impossible to find.

"The single financier who invested $50,000 in Tempeh Works for a high-risk venture–Tofu Pups, a soybean hotdog with no cholesterol or nitrates–gave birth to a product that in one year has brought in 65 percent of the company's sales."

Cohen now plans to raise $500,000 through a public stock offering. Half that sum will go to marketing.

7565. *Toyo Shinpo* (*Soyfoods News*). 1986. Tôfu ten no imeeji ga kawaru. Fasshonaburu tenpo [The image of tofu shops is changing. A fashionable shop (Okura-ya in Arakawa, Tokyo)]. July 21. p. 10. [Jap; eng+]
• ***Summary:*** This shop started in 1914, but recently the exterior was changed to resemble a sushi parlor, and sales tripled. He sells natural nigari tofu. Now customers buy his tofu and products as gifts (instead of the usual confections). Contact: Tadao ISHIBASHI, President, Okura-ya, Minami Senju 5-36-11, Arakawa-ku, Tokyo-to, Japan. Tel. 03-801-6958.

7566. Sarault, Catherine. 1986. Nutritious tofu: A curious food. *Bulletin* (*Norwich, Connecticut*). July 23.
• ***Summary:*** Tomsun Foods International of Greenfield, Massachusetts, claims to have about 75% of the New England tofu market. Tomsun makes about 3.5 million lb/year of tofu, which (reportedly unlike many other companies) it pasteurizes. Contains 3 recipes: Shoup's lentil soup (with tofu). Tomsun's luscious cheesecake. Tomsun's sweet and sour tofu.

7567. West, Janet. 1986. San Jose firm makes tofu the old fashioned way [Kenny Nozaki of San Jose Tofu Co.]. *San Jose Business Journal* (*California*). July 28. p. 1, 18.
• ***Summary:*** Chester Nozaki, age 29, is waiting anxiously to replace his father, Ken Nozaki, age 53, as the owner of the San Jose Tofu Co. A photo shows Ken Nozaki in the foreground ladling curds in to a tofu pressing box while Chester stands in the background tasting tofu. Ken Nozaki has been running one of the only hand-made tofu operations in the Bay Area for almost 40 years. Last year Nozaki's company sold $80,000 in tofu and Japanese retail food products. Nozaki makes about 420 blocks of tofu a day at $1 a block, while competitor Azumaya makes 24,000 a day for as low as 53 cents a block. A major competitor is Fuji Tofu Co., owned by Mr. Kake, located just one block away. Fuji started out making tofu by hand 25 years ago, but they switched to a four-step automation process when "the manual way became too time consuming." Fuji also sells its tofu for $1 a block. Cheser Nozaki plans to modernize and partially automate the store's equipment and marketing strategy. He also intends to improve his Japanese so he can communicate with the majority of the store's customers.

7568. Stein, Margery. 1986. Versatile tofu is main ingredient in Mintz' millions. *Journal* (*Milwaukee, Wisconsin*). July 29.
• ***Summary:*** "Part relentless entrepreneur, part eccentric chef, part mad scientist, Mintz worked alone night after night in his laboratory* for 10* years, measuring, mixing, testing, tasting... "I'd been thinking about the problem when one day, I read about tofu in a health-food magazine*. When I saw the

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words “looks like cheese but it is not” I said, “That’s what I’ve been looking for.” My antenna went up.’ Mintz made a trip to Chinatown*, bought several buckets of bean curd, and went into his kitchen to experiment. Out came such tofu-filled goodies as croissants, cheesecake, even imitation sour cream. Mintz was definitely onto something and the store’s sales shot up to $1 million...

“This emphasis on excellence pervades Mintz’s life. Behind his desk at the firm’s Rahway, New Jersey, New Jersey headquarters stands a case of 100 tiny leather-bound books on ethics printed in Hebrew... One spring day in 1980, Mintz finally put together his winning formula. He spent a couple more years preparing the product for market, and then, in May 1982, he delivered 5 gallons of Tofutti to a Manhattan [New York] health-food store. ‘I dropped it off by myself and got a parking ticket,’ he recalls. ‘When I got back to my one-room office in Brooklyn, there was this message on my machine: ‘It’s selling well. Bring more!’ That was my most exciting moment.’ Tofu Time went public in Dec. 1983. Since then, the stock has tripled in value and split three times, making the Tofutti tycoon, with his controlling interest of 51%, worth more than $20 million on paper. The firm has relocated to the larger facility in Rahway...” A photo shows a youthful looking Mintz with loosened tie holding a cone of Tofutti. Note: This story contains several errors, starting with the title; in the summary, each is marked with an asterisk.

7569. Gay, Julie. 1986. Farmfest visitors to get opportunity for a taste of Tofulicious [at Minnesota Soybean Growers Association]. *Agri News* (*Rochester, Minnesota*). July 31.
• ***Summary:*** The Minnesota Soybean Growers Assoc. will be offering a taste of Tofulicious frozen dessert. As many as 16 county soybean organizations are expected to participate and feature the Tofulicious at local events such as county fairs. The frozen dessert first appeared in the Twin Cities last summer. Address: Minnesota.

7570. *Los Angeles Times.* 1986. Tofu maker celebrating first year in United States. July 31. Part 8. p. 38.
• ***Summary:*** About Morinaga Nutritional Foods, maker of Mori-Nu tofu. A photo shows Yasuo Kumoda and Art Mio with the tofu. Address: California.

7571. **Product Name:** Vive (Frozen Tofu Dessert).
Manufacturer’s Name: Allied Foods Ice Cream Co.
Manufacturer’s Address: England.
Date of Introduction: 1986. July.
How Stored: Frozen.
New Product–Documentation: Food Trade Review. 1986. 56(7):343. July. “Vive, frozen tofu dessert, launched by Allied Foods Ice Cream Co. in UK.”

Talk with Ray Pierce of Genice Foods Ltd. 1994. Feb. 8. Genice had nothing to do with making this product. Ray was a director of Allied long before they ever made any soya products. The product was very “down market” [low quality], using inexpensive ingredients and lots of artificial ingredients.

7572. American Soybean Association. 1986. Soya Bluebook ‘86. St. Louis, Missouri: American Soybean Assoc. 278 p. July. Index (bold face type indicates advertiser). 22 cm.
• ***Summary:*** Contents: Index of advertisers (p. 4). Soybeans: Your profit opportunity, by Dr. Kenneth L. Bader, CEO, ASA (p. 5). Organizations (by country, within each country alphabetically): For each gives the name, address, contact person, year founded, number of members, objectives and activities, publications. Countries are: USA, Australia, Austria, Bangladesh, Belgium, Brazil, Canada, England, Germany (Federal Republic of), Finland, France, Hungary, India, Indonesia, Italy, Ivory Coast, Japan, Malaysia, Mexico, Netherlands, Norway, Philippines, Portugal, Senegal, Spain, Sweden, Taiwan, Turkey, Yugoslavia, Zaire, Zimbabwe. U.S. agricultural education, research & extension (by state; mainly state agricultural / land-grant colleges), ASA international offices and world regions (colored world map and photo of each country director), government trading agencies.

Soy directory: Oil extraction plants / refineries (alphabetically by state in USA, then by country), soyfoods / edible soy products manufacturers (lecithin, soy flour, soy grits, soy protein concentrates & isolates, textured soy protein, binders, extenders, simulated meat products, soy oil products {margarine, shortening, cooking / salad oil, salad dressings}, soyfoods–beverages [soymilk], frozen desserts, soy sauce, tempeh, tofu, whole soybean snacks {soynuts}, other soy-based foods), within each product by country, producers of soy products for industrial manufacturers (by products, etc.): Industrial lecithin, industrial soy flour / soy protein, industrial soy oil, soy sterols and tocopherols, soybean fatty acids.

Soybean manufacturing support industries: Manufacturing equipment & supplies, soybean processing equipment & supplies, manufacturing services. Marketing and auxiliary services: Brokers, financial services, forwarding agents, marketing consultants, trading companies, transportation, warehousing–export / import.

Soy statistics (tables & graphs): Soya conversions [weights & measures], metric conversions, temperature conversions. U.S. soybean planting and harvesting dates (by state). U.S. soybean acreage, yield and production, 1925–1985 (by year). U.S. soybean planted acreage by state (1970–1985). U.S. soybean harvested acreage by state (1970–1985). U.S. soybean yield by state (1970–1985). U.S. soybean production by state (1970–1985). U.S. soybean production major crops (1920–1985): One graph each for soybeans, corn, wheat, and cotton. U.S. harvested acreage of major crops (1920–1985): One graph each for the big 4. U.S. yield per acre of major crops (1920–1985): One graph each

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for the big 4. Argentine soybean area, yield and production by province (1975-1986). Brazilian soybean area, yield and production by province (1975-1986). Canadian soybean production: Acreage, yield, production, farm price and value (1950-51–1984-85). Canadian soybean production and utilization (1950-1984, year beginning Aug. 1): Production, imports, supplies, exports of beans, processed for oil and meal, soy oil produced, soybean oilcake produced. World soybean production: Area and production in specified countries and the world total (1980/81–1985/86). Soybean production by major countries (one graph, 1925-1985): U.S., Brazil, PRC [China], Argentina. Share of world soybean production [percentage] by major countries (one graph, 1925-1985): Big 4. Soybean acreage by major countries (one graph, 1925-1985): Big 4. Share of world soybean acreage [percentage] by major countries (one graph, 1925-1985): Big 4. U.S. soybeans: Supply, disposition, acreage, yield and price (1970–1986). Soybean usage in the U.S. for crush and exports (one graph, 1925-1985, million bushels). U.S. soybean exports: Percent of total usage (one graph, 1925-1985). Argentine soybeans and products (oil and meal): Supply and disposition (1975/76–1986/87). Brazilian soybeans and products (oil and meal): Supply and disposition (1975/76–1986/87). Prices of U.S. soybeans, No. 1 yellow: Average price per bushel, Illinois country shipping points (by year and month, 1950–1984, dollars). Prices of U.S. soybeans received by farmers: Average price per bushel (by year and month, 1950–1984, dollars). U.S. soybean price support operations (1945-1985, incl. CCC). U.S. soybean crop value: U.S. and major producing states (1925-1985): Illinois, Iowa, Indiana, Ohio, Missouri, Minnesota, Arkansas. Fold-out color map of U.S. soybean acreage by county. U.S. farm marketings of soybeans: Percent of open market farm sales by month (1975/76–1984/85). Map of U.S. soybean processing plants. Value of U.S. soybean products per bushel and crush margin (1950-1984): Soy oil, soybean meal, soybean price (received by farmers, No. 1 yellow Illinois), margin (ditto). U.S. soybean meal: Prices paid by farmers–44% protein, dollars per 100 lbs, by year and month (1950-1984). U.S. soybean meal: Average wholesale price–44% protein, dollars per ton, bulk Decatur, Illinois, by year and month (1950–1984). U.S. soybean meal: Beginning stocks, production, exports and domestic disappearance, by year and month, thousand short tons (1978/79–1984/85). U.S. soybean cake and meals: Supply, disposition and price (1977-1985): Soybean, cottonseed, linseed, peanut. Major world protein meals: Supply and utilization (1981/82–1985/86; Production, exports, imports, consumption, ending stocks): Soybean, cottonseed, rapeseed, sunflowerseed, fish, peanut, copra, linseed, palm kernel. World major oilseeds: Supply and utilization (1981/82–1985/86). World major vegetable and marine oils: Supply and utilization (1981/82–1985/86). Prices of U.S. soybean oil: Soy oil, domestic crude, average cents per pound in tank cars at Midwestern mills, by year and month (1950/51–1984/85). U.S. soybean utilization, by year (1960-1984): Food–Shortening, margarine, cooking and salad oils, other edible, total. Nonfood–Paint and varnish, resins and plastics, fatty acids, other inedible (incl. soap), total. Total domestic utilization. U.S. soybean oil value as percent of total soybean value (1930–1985). Note: Peaked at about 55% in 1930, fell to about 32% in 1980-81. U.S. soybean oil: Supply, disposition and price (1960-1985). U.S. edible fats and oils: Supply and disappearance (1978-1985): Coconut, corn, cottonseed, lard, palm, peanut, soybean, sunflower, tallow (edible). U.S. exports of soybeans, by year and month (1953–1984). U.S. soybean exports by port and country of destination (Sept. 1984–Aug. 1985): Ports are–St. Lawrence Seaway, Lakes, Atlantic, Gulf (by far the largest), Pacific, Interior. U.S. exports: Soybeans–Volume of exports by country of destination (in metric tons) and total value (1981–1985). U.S. exports: Soybean oil–Volume of exports by country of destination (in metric tons) and total value (1981–1985). U.S. exports: Soybean oilseed cake and meal–Volume of exports by country of destination (in metric tons) and total value (1981–1985). Map of U.S. soybean exports by port areas: Sept. 1984–Aug. 1985 (1,000 bushels). U.S. exports of soybean, cottonseed and sunflowerseed oils: U.S. commercial and P.L. 480 exports–Volume of exports by region and country of destination (in metric tons) and total value (1979/80–1984/85; year beginning in October). U.S. exports: Soybean oil–P.L. 480, Title I and III, volume (in metric tons) and value (in $1,000) by country of destination (FY 1981–1985). U.S. exports of soybean and cottonseed oils: U.S. commercial and P.L. 480 exports (1950–1984, million lbs; incl. P.L. 480 as a percentage of the whole). Brazilian exports of soybeans and products to major countries (1,000 metric tons; 1976-1984). Graph of soybean & product exports by major countries (U.S., Brazil, Argentina) (soybean equivalent; 1970-1985). Graph of world share of soybean & product exports by major countries (U.S., Brazil, Argentina) (1970-1985). Note: U.S. share has fallen from 95% in 1970 to about 50% in 1984.

Glossary: General terms, soy protein terms. Standards & specifications: NSPA, Association of American Feed Control Officials (AAFCO), USDA (definitions and grades). Index. Address: P.O. Box 27300, St. Louis, Missouri 63141.

7573. Bean Supreme Soyfoods. 1986. Price list. P.O. Box 78 084, 1 Wallingford St., Grey Lynn, Auckland, New Zealand. • ***Summary:*** The company makes Tofu, Tempeh, Cottage Spread, Soymilk, Soysage, and Non-Dairy Frozen Dessert. Address: Grey Lynn, Auckland, New Zealand.

7574. **Product Name:** Bean Supreme Cottage Spread (Non-Dairy Tofu Cottage Cheese).
Manufacturer's Name: Bean Supreme Soyfoods.
Manufacturer's Address: P.O. Box 78 084, 1 Wallingford

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St., Grey Lynn, Auckland, New Zealand.
Date of Introduction: 1986. July.
New Product–Documentation: Manufacturer's price list. 1986. July. 250 gm size.

7575. Bean Supreme Soyfoods. 1986. Tofu (Leaflet). Box 78-084, Grey Lynn, Auckland 1, New Zealand. 3 panels each side. Each panel: 21 x 10 cm. Undated.
• ***Summary:*** Printed with purple ink on beige paper. On the front panel, below the large, bold letters "Tofu," is written (on a purple background): "High protein. No cholesterol. Low fat. Low calorie. Ingredients: Soybeans, water, natural coagulant (nigari). No preservatives. The bottom half of panel 1 is about "Bean Supreme tofu." Panel 2 contents: Nutritional content. Low fat and cholesterol. Weight watchers. Vitamins and minerals. Storage. Let's eat... There are 11 recipes, starting with Chili con tofu, accompanied small illustrations from *The Book of Tofu*, by Shurtleff & Aoyagi. After the last recipe: "Bean Supreme Soyfoods: manufacturers of Tofu / Tofu Cottage Spreads, Tempeh–Fermented Soybean Cake. Below that is an order form for 4 books on tofu and tempeh. Address: Auckland, New Zealand.

7576. **Product Name:** [Tofu Croquettes].
Foreign Name: Tofu-Kroketten.
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Oelkersallee 14a, D-2000 Hamburg 50, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1986. July.
Ingredients: Tofu*, millet (*Hirse*)*, onions*, nori, soy sauce (*Sojasauce*), rolled oats (*Haferflocken*)*. * = Organically grown (*aus kontrol. biolg. Anbau*).
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Christian Nagel. 1988. Product introduced July 1986. They now make 120-160 kg/month. Label. 1988. 4 by 3 inches. Black on beige. Handwritten.

Label sent by Anthony Marrese after visit to Christian Nagel in Hamburg. 1989. Dec. Black on red. Handwritten. No weight is given.

7577. Cox, Peter. 1986. Why you don't need meat. Wellingborough, England and New York: Thorson's Publishing Group. 237 p. July. Illust. 20 cm. [40+* ref]
• ***Summary:*** A convincing, health oriented popularization of the case against meat. Contents: Acknowledgements. Introduction. 1. Connections. 2. Meat-eaters vs. wheat-eaters. 3. Meat, you and cancer. 4. Breaking free! 5. Eating your heart out. 6. There's junk in your joint. 7. How not to wreck a marriage. 8. The deadly duo: Diabetes and hypertension. 9. How to get high on fibre. 10. A view into hell [the slaughterhouse]. 11. What every body needs. 12. The baby that eats five people. 13. Changes. Appendixes: 1. Using the nutrition checker. II. Resource directory.

Soya milk, soya beans, tofu, tempeh, tamari and miso are mentioned in the nutritional tables and resource directory.

Cox, who was the first chief executive of the Vegetarian Society of the United Kingdom, is very familiar with both the scientific and popular literature on the subject.

Thorsons states in an ad: "There is mounting scientific proof that the meat we eat today actually *causes* heart disease, cancer, obesity and other degenerative diseases. The author exposes the black market in animal growth hormones, looks at the unregulated use of antibiotics in animal feed, and shows why a meat-oriented diet can actually be nutritionally deficient." A portrait photo on the rear cover shows Peter Cox.

Note: According to Vegetarian Times (Sept. 1987, p. 35), this book "has become a best seller in the U.K. and was selected by the Booksellers' Association of Great Britain as 'best paperback non-fiction campaign.'" See this issue of VT for more on Cox, Chrissie Hynde, and Reprieve! Address: First Chief Executive of the Vegetarian Society of the UK, England.

7578. **Product Name:** Tofu (Vacuum Packed), Tofu Sloppy Joe, and Tofu no-Egg Salad.
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.
Date of Introduction: 1986. July.
New Product–Documentation: Talk with Gary Abramowitz. 1989. Aug. 21. The company bought a vacuum packaging machine in about July 1986 and added a 1 lb packaged tofu to their bulk tofu. At about the same time they launched a Tofu Sloppy Joe, the only product of theirs that has ever failed. In Sept. 1986 they introduced a Tofu No-Egg Salad.

7579. *Grocers J. of California.* 1986. The tofu revolution is sweeping California [Hinoichi Tofu]. July. p. 16. Cover story. Address: California.

7580. *Natural Foods Merchandiser.* 1986. 7th Annual Natural Foods Merchandiser merchandising awards. July. p. 42-43, 45.
• ***Summary:*** Soyfoods won the following awards: Gold: San-J Tamari (wheat-free soy sauce) and Shoyu; Silver: Fantastic Foods' Tofu Scrambler & Tofu Burger, Westbrae Natural miso soups; Honorable mention: Walker & Wilks Tofoods frozen entrees, White Wave boxed tofu. Color photos show each.

7581. Shurtleff, William; Aoyagi, Akiko. 1986. Tempeh production: A craft and technical manual. Lafayette, California: Soyfoods Center. 176 p. Illust. by Akiko Aoyagi Shurtleff. Index. July. 28 cm. [28 ref]
• ***Summary:*** The table of contents of this edition is basically

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the same as that of the original 1980 edition. Major changes have been made in the ads at the back of the book and small changes in several other parts of the book.

Print history: Pre-publication: 100 photocopy copies. 1980 March 15: 1,021 paperback and 150 hardcover. 1986 July: 330 paperback. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

7582. **Product Name:** Creme Cheese (Made with Tofu).
Manufacturer's Name: Tofoods, Inc.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195.
Date of Introduction: 1986. July.
New Product–Documentation: Leaflet, full color. 8½ by 11 inches. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

7583. **Product Name:** Sour Creme (Made with Tofu).
Manufacturer's Name: Tofoods, Inc.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195.
Date of Introduction: 1986. July.
New Product–Documentation: Leaflet, full color. 8½ by 11 inches. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

7584. **Product Name:** Snack Dip (Made with Tofu).
Manufacturer's Name: Tofoods, Inc.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195.
Date of Introduction: 1986. July.
New Product–Documentation: Leaflet, full color. 8½ by 11 inches. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.

7585. *Whole Foods.* 1986. Soyfoods group has ambitious goals. July. p. 35-36.
• ***Summary:*** About the Soyfoods Association of America. A photo shows its president, Gary Barat.

7586. Lundberg, Kirsten O. 1986. Move over high tech, here comes tofu: Or, can soybeans fuel Massachusetts' economy into the 21st century? *Boston Globe.* Aug. 5. p. 25, 36. [1 ref]
• ***Summary:*** About Tomsun Foods Inc. and Nasoya Foods. John Paino says that Tomsun is focusing on products for the dairy section, whereas Nasoya has chosen to remain in the produce section. "Both companies have branched out into tofu-based 'second-generation' products"–in hopes of reaching a wider market. These include salad dressings, soy mayonnaise or Soyannaise, and tofu burgers.

"'Nasoya has been more conscious of purity over the years because of their macrobiotic background. It gives them a philosophical attitude to water, coagulant and soybeans that translates into high quality, and they present their product that way,' says William Shurtleff, author of 'The Book of Tofu' and director of the Soyfoods Center in Lafayette, California."

Tofu is made from soy milk, "mixed with the coagulant nigari–a residue of dried seawater imported from Japan–and compressed."

Photos show Tom Timmins (age 40) with Jofu and John Paino with his tofu products. Address: Massachusetts.

7587. Gowland, Hermione. 1986. Wheat gluten bears a remarkable resemblance to real meat. *Guardian* (*England*). Aug. 8. p. 14.
• ***Summary:*** The corner stones of the Buddhist vegetarian cuisine called Shojin Ryori "were beancurd [tofu], beancurd skin [yuba], and wheat gluten" [fu].

7588. Spencer, Colin. 1986. Tofu is like a blank sheet of paper on which you write. *Guardian* (*England*). Aug. 8. p. 14.
• ***Summary:*** The article begins: "Tofu is soy bean curd. There are now many brands on sale,..." Morinaga makes a silken tofu from Japan; it can be stored outside the refrigerator. Another fairly soft tofu from Japan is made by Kikkoman. "The definitive book on the subject has long been *The Book of Tofu* by William Shurtleff and Akiko Aoyagi."

7589. Barnett, Mark; Barnett, Gail. 1986. Four Rivers. *Washington Post.* Aug. 10. p. SM26-27.
• ***Summary:*** This is a review of the restaurant Four Rivers, 184 Rollins Ave., Rockville, Maryland. "Even more delicate (perhaps bland to some tastes) are the cold bean sprout rolls, sushi-pretty, in which fresh, crisp sprouts are rolled in a very thin tofu skin [yuba] and served with a hot peanuty sauce." Also tasty is the tofu and greens soup. Address: Japan.

7590. Legler, Gretchen. 1986. Its tofu-mania. Soybean dessert treat is gaining popularity as ice cream alternative [Tofulicious from Eastern Foods Corp. in Minneapolis]. *AgWeek* (*Grand Forks, North Dakota*). Aug. 18.
• ***Summary:*** Jim Palmer, executive director of the Minnesota Soybean Growers Assoc., said the group sold 2,200 four-ounce cups of Tofulicious at the Farmfest. In the year that Eastern Foods has been making Tofulicious about 30,000 lb of tofu, soy oil, and soy protein isolate has been turned into 30,000 and 50,000 lb of the frozen treat.

7591. *U.S. Association Executive* (*Washington, DC*). 1986. SAA [Soyfoods Assoc. of America] retains Smith, Bucklin. Aug. 26.
• ***Summary:*** "The Soyfoods Association of America has announced the retention of Smith, Bucklin and Associates, Inc. for full management of the association's programs... The association is composed of approximately 60 members, principally manufacturers of soyfoods...

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"Current activities include a newsletter, a public relations program, and standards setting. The association also sponsors special soyfood pavilions at trade shows.

"Judith A. Walker, a Smith, Bucklin executive, is Executive Director. Smith, Bucklin has offices in Chicago, Washington, D.C. and Los Angeles and is the largest association management firm in the country with 132 association clients." Address: Washington, DC.

7592. Kurylko, Diana. 1986. Transforming tofu into profits: Montville-based Legume Inc. seeks niche with frozen foods. *Daily Record* (*Morristown, New Jersey*). Aug. 31.
• ***Summary:*** Contains a brief history of Legume. A photo shows Gary Barat feeding a tofu dish to his wife, Chandri. Legume went public in 1982 and now has 10 different tofu frozen dishes in the freezer sections of more than 6,000 supermarkets in the Northeast and health food stores nationwide. The vegetarian dinners have sold fairly well. Sales grew from $117,000 in 1982 to $1.8 million last year. In fiscal 1987 Legume will spend about $1 million advertising on AM radio stations and in magazines including McCalls, Shape, and American Health. "Since going public, however, Legume has yet to turn a profit. Legume had sales of $1.85 million for the fiscal year ended June 30 [1986], versus sales of $850,000 in 1985, but suffered a loss of $1.1 million last year compared with a loss of $450,000 during fiscal 1985. Gary predicts sales could double in 1987. The stock is trading over-the-counter for 35 cents a share," up from 10 cents a share when Legume went public. It has traded as high as 65 to 70 cents a share. Address: Staff.

7593. *Dairy Field.* 1986. Accepting tofu in America: Is tofu on the brink of becoming the big seller in supermarkets. Aug. p. 34-35.

7594. deMan, J.M. 1986. Processing of protein-rich foods. In: V.H. Potty, et al. eds. 1986. Traditional Foods: Some Products and Technologies. 292 p. See p. 246-52. Aug. Presented at the UN University Workshop on "Traditional Food Technologies: Their Development and Integrated Utilisation with Emerging Technologies." Held June 1983 at CFTRI, Mysore, India. [17 ref]
• ***Summary:*** Under soybeans (the major crop discussed in this chapter), the author mentions tofu, soy milk, fried tofu and tofu puffs. Includes a proximate analysis of various Canadian soybean cultivars. Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, N1G 2W1, Canada.

7595. *Food Engineering.* 1986. Many new sources shown for edible fats and oils. 58(8):101. Aug.
• ***Summary:*** Discusses Bunge Edible Oil Corp.'s Tahiti Tofu Bar, a frozen tofu dessert. This bar was developed by Sun Blends Co., Cleveland, Ohio, which is looking for processors to make and sell its tofu products.

7596. *Food Engineering.* 1986. Reduction of cholesterol achieved in tofu meats. 58(7):61-62. Aug.
• ***Summary:*** Walker and Wilks of Tofoods Co. are making Bar-B-Q Tofu, Sweet and Sour Tofu, and Tofu Teriyaki, frozen entrees having a shelf life of 9-12 months. These meat replacers are discussed with respect to the growing popularity of tofu entrees, in part for health reasons. To overcome the problems of the binding capabilities of tofu, basic mixtures of 35-50% tofu and 20% meat are recommended.

Other popular uses of tofu include salad dressings (see *Food Engineering*, Nov. 1985, p. 58) and as an egg substitute. Last fall, Fantastic Foods (Novato, California) introduced Tofu Scrambler Mix. The cook adds the mixture to fresh tofu, then cooks it for a few minutes. The result resembles scrambled eggs.

A photo (courtesy of Advanced Food Systems) shows products made by combining meat and tofu with other ingredients.

7597. *Food Engineering.* 1986. Sea and soy proteins spark analogs, blends. 58(8):91. Aug.
• ***Summary:*** "By acquiring the Griffith soy protein concentrate line (April 1985) and the Staley concentrate line (Feb. 1986), Central Soya is now the nation's only supplier of soy protein concentrates." Also discusses Ralston Purina custom isolated soy proteins, Grain Processing Corp.'s Frostline tofu mix, Dreamy Tofu from Giant Foods, Tofu For You (a non-dairy frozen dessert based on powdered tofu) from the Ingredient Systems Div. of ITC, spray dried tofu from St. Peter Creamery and Clofine Dairy Products, creamy tofu dressings and Nasoyanaise from Nasoya Foods.

7598. Hagler, Louise. 1986. Tofu quick & easy. Summertown, Tennessee: The Book Publishing Co. 96 p. Illust. Recipe index. Color photos. 23 cm.
• ***Summary:*** This is a vegetarian (but not a vegan) cookbook. Contains 100 new recipes. Contents: Introduction: Nutritive values, cooking time. Care & handling: Purchasing tofu, measuring tofu, marinating tofu, useful kitchen tools, freezing tofu. Breakfast or brunch (14 recipes). Dips and spreads (16 recipes). Salads and salad dressings (32 recipes). Soups (12 recipes). Main dishes (37 recipes). Desserts (24 recipes). Each recipe is accompanied by a nutritional analysis showing the content of calories, protein, fat, and carbohydrates. The 11 attractive color photos of tofu recipes greatly enrich the book. Address: Summertown, Tennessee.

7599. *Health Foods Retailing.* 1986. Tomsun Foods introduced Jofu, a blend of tofu and fruit pieces. Flavors include seven varieties. 50(8):24. Aug. *

7600. *Iowa Soy News.* 1986. Let's hear it for soy product

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promotion. 5(9):3. Aug.
• ***Summary:*** Discusses Iowa soyfoods companies: Alex Green of American Pride Tofu Co. (Fairfield), makes 15,000 to 20,000 lb of tofu a month. Don Alger of Iowa Nuts Inc. (Spencer) says the company was founded in about June 1986. They grow the soybeans then buy them back in bulk as soynuts to package them in a 5 oz can and 1.5 oz foil packs, and distribute them. Plans are to market 400,000 lb the first year. The Iowa Chip is an extruded mixture of 90% corn and 10% soybeans developed at Iowa State Univ. using an Insta-Pro extruder. Grain Processing Corp. of Muscatine makes a soy ice cream. Miller Farms Food Co. of Cedar Falls has a portable soymilk plant built on two 45-foot trailers. It can produce up to 2,000 gallons of soymilk a day. INARI Ltd. in Michigan has made Super Soynuts since 1976. A new product is soynut butter with less calories per ounce (only 157) than peanut butter. Address: Iowa.

7601. **Product Name:** Island Spring Tofu Cookies [Spice Currant with Almonds, or Chocolate Chip].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1986. August.
New Product–Documentation: Talk with Yvonne Kuperberg of Island Spring. 1988. June 2. This product, announced in Product Alert in August 1986, was test marketed but never formally launched. Form filled out by Yvonne Kuperberg. 1988. Oct. 1. Labels are no longer available.

7602. *Kurowassan* (*Tokyo*). 1986. Tôzai tôfu jijô [The tofu situation, east and west]. Summer. p. 4-5, 100-09. Special issue (Bessatsu). [Jap]
• ***Summary:*** This colorful article has 4 parts: 1. High-class tofu in Nagasaki that costs ¥1,000 and is sold in a wooden box. 2. Shônan-mame–Hiko's tofu steak. 3. American tofu cookbooks (four). 4. Favorite tofu recipes from readers. A color photo (p. 5) shows a traditional tofu maker selling tofu from a wooden box on the back of his bicycle. Address: Japan.

7603. **Product Name:** Firm Tofu, Regular Tofu, and Tofu Noodles.
Manufacturer's Name: Louie Foods International.
Manufacturer's Address: 471 S. Teilman Ave., Fresno, CA 93706. Phone: 209-264-2745.
Date of Introduction: 1986. August.
New Product–Documentation: Talk with Jay Louie. 1988. April 4. His is basically a large mung bean sprout company. He started making tofu in about 1986. He does not make soy sprouts because there is not enough demand.

Letter from Jennifer Yuen of Yan Can Cook in Foster City, California. 1991. Nov. 21. Her husband's family owns a small but growing company, Louie Foods International in Fresno, that manufactures Chinese noodles and tofu. Thirty years ago, Mrs. Louie started the company by growing bean sprouts in coffee cans to support their small income. Now the company has grown and is supplying bean sprouts, noodles, and tofu to the whole San Joaquin Valley.

Form filled out and leaflet sent by Jay Louie. 1998. July 21. Louie Foods International, 471 So. Teilman Ave., Fresno, CA 93706. Phone: 209-264-2745. The area code will change to 559 from 209 on 1 Nov. 1998. Leaflet (undated) titled "Louie Foods International." Very professional and attractive. Black and white, with many photos and recipes. The company makes Louie's Firm Tofu, Louie's Soft Tofu, plus Won Ton Wrappers, Egg Roll Wrappers, Chop Suey Mix, Bean Sprouts, and Fresh Noodles.

7604. McNamara, Stephen H. 1986. Surimi, tofu, & fat-free foods vs FDA label rules. *Food Processing* (*Chicago*) 47(8):77. Aug.
• ***Summary:*** Negative nomenclature: The FDA believes that "soybean curd" is or should be the common or usual name for tofu. McNamara feels it "may sound to the American consumer like spoiled food." This article was based on a talk given by McNamara, a photo of whom is shown.

7605. Medoff, Marc. 1986. Whole frauds in the news: Tofutti Brands Inc. *Whole Life.* Aug. p. 65.
• ***Summary:*** "Mintz, whose products are mostly sugar and oil, with a little added tofu for publicity reasons, landed a spot on the CBS Morning News last July 9 appearing on their "Making it in the USA" segment. Mintz used the opportunity to shamelessly promote a number of his deceptively labeled products and acknowledge he's literally become obese taste-testing the junk he makes."

7606. **Product Name:** Natural Prepared Entrees: Tofu Burger.
Manufacturer's Name: Natural, Inc.
Manufacturer's Address: 6650 Santa Barbara Ct., Elkridge, MD 21227. Phone: 301-796-3211 (Balt.); 301-621-5388 (DC).
Date of Introduction: 1986. August.
Ingredients: Nigari tofu, carrots, cabbage, onions, celery, okara, soymilk, sesame seeds, sunflower seeds, soybean oil, sea salt, spices.
Wt/Vol., Packaging, Price: 7 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label. 1986, undated. "Completely vegetarian. All natural. No preservatives." Talk with Larry C. Betzler of American Soyfood Industries. 1988. April 1.

7607. Potty, V.H.; Shankar, J.V.; Ranganath, K.A.; et al. eds. 1986. Traditional foods: Some products and technologies.

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Mysore, India: Central Food Technological Research Inst. (CFTRI). 292 p. Aug. Papers presented at the UN University Workshop on "Traditional Food Technologies: Their Development and Integrated Utilisation with Emerging Technologies" held June 1983 at CFTRI, Mysore. 25 cm.
• ***Summary:*** This publication contains 27 papers presented by scientists from countries of Asia, Africa, Europe, and the Americas. Chapters related to soy are cited separately. The traditional foods of the following countries are discussed specifically: Ethiopia, Nigeria*, Sudan, Senegal, Pakistan*, India, Nepal*, Burma*, Thailand*, Malaysia*, Indonesia*, Philippines, Korea*, China*, Japan*, and Mexico*. Countries with foods related to soy are followed by an asterisk (*). Address: Central Food Technological Research Inst. (CFTRI), Mysore–570 013, India.

7608. Saio, Kyoko. 1986. Interactions among traditional and emerging processing technologies observed in Japanese food industries. In: V.H. Potty, et al. eds. 1986. Traditional Foods: Some Products and Technologies. 292 p. See p. 209-15. Aug. Presented at the UN University Workshop on "Traditional Food Technologies: Their Development and Integrated Utilisation with Emerging Technologies." Held June 1983 at CFTRI, Mysore, India.
• ***Summary:*** Contents: Soybean food technologies: Traditional but local products include Rokujo-dofu (made in a small mountainous region of Yamagata prefecture), Hoshi Abura-age or Kanso Abura-age (made in Matsuyama city, Ehime prefecture), Yuba (made fresh mostly in Kyoto), and Shimi-dofu (made in cold, mountainous regions of northern Japan). Emerging soybean food technologies related to traditional foods: Soymilk (tonyu), Daizu-no-Hana (developed by Asahimatsu Shokuhin; marketed with help from Takeda Yakuhin Kogyo; a flowchart is given). Traditional foods prepared from vegetable products: e.g. Tofu derivatives. Address: National Food Research Inst., 2-1-2 Kannondai Yatabe, Tsukuba, Ibaraki 305, Japan.

7609. Shah, F.H. 1986. Fermented foods of Pakistan. In: V.H. Potty, et al. eds. 1986. Traditional Foods: Some Products and Technologies. 292 p. See p. 44-48. Aug. Presented at the UN University Workshop on "Traditional Food Technologies: Their Development and Integrated Utilisation with Emerging Technologies." Held June 1983 at CFTRI, Mysore, India. [7 ref]
• ***Summary:*** In the section titled "Fermented foods from different raw materials," the subsection on Legumes states that "Soybean meal, left after extraction of oil, can be used for producing a variety of foodstuffs," including soy yogurt, soy-cheese (tofu, apparently fermented–based on chapter title), and tempeh.

Concerning "Soy-cheese: Cheese produced from soybeans has cream white colour, delicate flavour, pleasant taste and texture. It is a low-cost high quality protein, free from cholesterol and with minimum amount of saturated fats." Address: Food Technology and Fermentation Div., PCSIR Laboratories, Lahore, Pakistan.

7610. **Product Name:** [University Tofu].
Foreign Name: Daigaku Tôfu.
Manufacturer's Name: Taishi Foods Co. Ltd.
Manufacturer's Address: Furukawa City, Japan.
Date of Introduction: 1986. August.
How Stored: Refrigerated.
New Product–Documentation: C. Tsukamoto, et al. et al. 1991. "A process for the removal of glycosides during tofu production and an evaluation of the marketability of the final product." p. 47-51. This tofu, made by a special process and containing a low level of glycosides, has been sold since Aug. 1986 in Sendai city, Japan. On a taste panel test of 27 consumers living in Sendai city, it received significantly higher scores than both soft and firm tofu for taste, flavor, smoothness, and overall acceptability.

7611. **Product Name:** Original Pizsoy (Whole-Wheat Non-Dairy Pizza Made with Tofu Mozzarella [Which Contains Casein]).
Manufacturer's Name: Tree Tavern Products.
Manufacturer's Address: P.O. Box 1314, Cherry Hill, NJ 08034. Phone: 609-667-1763.
Date of Introduction: 1986. August.
New Product–Documentation: Ad in Whole Foods. 1986. Aug. p. 59. Oct. p. 80. Also in Natural Foods Merchandiser. 1986. Oct. p. 80 and Dec. p. 19. "The naturally delicious alternative to pizza." "Made with Tofu Mozzarella." A photo shows the product label.

Leaflet (color, 2-sided, 8½ by 11 inches). 1987. "The Naturally Delicious Alternative to Cheese Pizza–Without the lactose, cholesterol, butterfat, sugar and heavy doses of sodium and calories." The front shows a large color photo of the package. The back describes how the product is made, and gives ingredients and nutritional analysis. But nowhere is the consumer told that casein, a key ingredient in Tofu Mozzarella, is derived from cow's milk.

Talk with a reporter. 1990 Nov. Robert Savar says he developed the first soy cheese in America. First he developed a regular whole-wheat pizza with regular cheese. Then he wanted to developed Pizsoy with soy cheese. This led to his work on soy cheese.

7612. Tremblay, Yvon. 1986. Le tofu. 120 recettes faciles même si vous n'êtes pas végétarien [Tofu. 120 easy recipes even if you are not a vegetarian]. Montreal and Paris: Stanke Ltee. 137 p. Aug. Illust. No index. 21 cm. [Fre]
• ***Summary:*** Reviewed in Dietetique en Action. 1988. 1(2):30. Oct. Contents. Preface. Preparation of tofu. 1. Entrées. 2. Soups. 3. Salads. 4. Sauces and stuffings. 5. Main dishes. 6. Desserts. Address: 12080 Pasteur, Montreal, QUE,

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H3M 2P9, Canada.

7613. Watanabe, Tokuji. 1986. Traditional foods: Their values, problems and research and development. In: V.H. Potty, et al. eds. 1986. Traditional Foods: Some Products and Technologies. 292 p. See p. 201-08. Aug. Presented at the UN University Workshop on "Traditional Food Technologies: Their Development and Integrated Utilisation with Emerging Technologies." Held June 1983 at CFTRI, Mysore, India. [7 ref]

• ***Summary:*** Contents: Introduction (ways of classifying traditional foods). Structural characteristics of traditional food industries in Japan. Traditional food processing technologies. Problems and reevaluation of traditional foods. New food processing technologies applied to traditional foods. Technologies applicable to traditional foods. Assessment in modernization of traditional food production. Some activities related to traditional foods. Conclusion.

Traditional foods can be classified as staple or non-staple, fresh or processed (processing technologies include fermentation [e.g. miso, soy sauce, natto], salting, acidifying, drying after freezing [kori-tofu], sun-drying, fractionation [tofu], fabrication [ganmodoki], simulation of animal foods [soy milk, ganmodoki, su-ho-tai made from yuba in China]), animal or vegetable origin, and region or national production.

In Japan, rice consumption is decreasing year after year. It is thus not surprising that consumption of traditional foods closely associated with rice production are also decreasing. The reevaluation of traditional foods and their advantages and disadvantages are discussed. New food processing and packaging technologies are being applied to traditional foods, including tofu, miso, natto, and koji. Recently a method has been found to extend the shelf life of natto beyond the traditional 1-2 day period. Miso has been freeze-dried.

"Another application of a new process for the traditional foods is the emulsion curd which is a semi-solid mixture with definite proportion of soybean protein, oil and water. It keeps its form without flow. Even the dried or frozen product recovers its original texture by hydration or thawing. Therefore, it is used as a substitute in dried or frozen *Tofu*. Regular *Tofu* cannot recover its texture once it is frozen or dried...

Miso can be enriched with vitamin B-2 and calcium, and its salt content lowered. Since 1980 the Laboratory of Food Science at Kyoritsu Women's University has been conducting a research survey on traditional foods and dishes in Japan in cooperation with the Cooking Research Laboratory. "This project consists of three components: (a) survey of the present status of traditional foods on local basis at respective regions by visiting prefectural research organisations–universities and colleges; (b) sending questionnaires to students for seeking information on the position of the traditional foods in the dietary patterns of individual homes and also to obtain their comments on the future prospects of the local traditional foods; (c) and documentation regarding local traditional foods, followed by classification according to preparation or cooking method for analysis. On the basis of the collected data, the relationship between each local traditional food and its natural, cultural and historical background has been studied and published in the university's journals. More efforts are being made to identify the reasons as to why and how some traditional foods have survived in certain regions, while the others have disappeared or reached the verge of extinction.

"Another related activity is the one carried out by Ajinomoto Company, a major food manufacturer in Japan, which has got the modern audio-visual media, video-tapes and 36 mm-films. Their team has been documenting the processing of some selected traditional foods like *Tofu, Yuba, Fu* and such other foods as demonstrated by professionals by using the old traditional methods and facilities. This would help in the documentation of traditional technologies before they disappear in the event of modernisation of such foods. Such tapes and films have been made available by the company...

"Traditional foods, especially those of plant origin, are prepared by such complex multi-step processes as to be called 'products of human wisdom.' Therefore there is so much to learn from such products if serious attention be paid. Indeed they have great potential for developing new food industries." Address: Kyoritsu Women's Univ., Tokyo, Japan.

7614. Yin, Zong Lun. 1986. Development and industrialization of traditional food production in China. In: V.H. Potty, et al. eds. 1986. Traditional Foods: Some Products and Technologies. 292 p. See p. 191-200. Aug. Presented at the UN University Workshop on "Traditional Food Technologies: Their Development and Integrated Utilisation with Emerging Technologies." Held June 1983 at CFTRI, Mysore, India.

• ***Summary:*** Under "Oilseeds, Soy products," the author discusses soymilk, soybean curds (tofu; soft tofu is popular in south China and hard tofu in North China), fried bean curd, smoked bean curd, "stink" flavoured bean curd, soymilk skin sheet [yuba], dried soymilk skin sticks [dried yuba sticks], fermented bean curd or soy cheese, and soybean powder.

Under "Condiments," soy sauce is discussed. Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "soymilk skin" or "soymilk skin sheet" to refer to yuba, or that uses the term "dried soymilk skin sticks" to refer to dried yuba sticks. "These products form an important part in a vegetarian's diet and are used in conjunction with other ingredients to prepare imitation meat and fish like products for vegetarian dishes" (p. 194).

"Soymilk is a very popular breakfast beverage. In order

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to supplement milk supplies and also meet the special needs of those who, for some reason cannot drink milk, processing factories have been set up with relatively large-scale production capacities for soymilk. With the same distribution pattern as milk, soymilk is supplied to various catering departments, schools, kindergartens, nurseries and families. The process employed for soymilk ensures destruction of trypsin inhibitor and effective deodorization to reduce the unpleasant bean-taste...

"Fermented bean curd or soy cheese can be produced by the fermentation of bean curd. The fermented bean curd may differ in shape (square bits, cubes), colour (white, red), flavor and smell; the products can also be steeped in seasoned rice wine or preserved with drags of rice wine. Sometimes they contain added pepper, rose leaves or shrimp spawn. The traditional production procedure is very subtle. The aging process requires high levels of skill and experience. The product is liable to break down and careful handling is needed. Presently, a new type of fermented bean curd in the form of paste which is more amenable to handling and packaging, and consuming has appeared on the market. However, this product does not conform to Chinese traditional eating habit and is, therefore, now [not?] widely accepted, either for nutritional value or flavour. Soy cheese has a great potential for development...

"In several baby food recipes, soybean constitutes an important source of protein. The well known milk substitute 5410 formulated during the 1950s contained soybean powder as the main ingredient. Formula 5410 has proved to be a success in terms of its nutritional value. It has become the basic recipe for many milk substitutes. Some factories use spray drying process to produce instant blended milk powder consisting of soymilk, milk and other ingredients; they have gained some technological and financial benefits. In recent years, there has been a continuous flow of such products into the market.

"Based on previous research efforts, and in conformity with China's present situation, work is being done to develop an oil-containing concentrated soy protein. The techniques involved have certain positive characteristics. The end product can be a liquid for direct use as a food ingredient or a spray-dried powder for the formulation of dry-mixes." Address: Research Inst. of Light Industry, Beijing, People's Republic of China.

7615. Terhune, Virginia. 1986. Tofu looks to repeat yogurt's success: Firm tries spot on dairy counter. *Sun Chronicle* (*Attleboro, Massachusetts*). Sept. 3.
• ***Summary:*** "Most people know that soybean-based tofu is good for you–the only problem is that many people in this country don't like the taste of it. A tofu manufacturer from Greenfield, Massachusetts, says he has the answer–Jofu–a new product blending tofu and fruit into a yogurt look-alike. 'It's unique in the world,' said Tom Timmins, president of Tomsun Foods International, which put the product on the local market about a month ago. At least three flavors–strawberry, raspberry and blueberry–are now available in the dairy sections of Star markets and Stop & Shop supermarkets... Although Jofu is sweetened with high-fructose corn syrup... it is still lower in calories than most flavored yogurts... Tomsun's move into the dairy section is considered a major departure from most manufacturers who market their tofu through the produce section."

The other major tofu maker on the East Coast, Nasoya, does not plan to compete with another yogurt-like product. Unlike Tomsun, Nasoya claims to use only organically grown soybeans in its tofu. Nasoya recently invested $1 million in new automated for making tofu, in anticipation of future sales. "Nasoya, founded 8 years ago, predicts sales of between $2 and $3 million in 1986. Tomsun, which is one year older, expects sales of $4 to $5 million this year. Both companies have hired former yogurt executives to develop and market new products... Nasoya hired John Lee, former marketing manager for Colombo, as well as Sjon Welters, new product manager from the Netherlands." Address: Staff writer.

7616. *Times of India* (*The*) (*Bombay*). 1986. City notes: Golden Proteins. Sept. 6. p. 10.
• ***Summary:*** Golden Proteins solvent extraction plant at Sahibabad (100 tonnes per day capacity) has started commercial production. The first trial runs took place during March and April, 1986.

The company's public issue of Rs. 75 lakhs [7.5 million rupees] in Dec. 1985 was oversubscribed.

The company "plans to increase its solvent extraction capacity to 400 tonnes per day and to diversify into other soya products like winterised buteroil [?], margarine, soyacurd, silken tofu, flavoured [soya] milk and cheese, besides producing hard oils, detergents, soaps and cosmetics."

7617. Arocena, Javier. 1986. Re: Brief history of the soyfoods company Zuaitzo in Spain. Letter to William Shurtleff at Soyfoods Center, Sept. 10. 2 p. Typed, without signature on letterhead. [Eng]
• ***Summary:*** "I've been working for the last 4 years making tofu, seitan, and tempeh, in a craftsman way, in the North of Spain, in the Basque country. Unfortunately in all of Spain we are only two people making those kind of products, even if slowly, slowly, people are asking us more and more for them every day. I have graduated in biology, and so have a background in what I am doing. I've really found myself useful for the rest of the world, and enjoy my life and work... I'd like to ask if there is any possibility of working for a short time (a summer or a month) in a place where I could learn how to make miso, tamari, natto, sufu, and soynuts." Address: Zuaitzo, Correria, 39–01001 Vitoria-Gasteiz, Spain.

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Phone: 945/28 86 30.

7618. *Toyo Shinpo* (*Soyfoods News*). 1986. Mukashi no dôgu de, dô dô to... Kurama no otôfuya-san. Tanaka Tôfu-ten [Tanaka Tofu Shop in Kurama, near Kyoto, uses old-fashioned tools to make tofu in the dignified, traditional way]. Sept. 11. p. 4. [Jap; eng+]
• ***Summary:*** The shop's owner, Kazushi Yamamoto, is 28 years old.

7619. Wygent, Debbie. 1986. Old farm produces a new protein [Warren Reynolds at Green Valley Farms]. *Local News* (*West Chester, Pennsylvania*). Sept. 14. p. C-2, C-6.
• ***Summary:*** Warren Reynolds, age 26 and a vegetarian for 6 years, now makes tofu. His Green Valley, once a dairy farm, no longer keeps any animals. Photos (by Bill Stonebeck) show four steps in the tofu-making process: (1) Warren Reynolds pours soaked soybeans into the hopper of a grinder, where they will be ground (with added water) to a smooth puree. (2) Liquid nigari being poured onto a stainless steel paddle above the surface of a vat of hot soy milk. The nigari makes the soymilk curdle–resulting in pure white curds floating in yellow whey. (3) Susie Macunga cuts a large block of tofu (on a table) into individual bricks / cakes. (4) A hand in a plastic-glove holding a brick of tofu; it can be refrigerated and wrapped for storage.

7620. Bhatnagar, P.S. 1986. Summary of the present situation with soya in India. Tape prepared for William Shurtleff at Soyfoods Center, Sept. 15–in reply to specific questions. 3 p. transcript. Unpublished manuscript.
• ***Summary:*** William Shurtleff was away (on the East Coast doing library research) during this team's visit to Soyfoods Center (Lafayette, California), so Akiko took care of them. William left questions about soy in India which he asked them to answer.

All visitors in his team were impressed with Soyfoods Center and its work–"overwhelmed."

Soybean has a bright future in India. The increase in acreage from 300 ha in the late 1960s to the present 1 million speaks for itself. Initially there were several obstacles. The most important opposition was from India's groundnut lobby. The groundnut is an important oilseed in India. When soybean was introduced, they feared it might replace groundnut. Various people expressed apprehension. They said: Soybean is not good for health, it has toxins and soybean trypsin inhibitors (which are very widely discussed), antinutritional factors, and cause flatulence. They will disturb the commodity balance, etc.

But with time and effort, it has been established that these were not valid criticisms. Soybean would not disturb the commodity balance, as the land required would not be suited for groundnuts. Since all food is well cooked, there is no problem with trypsin inhibitors. Chickpeas, and green and black gram also cause flatulence, but no one bothers about it, They have been eaten since time immemorial.

With these facts: (1) The lobby against soy weakened. (2) At the same time the Indian government realized the importance of soy, especially in decreasing imports of edible oil.

Initially black seeded soybeans were cultivated in India from very early times. Then yellow soybeans were introduced in late 1960s to 1970s to use as a low cost source of protein. Farmers grew it but could not sell it so they stopped. For a while it looked as if soybean would never take off in India. However, then the edible oil industry saved the day. Expansion of acreage has been mainly a result of its use for oil. (3) An oil industry grew up and created a market. (4) The agricultural feasibility of growing soybean in different parts of the country was established, as was its economic viability and place in cropping system... through the All-India Coordinated Project on Soybeans.

Then more industry and new expanded cultivation.

Madhya Pradesh is the center of soybean cultivation and industry. New entrepreneurs are now also going there since the supplies are established. But now soybean acreage is saturated in Madhya Pradesh. However, a little is still available. Now his efforts are to expand areas that are not reaching their full potential.

A cause of worry now is that most of (95% of) the soybean protein (defatted soybean meal) is being exported as livestock feed. This situation is rather dangerous. The Indian oil industry is dependent on foreign countries. If the soybean meal were not sold abroad, the Indian industry would crumble. So the need is to develop products in India based on defatted flour and popularize these. To do this, there are two essentials: (1) The cost of the product should be low compared to other similar products. (2) The taste should not be drastically different from traditional products. Indian food habits are very conservative, orthodox, and rigid. Also, use of the whole soybean must be encouraged in soya dairylike products at the home, village, and cottage industry levels.

Among soya dairylike products, tofu is one product that will definitely become popular subject to (1) High quality. (2) The profit margin is so small that the price difference between tofu and milk panir is small. He prepared some panir for us. Panir is very popular, especially in North India. All who can afford it would like to buy it. It is used for many curries, snacks, and other dishes. All are considered to be luxury dishes. Only the rich can afford them. The cost of panir is about $3 per kilogram, or 36 rupees per kilogram. Average monthly income is 250-300 rupees per month in India. As a result, only a few in the upper middle class can afford it. Tofu must sell for 7-8 rupees per kilogram. He calculated tofu production cost to be 3-4 rupees per kilogram. He feels this will catch on rapidly in North India.

With this in mind, many entrepreneurs have shown interest in tofu and soymilk. One big plant, Noble Soya, is

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starting in Bhopal. Another is United Soya. Plants are also planned in Kanpur and Delhi. So tofu has a good future. But Dr. Bhatnagar's worry is that small producers are making a poor quality product, which turns off consumers forever. Already many people have developed a negative prejudice. He also noticed this prejudice about soy in the USA.

To summarize: Prospects to narrow the oil gap are bright. The future of soy as food is also bright.

Tempeh has not yet been tried in a sincere sense, but he feels it has a good future.

In India, isolates, concentrates, and lecithin are now being extracted on a very small and limited scale. In a few areas, soy is taking land way from rice cultivation. Due to a slump in the international market for soybean meal, farmers' prices dropped, which led to a decrease in acreage the next year. It seems temporary. Government has set a minimum support price. On the initiative of Rajeev Gandhi, a technical mission of oilseeds has been established. The main goal is to increase oilseed production in India. Imports are now huge. India should become self sufficient in oilseeds, as she has become self sufficient in food grains. Soybeans are included in the mandate of this technology mission. Increase of production is planned, in both horizontal (area) and vertical (yield, presently very low–0.7 metric tons per hectare) growth. There will be a new thrust with government support.

The main idea is to reduce, then cut, foreign dependence on soya as (1) imported oil, and (2) imported meal. Solution: use defatted soybean meal for foods in India, and use whole soybeans in dairylike soybean products.

Closes with thanks to Akiko. He will send Bill some of the papers Bill needs. He looked though his manuscript briefly and made some suggestions. Send it to him for a careful read after the next update. He will check with literature he has in India. Let him know of companies that make plants for soy oil and lecithin, etc. He wants Akiko to come to India too. Address: PhD, Coordinator, All-India Coordinated Research Project on Soyabean (ICAR), G.B. Pant Univ. of Agriculture & Technology, Pantnagar, UP, 263145, India.

7621. *Chicago Tribune.* 1986. Joliet's China-U.S. venture may be just a beginning [Cathay Foods Inc.]. Sept. 15. Business section. p. 4.
• ***Summary:*** Note: A check on 27 Aug. 1988 in the phone directories for Joliet (Area Code 805) and Darien (312) shows no listing.

7622. *Marketing* (*Toronto, Ontario*). 1986. And for dessert, there's peas. Sept. 15.
• ***Summary:*** Tofu Treat, a non-dairy frozen dessert, is made with tofu that is made from peas rather than soybeans, by Thai Foods Ltd. of Winnipeg. Address: Canada.

7623. Weiner, Michael A. 1986. Cholesterol in foods rich in omega-3 fatty acids. *New England J. of Medicine* 315(13):833. Sept. 25. [4 ref]
• ***Summary:*** Weiner considers soybeans and tofu to be good non-marine sources, that do not contain the cholesterol found in fish oil sources. Other good cholesterol-free sources are walnuts, wheat germ, rapeseeds, soy lecithin, common beans, butternuts, and seaweed. Clara Felix adds: Omega-3s are most widely found in plants from cold climates. They make the cell walls flexible. Eskimos can withstand cold best and their diet is richest in them. Northern beans have a higher content than southern beans. Plants can convert omega-6 to omega-3 fatty acids by adding another double bond. Address: 2 Oakland Dr., Port Washington, New York 11050.

7624. Stein, Margery. 1986. Tofu tycoon never quits. *Star* (*Wilmington, North Carolina*). Sept. 27.
• ***Summary:*** "Just about everybody eventually gave up on David Mintz. And for good reason. Part relentless entrepreneur, part eccentric chef, part mad scientist, Mintz worked alone night after night in his laboratory for 10 years–measuring, mixing, testing, tasting. Mintz was after the formula for a frozen, tofu-based dessert, Tofutti."

"Tofu might not seem to be the stuff of which fortunes are made. It is a bland, spongy substance that comes from cooking and then pureeing soybeans into curd... But Mintz, 54, saw potential in tofu. Indeed he waxes rather eloquent on the subject. '"Who is a wise man?" asks Solomon rhetorically. "He who sees what's going to be born." That's the way I was about Tofutti. I could imagine what it would be. And I knew it would be big.'

"A Large, comfortable man with a quiet but driven manner, Mintz was farsighted enough to realize that the public was hungry for alternatives to heavy, rich foods. He was also bold enough to make and market his curd confection on a spectacularly large scale."

"I never hesitated to spend the money" Mintz. Address: Success! Magazine.

7625. Meduski, J.W. 1986. Morinaga Tofu: Short evaluation of the product and its technology. Los Angeles, California. 9 p. Sept. 29. Unpublished manuscript. [9 ref]
• ***Summary:*** Includes a long discussion and appendix on analysis of glucono delta-lactone from corn starch and crude sugar. Note: According to the Merck Index (9th ed., 1976), "gluconolactone" is an equivalent and legal term for GDL. Address: Los Angeles, California.

7626. Abdul Rahman, Hussein. 1986. An update in the manufacturing of traditional fermented and non fermented soyfoods in Malaysia. In: F.G. Winarno, ed. 1986. International Soyfoods Symposium. xiv + 403 p. See p. 59-73. Held 16-18 Sept. 1986 in Jogyakarta, Indonesia. [38 ref]
• ***Summary:*** Contents: Abstracts. Introduction. Present status of soybean utilization in Malaysia. Manufacture of

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traditional fermented soyfood in Malaysia. Manufacture of traditional non-fermented soyfood in Malaysia. Research and development of soyfood in Malaysia. Conclusion. Address: Extension Services, Food Technology Div., Malaysian Agricultural R&D Inst., P.O. Box 202, Serdang, Selangor, Malaysia.

7627. American Natural Snacks. 1986. Soya Kaas: The delicious, nutritious alternative to cheese (Ad). *Natural Foods Merchandiser.* Sept. p. 61.
• ***Summary:*** Although this ad has the same title as the first ad for this product in this magazine, the graphics are completely different. At the center of the ad is a pizza on a dish. To its upper left is a package of Soya Kaas. Address: P.O. Box 1067, St. Augustine, Florida 32085. Phone: 904-825-2057.

7628. Benk, Erich. 1986. Ueber die Sojabohne und aus ihr hergestellte Lebensmittel [Soybeans and soybean products]. *Industrielle Obst- und Gemueseverwertung* 71(9):390-91. Sept. [9 ref. Ger]
• ***Summary:*** Soybeans and their products are discussed briefly, including their composition, manufacture, and uses. Products mentioned are green vegetable soybeans (unreife Sojabohnen), whole dry soybeans, soy protein, soy oil, lecithin, defatted soy flour, soy protein concentrate, soy nuts, soy sprouts, soymilk (Sojamilch), tofu (Sojaquark), soy sauce (Sojasosse), and fermented tofu (Sojabohnen-Käse, sufu). The application of German dairy product laws to soyfoods is discussed. Address: Chemiedirektor a. D., Beratender Lebensmittelchemiker, Robert-Steiger-Str. 110, 8909 Krumbach, Germany.

7629. Bernd Lehmann International Consultants. comp. 1986. Erste internationale Tofu-Produkt-Praesentation: Tofu 86 [Report of the First International Tofu Products Expo, Seminar, and Buffet: Tofu ‘86]. Postfach 10 41 07, D-2000 Hamburg 1, West Germany. 17 p. Held on 24 Sept. 1986 at the Sheraton Hotel, Arabellastr. 6, Munich, Germany. [Ger]
• ***Summary:*** Held in Munich with 100 attendees, the conference was sponsored by Bernd Lehmann, International Consultants on the occasion of the IKOFA conference. It featured three speakers, a soy product exhibit (samples were flown in from around the world), and a tofu-based delicatessen buffet at which 24 recipes (12 warm and 12 cold) and were served. Many of these were prepared from Galactina or USA tofu or soy products. The proceedings list all recipe names and ingredients (in German).

The one day program (11:00 AM to 2:30 PM) was as follows: 1. Introduction by Dr. Siegfried Domin. 2. “Tofu: Production, characteristics, and advantages” by Dr. Peter Speck of Galactina. 3. Presentation of products for sampling from the USA, Japan, and Switzerland. 4. Tofu Buffet Lunch. 5. “The most interesting tofu new product developments from America” by Domin. 6. “European tofu products” by Speck. 7. “Development of the tofu market in Switzerland” by Ulrich Bringold of Galactina (see translation). 8. Discussion. Address: Munich, West Germany.

7630. **Product Name:** Dry Le Tofu (Powdered Instant Non-Dairy Soft Serve Mix).
Manufacturer’s Name: Brightsong Foods.
Manufacturer’s Address: 100-A Poultry St. (P.O. Box 2536), Petaluma, CA 94953.
Date of Introduction: 1986. September.
Ingredients: Incl. Spray-dried tofu.
How Stored: Frozen.
New Product–Documentation: Letter from Richard Rose. 1987. Sept. 17. This later became Sharon’s Finest Tofu Frozen Dessert Mix. Main ingredient was spray-dried tofu.

7631. Bringold, Ulrich. 1986. Entwicklung des Tofu-Marktes in der Schweiz [Development of the tofu market in Switzerland]. In: Bernd Lehmann International Consultants, comp. 1986. Report of the First International Tofu Products Expo, Seminar, and Buffet: Tofu ‘86. 17 p. See p. 10-11. Held on 24 Sept. 1986 at the Sheraton Hotel, Arabellastr. 6, Munich, Germany. [Ger]
• ***Summary:*** Since 1983, Bringold has been product manager at Galactina. He is one of the pioneers of European tofu marketing. The development of the Swiss tofu market can be divided into 4 large stages. 1. Tofu in the Reform trade (Reformhandel, Health food stores). In 1981 tofu began to be made and sold without much media coverage in alternative food stores and Reform Houses. The users were predominantly vegetarians and alternative types. In 1983 total Swiss production was about 120 tonnes.

2. The start of the mainstream food trade (Lebensmittelhandel). In 1983 the first mainstream food stores began to sell tofu. In 1984 Galactina AG conducted a regional market test with such stores using a fresh pasteurized tofu. An attractive package, numerous recipes and suggestions for use, and extensive sampling of prepared dishes in the stores were the principal items of the promotional campaign. This introduced tofu to environmentally- and health-conscious normal consumers. The success in sales surpassed all expectations of both the manufacturers and the stores.

3. The conquest of the mainstream market. Then came the real breakthrough. The two leading retail chains, Migros and Co-op started to carry tofu. The rest of the trade followed their example, so that by the end of 1985 all major food stores, as well as the Reform Houses and many drug stores carried at least one brand of tofu. This was possible because of (1) an intensive marketing campaign simultaneously by several manufacturers, (2) a fortunate acceptance and its own marketing activities by the food trade, (3) the media’s taking up the theme, and especially (4) the open attitude of a sufficiently large target public.

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4. Tofu gets flavor. Observers of tofu have remarked that it is now where yogurt stood 20 years ago before it was flavored. In 1986 flavored tofu products were introduced. There are now more than 20 flavored products on the market, from seasoned tofu to Tofu Raviolis, Tofu Sandwich Spreads, Tofu Bolognaise, and Tofu Goulash. Even tofu ice cream and desserts.

Note: An English translation of this speech was published in the April 1987 issue of Soyfoods (ESFA). 1(2):23-24. Address: Galactina AG, CH-3123 Belp, Switzerland.

7632. Chen, Wen-Lian. 1986. Improvement on the storage stability of snack tofu. In: F.G. Winarno, ed. 1986. International Soyfoods Symposium. xiv + 403 p. See p. 295-99. Held 16-18 Sept. 1986 in Jogyakarta, Indonesia. [19 ref]
• ***Summary:*** Contents: Abstract. Processing of snack tofu. Decreasing the water-activity by humectant. Use of oxygen absorbant. Use of vinegar solution. Heat treatment after packaging. Conclusion. References. Address: Food Industry R&D Inst., P.O. Box 246, Hsinchu, Taiwan, China.

7633. *Food Merchants Advocate* (*Tarrytown, New York*). 1986. [Prince Mintz of Tofu in carriage promoting Tofutti Love Drops]. Sept.
• ***Summary:*** A photo shows Mintz riding in a horse-drawn carriage with the Duke and Duchess of York look-alikes on Fifth Avenue. After reaching the steps of the New York Public Library, the "Royal Couple" crowned David "Prince Mintz of Tofu." Mintz provided 10,000 cups of Tofutti Love Drops to the noontime throng.

7634. Fukushima, Danji. 1986. New development in the process of traditional soyfoods in Japan. In: F.G. Winarno, ed. 1986. International Soyfoods Symposium. xiv + 403 p. See p. 21-57. Held 16-18 Sept. 1986 in Jogyakarta, Indonesia. [22 ref]
• ***Summary:*** Contents: Abstract. Soy milk. Tofu. Soy sauce. Miso. Natto.

Table 1 (p. 28) shows changes in the size of the soymilk market in Japan from 1979 to 1985. For each year there are statistics for the amount of soymilk sold (in kiloliters), the ratio of that amount to the amount sold during the previous year, the total retail value in yen, the ratio of the retail value that year to the value the previous year, and the ratio of the retail value that year to the value in 1979. The amount of soymilk sold in million liters is as follows: 1979–6.5 million liters. 1980–12.0. 1981–25.2. 1982–54.3. 1983–111.5. 1984–84.013. 1986–55.354.

Also contains a detailed analyses of the off-flavors in soymilk. These off flavors are brought about through the hydrolysis of the glycosides by the Beta-glycosidase contained in soybeans. Contains 46 figures, including many photos, flowcharts, and equipment designs. Address: Food Research Inst., Kikkoman Co. Ltd., 339 Noda, Noda City, Chiba prefecture, Japan.

7635. Fukushima, Danji. 1986. Preservation of traditional soy products. In: F.G. Winarno, ed. 1986. International Soyfoods Symposium. xiv + 403 p. See p. 267-93. Held 16-18 Sept. 1986 in Jogyakarta, Indonesia. [25 ref]
• ***Summary:*** Contents: Abstracts. Soy sauce and miso. Soy milk, tofu, and their related products. References. Address: Food Research Inst., Kikkoman Co. Ltd., 339 Noda, Noda City, Chiba prefecture, Japan.

7636. Gandhi, A.P. 1986. Soypaneer–A substitute for milk cheese. *Invention Intelligence*. Aug/Sept. p. 289. *
• ***Summary:*** The author developed a low-cost technology for making soypaneer on a commercial scale; it can easily be adopted by rural people.

Note. This is the earliest English-language document seen (April 2013) that contains the word "soypaneer" or with the word "soypaneer" in the title. Address: PhD, Biochemist.

7637. Hoppe, Lynn. 1986. Tofu: Low-fat, low-sodium, low-cholesterol wonder food. *Better Homes and Gardens* 64(9):69. Sept.
Address: Des Moines, Iowa.

7638. Leufstedt, Goran. 1986. Continuous process for low beany taste soybean products. In: F.G. Winarno, ed. 1986. International Soyfoods Symposium. xiv + 403 p. See p. 79-93. Held 16-18 Sept. 1986 in Jogyakarta, Indonesia. [2 ref]
• ***Summary:*** Contents: Abstract. Introduction. Continuous process systems. Continuous soyfood processes. Soy extraction line: Soybean grinding, deactivation of lipoxygenase enzymes, fiber separation, trypsin inhibitor deactivation, deaeration/deodorization. Aseptic soy beverages. Ultrafiltration of soy extract. Soy-yogurt. Frozen desserts. Tofu. Prepared foods–forming, frying. Residue–okara. Conclusion.

In the dairy industry ultrafiltration (UF) of cow's milk has long been used for continuous concentration of protein. UF is also common in the cheese industry for continuous production of soft cheese. "As far as I know, no UF plant in commercial operation has been reported on soy, but two applications are described in the literature: Concentration of the protein and diafiltration, i.e. washing out anti-nutritional compounds." Address: Alfa-Laval South East Asia Pte. Ltd., 11-Joo Koon Circle, Singapore 2262.

7639. McSweeney, Daniel. 1986. Consumer survey 1986. *Whole Foods.* Sept. p. 39-40, 43.
• ***Summary:*** This survey appeared as a readership survey in the July 1986 consumer-directed *EastWest* magazine. The sample size is not given. The percentage of respondents who purchased a type of product at a natural foods during

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the past 12 months, in descending order of popularity and by sex: Grains: women 91.1%, men 84.4%. Tofu: women 85.8%, men 82.2%. Miso: women 72.3%, men 66.6%. Sea vegetables: women 68.2%, men 60.0%. Yogurt (dairy): women 48.8%, men 44.4%. Nondairy frozen desserts: women 45.8%, men 40.0%. Soy milk: women 41.1%, men 37.7%. Natural meat: women 10.0%, men 11.1%.

The top 5 reasons for shopping at natural foods stores are: Food quality (32.6%), better selection (21.8%), brands preferred (15.5%), helpful clerks (9.1%), individual food dept. (6.9%).

7640. Norman, James. 1986. The gurus of tofu: Legume Inc.'s Gary and Chandri Barat are out to change the way Americans eat. *New Jersey Monthly* (*Morristown, New Jersey*). Sept. p. 53-56.

7641. Nyenhuis, Jacquelyn R. 1986. Tofu for two: Tantalizing dishes made from the world's healthiest form of protein lend an ancient Oriental staple a truly American flavor. *Saturday Evening Post* 258:16-17. Sept.
• ***Summary:*** Contains 5 recipes.

7642. **Product Name:** Organic Tofu [Plain].
Manufacturer's Name: Oasis Wholefoods.
Manufacturer's Address: Unit 3C, Dart Complex, Steamer Quay Rd., Totnes, South Devon, England. Phone: 0803-865076.
Date of Introduction: 1986. September.
Ingredients: Fresh soya milk (water, soyabeans), nigari (bittern).
Wt/Vol., Packaging, Price: 227 gm.
How Stored: Refrigerated.
New Product–Documentation: Letter from Simon Bailey. 1988. Oct. 10. Company name is now Oasis Wholefoods. Phone: 0803-863167. They now make Organic Tofu (plain & smoked), Tofuburger, Organic Tempeh. In Dec. 1987 Francis Checkley sold the company to I.J. Mohammed.

Letters from I.J. Mohammed. 1991. Sept. 30 and Oct. 13. This product was introduced in Sept. 1986. "I was the original tofu maker. Lifestream Wholefoods, owned by Mr. Francis Checkley, did not make or sell any soyfoods; they only sold nutritional yeast imported from America. Lifestream occupied part of the Unit 3C complex. In Dec. 1987 Francis Checkley sold his share of the ownership of Oasis Wholefoods to me, so that I owned 100% of Oasis, as I still do. I felt like the father of the new project and Mr. Checkley was basically my financier. As far as I know Lifestream Wholefoods are no longer trading." Label sent by I.J. Mohammed. 1991. Sept. 30. 3 by 2 inches. Pea green on yellow. Illustration of palm trees. "A source of protein, calcium, phosphorus, potassium & all essential amino acids."

7643. *Plenty Bulletin* (*Summertown, Tennessee*). 1986. Jamaica soy. 2(3):1-3. Fall. [5 ref]
• ***Summary:*** "Recently, the Jamaican Government has launched an aggressive agricultural program (titled 'AGRO 21') which is designed to boost production of foods that can be grown locally, in order to decrease the need for precious foreign exchange... Consequently, soybean production has been conceived as one of the top priorities by the Ministry of Agriculture. Ironically the plan focuses on the use of soybeans to provide cooking oil and animal feed... With the participation of the Israelis and other foreign investors, soybeans are fast becoming one of the major field crops on the island...

"In 1983, Plenty USA's sister organization, Plenty Canada, established an agricultural project on the north-central coast of Jamaica. Craig Bialick, an agronomist and soy foods technician who had worked 3 years with Plenty's soy projects in Guatemala in the late 1970's, was hired by Plenty Canada for the Jamaica project.

"Craig spent 15 months in Jamaica, June 1984-September 1985... He organized a school lunch program and set up a soy foods processing training center in Claremont, St. Ann. He also carried out numerous 'soy demonstrations' wherein local participants were taught how to prepare soy foods using only the facilities available in their home kitchens. 107 of these public demonstrations reached over 6,000 people from 4 different parishes on the island. Typical locations were schools, churches, clinics, youth clubs and weekly markets."

The Country Farmhouse Project in Kingston, Jamaica is run with the help of two Jamaican young people, Rasino D'Aguilar and his wife, Mohi. This small-scale cottage industry, which has been in business for 1 year on a shoestring budget, makes soy ice cream, tofu, soy mayonnaise, and a variety of okara burgers. Some of their products are sold at a weekly market sponsored by the Jamaica Vegetarian Society.

Photos show: (1) Jamaican kids making soy ice cream in Kingston. (2) Rasimo D'Aguilar preparing soymilk for making tofu at the Country Farmhouse kitchen in Kingston, Jamaica.

7644. Plenty Canada. 1986. Plenty Canada: Our 10th year of service–self-help projects in the developing world since 1976 (Brochure). Lanark, Ontario, Canada. 10 panels. Back and front.
• ***Summary:*** Includes a detailed discussion of Plenty Canada's projects in the Quthing Valley, Lesotho–which is inside = landlocked by the Republic of South Africa. Lesotho gained independence in 1966.

Black and white photos show: (1) Half of the Village Technology Training Center, a round mud-brick building with a conical thatched roof, with solar electric cells and a solar water heater on the roof. (2) Two Basotho village women at the Soy Centre inside this building; one is

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weighing tofu. (3) The village spring, which Plenty Canada tapped and piped clean water to the village for drinking, cooking, and irrigation. Address: Plenty Canada, R.R. 3, Lanark, ON K0G 1K0, Canada.

7645. Rice, Judy. 1986. E-B sterilization & new product marketing–Main themes at aseptic conference. *Food Processing* (*Chicago*) 47(9):73-75. Sept.
• ***Summary:*** About the Aseptipak '86 convention in Atlanta, Georgia–the fourth annual aseptic packaging conference.

In the section titled "Aseptic tofu" Art Mio discusses Morinaga Nutritional Foods. It wasn't until 1984 that Morinaga began investigating the possibilities of setting up an office in the USA. Morinaga Nutritional Foods, Inc. was formed as a subsidiary of the Japanese dairy products manufacturer, Morinaga Milk Industry Co., and established a base office in Los Angeles (California) in May 1985. In October 1985 the company began to roll-out its aseptic tofu in the USA. The Produce Marketing Association (PMA) helped Mio to meet face to face with tofu buyers across the nation. He discovered the tofu had reached every corner of the U.S. supermarket industry, but that buyers "all had handling and spoilage problems with the plastic tub, water-packed, poly film-sealed tofu. All indicated an interest in a non-spoilable, refrigeration-not-required tofu. Of course, most couldn't believe it."

Mio concluded by noting that although most of Morinaga's sales are still with their Asian trade, supermarket sales as a percentage of total sales are steadily growing. A photo shows Art Mio.

7646. Robertson, Laurel; Flinders, Carol; Ruppenthal, Brian. 1986. The new Laurel's kitchen: A handbook for vegetarian nutrition and cookery. Berkeley, California: Ten Speed Press. 512 p. Foreword by Sheldon Margen, M.D. Professor of Public Health Nutrition. University of California, Berkeley. Illust. Index. 23 cm. Original ed. published Sept. 1976. [234* ref]
• ***Summary:*** Contents: Preface (by Laurel). Introduction: The work at hand (Carol Flinders). Recipes and menus (includes 500 recipes): Bread, breakfast, lunch, dinner, salads, soups, vegetables, sauces & such, heartier dishes, grains & beans, desserts, menus. A handbook of nutrition: Introduction: The search for an optimal diet (Brian Ruppenthal), The New Laurel's Kitchen food guide. Special concerns: Pregnancy, infancy & early childhood, controlling your weight, nutrition in later years, sports (athletic activities), the vegan diet, diet against disease. The nutrients: The energy-yielding nutrients, vitamins & minerals, food processing, conserving nutrients in the kitchen, suggestions for further reading, recommended dietary allowances, nutrient composition of foods. Address: Blue Mountain Center of Meditation, Petaluma, California.

7647. Rose, Richard. 1986. Only one type of tofu is calcium-rich. *Vegetarian Times.* Sept. p. 6.
Address: Brightsong Foods, Petaluma, California.

7648. Shurtleff, William; Aoyagi, Akiko. 1986. Soybeans: Protein source for now and the future. *REACH Newsletter* (*Danigra, Belize*). Sept. p. 1-8. [1 ref. Eng]
• ***Summary:*** Summary by Charles D. Watson of Chapter 1 of *The Book of Tofu* by Shurtleff and Aoyagi. Address: Soyfoods Center, Lafayette, California.

7649. **Product Name:** Antonio's Simply Natural Tofu Pasta (Non-Dairy Fresh Frozen Pasta Made with Tofu) [Tofu Cheese Ravioli, Tofu Cheese Manicotti, Tofu Cheese Stuffed Shells, Tofu Linguini, Tofu Spinach Fettuccine, Tofu Vegetable Cavatelli, or Tofu Cheese Tortellini].
Manufacturer's Name: Simply Natural, Inc.
Manufacturer's Address: P.O. Box 295, Norma, NJ 08347. Phone: 609-691-5866.
Date of Introduction: 1986. September.
Wt/Vol., Packaging, Price: 16 oz plastic containers, 12 per case.
How Stored: Frozen.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1986. Oct. p. 18. "So Who Needs Cream Cheese Any More? Mama Would Approve. We did it! Simply Natural has created for you the first, premium quality, non-dairy fresh frozen pasta made with tofu. We've combined it with our Soft Tofu Cheese (launched in May 1985) to come up with five exciting new products–Tofu Cheese Ravioli, Tofu Cheese Manicotti, Tofu Cheese Stuffed Shells,..." A photo shows two packages of "Soft Tofu Cheese." Around the edges of this ad is written "Soft Tofu Cheese.'

Spot in Soyfoods Newsletter. 1987. 1(4):6. Added Tortellini. Brochure. 1987. Oct. "Discover the New Simply Natural and Rediscover Natural Cuisine." Introduces Soyalite (formerly Soft Tofu Cheese), Pasta Lite (formerly Tofu Pasta), and Miso Dressing. Explains why the names were changed and shows Labels. Red on white. 4 pages.

Note: This is the earliest English-language document seen (March 2007) that uses the term "Tofu Cheese" to refer to a Western-style soy cheese.

7650. Speck, Peter. 1986. Tofu: Herstellung, Eigenschaften und Vorteile [Tofu: Production, characteristics, advantages]. In: Bernd Lehmann International Consultants, comp. 1986. Report of the First International Tofu Products Expo, Seminar, and Buffet: Tofu '86. 17 p. See p. 7-9. Held on 24 Sept. 1986 at the Sheraton Hotel, Arabellastr. 6, Munich, Germany. [Ger]
• ***Summary:*** "The American tofu boom spread to Europe at the beginning of the 1980s. Initially only small companies made tofu, but now the trend is toward larger scale industrial production." An example of this is Galactina in Switzerland. Speck has been technical director at Galactina since 1981.

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He is one of the leading tofu specialists in Europe. Address: Galactina AG, CH-3123 Belp, Switzerland.

7651. **Product Name:** The Ultimate Tofu (Non-Dairy Frozen Dessert).
Manufacturer's Name: Ultimate Tofu, Inc., of Mississauga and Eplett Dairies Co. Ltd. (The).
Manufacturer's Address: Brampton, Ontario, Canada.
Date of Introduction: 1986. September.
How Stored: Frozen.
New Product–Documentation: Foodservice & Hospitality (Toronto). 1986. Sept. This company is the fourth largest dairy in the province.

7652. **Product Name:** Vegemite. Concentrated Yeast Extract.
Manufacturer's Name: Vegemite (Importer). Made in Australia.
Manufacturer's Address: 16247 Illinois St., Paramount, CA 90723. Phone: (213) 633-2222.
Date of Introduction: 1986. September.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1986. Sept. p. 81. "Vegemite gives food a mighty healthy flavor." It has existed in Australia for over 65 years. Replaces high sodium bouillon cubes. "It adds zip to tofu." An illustration of the jar and label is shown.

Ad (quarter page, black and white) in Whole Foods. 1987. May. p. 133. Company is now Australasia Ventures, 2882 Gundry Ave., Long Beach, CA 90806. Same ad as 1986.

7653. Ashraf, Hea-Ran Lee. 1986. Formerly obscure, tofu now common. *Southern Illinoisan* (*Carbondale, Illinois*). Oct. 1.
• ***Summary:*** Contains recipes for tofu in Greek Salad and Onion Dill Dip. Address: Asst. Prof., Animal Science, Food & Nutrition, Southern Illinois Univ., Carbondale.

7654. Paugh, Carolyn. 1986. Marjon Tofu Yogurt surprises Journal panel with its taste. *Journal* (*Jacksonville, Florida*). Oct. 8.
• ***Summary:*** A taste panel gave the product high marks. It is not clear what this product is made of. Is it soymilk yogurt or something completely new? How can one make yogurt from tofu? Is it fermented?

7655. *Times* (*Anchorage, Alaska*). 1986. Small Business Administration lauds Northland Soy owner [Bernie Souphanavong]. Oct. 9.
• ***Summary:*** Bernie Souphanavong started his tofu company in 1980 with an SBA loan. Northland Soy Products, now located at 2021 Spar Ave. in Anchorage, produces 8,000 lb/week of tofu with a staff of six, including Souphanavong and his wife. A large photo shows Souphanavong putting price stickers on packs of tofu. Address: 2021 Spar Ave., Anchorage, Alaska.

7656. *Toyo Shinpo* (*Soyfoods News*). 1986. [Tofu hot dogs or frankfurters can be made cold. Nishikawa Shoten suggests new protein binding technique using tofu with meat]. Oct. 11. p. 6. [Jap; eng+]
• ***Summary:*** Product contains 42.2% regular tofu, 22.6% cooked pork, 16.9% fish meat, 7% starch, 3.4% oil, 2.9% sugar, 1.5% egg white, 1.35% natural seasoning, 1.25% salt, 0.9% spices.

7657. *Toyo Shinpo* (*Soyfoods News*). 1986. Takai seisakusho. Honsha kôjô o kaichiku. Sukurappu ando birudo hoshiki. 2-3 nen go o medo ni [Takai Tofu & Soymilk Equipment Co. rebuilding its main factory in place using the scrap and build method. It should be finished in 2-3 years]. Oct. 11. p. 1. [Jap; eng+]

7658. Downing, T. 1986. Jofu fighting shelf wars at supermarkets. *Enterprise* (*The*) (*Brockton, Massachusetts*). Oct. 12.
• ***Summary:*** The company has spent about $750,000 this year on advertising Jofu. Tomsun is going public next month with over-the-counter sale of one million shares. Tomsun's 1985 sales (of all products) were $2.8 million.

7659. *Toyo Shinpo* (*Soyfoods News*). 1986. Zenkoku shuyô toshi no tôfu seihin nenkan kônyû kingaku [Annual amount and value of tofu consumed per household in Japan, by cities]. Oct. 21. p. 1-2. [Jap; eng+]
• ***Summary:*** In 1985 the average household bought 88.5 cakes of tofu costing 7,337 yen. The average price/cake was 79.6 yen. Compared with 1970 the number of cakes rose 0.5%, the amount spent rose 3.05-fold, and the cost of one cake rose 2.88 fold. In 1985, of the total money spent on soyfoods per household (13,435 yen), 58% was spent on regular tofu, 30.2% on fried tofu (pouches and burgers), 12.3% on natto, and 2.8% on other soyfoods. Cities with the highest consumption of tofu per household are Morioka (122.7 cakes), Toyama (115.7), Kagoshima (105.1), Kokushima (105.0), Tottori (102.3). Tokyo is in 29th place with 87.5 cakes.

In 1985, foods with the fastest growing consumption per household compared with 1970 were: coffee and cocoa +116.6%, prepared foods +63.9%, processed meats 47.0%, raw meats 35.4%, foods eaten away from home +34.6% and oils/fats +34.5%. Those decreasing the most rapidly are: rice -34.3%, processed seafoods (e.g. kamaboko) -29.0%, fresh fish and shellfish -21.1%, eggs -13.4%, milk -10%, soyfoods -3.7%.

7660. *Toyo Shinpo* (*Soyfoods News*). 1986. Kenko imeeji-do besuto 20. 6 i ni nattô, 11 i ni tôfu [The 20 Japanese foods

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with the healthiest image. Natto is 6th and tofu is 11th]. Oct. 21. p. 1-2. [Jap; eng+]
• ***Summary:*** The healthy image ranking, based on a survey of 1,000 households in October 1985. Conducted by Shokuhin Sangyo Center in Tokyo (Toranomon. Tel. 03-591-7451) and titled "Health and Food." 1. Sardines (340 points out of a possible 1,000), 2. Shirasu (the young of sardines, 298), 3. Process cheese (259), 4. Real fruit juice (241), 5. Umeboshi salt plums (227), 6. Natto (227), 7. Natural cheese (225), 8. Brown rice (218), 9. Honey (210), 10. Tofu (204), 11. Wakame (sea vegetable, 197), 12. Soymilk (196), 13. Yogurt (193), 14. Sesame oil (181), 15. Konnyaku (180), 16. Cow's milk (180), etc.

7661. *Times of India* (*The*) (*Bombay*). 1986. City notes: Universal Solvex. Oct. 25. p. 10.
• ***Summary:*** Universal Solvex, incorporated in 1982, will enter the capital market on May 26 with a public issue of 6.1 lakh [610,000] equity shares of Rs. 10 each. The company is presently implementing a project in Piliphit, Uttar Pardesh, for the manufacture of vegetable oils using solvent extraction; the plant has an annual capacity of 36,600 tonnes in terms of rice bran, soyabean, salseeds, oilcakes. Trial runs are expected to start in December, with commercial production shortly thereafter.

In the north, this is the first soya plant with state of the art double rotary extraction technology from Extractions Technik, West Germany, the world leader in designing plants for vegetable oil extraction.

The company plans to add a refinery and then to diversify into winterised edible soya oil, soya milk, curd [tofu] cheese, and lecithin.

7662. *John Naisbitt's Trendletter* (*Washington, DC*). 1986. Tofu, the yogurt of the '80s. 5(21):4-5. Oct. 30.
• ***Summary:*** A summary of *Soyfoods Industry and Market: Directory and Databook* by Shurtleff and Aoyagi. Shows that the U.S. tofu market has grown at 15% a year since 1978.

7663. Wilson, Suzanne. 1986. Talk about tofu: Behind the scenes at Tomsun. *Hampshire Life* (*Northampton, Massachusetts*). Oct. 31. p. 6-8, 11-12.
• ***Summary:*** Tomsun Foods now makes 3.5 million lb/year of tofu. To make Jofu, a non-fermented yogurt-like product, silken tofu is homogenized, cooled, mixed with a stabilizer, corn oil, and fructose, cooked to consistency of pudding, cooled, and mixed with fruit in a fruit feeder. More than $1 million has been spent over the past 2.5 years to develop Jofu. Jofu is sold in 6-ounce cups. Weekly production is 150,000 cups. Slogan for the ad campaign is "Beyond Yogurt." The first Jofu was sold to Massachusetts health food stores in Dec. 1985.

7664. Fangauf, K.W. 1986. Bedeutung der Sojabohne und Sojaprodukte fuer die Welternaehrung [Significance of the soybean and soya products for world nutrition]. *Schriftenreihe aus de Fachgebiet Getreidetechnologie* No. 8. p. 9-23. Sojaprodukte: Herstellung und Verwendung. [15 ref. Ger]
• ***Summary:*** Discusses history of the soybean, cultivation and composition, the world industry for soybean production, consumption, and products, world production of soy oil and competing oils, trends in the use of soy products (incl. soymilk and soymilk products, soy sauce, tofu, miso, and tempeh; table based on Shurtleff & Aoyagi 1983), results of Hamburg poll (American Soybean Assoc. 1982) on attitudes of German consumers toward qualities and use of soya (e.g., price, nutritional value, good protein source, versatile, healthful, recommended by a doctor, good for young people), conclusion. Address: American Soybean Assoc., Hamburg, West Germany.

7665. **Product Name:** Tofu [Oriental (4-piece pillow shapes), Soft, or Firm]. Fried Tofu Puffs. Soymilk (Sweetened).
Manufacturer's Name: Fully, Inc. Renamed Fully Foods by Sept. 1998.
Manufacturer's Address: 400 N.E. 67th, Bay D, Miami, FL 33138. Phone: 305-758-3880.
Date of Introduction: 1986. October.
New Product–Documentation: Letter from Manny Wong. 1989. Sept. Talk with Manny Wong. 1991. May 16. His company started in Miami in Feb. 1978 making mung bean sprouts. In 1983 they diversified into soy sprouts. In Oct. 1986 they moved into a larger building at their present address in Miami (400 N.E. 67th) and added a new division to their company, to make tofu and soymilk. In October they introduced three textures of tofu: Oriental (Chinese style), Soft (Japanese style), and Firm (American style). The American style is firmer than the Chinese style. At the same time they introduced Fried Tofu Puffs and a sweetened soymilk. His father-in-law started this tofu business in New York as Fong-On on Mott Street in the 1930s. There was an owner buyout and the company name was been changed to Fong-Inn, and then to its present name Fong-Inn Pastry. As of May 1991, the company has little competition in Miami. They consume 6.5 tons/month of soybeans.

Gonzalez-Pando, Miguel. ed. 1996. *Greater Miami: The spirit of Cuban enterprise.* Fort Lauderdale, Florida: Copperfield Publications, Inc. This book (p. 168) discusses Fully, Inc. a soyfoods company in Miami, Florida. The founder, Manny Wong, and his bride, Sylvia, moved back to Miami in 1978 and launched Fully, Inc. with his brother-in-law Dennis Marr.

Form filled out by Manny Wong. 1998 Sept. 3. The company name is now Fully Foods. Manny's family comes from Cuba. He now says he started making tofu in April 1987. Accompanying the form is an article about his

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company, with a photo of Manny, his wife and 3 children.

7666. Greene, Barbara S. 1986. Richard T. Alberti: Turning pasta into profits. *Business J. of New Jersey Magazine* (*Jamesburg*). Oct. p. 113-15.
• ***Summary:*** "Richard T. Alberti figures there's a lot of dough to be made in the pasta business. That's why he signed on last year as head of Famiglia Industries Inc., producers and distributors of a quality line of pasta and sauces." In 1984 nearly $1,200 million worth of pasta was sold nationwide. However as of 31 Oct. 1985 Famiglia was $1.4 million in the red. However Alberti, now the chairman and CEO of Famiglia, hopes to change all that by turning pasta into profits. "He might be just the man to do it, too, based on his track record. As the former executive vice president for franchising Tofutti Brands Inc., Alberti was largely responsible for the company's Tofutti frozen dessert success story. Alberti guided the nationwide distribution of Tofutti and watched sales climb from $300,000 to $17 million in less than two years.

"In 1985, a small group of investors called the Walnut Capital Group wooed Alberti away from Tofutti, presenting him with the challenge of improving Famiglia's sales. In March, Famiglia raised $2.7 million through an initial public offering.

"For the very nutrition-conscious, Famiglia plans to offer Tofu Classics, tofu-filled pasta products, including ravioli, manicotti, stuffed shells and crepes. A note in the company's prospectus states that the cholesterol- and lactose-free tofu, or soybean, products elicited a favorable response when they were introduced at a consumer food show earlier this year at the Nassau Coliseum.

"The unusual thing about Famiglia's products is that they will all be certified kosher." A photo shows Alberti.

7667. **Product Name:** Gunther Enzyme-Modified Soy Proteins.
Manufacturer's Name: Gunther Products Div., A.E. Staley Manufacturing Co.
Manufacturer's Address: 2200 E. Eldorado St., Decatur, IL 62525.
Date of Introduction: 1986. October.
New Product–Documentation: Spot in Prepared Foods (Chicago). 1986. Oct. "Enzyme modified for action and tofu to beat. For the very latest in trends, Staley instant dry tofu products offer the characteristics and properties of fresh tofu with all the versatility of dried products."

7668. Guzman, G.J.; Murphy, P.A. 1986. Tocopherols of soybean seeds and soybean curd (tofu). *J. of Agricultural and Food Chemistry* 34(5):791-95. Sept/Oct. [34 ref]
Address: Dep. of Food Technology, Iowa State Univ., Ames, Iowa 50011.

7669. Jain, Manoj. 1986. Proposal for an integrated soy nutrition educational program in Madhya Pradesh, India. Boston, Massachusetts: Plenty International. 10 p. [10 ref]
• ***Summary:*** Recently, Jain (the author) conducted a 3 month soy nutrition program in 15 villages in Indore District (M.P.), India. Jain developed a 40-page training manual for a two day training program. The project will be done in conjunction with Bharti Gramin Mahila Sang, (BGMS) a non-profit voluntary organization funded in part by the government.

7670. Lampert, Junko. 1986. The tofu cookbook: Recipes for traditional and modern cooking. Chronicle Books, 1 Hallidie Plaza, Suite 806, San Francisco, CA 94102. 97 p. Illust. Index of recipes. 26 cm. [Eng]
• ***Summary:*** Includes 55 recipes and many color photos. Address: Japan.

7671. Legume, Inc. 1986. Legume is growing... your profits will too. Stay healthy and wealthy (Ad). *Natural Foods Merchandiser.* Oct. p. 14.
• ***Summary:*** New products include creamy spoonable salad dressings and sandwich spread, tofu muffins and cakes, plus (non-soy) meatless pepper steak with kofu (wheat gluten). Address: 150 Bloomfield Ave., Verona, New Jersey 07044.

7672. **Product Name:** Legume Light Dressing [Russian Style, Mustard Dill, French Style, or Creamy Italian].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Road A-4, Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1986. October.
Ingredients: Creamy Italian: Tofu, red wine vinegar, soy oil, apple juice concentrate, salt, gum tragacanth, garlic, onion, spices, red pepper, lemon juice concentrate, lecithin, carrageenan.
Wt/Vol., Packaging, Price: 12 fluid oz glass jar with twist-off metal lid.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1986. Oct. p. 14. "Legume is Growing... Your Profits Will Too. Stay Healthy and Wealthy. Rich creamy, shelf-stable, spoonable salad dressings and sandwich spread." Ad in Natural Foods Merchandiser. 1987. March. p. 59. "Indulge Yourself! Legume Light Dressings and Light Mayo Spread have only 1/5 the calories of traditional salad dressings, are all natural–and no cholesterol at all."

7673. **Product Name:** Legume Light Mayo Spread.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Road A-4, Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1986. October.
Ingredients: Tofu, apple cider vinegar, soybean oil, apple

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juice concentrate, gum tragacanth, salt, spices, lecithin, carrageenan, natural flavor.
Wt/Vol., Packaging, Price: 12 fluid oz jar with metal twist-off lid.
How Stored: Shelf stable.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1986. Oct. p. 14. "Legume is Growing... Your Profits Will Too. Stay Healthy and Wealthy." Ad in Vogue. 1987. Jan. Ad in Natural Foods Merchandiser. 1987. March. p. 59. "Indulge Yourself! Legume Light Dressings and Light Mayo Spread have only 1/5 the calories of traditional salad dressings, are all natural–and no cholesterol at all... It gives a dazzling taste to tuna salad... Or spoon it on poultry or fish. At Bloomingdale's." "Has 75% fewer calories than the leading mayonnaise and 40% fewer calories than the leading light mayonnaise" [Note: Impossible].

7674. **Product Name:** Legume Tofuffin (Tofu Muffin) [Raisin Bran, or Blueberry].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Road, A-4, Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1986. October.
Ingredients: Blueberry: Whole wheat flour, honey, tofu, water, blueberries, soybean oil, non-aluminum baking powder, baking soda, salt, cinnamon.
Wt/Vol., Packaging, Price: 4¼ oz individually wrapped in cellophane envelope. Retails for $0.99 each.
How Stored: Unrefrigerated and perishable.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1986. Oct. p. 14. "Legume is Growing... Your Profits Will Too. Stay Healthy and Wealthy." Leaflet, color, 8½ by 11 inches. "Tofuffin–The Meal in a Muffin. The moistest, most delicious muffin you've ever had the pleasure of eating."

Spot in Natural Foods Merchandiser. 1987. March. p. 115. "Muffin mania." "Legume has revolutionized the ordinary muffin and created the Tofuffin... which comes frozen and may be displayed on your countertop, where it has a 6-day shelf life."

7675. **Product Name:** Legume Double Delicious Mousse Pies (with Tofu) [Double Chocolate, or Lemon Orange].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Road, A-4, Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1986. October.
Wt/Vol., Packaging, Price: 10 inch, 38 oz size.
How Stored: Refrigerated.
New Product–Documentation: Leaflet: Cafe Legume. No mention of tofu in the blurb.

7676. **Product Name:** Marjon Tofu Yogurt [Raspberry, Strawberry, or Tropical Fruit].
Manufacturer's Name: Marjon Specialty Foods.
Manufacturer's Address: 3508 Sydney Rd., Plant City, FL 33566.
Date of Introduction: 1986. October.
Ingredients: Incl. silken tofu, yogurt cultures.
Wt/Vol., Packaging, Price: Plastic cup with peel-off foil top.
How Stored: Refrigerated.
New Product–Documentation: Paugh. 1986. Journal (Jacksonville, FL). Oct. 8. "Marjon Tofu Yogurt Surprises Journal Panel with Taste." Product Alert. 1986. Oct. 13. "A confusion of products. How can 100% tofu be yogurt?" Soya Newsletter. 1988. July/Aug. p. 12. The product was on and off the shelf in Florida supermarkets within a few months. The expenses of stocking the product in the dairy department of supermarkets were more than the company could bear. The company was required to buy back any product that didn't sell.

Talk with Marcia Miller of Marjon. 1993. April 28. To make this product they curded rich soymilk with nigari in a large vat to make silken tofu, then they added a bacterial culture, homogenized it, and let it culture overnight. She loved the product but when they tried to sell it next to dairy products, no one in the store wanted to cooperate. The company lost $250,000 on the venture.

7677. Medoff, Marc. 1986. Independent lab tests prove Soyarella hoax; Large quantities of casein found in so-called "soy" cheese. *Whole Life.* Oct. p. 54-56. [2 ref]
• ***Summary:*** "An eight-month *Whole Life* investigation has determined that the highly popular 'soy' cheese substitute called Soyarella is in flagrant violation of state and federal law for failing to disclose that casein, an animal product, is one of its primary ingredients." The product contains about 15% casein, though the ingredients listed on the label (a photo of which is shown) are "soy milk, water, soy oil, vegetable gum, vegetable renin, salt." James Harper and Nature's Best of Osseo, Michigan, are strongly suspected of being the "source" for Soyarella. Neshaminy Valley Natural Foods of Huntingdon Valley, Pennsylvania, is the exclusive agent for distribution in the northeast.

Note: This is the earliest English-language document seen (March 2007) that uses the term "cheese substitute" to refer to a Western-style soy cheese.

7678. **Product Name:** Tofu Manicotti.
Manufacturer's Name: Michigan Soy Products Co., Inc.
Manufacturer's Address: 1213 N. Main St., Royal Oak, MI 48067. Phone: 313-544-7742.
Date of Introduction: 1986. October.
Ingredients: Cooked whole wheat manicotti. Pasta, tomato, tofu, spinach, onion, mushroom, garlic, ginger roots, soy oil, honey, sherry, arrow roots, salt, pepper, spices, basil, parsley, and oregano.

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Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Blair. 1987. Detroit News. Nov. 4. p. 1E, 2E. Tofu. Talk with Dorothy Hwang. 1988. Feb. 18. Label. 1987. Dot matrix printed on white.

7679. Moll, Lucy; Barrett, Mariclare. 1986. Then and now: Authors of the best [vegetarian] cookbooks. *Vegetarian Times.* Oct. p. 26-31, 46, 54. [10 ref]
• ***Summary:*** Includes: The Hurd's and Ten Talents, Ed Brown and The Tassajara Recipe Book, Francis Moore Lappé and Diet for a Small Planet, Louise Hagler and The Farm Vegetarian Cookbook plus Tofu Cookery, Annemarie Colbin and The Book of Whole Meals, Mollie Katzen and The Moosewood Cookbook, William Shurtleff & Akiko Aoyagi and The Book of Tofu, Laurel Robertson and Laurel's Kitchen, Kathy Hoshijo and Kathy Cooks Naturally, Anna Thomas and Vegetarian Epicure. Address: Chicago, Illinois.

7680. **Product Name:** Nasoya Creamy Tofu Dressing [Dill].
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park, (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1986. October.
Wt/Vol., Packaging, Price: 12 oz glass jar.
How Stored: Shelf stable.
New Product–Documentation: Letter from Sjon Welters. 1989. July 24. The dill flavor was introduced in about Oct. 1986.

7681. *Schrot & Korn* (*W. Germany*). 1986. Im portrait: Soyastern und tofu [A portrait: Soyastern and tofu]. Oct. p. 18. [Ger]
• ***Summary:*** Soyastern is one of the oldest tofu companies (Tofurei) in Germany. It all started in 1982 in the rooms of a former butcher shop in Siegburg. A collective of 3-4 people, who previously had worked mostly with their heads, it began to produce tofu in small amounts. There was a strong demand from natural food stores (*Naturkostläden*) and it soon became a full-time job. In 1985 they moved to larger quarters in Köln (Cologne). Contains 9 photos of the Soyastern production process and plant. Schrot und Korn is a natural foods magazine. Address: Cologne, West Germany. Phone: 02 21/170 15 81.

7682. S.D. 1986. Duel lait/soja, où en est-on? [The duel between milk and soya: Where are we?]. *RIA–Technicien de Lait.* Sept/Oct. p. 12-15. [3 ref. Fre]
• ***Summary:*** On page 1 is a large cartoon showing a startled dairy cow, standing beside a pail of milk, watching the invasion of an army of upright snake-like or sprout-like creatures, each with slanted eyes and wearing a conical Chinese-type hat, and bearing a banner "Yellow Peril." The large text reads: At this time of milk quotas, imitation milk products and their derivatives make French dairy producers afraid. France has adopted a very restrictive policy toward them, while the European Commission insists that they be allowed to be sold freely."

An estimated 60,000 tonnes of imitation products are consumed today in the EEC. A French law of 24 June 1934 prohibits in France the production, sale, import, or export of all products that imitate cream, cheese, powdered milk, condensed milk, ice cream, etc. The French Ministry of Agriculture still supports this law and demands strict regulation of imitation dairy products. The European Commission's position advocating free trade and freedom of choice for consumers was first set forth in the spring of 1984 and upheld in April 1986. The regulation of imitation products within the EEC varies widely. Belgium is the most liberal. The UK and Ireland allow these products but place emphasis on labeling. Denmark, Germany (RFA) and the Netherlands are opposed to imitation products but make allowances for things like coffee whiteners. Italy and France are not much concerned. France and Luxembourg prohibit them firmly.

But it is difficult to define exactly what products are imitations. The problems started in 1869 when the Frenchman Hyppolitte Mauries [sic, Hippolyte Mège] was issued a patent for margarine. Soymilk ("lait de soja," a term which is clearly a misnomer) is one of the clearest imitation products; 9-10 million liters were consumed in the EEC in 1983. This is not much compared with 30,000 million liters of cow's milk. Tofu can be used as a substitute for meat and fish. An estimated 5,000 tonnes are consumed yearly in the EEC, not much, but the market seems to have a promising future in part due to tofu's excellent nutritional properties. Yet it can also be used in place of milk and cheese. The main tofu makers in France are Sojadoc and Soy (in Cerny). Soy uses soybeans grown organically in southwest France. Labels of 3 of Soy's products (Croque Tofou in Leek/Ginger, Mushroom, and Emmenthal flavors) are shown. In the USA the tofu market is making rapid progress, growing at 15-20% a year and having 181 producers.

Coffee whiteners are also a problem. In the USA 100,000 tonnes are made. In the UK, Carnation has 80% of the market and is the sole producer in Belgium. In the UK production has grown 20% a year, from 2,850 tonnes in 1978 to 6,700 tonnes in 1984. Still another problem is imitation cheeses. In the USA in 1984 they represented more than 5% of the total cheese market, estimated to grow to 12.5% by 1990.

Little by little soy-based imitation products are gaining ground. Recently soyfoods producers have organized the European Soyfoods Association to defend their interests against unfriendly regulators. They held a conference at Dravail on 13-14 March 1986. The association is headquartered in Paris and Philippe Vandemoortele of Alpro

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is its head. Its secretary general is Guy Coudert, director of communication and marketing at ONIDOL, the French national interprofessional oilseeds organization (Organisation Nationale Interprofessionelle Oléagineux). Address: France.

7683. Shurtleff, William. 1986. The man who introduced David Mintz to tofu and soy ice cream: Pesach Lazaroff. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 4 p. Oct. Unpublished manuscript.

• ***Summary:*** This fascinating account, based on a written chronology of events that Lazaroff began to keep in the summer of 1979, sets the record straight on when and how Tofutti came into being. Pesach Lazaroff introduced Mintz to tofu in the summer of 1979. In 1985, during three in-depth interviews with William Shurtleff, Mintz said that he had first learned about tofu in 1976-78 from a "Jewish Hippie" (i.e. Lazaroff). Yet in 1984 Mintz was announcing he had first heard of tofu from a magazine article in 1972, then two years later he pushed this date back to 1971–some 8 years before the fact.

In the summer of 1979 Lazaroff spent over 100 hours working with Mintz as a consultant. That August he left New York and went to work for Al Jacobson, owner of the Garden of Eatin' in Los Angeles. There he observed how Jacobson would run a soy ice cream mix (made for him elsewhere) through a soft serve machine. In California, Lazaroff's eyes were opened to the numerous successful soy ice creams. Above all, he first realized that soy ice cream had tremendous potential if it was marketed properly.

At the end of November 1980, Lazaroff returned to New York and first told Mintz about soy ice cream. Mintz had seen various pareve soy ice creams before this but had not liked their flavor. Lazaroff offered to show Mintz how to make a soy ice cream only if Mintz agreed to a partnership. Finally, in February 1981, according to Lazaroff, the two reached a firm verbal partnership agreement, though nothing was written down and no percentage figures were discussed. Then Lazaroff first showed Mintz how to make soy ice cream. The one and only batch was made with soymilk. It did not turn out well. This was the first and last time Mintz ever watched Lazaroff make a soy ice cream. Mintz had never made a soy ice cream before that. It is not clear whether or not Lazaroff ever mentioned using tofu in an ice cream. Lazaroff had never previously used tofu in making a soy ice cream. According to Lazaroff, three months after Mintz had first seen soy ice cream made, he changed his mind about the partnership. In early 1987 Lazaroff sued Mintz. In mid-May of 1987 they settled out of court. Part of the settlement was that its contents could not be revealed by either party.

It is clear from numerous other publications that David Mintz first began to make soy ice cream in early 1981. For example, the three earliest publications seen about Mintz (Sylvia Porter, Aug. 1980; Richard Leviton, Oct. 1980; Jewish Times, Feb. 1981) each give detailed listings of deli products Mintz said he was making from tofu, but none of them mention tofu. The earliest publication seen that mentions Mintz making a soy ice cream was written by Megan B. Murray in June 1981. She notes that he was making 275 gallons of tofu ice cream a week. These dates fit perfectly with Lazaroff's story. Address: Lafayette, California.

7684. **Product Name:** Les-Cal Tofait Lite (Low-Calorie Non-Dairy Soy Ice Cream) [Chocolate Mocha, Apples 'n Spice, Mountain Berry, Lemon Chiffon, or Cookies and Cream].
Manufacturer's Name: Tofoods, Inc.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195.
Date of Introduction: 1986. October.
How Stored: Frozen.
New Product–Documentation: Leaflet. 1987, undated. 8½ by 11 inches. Color. "Introducing Delicious, Non-dairy Tofait. Made with Real Tofu. The Tofait Family Originals. The entire family collection of delicious new "good for you" non-dairy originals are here!" Lieb. 1987. Dairy Foods. March. p. 32. "A Terrific Time for Tofu." Several months ago the company introduced Les-Cal Lite Tofait. Lists flavors; Kingma. 1987. Soya Newsletter. 1(3):11.

7685. **Product Name:** [TK Skewered Tofu with Field Mushrooms].
Foreign Name: TK–Tofu–Bratspeiss mit Champignons.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1986. October.
Ingredients: Tofu, mushrooms, moist breading, dry breading.
Wt/Vol., Packaging, Price: Each skewer weighs 120 gm. There are 42 skewers per 5.04 kg plastic bag with surrounding carton.
How Stored: Refrigerated, 6 months shelf life at 18ºC. Or frozen.
Nutrition: Protein 10.5%, water 79.3%, fat 3.4%, pH 5.8, ash 1.1%, carbohydrate 13.2%, energy 77.8 calories/100 gm.
New Product–Documentation: TKW color products catalog. 1988. April. Photo of three skewers on a silver plate. These are ready for frying by a foodservice organization. The alternating tofu cubes and mushrooms are pierced with a wooden skewer, breaded, and deep-frozen. Note: In German, the word "Champignon" refers to a specific type of mushroom (Pilz), i.e. the common or field mushroom, of the genus *Psalliota.*

7686. Tomsun Foods, Inc. 1986. Its time to go beyond yogurt (Ad). *Whole Life.* Oct. p. 59.

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• ***Summary:*** The top half of this full-page ad states: "Jofu is here. Luscious. Creamy. And loaded with fruit. Jofu is made from tofu, so it's lower in calories, yet more filling. And, unlike yogurt, it has absolutely no cholesterol, no lactose (it's dairy free), and no sour, yogurt taste. You'll love it from your first, fruit-filled spoonful. Jofu is also lower in sodium and saturated fats, but high in calcium, protein, iron and vitamins.

"It's got less of what you don't want and more of what you do. Jofu. In 11 great fruit flavors. You'll find it in the dairy section, Just beyond yogurt."

Below the text is a photo of a carton of Jofu, surrounded by fruits and nuts. The front panel of the carton reads, from top to bottom: "Only 165 calories. Jofu: Luscious tofu and fruit. Strawberry. Lactose free. Cholesterol free." Below the photo is a manufacturer's coupon: "Buy one, get one free." Address: Greenfield, Massachusetts.

7687. *Vegetarian Times.* 1986. Imitation cheese raises suspicions in natural foods world. Nondairy labeling scrutinized. Oct. p. 6-7. [1 ref]
• ***Summary:*** Soyarella, an early soy cheese, claimed to be dairy-free but it was not. Now two other imitation mozzarella soy products, Soya Kaas and Tofu Mozzarella, have joined Soyarella on store shelves, but both contain products derived from milk. Casey Van Rysdam of American Natural Snacks, the distributor of Soya Kaas, does not believe an imitation mozzarella product can be made without calcium caseinate to hold it together. Bob Savar, the distributor for Tofu Mozzarella, says it is possible to make his product without caseinate but it doesn't melt. Note: This is the second earliest publication that mentions Soya Kaas. *Kaas* is the Dutch word for cheese.

Part II of this article examines some labeling problems and improprieties related to casein and caseinates. "Nondairy" is not an FDA term. A number of states with large dairy lobbies came up with the term, according to Judith Riggins of the U.S. Food and Drug Administration. These states required products made with added casein to be differentiated from dairy products. The FDA decided not to oppose these state laws if the ingredient statement bears the term "milk derivative" in parentheses after the word casein. However vegans who choose not to consume dairy products for ethical reasons have been left feeling deceived.

7688. Yoshinaga, George. 1986. Horse's mouth: Remember tofu. *Kashu Mainichi* (*Los Angeles*). Nov. 3. p. 1. [Eng]
• ***Summary:*** The Hinoichi plant near Little Tokyo was previously owned by Ken Osaki, who sold it to the Yamauchi family from Hawaii, who used their experience from the Hawaii operation in mechanizing the making of tofu. According to a news release just received from Hinoichi, "the one big change in the tofu industry came in the way it was dispensed at the retail level.

"Remember how they used to leave tofu in a large can filled with water and everyone who wanted to buy tofu used to stick their hands into the water to grab the cakes of tofu? There was no facility to wash one's hands before dipping into the can and no other way to grab the tofu without the use of one's hands. I wrote a column about it one day, commenting on how unsanitary it was that a food product which was generally eaten raw could be handled in such a fashion. Somehow the article was read by someone from the city's health department and a new regulation was passed requiring tofu to be packaged in individual containers... I recall the manufacturer of tofu was not too happy with the extra expenses required to not only buy the packaging material but also in setting up machinery to package it." Address: 915 E. First St., Los Angeles, California 90012-4083. Phone: 213-628-4686.

7689. Sugarman, Carole. 1986. Two to square off for the tofu trade [Sam Sung and Wang Ja in Washington, DC]. *Washington Post.* Nov. 12. p. E12, E14-15.
• ***Summary:*** Henry and Kim Salazar's Sam Sung sells 8-10,000 lb of tofu daily. But Wang Ja is entering the market with a $550,000 high technology tofu system that can make 20,000 lb of tofu in a six hour span. Address: Washington, DC.

7690. Demos, Steve. 1986. Deal to acquire Soyfoods Unlimited, Inc. New developments at White Wave (Interview). *SoyaScan Notes.* Nov. 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Steve plans to finalize the deal to acquire Soyfoods Unlimited (a tempeh maker in San Leandro, California) on Thursday, Nov. 20. Then he plans to go to India for a 25-day meditation intensive.

Why does he want to buy Soyfoods Unlimited? Mainly to get a distributorship in the California market, to establish White Wave's name and market position in California, and, above all, to get other White Wave products out there. Lonnie Stromnes will continue to work at Soyfoods Unlimited. Steve will visit California soon. Shurtleff invites him to visit Soyfoods Center (which is also in the Bay Area).

Steve's business is doing well. Tempeh sales are up 30% this year. He now sells more units of tempeh than of tofu. People in Boulder like it better. White Wave is strong and growing steadily. Address: Boulder, Colorado.

7691. Seminar on Traditional Foods and Their Processing in Japan. 1986. Tokyo: NODAI Research Institute, Tokyo Univ. of Agriculture. 4 p. Held on 13-25 Nov. 1986 at Tokyo University of Agriculture, Tokyo, Japan.
• ***Summary:*** This document, which is an announcement of the seminar, contains two parts: (1) The 1-page introductory letter (28 cm), and (2) The 3-page Agenda (26 cm). The proceedings were published in 1987, edited by Fujiharu

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Yanagida.

The Agenda gives the opening session (Room A): Chairman I. Uritani. 11:00–11:30. Opening address by the chairman of organizing committee, Dr. Izuru Yamamoto, Director, Nodai Research Inst. Welcoming address by Dr. Takao Suzuki, President, Tokyo University of Agriculture. Address by representative of Japan Society for the Promotion of Science. (JSPS). Address by the president of the Society for Agricultural Education–Research Development Abroad (SAEDA), Dr. Jiro Sugi, Emeritus Professor, Tokyo Univ. of Agriculture.

11:30–11:45. Keynote address, Dr. Hiroyasu Fukuba, Professor, Ochanomizu University.

The following soy-related papers, which were published in the 1987 proceedings, are cited separately: Onchom, by Dedi Fardiaz. Miso, by Hisao Yoshii. Tofu, by Tokuji Watanabe. Indigenous fermented foods in Nepal, by Tika Karki. Improvement in traditional soy sauce fermentation, by Sri Hartadi. Address: Tokyo, Japan.

7692. *Vashon-Maury Island Beachcomber.* 1986. $6.5 million expansion planned for tofu firm [Island Spring of Vashon, Washington]. Nov. 13.
• ***Summary:*** Last week Lukoskie announced the $6.5 million one year expansion plan. Investment from the Edward Lynch Co. will enable the firm to grow from its present 27 employees to 60. Construction of a new 30,000 square foot factory is now underway on Vashon Island. Lukoskie began making tofu in a 14-by-14 foot former goat shed at Cove, on the island.

7693. Tanikawa, Harry. 1986. Recent developments at House Foods and Yamauchi Inc. (Interview). *SoyaScan Notes.* Nov. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Their soymilk was launched in April 1986 in Pure Pak, named Hinoichi Soy Drink, in 4 flavors: Plain, original (with fructose and oil added), mocha, and chocolate. It is sold only in the Los Angeles area in Asian-American food stores. It will never be sold in natural food stores. Pure Pak limits geographical distribution.

House Foods and Mr. Yamauchi now each own 50% of the company. It seems like a happy marriage. Mr. Yamauchi is still very involved in the daily operation of the business. They dropped the parfait before the partnership. Address: Los Angeles, California.

7694. Burum, Linda. 1986. Breakfast in Chinatown and other Asian spots. *Los Angeles Times.* Nov. 16. p. S106.
• ***Summary:*** The section titled "Japanese" begins: "Amid the jangle of downtown traffic, A Thousand Cranes is an oasis of flagging civility." This lovely, calm restaurant, with its own stylized Japanese garden, is in the New Otani Hotel, at 120 S. Los Angeles St., Los Angeles. Dressed in a classical kimono, the waitress brings breakfast on a lacquered tray. On it is a covered bowl of miso soup, plus rice and other delicacies. "One may select from several other *okazu* (the things to eat with rice) such as squares of delectably garnished and very fresh *tofu* or *natto,* a little mound of flavorful fermented bean" [sic, beans].

"A jar of *umeboshi,* the mouth puckering tiny sour plums known as nature's own mouthwash, is placed on each table; one of these cleanses the palate."

The section titled "Chinese" begins with a visit to Yi Mei, a very good traditional Chinese bakery in Monterey Park (near downtown Los Angeles), known for its "Northern-style breakfasts centering on large bowls of soy milk that may be ordered slightly sweetened or seasoned with a dash of sesame oil and salt. Look around and watch everyone dipping *yu t'iao,* long, airy fried buns that resemble unsweetened crullers, into their soy milk." The crullers soak up the soy milk, then everyone noisily (its impossible to do this quietly) eats the crullers.

7695. Nugent, Meg. 1986. Scientist [J. Yavelow] extols "beanefits" of lentils, limas, tofu. *Star-Ledger* (*Newark, New Jersey*). Nov. 16.
• ***Summary:*** The Bowman-Birk Protease Inhibitor is said to prevent conversion of normal cells to cancer cells.

7696. Donahue, Christine. 1986. Tofutti's Mintz is trying to keep sales from melting: Futuristic new Ketchum commercials as viewers "What was ice cream?" *Adweek.* Nov. 17. p. 68. Also run in Adweek's Marketing Week, Nov. 10, p. 1, 24.
• ***Summary:*** Mintz is trying to rebuild his distribution system. In August 1986 Pillsbury's Haagen-Dazs stopped distributing Tofutti. Since 1984 two-thirds of Tofutti has been distributed by Haagen-Dazs, with 99% going to grocery stores. Tofutti claims to have 95% of the "frozen tofu" market.

7697. Tam, Alan. 1986. Re: The tofu industry in New Zealand. Letter to William Shurtleff at Soyfoods Center, Nov. 18. 2 p. Typed, with signature on letterhead.
• ***Summary:*** Alan's company started making tofu about 8 years ago (1978). Note: See Alan's letter of 2 May 1985 in which he says that he initially made tofu on a small scale, making it for friends and family only. But in "recent years" he has been making it on a commercial scale. It is not clear to which phase this 1978 date refers.

His company's current tofu production averages about 1,000 pounds week.

Alan knows of only three commercial tofu manufacturers in New Zealand. Bean Supreme in Auckland makes 1,000 to 1,500 lb/week. Sun Hing Foods Co. in Wellington (founded 1978) makes 1,000 to 1,200 lb/week. SoySource Tofu in Christchurch makes about 500 lb/week. Addresses of the first two companies are given. Address: P.O.

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Box 14-213, Kilbirnie, Wellington 3, New Zealand. Phone: (04) 877 313.

7698. Corcoran, Annysa. 1986. Zakhis make tofu their business. *Journal & Courrier* (*Lafayette, Indiana*). Nov. 24.
• ***Summary:*** Doris and Victor Zakhi of Fort Wayne, Indiana, would like to Westernize tofu. They are vegetarians and the founders of Zakhi Tofu, a small, family-operated business. Doris (age 55) is also a painter and Victor (age 56) works in the computer offices of General Telephone Co. They've recently introduced sloppy joes.

7699. *Beachcomber* (*Vashon, Washington*). 1986. Versatility is what sells tofu. Nov. 26.
• ***Summary:*** A large photo shows all Island Spring products, including soymilk, firm and extra firm tofu, Tofu Ranch House Dressing, Tofu Dessert (ice cream), Tofu Burgers, and Tofu Frozen Dessert Mix. Address: Vashon, Washington.

7700. *American Family Physician.* 1986. Americans may love to eat but certain foods definitely don't show up on their grocery lists... Nov. p. 23. Summarized as "Hated Foods" in Medical Self-Care. May/June 1987. p. 11. [1 ref]
• ***Summary:*** "When asked what foods they hate, 35 percent of Americans listed tofu as their least favorite food, followed by liver with 34 percent. The next most disliked foods on the list are yogurt (29 percent), Brussels sprouts (28 percent), lamb (24 percent) and prunes (24 percent), according to a recent Roper poll."

7701. Barrett, Mariclare. 1986. The cook's glossary of soyfoods. *Vegetarian Times.* Nov. p. 28-35. [10 ref]
• ***Summary:*** Gives good definitions, with a full-page color illustration by Emily Soltanoff, of: Soybeans, soynuts, soy flour and grits, soy oil, textured vegetable protein, soymilk, okara ("the pulp that remains after the soymilk has been strained"), soy yogurt and soy cheese, tofu, fermented soyfoods, tempeh, miso, natto, soy sauce.

The article begins: "For 60 seconds on a national television commercial, a small, round soybean rolls past a lineup of infant formula, bread, pizza, chili, salad dressing, ice cream [Tofutti], soymilk and cubes of tofu; meanwhile the narrator intones, 'The newest development in nutrition is actually one of the oldest foods known to man.' Through advertising, the concept of soyfoods is brought home to millions of Americans by the soy giant, Archer-Daniels-Midland Company." Address: Staff.

7702. Barricini Foods Inc. 1986. Barricini Foods develops new tofu-based non-dairy yogurt-type snack (News release). Oyster Bay, New York. 2 p. Nov.
• ***Summary:*** Tofulite is a tofu-based spoonable snack with active yogurt cultures. It is fermented. Note: As of Feb. 1989 this product, though widely announced, had not been launched. Address: Oyster Bay, New York.

7703. **Product Name:** Red Chile with Tofu Tamales.
Manufacturer's Name: Col. Sanchez Foods.
Manufacturer's Address: 1889 E. Alpha #18, Glendale, CA 91208. Phone: 818-244-8500 or 818-241-3939.
Date of Introduction: 1986. November.
Ingredients: Stoneground corn, tofu, sunflower seeds, corn oil, red chile, sea salt.
Wt/Vol., Packaging, Price: 6 oz plastic bag. Retails for $1.79.
How Stored: Refrigerated.

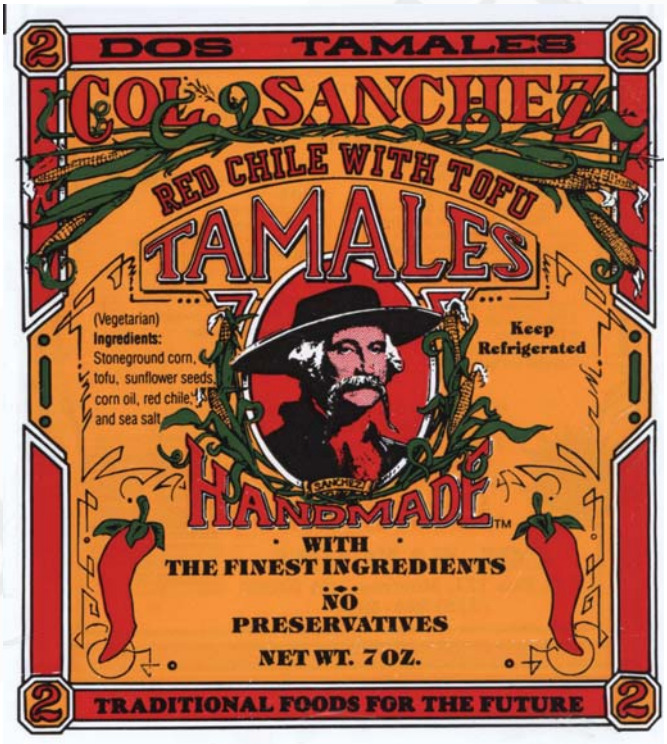

New Product–Documentation: Label (plastic bag). 1986, dated. 5 by 6.5 inches. Red, green, black, and white on yellow background. "Dos tamales. Handmade with the finest ingredients. No preservatives. Traditional foods for the future." One 1986 label is from Santa Fe, New Mexico and another is from P.O. Box 171, Montrose, CA 91020. Phone 818-244-4999. By 1987 net weight is 7 oz. Talk with Martin Roth. 1989. Aug. 17. This company is run by Kathryn Bennett, who originally started Southwest Soyfoods.

Talk with Kathryn Bennett. 1989. Aug. 28. After selling Southwest Soyfoods to Richard Jennings she tried to find a job without success. So in about 1983 she decided to start another food company, which she named Col. Sanchez Foods, in Glendale, California, at the address shown above. Kernel Sanchez had been the brand for the tamales she made at Southwest Soyfoods; since Richard Jennings never used it, she felt free to use it again. This was the company's first product. It was an improved version of the

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original Southwest Soyfoods tamale. For a while in 1986 the company tried to make tamales in both California and New Mexico (P.O. Box 2881, Santa Fe, NM 87504) but this didn't work out since the people who were making them in New Mexico did not do a good job. So the New Mexico operation was shut down and production was consolidated in California. The company is now located at P.O. Box 5015, Santa Monica, CA 90405. Phone: 213-396-2228. This is the only soyfood product that Col. Sanchez. Foods has made. They also sell blue corn chips. Next month they plan to introduce a taco filling and a Texas style chili & beans, each with seitan, soy flour, and soy sauce. This fall Kathryn will also publish a cookbook titled *Col. Sanchez' All American Traditional Foods Cookbook*, containing many soyfood recipes.

The company is now very active with environmental and food quality issues. All grains are organically grown, spices are non-irradiated, and they support seed banks of traditional seeds. Leaflets. 1989. 8½ by 11 inches. Color photo. One is titled "Southwestern Cuisine" and the other is titled "Col. Sanchez Foods." Both show 3 types of tamales and 2 types of burritos, including a red chile with tofu tamale, a chicken tamale and a turkey burrito.

7704. Dawson, Barbara M. 1986. Vegetarian spa resorts to innovative purchasing. Murrieta Hot Spring's typical weekly grocery order might include 1,000 pounds of tofu. *Restaurants & Institutions* (*Des Plaines, Illinois*). Nov. p. 172.
• ***Summary:*** In a 6-month period, Murrieta purchased 23,400 pounds of tofu, or 130 lb/day. The San Diego Soy Dairy sells 4,500 lb of tofu a week, 25% of it to Murrieta. Popular dishes include tofu links (hot dogs) marinated in almond oil, liquid aminos, ketchup and mustard, and grilled on the barbecue. Breakfast features a scrambled tofu dish blend in with almond oil.

Note: As of Aug. 1991 Murrieta Hot Springs is closed and a mess, with broken windows, no owner, and facing receivership.

7705. Evans & Co., Inc. 1986. Prospectus: Tomsun Foods International, Inc. 300 Park Ave., New York, NY 10022. 46 p. Nov.
• ***Summary:*** Tomsun Foods and Jofu are going public. Offering 425,000 units, each unit consisting of 2 shares of common stock ($0.10 par value per share) and one common stock purchase warrant. Company hopes to raise $3.8 million. Proposed NASDAQ symbols TMSN (common stock). Address: New York.

7706. Honer, Clem. 1986. Minnesota's soy-blend specialist: St. Peter's transition from country creamery to specialty-ingredient supplier. *Dairy Foods.* Nov. p. 49-51.
• ***Summary:*** Stanley Davis, president of St. Peter Creamery in St. Peter, Minnesota, had the foresight to guide his company away from the declining market in butter and skim milk powder (they stopped producing these items in 1977), and into the expanding market for soy-based ingredients. Dried soy milk and dried tofu now make up about 80% of this company's soy product sales, with each accounting for an equal share. The remaining 20% of St. Peter's soy product sales consist of wet blends. The company recently had to build a new specialty, computerized drying and blending plant at Lake Norden, South Dakota, to keep up with sales growth.

The company processes soybeans like a milk product rather than a grain product. start with whole soybeans, which are extracted, homogenized, and dried in 7 minutes. The soy oil is encapsulated to prevent further oxidation.

7707. McMath, Bob. 1986. Hot products: Japanese foods 'stir' up interest. *Food & Beverage Marketing.* Nov. p. 12, 60.
• ***Summary:*** Soyfoods included in the Kikkoman instant soup mix line are Osuimono (Japanese Clear Broth), Aka Miso Soup (Soybean Paste Soup–red), Shiro Miso Soup (Soybean Paste Soup–white), Tofu Miso Soup, and Wakame Soup (Seaweed Soup, a color photo of which is shown). Each packet contains 3-4 individual servings and retails for $1.19 to $1.39.

7708. Nasoya. 1986. Introducing–2 new ways to enjoy the goodness of tofu! Nasoya Creamy Tofu Dressings and Nasoyanaise (Ad). *East West.* Nov. p. 83.
• ***Summary:*** A full-page glossy color ad. The three flavors of Creamy Tofu Dressing are Sesame-Garlic, Fine Herbs, and Italian. "Out miracle ingredient is tofu–fresh organic tofu made right here at Nasoya." Includes a 25¢ coupon in the lower right corner. Address: Leominster, Massachusetts 01453. Phone: (617) 537-0713.

7709. **Product Name:** Natural Prepared Entrees: Tofu Nuggets.
Manufacturer's Name: Natural, Inc.
Manufacturer's Address: 6650 Santa Barbara Ct., Elkridge, MD 21227. Phone: 301-796-3211 (Balt.); 301-621-5388 (DC).
Date of Introduction: 1986. November.
Ingredients: Water, organic soybeans, nigari (magnesium chloride), soybean oil.
Wt/Vol., Packaging, Price: 7 oz vacuum pack.
How Stored: Refrigerated.

7710. **Product Name:** Natural Prepared Entrees: Vegi Burger.
Manufacturer's Name: Natural, Inc.
Manufacturer's Address: 6650 Santa Barbara Ct., Elkridge, MD 21227. Phone: 301-796-3211 (Balt.); 301-

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621-5388 (DC).
Date of Introduction: 1986. November.
Ingredients: Nigari tofu, carrots, cabbage, onion, celery, potato, yam, okara, soymilk, sesame seeds, sunflower seeds, soybean oil, sea salt, spices.
Wt/Vol., Packaging, Price: 7 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Larry C. Betzler of American Soyfood Industries. 1988. April 1. Eddie Tsai, the Taiwanese manager, makes Tofu Burgers and Veggie Burgers for Larry.

7711. *Soyfoods Report.* 1986. ProFiles: Golden Soy Foods, Inc. Fall. p. 11-12.
• ***Summary:*** Hauber, a vegetarian for 10 years, started the company in 1986 making Soysage in her kitchen.

7712. **Product Name:** Tofu.
Manufacturer's Name: Tacoma Tofu.
Manufacturer's Address: 11018 Bridgeport Way S.W., Tacoma, WA 98499.
Date of Introduction: 1986. November.
New Product–Documentation: Talk with Ron Johnson, owner. 1987. Nov. 13. He now makes 500 lb/day of tofu. Wife is Japanese. Sells it mostly to Japanese Americans.

7713. **Product Name:** Deep-Fried Tofu (Ganmodoki, Atsuage, or Namaage).
Manufacturer's Name: Tacoma Tofu.
Manufacturer's Address: 11018 Bridgeport Way S.W., Tacoma, WA 98499.
Date of Introduction: 1986. November.
New Product–Documentation: Talk with Ron Johnson, owner. 1987. Nov. 13. His wife is Japanese. Sells his tofu mostly to Japanese Americans under these names.

7714. Tofu Shop Delicatessen (The). 1986. Thanksgiving specials (Leaflet). Arcata, California. 1 p. 28 cm. Single sided.
• ***Summary:*** Handwritten, with an illustration of The Tofu Shop, on pillars and with a tree growing overhead, at the edge of the ocean. "Tofu-Turkey: Deli 5 lb. 'birds' made from the freshest tofu, fully stuffed, basted, and baked. Tastes like the real thing and the leftovers are delicious. No animal products. Price–$12.95, with $5.00 non-refundable deposit. Pre-order.

"Traditional stuffing: All natural with whole-wheat croutons, mushrooms, tofu trimmings and select vegies and spices. Price–$1.75 / qt. Pre-order.

"Pumpkin tofu pie: Large 9" pie serves eight. A delicious dessert with whole wheat crust, free of dairy and eggs. Price–$5.75. Pre-order.

Ordering & pick-ups: Order deadline: Mon. Nov. 19. All pick-ups: Wed. Nov. 21.

"This year. Save the bird & eat it, too!" Address: 768 18th St., Arcata, California. Phone: 822-7490.

7715. **Product Name:** Tofu-Turkey, Traditional Stuffing, Pumpkin-Tofu Pie.
Manufacturer's Name: Tofu Shop Delicatessen (The).
Manufacturer's Address: Arcata, California. Phone: 822-7490.
Date of Introduction: 1986. November.
Ingredients: Tofu (soybeans, water, nigari). Stuffing: Wholewheat seasoned croutons, parsley, celery, onions, mushrooms, carrots, tofu, miso, okara, soy margarine, tamari, sage, paprika, basil. Basting: Tamari, soy margarine, garlic, onions, sage.
New Product–Documentation: Leaflet (28 cm, single sided) sent by Matthew Schmit. 1986. Handwritten, with an illustration of The Tofu Shop, on pillars and with a tree growing overhead, at the edge of the ocean. "Tofu-Turkey: Deli 5 lb. 'birds' made from the freshest tofu, fully stuffed, basted, and baked. Tastes like the real thing and the leftovers are delicious. No animal products. Price–$12.95, with $5.00 non-refundable deposit. Pre-order.

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Ordering & pick-ups: Order deadline: Mon. Nov. 19. All pick-ups: Wed. Nov. 21.

"This year. Save the bird & eat it, too!"

See similar, but more professional. leaflets from 1987, 1988, 1989, and 1990.

7716. **Product Name:** Twinlab Tofu Chews (Wafers) [Vanilla Malt, or Cocoa Carob].
Manufacturer's Name: Twin Laboratories, Inc.
Manufacturer's Address: Ronkonkoma, NY 11779.
Date of Introduction: 1986. November.
Wt/Vol., Packaging, Price: Packed 50 or 100 to a bottle.
How Stored: Shelf stable.
Nutrition: Six wafers provide 100% of the U.S. RDA for all essential vitamins and 10% of all essential minerals.
New Product–Documentation: Tofu-based wafers rich in vitamins and minerals.

7717. *Vegetarian Times.* 1986. Top entries in the Vegetarian Times soyfoods recipe contest: The winners! Nov. p. 36-39.
• ***Summary:*** Some 125 recipes were submitted to the contest. The full recipe for each of the winners is given. For main dishes, the first prize went to Messilla Valley Tempitas (with tempeh), the second prize to Tofu Slices with Mushrooms, and the third prize was a tie between Kid's Favorite Tofu Loaf, and Tofu Manicotti with Sesame-Miso Sauce.

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For desserts, the first prize went to Tofu Cheesecake, the second prize to Cranberry-Walnut Baked Apples with Maple-Custard Sauce (with soymilk), and the third prize to Creamy Peach Rice Pudding (with tofu).

In the "Other" category, first place winner was Smoked Tofu with Dipping, 2nd place was Bombay Chowder, and 3rd place was Tofu-Shallot Dip.

A color photo by Katherine Phelps shows the dish that won first place in each category.

7718. Meduski, J.W. 1986. Morinaga tofu, soybean curd: Amino acid composition. Los Angeles, California: Unpublished manuscript. 11 p. Dec. 10. Unpublished manuscript. [8 ref]

• ***Summary:*** A table gives the amino acid composition (for 18 amino acids and 2 pairs of amino acids) for Mori-Nu soft and regular tofu, traditional regular tofu, soybean flour, and whole dry soybeans. Address: Los Angeles, California.

7719. Potter, Michael. 1986. History of Eden Foods: Building a soymilk plant in America (Interview). *SoyaScan Notes.* Dec. 12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** On 1 August 1986 it was announced that a major new joint stock company, named American Soy Products, had been established to produce Edensoy soymilk in Saline, Michigan, 30 miles west of Detroit, at a new state-of-the-art manufacturing and packaging facility. Michael Potter played a major role in conceiving and pulling together this innovative, exciting, and promising new venture. In July 1983 Eden Foods launched their first Edensoy soymilk, made by Marusan Ai in Okazaki, Japan. It soon proved to be a great success. When Potter began to talk with Marusan Ai about building a soymilk plant in the USA, he found that they were wary. In 1982-83 Marusan had had extensive discussions with Hinode Tofu Co. in Los Angeles, California, about a soymilk joint venture, but the talks eventually broke down over small points; Marusan felt they had wasted a lot of time and money to no avail. So Potter focused on Muso. With competition eating into their domestic Japanese health food market, a venture in America looked promising. Yet neither Eden nor Muso had the capital to build a soymilk plant in America. Enter Kawatetsu Shoji, better known as Kawasho International. A big New York based firm with money, influence, power, and experience in international business and joint ventures, they were looking to diversify out of coal, steel, and other commodities, into branded foods. They already knew Eden Foods (they had been financing their growing Edensoy imports and inventories from Japan) and they liked the fact that Eden knew Japan and seemed to have a solid, growing product. Kawasho's endorsement of the project was enough to overcome Marusan's reluctance. And with Marusan came Seikensha, the Tokyo based company that had built Marusan's state-of-the-art soymilk equipment. The historic joint venture package, called American Soy Products, was officially founded in June 1985.

Gross investment in the new company was $10 million. Percentage ownership was Marusan Ai 25%, Kawatetsu Shoji (Kawasho Intl.) 25%, Muso 15%, Seikensha 10%, and Eden Foods Inc. 25%. The chairman of the board was Michael Potter of Eden Foods and the president was Mr. Hiroyasu Iwatsuki, Marusan's soymilk manager, who soon moved to Michigan to go to work.

Each partner had a unique and valuable set of skills to offer. As before, Eden Foods would continue to be responsible for marketing, selling, and distributing all soymilk made by the new company. Kawasho would oversee administration and financing. Marusan would take care of soymilk production. And Muso would coordinate international sales. Seikensha, which has patents on key pieces of soymilk manufacturing equipment, would supply the plant equipment.

Open houses in mid-September were attended by the media and a host of state dignitaries, including the Director of Michigan's Department of Agriculture, who called the new plant "a perfect marriage of high technology and the area's farming." These events, and additional promotion done by a newly-hired, local marketing and advertising firm named Group 243, gave the project extensive, very positive publicity. Widespread color print media advertising, focusing on Edensoy's new larger size package, was also started.

In late October 1986 the sparkling new 22,000 square foot stainless steel plant at Saline (12 miles northeast of Clinton and just south of Ann Arbor, in the southeast corner of Michigan) started test runs, which were carefully monitored by the FDA for 6 weeks. Both the Japanese soymilk equipment and the Swedish low-acid Tetra Brik packaging lines were said to be the most modern of their kind in the world. The company had spared no expense to "do it right." Japanese technicians now living in Saline were training American counterparts.

The factory and land had cost $2.3 million and equipment cost $4.3 million. The company committed $700,000 for startup costs, $1.8 million for marketing funds, and $700,000 for working capital. By November 1986 most of this money had been spent.

The new Edensoy was packaged in both regular (250 ml or 8.45 fl. oz. for $0.59) and large (1 liter for $1.99) Tetra Brik cartons, in plain, carob, and vanilla flavors. The new prices were significantly lower than before. For example, in 1984 (when it was historically least expensive) Edensoy in a 6-ounce retort pouch had retailed for $0.69 to $0.79, or an average of 12.3 cents per ounce. The new 250 ml (8.45 fl. oz.) pack retailed for only 7.0 cents per ounce (down 43%), while the liter size (33.8 fl. oz.) retailed for only 5.9 cents per ounce (less than half the retort pouch, and 16% less than the 250 ml pack). Yet compared with cow's milk at 54 cents per quart (32 fl. oz.) or 1.7 cents per ounce, the Edensoy

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products are still 3.5 to 4.1 times as expensive per ounce; a much lower ratio than in 1984 but still quite high.

A cornerstone of Eden's food procurement policy since 1973 was the support of local farmers. And Saline was in the heart of Michigan's soybean country. The estimated 85,000 bushels a year of soybeans used to make Edensoy will all be grown on contract with individual Michigan farmers located within a 10-mile radius of the plant. Beeson variety soybeans will be used; though low yielding for farmers, they have a low-oil, high-solids composition and give excellent soymilk. Numerous standard grade parameters will also be specified. Growers will typically receive premiums of 15-30% over conventional markets. By mid-1987 American Soy Products (ASP) hopes to start using organically grown soybeans.

One nice by-product of the new ASP plant was the fact that it was the only plant and Tetra Brik line located in that part of the USA especially designed to package low-acid foods; there were only two others in the entire country, both on the West Coast, and used mostly to pack milk. Thus a host of other companies, wishing to have their own low-acid products packed on Tetra Brik machines, started to line up to use ASP's equipment. This sort of contract packing would serve as an important source of income and keep the packaging operation running 24 hours a day.

ASP's initial run is scheduled to produce 100,000 packages of 250 ml equivalent. The company's first year sales goal is $5,000,000 produced on 2 shifts. But the first problem is to fill the 20 truckloads that were back ordered.

In November Eden Foods decided that on 1 Jan. 1987 they will stop serving as a wholesale distributor to retail stores in the Midwest (10% of their total business), drop 150 products, and serve as a master distributor, selling only through other distributors. This will allow additional attention to be paid to American Soy Products. Still big marketing and distribution questions remain: Will ASP use brokers? Go direct? Go through grocery distributors? Who does ASP see as their stiffest soymilk competition? Vitasoy and Sunsoy?

What about future plans? A French label for the Canadian market. Organic soybeans. The use of a grain (such as brown rice, barley, etc.) in the Edensoy formula. A cautious attempt to break into the mass market via super markets, but only after careful test marketing in specific areas. Eventually other similar plants in other parts of the United States.

American Soy Products and the new Edensoy are the most exciting soymilk ventures of 1986, and ones that the industry will be watching closely. Address: President, Eden Foods Inc., Clinton, Michigan.

7720. Cushman, Deborah. 1986. Red meat, bluegrass and health: Team at Iowa State University is working on tofu-special soybean. *Des Moines Register* (*Iowa*). Dec. 18. p. 1T, 10T.

• ***Summary:*** Walter Fehr is part of an interdepartmental team breeding a high-protein soybeans for use in making tofu, and edible soy sprouts.

7721. Meduski, J.W. 1986. Morinaga tofu, soybean curd: Fatty acid composition. Los Angeles, California: Unpublished manuscript. 6 p. Dec. 20. Unpublished manuscript. [5 ref]
• ***Summary:*** Tofu contains 1.35% lipids. Gives the percentage composition of the following fatty acids for Mori-Nu soft (main percentages shown below), Mori-Nu regular, and whole soybeans: Palmitic, stearic, arachidic, palmitoleic, oleic (21.5%), linoleic (54.8%), linolenic, and arachidonic. Address: Los Angeles, California.

7722. Ellers, Richard. 1986. Vegetarian's work rooted in low-calorie soy products [Nancy Hauber of Golden Soy Foods]. *Plain Dealer* (*Cleveland, Ohio*). Dec. 21.
• ***Summary:*** Hauber produces 400 lb of soysage and 1,600 pints of tofu spreads and dressings a week. A photo shows Nancy Hauber with her meatless Soysage, Tofu Dill Salad Dressing, and Tofu Sandwich Spread.

7723. Harrison, Babs Suzanne; Effren, Kyra. 1986. A lot of latkes. The basic potato pancake, a symbol of Hanukkah, is just one of many variations. Zucchini, tofu and sweet potatoes are great in latkes. *News* (*Dallas, Texas*). Dec. 21. p. 14.
• ***Summary:*** Includes a recipe for tofu latkes provided by David Mintz of Tofutti. Traditionally latkes are pan-fried Yiddish potato & onion cakes, served with apple sauce.

7724. Hughes Markets. 1986. Merry Christmas! (Ad). *Los Angeles Times.* Dec. 21. p. I20-21.
• ***Summary:*** The section titled "Foods of the Orient holiday specials" includes: Kikkoman soy sauce, gallon can–$4.99. Hinoichi age 1.5 oz pg. 79¢. Misuzu Koya Dofu 3.5 oz. box Wheat cake [sic, Dried frozen tofu]–$1.55. Shirakiku kuro mame, Black [soy] beans–85¢.

Also includes: Frozen Umeya mochi. Fresh gobo. Shirakiku bamboo tips. Ozeki sake. Kokuho rice. Miyako kizami shoga–Sliced pickled ginger. Miyako shiitake–Dried mushrooms Kezuka kampyo [kanpyo]–Dried gourd strip. Shehiro kombu maki–Rolled kelp [konbu].

7725. Paglin, Catherine. 1986. Bristol [Northwest Inc.] hungers for slice of region's food business. *Business J. of Portland.* Dec. 22. p. 3.
• ***Summary:*** Bristol, a specialty distributor, is the latest venture of the Ed Lynch Co., a Vancouver (Washington) based investment firm favoring food-related companies. Larry Skidmore is a partner in the Lynch Co., which is funding Island Spring and owns a significant portion of it. Address: Oregon.

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7726. Morohoshi, Yozo. Assignor to Hidekatsu Kuroyanagi (Kanagawa, Japan). 1986. Process for manufacturing soymilk products with wheat germs. *U.S. Patent* 4,632,839. Dec. 30. 4 p. Application filed 5 Aug. 1985. See also Japanese Patent 84-239,688 (FSTA 84-11-14). Application also filed in Japan on 3 Sept. 1984. [7 ref]
• ***Summary:*** Nigari or magnesium chloride, a natural coagulant used in the preparation of tofu, gives very rapid coagulation. Other coagulants such as calcium sulfate and glucono-delta lactone give less rapid coagulation, easier mixing, and a softer curd, but have inferior flavor. If soymilk is mixed with a wheat germ dispersion (which has been prepared from fresh wheat germ homogenized at 95ºC) before addition of the nigari or magnesium chloride, the wheat germ slows the speed of the coagulation and allows sufficient time for the curd to mature into a delicious product of even texture. Variations in the ratio of soybean to wheat germ in the suspensions allow different products to be made, e.g., tofu or bean curd, "a dessert pudding" or a "dressing or yogurt substitute." Address: Hiratsuka, Japan.

7727. Becker, Jay. 1986. Rural look of Island protection priority. *Vashon-Maury Island Beachcomber.* Dec. 31. Section II. p. 11. Illust.
• ***Summary:*** Illustration caption: "Here's an architect's idea of what the new $37,000 square foot Island Spring tofu factory now under construction near the K2 [ski] plant will look like. Part of a $6.5 million expansion plan, it will house another 30 or so employees as the firm expands sales of some product lines nationwide. The firm plans to add its own laboratory in the new building." "Partly that expansion was made possible by a state matching grant to build a $425,000 water tank for fire protection near K2." Address: Washington.

7728. *SoyaScan Notes.* 1986. Chronology of soybeans, soyfoods and natural foods in the United States 1986 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. Ron Ishida, an attorney with no previous knowledge of tofu, working for Azumaya Inc. (South San Francisco, California), rewrites the Tofu Standards without authorization. They have already gone through 8 drafts. This creates a crisis.

Jan. Soymage, the first casein-free soy cheese, is introduced by Soyco Foods.

Jan. *Soyfoods: The Journal of the European Soyfoods Association* (*ESFA*) begins publication from Paris. Philippe Vandemoortele of Alpro is president of the association and Guy Coudert is editor of the periodical. The association plans to organize a soyfoods conference every 2 years. But the journal is discontinued after 3 issues.

Jan. Tomsun Foods is reorganized, changing its name (for the fourth time) to Tomsun Foods International. The firm's new chairman is Juan Metzger, founder of Dannon Yogurt. The company produces nearly 3 million lb. of tofu a year.

Jan. First Tofutti Shop opened in Japan by Daiei Co. Inc, Japan's largest retailer. Shop sells non-dairy soy-based ice cream and related snacks.

Feb. 7. Fire destroys Island Spring tofu plant in Vashon, Washington, with an estimated $1 million loss.

Feb. Soya Kaas, an imitation cheese containing soymilk and casein, launched by American Natural Snacks, a marketer. The manufacturer is Swan Gardens of Georgia.

Feb. Jofu, a tofu-based, non-dairy, nonfermented, yogurt-like product, sweetened with fruits, launched by Tomsun Foods International of Greenfield, Massachusetts. The product is a hit, grossing nearly $400,000 in its first 32 weeks on the market.

Feb. Barricini Foods has its first public stock offering. Raises $1.5 million, gross to use in marketing Tofulite and Ice Bean soy ice creams.

Feb. Central Soya purchases Staley protein line, including Mira-Tex, Procon, and Textured Procon brands.

Feb. ASA hires Jim Guinn as technical director of soybean quality programs. Soybean quality is an area of growing interest, with two parts: 1. The traditional area of soybean condition, concerning grades, damage, foreign material, etc. 2. The newly emerging area of soybean composition and its relation to grades. New measurement technologies make it likely that soybeans may soon be sold based on their composition of oil and protein. Both effect exports and price.

March 5. Pesticide control now tops the Environmental Protection Agency's list of most pressing problems, announces *The New York Times* (and *Soybean Digest,* June/July). Stricter pesticide laws are enacted.

March 7. Richard E. Lyng of California becomes U.S. Secretary of Agriculture, replacing John R. Block. Policies remain unchanged.

April 18. Wm. Shurtleff, in charge of compiling the original tofu standards, submits a strong criticism of the illegitimate Ishida draft in the form of a detailed chronology of the development of the tofu standards.

April. Tofu cheesecake revolution in New York City profiled by *Whole Life.* Thirteen restaurants now offer them.

May. Tofutti Love Drops (chocolate covered graham cookie drops) launched by Tofutti Brands with much fanfare.

May. Nasoya's new million-dollar automatic tofu-making system, imported from Sato Shoji in Japan, begins operation.

June. Increasing consumer deception by "soy cheese" manufacturers. Whole Life publishes "Whole Frauds in the News: Will the Real Soy Mozzarella Please Stand Up (That is, If There is One)," an exposé of mislabeling involving Soyarella, Tofu Mozzarella, and Soya Kaas (though the latter brand is not at fault). Argues that it is deceptive for

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health food stores to call a product "non-dairy" if it contains casein (milk protein), even though FDA rules allows such a designation. In Oct. Whole Life shows that "Independent lab tests prove Soyarella hoax; Large quantities of casein [19.6%] found in so-called soy cheese." Soyarella had previously been marketed as casein free.

July. Ralston Purina Co. starts publication of Nutrition Overview, a newsletter focusing on soy protein and fiber.

July. Soyfoods win big in 7th Annual Natural Foods Merchandiser merchandising awards: Gold: San-J tamari and shoyu. Silver: Fantastic Foods' Tofu Scrambler and Tofu Burger, Westbrae Natural miso soups. Honorable mention: Walker & Wilks frozen entrees, White Wave boxed tofu.

July. Vitasoy reintroduces it line of reformulated and repackaged soymilk products, originally launched in 1984. They contain more solids and nutrients, and are sweetened with barley malt instead of maple syrup.

July. A Roper poll in the U.S. finds that tofu is the "most hated" food. 35% of a sample of 2,000 adults checked it on a list of foods said to be disliked, ahead of liver (34%), yogurt (29%), Brussels sprouts (28%), and prunes (24%). Results do not vary significantly by age, but tofu dislike is somewhat less among those with higher incomes. The poll results are very widely publicized, and are even the subject of a question on the TV program Jeopardy (in early 1988)–and its rerun! These findings suggest both a widespread awareness of tofu and a split image: Some like it and others don't.

Aug. Kikkoman's new shoyu plant starts operation in Chitose, Hokkaido, in northern Japan. The first product was shipped on 30 Jan. 1987.

Sept. 9. American Soy Products Inc. plant dedicated in Clinton, Michigan. A $10 million joint venture between Eden Foods and four Japanese companies (Kawasho, Marusan, Muso, Seikensha), construction on the plant began in Oct. 1985. It will make Edensoy soymilk in Tetra Brik cartons. The first products are shipped in November.

Sept. 19. Tofu standards passed by Tofu Standards Committee in San Francisco, after all committee members except Shurtleff agree to start with a blank slate in drafting new standards–thus erasing years of work by hundreds of people. Shurtleff resigns in protest, arguing that this is a violation due process. Shortly thereafter Barricini and Ralston Purina also refuse to give final approval. Tofu standards are stalled indefinitely after many years of hard work.

Sept. 24. First International Tofu Products Expo, Seminar, and Soyfoods Buffet, held in Munich, West Germany. Sponsored by Bernd Lehmann International Consultants. 100 people attend.

Oct. Supersoy brand soymilk introduced to America by Mitoku USA. It is made by Kibun Health Foods Co. in Japan.

Oct. Ralston Purina sells its domestic agricultural products business, Purina Mills. Total sales for 1986 were $5.5 billion.

Nov. Island Spring announces $6.5 million investment from Edward Lynch Co. to finance an expansion plan. Construction of a new 30,000 square foot factory is now underway on Vashon Island.

Dec. 1. White Wave of Boulder, Colorado, acquires Soyfoods Unlimited, a tempeh manufacturer of San Leandro, California. This makes White Wave America's largest tempeh manufacturer.

Dec. 8. Central Soya purchases 7 of 9 Bunge processing plants. ADM is now estimated to control 30% of U.S. crushing capacity followed by Cargill (25%), Central Soya (20%), and other (25%).

Dec. Tomsun Foods International nets about $3.45 million in its first public stock offering. Most of the funds will be used for sales and marketing of Jofu, and to repay $800,000 in debts. Total Tomsun sales in 1986 were about $3.1 million.

Dec. Haagen-Dazs will drop Tofutti and start distributing Barricini Tofulite, a non-dairy frozen dessert.

Dec. Brightsong Foods is named as one of the top ten food innovators for 1986 by Food & Beverage Marketing magazine. In fact, Brightsong is listed first!

Dec. Tofruzen Inc., a soy ice cream marketer from Englewood, Colorado, raises $1.6 million in a public stock offering. Sales of Tofruzen in fiscal 1986 were $91,000, rising to $158,000 in 1987, and $213,000 in the first quarter of 1988.

Dec. Edible Soy Products in Hudson Iowa is sold to Solnuts of Tilburg, The Netherlands, and renamed Solnuts, Inc. The Hudson and Tilburg plants are the only ones in the world that dry roast soybeans to make soynuts.

Dec. More than 60,000 Italian farmers harvested nearly 25,000 hectares (61,700 acres) of soybeans this year. Italy is now Europe's largest soybean producing country, followed by France. Five years ago, Italy produced virtually no soybeans. The Ferruzzi Group is the leading promoter, helped by hefty subsidies from the EEC.

1986 New Trends:

So Called Tofu Cheeses. Eight new soy cheeses were launched during 1986, many with the term "Tofu" in the product name. Many have been shrouded in mystery, with the names of the manufacturer and ingredients often not disclosed. There has been much consumer deception, mislabeling, and several attempts to conceal the fact that they usually contain casein, the protein in cow's milk.

Soy Yogurts and Yogurt-Style Products. The leader in this exciting new category is Jofu from Tomsun Foods. The two basic types are fermented soymilk products (e.g. Cream of the Bean, Soy-O), and non-fermented tofu-fruit blends (e.g. Jofu).

Move to Manufacturing Soymilk in America. The rising cost of soymilk imports is making them unprofitable. Domestic production, which obviates shipping U.S. soybeans

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to Japan, then shipping the beans and water back, will have major, beneficial long-term Edensoy, Ah Soy, and Westbrae Malteds. Still imported are Vitasoy (from Hong Kong, whose exchange rate is tied to the dollar) and Sunsoy (from Belgium).

The declining value of the dollar against the yen starting in late 1985 led to a steady rise in soymilk prices. But the combination of domestic production and larger size packages (see below) has led to a drop in soymilk prices during 1986. For example, Edensoy, selling for 6 times the price of dairy milk per unit volume in early 1984, was selling for only 3.5 to 4.1 times as much in late 1986, a drop of about 37%.

Soymilk Switches to Tetra Brik Cartons and Liters or Quarts. Edensoy, Westsoy, and Ah Soy have all switched to Tetra Brik cartons this year. Lower total manufacturing and shipping cost is the main reason. The liter/quart size was pioneered in the U.S. by Alpro/Vamo Foods/Sunsoy, and followed by Edensoy, Ah Soy, and Vitasoy. These counterparts of dairy milk in quarts suit the needs of regular soymilk users by offering a more economical price per unit volume plus greater convenience. Soymilk may be the first liter-size Tetra Brik product to succeed in America.

INTSOY is doing outstanding, pioneering work with soyfoods and soybean utilization in the Third World and America. Research is focusing on extrusion cooking, extruder-expeller processing for small-scale oil expression, and fresh green soybeans. Since April 1987 the INTSOY Newsletter has become one of the best soy-related publications available.

Morinaga Long-life Silken Tofu becomes a major force in the U.S. tofu market. Traditional manufacturers consider the product a major threat to their markets. Azumaya has hired an attorney who spends considerable time causing troubles for Morinaga.

7729. Dunn, Carolyn; Liebman, Michael. 1986. Plasmid lipid alterations in vegetarian males resulting from the substitution of tofu for cheese. *Nutrition Research* 6(12):1343-52. Dec. Summarized in American Health, July 1987. p. 144.
• ***Summary:*** Blood cholesterol levels of 12 lacto-ovo vegetarian men, ages 20-48, were analyzed for 3 weeks as tofu was substituted for cheese. During another 3 weeks the volunteers passed up tofu for Monterey Jack cheese. In each period they ate a daily total of 2.5 oz cheese or 12 oz tofu, each containing about 240 calories. After the tofu phase, the subjects' mean cholesterol levels dropped an average of 16 mg/dl. No significant changes occurred during the cheese consumption phase. The increase in the ratio of polyunsaturated to saturated fatty acids from 0.9 (cheese period) to 1.8 (tofu period) appeared to be the primary mediator of the cholesterol lowering response associated with tofu consumption. Address: Dep. of Food & Nutrition, Univ. of North Carolina at Greensboro, Greensboro, NC 27412.

7730. *East West.* 1986. Wheat meat market. Dec. p. 12.
• ***Summary:*** Legume Meatless Pepper Steak with Kofu (fresh wheat gluten) and Noodles: This all-natural frozen entree, made by Legume, uses kofu (also known as seitan or wheat meat).

7731. *Food & Beverage Marketing.* 1986. Will tofu market reach $500 million by 1990? Dec. p. 15. [1 ref]
• ***Summary:*** A search of Marketing Intelligence Service's ProductScan database shows that in 1984 only 18 tofu-based products were introduced. In 1985 this jumped to 31 and through the end of August 1986, to 35. This number could reach 55 to 60 in the current year, according to tofu-product companies. If so, this would amount to approximately 2.4% of all new food products monitored by MIS in 1986. By far the greatest number of tofu based products are found in the dessert category, with 13 new products through the end of August.

7732. *Food & Beverage Marketing.* 1986. The F&BM 10: Leading innovators of 1986 [Brightsong]. Dec. p. 18-19.
• ***Summary:*** Brightsong is listed first! "The California-based firm is staking its claim on the popularity of tofu, considered one of the hot growth categories for 1987... Brightsong is changing the nature of its business from a production-oriented company to a product development firm. While still marketing its own product line, Brightsong is licensing the formulation and production processes of several tofu based products. Through these efforts, Rose explains, he has been able to expand his business on an international basis–adding Japan, Australia, and China to its roster." Address: New York.

7733. Haytowitz, David B.; Matthews, Ruth H. 1986. Composition of foods: Legumes and legume products. Raw, processed, prepared. *USDA Human Nutrition Information Service, Agriculture Handbook* No. 8-16. 156 p. Dec. See p. 126-152. By Nutrition Monitoring Division. [29 ref]
• ***Summary:*** Data are presented for 133 legumes and legume products. Of these, only 53 were included in *USDA Agriculture Handbook* No. 8, published in 1963. The following soy-based foods are included: Simulated meat products (bacon, meat extender, and sausage), raw soybeans, cooked boiled soybeans, roasted soybeans, dry-roasted soybeans, soybean products: miso, natto, tempeh, full-fat soy flour (raw, and roasted), defatted soy flour, low-fat soy flour, defatted raw soy meal, fluid soy milk, soy protein concentrate, soy protein isolate, soy sauce (shoyu, tamari, and HVP), raw tofu (firm {p. 147}, regular, dried-frozen/koyadofu, and fried) [Note 1. Tofu is called "tofu" and at "Soybean curd" it says, see "tofu." Note 2. Footnote 2 states that the calcium content of tofu curded with calcium sulfate is 683 mg/100 gm, compared with 205 mg/100 gm for

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tofu curded with nigari. As of May 1997 Soyfoods Center believes that both these values are far too high; the two figures should be about 159 mg/100 gm (range 128-168) and 45 mg/100 gm respectively], okara, salted and fermented tofu (fuyu).

For each food the following information and number of values are given: Vertically: Proximate (7 values), Minerals (9), Vitamins (9), Lipids (Fatty Acids [Saturated (9), Monounsaturated (5), Polyunsaturated (7)], Cholesterol, Phytosterols), Amino acids (18). Horizontally: Amount in 100 gm edible portion (mean, standard error, number of samples), amount in edible portion of common measures of food (e.g. ½ cup or 1 cup), amount in edible portion of 1 lb of food as purchased.

Minerals include calcium, iron, magnesium, phosphorous, potassium, sodium, zinc, copper, and manganese (not aluminum).

Vitamins include ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6, folacin, vitamin B-12, vitamin A.

Amino acids include tryptophan, threonine, isoleucine, leucine, lysine, methionine, cystine, phenylalanine, tyrosine, valine, arginine, histidine, alanine, aspartic acid, glutamic acid, glycine, proline, and serine.

For Adzuki beans (raw, cooked boiled, canned sweetened, and Yokan {yôkan–sugar-sweetened confection}) see p. 24-27.

For peanuts (all types raw, cooked boiled, oil-roasted, dry-roasted, Spanish raw, Spanish oil-roasted, Valencia raw, Valencia oil-roasted, Virginia raw, Valencia oil-roasted) see p. 109-18. For peanut butter (chunk style, smooth style), defatted peanut, and low-fat peanut flour, see p. 119-22. Address: USDA Human Nutrition Information Service.

7734. Kariya, Tetsu; Hanasaki, Akira. 1986. Daizu to nigari [Soybeans and nigari]. *Oishinbo* No. 7. p. 105-30. Dec. [1 ref. Jap]
• ***Summary:*** Adult comic books are very popular in Japan. The title of this 28-issue series, *Oishimbo* (ISBN 4-09-180757-7 CO379 P500E), is a made-up word, which means something like "People who love delicious things." It is a play on the word *Kuishimbo*, which means "glutton." This story is about Henry James Black who comes from Los Angeles, California, to study tofu in Japan. He visits a famous tofu restaurant, which has been in business for 300 years [Sasa-no-yuki], and complains that the tofu they make is not very good. The owner, getting upset, asks "How do you know?" He answers, "I studied tofu in America," then shows the owner a copy of *The Book of Tofu* (p. 116). Later he visits a traditional Japanese tofu shop that makes nigari tofu; here he becomes an apprentice. Details of the traditional process for making nigari tofu are shown in detail in cartoon form.

Note: This appears to be a take-off on the tofu research of William Shurtleff in Japan during the early 1970s. Shurtleff wrote *The Book of Tofu*. Address: Yokyo, Japan.

7735. **Product Name:** Creamy Miso Dressing [Sesame, Mustard, or Vinaigrette].
Manufacturer's Name: Simply Natural, Inc.
Manufacturer's Address: P.O. Box 295 (Evelyn and Gershel Avenues), Norma, NJ 08347.
Date of Introduction: 1986. December.
Ingredients: Sesame: Organic light miso, unrefined sunflower oil, filtered water, apple cider vinegar, barley malt, toasted sesame oil.
Wt/Vol., Packaging, Price: 12 oz jar.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Sesame, Per ounce: Calories 86, fat 1.5 gm, sodium 136 mg.
New Product–Documentation: Spot in Vegetarian Times. 1987. March. p. 67. These feature mellow miso. Leaflet. 1987. Shows Label. These dressings are made from the mellow white miso in which their Soft Tofu Cheese is fermented. Brochure. 1987. Oct. "Discover the New Simply Natural and Rediscover Natural Cuisine." Introduces Soyalite (formerly Soft Tofu Cheese), Pasta Lite (formerly Tofu Pasta), and Miso Dressing. Explains why the names were changed and shows labels. Red on white. 4 pages. Ad in Vegetarian Times. 1988. May. p. 58. "Everything Your Heart Desires."

7736. *SoyaScan Notes.* 1986. New Trend: So-called "tofu cheeses" introduced (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** At least 8 new soy cheese products have been launched during 1986, many with the term "Tofu" in the product name. Many have been shrouded in mystery, with the names of the manufacturer and ingredients often not disclosed. There has been much consumer deception, mislabeling, and attempts to conceal the fact that they usually contain casein.

7737. *SoyaScan Notes.* 1986. New Trend: Soy yogurts and yogurt-style products (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** At least 7 new soy yogurt products have been introduced this year, worldwide. The leader in this exciting new category is Jofu from Tomsun Foods. The two basic product types are non-fermented tofu-fruit blends (e.g. Jofu), and fermented soymilk products (e.g. Cream of the Bean, Soy-O).

7738. Zakaria, Fransiska; Muchtadi, Tien Ruspriatin. 1986. The role of tofu processing in development and the alleviation of malnutrition in West Java. *Food and Nutrition Bulletin* (*United Nations Univ.*) 8(4):32-41. Dec. [16 ref]
• ***Summary:*** The contribution of tofu to the diet, especially

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of low-income families in West Java, is reviewed. Suggestions are made for technological improvements (sanitation, production efficiency, yield, and diversification of soy-cake [tofu] utilization, chiefly as a food supplement).

"In West Java, as is common in Indonesia, people first buy rice as their staple food. If they have money left, they then buy other foods. Those that are generally chosen, in order of price from the cheapest to the most costly, are salted fish, tofu and fermented soybean products such as tempe and oncom, vegetables, fresh fish and other seafoods, poultry, milk and milk products, and meat and meat products." In West Java, people with an income of less than $40/month consumed 20 gm/person/day of tofu; the amount increased to 50 gm for those earning $100-$200/month, but was about 45 gm for those earning $300-$400/month. In West Java, tofu contains an average of 10.45% protein, compared with 17.0% for tempeh. Tofu and tempeh contribute 53% of the protein from side dishes in the diet of West Javanese people with incomes of less than $40/month, and 44% of the side dish protein for those with incomes of $100-$200/month. Address: Food Technology & Development Center (FTDC), Agricultural Univ., Bogor, Indonesia.

7739. **Product Name:** Ganmodoki, Abura Age.
Manufacturer's Name: Aloha Products.
Manufacturer's Address: 4515 Centinela Ave., Los Angeles, CA 90066. Phone: 213-822-2939.
Date of Introduction: 1986.
New Product–Documentation: Visit to Yaohan supermarket in Los Angeles. 1988. Oct. 23. All tofu products stocked are made by this company and House Foods & Yamauchi. Talk with Tom Uyehara. 1988. Oct. 24. These products were launched in 1986.

7740. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Atlantis Tofurei.
Manufacturer's Address: Insterburgerstr. 7, D-6454 Bruchkoebel, near Frankfurt, West Germany. Phone: 06181/71438.
Date of Introduction: 1986.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He says they started in 1986 and make about 200 kg/week of organic nigari tofu. May be 300-400 kg/week.

7741. Bean Supreme. 1986. Tofu, tempeh, soysage: Quality vegetable protein (Poster). P.O. Box 78084, 1 Wallingford St., Grey Lynn, Auckland, New Zealand. 59 x 42 cm.
• ***Summary:*** This large, glossy poster, dark purple on white, shows a sliced chub of soysage, two packs of tempeh, add a cake of tofu plus a knife, some soybeans, and a prepared dish. At the lower left: "Bean Supreme–The protein source. All natural. Cholesterol and lactose free. Low sodium. Low calories. No preservatives." Address: Auckland, New Zealand.

7742. **Product Name:** Hickory Smoked Tofu (Salad Bar Pack).
Manufacturer's Name: Central Soy Products.
Manufacturer's Address: 7 W. 14th St., Lawrence, KS 66044. Phone: 913-843-0653.
Date of Introduction: 1986.
Ingredients: 1998/07: Filtered water, whole soybeans, mignesium chloride (*Nigari*) and natural smoke flavor.
Wt/Vol., Packaging, Price: 3½ lb vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jim Cooley. 1998. July 14. In 1986, shortly after he got his vacuum packing machines, Jim introduced smoked tofu in a larger salad bar pack containing 4 x 14 oz pieces weighing 3½ lb total.

7743. **Product Name:** Tofu Cream, and Tofu Glaze (Dry Mixes for Low-Calorie Non-Dairy Frozen Desserts).
Manufacturer's Name: CFFF Inc. (Calo Foods, Flavors & Fats). Subsidiary of Reach Associates.
Manufacturer's Address: 75 South Orange Ave., South Orange, NJ 07079. Phone: 201-763-3644.
Date of Introduction: 1986.
New Product–Documentation: Talk with Mel Wolkstein. 1988. Sept. 27. The products were introduced in 1986. Both contain tofu.

7744. Cole, Michael. 1986. Soya Health Foods Ltd. Company profile. Unit 4, Guinness Road, Trafford Park, Manchester M17 1AU, England. 4 p.
• ***Summary:*** Michael Cole is an entrepreneur, born in Manchester, England. The company was formed in 1984 in Manchester. The factory is sited in Trafford Park Industrial Estate and was the first to be built for the sole purpose of Soya Milk manufacture. The company is headed by Mr. M.S. Arora (Chairman), Mr. M.P. Cole (Managing Director), and Burns Anderson p.l.c. (Financial Controllers). Production of Soya Milk began in January 1985. The Sunrise brand is currently being sold throughout the 2,500 independent health food shops and in many supermarkets. The company has 5 products. Their soymilk is private labeled for 5 other companies. Soya Health Foods Ltd. has also been established in Australia and New Zealand, with its own private labels (milk in New Zealand and Burgers, Ice Cream, and Dessert in Australia). Address: Manchester, England.

7745. **Product Name:** [Tofu].
Manufacturer's Name: Consuma B.V.
Manufacturer's Address: P.O. Box 175, Christiaan Huygensstraat 10, 2265ZH Bleiswijk, Netherlands.
Date of Introduction: 1986.

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New Product–Documentation: Soya Bluebook. 1986. p. 107-08.

7746. **Product Name:** [Deep-Fried Tofu Cutlets, and Deep-Fried Tofu Pouches].
Foreign Name: Atsu-agé, Aburagé.
Manufacturer's Name: Daizou SARL.
Manufacturer's Address: 883 Rue de Bernau–Z.I., 94500 Champigny sur Marne, France. Phone: 48 82 39 90 or 47.06.33.71.
Date of Introduction: 1986.
New Product–Documentation: Form filled out by Anthony Marrese based on an interview with Mr. Hirayama. 1989. These two products were introduced in 1986.

7747. **Product Name:** Tofu Pasta.
Manufacturer's Name: Dayspring Soyacraft Corporation.
Manufacturer's Address: 626 Esquimalt Rd., No. 5., P.O. Box 7285, Station D., Victoria, BC, V9A 3L4, Canada.
Date of Introduction: 1986.
New Product–Documentation: Soya Bluebook. 1986. p. 111.

7748. Eastern Foods Corp. (Distributor). 1986. What is Tofulicious? Better taste than Tofutti and better for you (Leaflet). Minneapolis, Minnesota. 1 p. Single sided. 28 cm. • ***Summary:*** Compared with Tofutti vanilla with walnuts, the same Tofulicious product has 35% less calories, 60% less fat, 80% less sodium, and 750% more calcium. Plus it costs less. Address: 3235 E. Hennepin Ave., Minneapolis, Minnesota 55413.

7749. **Product Name:** [Fried Tofu, Tofu with Herbs, Tofu Burgers (With Sea Vegetables, With Seitan)].
Manufacturer's Name: Fonte della Vita S.r.L. (La).
Manufacturer's Address: Via Circonvallazione 87, 12049 Trinita (Cuneo), Italy.
Date of Introduction: 1986.
New Product–Documentation: Talk with Michael Brenger, production manager at Fonte della Vita. 1990. July 18. These products were introduced after the move to Trinita in April 1986. They are now located in the same place but the address has changed: Via Monviso 18, 12049 Trinita.

7750. **Product Name:** Soft Tofu (Curded with Calcium Sulfate).
Manufacturer's Name: Giant Tofu.
Manufacturer's Address: 300 Morse St., Washington, DC 20002. Phone: 202-546-0333.
Date of Introduction: 1986.
How Stored: Refrigerated.
New Product–Documentation: Talk with George Chong, owner. 1998. Feb. 10. This was their first product, introduced in 1986.

7751. **Product Name:** Tofu Sandwich Spread (Eggless Alternative to Mayonnaise).
Manufacturer's Name: Golden Soy Foods Inc.
Manufacturer's Address: P.O. Box 495, Athens, OH 45701.
Date of Introduction: 1986.
Ingredients: Organic tofu [water, organic soybeans, calcium sulfate (natural coagulants)]. soy oil, cider vinegar, water, honey, salt, vegetable gums, spices.
Wt/Vol., Packaging, Price: 16 fluid oz (1 pint) glass jar.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 1 tablespoon (19 gm): Calories 35, protein 2 gm, carbohydrates 2 gm, fat 2 gm, sodium 100 mg (510 mg/100 gm).
New Product–Documentation: News release. Label. 1987. 10 by 2.5 inches. Orange, blue and white. "Dairy and cholesterol free. A great alternative for mayonnaise. All natural. Low sodium."

7752. **Product Name:** Tofu Dill Salad Dressing.
Manufacturer's Name: Golden Soy Foods Inc.
Manufacturer's Address: P.O. Box 495, Athens, OH 45701.
Date of Introduction: 1986.
Ingredients: Tofu, soy oil, vinegar, shoyu, water, honey, dill, onion powder, black pepper, garlic powder.
Wt/Vol., Packaging, Price: 1 pint glass jar.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per tablespoon (17 gm): Calories 40, protein 1 gm, carbohydrates < 1 gm, fat 4 gm, sodium 135 mg.
New Product–Documentation: Label. 1987. 10 by 2.5 inches. Blue, green, yellow, and white. "Dairy and Cholesterol Free. Delicious Dip for Vegetables or Chips. All Natural. Low Sodium." News release. This was apparently the company's first product.

7753. Jaccard, M. 1986. Tofu: Produit et procédé [Tofu: Product and procedures]. *Swiss Food* 8(12a):17-19. [Fre]* • ***Summary:*** A brief study of the process for making tofu and its nutritional advantages. Address: Conserves Estavayer S.A., Estavayer-Le-Lac, Switzerland.

7754. **Product Name:** [Tofu Burger, Tofu Felafel, and Tofu Schnitzel].
Manufacturer's Name: Jerusalem Tofu.
Manufacturer's Address: Moshav Orah, Jerusalem 90880, Israel. Phone: 02-413-809.
Date of Introduction: 1986.
New Product–Documentation: Talk with Susan Ergas. 1989. May 1. The products were introduced in the order shown above. The Tofu Schnitzel was made from frozen tofu, but it was discontinued because she couldn't get kosher soy sauce that satisfied the rabbi.

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7755. **Product Name:** Tofu, Tofu-Fa (Curds), Soymilk, Egg Tofu (with Soy), Tofu Pau (Fried Tofu Puffs), Tofu Noodles, Dofu-Gan.
Manufacturer's Name: Kong Kee Food Corp.
Manufacturer's Address: 108 Charlton St., 3rd Floor, New York, NY 10014-3643. Phone: 212-234-5261 or 212-645-3780.
Date of Introduction: 1986.
New Product–Documentation: Talk with George Lin, company representative. 1995. Oct. 23. The company was started in 1986 as a new company by Mr. Ip-Wing Kong. All of the above products were introduced in about 1986.

Form filled out by Ying Kwong. 2010. Nov. 18. The company (the name is the same) is now located at 48-31 Van Dam Street, Long Island City, New York 10191. Phone: 718-937-2746. Person in charge: Ying Kwong. The company still sells soy drinks, tofu (silken, soft, and firm), tofu puffs, and egg tofu.

7756. **Product Name:** Tofu Pies [Blueberry, Double Carob Almond, Tropical Delight, Kiwi Lime, Pumpkin (Eggless)].
Manufacturer's Name: Malaka's Foods.
Manufacturer's Address: Philadelphia, Pennsylvania.
Date of Introduction: 1986.
How Stored: Frozen.
New Product–Documentation: Appropriate Foods. 1987. Catalog. Feb. Talk with Robert Werz. 1987. Oct. 16. She is now out of business.

7757. **Product Name:** [Manna Smoked Tofu].
Foreign Name: Manna Vis-Tofu.
Manufacturer's Name: Manna Natuurvoeding B.V.
Manufacturer's Address: Weerenweg 28, 1161 AJ Zwanenburg, Netherlands.
Date of Introduction: 1986.
New Product–Documentation: Soya Bluebook. 1987. p. 96. Letter from Sjon Welters. 1989. Aug. 10. This product was introduced in 1986. He thinks the name was something like Vis-Tofu, which means "fish tofu," because of the fish they sell in Holland. Sjon always thought the name was a little strange because the product contained no fish.

7758. Matsuhashi, T. eds. 1986. Improvement of community level food processing: The development of 'kori-tofu,' a frozen and dried soybean curd in Japan. In: Jan Bay-Petersen and Norma V. Llemit, eds. 1986. Food Processing by Rural Families: Proceedings of the Seminar on Food Processing by Rural Families, 20-22 May 1985, PCARRD, Los Banos, Laguna, Philippines. Laguna: Philippine Agriculture and Resources Research Foundation, Inc. vi + 242 p. See p. 187-204. [24 ref]*
• ***Summary:*** The co-publisher was the Food & Fertilizer Technology Center for the Asian & Pacific Region, China.

7759. Nakagawa, A.; Murasawa, H. Assignors to Asahi Foods Company Ltd. 1986. Process of manufacturing bean curd and bean milk. *European Patent Application* 170,507 A2. [Eng]*
• ***Summary:*** For soymilk, the soybeans are dried at room temperature, crushed and dehulled. The resulting particles are soaked, ground, then boiled with steam in a closed container. Foam is removed by application of a jet of steam to the surface. The okara is separated from the soymilk. To make tofu, a coagulant (such as glucono lactone, nigari/bittern, or calcium sulfate) is added to the soymilk.

7760. **Product Name:** Tofu [Silken, Soft, Firm, or Extra Firm].
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park, (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1986.
New Product–Documentation: Labels. 1986. Printed on film. "Organic. Made with Well Water. High in Protein/Custardy Smooth." Leaflet. 1986. 8½ by 11 inches, color. "Nasoya. America's premium tofu. Made with deep well water. Stoneground organically-grown soybeans. Bright, attractive packages with see-through window."

7761. **Product Name:** Tofu Burger (Uncooked).
Manufacturer's Name: Natural Alternatives.
Manufacturer's Address: 721 T St., N.W., Washington, DC 20001.
Date of Introduction: 1986.
New Product–Documentation: Talk with Robert Ashton, owner of Natural Alternatives / Promart. 1992. Sept. 14. He introduced this product in 1986, after moving from Alexandria, Virginia, to Washington, DC. The product failed because people did not want a burger that they had to cook themselves; the market wanted a precooked convenience burger.

7762. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Nature's Gate Ltd.
Manufacturer's Address: Mivne Taaseya Haradash 76, P.O. Box 029, Dimona 86000, Israel. Phone: 972-7-655-7774. Fax: 972-7-655-7769.
Date of Introduction: 1986.
How Stored: Refrigerated.
New Product–Documentation: Letter from Cocavatiyah Baht Israel, manager, Taste of Life Vegetarian Restaurant, Tel Aviv, Israel. 1999. Dec. 12. With follow-up letter of Jan. 10. This group owns a tofu manufacturing company that makes the tofu sold as tofu and second generation tofu products at the two vegetarian restaurant. The tofu is also sold at about 30 other outlets. Nature's Gate Ltd. started making and

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selling tofu in 1986.

7763. Ohara, T.; Sakai, T.; Ohinata, H.; Muramatsu, N.; Matsuhashi, T. 1986. [Studies of tofu and dried-frozen tofu (kori-dofu). VIII. Monitoring coagulation of soymilk via electrical conductivity]. *Research Report of the Nagano State Laboratory of Food and Technology* No. 14. p. 91-98. [6 ref. Jap]*
Address: Nagano State Lab. of Food Technology, Kurita, Nagano-shi, Japan.

7764. **Product Name:** Ohsawa Organic Dried Tofu and Shredded Daikon.
Manufacturer's Name: Ohsawa America (Importer). Made in Japan.
Manufacturer's Address: P.O. Box 3608, Chico, CA 95927.
Date of Introduction: 1986.
New Product–Documentation: Ohsawa America Macrobiotic Foods Catalog. 1986. Ad in East West. 1987. April. p. 27. "Ohsawa-Japan & Ohsawa America–Guided by a Philosophy for Life. Ohsawa America imported products are provided by our companion company, Ohsawa-Japan. Founded more than 35 years ago by George and Lima Ohsawa..." Note: This dried tofu is dried-frozen tofu.

7765. Ontario Soya-Bean Growers' Marketing Board. 1986. Ontario soybeans in Japan (Color videotape). Chatham, Ontario, Canada. 23½ minutes. Undated.
• ***Summary:*** Shows how Ontario soybeans are used to make tofu, miso and natto in Japan. Includes interviews with end users who make tofu, miso, and natto.

Note: This is the earliest known videotape about soy or tofu owned by Soyfoods Center. Address: Chatham, Ontario, Canada.

7766. **Product Name:** Tofu.
Manufacturer's Name: Prestige Foods Ltd.
Manufacturer's Address: Main Office: 30, Jaora Compound, M.Y.H. Rd., Indore 450021, MP, India.
Date of Introduction: 1986.
New Product–Documentation: Soya Bluebook. 1986. p. 107.

7767. **Product Name:** Pasteurized SoyFresh (Soymilk) [Unsweetened, Natural, Almond, Maple, or Carob].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986.
Ingredients: Carob: Water, organic soybeans (grown accordance with California Health and Safety Code 26569.11), honey, barley malt, carob.
Wt/Vol., Packaging, Price: 23 fl. oz (1 quart) Pure Pak Carton (Ex-Cell-O Corp. by Weyerhauser).
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. In Pure-Pak quarts and pints. Labels sent by Quong Hop (Carob, Natural). Note: This is one of America's first commercial refrigerated soymilk products.

7768. **Product Name:** The Soy Deli Baked Savory Tofu. Renamed Savory Baked Tofu by 1999.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986.
Ingredients: Water, organic soybeans (grown in accordance with California Health and Safety Code 26569-11), tamari soy sauce (water, soybeans, wheat, salt), spices, magnesium chloride (nigari, a natural mineral).
Wt/Vol., Packaging, Price: 7 oz vacuum packed.
How Stored: Refrigerated.
Nutrition: Per 3.5 oz.: Calories 193, protein 23 gm, carbohydrate 5 gm, fat 9 gm.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. Label. 1986? 5 by 3 inches. Self adhesive. Brown and orange on beige. The Soy Deli brand. "High in complete protein. No cholesterol."

Product (Savory Baked Tofu) with Label purchased at Safeway supermarket in Lafayette, California. 2000. April 16. The 6 oz vacuum pack retails for $3.49. Label (copyright 1999) is orange, green, and black on white. Front panel: "Hand crafted by tofumasters since 1906. All natural. Risk of Heart Disease may be reduced with a daily diet low in saturated fat and cholesterol, containing 25 gm of soy protein. This product contains 25 gm of soy protein per serving. Made with organic soybeans." Top of back panel: "50 mg of isoflavones per serving." Main ingredients: Nigari tofu (Water, whole organic soybeans*, magnesium chloride**), tamari (water, soybeans, salt, alcohol, wheat), spices, granulated garlic, granulated onion. * = Grown and processed in accordance with the California Organic Foods Act of 1990. ** Nigari, a natural component of sea water, primarily magnesium chloride.

7769. **Product Name:** The Soy Deli Baked Five-Spice Tofu.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1986.
Ingredients: Water, organic soybeans, tamari soy sauce (water, soybeans, wheat, salt), spices, magnesium chloride (nigari, a natural mineral).
Wt/Vol., Packaging, Price: 7 oz, vacuum packed.
How Stored: Refrigerated.

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Nutrition: Per 3.5 oz.: Calories 193, protein 23 gm, carbohydrate 5 gm, fat 9 gm.
New Product–Documentation: Leaflet. 1986. 8½ by 11 inches, color. "There is Quality & Variety after 80!" Shows all products. Label. 1986? 5 by 3 inches. Self adhesive. Brown and dark blue on beige. The Soy Deli brand. "High in complete protein. No cholesterol."

Product with Label purchased at Open Sesame in Lafayette, California. 1995. March 11. Now 6 oz. "Low fat. Cholesterol free. High in complete protein."

7770. Quong Hop & Co. 1986. The history of Quong Hop & Co.: Master tofu-makers since 1906 (Leaflet). South San Francisco, California. 1 p. Front and back.

• ***Summary:*** "In 1906, Sing Hau Lee established Quong Hop, the first tofu shop in America." [Note: This is incorrect. Quong Hop may well be the oldest existing tofu maker in America but not the first established.] A photo shows the family store in 1911. An illustration shows the founder, Sing Hau Lee in 1895. Emphasis on the company's "Soy Deli" line of products. Address: 161 Beacon St., South San Francisco, California 94080. Phone: 415-761-2022.

7771. **Product Name:** Tofeata Tofu Burgers, and Patties.
Manufacturer's Name: Regular Tofu Company Ltd.
Manufacturer's Address: Hayhill Industrial Estate, Unit 25, Barrow-Upon-Soar, Leicester, Leicestershire, England.
Date of Introduction: 1986.
New Product–Documentation: Soya Bluebook. 1986. p. 92. Letter from Simon Bailey. 1988. Sept. 28. This company is now owned by Haldane Foods.

7772. **Product Name:** Tofeata Tofu, and Tofeata Smoked Tofu.
Manufacturer's Name: Regular Tofu Company Ltd.
Manufacturer's Address: Hayhill Industrial Estate, Unit 25, Barrow Upon Soar, Leicester, Leicestershire, England.
Date of Introduction: 1986.
Ingredients: Water, dehulled organic soybeans, calcium sulphate (natural coagulant).
Wt/Vol., Packaging, Price: 9 oz paperboard box. Vacuum packed.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Energy 78.5 kCal, Protein 7.8 gm, Fat 4.3 gm, Carbohydrate 2.3 gm.
New Product–Documentation: Soya Bluebook. 1986. p. 107. Label. Best before 27 Jan. 1988. Paperboard box. 5.25 by 3.25 by 1.38 inches. Red, yellow, black, and green on white. "Fresh, light. A non-dairy meat alternative. Tofeta Tofu–Soya bean curd. Made from organic soya beans." By Hera. Recommended by Kenneth Lo. Front panel contains color photos of deep fried tofu cubes in a salad and a stir-fry, and a whipped tofu dessert. Manufacturer is now Haldane Foods Ltd., Unit 25, Hayhill Industrial Estate, Sileby Rd., Barrow-Upon Soar, Leicestershire, England. Recipes on back for Kenneth Lo's Summer Cold-Tossed Tofeta, Tofu Burgers, Tofu Nut Loaf.

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7773. *Revue des Ecoles Nationales d'Industrie Laitiere.* 1986. Le tofu, flan ou fromage [Tofu, custard or cheese]. No. 104. p. 20-21. [Fre]*
• ***Summary:*** Discusses the uses of tofu in legume preparations, as a mayonnaise, and in a strained tomato sauce (*Coulis de tomate*).

7774. *Revue des ENIL* (*Ecole Nationale d'Industrie Laitiere*). 1986. Le tofu, flan ou fromage? [Tofu, flan (baked custard tart) or cheese?]. No. 104. p. 20-21. [Fre]
• ***Summary:*** Content: Introduction. Steps in the process of making tofu. What is the nutritive value of tofu? How does one buy and store tofu? How is tofu used. Recipes are given for: Tofu with vegetables. Tofu mayonnaise. Tofu with tomato sauce. Address: 39800 Poligny, France.

7775. So, Yan-kit. 1986. A study of Yuan Mei's Iced Bean Curd. In: Tom Jaine. ed. 1986. Oxford Symposium on Food & Cookery 1984 & 1985, Proceedings. See p. 52-54. [5 ref]
• ***Summary:*** This is a recipe for frozen tofu using firm tofu, mushrooms, chicken, ham, pork, bamboo shoots, etc. This is one of the tofu recipes from the *Sui-yuan Shih-tan* (Sui-yuan Cookery Book) by Yuan Mei, written in the late 18th century. Address: England.

7776. Sojarei Ebner-Prosl. 1986. Wichtig! fuer Ernaehrungsbewusste! [Important for understanding nutrition! The Sojarei tofu recipe booklet]. Augasse 2, A-2500 Baden bei Wien, Austria. 20 p. [Ger]
• ***Summary:*** This undated, stapled booklet on yellow paper contains 31 tofu recipes, plus a nutritional analysis of 4 tofu products made by this company. Address: Baden (near Vienna), Austria. Phone: 02252/85101.

7777. **Product Name:** [Soyastern Smoked Tofu with Paprika].
Foreign Name: Soyastern Paprika Tofu.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1986.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Protein 12.6%, fat 7.5%, carbohydrate 2.0%, 126 kcal/100 gm.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This product is the company's #3 best seller. Label. 3 by 5.5 inches. Orange, red green, and white. "Soyastern traditional nigari tofu, made purely from plants (*rein pflanzlich*). A piquant soya delicacy, ideal on bread, as an addition to salads, or a crisp pan-fried dish (*Eine pikante Soyadelikatesse ideal auf Brot, als Salatbeigabe oder knuspriges Pfannengericht*)." Note: No mention of it being smoked on the label.

7778. **Product Name:** [Soyastern Mild Smoked Tofu].
Foreign Name: Soyastern mild geraeuchert Tofu.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1986.
Ingredients: Water, soybeans* (*Soyabohnen*), spices (*Gewuerze*), smoke, sea salt. * = Organically grown (*aus kontrolliertem biologischen Anbau*).
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Protein 11.8%, fat 8.3%, carbohydrate 1.0%, 126 kcal/100 gm.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This product is the company's #4 best seller among its 4 basic products. Label. 3 by 5.5 inches. Beige, brown, and green. "Soyastern traditional nigari tofu, made purely from plants (*rein pflanzlich*). A piquant soya delicacy, ideal on bread, as an addition to salads, or a crisp pan-fried dish (*Eine pikante Soyadelikatesse ideal auf Brot, als Salatbeigabe oder knuspriges Pfannengericht*)." Note: No mention of it being smoked on the label.

7779. **Product Name:** [Spring Roll (Fried and Ready to Eat)].
Foreign Name: Fruehlingsrolle.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1986.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This is the company's #2 best seller among its ready to eat "Frischeprodukte." It is sold on the counter, and is not refrigerated.

7780. **Product Name:** Tofu Dessert (With Fruit).
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada.
Date of Introduction: 1986.
New Product–Documentation: Talk with Michael Weiner. 1987. Dec. 16.

7781. **Product Name:** [Tofu Cutlets].
Foreign Name: Cotelettes de Tofu.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: 604-254-0701.
Date of Introduction: 1986.

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Ingredients: Water, extract of soy, calcium sulphate, magnesium chloride, vegetable oil.
Wt/Vol., Packaging, Price: 300 gm (10.6 oz).
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 3.5 x 2.5 inches. Red and black on beige. Form filled out by Peter Joe. 1988. May 20. Gives date.

7782. **Product Name:** [Tofu Curry Pâté, Tamari Pâté, and Walnut/Prune Pâté, Smoked Tofu].
Foreign Name: Karry Paté, Tamari Paté, Valnoed/Sveske Paté.
Manufacturer's Name: Thomas Tempeh.
Manufacturer's Address: Soendergade 2, DK-4340 Toelloese, Denmark.
Date of Introduction: 1986.
New Product–Documentation: Talk with Thomas Andersen, founder of Thomas Tempeh. 1990. May 24. On 1 Jan. 1986 he moved the business to Soendergade 2 in the city of Toelloese, Denmark. The business was still named Thomas Tempeh. He quickly added Tofu Pâtés and Smoked Tofu to his product line.

7783. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofu Unisoya.
Manufacturer's Address: 1020 St. Regis, St. Isidore, QUE, J0L 2A0, Canada. Phone: 514-454-3938.
Date of Introduction: 1986.
New Product–Documentation: Talk with Yvon Tremblay and Richard Milon. 1987. Dec. 11. Unisoya was started in 1976 by Norbert Argiles. It was one of the first tofu shops in Quebec. Their tofu was sold in Montreal. Argiles worked for 10 years then burned out. He sold the company, which still exists. The present owner is Mr. Real Beaulieu, a farm family.

7784. **Product Name:** [Smoked Tea-Time Tofu, Herb Tofu, Paprika Tofu].
Foreign Name: Geraeucherter Jausentofu, Kraeuter-Tofu, Paprika-Tofu.
Manufacturer's Name: Tofurei Wels. Renamed Schoen Tofurei in 1987.
Manufacturer's Address: Prinz Eugen Strasse 1, A-4600 Wels, Austria. Phone: 07242/834222, 78073.
Date of Introduction: 1986.
New Product–Documentation: Price List. 1988. With dates products were introduced. The smoked tofu, 170 gm, is marinated, pre-baked and cold smoked for breads and baking. The herb tofu and paprika, each 150 gm, are spreads.

7785. Toho Bussan Kaisha, Ltd. 1986. Company profile. Nihonseimei Shimbashi Building 3 floor, Shimbashi 1-18-16, Minato-ku, Tokyo 105, Japan. 13 p. Manufacturer's catalog. [Eng]
• ***Summary:*** Established in 1947, this trading company employed 147 people in Jan. 1986. One affiliate was Tokyo Tofu Co. Ltd., Chiba, Japan. The soybean and oilseeds dept. trades soybeans and sells a tofu manufacturing plant and its related materials (dried tofu powder). Note: The latter is probably spray-dried soymilk for making tofu. Address: Tokyo, Japan.

7786. **Product Name:** Tofu Savvy products: Boloney, Salsa, Curry, and Spice-Seed.
Manufacturer's Name: VegPro Co.
Manufacturer's Address: Brighton, Massachusetts.
Date of Introduction: 1986.
Ingredients: Incl. tofu.
New Product–Documentation: Talk with Johnny Weissman. 1992. March 31. In about 1986, based on the success of his Weissman's Original Tofu Sausage (6 oz), he introduced a new Tofu Savvy line of products (starting with a 3-lb Boloney), each in a 2-3 lb loaf shape like a meatloaf, and sold to delis. He buys his tofu from a tofu maker in Massachusetts. With names like Tofu Salsa Savvy (bulgur and tofu), Curry (with brown rice and veggies), Spice-Seed, and Boloney, these are offshoots of the tofu sausage, but they involve a highly proprietary process that John has developed. Delis sell the sliced loaves for use in sandwiches.

7787. **Product Name:** Westbrae Natural Tofu Sauce.
Manufacturer's Name: Westbrae Natural Foods (Importer). Made in Japan.
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: (415) 658-7521.
Date of Introduction: 1986.
Ingredients: Johsen Shoyu (water, soybeans, wheat, salt), malt syrup (corn, sprouted barley, water), cider vinegar, honey, sesame oil, natural gum stabilizers (tragacanth, xanthan), ginger, cayenne.
Wt/Vol., Packaging, Price: 12.7 fluid oz (375 ml).
How Stored: Shelf stable.
New Product–Documentation: Label. 1986, undated. 5 by 3.5 inches. Paper. Brown, tan, blue, green, black and white. Mt. Fuji logo illustration. Meant to be used as a seasoning for tofu.

7788. **Product Name:** Tofu [Vacuum Packed].
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1986.
Ingredients: 1998: Filtered water, organic soybeans (grown and processed in accordance with the California Organic Foods Act of 1990), nigari (magnesium chloride, a natural firming agent).

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Wt/Vol., Packaging, Price: 10 and 20 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter from Jeremiah Ridenour. 1985. Dec. 30. "I have recently come into a relationship with the principals of Wildwood Natural Foods [of Fairfax, California]. Our new company is Wildwood Natural Foods of Santa Cruz, Inc. I am building a small scale cauldron type plant to produce fresh tofu for Wildwood's needs and for secondary product development work."

Talk with Jeremiah Ridenour. 1988. Aug. 26. The company started production in June 1985, making tofu and soymilk. They have a 100-gallon steam jacketed cooker, a Japanese roller extractor, and some cheese equipment. They hope to use more American-made dairy equipment and less Japanese equipment. The company is growing very rapidly. Wildwood owns a fleet of trucks.

7789. **Product Name:** Teriyaki Baked Tofu (Organic).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1986.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), soy sauce, rice vinegar, tomato paste, rice wine, fruitrim (fruit juice, natural grain dextrins), brown rice syrup, garlic ginger, garlic powder, safflower oil, ginger powder, arrowroot.
Wt/Vol., Packaging, Price: 6.0 oz. Retails for $1.99.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

Original Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1989.

7790. **Product Name:** Natural Touch Tofu.
Manufacturer's Name: Worthington Foods, Inc.
Manufacturer's Address: 900 Proprietors Rd., Worthington, OH 43085. Phone: (614) 885-9511.
Date of Introduction: 1986.
New Product–Documentation: Soya Bluebook. 1986. p. 107.

7791. Yingnan, Y.; Songlin, Y. 1986. A study of the etiological factors in gastric cancer in Fuzhou city. *Chinese J. of Epidemiology* 7:48-50. *
• ***Summary:*** Suggests that soyfoods may lower risk of stomach and prostate cancer. Consumption of tofu was associated with a significant decrease in risk from stomach cancer.

7792. Better Home Society. 1986. Tezukuri tôfu, okara ryôri [Homemade tofu and okara recipes]. Beta Homu Kyokai, 1-15-12 Shibuya, Shibuya-ku, Tokyo, Japan. [Jap]*
• ***Summary:*** We can sell this book to tofu makers for only 200 yen. Lots of new okara recipes. Address: Tokyo, Japan.

7793. Chan, Sucheng. 1986. This bittersweet soil: The Chinese in California agriculture, 1860-1910. Berkeley: University of California Press. xxv + 503 p. Illust. Index. 28 cm. [200+* ref]
• ***Summary:*** A marvelous, very original, in-depth study. In Chapter 3, titled "Feeding the miners," table 7 (p. 83) lists "Merchandise stocked in a Chinese store, Camanche, Calaveras County, 1865." Listed along with rice, tea, and salt are "25 lb. of China beans, $2.50; 20 lb. of China peas, $1.00."

Page 84 notes that a great variety of food was imported by Chinese into California. "Robert Spier examined the records of the Customs House at San Francisco and found that as early as 1852, shipments of food arrived from Hong Kong consigned to Chinese firms in San Francisco. Items listed on the invoices included... salted beans [probably fermented black soybeans], dried bean curd... and vinegar."

See also Jan. 1988 Soyfoods Center interview with the author. Address: Univ. of Calif. at Santa Cruz.

7794. Chang, Wonona W.; Chang, Irving B.; Kutscher, Austin H.; Kutscher, Lillian G. 1986. Chinese dessert, dim sum & snack cookbook. New York, NY: Sterling Publishing Co., Inc. 160 p. Illust. (color photos). Index. 26 cm.
• ***Summary:*** "Many of the dessert recipes in this book have been prized as family treasures for generations and are authentic; others have been adapted to the Chinese cuisine by the addition of oriental ingredients..." (p. 7).

The "Guide to ingredients" has interesting entries for "Bean curd or tofu (*dow foo*)" and "Bean filling, sweet (*Cantonese: dow sa*) (*Mandarin: do sa*)" ("Color: red {kidney beans [azuki]}, green {mung beans}. Available form: canned. When available: most commonly at Chinese New Year. Where purchased: Chinese bakery or grocery," p. 13), and for "Hoisin sauce (Red seasoning sauce) (*hoy sin joing*) (*hai hsien jiang*)" (p. 16).

Desserts: Doughnut slices with Chinese flavors (with "sweet bean paste" [probably *an*], made with azuki beans, p. 33). Glutinous (sweet) rice cake (with "1 lb. black bean paste (dow sa)," p. 33). Fried bean paste pancake (with "4 oz. bean paste," p. 40). Lychee peach tofu cooler (with "8 oz. tofu," p. 56). Soybean milk (homemade recipe with "1 cup soybeans," p. 58). Red bean paste ice cream (with "1 cup sweetened red bean paste" [azuki], p. 64). Lychee tofu custard (with "8 oz. tofu," p. 91). Strawberry tofu pudding (with "6 oz. chilled tofu," p. 91). Peach tofu custard (with "8 oz. tofu," p. 93). Mandarin oranges with tofu (with "6 oz. Chinese-style tofu," p. 93). Ginger sweet red bean dessert / spread (with "½ cup sweet bean paste" [azuki], p. 106). Orange tofu icing (with "12 oz. tofu," p. 107). Sweet red bean dessert sauce (with "½

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cup sweetened red bean paste" [azuki], p. 110).

Dim sum and snacks: New Year dumplings with sweet black bean paste (with "½ cup sweet black bean paste (*dow sa*)," p. 113). Bean paste sesame balls (with "sweet black bean paste," p. 118). Dow sa won ton ("Prepare the same as Fried Won Tons {p. 139} except use *dow sa* (black bean paste) as a filling... Dow sa is available at Chinese bakery shops, p. 140).

About the authors (p. 146). Address: 1-2. Morristown, New Jersey; 3-4. Scarsdale, New York.

7795. Colbin, Annemarie. 1986. Food and healing. New York, NY: Ballantine Books. 351 p. Foreword by Robert S. Mendelsohn, M.D. Index. 23 cm. [207* ref]
• ***Summary:*** A very interesting, wholistic look at food trips and philosophies–with a preference for macrobiotics. Discusses miso, natto, tempeh, and tofu. Pages 169-72 discuss beans, including soybeans. Beans are said to be contractive, acid-forming, warming, and a buildup food. "Folklore has it that appreciable quantities of soybeans and their products, especially tofu, can lower, or cool, sexual energy. Research done at the universities of Illinois and Kansas has shown that soybeans may interfere with the absorption of zinc. As zinc is one of the minerals most strongly associated with the healthy functioning of the sex glands, this bit of folk wisdom appears realistic."

Chapter 12, titled "Food as Medicine," discusses healing foods and tells how to prepare them, including miso soup (p. 253; contractive, alkalinizing, warming, breakdown). Miso soup is considered a good food to help cure the common cold, to neutralize the negative effects of excess sugar consumption, and to combat problems of inflammation of the digestive tract (ulcers, colitis, spastic colon, etc.); ulcers are problems of excess acidity.

Chapter 14, titled "The Effects of Food on Sex," notes that "Scientific studies have found that individual foodstuffs have an effect on sexuality via their chemical constituents... soybeans (including tofu) contain traces of antithyroid factors; as the thyroid regulates sexual desire, activity, and fertility, when consumed in large enough quantities these foods could possibly inhibit sexuality by lowering thyroid energy. Oriental folk rumor, which I've been unable to verify, has it that tofu 'cools the sex organs' and is used by monks for the specific purpose of aiding them in maintaining celibacy. In this light, it's interesting to note that the traditional Japanese diet, high in thyroid-depressing soybean products, also contains appreciable amounts of seaweeds, rich in thyroid-stimulating iodine."

In the Foreword, Dr. Mendelsohn writes: "Coming from a background of modern medicine, I, as well as hundreds of thousands of other M.D.s, was carefully educated in nutritional ignorance–indeed in disdain for food. The hospital 'dietician' was not–and is not even today–a teacher of physicians. The dietician's traditional purpose in life has always been to serve as a 'referral' for a patient who bothered the physician with too many questions about food. The very title of this book *Food and Healing* represents a joining of two concepts that most doctors regard as unrelated."

A photo (p. 351) shows Annemarie, who was born in Holland and brought up in Argentina on a European vegetarian diet. After her arrival in the United States in 1961, she was introduced to macrobiotics. She lives in New York City with her two daughters, and directs the Natural Gourmet Cookery School there. Address: 365 West End Ave., New York City, NY 10024. Phone: 212-580-7121.

7796. Committee for Soybean (The). 1986. The Philippines recommends for soybeans. Los Baños, Laguna, Philippines: Philippine Council for Agriculture and Resources Research and Development. 111 p. Technical Bulletin Series No. 14A. Revision of 1976 edition. [51 ref. Eng]
• ***Summary:*** Written by The Soybean Committee (Dr. Florendo C. Quebral, a plant pathologist at UPLB, chairman), this work focuses on recent technologies for soybean production. A foreword by Ramon V. Valmayor, Executive Director of PCARRD, notes: "The importance of soybean has been stressed continuously. To encourage its widespread production, the Ministry of Agriculture and Food (MAF) launched the Soybean Production Program in Mindanao. Likewise, PCARRD initiated and coordinated the implementation of Soybean Pilot Production Project in 1983 to demonstrate the feasibility of growing soybean profitably in Luzon."

Contents: Foreword. Acknowledgments. The Soybean Committee. Introduction. Production management. Marketing. Soybean cropping system. Crop protection. Seed production. Processing and utilization: Raw materials for industry, soybean as food. References. Appendixes. List of tables. Lists of figures.

Table 1 shows soybean production in the Philippines from 1974 to 1985. Area in hectares grew from 2,780 ha in 1974 to a peak of 11,250 ha in 1976 and was 8,479 ha in 1985. Production grew from 2,214 tonnes in 1974 to a peak of 11,466 tonnes in 1982 and was 8,430 tonnes in 1985. Yield grew from 0.80 tonnes/ha in 1974 to a peak of 1.05 in 1982 and was 0.99 in 1985. Local production does not begin to supply local demand. In 1984 380,691 tonnes of soybeans and products were imported. Most of the imports were soybean meal.

Table 2 shows imports and exports of tausi (salted, fermented soybeans), oil cake (huge imports), soy sauce (large exports), soy oil (refined; large imports), soybean paste, taho (soymilk curds, often sold topped with a little brown sugar), bean cheese (tokwa [tofu]), hypoallergenic soy food, crude soy oil. Page 50 shows all current uses of soybeans in the Philippines, and p. 51 gives the nutritional composition of Philippine soyfoods. Note the terms Geerligs

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cheese (Tahu; 92.7% moisture and 2.9% protein), Soybean curd (Tahuri; 61.3% moisture and 11.4% protein), Fermented soybean cheese (Tausi; 51.5% moisture and 13.8% protein), and Soybean cheese (Tokwa; 77.0% moisture and 12.9% protein).

Recipes are given for preparing soy sauce (p. 53), miso, tahu (soymilk curds, p. 59), tokwa (soybean cheese, or firm tofu), tao-si (salted, fermented soybeans [fermented black soybeans]), soybean milk (p. 61), and soybean coffee. Descriptions are given for sufu (p. 62), tempeh, soy flour and grits, soy protein concentrates and isolates.

Note: In the section on nutritional composition, two words are incorrectly defined. The term "Tahuri" actually refers to tofu in brine, and "tausi" refers to salted, fermented soybeans.

Appendix E (p. 90+) contains recipes for green vegetable soybeans, whole dry soybeans, soy sprouts Address: PCARR.

7797. Conil, Christopher; Conil, Jean. 1986. The secrets of tofu. London: W. Foulsham & Co. Ltd. 128 p. Illust. Index. 19 cm. Also sold by Avery Publications in New York, starting in Oct. 1990.

• ***Summary:*** This vegetarian cookbook contains over 65 recipes and 25 color photos of dishes. A photo on the title page shows the authors (both men). Contents: Introduction. 1. Tofu and soya. 2. How to make tofu. 3. Soups. 4. Starters. 5. Main dishes. 6. Snacks. 7. Desserts.

About the authors (autobiographical): Jean Conil was executive chef at the Arts Club in London until his retirement in March 1986. He is also principal of the Jean Conil Academy of Gastronomy and president of Master Chefs. To date Jean Conil has written over 100 books on all aspects of food and cookery including Haute Cuisine, Tour de France Gastronomique and Cuisine Végétarienne Française. He is consultant to Multinational Food Industries and to Cauldron Foods, Bristol.

Christopher Conil is a graduate of the National School of Bakery and a master baker whose ovens are to be found in Southend, England.

"The author is grateful to Mr. Peter Fagan for his technical advice and help in the preparation of this book, and to Cauldron Foods for supplying tofu products used in testing all the recipes." Address: 1. Master Chef; 1. Master Baker. Both: England.

7798. Cross, Doris. 1986. Diet recipes from Doris' kitchen. Published by the author, 1111 West Eskridge, Stillwater, OK 74075. 139 p. Recipe index. 22 cm.

• ***Summary:*** Two years ago the author lost 100 pounds on Diet Center's Reducing Diet. Since then she has been working as a Diet Center Counselor in Stillwater. This cookbook (which is not vegetarian) contains Mori-Nu Tofu in more than half its recipes. Page 6 contains an endorsement for Mori-Nu Tofu. "All of the recipes in this cookbook were created and tested with Mori-Nu Tofu. I found it to be fresher and lighter in taste and texture than any other tofu I have used." Tofu is a major ingredient in Non flour zucchini caraway bread, Banana bread, Strawberry cheesecake, Sour cream cake, Strawberry cake, Banana-Almond cake, Hawaiian delight, Lemon chiffon dessert, Sloppy Joe dip, Cinnamon apple dip, Taco chicken dip, Yasmine's Malaysian dip, Bacon and horseradish dip, Pineapple and curry dip, Chopped spinach dip, Tofu spread or dip, Tofu potato salad, Quiche, Tofu burgers, Chicken fruit salad, Chicken dumplings, Lemon pie, Strawberry pie, Polynesian pie, Blueberry pie, Raspberry pie, Mocha pie, Berry pie, Summer lemon chicken salad, Tofu pancakes, Tofu ice cream, Pimento spread, Cream of chicken soup, Trout chowder, Eggnog. The eighth printing of this book was April 1988.

Art Mio notes that Sibyl Fergusan, the founder of Diet Center, had a cookbook that contained some tofu recipes. Doris tried some of these and told Art (in her Oklahoman southern accent) that she "had to run to the sink and spit it out." Address: Stillwater, Oklahoma.

7799. Durston, Diane. 1986. Old Kyoto: a guide to traditional shops, restaurants, and inns. Tokyo, San Francisco: Kodansha International. 240 p. Foreword by Donald Richie. Illust. (photos by Lucy Birmingham). Indexes (by type of shop; alphabetical list of shops). 19 cm. [17 ref]

• ***Summary:*** "A completely revised version of the classic guidebook to Kyoto, with a foreword by Donald Richie. Down the cobbled paths and behind the tranquil noren curtains of Kyoto, the old way of life goes on, nurtured in the restrained furnishings of the traditional inns and in the old shops where fine handmade items still add a touch of quality to life. Since the first edition appeared in 1986, this lovingly written travelogue-cum-guidebook has become de rigueur for knowledgeable travelers seeking to find 'the real Kyoto.' With 51 maps and over 120 photos of the living heart of this ancient capital–and a vanishing way of life. Each shop featured in the book is accompanied by a photo showing its front and a map showing its location" (from the publisher).

Tofu is mentioned on pages 9, 30, 53, 55, 116, 121 (Okutan), 123, 147, 158, 193, 201, 234, 239.

Miso is mentioned on pages 53, 100, 123 (dengaku), 147, 179, 213, and 233.

Yuba is mentioned on pages 30, 59, 61, 147, and 234. Natto is mentioned on pages 49, 183, 233, and 239.

Shôjin ryôri, the vegetarian [actually vegan] food served in Buddhist temples, was also developed in Kyoto from its prototype, fucha ryôri, brought from China by priests. Yuba, uncooked wheat gluten (nama-fu), and tofu are all part of shojin ryori (p. 30).

Fuka (p. 50-52) is a shop that specializes in making wheat gluten, including *nama-fu*, the chewy variety, that is

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made from half regular wheat gluten and half glutinous rice flour (*mochi-gome*). Wheat gluten is an important part of the vegetarian diet of Zen monks.

Iriyama Tofu (p. 53-55) makes tofu (*momen-dôfu*) in the traditional way, using nigari as a coagulant. The owners (Mr. and Mrs. Iriyama) are 9th generation tofu makers, working in a 120 year old building. Using a charcoal fire they make grilled tofu (yaki-dôfu). They also make deep-fried tofu pouches (*o-age*) and tofu balls (*hiryôzu*).

Note: This is the earliest English-language document seen (April 2013) that contains the term *hiryôzu;* it refers to Kyoto-style deep-fried tofu treasure balls.

Yubahan (p. 59-61) makes yuba in the traditional way using a wood fire and soybeans cooked over an old clay *kamado* stove. "No clocks or timers are involved." Tomizo Asana is the 9th generation yuba maker. "Yubahan started making yuba in 1716, but all family records were destroyed in the huge fire of 1864 that destroyed much of the city."

Takasebune (p. 98-100) specializes in tempura, with a tempura dinner (*tenpura teishoku*) including a "generous bowl of miso soup."

Tamatomi (p. 116-17) offers teppin-age (a fry it yourself tempura meal) and oden stew (with tofu).

Okutan (p. 120-23), inside the north gate of famous Nanzen-ji temple, is famous for its tofu cookery. It has served *yudofu* (fresh tofu simmered in a big ceramic pot over a charcoal fire, with a shoyu dipping sauce) for 12 generations and 300 years. Side dishes include vegetable tempura and tofu dengaku.

Nakamura-ro (p. 136-38) is famous for its tofu dengaku (with miso).

Bunnosuke-jaya (p. 142-44) specializes in amazake.

Ikkyû-an (Ikkyu-an, p. 145-47) serves fucha ryori (Chinese-style vegetarian temple food, including sesame tofu, tofu dengaku. It is named after the famous Zen monk and priest Ikkyû Sôjun {Ikkyu Sojun}).

Takocho (p. 158), 100 years old with 15 seats at the counter, features oden stew with tofu.

Ichiwa (p. 178-80) which makes rice cakes (mochi) and abura mochi (cakes of glutinous rice flour dough that are charcoal grilled on green bamboo skewers then dipped into a sweet miso sauce).

Isoda (p. 181-83, 41 Shimomonzen-cho, Murasakino, Kita-ku, southeast of Daitoku-ji. Phone: 075-491-7617) is said to be the best and oldest maker of Daitokuji natto in Kyoto; their fermented black soybeans are sold in a small wooden box. After Daitoku-ji "was destroyed in the Onin Wars (1467-77), an eccentric Zen priest named Ikkyû supervised the reconstruction of the temple and became its 47th (and most celebrated) abbot. According to legend it was Ikkyu who introduced the Chinese Buddhist recipe for this compact, high-protein treat" for mendicant Zen monks. The original recipe, which is still used at Isoda, is described. Because warm weather and natural sunlight are necessary, Daitoku-ji natto can only be made during the summer months, most often in August after the rainy season has abated. Even Sen no Rikyu, the famous Japanese tea master, is said to have been an ardent fan of the salty morsels–which are still served with ceremonial tea. Chûgo Isoda, the present owner, is a 17th generation maker of Daitokuji natto. He and his wife work together during the hot summer making the fermented black soybeans. A full-page photo shows Mr. Isoda mixing a shallow tub of the dark fermenting beans. Daitoku-ji natto are also mentioned on page 49.

Nishiki (p. 197-99) is famous for its kaiseki ryori. "Every month the ingredients are completely changed to match the season." One dish is karashi-dôfu ("mustard tofu").

Sagano (p. 201-02) serves simmering tofu (*yudôfu*) in the bamboo forest just south of Tenryu-ji temple.

The excellent "Glossary" (p. 230-32) includes entries for: Amazake, fu (wheat gluten), kaiseki, miso, mochi, nattô (fermented soybeans), oden, o-hagi, shôjin ryôri, sukiyaki, tofu, yuba, yûdofu. Address: Kyoto, Japan.

7800. Elliot, Rose. 1986. The vegetarian mother and baby book. New York, NY: Pantheon Books. vii + 261 p. Index. 24 cm.

• ***Summary:*** A complete guide to nutrition, health, and diet during pregnancy and after–with easy recipes for mother and baby to enjoy together. The author "is one of England's most popular cookbook writers, a radio and TV commentator, and a columnist. A vegetarian since the age of three, she is also the author of *Vegetarian Dishes from Around the World* and *The Festive Vegetarian.*" She has also raised three children according to the principles described in this book. Contents: Part I: A vegetarian diet for healthy mothers and babies. Part II: Recipes. Appendix. A. Summary of Nutrients: Where they are and what they do. B. How it all adds up: Analysis of one day's vegetarian menus. C. Recommended daily dietary allowances for women.

In Part I, the author recommends that if soy milk is used, it should be fortified with riboflavin (vitamin B-2), and calcium. Regular soymilk provides a little (0.5 mg/cup) of zinc. In Part II, soy-related recipes include: Miso pick-me-up (p. 99; with watercress). Tofu dressing (p. 110). Soybean salad (p. 127). Curried soybean and apple spread (p. 137). Soy sausages (p. 159; made with cooked whole soybeans). Soy and walnut loaf (p. 160; made with cooked whole soybeans). Mushroom and tofu quiche (p. 175). Tofu fritters with lemon (p. 186). Creamy tofu and almond topping (p. 203; for use like heavy cream with desserts). Whipped tofu topping (p. 204). Tofu ice cream (p. 218). Vegan yogurt (p. 219; made with soy milk; fermented).

In the Sept/Oct. 1994 issue of *Vegetarian Journal*, Reed Mangels, PhD, RD, an expert on vegetarian nutrition, says that this is her favorite book on pregnancy for vegetarian women. Address: England.

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7801. Furuta, Kenji. 1986. Shoyu making in Japan. *Farming Japan* 20(2):58-61. Special issue: Processed foods of soybeans. [Eng]
• ***Summary:*** "From April 1980 to April 1982, I stayed in Nepal as a member of the Japan Overseas Cooperation Volunteers (JOCV). In these months, I was engaged in the study, trial production and diffusion of processed foods at the country's Central Food Research Laboratory, Food Research Section.

"Soon after I arrived at my post, I began studies on shoyu production. In my office at the Laboratory, there was a staffer named Baidya [sic, Achutananda Vaidya]. Mr. Baidya had just returned from Japan, where he received training, chiefly on the production of miso (soybean paste) and shoyu (soy), at the Prefectural Experiment Station of Shoyu and Miso in Akita for about nine months. He was much interested in the processing of soybeans; he had learned the technique of making tofu (bean curd) from my predecessor and operated a business for making and selling tofu. He was very eager to adapt the technique he learned in Japan to the situation in Nepal and to introduce it to his country. I felt sympathy with his enthusiasm and decided to cooperated with him.

"There were three types of soybeans, whose appearance differed from one another, found in Nepali markets: white, brown and black and small-grained ones... These soybeans are planted on footpaths between rice and dry fields or on fields alternately with corn. Nepalis eat several kinds of beans, but as to soybeans, they take them roasted with corn only between meals."

In July 1980 the author and Mr. Vaidya began experimental production of soy sauce in Nepal using 4 different methods. The best results were obtained using hand-made koji and whole soybeans. The resulting shoyu was very favorably received. Soon they increased the scale of their experiment so that they could make about 100 liters of shoyu per batch.

They also conducted a survey to try to estimated the demand for shoyu in Nepal. Some of the Japanese and Chinese restaurants in Kathmandu used soy sauce imported from Japan or India. Indian soy sauce tastes entirely different from Japanese shoyu; it is probably unfermented HVP soy sauce. When asked to try Japanese-made shoyu, restaurant owners always preferred it to Indian-made soy sauce. From their survey they estimated that there was a demand for at least 20,000 liters of shoyu per year in Nepal–the actual demand, they felt, might be several times or even many times this amount.

"A Nepali, who heard of our shoyu making experiment, visited us to see the work. This man later wrote a letter to me and said that he began a shoyu making business on a small scale. I helped my Nepali friend making shoyu in Pokra. He owns a hotel there, a tourist resort about 110 kilometers west of Kathmandu. And after one year since then (I had returned home already) Mr. Baidya helped him with the final process of shoyu making in my place." In March 1985 Mr. Vaidya came to Japan, invited by the Rotary Club in Akita and Aomori, to receive further training in soybean processing. The author an Mr. Baidya met in Japan and renewed their friendship. Address: Ex-member of the Japan Overseas Cooperation Volunteers (JOCV).

7802. Gandjar, Indrawati. 1986. Soybean fermentation and other tempe products in Indonesia. *Mycologia Memoir* No. 11. p. 55-66. Chap. 4. (C.W. Hesseltine and Hwa L. Wang, eds. Indigenous Fermented Food of Non-Western Origin. Berlin & Stuttgart: J. Cramer.) Previously published in 1981 in USDA Miscellaneous Publication FL-MS-333. [14 ref]
• ***Summary:*** Contents: Introduction. Kecap (Indonesian soy sauce). Taoco (Indonesian chiang, a yellowish-brown porridge that is very popular in Western Java). Soybean tempe (*tempe kedelai*). Tempe gembus (okara tempe). Non-soybean tempe–made from velvet beans (*tempe benguk*), jack beans (*tempe koro pedang*), winged bean (*tempe kecipir*), pigeon pea (*tempe gude*), wild tamarind (*tempe lamtoro*), peanut presscake (*tempe bungkil kacang*), and coconut presscake (*tempe bongkrek*).

"Tempe is an important source of protein in the Indonesian diet. At present the intake of soybean tempe per person per day is within the range of 40 to 50 g while the recommendation is 100 g per person per day... The awareness of the people that soybean tempe is nutritious results in a higher demand of this product. In the city of Jakarta, about 6000 tonnes of soybeans are processed monthly; 2500 tonnes for soybean tempe [tempeh], and 3500 tonnes for tahu [tofu]."

Table VI shows the nutritional composition of some leguminous seeds and tempe products. Table VII shows the amino acid content of the seeds and the tempeh of 4 non-soybean legumes. Address: Dep. of Biology, Faculty of Mathematics and Natural Sciences, Univ. of Indonesia, Jakarta, Indonesia.

7803. Goddard, Susan. 1986. Focus on soya. Hove, E. Sussex, England: Wayland (Publishers) Ltd. 48 p. Illust. Index. 21 x 22 cm. Series: Focus on Resources. [3 ref]
• ***Summary:*** This is a brief introduction to the subject with many color photos. Contents: 1. The importance of soya. 2. The beginnings of soya. 3. Where soya beans are grown. 4. The beginnings of soya processing. 5. The soya plant. 6. Planting. 7. Harvesting. 8. Threshing and storage. 9. At the processing plant. 10. Extracting and refining the oil. 11. Making margarine. 12. Animal feed. 13. Soya protein products. 14. Textured vegetable protein. 15. Other soya products. 16. The nutritional importance of soya. 18. Soya as a world commodity. 19. The future. Facts and figures. Glossary. Books to read. Sources of further information.

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Numerous large color photos show commercial soya products. Page 23: Granny Ann High Fibre Cooked Soya-Bran, Bilsons Fibrefit, Nature's Way Soya Flour. Page 24: Waitrose Soya Soft Margarine, Prewetts Pure Soya Bean Oil. Page 27: Life All Natural Salad Cream Style Dressing (egg free) [with soya oil].

Page 30: Mapletons Body Bulk (Malt flavoured milk & soya protein drink mix. Make with milk), Healthcrafts Soya Protein Powder (84% protein). Page 31: Cauldron Foods Vegetable Pâté (mushroom flavour), Cauldron Foods Tofu Burgers (nut style, chilli, or vegetable), Direct Foods Protoveg Menu 5 Grain Burgamix, Direct Foods Protoveg Menu Minced Soya & ___ Mix, Direct Foods Bean __ st (Oriental Style), Direct Foods Protoveg Menu Sizzles, Direct Foods Protoveg Menu Sausmix, Direct Foods Protoveg Menu Burgamix, Sunrise 4 Vegetarian Quarterpound Burgers.

Page 33: Direct Foods Mr. Fritzi Fry's Soy Sausage Mix, Granose Vegetarian Goulash, Direct Foods Protoveg (textured soya protein food) Beef Flavour Chunks. Page 34: Duchesse All-Natural Tofu Dressing & Dip, Amoy Light Soya Sauce, Witte Wonder Organic Tofu Spread (with paprika), Morinaga Ever-Fresh Silken Tofu. Page 35: Plamil Soya Milk Rice Pudding, Provamel Soya Dessert (vanilla [made by Alpro in Belgium]), Sunrise Soya Milk (500 ml, sugar-free, or sweetened with raw cane sugar).

7804. Guinness, Patrick. 1986. Harmony and hierarchy in a Javanese kampung. Singapore, Oxford, New York: Oxford University Press. xvii + 191 p. Illust. Map. Index. 22 cm. A Publication of the Asian Studies Association of Australia. [65* ref]

• ***Summary:*** "The majority of Java's urban residents live in off-street neighborhoods called *kampung.* These have shown over the years a remarkable ability to absorb the expanding city population.

This is a study of the social relations in a slum squatter community in the large Indonesian city of Yogyakarta.

Page 54: Wahyono, an entrepreneur, was born in Lodok in 1946, the son of a shoemaker who was also born in the kampung. The history of his attempts to find work is given. By 1976, he and his wife, worked for the same employer in the Yogyakarta region. With the birth of their third child in 1976, "Wahyono encouraged her to stay at home and cook a few cakes for sale in the kampung. She had studied cooking after completing primary school, the only formal education she received. Her cakes (*martabat, lumpiah, risolas, tahu kuning*) proved popular among neighbours and she began to leave her products with streetside shops for sale."

When this too proved successful Wahyono left his job in 1978 to concentrate on marketing his wife's cooking.

Note 1. In Indonesian, the word *kuning* means "yellow." Turmeric is sometimes used to color foods yellow.

Note 2. This is the earliest document seen (July 2012) that mentions *tahu kuning,* which is pressed or firm tofu with a yellow exterior. Address: Research Fellow, Dep. of Anthropology, Research School of Pacific Studies, Australian National Univ.

7805. Hesseltine, C.W. 1986. Future of fermented foods. *Mycologia Memoir* No. 11. p. 303-16. Chap. 17. (C.W. Hesseltine and Hwa L. Wang, eds. Indigenous Fermented Food of Non-Western Origin. Berlin & Stuttgart: J. Cramer.) Previously published in 1981 in USDA Miscellaneous Publication FL-MS-333. [11 ref]

• ***Summary:*** Contents: Introduction. Positive factors for increased use of fermented foods. Trends in production of fermented foods. Factors that may effect the wider use of fermented foods in the West. Literature cited. Address: USDA/NRRC, 1815 N. University St., Peoria, Illinois 61604.

7806. Horne, Kibbey M. 1986. Chinese food for the modern Marco Polo. San Francisco, California: Chinese Materials Center Publications. vii + 270 p. Plus 11 unnumbered leaves of plates. Illust. (color). Map (color). 19 cm. Series: Asian Library Series No. 43. [6 ref]

• ***Summary:*** This book "is an attempt to present Chinese food as the Chinese view it." It is not a cookbook, but rather the kind of book that Marco Polo would have found very useful as he first encountered the food of China.

Page 6: The term 'putrid' embraces, "among other things, cheese (which most Chinese abominate as an inedible Western curiosity) and 'stinky' bean curd, a Ningpo specialty which some Chinese love it and many others do not."

Page 15. "Another Ningpo specialty, specialty, which appeals to a much more limited circle of Chinese and almost no Westerners at all, is Stinky Bean Curd. This is fermented bean curd which smells rather like a stout cheese which has gone off. When cooked it disperses a strong odor in all directions and to considerable distance."

Chapter 9, titled "Meat," begins by discussing the meat radical (*rou*). It then notes (p. 68): "There is one interesting case in which the entire meat character is used as the radical, and applied to something which is not meat at all, although it is a principal source of protein for the poorer Chinese: *dou fu."* It is used less frequently in terms like *dou fu yi* 'bean curd skin' [yuba]. The term "bean curd" appears on 13 pages in this book.

The character *su* means "plain," as in the word *sutsai* "vegetarian" (p. 92). The English word "vegetarian" appears on 6 pages in this book.

Three chapters near the end of the book are very interesting and useful. Each is a long table having four columns: Chinese character(s), Mandarin, English, and Cantonese–but in a different order for each chapter. The three chapters are: (1) "Mandarin glossary" (p. 173+), sorted alphabetically by the romanized Mandarin word. For

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example: 1 Cc, fu, curd, fu; or 1 Cc (Chinese character), nau, brains, nou; or 1 Cc, mau, hairy, mou. 2 Cc, ru fu, fermented bean curd, yu fu (p. 189, 243). (2) "English glossary" (p. 197+). (3) Cantonese glossary (p. 221-45).

"The author, a linguistic anthropologist, was educated at Choate, Harvard, West Point, Heidelberg and Georgetown. He has spent a fourth of his life overseas as an Army officer, traveler, and researcher. For the last twelve years he has been the director of International Programs for The California State University, one of the world's largest university systems." A color photo on the rear cover shows the author. Address: California.

7807. Hoshijo, Kathy. 1986. The art of dieting without dieting! Recipe and guidebook. The Self-Sufficiency Association, 2525 South King St., Honolulu, Hawaii 96826. Or: P.O. Box 1122, Glendale, California 91209. xiv + 729 p. Illust. Index. 24 cm.

• ***Summary:*** A whopper of a cookbook, with 300 easy-to-prepare lacto-vegetarian recipes (no eggs) from the star of the PBS television series "Kathy's Kitchen." Kathy has 6 healthy children (see color photo on rear cover) and 5 years of experience on television teaching Americans how to eat healthy foods. Each recipe contains a detailed (full-page!) nutritional analysis.

This book contains a wealth of recipes using soyfoods. For example, the index lists 57 recipes for tofu and tofu mayonnaise, 13 recipes for tempeh, 9 recipes for yuba, 6 recipes for miso, and 4 recipes for soybeans (including soymilk). One section titled "Soyfriends" (p. 63) explains: "In eliminating meat from my diet, one food that has become a real friend in the kitchen is soybeans and by-products made from soybeans. From a nutritional standpoint, soybeans are a good nutritional replacement for meat as they are the only legume which contains all essential amino acids... Soybeans by themselves have a Net Protein Utilization about equal to that of beef and chicken." Address: Honolulu, Hawaii; and Glendale, California.

7808. Hunt, Janet. 1986. The compassionate gourmet: The best of international vegan cuisine. Wellingborough, Northamptonshire, England: Thorsons Publishers Ltd. 160 p. Illust. Index. 22 cm.

• ***Summary:*** An excellent vegan cookbook, written for animal lovers. Soy-related recipes include: Avocado tofu pâté (p. 31). Celery miso pâté (p. 36). French bean salad with tofu dressing (p. 66). Tofu curry (Thailand; p. 74). Tofu and vegetable pakora (p. 86). Tofu layered casserole (p. 96). Tomato flan with tofu (p. 104). Tofu Lemon flan (p. 137). Yogurt dessert (made with cultured soya milk, p. 140). Rhubarb fool (dessert in soya milk, p. 141). Maple pancakes (with soya flour, p. 149). Walnut tofu balls (p. 156).

At least one recipe uses Holbrook's Worcester Sauce–a Worcestershire-type sauce without animal products. Many recipes call for soy sauce or soya milk, and some for canned soy or nut "sausage." Page 9 lists a number of special ingredients including Direct Foods Protoveg (soya "meat"), Infinity Foods (distributors [in Brighton, at Sussex University]) Soya mayonnaise, Lotus Foods TVP (soya "meats" in a varieties of forms and flavors), Plamil concentrated soya milk (use diluted as a milk, undiluted as a cream), and Tomor Margarine (the author's favorite of the many vegan margarines now available in the UK). In all recipes, each ingredient is listed twice in side-by-side columns: once in its Imperial (metric) form and once in its American form, e.g. 385 ml soya milk, 1 1/3 cup soya milk. A number of recipes call for the use of alcohol (whiskey, brandy, etc.). The author has written at least 14 other books on vegetarian or wholefood cookery. Address: England.

7809. Hyun, Peter. 1986. Man sei!: the making of a Korean American. Honolulu, Hawaii: University of Hawaii Press. xiii + 186 p. Plus 3 unnumbered pages of plates. Illust. No index. 22 cm.

• ***Summary:*** *Man sei!* means "Long live Korea." In this autobiographical sketch, the author describes what it was like growing up in occupied Korea under Japanese rule. "Peter was born in Hawaii in 1906, but grew up in Seoul, Korea, where his father, the Reverend Soon Hyun, was one of the leaders of the Korean independence movement struggling against Japanese colonial rule. In Seoul, at age 12, he took part in the nonviolent March First (1919) uprising for independence and freedom; a year later, he and his family escaped to join his father in Shanghai. There, his father and other patriots, established the Korean Provisional Government in Exile. When Peter was age 17 the family moved to Hawaii.

Page 142: He is discussing his life (at age 15) of hunger, poverty and cold in Nanking, China. "Whenever Umma sent me a little money, I would go to the store and buy a jar of preserved tofu–salted beancurd–which I would take with me to the dining room. When the Chinese students finished eating and the table had been picked clean, I would order my precious jar of salted tofu. And because there was always some left-over rice, I could sit alone and leisurely eat three more bowls of rice, spiced with tofu.

Page 31: In Korean, soybean sprouts are known as *kong-na-mul.*

Page 73: *Bee-bim-pap* is a traditional Korean dish made of rice mixed with marinated meat, bean sprouts, and pickled radish; it is "seasoned with soy sauce and sesame oil."

Page 89: They served us bowls of steaming rice gruel (*jook*) "with soy sauce and roasted peanuts in separate dishes."

"That was how I survived."

On the rear dust jacket is a photo of Peter Hyun and a brief biography. A longer biography appears on the next to last page, under "About the author." Address: Oxnard,

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California.

7810. Island Tofu Works. 1986. Market Research & Product Development Specialists for the Soyfoods and Health Foods Industry (Leaflet). Bar Harbor, Maine. 1 p. Front and back. 28 cm.
• ***Summary:*** "Island Tofu Works was originally founded in 1980 as a manufacturer of tofu and other related soyfoods products. Its success in product development and production, and the rapidly growing and changing soyfoods market, led to the company's decision to take its hands-on experience, and combine it with in-depth and ongoing market and product research to become *a market research and food product development company that specializes in soyfoods.*

"Our company's product development experience includes soymilks, spray-dried soymilk powders, tofu or soy-based desserts, yogurts, ice creams, meat and cheese analogs, flavored tofu products, tofu dips and dressings." Address: 318 Main St., Bar Harbor, Maine 04609. Phone: (207) 288-4969.

7811. Kondo, Sonoko; Stoumen, Lou. 1986. The poetical pursuit of food: Japanese recipes for American cooks. New York, NY: Clarkson N. Potter. 296 p. Illust. by Etienne Delessert. Index. 25 cm.
• ***Summary:*** A very artistic, attractive, and authentic book with superb (imaginative and lyrical) illustrations. The section titled "Staple foods you will need" (p. 17-20) discusses soy sauce, konbu and nori seaweeds, sesame seed paste (*atari-goma;* "Most Americans may be more familiar with the Middle Eastern version called tahini paste... Used in making salad dressings and dips"), miso, and sesame seeds. Soy-related recipes include: Grilled tofu with miso (Dengaku; p. 37). Sesame tofu (p. 38; no soy). Tuna sashimi and green onions with miso (p. 40). Daikon radish with lemon miso (p. 42). Cauliflower florets with miso (p. 42). Basic miso soup (p. 51). Clam miso soup (p. 51). Daikon radish miso soup (p. 52). Vegetable and chicken miso soup (p. 52). Tofu and wakame seaweed suimono (p. 53). Fried rice with tofu and vegetables (p. 89).

Chapter 7, titled "Tofu & egg dishes" includes (p. 103-17): Tofu in Kamakura. Description of different types of tofu: Silken, firm, grilled, pouches, deep-fried, fritters (*ganmodoki*), freeze-dried (*koya-dofu*), how to press tofu. Chilled tofu with ginger sauce. Braised koya-dofu with pea pods. Cold-day tofu. Vegetarian "chicken" tofu (with frozen tofu). Dragon's head (*hiryozu*). Tofu from the sea (*Kenchin-mushi*). Tofu gratinée. Stuffed tofu. Scrambled tofu. Tofu treasure bags. Vegetarian "burger." Egg tofu delight (*tamago-dofu;* no soy).

Beans for breakfast (*natto;* p. 125). Braised konbu seaweed, soybeans, and konnyaku (p. 128). Hijiki seaweed with tofu (p. 129). Stuffed tofu sushi (*Inari-zushi;* p. 157). Snapper tempura with asparagus and miso (p. 174). Marinated cod in miso sauce (p. 179). Seaweed, chicken, and vegetables with creamy miso (p. 185). Steak miso (p. 190). Sukiyaki (p. 206). Shabu shabu (p. 208). Vegetarian nabe (with tofu, p. 211). Sea and mountain (with miso sauce, p. 212-23). Winter nabe (with tofu, p. 214). Udon-suki (with tofu, p. 216). Tofu apple cake (p. 244). Chapter 15 (p. 260-71) is menu plans, by season and time of day.

The glossary (p. 272-82) includes: Agar-agar, azuki beans, konbu seaweed, kuzu, miso paste, nori seaweed, rice cakes (*mochi*), sesame seed oil, sesame seeds, soybeans–fermented (*natto*), soy sauce, tofu, tonkatsu sauce (with dark soy sauce), wakame seaweed. Address: Los Angeles, California.

7812. Kushi, Aveline Tomoko. 1986. Mit miso kochen: Makrobiotik [How to cook with miso: Macrobiotics]. Schaffheim, Germany: Pala-Verlag. 140 p. Illust. Index. 21 cm. [7 ref. Ger]
• ***Summary:*** A German-language edition of her 1978 English-language book. Address: Massachusetts.

7813. Leneman, Leah. 1986. The international tofu cookery book. London and New York: Routledge & Kegan Paul. 122 p. Illust. by Megan Dickinson. Index. 20 cm.
• ***Summary:*** Contents: Introduction. Types of tofu readily available: Morinaga silken tofu, Japanese instant silken tofu ("House" brand, soya milk powder and a coagulant), medium tofu, Chinese tofu, converted Japanese tofu, firm tofu (and address of 4 makers of vacuum-packed firm tofu in UK–Cauldron Foods, The Regular Tofu Co., Paul's Tofu {organic}, and Bean Machine). More unusual forms of tofu: Fermented tofu, dried-frozen tofu, deep-fried tofu, bean curd sticks or sheets [yuba]. General notes: Quantities, tofu mayonnaise, soya yogurt, American measurements. Making tofu at home. Table of metric equivalents. British- and American-style dishes (More than 100 recipes). Mexican-style dishes. The Mediterranean. Asia. Desserts.

A discussion of the author and her works appears on the half-title page at the front of the book. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

7814. Lu, Henry C. 1986. Chinese system of food cures: Prevention & remedies. New York, NY: Sterling Publishing Co., Inc. 192 p. Index. 23 cm. [11 ref]
• ***Summary:*** Chapter 7, titled "Legumes, grains, oils and seeds," discusses the following: Small red bean (adzuki bean): Edema, beriberi, jaundice, diarrhea, discharge of blood from anus, carbuncle swelling, mumps, cirrhotic ascites (p. 107). Bean curd (tofu): Pink eyes, diabetes, periodic diarrhea, sulfur poisoning (p. 111). Yellow soybean: Malnutrition in children, diarrhea, abdominal swelling, underweight, getosis (p. 111). Black soybean: Edema, beriberi, jaundice, rheumatism, muscular cramps, lockjaw, drug poisoning. Soybean oil: Gastric ulcer, duodenal ulcer,

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intestinal obstruction. Soy sauce: Promotes digestion (p. 112).

Note: Although he was born in Taiwan, Dr. Lu was quite skeptical of traditional Chinese medicine. But during this twenties he developed an ailment that resisted every form of Western medical treatment. In desperation, he traveled to Taiwan and Hong Kong to consult with Chinese specialists. The results changed his life. A traditional Chinese doctor cured him in a few months. Dr. Liu already held a PhD in education and philosophy from the University of Alberta. But at age 32 he decided to change his field. He began by translating the *Nei Jing* (*Yellow Emperor's Classic of Internal Medicine*) into English. He went on to translate 25 other Chinese medical books into English, including 7 books on acupuncture that are now listed as required texts by the Board of Acupuncture examiners. In 1972 he began practicing traditional Chinese medicine and acupuncture. In 1986 he founded the Academy of Oriental Heritage (in Vancouver, British Columbia), which now (1999) has 15 full-time teachers and more than 100 students. Address: Academy of Oriental Heritage, P.O. Box 35057, Station E, Vancouver, BC V6M 4G1, Canada.

7815. Ludlow, Rose Budd. 1986. Total health and food power: Principles of healthful living and outstanding vegetarian recipes from Glendale Adventist Medical Center. Santa Barbara, California: Woodbridge Press. 239 p. Illust. Recipe index. 23 cm.
• ***Summary:*** Section 1 of this book consists of 18 chapters on Seventh-day Adventist principles of healthful living. Part 2 contains more than 200 vegetarian recipes from the Glendale Adventist Health and Medical Center. Soy-related recipes include: Soybean waffles (p. 118). Corn chowder with imitation Baco-Bits (p. 127). Lemon juice-soy mayonnaise (with soy milk powder, p. 149). Gado-gado salad (with fried tofu, p. 165). Tofu salad deluxe (p. 171). Chinese-style sautéed tofu (p. 185). Fried tofu patties with eggs and vegetables (p. 192). Leafy Chinese tofu (p. 196). Soy-cheese patties (with tofu, p. 206). Soy-cheese scallops (p. 207). Tofu balls or cutlets (p. 210). Tofu balls with tartar sauce (p. 210). Tofu with mushroom sauce (p. 211). Tofu and brown rice casserole (p. 212).

Many recipes also use meatlike products made by Seventh-day Adventist food companies; a list is given on p. 174. These include Soyameat (p. 162), Meatless Chicken (p. 167), Nuteena (p. 200, 213), Vege-Burger (p. 211, 214). Address: Consulting Dietitian, Formerly, Director of Dietary Service, Glendale Adventist Medical Center, Glendale, California.

7816. McCarty, Meredith. 1986. American macrobiotic cuisine. Turning Point Publications, 1122 M Street, Eureka, CA 95501-2442. 110 p. Illust. Index. 28 cm. [6 ref]
• ***Summary:*** Page 7 and Chapter 7, titled "Beans and Soyfoods," give basic descriptions of tempeh, miso, soy sauce, soymilk, and tofu. Recipes include Summer's Mixed Vegetable Quiche (with tofu), Tofu Egg Foo Young, and Baked Tempeh with Lemon-Mustard Sauce. Tofu recipes elsewhere in the book include Green Goddess Dressing, Nutty Noodle Bake, Pasta Patricio, and Sour Cream. Also contains information on sea vegetables. Address: Eureka, California. Phone: 707-445-2290.

7817. McDougall, Mary A. 1986. The McDougall health-supporting cookbook. Vol. 2. Piscataway, New Jersey: New Century Publishers. iii + 157 p. Index. 23 cm.
• ***Summary:*** This is a vegan cookbook whose 250 original recipes are designed to support The McDougall Plan, which is a diet low in fat and sodium, high in complex carbohydrates. Since soyfoods are relatively high in fat, they are used sparingly and the recipes are marked by a symbol of a crown. Low sodium soy sauce is used in many recipes. Soy-related recipes include: Scrambled tofu (p. 2-3). Tofu salad dressing (p. 7-8). Dijon tofu dip (p. 9). Onion soup dip (with tofu, p. 9). Dilly tofu dip (p. 9-10). Miso soup (p. 39). Creamed tofu soup (p. 41). Tempeh Creole (p. 62-63). Rice-tofu stuffing mix (p. 88). Tempeh and grain casserole (p. 91). Tofu loaf (p. 96-97). Baked tofu cubes (p. 97-98). Spinach-tofu burgers (p. 99-100). Where's the meat loaf? (with tofu, p. 101-02). Oat burgers (with tofu, p. 102-03). TVP stuffing mix (p. 109). Okara cookies (p. 126). Tofu banana pudding (p. 132). The section titled "Update on ingredients" (p. 133-35) includes a description of: Worcestershire sauce (Sharwood's–natural and without anchovies), umeboshi plum sauce, tamari or soy sauce, okara, tempeh, kombu, and tahini. A portrait photo on the rear cover shows Mary McDougall.

Note: Not long after this book was published, New Century Publishers changed its name to New Win Publishing, Inc. and moved to Clinton, New Jersey. As of 2000 this book is published by Putnam/Penguin. Address: P.O. 14039, Santa Rosa, California 95402.

7818. Morinaga Milk Industry Co. Ltd. 1986. Morinaga. Shiba 5-33-1, Minato-ku, Tokyo 108, Japan. 22 p. Undated. 28 cm. [Eng]
• ***Summary:*** This glossy color manufacturer's catalog contains an interesting 2-page chronology of the company titled "Briefing history of Morinaga Milk." The company was founded in 1917. The first commercial product was Morinaga Drymilk–whole milk powder with sucrose. In 1953 the Morinaga Central Research Laboratory was founded–the same year as the "Morinaga Incident" in which 186 infants died after consuming Morinaga infant formula accidentally contaminated with arsenic.

The section titled "Exporting long life tofu–Owing to the technology of aseptic packaging" states: "The first long life tofu was exported in 1978 and in the following year, the Ministry of Science and Technology Prize was awarded to

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Morinaga's outstanding aseptic manufacturing technology. Since then, long life tofu has been exported to 32 countries and has received a fine reputation. Patents were granted in the U.S., the biggest export market. And in [May] 1985, for the rapidly growing American market, Morinaga Nutritional Foods, Inc. was established in Los Angeles. In 1977, Beech Nut California Corporation, a joint venture with Beech-Nut Foods Corporation was founded.

Note: This is the earliest English-language document seen (April 2013) that uses the term "long life tofu" to refer to aseptically packaged lactone silken tofu. Address: Tokyo, Japan.

7819. Nix, Janeth Johnson. ed. 1986. Sunset vegetarian cooking. Menlo Park, California: Lane Publishing Co. 96 p. Illust. Index. 28 cm.

• ***Summary:*** Written and compiled by the editors of Sunset Books and Sunset Magazine, this attractive and inviting lacto-ovo vegetarian cookbook was first published in 1981 under the titled *Menus and Recipes for Vegetarian Cooking*, edited by David E. Clark, It contains over 185 tempting recipes plus many superb full-page color photos, and illustrations (line drawings) by Kathy Parkinson of various vegetables. The subtitle on the cover only reads: "Nutritious recipes with flavor and imagination."

Chapter 1, titled "Going Vegetarian," gives a good introduction to the subject. It begins: "We've heard many reasons for going vegetarian. Some people are just looking for a change of pace from meat and potatoes. Some want to save money. Some want the health advantages of a low-cholesterol, high-fiber diet. Other have religious or philosophical reasons for not eating meat. And there are also those who want to do something about the global food problem.

"But whether you want to save money, save your heart, save animals, or save the world from food shortage, you'll need good recipes that sustain your interest in going vegetarian. And good recipes are the heart of this vegetarian cook book."

In answer to the question "Don't I need meat for protein?" it responds: "No. By weight, soybeans and cheese are better sources of protein than meat and fish. In terms of protein quality, eggs and milk rank above meat. By combining grains and legumes, you can create a protein of higher quality than meat or fish." The theme of combining proteins from complementary sources to increase protein quality is emphasized. Soybeans are said to have the best quality protein of any food from the plant kingdom, providing "virtually complete protein" with "no limiting amino acid"–a "near-perfect protein source." (p. 9-10, 49).

In a table titled "Nutrition-packed Foods" the following soy-related foods are listed as good sources: Soybeans for thiamin (vitamin B-1), niacin, vitamin B-6, folacin, calcium, and iron. Tofu for niacin and calcium.

Soy-related recipes include: Soybean soup, bistro style (p. 30). Vegetarian Joe (Like sloppy Joe, with tofu, p. 44). Cooking beans (incl. soybeans, p. 49; "Refrigerate while soaking, boil for 3 to 3½ hours." Adding salt to the soak water is said to help beans absorb water evenly). Sweet & sour soybeans (p. 51). Sesame tofu sticks (in teriyaki sauce, p. 59). Savory vegetables and tofu (p. 61). Herbed tofu sauce (p. 69). Address: Menlo Park, California. Phone: 415-321-3600.

7820. Photographs of the Arcata Tofu Shop in Arcata, California (1985-1986). 1986. Arcata, California.

• ***Summary:*** Eleven color photos (most 3½ by 5 inches), numbered with captions, were sent to Soyfoods Center on 24 Sept. 2002 by Matthew Schmit, founder and owner of the Arcata Tofu Shop. The first three photos were taken in 1985; the rest in 1986. They show: (1) One Arcata Tofu Shop character and four Arcata Co-op characters marching with "sandwich-board" signs in the annual "Rhododendron Parade" in Eureka, California (situated on the Pacific Ocean, just a few miles south of Arcata). The tofu sign is a giant lid of a package of Fresh Tofu. (2) Another of the two giant tofu tubs marching in Eureka. (3) Tisa Lucchesi (left) and Shawn White standing by a stone wall at Houda Point north of Arcata, with the Pacific Ocean in the background. They are dressed (one Japanese style) to symbolize the transmission of "tofu wisdom" from East Asia to North America. In front of

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them is old Spinning Kitchen tofu-making equipment, except for the wooden forming box made by Olof Brentmar.

(4) View from street after remodeling of The Tofu Shop: Specialty Grocery and Deli with large wooden sign over blue awning. Arcata Juice Company is on left and Hunan Village Chinese Restaurant on right. (5) A closer view of front of The Tofu Shop on same day with shop crew (6 people) standing in front, behind a newly carved street sign (by Daniel Schmit) on sidewalk. (6) Deli worker Carol Seiman displays three Fresh Tofu Pumpkin Pies on wooden counter. (7) Deli worker Helen with big special catering job of sushi rolls on a tray and in boxes. (8) Deli worker Shawn White (with a big smile) in a kitchen readies tofu veggie patties for display. (9) Matthew Schmit (with a big smile) standing beside new "Bean Machines" (BMI) stainless steel grinder / disintegrator. (10) Back porch of Tofu Shop and front door of Melanie Patrick's Eighteenth Street Bakery (wholesale only). (11) Matthew Schmit, dressed in white apron and chef's hat, standing at front counter of Tofu Shop specialty grocery and deli (no sit-down). Address: Arcata, California.

7821. Rachim, Abdul. 1986. Indonesia: Notes on the soybean food industry under producers' co-operatives in Indonesia. *CGPRT* No. 4. p. 244-54. Includes 7 tables and figures.
• ***Summary:*** Contents: Background. Indonesian soybean foods. Fermented products: Tempe, oncom, tauco, kecap. Non-fermented products: Tofu, soymilk. Function and role of Kopti (and BULOG). Traditional processing industry: Current situation of small-scale home industry, further studies on the food industry / marketing system.

The Food Balance Sheets of the Central Bureau of Statistics show that 90% of Indonesia's soybeans are used for food. Most of the human consumption is in the form of a variety of popular processed foods: tempe, tahu (tofu), tauco, and a number of other less popular foods: soybean sprouts (tauge), sere in Bali, yuba, soybean milk, fried soybeans (eaten as a snack), beans boiled in the pod (also a snack), and the beans cooked as a vegetable or as an ingredient in soups. Only one factory (Sari Hasuda, in Yogyakarta) produces soybean milk. It is enriched with nonfat dried milk, vitamins, and minerals.

To coordinate and improve the economic viability of the small tofu and tempeh producers, a cooperative system, called Kopti (*Koperasi Produsen Tempe dan Tahu Indonesia;* Indonesian Tempe / Tofu Processors' Co-operative) was founded in 1979. The main function of Kopti is to procure and distribute soybeans to its members, the number of which has increased from 25 in 1980 to 286 in May 1985. It handles about 407,160 tons/year. The purchase price of soybeans is as follows (Rupiah/kg): From USA 415, from China 425, from Indonesian farmers 475-80. Certificate [certified] seeds cost 550-75.

Tofu, tempe, kecap, tauco and oncom processing is primarily done in small factories. 3 studies have been made on the size of these factories and the quantities they process: as part of the 1974 Industrial Census of the Central Bureau of Statistics (CBS); by Winarno, et al., in 1976; and by the study team on Soybean Commodity System (SCS) in the Garut area of West Java in 1984. The findings of these 3 studies are presented in Table 2.

"We should be cautious in comparing their results, however, because of biases in the collection of the information. The CBS study, for instance, was part of an industrial census, which divided processors into two categories: small-scale industries (5-19 labourers), and home factories (1-4 labourers, some of whom may be family members). However, there may also be wide variations in the industry in different parts of the country.

"Despite these limitations, it seems that the volume of soybean processed by each unit has increased appreciably, probably reflecting a favorable growth of the industry. Yet the number of labourers per unit has remained small, and is probably diminishing. This may be because of the use of mechanical crushers or dehullers for both tempe and tofu productions." Address: Research Asst., ESCAP CGPRT Centre, Bogor, Indonesia.

7822. Schaefer, Mary Jane. 1986. The phytic acid and trace mineral content of soybeans and their effects on tofu texture. PhD thesis, Iowa State University. 145 p. Page 4366 in volume 47/11-B of Dissertation Abstracts International. [187 ref]
• ***Summary:*** Dissertation supervisor was J.A. Love. Only 39% of the iron in soybeans was recovered in soymilk. Of the copper in soymilk, 37% was lost in the whey during tofu making. The components of soybeans that were found to be the best indicators of tofu texture were iron and phytic acid, which were related to tofu fracturability (r=0.73) and elasticity (r=0.82), respectively. In finished tofu, lipid was best related to tofu cohesiveness (r=0.92). Thus a low-fat tofu would expect to break easily. Address: Iowa State Univ., Ames, Iowa. Presently: Dep. of Human Nutrition, Univ. of Missouri, 217 Gwynn Hall, Columbia, MO 65211. Phone: 314-882-4288.

7823. Spivack, Ellen Sue. 1986. The Johnny Alfalfa Sprout handbook. Johnny Alfalfa Sprout, P.O. Box 294, Lewisburg, PA 17837. 94 p. Illust. No index. 22 cm. [17 ref]
• ***Summary:*** The section titled "Super soy sprouts" (p. 21-22) describes several methods for sprouting soybeans at home. Chapter 2 describes many different seeds that can be sprouted, including lentils, alfalfa, sunflower seeds, wheat berries, fenugreek, radish, buckwheat, millet, common legumes (incl. peas, soybeans, aduki), amaranth, and quinoa.

Chapter 3, titled "Recipes for simple meals with sprouts" contains vegetarian recipes that call for the use of soymilk (p. 44, 46-47), tofu (p. 51-52, 55, 59), miso (p. 51, 59), sesame tahini or ground sesame seeds (p. 53, 72), non-

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dairy soy cheese (p. 60). A photo on the inside rear cover shows the author and her husband (a professional sprouter) gathering sprouts. Address: Lewisburg, Pennsylvania.

7824. Stidham, Martin. 1986. The fragrant vegetable: Simple vegetarian delicacies from the Chinese. Los Angeles, California: Jeremy P. Tarcher, Inc. x + 224 p. Illust. Index. 24 cm.

• ***Summary:*** Chapter 3 (p. 57-84), titled "'Meat without bones'–Tofu," contains 3 preparatory techniques and 16 recipes. Chapter 4 (p. 85-98), titled "More 'meat without bones'–Pressed tofu," contains two basic recipes for pressed and spiced pressed tofu plus 9 additional recipes. "The highly odiferous 'stinking' tofu (*chou doufu*) is made by fermenting tofu or pressed tofu, or allowing it to grow moldly, then deep-frying it. Usually eaten with a hot sauce, this is available at movable carts..." (p. 58).

"The dense cakes are fermented to become tofu 'cheese' (see Chapter 1) as well as 'stinking' tofu..."

Chapter 5 (p. 99-126) titled "'Duck,' 'chicken,' and other specialties," first discusses the basic ingredients in making these traditional meatlike products (Bean curd sheet [pressed tofu sheets], bean curd skin [yuba], and bean curd sheet noodles), then gives numerous recipes, many containing soy. Chapters on fried gluten, soups, and fruit and nut desserts follow. Soy sauce, "green soybeans" [green vegetable soybeans], soymilk, soy sprouts, and soy-pickled cucumbers are also mentioned.

The author, a graduate of Northwestern University, lived in East Asia for over 10 years, first as a student at National Taiwan Univ. in the Graduate Inst. of Chinese Literature, and later as a translator of short stories, poetry, and novels. "A long-standing interest in the cuisines of the region, especially vegetarian, has taken him into home, restaurant, and temple kitchens. He has studied privately with instructors from the area's well-known cooking schools, including Wei-Chuan and Pei Mei's, besides being tutored in special techniques by tofu makers and manufacturers of other Chinese specialty food items."

7825. Takahashi, Kuwako. 1986. The joy of Japanese cooking. Tokyo: Shufunotomo Company, Ltd. 311 p. Illust. (some color photos). Index. 27 cm.

• ***Summary:*** An excellent book with especially good descriptions of Japanese ingredients. Contents: Dedication. Foreword. Introduction. Part I. Japanese ingredients. Seasonings in Japanese cooking. Utensils and equipment. Tableware. Measurements and equivalents. Basic techniques: Making soup stock (*dashi*), cooking rice, preparing fish, boning chicken, cutting vegetables, broiling, poaching, steaming.

Part II. Seafood. Chicken. Eggs. Beef. Pork. *Tofu* (bean curd). Vegetables, dried and manufactured foods.

Part III. Appetizers (*zensai*). Soups. Salads (*aemono*). Casseroles (*nabemono*). Rice. Pickles. Desserts and Japanese sweets.

Part IV. Menu planning. Sample menus with preparation schedules. Part V. Making tea. Serving sake.

A color photo (p. 15) shows six different soyfoods made from soymilk: 1. Deep-fried soybean puffs (*age* or *aburage*). 2. Fried tofu cutlet (*atsu-age* or *nama-age*). 3. Tofu patties (*ganmodoki*). 4. Soymilk film, dried (*yuba*). 5. Bean curd cake (*tofu*). 6. Freeze-dried tofu (*Kôya dofu*).

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *Kôya dofu* to refer to dried-frozen tofu.

The section titled "Japanese ingredients" (a superb glossary, with many entries accompanied by an illustration {line drawing}, p. 17-32) includes: Bean curd cake (*tofu*), incl. regular tofu (*momen dofu*), soft tofu (*kinugoshi dofu*), Ever-Fresh Silken Tofu (aseptically packaged), instant tofu, firm tofu (Chinese style). Tofu products: Deep-fried soybean puffs (*agé* or *aburage*), fried tofu cutlet (*atsu agé* or *name agé*), freeze-dried tofu (*Kôya dofu*), grilled tofu (*yaki dofu*), tofu patties (*ganmodoki*). Beans: Red beans, dried (*azuki*), soybeans, dried (*daizu*), soybeans, fresh (*eda mamé*). Bean pastes: Bean paste, fermented (*miso*), sweet bean paste (*azuki an*). Soymilk film, dried (*yuba*). Soy sauce (*shoyu*).

The glossary also discusses: Horseradish, Japanese (*wasabi*), konnyaku, kombu, umeboshi, kabocha, daikon (4 forms), glutinous rice (*mochi gome*), red bean rice (*sekihan*), pounded rice cake (*mochi*), rice wine lees (*sakekasu*), rice wine lees pickles (*narazuke*), perilla (*shiso*), seaweeds (*hijiki, nori, yakinori, small sized nori, wakame, ao nori*), sesame seeds (*goma*), sweet rice wine for cooking (*mirin*), wheat gluten cake (*fu,* incl. *nama fu, yaki fu, and matsutake fu*).

The section titled "Seasonings in Japanese cooking (another superb glossary, p. 33-37) discusses: Soy sauce, incl. Regular soy sauce (*koikuchi shôyu*), light soy sauce (*usukuchi shôyu*), tamari soy sauce (darker and thicker, made from fermented soybean and brine in the Nagoya area. "It is not saltier than regular soy sauce but has a richer flavor, thicker taste, and some people prefer tamari as the dipping sauce for sashimi... Note 2. In the USA the name 'tamari' is mistakenly used for natural soy sauce which is not tamari"), white soy sauce (*shiro shôyu*), milder soy sauce (contains less salt). A table showing the nutritional composition of five different types of Japanese soy sauce is given. Combinations of soy sauce and mirin: Teriyaki. Miso (incl. *kome miso, mugi miso, mame miso,* mixing of miso types).

Use the good index to see how each of the ingredients mentioned above are used in recipes.

A good biography of the author is appears in the Foreword and on the inside rear dust jacket (with portrait photo). The author was also very active in introducing ikebana (Japanese flower arranging) to the Bay Area and the USA. Address: Japan and Berkeley, California.

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7826. Tofu Shop (The). 1986. Soyfood specialties: Fresh–natural–nutritious–delicious (Leaflet). Arcata, California. 1 p. Single sided. 28 cm.
• ***Summary:*** This marketing flyer is printed with black ink on light brown paper. Each of the following is described in one of six equal-sized rectangular boxes (2 rows of three each), each with a Japanese crest: (1) Handmade tofu & soymilk. (2) Baked tofu cold-cuts. (3) Light tofu salads. (4) Delicious tofu desserts. (5) Tempeh (new!). (6) About our products. Address: 768 18th St., Arcata, California 95521. Phone: (707) 822 7409.

7827. Tofu Shop Specialty Foods Company (The). 1986. Price list. Arcata, California. 1 p. Single sided.
• ***Summary:*** At the top left is an illustration of a dragon in a circle. At the top right is an illustration of a tofu shop on stilts on a cliff by the ocean, with a tree arching over the top–all in a diamond. “Fresh prepared natural foods since 1977.”

The Tofu Shop now makes 39 products in seven categories: (1) Tofu, organic nigari: 14 oz water-pac, bulk pounds, bucket deposit. (2) Soymilk, organic: Natural unflavored (pint, quart, half gallon, or gallon), vanilla-maple (1/3 quart or quart), carob-barley (1/3 quart or quart). (3) Cold cuts, pre-baked: Tofu-vegie patty tray (3), 10 oz, tofu-vegie patty bulk (12 minimum). Marinated tofu cutlet tray (5), 8 oz, marinated tofu cutlet bulk (12 min). Tofu sausage patty tray (6), 8 oz tofu sausage patty bulk (12 min). (4) Combo’s: Tofu-cutlets ‘n rice, 8 oz. Tofu-sausage ‘n pasta, 8 oz.

(5) Deli salads: Eggless-tofu (5 oz or 2 quart). Potato-tofu (5 oz or 2 quart). Tahini-tofu (5 oz or 2 quart). Corn pasta primavera (4 oz or 2 quart). Brown rice ‘n vegies (4 oz or 2 quart). Sea palm & bean sprout (4 oz or 2 quart). Tabouli (4 oz or 2 qt).

(6) Desserts: Cocoa-carob mousse, 5 oz. Maple-almond charlotte, 5 oz. Pina colada pie (6 oz or 9 inch). Pumpkin pie (6 oz or 9 inch). Address: 768 18th St., Arcata, California 95521. Phone: (707) 822 7409.

7828. Tofutti Brands Inc. 1986. An inside look at Tofutti. Rahway, New Jersey. 16 p.
• ***Summary:*** Contains complete nutritional analyses for the following products: Hard pack pints (Vanilla, Chocolate Supreme, Wildberry, Vanilla Almond Bark, Vanilla Love Drops, Chocolate Love Drops, Cappuccino Love Drops; calories range from 200 to 230 per 4 oz), Soft Serve (Regular, Hi-Lite Vanilla, Hi-Lite Chocolate; calories 90 to 158), and Single Serving Novelties (Vanilla Cuties, and Chocolate Cuties). Shows illustrations of cartons for Tofutti Pops and Tofutti Moms (“Smooth Tofutti bars on a stick dipped in delicious chocolate”) scheduled for introduction in 1987. Address: Rahway, New Jersey.

7829. Tsai, S.-J. 1986. Productivity and quality characteristics of Chinese tofu. In: Owen R. Fennema, Wei-Hsien Chang, and Cheng-Yi Lii. eds. 1986. Role of Chemistry in the Quality of Processed Foods. Westport, Connecticut: Food & Nutrition Press, Inc. 336 p. See p. 278-89. [2 ref]
• ***Summary:*** Contents: Types of tofu in Taiwan. Yield of tofu. Properties of tofu. Different coagulants related to tofu. Tofu productivity from soy flours of various particle sizes. Quality characteristics of tofu products obtained from soy flours of various particle sizes.

“This book, which is the result of a Conference held August 6-10, 1984 in Taipei, Taiwan, is an attempt to improve communications and cooperation between food scientists in the United States and Taiwan.” Address: Prof., Dep. of Food Science, National Chung-Hsing Univ., 250 Kuokuang Rd., Taichung, Taiwan.

7830. Tsuji, Shizuo; Hata, Koichiro. 1986. Practical Japanese cooking: Easy and elegant. Tokyo, New York & San Francisco: Kodansha International. 151 p. Illust. (color photos by Yoshikatsu Saeki). Index. 31 cm.
• ***Summary:*** A beautiful, elegant book. M.F.K. Fisher says of this book (rear dust jacket): “The recipes are clear and easy to follow, and the illustrations are especially delightful, truly top high-style Japanese simplicity. Messrs. Tsuji and Hata have given us the best of the old and the new.”

The Preface, by Shizuo Tsuji (born in 1948) notes that the many-faceted Japanese “cooking tradition relies heavily on two primary ingredients–delicate bonito stock (*dashi*) and, not unexpectedly, soy sauce. Most, if not all, dishes call for one or both.” The recipes generally call for either “dark soy sauce” [koikuchi] or “light soy sauce” [usukuchi].

Soy related: Squid and asparagus with mustard miso sauce (... *karashi su miso ae*, with “5 Tbsps nonsweet white miso paste,” p. 19). Tofu, pork, and vegetable soup (*Kenchin jiru*, with “1 block regular {‘cotton’} tofu, about 10 oz {300 gm}, p. 24). Pureed corn soup (with “2 Tbsps nonsweet white miso paste,” p. 24). Miso soup with pork and vegetables (*Buta jiru*, p. 25). Yellowtail teriyaki (*Buri teriyaki*, p. 35). Simmered mackerel in miso (*Saba miso-ni*, p. 37). Tofu as a possible ingredient (p. 38). Deep-fried trout in vegetable sauce (Tofu can be added to the sauce to give the dish more volume, or tofu can easily be substituted for the trout, p. 39). Stuffed spiny lobster (“In place of egg, softened miso can be used in the filling,” p. 40-41). Squid teriyaki (*Ika teriyaki;* the teriyaki sauce includes mirin, sake, dark soy sauce, and tamari soy sauce, p. 44). Shrimp and leeks with mustard-miso sauce (... *karashi-su-miso kake*, p. 48). Grilled beef (with tamari soy sauce in Lemon-soy dipping sauce {Ponzu}, and dark soy sauce in sesame dipping sauce, p. 50-51). Grilled beef with miso (*Gyuniku miso-yaki*, with “4 Tbsps Red Miso Sauce {p. 85},” p. 54). Nagasaki-style braised pork (*Buta kaku-ni*, with “1 cup {250 gm} unpacked okara {tofu pulp} or milk, optional,” p. 58).

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The section titled "Tofu" includes: Simmered tofu (*Yudofu,* with "2 blocks tofu, about 20 oz {600 gm} total," p. 71). Night-dried tofu with chicken sauce (*Ichiya-dofu tori soboro ankake;* regular tofu is allowed to freeze overnight to give it a different texture, p. 72). Simmered tofu dumplings (*Ganmodoki uma-ni,* p. 73-74). Deep-fried tofu (*Agedashi-dofu,* p. 75). Scrambled tofu (*Iri-dofu,* p. 76). White salad (*Shira-ae,* p. 77). Tofu sandwiches (*Tofu hakata-ni,* p. 78-79). Tofu hamburger steak (with miso, p. 80). Freeze-dried tofu with egg (*Koya-dofu tama-jime,* p. 81).

Grilled eggplant (*Taki-nasu,* with Soy-ginger sauce, p. 84). Deep-fried eggplant with miso sauce (*Nasu dengaku,* with Red Miso Sauce, p. 85). Turnip with ginger-miso sauce (*Furo-fuki kabura,* with 1 cup Red Miso Sauce, p. 88). Chinese cabbage and deep-fried tofu (*Hakusai usuage uma-ni,* with "4 pieces thin deep-fried tofu {*usuage*}, about 3 oz (80 gm) total," p. 90). Deep-fried and simmered acorn squash (*Eikon sukasshu no age-ni,* with "2 blocks thick deep-fried tofu {*atsuage*}, about 5 oz {150 gm} total," p. 93). Simmered soybeans (*Nimame,* with "1 cup {120 gm} dried soybeans;" "The real secret... is to allow the beans a long pre-soak before beginning to cook," p. 94). Vegetables with white sesame dressing (*Goshiki yasai gomashirasu-ae,* with 1 block regular tofu, p. 96). Mixed rice (*Kayaku gohan,* has "thin deep-fried tofu" as an alternative ingredient, p. 100). Scattered sushi (*Bara sushi,* with "1 cake freeze-dried tofu {*Koya-dofu*}, about ½ oz {15 gm}," and "2 Tbsp dark soy sauce," p. 106-07). Thick roll sushi (*Futo-maki-zushi,* with "2 cakes freeze-dried tofu {Koya-dofu}, about 1 oz {30 gm} total," p. 113). Inari sushi (*Inari-zushi,* with "10 pieces thin deep-fried tofu {*usuage*}, each about 3 inches {8 cm} square, p. 114-15). Udon noodles with deep-fried tofu (*Kitsune udon,* with 4 pieces thin deep-fried tofu, p. 120). Sukiyaki ("... actually only appeared on the horizon of Japanese cuisine some one hundred years ago," with "½ block regular {'cotton'} tofu," p. 122-23). Oden stew (*Oden nabe,* with "4 blocks thick deep-fried tofu," p. 124-25). Seafood pot (*Yose nabe,* with 1 block regular tofu," p. 126-27). Deep-fried mixed kebabs (*Kushi-katsu,* with 1/3 cup Worcestershire sauce in the Dipping sauce, p. 132-33).

The section titled "Ingredients" (p. 144-49) has a photo and excellent description for each entry, including: Ginger (fresh). Ginger (red vinegared). Ginger (sweet vinegared). Green seaweed flakes (*ao-nori*). Hot yellow mustard (*karashi*). Kelp (*konbu*). Kelp (salted) (*shio-konbu*). Mirin. Miso paste (Sweet white miso, nonsweet white miso, red miso). Nori seaweed. Pickled plums (*umeboshi*). Rice cakes (*mochi*). Rice vinegar. Saké. Sesame seeds (white, black, or brown). Seven-spice pepper. Shiitake mushrooms. Shiso leaves. Soba noodles. Somen noodles. Soybeans (fresh young) (*edamame*). Soy sauce (dark, light, tamari). Tofu (freeze-dried) (*Koya-dofu, kori-dofu, or shimi-dofu*). Tofu (fresh). Tofu (thick deep-fried). Tofu (thin deep-fried). Udon noodles. Wakame seaweed. Wasabi horseradish ("has a tingling hotness that goes straight to the nose").

About the authors (inside rear dust jacket, with small color portrait photos of each): "Shizuo Tsuji is president of the Ecole Technique Hôtelière Tsuji, the largest culinary school in Japan. It comprises three divisions, whose total enrollment currently exceeds three thousand. At the main school, which offers intensive courses in Japanese, French, Italian, and Chinese cooking, aspiring chefs receive the training necessary to become professionals. At the Ecole Supérieure de Pâtisserie Tsuji students may perfect their confectionery techniques. The Centre de Perfectionnement in Liergues, France, accepts those desirous of completing their education with firsthand experience in Europe." All classes are conducted in Japanese. He is author of the classic book *Japanese Cooking: A Simple Art* (1980, in English). Address: Tsuji Professional Culinary Inst., Osaka, Japan.

7831. *Union* (*The*) (*Arcata, California*). 1986. North Coast news: AEDC reports loans to council.
• ***Summary:*** The Arcata Economic Development Corp. last week announced two new business loans. "The Tofu Shop received a $12,000 loan to purchase new equipment and do leasehold improvements on the shop. An already existing $3,000 loan was restructured... The Tofu Shop has three full-time employees and expects to add one more when the remodeling is complete."

7832. Wakeman, Alan; Baskerville, Gordon. 1986. The vegan cookbook: Over 200 recipes all completely free from animal produce. London and Boston: Faber & Faber. 298 p. Index. 22 cm. [28 ref]
• ***Summary:*** The 200 recipes in this cookbook demonstrate that a vegan diet can be rich and varied and reach the highest culinary standards. Within each chapter (e.g. main dishes, or soups) the recipe are listed with the quicker, cheaper, or simpler ones first and the slower, more expensive, or more elaborate ones last. A nutritional analysis per serving is given with each recipe.

Soy-related recipes include: Tofu stir-fry (p. 63). Tofu chips with walnuts and olives (p. 105). Vanilla dessert (with soya milk, p. 147). Caramel Cream Pudding (with tofu, p. 153). Orange and Chocolate Mousse (with soya milk, p. 154). Banana tart (with soya milk, p. 157). Chocolate tart (with soya milk, p. 158). Banana curd cake (with tofu and soya milk, p. 160). Lemon cheesecake (with tofu and soya milk). Rum and chocolate cheesecake (with tofu and soya milk, p. 162). Basic plain sauce (with soya milk, p. 166). Lemon curry sauce (with soya milk). Custard (with soya milk, p. 175). Hot chocolate sauce (with soya milk, p. 176). Tofu dressing (p. 181). Yoghurt salad dressing (with cultured soymilk yogurt, p. 182). Mayonnaise with soya milk (p. 185). Tahini spread with miso (p. 192). Scrambled tofu and herbs on toast (p. 254). Lassi (Traditional Indian sweet or salty yoghurt drink, p. 256). Soy sprouts (p. 262).

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Many recipes call for the use of soy sauce or soya milk (especially desserts, dairylike products, or cream sauces), and tofu is used as an ingredient in many recipes in which it does not appear in the recipe name (e.g. Bulgur bake, p. 59; Mushroom pie, p. 88). In all recipes, each ingredient is listed twice in side-by-side columns: once in its Imperial (Metric) form and once in its American form, e.g. 385 ml Vegan Yoghurt, ½ cup.

One excellent chapter titled "The Alternative Dairy" (p. 231-50) is designed to tempt even the most determined cream addict. It contains descriptive sections on soya milk, margarine, tofu, vegan yoghurt, and vegan ice-cream, followed by recipes for: Vegan single cream. Vegan double cream. Vegan sour cream. Vegan piping cream. Cashew cream. Coconut cream. Vegan yoghurt (2 methods). Plain ice cream. Banana ice-cream. Pineapple ice-cream. Chocolate ice-cream. and Peach sorbet.

Appendixes include: 1. Notes on vegan nutrition. 2. Seven reasons to be a vegan (health, economic, ecological, altruistic {world hunger}, compassionate (to animals), ethical {what right do we have to kill animals?}, spiritual). 3. Useful addresses. 4. Selected bibliography. 5. Abbreviations and measures. 6. Glossary of unusual ingredients: Incl. demerara sugar (dark brown, often used raw), miso, soya flour, soya milk, soya sauce, tofu. Address: England.

7833. Wang, Hwa L. 1986. Uses of soybeans as foods in the West with emphasis on tofu and tempeh. *ACS Symposium Series* No. 312. p. 45-60. Robert L. Ory, ed. Plant Proteins: Applications, Biological Effects, and Chemistry (American Chemical Society). [34 ref]
• ***Summary:*** Similar to her article titled "Tofu and tempeh as potential protein sources in the Western diet" (March 1984). Address: Northern Regional Research Center, Agricultural Research Service, USDA, Peoria, Illinois 61604.

7834. Yee, V.; Wellington, G.H.; Olek, A.; Steinkraus, K.H. 1986. Production of a white wine and a protein-rich soy flour by yeast fermentation of soybean slurry, soybean milk and whey from tofu production. *Acta Biotechnologica* 6(3):209-14. [17 ref]
• ***Summary:*** "A dry white wine with an alcoholic content of 10 to 14% v/v was produced by yeast fermentation of slurried ground soybeans, soybean milk and whey from tofu production. Wines from whey and soybean milk were judged by a 20 member taste panel to be acceptable and comparable to a commercial chablis control. Chemical analysis indicated that the high fat and protein contents of soybeans do not cause a problem in the production of wines from soybeans as the lipids and proteins are precipitated by the acid and alcohol formed during the fermentation. The lees recovered following fermentation were dehydrated and ground to a flour having an enriched protein content due to the yeasts and an improved flavor resulting from the yeast fermentation." Address: Inst. of Food Science, Cornell Univ., Geneva, New York 14456.

7835. Zhang, Desheng. 1986. 200 recipes for the doufu devotee. Beijing, China: Women of China. 206 p. + 12 unnumbered pages of color plates. Illust. (photos by Cheng Jingjing). 18 cm. Series: Women of China special series. [Eng]*
• ***Summary:*** These 200 tofu recipes are by Zhang Desheng.

7836. Hoefer, Hans; Lueras, Leonard; Chung, Nedra. 1986-. Korea. 4th ed. Hong Kong: APA Productions. 321 p. Illust. (some color). 23 cm. *
• ***Summary:*** "... rice deliciously mixed with soy sprouts..." (p. 158).

"Enthroned in an earthen jar by the back wall, the House Site Official reigns over everyone and everything within the walls. Other gods reign atop storage jars filled with [chili] pepper and soy pastes–in the kitchen..." (p. 238).

The section on "Food & drink" states: "More common table vegetables–such as mung and soy beans, spinach, lettuce, and black sesame leaves–a typically grown in the back yard garden." A spicy hot seafood soup, called *mae-un-t'ang* "usually includes a good portion of firm, white fish, vegetables, soybean curd (*tubu*), red pepper powder, and an optional poached egg" (p. 267).

Directed by Hans Johannes Hoefer; produced, edited, and designed by Leonard Lueras and Nedra Chung.

7837. **Product Name:** Tofu Carob Drink Mix (Dry Mix).
Manufacturer's Name: Magic Mill. A Div. of CI. Made in the USA by Great American Foods.
Manufacturer's Address: 1911 South 3850 East, Salt Lake City, Utah. Phone: 801-972-0707.
Date of Introduction: 1986?
Ingredients: 100% organic cane juice, partially hydrogenated soy oil, cereal solids (from corn), carob powder, calcium carbonate, tofu, sodium caseinate, sea salt, natural color, natural flavors, carrageenan, soy lecithin.
Wt/Vol., Packaging, Price: 27.6 oz (784 gm) can. Retails for $7.95 (7/90, California).
How Stored: Shelf stable.
Nutrition: Per 8 oz (28.1 gm): Calories 130, protein 2 gm, carbohydrate 20 gm, fat 5 gm, cholesterol 0 mg, sodium 150 mg.
New Product–Documentation: Product with Label purchased at Adventist Book Center, Pleasant Hill, California. 1990. July 8.

Talk with Magic Mill. 1990. July 11. These products were introduced in about 1986. They are selling well. Magic Mill was founded in about 1986. The company's best-selling products are the Magic Mill Grain Grinders/Mills. Steve Storey was with the company but he no longer is. Jim Harrison was the founder and present president. Great

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American Foods makes the product, and Magic Mill markets it. The parent company is named Constellation Incorporated. It was started before 1986 by Jim Harrison. Its divisions are Magic Mill International and Great American Foods. All three companies are located in the same building.

7838. **Product Name:** Vitasoy Tofu Pasta.
Manufacturer's Name: Mandarin Enterprises Ltd.
Manufacturer's Address: No. 13-12200 Vulcan Way, Richmond, BC, V6V 1S8, Canada.
Date of Introduction: 1986?
New Product–Documentation: Talk with Michael Weiner. 1987. Dec. 16.

7839. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Morgenland Pflanzenkost.
Manufacturer's Address: Kurze Strasse 1, D-3406 Lenglern, West Germany. Phone: 05593-774.
Date of Introduction: 1986?
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He says they started in 1986 and make about 200 kg/week of tofu. Gives company name as Morgenland Tofu (Göttingen). Manufacturer's catalog. 1987. Kleine Warenkunde. Yellow. 4 pages. Describes each of the 13 soyfood products. The tofu is handmade in the traditional way without automatic pressing or preservatives.

7840. **Product Name:** [Vegetable Tofu].
Foreign Name: Gemuese Tofu.
Manufacturer's Name: Morgenland Pflanzenkost.
Manufacturer's Address: Kurze Strasse 1, D-3406 Lenglern, West Germany.
Date of Introduction: 1986?
New Product–Documentation: Manufacturer's catalog. 1987. Kleine Warenkunde. Yellow. 4 pages. Describes each of the 13 soyfood products.

7841. **Product Name:** [Fried Tofu].
Foreign Name: Tofu-Bratschnitten.
Manufacturer's Name: Morgenland Pflanzenkost.
Manufacturer's Address: Kurze Strasse 1, D-3406 Lenglern, West Germany.
Date of Introduction: 1986?
New Product–Documentation: Manufacturer's catalog. 1987. Kleine Warenkunde. Yellow. 4 pages. Describes each of the 13 soyfood products. "These ready to eat tofu slices are dipped in shoyu, fried, then lightly de-fatted."

7842. **Product Name:** [Smoked Tofu (With Arame Sea Vegetables, or Chopped Mushrooms)].
Foreign Name: Raeucher-Tofu.
Manufacturer's Name: Morgenland Pflanzenkost.
Manufacturer's Address: Kurze Strasse 1, D-3406 Lenglern, West Germany.
Date of Introduction: 1986?
New Product–Documentation: Manufacturer's catalog. 1987. Kleine Warenkunde. Yellow. 4 pages. Describes each of the 13 soyfood products. "Prepared with sea salt and arame sea vegetables or chopped mushrooms. Cold smoked with juniper, spruce needles, and beech tree sawdust, etc."

7843. **Product Name:** [Tofu Meatballs].
Foreign Name: Tofuletten.
Manufacturer's Name: Morgenland Pflanzenkost.
Manufacturer's Address: Kurze Strasse 1, D-3406 Lenglern, West Germany.
Date of Introduction: 1986?
New Product–Documentation: Manufacturer's catalog. 1987. Kleine Warenkunde. Yellow. 4 pages. Describes each of the 13 soyfood products. In German a "Bulette" is a meatball, or rissole. These are made from tofu, soy bran (okara?), rice, whole wheat grits, vegetables, herbs, and seasonings. Sold in packs of 6.

7844. **Product Name:** [Hazelnut Tofu].
Foreign Name: Haselnuss Tofu.
Manufacturer's Name: Morgenland Pflanzenkost.
Manufacturer's Address: Kurze Strasse 1, D-3406 Lenglern, West Germany.
Date of Introduction: 1986?
New Product–Documentation: Manufacturer's catalog. 1987. Kleine Warenkunde. Yellow. 4 pages. Describes each of the 13 soyfood products. This is the newest Morgenland creation. Made with roasted nuts chopped into large pieces.

7845. **Product Name:** Sunrise Tofu and Vegetable Pies [Chinese Vegetables, Ratatouille, or Celery & Peppers].
Manufacturer's Name: Soya Health Foods, Ltd.
Manufacturer's Address: Unit 4, Guinness Rd., Trafford Park, Manchester M17 1UA, England. Phone: 061-872-0549.
Date of Introduction: 1986?
New Product–Documentation: Poster. 1986. New from Soya Health Foods Ltd. Sunrise Tofu and Vegetable Pies. Filled with Sunrise Tofu and Fresh Vegetables. Ready Baked in Wholemeal Pastry. 100% free from cholesterol and animal products.

Note: *Webster's Dictionary* defines ratatouille (a French term first used in about 1877) as: "a seasoned stew made of eggplant, tomatoes, green peppers, squash, and sometimes meat."

7846. **Product Name:** Firm Tofu, Tofuburger, Tofu Pasty, Okara Bread.
Manufacturer's Name: Soyfoods Ltd.
Manufacturer's Address: Wheathampstead House, The

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Old Brewery, St. Albans, Herts. AL4 8DS, England. Phone: 0664-60572.
Date of Introduction: 1986?
New Product–Documentation: Letter from Simon Bailey. 1988. Oct. 10. Paul Jones has moved from his Wheathampstead House address to 66 Snow Hill, Melton Mobray, Leicestershire, LE13 1PD, England. Same phone. He doesn't make tempeh. But he now makes Firm & Soft Tofu, Tofuburger, Tofu Pasty, and Okara Bread.

Talk with David de Korsak. 1990. Jan. 31. David, a Frenchman, worked for this company in England from Oct-Dec. 1987 and May-June 1989. The first time he made tofu and the second time he made okara bread and burgers. They also made a seasonal Christmas Cake with tofu. The company moved to Melton Mobray in about 1985. It sells to about 80-85 retail outlets in London. The company is very small. Paul and his wife and one driver are the only full-time employees.

7847. **Product Name:** [Tofu Burgers].
Foreign Name: Tofuburgers.
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Ostpreussenstr. 22, D-8000 Munich 81, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1986?
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban. 1990. June 13. This product was introduced after he moved to Ostpreussenstr. 22.

7848. **Product Name:** [Spice Tofu].
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Ostpreussenstr. 22, D-8000 Munich 81, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1986?
Wt/Vol., Packaging, Price: Plastic tubs.
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban. 1990. June 13. This product was introduced after the company moved to Ostpreussenstr. 22. It is no longer sold. It was made by mashing cooled tofu with cooled fried onions, curry, and spices.

7849. **Product Name:** [Tofu Spring Rolls].
Foreign Name: Tofu Fruehlingsrollen.
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Ostpreussenstr. 22, D-8000 Munich 81, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1986?
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban. 1990. June 13. This product was introduced after the company moved to Ostpreussenstr. 22. It is now the company's fifth best-selling product.

7850. **Product Name:** [Tofu Slices {Marinated in Shoyu then Fried}].
Foreign Name: Tofu Schnitten.
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Ostpreussenstr. 22, D-8000 Munich 81, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1986?
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban. 1990. June 13. This product was introduced after the company moved to Ostpreussenstr. 22. It is now the company's fourth best-selling product. Sliced tofu is laid and marinated in shoyu for 1-2 days, then deep-fried. No bread crumbs are used as a coating.

7851. **Product Name:** [Tofu Slices Stuffed with Sauerkraut].
Foreign Name: Sauerkraut Schnitten.
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Ostpreussenstr. 22, D-8000 Munich 81, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1986?
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban. 1990. June 13. This product was introduced after the company moved to Ostpreussenstr. 22.

7852. **Product Name:** [Tofu Spread with Tempeh].
Foreign Name: Tofu Pastete mit Tempeh?.
Manufacturer's Name: Svadesha R. Urban.
Manufacturer's Address: Ostpreussenstr. 22, D-8000 Munich 81, West Germany. Phone: 089 / 93 90 05.
Date of Introduction: 1986?
How Stored: Refrigerated.
New Product–Documentation: Talk with Svadesha R. Urban, company founder. 1990. June 13. After moving to Ostpreussenstr., he introduced new versions of the product, one with herbs and one with tempeh. He also started selling tempeh, which was made by Byodo Naturkost.

7853. **Product Name:** Fried Bean Curd (Aburaage).
Manufacturer's Name: Tokyo Food Processing Corp. Affiliate of JFC International.
Manufacturer's Address: 40 Varick Ave., Brooklyn, NY 11237.
Date of Introduction: 1986?
New Product–Documentation: Soya Bluebook. 1987. p. 110.

7854. **Product Name:** [VFP Organic Tofu: Fresh Soya Bean Curd].
Foreign Name: VFP Tofu Organique: Caillé Frais aux Fèves de Soya.

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Manufacturer's Name: Victor Food Products, Ltd.
Manufacturer's Address: 102 Hymus Rd., Scarborough, ONT, M1L 2C9, Canada. Phone: 416-752-0161.
Date of Introduction: 1986?
Ingredients: Water, organically grown soya bean, magnesium chloride (chlorure de magnesium).
Wt/Vol., Packaging, Price: 500 gm packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Label. undated. 5 by 4.25 inches. Orange, green, yellow, and white. Printed on clear plastic film. Written in both English and French.

7855. Pratt, Dan. 1987. Ice Bean, Tofulite, and Tofutti (Interview). *SoyaScan Notes.* Jan. 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** "Tofulite is preferred to Tofutti in every taste test that I have ever seen results on." Tofutti is too sticky and for some people too sweet. The name Ice Bean, coined in a moment of jest, is now a liability, but it's hard to switch. The main ingredient differences between Ice Bean and Tofulite are: Ice Bean is sweetened with honey and made with fresh soymilk. The "Tofu Flavors" of Ice Bean contain tofu and are sweetened with fructose. Tofulite is made with 15% real tofu plus some isolates, and sweetened with sugar. Address: Barricini, Oyster Bay, New York.

7856. *Washington Post.* 1987. The mood foods. Jan. 6. p. H11.
• ***Summary:*** Some scientists believe that foods can be divided into two groups: (1) Relaxing foods. (2) Motivating foods. The 2nd group, which make you alert, motivated, and efficient, stimulate the brain chemicals norepinephrine and dopamine, and include tofu (bean curd), dairy products, eggs, and lean meat. Relaxing foods, which make you feel sleepy, stimulate the brain neurotransmitter serotonin; they include all sugary foods and pasta.

7857. Hahn, Barbara. 1987. A soybean success story. Tofu factory finds market right at home [Ashland Soy Works]. *Courier* (*Grants Pass, Oregon*). Jan. 12.
• ***Summary:*** Ashland Soy Works, owned by Diana Muhs, was started 5 years ago. They make about 1,800 lb of tofu a week, plus soy milk, Tophoria (tofu ice cream), baked tofu, and tofu loaf.

7858. Matsuura, Masaru. Assignor to Kikkoman Corp. 1987. Process for production of sterilized packed tofu. *U.S. Patent* 4,636,398. Jan. 13. 4 p. Application filed 2 Jan. 1985. Application also filed in Japan on 13 Jan. 1984. [5 ref]
• ***Summary:*** Process for production of sterilized packaged tofu. Soymilk is mixed with coagulant, filled into the container, sealed, and heated to simultaneously effect sterilization and coagulation. Address: Noda, Japan.

7859. Cushman, Deborah. 1987. ISU researcher [Walter Fehr] is Calvin Klein of designer beans. *Des Moines Register* (*Iowa*). Jan. 14. p. 1T, 10T.
• ***Summary:*** New varieties are low in linolenic acid, high in stearic acid, high in protein (Vinton, for tofu), small seeded for sprouts, and large seeded for soynuts and miso.

7860. Frick, Elaine E. 1987. The soybean has its American roots in the South. *Record* (*Columbia, South Carolina*). Jan. 14. [2 ref]
• ***Summary:*** Soy sauce, made in Georgia by Samuel Bowen, was sold by Z. Kingsley at his store in Bedon's Alley. Also about Benjamin Franklin and Samuel Bowen.

7861. Frick, Elaine E. 1987. Soybeans: South Carolina's ugly duckling gets exciting when it changes. *Record* (*Columbia, South Carolina*). Jan. 14. p. 1B, 2B.
• ***Summary:*** In 1969 the South Carolina Soybean Board was created. In 1984 soybeans were the state's top income-producing crop.

7862. Crump, Constance. 1987. Tofu cooperative voluntarily files for bankruptcy [Rosewood Farms may buy The Soy Plant's assets]. *Ann Arbor News* (*Michigan*). Jan. 20. p. A3, A6.
• ***Summary:*** Production is continuing under an arrangement with Rosewood Farms, according to Rosewood owner Bruce Rose.

7863. Burros, Marion. 1987. Not-so-natural foods: The tofu alternative. *New York Times.* Jan. 24. p. 10.
• ***Summary:*** "Natural foods have gone big time."
"Tofu was supposed to be a nutritious alternative to ice cream, but some tofu-based desserts, like yogurt before them, have more calories than ice cream. What is more, despite tofu in the name, there are frozen tofu desserts with very little tofu."

7864. *Puget Sound Business Journal.* 1987. Vashon tofu tycoons build new plant. Jan. 26. p. 1-2.
• ***Summary:*** The 11-year old company will expand production space to 37,000 square feet from the current 4,000. The company has annual sales of over $1 million according to the Pacific Northwest Specialty Foods Association. They plan to expand distribution to the rest of the West Coast.

7865. *Los Angeles Times.* 1987. Newsletter helps cooks add tofu to regular meals [Healthy Times Newsletter from Morinaga]. Jan. 29.
• ***Summary:*** Announcing Morinaga's forthcoming new Healthy Times Newsletter, "a bimonthly publication of nutritional information, recipes and cooking tips designed to

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help fit tofu into the convenience-oriented American diet... Consumers who wish to receive a year of the Newsletter can do so by enrolling in the Mori-Nu Health for Life Club ($2.00).” Address: California.

7866. **Product Name:** Tophoria (Tofu-Based Non-Dairy Ice Cream).
Manufacturer’s Name: Ashland Soy Works.
Manufacturer’s Address: 280 Helman St., Ashland, OR 97520.
Date of Introduction: 1987. January.
How Stored: Frozen.
New Product–Documentation: Hahn. 1987. Courier (Grants Pass, Oregon). Jan. 12.

7867. **Product Name:** Barbecue Baked Tofu.
Manufacturer’s Name: Ashland Soy Works.
Manufacturer’s Address: 280 Helman St., Ashland, OR 97520. Phone: 503-482-1865.
Date of Introduction: 1987. January.
Ingredients: Tofu (water, organically grown soybeans, natural magnesium chloride or nigari: a derivative of seawater), tomatoes, molasses, honey, apple cider vinegar, chili powder, prepared mustard (vinegar, water, mustard, salt, turmeric, spices), soy oil, tamari (soy sauce), onion, garlic, parsley, liquid smoke.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 4 by 3 inches. Red and brown on white. Talk with Diana Muhs. 1988. Feb. 10.

7868. **Product Name:** Tofu Nuggets.
Manufacturer’s Name: Bud, Inc.
Manufacturer’s Address: 1100 Wicomico St., Baltimore, MD 21230.
Date of Introduction: 1987. January.
Ingredients: Organic nigari tofu, sunflower seeds, sesame seeds, sea salt, spices, soybean oil.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Label. 1988, Jan. (dated). 3.5 by 3 inches. Card stock. Red and pink on white. Under English product name is the Chinese name: Chin wei cha doufu. “Keep refrigerated. Serving suggestions: Heat and serve or mix with salad, stir-dry with vegetable, or use it as an ingredient in soup.” Logo says: “Soyfoods for a healthy world.”

7869. **Product Name:** [Tofu Kiss (Low-Calorie Non-dairy Frozen Dessert)].
Foreign Name: Tofu Kiss.
Manufacturer’s Name: Cygne d’Or. Distributed by Maho Distribution.
Manufacturer’s Address: Cerny, France.
Date of Introduction: 1987. January.
Ingredients: Tofu from soja, maize sugars, mashed fruits.
Wt/Vol., Packaging, Price: 85 ml, 1 liter or 2 liters.
How Stored: Frozen.
New Product–Documentation: Soyfoods (ESFA). 1987. Jan. “Creamy and delicious as an ice cream, Tofu Kiss is not an ice cream. It’s a frozen dessert, 100% made with natural products chosen for their low calorie content. Little fat and sugar. Advantages: dietetic but greedy product.”

Soya Bluebook. 1987. p. 92. This product is made for Maho by Cygne d’Or in Cerny. The general manager of Maho is Pierre Maitre. The address of the distributor, Maho (an affiliate of Aixagri) is now given as 4 Place Jeanne d’Arc, 13100 Aix en Provence, France. Phone: 33/42/264444

Letter from Bernard Storup of Société Soy. 1990. March. This company worked with Sojadoc in 1986-87 to make a “light” soy ice cream using soymilk made by Sojadoc. The product was rather poorly distributed and was discontinued at least 2 years ago.

7870. **Product Name:** Eastern Flavor Dim Sum or Pot Sticker (Stuffed Dumpling in Wonton Skin) [Vegetable, Shrimp, or Mushroom].
Manufacturer’s Name: Eastern Foods Corp. (Distributor).
Manufacturer’s Address: 3235 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1987. January.
Ingredients: Vegetable: Wheat flour, soy bean protein [isolate], soy bean oil, soy bean curd (soy beans, water, calcium sulfate), green onion, onion, spinach, water, soy sauce, sesame oil, ginger, salt, black pepper. Note: Shrimp is same ingredients except shrimp is listed first.
Wt/Vol., Packaging, Price: 7.94 oz (225 gm). Package of 15 retails for $1.89 to $2.49.
How Stored: Frozen.
New Product–Documentation: Label. 1987. 6 by 9 inches. Gold, red, and blue on clear film. “Microwave Oriental Snack. Fully Cooked. Keep Frozen. Microwaves in 3 minutes. Vegetable Recipe.” Talk with Mr. Lee. 1987. Nov. 11. Product was introduced in January 1987. It contains no okara and is now the company’s main focus of energy.

7871. **Product Name:** Eastern Flavor Dim Sum or Powza (Stuffed Dumpling in Raised Round Dough) [Vegetable, Shrimp, or Mushroom].
Manufacturer’s Name: Eastern Foods Corp. (Distributor).
Manufacturer’s Address: 3235 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1987. January.
Ingredients: Vegetable: Wheat flour, soy bean protein [isolate], soy bean oil, soy bean curd (soy beans, water, calcium sulfate), green onion, onion, spinach, water, soy sauce, sesame oil, ginger, garlic, salt, black pepper, yeast.

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Note: Shrimp is same ingredients but shrimp listed first.
Wt/Vol., Packaging, Price: 7.94 oz (225 gm). Package of 15 retails for $1.89 to $2.49.
How Stored: Frozen.
New Product–Documentation: Label. 1987. 6.5 inches square. Gold, red, and blue on clear film. "Microwave Oriental Snack. Fully Cooked. Keep Frozen. Microwaves in 3 minutes. Vegetable Recipe." Talk with Mr. Lee. 1987. Nov. 11. Product was introduced in January 1987. It contains no okara and is now the company's main focus of energy. Brochure. 1987. Percentage of households owning Microwaves: 1982 28%, 1987 65%, 1990 79% (Source: Amana study 1986). Dim Sum is grazing food.

7872. *Food Processing* (*Chicago*). 1987. Tofu development services for test markets. 48(1):60. Jan.
• ***Summary:*** Brightsong Foods of Petaluma, California, has developed over 90 tofu-based products since 1980. Brightsong offers product development services specializing in a wide variety of tofu products to food processors. "Services offered include process and/or product development, licensing, incorporation of tofu into current products, current product improvement, and R&D consulting. Products which can offer quick market introduction and benefits include frozen desserts, yogurt, puddings, salad dressings, dips, beverages, and dry products–all based on tofu."

7873. *Gourmet.* 1987. Gastronomie sans argent [gastronomy without money]. 47:63-64, 98-100. Jan. [Eng]
• ***Summary:*** Includes a discussion of tofu.

7874. Hinman, Bobbie; Snyder, Millie. 1987. Lean and luscious. Prima Publishing & Communications, P.O. Box 1260, Rocklin, CA 95677. 450 p. Jan. Foreword by Harold Selinger, M.D., Director, Heart Inst. of West Virginia. 22 cm. Spiral bound.
• ***Summary:*** This book was originally self-published in May 1985 by the authors (Hinman-Snyder Productions, Charleston, West Virginia). The new subtitle states: "Over 400 easy-to-prepare, delicious recipes for today's low-fat lifestyle. Each recipe includes at-a-glance nutritional breakdown." This low-calorie cookbook is very similar to the original edition. The tofu recipes have the same names and are on the same pages. Address: 1. Maryland; 2. West Virginia. Phone: 916-624-5718.

7875. *J. of the American Dietetic Association.* 1987. New products and services: Tofulicious. 87(1):102. Jan.
• ***Summary:*** Gives the nutritional composition of this soy ice cream. Each 4-ounce serving contains only 150 calories and 2 gm of protein. Tofu is the main ingredient.

7876. Jain, Manoj. 1987. Educating health workers and villagers in India on the dietary use of soybean. Boston, Massachusetts. 14 p. Jan. Unpublished manuscript. [10 ref]
• ***Summary:*** The soybean today has become one of the prominent crops in Madhya Pradesh (M.P.), India. The soybean is economical and easily available in Madhya Pradesh. One kilogram of soybeans, which makes ten liters of soy milk, costs Rs. 4.00 (U.S. $0.40) in the retail market. Hence, soy milk costs Rs. 0.40/liter while cow milk costs Rs. 4/liter. Similarly, the price of tofu is one tenth that of curdled cow milk. Cow milk is often in shortage, especially during the summer months, while soybeans can be available all year.

The study had three objectives. 1. Developing an educational and training program for rural workers on the uses of soy products especially soymilk. 2. Conducting a training program for rural workers. 3. Having health workers do demonstrations in 15 villages. The educational and training program was developed at the Mahatma Gandhi Memorial Medical College, Indore, M.P. The sessions were held at Bharatiya Grameen Mahila Sangh (BGMS), a non-profit voluntary agency. Villagers response to each food was different. They tried the following: Roasted and fried soybeans, soy halwa [halva] (sweet cake), soy chutney, soy milk, okara, tofu, and soy yogurt. This field study conclusively reveals that soybeans have a tremendous potential in India. Address: Boston, Massachusetts: Boston Univ. School of Public Health.

7877. Kjellker, Monica. 1987. Continuous soyfoods production from whole soybeans. *Soyfoods* (*ESFA*) 1(1):21-24. Jan.
• ***Summary:*** A description of the Alfa-Laval process for making tofu and soymilk. Contents: 1. Towards continuous processing: General food industry, soy processing. 2. Continuous production of soyfood: Soybean/water extraction, final products from soybean/water extract (soy beverage, tofu). 3. Automation in food industry: Development in automation, why automation?, automation levels, continuous soy processing.

Note: The author has an MSc in Chemical Engineering. Address: Product Manager, Soy Processing Dep., Alfa-Laval, Lund, Sweden.

7878. Making tofu at The Soy Plant in Ann Arbor, Michigan (Photographs). 1987.
• ***Summary:*** These fifteen color photos (each 3½ by 5 inches) were sent to Soyfoods Center in 1979 by Bruce Rose of Rosewood Products Inc. (Ann Arbor, Michigan) in The Soy Plant scrapbook. A handwritten note reads: "Random shots. Dec. 1986 & Jan. 1987. Adam & curd area. Rick & beans. Rebecca Morris. Adam & Jim." All photos are taken throughout the inside The Soy Plant tofu factory at 711 Airport Blvd., Suite #1, Ann Arbor, Michigan 48104. They appear to have been shot at clean-up time, since many people

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are spraying, washing, and scrubbing equipment. Three photos show a person in the room where sacks of soybeans are stored.

Note 1. In Jan. 1987 The Soy Plant voluntarily filed for Chapter 7 bankruptcy. In April 1987 Rosewood Products purchased the plant's equipment for $2,000.

7879. **Product Name:** Vegetarian Nature's Patties Burger with Tofu [Original, or BBQ].
Manufacturer's Name: Nature's Path.
Manufacturer's Address: 9451 Van Horne Way, Richmond, BC, V6X 1W2 Canada. Phone: 604-278-4584.
Date of Introduction: 1987. January.
Ingredients: Tofu (organic soybeans, nigari, water), soya protein, sunflower seeds, brown rice, potato, rolled oats, sesame seeds, walnuts, gluten, tomato, onion, pimento, carrots, peppers, celery, sunflower oil, Engevita nutritional yeast, herbs and spices, tamari soy sauce, psyllium seed, molasses, dijon mustard.
Wt/Vol., Packaging, Price: Family size 10 x 3.3 oz patties, or 4 x 3 oz patties. Each is a plastic bag.
How Stored: Frozen.
Nutrition: Per 100 gm: Calories 236, protein 17.4 gm, carbohydrate 22.9 gm, fat 12.0 gm, sodium 185 mg, potassium 185 mg, fiber 1.5 gm.
New Product–Documentation: Leaflet. 1987, undated. 8½ by 11 inches, color. "Nature's Path Vegetarian Nature's Patties with Tofu. Contains no animal fats, eggs, dairy products, nitrates, or cholesterol. Succulent non-meat patties. 17% protein." Spot in Soya Newsletter. 1987. 1(4):6. "Made with tofu (17%) and a wide selection of grains and vegetables. Contains no egg or dairy products." Label. 1988. 10 by 5.5 inches. Plastic bag. Red, black, and blue on white with color photo of burger and vegetables.

Letter from Rick Furdal, manager. 1988. April 4. They have moved to #170-2540 Simpson Rd., Richmond, BC V6X 2P9. Their restaurant, Woodlands Natural Foods, 2582 West Broadway, Vancouver, BC V6K 2G1 (Phone: 604-733-5411) makes over 100 fresh soyfoods recipes on a rotational basis.

7880. **Product Name:** Organic Tofu Burgers.
Manufacturer's Name: Oasis Wholefoods.
Manufacturer's Address: Unit 3C, Dart Complex, Steamer Quay Rd., Totnes, South Devon, England.
Date of Introduction: 1987. January.
Ingredients: Organic brown rice, tofu, carrots, onions, sunflower seeds, okara, garlic, shoyu, sea salt, vegetable oil, spices.
Wt/Vol., Packaging, Price: 160 gm.
How Stored: Refrigerated.
New Product–Documentation: Letter from Simon Bailey. 1988. Oct. 10. Company name is now Oasis Wholefoods. Phone: 0803-863167. They now make Organic Tofu (plain & smoked), Tofuburger, and Organic Tempeh. In Dec. 1987 Francis Checkley sold the company to I.J. Mohammed.

Letter from I.J. Mohammed. 1991. Sept. 30. This product was introduced in Jan. 1987. There is only one type/flavor. Label sent by I.J. Mohammed. 1991. Sept. 30. 2.5 inches diameter. Pea green on yellow. Illustration of palm trees. "Ready for eating hot or cold."

7881. **Product Name:** Tofu Muffin Mix (with Dried Tofu).
Manufacturer's Name: Pennant Products.
Manufacturer's Address: P.O. Box 23630, Rochester, NY 14692.
Date of Introduction: 1987. January.
Ingredients: Real dried tofu, whole wheat flour, bran, oats, spice-nut flavor.
Wt/Vol., Packaging, Price: 50 lb bags.
How Stored: Shelf stable.
New Product–Documentation: Spot in Food Engineering. 1987. Jan. "All Natural Ingredients for Muffin Mixes." Spot in Baking Industry. 1987. Feb.

7882. Perez, Oswaldo. 1987. Preparacion del queso de soya o tofu [Preparation of soy cheese or tofu]. *La Era Agricola* (*Merida, Venezuela*) No. 1. Jan. p. 9-10. [Spa]
• ***Summary:*** A brief overview based on *The Book of Tofu* by Shurtleff & Aoyagi. Address: Granja Tierra Nueva, Aldea San Luis, La Azulita, C.P. 5102, Estado Merida, Venezuela.

7883. **Product Name:** [Tofu (Soft, Medium, or Firm; Vacuum Packed in 3 weights)].
Manufacturer's Name: Sojadoc. Affiliate of Cooperative Occitane.
Manufacturer's Address: Zone Industrielle La Viscose, 81000 Albi, France. Phone: 63-45-46-45.
Date of Introduction: 1987. January.
Wt/Vol., Packaging, Price: Vacuum packed, 200 gm, 400 gm, 3,500 gm. The latter in parallelipipedic loaf vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Moisture 75 gm, total solids 22.7 gm, protein 12.1 gm, lipids 3 gm (which which linoleic acid is 60%), total soluble carbohydrates 0.8 gm, ash/minerals 1.4 gm, calcium 47 mg, sodium 3 mg, phosphorus 53.7 mg, potasium 175 mg, magnesium 182 mg.
New Product–Documentation: Soyfoods (ESFA). 1987. Jan. "Packaging: parallelepipedic loaf vacuum packed. Weight: 3 kg 500. Specifications: product white colored with a fine structure. Composition: water 75%, soya 25%."

Soya Bluebook. 1987. p. 96.

Manufacturer's brochure. 1987. In French. "Sojadoc tofu: New source of vegetable protein. The products of French soybeans. Soymilk (Tonyu) and Tofu. The company is now Sojadoc S.A. With capital of 1,100,000 French francs. Located in Albi. Shares of the company are now owned as follows: Cooperative Occitane 51%, Sofiproteol

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15%, Sofirem 5%, Jacques Isnard (General director) and Alain Lacombe (Commercial director), and others 29%. The president and general director is Claude DeVelle. Also part of this group is Alidoc (which makes soy-based animal feeds) and Prolea (which does research on soy food uses).

A single insert sheet describing the company's tofu gives a flowchart of the production, 8 general dietetic and nutritional characteristics, 8 technical characteristics, it composition (75% water, 25% soja, traces of salt), detailed composition (see above), and its uses: charcuterie (pates, terrines, sausages), plats cuisinés and plats surgelés (quiches, pizzas, etc.), sauces (bechamel, mayonnaise, salad dressings), meat dishes, and pastries and desserts (bavarois, desserts glacés, biscuits).

7884. *SoyaScan Notes.* 1987. New Trend: Increase in breeding of soybeans for specialized uses, including special food uses such as tofu, miso, and soy sprouts (Overview). Jan. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is part of the larger trend toward value added products and toward tailoring soybeans for export to food manufacturers in Japan. The new breeding work is being done by various countries (such as Canada and the USA), and by many universities, agricultural experiment stations, and private seed breeding companies within the USA. U.S. soyfoods companies will definitely benefit for this trend and should keep close track of new developments.

7885. *Soybean Digest.* 1987. Breeding [soybeans] for special markets. Jan. p. 28.
• ***Summary:*** Walter Fehr is a member of a team of Iowa State Univ. food technologists and plant breeders that developed methods for producing high-yielding varieties with high protein or high stearic acid oil. The high protein is good for tofu. A soybean with low linolenic acid doesn't need to be hydrogenated.

7886. **Product Name:** Soymage (Casein-Free Non-Dairy Cheese) [Cheddar, Mozzarella, Monterey Jack, or Jalapeno].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: R.D. #3 North Gate Industrial Park, P.O. Box 5204, New Castle, PA 16105. Phone: 800-441-9419.
Date of Introduction: 1987. January.
Ingredients: Tofu, soy protein isolate, soy oil, sea salt, citric acid, soy lecithin, guar gum, brewer's yeast, natural flavoring, natural coloring.
Wt/Vol., Packaging, Price: 12 oz package in plastic wrapper secured at each end with a metal clip. Retails for $3.99. Also in 5 lb deli loaves, or 20 lb blocks.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: 85 calories, protein 3 gm, carbohydrates 2 gm, fats 7 gm, sodium 140 gm. Plus 25% of the U.S. RDA for calcium.
New Product–Documentation: Note: This is the earliest known soy cheese made by Galaxy Foods. Letter/Order from Angelo Morini, General Manager, Galaxy Cheese Co., Rt. 18, Big Beaver Center, Beaver Falls, Pennsylvania 15010. 1979. Dec. 7. He orders 1 copy of *Tofu & Soymilk Production.*

News release. 1987. Feb. 2 p. "Soymage: A casein-free cheese alternative." Angelo Morini, president of Galaxy Cheese Co., claims that this is "the first totally casein-free, non-dairy cheese alternative. This is the answer for those who love cheese flavor but avoid dairy products." It comes in four flavors and "has a wonderful, light texture; shreds and slices beautifully." The ingredients are listed. It is Kosher, Pareve, and free of cholesterol and lactose. Robert H. Savar is the exclusive broker. The company also makes a cheese analog called Formagg, based on casein and soy oil, but with no soy protein products. Industrial Laboratories Co., Denver, Colorado. 1987. Feb. 9. "Outside laboratory analysis of Soymage." Soymage, made by Soyco Foods, contains no casein. Ad in Natural Foods Merchandiser. 1987. March. p. 51. "Introducing Soymage. The World's First Totally Casein Free Cheese Alternative." Cheese Market News. 1987. March 20. "Soymage cheese alternative is casein free." Letter from Linda D. Stephens, sales representative, of Soyco Foods. 1987. April 17. "Soyco Foods, a division of Galaxy Cheese Company, is introducing a new line of cheese substitutes targeted towards the health food consumer and those who are allergic to most dairy products such as cheese." For more information call toll free 1-800-441-9419. Product Alert. 1987. April 27. "Four flavors of a new tofu-based cheese alternative have recently been introduced by Soyco Foods." Spot in Florida Grocer (Miami). 1987. May. Spots in Dairy Foods, Dairy Field, and Vegetarian Times, all June 1987. Label reads: "Kosher–Pareve. 100% casein free. The natural cheese alternative."

Ad (full page, color) in Vegetarian Times. 1987. Oct. p. 27. "Soymage. The Vegetarian's 'Cheese' Choice. Dairy Free." The product is sold in chubs in mozzarella, Cheddar, Monterey Jack, and Jalapeno flavors. Talk with Richard Rose. 1988. Jan. 8. This is the only non-dairy casein-free soy cheese. Richard finds it to be a very poor quality product; it is waxy and doesn't melt.

7887. *Soyfoods* (*ESFA*). 1987. Seen at the SIAL food show. 1(1):30. Jan.
• ***Summary:*** This show was held in Oct. 1986 at Paris. Sojadoc presents Tofu and Tonyu (soymilk). At SIAL Société Soy of France launched Soyeux (a new dessert in vanilla and chocolate flavors), and Tof'in (tofu cakes precooked without oil in 3 flavors: Garlic & Herbs, Provençale, and with Mushrooms). Cygne d'Or confectionery launched Tofu Kiss (a tofu based non-dairy frozen dessert, distributed by Maho Distribution). Galactina introduced four ready-to-eat

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tofu salads (Tofu Nature, Tofu Gourmet, Tofu Jardinière, and Tofu Provençale). Address: Paris, France.

7888. *Soyfoods* (*ESFA*). 1987. ESFA objectives. 1(1):31. Jan. • ***Summary:*** 1. To prevent consumer deception, ESFA encourages soyfoods producers to establish voluntary standards for the various soyfoods. 2. To work with regulatory agencies in laying out the basis of requirements for the soyfoods on labeling, marketing, and health issues. 3. To provide reliable information to dietitians, press people (the media), and generally speaking to all people looking for information on soyfoods. 4. To promote utilization of soyfoods for their food value. "By soyfoods, we refer among others to the oriental traditional products directly derived from the soybeans, such as soybean milk, tofu, tempeh, soya sauce, and soybean sprouts."

Those interested in joining the European Soy Foods Association should contact Guy Coudert, ESFA, 12 Avenue George V, 75008, Paris, France. Subscriptions to *Soyfoods* magazine (published by ESFA), 4 issues per year, are 300 French francs. Address: Paris.

7889. Soyfoods Center. 1987. The world's most comprehensive source of information on soybeans and soyfoods. 1100 B.C. to the 1980s. SOYA computerized bibliographic database on soybean utilization, processing, history, marketing, production, and nutrition. P.O. Box 234, Lafayette, California. 6 p. Jan. Also issued in condensed form as a 1-page news release. Manufacturer's catalog. • ***Summary:*** Gives details on the new computerized SOYA database, which contains listings for 17,500 publications. Many of the more recent records also contain abstracts. The cost of a search on the database starts at $75. Address: Lafayette, California.

7890. *Successful Farming.* 1987. Tofu-quality beans earn 40¢ premium for Illinois growers. 85(2):18. Jan. • ***Summary:*** "Tom Pearcy has been paying northern Illinois soybean growers as much as 40¢ a bushel premium over the Chicago Board of Trade soybean price... He's contracting with approximately 300 growers to produce high-quality, identity-preserved beans which he cleans and exports directly to Japan.

"These beans are used to make tofu–and are sold to major manufacturers in Japan." Address: Des Moines, Iowa.

7891. **Product Name:** Lite Lite Tofutti (Low-Calorie Non-Dairy Ice Cream) [Hard Pack: Chocolate Vanilla Twirl, Applejack Vanilla Twirl, Cappuccino Vanilla Twirl, Strawberry Vanilla Twirl, Chocolate Strawberry Twirl, Vanilla Chocolate Strawberry, Orange Sorbet & Vanilla, Tutti Frutti Sorbet & Vanilla, Keylime Sorbet & Vanilla].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065.
Date of Introduction: 1987. January.
Ingredients: Applejack: Water, corn sweeteners, sucrose, tofu, isolated soy protein, concentrated apple juice, vanilla, applejack liquor, cellulose gum, natural flavors, guar seed gum, carob bean gum, salt.
Wt/Vol., Packaging, Price: Hard pack pints.
How Stored: Frozen.
Nutrition: Per 4 oz. serving: Calories 90, protein 2 gm, fat less than 1 gm, carbohydrate 20 gm, sodium 80 mg.
New Product–Documentation: News release. 1987. Jan. 28. 2 p. "Tofutti Brands Inc. Announces a Revolutionary Breakthrough, Lite Lite Tofutti, a New 90 Calorie Dessert [per 4-oz serving]. A typical 4-ounce serving of ice cream contains approximately 250 calories and 14 grams of fat. The first 90-calorie, 98% fat-free frozen dessert with no cholesterol and no lactose." Also low in sodium. Beck. 1987. Boston Globe. Sept. 2. It is even lower in calories than ice milk or frozen yogurt, which average 200-250 calories/cup. Six Labels. 1987. Sent by Donna Haverstock. Color leaflet. 1987. "Tastes like you're cheating." Shows read and white carton/Label against a background of fruit. Lists 8 flavors. Article in The Record (Hackensack, New Jersey). 1988. March 7. Lite Lite Tofutti and Ice Bean both sell for $2.49 a pint. Steve's Ice Cream, a premium dairy ice cream, is $2.09 a pint.

Tofutti Brands 1991 Annual Report. 1992. April. Lite Lite Tofutti has only 90 calories per serving. It is distributed nationally in pints, cans, and soft-serve mix. Flavors include Neapolitan, Deep Chocolate Fudge, Swiss Mocha Coffee, and Special Strawberry.

7892. **Product Name:** Lite Lite Tofutti (Low-Calorie Non-Dairy Ice Cream) [Soft Serve: Cool Vanilla, Chocolate, Wild Strawberries, Cappuccino, or Applejack].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065.
Date of Introduction: 1987. January.
Ingredients: Water, corn sweeteners, sucrose, tofu, isolated soy protein, cellulose gum, all natural flavorings, guar seed gum, carob bean gum, salt.
Wt/Vol., Packaging, Price: Soft serve.
How Stored: Frozen.
Nutrition: Per 4 fl. oz.: Calories 90, protein 2 gm, carbohydrates 20 gm, fat < 1 gm, sodium 80 mg, potassium 20 mg, phosphorus 30 mg, no cholesterol or lactose.
New Product–Documentation: News release. 1987. Jan. 28. 2 p. "Tofutti Brands Inc. Announces a Revolutionary Breakthrough, Lite Lite Tofutti, a New 90 Calorie Dessert [per 4 oz serving]. A typical 4-ounce serving of ice cream contains approximately 250 calories and 14 grams of fat. The first 90-calorie, 98% fat-free frozen dessert with no cholesterol and no lactose." Also low in sodium. Beck. 1987.

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Boston Globe. Sept. 2. It is even lower in calories than ice milk or frozen yogurt, which average 200-250 calories/cup.

Tofutti Brands Annual Report. 1992. April. Lite Lite Tofutti has only 90 calories per serving. It is distributed nationally in pints, cans, and soft-serve mix. Flavors include Neapolitan, Deep Chocolate Fudge, Swiss Mocha Coffee, and Special Strawberry.

7893. Vandemoortele, Philippe. 1987. Editorial. *Soyfoods* (*ESFA*) 1(1):2. Jan.
• ***Summary:*** Contents: What are soyfoods? Why was the Association founded? What will the Association do to achieve its goals. What can a member expect from the Association?

"Soyfoods cover all products deriving from the whole soybean produced according to a traditional process and manufactured into soya milk, tofu, tempeh, miso, soya sauce, soya sprouts and other products. Why was the European Soyfoods Assoc. founded? Until only a few years ago, only industrial soya protein such as defatted and fullfat flour, concentrates, isolates, and textured protein were used in the food industry. They are mainly used for their functional properties rather than for their nutritional characteristics." Now there is a growing interest in soyfoods. The ESFA will organize a Soyfoods Conference every 2 years. Address: President of the ESFA (European Soyfoods Assoc.).

7894. Wang, H.L. 1987. Tofu and soybean milk production. *Soyfoods* (*ESFA*) 1(1):9-17. Jan.
• ***Summary:*** Discusses all the major processing variables including soaking, soybean to water ratio, extraction, heat treatment, separation of soymilk from insoluble residues, coagulation temperature and mode of mixing, soybean variety, proximate composition, and microbiological quality.

Dr. Wang was born in China and came to this country after graduation from the National Central University, Nanking. She received her PhD in Biochemistry from the University of Wisconsin, Madison, in 1952. She worked intermittently for 10 years in the field of nutrition and at the Marquette University Medical School, Milwaukee, and at the Univ. of Wisconsin Medical School. In 1963 she joined the NRRC as a research chemist. Address: USDA NRRC, Peoria, Illinois.

7895. **Product Name:** Westbrae Natural Malteds [Carob Malted, Vanilla Malted, Cocoa-Mint Malted, Almond Malted, or Caffeine-free Java Malted].
Manufacturer's Name: Westbrae Natural Foods (Marketer). Made in Los Angeles by House Foods & Yamauchi, Inc.
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: (415) 658-7521.
Date of Introduction: 1987. January.
New Product–Documentation: Ad in Vegetarian Times. 1987. April. p. 1. "Malteds... thicker and richer than ever–half the fat of a shake! A non-dairy delight. Five delicious flavors. Organic soybeans. Grain sweetened [rice syrup]." No gums or carrageenan are used to enhance thickness. Spot in Soya Newsletter. 1987. 1(3):6. Note: Introduced in 1984 and imported from Japan. In Jan. 1987 the product started being made, packaged, and retorted for Westbrae by House Foods & Yamauchi Inc. in Los Angeles.

7896. **Product Name:** Tofu Spread [Dill, Celery, Garlic, or Paprika].
Manufacturer's Name: White Wonder Natural Products (Importer). Made in the Netherlands by Witte Wonder.
Manufacturer's Address: 709 7th St., Hudson, IA 50643. Phone: 319-988-3811.
Date of Introduction: 1987. January.
Ingredients: Dill: Fresh tofu* (made from soya beans with filtered water and coagulated with nigari), filtered water, soybean oil, barley malt syrup*, apple vinegar*, dill, guar vegetable binder, herbs, seasalt. * = Organically grown.
Wt/Vol., Packaging, Price: 8 oz (220 gm) glass jar.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Dill: Per 1 tablespoon (14 gm): Calories 25, protein 0.8 gm, carbohydrates 1.2 gm, fat 2.0 gm, sodium 40 mg (320 mg/100 gm).
New Product–Documentation: Label. 1987. 9.5 by 1.25 inches. Black, green, and tan on white. "Delicious taste. Low calorie. Contains organic ingredients. No cholesterol. No sugar. Low sodium." An illustration (line drawing) on the front panel shows a traditional tofu master (taken from *The Book of Tofu* without permission). "White Wonder emerged from the pioneering activities of a group of consciously living people. We believe in producing healthy, nutritious, and good tasting food products which are made using only the finest organic or natural ingredients." Soyfoods Center product evaluation. 1 May 1988. Herb. Delicious, but a little rich on oil. Soya Bluebook. 1987. p. 95. Soya Newsletter. 1987. Nov/Dec. p. 6. Talk with Ruth Young. 1988. Sept. 15. The product was first sold in America in Jan. 1987. It is imported from Witte Wonder in the Netherlands.

Leaflet (glossy color, 2 panels each side, each panel 10 x 14 cm) sent by White Wonder Natural products, Hudson, Iowa. 1988. Sept. 22. "Tofu Spread: Contains organic ingredients."

7897. *Toyo Shinpo* (*Soyfoods News*). 1987. Kôji-kin baiyô okara aji, kaori, shokkan ryôkô. Okara shori ni idomu. Okara hanbaagu tanpaku na aji de katasa yoshi (ryo) [Culturing okara with koji molds. The taste, fragrance, and texture are good. Processing okara by chilling. Okara hamburger–light taste and good firmness]. Feb. 2. p. 2. [Jap; eng+]
• ***Summary:*** In this experiment, raw okara, white rice, bran, and konnyaku powder were cultured with koji molds (*Aspergillus oryzae*), *Rhizopus* molds (*kumonosu kabi*), and

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one other type. Afterwards, the mixture was used in deep-fried tofu burgers (*ganmo*), croquettes, and hamburgers. The best results occurred when ground pork was mixed in to make a hamburger. The end product had a light taste and a nice firm texture.

7898. Fritschner, Sarah. 1987. Don't let nerdy image keep you from tofu. *Times* (*Louisville, Kentucky*). Feb. 11. Also in the Journal (Knoxville, TN). Feb. 18.
• ***Summary:*** Marketing Intelligence Services says that tofu is a $95 million market, but pure tofu still accounts for 2/3 of this. Yet tofu remains an enigma for most Americans.

7899. Lytel, Laurie. 1987. Soy Plant bankruptcy: collectivism gone haywire. *Crain's Detroit Business.* Feb. 16. p. 1, 6.
• ***Summary:*** The collective, established in 1976, filed for Chapter 7 bankruptcy in early January. The company has lost money for at least 4 years, the result of disorganized management. Last year's revenues were $168,000 and expenses $180,000. The company makes 8,500 lb/week of fresh tofu, plus tempeh and soymilk.

7900. Burros, Marian. 1987. Restaurants: Cantonese fare that's unusual. *New York Times.* Feb. 17. p. C22.
• ***Summary:*** This is a review of the Cantonese Chinese two-star restaurant Lan Hong Kok Seafood House (131 Division Street). Recommended dishes include: Crabs with black bean sauce. "Braised bean curd with vegetables and black mushrooms." The dim sum of black beans.

Other excellent dishes: Maryland crabs sautéed with black beans [probably fermented black soybeans]. Stuffed bean curd. Bean curd mixed with black mushrooms.

7901. *Irish Times* (*Dublin*). 1987. Plenty of products on the boil. Feb. 17. p. 17.
• ***Summary:*** "The Food Technology Business Unit in the Food Centre at Raheen is a place where people can come and try out their food ideas, while at the same time receiving basic business training." About 20 people are presently working on projects.

Lin Thakker, who trained as a nurse in England before coming to Limerick with her husband six years ago, is supplying the public in Limerick with foods she ate growing up in Japan. "Her first product was tofu, a fermented bean curd [sic], which has a mild flavor and which can be used instead of cheese." She first had the idea when she saw the high price of imported tofu. Now she also makes fresh soya milk, vegetarian pizzas and vegetarian burgers." She sells all of these to hotels and fastfood outlets as well as to wholefood shops.

Note: Tofu is also occasionally called "soybean curd." It is not fermented, and is very different from "fermented tofu," which is rarely found in Japan.

7902. Sugisawa, Ko; Matsumura, Y.; Taga, K.; Sengoku, K.; Nagatome, Y. Assignors to House Food Industrial Company Ltd. (Higahsi-Osaka, Japan). 1987. Process for preparing tofu. *U.S. Patent* 4,645,681. Feb. 24. 5 p. Application filed 27 Feb. 1985. [2 ref]
• ***Summary:*** Example 1. Soymilk containing 10.5% solids was charged into a reserve tank and 0.25% by weight of GDL (glucono delta-lactone) was added as a coagulant after the milk was boiled for 1-2 minutes. The mixture was allowed to stand for 20 minutes to form a curd. A similar type of curd weighing 3 times as much was then added to this tank, and the mixture was agitated to crush it into small pieces. The mixture of the pieces of curd and milk was then charged into heat-resistant plastic containers, sealed, and heated in water at 85ºC for 40 minutes. The resulting tofu resembled Momen Tofu. The process allows for the use of isolated soy protein as an option. Address: 1-2, 4-5. Nara, Japan; 3. Neyagawa, Japan.

7903. *1,001 Home Ideas.* 1987. Tofu. Feb. p. 66, 68, 70-72.

7904. **Product Name:** Tofu Cream Chie (Non-Dairy Cream Cheese).
Manufacturer's Name: 21st Century Foods Inc.
Manufacturer's Address: 30A Germania St., Jamaica Plain, MA 02130.
Date of Introduction: 1987. February.
Wt/Vol., Packaging, Price: 8 oz retails for $1.19.
How Stored: Refrigerated.
New Product–Documentation: Posner. 1987. 21st Century Whole Foods Cook Book. Inside rear cover. They get all the tofu they use from Nasoya (4/87). Leaflet. 1987. "Tofu Cream Chie. Music to the Palate." 8 by 11 inches. Full color. Shows many appealing uses of the product.

7905. **Product Name:** Sno-e Tofu Non-Dairy Beverage Mix (With Sodium Caseinate) [Plain, or Cocoa].
Manufacturer's Name: Abersold Foods.
Manufacturer's Address: 3240 Explorer Dr., Sacramento, CA 95827. Phone: 916-366-3199.
Date of Introduction: 1987. February.
Ingredients: Cereal solids (from corn), soy oil, dehydrated tofu, soy protein isolate, calcium fortifications (calcium carbonate, tri-calcium phosphate, calcium chloride, calcium sulfate), sodium caseinate, sea salt, carrageenan, natural flavors.
Wt/Vol., Packaging, Price: Dry powder in 5.2 oz foil packet, makes 2-quarts. Retails for $1.25. 2 lb economy size makes 4.9 gallons for $9.00. Only sold by mail order. Add $3.00 per order for processing and UPS postage.
How Stored: Shelf stable.
Nutrition: Per 8 oz. serving: Calories 90, protein 2 gm, carbohydrates 10 gm, fat 5 gm, sodium 120 mg. Percent of

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RDA: Calcium 30%.
New Product–Documentation: Ad in Vegetarian Times. 1987. June. p. 16 "A tasty option to drinking milk. NO Dairy Allergies! NO Cholesterol! LOW fat and salt! LOW in Calories! It really looks and tastes like milk! Free sample." Similar ad in New Age Journal. 1987. Sept/Oct. p. 92. Spot in Soya Newsletter. 1987. 1(4):6. Talk with Vance Abersold. 1988. March 10. The product was launched in Feb. 1987. See separate interview with him. The calcium fortifiers settle when the milk stands. He used the sodium caseinate because it is a standard ingredient in the food industry, and this ingredient makes the product taste much better. Ad in East West. 1988. Feb. p. 17, and in Vegetarian Times. 1988. March p. 24 and May p. 21. 2/3 page. Picture of a cow with its head through a "No" sign. "Wholesale prices through direct mail. Only $1.25 for 2 quarts... It really looks and tastes like milk." For a "free sample" send $2 to cover shipping and handling. This company gets our "Questionable Product of the Year Award." A product aggressively marketed as non-dairy that contains sodium caseinate made from cow's milk. An incorrect ingredient listing "cereal solids (from corn)" and refusal by the company on two occasions to return phone calls enquiring about this. A "free sample" offer that requires you to send $2. A product that sells for $1.25 per 2 quart package but which requires that you pay an additional $3.00 "processing" fee not included in the company's price comparisons with other products. How deceptive can you get?

7906. Appropriate Foods, Inc. 1987. Eat Appropriately! [Catalog and price list]. 292 Liberty Ave., Brooklyn, NY 11207.
• ***Summary:*** The following lines are carried and distributed: Appropriate Foods, New York Soy Deli, The Soy Source, Emperor's Best, Cedar's Mediterranean Foods, Grainaissance (amazake and mochi), Infinity Foods (amazake puddings), Integrity Baking Co., Jofu, Maine Coast Sea Vegetables, Malka's Foods (Blueberry Tofu Pie), Miso Master, Nasoya Foods, New England Country Dairy, Ray's Seitan Wheat Meat, Soya Kaas, Stonyfield Farms (Yogurt), Sunshine Burgers. Address: Brooklyn, New York.

7907. Beddows, C.G.; Wong, J. 1987. Optimization of yield and properties of silken tofu from soybeans. II. Heat processing. *International J. of Food Science & Technology* 22(1):23-27. Feb. [8 ref]
• ***Summary:*** "The effect of various heat treatments on the yield, protein content, and physical form of silken tofu was investigated. Better quality and yields were obtained when the macerated soybean slurry was filtered prior to heating and a defined rate of heating was used with stirring. The optimum coagulation temperature was 75-80ºC." Address: Dep. of Applied Sciences, Leeds Polytechnic, Leeds LS1 3HE, England.

7908. Beddows, C.G.; Wong, J. 1987. Optimization of yield and properties of silken tofu from soybeans. III. Coagulant concentration, mixing and filtration pressure. *International J. of Food Science & Technology* 22(1):29-34. Feb. [17 ref]
• ***Summary:*** The coagulation and post coagulation treatment of tofu preparation was examined with respect to bulk yield, protein and solid recovery, and texture. The optimum calcium sulfate concentration is 9-10 mM (= millimolar) for soybean protein yield and texture. The stirring speed during coagulant addition was found to be critical and the optimum for protein conversion, net yield, and texture is 240-280 revolutions per minute. The optimum filtration pressure is 4-6 g per square cm. Address: Dep. of Applied Sciences, Leeds Polytechnic, Leeds LS1 3HE, England.

7909. Beddows, C.G.; Wong, J. 1987. Optimization of yield and properties of silken tofu from soybeans. I. The water:bean ratio. *International J. of Food Science & Technology* 22(1):15-21. Feb. [22 ref]
• ***Summary:*** "The extraction phase of the preparation of silken tofu was investigated and the ratio of beans:water was shown to be very critical in terms of the amount of protein extracted and the properties of the tofu. In the range 9-14:1, 10:1 gave the best result. Extraction at 8:1 and making up to 10:1 gave much poorer results, but maceration at 8:1 followed by a further extraction at 2:1 gave a better quality tofu. The time of maceration was shown to have a pronounced effect on the amount of protein extracted." Address: Dep. of Applied Sciences, Leeds Polytechnic, Leeds LS1 3HE, England.

7910. Ismunadji, M.; Zulkarnaini, I.; Somaatmadja, S. 1987. Nutritional disorders of soybean in Indonesia. *CGPRT* No. 10. p. 167-74. Feb. J.W.T. Bottema, F. Dauphin, and G. Gijsbers, eds. Soybean Research and Development in Indonesia. [11 ref]
• ***Summary:*** Nutritional disorders of soybean are common in Indonesia. Visual symptoms, such as leaf chlorosis (potassium deficiency), stunted growth, and malformation of leaves are often observed in the field. Molybdenum and phosphorus deficiencies, aluminum toxicity, and acid mineral soils (corrected by careful liming) are common problems on specific soil types.

Soybean is the most important grain legume crop grown in Indonesia. It is used for food and feed and plays an important role in the Indonesian diet as a source of protein. Soybean protein is much cheaper than protein from animal sources. Soybean-based food such as tempe, tahu, soy sauce and taucho are very popular. Indonesia is not yet self-sufficient in soybean and imports are close to a half million tons/year. The Government is promoting soybean production by acreage expansion and intensification. Address: Bogor Research Inst. of Food Crops (BORIF).

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7911. Kijima, Hiromachi. 1987. Tôfu gyôkai no genjô to atarashii ugoki [The Japanese tofu industry and market: Current status and recent trends]. *Daizu Geppo* (*Soybean Monthly News*). Feb. p. 24-30. [Jap]
• ***Summary:*** Nationwide, 28.2% of all tofu sales is from regular (momen) tofu, 22.5% is from deep-fried tofu pouches (aburaage), 19.9% is from lactone silken tofu, 13.8% is from regular silken tofu, 4.7% is from grilled tofu, and 10.9% is from other types (mainly deep-fried tofu cutlets and burgers).

Among large manufacturers, 24.8% of all tofu sales is from regular (momen) tofu, 18.3% is from tofu pouches (aburaage), 24.8% is from lactone silken tofu, 15.1% is from regular silken tofu, 4.1% is from grilled tofu, 7.1% is from tofu cutlets (nama-age), and 5.8% is from other types (mainly deep-fried tofu burgers). Address: Zenkoku Hoso Tofu Kyokai, Senmu Riji.

7912. **Product Name:** [Cheese Tofu, Curry Tofu, Peanut Tofu, Sesame Tofu].
Manufacturer's Name: Kobayashi Shokuhin.
Manufacturer's Address: Okubomi 2025, Kitahara-cho, Owari Asahi-shi, Aichi-ken, Japan. Phone: 05615-3-2714.
Date of Introduction: 1987. February.
New Product–Documentation: Toyo Shinpo. 1987. Feb. 11. p. 3. President Masakazu Kobayashi has started test marketing these 4 innovative varieties of tofu.

7913. **Product Name:** [Nigari Filled Silken Tofu Made with Cold-Pressed Soymilk].
Foreign Name: Namashibori Jûten-dôfu.
Manufacturer's Name: Marutsune.
Manufacturer's Address: Urashingiri 2-3, Ushida-cho, Aichi-ken, Japan. Phone: 0566-81-1141.
Date of Introduction: 1987. February.
New Product–Documentation: Toyo Shinpo. 1987. Feb. 11. p. 3. To make this tofu, unsoaked soybeans are ground with water, then the soy slurry is pressed before cooking, while it is still cold, to separate the soymilk from the okara. No defoamer is used in cooking, and the resulting filled silken tofu is coagulated only with nigari. None of the typical GDL is used. The president, Mr. Kondo, went to China to study the cold pressing technique. "The tofu is delicious."

7914. Medoff, Marc. 1987. Whole frauds in the news: "Soy" cheese update and Brightsong Tofu-Rella. *Whole Life.* Jan/Feb. p. 31. [1 ref]
• ***Summary:*** A so-called "soy cheese" named organic Tofu-Rella is made for Brightsong Foods in Petaluma. The label (which is printed in 5½ tall) deceptively calls casein "milk-free protein" in its Mozzarella-style cheese. But casein *is* milk protein. Ingredients are "Organic tofu, soy oil, casein (milk-free protein), salt, citric acid, soy lecithin, and guar gum." The label states that 51% of Tofu-Rella is organic tofu. Address: New York.

7915. *Monthly New Food Products in Japan.* 1987. Dessert Mixes. Tofu or soy protein based dessert mixes are new from Morinaga Co. in Japan. 12(2):14. Feb. *
• ***Summary:*** The bean jam mixes yield an azuki bean jelly type dessert after chilling. Address: Japan.

7916. Murata, K.; Kusakabe, I.; Kobayashi, H.; Akaike, M.; Park, Y.W.; Murakami, K. 1987. Studies on the coagulation of soymilk-protein by commercial proteinases. *Agricultural and Biological Chemistry* 51(2):385-89. Feb. [5 ref. Eng]
• ***Summary:*** 17 proteinases from microorganisms, plants, and animals were tested as coagulants for soymilk. Those which did coagulate soymilk were bromelain, papain, trypsin and proteinases from *Bacillus amyloliquefaciens, B. subtilis, B. polymyxa, Streptomyces griseus, S. caespitosus, Aspergillus oryzae, A. sojae, Endothia parasitica, Rhizopus* species, and *Mucor miehei.* Ineffective were rennin, pepsin, and proteinases from *Aspergillus saitoi.* Soymilk clotting activity fell as the pH rose from 5.9 to 6.7. Temperature optima for the enzymes varied from about 50ºC for *Rhizopus sp.* to 85ºC for *Bacillus subtilis* and *B. thermoproteolyticus* and as high as 95ºC for papain. Address: Research Development Sect., Kibun Food Chemifa Co. Ltd., Takinogawa 7-38-15, Kita-ku, Tokyo 114, Japan.

7917. **Product Name:** Calci-Fu Non-Dairy Tofu Milk Drink.
Manufacturer's Name: Nature's Plus. Div. of Natural Organics, Inc.
Manufacturer's Address: 10 Daniel St., Farmingdale, NY 11735. Or Long Beach, California. Phone: 213-494-2500 or 516-293-0030.
Date of Introduction: 1987. February.
Ingredients: Incl. calcium.
Wt/Vol., Packaging, Price: 19 gm individual serving packet retails for $0.95, or 22-serving can retails for $8.95.
How Stored: Shelf stable.
New Product–Documentation: Product Alert. 1987. April. Soya Newsletter. 1987. March/April. p. 7. A dry mix, fortified with 1200 mg of calcium per serving. Talk with company. 1988. Feb. 17. Product is still being sold.

7918. **Product Name:** Calci-Fu Non-Dairy Tofu Chocolate Shake.
Manufacturer's Name: Nature's Plus. Div. of Natural Organics, Inc.
Manufacturer's Address: 10 Daniel St., Farmingdale, NY 11735. Or Long Beach, California. Phone: 213-494-2500 or 516-293-0030.
Date of Introduction: 1987. February.
Wt/Vol., Packaging, Price: 25 gm individual serving packet retails for $0.95, or 22 serving can retails for $9.95.

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How Stored: Shelf stable.
New Product–Documentation: Product Alert. 1987. April. Soya Newsletter. 1987. March/April. p. 7. A dry mix, fortified with 1200 mg of calcium per serving. Talk with company. 1988. Feb. 17. Product is still being sold.

7919. **Product Name:** Soyboy Tofu Burgers.
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607. Phone: 716-442-1213.
Date of Introduction: 1987. February.
Ingredients: Harvest Light Tofu (filtered water, organically-grown soybeans, natural calcium chloride nigari–a natural mineral coagulant, not a preservative), red miso (water, rice, soybeans, salt), carrots, dried onion, sesame seeds, sunflower seeds, spices, guar gum, carrageenan.
Wt/Vol., Packaging, Price: 6.25 oz 2 burgers per package.
How Stored: Refrigerated, 45 day shelf life. Or frozen.
Nutrition: Per burger (3.125 oz.): Calories 180, protein 14 gm, carbohydrate 4.3 gm, fat 12.5 gm, sodium 350 mg.
New Product–Documentation: Manufacturer's catalog. 1987. Oct. Gives ingredients. Talk with Andy Schecter. 1988. Feb. 17. Launched in Feb. 1987. Label. 1987. 3.25 inches diameter. Red, green, and black on yellow. "All natural meatless entrees. Cholesterol-free. No preservatives and nothing artificial. Precooked for your convenience."

7920. **Product Name:** Organic Tofu [Smoked], Organic Tempeh.
Manufacturer's Name: Oasis Wholefoods.
Manufacturer's Address: Unit 3C, Dart Complex, Steamer Quay Rd., Totnes, South Devon, England.
Date of Introduction: 1987. February.
Ingredients: Cultured soya beans.
Wt/Vol., Packaging, Price: 8 oz (227 gm).
How Stored: Frozen.
New Product–Documentation: Letter from Simon Bailey. 1988. Oct. 10. Company name is now Oasis Wholefoods. Phone: 0803-863167. They now make Organic Tofu (plain & smoked), Tofuburger, Organic Tempeh. In Dec. 1987 Francis Checkley sold the company to I.J. Mohammed.

Letter from I.J. Mohammed. 1991. Sept. 30. The smoked tofu was introduced in Feb. 1987 and the organic tempeh in Aug. 1987.

Label for Organic Tempeh sent by I.J. Mohammed. 1991. Sept. 30. 4 by 8 inches. Green on yellow. Illustration of palm trees. "Cultured soya beans. Low in saturated fats. High in protein. Cholesterol free. Salt free." Three recipes are given in condensed form in small type.

7921. **Product Name:** Tofu, Pressed Tofu, Herbal Tofu, and Tempeh.
Manufacturer's Name: Okanagan Soyfoods.
Manufacturer's Address: Lumby, BC, Canada. Phone: 604-547-2257.
Date of Introduction: 1987. February.
New Product–Documentation: Talk with company. 1989. March 7. Talk with Greg Lundh. 1989. April 28. This company went out of business 10 days ago. Greg Warry of BC started the company. He bought a lot of equipment, then couldn't make the payments. He sold the company in the autumn of 1988 to his ex-partner. Several people ended up running it; a man named John from California, who had an Oriental wife, and a lady named Bee (Beatrice Berry?). Talk with a lady who hopes to buy the company. 1989. Oct. 30. Okanagan Soya Foods, located in a small place out in the country and run by Beatrice Berry, now makes about 2,000 cakes/month of tofu. The new owners want to make about 2,000 cakes/week when they start.

7922. **Product Name:** Tofu Lasagna, and Tofu Pizza [Super Veggie, Soy Cheese, or Spinoccli].
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 1330 Hill St., Suite B., El Cajon, CA 92020. Phone: 619-447-8638.
Date of Introduction: 1987. February.
New Product–Documentation: Talk with Gary Stein. 1989. Feb. 17. He recalls that these products were launched in about Feb. 1987.

7923. Savar, Robert. 1987. Company / industry news (News release). P.O. Box 1314, Cherry Hill, NJ 08034.
• ***Summary:*** "Robert H Savar–broker for Tree Tavern Whole Wheat Pizzas, Goldberg's Gourmet Spicy-Hot Meatless, Ziegler's Apple Juice, and the Original Pizsoy–has been appointed the exclusive broker by Soyco Foods of New Castle, Pennsylvania, for 'Soymage,' a non-dairy, casein-free cheese alternative. Introduced in January, 1987, 'Soymage' is said to be the world's first natural casein-free cheese alternative.

"For the past three years, since selling Pizza Naturally, a company he founded in 1978, Savar has worked as an independent sales rep. In addition to his brokering activities, Savar has owned his own health foods store, worked as a buyer and director of operations for two health foods store chains, and he has worked as a sales rep for a national vitamin company.

"In May of 1986, Savar, working with a food technologist, helped pioneer a unique natural cheese alternative made from 51% Tofu and is a partner in the company which markets this product under the Soy Good label as well as various other private labels."

Note: This is the earliest English-language document seen (March 2007) that uses the term "cheese alternative" to refer to a Western-style soy cheese. Address: Cherry Hill, New Jersey. Phone: (609) 354-8036.

7924. **Product Name:** [Tofu Spread].

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Foreign Name: Lang Tzu.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1987. February.
Wt/Vol., Packaging, Price: 200 gm glass jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. "The German name sounds like Lao Tzu (The Chinese sage) but means 'grab it.' A very delicious spread with a hearty yeastflake [nutritional yeast]-tamari type taste reminiscent of liverwurst." On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

7925. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Soy-based yogurt and yogurt-like products market growing quickly. Jan/Feb. p. 1, 4.
• ***Summary:*** Estimates that retail sales of non-dairy yogurt-type products reached approximately $1.75 million in 1986, and predicts sales of these products will easily hit $5 million in 1987, and will double that figure by 1988. No fewer than 7 companies have entered this rapidly evolving market. Tomsun Foods International, Cream of the Bean, Brown Cow West, Bud Inc., Natural Inc., and Marjon Specialty Foods. Barricini Foods is about to enter.

Note: Dairy yogurt and cheese are the only two products made from cow's milk that have shown substantial growth in the last 10 years in America.

7926. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Tofu standards accepted by Association board. New standards could have wide-spread impact on tofu products market. Jan/Feb. p. 1, 3.
• ***Summary:*** Standards were accepted 19 Sept. 1986 by Tofu Standards Committee. Soy ice creams must contain 15% tofu to use the term "tofu" in the product name.

7927. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Miso enters prepared foods market. Jan/Feb. p. 6.
• ***Summary:*** American Miso Co., founded in 1980, sold 500,000 lb of miso in 1986. Its 8 varieties are now widely used in second generation products, such as tofu salad dressings, soft tofu-based "cheese," fancy mustards, condiments, and a spaghetti sauce.

7928. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Tomsun Foods International nets $3.46 million from public offering. Jan/Feb. p. 5.
• ***Summary:*** In mid-December 1986, Tomsun grossed $4.25 million in its first public stock offering. It expects to net $3.46 million. Total sales have grown from $1.25 million in 1981 to $3.1 million in 1986. For the 32 weeks ending 9 Aug. 1986, 58% of sales were from tofu, 21% from Jofu (yoghurt-style product), 18% from Oriental pasta and condiments, and 3% from tofu burgers. Projected uses of the new funds are 43% for sales and marketing, 23% for repayment of $800,000 debt, 8.7% for expansion of Jofu, 7.2% for R&D, and 18% for working capital.

7929. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Island Tofu Works moves into the information age–becomes Soyatech. Jan/Feb. p. 3.
• ***Summary:*** Founded in 1979, Island Tofu Works stopped production of tofu in 1984 and began a product development service. On 1 Jan. 1987 they began doing business under the name of Soyatech. "Soyatech offers their clients a full range of services including product and process development, proto-type and finished product work, product analysis, market research and development and informational seminars on the soyfoods industry and market. In addition to these activities, Soyatech also publishes a bi-monthly newsletter on the soyfoods industry–Soya Newsletter."

Note: This is the earliest document seen (Feb. 2003) that mentions Soyatech.

7930. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Continuous system for making dried tofu [from Precision Drying Systems of New Jersey]. Jan/Feb. p. 7.
Address: PDS, P.O. Box 3322, Princeton, New Jersey 08543.

7931. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Bean Machines unveils continuous cooker. Jan/Feb. p. 7.
• ***Summary:*** Capacity is 300 gallons of slurry per hour at 230ºF. Address: BMI, 390 Liberty St., No. 2, San Francisco, California 94114.

7932. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Sales of Tofu Pups sizzle. Jan/Feb. p. 6.
• ***Summary:*** First introduced in Aug. 1985, Tofu Pups (like hot dogs) sold nearly $250,000 in the next 10 months. A 12 ounce package retails for $2.49. Michael Cohen's company is now called Lightlife Foods, formerly Tempehworks.

7933. **Product Name:** Braised Tofu.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1987. February.
Ingredients: As of 1998: Wildwood tofu (filtered water, soybeans organically grown in accordance with the California Organic Foods Act of 1990, nigari/magnesium chloride, a natural firming agent), onions, celery, carrots, water, tomato paste, honey, rice vinegar, rice syrup, rice wine, scallions, arrowroot, garlic, ginger, salt, toasted sesame

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oil.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 26. This product was introduced about 18 months ago (1987). It is braised on a grill and served with a sauce.

Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1987, and made at Wildwood's plant in Fairfax.

7934. Wollschlager, William P. 1987. Re: Refrigeration of tofu, a potentially hazardous food. Letter to Arthur Z. Mio, National Sales Manager, Morinaga Nutritional Foods, Inc., Los Angeles, California, March 3. 1 p. Typed, with signature on letterhead. [1 ref]
• ***Summary:*** This is a response to Mr. Mio's letter of 26 Feb. 1987 to Arthur Banks, requesting clarification of Banks' letter of Feb. 13 regarding refrigeration of tofu. "Foods which have been adequately commercially processed and remain in their unopened hermetically sealed containers are not considered to be in a potentially hazardous form and, therefore, require no refrigeration. This can apply to tofu.

"Where moist protein products do not meet these criteria, they are considered potentially hazardous food and must be maintained at safe food temperatures of 45ºF or below or 140ºF or above." Address: Principal Food Consultant, Retail Food Protection Branch, FDA Center for Food Safety and Applied Nutrition, Washington, DC 20204.

7935. *Gateway* (*Gig Harbor, Washington*). 1987. Tofu: Try it! March 4.
• ***Summary:*** A photo shows 3 packages of Sun Luck brand water-packed tofu.

7936. Cushman, Deborah. 1987. Tofu: Soy to the world. *Des Moines Register* (*Iowa*). March 11. 1T, 12T.
• ***Summary:*** The Register announced its first tofu recipe contest. 84 recipes arrived. The two big categories of recipes submitted were tofu desserts (including 7 cheesecakes) and tofu Oriental (11 stir fries). Ellen Ross, a farmer's wife from Underwood, Iowa, won with "For Goodness Sake Cinnamon Rolls" and "Tofu Sandwich."

7937. Zalesky, Roy. 1987. For Bar Harbor couple tofu manufacture leads to research in soyfoods. *American* (*Ellsworth, Maine*). March 12.
• ***Summary:*** In 1980 Sharyn Kingma and Peter Golbitz sold some gold jewelry, bought $1,000 worth of used restaurant supplies–pots, cookers, stoves, blenders -and set up shop in their kitchen. Their company, Island Tofu Works, started out making 100 lb of tofu a week but within a couple of months they were doing 300 lb. "We would like to, one day, become the soyfoods industry's leading source of information and data worldwide. Soyatech is presently doing research and development for more than 10 major food companies."

7938. Smith, Susan. 1987. From tofu to Tofruzen. . . White Wave of Boulder finds uses for soybeans. *Daily Camera* (*Boulder, Colorado*). March 17.
• ***Summary:*** Founded in 1977, White Wave now has 25 employees and expects revenues of $1.6 million in 1987, growing to $5 million by 1990. It is America's largest producer of tempeh. Tofruzen Inc. of Denver recently raised $1.6 million in a public stock offering. White Wave plans a public stock offering later this year. Address: Camera Business Writer, Boulder.

7939. *Jewish World* (*W. Palm Beach, Florida*). 1987. Kosher expo: Putting kosher on the map. March 19.
• ***Summary:*** "But the word–and the taste–on everyone's lips at the gala affair seemed to be tofu. The once lowly soy product has evidently made it big in the kosher world." TofuBurgers and Jofu from Tomsun Foods International of Greenfield, Mass.

7940. *Toyo Shinpo* (*Soyfoods News*). 1987. Shôwa rokujû nen no gyôshasû. Tôfu gyôsha 25,429 ken. Genshô keikô tsuzuku ga genshôritsu wa teika. Nattô wa 926 gyôsha (zennen hi 2.4% gen) [There were 25,429 tofu manufacturers in Japan in 1985. Although the number of manufacturers continues to decrease, the rate of decrease is slowing. There were 926 natto manufacturers (2.4% less than last year) in 1985]. March 21. p. 3. [Jap; eng+]
• ***Summary:*** The number of tofu manufacturers in Japan dropped in 1985 to 25,429. That is 603 less than last year (2.32% less). But the rate of reduction is also decreasing–from 3% to 2.1%. The number of natto manufacturers in Japan fell to 926. That is 23 less than last year (2.42% less). There were also fewer new tofu makers in the country than in previous years. Graphs in the article compare the number of new manufacturers with those who went out of business.

7941. Ransom, Kevin. 1987. Soy Plant hits profit trail with tofu dogs. *Crain's Detroit Business.* March 23. p. 3, 33.
• ***Summary:*** Bruce Rose, president of Rosewood Products Inc., an Ann Arbor distributor of health-food products, is now calling the shots at The Soy Plant, a tofu producer mired in Chapter 7 bankruptcy proceedings since January, with $37,900 of debts. Rosewood has been distributing the Soy Plant's tofu for 6 years. Rose plans to install $85,000 of new tofu equipment and to concentrate on "higher margin prepared products" such as "tofu dogs, soysage, and missing egg salad." Address: Detroit, Michigan.

7942. Storper, Barbara. 1987. Think frozen tofu is healthy? Think again. *Boston Herald.* March 25. [1 ref]
• ***Summary:*** "Tofutti may contain nearly twice as much fat per serving as regular vanilla ice cream, with 50-70% of

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Tofutti's calories coming from fat. With 170-210 calories per half cup, Tofutti's calorie counts come close to those of the richest ice creams." Per half cup: Tofutti Wildberry (205 calories/12 gm fat); Tofulite Vanilla (160/8); Ice Bean Vanilla (110/6); Regular Vanilla ice cream 10% fat (135/7); Rich vanilla ice cream 16% fat (175/12); Haagen-Dazs Vanilla (270/17). Address: Massachusetts Nutrition Research Center. Phone: 800-322-7203.

7943. Cooper, Derek. 1987. Tempeh–"the greatest food since yoghurt." *Listener* (*The*) (*London*). March 26. p. 20. [2 ref]
• ***Summary:*** "This July, nutritionists from all over the world will be converging on Java for a teach-in on the scientific and culinary aspects of tempeh, organized by the United Nations University." Address: UK.

7944. *Los Angeles Times.* 1987. Tofu provides an alternative to meat meals. March 26.
• ***Summary:*** Hinoichi Tofu, made fresh daily, costs 70 to 89 cents for 14 ounces. Shoan Yamauchi is president and Harry Tanikawa is national sales manager.

7945. *Los Angeles Times.* 1987. Healthy Times newsletter for tofu enthusiasts. March 26.

7946. **Product Name:** Fiber 'n Tofu Diet (Chewable Snack Wafers. Non-Dairy).
Manufacturer's Name: Above All Health Products, Inc.
Manufacturer's Address: 12629 N. Tatum, Suite 437, Phoenix, AZ 85032.
Date of Introduction: 1987. March.
Ingredients: Fiber (from psyllium husk, wheat bran, oat bran), tofu powder, fructose, honey.
How Stored: Shelf stable.
Nutrition: Per wafer: Calories 16, Protein 0.4 gm, carbohydrate 4 gm, fat 0.4 gm.
New Product–Documentation: Leaflet. 1987. 8½ by 11 inches. Black on pink. "Chew 1 or 2 wafers, followed by a glass of water or your favorite low-calorie beverage, before meals for a natural full feeling."

7947. **Product Name:** [Tofu Line Tofu Entrees (Tofu Lindstrom/Tofu-Beet Patties, Marinated Tofu, or Tofu Burgers)].
Foreign Name: Tofu Line Tofu Lindstroem, Tofu Marinerad, or Tofu Burgare.
Manufacturer's Name: Aros Sojaprodukter KB.
Manufacturer's Address: Bergsvagen 1, 190 63 Orsundsbro, Sweden. Phone: 0171-604-56.
Date of Introduction: 1987. March.
Wt/Vol., Packaging, Price: 400 gm.
New Product–Documentation: See next page**.** Letter from Ted Nordquist. 1984. Makes 192 kg/week each of Tofu Burgers and Lindstrom, 144 kg/week of Marinerad. Leaflet. 1987. Full color. 8½ by 11 inches; Labels. Each product is packed in a handsome 4-color outer box; Recipe booklet titled "Tofu-den nya sunda och smala linjen."

7948. **Product Name:** [Tofu Line Tofu Indian Curry].
Foreign Name: Tofu Line Tofu Indisk Curry.
Manufacturer's Name: Aros Sojaprodukter KB.
Manufacturer's Address: Bergsvagen 1, 190 63 Orsundsbro, Sweden. Phone: 0171-604-56.
Date of Introduction: 1987. March.
New Product–Documentation: Label. 1987. Full color. 8½ by 11 inches; Labels. Product is packed in a handsome 4-color outer box; Recipe booklet titled "Tofu-den nya sunda och smala linjen."

7949. Aros Sojaprodukter. 1987. Tofu–den nya sunda och smala linjen [Tofu–The new wise and slim line (Poster)]. 190 63 Orsundsbro, Sweden. 28 x 22 cm. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. [Swe]
• ***Summary:*** Advertises four entrees "Tofu Lindstrom" (beet patties), "Indian curry," "marinated," and "burgers." Plus "Tofu Naturel." Address: Orsundsbro, Sweden.

7950. **Product Name:** Stir Fruity (Non-Fermented Non-Dairy Tofu Yogurt) [Lemon Chiffon, Strawberry, Raspberry, Blueberry, Black Cherry, Peach, Spiced Apple, or Piña Colada].
Manufacturer's Name: Azumaya Inc.
Manufacturer's Address: 1575 Burke Ave., San Francisco, CA 94124. Phone: 415-285-8500.
Date of Introduction: 1987. March.
Ingredients: Blueberry: Silken tofu (water, soybeans, calcium lactate), blueberries, pure cane [white] sugar, starch, kosher gelatin, natural flavors, citric acid (for flavor), partially hydrogenated vegetable oil (soybean, cottonseed), salt.
Wt/Vol., Packaging, Price: 6 oz plastic cup. Retails for $0.65-69 (1987).
How Stored: Refrigerated.
Nutrition: Blueberry: Per 6 oz.: 160 calories, protein 6 gm, carbohydrates 27 gm, fat 3 gm, sodium 60 mg. Provides 10% of the RDA for calcium and 8% for protein and iron.
New Product–Documentation: Interview with Travis Burgeson. 1987. April 9. Shipped to warehouses on March 24. Labels. 1988. April. Copyright 1986. Two colors plus black on plastic cups. "New! Creamy tofu with real fruit. Stir Fruity is a nutritious, all-natural light meal or snack. Only 160 calories. Lactose free. No cholesterol. Low fat. Low sodium. High calcium. Real fruit. No preservatives or artificial sweeteners."

San Francisco Business Times. 1987. May 4. "Made entirely of real fruit and creamy silken tofu." A light and creamy blend of silken tofu and real fruit chunks; Soyfoods Center product evaluation. 1987. May 9. By far the best soy

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Tofu-den nya sunda och smala linjen.

Tofu
Lindström

Tofubiffar med rödbetor och kapris.

Endast 130 kalorier per biff.

Färdiglagade
Värm i ugn under lock i 200°, 15 min.

6 biffar, ca 6 portioner. 400 g.

Tofu
Indisk curry

Tofubiffar med ärter, morötter och indisk curry.

Endast 140 kalorier per biff.

Färdiglagade
Värm i ugn under lock i 200°, 15 min.

6 biffar, ca 6 portioner. 400 g.

Tofu
marinerad

Smaksatt och färdiglagad tofu som passar utmärkt färsk, grillad eller ugnsgratinerad.

God i soppor, grytor och sallader eller på smörgås.

Endast 137 kalorier per 100 g

400 g.

Tofu
burgare

Tofubiffar med morötter och selleri.

Endast 130 kalorier per biff.

Färdiglagade
Värm i ugn under lock i 200°, 15 min.

6 biffar, ca 6 portioner. 400 g.

Tofu
naturell

Tofu är annorlunda och spännande. Ett näringsriktigt alternativ till kött, fisk och mycket annat. Naturligt fri från laktos, mjölkprodukter, salt, socker, gluten och kolesterol.

Vegetabilisk och lättsmält.

Endast 122 kalorier per 100 g. *400 g.*

Fem spännande och läckra alternativ till kött och fisk. Näringsriktiga och kalorisnåla tack vare den hälsobringande Tofun.

Framtidens vettiga mat är här. Smaka den nya sunda Tofu-linjen och bli mätt på ett lätt sätt.

Ät gott och må bra.

Säljes på Åhléns i Stockholmsområdet och i hälsokostbutikerna.
Kylvara.

Tofu-line
Aros Sojaprodukter, 190 63 Örsundsbro.
Tel 0171-604 56.

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yogurt we have tasted. Excellent. Our favorite flavors were lemon, blueberry, and apple. Comments: Like the flavor. Dislike the use of cane sugar and gelatin, excess wheying off, a little chunky in some flavors. At $0.65 for 6 oz ($0.108/oz) it is considerably more expensive than most of its dairy counterparts. Lucerne low fat is $0.061/oz (56% as costly), Dannon low fat is $0.071/oz (66% as costly), Yoplait high fat is $0.107/oz.

Doreen Lee. 1987. Adweek East. May 4. Spot in Food & Beverage Marketing (NY). 1987. June. Spot in Soya Newsletter. 1987. 1(3):6. The product was on the market for only a few weeks, then was withdrawn because of shelf-life problems and never re-launched, despite huge development costs. Advertised as "California's answer to yogurt."

Note: To make this product a mixture of hot soymilk, gelatin, and a little calcium lactate is homogenized then run into cups, where it is cooled until it sets up. There is really no silken tofu in the product, and the coagulant is really gelatin. As of 1988 most of the product is said by a reliable source to contain preservatives, which are not yet listed on the label. At one point Azumaya came quite close to licensing rights to the product to Kraft Foods. The radio ads never were aired. The product was in stores only briefly. There were persistent contamination problems in production at various points in the process. If it were produced clean, it would have a 6-8 week shelf life. They installed a quasi clean room, but they never got it under control, though the counts were often less than 10 since the product was an ideal culture medium. Travis Burgeson was in charge of quality control. It was a disaster. Bill left for Hawaii and they agreed to take the product off the market.

Leaflet. 1989, dated. "Cook your way to the Caribbean. Free recipes inside." 3.5 by 5.5 inches. 8 panels. Full color with photos. Inside text reads: "Guess what's in this creamy, fresh fruity treat. It's not yogurt. It's not cholesterol. It's not a lot of calories. Guess again. It's tofu like you've never tasted." Create your own original recipe using Stir Fruity and win a 7-day cruise for 2 to the Caribbean.

1990. Jan. 20. Free samples of 6 flavors of Stir Fruity are being given away at Lucky supermarket in Lafayette, California. It is sold in racks on a huge bed of ice near the produce case with the freshly squeezed juices and sliced fresh fruits, not in the dairy case. The price of a 6 oz. carton is $0.67 versus about $0.45 for dairy yogurts. The ingredients are the same except that the last ingredient now is "potassium sorbate to maintain freshness." The foil lid (purple on white) reads: "Stir Fruity. No cholesterol. Low calorie. Dairy free. Creamy tofu treat. Low sodium."

1990. June 27–Safeway now has Stir Fruity in the produce case next to the cabbage.

1993. June 19. Lucky supermarket in Lafayette now sells about 10-12 cases of Stir Fruity per week in the produce case. The nearby thermometer reads 42ºF. At nearby Safeway supermarket, the Stir Fruity is also in the produce case, next to rhubarb, but not on a bed of ice. Flavors: Mandarin orange, black cherry, raspberry, and strawberry.

1993. Nov. Lucky supermarket in Lafayette, California, stops carrying Stir Fruity. They say that sales are too slow. Talk with person from Azumaya. 1996. June 17. Stir Fruity was discontinued about 2 years ago. It didn't sell well enough. Azumaya will soon becoming out with a Tofu Dessert in two flavors (Sweet, and Almond).

7951. Brown, Judy. 1987. Suiting America's tastebuds: The new American soyfoods. *Whole Foods.* March. p. 37-40, 42-43. [1 ref]
• ***Summary:*** An overview, drawing heavily (with acknowledgment) on Shurtleff & Aoyagi's *Soyfoods Industry and Market* for statistics. Address: Alban & Associates, San Francisco, California.

7952. *Dairy Foods.* 1987. A terrific time for tofu: The once-lowly bean curd is featured in a variety of new products. 88(3):32-33. March.
• ***Summary:*** Tofoods has been marketing Tofait since late 1985, 120 cal/6 oz. Several months ago they introduced Les-Cal Lite Tofait, (100 cal/4 oz.) and calcium-fortified Tofait Creme Drink $1.49/quart 140 cal/8 oz. "Thicker than milk, although not as thick as a milk shake." Tofait is cheaper than Tofutti $2.19-2.49/pint, and Barricini's Tofulite $1.99-2.39/pint.

7953. **Product Name:** Chocolate Fiber Float.
Manufacturer's Name: Energy Factors, Inc.
Manufacturer's Address: 8300 Ulmerton Road #A-2, Largo, FL 34641. Phone: 800-654-2347.
Date of Introduction: 1987. March.
Ingredients: Calcium caseinate, tofu, soy protein, cellulose (insoluble fiber), fructose, lecithin, bee pollen, papaya, carob, natural flavors, vitamins, minerals.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Shelf stable.
Nutrition: Per serving (2 heaping teaspoons): Calories 55, fiber 1.6 gm, carbohydrates 6.4 gm, protein 3.0 gm, fat 2.4 gm.
New Product–Documentation: Label. 1987. Brown on white. "Protein and fiber in its most delicious and satisfying form. Calcium enriched nutritional fiber drink with tofu & guar." Interview with Susan VerHage of EFI. 1987. Sept. 14.

7954. **Product Name:** The Great Tofu Cookie.
Manufacturer's Name: Health Valley Natural Foods.
Manufacturer's Address: 700 Union St., Montebello, CA 90640.
Date of Introduction: 1987. March.
Ingredients: Barley flour, natural fruit & fruit juices of peaches, pineapple, apples and pears, tofu, oats, soybean oil, soy lecithin, pure vanilla, baking soda.

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Wt/Vol., Packaging, Price: 6¼ oz (117 gm), paperboard box.
How Stored: Shelf stable.
New Product–Documentation: Leaflet. 1987. 8½ by 11 inches, color. "These moist, chewy cookies are the first ones made with protein-rich tofu..." Label reads: "High energy cookies with mixed fruit. Fruit juice sweetened. No added sugar or salt. Wheat free."

7955. Imuda, Ikuyo. 1987. Jidai o sakidori suru tenpe ryôri. Machi no chiisana resutoran kara [Tempeh recipes that are ahead of their time, from Healthy Kan, a small natural foods restaurant in Tokyo]. *Daizu Geppo* (*Soybean Monthly News*). March. p. 39-41. [Jap]
• ***Summary:*** The restaurant is two blocks (3 minutes) from the Ichigaya Station on the Sobu Line in Tokyo. Phone: 263-4023. Tempeh recipes include "Tempeh jiru teishoku" (¥800). Tempeh is a tasty, nutritious soybean food from Indonesia. The menu includes "Brown rice, soup with fried tempeh, side dishes." The restaurant also serves a tofu cheesecake for ¥300. Address: Restaurant owner and nutritionist.

7956. **Product Name:** [Long Life Tofu].
Foreign Name: LL Tôfu.
Manufacturer's Name: Kyoto Tanpaku K.K.
Manufacturer's Address: Senryo Matsu-cho 200 banchi, Yoko Oji, Fushimi-ku, Kyoto-shi, Japan. Phone: 075-622-3161.
Date of Introduction: 1987. March.
New Product–Documentation: Toyo Shinpo. 1987. March 21. p. 1. *LL Tofu: Gessan 40 man cho o mokuhyo* [Long Life Tofu: Kyoto Tanpaku plans to produce 400,000 cakes a month]. They are distributing the tofu through one of the largest Japanese publishers, a company related to Nihon Shûpan. The tofu sells for ¥100 per 250 gm cake. The tofu can last 6 months without refrigeration, at room temperature, and up to a year with refrigeration. It is aseptically packed so it can be fed to babies and to those who are ill. The tofu has a nice sweet taste and comes in a microwavable container. The company is planning to produce a mini-size cake of tofu (150 gm) and natural nigari tofu in the same long life packages. Shows a black-and-white photo of the front panel of the label.

Talk with Yoshimasa Yamashita, president of Kyoto Food Corp. USA. 1991. Jan. 24. This tofu company was founded in 1966 (Showa 41) in Kyoto by Mr. Yasuo Hachijin (who is still the active owner), but they were doing something with tofu 10-15 years before that. Their main products have always been fresh tofu and agé. They started as a small company making tofu by hand. They grew big by making delicious tofu. Their original address was different from their present one. They have no financial or other connection with Kyoto Food Corp. USA. [Yet note: 1. Interview with Wataru Takai of 9 Oct. 1989. 2. Yasuo Hachijin, founder of Kyoto Tanpaku, is an investor in Kyoto Food Corp. USA].

7957. Manuel, Paciencia C.; Huelgas, Romeo R.; Espanto, Leina H. 1987. Adoption of soybean in Lupao, Nueva Ecija, The Philippines. *CGPRT* No. 7. xvi + 57 p. March. Contains 50 tables. (Regional Co-ordination Centre for Research and Development of Coarse Grains, Pulses, Roots and Tuber Crops in the Humid Tropics of Asia and the Pacific, Bogor, Indonesia). Summarized in Palawija News. 1987. 4(1):10-11. March. [9 ref]
• ***Summary:*** This report describes and analyzes the performance of farmers participating in a package of technology program. Constraints to better yields were lack of water during vegetative growth, the occurrence of pests and diseases, and seed supply.

Some 70-90% of the Philippines' domestic production and imports of soybeans is used for animal feeds. Imports have risen sharply from 136,000 tonnes (metric tons) of soybean meal in 1979 to 291,000 tonnes in 1983. Imports of whole soybeans are small: 30,000 tonnes in 1983. Domestic soybean production in 1983 was a mere 8,000 tonnes.

In human foods, soybeans are most widely used as a coffee substitute. Only small amounts are used to make tofu, soy sprouts, and soy sauces. In 1983 the Philippine Government launched a program to develop soybean production to offset rising soybean meal imports. "The target was to be 130,000 hectares planted to soybean in 1986-1987 with a projected yield increase from 1.2 tonnes to 1.8 tonnes by 1986-1987. The programme aims at approximately 50% self-sufficiency in soybean in 1986-1987."

In Lupai it was found that 34% of the sample farmers participating in the soybean program achieved yields lower than 500 kg/ha of dry grain. Yields conforming to the national average of 1.2 tonnes/ha were reached by 20% of the participants. "The case study in Lupao permits the conclusion that the present recommended package of technology needs further adaption [adaptation] to farm-level practices; in particular, careful assessment of the place of soybean in the cropping calendar is necessary."

Contents: 1. Introduction; 2. The Farmer and His Environment; 3. Farmer Evaluation of the Pot (Package of Technologies); 4. Economic Evaluation of the Pot Trials; 5. Constraints to Soybean Production; 6. Conclusions and Recommendations. Address: 1. Agricultural Economist, Asst. Prof. & Project Leader, Dep. of Agroc. Economics, UPLB-CDEM, College, Laguna 3720, Philippines.

7958. Marty, Denise. 1987. Les dérivés de soja, un marché pour les Pme [Products derived from soya, a market for the small- and medium-sized companies]. *Agro Industries* No. 26. p. 40-41. March. [Fre]
• ***Summary:*** "At SIAL this year, 5 soyfoods companies

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will present their products. For a sector this small, this is important, and it indicates that the sector is in full growth." Four companies are Soy, Sojadoc, Daizou, and Lima N.V. Daizou was created in 1985 by the Japanese restaurant Le Bol en Bois, one of the first to sell tofu in France. Daizou makes only 50-100 tonnes/year of specifically Japanese products. The Société Soy, founded in 1980 [sic, actually 1982], is busy transforming tofu into new foods. This year it launched the new tofu yogurt-like dessert Soyeux. Its new plant at St. Chamond (Loire) has a capacity of 7 tonnes/day of tofu, or 1,500 tonnes/year. In June 1986 the society Sojadoc in Albi took the same step, changing from an artisans production of 10 tons/year of tofu to large scale (1,500 tonnes/year) production of tofu and soymilk over the next 3 years from an investment of 12.5 million French francs. Lima-France, affiliate of a Belgian company, is at Lot-et-Garonne. Jan Kerremans is their miso master, making about 70 tonnes a year.

In 1983 about 10 million liters of soymilk were consumed in Europe, compared with 30,000 million liters of dairy milk. Guy Coudert of the European Soyfoods Association estimates that by the year 2000 some 25,000 tonnes/year will be consumed in France. Address: France.

7959. **Product Name:** Instant Tofu Mix (Makes GDL Silken Tofu).
Manufacturer's Name: Mikado Foods Inc.
Manufacturer's Address: 4710 41st St. N.W., Washington, DC 20016.
Date of Introduction: 1987. March.
Ingredients: Soymilk powder, glucono delta-lactone coagulant.
Wt/Vol., Packaging, Price: 2.29 oz foil packet in a paperboard box. Makes 600-700 gm tofu.
How Stored: Shelf stable.
New Product–Documentation: News (Beloit, Wisconsin). 1987. March 10. "Make Fresh Tofu at Home." Add water, cook for 5 minutes, add coagulant, let stand for 30 minutes in any shaped container. Sold mail order.

7960. Mikoshiba, Kimito. 1987. Daizu ikushu shiken 30 nen no kaiko. III. Chûgoku Tôhokubu ni okeru daizu no riyô [Soybean breeding experiments. Thirty year retrospective. III. Use of soybeans in the Chugoku and Tohoku regions]. *Daizu Geppo* (*Soybean Monthly News*). March. p. 20-24. [Jap]
• ***Summary:*** Includes a discussion of numerous types of tofu found in these areas. Address: Zen Nagano-ken Nogyo Sogo Shikensho-cho.

7961. **Product Name:** Nasoya French Country Herb Tofu.
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1987. March.
Ingredients: Well water, stoneground organic soybeans, herbs [marjoram, rosemary, thyme] and spices, magnesium chloride (nigari), calcium sulfate, seasalt.
Wt/Vol., Packaging, Price: 10 oz (284 gm) packed in water in molded plastic tray, with heat-sealed, peel-off plastic film top.
How Stored: Refrigerated.
New Product–Documentation: Adweek East. 1987. April 6. Leaflet. 1987. 8½ by 11 inches, color. "Nasoya Delicious Seasoned Tofu." Label reads: "Organic. Made with Well Water." LaBell. 1987. Food Processing. May. Spot in Food Engineering. 1987. May.

7962. **Product Name:** Chinese 5 Spice Tofu.
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1987. March.
Ingredients: Well water, stoneground organic soybeans, herbs and spices [ginger, garlic, anise, cloves, fennel], soysauce, magnesium chloride (nigari), calcium sulfate, seasalt.
Wt/Vol., Packaging, Price: 10 oz (284 gm) packed in water in molded plastic tray, with heat-sealed, peel-off plastic film top.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1987. 8½ by 11 inches, color. "Nasoya. Delicious Seasoned Tofu." Label reads: "Organic. Made with well water." LaBell. 1987. Food Processing. May.

7963. **Product Name:** Nasoya Sweet & Sour Tofu.
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1987. March.
Ingredients: Tofu (well water, stoneground organic soybeans, magnesium chloride, nigari), calcium sulfate, expeller pressed sunflower oil, sauce: sauce, well water, apple and pear juice, soysauce, apple cider vinegar, lemon juice, natural herbs, spices and flavorings, natural vegetable gum.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1987. 8½ by 11 inches. Color. "Make Meatless Meals in Minutes. Tofu in Oriental Sauce." Label reads: "Heat and serve. Tofu in sweet 'n sour sauce." Soya Newsletter. 1987. 1(3):8. Spot in Natural Foods Merchandiser. 1987. June. p. 56. Retails for under $2.50 per 16 oz package. Has a 5 week shelf life.

7964. **Product Name:** Nasoya Teriyaki Tofu.

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Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1987. March.
Ingredients: Tofu, expeller pressed sunflower oil, sauce: sauce; well water, apple and pear juice, soysauce, apple cider vinegar, lemon juice, natural herbs, spices and flavorings, natural vegetable gum.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1987. 8½ by 11 inches, color. "Make Meatless Meals in Minutes. Tofu in Oriental Sauce." Label reads: "Heat and serve. Tofu in teriyaki sauce." Soya Newsletter. 1987. 1(3):8. Spot in Natural Foods Merchandiser. 1987. June. p. 56. Retails for under $2.50 per 16 oz package. Has a 5 week shelf life.

7965. Nasoya Foods, Inc. 1987. Nasoya tofu cookbook. Okara Press, Leominster, MA 01453. 40 p. March. No index. 22 cm.
• ***Summary:*** Contains 75 meatless tofu recipes compiled by the Nasoya kitchen staff. Nasoya was founded in 1978. The roots of the name are Natural and Soy.

Contents: Tofu, an introduction. Styles of tofu. Nutritional benefits of tofu. How to buy and store tofu. General serving suggestions. Salads. Soups. Entrees. Desserts. Dressings and dips. Glossary. Address: Leominster, Massachusetts.

7966. *Prepared Foods* (*Chicago*). 1987. Non-dairy tofu products [from Rose International]. March.
• ***Summary:*** Rose International's tofu ingredients used in a range of "dairy" applications: dry tofu soft-serve mix powders (just add water), frozen tofu dessert concentrate, soy yogurt, tofu imitation cheeses and soymilk. "Soy-O" yogurts have been marketed under license from Rose.

7967. Rose, Richard. 1987. The facts on tofu and calcium. *Vegetarian Times.* March. p. 6. [1 ref]
• ***Summary:*** There are two kinds of calcium sulfate. The dihydrous form, commonly called gypsum, is the one used as a tofu coagulant. The anhydrous form, Plaster of Paris, is not. Calcium sulfate is a pure and natural earth mineral, used as a tofu coagulant in China since ancient times. Address: Brightsong Foods.

7968. Société Soy. 1987. Les recettes légères au tofou de Soy [Light recipes for tofu from Société Soy]. 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. 78 p. March. Illust. Index. 17 x 12 cm. [Fre]
• ***Summary:*** This attractive, saddle-stitched book, containing 6 full-page color photos of recipes both promotes the company's products and gives French tofu recipes. Contents: Description of each of the company's products with nutritional analyses (p. 1-20). How to make tofu at home (p. 20-21). Suggestions for using tofu (p. 22-23). Tofu recipes (p. 24-76): Salads, soups, sauces, entrees (incl. skewered/brochettes, crepes, croquettes, fricadelles, gratin, lasagna, moussaka, omelet, pizza, quiche, tart/flan, spaghetti, souffle, timbale), desserts. List of recipes, in order by page number (not an index). Address: Saint-Chamond, France.

7969. **Product Name:** [Tofumé Smoked Tofu].
Foreign Name: Tofumé.
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1987. March.
Ingredients: Water, soybeans (23.4%), soy sauce, spices, and aromatics.
Wt/Vol., Packaging, Price: 200 gm poly bag, two per bag.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 129, protein 13.1 gm, fats 8.2 gm, carbohydrates 0.6 gm.
New Product–Documentation: Full-color English-language leaflet. 1988, undated. Smoked tofu with spices. Letter from Bernard Storup. 1989. March 3. This product was launched in March 1987 and is still on the market. Label. 1989, received. 8 by 4 by 1.5 inch paperboard box. Red, yellow, green, and brown on light yellowish beige. "Recipes for two inside. Preparation based on soya. Smoked on a wood fire. Easy to cook. The green protein (La proteine verte). Store at +4ºC. Order our recipe book by sending 20 French francs in postage stamps." Color illustration on cover of diced smoked tofu with vegetables, cheese, and shrimp. Color recipe on the back.

Label. 1989. 4 by 7.5 inches. Brown, green, red, and yellow on white. Printed on poly bag. "Fresh tofu smoked on a wood fire. Tofu, a food balanced in protein 16.1%, lipids 9.2%, and carbohydrates 1.6%, is prepared by SOY from the best organically grown soybeans." Shows the Nature et Progres logo indicating organically grown ingredients.

7970. **Product Name:** [Tofast Soya Spread (Salmon, Mushroom, Roquefort, or Garlic and Fines Herbes)].
Foreign Name: Tofast: Pâté a Tartiner (Saumon, Champignons, Roquefort, Ail/Fines Herbes).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1987. March.
New Product–Documentation: Leaflet. 1988. Front and back. 6 panels. "Tofast Soya Paste. Soya Spread. Whenever you are feeling peckish or between friends, Tofast is a light paste eaten on toast. We offer you salmon or mushroom Tofast as first courses, as dessert, Tofast Roquefort or garlic and fine herbs on toast." Letter from Bernard Storup. 1989. March 3. These products were launched in March 1987. The

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Roquefort and Garlic/Fines Herbes were discontinued in Jan. 1988.

7971. Soyatech. 1987. Soyatech launches Soya Newsletter (News release). 318 Main St., P.O. Box 84, Bar Harbor, ME 04609. 3 p. March.
• ***Summary:*** "'Retail sales in the soyfoods industry have risen from $20 million in 1978 to nearly $150 million in 1986,' said Soyatech President Peter Golbitz, 'yet no one was covering the industry in a way that could provide professionals in the marketplace with concise, accurate and timely information. During 1986 alone, over $30 million was invested in the soyfoods industry in the U.S. and at least 60 new products were introduced into the marketplace. Based on our own work and research, I believe that retail sales of soyfood products will hit $500 million by 1990 and will easily top $1,000 million within a decade.'"

"Peter Golbitz and Sharyn Kingma, principals of Soyatech, founded Island Tofu Works in 1979. A regional manufacturer and distributor of tofu and tofu products, within 3 years, the company had become the largest producer and distributor of tofu and tofu-related products in northern New England. 'We stopped producing tofu in 1984,' said Kingma, 'because ITW's growth required that we move our operations out of Maine'... Over the past years, Soyatech has developed a number of new tofu products including non-dairy frozen desserts, puddings and milk drinks, and tofu-based salad dressings, cheese and meat substitutes."

Note 1. Concerning the date that Island Tofu Works was founded: In a 1986 leaflet titled "Market Research and Product Development Specialists for the Soyfoods and Health Foods Industry," Island Tofu Works gave its founding date as 1980.

Note 2. The term "northern New England" apparently refers to Maine, New Hampshire, and Vermont. It must exclude Massachusetts, where two much larger tofu manufacturers (Tomsun and Nasoya) are located.

Note 3. According to *Soyfoods Industry and Market* (4th ed., 1984) retail sales of soyfoods in the USA were valued at $465.2 million in 1983 and growing at about 10% a year. Thus the prediction that they will reach $500 million by 1990 is puzzling. Address: Bar Harbor, Maine. Phone: 207-288-4969.

7972. Soyco Foods, a Division of Galaxy Cheese Co. 1987. Introducing Soymage: The world's first totally casein-free cheese alternative (Ad). *Natural Foods Merchandiser.* March. p. 51.
• ***Summary:*** This full-page color ad shows four chubs of Soymage in four different flavors. "Soymage is the answer for the millions of people who love cheese but want to avoid dairy products. 100% natural. Cholesterol free. Lactose free. Casein free. Non-dairy. Low sodium. Soymage comes in four delicious flavors: Mozzarella, Cheddar, Monterey Jack, Jalapeno, in 12 ounce packages, 5 pound deli loaves, and 20 pound blocks. Ingredients: Tofu, soy protein isolate, soy oil, sea salt, citric acid, soy lecithin, guar gum, brewer's yeast, natural flavoring, natural coloring."

Note: This is the earliest document seen (March 2000) concerning Galaxy Foods or Soyco Foods (which makes cheese alternatives containing soy). Address: P.O. Box 5181, New Castle, Pennsylvania 16105. Phone: 1-800-524-0922.

7973. STS–Soya Technology Systems Ltd. 1987. Membrane filtration for soymilk products. 11 Dhoby Ghaut #11-06, Cathay Building, Singapore 0922. 8 p. March.
• ***Summary:*** Contents: Membrane filtration. Ultrafiltration. Reverse osmosis. Membrane structure/membrane material. Membrane filtration in the food industry. Application of ultrafiltration to soymilk base. Why use ultrafiltration? Products. Concentration of soymilk. Concentration of acidified and coagulated soymilk. Yields. Spreads. Processed tofu/soy paneer. Soy cheese. Production processes for soy spreads, processed tofu, and soy cheese. Processing plant for UF processed tofu. Example of material balance for processed tofu. Address: Singapore.

7974. **Product Name:** Szechuan Baked Tofu.
Manufacturer's Name: Surata Soyfoods.
Manufacturer's Address: 302 Blair Blvd., Eugene, OR 97402.
Date of Introduction: 1987. March.
Ingredients: Tofu (organically grown soybeans, water, nigari), E.V.K. Szechuan Sauce (soy sauce, vinegar, water, salt, toasted sesame oil, cooking sherry, arrowroot, herbs, spices).
Wt/Vol., Packaging, Price: 8 oz in poly bag.
How Stored: Refrigerated.
New Product–Documentation: Label. undated. 2.5 by 3.25 inches. Red, silver, and black on white. "An Oregon Cooperative. Hot & Spicy." A second label, same size and color, received June 1988 and said to be introduced in March 1987, has the following ingredients: "Surata Tofu (organically grown soybeans, water, nigari), Szechuan Sauce (water, soy sauce, vinegar, toasted sesame oil, cooking sherry, herbs and spices, carob bean gum, carrageenan)."

Form filled out by Shevah Lambert. 1990. July 2. Surata now makes 300 lb/month of this product. He says production started in July 1988, but in Jan. 1991 says that the product was actually introduced in March 1987.

7975. **Product Name:** [Tofu Spread for Bread (Spicy with Herbs in a Roll)].
Foreign Name: Tofu Brotaufstrich (Pikant und wuerzig in einer Rolle).
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.

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Date of Introduction: 1987. March.
Ingredients: Tofu: Tofu, water, soy oil, vegetable fat, plant protein products, starch, spices & seasonings, yeast extract, sea salt, vitamin yeasts, cane sugar, grape sugar.
Wt/Vol., Packaging, Price: 125 gm or 30 gm sausage-shaped rolls, 8 rolls per carton.
How Stored: Refrigerated, 42 day shelf life at 8ºC.
Nutrition: Tofu: Protein 9.2%, water 72.4%, fat 14.3%, pH 5.1, ash 1.4%, carbohydrate 1.5%, energy 172 calories/100 gm.
New Product–Documentation: Form filled out by Hermann Berief, owner. 1988. Jan. Lists 2 products. TKW color products catalog. 1988. April. Shows Labels. Red, green, and gold on white. Rolls are gold. Packed in a handsome flip-top display box.

7976. **Product Name:** [Tofu-Burger (In a Roll)].
Foreign Name: Tofu-Burger, in einer Rolle.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1987. March.
Ingredients: Tofu, soybeans, rice, wheatgerm, flaxseeds (linseeds), starch, seasonings, sea salt.
Wt/Vol., Packaging, Price: 500 gm sausage-shaped rolls, 7 rolls per carton.
How Stored: Refrigerated, 60 day shelf life at 8ºC.
Nutrition: Protein 10.3%, water 65.7%, fat 5.1%, pH 6.0, ash 2.1%, carbohydrate 10.7%, energy 130 calories/100 gm.
New Product–Documentation: Form filled out by Hermann Berief, owner. 1988. Jan. Lists 4 products. TKW color products catalog. 1988. April. Shows Labels. Black on orange-yellow. Rolls are red.

7977. Warshaw, Hope. 1987. Tofu: Try it! *Diabetes 87* (*New York, NY*). Winter. p. 14.
• ***Summary:*** Tofu's nutrients and calories can be counted in different ways. Three ounces equal one Lean Meat exchange (CAL 61, PRO 7 gm., FAT 4 gm., CHO 2). Or four ounces equal 1½ Lean Meat exchanges or one Medium-Fat Meat exchange (CAL 82, PRO 9 gm., FAT 5 gm., CHO 3 gm.). "CHO" stands for carbohydrate, not cholesterol. Address: Diabetes Treatment Center, Waltham/Weston Hospital and Medical Center, Massachusetts.

7978. **Product Name:** Westbrae Natural Tofu Imitation Mayonnaise.
Manufacturer's Name: Westbrae Natural Foods.
Manufacturer's Address: 4240 Hollis St., Emeryville, CA 94608. Phone: (415) 658-7521.
Date of Introduction: 1987. March.
Ingredients: Pressed safflower oil, tofu, brown rice syrup, lemon juice, cider vinegar, sea salt, natural spices.
Wt/Vol., Packaging, Price: 1 pint glass jar.
How Stored: Shelf stable.
Nutrition: Has 1/3 fewer calories and fat than mayo made with eggs, less sodium, and none of the cholesterol.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1987. Dec. p. 49. Spot with label photo in Vegetarian Times. 1988. Feb. Label reads: "25% less fat & calories, No egg. No cholesterol. Low sodium." Spot says: "Its smooth, nongrainy texture makes it great on sandwiches, and just right for deli items like potato salad." Spot with photo in Health Foods Business. Feb. Interview with Westbrae. 1988. March 4. The product was initially launched in March 1987, then pulled because of production problems. It was re-launched in November 1987.

7979. **Product Name:** Tempeh Temptations: Marinated Tempeh Filets.
Manufacturer's Name: Western Soy Complements, Inc.
Manufacturer's Address: Santa Cruz, CA 95062.
Date of Introduction: 1987. March.
Ingredients: Soybean tempeh (made with organic soybeans and brown rice according to CA Health and Safety Code Section 26569.11), shoyu (a natural soy sauce), fresh ginger, garlic, spices, peanut or safflower oil.
Wt/Vol., Packaging, Price: 7 oz vacuum packed. Retails for $1.69 (8/88 Berkeley, CA).
How Stored: Frozen.
New Product–Documentation: Label. 1988. 2.5 by 3.25 inches. Orange, black, and white. "A cutlet. A burger. For salad. Stir fries. Heat 'n' eat. Complete protein. Delicious cold, too! Perfect for toaster or microwave." Talk with Jeremiah Ridenour. 1988. Aug. 31. This is a fried and marinated product that was launched in March 1987.

Product with Label purchased at Safeway supermarket in Lafayette, California. 1990. Dec. 3. The ingredients have changed: Soy-rice tempeh is used instead of soy tempeh, and canola oil instead of peanut or safflower oil. It is now a 6 oz. vacuum pack that retails for $1.79.

7980. **Product Name:** Santa Cruz Tempeh. Soy-Rice [Three Seed with Sunflower, Sesame & Poppy Seeds].
Manufacturer's Name: Western Soy Complements.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-479-05968.
Date of Introduction: 1987. March.
Ingredients: Organically grown* soybeans, filtered water, organically grown* brown rice, sunflower seeds, sesame seeds, poppy seeds, brown rice flour, Tempeh culture (R. oligosporus), vinegar. * = Organically grown in accordance with section 26569.11 of the California Health and Safety Code. safflower oil.
Wt/Vol., Packaging, Price: 8 oz vacuum packed. Retails for $1.59 (8/88 Berkeley, CA).
How Stored: Frozen.
New Product–Documentation: Products with Labels

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purchased in Berkeley, California. 1988. Aug. 30. 2.75 by 5 inches. Black, white and brown. "A cultured soyfood. Preparation: Use as a protein-rich staple food: slice, fry, bake, or steam. Season to taste. Occasional black or grey spots are part of the tempeh culture and not indicative of spoilage."

Note that this company is at the same address as Wildwood Natural Foods of Santa Cruz.

7981. *Crain's Detroit Business.* 1987. Soy Plant sold to Ann Arbor firm [Rosewood Products, Inc.]. April 13.
• ***Summary:*** Rosewood's $2,000 offer was the only bid for the assets, which consisted of outdated tofu processing equipment. Rosewood has been leasing the equipment and making tofu since The Soy Plant filed for bankruptcy in January. Address: Michigan.

7982. Azumaya Inc. 1987. Introducing the yogurt of the future... (its not yogurt) [Stir Fruity] (News release). 1575 Burke Ave., San Francisco, CA 94124. 11 p. April 23. Press kit.
• ***Summary:*** The news release (from Torme & Co.) announcing Stir Fruity is titled: "Next generation yogurt isn't yogurt at all. Nutritious tofu finally breaks through Western taste barriers." 86% of yogurt users who tried the product expressed "high purchase intent" and 65% of non-yogurt users said they would buy Stir Fruity. "Stir Fruity will begin reaching Northern California dairy cases starting April 1987. The company is supporting the Stir Fruity introduction with an ad campaign, "California's Answer to Yogurt," that concentrates on radio in three California markets: San Francisco, Fresno and Sacramento." Stir fruity, after 8 years of testing and tasting, represents a true "flavor breakthrough." It is lower in calories (160 vs. 200-300 for even low-fat yogurts), low in saturated fats, contains no cholesterol, and is an excellent source of calcium. Azumaya, founded in 1937 and now America's "largest producer of tofu and Oriental pastas," with annual sales are over $6 million, has over 80 employees and produces over 30,000 pounds of tofu a day in its modern 40,000 square foot plant. Includes biographies of Bill Mizono (president) and Travis Burgeson (V.P., marketing). Mizono is given credit for the company's rapid growth. Azumaya went national in the 1980s after starting to pasteurize their tofu. Their products are now found in 6 of the 8 largest U.S. supermarket chains, including Safeway, Lucky Stores, Jewel, Kroger, and Stop & Shop. Address: San Francisco, California.

7983. Alfa-Laval South-East-Asia Pte. Ltd. 1987. Food Processing Research & Development Centre (Leaflet). Singapore. 2 panels each side. Each panel: 30 x 21 cm. April.
• ***Summary:*** A glossy color leaflet. Within the centre is a complete Soy Pilot Plant which includes grinding, fiber separation, deaeration and deodorization. "Starting from dry or soaked [soy] beans a soybase product can be produced. The base can then be further processed to soymilk, soy yoghurt, tofu, etc. Also other types of raw materials than soybeans can be used." A moderate fee is charged to use the 600 square meter centre. Contains many color photos of the equipment, soymilk, and several packages.

Note 1. Letter from Monica Kjellker Gimre, R&D manager, Alfa-Laval, Singapore. 1990. Sept. 3. This undated leaflet was first published in April 1987.

Note 2. This is the earliest English-language document seen (May 2006) that uses the word "soybase" to refer to a concentrated form of soymilk, containing 9-12% total solids / dry matter, from which regular soymilk or soymilk products can be made by adding water, flavors, sweetener, etc. Prior to this time, Alfa-Laval used the term "soybean extract" instead of soy base. Address: R&D manager, Alfa-Laval South East Asia Pte. Ltd., 11 Joo Koon Circle, Singapore 2262. Phone: 86 22 711.

7984. **Product Name:** Tofu [Chives, and Garlic].
Manufacturer's Name: Bean Machine.
Manufacturer's Address: Grymych, Wales, UK.
Date of Introduction: 1987. April.
New Product–Documentation: Carolyn Rees. 1987. April. Soyfoods (ESFA). "The Bean Machine story" The tofu is made largely by hand at the rate of 60 lb every 2 hours. The soymilk is curded with calcium sulfate. The company presently makes a range of three flavors of tofu, plain, chives, and garlic. The tofu is put into round presses and cut into two sizes, 227 gm and 454 gm, then vacuum packed in bags.

Letter from Simon Bailey. 1988. Oct. 10. Ceased trading.

7985. **Product Name:** Pasties (With Tofu Filling) [Regular, or Curry].
Manufacturer's Name: Bean Machine.
Manufacturer's Address: Grymych, Wales, UK.
Date of Introduction: 1987. April.
Ingredients: Dough: Incl. wholemeal flour. Filling: Incl. tofu, vegetables, soy sauce, spices.
How Stored: Frozen or refrigerated.
New Product–Documentation: Carolyn Rees. 1987. April. Soyfoods (ESFA). "The Bean Machine story." Pasties can be sold in different forms such as cooked and then frozen, raw and frozen, or fresh baked. They are ready to eat, and are mainly bought by cafes.

7986. **Product Name:** Somozas (Whole Meal Pastry Pouch With Tofu Filling).
Manufacturer's Name: Bean Machine.
Manufacturer's Address: Grymych, Wales, UK.
Date of Introduction: 1987. April.
Ingredients: Dough: Incl. wholemeal flour. Filling: Incl.

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tofu, vegetables, soy sauce, curry, and raisins.
How Stored: Frozen.
New Product–Documentation: Carolyn Rees. 1987. April. Soyfoods (ESFA). "The Bean Machine story." "A samoza is a whole meal pastry pouch or Indian origin... The name somoza comes from the name samoza, but we thought soyamoza is definitely a more appropriate name. The product has been discontinued due to lack of people and problems of distribution."

7987. **Product Name:** Tofu Bites (Marinated Deep-Fried Tofu Cubes).
Manufacturer's Name: Bean Machine.
Manufacturer's Address: Grymych, Wales, UK.
Date of Introduction: 1987. April.
Ingredients: Incl. tofu, tamari, flour, spices, oil.
New Product–Documentation: Carolyn Rees. 1987. April. Soyfoods (ESFA). "The Bean Machine story." "The Tofu bites are a cube of tofu marinated in tamari and tossed in a flour and spices mixture. They are cooked by deep frying and are delicious with salad."

7988. Bringold, Ulrich. 1987. Tofu Swiss success story. *Soyfoods* (*ESFA*) 1(2):23-24. April. [Eng]
• ***Summary:*** This paper was presented in Munich in Sept. 1986. Details are given in that document. Contents: Introduction. Tofu in health food shops. Tofu in food retail outlets. Tofu test market in Bern–August–December 1984 (The Co-op of Bern placed the 16 largest supermarkets at Galactina's disposal; pasteurized fresh tofu was tested). Publicity. Results. The conquest of food distribution (Migros and Co-op). Tofu becomes tasty. The future. Address: Galactina AG, 3123 Belp, Switzerland.

7989. Business Communications Co., Inc. 1987. Mass merchandised "healthy" foods. 25 Van Zant St., Norwalk, CT 06855-1781. 162 p. April. Price: $1,500.
• ***Summary:*** In this expensive ($1,500) market study, there is a chapter titled "The Soyfoods Market," which has the following segments: Summary of market segment. The tofu market. Soy-based frozen desserts. Soy-based beverages. Soy-based yogurt-like products. Other soy-based prepared foods. Fermented soy products. "A move toward the consumption of convenient, good-tasting foods with a healthful image is the food trend of the eighties. There is a strong relationship between healthful foods and the consumer's need for convenience. In the future, food manufacturers can expect the growth of 'healthy' foods to outpace that of the total food market, as more consumers pursue a healthful lifestyle...

"BCC defines the 'healthy' food market as those segments of food categories that are generally accepted by the consumer as having a healthful image. Total retail sales of all product segments included in this analysis were estimated to have reached $88 billion in 1986." Address: Norwalk, Connecticut. Phone: 203-853-4266.

7990. **Product Name:** NûTofû (Soy Cheese with Casein) [Mozzarella, Cheddar, Jalapeno, Herbs 'n Spices, or Swiss].
Manufacturer's Name: Cemac Foods Corp.
Manufacturer's Address: 90 West St., New York, NY 10006. Phone: 212-964-8740.
Date of Introduction: 1987. April.
Ingredients: Tofu, soybean oil, casein (protein), sea salt, citric acid, soy lecithin, guar gum.
Wt/Vol., Packaging, Price: 8 oz, 5 lb. or 20 lb.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 85, protein 7 gm, carbohydrate 1 gm, sodium 230 mg, calcium 85 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1987. April. p. 9. "Cholesterol free. Lactose free. Shred it for Pizza. Slice it for Mozzarella recipes. Good for you and your customers. The tofu products you use like cheese." In the ingredients listing, after the word casein is written "(protein)" rather than the more informative and honest "(milk protein)" Spot in Cheese Market News (Chicago). 1987. Aug. 14. NuTofu is 51% tofu. Cemac Foods is a manufacturer of cheeses and cheese analogs. Leaflet. 1987, Oct. "NuTofu Satisfies Your Taste for Cheese." Made in Philadelphia by Cemac Foods Corp., New York, NY 10006. Three flavors available (no Cheddar). Spot in Food Engineering. 1987. Oct. Swiss is now a flavor. Ad (black and white, 7.5 by 5.5 inches) in Natural Foods Merchandiser. 1989. April. p. 88. "Good for you and your customers. The tofu products you use like cheese."

7991. **Product Name:** Island Spring Fettuccine, Linguine, Spinach Fettuccine.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070. Phone: 206-622-6448.
Date of Introduction: 1987. April.
Ingredients: Fettuccine: No. 1 enriched durum semolina flour, organic tofu (water, soybeans organically grown and processed in accordance with Section 26569.11 of the California Health and Safety Code, calcium sulfate, glucono delta lactone). No preservatives added.
Wt/Vol., Packaging, Price: Six 10 oz packets per case.
How Stored: Refrigerated or frozen.
Nutrition: Fettuccine: Per 4 oz.: Calories 316, protein 14 gm, carbohydrates 58 gm, fat 3 gm, sodium 7 mg. No cholesterol or lactose.
New Product–Documentation: Island Spring Inc. Fact sheet and price list. 1988. A pasta maker makes the final product using Island Spring tofu. Label for Fettuccine. 1988. 4 by 6 inches. Green, white and red on black. Sketch of an impressionistic 3-color heart. "We've replaced the eggs with nutritious, cholesterol-free tofu!"

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7992. **Product Name:** [Tofu Salad (Soya-Vegetables): Garlic, Special, and Smoked].
Foreign Name: Tofusalat (Soja-Gemuese), Salade de Tofu (Soya-Légumes), Tofusalade (Soja-groenten).
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium.
Date of Introduction: 1987. April.
Wt/Vol., Packaging, Price: Jar.
New Product–Documentation: Label. Received 1988. 4 by 3.5 inches. Card stock. White, gold, and black on orange. "Tofu Salad. Natuur. Nature. Naturell. Natural. Also comes in garlic, special, and smoked. Ingredients (in 4 languages): Tofu (soya proteins)*, sunflower oil*, water, arrow-root, vegetable extract, sea-salt, herbs, spices. * = organically grown. Product weight = 100 gm. Nutritional composition: Vegetable proteins 8.3%, vegetable fats 13.9%, ash 1.62%, carbohydrates 2.3%, 168 calories (Kcal) per 100 gm." Label. Received 1988. 10.5 by 1.25 inches. Glossy paper. Orange and black on a pastoral background with sea gull and duckling. Additional ingredients include (organically grown) carrots and parsley. Note that we have 3 labels for Tofu Salad from Jonathan, probably from different periods. Form filled out by Jos van de Ponseele. 1989. Jan. 11. These flavors were introduced in April 1987.

7993. Kingma, Sharyn. 1987. Spray-dried powders expand tofu market. *Soya Newsletter* (*Bar Harbor, Maine*). March/April. p. 3.
• ***Summary:*** The first study of the rapidly expanding new market for spray dried tofu powders. The largest manufacturers are Clofine Dairy & Food Products, St. Peter Creamery (Oberg's Soy Supreme), the Gunther Products Div. of A.E. Staley Mfg. Co., and Nasoya Foods. Clofine is said to be the first company to make such a product. These powders cost $0.95 to $1.65 per lb. Golbitz of Soyatech estimates that 1-2 million pounds were used in 1986 (the equivalent of 5-10 million pounds of fresh tofu), and he predicts that "close to ten million pounds will be sold in 1987."

7994. Kuwahara, M.; Nakano, H. 1987. Soybean in Japan. *Eurosoya* No. 5. p. 5-7. April. [1 ref. Eng]
• ***Summary:*** In 1984 Japan consumed 4,810,000 tons of soybeans. Of the total, 82% is used for oil and meal production, 17% for foods, and the rest (1%) as feed for livestock. 95% of the soybeans used are imported, mainly from the USA (92%) and China (7%). The soybeans from China and Japan, which are higher in protein and lower in oil, are used for traditional foods. Domestic production is small and these soybeans are expensive. They are processed to make tofu (38%), miso (24%), natto (10%), and other foods (11%), while the remaining 17% is used for home cooking.

Soybean breeding started in 1910 in Japan; pure line selection from many local varieties was the main method. After about 1930 cross-breeding became the main method. In 1935 soybean breeding started at the experiment stations of the Ministry of Agriculture, Forestry, and Fisheries (Norinsho). Today there are 5 such stations with a soybean breeding laboratory and 3-5 breeders per lab. From north to south they are Chuo and Tokachi in Hokkaido, Kariwano in Tohoku, Chushin in Nagano, and Kumamoto in Kyushu. Yet from 1950 to 1980 soybean yield increased only slightly, to 1.5 tonnes/ha from 1.3 tonnes. Japan's largest seeded soybean is Tanbaguro; 100 seeds weigh 70 gm. It is preferred for cooking. The smallest is Nattoshoryo; 100 seeds weigh 8-10 gm. It is traded at high prices for natto production.

For decades the Japanese government, for political reasons, has subsidized rice production. But after the late 1970s, when production far exceeded domestic consumption, the government decided to reduce rice acreage and promote the cultivation of other crops, especially soybeans, barley, and wheat in the drained paddy fields (converted upland fields), which accounted for 62% of the soybean cultivated area in 1985, totaling 134,000 ha. Address: Lab. of Soybean Physiology, National Agriculture Research Center, Tsukuba, Ibaraki 305, Japan.

7995. **Product Name:** Tofu Franks.
Manufacturer's Name: MGM Brands.
Manufacturer's Address: 59 Howden Rd, Unit H., Scarborough, ONT, M1R 3C7, Canada. Phone: 416-752-6600.
Date of Introduction: 1987. April.
New Product–Documentation: Talk with company. 1988. March 2. He says Stephen Yu of Victor Foods is out of business! Tofu Masters was an interim company name.

7996. *Mori-Nu Healthy Times* (*Los Angeles*). 1987--. Serial/periodical. Morinaga Nutritional Foods, Inc., 5800 S. Eastern Ave. #270, Los Angeles, CA 90040. Bimonthly. Susan Bucher, editor. Vol. 1, No. 1. April, 1987. Published for the members of the Mori-Nu "Health for Life" Club.
• ***Summary:*** Each issue, typically 4 pages, discusses the merits of tofu and Mori-Nu silken tofu. See spot in Grocers Journal of California, April 1987; Talk with Susan Buchér, editor. 1988. Jan. The first issue was April 1987. Circulation is now 5,000. 99% of that is paid ($2.00/year). Most of those polled use tofu in casseroles, stir fries, and shakes.

Talk with Susan Buchér. 1988. Sept. 8. Circulation is now 10,000. The annual subscription rate increased to $3/year from $2/year in about May. In Jan/Feb. 1989 title changed from Healthy Times to Healthy Life. The volume numbering started over again at 1. Format changed to 6 p. from 4 p. Recipes and coupons are now included in the magazine. Address: Los Angeles, California.

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7997. **Product Name:** Spray-dried Tofu Powder [Coagulated with Calcium Sulfate, or Glucono Delta-Lactone].
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1987. April.
Ingredients: Tofu.
Wt/Vol., Packaging, Price: Sold in 50 lb bags to food processors.
How Stored: Shelf stable.
Nutrition: Protein 38%, fat 19%, carbohydrate 36%, moisture 3%.
New Product–Documentation: Kingma. 1987. Soya Newsletter. March/April. p. 3, 11. Nasoya is the first manufacturer of traditional tofu to enter this promising new product arena. Soya Bluebook. 1987. p. 95. Talk with John Paino. The calcium sulfate powder was introduced in Jan. 1987 and the GDL in June. Both products are doing quite well. At the time, Nasoya decided to diversify into the industrial food ingredients market, selling to food processors.

7998. *New Age Journal* (*Boston, Massachusetts*). 1987. New rule for tofu: Keep your eyes on the curd. March/April. [1 ref]
• ***Summary:*** A one-sided view and summary of the new tofu standards. "And indeed there are rosy projections for soyfoods. Peter Golbitz and others predict that the industry's current annual sales of $150 million will skyrocket to $500 million by the early 1990s. The key, he and others in the SAA agree, will be luring the large food companies–with their hefty advertising budgets–into the fray. And that, he says, is why less restrictive standards were so important." SAA's decision not to require specific labeling for tofu made with hexane "could confuse consumers who do not routinely read ingredients lists, concedes Golbitz."

7999. Przybyla, Ann. 1987. Driving forces behind 1986 new food introductions. *Food Engineering* 59(4):61, 71, 74. April.
• ***Summary:*** New food products containing tofu increased from 28 in 1985 to 49 in 1986, according to Marketing Intelligence Service. Mentions Le Tofu, Jofu, and Tofoods Tofu Entrees.

8000. Rahman, Majeedah. 1987. Belize nutrition education project. Project Coordinator, 526 44th St., Oakland, CA 94609. 5 p. April. Unpublished manuscript.
• ***Summary:*** The most complete report on this proposed project and its origins. Dr. B.K. Rai of the Caribbean Agricultural Research and Development Institute (CARDI, a non-profit, non-governmental organization working to promote agriculture in the Caribbean), has done research on soybeans and is enthusiastic about the nutritional benefits of soyfoods. He is based in Belmopan. Address: Project Coordinator, Oakland, California.

8001. Rees, Carolyn. 1987. The Bean Machine story. *Soyfoods* (*ESFA*) 1(2):8-10. April.
• ***Summary:*** "In the bad winter of 1981, the founders of Bean Machine were cut off by snow with only a jar of soybean and little else. They had a soybean recipe book written by a community farm [The Farm] in Tennessee and decided to have a go at making Tofu.

"They found others who believed in the same ideas and started the Bean Machine in their kitchen, at home. From there the business expanded in a little Welsh village. As demand grew more people came to work, and it became a full fledged cooperative.

"In 1984, our founders had to leave us, sadly, because of illness, but their example and courage was and is now an inspiration to us all...

We are now 9 full time members. The first two years of existence were very difficult; breaking down resistance to the product, finding a market, and solving distribution problems used up most of the Bean Machine scanty resources."
The company decided to focus on second generation tofu products. They obtained a Regional Aid grant to help fund an expansion program. Tofu is sold vacuum packed in 227 and 454 gm sizes. They produce 60 lb/tofu every 2 hours. The company's product range includes Soysage, Soyanaise, Burgers (with okara and rice), Pasties (with tofu filling), Somozas (pouches filled with tofu), Tofu Bites (deep-fried marinated tofu cubes), and Soysage Burgers. "We hope to do an iced bean [soy ice cream] when the grant comes through. Then we will get the facilities and soon we shall be expanding to a bigger premises, in Grymych, where the Bean Machine is now, which is ideal for us.

"A third of the Bean Machine profit will go towards a third world organization." Address: A principal of The Bean Machine, Crymych, Wales.

8002. **Product Name:** Better Than Milk? (Powdered Tofu-Soymilk Blend) [Natural, Chocolate, or Carob].
Manufacturer's Name: Sovex Natural Foods, Inc. (Marketer-Distributor).
Manufacturer's Address: 9104 Apison Pike, Box 310, Collegedale, TN 37315. Phone: 800-227-2320.
Date of Introduction: 1987. April.
Ingredients: Natural: Maltodextrin, soy oil, calcium carbonate, dehydrated tofu, sodium caseinate [from cow's milk], sea salt, natural flavor, cyanocobalamin (vitamin B-12).
Wt/Vol., Packaging, Price: 27 or 21 oz can with reusable plastic lid.
How Stored: Shelf stable.
Nutrition: Per 8 fl. oz (liquid): Calories 90, protein 2 gm, carbohydrates 10 gm, fat 5 gm, cholesterol 0 mg, sodium 120

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mg, lactose 0 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1987. June. p. 20. Ad in Bestways. 1987. July. p. 9; Sept. p. 12. 8½ by 11 inches. Color. "Tofu naturally. Luscious tofu non-dairy. 3 rich-n-creamy flavors. Rich in calcium. Just add water."

Label sent by Maryann Brkich of Walnut Creek, California. 1992. Oct. 14. 6.75 by 13 inches. Brown, yellow, white, and black. Photo of a glass of milk and a small bottle of milk on a breakfast table next to a bowl of cereal. "Naturally Tofu. Delicious Tofu Non-Dairy. Rich-n-Creamy Natural. Makes 8 quarts. All natural. No cholesterol. Natural B-12. Rich in calcium. Lactose free. Just add water. Scoop inside." The 21 oz can now retails for $8.95. Sovex is now at Box 2178, Collegedale, Tennessee 37315.

8003. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Soyfoods Association holds annual meeting in Anaheim. March/April. p. 4.
• ***Summary:*** Work is proceeding on tofu standards and a tofu "Seal of Approval." President Barat appointed Peter Golbitz chairman of the Standards Committee, and asked Yvonne Lo and Sjon Welters to serve on the committee. Tom Timmins was appointed chair of the Membership Committee.

8004. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. White Wave acquires Soyfoods Unlimited. March/April. p. 4.
• ***Summary:*** The acquisition took place on 1 Dec. 1986. Manufacturing will be consolidated at White Wave's plant in Colorado. Soyfoods Unlimited's offices in California will serve as a sales and distribution center for both companies' products. "White Wave, founded in 1977, now employs 25 people and distributes tofu and tempeh products nationwide." Sales were over $1 million in 1986, and expected to be $1.6 to $2 million in 1987. "The company recently signed an exclusive 5 year supplier agreement with Tofruzen, a Colorado-based distributor of nondairy frozen desserts."

8005. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Morinaga publishes Healthy Times. March/April. p. 5.
• ***Summary:*** The bimonthly newsletter is for members of the Mori-Nu Tofu "Health for Life" Club. The first issue was April, 1987.

8006. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Rose International formed. March/April. p. 5.
• ***Summary:*** Richard and Sharon Rose founded Rose International in March 1987. Brightsong Foods ceased to exist on 1 June 1987. Brightsong was a developer, manufacturer, and marketer of tofu products. Rose International in Petaluma, California, will provide "services to food manufacturing and marketing companies using tofu and soy as key ingredients in new products. "In short, Brightsong was a soyfoods manufacturer. Rose International will be a soyfoods marketer, without their own manufacturing plant.

8007. **Product Name:** Tofu Supreme.
Manufacturer's Name: Tofu Ice Bean.
Manufacturer's Address: Australia.
Date of Introduction: 1987. April.
New Product–Documentation: Soyfoods (ESFA). 1987. April. p. 28. "Tofu Supreme is a non-dairy dessert made by Tofu Ice Bean of Australia. It contains no butterfat or lactose. This product is representative of several frozen desserts made from Tofu that are entering the marketplace."

8008. Vandemoortele, Philippe. 1987. Editorial. *Soyfoods* (*ESFA*) 1(2):2. April. [Eng]
• ***Summary:*** "Since Alpro Belgium pioneered a new soymilk six years ago, many things have changed. The new soya milk with a nice taste and a high nutritional value of 3.6% protein attracted a lot of consumers. In a few years, the total European market increased from 500,000 litres to the today's estimation of 15 million litres. But also the number of producers grew and companies such as Celnat (France), Sapov (France), Soya Health Food (England), Soyana (Switzerland), DE-VAU-GE (Germany) and recently Cacoja (France) started to produce soya milk. The total capacity of the 4 largest producers amounts to 60 million litres which is 4 times more than the market volume...

"We are on the verge of a boom for soyfoods. Manufacturers will need the technology to make quality soymilk, tofu and other soyfoods... But this will not be enough; marketing is essential to make sure that our products fill a need and please the consumer."

8009. Yu, Byung Pal; Iwasaki, K.; Gleiser, C.; Masoro, E. 1987. Influence of dietary soy protein on longevity and age related disease processes (Abstract). Abstract of a paper presented at the 71st Annual Meeting of the Federation of American Societies for Experimental Biology.
• ***Summary:*** In a 2-year study, rats fed soy protein had far less kidney damage than rats which consumed casein (milk protein). Yu notes that tofu is highly recommended by clinicians and health care personnel as a protein source. Many older Americans suffer from kidney failure. "The proper selection of a protein source may yield a treatment for the chronic renal failure patient, one which is as effective as protein restriction, but without its risks." See also: Food Chemical News. 1987. April 6. p. 25-26; and JAOCS. 1987. June. p. 825. Address: Dep. of Physiology, Univ. of Texas, Health Science Center, 7703 Floyd Curl, San Antonio, TX 78284. Phone: 512-567-4400.

8010. *Jewish Press* (*Brooklyn, New York*). 1987. Juan Metzger to speak at [Jewish] Vegetarian Conference. May 1.
• ***Summary:*** The conference will feature samples of kosher

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vegetarian food products. Robert Tepper of Farm Foods & Barricini will also speak. Metzger was head of the Dannon Company from 1959 to 1981.

8011. Raposa, Laura. 1987. Tofu maker drives toward $10 million in annual sales. Company profile [of Tomsun Foods International]. *Boston Herald.* May 3.
• ***Summary:*** Tomsun produces 60,000 to 70,000 lb/week of tofu and 25,000 cases/week of Jofu. In 1986 Tomsun sold $4 million worth of tofu and tofu products. The development of Jofu began in 1984 after a phone call to Timmins by Metzger, who was looking for a way to expand Dannon Yogurt's product line. The prospectus for a public stock offering hit the streets on 12 December 1986. $4.3 million was raised. It is now considered not nearly enough. The three Jofu markets are: lactose intolerant, watching fats or cholesterol, dislike sour taste of yogurt. Regular yogurt users won't give it up. Marketing strategy: less-more. "It's got less of what you don't want and more of what you do." In 1980 Community Development Finance Corp invested $100,000 in the form of equity and loaned the company $100,000.

8012. Lee, Doreen. 1987. Azumaya's intro: Tofu with taste [Stir Fruity]. *Adweek West.* May 4.
• ***Summary:*** "Stir fruity, a light creamy blend of 80% silken tofu, 15% real fruit, and 5% flavoring and syrups made its debut in Northern California supermarkets last week as the first tofu-based snack food. And if positive early tests hold true, the company hopes to spoon up a tasty $4 million in first-year sales...

"The challenge is overcoming tofu's bland image. 'Tofu is not a well understood product,' says vp/marketing Travis Burgeson. 'We're finding that the nutritional image is very strong, but the uncertainty about taste is a big question for people. That's what our ads address.'

"To start, Azumaya is putting $800,000 into a Northern California radio campaign from freelancer John Crawford. Spots feature consumer interviews, a takeoff on Bob Marley's reggae tune *Stir It Up,* and the tongue-in-cheek ending line 'It's tofu. But what the heck, try it anyway.'

"Azumaya plans to increase the budget to include TV and print as it expands distribution to Southern California and the East next year."

8013. Burgeson, Travis. 1987. Stir Fruity (Interview). *SoyaScan Notes.* May 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Stir Fruity represents the first real change in the yogurt case of supermarkets on the West Coast since Dannon put fruit in the bottom of yogurt. There are basically three reasons people do not like most dairy yogurt: it is too sour, it contains cholesterol, and it contains lactose. Stir Fruity has none of these problems. Various people were asked to taste Stir Fruity, then asked if they would buy the product, 86% of yogurt users said either definitely or probably, and 65% of non-yogurt users said either definitely or probably.

The key to their promotional commercial (developed by John Crawford based on Bob Marley's reggae song titled "Stir it Up") will be to be humorous with tofu, to make it friendly. They admit: It's not yogurt. Its also non-dairy and not sour. They now to pitch it to the black community where lactose intolerance is high. Calcium lactate is the coagulant. Jofu product quality has improved over the past year. Jofu has the fruit stirred in, where Stir Fruity has the fruit on the bottom. One problem is that Stir Fruity is not as white as would be ideal. Address: Azumaya Inc., 1575 Burke Ave., San Francisco, California 94124.

8014. Dixon, Jim. 1987. Tofu and tortillas on the line: Ota Tofu Co. *Willamette Week* (*Portland, Oregon*). May 14.
• ***Summary:*** Third generation members of the Ota clan continue a business started in 1918 [sic, 1911]. Aileen Ota says their tofu retails for $0.75/lb. Note: This is the earliest known tofu company in Oregon.

8015. Gluck, Peggy Isaak. 1987. Ex-kosher caterer creating an empire based on tofu. *Northern California Jewish Bulletin* (*San Francisco, California*). May 15.
• ***Summary:*** What's next from the Tofutti king? Research at headquarters is moving away from desserts, though Lite Lite Tofutti on a stick is already on the drawing board, and into other areas–a cheeseless cheesecake and meatless meatballs, which will be cholesterol free and low in fat.

8016. Lafayette, Jon. 1987. Jofu asks consumers to go 'beyond yogurt.' *New York Post.* May 19.
• ***Summary:*** Brief history of Metzger's work. Tomsun Foods Intl. had sales of $3.1 million last year. The Jofu ad campaign says "It's time to go beyond yogurt." Tomsun will spend $1.3 million on radio and newspaper advertising to introduce Jofu. Metzger hopes company sales will rise to $5 million this year.

8017. Hoffman, Sandy. 1987. Details on the Roper poll showing tofu is America's most hated food (Interview). *SoyaScan Notes.* May 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This survey was conceived of and paid for by The Roper Organization, largely as a fun consumer interest item to get some publicity for Roper. It was conducted in April-May 1986 and published in July 1986 in Roper Reports, which is published 10 times a year; a subscription costs $22,000/year. This survey interviewed 2,000 adults nationwide over age 20 in their homes. They were given a list of 17 foods that various people say they dislike. "Would you please read down the list and call off those foods, if any, which you personally hate to eat in any form because you dislike them." Some 35% of the respondents mentioned

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tofu, making it "America's most hated food." Other hated foods included liver (34%), yogurt (29%), Brussels sprouts (28%), lamb (24%), prunes (24%), spinach (22%), and lima beans (22%). The rest were single digits. Some 19% of the respondents had no foods they disliked.

Demographically, there was no significant differences in tofu dislike by age; both younger and older people disliked it about equally. Those with higher incomes disliked it slightly less.

Roper has an omnibus, which is hooked to every survey, composed of numerous questions. Any organization can submit one question at a cost of $1,800 and the results are for that organization's eyes only.

Roper and Gallup were founded in the early 1930s as a market research firm. Address: The Roper Organization, 205 E. 42nd St., New York, NY 10017. Phone: 212-599-0700.

8018. Burum, Linda. 1987. Rosebrock's tofuburgers. *Los Angeles Times.* May 31. p. 95-96.
• ***Summary:*** If you think the words tofu and burger don't belong in the same sentence, sample Rosebrock's tofuburgers before making your decision final. These subtly seasoned, meatless patties are good by themselves and even more delightful in various presentations. Try the pestoburger. (Rosebrock's has hosted numerous pesto contests with renowned local chefs, and they do known their pesto.) Or sample the knock-your-socks-off garlic sauce on the Maliburger. The whole-wheat rolls are substantial yet not too heavy. And should you show up with someone for whom meaty meals are required, Rosebrock's does a mean chickenburger. Rosebrock's Tofuburger Cafe, 1697 Pacific Ave., Venice, California, (213) 450-9169. Open daily.

8019. Asano, Mitsuo; Okubo, K.; Igarashi, M.; Yamauchi, F. 1987. Tôfu no hinshitsu ni oyobosu dappaijiku oyobi namashibori no eikyô [Effects of removing the seed coat and hypocotyl, and pressing without heating, on the quality of tofu]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society of Food Science and Technology*) 34(5):298-304. May. [17 ref. Jap; eng]
• ***Summary:*** Soybean glycosides (saponin A group, B group, daizin [daidzin], and genistin), which give an undesirable bitter or astringent taste, are found in the soybean hypocotyl. The effects on the quality of tofu of removing the seed coat and hypocotyl, and pressing the tofu without heating, to remove the glycosides, were studied using texture profile analysis, scanning electron microscopy, transmission electron microscopy, and sensory evaluation. Tofu made only from cotyledons was firmer than that made from whole soybeans. Oil droplets were evenly dispersed in cotyledon tofu, whereas they cohered in whole soybean tofu and seemed to impart an oily taste. The saponin fractions were analysed by thin layer chromatography and high performance liquid chromatography. The most undesirable component (saponin A group) was less in cotyledon tofu than in whole soybean tofu. Cotyledon tofu received a higher sensory evaluation score (based on color, taste, and texture) than whole soybean tofu. Therefore tofu makers should consider removing the soybean hypocotyl before making tofu. Address: Faculty of Agriculture, Tohoku Univ., Amamiya-machi, Tsutsumi-dori, Sendai-shi, Miyagi 980, Japan.

8020. **Product Name:** Tofu Spreads [Tofu La Mexicana, Tofu Smoked Bluefish].
Manufacturer's Name: Blue Twine Farm.
Manufacturer's Address: Polly Dan Road, Burlington, CT 06013. Phone: 203-589-3593.
Date of Introduction: 1987. May.
Ingredients: Tofu La Mexicana: Tofu, cream cheese, jalapeño peppers, dehydrated bell peppers, fresh garlic, sea salt, spices.
Wt/Vol., Packaging, Price: 8 oz, 1 lb and 2 lb plastic tubs with pressure sensitive labels.
How Stored: Refrigerated, 3-5 week shelf life.
New Product–Documentation: Karen E. Olson. 1988. Bristol Press (Connecticut). Sept. 19. p. 1, 5. Cipah Shapiro makes tofu spreads using herbs grown in her organic garden. She produces 40-50 lb/week of spreads.

Talk with Cipah Shapiro. 1988. Dec. 28. She has been an organic gardener for many years. She started making these products in the fall of 1983. Most contain cheeses. Two of her products are sold year-round (Tofu La Mexicana and Smoked Bluefish), then there are six new flavors each season, for a total of 26 products a year. All labels contain a calorie count. She buys her tofu from Nasoya. She wants to keep the business small, for her enjoyment and to keep quality high.

Letter with Labels sent by Cipah Shapiro. 1988. Dec. 29. Gives the date that each product was introduced. "By early 1987 I made the 'Tofu Smoked Bluefish' and 'Tofu La Mexicana' available on a year-round basis."

8021. Chikaarashi, Shigeru. 1987. Tônyû seizô ni kôteki na shokuhin no seihô to seizô sôchi [The process and equipment used for making an ideal foodstuff for use in producing tofu]. *Japanese Patent* 61-48900. 1,378,742. 3 p. [Jap]
• ***Summary:*** A patent for making whole (non-defatted) soy flakes, which can then be used in making soymilk or tofu. The last page contains a detailed diagram of the equipment. Address: Shin-Kotoni 6-jô, 2-6-17, Kita-ku, Sapporo, Japan.

8022. **Product Name:** Tofulicious Chocolate Covered Dessert Bars (Soy Ice Cream Novelties) [Dutch Chocolate, or Vanilla Almond].
Manufacturer's Name: Eastern Foods, Inc.
Manufacturer's Address: 3235 E. Hennepin Ave., Minneapolis, MN 55413.
Date of Introduction: 1987. May.

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Ingredients: Vanilla Almond: Water, corn sweeteners, partially hydrogenated soybean oil, tofu (soybeans, water, calcium sulfate), isolated soybean protein, tapioca dextrin, natural flavors, calcium carbonate, microcrystalline cellulose (cellulose gel), cellulose gum, mono and diglycerides, carrageenan. Coating: Coconut oil, sugar, cocoa, cocoa (alkali treated), lecithin, vanillin.
Wt/Vol., Packaging, Price: 2.5 fluid oz bar, 10 fluid oz per package, in paperboard carton.
How Stored: Frozen.
Nutrition: Per 2.5 oz. bar: Calories 180, protein 2 gm, carbohydrate 16 gm, fat 12 gm, sodium 28 mg. 11% of RDA for calcium.
New Product–Documentation: Labels. 1987. Paper box. 2 by 4 by 7 inches. Full color. Four bars per box. "Non-Dairy Frozen Dessert. No Cholesterol & Lactose Free. Great Taste... That's Good for You." Kingma. 1987. Soya Newsletter. 1(3):10. Talk with Mr. Lee. The product was introduced in May 1987.

8023. *Florida Grocer* (*Miami, Florida*). 1987. Products and partners [Simply Natural, Inc.]. May.
• ***Summary:*** "Principals Bob Pirello and Christina Hayes who founded Simply Natural, Inc. are shown with a variety of new tofu-based products, including a patented "Tofu Cheese," fresh frozen Tofu Pastas, and miso based salad dressings." The products are all non-dairy.

8024. *Florida Restauranteur* (*Hollywood, Florida*). 1987. David Mintz. The Prince of Tofu. May.
• ***Summary:*** "In 1972, while searching for a milk substitute for kosher desserts, pastries, pies, and sauces, David Mintz discovered this soy bean product... For nine years, Mintz worked in the back kitchen of his store creating tofu recipes. After developing a cookbook full of dishes using tofu... Mintz invented Tofutti, which he introduced to the public in 1981."

8025. *Food Trade News* (*Ardmore, Pennsylvania*). 1987. Tofu cheese maker is growing simply naturally. May.
• ***Summary:*** Simply Natural formally opened in October 1986. Bob Pirello, while vice president of a major Philadelphia advertising agency, had run a natural foods catering service and taught macrobiotic and natural foods cooking. Christina Hayes worked for 3 years as a graphic designed for a major Miami advertising agency and 3 years as owner-operator in food advertising and package design. Tofu cheese, now patented, involves an aging process. It is now sold in many chain stores.

8026. Fuerst, Judith. 1987. Bernie and the beanstalk. From a simple start in soybeans, Bernie Souphanavong's Northland Soy has grown into a multi-product manufacturer and distributor. *Alaska Business Monthly.* May. p. 16-17.
• ***Summary:*** Bernie began producing tofu in 1980. Now he also makes soy sprouts and soymilk. Born in Laos, he was named the 1986 Alaskan Minority Small Business Person of the Year. Address: Alaska.

8027. **Product Name:** Light & Creamy Blue Cheese Dressing (Originally Called Golden Soy Tofu Blue Cheese Salad Dressing).
Manufacturer's Name: Golden Soy Foods Inc.
Manufacturer's Address: P.O. Box 495, Athens, OH 45701.
Date of Introduction: 1987. May.
Ingredients: Organic tofu (water, organic soybeans, calcium sulfate), soy oil, real dairy blue cheese, water, apple cider vinegar, raw honey, nutritional yeast, dried onion, salt, vegetable gum, spices.
Wt/Vol., Packaging, Price: 16 fluid oz (1 pint) glass jar retails for about $3.40.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 1 tablespoon (19 gm): Calories 50, protein 2 gm, carbohydrates 2 gm, fat 4 gm, sodium 120 mg.
New Product–Documentation: Product Alert. 1987. April 27. "Golden Soy Tofu Blue Cheese Salad Dressing." News release. 1987. Aug. 12. "Cholesterol free, low calorie, low fat." Label. 1987. 10 by 2.5 inches. Light blue, dark blue, yellow, and white. "Low cholesterol. Low fat. Low sodium. Rich and creamy. All natural. No preservatives."

8028. **Product Name:** Light & Zesty Onion Dip (Originally Called Golden Soy Onion Dip).
Manufacturer's Name: Golden Soy Foods Inc.
Manufacturer's Address: P.O. Box 495, Athens, OH 45701.
Date of Introduction: 1987. May.
Ingredients: Organic tofu (water, organic soybeans, calcium sulfate coagulants), water, dried onion, soy oil, apple cider vinegar, shoyu (water, soybeans, wheat salt), raw honey, whole wheat flour, nutritional yeast, dried parsley, salt, vegetable gum, spices.
Wt/Vol., Packaging, Price: 16 fluid oz (1 pint) glass jar retails for about $3.40.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 1 tablespoon (19 gm): Calories 45, protein 1 gm, carbohydrates 2 gm, fat 3 gm, sodium 170 mg.
New Product–Documentation: Product Alert. 1987. April 27. "Golden Soy Onion Dip." News release. 1987. April 20. The product will be released in May. News release. 1987. Aug. 12. "Cholesterol free, low calorie, low fat." Ads in Natural Foods Merchandiser. 1987. Oct. p. 35. Label. 1987. 10 by 2.5 inches Blue, gray-green, yellow, and white. "Dairy free and no cholesterol. Delicious dip for vegetables & chips. All natural. No preservatives."

8029. Hara, Kazuo. 1987. Sheeto shokuhin [Development

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of food films and their application]. *Shokuhin Kogyo* (*Food Industry*) 30(10):26-31. May. [Jap]
• ***Summary:*** The films contain, for example, tofu, soybean oil, rice flour, fish tissues, spinach, or curry powder. Address: Japan.

8030. Jacobs, Barbara; Jacobs, Leonard. 1987. Cooking with seitan: Delicious natural foods from whole grains. New York, NY: Japan Publications. 256 p. Foreword by Aveline Kushi. Index. 26 cm. [16 ref]
• ***Summary:*** "Seitan is cooked and flavored gluten that has been extracted from [high-gluten] wheat flour. It is very rich in protein, while being extremely low in fat and calories... The traditional Japanese way of seasoning seitan is to cook it in a broth using kombu sea vegetable, natural soy sauce, and fresh ginger root. This... is the one taken for granted as the 'standard seitan flavor' by commercial seitan makers and most people who are familiar with seitan. Many other mixtures of seasonings can be added to the basic seitan broth. Several earlier books on wheat gluten have been written, generally by Mormons.

This book offers you the history, nutritional information, a variety of preparation techniques, and hundreds of recipes that will allow you to convert wheat into a delicious and nutritious food. Especially suited for vegetarians who are interested in high-protein substitutes for animal foods.

Contents: Acknowledgments. Introduction: About wheat gluten, gluten, commonly asked questions about seitan. Getting started. Creating seitan from wheat flour (at home in 30-40 minutes). Using the seasonings. Additional methods of cooking. Appetizers. Soups. Main dishes and casseroles. Side dishes. Salads. Sauces, dressings and marinades. Condiments. Sandwiches. Desserts. From the pantry. Sample lunch and dinner menus. Appendix: 1. All about saving and using wheat starch. 2. Storing uncooked seitan. Storing cooked seitan. 4. Commonly encountered problems and some solutions. Nutritional information. Questionnaire for readers. About our ingredients (discusses natural soy sauce, and soymilk). Glossary (includes fu [dried gluten], miso, natural soy sauce or shoyu, soymilk, tamari, tofu). Bibliography.

Recipes containing soyfoods include: Miso soup with fu and wakame (p. 79). Miso-lemon dressing (p. 171). Tangy miso-tahini sauce (p. 180). Tofu spread with variations (p. 181). Seitan-tofu paté (p. 181-82). Tofu "feta cheese" (p. 192-93). Miso-tahini sauce or spread (p. 209).

When Michio and Aveline Kushi started the Seventh Inn Restaurant in Boston in 1971, they introduced seitan, a food that George Ohsawa had popularized in Japan, especially among macrobiotic people. Yumie Kono taught the chefs, one of whom was Lenny Jacobs, how to make seitan (p. 5).

The Introduction (p. 17-18) states: "Seitan is a food with a long history. Although not widely known in the West, it was traditionally eaten in China, Korea, Japan, Russia, the Middle East, and probably many other countries that grew wheat. In America, the Mormons and the Seventh Day Adventists made gluten and used it on a regular basis... The name *seitan* comes to us from the Japanese, who have prepared cooked wheat gluten for hundreds of years... Some natural foods industry insiders think seitan will become the 'tofu of the '80s.'

"Seitan was introduced to the U.S. natural foods industry about sixteen years ago [1970] when a Japanese variety, shrink-wrapped and quite dry and salty, was first imported. There had been several other varieties available from vegetarian groups, primarily the Seventh Day Adventists and the Mormons. Chinese restaurants have also been preparing wheat gluten for many years. The Chinese call it *mien ching,* or *yu mien ching.* Chinese restaurants often refer to it as 'Buddha Food,' claiming that it was developed by Buddhist monks as a meat substitute. There is also a dried wheat gluten available in Oriental food markets called *fu* by the Japanese and *k'ao fu* or *kofu* by the Chinese."

In the USA, about 130,000 pounds of seitan are made each year. The market is growing rapidly. Current U.S. seitan manufacturers are: 1. Upcountry Seitan in Lenox, Massachusetts, the largest known producer in America, which makes about 600 lb/week and distributes it in 6 states. The company, started about 3½ years ago (counting from Jan. 1987, i.e. founded in about mid-1983) by Win Donovan, is now owned and operated by Wendy Rowe and Sandy Chianfoni. They get a yield of 1.33 (i.e. 90 pounds of flour result in 120 pounds of seitan). 2. Rising Tide Natural Market in Long Island, New York. Michael Vitti has been making seitan for 6 years. About 1/3 of his production is bought by another company for use in making sandwiches. 3. Grain Dance in San Francisco, California. Ron Harris has been making seitan for 8 years and is currently selling 250 lb/week in 8 oz. packages. 4. Creative Kitchens in Miami, Florida. Yaron Yemini has been making seitan for 3 years. and has seen a 5-fold increase during this time. He now makes 120 lb/week. His yield is 0.7. 5. The Bridge in Middletown, Massachusetts. The company was founded in March 1981 by Roberto Marrocchesi and Bill Spear. They were making seitan by Oct. 1982. Steve Lepenta now makes 400 lb of cooked seitan each week and claims that sales have doubled in the past two years. 6. Maritime Foods in Portland, Maine. Rosemary Whittaker makes 50 lb/week of seitan. 7. Real Foods of Towson, Maryland. Sharon Warren has been making seitan for 6 years and now makes 150 lb/week.

Reviewed by Linda Elliot in East West. June 1987, p. 94. Note: Talk with Lenny Jacobs. 1990. Sept. 10. There has been little growth in the U.S. seitan industry since the book was published in May 1987. Problems with price and quality. If seitan is frozen, after defrosting it can become spongy and soggy. Address: Massachusetts. Phone: 617-232-1000.

8031. LaBell, Fran. 1987. Tofu & Tofu Products. *Food Processing* (*Chicago*) 48(5):Ingredient Handbook insert.

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May.
• ***Summary:*** Discusses tofu standards, Brightsong Foods, Nasoya Foods, Clofine Dairy & Food Products, Soyco Foods (Div. of Galaxy Cheese, P.O. Box 5181, New Castle, Pennsylvania 16105), St. Peter Creamery Inc. (Div. of Oberg Foods, 119 W. Broadway, St. Peter, Minnesota. Makes spray dried tofu powder from soymilk coagulated by adding calcium sulfate. Its protein level is 38% and moisture is 5% maximum. pH is 6.7–7.0% in a 10% solution. Fat is about 18%). ADM, Ralston Purina, Rose International, Soyatech.

Soyco Foods makes Soymage, "a new cheese alternative," which is casein free and non-dairy. It is sold in four flavors: Cheddar, Mozzarella, Monterey Jack, and Jalapeno. "It has a light texture and shreds and slices readily." The ingredients and packaging information are given. The company has been making a cheese substitute named Fromage (TM), based on casein and soy oil, which comes in about 20 flavors. Soymage was developed for people who want a completely non-dairy cheese substitute.

Photos show: Tomsun Jofu (in the carton and in a dish ready to eat). Nasoya creamy tofu dressing (3 flavors in bottles). Address: Chicago, Illinois.

8032. **Product Name:** [Regular Tofu, Herb Tofu, and Tofu with Dehydrated Vegetables].
Foreign Name: Tofu Nature, Tofu Fines Herbes, Tofu au Legumes.
Manufacturer's Name: Les Aliments Tarasoy Ltée (Tarasoy Foods Ltd.).
Manufacturer's Address: 3455 Local D rue Isabelle, Brossard, QUE J4Y 2R2, Canada. Phone: 514-659-6586.
Date of Introduction: 1987. May.
Wt/Vol., Packaging, Price: 450 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Helen Wan, sales manager. 1995. May 26. This was one of the company's first products, launched in the spring of 1987. The vacuum packaging gives the product a longer shelf life. Regular (plain) tofu is now the company's number 2 best-selling product.

8033. Madison, Deborah; Brown, Edward Espe. 1987. The Greens cookbook: Extraordinary vegetarian cuisine from the celebrated restaurant. Toronto and New York: Bantam Books. xx + 396 p. Index. 26 cm. [37 ref]
• ***Summary:*** Contents: Foreword, by Marion Cunningham. Introduction by Deborah Madison. Preface to the recipes by Edward Espe Brown. Salads. Soups and stocks. Sandwiches and breads. Pizzas. Pasta. Gratins, stews, and casseroles. Tarts and timbales. Filo pastries, fritattas, crepes, and roulades. Companion dishes. Sauces, relishes, and butters. Desserts. Appendix: Seasonal menus, wines and vegetarian food, glossary of ingredients (incl. nutritional yeast, miso {red miso, white miso}, tamari and soy sauce), useful kitchen tools, bibliography.

Soy-related recipes include: Miso soup (p. 63). Grilled tofu sandwich (p. 121). Tofu salad sandwich (p. 122). Vegetable brochettes with marinated tofu (p. 302). Marinated tofu (with "1 or 2 packages firm tofu, 14 to 18 ounces each" and "½ cup tamari soy sauce," p. 304).

8034. Morinaga Nutritional Foods, Inc. 1987. Mori-Nu Tofu recipe cards. 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040.
• ***Summary:*** These recipes were developed by Julia Weinberg & Co. Each recipe card is 3 by 5 inches, accordion folded, with five cards printed front and back. The first panel contains a full color recipe photo; on the other nine panels are recipes.

Series 1: Light & Easy Mori-Nu Tofu. Series 2: Mori-Nu's Tempting Tofu Desserts. Series 3: Cool Summer Recipes with Mori-Nu Tofu. Series 4: Hearty Main Dishes from Mori-Nu. Series 5: Mori-Nu Holidays. Note: All but Series 5 are undated. Address: Los Angeles, California.

8035. Mounts, T.L.; Wolf, W.J.; Martinez, W.H. 1987. Processing and utilization. In: J.R. Wilcox, ed. 1987. Soybeans: Improvement, Production, and Uses. 2nd ed. Madison, Wisconsin: American Society of Agronomy. xxii + 888 p. See p. 819-66. Chap. 21. [154 ref]
• ***Summary:*** Contents. 1. Soybean oil. 2. Soybean protein. 3. Soybean processing. 4. Soybean oil processing. 5. Food uses of soybean oil. 6. Nonfood uses of soybean oil. 7. Defatted soybean protein processing. 8. Utilization of defatted soybean protein products. 9. Full-fat soybean products. Address: 1-2. NRRC, Peoria, Illinois; 3. USDA-ARS, Beltsville, Maryland.

8036. Schatz, Betty. 1987. Los Companeros [Soyfoods nutrition program in Mexicali, Mexico]. *Plenty Bulletin* (*Summertown, Tennessee*) 3(1):3-4. May.
• ***Summary:*** The program is trying to reduce hunger, malnutrition, and sickness in the suburban barrio of Lazaro Cardenas, Mexicali. The program has two parts: (1) School Nutrition: 30 school children are being served an 8 oz glass of soymilk and a package of soynuts each day, at a cost of $0.10/child. (2) Community Education. Mothers are taught how to make soymilk, tofu, and soy nuts. Each family attending a demo is given a soyfoods starter kit consisting of a 50 lb bag of soybeans ($10), a hand food grinder ($10), a book of Spanish soy recipes and a few necessary ingredients. Betty is a retired Hayward school teacher. Address: Project Director, 2800 Sparks Way, Hayward, California 94541. Phone: 415-537-3713.

8037. *Sunset* (*Menlo Park, California*). 1987. Tofu snacks to convert tofu haters. May. p. 188.
• ***Summary:*** Contains a recipe for Marinated Tofu Stacks.

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8038. *Technocrat* (*India*). 1987. Great Shake: Soya milk success. May. *
• ***Summary:*** "On the 27th of April, Noble Soya, a company promoted by Godrej, launched its premium Milk Shake–Great Shake, in Bombay. After promising feedback from both Delhi and Pune markets, Dr. A.S. Alyar, the brain behind the concept, is very hopeful that it will be a hit in this market, too." Great Shake is soya milk that is flavoured. The soyamilk is processed using Kibun's special deodorizing process. Soymilk can be used whenever dairy milk is used and has a wide range of applications. It can also be processed into products such as tofu, a soft cheese. Tofu provides a base for a variety of snack foods such as tofu burger, tofu scramble, tofu ice-cream and others. Soyamilk can be used to make desserts and puddings.

8039. **Product Name:** Tofu, and Tofu Spread.
Manufacturer's Name: Tousoy Ltd.
Manufacturer's Address: 65 Weston Park, Hornsey, London N8 9TA, England.
Date of Introduction: 1987. May.
New Product–Documentation: Letter from Mrs. C. Tong. 1987. March and May. Letter from Simon Bailey. 1988. Oct. 10. The company now also makes a tofu spread.

8040. Tremblay, Yvon. 1987. Le tofu en restauration et institution [Tofu in restaurants and institutions]. *Restocafe–Quebec* 1(8):5. May. [Fre]
• ***Summary:*** The author argues for wider use of tofu in these places. Address: Quebec, Canada.

8041. **Product Name:** Tofunaise (Non-Dairy, Eggless Mayonnaise).
Manufacturer's Name: White Wonder Natural Products (Importer). Made in the Netherlands by Witte Wonder.
Manufacturer's Address: 709 7th St., Hudson, IA 50643. Phone: 319-988-3811.
Date of Introduction: 1987. May.
Ingredients: Tofu, sunflower oil, malt syrup, apple vinegar, mustard, sea salt, guar vegetable binder.
Wt/Vol., Packaging, Price: Glass jar.
New Product–Documentation: Soya Newsletter. 1987. Nov/Dec. p. 6. Talk with Ruth Young. 1988. Sept. 15. The product was first sold in America in May 1987. It is imported from Witte Wonder in the Netherlands. Leaflet (glossy color, 2 panels each side, each panel 10 x 14 cm). 1988. Nov. "Tofunaise." Product Alert. 1989. Jan. 23.

8042. Pozel, Lynda. 1987. Local products: Unique to the north coast. *Tri-City Weekly, Northern Humboldt edition.* June 9.
• ***Summary:*** Matthew Schmit started making tofu in Colorado in 1977 after tasting it for the first time when he was in Arcata visiting his sister. Later when he moved to this area planned to leave tofu-making behind him. But being unable to find work, he evaluated his skills and turned, once again, to tofu making–a decision he seems pleased he made. He puts in 50-60 hours a week. And he *does* make tofu, turning over a ton of organic soybeans into 7,000 pounds of tofu each and every month. About 2,000 pounds of the tofu produced is turned into salads, dessert, sausage, patties, and cutlets. Most of the 7,000 pounds of tofu produced each month is sold in Arcata and Eureka. Tofu lovers all have their favorite ways to use tofu, Matthew's personal favorites are baked, marinated cutlets and tofu burgers. Address: [Nutritionist, Arcata Co-op].

8043. Daum, Peggy. 1987. Stable staple: LA firm touts tofu that stays fresh on the supermarket shelf. *Journal* (*Milwaukee, Wisconsin*). June 10.
• ***Summary:*** Julia Weinberg [sic, Steinberg], who runs a food styling business, is traveling on behalf of Morinaga Nutritional Foods of Los Angeles. Generally people first think of using tofu in stir-fry recipes. But she has developed recipes for Creamy Tofu Tarragon Salad Dressing or Dip, Eggless Salad, and Tofu Burgers. A photo shows Steinberg, who visited Milwaukee to talk about tofu.

8044. *Soybean Update.* 1987. American Soybean Association and three Indonesian groups organizing soyfoods workshop in Jakarta July 16 to promote first class image for soyfoods. June 15. p. 3.
• ***Summary:*** The Indonesia Hotel and Restaurant Association, the Food and Beverage Association, and the University of Trisakti are joining forces with ASA. Staff from leading hotels, restaurants, and caterers are expected to attend. They will learn innovative ways to incorporate soyfoods such as tempeh and tofu into menu items. First class restaurants rarely feature soyfoods.

8045. Kuwata, Tamotsu; Suginaka, Yutaka; Ohtomo, Hideo. Assignors to Meiji Milk Products Company Ltd. (Tokyo, Japan). 1987. Method of producing calcium-enriched aseptic soy bean curd. *U.S. Patent* 4,673,583. June 16. 7 p. Application filed 21 Feb. 1986.
• ***Summary:*** Note: This is Japanese Patent 85-069105. In this new coagulation system, the coagulant is introduced in the pre-sterilization process and results in a calcium enriched aseptic tofu. The new coagulant is a $Ca(OH)_2$-sucrose addition compound named calcium saccharate. It serves as an alternative to glucono delta lactone (GDL) or bittern (magnesium chloride and magnesium sulfate). It allows aseptic processing of the curd without flavor loss or texture deterioration. In a given sample, 30-100 mg per 100 gm calcium saccharate is added to soymilk, the resulting curd is sterilized and the pH adjusted to 5.7–5.9 with citric or ascorbic acid. The curd is then filled into containers, which

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are sealed and heated for 20-60 minutes at 75-95ºC. Address: Japan.

8046. Kennedy, Shawn G. 1987. A soy-based business flourishes in Brooklyn [Appropriate Foods]. *New York Times.* June 24. p. C6.
• ***Summary:*** Robert Werz, a carpenter, started making tempeh patties in a corner of the kitchen of a friend's catering business. After 6 months he set up in Nassau County. Today, with 6 employees, he produces about 10,000 lb/month of tempeh. Half is sold to health food distributors and half delivered to 100 stores in Metro New York. The company also makes soymilk and tofu products (quiches, tortellini, and salads). In March the company moved from Franklin Square, Long Island, to an East Brooklyn Industrial Park; there was more space at lower rent.

When Mr. Wertz became a vegetarian more than 14 years ago [i.e., before 1970], the only place he could buy tofu was in Chinatown. Appropriate Foods is owned by Robert Werz and Shelley Martin.

8047. Probber, Jonathan. 1987. The soybean eaters: Everybody is a suspect. *New York Times.* June 24. p. C1, C6. Living section.
• ***Summary:*** Central Soya has $1,370 million annual sales. L.D. Williams, head of the chemurgy division, recalled the early 1970s. "Positioning textured soy protein as an extender was a mistake which set the industry back. The cost saving image just didn't fly." Dan Reuwee of the American Soybean Assoc. notes: "We haven't done much in this country on promoting soy foods, because the livestock industry is our biggest customer. We don't want to promote meat substitutes."

Worthington Foods Inc. (of Worthington, Ohio) has yearly sales of $34 million. The Morningstar Farms line accounts for 55-60% of total sales, has grown at 15-18% over the past 4 years, and is sold in 80% of U.S. supermarkets. Their market is divided between those age 50 and over having cholesterol concerns and those age 25 to 40 who don't eat meat.

William Shurtleff is director of Soyfoods Center, a "clearinghouse for information on soy products" in Lafayette, California. He believes that tofu will follow the same growth pattern that yogurt did in the USA, building slowly then growing rapidly when larger food companies begin to apply their marketing clout. Tofu is a $75-$100 million/year industry growing at about 15% a year, according to Shurtleff.

8048. Probber, Jonathan. 1987. "Tofu Trust" in Indiana is a cottage industry [Zakhi Soyfoods, Inc.]. *New York Times.* June 24. p. C6.
• ***Summary:*** Victor and Doris Zakhi of Fort Wayne have produced tofu for 6 years. They now make 840 lb/week, plus tofu salad, hamless salad, tofu Reuben, and a scrapple-like breakfast product. They have invested $110,000 in their company.

8049. Dobkin, William S. 1987. Kensington executive pioneers tofu product [David Alan Kirsch and Jofu]. *Great Neck Record* (*New York*). June 25.
• ***Summary:*** In 1969, when the FDA banned cyclamates, Kirsch was president of No-Cal. He sold the company to Canada Dry. Now he is vice president in charge of marketing for Tomsun Foods International, Inc.

8050. *Los Angeles Times.* 1987. Mori-Nu Tofu is food choice for runner in quest of record on 2,000 mile course. June 25.
• ***Summary:*** Mary Margaret Goodwin, an ultra-distance athlete, will run 2,000 miles alone in the Himalayan foothills. "Goodwin, a long-time tofu advocate and vegetarian, has been named director of the Mori-Nu Health For Life Club." A photo shows Goodwin with Yasuo Kumoda (general manager of Morinaga) and Arthur Mio (national sales manager).

8051. Asinof, Richard. 1987. Raising cash through connections. Tomsun's ploy: Food industry stars who believe in tofu. *Venture.* June. p. 82-83.
• ***Summary:*** The stars are Juan E. Metzger, founder of Dannon Yogurt, and David Alan Kirsch, former president of No-Cal Corp. With their help Tomsun, in 14 months, raised $750,000 in private placements of stock to 40 individuals, and $4.5 million in an IPO held in December 1986. Metzger and his father, Swiss immigrants, started Dannon in the Bronx, New York, in 1942 with another partner. In 1959 Beatrice Foods gave $3 million in stock for the company. Metzger left in 1981, and got together with Timmins in 1982. Tomsun had lost money in 3 of its first 5 years. Much of its operating capitol came from a $200,000 infusion (half of which was a loan) in 1980 from a state funded agency, Massachusetts Community Finance Corp. Metzger now owns 9% of Tomsun and receives a $60,000 salary.

8052. **Product Name:** [Soybean Spread with Herbs].
Foreign Name: Soja-Aufstrich Kraeuter.
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Osdorfer Landstrasse 4, D-2000 Hamburg 52, West Germany.
Date of Introduction: 1987. June.
Ingredients: Soybeans* (*Sojabohnen**), onions*, sea salt (*Meersalz*), herbs (*Kraeuter*), lactic acid bacteria (*Milchsaeurebakterien*), sunflowerseed oil (*Sonnenblumenoel*). * = Organically grown.
Wt/Vol., Packaging, Price: 200 ml.
How Stored: Refrigerated.
New Product–Documentation: Label. 1988. 3 by 2 inches. Black on white. This product is made from Soja Quark. Note

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that on 1 Aug. 1986 the company moved to this new address in Hamburg.

8053. **Product Name:** [Smoked Tofu].
Foreign Name: Geraeucherter Tofu. Renamed Tofu–Geräuchert by Dec. 1989].
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Osdorfer Landstrasse 4, D-2000 Hamburg 52, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1987. June.
Ingredients: Tofu aus kontr. biolg. Anbau, Meersalz, Buchenrauch [beech smoke].
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 72, protein 8.5 gm, fat 4.5 gm, carbohydrate 1.5 gm.
New Product–Documentation: Form filled out by Christian Nagel. 1988. Jan. Product was introduced in June 1987. They are now making 400 kg/month. Label. 1988. 2.3 by 3 inches. Brown on white.

Label sent by Anthony Marrese after visit to Christian Nagel in Hamburg. 1989. Dec. Named *Tofu–Geräuchert.* Nicely printed self-adhesive label. 7 x 8.5 cm. Black, blue, green and beige on white. 250 gm.

8054. Diamond, Harvey; Diamond, Marilyn. 1987. Living health. New York, NY: Warner Publications. xviii + 446 p. Index. 24 cm. [423* ref]
• ***Summary:*** This extensively documented, hardcover book, published by Warner after *Fit for Life*, became *Fit for Life II.* It is a book based on the philosophies of Natural Hygiene and a vegan diet, free of all animal products, and rich in fresh fruits and fruit juices. In the process, the author's negative attitude toward tofu (expressed in *Living Health*) changed into a positive one. They found that tofu was a very alkaline food.

At Acknowledgments: "Special mention must also be made of the great health reformers, our mentors and predecessors, who under extreme pressure and persecution fought the battle for freedom of choice in health care: Isaac Jennings, Russell Trall, John H. Tilden, Sylvester Graham, Florence Nightingale, Herbert M. Shelton, and all those others far too numerous to mention."

Concerning tofu, in the chapter titled "Questions frequently asked," Harvey Diamond writes: "What about tofu? There is good news and bad news. You know why tofu has no smell and no flavor unless you add garlic, onions, tamari, etc.? Because it is processed at a heat so intense that nothing alive could possibly survive and the process is repeated *three times!* Tofu is absolutely devoid of any nutrients whatsoever. The contention that tofu is a good source of protein is as truthful as the contention that the moon is made of green cheese. Now the good news. People generally eat tofu because they are trying to move away from flesh foods and tofu helps them do that. *Great!* Tofu is so much less harmful than flesh foods that I would wholeheartedly support you in doing so. But do so with the idea in mind that you will eventually give up tofu as well, or at least cut back on it. It is merely a filler food. Just as with meat, tofu should not be eaten more than once a day, and should be properly combined."

The book also contains a recipe for Miso and vegetables soup (p. 376-77). In the index, there is no listing for soy- (including soymilk or soy sauce), tamari, or tempeh.

Chapters 2 and 3 tell about the authors (autobiographical): Harvey was born in 1945. He had severe stomachaches and frequent colds starting when he was a child. He was extremely thin. From age 18-22 he served in the U.S. Air Force and his last year of duty was spent in Vietnam. His weight ballooned up to 202 pounds but his piercing stomachaches did not go away. His father died of stomach cancer at age 57. At this turning point, Harvey decided to devote all his time to learning about how to become healthy. After long searching, he discovered Natural Hygiene in 1970 in Santa Barbara, California. In one day, after learning the one simple principle of proper food combining, his stomachaches went away (they have never returned) and he soon lost 50 pounds. "So I studied Natural Hygiene on my own, reading every book I could get my hands on pertaining to the subject and involving myself with people in Santa Barbara who had incorporated its principles into their life-styles. Three years later I established myself in Los Angeles, continuing my studies while I counseled people informally on Natural Hygiene... After eight years of independent study much to my excitement and delight, a complete course on Natural Hygiene principles finally became available in 1978" from the American College of Health Science. In Feb. 1983 Harvey received his PhD in nutritional science from this unaccredited college.

Marilyn was born in about 1944. Starting in the 1950s she began to suffer severely from a spastic digestive tract. At age 20 she underwent knee surgery in New York, a turning point in her search for health. By the time she was in her mid-twenties, she was married with two children, but the pain from her stomach spread to her back, so she began to take the painkiller Valium regularly. In 1971 she moved from New York to Los Angeles and began to change her lifestyle and diet. "I used whole grains, cut down on alcohol, and became very uncomfortable with my dependency on Valium." So she stopped taking the drug. In 1975 she met Harvey in Venice, California, where he was working at a produce store. She was ill and desperate, having suffered for over two decades with her digestive tract pain. Two months later they were married, and later they had a child. After going through a painful process of detoxification and withdrawal from Valium, Marilyn became the picture of health.

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8055. Golbitz, Peter. 1987. Tofu producers face increased competition, low prices. Growth for most companies slow but steady. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 5, 7, 9.
• ***Summary:*** Profiles of Tomsun Foods (excluding Jofu, they made 60,000 lb/week of tofu in 1986, 61,500 in 1987, 80% sold in supers, $0.99-1.19/lb), Nasoya Foods (42,000 in 1986, est. 65,000 in 1987; 70% in supers at $0.99/lb), Sam Sung (45,000 lb/week; 50% in supers), Swan Gardens, Mu Tofu (retail price: $1-1.25/lb, 60% in natural/health food stores), White Wave ($0.89-$1.20/lb, 60% to supers), Azumaya (150,000 lb/week, up 12% over 1986, 90-95% to supers, $0.69-79/lb), Hinoichi (125,000 lb/week, growing at 5% per year; $1.00/lb), Morinaga (sales have more than doubled since Oct. 1984 and are close behind those of Azumaya and Hinode, 50% in supers, 45% in Oriental markets, 5% in natural/health food stores, $1.43/lb), Quong Hop (50,000 lb/week, mostly to natural/health food stores).

This study does not attempt to estimate the size of the U.S. tofu market, but does forecast slow, steady growth. "In summary, overall sales of plain tofu in the near future should look very much like the recent past–slow and steady growth at approximately 10% a year. More small companies will go out of business or will be absorbed by larger manufacturers, and larger companies will increase the size of their markets from local to regional and from regional to national." Address: Soyatech, Bar Harbor, Maine.

8056. Johnson, Kirk. 1987. Hidden fats in whole foods diets. *East West.* June. p. 62-68.
• ***Summary:*** A full-page table (p. 65) titled "How the substitutes stack up" shows total fat and serving size for the following categories: Dairy products. Substitute dairy products. Meat. Substitute meat products. Frozen dinners. Miscellaneous. The substitute dairy products include: Tofu Cream Chie (21st Century). Soya Kaas (soy cheese from American Natural Snacks). Tofutti (Tofu Time). Le Tofu (Brightsong Foods). Ice Bean (Farm Foods). Tofu, silken (Nasoya). Tofu, soft (Nasoya). Tofu, firm (Nasoya). Soybean margarine (Willow Run). Soymilk (Edensoy). Soymilk (Health Valley). Soymilk (Vitasoy).

Substitute meat products include: Fakin' Bacon (Tempehworks). Tofu Wieners (Yves). Tofu Pups (Tempehworks). Vegie Burger (Bud, Inc.). Tofu Burger (Bud, Inc.). Gardenburger (Wholesome & Hearty). Tofu Sausage (Vegetable Protein Co.). Tempeh, 3-grain (Tempehworks). Seitan ("wheat meat").

Meatless frozen dinners include: Tofu Lasagna (Legume). Meatless Pepper Steak with Kofu & Noodles (Legume). Sweet and Sour Tofu (Legume).

Miscellaneous products include: Nasoyannaise (Nasoya Foods). Salad dressing, Creamy Tofu (Nasoya). Miso.

8057. **Product Name:** [Jonathan Tofunaise (Tofu Mayonnaise, Natural and Lemon)].
Foreign Name: Jonathan Tofunaise (Natuur, Nature and Citroen, Citron).
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03-664 58 48.
Date of Introduction: 1987. June.
Ingredients: Tofu (soya proteins)*, virgin sunflower oil*, corn syrup, apple vinegar, mustard, sea-salt, guar, saffron. * = Organically grown.
Wt/Vol., Packaging, Price: 300 gm glass jar.
Nutrition: Proteins 7 gm, fats 28 gm, glucides 7 gm, salt 0.32 gm. 285 calories (Kcal) per 100 gm.
New Product–Documentation: Label. Received 1988. 7.5 by 2.5 inches. Glossy paper. Aqua, gold, and black on a white background with small, color photo of vegetables. Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in June 1987.

8058. **Product Name:** [Jonathan Dressing (Tofu, Hot, or Napoli)].
Foreign Name: Jonathan Dressing (Tofu, Hot, or Napoli).
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03-664 58 48.
Date of Introduction: 1987. June.
Ingredients: Tofu Dressing: Water, tofu (soya proteins)*, virgin sunflower oil*, malt barley syrup*, mixed vegetables, malt vinegar, sea-salt, natural lactic acid, garlic powder, mixed herbs, vegetable gum. * = Organically grown.
Wt/Vol., Packaging, Price: 300 gm glass jar.
Nutrition: Proteins 2.9 gm, fats 18.1 gm, glucides 3.6 gm. 189 calories (Kcal) per 100 gm.
New Product–Documentation: Label. Received 1988. 7.5 by 2.5 inches. Glossy paper. Green, gold, and black on a white background with small, color photo of vegetables. Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in June 1987.

8059. **Product Name:** [Jonathan Tofu Dressing].
Foreign Name: Jonathan Tofudressing (Soya).
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03-664 58 48.
Date of Introduction: 1987. June.
Ingredients: Tofu (soya proteins)*, water, virgin sunflower oil*, corn syrup, vinegar, mustard, sea-salt, guar, saffron. * = Organically grown.
Wt/Vol., Packaging, Price: 300 gm glass bottle.
Nutrition: Proteins 7 gm, fats 28 gm, glucides 7 gm, salt 0.32 gm. 285 calories (Kcal) per 100 gm.
New Product–Documentation: Label. Received 1988. 7.5 by 2.5 inches. Glossy paper. Aqua, gold, and black on a white background with small, color photo of vegetables.

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Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in June 1987.

8060. Jonathan P.V.B.A. 1987. Jonathan, pioneer and trendsetter in the field of natural food (Leaflet). Kapellen, Belgium. 1 p.
• ***Summary:*** This is an English translation of the text of a press conference at the start of the company's campaign to make prepared meals based on seitan and tofu. Address: Antwerpsesteenweg 336, B-2080 Kapellen (near Antwerp), Belgium. Phone: 03-664 58 48.

8061. Kingma, Sharyn. 1987. Soy-based nondairy frozen desserts face hot competition. Marketers meet challenge with new products. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 1, 10-11.
• ***Summary:*** The market (wholesale value) grew from $2.6 million in 1983, to $21 million in 1985, with $22 million projected for 1987, or approximately $44 million at the retail level. This is less than 1% of the $5,000 million retail market for ice cream products. Companies profiled are Tofutti Brands, Barricini Foods, Eastern Foods, Brightsong, Tofu Today, Tofoods, Giant Foods, Soyworld (Hawaii). In 1986 Barricini sold about $2 million of Tofulite and $1 million of Ice Bean. Sales in 1987 are expected to be 3-5 times those in 1986. Address: Bar Harbor, Maine.

8062. Legume, Inc. 1987. Annual report. 170 Change Bridge Road A-4, Montville, NJ 07045. 14 p.
• ***Summary:*** For the fiscal year ended 30 June 1986, the company showed a net loss of $1.289 million on sales of $1.646 million. The previous year, the loss was $0.801 million on sales of $1.07 million. Gary and Chandri Barat are each earning $65,000 a year salary. Contains a history of stock offerings. Address: New Jersey.

8063. Lindner, Anders. 1987. An introduction to soybean uses. *North European Food and Dairy Journal* No. 6/87. p. 210-15. June. [Eng; Ger; Dan]
• ***Summary:*** Of the 95 million tons of soybeans produced worldwide in 1986, an estimated 75 million tons were crushed, 15 million tons were stock, and 5 million tons were processed without crushing to make human foods. Of the soybeans crushed, 54 million tons became meal and flour, while 13 million tons became oil. Oriental soyfoods can be divided into those originating from traditional soymilk (tofu, yuba, soybean drinks, okara) and fermented products (soysauce, tempeh, miso). Modern soymilk can be formulated to make dairylike products or concentrated by ultrafiltration to make a host of new products. Lists German and Danish names for all basic soyfoods. Each is described briefly. Advantages of using soybeans as a basis for products are discussed with emphasis on biotechnological advances. Address: Soya Technology Systems (STS), Ltd., Singapore.

8064. **Product Name:** [Tofu Noodles (Chinese, or Japanese Style)].
Foreign Name: Hosonuki Tôfu.
Manufacturer's Name: Machida Shokuhin.
Manufacturer's Address: Hisasawa 46-1, Fuji-shi, Shizuoka-ken, Japan. Phone: 0545-71-3833.
Date of Introduction: 1987. June.
Wt/Vol., Packaging, Price: 188 gm retails for 230 yen.
How Stored: Refrigerated.
New Product–Documentation: Toyo Shinpo. 1987. July 1. p. 6. Mr. Yukio Machida is the company president. The product was launched on 20 June 1987.

8065. **Product Name:** Spray Dried Soymilk (Sold to Food Processors).
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453.
Date of Introduction: 1987. June.
Wt/Vol., Packaging, Price: 50 lb bags.
New Product–Documentation: Soya Bluebook. 1987. p. 98. Talk with John Paino. 1988. Feb. 15. This is a different product from their two types of spray-dried tofu. It is sold in 50-lb bags.

8066. **Product Name:** [Neo-Soya Powder {Finely Pulverized Whole Soy Flour from Dehulled Soybeans for Making Tofu}].
Manufacturer's Name: Nihon Soya Bean Powder Co. Ltd.
Manufacturer's Address: Kyoto, Japan.
Date of Introduction: 1987. June.
New Product–Documentation: Soya Newsletter. 1987. 1(3):6-7. This powder is used in the Showa Boeki Mini Tofu Plant.

8067. Okubo, Kazuyoshi. 1987. Tôfu no seizô-hô to sono bussei: Fukami seibun kyodô kara [Manufacturing method for and physical properties of tofu: Behavior of unpleasant taste components]. *Nyu Fudo Indasutori* (*New Food Industry*) 29(6):73-83. June. [25 ref. Jap]
• ***Summary:*** Unpleasant taste components include saponins and isoflavonoids. Address: Tôhoku Daigaku Nôgaku-bu (Faculty of Agriculture, Tohoku Univ.).

8068. **Product Name:** Neo-Soya Powder (for making tofu) and Mini Tofu Plant.
Manufacturer's Name: Showa Boeki Co. Ltd.
Manufacturer's Address: 18-27, Edobori 1-chome, Nishi-ku, Osaka 550, Japan.
Date of Introduction: 1987. June.
New Product–Documentation: Manufacturer's Catalog. 1987. 4 p. With 3 p. of inserts. This small, automatic plant uses a patented soya powder that avoids production of

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okara. The 15-20 minute cycle consists of mixing, boiling, coagulating, cutting the tofu, and cooling. Capacity: 1408 cakes (300 gm each) every 8 hours.

8069. **Product Name:** Soft Tofu Cheese (Non-Dairy Cream Cheese) [Onion/Chive, or Garlic].
Manufacturer's Name: Simply Natural, Inc.
Manufacturer's Address: P.O. Box 295, Norma, NJ 08347.
Date of Introduction: 1987. June.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1987. June. p. 64. "Tofu Cheese." The product is similar to cream cheese. Ad in Natural Foods Merchandiser. 1986. Oct. p. 18. "So Who Needs Cream Cheese Any More? Mama Would Approve... Can be used in place of cream cheese and ricotta cheese." Also ad in Vegetarian Times, Dec. 1986. p. 9. This address is given as Simply Natural, Inc., Norma, New Jersey 08347.

Label. 1986. 4.5 inches diameter plastic lid. Green and purplish red on white. "A Non-Dairy Cheese Substitute. Spreads smoothly. Ideal on breads, bagels, crackers, on sandwiches, in dips and in sauces." Spot in Soya Newsletter. 1987. 1(4):6. New Onion/Chive or Garlic flavors.

8070. Sonoma Specialty Foods. 1987. Catalog. 2317 Bluebell Dr., Santa Rosa, CA 95401. 10 p.
• ***Summary:*** They manufacture second-generation tofu products and market and distribute many products made by others, including Quong Hop, Soyco (soy cheeses), Eastern Foods, White Wave, Tofruzen, Barricini (Ice Bean), Grainaissance Mochi, John's Juices, etc. Address: Santa Rosa, California.

8071. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Nasoya Foods' investment in new machinery pays off with increased sales. May/June. p. 8-9.
• ***Summary:*** Nasoya recently acquired a modern 22,500 foot facility and invested over $1 million in new, large-scale automatic tofu making equipment from Sato Shoji Co. in Japan. In June 1985 partners Paino and Bergwall journeyed to Japan in search of a new system. The system arrived in Feb. 1986 and was operational by May. The company's sales of tofu jumped nearly 50% from 1985 to 1986, and first quarter sales in 1987 are 60% higher than for the same period in 1986. Annual tofu production (in pounds): 1980 (600,000 lb), 1981 (625,000), 1982 (950,000), 1983 (1,144,000), 1984 (1,300,000), 1985 (1,560,000), 1986 (2,080,000), 1987 (3,400,000). The latter figure is 65,300 lb/week.

8072. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Mini tofu plant introduced to U.S. market [by Showa Boeki Co. Ltd. of Osaka, Japan]. May/June. p. 6-7.
• ***Summary:*** It uses a special whole grain soybean powder (called Neo-Soya Powder) in place of whole soybeans. The finely pulverized power yields a silken tofu with no okara.

8073. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. [Who made America's first spray-dried tofu?]. May/June. p. 2. Letters to the Editor.
• ***Summary:*** "Clofine Dairy & Food Products, Linwood, New Jersey, began their first production run of tofu powder in October, 1983, and shipped their product soon thereafter. St. Peter Creamery first began spray-drying soymilk powder in late 1984, and began producing their spray-dried tofu powder during the summer of 1985. It appears that Clofine was first with the tofu powder by almost two years."

8074. **Product Name:** Soyco (Imitation Cheese Made with Tofu & Casein) [Mozzarella Style, Cheddar, Monterey Jack, Jalapeno].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: R.D. #3 Northgate Industrial Park, P.O. Box 5181, New Castle, PA 16105. Phone: 800-441-9419.
Date of Introduction: 1987. June.
Ingredients: Tofu, soy oil, casein, sea salt, citric acid, soy lecithin, guar gum.
Wt/Vol., Packaging, Price: 12 oz in plastic wrap.
How Stored: Refrigerated.
New Product–Documentation: News release from Soyco Foods. 1987. June. "'Soyco: A soy cheese with flavor." 2 p. "Soyco is made from tofu, soy oil, and casein, a dried skim milk protein. It has 26% less calories and 29% less fats than traditional cheeses, no cholesterol and no lactose." Soyco comes in 4 flavors: Cheddar, Mozzarella, Monterey Jack, and Jalapeno. It is available in 12 ounce packages, 5-lb deli loaves, and 20-lb blocks. Soyco Foods also makes Soymage, a non-dairy tofu based cheese with no casein. Label. 1987, undated. 2 by 3 inches. Brown and red on yellow. "The natural cheese alternative. No cholesterol, no lactose, reduced calories, reduced sodium. Contains no artificial ingredients." Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Ad in Soya Newsletter. 1988. Jan/Feb. p. 10. "Two delicious soy cheeses from Soyco Foods." Soyco contains casein and tofu; Soymage is dairy free with no tofu. Contact Albert Morini. P.O. Box 5204, New Castle, Pennsylvania 16105.

8075. **Product Name:** Life All Natural Dressing & Dip with Tofu [Regular, Avocado, or Garlic].
Manufacturer's Name: St. Giles Food Co., Ltd.
Manufacturer's Address: St. Giles House, Sandhurst Rd., Sidcup, Kent DA15 7HL, England.
Date of Introduction: 1987. June.
New Product–Documentation: Labels. 1987, undated. Imported by Liberty/Ramsey Imports, Gourmet Products Division, Universal Foods Corp., 66 Broad St., Carlstadt, New Jersey 07072. Phone: 201-935-4500. Spot in Natural

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Foods Merchandiser. 1987. June. p. 54. Tofu Dressing, Garlic & Tofu Dressing, Avocado & Tofu Dressing. Letter from Simon Bailey. 1988. Oct. Full address. Gives company name as St. Giles Foods Ltd. The product is free of salt and sugar.

8076. **Product Name:** [Breaded Tofu for Frying (Cutlets with Bread Crumbs, or Grated Coconut; Little Slices, or Burger Patties)].
Foreign Name: TK–Tofu -Bratscheibe, paniert mit Paniermehl/Kokosraspeln; Staebchen, Paniert; Burger, Paniert.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1987. June.
Ingredients: Cutlets: Tofu, moist breading, dry breading.
Wt/Vol., Packaging, Price: Cutlets: 50 pieces, each 115 (or 110) gm in plastic bag in a carton. Each piece is 150 x 15 x 15 mm.
How Stored: Refrigerated, 6 months shelf life at 18ºC. Or frozen.
Nutrition: Bread crumb type: Protein 9.8%, water 69.0%, fat 3.1%, pH 5.8, ash 1.4%, carbohydrate 13.2%, energy 120 calories/100 gm.
New Product–Documentation: TKW color products catalog. 1988. April. Photo of each item on a silver plate. These are ready for frying by a foodservice organization. The Little Slices are 25 gm each, 200 per 5 kg carton, and contain 11.3% protein. The burgers are 60 gm each, 96 pieces per 5.76 kg carton. Burger ingredients are tofu, soybeans, rice, wheatgerm, linseeds, starch, seasonings, seasalt, moist breading, dry breading. They contain 9.8% protein.

8077. **Product Name:** [TK Firm Tofu Cubes (10 mm or 30 mm)].
Foreign Name: TK–Tofu gewuerfelt in 10 mm und 30 mm.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1987. June.
Ingredients: Water, soybeans.
Wt/Vol., Packaging, Price: 5 kg per plastic bag in surrounding carton.
How Stored: Refrigerated.
Nutrition: Protein 12.1%, water 78.0%, fat 3.6%, pH 5.9, ash 0.6%, carbohydrate 0.7%, energy 84.4 calories/100 gm.
New Product–Documentation: TKW color products catalog. 1988. April. Color photo of cubes on a silver plate. These are ready for use by a foodservice organization. "Tofu is a food that resembles quark, is firm enough to cut and is rich in protein. Tofu cubes are ready to be used is various salads, from sour to sweet, or as an ingredient in soups or hot pots (Eintopf). You can also fry tofu cubes golden brown in soy oil, season them with onions, paprika, soy sauce, curry, and garlic powder, mix them with rice or pasta dishes, or serve them in a sauce with potatoes."

8078. **Product Name:** Curried Rice Salad with Tempeh.
Manufacturer's Name: Western Soy Complements.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-479-05968.
Date of Introduction: 1987. June.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 31. This product was launched in June 1987 for the Santa Cruz market. It Sept. he started private labeling it for Wildwood Natural Foods. Label. 3 by 2 inches. Metallic red and black on gold. Logo of birds flying over a forest silhouette. "Ready to eat foods, naturally."

8079. **Product Name:** [Tofu with Lactic Acid Calcium].
Manufacturer's Name: Yazaki Shokuhin, Ltd.
Manufacturer's Address: Tomioka 1432, Tomiaka-shi, Gunma-ken, Japan. Phone: 02746-2-0009.
Date of Introduction: 1987. June.
New Product–Documentation: Toyo Shinpo. 1987. June 18. p. 11. Tofu containing lactic acid calcium is being targeted at the children's market by Yazaki Shokuhin of Tomioka, Gunma-ken, Japan. Mr. Kazuo Yazaki is the president of Yazaki Shokuhin, Ltd. Includes photos of the packaging and store front.

8080. Probber, Jonathan. 1987. Enhancing tofu. *New York Times.* July 1. p. C2.
• ***Summary:*** Tofu is low in calories and fats, and "totally without cholesterol. That is the good news. The rest is not bad: just uncertain. What you have, quivering on the kitchen counter, is a one pound brick of white, flavorless material that is about 70 percent water. You can do absolutely anything with it... Whatever one does to it, flavor and texture will need to be imparted." Recipe for Curried Tofu in Pita Bread.

8081. Bodovitz, Kathy. 1987. Hospital still hoping tofu [ice cream] will make dough. *San Francisco Chronicle.* July 3. Also released as a UPI National Wire.
• ***Summary:*** Investment directors at Los Medanos hospital in Pittsburg, California, put $150,000 of their $5 million investment fund in Paradise Cuisine International of Seattle, Washington, in late 1985. Paradise claimed to have a secret formula for a "frozen tofu dessert," and the hospital planned to serve it to patients. Paradise has been unable to find a distributor for its product. Address: California.

8082. Méhu, Jean. 1987. Soja: une réalité française [Soja: A French reality]. *RIA–Revue des Industries Agro-Alimentaires* No. 388. p. 12-14. June 15–July 6. [Fre]
• ***Summary:*** About the new Bioforme line of aseptically

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packaged soymilks from CAC (*Coopérative Agricole de céréales de Colmar*). Photos (p. 1) show: (1) Five aseptically packed products in this new Bioforme soymilk line. (2) M. Rochet, director of CAC. "Tofu and soymilk (*lait de soja*) are still essentially typical products of the network of dietary stores (*magasins diététiques*). However, here and there, in large-scale classic distribution, soy beverages and desserts are now appearing. And this is not the end, would seem to say the directors of CAC, which is going to invest in an ultramodern unit for producing "soy juice" (*jus de soja*). Despite the appearance of the Bioforme line, it is more than industrial clients that the cooperative is eyeing. And they are not alone. Alfa-Laval now makes soymilk plants, and has already installed a dozen worldwide. One at the Guangdong Cannery, Canton province, China, now produces about 20,000 liters/day of natural, bland high-quality soymilk. A similar unit is installed in Alsace by CAC, which had a total turnover of 750 million French francs in 1986 with its various operations, is basically in cereal grains. As part of a diversification campaign they have become involved with soya. Several factors led to this choice. Soybeans are grown in Alsace and production has expanded from only a dozen ha in 1985 to 250 ha in 1986 and an expected 3,000 ha in 1987. The plant is important in crop rotations, enriching the soil with nitrogen. It is a major crop worldwide, and though extensively researched is not well known by most. Finally, for marketing, its nutritional characteristics make it "the new food for the year 2000."

The new Alfa-Laval plant is completely automated from grinding the grains to cleaning the line; one person can operate it. It cost 11 million francs. The Bioforme line includes aseptically packaged soymilk (in chocolate and natural flavors) and desserts (in vanilla and chocolate flavors). In Jan. 1987 the unit was capable of producing 1,500 liters/hour of soymilk containing 4% protein. In the last 4 months the plant has produced some 200,000 liters of finished products, which may be about 10% of the French market.

A sidebar discusses tofu and Société Soy which makes Croq-tofou, Cacoja, and Sojadoc S.A. The shares of Sojadoc are owned as follows: Cooperative Occitane 51%, Sanofi 15%, Sofiproteol (Sofiprotéol) 15%, les Charbonages de France, the two founders, and some private investors 29%. A photo (p. 14) shows the soymilk equipment used at Issenheim. The products are sold in Tetra Briks (packed by a neighboring dairy), and in Doypack (the company is going to acquire a Thimmonier machine). "Well, is soya the new food for the year 2,000?" Address: France.

8083. *Tribune* (*Lea, Minnesota*). 1987. U of M studies soybean uses [Dr. William Breene, University of Minnesota, St. Peter Creamery, and Soy Supreme]. July 6.
• ***Summary:*** Breene has been testing a soybean powder called Soy Supreme. It can be reconstituted into many potential products, such as yogurt-type and frozen dessert products. To make the powder, soybeans are heated as they are ground. The hulls are also ground and added back. Then they add water to it to get 19% solids, spray dry it, and grind it back into a powder. The result is a full-fat soybean product with all the fiber in it. They make another version, which is dehulled. A Chinese food scientist, Shan Wen Lin, who just received his PhD from Reading Univ. in England, will do soybean utilization research with Breene for a year. "There is more and more talk of tagging the price of soybeans to their protein content." Address: Minnesota.

8084. Ishizuka, Waichi; Aoki, Ryochi. Assignors to Taiyo Yushi K.K. (Yokohama, Japan). 1987. Method of producing cheese-like emulsified food. *U.S. Patent* 4,678,676. July 7. 5 p. Application filed 4 Oct. 1984. Application also filed in Japan on 4 Oct. 1983. Corresponds to Japanese Patent 83-185697. [5 ref]
• ***Summary:*** Tofu (3-30%) made from deodorized soymilk is mixed with 5-40% animal/vegetable oils or fats, 0.1-10% of heat coagulable protein (such as egg whites), and 0.1-5% of stabilizer (such as carrageenan, gelatin, guar gum, pectin, locust bean gum, xanthan gum, dextrin, or starch). The mixture is blended and deaerated, then heated for protein gelation and sterilization. The product is an imitation cheese (spread-type soft, semi-hard, or hard) with good body and texture. Address: Yokohama, Japan.

8085. Sugisawa, Ko; Matsumura, Y.; Sengoku, K.; Nagatome, Y. Assignors to House Food Industrial Company Ltd. (Higahsi-Osaka, Japan). 1987. Process for preparing tofu charged into a container. *U.S. Patent* 4,678,677. July 7. 5 p. Application filed 3 June 1985. [4 ref]
• ***Summary:*** Note: This is Japanese patent 84-138481. Soymilk is prepared in the conventional way and a fast-acting coagulant (magnesium chloride) or a slow-acting coagulant (GDL) is added. However, in order to delay coagulation of the soymilk until after it has been charged into containers, a coagulation delaying compound (e.g. sodium pyrophosphate, hexametaphosphate, or polyphosphate) is added and the mixture subjected to high pressure homogenization at 30 kg/sq. cm., between 2 and 30 minutes after addition of coagulant. The homogenized soymilk is subsequently filled into containers and allowed to set. The resulting tofu has a good taste and texture. Address: Nara, Japan.

8086. Puckett, Susan. 1987. Tofu does the trick. Bean curd rises above its reputation [Brooks Jones of Cleveland Tofu Co.]. *Plain Dealer* (*Cleveland, Ohio*). July 8. p. 1-E to 3-E.
• ***Summary:*** Cleveland Tofu Co. makes about 8,000 lb/week of tofu in an old milk bottling plant on White Ave. in Cleveland Heights. The company began 8 years ago.

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8087. Shrikhande, Fiona. 1987. Soya milk. Only tentative sips [Noble Soya in India]. *BusinessIndia.* June 29/July 12. p. 32.
• ***Summary:*** When Noble Soya had its first public stock offering in 1986, it was over-subscribed 20 times, largely because of the backing of the powerful and respected Godrej (pronounced go-DRAY) and Bhiwandiwalla groups, but also because of the bullish market sentiment and the great success of Frooti, a new beverage sold in Tetra Pak cartons. Noble Soya's product called Great Shake, was test marketed in Hyderabad in Feb. 1987 and launched there and in Pune in March. Initial sales were slow, behind other beverages in Tetra Pak cartons such as Frooti (3,000 crates/day in Bombay), Amul milk (2,000), Volfruit (600), and Great Shake (570 or less). Factors that hurt the product's launch were late entry into the market (initially scheduled for late 1986), lack of public awareness of soya (those who know it perceive it as "a low food value and a source of poor quality oil"), the product's initial slightly chalky taste (now said to be rectified), and the poor image of Sipso, an earlier soymilk launch.

Noble Soya also has plans to introduce other soyfood products by year end: tofu and several extruded foods such as soups and breakfast cereals. The company is taking a long-term perspective and it is strong financially. "Considering that a number of other companies like Britannia, Amrit Soya, Kalyan Solvents, and Kothari General Foods have plans to enter the soya-based processed food market, it looks like soya does have a future." Address: India.

8088. Indo Prosoya Foods Ltd. 1987. Display ad: Soya paneer (tofu) & milk. *Times of India* (*The*) (*Bombay*). July 14. p. 12.
• ***Summary:*** "Technology, training & plants available–for small entrepreneurs. Project cost: Ranging from 5 to 30 lacs [lakhs].

"Profitability: 30%–50% of the project cost P.A. [Per Annum].

Apply giving full particulars to: Indo ProSoya Foods Ltd."

Note 1. "Agrawal" (also spelled "Agarwal") refers to a large and influential community in India. Traditionally, the Agrawals have been a trading community in northern India, although in modern times they follow other professions as well. People from the Agrawal community are very successful entrepreneurs and said to control a large portion of India's private sector and have a major influence on India's economy. Being a trader community traditionally, the Agrawals have produced many of the most successful entrepreneurs in India.

Note 2. The word "milk" here refers to soyamilk.

Note 3. Letter (e-mail) from Raj Gupta of ProSoya Inc., Ottawa, Ontario, Canada. 2010. Aug. 29. Raj has never seen or heard of this ad, and neither he nor ProSoya in Canada designed or paid for it; it might have been placed to sell the Takai plant that the company owned. That Takai plant was located at Panki, Kanpur. The equipment was later liquidated and sold to a company in south India who has been using it for tofu production. Raj does not know which company used it and where. Indo ProSoya Foods went out of business in 1987. Address: Net House, Uptron Estate, Panki, Kanpur [Uttar Pradesh] 288-822 (Agrawal).

8089. Ferrara, Patricia. 1987. Fancy foods turn light. *Home News* (*New Brunswick, New Jersey*). July 19. p. G1-G2.
• ***Summary:*** The trend that yuppies of the world have been spearheading, lighter foods, expensive top quality takeout items, is on the move to mainstream America. Legume of New Jersey has introduced four selections of their world class Tofu Chocolate. Tofu replaces the milk in the milk chocolate. Quinoa is the most nutritious of all grains, containing 16.2% protein.

8090. McCoy, Frank. 1987. Mr. Yogurt takes a chance on tofu [Juan E. Metzger and Jofu]. *Business Week.* July 20. p. 115.
• ***Summary:*** A good history of Metzger's work with yogurt and Tomsun Foods. In 1942 Metzger, his father, and another partner founded Dannon Yogurt in New York. When Beatrice Foods bought Dannon in 1959 for $3 million they kept Metzger on as president. Now this marketing whiz, who is still youthful in his thinking, "has taken on the task of carving out a sizeable market for a food people love to hate–tofu. It's only a matter of time, he figures, before his new tofu snack, Jofu, will sweep the country."

"Tomsun's development costs helped produce a $1.5 million loss on $3.1 million sales last year. Although Metzger has gotten Jofu into such big chains as New York's D'Agostino Supermarkets Inc., he recently had to shelve a $1.5 million ad campaign for lack of money. So he's concentrating most of his marketing muscle on getting Jofu into more dairy cases. He expects Tomsun to double sales this year and to become profitable by 1988. Metzger is once again banking on America's preoccupation with health. The slogan for Jofu could well be his own: 'Go beyond yogurt.'"

A photo shows Juan Metzger, age 68, holding his 3-year-old son, Joe, on his shoulders. Beside them is his second wife. He didn't have to look far for a product name for Jofu. Metzger named Jofu after his son.

8091. Truck, Julie. 1987. New tofu bar hits freezer (From Tofruzen Inc.). *Advertising Age.* July 27.
• ***Summary:*** The three year old company [formerly named Tofu Today] is reluctant to tout its product's tofu base or health benefits. Tofruzen reports 1987 first quarter sales of $167,000, more than its entire sales last year.

8092. *Toyo Shinpo* (*Soyfoods News*). 1987. Pari de mitsuketa

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honmono no tôfu. Munôyaku daizu tsukai parikko ni apiiru [Real tofu made in Paris with organically-grown soybeans and it appeals to the Parisians]. July 31. p. 13. [Jap; eng+]
• ***Summary:*** Mr. Noboru Sakaguchi, age 59, has a tofu shop located in Champaigny–only 20 minutes away from Paris. The shop opened 3 years ago and is called Daizou. The majority of the employees are French. Sakaguchi employs a Japanese plant manager, Mr. Takatashi Hiroyama, age 39. Mr. Sakaguchi also has a health foods store and restaurant, Le Bal en Bois. This is the parent company of Daizou. They produce about 1,000 cakes of tofu (1 cake = 380 gm) a day. Of these, 200 are made with organically grown soybeans and are vacuum packed. The company also uses regular soybeans from Canada and organically grown ones from the U.S. They use nigari in their tofu manufacturing process. They have been experimenting with silken tofu (kinugoshi) and have done market studies with some newly developed soymilk mayonnaise. Their tofu sells for 7 French francs per cake wholesale, and 9-12 francs retail. They sell their organic tofu for the same price as the regular cakes as a method of introducing it into the market. Right now, their big enemy is water that is too alkaline.

8093. Del Valle, Amado. 1987. Update on the Plenty Soy Project in Guatemala. San Bartolo, Solola, Guatemala. 2 p. Unpublished manuscript. [Eng]
• ***Summary:*** Thanks to the interest of the executive director of Plenty, Canada, the project reinitiated its activities in the middle of 1985. The three objectives are: 1. Agricultural, to develop and teach Guatemalan farmers to grow suitable soybean varieties. 2. Educational, to teach families and organizations soyfoods nutrition and recipe preparation. 3. Industrial, running the soy dairy in the community of San Bartolo, and making soymilk, tofu, soy ice cream, soy flour and soy coffee. From Jan. 1 to July 22, 1987 the soy dairy has produced 3,777 gallons of soymilk, 3,308 pounds of tofu, 865 gallons of soy ice cream, and 5,600 paletas (ice cream sticks), that have been sold in 4 areas of Guatemala. Address: Solola, San Bartolo, Guatemala.

8094. Gleason, Jane. 1987. Survey of consumers and extension personnel who have been trained in home-level soy processing. *Soybean Marketing in Sri Lanka, Monthly Report.* July. p. 1.
• ***Summary:*** Soyfoods are desired by many vegetarians and because they are less expensive than fish, eggs, and meat, for which they are seen as an alternative. They are not seen as a substitute for other legumes. Every person interviewed purchases TVP (or Soya Meat) on a regular basis. Those with low incomes purchase it for its economy and taste, and even those with more money who can afford fish and meat buy it for its taste. "This product has become very well integrated into Sri Lankan diets." The soyfoods taught at the SFRC training program are not as often consumed on a regular basis. The soyfoods most often prepared at home by extension workers are pittu, roti, and the soy mixture; tofu, tempeh, and soymilk are less likely to be prepared. Regular consumers are less likely to prepare soyfoods at home. For rural people the major constraint on soyfood preparation is inaccessibility of ingredients. Soy flour and soy splits are not available anywhere outside of Gannoruwa. Products in which there is the most interest if they were available are soy-fortified kola kanda (an indigenous drink made of rice flour, green leaves, and coconut), soy dhal, and snack foods. Soy flour is liked in roti and string hoppers.

8095. Hapgood, Fred. 1987. The prodigious soybean. *National Geographic* 172(1):66-91. July.
• ***Summary:*** Superb photos and an interesting original color painting done by artist James Gurney, in the style of Norman Rockwell, shows more than 60 products containing soybean ingredients (both food and industrial). But, except for the first 2 pages, the text of this far-ranging article is mediocre to embarrassingly erroneous; even the *National Geographic* editors didn't like it, but Hapgood refused to correct his many errors. For example, large bold print at the top of the first page reads: "For centuries Chinese have called the Soybean 'Yellow Jewel' or 'Great Treasure.' Now this prodigious bean is seen by some as a weapon against world hunger." Note: This is the earliest English-language document seen (July 2007) that uses the term "Yellow Jewel" or "Great Treasure" to refer to the soybean.

Superb photos by Chris Johns show: (1) Selling tofu in China. (2) Harvesting soybeans with combines. (3) A tractor suspended high over the hold of a cargo ship loaded with soybeans. (4) Making koji at Kikkoman. (4) 42 different colors and shapes of soybean seeds. (5) Henry Ford on 2 Nov. 1940 wielding an ax against a car trunk lid made from a highly resilient soybean-derived plastic. (6) Yuba drying over pans of soymilk. (7) A Japanese woman with her dried-frozen tofu drying under the farmhouse eaves. (8) Favorite Japanese soyfoods dishes: Dengaku, Simmering tofu, yuba, and miso dumplings. (9) Hatcho miso in vats with stones piled high on each in an earthquake-proof pyramid shape. (10) *Mame-maki* (bean-throwing ceremony) at Setsubun, held each February in Japan; the beans are thrown from small wooden measuring boxes (*masu*). (11) The *hari-kuyo* ceremony for broken needles in Tokyo. (12) A martial arts master and former Shaolin temple monk in China testing his strength by plunging his arm elbow-deep into a soybean-packed barrel. Address: Boston.

8096. **Product Name:** Homestyle Tofu Vegetarian Sandwiches [Tofu "Garden," Tofu "No Egg" Sub, or Tofu "No Cheese"].
Manufacturer's Name: Homestyle Foods (Formerly Sonoma Specialty Foods).
Manufacturer's Address: Santa Rosa, CA 95403.

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Date of Introduction: 1987. July.
Ingredients: "No Cheese": Whole wheat bread, Cheddar and Jack soy cheese, avocado, cucumber, sprouts, eggless mayonnaise, mustard, mild pickled peppers.
Wt/Vol., Packaging, Price: 7.5 oz, plastic wrapped.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1987. 2 by 3 inches. Green on white, or black or blue on yellow.

8097. **Product Name:** [Taifun Smoked Tofu].
Foreign Name: Taifun Geraeuchertes Tofu / Raeuchertofu.
Manufacturer's Name: Life Food.
Manufacturer's Address: Stuehlinger Strasse 9, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1987. July.
Ingredients: Tofu (organic), natural soy sauce, smoke (from birch and juniper), herbs, wine vinegar.
Wt/Vol., Packaging, Price: 200 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. March 22. 3 by 2.25 inches. Green, black, yellow, and orange red on beige. Logo of yellow circle. Refrigerate at 2-7ºC. They now make 60 kg/week.

8098. Moore, Waveney Ann. 1987. Tofu, the food people love to hate. Plain tofu is now being dressed for success, making appearances in hot dogs, sausages, lasagne and frozen desserts. *Food Distributors Magazine.* July. p. 52, 54, 56, 58. [1 ref]
• ***Summary:*** Largely an interview with Peter Golbitz, based on information published in *Soya Newsletter.* Sales of tofu prepared foods totalled about $4-5 million retail. Soymilk retail sales grew from $3 million in 1983 to $12 million in 1985. "From 1983 to 1986 about 80% of the soymilk was imported from Japan. The other 20% came from Belgium and Hong Kong." The price was about $18 a gallon, expected to fall to $3 a gallon.

8099. Rottenberg, David. 1987. Innocence lost: How Tom Timmins, a son of the sixties, is turning tofu into the keystone of an empire. *Boston Magazine.* July. p. 51-57.
• ***Summary:*** One of the best articles written on developments during the 1980s for Tomsun Foods, Timmins (with two large photos), Juan Metzger, and David Kirsch. Last year Timmins sold $3.1 million of tofu. Jofu grossed nearly $400,000 in its first 32 weeks on the market. Jofu is now sold in 11 flavors, 5 honey sweetened. With the help of Evans & Company, a New York City underwriting firm, Timmins took Tomsun Foods public with a $4.25 million stock offering. And he is pouring $1 million of new capital into a new product, Jofu, a tofu-based "spoonable snack" resembling yogurt. Timmins' goal is a 7% share of the $1,000 million a year U.S. yogurt market.

The company headquarters is now located at 247 Wells St. in Greenfield, Massachusetts. Seven employees (including Timmins, who has 4 kids) work here, and another 68 work down the road at the factory–which uses more than a million pounds of soybeans a year. Timmins notes: Our product philosophy is completely vegetarian. Not because we're vegetarians–I'm not anymore–but that's our niche, that's who we are."

"One day in 1979 Juan Metzger, founder of Dannon Yogurt, called Tom Timmins. Metzger, it seems, had been intrigued by a *Wall Street Journal* article on tofu that mentioned Timmins. Might be something in tofu for Dannon, Metzger thought. Metzger had just achieved his goal of national distribution of Dannon Yogurt. Now he was thinking about expanding his product line. Would Timmins be interested in selling soy dairy to Dannon? Metzger wondered. Meetings were held and preliminary studies made. The plan was to have Timmins package tofu under both his label and that of Dannon. Dannon would provide Timmins with national distribution and, according to Metzger, 'in 6 to 12 months, if we were still on friendly speaking terms and the product showed promise, I would get Beatrice Foods [Dannon's parent company] to buy that company for Dannon and make it a Dannon subsidiary and keep [Timmins] as head man.' In the end, however, Beatrice Foods nixed the deal. It didn't want its most profitable subsidiary sinking money into a new and potentially risky venture. But during the negotiations Metzger and Timmins discovered that, although they were nearly 30 years apart in age, their goals and thinking were similar.

"Two years later Beatrice sold Dannon for $84 million to a French company, BSN-Gervais-Danone. Metzger quit and joined forces with another food executive, his friend David Kirsch, whose family had just sold its No-Cal soft-drink business to Canada Dry for over $75 million. They formed a food consulting company they called Metzger, Kirsch Associates.

"So when Timmins started thinking about taking his company national, he called in Metzger, Kirsch, which had just the kind of big-time expertise he needed. And in 1983 they struck a deal: Juan Metzger and David Kirsch became Timmins's partners. Instead of salaries, Metzger and Kirsch each received approximately 13 percent of the company's stock, with Timmins retaining 22 percent. The rest of the stock was distributed among other employees and investors. Metzger became chairman of the board; Timmins president and chief executive officer; and Kirsch, senior vice president."

"One of the first big changes was in the name: New England Soy Dairy, established by Timmins in 1978, became Tomsun Foods in 1983." They then set out to develop a "spoonable snack" which, like yogurt, "permitted value-added pricing... And so the Dannon success story became the paradigm for Tomsun." They named the product Jofu, in part since both Timmins and Metzger have young sons named

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Joe. Now Tomsun Foods is making 11 flavors of Jofu, 5 of them sweetened with honey.

"The partners allocated a third of the $4.5 million raised in their public stock offering last December to advertising. Half a dozen radio commercials created by the New York City advertising firm Calet, Hirsch and Spector are already touting Jofu as a snack 'beyond yogurt." Tomsun is targeting college students, who are thought to be more open to new foods, and spoonable snacks suit the collegiate lifestyle.

"Jofu is now sold in about 80 supermarket chains in the Northeast..." It is sold right next to the dairy yogurt. Now Jofu is spawning imitators. Six other soyfoods companies, including Brown Cow West, Bud, and Cream of the Bean, already have yogurt-like tofu products in supermarkets, and more are planning their own entries. "To date, Jofu is the only yogurtlike food that is not cultured."

The Massachusetts Community Development Finance Corporation, a state agency that assists small businesses, was one of the first investors in Tomsun Foods; they sunk in $200,000, which has since been paid back. Charles Grigsby, the president of this finance corporation, says: "Tomsun Foods has been a remarkable little example of how to grow a company. He adds that Timmins "is one of those people who remarkably has gone from a promoter/entrepreneur to a sound manager. Often people can't make that transition."

Timmins' story is the story of those who came of age in the 1960s. While he was at Notre Dame (class of 1967), the movement against the Vietnam war was in full swing. When his local draft board rejected his pleas for conscientious objector status, he fled to Montreal [Quebec], Canada. But he returned, his girlfriend became pregnant, so he worked for the post office for a year, then back to the farm in Iowa for a year and briefly to jail. "By then Timmins was a vegetarian, but that didn't stop him from going to work for a chicken-canning factory; he had two children to support." The first real job he liked was a $100-a-week position as manager of the Yellow Sun natural foods co-op in Amherst. In 1975 his marriage broke up. He left the co-op and got married again. He and his second wife soon moved to Brattleboro, Vermont, where he was one of America's largest independent distributors of natural foods, now called Stow Mills [but in 1975 named Llama Toucan & Crow]. Within a year Timmins was longing to go into business for himself. In the fall of 1976 he returned to the Amherst, Massachusetts, area where he started the Laughing Grasshopper Tofu shop with two friends, Richard Leviton and Kathy Whelan. "The first year we were working seven days a week, 10 hours a day–around the clock eventually."

"But after two years Leviton and Whelan got fed up with the grind and sold their shares to Timmins for $10,000. Once again Timmins picked up stakes. He moved himself and his family to Greenfield, incorporating his business there under the name of New England Soy Dairy. Though Timmins was a genuine marijuana-smoking, draft-dodging, long-haired member of the Woodstock generation, his beard went in 1977. His long hair went in 1979. His communal management style backfired in 1983, when his employees started unionizing. But today Tomsun is third largest tofu manufacturer, after House Foods and Yamauchi, Inc., and Azumaya, Inc., two California-based companies whose primary market is Asian American. But Timmins, now age 41, has no intention of staying in third place. His number one goal is national distribution–which he thinks will take 4 to 5 years to accomplish–even though it took Juan Metzger 17 years to achieve that at Dannon. His second goal is $100 million in annual sales.

8100. **Product Name:** Sharon's Finest Tofu-Rella (Tofu-Based Cheese Alternative with Casein) [Monterey Jack Style, Jalapeño Jack Style, and Mild Cheddar Style].
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687. Phone: 707-778-7721.
Date of Introduction: 1987. July.
Ingredients: Mild Cheddar style: Real Tofu, soy oil, casein*, sea salt, citric acid, lecithin, natural flavor, guar gum, annatto seed for color. *Casein is the protein in nonfat milk. It is free of cholesterol, lactose and rennet, and is what allows this tofu product to be so similar to cheese.
Wt/Vol., Packaging, Price: 8 oz vacuum pack. Retails for $2.29.
How Stored: Refrigerated. 6 months shelf life if unopened.
New Product–Documentation: Product Fact Sheet. 1987. States that Tofu-Rella "contains 51% real tofu" but Richard Rose (the developer) says that it contains 4 gm of spray dried tofu and 18 gm casein. He is allergic to dairy products, so rarely eats it. Soyfoods Center product evaluation: 1989, Feb. 19. Delicious, and it melts just like dairy cheese.

Labels. 1988. April. 3 inches square. Red and orange, green, or blue on white. The product name is written "Tofu-Rella." "Cholesterol free. Lactose free. Nothing artificial. Use just like cheese... Made expressly for Sharon's Finest." Note 1. This is one of the first labels for cheese alternatives which explained clearly that casein comes from milk (see ingredients listing). Note 2. There is no mention of "Rose International" on the label.

New Labels. 1990. March 1. For Monterey Jack and Jalapeño Jack styles. 4 inches square. Self adhesive. One label each for front and back of package. Black and one other color on white. Illustration of two bamboo stalks with leaves. The front panel states: "Made with organic tofu. No cholesterol. Low in saturated fat. 8 oz." Back panel: "Thank you for buying Tofu-Rella..."

Product with Label purchased at Trader Joe's in Concord, California. 1993. Oct. 11. 2.5 by 3 inches. Red and blue on white. Price: $2.89/lb. The ingredients listing notes that "Casein is protein from nonfat milk."

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Leaflet (8½ by 11 inch, black, purple, and green on tan kenaf paper) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Product information. Sharon's Finest Healthy Alternatives." "TofuRella. The original tofu-based cheese alternative, and still the best! Lower in fat and free of cholesterol, it comes in 5 delicious flavors. Melts, shreds, stretches, and tastes just like cheese." Talk with Richard Rose, president of Sharon's Finest. 1994. April 21. This product was first sold under the Sharon's Finest brand in July 1987. The same product was introduced in June 1986 by Brightsong Foods (the forerunner of Sharon's Finest) in Petaluma, California. It was in July 1987 that Sharon's Finest was formed as a division of Rose International. Sharon's Finest was also a consumer brand. This was Sharon's Finest's first and flagship product. By that time Richard thought that his company would be getting into cheeses in a big way. Rose International was phased out in about 1989. FDA just finished reviewing all of Sharon's Finest's labels and they gave Richard permission to continue using the terminology "Cheese Alternative" instead of "Imitation Cheese" (which the FDA would have preferred). Richard thinks his company might have been the first to use the term "Cheese Alternative." Now most companies are using this same term. FDA allows foods to be labeled "Nondairy" even if they contain casein, caseinates, whey, or whey protein concentrates.

8101. *Soybean Digest.* 1987. Tofulicious–Checkoff research has its just desserts. A good taste that's good for you–and low in calories and fat–comes to you courtesy of soybean checkoff research. June/July. Supplement. p. 4.
• ***Summary:*** Tofulicious began as a research project at the University of Minnesota, funded by state soybean farmers. Minnesota Soybean Growers Assoc. executive Jim Palmer helped coordinate the research with U of M food scientist Dr. William Breene. One of Breene's students, upon graduation, went to work for Eastern Foods Co. in Minneapolis, the manufacturer. Thom Menie, Vice President for Sales and Marketing, says the company is expanding distribution of the five flavors of Tofulicious. The company also makes Dim Sum, a microwavable Oriental snack containing tofu, soy protein, and soybean oil, will soon be available nationwide. A large black-and-white photo shows the front of a carton of Tofulicious brand Non-Dairy Frozen Dessert.

8102. *Soybean Digest.* 1987. Tofu: Ancient protein for modern times. June/July. Supplement. p. 4.
• ***Summary:*** New tofu makers are popping up from coast to coast in the USA. More than 150 companies are making $100 million worth of tofu a year. In supermarkets, tofu can be found in everything from burgers to hot dogs, from entrees to desserts. A "designer line" of tofu-based frozen desserts sports the name "Gloria Vanderbilt" on the label.

8103. *Soybean Digest.* 1987. New tofu product draws bead on yogurt market: Tofu's nutritional and health benefits make it almost too good to be true. June/July. Supplement. p. 4.
• ***Summary:*** Jofu is a new tofu-based yogurt-like product introduced by Tomsun Foods Inc. of Greenfield, Massachusetts. After 2½ years of research and development, it will be sold initially in New York City and the northeastern United States, It comes in eleven flavors and has only 169 calories per 6-oz cup. Tomsun uses about 50,000 bushels of soybeans annually in the production of tofu.

8104. STS–Soya Technology Systems. 1987. Soymilk processes/products (Leaflet). Singapore. 1 p. Single sided. 28 cm.
• ***Summary:*** Roughly half of the products are made using ultrafiltration (UF), which can be used to remove water or selectively remove food components (such as oligosaccharides). A "cast tofu or paneer" is made using a 2-stage UF concentration. Address: 11 Dhoby Ghaut #11-06, Cathay Building, Singapore 0922.

8105. **Product Name:** Tofait Yog (Tofu-Based Non-Dairy Yogurt) [Blueberry, Raspberry, Strawberry, Cherry, or Strawberry-Banana].
Manufacturer's Name: Tofoods, Inc.
Manufacturer's Address: 1827 Walden Office Square, Schaumburg, IL 60195. Phone: 312-397-3825.
Date of Introduction: 1987. July.
New Product–Documentation: Leaflet (8½ by 11 inches, full color). 1986. March. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center; Lieb. 1987. Dairy Foods. March. p. 32. "Tofoods next introduction will be Yog, a tofu-based yogurt-like product that the company hopes to have in supermarket dairy cases this spring. A naturally-cultured, vitamin-enriched, Swiss-style product." Lists flavors. Talk with Walter Woodbury. 1988. Sept. 22. The company has ceased all its tofu and soy operations. The Tofait Yog was delicious but it never sold more than 4 cases/week in stores. Charles Chase is no longer with the company. These were excellent products (the Tofait ice cream and drinks) but they were ahead of their time, as was tofu, which the Midwestern housewife perceives as an unattractive white fatty blob in the produce section. She doesn't even want to try it. They developed and in January 1987 announced with a color poster non-dairy Tofait Sour Cream, Creme Cheese, and Snack Dip... made with real tofu. But these never made it to the market.

Hawthorne Mellody has been a pioneer in healthful soft serve frozen yogurt since 1970. Recently they reformulated it from a healthy product to one that tastes just like ice cream and sales increased 36 fold.

8106. **Product Name:** Tofu-Sausage 'n Pasta (Also called Sausage 'n Pasta Combo).

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Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1987. July.
Ingredients: Baked sausage made with tofu, tamari, spices and sunflower oil; pasta salad made with corn macaroni, fresh vegetables, olive oil, red wine vinegar, tamari, spices, and salt.
Wt/Vol., Packaging, Price: 8 oz (226.8 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 3.5 x 1.5 inches. Self adhesive. Red on yellow. "A simple meal from the Tofu Shop. Ready to eat or reheat." Illustration of the shop on stilts on a cliff over the ocean.

8107. **Product Name:** Tofu-Cutlets 'n Rice (Also called Cutlet 'n Rice Combo).
Manufacturer's Name: Tofu Shop (The).
Manufacturer's Address: 768 18th St., Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1987. July.
Ingredients: Baked tofu marinated in tamari, garlic, kelp and lemon; organic brown rice salad with fresh vegetables, almonds, vinegar, olive oil, tamari and spices.
Wt/Vol., Packaging, Price: 8 oz (226.8 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 1987. 3.5 x 1.5 inches. Self adhesive. Green on yellow. "A simple meal from the Tofu Shop. Ready to eat or reheat." Illustration of the shop on stilts on a cliff near the ocean.

8108. Tomsun Foods, Inc. 1987. It's time to go beyond yogurt (Ad). *Vegetarian Times.* July. p. 15.
• ***Summary:*** A full-page black and white add. "Jofu is here. Luscious. Creamy. And loaded with fruit." A large photo shows a cup of Jofu surrounded by fruit. At the bottom of the ad is a "Buy one, get one free" coupon.

8109. **Product Name:** [Flower-Shaped Tofu (Salt Plum, Beefsteak Leaf, Wakame, Sesame Seed)].
Foreign Name: Hanagata Tôfu (Ume, Shiso, Wakame, Goma).
Manufacturer's Name: Yamaguchi Tofu-Ten.
Manufacturer's Address: Royal Center, Sone-machi 2475-1, Takasago-shi, Hyogo-ken, Japan.
Date of Introduction: 1987. July.
How Stored: Refrigerated.
New Product–Documentation: Toyo Shinpo. 1987. July 1. p. 6. This tofu shop's innovative products are getting popular.

8110. Helmuth, Daine S. 1987. Tofu: No cholesterol, low salt content. *Journal-World* (*Lawrence, Kansas*). Aug. 3.
• ***Summary:*** In the Douglas County (Kansas) Fair Tofu Cooking Division, there are four categories of tofu dishes: 1. Appetizer. 2. Main dish. 3. Dessert. 4. Smoked tofu. All entries must be accompanied by a written recipe.

8111. Currim, Mumtaz. 1987. The sweet 'n' sour palate: The big bite. *Times of India* (*The*) (*Bombay*). Aug. 9. p. SM2.
• ***Summary:*** It's easy to prepare Chinese vegetarian food; just use tofu (soyabean curd) in place of meat.

It's the all-important sauces and seasonings that give Chinese cookery its unique taste–like light and dark soya sauces, black bean paste. These are now available at delicatessens. So also is tofu, although tofu is also make locally and sold fresh.

Contains a recipe for Braised mushrooms with bean curd, which calls for "4 squares bean curd." "Soya sauce" is called for in most of these recipes.

An illustration (line drawing) shows a Chinese dragon standing upright.

8112. Haren, Chuck. 1987. Small, village-scale equipment for making soyfoods (Interview). *SoyaScan Notes.* Aug. 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** A company originally named Laredo sells a very nice, compact, table-sized unit. He thinks they have sold some of their machines in Costa Rica and in perhaps Cuba. He has no idea how many machines they have sold in total; he hasn't been in touch with them for about 18 months.

Note: Roberto H. Moretti, the man who invented the first Mechanical Cow, is a rather famous food science professor in Brazil.

Shurtleff: What have been some of your and Plenty's most successful soyfoods projects in the Caribbean?

Haren: Plenty's emphasis is on small, village-type systems. Transferring technology that will work for individuals or small groups in a kitchen or slightly larger scale. They have projects on St. Lucia, Dominica, and Jamaica. Dominica, which has the 2nd to lowest per capita income in the region after Haiti, has an excellent project. Chuck has been able to stay there for 3 years, which provides continuity, and many other expatriates have also worked there. The program is an education program, a "soyfoods training center." The local people develop products and some of these products are sold to support the program and also to test the marketability of each product. They are working in the public education system, teaching in an adult education program, and some in the primary schools. They do field demonstrations for groups of farmers who are starting to grow soybeans. Four years ago they started an agriculture program by doing the INTSOY variety tests. The chose several varieties that worked well and are working to maintain seed strains of those. They started in Roseau, the capital city in Dominica, then after several years farmers took over the program and formed a cooperative as a business. It is a marginal business but it is providing all of them with income. They work with people

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who have relatively little education and come from a low socioeconomic class. Most of the foods are sold directly from a kitchen rather than being distributed. One good product is called an Akra, which simulates a product made with imported, dried codfish. It is a mixture of flour and "tokara"–which is tofu and okara curded together. It uses all the pulp when making tofu; no okara is separated out or unused. It is whole bean tofu without the okara removed. The finished product is somewhat like a fried croquette but it is in the form of balls. They have also developed smoked tempeh, which simulates smoked fish. They do a fish spread with tokara. Its amazing to see the different products these people come up with and like.

In Guyana, when people were experimenting with soyfoods in the 1960s and 1970s, they developed tokara. Many talented people left during the rough political period and became part of CARDI, Caribbean Agriculture Research & Development, which is on each of the islands. Plenty is presently working with 5 groups in Dominica. Plenty calls them "food processing kitchens" and they operate on a small commercial basis with about 2-5 people each; they provide paying jobs and good food for people.

The biggest commercial success has been on St. Lucia, where they are selling 800 EC a day in Castries.

Plenty started out in 1983/04 and was receiving only a year of funding at a time–mainly from CIDA (Canadian International Development Agency). Plenty has to find 1 dollar of matching funding for every 3 dollars they get from CIDA. It has been geared toward education, agriculture, and food processing on Dominica, Jamaica, and St. Lucia. Its about helping people to become more independent in many ways. Plenty's programs are, of course, all vegetarian. We need to develop more small-scale technology that is geared to the needs of developing countries. Big projects often knock hundreds of people out of work.

Plenty has an "education center" (called Plenty Soya Center) with a tofu and soymilk plant on Dominica. They have a small stone grinder obtained from Okita. Stainless-steel pots and tile bathrooms. Its in a bigger building, 40 x 60 feet. They teach home processing (for classes), village-level processing (the most popular), and small industrial processing. Programs can range from a few days to 3 months in length. About 150 people have participated in programs at the Plenty Soya Center on Dominica over the past 3 years. In the government adult education program, 200-300 people have taken an 8 week course (1 day a week for 2 hours). People learn how to make soymilk, tofu, and tempeh at home. They Plenty develops recipes with them, and finally they develop recipes on their own. All the classes have 15-20 people in them, and a lot of them have to pay. Finances is the major problem that prevents people from going on to start a business. They are dealing with a lot of very low income people. But interest in small commercial companies owned by Caribbean people is growing. The programs are still in the infant stage, but Chuck can see the day that soyfoods will become important in the Caribbean. Plenty's work in Dominica began in the spring of 1983–say April or May. On each island, it started with the INTSOY's soybean variety tests. In the fall of 1983, about October, Plenty did INTSOY soybean trials on Jamaica, St. Lucia, and Dominica. At the same time they were planting their soybean trials, they began to do village soymilk classes in making foods. They would hand out ½-lb or 1-lb packets of soybeans and instructions to people who showed interest and came forward to talk about it–which was considerable. A lot of people have tried growing soybeans on a small scale. The challenge is to make soybean cultivation more commercially viable for the farmers. Making the soybeans into soyfoods for sale helps to make the soybean cultivation more viable. In the Caribbean, agricultural laborers are paid $1.00 to $1.25 an hour. Plenty usually pays a little bit above the going rate.

Chuck was in Lesotho at the end of 1984. He received a letter from a person at Ibadan inviting him to come to Nigeria to teach soyfoods. In Zambia, the government is publishing a soy agriculture newsletter is being published monthly. One of Plenty's best agriculturists, Darryl Jordan, is now in Ethiopia, where he has been for 3 years; he formerly worked in Guatemala with Alan Praskin. Darryl got a job with the Catholic Relief Services–the official international humanitarian agency of the Catholic community in the United States–coordinating their big agricultural program in Ethiopia.

The marriage of Farm Foods with Barricini seems to have worked out very well. It was a great idea to put those two companies together. Farm Foods knows how to make the foods and Barricini's got the money and knows how to market them. They haven't compromised their quality. Robert Tepper is doing an excellent job–taking soy ice cream mainstream in America. Like Tofutti. Chuck is going to Canada after he spots at several other places in the USA. Norman Ayerst and group in Toronto is developing a tofu wiener and they have go the price down almost to the price of meat wieners.

INTSOY will be holding a conference next summer on soybean processing for developing countries. INTSOY has been forced to discontinue their program of teaching farmers overseas how to grow soybeans–which end up competing with American soybeans.

There is a lot of politics in the Caribbean too. Jamaica had this whole program set up to grow their own soybeans because they had a soybean crushing plant which used soybeans imported from Mexico and the United States. The new prime Minister of Jamaica, Edward Seaga (in office from Nov. 1970 to Feb. 1989) has basically shut down the agricultural part of the program. "Once you can show people a way to support themselves and their families making soyfoods or growing soybeans, the idea will spread like wildfire." That is the crying need in developing countries.

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8113. Miller, Bryan. 1987. Restaurants: Midtown Greek and Chinatown. *New York Times.* Aug. 14. p. C22.
• ***Summary:*** This is a review of the Cantonese Chinese restaurant Oriental Town Seafood Restaurant (14 Elizabeth St., south of Canal St., New York City). Recommended dishes include "Deep-fried bean curd."

A good way to start "is with the golden bean curd cubes holding morsels of shrimp in the middle. They are delicious with some coriander-flecked soy sauce. Every Chinese family in the house seems to be eating a special, giant steamed oysters smothered in black-bean-and-ginger sauce." Also served was "Squid in black bean sauce."

8114. Crosby, Ann. 1987. Japanese cooking the tofu way [Kobayashi's Tofu in Ontario, Oregon]. *Argus Observer* (*Ontario, Oregon*). Aug. 17.
• ***Summary:*** Kuni and Vickie Kobayashi have been operating this tofu company for 5 years. Formerly J. Kanetomi was the longtime proprietor. Kuni now makes 600-800 lb/week of tofu.

8115. Hickey, Colin. 1987. Tofu–It's made from America's number one crop [Profile of Nasoya Foods, Inc.]. *Westford Eagle* (*Acton, Massachusetts*). Aug. 20. Also in the Enterprise (Marlboro, MA).
• ***Summary:*** Nasoya was founded by John Paino and his brother-in-law Bob Bergwall. They had been college roommates and lived on a farm outside the city. There they made all their own food. The first supermarket chain to sell their tofu was Stop and Shop. They now import their soybeans from Ohio and Iowa. Only 5 people are required to run their modern plant.

8116. Kavanagh, John. 1987. ANF [Australian Natural Foods] hopes for a soy cash-cow. *Business Review Weekly* (*Sydney, Australia*). Aug. 21.
• ***Summary:*** This publicly owned biotechnology company was launched two years ago. "Now it appears to be turning back on its high tech potential to enter the cut-throat beverage market... This week ANF launches Excel, Australia's first fresh soymilk product. ANF will produce 100,000 liters/week at its Sydney factory during the initial phase and hopes to take production up to 500,000 liters a week." United Dairies will handle distribution. David Glasheen is working on a number of new soy products including tofu, yogurt, and custard. Most of the soymilk products now available are imported. Sanitarium's So Good, aimed at the mass market, is doing well.

8117. Lemieux, Sylvie. 1987. Le tofu à tout faire [A taste for tofu]. *Circulaire* (*La*) (*Quebec, Canada*). Aug. 22. [Fre; Eng]
• ***Summary:*** "Tofu is gradually gaining favor here in Quebec." Address: Quebec, Canada.

8118. Pyrtle, Brett. 1987. Yogurt look-alike has roots in area soybeans [Jofu from Tomsun Foods]. *Free Press* (*Mankato, Minnesota*). Aug. 26.
• ***Summary:*** Tomsun Foods buys all its soybeans used to make Jofu from Joel Rabbe's North Country Seeds in Trimont, Martin County, Minnesota, which is 1,300 miles from the food plant. These beans, preferred for their high protein content, are not organically grown. The trucks pick up loads of Jofu on the return run. Rabbe is encouraging local stores to sell Jofu. Address: Minnesota.

8119. Robbins, Carolyn. 1987. Tomsun stock plunges after first public sales. *Union-News* (*Springfield, Massachusetts*). Aug. 26.
• ***Summary:*** When the company went public in December 1986 the stock sold for $10 a unit. Yesterday it sold for $4. For the 6 month period ended June 20 Tomsun reported a loss of $1.5 million, or 6 cents a share on sales of $1.8 million. Jofu is selling at the rate of 8,000 cases a week. The company is purchasing more machines to produce Jofu and has hired a new production manager.

8120. Crowley, Katie. 1987. Markets expand with new [industrial] uses for agricultural products. *Sentinel* (*Fairmont, Minnesota*). Aug. 31.
• ***Summary:*** New industrial uses for ag products have been on the increase for years. One of the most notable has been ethanol, a corn based fuel used as a petroleum-based gasoline substitute or extender. U.S. ethanol production has tripled in the last five years. Soy oil is being used as a dust suppressant and in printing inks. Traditionally, government funded research has been designed to increase production and yields. Now it must shift from production to utilization, so that new efforts will generate new markets instead of larger surpluses. Address: Minnesota.

8121. Bowles, Willa Vae. 1987. The soy revolution! *Total Health.* Aug. p. 24-29. See followup in Oct. issue, p. 55. [1 ref]
• ***Summary:*** Soybean exports during the last fiscal year amounted to $11,000 million. They help keep the U.S. trade deficit, almost $170,000 million in 1986, from rising even higher. Tofu mixed 50/50 with any nut butter makes a fluffy spread for added protein and reduced fat and calories.

8122. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Carlos Planes.
Manufacturer's Address: Tortugitas, a suburb of Buenos Aires, Argentina.
Date of Introduction: 1987. August.
Ingredients: Soybeans, water, coagulant.
How Stored: Refrigerated.

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New Product–Documentation: Letter from Carlos Planes of Buenos Aires. 2000. Sept. 21. He has been making tofu since 1987. He presently makes and markets two products: Vacuum packaged tofu and marinated deep fried tofu (both organic). They are distributed to health food stores in Buenos Aires. His present address appears to be: Av. Libertador 2690–8ºB, 1636 Olivos, Buenos Aires. No company name is given.

Letter (e-mail) from Carlos Planes. 2012 Feb. 17. A detailed history of his work with soyfoods and the history of his company, starting in 1987 (in both Spanish and English)–which see.

Visit with Carlos Planes at Soyinfo Center in Lafayette, California. 2012. Feb. 23. His original company had no name. It was located in Tortugitas, a suburb of Buenos Aires, Argentina. Documents related to this first tofu product he brought and gave to Soyinfo Center: (1) Two typed recipes for this tofu, titled *"Tofu Soyana. 100% natural. Sin colesterol. Sin grasas saturadas. Contiene los 8 aminoacides esenciales"* [Free of cholesterol and saturated fats. Contains the 8 essential amino acids]. The recipes are for: Tarta de chocolo y tofu [Chocolate & tofu tart]. Relleno de espinacas y tofu [Spinach & tofu relleno].

(2) Three tofu recipe leaflets (21 x 10.5 cm, undated), with the words "Soyana Tofu" and two illustrations (a man sowing seed, and a woman) at the top of each one. Address across bottom: Soyana, Productos de soja. Calle 35 no. 635, San Martin Prov. de Buenos Aires. Tel. 752-1926. A 4th leaflet titled "Soyana Tofu: La clave para una nueva cocina."

(3) Recipe and information leaflet for Soyana Tofu (3 panels, printed front and back, undated but after Sept. 2000). Made from organic soybeans. Not transgenic [Not genetically engineered].

(4) Design for first vacuum packed label. Soyana Tofu. Calle 35 no. 635, San Martin Prov. de Buenos Aires. Two illustrations (of a man sowing seeds, and a woman). 400 gm. 12 x 15 cm. He never used this label.

(5) First actual vacuum packed (no water) label. Launched in 1994. Soyana Tofu: Queso de Soja. Address: Alvear 1754, San Martin, Prov. de Buenos Aires. 6.5 x 5 cm. Red, white, green and black on yellow. Made from organic soybeans. Shelf life: 30 days at 4ºC.

(6) New larger label introduced in about 1996. Preprinted on a plastic bag for vacuum packing. 19 x 14 cm. 350 gm net weight. Same colors as last label. On the left is a tall green stalk of bamboo. On the back of the bag, printed in green and red, are several recipes, list of ingredients (organic soybeans, water, calcium chloride), and consumer information.

(7) New label introduced in about 1998-99. Green, red and black on yellow. Preprinted on vacuum pack bag. 18 x 13 cm.

(8) His most recent tofu label (which he did not bring) was introduced in about 2006. The tofu is made from certified organic soybeans.

(9) Organic certification. Green and black on white. 30 x 21 cm. Date of certification: 15 July 2011. By: Organización International Agropecuaria, Av. Santa Fe 830 () Acassuso, Buenos Aires. His tofu (*queso o pasta de soja*) is certified organic.

8123. Chon, Deson. 1987. Chôsen daizu ryôri [Korean soyfoods recipes]. *Daizu Geppo* (*Soybean Monthly News*). July/Aug. p. 32-37. [2 ref. Jap]
• ***Summary:*** Gives numerous popular recipes for using whole dry soybeans, soy sprouts, and tofu. Address: Moranbon Aji no Kenkyujo Shocho, Rigaku Hakase.

8124. **Product Name:** Homestyle Tofu Dessert (Pudding) [Cherry Berry].
Manufacturer's Name: Homestyle Foods (Formerly Sonoma Specialty Foods).
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403. Phone: 707-525-8822.
Date of Introduction: 1987. August.
Ingredients: Tofu (organic soybeans*, water, calcium sulfate), fruit concentrate, soy oil, natural cherry and raspberry flavor, tapioca, natural beet extract, lemon, and vanilla. * Grown in accordance with CA H&S Code 26569.11.
Wt/Vol., Packaging, Price: 4.5 oz in plastic cup.
How Stored: Refrigerated.
Nutrition: Per 2.25 oz.: Calories 75, protein 2.5 gm, carbohydrates 8 gm, fat 2 gm, fiber 0.3 gm, sodium 0.2 gm, cholesterol 0.
New Product–Documentation: Label. 1987. 3 inches diameter. Red and black on white lid. "Cholesterol & Lactose Free." Soy Power. 1987. Catalog. 4.5 oz. Interview with Benjamin Hills. 1987. Sept. 7. Cherry Berry introduced in about August 1987. New Labels. 1988. 3 inches diameter. "Non-Dairy. Cholesterol Free. Nutritious. Natural. Kosher. Ready to Eat." Spot in Vegetarian Times. 1988. Oct. Also shows Carob Mint and Chocolate Royale flavors. Talk with David Burns. 1991. April 10. The company introduced a new label for the chocolate and cherry-berry flavors in March 1991.

8125. **Product Name:** Island Spring Aurora Delight (Tofu Ice Cream) [Vanilla Almond, Cherry Amaretto, Chocolate Truffle, Peanut Butter, Caffe Jamaica]. Formerly named Island Spring Frozen Tofu Dessert.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070. Phone: 206-622-6448.
Date of Introduction: 1987. August.
Ingredients: Vanilla almond: Water, organic tofu (water, soybeans, organically grown and processed in accordance with section 26569.11 of the Calif. health and safety code,

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calcium sulfate); high fructose corn sweeteners, lightly salted roasted almonds, corn oil, natural unsalted almond butter, pure vanilla, vegetable gums (guar gum, carrageenan).
Wt/Vol., Packaging, Price: 8 pints per case.
How Stored: Frozen.
Nutrition: Vanilla almond: Per 4 fl. oz.: Calories 260, protein 4 gm, carbohydrates 27 gm, vegetable fat 15 gm, sodium 70 mg, calcium 47 mg. No cholesterol or lactose.
New Product–Documentation: Island Spring Inc. Fact Sheet and Price List. 1988. Brochure. 1988. Frozen Assets! "There's no product like it–The premium dessert that stands alone–cholesterol free, low sodium & all natural. Aurora Delight." Gives photo of package plus ingredients and nutritional information for each flavor. "Here's to healthy self-indulgence." Note: The name was changed to this name from Island Spring Tofu Frozen Dessert in Aug. 1987.

8126. **Product Name:** Kikkoman Tofu: Soybean Curd (In Retort Pouch) [Firm, or Soft].
Manufacturer's Name: Kikkoman International, Inc. (Importer). Made in Japan by Kikkoman Corp.
Manufacturer's Address: 50 California St., Suite 3600, San Francisco, CA 94111. Phone: 415-956-7750.
Date of Introduction: 1987. August.
Ingredients: Water, soybeans, glucono delta lactone and calcium chloride (coagulating agents).
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) foil retort pouch inside a paperboard box. Retails for $0.75 each at Diablo Foods (Lafayette, California)
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 5.25 oz. firm: Calories 100, protein 9 gm, carbohydrates 1 gm, fat 7 gm, sodium 0 mg. Soft: Calories 90, protein 7 gm, carbohydrates 1 gm, fat 6 gm.
New Product–Documentation: Spot in *Food Processing*. 1987. June. p. 87. "Tofu shelf-stable in retort pouches." A large color photo shows the package.

Temptingly Easy Recipes for Kikkoman Tofu. 1987. May. Six panels. 8½ by 11 inches. Full color. Contains recipes for Hunan Pork & Tofu Stir Fry, Simple Skillet Sukiyaki, Salad Nicoise with Tofu, Deluxe Chicken & Fruit Slaw, Glazed Meatloaf Special, Hot & Sour Soup with Tofu, Chocolate-Banana Pie, and Orange Smoothie.

Brochure. 1987. May. "Tofu." 8½ by 11 inches, 2 sided. The front shows a stylish black plate of tofu cubes, meat, and vegetable stir fry. In the background is a cake of Kikkoman tofu partly cut into cubes. All is set in a black table. The back states: "Kikkoman firm tofu fits today's healthy lifestyle. It means healthy profits, too. A color photo shows a package of Kikkoman Firm Tofu. "One serving of Kikkoman Firm Tofu has: 50% fewer calories and 40% less fat than a quarter pound cooked hamburger; 50% fewer calories than 1 cup of cottage cheese; 35% more protein than 1 large egg...

"Kikkoman Firm Tofu is packed in a special foil pouch and pasteurized to protect its fresh flavor and delicate texture.

"Special Features: High protein, low calorie; NO cholesterol & NO sodium; NO preservatives; creamy, firm consistency; helpful recipe information on the package; competitively priced; made with Kikkoman's uncompromising standard of quality."

Labels. 1988. 5.75 by 3 by 1.25 inch paper box. Firm is red, black, orange, and green on white. Front panel has a photo of tofu in a Chinese-style stir-fried dish. "High Protein. No Cholesterol. No Preservatives. Sodium Free. For stir-frys, salads, desserts... Keep in a cool place. Do not freeze." Back panel contains a stir-fry recipe for Chicken & Vegetables with Tofu. Soft is blue, green, orange, and black on white. Front panel has a photo of cubes of chilled tofu on a square dish. Recipes on back for Creamy Corn Soup and Tuna-Tofu Spread.

Talk with Art Mio of Morinaga. 1987. Dec. 7. Kikkoman is selling their new tofu, which is much better quality than

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their original product, to Azumaya for distribution. It is sold in the produce section, where most of America's tofu is still sold. But the nutritional composition statement is curious. The fat content is much higher and the carbohydrate content much lower than would be expected from a product made from whole soybeans. Soyfoods Center product evaluation. 1988 May 1. Comparing Azumaya, Mori-Nu, and Kikkoman tofu, we preferred them in that order. Kikkoman's tofu is much better than its original product launched in 1985, which we found inedible. Talk with Terumitsu Hattori, VP of R&D, of Kikkoman, San Francisco. 1988. May 25. This tofu was relaunched in August 1987. Recipe booklet. 1988. June. "Kikkoman firm tofu presents recipes for today's healthy lifestyle." Contains 5 recipes: Savory vegetable dip. Extra creamy beef stroganoff (with 3/4 lb steak). No meat stuffed shells. Chile corn bread. Molded pink lady.

Poster displayed at Yaohan department store in Los Angeles. 1988. Oct. 23. 11½ by 21½ inches. "Kikkoman Firm Tofu." Full color. Shows the package, product on a dish, and a veggie-meat stir fry.

Both textures purchased at Diablo Oriental Foods. 1989. Aug. 27. Soyfoods Center taste test (Soft): Poor flavor and texture, strong beany flavor, but better than their previous product.

Talk with Morinaga Nutritional Foods. 1994. March 18. Morinaga in Tokyo is now packaging this product for Kikkoman. The first batch arrived in the USA in Nov. 1993.

8127. **Product Name:** The Barat Bar (Chocolate Made with Tofu Instead of Milk) [Plain, with Almonds, with Almonds and California Raisins, or Truffle with Pralines].
Manufacturer's Name: Legume, Inc. (Marketer-Distributer).
Manufacturer's Address: 170 Change Bridge Road A-4, Montville, NJ 07045. Phone: (201) 882-9190.
Date of Introduction: 1987. August.
Ingredients: Plain: Granulated cane juice [Sucanat], chocolate liquor, cocoa butter, tofu powder, soya lecithin (a natural emulsifier), pure vanilla.
Wt/Vol., Packaging, Price: 2 oz. Retails for $1.59.
How Stored: Shelf stable.
Nutrition: Per 2 oz. bar: Calories 340, protein 3 gm, carbohydrates 27 gm, fat 24 gm, sodium 45 mg. Calcium 15% of U.S. RDA, iron 25%.
New Product–Documentation: Four Labels. 1987. Ferrara. 1987. Home News (New Brunswick, New Jersey). July 19. p. G1-G2. Labels include inside printed wrapper for each bar (a photo of Chandri and Gary Barat is on each inside wrapper), print paper box that goes around some bars, and pink and black shelf display box which holds 12 Barat Bars.

Poster. 1987. "The Barats of Legume... they're making history! America's nouvelle tofu chocolate. The world's first tofu chocolate bar–Non-dairy–No white sugar–Cholesterol free!" Sweetened with Sucanat, organic evaporated sugarcane juice. Note: *Webster's Dictionary* defines truffle as "2: a candy made of chocolate, butter, and sugar shaped into balls and coated with cocoa." These expensive, upscale candies often have a soft center containing a liqueur. Distributed nationally by Richtor Brothers. Also in Natural Foods Merchandiser. 1988. Jan. p. 15.

Ad in Whole Foods. 1988. April. p. 86. "Barat Tofu Chocolate. Color your world with The Healthy Passion!" Shows a Manhattan skyline with two huge pink Barat Bars dominating the scene. Health Foods Business. 1988. May. "Tofu chocolate bars."

Environmental Nutrition. 1988. July. Calling itself, "America's nouvelle tofu chocolate," the Barat Bar sounds great at first glance. It is non-dairy chocolate for people who are lactose intolerant, it's cholesterol-free, contains no refined white sugar, is high in iron, and provides 15% of the U.S. Recommended Daily Allowance for calcium. The nutritional labeling, however, reveals that 64% of the Barat Bar's 340 calories come from fat; more specifically, cocoa butter–the same fat found in regular chocolate bars. Spot in Living Well. 1988. Aug/Sept. "How sweet it is. Chocolate that's good for you?"

Interview with Chandri Barat. 1988. Oct. 28. The first sales were made in August, 1987. Shape. 1988. Dec. p. 54. Chocolate with a twist. "Don't mistake this for diet candy. Barat Tofu Chocolate has 160 calories per ounce and 62% calories from fat. Elegantly wrapped in gold foil and brightly colored boxes, Barat Tofu Chocolates make great gifts."

Spot in New York Post. 1989. Feb. 20. Shows a large photo of a child in a yarmulke (Jewish skullcap) holding a Barat Bar and wrapper. During Kosherfest "Yonah Weingarten, 2, knew what he wanted. He left the lox, sneered at schmaltz, and passed on pickles to nosh on a king-sized kosher candy bar." Spot in Seventeen. 1989. March. "Health: Attention chocoholics! Do you believe a good dose of chocolate makes you feel better? You may be right! Nutritionists have found that when you eat chocolate, your brain responds by releasing a chemical called serotonin, which appears to control many physiological functions–and makes you feel happy." Spot in Gourmet Today. 1989. March/April. p. 39. "Tofu Chocolate." Spot in Female Body Building and Weight Training. 1989. May. "Food. Turn a sweet-toothed addiction into a healthy passion."

Talk with Chandri Barat. 1989. Nov. 10. Under pressure from the FDA they will rename the product Barat Chocolate with Tofu. Sucanat costs about $0.80/lb versus $0.28 for white sugar. See also similar 1 oz. product made Barat, Inc.

8128. Mans, Jack. 1987. Azumaya Inc. Old line soy processor introduces new desserts. This 50-year-old soy processor produces a variety of Oriental products, including a newly introduced soy-based frozen dessert. *Prepared Foods.* Aug. p. 58-60.
• ***Summary:*** Azumaya products are selling in six of the

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"The Barat Bar"—The World's First Tofu Chocolate Bar—Non-Dairy—No White Sugar—Cholesterol-Free!

With the same integrity and love that created Légume's Frozen Entrées and Light Dressings, Chandri and Gary Barat now bring you America's Nouvelle Tofu-Chocolate. By replacing the milk in chocolate with Tofu and the refined white sugar with Sucanat® (unrefined granulated cane juice — a complex carbohydrate, rich in vitamins and minerals), they've given chocolate a new distinction worthy of their personal name — The BARAT BAR — NON-DAIRY, NO WHITE SUGAR, CHOLESTEROL-FREE — Old World flavor with New World nutrition for the healthy gourmet.

THE BARATS and THE BARAT BARS
—get to know them in 4 delicious flavors: Plain, Almonds, Almonds and California Raisins, Truffle with Pralines.

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nation's largest supermarket chains. They began to look at a yogurt-like product 12 years ago. The plant has 3 soymilk lines that process about 1,100 lb/hour of soybeans. Stir Fruity is made from silken tofu, which is heated, cooled, blended then pumped into a refrigerated tank in an antiseptic room. Fruit (15% of the product) is filled first, followed by the flavored tofu. Address: Chicago, Illinois.

8129. McSweeney, Daniel. 1987. Consumer survey 1987. *Whole Foods.* Aug. p. 25-29.
• ***Summary:*** Percentage of 600 natural foods consumers surveyed who purchased a certain type of soyfood product during the years 1985, 1986, 1987. NA = Not Available. Tofu: NA, 85.1%, 83.4%. Miso: 50.0%, 71.1%, 69.7%. Soymilk: NA, 40.4%, 54.4%. Nondairy Frozen Desserts: 37.6%, 44.6%, 46.0%.

8130. **Product Name:** Fresh Tofu.
Manufacturer's Name: Plenty Canada Soya Utilization Project.
Manufacturer's Address: 88A Kotugodella Vidiya (Postal Box 95), Kandy, Sri Lanka.
Date of Introduction: 1987. August.
Ingredients: Soya milk, magnesium sulphate.
Wt/Vol., Packaging, Price: 200 gm plastic bag. Retails for Rs. 3/-.
How Stored: Unrefrigerated and perishable.
Nutrition: 8% protein.
New Product–Documentation: Form filled out by Jane Gleason. On 23 March 1988 she visited the Plenty Canada Soya Food Centre. For details see Chocolate Milk (Aug. 1987).

8131. Pollard, Jean Ann. 1987. The new Maine cooking. Lance Tapley, Publisher, P.O. Box 2439, Augusta, ME 04330. 288 p. See p. 22-24, 94, 202-15, 221. Illust. Index. 28 cm.
• ***Summary:*** Mostly recipes, arranged by season, including tofu (13), tempeh (6), miso (1), plus how to make tofu at home. Address: Winslow, Maine.

8132. Posner, Howard. 1987. 21st century whole foods cook book, featuring tempeh, tofu, corn masa: Healthy food for the whole world. 21st Century Foods Inc., 30A Germania St., Jamaica Plain, MA 02130. 54 p. Aug. No index. 22 cm. [5 ref]
• ***Summary:*** Contains 71 recipes: 40 tempeh recipes, 28 masa recipes, and 3 tofu recipes. Contents: Acknowledgments. Introduction. What is tempeh? Nutritional information. How to prepare and cook tempeh. 1. Tempeh. 2. Corn masa. 3. Algae. Address: Jamaica Plain, Massachusetts.

8133. Rynk, Peggy. 1987. Tofu–Good for the whole body. *Let's Live.* Aug. p. 38.
• ***Summary:*** An introduction containing a recipe for Tofu Herb Dip. Address: Los Angeles.

8134. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. Soyatech readies first soyfoods industry report. July/Aug. p. 5.
• ***Summary:*** Soymilk and Tofu Products: 1986-1987 Market Report is scheduled for publication in the fall of 1987. It will cost $795, or $695 if ordered before 30 Sept. 1987. Note: This report was never published. Only one prepaid order was received and the Golbitz family was about to have a baby.

8135. *SoyaScan Notes.* 1987. New Trend: Tofu Sales level off. Profits low from fierce competition (Overview). Aug. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The growth areas for tofu in America seem to be spray dried tofu, sold to industrial food processors, and second generation products.

8136. *SoyaScan Notes.* 1987. New Trend: Soyfoods manufacturers become distributors and/or brokers of many other products (Overview). Aug. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Appropriate Foods seems to have started this concept, distributing other companies' non-competing products in February 1982, continuing until the present. Quong Hop began its Soy Deli concept in May 1983; it included soyfoods made by other companies. Sonoma Specialty Foods started distributing other companies' soyfoods in August 1985. Soy Power does the same thing. In some cases (not including Quong Hop), the manufacturer and the distributor keep separate books. Wildwood Natural Foods then took the same route.

8137. **Product Name:** [Tofu Patties (Vegetable, Cauliflower, Grain)].
Foreign Name: Tofu Roestling (Gemuese, Blumenkohl, Getreide).
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1987. August.
Ingredients: Cauliflower: Tofu (water, soybeans), cauliflower, wheat grits, vegetables, lemon juice, plant protein extract.
Wt/Vol., Packaging, Price: 250 gm or 500 gm.
How Stored: Refrigerated.
Nutrition: Per 121 gm: 8.5 gm protein, 5.7 gm fat, 9.9 gm carbohydrates, 124.9 calories.
New Product–Documentation: Labels. 1987. The 500 gm size is 4 by 3 inches. Dark green on yellow. "Made purely from plants (Rein pflanzlich). Röstling in Scheiben, schneiden und braten." The 500 gm size was introduced in Aug. 1987 and the 250 gm size in Nov. 1987.

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8138. **Product Name:** Tofutti "Better Than Cheesecake" (Non-Dairy Gourmet Cheesecake) [Brownie, Blueberry, Pineapple, Chocolate, Classic Extraordinaire, Blueberry Dream, Chocolate Brownie.].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065. Phone: 1-800-225-0332.
Date of Introduction: 1987. August.
Ingredients: Tofu, partially hydrogenated soybean oil, corn oil, corn syrup solids, wheat flour, sugar, carob bean gum, mono- and di-glycerides, carrageenan, salt, natural flavor.
Wt/Vol., Packaging, Price: 3.5 lb, 9 inch diameter. Four to a case.
How Stored: Frozen.
Nutrition: Per 2 oz. 10 servings per container: Calories 160, protein 2 gm, carbohydrate 16 gm, fat 10 gm, sodium 110 mg.
New Product–Documentation: Crain's New York Business. 1987. Aug. 31. p. 7. "Recently the company began to distribute a non-dairy cheesecake in New York." Baking Industry. 1987. Nov. Gives 4 flavors. Talk with Donna Haverstock, nutritional consultant for Tofutti Brands. 1988. Jan. 4. It is called "Better Than Cheesecake." She read the ingredients. Contains no dairy products or lactose. Color leaflet. 1988. Finally! The rich, creamy, delicious taste of cheesecake without cholesterol. "Better than Cheesecake." nondairy gourmet cake. Cholesterol free. Lactose free. No butterfat. Lower in calories than premium cheesecakes. Shows a wedge of the chocolate-brownie cheesecake being served. It seems that the last three flavors replaced the first four at a later date, perhaps in 1988. Also ingredients seem different: Water, tofu, partially hydrogenated soybean oil, corn oil, isolated soy protein, corn sweeteners, sucrose, graham cracker, egg whites, wheat flour, corn starch, lemon juice, guar seed gum, carob bean gum, carrageenan, yeast, natural and artificial flavors, monoglycerides, cellulose gum. Another color leaflet. 1988. Shows four whole cheesecakes. Each wedge divided by vertical piece of paper. Spot in USA Today. Feb. 12. Lifeline: Takes the Cake. "'I'm thrilled, I'm delighted,' was leggy Mary Hart's reaction to the thrilling and delightful news that she'd been named Cheesecake Girl for Better Than Cheesecake, a dessert made from tofu. Tofutti is looking for other Cheesecake Girls, who win a week's supply of Better Than Cheesecake." Article in The Record (Hackensack, NJ). 1988. March 7. A 26 oz Sarah Lee Strawberry French Cheesecake costs about $3.79, while Tofutti's "Better Than Cheesecake" costs $15 for a 53 oz cake, or about twice as much per ounce.

Bergen Jewish News (Pararmus, New Jersey). 1988. June 23. Article entitled, "To the rescue come new Tofutti products, kosher & parve". The crowning achievement of current food technology is undoubtedly "Better Than Cheesecake." Spot in Food & Beverage Marketing. 1988. June. With photo.

8139. Sakai, Tadaaki. 1987. Method of freezing foods. *U.S. Patent* 4,689,963. Sept. 1. 5 p. Application filed 2 July 1986. 2 drawings. [8 ref]
• ***Summary:*** Describes a relatively simple and inexpensive method for freezing perishable foods such as tofu, so that weight loss and quality deterioration are minimized. A refrigerant passes through pipes in the bottom of a tank, which contains a shallow layer of brine. Articles to be frozen are placed (but not submerged) in the cooled brine, whereupon freezing begins from contact with the cold base of the tank via the brine. The frozen foods do not stick to the base of the tank because of the presence of the brine. Address: 39-8 Yamadanishi 3-chome, Suita-shi, Osaka, Japan.

8140. Thompson, Sharon. 1987. Tofu is gaining acceptance as a healthful meat substitute. *Herald-Leader* (*Lexington, Kentucky*). Sept. 2.
• ***Summary:*** Martin Downer had had sinus problems and four surgeries. He used to be A McDonald's fan; he craved fast food. But friends convinced him that a change of diet would be beneficial to his health.

First he gave up soft drinks and sugar. Two years he stopped eating meat and dairy products. Today his sinus problems are gone. "I can breathe through my nose," he proclaims. Address: Food writer.

8141. Fuller, Kathy. 1987. Milford biologist says eat a lot of beans: Cancer researcher [Jonathan Yavelow] takes his legumes seriously. *Delaware Valley News* (*Frenchtown, New Jersey*). Sept. 3.
• ***Summary:*** In 1981 Yavelow isolated the Bowman-Birk Protease Inhibitor as a natural inhibitor of cancer. Soybeans contain the highest concentration of this protein. He used to share a lab with Walter Troll a professor of environmental studies at NYU Medical Center. For 10 years before Yavelow joined him, Troll had been doing research with laboratory produced chemical protease inhibitors (substances that block the transformation of normal cells into cancer cells). Mice whose bare skin was coated with a cancer causing agent then coated again with a trypsin inhibitor would not grow tumors. Yavelow got the same result substituting an extract from tofu. A photo shows Yavelow, who is an Assoc. Prof. of Biology, Rider College, Lawrenceville, New Jersey 08648.

8142. Hills, Benjamin. 1987. Surata Soyfoods, Brightsong, Sonoma Specialty Foods, and Homestyle Foods (Interview). *SoyaScan Notes.* Sept. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Early soyfoods at Surata were tofu (1977) and tempeh (1979); no soymilk or okara products. Benjamin left in June 1980, just before they moved out of the basement location. He was working to set up White Crane as a

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maker of second generation soyfoods with Martha Wagner and Reggie Norton, but the deal fell apart. After working for Bean Machines and Fantastic Foods, he worked for Sonoma Specialty Foods which took over marketing and distribution for Brightsong's Cottage Salad and Curry Salad. They are now sold under the "Sharon's Finest" brand, not under Brightsong. He is not sure why Brightsong dropped Brightsong. Brightsong no longer has a plant or warehouse.

Robert Dolgin is still an owner of SSF, comes in several days a week, but is burned out on food, and divorced from Connie. Robert lives in Occidental (as does she and their 4 kids) and has made a lot of money in real estate. Drives a BMW with a cellular car phone. The company is loosely run. David Burns is trying to take in national and divide it into two. SSF will be the distributor, and Homestyle Foods the manufacturer. SSF no longer makes tofu. Their main competitor is Wildwood. Address: Sonoma Specialty Foods, 2317 Bluebell Dr., Santa Rosa, California 95401. Phone: 707-527-7716; Bus. 707-525-8822.

8143. *Washington Post Co.–Syndicated.* 1987. Bloom County (Cartoon). Sept. 7.

• ***Summary:*** This 4-part cartoon begins with Steve Dallas (punk lawyer) sitting on a low stone wall, wearing a necktie, with a cigarette hanging out of one side of his mouth. Oliver (the little black computer nerd with big glasses) walks up atop the wall (so their heads are at the same height), holding two ice cream cones. Steve: "Did ya get me 'Pistachio Nut' like I told ya?" Oliver: Steve... I have an improvement over ice cream."

Facing Steve, Oliver continues: "On the right, fresh frozen yogurt. On the left, cold creamy tofu."

Oliver: "I have seen the future of frozen dessert... and it is yeast culture and bean curd.

In the last frame Oliver has one ice cream cone smashed into his face and the other squashed down on top of his head. He says to himself: "Kicking and screaming will the foolish be dragged into the 21st century."

Note: Tofutti was becoming popular nationwide at about this time.

8144. Shurtleff, William. 1987. History of Appropriate Foods Inc. and The Soy Source. Lafayette, California: Soyfoods Center. 3 p. Unpublished manuscript, based on a interviews with Robert Werz, Sept. 9.

• ***Summary:*** "Appropriate Foods was founded by Robert Werz in the fall of 1980 as a tempeh manufacturer. Born on 29 Dec. 1952, he had been a vegetarian since about 1970. Quite early he developed an affinity for soyfoods. He had been enjoying tofu since the early 1970s, when it was only available from Chinatown. He first heard about tempeh in 1975 from a friend in California, then first tasted it in about 1977. In 1979 he began to make tempeh part time at home in Sea Cliff, New York, for himself and a few friends while working as a carpenter and a boat builder. He also sold some of this tempeh to one store, Rising Tide, as a test market.

"In 1980 Werz decided to try making tempeh as a part time business. So in October 1980 he founded Appropriate Foods, Inc. He rented a small kitchen (down 2 long flights of stairs in the Bayside Jewish Center) from a friend who was a kosher caterer in Bayside, New York. Commercial production of Tempeh Brothers Tempeh started there in Nov. 1980. When Werz first made tempeh at home and at the temple, he had a partner, David Sibek; friends called them "tempeh brothers." Hence the product name. The only other tempeh sold in the area was that made by The Tempeh Works in Greenfield, Massachusetts.

"In the spring of 1981 Werz and Sibek decided to make tempeh a full-time business. They were distributing their products to about 10 health food stores and making about 20 pounds of tempeh each batch, 200 pounds a week. So they rented an old meal packing plant, complete with tile walls and floor drains, at 137 New Hyde Park Rd., Franklin Square, Long Island, New York.

In Feb. 1982 tempeh production started at the new location, and soon the company had two small distributors in New York. But now there were 12 tempeh brands on the market. In about June the distributors dropped 'Appropriate Foods' products. So they built an insulated box in the back of a pickup truck and began to deliver their own products. From this painful experience Werz learned a key lesson: "In the food business, distribution is everything." If a company does not have control over the distribution of its products, it is extremely vulnerable.

Werz and Sibek quickly realized that they had to expand their product line, so in June 1982 they started making three new products: (1) Tempeh Brothers brand Soyfurters, a cake of tempeh sliced lengthwise into 4 sticks, marinated, and seasoned with liquid smoke, to sort of resemble hot dogs; (2) No Cow brand Soymilk (the soybeans were ground in a motor-driven Corona mill) in plain, cinnamon-honey, and carob-honey flavors; and (3) Tempeh Brothers brand Tempehburgers.

In the summer of 1982 the company added Tempeh Brothers brand Super Tempeh and Soy-Rice-Sesame Tempeh, and dropped the Soyfurters. Dave Sibek left in early 1983."

"In Feb. 1984 Werz and a partner, Shelley Martin, started a second business, The Soy Source, to allow Appropriate Foods to start selling their products, under The Soy Source Brand, to supermarkets. Their first products were shoyu (Japanese-style soy sauce) and tamari (wheat-free soy sauce). The first new tofu product in the new line (launched in Feb. 1985) was Perfect Pasta brand Tofu Tortellini (frozen). The tofu was purchased from Nasoya and the product made by the pasta maker. In Sept. 1985 Vegetarian Gourmet Traditional Pot Pie with Tempeh and Tofu Quiche, both frozen, were added to the new line."

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"On 1 Dec. 1986 Appropriate Foods completed its move to a larger building in the East Brooklyn Industrial Park at 292 Liberty Ave., Brooklyn, New York. Production began there in March 1987. In mid-March four new tempehs were launched as gourmet items, with silver and gold labels, under the Emperor's Best Brand: Garbanzo Tempeh (with no soy), Soy & Amaranth Tempeh, Rye-Caraway-Soy Tempeh, and Brown Rice Tempeh (with no soy). A nice article in the *New York Times* (24 June 1987) noted: "Today, with six employees, the company produces about 10,000 pounds of tempeh a month. About half is sold to health food distributors and the rest is delivered to about a hundred stores and restaurants in the metropolitan area.

"As of September 1987 products made under the Appropriate Foods brand include Soy Tempeh, Super Tempeh, Soy-Rice-Sesame Tempeh, Tempeh Burgers, Soymilk, and Tofu Salads. Garbanzo Tempeh and Amaranth Tempeh are sold under the Soy Source gourmet brand. Soy Source is still an independent company with its own books. The distribution arm of the company, called Appropriate Foods Distributing, is trying to broaden its line. The future seems to lie in 'crossover products,' sold in supermarkets."

The company is now one of America's largest tempeh manufacturers. They have developed many innovative tempeh and tofu second generation products. Address: Lafayette, California.

8145. *Sun* (*New Carlisle, Ohio*). 1987. Tofu sausage may be next new meat product. Sept. 9.
• ***Summary:*** Herbert W. Ockerman, Professor of Animal Science at Ohio State University, put tofu in sausage to replace pork fat. The product contains 32% tofu, 35% pork, 15% beef, 13-16% moisture, and a small amount of salt, sugar, corn syrup, and curing ingredients. When cooked, the tofu sausage had 23% less fat and 5% more protein than all-meat sausage.

8146. *Toyo Shinpo* (*Soyfoods News*). 1987. 61 nendo no tôfu shôhi tôkei [Tofu consumption figure in 1986 is 5.29% lower than last year. Natto consumption is up]. Sept. 11. p. 4. [Jap; eng+]
• ***Summary:*** This is the first time in 23 years that tofu consumption per family per year has gone down 2 years in a row. In 1987, the Japanese people bought the least amount of tofu in 10 years. Naha (Okinawa, Japan) was first in the amount of household income spent on tofu, while Morioka was the top in the number of cakes sold per family (118 cho). The top selling location for deep-fried tofu pouches and burgers (*aburage* and *ganmo*) was Fukui while sales dropped in Kobe.

Natto, on the other hand, reached the highest number of packets bought per family in history. In Mito, families spent an average of ¥5700 on natto in 1987–a new record. Included in the article are two graphs giving figures of how much tofu per family per year was bought in the period 1977-1987, and how much tofu was bought per family per month in the period 1985-1987.

8147. *Toyo Shinpo* (*Soyfoods News*). 1987. Zenkoku shuyô toshi issetai atari no nenkan kônyû kingaku oyobi sûryô (1986–Showa 61 nen) [Quantities of soyfoods purchased per household in major Japanese cities in 1986]. Sept. 11. p. 5. [Jap; eng+]
• ***Summary:*** The top ten cities for tofu consumption and the number of cakes (*cho*) sold per household in 1986:
1. Morioka 117.94; Toyama 113.10; Fukushima 109.30; Tokushima 104.82; Tottori 102.93; Matsue 100.36; Yamaguchi 99.26; Aomori 98.87; Kagoshima 98.40; Matsuyama 96.68.

The top ten cities for natto and the amount spent per capita in 1986: Mito, ¥5,705; Fukushima, ¥4,168; Utsunomiya, ¥4,040; Aomori, ¥3,874; Morioka, ¥3,742; Sendai, ¥3,372; Akita, ¥3,335; Maebashi, ¥3,197; Yamagata, ¥2,775; Nagano, ¥2,650.

8148. Rahman, Majeedah. 1987. The Belize soyfoods and nutrition education project (Interview). *SoyaScan Notes.* Sept. 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Majeedah got interested in nutrition in about 1969, when she started working with the Breakfast for Children Program run by the Black Panthers in Oakland. She then went to work for a community program called Akbar that fed breakfast, lunch, and dinner to 350 children.

Majeedah, who started the project, was first introduced to soyfoods in about 1970 by two black American twins, who had become Rastafarians. They were making and selling tofu burgers and tofu enchiladas in the San Francisco Bay area, mainly at flea markets. They went to Belize and made a little soymilk and soynuts for children at one of the primary schools. To start their program, they received a little financial help from REACH, an organization in Stancreek, south of Belmopan, Belize.

During the 1970s Majeedah became a Black Muslim. Elijah Muhammad believed that his followers should not eat soybeans because they were fit only for animals. That has changed recently. "Your Black Muslim Bakery" on San Pablo Ave. in Oakland now makes tofu burgers at its restaurant and bakery. In 1980 Majeedah transferred to U.C. Berkeley from College of Alameda and studied health and law, focusing on how law affected health. She got an undergraduate degree in social science and law. In 1981 she started an MPH program and also started to work at the U.C. Cooperative Extension, Expanded Food and Nutrition, Education Program.

In 1985 Majeedah attended the Women's Conference in Kenya. Right after that, in December 1985, she went to Belize (formerly British Honduras) to show some films.

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While there, because she was interested in nutrition, she noticed deficiencies of protein and vitamin A. She returned in January 1986, paying her own way, to study the nutritional situation further. She fell in love with the country, the blend of ethnic groups, the lovely scenery. She had been a vegetarian for about 15 years (partly because she is Islamic and doesn't eat pork) and began using soyfoods about 8 years ago. So she noticed that a few farmers were growing soybeans for animal feed. She met with the minister of health, the nutritionist, and got permission to do some further studies at the hospital. In February 1987, after 8 trips to Belize, the project mentioned above was finally approved by the Belize government.

The project, which will run from June 1986 to June 1987, has 3 components: 1. Nutrition education, the most important, directed at the general public and health centers. Will train 1 person from each of 7 districts to be a nutrition education assistant. They will train others. 2. Get young farmers to form a cooperative and grow soybeans on the 25 acres of land. There is a trend away from farming in Belize. Presently (she thinks) all of Belize's soybeans are grown domestically; none are imported. The Mennonites in Belize grow most of the soybeans. They came from the U.S. (during the Civil War) and from Germany, and they own a lot of farm land. 3. A breakfast and lunch program from some schools in Belmopan, the capital. They are renting a 3-bedroom house in Belmopan and they have turned it into a nutrition education center plus a soy dairy to make soymilk for two schools, 2 times a week. They hope the Minister of Education will expand the program. The soymilk will be served to kids at school as a snack. Address: Project Director (nutritionist), 526 44th St., Oakland, California 94609.

8149. Purdy, Penelope. 1987. Tofu treat a marketing challenge: Tofruzen cuts calories, cholesterol. *Denver Post* (*Colorado*). Sept. 16.
• ***Summary:*** A. Jay Boisdrenghien (pronounced like "boys drinkin") is the founder of Tofruzen, Inc. an Englewood, Colorado, firm that developed and markets Tofruzen, a non-dairy frozen dessert made from tofu. The company went public in December 1986. Tofruzen, which comes in 8 pint flavors and 3 types of chocolate covered bars, is sold by about 1,200 supermarkets. 90% of the company's products are made by White Wave in Boulder and 10% by Robinson Dairy and Jackson Ice Cream in Denver. Boisdrenghien has owned Scientfoods, a specialty grocery in Englewood, since 1971. Sales of Tofruzen were $91,000 in fiscal 1986 and $158,000 in 1987 (ending March 31). The first quarter of fiscal 1988 showed sales of $213,000. In mid-August Tofruzen settled a lawsuit with Frusen Gladje Ltd., which sued Tofruzen Inc. for infringing on its trademark. A photo shows Jay Boisdrenghien and Steve Levy with their tofu treats. Address: Colorado.

8150. Karas, Thomas. 1987. Tofu in Germany, Soyastern, and Heuschen (Interview). *SoyaScan Notes.* Sept. 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyastern started making tofu in about December 1983, and is now the largest tofu manufacturer in West Germany. They now make 4,000 kg/week and sell it for DM 5/kg. Their other tofu products include Tofu & Herbs, Smoked Tofu, Paprika Spiced Tofu, Tofu Burgers. A Tofu Mayonnaise will be launched soon. Company is growing at 40% a year. Second largest in Germany is Yamato Tofuhaus GmbH. Heuschen in the Netherlands in the largest in Europe. They use Sermi, a new coagulant, which may be lactic acid, for their tofu is sour but inexpensive, DM2/kg. All other Dutch tofu companies except Morgenstond have quit; they can't compete with Heuschen's prices. DE-VAU-GE now makes their own soymilk. They used to buy from Alpro. But they buy tofu from Heuschen. Address: Soyastern Naturkost GmbH, Osterather Str. 26, 5000 Cologne/Koeln 60, West Germany.

8151. *Maine Times* (*Topsham, Maine*). 1987. Tofu snafu: Hit and run. Sept. 25.
• ***Summary:*** "Charles and Kathleen Waldron of Strong, Maine, were only 5 weeks into their new tofu making business when a hit-and-run driver demolished their fledgling operation at the corner of routes 4 and 145... The Waldrons had been using equipment from a Belfast man and were pressing out 600 pounds of the soybean curd each week, when the accident brought the operation to a standstill. Damage was estimated at $10,000. They had insurance on the building but not on the equipment." Address: Maine.

8152. Maurice, Maggie. 1987. Tofu: A vegetable protein and taste chameleon that's good for you. *Herald* (*Bellingham, Washington*). Sept. 28.
• ***Summary:*** Legume, founded by Chandri and Gary Barat, developed America's first line of frozen entrees based on tofu. Chandri (age 36) and Gary (43) are vegetarians who eat tofu at home at least 3 times a week. "A college dropout in the 1960s, Gary rented a large organic farm outside of Burlington, Vermont, and ran it for 5 years. He was the New York kid turned farmer, tilling the soil, driving a tractor, and becoming a vegetarian. Returning to New York, he started marketing 'pillow furniture.' Then in 1977, his world changed radically. A rare infection damaged a heart valve and he had open-heart surgery. He recovered on his sister's farm in Florida. Adjoining her property was a tofu plant. He became fascinated with the process of changing soybeans into curds and whey.

He met Chandri when they worked together on a research project. Gary was looking for a protein alternative to hamburger. A graduate of Syracuse University, she worked on a PhD at Boston College and spent a year studying in India. Married in 1982, they baked tofu muffins, sweet pies,

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and quiches in their New York apartment and sold them from a cart at street fairs. Eventually they moved to Montclair, New Jersey, opened an office in Caldwell, and found a co-packer in Verona who produces and packages their frozen entrees. The baked goods were dropped in favor of the frozen products. Address: Washington.

8153. Aoki, Hiroshi. 1987. Kôri-dôfu to kenkô [Dried-frozen tofu and health]. *Daizu Geppo* (*Soybean Monthly News*). Sept. p. 14-17. [3 ref. Jap]
• ***Summary:*** Gives a brief history of dried-frozen tofu. Discusses tests showing that it lowers serum cholesterol in humans. Address: Nagano-ken Kori-dofu Kogyo Kyodo Kumiai, Senmuriji.

8154. Dabaji, Michel. 1987. Une cooperative invente le soja a boire [A cooperative invents soya to drink]. *Tertiel* No. 29. p. 20-21. Sept. [Fre]
• ***Summary:*** Soya is rich in nutrients and the agricultural cooperative of cereals at Colmar (la coopérative agricole de céréales de Colmar, CAC) has made a "milk" and even a cheese from it. A photo shows Eugène Stahl, president of the cooperative, and Claude Portal. In Sept. 1985 Maurice Rochet, assistant director of CAC, assisted at a conference at Albi dedicated to soya, a crop being strongly developed in the south of France. There he met Julian Foot, an engineer from Alfa-Laval. At Albi, Rochet realized the many nutritional advantages of soymilk (*jus de soja*). In May 1986 the cooperative launched the Bioforme brand. One year later, the production unit, which had cost 11 million French francs, was making a line of soymilk and desserts. Around the factory, 3,000 ha of soybeans has been planted (the members of the cooperative are growing these but it took effort to convince them to do so). And in several months a tofu production line will begin operation. Address: France.

8155. *Dairy Field.* 1987. Creamy Tofu [Jofu]. Sept.
• ***Summary:*** Jofu is available in seven sugar-sweetened varieties, including cherry, banana-strawberry, and lemon. It is also available in five honey-sweetened varieties: Tropical fruit, peach, orange, orchard fruit & nut, and strawberry fruit cup. Address: Birmingham, Michigan.

8156. Gumport, Bob. 1987. Confection Connection. The Fancy Food Show in New York. Legume. *Gourmet Retailer* (*North Miami, Florida*). Sept. p. 51, 80.
• ***Summary:*** The Legume booth was one of the most popular at the show among both professional buyers and the Press. The company's new and nutritious tofu chocolate bars "enjoyed a terrific reception at the show."

8157. House Foods & Yamauchi Inc. 1987. Hinoichi tofu recipe cards. It happens all the time. 526 Stanford Ave., Los Angeles, CA 90013. 7 recipe cards.
• ***Summary:*** Recipes include: Tofu Mexican Vegetable Dip, Hot-Tofu Spinach Salad, Tofu Pizza, Tofu Broccoli-Corn Casserole, Tofu-Topped Baked Potatoes, Tofu Mexican Casserole, Tofu Tartar Sauce. Address: Los Angeles, California.

8158. *Inoculum* (*L'*). 1987. La société Sojadoc: une démarche originale et innovante [Sojadoc: An original and innovate step]. July/Sept. p. 31. [Fre]
• ***Summary:*** Sojadoc, now an affiliate of the Coopérative Occitane, has started a factory at Albi, France, for making tofu and soymilk (tonyu). Discusses the characteristics and uses of these two soyfood products. Tofu contains 12 to 16% protein, and soymilk 2.8 to 3.6%. Address: ONIDOL, France.

8159. Jain, Laxmi; Jain, Manoj. 1987. Indian soy cuisine: A delicious and nutritious innovation. American Soybean Assoc., 541, Orchard Road #11-03 Liat Towers, Singapore 0923. 48 p. 21 cm.
• ***Summary:*** Contents: Introduction. Basic soy preparations (soy flour, milk, soy paste, soy yogurt, tofu). Soy appetizers. Soy vegetables and pulses (many tofu recipes). Soy breads and rice. Soy raitas, chutneys and salads. Soy desserts. Soy drinks and ice cream.

Biography–"Mrs. Laxmi Jain, a native of India, has lived in the Boston area for the past 18 years. She has been actively promoting the use of soybean in the diet in India and America. She has developed original recipes, and has lectured and given demonstrations with the Oil Seed Federation in India. Her recipes have been published in local newspapers in both the U.S. and India. Note that this book was published by the American Soybean Association.

"Mr. Manoj Jain is a medical student at Boston University, and is also working on his Masters in Public Health. He has a B.S. in Biomedical Engineering. Mr. Jain also received a Smithkline Beckman Fellowship to research the possible uses of soy foods in the Indian diet. With his mother, Mrs. Laxmi Jain, Mr. Jain has developed numerous recipes and analyzed them for their nutritional content and delicious taste." Address: Boston, Massachusetts.

8160. Park, Yang Won; Kobayashi, H.; Kusakabe, I.; Murakami, K. 1987. Purification and characterization of soymilk-clotting enzymes from *Bacillus* sp. K-295G-7. *Agricultural and Biological Chemistry* 51(9):2343-49. Sept. [9 ref]
• ***Summary:*** Enzymes I and II, both serine proteases which have a high soymilk-curding activity, were produced from Bacillus species. When purified, they were found to be homogeneous by polyacrylamide gel electrophoresis (PAGE) at pH 4.3. Both enzymes gave optimum coagulation of soymilk at 65ºC, were stable at 45ºC, and were most active at pH 5.8. Both were more sensitive to calcium ion

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concentration that to bromelain. Address: Inst. of Applied Biochemistry, Univ. of Tsukuba, Ibaraki 305, Japan.

8161. *Plenty Bulletin* (*Summertown, Tennessee*). 1987. Business school grads help build soy dairy in the Caribbean. 3(3):1-4. Sept.
• ***Summary:*** A food processing kitchen and soy cafe was constructed on the northeast coast of Dominica on the Carib Indian Reserve by locals with help from 8 MBA volunteers from the Wharton School of Business [at the Univ. of Pennsylvania in Philadelphia]. Carib farmers are now selling soybeans to the Plenty Soy Center in Roseau, Dominica's capital. Each week the Center produces 100 lb of tofu, 25 lb of soysage, 20 lb of tempeh, 30-50 gallons of soy ice cream, and 30-40 gallons of soymilk. Most of these soyfoods are sold through two co-ops that are managed by Plenty-trained Dominican staffs: the Ebeneezer Women's Co-op in Marigot and the Kairi Soy Co-op on the outskirts of Roseau.

At the Soy Development Center in Roseau, Plenty Canada offers 2 six-week classes each year in home, village, or small industrial scale soyfoods processing. The staff also conducts two 16-hour training courses on other parts of the island mainly for home preparation of soyfoods. Fifteen farmers are growing ¼ acre each of soybeans. In Jamaica, Country Farmhouse Lifeline, a soyfoods production center in Kingston, makes 150 lb/week of tofu.

8162. **Product Name:** Tofu Roti (Tofu & Vegetable Filling Rolled in a Chapati).
Manufacturer's Name: Plenty Canada Soya Utilization Project.
Manufacturer's Address: 88A Kotugodella Vidiya (Postal Box 95), Kandy, Sri Lanka.
Date of Introduction: 1987. September.
Ingredients: Roti (Chapati): White wheat flour (3/4), soya flour (1/4), vegetable oil, salt. Filling: Potatoes, tofu, onions, chilies, spices, curry leaves.
Wt/Vol., Packaging, Price: Each roll, 12 inches long, retails for Rs. 4/-.
New Product–Documentation: Form filled out by Jane Gleason. On 23 March 1988 she visited the Plenty Canada Soya Food Centre. For details see Chocolate Milk (Aug. 1987). Adapted from a local recipe.

8163. Saegusa, Kyoko. 1987. Tônyû to amazake de tsukuru hyôka roisu kuriimu [Royce Cream frozen dessert made with soymilk and amazake]. *Gendai Nogyo* (*Modern Agriculture*). Sept. p. 106-10. [Jap]
• ***Summary:*** Kyoko and her American husband, who live in Tempe, Arizona, use soymilk, amazake (which they make from Cold Mountain koji), tofu, and various flavorings to make what they call Royce (Rice + Soy + Ice) Cream frozen dessert for use at home. She also makes yuba. One of the longest articles seen up to this time on amazake. Contains three pages with 11 color photos showing how to make amazake and soymilk. Letter from Kyoko Saegusa. 1988. March 21. Her current address: 2040 S. Forest Ave., Tempe, AZ 85282. Phone shown above. Address: 2025 S. Forest Ave. #3, Tempe, Arizona 85282. Phone: 602-966-8397.

8164. **Product Name:** Sharon's Finest Dry Tofu Frozen Dessert Mix (Formerly Concentrate Plus+).
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687. Phone: 707-778-7721.
Date of Introduction: 1987. September.
Ingredients: Spray-dried tofu, corn syrup solids, vegetable gums.
Wt/Vol., Packaging, Price: Industrial packing.
How Stored: Shelf stable.
New Product–Documentation: Talk with Richard Rose. 1988. Feb. 15.

8165. **Product Name:** Sharon's Finest Tofu Nog (Non-Dairy Eggless Egg Nog).
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687.
Date of Introduction: 1987. September.
Ingredients: Incl. tofu, honey.
Wt/Vol., Packaging, Price: Pint Pure-Pak cartons.
How Stored: Refrigerated.
New Product–Documentation: Product Alert (Naples, New York). 1987. Sept. 21. "Sharon's Finest, a division of Rose International, is marketing Tofu Nog for the holiday season." This beverage is "free of eggs, containing tofu instead, and is sweetened with honey. The 'all natural' drink has no cholesterol, saturated fats or lactose; it's lower in calories, fat and salt than regular egg nog. Pint size milk-type cartons will be available nationally in natural food stores this season."

Talk with Richard Rose. 1987. Nov. 13 and 15. Sweetened with honey, it is sold in pint-sized milk-type cartons. The name "Sharon's Finest" was introduced in Sept. 1987.

Spot in Health Foods Business. 1987. Dec. "Tofu Cheese. Rose International has introduced a tofu cheese and nog." Contact "Rose International, P.O. Box 2687, Petaluma, California 94953-2687."

8166. **Product Name:** Sharon's Finest Cottage Salad (Non-Dairy Tofu Cottage Cheese).
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687.
Date of Introduction: 1987. September.

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Ingredients: Tofu, soy oil, onion*, dill weed*, citric acid, sorbic acid, salt. * = Dehydrated.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Richard Rose. 1987. Nov. 13. Ascorbic acid is used to reduce spoilage (molding). Label. 1987. "A delicious nondairy treat. This Curry Salad conforms to the Diet Center maintenance diet, and provides 1 protein allowance and 1 oil allowance per container. Available only at Diet Centers and selected fine natural food stores. Kosher Pareve." Label. 1988, July. 4.5 inches diameter. Plastic tub lid. Red and blue on white. "Delicious, non-dairy, low in calories. This Cottage Salad conforms to the reducing diet, and provides 1 protein serving and 1 oil serving (2 tea.) per container. Each container contains 280 calories and 250 mg sodium." Talk with Richard Rose. 1088. July 27. Cottage Salad is now selling 3,000-4,000 lb/week, exclusively through Diet Centers. It is made by Sonoma Specialty Foods.

8167. **Product Name:** Sharon's Finest Curry Salad.
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687.
Date of Introduction: 1987. September.
Ingredients: Tofu, soy oil, soy sauce, mustard, spices, citric acid, garlic, onion, sorbic acid, salt.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Richard Rose. 1987. Nov. 13. Ascorbic acid is used to reduce spoilage (molding). Label. 1987. "A delicious nondairy treat. This Curry Salad conforms to the Diet Center maintenance diet, and provides 1 protein allowance and 1 oil allowance per container. Available only at Diet Centers and selected fine natural food stores. Kosher Pareve."

8168. Snyder, Harry E.; Kwon, T.W. 1987. Soybean utilization. New York, NY: Van Nostrand Reinhold Co. xii + 346 p. Illust. Index. 23 cm. An AVI Book. [381 ref]
• ***Summary:*** Contents. Preface. 1. Production, marketing, and sources of information: Introduction, agricultural production, marketing, sources of information. 2. Morphology and composition: Morphology, chemical composition. 3. Processing of soybeans: Preparation, flaking, expellers, solvent extraction, oil refining, protein products. 4. Quality criteria for soy products: Protein and oil products. 5. Functional properties of soy proteins: Interactions of soy proteins with water, interactions of soy proteins with lipid, foaming, commentary on functionality. 6. Nutritional attributes of soybeans and soybean products: Inherent attributes of soybeans, changes due to processing.

7. Oriental soy food products: Traditional nonfermented soybean food products, traditional fermented soybean food products. 8. Soybean-supplemented cereal grain mixtures: Protein-rich food mixtures containing soy flours, composite flours containing soy flour, cereal blends containing soybeans. 9. Soy protein food products: Baked goods, meat products, dairy products, other foods containing soy protein. 10. Soybean oil food products: Salad and cooking oils, mayonnaise, and prepared salad dressings, shortenings, margarines and related products, soybean lecithin products. 11. Grades, standards, and specifications for soybeans and their primary products: Grades of soybeans, specifications for soybean meals and flours, trading specifications for soybean oils, specifications for lecithins, standards for the use of soy protein products in other foods. References in each chapter. Glossary.

This book is well written (though largely a repetition of previous works) in the area of modern soy protein products. It is weak and poorly researched in the area of "Oriental Soy Food Products," which comprises only 1 chapter (22 pages) of the total, making the book unbalanced. The author of this chapter seems to be almost completely unaware of the many major developments in the Western world during the past 10 years.

Note the following Korean soyfood terms: Fresh soybean = Put Kong. Toasted soy powder = Kong Ka Ru. Soy sprouts = Kong Na Moal. Soymilk = Kong Kook or Doo Yoo. Yuba (Soymilk film) = no name. Tofu (Soy curd) = Doo Bu. Tempeh (Fermented Whole Soybeans) = no name. Natto = Chung Kook Jang. Soy sauce = Kan Jang. Miso (Soy Paste) = Doen Jang. Fermented tofu (Fermented Soy Curd) = no name. Fermented okara (fermented soy pulp) = no name.

Note the following Chinese soyfood terms: Fresh soybean = Mao-Tou. Toasted soy powder = Tou-Fen. Soy sprouts = Huang-Tou-Ya. Soymilk = Tou-Chiang. Yuba (Soymilk film) = Tou-Fu-Pi. Tofu (Soy curd) = Tou-Fu. Tempeh (Fermented Whole Soybeans) = no name. Natto = no name. Soy sauce = Chiang-Yu. Miso (Soy Paste) = Chiang. Fermented tofu (Fermented Soy Curd) = Su-Fu. Fermented okara (fermented soy pulp) = no name.

Note: This is the earliest English-language document seen (Nov. 2012) that uses the term "Toasted soy powder" to refer to roasted soy flour. Address: 1. Prof., Food Science Dep., Univ. of Arkansas, Fayetteville, AR; 2. Principal Research Scientist, Div. of Biological Science & Engineering, Korea Advanced Inst. of Science and Technology, Seoul, South Korea.

8169. **Product Name:** [Tofu Ravioli, Tofu Tortellini].
Foreign Name: Tofu–Ravioli, Tofu–Tortellini.
Manufacturer's Name: Tofuhaus Tiefenthal.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1987. September.
Ingredients: Tortellini: Dough: Whole wheat grits, water,

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sea salt. Filling: Smoked tofu, tofu, bread crumbs, walnuts, roasted onions, shoyu, sea salt, and aromatic herbs (basil, Tapenade, parsley, etc.).
Wt/Vol., Packaging, Price: 250 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Leaflet. 1988. "These two products are made using our tofu by the firm G. D'Angelo GmbH in Saarlouis." Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in Sept. 1987.

8170. **Product Name:** Jofu (Non-Dairy Non-Fermented Yogurt. Honey Sweetened) [Tropical Fruit, Peach, Orange, Orchard Fruit & Nut, or Strawberry Fruit Cup].
Manufacturer's Name: Tomsun Foods International Inc.
Manufacturer's Address: 305 Wells St., Greenfield, MA 01301.
Date of Introduction: 1987. September.
New Product–Documentation: Spot in Dairy Field. 1987. Sept. "Creamy Tofu." With color photo. Talk with Peter Golbitz. 1988. Sept. 16. Tomsun did introduce honey sweetened Jofu.

Leaflet from Tomsun Foods International Inc. and Wildwood Natural Foods. 1989. Oct. "Jofu–Healthier than ever." Honey-sweetened Jofu is now available in the following flavors: Strawberry, Raspberry, Blueberry, and Peach. Talk with Richard McKelvey. 1990. Dec. 11. He thinks the honey-sweetened Jofu was launched in late 1986 or early 1987.

8171. **Product Name:** Tofu-Vegie Treasure Balls.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1987. September.
Ingredients: Wildwood Tofu (organic soybeans grown in accordance with Sec. 26569.11 of the Calif. health and safety code, filtered water and nigari), any of the following vegetables (carrots, onions, celery, mushrooms, kale or potato), garlic, pure expeller-pressed hi-oleic mono-unsaturated safflower oil, unrefined peanut oil, and sea salt.
Wt/Vol., Packaging, Price: 6.8 oz vacuum packed. Retails for $1.95 (8/88, Berkeley, CA).
How Stored: Refrigerated.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 26. The company started making Treasure Balls in Sept. 1987. These are also sold to restaurants. Product with Label purchased at Berkeley Natural Grocery Co., California. 1988. 3.5 by 2 inches. Gold and red. Silhouette of a wild wood with birds. "Serve hot or cold, in a sauce or as an appetizer." Six balls, each 1.5 inches in diameter. Curry flavor. Soyfoods Center organoleptic test: 7.

8172. Kelly, Gerald R. 1987. Island dining: Fast needn't mean junk. *Martha's Vineyard Times* (*Vineyard Haven, Massachusetts*). Oct. 8.
• ***Summary:*** Mark Ripa is the proprietor of Vineyard Natural Foods, where over 50 different sandwiches are made every day for sale to regular customers or passers by. The standard soup is miso soup. Lynn Burkhart, who creates the gourmet part of the store, plans to serve Tofu Vegetable Pies, a kind of quiche made without eggs, and a light bean and spinach soup made with tempeh–a soybean product. The menu features Indonesian curried tofu. Ripa says "that soy milk is the natural food store's bestseller because of the number of people who cannot–or will not–tolerate milk from cows."

Photos show: (1) The Smoothie bar inside the store. (2) The menu, showing the ingredients in Indonesian curried tofu.

8173. *Rafu Shimpo* (*Los Angeles, California*). 1987. Tofu Festival Oct. 10 [in Los Angeles sponsored by Hinoichi]. Oct. 8.
• ***Summary:*** The Tofu Festival will be held at Japanese Village Plaza in Little Tokyo. Other sponsors include Numano Shoji Ltd. and Yatai Sushi Inc. An improvisation theater group called "Cold Tofu" will present Charlie Chan Blues Band and demonstrate tofu cooking. Los Angeles artists will also demonstrate Hinoichi tofu sculpturing.

8174. Druding, David. 1987. Re: Article on tofu coagulants. Letter to Bill Shurtleff & Akiko Aoyagi at New-Age Foods Study Center, Oct. 12. 1 p. Typed, with signature on letterhead.
• ***Summary:*** David is enclosing a 2-page draft article he has written titled "Tofu coagulants" and dated Oct. 1987. Address: Summercorn Foods Inc., 401 Watson, Fayetteville, AR 72701. Phone: 501-521-9338.

8175. *Telegraph-Forum* (*Bucyrus, Ohio*). 1987. Tofu trade team from Japan visits. Oct. 13.
• ***Summary:*** The 21 member team representing the Japan Tofu Assoc. was told by ASA that they could ship high-quality Ohio soybeans to Japan in the hundreds of containers that now return to Japan empty after bringing parts to Ohio's Japanese auto makers. The containers would assure high quality soybeans for human food use and assure farmers a premium price for their soybeans.

8176. Miller, Harry, Jr. 1987. Early work with soyfoods in China. Current work with Miller Farms Food Co. and Solait (Interview). Conducted by William Shurtleff of Soyfoods Center, Oct. 15. 2 p. transcript. [1 ref]
• ***Summary:*** He is now writing a book on his lifelong work with soyfoods around the world. The original 1936 soymilk in China was named Vetose Soya Milk. There was also an Acidophilus Vetose. The soy ice cream was only for the

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staff and patients at Adventist hospitals. It was made by Henningsen Produce Co. in Shanghai. They made gluten steaks that contained tofu and various yuba meat analogs. He played with Jethro Kloss' kids but is not sure whether or not Kloss ever had a company making commercial soy products. He thinks perhaps Kloss did have such a company some place in Pennsylvania. Address: c/o Miller Farms Food Co., Cedar Falls, Iowa.

8177. Reed, M.H. 1987. New Chinese entry in Eastchester: Dining out. *New York Times.* Oct. 18. p. 936 (WC_29).
• ***Summary:*** This is a review of the Chinese restaurant Lotus King (30 Mill Road, Eastchester). Among the recommended dishes are: "Sautéed pompano in bean paste and bean curd sauce." Also good is the house soup, full of seafood and bean curd [tofu]. And "Sautéed spinach, embellished with a bit of fermented bean curd, a lovely touch."

8178. Lukoskie, Luke. 1987. Recent developments at Island Spring, Inc (Interview). Conducted by William Shurtleff of Soyfoods Center, Oct. 19. 1 p. transcript.
Address: P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

8179. Pirello, Robert J. 1987. Process for preparing a tofu cheese and product. *U.S. Patent* 4,701,332. Oct. 20. 4 p. Application filed 15 Nov. 1985. [8 ref]
• ***Summary:*** A tofu brick is coated with a mellow white miso and aged to produce a smooth and compact texture after which the miso is scraped from the brick and the brick is soaked in fresh water to remove the salt. The brick is then whipped until a creamy texture is achieved. Address: 932 Pine St., Philadelphia, Pennsylvania 19107.

8180. Lindner, Anders. 1987. The world soymilk market and Soya Technology Systems (STS) (Interview). Conducted by William Shurtleff of Soyfoods Center, Oct. 21. 7 p. transcript.
• ***Summary:*** This far-ranging and very interesting interview discusses new soymilk developments in India with Noble House Great Shake, Godrej, and Amrit, and in Germany with DE-VAU-GE's big plant. Ultrafiltration offers an innovative new way to automate tofu production, already being tested by Island Spring. Major competitors for soymilk equipment (especially Alfa-Laval) are discussed, and details on the four plants that STS has sold in Germany, India, France and USA (Island Spring). A step by step description of the STS soymilk process is given. STS and Danish Turnkey Dairies were recently purchased by APV Baker, a big British baking equipment company.

Concerning the four plants that STS has sold: "Our biggest and most successful plant was sold to DE-VAU-GE, a Seventh-day Adventist food company in Lueneburg (near Hamburg), Germany. They started production in August 1985 and make Granose and GranoVita brands soymilk, sold mainly in the UK and West Germany, but also in Scandinavia and France. The plant is running at full capacity, which is 3,000 liters per hour of finished soymilk (3.5% protein), or 50,000 liters a day. They currently only make two products. Labels for the UK market read Granose Soya Milk (4 flavors) and Granose Soya Dessert (3 flavors of custard puddings gelled with natural carrageenan, a seaweed extract). Both products are packed in half liter or liter aseptic Tetra Brik cartons. The plant is doing very well, selling all it can make. This is the only one of the four that has started operation.

"We have also sold a plant to Island Spring (Vashon, Washington), which may be the next to start production. The capacity is also 3,000 liters/hour of soymilk base.

"Amrit in India should be in production by mid-1988. Their plant has the same basic capacity as the plant in Germany, but since their soymilk will contain only 2.25% protein, the actual output will be 6,000 liters per hour, which is larger than Germany. They will make both beverages and foods, mainly a paneer type cheese. The beverages will contain Indian flavorings.

"Our fourth plant is in France, but I am not allowed to divulge the name of the company until the product is on the market. They plan to make only liquid soymilk.

"Alfa-Laval installed their first European plant (a small one) in France this year, billing it as the "soymilk development center of Europe, the first plant on the continent" as if our large DE-VAU-GE plant did not exist." Address: STS, Singapore.

8181. Lindner, Anders. 1987. The world soymilk market and Soya Technology Systems (STS) (Interview). Conducted by William Shurtleff of Soyfoods Center, Oct. 21. 7 p. transcript.
• ***Summary:*** "On 21 Oct. l987 Anders Lindner, on a trip of the USA, visited the Soyfoods Center (SC). The following interview was conducted by William Shurtleff.

"SC: STS started five years ago, and in that time you have traveled the world, visiting every potential customer, and sold four soymilk plants. What major changes or trends have you seen in the world soymilk market during that time?

"STS: You must look at one region at a time. In the United States there is definitely an increased interest in and awareness of soymilk. Soyfoods are relatively well known. In Europe there has been a big increase in the number of enquiries about soymilk from all countries. The number of larger companies that have contacted us has also increased.

"Africa is still a dark continent as far as soymilk goes, with the possible exception of Nigeria, where we have a number of quotations pending, awaiting approval for foreign currency. This could take time.

"Looking at Asia, in India there was almost a frenzy of interest several years ago and we still get enquiries every

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week. The government gave permission to build many new soybean crushing plants. Soybean production is now over a million tons, and it is still not enough. So the price of soybeans is rising, which raises soymilk prices. But I'm not as optimistic about the future of soymilk in India today as I was 6 months ago. India's first major soymilk plant, established by the Noble Soya House group in Bhopal, has not been as successful as everyone had hoped it would be. Two of India's best known companies, the Great Eastern Shipping Company (also called the Bhiwandiwalla Group) and Godrej, backed the new company, which greatly bolstered public confidence in the project. Each owned 24% of the private limited company and the rest was publicly owned. Great Eastern provided financing and put a number of their very best people in the top management positions. Godrej, which is *the* marketing company in India par excellence, provided distribution and marketing. They specialize in soaps. Alfa Laval supplied the plant and Kibun sold their technology know how. Production began in January 1987 and it had all the signs of being a very, very good project. Their soymilk, named Noble House Great Shake, comes in four flavors (chocolate, strawberry, mango, and American ice cream flavor, basically a vanilla) in 200 ml Tetra Brik cartons. I have heard it said that the products were not well formulated, the timing was poor, the prices were too high, and the products were marketed as a clearly Western-style of foreign product. The project got lots of big media publicity, but much of it was not favorable, we are sorry to say. Today the plant runs only about 2 hours a day.

"We have sold a plant to Amrit Soya and Protein Foods Ltd., owned by the Amrit Company, an old company. They are in Ghaziabad, Uttar Pradesh, on the outskirts of New Delhi and are expected to start production in mid-l988. This will be India's largest soymilk plant with a capacity of 6,000 liters/hour.

"Back to Asia, when we established STS we located ourselves in Southeast Asia, thinking that with the large consumption of soybean drinks there it would be quite simple to sell plants to make soybean milk as well. But that has not been the case. I find the food processing companies there extremely conservative. Our strategy now is to show the companies in East Asia that our concept works in the USA and Europe.

"China has been a disappointment. They seemed to be more interested in soymilk plants a few years ago.

"So generally speaking, the climate has gotten better, especially in Europe and the United States.

"SC: Has your strategy or basic approach for selling STS soymilk plants changed during this period?

"STS: Yes, it is changing now. We are expanding our product range by offering processes for other soymilk-based foods. Formerly we thought of ourselves as selling primarily liquid soymilk. Now we are offering process lines for tofu, ice cream, dressings, dips, spreads and other dairy analogs, plus what we call 'semi-products.' These are non-consumer, industrial food type products such as concentrated soymilk or curds for use as ingredients by food processors. We are investing in R&D on these. I think we will find new uses for our soymilk base, including new ways of making traditional products, dairy analogs, powdered products, and truly new products.

"SC: Have you made any major technological developments?

"STS: Yes. we are now offering an ultrafiltration system as part of our soymilk system. This is an important technological innovation. It allows you to concentrate soymilk by removing water without adding heat (thus preserving the good flavor of the product) or to remove certain components from the soymilk, such as oligosaccharides or perhaps trypsin inhibitors or lipoxygenase enzymes, using membranes. More important, it can help in automating tofu production. The soymilk base goes into the ultrafiltration plant, where it is concentrated. Coagulant is injected into the line and mixed. Rectangular cakes of tofu are chopped off as they come out the exit end. Luke Lukoskie at Island Spring has been a pioneer in developing these processes using a pilot plant, with an ultrafiltration unit, that we loaned him. This technology seems to have a very promising future for processing soymilk in the West, and for making soya panir (fresh curds) in India. There is not enough cow's milk in India to go around, and most of it is sold in the cities. I think soya panir will undersell dairy panir in India.

"SC: Which company do you feel is your strongest competitor?

"STS: Our main competitor everywhere is Alfa Laval. After that, but much less, some of the Japanese companies such as Marusan-Seikensha and Mitsubishi. Given that we had just installed the largest soymilk plant in the Western world for De-Vau-Ge in Germany, I was surprised to note that Eden Foods in America chose Marusan-Seikensha without ever contacting us at all. Marusan seems to have only one English speaking person in the entire company, Mr. Tominaga. Mitsubishi competed with us selling systems in India and Nepal. Takai never seems to be in competition with us. Vandemoortele is no longer supplying systems, though the huge plant they built in Ambatolampy, Madagascar (35 million liters/year capacity) is still in operation. The company, Lalasoa SA (Societe Anonym) is run by a woman named Regina.

"SC: Could you tell us a little about the four plants that you have sold?

"STS: Our biggest and most successful plant was sold to De-Vau-Ge, a Seventh-day Adventist food company in Lueneburg (near Hamburg), Germany. They started production in August 1985 and make Granose and Granovita brands soymilk, sold mainly in the UK and West Germany, but also in Scandinavia and France. The plant is running

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at full capacity, which is 3,000 liters per hour of soymilk base (4.7% protein). This is 4,000 liters per hour of finished soymilk (3.5% protein), or 50,000 liters a day. They currently only make two products. Labels for the UK market read Granose Soya Milk (4 flavors) and Granose Soya Dessert (3 flavors of custard puddings gelled with natural carrageenan, a seaweed extract). Both products are packed in half liter or liter aseptic Tetra Brik cartons. The plant is doing very well, selling all it can make. This is the only one of the four that has started operation. we have also sold a plant to Island Spring (Vashon, WA), which may be the next to start production. The capacity is also 3,000 liters/hour of soymilk base. Amrit in India should be in production by mid-1988. Their plant has the same basic capacity as the plant in Germany, but since their soymilk will contain only 2.25% protein, the actual output will be 6,000 liters per hour which is larger than Germany. They will make both beverages and foods, mainly a panir type cheese. The beverages will contain Indian flavorings." (Continued). Address: STS, Singapore.

8182. *Beachcomber* (*Vashon, Washington*). 1987. Tofu revolution to proceed, problem settled; no sale [at Island Spring]. Oct. 22.
• ***Summary:*** This week Luke Lukoskie struggled to advert an advertised sale of $3,891,800 worth of tofu making equipment Friday. The public sale was to "satisfy obligations" according to the public notice an attorney published in a Seattle newspaper without Lukoskie's consent. A power struggle was taking place. The company was founded 11 years ago by Lukoskie and Sylvia Nogaki in a westside woodshed. She went on to be a business writer and continues as a minor stockholder. After Lukoskie married Soon "Suni" Kim, a Korean-American graduate food technologist, sales expanded. With the help of Cal Tech graduate Cliff Brown, the Lukoskies developed machinery to make tofu continuously. An investor was found to pay for a $6 million leap in to national and perhaps international production and marketing.

The U.S. subsidiary of an international food machinery maker made the production line model of the continuous production machine. It now stands on the island in crates awaiting completion of a new 37,000 square foot building near K2. Production in the new plant is expected to start in early 1988. Address: Washington.

8183. Coyner, Barbara. 1987. How Americans dine. *Parade.* Oct. 25. p. 51.
• ***Summary:*** Notable points from the answer key: 1. The percentage of our disposable income spent on food for the home hit an all-time low of 10% last year. 2. Nationally, we ate 15 quarts of ice cream per person per year with a favorite flavor of vanilla (31%) and chocolate (8%). 5. Our yearly intake of some 15 pounds of fish per person is up 30% in the last 20 years. Tuna is still the favorite selection. 7. 38% of U.S. men skip breakfast. 8. Pizza is easily America's ethnic favorite, taking 53% in popularity. 16. Italian and Chinese cuisine rank as the preferred ethnic choices (overall).

8184. Schecter, Andy. 1987. Early history of Northern Soy (Interview). *SoyaScan Notes.* Oct. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Zen Center kitchen at Rochester, New York used to import tofu from Toronto [in Ontario, Canada]. Then in about 1975 Jay Thompson, who worked in the kitchen, saw an article by William Shurtleff in *Mother Earth News* offering a free chapter from a book in progress describing how to make tofu. When the chapter arrived, the kitchen crew started making tofu in the Zen Center kitchen. The tofu makers were Jay Thompson, Martha (last name unknown), Greg Weaver, Greg Mello, and Andy Schecter. They would make about 20 pounds of tofu once or twice a week.

After 3-4 months they moved the operation in the basement of the Zen Center, where it was more efficient. Again they made about 20 pounds of tofu a batch, at least once a week and during sesshins [sic] as often as 2-3 times a week. All of the tofu was consumed within Zen Center. None was sold commercially.

Then in late 1976 Greg Mello and Greg Weaver started talking about starting a commercial business independent of Zen Center and outside of it. They took their tofu to Oriental food stores and the owners showed interest. So they bought a large stainless steel cooking pot and other utensils. But in late 1976 there were some arguments, so Greg Weaver suggested that Greg Mello do it alone. So they parted.

At that point Andy Schecter was planning on leaving the Zen Center staff. He got together with Greg Mello and they found a 900 square foot space at 277 North Goodman Street in Rochester. In January 1977 they established the company called The Tofu Shop and began construction of the plant. They bought an oil-fired boiler, built a platform for the cooking pot, built presses, curding barrels, etc. In May 1977 production began. Their first product was tofu, followed shortly by a generic (unbranded, unlabeled) soymilk in plain and carob-honey flavors, put up in quart canning jars.

In late 1977 Greg Mello decided to leave. So in January 1978 Andy brought in Greg Weaver. In mid-1978 Weaver and Schecter realized that tofu sales were slow since most people did not know what it was or what to do with it. So they decided to open a soy deli to introduce prepared tofu dishes to the public. Weaver took charge of the deli, which opened in November 1978 under the name "The Tofu Shop" at 686 Monroe Ave. The startup costs were about $20,000. Since the manufacturing branch of the partnership was now without a name, they decided to call it Northern Soy. And since Schecter felt that he would need more managerial help in running Northern Soy, he brought a third partner, Norman Holland, in around November 1978.

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The three partners all owning two businesses didn't get along very well, so they decided to separate the two businesses. Weaver would own the deli as an independent business, while Schecter and Holland would own Northern Soy. Since the name The Tofu Shop legally belonged to Northern Soy, Weaver was asked to find another name. After briefly trying "The Tofu Gardens," he settled on "The Lotus Cafe." This deli, the fifth soy deli to open in America, was a pioneer in developing delicious tofu and tempeh recipes and marketing them in an attractive way. Featured in a cover story in the first issue of Soycraft (later Soyfoods) magazine (summer 1979), it offered both sit-down (20 seats) and take-out service, featuring hot vegetarian lunches and dinners. By 1982 it was the largest soy deli in America in terms of average weekly sales ($4,800) and maximum weekly sales ($6,500). Names of 30 of its most popular tofu and tempeh recipes are given in the books *Tofu & Soymilk Production* (1979) and *Report on Soyfoods Delis, Cafes & Restaurants,* both by Shurtleff and Aoyagi.

Tempeh production was started [in about Nov. 1977] by Earl Lepper in his home. Then at some point in 1979 or 1980 he moved the operation into a corner of The Tofu Shop. Eventually he decided to sell his tiny business to The Tofu Shop so he could move to California.

The Lotus Cafe closed in August of 1984 or 1985, in debt and after Weaver's unsuccessful attempt to sell it. Weaver went to work for a computer literacy firm. All 3 are still bachelors. Address: 30 Somerton St., Rochester, New York.

8185. *Farm & Country* (*Toronto, ONT, Canada*). 1987. Asians buying plenty: Soy. Oct. 27.
• ***Summary:*** Ontario has captured 66% of Singapore's 41,000-tonne market (soybean). Yet out of Japan's 500,000-tonne annual imports for tofu manufacture, Ontario supplies less than 3,000 tonnes. Canada applies more rigorous grade standards than the U.S., but Canada needs better beans, not just better grading. Buyers believe that American beans are higher in protein. Address: Ontario, Canada.

8186. Rose, Richard. 1987. Re: Personal observations on soyfoods at Natural Foods Expo in Philadelphia. Letter to William Shurtleff at Soyfoods Center, Oct. 28. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Show trends: Many new companies introducing many new soyfoods, some very high quality in concept and execution. Established soy companies now entering such as Miller Farms and Witte / White Wonder. The Soyfoods Pavilion seemed to have less both space and be more spread out. The only Legume product at the show was the tofu chocolate bar (will the Barat Bar save Legume?). Tomsun Foods did not have a booth. Ice Bean was the only soy frozen dessert there. A proliferation of soy cheeses, aseptic soymilks, glass-packed spreads, meat analogs. Nasoya will be making Simply Natural's tofu/miso spread for them; it has just been patented. Simply Natural's tofu cheese is now called Soyalite, and their pasta is Pasta Lite. Little-seen regional companies were there, including Michele's and Northern Soy. Paul Obis adds: Many at the show were lamenting the apparent failure of Jofu. They have spent all their money.

The Rose International letterhead states: EasyLink Mailbox 62978515. Telex 990027 (Rose Intl UQ). Address: President, Rose International, P.O. Box 2687, Petaluma, California 94953-2687. Phone: 707-778-7721.

8187. **Product Name:** Tofulite (Tofu-Based Non-Dairy Yogurt-Type Snack).
Manufacturer's Name: Barricini Foods Inc.
Manufacturer's Address: Oyster Bay, New York.
Date of Introduction: 1987. October.
How Stored: Frozen.
New Product–Documentation: Spot in Food Engineering. 1987. Jan. "Tufu [sic, Tofu] non-dairy yogurt is lower in fat." *Tofulite* is a new tofu-based, non-dairy yogurt snack from Barricini Foods Inc., Oyster Bay, N.Y. The product will be marketed as a spoonable snack with active yogurt cultures. It is lactose and cholesterol free." It is a cultured/fermented food; Dairy Foods. 1987. March. p. 32. "Tofulite Yogurt will be available later this year." Food Distributors Magazine. 1987. April. The new yogurt-type snack is Barricini Foods' first major expansion from its initial base of non-dairy frozen desserts–Tofulite and Ice Bean.

Interview with Robert Tepper. 1987. Aug. 31. This is a fermented soymilk. Not yet out. Note: As of early 1989 this product had not been launched, and may never be.

8188. Bradner, Norman. 1987. Soybeans for the food market. *Seed World* (*Des Plaines, Illinois*). Oct. p. 44.
• ***Summary:*** Thailand imports nearly 100,000 tonnes/year of soybeans for food use. Japan imports 65,000 to 70,000 tonnes of small beans to make natto. Natto beans can be less than 5 mm in diameter and have a yellow cotyledon and hilum. For tofu, soymilk and miso, importers want high protein, low oil, maximum water soluble proteins, low phytate, high 11S protein fraction, large seed size and high sugar content. But a variety judged good one year can be deemed unsuitable the next. Environmental conditions during seed development play a significant role in determining the final chemical composition. Address: Pulse Breeder, King Agro, Inc., Chatham, Ontario, Canada.

8189. Brody, Jane E. 1987. Separating fats from fiction. *Vibrant Life* (*Hagerstown, Maryland*). Sept/Oct. p. 14-17, 29. Reprinted from The New York Times.
• ***Summary:*** The best summary seen to date of the new view of fats. Cholesterol levels that were once considered

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normal are now regarded as dangerously high. There is now a national campaign to measure cholesterol levels in every American adult and urge those on the high side to seek medical help. New findings have forced a reexamination of dietary recommendations. Saturated fats have been shown to be twice as instrumental as dietary cholesterol in raising blood cholesterol levels, while unsaturated fats help lower these levels. Now we are being advised to lower consumption of both types of fat. The American Heart Assoc. recommends that no more than 30% of our daily calories should come from fats, with at most 10% from saturated fats. Cholesterol intake should be limited to 250-300 mg/day, the amount in one large egg yolk. Blood cholesterol levels should be under 200 mg/ml.

And cholesterol is only half the story. At least as important are the amount of the different kinds of cholesterol-carrying proteins in the blood. Two kinds, LDLs and VLDLs (for low- and very-low-density lipoproteins) promote cholesterol rich deposits in arteries, which in turn can trigger heart attacks and strokes. But a third kind, called HDLs (high-density lipoproteins), cleanses the blood vessels of fatty deposits and flushes cholesterol out of the body. Aerobic exercise raises HDLs. HDLs are not found in foods. The two most saturated fats in the American diet are vegetable fats: coconut oil and palm kernel oil. They raise cholesterol levels and clog coronary arteries faster than animal fats. You do not need the protein in red meat for strength. The strongest animals in the world (elephant and ox) are total vegetarians. Strong muscles are built by exercise. The meat industry has an ongoing campaign to reduce the fat in its products by changing feeding practices, breeding leaner animals, and encouraging retailers to trim fat more closely. This year, for the first time, fat contents will be included on packaged meat labels. Cheese, high in fat, is not a good meat substitute. Choose soybeans or tofu instead. Address: Science writer, New York Times.

8190. Brown, Judy. 1987. Soynuts: Creating another niche for soybeans. As an ingredient and snack food, this crunchy soybean shines. *Soya Newsletter* (*Bar Harbor, Maine*). Sept/Oct. p. 1, 8, 11.
• ***Summary:*** Total U.S. production of soynuts is estimated at 6 to 7 million lb/year. Solnuts, Inc. is the world's largest producer and distributor, with plants at Hudson, Iowa, and Tilburg, Netherlands. Solnuts produces about 2 million lb/year of dry roasted soynuts, 95% of which is used as a food ingredient by manufacturers. The company's line includes whole soynuts, pieces, grits, and flour. Wholesale prices range from $0.40-70/lb. Solnuts new sister company, Witte Wonder in Poeldijk, Netherlands, makes a line of second generation tofu products. INARI Trading Co. in Lansing, Michigan, founded in 1976, produced 500,000 lb of oil roasted soynuts in 1986. They are the only producer of confection-coated soynuts and soynut butter in the U.S. Principal markets are other food producers and repackagers. Their soynuts come in a variety of flavors, seasonings, and coatings. Wholesale prices are $0.64-71/lb. Soynut marketers include Lee Seed Company in Inwood, IA, and Iowa Nuts Inc. in Spencer, IA.

8191. East West Journal. comp. 1987. Shopper's guide to natural foods. Garden City Park, New York: Avery Publishing Group. x + 204 p. Illust. Index. 28 cm. [66* ref]
• ***Summary:*** The book from the editors of the *East West Journal* is mainly a series of articles published in *East West Journal* or special articles by individual authors. Contents: 1. Introduction to natural foods. 2. Grains. 3. Breads, pastas & seitan. 4. Vegetables. 5. Sea vegetables. 6. Labeling and standards. 7. Fruits. 8. Seeds & nuts. 9. Beans (incl. tofu, tempeh, miso, azuki). 10. Beverages. 11. Condiments (incl. tamari, shoyu, vinegar, salt, umeboshi). 12. Cooking ingredients. 13. Pressure cookers. Address: New York; Massachusetts.

8192. *East West.* 1987. Natural Foods: The best and worst. 2nd annual awards. Oct. p. 32-36.
• ***Summary:*** Only packaged natural foods with nationwide distribution are judged. Best soymilk: Edensoy, but the Tetra Brik package doesn't biodegrade, burn, or recycle. Best sandwich spread: Nasoyanaise by Nasoya Foods. Worst shoyu: Natural shoyu from Erewhon. So heavy it is best dispensed with an eye dropper. Best Tamari: San-J. Worst line of fake meat products: Worthington Foods. Worst beans: Honey Baked Style Vegetarian Beans with Miso from Health Valley. Best Miso: Miso Master Mellow White Miso by American Miso Co. for Great Eastern Sun.

8193. **Product Name:** Famiglia Gourmet Tofu Classics. Tofu Stuffed Shells.
Manufacturer's Name: Famiglia Brands, Inc.
Manufacturer's Address: 75 Amity St., Jersey City, NJ 07304. Phone: 201-451-2222.
Date of Introduction: 1987. October.
Ingredients: Dough: Enriched extra-fancy patent durum flour, 100% natural soy and rice flours, wheat bran, water. Filling: Tofu, hydrolyzed vegetable protein, Lite Salt, natural flavorings and spices.
Wt/Vol., Packaging, Price: 15 oz.
How Stored: Frozen.
New Product–Documentation: Leaflet. 1987, undated. "Famiglia. Frozen Tofu and Soy Extra Fancy Specialty Pasta. Pasta Fantasies! All of the dinners feature all-natural ingredients and do not have meat, eggs, or dairy products." Ad in Natural Foods Merchandiser. 1988. Aug. p. 13. Nov. p. 106. "Make space for a Hot-Spot in your frozen food case. We've got packaged pasta sunshine." Shows 6 packaged tofu and soy products.

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8194. **Product Name:** Famiglia Gourmet Tofu Classics. Cheese Style Tofu Ravioli.
Manufacturer's Name: Famiglia Brands, Inc.
Manufacturer's Address: 75 Amity St., Jersey City, NJ 07304. Phone: 210-451-2222.
Date of Introduction: 1987. October.
Ingredients: Dough: Enriched extra-fancy patent durum flour, 100% natural soy and rice flours, wheat bran, water. Filling: Tofu, hydrolyzed vegetable protein, Lite Salt, natural flavorings and spices.
Wt/Vol., Packaging, Price: 13 oz.
How Stored: Frozen.
New Product–Documentation: Leaflet. 1987, undated. "Famiglia. Frozen Tofu and Soy Extra Fancy Specialty Pasta. Pasta Fantasies!" All of the dinners feature all-natural ingredients and do not have meat, eggs, or dairy products. Ad in Natural Foods Merchandiser. 1988. Aug. p. 13. Nov. p. 106. "Make space for a Hot-Spot in your frozen food case. We've got packaged pasta sunshine." Shows 6 packaged tofu and soy products.

8195. **Product Name:** Famiglia Gourmet Tofu Classics. Cheese Style Tofu Manicotti.
Manufacturer's Name: Famiglia Brands, Inc.
Manufacturer's Address: 75 Amity St., Jersey City, NJ 07304.
Date of Introduction: 1987. October.
Ingredients: Dough: Enriched extra-fancy patent durum flour, 100% natural soy and rice flours, wheat bran, water. Filling: Tofu, hydrolyzed vegetable protein, Lite Salt, natural flavorings and spices.
Wt/Vol., Packaging, Price: 15 oz.
How Stored: Frozen.
New Product–Documentation: Leaflet. 1987, undated. "Famiglia. Frozen Tofu and Soy Extra Fancy Specialty Pasta. Pasta Fantasies!" All of the dinners feature all-natural ingredients and do not have meat, eggs, or dairy products. Ad in Natural Foods Merchandiser. 1988. Aug. p. 13. Nov. p. 106. "Make space for a Hot-Spot in your frozen food case. We've got packaged pasta sunshine." Shows 6 packaged tofu and soy products.

8196. Golbitz, Peter. 1987. Is it time for Tofuggets [Tofu Nuggets like Chicken McNuggets]. *Soya Newsletter* (*Bar Harbor, Maine*). Sept/Oct. p. 2.
• ***Summary:*** Chicken McNuggets have been so successful that they have transformed the broiler industry. Why not introduce the same concept, using tofu instead of chicken? Address: Soyatech, Bar Harbor, Maine.

8197. Haumann, Barbara. 1987. Expanding soybean markets, uses. *J. of the American Oil Chemists' Society* 64(10):1369, 1372-79. Oct.
• ***Summary:*** Value-added products and soybean varieties tailored to produce specific end products are among the promising developments envisioned to expand markets for U.S. soybeans. Keith Smith, staff vice president of research for the American Soybean Association (ASA) said, "Aquaculture–raising fish such as shrimp, catfish and trout–is a growing industry in the U.S. and abroad." Smith went on to say that the switch from mainly production research to more utilization research occurred eight to nine years ago, and that 60% of ASA's total research money in the past 6 years has gone for utilization research.

Genetic research is working to improve the fatty acid content of soybean oil. Work is also under way to develop a quick, low-cost method to determine oil and protein content. Other work includes trying to lower levels of linolenic acid in the oil. At Purdue Univ. in Indiana, research geneticist Niels Nielsen of the USDA's Agricultural Research Service (ARS) is trying to develop soybean lines free of lipoxygenase enzymes. Soymilk and flours produced from the new seeds are rated significantly better in flavor and aroma. Professor Nielsen and his research group are trying to "improve the nutritional quality of the major soy storage proteins by increasing sulfur amino acid content." He noted that the methodology has resulted in doubling and tripling the methionine content. At the University of Kentucky, David Hildebrand is also working on genetic engineering of soybeans.

Brazil, the second largest producer of soybeans, has evolved as the largest exporter of soybean meal and oil. The other top producers are China, in third place; Argentina, in fourth; and India, which recently made the top five. Indonesia is in 6th. Italy's production has grown substantially in recent years to make it the most important soybean-producing area in Europe. Other European producers include France and Spain. According to Oil World Annual published by ISTA Mielke, West Germany, the top 10 soybean oil producers for 1986/87 (in tonnes) were the following: U.S. 5,430,000; Brazil 2,538,000; Argentina 780,000; Japan 715,000; China 679,000; West Germany 521,000; The Netherlands 488,000; Spain 421,000; Italy 350,000; and Mexico 336,000.

ANPA (American Newspaper Publisher's Association) began seeking alternative sources to petroleum for ink seven years ago due to problems with petroleum supplies. Four years ago, with fluctuations in supplies and price, ANPA began considering the use of soybean oil ink. ANPA has filed a soy ink patent application and has begun licensing major ink manufacturers to make it. The first ink manufacturer to produce the ink, colored and black, is General Printing Ink, a division of Sun Chemical Corp., located in Carlstadt, New Jersey. One advantage of soy oil ink is that it is environmentally nonhazardous, which could reduce waste disposal problems. It also eliminates dependence on petroleum. There is less "ruboff" and the same amount of ink will print more pages. One drawback is that black ink made

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from soybean oil costs more than traditional black ink. Oil content in newspaper ink averages about 70%.

In the March 4, 1987 *Federal Register,* the U.S. Federal Grain Inspection Service (FGIS) ruled that soybean and other edible oils may be used to control grain dust in elevators. A U.S. Patent, licensed to Industrial Fumigant Co., is held jointly by Harold N. Barham and Harold N. Barham Jr. of Seed Technology of Texas. The patent was filed in 1978. Kinsella, director of the Institute of Food Science at Cornell Univ. said that another research interest was in the area of omega-3 fatty acids. It may desirable to develop soybean cultivars with high omega-3 fatty acid levels. John W. Erdman Jr. of the Univ. of Illinois' Dep. of Food Science and co-worker Angela Poneros want to nail down the factors that lower zinc bioavailability. He said, "We want to find out why this happens and if we can increase it."

Meanwhile, at INTSOY, team member Sing-Wood Yeh and others are working in the field of soybean dairy analogs. Tofulicious, a non-dairy frozen dessert, was developed through research coordinated by University of Minnesota food scientist William Breene and funded by the Minnesota Soybean Research and Promotion Council. Abroad, ASA has been promoting soy-fortified foods. For instance, in Venezuela three years ago, ASA launched an education program for consumer groups and government agencies on the benefits of soy protein. As a result, soy-fortified foods are available in Venezuela's major supermarkets, and demand for soy protein has increased to more than 48,000 pounds per month.

Soybean researchers are also working on standardization of NIR (near-infrared spectroscopy) as a measure of protein and oil content in soybeans. NIR already is successfully used to measure grain and forage composition. If NIR were adopted as a standard by the industry, soybeans eventually could be purchased based on protein and oil content.

8198. **Product Name:** Lenny's ToChip.
Manufacturer's Name: Lenny's ToChip.
Manufacturer's Address: 86-18 Union Turnpike, Glendale, NY 11385. Phone: 718-847-3924.
Date of Introduction: 1987. October.
Ingredients: Stoneground corn, Nasoya tofu, oil (sunflower, safflower, or unhydrogenated corn), sea salt.
Wt/Vol., Packaging, Price: 1.5 oz., 5 oz., or 12 oz.
How Stored: Shelf stable.
Nutrition: Per 1 oz. (28 gm): Calories 140, protein 4 gm, carbohydrates 15 gm, fat 6.5 gm, sodium 123 mg (435 mg/100 gm).
New Product–Documentation: Leaflet. 1987. Developed by Lenny Shore, a vegetarian chef. Patent pending. Spot in Whole Foods. 1988. Feb. p. 58. Spot in Natural Foods Merchandiser. 1988. Feb. p. 62. "Tofu corn chips." I phoned 1988. Sept. 19. Phone has been disconnected.

8199. **Product Name:** New Tofu Link Specials (Meatless Hot Dogs with Soy Cheese).
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: St. Louis, MO 63303.
Date of Introduction: 1987. October.
Ingredients: Water, real Tofu, isolated soy protein, non-hydrogenated vegetable oil, cheddar style soy cheese (fresh soy milk, soy oil, calcium caseinate, fresh tofu, natural flavor, salt, lecithin. citric acid, guar gum, annatto (natural color)), rice syrup, natural spices, salt, beet powder, tamari (natural soy sauce), barley flour, locust bean gum, natural flavors, onion powder, garlic powder, natural spice oils.
New Product–Documentation: Poster. 1986. Sept. "Tofu 'n Cheese Links. Made with Real Tofu and cholesterol free soy cheese. No cholesterol, no MSG, no sugar, no meat." Poster. 1987, undated. "Higher Still... With natural imitation soy cheddar cheese." Talk with Bob Davis. 1988. March 26. These feature soy cheese, sort of like Oscar Meyer's meat counterpart. Talk with Lauraine Davis. 1988. Aug. 28. These are made with Richard Rose's soy cheese. Leaflet. 1988. April. 8½ by 11 inches. Black on light blue. "On the rise... Now you want a link with no animal ingredients, non-hydrogenated oil, less fat, maybe a rice syrup sweetener instead of honey, and an even better flavor. Introducing the New Tofu Light Links, and New Tofu Light Link Specials, with natural imitation soy cheddar cheese." Leaflet. 1988. April. 8½ by 11 inches. Blue and red on beige. "Higher still..." Gives ingredients for New Tofu Light Links, and New Tofu Light Link Specials.

8200. **Product Name:** Lightlife Party Pups (Meatless Frankfurters. Cocktail Size Tofu Pups). Renamed Tofu Party Pups by Feb. 1988.
Manufacturer's Name: Lightlife Foods, Inc.
Manufacturer's Address: P.O. Box 870, Greenfield, MA 01302.
Date of Introduction: 1987. October.
Ingredients: Same as Tofu Pups.
Wt/Vol., Packaging, Price: Approximately 24 per 12-oz. package. Retails for $2.99-$3.19.
How Stored: Refrigerated, 45 day shelf life.
Nutrition: Per 1 oz.: Calories 62, protein 6.2 gm, carbohydrates 1.1 gm, fat 3.6 gm, sodium 104 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1987. Oct. p. 93. Soya Newsletter. 1987. Sept/Oct. p. 6. Spot in Natural Foods Merchandiser. 1987. Dec. p. 49. Label reads: "Reduced sodium. No nitrates. No cholesterol. Cholesterol free. All natural. Made with real tofu." New Label. 1988. 3.5 by 4.5 inches. Red on yellow. "Cholesterol free. All natural. No nitrates. Lower in fat. Lower in sodium."

Talk with Michael Cohen. 1991. Sept. 17. This product died rather soon after being launched.

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8201. Medoff, Marc. 1987. New soy cheese best yet to hit market. *Whole Life.* Sept/Oct. p. 79-80, 82.
• ***Summary:*** Sharon's Finest brand FREE, a new non-dairy cheese made for Rose International, contains no casein. "They've managed to create a soy cheese that is about as close to real dairy cheese as any we've seen to date... Indeed its similarity to real cheese is startling." A U.S. patent is pending on the product's formulation and process. The product's cheese-like qualities result from the interaction of ingredients, rather than from any one in particular. It contains 70% organic tofu, far more than any other soy cheese on the market. It will be marketed as tofu that is like cheese, rather than as a soy cheese per se. Also the Tofu-Rella labeling has been improved.

Galaxy Cheese Co. now makes Le Creame Formagg (a cream cheese substitute) and Le Creame Formagg Cake (a cheeseless cheesecake), but these cholesterol-free products contain no soy protein; The butterfat is removed from dried skim milk protein and replaced with partially hydrogenated soy oil. They are said to contain 35% less calories than real cheesecake, 70% less saturated fat, and 6 times as much calcium.

And "guess who else is about to jump into the market. It's that tofu rapist himself, Tofutti king David Mintz. That's right. Whole Life has obtained a letter signed by Mintz... that states his company is planning to come out with a line of casein-free soy and tofu cheeses in the not-too-distant future. Based on Mintz's track record of manufacturing fraudulently labeled junk food and trying to pass it off as healthy fare, we expect no better from his newest venture. We hope we're wrong but we've yet to see one product put out by Mintz that we'd feed to a dog, let alone a human being." Shows labels for Free and Tofu-Rella.

8202. **Product Name:** Tofu.
Manufacturer's Name: MGM Brands.
Manufacturer's Address: 59 Howden Rd, Unit H., Scarborough, ONT, M1R 3C7, Canada. Phone: 416-752-6600.
Date of Introduction: 1987. October.
New Product–Documentation: Talk with company. 1988. March 2.

8203. **Product Name:** Michele's Original Dressing (With Tofu).
Manufacturer's Name: Michele's Original.
Manufacturer's Address: 6441 Haverford Rd., Philadelphia, PA 19151. Phone: 215-474-8636.
Date of Introduction: 1987. October.
Wt/Vol., Packaging, Price: 8 oz. Retails for $1.99.
How Stored: Frozen.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1987. Oct. p. 23. "Tofu Dressing." The company specializes in Gourmet Tofu Products. Manufacturer's catalog. 1987. "Enjoy on salads and in sandwiches. A wonderful marinade for tofu, fish and chicken." 8 oz. Richard Rose review. 1987. Oct. 28. "Bland, uninspiring."

Talk with Michele D'Ambrosio, founder and owner of Michele's Original. 1992. Sept. 21. She is not sure what product this product is–it may have been her Tofu Tahini Dressing.

8204. **Product Name:** Michele's Marinated Tofu.
Manufacturer's Name: Michele's Original.
Manufacturer's Address: 6441 Haverford Rd., Philadelphia, PA 19151. Phone: 215-474-8636.
Date of Introduction: 1987. October.
Wt/Vol., Packaging, Price: 9 oz. plastic tub. Retails for $1.99.
How Stored: Refrigerated.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1987. Oct. p. 23. The company specializes in Gourmet Tofu Products. Manufacturer's catalog. 1987. "The sauce is blended with fresh basil and garden herbs." Developed by Michele J. D'Ambrosio, who started experimenting in 1978. Broker is Margolis & Company, Inc., Philadelphia. Richard Rose review. 1987. Oct. 28. "Bland, uninspiring."

Talk with Michele D'Ambrosio, founder and owner of Michele's Original. 1992. Sept. 21. She introduced this product in 1980. That same year she moved her business out of her home in Havertown to a delicatessen at the address shown above, and introduced a dressing with sesame and hummus. The marinated tofu is chunks of tofu marinated in the sesame dressing. You can sauté it, put it in a pita pocket, use it atop a salad, mix it into an omelet, etc.

8205. Moran, Victoria. 1987. Honorable tofu: "Meat" without bones. *Animals' Agenda* (*The*). Oct. p. 54. [3 ref]
• ***Summary:*** Contains 12 recipes.

8206. Morinaga Nutritional Foods, Inc. 1987. Mori-Nu Tofu. The "miracle food" in a miracle package (Leaflet). Los Angeles, California. 2 p. Jan. [2 ref]
• ***Summary:*** Contains a large table comparing the amino acid composition (g/100 g amino acid for 18 amino acids) for Mori-Nu Tofu (soft and firm), whole chicken eggs, whole cow milk, beef, tuna, and white bread. Also contains recipes for Strawberry Pudding Fluff (using gelatin) and Honey Lemon Un-Cheesecake. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040.

8207. Mozzer, Patricia. 1987. Vegetarian cooking for diabetics. Summertown, Tennessee: The Book Publishing Co. 144 p. Illust. Index. 23 cm. [28 ref]
• ***Summary:*** Containing over 100 vegetarian dishes and many color photos of recipes, this vegan cookbook features

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many based on tofu, tempeh, and soybeans. These foods are introduced in a section on legumes (p. 20-21). Soy-related recipes include: Tofu salad I and II (p. 71). Tofu potato salad (p. 72). Tofu vegetable soup (p. 76). Tofu tomato soup (p. 78). Tofu sandwiches (p. 80-81). Tofu pita pizzas (p. 81).

In the recipe section on Main Dishes, a section titled "Tofu, tempeh, and soybeans" (p. 84-99) contains: Cashew-carrot Parmesan (with tofu). Far East fried rice (with tofu or tempeh). Savory tofu casserole. Tofu-vegie pie. Oriental tofu. Tofu-mushroom pot pies. Tofu quiche. Tofu pizza. Tempeh stuffed eggplant. Soybean-mushroom pilaf. Soyburgers with mushroom stuffing. Tempeh Parmesan. Tofu lasagne. Tofu macaroni and cheese. Sesame tofu. Crepes with tofu-ratatouille filling (p. 112).

Diabetes mellitus affects about 11 million Americans. There is no known cure. "Proper diet is the cornerstone for any successful diabetes management plan. Generous intakes of starchy foods rich in fiber are essential to good diabetes control."

8208. Murrieta Foundation. 1987. Murrieta Hot Springs vegetarian cookbook. Revised and expanded including Spa Cuisine. Summertown, Tennessee: The Book Publishing Co. 232 p. Color plates. Index. 23 cm.
• ***Summary:*** This is a vegetarian (but not a vegan) cookbook. The index contains listings for 26 tofu recipes, 5 miso recipes, and 2 tamari recipes. There are definitions of "liquid aminos" (HVP), miso, tamari, tempeh, and tofu. Many of the recipes are favorites from the Oasis Restaurant at the Hot Springs, where the three basic lacto-ovo vegetarian diets (as taught by Dr. Randolph Stone, 1890-1982, founder of Polarity Therapy) are The Purifying Diet, The Health Building Diet, and the Gourmet Vegetarian Diet. Address: Murrieta Hot Springs, California.

8209. **Product Name:** Soyboy Tofu No Baloney.
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 30 Somerton St., Rochester, NY 14607.
Date of Introduction: 1987. October.
Ingredients: Real tofu (filtered water, organically-grown soybeans, natural calcium chloride nigari–a natural mineral coagulant, not a preservative), isolated soy protein, herbs & spices, natural flavorings, onion powder, garlic powder, sea salt, vegetable gums, liquid smoke.
Wt/Vol., Packaging, Price: 8 oz vacuum packed.
How Stored: Refrigerated, 35 day shelf life. Or frozen.
New Product–Documentation: Manufacturer's catalog. 1987. Oct. But not yet launched. Label. 1987. 3.5 inches diameter. Red, green, and black on yellow. "All natural meatless entrees. Cholesterol free. No preservatives and nothing artificial." Talk with Andy Schecter. 1988. Feb. 17. Launched in Oct. 1987.

Talk with Andy Schecter. 1991. Feb. 5. This product was discontinued for a while then re-launched in 1990.

8210. Northern Soy Inc. 1987. Products: Names and ingredients. 30 Somerton St., Rochester, NY 14607. Manufacturer's catalog.
• ***Summary:*** Lists 8 tofu or tempeh products, Soyboy or Harvest Light brands. Address: Rochester, New York.

8211. **Product Name:** Old Chicago Deep Dish Pizza-Lite (Made with Soya Kaas Soy Cheese and Whole Wheat).
Manufacturer's Name: Old Chicago Foods.
Manufacturer's Address: P.O. Box 690, Petaluma, CA 94953. Phone: 707-762-6194.
Date of Introduction: 1987. October.
Ingredients: Sprouted wheat, organic whole wheat flour, mozzarella style soy cheese, mushrooms, olives, bell peppers, olive oil, tomatoes, corn oil, honey, salt, yeast, spices.
Wt/Vol., Packaging, Price: 6.5 oz individually wrapped pizza, boxed 12 to a case.
How Stored: Frozen.
New Product–Documentation: Leaflet. 1987. Red on grey. Talk with Andy Berliner. 1988. March 7. This is one in a line of their Whole-Wheat Deep Dish pizzas, sold at health food stores. It was launched in Oct. 1987. Recently sprout wheat (in the crust) has become the main ingredient, and the soy concentrate (the last ingredient in the original formulation) has been dropped. They originally used Soya Kaas, but may soon use another brand. Spot in Whole Foods. 1988. Aug. p. 59. Still made with Soya Kaas.

Soya International. 1990. April/June. p. 23. Lists newer version of the same product. Retails for $2.30. Address is now P.O. Box 449, Petaluma, California 94953. Contact: Lorraine Ottens.

8212. Ontario Ministry of Agriculture and Food. 1987. Soybean buyers mission from Japan, Hong Kong, Malaysia, Singapore, October 10-20, 1987. Toronto, Ontario, Canada: Ontario Ministry of Agriculture and Food. 23 p. 30 cm. Saddle stitched. [Eng]
• ***Summary:*** Contents: Mission members (with a photo of each). Itinerary. Japanese market for edible soybeans. General uses of edible soybeans in Hong Kong, Malaysia and Singapore. List of major importers in Asia (by country). Ontario soybean suppliers. Role of the Ontario Soya-Bean Growers Marketing Board (Chatham, Ontario).

This conference, which took place in Toronto, Chatham, and Harrow, Ontario, Canada, was sponsored by OMAF in Toronto. On the mission were 6 buyers from Japan (Takeya Miso Co., Asahi Industries [tofu maker], Takano Foods Co. [natto maker], Dah Cong Hong, Wako Shokuryo Co., and Gomei Shoji Co. [the last 3 is each an importer and wholesaler]), 2 from Hong Kong (Amoy Industries Ltd., and Chung Hing Co.), 3 from Malaysia (Sin Yong Huat

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Enterprises Sdn. Ltd, Yeo Hiap Seng (Malaysia) Ltd., and Chop Lee Kit Heng), and 2 buyers from Singapore (Eng Huat (S) Ltd. and Chop Hin Leong). Mike Hojo of OMAF/ Tokyo was the mission leader.

The Japanese soybean market is about 5 million tons a year. Of this: Oil crushing 4,036,000 tons. Food 849,000 tons (17% of total), and feed (not crushed) 70,000 tons. From 1982 to 1986 domestic Japanese soybean production has decreased from 168,000 tons to 147,000 tons, while imports have increased from 4,344,000 tons to 4,857,000 tons. Demand for food soybeans has increased from 803,000 tons to 849,000 tons. Tofu, miso, and natto account for more than 94% of the total utilization of edible soybeans, roughly as follows: Tofu 500,000 tons, miso 200,000 tons, natto 100,000 tons.

In 1986 some 89.9% of Japan's soybean imports came from the USA, followed by China (6.7%), and Brazil (2.65%). That year the least expensive soybeans came from Brazil (US$219.86/ton), followed by USA ($221.36), China ($236.06), and Canada ($277.50). Note that Canadian soybeans are 25.3% more expensive than those from the USA. Chinese and Canadian soybeans are most widely used to make foods. Large Chinese soybeans are used to make tofu, medium sized for miso, and small for natto. Of the soybeans imported from the USA, 80-85% are imported from oil crushing because of their high oil content. The remaining 10-15%, or approximately 700,000 tons are food soybeans from Iowa, Ohio, or Michigan. Called "IOM" soybeans, they are used mainly to make tofu. Brazilian soybeans have a high oil content and are used for oil crushing only. The ocean freight cost for a 20-foot container shipped to Tokyo is as follows: USA west coast $1,000. Toronto, Canada $1,800. USA East Coast $2,000. Brazil $2,100. Argentina $2,500. But a large percentage of regular soybeans are loaded directly into ships, and travel at lower freight rates. Exports of food soybeans from Canada to Japan rose from 10,000 tons in 1979 to 26,000 tons in 1986, while those from China rose from 267,000 tons in 1979 to 323,000 tons in 1986.

Very detailed preferred characteristics are given for soybeans to make miso (6 characteristics), natto (5), and tofu (5). Canadian soybeans are recognized as superior to Chinese and American soybeans for food use. This is one reason they command a relatively higher price.

Hong Kong imports 28,100 tons/year of soybeans, and 63% of these come from Canada, followed by China (35%), and the USA (1.8%). Malaysia and Singapore import 124,800 tons/year, and 53% of these come from the USA, followed by Canada (31.7%), and China (8.2%). Most of the food soybeans in Malaysia and Singapore are used to make soymilk and tofu.

Soymilk: Vitasoy dominates the market in Hong Kong, whereas in Malaysia and Singapore the leading manufacturers are Yeo Hiap Seng, Cold Storage, Lam Soon, and Nestle. Soymilk consumption is increasing in these 3 countries, and in neighboring countries. Soymilk makers believe there are four requirements for their products' success: It must taste good, must be priced competitively with soft drinks, must be perceived as a health food, and must be marketed properly.

Bean curd sheets and sticks [yuba] are very common snacks and dishes in Hong Kong, Malaysia, and Singapore. Manufacturers consider only Chinese and Canadian soybeans for these products. Canadian soybeans produce whiter soymilk and thus whiter yuba. However the larger size of Chinese soybeans results in a larger yield. Manufacturers normally blend 60% of Canadian soybeans with 40% of Chinese soybeans to obtain a higher output of whiter sheets.

Major Japanese soybean importers include: Da Chong Hong (Japan) Ltd., Gomei Shoji Co. Ltd., C. Itoh & Co. Ltd., Mitsubishi Corp., Kanematsu-Gosho Ltd., Nichimen Corp., Marubeni Corp., Mitsui & Co. Ltd., Nissho Iwai Corp., Okura & Co. Ltd., Toyo Menka Kaisha Ltd., Wako Shokuryo Co. Ltd. Address: Ontario, Canada.

8213. Shurtleff, William. 1987. History of White Wave, Inc. Lafayette, California: Soyfoods Center. 11 p. Oct. Unpublished manuscript, based on interviews with Steve Demos from June 3 to Oct.

• ***Summary:*** A detailed history of this pioneering, very creative, and rapidly growing company. Contains production and sales statistics at each major phase of growth. Early days: White Wave was founded and started making tofu in September 1977 by Steve Demos in Boulder, Colorado.

Born on 24 April 1949 in Philadelphia, Pennsylvania, Demos attended Bowling Green State University in Bowling Green, Ohio, majoring in political science and philosophy and graduating in the fall of 1970. He was introduced to tofu in the summer of 1970, when he was traveling in a van in northern California with a friend, who bought some at an Oriental food store. Demos found it to be a good source of protein, and liked the flavor.

Right after graduation Demos took two trips to India. During the first in 1971, with Pat Calhoun, he became a vegetarian after witnessing the meat bazaar in Afghanistan. In early 1972 he took a longer trip to India, again with Pat Calhoun. It included 10-day Buddhist meditation course with a teacher from Burma, Goenka, who became his spiritual teacher. He also lived for 1-3 months in a cave near Rishikesh (in the foothills of the Himalayas in northern India), doing Hatha Yoga and meditation. There were monkeys in the forest trees, tame peacocks, a stream 10 yards in front of the cave that dropped into a bathing pool, and many sadhus (Indian holy men) practicing in other caves nearby. Then in 1974 he started a health food store [named Touch the Earth] in La Haska, Pennsylvania, where he grew acquainted with many new foods such as miso, sea vegetables, and *gomashio* (sesame salt). After 9 months he sold the store and returned to India again. He was now

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actively involved in meditation.

After that trip, Demos started living on the East Coast in New Hampshire. By 1974 he began buying tofu in Boston, Massachusetts, then made it a few times in the kitchen and used it in cooking for a yoga studies group, which had purchased a farm. He was in charge of food and he had learned how to make tofu from the *Ten Talents* cookbook. In March 1976, after a trip to India, he was in Santa Barbara, California, at a 76-day meditation retreat with teacher Robert Hover. He made tofu, starting at 4:00 each morning in a commercial kitchen, for 100-150 people, using *The Book of Tofu.* During this retreat Demos conceived of and developed the idea of starting a tofu company, including the name and logo. Three months later he found himself, a hippie with long hair, in Boulder, Colorado. He had an idea but no capital, and was living on food stamps. By good fortune he met a man named Anton Rogers (a talented architect and builder), who loaned him $2,000 startup capital, after having known him less than a month. So in the summer of 1977 Steve began buying equipment for making tofu. His new company was not yet officially established or registered–though he probably opened a checking account at a local bank.

Demos started making tofu at White Wave on 27 September 1977. "At 11:30 a.m. I sold my first block. I'm staring at the astrological chart which sits next to my desk. That was when I translated the effort to a dollar." The company began as a sole proprietorship, located in very small (300 square foot) rented quarters at 1738 Pearl Street in Boulder, Colorado. The front one-third of the shop was used for a retail deli and the back two-thirds for food production. From day one, the tofu was made from organically-grown soybeans. Each 14-ounce block of tofu was sold, floating in water, in Chinese food take-out cartons. For details on White Wave's early use of organically grown soybeans, see SoyaScan interview with Steve Demos (Aug. 1998). The first batch of tofu was used to feed the participants in a ten-day meditation retreat in Boulder.

One direct competitor was the Spinning Kitchen, which had started 9 months earlier, in about January 1977. They had the Boulder market locked up when White Wave started.

White Wave had three products from the opening day: Nigari Tofu, Black Walnut Mushroom tofu, and Lemon Herb tofu. The latter two innovative flavored tofus were made by mixing the natural flavorings into curds at a specific point before pressing. Shortly White Wave expanded into making sandwiches, which led to salads, drinks, pies, cakes, and muffins. One of the first stores in Boulder to sell Steve's tofu was Green Mountain Grainery, owned and run by Bruce Macdonald. Pat Calhoun (formerly Demo's wife), arrived in December from the Pacific Coast Bakery in California, bringing all their recipes. Recipes for baked goods (such as cinnamon rolls and cookies) were adapted.

By early 1978 soymilk (plain, honey-sweetened, or carob-maple) was introduced, sold out of a jet spray juice cooler or in quarts, and also used to make Coconut Cream Pie and Tofu-Agar Pies filled with various fruits (apples or whole strawberries, peaches, or blueberries). At about the same time the okara from the tofu started to be used to make one of America's earliest brands of Soysage. This spicy Vegetarian Soysage (shaped like a sausage) was distributed with the tofu. Before long White Wave was making a host of delicious and innovative tofu deli products which were sold only at the Pearl Street deli. These included Macro Pizza with Tofu, Mexican Entrees, Okara Granola, and Tofu Dogs and Sauerkraut (very firm tofu cut into long rectangles and marinated broth). Soy Sannies (Miso-tahini Sandwiches) were also sold at nearby health food stores.

To help attract customers, the deli also sold an assortment of then largely unknown food products: 10-15 varieties of Japanese and American miso, many sea vegetables, shoyu, kudzu, umeboshi plums, and the like, many of the same products Demos had sold 4 years earlier at his health food store in Pennsylvania. Most of these were of great interest to macrobiotic devotees, though Steve had little personal interest in that subject.

Tofu was quickly recognized as a tremendously versatile, all-American ingredient. Now new people started coming into the company. Some were cooks and they helped to develop new products. In 1978 White Wave began to distribute a number of its most popular deli-type products to other retailers. These were among America's earliest commercial second generation tofu products: Missing Egg Salad (America's first, named by Trudy Stuart), Tofuna Salad (Vegetarian Tuna Salad), and Tofu Turnovers (with spinach and feta cheese filling). Other innovative second generation products sold or used only at the Pearl Street deli included Tofu Treats or Creamies (in banana-coconut, peanut-carob, or carob mint flavors), Miso Salad Dressings (hearty or mellow), and Tofu Mayo (eggless mayonnaise used in the Missing Egg Salad). Address: Lafayette, California.

8214. Shurtleff, William. 1987. History of White Wave, Inc. (Continued–Document part II). Lafayette, California: Soyfoods Center. 11 p. Oct. Unpublished manuscript, based on interviews with Steve Demos from June 3 to Oct.
• ***Summary:*** Continued: At the same time White Wave started making nut and seed products in the same little shop, starting with gomashio (sesame salt), tamari-coated sunflower seeds and almonds, and nut butters.

Just a year after opening, White Wave was forced to expand out of the tiny Pearl Street shop by the demand for its deli products from outside retailers, such as Arati and other natural food stores in Boulder. Demos recalls:

"We acted with very little foresight. It was more like 'What do you want to do today? Let's make something new.' Finally we couldn't get out the front door. We had to step over the top of buckets of tofu, presses, and boxes used to deliver our little Chinese fish cartons of tofu, stacked up so

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high we couldn't see out the window. It was chaotic. We were making money and business was booming, but we were only paying ourselves $1.42 and hour."

On 28-30 July 1978 a meeting of tofu manufacturers from across the USA was held in Ann Arbor, Michigan. The meeting was organized by Steve Fiering, Jerry MacKinnon (plus coworkers at The Soy Plant) and Bill Shurtleff, and hosted by The Soy Plant. Steve attended this historic meeting, and ended up rooming with Tom Timmins, head of the New England Soy Dairy. "I thought I was rooming with one of the idols of the industry. Just by virtue of association, I was going to do well." At this meeting the Soycrafters Association of North America (SANA) was established, with Larry Needleman as executive director of the new trade association. Steve was elected to be one of six members of SANA's steering committee. Various photos of the meeting show Steve, with long hair and mustache, leading and participating in the discussions. A yellow lined sheet titled "Tofu Sales" was circulated to all attendees; Steve wrote that White Wave was making medium-firm bulk and packaged tofu, which wholesaled for $0.65 and $0.74 per pound, f.o.b. plant. Several days after the Ann Arbor meeting, William Shurtleff and Wataru Takai visited Demos, and saw how he made tofu at his tiny shop on Pearl St. in Boulder. They sampled and enjoyed the various creative offerings in the deli, and Shurtleff took home a label from each product.

At Walnut Street: In September 1978, after just a year at Pearl Street, the tofu company had long since outgrown its minuscule 'back room' space. So manufacturing operations were moved to a 3,000 square feet converted warehouse at 3869 Walnut Street. It felt like they had moved into a castle, with ten times as much space. Now there was great pressure to expand the business to use up the extra space. The company began to make new products (such as tempeh, ice cream, and new deli foods) and look for new markets.

The deli remained at Pearl Street, and was given a new name, The Cow of China (a term from *The Book of Tofu*). The name "White Wave" was reserved for the tofu manufacturing company. But there was only one set of books, under White Wave. The company now changed to a partnership, with seven equal partners, all active. Demos was president and Pat Calhoun did the bookkeeping, and only these two were interested in meditation.

Right after the move, to announce The Cow of China as a retail outlet and its vegetarian deli products, Demos did his first real advertising, using three charming posters. The first read: "White Wave Through the Cow of China Offers Food from The Kingdom of Plants. We make it all here in Boulder. 100% Dairyless." It then listed 14 soyfoods plus some non-soy desserts, almond-, cashew-, and peanut butters, and tahini. A second poster showed a soybean, with head, tail, and legs like a cow and dotted lines to delineate the choice butcher cuts. But instead of rump roasts and flank steaks were Soysage, Miso Dressings and the like. A third showed Jack, standing under a giant beanstalk, about to trade in his cow for the magical beans at which he is gazing in wonder. The caption: "We've got an alternative. White Wave Soy Dairy." The latter two posters were used as catalog advertisements with a growing number of natural food distributors.

The tofu plant now consisted of an open kettle, VCM grinder, and hand press for the curds on the end of a swinging levered bar. White Wave started to deliver product to some Denver health food stores and in late 1978, not long after the move to Walnut Street, they landed their first supermarket chain, King Soopers supermarket chains, which began to order 100 cases. As business expanded, so did the need to improve packaging and marketing, and to control costs.

New packaging: White Wave couldn't get its tofu into supermarkets unless it was sold in water-packed film-sealed plastic tubs (trays); the Chinese carry-out food/fish cartons were not acceptable. So Demos bought a little hand-packing machine that allowed one person to pack one block of tofu at a time in water in a plastic tray, then seal the tray with a film lid. Steve remembers first using this machine at the Walnut St. plant. Initially, he would seal the tofu tray with clear, unprinted film, then run one of their oval labels (the one with a hint of green color in it, used previously on the Chinese cartons) through a gluing machine (which was less expensive than buying pre-glued labels), and slap the label on the clear plastic film. This was White Wave's "first true commercial mass market package." The new marketable package led to many new accounts. After King Soopers the company got into the City Markets chain, then about a year later into Safeway, followed by a host of other chains in outlying areas. As business expanded, White Wave could afford pre-printed film labels for its tofu in plastic trays. The label design, though rectangular, was basically the same as the old oval. The ingredients new read: "High protein soybean cake contains: Soybeans grown without the use of herbicides or pesticides, filtered water, and nigari (salt bitterns). No more no less!" Soon a variety of textures were available: Extra firm press, firm organic, extra firm, and sift.

New sources of soybeans: White Wave had made its tofu from organic soybeans from day one. When the company first moved into Walnut Street, they were still buying these soybeans from Green Mountain Grainery in Boulder. But in the fall of 1978 Steve drove to a meeting of the Organic Growers Association in Iowa. He spoke about the demand for organic soybeans and met Marvin Kurpkeweight, who was already growing soybeans organically in eastern Nebraska. Steve visited Marvin's farm and contracted with him to buy organic soybeans direct from the farmer. Address: Lafayette, California.

8215. Shurtleff, William. 1987. History of White Wave, Inc. (Continued–Document part III). Lafayette, California:

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Soyfoods Center. 11 p. Oct. Unpublished manuscript, based on interviews with Steve Demos from June 3 to Oct.
• ***Summary:*** Continued: White Wave's tofu production was growing nicely. It rose from 120,000 lb. in 1978 (2,308 lb/week), to 179,000 lb. in 1979 (3,442 lb/week, up 49%), to 279,000 lb. in 1980 (5,365 lb/week, up 56% over 1979).

In February 1979 a major new product line was started: tempeh. Chip McIntosh was the first tempeh maker, followed by Chris O'Riley. An old kitchen refrigerator, warmed by light bulbs, was used as the incubator. The first two products were Soy Tempeh and Soya Rice Tempeh, the latter being America's first multi-ingredient, soy-and-grain tempeh.

At about the same time, a third new product was launched: Polar Bean. It was a soymilk based non-dairy frozen dessert, made in a soft serve machine but sold in hard-pack pints. The first flavor was Banana-carob. Later strawberry, chocolate, carob mint, and orange flavors were added. In about 1984 a soft serve version called Polar Softie was introduced but did not prove successful.

Also in 1979 Richard Leviton visited White wave and the Cow of China, and did an in-depth study of their operations and products, published in the 1979 issue of *Soycraft* magazine. Soyfoods sold both at "The Cow" and for wholesale distribution to other retailers included: Organic Nigari Tofu, Soymilk (Honey-Vanilla or Carob-Maple), Soysage, Tempeh, Missing Egg Salad, Tofu Mayo, Baked Savory Tofu Cutlets, Sweet Bean Tofu Pie, Miso Salad Dressings (Mellow or Hearty), and Tofu Treats or Creamies (Banana-Coconut, Peanut Carob, or Carob-Mint; squares of creamy baked tofu blend on a healthful oats-coconut-flour crust).

Other ready-to-eat items sold only at "The Cow" included Soysage Pate, "Macro" Pizza (with tofu), Tofu Spinach Dill Turnovers, Tofu Cinnamon Rolls, Hot Tofu Meatballs and Meatball Sandwiches, Sloppy Joe Sandwich (made with TVP), Tofu Cream Cheese & Black Olive Sandwich, Tofuna Sandwich (like tunafish), Strawberry Tofu Pie, Soy Sesame Bars, and Tofu Butternut Squash Pie. In mid-1979 bulk recipes for about ten of these products were published, with permission, in *Tofu & Soymilk Production* by Shurtleff and Aoyagi.

Leviton noted: "The Cow of China is surely one of the nation's most ambitious and energetic soyfoods companies." It was just about breaking even with weekly gross retail sales of $1,000, three-fourths of which came from soyfoods. Concerning the growth of the still totally unmechanized little company Demos, now the self-styled "beneficent dictator," always frank and candid, added:

"It was a hell of a struggle, especially for an undercapitalized small business. But I certainly wouldn't discourage anybody because we started with nothing, and we've been going since then, and we've been able to make it all meet. We've just rigged, we've improvised, we've done everything imaginable, as I'm sure many other people in this industry have. We cut our salaries back, we did without a lot, but its own momentum kicked in. I suppose we consider ourselves alchemists in turning sweat into money. So, let me express my gratitude to everybody and everything, seen and unseen, who have helped us pull this together."

In August 1979 Gary and Chandri Barat arrived in Boulder and spent several days studying the Cow of China. They had met Demos at the Second Annual Soyfoods Conference in Amherst, Massachusetts (July 26-29, 1979). They were driving around the country, studying tofu and developing a business plan in preparation for starting a soyfoods company, which later became Nature's Inn, then Legume. As they studied The Cow of China and Demos invited them for dinner several times. He and his wife, Ginny, served a tofu spinach feta pie and mushroom caps stuffed with tofu. Later Barat told Demos more than once how much this visit has influenced him in starting a company based on tofu entrees. The lineage of Legume's early products (Tofu Cream Pies, Tofu Spinach Pies) can be traced back to The Cow of China.

Barat encouraged White Wave to do a feasibility study on converting The Cow of China into a fast food restaurant named The Family Diner and moving into a vacated A & W root beer stand three blocks from The Cow in a very attractive location. The study was done, a potential menu was developed, bu financial backing did not come through.

A White Wave catalog published in December 1979 included several new products: Doufu (extra firm Chinese style tofu), Savory Baked Tofu, and Tamaried Nuts and Seeds (Almonds, Cashews, Spanish Peanuts, Sunflower Seeds, Nut Mix).

The Cow of China deli was doing well. By February 1980 sales were $1,700 to $2,000 a week and there were often lines out the door. By the summer of 1980, according to *Soyfoods* magazine, the Cow of China had been renamed the Good Belly Deli, with the slogan "Real Food, Real Fast" and White Wave was producing 7,500 pounds of tofu and tofu products a week. The new deli, an expanded and Americanized version of "The Cow," continued to serve as an excellent showcase for the White Wave's innovative ready-to-eat soyfood products. Working with a friend who was an advertising agent, Demos had dropped the line of assorted health foods (miso, sea vegetables, etc.), expanded the deli items, and installed a stand-up counter bar to eat at and a few tables and chairs. Formerly it had been all takeout. Hot and cold fast food was served. The deli attracted lots of business (there was still usually a line out the door), the products were very innovative and they were praised by the natural foods community in Boulder. Address: Lafayette, California.

8216. Shurtleff, William. 1987. History of White Wave, Inc. (Continued–Document part IV). Lafayette, California: Soyfoods Center. 11 p. Oct. Unpublished manuscript, based

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on interviews with Steve Demos from June 3 to Oct.
• ***Summary:*** Continued: But White Wave was growing by leaps and bounds, as were sales of tempeh and Polar Bean soy ice cream. White Wave was doing all its own delivery in its own trucks to Boulder and Denver. And the business had not been capitalized, except for one new $3,000 loan that brought in a silent partner. A loan of $4-5,000 was outstanding from the IRS, in unpaid taxes

The Good Belly Deli lasted only 5-6 months. Though it was doing well and was probably making money (though the financial records were poor), it increasingly became a thorn in Demos' side, for it was getting out of control. It was a drain on his time and energy, more than he could handle, and it seemed to be less important than the manufacturing end of things. So one day in the spring of 1981 he walked in and announced that he was closing a business that had lines around the corner. He wanted to focus on his main goal: to become the largest tofu manufacturer in his region. In retrospect it was a good decision, but he adds, "We were operating on a lot of idealism in those days, and not much practical business sense." In October 1980 White Wave changed from a partnership to a corporation, with 5 active and one silent stockholders.

After closing the deli, the first real money came into the company. With a bank loan, they paid off the IRS, then soon paid back that loan. Then in the fall of 1981 Demos landed a $69,900 SBA loan (SBA approved a bank loan) to buy new equipment and $100,000 worth of equipment from Mountain High, a public company which made ice cream and yogurt, and needed to get out of their Boulder ice cream plant at North 57th Court.

At North 57th Court: In September 1981 White Wave moved again, this time to Mountain High's former ice cream plant in an industrial park at 1990 North 57th Court. *Soyfoods* magazine reported that Demos threw a huge "factory-warming" party for several hundred friends and customers, serving Polar Bean and many favorite tofu and tempeh recipes. This represented a huge, key expansion. The square footage increased six to seven-fold, initially to 6,000 square feet including 22,000 cubic feet of walk-in cold storage space. Big new equipment was purchased with the SBA Loan. The number of stockholders was now reduced to three: Demos, Pat Calhoun, and Chip McIntosh. The business was able to survive because of loans. Demos cut his hair.

The percentage of sales generated by the various product lines was tofu 50% or more, ice cream 10-15%, tempeh 20-25%, and nut butters 10-15%.

For several years Demos had been urging King Soopers to move his product out of the produce section into the dairy section. In mid-1982, after studying a report on "The Tofu Market: Overview of a High-Potential Industry," published in May 1981, King Soopers made the move, in part due to customer demand. Initially sales were unchanged, since customers couldn't find the product. But there was a big advantage to King Soopers: no shrinkage from spoilage because of the lower temperature. The margin initially went down to 15%, the same as for dairy products. This brought the price down. Later they got smart and raised the margins for tofu. Not it's higher than milk but still less than produce. "I'm glad to see them making lots of money on our products," noted Demos.

In May 1983 White Wave made a major decision: to vacuum package their firm tofu. They bought a used Tiromat vacuum packager from a beef-jerky company in Los Angeles. Thereafter everything went wrong, so much that that one machine "almost broke the company's back." Demos later called it "the curse of the devil," and his production manager would often ask only half in jest, "Do you think we are sitting in vacuum packaging hell?" They found that tofu is a very difficult product to vacuum pack, though firm tofu is easier than soft. They concluded that 30% of the problems were caused by the machine, 30% by the product, and 30% by the operator, "and the rest was absolute karma." The process was very unforgiving, as was the machine's maker, which gave White Wave almost no support. They tried to disown the fact that Demos got stuck with a lemon. So White Wave had to solve all the problems by themselves.

Tempeh was now doing very well. In about 1982 White Wave began to make its own starter culture in order to get better quality control and save money: Alexander Lyon, who happened to be in town, spent a week teaching them the intricate process for $100. They also began to sell all tempeh frozen, after steaming. The product line was steadily expanded. By 1983 the company had introduced a Tempeh Burger and 5 Grain Tempeh (with soybeans, millet, wheat, oats, and barley). By 1984 the burgers were the company's best-selling tempeh product (48% of tempeh sales), followed by frozen soy tempeh (28%), soy & rice tempeh, then 5-grain tempeh. Accounting for one-fourth of White Wave's sales in 1984, tempeh was now the company's most profitable line of products. Making 5,850 pounds a week, White Wave had become America's second largest tempeh producer (after Quong Hop & Co.) and distribution had reached California. In fact, tempeh had now passed tofu as White Wave's most important product.

Polar Bean was also doing well. In 1984 it won a silver award in the annual Natural Foods Merchandiser contest, and that summer a Polar Pal ice cream sandwich was introduced.

"By 1983-84 White Wave broke the 10,000 pounds-of-tofu a week barrier and became a regional company, shipping tofu via many distributors throughout the midwest: Chicago [Illinois], Detroit [Michigan], Dallas [Texas], Salt Lake City [Utah], and Phoenix [Arizona].

Financial Crisis and Recovery: For most of its history, White Wave had been profitable, with plenty of cash and good financial records. Though the move to North 57th Court

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quadrupled their overhead, the company continued to make money for the first 2 years there, running a very tight ship. Then they started to encounter major equipment problems: a compressor breakdown and major non-stop vacuum packager nightmares. A maintenance team had to be hired. White Wave was growing into a company that needed management, but the sales volume could not support that. Sales were good, profits were small, and overhead was skyrocketing. This led to a slow tailspin, losing $1,000 a month during 1983-84. These were not considered major losses but the upward trend had been reversed.

By August 1984 White Wave was $40,000 in debt and people were burned out. Decisive action was needed. In September Demos hired Lester Karplus to take charge of daily operations while he started to do a business plan to raise equity. But in the following months losses increased dramatically, to $10-$15,000 a month. White Wave lost a total of $60,000 during the next 6 months. Finally in February 1985, amidst his first real crisis, Demos fired Karplus and McIntosh, and took over the whole company himself. His four-part strategy was cut overhead to the bone, bring in new cash quickly, hold creditors at bay as long as possible, and implement a system of data collection (which Karplus had helped develop) to generate better production and financial reports. Address: Lafayette, California.

8217. Shurtleff, William. 1987. History of White Wave, Inc. (Continued–Document part V). Lafayette, California: Soyfoods Center. 11 p. Oct. Unpublished manuscript, based on interviews with Steve Demos from June 3 to Oct.
• ***Summary:*** Continued: First, he laid off all managers (who were not producing day-to-day results). Future plans were put on hold.

In October 1984 Jason Bois, who had been around the health food business for many years, approached White Wave to discuss having White Wave make him a soft serve soy ice cream. Demos advised against soft serve, but when Bois persisted, Demos developed a new soft serve formula for him, containing tofu and spray dried soymilk. Launched in January 1985 and marketed under the name Tofruzen, they failed within four months, for lack of a market. Bois quickly returned to Demos and beseeched him to develop Tofruzen in hard pack pints so that Bois could use these products to raise equity capital in a public stock offering. Demos had all the hard-pack formulas for Tofruzen developed in 30 days, using an improved version of his Polar Bean as the base mix but with totally new flavors (chocolate, strawberry, vanilla-almond). After Tofruzen launched the new products mid-1985, they realized that they didn't really own anything. So Demos, with some unexpected luck and seeing a way to bring in new cash quickly, proposed Tofruzen buy the title to the formulas for $25,000 cash, plus $25,000 in 6 months, plus interest. And White Wave would have an extensive supply contract. Tofruzen agreed.

In December 1985 Tofruzen, Inc. raised $1.6 million net in a public stock offering, and at that time paid White Wave its first cash. Tofruzen Bars followed in May 1987 and low-calorie Tofruzen Light in August. Once Demos saw that Tofruzen would be a successful product, he downplayed marketing of his Polar Bean. Tofruzen sales rose from $91,000 in fiscal 1986 to $158,000 in 1987.

Shortly after Karplus left, White Wave started selling its tofu in a colorful box. Karplus served as an agent to negotiate with advertisers and designers. The new package helped sales.

In mid-1985, to consolidate its business focus and bring in more cash, Demos sold White Wave's nut butter business to an employee for $35,000. White Wave retained 5% interest in the company, which is now called Naturally Nuts.

To turn the tide of losing money and get some badly needed breathing space, Pat Calhoun came up with a plan where she and Demos would call all the creditors and say, "Either we file bankruptcy or you allow us to pay off our debts to you over a one year period." All creditors agreed to this plan.

In July 1985, the moment of truth, the turning point, arrived. The company was $100,000 overextended (60 days behind in payments) and could not borrow money. Everyone was disheartened. Demos and Calhoun started regular sitting meditation again, recommitting himself to spiritual practice as central and profitability as essential. He recalls, "Once I got my priorities straight, things started to go well." Within 90 days White Wave had started to generate a positive cash flow. By mid-1986 the $100,000 debt had been paid off, and White Wave was once again accumulating cash and savings.

Demos decided to try his approach on another company, Soyfoods Unlimited Inc., a major tempeh manufacturer, which he had been offered an opportunity to buy. Having started tempeh production in February 1981 in San Leandro, California, Soyfoods Unlimited had grown to be America's third largest tempeh manufacturer by 1984, Soyfoods Unlimited was now heavily in debt. White Wave didn't have any extra money, but the offer made sense as a way to get distribution for White Wave products in California and the West Coast, and to increase production volume. So on 1 December 1986 White Wave made its first acquisition. The buyout took place over a period of time, with some cash down. By mid-1987 Soyfoods Unlimited had been turned around and was a profitable, wholly owned subsidiary. White Wave owned all the stock and had signed a supply agreement with Soyfoods Unlimited to supply them with everything. This acquisition, with all tempeh production for both brands done at White Wave in Boulder, helped boost weekly output to 17,000 lbs. a week by the fall of 1987, making White Wave the biggest tempeh manufacturer in the USA. Growth of tempeh was strong and its future looked very promising.

White Wave has long been one of America's most innovative tempeh companies, in part because of its faith in

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the potential and future of tempeh. Tempeh continued to be the company's most profitable product. During 1985-88 the tempeh line was expanded with a number of original and delicious varieties: Quinoa (6/85), Lemon Broil (10/86), Amaranth and Sea Veggie (both 3/87), Peanut Sesame (3/88), and Teriyaki Burger (8/88). These also gave his product line more shelf space, a key consideration.

At King Soopers and Safeway, White Wave now had three shelves with tofu and tempeh right in the middle of the dairy section.

Tofu production was also strong, averaging 15,000 lbs. a week in mid-1987. A future high priority was the plan to pasteurize their tofu to give longer shelf life. After several years of selling tofu vacuum packed in a box, White Wave introduced a water pack without the box for the Asian-American market and some Caucasians since they are not used to the vacuum pack, and they prefer softer tofu, which cannot be vacuum packed.

By mid-1987 White Wave was back into high gear and growing nicely. Their space grew from 6,000 to 20,000 square feet. White Wave was one of the few Caucasian-run soyfoods companies that has been able to grow without selling most of the company. Demos' family has supported him to a large degree. He had borrowed roughly $25,000 from friends and family. The company still owed one-third on its SBA and Mountain High loans, and some to family. Assets were now about $300,000 and liabilities are $200,000. Since May 1987 White Wave had money in the bank and a growth rate above 30%. The 1987 sales projection was $2 million, of which 8-14% was expected to be profit.

In December, projected revenues for 1988 were $3 million. The company was in the midst of a private placement offering for $500,000 and the banks had approved equipment loans for $600,000. They have put in a bid to purchase an old (built in 1978) meat processing house on 2.4 acres in Boulder.

The Future: New products to be launched in 1989 include several meat analogs (tofu hot dogs/franks, due in March, aimed at the mainstream market concerned with cholesterol) and a soy yogurt.

Demos has set a number of goals for White Wave. First, to become the major primary soyfoods ingredient manufacturer in the region, and to maintain a profit margin of at least 10%.

Second, to make the concept of a clearly delineated and identified "Soyfoods Section" in the dairy case, succeed at King Soopers and Safeway. Set off with plastic dividers between yogurt and milk products, the section would be filled out with second generation soy products. This new concept would allow him to compete with larger tofu manufacturers (such as Azumaya and Hinode) who are lower priced but sold in the produce section. Address: Lafayette, California.

8218. Shurtleff, William. 1987. History of White Wave, Inc. (Continued–Document part VI). Lafayette, California: Soyfoods Center. 11 p. Oct. Unpublished manuscript, based on interviews with Steve Demos from June 3 to Oct.
• ***Summary:*** Continued: Third, after (and only after) the Soyfoods Section concept does succeed, to approach other chains with the same idea and ultimately to get into the whole Kroger chain of 400 stores in the Midwest.

Fourth, to develop new tofu-dairy blends to reach the mainstream. For example, a vacuum packed tofu sold next to cheese, that tastes like cheese (it doesn't have to melt); it could be mixed with cheese or flavored like cheese. Or a tofu cheesecake made of half tofu (or tofu cream cheese) and half cream cheese, that was virtually identical in flavor and texture to all-dairy cheesecake but was lower in cholesterol, saturated fats, and calories.

Fifth, to give major attention to tempeh product development. Demos thinks that tempeh represents a vast future potential because Americans like it better than tofu (though it is largely unknown), it offers good profitability, and the competition is not as severe as with tofu. Address: Lafayette, California.

8219. **Product Name:** Soft Soyalite (Non-Dairy Cream Cheese) [Garlic, Herb, Onion/Chive, or Plain]. Formerly named Soft Tofu Cheese.
Manufacturer's Name: Simply Natural, Inc.
Manufacturer's Address: P.O. Box 295, Norma, NJ 08347.
Date of Introduction: 1987. October.
Ingredients: All: Organic tofu, organic miso. Herb: Italian seasoning (Oregano, basil, savory, thyme, rosemary).
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
Nutrition: Per ounce: Calories 43, sodium 167 mg, fat 2.3 gm, carbohydrates 1.6 gm, protein 3.8 gm.
New Product–Documentation: Leaflet. 1987. Oct. Shows label. "A non-dairy cheese substitute." Label. 1987. 4 inches diameter. Green and purplish red on white "Simply Natural Gourmet Soy Foods Soft Soyalite. Plain. A Non-Dairy Cheese Substitute. Only 43 calories an ounce!" Brochure. 1987. Oct. "Discover the New Simply Natural and Rediscover Natural Cuisine." Introduces Soyalite (formerly Soft Tofu Cheese), Pasta Lite (formerly Tofu Pasta), and Miso Dressing. Explains why the names were changed and shows labels. Red on white. 4 pages. Leaflet. 1988. "We're back... And better than ever! Better price. Better shelf life. Better packaging. Better flavors. Super summer discount thru 31 Aug. 1988." Ad in Vegetarian Times. 1988. May. p. 58. "Everything Your Heart Desires."

Product Alert. 1988. May 23. "After extensive research and market surveys, Simply Natural, Inc. of Norma, NJ, has decided to rename and reformulate its Soft Tofu Cheese product. It is hoped the new name, Soyalite, will end the confusion behind the old product name–is it cheese, tofu or

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a combination. Soyalite has approximately half the calories, 43 per ounce, of soft dairy cheeses. Packaged in an 8 oz tub, this spread and/or dip has been reformulated so it has a more 'velvety', smoother texture. Four varieties are available, Plain and Herb are reformulations of the original tofu cheese product while Onion/Chive and Garlic are new additions to the line."

8220. **Product Name:** Pasta Lite (Non-Dairy Fresh Frozen Pasta Stuffed with Soft Tofu Cheese) [Ravioli, Tortellini, or Stuffed Shells]. Formerly Antonio's Simply Natural Tofu Pasta.
Manufacturer's Name: Simply Natural, Inc.
Manufacturer's Address: P.O. Box 295, Norma, NJ 08347.
Date of Introduction: 1987. October.
Ingredients: 100% whole durum wheat, tofu, Plain Soyalite, parsley, basil.
Wt/Vol., Packaging, Price: 12 oz multi-colored sealed plastic bags.
How Stored: Frozen.
Nutrition: Ravioli: per 2 oz: Calories 139, sodium 3 mg, fat 1.8 gm, protein 7 gm, carbohydrates 22 gm. Note: Tortellini contains 150 calories and Shells 77 calories per 2 oz.
New Product–Documentation: Leaflet. 1987. Oct. Shows Labels. "Simply Natural. Gourmet Soy Foods." Ad in Vegetarian Times. 1988. May. p. 58. "Everything Your Heart Desires."

8221. *SoyaScan Notes.* 1987. New Trend: Many of the new soyfoods are being developed and marketed as all-American and fun: Tofu and tempeh burgers, tofu hot dogs, soymilk shakes, soy ice creams, tofu chocolate bars (Overview). Oct. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is part of the larger trend of the Americanization of soyfoods.

8222. *SoyaScan Notes.* 1987. New Trend: Europe's hottest new soyfood product, smoked tofu, is almost unknown in America (Overview). Oct. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Recent European visitors and letters to the Soyfoods Center have praised the new varieties of smoked tofu made by many European tofu companies. They are surprised that this product is not better known in America. The earliest known commercial smoked tofu was produced in France in 1911 by Chinese soyfoods pioneer Li Yu-ying. In 1974 Komatsugawa Tofu in Japan made a smoked tofu inside a deep-fried tofu pouch, sold in oil in a sardine can. The earliest known smoked tofu in the Western world was introduced in June 1984 by L'Herberie in Montreal, Quebec, Canada. All of the recent European brands have been introduced since 1986. They are made in England (Caldron Foods, Regular Tofu Co., Full of Beans Soyfoods), Germany (Soyastern, Morgenland Pflanzenkost, Christian Nagel Tofumanufaktur), Netherlands (Manna Natuurvoeding, Heuschen-Schrouff B.V.).

8223. Sun Huan; Ling Yi-Lu; Gai Jun-Yi. 1987. Cropping systems and research with soybeans in China. In: S.R. Singh, K.O. Rachie, and K.E. Dashiell. eds. 1987. Soybeans for the Tropics. New York: John Wiley & Sons. xx + 230 p. See p. 119-24.
• ***Summary:*** Soybeans have probably been cultivated for 4,000 to 5,000 years in China. "As a native to the country, 'shu' (the local name for soybean) has been found inscribed on tortoise shells from the Shang Dynasty (from about the 16th to the 11th century BC). In the *Book of Songs*, one of the five Chinese classics, 'shu' appeared in 7 of 305 songs written between the 11th and 7th centuries BC.

"Soybean seeds have been discovered several times in relics unearthed in archaeological studies. In 1959, large amounts of yellow-seeded soybean weighing 18-20 gm were found in Shanxi Province, dating back 2,300 years. In 1980, some carbonized soybean seeds were found in Jilin Province, dating back about 2,600 years.

"China led the world in soybean production and export until 1954." Before World War II, 8 to 10 million tonnes of soybeans were produced in China each year, accounting for 82-90% of the world's total production.

Because of the destruction in China caused by World War II, and later the civil war [1946-1949], soybean production fell to its lowest level in 1949. During the 1950s, average annual soybean production was more than 9 million tonnes but the government favored policies to promote cereal grains [rice, wheat, etc.] and soybean production eventually became unprofitable. In 1947, for example, Chinese farmers were paid only CNY (Chinese yuan renminbi) 32.4 per 100 kg.

Three institutes in China are devoted solely to soybeans: they are within the Heilongjiang, Jilin and Anhui academies of agricultural sciences.

Table 1 shows Soybean area, yield and total production in eight provinces of China (in million tonnes). In descending order of production they are: Heilongjiang 288.5, Henan 128.0, Anhui 91.5, Jilin 88.0, Liaoning 69.5, Shandong 64.5, Jiangsu 52.0, Heibei 25.0. Address: 1. Soybean Inst., Jilin Academy of Agricultural Sciences, Gongzhuling, China; 2. Nanjing Oilseed Crops Lab., Jiangsu Academy of Agricultural Sciences, Nanjing, China; 3. Nanjing Agricultural Univ., Nanjing, China.

8224. **Product Name:** Lite Chef Entrees. Casual Meals (Dry Mixes) [Chili Rio Grande, Country Barbecue, or California Burger].
Manufacturer's Name: Sunfield Foods (Distributor). A Sunmark Company.
Manufacturer's Address: 8155 Hampshire St., St. Louis, MO 63123. Phone: 314-832-7575.

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Date of Introduction: 1987. October.
New Product–Documentation: These dry mixes require the addition of firm tofu and water. The California Burger was formerly one of the Lite Chef Tofu Mixes. Soya Newsletter. 1987. Sept/Oct. p. 6.

8225. **Product Name:** Lite Chef Entrees. Quick and Easy Dinners (Dry Mixes) [Pasta Italiano, Rancheros Fiesta, Mandarin Almond Stir-Fry, or Shanghai Sweet 'n Sour].
Manufacturer's Name: Sunfield Foods (Distributor). A Sunmark Company.
Manufacturer's Address: 8155 Hampshire St., St. Louis, MO 63123. Phone: 314-832-7575.
Date of Introduction: 1987. October.
New Product–Documentation: These dry mixes require the addition of tofu and water. Formerly named Lite Chef Tofu Mixes. Soya Newsletter. 1987. Sept/Oct. p. 6.

8226. **Product Name:** [Tofu Convenience Products].
Foreign Name: Tofu-Convenineceprodukte TK.
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1987. October.
New Product–Documentation: Form filled out by Hermann Berief, owner. 1988. Jan. Lists 4 products.

8227. *Whole Foods.* 1987. L.A. firm to handle PR for Morinaga. Oct. p. 27.
• ***Summary:*** Morinaga Nutritional Foods Inc., Los Angeles, California has retained Mahoney/Wasserman & Associates to handle its promotions and public relations activities. Described as the third largest tofu product in unit sales, Mori-Nu is distributed nationally by Morinaga.

8228. **Product Name:** [Sour Marinated Deep-Fried Tofu].
Foreign Name: Essig Age.
Manufacturer's Name: Yamato Tofuhaus Sojaprodukte GmbH.
Manufacturer's Address: Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094.
Date of Introduction: 1987. October.
Ingredients: Incl. deep-fried tofu pouch, vinegar, soy sauce, spices.
New Product–Documentation: Talk with Klaus Gaiser, President of Yamato. 1990. March 12 and May 8. This product was introduced in about 1987. "Age" is written Japanese style with no acute accent over the e. It was marinated in vinegar, soy sauce, and spices. This product was one of the first 2 products introduced after the move to Hirschau, along with Hirschauer Laible.

8229. **Product Name:** [Fried Tofu Marinated in Soy Sauce and Spices].
Foreign Name: Hirschauer Laible.
Manufacturer's Name: Yamato Tofuhaus Sojaprodukte GmbH.
Manufacturer's Address: Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094.
Date of Introduction: 1987. October.
New Product–Documentation: Talk with Klaus Gaiser, President of Yamato. 1990. March 12 and May 8. This product was introduced in about autumn 1987. The tofu was first marinated in soy sauce and spices, and then deep-fried.

8230. Zee, J.A.; Bourgeois, M.; Boudreau, A.; Breton, R.; Jones, J.D. 1987. Utilisation de la féverole dans la fabrication du tofu [Utilization of fava beans (broad beans) in the manufacture of tofu]. *Canadian Institute of Food Science and Technology Journal* 20(4):260-66. Oct. [28 ref. Fre; eng]
• ***Summary:*** Describes the optimal process, chemical composition, nutritive value, texture, and organoleptic properties of this product usually made from soybeans. Faba bean tofu was darker in color (beige), less firm, and slightly more bitter in taste than soybean tofu. Optimum yields of tofu from fava beans (also called "broad beans," *Vicia faba*) was 66.8% by weight and 44.8% of the protein, obtained with a bean:water ratio of 1:10. Increasing the amount of coagulant decreased the protein yield. GDL (glucono delta-lactone) gave the tofu a very pale color, but the protein yield was less than with other coagulant salts. Address: Dep. of Nutrition Humaine et de Consommation, Centre de Recherche en Nutrition, Université Laval, Quebec, QUE, G1K 7P4 Canada.

8231. Blair, Betty J. 1987. Tofu. In casseroles, chili, and desserts, this amiable food fits into all tastes. *Detroit News.* Nov. 4. p. 1E, 2E. [1 ref]
• ***Summary:*** Dorothy Hwang, owner of Michigan Soy Products in Royal Oak, has a doctorate in chemistry from the University of Kansas and was a research associate in chemistry for 14 years at Wayne State University. She opened her tofu business 5 years ago. Since then sales have tripled; she now makes 2,000 lb/week of tofu. She uses some of this to make tofu burgers, salads, and a frozen manicotti entree. She is marketing a tofu coconut pudding, which she may soon make herself. She also takes special orders for tofu cheesecake, cakes with tofu frosting, and tofu cream pies, including pumpkin.

8232. Thompson, Keith. 1987. Jacob Hartz Seed Co. (Interview). *SoyaScan Notes.* Nov. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Hartz was purchased by Monsanto in April 1983. They have been doing research on soybeans suited for soyfoods for 10 years. The director of research Curtis Williams (formerly at Louisiana State Univ. for 6 years) began in the mid-1970s to develop a very popular natto

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variety, that was released in 1980. Proprietary varieties for seed were first released in 1984. Univ. of Illinois and Iowa State are also doing food bean research. Soybean production in the South has shrunk 46% in the last 6 years, to 12 million acres from 22 million. A soybean containing no trypsin inhibitor was developed 2-3 years ago but there has not been much interest in it.

There are three lipoxygenase enzymes: L1, L2, and L3. There is a Japanese patented process for removing both L2 and L3, using backcrossing. Hartz has lines that are free of L1 or L2 or L3 or L1 + L3. Lipoxygenase removal seems to offer big promise for improved soymilk and tofu beans. Hartz is the only commercial seed breeder in the U.S. doing work on maturity group IX and X, now that Hinson has closed down his tropical variety development in Florida. Hartz has a global outlook. He is sorry that INTSOY is no longer doing varietal development; they were a great source of information. Daylight insensitive is also called "juvenile characteristic." It takes 1 bushel of seed to plant an acre of soybeans. Address: Food and Export Manager, P.O. Box 946, Stuttgart, Arkansas 72160.

8233. Jalonen, Wendy. 1987. Tofu tussle. Phony ad causes flap at Vashon Island tofu firm. *Puget Sound Business Journal.* Nov. 8.
• ***Summary:*** A classified ad running for more than a week in Seattle papers said a public sale was being held to satisfy a $4 million debt. Lukoskie says no such debt exists. The phony ad was apparently the result of a power struggle that may have prompted Island Spring's major investor to sever its financial ties with the company. Island Spring employs 34 people and last year did $1 million sales out of its 4,000 square foot plant. The new $6.5 million plant, which will make Island Spring the largest tofu producer in America, was backed by Edward Lynch Co., a Vancouver (Washington) investment firm that also owns Naturally Northwest.

Chuck Eggert, vice president of Edward Lynch, said his company severed its relationship with Island Spring and does not currently have an investment in the Vashon Island company. Lukoskie said that loss of Edward Lynch's backing will slow completion of the new plant, but other investors are interested in funding the company. Lukoskie plans to capture 20% of the $100 million domestic market for tofu and other soy products in the next couple of years.

Note: This is the earliest document seen (Feb. 2003) concerning soyfoods in connection with the company that would soon become Pacific Foods of Oregon. Address: Seattle, Washington.

8234. Armstrong, Julian. 1987. Tofu or not tofu: It's hot then cold. *Gazette* (*The*) (*Montreal, QUE, Canada*). Nov. 11. p. E-3.
• ***Summary:*** A lavish and colorful buffet featuring tofu was served at the 19-hotel Canada Pacific chain. "Montreal tofu guru and cookbook author Yvon Tremblay and the Chateau Champlain's executive chef, Alain Monod, had produced a delicious variety of cold hors d'oeuvres, hot main courses, and cooling desserts..." The best dish was a curry (see recipe).

8235. Lee, Leonard L. 1987. Eastern Foods Corporation and Tofulicious (Interview). *SoyaScan Notes.* Nov. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** His Eastern Foods Corp. presently makes about 10,000 lb/week of tofu; the capacity is 5,000 to 7,000 lb/day. They also make egg roll and wonton skins. An expensive Pillsbury executive was hired to make a big splash with Tofulicious. It flopped and almost killed the company. He now wants to start importing a line of traditional natural foods from Korea with a classmate (incl. ramen, noodles, crackers, rice vinegar) and to enter the health food, gourmet, and military markets. He is now importing dim sum and has set up a branch in Korea. Line name: Naturally Koryo. He tried to export Tofulicious to Japan, developing a cheerleader point of purchase ad; it flopped. Address: Minneapolis, Minnesota.

8236. *Toyo Shinpo* (*Soyfoods News*). 1987. Okara kara jinzô niku tsukuru. Nihon Powder Kankoku de gôben seisan kaishi. Yasukute fûmi batsugun. Gyôkai no chûmoku atsumeru shin shôhin [Making an artificial meat from okara. Nihon Powder starts a joint company in Korea. The meat is inexpensive and tastes great. It is the new food which is getting the attention of the industry]. Nov. 11. p. 2. [Jap; eng+]
• ***Summary:*** Mr. Koichi Yoshida is the president of Nihon Powder, Uchikanda, Chiyoda-ku, Tokyo, Japan. Phone 03-256-7931. Nihon Powder has decided to produce artificial meat made from okara on a large scale in Korea starting in January 1988. They established a joint company with Hoko Shokuhin (a protein food company in Korea). Nihon Powder has ¥36,000,000 invested in the new joint company or 49% of the control. Together they make a product which is better tasting than any artificial meat made from soy. The new product has a better texture and flavor than other such products. They process okara by adding calcium chloride to it and tofu coagulants to make a fresh tofu chunk. The tofu undergoes an ice-cold temperature ripening process, and is then processed using 2 screw-extruders to make a meatlike product. Before this process can be used though, soybean hulls must be removed to produce a good texture soy imitation meat. Fortunately, the manufacturers use an enzyme which breaks down the bean hulls, allowing them to use okara in their processing.

Okara is such a big problem in Japan that the phrase okara pollution (*okara kogai*) was invented. Some of the tofu makers are very concerned about the build-up of this okara waste. The Nihon Powder company has also invested another

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¥180,000,000 to make a plant (320 square meters of space) on 16,500 square meters of land which is scheduled for completion in November of 1987.

8237. Cloud, Jon. 1987. Breeding soybeans for food uses in Canada, the Organic Crop Improvement Association, new developments with okara, and Soy City Foods (Interview). Conducted by William Shurtleff of Soyfoods Center, Nov. 15. 2 p. transcript.
• ***Summary:*** Jon Cloud has done much work on breeding soybeans for food uses, especially for tofu. He started the Organic Crop Improvement Assoc. (OCIA) in Canada. It is now in 6 countries and 22 states in the USA. OFPANA has not progressed. He is doing exciting new work with soy mash overseas, with Griffith Labs. Soy City Foods is a corporation that is worker owned. Address: Soy City Foods, Toronto, ONT, Canada.

8238. *Toyo Shinpo* (*Soyfoods News*). 1987. Shin gyôkoki ni toiawase tsuzuku. Nigari 100% kinugoshi ni tekiô. Tôyô Plant [Inquiries continue for new coagulating machine which is suited to make silken tofu using 100% nigari]. Nov. 21. p. 7. [Jap; eng+]
• ***Summary:*** Mr. Ikeba is the president of the Toyo Plant (K), Matsue 4-27-6, Edogawa-ku, Tokyo, Japan. Phone 03-655-0111. You can now make 100% nigari silken tofu with the touch of a button! One can also use it to make soft tofu, momen, age-kiji etc. What is it? It is the all-mighty coagulating machine. The company is planning to have demonstration classes because they are getting a lot of enquiries for this machine.

8239. Dunne, Mike. 1987. Japanese delicacies enhanced by warm, intimate atmosphere. *Sacramento Bee* (*California*). Nov. 22. p. EN20.
• ***Summary:*** A review of the Robata Grill & Sushi on Sunrise Boulevard in Sacramento. The idea is inspired by an ancient custom of the Ainu fishermen of Hokkaido, Japan's northernmost island.

"As soon as guests are seated, they are welcomed with hot, wet hand cloths and a small bowl of edamame–steamed, lightly salted fresh soybeans still in the pod, the Japanese equivalent of beer nuts, meant to be eaten casually as guests peruse the menu or sip a cup of sake or glass of beer. Just tear off one end and press or suck out the plump, delicate and wholesome peas [sic, beans]."

The menu also includes Sukiyaki, with tofu. Address: Bee Reviewer.

8240. Drosihn, Bernd. 1987. The German and European tofu markets. Soyastern and its products (Interview). Conducted by William Shurtleff of Soyfoods Center, Nov. 30. 2 p. transcript.
• ***Summary:*** A rare insight into the European tofu market. The largest tofu manufacturers in Germany, with estimated production statistics, are Soyastern (4,000 kg/week), Yamato Tofuhaus GmbH (3,500), TKW GmbH (3,500), KMK (2,500; a dairy company in Kassel that makes the Hensel brand for Schoenenberger Pflanzensaefte GmbH*), Svadesha (1,500), Tofu Manufaktur Hamburg (1,000), Tiefental Tofuhaus (1,000), Byodo Naturkost GmbH (400), Morgenland Tofu (200), and Atlantis Tofu (200). All of these companies are run by native Germans, none by Asian Germans. The largest tofu company in Europe by far is Heuschen-Schrouff in the Netherlands (40,000). They make tofu, tofu with herbs, and smoked tofu. They are also a major food importer and European-wide distributor, and perhaps the world's largest manufacturer of mung bean sprouts.

Another larger manufacturer in the Netherlands is Linn (Lin) Oriental Products (10,000 kg/week). The big tofu makers in Switzerland are Galactina (3,000; Dr. Peter Speck) and Soyana (3,000; Walter Daenzer). In England: Dragon & Phoenix, Cauldron Foods, Regular Tofu Co., and Paul's Tofu. In France: Société Soy, Sojadoc, and Sojalpe.

Note 1. This is the earliest document seen (Feb. 2013) that mentions Sojalpe, which later became part of Innoval.

Note 2. Schoenenberger is the mother company of Hensel; they do not make soyfoods. Address: Soyastern Naturkost GmbH, Osteratherstr. 26, 5000 Cologne/Koeln 60, West Germany.

8241. Praskin, Laurie. 1987. Recent developments with soyfoods in Guatemala (Interview). *SoyaScan Notes.* Nov. 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** El Centro de Soya, the soy dairy at Solola, is up and running as a commercial enterprise. They are making tofu, most of which is sold to Seventh-day Adventist vegetarian restaurants that cater to tourists in Panajachel, Guatemala City and Antigua (a big tourist center and the former capital of Guatemala). In the community of Solola, they spend a lot of time teaching people how to cook with the products, which they offer at a discount to community members. This has spurred a big increase in sales of tofu and soymilk to the community. A new product in 1987 is Paletas de Soya (Soy Sticks or soymilk popsicles) made with their own popsicle machine. The only flavor is chocolate. Two employees and one independent broker with carts sell them. Agostine Xoquic is manager of the dairy. Amado Del Valle is project coordinator of the whole program, including the agricultural parts, the demos, and the dairy. They make soymilk but only for those who bring a container to the dairy.

Amado and his partner Felipe are making tempeh, which is sold to restaurants. The business is still subsidized; Plenty pays the salaries of Amado and Augustine, and also buys new equipment. But profit from the sale of soy products pays dairy employees' salaries and operating expenses. And they do make a little "profit." They are also now running a soyfoods training center/demo program. In Quiche they have

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a home demo program, and women grow soybeans and make soymilk and tofu at home. The main thing is adding ground soybeans to corn to make tortillas.

After Plenty had to leave Guatemala in 1980, the Soy Dairy continued making tofu and soy ice cream, without outside funding, until 1983. Larry McDermott visited in April 1985 and production started again in mid-1985. Address: 17969 Oak Dr., Los Gatos, California 95030. Phone: 408-353-2649.

8242. Barrett, Mariclare. 1987. Soyfoods almanac. *Vegetarian Times.* Nov. p. 35-38, 40. [3 ref]
• ***Summary:*** An overview and introduction to tofu, tempeh, miso, soy sauce, etc. with summary of some new developments. Photos show Betsey Shipley & Gunter Pfaff, Jan Belleme, Henry Ford wielding axe against trunk of car made of soybeans.

8243. Beverly Soon Tofu restaurant. 1987. November. New soyfoods restaurant or deli. 4653½ W. Beverly Blvd., Los Angeles, California.
• ***Summary:*** Los Angeles Times. Nov. 29. "One of the best Korean meals I've had in Los Angeles. The tofu, so fresh it was like creamy clouds..." The owner is Monica Yi. Address: Los Angeles, California. Phone: 213-856-0368.

8244. **Product Name:** Tofu, Tofu Burgers.
Manufacturer's Name: Diane Froggatt Tofu.
Manufacturer's Address: Post Restante, Anjuna, Bardez, Goa 403 509, India.
Date of Introduction: 1987. November.
New Product–Documentation: Letter from Om Shanti, c/o Lambert, Los Angeles. 1992. Nov. 16. A friend of Om Shanti's named Diane Froggatt [of Australian origin] runs a tofu shop in Goa, India. "For the last 5 years she has been making tofu and tofu burgers out of her home, and selling them to an international community at the flea market, and as a private business... She started to make tofu publicly because of its high demand and its unavailability. It is a small-scale business. She started by using *The Book of Tofu* (1975, Autumn Press)."

Letter (e-mail) from Lisa Camps of Goa. 2005. May 17. In 1982, while in Goa, Lisa met an Australian woman, Diane [Froggatt], who was making her own tofu, because it was not available, and all were tired of Dal (lentils). "I asked her to teach me, and she did... I happily made it for myself..." Diane's story is very sad. She was sick for about 18 months before she died, leaving twin boys (age 8), and another son (age 14) behind. She passed through Goa in the last stages of her illness on her way to Australia, where she died. The boys were looked after by friends and relatives. Diane's tofu shop, which she ran for about 2 years, is still there, run by a local family, making tofu, buying their tofu from us, and open for lunch.

Note: Goa is a former Portuguese possession on the west coast of India about 250 miles south of Bombay. It was annexed by India in 1962, and became a state of India in 1987. The capital is Panaji. It is a small state (1,404 square miles) with a population of about 650,000.

8245. Eden Foods, Inc. 1987. Product description: Eden Foods quality natural foods. 701 Tecumseh Rd., Clinton, MI 49236. 21 p. Plus 6 pages of inserts. Catalog.
• ***Summary:*** The catalog lists the following soyfoods: Edensoy (Original, Vanilla, Carob; shown on page 1. "Edensoy is the best tasting, best selling, best made natural soymilk on the market"), black soybeans (they "have a hearty yet sweet taste. In Japan, black soybeans are always prepared for the New Year's celebration as they are a symbol of health."), organically grown soybeans (usually Corsoy or Amsoy), Eden tekka ("a hearty, nutritious condiment made from hacho miso, carrots, burdock, ginger root, and unrefined sesame oil; 2.8 oz), dried tofu (actually dried-frozen; 5.8 oz), barley (mugi) miso, brown rice (genmai) miso, buckwheat (soba) miso, light (shiro) miso, rice (kome) miso, hacho (100% soybean) miso, natto miso "Kinzanji," shoyu, organic shoyu, low-sodium shoyu, wheat-free tamari, tamari-roasted nuts and seeds wheat free (pumpkin seeds, sunnies [sunflower seeds], almonds, cashews, mixed nuts), and Lima Tempeh.

Some interesting non-soy foods listed in the catalog include quinoa (16.2% protein), kudzu-kiri, kudzu root starch, adzuki beans, mochi (100% brown rice, with mugwort, or with millet), sea vegetables, organic amazake, barley malt syrup, and Lima seitan.

In the spring of 1986, Eden Foods became General Agent for North America for the Lima Company of Belgium. Lima soyfood products include Lima Tempeh. Note: This catalog was still in use in Jan. 1989. Address: Clinton, Michigan. Phone: 517/456-7424 or 800/248-0301.

8246. **Product Name:** Tofu Classics: Mandarin Chow Mein, Creamy Stroganoff, or Shells 'n Curry (Pasta and Sauce Mixes).
Manufacturer's Name: Fantastic Foods.
Manufacturer's Address: 106 Galli Dr., Novato, CA 94949. Phone: 415-883-7718.
Date of Introduction: 1987. November.
Ingredients: Mandarin Chow Mein: Whole wheat Oriental noodles, dehydrated vegetables (onions, carrots, peas, red pepper, green onions, garlic, parsley), corn oil, powdered yellow miso (soybeans, rice, salt), hydrolyzed vegetable protein, whole wheat flour, dried yeast (molasses grown), toasted sesame oil, powdered soy sauce (soybeans, wheat, salt), spices, rice syrup powder, vinegar powder.
Wt/Vol., Packaging, Price: 4 oz (113 gm) paperboard box. Retails for $1.65 (5/90, California).
How Stored: Shelf stable.

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New Product–Documentation: Note: This product does not contain any tofu; it must be added. Ad in Natural Foods Merchandiser. 1987. Nov. p. 50. "Introducing... Tofu Classics. One pot cooking. Ready in less than 20 minutes." Dec. p. 16. "New Tofu Classics Take You Out of the Kitchen and Around the World." Also run in 1988. Jan. p. 40. Ad in Vegetarian Times. 1988. May. p. 11.

Label sent by Claire Wickens. 1990. May 30. 4.5 by 6.5 by 1.25 paperboard box. Tan, green, orange and red on beige. On the front panel is a photo of a a white plate containing the finished tofu and pasta, plus a small insert photo of a package of water-packed tofu. "Add ½ pound firm tofu. All vegetarian. All natural." On the back is a pastel drawing of a Chinese person carrying two baskets on a shoulder pole by a lake. "One pot cooking. Ready in 7 minutes. Fantastic Foods' *Tofu Classics* are adaptations of favorite dishes from around the world, designed to enhance tofu cookery. We provide wholegrain pasta and a delicious sauce–you add tofu." Inside is a poly bag with short lengths of pasta and dried peas, diced carrots, etc.

Tofu Classics product with Label purchased at Open Sesame in Lafayette, California. 1998. Jan. 10. Mandarin Chow Mein, design copyright 1994. Price: $1.89. Shells 'n Curry, design copyright 1994. Price: $1.89.

8247. Gleason, Jane; Weliwita, S.M.A. 1987. Home and village level soyabean utilization training in Sri Lanka: Accomplishments, constraints and potential. INTSOY/DARP/SFRC, Sri Lanka. 14 p. Unpublished manuscript.
• ***Summary:*** A detailed analysis with many summary statistics. This paper argues that because of the large amount of time and fuel required, and general difficulties of making foods at home from whole soybeans, they will not be widely made there. From 1978 to Nov. 1987 SFRC trainers have directly trained over 30,000 people in soya utilization. Of these, almost 27,000 were trained at outstation demonstrations, while over 4,000 were trained at SFRC.

However, because of processing difficulties and time requirements, it questions the premise that widespread home level utilization of whole soyabean will occur.

The instructors were asked what types of soyafoods are most likely to be integrated into Sri Lankan diets. Soya-fortified kola kenda, a traditional drink made from coconut, rice flour, and leaves of a variety of herbs was most often mentioned as 21 of 48 respondents placed kola kenda in their top three choices. After kenda, the instructors ranked soya-fortified pittu (18), roti (13), snacks (13), waddhi (12), and curry (11) as foods most apt to be part of Sri Lankan diets. Ten respondents stated that soymilk could easily become popular.

The responses of the instructors show that soya will most likely be integrated into local diets through fortification of already popular foods. Many commented that soya flour should be made available for this purpose. Traditional soyafoods from other parts of Asia, for example, tofu in East Asia and tempeh in Indonesia, were not highly ranked as foods easily accepted by Sri Lankans. Only four respondents thought that tofu and none of the respondents thought that tempeh could become important in Sri Lanka.

Table 6 indicates "What characteristic makes soya appropriate for villagers'–Nutrition, 42 respondents; Low cost, 20 respondents; Taste, 5 respondents. Table 7 indicates "Price per unit protein of common foods in Sri Lanka"–Soyabean, 0.04; Chicken, 0.21; Dried fish (fat poor), 0.11; TVP, 0.16. Table 7 also indicates "What constrains soya consumption"–Unreliable supply of soya, 23 respondents; Odd flavour, 22 respondents; Lack of preparation knowledge, 18 respondents; Difficult to prepare, 14 respondents.

Interpretation of the evidence–Three important points can be gleaned from the information provided by the extension workers and the villagers: 1. Thousands of Sri Lankans are aware of the benefits of soya. For the average consumer, the most important consideration when purchasing food is taste, not nutrition. 2. Therefore, soya will most likely be consumed in a form that is already familiar to villagers. 3. It is significant that more instructors consumed TVP than all other types of soya products. Conclusion–The best method of making soya products available to consumers is to work towards greater commercial application of soya utilization technologies.

Training should, therefore, emphasize extension to entrepreneurs. Address: Sri Lanka.

8248. Goldbeck, Nikki; Goldbeck, David. 1987. The Goldbeck's guide to good food. New York, NY: New American Library. xi + 563 p. Illust. Index. 24 cm.
• ***Summary:*** The all-new version of their *Supermarket Handbook*, which originally sold 850,000 copies. Chapter 12 (p. 143-51), titled "Soyfoods: World Class Protein," discusses tofu, frozen tofu, tempeh, soy flour and grits, high-tech soy (soy concentrates and isolates), textured soy protein products. There is also considerable information on soyfoods in other chapters throughout the book: Soy flour (p. 79). Soy nuts (p. 159, 163). Soy milk (p. 184-85). Soy yogurt (p. 190-91, 195). Soy cheese (212, 217-18). Soy protein concentrates or isolates (p. 233, 451, 483, 527). Soy oil (p. 144, 264, 288, 292-93). Meatless burgers and soy sausages (p. 394). Soy ice cream (p. 452-53, 455). Soy sauce (510-11, 515). Miso (p. 511-12, 515). Worcestershire sauce (p. 512).

The section titled "Soy Yogurt" gives a nutritional analysis of cultured Soygurt, made by Cream of the Bean; per 8 oz. it contains 255 calories, 6.7 gm protein, 45.2 gm carbohydrates, 5.3 gm fat, no cholesterol, 20 mg sodium, and 7% of the US RDA for calcium. The text reads: "Those who must avoid milk will be interested in nondairy soy yogurt. A new arrival in natural food stores, this yogurt is made from soymilk and bacterial cultures. Gelatin is added to some brands to maintain the typical yogurt consistency. There is

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no need, however, for the quality to be compromised by the addition of high fructose corn syrup, isolated soy protein, salt, and several thickening agents, as has been done in at least one brand we have encountered."

The section titled "Soy Cheese" states: "Cheese based on soy milk has recently added a new category of cheese products to the market. In terms of calories, protein, and overall fat content soy cheese competes quite favorably with animal cheeses... It is both lactose- and cholesterol-free and the sodium content is about average for cheese. Note, however, that soy cheese is held together with vegetable gums and will contain either the milk derivative calcium caseinate (in which case it is not dairy free) or isolated soy protein." Page 218 gives a nutritional analysis of Soya Kaas (soy cheese). Per 1 oz. it contains 78 calories, 6.7 gm protein, 5.6 gm fat, no cholesterol, and 168 mg sodium. Address: R.D. 1, Box 495, Woodstock, New York 12498 914-679-8561.

8249. Hasegawa, Kiyozo; Mukai, K.; Gotoh, M.; Honjo, S.; Matoba, T. 1987. Determination of the lysinoalanine content in commercial foods by gas chromatography-selected ion monitoring. *Agricultural and Biological Chemistry* 51(11):2889-94. Nov. [21 ref]

• ***Summary:*** Table 1 (p. 2892), titled "Lysinoalanine content in foods," includes values for various soybean products: The lysinoalanine (LAL) content (in mg per 16 gm of nitrogen) was measured by two methods: GC-SIM (gas chromatography–selected ion monitoring) and HPLC (high performance liquid chromatography). The two values for the soy products are: Soy milk A (0/0), soy milk B (6/14), soy milk C (6/18), wet soybean film (fresh / nama yuba) A (0/0), fresh yuba B (13/16), dry yuba (18/11), fried soybean curd (abura-age = tofu pouches) A (8/6), fried soybean curd B (9/trace).

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "soybean film" or the term "wet soybean film" to refer to yuba.

Of the samples analyzed, the lysinoalanine content was highest in pidan (fermented egg). Wheat flour-based products (Chinese noodles, pretzels and crackers) and milk products (condensed milk and lactic acid beverages) also contained a significant amount of LAL. Cow's milk, soy milk, soy protein isolate and meat products (ham and Hamburg steak) contained a low amount of LAL. Results confirmed that the low-level LAL formation was possible in foods cooked at home without any alkaline treatment.

Note: The three types of soymilk were purchased from retail stores in Nara, Japan. Address: Dep. of Food Science & Nutrition, Nara Women's Univ., Nara 630, Japan.

8250. **Product Name:** Island Spring Tofu Dressing [Bleu Cheese, Fruit, and Ranch].
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070. Phone: 206-622-6448.
Date of Introduction: 1987. November.
Ingredients: Bleu Cheese: Soybean oil, water, tofu, bleu cheese, distilled vinegar, fructose, salt, modified whey solids, spices, xanthan gum, garlic.
Wt/Vol., Packaging, Price: 12 oz (355 ml) glass jar.
How Stored: Refrigerated.
Nutrition: Per 1 tablespoon: Calories 60, protein 1 gm, carbohydrates 2 gm, fat 5 gm, sodium 120 mg, lactose 140 mg.
New Product–Documentation: Packaging magazine. 1988. April. Labels (all 3). 1987. 9 by 3.5 inches. Synthetic paper. Earth colors on a tan background. Some of the most artistically designed labels seen up to this time. Beautiful! The flavor is written in large 7/8 inch letters at top of label. Below that is "Island (Logo) Spring Tofu Bleu Cheese Dressing. Cholesterol Free. Low Sodium. All Natural. Try something new–Island Spring Bleu Cheese Dressing as sauce on pasta or cooked vegetables; as a party dip for vegetable snacks or chips; as a topping for baked potatoes; as a sauce for fish or poultry; as a sandwich spread. Its great on cold

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chicken or turkey sandwiches. For free recipes send a self-addressed, stamped envelope to Island Spring Inc." Talk with Luke Lukoskie. 1988. June 3. This is a reformulation and repackaging of their earlier tofu dressing, launched in March 1986.

8251. **Product Name:** Island Spring Organic Silken Soft Tofu.
Manufacturer's Name: Island Spring, Inc.
Manufacturer's Address: P.O. Box 747, Vashon, WA 98070.
Date of Introduction: 1987. November.
Ingredients: Water; Soybeans organically grown and processed in accordance with Section 26569.11 of the California Health and Safety Code; calcium sulfate, a natural mineral; glucono-delta-lactone.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 82, protein 8.9 gm, carbohydrates 2.6 gm, fat 5 gm, calcium 166 mg, phosphorus 120 mg, iron 1.9 mg, thiamine 0,02 mg, riboflavin 0.02 mg, sodium 6.8 mg, potassium 34.4 mg.
New Product–Documentation: Label. 1987. 5.25 by 4 inches. Blue, purple, white, and black. Moon rising over mountains and water, with two herons. "Cholesterol free. Sodium free. High protein. Lactose free. Nutritional and recipe information on back of label."

8252. Johnson, Fred. 1987. Aseptic potentials: A number of products aseptically packaged in other countries could offer sound Canadian opportunities. *Food in Canada* 46(10):24-25. Nov.
• ***Summary:*** Morinaga Nutritional Foods Inc. of Los Angeles, California, reports skyrocketing sales of its tofu products in Tetra Brik cartons. From October 1984 to September 1985 it sold 1.9 million packages. From October 1985 to September 1986, sales almost tripled. Aseptic packaging of soups, sauces, puddings, vegetable oils and dressings, soybean milk, and tofu is detailed. Address: Toronto.

8253. Legume, Inc. 1987. Quarterly report.
• ***Summary:*** Gross sales for the quarter were $370,000 and net income was minus $69,000. The same quarter last year, sales were $397,000, with a net loss of $267,000. Thus sales have dropped 7%, but losses have been cut dramatically, by about 75%. Sales "decline is attributable to the reduction in promotional activities during the period in New York supermarkets due to the lack of profitability associated therewith. During the 3 months ended Sept. 30, 1987 the company focused its efforts on introducing its new tofu chocolate bars to the specialty food trade and on reducing overhead and selling expenses. The company curtailed its extensive R&D activities..." Current liabilities decreased this quarter from $342,000 to $202,000, but they are still large. Address: New Jersey.

8254. **Product Name:** Mori-Nu Silken Firm Tofu: Soybean Curd.
Manufacturer's Name: Morinaga Nutritional Foods, Inc. (Importer). Made in Japan by Morinaga Milk Co. Ltd.
Manufacturer's Address: 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040.
Date of Introduction: 1987. November.
Ingredients: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) Tetra Brik Aseptic carton.
How Stored: Shelf stable.
Nutrition: Per ½ package: Calories 90, protein 10 gm, carbohydrate 4 gm, fat 4 gm, sodium 50 mg. Protein is 15% of USRDA.
New Product–Documentation: New Label. 1987. Shows a sun in clouds with three white squares. Colors are blue, green, and red on white. Recipe: Dill Cucumber Dip. "Our Guarantee. If you are not completely satisfied with Mori-Nu Tofu, we will replace the product. Send the empty carton, store name, location, your name and address to Morinaga... For tofu recipes: Send self-addressed stamped envelope to the above address."

Ad. 1987. East West. Nov. p. 84. "Free Tofu Recipes. Discover Mori-Nu Tofu. Always tastes just made." Ad in Natural Foods Merchandiser. Dec. p. 4. "Revolutionary Tofu. Healthier Profits with Long-Life Mori-Nu Tofu. Guaranteed Quality, Consistent Taste. As advertised in East West Journal, Vegetarian Times, Delicious, New Age, Mother Jones, Yoga Journal... Guaranteed quality for 10 months without preservatives or irradiation."

Ad in Natural Foods Merchandiser. 1988. March. p. 60. "Revolutionary Tofu. Long-life aseptic package adds convenience to guaranteed quality and consistent taste." Shows two packs of Mori-Nu next to an ordinary water-pack: "Made first, then packed in water (Ordinary)." Ad in Palate Pleasers. 1988. Vol. 6. June. p. 61. "Revolutionary Tofu. Let Mori-Nu technology solve the problem of tofu freshness." Shows packs of silken firm and soft on a wooden table in front of fruits and vegetables. p. 76-77. "The Miracle Food in a Miracle Package," with recipes for Chinese Unchicken Salad and Pumpkin Pie.

On 10 Dec. 1988 this product is on sale in a basket at Living Foods in Berkeley for $0.79 per 10.5 oz. Ad (8 by 11 inches, color) in Natural Foods Merchandiser. 1988. Nov. p. 28. And 1989. April. p. 24. Also in Whole Foods. Nov. p. 45. "A healthy market. Mori-Nu offers you higher profits and increased sales with..."

8255. **Product Name:** Mori-Nu Silken Soft Tofu: Soybean Curd.

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Manufacturer's Name: Morinaga Nutritional Foods, Inc. (Importer). Made in Japan by Morinaga Milk Co. Ltd.
Manufacturer's Address: 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. Phone: 213-728-4325.
Date of Introduction: 1987. November.
Ingredients: Water, soybeans, gluconolactone, calcium chloride.
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) Tetra Brik Aseptic carton.
How Stored: Shelf stable.
Nutrition: Per ½ package: Calories 80, protein 7 gm, carbohydrate 4 gm, fat 4 gm, sodium 10 mg. Protein is 10% of USRDA.
New Product–Documentation: New Label. 1987. Shows a sun in clouds with three white squares. Colors are red, green, and yellow on white. Recipe: Creamy Banana Date Shake. Ad. 1987. East West. Nov. p. 84. "Free Tofu Recipes. Discover Mori-Nu Tofu. Always tastes just made." Ad in Natural Foods Merchandiser. 1987. Dec. p. 4 and 1988. Jan. p. 49. "Revolutionary Tofu. Healthier Profits with Long-Life Mori-Nu Tofu. Guaranteed Quality, Consistent Taste. As advertised in East West Journal, Vegetarian Times, Delicious, New Age, Mother Jones, Yoga Journal... Guaranteed quality for 10 months without preservatives or irradiation."

Ad. 1988. "Lessons in Tofu" This striking full-page color ad ran in Vegetarian Times (Feb. p. 7, April p. 11), East West (Feb., March p. 54), Delicious, Bestways (Feb. p. 23, March p. 25, April p. 42, May p. 15), New Age Journal (March/April p. 11), etc. Contains a recipe for Strawberry Pudding Fluff and an ad for Healthy Times.

Leaflet. 1988. April. Mori-Nu presents: Lessons in tofu. 6 panels with info and 5 recipes. Leaflet. 1988. 8½ by 11 inches. "Revolutionary Tofu. Long-life aseptic tofu packaging adds convenience to guaranteed quality and consistent taste. Don't let the tofu revolution pass you by." With large color photo of 2 packs Morinaga Tofu in front of fruits and vegetables. Four page color brochure. 1988. Aug. "Shake up your day with Mori-Nu. Whip up delicious nutrition with cholesterol-free Mori-Nu Tofu and your favorite fruit." Ad in Natural Foods Merchandiser. 1988. Aug. p. 65, and Sept. p. 94. 1989. Feb. p. 15. "Shake up profits!" Shows a Mori-Nu tofu & fruit shake. Also in Whole Foods. Sept. p. 13. Oct. p. 41. Ad in Vegetarian Times. 1988. Sept. p. 3. Oct. p. 14. "Shake off cholesterol." Shows a Mori-Nu tofu and fruit shake. Ad in Vegetarian Times. 1988. Nov. p. 29. "Cholesterol-free holidays are as easy as pie." Large color photo of a no-cholesterol pumpkin pie, with recipe.

8256. Murata, Katsumi; Kusakabe, I.; Kobayashi, H.; Kiuchi, H.; Murakami, K. 1987. Selection of commercial enzymes suitable for making soymilk-curd. *Agricultural and Biological Chemistry* 51(11):2929-33. Nov. [5 ref. Eng]
• ***Summary:*** Soymilk-clotting efficiency was relatively high for proteinases originating from *Bacillus amyloliquefaciens, Bacillus subtilis, Aspergillus oryzae, A. sojae, B. thermoproteolyticus* and bromelain, but low in those of *Endothia parasitica, Rhizopus sp., Mucor miehei*, papain and trypsin. Of the enzymes investigated, proteinases showing high proteolytic activity to soymilk-protein also exhibited high soymilk-clotting efficiency. Such coagulation of soymilk-protein increased with the addition of calcium chloride or magnesium chloride to the soymilk. Address: 1,4-5. Research Development Section, Kibun Food Chemifa Co. Ltd., Takinogawa 7-38-15, Takinogawa 7-chome, Kita-ku, Tokyo 114, Japan; 2-3. Inst. of Applied Biochemistry, Univ. of Tsukuba, Sakura-mura, Niihari-gun, Ibaraki 305, Japan.

8257. Ogawa, Ikuo; Saio, Kyoko. 1987. [Processing properties of domestic Japanese soybeans]. *Shokuhin Sogo Kenkyujo Kenkyu Hokoku* (*Report of the National Food Research Institute*) No. 51. p. 15-22. Nov. [6 ref. Jap; eng]
• ***Summary:*** Domestic Japanese soybeans were analyzed for their suitability for making "packed silken tofu," crude protein solubility and yield of acid-precipitated protein from defatted soy flour and reactability with calcium.

The protein content was high in Akishirome and Fukuyutaka varieties. The fat content was high in Tamahomare, Akishirome, and Akiyoshi varieties. And the total sugar content was high in Tsukuizairai, Tamahomare and Akiyoshi varieties.

"For packed silken tofu coagulated with glucono delta lactone, hard gels were obtained with the Fukuyutaka, Okushirome, Akishirome, and Toyosuzu varieties." Crude protein content in soy milk was highly correlated with the hardness of the resulting tofu. Address: 1. Nippon Beans Co., Ltd. Research Lab., 4-18 Shinmachi-1, Hoya-shi, Tokyo 202, Japan; 2. National Food Research Inst.

8258. *Plenty Bulletin* (*Summertown, Tennessee*). 1987. Belize nutrition education. 3(4):3. Nov.
• ***Summary:*** Over the summer Majeedah Rahman, project director, trained representatives from every district of the country in basic nutrition and techniques for preparing tasty, high-protein soyfoods, including tofu and soymilk.

8259. Tofu Shop (The). 1987. This holiday season, make it Tofu Turkey (Leaflet). Arcata, California. 1 p. 28 cm. Single sided.
• ***Summary:*** Handwritten, with four illustrations: (1) The Tofu Shop, on pillars and with a tree growing overhead, at the edge of the ocean (lower left). (2) A clip-art illustration of a large turkey with tail fanned and near-side wing extended (upper left). (3) Corn plants growing in a field (upper right). (4) Santa Claus in traditional costume.

"- mmm delicious. * Stuffed, basted, baked. * Ready to eat or reheat. * Great leftovers.

"That's right folks! This year you can save the bird and eat it too! No bones about it. Special order one of our

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delicious Tofu Turkeys. They're made 100% from our own traditional-style tofu, stuffed with our own secret family stuffing. And basted and baked to a golden brown. M'good!

"This year special order a Tofu Turkey from The Tofu Shop or stop by our deli for a 'hot slice' with all the fixin's!"

The bottom half of the leaflet gives products, prices and order deadline dates. Address: 768 18th St., Arcata, California.

8260. **Product Name:** Tofutti Frutti (Non-Dairy Soy Ice Cream and Fruit Sorbet Combination Bars on a Stick) [Key Lime, Raspberry, Strawberry, Tutti-Frutti].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., (P.O. Box 1699), Rahway, NJ 07065.
Date of Introduction: 1987. November.
Ingredients: Key Lime: Water, corn sweeteners, sucrose, tofu, isolated soy protein, vanilla, cellulose gum, guar seed gum, carob bean gum, citric acid, natural flavors. Fruit ingredients: Water, corn sweeteners, sucrose, lime and lemon puree, orange and pineapple juice from concentrate, fruit pectin, locust bean gum, guar seed gum.
Wt/Vol., Packaging, Price: 2 fluid oz bar, six per box.
How Stored: Frozen.
Nutrition: Per bar: Calories 55, protein less than 1 gm, carbohydrate 13 gm, fat less than 1 gm, sodium 20 mg.
New Product–Documentation: Official Gazette Trademarks. 1987. April 14. Tofutti Fruti [sic]; Delaney. 1987. Adweek East. April. 27. The company plans to release this 90-calorie Tofutti/fruit sorbet frozen novelty at the end of May 1987. Winzeworth. 1987. Canarsie Courier (Brooklyn, NY). Nov. 19. "Quest for the perfect dessert." Mintz treated members of the B'nai B'rith lodge to "samples of Tofutti Frutti, a new kind of low-fat ice cream on a stick... The dessert has not yet been released for sale in this country." It is derived from soybeans. Soya Newsletter. 1987. Nov/Dec. Currently being test marketed in Metro New York, Seattle, Dallas, and Detroit. Four Labels. 1987. Poster. 1987. "A Cool 55 Calories." Shows four boxes/Labels of these soy & fruit popsicles. Newsday (New York). 1988. Jan. 6. Six 2-oz bars per box for $2.19. Spot in Frozen Food Age. Feb. Essence magazine (NY). June 1988. "Tofutti Fruitti [sic, Frutti] All Rutti... The creamy frozen dessert bar has only 55 calories." Jewish Press. 1988. Aug. 25. "Tofutti hits the frozen fruit bar." Tofutti Frutti.

8261. **Product Name:** "Old Fashioned" Tofutti Rugalach (Non-Dairy Bite-Sized Cinnamon-Raisin Pastry Rolls).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065. Phone: 800-225-0332.
Date of Introduction: 1987. November.
Wt/Vol., Packaging, Price: $19.95 plus shipping for over 1 lb.
How Stored: Frozen.
New Product–Documentation: Joan Michel. 1987. New York Jewish Week. Nov. 20. "Traditional Jewish touches add zest to Thanksgiving banquet." Pronounced RUG-uh-luh, this is a fantastic bite-size dessert. "These cholesterol-free, lactose free, butterfat-free wonders are sensational melt-in-your mouth pastry rolls, a perfect finale for this Thanksgiving meal." Brian Winzeworth. 1987. Canarsie Courier (Brooklyn, NY). Nov. 19. "Quest for the perfect dessert." "Soy beans also constitute an important ingredient in Rugelach, a new kind of mini-sandwich..." Made with the company's newly developed tofu cream cheese, it is pareve and contains no dairy products. Long Island Jewish World. Nov. 26. Spelled "rugalach."

8262. *Vegetarian Times.* 1987. Brother Ron's friendly foods. Nov. p. 42-44, 46, 48-50, 52. [1 ref]
• ***Summary:*** Brother Ron Pickarski, a Franciscan friar and a world class vegetarian chef, won bronze medals in both the 1980 and 1984 Culinary Olympics. Now he is testing recipes to enter in the 1988 Olympics, and writing his first cookbook titled "Brother Ron's Friendly Foods." Brother Ron is believed to be the only vegan who is also a certified executive chef, a title shared by 1,400 other American chefs. Most of his favorite recipes included in this article feature soyfoods: Alsatian onion pie (with soymilk and tofu). Primavera of vegetables (with tofu). Tofu bonne femme (with soymilk). Sweet & sour tempeh. Color photos show Brother Ron and several of his preparations.

8263. *Whole Foods.* 1987. Tofu used in Everest climb. Nov. p. 24.
• ***Summary:*** A 14-member team, attempting to put the first woman on top of Mt. Everest, is using Mori-Nu Tofu (aseptically packed) as a protein source during the expedition.

8264. *Whole Foods.* 1987. Sensational soyfoods. Nov. p. 62. [5 ref]
• ***Summary:*** This basic introduction is designed to be photocopied by natural food retailers for distribution to their customers.

8265. *Toyo Shinpo* (*Soyfoods News*). 1987. Seidai ni Pari de kenkô shokuhin ten. Oshu de nobiru tônyû [Successful health food exposition in Paris helps to introduce Europe to soymilk]. Dec. 1. p. 1. [Jap; eng+]
• ***Summary:*** Soymilk, tempeh, and tofu are becoming more popular in Europe thanks to a recent soyfoods exposition in Paris. There were soymilk desserts, vanilla and chocolate, and Cacoja's soymilk, Soja, received a lot of attention at the event.

8266. *Toyo Shinpo* (*Soyfoods News*). 1987. Ooshû demo

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tôfu buumu. Pari no kenkô shokuhin ten o mite [After a health foods exposition in Paris, will there be a tofu boom in Europe?]. Dec. 1. p. 5. [Jap; eng+]
• ***Summary:*** The expo was held in Paris from Nov. 7-9. Tofu and second generation tofu products were creating a lot of interest among people who came to the expo. Two French companies producing soymilk are Cacoja and Lima Foods. Their products are labelled Soja and Soya, respectively. Both companies plan to start marketing soymilk ice creams before summer, 1988. Lima Foods is making an effort to produce other soyfoods besides their soymilk such as soy hamburgers, desserts, salads, paté, and terine.

8267. UNI. 1987. Cheap soya is protein-rich. *Times of India* (*The*) (*Bombay*). Dec. 2. p. 19.
• ***Summary:*** For centuries soyabean has been used as an important source of protein in China and Japan. Many noted agronomists now agree that India, and other third world countries, can help to solve their food problems by taking up production of soyabeans in a big way.

Mr. Singhal, technical director of the American Soybean Association in New Delhi says that because of heavy population pressure, India cannot expect to get more than a small fraction of its total requirements from animal sources, such as fish, meat, eggs, or milk. He believes that the only answer is the soyabean, which is the best, least expensive source of proteins and fats, with a huge array of uses.

The soyabean, first domesticated in China about 3,000 years ago, "can be indigenously transformed into many protein-rich foods such as soya milk, soya paneer or 'tofu,' soya flour, soya snacks, soya dal analogues, soya meat analogues and soya sauce." Not to mention soy "ice cream."

8268. Mio, Art. 1987. Mori-Nu tofu doing well (Interview). *SoyaScan Notes.* Dec. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** More-Nu sales are good. The former package reminded too many people of a bar of soap. The new package is now out and widely advertised. Mori-Nu is now ready to enter the health foods market. The package no longer lists monoglycerides, which are still used but not required since they are a processing aid.

8269. Jacobsen, Ces. 1987. Low in calories [Tofu]. *Lahontan Valley News* (*Fallon, Nevada*). Dec. 9. p. 7. [2 ref]
• ***Summary:*** Suddenly she has been hearing a lot about tofu–serendipity. In *Women of China* she read about a book their staff had compiled titled *200 Recipes for the Tofu Devotee.* She wrote these women and they sent her a copy.

When she returned home from Japan and Korea last July, she read a long article about soybean foods titled "The Prodigious Soybean" in *National Geographic.*

When she returned from Israel, where the Kosher Chinese restaurants use tofu extensively, in her mail was a set of tofu recipes from Azumaya, Inc. She presents one of these–"Tofu with vegetables and sauce."

8270. Wilks, Andy. 1987. New developments at Walker & Wilks (Interview). *SoyaScan Notes.* Dec. 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Walker & Wilks is selling off stocks of the company's three entrees and hoping to start a new company by raising capital and going public. They may keep the old company name. He thinks the reasons for the failure of Legume's frozen entrees was, in order of importance, flavor, business management, and price. The price was mid-range, about like Stauffer's.

Note: Talk with David Sands, a reporter with the Washington Times. 1990. Feb. 2. This company has changed its name to Light Trends. They have a new president and CEO who was head of the National Assoc. of Food Distributors. Address: Silver Spring, Maryland.

8271. Tremblay, Yvon; Milon, Richard. 1987. Pioneering tofu in Quebec (Interview). Conducted by William Shurtleff of Soyfoods Center, Dec. 11. 3 p. transcript.
• ***Summary:*** Tremblay, who became a vegetarian in 1974, first learned of tofu in 1975, when a macrobiotic man from Boston taught him how to make it in Quebec. He soon began to make tofu at home in Quebec 2-3 times a week, and served it to large groups for whom he was cooking. In July 1977 he opened his first restaurant, L'Envolee, a natural food and vegetarian restaurant in Quebec City. He made tofu by hand in the restaurant and used it in a number of recipes. In 1981 he was accepted into the prestigious Society of Chefs and Pastry Chefs of Quebec. That November he and Richard Milon started a company named Les Aliments Soyabec, Inc. making tofu and baked tofu, from tofu imported from Swan Gardens in Miami, Florida. To promote these products, Tremblay wrote a recipe book in French titled *The Magic of Tofu.* In 1986 his second book on tofu, titled *Tofu,* was published. By now his first book had sold 35,000 copies. Address: 1. 5387, Fabre St., Montreal, QUE, H2J 3W6 Canada; 2. Cuisine Naturelle Johnathan, 12080 Pasteur, Montreal, H3M 2P9, Canada.

8272. Whitford, Harry M., III.; Karas, Thomas. 1987. Re: Soyastern Naturkost GmbH. Letter to William Shurtleff at Soyfoods Center, Dec. 14. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** The company has two equal owners: Bernd Drosihn handles buying, packaging, distribution to the natural foods market, and personnel. Thomas Karas handles marketing, distribution to the supermarket and commercial kitchen (foodservice) sectors, and production system development. Thomas's wife, Yin Yin, is the bookkeeper, and his sister, Sabine, is the secretary. They have 8 full time employees, and 23 employees in all. Harry Whitford, a

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third member of the management staff is in charge of R&D, sanitation, and foreign correspondence. The company got buried under an avalanche of orders after the last Anuga food show. Harry Whitford continues: "We make four kinds of tofu–natural, smoked, smoked with bell peppers and spices, and with herbs de provence. All four are coagulated with cleaned nigari, and we use exclusively controlled organic soybeans. Then we have our fresh products–tofu burgers, lentil croquettes (with tofu), spring rolls, and tofu cutlets filled with sauerkraut. My new products are mayo-type eggless tofu dressing, and tomato dressing. They both have only 23% soy oil, so they're much lighter than Nasoya's. We have several new things underway; I'll tell you about them later.

"I'm enclosing the labels you requested, and an article from the natural foods magazine *Schrot und Korn* which gives you a brief history of Soyastern." Address: Osterrather Strasse 26, 5000 Koeln 60, West Germany. Phone: 0221-170-1581 (or 2097).

8273. Whitford, Harry M., III. 1987. Re: The European tofu market. Letter to William Shurtleff at Soyfoods Center, Dec. 14. 2 p. Typed, with signature on letterhead. [Eng]

• ***Summary:*** "Holland [Netherlands]: Holland is by far the largest market and largest producer on the continent. What was once the country with the most producers is now dominated by one company–Heuschen-Schrouff. Only the company Morgenstond still produces tofu themselves. All others have concentrated on tofu based products, buying their raw materials from H-S. We estimate the total production of H-S to be at the very least 20 metric tons per week. It could run as high as 50 mt/wk. They sell huge amounts at 'dumping' prices on the Asian-shop market, and claim to make organic tofu for the bio-shops, but seeing as they refuse any control [certification] organisation to check their records on bean purchases, nobody believes that their tofu is organic.

"Great Britain: We don't have any current news about the British market.

"France: There are a couple of companies in Franca making organic tofu. Societe Soy makes tofu and soymilk products–my feeling is that they have lots of capital but not so many good ideas–I wasn't impressed by their products–mostly because their professional packaging awakens professional expectations. We don't have much information about their production amounts, and as far as I know, they distribute through natural- and healthfood channels. Then there is Sojalpe (Saint Quentin sur Isere, 38210 Tullins. France); they make 900 kg/week of soft nigari tofu using French organic soybeans (nature & progress). They're working on a line of commercial kitchen products. In contrast to Societe Soy, they are high on ideas but low on francs; and yet, they make canned tofu entrees that I found much better than similar Dutch products. Other than these, they're distribution is through natural food stores.

"Switzerland: Situation similar to Holland–the cheese has been divided up between Soyana, Galactina, Migros and Co-op. No small producers here, but instead, the greatest infiltration of conventional distribution channels (supermarkets). In contrast to the Dutch products, excellent quality and hygiene. No lack of ideas here and certainly not of franken [money] either. You probably have more information than we do–we couldn't begin to estimate the amounts produced–but it's a lot–especially considering the small population.

"Austria. Italy, Spain and Portugal: Nothing happening here. Maybe soon.

"Germany: At the time being probably the most diversified market in Europe. There is every type of tofu shop imaginable here, from tiny one man hip-handicraft traditional shops with local distribution to middle-sized factories with distribution both domestically and abroad. Nearly all of what is sold here is sold through the natural- and healthfood stores (in German: *Naturkostläden und Reformhäuser*). A fair amount is also sold to restaurants and commercial kitchens, and a few supermarkets are beginning to introduce tofu. In approximate descending order:

"Soyastern: organic nigari tofu, 7-8 metric tons (mt)/week.

"Yamato Tofuhaus GmbH, Mössingerstr. 41 7406 Mössingen-Belsen, organic calcium sulfate tofu, ca. 3-3.5 mt/week.

"Henselwerk GmbH. Mühlenstr. 5-7, Pf. 1120, 7037 Magstadt, non-organic calcium sulfate / chloride tofu. Estimate ca. 2-2.5 mt/week.

"Svadesha (Rüdinger Urban). Ostpreussen 22, 8000 München 81 organic nigari tofu, 1.2 mt/week.

"Albert Hess, Tofuhaus Tiefental [Tiefenthal], Hauptstr. 130, 6719 Lautersheim, organic nigari tofu, approx. 1 mt/week.

"Christian Nagel, Hamburger Tofumanufaktur, Oesdorfer Landstr. 4, 2000 Hamburg 52, organic nigari tofu, 900 kg/week.

"Byodo Naturkost GmbH, Hirshbergstr. 9, 8000 München 19, organic nigari tofu, 400-500 kg/week.

"Atlantis, J.J. Lilienthal, 6450 Bruckköbel, organic nigari tofu, 300-400 kg/week.

"Thomas Jakobi, Fürstenbergstr. 87, 7750 Konstanz, organic nigari tofu. ca. 200 kg/wk.

"So, that's a look at things here... It would be quite interesting to hear what you know about Heuschen-Schrouff." Address: Osterrather Strasse 26, 5000 Koeln 60, West Germany. Phone: 0221-170-1581 (or 2097).

8274. Santa Cruz, Diego. 1987. Soyfoods in Chile (Interview). *SoyaScan Notes*. Dec. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Diego just returned from 1 month in Chile. The only activity he saw related to soyfoods was by Dr. Eduardo

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Barriga at Chanalfonso outside Santiago. He is making tofu and donating some of it to the "Ollas Communes," or common pots for the poor. He is also trying to introduce tempeh. Diego is considering starting production of soyfoods in Chile. Address: San Rafael, California. Phone: 415-465-1045.

8275. United Press International (UPI). 1987. Almonds work wonders with tofu (News release). *National Wire.* Dec. 16.
• ***Summary:*** Gives a recipe for Crisp Almond Tofu with Fragrant Dipping Sauce, which calls for ¼ cup whole blanched almonds and ½ cup coarsely ground almonds.

8276. *Times of India* (*The*) (*Bombay*). 1987. Company news: Amit International. Dec. 28. p. 11.
• ***Summary:*** Amit International is introducing soyabean based paneer [tofu] in the Bombay market. This food product, which is rich in protein and free of cholesterol, is made with the help of Japanese equipment and knowhow [know-how]. The digestion rate, claimed to be 95%, is comparable with that of egg, milk-paneer, meat, fish, and dairy products.

The product, which is manufactured by Mishra Soya Food Products, sells for less than paneer made from milk. Mishra's plant, located at Vasai, Bombay, is capable of producing about 3 tonnes of paneer per day; this can be doubled as the market expands. The company expects a demand of about 8 tonnes per day in Bombay alone, including the demand from hotels. The tofu equipment, which cost Rs. 70 lakh, was imported from and set up on the site by Takai Tofu Mfg. Company of Japan, which commands about 80% [sic] of the world market for soy paneer equipment. The first year's turnover [sales] is expected to be about Rs 90 lakhs [Rs. 9,000,000].

Note: It appears that the product has not yet been launched / introduced commercially. In India at this time it was quite common to announce, with great fanfare, products that were about to be launched or were being launched.

8277. *Los Angeles Daily Journal.* 1987. Tofu manufacturer settles lawsuit. Dec. 29.
• ***Summary:*** Tan Tan Tofu, a tofu manufacturer in San Diego (4010 54th St. Phone: 619-265-2055), last week agreed to pay $2,000 in costs and penalties and comply with state sanitary laws. The San Diego City Attorney, through the Consumer Fraud Unit, sued the company for allegedly violating the state's sanitary manufacturing procedures, and for failing to list as ingredients all artificial flavorings, coloring, or chemical preservatives, and for failure to keep the manufacturing facility in clean, healthy, and sanitary condition. The company has agreed to clean up its act.

8278. Rose, Richard. 1987. The U.S. soyfoods industry and market: Where we are and where we're going (Interview). Conducted by William Shurtleff of Soyfoods Center, Dec. 29. 4 p. transcript.
• ***Summary:*** Major developments: The growth and marketing of Jofu, inability of soy yogurts to take hold, continued domestic growth in production of soymilk, decline of Tofutti, increase and proliferation of soy cheeses, increased legitimization of soyfoods in the mass market. The future: Growth in use of aseptic tofu like Morinaga's, increased use and recommendation of soyfoods in special diets, use of tofu in new products such as baked goods, Big Foods getting into soyfoods, more use of tofu in foodservice. Then discussion of what he would do if he was hired by a major American food company and given a $50 million budget and a research staff. Address: President, Rose International, P.O. Box 2687, Petaluma, California 94953-2687. Phone: 707-778-7721.

8279. Weinreb, Sam; Martin, Shelly. 1987. Tofu in New York City (Interview). *SoyaScan Notes.* Dec. 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Sam: Tofu has become a lost leader in New York City health food stores, sold at a small markup. He makes 1,800 lb/week of tofu including round tofu. He is supported by the co-ops, and is surviving out of sheer stubbornness and because he thinks what he is doing is important.

Shelly: The New York City health food industry is being taken over by the Koreans. They keep their stores open 24 hours a day and pay low or no wages (as to family). They are hard for a manufacturer to do business with. Soy Source has its soy sauce specially made by Wajashan. Address: 1. Local Tofu, West Nyack, New York 10994; 2. Appropriate Foods / Soy Source.

8280. Amit International. 1987. Display ad: Tofu-Paneer: Introducing for the first time in Bombay. *Times of India* (*The*) (*Bombay*). Dec. 30. p. 18.
• ***Summary:*** The top one-third of this ad is white lettering and graphics on a black background. A cartoon character, with a soybean-shaped head (smiling), a chef's hat on top, plus arms and legs, stands next to a sort of white menu. The six lines read: "Protein rich. Easily digestible. Low-calorie. Cholesterol-free. Made for delicious cooking. Veg-wonder."

The body of the ad reads: "You have always been reserving paneer for special occasions because of its inhibitive [high] price.

Now make everyday a special protein-filled day for everyone at home as new Tofu-Paneer, a low-priced, pure vegetarian, cholesterol-free substitute is here in your city, set to take the paneer market and your dining table by storm."

A large table gives a (sort of) 7-point nutritional comparison of Tofu-Paneer and "conventional animal milk paneer." Cholesterol: Free vs. high. Allergy: Absent vs. occasional. Price per kg. Rs. 25/- vs. Rs. 40/-.

"Made with Japanese equipment and technology.

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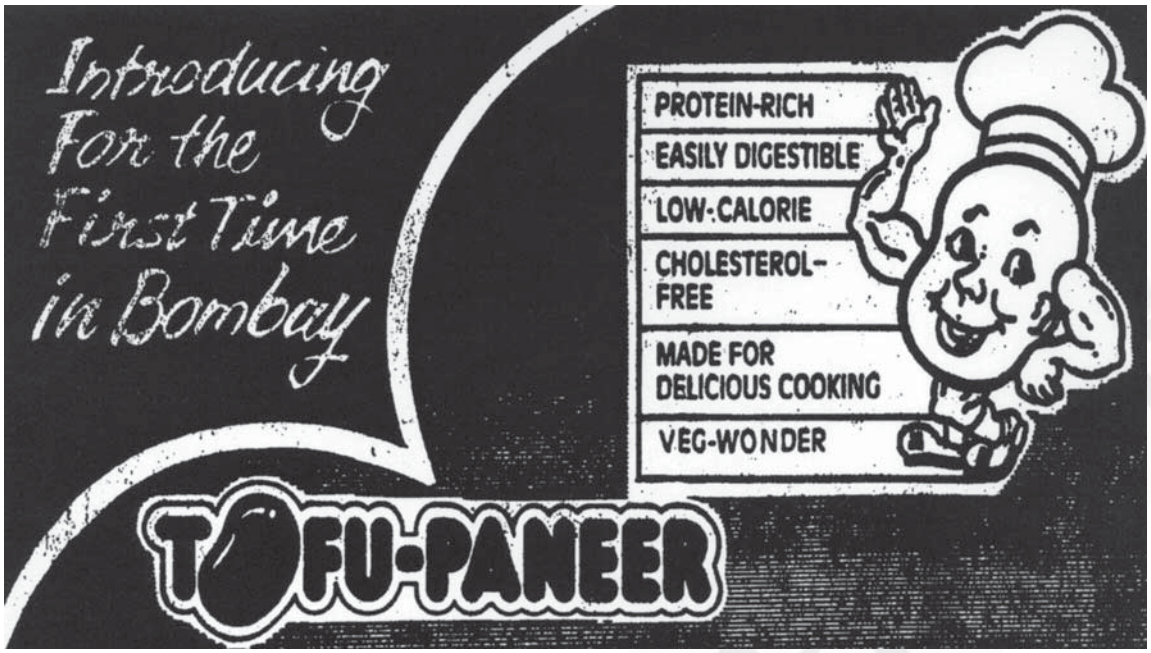

"Available in 200 gms. pack at all the Retail Shops / Stores at Rs. 5/- per pack (inclusive of all taxes)."

Note: This is the earliest ad for tofu seen in the *Times of India*. Address: Sole distributors for Bombay, 384-M, Dabholkarwadi First Floor, Kalbadevi, Bombay–400 002. Phone: 312694, 294302, 295594.

8281. *SoyaScan Notes.* 1987. Chronology of soybeans, soyfoods and natural foods in the United States 1987 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jan. Westbrae moves the production of Malteds to California from Japan.

Jan. The Soy Plant, a tofu cooperative in Ann Arbor, Michigan, files for Chapter 7 bankruptcy. It is soon purchased by Bruce Rose of Rosewood Products, Inc.

Feb. *Soya Newsletter*, a 12-page, bimonthly publication costing $96/year, is launched by Soyatech of Bar Harbor, Maine. Publishers are Peter Golbitz and Sharyn Kingma, former owners of Island Tofu Works. The publication quickly proves itself to be the world's best English-language publication on soyfoods. By October, paid circulation tops 900 in 20 countries.

Feb. American Soybean Association petitions the U.S. Food and Drug Administration to require food manufacturers to be more specific in labeling food products that contain highly saturated imported tropical fats (palm, palm kernel, and coconut oils). The petition includes results of a supermarket survey of 1,555 foods containing vegetable oils. 43% of the labels list multiple choice or generic vegetable oil ingredients which hides from the consumer the fact that the products contain highly saturated tropical fats. Imported tropical fats displace the equivalent of oil derived from 171 million bushels of soybeans. Herewith begin the great "Fat Wars" of 1987-88.

Feb. Lite Lite Tofutti introduced by Tofutti Brands, Inc. This non-dairy frozen dessert contains only 90 calories per 4-ounce serving. It soon becomes a big hit.

Feb. Ah Soy in Tetra Brik cartons launched by great Eastern Sun.

Feb. Options trading on futures for soybean oil and meal opened on Chicago Board of Trade.

March 4. The Federal Grain Inspection Service rules that soybean oil may be used to control grain dust in elevators. This voids the Barnham patent and opens up a large potential new market for soy oil, which is in surplus.

March. Great Shake soymilk launched by Noble Soya in India. Sold in Tetra Brik cartons in mango, strawberry, and chocolate favors, it is the country's most heavily promoted soymilk to date, but gets off to a slow start.

March 16-18. First International Congress on Vegetarian Nutrition held in Washington, D.C., sponsored by eight Seventh-day Adventist universities and health care organizations, and three SDA food companies, plus S.E. Rykoff/Sexton.

March. *Vitasoy Vitabrations*, a newsletter, starts being published by Vitasoy USA.

March 31. Hong Kong Soya Bean Products Co. Ltd., makers of Vitasoy, move into a large new plant (370,000 square feet costing $20 million) in the New Territories. Sales of Vitasoy in 1987 is projected to be 126 million packs.

April 1. Tempehworks, Inc., America's first major tempeh producer from Greenfield, Massachusetts, changes its name to Lightlife Foods, Inc. In recent years, Tofu Pups have become the company's bestselling product.

April. Stir Fruity, a non-dairy, nonfermented, soy-based

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yogurt, is introduced by Azumaya Inc. of San Francisco. Shelf life problems cause the product to be withdrawn, causing Azumaya to set aside plans for an $800,000 radio ad campaign in northern California. The product is soon back on the market, but in limited distribution and with little promotion. Yet during this year, Azumaya probably passed House Foods & Yamauchi to become America's largest tofu producer.

April. *Healthy Times,* a bimonthly newsletter, starts being published by Morinaga Nutritional Foods of Los Angeles, makers of Mori-Nu long-life silken tofu, for members of the Mori-Nu Health for Life Club. By Aug. 1988 circulation is up to 10,000; A subscription costs $3 a year.

May 26. Tofutti Brands Inc. and Coca-Cola launch Cheater's Delite, a major joint promotion featuring a 90-calorie scoop of Lite Lite Tofutti and a 1-calorie glass of Diet Coke, special labeling and couponing on 3 million bottles of Diet Coke, 5 weeks of heavy advertising in New York, New Jersey and Connecticut, and a Caribbean cruise sweepstakes.

June. Dr. Jane Gleason of the University of Illinois goes to Sri Lanka to spend a year studying its soybean and soyfoods industries.

July 1. Ralston Purina Co. of St. Louis, Missouri, establishes Protein Technologies International as a wholly-owned subsidiary to focus on sales of soy protein for food uses. The company's sales of soy protein products were $139.8 million in 1986.

July. Victor Food Products in Toronto, Canada's largest tofu manufacturer, declares bankruptcy. The main cause: Overexpansion, trying to grow too fast.

Aug. The Barat Bar, an upscale chocolate bar containing spray-dried tofu instead of dairy products, is launched by Legume Inc. and extensively promoted. It soon becomes a big hit.

Aug. Brightsong Foods of Petaluma, California, ceases operations. Richard and Sharon Rose resign to found a new company, Rose International, which will be a tofu development, marketing, and consulting company, rather than a manufacturer.

Sept. 24. San-J International of Richmond, Virginia, dedicates the first tamari brewery ever built outside of Japan. The 40,000 square foot facility with a capacity of 1 million gallons a year is located in Varina, Virginia. San-J tamari was first imported to America in 1979.

Sept. 28. Plenty Soya Centre, run by Plenty Canada, opens in Kandy, Sri Lanka. They will sell as many soyfood products as possible at a reasonable cost.

Oct. 6. Anti-cholesterol campaign starts. The U.S. Federal Government and more than 20 health organizations issue the nation's first detailed guidelines for identifying and treating people whose blood cholesterol levels are more than 200 mg per deciliter. The guidelines signal the beginning of a nationwide health promotion campaign designed to reduce blood cholesterol to safer levels. This signals exciting new opportunities to market cholesterol-free soy-based alternatives to meat.

Nov. *Kikkoman Taste,* a stylish full-color "quarterly intercultural forum for the exchange of ideas on food," published by Kikkoman Corp. in Tokyo. Its focus is on shoyu in international cuisine.

* During this year of the great vegetable oil wars, the ASA launched an all-out no-holds-barred campaign to educate Americans of the health dangers of tropical fats (palm and coconut oil; which succeeded) and to require such products to be clearly labeled (which failed).

* This year the world's population passed 5 billion. It is increasing by a record 80 million people a year, so that every 3 years the equivalent of one United States' full of people is added to the population of planet Earth. Continued.

8282. *SoyaScan Notes.* 1987. Chronology of soybeans, soyfoods and natural foods in the United States 1987 (Continued) (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued. 1987 New Trends:

Rapid Rise in the Number of New Products in America. During 1987 more than 735 new soyfood products were launched worldwide, including at least 380 in the USA. Many of the most successful products are all-American and fun to eat: Ice creams, burgers, hot dogs, salad dressings, chocolate bars. This is part of the larger trend of the Americanization of soyfoods. Most of the growth has been in the traditional low-tech sector, including tofu, tempeh, soymilk, miso, soy sauce, soynuts, plus modern dairylike products such as soy ice creams, yogurts, and cheeses, all developed by the soyfoods movement. A growing percentage of these products are second generation products, which could also be called convenience prepared or value added products.

Growth of Consumer Awareness of Soyfoods in America. Ten years ago, perhaps 1% of Americans had heard of tofu, soymilk, tempeh, or miso. Today, probably 50% of Americans are aware of these foods. In 1987, for example, the Soyfoods Assoc. clipping service received a total of 1,587 clips on soyfoods. That is 132 articles a month, way up from 5 years ago.

Increasingly Positive Image of Soyfoods in the Western World. Generally speaking, from about 1945 through the 1960s, soy had a negative image in foods. The became neutral during the early 1970s. During the late 1970s and early 1980s, with the rise of the soyfoods movement and the growing sophistication of modern soy protein products (isolates, concentrates) soyfoods gradually developed a positive image. The Gallup Poll of 1977 was an early indicator of this. By the mid-1980s tofu had become a "hot ingredient." Companies deliberately added it to a product (or at least to the label) to help sell the product. Yet the Roper

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poll of late 1986, which found tofu to be America's most hated food, may indicate a tarnishing of this image.

Growing Interest of Larger Food Companies in Soyfoods. One indication of this trend is that *Soya Newsletter,* targeted at these companies and selling for $96/year, has over 900 paid subscribers.

Continued Decline of Red Meat. This year consumption of poultry in America passed that of beef for the first time in history. Beef had been king for 3 decades. Before that, pork was king. A pound of chicken has one-fourth as much saturated fat as beef and takes much less grain, water, and energy to produce.

INTSOY Becomes a Major Force Worldwide Developing and Promoting Soyfoods. Working with other international (IITA, AVRDC) and national soybean programs, and doing pioneering research on fresh green soybeans, extrusion cooking, and use of expellers for small-scale oil expression etc., INTSOY has become as effective in its new role (since 1985) of focusing on soybean utilization as it was before that when its major emphasis was on variety development and production.

The Competitive Position of the U.S. Soybean Industry is Slipping. Farmers in Brazil and Argentina can now produce soybeans at much lower cost than their American counterparts. This plus extensive subsidies have led to a dramatic drop in U.S. exports of soybeans and products since their peak in 1981. A major part of the problem is linked to the Latin American debt crisis, which surfaced in the early 1980s and forced debtor nations to export at all costs. This debt crisis (especially by Brazil, Argentina, Mexico, and Venezuela) is now being called the most serious problem facing U.S. agriculture.

Soybean Research Increasingly Shifts from Production to Utilization. Traditionally research focused on increasing production and yields. New efforts are designed to develop new markets instead of larger surpluses.

Big Increase in Breeding Soybeans for Food Uses. This is part of a larger trend toward value added products and toward finding new market niches for American soybeans, especially for foods in Japan.

Revival of Interest in Industrial Uses of Soybeans. The main interest is in new ways to use soy oil, of which there is a large surplus that depresses soybean prices. Promising applications include soy oil for printing inks, dust suppressants, and diesel fuels. The largest interest in industrial uses occurred during 1932-42, when the Chemurgic movement and Henry Ford sought to find industrial uses for all farm crops. Hence, there is a rebirth of interest in Henry Ford's work with soy.

Major Growth of Interest in Soybeans and Soyfoods in Africa. Excellent work by IITA in Nigeria and various national soybean programs (as in Egypt, Zimbabwe, and Zambia) have allowed this relatively new crop to reach the takeoff stage. Decreasing per capita food supplies and growing understanding of the nutritional benefits of soyfoods are sparking new interest.

Continued Rise of Soybean Production in Europe. The largest producer, Italy, which produced almost no soybeans as recently as 1983, harvested a record 1.3 million tons in 1987. France is second largest. All production is heavily subsidized.

Omega-3 Fatty Acids Hit the Headlines. Soy oil is a rich vegetable source of these fatty acids which are thought to have a beneficial effect on the cardiovascular system.

Nutritional Spotlight Increasingly Shifted onto Fats, Away from Proteins. During the past few years fats (and especially cholesterol and saturated fats) have come to be seen as the leading problem nutrient, the bad guy, in the American diet. There is a new respect for complex carbohydrates (especially whole grains), which used to be called "starches" and were considered fattening.

New, More Complex View of Oils and Fats Becomes Popular. High cholesterol levels are considered more dangerous than ever, but equally important are the various cholesterol-carrying proteins in the blood. Two kinds (low and very low density lipoproteins) promote cholesterol deposits in the blood, while high density lipoproteins (HDLs) cleanse the blood vessels of fatty deposits. Moreover, saturated fats are considered at least as much of a problem as cholesterol.

So-Called Antinutritional Factors in Soybeans are Increasingly Seen as Having Benefits as Well. Trypsin has been shown to help prevent cancer. Saponins help reduce serum cholesterol. Isoflavones have antioxidant activity that may suppress breast cancer. This indicates that we may need a new term to categorize these substances that offer both benefits and disadvantages.

The Link Between Diet and Health Continues to Grow Stronger, among both scientists and the general public.

Interest in Exercise and Health Still Strong. Several years ago some experts saw this trend waning, but it now seems to be rebounding. For example, there were 21,244 finishers in the New York Marathon (including 3,689 women). Compare this with 12,512 finishers (1,621 women) in 1980 and 55 finishers (no women) in 1970.

Books on Tofu. Since 1974, at least 60 books on tofu (having the term "tofu" in the title) have been published in North America and Europe. Peak publication years were 1981 and 1982. By language, 46 of the books were in English, 7 in French, 4 in German, and 1 each in Italian, Portuguese, and Swedish.

Inactivity of the Soyfoods Association of America now becoming a major constraint on growth of soyfoods in the USA, at a time when interest is at an all-time high. Leadership is needed.

Rise of Canola (Rapeseed) Oil. It looks as if soy oil may have another serious competitor (in addition to palm oil) in future years. Canola contains less saturated fat than any other

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popular vegetable oil. Only 6%, versus 9% for safflower oil and 15% for soy oil. Lard has 41%, palm oil 51%, and butterfat 66%.

8283. **Product Name:** Birchwood Original Tofu [Plain, Herb, Garlic, Natural Smoke].
Manufacturer's Name: Birchwood Health Products.
Manufacturer's Address: Unit 1D, Alyn Industrial Estate, Llay Hall, Wrexham, Clwyd, Wales, UK. Phone: (0978) 761833.
Date of Introduction: 1987. December.
Ingredients: Garlic: Water, whole soya beans.
Wt/Vol., Packaging, Price: 250 gm paperboard box. Vacuum packed and pasteurized.
How Stored: Refrigerated.
Nutrition: 72 kcal per 100 gm.
New Product–Documentation: Label. Best before 24 Dec. 1987. Paperboard box. 5.5 x 4.25 by 1.25 inches. Blue, red, green, and tan on beige. Color illustration shows pieces of tofu on and by Chinese ceramics with garlic, mushrooms, and tomatoes. "High Protein Soya-Bean Curd." Recipes on back for deep-fried delights, marinades, and desserts. Ad in The Vegan. 1988. Spring. p. 21. "TrueHealth Soya Products... No animal contents. High in protein. Low in carbohydrates. All essential amino acids." Ad shows Labels. Letter from D. Horbury. 1988. "This company was formed upon the demise of the Bean Machine, so the tofu is exactly the same..."

Letter from Neil Robinson. 1989. Aug. 7. The three major tofu products in Britain, as far as I know, are (1) Tofeata Tofu by Haldane Foods (Hera), Leicester, England; (2) Cauldron Foods, Bristol, England; (3) Truehealth Tofu by Birchwood Foods, Wrexham, Wales.

8284. Boughton, Noelle. 1987. Tai Foods tries for tofu converts. *Small Business* (*Canada*). Dec. p. 12, 14.
• ***Summary:*** Nancy Tai, Taiwanese by birth, started making tofu in her own kitchen in 1982 for her husband who was allergic to dairy products. In 1985 the Tais moved to Winnipeg and in June 1985 incorporated Tai Foods Inc. Her startup costs were $200,000. In April 1986 she began production of tofu and Tofu Treat (a non-dairy frozen dessert) in 3 flavors. She uses 1,250 kg of soybeans a month. In 1986 Tai Foods had gross sales of $100,000 with 4 employees. This is expected to rise to $150,000 in 1987. Address: Winnipeg, MAN.

8285. Brown, Judy. 1987. Tempeh sales plateau in natural foods market. Marketers looking at new varieties and product areas for growth. *Soya Newsletter* (*Bar Harbor, Maine*). Nov/Dec. p. 1, 8-9. [2 ref]
• ***Summary:*** White Wave (Boulder, Colorado), which projects sales of $2 million for all products in 1987, produces 15-20,000 lb/week of tempeh, making the company America's largest tempeh producer. Tempeh products under the White Wave label include Soy, Soy-Rice, 5 Grain, Quinoa, Amaranth, Lemon Broil, Tempeh Burgers (two styles) and Sea Vegetable Tempeh. The Soyfoods Unlimited line includes Soy, 3 Grain, 5 Grain, Burgers, and Cutlets. Lightlife Foods (Greenfield, Massachusetts) is the second largest, producing 7,690 lb/week [up 40% over Jan. 1984]. The company's line has diversified from standard Soy Tempeh and 3-Grain Tempeh to Soy with Caraway, Quinoa, Sesame, Garden Vegetable, Macro Power, Fakin' Bacon, and Tempeh Burgers. Lightlife's sales of all products was $800,000 for 1987, projected to rise to $1.2 million for 1988. The decision to diversify from tempeh only products was made after the company's tempeh sales plateaued in 1983. Competition became severe and supply outgrew demand.

Appropriate Foods (Brooklyn, New York) notes that "sales surged between 1980 and 1984, but have since flattened out." Brown estimates that "approximately 2 million lb of tempeh will be produced in the U.S. in 1987, with manufacturers' sales pegged at $2.7 million and retail sales at around $5 million." These sales and production figures show no growth in the industry since Soyfoods Center did its survey of manufacturers in early 1984. Average retail prices for an 8-oz package of plain soy tempeh ranged from $1.00 to $1.30; for multi-grain varieties from $1.10 to $1.40; and for burgers and newer exotic products from $1.30 to $1.70... The top two tempeh producers are confident of the marketplace and believe strongly in the potential of tempeh.

8286. *Dairy Foods.* 1987. Something new from the soybean: Tofu maker [Azumaya] hopes Stir Fruity will be the 'yogurt of the future.' 88(13):27. Dec.
• ***Summary:*** Stir Fruity, a "tofu-based yogurt-like product," is made from a soymilk base in a proprietary process that Azumaya spent 4 years and $500,000 perfecting, explained marketing director Jill Mizono. Azumaya introduced Stir Fruity in February 1987 and quickly gained distribution in Safeway and Lucky supermarkets in northern California. Soon after introduction, however, shelflife problems forced Azumaya to pull the product from both chains. The problem was traced to Azumaya's recently installed clean room, and fixed. The product now is back to a 40-day shelflife. Production was never completely discontinued.

Azumaya is now selling Stir Fruity to foodservice operators in and outside of California and test marketing it at grocery stores throughout the USA. Customers give Stir Fruity high marks for its custard-like texture and non-beany taste; 75% of San Francisco area consumers who sampled Stir Fruity said they would buy it. Most soy-based yogurts, except Stir Fruity and Jofu, are targeted to the health-food market. Photos show Stir Fruity in packages (cups) and a parfait glass, surrounded by fruits. Address: Chicago, Illinois.

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8287. deMan, L.; deMan, J.M.; Buzzell, R.I. 1987. Composition and properties of soymilk and tofu made from Ontario light hilum soybeans. *Canadian Institute of Food Science and Technology Journal* 20(5):363-67. Dec. [16 ref. Eng; fre]
• ***Summary:*** Soymilks made from 17 soybean cultivars grown in Ontario were analyzed for protein, oil, fiber, sugars and mineral content. Bean curd (tofu) was made from the soymilk using calcium sulfate as a coagulant. Hardness of the beans, soaked beans and tofu was measured by use of an Instron Universal Testing machine. All soybeans produced tofu of good texture. Address: 1. DeMan Food Technology Services Inc., Guelph, ONT, N1H 6B5, Canada; 2. Dep. of Food Science, Univ. of Guelph, Guelph, ONT, N1G 2W1; 3. Agriculture Canada, Research Station, Harrow, ONT, N0R 1G0, Canada.

8288. *Food Protection Report.* 1987. Refrigeration is a problem with water-packed tofu. Dec. p. 5. [3 ref]
• ***Summary:*** USDA researchers have identified four pathogens, including salmonella, that will grow in water-packed tofu unless it is refrigerated at 41ºF (5ºC) or below. An aseptically packaged type of tofu is available [Mori-Nu]. For technical information contact Dr. H.L. Wang at USDA or Morinaga Nutritional Foods in Los Angeles.

8289. Fragrant Vegetable (The). 1987. December. New soyfoods restaurant or deli. 11859 Wilshire Blvd., West Los Angeles, CA 90025.
• ***Summary:*** Wayne Potter. 1988. May 5. Good Life (Santa Monica, California). "Fragrant Vegetable: Even if you don't like tofu, you'll love this place." Located in West Los Angeles for the past 6 months, it is run by partners S.T. Cheung and Julie Hau, and features gourmet Chinese vegetarian cooking. It started originally in Monterey Park. "In the hands of chefs Cheung and Michael Choe, the humble tofu is transmogrified into dishes of princely quality, and suddenly I found myself gobbling with gusto what I would ordinarily ignore." Address: Los Angeles, California. Phone: 213-312-1442.

8290. Golbitz, Peter. 1987. 1987 new product count: At least 217 new soyfood products for retail sale. *Soya Newsletter* (*Bar Harbor, Maine*). Nov/Dec. p. 3.
• ***Summary:*** Of the 217 new products, the leaders in the 8 product categories were Nondairy Frozen Desserts (50), Entrees (44), Beverages (35), Snacks/Desserts (35), Cheese Alternatives (19), Frozen Entrees (17), and Condiments (16). The leaders among the 8 primary soy ingredients were tofu (133), soymilk (32), textured soy protein (19), isolated soy protein (12), soynuts (10), tempeh (6) and miso (1). Tofu was the only primary soy ingredient used to make at least one product in all categories. A complete listing of these products broken down by primary soy ingredient and by category, and which also lists flavors, company name, city, and state, is available from Soya Newsletter for $25 (or $35 in Canada). Address: Soyatech, Bar Harbor, Maine.

8291. Golbitz, Peter. 1987. Soya interview: Bill Shurtleff, noted soyfoods author, speaks on the trends and future of soyfoods. *Soya Newsletter* (*Bar Harbor, Maine*). Nov/Dec. p. 4-5.
• ***Summary:*** Shurtleff sees seven positive trends showing that the soyfoods industry is in a healthy growth pattern: 1. The remarkable growth in the number of new soyfoods products, 273 to date in 1987. 2. The increasing quality of these products and the sophistication with which they are marketed. 3. The growing consumer interest in soyfoods as reflected in the steady increase in media coverage. The SAA clipping service has received 1,145 clips on soyfoods so far this year. 4. The increasingly positive image of soyfoods in the Western world (though a Roper poll in mid-1986 found tofu to be America's "most hated" food). 5. The growing scientific and consumer awareness of the health dangers of the standard American meat-centered diet. 6. The increasing interest in natural foods, in vegetarianism, and in reducing consumption of red meat. 7. The historically unprecedented extensive and positive coverage given to dairylike soyfoods by dairy magazines. He also discusses the probable effects of a large food company, such as Kraft, starting to make and market tofu aggressively. Address: Soyatech, Bar Harbor, Maine.

8292. **Product Name:** Living Foods Tofu Dressings [Cool Italian, Hearty Herb, Spicy Mexican, or Tofunaise].
Manufacturer's Name: Living Foods (Importer). Made in The Netherlands by Witte Wonder.
Manufacturer's Address: P.O. Box 66, Chichester, W. Sussex, England.
Date of Introduction: 1987. December.
New Product–Documentation: The Vegan. 1987. Winter. p. 14. "Shoparound: Lis Howlett surveys the latest vegan products." "Make way for a new range of really delicious tofu dressings from Living Foods."

8293. Miskovsky, Anna; Stone, Martha B. 1987. Effects of processing on curd yield and nutrient composition of rapid hydration hydrothermal cooking and traditionally processed soymilk and soybean curd. *J. of Food Science* 52(6):1542-44. Nov/Dec. [20 ref]
• ***Summary:*** Soymilk processed by a modified "rapid hydration hydrothermal cooking" (RHHTC) method (developed by J.J. Hung, 1984) had higher thiamin and protein concentration than traditionally extracted soymilk. Traditional tofu had higher protein and fat and lower carbohydrate and ash concentration than RHHTC curd. Variation in amino acid composition occurred in soymilk and tofu varieties. RHHTC tofu had lower yields than traditional

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tofu. Address: 1. Henningsen Foods Inc., Omaha, Nebraska 68144; 2. Dep. of Foods & Nutrition, Kansas State Univ., Manhattan, Kansas 66506.

8294. Miskovsky, Anna; Stone, Martha B. 1987. Effects of chemical preservatives on storage and nutrient composition of soybean curd. *J. of Food Science* 52(6):1535-37. Nov/Dec. [11 ref]
• ***Summary:*** Tofu was immersed in acetic acid and potassium sorbate + acetic acid solutions, which served as chemical preservatives, but had little effect on its nutritional quality during storage at 4-7ºC for 21 days. The vitamins thiamin and riboflavin decreased during storage, as they leached into the solution. After 14 days, tofu protein decreased and carbohydrate increased. Decreases in proline and arginine occurred after 14 days storage but no losses were found in tofu's other amino acids. Address: 1. Henningsen Foods Inc., Omaha, Nebraska 68144; 2. Dep. of Foods & Nutrition, Kansas State Univ., Manhattan, Kansas 66506.

8295. Morinaga Nutritional Foods, Inc. 1987. Mori-Nu Tofu recipe cards. 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040.
• ***Summary:*** Morinaga has four cards, each 3 by 5 inches, each with one recipe on the front and another on the back. They are printed in a color ink on a pastel background, and were found displayed in a small plastic rack near the Yves meat alternatives at Safeway supermarket in Lafayette, California.

The recipes are: BBQ burger kebabs. Mushroom caps. Mexican burritos. Shepherd's pie. Veggie lasagna. Veggie sloppy joes. Address: Los Angeles, California.

8296. **Product Name:** Organic Tofu [Plain, or Smoked], Tofuburger, and Organic Tempeh.
Manufacturer's Name: Oasis Wholefoods.
Manufacturer's Address: Unit 3C, Dart Units, Steamer Quay Rd., Totnes, South Devon TQ9 5AL, England. Phone: 0803 863167.
Date of Introduction: 1987. December.
New Product–Documentation: Note from Simon Bailey. 1988. Oct. 10. Formerly Lifestream Wholefoods, owned by Francis Checkley, this business was sold in Dec. 1987 to Mr. I.J. Mohammed.

Letter from I.J. Mohammed. 1991. Sept. 9. He makes tofu, tofu burgers, tempeh, miso, breads and cakes on a community scale. He has been making these foods for the last 5 years, all by hand.

8297. **Product Name:** Tofunaise, and Tofu Dressings [Mexican-Style, Herb, or Italian].
Manufacturer's Name: Organic Trading Co. (Importer). Made in The Netherlands by Witte Wonder.
Manufacturer's Address: 10a St. George's Place, Brighton, E. Sussex, BN1 4GB, England. Phone: 273-571772.
Date of Introduction: 1987. December.
Wt/Vol., Packaging, Price: 300 gm glass jar retails in England for £1.29.
How Stored: Shelf stable, 12 month shelf life. Refrigerate after opening.
New Product–Documentation: Simon Bailey. 1988. Natural Choice. Aug. 15. "Soya-Based Products." A photo shows the Label. CSP form filled out by Simon Bailey. 1988. Sept. 28.

8298. **Product Name:** Tofu Kit.
Manufacturer's Name: Pressing.
Manufacturer's Address: Box 72, Vermontville, NY 12989.
Date of Introduction: 1987. December.
New Product–Documentation: Leaflet. The 9.5 by 7.25 x 7 inch pine wood press costs $24.50. Soybeans and nigari are extra.

8299. Shurtleff, William. 1987. Breeding and marketing soybeans for food uses: The basic approach. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549. 4 p. April. Unpublished manuscript. [1 ref]
• ***Summary:*** There are four key components in developing a program to become a leading supplier of soybeans to the soyfoods industry: Information, specifications, research & development, and education. Details of a computer data entry screen and suggestions for four computer-generated graphs are given. Includes notes on a talk with Jon Cloud of Soy City Foods in Toronto concerning his long-term work in developing soybean varieties for food uses, and with the Organic Crop Improvement Association. Address: Soyfoods Center, Lafayette, California.

8300. *Soya Newsletter* (*Bar Harbor, Maine*). 1987. SAA committee developing Seal of Approval for soyfoods. Nov/Dec. p. 10. Also in Natural Foods Merchandiser. 1988. Jan. p. 4.
• ***Summary:*** The Soyfoods Association of America's Seal of Approval Committee, formed in March 1987, met in October in Philadelphia. Present were Steve Snyder of Vitasoy (Chair), Peter Golbitz of Soyatech, John Paino of Nasoya Foods, and Judy Walker, SAA executive director. The seal will be available for manufacturers and marketers of soyfoods to use on labels and promotional materials.

8301. *Soyanews* (*Sri Lanka*). 1987. Plenty Soya centre opens in Kandy. 9(2):1-2. Dec.
• ***Summary:*** "One of the main objectives of the project is to have the Soya Centre act as a central point from which all of the soya products available in Sri Lanka can be obtained at a reasonable cost and in consistent supply. Another major objective is to assist community groups and small

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businessmen to set up their own small scale soya processing operations." The opening took place on 28 September 1987. Mr. Ian Taylor of Plenty Canada is the director.

"This is the first stage of a five year soya promotion project funded by the Canadian International Development Agency (CIDA) and implemented by Plenty Canada in collaboration with the Soybean Food Research Centre (SFRC) at Gannoruwa and various local non-governmental agencies." The Soya Food Centre is equipped to manufacture a wide range of soya based products including ice cream, stuffed rotis, soya watalappam, fresh as well as dried tempeh and cutlets. One of the main objectives of the project is to have the Soya Centre act as a central point from which all of the soya products available in Sri Lanka can be obtained at a reasonable cost and consistent supply.

The Plenty Soya Food Centre is open from Monday to Saturday and is located on the main floor of the Y.M.C.A. at No. 88A, Kotagodella Vidiya, Kandy. The project is a result of a collaboration with Plenty's Field Director, Mr. Ian Taylor in November, 1986.

8302. *SoyaScan Notes.* 1987. New Trend: Growing legitimate concern over contaminated cow's milk and chicken. Salmonella and Listeria bacteria have caused food poisoning and many deaths (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** A database search conducted by Richard Rose on the contamination of milk and milk products reveals how widespread this problem is, and suggests how it could potentially have a major effect on the storage of fresh and pasteurized tofu. The following abbreviated bibliographies, first for Salmonella then for Listeria, lists title or title paraphrase, serial name, date, and pages for major publications

Salmonellosis caused by Salmonella bacteria. Science. 1984. Aug. 24. p. 833.

Animal to man transmission of antimicrobial-resistant Salmonella: investigations of U.S. outbreaks, 1971-1983. Time. 1984. Sept. 24. p. 77.

Linking drugs to the dinner table. Farm animals fed antibiotics may effect human meat consumers. Supermarket News. 1985. April 22. p. 12.

First death is tied directly to milk case (Salmonella in Jewel Food Stores dairy operation). American Medical News. 1985. June 7.

Families file suit over Salmonella outbreak; class action suit against Jewel Food Stores (Hillfarm Dairy) milk a possibility. Food Processing. 1985. June. p. 22.

The salmonella puzzle; largest food processing episode in U.S. history attributed to milk. Includes related articles on the salmonella bacterium and a proposed solution to contamination. FDA Consumer. 1986. Feb. p. 18.

Of microbes and milk; Probing America's worst salmonella outbreak. Science. 1986. Nov. 21. p. 964.

Drug resistant Salmonella in the United States: an epidemiologic perspective. U.S. News & World Report. 1987. March 9. p. 60.

Serving up Salmonella for dinner (increase of food poisoning). Wall Street Journal. 1987. July 20. p. 23 (West).

Chicken growers face leaner earnings as salmonella publicity takes its toll. Wall Street Journal. 1987. Sept. 17. p. 33 (West).

Stubborn bug: bid to rid chicken of salmonella proves daunting. FDA Consumer. 1987. Nov. p. 2.

Raw milk banned (for transmitting disease-causing bacteria such as Salmonella).

Listeriosis caused by the *Listeria monocytogenes* bacterium. Newsweek. 1985. June 24. p. 37.

California: a case of deadly cheese. Listeria contamination. Food Processing. 1985. Aug. p. 2. Food poisoning outbreak kills over 40 persons from listeriosis; listeria cases spotlight new hazards in dairy, deli and other refrigerated foods.

8303. Takahashi, Akira. ed. 1987. Shun no tôfu zukushi [Tofu cookery throughout the four seasons: Encyclopedia of tofu]. Tokyo: CBS Sony. 144 p. Illust. Index. 26 cm. [Jap]*

• ***Summary:*** The author is the president of the Misuzu restaurant in Kawasaki City, Japan. Toyo Shinpo (1 May 1988, p. 4) described this as one of the most artistically done cookbooks ever seen. There are many Japanese tofu recipes and some western style. A true work of art in full color!

In part I, 4-5 recipes are given for each of the four seasons. Address: Ogawa-cho 3-3, Kawasaki-ku, Kawasaki-shi, Kanagawa-ken, Japan. Phone: 044-244-6845.

8304. **Product Name:** No Chicken Salad (With Tempeh in a Pita Pocket), Tofu Salad (in a Pita Pocket), and Nori Rolls (With Tofu Filling).
Manufacturer's Name: Terra's Specialty Foods.
Manufacturer's Address: R.D. 1, Box 317, Vernon, VT 05354. Phone: 802-254-5242.
Date of Introduction: 1987. December.
New Product–Documentation: Talk with Bari Madwin. June 29 and Aug. 28. Susan Quinn sells tofu and tempeh sandwiches in Brattleboro. She bought an existing company in 1988. She uses about 12 lb/week of tofu.

Talk with Susan Quinn. 1988. Aug. 30. She bought this company from Martha Brown in Aug. 1987. It was named Martha's Sandwiches, but she renamed it Terra's Specialty Foods in Feb. 1988. At the time, Martha had a line of sandwiches, including Eggless Tofu Salad (in a sandwich, 8 oz) and BLT with Fakin' Bacon (made from tempeh). Susan introduced her three products in December 1987. The tofu salad in a pita pocket weighs 4 oz. The tofu in the nori rolls is marinated, broiled, then put in with the veggies. She buys her tofu from the food co-op. It is a part-time business.

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8305. *Tetra Pak Age.* 1987. Mori-Nu gives tofu a new look. Thanks to Morinaga Nutritional Foods Inc., American consumers are taking a second look at tofu. 5(3):6. Fall/Winter.
• ***Summary:*** In October 1985 Mori-Nu tofu was introduced in the Tetra Brik Aseptic carton; it is easy to include in the convenience oriented American diet. A large color photo shows Mori-Nu silken firm and silken soft tofu on a wood table in front of fruits and vegetables. Address: Tetra Pak Inc., 889 Bridgeport Ave., Shelton, Connecticut 06484. Phone: 203-929-3200.

8306. **Product Name:** Tofutti Better Than Cream Cheese: Imitation Cream Cheese (Non-Dairy) [French Onion, Plain, Herbs & Chives].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065.
Date of Introduction: 1987. December.
Ingredients: Water, partially hydrogenated soybean oil, tofu, isolated soy protein, corn oil, corn sweeteners, salt, guar seed gum, carob bean gum, mono and diglycerides, carrageenan, natural flavor, potassium sorbate (added as a preservative).
Wt/Vol., Packaging, Price: 8 oz plastic tub. Retails for $2.39 (3/95, California).
How Stored: Refrigerated.
Nutrition: Per 1 oz. 8 servings per container: Calories 80, protein 1 gm, carbohydrate 1 gm, fat 8 gm, sodium 200 mg, cholesterol 0 mg.
New Product–Documentation: News Release. 1987. Dec. 9. Tofutti products include a "creamless cream cheese." For more info contact P.R. person Debbie Klein in New York. 212-489-6900. Or John Gage at Tofutti Brands. Leaflet. 1988. Has 20% fewer calories than cream cheese and no cholesterol. Spot in Food Processing Newsletter. 1988. June 13. Spot in Jewish Press. 1989. March 9. "New Tofutti Brands."

Spot in Vegetarian Times. 1992. Aug. p. 83. The product, found in a bagel shop in Brookline, Massachusetts, comes in three flavors. For more information, call 908-272-2400.

Leaflet (color, 8½ by 11 inches) sent by Tofutti Brands. 1993. March 29. Shows the package and label for 2 flavors, and gives complete details about the product, including ingredients.

Product (Herbs & Chives) with Label purchased at Open Sesame in Lafayette, California. 1995. March 11. 4½ inches diameter. Green, gold, and red on white. "No dairy. No cholesterol. No lactose. No butterfat." Soyfoods Center product evaluation: Flavor: Excellent. Texture: Too dry and crumbly, hard to use as a spread or dip. Price: Expensive, at $2.39 for 8 oz.

Product (French Onion) with Label purchased at Noah's New York Bagels in Lafayette, California. 1995. Aug. 24. 4½ inches diameter. Orange, red, and brown on white. "No dairy. No cholesterol. No lactose. No butterfat." Soyfoods Center product evaluation: Flavor: Excellent. Texture: Excellent. Price: Expensive, at $2.95 for 8 oz. Natural-food detractors of this product note that it is not hard to make a product like this taste good if you are willing to use hydrogenated oils plus mono- and di-glycerides.

8307. Tomsun Foods International, Inc. 1987. Form 10-Q, Quarterly Report, Securities and Exchange Commission (SEC). Greenfield, MA 01301. 9 p. Dec.
• ***Summary:*** Current Liabilities: Trade accounts payable = $1,292,002

Total Current Liabilities = $1,646,828

Net Loss: 40 Week Period Ended October 10, 1987 = $2,255,949;

Net Loss: 40 Week Period Ended October 4, 1986 = $889,821.

Net sales in the 3rd quarter of 1987 were $1,182,000, representing an increase of $258,000 as compared with the 3rd quarter of 1986, a 28% increase. This increase was primarily in Jofu sales. In the Boston market Jofu held a 1.6% share of the yogurt dollar volume for the four weeks ending Oct. 10, 1987 according to Nielsen Marketing Research, a reduction of only 25% from the spring despite greatly reduced marketing efforts. During this period sales of the Company's new product (Jofu) increased 144%, from $257,000 in the 3rd quarter of 1986 to $627,000 in the 3rd quarter of 1987.

The net loss for the 3rd quarter of 1987 was $752,000, compared with a loss of $540,000 for the 3rd quarter of 1986, and a loss of $960,000 for the 2nd quarter of 1987. Jofu has maintained a sales level of 7,000 cases/week since June, with only minimal promotional support and no advertising media support. Jofu will be reformulated to improve the freshness of its taste and to simplify the manufacturing process. Thomas Timmins is Chairman of the Board and Treasurer of Tomsun Foods International, Inc. Address: Massachusetts.

8308. **Product Name:** [Soymilk with Okara Mixed In, Tofu with Okara Mixed In].
Foreign Name: Okara o mazete tônyû, Maiyuki.
Manufacturer's Name: World Foods. Affiliate of Chujitsu-ya.
Manufacturer's Address: Kabuki-cho 2-1-11, Shinjuku-ku, Tokyo, Japan. Phone: 03-209-2121.
Date of Introduction: 1987. December.
New Product–Documentation: Toyo Shinpo (Soyfoods News). Nov. 1. p. 1. Okara o mazeta tonyu [Soymilk with okara mixed in. World Foods, the affiliate company of Chujitsuya, received a patent for their production method in making health foods from raw materials]. Mr. Kichitomo Tagaki is president of Chujitsuya, and Mr. Hatsuo Suki is

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president of World Foods, Hamura-cho, Tokyo, Japan. The patent is called "Shokubutsu seni shoka tonyu no seizo-ho" (Vegetable fiber enriched soymilk production method). The process works by creating high pressure (400-1000 kg per square cm) to break the soybeans into 50 micron diameter granules. They boil the soybean granules (karyu) to make soymilk. Then 100,000 volts of electricity is used force the protein in the soybeans to coagulate and to whiten the soymilk. Using this process, the manufacturer can get a milder tasting and more stable soymilk. This company already has a product, Maiyuki, which has okara in the tofu.

8309. Soyfoods company business cards. 1987-1989. 1 p.
• ***Summary:*** 1. Sooke Soy Foods Ltd. (Victoria, British Columbia, Canada). 2. Hurray for Tofu (Linda Barber Pike, Indianapolis, Indiana). 3. Christian Nagel Tofu Manufaktur (Hamburg, Germany). 4. Centro de Alimentos de Soya de Venezuela (Oswaldo Perez, Estado Merida, Venezuela). 5. Zuaitzo (Javier Arocena Aramburu, Vitoria-Gasteiz, Spain). 6. White Wave (Lon Stromnes, Boulder, Colorado). 7. Bean Supreme (Trevor Johnston, Auckland, New Zealand).

8310. **Product Name:** Sushi Agé.
Manufacturer's Name: Aloha Products Inc.
Manufacturer's Address: 4515 Centinela Ave., Los Angeles, CA 90066.
Date of Introduction: 1987.
New Product–Documentation: Visit to Yaohan supermarket in Los Angeles. 1988. Oct. 23. All tofu products stocked are made by this company and House Foods & Yamauchi. Talk with Tom Uyehara. 1988. Oct. 24. This product was launched in 1987, the same year the company was incorporated.

8311. **Product Name:** Tofu.
Manufacturer's Name: Associated Dairies International Ltd. Affiliate of The Dairy Farm Co., Ltd., Hong Kong.
Manufacturer's Address: 223 Wai Yip St., Kwun Tong, Kowloon, Hong Kong.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 96.

8312. Barman, Genevieve; Dulioust, Nicole. 1987. Un groupe oublié: Les étudiantes-ouvrières chinoises en France [A forgotten group: The Chinese student-workers in France]. *Etudes Chinoises: Bulletin de l'Association Française d'Études Chinoises* 6(2):9-46.
• ***Summary:*** The article begins: For some years now, articles dedicated to the movement of overseas Chinese in France (*qingong jianxue yundong*) largely due to the French branch of the PCC and its leaders, have been increasing, largely because of the French branch of the PCC [perhaps *Parti Communiste Chinois*].

In 1912, when Li Yuying, Wu Zhihui, and Cai Yuanpei founded in Peking the *liuFa jianxuehui,* of the Society for Rational French Education, with the intent of preparing the young people for low-cost studies in France, one important goal was the education of young women. The same year a more specific society was established, the Society of Frugal Studies (*liuFa nüzi jianxuehui*). Resolute innovators, its goal was to promote not only the education of women, but also the reform of the family and social equality (p. 10; see also endnote 1).

The first four student workers, Fan Xinshun, Fan Xinqun, Li Zhixin and Xiong Shubin, all from Hunan province, embarked from Shanghai in November 1919 with 70 young people, including Nie Rongzhen and Yan Changxi (Endnote 25). Upon their arrival in France, the cousins Fan were admitted as workers at the tofu factory Caséo-sojaine at Garenne-Colombes. The entrance of two young ladies, both from good families, one of whom was the daughter of the director of the customs house at Changsha, in this sacred hall of the anarchist utopia of Li Yuying, is heralded by the Chinese press as an event without precedent in the history of Chinese women (p. 17 and p. 20; endnote 26). See article in *Shenbao* of 10 Dec. 1919. Also FFQG (*FuFa qingong jianxue yundong shiliao*) [Documents on the Diligent Work-Frugal Study Movement in France. Beijing: Chubanshe, 1980. 3 vols.].

Senator Hugues Le Roux [lived 1860-1925; a French journalist, he was a senator during the Third Republic from 1920 until his death on 14 Nov. 1925] came from a line of Norman shipowners [ship-owners] who had long had good dealings with China. Having himself spent some time in Peking, he was interested from the outset in the Franco-Chinese education projects organized by Li Yuying and his friends (p. 20; see endnote 32).

Fan Xinqun, one of the two workers from Li Yuying's tofu factory (*de l'usine Caséo-sojaine*), in 1924 won a silver medal in the painting competition at the School of Fine Arts in Lyon (*l'École de Beaux-Arts de Lyon*) (p. 29).

8313. **Product Name:** TrueHealth Tofunnaise (Tofu Mayonnaise).
Manufacturer's Name: Birchwood Health Products.
Manufacturer's Address: Unit 1D, Alyn Industrial Estate, Llay Hall, Wrexham, Clwyd, Wales, UK.
Date of Introduction: 1987.
Wt/Vol., Packaging, Price: Jar.
New Product–Documentation: Ad in The Vegan. 1988. Spring. p. 21. "TrueHealth Soya Products... No animal contents. High in protein. Low in carbohydrates. All essential amino acids." Ad shows Label on jar. "Egg-free."

8314. **Product Name:** Tofu Carob Delite, and Tofu Chocolate Delite (Blended Puddings).
Manufacturer's Name: Bountiful Bean Plant.

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Manufacturer's Address: 2049 1/2 Atwood Ave., Madison, WI 53704. Phone: 608-241-8700.
Date of Introduction: 1987.
Ingredients: Tofu, honey, soymilk, carob, water, vanilla, oil, lecithin, agar.
Wt/Vol., Packaging, Price: 5 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1985. 2.75 by 1.5 inches. Self adhesive. Blue on white. "Low calorie. Non-Dairy."

Letter from Deborah Bachmann. 1991. Dec. 17. This product, a blended pudding, was made by Bountiful Bean and introduced in about 1986-87.

8315. Carter, Thomas E., Jr. 1987. Genetic alteration of seed size: Breeding strategies and market potential. In: Dolores Wilkinson, ed. 1987. Proceedings of the 17th Soybean Seed Research Conference 1987. See p. 33-45. [21 ref]
• ***Summary:*** Contents: Introduction. Soyfood market size. Soyfood market trends–short and long range. Premiums and acreage, the breeder's perspective. Breeding special varieties. Future breeding goals. Conclusions.

"The expanding soyfood markets in Japan and the U.S. have generated considerable interest among American soybean producers in recent years. More than 60% of the soybeans used in these markets are grown in the U.S."

"In survey results, 39 of 43 public breeders and 44 or 67 private breeders responded to questions regarding the breeding of specialty varieties. Twenty-four breeders reported that they are maintaining 36 separate projects for large- and small-seeded varieties (Table 3). Public and private breeders are represented equally in this effort with the majority of these projects underway in the Midwest. Eight public and eight private programs are developing varieties specifically for tofu while 13 public and 7 private programs are developing varieties for natto. One public breeder was interested in soy milk varieties but considered varieties for tofu and soymilk as the same. One private and two public breeders are interested in large-seeded garden types for the fresh market in urban areas with large oriental populations. One public and one private breeder expressed interest in small-seeded varieties for sprouts. Soybean sprouts are primarily a Korean soyfood; and, Koreans buy U.S. soybeans for making sprouts in some years." Address: Research Geneticist, USDA-ARS, North Carolina State Univ., Raleigh, NC. Phone: 919-737-2734.

8316. Chang, Norma. 1987. My students' favorite Chinese recipes: A collection of classroom-tested popular recipes. Wappingers Falls, New York: The Travelling Gourmet. 191 p. Updated edition in 2001. *
• ***Summary:*** The section titled "About tofu" (p. 72) describes how to freeze tofu at home: "Fresh tofu, in any form. can be frozen. Once frozen, fresh tofu changes from white to pale yellow. Thawed, it has a sponge-like texture.

"To freeze tofu: Drain, place in a freezer bag. Label, date and freeze. Allow to freeze at least 24 hours before using. Frozen tofu will keep up to 6 months.

"To thaw frozen tofu: Thaw in the refrigerator or place frozen tofu in a heat-proof container, cover with boiling water. Let stand until thawed, 15 or more minutes depending on the thickness of the frozen tofu. Gently press out the excess water. Use as directed in recipes."

Asian markets sell deep fried tofu, also known as tofu puffs, abura-age or atsu-age. Golden brown in color, they come in various shapes and weights, but are generally very light in weight.

Deep fried tofu is fresh tofu that has been deep fried. During deep-frying, most of the water in the fresh tofu evaporates and the interior become somewhat hollow and porous. Describes how to make deep fried tofu at home.

8317. **Product Name:** [Seasoned Tofu].
Foreign Name: Tofu Mix.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1987.
Ingredients: Tofu, water, starch, garlic, sea salt, spices, herbs, vegetable oil, binders, flavor intensifiers.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: protein 11 gm, fat 7 gm, carbohydrates 4 gm, calories 124.
New Product–Documentation: Letter from P. Jaccard and A. Dillier of Conserves Estavayer. 1988. June 27. Label. 1988. 3 by 3.75 inches. Self adhesive. Black and green on yellow. Drawing of soybeans and leaves. This is an ingenious, sophisticated label, unlike any we have ever seen in the USA. Between the label surface and its self-adhesive backing is a "built-in" recipe leaflet with 3 color photos and 9 recipes in German, French, and Italian. At the lower edge of the label is a small drawing of scissors and the words "open here." Note that this product contains tofu as the main ingredient. In America most products named "Tofu Mix" contain no tofu; they are mixtures of seasonings meant to be stirred into tofu."But it is not necessary to mix this product with other ingredients. You can unwrap it and fry it in oil or butter."

8318. **Product Name:** [Soyanaise].
Manufacturer's Name: De Hobbit.
Manufacturer's Address: Waterstraat 4, B-9980 St. Laureins, Belgium.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 98.

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8319. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Die Tofurei.
Manufacturer's Address: Hueetlinstr. 10, D-7750 Constanz, West Germany. Phone: 07531-21897.
Date of Introduction: 1987.
New Product–Documentation: Letter from Thomas Karas of Soyastern. 1989. April 21. List of members of new Organic Soyfoods Assoc. The owners are Robert Mestel and Kurt Mueller.

Die Geschäftsidee. 1989. Dec. p. 32. Kurt Mueller has made tofu in Konstanz since 1987. In Aug. 1989 he moved into a bakery. He makes 800 kg/week of tofu.

Letter from Bernd Drosihn of Viana Naturkost. 1990. April 8. Around the Bodensee in the south of Germany there are several little tofu manufacturers. All of them supply fresh tofu in water, in the best Japanese tradition. The biggest and oldest one is Die Tofurei, Hueetlinstr. 10, D-7750 Konstanz.

8320. **Product Name:** Tofu Spinach Dill Dip.
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.
Date of Introduction: 1987.
New Product–Documentation: Talk with Gary Abramowitz. 1989. Aug. 21. This dip was introduced some time in 1987.

8321. **Product Name:** Tofu (Japanese Style), Firm Tofu (Chinese-Style), Atsu-Agé (Tofu Cutlets), Agé (Tofu Puffs), Soymilk, Tofu Pudding (Sweet).
Manufacturer's Name: Fuji Fresh Tofu Co.
Manufacturer's Address: 248 Jackson St., San Jose, CA 95112. Phone: 408-297-1666.
Date of Introduction: 1987.
How Stored: Refrigerated.
New Product–Documentation: Talk with Linda Lam, owner of Fuji Fresh Tofu. 1994. April 8. She purchased this company in about Oct. 1987. From the outset, she and her husband made the products shown above.

8322. **Product Name:** [Takaramame Soy Flour, Fujinik Ace, Fujipur SP, Apex {Simulated Meat Products}, Ganmo {Wild Goose Meat Analog}, and New Soyees {3 Textured Soy Flours}].
Manufacturer's Name: Fuji Oil Co. Ltd.
Manufacturer's Address: Nissei Midosuji Hachimancho Building, 6-1 Hachimancho, Minami-ku, Osaka 542, Japan.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 74, 78.

8323. **Product Name:** [Usuage (Fried, Frozen & Sliced Tofu)].
Manufacturer's Name: Fuji Oil Co. Ltd.
Manufacturer's Address: Nihonseimei Midosuji Hachiman-cho Building, 6-1 Hachiman-cho, Minami-ku, Osaka 542, Japan.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 96.

8324. **Product Name:** Firm Tofu, Regular Tofu, Smoked Tofu, Fermented Tofu.
Manufacturer's Name: Full of Beans Soyfoods.
Manufacturer's Address: Castle Precincts, Castle Ditch Lane, Lewes, East Sussex, BN7 1XH, England.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 96.

8325. **Product Name:** [Tofu Spread (Like a Liver Pâté, or Spiced)].
Foreign Name: Tofunette-Kraeuter Pâté.
Manufacturer's Name: Galactina Ltd.
Manufacturer's Address: Birkenwej 1-6, CH-3123 Belp, Switzerland. Phone: 031-81-1111.
Date of Introduction: 1987.
New Product–Documentation: Letter from Peter Speck. 1988. March 11. "In 1987 we introduced a tofu spread, which is probably worldwide the spread with the lowest fat content. It was quite a challenge to develop a spread with less than 10% fat content without losing good spreadability."

Talk with Peter Speck. 1990. May 23. Peter thinks that the tofu spread is Galactina's best product. One flavor is like a liver pâté and the other is spiced with herbs.

8326. **Product Name:** Medium Hard Tofu (Curded with Calcium Sulfate).
Manufacturer's Name: Giant Tofu.
Manufacturer's Address: 300 Morse St., Washington, DC 20002. Phone: 202-546-0333.
Date of Introduction: 1987.
How Stored: Refrigerated.
New Product–Documentation: Talk with George Chong, owner. 1998. Feb. 10. This was their second product, introduced in about 1987.

8327. **Product Name:** [Windmill Tofu, Smoked Tofu, Tofu Burgers, Satem Tofu {Packed in Foil}].
Manufacturer's Name: Heuschen-Schrouff B.V.
Manufacturer's Address: Reeweg 137, 6381 BW Ubach over Worms, Netherlands.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 96. This company is the largest tofu manufacturer in Europe. Letter from Harry Whitford of Soyastern. 1987. Dec. 14.

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Holland, once the company with the most tofu producers, is now dominated by this one company. Only the company Morgenstond still produces tofu themselves. All others have concentrated on tofu based products, buying their raw materials from H-S. We estimate the latter's total production to be at the very least 20,000 kg/week. It could run as high as 50,000 kg/week. They sell huge amounts at dumping prices on the Asian-shop market, and claim to make organic tofu for the bio-shops, but seeing that they refuse to allow any control organization to check their records on bean purchases, nobody believes that their tofu is organic.

8328. **Product Name:** Hinoichi Soy Drink [Natural (Dairylike), Mocha, or Chocolate].
Manufacturer's Name: House Foods & Yamauchi, Inc.
Manufacturer's Address: 526 Stanford Ave., Los Angeles, CA 90013. Phone: 213-624-3615.
Date of Introduction: 1987.
Ingredients: Water, whole soybeans, barley malt, pearl barley, kombu (seaweed), sea salt.
Wt/Vol., Packaging, Price: 6 fluid oz (180 ml) foil retort pouch.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 6 fl. oz. Natural: Calories 120, protein 6 gm, carbohydrates 10 gm, fat 6 gm, sodium 100 mg, cholesterol 0. Percentages of U.S. RDA: Protein 10%, calcium 6%, iron 6%.
New Product–Documentation: Label. 1988. 4 inches by 6.25 inches. Foil pouch. Natural is blue, red, green, and white. Mocha and chocolate are brown, red, green, and white. Front panel shows a glass full of the product with a straw in it set in a bed of ice with a few green leaves behind.

8329. **Product Name:** Soft (Silken) Tofu.
Manufacturer's Name: Louie Foods International.
Manufacturer's Address: 471 S. Teilman Ave., Fresno, CA 93706. Phone: 209-264-2745.
Date of Introduction: 1987.
New Product–Documentation: Talk with Jay Louie. 1988. April 4. He calls this product "soft tofu."

8330. Luczycki, Dorothy. 1987. Study on the acceptability of tofu among college students. MSc thesis, Southern Illinois University at Carbondale, Carbondale, Illinois. 57 p. [67 ref]*
Address: Trinity Medical Center, Carrollton, Texas 75006.

8331. **Product Name:** Tofu Ice Kream Mix (Dry Mix for Frozen Dessert).
Manufacturer's Name: Magic Mill. A Div. of CI. Made in the USA by Great American Foods.
Manufacturer's Address: 1911 South 3850 East, Salt Lake City, Utah. Phone: 801-972-0707.
Date of Introduction: 1987.
Ingredients: Crystalline fructose, cereal solids (from corn), soy oil, dehydrated tofu, dutch cocoa, natural flavor, sea salt, soy lecithin, guar gum, gelatin.
Wt/Vol., Packaging, Price: 470.4 gm (16.6 oz) can. Retails for $4.95 (7/90, California).
How Stored: Shelf stable.
Nutrition: Per 4 oz (39.2 gm): Calories 200, protein 1 gm, carbohydrate 31 gm, fat 8 gm, cholesterol 0 mg, sodium 50 mg.
New Product–Documentation: Product with Label purchased at Adventist Book Center, Pleasant Hill, California. 1990. July 8.

Talk with Magic Mill. 1990. July 11. Magic Mill was founded in about 1986. The company's best-selling products are the Magic Mill Grain Grinders/Mills. Steve Storey was with the company but he no longer is. Jim Harrison was the founder and present president. Great American Foods makes the product, and Magic Mill markets it. The parent company is named Constellation Incorporated. It was started before 1986 by Jim Harrison. Its divisions are Magic Mill International and Great American Foods. All three companies are located in the same building.

Talk with Craig Klatt, Manager of Adventist Book Center. 1990. July 18. The ice cream mix is made by Mormons and is part of a multi-level marketing program.

8332. **Product Name:** [Marusan Tofu].
Manufacturer's Name: Marusan-Ai Co., Ltd.
Manufacturer's Address: 1 Arashita Niki-cho, P.O. Box 444-21, Okazaki city, Aichi prefecture 444-21, Japan.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 96.

8333. **Product Name:** Noble Bean Tofu Cutlets.
Manufacturer's Name: North Coast Tempeh Co. Tofu made by Cleveland Tofu Co.
Manufacturer's Address: 1088 Ivanhoe Rd., Cleveland, OH 44121.
Date of Introduction: 1987.
Ingredients: Tofu (soybeans, water, naturally occurring calcium sulfate), tahini, barley miso, spring water, corn oil, rice vinegar, spices.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: Label. 1987. 4.25 inches diameter, self adhesive. Red, green, yellow, and blue on white, with logo of Jack and the Beanstalk. "Pan Fry, Bake, Steam, or Grill. No Cholesterol." Jeff Narten. 1987. "History of North Coast Tempeh and its Products." 4 p. Dec. 7. Plus new current label.

8334. **Product Name:** The Soy Deli Gourmet Fresh Tofu Salads/Dips/Spreads [No Tuna Salad, Curry Salad, Dilly

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Salad, Garlic Salad / Dip, Mild Jalapeno Sesame Spread / Dip, Salada Sin Carne, Curry Savory Salad].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1987.
Ingredients: No Tuna Salad: Organic tofu (water, organic* soybeans, nigari), safflower oil, sunflower seeds, shoyu (water, whole soybeans, whole wheat, sea salt), water chestnuts and/or jicama, cider vinegar, scallions, sesame oil, spices. * Grown in accordance with Calif. Health & Safety Code 26569.11.
New Product–Documentation: Talk with Ben Lee. 1988. Sept. 30. Introduced in 1987, this was a local line of fresh products. Not a lot is happening with this line, just a small local market. He is revamping a lot of the labels. Labels. 1987. 3.5 inch diameter. One color plus black on white. "Master Tofu-Makers Since 1906."

8335. **Product Name:** The Soy Deli Gourmet Fresh No Tuna Salad San (Tofu Sandwich).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1987.
Ingredients: Organic tofu (water, organic* soybeans, nigari), safflower oil, sunflower seeds, shoyu (water, whole soybeans, whole wheat, sea salt), water chestnuts and/or jicama and/or celery, cider vinegar, scallions, sesame oil, spices, whole wheat bread, (and/or lettuce, sprouts, bell peppers). * Grown in accordance with Calif. Health & Safety Code 26569.11.
New Product–Documentation: Talk with Ben Lee. 1988. Sept. 30. Introduced in 1987, this was a local line of fresh products. Label. 1987. 3.5 inch diameter. Black and blue on white. "The original."

8336. **Product Name:** The Soy Deli Gourmet Fresh BBQ Tofu Burger.
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1987.
Ingredients: Organic tofu (water, organic* soybeans, nigari), fresh carrots and onions, sesame seeds, sunflower seeds, currants, safflower oil, sea salt and spices, sesame whole wheat bun, (and or bell peppers, avocado, lettuce, parsley, squash, sprouts), BBQ sauce, mild jalapeno, sesame tofu spread. * Grown in accordance with Calif. Health & Safety Code 26569.11.
Nutrition: Per 3.5 oz.: Calories 212, protein 17 gm, carbohydrate 8 gm, fat 13 gm.
New Product–Documentation: Label. 1987. 3.5 inch diameter. Red and black on white. "The Original. Master Tofu-Makers Since 1906."

8337. **Product Name:** The Soy Deli Gourmet Fresh Almond Veggie-Nut Butter (Tempeh-Based).
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1987.
Ingredients: Organic tempeh (water, organic* soybeans, Rhizopus oligosporus), apple cider, carrots, pinto beans, water, raw almonds, corn oil. * Grown in accordance with Calif. Health & Safety Code 26569.11.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1987. 3.5 inch diameter. Salmon tan and black on white. "Master Tofu-Makers Since 1906."

8338. **Product Name:** [Low Fat Delicatessen Seafood and Tofu Pies (Low Fat Pastry)].
Manufacturer's Name: Sojadoc. Affiliate of Cooperative Occitane.
Manufacturer's Address: Zone Industrielle La Viscose, 81000 Albi, France.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 100.

8339. **Product Name:** [Tofu].
Manufacturer's Name: Sojafarm.
Manufacturer's Address: Im Paradis, D-6531 Trechtingshausen, West Germany. Phone: 06721-6470.
Date of Introduction: 1987.
New Product–Documentation: Letter from Thomas Karas of Soyastern. 1989. April 21. List of members of new Organic Soyfoods Assoc. The owner is Lothar Stassen.

Die Geschäftsidee. 1989. Dec. p. 33. He began to make tofu in early 1987 with a partner. He became the sole owner when the partner left for Australia. He now makes 1,000 kg/week of tofu.

Letter from Bernd Drosihn of Viana. 1995. April 19. Sojafarm's address is unchanged except for the postal code, which is now 55413 Trechtingshausen. Phone: 06721 6470. Fax: 06721 6298.

Talk with (call from) Waltrand Stassen, Lothar's wife, who speaks good English. 1997. Dec. 9. They are considering making tofu noodles using a noodle machine. Talk (call from) with Waltrand Stassen. 2000. March 10. They are still in business and active. She sends a company catalog, brochure, and labels of 9 tofu products they make.

8340. **Product Name:** [Soft Nigari Tofu].
Manufacturer's Name: Sojalpe.
Manufacturer's Address: Saint Quentin sur Isère, 38210 Tullins, France. Phone: 76.93.60.21.

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Date of Introduction: 1987.
New Product–Documentation: Letter from Harry M. Whitford of Soyastern. 1987. Dec. 14. Located in SE France, they make 900 kg/week of soft nigari tofu using French organic soybeans (Nature et Progres logo). They are working on a line of commercial kitchen (institutional foodservice) products. They are high on ideas but low on francs. Most of their distribution is through natural food stores.

8341. **Product Name:** [Canned Tofu Entrees {Like Quenelles, Midway Between a Sausage and a Souffle}].
Foreign Name: Royales au Tofu.
Manufacturer's Name: Sojalpe.
Manufacturer's Address: Saint Quentin sur Isère, 38210 Tullins, France. Phone: 76.93.60.21.
Date of Introduction: 1987.
Ingredients: 67% tofu*, whole egg*, palm oil (not hydrogenated), flour (mehl)*, salt*, vegetables. * = Guaranteed organically grown.
Wt/Vol., Packaging, Price: Can.
New Product–Documentation: Letter from Harry M. Whitford of Soyastern. 1987. Dec. 14. "I found these entrees much better than similar Dutch products."

Manufacturer's brochure. 1987? In German. "Die Royales: Das Know-how der Kuechenchefs." The joy of eating... without putting on weight. We have developed Tofu-Royales with the aid of traditional recipes from Prosper Montagné (Chef: New Gastronomique Larousse) with constant care to present an excellent dietetic dish. Preparation: Bake Royales for 10 minutes in an oven with sauce, mushrooms, and green olives. Recipes for the following sauces are given: Tomato sauce, mushroom sauce, or fish or shellfish sauce. The company logo is a steepled building with 5 soy-shaped leaves growing out of the steeple, set in front of towering mountains. A photo on the front shows the Royales to be about the size and shape of small potatoes. Two dishes in sauces are shown. At the top is an illustration (line drawing) of a laughing male chef in a white top hat.

Alfa-Laval. 1988, June. Soyfoods: Old traditions with new potentials. p. 9. Shows a color photo of the front of the can. In the center of the label is a laughing male chef with a white top hat. Tan, yellow, white, red, and dark green.

8342. **Product Name:** [Tofu Burgers].
Foreign Name: Palets au Tofu.
Manufacturer's Name: Sojalpe.
Manufacturer's Address: Saint Quentin sur Isère, 38210 Tullins, France. Phone: 76.93.60.21.
Date of Introduction: 1987.
New Product–Documentation: Letter from Bernard Storup. 1989. March 3. Martial Gonin also marketed "palets au tofu," a kind of tofuburgers.

8343. **Product Name:** [Tempeh, and Tofu].
Foreign Name: Tempeh, Tofu.
Manufacturer's Name: Soleil de Lalise.
Manufacturer's Address: Domaine de Galise, 32260 Tachares, France. Phone: 62.65.35.63.
Date of Introduction: 1987.
New Product–Documentation: Letter from Jean-Luc Alonso of Gaia in Graulhet, France. 1994. May 16. In 1987, a company named Soleil de Lalise (meaning "the sun of Lalise"), located near Agen, also began to make tempeh and tofu. These products are still sold by this firm. Their address is: Domaine de Galise, 32260 Tachares, France. Phone: 62.65.35.63.

8344. **Product Name:** [Tofu Spreads, Preserves, and Tofunaise].
Manufacturer's Name: Solnuts B.V. (Witte Wonder).
Manufacturer's Address: Swaardvenstraat 41, P.O. Box 5066, 5048EB Tilburg, Netherlands.
Date of Introduction: 1987.
New Product–Documentation: Soya Bluebook. 1987. p. 96. Note that Solnuts now owns Witte Wonder, but the two companies have different addresses.

8345. **Product Name:** Soy Devine Cajun Barbeque Style (Frozen Tofu Entree) [As is, or on a Nine Grain Bun].
Manufacturer's Name: Soy Devine.
Manufacturer's Address: Box 668, Miranda, CA 95553.
Date of Introduction: 1987.
Ingredients: Processed organic tofu [frozen], tomato sauce, onions, honey, mustard, cider vinegar, safflower oil, tamari (Westbrae), peanut butter, garlic, miso, spices (incl. paprika, cayenne, allspice).
Wt/Vol., Packaging, Price: In a tub.
New Product–Documentation: Talk with Mara Devine. 1988. April 7. She used to make the Village Soyburger. This may be America's first second-generation product made with frozen tofu. She buys the tofu from Quong Hop. It is not shaped like a burger. She freezes the tofu, slices it, marinates it in a sauce, then bakes it, pours on the sauce and bakes it a little more. It is akin to Sloppy Joes. She also sells it in a bun. Its very chewy. She has a whole book on frozen tofu. Label. 1988. As is, 4.5 inches diameter. Black, red and green on a white lid. Logo of an angel with a soybean plant in both hands. "No additives or preservatives. Tasty hot or cold. Made with organic tofu and homemade barbecue sauce. All vegetable protein. Excellent texture. On tub: Serving suggestions. Great as a burger, in sloppy joes, in spaghetti sauce, as burrito or enchilada filling, over rice, pasta, or baked potato." Label for burger. 1988. 3 inch diameter. Black and yellow, with same logo.

Talk with Mara Devine. 1995. June 1. In 1995 Cajun Barbecue Style was renamed and divided into two products: Vegan Cajun Burger, and Cajun Tofu Sloppy Joe. She moved

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from Miranda to Arcata, California, in June 1993.

8346. **Product Name:** Thick Soya Milk, Soybean Residue, Soya Cutlets (Made from Residue), Soya Curry.
Manufacturer's Name: Soya House (U.N. Gunesekara and Co.).
Manufacturer's Address: 128, Kitulwatte Road, Off Elvitigala Mawatham Colombo 8, Sri Lanka. Phone: 597759.
Date of Introduction: 1987.
Ingredients: See below.
New Product–Documentation: Form filled out by Jane Gleason. 1988. She visited the shop in Colombo on 14 March 1988. These products are sold only on by special order. Thick Soy Milk retails for Rs. 15/kg to Colombo hospital. Residue (okara) for Rs. 5/kg. Soya Cutlets (made from okara) for Rs. 2/50 each. Soya Curry for Rs. 50/- per package contains 500 gm tofu, vegetables, oil, and spices.

8347. **Product Name:** [Soyana Soyani Tofu Sausage].
Foreign Name: Soyana Soyani.
Manufacturer's Name: Soyana.
Manufacturer's Address: Friedensgasse 3, Postfach 8039, CH-8002 Zurich, Switzerland. Phone: 01-202-8997.
Date of Introduction: 1987.
New Product–Documentation: Talk with Walter Dänzer of Soyana. 1990. May 30. Tofu sausages were launched in about 1987. Letter (fax) from Verena Krieger. 1990. May 31. Soyoni (Tofu Sausage) is one of Soyana's best-selling products.

Label sent by Verena Krieger. 1990. July 5. Biona certification symbol.

8348. **Product Name:** [Lentil Croquettes].
Foreign Name: Linzen Krokette.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1987.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. This is the company's #3 best seller among its ready to eat "Frischeprodukte." The dough is made with wheat flour and lentils. The filling is tofu.

8349. **Product Name:** [Tofu Pocket (Fried Tofu Stuffed with Sauerkraut)].
Foreign Name: Tofu Tasche.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1987.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern.

8350. **Product Name:** [Soyastern Tofu Dressing].
Foreign Name: Soyastern Tofu Dressing.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1987.
Ingredients: Tofu (Water, soybeans*), soy oil, apple vinegar*, honey+, sea salt, mustard*, yeast flakes, food starch (*Speisestaerke*), spices (*Gewuerze*). * = Organically grown (*aus kontrolliertem biologischen Anbau*). + = Cold strained/extracted (*kaltgeschleudert*).
Wt/Vol., Packaging, Price: 280 ml glass jar.
How Stored: Shelf stable, 6 month shelf life.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. Packed cold in a glass jar and not retorted, this product is shelf stable (6 months) because of its low pH (4). Label. 1987. 8 by 1.5 inches. Yellow, red, and green on white. "Nur 23% Oel. Cremig unpasteurisiert."

8351. **Product Name:** [Soyastern Tofu Tomato Dressing].
Foreign Name: Soyastern Tofu Dressing Tomate.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: Osteratherstr. 26, 5000 Koeln 60, West Germany.
Date of Introduction: 1987.
Ingredients: Tofu (Water, soybeans [*Soyabohnen*]*), soy oil (*Soyaoel*), apple vinegar*, honey+, tomato sauce, sea salt, mustard*, yeast flakes, food starch, spices (*Gewuerze*). * = Organically grown (*aus kontrolliertem biologischen Anbau*). + = cold strained/extracted (*kaltgeschleudert*).
Wt/Vol., Packaging, Price: 280 ml glass jar.
How Stored: Shelf stable, 6 month shelf life.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He is business manager at Soyastern. Packed cold in a glass jar and not retorted, this product is shelf stable (6 months) because of its low pH (4). Label. 1987. 8 by 1.5 inches. Yellow, red, and green on white. "Nur 23% Oel. Cremig unpasteurisiert."

8352. **Product Name:** Duchesse Sandwich Spread.
Manufacturer's Name: St. Giles Foods Ltd.
Manufacturer's Address: St. Giles House, Sandhurst Rd., Sidcup, Kent, DA15 7HL, England.
Date of Introduction: 1987.
Ingredients: Sunflower oil, soya bean curd (tofu), cider vinegar, cucumber pickle (cucumber, vinegar, dill, sea salt), onion, vegetable oil, maize starch, concentrated apple juice, paprika, sea salt, natural gums as stabilisers (xanthan and guar), dill weed, mustard, garlic, turmeric, spices.
Wt/Vol., Packaging, Price: 170 ml wide-mouth jar with gold screw cap.

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How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 ml: Calories 315, oil 30%, protein 1.5%, carbohydrate 6%, fibre 2%, cholesterol 0.005%, polyunsaturates in oil 50%.
New Product–Documentation: Photo of jar and label. 1987, undated. 2 by 6 inches. White and gold on black. "All-Natural. With Dill Pickle in Low Cholesterol Dressing." Letter from Simon Bailey. 1988. Oct. Full address. Gives company name as St. Giles Foods Ltd.

8353. Sun Youth Machinery Co., Ltd. 1987. Equipments for soymilk, bean curd, and dried bean curd. Factory: No. 6, Lane 229, Hwa Chen Rd., Hsin Juang Taipei Hsien, Taiwan. 15 p. Manufacturer's catalog. Undated. [Eng; Chi]
• ***Summary:*** The many pieces of modern equipment look quite similar to those made by Takai in Japan. This "dried bean curd" is probably the Chinese "doufugan," a very firm tofu which is not dried. Address: Taipei, Taiwan. Phone: 02-9931-1826-8.

8354. **Product Name:** Lolita's Lovlies [Tofu Salads, or Sandwiches].
Manufacturer's Name: Surrey International.
Manufacturer's Address: North New Jersey.
Date of Introduction: 1987.
New Product–Documentation: Interview with Robert Werz of Appropriate Foods. 1987 Oct. 16. They are still making the pie.

8355. Takao, S.; Nakashima, H.S.; Tokumoto, M.; Saitoh, M.; Watanabe, M. Assignors to Terumo Corp. 1987. Treated soybean with reduced phosphorus and potassium levels, process for preparing the same, and processed soybean foods obtained therewith. *European Patent Application* 0,234,998 A1. Corresponds to Japanese Patent 86-13681. [Eng]*
• ***Summary:*** Soybean products with reduced levels of phosphorus and potassium. Suitable for use in the treatment of renal disease are described. They include soymilk, puffed foods, tofu and cake mix. The phosphorus and potassium components of the soybeans are reduced by soaking the beans in a solution at pH 3.0-6.5, and then washing them at pH 5.0-9.0. Address: Terumo, Tokyo 151, Japan.

8356. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Thomas Jakobi.
Manufacturer's Address: Fuerstenbergstr. 87, 7750 Konstanz, West Germany.
Date of Introduction: 1987.
New Product–Documentation: Interview with Bernd Drosihn of Soyastern. 1987. Nov. 30. He says they make about 200 kg/week of organic nigari tofu.

Talk with Harry Whitford of West Germany. 1990. May 20. Thomas and some woman were sharing this company at one time. He thinks they both stopped at about the same time. Kurt Mueller may know the details.

8357. **Product Name:** [Tofu in Sauces (Bolognese Sauce, Curry Sauce, Paprika-Cream Sauce)].
Foreign Name: Tofu in Bolognese-Sosse, in Curry Sosse, in Paprika-Rahmsosse (im Becher).
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1987.
Ingredients: Paprika-Cream: Tofu, water, flour, soymilk, onions, vegetable oil, seasonings, corn, cucumbers.
Wt/Vol., Packaging, Price: 250 gm transparent plastic tubs with aluminum foil lid (about 150 gm tofu and 100 gm sauce). 12 tubs per 3 kg case.
How Stored: Refrigerated, 42 day shelf life at 8ºC.
Nutrition: Paprika-Cream: Protein 6.9%, water 82.8%, fat 4.8%, pH 5.4, ash 1.9%, carbohydrate 2.6%, energy 81.8 calories/100 gm.
New Product–Documentation: TKW color catalog. 1988. April. Color photo of products shows each Label. Red, black, yellow, and white.

8358. **Product Name:** [Tofu Patty with Dehulled Wheat and Rye].
Foreign Name: Tofulaib. mit gekeim. Weizen und Roggen.
Manufacturer's Name: Tofurei Wels. Renamed Schoen Tofurei in 1987.
Manufacturer's Address: Prinz Eugen Strasse 1, A-4600 Wels, Austria. Phone: 07242/834222, 78073.
Date of Introduction: 1987.
Wt/Vol., Packaging, Price: 160 gm for 21 currency units.
New Product–Documentation: Price List sent by Walter Schoen. 1988. With dates products were introduced.

8359. **Product Name:** Sunoya (Soya Paneer) [Dairylike Plain, Rich & Creamy, Firm Browning].
Manufacturer's Name: Vega Industries.
Manufacturer's Address: 34A Florida Apartments, 33 Mount Mary Rd., Bandra (W), Bombay, 400050, India. Phone: 642-1863.
Date of Introduction: 1987.
New Product–Documentation: Owner: Arvind Chandra. He sells this mostly to the institutional market, with only a few retail outlets. Paneer sells for 45-50 rupiah/kg. He sells this for half the price, 25 rupiah/kg in Bombay.

8360. Wang, Hwa L. 1987. Technical aspects of whole soybean use. In: Jacqueline Dupont and Elizabeth M. Mosman, eds. 1987. Cereals and Legumes in the Food Supply. Ames, Iowa: Iowa State Univ. Press. See p. 97-118. Proceedings of the Iowa State Univ. Nutritional Science Council Symposium, "Roles of Cereals and Legumes in the

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Food Supply." 1983. [33 ref]
• ***Summary:*** Contents: Introduction. Traditional uses of whole soybeans as food. Hydration of whole soybeans. Tofu. Tempeh. This article focus mostly on to tofu and tempeh, which are made by two simple processes for converting soybeans into interesting and attractive foods.

Table 8.1 lists 6 Oriental nonfermented soybean foods, and Table 8.2 lists 6 Oriental fermented soybean foods. Address: NRRC, Peoria, Illinois.

8361. **Product Name:** Westico Tofu.
Manufacturer's Name: Westico Foods.
Manufacturer's Address: West Indies College, Mandeville, Jamaica.
Date of Introduction: 1987.
New Product–Documentation: Form filled out by Westico. 1990. June 28.

8362. **Product Name:** Traditional Nama Agé. Renamed Pineapple Teriyaki Tofu Cutlets.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1987.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), hi oleic acid safflower oil, unsweetened pineapple juice, soy sauce, pineapple concentrate, ginger, garlic powder, ginger powder, onion powder.
Wt/Vol., Packaging, Price: 6.5 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1987, originally called Traditional Nama Agé, and made at Wildwood's plant in Santa Cruz.

8363. **Product Name:** Mid-East Hummus.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1987.
Ingredients: Organic garbanzo beans (grown in accordance with the California Organic Foods Act of 1990), sesame tahini, lemon juice, olive oil, filtered water, garlic, salt, citric acid.
Wt/Vol., Packaging, Price: 12 oz (340 gm) plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1987, and made at Wildwood's plant in Fairfax. On the front label (black and dark green on beige) is a silhouette of a wild wood of trees, plus a few flying birds, against the sky. On the back label are ingredients, nutrition facts and the company's two addresses in Santa Cruz and Fairfax, California.

8364. **Product Name:** [Salad Dressing].
Foreign Name: Slasaus.
Manufacturer's Name: Witte Wonder Natural Products B.V.
Manufacturer's Address: Gelreweg 4b, 3843 AN Harderwyk, Netherlands.
Date of Introduction: 1987.
Ingredients: Tofu, water, sunflower oil, corn syrup, vinegar, mustard, sea salt, guar gum (as a thickener), saffron.
Wt/Vol., Packaging, Price: 300 ml tall glass jar.
How Stored: Shelf stable.
Nutrition: Protein 4.3%, fat 23.3%, carbohydrates 6.0%, calories per 100 gm = 496.
New Product–Documentation: Leaflet. 1989. "Slasaus, tofunaise citroen, tofunaise naturel. Romige Smaakmakers op Tofubasis." Creamy Taste-makers based on tofu. Slasaus contains only 23% oil. Shows label with sliced fresh vegetables on front. The product is "deliciously creamy." Address given as Slachthuiskade 10–2685 LN Poeldijk, which is a new plant. Letter from Sjon Welters. 1989. Aug. 9. Says product was introduced in 1987. Previously listed as 1986, April but no documentation.

8365. **Product Name:** Yves Tofu Chili Dogs (Meatless Hot Dogs Made with Tofu).
Manufacturer's Name: Yves Natural Foods.
Manufacturer's Address: 1138 East Georgia St., Vancouver, BC, V6A 2A8, Canada. Phone: 604-251-1345.
Date of Introduction: 1987.
Wt/Vol., Packaging, Price: 12 oz per package of 9. Vacuum packed.
How Stored: Refrigerated, 38 day shelf life.
New Product–Documentation: Talk with Michael Weiner. 1987. Dec. 16. "Made from a special blend of authentic Mexican Style spices and seasonings," they come 8 to a pack and can be refrigerated for up to 35 days. Leaflet. 1988. April. "Introducing Yves Tofu Chili Dogs."

Spot in SoyaFoods. 1990. Dec. Yves' tofu delicatessen line is now available in the UK. The meatless products include tofu wieners, Mexican style tofu chili dogs, and tofu deli slices.

8366. Albert, Rachel. 1987. Gourmet wholefoods: Vegetarian and macrobiotic cuisine. Grain of Salt Publishing, 2211 N.E. 50th, Suite #12, Seattle, WA 98105. xi + 176 p. Illust. by Rebecca Rickabaugh. Index. Introduction by Karl Mincin. 21cm.
• ***Summary:*** This vegan cookbook contains no recipes calling for eggs or dairy products. At last, a macrobiotic cookbook without fish. This book has a brief, unstuffy introduction to macrobiotics and tasty, creative recipes.

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Includes 11 recipes featuring tofu, 4 with tempeh, 1 using black soybeans, and many using miso and shoyu. Note the correct use of the term "shoyu" throughout. Also has recipes for "amasake" and "amasake frosting." Address: Washington.

8367. Arraj, Tyra; Arraj, James. 1987. The treasures of simple living: A family's search for a simpler and more meaningful life in the middle of a forest. Chiloquin, Oregon: Tools for Inner Growth. 212 p. See p. 65-68, 72-73, 144-48, 199-200. Illust. Index. 22 cm. [6 ref]
• ***Summary:*** Chapter 14, titled "Tofu and Tempeh," begins: "I make tofu once a week and the result of half an hour of work is four tofu meals and at least as many tempeh made from soy pulp." A description of the process using a blender is given. Tofu recipes include Celestial Chicken (meatless), Tofu Fish (meatless), Sweet & Sour tofu. Okara tempeh recipes are for Spaghetti Tempeh (the favorite), and Tempeh Tacos. Address: Tools for Inner Growth, Box 520, Chiloquin, Oregon 97624.

8368. Ballentine, Rudolph. 1987. Transition to vegetarianism: An evolutionary step. Honesdale, Pennsylvania: Himalayan International Institute of Yoga Science nd Philosophy of the U.S.A. 314 p. Illust. Index. 23 cm. [601* footnotes]
• ***Summary:*** Contents: Foreword by Dr. Patrick C. Pietroni. Preface. Acknowledgments. Why vegetarian... and how: The vegetarian diet and health, beyond health–strength, endurance, and clarity of consciousness, the transition plan, getting started. Phase 1: Red meat. Phase 2: Poultry. Phase 3: Fish. Now that you're a vegetarian: Milk and eggs: Cleansing and dietary fiber, milk products–pros and cons, choosing a cooking medium–butter versus oil (discusses polyunsaturated oils and free radicals), translating principles into practice. The vegetarian diet in perspective: An overview. Notes. About the author (autobiographical, with a photo).

This is a carefully researched, well-conceived and well-written book with many footnotes and additional commentarial notes. It advocates phasing out red meat, then poultry, then fish to arrive at a lacto-vegetarian diet. Vegetarians should watch out for deficiencies of zinc, iron, and/or vitamin D.

On pages 96-97 the author discusses "The role of soy–and of 'ordinary beans." The amino acid content of soybeans is closer to ideal than that of most beans and peas because "they are less deficient in their limiting amino acids (methionine and cystine) than other legumes. This means that soy protein can stand alone as a source of protein in the diet better than can the proteins of other legumes, such as lentils, mung beans, or garbanzos... For this reason, soy products might be thought of as similar to milk. Both of them can function in the same way we saw milk helping wheat, to provide partial complementation, boosting the quality of protein in the grain, but benefiting little themselves. Or they can function in a different way by simply adding extra protein."

"Hence, a little cheese or tofu, for example, can be added to any meal whenever it is convenient, available, and needed to bolster overall protein intake. Soy products such as tofu are, therefore, excellent 'protein boosters,' and are preferably used that way rather than being used to replace other legumes that should be regularly served along with grains as a sort of inviolable marriage."

Soybeans and soyfoods should not be allowed to replace other legumes since they are relatively high in fat. As shown in the table on page 105, they derive about 41-55% of their calories from fat.

Page 184 notes: "The origin of the term 'vegetarian' can be traced to the Latin *vegetare,* which means 'to enliven.' This is related to *vegere* and *vigere,* which means 'to arouse' and 'to flourish.' From the latter also come 'vigorous' and 'vigil,' which connotes wakeful or alert. The most ancient root word is *wag,* to be lively or strong. The basis of the term 'vegetarian,' then, is a sense of liveliness, vigor, and alertness, rather than merely an indication of a diet of vegetables." Address: Himalayan Insternational Inst., R.R. 1, Box 400, Honesdale, Pennsylvania 18431. Phone: 717-253-5551.

8369. Bartholomai, Alfred. ed. 1987. Food factories: Processes, equipment, costs. Weinheim, West Germany: VCH Verlagsgesellschaft mbH. xv + 289 p. 24 cm. [Eng]
• ***Summary:*** Includes chapters on tofu plant by Takai Tofu & Soymilk Equipment Co. (Japan) (p. 157-59, Chap 22), surimi plant by K.L. Holmes and C. Riley (p. 207-14), protein recovery plant by J. Lyle (p. 223-27), soybean oil extraction plant by K. Weber (p. 231-35), and soymilk plant by Takai Tofu & Soymilk Equipment Co. (Japan) (p. 279-81, Chap. 41).

Within each chapter are the following sections: Introduction, economic considerations, social impact, plant design basis (capacity), plant layout and floor plan, process description. Takai has recently supplied/sold the following plants: (1) Tofu plants to Natural Inc. (Maryland, USA 30 kg/hour), Tempe Production BV (Netherlands, 30 kg/hour), and Castle Trading (Australia, 60 kg/hour). (2) Soymilk plants to Namyang Company (Korea, 2,000 liters/hour), Seoju Industrial Company (Korea, 1,000 liters/hour), Guilin Sweets and Food Factory (China, 1,000 liters/hour), Jinan Soymilk Factory (China, 1,000 liters/hour). Address: 570 Stanhope Rd., Sparta, New Jersey, 07871.

8370. Bates, Dorothy R. 1987. Kids can cook: Vegetarian recipes kitchen-tested by kids for kids. Summertown, Tennessee: The Book Publishing Co. 120 p. Illust. Index. 23 cm. Spiral bound.
• ***Summary:*** The index of this vegetarian cookbook contains

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listings for 4 tofu recipes and 1 miso recipe, plus definitions at the Ingredients sections of tofu, TVP (Texturized Vegetable Protein), tempeh, and miso. Dorothy Bates is the mother of Albert Bates, a lawyer at The Farm, and a patron of The Book Publishing Co. Address: Tennessee.

8371. Bernd Lehmann International Consultants. 1987. Food consultants offer world-wide services. Bernd Lehmann International's know-how leads to new products, systems, technologies (Leaflet). Hamburg, West Germany. 1 p. [1 ref]
• ***Summary:*** Every two years, Germany hosts ANUGA, the world's biggest food show. More than 5,000 suppliers from over 80 countries are represented. Bernd Lehmann International Consultants was founded in Hamburg in 1981. The company is now an international organization claiming more than 200 employees and associates worldwide. Last September the company held the first European Tofu Seminar in Munich, featuring a soya-based tofu delicatessen buffet. Address: Postfach 10 41 07, D-2000 Hamburg 1, West Germany. Phone: 040-33 70 90.

8372. Burum, Linda. 1987. Frozen delights. New York, NY: Charles Scribner's Sons. xii + 225 p. Index. 23 cm.
• ***Summary:*** "Including more than 300 inspired recipes for ice cream, sorbets, cakes, pies, and other frozen creations." The chapter titled "Lighter, Healthier Delights" (p. 176) contains a slew of tofu-based frozen desserts called Tofulato, all made with fruits: Fruit and berry tofulato. Lemonade tofulato. Orange juice tofulato. Concord grape tofulato. Boysenberry tofulato. Honey-banana tofulato (Variations: Honey-banana-nut tofulato, and Honey-banana-chocolate chip tofulato). Fresh pineapple tofulato. Mocha-almond tofulato. Maple-walnut tofulato.

Each recipes calls for the use of 10 ounces soft tofu or silken tofu, drained, plus 2-2½ teaspoons unflavored gelatin. In the introduction to the chapter, the author writes: "The tofulatos, great for people with cholesterol or dairy problems, offered a challenge. I wanted something with a delectable taste and texture, but I didn't want to add butterfat. However, frozen tofu does need something to smooth it out, and a little safflower oil and unflavored gelatin lends a creamy smoothness. The high-protein mixture is enhanced by the addition of concentrated fruit juices." Address: Santa Monica, California.

8373. Centro Tecnologico de Soya. 1987. Tofu o queso de soya. Super alimento natural [Tofu or soy cheese. Super natural food]. Barrio San Bartolo, Molino Belen, Solola, Solola, Guatemala. 19 p. [Spa]
• ***Summary:*** Contains 25 recipes, plus brief information on tofu nutrition and storage. Address: Solola, Guatemala.

8374. **Product Name:** Tofu.
Manufacturer's Name: Chang Shing Tofu, Inc.
Manufacturer's Address: 24 Lake St., Somerville, MA 02143. Phone: 617-628-2224.
Date of Introduction: 1987. January.
New Product–Documentation: 1995 Asian American Yellow Pages–New England Edition. Talk with Cathy Huynh. 1997. Feb. 11. She and her husband Albert started this company in 1987. The correct address is 24 Lake St., not 28.

8375. Diamond, Harvey; Diamond, Marilyn. 1987. Fit for life II: Living health. New York, NY: Warner Books. 490 p. [423* ref]
• ***Summary:*** The authors of the best-selling *Fit for Life* "America's #1 Diet Book," write more about their program based on the traditional Natural Hygiene philosophy. They encourage people to eat more raw foods and to cut down on animal products, especially on meat and dairy products. Chapter 18 is titled "Questions frequently asked." One of these (p. 323) is "*What about tofu?* This ancient food which originated in China over one thousand years ago has recently attracted our attention. It is an easily digestible protein which can play an important role in your diet as you begin to decrease your intake of animal protein. Tofu is made from soy milk, the liquid resulting when soaked and ground soy beans have been gently boiled for a short time. In high quality tofu preparation, the milk is then solidified with nigari (concentrate remaining when sea salt is extracted from sea water) or calcium sulfate (from gypsum). Tofu is rich in amino acids and calcium, containing more calcium by weight than dairy milk. It is also rich in iron, magnesium, phosphorous, potassium and sodium, essential B vitamins, choline and vitamin E. Unlike other proteins, it is alkaline, rather than acid. Because of this alkalinity and because it contains no crude soybean fiber, tofu combines well with starches, especially brown rice and other grains and whole grain breads. Watch for lots of new tofu recipes in the upcoming cookbook, *The Fit for Life Kitchen.*

The last major section of the book, titled "The Living Health Cookbook," contains recipes. Under "Soups, Sandwiches, and Rolled-Up Yummies," is a recipe for "Miso and Vegetables" (p. 405-06), a thick soup. The introduction to the recipe reads: "Miso is a soybean paste that is used in Japanese and macrobiotic cooking as a base for soups. It is also made from brown rice or barley, but these are not as common. I used to buy miso only in health food stores, but now I find it in the Asian food section of my supermarkets. In soup it has a mellow flavor and does not require the addition of any other flavorings, especially since it already has a slightly salty quality."

These are the only two references to soyfoods in the book.

8376. Dinshah, Freya. 1987. The vegan kitchen. 11th ed. Malaga, New Jersey: The American Vegan Society. 64 p.

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Illust. Recipe index. 28 cm. Spiral bound.
• ***Summary:*** The rear cover notes of this 11th edition: "Greatly enlarged and newly illustrated: Over 200 delightful recipes... all animal free! No flesh, fish, fowl, animal milk or dairy products, eggs, honey, gelatin, or other food of animal origin; no sugar or white flour." With this edition, an out-of-print cookbook by Freya titled *More Vegan Recipes* was inserted as an appendix in the back. This increased the size of the book by about one-third. The books advocates a raw food diet and food combining (following natural hygiene and Dr. Shelton). Contains many black and white photos.

In part I of this 11th edition, soy-related recipes are the same and on the same pages as in the 9th edition. Address: The American Vegan Society, 501 Old Harding Highway, Malaga, New Jersey. Phone: 609-694-2887.

8377. Downes, John. 1987. Soy source: A practical guide to cooking with soy foods. Chatswood, NSW, Australia: Nature and Health Books. Co-published in 1987 by Prism Press, 2 South Street, Bridport, Dorset DT6 3NQ, England. Distributed in the USA by Avery Publishing Group. 127 p. No index. 22 cm. [21 ref]
• ***Summary:*** Contents: Introduction, Nutrition & Soyfoods, Ingredients & Techniques, Glossary, Appetizers & Dips, Marinades & Accompaniments, Soups, Soup Noodles, Main Courses, Salads & Dressings, Desserts, Bibliography. A cookbook containing very little information about soyfoods in Australia. The author was born in 1949. Address: Australia.

8378. Editors of Sunset Books and Sunset Magazine. 1987. Light desserts: 175 fresh ways to end a meal. Menlo Park, California: Lane Publishing Co. 96 p. Illust. Index. 28 cm.
• ***Summary:*** See recipes for Tofu Banana-Pineapple Cheesecake (p. 15), and Vanilla Tofulato (ice cream made with 1 lb soft tofu, 1½ cups buttermilk, and 1/3 cup whipping cream, p. 71; includes 10 additional flavorings: Nondairy vanilla, banana, ginger or ginger-banana, malt or malt-banana, chocolate malt, carob, chilly chile, hazelnut praline, fresh berry). Subtitle on cover: 175 fresh ways to end a meal. Address: Menlo Park, California.

8379. Gentle World, Inc. 1987. The cookbook for people who love animals. 4th ed. P.O. Box 1418, Umatilla, FL 32784. 192 p. Introduction by Michael A. Klaper, M.D. Index. 26 cm. The first edition was copyrighted in 1981. The fifth edition (192 p.) was copyrighted in 1989.
• ***Summary:*** A good collection of over 300 vegan recipes, which are straightforward, appetizing, and nutritious. Special section includes recipes for cat and dog food. Contains 15 tofu recipes (including a non-fermented tofu yogurt, p. 13), plus several each using miso, soymilk, whole dry soybeans, and okara. The book contains many nice quotes about vegetarianism and veganism.

The cover of the 1986 ed. and of the fifth edition (copyrighted 1989) is red, orange, and green on yellow. The top of the cover states: "Over 300 totally vegetarian recipes, from beginner to gourmet. No meat–No eggs–No dairy–No sugar or honey–No cholesterol." At the bottom is a field of red and yellow flowers.

Page 12 contains a recipe for Nut Milk using ¼ cup nut butter (peanut butter, cashew butter, almond butter, sesame tahini butter, or sunflower seed butter) and 1 cup water. Address: Umatilla, Florida.

8380. Hong, Guangzhu. 1987. Zhongguo doufu [Chinese tofu]. Beijing, China: Commerce Publishers. [Chi]*
• ***Summary:*** Wade-Giles citation: Hung, Kuang-chu. 1987. *Chung-Kuo Tou Fu.* This is the most comprehensive work on the history and traditional technology of tofu in China. The famous poem by Lu Yu (lived A.D. 1125-1210) is quoted on page 13.

On p. 46 is a comparison of the hot-extraction and cold-extraction processes. Cold extraction is the traditional method in China, but both are used in China today. Address: China.

8381. INTSOY. 1987. Home and village soyfood preparation (Leaflet). Champaign, Illinois. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Contents: Overcoming protein deficiencies. INTSOY basic processing concepts. A practical approach. Products and processes: Soy flour, tofu, tempeh, soy milk, roasted and fried soybeans [soynuts], curries, sweets. Record of achievement (in Sri Lanka, incl. training more than 20,000 people). Address: International Soybean Program, Univ. of Illinois at Urbana, 113 Mumford Hall, 1301 W. Gregory Dr., Urbana, Illinois 61801. Phone: 217-333-6422.

8382. Khadka, Bed B. 1987. Coarse grains and pulses in Nepal: Role and prospects. *CGPRT* No. 6. 35 p. [47 ref]
• ***Summary:*** Production and yield of major grain legumes in Nepal in 1983 was: Grasspea (18,700 tonnes; 380 kg/ha), lentil (17,000; 382), chickpea (13,100; 381); soybean (10,100; 548), horsegram (7,900; 381). Note that soybean is by far the highest yielding.

"Soybean cultivation, formerly limited to the mid-hills, is now extending to inner and outer tarai. In the hills and valleys soybean is cultivated in association with or intercropped with maize. Mono-cropped soybean is grown only in small areas, and sometimes it is grown on paddy bunds. Soybean is a popular leguminous food in the hills, where roasted soybean is taken along with puffed maize as a morning or midday snack. Green pods are boiled and the seeds are eaten as such, or fried or made into curry. Some soybean is used for its oil, and the cakes are then used in feeds. In recent years, small industries have been set up to convert soybean into soymilk, soybean curd [tofu], and other

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products." Research has been carried out in collaboration with INTSOY, IITA, AVRDC and other agencies. Address: Nepal.

8383. Kolster, Uwe. 1987. Kochen mit Tofu: Die gesunde Alternative [Cooking with tofu: The healthy alternative]. Neidernhause im Taunus, Hesse, Germany: Falken Verlag GmbH. 79 p. Illust. (color). Index. 21 cm. [Ger]
• ***Summary:*** A book of tofu recipes. Contents: Foreword. Magical tofu (*zauberhaft*). How tofu is made. Drinks and desserts from soya and tofu. Spreads from tofu, sweet to hearty. Hearty soups and one pots. Soufflés and casseroles. Cold sauces and salad dressings. Raw food. Delicate salads. Two tofu specialties. Delicious warm sauces. Main dishes. Afterword. Address: Head of a vegetarian restaurant, Germany.

8384. Kuramochi, Toshiyuki. 1987. The tofu maker. In: Saga, Junichi. 1987. Memories of Silk and Straw: A Self-Portrait of Small-Town Japan. Tokyo, New York: Kodansha International. 258 p. See p. 121-23. Illust. (some color). May. 22 cm.
• ***Summary:*** This chapter appears in section 3, "Shopkeepers and tradesmen." "We kept early hours in my father's day. Now almost everything's done by machine, so even if you don't get up till after five you've still plenty of time to make tofu, but back then we used to get up before two in the morning–more in the middle of the nigh really!

"Let me see if I can remember how ours was made... First we used a treadmill to grind the two sackfuls of soybeans that had been left to [soak and] cool the night before. This job was always done by my uncle, and if he started just before two o'clock, it usually took him until five to grind them up completely. The thick mash that resulted was known as *go*.

"This was tipped into a large cauldron of water, thoroughly boiled, and then poured into the special double bag, four feet long by two feet wide, used for squeezing the soymilk from the bean solids. The double bag full of boiling *go* was extremely hot and heavy, so heavy in fact that the women could barely even lift it off the ground. You heaved this bag up on top of a tub and started wringing it–we didn't have any mechanical presses or anything, it was all done by hand. Several pine boards, tied together with straw rope, were fixed over the tub that was going to catch the liquid. The wringing bag was folded in two and you pressed down hard on it with a heavy wooden pole, about five inches thick and six feet long: one end of the pole was stuck into a hole in a wooden pillar, the middle of it rested on the bag, and you sat on the other end and squeezed the bag down using your whole body weight. But if you just sat on it without moving, the stuff wouldn't be pressed hard enough, so you had to jiggle up and down as vigorously as possible. The liquid would drip down into the tub and the bag would gradually empty. You then had to fold it in four and start squeezing again; eventually all that was left in the sack was the lees.

"When the bag had been completely squeezed out, you added bittern to the milk in the tub to make it set. Nowadays they use calcium sulphate, but back then we went along regularly to the pickle shop and got the water left at the bottom of barrels of brine-pickled vegetables.

"When the soy milk had set, it was scooped out of the tub with a special ladle known as a *bozu* ["a Buddhist priest"] and put into wooden molds; the molds were made of cypress wood, I remember. From one you could get ten slices of tofu. But you could only make two molds, twenty pieces, at a time. Mind you, the slices used to be much bigger than they are now–they were so big in fact you couldn't have held one on the flat of your hand–about seven and a half inches long and at least three inches deep. And to turn the two sacks of soybeans into tofu, we had to complete the same process again seventeen or eighteen times. But once we'd got started and had the water on the boil, everything went smoothly, with everyone doing their particular jobs, and we'd get all of it done by just after five.

"Once we'd finished making the stuff, we had some breakfast and then went out selling it from two wooden buckets attached to a pole balanced on your shoulder. Each bucket held fifteen pieces so, with a total of thirty, plus a certain amount of water, the pole bent right down on either side with the weight. We also put a box of various types of fried tofu on top of each bucket; it took a fair bit of skill and strength to balance that lot. The buckets weren't round but slightly oval shaped, three feet wide at the longest point and two foot six at the shortest, and maybe about seven inches deep.

"In those days, tofu sellers didn't blow a horn to tell customers they'd arrived as they do now; they walked around ringing a little bell. You had to take the strain of the pole with one hand and ring the bell with the other. What's more, if we'd sold the tofu only in the town we'd never have made much of a profit, so we used to go all the way out to Manabe, and then on to the area around Hojo. Well, people back then had good strong legs–we thought nothing of going as far as Oda or Hojo. I can't see anyone doing that nowadays, eh?

"There used to be tofu shops dotted about all over town and in the surrounding villages. There was a sort of unwritten rule that you couldn't sell your stock in front of, or seven houses either side of, another tofu shop, but you could sell anywhere else.

"Fried tofu cost one sen for as much as a woman could hold in one hand; plain tofu was two and a half sen in 1915, but by the 1920s it had gone up to five sen a piece.

"The men got back at about two or three in the afternoon–dog tired–after carrying their loads twenty-five miles or more with nothing but straw sandals on their feet. My father and the others had a bath as soon as they got in, with a meal straight afterward. And, God, did they eat: one

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man could easily get through four or five large bowls of rice. There were ten people working in the shop in one day–for breakfast, lunch, and dinner–they put away a good sixty pounds of rice between them."

A small illustration shows a "tofu seller," from the rear, with a pole on his shoulder.

Note: A splendid book, the winner of both awards and high praise. The compiler (Saga) was born in 1941 and the writer (Kuramochi) was born in 1929. A map (p. 8) shows that the small town is Tsuchiura, in Ibaraki prefecture, just northeast of Tokyo. Address: PhD, Japan.

8385. Landis, William Hathaway. 1987. Calcium balances of premenopausal women consuming cheese- compared to spinach- and tofu containing diets. PhD thesis, University of North Carolina at Greensboro. 113 p. Page 1307 in volume 48/05-B of Dissertation Abstracts International. * Address: Univ. of North Carolina, Greensboro.

8386. Lin, Bi-Fong; Miyawaki, O.; Torikata, Y.; Yano, T. 1987. Energy saving in the extraction-denaturation stage of kori-tofu production and its optimization. *J. of Food Engineering* (*UK*) 6(5):333-44. [11 ref]
• ***Summary:*** "Production of kori-tofu (freeze-denatured soybean gel) involves 13 unit operations and is highly energy intensive. The previous energy analysis of a kori-tofu manufacturing process (Iibuchi et al. 1982) disclosed that the extraction-denaturation stage of this process consumed twice as much thermal energy as the succeeding drying stage. The key to energy saving in the extraction-denaturation stage was to reduce the amount of water to be heated without reducing the extraction yield. Four methods were investigated for their feasibility as alternatives... The double extraction was the most effective method so far for saving energy." Address: Dep. of Agricultural Chemistry, Faculty of Agriculture, The Univ. of Tokyo, Bunkyo-ku, Tokyo 113, Japan.

8387. Metal Industries Development Centre. 1987. Preliminary project proposal for To-fu making plant. 6th Floor, #162, Sec. 3, Hsin Yi Rd., Taipei, Taiwan. 10 p. Catalog. Series No. 134.
• ***Summary:*** This is basically an equipment catalog, with a photo and description of each piece. The supplier of the plant is Sun Youth Machinery Co. Ltd. in Taipei. Address: Taipei, Taiwan. Phone: 02-703-4061.

8388. Morgenland Pflanzenkost. 1987. Kleine Warenkunde. Wichtige Information! [A little market research. Important information! (About soy products, with catalog)]. Kurze Str. 1, D-3406 Lenglern, West Germany. 5 p. [Ger]
• ***Summary:*** Letter from Alexander Nabben (black on green). 1987. July. Together with catalog (black on orange), written with co-workers, Dec. 1987. 16 types of soyfood products are listed and described. Address: Lenglern, West Germany. Phone: 05593.774.

8389. Nichterlein, Karin. 1987. Huelsenfruechte [Legumes]. Bonn, Germany: AID (Auswertungs- und Informationsdienst fuer Ernaehrung, Landwirtschaft und Forsten). 20 p. Illust. 21 cm. [10 ref. Ger]
• ***Summary:*** The section on soybeans (p. 14-16) discusses soya oil, lecithin, soybean meal, soy protein concentrates, soya bread, low-fat soy flour, Sojamark (Soya meat), TVP, soya milk, tofu, soy sauce (shoyu, tamari), miso, tempeh, sufu (fermented tofu), natto, and soy sprouts. Address: Institut fuer Pflanzenbau und Pflanzenzuechtung I, Giessen, Germany.

8390. NODAI Research Institute. 1987. Traditional foods and their processing in Asia. Tokyo: NODAI Research Inst. vii + 235 p. Seminar held Nov. 13-15, 1986 at the Tokyo Univ. of Agriculture, Tokyo, Japan.
• ***Summary:*** Contents include: Oncom: Fermented peanut pressed cake, by Dedi Fardiaz. Mochi: Rice Cake, by Akiko Kawabata. Miso: Bean paste, by Hisao Yoshii. Chemistry and technology of tofu and its derived products, by Tokuji Watanabe. Indigenous fermented foods in Nepal, by Tika Karki. Improvement of traditional soy sauce fermentation mold, by Sri Hartadi and Siti Kabirun. Address: Tokyo Univ. of Agriculture, 1-1-1 Sakuragaoka, Setagaya-ku, Tokyo 156, Japan.

8391. Passmore, Jacki. 1987. Asia: The beautiful cookbook. Los Angeles, California: Knapp Press. 256 p. Illust. (color). Index. 37 cm.
• ***Summary:*** This is a stunningly beautiful, oversized book–a feast for the eyes, filled with elegant color photos (many full page), authentic recipes and many insights about Asian cookery. Each recipe is accompanied by one or more photos, Contents: Japan: Simplicity and elegance. Korea: Warm and sustaining. China: From the beginning of time. Philippines: East meets West. Thailand: Titillating, tantalizing. Laos and Kampuchea: Unforgettable foods. Vietnam: Herbaceous overtones. Singapore and Malaysia: A blending of cultures. India: Southern fire, northern serenity. Burma: Exotic offerings. Indonesia: Symphony of flavors. Sri Lanka: Gems from an enchanted isle. Glossary. Acknowledgments.

Japan: Yudofu (Simmered bean curd, with 3 cakes tofu {bean curd}, p. 31). Tofu dengaku (Grilled bean curd on skewers, with 2 lb {1 kg} momen tofu and white miso, p. 31). Ton-negu no teriyaki (Teriyaki pork rolls, p. 38). Miso-shiru (Miso-flavored soup with bean curd).

Singapore and Malaysia: Popiah (with ¼ cup (about 2 oz / 60 gm) compressed bean curd cake, shredded, p. 155, 148-49). Tempe lemak (Tempe in coconut milk, p. 166). Hokkien mie (Hokkien style noodles, with 2 cakes compressed bean curd, p. 168). Laksa ayam (Chicken with laksa noodles in coconut sauce, with 2 squares / cakes compressed bean curd,

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p. 169).

Indonesia: Kecap manis is a sweetish soy and chili sauce (p. 218). Babi kecap (Pork in sweet soy sauce, p. 227).

Glossary (p. 252-54) includes short definitions of: Azuki beans. Bean curd. Bean pastes and sauces. Kecap manis ("based on dark soy sauce, sugar and spices"). Kombu. Nori. Paneer (India). Sesam. Wakame.

8392. Popham, Peter. 1987. The insider's guide to [south] Korea. Edison, New Jersey: Hunter Publishing. 199 p. See p. 60. Illust. (color photos by Alain Evrard). Maps. Index. 23 cm. [9* ref]

• ***Summary:*** The 1988 Summer Olympics in Seoul introduced Korea to the modern world in a big, new way. This book was written for that event.

The chapter titled "Korean cuisine" (p. 58+) explains that it is the least known of the culinary traditions of Asia, and offers strong evidence of the nation's distinctiveness, which shows clear Mongol influence. Like the Chinese and Japanese, the Koreans also eat "soy beans and bean curd" [tofu], and bean sprouts [soy sprouts are more popular than mung bean sprouts]. The undisputed mark of Korean cuisine is kimch'i [kimchi], most of which is still made by fermentation at home of a vegetable (such as cabbage), always with chili and garlic; there are many different types of kimch'i, the most popular of which are cabbage stuffed with oysters, sliced cucumbers with radish and ginger, diced daikon radish with scallions, and white radish sticks floating in brine. Other favorite Korean seasonings, besides garlic and chili, are scallions, ginger, sesame oil, sesame seeds, and soy sauce.

Pages 60-62: "There is also a whole range of fermented pastes and sauces for dipping, called *chang.* Every home and restaurant has its own recipe for *chang,* and each batch comes out differently. Based on a fermented mash of soybeans, the three most common varieties are *"kan chang,* a dark liquid, like soy sauce, *daen chang,* a thick, pungent paste, and *kochu chang,* a fiery version laced with chilies."

Note: This is the earliest English-language document seen (April 2012) that uses the term *kan jang* to refer to Korean soy sauce.

Side dishes, known as *panch'an,* accompany the main dish, rice, and add variety to the basic Korean meal. They include: *Tubu:* Soybean curd, tofu. *Manul changah-chee:* Green garlic pickled in soy sauce. *Don chun:* Beef and bean curd patties spiced with ginger.

Koreas love to make rich, thick stews, especially in winter. "*Chigae* is a special thick stew simmered in heavy clay crocks." Favorite Korean soups (*tang*) and stews include: *Maeun tang:* Rich soup of meat, fish, bean curd, zucchini and scallions. *Ten chang chigae:* Thick stew of meat, fish, bean curd, squash and chilies.

Simple "one-bowl" meals, especially popular as summer lunches, include: *Kong kookso:* Wheat noodles in fresh soy milk. *Udong* [Jap. udon]: Broad wheat noodles with onions, bean curd, egg and chili. *Kongnamul pap:* [Soy] bean sprouts, beef and cabbage served over rice.

A photo (p. 63) shows a man grinding food using a hand-turned stone mill (quern).

8393. Roozen, Jac. P.; Groot, Jolan de. 1987. Analysis of low levels of trypsin inhibitor activity in food. *Lebensmittel-Wissenschaft + Technologie* (*Zurich*) 20(6):305-08. [14 ref. Eng]

• ***Summary:*** A method which utilizes affinity chromatography was developed and applied to the following soy products: Soybeans (dry, soaked or steamed), tempeh (fermented for 24 or 48 hours), soy flakes (defatted or heated), dry soy meat (textured vegetable protein), dry isolated soy protein, and tofu. Results are detailed. The specific trypsin inhibitor activity varied widely in the soy products but was always less than 1900 trypsin inhibitor units/mg protein. Address: Dep. of Food Science, Agricultural Univ., De Dreijen 12, 6703 BC Wageningen, Netherlands.

8394. Shannon, Sara. 1987. Diet for the atomic age. Wayne, New Jersey: Avery Publishing Group Inc. xviii + 316 p. Introduction by Ernest J. Sternglass, PhD. Index. 23 cm. [400+* ref]

• ***Summary:*** The subtitle on the cover reads: "How to protect yourself from low-level radiation." This book, written from a macrobiotic viewpoint, contends that various foods, including miso and sea vegetables, can protect people from radioactivity. Chapter 6, "Diet for the Atomic Age," discusses miso, tofu, tempeh, and sea vegetables at length as foods that can protect us from radiation (p. 130, 145-55). The story of how miso protected Dr. Akizuki and his staff from the radiation of the atomic bomb dropped on Hiroshima is told on pages 77, 116, 148-49.

Chapter 8, "Recipes" (p. 193-234) includes many macrobiotic-style soy-related recipes and a special section titled "Tofu and Tempeh." The chapter contains 13 tofu recipes, 7 miso recipes, and 4 tempeh recipes. The author received her degree in nutrition from the State University of New York. Address: Practicing nutritionist and health counselor, New York City.

8395. Shurtleff, William; Aoyagi, Akiko. 1987. Soymilk industry and market: Updates from 1984 to 1987. Lafayette, California: Soyfoods Center. 17 + 59 p. Index. 28 cm. [165 ref]

• ***Summary:*** This 1987 update to the Soyfood Center's two-volume 1984 *Soymilk Industry and Market* has two parts: (1) Year in Reviewing, describing key events and trends each year from 1984 to 1986. (2) A bibliography of soymilk from January 1987 to late 1987, based on records in the SoyaScan database; at the end is a 10-page index. Address: Soyfoods

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Center, P.O. Box 234, Lafayette, California 94549.

8396. Sonntag, Linda. 1987. The little tofu book. London: Judy Piatkus (Publishers) Ltd. 60 p. Illust. by Trevor Newton and Hanife Hassan. No index. 16 cm.
• ***Summary:*** Contents: What is tofu? Storing tofu. What to do with tofu. Tofu recipes. Dips and spreads. Tofu, the wonder health food. The food for the future. Tofu slimmers. Making your own tofu. The bonuses of making tofu: Go, okara, soya bean milk, yuba, whey. Tofu in Japan. Tofu in Indonesia. Tofu in China. Miso. Other titles in the series. Note: This book draws heavily on *The Book of Tofu* by Shurtleff and Aoyagi. Address: England.

8397. Toyo Plant. 1987. Tôfurui jidô seizô sôchi [Automatic production system of tofu (bean curd) products]. Toyo Plant Co. Ltd., 4-27-6 Matsue, Edogawa-ku, Tokyo 132, Japan. 4 p. English. 6 p. Japanese. Manufacturer's catalog. [Jap; Eng]
• ***Summary:*** The company was founded in 1967. This manufacturer's catalog describes the production systems for soy milk, momen tofu, abura age, filled silken tofu, silken cut tofu, and egg tofu. Address: Tokyo, Japan. Phone: 03-655-0111.

8398. Watanabe, Tokuji. 1987. Chemistry and technology of tofu and its derived products. In: Fujiharu Yanagida, ed. 1987. Traditional Foods and Their Processing in Asia. Tokyo: NODAI Research Institute, Tokyo Univ. of Agriculture. vii + 235 p. See p. 110-21. [8 ref]
• ***Summary:*** Contents: Introduction. Fresh tofu and its production: Process of tofu making, equipment, kinugoshi tofu, new raw materials for making tofu, new types of tofu. Aburage and other deep-fried tofu. Kori-tofu and its production: Process of making kori-tofu, large-scale production, equipment, distributing the product, utilization of by-products. Local varieties of tofu: Rokujo tofu, tsuto-dofu, tofuyo [fermented tofu]. Conclusion. Address: Faculty of Home Economics, Kyoritsu Women's Univ.

8399. Weber, Marlis. 1987. The single vegetarian: Healthy recipes for one. Translated from the German by Linda Sonntag. Hammersmith, London, England: Thorsons–An imprint of HarperCollins Publishers. 144 p. Illust. by Juliet Breese. Index. 21 cm.
• ***Summary:*** This attractively illustrated and designed lacto-ovo-vegetarian wholefoods cookbook (first published in Germany in 1985 as *Vollwertkueche für 1 Person*) opens with a nice section on soya beans and tofu (p. 17). Contains more than 50 line drawings, used mostly to fill spaces that would otherwise be empty. Soy-related recipes include: Chicory and beansprouts in curried cream (with soya bean sprouts, p. 56). Soya bean hotpot (with cooked soya beans, p. 76). In the chapter titled "Milk, Quark and Tofu" (p. 121-24) we find recipes for: Tofu dessert. Savoury Tofu. and Tofu Burgers.

8400. Wynne, Dave; Javaheri, Fereidoon. comp. and ed. 1987. Soyabean cooking in Zambia. Republic of Zambia, Dept. of Agriculture. 48 p. 22 cm. 1st ed. 1985.
• ***Summary:*** Contents: Acknowledgements. Foreword. Nutritional information. 1. Basic recipes. 2. General use. 3. Urban use. 4. Specialty recipes. Publication of this book was fully by the Lint Company of Zambia (LINTCO). The Mennonite Central Committee and ZAMARE gave support. Many recipes were developed by Mrs. Barbara Wynne, Mr. Lee Holland, or Miss Mabuya; most of the rest came from the *More-with-Less Cookbook*, by Doris Janzen Longacre, and Favorite Recipes by the American Women's Club in Lusaka. Surveys carried out by the National Food and Nutrition Commission (NFNC) and published in Dec. 1980 found a high incidence of malnutrition in Zambia, particularly in children aged 0-4 years. Soybeans can help greatly to alleviate this problem.

Talk with Hea-Ran Lee Ashraf. Dave Wynne was a Mennonite Missionary, and Fred Javaheri was also a missionary but working for the Zambian government. Fred, an Iranian with Canadian citizenship, has a deep, long-term dedication to soybeans with great energy, enthusiasm, and a sound knowledge of his resources. Hea-Ran believes that without these two men, the soybean program in Zambia would not exist today. Their group now also publishes a quarterly periodical titled *Soybean Newsletter.* Address: 2. Soyabean Coordinator, Mt. Makulu Central Research Station, Chilanga, Zambia.

8401. Yang, Kailing. 1987. Min guo Li Shizeng xian sheng Yuying nian pu. Er ban [A chronicle of Li Shizeng's life. Revised ed.]. Taipei, Taiwan: Taiwan shang wu yin shu guan. 8 + 210 p. + [2] leaves of plates. Illust. [Cht]*
• ***Summary:*** Note: Li Yu-ying, a soyfoods pioneer in Paris, France, lived 29 May 1881 to 3 Sept. 1973. This revised 1987 edition contains 10 pages more than were in the original 1980 edition.

8402. Yntema, Sharon K. 1987. Vegetarian children: A supportive guide for parents. Ithaca, New York: McBooks Press. 169 p. Index. 22 cm. [188 ref]
• ***Summary:*** Though not a cookbook, this book work is especially useful for parents who need help in making a vegetarian transition for their children. Contains health and nutrition answers for vegetarian children of all ages–from feeding your baby to school lunches. Discusses tofu (p. 62-63, 98, 147-48) and tempeh (93, 148). Excellent bibliography.

"The author received an M.A. in Early Childhood Special Education from George Washington University. Before her son was born in 1978, Ms. Yntema worked as a child development specialist at the Day Care and Child Development Council of Tompkins County in Ithaca, New

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York." Address: Ithaca, New York.

8403. Yu, Youtai. 1987. Agricultural history over seven thousand years [in China]. In: Sylvan Wittwer, Yu Youtai, Sun Han, and Wang Lianzheng, eds. 1987. Feeding a Billion: Frontiers of Chinese Agriculture. East Lansing, Michigan: Michigan State University Press. 462 p. See p. 19-33. Chap. 2. [9 ref]

• ***Summary:*** Chinese agriculture originated in the primitive society of the early and middle New Stone Age (5000-2100 B.C.). Farming villages established in the Wei and Yellow River valleys of northeast China cultivated millet, wheat, beans, rice, hemp, cabbage, and melon. The Slave Society period went from 2100-476 B.C. The description of the "five grains" (millet, glutinous millet, soybeans, wheat, and rice) first occurred during the Spring and Autumn period (770-476 B.C.). Feudal Society went from 475 B.C. to A.D. 1840.

The earliest Chinese characters, inscribed on bones and tortoise (land-loving turtle) shells date from around the 14th century B.C. These were first excavated in Anyang County of Henan Province at the end of the 19th century. The earliest book which systematically recorded Chinese agricultural activities was *Xia Xiao Zheng.* It was the calendar of the Zia Dynasty, estimated to have been written around the 16th century B.C. and comprising about 400 words. The main crops were broom millet, grain millet, wheat, rice, bean, hemp, vegetables and melons. Nearly 400 books on ancient Chinese agriculture were published prior to the middle of the 19th century and before the end of the Chinese Feudal Society. The 11th Century B.C. saw the progressive expansion of Chinese agriculture.

In Western Europe, land was inherited by only one son of the noble landlord and was not allowed to be sold. This permitted centralized planning and utilization of land resources. By contrast, during the Feudal Society of China, land was inherited by many sons.

Discusses intensive cultivation which began in Chinese agriculture as far back as the 3rd century B.C.

The first priority in Chinese agriculture has been the production of the food crops known as the "Five Grains." Second is the production of livestock known as "Six Animals." The "six animals" are horses, cattle, sheep, chickens, dogs and pigs. The expression of "five grains" first appeared in the Chinese literature of the eight-fifth centuries B.C. The grains were millet, glutinous millet, soybean, wheat and rice. They were first defined as the 5 basic food crops cultivated in the reaches of the Yellow River.

"Shu" is broomcorn millet (*Panicum miliaceum*)*;* "Ji" is a variety of "Shu." The main difference is that "Ji" is not as glutinous when cooked as is "Shu." In the most ancient Chinese characters inscribed on bones and tortoise shells, these 2 words appeared most frequently of all the grain crops.

In ancient times, farmers would grow some soybeans as a part of their food production program each year. Equal importance was given to millet and the soybean as substitutes for "Shu" and "Ji." Food processing technologies were developed after China entered the Feudal Society. Then fermented and salted soybeans [fermented black soybeans], thick soybean sauce, bean curd, bean sprouts and many other products became commonplace. The soybean then moved from a main food crop to the category of a nonstaple food and an oil crop. Wheat increased, as the soybean declined as a major food crop.

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "fermented and salted soybeans" (or "fermented and salted soybean") to refer to fermented black soybeans.

8404. Zimmerman, Maureen Williams. 1987. Sunset vegetarian favorites. Menlo Park, California: Lane Publishing Co. 96 p. Originally published in 1983 as International Vegetarian Cooking.

• ***Summary:*** Written and compiled by the editors of Sunset Books and Sunset Magazine, this lacto-ovo vegetarian cookbook is different from a Sunset book by the same title published in 1981. It contains many recipes plus full-page color photos, and illustrations (line drawings) by H. Tom Kamifuji of various vegetables. The subtitle on the cover only reads: "Delicious recipes from around the world."

Chapter 1, titled "Vegetarian ways around the world," gives a good introduction to the subject.

Soy-related recipes include: Miso grilled mushrooms (Japan, p. 14-15). How long to simmer soybeans (p. 49). Homemade pasta–whole wheat & soy (p. 52). Golden tofu-cauliflower soup (Thailand, p. 34-35). Greens & tofu in peanut sauce (Thailand, p. 48). Stir fried tofu & vegetables (Vietnam, p. 50). Mandarin pancakes with spicy tofu filling (China, p. 70). Cornmeal soy crepes (p. 72-73). Address: Menlo Park, California. Phone: 415-321-3600.

8405. **Product Name:** Baked Tofu.
Manufacturer's Name: Clearway Kitchen.
Manufacturer's Address: 1037 17th Ave., Santa Cruz, CA 95062. Phone: 408-476-6390.
Date of Introduction: 1987?
New Product–Documentation: Talk with Buddy Hamel of Clearway Kitchens/Sweet Angel. 1993. Aug. 20. He first made and sold Baked Tofu 6-7 years ago. He made several different styles of it and he still has some of the original labels. He changed the name of his company from Clearway Soyfoods to Clearway Kitchen about 6 years ago. His company has made two moves since it was at 1037 17th Ave. in Santa Cruz. In about 1983, he first moved to 2022 Soquel Ave. in Soquel, California. Then he moved to his present address.

8406. Galactina AG. 1987? Der Tofu bekommt Geschmack!

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[Tofu gets flavor! (Leaflet)]. Belp, Switzerland. 2 panels each side. Each panel: 28.6 x 21 cm. Undated.

• ***Summary:*** Leaflet (glossy color). Undated. Sent by Peter Speck of Galactina. 1990. On the front panel: The new tofu generation from Galactina wins over even the most die-hard skeptics. A photo shows a handsome, seasoned Tofu Gourmet sausage lying on a wooden table, surrounded by cubed tofu and vegetables.

A photo (panel 2) shows the new packaging for large-scale users (*Grossverbraucher-Packung*). The five flavors (each sausage-shaped package weighs 1 kg) are: (1) Tofu Gourmet (with soy sauce, natural aromas, and a special mixture of spices). (2) Tofu Jardinière (with carrots, leeks, celery, sea salt and spices). (3) Tofu Provençale (with herbs from Provence, soy sauce, plus spices and salt to make it a bit piquant). (4) Tofu Gastro (Nature) (let your fantasy wander from use in sweet to piquant dishes). (5) Tofu Burger (with vegetables, onions, spices, herbs and sea salt).

Panel 3 begins: Tofu belongs in the new, light and healthy cuisine of hotels, hospitals, restaurants, and hostels. We are glad to support you with tofu recipes, tofu menu-cards or with a personal, obligation-free consultation with our tofu specialist. A photo shows the cover of a book titled "Tofu–The new food culture" (*Tofu–die neue Esskultur*).

On the rear panel is the same classy photo as on panel 2. Address: 3123 Belp, Switzerland.

8407. **Product Name:** [Seasoned Tofu (Gourmet Diced) [Natural and Gastro].
Foreign Name: Tofu Nature, Tofu Gastro.
Manufacturer's Name: Galactina Ltd.
Manufacturer's Address: Birkenwej 1-6, CH-3123 Belp, Switzerland.
Date of Introduction: 1987?
Ingredients: Provencale: Herbs from Provence, soysauce, seasonings, and salt.
Wt/Vol., Packaging, Price: 250 gm (8.8 oz) packed in water in molded plastic tray with heat-seal film top and full-

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color front panel photo. In 1987, 1 kg package for catering.
How Stored: Refrigerated, 6 week shelf life.
Nutrition: Provencale: Protein 11.5%, 6.5% fat, 2.5% carbohydrate. 114 calories/100 gm.
New Product–Documentation: Labels and leaflet sent by Peter Speck of Galactina. 1988. March 11.

8408. Schmit, Matthew. 1987? A report on the Telluride Tofu Shop, Telluride, Colorado: September 1977 to August 1979. Arcata, California. 3 p. 28 cm. Undated.
• ***Summary:*** "The Telluride Tofu Shop, a cooperatively owned and managed wholesale foods company and associated restaurant, was born in mid-September, 1977, high in the San Juan mountains of Colorado, and was operated until mid-August, 1979, when the business was sold. Original founders were Timothy Mecke and myself, Matthew Schmit. The Tofu Shop was initially conceived of as a community oriented business and as a support system for the local food co-op store (a non-profit organization).

"Operating out of a 250 square foot shop space adjacent to the food co-op, we acquired used equipment, built counters and tables, and fashioned the kitchen we would need to begin sprout and tofu production. Initial capital was $1,000. After one month our original emphasis on wholesale production for resale to area markets was forced to change, for the Shop was deluged with requests for direct customer service and examples of how to prepare tofu. Hence began the transformation of the small shop into a full-time restaurant and food production company.

"After two years of steady business the Tofu Shop had quadrupled in size to become a restaurant seating thirty with waitresses serving lunch and dinner Monday through Saturday, and a wholesale business which had produced over 12,000 pounds of tofu and 15,000 pounds of sprouts, distributing these items to markets throughout the Western slope of Colorado.

"The amazing success of the Tofu Shop can be attributed to several factors. The miracle of truly fresh tofu and the soyfoods revolution which swept the country in 1976 picked up the Telluride shop and carried it along, making it an early member of a growing association of soy businesses around the country. Also, the community of Telluride helped by consuming above average amounts of tofu and sprouts for those two years. Lastly, hard work with little pay by dozens of dedicated individuals made it possible for the shop to continually recapitalize. This group, known as the Tofools, deserve special recognition.

"The following pages will provide more detail about the Telluride Tofu Shop experience, with special attention given to: the community of Telluride; Shop ownership models and worker organization; financial philosophy and information; the restaurant; the tofu business; the sprout business; other products produced; extra activities; and the sale of the business."

Note: This report was never completed.

Page 2 is a floor plan of the businesses in the Spectrum Shop under the Sheridan Opera House off Oak Street. On the left side of the central hallway are three shops: Tofu Shop Restaurant, started ca. 1978. The Tofu Shop, started mid-Sept., 1977, Tofu Shop sprout room, started ca. 1978. On the right side of the central hallway are two shops: Winterstash Food Co-op started here in 1975. Winterstash expanded to here in 1977.

Page 3 contains two floor plans: (1) Of the Telluride Tofu Shop–a community tofu shop–wholesale / retail. (2) Of a steam jacketed cooker tofu factory. Address: Arcata, California.

8409. **Product Name:** [Tofu Slices].
Foreign Name: Die Tofu-Scheiben.
Manufacturer's Name: Sojalpe.
Manufacturer's Address: Saint Quentin sur Isère, 38210 Tullins, France. Phone: 76.93.60.21.
Date of Introduction: 1987?
Ingredients: Tofu, carrots, onions, rolled oats, salt, soy sauce.
Wt/Vol., Packaging, Price: 200 gm, precooked.
How Stored: Refrigerated at 4-6ºC (39-43ºF).
New Product–Documentation: Manufacturer's brochure. 1987? In German. "Tofu Slices. Dishes of the fine kitchen. The joy of eating... without putting on weight." Tofu: Holding high a tradition. Sojalpe tofu is handmade in Dauphiné, following the traditional slow way of cooking, which was commonly used in Asia. It is made from organically grown soybeans, and without preservatives or colorings. Nigari is the coagulant. The slices can be either pan fried or baked. Serve with a sauce, or as an accompaniment to salads, grains, or vegetables.

The company logo is a steepled building with 5 soy-shaped leaves growing out of the steeple, set in front of towering mountains. A photo on the front shows a tofu slice (about 1/8 inch thick by 4 inches wide by 6.5 inches long) on a plate, topped with a sauce. At the top is an illustration (line drawing) of a laughing male chef in a white top hat.

8410. Takano Foods Co. 1987? Shôhin annai [Catalog of soyfood products]. Ibaragi-ken, Japan. 6 panels. Undated. 30 cm. [Jap]
• ***Summary:*** Takano Fuuzu K.K. makes 43 soyfood products, mostly natto, but also some tofu. On the cover, two black lacquered chopsticks hold a single yellow soybean over a red tray on a red table. Address: Ibaraki-ken, Japan. Phone: 02995-8-232.

8411. Takano Foods Co. 1987? Healthy wave [Healthy wave]. Ibaragi-ken, Japan. 16 p. Undated. 30 cm. Catalog. [Jap]
• ***Summary:*** This catalog introduces Takano Fuuzu K.K. and

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its soyfood products, mostly Okame natto, but also some tofu. Address: Ibaraki-ken, Japan. Phone: 02995-8-232.

8412. **Product Name:** Bulk Vacuum Packed Tofu.
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1987?
Wt/Vol., Packaging, Price: 10 lb vacuum packed.
New Product–Documentation: Talk with Marty Roth. 1989. Aug. 16. White Wave sells a vacuum packed tofu in bulk to Tree of Life. Talk with Lon Stromnes. 1989. Aug. 23. This product was introduced in about 1987. It comes in a 10-pound vacuum pack.

8413. Brunthaler, Norbert. 1988. Re: Soyfoods made and sold by Sojvita. Letter to William Shurtleff at Soyfoods Center, Jan. 4. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "Thank you for your letter of Dec. 10." He gives the year and month that his company started to make and sell the following products: Tofu, Tofu marinated and baked, Tempeh, Sojanaise, Tofuburger, Tempeh vacuum packed and stable, Tofu spread (4 kinds), Sojella (enriched soymilk), Soyoghurt with fruits, Natto.

"These are only our soy-products which we sell by ourselves or through distributors in Austria. (Furthermore we produce rice-wafers, seitan, gomasio {sic, gomashio, sesame salt}, mochi.) We cannot say, which company is the largest in Austria, but we have the most different kinds of soyproducts. Our next competitor is: Sojarei in Baden and a smaller one is Tofurei in Wels. Furthermore there is only one Tempeh-producer in Vienna who sells tempeh and different cookies. These are all soy-producers in Austria. We hope we could help you with this information. With best regards. N.S.: Red miso and barley miso is in development since 1984." Address: Sojvita Produktions GmbH, Hauptplatz 1, Lichtenwoerth, Austria. Phone: 02622 / 75494.

8414. Quigley, Brian. 1988. Bremer Foods Corp. and soy yogurt in Quebec (Interview). *SoyaScan Notes.* Jan. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Brian has done extensive research on a fermented soy yogurt by renting space at the St. Hyacinthe Food Research Center, which is owned by the federal government. He expects to launch a soy yogurt in Sept. 1988, and will also make tofu. He will start with whole soybeans (not isolates) and has purchased some equipment. His process is unique. He did not like Jofu, and he feels his product is vastly superior. It is 60% as acidic as typical dairy yogurt, is almost as white, and is sweetened with only honey rather than sugar. It is targeted at new yogurt eaters, those who dislike the high acidity of dairy yogurt. Tomsun is the only tofu in Quebec supermarkets. So he feels Tomsun will be his main competition in yogurt and tofu. He will be able to undersell Tomsun. Quebec has the highest per capita yogurt consumption of any province or state in North America; it has doubled in the past 6 years and is growing at 15-20% a year. Note that on 29 Oct. 1987 Martin DeLint of Montreal called to discuss this product. Address: Bremer Foods Corp., 3600 Casavant West, St. Hyacinthe, QUE, J2S 8E3, Canada. Phone: 514-773-1105.

8415. Tanikawa, Harry. 1988. Recent developments at House Foods and Yamauchi Inc. (Interview). *SoyaScan Notes.* Jan. 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** HF&Y has never made tempeh. The listing in Soya Bluebook was incorrect. Fuji is a separate company owned by Mr. Shoan Yamauchi. It specializes in sprouts (mung, alfalfa, and "spice" sprouts). Fuji bought Unicorn Village (Arizona), which was mostly an alfalfa sprout producer. Mr. Yamauchi is half owner of HF&Y, which is a partnership. They have had a hard time recently. First, at the end of 1985 and in early 1986 there was a lot of dumping of imported tofu by Morinaga, which had a "buy one, get one free" offer. The FDA made them change their labeling and gave them 3-4 months to deplete their old stocks. This problem is no longer serious. Second, they are now in the 6th week of a strike. The Hispanic workers are the most discontent. The local Chinese tofu makers sell at a pretty low price. HF&Y no longer even tries to compete with them in the Asian-American market; since 1981 they have become a company that sells primarily to supermarkets.

They are unionized and offer their employees a fair wage and benefit package; many smaller competitors are not unionized. HF&Y was unionized in 1981, before House Foods entered in 1983. That led to a big loss of ability to compete. That is why they have had to take such a strong stance during the current strike; what the union was asking for would have priced the company out of the market. House Foods has definitely not taken profits from the company, which raised prices; it all went to labor. Still House is very happy with its partnership. Azumaya may have passed HF&Y as America's largest tofu maker. They have taken a more aggressive attitude (especially outside California), and less red tape. He is not aware of any agreement between Azumaya and HF&Y not to compete in out-of-state markets. For decades, they have not competed inside the state. Address: Sales Manager, House Foods & Yamauchi, Inc., Los Angeles.

8416. Rose, Richard. 1988. The U.S. soyfoods industry and market today and tomorrow (Interview). Conducted by William Shurtleff of Soyfoods Center, Jan. 6. 4 p.
• ***Summary:*** "President of Rose International in Petaluma, California (and formerly of Brightsong Light Foods), Richard Rose began making tofu and soymilk products in 1978. His forte is product development and marketing, which is the focus of his present company. He has been responsible

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for the development of over 75 commercial soyfood products.

"Shurtleff: What do you see a the most important events and trends in the soyfoods market during 1987?

"Rose: First, the growth and marketing of Jofu, then the subsequent apparent leveling off or decline of sales or profits, although I am not sure of that. One source says that they have more demand for the product than they can handle. My understanding is that they were going to do a natural food Jofu and introduce it at the Natural Foods Expo at Philadelphia in October. Apparently it never happened; Tomsun didn't even have a booth at the Expo.

"That ties into the inability that I see of soy yogurts to take hold in both the mass market and the natural foods market. I think there are good reasons for that. The difference between ice creams and non-dairy frozen desserts is substantial. There's a large benefit for the consumer of non-dairy products. But that same range of difference does not exist between dairy and non-dairy yogurts. In fact, dairy yogurt is seen as a healthful food, low in cholesterol, fat, and often calories. So there is not as much benefit from eating the non-dairy product.

"Second, the continued domestication of production of aseptic soymilks by Westbrae, Great Eastern Sun, and Vitasoy.

"Third, the decline of sales and fortunes of Tofutti, linked to the decline in sales of non-dairy soy frozen desserts in general. I think Bob Tepper leaving Farm Foods was important. He'd been with them for a long time and has had a lot to do with the great progress they have made over the past eight years. That is quite a story. Farm Foods did things right and they had good luck as well. I'm really happy for them.

"Fourth, the increase and proliferation of soy cheeses. Last year Cemac and Galaxy got into the market in a big way. Soymage was the first truly non-dairy soy-based cheese containing no casein. I think what is more significant is large companies that have no other interest in soyfoods or natural foods are entering the industry. Galaxy went public in about August of 1987. I think their stock started at 5 and last I saw it was 1O.25. They are very good at hype. They are to cheeses what Tofutti is to ice cream. I was watching some late night show on TV and their spokesperson Don King came out and began hyping Galaxy products (he had samples with him) against the insistence of the host! These larger companies see a new market and they go after it. But they really have no interest in or history with natural food or soyfoods. Its a problem for the industry and a potentially dangerous trend. If people are going to make money in this industry we need to make sure they do it fairly, without consumer deception, etc.

"Fifth, the increased legitimization of soyfoods in the mass market and in general. There is definitely growing interest. A few years tofu was snickered upon whereas now it's more likely to stimulate enquiry and interest. That probably has a lot to do with Tofutti and tofu being recognized for special diets. Likewise, a similar growth of interest in soyfoods internationally, especially in Europe and Australia.

"Shurtleff: What do you think when you read that in a poll of the most hated foods in the USA, tofu was at the top of the list.

"Rose: I suspect they are right. I think that 95% of the Caucasian population does not buy tofu even occasionally.

"Shurtleff: Which products launched during 1987 did you feel were the best quality?

"Rose: The Barat Bar is very good. In fact, I buy those, even though they are so darned expensive. You don't get a sugar rush, there is no dairy, and they taste good.

"The ToChip, those corn chips, were good but I don't think much has happened with it.

"There are more salad dressings out and they are getting better, and have better shelf life and packaging. Golden Soy and Nasoya come to mind first.

"Of the soy cheeses, I think they are all about the same in quality. I frankly consider them all a wash. I think the Soyco and the Cemac product are slightly better than the Soya Kaas. They all have casein. Our product FREE has no casein.

"Shurtleff: What major changes have taken place in our industry and market during the past ten years?

"Rose: I think we have begun to develop our own individual identity, separate from the earlier Asian influence. That includes American equipment, American products, supplies, and suppliers. Instead of silken tofu, doufu-gan, and age, we have developed non-dairy frozen desserts, puddings, and salads. There is a great breadth of uniquely American products. In fact, an Americanization of all aspects of the industry.

"Development of domestic processing equipment, such as Bean Machines has done, is an important trend.

"Shurtleff: What predictions would you make for the future.

"Rose: Growth in the use of aseptic tofu by consumers. Morinaga has a U.S. patent on the process of making tofu aseptically.

"More and better U.S. equipment, and the development of better processing methods.

"The use and recommendation of soyfoods in special diets by traditional groups like the AMA, dietitians, and perhaps even the government. I think eventually soyfoods (other than TVP) will be able to be used in government programs, such as school lunch programs. But that may take a while.

"I still see a breadth and depth of new products. In breadth, I think we'll see it in baked goods (brownies, cookies, muffins, breads) and confections (candies). Also refinement of current products. Many of the products that

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have been out for a while aren't that great; they still need more improvement. But because they have been around for a while, people are less likely to improve them. But I think we will see, because of competition, improvement in current products. New products will tend to be more fully developed.

"Big Food will be getting into soyfoods more, probably to use tofu's functionality. For example, replacing ricotta with tofu for nutrition and cost reasons. But up until now, I think its been too weird for them, and they are not sure how it relates to them and their mission. They are conservative and slow by nature. The market for tofu (not including second generation products) in 1987 is probably only $70-90 million, which is still pretty small. They would probably want to see it 4-6 times that size before they make a big move. They are reluctant to do 'missionary marketing.' Then there is the perishability aspect of the product. I think Big Food will enter the industry with a product where perishability is less of a problem.

"At some point I think it will make a lot of sense to give tofu a national marketing identity, with regional manufacturers getting together and marketing the same brand and jointly funding national marketing efforts. The dairy companies do that with co-ops and with regional licensing, such as for making Popsicles or bottling soft drinks.

"I also think we'll see an influx of new types of people into the industry, bringing with them sharp new ideas. Technical people and marketing people. Perhaps some great new processes or patents. Marketing ideas and product development.

"I think we'll see a lot more use of soyfoods, such as tofu, in foodservice applications. That is really a great, untapped, fertile ground for soyfoods. The problem is, most of the people just don't know what to do with it.

"Shurtleff: Imagine that you have just been hired by a major American food company and given a $50 million budget and a research staff. They ask you to develop and market a line of at least three products. What would you do?

"Rose; I would probably do a line of salad dressings, a line of creamy soups, and a line of frozen entrees (such as lasagna), each using tofu and having no cholesterol. The tofu curds would replace ricotta or cheese. I might also do a line of baked goods (such as brownies and muffins), using tofu to replace eggs and milk. I'd also look seriously at a line of cholesterol-free foodservice items, something they could pop into a steam table or microwave and serve without any other preparations. Perhaps some nouvelle cuisine, or an Italian or Mexican dish, or a tofu-based imitation cheese or tofu sour cream or cream cheese. Anything that could replace a product that is currently high in fats and cholesterol so that the tofu product provided a clear alternative." Address: President, Rose International, P.O. Box 2687, Petaluma, California 94953-2687. Phone: 707-778-7721.

8417. *City Newspaper* (*Rochester, New York*). 1988. Tofu on the move. Jan. 7.
• ***Summary:*** 10-year-old Soyboy Company [Northern Soy] on Somerton St. wants to move to a new location at 545-547 West Ave. in the 19th Ward. The building formerly housed a tool and die company. Norman Holland and Andrew Schecter, who are partners in the company, employ nine people.

8418. Margulis, Marlyn L. 1988. Specialty of the house: Tempting palates with tempeh and tofu. *Courier-Post* (*Camden, New Jersey*). Jan. 10.
• ***Summary:*** Richard's Natural Foods Restaurant in Voorhees (NJ) caters to the tastes of vegetarians and people on macrobiotic diets in South Jersey, says owner Richard Wessel. Tempeh burgers and stir-fried tofu are two of the nutritious items he sells.

8419. Shurtleff, William. 1988. New soyfood product introductions skyrocket during 1980s. Tofu, tempeh, soymilk, soy ice creams are most popular (News release). Soyfoods Center, P.O. Box 234. Lafayette, CA 94549. 4 p. Jan. 11.
• ***Summary:*** "The 'lighter eating' revolution has catapulted soyfoods into one of America's fastest growing food categories. A record number 330 new soyfood products were introduced in the United States during 1987, an increase of over 635% since 1977... These latest figures, part of a 30-year-long food industry trend, are tracked by SoyaScan, the Center's computerized database. It lists more than 4,630 soyfood products from 1546 A.D. to the present.

"During the 1950s, an average of 11 new soyfood products were launched each year in the U.S. This number increased to 16 during the 1960s, and 26 during the period 1970-75. Most of these new introductions were based on modern, high-tech soy protein products, such as soy protein isolates and concentrates, or textured soy flour.

"Then in the late 1970s the number of new products began to rise rapidly with the advent of the soyfoods movement. It reached 78 in 1976, 162 in 1979, 224 in 1982, 296 in 1985, and an all-time high of 330 in 1987." A graph shows "Number of New Soyfood Products Introduced, 1950-1987."

This release was carried by the Associated Press Financial Wire (Jan. 12 as "Soy-Based Foods Gain from Lighter Eating" and widely syndicated*), World Food & Drink Report (Jan. 21), Investor's Daily (Los Angeles, Jan. 12), San Francisco Examiner (Jan. 12), Oakland Tribune (Feb. 1), Natural Foods Merchandiser (Feb.). Food & Drink, Oil Mill Gazetteer (Feb.), *Journal of the American Oil Chemists' Society* (JAOCS, March, p. 319), Vegetarian Times (April, p. 9), Food Distributors Magazine (April), Dairy and Food Sanitation (April, p. 204), Whole Foods (April, p. 9), Health Foods Business (April), Adweek's Marketing Week (April. p. 6, 49), Restaurants & Institutions (April 29), East

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West (May, p. 10), Food Merchants Advocate (May with graph), Soyanews (Sri Lanka, July-Sept. p. 5). Address: Lafayette, California.

8420. Kharrazi, Nourollah M. 1988. Yogurt food product resembling cheese. *U.S. Patent* 4,719,113. Jan. 12. 4 p. Application filed 27 May 1986. [4 ref]
• ***Summary:*** An aqueous mixture of (for example, to make a Cheddar-type product) dehydrated yogurt powder (20%), casein (15%), tofu (10.5%), vegetable fat (10%), nonfat dry milk (10%), and whey (8%) is heated to about 180ºF, cooled, mixed with a viscous mixture of yogurt, then partially dehydrated to obtain a solid, firm mass. The product is not fermented. Address: P.O. Box 3336, Santa Barbara, California 93130.

8421. Simonds, Nina. 1988. A scholar guides China's food policy. *New York Times.* Jan. 13. p. 15-16.
• ***Summary:*** Wang Qing is the 37-year old director of the Beijing Food Research Institute, China's principal food-policy organization. In 1967, after her family was arrested during the Cultural Revolution, she was sent to a farm in Shandong Province. Just a high school graduate, she was given the job of making soy sauce and tofu. She was taught a method of making soy sauce that originated at the time of the building of the Great Wall [220 B.C.?] All the utensils were made of wood and the process was ancient, but it was very sophisticated. After 6 years she returned to her family in Beijing, worked briefly assisting writers at the Beijing Food Research Inst., then went to Hunter College in New York City, where she completed undergraduate and master's degrees in 3½ years. Then she went to Columbia University for a doctorate in nutrition education; she expects to receive her PhD this year. At age 37 she returned to Beijing to become director of the institute, which publishes China's first food magazine, China Food. It has a paid circulation of over 400,000 and claims a readership of millions.

"Miss Wang has already begun to influence China's food policy. Last year she successfully redirected the Chinese from developing their dairy industry and toward the rebuilding of the soybean-milk industry." In 1984 the United Nations had given money to China to develop cow's milk. But 90% of the Chinese population is lactose intolerant and "it is simply too costly for us to raise cattle. They would have to compete with humans for the land." As part of her work on her dissertation, Miss Wang found that there had been a huge decline in China in soybean culture and the manufacture of its by-products. She is now working to recover what was lost. Accordingly, her Institute has developed liquid soymilk in plastic pouches to be test marketed for mass consumption starting next month. 160,000 pouches/day are to be distributed in Beijing.

8422. Pritchard, Roxanne. 1988. New developments with Azumaya's Stir Fruity non-dairy yogurt (Interview). *SoyaScan Notes.* Jan. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The initial problems were shelf life and wheying off. Now both have been solved. The product has a creamier consistency; it is not chunky when stirred. During the initial launch, the product was sold in the dairy section of supermarkets. But that would have required a long-term commitment to a very expensive advertising program. Now they sell it in the produce section and do in-store demos to promote it. In many cases it is stored in a closed cabinet, which has a lower temperature. Azumaya makes all the tofu they use in their Stir Fruity. Jill Mizono is now sales manager. Address: Azumaya, S. San Francisco, California.

8423. Ebata, Junko. 1988. Tenpe wa hatsugan busshitsu ni kiku. Osaka-shi Dai Ebata Jokyôju ga jikken. Tenpe no henigensei to kôhenigensei [Tempeh contains antimutagenic substances that can help prevent cancer. Experiments conducted by Asst. Prof. Ebata of Osaka City University]. *Toyo Shinpo* (*Soyfoods News*). Jan. 21. p. 3. [Jap]
• ***Summary:*** Experiments showed that tempeh controlled the mutagenic activities of AF2, a powerful carcinogen, used during the 1970s in Japan as a tofu preservative. Address: Prof., Faculty of Science of Living, Osaka City Univ. Sugimoto 3-3-138, Sumiyoshi-ku, Osaka 558, Japan. Phone: 06-605-2811.

8424. *USA Today.* 1988. Penn gives prowler a dressing down. Jan. 21.
• ***Summary:*** Madonna, Penn's shapely vegetarian wife and famous singer, uses tofu salad dressing. Sean Penn hit a prowler on the head with a bottle of it at midnight at their Malibu home.

8425. *City Newspaper* (*Rochester, New York*). 1988. Tofu company's variance approved. Jan. 28.
• ***Summary:*** Northern Soy, Inc., a local frozen tofu manufacturer, received the zoning variance it requested from the Zoning Board for a new location at 545-547 West Avenue. The company wants to buy the westside building, which formerly housed a tool and die company, so that it can expand. Now all that is left is to finalize the financing to complete the sale.

8426. **Product Name:** Firm Tofu.
Manufacturer's Name: 21st Century Foods Inc.
Manufacturer's Address: 30A Germania St., Jamaica Plain, MA 02130. Phone: 617-522-7595.
Date of Introduction: 1988. January.
Wt/Vol., Packaging, Price: Vacuum packed or bulk.
New Product–Documentation: Talk with Rudy Canale. 1988. Sept. 13. In January 1988 they started making their own tofu. Previously they had purchased it from Nasoya.

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It is firm, and mostly used in house for their own products, but some is sold vacuum packed or in bulk. They now make about 500 lb/week.

8427. **Product Name:** Authentic Semolina Pastas: Jumbo Ravioli (With Tofu Filling).
Manufacturer's Name: American Chef Mfg. Co. (Distributor).
Manufacturer's Address: 7051 N. Kilbourn, Lincolnwood (near Chicago), IL 60646.
Date of Introduction: 1988. January.
Ingredients: Pasta Dough: Whole wheat semolina, water, semolina. Filling: Tofu (organic soybeans, water, nigari), spices, parsley, pepper, sea salt.
Wt/Vol., Packaging, Price: 12 oz (Four 3-oz ravioli).
How Stored: Frozen.
New Product–Documentation: Talk with Maurice Dyan. 1988. Feb. 15. The product was introduced in January 1988. It is the main product in his filled closed pasta line. He also owns American Soy Dairy Co., which makes Soy-Joy imitation cheese. Label. 1988. 5.5 x 4.25 inches. Black on light blue. "Authentic 100% semolina recipe–No eggs or yeast. A great source of protein and food energy." Can be boiled or baked.

8428. Barrett, Mariclare. 1988. Substitutes: Cooking without dairy products and eggs. *Vegetarian Times.* Jan. p. 40.
• ***Summary:*** Topics include: Replacing milk, yogurt, cheese, butter, sour cream, and eggs.

8429. **Product Name:** Tofu Teriyaki (Flavored Tofu).
Manufacturer's Name: Bud, Inc.
Manufacturer's Address: 1100 Wicomico St., Baltimore, MD 21230.
Date of Introduction: 1988. January.
Ingredients: Organic nigari tofu, soy sauce, honey & malt, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label. 1988, Jan. (dated). 3.5 by 3 inches. Card stock. Brown and tan on white. Under English product name is the Chinese name: Wu hsiang doufu gan. "Keep refrigerated. Serving suggestions: Serve as is, cube or slice, mix with salad, stir-dry with vegetable."

8430. *Health Foods Business* (*Elizabeth, New Jersey*). 1988. Potential for pathogens in water-packed tofu. Jan. p. 28.
• ***Summary:*** "The USDA recently identified four pathogens–including those causing botulism and Salmonella–that have the potential to contaminate water-packed tofu if it is improperly refrigerated, said a press release by Morinaga Nutritional Foods.

"Because pasteurization occurs after packaging, heat-resistant, spore-forming bacteria may remain viable, said the USDA. These bacteria can grow if the tofu is not properly refrigerated or if it remains on the shelf too long.

"During aseptic packaging, however, noted the release, the tofu is treated to extremely high heat for a short amount of time before packaging. This is said to kill all bacteria including the heat-resistant spores. The package is then hermetically sealed to ensure product safety and extend shelf life.

"According to Art Mio, national sales director for the company, 'In addition to monitoring expiration dates on water-packed tofu, retailers can identify possible unsafe packages by watching for discolored water or taking note of consumers who complain of sour taste, an indication of bacteria growth.'

"Recommended storage temperature for water-packed tofu is not higher than 41 degrees Fahrenheit, stated the release.

"'It's just a matter of what tofu is and how it needs to be handled,' remarked Mio."

8431. **Product Name:** [Tofu (Fresh, or Canned)].
Foreign Name: Tofu (proteina vegetal).
Manufacturer's Name: La Sojeria, S.C.
Manufacturer's Address: Carretera de Vic Km. 30, 08180 Moia (near Barcelona), Spain. Phone: (93) 830 1123.
Date of Introduction: 1988. January.
Ingredients: Organic white soybeans (*Soja blanca biólogica*), spring water, nigari.
Wt/Vol., Packaging, Price: Vacuum packed or canned.
How Stored: Refrigerated.

New Product–Documentation: Letter from Javier Arocena of Zuaitzo, Spain. 1992. Dec. 14. He knows of three other soyfoods manufacturers in Spain: Natur-Soy, Vegetalia, and La Sojeria, all near Barcelona.

Form filled out by Laura Cami and Mario Rimoldi of La Sojeria. 1993. Feb. 13. Their company introduced these products in Jan. 1988. The tofu is sold vacuum packed and pasteurized. They now make about 960 lb/month.

Label sent by Cami & Rimoldi. 1993. 4 by 2 inches. Self

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adhesive. Green on pink.

8432. Nash, Jonell. 1988. Fix food fast. *Essence* 18(9):72. Jan.
• ***Summary:*** Contains recipes for Spicy Barbecued Tofu, and Tofu-Vegetable Casserole. This appears to be a magazine for African-Americans.

8433. **Product Name:** Nasoya Nayonaise (Tofu Mayonnaise).
Manufacturer's Name: Nasoya Foods, Ltd.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1988. January.
Ingredients: Nasoya tofu (well water, organic soybeans, natural nigari), pressed sunflower oil, rice syrup, wood aged apple cider vinegar, prepared mustard (vinegar, water, mustard, salt, turmeric, spices, natural flavor), sea-salt, natural vegetable gum.
Wt/Vol., Packaging, Price: 14 fluid oz (414 ml) glass jar.
How Stored: Shelf stable.
Nutrition: Per 1 tablespoon: Calories 40, protein 1 gm, carbohydrates 1 gm, fat 4 gm, sodium 45 mg (320 mg/100 gm).
New Product–Documentation: Label. 1987, undated. 2.75 by 9.75 inches. Blue, green, red, and yellow on white. "Half the calories of mayonnaise without cholesterol. 100% natural. Made with fresh tofu. No sugar, low sodium, great taste." Talk with John Paino. 1988. Feb. 15. This product was not commercially available until Jan. 1988. The new design is from Saleme Design in Boston. They changed the name to Nayonaise from Nasoyanaise "to make it easier for consumers to recognize the product usage." Ad in Vegetarian Times. 1988. May. p. 51. Full page, color. "Award winning taste without cholesterol. Naturally good from Nasoya." Also in East West. 1988. Nov. p. 98. Also in East West. 1989. Nov. p. 27. Letter from John Paino. 1989. Nov. 12. This is the same product as Nasoyanaise with a new name. Trademark registration says the trademark was first used in commerce on 19 Oct. 1987.

Dan Seamens. 1992. March/April. Natural Health. "Nasoya Nayonaise." This half-page article contains a color photo of product.

8434. Shurtleff, William; Aoyagi, Akiko. comps. 1988. Marketing soyfoods–Labels, ads, posters, and other graphics: Tofu. Lafayette, California: Soyfoods Center. 180 leaves. Illust. No index. 28 cm. Series: Marketing soyfoods.
• ***Summary:*** This book is a collection of black-and-white photocopies of materials ranging in date from 1977 to 1984. The books in this series, each a unique collection of graphic materials, are designed for a number of purposes: (1) To serve as a source of ideas, ingredients, inspiration, legal specifications, and basic guidelines for companies in the process of developing their own products, designing their own graphic materials, and conceiving their own marketing strategies. (2) To document the tremendous diversity of soyfoods products and the way that each is presented and marketed. (3) By arranging the materials in chronological sequence, to help document the development and history of new product categories and soyfood types, and with them the rise of the soyfoods industry and market in the Western World. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

8435. Shurtleff, William; Aoyagi, Akiko. comps. 1988. Marketing soyfoods–Labels, ads, posters, and other graphics: Tofu second generation products, varieties, and okara products (1977-1985). Lafayette, California: Soyfoods Center. 266 leaves. Illust. No index. 28 cm. Series: Marketing soyfoods.
• ***Summary:*** This book is a collection of black-and-white photocopies of materials ranging in date from 1977 to 1985. The books in this series, each a unique collection of graphic materials, are designed for a number of purposes: (1) To serve as a source of ideas, ingredients, inspiration, legal specifications, and basic guidelines for companies in the process of developing their own products, designing their own graphic materials, and conceiving their own marketing strategies. (2) To document the tremendous diversity of soyfoods products and the way that each is presented and marketed. (3) By arranging the materials in chronological sequence, to help document the development and history of new product categories and soyfood types, and with them the rise of the soyfoods industry and market in the Western World. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

8436. **Product Name:** Shiitake Tofu.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062.
Date of Introduction: 1988. January.
Ingredients: Organic soybeans grown in accordance with Section 26569.11 of the California Health and Safety Code, filtered water, nigari, fresh shiitake mushrooms.
Wt/Vol., Packaging, Price: 10 oz.
New Product–Documentation: Talk with Jeremiah Ridenour. 1988. Aug. 26. The company started production in Jan. 1988. The shiitake mushrooms are shredded and layered with the curds in the forming boxes. It is a delicious product but has been discontinued because of a high spoilage rate. Label. 1987. 2.5 inches diameter. Black on metallic silver. Logo of birds flying over a forest silhouette. "Fresh. Slice & saute, serve hot for best flavor."

8437. *Toyo Shinpo* (*Soyfoods News*). 1988. Mainen niwari-

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kyô ga tenhaigyô e (tôfu gyôsha). Tsuini 25,000 gyôsha waru [Each year, over 2% of all tofu makers go out of business– the total number of tofu makers in Japan has shrunk to less than 25,000]. Feb. 1. p. 1. [Jap; eng+]
• ***Summary:*** In the end of December, 1986, the number of tofu makers in Japan was 24,821. This was 608 less than 1985 (2.45% less). In the past 10 years, 6,500 tofu companies have gone out of business in Japan. There has been a steady 2% drop each year for the last 10 years.

8438. *Toyo Shinpo* (*Soyfoods News*). 1988. Tôfu no juyôzô ni kitai. Somucho no kakei chôsa natsuba no nobi ga kyô?! [There is hope for increasing demand of tofu says a study from the General Affairs Dept. in Japan]. Feb. 1. p. 1. [Jap; eng+]
• ***Summary:*** In the period Jan.-Oct., 1987, the population consumed 71.93 cakes per household. During the same period in 1986, the number was 70.73 cakes per household. But the amount of money spent on tofu has decreased because of a 5% drop in price over last year.

8439. Outerbridge, Laura. 1988. Tofu: C'mon, give it some respect. *Washington Times* (*DC*). Feb. 3.
• ***Summary:*** Contains 6 recipes. "We definitely have an image problem," says Judy Walker of Soyfoods Association. Address: DC.

8440. Demos, Steve. 1988. New developments at White Wave (Interview). *SoyaScan Notes.* Feb. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** "We are in the process of doubling the capacity of our tempeh operation on a single shift. We are rebuilding the entire plant: tempeh, tofu, ice cream. We plan to stay in this plant and are shooting for a building of our own by the mid-1990s. We gave up on acquiring the dairy and a meat company nearby. We're growing so fast, I can't tell you how big we're going to be. Right now we have 20,000 square feet; by the end of this year it will not be enough.

"We will soon have a semi-automatic tempeh process. We have effectively automated the filling of the containers and made the rest of the process much easier. We took the grunt out of it. But we still use rolling racks in an incubation room. A conveyorized incubation system is still a ways off. Recently Peter Golbitz asked me how much tempeh we were making. I told him I did not want to say any more than that it was in the tens of thousands of pounds per week. He told me he wanted to say "15-20,000 lb/week" and I said that he had no basis for those figures." Address: Boulder, Colorado.

8441. Hess, Albert. 1988. [Re: History of Tofuhaus Tiefenthal]. Letter to William Shurtleff at Soyfoods Center, Feb. 9. 1 p. [Ger; eng+]
• ***Summary:*** "I began tofu production in June 1983 in Rittersheim as a one-man operation. There was much demand for my products, so that by Sept. 1985 I ran out of room and the work was over my head. In Oct. 1985 I founded Tofuhaus Tiefenthal with a partner named Roland Hochstetter in Tiefenthal. Our 3-person operation made and marketed 2,500 kg/month of tofu. In Aug. 1987 we moved to Lautersheim, where have had 5-6 people (workers/employees)."

Letter from Bernd Drosihn. 1990. May 10. This company, still run by Albert Hess, is now named Das Tofuhaus and is located at Hauptstrasse 13 in Lautersheim. Address: Tofuhaus Tiefenthal, Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.

8442. Bailey, Jane. 1988. Tofu: Eating the high-protein, low-fat way. *Recorder* (*Greenfield, Massachusetts*). Feb. 10. p. 33-34.
• ***Summary:*** Contains 16 tofu recipes.

8443. Steiner, Ann; Williamson, CiCi. 1988. Tofu, or soybean curd, high in protein and low in fat. *Beacon Journal* (*Akron, Ohio*). Feb. 10. Widely syndicated.
• ***Summary:*** On a recent Jeopardy! television show, one of the answers was, "Of yogurt, liver, and tofu, the one Americans dislike the most." The correct question (answer): Tofu.

8444. Albert, Lawrence. 1988. Global Foods tries to save Royal American Food Co. (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Royal American filed for Chapter 11 reorganization / bankruptcy in May 1987. They had debts of $1.4 million. Global Foods, the original manufacturer of many Royal American textured soy flour products, is now running the company out of its plant. Albert was appointed by the court to try to make the company work. They have stopped losing money and have paid back $15,000 of the $50,000 post debt. He wishes he had just let the company die and had pushed in Global products in place of the Royal American. He wanted the many people in their sales network. The future of his efforts to save Royal American does not look too promising. The bills are too high, unless the court will let him pay $0.25 on the dollar. Their tofu failed because it was not a quality product. He is now shipping Globalite Tofu, which is a better product. It jells better, less soy flavor. He still has the mousses and was the original manufacturer. They were just a multi-level marketing company, not a manufacturer. He thinks they could have succeeded with better management. His company needs sales badly. His best sellers are his meals, which he sells in America. They are not exported. He founded Global Foods on 3 Jan. 1983. First product was Globalite meals that contain textured soy flour.

Note: Global Foods is located near ADM in Decatur, Illinois. Are they related? Address: Global Foods, 2881

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Parkway Dr., Decatur, Illinois 62526.

8445. Bernardini, Lorenzo (Bern). 1988. Tasty treats at Wildwood Natural Foods Deli. *News* (*San Rafael, California*). Feb. 17-23.
• ***Summary:*** This article is in the section titled "Dining Out in Marin." A dietary genius named Bill Bramblett along with partners Paul Orbuch and Frank Rosenmayr have created a huge success story at Wildwood (A fourth partner, Jeremiah Ridenour, operates a tofu factory in Santa Cruz). Wildwood makes or distributes 90 different products. In addition to Wildwood Natural Foods Deli in Fairfax, the company conducts a thriving wholesale business in nine Bay Area counties, with additional outlets from Eureka to Los Angeles. For the past eight years Wildwood has experienced a 30 to 50% annual growth. The company distributes fifty thousand products weekly. Wildwood has nine delivery vehicles on the road.

A photo shows Chef Narayana, owner Bill Bramblett and maitre d' Daniel Spear; they not only serve vegetarian fare on the premises but also operate a brisk take-out business. The following products are mentioned: Tempeh Fiesta, Tabouli, Japanese Noodles, Tofu Dill Salad, Spinach Seitan Salad (Wildwood makes the seitan), Cream of Potato-Dill Soup (dairyless), Enchilada con Salsa. Address: Restaurant features.

8446. Schecter, Andy. 1988. New developments at Northern Soy (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This spring the company will be buying and moving into a 16,000 square foot building at 545 West Ave. in Rochester. They now have 3,000 square feet and are very crowded. The payments will be considerably larger than their present rent payments. They decided to drop the idea of making soymilk on a large scale that they were investigating last year. Four years ago they introduced a new line of packaged tofu under the Harvest Light brand. Before that they sold only fresh unpackaged tofu in bulk. Address: 30 Somerton St., Rochester, New York.

8447. *Herald-Journal* (*Clarinda, Iowa*). 1988. Iowa completes Japanese soybean market. Feb. 18. Also in Herald-Patriot (Chariton, IA). Feb. 25. "Goal is Soybean Japanese Prefer."
• ***Summary:*** Iowa farmers are trying to be more competitive in producing special soybeans for the Japanese. The Vinton and Pride soybeans, special varieties used in tofu, are large-seed, high protein. They have a yellow seed coat and a clear hilum. Other types of soybeans known as Prize and Iowasoy L5301 are used in preparing miso. In Iowa, out of 7,000 soybean farmers, only 100 farmers grow the special soybeans. There are no more than 100,000 acres in Iowa for producing special soybeans, which is a small amount. A farmer takes some gamble because these special varieties of soybeans don't yield as much as regular soybeans. However, a farmer receives a premium for high quality special soybeans. The market is changing, becoming more specialized. To sell the special soybeans a farmer has to contract with one of the eight soybean exporters in Iowa. During the 1960s Japan received it's food soybeans from the IOM, which stands for Indiana, Ohio, and Michigan.

8448. *Recorder* (*Greenfield, Massachusetts*). 1988. ABC films Greenfield firm [Lightlife Foods]. Feb. 18.
• ***Summary:*** Lightlife makes tempeh and tofu hot dogs, using tofu bought from nearby Tomsun Foods. The company will appear on ABC's "World News Tonight" with Peter Jennings, featured in a series "Health Food of the Future." Michael Cohen will be shown making tempeh dishes.

8449. Erb, Gene. 1988. Soybean research sprouts products. *Des Moines Register* (*Iowa*). Feb. 21.
• ***Summary:*** Lawrence Johnson is the professor in charge of the Food Crops Processing Research Center at Iowa State University. By the 1930's and 1940's, scientists were earnestly working to find new products and ways to use the soybean. "Utilization research" flourished during those decades. Johnson said, "In this country, we have not aggressively sought export markets for value-added products. We have concentrated on exporting low-value commodities. The major utilization research projects from the 1930's and 1940's ceased in the 1950's because we thought we were headed toward a world food crisis. We shifted to production research and away from utilization. We have to go back to some of the old ideas that have been neglected since the late 1940's. Current research projects at ISU's Food Crops Processing Research Center are directed at improving food and feed processing operations and profitability,"

Several projects are aiming at finding faster, cheaper ways to extract oil from soybeans. The university's Vinton bean is preferred by the Japanese for the production of tofu. Researchers Walter Fehr and Earl Hammond have developed a soybean low in linolenic acid. A small-seeded soybean developed at ISU should be ideal for making soybean sprouts for use in salads. The goal is to develop specialty strains for unique uses.

8450. Lovell, Susan. 1988. Taste and texture: An all-new world in tofu. *Telegram* (*Portland, Maine*). Feb. 21.
• ***Summary:*** Peter Golbitz and his wife, Sharyn Kingma, own Soyatech, a market research and development company. He is president and director of market research; she is vice president and director of product development. Golbitz and Kingma learned about tofu the hard way–by manufacturing it. From 1980 to 1984 they owned and ran Island Tofu Works in Bar Harbor. Eventually they were marketing 2,000 pounds a week. After an abrupt lack of financing blocked their plans

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for a larger plant in 1985, Golbitz and Kingma decided to think small. "We took one product we'd developed to a large food corporation and they were interested–and that's how we began consulting and doing product development," said Golbitz.

8451. Milbury, Peter. 1988. Chico-San, amazake, and rice syrup (Interview). *SoyaScan Notes.* Feb. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Peter believes that the earliest recipe for amazake in a U.S. cookbook was in Cornellia Aihara's *The Chico-San Cookbook.* This was later reprinted as *The Macrobiotic Kitchen* by Japan Publications. The original book was a labor of love by Cornellia for Chico-San, edited by Peter Milbury and Dave Schleiger. Cornellia has always taught using amazake as a sweetener, and she prefers it to rice syrup. She has a wonderful cake, sweetened with amazake and with an amazake frosting. She was a pioneer in introducing amazake to America.

Junsei Yamazaki is now selling his own miso. He is at Route 1, Box 1333, Orland, CA 95963. Phone: 916-865-5979. The product name is Junsei Amazake Miso.

Concerning the future of amazake: "I thinks it's hot. It's just got nowhere to go but explode. It's such a wonderful product, with so many variations. All the beverages are now dessert drinks. Someone should make an amazake counterpart to soymilk, sold in larger quantities, with a smoother consistency, less solids, and less sweetness. Chico-San is now working on an amazake powder with California Natural Products (CNP); mix with warm water and serve as a drink. Rice syrup also has great potential as a sweetener. Chico San's Yinnies, a malted sweetener, were the first product of their type in America. Sjon Welters of Nasoya is at least thinking about using amazake as a sweetener for soymilk. Sjon spent a week in the Chico-San rice syrup operation before it was shut down and moved to CNP. The amazake used for Rice Dream is much sweeter than a typical amazake. "I think Rice Dream is one of the most fantastic products I've ever tasted. Originally Chico-San was going to make the product for him. Then we shifted down to CNP. One company that might have interest in amazake is JGR Resources, Inc. Dr. Adam Lambert is Technical Director. P.O. Box 97, Haskell, New Jersey 07420. Phone: 201-835-7644. Their product is Koji-Converted Rice-O-Sweet Brown Rice Syrup. They are a wholly owned minority corporation, that took over a brewery.

The first attempt Peter ever heard of to package amazake in Tetra Pak was in Jan. 1985, just after Heinz took over Chico-San. Bob Kennedy and he set up a run with Real Fresh in Visalia. Real Fresh botched the homogenization. By this time Chico-San had a lock-tight exclusive contract with CNP to make rice syrup and amazake just for them, using their rice. Chico-San set up CNP in the rice syrup and amazake business and spent enormous amounts of time showing them how to do it. Before that, starting in 1972, Chico-San made its own rice syrup in Chico using not koji but a combination of malted brewer's barley and commercial enzymes from Miles Laboratories. At that time CNP would make the amazake for Robert Nissenbaum, but Chico-San would do the billing. This changed after Heinz took over and couldn't meet their commitment to the contract with CNP. So CNP got out of the contract and dealt directly with Nissenbaum.

Milbury and Belleme say Macromuse (Peggy Rosoff; 301-656-4313, Bethesda, Maryland Circ. 12,000) is much better for long in-depth articles than East West. Address: Lundberg Farm, Box 369, Richvale, California 95974. Phone: 916-882-4551.

8452. Roller, Ron. 1988. Edensoy and the U.S. soymilk market (Interview). *SoyaScan Notes.* Feb. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ron estimates the size of the U.S. soymilk market to be about 2.1 million gallons a year (not including infant formulas, or small fresh local manufacturers). The largest companies, in descending order of size, are: American Soy Products (Eden Foods; 55-65% market share), Vitasoy, Sunsoy, Westbrae, and Great Eastern Sun. The trend is definitely up. Vitasoy's aggressiveness in the marketplace from early 1987 slowed down Edensoy's progress. Then Vitasoy had big programs and in the last 4 months they seem to have cooled out quite a bit. A Dun & Bradstreet report shows that they lost $700,000 last year selling soymilk.

All is going very well in the joint venture with the various Japanese companies. The relationships are generally harmonious, and they are on target in terms of their volume goals and expectations. They hope to increase volume to cut down overhead expenses. The plant can make 65-70,000 cases/month. During the last 2 months there have been 15 enquiries for export, some of which will soon be signed agreements with France, New Zealand, Australia, etc. They have approval for 190 Kroger stores and are cautiously optimistic on this. Mr. Iwazuki from Marusan runs the ASP plant. They now have 6 soymilk products which are Eden Foods' top six best-sellers: three flavors (carob, vanilla, original) in two sizes (liter and 250 ml). By volume, the liter outsells the 250 ml by more than 3 to 1. Next: an organic soymilk (They now use non-organic Beeson soybeans. The organic market now seems to be growing rapidly), some new flavors, and some totally new soy products, such as tofu. Eden no longer imports soymilk. Soymilk is pretty price sensitive; whenever they put it on sale, it moves. They just started a case-stack program that Sunsoy has had for years. When they started the plant they stopped wholesaling, and dropped over $1 million of wholesale business. But they made that up this past year, plus some.

Concerning oil in soymilk: The label on their Japanese imported product was not correct. Oil was added in Japan but Eden was not told. It was not listed on the label. When their

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U.S. product was launched, it contained less than 1% added oil. Eden got so many complaints about this small amount that they now no longer add oil, except to the carob, and that will be discontinued as soon as their present labels are reprinted.

Concerning other grains, they are importing Job's tears, which is now recommended by macro teachers for cancer patients. They brought the price from $8.50 down to $2.00/lb and sell lots. Also involved with quinoa, they used to be the master distributor for Quinoa Corp. but are now importing lots from Andean countries; expect to reduce the retail price by 40%. They are thinking of using quinoa in soymilk. Their present sweetener is "malted cereal sweetener" which is made by mixing sprouted barley with corn grits, the adjunct. Rice is too expensive. You can get a higher sugar content with corn than with barley. Rice is still higher in sugar. Corn converts the fastest; rice is slow. It is specially made by a malting house, and they use almost a tanker load every 10 days. They helped develop the product and intend to come out with a line of malted grain sweeteners using malted barley plus different grains. "There is a lot of funny business in the malting arena." They did not like the use of commercial enzymes by California Natural Products. He thinks most people do not realize how their rice syrup is made. Address: Director of Purchasing, Eden Foods, Clinton, Michigan.

8453. Muendel, H.-H. 1988. Soybeans: Current status and potential. *Agriculture Canada Research Station, Lethbridge, Weekly Letter* No. 2819. Feb. 24. 1 p.
• ***Summary:*** "Over the past decade a number of southern Alberta growers have tried growing small areas of soybean. Yields have been variable, depending on variety, time and depth of seeding, weed control, and harvesting equipment. In excess of 2 tonnes per hectare (30 bushels per acre) were achieved commercially. The major problem encountered was the lack of ready markets at sustained attractive prices.

"Several early maturing varieties suitable for production under irrigation in southern Alberta have been released in recent years: Maple Ridge and Maple Amber from the Agriculture Canada Research Station at Ottawa and KG20 by King Grain Limited.

"Research by Agriculture Canada at the Lethbridge Research Station and Vauxhall Substation and by Alberta Agriculture at Brooks and Bow Island has determined some of the agronomic requirements and characteristics of soybean.

"A number of commercial enterprises are now showing interest in Alberta-grown soybean. Recent developments of test processing and whole bean extrusion for animal feed are encouraging and other commercial processing interests as well as marketing into the tofu-tempeh human food markets are being explored. Whereas farmers in southern Alberta had no ready market for their soybeans in the past, this major obstacle to local production may soon cease to exist."

Note: As of April 1991, Dr. Hans-Henning Muendel was on official leave with an assignment to the organization of BARD project (Barani [Rainfed] Agricultural R&D) in Pakistan, administered by Agriculture Canada. He is at G.P.O. Box 1785, Islamabad, Pakistan. Address: Plant Breeder, Lethbridge, ALB, Canada. Phone: 403-327-4561.

8454. *E. Bridgewater Star* (*Bridgewater, Massachusetts*). 1988. Be creative: Make it a tofu day! Feb. 25.
• ***Summary:*** Robert Bergwall, vice president of Nasoya Foods said, "Today, in the United States, tofu is recognized as a nutritional and tasty alternative to protein foods, but contains absolutely no cholesterol and is low in saturated fat, sodium, and calories, and is high in calcium. At Nasoya, we produce between 90,000 and 100,000 pounds of tofu a week." For tofu and tempeh recipes, contact the Dept. of Food and Agriculture, 100 Cambridge St., Boston, Massachusetts 02202.

8455. *Los Angeles Times.* 1988. Runners to receive Mori-Nu Tofu. Feb. 25.
• ***Summary:*** An anticipated 15,000 Los Angeles Marathon runners will get something different in their pre-race "goodie bags" this year–tofu.

Samples of recipes made with tofu will be offered to the public as well during the marathon's four day Health and Fitness Expo and race-day Finish Line Festival.

8456. Newhouse, Sonia. 1988. Vegetarian Feasts, Direct Foods, soy ice cream, and the tofu industry in England (Interview). *SoyaScan Notes*. Feb. 25 and March 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In 1974 she was crippled with osteo-arthritis and was told by her doctor she would be in a wheel chair in a few years and spend the rest of her life there. She was a hearty meat eater. She visited Dr. Gordon Latto, a specialist in nutrition and president of the Vegetarian Society (now in his 70s and living at 4 Darby Rd., Caversham, Berkshire). He put her on a vegetarian diet, with no refined foods, stimulants, or additives, plus cold showers each morning. "After about 3 days I began to feel better. And amazingly after about 10 days I was able to stand up straight without pain or stiffness in my joints." She sold her guesthouse and started a firm in London named Vegetarian Feasts Ltd. specializing in vegetarian frozen meals without additives. The first products went on the market in March 1984. The media took up her story in a big way. In September 1984 she introduced two entrees with TVP as the major ingredient: Chile Sin Carne and Stroganoff. "We stole so much freezer space that all the big boys decided to jump into the vegetarian field, but they didn't do it with whole foods." Her pioneering products did so well in supermarkets that many health food shops in their "frozen food cabinets" first began

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to carry them. By June 1986 (see Financial Guardian, June 20; Family Circle, UK ed., Jan. 1986) she had an annual turnover in excess of £500,000 and a staff of 25, producing 6,000 microwaveable units a day and selling in major food chains (Safeways, Co-op supermarkets, Holland & Barrett health food stores, Europe, etc.).

It is well known that 30% of British university students are vegetarian, so the catering side of the vegetarian industry in enormous. But in 1986 about 75% of her products were sold through retail outlets. The majority were sold in supermarkets rather than health food shops. Realeat came out with a set of meals after hers, but they were discontinued in the supermarkets. It is not clear whether or not they contained soy protein.

In February 1986 she sold the company to British Arkady (owned by ADM), which wanted to get into the frozen foods business; about a year before they had purchased Direct Foods (in Petersfield, Hampshire), which made all dry foods, including some soy products. Direct Foods was started by a husband and wife who were farmers and who didn't like selling their animals to slaughter. They bought TVP from a manufacturer and sold it direct to health food shops. One of their products was Sosmix; you add water and make a sort of spaghetti sauce.

About 20 years ago Sonia developed a tofu ice cream (no isolates) for her daughter who was allergic to cow's milk protein. She still feels this product has commercial potential.

She thinks the four largest tofu manufacturers in England, in descending order of size, are Paul's Tofu, Dragon & Phoenix, Regular Tofu Co., and Cauldron Foods. Cauldron might be biggest; they put out the most finished products. Dragon and Phoenix, serves mostly the Chinese quarter of London. Sonia has been in their plant. They breed fish in tanks in their tofu plant, which is walled with red tile.

Update: Letter from Sonia Newhouse. 1989. April 3. She is now at the Ultimate Life Center, Inc., 3760 Sports Arena Boulevard, Suite 10, San Diego, California 92110. Phone (619) 224-0608. She and her friend, Rosemary Feldd, are in the process of opening "a metaphysical / new age bookstore here." "Long term we both have the same plans to open a residential holistic center where alternative therapies will be available." Address: 27 Carlton Rd., East Sheen, London SW14 7RJ. Phone: 01-392-1852.

8457. Elliott, James G. 1988. Consumer attitudes regarding soy products. In: L. McCann, ed. 1988. Soybean Utilization Alternatives. St. Paul, MN: Univ. of Minnesota Center for Alternative Crops and Products. vi + 429 p. See p. 381-91. [3 ref]

• ***Summary:*** Discusses: Consumer awareness of soy foods. Consumers' awareness of manufacturers' use of soy protein. Consumer willingness to purchase meat products containing soy protein. People were asked, when you think of foods which are made from soybeans, what products come to mind? Unaided awareness of soyfoods among consumers was low, only 4 in 10 were able to name a specific soyfood on a top-of-the-mind basis. However, aided awareness was significantly higher. Soy sauce and soybean oil had the highest levels of aided awareness among consumers at 94% and 77% respectively. Tofu, soymilk, margarine, and soy nuts registered moderate levels of aided awareness at 45%, 38%, 38%, and 31% respectively. Tofutti came in next at 21% and miso came in last at 10%.

When asked if they had "ever tried" these products, of the eight soyfoods mentioned, soy sauce demonstrated the highest trial level at 75%. All other products "ever tried" were 20% or less. Respondents who had not tried a particular food product made from soybeans were asked if they would be willing to do so. Expressed willingness to try was in the 60% to 70% range. It was the highest for soybean oil, soy nuts, margarine, tofu and Tofutti.

65% of those surveyed responded positively when asked, "have you heard of soy protein being included in certain food products?" 35% were unaware. Among consumers who were aware that manufacturers use soy protein, 60% said that they were definitely using foods that contain soy protein, or believed that they were; 29% said they were not using them; and 11% didn't know. When asked, "Does the fact that a food manufacturer uses soy protein in its products change your feeling about the company?," 80% stated no difference; 8% stated that they felt better; and 12% said that they felt worse. Address: Manager of scientific communications, Protein Technologies International, St. Louis, Missouri.

8458. Golbitz, Peter. 1988. Soy cheese market: From nonexistence to boom in three years. Popular new products offer health benefits over traditional counterparts. *Soya Newsletter* (*Bar Harbor, Maine*). Jan/Feb. p. 1, 6-7, 10, 12. [1 ref]

• ***Summary:*** Born under a bad sign: The category was created in early 1985 when the first supposedly "non-dairy" cheese appeared. Marketed as Soyarella, and distributed by Neshaminy Valley Natural Foods of Huntingdon Valley, Pennsylvania, the product label read; soy milk, water, soy oil, vegetable gum, vegetable renin, and salt. The label also stated that the product was "non-dairy". However, there was immediate suspicion from different parts of the industry as to what Soyarella really contained. Even with all the controversy surrounding the product, Soyarella was a big hit, but it disappeared from the market early in 1986.

The hard cheeses: The first product to hit the stores after Soyarella was Soya Kaas–Mozzarella Style, marketed by American Natural Snacks, St. Augustine, Florida, a subsidiary of Tree of Life. It was first released during the spring of 1986 in seven pound blocks. Casey Van Rysdam, president of American Natural Snacks admits that his company is certainly the market leader now. Galaxy Cheese

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had already been marketing a line of reduced cholesterol, substitute cheese products under the Formagg name since 1977. A Galaxy subsidiary, Soyco Foods, came out with Soyco, a soy/casein blend cheese and Soymage, a casein-free product. NuTofu, made by Cemac Foods, came out in late 1986. American Chef released their soy/casein blend cheese under the Soy Joy label in 1987.

The soft ones: Soyalite is a soft tofu cheese made by Simply Natural of Norma, New Jersey. Better Than Cream Cheese is produced by Tofutti Brands, Rahway, NJ. Tofutti Brands will have this cheese available by mid-March, in plain, salmon, onion, and vegetable flavors. Better Than Cream Cheese is now being used as an ingredient in Tofutti Brands' Better Than Cheesecake and rugalach pastries. The product will also be used as a stuffing in a line of pasta products scheduled for release later this year. As an ingredient, Pizsoy and Old Chicago are soy-based mozzarella products which fit nicely as ingredients for frozen pizzas. Light Foods of St. Louis, Missouri, released New Tofu Links Special–with "natural imitation" cheddar soy cheese stuffed inside.

Health benefits of soy-based cheese products include the lack of cholesterol and lactose. Soy-based cheeses are just one part of a larger category of products–substitute and imitation cheese products–and between 1982 and 1985, shipments of these products grew by one third in dollar value to $325 million, according to the U.S. Commerce Department. Frost & Sullivan, in a recent study, stated that both substitute and imitation cheeses held a 5% market share in 1982, and projected that the category would grow to 15% of the cheese market by 1987. According to New York-based Selling Areas Marketing, Inc. (SAMI) and Frost & Sullivan, retail sales of natural and process cheese totalled over $4,500 million during 1985 and is one of the stars of the dairy industry with sales increases of over 5% a year projected for the future. Address: P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207-288-4969.

8459. Golbitz, Peter. 1988. Soya interview: Legume's frozen sales warm up with hot chocolate [Gary Barat]. *Soya Newsletter* (*Bar Harbor, Maine*). Jan/Feb. p. 4-5, 14-15.
• ***Summary:*** Legume turned from a small enterprise into one of the first publicly held soyfoods companies in America. They succeeded in raising $400,000 in 1983 and developed a line of frozen entrees and with the support of another $1.2 million raised in their first public offering in 1984. In 1986 they raised another $2.5 million with another stock offering. Legume had total sales of $1.5 million in fiscal 1987 and had sold nearly $5 million worth of tofu products in its short history. Gary Barat became interested in tofu, "while recovering from surgery in 1977. I had been a vegetarian since 1968. There was a small tofu shop in Florida with just one kettle and two gentlemen making tofu."

After getting started in the business, Barat says, "We moved to New Jersey to a larger bakery–we had run out of space in our Crown Heights, Brooklyn location. We ended up right next to Celentano [an all-natural frozen entree manufacturer that was part of Legume's successful growth]. We thought, my God, this is incredible. There are enormous slotting costs involved in getting into the freezer case in major supermarkets. They can run as high as $30,000 per item". Peter Golbitz asks, "Where did the idea for the tofu chocolate bars come from?" Barat replies, "Several years ago our meditation teacher told us laughingly to 'make tofu candy'. In developing a pie, we stumbled upon the idea of tofu chocolate. But we had trouble. The sales of chocolates are approaching the sales of our frozen [products], which have been out for six years–and I think they will be passing them in sales very soon." Address: Soyatech, Bar Harbor, Maine.

8460. Golbitz, Peter. 1988. Whole bean soy products. In: L. McCann, ed. 1988. Soybean Utilization Alternatives. St. Paul, MN: Univ. of Minnesota Center for Alternative Crops and Products. vi + 429 p. See p. 325-31.
• ***Summary:*** Discusses: Tofu. Soymilk. Yuba or soymilk film. Fresh green soybeans. Whole dry soybeans. Soynuts. Soy sprouts. Tempeh. Soy sauce. Miso. Address: Soyatech, Bar Harbor, Maine.

8461. *Health Foods Business* (*Elizabeth, New Jersey*). 1988. Mori-Nu joins Soyfoods Association. Feb.
• ***Summary:*** Morinaga announced that it will joins the Soyfoods Association, which was organized in 1984.

8462. Henry Ford Estate. 1988. Menu of dinner served at Ford Exhibit, Century of Progress. August 17, 1934. Dearborn, Michigan. 1 p.
• ***Summary:*** This meal was served again by chef Jan Willemse on 29 Feb. 1988.–Tomato Juice Seasoned with Soy Bean Sauce–Salted Soy Beans–Celery Stuffed with Soy Bean Cheese–Puree of Soy Bean–Soy Bean Cracker–Soy Bean Croquettes with Tomato Sauce–Buttered Green Soy Beans–Pineapple Ring with Soy Bean Cheese and Soy Bean Dressing–Soy Bean Bread with Soy Bean Relish–Soy Bean Macaroons–Apple Pie (Soy Bean Crust)–Cocoa with Soy Bean Milk–Soy Bean Coffee–Assorted Soy Bean Cookies–Soy Bean Cakes–Assorted Soy Bean Candy–Chef Jan Willemse, food items and preparation, courtesy of the Miesel/Sysco Food Service Company of Canton, Michigan.

Note: This menu seems to differ slightly from the original 1934 menu in that it omits one dish (Soy Bean Biscuit with Soy Bean Butter) and replaces it with another (Soy Bean Macaroons). Address: Dearborn, Michigan.

8463. **Product Name:** Homestyle Cottage Tofu Salad: A Cottage Cheese Substitute.
Manufacturer's Name: Homestyle Foods (Formerly

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Sonoma Specialty Foods).
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403. Phone: 707-525-8822.
Date of Introduction: 1988. February.
Ingredients: Tofu (organic soybeans*, water, nigari), soy oil, soy milk, vinegar, chives, dill, parsley, scallions, natural spices, sea salt, and honey. * Grown in accordance with CA H&S Code 26569.11.
Wt/Vol., Packaging, Price: 8 oz or 15 oz plastic tub.
How Stored: Refrigerated.
Nutrition: Per 2.66 oz.: Calories 137, protein 7.5 gm, carbohydrates 4.4 gm, fat 10 gm, fiber 1.5 gm, sodium 0.21 gm, cholesterol 0.
New Product–Documentation: Label. 1987 and 1988. 4.5 inches diameter. Black, green and blue on white plastic lid. "Improved! Non-Dairy. Cholesterol Free. Ready to Eat on Sandwiches, as a Dip & in Salads. Natural. No Preservatives. Nutritious. Delicious. Kosher."

8464. Jeng, Chii-Yeng; Ockerman, H.W.; Cahill, V.R.; Peng, A.C. 1988. Influence of substituting two levels of tofu for fat in a cooked comminuted meat-type product. *J. of Food Science* 53(1):97-101. Jan/Feb. [19 ref]
• ***Summary:*** Two levels (15.5% and 31.6%) of tofu were substituted primarily for fat (12 and 28% fat and 3.5% lean) and these treatments were compared with a meat batter containing soy protein concentrate (SPC, 3.5%) and an all-meat (control) bologna for raw and cooked product analysis. Tofu has the potential of being a satisfactory meat additive that can significantly reduce the fat and calorie level if substituted for fat in a meat emulsion product. Address: Animal Science Dep., Ohio State Univ., Columbus, OH 43210; The Ohio Agricultural Research & Development Center, Wooster, OH 44691.

8465. Matthiesen, Livia C. 1988. Soja? So ja! Das grosse Soja-Kochbuch fuer Feinschmecker [Soya? Well yes! The big soy cookbook for epicures]. Bern, Switzerland: Humata Verlag Harold S. Blume. 128 p. Illust. Recipe index. 24 cm. [Ger]
• ***Summary:*** At the top of the cover: "Wholefoods recipes with soya, the giver of super protein. 132 recipes with tofu, okara, tempeh, soybeans, and soybean grits." Plus 16 color photos of prepared dishes. Tofu is used in many of these German-style recipes. Contains instructions for making tofu, okara, and tempeh at home.

8466. McGowan, Christina. 1988. An analysis of the market for soya-based products. Dublin, Ireland: Centre for Marketing Studies, University College Dublin. 37 p. Feb. 28. Unpublished typescript. 30 cm.
• ***Summary:*** This is the earliest survey seen of the soyfoods market in Ireland. It is full of interesting statistics. The summary states that the market for soya-based products in the Dublin area is miniscule [minuscule]. These products account for only 1-5% of total health food sales. Annual sales of such products are roughly £200,000–£240,000 according to Kelkin, Ireland's leading wholesaler. However if general trends in the health food industry can be relied on, there will be a steady increase in demand for soya products. The two main types of consumers are those suffering from lactose intolerance, and vegetarians. The most popular product is soya milk due to increased publicity and frequent references by doctors. Possible new products would be soy cheese, ice cream, or yogurt. A total of 23 retailers were interviewed and only 23 stock soya products.

A survey was conducted on 103 respondents outside health food stores. Of those who had tasted soya-based products (only 15% of the total): 71% buy for health reasons. 81% buy in health stores. 94% buy for themselves.

51% of the respondents became aware of soya products through word of mouth, 23% through in-store displays, and 23% through magazines/print. The most popular product quoted by respondents was soya milk (62.5% indicated they purchased it). Approximately 50% said they bought soy-based desserts, 20.2% bought tofu, 11.5% purchased soy cheese, 5.4% purchased tempeh, and 2.7% bought soy yogurts.

Companies involved with soya are Sunrise (under license here), Spiral Foods of Cork (Tempeh), and Irish Sea Greens (Tempeh). Some people are making tofu in the Swords area and an Asian man was making tofu locally. Wholesalers that handle soya foods are Wholefood Wholesale (import 20 tonnes a year of soya milk worth £15,000 [Irish pounds] wholesale value), LifeForce (import £30,000 to £40,000 of soya milk), Paragon Distributors (imports 3-4 tons of soya foods worth £10,000), Perrans (sells £12,000 worth of soya milk per year), and Kelkin Naturproducts (sells £150,000/year of soya milk and £50,000 desserts/year). Address: Dublin, Ireland.

8467. Morinaga Nutritional Foods, Inc. 1988. Lessons in tofu (Ad). *Vegetarian Times.* Feb. p. 7.
• ***Summary:*** This striking full-page color ad contains the following sections: Not all tofu are created equal. Eat everything your heart desires. Mori-Nu makes delicious fun. Strawberry Pudding Fluff (recipe, which includes tofu, strawberries, etc. plus 1 envelope unflavored gelatin). Join the Mori-Nu Health for Life Club. Look for Mori-Nu's miracle package. At the bottom of the ad is the slogan: "Always tastes just made." Small color photos show: Tofu spaghetti sauce over pasta on a white plate. A tall stemmed glass of pink Strawberry Pudding Fluff. A stack of pancakes that contain tofu. The cover of Mori-Nu Healthy Times newsletter. A slice of tofu cheesecake. Two packages of Mori-Nu Tofu (firm and soft).

Note: This is Morinaga's first color ad for tofu in the USA. It is also their first full-page color ad.

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Lessons in Tofu.

Not all tofu are created equal.

Mori-Nu Tofu is different. It's the only tofu that's actually made right inside an aseptic package. While most other tofu are made first, then packed in water, losing freshness daily, Mori-Nu's exclusive package locks in the delicious flavor of just-made tofu with every box and protects it until you open it. Guaranteed. No preservatives, no irradiation. Just silken-smooth tofu in a convenient revolutionary package.

Eat everything your heart desires.

Mori-Nu is a cholesterol-free, low-calorie protein source. It is also low in sodium and adapts easily to your favorite recipes, often letting you eliminate milk and eggs entirely. Make everything from drinks, dips and dressings to hearty main courses and desserts. Scramble it, broil it, bake it—even fry it. Or slice it into soups and salads. Just about any meal you prepare can benefit from this simple, natural, healthy and versatile food.

Mori-Nu makes delicious fun.

Blend the sweetness of strawberries into beautiful nutrition. Here's an easy, elegant dessert that everyone will love.

Strawberry Pudding Fluff

1 envelope unflavored gelatin.
1/4 cup boiling water.
1-10.5 oz. package **Mori-Nu Tofu (Silken/Soft),** drained, at room temperature.
3 Tbsp. honey, light color.*
2 cups whole fresh strawberries, if frozen use unsweetened, thaw, and drain.
1/2 cup additional strawberries.

1. Dissolve gelatin in boiling water. Stir until crystals disappear. Allow to cool.
2. In a blender or food processor, combine tofu, honey and gelatin mixture. Add 2 cups strawberries, a cup at a time. Blend on low. Allow some berries to remain in chunks.
3. Place the remaining berries in bottom of each serving glass. Add strawberry tofu mixture. Chill until set and serve cold.

*To sweeten, add more honey as desired.

Makes 4 servings of 6 oz. each. Per serving 126 calories, 5.8g protein, 2.8g fat, 23g carbohydrates, 8mg sodium, 0mg cholesterol.

Healthy Times focuses on today's heart-healthy lifestyles. Meet interesting people, learn about nutrition, and discover exciting, original tofu recipes.

Join the Mori-Nu Health for Life Club.

Learn more about this miracle food. Receive bi-monthly mailings of the **Healthy Times**, Mori-Nu's own newsletter, 15¢ coupons (2 per mailing) and full color tofu recipe series. For a one-year membership, send $2 check or money order to: Morinaga Nutritional Foods, Inc., Box 50, Dept. B 388, Pico Rivera, CA 90665.

Look for Mori-Nu's miracle package.

You'll find Mori-Nu in the Produce, Deli or Oriental food section of your store. Ask for it by name.

Always tastes just made. MORI-NU

© 1988 Morinaga Nutritional Foods, Inc., 5800 S. Eastern Avenue, Suite 270, Los Angeles, CA 90040

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This ad also appeared in Vegetarian Times (April p. 11), East West (Feb., March p. 54), Delicious, Bestways (Feb. p. 23, March p. 25, April p. 42, May p. 15), New Age Journal (March/April p. 11), etc. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8468. Mullenneaux, Lisa. 1988. A hot ticket in the freezer case. *Women's Sports and Fitness* (*Winter Park, Florida*) 10:32. Jan/Feb.
• ***Summary:*** Discusses vegetarian entrees.

8469. Norris, Susan H. 1988. Soyfoods future bright in America market. The soyfoods industry sees steady growth with new products and increased domestic production. *Natural Foods Merchandiser.* Feb. p. 1, 24, 29-30. [1 ref]

8470. Poneros, Angela G.; Erdman, J.W., Jr. 1988. Bioavailability of calcium from tofu, tortillas, nonfat dry milk and Mozzarella cheese in rats: Effect of supplemental ascorbic acid. *J. of Food Science* 53(1):208-10, 230. Jan/Feb. Summarized in Science News 133:174 and elaborated on in Soya Newsletter. 1988. March/April. p. 1, 14. [32 ref]
• ***Summary:*** The calcium in tofu coagulated with calcium sulfate is 12.6% more bioavailable than that in nonfat milk. Tofu coagulated with calcium sulfate provides roughly 128 mg of calcium per 100 gm of tofu, whereas that coagulated with magnesium chloride (nigari) provides only about a tenth as much calcium. Ranked by bioavailability, calcium sulfate precipitated tofu was 107%, mozzarella cheese was 105%, calcium carbonate was 105%, nonfat dry milk was 95%, and tortillas were 93%. A follow-up study showed sesame seeds to be 65% and spinach 47%.

The experiments were conducted on rats, which appear to be a good model for calcium bioavailability humans. Erdman notes: "Tofu manufacturers should be encouraged to move to calcium sulfate as a coagulant if they are not already using it. Mixed blends of nigari and calcium sulfate would be a good choice as well." Address: Dep. of Food Science, Univ. of Illinois, 580 Bevier Hall, 905 S. Goodwin Ave., Urbana, IL 61801.

8471. Saio, Kyoko. 1988. Chugoku daizu shokuhin tanbô-ki [Report on Chinese soyfoods]. *Daizu Geppo* (*Soybean Monthly News*). Jan/Feb. p. 12-24. [Jap]
Address: National Food Research Inst. (Shokuhin Sogo Kenkyujo), Kannon-dai 2-1-2, Yatabe-machi, Tsukuba-gun, Ibaraki-ken 305, Japan: Shokuhin Rikagaku Bucho.

8472. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. New process and equipment for making non-beany soymilk unveiled. Cold-grind method suitable for small and large plant applications. Jan/Feb. p. 13.
• ***Summary:*** The key to the process is grinding the beans in unheated water under a vacuum to eliminate oxygen. ProSoya Foods International Inc., Ottawa, Canada recently announced that patents for a new process and equipment are pending in several countries and that a patent has recently been allowed in the U.S. for equipment to produce a non-beany tasting soymilk. To reduce oxygen to a few parts per million, a special air/water tight vessel was designed with a small hammermill grinder built into the bottom. The new cold-grind method produces soymilk and tofu as wholesome as the traditional cold-grind method, but without the beany flavor. Crown Iron Works Corp. of Minneapolis, Minnesota, in association with ProSoya, is developing equipment which will use the new process to produce non-beany tasting soy flakes.

For more information contact Raj Gupta, ProSoya Foods International Inc., 627 Gaines Dr., Ottawa, ONT, K1J 7W7, Canada. Phone: 612-745-9115.

8473. *Soybean Digest.* 1988. Soy milk solves dairy shortage. Feb. p. 44.
• ***Summary:*** Professionals from Mexico's dairy industry and government food and nutrition programs attended a 10-hour seminar in Mexico City on how soy can help alleviate Mexico's shortage of dairy products. Two U.S. technicians, Emil Huang of Land O'Lakes and Allan Routh of St. Peter's Creamery, were among the seminar speakers. A program highlight was Huang's demonstration on tofu and soy milk manufacturing.

Note: This is the earliest document seen (Jan. 2010) concerning Allan Routh–later of SunRich.

8474. **Product Name:** Trader Joe's Tofurrito!
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1988. February.
Ingredients: Peanut butter, tofu, wheat chapati, russet potato, alfalfa sprouts, iceberg lettuce, carrots, spices, salt.
Wt/Vol., Packaging, Price: 10 oz. Retails for $2.29 (8/89, California).
How Stored: Refrigerated.
New Product–Documentation: Talk with Paul Duchesne. 1989. July 31. This company, a discount food chain, has retail stores up and down the coast of California. One of the principals came from Westbrae Natural Foods. It is wrapped up in a whole wheat chapati. Label sent by Paul Duchesne. 1989. Aug. 11. 3 by 2 inches. Black and red on white. "No heating necessary." Illustration of a man leading a mule train. Talk with Richard Baltierra, head of the Fresh Program at Trader Joe's. 1989. Aug. 23. This was their first tofu product, introduced in Feb. 1988; it is no longer on the market. All of their tofu products are made fresh daily by other food manufacturers in Southern California, this delivered to

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their stores within 24 hours. The chain, with outlets only in California, is about 15 years old. He is not aware of anyone from Westbrae being involved in the company.

8475. Wilson, L.A.; Resurreccion, A.P.; Hauck, C.C.; Murphy, P.M. 1988. Influence of variety and environment on the texture of tofu. In: L. McCann, ed. 1988. Soybean Utilization Alternatives. St. Paul, MN: Univ. of Minnesota Center for Alternative Crops and Products. vi + 429 p. See p. 425-27. [6 ref]
• ***Summary:*** The objectives of this study were to verify the relationship of glycinin and B-conglycinin in the soybean to the finished tofu texture made under standardized conditions, determine the influence of variety and environmental factors on tofu texture, and to determine if the glycinin and Beta-conglycinin content of raw soybeans can be used to aid soybean breeders and processors to select soybean varieties of consistently high quality.

Tofus made from soybean varieties Prize, Vinton, and Weber grown under environmentally identical conditions in 1982 and 1984 were found to consistently give statistically significant textural correlations with soybean glycinin content. Hardness, brittleness, and gumminess of the tofus were significantly correlated (> 0.9) to glycinin content in 1982, 1984 and combined 1982/1984. These results are largely in agreement with findings that 11S contributed to the hardness, gumminess, and chewiness of tofu.

Glycinin content (percentage of total protein) within these varieties (1982-1985) varied 26.9% to 45.6% while Beta-conglycinin content showed less variation (13.1% to 19.9%). Beta-conglycinin did not correlate well with textural characteristics (best case Vinton, Prize, Weber r=0.788 for chewiness) under identical environmental conditions. Environmental conditions had a major influence on the textural quality of the tofu across all four crop years. Address: Dep. of Food Technology, Food Crops Processing Research Center, Iowa State Univ., Ames, IA 50011.

8476. Carnie, Laura. 1988. Keep calories, fat and cholesterol low with tofu entrees. *Chronicle* (*Spokane, Washington*). March 1. Also in Spokesman Review.
• ***Summary:*** Tofu recipes: Tofu Ratatouille (adapted from "The Harrowsmith Cookbook, volume 3"); Tofu-Tamale Pie (from "Weight Watchers Favorite Recipes"); Tofu Croutons (adapted from Ceil Dyer's "Slim Wok Cookery"); Tofu Banana-Pineapple Cheesecake (adapted from "Sunset Light Desserts"); Vanilla Tofulato. Rodale's Best Recipes 1988 from Rodale Press Books also provides many good recipes. Address: Washington.

8477. Thurtell, Joel. 1988. Ford birthday fete spreads on history–soybeans. *Detroit Free Press.* March 1. p. 4A.
• ***Summary:*** On Monday, Jan Willemse, now 87, helped reproduce the all-soybean buffet that Henry Ford picked him to cater 54 years ago at the 1934 Century of Progress Exhibition in Chicago. "The occasion at the Henry Ford estate was part of the celebration of the auto tycoon's 125th birthday–he was born July 30, 1863." "In 1934 Willemse was a New York and Miami Beach baker who was reluctant to move to Dearborn to bake in Ford's Dearborn Inn." A this feast, served on 29 Feb. 1988, the soybean brownies were found to be especially tasty; said one guest, "That is the most sinfully rich thing." A photo shows Robert Smith and Jan Willemse. Address: Free Press staff writer.

8478. Herry, Yvon. 1988. Coopérative agricole de Colmar: Le soja sous toutes ses formes [The agricultural cooperative of Colmar: Soya in all its forms]. *France Agricole* (*La*) No. 2227. p. 42. March 4. [Fre]
• ***Summary:*** About Maurice Rochet (whose photo is shown) and his work with soyfoods, Cacoja, and C.A.C.

8479. Kanai, Noritoshi. 1988. Miyako Oriental Foods, Mutual Trading Co., Rice Koji, Amazake, Natto, and Miso (Interview). *SoyaScan Notes.* March 4 and 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Mr. Kanai recalls that the brochure describing how to make miso and amazake using Cold Mountain Koji was printed in 1976, the same year the Miyako factory began. They immediately started to sell the koji, using the brochure. Miyako is owned 60% by Mutual Trading Co. and 40% by Yamajirushi Miso Co., a joint venture.

Mutual Trading Co. started to import Amazake from Japan to American in about 1968. He thinks they were the first company to do so. If that is correct, this would have been the first amazake sold commercially in the USA. The product was imported frozen in non-aseptic polyethylene bags. At the same time they imported frozen natto, and non-frozen miso and Hamanatto. Mutual Trading presently imports amazake in 6.3 oz (180 ml) cans. It is ready to drink. His amazake is made in Japan by Morinaga, the confectionery company, not the milk company. It is a real amazake, not a sake kasu type. Nishimoto also imports amazake in 6.3 oz tins; the brand is Imuraya. North American Food in San Francisco, a sister company (not a subsidiary) of Mutual Trading Co. Tokiwa in Los Angeles, Hosoda Brothers in San Francisco, and Central Boeki in Long Island, New York, probably do not import amazake. He thinks that total imports are about 1,000 cases a year. Mutual Trading imports about 200 cases a year (48 x 6.3 oz cans/case).

Miyako has recently reached its full capacity for making koji. So they are planning to expand by installing an automatic koji making machine. The machine has already been ordered from Nagata (preferred over their competitor Fujiwara) in Japan. The machine should be in Los Angeles in late April or early May, and start operation by June. He is thinking of adding barley miso and a new variety of rice

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miso. Now they use only half of the building's floor space, so there is plenty of room for expansion. They plan to expand upward one level. Address: Los Angeles, California.

8480. Westbrae Natural Foods. 1988. Westbrae Soy-O, Vestro Foods (new owner), and Eastern Gates Native Soy Products in Hong Kong (Interview). *SoyaScan Notes.* March 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soy-O was a soymilk with "no oils added" that was sort of debuted in Nov. 1986 in 20 white unprinted Tetra Brik cartons in 3 flavors, with a flyer, but was never really launched. That was just when they decided to switch their manufacturing out of Japan and wanted to focus on WestSoy and malted. Also things did not go well with the manufacturer. Lehmann wrote in Nov. 1986: "Westbrae O-Soy. The Honorable Soy Drink. Pliable foil packs. 6 oz. Organic soybeans, no oil added. Plain, carob, and vanilla flavors."

In February 1988 Westbrae merged with Vestro Foods, a company in southern California which is not in the natural foods industry. A publicly held company traded over the counter (NASDAQ symbol: VEST), Vestro is bigger than Westbrae; though they do not have a lot of employees they do have a lot of money and marketing experience. The company that never sold out just sold out. Gordon is still president. They have specialized in finding niche food companies and helping them develop in their marketing. Westbrae will be looking for more growth by acquiring other natural foods companies or products that meet their quality standards, and by launching some new products of their own. Everyone is very pleased.

Their WestSoy soymilk in Tetra Brik cartons is made in Hong Kong [by Hong Kong Soya Bean Products Co. Ltd., makers of Vitasoy] and selling very well. Sales of liters especially are up. Westbrae gets their soymilk through Eastern Gates Native Soy Products; Westbrae is not sure if they are the manufacturer or distributor. The Malteds are made domestically. The source is a secret. Sales are picking up after a recent price drop. Address: Emeryville, California.

8481. Chollet, Laurence. 1988. Magic beans: Soy foods multiplying. *Record* (*Hackensack, New Jersey*). March 7. p. B-3, B-4.
• ***Summary:*** This story is based on a news release from Soyfoods Center showing the number of new soyfoods products introduced each year. According to Bill Shurtleff, who compiled the report: "In 1976, 78 new products were introduced; last year, 330 products were introduced, making it by far the biggest year for soy food products,..."

Bonnie Liebman, director of nutrition for the Center for Science in the Public Interest, says that "all fats have been implicated in breast and colon cancer." Soy foods are free of cholesterol and generally low in saturated fats, but they are often high in unsaturated fats.

"Soy foods tend to be a little more expensive than their meat and dairy counterparts"–whether hot dogs, entrees, ice cream, or cheesecake. Mentions: Tofu Entrees from Legume, Inc, Lite Lite Tofutti, Tofutti's Better than Cheesecake. A large photo shows packages of Tomsun Tofu, Jofu, Ice Bean, Legume Classic Lasagne, and five Worthington meatless products: Luncheon Slices, Prosage Links, Vegetarian Pie, Wham (meatless ham), and Meatless Chicken.

8482. *Post* (*Paradise, California*). 1988. Good Food–Good Health: Tofu–you'll never know until you try. March 8.
• ***Summary:*** This article appeared in more than 100 newspapers nationwide during Feb., March, and April 1988. It gives a recipe for Tofu Ranchero. Many of the recipes featured in the column "Good Food/Good Health" come from the American Institute for Cancer Research's 4-volume cookbook series, "An Ounce of Prevention". The AICR is located in Washington, DC 20069.

8483. Shapiro, Margaret. 1988. Japanese outpace the world in life expectancy: Experts credit their low-meat diet. *Washington Post.* March 8. p. HE11.
• ***Summary:*** A table shows that a baby born today in Japan will live 80.9 years (for women) or 75.2 years (for men). In the United States these figures are 77.6 years for women (3.3 years less) and 70.1 years for men (5.1 years less). These Japanese numbers "represent one of the most dramatic increases in life expectancy of any nation since the end of World War II,..." Since the 1970s, the Japanese have been living longer than the Americans, but only in the 1980s did they pass the Swedes. The main reasons for Japan's postwar gains in life expectancy are: (1) Elimination of many deadly diseases, including dysentery and tuberculosis. (2) Major advances in medical care, including a universal system of medical coverage. (3) The lowest infant death rate in the world. (4) A healthy diet that is low in fat and cholesterol, low in total caloric intake, and high in fiber, soybean curd, seaweed, and vegetables. "As a result, the Japanese have one of the lowest levels of cholesterol and heart disease in the world." But Japanese a very high salt intake, which has resulted in one of the world's highest death rates from strokes–blood vessel hemorrhages in the brain. Address: Washington Post Foreign Service.

8484. Abersold, Vance. 1988. New developments in soymilk, Stephen Story, and Great American Foods in Salt Lake City (Interview). *SoyaScan Notes.* March 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** His soymilk was launched in Feb. 1987. It is selling very well to the people who are allergic to dairy products and to vegetarians. Its features are the best taste (because of a new process, and the lowest price, since it is sold dry primarily by direct mail). He got interested in 1981 when he was involved with Roy Brogue at the company

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Meadowfresh Farms (no longer in existence) in Salt Lake City, Utah, developing whey-based milks. The company was Mormon and the products used in food storage programs because they last far longer than powdered milk. But he grew interested in soymilks because whey-based milks are high in lactose and because of a big breakthrough in tofu and soymilk development made by Steven Story, a student of Dr. Clayton Huber at Brigham Young University, Dept. of Food Science and Nutrition. Huber was the head food nutritionist on the NASA Space Program. Huber fought the dairy industry when Meadowfresh was launched, and prevailed in every suit in every state. Story also made breakthroughs on whey-based milks. He is a genius at food development, and is now a consultant in Salt Lake City (Tel. 801-298-0188) doing developmental work for food companies. Vance got into this because of long-time undiagnosed serious allergies to milk products.

Story was a one-third owner of Great American Foods which started in about 1986 in Salt Lake City, as a division of Magic Mill (which makes stone mills), which is in turn a part of the SSI corporation. They produce the product (plus many other products, such as whey-based diet drinks/liquid meals), and presently sell it to Abersold and to Sovex. Sovex retails it for about twice as much as Abersold under the brand "Better than Milk." Magic Mill also sells its own Magic Mill Soy Milk. Steve is presently dissolving his partnership. He does not know of anything that Story has published. His product Sno-e contains a small amount (about 1%) of sodium caseinate, but in the extraction process all of the allergens are removed so it can be called "non-dairy." One of his goals is to develop a second product that does not contain any sodium caseinate. Yet the sodium caseinate in the present product is a key to the flavor. Address: 2730 Morley Way, Sacramento, California 95864.

8485. Speck, Peter. 1988. Re: History of soymilk and tofu products at Galactina Ltd. Letter to William Shurtleff at Soyfoods Center, March 11. 1 p. Typed, with initials on letterhead.
• ***Summary:*** Galactina S.A. makes dietetical and pharmaceutical products. Their first soy product, Naga Sonda, was launched in 1969 [actually in 1964 by Nago, Naehrmittel AG] in dry form. In 1981 the same product was introduced in liquid form in Tetra Pak. These were followed by Biodelis, Biodelis Plus, Vita Drink, and Vita Drink Plus.

The company introduced 4 tofu varieties in early 1985. Others followed. Address: Galactina Ltd., CH-3123, Belp, Switzerland. Phone: (031) 81 11 11.

8486. Little, Sybil. 1988. Soybeans: A food for our times. *Oakland Press* (*Pontiac, Michigan*). March 16. See also p. D-3. "Soybeans bring variety and good health to the table."
• ***Summary:*** Recently, a soybean buffet was held, re-creating the soybean menu served at the Ford Exhibit of the Century of Progress on Aug. 17, 1934. It was part of a celebration of the 125th anniversary of Henry Ford's birth. Included on the menu were soybean products–cheese, crackers, croquettes, buttered green soybeans, pineapple ring with soybean cheese and dressing; bread, biscuits, soybean butter, soybean crust on an apple pie, soybean milk, soybean coffee, assorted cookies and cakes and candy. Ford's personal baker, Jan Willemse, now in his 80s, supervised the affair.

Ford had an intense interest in agriculture; some say he did more for agriculture than he did for the automobile business. his roots were in farming and his unwritten mission was to ease the burden of the farmer's life. His Fordson tractor revolutionized agriculture as the Model T had done for transportation. In 1932, Ford issued orders to concentrate on soybean research. George Washington Carver began studying the soybean in 1904 at the Tuskegee Institute in Tuskegee, Alabama.

8487. Schweitzer, Jay. 1988. Tofu maker top businessman. *Alaska J. of Commerce* (*Anchorage*). March 21.
• ***Summary:*** "Eight years ago, Bernard Soupawavang [correctly spelled Souphanavong] opened Northern Soy Products in Alaska. Today, Soupawavang has six employees (including himself) and nine different products, and is making five tons of soy and sprout products each week. His closest competitors are in Seattle, Washington. In 1985, Northern Soy Products was named minority small business of the year. Souphawavang was named small businessman of 1988, and will be awarded this title in May 1988 by the U.S. Small Business Administration."

8488. *Toyo Shinpo* (*Soyfoods News*). 1988. Takai seisakusho honsha, kôjô o kensetsu [Takai is going to rebuild their main offices and production plant]. March 21. p. 1. [Jap; eng+]
• ***Summary:*** The total construction is going to cost ¥300,000,000. They are going to start building at the end of April, 1988. The first floor of the new headquarters will have a laboratory for testing the chemistry of foods. The second floor will be management, and the third floor will be the planning or design area. The company is planning to finish building in the end of July and start moving in at the beginning of August. Address: Tokyo, Japan.

8489. Sugisawa, Ko; Matsumura, Y.; Sengoku, K.; Nagatome, Y. Assignors to House Food Industrial Company Ltd. (Higashi-Osaka, Japan). 1988. Process for preparing tofu charged into a container. *U.S. Patent* 4,732,774. March 22. 5 p. Application filed 3 Feb. 1987. Application also filed in Japan on 4 July 1984. [7 ref]
• ***Summary:*** Soymilk (containing 10-13% solids by weight) is combined and mixed with a polyphosphate and casein or a casein salt, then homogenized under high pressure. "The combination of the addition of said polyphosphate and caseins with said homogenizing treatment synergistically

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heightens the delayed coagulation effect and results in the production of tofu of excellent quality." The coagulant used in this invention can be of any type including the delayed acting type (GDL) and the rapid acting type (magnesium chloride or calcium sulfate, used alone or with GDL). A fast-acting type should be added to cooled soymilk. The mixture is charged into a package and coagulated by heating after the package is sealed. Thus, this the tofu is made in the container.

Example 1. 2 kg of soybean milk having a dry solids concentration of 11% is prepared. "0.5% of sodium caseinate (relative to the weight of soybean milk; hereinafter the same) was added to the soybean milk after 0.084% of anhydrous sodium pyrophosphate, 0.058% of sodium tripolyphosphate and 0.058% of sodium hexametaphosphate had been added thereto, whereafter, the mixture was mixed and solubilized using high-speed mixer. Said mixture was homogenized under a pressure of 150 kg/square cm by a homogenizer and then cooled below 10ºC, whereafter 0.5% of magnesium chloride was added to and mixed therewith. Thereafter, the mixture was charged into heat-resistant plastic containers in amounts of 300 gm each and sealed. The mixture was then coagulated by heating in hot water at a temperature of 85ºC for 60 minutes, whereby tofu charged into containers was obtained." See also Japanese Patent 84-138,480 (July 1984), and a 1987 patent with the same title by the same company. Address: Nara, Japan.

8490. Evans, Karen. 1988. James Beard cooks with carob and tofu in the hereafter. *San Francisco Examiner.* March 23.
• ***Summary:*** "People magazine reports that a New York City psychic named Christina Whited is cooking according to the instructions of James Beard. According to Whited, James beard is now cooking with carob and tofu." Address: California.

8491. DeBona, Don. 1988. Developments at American Miso Co. since 1985 (Interview). *SoyaScan Notes.* March 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Don left his job as general manager at Great Eastern Sun and began to work at American Miso Co. (AMC) in February 1985. He took over management of the company in December 1985 after John Belleme left. It was a difficult transition, as Belleme and Barry Evans (an absentee owner) did not get along well. Since then, production of miso has roughly doubled, from 9 to 20 large miso vats. His miso teacher, Akinori Takei, stayed until October 1986. Since then Don has run the company. Not much of their miso is used any more in second generation products; they used to sell some mellow white and red miso to Nasoya and Simply Natural. Now 95-98% is sold for kitchen use in plastic tubs. The tubs replaced plastic bags 2 years ago. He also sells in bulk: 35 or 50 lb. He has always used all natural, organic ingredients, which makes his miso about twice as expensive as Cold Mountain. So they lost all their sales to food processors. But total volume has increased due to good sales work. His best-sellers are mellow white miso and traditional country (long-term) barley miso, followed by mellow barley, traditional red rice miso, and sweet white miso. He has ordered his koji starter through Mitoku for the last few years. Now he hopes to buy direct from Kojiya Sansanaemon in Aichi-ken. Don has studied macrobiotics for 12 years. AMC originally had 6 owners; Barry Evans now owns about 95%. Barry originally paid for John Belleme to study miso in Japan. Address: Route 3, Box 541, Rutherfordton, North Carolina 28139. Phone: 704-287-2940.

8492. Davis, Bob. 1988. Light Foods and the tofu hot dog market in America (Interview). *SoyaScan Notes.* March 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** There are three major companies making tofu hot dogs for the U.S. market (not including Loma Linda and Worthington, which use isolates rather than tofu): Light Foods, Bob's company which originated the idea, has about 40% of the market, especially the West Coast. Lightlife Foods (formerly Tempehworks) has about 40%, especially East Coast, and Yves (from Canada) has about 20% nationwide.

Bob still has bad feelings about the way Lightlife Foods took away his East Coast market. Originally, Tempehworks was Light Foods' master distributor for tofu hot dogs on the East Coast. Then for about 6 months Tempehworks stopped paying for the product they were receiving. (They eventually paid later). Suddenly they dropped the Light Foods tofu hot dogs and came out with a competing product of their own, named Tofu Pups. It was quite similar except that it was free of egg whites. Tempehworks told many distributors and retailers that Light Foods was going or had gone out of business, as a way of getting them to switch products. Davis received letters from 35-40 stores and many customers asking why he went out of business or why he started making Tofu Pups. Shortly thereafter Tempehworks changed its company name to Lightlife Foods, not much different from Light Foods. This combination of events destroyed the market for Light Foods' tofu hot dogs on the East Coast. They had no East Coast distribution for 6 months. Light Foods considered litigation, but didn't have the money. Now Light Foods is coming out with a new meatless hot dog containing no egg whites. Address: 12125 East Brookview Dr., Grass Valley, California 95945. Phone: 916-273-2218.

8493. Nordquist, Ted. 1988. New developments with tofu and soymilk in Sweden (Interview). *SoyaScan Notes.* March 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ted is working with three of Sweden's largest food companies: (1) Semper AB, the country's largest milk company, used to be an independent milk research company. Semper now makes an infant formula, and two flavors of

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soy drink for adults, both from soy protein isolates. The later is poor tasting. Semper is now wholly owned by Arla, the Swedish milk company. (2) Karlshamn Oliefabrik, Sweden's largest oils and fats company, that is also the largest manufacturer of ice cream and margarine. They used to be a soybean crusher, but now they import their oil. Karlshamn has the Swedish franchise for Ralston Purina. They have a newsletter The Soybean Magazine that they use to market Ralston's products. They import isolates, which Semper buys for use in their infant formula (Soja Semp) and adult soymilks. (3) Trensums Musteri, a juice company owned by Mark Jungstrum, who owns the only 3 Combibloc machines in Sweden. He packages Knorr soups in them. The resources are unlimited. The present focus is on developing a natural soy base free of beany flavor and evaluation the economics of the product. From this base they will make a line of products, including dairylike products and non-beany tofu. Ted has a contract with Trensums to receive a 2% commission on all soy products made in the new plant, since he basically developed the plant, which is inside the Trensums Musteri juice factory located in the south of Sweden, near Karlshamn. He also has a contract with Semper. Semper supplies Karlshamn with all their milk products. Roughly 12 million crowns ($2-3 million) has already been invested in soy equipment and R&D at this plant in Tingsryd, which produces about 4,000 liters/hour of soymilk.

This project began in 1983, when Luke Lukoskie came to Ted with a proposal to cooperate with Alfa-Laval, since Ted was the only tofu maker in Sweden, where Alfa-Laval is located (in Lund). Luke had a contract with Alfa-Laval to develop tofu and other soy products. He wanted a continuous tofu making process. Alfa-Laval had a plant installed in his former factory, which burned down. At one point Lukoskie was considering a lawsuit against Alfa-Laval. In 1984 Alfa-Laval began moving the soy development operations from Lund to Singapore. At the time they had sold one plant to China, with plans to sell 2 more if the first proved successful.

Ted met with the people from Talmo Gordon, who were planning to build a soymilk plant in Ludvika, funded with government money, but dropped the idea after Semper and Ted showed them that their concept was not feasible. The owner of the plant in Tingsryd is an expert at product development, including foods such as mushroom soups in German Combibloc that cannot be done in Tetra Pak. So Ted left his cooperation with Alfa-Laval and started developing with him in Tingsryd. They signed a contract. Ted goes there for 3 days a week. The sales of Aros grew 70% last year, in part because of new labels. All products are doing well. He makes an average of 2,000 kg (4,400 lb) of tofu per week. By vacuum packing his tofu then pasteurizing it at 95ºC for 45 minutes, then quick cooling it in water at 4-6ºC, he gets a shelf life of 85 days at 4ºC under ideal conditions vs. 30 days shelf life if it is not vacuum packed. None of Sweden's three big supermarket distributors carry his tofu, so he distributes to supers himself. The three distributors that serve the country's 65 health food stores do not have refrigeration. There are no tofu companies yet in Norway, Denmark, or Finland. Of all of Aros sales, 55% is regular tofu, followed by marinated tofu (*Tofu Marinerad*) 15%, then three other products. Nutana makes a canned tofu (made entirely from isolates) in cubes in a sauce. Lima Foods sells a bottled tofu. There are 8 million people in Sweden.

Tomsun is trying to register the trademark Jofu (their nonfermented soy yogurt) in Sweden. This may upstage Ted's attempt to trademark Sofu for soymilk and wipe out his trademark on the term "Tofu."

Semper is interested in having the new soy base be low in oligosaccharides so that their infant formula does not cause flatulence. The following oligosaccharide levels have been found in European soymilks: Alfa-Laval's plant in Colmar, France, that uses ultrafiltration 0.02 gm/liter; Alpro in Belgium 0.28 gm/liter; Alfa-Laval's pilot plant in Sweden 0.43 gm/liter; the STS plant built for DE-VAU-GE in Germany 0.58 gm/liter. By using ultrafiltration to make tofu you can both remove the oligosaccharides and reduce the water content. Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

8494. Nordquist, Ted. 1988. New developments with tofu and soymilk in Sweden. Alfa-Laval in China (Interview). *SoyaScan Notes.* March 26. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** One of Ted's next major projects is a Tetra Pak tofu; Morinaga does not have a patent in Europe. Also, Ted skips two of steps in Morinaga's patent. He intends to flood Europe with an aseptic tofu. His firm tofu will use ultrafiltration instead of isolates to get the firm texture. No that isolates can also be made using ultrafiltration, without hexane solvent. He has used calcium sulfate, which gives a better flavor, but it is difficult because it is not water soluble. This is where the Combibloc carton comes in. He can made Jofu-style soy yogurt with whole berries in it in an aseptic Combibloc carton.

Alfa-Laval is talking with the Chinese about selling them a plant to make continuous process tofu using ultrafiltration. A man who works for Alfa-Laval and works with Ted at Trensums has told him this, in confidence. He was in China for 6 months setting up Alfa-Laval's first plant there. The idea was that when this plant was proved successful, two additional plants would be installed. Ted does not think the latter two have been installed yet. He told Ted about all of the problems that Alfa-Laval has been having there in scaling up pilot plants. This is very confidential. If it is true, it could be grounds for a lawsuit.

Ted's idea for using ultrafiltration to make an aseptic tofu is partially Luke's idea. But it also an idea that is tied

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in with using a bland soy base. For the last 5 years 90% of Ted's research energy has gone into getting a bland soy base. When that is ready he will make an aseptic tofu. Ted could possibly have an aseptic tofu packaged in Combibloc on the market by mid-1989 that would use a combination of GDL and calcium sulfate coagulants, and use ultrafiltration to concentrate it. Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

8495. Cooperman, Alan. 1988. Yum Buns graduate to larger quarters. *Berkshire Eagle* (*Pittsfield, Massachusetts*). March 27.
• ***Summary:*** Pittsfield "Special T's Bakery, home of the Yum Bun, has moved from 194 Fenn St. to larger quarters in the Oasis Plaza at 95 West Housatonic St."

"The bakery's most unusual and best-known produce is still the Yum Bun, a vegetable sandwich described by the Theriault sisters (Louise Theriault Blake and Linda A. Theriault) as 'tamari-seasoned vegetables stuffed into a whole wheat crust with almonds and tofu.'"

8496. Nordquist, Ted. 1988. Comparing Tetra Pak and Combibloc as aseptic packaging systems. The Morinaga aseptic tofu patent (Interview). *SoyaScan Notes.* March 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In the Tetra Pak system, the laminated packaging film that comes on a roll, is run through hydrogen peroxide to sterilize the surface then folded into the shape of a tube around a stainless steel tube filled with UHT sterilized soymilk, inside a sterile chamber. The packaging material is seamed longitudinally. The packaging tube, which is always filled with soymilk, is crimped, sealed and cut below the soymilk level, so that they contain no air.

In the Combibloc system, the laminated packaging material comes in the form of individual flattened sections of a tube. These are fed into an chamber made aseptic by either nitrogen or steam, containing no air. The flat sheets are fed in two at a time and the bottom of each is sealed to form a box. These are then filled with food material, which may contain particles or chunks, such as diced vegetables; Tetra Pak cannot handle such pieces which interfere with sealing of the tube. Finally the top is sealed; some nitrogen gas remains atop the food. A Combibloc machine can be 4 times the size of a Tetra Pak machine, but it can handle various length cartons having the same bottom size (200-500 ml, or 1 liter), whereas Tetra Pak needs one machine for each package size. The Combibloc unit can seal at a much higher temperature than Tetra Pak.

A sterile/aseptic filter, which is very expensive, is used to feed in things (such as volatile flavors) which are heat sensitive and thus should not be run through the UHT unit. The filter eliminates bacteria. Morinaga's 4-step process (1) sterilizes the soymilk with a UHT unit, (2) cools it to 20-25ºC, (3) introduces GDL and calcium chloride coagulants through an aseptic filter, then runs the mixture into Tetra Pak cartons, which are sealed and (4) reheated by immersion in a hot water bath to cause coagulation, which is finally cooled. Morinaga does not have a patent on their Tetra Pak tofu process in Europe. Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

8497. Mio, Art. 1988. Update on Morinaga (Interview). *SoyaScan Notes.* March 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Morinaga not only has a patent on their aseptic tofu process, they also have proprietary rights to the film. This special film was developed jointly by Morinaga (Japan) and Tetra Pak, and the latter cannot sell it to any other company. This may not be mentioned in the patent.

Concerning promotion in the USA, for the first few years Morinaga targeted their sales to Asian-American consumers. They got little results. Then Art Mio heard that supermarkets were having problems with spoilage, so he changed his focus to supers. Stage 3 has been the recent targeting of the natural and health foods industries. The new package design and absence of monoglycerides on the label have helped sales in this market. Sales could increase 50-100% this year. Headquarters may have decided to build a plant in America. The Japan plant may only be running one shift. Susan Bucher's company (Buchér & Russell, 3801 Wilshire Blvd., Suite 1403, Los Angeles, California 90010. Phone: 213-738-5300; Susan is Japanese-American) has done the recent set of ads.

Tree of life private label tofu sold 5,000 units a week in 1986. Art does not know who makes it. Address: Morinaga Nutritional Foods, Inc., 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8498. *Los Angeles Times.* 1988. Senior runner among devotees of tofu. March 31.
• ***Summary:*** Mavis Lindgren ran her first marathon, the 20-mile Avenue of the Giants, in 1980, when she was 70 years old. Today, 80-year-old Lindgren has logged 48 additional marathons. A lifelong vegetarian, Lindgren has made tofu a staple in her daily meals.

8499. Best, Daniel. 1988. Low-cholesterol foods present healthy opportunities [Galaxy Cheese Co.]. *Prepared Foods* 157(3):124-26. March.
• ***Summary:*** Founded in 1974, Galaxy Cheese Company (New Castle, Pennsylvania) really began developing its cheese substitute technology in 1968 when Angelo Morini [Galaxy Cheese Co. President], then a marketing executive at Pillsbury, began devoting his spare time toward developing the Formagg technology. Formagg products contain no cholesterol or lactose, are lower in sodium and calories

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than conventional cheeses, derive less than 30% of their calories from fat, and have a saturated/unsaturated fat profile designed for conformance to American Heart Assoc. guidelines. A sister product line of cheese analogs, called Soymage, is manufactured without casein. Galaxy Cheese posted over $14 million in sales in 1987.

It is important to distinguish between dairy ingredients and products such as caseinates and whey protein concentrates. Also discusses tofu-based salad dressings and ice cream substitutes.

Simplesse, a fat substitute recently released by the NutraSweet Co. [owned by Monsanto], uses finely ground protein micro-particles from milk or egg whites to simulate fatty mouthfeels. It will be a competitor to soy oil.

8500. Demi-Tasse. 1988. March. New soyfoods restaurant or deli. Mishiki-cho 6-7, Okayama-shi, Okayama-ken, Japan.
• ***Summary:*** Toyo Shinpo. 1988. March 11. p. 9. "Restaurant serves tofu dishes with a homestyle feel." The restaurant, Demitasse serves original Japanese and Western tofu dishes–even tofu steak and ice cream!! They are closed on Tuesdays, and open every other day of the week from 11:00 a.m. to 8:00 p.m.

8501. *Essen und Trinken* (*Hamburg, W. Germany*). 1988. Tofu-Diaet [Tofu diet]. 3:112-14, 116, 118, 120, 122, 124, 126, 128-30, 132. March. [Ger]
• ***Summary:*** A spectacular article preceded by a 1-page praiseful editorial on tofu titled "The Frog Becomes a Prince: Tofu Reveals Charm," by Angelika Jahr, the head editor of "Eating and Drinking." The first two-thirds of the article is in color, consisting mostly for large color photos of tofu dishes, with calorie counts; the last third is the recipes. There are also brief descriptions of miso, shoyu, and gomasio [gomashio] as typical Asian seasonings. Address: Postfach 30 20 40, 2000 Hamburg 36. Phone: 040 41 18(1).

8502. FDA Center for Food Safety and Applied Nutrition. 1988. Food protection unicode. Washington, DC 20204. 104 p. Draft of 10 March 1988. No index. Each chapter paginated separately. 28 cm.
• ***Summary:*** "In April 1987, the Food and Drug Administration announced a project to update the provisions of the existing model food codes... into a new model Food Protection Unicode." This is a draft of the proposed unicode, circulated for review and comment. The introduction is by Arthur L. Banks, Director, Retail Food Protection Branch, FDA Center for Food Safety and Applied Nutrition.

This book consists of 10 chapters. In chapter 1, titled Purpose and definitions, at 1-102.48 is a current definition of a "potentially hazardous food" and a list of foods which are excluded. Tofu and other soy protein foods are not specifically mentioned.

"The history of the model sanitation code development by the U.S. Public Health Service (PHS) goes back over 60 years to the early 1920s. Work on the first model ordinance relating to food protection and sanitation in food service establishments was initiated in 1934." The first model ordinance was published in tentative form in 1935. It was expanded in 1938 and revised in 1943 and again in 1962.

In 1968, FDA assumed PHS responsibility for the retail food protection program and the development of model codes. FDA updated the *Food Service Sanitation Code* of 1976. In 1982 FDA and the Association of Food and Drug Officials (AFDO) jointly published a model *Retail Food Store Sanitation Code*, culminating an 8-year cooperative effort. "37 states, 4 national, and 160 local jurisdictions have adopted the 1976 edition of the model food service code. May other state and local jurisdictions have adopted earlier editions. About half of the states and some local jurisdictions have adopted the provisions of the model food vending code. 14 states, 1 national, and 9 local jurisdictions have adopted the model retail food store code." Address: Washington, DC.

8503. **Product Name:** [Tofu Burgers (Provençale, and Indian Style)].
Foreign Name: Tofou burger (à la provençale, à l'indienne).
Manufacturer's Name: Ferme de Jas.
Manufacturer's Address: Eourres, 26560 Séderon, France. Phone: 92-65-10-95.
Date of Introduction: 1988. March.
Ingredients: Provencale: Tofu, carrots, flaked oats, olives, palm oil, salt, herbes provençales, garlic.
Wt/Vol., Packaging, Price: 90 gm vacuum pack, 2 burgers per pack.
How Stored: Refrigerated.
New Product–Documentation: Letter from Jean-Marie Braun and Joël Pichon of Eourres, 26560 Sederon, France. 1988. Jan. 2. They are members of an intentional international community in Provence, France and are creating a "tofou burger" business as one of their new activities. They have begun participating in Whole Life Expos and Health Food fairs to get their product known.

Letter and Labels from Anthony Marrese. 1989. June 7. The company launched these products in March 1988 and presently makes 125 packs/week, 2 burgers per pack, of each of the two flavors. Label. 2.75 inches diameter. Self adhesive. Black on orange and purple on white, respectively. Illustration of a sun rising over a farm, and 3 soybean leaves. "Préparation alimentaire à base de soja."

8504. **Product Name:** [Tofu–Organic (Medium Firm, with Nigari)].
Foreign Name: Tofou–Bio.
Manufacturer's Name: Ferme de Jas.
Manufacturer's Address: Eourres, 26560 Séderon, France. Phone: 92-65-10-95.
Date of Introduction: 1988. March.

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Ingredients: Soja, water, nigari.
Wt/Vol., Packaging, Price: 300 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter and Labels sent by Anthony Marrese. 1989. May and June 7. "Joel Pichon has been familiar with making tofu on a personal basis since 1985. In 1987 he and his wife, Mary Jo, moved to Eourres as associate members of Terre Nouvelle Community and started producing tofu for the community and selling to the small surrounding village to raise funds for the local Steiner School (at which Mary Jo taught). Production was on a small basis and the tofu was produced in a kitchen using kitchen utensils.

"From late 1987 to March 1988 plans were made to purchase equipment and start larger production... Used equipment was purchased from Sojalpe of Valence, France, and they also purchased a new German, Komet, vacuum packer. Production began in March 1988 as a joint venture with Jean-Marie Braun representing Terre Nouvelle."

The company presently makes 50 kg/week of tofu. They plan to introduce okara tempeh and soy tempeh in 1989. Marrese will be actively involved with the tempeh.

Label. 2.75 inches diameter. Self adhesive. Black on yellow. Illustration of a sun rising over a farm, and 3 soybean leaves. "Préparation alimentaire à base de soja."

8505. **Product Name:** [Tofu, Tempeh, Natto, Okara Croquettes].
Foreign Name: Tofu, Tempeh, Natto, Croquettes d'Okara.
Manufacturer's Name: Gaïa Enterprise. Officially registered in Jan. 1992.
Manufacturer's Address: Rue Principale, 66130 Corbere, France. Phone: 68.84.86.28.
Date of Introduction: 1988. March.
New Product–Documentation: Form filled out for Anthony Marrese. 1989. Nov. These three products were introduced in March 1988 by Odile Corbel & Dan Ludington. The following amounts are presently produced: Tofu 3 kg/week (sold fresh), tempeh 3 kg/week (non-pasteurized), natto 2 kg/month, and okara croquettes 2 kg/month. Odile started making her own tofu for 2 people each week, then for friends. A friend (Pauline Schaft) supplied her with tempeh, natto, and koji for amazake. In 1986 she went to the Kushi Institute in the USA. She returned to France at the end of 1987 with Dan and began her own small production daily.

Letter from Daniel S. Ludington. 1992. Feb. 7. He has been making tofu, tempeh, and miso for sale for 3½ years. He learned to make them using books by Shurtleff and Aoyagi. Now he would like to order their books *Miso Production*, and *Tofu & Soymilk Production.*

Letter from Dan Ludington. 1992. March 3. "Gaïa Enterprise was officially registered with the Chambre de Metiers of the Pyrenees Orientales in Jan. 1992. (She had been unofficially in existence using the same name for nearly four years)." Dan's father was a 20-year career cook in the U.S. submarine service. He died instantly of a heart attack at age 54. Dan is the oldest of 4 boys. He received a degree in chemical engineering from MIT in 1977, then worked for Intel Corp. in their factory making silicon chips for 5 years, then for Toshiba USA for another year. When his father died, he kept a 10-year promise to himself to hitch-hike around America. In or about about Loveland, Iowa, his chemical engineer's eyes saw how chlorinated hydrocarbons enter the food chain; he decided to stop eating meat. About 6 months later he was introduced to macrobiotics. 2½ years later he went to the Kushi Institute in Boston, Massachusetts, to see if he could find a better balance in his diet. There he met Odile Corbel, a French woman with a 12 year-old son named Xavier and 10 years of macrobiotic experience. They were married, and returned to France. 18 months later Dan got a Green Card. While Odile was in the USA, Pauline Schaft had stopped making tempeh, and a weekly, organically grown products market had started in Perpignan. So he and Odile started making tofu, tempeh, and macrobiotic British pasties and selling them at this market. The business has grown until today sales are $400/week. He and Odile are still married with 2 children of their own. Pauline Schaft now goes by her maiden name of Van Marle; she is now more involved with her yoga practice than with making food. The company now sells 12-15 kg/week of tofu, 3-5 kg/week of tempeh, and 4 kg/week of miso, all direct and without the use of labels, marketing, or distribution.

8506. Hara, Kazuo. 1988. Arugin-san geru [Utilization of the properties of stabilizers. Alginic acid gels (used in tofu)]. *Shokuhin Kogyo* (*Food Industry*) 31(6):76-85. March. Tokushû: Zônen anteizai no seishitsu to riyô. [8 ref. Jap]
• ***Summary:*** Alginic acid gels are used in tofu, meat products, fish gels, bread, and fabricated foods.

8507. Hashizume, Kazumune. 1988. Aburaage [Deep-fried tofu pouches]. *Daizu Geppo* (*Soybean Monthly News*). March. p. 12-17. [4 ref. Jap]
Address: Toyama-ken Shokuhin Kenkyujo.

8508. Hashizume, Kazumoto; Sugimoto, Toshio. 1988. Mechanisms of aburage (fried soy curd) formation. *JARQ* (*Japan Agricultural Research Quarterly*) 21(4):299-303. March. [5 ref]
• ***Summary:*** Describes how and why tofu pouches puff up during deep-frying. Contents: Introduction. Procedure to prepare aburage: Outline of the preparation method, essentials for making aburage. Expansion mechanism of the tofu during frying: Minimum temperature necessary for the expansion, importance of exchange reaction between -SH and S-S in the tofu during the frying, role of the air in the tofu for aburage making. Availability of aburage as a food material and items of aburage. Address: Food Science Div.,

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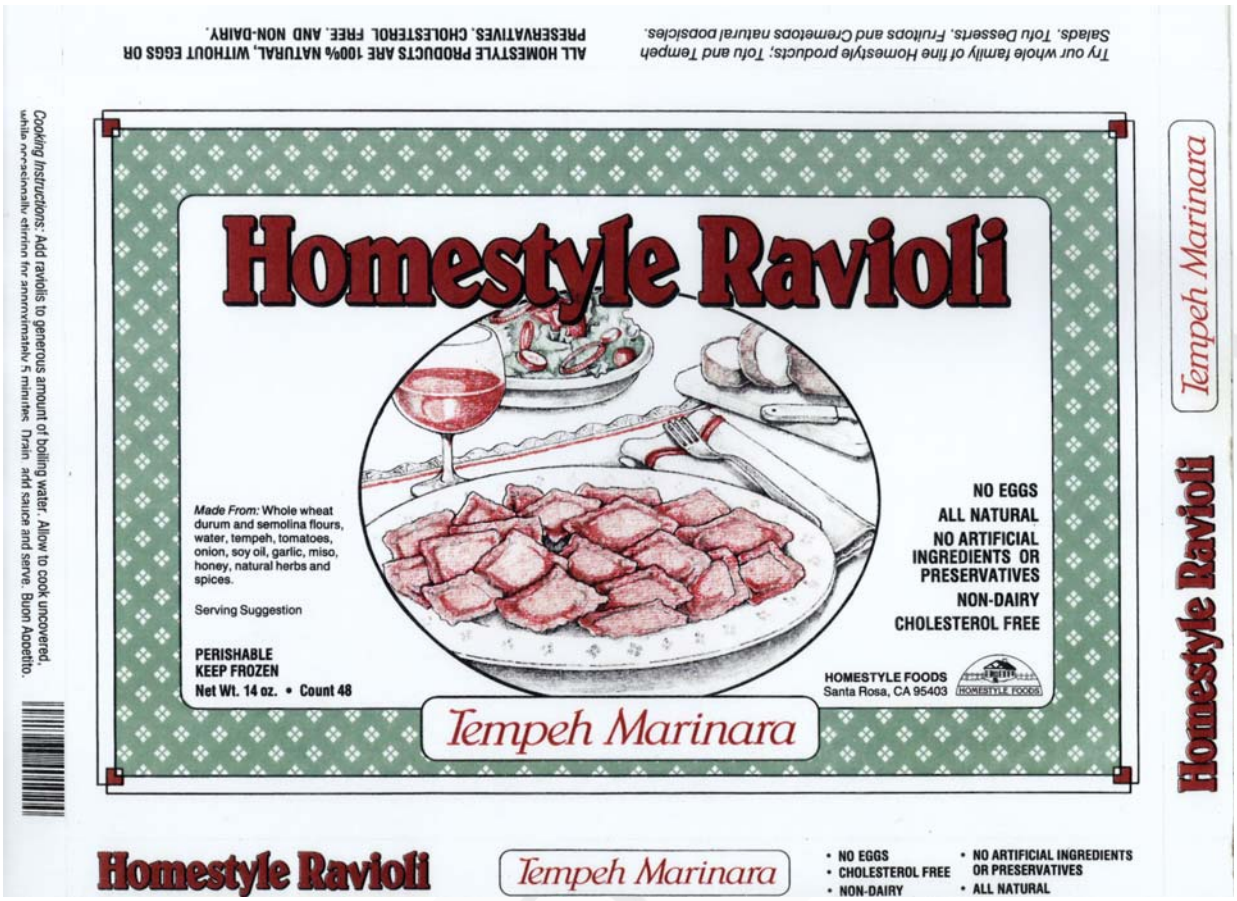

National Food Research Inst., Tsukuba, Ibaraki, 305 Japan.

8509. **Product Name:** Homestyle Ravioli [Tempeh Marinara, Tofu with Spinach, or Cheese Italiano].
Manufacturer's Name: Homestyle Foods (Formerly Sonoma Specialty Foods).
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95401. Phone: 707-525-8822.
Date of Introduction: 1988. March.
Ingredients: Tempeh: Whole wheat durum and semolina flours, water, tempeh, tomatoes, onion, soy oil, garlic, miso, honey, natural herbs and spices. Tofu: Whole wheat durum and semolina flours, water, Homestyle Tofu Cottage Salad, Spinach, whole wheat bread crumbs, herbs, garlic and spices.
Wt/Vol., Packaging, Price: 14 oz 48 ravioli.
How Stored: Frozen.
New Product–Documentation: Interview with Dennis Hughes. 1988. Feb. 15. This product will be out shortly. Sales to local stores of all products are about $165,000, which is about half of the company's total sales. Of the $165,000 roughly 1/3 is products made by Homestyle; 2/3 is complementary products (mostly soyfoods) made by other companies. Roughly 3/4 of their total products are soyfoods. The company started distributing other manufacturer's soyfoods in about August 1985. Before that (7 years ago) they started to distribute a local pasta and gourmet sauce.

Label. 1988. March. Paperboard box. 10.5 by 7.5 by 3/4 inches. Red, green, and black on white. Front panel has a red, black, and green drawing of a plate of ravioli with a wine glass and salad. "No eggs. All natural. No artificial ingredients or preservatives. Non-dairy. Cholesterol free."

Leaflet from World Vegetarian Day in San Francisco. 1990. Oct. 6. Cheese Italiano is a new flavor in the ravioli line. It contains cheese but no eggs.

Talk with David Burns of Homestyle. 1990. Oct. 9. This product was introduced in about May or June of 1988. The name of the manufacturing side of the company changed from Sonoma Specialty Foods to Homestyle Foods in Oct. 1987.

8510. **Product Name:** Homestyle Tofu Dessert (Pudding) [Vanilla Supreme].
Manufacturer's Name: Homestyle Foods (Formerly Sonoma Specialty Foods).
Manufacturer's Address: 2317 Bluebell Dr., Santa Rosa, CA 95403. Phone: 707-525-8822.
Date of Introduction: 1988. March.
Ingredients: Tofu (organic soybeans*, water, calcium sulfate), honey, soy oil, almond butter, pure vanilla, tapioca, maple extract, lecithin, annatto. * Grown in accordance with CA H&S Code 26569.11.
Wt/Vol., Packaging, Price: 4.5 oz in plastic cup.

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How Stored: Refrigerated.
Nutrition: Per 2.25 oz.: Calories 82, protein 3.2 gm, carbohydrates 9.5 gm, fat 2.8 gm, fiber 0.4 gm, sodium 0.3 gm, cholesterol 0.
New Product–Documentation: Label. 1987. 3 inches diameter. Red and black on white lid. "Cholesterol & Lactose Free." Soy Power. 1987. Catalog. 4.5 oz. Interview with Benjamin Hills. 1987. Sept. 7. Vanilla will be out in early 1988. Talk with Homestyle. 1988. Aug. 10. It came out in mid-March. New Label is black and blue on white. "Non-Dairy. Cholesterol free. Nutritious. Natural. Kosher. Ready to eat."

8511. Homestyle Foods. 1988. 1988 Catalog. 2317 Bluebell Dr., Santa Rosa, CA 95403. 20 p.
• ***Summary:*** This company also distributes soyfoods made by several other companies, including Quong Hop and White Wave tempeh products. Address: Santa Rosa, California.

8512. Jangtoh Soontofu Restaurant. 1988. March. New soyfoods restaurant or deli. 4451 Beverly Blvd., Los Angeles, California (in the Beverly Hobart Plaza).
• ***Summary:*** This restaurant, which opened in March 1988, is geared for Koreans. Signs outside are written in Hangul, the Korean alphabet. "The restaurant serves only two dishes–*soontofu* and *kongbiji*, both of them soups. *Soontofu* is made with tofu, *kongbiji* with ground soybeans. That may sound like an extremely limited menu, but there are variations."

"Jangtoh makes its own tofu, producing several batches a day. If you've never tasked warm, soft, fresh tofu, don't miss the opportunity to try it here. A small bowl of this cloud-like substance comes with each meal. The kitchen garnishes it with a bit of chopped green onion, dried seaweed and sesame seeds. Then you spoon on a wonderful sesame-soy sauce-garlic condiment from a jar on the table."

Jangtoh, owned by Bu-A and Brian Chung, opened in March 1988.

Jangtoh Soontofu Restaurant, 4451 Beverly Blvd., Los Angeles; (213) 665-8664. Address: Los Angeles, California. Phone: 213-665-8664.

8513. **Product Name:** [Tofu with Lentils].
Foreign Name: Tofuline met Linzen; aux Lentilles; mit Linsen.
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03/664 58 48.
Date of Introduction: 1988. March.
Ingredients: Lentils*, smoked tofu (soy-proteins)*, peppers, leek*, carrots*, onions*, carob-flour, vegetable extract, sea-salt, herbs. * = Organically grown.
Wt/Vol., Packaging, Price: 300 gm.
Nutrition: Minerals 0.97%, protein 6.7%, fat 2.24%, carbohydrates 10.4%. 88.6 calories (Kcal) per 100 gm.
New Product–Documentation: Label. Received 1988. 6.25 by 5.25 inches. Card stock. Color photo of tofu cubes resting on lentils with item name in white on orange. "Vegetable product." Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in March 1988.

8514. **Product Name:** [Tofu with Cheese-Sauce].
Foreign Name: Tofulette met Kaassaus; Sauce Fromage; Kaesesosse.
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03/664 58 48.
Date of Introduction: 1988. March.
Ingredients: Tofu (soy-proteins)*, peppers, onions*, sesame seeds, sea-salt, vegetable extract, herbs. Sauce: Cheese*, soymilk*, sunflower oil*, wheat flour*, sea-salt, vegetable extract, spices. * = Organically grown.
Wt/Vol., Packaging, Price: 300 gm.
Nutrition: Minerals 1.97%, protein 13.4%, fat 13.9%, carbohydrates 7.13%. 207 calories (Kcal) per 100 gm.
New Product–Documentation: Label. Received 1988. 6.25 by 5.25 inches. Card stock. Color photo of two tofu patties in sauce with item name in white on orange. "Vegetable product." Form filled out by Jos van de Ponseele. 1989. Jan. 11. This product was introduced in March 1988.

8515. Leneman, Leah. 1988. Leaders of the soya revolution. *Vegan* (*The*) (*England*). Spring. p. 20-21. [7 ref]
• ***Summary:*** The author, "herself an established authority on culinary applications of the soya bean, looks at the work of William Shurtleff and Akiko Aoyagi, the unsung heroes of the soya revolution." "It is possible that the books they have written which are not known to the general public may have had an ever greater influence than those which are–books like Tofu & Soymilk Production... Their books have provided the wherewithal for eager young entrepreneurs to move confidently into soya foods production, and the growth rate in this industry has been quite phenomenal, not only in the USA but on the continent and in Great Britain as well." Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

8516. Lepetit-de la Bigne, Ghislaine. 1988. Un produit venu d'ailleurs: Le tofu [A product that has come from far away: Tofu]. *Produits et Boissons.* March. p. 2-3, 5-6. Supplement to the Revue Équip Hôtel. [Fre]
• ***Summary:*** "Solid but strongly accommodating, supple and light, rich in nutrients but not in calories, tofu comes to us from the Orient. Thanks to the tenacity of young french manufacturers, it is ready to offer its numerous qualities to the agro-food complex of our country." Two young companies have most of the market share: Sojadoc and Société Soy. Much of the article compares these two, their activities, objectives, and products. A very positive article.

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Address: France.

8517. Lubbe, James. comp. 1988. Abbreviated history of the Bountiful Bean Plant, Madison, Wisconsin. Bountiful Bean, 2049½ Atwood Ave., Madison, WI 53704. 23 p. Unpublished manuscript. [4 ref]
• ***Summary:*** The company was founded in 1978. 1. History table by year showing accounts, products, equipment, number of people, wages, other. 2. Newsletter and newspaper ads and articles. 3. Brochures, product announcements & job application descriptions. 4. Product labels.

Ad. circa 1983-84. Bountiful Bean Soyfood Deli. Macrobiotic dietary principles. Offers: fresh tofu, tofu pies, tabooli, toasted tofu, nori rolls, 4 soymilk flavors, 4 varieties of bulk miso, millet / tofu pudding, nutburger sandwiches, tempeh books, mini-tours of plant, spicy tofu, more! And: lowest soyfood prices in town, free samples and recipe sheets, managed by the workers. low-cost carry-out foods. 903 Williamson St. 251-0595. from: 7-6 Sun-Fri.; 7-4 Mon.; 10-4 Sat.

Update talk with Deborah Bachmann and Elizabeth Hanson. 1991. Nov. 1 and 11. In March 1990 Bountiful Bean Soyfoods moved from Madison, Wisconsin, to 620 Main St., Ridgeway, Wisconsin. Richard Kraemer and Elizabeth Hanson began to produce soyfoods during the last week in June, renting from the cooperative, then they purchased the business on 21 Aug. 1991. Richard and Elizabeth are married with a son, are in their late 40s, and come from Oseola, Wisconsin; he is a carpenter (and was a pastor) and she a nutritionist. They are both very enthusiastic about tofu and the business. The co-op has now been changed to a private business. They work full time and they have three employees–1 full time and 2 part time. They are thinking of re-launching tempeh and soy yogurt. The cooperative got what they felt was a good price for the business. People who worked more than 6,000 hours (Chris Burant [8 years], Deborah [almost 10 years], and a woman named Solie) each got a large chunk. Another 11 people who had worked in the past were also given part of the money. The smallest amount of money distributed was $250.00. Deborah and James Lubbe are no longer with the company. Bountiful Bean Soyfoods now makes tofu, Herb Tofu, plain or vanilla soy milk, Tasty Tofu, Hummus with Tofu (and garbanzo beans), and Taboolie with Tofu (salad, which also contains bulgar). They have discontinued tempeh and soy yogurt.

Update: Talk with Roger Bindl. 1993. April 15. Richard Kraemer would like to sell Bountiful Bean in Ridgeway and Roger is considering buying it. 85% of the company's sales are in Madison, Wisconsin. Address: Madison, Wisconsin.

8518. **Product Name:** [Matcha Tofu (Containing Powdered Green Tea)].
Foreign Name: Matcha Tôfu.
Manufacturer's Name: Matsui Shoten Ltd.
Manufacturer's Address: Myoraku 49, Uji-shi, Kyoto, Japan. Phone: 0774-21-2412.
Date of Introduction: 1988. March.
Ingredients: Incl. Tofu, powdered green tea (matcha).
Wt/Vol., Packaging, Price: A cake sells for 200 yen.
How Stored: Refrigerated.
New Product–Documentation: Toyo Shinpo. 1988. Sept. 1. p. 4. Match Tofu kido ni noru. Koko nara dewa... no kanban-zukuri [Matcha Tofu is launched. Trying to make something special in this town]. Matsui SHIN's father died 2 years ago and he took over the family tofu shop. Age 28, he developed green tea (*matcha*) silken tofu and started to sell it in March 1988. Costing 200 yen a cake, it doesn't sell fast. But it has a very smooth texture and a mild green tea flavor. He wants to make this a gift item in this tourist town. There are photos of the tofu label and of Mr. Shin.

8519. **Product Name:** Revolutionary tofu (Ad).
Manufacturer's Name: Morinaga Nutritional Foods.
Date of Introduction: 1988. March.
New Product–Documentation: A full-page ad (8 by 11 inches, color). "Long-life aseptic package adds convenience to guaranteed quality and consistent taste." The color photo in the top third of the ad shows two packs of Mori-Nu silken tofu next to an ordinary water-pack: "Made first, then packed in water (Ordinary). Mori-Nu Tofu is actually made right inside our bright new package."

8520. **Product Name:** Freeze-Dried Tofu [Plain, or Flavored].
Manufacturer's Name: Nasoya Foods, Ltd.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1988. March.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Shelf stable.
New Product–Documentation: Ad in Soya Newsletter. 1988. Feb. p. 5. Talk with Sjon Welters. 1988. March 10. This new product is sold as plain or flavored cubes. They are sampling it now. For the flavored they are using their French Country Herb Tofu. It is really freeze-dried, which makes it more tender, less chewy than the dried-frozen tofu made in Japan. But it is more expensive, similar to freeze-dried vegetables. They plan to use it in dry mixes, especially for soups.

8521. Nasoya Foods, Ltd. 1988. What do you think of when you hear the word "tofu"? (Color videotape). 23 Jytek Drive, Leominster, MA 01453. 6 minutes. Produced by Midgaard Audio-Video, 230 Adams St., Newton, Massachusetts 02158, at a cost of $5,000. Released March 1989.
• ***Summary:*** Introduces Nasoya Foods Ltd. and its tofu products. 1. Starts by showing typical people on the street telling what they think of when they hear the word "tofu."

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Tetra Brik Aseptic™ carton (Revolutionary)

Made first, then packed in water (Ordinary)

Revolutionary Tofu.

Long-life aseptic package adds convenience to guaranteed quality and consistent taste.

Mori-Nu Tofu is actually made right inside our bright new package. This exclusive aseptic package does more than lock in the nutritious goodness of just-made tofu. Small, neat and sturdy, Mori-Nu Tofu also saves on shelf space and reduces mess and waste.

It's even guaranteed to keep for months without preservatives or irradiation and needs no refrigeration until it's opened. So, for the first time, tofu is ready to use anytime, anywhere your customer desires.

Mori-Nu Tofu is being supported by full page, color ads in **Delicious, Vegetarian Times, EastWest Journal, Bestways,** and more! Point of sale material is available free, and our "Health For Life Club" program sends newsletters, coupons, and exciting recipes directly to the consumer showing them new ways to enjoy the healthful benefits of eating tofu.

You can...case stack displays, sell by the case, and have multiple package sales.

Which all lead to...satisfied customers, more tofu sales, and higher profits.

Don't let the tofu revolution pass you by! Contact your distributor now. Or call Arthur Z. Mio, national sales manager at 213/728-4325.

MORI-NU

MEMBER SOYFOODS ASSOCIATION OF AMERICA

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Gives an overview of the market. "U.S. tofu manufacturing has grown to become a $60 million industry. Domestic tofu sales have tripled since 1978... Nasoya's customer list now includes some of the largest chains in the United States (Stop and Shop, Safeway, Purity)."

2. What is tofu? It can be used in stir fries, tofu quiche, tofu cheesecake, salads, etc. A table compares tofu, Cheddar cheese, and hamburger for their protein, cholesterol, and fat content.

3. What is tofu made from? President John Paino describes the process while the film shows each step at the modern, automated Nasoya plant. The cakes are cooled in water then pasteurized, which doubles their shelf life. The 22,000 square foot plant contains more than $1 million in specialized tofu making equipment. The company was founded in 1978. Each of its products is shown, then the quality control lab.

4. How do you serve tofu? Consumers describe their favorite ways and why they like it. Nasoya is a company built on a philosophy: "To provide the best quality, natural soyfoods to people in order to promote health and happiness."

Talk with John Paino. 1990. Jan. 23. This video was made by an extremely talented black filmmaker named Roberto Mighty. He is a friend of John's and made the film at a price lower than the $6-$7,000 that it would typically have cost. Address: Leominster, Massachusetts. Phone: 508-537-0713.

8522. Sakai, Sonoko. 1988. Tofu: Meat of the fields. *Bestways.* March. p. 18, 21, 24, 54, 64. Reprinted from Palate Pleasers of Japan. 1986. Spring/Summer. p. 59-61. [2 ref]

• ***Summary:*** An overview, based largely on material from the works of Shurtleff and Aoyagi. Today the tofu man with his bicycle is an increasingly rare sight in Japan, but Americans do not have the luxury of walking out on the street to buy tofu.

8523. Scott, Jack Denton. 1988. The bean of a thousand guises. As pervasive as sunshine and almost as beneficial, the amazing soybean is the best-kept secret in the supermarket. *Reader's Digest.* March. p. 93-96.

• ***Summary:*** "Today some 5.5 million gallons of tofu and soy-milk-based, nondairy frozen desserts are sold annually under 30 brand names... As our No. 2 cash crop and leading farm-commodity export, soybeans contributed over $6,500 million to our balance of payments in 1986-87... Indeed, when one considers the versatility of the bean of a thousand guises, it is not hard to imagine that it was the soybean that Jack planted to produce his magic beanstalk."

8524. *SoyaScan Notes.* 1988. New Trend: "Big Food" enters the U.S. tofu market, but in an unexpected way–Via Japan (Overview). March. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** For the past 5 years or so, U.S. tofu companies and industry watchers have been speculating as to when "Big Food" would jump into the U.S. tofu market. They had in mind big U.S. food companies such as General Foods, Kraft, etc. But at the start of this year, 1988, Morinaga, Japan's third largest manufacturer of dairy products (FY 1982 sales were $1,171 million dollars) began the largest promotional campaign for tofu ever conducted in America, with attractive, full-page color adds for at least 3 months in a row in major natural foods magazines. The product is now showing up in many natural food stores and sales are skyrocketing. And Kikkoman, the world's largest maker of soy sauce and one of Japan's biggest food companies, is now also aggressively selling tofu. Both companies make their tofu in Japan. The big question now is when they will establish U.S. plants.

8525. *Taste* (*Kikkoman, Japan*). 1988. New frontiers in Hokkaido [Kikkoman's new shoyu plant in Chitose]. 2(1):8. March.

• ***Summary:*** The Kikkoman's third, and newest, domestic soy sauce factory is in Hokkaido. The new plant was finished in early 1987, over half a century after the construction of the second Takasago plant near Osaka. Just as Kikkoman's first plant near Noda City was located amid wheat and soybean fields, the choice of this plant near Chitose was partly influenced by the ready supplies of wheat nearby. (The soybeans are imported from the U.S.) The factory is 27,300-square meters with four stories. Only fifty employees are on hand to man two large control rooms. They have also applied high technology to microorganisms used in the fermentation. The Chitose plant was singled out for a national award by the Nihon Keizai Shinbun last October. Kikkoman, one of Japan's leaders in biotechnology, demonstrated the results of its latest research on bioreactors, designed to reduce the time needed to produce soy sauce. Other companies promoted the versatility of their soybean-related food products, such as cheese-flavored tofu and tofu ice cream.

8526. *Taste* (*Kikkoman, Japan*). 1988. Secrets of sukiyaki. 2(1):6-7. March.

• ***Summary:*** Historically, meat eating in Japan tended to fluctuate with the religious climate of the times. Before the introduction of Buddhism into the country (in A.D. 676) mountain-dwellers hunted for their food just as fishermen relied on fish for their meals. However, the arrival of the new faith soon banished meat from the daily diet. (The nobility, however, continued to consume meat under the guise of medicine.) Today, sukiyaki is prepared in two distinct regional styles; in Kanto (Toko-Yokohama) and in Kansai (Osaka-Kyoto). In Kansai, the ritualistic order of the meal is

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emphasized.

8527. *Whole Foods.* 1988. Morinaga joins Soyfoods Association. March. p. 54.
• ***Summary:*** "... to help lead the drive toward increased growth and awareness of soyfoods among consumers."

8528. Nordquist, Ted. 1988. Island Spring, Alfa-Laval, and continuous tofu production using ultrafiltration (Interview). *SoyaScan Notes.* April 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In 1983-84 Alfa-Laval lost huge amounts of money as the dairy industry in Europe continued its steady downhill slide. They had to cut back on expenses and increase income. So they dropped many long-term research projects and required that those which were not dropped become profitable. They have always charged high prices for equipment and high labor rates for repair and maintenance. They had a little soymilk plant in Lund which they used to show to anyone who was interested. Now they started to charge for tours and demos. At that point Ted discontinued his work with Alfa-Laval and went to work with a juice company. Within a year Alfa-Laval had turned things around. A little later they moved John Wilson and their soymilk operations to Singapore.

Island Spring's work with Alfa-Laval started out well. They installed an ultrafiltration unit at Luke's plant so that he could do R&D work on continuous processing of tofu, and they sent many high-level people over to work with him. But when the crunch came, they dropped him. The ultrafiltration unit may have burned in his fire. Then Luke began to work with STS.

Luke has a contract with Alfa-Laval stating that continuous process production of tofu using ultrafiltration is his idea. He has a right to 6% of the sale value of all equipment that Alfa-Laval sells using ultrafiltration to make tofu. Ted is not aware that Alfa has sold any such equipment so far, but for some reason Luke is not happy with his relationship with Alfa and may be considering a lawsuit. Address: President, Aros Sojaprodukter, Bergsvagen 1, S-190 63 Orsundsbro, Sweden. Phone: 0171-604 56.

8529. *Daily Camera* (*Boulder, Colorado*). 1988. Soy sensation: White Wave introduces new products for 1988. April 5.
• ***Summary:*** Coming this year from White Wave are sesame-peanut tempeh, teriyaki tempeh burger, sloppy joe tempeh, and a soy-based hot dog. Last year, White Wave reached $2 million in revenue.

8530. Vansickle, Janice. 1988. Soys take root in organic market. *Windsor Star* (*Essex County, Ontario, Canada*). April 9.
• ***Summary:*** Jon Cloud is a transplanted "dirt farmer" from mountainous Vermont and now the production manager for Soy City Foods. Their products include soymilk, tofu, tempeh, falafels, burgers, and granola. Cloud became a [Vietnam] war protestor while in college, and opted into being a 60's back-to-the-land disciple after burning out in the urban jungle. The Organic Crop Improvement Association in Ontario has attracted 300 members during its five years of existence and 50 now have their farms certified as organic. A photo shows Jon Cloud with company products such as Soyettes, Grain Tempeh, and Falafels. Address: Star Agricultural Reporter, Ontario, Canada.

8531. Rose, Richard. 1988. Re: Personal observations on soyfoods at Natural Foods Expo West in Anaheim. Letter to William Shurtleff at Soyfoods Center, April 12. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Enclosed is all the information on soyfoods and amazake I could find at the 1988 Expo West natural foods show.

"Notable trends:

"(1) Only 1 soy frozen dessert present, Ice Bean.

"(2) Rice Dream has expanded into frozen, coated bananas.

"(3) The Soyfoods Pavilion was not delineated in any way. The banner was not present, nor were signs. No sufficient answer as to why this was so was available.

"(4) Only 2 tempehs present, Tempehworks and White Wave.

"(5) Only 1 tofu present, White Wave.

"(6) Kawanishi and Airtight had a double-wide booth to show tofu making equipment and supplies.

"(7) Only 2 soymilks present, Vitasoy and Westbrae.

"(8) Soya Kaas was not displayed in the Tree of Life booth.

"(9) As many soyfoods companies were out of the Pavilion as in it. It looks like they did not sell out all the space in the Pavilion.

"(11) Gary Barat has gone off the deep end. Ask me how on the phone.

"(12) Mori-Nu had a disorganized booth that was obviously conceived by someone who thought this would be what natural fooders would want to see. It was dumb... a walking Mori-Nu Tofu box?

"Depending on who you talk to, the S.A. [Soyfoods Association] meetings were either incredibly wonderful or absolutely disgusting. I was not present at them.

"Notable events: Gary Barat is only a board member, Gordon Bennett is Pres., Yvonne is Treasurer, and Peter Golbitz is VP. Danielle [of Morinaga] and Jack Mizono [of Azumaya] were elected to the board. The single big program for the S.A. is Soyfoods Month in April 1989. Budget is $200/month to keep the lights on. Gary was talking about stiffing Smith Bucklin and Steve McNamara. There was no discussion with me or at the meetings about my proposal.

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Danielle threw a snit to get on the board, as did Yvonne.– Richard."

The Rose International letterhead states: EasyLink Mailbox 62978515. Telex 990027 (Rose Intl UQ). Address: President, Rose International, P.O. Box 2687, Petaluma, California 94953-2687. Phone: 707-778-7721.

8532. Gillard, Colleen. 1988. McDonald's calls McDharma's bad karma. *San Francisco Chronicle.* April 15.
• ***Summary:*** McDonald's is taking on a pair of tofu-peddling restaurant owners in Santa Cruz who call their vegetarian, fast-food eatery McDharma's. Bernard Shapiro owns McDharma's with his partner, Daniel Prather. Fourteen months ago, McDharma's agreed in an out-of-court settlement to drop the "Mc" prefix. They make 'chicken burgers' from tofu, and a special, soy Brahma Burger.

8533. Layton, Lyndsey. 1988. Tomsun Foods goes bankrupt. *Recorder* (*Greenfield, Massachusetts*). April 16.
• ***Summary:*** Tomsun Foods filed for Chapter 11 bankruptcy last week. This will give the company 'breathing room'. Tomsun was hard hit by the October stock market crash, which dashed plans to acquire additional finances. Tomsun has recently been challenged in its Northeast tofu market by two tofu makers from outside the region. Tomsun has 50% of that market now but the competition is getting stiff. Tomsun sold more than $3 million in tofu-related products in 1986. During the initial development phase of Jofu, company reports indicated it operated at a loss of more than a half million dollars. The reports also indicate the firm expected continued losses on the product through March 1987.

The company is meeting its obligations to its 35-to-40 employees, as well as customers and shareholders, Tom Timmins, Tomsun chairman, stressed. Tomsun's debt is estimated at more than $1 million. In order to break even, Tomsun needs to produce 6,000 to 7,000 cases of Jofu a week. The company is short of that goal by about 15%, Timmins said.

8534. Hiestand, Michael. 1988. From hot dogs to pasta, tofu enters mainstream. *Adweek's Marketing Week.* April 18.
• ***Summary:*** Based in part on a January news release by Soyfoods Center and interviews with Legume, Soyfoods Center, and Lumen Food Corp. Address: New York.

8535. Ragovin, Helene. 1988. An Olympian task: Preparing for competitions keeps Disney chefs cooking. *News-Journal* (*Daytona Beach, Florida*). April 21.
• ***Summary:*** The Disney chefs are preparing for this year's Culinary Olympics in Frankfurt, West Germany. For a side dish, the team created a vegetable "sausage" that combined apples and braised red cabbage. They bound the apples and cabbage with tofu and stuffed it in sausage casing.

8536. *Rocky Mountain News* (*Denver, Colorado*). 1988. Tofu company gets blessing [Denver To-Fu Co.]. April 23.
• ***Summary:*** "The Denver To-Fu Co., in honor of moving from Adams County to new offices in Denver, flew in three Shinto priests from Tokyo for 'blessing of the company' ceremonies yesterday afternoon. The company, owned by Haruhisa Yamamoto, a Tokyo native, manufactures tofu sold in Denver-area grocery stores. To-Fu, now at 3825 Blake St., employs 10 people. Mayor Peña also attended the ceremonies."

8537. Layton, Lyndsey. 1988. County's health food industry is still strong... despite some producer setbacks. *Recorder* (*Greenfield, Massachusetts*). April 29.
• ***Summary:*** Tempeh Works attempts to borrow $500,000 for future expansion of the company's plant. The tempeh company is just pulling out of a three-year slump period of heavy losses to enjoy a 40% annual growth rate. It would like to double the size of its Fairview Street plant from 6,000 square feet to 12,000 square feet. But the company's recent shaky past, combined with the Tomsun/Country Dairy experiences, have made it tough to win confidence from lenders. Tomsun will stay in operation despite the fact the 11-year-old company filed for protection earlier this month under Chapter 11 of the U.S. bankruptcy code. Last week, Tomsun secured a $150,000 loan from the Springfield based Bank of Western Massachusetts to pay some of its debts and keep the operation going. Tomsun executives blame the company's troubles on recent challenges in its northeast tofu market by two tofu makers from outside the region. Currently, Tomsun has 50% of that market.

Tofu has become a commodity where the person who can turn out large amounts can sell it the cheapest. In 1982, Tomsun was the 3rd largest tofu maker in the nation; it has now dropped to 4th place. South River Miso Co. produces about 300,000 lb of miso each year in 5 to 8 different varieties. Annual sales hover around $40,000. Tempeh Works has only one serious national competitor that is based in Boulder, Colorado.

8538. Green, Rand. 1988. Packaging keeps Mori-Nu tofu fresher. *Produce News* (*Fort Lee, New Jersey*). April 30.
• ***Summary:*** According to Art Mio, national sales manager for Morinaga Nutritional Foods, there are two basic reasons people are turned off by tofu. First, they don't know what to do with it and may not even by quite sure what it is. The solution is education. Second, many people who have tried it don't like the sour taste. The U.S. Food & Drug Administration recommends that tofu core temperatures be kept below 45 degrees, while the USDA "strongly recommends no higher than 41 degrees." Tom McReynolds is the newly appointed marketing manager at Morinaga Nutritional Foods. Mio mentioned 2 diet books that have been published recently with tofu recipes that specifically

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recommend Mori-Nu Tofu. *The Calcium Connection* (1988), by Dr. Cedric Garland and Dr. Frank Garland is one such book. *Diet Recipes from Doris' Kitchen*, by Doris Cross is the other.

8539. McDonald, Country Joe. 1988. Tofu bashing. *San Francisco Chronicle*. April 30.
• ***Summary:*** "Tofu bashing, like smoking crack, is only good for a short high. Coming down you realize that you have spent all your money on meat or dope and hurt your health also. I don't believe that Al Martinez, the author of 'Living Off the Thin of the Land' (Sunday Punch, April 17) ever ate tofu in his life. It is delicious and nutritious.

"Asking the rhetorical question 'Is life really worth living on Tofu Burgers?' in a hungry, unhealthy America is not cute, it is irresponsible. And suggesting that drinking yourself to death on vodka is a good alternative to a diet of tofu is... well, you get my drift.

"In the future, please 'just say no' to dumb articles from the Los Angeles Times. Tofu loving..." Address: Berkeley, California.

8540. **Product Name:** Amy's Organic Vegetable Pot Pie (With Tofu).
Manufacturer's Name: Amy's Kitchen Inc.
Manufacturer's Address: P.O. Box 690, Petaluma, CA 94953. Phone: 707-762-6194.
Date of Introduction: 1988. April.
Ingredients: *Organic whole wheat flour, water, *organic potatoes, *organic carrots, peas (*organic when available), *organic tofu, grade AA unsalted butter, mochi rice flour, *organic oat flour, soy extract, hydrolyzed vegetable protein, whey powder, onion salt, natural xanthan gum, herbs and spices. * = Organically grown and processed in accordance with section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 9 oz (255 gm) box.
How Stored: Frozen.
New Product–Documentation: Talk with Andy Berliner. 1988. March 7. Amy's Original Vegetable Pot Pie is scheduled for April, 1988, made by Old Chicago Foods; Package from Lonnie Stromnes of White Wave. 1988. Sept. The product uses White Wave tofu. The manufacturer is now listed as Amy's Kitchen Inc., P.O. Box 449, Petaluma. Label is 5 by 5 by 2 inches. Full color with photo of pot pie, one-fourth open on a white dish on a blue and white tablecloth. Chunks of tofu are prominent. "Whole wheat crust." A convenience product with instructions for conventional or microwave ovens.

8541. **Product Name:** Tofu Burger, Tofu Sandwiches, and Tofu Pocket.
Manufacturer's Name: Cactus Flower Foods.
Manufacturer's Address: Tucson, Arizona. Phone: 602-742-3392.
Date of Introduction: 1988. April.
New Product–Documentation: Janet Wooddancer. 1988. April 1. Territorial (Oro Valley, Arizona). "Cactus Flower Foods distributes tasty tidbits of nutrition." This small wholesale health food distributorship, run by Elsa Mesko and her daughter, makes about 300 sandwiches a week.

8542. **Product Name:** NuTofu (Soy Cheese with Casein) [Monterey Jack].
Manufacturer's Name: Cemac Foods Corp.
Manufacturer's Address: 90 West St., New York, NY 10006. Phone: 212-964-8740.
Date of Introduction: 1988. April.
Ingredients: Tofu, soybean oil, casein (protein), sea salt, citric acid, soy lecithin, guar gum.
Wt/Vol., Packaging, Price: 8 oz, 5 lb. or 20 lb.
How Stored: Refrigerated.
New Product–Documentation: Soya Newsletter. 1988. March/April. p. 8. "Made from 100% organic soymilk and natural ingredients."

Product with Label purchased in California. 1989. June. 5 by 3¼ inches. Green, red, blue, and white on yellow. "Cholesterol free. Lactose free. 100% natural. Organic."

8543. DiStasio, Daniel. 1988. Spotlight on David Mintz. *Spotlight on Rockland/Bergen* (*Mamaroneck, New York*). April. p. 72-73.
• ***Summary:*** The quest for the perfect dessert began in 1972. Mintz's career in the food industry had begun in the Catskills with a small business called Mintz's Knishes. He attracted help with a sign which read, "Grandmothers Wanted." Thus began the catering business that finally brought him to Manhattan. "I was reading a health food magazine," Mr. Mintz recalls, "when I read that tofu looks like cheese but is not." From 1972 until 1981, Mr. Mintz was like a man possessed. In May 1982, he hand-delivered five gallons of Tofutti ice cream to a Manhattan health-food store.

Even the strict USSR State Committee for Inventions and Discoveries allowed Tofutti to be registered, a coup of sorts in that the Russians usually eschew any "frilly products." The Japanese went crazy: Every month, 100,000 gallons are delivered there, that's 3.2 million four-ounce servings. "Some people call me a kosher ham," quips Mintz. Though his enthusiasm for the spotlight takes up much of his time, workaholic Mintz enjoys his home in Alpine, New Jersey. He is also a talented painter. What's next on the list? Burgers, sausages, hot dogs, more main course foods.

8544. **Product Name:** Baked Tofu, Tofu Jalapeño Dip, Baked Stuffed Tofu.
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.

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Date of Introduction: 1988. April.
New Product–Documentation: Talk with Sam Weinreb. 1989. Aug. 16. Fresh tofu makes a great baked marinated tofu stuffed with brown rice. Talk with Gary Abramowitz. 1989. Aug. 21. The baked tofu (now one of their most popular products) was introduced in about April 1988, the Tofu Jalapeno Dip in about June, and the Baked Stuffed Tofu (marinated tofu stuffed with rice and herbs) in Sept. 1988.

Talk with Gary Abramowitz. 1991. June 19. Fresh Tofu now makes about 8,000 lb/week of tofu and sales of regular tofu have recently been rising fast. His focus is now much more on second-generation tofu products. The two best-sellers are Baked Marinated Tofu, and Baked Stuffed Tofu.

8545. Golbitz, Peter. 1988. Tofu packaging: To water pack or vacuum pack–That is the question. *Soya Newsletter* (*Bar Harbor, Maine*). March/April. p. 1, 3, 6-7, 13.
• ***Summary:*** In traditional countries like Japan, where tofu is consumed daily by a large portion of the population, packaging is used more for the conveyance of the product than it is to preserve it. By far the most popular method in modern times is the water-packed tub, heat sealed with a multi-laminant plastic film. The other popular method is vacuum-packing–placing the tofu in a multi-laminant plastic bag, or in a form-fill-seal machine which makes its own package from the roll stock, drawing off air in the package and heat sealing it.

Water-filled tubs are made of high density polyethylene (HDPE). The sides are fluted to add rigidity. The lidding stock is usually a multi-laminant film composed of a combination of Mylar, Saran, polypropylene or other appropriate material, with at least one layer of polyethylene on the bottom. There are three companies that supply tofu trays to the industry in the U.S. These are: Airtight Container, Inc., Los Angeles, California; Fabri-Kal Corp., Kalamazoo, Michigan; and Gage Containers, Lake Oswego, Oregon. Prices run from around 3.5 cents to 7.0 cents each.

Kawanishi-Shoko, Los Angeles, CA, Bean Machines, San Francisco, CA, and T.R.I. Systems, Rancho Cordova, CA are three leading suppliers of this type of tofu packaging machinery in the U.S. All of these companies import their packaging equipment from Japan.

Most vacuum packing of tofu is done with bags, where the tofu is put in a multi-laminant bag, placed in a vacuum chamber, the lid is closed and the air drawn out. A good operator can pack 720 packages per hour. Vacuum bags can cost from 4 cents to 12 cents per package. Roll stock vacuum machines can run as high as 50 to 200 packages per minute. Popular chamber models are the SuperVac line, sold by Smith Equipment Co. in Clifton, New Jersey, and the Turbovac line sold by Hantover Inc. in Kansas City, Missouri. Roll stock vacuum machines are also available through these companies.

There is a question as to whether or not vacuum packaging can extend the shelf-life of freshly produced tofu. Steve Demos of White Wave, Boulder, CO, reports that "we get a longer shelf-life with our vacuum-packed tofu than we do with our water-packed tofu." White Wave sells vacuum-packed tofu, packaged on a roll stock vacuum machine, both with and without an outer box. "The outer box adds to the cost of the product, but the box can become a vehicle for recipes, cross merchandising, couponing and solicitation for special sales," states Demos.

Ben Lee, company spokesperson for Quong Hop [San Francisco, CA] reports that they get a longer shelf-life with their vacuum-packed tofu as well. Lee said, "One of the major advantages of vacuum packing for us, is the ability to ship the product less expensively. A typical case of water-packed tofu can weigh up to 50% more than a comparable case of vacuum-packed tofu." However, water packing is much quicker and easier.

Swan Gardens, Decatur, Georgia, is a company which uses vacuum packing exclusively. Swan Gardens puts some of their vacuum-packed tofu in a box, similar to White Wave. Swan Garden's tofu is pasteurized and has a 4 to 6 week shelf-life.

Nasoya Foods, Leominster, Massachusetts, uses water packaging exclusively. At one time, the company used a roll stock vacuum machine for packing, but gave it up after years of problems. "On a scale of 1 to 10 for difficulty," says company vice president Bob Bergwall, "vacuum packing was a 10, and water packing is a 1." Nasoya achieves a shelf-life of better than 8 weeks.

Package of the future. Right now, only silken tofu can be packaged aseptically. The biggest improvement in tofu packaging in the near future will not be the result of a new package per se, but rather the result of better attention to in-house sanitation, pasteurization, and the temperature that tofu is being stored and sold at. Address: Soyatech, Bar Harbor, Maine.

8546. Golbitz, Peter. 1988. Long life tofu: Wave of the future? *Soya Newsletter* (*Bar Harbor, Maine*). March/April. p. 7, 12.
• ***Summary:*** Morinaga Nutritional Foods, Inc., Los Angeles, California, and Kikkoman International Inc. of San Francisco, California, are both marketing long-life tofu, produced in Japan exclusively for export to the U.S. and other countries. (A Japanese governmental agency has forbidden the companies to market these products in Japan for fear that they threaten the existence of the fresh tofu industry, which consists of at least 30,000, small and localized, tofu shops.)

Kikkoman's product, Kikkoman Tofu, is also produced using a patented, though different process, packed in a foil retort pack. The product is produced by Kikkoman Corporation, at their Noda, Japan plant. The principle behind both products is really very simple. Cooled liquid soymilk

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is mixed with a heat reactive coagulant, packaged in a container, heated to activate the coagulant and then cooled. The major difference between Kikkoman's and Morinaga's product is when and where the sterilization of the package and product occurs.

Morinaga's process consists of: sterilizing the soymilk with UHT processing, cooling, adding coagulants glucono delta-lactone (GDL) and calcium chloride, filling into a sterile Tetra Pak, sealing, heating the package with water just hot enough to activate the GDL, and then cooling.

With the Kikkoman Tofu, the sterilization of the product is achieved after packaging. Coagulants GDL and calcium chloride are added. It is then filled into a retort pack, sealed, and heated at temperatures high enough to activate the coagulant and sterilize the finished product. Both the Kikkoman and the Morinaga tofus tend to be slightly more expensive than regular tofu. Silken (unpressed) tofu is unfamiliar in the U.S., and no company has yet come out with a pressed tofu that doesn't require any refrigeration.

Sales of Mori-Nu are up between 40 and 50% over last year, and unit sales of the product put Morinaga among the top five tofu companies in the U.S. Kikkoman's product has been on the market for more than a year and is also reportedly making healthy sales gains. Morinaga's product is currently being shipped to 36 countries world-wide, with the U.S. being the largest consumer by far. Kikkoman also reports that they are shipping their product to Europe, Australia and Canada, but again, the biggest volume is in the U.S. Address: Soyatech, Bar Harbor, Maine.

8547. *Health Foods Business* (*Elizabeth, New Jersey*). 1988. Mori-Nu distributes tofu to L.A. marathon runners. April. Also in Packer (Shawnee Mission, KS). Feb. 27.
• ***Summary:*** "More than 15,000 runners in this year's L. A. marathon had Mori-Nu Tofu included in their pre-race 'goodie bags'. Tofu and recipes were provided to each of the racers. Additionally, the 1,000 seniors who took part in the marathon's 3-mile Senior Walk had the opportunity to sample tofu prior to the walk, and examples of recipes were distributed to the public during the marathon's four-day Health and Fitness Expo (March 2-5) and at the Finish Line Festival on the day of the race."

8548. LaBell, Fran. 1988. Tofu technology yields whole egg substitute, dairy replacers: Cheesecakes are low-fat, cholesterol-free. *Food Processing* (*Chicago*) 49(4):68-69. April.
• ***Summary:*** An in-depth look at Tofutti Brands' two new products: Egg Watchers Whole Egg Substitute, and Better than Cream Cheese.

Heart disease is estimated to affect 63 million Americans, according to the American Heart Association.

Egg Watchers Whole Egg Substitute–"The whole egg substitute is sold as a frozen liquid in paperboard, gable-top cartons. About two days are required to defrost the frozen cartons under refrigeration, and refrigerated shelf life is one week."

"In an omelet, the whole egg substitute is practically indistinguishable from a natural whole egg omelet. It has the same texture and appearance as an egg omelet..."

Egg whites make up a large proportion of the whole egg substitute's composition–about 95%. It is fortified with vitamins and minerals to make it close to or the same nutrient content as eggs.

Better Than Cream Cheese–"Cream cheese replacer looks like cream cheese, tastes like cream cheese, and functions like cream cheese." Products are supplied in 30-lb blocks.

"The Cream cheese replacer has 85 calories per oz, while cream cheese has 105. It contains 2 grams of protein per oz, and cream cheese has 3. It has 8 grams of fat and 56 mg of sodium per oz, while cream cheese has 11 g fat and 85 g sodium. Of greatest significance is that it contains no cholesterol compared to a normal 34 mg/oz in natural cream cheese." Address: Chicago, Illinois.

8549. Lang, Kerri-Sue. 1988. A growth market for organic foods. *Country Guide* (*Winnipeg*). April. p. 20-22.
• ***Summary:*** In 1980, the USDA defined organic farming as "a production system that avoids, or largely excludes, the use of synthetically compounded fertilizers, pesticides, growth regulators and livestock feed additives to the maximum extent feasible. Organic farming systems rely upon crop rotations, animal manures, legumes, green manures, off-farm organic wastes, mechanical cultivation, mineral bearing rocks, and aspects of biological pest control to maintain soil productivity and tilth, to supply plant nutrients, and to control insects, weeds and other pests. The Organic Foods Production Association of North America (OFPANA) was founded in 1985. About 25 farmers contract organically-grown soybeans with Toronto-based Soy City Foods.

Organic food producers feel strongly that organic foods are healthier and more nutritious than conventionally grown foods, but scientific data does not yet support this claim. Ontario farmers requesting organic certification must have abstained from using prohibited fertilizers for at least one year and pesticides for 3 years. Prohibited fertilizers include anhydrous ammonia, ammonium nitrate, diammonium phosphate, most sewage sludge, triple superphosphate, muriate of potash, and potassium chloride. Prohibited soil additives include quick lime and slaked or hydrated lime.

Certified organic growers are inspected annually at their own expense ($150). They also sign a licensing agreement and pay a fee to use the Ontario association's logo. The logo fee is based on gross sales. Organic soybean yields last year were about 20% below the normal provincial average. Jon Cloud, part-owner of Soy City Foods in Toronto, says most of his contract growers experience a 25% yield reduction

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in their first 3 years of organic production. But a premium for the beans, along with reduced input costs, brings net returns to at least the level that could be expected under conventional crop management.

Last year, about 25 farmers grew organic soybeans on about 320 acres under contract with Soy City Foods. Highest yield was 45 bushels per acre; average was 32 bushels. Right now, says Cloud, the company could use 2,000 acres of organically-grown soybeans. Premium prices for organic beans are $8.50 a bushel. The firm produces several soy-based foods for human consumption. These include soy burgers, falafel (spicy patties traditional in some parts of the Middle East), a base for soy pate, tempeh, tofu, and soy milk. Contract growers are supplied with seed because Soy City wants beans with high protein and low oil content. Organic farmers don't spend $40 an acre on herbicides. Nor do they put tonnes of commercial fertilizer on their fields. And they sell their crops at a 15% to 20% premium. Weeds, he adds, are controlled by non-chemical procedures such as crop rotation and cultivation, which cost little.

Hugh Martin, a soils and crops specialist with the Ontario Ministry of Agriculture and Food says organic farming will be a significant part of agriculture in the future. Most organic growers he works with have an ingrained stewardship ethic and are concerned about soil conservation. He says, "After about 5 years of organic farming, the organic matter content of soil increases. Improved porosity allows water to penetrate quickly. There's less runoff."

Color photos show the storefront of Soy City Foods "Soy Food Information Centre" and 3 of the company's products: Soyettes, Tempeh, and Falafels. Address: Winnipeg, Manitoba, Canada.

8550. **Product Name:** Barat Bits (Non-Dairy Gourmet Chocolates) [Tofu Chocolate Dipped Peanuts, Tofu Chocolate Smothered Raisins, Tofu Chocolate Pastilles, and Tofu Chocolate Mints].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 170 Change Bridge Road A-4, Montville, NJ 07045. Phone: 201-882-3889.
Date of Introduction: 1988. April.
Ingredients: Tofu Chocolate Covered Peanuts: Granulated cane juice, cocoa butter, tofu powder, unsweetened chocolate, soya lecithin, pure vanilla.
Wt/Vol., Packaging, Price: 1.5 oz box.
How Stored: Shelf stable.
New Product–Documentation: New Product News and Product Alert. 1988. April. The raisins are in 1.75 oz boxes; the rest are 1.5 oz. The Tofu Chocolate Mints contain Tofu Chocolate and pure peppermint oil. Candy Marketer (Cleveland, Ohio). 1988. June. "Legume adds tofu chocolate bits." The 1.5 ounce boxes have a suggested retail price of $1.19 to $1.49. Better Nutrition. 1989. Jan. "Barat Tofu Chocolate." Note the new name; Barat Bits is not mentioned.

8551. **Product Name:** New Tofu Light Links (Meatless Hot Dogs). Renamed in 1988 Vegan Tofu Light Links.
Manufacturer's Name: Light Foods Inc.
Manufacturer's Address: 613 C Broadmoor, St. Louis, MO 63017. Phone: 314-878-8915.
Date of Introduction: 1988. April.
Ingredients: Water, Real Tofu, isolated soy protein, non-hydrogenated vegetable oil, rice syrup, natural spices, salt, beet powder, tamari (natural soy sauce), barley flour, locust bean gum, natural flavors, onion powder, garlic powder, natural spice oils.
New Product–Documentation: Poster. 1987. March. "Tofu Light Links. Now with absolutely no animal products. Made with Real Tofu and non hydrogenated vegetable oil." Note: This name was later changed to New Tofu Light Links than Vegan Tofu Light Links. Leaflet. 1987. Contains no animal ingredients. Uses non-hydrogenated vegetable oil. Sweetened with rice syrup. Talk with Bob Davis, president of Light Foods. 1988. March 26. These tofu hot dogs are not yet out. Unlike the original Light Links, they will contain no egg whites. Talk with Lauraine Davis. 1988. Aug. 28. This new product was launched in April 1988. They still have the original Light Links containing egg whites. These will eventually be labeled Vegan Tofu Light Links. Leaflet. 1988. April. 8½ by 11 inches. Black on light blue. "On the rise... Now you want a link with no animal ingredients, non-hydrogenated oil, less fat, maybe a rice syrup sweetener instead of honey, and an even better flavor. Introducing the New Tofu Light Links, and New Tofu Light Link Specials, with natural imitation soy cheddar cheese." Leaflet. 1988. April. 8½ by 11 inches. Blue and red on beige. "Higher still..." Gives ingredients for New Tofu Light Links, and New Tofu Light Link Specials.

8552. Lightlife Foods, Inc. 1988. Product list. Greenfield, Massachusetts. 2 p. 28 cm.
• ***Summary:*** "These delicious products are available from Lightlife Foods: Lightlife Tofu Pups. Lightlife Party Pups. Fakin' Bacon. T4empeh Burgers. Organic Soy Tempeh. Caraway Soy Tempeh. 3-Grain & Soy Tempeh. Quinoa Sesame Tempeh. Macro Power Tempeh. Garden Vegetable Tempeh.

"All Lightlife Foods / Tempehworks products are 100% natural, 100% vegetable, and cholesterol free. All of our products have a 45-day refrigerated shelf life or may be frozen."

A description of each product is given. Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: (413) 772-0991.

8553. **Product Name:** Vegi-dip (Tofu Based) [French Onion, Creamy Dill, Eggless Salad, or Garlic & Herb].
Manufacturer's Name: Nasoya Foods, Ltd.

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Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 508-537-0713.
Date of Introduction: 1988. April.
Ingredients: Creamy Dill (7/92): Well water, organically grown soybeans, pressed canola oil, brown rice syrup, grain vinegar, citric acid, garlic, herbs, spices, seasalt, vegetable gums. Eggless Salad (7/92): Well water, organically grown soybeans, pressed canola oil, brown rice syrup, grain vinegar, mustard, citric acid, onion, garlic, herbs, spices, seasalt, vegetable gums.
Wt/Vol., Packaging, Price: 8 oz shallow plastic tubs (like Kraft dips), with tamper-proof foil seals. Retails for $1.39 (7/92, Maryland).
How Stored: Refrigerated.
Nutrition: Creamy Dill. Per 1 oz.: Calories 100, protein 1 gm, carbohydrates 4 gm, fat 9 gm, cholesterol 0 mg, sodium 135 mg, potassium 40 mg.
New Product–Documentation: Note: This is the third reincarnation of this product concept, first introduced in Dec. 1979 as a line of five spreads and salads, then repositioned in Dec. 1982 as a line of seven Tofu Vegi Dips. Note that the product name no longer contains tofu. Soya Newsletter. 1988. Jan/Feb. p. 8. Talk with Sjon Welters. 1988. March 10. These will not be available until April. New Product News. 1988. April 4. "They are sold in health food store refrigerated cases nationally." Talk with John Paino. 1988. July. These are being test marketed locally at Bread & Circus. Leaflet. 1988. Nov. "Great tasting dips without cholesterol." Shows the lids of the 4 products "Naturally good from Nasoya." Natural Foods Merchandiser. 1989. Feb. p. 14. Nasoya's four new tofu dips are packaged in 8-oz. tubs with tamper-proof seals (tamper-evident shrink neck bands over the caps/closures).

Products (Creamy Dill, Eggless Salad) with Labels purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. Tub lid is 4 inches diameter. Creamy Dill is green and red on white. On lid: "100% cholesterol free." On tub: "Naturally good from Nasoya. Keep refrigerated. May be used until date stamped."

8554. *Packaging.* 1988. Synthetic-paper is colorful, waterproof. April. p. 73.
• ***Summary:*** Labels made with Kimberley-Clark's Kimdura synthetic paper combine moisture resistant durability with fine four-color reproduction. Island Spring has used this to package their new line of tofu dressings, introduced in the fall of 1987. "We felt four-color rendering of fresh herbs would help differentiate our product," said Island Spring president W.M. Lukoskie.

8555. Phillippy, B.Q.; Johnston, M.R.; Tsao, S.-H.; Fox, M.R.S. 1988. Inositol phosphates in processed foods. *J. of Food Science* 53(2):496-99. March/April. [35 ref]
• ***Summary:*** Myo-inositol bis-, tris-, tetrakis-, pentakis- and hexakisphosphates (IP2-6) were quantified in 9 thermally processed or fermented food products (including bran, canned [mung] bean sprouts, canned kidney beans, fried soy burger, infant formula concentrate and powder, soy isolate, tofu and white bread). Total inositol phosphate content (millimoles/kg dry weight) ranged from 1.35 in white bread to 23.26 in tofu and 26.05 in soy isolate. In all foods analyzed, inositol hexakisphosphate (phytic acid) accounted for greater than 40% of the total inositol phosphates on a molar basis.

Note: Supro 610K soy isolate was obtained from Ralston Purina Co. (St. Louis, Missouri). Address: 1-2. Div. of Food Chemistry and Technology; 3-4. Div. of Nutrition. All: Food and Drug Administration (FDA), Washington, DC 20204. Phillippy's present address: Southern Regional Research Center, USDA, New Orleans, Louisiana 70124.

8556. Quong Hop & Co. 1988. The Soy Deli. Quality & support (Ad). *Whole Foods.* April. p. 86.
• ***Summary:*** "We educate your customers about tofu! Soy Deli has the largest variety, and best dealer support of any tofu company in America." Also in Whole Foods. 1989. Feb. p. 62. Address: South San Francisco, California. Phone: 415-761-2022.

8557. **Product Name:** Tofu Pasta [Mixed Rotini, Whole Wheat Fettucine, Whole Wheat Spinach Fettuccine, Whole Wheat Herb Fettucine, Linguini, Buckwheat Linguini].
Manufacturer's Name: Sooke Soy Foods Ltd.
Manufacturer's Address: 2625 Otter Point Rd., R.R. 2, Sooke, Vancouver Island, BC, V0S 1N0, Canada. Phone: 642-3263.
Date of Introduction: 1988. April.
Ingredients: Herb Fettucini: Organic 100% whole wheat durum, organic tofu (organic soybeans, water, nigari [magnesium chloride–an extract of sea water]), herbs.
Wt/Vol., Packaging, Price: 320 gm / 11.3 oz.
How Stored: Refrigerated.
New Product–Documentation: Labels. 1988. 5.5 by 4 inches. Self adhesive. Blue, green, and yellow on white. "Quick 'n Easy. Cook in boiling salted water 3-4 minutes. Serve with favorite sauce and garden fresh vegetables." Introduced April 1988.

8558. **Product Name:** Herb Tofu.
Manufacturer's Name: Sooke Soy Foods Ltd.
Manufacturer's Address: 2625 Otter Point Rd., R.R. 2, Sooke, Vancouver Island, BC, V0S 1N0, Canada. Phone: 642-3263.
Date of Introduction: 1988. April.
New Product–Documentation: Letter from Wayne Fatt. 1988. Sept. 29. The product was introduced in April 1988.

8559. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Soyfoods Association of America holds annual meeting. March/April.

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p. 14.
• ***Summary:*** SAA holds annual meeting. Elected to serve one year terms as officers were Gordon Bennett, president; Peter Golbitz, vice president; and Yvonne Lo, treasurer. Also appointed to serve on the board to fill three vacancies were Steve Myers, Farm Foods; Jack Mizono, Azumaya; and Danielle Lin, Morinaga Nutritional Foods. At the recent SAA meeting it was decided to expand this activity [getting more soyfoods companies involved in the SAA]. In fact, it was decided that besides the Soyfoods Pavilions at the Natural Foods Expos, this would be all the SAA would do for this year–plan and coordinate next year's joint promotional activities.

8560. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Japan Tofu Expo held. March/April. p. 10.
• ***Summary:*** Japan Tofu Expo Held. The all-Japan tofu & fried tofu equipment Expo '88 was held at the International Expo Center in Harumi, Tokyo, Japan, March 26 and 27. Attendance at the show was approximately 7-8,000 people, with 56 companies exhibiting tofu equipment. There were 2 new systems for making 100% nigari silken tofu. One involved the use of microwaves to heat the soymilk in the forming tray to coagulate the tofu.

8561. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Soyfoods Pavilion major attraction at NFE '88 West. March/April. p. 10.
• ***Summary:*** At the recent Natural Foods Expo '88 West, sponsored by Natural Foods Merchandiser, and held at the Anaheim Convention Center, Anaheim, California, April 8-10, the major food attractions were all in one place–the Soyfoods Pavilion.

This year's participants were Galaxy Cheese/Soyco, Golden Soy Foods, Book Publishing, Farm Foods, Legume, Morinaga Nutritional Foods, Tempehworks, Vitasoy USA, and Westbrae Natural Foods. Steve Meyers of Farm Foods remarked, "this is the major eating area of the show." Steve Meyers, Farm Foods/Barricini at 800/431-5030.

8562. **Product Name:** Soyco Mozzarella Style Shreds, Cheddar Style Shreds, or American Style Slices (With Casein).
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: P.O. Box 5181, New Castle, PA 16105. Phone: 800-441-9419.
Date of Introduction: 1988. April.
Ingredients: Tofu, soy oil, casein, sea salt, citric acid, soy lecithin, guar gum, natural flavors, natural colors.
Wt/Vol., Packaging, Price: 4 oz packs.
How Stored: Refrigerated.
New Product–Documentation: Ad in Whole Foods. 1988. April. p. 73. "New Soyco Shreds & Slices. Soyco is the all-natural cheese alternative that has great taste without the risks. No cholesterol. No lactose. No butterfat. No artificial ingredients." Poster. 1988. April. Black on purple. "Soyco shreds & slices."

Leaflet obtained 1988. April. Black on purple.

8563. Soyfoods Association of America. 1988. May is Soyfoods Month (Ad). *Vegetarian Times*. April. p. 60.
• ***Summary:*** "Discover the convenience and value of soyfoods. Watch for the special soyfoods insert in the May issue of Vegetarian Times and East West Journal." Sponsored by Farm Foods, Legume, Mori-Nu, Nasoya, Simply Natural, Vitasoy, and Westbrae Natural, and the Soyfoods Association.

8564. Wollner, Joel. 1988. Soy-based cheeses–Concerns for the consumer. Can a traditional product be patented. *Soya Newsletter* (*Bar Harbor, Maine*). March/April. p. 2.
• ***Summary:*** In this letter to the editor, the writer is concerned about two issues raised in the article titled "Soy Cheese Market" (Soya Newsletter, Jan/Feb. 1988). He wonders to what extent the present success of soy cheese in the natural foods marketplace is based on consumers' lack of awareness that casein is a dairy product. His own informal survey, conducted shortly after Soya Kaas was first introduced and already finding widespread acceptance, found very few consumers who knew that casein is derived from milk. "In fact, over 90% thought Soya Kaas was strictly vegetarian, containing no milk-derived ingredients."

He is also shocked that Simply Natural has patented a product (named Soyalite) made by fermenting fresh tofu in miso and discovered by accident. This process "is well known and practiced by thousands of people all over the United States, and has been since the late 1970's. I first learned of 'miso-pickled tofu' (as we called it) in 1978, while manager at Erewhon Natural Foods retail store in Boston [Massachusetts]. One of our employees had learned the process while studying with Noburo Muramoto, a teacher of Oriental food-crafting in Escondido, California. Her miso-pickled tofu was a big hit among the Erewhon staff, and we began selling it ready-to-eat in the store and published the recipe in our weekly consumer newsletter. Soon after, miso-pickled tofu became a favorite dish among Boston's diverse natural foods community, and found a place in the menus of local natural foods restaurants." Address: Director, Mitoku USA Inc., New York.

8565. *Toyo Shinpo* (*Soyfoods News*). 1988. Ima Taiwan no tôfugyôkai wa? Daizu shohiryô wa nihon no 3 bai nimo [What's happening with the tofu industry in Taiwan? Soybean consumption is 3 times as large as Japan]. May 1. p. 1. [Jap; eng+]
• ***Summary:*** Taiwan's total exports were much larger than her imports this last year. Since the population is small, the

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per capita ratio of income is high. They produce a lot of second generation tofu products, and some say that Taiwan is producing more tofu products than mainland China. The demand for these foods is always steady. They produce 10,000 tons of soybeans and import 2,000,000 tons of U.S. soybeans. Their per capita consumption of soybeans is 3 times that of Japan.

8566. Knoll, Adrienne. 1988. Brooklyn caterer who invented Tofutti to lecture May 1. *Canarsie Digest* (*Brooklyn, New York*). May 2.
• ***Summary:*** In 1972, while searching for a milk substitute for desserts, pastries, pies, and sauces, Mintz discovered the soy bean product tofu.

8567. Huang, Tim. 1988. The Continuous Cooker sold by Bean Machines, Inc. (Interview). *SoyaScan Notes.* May 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Starting 2 years ago Tim helped develop and ran the smaller prototype of this cooker at the University of California at Davis. He had it at Grainaissance while he worked there briefly. Tomsun Foods in Massachusetts ordered the first full-scale model. They never hooked it up and never paid for it. So Bean Machines got it back and Soyfoods of America got it from BMI. It is basically a very simple machine; just a pump and steam injection. It cooks at 250-275ºF. Soyfoods of America makes a private label soymilk for Mrs. Gooch's. Hopes to introduce a non-beany soymilk kefir and yogurt. Address: Soyfoods of America, Duarte, California.

8568. Lehr, John. 1988. Mark your calendars: There's a day for everything [Imaginary National Tofu Month]. *Antelope Valley Press* (*Palmdale, California*). May 6.
• ***Summary:*** A spoof on tofu. "For example, National Tofu Month could be recognized, if indeed someone felt enough affection for the goop to support such a cause. The proclamation might read something like this: 'Whereas tofu is a very strange food and deserves recognition for its nutritional value and bizarre consistency... Whereas young urban professionals are devouring the bean paste with more zeal than Shiite Muslims hijacking an aircraft... Let it hereunto be known that June 1 to June 30 is National Tofu Month in the city of Lancaster.' Mark those calendars now. Newspapers are inundated with press releases from groups planning activities to mark their day, week or month."

8569. Paino, John. 1988. Recent developments at Nasoya: Simply Natural and Tomsun (Interview). *SoyaScan Notes.* May 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Soyfoods Month advertorial was published by *East West* and *Vegetarian Times.* Lenny Jacobs helped a great deal in coordinating it. It was also sent by VT to about 100 major media in hopes that they would do a story. Tree of Life private label tofu is made by Swan Gardens in Georgia.

The Simply Natural company is going to be merged with Nasoya. Nasoya will take charge of the management, will go 50-50 on marketing, and will make all of their tofu and do the billing. Previously Simply Natural has purchased their tofu from a small manufacturer in New Jersey.

Tomsun Foods has actually filed for a Chapter 11 under the bankruptcy laws. They want to sell off their tofu manufacturing business and keep the Jofu. They once offered Nasoya the right to co-pack the tofu. John said no, because he would then be producing a tofu line that competed with his own. Above all, Tomsun wants Nasoya to buy their brand and accounts. But this is difficult for Nasoya because he has no guarantee that the accounts will not switch to, for example, Azumaya. He is torn every day between making an offer and doing nothing except continuing to compete with them.

Nasoya will reintroduce their Veggie Dips in about 3 weeks. They will have a foil seal top and a 3 month shelf life. Note: By September 1988 Nasoya is said to be producing 100,000 lb/week of tofu with a 6-8 week shelf life. They are expanding into the Midwest and have taken over many Tomsun accounts. Business is booming.

Nasoya was first incorporated in Dec. 1984, then in Dec. 1987 the company changed from a corporation to a limited partnership, i.e. from Nasoya Foods, Inc. to Nasoya Foods, Ltd. Address: Nasoya Foods, Leominster, Massachusetts.

8570. Pirello, Christina Hayes. 1988. Brief history of Simply Natural, Inc. (Interview). *SoyaScan Notes.* May 11 and June 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In December 1984 Robert Pirello started Simply Natural, a natural foods vegetarian catering company. In 1984 Christina had sold her design company in Florida and moved to Philadelphia, where she worked as a freelance designer. Her mother had died recently and she had been diagnosed as having cancer. She was a vegetarian when she met Robert, a macro, who introduced her to the macrobiotic diet. Christina joined Robert's company while recovering from cancer. She left the advertising field completely to concentrate on getting well and running Simply Natural.

One of the catering company's first products was tofu cheese, made by wrapping a firm cake of tofu in cheesecloth, embedding it in sweet white miso, and allowing it to ferment at a controlled temperature for several days. This product was made using the traditional Japanese process for *Tofu no Misozuké* (Tofu Pickled in Miso), which they learned from *The Book of Tofu* (page 110) by Shurtleff and Aoyagi. These firm little bricks, served as a cheese with crackers, became their showcase item. (Note: A similar product, called Tofurin, had been developed by Nov. 1983 by Manna in the Netherlands). But they also made many other tofu dishes such as various types of stuffed agé (tofu pouches), tofu dips,

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quiches, stuffed loaves, pates. You name it, they did it. They purchased their tofu from a company named Fresh Tofu in Easton, Pennsylvania.

In December 1984 a group for whom they were planning to cater a Christmas party requested a non-dairy cream cheese dip. Robert tried pureeing their tofu cheese in a blender and discovered a revolutionary new product–A non-dairy tofu-based cream cheese. To this they could add flavors, such as garlic powder, onions & chives, or herbs. This soft tofu cheese, served as a non-dairy party dip, became their second showcase product. In the spring of 1985, Cynthia Schwartz, a friend who owned Center Foods, a leading natural/health food store in Philadelphia, asked if she could try to sell their soft tofu cheese. Bearing the label Simply Natural Soft Tofu Cheese, their first commercial product sold very well. Soon they were selling it in several stores, delivering it out of the back of the car. Within 4 months, they had distributors in Pennsylvania competing with one another to sell the product. Finally in October 1985 they signed an 6-months exclusive distribution agreement with Jerry Schwartz and Earthy Organics, a Delaware Valley natural foods distributor. Sales grew rapidly and by year's end other major East Coast distributors were clamoring for the product. Jerry kindly let go of his exclusive and Soft Tofu Cheese was soon being carried by Cornucopia (Rhode Island, from Dec. 1985), Stow Mills (Vermont, Dec. 1985), and Tree of Life (Florida, Jan. 1986). In January 1986 Jerry Schwartz introduced them to their first West Coast Broker, Roberta Fleischer, of California. Distribution began there in March. Now sales began to skyrocket. Robert and Christina soon realized that they were in the wrong business. In May 1986 they dropped the catering business and transformed it into a tofu product development and marketing company. But problems also began to grow. As the warm weather of spring came, the Soft Tofu Cheese, made by people with a limited knowledge of microbiology and plant sanitation and now sold throughout the East Coast, began to spoil. Sales plummeted. By hiring food specialists took and obtaining help from Dr. H.L. Wang of the USDA Northern Regional Research Center at Peoria, Illinois, they were able, largely by trial and error to finally get the problem under control.

In August 1986 they moved from their plant in Philadelphia into a larger facility in Norma, New Jersey. The plant's owner, Bill Schroeder, wanted to buy into their company. So they incorporated, he let them use the plant rent free, and he invested a little capital, which they used the funds to pay off past debts incurred because of the spoilage problems. The next challenge was to develop and manufacture a line of second-generation tofu products using their Soft Tofu Cheese. Continuing to buy their tofu from Fresh Tofu, they launched Antonio's Simply Natural Tofu Pasta (Oct. 1986, fresh pasta products stuffed with their Soft Tofu Cheese) and a line of Creamy Miso Dressings (Dec. 1986, made with the sweet white miso in which the tofu had been ripened). In October 1986 they started advertising the new line in Vegetarian Times. In October 1987 they were granted a patent on the process for their Soft Tofu Cheese, and in April 1988 a second patent on the end product. Also in October they repositioned and repackaged their product line to cross over into mainstream markets. Soft Tofu Cheese was renamed Soft Soyalite and Antonio's Pasta was renamed Pasta Lite. Christina and Robert were married on 31 December 1987.

In mid-1988 Nasoya Foods in Leominster, Massachusetts, began tests on making and pasteurizing Simply Natural's Soft Soyalite. In early 1987 they had discussed the possibility of a merger with Nasoya, but they were not as interested in this as Nasoya was, in part because Nasoya could not solve key pasteurization and product flow problems. They are now negotiating their first real outside financing with Leo Blank, who would like to buy Bill Schroeder's stock, and give them substantial capital. They will soon be closing their plant in Norma, New Jersey. Christina and Robert will be out of manufacturing, able to focus their full attention on marketing and product development. Their pasta products are now made at Mays Landing, south New Jersey and their miso dressings by Alpha-Pak in San Pedro, California (using both Cold Mountain Miso and miso recycled from the Soyalite). The future looks very bright.

Richard Rose. 1988. May 13. Adds: He was told by Wally Rogers and Tim Huang that in the late 1970s The Soy Plant in Ann Arbor, Michigan, developed a "Tofu Cream Cheese," similar to Simply Natural's original firm Tofu Cheese (unblended, in a block) and sold it in their deli. A guy from West Virginia showed them how to make it. Christina confirms this: A tall, thin bearded man [not Steve Fiering] tasted their Soyalite at Anaheim in April 1988. He said that he or someone he knew had sold a similar product in a firm brick form. But he was never able to develop a good flavor and the product never sold well [See 1988 interview with Steve Fiering]. July 28 update: Nasoya appears to have solved the pasteurization and hot-pack problem. Christina enjoys working with Nasoya, a company with very similar principles and beliefs about food.

Update: 1998 Sept. 20. Christina Pirello now has a cooking and food show on PBS-TV. Her latest book is titled "Cooking the Whole Foods Way." Address: P.O. Box 295 (Evelyn & Gershel Aves.), Norma, New Jersey 08347. Phone: 609-691-5866.

8571. Gleason, Jane E. 1988. Re: Update on developments with soyfoods in Sri Lanka. Letter to William Shurtleff at Soyfoods Center, May 13. 2 p. Typed, with signature.
• ***Summary:*** "I received your letter and packet of material this week. I have asked Hedda Schuurman of Plenty, Canada to look at the questions you have regarding their products." Michael Hope-Simpson, Hedda's husband, conducted the

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survey and received payment from both INTSOY and Plenty, Canada.

"Enclosed is the last group of survey forms that Michael finished before he left. This should be the last batch and some of your questions, particularly those about MacSoy, may be addressed. Michael did a nice job. He can be contacted c/o Hedda Schuurman, Plenty, Canada Soya Utilization Project, Box 95, Kandy, Sri Lanka."

"About Plenty, Canada: Plenty, Canada is doing what SFRC should have done years ago, that is, putting into operation the soya processing techniques which were developed at SFRC and have been found to fit well into local diets. Here in Sri Lanka, there is a tremendous gap between research and extension, and Plenty, Canada is filling that gap in the area of soya processing. The store in Kandy is highly successful in terms of revenue generation and amount of soyafoods sold. Plenty, Canada is preparing to open another store in Colombo this summer. Ian Taylor, project manager, was considering purchase of an extruder to make instant soya dhal and snack foods. He even went to INTSOY to discuss the possibility (it is a major breakthrough that a Plenty person went to INTSOY). As I was leaving the U.S. just at that time, I do not know whether he chose to buy one.

"Plenty, Canada also has a rural training program geared towards low income groups. I am not too familiar with this, but I invite you to correspond with Hedda Schuurman. She is in charge of that aspect of Plenty's project.

"I have also enclosed the 'End-of-Tour Report' from my ten months of work here in Sri Lanka. It was submitted to USAID/Sri Lanka to fulfill our contract with them. Since then, I have edited it for an INTSOY series book. It should be done by the end of the year."

Color photos show: (1) The inside of the Soya Foods Research Centre with at least 8 people at work in 1988.

(2) A Sri Lankan man making tofu with Plenty Canada at Kandy, 1988.

(3) Some of the soyfoods developed by Plenty and the Soya Foods Research Centre, Kandy, Sri Lanka, 1988.

There are 3 pages of typewritten attachments: (1) Dear Soya Food Producer, from Jane Gleason and Michael Hope-Simpson. Explains the purpose of the survey and how they information collected will be used. (2) Participants in the survey of commercial soya food products in Sri Lanka. Gives the name and address of each manufacturer. Those for which no product name or date of introduction are available are: Maliban Biscuits, 389 Galle Rd., Ratmalana. New Edinborough Products, 19A 5t Lane, Nawala Rd., Rajagiriya. Regal Bakery, Matara. R.M.R. Manufacturers, 14/1 Aponso Ave., Dehiwala.

(3) Soya products produced in Sri Lanka. Lists only the names of the products by product category, but not the manufacturer, address, or date of introduction. Address: c/o V.K. Selleck, 62/12 Halloluwa Road, Kandy, Sri Lanka.

8572. Lyen, Donald. 1988. Brief history of Dragon & Phoenix Ltd. (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Donald came to England from Hong Kong during the 1950s to study electronics. He founded Dragon & Phoenix Ltd. in London about 22 years ago (in about 1965-66), in order to make tofu, because he liked it and yearned for it. The original location was at ?? Balse Street, Kings Cross, London N1. Later (when??) it was moved to 172 Pentonville Rd., London N1. He also made mung bean sprouts. In both cases, he developed equipment to mechanize the process. He used a liquidizer/blender instead of the traditional stone mill, and a centrifuge to separate the soymilk. He was a pioneer in this area, before Japanese companies did the same thing. At the time there were no other commercial tofu makers in England. However during the mid- to late 1950s there was a small Chinese-run operation in Liverpool (it had no name, and wasn't really a company) that made and sold very small amounts of very hard tofu, probably coagulated with a nigari-type coagulant, not calcium sulfate. It was very expensive, more than 2 shillings sixpence, so it didn't take off. In about 1978 Dragon & Phoenix began making soymilk and selling it mostly to Chinese

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restaurants. He notes that there is still not much of a market for it, perhaps because the weather in England is not warm enough for it to be served as a refreshing soft drink.

Today, he is sure that Dragon & Phoenix is still the largest tofu manufacturer in England. Yet the market is very small, and he does not advertise or promote his products. He sells only to Chinese restaurants and food stores, not to the health food trade. One reason for the small demand, he feels, is that tofu has so little flavor of its own; you have to know how to cook it to make it tasty. Dragon & Phoenix is only one of Donald Lyen's many businesses. He is still involved with electronics and is the sole agent for a Chinese word processor in the U.K. He is working to convert his tofu plant from a mechanized to an automated one. He was a founder and is presently a member of the European Soyfoods Association. He feels strongly that tofu should not be promoted as a health food but as a basic food for everyone. "Once you classify it as a health food, then you limit your market." Address: 15-18 White Lyon St., London N1 9PD, London, England. Phone: 01-837-0146.

8573. Rose, Richard. 1988. History of the last years of Brightsong Light Foods (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In June 1980, Richard and Sharon Rose bought Brightsong Tofu from David Patton. A few months later they changed the changed name to Redwood Valley Soyfoods Unlimited

In June 1982 they changed it back to Brightsong Light Foods, when they left Redwood Valley. The tofu was always called Brightsong Tofu.

In 1984 a wealthy Hong Kong industrialist (bottling industry) in his '70s named John Tung, after seeing an article praising Brightsong in Venture magazine, decided to buy into the company. He invested first $333,000, then finally $500,000, buying 80% of the company. The first funds arrived on 31 Dec. 1984. Richard Rose decided to develop a number of new products but to focus his efforts on Le Tofu, a tofu-based non-dairy frozen dessert. Brightsong would manufacture the tofu.

In the fall of 1985 the company dropped its flying bird logo in favor of a bolder blue and orange triangle and shortened its name from Brightsong Light Foods to Brightsong Foods. At the same time it launched its tofu vacuum packed in a red and orange box. During the next year Brightsong received unprecedented media coverage from a barrage of news releases that Richard Rose developed and sent out, some over PR Newswire. This and the many new and innovate products being developed led Food & Beverage Marketing magazine (Dec. 1986) to place Brightsong at the top of its list of the ten leading food innovators of 1986. But as time went on, money flowed out fast. The company got behind on its product development schedule and the non-dairy frozen dessert market changed and soon essentially disappeared. Some of the money went into equipment (assets), but most went into advertising/ marketing and product development, especially for Le Tofu. A major problem was that in the original agreement a U.S. partner of Tung's, who was a Bay Area CPA, was supposed to help Brightsong with finance and accounting expertise; he never did. Midway thru the process, Rose realized and proposed to Tung that he should stop being a manufacturer and focus all of his efforts on product development and marketing. Tung, an industrialist, disagreed. In late 1986 Mr. Tung died. After discussing the matter with the heirs, it was decided in early 1987 that Rose should liquidate everything and send them the cash. By this time he was pretty tired and frustrated anyway.

On 1 June 1987 Brightsong Foods ceased to exist. The Roses resigned, turned the company over to a liquidator to sell off the rest of the equipment, and started a new company named Rose International. They got nothing from the liquidation, and also lost wages and their initial capital investment. Left with virtually nothing, they got unemployment benefits for a while and started brokering NuTofu (a non-dairy soy cheese made by Cemac Foods Corp. of New York, for which they earned $6,200 in commissions–that have never been paid). Rose sued Nu-Tofu. Times were hard. Rose International was to be a product development and marketing company. Their main brand was Sharon's Finest. In 1987 Richard applied to be director of the Soyfoods Association of America, but was not accepted. The future looks good. Address: President, Rose International, P.O. Box 2687, Petaluma, California 94953-2687. Phone: 707-778-7721.

8574. Rose, Richard. 1988. Early history of Brightsong Tofu, Redwood Valley Soyfoods Unlimited, and Brightsong Light Foods (1978-1982) (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Joel Brightbill and Bob Heartsong started making tofu at Brightsong Tofu in June 1978, in Redwood Valley, California. Their last names were used to make the company name. Heartsong left after a short time and David Patton came in, taking his place; it was an equity partnership with no employees. The partners did all the work. Then Brightbill sold his interest to Patton.

Richard and Sharon Rose bought the company from Patton in June 1980 and renamed it Redwood Valley Soyfoods Unlimited. In June mid-1982 the Rose's lease ended in Redwood Valley and the landlord planned not to renew it. So the Roses decided to move the business to Petaluma. Patton and Brightbill did not want the Roses to move out of the county; they felt their note was in jeopardy and that the business was a county resource. The day before the Roses were to move, Brightbill, Patton, and a bunch of others entered the shop in the middle of the night, removed all the equipment, and stored it without a perfected security

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interest. This was illegal, so lawyers came in, negotiated, and the Roses finally got their equipment back and moved to Petaluma. At that time, in June 1982, they renamed the company Brightsong Light Foods. The address was 100-A Poultry St., P.O. Box 2536. Phone: 707-778-8638.

About 6 months later Brightbill started Sweet Whey, essentially in the 10 x 10 foot garage on his ranch. Finally the county shut him down. He had tofu spoilage problems. In Petaluma the Roses business began to grow and prosper. Address: Petaluma, California. Phone: 707-778-7721.

8575. Damien, John. 1988. Soybean dessert product cuts out middleman [cow]. *Sun* (*Jamestown, North Dakota*). May 16.
• ***Summary:*** At the North Dakota Newspaper Convention, samples of Tofulicious, a soybean-based, non-dairy frozen dessert were passed around for taste testing. The North Dakota Soybean Council likes that label and is trying to open a market for Tofulicious in the state. It went over extremely well. The North Dakota Dep. of Agriculture will be helping the soybean council to assess the marketability of Tofulicious, according to Kaye Quanbeck, NDDA marketing specialist. Quanbeck plans to visit the Eastern Foods Corp. manufacturing plant in Minneapolis, Minn., where the dessert is made. If manufacturing officials indicate an interest in developing sales in North Dakota, Quanbeck said she could tap the agriculture department's list of grocery store owners and managers to spread the word. The soybean council would also work with the agriculture department in setting up sample booths at grocery stores in major cities.

In North Dakota, soybean is steadily gaining popularity. Last year, North Dakota farmers grew 490,000 acres of soybeans. Ten years ago there were only 173,000 acres of soybeans. Soybeans are less popular than such major crops as sunflower and wheat.

Note: Talk with Jim Skiff of Minneapolis. 1992. July. Prof. William Breene at the University of Minnesota in St. Paul told him that Eastern Foods no longer makes tofu.

8576. *Beachcomber* (*Vashon, Washington*). 1988. Island Spring Inc. springs back in '88. May 19.
• ***Summary:*** Dollar volume of sales is up 30% since December (for Island Spring Inc.). Plans were upset last fall when a major source of expansion capital withdrew its commitment. It took Lukoskie (company president) and his two dozen employees six months to recover from that blow. Part of the growth strategy now is new products. Part is expanding sales territory. Part is selling stock to augment the investment of 30% stockholders. He attributes much of the increase in sales to Jerry Long, who took over as sales manager. He has first refusal on the huge empty building in front of his 4,000 square foot production plant.

New products and new distribution approaches include trying to get institutional buyers to substitute tofu for up to one third of the hamburger they use. Another growth strategy is to sell combination meat and tofu dinner link-sausages. Soy bean milk yogurt is a third product coming along. About 60% of the company's dollar income is from tofu. Address: Washington.

8577. Burgeson, Travis. 1988. Recent developments at Azumaya: Stir Fruity and tofu (Interview). *SoyaScan Notes.* May 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In making Stir Fruity, the hot ingredients are homogenized then run into the filler. The product sets up in the cup, but it is basically gelled by gelatin upon cooling; there are small amounts of a calcium coagulant but it plays a secondary role. Travis is upset by the way they treat their employees. They basically fired Travis. He and Ron Ishida left because they saw no future in the company for themselves. Bill brought them in to reorganize the management of the company, i.e. to get Jack under control or to get him to step down as president. Travis was in charge of quality control. Jack was unaware of this and he did not want to step down. Jack was in charge of production, but as president he had final say, largely because he was the older brother. He had little appreciation for marketing, which was Bill's forte. Bill saved the company at the time they expanded into their current building by developing contacts with top Safeway produce people. The key is who you know.

Jack stepped down in late 1985 or early 1986. His son, Bruce, became production manager. Bill's daughter, Jill, is in sales and marketing. Bill would be president and Ron CEO. Travis was production manager for the next 6 months, and he installed quality control measures that increased shelf life. But then Bill's wife, Dorothy, the bookkeeper, threatened to leave him if he let the reorganization go through. She was paranoid. This showdown was in Nov-Dec. 1986. The restructuring–reorganization never happened. At that point the top consultant left. Bill brought in a top level consultant and he initiated discussions with Kraft about Kraft's licensing Stir Fruity, but it fell through. All agreed to withdraw Stir Fruity, but they kept making it for the Air Force commissary in Travis Air Force Base and a few other local places. Bill had freaked and gone to Hawaii. They had to cut back. They considered it Travis' fault. So he left in late May or early June 1987, and shortly thereafter Ron Ishida left. That year they didn't lose money, despite Stir Fruity. The ad guy who developed the ads ate $10,000 of production expenses and never got paid for his time. Now they sell quite a bit of Stir Fruity in Hawaii and Massachusetts. They put preservatives in all Stir Fruity now. They may not be listed on the label. Azumaya's biggest accounts are Safeway, Lucky, Kroger, Stop & Shop, and Gemco.

Travis has never heard of cash payoffs to produce people. It may be more subtle, such as gift giving, entry to Olympic Club to play golf, wine and dine them, gifts of wine, entertainment. Azumaya was very scared of Morinaga,

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since Morinaga was the first company to make inroads into Safeway; their broker sold tofu very cheaply. Connections are everything for brokers. You buy your way onto the shelf; slotting allowances, paid above board to the company. Having a good product is not nearly enough. Bill had such high level contacts that he could get Stir Fruity into the dairy case without paying any slotting allowances. You may be able to do it if you have a very strong advertising and promotional allowance.

Azumaya has never made much money. Maybe 2-3% of sales is profit. They have thought seriously about setting up an East Coast tofu plant, but the company is very short on business/management skills.

Most of the time Travis was there, Hinode (Hinoichi) had higher tofu production volume. Then Hinode started losing lots of business to small Chinese companies. The four Azumaya brothers: George is the oldest. Jack is #2, but he got out some time ago. John is #3. He doesn't do much, makes fresh konnyaku. Bill is the youngest. Dorothy feels that Shurtleff came into the company, learned a lot, then published it in his books. He ripped us off for all this information. Dorothy harbors a grudge. Bill Mizono will always be polite. He will never say something unpleasant directly to a person. Address: Central Health Network. Phone: 415-763-9785 (HM) or 548-6769 (OF).

8578. Layton, Lyndsey. 1988. Pass the mustard: Meatless franks spice of life for Greenfield firm. *Recorder* (*Greenfield, Massachusetts*). May 20. p. 21, 25.
• ***Summary:*** Introduced in 1985, Tofu Pups are meatless frankfurters made from tofu without nitrates, preservatives or cholesterol. Owners of Lightlife Foods Inc., formerly known as Tempeh Works, believe the soybean creation is on the verge of becoming a national hit. "It's an alternative to red meat that is low-calorie, low-sodium, has no cholesterol or preservatives, which is what more and more people in this country are looking for," says Michael Cohen, founder of Tempeh Works. Lightlife's sales figures confirm Cohen's optimism. The first year on the market, sales of Tofu Pups were $230,000. The next year, sales jumped to $405,000–a 76% increase. Executives expect 1988 to be the first year combined tofu and tempeh sales top $1 million, at an annual growth rate of about 40%. To keep pace with an expanding market, Lightlife wants to double the size of its 6000-square-foot Fairview Street factory in an ambitious $730,000 expansion plan.

In 1983, the operation moved from an old gas station on French King Highway to its current Fairview Street plant. To finance this transition and buy some new machinery, the company borrowed heavily from Shawmut Bank and fell into the red for the next three years. "We went from having $3000 in interest payments to $35,000," says Cohen. In the Northeast the tofu franks are also sold in supermarket chains such as Stop & Shop, Purity Supreme, Finast and Big Y. The firm now has 15 full-time employees.

At present Lightlife produces the flavoring, which Cohen calls the Tofu Pups "soul". The other food processor blends the flavoring with tofu and stuffs it into casings. If things go as planned, Lightlife will make its own Tofu Pups from scratch once the company expands its plant. But the Tofu Pups cost more than their traditional counterparts–$2.49 to $2.99 for a 16-ounce package of 10 tofu franks. Meat wieners typically cost $1.49 to $2.39. A photo shows Chia Collins and Michael Cohen of Lightlife.

Tomsun International recently declared bankruptcy. They tried to grow too quickly and couldn't keep up with demand for Jofu [a yogurt alternative made from tofu]. Address: Recorder staff.

8579. *Graphic* (*Brooklyn, New York*). 1988. The "scoop" on David Mintz, the father of Tofutti. May 25.
• ***Summary:*** David Mintz, a successful kosher caterer from Brooklyn, never believed tofu could change his life, but it has. In 1972, while searching for a milk substitute for kosher desserts, pastries, pies and sauces, he discovered tofu. In 1981, he introduced Tofutti ice cream to the world. More than 38,000 outlets in all 50 states–including supermarkets, health food stores, groceries, gourmet shops and department stores–carry the product. Tofutti is also available in Canada, Japan, Australia, Korea, Hong Kong, and the U.S. Virgin Islands.

8580. Hattori, Terumitsu. 1988. Status and future plans for Kikkoman's new tofu (Interview). *SoyaScan Notes.* May 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Kikkoman's aseptic tofu was relaunched in a new package, in firm and soft textures, in August 1987. It is made in and imported from Japan, and is being distributed in America by Azumaya. It is selling so fast that Kikkoman can't import enough to keep up with demand. The person in charge of the product is in Japan; there is no such person in America. If and when sales reach a certain level, Kikkoman will begin to study the possibility of a new plant in the USA. Address: Kikkoman Marketing & Planning Inc., 50 California St., Suite 3600, San Francisco, CA 94111. Phone: 415-956-7750.

8581. Brandel, Amy Jo. 1988. Minnesota soybeans go to Japan for tofu: Growers eye permanent market for production. *Agri News* (*Rochester, Minnesota*). May 26.
• ***Summary:*** Southwest Trading, Ltd. and other members of the Worthington-based, non-profit agricultural product marketing group are filling Japanese tofu manufacturers needs with a locally grown soybean variety. Last week, 25,000 bushels of southwestern Minnesota and northeastern Iowa soybeans headed for Japan. Farmers received 37½ cents a bushel over May 2 local prices for a total of $6.89 cents a bushel, said Jim Wychor of Southwest Trading, Ltd.

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The soybeans are imperfect hilums. That means the tiny black dot where seeds and pods attach is nonexistent. The variety also has a high protein content. Once in Japan, the soybeans go to many small tofu manufacturers. Each firm uses only about 300 pounds weekly, but there are over 7,000 such facilities in Tokyo alone. Address: Minnesota.

8582. Arocena, Javier. 1988. [Re: Brief history of soyfoods manufacturing company Zuaitzo]. Letter to William Shurtleff at Soyfoods Center, May 27. 2 p. Typed, with signature on letterhead. [Spa; eng+]

• ***Summary:*** "In 1982, we started working on a family production level and in 1984 on an industrial one. We started selling tofu and seitan in March of 1984 and tempeh in Nov. of 1987. We also produced tofu and Seitan Burgers and tempeh pâté, both in Nov. of 1987, though not as much was sold. A brief history: We opened a store in Vitoria-Gasteiz and manufactured a great variety of products, including tofu and seitan. I learned how to make tofu in France with Dominique Lagadec and how to make seitan in Barcelona. A key moment in my story was in beginning to use vacuum packaging, as before products were sealed in sanitary, plastic water containers, 15 cm wide, 30 cm long, and 20 cm tall. With the vacuum packaging and further pasteurization, I was able to respond to the challenge of increasing the life of the product and expand the radius of my commercial activities.

"It is important to point out, looking ahead, that manufacturers with an investment of 250,000 pesetas can compete in the market with the advantage that you work unhampered by bank charges. You make a pan of 180 liters with a 2 meter by 1 meter stainless steel plate, fired with domestic butane gas and heat diffusers, a second hand deep sink, and as a mill, one used for cereal groats to which you adapt a motor using a washing machine pulley. Last and most expensive, a second hand vacuum machine from the many companies who reject them in exchange for newer technologies.

"Since I have always worked alone with my wife and daughter, I set the price of tofu and seitan at 860 pesetas per kilogram in the beginning. Later on, with more sales and no competition in all of Spain, I lowered the price to 700 pesetas per kilogram–its current price–offering paid freight in next day deliveries, gathering and crediting any old material (month and a half old or spoiled by any other cause). The successful introduction of the products was due to the fact that the work was done in the same location from which it was sold. But above all, it has been a success with those who are ill; one local doctor here in Vitoria is prescribing it! I have also given cooking classes over the past several years. At the same time, I personally do all the deliveries in the city and its surroundings. In other big cities, I have distributors who carry other products besides mine. In the long run I have been successful and today I ask myself if I should lower the prices, especially with the tofu. Tempeh had a better price from the beginning; everything going very smoothly. I set the price at 220 pesetas for a 275 gm jar of tempeh.

"Nonetheless, the social commitment is large and with the profits I have purchased a shop that carries chemical-free products. My cooking classes are free and I am encouraging soy agriculture in the region."

Note: The original of this letter is typewritten in Spanish with Javier's signature. Someone has done a three page handwritten translation, which is included. Address: Zuaitzo, Correria, 39–01001 Vitoria-Gasteiz, Spain. Phone: 945/28 86 30.

8583. Creces, Henry. 1988. History of Panda Sprouts Inc. and new developments (Interview). *SoyaScan Notes.* May 27 and Aug. 29. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Henry's brother, Eddy, bought the company from Hal Siegel in Oct. 1987. In May 1988 Panda Sprouts was making 15,000 lb/week of tofu. It had been in Woodside, New York, but Hal moved it to 1321 Oakpoint Ave., The Bronx, NY 10474. He is now in the process of moving the company to larger quarters in Goshen, New York. The company used to be named Panda Foods but Hal renamed it Panda Sprouts Inc. They make alfalfa sprouts and tofu, just as Hal did. Whatever Hal produced he sold to Coosemans, his only customer. They sold all his products. Finally he went bankrupt and Henry's brother bought him out. Henry comes from Belgium, where he worked for Coosemans Inc., a wholesale import-export company. They began operations in the USA in Los Angeles in 1982 and he came to this country in 1983, when he started to work for Coosemans LA. In February he started to run Panda Sprouts. He is now a partner.

In about May or June, Panda Sprouts started to make the packaged and bulk tofu for Tomsun Foods, but not for Jofu. Henry thinks that Tomsun sold Jofu to a dairy company in Vermont, or is having it made there. Tomsun had been in trouble for quite a while and had lost a lot of customers before they contacted Panda. Panda took over a lot of their equipment, which was in bad shape–and still is. Now they are struggling to get those customers back. Nasoya picked up many of them. Henry's goal is to be the top tofu manufacturer on the East Coast. Coosemans Specialties (in New York) sells much of his tofu but not all; Henry sells most of the bulk tofu. Address: 168 Pulaski Hwy., Goshen, New York 10924. Phone: 914-651-4490.

8584. Hoesl, Cornelia. 1988. Am Tofu finden viele Geschmack: Klaus Kempff und seine Mitarbeiter produzieren im Monat eine Tonne Sojabohnenpaste. Ein exotischer Eiweissbrei wird populaer [Many like the taste of tofu: Klaus Kempff and his co-workers make one metric ton of this soybean paste each month. An exotic protein source becomes popular]. *Stadtmagazin* (*Freiburg, Germany*). May

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27. No. 121. Friday. [Ger]

• ***Summary:*** Healthy foods are now the trend–including at the University of Freiburg. Tofu, which is made from soybeans, is said to be easy to digest, free of cholesterol, low in calories and rich in protein. So it is no surprise that this quark-like food, which was largely unknown a few years ago, is now found in the dining rooms of large hotels and in foodservice locations.

Klaus Kempff is the sole owner / proprietor of a Tofu shop ("Tofurei") in Freiburg; he guesses that there are a total of 7-8 tofu shops in all of Germany. Three times a week Klaus Kempff and his two trusty co-workers make tofu. The work starts at 6:00 in the morning. On the previous evening they started soaking the golden-yellow soybeans. The first step in the morning is to drain the beans and then grind them to a fine paste with fresh water. Then begins a strenuous process. With beads of sweat on his forehead, Klaus stands in front of a large caldron stirring the puree as it comes to a boil. Steam rises and it is hot. From time to time he takes a bucket, scoops the cooked puree into a sack and presses it. Out comes a milky liquid, which flows down into the curding vat. When he adds a salt; the milky substance separates into curds and whey. He scoops the curds into a forming box and presses them to make tofu. Half an hour later in gently empties the block of tofu, which is about 10 cm thick, into a basin of cool water. Then he cuts it into 1 km cakes, and when it is well cooled he delivers it.

Klaus Kempff learned how to make tofu in the United States. In Japan there are as many tofu shops as there are butcher shops in Germany. After returning to Germany, Klaus Kempff began to experiment with tofu, first in a cellar, then for the last two years in a shop on Stühlinger Strasse (Stuehlinger Street). [Note: The exact address is Stühlinger Strasse 9, D-7800 Freiburg, West Germany] He recalls that he began by making 5 kg of tofu a day; he now makes 1,000 kg per month. Shortly, when his shop outgrows its space on Stühlinger street, he hopes to move into an industrial park. In addition to tofu, he also makes sprouts.

A large photo shows Klaus Kempff, dressed in white, making tofu. In front of him is a white tile wall, to which is attached a hand-turned press. Various tools for making tofu (ladle, dipper, stirring paddle) also hang on the wall. In front of him is a curding barrel.

8585. Menie, Tom. 1988. Eastern Foods Corp. and Mr. Lee R. Lee's resignation in April (Interview). *SoyaScan Notes.* May 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Mr. Lee resigned as the head of the company at the end of April and is now probably involved in his new venture of importing natural foods from Korea. He still owns stock in the company and is still on the board. The company was in bad financial shape at the time. The corporation is owned by its stockholders. He and his brother in law owned a controlling interest, but with some options on the company's last stock offering, some other people ended up controlling the company. Now, Tom is handling the sales and marketing duties and Warren Thunstrom is handling

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production. The company is planning a stock offering in the near future and has many innovative food ideas on the drawing boards.

Tom says he heard from someone and read in some publication a figure of $50 million projected for retail sales of Kikkoman's tofu in 1988. William Shurtleff believes that this figure at least 5 times too high. Address: Sales and Marketing Manager, Eastern Foods Corp., 3225 Hennepin Ave., Minneapolis, Minnesota 55413. Phone: 612-331-3353.

8586. *Los Angeles Times.* 1988. Healthy option: Seniors try Mori-Nu tofu at expo. May 28.
• ***Summary:*** Along with the longer life expectancy for Americans–experts predict that in just 12 years half the U.S. will be over age 50–has come a larger emphasis on good health for seniors. Thousands of health-conscious citizens learned how to incorporate tofu–one of the most versatile, cholesterol-free, low-fat foods available to them today–into everyday recipes recently at the Los Angeles Time of Your Life Expo, which attracted more than 44,000 people. Seniors sampled a tasty, protein-rich, strawberry shake made from strawberries and tofu. Mori-Nu also presented a series of cooking demonstrations–"The Art of Cooking With Tofu"–that gave 450 seniors a chance to learn to create pies, fruit shakes and sweet spreads for toast during the 3-day expo. "Tofu is the miracle food for the over-50 population," said Danielle Lin, marketing consultant for Mori-Nu Tofu and host of the first cooking demonstration. Danielle, hostess of a Los Angeles radio talk show, has been promoting soyfoods for nearly a decade. Address: California.

8587. *Spectator* (*Carmi, Illinois*). 1988. Californian would like to buy local soybeans. May 28.
• ***Summary:*** Jerry Ridenour, a Californian who wants White County to think about producing soybeans without chemical fertilizers or pesticides so that he can purchase the organically-grown beans for his natural foods business. While visiting Crossville, Illinois, he intends to talk with some farmers about the proposal. Ridenour's company, "Wildwood Natural Foods," makes meat-like products from tofu, soymilk, and wheat gluten, such as tofuburgers, meatless meatballs, and lactose-free soymilk. Other items made from tofu include tofu hot dogs, tofu jerky, soymilk yogurt, lactose-free tofu chocolate, etc. The business currently uses about 48-50,000 pounds of soybeans per month.

8588. Bramson, Constance Y. 1988. It looks like chocolate, tastes like chocolate but it isn't; it's healthier. *Patriot-News* (*Harrisburg, Pennsylvania*). May 29.
• ***Summary:*** "If chocolate is your passion, then Chandri and Gary Barat want it to be a healthy passion." Discusses the development of Barat Tofu Chocolate. "Our products are for the healthy gourmet; you can eat them without guilt."

8589. **Product Name:** [Tofu Patties (Carrot, Mushroom, Tomato, and Garlic & Fines Herbes)].
Foreign Name: Médaillon de Soja (Aux Carottes, Aux Champignons, Aux Tomates, à l'Ail et aux Fines Herbes).
Manufacturer's Name: Cacoja. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France.
Date of Introduction: 1988. May.
Wt/Vol., Packaging, Price: 2 x 125 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Tjomb. 1990. Revue des Industries Agro-Alimentaires. 14 May to June 5.

Letter from Sylvain Stievenard of Sojinal (named Cacoja prior to Aug. 1990). 1990. Sept. 24. "Médaillon de soja" was introduced in May 1988.

8590. **Product Name:** [Tofu Egg Rolls].
Manufacturer's Name: Jerusalem Tofu.
Manufacturer's Address: Moshav Orah, Jerusalem 90880, Israel. Phone: 02-413-809.
Date of Introduction: 1988. May.
New Product–Documentation: Talk with Susan Ergas. 1989. May 1. These were launched in April or May of 1988, after Passover.

8591. Kotzsch, Ronald E. 1988. Soyfoods; A growing industry is revolutionizing the way Americans eat (Special Advertising Supplement). *East West.* May. p. 1A-11A. Also in Vegetarian Times. May. p. 49-59.
• ***Summary:*** A well-done "advertorial" as part of America's first Soyfoods Month. Sponsored by Nasoya, Morinaga, Legume, Simply Natural, Vitasoy USA, Westbrae Natural, and Farm Foods. Each company also ran an ad in this section. Henry Ford played a key role in introducing Americans to soyfoods as with his 16-course meal at the 1934 World's Fair. Interest remained strong through World War II, then dissipated quickly. By the time Ford died in 1947, soyfoods were all but forgotten. Interest was revived and advanced from the mid-1970s on by Shurtleff and Aoyagi of the Soyfoods Center in California. Today through the efforts of many growing companies, the industry is booming.

8592. Leneman, Leah. 1988. Top marks for tofu. *Health Today* (*UK*). April/May. p. 2.
• ***Summary:*** Contains six recipes, some using Morinaga Silken Tofu. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

8593. Morinaga Nutritional Foods, Inc. 1988. Shake off cholesterol: With the prefect blend of Mori-Nu and your favorite fruit (Tear-off recipe pad). 2050 W. 190th St., Suite

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110, Torrance, California 90504.
• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, was introduced in May 1988. On the front is a color photo of a strawberry shake and a package of Mori-Nu Silken Soft Tofu, surrounded by strawberries, a cut pineapple and other fresh fruit. On the back are 2 recipes (Mori-Nu's Wake-Up Shake, Tangy Orange Cinnamon Custard) and "Mori-Nu Tofu Facts." Address: Torrance, California. Phone: 1-800-669-8638.

8594. Murata, Katsumi; Kusakabe, I.; Kobayashi, H.; Kiuchi, H.; Murakami, K. 1988. Functional properties of three soymilk curds prepared with an enzyme, calcium salt and acid. *Agricultural and Biological Chemistry* 52(5):1135-39. May. [15 ref. Eng]
• ***Summary:*** Soybean curds prepared with an enzyme showed high emulsion stability over a wide range of pH (2-10) and temperature (20-80ºC) whereas calcium–and acid curds were stable only at pH 4-6, and temperature greater than 40ºC. Though foam stability of each curd was low, the enzyme-curd had higher values than others over wide pH and temperature range. Lyophilised enzyme-curd showed higher solubility in water than others, although its water-holding capacity was lower than the others. No gelation was observed in any of the soymilk curds. These results indicate the high potential enzyme-curd has over the others in application to various kinds of food products. Address: 1&4. Research Development Section, Kibun Food Chemifa Co. Ltd., 2-5 Shinbashi 3-chome, Minato-ku, Tokyo 105; 2,3&5. Inst. of Applied Biochemistry, Univ. of Tsukuba, Tennohdai 1-chome, Tsukuba-shi, Ibakari 305. All: Japan.

8595. **Product Name:** Nasoya Vegi Dressing [Sesame Garlic, Creamy Dill, Garden Herb, or Italian].
Manufacturer's Name: Nasoya Foods, Ltd.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1988. May.
Wt/Vol., Packaging, Price: Glass jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Talk with Sjon Welters. 1988. March 10. This is a repositioning of their former Creamy Tofu Dressings with the focus on "100% cholesterol free." Should be out by May. Talk with John Paino. 1988. July. Nasoya hopes to go national with their dressings by October.

Spot in Whole Foods. 1990. Jan. p. 70. "Get dressed." A photo shows the bottles with 4 flavors. All have a 9-month shelf life.

8596. Ontario Soya-bean Growers' Marketing Board. 1988. Report on export market development mission of the Ontario soybean industry, March 19th–April 3rd, 1988. Chatham, Ontario, Canada. 23 p. May. 28 cm. Spiral bound. [Eng]
• ***Summary:*** This report was prepared by Owen Dobbyn, John Cunningham, Maurice Waddick, and Fred Brandenburg of OSGMB. Contents: Japan. The Japanese soybean market.

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Visits: Japan Miso Co-operative Industrial Assoc. (M. Iida, chairman), Japan Packaged Tofu Assoc. (H. Kijima, Exec. Secy.), Federation of Japan Natto Manufacturers Cooperative Society (Mr. Ohse), Takano Foods Co. Ltd. (E. Takano, president, uses 7,000 to 8,000 tonnes of soybeans annually to make natto), Home Foods Co. Ltd (Home Shokuhin, Y. Murai. managing director, has 160 employees and 3 tofu factories that use 300 tonnes of soybeans/month; owned by Wako Shokuryo, the #1 wholesaler of soybeans in Japan), Japan Oilseed Processors Assoc. (JOPA; H. Higashimori, managing director). Japan Oil and Fat Importers & Exporters Assoc. (JOFIEA; I. Shimizu, exec. director), Canadian Embassy, Tokyo.

Hong Kong. Soybean imports. Visits: The Hong Kong Soya-Bean Products Co. Ltd. (makers of Vitasoy soymilk), Amoy Industries (International) Ltd.

Malaysia. Soybean imports 1984, 1985, 1986. Visits: Ace Canning (owned by Lam Soon). Yeo Hiap Seng (Malaysia) Berhad (soymilk), Cheong Chuan (Hup Kee) Sdn. Bhd. (traditional fermented soysauce), Sin Yong Huat Enterprises Sdn. Bhd. (soybean importers), Syarikat Perniagaan Cheon Fatt (tofu manufacturer).

Singapore. Soybean imports (1983-1986). Visits: Sin Seng Lee Trading Co. (Pte.) Ltd. (claims to import 60% of soybeans to Singapore). Conclusions for each country. Recommendations for future action. Future export development missions. Accomplishments. Competition.

In Japan, 842,000 tonnes soybeans are used to make foods, as follows (in tonnes, p. 1): Tofu 456,000, miso 180,000, natto 90,000, dried-frozen tofu 30,000, boiled soybeans 23,000, soybean powder [probably kinako] 10,000, soymilk, 7,000, soysauce 5,000, other 41,000. The suppliers of these edible soybeans are (in tonnes): USA 400,000, China 280,000, Japanese domestic 280,000, Canada 24,000. Total Japanese soybean imports: 5,000,000 tonnes. Of this 4,036,000 tonnes (81%) are used for crushing, 842,000 tonnes for food, and 70,000 tonnes for feed (not crushed). The Japanese market for soybeans is very large for both crushing and food use, but is not growing. The beans for crushing come mostly from the USA and South America.

Preferred characteristics of soybeans for each type of soyfood are given. For example, for miso: Low oil, high protein, high sugar, white hilum. For tofu: High sugars (glucose, sucrose), moisture content 10-12.5%, new crop preferred to old, protein 40%, oil 19-20%, hilum color is not very important but white is preferred, varietal consistency; preferred varieties are Beeson, Amsoy, Corsoy. Natto: Most important is small size, 5.5 mm or less, clean beans free of foreign material, high sugar content (saccharose, stachyose, which bacillus needs to work), less oil, must absorb water well. Soymilk: Good flavor, low moisture (10%), low percentage of splits (too high can cause rancidity), low oil, high protein.

In Japan, vegetable oil consumption has increased 2.5 times in the past 20 years to 45.17 gm/capita/day in 1986. Soyoil and canola oil together account for 85% of production. Canola is replacing soybean oil. If the oil market is strong, the 30 Japanese crushers crush more canola, but if protein is strong they crush more soybeans. U.S. soybeans have too much foreign material; new contracts have a penalty for > 2% FM.

In Hong Kong, 6,000,000 cases of Vitasoy brand soymilk are produced annually. The company uses 2,500 tonnes/year of soybeans, 80% of which are grown in Canada. It uses 100 to 200 tonnes of organic soybeans for Vitasoy exported to U.S. health food stores. Using 15 Tetra Pak machines, production takes place 24 hours/day (3 shifts), 6 days a week. Contacts: Patrick Cheung (marketing manager), and Raymond Yuen (commercial manager).

Amoy Industries, the largest maker of soy sauce in this part of the world, produces 6,000 tonnes/year. The company was established 80 years ago in Amoy, eastern China, moved to Hong Kong in 1949; 50% was purchased by Pillsbury in 1983. Uses 2 containers of soybeans/week, 100% from Ontario for the past 5 years.

Malaysia soybean imports rose from 174,400 tonnes in 1984 to 255,200 tonnes in 1986. The main suppliers in 1986 were China (56.2% of total), Vietnam (15.8%), and Argentina (14.3%). Ace Canning uses ton tonnes/month of soybeans (presently all from China) to make soymilk. They have 7 Tetra Pak machines. Yeo Hiap Seng (Malaysia) is the largest soymilk producer in Malaysia, making 25,000 liters/year using 9 Tetra Pak machines. They use 1,250 tonnes of soybeans (80 containers) per year, all Canadian.

In Singapore, soybean imports rose from 28,287 tonnes in 1983 to 41,571 tonnes in 1986. In 1986, some 66% came from Canada, 16.6% from China, and the rest from others.

The major competition for food quality soybeans in these four countries at present comes from China. The Chinese have improved their soybean quality and appear to be actively seeking to increase their market share. In the long run, however, China may choose to reduce its soybean exports in order to increase meat consumption in China. This could lead to new market opportunities for Canada in these four countries. Address: P.O. Box 1199, Chatham, ONT N7M 5L8, Canada. Phone: 519-352-7730.

8597. *Orenji peiji* (*Orange Page*). 1988. Tôfu no okazu. Tegaru de herushii [Recipes for tofu side dishes. Quick and healthy]. May. p. 8-14. [Jap]
• ***Summary:*** Okazu means side dishes to rice, the main dish. Every page is in full color. Address: Japan.

8598. **Product Name:** [Tofu].
Foreign Name: Tofu: Szojabab-turo.
Manufacturer's Name: Pest-Budai Vendeglato-Ipari Vallalat. Renamed Interprotein Ltd. by Feb. 1992.
Manufacturer's Address: Fortuna u. 4, H-1014 Budapest,

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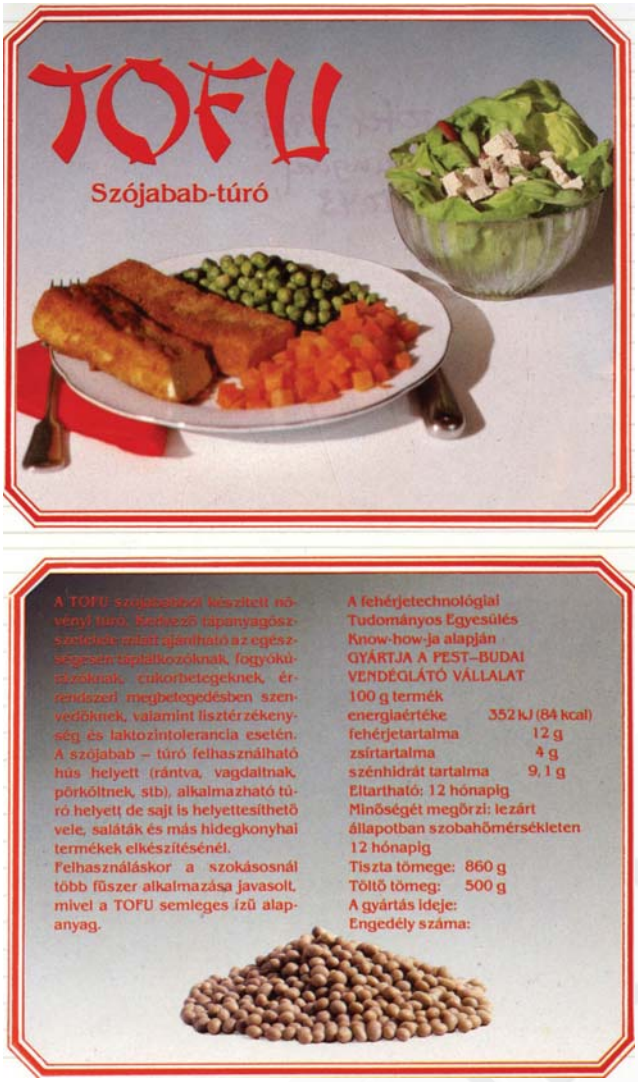

Hungary. Phone: 155-52-02.
Date of Introduction: 1988. May.
Wt/Vol., Packaging, Price: 300 gm vacuum pack.
New Product–Documentation: Doborjan and Goenczi. 1989. Eteleink szojaval [Our soy foods]. A full-page ad on page 47 notes: "The food unit of the Pest-Budai Catering Service offers you tofu, a soybean curd."

Letter from Dr. Laszlo Bodis, Director of Feherjetechnologiai Tudomanyos Termelesi Egyesules in Budapest, Hungary. 1989. Dec. 13.

Letter from Dr. Laszlo Bodis. 1990. April 2. This tofu, introduced in May 1988, was developed by FTTE, which is an "engineering, research, and development enterprise rather than a manufacturing one. Technologies worked out by our technicians for producing feed and food products are then tried and used by companies producing food or feeds. Thus in the introduction and spread of tofu, we did all the initial work (conceiving the idea, drawing up the technology, sizing up demand, 'digging out' consumption, etc.) except for direct manufacturing. That is done by Pest-Budai."

Letter from Kinga Doborján, head of project. 1992. Feb. 2. The name and address of the company have changed to: Interprotein Ltd., Pf. [P.O. Box] 340, XII. Goldmark Károly utca 3, 1536 Budapest, Hungary. Phone: 155-1619. On the letterhead, beside the company name is written: fehérje és biotechnológiai kft. Prior to Jan. 1992 the company was an engineering, research, and development firm; they did not do any direct manufacturing. In 1991 they purchased a W30A tofu production line from Takai in Japan. They are now making tofu, with the first goal of making 150 kg/day, eventually increasing to 300 kg/day. They are now producing firm tofu, but they want to introduce a flavored tofu, seasoned with typical Hungarian spices. They sell to vegetarians, and are hoping to reach hospitals and school catering services as well. Eventually they hope to export tofu. Presently the 300 gm vacuum packed cakes contain 4 tofu recipes behind the label. "We think that now we may consider ourselves as the pioneers in producing tofu in Hungary in a larger amount."

During 1993-94 Mrs. Szuzsanna Rak of this company purchased modern tofu production equipment from Takai in Japan; the address is given as Interprotein fehérje és biotechnológiai kft., 1095 Budapest, Soroksari ut 58, Hungary.

8599. **Product Name:** Tofu Made Simple [Tofu Kit].
Manufacturer's Name: Pine Tree Cottage Industries.
Manufacturer's Address: Hayfork, California. Phone: 916-628-4303.
Date of Introduction: 1988. May.
New Product–Documentation: Call from Nicola Walker, P.O. Box 1285, Hayfork, California 96041. 1998. May 30. She and her husband, Randall, who were vegetarians and have been married for 20 years, were looking for a new source of income. Nicola came up with the idea for a tofu kit, her husband improved on some existing designs, they made the kits at home together, and sold the first one on 1 May 1988. Their kit is larger than some; it will hold the tofu from 2½ cups of soybeans. The kit contains an 8-page booklet (copyright 1988) titled "Tofu Made Simple: A New Method of Making Fresh Tofu Quickly and Easily at Home." Booklet, photos of kit, and letter sent by Nicola Walker. 1998. June 2. They would like to sell their tofu kit on the Internet–for $32.00 plus $4.50 postage. It includes a pressing cloth, forming cloth, and 3 oz of nigari.

8600. *Plenty Canada News* (*Lanark, Ontario, Canada*). 1988. Caribbean conference [held by Plenty Canada on soyfoods]. Spring. p. 5.
• ***Summary:*** Plenty Canada's Soybean, Agricultural & Soy Processing Conference was held in the Commonwealth of Dominica from Oct. 27 to 30, 1987. The workshop/seminar had three major objectives: 1. To identify the major areas of success and problems in implementing Agriculture and

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Soy processing programmes in the Caribbean region and Guatemala. 2. To seek solutions for these problems. 3. To foster more direct and continuing communication among the participants and their colleagues in the four different countries. The St. Lucian Soy Technician demonstrated the use of sea water as a curding agent [for tofu] instead of calcium sulphate or magnesium sulphate which has to be imported. The conference was attended by at least 11 delegates from Plenty Canada's projects in St. Lucia, Jamaica and Guatemala. A photo shows the 11 attendees. Address: R.R. 3, Lanark, ONT, Canada KOG 1KO.

8601. Quong Hop & Co. 1988. The Soy Deli. Nutrition, value, and variety make soy deli a great buy (Ad). *Vegetarian Times.* May. p. 73.
• ***Summary:*** Includes a photo of products.

This ad also appeared in the July issue (p. 18) and in the October issue (p. 36). Address: 161 Beacon St., South San Francisco, California 94080. Phone: 415-761-2022.

8602. *Seikatsu Benri, Orenji Peji* (*Convenient Life, Orange Page*). 1988. Tôfu no okazu [Tofu side dishes]. May. [Jap]*
• ***Summary:*** According to Toyo Shinpo (1 May 1988, p. 4), the entire May issue (¥200) was devoted to easy and healthy tofu cooking, including both Western and Chinese-style recipes. The magazine is published by Orange Page, Inc.

8603. **Product Name:** [Tofinelle Tofu Sausages {Soya Mousseline with Capers} (Boletus Mushrooms, Paprika, Emmenthal, Smoked Salmon)].
Foreign Name: Tofinelle: Saucisses/Quenelles au Tofou (Cèpes, Paprika, Emmenthal, Saumon).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1988. May.
Ingredients: Smoked salmon: Tofu (water, soybeans*) 72%, smoked salmon 15%, sunflowerseed oil, egg white, wheat flour, spices, salt. * = Organically grown.
Wt/Vol., Packaging, Price: 2 x 100 gm in vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 14.4 gm, fat 11.7 gm, carbohydrates 3.6 gm, calories 100.
New Product–Documentation: Leaflet. 1988. Front and back. 6 panels. "These savory and light Tofinelles have a texture like and are eaten like "quenelles," reheated in the frying pan or oven, accompanied by a sauce of your choice."

Note: Cassell's French-English Dictionary defines quenelle as "forcemeat or fish ball." Letter from Bernard Storup. 1989. March 3. These products were all launched in 1988, the Boletus mushrooms in May, the Paprika and Emmenthal in July, and the Salmon in Dec. Two other flavors were launched in early 1989.

Labels sent by Bernard. 1989. April. Smoked Salmon. 3.75 by 7.75 inches. Blue, red, green, and gold on white. Background illustration of a jumping blue salmon. "Remove the protective film at the level of the clip. Reheat the Tofinelle for 7-8 minutes in a skillet or oven. Serve with or without a sauce, accompanied by vegetables and whole grains for a delicious meal." Nature et Progres logo.

8604. **Product Name:** Virginia Soyworks Tofu, and Tofu Spread.
Manufacturer's Name: Virginia Soyworks.
Manufacturer's Address: Route 1, Box 193, Faber, VA 22938. Phone: 804-293-9244.
Date of Introduction: 1988. May.
Ingredients: Spread: Tofu (water, soybeans, magnesium chloride), soybean pomace [okara], mustard (vinegar, mustard seed, salt, turmeric, spices), celery, soysauce (water, soybeans, wheat, salt), green peppers, onion, garlic, spices.
Wt/Vol., Packaging, Price: Tofu: 16 oz. Spread: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Note: This company, founded in about May 1978, was originally named Redbud Creek Tofu Co., at Route 2, Box 505, Crozet (pronounced kro-ZAY), VA 22932. On 2 April 1987, owner Shag Kiefer sold the company to Robert Graham. In the spring of 1988, with Shag's help, Graham moved the company to its present location, Route 1, Faber, Virginia.

Talk with Ken Scotton, owner of Virginia Soyworks. 1990. Sept. 2. He bought this tofu company in March 1989 from Robert Graham. He still makes only two soy products, Tofu and Tofu Spread (plus very little soymilk sold unlabeled directly from the shop), but he also makes two non-soy bean dips and a burrito with a black bean filling. He lives at the shop and is burned out from working 60 hours/week. He hopes to sell the shop to the Twin Oaks Community (Route 4, Box 169, Louisa, VA 23093), located 70 miles away, where he lived before he bought the shop. If the community buys the shop, they will move it onto the community land. Ken's biggest market is Charlottesville, where the University of Virginia is located.

Ken Scotton. 1990. Virginia Soyworks. 3 p. unpublished manuscript.

Labels sent by Ken Scotton. 1990. Sept. 3 by 2 inches. Tofu: Blue on white. Spread: Green on white. Tofu ingredients: Certified organic soybeans, pure well water, & bitterns from seawater.

Letter from Jon Kessler. 1990. Oct. 20. He and friends have decided to buy Virginia Soyworks. They are planning to build a shop at Twin Oaks Community (Route 4, Box 169, Louisa, VA) and hope to move the business in by 1 Jan. 1991.

8605. *White Wave News.* 1988--. Serial/periodical. Boulder, Colorado: White Wave, Inc. Vol. 1, No. 1. April/May 1988. Bimonthly.

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• ***Summary:*** Issue No. 1. shows the new White Wave Soyfoods logo. It describes the change in packaging and brands in phasing out the Soyfoods Unlimited brand and replacing it by the White Wave brand. There is an in-store deli recipe for Tempeh Mock Chicken Salad and a consumer recipe for Tofu Sandwich Steaks. There is a brief discussion of tempeh, which is called "The Cultured Vegetarian." Address: 1990 N. 57th Ct., Boulder, Colorado 80301. Phone: 303-443-3470.

8606. *Toyo Shinpo* (*Soyfoods News*). 1988. Hyakkaten deno tôfu jitsuen hanbai hajimaru [Tofu is being made and sold in a department store in Korea]. June 1. p. 11. [Jap; eng+]
• ***Summary:*** In Seoul, Korea, there is a newly built department store, "Lotte World." In it there is a traditional tofu shop which uses a stone grinder to crush their soybeans. They had to get special permission to use a stone grinder, as they are generally considered unsanitary. Their shop is arranged so that shoppers can get a good look at how the tofu is being made, unlike the equivalent store in the Ikebukuro department store in Japan. There is also a counter where customers can eat their tofu. The store does not put the tofu in a water tank. The tofu is very firm.

8607. Lukoskie, Luke. 1988. Recent developments at Island Spring, Inc (Interview). Conducted by William Shurtleff of Soyfoods Center, June 2. 3 p. transcript.
• ***Summary:*** In Nov. 1986 Edward Lynch Co. (ELCO) had contracted to invest $7 million in Island Spring. They had seen how french fries took off and they felt that tofu could follow the same pattern, so they wanted to be in on the ground floor. They actually paid in $4 million. Then in 1987 the relationship broke up. An agreement was reached whereby ELCO obtained possession of the STS soymilk plant. It went to their subsidiary Pacific Foods of Oregon, located in Tualatin near Portland. ELCO also owns Pacific Foods, formerly Sunny Jim, which is an established manufacturer of fruit preserves, juices, peanut butter, etc., and Crescent Foods. Pacific Foods plans to make soymilk but no one in the company knows how nor do they know the natural foods market, which is already extremely competitive. Moreover they have a 2-year non-compete agreement with Island Spring. Luke thinks it will cost them $10 million to put a soymilk product on the market.

Luke went to Sweden to buy a soymilk system from Alfa-Laval the summer after ELCO came in but the plant was too expensive. So he ended up buying a similar system from STS (Soya Technology Systems), the one that Pacific Foods now has. Luke has a lot of confidence in the future of ultrafiltration for making tofu. He was the first to develop a process for metering calcium sulfate into an aseptic tofu. Today the company's sales are up 50% over 1987. The best sellers are Traditional Firm Tofu (water pack), Delicious Steamed Tofu, Tofu Dressings, Tofu Burgers, and Extra Firm Tofu (vacuum packed). In the works are a yogurt and a tofu to be added to sausages by Oscar Meyer. Jerry Long, sales manager, has been a boon to the company. Address: P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

8608. Schimberg, Ed. 1988. Tofu no kung fu; tofu ancient food. *Benton County Democrat* (*Bentonville, Arkansas*). June 5.
• ***Summary:*** One of the earliest makers of tofu in the U.S. was Summercorn Natural Foods Bakery and Soyfoods, located in Fayetteville. David Druding and his wife, Annie, started the company in a small room on West Street near Ozark Food Co-op in 1974. The Drudings have built Summercorn into a $100,000 gross natural foods business, located at 401 Watson St. Beginning with an investment under $20,000, the Drudings expanded their operation into soy products in 1979.

8609. Mann, Oscar. 1988. Soybeans in Kenya (Interview). *SoyaScan Notes.* June 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** His father, Dr. Igo Mann, who died in 1987, did considerable work for the United Nations to introduce soybeans and protein foods to Central and East Africa. Igo's main lifelong interest was livestock. Oscar, who worked as a cook with soyfoods in the community of Bhagwan Rajneesh in Antelope, Oregon, plans to return to Kenya to start a soyfoods (mainly tofu) company there. Address: P.O. Box 20360, Nairobi, Kenya. Phone: 720-399.

8610. Reynaud, A. 1988. Re: Brief history of Innoval / Sojalpe, an affiliate of Coopérative Agricole Silos de Valence. Letter to William Shurtleff at Soyfoods Center, June 6–in reply to letter of March 1988. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "Dear Sir, Sorry not to have answered sooner your letter of March 1988 sent to Sojalpe.

"At this time Sojalpe has been bought by Silos de Valence (cooperative enterprise). We are working to raise up production and sales. Sojalpe's new address is: les Auréats, 26014 Valence cédex.

"Now Sojalpe is specializing in organic and diet soyfoods which are selling in natural food stores.

"In November 1987, we made a new enterprise, Innoval, whose aim is to sell soyfoods not nature but diet in supermarkets.

"Answers to your questions:

"1. Soja started in December 1986.

"2. One label for each of our products is enclosed in this letter. "3. New soyfoods will first sell commercially this summer [of 1988] (drinks, desserts, etc.).

Ten leaflets (very attractive and professional) are enclosed. Each is glossy color, printed on both sides, 29.5 x 21 cm. Six of the leaflets were created by Sojalpe, have the

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attractive Sojalpe logo at the bottom of the front panel over a green stripe, and have an illustration of a laughing chef in a tall white chef's hat (toque) against a broad green stripe (8 cm tall). Centered against this strip (but behind the chef's hat) is written: "Les plaisirs de la table–Sans les kilos! [The pleasures of the table–without the kilos of weight gain!] in bold red capital letters against a horizontal yellow band, 1 cm tall. Below that is the name of the product in bold black letters against a whit stripe and below that a large photo of a prepared dish, ready to eat. On every photo is the word "Bio" written in bold red letters against a yellow background. On the back of each sheet (in black ink on glossy white paper) are descriptions of soya, of tofu, and of the specific product. At the bottom of the page is the Sojalpe logo and address. The address has been crossed out with blank ink (it is illegible) and its place is written: "Les Auréats 26014 Valence. None of the leaflets is dated. The various products are: (1) Les Royales: le savoir-faire des grandes chefs. (2) Les Sorbets: la gourmandise–sans la péché! [Sorbet–without the sin]. (3) Le Soja-Milk: un milk végétal léger, léger, léger [Soya Milk: A vegetal milk that is light, light, light]. The photo shows the milk in a bowl of cereal. (4) Le Tofu Nature: tous les goûts sont dans la nature [Natural Tofu: all the taste is in nature]. The photo shows many thin squares of tofu in hors d'oeuvres or in a salad. (5) Les Palets au Tofu: des plats (finement) cuisines. [Thin sheets of deep-fried tofu]. (6) Le Tofu Burger: le steak de soja–gastronomique. The photo shows two tofu burgers on a plate with a sauce.

The other four leaflets are the same size, glossy color, but have a somewhat different format. Across the top is a light blue and light green band, the two colors separated by thin wave of white. To the left is standing an all-white lovely French woman in a scanty bathing suit. Across the blue band is written (in this red letters): Cuisine saveur Cuisine minceur [Tasty slimming cuisine]. Across the green band is written the name of the product in bold red letters, above a sub-title in black. The color photos are the same size and quality as before, but in place of the word "Bio" is the word "Soja." The "logo" at the bottom, written in black on a yellow oval is: Four stars. Degustation. Basses calories (God taste but low in calories). The products are: (1) Tofu cube: menu a la carte. (2) Royales au tofu: pour varier les plaisirs. (3) Palets au Tofu: gastronomie et dietetique. (4) Tofu Burger: Pour les connaisseurs.

One more Sojalpe leaflet is enclosed (green and red on white, 3 panels each side, each panel 21 x 10 cm). On the front panel is the same chef with his tall hat described above. The word "Tofu" is written 5 times in little clouds. On the inner three panels are descriptions of the benefits of tofu and recipe suggestions. On the back panel is the word "Sojalpe" and the address: "Saint Quentin sur Isère, 38210 Tullins. Tél. 76.93.60.21." Address: Allée Joule, ZI des Auréats, BP 1418, 26014 Valence Cedex, France.

8611. Yu, Stephen. 1988. Victor Food Products, Ltd. (Toronto, ONT), Canada's largest tofu manufacturer, is bankrupt (Interview). *SoyaScan Notes.* June 6. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The company went bankrupt in July 1987. The equipment will be auctioned off on 21 June 1988. The causes of the bankruptcy: Overexpansion. He was trying to grow too fast. He had arrangements and contracts with a client, who did not fulfill his commitment. He overexpanded because of that contract.

He was an early tofu company in Canada but not the first one. He does not know if he will go back onto the soyfoods field. He is now working at the business of one of his brother in laws. He must sell the company to pay off large company and personal debts. It was a tremendous personal disaster, touching him more than the company. Address: Kitchener, Canada. Phone: 519-741-0922.

8612. *Farmers' Advance* (*Camden, Michigan*). 1988. Indiana seeks tofu connection. June 8.

• ***Summary:*** Special soybean varieties for processing Japanese tofu will be developed through a $14,050 value added research grant to the Purdue University Agronomy Department, Lt. Governor John Mutz has announced. "We're also working to develop a special state certification program for exported food soybeans in order to ensure quality and identity," Mutz said. The research project will evaluate production characteristics of seven Japanese soybean varieties.

8613. Lean, Elizabeth. 1988. Health problems close tofu factory. *Leader* (*Laurel, Maryland*). June 9.

• ***Summary:*** In a series of inspections begun last November, state health officials found that the Eastern Food Products plant, at 9157 Whiskey Bottom Road, Laurel, Maryland, was infested with roaches, lacked proper refrigeration and ventilation, did not label its products properly, and was physically deteriorating. Eastern Food Products is owned by Grace Santiago, of Laurel.

8614. Fiering, Steve. 1988. Early history of The Soy Plant and The Soy Deli in Ann Arbor, Michigan (Interview). *SoyaScan Notes.* June 10. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** "I was a coordinator at the 4th Avenue Food Co-op in Ann Arbor. Three of us from the Co-op began making tofu next door in the Wildflour Community Bakery (which is still there), starting in about April or May of 1977, but perhaps as early as January. Sue Kalen, Christopher Coon, and myself (plus a few others from time to time) would get up very early on Sunday mornings and make our tofu. Soon we also started making soymilk. Whatever we could make was sold immediately in the 4th Avenue Co-op next door. We had no real business name at that time. They called us "The

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Tofu Co-op." There was a guy named Al Dynak who worked as a baker at a deli and restaurant called Eden's in Ann Arbor. Eden's was owned by or associated with Eden Foods, the natural foods/macrobiotic distributing company. He was also interested in developing a tofu company. We had a meeting. He was much more experienced than we were, especially in baking, food processing, and the restaurant business. He pretty well pushed us for the first 6 months.

"He got us a little room in the basement of Eden's at 330 Maynard St.; in August 1977 we turned it into a tofu shop. At that point we registered our business as The Soy Plant. We were there for about 4 months. When he saw that we were interested in running the business as a co-op rather than to make money, he bailed out. He was interested in making money. Yet without Al, we might never have made the jump out of the original co-op location. No new products were introduced while we were at Eden's.

"Then, in about January 1978, we moved to 211 East Ann St., Ann Arbor. At that time, Tim Huang of Yellow Bean began to distribute our products. Our deli opened on 1 May 1978.

"In July of 1978 we hosted the first national Soycrafters Conference, at which the Soycrafters Association of North America was founded. Seventy people from across America attended. Sue Kalen, Christopher Coon and myself generated the idea for the conference together. We were co-opers and, as such, we were interested in conferences, networking as they say. We knew there were other people out there doing what we were doing and we felt that everyone would benefit it we could all get together and share experience. We knew about New England Soy Dairy (in Greenfield, Massachusetts), The Farm (Summertown, Tennessee), and maybe Northern Soy (Rochester, New York) and Pat Aylward's Joy of Soy (Minneapolis, Minnesota). We compiled a list [Shurtleff sent in many names from Japan] and sent out letters to see how much interest there was. People were interested, so we decided to host it and set a date.

"In 1980, the production part of the business moved to 771 Airport Blvd., Suite 1 in Ann Arbor. They had lots of problems with waste water disposal and may not have started production until 1981. That was when I left, feeling completely frustrated with the co-op structure.

"Most of the workers still liked the co-op. My own personal analysis of the situation is that co-ops work well when there are about 6 people or less and everyone can make decisions, or when there are more than 25-30 people so that you set up a management structure to make decisions. We got caught in the middle with 12-15 people and everyone trying to make decisions. It didn't work. For years I was working to put a manager in the Soy Plant." Address: 30 Newell Rd., Apt. 19, Palo Alto, California 94303. Phone: 415-326-7123.

8615. *Toyo Shinpo* (*Soyfoods News*). 1988. Tôfu ga eizu ni kiku! Eizu nimo kôka ga aru tônyû no naka no saponin, Okubo Ichiro hakase ga happyô [Tofu works against AIDS! Dr. Ichiro Okubo's publication shows saponin in soymilk is even effective in treating AIDS]. June 11. p. 11. [1 ref. Jap; eng+]

• ***Summary:*** Dr. Okubo, assistant professor at Tohoku University in Japan, published an article in *Asahi Graph* (3 June 1988) stating that tofu and soymilk work against AIDS. This created a sensation in Japan. There are many types of saponins, but they can be divided into 2 types, A and B. Group, B can control growth of the HIV virus, which is also a cause of leukemia and breast cancer. Group A, which only exists in the soybean hypocotyl (sprout/germ, *haijuku*), is a cause of the soybean's bitter flavor. Thus, removing the hulls and germ from soybeans gives better tasting soymilk and tofu. Address: Asst. Prof., Tohoku Univ., Japan.

8616. Bland, Aura. 1988. County agrees to lobby for Tofu Pup loan. *Recorder* (*Greenfield, Massachusetts*). June 15. p. 2.

• ***Summary:*** Franklin County Commissioners agreed Tuesday to help the founders of Tofu Pups–a hot dog alternative–secure a state loan to expand their business. Lightlife Foods Inc. on Fairview Street needs $730,000 in loans and refinancing to nearly double the size of its 6,000-square-foot factory. Cohen asked commissioners to express support for a $180,000 loan from the state's Economic Development Set Aside program. Lightlife employs 15 full-time and part-time employees. He also hopes the expansion will enable the company to develop new products–such as sausages and burgers–in the Tofu Pup line. Lightlife ended its budget year with just more than $1 million in sales. In the past two years, Lightlife has increased sales 40%. Lightlife is seeking $40,000 from Franklin County Community Development Corp.; $272,000 from Shawmut Bank; and $238,000 from the Massachusetts Business Development Corp.

8617. *Farmer's Exchange* (*New Paris, Indiana*). 1988. Research to start on soybeans for tofu. June 17.

• ***Summary:*** Special soybean varieties for processing Japanese tofu will be developed through a $14,050 value-added research grant to the Purdue University agronomy department. This project is a key step in our effort to help Hoosier farmers access premium food soybean markets in the Far East. The research project will evaluate production characteristics of seven Japanese soybean varieties and their adaptability to Indiana's climatic conditions and management techniques.

8618. Lamron Sales. 1988. Public auction: Dairy and food processing equipment (Ad). *Toronto Star* (*Ontario, Canada*). June 20. p. B4.

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• ***Summary:*** "We have been instructed by Laventhol and Horwath Limited Receiver-Manager to liquidate the assets of Victor Food Products Limited and Tofu Masters Inc. In detailed lots. Tuesday, June 21, 1988, 10:00 a.m. 102 Hymus Road, Scarborough, Ontario."

Gives the name of each piece of equipment.

8619. *Tribune* (*Levittown, New York*). 1988. Ex-Levittowner is queen of tofu. June 24.
• ***Summary:*** Chandri Barat, attended Syracuse University when she was in an honors program and then did post-graduate work in Europe. After that she studied in India for a year at a meditation retreat near Bombay. She met her husband, Gary, in the summer of 1979 in South Fallsburg, New York. He quickly hired her to help him with a research project involving tofu. Through a series of events, they became acquainted with a major and successful frozen foods manufacturer and their company, Legume, was on its way. They now have a new product line called Barat Tofu Chocolate–The Healthy Passion.

8620. Penikis, Maija. 1988. Tofu: Made in Stockbridge. Big-city dweller finds joy in rural enterprise. *Post-Crescent* (*Appleton, Wisconsin*). June 26.
• ***Summary:*** Before the day is through, the Bean Time Tofu company has 100-150 pounds of white tofu, cut, wrapped, and refrigerated. Includes three photos of Glenny Whitcomb and her husband, Jerry Franzen.

8621. Jaccard, Michel; Dillier, Alexandre. 1988. Re: History of production and marketing of tofu by Conserves Estavayer S.A. (a Migros company in Switzerland). Letter to William Shurtleff at Soyfoods Center, June 27. 3 p. Typed, with signature on letterhead.
• ***Summary:*** Conserves Estavayer, one of Migros' firms, also makes dairy products and canned goods. They began in November 1982 to do tests on production of soymilk and tofu, based on the results of Japanese research. By June 1983 they were making good progress in technical details. They built their own machines initially. The first commercial tofu products were launched in mid-1984. These included regular tofu products (Tofu Nature, Tofu Mix) and seasoned products (Tofu a la Provencale in a tube, Tofu Bolognaise, Tofu Snack, and Tofu Emince). The latter 3 products were canned. Of the three fresh products Conserves Estavayer has introduced to date, all three are still on the market. But of the ten seasoned products, only one (Tofu a la Provencale) is still available. Sold in a 190 gm tube, it is suitable for canapes, hors d'oeuvres, etc. Address: Sales Dep., Conserves Estavayer, Case Postal 29, CH-1470 Estavayer-le-Lac, Switzerland. Phone: 037-63 91 11.

8622. Madwin, Bari F. 1988. Re: Tomsun Foods' future plans. Letter to and talks with William Shurtleff at Soyfoods Center, June 29, July 5, and Aug. 2. 1 p. Typed, with signature.
• ***Summary:*** Tomsun will auction off all its office and plant equipment except the actual tofu-making equipment on June 30. Tom Timmins is planning to have Panda Foods (Henry Creces) in New York manufacture about 20,000 lb/week of tofu for Tomsun. He still owns the recipes for Jofu and Tofu Pups and will continue to promote and organize their production. He is also involved with another company (Stow Mills) that produces Chesoya. His interests clearly remain in this industry and he seems optimistic about promoting other second generation products.

He has sold the old tofu plant building to a car renovation company, and plans to run the company out of an office nearby. NOte: The letter is dated July 5. Address: RD3, Box 212, Putney, Vermont 05346. Phone: 802-387-5788.

8623. Alfa-Laval Food Engineering AB. Soy Application Group. 1988. Soyfoods: Old traditions with new potentials. P.O. Box 64, S-221 00 Lund, Sweden. 12 p. [Eng]
• ***Summary:*** Contents: Soy–The miracle plant. Soy–The nutritious plant. Soy products yesterday and today. Soy processing yesterday and today: Traditional, hot grinding, blanching, the Soyal process. Soy processing with Soyal: Gives a diagram of the equipment and describes the 7 main steps in the process, starting with bean cleaning and ending with soybase, from which can be made the products described in the next section. Soy products today and tomorrow: Soy beverage, tofu, soy yoghurt, frozen desserts (ice cream)–Imagination sets the limit. On the facing right-hand page is a superb color photo showing 32 modern commercial soyfood products in colorful packages, most based on soymilk and tofu. Alfa-Laval R&D Centres at your service. Alfa-Laval in soy processing: Discusses the Guangdong Cannery in Guangzhou (Canton), China, the first company to install a complete soy beverage plant based on Soyal technology (it now runs 2 shifts to produce 20,000 liters/day of plain and flavored soy beverage), and the CAC Soyal plant in France which makes the Bioforme line. "Founded more than a century ago, Alfa-Laval has a current workforce of 16,000 and is represented in 130 countries through subsidiaries and agents. The group comprises 160 companies worldwide with 45 manufacturing plants."

Processing: Traditionally soybeans were soaked in cold water then ground in cold water, filtered, and cooked to make soymilk with a beany flavor. "Hot grinding: The undesirable taste and smell stem from ketones and aldehydes produced by the enzyme lipoxygenase which is activated by the traditional process and acts as a catalyst to oxidize fatty acids. Modern research showed that grinding in hot water instead of cold water eliminates the enzyme activation and improves the taste considerably.

"Blanching: It was subsequently found that blanching instead of pre-soaking improves the taste even further. The

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beans, often dehulled, are blanched and ground together with an alkali solution.

"Unfortunately, this process can affect the protein yield. Due to the harsh treatment, the protein tends to agglomerate instead of remaining in solution. In the separation stage these protein bodies will disappear with the fibrous residue [okara], reducing the protein content of the extract.

"The SOYAL process: All of these findings are advantageously combined in Alfa-Laval's processing line SOYAL. The process has been optimized to produce a soybase with a high protein content and a high nutritional value. The soybase produced has a widely acceptable flavour and mouthfeel with no trace whatsoever of the original unpleasant taste and smell." Address: Lund, Sweden.

8624. **Product Name:** Tofu Cream Pie (Tofu Cheesecake) [Blueberry, Cherry], and Tofu Pumpkin Pie.
Manufacturer's Name: Ambrosia Soy Co.
Manufacturer's Address: 199 Saltonstall Parkway, East Haven, CT 06512. Phone: 203-467-8821.
Date of Introduction: 1988. June.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Frozen.
New Product–Documentation: Talk with Liz Appel. 1989. Nov. 9. She now makes mostly Tofu Pumpkin Pie at Thanksgiving and Christmas. They are very popular. They make the graham crackers for the crust. They sell around New England and also through Stow Mills. They used to make blueberry and cherry, and she may re-start cherry seasonally in February only. They seem to sell better if made seasonally.

8625. **Product Name:** Tofu [Bulk].
Manufacturer's Name: Ambrosia Soy Co.
Manufacturer's Address: 199 Saltonstall Parkway, East Haven, CT 06512. Phone: 203-467-8821.
Date of Introduction: 1988. June.
New Product–Documentation: Talk with Liz Appel. 1989. Nov. 9. She started making tofu about a year after she started the company in June 1987. She sold it only in bulk and mostly to vegetarian caterers. They never pushed the product much. Now they use that tofu as an ingredient in their tofu products.

8626. **Product Name:** Tofu Pudding [Chocolate, Carob, or Butterscotch].
Manufacturer's Name: Ambrosia Soy Co.
Manufacturer's Address: 199 Saltonstall Parkway, East Haven, CT 06512. Phone: 203-467-8821.
Date of Introduction: 1988. June.
Wt/Vol., Packaging, Price: 3.5 oz plastic cup.
How Stored: Refrigerated or frozen.
New Product–Documentation: Talk with Liz Appel. 1989. Nov. 9. She started making tofu puddings about a year after she started the company in June 1987, using tofu made by the company. They plan to introduce a vanilla very soon. The butterscotch has been discontinued.

8627. **Product Name:** Tofu.
Manufacturer's Name: Bean Time Tofu.
Manufacturer's Address: Stockbridge, Wisconsin.
Date of Introduction: 1988. June.
Ingredients: Incl. organically grown soybeans.
How Stored: Refrigerated.
New Product–Documentation: Maija Penikis. 1988. *Post-Crescent* (Appleton, Wisconsin). June 26. "Tofu: Made in Stockbridge. Big-city dweller finds joy in rural enterprise." Before the day is through, the Bean Time Tofu company has 100-150 pounds of white tofu, cut, wrapped, and refrigerated. Includes three photos of Glenny Whitcomb and her husband, Jerry Franzen.

E.G. Castleman. 1992. *Herald-Times-Reporter* (Manitowoc, Wisconsin). Sept. 2. "Tofu can be nutritious, simple part of diet." The company, located between Chilton and Stockbridge, Wisconsin, is now named Bean Time Soyfoods. The owners are Glenny and Jerry Franzen. Note: As of 12 Dec. 1992 neither this company nor the Franzens are listed in the telephone directory of that area.

8628. Connelly, Ellen. 1988. Try tofu! *Good Housekeeping* 206:136. June.
• ***Summary:*** If you don't know how to cook with this still-exotic food, here are some delicious (easy ideas). Includes headings on buying, storing, and handling tofu, as well as tasty ways with tofu.

8629. **Product Name:** [Tofu Ravioli with Sauce (Canned)].
Foreign Name: Tofu Ravioli al Sugo.
Manufacturer's Name: Conserves Estavayer S.A.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1988. June.
Wt/Vol., Packaging, Price: Can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Alfa-Laval. 1988, June. Soyfoods: Old traditions with new potentials. p. 9. A color photo of the front of the can shows the label with a reddish bowl of ravioli against a tan background. There are two red strips around the top of the can.

8630. Cooper, Jack. 1988. Miso: The mother's touch. *Palate Pleasers of Japan* (*Los Angeles, Calif.*) 6:31-37. June.
• ***Summary:*** The "mountain made" miso commercial turned a small, local miso manufacturer in the Japan Alps, Miyasaka Jozo Co., Ltd., into the second largest miso producer in all of Japan. To Japanese everywhere, the "chop, chop, chop" sounds of mom dicing tofu and scallions in the kitchen, mixed with the savory, pungent fragrance of hot miso broth

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and the clean, sweet smell of steaming rice are as much a symbol of the dawning of the day as the aroma of fresh coffee and the sizzling sounds of bacon and eggs are to Americans. William Shurtleff and Akiko Aoyagi explain [the bewildering 'vintages' of miso] in their massive volume, *The Book of Miso*. All traditional miso contains salt and soybeans to which a mold culture, or "friendly agent," usually *Aspergillus oryzae*, has been added.

A 1965 study conducted by Dr. Takeshi Hirayama at Japan's prestigious National Cancer Center, people who eat miso soup daily are 32% less likely to develop cancer than those who never eat miso soup. Undiluted, miso contains on average about 12% salt, six times the salt content of cheddar cheese. Most miso sold in America is imported and sold under Japanese brand names like Maruman, Marukome, Shinshu-ichi, Yamabuki, Hanamaruki, etc. One reason for this may be Japan's stringent new laws requiring producers to list all ingredients and additives (mainly MSG, artificial coloring and preservatives), making the natural products more attractive to America's health-conscious consumers.

The Japanese National Miso Association estimates that there are over 2500 miso manufacturers in Japan, many of which are small, family-owned operations. Color photos show: (1) Miko-chan, the little kneeling girl who is the Miyazaka Jozo logo. (2) Three types and colors of miso in white bowls, next to an iris. (3) The historic old Shinshu Ichi miso and shoyu plant. (4) A bowl of white miso soup with crab and tofu. (5) An assortment of traditional miso dishes. (6) The ultra-modern computerized control panel, motorized conveyors, and the modern packaging facility at the Miyazaka Jozo factory (3 small photos). (7) A shop in Japan retailing Japanese miso in traditional small wooden kegs. (8) Five views of the South River Miso Co., Conway, Massachusetts (including an exterior view of the home and miso shop, Christian Elwell at work in the temperature-controlled koji room).

Note: According to *The Book of Miso*, by Shurtleff & Aoyagi (1976, p. 257; based on 1974 statistics) *Mayasaka Jozo* (*Shinshu Ichi*) is Japan's largest miso factory. The company's Tokyo factory produces about 15,000 tons/year; the Nagano and Yamanashi plants produce 9,300 tons and 3,300 tons respectively. All make Shinshu-type light-yellow miso. As of 1983, the Tokyo factory also made freeze-dried miso. Address: Editor, Palate Pleasers.

8631. **Product Name:** [Tofu with Toasted Nori, Tofu with Toasted Sesame, Tofu Bars {With Millet}, Seitan in Soy Sauce].
Foreign Name: Tofu mit geroesteter Nori-Alge, Tofu mit geroesteter Sesam, Tofu Stange (mit Hirse), Seitan in Sojasauce.
Manufacturer's Name: Geestland.
Manufacturer's Address: Friedrichstrasse 19, D-2850 Bremerhaven, West Germany. Phone: (0471) 2 60 20.
Date of Introduction: 1988. June.
How Stored: Refrigerated.
New Product–Documentation: Talk with founder and present owner of Geestland, Paul E. Bremer. 1990. April 25. About 2 years ago the company moved to: Friedrichstrasse 19, D-2850 Bremerhaven and in June 1988 Tofu with roasted nori, and with roasted sesame were introduced.

8632. **Product Name:** [Fast Food Program: Deep-fried tofu Treasure Balls, Tofu Mixed with Rice & Herbs, Tofu Slices Cooked with Soy Sauce, Ginger & Konbu].
Foreign Name: Tofu Baellchen, Tofu Willi, Tofu Schnitte.
Manufacturer's Name: Geestland.
Manufacturer's Address: Friedrichstrasse 19, D-2850 Bremerhaven, West Germany.
Date of Introduction: 1988. June.
How Stored: Refrigerated.
New Product–Documentation: Talk with founder and present owner of Geestland, Paul E. Bremer. 1990. April 25. These products were introduced in mid-1988. The little balls are "fritiert." Fritiert means deep-fried in lots of oil. Gebraten means fried in a pan with only a little oil.

8633. Golbitz, Peter. 1988. "Prince Mintz of Tofu": Interview with David Mintz. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 4-6.
• ***Summary:*** On December 8, 1983, Tofu Time, Inc. became a publicly held company and raised $2.875 million by successfully selling 500,000 shares of its stock. During the next year, Tofutti's sales increased over seven-fold to $2.4 million. During 1985, the company's sales increased seven-fold one more time to an astounding $17.1 million with a profit of $2 million, making it the fastest growing soyfoods company in the history of America. For the next two years the company saw a slowdown in total sales as revenues dropped to $11.8 million in 1986, and then to $7.7 million in 1987. To bolster sales and return the company to profitability, Tofutti Brands has continued to expand its line of nondairy frozen desserts with new flavors and novelty items and a new lower calorie version of Tofutti, Lite Lite Tofutti.

The company has also recently launched four new lines of tofu-based and cholesterol-free products: Better Than Cheesecake, Tofu Tortellini, Egg Watchers, and, Better Than Cream Cheese. During the first quarter of fiscal 1988, Tofutti Brands reported that sales for the period were $2.414 million, up 11% from the comparable quarter last year, and that its net income was $32,000 compared to a net loss of $19,000 for the same period last year. Mintz comments on his products, "We don't call them substitutes, we call them replacements. What I think is even bigger than 'low calorie' now is the concern about cholesterol."

It has been said by many that Tofutti has probably contributed more to tofu's awareness by the masses than any other single food product in the modern history of soyfoods.

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Mintz says, "We're not just a one line company. Today we have at least 2 dozen projects on the fire. There has been a lot of talk about companies growing too rapidly and how that can hurt a company. If there is excessively rapid growth, it isn't healthy for anything. You can't deal with it. This is where we had gotten a little bit shook up initially. We are growing, but we're growing at a rate that we can handle." Address: Soyatech, Bar Harbor, Maine.

8634. Golbitz, Peter. 1988. Soybean prices rise sharply. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 1, 12-13.
• ***Summary:*** Amid the possibly the worst drought to hit America since the Dust Bowl years, prices for soybeans have risen from $5.30 per bushel last November to just under $10.00 per bushel now, with prices have reached a high of nearly $11.00 in June. The recent price increases are attributable directly to the drought; and, a greatly reduced soybean supply, which resulted from increased exports due to a cheaper dollar overseas. History has shown that soybean prices don't have much of an impact on food prices in general. "In 1983, when soybean prices increased 37% from the prior year, food price inflation increased about 1%. Beef prices were up a mere 0.8% and pork prices actually decreased by 1.3%. The fact is, most of the costs food manufacturers incur are related to marketing. Farm products represent only 20% of the total price of food."

Archer Daniels Midland, Cargill, and Central Soya have all raised prices for their soy flour and soy concentrate products by 20% to 30% over the past few months. Of all the food categories affected, the rising price of soybeans may have a more pronounced effect on soyfood products than any other. The effect of rising prices will be felt the greatest in the Oriental markets, where tofu prices have traditionally run 40% to 50% lower than in the supermarkets due to greater competition. Address: Soyatech, Bar Harbor, Maine.

8635. **Product Name:** [Soymilk Ice Cream].
Foreign Name: Tônyû Sofuto Kuriimu.
Manufacturer's Name: Iimura Shoji.
Manufacturer's Address: Ebisu Nishi 2-12-13, Shibuya-ku, Tokyo, Japan. Phone: 03-463-1896.
Date of Introduction: 1988. June.
How Stored: Frozen.
New Product–Documentation: Toyo Shinpo. 1988. June 1. p. 6. "Hit product of the summer is the soft-serve soymilk ice cream machine from Iimura Shoji." Iimura Shoji, a company which sells materials for the tofu industry, is trying hard to make this product popular. Ten companies have already bought the soft-serve ice cream machine, and Iimura Shoji anticipates that it will have sold 100 machines by the end of the year. The company has been promoting the product on T.V. just in time for the summer heat. The ice cream comes in two flavors–vanilla and custard. The company is also trying to sell the ice cream machines to local tofu shops.

8636. Kay, Theodore; Kimura, M.; Nishing, K.; Itokawa, Y. 1988. Soyabean, goitre, and prevention. *J. of Tropical Pediatrics* 34(3):110-113. June. [Eng]
• ***Summary:*** Contents: Introduction. Nutritional value of soya bean Nigerian foods prepared with soya bean paste: Soya bean paste (soaked, ground soybeans without the "husk" removed), kosei (akara ball), panke (puff-puff). Nigerian foods prepared with soya bean milk: how to make the basic milk, wara (milk curd), and alele (moin-moin, made with soya milk residue [okara]). Note: "The above five recipes have been fully accepted in many parts of Nigeria. The taste and the preparation procedure of these traditional Nigerian foods made from soya beans worked out to be almost the same or very similar to the foods traditionally made from cow peas (white beans) for kosei and alele, wheat flour only for panke, and cow milk for wara."

Nigerian foods made with soya bean flour (pre-cooked): How to make the basic flour, protein enriched pap (with akamu), and protein-enriched fu-fu (with gari or cassava flour). Discussion.

"Soya bean is being successfully established in Nigeria, but it has been very difficult to cook in a traditional West African way so it has never become popular in this country. Most soya bean produced in Nigeria has been exported as cash crop except a little for animal consumption."

Kosai, alele, panke, and awara are traditional foods in Northern Nigeria, while akara ball, moin-moin and puff-puff are traditional foods in Southern Nigeria. Discussion: "Why do we need soya bean in Nigeria?" Five reasons are given. The first two are: "(1) It has higher protein content and net protein utilisation (NPU) than cowpeas, groundnut and other legumes. Moreover, soya bean is much cheaper than other legumes in Nigeria. (2) Soya bean flour and soya bean milk have little taste and can therefore be incorporated into traditional foods such as pap and fu-fu without changing the appearance, taste and texture." Address: Dep. of Hygiene, Faculty of Medicine, Kyoto Univ., Kyoto 606, Japan.

8637. Kemp, Mark. 1988. Invasion of the bean curd: While chickens continue to lay eggs chock-full of cholesterol, one man roosts at his New Jersey tofu plant, brooding over ways to outsmart nature. *Discover* (*New York, NY*) 9:42-43. June.
• ***Summary:*** David Mintz sits in his office at Tofutti Brands' headquarters in Rahway, New Jersey, 100 volumes on ethics written in Hebrew on a nearby bookshelf. He speaks with a native Brooklyn accent, and atop his head, slightly askew, is a small yarmulke. He is thinking of ways to get cholesterol out of American diets once and for all with a tofu based egg. Al Kniper, head of the company's 3000-square-foot research and development laboratory talks about what goes into this soybean-based egg.

Tofutti Brands' Egg Watchers, he says, is much like other simulated-egg products such as Egg Beaters, Egg

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Scramblers, and the various powdered substitutes. All blend together egg whites, certain gums, vegetable oils, emulsifiers, stabilizers, and coloring to try to reproduce the perfect egg consistency. But Egg Watchers is the first–and so far the only–substitute in the protein food tofu has been incorporated.

But researchers still differ over whether dietary cholesterol significantly affects blood levels of cholesterol. In 1945 Americans ate an average of 402 eggs per capita annually. Today that number has dropped to only 262. Mintz said, "You know, my dream is to make a hot dog out of tofu."

8638. Kingma, Sharyn. 1988. New study released on consumer attitudes about soy proteins. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 3, 14-15.
• ***Summary:*** Protein Technologies International, a subsidiary of Ralston Purina, St. Louis, Missouri, has recently released the results of a new study which evaluates current consumer attitudes related to soy protein, nutrition, dietary habits, and knowledge of dietary fiber. The 1988 Consumer Attitudes Monitor was undertaken to determine if there had been any significant changes in consumer attitudes since their first study was done in 1985.

One of the major differences between the earlier study (see Ralston Purina 1985 and Elliott 1988) and the current one is that the 1985 study contained specific questions related to soyfoods. But the 1988 survey also probed some interesting areas. For details, see the study itself.

Copies of the 1988 Consumer Attitudes Monitor are available through Jean Kuster, Protein Technologies International, Checkerboard Square, St. Louis, Missouri, 63164 or call 800-325-7108.

8639. Morinaga Nutritional Foods, Inc. 1988. Revolutionary tofu (Ad). *Palate Pleasers of Japan* (*Los Angeles, Calif.*) 6:61. June.
• ***Summary:*** This full-page color ad (see next page) begins: "Let Mori-Nu technology solve the problem of tofu freshness." "To find out more... Join the Mori-Nu Health For Life Club. Receive newsletters, coupons, and recipes..." A half-page color photo shows aseptic packages of silken firm and soft Mori-Nu tofu on a wooden table in front of fruits and vegetables.

An "advertising supplement" on pages 76-77 of this issue is titled "The miracle food in a miracle package." It contains two recipes: Chinese unchicken salad, and Pumpkin pie (with tofu). Color photos show each of the two recipes, plus the front page of an issue of *Mori-Nu Healthy Times* newsletter (edited by Susan Buchér), and the front of a color recipe pad titled "Light & Easy Mori-Nu-Recipes." Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8640. **Product Name:** Mrs. Leepers Whole Wheat Tofu Spin Ribbons, and Whole Wheat Tofu Ribbons.
Manufacturer's Name: Mrs. Leepers.
Manufacturer's Address: 9091 Kenamar Dr., San Diego, CA 92121. Phone: 619-586-1994.
Date of Introduction: 1988. June.
Ingredients: Inc. tofu and whole wheat flour.
Wt/Vol., Packaging, Price: 12 oz plastic package.
New Product–Documentation: Soya Newsletter. 1988. May/June. p. 8. Contact Ed. Muscat. Available at health food stores nationally.

8641. Peluso, Michael R. 1988. The nutritional value of soy. *Health World* (*Burlingame, California*) 2(4):26-28. May/June.
• ***Summary:*** This introductory article discusses whole soybeans, soy flour, soy protein products (isolates, spun fibers, TVP), soy milk, soy cheese (tofu), tempeh, miso, and soy sauce. Table I shows the composition of most of these is given. The author is especially interested in soy oil as a good source of vitamin E and of the essential fatty acids, linoleic and alpha linolenic acids. He is critical of the hydrogenation process. Table II gives a nutritive comparison of soy oil and selected food fats. Table III gives a nutritive comparison of soy foods and selected animal foods. Address: P.O. Box 606, Occidental, California 95465.

8642. Shurtleff, William; Aoyagi, Akiko. 1988. Das Tofu-Buch: Herstellung, Verwendung, Ernaehrungswert, Rezepte [The book of tofu: Preparation, uses, nutritional value, recipes]. Munich, West Germany: Goldmann Verlag. 384 p. Illust. by Akiko Aoyagi Shurtleff. Index. 18 cm. [Ger]
• ***Summary:*** A pocket book edition of the original 1980 German edition of *The Book of Tofu.* Contains 300 recipes. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

8643. Shurtleff, William. 1988. Thoughts on the Soyfoods Association of America and why it has not been more effective (Editorial). *SoyaScan Notes.* June.
• ***Summary:*** 1. Lack of leadership and general ineptness, especially by Gary Barat but also by the board of directors.

2. Choosing Smith, Bucklin to manage the association instead of finding a skilled executive director who was interested in soyfoods. Smith, Bucklin took little initiative, drained off most dues income into overhead (their "management fee"), and accomplished little. SAA paid Smith, Bucklin a "management fee" of $15,000 to $20,000 a year to do almost nothing; Judy Walker's part-time salary plus a phone and mailing address.

3. The Soyfoods Association became de-facto the Tofu Association. Few non-tofu companies joined. It should have been an umbrella organization with active councils, such as the Soymilk Council, Soy Sauce Council, etc.

4. Dues structure. The $250 flat fee kept out small

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companies and 'Friends of Soyfoods,' while the $6,000 max for large companies kept them out.

5. Few benefits of membership except ability to participate in the Soyfoods Pavilion, and ability to subscribe to the Soyfoods Clip Service.

The following programs of the original SANA were discontinued: Annual soyfoods conference, quarterly magazine, monthly newsletter, quarterly news releases. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

8644. Soya House. 1988. Recipes from Soya House. Products of soya. *Soyanews* (*Sri Lanka*). April/June. p. 5.
• ***Summary:*** Recipes: Bean Curd (Frozen) Curry, Soya Mash Cutlets [okara], Soya Mash Pittu, and Soya Mash Rotti. The ad is for soya bean curd, soya paste (substitute for coconut milk), and soya mash (okara). Soya House is a private company that manufactures tofu and soymilk. Address: Kitulwatte Gardens, 128 Kitulwatte Rd., Off Elwitigala, Mawatha, Colombo 8, Sri Lanka. Phone: 597759.

8645. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Tomsun Foods files for chapter 11. May/June. p. 1, 7.
• ***Summary:*** On April 8, 1988, Tomsun Foods International filed for protection under Chapter 11 of the Federal Bankruptcy Act. They did so to recover from a loss of approximately $2 million last year on overall sales of $3.6 million. Tomsun, just a year and a half ago, had successfully netted $3.46 million from its first public stock offering. Armed with a new product line, Jofu, a silken tofu and fruit, yogurt-like product, the company had high hopes of doing for tofu what Dannon had done for yogurt–popularize it by adding fruit and making it a convenient, ready-to-eat snack. The company expanded too fast reports Tom Timmins, company founder. "We went from 3,000 cases a week to 20,000, but could only produce 12,000. It was too much, too soon for a small plant. By the time we got it under control, it was too late–we had run out of money."

The new vision is that Tomsun will use its strength in distribution to become a marketing company. The company will be having their tofu made in a new plant in the New York City area, their Jofu made in a yogurt plant in Vermont, and their tofu burgers produced in upstate New York. Timmins also reports that the company will reorient its focus back on to the natural foods and other specialty foods markets. Timmins hopes the company will be out of Chapter 11 by this fall. "Essentially what happened was that the cost of financing necessary to reduce our costs was not available to us."

8646. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Tofu acceptability among college students. May/June. p. 3.
• ***Summary:*** A study on the acceptability of tofu among college students was done in 1986 by the department of Animal Science/Food and Nutrition, Southern Illinois University, Carbondale, Illinois, under the direction of Helen L. Ashraf, Ph.D. and D. Luczycki, M.S. Seventy-five college students, with an average age of 23, were randomly selected to participate twice a week for six weeks and evaluate on a scale of one to seven, sixteen recipes prepared with tofu in different food categories. They determined what factors influenced the acceptability of tofu, such as: (a) food category, (b) appearance, (c) methods of preparation used, (d) serving style, (e) amount of tofu in the dish, and, (f) students previous experience with eating tofu.

The most important factor in determining the acceptance of tofu in a food product was the familiarity of the recipe. The recipes which received the highest scores were those that people were familiar with, such as coconut cream pie and carob pudding. The amount of tofu in the recipe did not influence the acceptance. Dr. Helen Ashraf plans to do studies with tofu and preschoolers and the elderly in the near future. For more detailed information contact: Dr. Helen Ashraf, Southern University of Illinois, Carbondale, IL 62901 or call 618-536-2157.

8647. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. New process for culturing tofu available. May/June. p. 10.
• ***Summary:*** A new process to culture tofu into a yogurt-type food is available for sale or licensing by Steve Rowat of Yofu Development (Canada). The process, which has a Canadian patent and a patent pending in Japan, is titled, "Process Permitting the Culturing of Tofu with Yogurt-Forming Bacteria". Contact: Steve Rowat, Yofu Development (Canada), Box 93, Merricksville, ONT, Canada K0G 1N0. Telephone: 613-269-4483. Address: Yofu Development (Canada), Box 93, Merrickville, ONT, K0G 1N0. Phone: 613-269-4483.

8648. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Morinaga extends consumer education campaign. May/June. p. 9.
• ***Summary:*** Morinaga Nutritional Foods, Inc., recently announced a multifaceted consumer education program designed to answer the questions "What is tofu?" and "What do you do with it?"

Coordinated by Danielle Lin, talk show host for KFOX Radio, Los Angeles, California, "the campaign will use a variety of mediums, including in-store promotions and media advertising.

"These new consumer education activities are an extension of Morinaga's marketing activities which include their *Health for Life* club and the *Healthy Times* newsletter."

8649. **Product Name:** CheSoya (Soy Cheese with Sodium Caseinate) [Cheddar, Mozzarella, or Jalapeño].
Manufacturer's Name: Stow Mills (Distributor).
Manufacturer's Address: P.O. Box 816, Brattleboro, VT 05301.

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Date of Introduction: 1988. June.
Ingredients: Incl. organic tofu, soy oil, calcium caseinate, natural flavor, sea salt, citric acid, lecithin, guar gum, natural coloring.
Wt/Vol., Packaging, Price: 10 oz.
New Product–Documentation: Soya Newsletter. 1988. May/June. p. 8. These cheese alternatives are free of cholesterol and lactose, and are 100% natural.

8650. SunShine Tofu House. 1988. June. New soyfoods restaurant or deli. 5091-C Buford Highway, Atlanta, GA 30340.
• ***Summary:*** Atlanta Daily World. 1988. June 21. "New Tofu Restaurant Opens." Mayor Andrew Young joined other dignitaries (incl. Japanese Consul General Takayuki Kimura) and supporters at the formal opening in northeast Atlanta. The proprietor is Seiho Tajiri, a prominent local Japanese businessman. "The restaurant, the first of its kind in the Southeast, will not only provide a full menu of tofu dishes, but also manufactures the tofu and soymilk in the restaurant." Address: Atlanta, Georgia. Phone: 404-451-2054.

8651. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: SunShine Tofu House.
Manufacturer's Address: 5091-C Buford Highway, Atlanta, GA 30340. Phone: 404-451-2054.
Date of Introduction: 1988. June.
New Product–Documentation: Atlanta Daily World. 1988. June 21. "New Tofu Restaurant Opens." The restaurant will produce its own tofu and soymilk.

8652. **Product Name:** Tofutti Egg Watchers (Mainly Egg Whites plus a little Tofu).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065. Phone: 201-499-8500.
Date of Introduction: 1988. June.
Ingredients: Egg whites (98% of total ingredients), tofu, corn oil, lecithin, acetylated monoglyceride, guar seed gum, ferric orthophosphate (iron source), vitamin A palmitate, vitamin D-2 and alphatocopherol acetate (fat soluble vitamins), zinc sulfate, calcium pantothenate, vitamin B-12, thiamine mononitrate (vitamin B-1), pyridoxine hydrochloride (vitamin B-6), riboflavin (vitamin B-2), folic acid (water soluble vitamins), beta carotene (for color).
Wt/Vol., Packaging, Price: 32 oz (2 lb) quarts, 5 lb. containers, 8 oz. and 3 oz Pure-Pak carton.
How Stored: Frozen.
Nutrition: Per 2 oz.: Calories 50, protein 7 gm, carbohydrate 2 gm, fat 1.5 gm, cholesterol 0 mg (vs. 260 for a 2 oz. egg), sodium 100 mg (vs 70 mg for an egg).
New Product–Documentation: Delaney. 1987. Adweek East. April 27. "Also set for launch this summer is Tofutti Egg Watchers, a tofu-based line of egg substitutes that has no cholesterol, no yolk and is lower in calories than natural eggs." Dagnoli. 1987. Advertising Age. Oct. 19. This cholesterol free product will compete with RJR Nabisco's Fleischmann's Egg Beaters. Soya Newsletter. 1987. Nov/Dec. Made with tofu and pareve. A cholesterol free replacement for whole eggs that provides the same nutritional value, function, texture, and flavor as whole eggs. Color leaflet. 1988. Tofutti Egg Watchers. "Real egg product. Cholesterol free. Whole egg replacement. Finally... The farm fresh taste of whole eggs without cholesterol. Three convenient frozen products specially designed for institutional foodservice applications." Talk with Tofutti Brands. 1988. Sept. 28. This product was launched at a press conference in June 1988.

Florida Grocer. 1989. March. "Watching cholesterol. Watch for Egg Watchers from Tofutti Brands." This cholesterol-free replacement for whole eggs contains 40% fewer calories and 67% less fat than a whole egg. "Finally consumers can have their eggs and eat them too... One medium egg has 274 mg of cholesterol. The American Heart Association recommends that Americans consume no more than 100 mg of cholesterol a day for every 1,000 calories taken in, and no more than a total of 320 mg a day... An estimated 63 million Americans suffer from cardiovascular disease and 96 million need to lower their blood cholesterol level."

One sample of this product with Label generously sent frozen by David Mintz via FedEx priority overnight. 1996. June 4. Two 8 oz Pure-Pak cartons in a paperboard sleeve. Red, blue, and black on egg-yolk yellow. "Fat free. Cholesterol free. Real egg product. Pasteurized. Homogenized." One 8 oz packet = 4 large eggs. A table on the sleeve compares 1 serving of Egg Watchers with 1 large egg: Fat: 0 vs. 4.5 gm. Cholesterol: 0 vs, 215 mg. Calories 30 vs. 70. On the back of the sleeve are cooking tips, and recipes for: Scrambled eggs and omelets. Oat bran muffins. Broccoli, tomato and basil frittata. Soyfoods Center product evaluation. 1996, July: Package: Excellent. Cheese omelet made with the product: Excellent.

8653. Udesky, James. 1988. The book of soba. Tokyo and New York: Kodansha International. 166 p. Foreword by William Shurtleff. Illust. Index. 27 cm. [50* ref]
• ***Summary:*** Contents. Foreword. Introduction. I. Making soba. Homemade soba noodles. Broth. Noodle dishes. Country cooking. Groat cooking. Variations and desserts. Ingredients. II. About soba. Nutrition. Buckwheat: From seed to table. History. III. Appendices. The soba dining experience. Selected soba restaurants in Japan. Oriental, natural, and specialty food stores in the United States and Canada. Bibliography.

Soy-related recipes include: Cold soba noodles with natto and sesame (with "2/3 oz natto," p. 59). "Fox Soba"

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(*Kitsune soba*, with "4 pieces thin deep-fried tofu {*abura-age* or *usu-age*}, p. 63). Soba noodles in miso stew (*Kenchin soba*, Ibaragi prefecture, with "4-5 tablespoons miso," p. 70). Soy-Soba noodles (with "4 oz soybeans" [whole dry soybeans], p. 71). Broiled soba dumpling with miso sauce (with "3-4 tablespoons sweet white miso," p. 81-82). Soba pasty (with "1½ oz natto, p. 85). Soy sauce is used in many recipes.

The excellent "Ingredients" section (p. 91-98), gives definitions of several soyfoods, including miso, natto, okara, soy sauce, tofu, and tofu–thin deep-fried (abura-age, usu-age).

The definition of "natto" is especially good: "Natto: This rich soybean product with a cheeselike flavor is still underestimated, unappreciated, and misunderstood, mainly because the sticky 'threads' resulting from its special fermentation process are strong and stubborn, making it pretty tricky for beginners to eat. Natto can be made easily at home with soy beans, 'natto spore' (now available at major health-food dealers on both coasts), a pot, and a box... If allowed to sit too long on store shelves, the beans become overripe. Although you cannot check the quality until you open up the package at home, the best natto should have a light, tannish color and still be moist and a little puffy. Too dark a color indicates overripening and a correspondingly bitter taste. To remedy this situation somewhat, stir the beans together with chopsticks or a spoon and combine with chopped onions, wasabi horseradish, and soy sauce. Since this food is the result of bacterial action, no preservative can be used. Thus, natto should be eaten as soon as possible."

Mr. Udesky had a chance to prepare homemade soy sauce while living with Mr. Noboru Muramoto (author of *Healing Ourselves*) from 1971 to 1975. In the Appendix titled "Oriental, natural, and specialty food stores" is an entry (p. 153, col. 3.8) for: "Foods for Life, 504 E. Broadway, Glendale, California, 91025." Note: This pioneering natural and organic food store is still in business in 1988.

For a complementary review, see Jean Pearce. 1991. Nov. 10. *Japan Times.*

Letter from James Udesky. 1997. April 21. The hardcover edition of *The Book of Soba* has now sold 12,000 copies in Japan and abroad, and 3,000 copies of a new soft-cover pocketbook edition (246 p.; 18.2 cm) were published by Kodansha International in Dec. 1995. An article on soba titled "The Art of Noodles," by Udesky appeared in *Japan Quarterly* (April-June 1997, p. 32-42; it contains a large color photo of him rolling out soba dough). Udesky is living in Tokyo, has lived in Japan (except for a 3-month break in 1988) since 1988, married a Japanese woman in 1990, for the last 2 years has worked for a medical equipment importer and taught English part-time at Dentsu Inc. to survive financially, has established a company named Udesky Communications, and continues his practice of making traditional Japanese soba. He has plans for a new book titled "Basic Techniques of Udon Making. " Address: Heim R1 #103, Meguro Honcho 6-18-3, Meguro-ku, Tokyo 152, Japan. Or: The Soba Center, P.O. Box 72, Winnetka, Illinois 60093-0072.

8654. **Product Name:** Tofu Dressing [Mexican, Italian, or Garden Herb].
Manufacturer's Name: White Wonder Natural Products (Importer). Made in the Netherlands by Witte Wonder.
Manufacturer's Address: 709 7th St., Hudson, IA 50643. Phone: 319-988-3811.
Date of Introduction: 1988. June.
Ingredients: Filtered water, fresh tofu* (made from soya beans and filtered water, coagulated with nigari), sunflower oil* (pressed cold), dried vegetables and herbs, barley malt syrup*, malt vinegar, seasalt, guar (vegetable binder). * = Organically grown.
Wt/Vol., Packaging, Price: Bottle.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 1 tablespoon (14 gm): Calories 25, protein 0.4 gm, carbohydrates 0.5 gm, fat 2.5 gm, sodium 40 mg (320 mg/100 gm).
New Product–Documentation: Talk with Ruth Young. 1988. Sept. 15. The product was first sold in America in June 1988. It is imported from Witte Wonder in the Netherlands. Leaflet (glossy color, 2 panels each side, each panel 19.6 x 13.2 cm) sent by White Wonder Natural products, Hudson, Iowa. 1988. Sept. 22. "Garden Herb. Italian. Mexican. Tofu Dressing."

Leaflet. 1988. Nov. "Tofu dressing."

8655. Huang, H.T. (Hsing-Tsung). 1988. History of fermentations, food, and nutritional sciences in China (Interview). *SoyaScan Notes.* July 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dr. Huang, a biochemist by training, has written the chapter titled "Plants and Insects in Man's Service" in Joseph Needham's *Science and Civilisation in China* (1986, VI:1); it concerns natural plant pesticides and biological pest control. Parasitic wasps (Tricogama) have been the most successful example of biological control in China. Also *Bacillus thuriengensis*, a bacterium that attacks a caterpillar that later becomes a destructive moth. It is to toxic to mammals. Since 1983 he has been researching an entire volume in this series to be titled "Nutritional Sciences and Fermentation Technology (VI:6)." After this, he plans to write a "History of Zoology in China." There is a Needham Research Institute Newsletter. No. 4 is June 1988. Needham's thesis is that China was the world leader in science until the start of the Renaissance, but had been passed by the West by the 16th century. The question is: Why did China not develop modern science? Dr. Needham is now age 87. He is working on Volume VII, the 4-volume summation. He was in China for 2-3 years in 1983-86.

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Dr. Huang is quite sure that tofu had another name before A.D. 950. Address: Work: Biochemistry Program, National Science Foundaton, Washington, DC 20550. Phone: 202-357-7945.

8656. *Toyo Shinpo* (*Soyfoods News*). 1988. Kibu, tezukuri tôfu setto. "Kangaeru Kai" to teikei, hatsubai [The Kibun company is producing a kit to make tofu at home in conjunction with Kangaeru Kai ("Thinking Society")]. July 1. p. 3. [Jap; eng+]
• ***Summary:*** The Kibun company, which makes the soymilk for the kit, is located at Ginza 7-14-13, Chuo-ku, Tokyo-to, Japan. The soymilk comes in special long-life, 1 liter bottles that has a 60-day shelf life at room temperature. They use special, domestic Hokkaido beans and water to make this soymilk. They also put natural nigari in the kit. One liter of the soymilk can produce 3 regular size kinugoshi (silken) tofu cakes. The kit, Tofu No Moto, contains 6 liters of the soymilk and costs 8100 yen.

8657. *Times of India* (*The*) (*Bombay*). 1988. From Thai with a tang: Bombay's top three hotels have simultaneously launched their Thai food festivals. July 2. p. 19.
• ***Summary:*** In this article, Hormuz Mama visits the Thai food festival at the Oberoi Hotel and comments on the Thai exotica. The recent Thai food festival in Bombay was "the first major Thai food festival of any significance in India."

"A most outstanding Asian vegetable is the humble soya bean." Weight for weight it is said to contain twice as much protein as lean beef, making it a rare combination of excellent nutrient content and low cost. "Bean curd, prepared from it, is a very popular ingredient of Thai cuisine"–yet it looks very much like Indian paneer. "In nutritional value it is far superior. Bean Curd Curry is a great favorite with the Thais."

8658. Cauchon, Dennis. 1988. Drought wilts soybeans: This year's 'miracle crop' is in danger. *USA Today.* July 6. p. 01.B. Final edition.
• ***Summary:*** In 1970, at the peak of its world domination of soybean production, the USA produced 80% [sic, 76.1%] of the world's soybeans. Last year, its share fell to 55%, largely because of competition from Brazil, Argentina, and China.

8659. Cauchon, Dennis. 1988. Drought wilts soybeans: This year's 'miracle crop' is in danger. *USA Today.* July 6. p. 01.B. Final edition.

8660. Spain, Julianne. 1988. Tofu or not tofu? *Christian Science Monitor.* July 6. p. 21.
• ***Summary:*** According to Peter Golbitz, editor of Soya Newsletter for Soyatech Inc., sales of tofu grew 20 to 30% per year in the late 1970s and early 1980s. The sales rate has since maintained a steady 5 to 10% growth per year, probably due to over 200 new retail soy-based products that came out in 1987. Included are the author's favorite tofu recipes: Zucchini Tofu Lasagna, Sweet and Sour Tofu, and Spinach Tofu Casserole.

8661. Bulkley, Kate. 1988. Soy products' new flavor spices Denver Tofu. *Denver Business Journal.* July 11.
• ***Summary:*** Denver Tofu Inc. started business in 1925, and by 1973, they were making 150 pieces (one-pound each) a day. "Now," says Denver Tofu Inc. owner and president, Haru Yamamoto, "we make 2,000 to 3,000 pieces a day." In fact, the company's sales doubled annually from 1982 to 1987. The King Soopers grocery store reports that in the 1970s they had tofu in the produce section, but nobody knew what it was. In the early 1980s, they moved it into the dairy case and they "sold an awful lot of it". Denver Tofu makes five different kinds, ranging from extra hard to kinugoshi, or soft, silken tofu. The company also deep-fries some tofu into something called age (pronounced ah-gay). The softer tofu has always been the best seller at the Asian markets. The harder tofu has generally been a better seller in the supermarkets.

Denver Tofu employs 11 people. In the summer, the plant churns out an average of 2,000 pounds of tofu a day. In the winter, production increases to an average 3,000 pounds a day to meet demand. The company also produces 70 gallons of soy milk for sale, as well as many pounds of agé. The production room is filled with about $300,000 worth of big, steel tofu-making machines, all of which are manufactured in Japan. Yamamoto, 49, came to Denver in 1970 from Japan where he had worked in the sales and accounting branch of Dainippon Food Co. He purchased Denver Tofu Inc. in 1973 from its previous owners for an undisclosed amount. In April, 1988, the company doubled its production space to 8,500 square feet when it moved to 3825 Blake St. form its former site on Federal Boulevard. The firm had sales of about $500,000 last year, and Yamamoto projected sales to rise to $750,000 this year. Address: Colorado. Phone: 303-295-6848.

8662. Rudolph, Barbara. 1988. The drought's food-chain reaction. *Time.* July 11.
• ***Summary:*** Prices are rising. "Should the drought persist through the summer, the same will hold true for soybean-based foods, which range from trendy tofu to salad dressing."

8663. Green, Rand. 1988. Mori-Nu takes to the health and fitness circuit. *Produce News* (*Fort Lee, New Jersey*). July 16.
• ***Summary:*** When you have a product that is enthusiastically endorsed by body builders and cardiologists alike, participating in health and fitness events is a sound, sensible way to get the word out. And that is the approach being used by Morinaga. Thomas McReynolds was recently name

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marketing consultant for Mori-Nu. Tofu is a cholesterol-free protein source, low in sodium, high in calcium, free of saturated fats, and is "darn close to a perfect food," McReynolds stated. People are, for example, participating in the Mr. and Ms. California bodybuilding finals in July and in "all of the health and fitness expos". There is the "Heart Healthy Golf Classic" in Westlake Village, California in September which is being co-sponsored exclusively by Mori-Nu for heart patients who want to lead active lives in spite of their heart disease. And there is a new publication called Heartcorps. McReynolds said that the company is working with the American Heart Association in the development of a brochure called "Holidays a la Heart," which provides heart-healthy recipes.

8664. Paino, John. 1988. Recent developments at Nasoya: Simply Natural and Tomsun (Interview). *SoyaScan Notes.* July 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The proposed merger with Simply Natural is stalled, and it is not clear how it will end up. The main problem seems to be that Nasoya has been unable to work out the technical details of the process for making Simply Natural's soft tofu cheese. Nasoya supplies them with some fresh and spray dried tofu, off and on, but they also buy from a local supplier. He has been supplying them with tofu for 1½ to 2 years. The new vegi-dips are being test marketed locally, and will be formally launched in Sept. or Oct. nationwide.

Nasoya made an offer to Tomsun at the creditors committee and Tomsun did not accept it. Tomsun chose to go with Panda Foods instead, probably because they wanted to stay independent. Tomsun uses silken tofu in their Jofu and Panda may be making that tofu for them. Panda also makes their regular tofu, which competes with Nasoya. Nasoya's sales recently have gone way up as they pick up customers that Tomsun may have difficulty keeping in stock during the transition. This may be only a temporary increase. But Azumaya is now actively promoting their tofu in the area. It is not clear what will happen with Tomsun. A main question is where Tomsun will get additional financing. Jofu was the demise of Tomsun. They tried to grow too fast, and the product was not really ready. Nasoya tofu is built on quality, made from well water and organically grown soybeans. Azumaya does not emphasize quality in this way. Address: Nasoya Foods, Leominster, Massachusetts.

8665. Johnson, Lawrence. 1988. The Center for Crops Utilization Research at Iowa State University, and AOCS symposium on industrial uses of soybeans (Interview). *SoyaScan Notes.* July 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This Center was founded by a $6.4 million grant in the federal budget in 1987. It will complement the work of the Northern Regional Research Center in Illinois, and try to coordinate their research. They are putting together a pilot plant and technology transfer components, a heavy emphasis on marketing. All of his money initially must go into building and equipment, with none left over for research, which was not what they had asked for. He is now trying to get additional funds from the state of Iowa. Only in the last few years has the emphasis in Iowa shifted from soybean production to utilization. Profs. Sweeny and Arnold did pioneering work on industrial utilization during the 1930s. But after they retired, it died. Lester Wilson and Pat Murphy are now working on soyfoods. Dr. Walter Fehr's work in breeding soybeans for food uses (such as tofu) will also contribute to the program. The national center is made up of 2 sub-centers; he is head of one and the other focuses on meat export research. Tied to the national center is a center on trade information, with a strong export orientation. They are trying to build an integrated system: Marketing, market niche identification, technology and technology transfer to entrepreneurs, mostly in the USA. The impact must benefit Midwestern farmers. They are looking for ways to export value added soybean products to the Pacific Rim.

There will be a symposium on industrial uses of soybeans in Cincinnati, Ohio, this fall in conjunction with the AOCS meeting. protein and co-products section. Address: Director, Center for Crops Utilization Research, Iowa State Univ., Dairy Industry Building, Ames, IA 50011.

8666. *Toyo Shinpo* (*Soyfoods News*). 1988. [A study of the amount of money spent on tofu, aburaage, and natto]. July 21. p. 3. [Jap; eng+]
• ***Summary:*** From Jan. to April 1988, a total of 25.99 cakes/household were sold, which is 98.8% of last year's figure over the same amount of time. During the same period, however, natto consumption rose, 8% in January (over last year at the same time), and 15.8% in April. Aburaage consumption was slightly down, only 95.1% of last year's total in January, and 94.3% in April.

8667. *Toyo Shinpo* (*Soyfoods News*). 1988. Okara peesuto de shokupan. Kôso shori de seihin o kaihatsu [The National Vegetable Protein Association is making bread with an okara paste, developed from a specially-treated enzyme]. July 21. p. 3. [Jap; eng+]
• ***Summary:*** Mr. Ryoji Sekiguchi is president of Zenkoku Shokubutsu Tanpaku Kyodo Kumiai located at Sendagi-2-48-8, Bunkyo-ku, Tokyo, Japan. For the past ten years, the National Vegetable Protein Association has been conducting research with okara and has developed an okara paste made by treating regular okara with a special enzyme. This paste can be used in noodles, mayonnaise, miso, ketchup, croquettes, hamburgers, confectionery, tofu, ice cream, etc. One of the products that can be made from this paste is bread. It has 2% less water than a regular loaf and contains 20% okara paste. It stays fresh for twice as long

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as a regular loaf of bread. The okara paste has the following characteristics: It has no taste or smell, it is low in calories and has some protein, it has an improved texture over plain okara because of the action of the enzyme, it has vegetable fiber, and it is a health food.

8668. *Toyo Shinpo* (*Soyfoods News*). 1988. Tôfu aburaage gyôshasû, zenkoku de 559 ken heru 62 nendo kôseishô shirabe [1987 Public Welfare study shows that there are 559 less tofu and aburaage manufacturers in Japan]. July 21. p. 2. [Jap; eng+]
• ***Summary:*** However, the rate of decrease has slowed a little. In December, 1987, there was a total of 24,262 tofu and aburaage makers. Only Tokyo and Osaka have over 1,000 tofu shops. The rate of decrease has been about 2% a year. The reasons for this steady decline include the fact that it is difficult to find someone to carry on the business and because the price of land is getting so expensive.

8669. Texier, Michel. 1988. Les silos de Valence vont produire du tofu [The Silos of Valence cooperative is going to produce tofu]. *Tribune de l'Expansion* (*La*). July 25. [Fre]
• ***Summary:*** "The Silos of Valence (Drôme) is going to launch a vast industrial project for the production of tofu, a food product based on soya, used for the production of fish, entrees, and desserts. The market for tofu, which is one of the products upon which East Asian cuisine is based, is presently in full expansion in Europe, thanks to the development of foods which offer alternatives to animal proteins.

"The Valentian cooperative, one of the largest in the Rhone-Alpes region (with a turnover of 100 million French francs, and 1.9 million francs net last year), is therefore going to create an affiliate, Innoval (with capital of 4.8 million francs), which is going to invest 21 million francs in a highly automated factory. Its production should reach 2,500 tonnes next year to make Innoval the leading French tofu manufacturer.

"A financier pool, regrouping as an affiliate of Crédit Lyonnais (Lyon Expansion PME), the FDR de Sud-Est, and the fund Idianova, are going to participate in the financing of this project at the level of 3 million francs, under the form of actions and convertible options."

Note: This is the earliest document seen (Feb. 2003) that mentions Innoval. Address: France.

8670. *Tri-State Livestock News* (*Sturgis, South Dakota*). 1988. Ag news in brief. July 30.
• ***Summary:*** The North Dakota Soybean Growers Association has been named July's "Agri-Marketer of the Month" by the state agriculture department. The Soybean Growers Association was selected because of its efforts to market a soybean-based ice cream called "Tofulicious" in the state.

8671. Ali, Nawab; Gandhi, A.P.; Ojha, T.P. eds. 1988. Soybean processing and utilization in India: Proceedings of the national seminar on Soybean Processing and Utilization in India, 22-23 November, 1986. Bhopal, India: Soybean Processing and Utilization Project, Central Institute of Agricultural Engineering. v + 431 p. Illust. Authors index. 26 cm. [50+ ref]
• ***Summary:*** Organized by the Soybean Processing and Utilization Project, India. Contents: 1. Address by General Director, Dr. N.S. Randhawa. Session I: Opening session: 2. Soybeans as economic protein source, by Prof. A.C. Pandya. 3. Present status of soybean in India: Constraints and future strategies to increase its production and productivity, by Dr. P.S. Bhatnagar. 4. Present status of soybean processing and utilization in India, by Dr. Nawab Ali and Dr. A.P. Gandhi.

Session II: Harvesting, drying and storage (papers 5-16).

Session III: Physico-chemical and nutritional aspects (papers 16-21). Including: 17. Physical and cooking characters of soybeans, by T.S. Gourmama, D. Vijayalakshmi and Dr. M.P. Vaidehi. 20. Varietal variability on soypaneer preparation, by Dr. A.P. Gandhi and Dr. Nawab Ali. Note: Soyapaneer is tofu.

Section IV: Processing and oil extraction (papers 22-32). Including: 25. A simple soyapaneer pressing device for rural people, by Dr. A.P. Gandhi and Dr. Nawab Ali. 26. Soyflaking–A low-cost technology at rural level, by R.T. Patil, Dr. B.D. Shukla and Dr. A.P. Gandhi. 27. Simple technologies for making some soybased products–by Dr. A.P. Gandhi and Dr. Nawab Ali. 28. Full-fat soyflour-processing technology, storage and utilization, by H.N. Mishra and Dr. R.K. Mukherjee. 29. Preparation of soyblend snacks at domestic level, by K.M. Sahay and Dr. R.P. Kachru. 31. Extrusion process with special reference to soybean, by Dr. Nawab Ali and R.T. Patil. 32. Development of a mini-mill and its performance evaluation for soybean blended wheat flour, by B.S. Bisht.

Session V: Utilization as food and feed (papers 33-47). Most of these papers are cited separately.

The word "dosa" appears on 16 pages of this book including 4 times on page 386, 3 times each on pages 316, 384, and 385, twice on p. 388, and once each on pages 224, 268, 291, 306, 344, 381, 382, 387, 391, and 392.

The word "dosai" appears on pages 169 and 341 of this book.

The word "idli" appears on 19 pages of this book including 3 times each on pages 374, 386, and 291, twice on pages 316, 384, and 385, and once on pages 224, 291, 293, 306, 310, 341, 351, 373, 375, 382, 387, 388, and 391. Address: 1. PhD, Project Director, Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering (ICAR), Nabi Bagh, Berasia Road, Bhopal-462 018, India; 2. PhD, Soybean Processing and Utilization Project; 3. Central Institute of Agricultural Engineering.

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8672. **Product Name:** Soya Frys, and Tofu Balls.
Manufacturer's Name: Birchwood Health Products.
Manufacturer's Address: Unit 1D, Alyn Industrial Estate, Llay Hall, Wrexham, Clwyd, Wales, UK. Phone: (0978) 761833.
Date of Introduction: 1988. July.
New Product–Documentation: Letter from D. Horbury. 1988. July 15.

8673. Bubny, Paul. 1988. Venerable soybean sprouts new uses. *Health Foods Business* 34(7):72, 74, 76, 108. July.
• ***Summary:*** Lonnie Stromnes, national sales manager of White Wave Soyfoods in Boulder, Colorado, reports that White Wave recently "upscaled" the packaging on its tempeh products; the new graphics depict tempeh in use, so that customers do not have to bring a thorough knowledge of the food into the store with them. Mitoku-USA, based in Albany, New York, imports some 20 varieties of miso. At least one manufacturer, the Asheville, North Carolina-based Great Eastern Sun, saw its miso sales increase by 20% last year. Bruce Sturgeon, the company's vice president, said Great Eastern Sun's volume on miso alone was $400,000 in 1987. Shoyu and tamari are frequently aimed at the gourmet market as well as the natural foods / specialty foods market. Owner Dale Kamibayshi of Alfalfa's Market in Boulder, Colorado said, "I think many people are still intimidated by (soyfood's) preparation." To help overcome the intimidation factor, Alfalfa's has scheduled a soyfood tasting fair for July 16; the first such fair which the store has devoted to soy.

Gary Barat, chairman of Legume, Inc. said, "I see the natural foods and gourmet markets coming together," said Barat. "And the smart marketers are realizing that." People who shop specialty stores have both eyes turned toward quality. Soy companies are increasingly making use of organically grown soybeans. There is also a trend toward using specific soybeans for specific products, a sign of a maturing industry. The trend is more prevalent in the U.S. than in Far East Asia. Westbrae, for example, uses Vinton beans for its Westsoy soy beverage. As the currency in Japan remains strong against the dollar, you're going to see more and more (soy) products produced in America. Also there will be greater growth in so-called "second-generation" soy products–dairy analogs with soymilk, soy cheese, soy ice cream and soy yogurt. Address: Associate Editor.

8674. Desikachar, H.S.R. 1988. Utilization of soybean for food uses in India. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 289-98. Held 22-23 Nov. 1986 at CIAE, Bhopal, India.
• ***Summary:*** Discusses the development in India of soybean foods such as soymilk, soyflour, soypaneer [tofu] and soyoil–and the possibility of replacing other pulses by soybean in common Indian foods. The need for simple, low cost processing techniques with a minimum of sophistication is emphasized.

Recently texturised soy products, paneer [tofu] made from soy milk and weaning foods made using soyflour have been on the market. Solvent extracted soybean oil and imported soy oil are used in making Vanaspathi [Vanaspati]. Almost all extracted meal is being exported.

Table 1 compares the proximate composition of black soybean (Kalitur) and pigeonpea (on a dry basis). The soybean contains 44.00% protein compared with 25.2% for the pigeonpea. The soybean contains 21.5% fat [vegetable oil] compared with 1.8% for the pigeonpea.

Table 2 compares the "Sugar content of black soybean (Kalitur) and pigeonpea (percentage)."

Another point that needs to be emphasized is that soybean or soybean meal will be most widely accepted when used for making indigenous food preparations used by most Indians in their daily diet instead of soya milk, tofu, meat analogs, etc. in which for it is likely to be used by relatively few people. With this end in view, work was initiated at CFTRI, Mysore, a few years ago to process soybean for use in making common Indian foods. "Soybean was first made into dal by removing the husk. In fact, it is much easier to make dal from soybeans than from other Indian pulses. A method and machine for making dal by a dry process was standardized at CFTRI.

"The bitterish beany taste of soybean was also found to be modified by fermentation as normally practiced for *idli* and *dosa.* In fact, soybean batter was found to ferment faster and more easily than the blackgram, because of its higher sugar content (Fig. 1). It could replace blackgram by 50% in *idlis* and fully in *dosa"* (p. 291).

Table 3, "Comparative flatus [intestinal gas] production with raw, cooked and germinated pulses" (p. 293) gives values for seven raw, cooked, germinated, and cooked & germinated Indian pulses. Black soybean produced the most flatus (5.20) followed by bengalgram [chickpeas, garbanzo beans, *Cicer arietinum*] (5.18), blackgram (4.76), cowpea (4.03), pigeonpea (3.81), horsegram (2.66) and greengram (2.26).

Because of its flatus production when used in whole or split form, soybean is more difficult to digest. "The flatus effects could be minimised by addition of clove and/or cinnamon (Fig. 2) which are normally used in preparation of North Indian type dals. Germination and fermentation as normally practiced for *idli* considerably reduce galacto oligosaccharides and reduce the flatus producing properties of soybean and other pulses as well (p. 293; See Tables 4 and 5, Figs. 3, 4 and 5).

Table 4, "In vivo gas production on isolated carbohydrate fractions from black soybeans and pigeonpeas," shows that per 10 gm coming from soybeans in the diet, oligosaccharides produce the most intestinal gas (4.80),

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followed by hemicelluloses (1.58) and pectin (0.70).

Fig. 3 shows that germination of 7 common Indian legumes reduces the content of the raffinose family of sugars, and reduces intestinal gas. Address: Deputy Director (Retired), Central Food Technological Research Institute, Mysore. Currently Consultant, Paddy Processing Research Centre (Tamil Nadu) Society, Tiruvarur [Southeast India].

8675. DeSilver, Drew. 1988. Japanese eat better, but there's a catch. *Vegetarian Times*. July. p. 8-9.
• ***Summary:*** Japanese people have the greatest longevity on the planet. A Japanese boy born in 1987 can expect to live more than 75 years, and a Japanese girl more than 80; the American figures are 70.1 and 77.6, respectively. The traditional Japanese diet–based on rice, tofu, seaweed, vegetables and fish–is assumed to be the reason Japan has one of the lowest levels of cholesterol and heart disease. But with the westernization of the Japanese diet, the average Japanese man's blood cholesterol level has risen from 180 mg% in 1973 to almost 200 mg% today. The Japanese have drastically cut their daily salt consumption–13 grams vs. 10 grams (10 grams of salt = about 2 teaspoons).

8676. Fertilia. 1988. Prijlist. 1 Juli 1988. Milieu vriendelijke levensmiddelen [Price list. 1 July 1988. Environmentally friendly foods]. Koolhaaspark, 3864 PW Nijkerkerveen, Netherlands. 49 p. 30 cm. [Dut]
• ***Summary:*** Contains products from: Dr. Vogel (p. 20). Huegli (mostly bouillon, p. 20). Japanese soy products (shoyu, tamari, may types of miso, nigari, kuzu, wheat gluten, mochi, p. 30-33). Fertilia soy products (p. 34). Yakso (tofu, tempeh, soy sauce, p. 34). Witte Wonder (tofu, seitan, p. 35). Orido (amesake, p. 35). Liza (rice drink, p. 36). Living Foods (soya drink, p. 36). Provamel (9 soy drinks and 6 soy desserts [puddings], p. 36). Jonathan (1 bottled soy drink, p. 36), Lima (shoyu, tamari, soymilk), Eden (no soy, p. 37). Address: Nijkerkerveen, Netherlands. Phone: 03495-72844.

8677. Gandhi, A.P.; Ali, Nawab. 1988. Varietal variability on soypaneer preparation. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 191-94. Held 22-23 Nov. 1986 at CIAE, Bhopal, India. [1 ref]
• ***Summary:*** Among nine soybean varieties used for making soypaneer [tofu], JS 7244 gives the highest tofu yield (2 kg of tofu per kg of soybeans). There is no correlation between protein, oil, and hydration capacity of the seed with the soypaneer formation.

In India, people like regular paneer with about 70% moisture content.

Note. This is the 2nd earliest English-language document seen (April 2013) that contains the word "soypaneer" or with the word "soypaneer" in the title. Address: 1. Biochemist; 2. Project Director. Both: Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering (ICAR), Nabi Bagh, Berasia Road, Bhopal-462 018, India.

8678. Gandhi, A.P.; Ali, Nawab. 1988. A simple soyapaneer pressing device for rural people. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 220-21. Held 22-23 Nov. 1986 at CIAE, Bhopal, India. [1 ref]
• ***Summary:*** This device is based on a screw system over a paneer forming box, which has holes on all sides and is chrome plated. Each box holds 2 kg of soypaneer at a time. With the help of the screw, the desired pressure can be applied and soypaneer of the desired texture can be obtained. A photo shows the device. Address: 1. Biochemist; 2. Project Director. Both: Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering (ICAR), Nabi Bagh, Berasia Road, Bhopal-462 018, India.

8679. Gandhi, A.P.; Ali, Nawab. 1988. Simple technologies for making some soybased products. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 233-40. Held 22-23 Nov. 1986 at CIAE, Bhopal, India.
• ***Summary:*** Summary: A number of soyproducts are available on the Indian market, including extruded full fat or defatted soy flours, soy-oil, etc. These products have great potential in combating protein energy malnutrition in rural India. However, they are very expensive and beyond the reach of the common man. Therefore, some simple, low technology soyproducts such as full fat soy flour, ready to eat soydal, soypaneer and soyflakes were developed at CIAE, Bhopal. These technologies can easily be adopted by farmers and villagers with the assets available to them.

For each of these four soyproducts is given: 1. Process. 2. Quality of product. 3. Organoleptic evaluation. 4. Storage studies. 5. Promotion (The technology developed is being taken to a number of villages, where training programmes are organized in preparation of the various soyproducts).

From 10 kg of soybeans about 7.5 kg of fullfat soyflour was obtained. Fullfat soy flour was incorporated at a level of 10-20% into various indigenous food and evaluated. These foods include *chapati*, *puri*, *pakodeva*, *sev*, *bread pakoda*, *soypeanut crisp*, *burfi*, *mysore pak*, and *halwa* [*halva*]. At this level, all of the products containing soyflour were as acceptable as their nonsoy counterparts.

Soydal normally takes a very long time (about 5 hours) to complete tenderization. However when pressure cooked with 4 parts water at 1.05 kg per square cm, together with turmeric, salt, other spices and starches, the cooking time

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was reduced to 30-45 min.

Soypaneer or tofu costs about Rs. 5 per kg compared with Rs. 30-35 pr kg for milk paneer. Thus it has great potential as a substitute for milk paneer. Every week it is sold at the Institute's sales counter. Address: 1. PhD, Biochemist; 2. PhD, Project Director. Both: Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering (ICAR), Nabi Bagh, Berasia Road, Bhopal-462 018, India.

8680. *Health Foods Business.* 1988. Tofu: The proteus of soyfoods. 34(7):78, 108-09. July.
• ***Summary:*** Tofu is like a real-life shmoo, one of the characters in the comic strip *Li'l Abner.* Shmoos were lovable, obliging little creatures that turned themselves into whatever kind of meal anyone desired. Tofu can be served up as almost anything–burgers, ice cream, pasta, you name it.

Tofu was the only soyfood to be included as a primary ingredient in every category of soy-based products introduced in 1987, according to the Bar Harbor, Maine based research company Soyatech, and it is tofu that may be readily found in many mainstream supermarkets. A key reason for tofu's popularity is its versatility. But it was not until the introduction of "second-generation" tofu products in the 1980s that the American public began to catch on.

Note: Proteus was an ancient sea god of Greek mythology, capable of assuming different forms. He herded flocks of sea creatures for Poseidon (the Greek god of the sea, and counterpart of Neptune, the Roman god of the sea). Possessed of the gift of prophecy, Proteus was constantly hounded by those seeking his knowledge; he eluded them by assuming a variety of shapes. Whether used by scientists or nonspecialist writers, *protean* typically suggests adaptability or mutability.

8681. **Product Name:** [Dessert Tofu (Yogurt-like Product in a Yogurt Cup)].
Manufacturer's Name: Izumi Shokuhin.
Manufacturer's Address: Akimoto Building, Minamidai 5-27-32, Nakano-ku, Tokyo, Japan. Phone: 03-384-6991.
Date of Introduction: 1988. July.
New Product–Documentation: Toyo Shinpo. 1988. July 21. p. 12. "Izumi Shokuhin Inc. (Tokyo) has a new product, a dessert tofu which is refreshingly sweet." Mr. Aoyama is the president of the firm. His company is selling a yogurt-like tofu dessert in a yogurt cup. It is not a dairy product and it is easy to digest. The name, "Dessert Tofu" is designed to cause no confusion about what the product really is. Everyone will know exactly what it is and what it can be used for.

8682. Lieb, Mary Ellen. 1988. Is Tofutti back on track? Company hopes to pick up more steam with new product rollouts. *Dairy Foods* 89(7):28. July.
• ***Summary:*** David Mintz of Tofutti Brands, Inc. predicts, "Better Than Cheesecake will revolutionize the dessert industry. It is an answer for those who must avoid cholesterol, but who still desire the great taste and premium quality." Tofutti Brands' cholesterol-free cheesecake alternative does taste very much like the real thing. Better Than Cheesecake comes in a 20-ounce size for supermarket retailers and in a 3.5-pound size for foodservice operators. Tofutti Brands' short history has been marked by dramatic ups and downs. Mintz established the company in 1981 under the name Tofu Time and took it public in 1983. Tofutti frozen dessert was a quick hit, and the company's sales shot up from $2 million in 1984 to $17 million in 1985.

By the next year, however, sales had plummeted to $12 million, and they continued downward to $7.7 million in 1987. Several factors contributed to Tofutti's nosedive. Increasing competition in the frozen dessert category was one. Mintz's decision to terminate a master distributor agreement with the Haagen-Dazs Co. was another. This spring, however, Tofutti Brands completed its first profitable quarter in the past seven. Perhaps much of the company's resurgence can be attributed to its new distribution network. Thirty-five distributors have been added in the past year, and Tofutti has made a comeback in supermarket freezer cases. The company also has reduced Tofutti's suggested retail price by about 20% to an average of $2.09, which makes it more competitive with superpremium ice cream.

Tofutti Brands can't yet afford the expense of consumer advertising. For now, the company is concentrating its marketing efforts on the grocery trade, offering retailers quarterly promotions. Tofutti also relies heavily upon in-store sampling to introduce consumers to its tofu-based treats.

8683. Mital, B.K. 1988. Utilization of defatted soy flour for food. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 310-21. Held 22-23 Nov. 1986 at CIAE, Bhopal, India. [15 ref]
• ***Summary:*** Abstract: "This paper briefly describes the manufacture of soyprotein products and their food applications. The major products are defatted grits / flours, protein concentrates and protein isolates. The soybean protein products are used in food formulations as a dietary protein and also for their functional properties." Soy protein has "wide application in cereal foods such as chapati fortification, baked food, *idli, dosa*, and *dhokla.* Fermented and coagulated products such as soymilk, soyyogurt, soy paneer [tofu] and ice-creams are very popular. Texturised products could also be made from soybean."

Since the potential of soybean meal for feed or food has not been fully exploited in India, a major portion of the meal is exported. Soybean meal contains about 50-52% protein whose quality is close to that of milk protein. It is ironic that this protein-rich material which could be used effectively to combat malnutrition in India "is exported to affluent

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countries, where it is used as cattle feed."

4.1.3 "Idli, dosa, and dhokla" (p. 316): "Blackgram can be partly (50-75%) substituted with soybeans in the preparation of Indian products such as dosa. Idli and dosa mixes can be developed incorporating defatted soy flour. It will substantially enhance the nutritive value of such products." Address: PhD, Prof. & Head, Dep. of Food Science & Technology, G.B. Pant Univ. of Agriculture & Technology, Pantnagar, India.

8684. Morinaga Nutritional Foods Inc. 1988. Mori-Nu's revolutionary tofu (Color videotape). 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. 5 minutes. VHS. July.

• ***Summary:*** This video, targeted at the employees of food stores who buy food, introduces and promotes Mori-Nu Tofu.

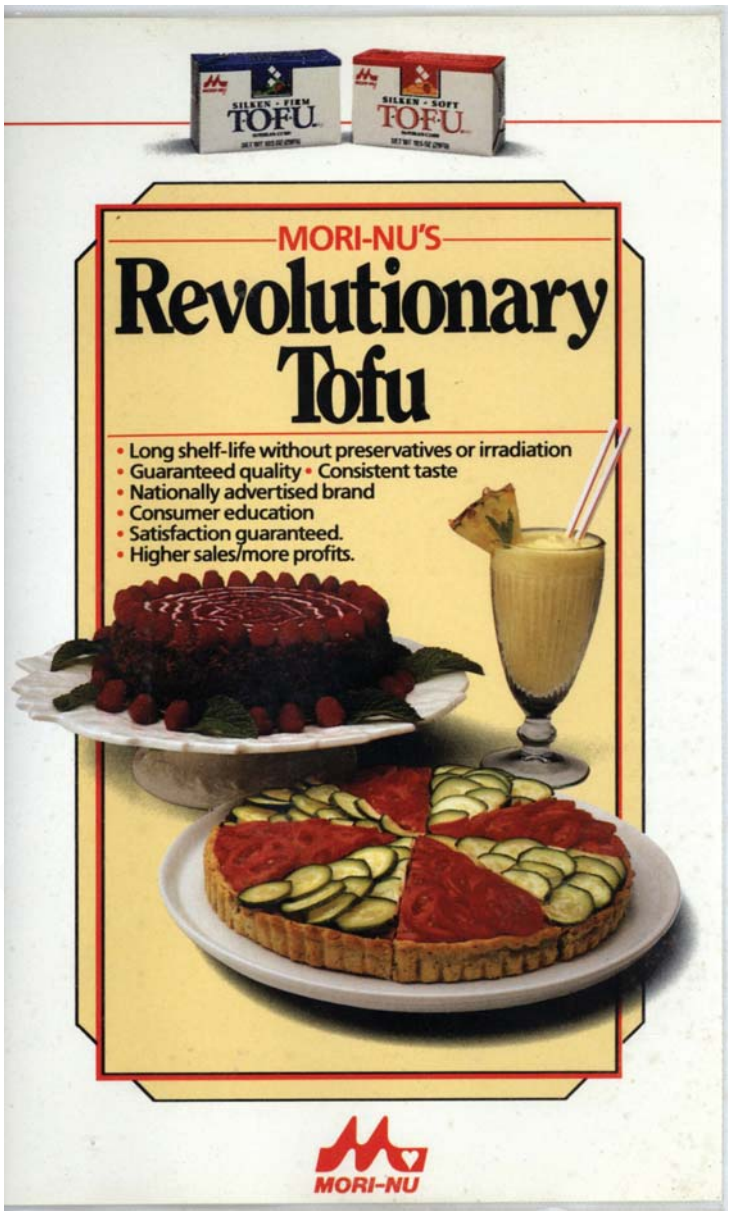

The presentation is extremely professional, informative, colorful, and 100% American. American tastes have changed to lighter foods. "The tastes of America are changing. Where the foods we desired were once rich and creamy, now they are low in cholesterol, low in saturated fat. Counting calories has become a national pastime. In our quest for better health and a slimmer waistline, must we now say good-bye to flavor? Good-bye to scrumptious? Good-bye to mouth-watering? Not on your life! America, say hello to every delicious dish you see here. Say hello to Mori-Nu Tofu. Who says you can't have it all? A new revolutionary packaging process developed by Morinaga Foods, one of Japan's largest food and dairy concerns, has enabled tofu to become widely accessible, and more compatible with American tastes. Rich in protein, no cholesterol, low in calories, saturated fats and sodium, tofu is a mainstay of the Oriental diet. However it has yet to enjoy a similar popularity in America. There are several reasons for this. It is often not fresh when sold. And the hygienic standards of many tofu manufacturers are questionable at best. Tofu's moist, protein-rich makeup is a perfect medium for rapid bacterial growth, leading to quick deterioration and spoilage. Its traditional packaging of a gelatinous white curd cake floating in water is unappealing to the average American consumer. The subtle taste of tofu is just plain tasteless for American palates used to burgers, pizzas, and Coke. And because it's such a healthy, nutritious food, tofu has wrongly become associated with trendy fad foods fit only for health nuts. But with one revolutionary process, Morinaga Foods has solved all these problems. Using ultra-hygienic state of the art technology, Morinaga has developed a process where soymilk, the prime ingredient of tofu, is pasteurized then immediately put into an aseptic package and hermetically sealed. The soymilk transforms into tofu right in the package. And because that package has locked out all microorganisms, light, and oxygen, there is no deterioration and spoilage. Without refrigeration, without preservatives, without irradiation, Mori-Nu is guaranteed to be first-day fresh for up to 10 months. Because of Mori-Nu, tofu is finally ready for the American market, and the American market, hungry for the perfect high-protein low-calorie food, is more than ready for Mori-Nu. Realizing this, Morinaga Foods is creating a major push to present Mori-Nu properly to Americans."

The modern Morinaga tofu plant in Japan, the production process, and the aseptic packaging are described. The two styles of Mori-Nu Tofu are shown, and their use in many colorful dishes and drinks. Morinaga has published numerous recipes and created the Health for Life Club.

The end shows an address and phone number for buyers to contact in order to order Mori-Nu Tofu.

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Note: Talk with Art Mio. 1990. Feb. 16. Although it typically costs $1,000 per minute of final video to produce a good quality video, this one and its 5-minute counterpart, produced by a Salt Lake City, Utah, company, cost more than $50,000 to make. It is a good idea to finish all the basics (scripting, recipe development, etc.) before scheduling the production time. Address: Los Angeles, California. Phone: 213-728-4325.

8685. Morinaga Nutritional Foods Inc. 1988. Mori-Nu's tofu magic (Color videotape). 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. 30 minutes. VHS. July. Price: $9.95.
• ***Summary:*** Step by step advice on cooking with Mori-Nu Tofu. Julia Weinberg and Jonelle Goddard show how to prepare 6 recipes using "the miracle food of our modern times." As each recipe is introduced, the ingredients and instructions are shown in clear white letters against an blue background, accompanied by music. The emphasis is on recipes that are healthful, quick and easy to prepare, stylish and colorful, and free of or low in cholesterol and calories.

The recipes are: (1) Honey Lemon Un-Cheesecake (dairy free) contains no cholesterol and only 260 calories per slice versus 460 for a typical dairy-based cheesecake. Topped with a little Mori-Nu Tofu whipped from a pastry tube, Jonelle concludes: "That is wonderful. You've got to try it." (2) Thick & Creamy Tarragon Salad Dressing. Free of cholesterol and low in calories, it is made with fresh herbs. Place in the fridge for 1 hour to let the herbs and flavors blend. After a description of Mori-Nu Tofu itself, the varieties, packaging, and shelf life we have... (3) Herb Pinwheel Quiche. It uses less eggs and cheese (Swiss and Parmesan) than a regular quiche, replacing them with Mori-Nu Tofu, yet with no sacrifice in taste. After baking for 35 minutes, it is decorates with sliced veggies and rebaked for 10 minutes. (4) Eggless Egg Salad. With no cholesterol and turmeric for color, it is rolled up in a chapati with lettuce and tomato. (5) Creamy Banana Date Shake. Dairy- and cholesterol free, it uses 1 package of soft Mori-Nu Tofu with 1 cup apple juice, 4 dates, and a ripe medium banana–all whipped together. (6) Crunchy Peanut Butter Pops. Tofu, peanut butter, honey, etc. are blended and poured into ice cube trays or popsicle molds. Dip in graham cracker crumbs or chopped peanuts. Kids love 'em.

The cooks conclude that they have barely scratched surface of the possibilities. One could also make pastas, enchiladas, blintzes, burgers, ice creams, etc. The recipes are given in Julia's new Mori-Nu cookbook titled *Tofu Magic.* Viewers are also invited to join the Health for Life Club, to receive 6 issues of the newsletter per year, with 6 series of recipes and coupons.

The executive producer of the video is Morinaga. Director: John B. Carter. Writer/Director: Michael Bockman. Beautifully done! Address: Los Angeles, California. Phone: 213-728-4325.

8686. Mukherjee, R.K. 1988. Soybean as food. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 299-309. Held 22-23 Nov. 1986 at CIAE, Bhopal, India. [8 ref]
• ***Summary:*** Soybean foods sold commercially in India include paneer, meat analogues (Nutrinugget, Nutrella, etc.), cereal-based items (biscuits, breads, chapatis, kinako), weaning foods (Protein Plus, Paustic Ahar, Nutri Ahar), and Others (Soy nuts, Protesnac, candies, shortenings, margarines, oil) (p. 300).

It would appear that protein fortification of cereals would result in better and more nutritious foods at relatively less cost. Traditional Indian foods such as *chapatis, parathas, puris, dosa, bada, idli* etc. can be made into highly nutritious foods by the incorporation of soy flour.

Studies conducted by Mishra and Mukherjee (1986) at the Post Harvest Technology Centre of the Indian Institute of Technology at Kharagpur have shown that wheat flour can be successfully fortified with full fat soy flour up to a level of 25% for chapati making without affecting adversely the flavour or overall acceptability of the chapatis. Bread, biscuits and other bakery products fortified with soy flour were found to have good consumer acceptance. Another important use of soybean would be soy dal which is a traditional" food in India. Yet it is not yet widely used because of the long cooking time (about 130-140 minutes) and the residual beany flavour. This small problem can be overcome by appropriate heat processing. 'Several other products such as soy milk, curd [tofu], 'srikhand' [sweet flavoured yogurt dessert] etc. may also be made using soybean."

Soy protein concentrates and isolates are also commercially available. "The evolution of soybean and soybean products is very timely in that more and more people are now turning to nonanimal protein" (p. 308). Address: PhD, Post Harvest Technology Centre, Indian Inst. of Technology (IIT), Kharagpur 721 302, India.

8687. Patil, R.T. 1988. Equipment and techniques for processing of soybean at rural level. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 253-68. Held 22-23 Nov. 1986 at CIAE, Bhopal, India. [9 ref]
• ***Summary:*** In India, there is very little equipment for wet grinding that could be used at the village level. It is therefore necessary to test the suitability of other available wet grinders (as used in Southern India for the preparation of *Idli* and *Dosa*) for wet grinding soybeans in the process of making paneer [tofu]. For the dry grinding of soybean,

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the pin mill is suitable as it has able to grind materials with a high fat content.

Contents: Abstract. Introduction. Cleaning and grading of soybean. Dehulling of soybean: Dry process, wet process. Detoxification of soybean (using moist heat to inactivate trypsin inhibitor activity {TIA} and urease activity {UA}). Wet grinding of soybean. Dry grinding of soybean. Specific purpose equipment. Conclusions (Dehulling of the soybean is very simple compared to other pulses).

Illustrations show: (1) Pedal operated air screen cleaner. (2) Rotary concave type dehuller. (3) Mini grain mill used for dehulling. (4) Hand grinder for dehulling. (5) Hull separator. (6) NDRI blancher. (7) GBPUAVT blancher. (8) Blanching unit, CIAE design. (9) Wet grinder developed by GBPUAVT, Pantnagar. (10) Colloidal mill for wet grinding. (11) Pin mill for dry grinding. (12) CIAE flaking machine. Address: Scientist-S2, Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering (ICAR), Nabi Bagh, Berasia Road, Bhopal-462 018, India.

8688. Rajor, R.B.; Cheryan, Munir. 1988. Khoa like product from soybean and milk solids. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 364-66. Held 22-23 Nov. 1986 at CIAE, Bhopal, India.
• ***Summary:*** A simple technology for making a product resembling khoa from soybean and milk solids was developed. The product contains 13.37% protein and 14.3% fat. Sugar was added to the soybean and milk solids and water in a steam kettle to make burfi [barfi, burfee, borfee]. These products were very much liked by the consumers.

A flow sheet shows the process for making a khoa like product and a barfi like product from soybean. Table 1 gives the composition of the khoa like product.

Note: Khoa (also khoo-wah) is a milk food widely used in the Indian cuisine, made of either dried whole milk or milk thickened by heating in an open iron pan.

"It is similar to ricotta cheese, but lower in moisture and made from whole milk instead of whey.

"There are three types of khoya [khoa]–batti, chickna, and daanedaar. Batti, meaning 'rock,' has 50% moisture by weight and is the hardest of the three types; it can be grated like cheese. It can be aged for up to a year, during which it develops a unique aroma and a mouldy outer surface. Chickna ('slippery' or 'squishy') khoya has 80% moisture. For daanedaar, the milk is coagulated with an acid during the simmering; it has a moderate moisture content. Different types of khoya are used for different preparations.

"Khoa is used as the base for a wide variety of Indian sweets. About 600,000 metric tons are produced annually in India. Khoa is made from both cow and water buffalo milk" (Source: Wikipedia, at Khoa, Oct. 2012). Address: 1. PhD, Div. of Dairy Technology, National Dairy Research Institute, Karnal, India; 2. Dep. of Food Science, Univ. of Illinois, Urbana, Illinois 61801.

8689. Schmit, Matthew. 1988. Brief history of the Tofu Shop (Arcata, California). 768 18th St., P.O. Box 4716, Arcata, CA 95521. 2 p. Unpublished manuscript. Handwritten.
• ***Summary:*** The Tofu Shop Specialty Foods Company, a member of the Soyfoods Association of America, was born in the Colorado Rockies in 1977 and relocated in Northern California [Arcata] in 1980. The deli opened in Dec. 1980. From the beginning, the emphasis of the business has been to serve the freshest tofu possible. In doing so, the company has attempted to both emulate and preserve for our western culture the unique experience of the traditional Asian neighborhood tofu shop. Keeping this as the guidepost for the business, today the company operates both a retail delicatessen and a manufacturing-wholesale operation from its facility in Arcata, California. The retail deli operates as a showplace for the company's products, and is a blending of the traditional Asian tofu shop with the classic deli of western culture, where customers can purchase just-made tofu and other delicacies right over the counter.

The deli also fulfills the functions of research-development and education for the company. The manufacturing-wholesale part of the company consists of a tofu-production operation and secondary-foods kitchens. Small batches, open-cauldron cooking, hand-pressing of soymilk and gravity flow all combine to produce our unique tofu. Our product line now consists of 18 products. It's exciting now for the company (7-10 employees) to begin distribution to a larger area thanks to the fine folks at Wholefood Express. Address: Arcata, California.

8690. **Product Name:** Super Chili (Lentils with Tofu).
Manufacturer's Name: Soy Power Company, Inc. (Product Developer-Marketer). Made in Los Angeles by a kitchen.
Manufacturer's Address: 4023 Del Rey Ave., Marina Del Rey, CA 90291. Phone: 213-821-2226.
Date of Introduction: 1988. July.
New Product–Documentation: Talk with Kevin Cross. 1988. Sept. 22.

8691. **Product Name:** Potato Curry (A Potato Salad with Savory Baked Tofu).
Manufacturer's Name: Soy Power Company, Inc. (Product Developer-Marketer). Made in Los Angeles by a kitchen.
Manufacturer's Address: 4023 Del Rey Ave., Marina Del Rey, CA 90291. Phone: 213-821-2226.
Date of Introduction: 1988. July.
New Product–Documentation: Talk with Kevin Cross. 1988. Sept. 22. "We added savory Baked Tofu just so we could put it under our name. We really don't want to put anything under our name unless it contains soy."

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8692. Spence, Cathie Slater. 1988. Tennessee's ghost farm: A personal odyssey back to a pioneering alternative community. *East West.* July. p. 46-53.
• ***Summary:*** The best report seen to date of changes at The Farm following "the changeover" in the Farm's economy in 1983 away from a communal form. The change required that everyone pay their way. A $200,000 debt was paid off and the land was owned free and clear but less than a third of the population stayed thru the changeover. Many who had invested a decade of their lives left with nothing–but bitterness, feeling betrayed. Stephen Gaskin feels betrayed and angry. Roberta Kachinsky is preparing to market her tofu cheesecake nationally. Address: Cambridge, Massachusetts.

8693. Vaidehi, M.P. 1988. Home level processing and utilization of soy based food products for rural and urban people. In: Nawab Ali, A.P. Gandhi, and T.P. Ojha, eds. 1988. Soybean Processing & Utilization in India. Bhopal, India: Central Institute of Agricultural Engineering (CIAE). v + 431 p. See p. 336-54. Held 22-23 Nov. 1986 at CIAE, Bhopal, India.
• ***Summary:*** "This paper presents some of the research work in soybean processing and utilization carried out at University of Agricultural Sciences, Bangalore."

Contents: Abstract. Introduction. Physico-chemical characteristics. Varietal effects and processing application of soy products: Green soybean variety Hardee is a nutritious palatable vegetable, Davis variety of soybean is superior to Hill variety in its nutritive components, cooking and sensory quality of soybean varieties, physical characteristics (10 varieties), cooking quality of soybeans (9 varieties), fat and protein contents of soybean varieties (10 varieties), cooking quality of soydal, acceptability of soy products, varietal effect on soymilk yield and organoleptic characteristics (19 varieties), use of black soybean (LBS-11) in comparison with Hardee and pigeonpea.

Use of soy in traditional foods: Nutritional value of Indian tandoori naans, rotis and bread blended with pulses and oilseeds, home and hosteliers use of soybean products. Use of soy in fermented foods: Preparation of tempeh culture for commercialization, nutritional and sensory evaluation of tempeh products made with soybean, groundnut and sunflowerseed combinations (with flow sheet), acceptability of soybean incorporated rice *idlis.* Use of soy in baked products: High protein biscuits made with ragi flour and oilseed flour blends (16 types of flour were prepared with all purpose flour {maida}), cookies from malted cereals and oilseed flours.

Use of soy in beverage production for milk products and weaning foods: Protein and energy content of acceptable beverages prepared with blends of soy, skim milk, sesame, coconut and malts from wheat, ragi and green gram (blended malt beverages, chemical analysis), evaluation of tofu and its products prepared from soymilk in combination with sunflower seed milk and skim milk (with flow sheet for tofu). Consumer reactions to soy products: Consumer evaluation of tofu, tempeh, curd and Meal Maker in rural and urban areas, consumer evaluation of soy products in rural areas, consumer choice of fast foods from soybeans, supplementary foods (soy nuts for snacking), short term training program (3-day) for soy use in daily diet, community participation.

Table 4 "Ranking of different soy products by a panel of judges" shows (p. 341) which soybean varieties produce the highest quality recipes in which soy products are used to make dishes common to South India. For each food we will give only the top-ranking soybean variety, even though the table gives the top four. Cooked dal (KHSB-3). Mashed dal (PK-7392). Vadai (PK-7392). Idli (DS-7427). Dosai (Hardee).

Page 344: Costly chickpea or blackgram dal flour is replaced by hosteliers in part by soy flour–with good acceptance–in traditional Indian preparations like *dosa, pakodas, vade, bajjie,* and *bondas.* "The same could go to home level use by way of ready mixes with 30% soyflour incorporation." In outer coatings and batter preparations the substitution of soyflours is easily accepted by all. "Meatless meats (TVPs) and blends of soyflours in defatted form can be used in the preparation of mutton soup, cutlets, koftas, and meat loaves at 15% level substitution without any change in acceptability by consumers."

There follows a long discussion of tempeh.

Page 351: "Consumer evaluation of soy products in rural areas. One hundred rural housewives were served with several soy incorporated beverages and snacks for their evaluation. It was found that 80% of the rural people were unaware of soy bean and its uses."

Table 10 shows the pooled percentage of rural families who scored very good or good for soy dishes (in descending order of overall acceptability, which is shown in parentheses): Soy kheer (100). Soy idli (98). Tofu burfi [barfi, burfee, borfee; a sweet confection] (97). Soy butter milk (94). Soy sambar (87). Soy pakoda (76). Tofu curry (75). Tofu pakoda (67). Soymilk curds (66). Oriental flavoured milk (59). Flavoured soymilk (57). Soy chutney (52). Soymilk (41).

Conclusion: "For home level soybean use, easy availability of soy processed products is very important. Low prices, accessibility and proper education to bring awareness and importance of soy in daily diet would undoubtedly boost the use of soy products at home level." Address: PhD, Assoc. Prof. and Head, Univ. of Agricultural Sciences, Hebbal, Bangalore–560 024, India.

8694. *Vegan* (*The*) (*England*). 1988. Pass it on! Haldane Foods. Summer. p. 17.
• ***Summary:*** "Haldane Foods' Tofeata Tofu–one of the best around in my opinion–is currently being sold with an excellent free recipe leaflet. With the exception of honey in

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a few cases, all 20 recipes are vegan. If you're a regular user of this brand, keep any spare copies and pass them on to friends.

"The same company has a new range of ready-to-mix meals called 'Easy Cuisine' comprising: Vegetable Curry & Brown Rice Mix, Vegetable Goulash & Potato Mix, Spaghetti Vegetable Bolognese Mix, Vegetable Ragout & Dumpling Mix, Vegetable Cottage Pie Mix, and Vegetable Burger & Couscous Mix. All are quick and easy to prepare and very useful to have in the larder. They provide enough for one generous serving, but by using some of the recipe ideas on the back of the packets would easily stretch to two."

Note: A new Vegetable & Tofu Burger from Cauldron Foods is also mentioned.

8695. *Whole Foods.* 1988. Morinaga retains new broker. July. p. 36.
• ***Summary:*** Morinaga Nutritional Foods Inc. has retained CBB Integrated Sales and Marketing as its new western region broker.

8696. **Product Name:** Tofu.
Manufacturer's Name: Woodstock Tofu Co., Inc.
Manufacturer's Address: 344-A Glasco Turnpike, Woodstock, NY 12498.
Date of Introduction: 1988. July.
New Product–Documentation: Talk with Joel Schuman. 1989. Sept. 5. This company, which is no longer in business, was owned by Bob Whitcomb, who now owns Sunflower Natural Foods, located in the Bradley Meadows Shopping Center, in Woodstock. In about 1987 Bob bought the business from Joe Jaffer, who had started it in about 1981 as Greenleaf Farms in Pennsylvania. Bob wanted to run the business as a side line. But due mostly to management and business problems, they couldn't make it, so the business and/or equipment is for sale. They were making only 1,500 lb/week of tofu. Note: Bob also owns Woodstock Electric. Phone: 914-679-5933 or 34. Talk with Joseph Jaffer. 1989. Sept. 16. Bob Whitcomb bought Joe's tofu business in June 1987, but didn't start making tofu until July 1988. He had a partnership with 3 other people that he met in an EST group. He had partnership problems almost from the beginning. And the operation was not well organized. The quality declined and was inconsistent. He had problems getting and keeping workers. Unlike Joe, they did not have their own water and they had to pay rent on the building, so their break-even volume was twice his. Toward the end they were losing lots of money.

8697. **Product Name:** [Tofusan Tofu Spreads (Natural, Dill, Green, Shallot, Pommodore, With Hot Sauce)].
Foreign Name: Tofusan (Natura, Dill, Verde, Sjalot, Pommodore, Salsa).
Manufacturer's Name: Yakso.
Manufacturer's Address: Zoutstraat 17, Groningen, Netherlands.
Date of Introduction: 1988. July.
Wt/Vol., Packaging, Price: 170 gm jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Fertilia price list. 1988. July. p. 34. Letter from Anthony Marrese. 1990. March 22.

8698. **Product Name:** [Tofume Smoked Tofu (Mushroom, Celery, Paprika)].
Foreign Name: Tofume (Champignon, Sellerie, Paprika).
Manufacturer's Name: Yakso.
Manufacturer's Address: Zoutstraat 17, Groningen, Netherlands.
Date of Introduction: 1988. July.
Wt/Vol., Packaging, Price: 170 gm.
New Product–Documentation: Fertilia price list. 1988. July. p. 34.

8699. Hymowitz, Ted. 1988. Early Swedish work with soy sauce in Canton, China (Interview). *SoyaScan Notes.* Aug. 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ted learned that there was a Swedish colony in Canton in the period 1750 to 1760. Perhaps they knew something about the Bowen-Flint [Samuel Bowen and James Flint] affair, so he examined early Swedish literature, though he can't read Swedish. He found a document on methods of preparing Chinese soy by M. de Groupens. Berkeley or Harvard might have this document. The earliest Europeans to refer to the soybean were Carletti (1597), Saris (1613), and Fernández Navarrete (1665); Ted discovered all of these early references. There must be many other early references in travel logs, but it takes so much time to read them. He will cite this in a forthcoming article on new crops.

Ted will send me an article from *The Philosophical Magazine* (1804) by M. de Grubbens titled "Method of preparing Chinese soy." He also has on one of his note cards the story of a man visiting Peking in 1655; the man mentions miso and tofu. Address: Dep. of Agronomy, Univ. of Illinois, Urbana, IL.

8700. Vercesi, Patrick. 1988. Rhône-Alpes: Mise en service d'une nouvelle usine de traitement du soja à Valence [Rhône-Alpes: A new factory for treatment of soya to start operation at Valence]. *Les Echos.* Aug. 2. [Fre]
• ***Summary:*** The Innoval company, an affiliate of the Silos of Valence (a cooperative for the collection and commercialization of cereals, containing 5,000 producers), is going to have constructed a 2,500 square meter factory specializing in the transformation of soya for human foods. Installed in the industrial zone of Valence, this unit, which will be totally operational in September, represents an investment of nearly 20 million French francs. Lion Expansion PME, the SDR du Sud-Est, and Idianova

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have decided to participate in this project in the form of convertible actions and obligations. The company should have 25 salaried employees, compared with 90 salaried employees from the Silos of Valence Group and a turnover of 222 million francs. The primary raw material, soybeans, is readily available, with 100,000 ha cultivated in l'Hexagone and 18,400 in Rhône Alpes, mainly in l'Ain, as well as in Drôme, where production is expected to grow to 2,000 ha in 1988 from 1,000 ha in 1987.

8701. Houston, Maureen. 1988. Soy products trim grease from your diet. *News-Democrat* (*Belleville, Illinois*). Aug. 3. p. 1C, 8C.
• ***Summary:*** Eileen Greco, who lives in New Athens, Illinois, is a soybean booster, representing the Illinois Soybean Program Operating Board. To show the versatility of the soybean, she prepared a number of dishes, from hors d'oeuvres to desserts. There was a dip with tofu, a dressing with tofu and an Hawaiian stir fry that she makes with tofu. Greco even tried to talk a New Athens grocer into carrying tofu ice cream. A couple weeks ago, she took 170 soybean paper place mats to a New Athens restaurant to hand out. The place mat lists the many uses of the soybean, under the title "Miracle Crop of Many Uses." Greco likes soy flour the best.

8702. Caspers-Simmet, Jean. 1988. Iowa firm makes tasty soybean products. *Agri News* (*Rochester, Minnesota*). Aug. 4.
• ***Summary:*** Solnuts Inc., formerly Edible Soy Products was purchased by Solnuts of Tilburg, the Netherlands, in December 1986. The company sells its product to manufacturers all over the U.S. The best known are Zero candy bars and Almond Windmill cookies. The Hudson plant also is distributor in the western half of the world for tofu-based products made in Holland by a sister company of the Tilburg firm. If American marketing efforts prove that demand exists, the company may build a plant in Hudson, Iowa. The Soynut plant currently employs nine people. With existing equipment, it is capable of producing 1 million pounds of dry roasted soynuts a month. Small photos show Linda Weigel (sales manager) and Ruth Young (office manager). Address: Minnesota.

8703. Brush, Christopher. 1988. Tofu gaining popularity in West. Program presented to planning council. *News* (*Wapakoneta, Ohio*). Aug. 6.
• ***Summary:*** Dr. Lun-Shin Wei, who came to the U.S. in 1953 and is now a professor at the University of Illinois, and Dr. Takeichi Kusaka of Shikoku, Japan, presented a special program on tofu prior to Thursday's meeting of the Mid-Western Ohio Joint Planning Council. MWOJPC, for some time, has been selling an ice cream made form tofu at various fairs. Kusaka, a graduate of the Osaka University, Japan, is regarded as "the master tofu manufacturer worldwide." He has devoted the last 42 years to research on improving processes to manufacture tofu from soybeans.

8704. *United Press International Financial Wire.* 1988. Three agricultural projects qualify for new loan program. Aug. 9.
• ***Summary:*** Energy Sprouts of San Antonio has obtained a $192,000 loan through Groos Bank of San Antonio to expand its alfalfa and [mung] bean sprout business to include tofu production, said Texas Agriculture Commissioner Jim Hightower.

8705. Stoetzer-Taylor, Nancy. 1988. The all American tofu burger. *Capital-Journal* (*Topeka, Kansas*). Aug. 11. p. 1C-2C.
• ***Summary:*** Jim Cooley is the owner of Central Soyfoods, a Lawrence-based company that has been making tofu for 10 years. In an attempt to increase the number of people who try it, Cooley has organized a tofu cooking contest the last two years in conjunction with the Douglas County Fair. Includes 7 tofu recipes.

8706. Middleton, Tom. 1988. Sewage plant gains respite [after Tomsun Foods closed in June]. *Recorder* (*Greenfield, Massachusetts*). Aug. 12. p. 1.
• ***Summary:*** Tomsun overloaded the town of Greenfield's sewage treatment plant. While the tofu plant was in full operation, the daily amount of solid waste suspended in solution averaged about 5,600 pounds–about 400 pounds more than the plant's designed limit.

Every pound of leftover soybean translates into 60 pounds of biological oxygen demand.

Tomsun Foods International, which began manufacturing at Wells Street in 1977, filed for bankruptcy in April and was forced to close the plant in part because it needed expensive renovations, including sewage treatment equipment.

The 24,000-square-foot tofu factory once employed 75 people, but in its final days only had eight.

About 120,000 gallons of waste water a day–containing unused parts of soybeans–were flushed down the drain at the factory.

8707. Bailey, Simon. 1988. Soya-based products. *Natural Choice.* Aug. 15.
• ***Summary:*** "The food of the future. The soya bean is a protein-packed food which is increasingly used as a dairy or food substitute in today's search for a healthier diet." Discusses soya milk, dairy free desserts, tofu, tofu-based foods, soya flour, soya sprouts, tempeh, soya sauce, miso, and high-tech soya foods including TVP and soya protein isolates. Address: 138 Randolph Ave., London W9 1PG, England. Phone: 01-289-7364.

8708. Rosebrock, Bob. 1988. Brief history of Rosebrock's

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Tofu Burger Cafe (Interview). *SoyaScan Notes.* Aug. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bob first tasted soy (not tofu) burgers in 1973 in Hawaii. He opened his first restaurant selling tofu burgers in Malibu, California, in December 1984. It was called Rosebrock's Garden Cafe. In early 1987 he changed the name to Rosebrock's Tofuburger Cafe. The store sold an average of 50-70 tofu burgers a day, hitting 100 on some weekends. Many stars were among his clients. He buys his burgers from a manufacturer, marinates them in a garlic & dill sauce, heats them, then dresses them up by brushing on one of several special sauces, such as garlic-herb, pesto, etc. A menu shows that the burgers are sold on whole wheat buns with various combinations of trimmings: Classic Tofuburger California Style (mayonnaise, lettuce, sprouts, tomatoes, onion, dill pickle), Pestoburger (with zesty pesto sauce), Maliburger (with garlic herb sauce), Ultraburger (with both pesto and garlic-herb sauces), Avocado Burgers (avocado sauce), and Veggie Burger (fresh from the garden). He also sells a Chicken Burger. Prices average $3.75. A leaflet for Rosebrock's Tofuburger Cafe announces: Specialty tofuburgers, salads and sandwiches, buckwheat waffles, high energy protein shakes, blueberry bran muffins, fresh fruit smoothies, fresh juices, and wheatgrass juice.

His Malibu store was closed to make way for a shopping mall. He now has one store in Venice. Eventually he hopes to have stores in Brentwood, Pacific Palisades, and Malibu. The Malibu one may be a drive-thru. Competition is the Garden Burger (no soy and well marketed), and Jeremiah Ridenour's tofu burger, which is sort of generic. He hopes to start making his own burgers pretty soon. Address: Venice, California.

8709. Tachihata, Chieko. 1988. Re: Early tofu making in Hawaii. Letter to William Shurtleff at Soyfoods Center, Aug. 22. 1 p.
• ***Summary:*** "In the 'old days' tofu was made locally for just one 'village' or sugar plantation. I know of at least one plantation where a woman made enough for one plantation on a daily basis, and sold the tofu from her home location for the consumption of the Japanese community." Address: Librarian, Special Collections, Thomas Hale Hamilton Library, 255o The Mall, Univ. of Hawaii at Manoa, Honolulu, Hawaii 96822.

8710. Pirello, Robert J. 1988. Tofu cheese product and process of preparation. *U.S. Patent* 4,765,995. Aug. 23. 4 p. Application filed 16 Sept. 1987. [9 ref]
• ***Summary:*** Soybean curd is manufactured from a firm, relatively non-porous tofu brick by coating the brick with a thin mellow white miso coating, fermenting the coated brick, removing the miso, steaming, and whipping. The low-fat, low-cholesterol end product has a soft, creamy, water-separation resistant, spreadable texture. Address: 620 Christian St., Apt. 2C, Philadelphia, Pennsylvania 19147.

8711. Lee, Ken. 1988. New developments with yuba, soymilk, and tofu at Soyfoods of America (Interview). *SoyaScan Notes.* Aug. 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyfoods of America started production in Nov. 1981, making yuba, soymilk, and tofu. Of the yuba, 90% is fresh frozen sheets and 10% is dry sticks. This company is the only maker of fresh yuba in America and he ships it nationwide, to Houston, Dallas, Seattle, Chicago, etc. It is sold mostly to the Oriental market but also to a few health foods restaurants such as Healthys in Hawaii, and Orean. All imported yuba is dried. It takes 3 months to get here and usually contains preservatives, bleach, and dyes. His prices is 4 times the imported product but he still can't keep up with demand. He now has 4 workers, working 2 shifts. They make 240 cases/week with 200 sheets/case = 48,000 sheets/week. It is all hand-made now but he may automate. Of the company's total sales, 50% is soymilk, 30% is tofu, and 20% is yuba. The soymilk is sold mostly to Chinese, Vietnamese and other Asian-Americans. They are going to make a soymilk without beany flavor. They sell 150 cases/week of half-gallon bottles of soymilk to Price Club. Spicy Tofu and Tofu Noodles were introduced in Jan. 1984. The brand "Furama" means "fortune" as in "good fortune." Address: 1091 E. Hamilton Rd., Duarte, California 91010. Phone: 213-681-5393.

8712. Chen, Edwin. 1988. Criminal charges filed over 'grossly filthy' tofu plant [K.Y. Foods]. *Los Angeles Times.* Aug. 30. p. 3. Metro section.
• ***Summary:*** The plant, at 4607 S. Main St., has been the subject of two previous criminal prosecutions, in 1979 and 1982, when it was owned by D.Y. Imports, which was acquired a year ago by K.Y. Foods.

Named in Monday's complaint were K.Y. Foods Inc.'s general manager, Taek Kwan Oh of Monterey Park, and president Kyu Yong Kim of Alhambra. Address: California.

8713. Hill-Holtzman, Nancy. 1988. Korean foodmaker charged with allowing fecal bacteria in its tofu. *Los Angeles Herald-Examiner.* Aug. 30.
• ***Summary:*** A Korean-style food manufacturer with a history of health violations was charged yesterday with 31 misdemeanors after inspectors found high levels of fecal bacteria in the firm's tofu products and decaying rodents in its warehouse. K.Y. Foods, under its former ownership of D.Y. Imports, was hit with criminal charges in 1979 and 1982 for health violations, Hahn said. In 1985, the company destroyed $30,000 worth of contaminated tofu during inspections.

The company's food products are sold under the brand names CR Brand, DY Brand and KY Foods.

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KY Foods General Manager Taek Kwan Oh, 25 of Monterey Park and its president, Kyu Yong Kim, 53, of Alhambra, were named in the complaint. Address: California.

8714. Braine, Theresa. 1988. Area woman's home business based on tofu. *Register Citizen¼* (*Torrington, Connecticut*). Aug. 31. p. 6.
• ***Summary:*** Cipah Shapiro creates nutritious, low-calorie, cream-cheese style spreads from tofu, a food derived from soybeans–plus some cream cheese. She changes her spreads with the season, depending on which vegetables, herbs and spices are growing and fresh in her 2,400 square foot organic garden, with raised beds, out back. Last week she introduced a new line containing no dairy product at all–one does notice its absence. She sells the spreads to local stores and to individuals. "Her tofumania began in the fall of 1983," when she began developing the spreads for herself and her husband. But the idea of turning it into a business came in about 1986.

A photo shows Cipah Shapiro standing in her lush organic garden behind a sign on the gate that reads: "Blue Twine Farm." Address: Staff.

8715. Ridenour, Jeremiah. 1988. Monterey Bay Soyfoods, Western Soy Complements, and Wildwood Natural Foods (Interview). *SoyaScan Notes.* Aug. 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jeremiah got interested in soyfoods in June 1977 because of his interest in vegetarianism and because his parents grew soybeans on their farm. In July 1979 he established Monterey Bay Soyfoods, a sole proprietorship, in Santa Cruz, California. Initially it was a company that allowed him to do research. Then he began to making tempeh, which was first sold commercially in February 1980. But for about 9 months he produced tempeh out of his garage and sold it out of the house in ½ and 1 pound quantities without a label or a brand name. This was the first commercial tempeh made in Santa Cruz.

At about this time (late 1979 or early 1980) Buddy Hamel started a company named Clearway Soyfoods on 17th Ave. in Santa Cruz, making tofu. In Feb. 1981, Jeremiah wrote an article on transforming a dead refrigerator into a tempeh incubator, and in July 1981 another article about using a honey extractor for dewatering soybeans for tempeh; both were published in Soyfoods magazine.

In April 1981 a new company was formed named Western Soy Complements (WSC). A corporation with four stockholders, including Jeremiah, it was located in Jeremiah's garage at 335 Pennsylvania Ave. and made tempeh brand-named Santa Cruz Tempeh. "We grew the best tempeh ever in my garage. It has never been quite as good." Then in Nov. 1981 WSC moved into the back of the Well Bean Deli, where they cooked and incubated the tempeh. Tempeh of the Sea (with nori) was launched in about 1982. After about 18 months, in June 1984, WSC was moved to 1560 Mansfield Dr., Suite D in Santa Cruz. Then marinated tempeh burgers came in about 1985. In March 1987 they brought out the Tempeh Temptations (fried and marinated) and Three Seed Tempeh, and in June Curried Rice Salad with Tempeh (and carrots), which in September started to be private labeled for Wildwood. WSC has always made only tempeh.

In Sept. 1985 Jeremiah began a joint venture in Santa Cruz with Wildwood Natural Foods. Monterey Bay Soyfoods sort of became part of Wildwood. Wildwood had distributed WSC's tempeh in northern California. Buddy Hamel and Clearway, a tofu manufacturer, had just gone out of business. Wildwood wanted to make tofu in Santa Cruz. The first product (tofu) was sold in June 1986. Jeremiah now owns some of the stock in Wildwood Natural Foods of Santa Cruz. Wildwood has outgrown its space, so they are planning to find a new location for WSC (maybe one building away) and let Wildwood fill its space. Jeremiah is working on adding vitamin B-12 to his tempeh. Address: Santa Cruz, California. Phone: 408-476-4448.

8716. Brown, Judy. 1988. Soy-based yogurt and yogurt-like products–Where are they today? *Soya Newsletter* (*Bar Harbor, Maine*). July/Aug. p. 1, 12-13. [1 ref]
• ***Summary:*** During 1987 no fewer than seven soyfood companies were in the market with soy yogurt or yogurt-like products: Tomsun Foods International (Jofu), Azumaya (Stir-Fruity), Cream of the Bean, Brow Cow West (Soy-O), Bud, Inc., Natural, Inc. (Soy yogo), and Marjon Specialty Foods (Marjon Tofu Yogurt). Address: Maryland.

8717. **Product Name:** [Tofu].
Manufacturer's Name: Die Benjamine?
Manufacturer's Address: Kreuzberg, Berlin, West Germany.
Date of Introduction: 1988. August.
New Product–Documentation: Die Geschaeftsidee. 1989. Dec. p. 33. This company was started in Aug. 1988 by four friends who liked tofu making: Detlef Dorrow [Dorow], Ralf Hoffmann, Shi-Jong Chen, and Michael [Misha?] Wolff. They built a residence behind their tofu shop. They now make 1,000 kg/week of tofu. Note: This company apparently later became Berliner Tofurei, then (by Jan. 1992) Die Tofurei.

8718. Goulder, Lois; Lutwak, Leo. 1988. The strong bones diet: The high calcium low calorie way to prevent osteoporosis. Gainesville, Florida: Triad Publishing Co. 223 p. No index. 24 cm. See p. 85-87, 108-09. [10 ref]
• ***Summary:*** Page 86 states that tofu made with calcium sulfate contains three and a half times as much calcium as that coagulated with nigari. The authors recommend that

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men ages 18-45 and women ages 18 to menopause consume 1,000 to 1,200 mg of calcium a day (100-120% of the U.S. RDA), but that post-menopausal women not taking estrogen consume 1,500 to 2,000 mg/day (150-200% of the U.S. RDA). The U.S. RDA is set by the U.S. Food and Drug Administration (FDA), whereas the RDA (Recommended Daily Allowances) are set by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences in Washington, DC. The RDA for calcium for adults is 800 mg.

Soy-related recipes in Chapter 10 (p. 119-168) include: Salmon tofu spread (p. 120). Hawaiian carrot salad (with tofu, p. 127). Oriental tofu dressing (p. 130). Broccoli yogurt-tofu bake (p. 139). Tofu Nuggets Napoli (p. 143). Tofu Oriental rice (p. 144). Address: 1. 2963 Falmouth Rd., Shaker Heights, Ohio 44122.

8719. **Product Name:** Organic Nigari Tofu, Organic Smoked Tofu, Tofu Mayonnaise, Tofu Burger.
Manufacturer's Name: Kaiora Natural Ltd.
Manufacturer's Address: CPO Box 3007 (180 Victoria St. West), Auckland 1, New Zealand. Phone: (09) 370 454.
Date of Introduction: 1988. August.
New Product–Documentation: Letter from Austin Holden. 1988. Dec. This August they began to produce a wider range of soy products. They use locally grown organically certified soybeans ("Biogro" certified by IFOAM), Japanese nigari, Artesian well water. The organic smoked tofu is solidified with calcium sulfate. The standard block is sliced in two in the horizontal plane and then woodsmoked with Manuka, a variety of native tree wood. This is the wood traditionally used to smoke fish in New Zealand.

Tofu Mayonnaise contains unrefined rapeseed (Canola) oil, organic tofu, organic rice malt, organic lemon juice, organic brown rice vinegar, sea salt, spices, and vegetable gums. It is packed in glass. Tofu is sold in bulk and vacuum packed trays. Smoked tofu is vacuum packed. Burgers are sold only through the company's retail store at present.

8720. Kiri Bue Ro. 1988. August. New soyfoods restaurant or deli. Sonezaki 2-B-4, Kita-ku, Osaka-shi, Japan.
• ***Summary:*** Toyo Shinpo. 1988. Aug. 1. p. 6. "Kiri Bue Ro restaurant captures the romantic theme of the floating Meiji period, serving 30 new and traditional tofu dishes". Mr. Okamoto is the manager of the Kiri Bue Ro restaurant. They are open from 5-12 p.m. every night. They use 100% nigari tofu made from Japanese soybeans. They also play background music by the Beatles.

8721. Klaper, Michael. 1988. Vegan nutrition: Pure and simple. 2nd ed. P.O. Box 959, Felton, CA 95018-0959. Or 8563 Empire Grade, Santa Cruz, CA 95060. iii + 72 p. Illust. 27 cm. [137* ref]
• ***Summary:*** An excellent, highly readable introduction to the subject by a physician. The Acknowledgments page (p. 69) reads like a "Who's Who" of vegetarianism in the USA in 1988. Dr. Klaper gives special thanks to "Cynthia Pararo Klaper, for her indispensable editing suggestions, tireless efforts, and loving support." Soyfoods (especially tofu, soymilk, and tempeh) are mentioned and discussed throughout this book. Soy-related recipes include: Tofu yogurt. Bran muffins (with soymilk). Tofu omelette. Tofu tahini dressing. Blond miso dressing. Tofu eggless salad. Miso soup. Hot miso dressing. Tofu cutlets. Tofu loaf.

Note: Dr. Klaper is a graduate of the Univ. of Illinois College of Medicine, with post-graduate training and experience in surgery, anesthesia, obstetrics, and general practice. Since 1972 his emphasis has been on applied nutrition. Until recently his practice was in central Florida. Address: Felton, California. Phone: 408-423-6643.

8722. **Product Name:** Barat Passionettes, After Dinner Mints, and Sweet Angels (Non-Dairy Gourmet Chocolates with Tofu).
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-882-9190.
Date of Introduction: 1988. August.
Ingredients: Sucanat (granulated cane juice), unsweetened chocolate (chocolate liquor), cocoa butter, tofu powder, soya lecithin, pure vanilla.
How Stored: Shelf stable.
New Product–Documentation: *Soya Newsletter.* 1988. July/Aug. p. 8. Passionettes, individually wrapped truffles with a smooth hazelnut praline filling, are available in four and ten count, pyramid shaped boxes, or a 38 count dispenser.

After Dinner Mints, solid tofu chocolate squares with mint, come in boxes of 24. Sweet Angels are tofu chocolates in the form of twin cherubs (5 oz.). Color ad in natural Foods Merchandiser. 1988. Nov. p. 90. "Introducing the new collection. Barat Tofu Chocolate. The healthy passion! Bars, Bits, After Dinner Mints, Sweet Angels, and Passionettes (Truffles). Non-dairy. No white sugar. No cholesterol." Address: 116 Fairfield Rd., Fairfield, NJ 07006.

Ad in Gourmet Retailer. 1988. Aug. p. 87. Also in Whole Foods. 1988. Sept. p. 41. "Barat Tofu Chocolate." This semi X-rated full-page color ad (see next page) has three panels. In each is a man and woman embracing. The woman has a low-cut blouse on and the man in pajamas is naked from the waist up. Below each is the slogan "The healthy passion!" and an illustration of Barat Bars & Bits, Passionettes, and Sweet Angels.

Spot in *Shape* magazine. 1988. Dec. p. 54. "Chocolate with a Twist." "Barat Tofu Chocolate is sweetened with cane juice. But don't mistake it for diet candy. it contains 160 calories per ounces and 62% calories from fat."

Ad (5 inch square, full color) in Natural Foods Merchandiser. 1989. March. p. 78. "The new Barat

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collection. Tofu chocolate. The healthy passion!"

8723. Mandoe, Bonnie. 1988. Soyfoods: The perfect pair [Tofu and miso]. *Bestways*. Aug. p. 12-13.
• ***Summary:*** Contains 7 recipes, each using tofu and miso. Address: Hawaii.

8724. McSweeney, Daniel. 1988. Consumer survey 1988. *Whole Foods*. Aug. p. 27-28, 30, 32, 34.
• ***Summary:*** Natural/organic food purchases. Percentage of respondents who purchased a type of product during the past year: 1988 all/1987 all (1988 women / 1988 men). NA means "Not Available." The following are ranked in descending order of the percentage of consumers buying the product in 1988: Tofu: 63.5/83.4% (55.6/63.5%); Tamari 55.6% / NA (57.8/50.0%); Soy sauce 47.6%/NA (46.7%/50%); Miso 41.8/69.7% (42.2/38.9%); Tempeh 30.2/NA (35.6/16.7%); Soymilk 28.6%/54.5% (31.1/22.2%). Note the sharp declines between 1987 and 1988 for soymilk -47.6%, miso -40%, tofu -24%. All soyfood products for which there are statistics for both years declined, a serious trend.

Note: The "1986 and 1987 surveys statistics were generated through a reader questionnaire in East West magazine. The 1988 Consumer Survey was handed out to shoppers at 13 different retail stores throughout the country. Due to this variance in the survey base, some statistical discrepancies may have resulted."

8725. *Mori-Nu Healthy Times* (*Los Angeles*). 1988. Mori-Nu and muscles: A championship combo. 2(4):1-2. Aug.
• ***Summary:*** Mori-Nu Tofu is putting the muscle back into the healthy diets–especially for the natural bodybuilders at Jack O'Bleness' Monster Maker Gym in Inglewood, California. "I see a big place for tofu in this sport," said O'Bleness. There is twice-daily use of Mori-Nu Tofu in the trainee's diets. Ken Lawler of the Monster Maker Gym holds the title of Mr. All-America. Like all other Monster Makers, Ken's diet consists of twice-daily use of Mori-Nu Tofu. Address: Los Angeles, California.

8726. Morinaga Nutritional Foods, Inc. 1988. Shake up profits! (Ad). *Natural Foods Merchandiser.* Aug. p. 65.
• ***Summary:*** This attractive full-page color ad begins: "Interested in building a healthier profit? As one of the fines and most sought-after tofu products on the market today, Mori-Nu delivers a powerful blend of quality products and trade support. A simple recipe to whip up sales. Why is Mori-Nu capturing an increasing share of the tofu market? Stimulates cross-promotional opportunities. Guaranteed quality and taste. Convenient FDA approved long-life package. No preservatives, no irradiation. National advertising program. Consumer education and support. Complete in-store demo program. Free and exciting color P.O.P. [point of purchase materials].

A large color photo shows a pink strawberry tofu & fruit shake in tall glass with two straws, surrounded by a pineapple sliced lengthwise into halves, plus bananas, apricots, a peach and an orange. Small color photos show two packages of Mori-Nu tofu (soft and firm), plus two recipe pads ("Mori-Nu's Tempting Tofu Desserts," "Exotic! Chinese Unchicken Salad"), coupons (15 cents off Mori-Nu Tofu), a video ("Revolutionary Tofu"), and the front page of two issues of "Mori-Nu Healthy Times" newsletter. "Order now. Call Danielle Lin, National Sales Manager, Natural Foods Division at (213) 728-4325."

This ad also appeared in: Natural Foods Merchandiser (Sept. p. 94; 1989. Feb. p. 15), and Whole Foods (Sept. p. 13, Oct. p. 41). Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8727. Morinaga Nutritional Foods, Inc. 1988. Shake up your day with Mori-Nu! (Brochure). Los Angeles, California. 4 p. Undated. 28 cm.
• ***Summary:*** On the front page of this four-page color brochure is a blender with pink tofu-strawberry shake sloshing out the top. On the two-page centerfold are three tofu-fruit shakes, with whole and cut fruits and a package of Mori-Nu silken soft tofu. The headline reads: "Whip up delicious nutrition with cholesterol-free Mori-Nu Tofu and your favorite fruit." On the back page is the full-page color ad "Lessons in Tofu" (first published in Feb. 1988). Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8728. *Natur* (*W. Germany*). 1988. [Tofu market explodes in Germany]. Aug. [Ger]*
• ***Summary:*** During the last two years the tofu market in West Germany has exploded. A doubling of production within 12 months is not yet the rule, but it is not unusual for large companies.

8729. *Nutrition News* (*Riverside, California*). 1988. Soy: King of the mountain. 11(8):1-4. Aug. [1 ref]
• ***Summary:*** An overview and introduction to soyfoods nutrition, tofu, tempeh, miso, shoyu and tamari, and soymilk. Note: This magazine was formerly located in Pomona, California.

8730. Schnell, Hannelore. 1988. Kleine Bohne, ganz gross [Small bean, very big]. *Natur* (*Munich, West Germany*). Aug. p. 75-83. [3 ref. Ger]
• ***Summary:*** Discusses soymilk, tofu, soy sauce, miso, tempeh, Soyastern, Svadesha Tofurei, Alpro, and DE-VAU-GE. Concludes with a detailed discussion of newly recognized potential dangers with HVP products. Vegetable seasonings made by companies such as Maggi may contain carcinogenic chloropropanols, such as dichloro propanol. Maximum limits on these are now being established.

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8731. **Product Name:** [Herb Tofu].
Foreign Name: Kraeuter-Tofu.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1988. August.
Wt/Vol., Packaging, Price: 250 gm.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

8732. **Product Name:** [Smoked Tofu, Fried with Mushrooms].
Foreign Name: Raeucher-Champignon-Tofu.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1988. August.
Wt/Vol., Packaging, Price: 250 gm.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. Mushrooms are pressed into the tofu, which is then fried in cakes, smoked, and finally cut into pieces. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

8733. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. U.S. soyfoods production to use 62 million pounds of soybeans in 1988. July/Aug. p. 10.
• ***Summary:*** This figure was the result of a recently soyfoods industry survey conducted by Soyatech, Inc. The soyfoods included in this projection are tofu, soymilk, tempeh, soy sauce, miso, and soynuts. When asked how they expected their demand for soybeans to grow over the next 5 years, 4.8% of soyfoods manufacturers surveyed expected it to remain the same, 52.4% expected it to grow slowly, 42.9% expected it to grow considerably, and none expected it to decrease.

8734. Liao, San. 1988. Tofu in favor for 2000 years. *China Daily.* Sept. 3.
• ***Summary:*** Contains several quotes from The Book of Tofu by Shurtleff & Aoyagi.

From the Western Zhou (1100-770 BC) to the Han Dynasty (206 BC-AD 220), soya beans were mainly cultivated in the areas along the yellow River. But by the late Han Dynasty, cultivation had extended to other areas of North China as a result of emigration. After the Han Dynasty, people developed the art of making soya been curd (tofu), oil and sprouts.

One interesting way of preparing tofu is having it frozen. This method was first discovered in the cold mountainous regions of northern China about 1,500 years ago.

8735. *Mecklenburg Gazette* (*Davidson, North Carolina*). 1988. High fat and sodium content give hot dogs a bad name. Sept. 7.
• ***Summary:*** Hot dogs are preserved with nitrates or nitrites, cancer-causing substances that give hot dogs their characteristic pinkish color. The lowest fat hot dogs around contain no meat at all and have considerably more protein, less sodium and much less fat than regular hot dogs. One of the most popular varieties of these meatless hot dogs is Tofu Pups, with its primary ingredient being tofu. At 53% fat they still do not qualify as a particularly healthy food, but they contain no saturated fat, no cholesterol and no nitrates and they are better nutritionally than "the real thing."

8736. Bernardino, Minnie. 1988. Tofu: A bland, high protein staple of Far Eastern diets, tofu in various forms, including soft, firm and even powdered and frozen, is beginning to find a place on Western tables. *Los Angeles Times.* Sept. 8. Part VIII. p. 1, 23-24. [1 ref]
• ***Summary:*** With nine gourmet recipes. Address: California.

8737. Leonard, Sue. 1988. Researchers finding new uses for soybeans. Newspaper ink is one of the newest ideas. *Times-Press* (*Streator, Illinois*). Sept. 9.
• ***Summary:*** Soybean oil goes in a lot of foods like Tofulicious ice cream, a non-dairy product desert. Soybean oil is being used "as dust control in hog houses," according to Larry Tombaugh, a soybean farmer who works with the statewide soybean boosters organization, under the Soybean Operating Board. It is also one of the big products used for dust control in large grain elevators. A good source for soybean information is the Illinois Soybean Program Operating Board, located in Bloomington. Amy Little, public relations/program assistance, said that the Champaign News-Gazette has converted to 100% to soy oil ink. She said, "One thing we've been working on at Central Soya in Fort Wayne, Indiana, is development of new products. We've taken the majority of fat out of polish sausages and sausage links; replacing fat with isolated soy protein, which acts as a binding agent."

8738. Nagata, Zenji. Assignor to Sanyo Shokuhin Kabushiki Kaisha (Nara, Japan). 1988. Coagulating box for use in making bean curd [from soy milk]. *U.S. Patent* 4,770,319. Sept. 13. 4 p. Application filed 1 April 1987. 5 drawings. Application also filed in Japan on 8 July 1986. [5 ref]
• ***Summary:*** See also U.S. Patent 4,771,681, and Japanese Patent JP 86-104629 (July 1986). Address: Yamatotakada,

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Japan.

8739. Lin, Danielle. 1988. New developments at Morinaga (Interview). *SoyaScan Notes.* Sept. 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In the last 6 months, Morinaga has gone from having 3 natural food distributors to having 31 now. They now sell tofu in 36 countries.

Danielle entered the natural foods industry in 1981. She started a company named Laughing Moon, making veggie turnovers containing tofu. She has played an important role in getting Morinaga to enter the natural foods market. She has a natural-foods talk show in Los Angeles. Address: c/o Morinaga Nutritional Foods, 5800 South Eastern Ave. #270, Los Angeles, California 90040. Phone: 213-728-4325.

8740. *Washington Post.* 1988. First, define terms, then start cooking. Sept. 14. p. E4.
• ***Summary:*** *"Ong chai* (water spinach, empty heart): Distinguished by its crunchy hollow stems and soft pointy leaves, it tastes like mild spinach and is often served Cantonese-style stir-fried with garlic (and sometimes fermented bean curd)."

Recipes include: Madhur Jaffrey's bean curd with Chinese parsley (which calls for "½ pound medium-firm bean curd, cut into 3/4-inch cubes" and "1 tablespoon Chinese thin soy sauce").

8741. Nagata, Zenji; Takada, Yamato. Assignor to Sanyo Shokuhin Kabushiki Kaisha (Nara, Japan). 1988. Automatic bean curd manufacturing apparatus. *U.S. Patent* 4,771,681. Sept. 20. 10 p. Application filed 2 July 1987. 6 drawings. Application also filed in Japan on 30 Aug. 1986. [6 ref]
• ***Summary:*** Describes an apparatus for automatically manufacturing bean curd, wherein a hot water tank and a means of water supply keep a coagulated soybean milk continuously covered with hot water to maintain its integrity and to prevent introduction of germs. Address: Japan.

8742. Stromnes, Lonnie. 1988. New developments with tempeh and tofu at White Wave (Interview). *SoyaScan Notes.* Sept. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tempeh sales are up 30-35% over last year because of new products and expanded distribution into new markets. White Wave tofu will be coming into California starting in October. Lucky supermarkets will have a 12-foot organic produce section starting this month or next. Address: White Wave, Inc., 14670 Doolittle Dr., San Leandro, California 94577. Phone: 415-352-1320.

8743. Stromnes, Lonnie. 1988. New developments with tempeh and tofu at White Wave (Interview). *SoyaScan Notes.* Sept. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave hopes to start fortifying their tempeh with vitamin B-12 producing cultures. They have gotten patented formulas from ATTC: Arthrobacter species #31263; Propionic bacteria #13673; and Streptomyces bacteria #11009.

White Wave is now actively trying to sell their tempeh and tofu to companies that produce other foods: Their tofu is used in Amy's Pot Pie and their tempeh in the Co-op line of Spaghetti sauces. Address: White Wave, Inc., 14670 Doolittle Dr., San Leandro, California 94577. Phone: 415-352-1320.

8744. Cross, Kevin. 1988. Brief history of Soy Power Company, Inc. of Santa Monica (Interview). *SoyaScan Notes.* Sept. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The company started business in Santa Monica, California, in April 1981, with Tom Binder and Kevin Cross as partners. They distributed tofu and soymilk made by Wy Ky in Los Angeles. They first started distributing other people's products in about July 1982, starting with Vegetable Jerky from Maple Meadows. When Edensoy was launched in 1983, it started to hurt their sales so they decided to get in on the action. They soon became America's leading seller of Edensoy. In April 1986 they moved the company to Marina del Rey, then in September 1988 back to Santa Monica. Today they market and distribute about 11 soyfoods products under their own brand (all made by other companies), and they distribute another 350 products from other companies. Address: 1602 Stanford St., Santa Monica, California 90404. Phone: 213-829-2331.

8745. Paino, John. 1988. Recent developments at Nasoya (Interview). *SoyaScan Notes.* Sept. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Nasoya's tofu production topped 100,000 lb/week in June 1988. They are expanding their volume in previous accounts lost by Tomsun, picking up new accounts in their region, and moving into new regions such as the Midwest. The realistically now get 50 days shelf life at 50ºF. Their Veggie Dips, a reformulation of an old product, should be out in early 1989. Nayonaise and the dressings are selling extremely well: 10,000 cases a week. Talks are still going on with Simply Natural.

Jofu is still on the shelves, 4-5 varieties, with good distribution. It is made by a dairy company in Vermont.

Note: In June 1989 Danielle Lin in Los Angeles says that within the past 6 months she recalls being told by Nasoya that the company was producing 150,000 lb/week of tofu. Address: President, Nasoya Foods, 23 Jytek Park (P.O. Box 841), Leominster, Massachusetts 01453. Phone: 617-537-0713.

8746. Hauber, Nancy. 1988. Golden Soy (Interview).

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SoyaScan Notes. Sept. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Nancy has sold her equipment and moved to a packer in Dayton, Ohio. Willy's in San Francisco has much too high a minimum volume. The dressings are packed by hot pack, not retorting. Gets a 1 year shelf life but a low pH is necessary. Golden Soy Foods Inc. is a corporation, with a board of directors, and a non-interest $120,000 loan out from board members. Sales have dropped recently. She is trying to decide if she should give up or try to raise $70,000 more. She is working with Ohio Univ. in Athens.

Legume buys their tofu from Nasoya. One of her big problems is always being #2 behind Nasoya with the dressings and mayo. Address: Athens, Ohio 45701.

8747. Martin-Smith, Debi A. 1988. Nasoya Foods extols the benefits of tofu. *Produce News* (*Fort Lee, New Jersey*). Sept. 24.
• ***Summary:*** Bob Bergwall is vice president of Nasoya Foods. The name Nasoya was chosen because it is a combination of natural and soy. In 1978, when the business first began, the biggest challenge for the two men was finding a place with really good well water. Depending on its firmness, tofu is 75-90% water. Nasoya had its own well dug, It is tested every two weeks for any kind of bacteria. The Nasoya Foods plant is 22,500 square feet of space with 6 loading docks. For 7 years, operations were done in a 5,000 square foot dairy farm and the staff has grown from 2 to more than 20.

8748. Knepper, Mary. 1988. Leominster is home to Nasoya tofu company. *Public Spirit* (*Ayer, Massachusetts*). Sept. 27.
• ***Summary:*** Nasoya, co-owned by John Paino (president) and Bob Bergwall (senior vice president), started out in 1978 as a very small operation in an old dairy. The name Nasoya was coined as a combination of the words "natural" and "soy," but ended up sounding rather Japanese. The company moved to new facilities in Jytek Park in 1985. [Note: The offices were moved in Dec. 1984, the plant in March 1985.] They currently package 100,000 pounds of tofu a week and employ about 50 people.

8749. Cook, Anne. 1988. Visiting journalists say Italians shunning pasta for soy products. *News-Gazette* (*Champaign, Illinois*). Sept. 28.
• ***Summary:*** Italian consumers are shunning pasta and olive oil and eating salads with soybean sprouts and dressing made from low cholesterol soybean oil, say some touring Italian journalists. "It used to be people only knew soy as soy sauce on Chinese food," said Ghigo Roggero, spokesman for the group visiting the United States to learn more about the product. "Now we cook with soy oil and eat soy sprouts and tofu," Rogerro said. Roger Leysen who works with the American Soybean Association in Brussels, Belgium, said the trip was planned to familiarize participants "with the U.S. Soybean world from the farmer to the ship at New Orleans. About half the oil sold in Italy is made from olives grown there, and it sells primarily in gourmet 'extra virgin' form," Leysen said. Soybean oil has captured about half of the remaining blended and pure oil market. Address: Staff.

8750. Rowe, Trent. 1988. Business sprouts from humble bean: Marjon foods come with recipes for how to use them. *Ledger* (*Lakeland, Florida*). Sept. 29. p. 1E, 12E.
• ***Summary:*** Marjon Specialty Foods, started by Marcia and John Miller in 1972 in their basement, is now the largest producer of sprouts in the Southeast. They have 70 employees and 7 trucks in their business based in Plant City, between Tampa and Lakewood. John is a vegetarian. Marcia is a devoted cook and amateur nutritionist. They have been making tofu for 10 years. They learned how by hiring some Vietnamese immigrants who had made tofu in East Asia to show them. Their tofu is sold in a box. Their product list, which is pages long, includes all sorts of weird and exotic wonderful foods: horseradish from Illinois, endive, ginger, plantains. One of their goals is to make unfamiliar foods familiar. Includes recipes for Tofu Chili, Tofu Nuggets, and Tofu Peanut Butter Oatmeal Cookies.

Contains a large color photo of the Millers and their products.

Also published in the *Daily News* (Palatka, Florida). 1988. Oct. 5.

8751. *Atencion San Miguel* (*San Miguel de Allende, Gto., Mexico*). 1988. Tofu comes to town. Sept. 30. p. 6. [Eng]
• ***Summary:*** Nicole Black has built a factory which will soon make this inexpensive and nutritious food–tofu–available to all. Already soy "chorizo" (a spicy sausage) is successfully being turned out, made from the fibrous part of the bean. Outside of a small tofu factory in Mexico City which supplies Japanese restaurants and a few special markets, the San Miguel factory is the first in Mexico. Mrs. Black's book containing more than 200 recipes for tofu, many of them designed for the Mexican taste, is soon to be published.

8752. Yancey, Kitty Bean. 1988. To the timid: try it, you'll like it. *USA Today.* Sept. 30. p. 12.E. Final edition.

8753. Bailey, Paul. 1988. The Chinese work-study movement in France. *China Quarterly* 115:441-61. Sept. [93 ref]
• ***Summary:*** By 1920 Chinese overseas students could be divided into two broad groups: (1) Those studying in the USA, having been influenced by the philosophy of "worshipping money" (*baijin zhuyi*) wanted to build China on the American capitalist model when they returned. These students received government scholarships and enjoyed material comforts.

(2) In France, however, the work-study students were

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concerned with practical training and participating in the world of labour. They lived frugally, spending their time "sweating and working in factories."

Between 1919 and 1921, more than 1,500 Chinese students went to France on a work-study program. Among these were many future Chinese Communist and government leaders incl. Zhou Enlai, Deng Xiaoping, Chen Yi, etc.

While in Paris many Chinese students first became acquainted with Marxism, and in 1922 the Chinese Communist Youth Party was founded in Paris. Also while in France, many Chinese students first participated in organized demonstrations against western encroachment in China.

"Origins of the movement: The founder of the work-study movement was Li Shizeng [Li Yuying] (1881-1973), the son of Li Hongcao, a Grand Councillor and one-time tutor of the Tongzhi Emperor." In 1902 was given the opportunity to study abroad when he accompanied Sun Baoqi, the newly-appointed Chinese minister to France, as an "embassy student" (*suiyuan xuesheng*). With Li went two young men who later rose to high positions in France. Later, through important contacts as these, Li was able to promote his work-study program.

"While in France Li enrolled at the Ecole Pratique d'Agriculture in Montargis, just south of Paris; upon graduating in 1905 he studied chemistry and biology at the Institut Pasteur in Paris." During this time Li became interested in the philosophy of anarchism, and particularly in the thought of Elisée Reclus (1830-1905) with whose nephew he was personally acquainted. "Li was especially impressed with Reclus's confident prediction that science and education would bring about an equal society in which the ideas of 'mutual assistance' (*huzghu*) and 'cooperation' (*hezuo*) would be realized.

"At the same time Li became an enthusiastic Francophile and his admiration for French culture and ideals never wavered through his life." In contrast, he saw German culture as autocratic, utilitarian, and militaristic. During the years that followed, Li built up a wide network of contacts among French intellectuals and politicians, which was to be of considerable benefit when he established the work-study program.

In 1906 Li Shizeng, with two young Chinese colleagues, began to publish *Xin Shiji* (*New Century*), a periodical which served as a forum for their anarchist philosophy. The same year, all three joined Sun Yet-sen's revolutionary anti-Manchu organization. In 1908, in addition to his publishing activities, Li opened a bean curd [tofu] factory (*Usine Caseo-Sojaine*) at Colombes, just outside of Paris, "and recruited 30 Chinese workers from his native village in Zhili. Li, who became a strict vegetarian, was confident that France would appreciate the nutritional value of bean-curd." In 1909 Li returned to China. Taking advantage of his father's acquaintance with the governor of Zhili, Yang Lianpu, Li was able to arrange a personal interview with Yang, who became enthusiastic about the project and contributed funds.

"It was among the Chinese workers at the bean-curd factory that Li first promoted "diligent work and frugal study" (*qingong jianxue*). A workers' school was opened near the factory in which Li and Wu Zhihui taught Chinese, French, and general scientific knowledge. A strict regimen was imposed on the workers–no smoking, gambling, or alcohol was permitted–and they were expected to devote their spare time to study. For Li, work-study was to have a moral as well as an educational function. In addition to making workers more knowledgeable, work-study would eliminate their 'decadent habits' and transform them into morally upright and hard-working citizens.

"Li was, in fact, echoing a concern prevalent among Chinese reformers since the end of the 19th century." These are summarized. "Finally, work-study also accorded with Li's belief in the unity of intellectual and manual work as the means to bring about mutual assistance, co-operation and equality in society.

Frugal study in France: In 1912 Li organized the Association for Frugal Study in France (*Liufa Jianxue Hui*) to reduce expenses in order to expand overseas study, and by labor and a simple life, to cultivate habits of diligence and hard work.

"Li was supported in his venture by Cai Yuanpei (1868-1940), who had studied in Germany before 1911 and was now education minister, and Wang Jingwei (1883-1944), a prominent member of the Tongmenghui and a close associate of Sun Yat-sen. Like Li Shizeng, Cai and Wang were both fervent admirers of France, describing it as a model republic free from the corrupting influences of monarchism and religion.

"A preparatory school, financed by the founders of the Association, was opened in Beijing in which students were taught French and other general subjects for six months in preparation for their sojourn in France... Between 1912 and 1913 approximately 100 'frugal study' students went to France, most of them going to Montargis College, the principal of which was a personal acquaintance of Li's."

Note: Author Paul Bailey is currently completing a book on popular education in early 20th century China. Address: Lecturer in Chinese and Japanese History, Univ. of Edinburgh, Scotland.

8754. CDS, PAN, MINSA (Ministry of Health, and Ministry of Agriculture). 1988. Cuaderno de nuestra olla [Soya cookbook]. Managua, Nicaragua. 24 p. 28 x 19 cm. [Spa]
• ***Summary:*** This Spanish-language health comic booklet, whose title means literally "Notebook of our stewpot," is the first book on soya in Nicaragua. From a talk with Annie Souter we learn that: CDS is the Comité de Defense Salud, a health education group from the Ministry of Health found on many barrios. PAN (which also means "bread") is a department within the Ministry of Agriculture. And MINSA

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is the Ministry of Health (Salud). Before this edition, the book existed as small photocopied leaflets provided by the Ministry of Health. Annie Souter had 1,000 copies printed by Ross Newport in Santa Cruz, California, and sent down to Nicaragua for use on her soy project.

This is an introduction to cooking with soya in Nicaragua, filled with cartoons and the message often in comic-book style captions. The little soybean is, itself, a cartoon character. The introduction explains that, in these times of hardship during the Contra war and after the great hurricane, soy is an excellent supplement to corn and rice (used in the ratio of 1:4 soy to corn), and a good replacement for eggs, meat, and milk. Illustrated instructions show and tell how to make basic soyfoods: Soymilk, soya-meat or payana (okara), tofu (cuajada y queso de soya) coagulated with lemon juice and often seasoned with garlic, soy-fortified tortillas, whole soybeans cooked with regular beans, and soy flour. The recipe section contains 38 Nicaraguan-style recipes including soy mayonnaise, tofu guacamole, and tofu with tomatoes. The book concludes with 1 page each on kitchen sanitation, growing soybeans in Nicaragua, their potential uses as oil and fodder, and a reminder: "Combining soybeans with other popular foods will give better nutrition for all the people. And our children will grow healthy and strong. Remember that they are the future of our country. 'Let's eat better without spending any more!'" Address: Managua, Nicaragua.

8755. **Product Name:** Earth Dance Vegetarian Jerki (Made with Tofu) [Original, or Hot-n-Spicy].
Manufacturer's Name: Earth Dance Vegetarian Foods.
Manufacturer's Address: 209 Commerce Drive #2 (or 305 West Magnolia #133), Fort Collins, CO 80524. Phone: 303-482-9213.
Date of Introduction: 1988. September.
Ingredients: Both: Organic soybeans, soy sauce (water, wheat, soybeans, salt), vinegar, liquid smoke, nigari (magnesium chloride from seawater) and spices.
Wt/Vol., Packaging, Price: 4 oz Ziploc plastic bag. Retails for about $4.35 (7/89, Colorado). Bulk: $0.27 per 0.38-oz piece.
How Stored: Shelf stable.
New Product–Documentation: Letter and leaflet (copyright 1988) from Jerry Manning, Sales/Marketing Director. 1989. June 20. Letter, Labels, articles, and samples from Jerry Manning. 1989. July 7. Label is 5 by 4.5 inches. Blue-green and orange on beige. Stylized illustration, based on an Australian rock painting, of 3 dancers in front of the sun on the horizon. "All vegetable. Made in Colorado. Created in the spirit of a love for life and respect for all of nature's creatures, Vegetarian Jerki is a spicy, chewy and nutritious all vegetable snack which contains no residual drugs or chemicals. Preserved naturally, Vegetarian Jerki has no cholesterol. Convenient food for conscientious people." Articles (with no year, date, or page) about the product from *The Coloradoan* (by Sally Norman), *Denver Post*, and *Rocky Mountain News.* It was created by Fran Rikhoff, age 31, a part-time housecleaner and full-time vegetarian. Soyfoods Center product evaluation. 1989. July 15. Delicious! Chewy texture and smoke-cured taste.

8756. Elliot, Rose. 1988. The complete vegetarian cuisine. New York, NY: Pantheon Books. 352 p. First American edition. With many lovely full-page color photos. Index. 28 cm.
• ***Summary:*** Visually, this is a beautiful book. The author makes minimal use of soybeans or soyfoods in her vegetarian cookbooks. She has apparently not learned that very few cultures that use soya as a traditional part of their diet use either soybeans as such or soy flour. In "Learning to love the soybean" (p. 16) she notes: "Soybeans and soy flour are rich sources of nutrients, but, in my opinion, so difficult to make palatable! However sprouted soybeans are delicious and make an excellent crunchy addition to salads, stir-fries, and sandwiches... Creamy soy milk (p. 106) and tofu (p. 108), which can both be made at home, are other palatable ways to eat soy."

Pages 38-39 contain a marvelous 2-page spread color photo of 30 different leguminous seeds (including soybean and soy flour), each with a brief description, followed by a longer description on pages 40-41. The section titled "Soybean *Glycine max"* states: "Soybeans have a strong flavor and need powerful condiments, such as curry, tomato and garlic, to make them taste good. I think they're nicest when sprouted (p. 207) and added to salads and stir-fries.

"Many products, such as miso, soy sauce, tempeh, soy milk and tofu, are made from soybeans and are described in other sections of this book.

"Soy flour is high in protein and low in starch, so it cannot be used to make a normal white sauce, although it can be stirred into savory sauces and gravies to add bulk and nutrients and is sometimes added to flour as a dough improver, in the proportion 8 parts flour to 1 part soy flour."

Pages 104-05 contain another 2-page spread color photo of dairy and nondairy ingredients, with a brief description of each, including tempeh, seitan, dried deep-fried tofu, aromatic dried tofu [probably five-spice pressed tofu = *wu-hsiang toufukan*], smoked tofu, firm tofu, soft tofu, textured vegetable protein (chunks or chopped), soy milk, and soy cream. A longer explanation is given on pages 106-06. The author does not like the strong soybean flavor or stodgy texture of tempeh. Page 108 gives a brief description of how to make tofu, and has a sidebar titled "Ideas for using tofu and vegetarian protein foods." A good but brief description of soy sauce is given on p. 184, and a poor description of "How to make soy milk" (with added vanilla, honey, and oil) is given on page 280.

Soy-related recipes include: Miso soup with bean curd

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(p. 133; a variation includes wakame). Vegan ice cream (uses soy milk instead of dairy milk, p. 280). Thus, only 1 recipe in the 352-page book uses tofu and none use tempeh.

Originally published in Great Britain as *Rose Elliot's Vegetarian Cookery* by William Collins Sons & Co. Ltd., London and Glasgow. "Rose Elliot, a vegetarian since the age of three, is one of England's most popular cookbook authors. Her many best-selling books include *Vegetarian Cooking from Around the World*, *The Festive Vegetarian*, and *The Vegetarian Mother and Baby*. An active food consultant, she has appeared often on television and radio in Britain. She lives in Hampshire, England." She was born and educated in England. Address: Hampshire, England.

8757. **Product Name:** [Tofu Cubes].
Foreign Name: Tofu Cube: Cubes de Tofu Nature.
Manufacturer's Name: Innoval. Affiliate of Coopérative Agricole Silos de Valence.
Manufacturer's Address: 441 bis Avenue Victor Hugo, 26000 Valence, France. Phone: 75.44.01.61.
Date of Introduction: 1988. September.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Protein 12.5%, lipids 5.4%, carbohydrates 2.3%, calories 108.
New Product–Documentation: Note: This same product was previously made by Sojalpe. Manufacturer's brochure. 1988. In French. Tofu Cubes. Menu a la carte. Natural. Cuisine tasty and lean (Cuisine saveur. Cuisine minceur). Low in Calories. The cover shows color photos of tofu cubes used in four recipes: a salad, with a sauce, a soup, and as hors d'oeuveres.

The back discusses: The new gastronomy. The modern cuisine. Soya. Tofu. Tofu Cubes. With natural tofu cubes, one can make everything. When friends arrive unexpectedly, here is an apéritif full of fantasy to serve with cocktail snacks. If they stay for dinner, use tofu cubes in a country salad, or added to a sauce. With tofu cubes, let your imagination play. Suggestions for varying your pleasures: Like meat: with steak, in the frying pan, skewered, breaded (coated with bread crumbs then fried), in fondue, as a garnish. In salads: Fresh or cooked. In soups. In sauces: Vinaigrette, lemon sauce, mayonnaise, persillade, aioli. In main dishes (plats cuisinés): with legumes or cereal grains, pan fried to golden brown, in a casserole or gratin.

Innoval: l'alimentation intelligente. The address given in the brochure is: C.C.V., BP 49–Quartier Grangeneuve–26800 Portes-Lès Valence. Phone: 75.57.33.99.

Letter from Monica Kjellker Gimre of Alfa-Laval. 1990. May 30. Alfa-Laval sold a complete soybase plant to Innoval in France. It had a capacity of 1,500 liters/hour and began operation in 1988.

8758. Koo, Linda C. 1988. Dietary habits and lung cancer risk among Chinese females in Hong Kong who never smoked. *Nutrition and Cancer* 11(3):155-72. July/Sept. [33 ref]
• ***Summary:*** In Hong Kong, this retrospective study found a significant inverse association for tofu/soy intake and lung cancer risk among 88 nonsmoking cases compared with 137 controls, after adjustment for age, number of live births, and schooling. However this protective effect was apparent only for adenocarcinomas and large cell tumors.

Note: Vegetarian Times (March 1995, p. 85) defines a retrospective study as "A type of epidemiological study that looks at events and behaviors that have already taken place. Suggests connections but can't prove them or their relationship." Address: Dep. of Community Medicine, Univ. of Hong Kong, Hong Kong.

8759. **Product Name:** [Tofu Filaments].
Foreign Name: Filaments du Tofu.
Manufacturer's Name: Les Aliments Horium Foods Inc.
Manufacturer's Address: 1050 rue Lacasse Street, C1-18, Montreal, QUE, H4C 2Z3, Canada. Phone: 514-933-4605.
Date of Introduction: 1988. September.
Ingredients: Organic soybeans, natural salt or sea salt, purified water.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Mr. Chong-Hong Ho, owner. 1988. Nov. 11. The product was launched several months ago.

8760. Lordez, Marie-Française. 1988. Du soja dans notre assiette? [Some soya in our plate?]. *Revue Laitiere Francaise* No. 477. p. 52-53. Sept. [Fre]
• ***Summary:*** Soyfoods discussed include tofu, soymilk, and miso. Manufacturers include Cacoja, Société Soy (Soyeux brand), Lima Foods, Sojadoc, Innoval (Sojalpe brand), Maho (Tofu Kiss), Celia group, Triballat (Sojasun brand). A photo shows many soymilk products, the majority bearing the Provamel brand, made by Alpro in Belgium. Address: Ingénieur en Agriculture, IGIA, France.

8761. Morinaga Nutritional Foods, Inc. 1988. Shake off cholesterol (Ad). *Vegetarian Times.* Sept. p. 3.
• ***Summary:*** This full-page color ad shows a strawberry shake in front of various fruits (sliced pineapple, strawberries, apricots, bananas, peach, orange) and next to a pack of Mori-Nu Silken Soft Tofu. Contains a general recipe for "Mori-Nu's wake-up shake." Slogan at bottom right: "Tofu for the American taste."

This classy ad also appeared in this magazine as late as 1992. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8762. Ohsawa America. 1988. Macrobiotic foods catalog [Mail order]. P.O. Box 3608, Chico, CA 95927. 36 p. Sept.
• ***Summary:*** Includes imported (from Japan) soy sauce,

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miso, miso condiments, koji, and nigari [a tofu coagulant]. Address: Chico, California. Phone: 800-647-2929.

8763. **Product Name:** [Little Baden Grilling Sausage].
Foreign Name: Badener Grillwuerstchen.
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1988. September.
Ingredients: Tofu, wheat gluten, cornstarch, yeast flakes, green rye (Gruenkern), vegetable fats and oils, salts, spices.
Wt/Vol., Packaging, Price: 150 gm.
How Stored: Refrigerated.
New Product–Documentation: Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 3.5 by 3 inches. Self adhesive. Logo is a green soybean plant against a white circular background. "Fry or grill until crisp in a little oil. Before use, remove the skin! Free of cholesterol. No flesh. Pure and from plants."

Note: Also in Sept. 1988, the company introduced a Badener Bratwuerstchen (Baden Bratwurst type meatless sausage). It has similar ingredients, except that the main ingredient is wheat gluten and it contains no tofu or other soy products. The two labels are almost identical.

8764. **Product Name:** [Tof'in Tofu Burgers {Not Fried} (Italian-Style, Chinese-Style, au Gratin, Provençale with Tomato & Onions, or Forest Mushrooms)].
Foreign Name: Tof'in (Italienne, Chinoise, Gratinée).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1988. September.
Wt/Vol., Packaging, Price: 2 x 100 gm in vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 11.6 gm, fat 8.8 gm, carbohydrates 8.1 gm, calories 158.
New Product–Documentation: Letter from Bernard Storup. 1989. March 3. Tof'in (low fat tofu burgers, cooked without fat) in 3 flavors (Garlic & Fines Herbes, Provençale, and Forestiere) were introduced in April 1986 and discontinued in March 1988. Three other flavors (Italienne, Chinoise, and Gratinée) were introduced in Sept. 1988.

Letter from Bernard Storup of Société Soy. 1990. June 6. Tof'in was introduced first (in 1986) and Croque Tofu (deep-fried burgers) came second (Feb. 1987). They are the same product but the packaging for each was different.

Talk with Bernard Storup. 1990. June 13. Tof'in (pronounced toe-FEEN) was packaged for supermarkets. It was the same as Croque Tofou (both were deep-fried), but not the same as Croque Tofou Léger (which was not deep-fried, and which came in Italienne, Chinoise, and Gratinée flavors). Tof'in was discontinued about 2 years ago. Then 18 months later the company launched, for supermarkets, a product named Doré de Soja, which is the same as Tof'in (i.e. deep-fried).

8765. **Product Name:** [Sr. Soya Tofu].
Foreign Name: Sra. (Señora) Soya Tofu.
Manufacturer's Name: Sra. Soya.
Manufacturer's Address: Huertas 17, San Miguel de Allende, Guanajuato 37700, Mexico. Phone: 465-20255.
Date of Introduction: 1988. September.
Ingredients: Water, soybeans, calcium chloride.
Wt/Vol., Packaging, Price: 300 gm or 450 gm.
How Stored: Refrigerated.

New Product–Documentation: Letter from Nicole Black. 1988. Sept. 18. The tofu plant has been converted from two horse stalls on their property. Her husband has had many horses and an equestrian school in town for many years. Nicole also sent a card announcing the plant opening. Sra. [Señora] Soya Tofu. Recetas y informes (Recipe and information). 1988. Oct. 6 panels. In Spanish.

Talk with Nicole Black who calls from Seattle. 1992. Oct. 5. After marrying an American who had lived in Mexico for about 25 years, she was divorced 3 years ago and lost everything. At the time she left, the tofu business was not doing well. It was very difficult for her as a foreigner to introduce this completely new food into a traditional Mexican diet. She worked with hospitals and with the DIF, an organization of the Mexican government that does some work educating poor people about soy and nutrition. In her town of San Miguel de Allende there lived an American

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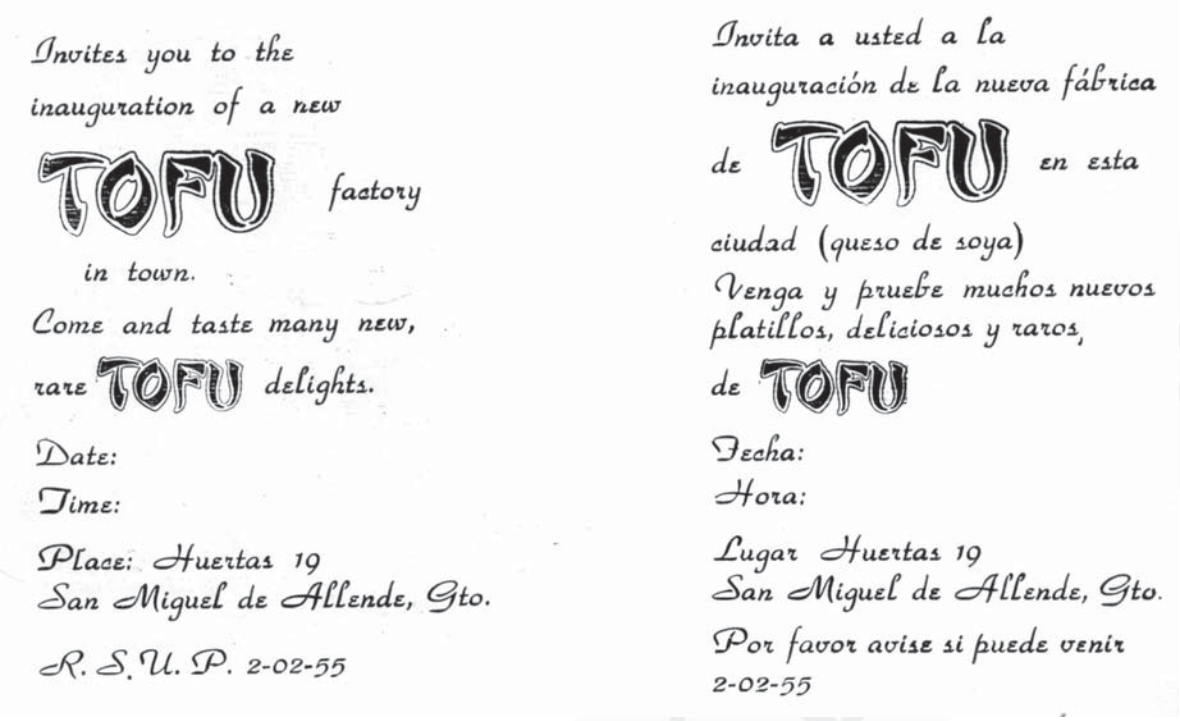

woman, Peggy Zava, who was a vegetarian and also head of the local DIF. Her husband was the mayor of the town and she convinced him to buy Nicole's tofu factory. They took it out of her house and moved to a different part of town.

Now she is planning to make second generation tofu products for institutions in Seattle.

Call from Nicole Graboi who calls from Oregon. 2012. June 6. Even though Peggy bought all of Nicole's tofu equipment, she was never able to re-start the tofu shop, in part because she was divorced from the mayor.

8766. Zemel, Michael B. 1988. Calcium utilization: Effect of varying level and source of dietary protein. *American J. of Clinical Nutrition* 48(3S):880-83. Supplement. Sept. Proceedings of the First International Congress on Vegetarian Nutrition. Held 16-18 March 1987 at Washington, DC. [26 ref]

• ***Summary:*** "Dietary protein exerts a significant calciuretic effect. A twofold increase in protein at constant levels of calcium and phosphorus intakes causes a 50% increase in urinary calcium. The protein-induced hypercalciuria results primarily from decreased fractional renal tubular reabsorption of calcium..." Dietary phosphorus increases renal tubular reabsorption of calcium and thereby exerts a hypocalciuric effect. "Consequently a soy-based diet was able to maintain calcium balance at a calcium intake of 457 mg/day in spite of a protein intake of 90 gm, presumably due to the lower level of sulfur amino acids in the soy diet and to the 1,450 mg of phosphorus which accompanied the soy protein." In other words, when soyfoods (soymilk or tofu) were the primary sources of protein in the diet, calcium equilibrium was maintained, even when calcium intake was low and protein intake relatively high. Address: Dep. of Nutrition and Food Science, and the Div. of Endocrinology and Hypertension, Wayne State Univ., Detroit, Michigan 48202.

8767. Lutze, Gerry. 1988. Sensible food can be tasty! *Observer* (*Ormond Beach, Florida*). Oct. 5.

• ***Summary:*** Carol Opper and Beverly Young of The Diet Center are actively promoting tofu. One brand they recommend is Mori-Nu Tofu. The article contains 7 tofu recipes.

8768. Orbuch, Paul. 1988. Brief history of Wildwood Natural Foods (Interview). *SoyaScan Notes.* Oct. 7. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The roots of Wildwood go back to the late 1970s. Paul Duchesne started making a Tofu & Brown Rice Sandwich in sort of an underground way, not really running an official business and doing it out of the kitchen of the Sleeping Lady Cafe, founded by Bill Bramblett (also a rock musician) in Fairfax, Marin County. Duchesne probably bought his tofu at the nearby Good Earth Natural Food Store. At one point Duchesne left to study macrobiotics at the Kushi Institute in Boston; he turned the business (which still had no name) over to a fellow named Chris Smith, who came up with the name "Wildwood." Duchesne started a similar business in Boston. Later Duchesne returned from Boston and Chris decided to go to Boston so they swapped the two businesses this time.

In 1980 Bill Bramblett and Duchesne decided to join

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forces, make their own tofu, and find partners to raise capital. So they approached Paul Orbuch (a successful professional photographer) and Frank Rosenmayr (a contractor and real estate broker), who decided to become partners. Duchesne contributed as his share only the very successful concept and recipe for the Brown Rice and Tofu Sandwich. The other three put in capital and planned to remain silent partners, with Duchesne running the business. In 1980 the four established a corporation named Wildwood Natural Foods Inc. In about 1981 [actually April 1983] Duchesne and all his rights and assets were bought out by the other 3 partners. Duchesne went on to establish another business, which failed shortly thereafter. Bramblett is excellent as an historian.

Note: Paul was in charge of Wildwood's labels during the early years, and he also collected early soyfoods labels from other companies. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax, California 94930. Phone: 415-459-3919.

8769. Duchesne, Paul. 1988. Development of the Brown Rice & Tofu Sandwich, and early history of Wildwood Natural Foods (Interview). *SoyaScan Notes.* Oct. 8 and Aug. 16, 1989. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Paul Duchesne developed the world's first "Fried Rice & Tofu Sandwich" in Fairfax, California. Duchesne's sandwich was one of America's early second generation tofu products. He deliberately called it a sandwich, even though it was made in a chapati, to make it sound more American. Today there are a surprisingly large number of U.S. companies making a Brown Rice & Tofu Sandwich. Duchesne started 3 of these companies and gave the basic recipe and production methods to the people who started most of the others. All descendants of the original BRTS have also been made in a chapati.

In late October or early November 1977, Duchesne sold the first 200 of them to participants at a macrobiotic seminar led by Michio Kushi in Marin County. Donna Gayle helped him make them. They were very popular; the key secret ingredient was a miso-sesame butter spread which Paul had learned of from George Ohsawa's book *Zen Cookery* (Miso Spread #203).

In Jan. 1978 he started making these sandwiches at the Sleeping Lady Cafe (a co-op started in about 1975 in Fairfax, Marin County) and selling them at the Good Earth Natural Food Store in Fairfax. He bought his tofu, made by Quong Hop & Co. off the shelf at the Good Earth. In Feb. 1978 he began to distribute them to many natural food stores throughout Marin County. Note: Billy Bramblett says (July 1998) that Paul was not licensed to make or sell food and had no business name.

While in California in 1978 Duchesne gave his recipe and production techniques to Roy Steevensz in Los Angeles. Roy was making Fried Rice & Tofu Sandwiches by May 1978 on a big table in his living room. He continued until about 1984. Roy is now claiming that he created the idea. Paul and others were bringing Roy to the Bay Area as a macrobiotic teacher in 1977. Originally Roy was making seitan in Los Angeles.

In September 1978 Paul went to Boston to study macrobiotics, so he gave his Fairfax sandwich business (which still had no name) to Chris Smith. A month later, in October 1978, Chris stopped frying the brown rice and renamed the product, coining the now-famous name "Brown Rice & Tofu Sandwich." At the same time he named his business Wildwood Natural Foods. In late 1978 Chris Smith taught Joe Nixdorff, who started the company City Samurai in Berkeley and made the Samurai Hero from 1978-1982. In Boston, Duchesne lived in The Garvey House, a macrobiotic study house. There he started to make his brown rice and tofu sandwiches. The operation soon grew into a business, which he named Rice House. He also taught his process to Marty Roth and Barbara Svenning Garvey Roth, who lived in the Garvey house; several years later Marty and Barbara moved to Santa Fe, New Mexico, where they started a business making the BRTS. Later Barbara made it near Asheville, North Carolina. Marty and Barbara in turn taught the sandwich to Jeff Fairhall, who started Essential Foods in Seattle and built it into a thriving business.

In May 1979 Duchesne and Chris Smith traded places and companies. Thus Chris took over Rice House in Boston, making the transition without missing a day of production and delivery to Brookline, Cambridge, and Boston. He renamed the product Brown Rice & Tofu Sandwich. Chris ran the company until 1981, when he sold it. It is still in operation and named Rice House. Paul left Boston for California, and took over the company he had started originally (now named Wildwood Natural Foods) in Fairfax.

In Oct. 1979 Bill Bramblett (a monied rock musician and part owner of the Sleeping Lady co-op) approached Duchesne and proposed that he invest in the company and expand the sandwich business, including distribution to Sacramento. The company was making only about 100 sandwiches a day at the time. Duchesne declined, saying he wanted to build a traditional, cauldron-style tofu shop around the sandwich operation–an idea that he had conceived while in Boston. Bill said he couldn't afford that so Paul found two more people with money to invest. In May 1980 Duchesne, a sole proprietor, incorporated Wildwood. He gifted shares to Bill Bramblett, Paul Orbuch, and Frank Rosenmayr. Then they invested money so that of the 4 people so that ended up owning 25% of the stock. In Sept. 1980 the company moved out of The Sleeping Lady and down the road to 139 Bolinas Rd. They set up a tofu shop and started to make their own tofu. Duchesne's business plan showed that the operation would open in July. Instead opening was delayed until September 1980, which was the slower rainy season.

In late 1980 Richard Leviton visited Duchesne and

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Wildwood. In the Winter (Feb.) 1981 issue of *Soyfoods* magazine, in an article titled "Putting tofu in the lunch boxes of America" (p. 61), Leviton gave a detailed description of the shop: "which appears to fulfill the dreams of many soyfoods proprietors by combining both light tofu manufacture with light sandwich production in a clean, efficient, and industrious little shop. Mr. Duchesne designed his shop as a tofu showcase with broad wall-to-wall front windows so that passers-by may glimpse tofu production during the days. Wildwood produces a line of eight packaged vegetarian sandwiches including Brown Rice and Tofu Sandwich (with vegetables in a whole wheat bun), Tofu Vegetable Salad,..."

In late 1980 the business was operating in the red. Bramblett, Orbuch, and Rosenmayr attributed the delay to poor management and in Dec. they, controlling the board of directors, demoted Duchesne (who was working long hours) from general manager to president and sales manager, with a salary cut. There were bad feelings. The board then acted as general manager and met each Tuesday night. There were frequent conflicts between Duchesne and the other three. They wanted to expand faster than did Duchesne. By Feb. 1981 the business was operating at a profit. In Dec. 1981 Duchesne proposed that Wildwood start a distribution company (which he would head) to distribute products made by Wildwood and others. The other three disliked the idea, so a week later Duchesne quit (but kept all his Wildwood stock), bought a big new refrigerated truck, and in January 1982 started his own natural foods distribution company named Cauldron Express; it distributed products made by companies other than Wildwood–such as Brightsong Tofu, Pacific Tempeh, and Grain Dance Seitan. The Wildwood owners felt that Duchesne was competing with them so they repeatedly made life difficult for him, and they were a major factor in his bankruptcy 9 months later in September. (Later, Wildwood got into the business of distributing products made by other companies–with a fervor.) In April 1983 in bankruptcy court, Duchesne signed a covenant not to compete with Wildwood for 5 years and sold all his stock and rights to the other three; he ended up getting $5,000.

In about 1981, at the heyday of the brown rice and tofu sandwich, there were 5 companies in the San Francisco Bay area making 1,000 of them each day. Then the California Health Department began to wake up. When they realized that tofu was a perishable protein food that should be refrigerated, they decreed that all BRTSs be taken off the front counter of stores and sold out of the refrigerator. Sales dropped.

In Oct. 1988, after 5 long years, Duchesne returned to the soyfoods business making a BRTS and doing business as Bert's Place (Best Ever Rice & Tofu Sandwich). Wildwood challenged him for breach of the non-compete clause. The earlier agreement was not clearly written and The judge basically favored Duchesne in the arbitration. He had to rename his company to Paul's Place, which ended up in March 1989 as Paul's Organic Food Works. In early 1989 Duchesne developed a chronology of events relating to Wildwood's history, a chart showing the progeny of the original Fried Rice & Tofu Sandwich, and a collection of labels for these progeny.

Articles on Wildwood have been published in the *Pacific Sun* (16-22 Jan. 1981, Food & Drink Section by Linda Xiques, pronounced Zirksus), *Independent Journal* (San Rafael; about 1985-87), *The Fax* (Fairfax, Jan. or Feb. 1986, written by Lisa Alpine, who wrote an earlier article about Wildwood in about 1983-84). Duchesne has been married for 24 years to a nurse; they have 2 children. Address: Fairfax, California. Phone: 415-453-2360.

8770. Bailey, Simon. 1988. Re: New developments with soyfoods in the UK: British Arkady, Haldane, Realeat, and The Regular Tofu Co. Letter to William Shurtleff at Soyfoods Center, Oct. 10. 2 p.

• ***Summary:*** In Feb. 1988 Haldane was acquired by British Arkady's Health Food Division. Brian Welsby and Peter Fitch are joint managing directors. Haldane brings in the Hera, Realeat, and Direct Foods lines. Brian Welsby is the key man at Haldane.

The Realeat Company, maker of the VegeBurger and Vegebanger, formerly owned by Gregory Sams, no longer exists. In the summer of 1988 Haldane acquired the Realeat brand. Greg Sams retains interest in the company, but purely as a consultant, without controlling interest. The Regular Tofu Co. is now also part of Haldane Foods. John Holt, the founder of RTC, is no longer involved. Address: 138 Randolph Ave., London W9 1PG, England. Phone: 01-289-7364.

8771. Schecter, Andy. 1988. History of Northern Soy (Interview). *SoyaScan Notes.* Oct. 10. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In August 1975 Jay Thompson, who was on the kitchen staff at the Rochester Zen Center, read a notice on tofu that William Shurtleff had written to *East West Journal.* He wrote Shurtleff in Japan requesting instructions for making tofu. Shurtleff sent him a basic recipe. In September, having had good results, he wrote back asking for a larger scale recipe. Shurtleff sent him a chapter of a book he was writing on *Tofu & Soymilk Production.* Soon members of the kitchen staff (Thompson, Martha Gifford, Debbie Lebeaux, and Andy Schecter) were making tofu on the large kitchen stove (using a Corona Mill) for members of the community.

Several months later, when they had showed that the process was practical and wanted to expand, they set up a small tofu shop in the basement of Zen Center, cooking over a candy stove. At that time several volunteers, Greg Weaver and Greg Mello, who were members of the Center but not of the kitchen staff, also began making tofu in the new

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basement shop. This tofu was used only by members of the Center, and was not sold commercially.

Then Weaver and Mello decided to start a commercial tofu shop, so they formed a partnership and rented space at 277 N. Goodman St. in Rochester. Greg Weaver got some checks printed on which the business name was given as Flying Cloud Tofu. When Greg Mello saw that name he was so upset that they had a big fight and decided they didn't want to work together. Greg Weaver went off to work in landscaping, and Greg Mello asked Andy Schecter to come in as a partner. After several months (when the checks were used up), the business name was changed to The Tofu Shop.

In about October 1977 Greg Mello decided to leave. Greg Weaver took his place as Andy's partner. Norman Holland came in the following year, in 1978.

In Nov. 1977 Earl Lepper started making tempeh in his home in Rochester and having a rough time. He would take it out of the incubator and walk it over to the Genesee Co-op, where it was sold. He decided to drop the business and leave town, so Northern Soy decided to make him a generous offer for basically his technique and equipment–he didn't have much of a business. Shortly he returned to Rochester and went to work for Northern Soy making their tempeh.

In 1978 The Tofu Shop decided to open a soy deli in Rochester. They transferred to it the name The Tofu Shop and changed the name of the manufacturing company to Northern Soy. Greg Weaver ran the deli operation, which opened in Nov. 1978.

In the summer of 1979 the company moved to 30 Somerton St. which had 3,000 square feet (plant plus office space). On 1 Sept. 1985 the company changed from a 50:50 partnership between Schecter and Holland to a corporation in which the two each owned 50% of the stock. In July 1988 the company moved to its present address, 545 West Ave., where they have 16,000 square feet total (plant plus office plus storage). This now seems like too much space, so they plan to expand their soyfood product line. Tofu prices are now lower than anyone would like, and the company is having a hard time paying the interest on their loans. Address: 545 West Ave., Rochester, New York 14611. Phone: 716-235-8970.

8772. *SoyaScan Notes.* 1988. Microbiological specifications for tofu, powdered soymilk, and soy protein isolates (Overview). Oct. 10. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** According to the 8th draft of the tofu standards (Oct. 1985): None of the following should be present in fresh tofu: *Staphylococcus aureus, Salmonella, enteropathogenic Escherichia coli, Vibrio parahemolyticus, Yersinia enterocolitica.* At the plant on the day of production: Coliforms < 5/gm, Standard Plate Count (SPC) < 100, pH < 7.0. At the time the tofu is sold: Coliforms < 500, SPC < 1 million, pH 6.0 to 7.0

For St. Peter Creamery spray dried soymilk: Coliforms < 10, E. coli negative, Salmonella negative, Standard Plate Count 30,000 units/gram (Most Probable Number). For Ralston Purina isolated soy protein, ditto except that Standard Plate Count is < 10,000 units/gram.

8773. Rosenberger, Keith. 1988. Re: Method used to make raw slightly-fermented soy "cheese" from soy sprouts by Ann Wigmore and Viktoras Kulvinskas. Letter to William Shurtleff at Soyfoods Center, Oct. 17. 2 p.
Address: 157 North Fourth St., Souderton, Pennsylvania 18964.

8774. Tofu House, Inc. 1988. New trademarks: Better than chicken. *Official Gazette Trademarks* (*Washington, DC*). Oct. 18.
• ***Summary:*** Filed 5-6-1988. For soybean-based chicken substitute (U.S. Cl. 46). First use 9-1-1986. In commerce 9-1-1986. Address: Huntington Station, New York.

8775. Eveno, Régine. 1988. La poussée du soja; SIAL [The soy push: SIAL]. *Usine Nouvelle* (*L'*) No. 42. p. 44. Oct. 20. [Fre]
• ***Summary:*** "Products derived from soya, rich in protein and low in fats, are seducing consumers more and more. The big dairy companies are taking an interest and starting to occupy the terrain in a face-off with the cereal grain companies." Triballat, a well known 1,200 million French franc cheese company, now markets Sojasun, which is quite similar to yogurt. To tell the truth, soyfoods (especially tofu and soymilk) are all in vogue at SIAL this year. Cacoja (under the direction of Maurice Rochet), the subsidiary of a cereal company in Alsace, is also marketing soyfoods. With its new plant constructed at Noyal-sur-Vilaine (for an undisclosed amount), Triballat can produce in its first year 4,000 tonnes of finished products. Cacoja, with a plant at Issenheim (Bas-Rhin), constructed a year ago, will be able to produce 3.5 million liters of "soy juice" (*jus de soja*) in 1988-89, at a cost of 11 millions francs. Another plant is being constructed on the same site to make soy flour for use in biscuits, sausages, etc.

8776. Holzapfel, Robert. 1988. The Farm in Tennessee and The Book Publishing Company (Interview). *SoyaScan Notes.* Oct. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Yellow Sun Co-op in Amherst, Massachusetts, opened in about 1970. Tom Timmins, who was not one of the founders, applied to be the manager and was hired in about 1971. Robert worked with him.

There are now about 250 people living on The Farm, including 100-125 adults. Only about one-fifth of the men have long hair. All Farm members own the 1,700 acres of land together, and none pay rents on houses they live in. All houses are now single family dwellings. The Farm was

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about $600,000 in debt in October 1983, the time of the reorganization, when they changed from a collective to a cooperative. This was greater than the assets. Most Farm members are still vegetarians. Stephen no longer gives any Sunday morning raps/sermons. Granted that some Farm members had worked for years to build The Farm and left empty handed, but they also left behind this $600,000 debt.

Books that have sold well for The Book Publishing Company: *Big Dummy's Guide to CB Radio* (1.5 million copies sold to date), *Tofu Cookery* (150,000 to 200,000; 25,000 a year now), *Tempeh Cookery* (25,000 total), *Tofu Quick & Easy* (13,000 a year now). There are no records on sales of *The Farm Vegetarian Cookbook,* but it has sold very well since 1975, when it was published (maybe 170,000 copies). Annual sales in 1988 are expected to be 10,000 to 15,000 copies worth $300,000. The company almost went under in 1984. Dorothy R. Bates (the mother of Farm Lawyer Albert Bates) has been instrumental in the company's comeback. Address: President, The Book Publishing Co., P.O. Box 99, 156 Drakes Lane, Summertown, Tennessee 38483. Phone: 615-964-3571.

8777. Yamauchi, Shoan. 1988. The Los Angeles tofu market (Interview). *SoyaScan Notes.* Oct. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Los Angeles tofu market has become extremely competitive in recent years. There are at least 9 tofu manufacturers in the greater Los Angeles area, all run by Asian-Americans. The Japanese-American companies, ranked in descending order of size are: House Foods & Yamauchi Inc., Aloha Products (Culver City), and Meiji Tofu. The Chinese-American companies, ranked by size, are American Food Co. (Mr. Jackson Wu), Mighty Soy, Soyfoods of America (Ken Lee), Wy Ky, and Visoy. The only Korean company is Obok in Orange County. Address: House Foods & Yamauchi Inc., 526 S. Stanford Ave., Los Angeles, California 90013. Phone: 213-624-3615.

8778. Yamauchi, Shoan. 1988. The origins of packaging tofu in America and Japan (Interview). *SoyaScan Notes.* Oct. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Mr. Yamauchi believes that he was the first person to package tofu in America or Japan... perhaps in the world. In 1958, while his Matsuda Hinode Tofu Co. was located at 4th and Towne Streets, he conceived of the idea of putting individual cakes of tofu each in a plastic bag with water, sealing the bag with a heat sealer, placing the bag in a stiff paper deli carton with a wire handle, then folding over the top. The process was labor intensive. This happened at about the same time that a letter from journalist George Yoshinaga (see Yoshinaga 1986) had led the city to pass a new regulation requiring tofu to be packaged in individual containers.

Shortly after this innovation, later in 1958, Mr. Yamauchi began to sell his packaged tofu at the Boys Market supermarket chain (which had about 12 stores at the time) in Los Angeles. He believes that this was the first time tofu was ever sold in a U.S. supermarket.

In about 1961-62 Mr. Yamauchi became the first to package his tofu in plastic trays/tubs, the type so widely used today. He went to the company that made Sealright trays and asked them to make a waterproof tray for his tofu; none of their trays were waterproof at the time. He gave Sealright the money to make the molds and he retained exclusive rights to buy all trays made from those molds. Sealright was a huge company and this line of plastic trays represented a very small item for them. In about 1969 Yamauchi first met Jack Mizono of Azumaya and helped him to mechanize his tofu plant and package his tofu in Sealright trays. They soon became good friends. In July 1975 Yamauchi, Jack Mizono, Milton Taise, and Chuck Garbor each invested one-fourth to start Airtight Container Inc. (in Los Angeles), which tried to make high density plastic tofu packaging trays (similar to the ones they had formerly bought from Sealright). This was not successful because they had the wrong piece of equipment, so they met Ken Merrill of Merrill's Packaging in Burlingame, and he began to make the trays for Airtight. He also became a shareholder in Airtight.

In Japan, Mr. Yukio Sato developed the first tofu packaging in plastic trays. He had lost his parents when he was very young, but he worked his way through business school, and his first business after he graduated was making simple packaging machines for tofu in plastic trays, starting in 1962 or 1963. Address: Part owner, House Foods & Yamauchi Inc., 526 S. Stanford Ave., Los Angeles, California 90013. Phone: 213-624-3615.

8779. Black, Nicole. 1988. Re: Developments with soyfoods in Mexico. Letter to William Shurtleff at Soyfoods Center, Oct. 24. 2 p. Typed, with signature on letterhead.
• ***Summary:*** The only other producer of tofu which we know of in the country currently is a Japanese man in Mexico City who is selling to a few places in Mexico City. The DIF (Desarrollo Integral de la Familia, or Family Development Institute) is an arm of the government which teaches people about nutrition, etc. The D.I.F. has introduced soybeans to the people in several cities. "I have discovered that only about two forms of soy products exist here currently–one is the dehydrated soy milk in different flavors and the other is the dehydrated chunks of soya which also comes in several flavors imitating meat or chicken or pork, etc... It is not an easy task to introduce tofu here. But with my free recipe brochures... and lots of determination, I plan to make a go of it." Quite a few of the hospitals around seem interested in incorporating tofu into their menus. "The next time I go to Mexico City, I will hunt down a health food store and see if they really do have any other soy products than the ones I have mentioned. Frankly, I doubt it. I called several of them,

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whose names are SoyaMundo, SuperSoya etc. and they have almost no soy products at all. What a joke!" Address: Huertas 17, Apdo 185, San Miguel de Allende, Gto., Mexico 37700. Phone: 465-20255.

8780. Merrill, Ken. 1988. Early packaging of tofu and Merrill's Packaging (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In mid-1976 Ken Merrill met Mr. Yamauchi who, with Jack Mizono (of Azumaya), Milton Taise, and Chuck Garbor already had a company named Airtight Container Inc. Airtight was using its own machine (which it had purchased from the Midwest) at the Airtight plant in Los Angeles to make tofu packaging trays from plastic roll stock. But the operation was not successful because they had the wrong machine for that job. They had purchased it in about mid-1975. So Airtight asked Ken Merrill if his company, which was in the thermo-forming business making plastic containers and trays, could make their tofu trays. In August 1976 Merrill ordered tooling to make the trays on his equipment at Merrill's Packaging in Burlingame, and then became a shareholder in Airtight. He made the trays and sold them to Airtight, which became a marketing and distribution company.

Airtight Container was soon selling tofu trays to tofu manufacturers across America, in competition with Sealright. This took away most of Sealright's business for that line of waterproof containers, so in about 1981-82 Sealright retired it. Their equipment was put up for a closed bid and Airtight bought all of it for two reasons: (1) To get the used extrusion equipment (which ran from pallets of resin, eliminating the need to buy roll stock), and (2) so another company would not buy it and become a competitor. Airtight kept the extruder in Merrill's plant, and cut up the rest and disposed of it.

Merrill thinks Airtight was founded in about 1974, but check with Caroline Taise at Airtight in Los Angeles to be sure [Caroline said mid-1975]. Sealright in Los Angeles agreed to make high-density poly trays. They had long made trays from waterproof materials but the fact that they held in the water in which the tofu was immersed stems from the method that Mr. Yamauchi developed to seal the trays, using a lid stock of a similar material that is heat sealed to the flange of the tray. This was an original idea, in part because few American foods are sold floating in water. Address: President, Merrill's Packaging, 1353 Marston Rd., Burlingame, California 94010. Phone: 415-348-7658.

8781. Peifer, Ray. 1988. Early tofu packaging and Sealright Company Inc. (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ray, who was with Sealright when Mr. Yamauchi first came to them, believes that Sealright started to make trays for packaging tofu in about 1966, and almost certainly between 1965 and 1967. Mr. Yamauchi created three early innovations with tray packaging. First, a very deep tray. Sealright made shallow plastic trays at the time, but they had never made a tray nearly as deep a tray as the one Mr. Yamauchi wanted to hold 26-28 ounces. Second, a method for heat sealing a plastic film to the flange of a tray which had cold water flooding over the flange. A faucet in his plant ran cold water directly into each tray. Other companies had heat sealed a film to a tray for a product with liquid inside, but it was never overflowing. Third, he spent a great deal of money (perhaps $45-50,000) to develop and have built high-speed sealing machines to pack and seal the tofu in his plant. Many in the packaging industry "thought he was kind of goofy, but his idea, though radical in its time, turned out to be a pretty good one."

Sealright made Mr. Yamauchi's containers for about 10 years. But they are a volume producer and Mr. Yamauchi was the only user of that sort of package, and he required a relatively small volume of about 20 different custom sizes. So Sealright sold him the tray forming machinery in the mid-1970s. Sealright did co-op ads/stories in trade magazines and newspapers for him nationwide, which led to his first widespread tofu distribution (Buffalo, New York or Charleston, South Carolina). He also sold small quantities (2-3 facings) of tofu in other Caucasian food markets in Los Angeles, such as the Hughes chain and maybe even Dale's. Address: Manager of Sales Administration, Sealright Company Inc., 4209 Noakes St., Los Angeles, California 90023. Phone: 213-269-0151.

8782. Taise, Caroline. 1988. Early tofu packaging and Airtight Container Inc. (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Her records show that Airtight Container Inc. started in July 1975. The owners were Shoan Yamauchi, Jack Mizono, Milton Taise, and Varnich Nimsrisakkul (a Thai man). Ken Merrill of Merrill's Packaging in Burlingame joined later. On 22 Nov. 1989 Caroline recalled that Chuck Garbor was also involved. Address: Airtight Container Inc., 519 Gladys Ave., Los Angeles, California 90013. Phone: 2131-624-4349.

8783. Yoshinaga, George. 1988. Early history of tofu packaging in Los Angeles (Interview). *SoyaScan Notes.* Oct. 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** As a newspaper editor, he wrote a letter in *Kashu Mainichi* in about 1953 arguing that it was unsanitary to sell tofu in bulk immersed in water. In about 1956-57 a law was passed by the City of Los Angeles prohibiting this means of sale, and requiring individual packaging for all tofu. George got a lot of flack from the local tofu makers, since the new law increased their cost of making tofu. He believes there were only two tofu makers in Los Angeles at that time (he does not recall their names), and he heard

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from both of them, but he did not hear from Mr. Yamauchi. He thinks Mr. Yamauchi was not making tofu at that time. His newspaper is not indexed, but all back issues do exist. Address: Kashu Mainichi, 915 E. First St., Los Angeles, California 90012-4083. Phone: 213-628-4686.

8784. Barat, Chandri. 1988. Recent developments at Legume, Inc. (Interview). *SoyaScan Notes.* Oct. 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Chandri has just returned from SIAL (the international food exposition held on alternate years with ANUGA) in France, where they showed their Barat tofu chocolate line in the American Pavilion. The response was tremendous. They set up distribution all over the world. There were a lot of soyfoods companies at the expo, including Cacoja and a French tempeh producer. They spoke to thousands of people at the expo and were surprised to find that a good 50% knew what tofu was, and their attitude toward tofu was generally very positive. There were few with negative attitudes.

Products they now sell in addition to the chocolate line include the Tofu Lasagna, Manicotti (they changed the name of Cannelloni Florentine to Manicotti Florentine since many people thought Manicotti meant meat), Stuffed Shells Provençale. These are sold mostly to the natural food trade with some crossover into the kosher market. Now in California they have a kosher distributor who gets them into major supermarket chains; he puts the product on the shelves himself; there is no slotting allowance and the product is not in the store's computer. Kosher has proved to be a key attribute of the products.

During the last year which ended in June 1988, sales rose 20% and the loss went down from $1.3 million to $500,000. They withdrew from most frozen supermarket distribution (it never became profitable due to constant large costs to stay in). They stayed only with profitable frozen distribution, mostly health food or kosher chains, with sales presently about $1.1 million/year. They also dramatically cut overhead. They have a shot at making a profit this quarter and will definitely do so the January quarter. The future looks good.

Several years ago, in about Oct. 1986 at the ashram in South Fallsburg, New York, Gurumayi Chidvilasananda, Muktananda's successor, told them several times jokingly (she calls them the "tofu people") to make tofu candy. That idea led to the launch of the Barat Bar, a non-dairy chocolate bar, about 10 months later. Though the salad dressing didn't make it, the tofu chocolate was designed as a product that could be distributed through much broader channels... drug stores, etc. Concerning other products copying the Barat Bar, they have a lead on the market and they have a license with Sucanat; Sucanat will not sell their sweetener to a similar product. Also, The Barat Bar was the first product containing Sucanat to be launched, and Legume has done a lot of publicity for Sucanat. So a loyalty and friendship has developed. Address: 170 Change Bridge Rd., 2nd Floor, Montville, New Jersey 07045. Phone: 201-882-9190.

8785. **Product Name:** Nigari Tofu.
Manufacturer's Name: Aloha Products.
Manufacturer's Address: 4515 Centinela Ave., Los Angeles, CA 90066. Phone: 213-822-2939.
Date of Introduction: 1988. October.
How Stored: Refrigerated.
New Product–Documentation: Talk with Tom Uyehara. 1988. Oct. 24. The product is now being test marketed in a few stores.

8786. Ashraf, Hea-Ran Lee; Bwembya, P.A. 1988. Supplementation of the traditional Zambian diet with soybean products. *Nutrition Reports International* 38(4):719-27. Oct. [12 ref]
• ***Summary:*** Two traditional Zambian corn based cereal dishes, porridge and Nshima (an indigenous name for cooked corn meal), were supplemented with dried soybean curd (DSC), in order to improve the quality and quantity of proteins. In porridge products, the protein content increased 3.5 fold when DSC was added at 50% of the dry ingredients. In Nshima products, formulations were accepted only at 10% supplementation. Neither soymilk nor soymilk-papaya blend were accepted by the sensory panel.

Soybean has been recognized in Zambia as an important alternative protein source since the National Council for Scientific Research in conjunction with Zambia University Teaching Hospital and the National Food and Nutrition Commission formulated Nutrifex, a mixture of corn, soy flour and skim milk, in 1980. The product was tested on malnourished children in the University Teaching Hospital. Its satisfactory results encouraged the National Council for Scientific Research to develop a weaning food based on this formula. Bread and cookies using soy flour are also available on the market and a soybean cookbook has been recently published.

Note 1. The cookbook is titled *Soyabean cooking in Zambia,* by Dave Wynne and Fereidoon Javaheri (1987; 48 p.). Note 2. None of these products was commercialized. Address: Dep. of Animal Science, Food & Nutrition, Southern Illinois Univ., Carbondale, IL 62901.

8787. **Product Name:** Paul's New and Original Brown Rice Tofu Sandwich [Basic, Raw Onion & Radish, or Half Size with Arame].
Manufacturer's Name: Bert's Place. Renamed Paul's Place. Renamed Paul's Organic Food Works in March 1989.
Manufacturer's Address: P.O. Box 431, Fairfax, CA 94930. Phone: 415-453-2360.
Date of Introduction: 1988. October.
Ingredients: Basic: Short grain brown rice*, spring water,

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nigari tofu*, sprouted wheat tortilla*, toasted tahini, barley miso*, green onions* or leeks*, carrots*, seasonal green*, lettuce*, clover sprouts*, shoyu*, sesame oil*, garlic*, ginger*, apple cider vinegar, unrefined sea salt, spices. * = Organically grown per Cal. Health Code Sec. 26569.11.
Wt/Vol., Packaging, Price: 12 oz. The basic and onion retail for $3.75, the half size retails for $2.10 (8/89, northern California).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Paul Duchesne. 1989 Aug. 11. 5.5 by 2 inches. Black on pink, red, or blue paper. "12 happy ounces (6 ounces for arame). For the best taste, remove from refrigeration one hour before eating. To eat: Open bag–Tilt sandwich in bag–fold bag down." Illustration of animated product, with smiling face on tortilla, arms, and legs. On the back of each is a statement, which is changed every 2 weeks. For example: "Smile. Its great exercise for both of us." "The means are the ends. Sonia Johnson." "Mind is body is mind is body. Blumlein." Talk with Paul Duchesne. 1989. Aug. 16. The basic was his first new product introduced in Oct. 1988, the Raw Onion & Radish (the radish used to be daikon) in November, and the half size in Dec. 1988. They were developed with the help of Barbara Svenning Garvey. The new and original is now different: The tofu is marinated and a seasonal green (usually kale or collards) is added. The rice is cooked in spring water. These changes are voluntary. Paul is now making and selling about 360 brown rice and tofu sandwiches a week.

8788. *East West.* 1988. East West presents: Best & worst awards. 3rd annual. 100% natural. Oct. p. 65-72.
• ***Summary:*** Best Natural Soy Sauce: Lima Nama Shoyu from Ohsawa-Japan, imported by Ohsawa America of Chico, California. Twice brewed, lower in salt, and aged four years. "It is unique among shoyus, with exceptional smoothness and flavor."

Better Than It Sounds Award:" Tofu chocolate? Yes, Barat Bars by Legume Inc. of Montville, New Jersey, use tofu instead of dairy and no hydrogenated or fractionated palm kernel oil. Carob candies move over!"

Best Tasting Flavored Soy Drinks: "The Westbrae Malteds won this contest going away. Creamy, thick, and delicious, they are more of a dessert than a drink. Some devotees eat them frozen."

Least Healthful Line of Soy Drinks: "The Westbrae Malteds. The flip side of their great taste is their almost 400 calories and 15 grams of fat per 8 ounces."

Most Healthful Line of Soy Drinks: Edensoy. They are the only producers making a totally oil-free drink.

Worst Tasting Flavored Soy Drinks: "Vitasoys from San Francisco, Calif., seem to have few fans and finished last in our blind taste test."

Most Questionable Beverage Label Claim: "3 grams of fat per 6 ounces of Carob and Chocolate Ah Soy, by Great Eastern Sun of Enka, North Carolina. These soymilks are rich and creamy, yet 3 grams is a lower fat content than even Edensoys, made without oil. How is that possible guys?"

That's Progress? Award: "Mori-Nu Tofu by Morinaga Nutritional Foods of Los Angeles. Aseptic Tetrapacked tofu that has indefinite shelf life and can be shipped anywhere. Good for backpackers maybe but can't compare to fresh and local."

Best Fake Hot Dog: SoyBoy Tofu Not Dogs by Northern Soy of Rochester, N.Y. "Nice smoky flavor and smooth texture, almost as good as the real thing."

Worst Fake Hot Dog: Tofu Pups of Lightlife Foods of Greenfield, Massachusetts. "Dry and crumbly on the inside, with a lack of distinctive flavor. Won't fool anybody at the neighborhood cookout."

Best Tamari: San-J Traditionally Brewed Tamari from San-J International of Colonial Heights, Virginia. "No one else even came close. Question: Will they be able to retain their appeal when the first U.S.-brewed batch hits the shelves?"

8789. **Product Name:** Rice & Vegetable Sandwich (In a Chapati with Tofu).
Manufacturer's Name: Essential Foods.
Manufacturer's Address: 6411 Latona Ave., N.E., Seattle, WA 98115.
Date of Introduction: 1988. October.
Ingredients: Organically grown brown rice, tofu, scallion, cabbage, carrot, corn oil, shoyu, salt, whole wheat chapati.
Wt/Vol., Packaging, Price: 7.5 oz.
New Product–Documentation: Talk with Paul Duchesne. 1989. July 31. Marty Roth learned how to make this sandwich from Paul. Marty told or taught Jeff Fairhall how to make these sandwiches. Jeff started making them in about the fall of 1988. He now makes 1,000 sandwiches a week and sells them fresh at multiple outlets, including 7-11 type stores. Jeff has 5 employees and is serving 45 products. Label sent by Paul Duchesne. 1989. Aug. 11. Black on tan. "Best served at room temperature or slightly warmed." Illustration of a rice plant.

8790. *INTSOY Newsletter* (*Urbana, Illinois*). 1988. INTSOY hosts visiting scientists from India. No. 40. p. 2-3. Oct.
• ***Summary:*** INTSOY recently hosted 6 Indian scientists. The researchers from G.B. Pant University in Pantnagar were Brij K. Mital, Yogesh C. Aggarwal, Surendra K. Mittal, and Ashok Tikkoo. B.K. Mital serves as professor and head of the Department of Food Science and Technology. His special interest is developing soy yogurt and fermented soyfoods.

Birendra S. Bisht and Sitaram D. Kulkarni are the 2 researchers from the Central Institute of Agricultural Engineering in Bhophal. Bisht is mainly interested in developing pilot plants for the manufacture of soy-flour tofu, soy snacks, extracted soy products, and soy-blended baked

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goods. During their 3 to 4 month stays, the scientists worked on INTSOY's extrusion/expelling and baking projects and on various projects in the Departments of Agricultural Engineering and Food Science. The scientists completed collaborative research at INTSOY.

8791. *INTSOY Newsletter* (*Urbana, Illinois*). 1988. India returning to focus on soybeans as human food. No. 40. p. 3. Oct.

• ***Summary:*** "Today India spends the equivalent of almost $1,000 million per year to import edible oils. At the same time, oilseed production in India has been stagnating at about 13 million tonnes per year. Local production of edible oil is about 3.5 million tonnes per year. Annual imports amount to about 1.2 million to 1.4 million tonnes...

"The bulk of the edible oil comes from major oilseed crops, such as peanut, mustard, linseed, and coconut...

"Today approximately 98% of the soybean crop, amounting to about one million tonnes yearly, is used for oil extraction. This yields about 160,000 to 180,000 tonnes of oil and 700,000 to 800,000 tonnes of soybean meal.

"Virtually all the oil is sold locally as edible oil, whereas almost all the meal is exported... Recently, however, India has faced increasing problems in disposing of the meal because of competition from other countries...

"As a result, new efforts currently are under way to develop processes for manufacturing a wide variety of soy-based foods that fit Indian dietary patterns.

"Although there is an emphasis on using defatted soybean meal, work is also moving ahead on whole soybean utilization for such products as soymilk, dairy analogs, and soy paneer...

"M/S Pantnagar Soy Products in New Delhi is currently producing about 100,000 packets of soymilk per day. Each packet contains about 200 milliliters of soymilk...

"Recently Brittania (India) has started marketing edible-grade defatted soy flour to be used as a supplement in chapati, puri, paratha, and other traditional foods...

"According to the Indian scientists, soybean utilization for food is now on a firm basis in India."

8792. *INTSOY Newsletter* (*Urbana, Illinois*). 1988. Soybean markets in Bangladesh prime for future expansion. No. 40. p. 2. Oct.

• ***Summary:*** "The market for soybeans in Bangladesh is now at a critical stage where implementation of small- and medium-scale processing technologies could have a major impact, according to Jane Gleason, INTSOY agricultural economist. Gleason recently spent 12 days in Bangladesh visiting soybean processing facilities and meeting with officials from the government, private volunteer organizations, and local businesses.

"She reports that the Mennonite Central Committee (MCC) has been especially active in promoting increased soybean utilization. Working with local biscuit manufacturers, MCC has helped introduce the concept of fortifying wheat flour with full-fat soy flour. Two biscuit makers are already using soy flour, and at least three others are testing the product. Most of the biscuits are made from raw soybean flour. The trypsin inhibitor is largely destroyed by heat during baking.

"Initially, MCC produced the flour at its processing laboratory in Maijdi. The flour was then sold to the manufacturers through MCC's wholesale outlet. More recently, the biscuit companies have been directly purchasing whole soybeans for processing in their own facilities. One of these companies already produces more than one metric ton of soy-fortified biscuits per day.

"Other organizations, such as Biman and a Baptist Church group, are experimenting with soybeans as animal feed, especially for poultry. In addition, at least two entrepreneurs are interested in producing a soymilk that would be marketed in competition with soft drinks. The two companies are expected to require at least 550 metric tons of soybeans per year."

"The Source, which is MCC's local outlet, also sells processed soy flour at retail and about 400 to 500 kilograms of soybeans per month on the wholesale market. Most of these soybeans are purchased by the local Chinese community to manufacture tofu.

"Promoting rural development with soybeans: Another important component of the soybean program in Bangladesh is the Food Products Development Centre (FFDC). The major objectives of FFDC are to develop low-cost food processing technologies that are accessable to the rural unemployed and to increase use of soybeans and other crops that can improve nutrition in the rural areas. As part of its effort to create new jobs, FPDC plans to promote small-scale commercial processing of soybeans for manufacture of the local snack food, chanachur.

"During 1987, Ellen Jayawardena, training coordinator for the Soybean Foods Research Centre in Sri Lanka, conducted several classes for FPDC personnel on home and village soybean preparation. These people, in turn, are to serve as local trainers. MCC also has several soybean cooking demonstrators in the Moakhali and Chuadanga districts and the Dhaka area. In addition, MCC personnel have sold soybeans door-to-door in a number of villages where that commodity is in short supply.

"Gleason reports that both extrusion cooking and soymilk processing have significant potential for expanding soybean markets in Bangladesh. She further concludes that the extrusion / expelling process developed by INTSOY could play an important role in providing a new source of high-quality soy oil for Bangladesh."

8793. Karta, Susani K. 1988. Market trends in the development of traditional soyfood. Paper presented at

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the ASEAN Food Conference '88: Food Science and Technology in Industrial Development. 18 p. Held 24-26 Oct. 1988 at Bangkok, Thailand.
• ***Summary:*** Contents: Introduction. Traditional soyfood. Market situation and trends. Indonesia. Singapore. Malaysia. Thailand. Constraints in the market development of soyfood (in each of the above 4 nations). Major trends in the development of traditional soyfoods. Marketing strategy of soyfood. Tables: 1. Traditional non-fermented soyfood products. 2. Nutritional composition of traditional non-fermented soyfoods. 3. Description and uses of traditional fermented soyfood products. 4. Nutritional composition of traditional fermented soyfoods.

5. 1987 estimated consumption of soybeans as foods in the Far East [total and per capita in East Asia]. China, 1,062 million population, 7,325,000 tonnes, 6.9 kg/capita. Japan, 122 million population, 1,141,000 tonnes, 9.3 kg/capita. South Korea, 42.1 million population, 330,000 tonnes, 7.8 kg/capita. Taiwan, 19.6 million population, 260,000 tonnes, 13.3 kg/capita.

6. Southeast Asia soybean consumption for food. From 1983 to 1989 the increase in 1,000 metric tons was: Indonesia 927 to 1,600. Singapore 14 to 26. Malaysia 32 to 70. Thailand 40 to 150. Philippines 9 to 24. Total 1,022 to 1,870 (increase of 82.9% in 7 years).

7. Per capita soybean consumption for food in Southeast Asia. From 1983 to 1989 the increase in kg/person was: Indonesia 6.0 to 8.8. Singapore 5.6 to 10.5. Malaysia 2.1 to 3.7. Thailand 0.8 to 2.6. Philippines 0.2 to 0.5. Average total: 3.8 to 5.9 (increase of 55.3% in 7 years).

8. 1987 estimated consumption of soybeans as foods in Southeast Asia [total and per capita]. Indonesia, 175 million population, 1,575,000 tonnes, 9.0 kg/capita. Thailand, 53.6 million population, 118,000 tonnes, 2.2 kg/capita. Malaysia, 16.1 million population, 55,000 tonnes, 3.4 kg/capita. Singapore, 2.6 million population, 20,000 tonnes, 7.7 kg/capita. Philippines, 61.5 million population, 18,000 tonnes, 0.3 kg/capita.

9. Indonesian soybean production, imports, and consumption as food (in tonnes). From 1983 to 1989, production rose from 536,000 to 1,250,000, imports decreased from 391,000 to 350,000, and the amount consumed as food increased from 927,000 to 1,600,000. About 50% of the soybeans used for foods in Indonesia go to make tempeh, and 40% are used to make tofu.

10. Singapore soybean consumption as food. From 1983 to 1989 the amount increased from 14,000 tonnes to 26,000 tonnes. Most of these soybeans are used to make tofu and soymilk. 11. Malaysia soybean imports and consumption as food (in tonnes). From 1983 to 1989, production rose from 182,000 to 440,000, and the amount consumed as food increased from 32,000 to 70,000. 12. Thailand soybean production, and consumption as food (in tonnes). From 1983 to 1989, production rose from 113,000 to 490,000, and the amount consumed as food increased from 40,000 to 150,000. Only in 1988 were soybeans imported–40,000 tonnes. This growth of soyfood consumption is due partially to the Government of Thailand's interest in promoting the awareness and utilization of soyfood products. The Thailand Agricultural Extension Service program and other institutions have been actively advocating of soyfoods into the food industry and the human diet, especially in rural areas. The government controls soybean imports by issuing licenses.

In summary: The soybeans with the highest per capita soybean consumption for soyfoods are: Taiwan 13.3 kg, Japan 9.3 kg, Indonesia 9.0 kg, Singapore 7.7 kg, South Korea 7.3 kg, and China 6.9 kg. The greatest potential for growth lies in China, where it is very common to find markets running out of soyfoods early in the morning. There is also great potential for growth in Malaysia, Thailand, and the Philippines. Address: American Soybean Assoc., 541 Orchard Rd., #11-03 Liat Towers, Singapore 0923, Republic of Singapore.

8794. Katzen, Mollie. 1988. Still life with menu: Fifty new meatless menus with original art. Berkeley, California: Ten Speed Press. 350 p. Illust. (some color). Index. 29 cm.
• ***Summary:*** Contains 17 tofu and 7 miso recipes; no tempeh. Tofu-kan (firm tofu; *doufu-gan*) is in a recipe on p. 261. Also sesame oil, sesame seeds, tahini. Many color illustrations throughout.

8795. Krizmanic, Judy. 1988. Fit to be tofu: When technology brought changes to this traditional product, the question arose, "Is tofu still the real thing." *Vegetarian Times.* Oct. p. 21-23.
• ***Summary:*** Discusses some of the issues and controversies involved with the development of tofu standards by the Soyfoods Association of America. The tofu liberals wanted a broad definition of the product, allowing it to contain soy protein isolates, if that was clearly stated. The tofu traditionalists felt that a product containing isolates should not be allowed to be called tofu.

8796. Liebman, Bonnie. 1988. Vegieburgers: Stalking the perfect VLT. *Nutrition Action Healthletter.* Oct. p. 10-11.
• ***Summary:*** A rating of meatless burgers based on taste and fat content. A table shows product, maker, serving size, calories, fat (% calories, uncooked), sodium, and taste. "If the first ingredient is tofu, the fat content is high–probably around 55% of calories (compared with 58-66% for beef)... None of the burgers made with tempeh as a major ingredient supplied nutrition information. But tempeh gets only 35% of its calories from fat–an advantage, at least nutritionally. But palate pleasers they're not. Our testers quickly learned to identify the tempeh burgers by their 'sour' or 'glutenous' taste, and invariably tossed them into the 'bad' category.

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They come across as poor imitations of the imitation meat-burgers.

The five best rated products were: 1. Gardenburger (Wholesome & Hearty Foods, Portland, Oregon). 2. Nature's Burger, Original (Fantastic Foods, Novato, California). 3. Nature's Burger, Pizza (Fantastic Foods). 4. Nature's Burger, Barbecue (FF). 5. Tofu Burger (FF; the cook supplies the tofu). Soy products by White Wave, Quong Hop, Natural, Inc. and Bud, Inc. are listed in the table.

8797. Moon, Susan Ichi Su. 1988. The life and letters of Tofu Roshi. Shambhala Publications, Horticultural Hall, 300 Massachusetts Ave., Boston, MA 02115. xii + 157 p. Illust. No index. 21 cm. Foreword by Gahan Wilson.
• ***Summary:*** Tofu, seen as embodying the highest of the Zen teachings, answers questions from searching students. His themes include: How to give up the quest for self improvement. The miracle of mediocrity. Gahan notes in the foreword: "Many teachers, in their pride, boast that they know nothing, but it is Tofu alone, who has truly succeeded in achieving total ignorance." Includes a Glossary and a photo of Susan Moon. Address: Berkeley Zendo, Berkeley, California.

8798. **Product Name:** [Tofu Dressing (Plain, Thousand Onion Flavor, and Thousand Tomato Flavor)].
Foreign Name: Otofu Doresshing (Pureen, Sauzan Onion Fûmi, Sauzan Tomato Fûmi).
Manufacturer's Name: Nihon Beans.
Manufacturer's Address: Nakamachi 2-4-5, Musashino-shi, Tokyo, Japan. Phone: 0422-54-4030.
Date of Introduction: 1988. October.
Wt/Vol., Packaging, Price: 160 ml plastic bottle retails for 160 yen.
New Product–Documentation: Toyo Shinpo. 1988. Nov. 11. p. 4. Otofu doresshingu wakai josei no ninki dokusen: Nihon Biinzu [Tofu dressings capture young women's favor: Nihon Beans]. Tofu-based dressings are becoming very popular in Japan. Nihon Beans (president Tetsuya KOFUSE) started to sell 3 varieties in Oct. 1988. Their target is the women's market. They developed their products and design by studying many women's groups. They decided that a product containing 40% and 40% tofu has the best flavor. With more tofu, the flavor is too plain, although the product would be healthier.

8799. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Nutrisoya, Inc.
Manufacturer's Address: 4050 Pinard, St.-Hyacinthe, QUE, J2S 8K4, Canada. Phone: 514-796-4261.
Date of Introduction: 1988. October.
New Product–Documentation: Talk with Giles Goulet of Nutrisoya. 1990. Oct. 19. This company started making soyfoods in Oct. 1988, when they introduced tofu.

Update: 1995 May. Giles Goulet left in Sept. 1994 and no longer owns shares in the company. They now make three types of tofu: Herbs & Spices, Pimento & Onion, and Natural.

Note 1. This is the earliest known commercial soy product made or sold by Nutrisoya. It is also the earliest record seen (Oct. 2001) concerning Nutrisoya.

Note 2. As of Sept. 2001 this company's name is Nutrisoya Foods, Inc. The address has not changed. Phone: 450-796-4261. Contact: Nick Feldman, President. They make soymilk, tofu, and tofu products.

8800. **Product Name:** [Toscana: Fine Tofu & Vegetable Pie].
Foreign Name: Toscana: Feine Tofupastete.
Manufacturer's Name: Sojarei Ebner-Prosl.
Manufacturer's Address: Augasse 2, A-2500 Baden bei Wien, Austria. Phone: 02252/85101.
Date of Introduction: 1988. October.
Ingredients: Zucchini, tofu, yeast flakes, salt, herbs, spices, agar.
Wt/Vol., Packaging, Price: 125 gm.
How Stored: Refrigerated.
New Product–Documentation: Label, received 1989. Oct. Red, black, green, and white on yellowish orange. 3.5 by 3 inches. Self adhesive. Logo is a green soybean plant against a white circular background. "Free of cholesterol. No flesh. Made purely from plants." In the company's Jan. 1989 catalog this product, called Tofu-Pastete "Toscana," is described as a fresh vegetarian pastry/pie with fresh zucchini. It sells retail in 125 gm, or 650 gm, weights.

8801. **Product Name:** [Marinated Smoked Tofu].
Foreign Name: Raeuchertofu natur.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1988. October.
Wt/Vol., Packaging, Price: 250 gm.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. The tofu is marinated, then smoked. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

8802. **Product Name:** Tofu (Organic 10 oz. Water Pack) [Hard, or Soft Style].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1988. October.

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Ingredients: Water, organic soybeans, gypsum, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 10 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid. 6 to a case.
How Stored: Refrigerated.
New Product–Documentation: White Wave News. 1988. Oct/Nov. This is a new, smaller, more convenient size. "Like all White Wave products, this new tofu is certified Kosher–Pareve by Rabbi Mordecai Twerski of the Talmudic Research Inst. in Denver. The new 10 oz. package uses our unique heat treatment process, which provides a 50 day shelf life from the date of manufacture. Coagulants: Nigari and calcium. Made with Rocky Mountain glacier melt water."

Label sent by White Wave. 1988. Red, yellow, blue, and green on clear plastic film. A huge wave is breaking from the left.

White Wave Tofu Fact Sheet. 1988. Sent by White Wave. In vacuum pack, White Wave has Hard Style and Soft Style tofu, each 1 lb. None is totally organic. Shelf life: 30 days. In water pack (totally organic) has Hard Style and Soft Style, each 10 oz. The shelf life is 50 days. All types are made with "Rocky Mountain glacier melt water."

8803. Dervin, Marie-Anne. 1988. Innovations agro-alimentaire: 2,500 t/an de produits à base de soja [Agro-food innovations: 2,500 tonnes/year of soy products]. *Industries et Techniques.* Nov. 1. p. 94. [Fre]
• ***Summary:*** At Valence, Innoval has established an industrial unit for the transformation of soya into drinks, main dishes (*plats cuisinés*), desserts, etc. The Silos of Valence, an agricultural cooperative in Drôme, is looking to diversify in the agro-food sector. It has joined forces with Sojalpe to create Innoval S.A. This September the company launched the above-mentioned products into large-scale distribution supermarkets.

The project, which has cost 20 million French francs, has benefited from the financial support of several banks. In 1989 Innoval SA is planning to come out with a complete line of long-lasting fresh products. The company also hopes to reach collectives and to export to other European countries that consume large amounts of tofu (UK, West Germany, or Switzerland). Address: France.

8804. Morinaga Nutritional Foods. 1988. Mori-Nu Tofu promotes healthy eating through November (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Nov. 4.
• ***Summary:*** This month, Mori-Nu Tofu will participate in 3 special health-related events to educate individuals on the latest advances in healthy eating: (1) The International Dance-Exercise Assoc. (IDEA) Educational Conference Nov. 6-8 in Washington, DC. IDEA consists of 18,000 dance exercise professionals from 50 states and 38 countries. Mori-Nu will distribute recipes and brochures to members of IDWA and serve fresh Mori-Nu strawberry fruit shakes to the expected 1,500 conference attendees. (2) Danielle Lin will serve all-natural strawberry fruit shakes at the Soyfoods Pavilion, Nov. 4-7, at the Natural Foods Expo in Baltimore. (3). Lin will provide delicious low-fat, low-cholesterol, and low-sodium cooking ideas using Mori-Nu Tofu at the First National Cholesterol Conference (sponsored by the National Heart, Lung and Blood Inst.), Nov. 9-11, Crystal City, Virginia. Address: Los Angeles, California. Phone: 213-728-4325.

8805. Phipps, Bob. 1988. Importing tofu equipment from Sun Youth in Taiwan (Interview). *SoyaScan Notes.* Nov. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** A letter from Eva M.L. Wang dated 6 Oct. 1988 states that Sun Youth Machinery Co. Ltd. has been making bean sprout equipment in Taiwan since 1973, and selling tofu equipment since 1979. Ms. Wang is sales manager. Bob has just received a new stainless-steel system from them and it looks great. Even the frame is stainless steel. The landed price is 30-40% below Takai's price. It is very easy to import an item such as this if you use C.F. Ocean Services (C.F. stands for Consolidated Freightways). No need to go thru a special agent or broker. Bob had to make only 2 phone calls. C.F. does most of the work, fills out the forms, takes the goods thru customs, and delivers them to your plant at a predetermined price. If the equipment is listed as "Farm Equipment" there are no import duties. Address: Energy Sprouts, 3602 High Point, San Antonio, Texas. Phone: 512-654-3963.

8806. Stromnes, Lonnie. 1988. White Wave to launch soy cheeses, meat analogs. Will hold private offering (Interview). *SoyaScan Notes.* Nov. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The line of soy cheeses, introduced last week at the Baltimore Natural Foods Expo but without labels, are called Soy A Melt, in Monterey Jack, Mozzarella, and Jalapeno flavors. Made by one of the three large manufacturers (not by Soya Kaas), they contain casein. By April 1989 White Wave plans to have a line of tofu-based meat analogs (hot dogs, sliced bologna, and sausages), and later in 1989 a soy yogurt. Roughly $300-400,000 is coming into the company from a private offering soon. White Wave does some private labeling other than ice cream.

At the Baltimore show, Soya Kaas and Soyco each launched a cream cheese and sour cream. Address: San Leandro, California.

8807. Berief, Hermann. 1988. [Re: Work with tofu at TKW]. Letter to William Shurtleff at Soyfoods Center, Nov. 11. 1 p. Typed, with signature on letterhead. [Ger]
• ***Summary:*** We began production of soyfoods in Oct. 1985.

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Our address then was the same as it now. Röstlinge are like croquettes. This term comes from the Swiss and refers to a fried or roasted (*gebratenes*) product, with or without crust. We make / pack tofu for institutional kitchens in 2.5 kg vacuum packs, 4 packs in a carton. We also pack tofu in 250 gm vacuum packs, inside a 4-color folded box. I am enclosing a copy of our tofu recipe book. Address: TKW GmbH Tofukost-Werk, Siemensweg 1 (Postfach 32 12), D-4724 Wadersloh 3, West Germany. Phone: 0 25 20/13 00.

8808. Morinaga Nutritional Foods. 1988. Mori-Nu Tofu promotes drug-free bodybuilding at the 1988 Annual Mr./Mrs. International (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Nov. 14.
• ***Summary:*** "Mori-Nu Tofu will co-sponsor the 1988 Annual Natural Drug-Free Bodybuilding Contest on Nov. 20 in Redondo Beach, California. Bodybuilders from all over the world will compete for the title of Mr./Ms. Natural, which is only open to men and women who have passed a drug test one week prior to the event.

"Participants are tested by the American Bodybuilders Coordination Committee (A.B.C.C.), the oldest and most widely recognized drug-free association in the country, which utilizes the standard urine test as well as a lie-detector test to determine previous or present use of steroids or other muscle-building drugs...

"Mori-Nu Tofu, which began sponsoring natural bodybuilding contests earlier this year, offers bodybuilders a low-calorie, high-protein addition to their diets." Address: Los Angeles, California.

8809. Heyes, John. 1988. Food writer bows to Fruited Tofu Curry crowd. *Gazette* (*Haverhill, Massachusetts*). Nov. 16.
• ***Summary:*** A humorous account of a supposedly violent reaction by the Tofu Liberation to a piece he published ridiculing tofu. Thugs from the militant Front kidnapped him to the Arctic Circle and forced him to publish a recipe for Fruited Tofu Curry before he could return–which he did in this article.

8810. Harris, Ron. 1988. A history of Grain Dance, one of America's earliest seitan manufacturers (Interview). *SoyaScan Notes.* Nov. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ron arrived in San Francisco in about 1975, having studied macrobiotics previously in Ohio from 1974. As far as he knows, he was the first person to make seitan commercially as a real business in America. Before he started, a woman in Marin made seitan at home and sold it at 1-2 stores for a few months. She had no business name. She had learned how to make seitan from Roy Steevensz, a macrobiotic teacher in Los Angeles who also made and sold tempeh. Lima Foods in Belgium started to import a small bottled seitan product long after Ron started. He never had any competition from other seitan makers on the West Coast. When he began, no one had ever heard of seitan. The Kushis and the Aiharas both made and taught others how to make seitan on a home scale.

Ron first learned about and tasted seitan in Key West, Florida, in 1975. A woman named Martha, who was a macrobiotic (originally from Los Gatos, California) was giving a cooking class. His ex-wife Shiwa took the class, then Ron tasted the seitan from the bottom of the pot. He loved it. Shiwa then taught Ron the basic process for making seitan, then he ended up developing some variations on that process and recipe. Shiwa had a small business making pastries (such as date bars) out of her home in San Francisco and selling them at Rising Sun, a macrobiotic food store on Judah St. in San Francisco, owned by Mr. Noboru Muramoto. She suggested that Ron start making seitan to expand the family's line of foods. Ron first began to make seitan out of their home at 187 Downey St. (in the upper Haight-Ashbury district), San Francisco. He sold the first product in bulk at Rising Sun. It was in small dark brown chunks (about 6 pieces/chunks per pound), stored refrigerated in a 5-gallon plastic bucket or earthenware crock. On the bulk container was written the word "seitan" followed by the ingredients. After about a year he started to sell it in individual packages. To the label he added the pronunciation "SAY-tahn" and the phrase "A high-protein food made from wheat." He always sold only one product in one flavor. The ingredients were organic hard red winter whole wheat (always freshly ground), spring water, tamari (actually shoyu), ginger, and onions. He was one of the few seitan makers to use whole wheat; most others used unbleached white flour, which gave a higher seitan yield. Initially he ground the wheat by hand using a French Samap mill that he bought from Jacques DeLangre's son, Tom. Later he bought his wheat from Joe Schwinn of Deaf Smith–Vital Vittles, who milled his own wheat fresh each day.

Originally Ron's seitan company had no name. He coined the company name "Grain Dance" at about the time he began packaging in individual containers–round plastic deli containers with a snap-on lid. First he sold it by the pound, then in 8 oz packs. Later the name was expanded to Grain Dance Natural Foods. The company was never incorporated. From his first address, Ron moved to another home-based kitchen, then in about 1980 he subleted his first legal commercial space mornings in the kitchen of the Real Good Karma Cafe on Dolores St. in the Mission district. Finally in about 1982 he moved into a commercial space at 422 Haight St. between Fillmore and Webster in the lower Haight Ashbury. By 1987 he was selling seitan to about 100 stores in the greater San Francisco Bay Area. They made seitan 3 or 4 days a week, making 80 pounds of finished seitan each day. Grain Dance introduced seitan to thousands of Californians who were looking for an alternative to meat. At fairs he served deep-fried seitan; it was dipped in a spiced

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wheat-flour batter and breaded with cornmeal. People loved its meaty texture and savory flavor. Ron's personal favorite was freshly cooked seitan, right out of the pot in his unique broth.

Initially Ron distributed the product himself, then Paul Duchesne distributed it after he was pushed out of Wildwood and started his own distribution company, then when he went out of business, Wildwood distributed it; Wildwood also used seitan in some of their sandwiches. Later David "Devo" Knepler came is as a partner (Devo now works with Wildwood Natural Foods). They had one employee.

For ten years Ron made seitan by hand. He really enjoyed the hand kneading, putting handmade energy into the food, and focusing on quality. By 1987 the business was growing, rents in San Francisco were skyrocketing, and he would have to mechanize the shop in order to expand. The business never made much money. "It was a labor of love, and it really enjoyed making seitan and turning people on to good food and helping them in any way I could." So in 1987 Ron began to phase out the business. He started doing attorney service work (which he is still doing) several days a week, then made seitan on several other days. Initially Wildwood wanted to continue it, so Ron went there and taught a few people how to make seitan. They did it for a while, but found it too labor intensive, and gave it up. There has never been another seitan maker on the West Coast. Address: San Mateo, California. Phone: 415-347-1378.

8811. Morinaga Nutritional Foods. 1988. Mori-Nu Tofu educates seniors on reducing cholesterol (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Nov. 18.
• ***Summary:*** Nov. 18, 1988. "Recently, Mori-Nu participated in the Golden Times Senior Citizen Show in Anaheim, California... Seniors attending the Show received information on the health and nutritional benefits of eating tofu as well as tips on creating delicious recipes using tofu. In addition, seniors got a chance to taste Mori-Nu in all-natural fruit shakes made fresh using strawberries, bananas and Mori-Nu Tofu." Address: Los Angeles, California. Phone: 213-728-4325.

8812. *Packer* (*The*). 1988. Tofu earns Good Housekeeping Seal of Approval. Nov. 19.
• ***Summary:*** Mori-Nu Tofu is the first and only tofu manufacturer in the United States to receive the Good Housekeeping Seal of Approval, according to Tom McReynolds, marketing manager for Morinaga. Based on a news release dated 11 Nov. 1988 and titled "Mori-Nu Tofu receives the Good Housekeeping Seal of Approval." Also in Whole Foods. 1989. Feb. p. 19. Address: Kansas.

8813. Amrit Protein Foods Ltd. 1988. Display ad: An investment in Amrit–an investment in prosperity. *Times of India* (*The*) (*Bombay*). Nov. 21. p. 11.
• ***Summary:*** Amrit Protein Foods Limited, "An exciting new venture," is promoted by Amrit Banaspati Co. Ltd. Amrit Protein equity issue opens 12 Dec. 1988.

"A complete line of fitness foods: Health and fitness are making big headlines these days. And to meet the growing demand for a new generation of fitness foods, Amrit Protein will manufacture a wide range of products–Soya Milk, Soya Milk Beverages, Soya Dessert, and High Quality Soya Paneer."

"Proven technology from world leaders:" Amrit has purchased its soymilk making system from STS–Soya Technology Systems–a division of the world renowned Danish Turnkey Dairies.

"Big success in the West! Products based on this technology have been a phenomenal success in the West. In fact, a plant set up as recently as 1985 near Hamburg has substantially increased its capacity [DE-VAU-GU, Lueneburg, West Germany].

"Products backed by extensive research:" The products are a result of extensive market research; they have been thoroughly tested in consumer taste trials.

"The market is ready and waiting:... Amrit Protein will open up a whole new dimension in the Indian consumer market.

"And you have an opportunity to share our bright future: To meet a part of the finance required for the project, Amrit Protein is making a public issue of 24,70,000 Equity Shares of Rs. 10 each for cash at par." The names and logos of the three Indian companies managing the issue are given.

The bottom half of this horizontal ad is a cartoon illustration with many stylized adults and children admiring the various uses of soy protein products such as tofu cubes on a dish and a dessert in a tall-stemmed glass. Address: Amrit Nagar, G.T. Road, Ghaziabad 201 009 (U.P.) [Uttar Pradesh].

8814. Nordquist, Ted. 1988. Brief early history of Aros Sojaprodukter in Sweden (Interview). *SoyaScan Notes.* Nov. 22-24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ted Nordquist, the foremost soyfoods and tofu pioneer in Sweden and in Scandinavia, founded Aros Sojaprodukter and started making tofu there in Feb. 1981. Born on 10 Dec. 1945 in Oakland and raised in California, he attended college at Cal Poly in San Luis Obispo. During his sophomore year he won a scholarship from the California State International Programs to spend his sophomore year at the University of Uppsala in Sweden, where he arrived in September 1965. Returning to Cal Poly he graduated in Aug. 1968 with a BSc degree in Industrial Arts. He was then accepted for international graduate school at Stockholm University, where he arrived in Sept. 1968. After 1 year of study he entered a PhD program at Uppsala University in Sept. 1969, doing research on problems of developing

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countries and working in a mental hospital.

On 9 Jan. 1971 he was married in Golden Gate Park, California to Anne-Marie Karlson, a Swedish woman he had met in 1969. The marriage ceremony was performed by Dr. Haridas Chaudhuri, President of the Cultural Integration Fellowship and California Institute of Asian Studies (in San Francisco).

In the summer of 1971 he completed his oral examinations for the political science degree, but still had to write his thesis. Then the U.S. government tried to draft him into the military to go to Vietnam. The American Friends' Service Committee (Quaker) helped him to obtain Conscientious Objector status. He did his alternative service at the California Institute of Asian Studies in San Francisco under Dr. Haridas Chaudhuri, as director of research. While at the Institute, Ted also took many courses for credit. In Oct. 1975 Ted and Janet Fehring met Bill Shurtleff, Akiko, and Bobbie Shurtleff (Bill's mother) at Ananda Cooperative Village, where Bill and Akiko had been invited to do a program on tofu. Afterwards the five went hiking at Echo Lake, Desolation Valley, and Lake Tahoe. Then Ted started making and selling a tofu kit in Alameda. On 14 Jan. 1976 Ted and Janet attended a lecture on tofu that Bill and Akiko presented at the Berkeley Co-op, and helped prepare a tofu dip. Ted's father, Leo, had become very ill with cancer and Ted was making him fresh tofu, one of the few foods he could digest, every morning. In Jan. 1976 Ted's father died in Alameda. In June 1978 Ted got his PhD degree at the Univ. of Uppsala with his thesis on the history of Ananda Cooperative Village. In 1979 Ted visited Traditional Tofu Co. in Oakland, and first saw tofu made on a commercial scale. In Feb. 1980 Ted founded Aros Sojamjolkprodukter in Uppsala, then from June to Dec. Ted and his wife Anne-Marie's father renovated a soft drink factory in Örsundsbro to make it a tofu plant. That December Ted installed Japanese tofu equipment in plant. In Feb. 1981 Ted and Tim Ohlund started tofu production, water packed. At about the same time their Book of Tofu was published in Swedish. By fall, they started vacuum packing with in shallow plastic trays. Address: Orsundsbro, Sweden. Phone: 0171-604 56.

8815. *Times of India* (*The*) (*Bombay*). 1988. City notes: Amrit Protein. Nov. 22. p. 11.
• ***Summary:*** "Amrit Protein Foods, a company promoted by Amrit Banaspati, will enter the capital market on December 12, with a public issue of 24.70 lakh [2,470,000] equity shares of Rs 10 each at par to finance its Rs 14.50 crores project being set up at Ghaziabad, Uttar Pradesh to manufacture soyamilk,..."

The company will make 19,800 kilolitres of soyamilk, soyamilk beverages, soya dessert, and high quality soya paneer per annum.

The project is expected to start commercial production by April 1989 according to Mr. N.K. Bajaj, chairman.

8816. McIntyre, Richard. 1988. Brief early history of Swan Gardens, Inc. (Interview). *SoyaScan Notes.* Nov. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Swan Gardens started making tofu in January 1976. [But note that in 1981 the McIntyres reported that the company started making tofu in 1978]. The company was originally an organic vegetable truck farm in St. Ignatius, a small town in the Swan Valley outside of Missoula, in western Montana. Richard's wife, Jocelyn, was the one who originally learned to make the tofu at a time when very few Caucasian Americans knew how to do so. She had talked to various people, read books, and generally learned from necessity since she had a medical condition that doctors didn't know how to treat. Richard learned how to make tofu from Jocelyn.

The company's first product was tofu. Later [by 1979] they introduced tofu cheesecakes, and had two locations in Montana. From the beginning to the present Jocelyn has been actively involved in the company. She is presently Vice President in charge of Research and Development. From Montana, the company moved to Florida and there they discovered that another company with a similar name (Swan Foods) had been an early tofu maker but had gone out of business with many bad debts. From Florida the company moved to Georgia, settling in Decatur, a suburb of Atlanta.

During December 1985 and Jan. 1986 Swan Gardens launched Soya Kaas, a soy and casein based meltable cheese. They developed and manufacture the product in Georgia. Shortly after the product was launched they established Soya Kaas, Inc. as a subsidiary of Swan Gardens Inc. Address: 6029 La Grange Blvd., Atlanta, Georgia 30336. Phone: 404-346-1712.

8817. Cheater, Mark. 1988. Health food keeps firm thriving in Middletown [The Bridge]. *Courant* (*Hartford, Connecticut*). Nov. 28. p. C1, C2.
• ***Summary:*** The Bridge, founded 8 years ago on a shoestring budget by 5 local natural foods enthusiasts, makes tofu, amazake, and seitan. One founder is Bill Spear. Stephen Lapenta is general manager. By the spring of 1981 The Bridge had made and sold its first batch of tofu. Today the products are still made by hand. Product quality and freshness is the key to their success. They are looking to expand.

8818. Barrier, Michael. 1988. Making it: "I love to feed people." *Nation's Business* 76:76, 78. Nov.
• ***Summary:*** David Mintz, 56, developed Tofutti when he was a kosher caterer in Manhattan. Under Jewish dietary laws, dairy products and meat cannot be served at the same meal. Mintz is an Orthodox Jew. In 1981, after nine years of experimenting, Tofutti was the result. Mintz's company spread itself thin. Tofutti was sold in soft-serve form through

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thousands of convenience stores and other retail outlets, but it was also sold to grocery stores in hard-frozen form, so that Tofutti competed with itself. Mintz also began to push franchising of "Tofutti Shops." Sales in fiscal 1986 dropped to $11.6 million. An agreement with the Haagen-Dazs unit of Pillsbury Company for national distribution to grocery stores turned sour that year, and Tofutti has had to build its own distribution network. Soft-serve sales have been going down because stores would rather sell packaged products, says Mintz. Only one franchised Tofutti shop ever opened in New Jersey, and Tofutti Brands bought it from the franchisee a few months later. Tofutti sales was soon drowning in red ink. Sales fell to $7.7 million last year and the company lost more than $2 million. This year, however, a turnaround is on the way. Tofutti has picked up new distributors, and more importantly, Mintz is now giving the company the sharp focus it lacked before. He is concentrating on sales to supermarkets. "That's where the profits are, that's where the volume is."

The new products first went into stores in Atlanta, New York, Seattle and Dallas. The company plans to spread them across half of the country by early 1989. Sales have risen 11% in the first quarter, compared with the same quarter in 1987. Tofutti Brands actually shows a small profit. In the second quarter, profit was again thin–but sales were up 17% over the previous year, to more than $2.8 million.

8819. **Product Name:** [Marinated Tofu].
Foreign Name: Tofu Mariniert.
Manufacturer's Name: Das Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1988. November.
Ingredients: Tofu, soy sauce, garlic, ginger.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in Nov. 1988. Label. 1988. 2.5 by 3.5 inches. Black on yellow.

8820. **Product Name:** [Grilled Tofu].
Foreign Name: Grill Tofu.
Manufacturer's Name: Das Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1988. November.
Ingredients: Tofu, olives, herbs.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Form filled out by Albert Hess. 1988. Dec. 1. This product was introduced in Nov. 1988. Label. 1988. 2.5 by 3.5 inches. Black on red.

8821. **Product Name:** Soyfoods Tofu.
Manufacturer's Name: Great Australian Tofu Pty. Ltd.
Manufacturer's Address: Factories 12-1, 2 Paton Place, Manly Vale, NSW 2093, Australia. Phone: (613) 580-8688.
Date of Introduction: 1988. November.
New Product–Documentation: Form filled out by Lindsay Kotzman, owner. 1989. Jan. He purchased the business in Nov. 1988. Monthly production of this tofu is 5,000.

Note: This company was originally founded in Dec. 1978 as The Soy Bean Factory in Sydney by Michael De Campo, Yoshiko Wright, and Marcea Weber.

8822. Hagler, Louise; Bates, Dorothy R. eds. 1988. The new Farm vegetarian cookbook. Summertown, Tennessee: The Book Publishing Co. 223 p. Illust. Index. 23 cm.
• ***Summary:*** A slightly revised edition of the 1978 Farm Vegetarian Cookbook, this vegan cookbook contains a wealth of soyfoods recipes, and no recipes calling for eggs or dairy products. Address: Summertown, Tennessee.

8823. Krizmanic, Judy. 1988. Natural foods forecast. *Vegetarian Times.* Nov. p. 32-33, 36-39.
• ***Summary:*** Organics: Organic products will soon become the fastest growing category in natural foods. Even progressive mainstream supermarkets will add organic produce to their inventory or, if they can afford it, will test for pesticide levels on produce that may not be organic. The California and Nevada-based Raley's Superstore chain already has done both.

Legume's Gary Barat has plans to expand his selection of tofu chocolate with a chocolate-covered rice cake (made with Lundberg Farms rice cakes). "Plans are brewing for tofu chocolate chips, fudge sauce, and just about any chocolate product imaginable... Dairy-Free Replacements of Dairy Classics... Expect egg replacers, tofu cheesecake and tofu cream cheese," and, hopefully, tofu sour cream.

"Soymilk. Within this next year, look for soymilk in your supermarket's dairy case... Imagine a soymilk creation: a creamy, malty drink–made from a mixture of soymilk and amasake."

8824. Morinaga Nutritional Foods, Inc. 1988. A healthy market (Ad). *Whole Foods* (*Berkeley, California*). Nov. p. 45.
• ***Summary:*** This full-page color ad states: "Mori-Nu offers you higher profits and increased sales with: Beautiful, full-color advertising in the following magazines: Prevention (regional), Health (regional), 50 Plus (regional), Heart Corps, California Senior Citizens, Delicious (national), Weight Watchers (regional), Vegetarian Times (national), Southern California Senior Life, and more..." Also discusses: Guaranteed quality and taste. Convenient FDA approved long-life packaging. Strong market support (6 items).

Color photos show two packages of Mori-Nu tofu (soft and firm), plus two recipe pads ("Mori-Nu's Tempting Tofu

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A healthy market.

Mori-Nu offers you higher profits and increased sales with:

Guaranteed quality and taste

- Smooth, creamy texture developed for the American taste
- Using the finest and richest ingredients
- Aimed at today's health-conscious consumers
- No preservatives, no irradiation

Convenient FDA approved long-life packaging

- No shrink, no mess
- Compact, neat and sturdy, Mori-Nu saves on shelf space
- Meets all USDA temperature requirements
- Handy for both you and your customers

Strong market support

- Free full-color P.O.P. material for every store
- Newsletters and coupons
- Original recipes targeted for the American taste
- Stimulates cross-promotional opportunities
- Full schedule of promotional events
- 30-minute cooking video

Beautiful, full page color advertising in the following magazines:

Prevention (regional)	Delicious (national)
Health (regional)	Weight Watchers (regional)
50 Plus (regional)	Vegetarian Times (national)
Heart Corps	So. California Senior Life
California Senior Citizens	And more...

With benefits and sales support like this, be sure to stock a healthy supply of Mori-Nu Tofu. Call now and ask for Danielle Lin, national sales representative, health food industry. (213) 728-4325.

Tofu for the American taste. MORI-NU

© 1988 Morinaga Nutritional Foods, Inc., 5800 S. Eastern Avenue, Suite 270, Los Angeles, CA 90040

Circle No. **46** on Reader Service Card

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Desserts," "Exotic! Chinese Unchicken Salad"), coupons (15 cents off Mori-Nu Tofu), a video ("Revolutionary Tofu"), and the front page of two issues of "Mori-Nu Healthy Times" newsletter. For more, call now and ask for Danielle Lin, national sales representative, health food industry. (213) 728-4325.

This ad also appeared in *Natural Foods Merchandiser.* 1988. Nov. p. 28, and 1989. April. p. 24. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8825. Morinaga Nutritional Foods, Inc. 1988. Cholesterol-free holidays are as easy as pie (Ad). *Vegetarian Times.* Nov. p. 29.
• ***Summary:*** This full-page color ad shows a large pumpkin pie on a cloth on a cutting board. Behind it is a package of Mori-Nu Lite Tofu and a cornucopia of vegetables and fruits. A recipe is given for "Mori-Nu's no cholesterol pumpkin pie" using 2 x 10.5 oz. packs of Mori-Nu Tofu Silken/Soft. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8826. **Product Name:** A healthy market (Ad).
Manufacturer's Name: Morinaga Nutritional Foods.
Date of Introduction: 1988. November.
New Product–Documentation: A full-page ad (8 by 11 inches, color). "Mori-Nu offers you higher profits and increased sales with: Beautiful, full-color advertising in the following magazines: Prevention (regional), Health (regional), 50 Plus (regional), Heart Corps, California Senior Citizens, Delicious (national), Weight Watchers (regional), Vegetarian Times (national), Southern California Senior Life, and more..."

Color photos show: (1) Healthy Times newsletter. Tofu Magic. At the bottom are packages of Mori-Nu Silken Firm and Mori-Nu Silken Soft Tofu.

This ad also appeared in the April 1989 issue (p. 24). And in Whole Foods. Nov. 1988 (p. 45).

8827. *Natural Foods Merchandiser.* 1988. Barbara's Bakery acquires Sunfield Foods. Nov. p. 4.
• ***Summary:*** Barbara's Bakery was established in 1970. Sunfield, which introduced its product line in 1975, launched Lite Chef Tofu Mixer in 1986 and Lite Chef Entrees in 1987.

8828. **Product Name:** Soyboy Tofu Breakfast Links. Renamed SoyBoy Vegetarian Breakfast Links by 1992.
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1988. November.
Ingredients: Organic tofu (filtered water, organically grown soybeans, natural calcium chloride nigari–a naturally occurring mineral coagulant, not a preservative or artificial ingredient), isolated soy protein, corn oil, tapioca flour, yeast extract, molasses, natural flavoring, onion powder, garlic powder, herbs and spices, vegetable gum, sea salt.
Wt/Vol., Packaging, Price: 8 oz package, 12 per case. Retails for $2.65 (7/92, Maryland).
How Stored: Refrigerated, 35 day shelf life. Or frozen.
Nutrition: 7/92. Per 2 oz. or 2 links: Calories 120, protein 10 gm, carbohydrates 5 gm, fat 7 gm (incl. saturated 1 gm and polyunsaturated 3 gm), cholesterol 0 mg, sodium 270 mg.
New Product–Documentation: Leaflet. 1988. Nov. "SoyBoy all natural meatless entrees. The finest tofu products begin with the best tofu. Since 1977 nutritionally superior and delicious foods made from organic soybeans & quality ingredients."

Product (Vegetarian Breakfast Links) with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. Copyright 1991. Label is 7.5 by 3.5 inches. Self adhesive on vacuum pack. Red, green, black, brown, and yellow on white. Illustration of 2 links next to waffles on a plate. "All natural. No cholesterol. Made with organic tofu. Keep refrigerated or frozen. May be sold frozen for one year after date on package." Copyright 1991.

8829. Powis, Beth. 1988. Tofu–High quality nutrition. *Muscle & Fitness.* Nov. p. 35, 181-82.
• ***Summary:*** Jack O'Blennis, owner of Inglewood, California's Monster Maker gym, uses tofu in a special diet when training body builders for drug-free competition. Bodybuilder Greg Parras says he lost more than 15 pounds in a month on O'Blennis' diet, without losing mass. The following are several recipes that come from Mori-Nu Tofu: Salmon Loaf & Salad; Herb spiced Meat Balls; Tofu Enchiladas; and Manicotti Shells. Address: Woodland Hills, California.

8830. **Product Name:** Simply Better Tofu, Tofu Burgers, Marinated Tofu Pouches, Tofu Paté, Tofu Cottage Cheese, Tofu Dressing [Curry, or Garlic & Dill], Tofu Mayonnaise.
Manufacturer's Name: Progressive Foods Pty. Ltd.
Manufacturer's Address: 24-B Braeside Dr., Braeside, VIC 3195, Australia. Phone: 613-580-8688.
Date of Introduction: 1988. November.
New Product–Documentation: Form filled out by Lindsay Kotzman, owner. 1989. Jan. She purchased the business in Nov. 1988. Monthly production is as follows: Tofu (375 gm and 750 gm): 7,000 kg. Tofu burgers: 1,000 kg. Marinated tofu pouches: 1,000 kg. Tofu cottage cheese: 100 kg. Tofu paté: 80 kg. Tofu dressings: 30 kg each flavor. Tofu mayonnaise: 30 kg.

8831. **Product Name:** [Tofu Burgers {Deep-Fried} (Garlic and Fines Herbes, Provencale with Tomato & Onions, or Forest Mushrooms)].

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Foreign Name: Doré de Soja (Ail/Fines Herbes, Provençale, Forestière).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1988. November.
Wt/Vol., Packaging, Price: 2 x 100 gm in vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Bernard Storup. 1990. June 13. Tof'in is the same as Croque Tofou, but not the same as Croque Tofou Léger. Tof'in was discontinued about 2 years ago. Then 18 months later the company launched, for supermarkets, a product named Doré de Soja, which are the same as Tof'in. The packaging is very nice.

Letter from Bernard Storup. 1990. Dec. 26. "All the confusion between deep-fried and not deep-fried Croque Tofou comes from the fact that our first labels all said "Léger," even for the deep-fried products. Croque Tofou Leger (not deep-fried) was the continuation of our former Tof'in (not deep-fried). Since Jan. 1990 we have stopped using the term "Léger" on our deep-fried products. Our Croque Tofou Leger have new labels since Jan. 1990. They are now called Doré de Soja, with 2 in each package."

8832. **Product Name:** Soft Cream Cheese Style Soyco, and Soyco Parmesan Style (With Casein) [Shreds, or Grated in Shaker Canister].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: P.O. Box 5181 or 5204, New Castle, PA 16105. Phone: 800-441-9419 or 412-656-1102.
Date of Introduction: 1988. November.
Ingredients: Incl. tofu, casein, and soy oil.
Wt/Vol., Packaging, Price: 1. 8 oz tub retails for $2.49. 2. 3.5 oz shaker retails for $2.34.
How Stored: Refrigerated.
New Product–Documentation: Spot in Cheese Market News. 1988. Nov. 11. "Soyco foods offers new cheese alternatives." The two new cheese alternatives will be introduced to health food stores nationwide in the next few weeks. The Parmesan style products have 35% fewer calories and 40% less fat than conventional Parmesan. Soya Newsletter. 1988. Sept/Dec.

Leaflet sent by Patricia Smith from Natural Products Expo East. 1992. Sept. 11-13. Lite 'n' Less Grated Parmesan comes in 3.5 oz shakers. The company is now at 2441 Viscount Row, Orlando, Florida 32809.

8833. Tofu Shop Deli and Specialty Foods Co. 1988. This holiday season, make it Tofu Turkey (Leaflet). Arcata, California. 1 p. Front and back. 22 x 14 cm.
• ***Summary:*** Typeset, black ink on yellow paper, with four illustrations: (1) The Tofu Shop, on pillars and with a tree growing overhead, at the edge of the ocean (lower left). (2) A clip-art illustration of a large turkey with tail fanned and near-side wing extended (upper left). (3) Corn plants growing in a field (upper right). (4) Santa Claus in traditional costume, holding a large white box.

"- mmm delicious. * Stuffed, basted, baked. * Ready to eat or reheat. * Great leftovers.

"That's right folks! This year you can save the bird and eat it too! No bones about it. Special order one of our delicious Tofu Turkeys. They're made 100% from our own traditional-style tofu, stuffed with our own secret family stuffing. And basted and baked to a golden brown. M'good!

"This year special order a Tofu Turkey from The Tofu Shop or stop by our deli for a 'hot slice' with all the fixin's!"

"Order information: Order your Tofu-Turkey and all the fixins from the: Tofu Shop–768 18th St., Arcata, California 95521. (707) 822-7409. All orders must be prepaid." Gives sizes, servings, and prices for Tofu Turkeys, Tofu-Turkey Stuffing, and Fresh Baked Pumpkin Tofu Pies. Order deadlines for Thanksgiving and Christmas. "Let's talk organic turkey."

On the back are "Tofu-Turkey directions." Ingredients for tofu, stuffing, and basting. Serving instructions. Wholewheat gravy. Homemade cranberry sauce. Address: 768 18th St., Arcata, California. Phone: 822-7409.

8834. **Product Name:** [Organic Tofu].
Foreign Name: Bio Tofu.
Manufacturer's Name: Tofurei Jutta Schoenemann.
Manufacturer's Address: Doerflaser Weg 22, D-8521 Aurachtal, West Germany. Phone: (09132) 60143.
Date of Introduction: 1988. November.
Ingredients: Water, organically grown soybeans (biologische Sojabohnen), nigari (orig. jap. Gerinnungsmittel Nigari).
Wt/Vol., Packaging, Price: 500 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Protein 11 gm, fat 5 gm, carbohydrate 1.5 gm, calories 87.
New Product–Documentation: Form filled out by Jutta Schoenemann, owner. 1989. Feb. 1. The company started making soyfoods in Nov. 1988. Their first product was tofu. They now make 500 lb/month (227 kg/month, 54 kg/week). Label. 1988. 3 by 5.5 inches. Brown and orange on beige. Tiny recipe booklet attached to label.

8835. **Product Name:** Trader Joe's Tofu Enchilada.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1988. November.
Ingredients: Tofu, green onions, black olives, Jack cheese, cheddar cheese, tortilla (corn, water, lime juice), water, red chili peppers, green chili peppers, olive oil, corn oil, cumin,

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oregano, garlic, salt.
Wt/Vol., Packaging, Price: 12 oz. Retails for $2.29 (8/89, Concord, California).
How Stored: Refrigerated.
New Product–Documentation: Label. 1989. 4 by 2.75 inches. Black and orange-red on white. Illustration of a Japanese woman and her child. "No preservatives." In a cartoon caption the child is saying, "Mama-san! With tofu, it IS the whole enchilada!" Soyfoods Center product evaluation. 1989. Aug. 15. Delicious. The degree of spiciness is just right for us. Talk with Richard Baltierra, head of the Fresh Program at Trader Joe's. 1989. Aug. 23. This product was introduced in Nov. 1988.

Trader Joe's Fearless Flyer. 1990. Feb. p. 13. Soy cheese is now used to replace the former dairy cheese. "This newly reformulated product is not only cholesterol-free, it is also lactose-free and lower in saturated fats and calories than when it was made with dairy cheese. The tofu blends with and carries the flavor of the soy cheeses, giving the enchilada rich, smooth flavor. Black olives and a sprinkling of green olives add extra flavor. It's wrapped in a corn tortilla and covered with traditional spicy Mexican red sauce."

8836. *Vegetarian Times.* 1988. The main event [Recipe contest winners]. Nov. p. 40-42, 80-83.
• ***Summary:*** "More than 300 of you responded to our call for favorite recipes... First Place Vegan Winner was an Olive Patè and Tofu Quiche. Honorable Mention went to Tofu Croquettes. Third Place was Savory Tofu Pie. Honorable Mention went to Tofu 'Ham' and Cheese Bake."

8837. Morinaga Nutritional Foods. 1988. Mori-Nu Tofu is honored by the American Heart Association (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 1 p. Dec. 1.
• ***Summary:*** "Mori-Nu has worked with the American Heart Association on a number of projects over the past year and will continue to promote the healthy heart in years to come." The company was presented with a commemorative medallion in celebration of its philanthropy.

Published in Whole Foods. 1989. Feb. p. 14. And in Health Foods Business. 1989. Feb. Address: Los Angeles, California. Phone: 213-728-4325.

8838. Golbitz, Peter. 1988. Soyfoods Association: New developments (Interview). *SoyaScan Notes.* Dec. 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Natural Foods Expo in Anaheim, 14-17 April 1989, will have a panel on marketing soyfoods aimed at retailers; 75 minutes for 4 speakers.

Concerning the tofu standards, the standards committee approved them unanimously, but when the board of directors voted on them, Barricini and Ralston Purina refused to approve.

The Association is planning to petition the USDA to allow tofu to be used as a meat alternative in school lunches and have it qualify for reimbursement.

Gordon Bennett will be president of SAA until April 1989. The Board has paid all past debts to Steve McNamara and has budgeted $5,000 for a part time administrator to work in the Soyatech office. The person will do 5-10 hours/week of SAA work such as news releases, soliciting dues, etc.

SAA voted to drop the Clip Service on 31 Dec. 1988. Golbitz gets about 50 magazines, which he clips and there was not enough in the clip service for him to make it worth $400 a year. Plus there was a big filing problem.

Golbitz is very happy that he bought the *Soya Bluebook.* In Jan. 1989 Soyatech will hire its second employee. So with Peter and Sharyn that makes 4 workers. During the Bluebook crunch in summer they will hire an extra person. Address: Bar Harbor, Maine. Phone: 207-288-4969.

8839. Chen, Edwin. 1988. Tofu maker closed for 2 years for filthy plant. *Los Angeles Times.* Dec. 6. p. 1, 8.
• ***Summary:*** K.Y. Foods, a major West Coast producer and supplier of tofu and other Asian-style fare, on Monday was banned from operating for two years and ordered to pay more than $20,000 in fines and other penalties as a result of grossly unsanitary conditions at its Los Angeles plant. In exchange for a no-contest plea, charges against two K.Y. executive–General Manager Taek Kwan Oh, 25 of Monterey Park, and President Kyu Yong Kim, 53, of Alhambra–were dropped by the Los Angeles city attorney's office.

The plant at 4607 S. Main St., had been the subject of two previous criminal prosecutions in 1979 and 1982 when it was owned by D.Y. Imports which was acquired in July 1987 by K.Y. Foods. K.Y. products were sold in Los Angeles, San Francisco and in parts of Colorado and Nevada under the brand names of CR Brand, DY Brand and KY Foods. In 1979 the D.Y. Imports plant pleaded no contest to five counts of health violations and paid a $3,150 fine. In 1982, it pleaded no contest to another six health code violations and paid a $3,400 fine. Similar conditions in 1985 prompted health officials to issue a recall of tofu made at the plant.

8840. Okonogi, Shigeo; Kuwahara, K.; Oizumi, S.; Mizuguchi, K.; Koide, O.; Shimada, H. Assignors to Morinaga Milk Industry Company, Ltd. (Tokyo, Japan). 1988. Method for manufacturing a packaged aseptic hard soybean curd. *U.S. Patent* 4,789,556. Dec. 6. 5 p. Application filed 24 Feb. 1987. Application also filed in Japan on 24 Feb. 1986. [1 ref]
• ***Summary:*** Produces a kinugoshi-type silken tofu coagulated with GDL (glucono delta-lactone). Address: 1&6. Tokyo; 2. Yokohama; 3. Yokosuka; 4-5. Kawasaki. All: Japan.

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8841. Matsuura, Masaru; Obata, A.; Fujii, N.; Nobuhara, A.; Fukushima, D. Assignors to Kikkoman Corp. (Noda, Japan). 1988. Method for grinding soybeans and method for producing tofu. *U.S. Patent* 4,791,001. Dec. 13. 6 p. Application filed 12 Jan. 1987. 1 drawing. Application also filed in Japan on 14 Jan. 1986. [23 ref]
Address: 1-3. Noda; 4. Kasukabe; 5. Omiya. All: Japan.

8842. Demos, Steve. 1988. Re: New developments at White Wave, Inc. Letter to William Shurtleff at Soyfoods Center, Dec. 14. 1 p. Handwritten, with signature.
• ***Summary:*** White Wave's tofu production grew from 120,000 lb in 1978, to 179,000 lb in 1979, to 279,000 lb in 1980. The company projects revenues of $3 million in 1988. They are in the midst of a private placement offering for $500,000 and the banks have approved equipment loans for $600,000. They have put in a bid to purchase an old (built in 1975) meat processing plant on 2.4 acres in Boulder.
Address: Boulder, Colorado.

8843. *SoyaScan Notes.* 1988. Number of tofu shops in Hawaii by year (Overview). Dec. 17. Compiled by William Shurtleff of Soyfoods Center. [9 ref]
• ***Summary:*** Year Number Source

1923 3 Directory of Honolulu and the Territory of Hawaii.

1924 2 Directory of Honolulu and the Territory of Hawaii

1929 28 Same source 1928-29 (Incl. 8 shops on Isl. of Hawaii).

1931 31 Same source 1930-31

1935 32 Same source 1934-35 (Incl. 7 on Isl. of Hawaii and 1 on Kauai)

1936 36 Same source 1936-37 (Incl. 8 on Isl. of Hawaii and 2 on Kauai)

1938 34 Same source 1937-38 (Incl. 8 on Isl. of Hawaii and 2 on Kauai)

1942 26 Same source 1934-35 (Incl. 7 on Isl. of Hawaii and 1 on Kauai)

1948 14 Same source 1947-48 (Seems to be Honolulu only)

1951 14 Polk's Directory of Honolulu

1954 13 Polk's Directory of Honolulu

1955 4 Hawaii Directory of Manufacturers 1953

1956 8 Polk's Directory of Honolulu

1959 8 Polk's Directory of Honolulu (1958-59)

1961 3 Hawaii Directory of Manufacturers 1960

1964 19 Hawaii Directory of Manufacturers

1965 4 Hawaii Directory of Manufacturers 1966

1969 15 Hawaii Dir. of Mfgrs. (5 of these companies make aburage)

1973 10 Hawaii Dir. of Mfgrs. (6 companies make aburage)

1978 10 Hawaii Dir. of Mfgrs. 1977-78 (7 companies make aburage)

1982 9 Hawaii Dir. of Mfgrs. (6 companies make aburage).

8844. Wang, Wei. 1988. Re: Use of corn starch in Chinese-style silken tofu. Letter to William Shurtleff at Soyfoods Center, Dec. 19. 3 p.
• ***Summary:*** "Are you aware that Chinese use corn starch with calcium sulfate to make the coagulant for silken tofu. They use: 2 teaspoons calcium sulfate, 6 tablespoons corn starch, and 1 cup water. The corn starch seems to give silken tofu a smoother texture.

"I am thinking of helping Chinese people in this country (whose native language is Chinese) to make tofu and soybean products at home. I am trying to find out if there is any government funding for such a program." Address: P.O. Box J, Alviso, California 95002. Phone: 408-263-0296.

8845. Skaria, George. 1988. So ya' keep trying: Undeterred by unhappy examples, Amrit Protein Foods wants to shake up the soya-based foods market. *BusinessWorld* (*India*). Dec. 7-20. p. 17.
• ***Summary:*** Amrit Protein Foods, owned by Ghaziabad-based Amrit Banaspati Co. (ABC for short), is scheduled to start soymilk production in April 1989. "The new venture is just a logical extension of our existing activities and we should do well," says N.K. Bajaj, Chairman of the Amrit group (1987-88 annualised turnover: Rs 200 crores). The flagship company ABC's range of successful consumer products includes Gagan vanaspati, Ginni refined oil and Alfa washing soap. The group also claims to have successfully launched potato chips under the brand name Uncle Chipps.

The new outfit, Amrit Proteins, plans to introduce soya beverages and paneer. Soya beverages have not been popular in India. At least one earlier attempt (Noble Soya's Great Shake soya milk beverage) did not do well. The Indian consumer is not enamoured of soya's after-taste. Amrit Soya's beverages will have a neutral taste to make them more appealing to the Indian palate. Bajaj admits "All of us have apprehensions about soya products. They have not found acceptance so far." One strategy for success is to position soya milk as a health product. It is felt Noble Soya's Great Shake was a failure because it was advertised as a fun drink although the taste wasn't fun.

Test marketing of sample products in selected areas seems to have yielded positive results with consumers findings the taste acceptable. Additionally, the company can push for success by relying on the proven marketing strengths of the group–which has a network of 800 dealers and over 1 lakh retail outlets. Amrit's Rs 14.5 crore plant, coming up in Ghaziabad on the outskirts of Delhi, is expected to reach 55% capacity utilisation in its first full year of operations, using up 3,500 tonnes of soyabean. The

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company expects a turnover of Rs 15 crores.

8846. Levey, Robert. 1988. Two storefront surprises. *Boston Globe.* Dec. 22. p. 4.
Address: Globe Staff.

8847. *Tri-State Neighbor* (*Sioux Falls, South Dakota*). 1988. Supporting the super soybean. Dec. 23.
• ***Summary:*** "Promoting new uses and the health aspects of soybeans is the goal of the newly-organized South Dakota Bean Boosters." The core group is made up of about 10 women throughout the state. They discuss the benefits of soy oil and tofu.

"'Tofu–It's soy good' is a program describing what tofu is, how it is used, and what its health benefits are. Tofu recipes are also presented." Betty Hansen, executive director of the South Dakota Soybean Program, said the Bean Boosters will be putting together a soybean cookbook.

8848. *SoyaScan Notes.* 1988. Soyfoods Clipping Service receives 1,766 clips in 1988, up from 1,587 clips in 1987 and 1,586 clips in 1986 (Overview). Dec. 29. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This represents an 11% increase over 1987 and 1986, and shows the strong interest in soyfoods, especially tofu, by the U.S. media. The clips are sent to Soyfoods Center by Luce Press Clippings, America's first clipping service. Luce clips 13,000 publications and has over 3,000 clients. The other major U.S. clipping service, Burrelle's in Livingston, New Jersey, is about the same size and is also highly recommended. In both, readers read the articles and key all nouns into a computer. The computer then selects the articles.

8849. American Soybean Assoc. 1988. Tofu–Its soy good (Leaflet). St. Louis, Missouri. 3 panels each side. Undated.
Address: St. Louis, Missouri.

8850. Brown, Judy. 1988. The joy of soy: Nutrition for the '80s. *Body, Mind & Spirit.* Nov/Dec. p. 30-32.
• ***Summary:*** Contents (Soyfoods, nutrition, and a healthy diet). Tofu. Tempeh. Miso. Natto. Okara. Soy cheese & soy yogurt. Soy flour & grits. Soymilk. Soy sauce. Resources: Eden Foods, Fantastic Foods, Inc., Lumen Foods Corp., San-J International. Vitasoy (U.S.A.) Inc., Westbrae Natural Foods (Downey, California). Address: President, In Good Taste, 5923 John Adams Dr., Camp Springs, Maryland 20748.

8851. **Product Name:** Smoked Tofu, Teriyaki Tofu, Homestyle Tofu Balls, Gourmet [Nigari] Firm Tofu, Fiber Tofu, BBQ Tofu.
Manufacturer's Name: Dae Han, Inc.
Manufacturer's Address: 737 S.E. Alder St., Portland, OR 97214. Phone: 503-233-8638.
Date of Introduction: 1988. December.
Ingredients: No ingredients given on labels.
How Stored: Refrigerated.
New Product–Documentation: Talk with Paul Moss, who has worked with Dae Han for 7 years. The company name is now Dae Han, Inc., 737 S.E. Alder St., Portland, Oregon 97214. Phone: 503-233-8638. They now make tofu, smoked (& baked) tofu (7.5 oz), regular and cajun-style tofu burgers, homestyle tofu balls (5.25 oz), soymilk, teriyaki tofu (7.5 oz), fiber tofu (10 oz), BBQ (barbecue) tofu (7.5 oz), and kimchi. All the products listed above were introduced in Dec. 1988. Paul plans to use their plant to make tempeh.

Labels for each of these products sent by Paul Moss. 1990. May 10. 4 by 2.5 inches. Self adhesive. Colorful. On each label is written "High protein. Low calorie. Cholesterol free. No preservatives. (Keep Refrigerated)." The Gourmet firm tofu is certified kosher by Rabbi Yonah H. Geller.

Leaflet from Dae Han, Inc. 1991. July. Quality and unique. A photo shows all of the products, and their names are listed.

8852. **Product Name:** Tofu Burger [BBQ Style, or Cajun Style].
Manufacturer's Name: Dae Han, Inc.
Manufacturer's Address: 737 S.E. Alder St., Portland, OR 97214. Phone: 503-233-8638.
Date of Introduction: 1988. December.
Ingredients: No ingredients given on labels.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Paul Moss, who has worked with Dae Han for 7 years. 1990. March 28. The company now makes these 2 burgers, which were introduced in Dec. 1988.

Labels sent by Paul Moss. 1990. May 10. 4.5 by 3 inches, oval. Self adhesive. Dark brown, light brown, red, black, and white. On each label is written "High protein. Low calorie. Cholesterol free. No preservatives. (Keep Refrigerated)."

Leaflet from Dae Han, Inc. 1991. July. Quality and unique. A photo shows all of the products, and their names are listed. The company also makes kim chee (mild or spicy).

8853. Golbitz, Peter. 1988. Soyfoods sales projected to reach $750 million by 1990. *Soya Newsletter* (*Bar Harbor, Maine*). Sept/Dec. p. 1, 6.
• ***Summary:*** The estimated retail value of soyfoods in the USA in 1988 was $682 million. The various soyfoods had the following market shares: soy sauce 67.3% (est. $460 million retail store valuation), tofu 11.3% (est. $77 million), second generation products 9.5%, soymilk 5.3%, miso 4.1%, soynuts 1.7%, tempeh 0.8%.

All of the 1980 figures used in this study for

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comparisons and growth rates were taken, without permission, from *Soyfoods Industry & Market: Directory and Databook* by Shurtleff & Aoyagi. Address: Soyatech, Bar Harbor, Maine.

8854. **Product Name:** Tofu.
Manufacturer's Name: Kempadoo Tofu Co.
Manufacturer's Address: c/o Patricia Kempadoo, P.O. Box 3376, Marval, Trinidad and Tobago. Phone: 809-676-7785.
Date of Introduction: 1988. December.
New Product–Documentation: Talk with her husband. 1989. Jan. 30. Her husband's father is Peter Kempadoo, who used to make tofu in Guyana but who is now in England.

8855. Kingma, Sharyn. 1988. Soya interview: Tofu and the law [Steve McNamara and Frank Sasinowski of Hyman, Phelps & McNamara law firm in Washington, DC]. *Soya Newsletter* (*Bar Harbor, Maine*). Sept/Dec. p. 4-5, 18.
• ***Summary:*** Discusses the tofu standards, how the Food and Drug Administration defines and sets standards of identity for particular food products, and how the existing policies of the USDA influence tofu's acceptance into the school lunch program.

8856. Kloss, Jethro. 1988. Back to Eden: A human interest story of health and restoration to be found in herb, root, and bark. Revised and expanded second edition. Back to Eden Publishing Co., P.O. Box 1439, Loma Linda, CA 92354. xxviii + 1007 + 20 p. Illust. Index. 21 cm. Kloss Family Heirloom Edition. Index.
• ***Summary:*** One of the most creative and original sources of early soyfoods recipes, which include "Soybean Cream" and "Soybean Ice Cream." This revised edition contains all essential material from the original text of this classic work on healing herbs, home remedies, diet, and health, but it has been reorganized, re-typeset and re-indexed to make it easier to use and more contemporary. Three hundred pages of natural health information have been added. Old terms have been explained and updated. There are also 16 pages of photographs and 16 pages of new of family recollections by Jethro Kloss' daughter, son, and granddaughter. One interesting illustration in the photo section that has not appeared in earlier editions of this work shows an aerial view of the Nashville Sanitarium-Food Factory with a train and 3 sets of train tracks in front. The book has been published continuously by the Kloss family since 1946.

Contents: Section I: Natural health. 1. Personal experiences. 2. Soil preparation and farming. Section II: Herbs for healthful living. 1. History of herbal medicine. 2. Herbs. 3. General directions for preparation and use of herbs. 4. Tonic herbs. 5. Herbs used to treat disease. 6. Medicinal trees. 7. Specific herbs for various medical problems. Section III: Treating diseases with herbs. Treating diseases with herbs. Special notice. Section IV: Your body and its needs. The digestive section. 1. The importance of good nutrition. 2. Carbohydrates. 3. Fats. 4. Protein. 5. Mineral elements in the body. 6. Vitamins. 7. Water. 8. Fresh air, exercise, and sleep. Section V: Your foods. 1. Fruits. 2. Vegetables. 3. Fiber (to "help keep you regular"). 4. Oatmeal. 5. Nuts. 6. Breads and refined flour. 7. Meat and vegetarianism. 8. Milk. 9. Salt. 10. Garlic. 11. Healthful diets. 12. Obesity. 13. Fasting and healthful eating. Section VI: Food preparation. 1. Useful hints to preserve vitamins. 2. Kloss's favorite health recipes. 3. Cooking under steam pressure. 4. Aluminum cooking utensils. 5. Baking and breads. 6. Preparing wholesome desserts and beverages. Section VII: Effects of polluted and adulterated foods on the body. 1. Adulteration of food. 2. Health-destroying foods. 3. Dangers from disease in animals. Section VIII: Water and good health. 1. History of water cure. 2. Using water to preserve health. 3. Water's effects and use in treatment. 4. Water's effects on sickness. 5. Baths and water treatments. 6. Compresses and fomentations. Section IX: Skills in caring for the sick. 1. Nursing. 2. Massage. 3. High enemas. 4. The value of charcoal. Appendix: Glossary of old-fashioned medical terms. Glossary of medical properties of herbs. General tables.

A press release accompanying the new revised, 2nd edition notes: Back to Eden was written by Jethro Kloss during the 1920s and 1930s, with help from Promise and Eden, his daughter and son. It was first published in 1939, when the author was 76 years old. It has since sold more than 3 million copies. Kloss died in 1946 after retiring to Tennessee. Message Press, a small business in a rural community not far from Chattanooga, continued to publish Back to Eden for more than 25 years after his death, under the direction of Promise, his daughter. Unfortunately in 1967 the copyright expired during the confusion attendant to the illness and death of the book's country publisher. Promise's attempt to renew the copyright in Jan. 1968 was too late. In 1971 other publishers pirated Back to Eden. Address: Loma Linda, California.

8857. Lamont, Heather. 1988. The gourmet vegan. London: Victor Gollancz Ltd. 153 p. Index. 20 cm.
• ***Summary:*** This unillustrated vegan cookbook makes relatively little use of soyfoods, although it does use tofu (4 recipes), miso (3), and soya milk (in Soya Pudding). The author, a nurse by profession, has won three recipe competitions. Address: Quorn, Leicestershire, England.

8858. Langley, Gill. 1988. Vegan nutrition: A survey of research. The Vegan Society Ltd., 33-35 George St., Oxford 0X1 2AY, England. x + 121 p. Dec. Index. 21 cm. [255* ref]
• ***Summary:*** Contents: Foreword by Dr. Barrie M. Margetts. Introduction. Guidelines on vegan diets. Symbols & abbreviations. Tables. Vegan nutrition: 1. Protein and energy. 2. Carbohydrates. 3. Fats. 4. Vitamins: Vitamin A (retinol and beta-carotene), the B Group vitamins–Vitamin B-1

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(thiamin), vitamin B-2 (riboflavin), niacin (nicotinic acid and nicotinamide), vitamin B-6 (pyridoxine), folic acid (folate, known as folacin in the USA), pantothenic acid and biotin, vitamin B-12 (cobalamins), daily requirement of B-12–a controversy, vegan sources of B-12, vitamin B-12–the vegan experience, occasional B-12 deficiency, vitamin C (ascorbic acid), vitamin D (ergocalciferol D-2, cholecalciferol D-3), vitamin D deficiency, vitamin E (tocopherols), vitamin K, summary of vitamins.

5. Minerals: The major minerals–Calcium (meat, protein, and calcium balance, calcium balance and other nutrients, calcium and vegan diets, osteoporosis), iron (iron balance and other nutrients, iron and vegan diets), magnesium, phosphorus, sodium and chloride, potassium, sulphur. The trace elements–Zinc, selenium, iodine, copper, cobalt, chromium, manganese, fluorine, summary of minerals. 6. Milk and health. 7. The general health of vegans. 8. Vegan diets as therapy. 9. Conclusions. Further reading.

This book brings together in a concise, carefully researched, and well documented manner all that is currently known about vegan nutrition. It is the "most comprehensive survey ever undertaken of scientific research on vegan diets. *Vegan Nutrition* shows that a vegan diet can provide all the essential nutrients for health and fitness at any age, without the need to take supplements, as long as a few elementary rules are observed. This proviso is particularly relevant to infants and young children."

Table 12 shows portions of selected vegan foods that provide 100 mg of calcium: Spinach 17 gm, tofu 20 gm (4 times as much calcium as in the same weight of whole cow's milk), molasses 20 gm, parsley 30 gm, figs (dried) 36 gm, almonds 40 gm, soy flour 44 gm, and watercress 45 gm. Calcium is the most abundant mineral in the body. About 99% of it is in the bones and teeth in the form of calcium phosphates. The 5-10 gm of calcium not in the bones and teeth are required for muscle contraction, for the functioning of the nerves, for the activity of several enzymes, and for blood clotting. The British RDAs for calcium are 600-700 mg a day for children and teenagers, and 500 mg for adults (vs. 800 mg in the USA)–rising to 1,200 mg in pregnancy and during lactation. "There have been no reports of calcium deficiency in vegans; the exclusion of meat and the slightly lower amounts of protein in their diets may protect against this."

Concerning vitamin K: This vitamin is fat soluble, and is widespread in plant foods such as spinach, cabbage, cauliflower, peas, and grains. It is provided in roughly equal proportions by diet and from bacterial activity in the gut. Vitamin K is needed for normal clotting of the blood. Vegans are unlikely to suffer a dietary deficiency. Note: The author, whose first name is pronounced Jill, is a woman. Address: Hitchin, Hertfordshire, England.

8859. *Mori-Nu Healthy Times* (*Los Angeles*). 1988. Mori-Nu travels to Mt. Everest... Again! 2(6):1-2. Dec.
• ***Summary:*** Portland climber Stacy Allison, age 29, became the first American woman to reach the summit of Mt. Everest this fall. A 1987 photo, taken during her first attempt on Everest, shows her eating Mori-Nu Tofu of the box with Mt. Everest in the background. Address: California.

8860. Morinaga Nutritional Foods, Inc. 1988. Mori-Nu Tofu recipe cards. 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040.
• ***Summary:*** These recipes, developed by Julia Weinberg & Co., were sent free of charge to members of the Mori-Nu Health for Life Club during 1988. Each recipe card is 3 by 5 inches, accordion folded, with five cards printed front and back. The first panel contains a full color recipe photo; on the other nine panels are recipes.

Series 6: Mori-Nu's International Flavors (Feb.). Series 7: Mori-Nu Meal Makers (April). Series 8: Mori-Nu Mornings (June). Series 9: Quick and Cool Recipes from Mori-Nu (Aug.). Series 10: Mori-Nu for Every Reason (Oct.). Series 11: Mori-Nu Holidays (Dec.). Address: Los Angeles, California.

8861. Morinaga Nutritional Foods, Inc. 1988. Tournament assists heart patients. *Whole Foods* (*Berkeley, California*). Dec. p. 20-21.
• ***Summary:*** Morinaga recently sponsored a golf tournament and health fair to assist heart patients and their families. It was called the "Heart Healthy Golf Classic and Health Fair." Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8862. **Product Name:** Tofu Kit.
Manufacturer's Name: Nancy L. Wilsand Co.
Manufacturer's Address: 1721 Clemson Dr. #5, Colorado Springs, CO 80909.
Date of Introduction: 1988. December.
New Product–Documentation: Letter from Nancy Wilsand. 1989. Jan. 9. Kit sells for $18.95 plus shipping. Order kit. Size (inside dimensions) is 6.25 inches by 3.75 inches by 3.375 inches deep. Separate top and bottom. Wood, glued with wooden pegs. Sloppy craftsmanship. Cloths must be washed before use. 2 pages of instructions and recipes taken from *The Book of Tofu* (Ballantine ed.) by Shurtleff and Aoyagi without permission or acknowledgment.

8863. **Product Name:** New York "Doggie" (Tofu Hot Dog & Brown Rice Rolled in a Tortilla).
Manufacturer's Name: Paul's Organic Food Works.
Manufacturer's Address: P.O. Box 431, Fairfax, CA 94930. Phone: 415-453-2360.
Date of Introduction: 1988. December.
Ingredients: Short grain brown rice*, spring water, sprouted wheat tortilla*, tofu hot dog*, sauerkraut*, mustard, onions*,

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tomatoes*, hot peppers*, sesame oil*, shoyu*, leeks* or scallions*, mizuni* or arugula*, lettuce*. * = Organically grown per Cal. Health Code Sec. 26569.11.
Wt/Vol., Packaging, Price: 12 oz. Retails for $4.25 (8/89, northern California).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Paul Duchesne. 1989 Aug. 11. 5.5 by 2 inches. Black on yellow paper. “Brown rice sandwich. Sauerkraut–Mustard–Hot Pepper. 12 happy ounces. For the best taste, remove from refrigeration one hour before eating. To eat: Open bag–Tilt sandwich in bag–fold bag down.” Illustration of animated product, with smiling face on tortilla, arms, and legs. On the back is the statement, “Resistance is the most subtle form of cooperation.” The statement is changed weekly. The tofu hot dog is made by Light Foods.

Note: Arugula or arrugula (pronounced uh-RUE-guh-luh, an Italian term), an ingredient in this product, is a plant of the mustard family resembling a fancy, slightly bitter lettuce grown in Salinas, California. It is expensive and can be replaced with parsley. It is also called “rocket” or “garden rocket” after the French word *roquette.* Mizuni (pronounced mi-ZU-ni) is a mustard green, which is grown in California. It is not listed in any Webster’s Dictionary.

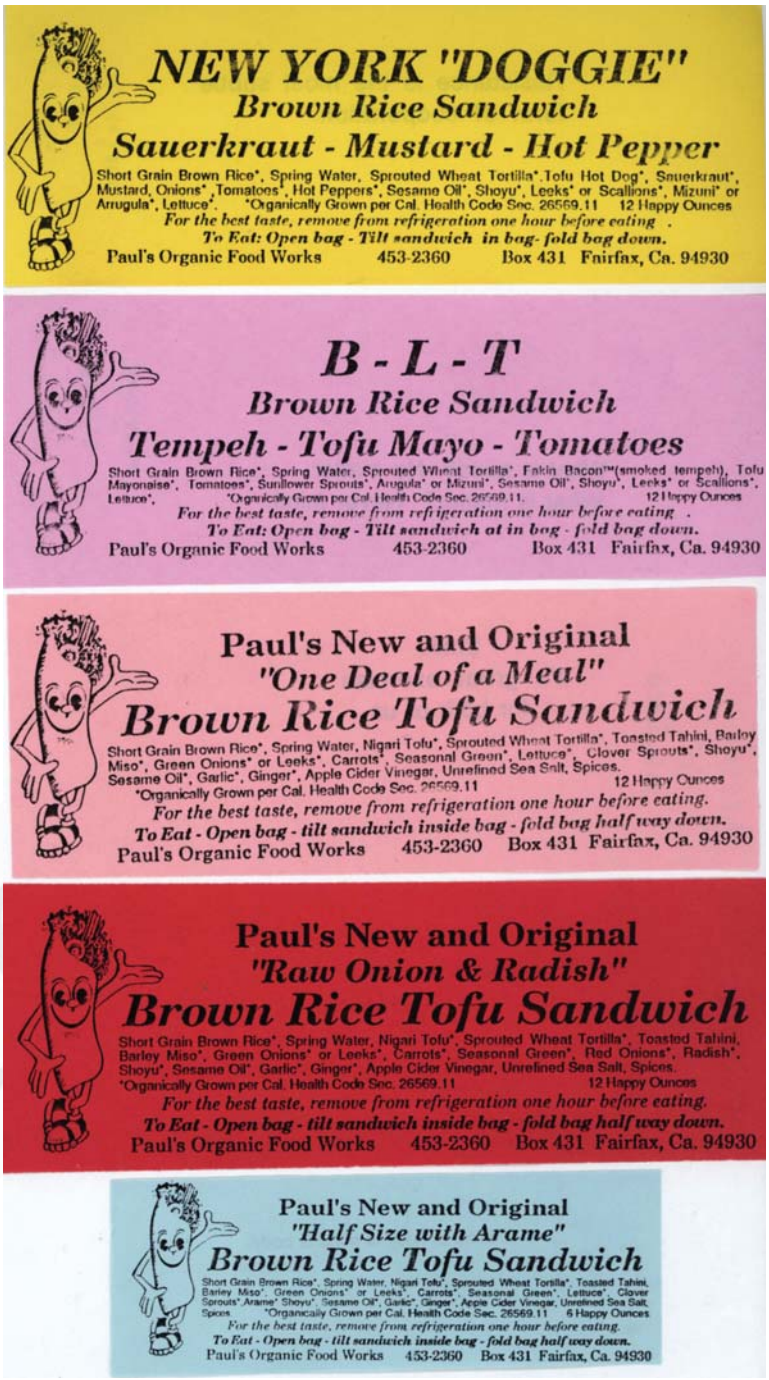

8864. **Product Name:** B-L-T Brown Rice Sandwich (With Tempeh, Tofu Mayo & Tomatoes).
Manufacturer’s Name: Paul’s Organic Food Works.
Manufacturer’s Address: P.O. Box 431, Fairfax, CA 94930. Phone: 415-453-2360.
Date of Introduction: 1988. December.
Ingredients: Short grain brown rice*, spring water, sprouted wheat tortilla*, Fakin’ Bacon (smoked tempeh), Tofu Mayonnaise, tomatoes*, sunflower sprouts*, arugula* or mizuni*, sesame oil*, shoyu*, leeks* or scallions*, lettuce*. * = Organically grown per Cal. Health Code Sec. 26569.11.
Wt/Vol., Packaging, Price: 12 oz. Retails for $4.25 (8/89, northern California).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Paul Duchesne. 1989 Aug. 11. 5.5 by 2 inches. Black on purple paper. “12 happy ounces. For the best taste, remove from refrigeration one hour before eating. To eat: Open bag–Tilt sandwich in bag–fold bag down.” Illustration of animated product, with smiling face on tortilla, arms, and legs. On the back is the statement, “What is mind? No matter. What is matter? Never mind.” The statement is changed weekly. Note: Arugula or arrugula, (pronounced uh-RUE-guh-luh, an Italian term), an ingredient in this product, is a plant of the mustard family resembling a fancy, slightly bitter lettuce grown in Salinas, California. It is expensive and can be replaced with parsley. It is also called “rocket” or “garden rocket” after the French word *roquette.* Mizuni (pronounced mi-ZU-ni) is a mustard green, which is grown in California. It is not listed in any Webster’s Dictionary.

8865. Powis, Beth. 1988. Let’s hear it for the soy: Much maligned tofu can be a delicious protein source. *Men’s Fitness* (*Woodland Hills, California*). Dec. p. 107.

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• ***Summary:*** Contains two recipes from the makers of Mori-Nu Tofu: Salmon Loaf & Salad, and Tofu Enchiladas.

8866. **Product Name:** Mushroom Tofu Couscous Cup.
Manufacturer's Name: Sahara Natural Foods, Inc.
Manufacturer's Address: 2820 Eighth St., Berkeley, CA 94710. Phone: 415-548-1868.
Date of Introduction: 1988. December.
Ingredients: Couscous pasta (from whole durum wheat), cheddar cheese, dried vegetables (mushrooms, peas, carrots, red & green bell peppers), tofu, salt, natural flavor, onion, turmeric, herbs & spices.
Wt/Vol., Packaging, Price: 2.5 oz Styrofoam cup, 12 per case.
How Stored: Shelf stable.
Nutrition: 150 calories per serving.
New Product–Documentation: Soya Newsletter. 1988. Sept/Dec. This is one flavor in a line of six instant couscous meals.

Label sent by Demitri Kados, founder and president of Sahara Natural Foods. 1991. Feb. 22. The cup is now paper instead of Styrofoam. The product retails for about $1.69.

8867. Soy Power Company, Inc. 1988. Catalog & ordering guide. Santa Monica, CA 90404. 16 p. No index. 28 cm. Spiral bound.
Address: 1602 Stanford St., Santa Monica, California 90404. Phone: (213) 829-2331.

8868. **Product Name:** Soya Kaas Cream Cheese Style (Spreadable–With Casein) [Plain, Garlic & Herb, or Garden Vegetable].
Manufacturer's Name: Soya Kaas, Inc. A subsidiary of Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 218 Laredo Dr., Decatur, Georgia 30030. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-825-2057.
Date of Introduction: 1988. December.
Ingredients: Garden vegetable (July 1992): Silken tofu (purified water, organically* grown soybeans, calcium sulphate–a natural earth mineral), soy oil, caseinate, vegetables (non-sulfited green onion, red pepper, carrot, celery), onion powder, celery seed, parsley, vegetable gums, lecithin, salt, natural flavor. * = In accordance with Sec. 26569.11 of the California Health & Safety Code.
Wt/Vol., Packaging, Price: 8 oz plastic tub. Retails for $3.55 (7/92, Maryland).
How Stored: Refrigerated.
Nutrition: Garden Vegetable: Per 1 oz. Calories 90, protein 3 gm, carbohydrate 1 gm, fat 8 gm, sodium 60 mg.
New Product–Documentation: Ad (half-page, color) in Natural Foods Merchandiser. 1988. Dec. p. 40. "Spreadable Cream Cheese Style Soya Kaas... Made with fresh organic silken tofu (not powders or isolates)."

Ad (5.5 by 8 inches, black and white) in Natural Foods Merchandiser. 1989. Jan. p. 22. "Garden vegetable cream cheese style Soya Kaas. No cholesterol, lactose free, low in sodium. Delicious as a sandwich spread, stuffed in vegetables, in soups and sauces, and more. Try it on bagels, rice cakes, and snack crackers. You'll love its rich, creamy flavor." Note: The latter flavor may have been launched in 1990.

Products (Garden Vegetable, and Garlic & Herb) with Labels purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. 4.5 inch diameter, 1.75 inch high tub. Red, green, and yellow on white. Illustration of silhouette of windmill with low trees nearby. "No cholesterol. Lactose free. Made with fresh, organic silken tofu. Naturally delicious."

Photocopy of Labels for Garlic & Herb, and Plain, sent by Casey Van Rysdam, President of American Natural Snacks. 1994. April 27. The ingredients for the Plain flavor now read: "Tofu (organic* soy milk, calcium sulfate), soy oil, caseinate (a milk protein), lactic acid, citric acid, vegetable gums (carob, carrageenan), lecithin, natural flavors, sea salt. * Organic ingredients are grown and processed in accordance with the California Organic Foods Act of 1990."

8869. *Soya Newsletter* (*Bar Harbor, Maine*). 1988. Pacific Foods opens modern soymilk plant in Oregon: First integrated facility in U.S. for producing soymilk, concentrated soymilk, and tofu. Sept/Dec. p. 17.
• ***Summary:*** In Oct. 1988 Pacific Foods of Oregon commissioned this $8 million plant located at Tualatin, Oregon, just a few miles south of Portland. The 23,000 square foot facility is currently designed to produce 3,000 liters per hour of soymilk base. The plant was designed to make soymilk and tofu for food processors (rather than retail customers) who wanted to use these products as ingredients in other foods. The plant's storage silos can hold up to 200,000 pounds of soybeans. Soymilk can be packaged in bulk or concentrated using ultrafiltration. The company plans to install an aseptic packaging system in the near future.

Pacific Foods is currently making and selling only one product, Naturally Northwest Soy Beverage in a 1-quart Tetra Brik Aseptic carton, packaged at another facility. It is America's first aseptically packaged soymilk that contains only soybeans and water. The company may add flavored soymilk products to its line in the near future. For more information contact Pacific Foods, 19480 S.W. 97th Ave., Tualatin, Oregon. Phone: 503-692-9666. Attn: Pat Carey, Vice President of Sales.

8870. **Product Name:** Rikemal Super.
Manufacturer's Name: Takeda U.S.A. (Importer). Made in Japan.
Manufacturer's Address: Orangeburg, New York.

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Date of Introduction: 1988. December.
New Product–Documentation: Food Engineering. 1988. Dec. This is a "new emulsifier, designed as a defoaming agent and quality improver for tofu. It should be added to soaked soybeans during or just prior to grinding, and has a suggested usage level of 0.5 to 0.8% of total dry soybean weight.

"Rikemal Super is a highly concentrated, blended monoglyceride in a free-flowing powder form." Other benefits are listed as: improves protein extraction efficiency, making it easier to separate soymilk from waste materials, and increasing the yield of soymilk. Because it disperses the coagulant homogeneously, loss of soluble protein is minimized and tofu yield increases by 6 to 20%.

"Rikemal Super also aids in increasing shelf life by preventing pore formation on the tofu surface (even when steamed) which prohibits development of bacteria."

8871. Weinberg, Julia. 1988. Tofu magic: Rich 'n' easy cooking with zero cholesterol Mori-Nu Tofu. Cookwrite Publishing, 1015 Gayley Ave., Suite 210, Westwood, California 90024. 68 p. Dec. Illust. No index. 22 cm. Spiral bound.
• ***Summary:*** Contents: Introduction to Mori-Nu. Cooking hints. Recipes–Dips, dressings, sauces, and toppings. Soups, salads, sides. Main dishes. Desserts and drinks. Light gourmet. Table: Nutrients per serving. The front and rear covers and the tabbed divider starting each section are graced quality with a full-page color photo of recipes. All paper is glossy. A very stylish presentation. Below each recipe is a listing of the calories, sodium, and cholesterol. Each recipe calls for Mori-Nu Tofu by name. Some of the recipes contain flesh (Corn 'n' Chicken Chili; Tofu Tuna Burgers; Turkey or Beef Stroganoff).

A Morinaga news release dated 10 Jan. 1989 and titled "Mori-Nu introduces 'Tofu Magic:' New dishes from an ancient food," states that this is a "low-cholesterol gourmet cookbook designed especially for the health conscious... and written by best-selling author Julia Weinberg." A color videotape about cooking with tofu, also titled "Tofu Magic," is also available from Mori-Nu. Address: c/o Morinaga Nutritional Foods, 5800 South Eastern Ave. #270, Los Angeles, California 90040. Phone: 213-728-4325.

8872. Zee, John A.; Boudreau, A.; Bourgeois, M.; Breton, R. 1988. Chemical composition and nutritional quality of faba bean (Vicia faba L. Minor) based tofu. *J. of Food Science* 53(6):1772-74, 1781. Nov/Dec. [36 ref]
• ***Summary:*** Tofu was made from both soybeans and faba beans (coagulated with magnesium chloride), then its chemical composition and antinutritional factors were analyzed. On a dry basis, both types of tofu had higher protein contents (55.7% and 82.0% for soy and faba bean tofu respectively). On a dry basis, faba bean tofu contained only 1.5% lipids compared with 34.4% for soybean tofu. Antinutritional and flatulence factors were much lower in faba bean tofu. Both types of tofu are comparable in terms of digestibility and amino acid availability.

Aside from favism, the faba bean contains fewer antinutritional and flatulence factors than soybeans, about one-fifth as much trypsin inhibitor, and considerably less raffinose and stachyose–which cause flatulence. Address: 1,3-4. Département de Nutrition Humaine et de Consommation; 2. Dep. de Sciences et Technologie des Aliments. All: Univ. Laval, Quebec, G1K 7P4 Canada.

8873. **Product Name:** Tofu Burger Mix (Sold Together with Tofu).
Manufacturer's Name: American Pride Soyfoods Inc.
Manufacturer's Address: 612 W. Kirkwood, Fairfield, IA 52556.
Date of Introduction: 1988.
New Product–Documentation: Talk with Alex Green. 1988. Sept. 9. This product is just now being introduced to counter Nasoya's thrust into the Midwest, which has hurt American Pride's market. During demos, 25% of those who sampled the product, purchased it on the spot, and 50% of these had either never tasted tofu before or did not like tofu.

Talk with Rick Desmond, partner in American Pride. 1990. Aug. 2. This product never made it past the test market phase. It was never really launched.

8874. Andersen, O.; Bojgaard, S.E. Assignors to Pasilac-Danish Turnkey Dairies A/S. 1988. A cheese-like product, and process of its preparation, and the use thereof. *European Patent Application* 261,586 A2. [Eng]*
• ***Summary:*** A cheeselike product which is sliceable and grateable, is produced by ultrafiltration of a high-protein vegetable milk, soymilk being preferred. It is claimed that the alpha-galactoside and trypsin inhibitor content of the cheese-like products are small. Address: DK-8100 Aarhus C, Denmark.

8875. Beddows, C.G. 1988. The old fashioned way with soya. *Food Science & Technology Today* 2(1):12-15. [6 ref]*
• ***Summary:*** The following soybean products are described briefly: soymilk, bean curd, tofu, tempeh, natto, sufu, miso, shoyu, and yuba. Protein yields are given for a range of plant crops versus milk and beef, e.g. soybeans 3500 kg/ha/annum versus 75 kg/ha/annum for beef. Recipes are included for miso cream cheese dip and deep fried tofu and miso soup. The marked rise in consumption of soybean products in the USA in recent years is noted. Address: Dep. of Applied Sciences, Leeds Polytechnic, Leeds LS1 3HE, England.

8876. **Product Name:** [Formoja Tofu Ravioli].
Foreign Name: Formoja Ravioli au tofu.
Manufacturer's Name: Cacoja. Affiliate of Coopérative

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Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France.
Date of Introduction: 1988.
Ingredients: Incl. tofu, tomato sauce.
Wt/Vol., Packaging, Price: 300 gm tins (cans).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Calories 207, protein 3 gm, fat 1 gm, carbohydrate 12 gm.
New Product–Documentation: Cacoja leaflet. 1990. April. "Cacoja has a line of alternative, organic soybean-based, pre-cooked dishes. There are less than 300 calories in an individual serving... An original ravioli dish in which the meat filling is replaced by deliciously prepared and seasoned tofu. This dish is rich in protein and is free of cholesterol and animal fat. It is accompanied by a tomato sauce. Tofu is curdled soybean juice."

Letter and Label sent by Sylvain Stievenard of Sojinal (named Cacoja prior to Aug. 1990). 1990. Sept. 24. This product was introduced in 1988.

8877. **Product Name:** Marinated Tofu: Soya Bean Curd Marinated in Soy Sauce and Ginger.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: 0272 632835.
Date of Introduction: 1988.
Ingredients: Tofu (soybeans, calcium sulphate–natural coagulant). Marinade (soy sauce, fructose, citric acid, spices).
Wt/Vol., Packaging, Price: 180 gm vacuum packed in outside box. Retails for 79p (1/89).
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 11.5 gm, fat 5.25 gm, carbohydrate 2.10 gm, calories 102 kCal.
New Product–Documentation: Label. 1989, received. 5 by 4 by 1 inch paper box. Brown, orange, green, black, and red on white. Color drawing of tofu on a cutting board with a Chinese spoon, bowl, and chopsticks. Has a handwritten list of 20 recipes (mostly Chinese style) in which it can be used. Front panel also bears the green V Vegetarian logo in a box "Suitable for Vegetarians." On the back are three recipes: Hot & Sour Soup, Chinese Salad, and Marinated Tofu Stir Fry. "The versatile food ingredient. A complete vegetable protein. Keep chilled at 4ºC."

8878. **Product Name:** Vegetable Burgers with Tofu.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1988.
Ingredients: Reconstituted mixed vegetables (peas, carrots, onion, potato, leek, green and red peppers), tofu (water, soya beans, calcium sulphate), ground soya beans, oats, textured soya flour, soy sauce (water, soya beans, wheat, salt), yeast, hydrolised vegetable protein, salt, yeast extract.
Wt/Vol., Packaging, Price: 300 gm paperboard box.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: calories 187, protein 12.92 gm, fat 10.45 gm, carbohydrate 11.15 gm.
New Product–Documentation: Label. 1989, sent by Philip Marshall. Paperboard box. Green, red and black on white. Color photo of oval burger-like product on front. Contains 4 burgers. "Just heat to eat. Contains no artificial flavourings or colourings. Keep chilled at 4ºC." Package bears the green "V" symbol "Suitable for vegetarians."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1988.

8879. **Product Name:** [GranoVita Organic Tofu Vegetable Patties {Meatless}].
Foreign Name: GranoVita Bio-Tofu Gemuese Bratling.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1988.
Ingredients: Organic tofu (water, organically grown soybeans, calcium chloride), whole soybean product, vegetable oils and fats in changing amounts, fine bread crumbs (*Paniermehl*), mushrooms, paprika, carrots, leeks, wheat protein [gluten], sunflowerseeds, wheat grits, oat flakes, soy sauce, onions, egg protein, herbs, seasonings (*Wuerzmittel*), spices (*Gewuerze*).
Wt/Vol., Packaging, Price: 125 gm vacuum pack poly bag, 3 pieces per bag. Retails for DM 2.98.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 13.1 gm, fat 10.2 gm, usable carbohydrates 19.5 gm, calories 222. 1 BE (Broteinheit, or diabetic exchange) = 61.5 gm.
New Product–Documentation: Label sent by Anthony Marrese. 2.75 by 5 inches. Red, green, white, and black on yellow. "Contains no flesh. Simply fry on both sides in a pan." A photo shows three ready-to-eat patties on a plate with green peas, potatoes, a tomato, and parsley. Exklusiv Neuform certification symbol.

Label sent by DE-VAU-GE. 1990. June 11. Date for GranoVita Tofu-Gemuesebratling given as 1988.

8880. **Product Name:** [GranoVita Organic Tofu Sausage (Seasoned, or with Vegetables)].
Foreign Name: GranoVita Bio-Tofu (Gewuerzrolle, or Gemueserolle).
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach

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1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1988.
Ingredients: Seasoned: Organic tofu (water, organically grown soybeans, calcium chloride), water, vegetable oil, egg protein, paprika, seasonings, spices.
Wt/Vol., Packaging, Price: 200 gm poly sausage chub, inside a cellophane bag.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 10.1 gm, fat 5.8 gm, usable carbohydrates 20.3 gm, calories 173. 1 BE (Broteinheit, or diabetic exchange) = ca. 60 gm.
New Product–Documentation: Manufacturer's brochure. 1989? "Bio-Tofu for the High Quality Kitchen." p. 4-5. A color photo shows the Labels of both flavors. Form filled out and Labels sent by DE-VAU-GE. 1990. June 11. These products were introduced in 1988. Labels. 2 by 4.75 inches. Self adhesive. Red, green, yellow, black, and peach (or greenish yellow) on white. Each contains an illustration of a pagoda on the front. "Practically cholesterol free. Gluten free. Contains no flesh. To prepare, pan fry or grill." Neuform certification symbol.

8881. **Product Name:** Kinugoshi Tofu (Silken Tofu).
Manufacturer's Name: Denver Tofu Co.
Manufacturer's Address: 6150 N. Federal Blvd., Westminster (N. Denver), CO 80221. Phone: 808-538-1305.
Date of Introduction: 1988.
New Product–Documentation: Talk with Haru Yamamoto. 1988. Aug. 25. The product was launched in 1988.

8882. **Product Name:** [Tofu (Water Packed, or Vacuum Packed), Tofu Burgers, Marinated Tofu, Dried Tofu, Smoked Tofu].
Foreign Name: Natur-Tofu (Lose, oder Vakuumverpackt), Tofu-Burger, Marinierter Tofu, Getrockneter Tofu, Raeucher-Tofu.
Manufacturer's Name: Detlef Dorow–Erster Berliner Tofurei. Later renamed Berliner Tofurei.
Manufacturer's Address: Luebbenerstr. 4, D-1000 Berlin 30, West Germany. Phone: 030/612-7931.
Date of Introduction: 1988.
New Product–Documentation: Letter from Bernd Drosihn of Viana Naturkost. 1990. April 8. This new soyfoods company, run by Detlef Dorow, makes fresh tofu in water, tofu in vacuum packs, burgers, etc. Maybe the most successful new company.

8883. **Product Name:** [Tofu].
Manufacturer's Name: Eugénio Silva.
Manufacturer's Address: Ruo Augusto Gil 9, 3ºDto., 1000 Lisboa, Portugal. Phone: -.
Date of Introduction: 1988.
New Product–Documentation: Letter from Miguel Azguime, owner of Miso Producoes. 1989. Nov. 30. This company started making soyfoods in Portugal in 1988 and is currently in operation. The phone number is unknown.

8884. **Product Name:** Ganmo (Deep-fried Tofu Patties).
Manufacturer's Name: Fresno Tofu Co.
Manufacturer's Address: 943 E Street, Fresno, CA 93706. Phone: 209-268-1717.
Date of Introduction: 1988.
New Product–Documentation: Talk with Brad Kubota, owner. 1990. Nov. 28. He introduced this product in 1988.

8885. **Product Name:** [Tofu Burger].
Foreign Name: Tofu Burger.
Manufacturer's Name: Galactina Ltd.
Manufacturer's Address: Birkenwej 1-6, CH-3123 Belp, Switzerland. Phone: 031-81-1111.
Date of Introduction: 1988.
New Product–Documentation: Letter from Peter Speck. 1988. March 11. "In 1988 we will launch tofu burger with a very low fat content, and low calorie tofu salads. Further

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products are planned."

Talk with Conrad Seewer of Galactina. 1990. May 21. These products are now on the market.

Label sent by Verena Krieger. 1990. July 5.

8886. **Product Name:** [Galactina / Weight Watchers Tofunette Tofu Pâté (With Vegetables, Exotic, Gourmet)].
Foreign Name: Galactina / Weight Watchers Tofunette (Primavera, Exotique, Traiteur).
Manufacturer's Name: Galactina Ltd.
Manufacturer's Address: Birkenwej 1-6, CH-3123 Belp, Switzerland. Phone: 031-81-1111.
Date of Introduction: 1988.
Ingredients: Tofu, water, yeast, vegetable oil, seasonings (Wuerzstoffe), salt, soy protein, binder, natural aromas coloring (E 150).
Wt/Vol., Packaging, Price: 2 x 50 gm cups with peel-off foil lids in a paperboard sleeve.
Nutrition: Per 100 gm.: Protein 10.8 gm, fat 9.4 gm, carbohydrates 6.4 gm, calories 154.
New Product–Documentation: Letter from Peter Speck. 1988. March 11. "In 1988 we will launch tofu burger with a very low fat content, and low calorie tofu salads. Further products are planned."

Talk with Conrad Seewer of Galactina. 1990. May 21. These products are now on the market.

Label sent by Verena Krieger from Switzerland. 1990. July 5. 5.5 by 2.5 by 1 inch sleeve. Black, yellow, blue, and green on white. Color photo of a cracker topped with Tofunette pâté, a piece of lettuce, and a wedge of tomato. "Reduced-calorie pâté with tofu. Ideal for hors d'oeuvres, as a spread for bread, etc. Vegetarian pâté. Only 77 calories per cup/serving." "Weight Watchers" is written in large letters atop the front panel; "Galactina" is written in smaller letters along the lower edge. On the side of the sleeve: "Use Tofunette directly/alone or mix with quark, nonfat or low-fat cream cheese (*fromage blanc battu*), cottage cheese, etc. For Weight Watchers members, 50 gm = ½ protein portion/ exchange and 42 calories of options."

Note: In French, the term "traiteur" traditionally refers to a seller of prepared foods; it can be either a retail shop or a caterer, and it carries the connotation of gourmet, high class, and expensive. The term "primavera" refers to something with vegetables in it, such as either specks of diced carrots giving a confetti effect or ground vegetables to gave a colored pâté.

8887. **Product Name:** Tofu.
Manufacturer's Name: Green Dragon Tofu.
Manufacturer's Address: 19 the Crescent, Hipperholm, Halifax, W. Yorkshire, England. Phone: 0422 201686.
Date of Introduction: 1988.
New Product–Documentation: Owner: Deb Szumowski. Letter from Simon Bailey. 1988. Oct. 10. No longer a commercial business. Makes tofu only for domestic use.

8888. Jain, Manoj. 1988. Educating health workers and villagers on the dietary uses of soy foods in Madhya Pradesh,

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India. *Food and Nutrition Bulletin* (*United Nations Univ.*) 10(4):41-44. [9 ref]

• ***Summary:*** "Research has shown soy foods to be easily preparable, highly nutritious, and inexpensive. Common soy foods are soy milk, tofu, soy flour, soy yogurt, and miso, which can easily be prepared at home with conventional utensils." A brief description is given of how to make soy milk and tofu at home.

"The training program was developed in conjunction with the Mahatma Gandhi Memorial College in Indore, Madhya Pradesh, and a non-profit voluntary agency, Bharatiya Grahmeen Mahila Sangh (BGMS).

"In a two-day training programme, health workers were taught soy-foods preparation, soy nutrition, and how to conduct demonstrations in villages. Health workers and BGMS workers in groups of four prepared soy milk, tofu (soy paneer), soy yogurt, and other indigenous recipes such as soy bugiya (soaked blended soybeans mixed with gram flour and spices) and halwa (a sweet).

"After completing the training, the workers conducted demonstrations in eleven selected villages."

"Results: Thirty-five extension workers from BGMS and 15 government health workers from Indore District were trained for two days on the uses of soybeans. Over a two-month period, each worker gave an average of nine demonstrations. Each demonstration as attended on average by 23 women.

"The initial response of the villagers to soy foods was one of surprise. A typical comment was: 'We grow the crop and store it in our homes, yet did not know that it could be used for food.' They were amazed to see the many foods that could be prepared from soybeans."

"The most readily acceptable items were those that resembled indigenous foods and were easy to prepare, such as roasted and fried soybean, soy halwa, soy chutney, and vegetables stuffed with okra and tofu. Soy milk was not well accepted because of its beany flavour. When a mixture of 50% soy milk and 50% cow's milk was made and fennel seeds were added, it was more acceptable. The taste of soy yogurt (with 50% or 100% soy milk) was much more acceptable than that of soy milk. In making soy milk, tofu, and soy yogurt, a major problem was grinding the soaked soybeans on a grinding stone; the soybeans are slippery and grinding is time-consuming."

There are 4 tables. Table 3 shows "Nutritional content and cost of various indigenous foods prepared with and without soybeans." The seven foods are: Chappati [chapati], salad, cutlets, weaning food, chikki (sweet), papad, and badi. Address: Medical student, Boston Univ. School of Medicine, Boston, Massachusetts; Also work on his master's degree at the Univ.'s School of Public Health.

8889. **Product Name:** [Tofu Burger, and Lumpia (With Organic Soy Sprouts)].
Foreign Name: Tofuburger, Lumpia (With Organic Soy Sprouts).
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03/664 58 48.
Date of Introduction: 1988.
New Product–Documentation: Jonathan catalog. 1988. A full-page color plate shows all these products.

8890. Jonathan P.V.B.A. 1988. Jonathan, pioneer and trendsetter in the field of natural foods (Catalog). Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. 6 p. [Eng]

• ***Summary:*** The company started ten years ago. Contents: Seitan and tofu. I. Fresh products (vacuum packed). II. Preserved products in cups: Lunches, Golden Cup spreads. III. Preserved products in jars. Recipes. Address: Kapellen, Belgium.

8891. **Product Name:** [Tofu-Toastys].

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Foreign Name: Tofu-Toastys.
Manufacturer's Name: Jonathan-France.
Manufacturer's Address: La Gare, 24260 Le Bugue, France. Phone: 53 07 11 04.
Date of Introduction: 1988.
New Product–Documentation: DietExpo '89 Catalog (Paris). 1989. Oct. p. 72.

8892. **Product Name:** Buddhist Delight (Lo Han Chai), Vegetable Treat, Won Ton Dinners, and Vegetable Fried Rice.
Manufacturer's Name: Ming International Inc.
Manufacturer's Address: 112 Old Warwick Ave., Warwick, RI 02889. Phone: 401-738-4353.
Date of Introduction: 1988.
Ingredients: Includes tofu.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Frozen.
New Product–Documentation: Soya Newsletter. 1988. July/Aug. p. 8. Contact: Robert Tow.

Note: This is the earliest known commercial soy product made in Rhode Island; tofu is an ingredient.

8893. Ohara, T.; Ohhinata, H.; Muramatsu, N.; Ohike, T. 1988. [Studies on tofu and kori-tofu. IX. Improved sensory and chemical quality of the tofu]. *Research Report of the Nagano State Laboratory of Food and Technology* No. 16. p. 50-58. [9 ref. Jap]*
Address: Nagano State Lab. of Food Technology, Kurita, Nagano-shi, Japan.

8894. **Product Name:** Soyanaise (Non-Dairy Tofu-Based Mayonnaise).
Manufacturer's Name: Rayner Burges Ltd.
Manufacturer's Address: Bull Lane, London N18 1TQ, England. Phone: 01-807-3080.
Date of Introduction: 1988.
Ingredients: Incl. Tofu.
New Product–Documentation: Letter from Simon Bailey. 1988. Sept. 29. "Rayner Burges Ltd. is producing a Soyanaise in conjunction with Cauldron Foods, of which company they are the new owners. This company holds the legal rights to the name Soyanaise in Great Britain."

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced by Cauldron Foods in 1984. It did not sell well and was "delisted" (discontinued) within a year after it was launched. It was too expensive to make. When Rayners (Rayner Burgess Ltd.) acquired Cauldron Foods in Sept. 1987 they also acquired the trademark to this product name. Rayner Burgess, being a manufacturer of mayonnaises, now makes Soyanaise containing tofu made by Cauldron Foods Ltd., but it is not a Cauldron Foods product. No label is presently available. Bull Lane is the complete address; they take up the whole lane. Rayner Burgess, generally a maker of condiments, also makes salad creams, a lot of private-label products, essences, colorings, cherries and olives for cocktails, anchovy sauces and pastes, etc. They have a plethora of small and unusual brands.

8895. **Product Name:** Ta Brook Dried Beancurd.
Manufacturer's Name: SFC International (Importer). Made in Taiwan.
Manufacturer's Address: 2206 Lee Ave. #A, South El Monte, CA 91733.
Date of Introduction: 1988.
Ingredients: Beans, seasoning, sugar, refined salt, black soy sauce.
Wt/Vol., Packaging, Price: 3.5 oz plastic pouch. Retails for $0.75 (10/88 in Los Angeles).
How Stored: Shelf stable, 120 day shelf life.
New Product–Documentation: Label. 1987. 5.5 by 9 inches clear plastic pouch. Light and dark reddish brown black, and white. "Beef Lu Taio." Product looks like strips of moist beef jerky.

8896. **Product Name:** Eggless Egg Salad.
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 4877 North Green Bay, Milwaukee, WI 53209. Phone: 414-264-4133.
Date of Introduction: 1988.
New Product–Documentation: Dave Lawder. 1989. Milwaukee Business Journal. Jan. 15. p. 1, 21.

8897. **Product Name:** Tofu Turkey.
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 4877 North Green Bay, Milwaukee, WI 53209. Phone: 414-264-4133.
Date of Introduction: 1988.
New Product–Documentation: Dave Lawder. 1989. Milwaukee Business Journal. Jan. 15. p. 1, 21.

8898. Simply Natural, Inc. 1988. Simply Natural history. With resumes for Robert Pirello and Christina Hayes. Norma, NJ 08347. 4 p. Unpublished manuscript.
• ***Summary:*** Two pages of history. The founding date (May 1983) is incorrect and few dates are given. See SoyaScan Notes interview for details. Robert Pirello began his marketing career in 1971 as Vice President of Marketing for State Capitol Savings and Loan Assoc. (PA). In 1978 he was promoted to president of Pro-Com, a marketing subsidiary of the bank.

Christina Hayes graduated from the Univ. of Miami with an MFA [master of fine arts] degree in graphic design. She began her advertising career in 1979 as a junior art director at Mike Sloan Advertising in Miami. She was soon promoted to art director. In 1982 she founded Graphics Moderne, a full service design studio based in Coconut grove. In 1984 she sold her business and moved to Philadelphia, where she worked as a freelance designer until she met Robert.

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Address: P.O. Box 295, Norma, New Jersey 08347. Phone: 609-691-5866.

8899. Sojarei Ebner-Prosl. 1988. Tofu aus der Sojarei [Tofu from the Sojarei (Leaflet)]. Baden bei Wien, Austria. 3 panels each side. Each panel: 21 x 10 cm. [Ger]
• ***Summary:*** This full-color orange and red leaflet explains that the company makes and sells many fresh soy products, mostly tofu and tofu products, but also tempeh and soy sprouts. They sell tamari, shoyu, miso, gomashio (sesame salt), many types of vegetables, flakes, and legumes. They also have a soya recipe brochure and a tofu cookbook.

This young family-run business, founded in 1984, focuses on fresh soyfoods of the best quality–pure and natural. Sojarei tofu is described as the culinary wonder child in unpretentious clothes, but with many talents. Tofu is sold in slices, diced, or in strips. It can be pressed or pureed. Color photos show: (1) The two owners and their wives. (2) A cake of their tofu. (3-7) Five small prepared tofu dishes. Address: Augasse 2, A-2500 Baden bei Wien (near Vienna), Austria. Phone: 02252/85101.

8900. **Product Name:** [Tofu Teriyaki].
Foreign Name: Tofu Teriyaki.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: 604-254-0701.
Date of Introduction: 1988.
Ingredients: Tofu (water, soybeans, calcium sulphate, magnesium chloride, vegetable oil). Sauce: Water, soy sauce, sugar, cornstarch, ginger, garlic, sesame oil, spices.
Wt/Vol., Packaging, Price: 10 oz (300 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 5.5 by 3.5 inches. With color photo in middle of tofu teriyaki on pasta. "Pasteurized. No preservative." Product name also written in Chinese. Form filled out by Peter Joe. 1988. May 20. Gives date.

8901. **Product Name:** [Tofu Sweet N' Sour].
Foreign Name: Tofu Aigre-Doux.
Manufacturer's Name: Sunrise Market Ltd.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: 604-254-0701.
Date of Introduction: 1988.
Ingredients: Tofu (water, soybeans, calcium sulphate, magnesium chloride, vegetable oil). Sauce: Water, sugar, vinegar, tomato paste, soy sauce, cornstarch (modified), salt, citric acid.
Wt/Vol., Packaging, Price: 10 oz (300 gm).
How Stored: Refrigerated.
New Product–Documentation: Label. 5.5 by 3.5 inches. With color photo in middle. "Pasteurized. No preservative." Product name also written in Chinese. Form filled out by Peter Joe. 1988. May 20. Gives date.

8902. **Product Name:** Tofutti Tortellini (Filled with a Special Tofu Blend).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 1098 Randolph Ave., Rahway, NJ 07065. Phone: 1-800-225-0332.
Date of Introduction: 1988.
Ingredients: Pasta: Durum wheat flour, egg whites, corn oil. Filling: Tofu, partially hydrogenated soybean oil, corn oil, water corn sweeteners, guar seed gum, carob bean gum, mono and di-glycerides, carrageenan, salt, fine cracker meal, spices, natural flavor.
Wt/Vol., Packaging, Price: 15 oz plastic bags.
How Stored: Frozen.
Nutrition: Per 2 oz.: Calories 210, protein 12 gm, carbohydrate 32 gm, fat 4 gm, sodium 158 mg, cholesterol 0 mg.
New Product–Documentation: Leaflet. 1988. "Cholesterol free. Lactose free." Gives ingredients and nutritional information. Spot in Jewish Press. 1989. March 9. "New Tofutti Brands." This product is called "Tofutti Tortellini Pasta."

8903. **Product Name:** Mexican Tofu-Vegie Burgers: 25% Fresh Vegetables.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1988.
Ingredients: 1996: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride} or calcium sulfate {natural firming agents}), onions, carrots, kale, potato or rice flour, sea salt, herbs and spices, garlic crushed chilies, hi oleic safflower oil.
Wt/Vol., Packaging, Price: 6.5 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1988, and made at Wildwood's plant in Santa Cruz.

8904. **Product Name:** Pesto Sauce.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1988.
Ingredients: Fresh basil, olive oil, parmesan and romano cheeses, pine nuts, parsley, lemon juice, garlic, salt, pepper.
Wt/Vol., Packaging, Price: 6.5 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in

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1988, and made at Wildwood's plant in Fairfax. On the front label (green and red on white) is a silhouette of a wild wood of trees, plus a few flying birds, against the sky. On the back label are ingredients, nutrition facts and the company's two addresses in Santa Cruz and Fairfax, California.

8905. Anderson, Eugene N. 1988. The food of China. New Haven, Connecticut: Yale University Press. xvi + 313 p. Index. 24 cm. [380 ref]

• ***Summary:*** Contents: Preface. Acknowledgments. Chronology of food and agriculture in China. 1. The natural environment. 2. Prehistory and the dawn of civilization. 3. The crucial millennium: Chou through Han. 4. Food from the West: Medieval China. 5. Definitive shaping of the food system: Sung and the conquest dynasties. 6. Involution: Late imperial China. 7. The climax of traditional agriculture. 8. Chinese foodstuffs today. 9. Some basic cooking strategies. 10. Regions and locales. 11. Traditional medicinal values of food. 12. Food in Society. Appendix: Dinner at the Ngs.

Soybeans and soyfoods are mentioned as follows: North China is the native home of the soybean (p. 3). Soybeans seem to have been introduced to China in about 1000 B.C., but they were not popularized until the early Eastern Chou period (Ho 1975). Called, *shu*, they "seem to have come from the Jung people, northern and northeastern neighbors of the Chinese, who may have been Tungusic or Altaic, and were perhaps related to or descended from the Hungshan." Domesticated soybeans are descended from wild soybeans (p. 29).

Fan Sheng-chih wrote an agricultural manual in the first century B.C.; it survives in extensive fragments quoted in later agricultural works. This manual mentions the "Nine Staples": wheat, barley, millet, glutinous millet, spiked millet, soybeans, rice, hemp, and small beans (*Vigna* spp.) (p. 50).

The art of fermenting soybeans was perfected sometime in the late Chou period, or perhaps even as late as the very early Han. Thereafter, Han texts devote much space to salt-preserved soybeans [fermented black soybeans], called *tou shih* (*or shih*), the *tausi* of modern Cantonese cooking. *Chiang*, fermented sauce, was made from beans, but also from meat and elm products (p. 51).

During the late Southern Sung, Wu Tzu-mu coined the famous phrase: "the things that people cannot do without every day are firewood, rice, oil, salt, soybean sauce, vinegar, and tea" (Freeman 1977, p. 151). By the Sung, *chiang* had come to refer unequivocally to soy sauce; as late as the T'ang, it would probably have been understood, at least in literary contexts, to refer to a variety of fermented foods (p. 82).

Bean curd or *tou fu* (Japanese tofu) was first mentioned in the early Sung; its invention was attributed to Liu An of the Han Dynasty, "but this is preposterous." In fact, tofu "was invented in the late T'ang or early Sung–possibly by Taoists and/or people from the Huainan region, who then ascribed it, out of a sort of respect, to Liu An, the Taoist prince of Huainan (B.W.-C. Young, pers comm). Buddhists quickly took over the food as a good substitute for meat and for dairy foods..."

Soybean curd is also fermented; the firm tofu cubes are packed in brine and sold. "They constitute the Chinese equivalent of a cheese and are apt to be overpowering, reminiscent of strong German hand cheese [*Handkäse*, a German regional sour milk cheese]. They are graphically known as *ch'ou tou fu* (stinking bean curd). Only the very stoutest of heart eat them and then only in small quantities."

Also discusses: Vegetarian cooking (p. 66, 86, 118, 150, 196, 204, 249). Vegetarianism came to China with Buddhism

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during the T'ang dynasty. Fish farming (p. 103, 129). Note: Eugene Newton Anderson was born in 1941. Address: Dep. of Anthropology, Univ. of California, Riverside, CA 92521.

8906. Barnard, R. James; Pritikin, Robert; Rosenthal, M.B.; Inkeles, S. 1988. Pritikin approach to cardiac rehabilitation. In: Joseph Goodgold, ed. 1988. Rehabilitation Medicine. St. Louis, Washington, DC, Toronto: The C.V. Mosby Co. xv + 988 p. See p. 267-84. [42 ref]

• ***Summary:*** There are two Pritikin eating plans: "the Pritikin Lifetime Eating Plan and the therapeutic modification. In both eating plans less than 10% of total calories is derived from fat (the ratio of polyunsaturated to saturated is 2:4), 10% to 15% from protein, and the remainder from carbohydrate (90% unrefined). The plans provide 35 to 40 gm of dietary fiber per 1000 kcal and only 4 g of sodium chloride. The difference between the two plans is the amount of cholesterol. The therapeutic modification recommends cholesterol consumption of 25 mg or less per day, whereas the Lifetime Eating Plan recommends up to 100 mg per day.

"The eating plans consist primarily of whole grains, beans, peas, other vegetables, and fresh fruits."

Page 268 notes that "Cooked soybeans and tofu (up to 55% calories from fat)" are now recommended on the Pritikin Lifetime Eating Plan.

8907. Cost, Bruce. 1988. Asian ingredients: Buying and cooking the staple foods of China, Japan and Southwest Asia. New York, NY: William Morrow & Co. 333 p. Illust. Index. 27 cm. [39 ref]

• ***Summary:*** Soy related: Soybean sprouts and recipe (p. 86). Beans, incl. soybeans (p. 146-50). Asian "dairy" (p. 186-87): The soybean and the coconut (incl. bean curd, doufu-nao, fermented bean curd / fu-ru, molded bean curd / chou dou-fu, dried bean curd / dou-fu gan, and bean curd skin [yuba]. Soybean milk.

Soybean sauces, condiments and pastes (p. 195-211): Salted and fermented black beans with recipes for "Roast chicken with black beans stuffed under the skin," and "Soft-shell crabs with ginger, lemon, and black beans" ("Fermented black beans, often flavored with bits of ginger and sometimes orange peel, are usually sold in 8-ounce plastic bags." Acceptable brands: Mee Chun or Koon Chun Sauce Factory. "Earthier and probably more classic are the Yang Jiang Preserved Beans (with ginger) from Kwangtung, China), bean sauce (other names: Yellow bean sauce, brown beans sauce, bean paste, jiang; two types are with the beans whole or ground), hot bean sauce / paste with recipe, hoisin sauce, sweet bean sauce (made with soybeans [probably tian mian jiang, p. 202], Taiwan), soy sauce (Chinese, Japanese, tamari; Highly recommended light soy sauce: Pearl River Bridge. Highly recommended dark: Pearl River Bridge Mushroom Soy, flavored with straw mushrooms), Java's ketjap and other soy sauces miso with recipe, yellow miso (*Shinshu miso*), white miso (*shiro miso, Kyoto shiro miso*, sweet white miso), red miso (*aka miso*), Hatcho miso [soybean miso], barley miso (*mugi miso*), fermented bean curd (white or red; also called preserved bean curd, wet bean curd, bean cheese, dou-fu ru or fu-ru {Mandarin}, fu yu {Cantonese}) with two recipes).

"Red fermented bean curd" is described on pages 210 (also called "red bean cheese"), 211, and 283 (together with "red rice").

Concerning ketjap (p. 206): Tomato ketchup, although it may seem to be of Asian origin, may or may not come from a family of Asian pickled products. But the word "ketchup" is clearly of Asian origin. [Note: The modern Indonesian word for soy sauce is *kecap / ketjap / kechap*.] "It comes from the Malay *kechap*, which apparently derives from the *kôe-chiap* of a southern Chinese dialect (Amoy); both of these refer to the kind of briny liquid preserves that include fish and soy sauces." Throughout most of Southeast Asia, fish sauces are the standard condiment, in Indonesia (incl. Java) soy sauce is more widely used. Sweet Indonesian soy sauce (*ketjap manis*), which is very widely used, is traditionally sweetened with palm syrup and seasoned with garlic, star anise, salam leaves, and galangal.

Also discusses: Seaweed (p. 165-70): Kelp (Laminaria), laver (Porphyra), wakame, dashi, hair vegetable / black moss / hairlike vegetable (China; Gracilaria verrucosa), agar-agar. Monosodium glutamate (p. 247)

Bruce Cost was born in 1945. A photo and brief biography appears on the inside rear dust jacket. Address: [San Francisco, California].

8908. Das Tofuhaus. 1988. Tofu, das rein pflanzliche und vielseitige Produkt fuer eine natuerliche und gesunde Ernaehrung [Tofu, the pure plant-based and many-sided product for a natural and healthy diet (Leaflet)]. Lautersheim, West Germany. 2 panels each side. Each panel: 21 x 15 cm. [Ger]

• ***Summary:*** Page 1 discusses the nutritional benefits of tofu, explains that the company was started in 1983, has had 5 employees since 1985, and makes its tofu from ingredients grown organically in Germany and nigari. A cartoon shows a little Chinese man pulling a large cake of tofu in rickshaw. Three black-and-white photos (p. 2) shows the company's tofu-making equipment, and one large photo (p. 3) shows the company's products; these include Tofu ravioli, Tofu tortellini, Tofu bratlinge, Tofu bratschnitten, and Tofu spreads for bread (with garlic, spices {*Gewuerzen*}, horseradish, or herbs). On the rear cover are four recipes for using tofu and 4 color photos. Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.

8909. Gandhi, A.P.; Bourne, M.C. 1988. Effect of pressure and storage time on texture profile parameters of soybean curd (tofu). *J. of Texture Studies* 19(2):137-42. [4 ref]

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• ***Summary:*** The pressure applied to soybean curd during processing into tofu has a profound effect on the moisture content, yield and some textural parameters of tofu. As the pressure increased from 0.186P to 0.744P the moisture content decreased from 82% to 60% and yield decreased from 2.0 kg to 1.2 kg per kg whole dry soybeans. Hardness-1, hardness-2, chewiness and gumminess increased linearly with increasing pressure. Springiness, cohesiveness, adhesiveness and stringiness were hardly affected by increasing pressure. During storage in water at 2-3ºC for 3 weeks, hardness, gumminess, and adhesiveness increased moderately; springiness decreased moderately and the other texture parameters were almost unchanged. Address: New York State Agric. Exp. Station, Geneva, NY 14456. Gandhi's permanent address: Central Inst. of Agric. Engineering, Nabibagh, Berasia Rd., Bhopal, MP 462 003, India.

8910. Garland, Cedric; Garlad, Frank; Thro, Ellen. 1988. The calcium connection: A revolutionary diet and health program to reduce hypertension, prevent osteoporosis, and lower the risk of cancer. New York, NY: Putnam. 254 p. Index. 23 cm. *
• ***Summary:*** Contains tofu recipes that specifically recommend Mori-Nu Tofu.

8911. Goetz, Rolf; Queissert, Peter. 1988. Einfach anders essen: Unser Naturkost-Kochbuch [Simply eat differently: Our natural-foods cookbook]. Schaafheim, West Germany: Pala-Verlag. 156 p. Index. [10 ref. Ger]
• ***Summary:*** Contains recipes using miso, seitan, tamari, tempeh, and tofu. Address: Germany.

8912. Hesseltine, C.W. 1988. Transfer of food fermentation technology. In: M.F. Moyal, ed. 1988. Diet and Life Style. New Technology. John Libbey Eurotext Ltd. See p. 159-65. [10 ref]
• ***Summary:*** Describes examples of successful transfer of new technology, especially with Oriental fermented foods, such as tempeh, miso, and sufu. Address: 5407 Isabell, Peoria, Illinois 61614.

8913. Hinman, Bobbie; Snyder, Millie. 1988. More lean and luscious: Volume II in the lean and luscious series. Prima Publishing & Communications, P.O. Box 1260, Rocklin, CA 95677. 461 p. Illust. by Vonnie Crist. Two forewords by medical doctors. Index. 22 cm.
• ***Summary:*** "By popular demand! Over 400 additional recipes for today's low-fat, low-cholesterol, high-fiber lifestyle. Easy to prepare and delicious. Each recipe includes at-a-glance nutritional breakdown." The original *Lean and Luscious*, with over 400 recipes, is said to be "one of the best-selling low-calorie, low-fat cookbooks ever." Though many recipes call for the use of red meat, poultry, fish, seafood, eggs, and dairy products, the spiral-bound book also has an entire chapter featuring tofu (p. 217-36) with per-serving calorie counts and the content of protein, fat, carbohydrate, sodium, and cholesterol in each recipe. It including the following: Hints for tofu. Tofu macaroni and cheese (200 calories/serving). Chili con tofu (180 calories). Tofu double cheese patties (263 calories). Sweet and spicy tofu and vegetables (198 calories). Tofu-tuna Florentine. Oriental rice patties with sweet and sour sauce. Tofu and spinach casserole. Tofu-broccoli patties. Italian tofu squares. Tofu creole. Tofu 'stuffing." Tofu raisin and rice patties. Tofu stuffed potatoes. Tofu cinnamon cheese pudding. Tofu raspberry mousse. Tropical tofu fritters.

At "Hints for Tofu, the authors begin: "Tofu. The name sounds strange, almost mysterious. Many people have seen tofu in supermarkets or health food stores, but are afraid to try it because they don't know what to do with it. Following are some interesting facts about this unusual food, along with some cooking hints that will help you to discover the wonderful versatility of tofu." They proceed to describe its many benefits.

Tofu is also featured in four desserts: Tofu chocolate spice brownies (p. 386). Best carrot cake (p. 387). Miracle lemon tofu pie (p. 399). Tofu almond creme pie (p. 400).

The book also contains 4 soybean recipes: Soybean and spinach bake (p. 211). Soybean croquettes (p. 212). Tender-moist bean cake (p. 389). "Beanana" creme pie (p. 401).

8914. Kantha, S. Sri. 1988. Nutritional studies on the utilization of winged bean (*Psophocarpus tetragonolobus* L. DC) seeds and leaves. PhD thesis, University of Illinois at Urbana-Champaign. 157 p. Page 3186 in volume 47/08-B of Dissertation Abstracts International. *
• ***Summary:*** Includes a description of processes for making 100% winged bean tofu and a mixed winged bean-soybean tofu. Address: Dep. of Food Science, Univ. of Illinois, Urbana, IL 61801.

8915. Kawashima, Masao. 1988. Yoi agé o tsukuru tekiô jôken [Suitable conditions for making good quality deep-fried tofu pouches]. In: Yasahii Agé no Kagaku. 1988. Tokyo: Fuudo Jaananru-sha. See p. 39-63. Chap. 2. [Jap] Address: Habutae Tofu K.K., Kanazawa-shi, Ishikawa-ken 921, Japan.

8916. Kaysing, Bill. 1988. Bill Kaysing's freedom encyclopedia. Instant Improvement Inc., 1160 Park Ave., New York, NY 10128. 295 p. See p. 87-94. [1 soy ref]
• ***Summary:*** The dust jacket of this book states, under the title: "Freedom from junk food. Freedom from supermarket rip-offs. Freedom from slavery to doctors and landlords. Freedom from food-induced sickness and premature aging." The book has sold very well. In the chapter titled "Eating better for less," there is a section on soybeans (p. 87-94). It discusses cooked soybeans, soy grits, soy flour, soy

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protein (isolate), soy sprouts, soy coffee, miso, Tofutti, soy milk, and tofu, with the greatest praise reserved for tofu. A number of recipes are included. On page 94, two panels from the Soyfoods Center (Lafayette, California) catalog of publications are reproduced. They describe the center and the many virtues of soyfoods. Below is a caption: "This organization is bringing a new era in good food to the United States. Write for their handsome brochure, listing books and other data."

8917. Kosan Shoji Co., Ltd. 1988. Catalogue [Catalogue of tofu making equipment]. Main office: Koun-cho 15, Kita-ku, Nagoya-shi, Japan. Factory: Honsho-cho 166, Komaki-shi, Aichi-ken, Japan. 14 p. Manufacturer's catalog. [Jap]
• ***Summary:*** A color photo shows each piece of equipment, together with a brief description in Japanese. Address: Nagoya, Japan. Phone: 052-916-2211.

8918. Kurz, Marey. 1988. Soja in der Vollwertkueche: Rat und Rezept-Ideen zum Kochen und Backen mit allen Soja-Varianten: Bohnen, Mehl, Milch, Sauce, Tofu und Miso. Das erste komplette Soja-Kochbuch [Soya in whole-foods cookery: Advice and recipe ideas for cooking and baking with all the varieties of soya: Beans, flour, milk, sauce, tofu and miso. The first complete soya cookbook]. Munich, West Germany: Gräfe und Unzer GmbH. 102 p. Illust. Index. 20 cm. [11 ref. Ger]
• ***Summary:*** The copyright (but not the title page) page says that this is a 3rd edition, however the ISBN is unchanged from the 1984 edition. Address: West Germany.

8919. Larcher, Jacques; Volper, S.; Aubin, J.P. 1988. Le soja en régions tropicales: une synthèse des recherches de l'IRAT [The soybean in tropical regions: A summary of research conducted by IRAT]. *Memoires & Travaux de l'IRAT* (*France*) No. 15. 185 p. [91 ref. Fre]
• ***Summary:*** IRAT stands for *Institut de Recherches Agronomiques Tropicales* (Tropical Institute of Agronomic Research). Contents: Varietal improvement: Introduction of varieties, screening varieties, creating new varieties. Cultural practices: Preparing the soil, water needs of the soybean, planting, harvest, production and storage of seeds. Cultural systems: Crop rotations, companion crops, times of working. Fertilizers: Mobilization minerals, diagnosis based on foliage, nitrogen fertilizers, phosphate fertilizers, potassium fertilizers, organic manure, preformulated manure. Inoculation: Effects of inoculation on the nodulation and the yield of soybeans, methods of inoculation, selection of stocks of *Rhizobium japonicum*, determination of the dose of inoculum suited to the field, production of inoculum, survival of *Rhizobium japonicum* in tropical soils. Crop protection: Bacterial diseases, fungal diseases, viral diseases, nematodes, insects, chemical defoliation, herbicides. Technology: Senegal, Cameroon.

Appendixes: 1. List of varieties. 2. List of the main soybean varieties introduced to Benin, Burkina Faso, Cameroon, Comoro Islands, Côte d'Ivoire, Ethiopia, French Guiana, Madagascar, Mali, Niger, Polynesia, Central African Republic, Reunion and Martinique, Senegal, Togo. 3. Norms of observation and methods employed by IRAT. 4. Improvement of the components of soybean yield. Technical guide for growing soybeans in Senegal, Côte d'Ivoire, and French Guyana.

The section titled "Introduction of Varieties" (p. 9) notes that between the first and second world wars, the French peasantry introduced the soybean to Madagascar and cultivated it in the regions of Ambatolampy, Antsirabé, and Ankazomiriotra. It is interesting to note that it was in the latter locality that the first attempts were made to transform soybeans into milk and cheese [soymilk and tofu] in Madagascar. In Cameroon, eleven varieties, which originated in the USA and East Asia, were introduced between 1924 and 1945.

In 1965 IRAT introduced the soybean into its research programs and began, as a first step, by establishing soybean varietal collections in the different countries where IRAT was working: 1966 in Senegal, Madagascar, and Cameroon. 1967 in the Central African Republic and Mali. 1968 in the Côte d'Ivoire. 1969 in Benin. 1971 in the Comoro Islands. 1972 in Ethiopia. 1974 in Togo and Niger. 1975 in Burkina Faso, Réunion, French Guiana, Martinique, and Polynesia. The first collections, established in 1966 from soybean varieties originating in Rwanda, the USA, Rhodesia, and Tanzania, were progressively disseminated to the other countries.

Subsequent participation of IRAT researchers in the international variety trials conducted by INTSOY (USA) and by IITA (Ibadan, Nigeria) enabled IRAT to diversify its genetic resources and to test, mainly through the INTSOY trials, the varieties that it had developed.

Varietal selection (p. 10-22): Senegal: From 1966 to 1970, 120 soybean varieties received were tested by CNRA Centre National de Recherche Agronomique (French) of Bambey (Baol), then at Nioro du Rip (Sine-Saloum), where the best yields, of about 1,500 to 2,000 kg/ha were obtained with the variety Geduld. Starting in 1970 Bambey was abandoned and trials were continued at Séfa (Sefa, Casamance) and Synthiou Malème (in eastern Senegal), where the ecology was more favorable for soybean cultivation. Breeding of new varieties started in about 1972 in Senegal (see p. 22-33)

Central African Republic: In 1967, at the request of the Ministry of Rural Development, via FAO, 80 soybean varieties of very diverse origins were introduced and tested at the Grimari station. The variety Avoyelles yielded 1,218 kg/ha.

Mali: The varieties G15 and G115 (Jupiter) from Burkina were introduced to Mali in 1967. Then in 1969 IRAT introduced 26 new varieties, of which 11 originated in

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the Central African Republic and 15 in Senegal.

Côte d'Ivoire: From 1968 to 1977 IRAT introduced 171 soybean varieties to the Côte d'Ivoire.

Togo and Benin: These two contiguous countries have comparable ecologies. IRAT's with soybeans in Benin began in 1969. In 1970 IRAT introduced to Niaouli, Benin, 45 varieties originating in Taiwan, Central African Republic, Madagascar, and Senegal. This collection was continued from 1970 to 1974, because two crops a year were possible, at the stations of Niaouli and Ina in Benin, and 3 stations in Togo. In 1975 IRAT-Togo cooperated with INTSOY in the first soybean trials in Togo. The first seeds were planted at Davié in southern Togo on May 2, at Amoutchou in central Togo on May 7, and in Kitangbao in northern Togo on July 8. Togo. Table 12 shows the average yields from 1970 to 1974 from the varieties Columbia, Mandarin, Clark 63, and E 73. These yields were low due to the absence of any use of fertilizers or inoculants, and the poor germination of the seeds. [Note: From Whigham and Judy (1975) and Dumont (1981) we have learned the exact dates that soybeans were planted in Benin and Togo]. Comoro Islands: 63 soybean varieties from the Madagascar collection were introduced in 1971 and tested on Grand Comoro (*Comore*) and at Anjouan (800 meters altitude). At Anjouan the best variety was Biloxi, which had an average yield of 2,000 kg/ha. On Grand Comoro the yields were lower, about 1,500 kg/ha. Having little future, soybean research was stopped in 1976. Note: This document contains the earliest date seen for soybeans in the Comoro Islands, or the cultivation of soybeans in the Comoro Islands (1971) (one of two documents). The source of these soybeans was Madagascar.

Niger: In 1974 IRAT introduced from Senegal 17 varieties of various origins; the results were mediocre (in part from absence of inoculation): ICA Toroa 662 kg/ha, ICA Lili 312 kg/ha, Improved Pelican 335 kg/ha, Mandarin 300 kg/ha. Two INTSOY trials took place in 1975 at Maradi and Gaya. This time the yields were very encouraging; at Maradi the variety Forrest yielded 3,500 kg/ha.

Note: This document contains the earliest date seen for soybeans in Niger, or the cultivation of soybeans in Niger (1974). The first 17 varieties introduced originated in various countries.

Burkina Faso: The soybean was introduced to this remote country in 1960. At that time IRHO (*Institut de Recherches pour les Huiles et Oléagineux*) was in charge of experiments on this plant. In 1975 IRAT participated in an INTSOY trial at Farako-Ba; Jupiter gave the best yield, 2,405 kg/ha.

Réunion: Four varieties from the USA were tested in 1974, at the station of Mon Caprice, during two seasons. The best yield during the cool season was from Chippewa (1,780 kg/ha), and during the warm season it was from Amsoy (2,070 kg/ha).

Martinique: IRAT-Martinique participated in the 1975 INTSOY trials. Only one variety, Improved Pelican, with a yield of 2,150 kg/ha [sic, 2,154 kg/ha, planted 10 April 1975] seemed interesting, but since soybean cultivation was believed to have no future in the agriculture of the island, the experimentation was abandoned.

French Guiana: The first soybean trials began in 1975 with the introduction of 4 varieties: Jupiter, Acadian, and Improved Pelican from the USA, and Vada, which originated in Java [Indonesia]. From 1976 to 1983 IRAT-Guyane participated in INTSOY trials. In 1976 Jupiter gave the top yield of 3,440 kg/ha.

French Polynesia: From 1976 to 1979 the INTSOY trials continued during the two rainy seasons. The variety Davis gave the best overall average yields (4,260 kg/ha over 5 seasons), with a top yield of 5,286 kg/ha in 1976-77. Address: France.

8920. Lautensach, Hermann; Dege, Katherine; Dege, Eckhart. 1988. Korea: A geography based on the author's travels and literature. Translated from the German. Supplemented with a thoroughly revised and expanded index. And edited by Katherine and Eckhart Dege. Berlin, Heidelberg, New York, London, Paris, Tokyo: Springer-Verlag. xvii + 598 p. See p. 20, 160, 174, 180-81, 201, 203, 229, 420-21, 452, 476, 482, 488. Illust. Maps (some color). 26 cm. [936* ref]

• ***Summary:*** "With 42 photographs, 95 diagrams, 46 tables and a [larger color] map." This classic was first published 40 years ago (a few months before the end of World War II) and the field work was done 50 years ago, when Japan still ruled Korea and all place names were Japanese; these names have all been updated.

Vavilov classes soybeans among the plants that originated in the East Asian grain gene pool, and he includes Korea in the gene pool. Thus it is "quite possible" that soybeans were domesticated in Korea itself. Hulbert (1902) includes among the non-Chinese crops black soybeans, two of the three kinds of kaoliang, wild sesame (Perilla), and buckwheat (p. 20).

On page 21 is a very interesting "Chronological table of Korean history. Comparison with Chinese and Japanese history. A major change took place in 680 AD when the Three Hans [Three kingdoms] (Tribal Leagues; Koguryo [Gouryeo, in the north], Paekche [Baekje, in the southwest], and Shilla [Silla, in the central and south east]) merged into one, named Silla. In 918-925 it became Koryô [Kingdom of Goryeo; Wang Dynasty], which in July 1392 became Chosôn [Joseon Dynasty; Yi Dynasty], that lasted until August 1910 when the Japan-Korea Annexation Treaty was enforced by the Empire of Japan.

Chapter 6, titled "The anthropogeographical character of ancient Korea" (p. 149+) contains extensive information about agriculture and food. Page 160: In wealthier sites, the farm buildings enclose a courtyard, to which an entrance

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gate gives access (Fig. 37c, p. 158). Some enclosures are so complete that a square courtyard results. “In some corner or other of the courtyard stand the huge brown earthenware jars, in which soy sauce (Jap. *shoyu*, Kor. *kanjang*) is prepared and stored.”

Nature and traditional culture: Plants found between the subtropical zone and the temperate zone include soybeans, foxtail millet, maize, and hemp. Since ancient times, rice has been Korea’s most important cereal crop. The great majority of it is grown in irrigated paddies. Paddy rice (an aquatic plant) has a different name in Korea from upland rice. Hubert (1902, p. 108) mentioned eight varieties of rice grown in traditional Korea, including glutinous rice, whose flour is made into rice cakes by mixing it with water and spicy herbs, then beating the cold mass for a long time with wooden hammers (p. 174).

Page 180: In East Asia, after cereal grains, pulses / legumes are the next most important crop. In Korea, by far the most important is the soybean (Kor. *k’ong*), which makes few demands on the soil. Korea’s climate is ideal for soybeans (Tanaka 1931, p. 18); it is even better than Manchuria’s climate, because of the large amount of precipitation during the summer. Today, soybeans are an indispensable part of the various dry-field crop rotations. After planting of the paddies has finished, soybeans are planted on the ridges too; there they grow extremely well without being fertilized. Soybeans are grown throughout Korea, but least in the Kaema upland because of the warmth they require. In northern Korea, on dry fields, they are planted between the end of March and beginning of May. Toward the south, planting is delayed until the end of June. They are generally harvested in October, except in Chejudo, where they are not harvested until early November. Soybeans are the crop that is left standing the longest, and they are not harvested until their leaves have turned brown and started to fall.

Soybeans are used as a very nutritious food for both humans and horses. Also, cooked soybeans are used as a fertilizer for the rice paddies. “Above all, though, the hot brown soy sauce, which is never lacking on any Korean or Japanese table, is made of them, using salt and pepper and a process of fermentation. Bean curd (Kor. *tubu*, Jap. *tofu*) and soybean paste (Kor. *toenjang*, Jap. *miso*) are also made of them.”

Adzuki beans, cotton and hemp are discussed on p. 181.

The Korean regions: On the forest slopes, which were deforested but the Japanese are energetically reforesting, one can find various lianas [climbing vines] such as *Pueraria hirsuta* [Jap. kudzu]. In the northern part of the coastal fringe, soybeans are grown on the ridges between paddies (p. 200-01).

Namyang is a link in the shortest connection between Tokyo and Harbin, which includes the ship passage between Tsuruga or Niigata and Ch’ongjin. “For this reason, this section has been operated by the South Manchurian Railway since 1 October 1933.” The northernmost bays and harbors, especially Unggi, Najin, and Ch’ongjin, and their cities, are developing at an usually rapid rate. “They have become the export harbors for central Manchuria, particularly for soybeans” (p. 203).

In the Kaema upland we find “fire-field farming” and soybean fields in the valley bottoms or basins. “The most important fire-field crops at lower elevations are foxtail and barnyard millet, barley, soybeans, kidney beans, hemp and sesame.” “The Japanese forestry commission has taken over management of the remaining forests. In the natural forests, wood is cut selectively and only as much as grows back” (p. 229).

Korea as a Japanese possession [colony]: “In southern Korea, barley has replaced rice as the principal staple food under the influence of Japanese economic policy.” A large portion of the rice is sold to Japan.

Table 37 (p. 420), titled “Cultivated area, harvested amounts and yields per acre of the most important crops, 1935,” includes: Soybeans: 785,000 ha. 7.9 hectoliters of weight. Worth: 60.2 million yen. Yield: 10.1 hectoliters per ha. Adzuki beans: 235,000 ha. 1.7 hectoliters of weight. Worth: 14.3 million yen. Yield: 7.3 hectoliters per ha. The table also includes paddy rice, upland rice, barley, naked barley, wheat, foxtail millet, barnyard millet, broomcorn millet, kaoliang, maize, oats, buckwheat, potatoes, sweet potatoes, mung beans, etc.

“The soybean vies with foxtail for the third place in the order of crops, by cultivated area. Its is a very profitable, undemanding crop that does not fail even in meteorologically abnormal years. Therefore its harvest curve does not have the ups and downs that are characteristic of many other crops, particularly paddy rice (Fig. 84). Acreage and yield per hectare have not increased nearly as much during the Japanese period, however, as for many other crops. Nevertheless, soybeans are the third most important item of agricultural export today, and the quality is supervised by the state. Approximately one-fourth of the harvest is exported. The most important export markets are Unggi, Ch’ongjin, Songjin, Wonsan, Shinuiju, P’yong-yang, Kumch’on and Ch’olsan (T. Tanaka 1931). They are located without exception in the northern half of the country” (p. 421). Note: Since 1948, the northern half of Korea has been a separate nation, North Korea.

“The Korean adzuki bean, particularly that from the northeastern coast, is highly priced in the Japanese market because of its high quality.” By acreage it is the sixth most important crop in Korea (p. 421).

The soybean mills that process Manchurian soybeans in to oil and meal lie on the Japan Sea coast of Hamgyongbuk-do (p. 452).

Table 43 (p. 476), titled “Korea’s most important import and export goods, 1939,” shows that “Beans” were the No.

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7 export item to Japan, worth 23 million yen. The leading export was rice (149 million yen) followed by fertilizer (53), copper (52), fish etc. (32). "Of the beans exported to Japan... soybean take first place. Soybean exports to Japan had a weight of 1.3 to 1.9 million q" [1 quintal = 100 kg] in the ears 1934-1938. "In contrast, from the northeastern ports Manchurian beans were shipped to Germany and England." In addition, large amounts of soybeans were imported by Korea itself from Manchuria (0.29 to 1.02 million q). Large amounts of soybean products made in Korea were also shipped to Japan (incl. soybean oil as much as 11.500 q, bean curd [tofu] up to 1.2 million q). Moreover soybean oil (up to 3,210 q) and bean curd (as much as 1.3 million q) were imported from Manchuria (p. 476).

Considerable amounts of dried seaweed and laver [nori] were also exported to Japan (p. 477).

Pages 482-83 try to characterize Korea's significance in 1938 for the economy of Greater Japan (pan-Japan) in general and Japan proper in particular. Pan-Japanese production included that of Korea, Manchuria, and Formosa. "The Korean rice crop in 1938 (44.8 million q) amounted to 23.4% of the pan-Japanese crop and 36.6% of that of Japan proper; 63.2% of Japan's rice imports came from Korea. The soybean crop in 1938 amounted to 6.4% of the pan-Japanese crop, 68.7% of the crop of Japan proper; 17.8% of the soybean imports of Japan proper came from Korea. The relationship was that of a master country to a dominated colony. For example, the Japanese forced the Koreans to eat barley so that the Japanese could import and enjoy the rice grown in Korea.

Soybean production on steep slopes and at high altitudes is mentioned (p. 488).

Hermann Lautensach lived 1886-1971. This book was first published in 1945 in German. Address: Prof., Dr.

8921. Leneman, Leah. 1988. Soya foods cookery. London and New York: Routledge & Kegan Paul. ix + 145 p. Illust. Index. 20 cm.
• ***Summary:*** Contents: Introduction. Recipes–1. Soya milk: Soya milk, soya yogurt, soft cheese [made from soya yogurt], and mayonnaise, soya milk skin (yuba). 2. Tofu: Tofu, frozen and dried-frozen tofu, smoked tofu. 3. Tempeh. 4. Miso. 5. Combi-dishes: Tofu and miso, tempeh and tofu.

An introduction to the subject, with more than 100 recipes. Almost half the book is devoted to tofu and tofu recipes. The author, born in the USA, has lived in Britain for more than 20 years. She was once assistant editor of *The Vegetarian*, and also worked at Cranks Restaurant (on Marshall St. in London W1). Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

8922. Leneman, Leah. 1988. Tofu Rezepte aus aller Welt [The international tofu cookery book]. Munich, West Germany: BLV Verlagsgesellschaft. 127 p. [Ger]*
• ***Summary:*** First published in the U.K., the German edition of this book won a silver medal at the 1988 Frankfurt Book Fair. A Hebrew edition is also planned. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

8923. Montero R., Rafael A.; Mata M., Eduardo J. 1988. La soya: Guia para sul cultivo y consumo en Costa Rica [The soybean: A guide for its cultivation and consumption in Costa Rica]. San Jose, Costa Rica: Editorial de la Universidad de Costa Rica. 112 p. Illust. 21 cm. [11 ref. Spa]
• ***Summary:*** Contains 23 tables and 8 figures plus some color photos. Contents: Introduction. The plant. Climate. Photoperiod. The variety. The soil. Preparation of the land. Times of planting. Inoculation. Fertilization and nutrition. The analysis of the soil. Visual symptoms of mineral deficiencies. Density of planting seeds. Considerations concerning planting more or less seeds. Diseases. Soybean diseases common in Costa Rica. Weed control. Calibration of sprinklers. Control of insects. Management of the harvest. Mechanical harvesting of soybeans. Aspects which must be considered for a good harvest of the crop. Economic considerations. Feeding and nutrition based on soy: The soybean compared with other protein sources, percentage of protein in various protein sources, diagram showing the many products derived from soya. Preparation of meals with soya: preparation of basic soyfoods at home (preparation of whole soybeans, preparation of soymilk, preparation of soy flour, vegetable stew with soybeans, salad, Oriental minced meat, rice with soybeans, spaghetti in white sauce with soybeans, soybeans in escabeche, cream of soybeans and greens, oil roasted soynuts, soy pudding, homemade tofu, mixed bread with soya flour, quick bread with soy flour). Table of conversion: Measures, weights & equivalents. Address: Costa Rica.

8924. Morinaga Nutritional Foods, Inc. 1988. Exotic! Chinese Unchicken Salad from Mori-Nu Tofu (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.
• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, was introduced in 1988. Recipes developed by Julia Weinberg & Company. On the front is a color photo of the prepared salad and a package of Mori-Nu Silken Firm Tofu, surrounded by chopsticks, a red flower, fortune cookies, and a porcelain Chinese dragon. On the back is a recipes for Chinese Unchicken Salad and dressing, plus a free recipe offer, Health for Life Club, and "Mori-Nu Facts." Address: Torrance, California. Phone: 1-800-669-8638.

8925. Morinaga Nutritional Foods, Inc. 1988. Healthy! Healthier salads with Mori-Nu Tofu... the cholesterol-free protein (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.

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• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, was introduced in 1988. Recipes developed by Julia Weinberg & Company. On the front is a color photo of colorful salad in a glass bowl and a package of Mori-Nu Silken Firm Tofu, surrounded by fresh carrots, onions, cucumbers, tomatoes, and salad greens. On the back are 2 recipes: Seven Layer Salad with Marinade, and Strawberry Pudding Fluff. Address: Torrance, California. Phone: 1-800-669-8638.

8926. Morinaga Nutritional Foods, Inc. 1988. Mori-Nu mornings (Leaflet, with 9 recipes). Los Angeles, California. 1 p.
• ***Summary:*** These recipes each use one 10.5 oz. of Mori-Nu Silken / Soft Tofu in breakfast dishes. The cover is a color photo showing one such dish on the breakfast table with a table cloth, orange juice, flowers, a bowl of fruits, and a package of Mori-Nu Silken Soft / Tofu. Address: Los Angeles, California.

8927. Moriyama, Yukiko. 1988. A taste of tofu: Mastering the art of tofu cooking. Tokyo: Joie. c/o JP Trading Inc., 300 Industrial Way, Brisbane, CA 94005. 104 p. Illust. Index. 27 cm.
• ***Summary:*** A beautiful book, with the steps and ingredients in every recipe illustrated with color photos. Contents: Introduction. Basic cooking information. Ingredients. Recipes–Appetizers. Soups. Just tofu. Seafood. Poultry. Meats. Vegetables. Salads. Eggs and cheese. Rice and noodles. Desserts. Information. Glossary of ingredients. The author lives in Tokyo. Address: Tokyo, Japan. Phone: JP Trading: 415-468-0775.

8928. Narayan, Ranjana; Chauhan, G.S.; Verma, N.S. 1988. Changes in the quality of soybean during storage. II. Effect of soybean storage on the sensory qualities of the products made therefrom. *Food Chemistry* 30(3):181-90. [7 ref]
• ***Summary:*** Three soy products–soymilk, tofu (soy paneer), and soynuts–were prepared from soybeans that had been stored for different lengths of time, and were evaluated for their sensory properties and some chemical qualities. "Total solids and protein in soymilk, as well as in tofu, decreased with the storage time, whereas colour, crispness and taste of soynuts were lost with increase in storage time of beans. Overall organoleptic score of all the products was found to decrease with increase in storage time of beans." Address: Dep. of Food Science & Technology, G.B. Pant Univ. of Agriculture and Technology, Pantnagar–263 145, India.

8929. Philippine Council for Agriculture, Forestry and Natural Resources Research and Development. 1988. Mga Gamit ng UTAW Bilang Pagkain [The uses of soybeans as food]. Diliman, Quezon City, Philippines. 46 p. Illust. DA/ATI-PCARRD Farm Primer No. 3. Series of 1988. AC-R4-P-S-V-2-88. [3 ref. Tag]
• ***Summary:*** Part 1 (p. 1-20) of this Tagalog-language booklet, which contains many illustrations (line drawings), is titled "Soybean Products." It describes how to make basic soyfoods, such as soybean ketchup (*Ketsup na utaw*), soy coffee (*Kapeng utaw*), pastillas, soymilk curds (taho), tokwa (tofu), polboron (a confection usually made with powdered milk, but in this case using soybean powder), soymilk, soy flour (harinang utaw; note that utaw is word for soybean in Tagalog), tao-si (fermented black soybeans), soy sauce (toyo), and miso.

Part 2 (p. 25-45) titled "Soybean Recipes," includes chicken with miso, tofu with miso, tofu with mushroom soup, soymilk custard, fried meat (pork; Baboy), fried meat with miso, bamboo shoots with miso, baguio beans with miso, fried tofu with sweet & sour soy sauce, miso with noodle soup, chicken soup with tofu, and fried tofu with vegetable sauce. Address: Philippines.

8930. Quigley, Delia; Pitchford, Polly. 1988. Starting over: Learning to cook with natural foods. Summertown, Tennessee: The Book Publishing Co. 144 p. Illust. Index. 23 x 15 cm.
• ***Summary:*** The index to this natural foods, vegetarian (but not vegan) cookbook contains listings for 15 tofu recipes, 7 miso recipes, and 6 tempeh recipes, plus an incorrect definition of "tamari." The book uses a round yin-yang (*t'ai chi*) symbol to mark recipes that "qualify as macrobiotic." The authors have a Florida television show named "The Granary Gourmet." Address: Florida.

8931. Schinharl, Cornelia. 1988. Tofu–koestlich und vielseitig: Raffinierte Rezepte fuer vollwertige Vorspeisen, Suppen, Hauptgerichte und Desserts [Tofu–delicious and versatile: Refined recipes for high-quality hors d'oeuvres, soups, main courses, and desserts]. Munich, West Germany: Verlag Graefe und Unzer. 56 p. 20 color photos and Illust. Index. 20 cm. A second edition was published in 1989. [Ger]
• ***Summary:*** Contents: Foreword. Things worth knowing about tofu: How to make tofu at home, sources of problems in making tofu at home, normal and fast tofu, silken tofu (*Seidentofu*), Tofu from ground soybeans, storage of tofu. Fine hors d'oeuvres and salads. Nourishing soups. Hearty main courses. Tofu, grilled and broiled. Delicious desserts. Recipe and subject index. Address: Munich, Germany.

8932. Société Soy. 1988. Soy: L'équilibre complet! [Soy: Complete balance (Brochure)]. 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. 6 panels. 21 x 10 cm each. [Fre; Eng; Ger]
• ***Summary:*** This attractive full-color brochure (see next page), published in French-, English-, and German-language editions, shows the company's line of tofu products, with

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tofou

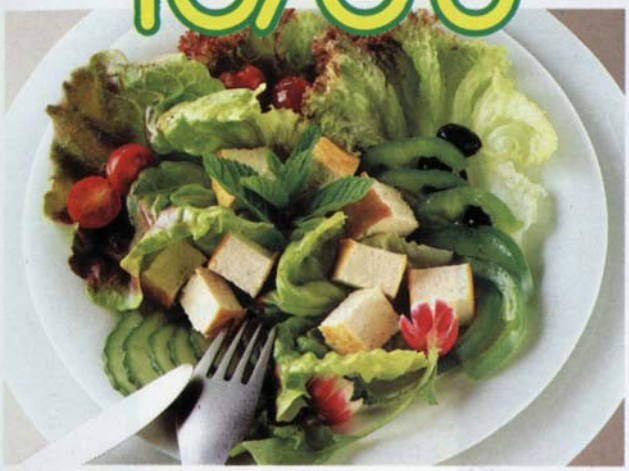

SOYA - EASY TO COOK WITH

This is a traditonal soja based product from biological agriculture. It has amazing dietetic qualities, rich in proteins of vegetables origin (13 per cent minimum), low in fats and calories (less than 100 kcal/100g). It blends very well with your every day recipes, as a salad or accompaniment to vegetables and cereals.

Croque TOFOU

FRESH TOFU BURGERS

Elaborately prepared Tofou, ready-to-eat in the form of a snack or accompanying a salad, cereals or vegetables. The CROQUE-TOFOU constitute a considerable portion of protein in your meal.
7 varieties are available :
olive, Emmenthal, garlic and fine herbs, provencale, basquaise, leek with ginger.

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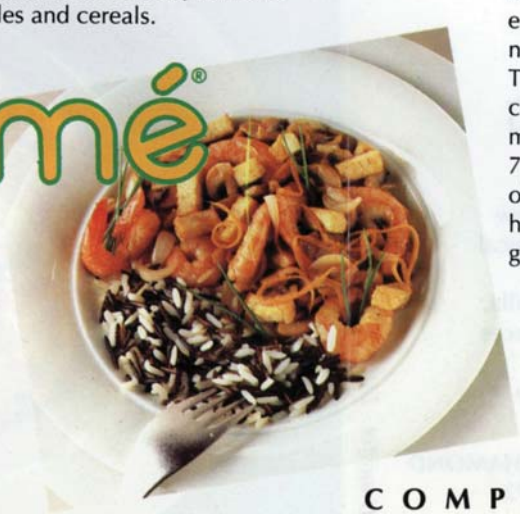

All the Tofou quality with a delicious flavour of spices and that smoked taste. There are thousands of ways of associating it with your every day dishes and it will represent a high quality biological protein.

SOY

COMPLETE BALANCE

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a color photo and description of each. They are: Tofou, Tofumé (smoked tofu), Croque Tofou (Fresh tofu burgers), Grinioc (Fresh wholemeal burgers), Tofast Soya Paste (Spread), Tofinelle (Soya mousseline with capers, eaten like quenelles), and Soyeux (dessert). "The whole range of SOY products come from biologically grown soya!" Address: Saint-Chamond, France. Phone: 77 31 23 66.

8933. Thompson, Patricia J.; Jax, Judy Annette. 1988. Teens in action. St. Paul, Minnesota: Changing Times Education Service / EMC Publishing. 311 + 91 p. 25 cm. Copyright 1989.
• ***Summary:*** This home economics textbook, which comes in both a students' and a teachers' edition, includes tofu in the curriculum–a first. Information and recipes (Golden Goddess Parfait, Tofu Smoothie, and Chocolate Pudding) were supplied by Linda Barber Pike. Tofu is listed as a protein source. A tofu burger is included as an example in a lunch menu. Address: 1. Assoc. Prof., Program Coordinator, Family and Consumer Studies, Herbert H. Lehman College, The City Univ. of New York; 2. Prof. and Administrator, Dep. of Human Development, Family Living, and Community Educational Services, Univ. of Wisconsin–Stout, Menomonie.

8934. Walton, L.R.; Walton, J.E.; Scharffenberg, J.A. 1988. How you can live six extra years. Santa Barbara, California: Woodbridge Press Publishing Co. 121 p. No index. 22 cm. [93 endnotes]
• ***Summary:*** Health and longevity secrets enjoyed by the Seventh-day Adventists for a century could add six to twelve years or more to your own life. Based on university research. You can use these health practices to reduce your risk from killer diseases. Contains recipes and tables.

This is an unusual book, in that Chapter 1 (for example) contains page after page of statistics about the superiority of the diet and lifestyle of Seventh-day Adventists without citing the sources for these statistics. Moreover the contents of the 1988 edition appears to be the same as that of the 1981 edition.

Figure 2 is titled "Coronary death rate for Adventist men with various dietary habits compared with the general population." Total vegetarian Adventists (vegans) have only 14% the general coronary death rate, lacto-ovo vegetarians have 39% the general rate, and Adventists who eat meat have 56% the general rate."

Table 1 shows that Adventist men have a life expectancy of 77 years versus 71 years for California men. Adventist women have a life expectancy of 80 years versus 77 years for California women. Table 24 summarizes the Adventist lifestyle: No tobacco or alcohol. Vegetarian diet (which may include milk and eggs). No pork or pork products. Avoid caffeine, spices and spicy foods, hot condiments. Emphasize: Whole grains, fruits, nuts, vegetables, as fresh and naturally served as possible. Fresh air. Exercise. Enjoyment of nature. Trust in divine power.

Recipes include Scrambled tofu (p. 97). Chicken-style Soyameat with gravy sauce (p. 97). Soyannaise (with Soyagen powder, 107). Tofu salad dressing (p. 112). Address: 1. Attorney at Law, Bakersfield, California; 3. Bakersfield, California–M.D., Assoc. Prof. of Applied Nutrition, Loma Linda Univ., Loma Linda, California.

8935. Wood, Rebecca T. 1988. The whole foods encyclopedia: A shopper's guide. New York, NY: Prentice Hall Press (Simon & Schuster). xv + 218 p. Foreword by Michio Kushi. Illust. 28 cm. [200* ref]
• ***Summary:*** This book is mistitled. It should be titled "Rebecca Wood's Macrobiotic Views on Natural Foods." The parts on quinoa, teff, amaranth, and many "macrobiotic foods" provide good information. There is extensive information on soyfoods, all from a macrobiotic viewpoint, but with many errors or undocumented controversial assertions never seen before in the literature, such as the following: "Cold Tofu. Foods that are cooling, like tofu, tend to reduce the fire in the lower organs. This explains why tofu was eaten by Buddhist monks to abate their sexual desires. This is not a prescription against tofu. Well-cooked tofu is less cooling. For optimum health, we need a balance of warming as well as cooling foods. However, if you are feeling cold, or if it is a cold day, or if you have strenuous activities planned, then you may opt for salmon over tofu."

Foods discussed are: Cheese (imitation soy), ice cream and frozen desserts (soy or tofu ice cream), miso, natto, nigari, soybeans (black, yellow, and "just harvested green soy"), soy flour, soy protein isolate, soy milk, soy nut ("Those oversalted, beggarly little crunches found in everything from trail mix to salads are soynuts,..."), soy oil, soy sauce ("Also known as *Shoyu* and *Tamari*), and soy yogurt, tempeh, tofu, and TVP (texturized vegetable protein {textured soy flour}).

Note: This is the earliest English-language document seen (Feb. 2005) that contains the term "cooling food." Address: P.O. Box 30, Crestone, Colorado 81131. Phone: 303 (or 719) -256-4939.

8936. **Product Name:** [Tofu Press, or Tofu Kit].
Foreign Name: Tofu-Presse, Tofu-Set.
Manufacturer's Name: Farm Gemeinschaft.
Manufacturer's Address: 8821 Dornhausen No. 29, Munich, West Germany.
Date of Introduction: 1988?
Ingredients: The stainless steel press, which makes 5 lb of tofu, comes with instructions and recipes for DM 35. The kit includes, in addition, a pressing sack, 100 gm nigari, and 500 gm organically grown soybeans for DM 45.
New Product–Documentation: Ad in Vegetarische Feinkost / Svadesha Urban. p. 11. Contains an illustration of

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the press. Note: This community also sells tempeh starter.

8937. Feinberg, Seth. 1988? Police uncover another illegal tofu den (Cartoon postcard). Undated.
• ***Summary:*** This 7 x 5 inch postcard shows four policemen kicking down the door that leads into a room; one has a bill club, one a pistol, and one is showing his badge. In the room are four crazy looking young people (two men, two women) at a table. One woman is standing, holding a skillet containing cubes of tofu in a dark sauce; the other is seated eating cubes of tofu off a plate with a fork. Both men are seated. One, wearing a beret, is eating cubes of tofu from a bowl, using chopsticks; the other is biting into one end of a large cake of tofu, which he holds firmly in both hands.

8938. **Product Name:** [Tofucreme with Vegetables].
Foreign Name: Tofucreme met Groenten, aux Légumes, mit Gemuese.
Manufacturer's Name: Jonathan P.V.B.A.
Manufacturer's Address: Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. Phone: 03/664 58 48.
Date of Introduction: 1988?
Ingredients: Tofu (soya proteins)*, carrots*, sunflower oil*, arrowroot, parsley*, vegetable extract, spices, well-water, sea-salt. * = Organically grown.
Wt/Vol., Packaging, Price: 100 gm.
New Product–Documentation: Label. Received 1988. 3 by 2 inches. Self adhesive. Green, orange, and black on a seaside background with sea gull. "Vegetable."

8939. **Product Name:** Tofu, Marinated Tofu, Banana Tofu Dessert.
Manufacturer's Name: Nexus Foods.
Manufacturer's Address: Unit 1/10, St. Mary's Workshops, Henderson St., Leith, Edinburgh EH6 6DD, Scotland. Phone: 031-533 6850.
Date of Introduction: 1988?
New Product–Documentation: Letter from Simon Bailey. 1988. Sept. 29. They make tofu and some tofu products.

8940. **Product Name:** [Nutana Tofu with Chili Beans].
Foreign Name: Nutana Tofu Chili Boennegryde.
Manufacturer's Name: Nutana Helsekost.
Manufacturer's Address: Ringstedvej 531, DK-4632 Bjaeverskov, Denmark.
Date of Introduction: 1988?
Wt/Vol., Packaging, Price: Can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Alfa-Laval. 1988, June. Soyfoods: Old traditions with new potentials. p. 9. Shows a color photo of the front of the can. Yellow and white on a red background.

8941. **Product Name:** [Nutana Tofu Stew].
Foreign Name: Nutana Kinesisk Tofugryde.
Manufacturer's Name: Nutana Helsekost.
Manufacturer's Address: Ringstedvej 531, DK-4632 Bjaeverskov, Denmark.
Date of Introduction: 1988?
Wt/Vol., Packaging, Price: Can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Alfa-Laval. 1988, June. Soyfoods: Old traditions with new potentials. p. 9. Shows a color photo of the front of the can. Yellow and white on a red background.

8942. Tofu Shop Deli and Specialty Foods Co. (The). 1988? Its like having a natural foods deli right in your own store (Leaflet). Arcata, California. 1 p. Front and back. 28 cm. Undated.
• ***Summary:*** This marketing flyer, printed with greenish-blue ink on off-white, was created primarily for customers of "Wholefood Express," a natural foods distributor owned by North Coast Co-op (Arcata and Eureka; since 1973), servicing northern California and Oregon.

Side 1: An illustration of the Tofu Shop Specialty Grocery and Deli at top of sheet. Contents: Fresh, refrigerated deli salads, delicious desserts, cold cuts, and handcrafted tofu and soymilk. All cholesterol and lactose free and made with ingredients you can trust. Deli news. Ordering tips. Selling guide: Refrigerate, reduce (price of items whose sell-by date is about to expire), rotate, display ("Use our shelf talkers to create a colorful deli corner in your own cooler...").

Side 2: "Product ingredients." A list of all products with the ingredients in each. "Makers of freshly-prepared natural foods since 1977." Address: 768 18th St., Arcata, California 95521. Phone: (707) 822 7409.

8943. Tofu Shop Specialty Foods Co. (The). 1988? Traditional tofu by the sea (Leaflet). Arcata, California. 1 p. Single sided. 19 x 12 cm. Undated.
• ***Summary:*** This marketing flyer is printed with black ink on white paper. A photo shows two people making tofu by the sea, one cooking in an iron cauldron, the other pouring nigari into a wooden barrel.

The text below the photo: "Traditional tofu by the sea. Distributed exclusively on the North Coast [of California]. The following is written in one of four equal-sized rectangular boxes (2 rows of two each): (1) Handmade tofu & soymilk. Traditional method–sweet, delicate taste. Tofu: Firm nigari, 14 oz tub or 20 lb bucket. Joy of Soy soymilk. Original, unflavored, pint, quart, ½ gallon. (2) Baked tofu cold-cuts: Ready to eat or reheat. Veggie patty tray. Marinated cutlet tray. Tofu sausage tray. (3) Delicious tofu desserts: Pumpkin pie with whole wheat crust. Cocoa carob mousse. Maple almond charlotte. (4) Light tofu salads: Old fashioned potato salad, eggless salad, tahini.

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Since 1980. Address: 768 18th St., Arcata, California 95521. Phone: (707) 822 7409.

8944. Voggenreiter, Brigitte; Kuby, Clemens. 1988? Tofu: Essen mit Zukunft [Tofu: Eating with the future]. Reiner Schmid, Leostrasse 14, D-8000 Munich 70, West Germany. Or: B. Voggenreiter, Breisacherstr. 12, Munich, West Germany. 35 p. Undated. Illust. No index. 21 cm. [6 ref. Ger]
• ***Summary:*** Contents: The protein content is the measure for nutrition. Can soybeans also be grown in West Germany? The alternative: Tofu (describes briefly how it is made). What are tofu's benefits? Comparing tofu with meat. Summary, bibliography, and sources of information (Sojaquelle). 15 Tofu Recipes (each accompanied by a half-page color photo). How to make tofu at home. How to use okara and soymilk. Address: Munich, West Germany. Phone: 089 / 448 30 98.

8945. **Product Name:** Dairyless Rice Pudding (With Soymilk).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1988?
New Product–Documentation: On sale in Berkeley. 1988. Aug. 30.

8946. **Product Name:** Avo-Jack Sandwich, and Avo-Cheddar Sandwich (With Tofu Dressing).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1988?
New Product–Documentation: On sale in Berkeley. 1988. Aug. 30.

8947. **Product Name:** Wild Baked Tofu (Teriyaki, Savory, Mexican, and Veggie?).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1988?
New Product–Documentation: On sale in Berkeley. 1988. Aug. 30. Labels (attached to Wildwood letterhead) sent by Bally Bramblett of Wildwood. 1990. Each is 3.12 x 3 inches and printed in three colors. Across the bottom of each is an illustration of birds flying over wild woods.

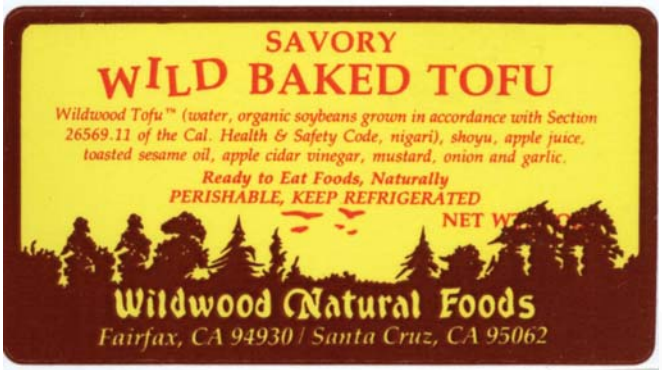

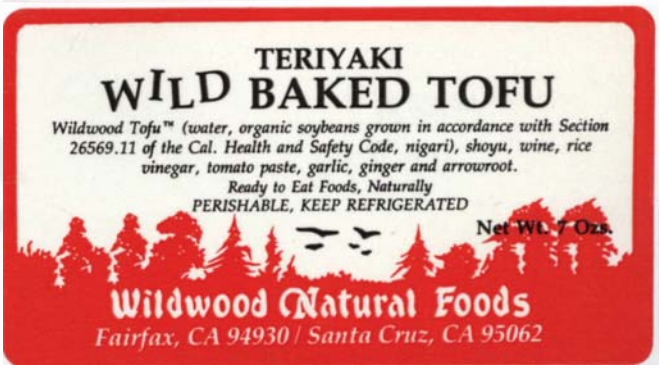

8948. Dupuy. Pierre. 1989. Un phénomène récent: l'emploi du soja comme matière première des industries de l'alimentation humaine [Soya bean: A new product for the food industry in Europe]. *Comptes Rendus de l'Academie d'Agriculture de France* 75(4):51-58. [7 ref. Fre]
• ***Summary:*** In the EEC (mostly in Italy and France), production of soybeans has reached 1,300,000 metric tons. In addition to the traditional uses as vegetable oil and animal feed, there is a new interest in using soybeans to make human foods, such as soymilk and tofu. Even the dairy industry has started to process soybeans to make dairy alternatives.

Note: Hervé Berbille of France observes the following: "If you read between the lines, this document shows how the French government is trying to stop soyfoods from catching on at a very early date (in the 1980s, while these foods were still not widely known and still in their infancy) by trying to change their regulatory framework in E.U.

"So, for me, I believe this document is very important because it indicates clearly the almost official hostility of the French governmental authorities against soyfoods."

8949. *Toyo Shinpo* (*Soyfoods News*). 1989. Zenkoku heikin 102.6 en, tôfu icho no kourine [Japanese national average retail price of a cake of tofu (average weight: 425.8 gm) is

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102.6 yen]. Jan. 1. p. 21. [Jap; eng+]
• ***Summary:*** The average wholesale price is 79.2 yen/cake. The average national retail price is 0.238 yen/gram, and the corresponding wholesale price is 0.184 yen/gram. At this time there are about 140 yen/U.S. dollar. So the average price of tofu in Japan is about $0.78/lb. The highest price per gram is in Saitama prefecture. The lowest price is in Tokushima, Toyama, and Mie prefectures.

8950. Willner, Ken. 1989. Hakuhodo is Morinaga's marketing and advertising agency in California and Japan (Interview). *SoyaScan Notes.* Jan. 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Hakuhodo has been the agency in Japan for many years. They started with Morinaga in California a little more than 2 years ago. During 1989 they plan to focus on the West Coast market, as with local radio and newspapers. Less national. Address: Los Angeles.

8951. *Valley Advocate* (*Springfield, Massachusetts*). 1989. Bankrupt tofu maker plans buyout [Tomsun Foods]. Jan. 9.
• ***Summary:*** "Tomsun Foods, Inc. of Greenfield, once New England's largest producer of tofu, will move out of Western Massachusetts, according to a Chapter 11 reorganization plan filed late last month. The firm, which once had 70 employees and $3 million in sales, is to be purchased by New York businessman William Holmes, a former Beatrice Foods executive who also managed Dannon's introduction of frozen yogurt.

"Under the new plan, scheduled to be ruled on January 30, the company's production of tofu, egg rolls and other products would relocate to New York. Operations for Jofu, a tofu- and fruit-based food the company launched in 1986, would move to a Vermont location. About 200 unsecured creditors, and a similar number of stockholders, would receive 20% of a new stock issuance if they approve the plan; Holmes would hold the rest.

"Some analysts blame the company's demise on the failure of Jofu, on which Tomsun spent $1.5 million in advertising to capture the New York City market in spring 1987. Holmes is expected to spend $500,000 on research and development, and marketing for a revised Jofu."

8952. Lawder, Dave. 1989. Tofu-maker keeps local vegetarians well fed: Simple Soyman products appeal to the healthy set. *Business Journal* (*Milwaukee, Wisconsin*). Jan. 15. p. 1, 21.
• ***Summary:*** R. Jay Gruenwald (age 35) and his wife Barbara established The Simple Soyman in 1985. It is located at 4877 N. Green Bay Ave. They buy fresh tofu from Mu Tofu Shop in Chicago, Illinois, and use it to make a variety of products such as Saucy Jo (a kind of sloppy joe mixture of spices and tomato sauce with tofu and brown rice substituted for ground beef), herb pate cracker spread, "eggless" egg salad, tofu turkey, and tofu pumpkin pie. They do many supermarket taste test promotions. Sales are expected to top $85,000 for 1988, up from about $66,000 in 1987. Milwaukee's other tofu business, the Magic Bean, an employee-owned firm (co-op) went out of business in 1985 after running into cash-flow problems. Mary Zdroik, former manager of The Magic Bean, said the firm's failure was due mainly to poor management and lack of capital to invest in new equipment.

8953. Bechman, Tom. 1989. Tapping the Japanese food market with specialty soybeans. *Indiana Prairie Farmer* (*Lombard, Illinois*). Jan. 17. p. 14-15.
• ***Summary:*** Purdue University agronomist Marvin Swearingin believes the time has come to produce specialized soybeans for the Japanese tofu market, which consumes 37,000,000 bushels a year. Do do this America must: 1. Develop a specialized product which provides traits the Japanese can't get from bulk shipments. 2. Find a company that can ship to the tofu maker in Japan. 3. Find an economical way to ship the beans from elevators to rail shipping points and thence to ports–perhaps using the Japanese freight cars that bring auto parts to the Midwest and return empty to the ports. 4. Find elevators with suitable facilities receive, size, condition to specifications, and bad the specialized soybeans. 5. Get a third party, such as the Indiana Crop Improvement Assoc., to inspect the fields and certify that the beans are what they are supposed to be. 6. Have farmers to grow the beans under contract.

At Indiana, Jim Wilcox and Swearingin are screening varieties and lines to uncover the traits that the Japanese need to produce premium tofu. Funds for the project were provided through the Value-Added Center established by the Indiana legislature in 1988. Generally the Japanese prefer large-seeded (1,500 to 1,700 seeds/lb) varieties with a clear hylum for tofu production.

Also at Purdue, Niels Nielsen, a USDA researcher, heads up a team of researchers who have tried for years to develop soybeans that don't contain lipoxygenase enzymes. They have succeeded in producing soy beans free of the lipoxygenase-2 isozyme.

8954. Theses on soybeans and soyfoods: Dissertation Abstracts (Database search report). 1989. 234 p. Jan. 20. 28 cm. Unpublished manuscript. [1106 ref]
• ***Summary:*** The Dissertation Abstracts database contains virtually every American PhD dissertation accepted at an accredited institution since 1861. A search yielded 1,106 theses on soybeans and soyfoods not including records with the terms pathogen*, Disease*, weeds, or insect* in the title or abstract. * = truncated term.

It contained the following number of theses on soyfoods: Soymilk 9-14, tofu 6, tempeh 6, miso 4, soy sauce 3, and natto 2.

The most valuable records for us are in the subject

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categories Food Science & Technology; Health Sciences, Nutrition; and Economics, Agricultural. Other subject categories include: Agriculture (Agronomy, Animal Culture & Nutrition, General, Plant Culture, Plant Physiology); Biochemistry; Botany; Chemistry (Agricultural and Biological, Analytical); Engineering, Chemical; Entomology.

A count of the records in which we were interested by state where the thesis was written shows the following: Illinois 128, Iowa 68, Indiana 37, New York 30, Missouri 28, Michigan 26, Minnesota 25, and Ohio 17.

8955. Tofutti Brands Inc. 1989. New trademarks: Better than sour cream. *Official Gazette Trademarks* (*Washington, DC*). Jan. 24.
• ***Summary:*** Filed P.R. 8-27-1987. For nondairy sour cream substitute (U.S. Cl. 46). First use 8-6-1987. In commerce 8-6-1987. Note: This product was launched in late 1991 under the name "Sour Supreme." Address: Rahway, New Jersey.

8956. Pirello, Robert; Pirello, Christina. 1989. New developments at Robert Werz's Appropriate Foods and at Simply Natural (Interview). *SoyaScan Notes.* Jan. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Robert Werz closed Appropriate Foods (he did not sell it) within the last year and got a divorce from Shelly at about the same time. He owed a lot of money to many people, and left most of the bills unpaid. He remarried to Christie Pagget and they now have a child. He is presently in semi-hiding. Note: The company was out of business by Nov. 1988.

Simply Natural is having problems with partners/investors, but the situation looks pretty good. The company's big mistake was going with these two partners in 1985, about 18 months after the business started. They own 50% of the company's stock. Now they want out, and they want a lot of money to let Robert and Christina keep the company name Simply Natural, on which the company obtained a primary trademark (using a big Philadelphia law firm) about 8 months ago. If the 2 investors get out and Robert and Christina let go of the company name, it will cost the investors about $70,000, which is not a lot for them since one of them is worth about $40 million. This is because they co-signed a bank note for that amount with Christina and she has not assets.

The Soft Tofu Cheese is off the market, but all other products are still on. The cheese may be co-packed by Swan Gardens in Georgia. Robert and Christina have started a new company named Cyntina Natural Snacks Inc. Its first line (no soy) is Asteroids: "The Natural Snack That's Out of This World." Asteroids are round and come in 4 flavors. They are based on nut butters, granola, and rice syrup. Address: P.O. Box 295, Norma, New Jersey.

8957. Cauldron Foods Ltd. 1989. Cooking with tofu. 149 South Liberty Lane, Bedminster, Bristol BS3 2TL, England.
• ***Summary:*** This accordion-folded booklet of tofu recipes, 3.25 x 4.5 inches, with 12 panels, contains 16 recipes, with a pastel color illustration accompanying many of them. They are divided into starters, main course, and desserts. All call for the use of Cauldron Tofu. One panel explains: What is tofu? Why eat tofu? The Cauldron Foods range: Fresh tofu, original and smoked. Tofu burgers: savoury, peanut, chili, and vegetable with tofu. Vegetarian Pâtés: Vegetable, Mushroom, Tomato and red pepper, and savoury vegetable. Address: Bristol, England. Phone: 0272 632835.

8958. Duchesne, Paul. 1989. Chronological history: Paul's New and Original–Brown Rice Tofu Sandwich (Nov. 1977–Jan. 1989). Fairfax, California. 6 p. Jan. Unpublished manuscript.
• ***Summary:*** A detailed chronology of Wildwood Natural Foods and Duchesne's eventual conflict with the owners of the company he started, and his subsequent work with soyfoods. Discusses: Chris Smith, Joe Nixdorff, Bill Bramblett, Paul Orbuch, Frank Rosenmayr, Cauldron Express, Bert's Place, and Paul's Place. Address: Fairfax, California.

8959. **Product Name:** Tofu (Chinese-Style Water Packed), Tofu-kan (Very Firm Tofu), and Fried Tofu Cubes.
Manufacturer's Name: Dynasty Foods (Marketer-Distributor).
Manufacturer's Address: 343 Airport Rd., Oceanside, CA 92054. Phone: 619-722-8727.
Date of Introduction: 1989. January.
New Product–Documentation: Talk with Sam Ong of Dynasty Foods. 1992. Sept. 11. He buys these products, which he introduced in Jan. 1989, private labeled from Wy Ky Food Products in Los Angeles. Born in the Philippines, he is an American citizen; his father was Chinese and his surname is the Fukien [Fujian] pronunciation of the Chinese Mandarin name Wang. His company's main products are noodles.

8960. **Product Name:** Tofu, Tempeh, and Soymilk.
Manufacturer's Name: Gabriella Benjis Soyfoods.
Manufacturer's Address: Johannesburg, South Africa.
Date of Introduction: 1989. January.
New Product–Documentation: Talk with Paul Cohen, her friend. 1989. Oct. 27. Gabriella has been making these 3 products at home since about Jan. 1989. She also works at a natural food store, where she sells them, and distributes them through the Organic Soil Association. There is a Chinese tofu manufacturer in South Africa, but Paul does not known the company name, address, or year started.

8961. *Health Foods Business* (*Elizabeth, New Jersey*). 1989.

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Morinaga Nutritional Foods appointments: Danielle Lin. Jan. p. 28.
• ***Summary:*** "Danielle Lin has been appointed national sales representative for Morinaga Nutritional Foods, Inc."

"The host of a weekly radio talk show on nutrition, Lin has emphasized marketing, consumer education and media campaigns in creating a greater awareness of the company's tofu."

A portrait photo shows Danielle Lin.

Also in Natural Foods Merchandiser. 1989. March. p. 64.

8962. **Product Name:** [Tofu Cream Pies {Tofu Cheesecakes}].
Manufacturer's Name: Jerusalem Tofu.
Manufacturer's Address: Moshav Orah, Jerusalem 90880, Israel. Phone: 02-413-809.
Date of Introduction: 1989. January.
New Product–Documentation: Talk with Susan Ergas. 1989. May 1. She started making these in early 1989.

8963. Morinaga Nutritional Foods, Inc. 1989. Exercise your right to eat better with Mori-Nu (Ad). *Vegetarian Times.* Jan. p. 7.
• ***Summary:*** This full-page color ad for Mori-Nu tofu shows a healthy looking, elderly man in a sweat suit on an exercycle. A little girl and her mother are seated on the floor nearby next to a bowl of "Fabulous Strawberry Fluff" (recipe given), topped with strawberries. The little girl is offer the man her spoon. Mori-Nu tofu (2 types are shown) is promoted as having no cholesterol, being low in saturated fats ad calories, and being a versatile source of protein. "Children love the way Mori-Nu blends with favorite foods to make good tasting meals and snacks." The Mori-Nu logo says "Tofu for the American taste." At the bottom of the ad: "Mori-Nu reminds you to 'Dance for Heart'" followed by the American Heart Assoc. logo.

This ad also appeared in the April issue (p. 5) of this magazine. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

8964. Shurtleff, William; Aoyagi, Akiko. comps. 1989. Bibliography of tofu and tofu products: 3,939 references from A.D. 950 to 1989. Lafayette, California: Soyfoods Center. 466 p. Subject/geographical index. Author/company index. Partially annotated. Printed Jan. 26. 28 cm. [3939 ref]
• ***Summary:*** The most comprehensive bibliography on this subject. Includes all known commercial tofu products. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

8965. Sojarei Ebner-Prosl. 1989. Preisliste [Price list]. Augasse 2, A-2500 Baden bei Wien, Austria. 10 p. Manufacturer's catalog. [Ger]
• ***Summary:*** The company has two catalog/price lists: one (green) for food processors and one (yellow) for retail stores. Products made by the company have been marked by the author with an "S." In the front of each catalog is an organic certificate. The retail catalog contains 20 fresh products, 3 books, and 30 non-fresh products. Fresh products made by the company include Tofu Natur, Tofu Mariniert, Tofu Geräuchert, Tofu Pastete Siddhartha, Tofu Pastete Toscana, Tofu-Burger, Soja-Getreide-Laibchen, Gruenkern Laibchen, Dinkel Laibchen, Reis-Laibchen, Weizengluten Laibchen, Weizengluten, Badener Bratwuerstchen, Badener Grillwuerstchen, Brotaufstrich "Rusticana", Brotaufstrich "Holzknecht." Fresh products sold but not made by the company include soy tempeh, marinated tempeh, and soy sprouts. The company sells 3 recipe books: (1) Their own recipe book *Wichtig für Ernährungsbewusste* (Important for understanding of nutrition); (2) *Tofu: Essen mit Zukunft* (Tofu: Eating with the future) by Brigitte Vogenreiter and Clemens Kuby, and (3) *Schlank mit Tofu* (Slim with tofu; 117 recipes) by A.W. Dänzer.

The company also sells many non-fresh products including yellow soybeans (organically grown), soya flakes (*Sojaflocken*, not defatted), whole soy flour, tamari, shoyu, barley miso, Hatcho miso, brown rice miso, soba (buckwheat) miso, nigari, Bonsoy soyadrink (natural and cacao), Pinoccio Soybean coffee, and soynuts.

In the catalog for food processors, for example, the regular tofu, marinated tofu, and smoked tofu are each sold in 1 kg, 30 kg, 60 kg, 100 kg, and 200 kg amounts. Address: Baden (near Vienna), Austria.

8966. **Product Name:** [Tofinelle Tofu Sausages {Soya Mousseline with Capers} (Carrot, or Celery)].
Foreign Name: Tofinelle: Saucisses/Quenelles au Tofou (Carrottes, Céleri).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1989. January.
Ingredients: Carrot: Tofu (water, soya*) 75%, carrot (10%), sunflowerseed oil, egg white, wheat flour, spices, parsley, aromatics, salt. * = Organically grown.
Wt/Vol., Packaging, Price: 2 x 100 gm = 200 gm poly bag.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 176, protein 14.3 gm, carbohydrate 3.7 gm, fat 11.7 gm.
New Product–Documentation: Leaflet. 1988. Front and back. 6 panels. "These savory and light Tofinelles are eaten like "quenelles," reheated in the frying pan or oven, accompanied by a sauce of your choice." Cassell's French-English Dictionary defines quenelle as "forcemeat or fish ball." Letter from Bernard Storup. 1989. March 3. These products were all launched in Jan. 1989.

Label. 1989. In French and Dutch. 3.75 by 7.5 inches.

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Green, red, and yellow on white. Large background illustration of a carrot. Shows Nature et Progres logo for organically grown.

8967. **Product Name:** Vitam Tofu Seasoning [Mild (Herbal), or Spicy (Saffron)].
Manufacturer's Name: Vitam Hefe Produkt GmbH.
Manufacturer's Address: Walter-von-Selve Str. 2, 31789 Hameln, Germany. Phone: (40) 5151/95-400.
Date of Introduction: 1989. January.
Ingredients: Mild: Sesame, nutritionally grown yeast extract, soybean powder [soy flour], wheat bran, tomato extract, sea salt, oregano, natural spices. Spicy (Saffron): Sesame, nutritional yeast extract, soybean powder, wheat bran, garlic, sea salt, natural spices, pepper, soy sauce.
Wt/Vol., Packaging, Price: 1.75 oz glass jar.
How Stored: Shelf stable.
New Product–Documentation: Letter from Elke Heitmeyer of Scenario International in response to enquiry from William Shurtleff of Soyfoods Center. 1994. Jan. 11. The tofu seasonings were first sold in Germany under the brand name Vitam in Jan. 1989. They were first sold in the U.S. under The Organic Gourmet brand in March 1991.

8968. **Product Name:** Soy A Melt (Soy Cheese With Casein) [Cheddar style, Monterey Jack style, Mozzarella style, Jalapeno Jack style, Shredded Mozzarella style].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1989. January.
Ingredients: Tofu, soy oil, casein (non-fat dairy protein), sea salt, citric acid, lecithin, natural flavor, guar gum, annatto (vegetable color).
Wt/Vol., Packaging, Price: 8 oz vacuum pack retails for $2.89. Or 6 lb foodservice loaves.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 80, protein 8 gm, carbohydrates 1 gm, fat 4 gm, sodium 120 mg, cholesterol 0.
New Product–Documentation: Talk with Lon Stromnes. 1988. Nov. 9. The line of soy cheeses, introduced last week at the Baltimore Natural Foods Expo but without labels, are called Soy A Melt, in Monterey Jack, Mozzarella, and Jalapeno flavors. Made by one of the three large manufacturers (not by Soya Kaas), they contain casein.

White Wave News. 1989. Vol. 2, No. 1. Shows Label. "Soycheese. No Cholesterol. Imitation Cheese." Note: These cheeses are identical to TofuRella, and are private labeled for White Wave by Rose International. Spot in Natural Foods Merchandiser. 1989. April. p. 54. Leaflet. 1989. April. Profit from new Soy a Melt Cheese in Five Delicious Varieties. Cholesterol & lactose free. Low fat. High protein. All natural, no preservatives.

New (6/91) Label sent by Lon Stromnes. 1991. July 30. The product name is now written "soy-a melt." 4 inches square. Self adhesive. The Mozzarella is white and pink on dark green. Organic tofu is now used. Soyfoods Center taste test. 1990. April 25. Very nice, melted on crackers.

Note: These cheeses are made at a cheese plant on the East Coast of the USA. White Wave still pays Richard Rose (now doing business as Sharon's Finest) a commission, but the rate has been substantially reduced "because the contract ran down and some new things developed."

Leaflet (black and white, glossy, single sided, 28 cm) sent by White Wave. 1993. June 22. "Grate stuff. The moos is out. Now your customers can say cheese without cholesterol or lactose. Cheddar Style. Mozzarella Style. Jalapeno Jack Style, Monterey Jack Style. Garlic Herb Style. All natural. Made from organically-grown soybeans. Try our guaranteed sales program." The "White Wave Soyfoods" logo is in the upper right corner. A large photo of the Soy-A Melt: Cheddar Flavored Soy Product label is in the lower half of the leaflet.

Leaflet (black and white, single sided, 28 cm) sent by White Wave. 1993. June 22. "Cholesterol Free Pizza. Why lose 10-15% of our sales because of the failure to meet the needs of customers who are either vegetarian or concerned about cholesterol. A local pizzeria in Boulder makes 30% of its sales with White Wave Soy A Melt cheese. Just substitute White Wave Soy A Melt cheese for traditional cheese. Soy A Melt cheese is completely cholesterol-free and 99.98% lactose-free. It offers the taste and texture of dairy cheese without the cholesterol... For further information or assistance please contact Chef Leonardo [Laudisio], White Way Soy Products. (303) 443-3470. Fax (303) 443-3952.

Leaflet (black and white, single sided, 28 cm) sent by White Wave. 1993. June 22. "White Wave Soya A Melt fact sheet." "Highlights: Over 99.98% lactose free. No cholesterol. Low fat. Made from organically-grown soybeans. High protein. High calcium." Nutritional information per 1 oz serving." For 5 flavors of Soy A Melt, 2 flavors of Fat Free, and 2 flavors of Soy Singles. Ingredients for these same 9 SKUs; the top two ingredients in each are organic tofu and casein.

Talk with Richard Rose of Sharon's Finest. 1996. March 5. White Wave no longer buys cheese from Richard, and Richard is suing White Wave for breach of contract. Instead, White Wave now buys Soya Kaas and repackages it.

8969. *Toyo Shinpo* (*Soyfoods News*). 1989. Sômu-cho no kakei chôsa ni miru to, tôfu no juyô kotoshi mo bigen-ka [Domestic economy study conducted by the Dept. of General Affairs shows demand for tofu is decreasing slightly in Japan]. Feb. 1. p. 3. [1 ref. Jap; eng+]
• ***Summary:*** From Jan. to Oct. 1988 the average Japanese family spent 5,632 yen to purchase 70.53 cakes of tofu. The corresponding figures for 1987 were 5,758 yen and 71.93 cakes.

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8970. Delcuratolo, Raymond. 1989. Société Soy–France's largest tofu manufacturer–thinking of starting operations in America (Interview). *SoyaScan Notes.* Feb. 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Societe Soy, located in St.-Chamond, is thinking of starting a branch in America, perhaps in the Los Angeles area. Their main products might be: 1. Tofu Burgers (*Croque Tofu*) sold in 4 flavors and eaten in France with a sauce, not between buns like a typical U.S. burger. 2. Tofu Sausages (*Roulades de Tofu, Tofinelle*) with Sauce and mushrooms or smoked salmon. These sausages, larger than a U.S. hot dog, are sold 2 in a package with the sauce. 3. Soy yogurt-like or parfait-like dessert (Soyeux), sold in 6 flavors. They now market these products (plus Tofast Soya Paste, Tofumé smoked tofu, and Granioc (wholegrain & tofu meatless burgers)) in England, and have a nice brochure to advertise them.

Raymond hopes to run the company in America, with Jean commuting. He is paying for this exploratory trip out of his own funds.

Note: Letter from Bernard Storup, president of Société Soy. 1989. March 3. "I was rather surprised that Raymond met with you in Lafayette. He has been a friend of Jean Preneuf's for years and has just sold his–well–business. He is thinking of doing something with us, surely in the U.S. We talked together of the opportunity to start a new tofu business over there, but I must say I'm not convinced that it is really a good idea. There is a French expression that says, 'You cannot run after two rabbits at the same time.'"

Note: As of Jan. 1995 this project has never happened. Address: France.

8971. Ester, Donald W. 1989. Re: Tibetan monks making tofu in Dharamsala, India. Letter to William Shurtleff at Soyfoods Center, Feb. 5. 2 p. Handwritten, with signature.
• ***Summary:*** "I've just returned from a stint of teaching at the Buddhist Institute of Dialectic Studies in McLeod Ganj near Dharamsala (Dharmsala), India, where the monks have been producing tofu for several years to help support the Institute. The principal tofu maker is named Kalsang. Their work conditions are primitive and mostly unsanitary but they manage to turn out about 30 kilos/week of reasonably acceptable tofu. From my own observations I suspect the market in the town could absorb three times the amount they produce and thus benefit themselves and the community. They have both of your books and know how to increase their capacity but do not have the funds for equipment which is more modern and for space to expand.

"I have promised to help them and am looking for sources of funds in the United States." Address: 1044 Webster St., Palo Alto, California 94301. Phone: 415-326-0559.

8972. Boeddeker, Ralph. 1989. Mit Tofu 100 Millionen Mark Umsatz: Das Reinheitsgebot fuer Deutsche Wurst ist gefallen–Naturkost-Hersteller rechnen mit Zuwachs [With tofu, sales of 100 million German marks: The standard of purity for German sausage has fallen–Natural-foods producers count on growth]. *Welt am Sontag* No. 7. p. 33. Feb. 12. Sunday. [Ger]
• ***Summary:*** Describes the very successful soymilk plant sold by Soya Technology Systems (DTD) to DE-VAU-GE in Lueneburg, West Germany. Michael Makowski, healthy looking, in his 50s, and managing director of the company, introduces a meatless banquet and explains that he has been a vegetarian for 30 years. The future for this producer of vegetarian foods looks very bright. Meatless sausages or those extended with soy are seen as becoming increasingly popular. The company is now approaching the 100 million mark sales level and employs 350 men and women. It is in the top 10 of the 70 manufacturers of natural foods in Germany, with a market share of about 10%. Each year it ships about 15,000 tons of natural foods from Lueneburg to the country's roughly 2,700 Reformhaeuser (natural/health food retail stores). The company makes an assortment of 300 vegetarian food products, mostly from cereal grains and soybeans. The latter, grown in the USA, Brazil, and China, offer many possibilities. They can be fashioned into spread for bread, milk, or tofu.

Makowski sees the market for tofu, which resembles Quark, as especially promising. It can be nicely seasoned with spices such as paprika, curry, soy sauce, and/or herbs, and made into meatless sausages. The Reformhaeuser pioneered in introducing non-dairy margarine, whole-grain bread, and Muesli to Europe. Makowski sees the next wave as being tofu boom products. A photo shows the company's 3-level soymilk plant that produces 20 million liters a year in 500 ml and 1 liter containers.

Note added by Anders Lindner, head of STS: Up to now the plant has produced soymilk and desserts. Soon they will also start to produce tofu sausages, yogurt, and pâtés.

Mr. Makowski, eyeing the big potential market for tofu products, is a bit worried that the big food heavyweights such as Unilever, Nestlé, Kraft, etc. might enter this market. When the sale of tofu products begins, DVG's sales are expected to exceed DM 100 million. Address: Lueneburg, West Germany.

8973. *Sun* (*North Vernon, Indiana*). 1989. Tofu plant good venture. Feb. 7.
• ***Summary:*** "According to research by Purdue University scientist Philip E. Nelson, the Great Lakes region is well-suited for a tofu production plant... Nelson, a researcher and head of Purdue's Food Science Department, concluded that a tofu production plant would be good for investors, farmers and the Midwest economy. His research is part of an ongoing study of proposed value-added investments in Indiana."

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8974. Terault, Michael. 1989. Tomsun emerges from bankruptcy, town to be paid. *Recorder* (*Greenfield, Massachusetts*). Feb. 9. p. 1, 12.
• ***Summary:*** "Tomsun Foods International emerged from bankruptcy Wednesday after a federal judge approved the tofu company's reorganization plan. The plan allows Tomsun to settle its debts with some 200 unsecured creditors and continue operation under new ownership. The company had filed for protection from its creditors under Chapter 11 of the U.S. Bankruptcy Code last spring. Under the reorganization, the company's soybean-based products will no longer be made in Greenfield, but in New York and Vermont by contracted suppliers." The former Tomsun building was sold recently. Tomsun will open a local sales office, with a staff of 5, at 247 Wells St. Sales and marketing operations will also be conducted in Boston and New York. William Holmes of Port Washington, New York, bailed out the company when he agreed to buy it. "Holmes has 35 years experience in the dairy food industry and has managed $1 billion worth of Beatrice Foods' business. He pioneered the introduction of Dannon frozen yogurt to consumers...

"The creditors agreed to relinquish their claims on the company in return for 12 percent of Tomsun's new stock. Another eight percent of the new stock will be distributed to existing stockholders. Holmes will get the remaining 80 percent... Some 445,000 shares of the company's stock had been issued at $10 each in December 1986. Trading of the stock had been suspended last spring."

Production of Jofu will now take place in Hardwick, Vermont. Tomsun's other food products will be made in New York. Address: Staff reporter.

8975. Breathed, Berke. 1989. Bloom County (Cartoon). *Washington Post Writers Group–Syndicated.* Feb. 12.
• ***Summary:*** This 6-part cartoon begins with C. Everett Koop (former Surgeon General of the USA and advocate of healthy living), dressed in a military uniform, walking up behind Opus (the cartoon's penguin or "flightless waterfowl") who is smelling a flower in the great outdoors. Koop: "I wouldn't sniff that dandelion, son."

Opus turns around in astonishment. Koop: "Causes brain warts. And avoid picking your nose–leads to the heartbreak of tongue psoriasis. And no smokin'. No drinkin'. No sex. No motorcyclin'. No fats. No nitrates. No bacon. No sugar. No salt. No eggs.

"And no red meat" (said emphatically).

All of a sudden as huge block of tofu falls out of the sky, directly on top of Dr. Koop. It makes the huge sound "Foomp!!" as it squashes him–leaving only his hands, feet, and hat visible. Beans sprouts flutter down afterward. Opus jumps back in surprise.

Opus walks around the giant block of tofu, as a few more bean sprouts flutter down.

In the last frame he says: "Ironically enough, C. Everett Koop was done in by tofu and bean sprouts!!" i.e. by healthy foods.

8976. Lisseck, Paul. 1989. Re: Making tofu at Auroville, India. Letter to William Shurtleff at Soyfoods Center, Feb. 15. 2 p. Handwritten, with signature.
• ***Summary:*** Paul would like to start a tofu shop at Auroville, an international spiritual community at Kottakuppam, Tamil Nadu, southern India. A shop was started there in about 1976 and was still in operation in Jan. 1982, making 432 pieces of tofu a week. Paul writes: "I was able to contact someone who just returned from Auroville. I was told that, to the best of her knowledge, the original soy shop is no longer operating. It also appears that no tofu was ever sold (or distributed) outside Auroville itself. It would seem that this is a ripe time to get involved–perhaps both in Auroville and in India itself." Address: 507 W. Seneca St., Ithaca, New York 14850. Phone: 607-273-7601.

8977. Sundstrom, Jill. 1989. Soybeans part of nutritional shift. *Plain Talk* (*Vermillion, South Dakota*). Feb. 16.
• ***Summary:*** Ray Schulz of rural Vermillion is a farmer interested in promoting his crops–one of which is soybeans. Ray is chairman of the South Dakota Soybean Research and Promotion Council. He notes that the use of soybeans "in food products is nothing new. Soybeans have been used in making salad dressing and mayonnaise... Tofu is a cheese-type food made from soybean milk. Jofu, which also contains soymilk, is a relatively new yogurt-like dessert."

8978. Ritterband, Vicki. 1989. Lightlife Foods receives loan for expansion projects. *Recorder* (*Greenfield, Massachusetts*). Feb. 20. p. 2.
• ***Summary:*** The $756,000 loan package, which came from four sources (including the state and a local bank) will be used to double the size of Lightlife Foods' 6,000-square-foot plant, expand its product line and buy new equipment. The 10-year-old Fairview Street company, best known for its "Tofu Pups," has grown 35% annually for the past two years. The expansion will allow the company to make Tofu Pups in Greenfield.

8979. Stanus, Joan C. 1989. Tofu a tasty surprise to students. *Virginian Pilot* (*Norfolk, Virginia*). Feb. 23. p. 10-11.
• ***Summary:*** "Ann Wols admits it. Like millions of other Americans, she had her doubts about tofu at first. It looked pale and slimy, tasted bland and was of little importance except as a filler in Oriental stir-fried dishes...

"'I used to be a tofu cynic,' Wols explained... Then I read a cookbook my mother brought home and decided to try some things in it. We made Swiss steak from tofu and it was really good. So I've changed my mind about it.'

"'About a year ago, I became a vegetarian and found

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tofu is a good way to get your protein,' added her mother, Glenna Wols, who is also taking the class [at Tarrallton Community Center]. 'We found out that it's delicious because it's so versatile. It picks up the taste of whatever you put with it.'"

8980. Steinkraus, Keith H. 1989. Re: Producing and distributing a vacuum packed tofu without danger from botulism. Letter to Andrew Schecter, Northern Soy Inc., 545 West Ave., Rochester, New York, Feb. 27. 1 p. Typed, with signature.

• ***Summary:*** Dr. Steinkraus is a world-famous microbiologist who has conducted and supervised considerable research on the microbiology of tofu. After discussing good manufacturing practices for tofu, he concludes: "In my opinion, you can produce and distribute a vacuum packed tofu without danger from botulism." Address: Ph.D., Prof.of Microbiology emeritus, Cornell Univ., New York.

8981. Ali, Nawab. 1989. Soybean utilization in India as food source–rationale, status and progress. In: A.J. Pascale, ed. 1989. World Soybean Research Conference IV. Buenos Aires: Continuing Committee. xxviii + 2152 p. See p. 1767-72. [7 ref]

• ***Summary:*** Contents: Abstract. Introduction. Rational of using soybean as food source. Status of soybean production and utilization. Progress made under SPU Project (Soybean Processing and Utilization Project): Fullfat soyflour, soypaneer, soydal, soyflakes (not defatted; used in rice-based fermented products such as Idli and Dosa), soysnack, soy-badi, partially defatted soyflour, equipment for home / cottage level operation, pilot plants. Conclusions. Acknowledgements.

"Soybean has tremendous potential for alleviating protein-calorie malnutrition in cereal-based Indian diets. About one million tonnes of soybean produced annually is mainly used for augmenting edible oil resources. Soymeal is exported leaving a small fraction used in making costly texturized soy-proteins and soy-beverages which are beyond the economic reach of the majority of the Indian population.

"Under the Soybean Processing and Utilization Project sponsored by the United States Agency for International Development and the Indian Council of Agricultural Research, laboratory scale processes for making fullfat soyflour, soypaneer [tofu], soydal, soyflakes, soysnack, soybadi and partially defatted soyflour have been adapted / developed."

"Soysnack: Cereal based snack foods are quite popular in India. Addition of soybean improves the nutritional value. A process developed for making soy-based snack food consists of cleaning of cereals and treated soybean splits, grinding of the soy-cereal mixture into flour of IS:35 mesh, making dough, extrusion of the dough through a forming extruder at about 100ºC, semi-drying the extrudate, flaking, drying of flakes to 8% moisture and packaging. The flakes thus prepared from soy-wheat/sorghum/maize (30:70) have approximately 20% protein, 7% oil, 55% carbohydrates. Organoleptic test of deep fried snacks indicated that people like soy-maize and soy-wheat snack more than that of soy-sorghum.

"Soy-badi: It is a dehydrated and spherical shaped pulse based vegetable prepared in villages for house-hold consumption. Cottage level industries have also come-up to make BADI and sell it to urban population. It is generally made using greengram pulse along with other ingredients such as spices, salt, etc. The cost of one kg BADI is 20-25 Rs./kg (US $2.0/kg). BADI made from soybean can also meet the vegetable requirement at a very low cost with more and better protein. The process of soy-badi making consists of cleaning of soybean, dehulling and splitting, soaking of soysplits in water containing 1% NaHCO3 for 4 hours in bean-water ratio of 1:3, grinding of soaked soydal to make paste, addition of salt, spices, etc. as per taste, cooking for about 30 minutes, forming BADIS and then drying to 6-8% moisture. The soy-badi thus made has about 43% protein, 19% oil, and negligible trypsin inhibitor which is further eliminated during cooking of the BADI. Storage is done in polyethylene bags or metallic containers and up to 6-months there was no effect on quality of soy-badi."

Note. This is the earliest English-language document seen (Oct. 2012) that contains the word "soysnack." Address: Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering, T.T. Nagar, Bhopal–462 003, India.

8982. Dalodom, A.; Chainuvati, C.; Charnnarongkul, S. 1989. Rapid expansion of soybean production in Thailand. In: A.J. Pascale, ed. 1989. World Soybean Research Conference IV. Buenos Aires: Continuing Committee. xxviii + 2152 p. See p. 650-57. [9 ref]

• ***Summary:*** Soybean is an important field crop in Thailand. Production has increased from about 100,000 tonnes in 1980 to 366,400 tonnes in 1986, the peak year. Yields in the same period rose from 793 to 1,238 kg/ha. There are three seasons for soybean cultivation: early rainy season, late rainy season, and dry season.

Soybeans produced in Thailand are used in food products in two ways: First, the medium scale food industry produces soy milk and soy starch for local food mixtures. The other is family-scale food industry that produces fermented soybean chip for food ingredients, bean sprout, custard, curd [tofu], local soymilk and Tao si, etc. The main industries for soybean grain are oil and meal. Soybean oil annually produces about 40,000–45,000 tonnes. It can be categorized into 2 groups: 1. Sea food product canning that demands 15,000 tonnes of soybean oil a year. 2. Cooking oil, resin for light color paint and other canning uses which demand about 25,000–30,000 tonnes a year. Address: Dep. of

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Agricultural Extension, Bangkhen, Bangkok, Thailand.

8983. **Product Name:** Super Soy Soymilk (Plain, Vanilla, or Chocolate), and Tofu.
Manufacturer's Name: IndoVita Soya Ltd.
Manufacturer's Address: Ghaziabad, India.
Date of Introduction: 1989. February.
Wt/Vol., Packaging, Price: 200 ml pillow pack plastic pouch.
How Stored: Shelf stable, 10-14 day shelf life. Refrigerate after opening.
New Product–Documentation: Talk with Mahesh Khaitan. 1989. Aug. 6. This soymilk was introduced in Ghaziabad in Feb. 1989. The company is a very small one; they bought a small plant from Japan. They also make a little tofu, sold in a 200 gm plastic pouch surrounded by water.

Letter from A.K. Bajaj, Managing Director of Amrit Protein Foods Ltd. 1991. June 26. This company is no longer in business. Formerly they were marketing their soyamilk and tofu under the brand name of Super Soy.

8984. Medoff, Marc. 1989. Rockland tofu lover making mark on local soy scene. *Whole Life.* Jan/Feb. p. 85.
• ***Summary:*** Ex-Brooklynite the loveable and feisty former graphic artist "Soy Man" Sam Weinreb is the 62 years young founder of Local Tofu of West Nyack, New York. Nearly 8 years ago he started making tofu commercially in Haverstraw, and about 4 years ago he moved to 307 Route 59, West Nyack. The company now makes more than 1,500 lb/week of bulk tofu as well as hundreds of pounds of fresh soymilk, tofu salad, and soysage, distributed to health foods stores over a 50 mile radius. Organic soybeans are used in all products.

A large photo shows Sam, wearing a baseball cap and holding a paddle in his left hand, as he finishes making a fresh batch of tofu at Local Tofu in West Nyack, New York.

8985. **Product Name:** Whey-To: Protein Supplement (Whey-based Diet Powder).
Manufacturer's Name: ModernMeditech International.
Manufacturer's Address: Las Vegas, Nevada 89109.
Date of Introduction: 1989. February.
Ingredients: Pro-tech (whey protein concentrate, dried tofu powder, sodium caseinate), fructose, partially hydrogenated soybean oil/M.C.T. blend, natural flavors, potassium chloride, lecithin, magnesium oxide, manganese oxide, Vitamin A Palmitate/Beta Carotene blend, d-calcium pantothenate, pyridoxine HCl, riboflavin, thiamin hydrochloride, cobalamin concentrate (B-12), Vitamin D, folic acid, biotin, iodine (kelp), tricalcium phosphate, GTF chromium, and selenium.
Wt/Vol., Packaging, Price: 24 oz (681 gm).
How Stored: Shelf stable.
Nutrition: Per 30 gm.: Calories 130, protein 12 gm, carbohydrate 16 gm, fat 2 gm.
New Product–Documentation: Label. 1989. 5.25 diameter. Plastic tub. Lid is solid white (without writing, illustration). Side of container is orange and brown on white. Illustration: Bird with sun; slender woman silhouette within larger figure. "Whey-to is unique among protein supplementation. Whey-to features a neutral flavor which can be blended with fruits, flavors and other food extracts to make this a versatile food for direct consumption or as an additive to casseroles, soups, and other foods. Whey-to is an excellent source of balanced proteins with the highest available Protein Efficiency Ratio (PER) and is useful for the elderly, growing children, and active adults.

"Suggested use: As a protein supplement, add 2 tablespoons of Whey-to to 8 oz of water, juice or milk and stir. For best results, mix in blender with the liquid of your choice and 2-3 ice cubes.

"Important notice: This product should not be consumed as a sole source of nutrition: Consume at least one well balanced meal per day. Follow the accompanying dietary recommendation."

8986. *Mori-Nu Healthy Life* (*Los Angeles*). 1989--. Serial/periodical. Morinaga Nutritional Foods, Inc., 5800 S. Eastern Ave. #270, Los Angeles, CA 90040. Bimonthly. Susan Bucher, editor. Vol. 1, No. 1. Jan/Feb. 1989. Published for the members of the Mori-Nu "Health for Life" Club.
• ***Summary:*** Formerly titled *Healthy Times.* Each issue, typically 6 pages, discusses the merits of tofu and Mori-Nu silken tofu. Recipes and coupons are now included in the magazine. "Published for members of the Mori-Nu 'Health for Life' Club." Address: Los Angeles, California.

8987. *Natural Foods Merchandiser.* 1989. Soy inspirations: With plenty of new products on the horizon, retailers should begin to plan now for a sizzling Soyfoods Month in April. Feb. p. 12-13.
• ***Summary:*** Sales of soyfoods (tofu, soymilk, soy sauce, miso, other such as entrees, cheese, ice creams, meat analogs, etc.) are estimated to be $638 million for 1987 and $682 million for 1988, and projected at $754 million for 1990. Discusses Corporate Culinary Carnival soyfoods promotions by Judy Brown, and a soyfoods cooking contest by Mike Shields of Food For Thought in Long Island, New York. Winners received their weight in tofu. The unique idea made it into the pages of *USA Today.* Among the 30 entrants, winners were selected in 3 categories: entree, dessert, and beverage.

8988. **Product Name:** New World Tofu Burger.
Manufacturer's Name: New World Natural Foods.
Manufacturer's Address: 157 Sutherland Rd., Brookline, MA 02146. Phone: 617-232-5973.
Date of Introduction: 1989. February.

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New Product–Documentation: Talk with Emily Merghart. 1989. Aug. 18. This product was introduced in Feb. 1989. The tofu burger itself is made for her by 21st Century Foods.

8989. Packaged Facts. Subsidiary of FIND/SVP. 1989. The Oriental foods market. 625 Avenue of the Americas, New York, NY 10011. 225 p. Feb. [1 ref]
• ***Summary:*** Contents (main divisions): I. Introduction. II. The overall market, including a brief history in America. The market leaders, in descending order, are La Choy, Stouffer, Chun King, Nissin, Kikkoman, Budget Gourmet, JFC. III. The frozen segment. IV. The canned/packaged segment: Sauce sales now over $100 million and soy sauce nearly 3/4 of all sauce sales. V. The tofu segment (detailed below). VI. The dry soup segment: Nissin number one. Appendix: Company profiles: BCI Holdings Corp., Nestlé S.A., Nissin Foods Co., Kikkoman International (in American since 1956). ConAgra, Sanwa Foods, Others (Kraft, Benihana, JFC International).

Section V is "The Tofu Segment" (p. 153-178). Contents: I. The products: Brief history. A protein staple in the Orient. The Miracle food. Tofu high in protein. Calcium content can be high. How it is made. Raw tofu the most common form. Other forms found in specialty stores. How tofu is used.

II. The market: Tofu sales reach $71 million in 1988 (Gives dollar volume in millions from 1984 [$57] to 1988 [$71]. Source: Packaged Facts). III. Factors in future growth: Popularity of Oriental cuisine. Tofu adopted by dieters and health conscious. Consumers attracted by low price. Dinners and entrees being introduced. Tofu helpers (Betty Crocker's Oriental Classics Dinners [General Mills] call for the addition of tofu, chicken, or meat). Tofu substitutes are proliferating (value-added tofu based ice creams, puddings, burgers, cheese, hot dogs, salad dressings, etc.). Interest by corporate giants (Pillsbury and Carnation). Tofu used in U.S. National School Lunch Program (it is estimated that 50 million lb of soy proteins are used each year in school lunches). IV. Projected sales: $119 million market by 1995 (7-8% dollar increase annually). V. Market composition: Raw tofu over half of sales. Supermarkets account for 60% of sales. V. The Marketers: Field narrowed to 150 or fewer marketers. Four major marketers (Hinoichi, Azumaya, Morinaga, Nasoya; produce 100,000+ weekly). The second echelon (Northern Soy, Quong Hop, White Wave, Island Spring; produce 15,000–30,000 lb/week). VI. The competitive situation: Precise market shares unavailable. Hinoichi, Azumaya, Nasoya, and Morinaga lead. Tomsun, failing with Jofu [tofu yogurt], files for Chapter 11. Watch out for Kikkoman. VII. Advertising and promotion: No measurable expenditures (except by Tofutti). VIII. Packaging: Plastic and foil. IX. Distribution and retail: Distribution. 60% of raw tofu sold in supermarkets. Pricing includes higher margins. Assortment. Most tofu shelved with produce. Pricing data at the retail level: In its *Key Price Book,* Marketing Services Corporation publishes detailed information on tofu products sold in California supermarkets. This includes data on package sizes, case sizes, competitive pricing, margins, and promotional discounts. Figures for Kikkoman Kinugoshi, and two textures of Morinaga were compiled on 1 Feb. 1989. X. The consumer: Size of user base unknown. Roper poll reveals a dislike of tofu. Those most likely to use. Address: New York. Phone: 212-645-4500.

8990. **Product Name:** Paul's New and Original Brown Rice Tofu Sandwich [Less Spread, More Veg].
Manufacturer's Name: Paul's Organic Food Works.
Manufacturer's Address: P.O. Box 431, Fairfax, CA 94930. Phone: 415-453-2360.
Date of Introduction: 1989. February.
Ingredients: Short grain brown rice*, spring water, nigari tofu*, sprouted wheat tortilla*, toasted tahini, barley miso*, green onions* or leeks*, carrots*, seasonal green*, cabbage, lettuce*, clover sprouts*, shoyu*, sesame oil*, garlic*, ginger*, apple cider vinegar, unrefined sea salt, spices. * = Organically grown per Cal. Health Code Sec. 26569.11.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Paul Duchesne. 1989 Aug. 11. 5.5 by 2 inches. Black on green paper. "12 happy ounces. For the best taste, remove from refrigeration one hour before eating. To eat: Open bag–Tilt sandwich in bag–fold bag down." Illustration of animated product, with smiling face on tortilla, arms, and legs. On the back of each is a statement: "Concentrate on the issues, not the individuals..." The statement is changed weekly. Talk with Paul Duchesne. 1989. Aug. 16. Introduced in Feb. 1989.

8991. Ray, Pamela. 1989. Tofu progress. *East West.* Feb. [1 ref]
• ***Summary:*** A witty response to the dubious "That's Progress? Award" given to Mori-Nu Tofu in East West's "Third Annual Best & Worst Awards" in the Oct. 1988 issue. Address: Public Relations, Account Executive, Hakuhodo Advertising America, Los Angeles, California. Phone: 213-388-5200.

8992. Rhee, Khee Choon. 1989. Production of soy protein ingredients and products. In: A.J. Pascale, ed. 1989. World Soybean Research Conference IV. Buenos Aires: Continuing Committee. xxviii + 2152 p. See p. 2142-51. [9 ref]
• ***Summary:*** Contents: Use of expanders in soy processing: Background, the new expander technology. Industrial ultrafiltration membrane technology: Background, preparation of soy protein isolates, preparation of bland soy milk and wet-curd type food products, preparation of low-salt soy protein hydrolyzates. Address: Food Protein R&D

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Center, Texas A&M Univ., College Station, TX 77843.

8993. Rose, Richard. 1989. Tofu-Rella, NuTofu, and Cemac: Soy cheeses in America (Interview). *SoyaScan Notes*. Feb. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** When Rose International's Tofu-Rella was launched, it tended to displace Cemac's NuTofu, which had previously been the lowest-priced soy cheese. Tofu-Rella is now the lowest priced brand of tofu-based cheese. The market has segmented by price into low price (Tofu-Rella), medium price, and high price (Soya Kaas). Tofu-Rella sells for about half the price of Soya Kaas.

Cemac is a division of Trugman-Nash which imports and exports at least $20 million a year of casein, dry milk, whey, and the other such powders. They had a plant in Philadelphia that made imitation cheeses and was operating at only a fraction of their capacity. Just as they were considering closing it, Bob Savar went to them and convinced them to make a tofu-based cheese. They did it mainly to keep from having to close the plant. Savar worked as a broker for them. Richard Rose started to serve as a broker for Cemac in June 1987 and continued until Jan. 1988. Both Rose and Savar stopped working as brokers when they felt they were not being paid properly. Address: P.O. Box 5020, Santa Rosa, California, 95402-5020. Phone: 707-576-7050.

8994. Shurtleff, William; Aoyagi, Akiko. comps. 1989. Marketing soyfoods–Labels, ads, posters, and other graphics: Tofu second generation products, varieties, and okara products (1986-1988). Lafayette, California: Soyfoods Center. 266 leaves. Feb. 25. Illust. No index. 28 cm. Series: Marketing soyfoods.
• ***Summary:*** This book is a collection of black-and-white photocopies of materials ranging in date from 1986 to 1988. The books in this series, each a unique collection of graphic materials, are designed for a number of purposes: (1) To serve as a source of ideas, ingredients, inspiration, legal specifications, and basic guidelines for companies in the process of developing their own products, designing their own graphic materials, and conceiving their own marketing strategies. (2) To document the tremendous diversity of soyfoods products and the way that each is presented and marketed. (3) By arranging the materials in chronological sequence, to help document the development and history of new product categories and soyfood types, and with them the rise of the soyfoods industry and market in the Western World. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

8995. **Product Name:** Naturally Tofu Ice Cream (Frozen Dessert Mix) [Vanilla, or Carob].
Manufacturer's Name: Sovex Natural Foods, Inc.
Manufacturer's Address: 9104 Apison Pike, Box 310, Collegedale, TN 37315. Phone: 800-227-2320 or 615-396-3145.
Date of Introduction: 1989. February.
Ingredients: Vanilla: Crystalline fructose, soy oil, maltodextrin, corn syrup solids, tofu, sodium caseinate, natural vanilla and vanilla bean, sea salt, soy lecithin, cellulose, guar, xanthan and carrageenan gums.
Wt/Vol., Packaging, Price: 16.7 oz can. Retails for $4.99 (4/89).
How Stored: Shelf stable.
New Product–Documentation: Talk with Sovex. 1989. Feb. 28. The product was first sold commercially in mid-Feb. 1989. The name is Naturally Tofu Ice Cream. There are 2 flavors. Leaflet. 1989. April. "Sovex–The granola people. New items introduction: Naturally Tofu Ice Cream." Lists the ingredients for both flavors.

Products with Labels (Vanilla, and Carob) and leaflet sent by Sovex. 1993. Oct. 12.

8996. **Product Name:** [Smoked Tofu, and Tofu Burger].
Manufacturer's Name: Tofurei Jutta Schoenemann.
Manufacturer's Address: Doerflaser Weg 22, D-8521 Aurachtal, West Germany. Phone: (09132) 60143.
Date of Introduction: 1989. February.
New Product–Documentation: Form filled out by Jutta Schoenemann, owner. 1989. Feb. 1. The smoked tofu was launched in Jan. 1989 and the tofu burger in Feb. 1989.

8997. Wilson, J.C. 1989. The commercial utilization of soybeans, soymilk and soymilk derivatives. In: A.J. Pascale, ed. 1989. World Soybean Research Conference IV. Buenos Aires: Continuing Committee. xxviii + 2152 p. See p. 1750-61.
• ***Summary:*** Abstract. Introduction. Philosophy of preparing soybase: The enzyme lipoxygenase acts as a catalyst, inducing the oxidation of fats to create aldehydes and ketones–"beany" flavour and aroma. The enzyme lipoxygenase can be inactivated in hot water by exposure to temperatures exceeding 80ºC and destroyed by a temperature of 85ºC for two minutes. Excessive heat causes protein insolubility. Ancient method for processing of soymilk.

Dehulling. Cornell hot grind method to control bean flavor: this is the "landmark development of the modern soymilk industry." Blanching (University of Illinois method; steaming dehulled cotyledons before grinding, with no removal of fibre / okara). Problem of "chalky mouth feel [and throat-drying effect]. Removal of fiber (The "Japanese soymilk industry has followed the Illinois method but solved the chalkiness problem by a fibre removal step"). But 2 new problems: protein insolubility and protein instability in aseptically filled UHT soymilk. From 1978 to 1983 the Japanese soymilk market grew at about 85% a year, however the price of soymilk exceeded that of cow's milk.

Alfa Laval's soybase extraction line Soyal. Alfa-Laval

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does no dehulling and double grinding in hot water in an air-free environment. One goal is to inactivate 85% of the trypsin inhibitor (see Fig. 5). Market trends. Future expectations: Soybeans without lipoxygenase, growing acceptance of soymilk and products made from soymilk, strong growth of tofu (especially of aseptically packed tofu with spices), realisation of the importance of quality soy foods in school lunch programs. Address: Alfa-Laval Food & Dairy International AB, Postbox 72, 221 00 Lund, Sweden.

8998. Messinger, Lisa. 1989. Food of the future has rich past. *Antelope Valley Press* (*Palmdale, California*). March 1.
• ***Summary:*** A brief history of tofu. The author is now writing "The Tofu Book" for Avery Publishing Group due out in November. Address: Health/Nutrition Staff Writer.

8999. Tanasychuk, John. 1989. Student project: Make tofu taste good. *Detroit Free Press.* March 1.
• ***Summary:*** Sixth-grade science students at Larson Middle School in Troy, Michigan, were recently asked to evaluate their classmates' tofu recipes. "As part of science teacher Gail Ziegler's unit on protein alternatives, more than 60 students in three classes were asked to come up with original recipes using four ounces of an ingredient many of them couldn't stomach. Some of them still can't.

"Even though Dragana Bjelobrk, 11, was lucky enough to walk away with a mechanical pencil and a Nancy Drew mystery for her Tofu Italian Meatballs, the white stuff will always be what she calls 'yucky.'

'I thought it was disgusting,' says Bjelobrk, who had the help of her parents in dreaming up her recipe. 'It looks like some kind of cheese and it doesn't really have any kind of taste.'...

"Jason Chan, who won a prize for his Tofu Turkey Taters, figures his familiarity with bean curd may have given him the edge... Tisha Hausmann, who still doesn't like tofu, didn't win a prize with her Hamburger Pie. 'I thought it was gross looking,' she says." Address: Free Press Food Writer, Michigan.

9000. Pedrick, Ed. 1989. Clofine spray dried tofu (Interview). *SoyaScan Notes.* March 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ed has been with Clofine since 1982. He is age 36, a vegetarian, and has *The Book of Tofu.* In 1983 he heard that Tofutti was having trouble making their soy ice cream. He began to work with them to develop a spray dried tofu. Clofine's specialty is drying dairy milk and whey powder; they move 50-60 million pounds of these a year. By late 1983 Clofine was having made and selling a spray dried tofu to Tofu Time, Inc. Tofutti wanted to keep the arrangement secret, but this is no longer a problem for them. Growth of sales was very rapid at the beginning, then it slowed and now it is again rapid, more than doubling each year. In the past 5 months Clofine has sold more product than they sold in the previous year.

Clofine has soybeans dehulled and ground to a fine flour, which is taken to the Armour Foods plant in Springfield, Kentucky. Under license from Clofine, they use the flour to make soymilk, coagulate the milk with calcium sulfate, then slurry the curds and spray dry the slurry for as little as $0.18 to $0.20/lb. The maximum solids content in the slurry is 26%. They could (but do not) add a small amount of polysorbates to lower the viscosity. They keep costs down by running large batches. Pareve (pronounced par-VAY) products require the plant to be shut down for 24 hours before a run, then a rabbi must come, inspect, and stay during the run. Cleanup afterward takes 4 hours. Clofine's spray dried tofu sells for about $1.50/lb. and their spray dried soymilk for $0.70 to $0.85.

Clofine has been working for the past 2 years with Raj Gupta and his ProSoya process, which seems to give better flavor and functionality than their current process. Address: Clofine Dairy & Food Products, Technical Director, P.O. Box 335, Linwood, New Jersey 08221. Phone: 800-441-1001.

9001. Storup, Bernard. 1989. Re: History of Société Soy–France's largest tofu manufacturer. Letter to William Shurtleff at Soyfoods Center, March 3. 3 p. See p. 1-3. [Eng]
• ***Summary:*** Soy (also called Société Soy or Soy S.A.R.L.) was founded in Feb. 1982 by Bernard Storup and Jean de Preneuf. (Note that "Société" means simply "company" and S.A.R.L. means "Société a Responsabilite Limitée," like GmbH in German). S.A.R.L. is the legal type of company, and it is compulsory to have this term on all official papers in France. Bernard came from a family of dairy product manufacturers. In the minds of customers and other companies this company's name is "Soy," a term which in French has no particular connection with soybeans.

Bernard and his wife Françoise came to America in Nov. 1980 to study tofu and soymilk around the country; they stayed until July 1981, attending the Soycrafters' Conference at Colorado State University. Jean de Preneuf did the same thing from Sept. 1980 to July 1981. Most U.S. tofu companies were still small and inexperienced at the time, but those which Bernard and Jean found most interesting were Island Spring, Nasoya, New England Soy Dairy, White Wave, and Swan Gardens (Miami, Florida). Jean and Françoise also visited with William and Akiko Shurtleff in California.

Upon returning to France, Bernard and Jean set up a soy dairy (600 square meters) in Cerny, a small village located (35 km or 22 miles) due south of Paris, near places named La-Ferté-Alais and Torfu. They started to make tofu commercially in June 1982. By 1983-84 they were making 2,500 kg/week (5,500 lb/week) of tofu.

In December 1986 the company stopped production at Cerny and moved to a larger (1,400 square meters) and

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more rationally designed plant located 500 km (310 miles) south of Paris in the foothills (elevation 600 meters) in St.-Chamond, near St.-Etienne, a little southwest of Lyon. Situated on the border of the Pilat Natural Regional Park (Parc Naturel Regional du Pilat, 65,000 ha or 161,000 acres) they had a nice view of the mountains. They moved to this location for two main reasons: (1) Because it has some of the best French water (of the same phreatic groundwater origin as most French mineral water such as Badoit, Evian, Vittel, etc.); (2) Because of the geographic location, being at the center of France, only 2 hours by road from Switzerland and Italy, 4 hours from Germany, less than 4 hours from Paris, and 5 hours from Spain. Production at Saint-Chamond began in Jan. 1987.

"Throughout the years we have developed our own technology and equipment, and have now a rather good quality soymilk and tofu. At present, we carry different families of products on 3 different markets.

"(1) The health-food market. Up to now it has been our main market, and we are now distributing to nearly all health-food stores equipped with a cooler (about 1,500 out of a total of 2,500 in France). The distribution itself is all done through specialized distributors in this field in France (about 20). We are the leader in this market (being practically alone), but this field is nearly saturated for our products. We should see a maximum increase of 20–30% in the next 3 years, as these traditional health-food stores are getting more and more competition from supermarkets. We are presently in the same type of market in Switzerland through a distributor, and directly in Germany and Belgium.

"(2) The food industry. They are looking for a 'soy-base' to lower fats in cooked pork meats (sausages, pâtés, etc.), or to use in prepared cooked foods ('plats cuisinés', or to fill pastas, etc.). We sell them bulk vacuum-packed tofu pieces of 3–4 kg each. In terms of volume, this market should be the more important in the future, but not in terms of sales, as prices are of course rather low. We began (January 1989) to sell soymilk in bulk (by 25,000 liters tank) to distributors interested in having their own brand-names, and dealing with supermarkets or the health-food market. This soymilk is packaged in Tetra-Brick cartons by another company. Up to now we haven't carried our own brand. There will be such competition (in price) with soymilk in Europe in the forthcoming months that it may be better to stay as a simple supplier. Anyway our position can change rapidly. We should produce about 2 million liters of soymilk this year, having contracts already for more than 1 million, on a market estimated at 7 to 10 million liters in France in 1988. The soymilk market is estimated to increase at 20 to 30% a year for the coming years, and most supermarkets are now considering having their own brands. Prices to final consumers have been rather high up to now (9 to 12 French francs [FF] per liter), and should drop clearly in the future. The leader in Europe, Vandemoortele (with Provamel, etc., brands), lowered his prices twice last year in France. Anyway, these figures are and will remain extremely weak compared to the traditional milk market (plus the dairy lobby takes a strong position against these substitutes in the E.C.C.).

"(3) The super and hypermarkets. These represent actually 54-55% of total food sales in France (1.5% for health-food stores, 5% for co-ops and direct from factory sales, the rest for traditional grocery stores). We will introduce 4 complete lines of products with complete new packaging in April 1989, on a new brand, 'Jean de Preneuf' (remember 'pre' means field, and 'neuf' new), 'SOY' being our brand-name for health-food markets. We do actually 2 or 3% of our total sales in this market, and hope to be at 35% at the end of 1989.

"Last year we sold about 550 tonnes of tofu, most of it under a prepared form (burgers, sausages, desserts, etc); sales of plain tofu represent about 23% in tonnage, but only 10% in turnover. We had a total sales in 1988 of about 13,000,000 FF, and nearly no profit (35,000 FF). This can be explained by the fact that we had very heavy investments, mainly to automate the production, and because we have a policy of very reasonable prices (all those who tried to enter the health-food market became aware of this). For 1989, we should have total sales of 18 to 19,000,000 FF (introduction in supermarkets, soymilk sales, sales development in Germany, etc.). This should represent 750-800 tonnes of tofu plus about 2,000 tonnes = 2,000,000 liters of soymilk. We actually use only organic French soybeans, and have the 'Nature et Progres' organic certification symbol/slogan for all of our products, which is the best one you can have for organic products.

"There are 27 people working in the company, half of them being technicians with a strong professional background (from the dairy industry, agricultural engineers, automaticians, etc). Jean and I have 90% of the shares, 10% belonging to people working in the company."

The company presently has about $2 million (12 million francs) annual sales. Bernard is the owner and head; Jean is in PR and sales. Their main products are: 1. Tofu Burgers (Croque Tofu) sold in 4 flavors and eaten in France with a sauce, not between buns like a typical U.S. burger. 2. Tofu Sausages (Roulades de Tofu, Tofinelle) with Sauce and mushrooms or smoked salmon. These sausages, larger than a U.S. hot dog, are sold 2 in a package with the sauce. 3. Soy yogurt-like or parfait-like dessert (Soyeux), sold in 6 flavors. They now market these products plus Tofast Soya Paste, Tofumé smoked tofu, and Granioc (wholegrain & tofu meatless burgers) in England, and have a nice brochure to advertise them.

In April 1989 the company changed its legal status from Soy S.A.R.L. to Soy S.A. (Société Anonyme), and added 400 square meters of extra cooler and storage space.

In a form filled out for Anthony Marrese in Nov. 1989,

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Bernard noted the following production figures: Tofu & Tofu Fumé 3 tonnes/week. Tofu Burgers (Croque Tofou) 2 tonnes/week. Soy dessert (Soyeux [pudding]) 2 tonnes/week. Tofinelle sausage 2 tonnes/week. Soymilk 30,000 liters/day (Maximum capacity 3,000 liters/hour). Société Soy is under a confidentiality agreement with APV of England and Alfa-Laval of Sweden, both of whom are supplying equipment to them. Anthony notes that all Société Soy products are professionally done and very good.

Update 1990 March 10. In Oct. 1989 a new syndicate of 7 large French soyfoods manufacturers was formed. Société Soy is one of the members. In Nov. 1989 a new partner and investor came into the company. He now owns 20% of the stock. He is the brother-in-law of the leader of the most powerful food group in France. Société Soy now employs about 30 people, an excellent team. Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.23.66.

9002. Storup, Bernard. 1989. Re: The soyfoods and tofu markets in Europe and France. Letter to William Shurtleff at Soyfoods Center, March 3. 2 p. Typed, with signature on letterhead. [Eng]

• ***Summary:*** "The coming competition in the soyfoods market in Europe will be quite different from what happened in the U.S. There will soon be no room for small companies. The competition in the complex market with its high population density leads most food industry companies to have a necessary minimum critical size, and this will be more true than ever starting in 1992 with the complete opening of national boundaries within the EEC. From now on we should not see the opening of small-scale tofu manufacturers in Europe–at least not viable ones that are larger than community scale.

In France, the soyfoods market should evolve rapidly in two main directions in terms of products. In nearly all cases, tofu will be used as an ingredient, and not presented as plain tofu or soya. One major new area is dairylike products ("produits apparentés laitiers" in French). Most big dairy companies are now working on soy-based yogurts. The first major company to put such a product (Sojasun, major launch in Oct. 1988) in supermarkets is Laiterie Triballat (rue Julien Neveu, 35530 Noyal-sur-Vilaine, France. Phone: 99.00.51.01). They are mainly cheese makers and have nationwide distribution. They also own Bonneterre S.A., the leader in France for fresh products on the health food market. Triballat plans to sell about 40 million x 100 gm yogurt cups (4,000 tonnes) the first year, for a total sales of about 70 million French francs (FF). The product is relatively good but rather sugary. Last October, Triballat had a national TV ad campaign to launch its products for 2 weeks on our 5 networks, costing about 10 million FF; another will appear in the spring. Within a year, 1 or 2 other major dairy companies should be on the market with similar products.

But actually the market will be much bigger for "mixed cheeses" (made from a mixture of cow's milk and soymilk). Most major cheese makers are working on such products, but nothing should be launched before at least 1 year. We already tasted "mixed cheeses"; its hard to tell any difference from regular cheese. The interest for dairy companies lies in a different set of facts. It will be increasingly difficult and expensive in the coming years to find cow's milk in Europe, especially after the EEC programs cutting milk production to reduce milk and butter surpluses. The only growing cheese market is for low-fat cheese (growing at least 20% a year). There is also the difference in price between cow's milk and soymilk. And there is such competition for cheese that a good part of the production does not generate adequate profit. So everybody is looking for a market niche, and they know there is money to be made by the first new products on the market in each new niche.

Major players in the soyfoods industry in France are Sojadoc in Albi (Started Dec. 1981; Make tofu and soymilk), Cacoja in Issenheim (an affiliate of Coopérative Agricole de Colmar, or CAC; Started April 1986; Make soymilk and soy desserts), Sojalpe (Started 1986 or 1987, but bought out in early 1988 by a large agricultural cooperative, Coopérative Agricole Silos de Valence; This co-op created a company named Innoval at the end of 1987; Make tofu and yoghurt-like Innovy). Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.23.66.

9003. Storup, Bernard. 1989. Re: Brief history of Sojadoc. Letter to William Shurtleff at Soyfoods Center, March 3. 1 p. See p. 5. [Eng]

• ***Summary:*** In Dec. 1981 Olivier Attié began to make tofu on his farm in a small village named Penne-d'Agenais, 47140 in southwest France. With 3 friends, he decided to start a small company to sell tofu in shops and market places, so they founded Sojadoc S.A.R.L. The group split up rapidly, and only 2 of them, Alain Lacombe and Jacques Isnard, went on with the business, which began operation at the end of 1983. In 1985 they had financial problems–they were making only plain tofu and distributing it locally. The company started again at the end of 1985 with three new partners: (1) Coopérative Agricole de Lavaur, one of the biggest agricultural cooperatives in France, with about 5,000 ha (12,350 acres) of soybeans cultivated under contracts with farmers in southwest France; (2) Charbonnages de France, a coal mining company that paid for part of the new factory in a region where they had to close coal mines; and (3) Sanofi, an affiliate of the oil group Elf-Aquitaine, which is very interested in biotechnology.

Sojadoc S.A. built a new factory (1,350 square meters) at Zone Industrielle de la Viscose, 81000 Albi, France (Phone: 63.45.46.45). They intended to sell a "soy-base" (tofu, and a thick soymilk they called "tonyu") mainly to

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the food industry, and for 2 years they had a rather efficient program for promoting soyfoods among industrialists. They began to get some contracts with the industry for what we call "plats cuisinés" (things like quenelles, quiches, and pizzas), and for ice cream making, but these didn't last since the quality was very irregular, with major bacteriological problems. In 1987 they began to sell soymilk packed using the Doypack system. Sold mainly to Spain, it was very poor in quality with a strong beany taste. They had so much sales, that they were obliged to go out of business in mid-1988. At the end of 1988 the company was purchased by a big dairy cooperative group named Coopérative Laitière de Riches Monts (65 Boulevard Berthelot, 63000 Clermond-Ferrand, France) located in the center of France. Production had stopped completely by the autumn of 1988, and all equipment is going to be transferred to the new location. The aim of the new operation is to make and sell soymilk in the near future. Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 St.-Chamond, France. Phone: 77.31.23.66.

9004. Storup, Bernard. 1989. Re: Brief history of Cacoja, an affiliate of Coopérative Agricole de Céréales, Colmar (CAC). Letter to William Shurtleff at Soyfoods Center, March 3. 1 p. See p. 6. [Eng]

• ***Summary:*** In April 1986 CAC decided to create an affiliate to produce value-added products from the soybean cultivation they were promoting in Alsace (in southeastern France). They bought an Alfa-Laval soymilk system (5 million French francs plus 6 million francs for the building and grounds). In Jan. 1987 they produced their first soymilk and soy desserts, using very good quality soymilk, under the brand name Bioforme, and packed in Tetra Brik cartons by a neighboring dairy, La Calas. They have also prepared a line of products made by other companies, from "soy-nuts" (made by Benenuts) to tofu sauces and "plats cuisinés." These products are targeted mainly to supermarkets and the food industry, to whom they market the concept of a soy-base obtained by ultrafiltration.

In Sept. 1988 they launched their own tofu (coagulated ultrafiltered soymilk), marketed as a fresh product, but they are blocked by two facts: (1) they cannot distribute it in the health food market, since Société Soy is there; (2) the large scale distribution supermarkets are not ready for such a product. They intend to market their product line to supermarkets this coming spring, as well as a line of low-fat pork meat products. They have been obliged to change their brand name from Bioforme/Bioforce to Formoja by the end of 1988, having been prosecuted by another company named Bioforce.

This is an intelligent team, with good financial backing from CAC, efficiently run by Mr. Rochet, but they may be lacking a real marketing policy.

It is hard to say how much they produced last year. They planned to produce 1 million liters in 1987 and 2.5 million in 1988, but it seems unlikely that they have been able to produce such large amounts. They will never reveal their actual production figures.

Note: A form filled out for Anthony Marrese in Nov. 1989 stated that they make Mayonnaises, Sauce Vinaigrette, Chocolat, Desserts, and Aperitifs. They suggested that Anthony phone Dr. Cuatron at 89.74.17.07.

Update by Bernard Storup. 1990. March 26. This company has had constant problems with having to change its name. In Sept. or Oct. 1989 that had to change from Cacoja to Biosoja, and now they will have to change the latter again. They are presently the largest soymilk maker in France. They also had to change their original brand, Bioforme, to Cacoja, and now that will have to be changed again to Formoja.

Update by Bernard Storup. 1990. June 13. The company is presently named Cacoja (pronounced KA-ko-jah), but the name Cacoja belongs to another group–a health food group named Aida, which distributes health food products in France. So only the brand name has changed. Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 St.-Chamond, France.

9005. Storup, Bernard. 1989. Re: Brief history of Innoval / Sojalpe, an affiliate of Coopérative Agricole Silos de Valence. Letter to William Shurtleff at Soyfoods Center, March 3. 1 p. See p. 6. [Eng]

• ***Summary:*** Sojalpe was started as a traditional tofu shop by a very dynamic and inventive guy named Martial Gonin in about 1986 or 1987 [sic, Dec. 1986]. He was definitely in business by late 1987 and located at Saint Quentin sur Isere, 38210 Tullins (near Valence), France. This is in southeast France. he first made and sold plain tofu, then his "Royales au Tofu," which were kind of quenelles (specialties of that part of France, between a sausage and a souffle, usually prepared with a sauce, and made from wheat flour and animal fat). In these he used tofu instead of the fat, and packed the product in cans with a shelf life of at least 1 year. He also made and sold "Palets au Tofu," which were kind of tofuburgers.

In early 1988 he made a big deal with an agricultural cooperative named Coopérative Agricole Silos de Valence (441 bis Avenue Victor Hugo, 26000 Valence, France. Phone: 75.44.01.61). This co-op created a company named Innoval at the end of 1987. Innoval purchased 50% of the Sojalpe shares of stock, then dismissed Martial Gonin from the company by the end of 1988. Innoval had a brand new factory built, and equipped with an Alfa-Laval system (to be installed in early 1989), plus a 5 million French franc Buhler-Miag cleaning and dehulling system; all this for an total investment of nearly 20 million French francs. Sojalpe was the only way that they could enter the health food market, so they kept that as their brand for this market. Sojalpe

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presently sells their products directly to shops and co-ops in France, as no distributors want to work with them (the distributors are already distributing Société Soy products). As Sojalpe has low prices and large transportation expenses, with low sales, it is quite certain that they are losing money. They make an estimated 300 to 400 kg/week of tofu. Innoval also carries a line of yogurt-like products named Innovy.

In fact it is to early to know exactly what this company intends to do, and it seems that they themselves don't known exactly–which is not so rare among co-ops.

Update from Bernard: 1990 March 10. "Innoval does not seem to be doing very well, but I don't have details. They seem to sell only some soymilk in health food stores. It is very expensive but one of the best I've ever tasted. I have never seen even 1 pack of their Innoval tofu." Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 St.-Chamond, France.

9006. Storup, Bernard. 1989. Re: Société Soy and the soyfoods market in France. Letter to William Shurtleff at Soyfoods Center, March 3. 8 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** Contains brief histories of Société Soy, Laiterie Triballat, Sojadoc, Sojagral, Cacoja/CAC, Sojalpe, and Daizou. Each of these are cited separately, in detail, in this (SoyaScan) database. Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.23.66.

9007. *Food Business* (*Chicago*). 1989. Lowly tofu winning new respect: Once popular only with the counterculture, tofu has potential with the mass market. March 6.
• ***Summary:*** Peter Golbitz gives statistics for the growth of the tofu market from 1980 to 1988. In the latter year he says that 69.9 million pounds of tofu were produced with a value of $76.9 million. These figures refer only to tofu sold as tofu, not to second generation tofu products.

Researchers at Purdue University in Indiana, headed by Philip E. Nelson, are planning to establish a tofu center to explore uses and markets for the product, and to develop soybean varieties suited for tofu production. Nelson feels that tofu is a product that's "just in its infancy."

"John M. Connor, associate professor in the department of agricultural economics at Purdue, echoes that sentiment. 'There's no doubt it's a fast-growing industry,' he says...

"'I expect that manufacturers will discover that adapting tofu to American tastes [by adding] smoke or meat extracts will be the way it will go,' says Connor...

"He also sees use of tofu as an extender in the institutional and foodservice channels, where labeling isn't required, as the first areas to see large tofu inroads. 'Householders in the grocery stores will be the last to accept it,' he says." Address: Illinois.

9008. Hughes, Beth. 1989. Tofu gets a toehold in U.S. diet: Its in hot dogs, ice cream, chocolate–but disguised. *San Francisco Examiner.* March 15. p. D1, D9. Business section. [1 ref]
• ***Summary:*** A discussion of the work of the Soyfoods Center and of William and Akiko Shurtleff, with a photo of them holding books they have written. Contains industry statistics, first published in the last issue of Soya Newsletter, provided by Soyatech.

This article was published in the *Press Democrat* (Marin County, California) on 1 April 1989, as "Mainstream U.S. takes to tofu: Wiggly white stuff becoming big business." Address: Staff writer.

9009. Mallia, Joseph. 1989. 'Tofu pups' project clears another hurdle. *Recorder* (*Greenfield, Massachusetts*). March 15.
• ***Summary:*** "The town's acceptance of a preliminary environmental report means Lightlife Foods Inc. is another step closer to manufacturing its vegetarian frankfurters–'tofu pups'–in Greenfield... The 10-year-old company will more than double its 6,000-square-foot plant to begin making its soybean curd hot dogs and to add new products, said company President Michael Cohen...

"In January, Lightlife Foods received a $756,000 loan package from four sources, including the state, the federal government and Heritage Bank."

9010. Cook, Anne. 1989. Indian scientist hopes soy is protein answer. *News-Gazette* (*Champaign, Illinois*). March 19.
• ***Summary:*** Nawab Ali spent last week at the Univ. of Illinois studying new ways to turn soybeans into flour, oil, and other foods. Indians do not eat beef or pork. Most of India's soybean meal is sold to the Middle East at cut-rate prices. "'In India we have two problems,' Ali said. 'We don't have enough oil or enough protein in the diet. Soybeans can solve both problems because they're 40% protein and 20% oil. The government is promoting their use.' Ali, soybean project director at Bhopal's Central Institute of Agricultural Engineering, believes small-scale processing is the answer...

"When he's mastered the technology, Ali intends to set up processing demonstration sites at strategic locations to teach people how to turn beans into a soy flour that can be mixed with wheat flour, a coarser product to grind with wheat and a tofu-like curd.

"Nine scientists and 30 technicians are working on the project at the Bhopal laboratory. Ali hopes to set up at least three demonstration plants, each capable of processing 100 to 150 kg of beans an hour...

"The U.S. Agency for International Development is contributing 65% of the $2 million project cost and the Indian government is underwriting the rest."

9011. Breathed, Berke. 1989. Bloom County (Cartoon).

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Washington Post Co.–Syndicated. March 21.
• ***Summary:*** This 4-part cartoon begins with Opus (the cartoon's penguin) watching a kid who is struggling to push a lawn mower. Opus: "Oliver said that 'the Big Crunch' is coming.

The kids stops and faces Opus, who continues: "He said the universe will fall back in on itself someday. Stars... planets... tofu hot dogs... Everything will squash together."

In big, bold letters: "And then explode again in fiery cataclysmic destruction."

In the last frame, the kid walks up to his dad who is sitting in an easy chair with a newspaper on his lap. Kid: "*#@* The lawn pop."

9012. Karas, Thomas; Whitford, Harry M. 1989. Bundesarbeitsgemeinschaft biologische Sojaprodukte [Re: Founding of the German Organic Soyfoods Association]. Letters to William Shurtleff at Soyfoods Center, March 28, April 21, and May 9. 3 p. total. Typed, with signature on letterhead. [Ger; eng+]
• ***Summary:*** In August 1988 a German "Organic Soyfoods Association" was founded; its members include all the major manufacturers. Due to the fact that the tofu and soyfoods which are produced in Germany are almost always organic quality, the Association of manufacturers is one of the branches of the National Organization of Manufacturers of Natural Foods. This organization is one of the branches of the Head Association Ecology and Quality (*Dachverband Oekologie und Qualität*) under which are three divisions of Bundesverband der Naturkost- und Naturwaren: Retailers (*Einzelhändler*), wholesalers / distributors (*Grosshändler*), and manufacturers (*Hersteller*).

The tofu makers are therefore interested in establishing quality standards and guidelines. It would make sense to comply with any existing standards for organic tofu which you and/or others have established. This would support and contribute to the development of an international standard. Please send any information you have about such guidelines.

The following ten companies, mostly German tofu manufacturers, are members of the new Association: Byodo Naturkost GmbH (Bernd Steyer, Munich), Morgenland (Alexander Nabben, Göttingen), Sojafarm (Lothar Stassen, Trechtingshausen), SoTo (Prabudda/Rolf Barthof and Prembudda/G. Schramm, Trostberg), Soyastern Naturkost GmbH (Thomas Karas, Cologne), Tofuhaus Tiefenthal (Albert Hess, Lautersheim), Tofumanufaktur (Christian Nagel, Hamburg), Tofurei (Robert Mestel and Kurt Mueller, Konstanz), Tofurei Svadesha (Svadesh/Ruediger Urban, Munich), Yamato Tofuhaus GmbH (Klaus Gaiser and Wolfgang Haberger, Tuebingen).

"Soyastern is now extremely busy expanding our production and distribution. Our annual growth rate is about 60%!."

Follow-up form filled out by Thomas Karas for William Shurtleff. The German Organic Soyfoods Association (*Bundesarbeitsgemeinschaft biologische Sojaprodukte*) was founded on 6 Aug. 1988. Person in charge: Kurt Mueller. Address: Huetlinstr. 10, 7750 Konstanz, Germany. All present members of the association are tofu manufacturers, but membership is not limited to tofu manufacturers. All present members are from West Germany, but membership is not limited to those from West Germany. They may start to publish a periodical next year. Thomas' address is now given as: BioVera, Naturkost Handelsgesellschaft mbh, Kaiser-Wilhelm-Ring 10, 5000 Köln (Cologne) 1. Phone: 02 21 / 12 46 53. Address: Soyastern Naturkost GmbH, Osterrather Strasse 26, 5000 Koeln 60, West Germany. Phone: 0221-1701581.

9013. Rowat, Steve. 1989. Process for production of a cultured tofu and product produced therefrom. *U.S. Patent* 4,816,266. March 28. 4 p. Application filed 19 June 1987. [6 ref]
• ***Summary:*** Tofu is mixed with a bacterial starter commonly used in making yogurt then blended/pureed (as with a VCM). The result is a smooth puree which, when incubated, yields a product with increased shelf life, and improved flavor, digestibility, and nutritional value. Yofu is a Canadian trade mark.

The author gives his address in correspondence as: Yofu Development, Box 93, Merrickville, ONT, K0G 1N0, Canada. Also granted as Canadian Patent 1,243,238. Address: 62 Renfrew Ave., Ottawa, ONT, K1S 1Z5, Canada. Phone: 613-269-4483.

9014. Texas Department of Agriculture (Austin). 1989. Tofu makes move to mainstream: Texas Tofu takes on role in traditional recipes. *Daily Register* (*Gainesville, Texas*). March 29.
• ***Summary:*** "Jane Phipps of Energy Sprouts Inc., San Antonio, recently joined the growing lot of tofu manufacturers. Using a low-interest loan obtained through the state-authorized Linked Deposit Program, she and her husband Bob began their tofu operation early this year. Conceived by the Texas Department of Agriculture, Linked Deposit promotes diversification into alternative crops and food products. It was authorized by voters in November 1987...

"Leftover tofu that will not be eaten in that time [7-10 days] can be frozen. 'Just wrap it in plastic wrap and freeze it,' said Phipps. 'Tofu that has been frozen becomes porous and chewy.'" Contains a recipe for Tofu Lasagna.

9015. Akwarius Almere. 1989. Akwarius prijs en bestelboek: Natuurvoedingsprodukten, Januari-Februari-Maart [Catalog and price list: Natural food products, January-March]. P.O. Box 50070, 1305 AL Almere, The Netherlands. 77 p. [Dut]
• ***Summary:*** For details, see entry for the April-June 1989

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catalog. Address: Almere, Netherlands. Phone: 03240-20800.

9016. **Product Name:** Baccio Tofino Gourmet Ravioli (Tofu Ravioli).
Manufacturer's Name: Baccio Ravioli and Pasta Company.
Manufacturer's Address: 179 E. 19th St., Chico, CA 95928. Phone: 916-893-8324.
Date of Introduction: 1989. March.
Ingredients: Pasta: Organic whole wheat flour*, semolina, tomato powder, purified filtered water. Filling: Tofu (made from organic soybeans*, water, nigari), potatoes, onions, carrots, bread crumbs, tomato paste, tamari, vinegar, garlic, herbs & spices, olive oil, sea salt. * = Organically grown and processed in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 16 oz poly bag.
How Stored: Frozen.
New Product–Documentation: Talk with (call from) Amanda Leveroni. 1990. March 5. The product was introduced in about March 1989.

Label sent by Amanda. 1990. March 13. 4.75 by 8.5 inches. Thick paper; its slips into the bag. Red, green, and black on white. Illustration of a red lipstick print, all against a background grid of fine green lines in 3/8 inch squares. "Egg free. Dairy free. Cholesterol free! Introducing the all new Tofino! We've taken out the eggs and cheese to bring you a robust tasting ravioli with zero cholesterol! Our zesty blend of ingredients includes organic tofu and organic whole wheat flour! Enjoy this unique delicious ravioli plain or with Baccio's new pesto sauce! Baccio Ravioli. The ultimate meal in minutes [Boil for 4-5 minutes]. Let a Baccio kiss your tastebuds tonight." UPC indicia.

9017. Colbin, Annemarie. 1989. The natural gourmet: Delicious recipes for healthy, balanced eating. New York, NY: Ballantine Books. x + 325 p. March. Illust. by Laura Hartman Maestro. Index. 24 cm. [16 ref]
• ***Summary:*** Pat McNees of *The Washington Post* has called Annemarie "The Julia Child of natural foods cooking." Her photo, in color, graces the cover. The book incorporates "The Five Phases of Food" theory from China, based on a book by John W. (Jack) Garvey (1983), as an aid to meal balancing. Below each recipe name is given the major phase and minor phase that it represents. Soybeans, tofu, tempeh (as well as brown or white rice and mochi) are metal (declining state), while black soybeans are water (maximum rest before growth).

Page 27 notes: "You will not find any recipes in this book with whole soybeans; I find their taste too unpleasant, and tend to believe some research that indicates they may contain oxalates and other elements that prevent nutrient absorption. Soybean products such as miso, shoyu (the natural soy sauce made with wheat), tamari (a wheat-free natural soy sauce), tofu, and tempeh, on the other hand, are delicious; tofu and tempeh are good protein sources when combined with the grains. You will also find the condiments miso and shoyu or tamari used in many of the recipes."

Soy-related recipes include: Black and white aioli dip (with tofu, p. 49; Note: "Aioli" is derived from the French words for "garlic" + "oil." Aioli sauce is made from crushed garlic, egg yolks, olive oil, and lemon juice). Tofu and spinach turnovers (Spanakopitas, p. 66-67). Bean-of-the Orient miso soup (p. 74-75). Shoyu consommé with enoki mushrooms (p. 77). Collard miso soup (p. 78-79). Carrot-beet soup with tofu sour cream (p. 83-84). Tofu sour cream (p. 84-85). Baked [kidney] beans with miso and apple butter (p. 136). Vegetable-tofu sauté (p. 154-55). Tofu mushroom stroganoff with bulgur (p. 155). Tofu sour cream (p. 156). Broccoli-tofu quiche with wild mushrooms (p. 157-58). Open herbed tofu sandwiches (p. 158-59). Tempeh with shallots and white wine (p. 160-61). Tempeh in sweet and sour sauce (p. 161-62). Tempeh with creamy horseradish sauce (p. 163). Stir-fried bak choy with marinated tofu (p. 169-71). Green peppers with miso (p. 182-83). Spinach-nori rolls with tofu and wild mushrooms (p. 186-87). Green salad with miso-coriander dressing (p. 203). Red and white cabbage salad with miso-onion dressing (p. 208). Radish-watercress salad with soy-sesame dressing (p. 209; with ½ tablespoon black sesame seeds and ¼ cup toasted sesame oil). Salad of wilted collard greens with yellow peppers and white miso dressing (p. 210). Spiced glazed pears with tofu cream (p. 271-72). White miso and orange dressing (p. 285).

Note: This is not a vegetarian cookbook. There is a chapter of fish recipes, and other recipes for the use of alcoholic beverages/seasonings (wine, mirin). Address: Founder and director, Natural Gourmet Cookery School / Inst. for Food and Health, 365 West End Ave., New York City, NY 10024.

9018. GEM Cultures. 1989. Catalog [Mail order]. 30301 Sherwood Rd., Fort Bragg, CA 95437. 4 p. March. [4 ref]
• ***Summary:*** Contents: 1. Powdered cultures for soycrafters: Powdered starter cultures for tempeh, miso, amazake, shoyu, and tamari. In home and commercial sizes. Rice koji. 2. Cookbooks with culture (lists 4 books). 3. Coagulants for curding tofu: Natural nigari or Terra Alba calcium sulfate in 1 lb or 5 lb bags. 3. Self renewing cultures: Viili, sourdough, kefir, miso. 4. Sea vegetables from the Mendocino Sea Vegetable Co. 5. Recyclables: Cheesecloth, super sealers (lids).

"We at GEM Cultures are a husband and wife team, Gordon & Betty, with between us 37 years of professional experience in culturing microorganisms and teaching people about them. In 1980 we set up GEM cultures with the goal of providing dependable, low cost cultures and related items for the growing number of people who wish to have a hand in creating a healthier diet through cultured foods." Address:

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Fort Bragg, California. Phone: 707-964-2922.

9019. Hamm, Ulrich; Mueller, Andreas. 1989. Nachfrage nach imitationsprodukten fuer Milch und Milcherzeugnisse in der EG-9: Analyse und Prognose unter besonderer Beruecksichtigung der Aufhebung von Imitationsverboten [Demand for imitation products for milk and milk products in the EG-9: Analysis and prognosis with special consideration for the suspension/cancellation of forbidden imitation products]. *Agrarwirtschaft* 38(3):74-83. [35 ref. Ger]

• ***Summary:*** This study, originally published as a report in 1987, indicates that use of tofu in West Germany was only 800 tonnes in 1986 but is expected to reach 4,000 tonnes/year by 1992. In the entire EG (European community), the use of tofu in 1986 was about 5,000 tonnes/year, expected to climb to 12,500 tonnes by 1992.

Soymilk (Sojamilch) consumption in the EG-9 in 1986 was about 16,000 tonnes, expected to grow to 28,500 tonnes by 1992.

See also Boeckenhoff et al. 1989. Address: Institut fuer Agrarpolitik und landwirtschaftliche Marktlehre der Universitaet Stuttgart-Hohenheim, Schloss/Postfach 70 05 62, D-7000 Stuttgart 70, West Germany.

9020. *Natural Foods Merchandiser.* 1989. Soyfoods Association of America. March. p. 78.

• ***Summary:*** The association was founded in 1983. Membership is currently at 35. This spring they will be approaching the FDA and USDA with suggestions on how to incorporate tofu into school lunch programs. A photo shows vice president Peter Golbitz.

9021. **Product Name:** [Chinese-Style Tofu Burger].
Foreign Name: Chinaburger.
Manufacturer's Name: Sojatopf. Renamed Soto in April 1989.
Manufacturer's Address: Friedrich-Ebert-Str. 40, D-8323 Trostberg, West Germany. Phone: 08621-62538.
Date of Introduction: 1989. March.
Ingredients: Incl. tofu, seaweed, mung bean sprouts, and Chinese spices.
Wt/Vol., Packaging, Price: 100 gm.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

9022. **Product Name:** Better Than Milk? (Liquid Soymilk Made with Spray Dried Tofu and Casein) [Natural, Chocolate, Carob, Natural Light].
Manufacturer's Name: Sovex Natural Foods, Inc.
Manufacturer's Address: 9104 Apison Pike, Box 310, Collegedale, TN 37315. Phone: 800-227-2320.
Date of Introduction: 1989. March.
Ingredients: Spring water, soy oil, cereal solids (from corn), spray dried tofu, calcium carbonate, sodium caseinate, sea salt, carrageenan, vitamin B-12 (cyanocobalamin), natural flavor.
Wt/Vol., Packaging, Price: 8 oz or quart Tetra Brik Aseptic cartons, 27 or 12 to a case.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Talk with Sovex. 1989. Feb. 28. The company plans to launch this product in late March 1989.

Letter to *Veggie Life* by Genevieve Gowman. 1993. Nov. p. 6. "Unfortunately I didn't realize how deceitful the term 'non-dairy could be. This drink contains casein, which is a milk protein... Please inform your readers of this." The magazine answers: "According to FDA guidelines, a product can contain up to 2 percent casein and still be labeled 'non-dairy.'" The Natural flavor contains only 0.37% casein; the Chocolate, Carob, and Natural Light flavors do not contain casein.

9023. Stube, Christine. 1989. A better way to advertise: Dairy processors discover the effectiveness of touting their products against the next guy's. *Dairy Foods.* March. p. 33, 37.

• ***Summary:*** Comparison advertising ("my product is better than yours") is the preferred method for Soyco Foods, maker of Soymage natural cheese alternative. "Soyco developed its 'sour-cream-style' Soymage and its 'soft-cream-cheese-style' Soyco for the health-conscious who have stopped eating dairy products, says Al Morini, vice president of sales. Although the Soyco products are 100% dairy-free (made with tofu, soy protein isolate and soy oil) they are compared directly with dairy products... Morini stresses that Soyco does not cannibalize dairy sales. 'We're not here to replace the dairy business. We're picking up the consumers who stopped eating dairy foods... Our research shows that one in every six people has a [health] problem with dairy products,' he adds."

9024. **Product Name:** Cleveland Tofu.
Manufacturer's Name: VitaLite Foods.
Manufacturer's Address: P.O. Box 10, Waynesfield, OH 45896. Phone: 419-568-8638 (TOFU).
Date of Introduction: 1989. March.
How Stored: Refrigerated.
New Product–Documentation: Talk with Charles Meeker of VitaLite Foods. 1992. Feb. 27. This company is owned by Brenda Kitchem, who is actively involved in its daily operations. This product was launched in March 1989. At the time they purchased the product name from Brooks Jones of Cleveland Tofu Co. VitaLite still makes this brand.

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9025. Severson, Richard K.; Nomura, A.M.Y.; Grove, J.S.; Stemmermann, G.N. 1989. A prospective study of demographics, diet, and prostate cancer among men of Japanese ancestry in Hawaii. *Cancer Research* 49(7):1857-60. April 1. [34 ref]
• ***Summary:*** This study of 7,999 Japanese Hawaiians, followed for 18-21 years, found that tofu consumption lowered the risk of prostate cancer more than any other dietary factor studied. Men who consumed tofu five or more times per week were 65% less likely to develop prostate cancer compared to men who consumed tofu once per week or less.

Note: This is the earliest document seen indicating that consumption of tofu lowers the risk of prostate cancer. Address: Japan-Hawaii Cancer Study, Kuakini Medical Center, Honolulu, Hawaii 96817.

9026. Spitzler, Andrew C. 1989. Tasty tofu tailored to tempt trier's tongues: Silver Spring pair test market new dishes for national campaign. *Washington Business Jouranl* (*McLean, Virginia*). April 3. p. 1, 33.
• ***Summary:*** Edward H. Walker and Andrew J. Wilks (shown in a photo) of Tofoods hope to make tofu into a household and institutional dietary staple. "Tofu is often ridiculed as being rubbery, tasteless and just plain unappetizing...

"Tofoods is seeking about $2 million in venture capital to market its products to retailers and institutions such as hospitals and elderly service organizations. So far, the two partners have commitments for $500,000... The idea for Tofoods came to Walker and Wilks while they were co-managing a restaurant at a health resort in the Catskills...

"The pair raised $300,000 from friends, family and themselves, relocated to Silver Spring and formed Tofoods in 1986. During 1986 and 1987 they test-marketed the frozen dinners they had developed. People responded well to such frozen entrees as sweet and sour tofu, tofu teriyaki and barbecued tofu. Tofoods sold $100,000 of their products in 44 states, mostly in kosher and natural food markets." One company watching Tofoods progress is 50-year old Worthington Foods Inc. of Worthington, Ohio, the largest manufacturer and distributor of soyfoods in the USA, with $50 million is sales last year.

9027. Chikaarashi, Shigeru. Assignor to Nichii Company, Ltd., Osaka, Japan. 1989. Apparatus for manufacturing a foodstuff suitable for soybean milk production. *U.S. Patent* 4,817,516. April 4. 4 p. Application filed 9 Oct. 1987. [5 ref. Eng]
• ***Summary:*** "The apparatus includes a brushing machine for removing earth matter and earth-born germs deposited on soybean material, a band dryer for adjusting the water content of the soybean material so as to facilitate separation of the material into skin and flesh portions, a skin remover for separating the skin portion from the flesh portion and for dividing the flesh portion of each piece of soybean into four to eight parts, and flat pressing rollers for converting the resulting powdery masses into uniformly distributed flaky masses."

Note: The resulting soy flakes are used by Nichii to make tofu in Japan. The compact tofu plants are located in supermarkets or department stores. Address: Sapporo, Japan.

9028. Hartman, Warren E.; Leiss, Richard S.; Updegraff, Robert S. Assignors to Worthington Foods, Inc. (Worthington, Ohio). 1989. Fiber/tofu food product and method for making the same. *U.S. Patent* 4,818,558. April 4. 4 p. Application filed 4 Aug. 1987. [6 ref]
• ***Summary:*** Monofilament proteinaceous or polysaccharide fibers are dispersed in an aqueous vegetable protein extract from which is coprecipitated a fibrous tofu curd. Address: 1-2. Worthington, Ohio; 3. Powell, Ohio.

9029. Beamonte, Ignacio. 1989. Proteinas de Noroeste plans for soymilk and tofu in northern Mexico (Interview). *SoyaScan Notes.* April. 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ignacio presently runs two businesses (Si Products harvests and sells sea vegetables; Alimacro sells macrobiotic foods) and plans to start a third, Proteinas de Noroeste, in Ensenada, Mexico just south of the California border. He recently purchased a soymilk system from Gary Stein of San Diego Soy Dairy. He plans to sell his soymilk mostly in Mexico (half gallon containers, with seaweed and barley, get a 15-day shelf life) and also to import Tetra Pak soymilk from the USA. He also plans to make tofu and tofu products.

We talk again on 1 May 1990. He hopes to have his first soyfood products on the market by the end of this year. Soymilk will be his main product, followed by tofu and some okara products. Address: Apdo Postal 1073, Ensenada, Baja California Norte, Mexico. Or P.O. Box 1740, San Ysidro, CA 92073.

9030. Thompson, Jay. 1989. Early work with tofu at Rochester Zen Center (Interview). *SoyaScan Notes.* April 11. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** "The Zen Center of Rochester was founded by Kapleau roshi in 1966. In about 1974 we started by importing tofu from Toronto. I would go to a Korean [Chinese?] shop named Yet Sing at #11 Baldwin Street. It looked like a normal residential home near a popular dress store named Morningstar. But when you descended to the basement it looked like a scene out of Dante's inferno. Everybody had hip boots on. There was ankle deep water, steam everywhere, and you could just see these laboring bodies through the mist. It seemed like there were 20-30 people in the basement working very hard. You had to clamber over huge bags of soybeans on pallets. No one

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spoke English. You used fingers with the front man to say how much you wanted. They only had one product as far as I could tell. I carried the tofu away in about eight number 10 cans filled with water. I would take the bus back across the Canadian border and many a time I was given a hard time by the customs officials. I hauled tofu down from Toronto once or twice a month for several years. When Zen students from Toronto came down for sesshin, we always asked them to bring tofu. One reason we wanted to start making our own tofu was that this trip was so difficult."

Jay first got in touch with William Shurtleff when he read a small letter Shurtleff had written to the *East West Journal* (15 June 1975, p. 3). In about August 1975 he wrote Shurtleff in Japan and got back a typed sheet describing how to make tofu on a home scale. In a second letter he requested instructions for making tofu on a larger scale.

"We made tofu in the kitchen a few times, realized we couldn't make enough at that scale, then used the instructions to build a small shop in the basement of Zen Center. We got a beam with a weight on it for pressing, installed a candy stove and a big pot. Greg Mello built the shop. Being in charge of the kitchen, and since this was a kitchen project, I was actively involved. Mello and Greg Weaver eventually took that small shop to a larger shop on North Goodman Street. The basement shop existed for several years. Once the commercial shop began, our kitchen bought tofu from them rather than making it ourselves. Mello left the Zen Center staff when the tofu shop went commercial. Andy Schecter and Norman Holland soon joined the shop.

"There were two favorite ways of serving tofu at the Zen Center: Tofu with Tahini Sauce, and Tofu Sticks, which were somewhat like fish sticks, make by baking breaded tofu, then serving it with tartare sauce." Address: Rochester, New York. Phone: 716-275-6779 Office.

9031. Thompson, Martha Gifford. 1989. Early work with tofu at Rochester Zen Center (Interview). *SoyaScan Notes.* April 11. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The staff of 30-50 people in the Zen Center kitchen prepared strictly vegetarian meals. Kapleau roshi at that point had a dairy allergy, so very few dairy products were used in the meals. The diet was almost a vegan one. The Toronto Zen Center, was an affiliate group nearby in Canada. In Toronto, which has a large Asian population, were at least three tofu shops: one very small family-run Korean shop on Baldwin Street (which is no longer there), one on Avenue Road (perhaps Chinese run), and a third on Dundas Road. A member of the kitchen staff would make the 2½ hour trip to Toronto, go the shop on Baldwin Street (which had no name) to buy tofu. "The first room was stacked to the ceiling with soybeans. Down in the basement were many people slogging around making tofu. It was quite a scene, and nobody spoke any English. At that point we realized that we could make tofu ourselves. The trip to Toronto was always a hassle. You always got stopped at the border; they always thought you were smuggling something. Jay Thompson took the lead in setting up tofu making facilities. Kapleau roshi was very excited about and supportive of the project, in part because he had practiced for so long in Japan, and in part because he likes projects, right livelihood, and soyfoods. Once the shop was set up in the basement, we also made a lot of soymilk, yuba, and soy yogurt, and served spicy curds; we tried everything! The tofu shop of course never received any financial support from Zen Center." Address: Rochester, New York. Phone: 716-461-5388 Home.

9032. Griffin, Jasmine. 1989. Grammy Award winners launch new business venture in Orlando. *Times* (*Orlando, Florida*). April 12.

• ***Summary:*** "Grammy Award winners William Guest and Edward Patten unveiled a new frozen dessert. NJOY, a non-dairy alternative to ice cream, is the premiere product of American Tofu, a Michigan-based company. Guest and Patten of Gladys Knight and the Pips, along with Aubrey Bell of Minneapolis, Minnesota, are principal owners.

"The surprisingly good-tasting treat will be available in five flavors; vanilla, chocolate, berry, banana/strawberry, and peanut butter/chocolate fudge... Borden's Dairy Division will be handling the production and distribution of NJOY locally.

"The average ice cream lover will be hard-pressed to distinguish NJOY from quality ice cream. The tofu-based dessert is lactose-free, cholesterol-free, low in sodium, and vitamin enriched.

"NJOY was created out of a personal need, said Aubrey Bell, product developer and one of the founders of American Tofu. 'I can't tolerate milk or milk products.'...

"With the help of the Stroh's Brewery, American Tofu test-marketed NJOY in the Detroit area...

"After gauging the success of the ice cream, American Tofu will introduce other non-dairy desserts including cheese cake, yogurt and pies. A soft-serve version of NJOY is already available at the Orlando International Airport...

"American Tofu is preparing to establish offices in the Orlando area within a matter of weeks."

9033. Harrison, Gilford R. 1989. Why haven't soyfoods caught on Latin America? (Interview). *SoyaScan Notes.* April 17. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** There have not been any really successful commercial soy products in Mexico. Everyone has been very disappointed in the lack of success of soy protein products. Its extremely bad. The food companies in this field have not changed much since 1975, except that some of the pioneers are no longer in business. Still in business since 1978 are Maisoy (Pedro Bleyer) in Bolivia, Industrias Almenticias Noel in Colombia, Alimentos S.A. in Guatemala, and

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Proteinal in Venezuela. Grasas S.A. in Buga, Colombia no longer makes soyfoods. They invested heavily in a Wenger X-200, the biggest extrusion cooker they make. They suffered heavy losses making a textured soy flour hamburger extender. Actually they are still in existence and still using the Wenger, but they are using it to make animal feeds and pet foods like dog food. In Mexico, NUTRIMEX, which belongs to ALBAMEX (the animal feed company), makes textured soy flour, but they are not doing well.

The main problems seem to be with consumer retail products; these are image problems and regulations which prohibit the use of soy extenders in meat, except in institutions. The greatest successes have been with institutions. The most successful company in Mexico has been Industrial de Alimentos in Mexico City, started by Felipe Suberbie Sr. and now run by his son, Felipe Jr. They had the first soy flour plant in Latin America, started in about 1970, with a Wenger X-25. They developed the famous malted full-fat soy flour, based on soybeans which are sprouted for 3-4 days, then cooked and dried. They just barely survived for the first 10 years, but when young Felipe came in and they shifted from retail to institutional products, they first started to make money. Now they have gotten out of the retail business entirely and has finally registered (with the Mexico Health Dept.) a textured soy protein product named Don Chano. He sells it in bulk to institutions as a meat extender or replacer. The company is now doing very well.

The American Soybean Association Human Nutrition Center has been renamed Technical Assistance Center; they will try to improve the image of soy. There are hundreds of little "soya stores" all over Mexico, as in the metro stations. They use soya to attract people but they sell everything but soy! If you're lucky they may have a little lecithin, whole soybeans, and textured soy flour which is purchased in bulk and repackaged in cellophane bags. The health authorities refuse to allow anyone to *advertise* soy products as a substitute for regular food, such as meat. They are afraid to open the gates to unscrupulous people who would use large amounts of low-cost soy to extend expensive meats, but mislabel and misadvertise the products. It is too difficult to test the level of soy protein in other foods. Things haven't really changed much since 1981. The key is to create a new image and start using soyfoods as foods in their own right, rather than as extenders or replacers. ASA spent years trying to get tofu accepted in Mexico, but only Japanese restaurants were interested. The big CARE project in Costa Rica (run by Justin R. Jackson), which was making 14 different products using Brady extruders, has just closed. It was not cost effective and demand for their products had been disappointing. Carla Weaver has set up a company in San Jose, Costa Rica, named ExiTex that imports soy products to Central America. She represents American manufacturers that are exporting those products. Address: American Soybean Assoc., Division manager, Latin America, St. Louis, Missouri.

9034. Rose, Richard. 1989. Re: Personal observations on soyfoods at Natural Foods Expo in Anaheim, California. Letter to William Shurtleff at Soyfoods Center, April 19. 1 p. Typed, with signature on letterhead.

• ***Summary:*** "Nothing was especially noteworthy this year. Mandarin Soyfoods and Turtle Island had booths for the first time and were moderately well-received. Luke Lukoskie of Island Spring shared a booth with Kathryn Bennett and her Mexican food. White Wave had 2 booths and an expanded product line, including dressings, hot dogs, and cheese.

"Did you know that Yves tofu hot dogs are being served this year at Candlestick Park! Health Valley is the U.S. distributor of the hot dogs.

"Golden Soy Foods, Nasoya, Quong Hop and Sonoma Specialty Foods had no booth this year. Tomsun Foods shared a booth with their Los Angeles distributor. Jofu is back, but still needs improvement.

"Soymage sour cream was shown. It has no casein but does have soy protein isolates along with tofu. It was mediocre. However, Soya Kaas cream cheese with casein was absolutely awful, with poor flavor and mouthfeel. Cholesterol and organic was very big at the show. The Soyfoods Pavilion was indistinguishable, with only a banner up high at one end. Within the 'pavilion' was The Book Publishing Co. and Kashi (no soy), and about 1 or 2 other non-soy exhibitors.

"Gordon Bennett said the SAA board hired a part-time secretary to handle its affairs. She has an office next door to Golbitz. SAA will have more money this year and more programs. Ask the new secretary for a copy of the minutes." Address: President, Rose International, P.O. Box 2687, Petaluma, California 94953-2687. Phone: 707-778-7721.

9035. **Product Name:** High Quality Soya Paneer.
Manufacturer's Name: Amrit Protein Foods.
Manufacturer's Address: Ghaziabad, Uttar Pradesh, India.
Date of Introduction: 1989. April.
Ingredients: Soybeans, water, coagulant.
New Product–Documentation: Article in *Times of India* (The). 1988. Nov. 22. "City notes: Amrit Protein." p. 11. Amrit Protein Foods is a company promoted by Amrit Banaspati. The company has purchased its soymilk manufacturing system from STS–Soya Technology Systems–a division Danish Turnkey Dairies.

The project is expected to start commercial production by April 1989 according to Mr. N.K. Bajaj, chairman.

9036. Asano, Mitsuo; Okubo, K.; Yamauchi, F. 1989. Tônyû no hinshitsu ni oyobosu nama shibori ondo no eikyô [Effects of squeezing temperature on the quality of soymilk]. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society of*

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Food Science and Technology) 36(4):318-24. April. [16 ref. Jap; eng]
• ***Summary:*** Traditionally soymilk was pressed from the ground soybean slurry at a low temperature, but today this step is usually eliminated when making tofu. Yet tofu prepared in this traditional way was thought to be preferable to that made in the modern way. "In order to make optimum temperature clear, the effects of squeezing temperature on yield, viscosity, glycoside content, lipoxygenase activity and n-hexanal level of soymilk from the cotyledon and the whole bean were examined. A yield as solid was maximum in soymilk squeezed over 30ºC from the cotyledon and at 60ºC from the whole bean. Viscosity of soymilk significantly decreased with increasing temperature and showed a minimum value at 60ºC. A glycoside content as solid increased in soymilk squeezed above 50ºC and was approximately 2.6 times higher in soymilk at 95ºC than at 20ºC. The lipoxygenase activity, which is the major cause of undesirable flavor of soymilk, decreased in soymilk squeezed over 70ºC. n-Hexanal, which was produced by lipoxygenase, was about half in soymilk squeezed at 60ºC as compared with 20ºC. Accordingly, optimum squeezing temperature on soymilk and tofu processing was recommended in range of 50-60ºC." Address: Faculty of Agriculture, Tohoku Univ., Amamiya-machi, Tsutsumi-dori, Sendai-shi, Miyagi 980, Japan.

9037. Baer, S. 1989. Erfahrungen mit Sojaprodukten in der Schweitz [Experiences with soy products in Switzerland]. *Deutsche Milchwirtschaft.* April. p. 114-15. [Ger]
• ***Summary:*** This article is about fresh soy products in Switzerland. In 1985 Migros and Coop entered a market which had previously seemed very limited, occupied only by small, counterculture tofu shops. In 1986 tofu was successfully launched under the Weight Watchers trademark. During that year tofu got extensive coverage in the Swiss press and many new second-generation products were launched. Many people tried tofu products for the first time, and a tofu boom resulted in a bright outlook. Address: Baer Weichkaeserei AG, Bahnhofstrasse, CH-6403 Kuessnacht, Switzerland. Phone: 041-81-4444.

9038. **Product Name:** Tofulite Bars (Non-Dairy Soy Ice Cream Novelty) [Vanilla Dipped in Dark Chocolate with Almonds].
Manufacturer's Name: Barricini Foods Inc.
Manufacturer's Address: 48 Old Bloomfield Ave., Mountain Lakes, NJ 07046. Phone: 800-431-5030.
Date of Introduction: 1989. April.
How Stored: Frozen.
New Product–Documentation: Press release. 1989. April. 3. "Loft's Tofulite announces the addition of a Vanilla Tofulite Bar." Barricini now has 4 bar flavors. "Tofulite is distributed through the Haagen-Dazs Co., Inc. and a nationwide network of distributors and sub-distributors."

9039. Brown, Judy; Bates, Dorothy R. 1989. Judy Brown's guide to natural foods cooking. Summertown, Tennessee: The Book Publishing Co. 160 p. Index. With 8 pages of color photos. 23 cm.
• ***Summary:*** This natural foods, vegan cookbook, which does not require the use of dairy products or eggs, includes more than 200 recipes, many of which contain soyfoods. In the chapter titled "The Natural Foods Pantry" is a sub-chapter titled "Soy Foods," which gives brief introductions to tofu, tempeh, miso, soy milk, soy cheeses, soy yogurt, soy flour, and soy pulp or okara. There are also sub-chapters on sea vegetables, sprouts (including soy sprouts), organic foods, macrobiotics (which is "heavily emphasized in this book"), more natural foods ingredients (which, under soy sauce, discusses the differences between shoyu and tamari).

The number of recipes featuring various soyfoods are: Tofu (15), tempeh (5), miso (4), soymilk (1), shoyu (1), and okara (1; soysage).

The author, a specialist in consumer education, presently organizes culinary carnivals and natural foods tasting fairs. She has written extensively on natural foods and holds a Master's degree in Consumer Economics from the Univ. of Maryland. She is president of Judy Brown Enterprises, a public relations company for natural foods products. Address: 9 Dovetree Court, Indian Head, Maryland 20640. Phone: 301-753-6548.

9040. Brown, Judy. 1989. Spreading the word about selling tofu dips and dressings–Health concerns are key. *Soya Newsletter* (*Bar Harbor, Maine*). Jan/April. p. 8-9, 18-19.
• ***Summary:*** Discusses the four major manufacturers of these products (Nasoya Foods, Golden Soyfoods, Island Spring, and White Wonder), and each of the products themselves. Most companies downplay the presence of tofu in the products. Nasoya changed the name of their product from Nasoyanaise to Nayonaise to take the word "soy" off the label. Selling nutritional benefits (little or no cholesterol, reduced calories and sodium and fat), not tofu, and good packaging are two keys to success. Address: Maryland.

9041. **Product Name:** Texas Tofu (Vacuum Packed in a Box).
Manufacturer's Name: Energy Sprouts.
Manufacturer's Address: 3602 High Point, San Antonio, TX 78217. Phone: 512-654-3963.
Date of Introduction: 1989. April.
Ingredients: Soybeans, water, calcium sulfate (a natural mineral).
Wt/Vol., Packaging, Price: 16 oz vacuum pack inside a 4-color box.
How Stored: Refrigerated.
Nutrition: Per 2 oz.: Calories 41, cholesterol 0, calcium 71

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mg, carbohydrates 1.3 gm, potassium 24 mg, protein 4.5 gm, fat 2.3 gm, iron 1.1 mg, sodium 4 mg.
New Product–Documentation: Talk with Bob Phipps. 1988. Sept. 22. In August he received a $192,000 loan to expand his sprout business to include tofu production. He plans to have these three products on the market by November (Thanksgiving), 1988. Previously he has distributed tofu made by Banyan, but he feels their quality is declining. He will probably get his tofu and soymilk system from Sun Youth Machinery Co. in Taiwan via Bean Machines. They have a 4-color tofu equipment catalog featuring stainless steel equipment. They say they are a subcontractor for Takai and they make excellent bean sprout equipment. The population of San Antonio is mostly Hispanics; its hard to sell healthy foods.

Talk with Bob Phipps. 1989. Feb. 27. Most of his tofu customers will be Vietnamese. They like a firmer tofu. He had problems earlier with his tofu not coagulating. The cause: His thermometer was off by 10ºC, so he was cooking his milk at much too high a temperature. Talk with followed by letter and labels from Tracy McFadden, marketing specialist at Energy Sprouts. 1989. July 20. Their tofu was launched as Texas Tofu in about April 1989. It is sold in a box with a cartoon on it. The company has not yet started to work on the soymilk or tofu burgers. But they do send out a recipe booklet, have a videotape on how to prepare lasagna with Texas Tofu that they rotate to stores (where it doubles sales to 8 from 4 cases/week average), and their tofu was certified organic on 23 June 1989 by the Texas Dep. of Agriculture. Label. 1989. 6 by 4.25 by 2 inch high box. Full color outer stiff paper box. On the front panel a cartoon cowboy asks "What the heck is tofu?" Slogans: Delicious recipes–quickly prepared. No cholesterol. Sodium free Low calorie. No preservatives. On the back and one side panel the cartoon cowboy asks, "How the heck do I fix tofu?" Under the title "Delicious 20-minute recipes for Texas Tofu" are Lazy Day Lasagna, Easy Enchiladas, Texas Rice Pudding, and Wake-up Drink (with frozen banana and orange juice). One another side the cowboy asks, "How the heck do I store tofu?" (refrigerated or frozen). On one end panel he asks, "Why the heck should I eat tofu?" Nutritional composition is given.

Talk with Bob Phipps. He is now making a firm, vacuum-packed tofu and sales are excellent. He sells 2,400 boxes (each 1 lb) a week plus another 600 lb/week in bulk to restaurants. An estimated 75% of the box buyers are Caucasian Americans. Asian Americans want a water pack product so he also distributes such a product made by Banyan. He is happy with the quality and price of his all-stainless steel tofu system from Sun Youth in Taiwan but their written materials are useless, terrible. They don't seem to know anything about making tofu. Their specialty is bean sprouts. Talk with Bob Phipps. 1989. Sept. 20. He is very glad that he went with vacuum packaging; no problems with the Multi-Vac $12,0000 double-chamber machine that he bought through Cryovac. Almost no leakers. One man can package 6 cakes/minute. The main advantage of vacuum packaging is that first-time tofu users are not turned off by a cake tofu floating in a pale yellow liquid. Vacuum packing make tofu look rather like cheese. He dates his tofu for a 21-day shelf life.

9042. Flinders, Carol. 1989. Tofu and tempeh: Back to basics. *Vegetarian Times.* April. p. 76, 78-79.
• ***Summary:*** An introduction with six recipes. Address: Petaluma, California 94952.

9043. Golbitz, Peter. 1989. Soyfood releases down 37% from 1987: 1988 new product count. *Soya Newsletter* (*Bar Harbor, Maine*). Jan/April. p. 3.
• ***Summary:*** According to Soya Newsletter's figures, only 137 new soyfood products were released in the USA in 1988, compared with 217 in 1987. 70 new products (51%) contained tofu as the main soyfood ingredient. Soy sauce was the next most popular ingredient, used in 24 new items or 18% of the total. A bar chart is shown comparing 9 product categories in 1988 and 1987.

According to similar figures gathered by the Soyfoods Center, 220 new products were released in the USA in 1988, compared with 418 in 1987, a 47% drop. Address: Soyatech, Bar Harbor, Maine.

9044. **Product Name:** Mandarin Soyfoods Tofu Patties, Tofu Patties with Cheese, or Garden Patties.
Manufacturer's Name: Mandarin Enterprises Ltd.
Manufacturer's Address: 11031 Bridgeport Rd. #107, Richmond, BC, V6X 3A2, Canada.
Date of Introduction: 1989. April.
Ingredients: Garden Patties: Tofu (organically grown soybeans, water, magnesium chloride [purified nigari]), soybean fibre [probably okara], soy grits, fresh onions, fresh carrots, fresh celery, fresh green peppers, whole wheat flour, sunflower oil, crushed tomatoes, sesame seeds, hydrolysed plant protein, seasoning, sea salt, spices.
Wt/Vol., Packaging, Price: 2 patties. 170 gm (6 oz). Pinched ends box.
How Stored: Refrigerated or frozen.
Nutrition: Garden Patties: Per 100 gm.: Calories 173, protein 22.5 gm, carbohydrates 17.6 gm, fat 2.2 gm, dietary fiber 3 gm, sodium 650 mg, potassium 300 mg.
New Product–Documentation: Leaflet. 1989. April. "New. Introducing... Mandarin patties. Three savory varieties. Prepared with tofu and garden-fresh vegetables, Mandarin Patties are ready to eat in just 5 minutes. So easy to prepare: bake, broil or fry, pop in a pita, bagel, burrito, baste or bar-b-que... Mandarin Enterprises has been making quality soyfoods in Canada since 1976." Shows color illustrations of a patty in burger buns, and each of the three packages. Each

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package contains 2 patties and has the name in French along the bottom.

Soya Newsletter. 1989. May/June. p. 8.

Leaflet (8½ by 11 inch, glossy color, front and back) sent by Richard Rose from Natural Products Expo East. 1989. Sept. "Introducing Mandarin Patties Three savory varieties: Tofu Patties. Tofu Patties with Cheese. Garden Patties." A color illustration shows the front panel of each package.

Labels for all 3 products sent by Gerry Blanchard. 1992. Jan. 22. 7 by 5.5 inches. Paperboard sleeve. Illustration of a tofu burger with trimmings between buns, surrounded by a tomato, green pepper, celery stalk, and sliced onion. "Ready in 5 minutes. Prepared with tofu, savoury herbs & vegetables. Cholesterol free. Microwaveable. Heat and serve." Called "Pâtés Jardinières" in French.

Two leaflets for all 6 Mandarin patties also sent. One shows a huge illustration of a burger with the 6 packages below it. The other shows the six packages lined up in a typical produce case.

9045. Morinaga Nutritional Foods Inc. 1989. The importance of packaging (Ad). *Produce News* (*Fort Lee*, *New Jersey*). April. Insert.

• ***Summary:*** This full-page color ad shows a well-built (well packaged), lovely smiling woman, Marcia Levine, dressed in a chartreuse, two-piece knit workout suit with an open midriff. Her left hand is behind her head, holding her hair, and her right hand is holding a carton of Mori-Nu tofu next to her right temple. The pose and angle emphasize that she has large breasts. Marcia is featured in Gold's Gym Personal Trainer Workout videos, one of which is shown beside her photo with a carton of Mori-Nu tofu. "And now Mori-Nu is proud to sponsor a new two-tape video package for the world famous Gold's Gym. These exercise tapes will give health-conscious people everywhere first-hand instruction on how tofu blends deliciously into a total fitness program.

"Stock up on the tofu that combines trade support, national advertising, consumer education and guaranteed

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customer satisfaction into one profitable package. Call 1-800-NOW-TOFU for Mori-Nu today."

On the back of this ad is a trade produce ad titled "How does your tofu stack up?" It shows cartons of each of the three types of Mori-Nu Tofu stacked one atop the other. The "stack up" was intended to have 2 meanings. First, can you stack up water packed tofu this neatly. Second, how does it stack up or compare on a number of key points.

According to Art Mio (1990 March 9), the two appeared as an insert in Produce News, and made a big hit. Art notes: "I love the ad myself. We got produce buyers all over the country with the ads tacked up on their bulletin boards." Danielle Lin needed an insert for several of her health food distributors. But when she sent them this back-to-back ad they would not insert it into their monthly flyer–creating a minor scandal. This ad may have also appeared as an insert in *The Packer.* Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9046. **Product Name:** Rosewood Farms Tofu-Rella (Soy Cheese with Casein) [Monterey Jack Style].
Manufacturer's Name: Rosewood Products Inc.
Manufacturer's Address: 738 Airport Blvd., Suite 6, Ann Arbor, MI 48108. Phone: 313-665-2222.
Date of Introduction: 1989. April.
Ingredients: 51% real tofu, soy oil, casein*, sea salt, citric acid, lecithin, natural flavor, guar gum.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Photocopy of Label. 1989. April. "The cheese alternative. No cholesterol. All natural. *Casein is the protein in nonfat milk. It is free of cholesterol and rennet and is what allows this product to be so similar to cheese."

9047. Shurtleff, William; Aoyagi, Akiko. comps. 1989. Bibliography of soya in Canada: 633 references from 1855 to 1989. Lafayette, California: Soyfoods Center. 112 p. Subject/geographical index. Author/company index. Partially annotated. Printed April 22. 28 cm. [633 ref]
• ***Summary:*** This is the most comprehensive bibliography ever published on soybeans and soyfoods in Canada. One of more than 40 bibliographies on soybeans and soyfoods published by the Soyfoods Center, it lists all known documents (both published and unpublished) and commercial products in chronological order, making it a powerful tool for understanding the subject from an historical point of view from its earliest beginnings. 67% of all records (and most of the current records) contain a summary. An analysis of the composition of this bibliography (by language, document type, year, leading countries, states, and organizations) and details on how to use the bibliography are also included. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

9048. **Product Name:** [Jean de Preneuf Tofu Sausages (With Boletus Mushrooms, Comté Cheese, Smoked Salmon)].
Foreign Name: Jean de Preneuf Roulades de Tofu (Aux Cèpes, Au Compté, Saumon).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1989. April.
Ingredients: Mushroom: Fresh tofu (water, soybeans*), boletus mushrooms (3%), sunflowerseed oil, egg white, wheat flour, spices, aromatics, salt. * = Organically grown (Issu de l'agriculture biologique). Sauce: Tomato juice, rapeseed oil, carrots, onions, white wine, spices and aromatics, vinegar, starch, salt.
Wt/Vol., Packaging, Price: 225 gm packet containing 4 sausages plus two 12-gm sachets of sauce.
How Stored: Refrigerated, 28 day shelf life.
Nutrition: Mushroom: Per 100 gm.: Protein 13.5%, lipids 10%, carbohydrates 2.8%, calories 648 Kj.
New Product–Documentation: Leaflet. 1988. Front and back. 4 color with photo of mushroom sausage on front. This line of 9 sausage products contains 3 groups: those containing vegetables (13.5% protein), cheese (14% protein), or seafoods (fruits de mer; 15% protein). Label. 1988, undated. 2.5 by 8 inches long by 2 inches deep. Glossy card stock, with 4-color printing. Photos on front and back of the sausages with mushrooms or salmon. "New. With 2 packets of sauce. Gourmet foods for your fitness (Le traiteur de votre forme)." A very innovative concept with excellent packaging and promotion. Letter from Bernard Storup. 1989. March 3. These products are the same as Tofinelle but under a different name for a different market. There are only three varieties, and they will be launched in April 1989, at the same time as three other lines (same products with other names and packaging to come).

Note: In French, the term "traiteur" combines the English terms "caterer" and "delicatessen," but with more of a gourmet, high class, and expensive feeling. It is very prestigious to be a "traiteur." However in this case there is also the allusion to the French verb "traiter," which means "to treat or take care of." The company is thus trying to say, "We will take good care of your fitness with gourmet food."

Spot in SoyaFoods. 1991. Spring. p. 5. "Tofu Roulades." They are packed in a barrier package that can "breathe" to ensure natural preservation of the product. The company name is given as "Jean de Preneuf."

9049. **Product Name:** [Pasta with Tofu (Ravioli)].
Foreign Name: Pasta al Tofu (Ravioli).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.

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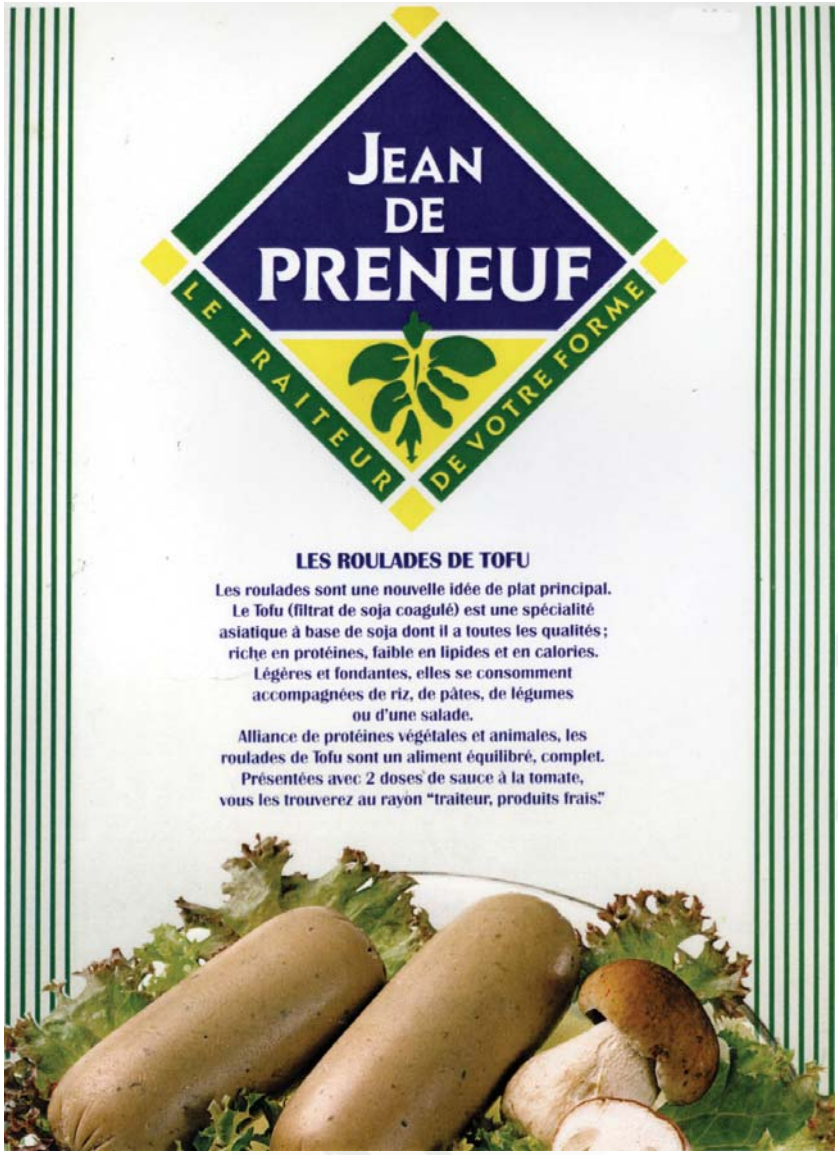

Date of Introduction: 1989. April.
Ingredients: Pasta: Whole hard wheat* semolina. Filling: Tofu (water, soya*), whole hard wheat* semolina, Parmesan cheese, tomato pulp*, fried onions, unrefined palm oil, spices and aromatics, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 258, protein 13 gm, carbohydrate 38 gm, fat 6 gm.
New Product–Documentation: Form filled out by Bernard Storup for Anthony Marrese. 1989. Nov. "This product was launched in April 1989. The ravioli are made by another company (a pasta company), but filled with our tofu."Label. 1989. 3 by 5.5 inches. Green, red, brown, blue, and yellow on white. Self adhesive. Illustration of an Italian villa. "Add to 1.5 liters salted boiling water and cook for 15 minutes." The Nature et Progres logo is shown.

9050. **Product Name:** [Thai Spring Rolls {With Tofu}].
Foreign Name: Thailande Soynem.
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1989. April.
Ingredients: Rice cakes, sunflowerseed oil. Filling: Tofu (water, soya* 20%), carrot, onion, black Chinese mushrooms, rice vermicelli, soy sauce. * = Organically grown.
Wt/Vol., Packaging, Price: 160 gm.
How Stored: Refrigerated.
New Product–Documentation: Form filled out for Anthony Marrese by Bernard Storup. 1989. Nov. The product was launched in April 1989.

Label. 1989. 3 by 5.35 inches. Red, green, black, orange, yellow, and blue on white. Illustration of a Thai-like wooden sailing vessel in front of a large sun and palm trees. "The soya epicure/gourmand." *Nem* is the Vietnamese word for "Spring Roll."

9051. Soyco Foods. 1989. Soyco: The soy cheese with great taste (Leaflet). New Castle, Pennsylvania. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Describes the product (it contains no cholesterol or lactose), its ingredients, and flavors. Five color photos show dishes prepared with the product. Compares nutritional composition with American processed cheese. Soyco has 70 calories, 8 gm or protein and 140 mg of sodium per ounce compared with 12, 6 and 410 respectively for processed cheese. Address: P.O. Box 5204, New Castle, Pennsylvania 16105. Phone: 800-441-9419 or 412-656-1102.

9052. *Sunset* (*Menlo Park, California*). 1989. In Sichuan, mild tofu meets aggressive seasoning. 182:202. April. *
• ***Summary:*** Contains recipes.

9053. Toriano, Peter. 1989. Japanese food firms cook up new strategies for U.S. consumers. *Economic World.* April. p. 22-26.
• ***Summary:*** "Riding the success of tasty, low-priced food products, the Japanese eye a bigger helping of the U.S. grocery mart." Two of the most popular Japanese food products have been soy sauce, ramen noodles, and tofu. "Nissin sold more Cup O'Noodles in the United States last

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year than McDonald's sold hamburgers nationally... Japanese food companies and food products are slipping under America's door unnoticed... The Japanese start selling their food products in the U.S. to a small, very concentrated ethnic market... While Kikkoman can trace exports of soy sauce to the U.S. as far back as 1869, most Japanese food companies did not export to or manufacture products in the United States in significant quantities until the 1970s...

"American food product companies focus on their competitors, whereas the Japanese tend to focus on what the customer wants...

"Kikkoman, one of Japan's largest food-related companies, is involved with wines and liquors, pharmaceuticals, health foods and a chain of restaurants. In addition to its other products, Kikkoman has introduced a shelf-stable tofu, instant miso soup and a rice wine for use in cooking.

"Kenzaburo Mogi, planning manager of Kikkoman's foreign operations department, says tofu could become as big a market as soy sauce for Kikkoman in the U.S. in the years to come. In the U.S., Kikkoman also owns 80% share of JFC (Japan Food Corp.), a major distributor of oriental food products... Consumption of Kikkoman's soy sauce has increased fivefold since 1972... On average, each Japanese consumes about 2.5 gallons of soy sauce every year; the average American consumes less than 10 oz...

"Almost a quarter of Kikkoman's total business now is outside Japan: two-thirds in the U.S. and most of the rest in Southeast Asia. The company also is targeting production in Europe, Australia and China...

"Ajinomoto Co, Japan's largest food processor, has been selling abroad since 1909, when its first overseas office opened in New York... Until the 1960s, Ajinomoto's main product was MSG (monosodium glutamate). Today, it has a more diversified line-up, with about 41% of sales coming from processed foods, and 26% from seasonings... The predominant products the firm manufactures in the U.S. are amino acids for pharmaceutical use...

"Kibun Products International Inc., a subsidiary of Kibun Company Ltd. Japan, is a major manufacturer of surimi in the U.S... Kibun is a multi-billion-dollar, 50-year-old food products company with worldwide operations totalling $2,000 million annually...

"Morinaga Nutritional Foods Inc., a subsidiary of Morinaga Milk Industry Co. Ltd., the Borden of Japan, is selling its tofu in air-tight containers that prolong freshness, eliminate water changes and is bacteria-free...

"'This could be the food of the future, replacing dairy and meat as major sources of nutrition," says Kent Cooper, spokesman for Hakuhodo Advertising America Inc. in Los Angeles, which handles Morinaga's account...

"Faith Popcorn, chairman of BrainReserve Inc., a marketing consulting company to Fortune 500 companies says America is eating healthier and is more and more concerned with where food products originate and what that does to the Earth, known as the graining/greening of America. 'Vegetarianism is growing like crazy. Americans are changing from flesh food to health food.'"

9054. Wood, Rebecca. 1989. Quinoa the supergrain: Ancient food for today. New York, NY: Japan Publications Inc. Distributed by Kodansha International USA/Ltd. 202 p. April. Illust. Index. 26 cm. [51 ref]
• ***Summary:*** Quinoa (pronounced KEEN-wa; scientific name *Chenopodium quinoa* Willd.) originated in the *altiplano,* the high plains of the Andes in Peru and Bolivia. It was called the "mother grain" by the ancient Incas. The protein content of quinoa seeds ranges from 7.5% to 22.1%. The two men most responsible for creating a quinoa market in the USA are Stephen Gorad and Don McKinley of the Quinoa Corporation in Boulder, Colorado.

Note: *Webster's Dictionary* defines quinoa (derived from Spanish, via the Quechua *quinua;* the term was first used in 1625) as "a pigweed (*Chenopodium quinoa*) of the high Andes whose seeds are ground and widely used as food in Peru."

Chapter 8, "All about cooking quinoa," contains many recipes. A number of these use soyfoods, including natural soy sauce or tamari (p. 65): Star canapés with tofu-caper topping (p. 88-89). Noodle salad with fresh soy mayonnaise (with soymilk, p. 110). Tofu, quinoa, and dulse salad (p. 114-15). Sweet and sour quinoa tempeh (p. 129-30). Address: Crestone, Colorado.

9055. Cloud, Jon. 1989. Tofu shops in Ontario (Interview). *SoyaScan Notes.* May 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soy City Foods is the only Caucasian-run tofu manufacturer of the 13 tofu companies in Ontario. The earliest tofu manufacturer he knows was Yet Sing on Baldwin Street, which probably started in the 1960s. They are still in business, but they don't talk much to Caucasians. Pyung Wa is on Baldwin Street.

Some years ago Stephen Yu of Victor Food Products wanted to expand his company. So he sold half of his interest in the company to members of the Rajneesh spiritual community. During the next few years the company didn't make money, so a guy named something like Bodhi-dharma moved in and put pressure on Stephen. Things began to go down hill. A number of his best workers left and started competing companies. T'ang, his foreman, left and started a company in Toronto (John doesn't know the name) that sells only to the Chinese market. Eventually Victor Foods declared bankruptcy. Address: Soy City Foods, Toronto, ONT, Canada.

9056. Ridenour, Jeremiah. 1989. Recent developments at Wildwood Natural Foods (Interview). *SoyaScan Notes.* May

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4 and 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wildwood is now a distributor, carrying 80 products including about 30 of their own products based on soy, plus amazake, mochi, salsa, rocket cheese, and juices, etc. They claim to be the only full-service distributor in the Bay Area. With their 11 trucks (from Wildwood North) they deliver their own products directly to northern California stores–including Safeway supermarkets–rather than going through the central Safeway warehouse. They stock the shelves, set their own retail prices, have a vendor number in Safeway's computer, have bar codes on some products, yet do all this without paying any slotting allowances. Service and quality are considered to be the keys to success. A number of these products are now in 30 California Safeway supermarkets; the salsa played a key role in getting them in. The company got into its first supermarket about 18 months ago. At the Safeway in Lafayette, California, 9 products are sold in the dairy case, between the yogurt and cottage cheese, and the bacon. In some stores they have 8 feet of shelf space.

"We go in with confidence. We just say 'either we get this or we don't come in. We know your customers want no-cholesterol, low-fat foods, don't they?' And the buyers are forced to agree with us, but they don't even know what we are selling. We tell them 'This is it. This is the best on the market. Its the freshest. We'll deliver. What more can you ask for?' At the Mission Safeway in Santa Cruz, we do about $800 to $900 a week. They have let us put in our own refrigerated case, titled Wildwood Natural Foods, as have two other stores, in premium spots such as right next to the dairy case or end of aisles. We started by getting in anywhere, even in the produce section. Then after we were in, we'd explain that we didn't want to be in produce since it was too warm and was a risk to both parties and consumers. So we asked for 2 feet in the dairy case. When sales were good there we went back and told them, 'Look, we've got this whole line of products.' Some agreed to let us try it; others didn't."

Wildwood can no longer produce all the tofu they need for second generation products, so they buy some tofu from Gary Stein at San Diego Soy Dairy. Wildwood Santa Cruz, Wildwood Fairfax, and Monterey Bay Soyfoods (the tempeh company) are three separate companies. All three use about 350 acres x 30 bu/acre x 60 lb/bu = 630,000 lb/year of Vinton soybeans. They get about 1.6 to 1.8 lb of firm tofu from 1 lb of these soybeans, thus about 20,000 lb/week of tofu. They make only nigari tofu, none with calcium sulfate. Their main problem in making tofu is the curding step. The main variable affecting curding is the soybean variety. Wildwood Santa Cruz has 40 employees, which are the equivalent of 20 full-time employees. A major problem is rapid growth, which they now control by raising prices. There is lots of duplication of managers, equipment, etc. between Wildwood north and south.

Note: Soyfoods Center has heard from a source that asked not to be mentioned that Wildwood's gross sales are presently estimated to be $5 million a year. Two-thirds of that is estimated to come from products the company sells but does not make, such as Mrs. Wiggly's juices, Rademacher's sandwiches, solar tacos, salsa, etc. They try very hard to get an exclusive on everything they distribute. Address: Santa Cruz, California. Phone: 408-476-4448.

9057. Doi, Shuji; Ishige, K.; Ishida, N.; Irie, E.; Matsumoto, Y.; Hatabe, Y.; Takahashi, A.; Inoue, N.; Deguchi, N.; Ozaki, H. Assignors to Meiji Seika Kaisha, Ltd. (Tokyo); Kyushu Nyugyo Company, Ltd. (Ohita); Izumi Food Machinery Company, Ltd. (Osaka). 1989. Process for the manufacture of packaged aseptic soybean curd. *U.S. Patent* 4,828,869. May 9. 13 p. Application filed 8 May 1987. 4 drawings. Application also filed in Japan on 27 Sept. 1986. [8 ref]
• ***Summary:*** A packaged aseptic tofu is prepared by sterilizing dehulled and hypocotyl-removed soybeans with superheated steam, grinding the soybeans in the presence of heated water to prepare a green slurry, filtering the slurry to separate out the soy milk, heating the soy milk to sterilize it and denature the protein content, aseptically adding a coagulant, filling and sealing in an aseptic container, and then heating to effect coagulation in the container. Address: 1-2. Kawasaki; 3-4. Tokyo; 5-8. Ohita; 9-10. Hyogo. All: Japan.

9058. Demos, Steve. 1989. New developments at White Wave, Inc. (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave has just purchased a meat packing house with 23,000 square feet of processing space, fully refrigerated and built for food production, on 2.2 acres on the eastern outskirts of Boulder, on 61st Street, 7 blocks from their present plant. They are paying only $600,000 for the plant plus land; the land alone is valued at $500,000. They will take possession on May 15 and the deal is expected to close in June. They will retain their current 10,000 square foot plant for making ice cream and some new products. So they will be manufacturing in 2 places. Most offices will be at the new facility. In July, they will install an automated tofu system. During Steve's last 2 trips to Japan he has put it together, mainly from Kawanishi Shoko, which is acting as the broker but with a Masuko cooker and processing system (which do not have a heavy dependence on electronics) and Takai roller extractors. The high cost of Japanese yen prevents importation of a turnkey Japanese plant. Within the last 3 months White Wave built its own conveyorized pasteurizer and is now pasteurizing tofu sent long distance.

White Wave's sales for 1988 were up close to 30% over 1987. After-tax profits were down a little due to extensive product development and expansion. On May 15 White Wave will close on a 504 limited placement equity stock offering for $500,000, which will be used solely for new

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product introduction and development. The banks loaned an additional $500,000 for equipment and also financed the land and building ($600,000).

The company's new soy cheeses (private labeled TofuRella) are well accepted but have had quality control problems; the shelf life is not good. They are made by another company. White Wave's many new products and the upcoming Meatless Healthy Franks and Links are deluging buyers. White Wave products are also being distributed by Wildwood in California. Steve believes Wildwood will come to a point fairly soon where they will have to choose between being a distributor and a multi-product manufacturer. Its too complex and expensive to try to do both.

White Wave is doing well but the stress is enormous on everyone. Their business strategy is to focus on the mass market in their area, with saturation of in-store demos. They will go through the King Soopers warehouse, with no slotting allowance. He will not pay those. "Its cheaper to get your product pulled onto the market by consumer demand from a big PR campaign, than to pay slotting allowances. I have an ethical problem paying $10,000 per facing of slotting allowances. If the product doesn't move within 60 days you've lost all that money." Address: White Wave, Boulder, Colorado.

9059. Camire, Dennis. 1989. U.S., Japan join hands to put tofu on the table. *Detroit News.* May 21. p. A-7, col. 1.
• ***Summary:*** West Lafayette, Indiana. Purdue University's School of Agriculture, Mitsubishi International Corp. and the USDA are working together to create a soybean variety that will make better tofu. Mitsubishi donated about $350,000 for the study. Niels Nielsen, an agricultural geneticist at Purdue, has worked 12 years to develop a soybean whose protein does not have the characteristic off-flavor. It will be crossed with other varieties to come up with the best taste, texture, and color for tofu production. The new soybean is being developed for the Japanese market–not for Americans. This year, Indiana farmers will grow about 5,000 acres of the experimental variety.

In addition, a small tofu manufacturing plant is being established at Purdue, where production is expected to begin next month. The resulting tofu will be taste-tested by Asian students at school and by Japanese managers from a nearby Subaru-Isuzu auto plant. Address: Gannett News Service.

9060. Rickman, Phyllis C. 1989. Tokyo Rose just wants to have fun. *Washington Post.* May 21. p. M35.
• ***Summary:*** This is a review of the restaurant Tokyo Rose (2427 18th St., NW, Washington, DC). This popular Adams-Morgan Japanese restaurant, a place to have fun, "serves four tofu appetizers, one of them *hasamiage*, which two different waiters said 'tastes scary.'" The reviewer accepted the challenge and was broad-minded enough to like it, although it looked like "blintzes in a tofu wrapper."

"Cold tofu, mashed with avocado and raw quail egg, and grilled tofu with natto turned out to be only weird rather than frightening. Tofu almond fry (which seems to be broiled, rather than fried, almond-crusted bean-curd triangles) is, I'm relieved to say, delicious."

Grilled clams or oysters were served with a "sweetened soy glaze." And "sea trout or seafood brochettes are brushed with sweetened soy and caramelized under the grill so the flesh is moist and crunchy."

9061. Berief, Hermann. 1989. [Re: More about tofu at TKW]. Letter to William Shurtleff at Soyfoods Center, May 31. 1 p. Typed, with signature on letterhead. [Ger]
• ***Summary:*** We have been in contact with one another before. Today we have a special request. The undersigned Hermann Berief is a member (*Gesellschafter*) of this firm, and his son Markus (age 22, a student) would like to do work-study program during the summer vacation.

Can you recommend any place where he could both learn how to make tofu and run a business. We would be very pleased to get an affirmative reply from you. With friendly greetings. Address: TKW GmbH Tofukost-Werk, Siemensweg 1 (Postfach 32 12), D-4724 Wadersloh 3, West Germany. Phone: 0 25 20/13 00.

9062. Bajaj, Naresh Kumar. 1989. Welcome address. Paper presented at opening of Amrit Protein Foods soymilk plant in Ghaziabad, 18 May 1989. 8 p. 21 x 14 cm. [Eng]
• ***Summary:*** Shri Jagdish Tytler, the Honorable Minister of Food Processing Industries, was present at the opening, along with many invited guests. "Protein energy malnutrition is wide-spread amongst almost all segments of the population in India... The abnormal infant mortality rate in our country is 100 per 1,000 births... This problem cannot be tackled by conventional means and therefore there is a need to find non-conventional sources. Since in our country a large number of population is accustomed to a vegetarian diet, one of the means to solve malnutrition problem is in a simple little protein packed wonder i.e. soyabean... The daily requirement of the essential amino acids (the tissue building materials) of a 5 year old child can be covered by consumption of ½ liter of soyamilk alone."

"With so much goodness of soyamilk I am tempted to say (and this I do with due apologies to our friends in the medical profession who are present here)–'Drink a pint of soyamilk a day & keep your doctor friend away.'"

"There are some areas–Sir–where the Government policy needs to be liberalized so as to promote nutritional benefits of soyamilk. A few to mention are: (a) Extension of dairy milk by addition of 25% of soya milk. (b) All weaning foods for babies to be based, as far as possible, on soya milk, because of its obvious advantages. (c) Encourage & promote the use of soya milk in products like ice cream, kulfi, paneer, khoya, etc., which are basically non-essential and where

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the usage of milk is rather high–up to 50%. Such a step will certainly help to improve the availability of dairy milk to children for drinking. In short, wherever possible, normal milk should be extended by soya milk."

"The main soya milk plant has been supplied to us by Danish Turnkey Dairies of Denmark. The packaging machinery have been supplied by Prepac of France." Address: G.T. Road, Ghaziabad, Uttar Pradesh, India.

9063. Library of Congress, Subject Cataloging Div., Processing Services. 1989. Library of Congress subject headings. 12th edition. Washington, DC: Cataloging Distribution Service, Library of Congress. 3 volumes.
• ***Summary:*** This 12th edition (LCSH 12) contains approximately 173,000 headings established by the Library through Sept. 1988. The book was available on 3 May 1989. Approximately 10,000 headings were added since the 11th edition in 1988. Among these headings are 139,000 topical subject headings, 22,000 geographic subject headings, 10,000 personal names (incl. 9,000 family names), 2,600 corporate headings. This book should be used with the Subject Cataloging Manual (1989. 3rd ed.).

These subject headings have been accumulated by LC since 1898 and the first edition of LCSH was printed between 1909 and 1914. Subject headings are listed in boldface type. Approximately 40% of headings are followed by LC class numbers, which are added only when there is a close correspondence between the subject heading and the provisions of the LC classification schedules.

References show the relationship between terms: (1) The equivalence relationship: Use of UF (Use for) references. (2) The hierarchical relationship: Broader terms (BT) and narrower terms (NT). BT and NT function as reciprocals. A term appearing as a BT must be matched by the reversed relationship as an NT (e.g., Motor Vehicles. BT Vehicles. NT Trucks). (3) The associative relationship: Related terms (RT. Ornithology. RT Birds). May Subd Geog (MSG) = May subdivide geographically. Soy related subject headings, listed alphabetically, are:

Fermented soyfoods (MSG). BT Food, Fermented. Soyfoods. NT Fermented soymilk. Miso. Natto. Soy sauce. Tempeh.

Fermented soyfoods industry (MSG). BT Soyfoods industry. NT Miso industry. Nattô industry. Soy sauce industry. Fermented soymilk (MSG). BT Fermented soyfoods. Soymilk.

Hydrogenation [QD281.H8]

Information storage and retrieval systems–Soyfoods.

Lecithin [QP752.L4 (Physiology), or RM666.L4 (Therapeutics)]. UF Phosphatidylcholine. BT Phospholipids. NT Lysolecithin. Also: Lecithinase.

Margarine (MSG) [TP684.M3 (Manufacture)]. UF Butter, artificial, Margarin, Oleomargarine. BT Oils and fats, edible. NT Vanaspati. Margarine industry (MSG) [HD9330.M37-374] BT Oil industries. NT Vanaspati industry.

Meat substitutes [TX838]. BT Food substitutes. Vegetarianism.

Miso (MSG) [TP438.S6 (Manufacture)]. UF Paste, Soybean. Soybean paste. BT Fermented soyfoods. NT Cookery (Miso).

Miso industry (MSG). BT Fermented soyfoods industry.

Nattô (MSG) [TP438.S36 (Manufacture)] [TX558.S6 (Nutrition)]. BT Fermented soyfoods.

Nattô industry (MSG). BT Fermented soyfoods industry.

Natural food restaurants (MSG). UF Restaurants, Natural food. BT Restaurants, lunch rooms, etc. RT Food, Natural.

Natural foods industry (MSG) [HD9000-HD9019]. UF Health foods industry. BT Food, Natural. Note: Natural food (Use Food, Natural). Natural food cookery (Use Cookery (Natural foods)).

Nonfermented soyfoods.

Nonfermented soyfoods industry.

Shortenings–Use Oils and fats, edible.

Soy ice cream (MSG). Here are entered works on no-dairy frozen desserts in which soy protein largely or completely replaces the dairy proteins. UF Ice cream, Soy. Soymilk ice cream. Tofu ice cream. BT Non-dairy frozen desserts. Nonfermented soyfoods.

Soy ice cream industry (MSG) [HD9330.S63-HD9330.S633]. BT Nonfermented soyfoods industry.

Soy sauce (MSG) [TP438.S6 (Manufacture)]. [TX407.S69 (Nutrition)]. UF Sauce, Soy. Soy. Soya Sauce. BT Fermented soyfoods. NT Cookery (Soy sauce).

Soy sauce industry (MSG) [HD9330.S65-HD9330.S653]. BT Fermented soyfoods industry. NT Strikes and lockouts–Soy sauce industry.

SOYA (Information retrieval system [SoyaScan from Soyfoods Center]) [Z695.1.S68]. BT Information storage and retrieval systems–Soyfoods.

Soybean (MSG) [QK495.L52 (Botany)]. [SB205.S7 (Culture)]. UF Glycine max. Soja bean. Soja max. Soy-bean. Soya. Soya bean. BT Beans. Forage plants. Oilseed plants.

Soybean–Diseases and pests (MSG). NT Diaporthe phaseolorum. Heterodera glycines [Nematodes]. Soybean mosaic disease. Soybean rust disease.

Soybean as feed [SF99.S]. NT Soybean meal as feed.

Soybean flour. UF soya flour. BT Flour. Soybean products.

Soybean glue. BT Glue. Soybean products.

Soybean industry (MSG) [HD9235.S6-HD9235.S62]. BT Vegetable trade. NT Soybean oil industry.

Soybean meal (MSG). UF Soybean oil meal. Soybean oilmeal. BT Meal. Soybean products

Soybean meal as feed [SF99.S]. BT Soybean as feed.

Soybean mosaic disease (MSG) [SB608.S7]. UF Soybean chlorosis. Soybean leaf curl. BT Soybean–Diseases and pests. RT Soybean mosaic virus.

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Soybean mosaic virus. BT Plant viruses. RT Soybean mosaic disease.

Soybean oil (MSG) [TP684.S]. UF Bean oil. Chinese bean oil. Soy oil. BT Drying oils. Soybean products.

Soybean oil industry (MSG) [HD9490]. BT Soybean industry.

Soybean oil mills (MSG). BT Oil mills. Soybean processing plants.

Soybean processing plants (MSG). BT Factories. Food processing plants. NT Soybean oil mills.

Soybean products (MSG). NT Soybean flour. Soybean glue. Soybean meal. Soybean oil. Soyfoods.

Soybean rust disease (MSG) [SB608.S7]. UF Rust disease of soybean. BT Fungal diseases of plants. Soybean–Diseases and pests. RT Phakopsora pachyrhizi.

Soyfoods (MSG). [TX401.2.S69 (Nutrition)]. [TX558.S7 (Composition)]. UF Soybean as food. BT Food. Soybean products. RT Cookery (Soybeans). NT Fermented soyfoods. Nonfermented soyfoods.

Soyfoods industry (MSG) [HD9235.S6-HD9235.S62]. BT Food industry and trade. NT Fermented soyfoods industry. Nonfermented soyfoods industry. Soymilk industry.

Soymilk. UF Beverages, Soy. Milk, Soy. Milk, Soybean. Soy beverages. Soy milk. Soybean milk. BT Nonfermented soyfoods. NT Fermented soymilk.

Soymilk industry (MSG) [HD9235.S6-HD9235.S62]. UF Soy milk industry. Soybean milk industry. BT Soyfoods industry.

Tempeh (MSG) [TX558.T39]. UF Bongkrek. Tempe. BT Fermented Soyfoods. RT Cookery (Tempeh).

Tofu (MSG).

Note: Changes in this edition from the 11th edition. Changed: Soybean as food to Soyfoods. Changed: Soybean milk to Soymilk. Changed: Soybean milk industry to Soymilk industry. Added: Soyfoods industry. Added: Fermented soyfoods. Added: Fermented soyfoods industry. Added: Nonfermented soyfoods. Added: Nonfermented soyfoods industry. Added: Fermented soymilk. Address: Washington, DC.

9064. **Product Name:** [Taifun Sprout Tofu {With Mung Bean Sprouts}].
Foreign Name: Taifun Sprossen-Tofu.
Manufacturer's Name: Life Food.
Manufacturer's Address: Stuehlinger Strasse 9, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1989. May.
Ingredients: Tofu (Made from organically-grown soybeans), organically grown mung beans, herb salt, parsley.
Wt/Vol., Packaging, Price: 250 gm poly bag. Retails for DM 3.60.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 4 by 2.5 inches. Green, black, and red on light green. Refrigerate at 2-7ºC. The now make 50 kg/week. Marrese notes that the sprouts are mung bean sprouts, lightly cooked, with spices.

Letter from Klaus Kempff of Life Food. 1990. June. The company does not sprout real soybeans. This address is correct.

9065. **Product Name:** Tofu Crumbles (Vegetarian Hamburger).
Manufacturer's Name: Marjon Specialty Foods.
Manufacturer's Address: 3508 Sydney Rd., Plant City, FL 33566. Phone: 813-752-3482.
Date of Introduction: 1989. May.
Ingredients: Tofu, seasoning, carmel coloring, potassium sorbate and lactic acid to maintain freshness.
Wt/Vol., Packaging, Price: 10 oz. paperboard box.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 82, protein 9 gm, carbohydrate less than 1, fat 5 gm, cholesterol 0 mg, sodium 8 mg, calcium 145 mg.
New Product–Documentation: Sarah V. Cherin. 1992. *Produce Business.* June. p. 50. "Tofu Takes on Produce Flavors." "Marjon Specialty Foods carries a product called Tofu Crumbles that is a vegetarian substitute for meat." It is merchandised in the produce department and sometimes demonstrated as Tofu Crumbles tacos, and tofu chili. There are 6 recipes on the box.

Talk with Marcia Miller of Marjon. 1993. April 28. This product was introduced on 16 May 1989. It is made entirely at their plant and sold in boxed form. Today they got a patty maker and are planning to make the crumbles into a vegetarian burger.

Label sent by Marcia Miller. 1993. April 28. Paperboard box is 3¼ by 4½ by 2¼ inches. Dark brown, green, and red on yellow. "Seasoned. Ready to use. Pre-cooked. Textured. Easy time saving lite recipes on sides. Cholesterol free. Very low sodium." Recipes are given for: Tofu chili. Tofu sloppy joes. Tofu spaghetti. Tofu stuffed green peppers. Tofu tacos and burritos. Tofu pizza. A color photo of each prepared dish appears on the back of the box.

9066. *Radar fuer Trends* (*W. Germany*). 1989. [Breakthrough for tofu in sausages]. May. [Ger]*
• ***Summary:*** The level of purity of German sausages has been raised by the courts, but it falls when tofu is added.

9067. **Product Name:** Tempeh Lasagna, and Herbal Garden Tofu (With 6 Herbs & Spices in the Curds).
Manufacturer's Name: San Diego Soy Dairy.
Manufacturer's Address: 1330 Hill St., Suite B., El Cajon, CA 92020. Phone: 619-447-8638.
Date of Introduction: 1989. May.
New Product–Documentation: Talk with Gary Stein. 1989. Feb. 17. He expects that these products will be launched

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in about Aug. 1989. Talk with Gary Stein. 1989. Oct. 25. Tempeh Lasagna was introduced in May, 1989. It contains Pizsoy soy cheese ($1.60/lb). He also distributes the cheese. He also does a private labelled version for Heart & Soul, as well as own label. Herbal Tofu is expected out by the end of November, 1989. He will soon be putting out an iced herbal tea (non-soy).

9068. **Product Name:** Trader Joe's Cottage Style Tofu Salad with Herbs (Non-Dairy Cottage Cheese).
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1989. May.
Ingredients: Tofu, apple cider vinegar, dried onions, sea salt, dried chives, spices.
Wt/Vol., Packaging, Price: 6 oz. Retails for $1.39 (8/89, Concord, California).
How Stored: Refrigerated.
New Product–Documentation: Label. 1989. 4 by 2.75 inches. Green on yellow. Self adhesive. "No cholesterol. No dairy. No preservatives." Illustration of a Japanese woman and her child. Soyfoods Center taste. 1989. Aug. 14. Nice flavor. Dry, like cottage cheese. Good as a spread on crackers. Talk with Richard Baltierra, head of the Fresh Program at Trader Joe's. 1989. Aug. 23. This product, made fresh daily in southern California, was introduced in May 1989. "The two tofu salads have taken off like gangbusters."

9069. **Product Name:** Trader Joe's Eggless Egg Salad: Made with Tofu.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1989. May.
Ingredients: Tofu, celery, eggless mayonnaise, dill, granulated garlic, chives, sea salt, vinegar, onion powder, chopped onions, turmeric.
Wt/Vol., Packaging, Price: 6 oz clear plastic tray. Retails for $1.39 (9/89 Concord, California).
How Stored: Refrigerated.
New Product–Documentation: Label. 1989. 4 by 2.75 inches. Green and orange on white. Self adhesive. "No eggs. No cholesterol. No preservatives." Illustration of a Japanese woman and her child. Talk with Richard Baltierra, head of the Fresh Program at Trader Joe's. 1989. Aug. 23. This product, made fresh daily in southern California, was introduced in May 1989. "The two tofu salads have taken off like gangbusters." This product is still sold in 1997.

Product with new Label purchased at Trader Joe's in Lafayette, California. 2000. Aug. 15. 4½ inch diameter plastic tub. Red, white, and green on blue background. 6

oz. Retails for $1.39–Price hasn't changed in 11 years. "No eggs. No cholesterol. No preservatives. Perishable. Keep Refrigerated." Illustration of a bamboo plant with green leaves. SKU #001133. as of 2004. March 12. Retail price in Lafayette, California: $1.69.

9070. Westbrae Natural Foods. 1989. Distributor catalog: FOB West pricing. Spring 1989. P.O. Box 91-1181, Commerce, CA 90091. [6] + 19 p. 22 x 28 cm.
• ***Summary:*** Has a black on yellow cover. Address: Commerce, California. Phone: (213) 722-1692.

9071. Mann, Oscar. 1989. Re: Problems in trying to introduce tofu to Kenya. Letter to William Shurtleff at Soyfoods Center, June 7. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "I was making my own tofu for a while, then supplying friends and now a main deli/grocery in town. It's little known here but sales are steadily growing and are now at around 20 kg/week. I'm also producing soysage and have just begun okara Tempeh."

The main problems are: 1. Very strict government health regulations; all products must undergo strict government testing. 2. Poor quality soybeans and concern with aflatoxins on soybeans. "I have one person whose job it is to sit and sort soaked beans–particularly any that look moldy or infected in any way. We actually discard 20-30% of our raw stock... For some reason Kenya is having a hard time producing soy beans. The market has been low but their main problem is that the beans rot as soon as they are ready, necessitating 2 or even 3 pickings per day! Beans on the market currently come from Uganda or Tanzania and are old. I buy what I can (at around $0.50/lb) and there are never two loads the same which makes control and scientific

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methodology difficult." 3. Local coagulants are expensive. Lab grade calcium sulfate, the least expensive, costs $1.66/lb. So the cost of producing tofu is about $0.95/lb (with labor costing only $0.50/hour); it wholesales for $1.25 and retails for $1.66/lb. 4. Tofu and other soyfoods are not well known.

"I am holding a tofu-making class this coming week end and will have samples of tempeh and soysage to try. Next is a tofu cooking class, a small recipe book and a soya festival with one of the largest restaurants."

"My analysis of the situation soy-wise here is that probably the most accepted products will be flavored soy milk in tetra bricks, burgers, soysage, and dried frozen tofu for the various hunger and famine-relief projects. (I actually thought I had invented this stuff before finding it in your books. I use it as my main staple on safari and have given samples to trekking companies.) I would like to see a full-scale soy dairy in operation." Address: Kenya Natural Products Development Co., P.O. Box 20360, Nairobi, Kenya. Phone: 60099.

9072. Thornbury, Barbara E. 1989. A feast of tofu in Tokyo and Kyoto. *New York Times.* June 11. p. XX6, XX37. Late edition (East Coast).
• ***Summary:*** Describes three Japanese restaurants that feature tofu, one of the key ingredients in Japanese cooking: (1) Sasanoyuki in Tokyo has a history of more than 300 years. Its name means "snow on bamboo leaves." (2) Goemon in Tokyo. (3) Okutan–best known for its simmering pots of yu-dofu–in Kyoto.

Note: These restaurants are also described in *The Book of Tofu*, by Shurtleff and Aoyagi, however the present description has updated prices. Address: Princeton, New Jersey.

9073. Rose, Frederick. 1989. California Babel: The city of the future is a troubling prospect if it's to be Los Angeles. To cultural stew add crime, poverty, pollution, traffic, film fantasies and tofu. Economic base: Cheap labor. *Wall Street Journal.* June 12. p. A1, A6.
• ***Summary:*** This article is part of a series titled "The second century," on future issues and trends. Los Angeles is becoming, not a "melting pot" but a mix of discrete cultures and economies–a kind of international city of cities, a great metropolis of Third World peoples. California cuisine, which is described as "sprout and tofu intensive," is a fun way to eat healthy. Address: Staff reporter.

9074. Brenner, Peg Powers. 1989. Proposal to start a tofu shop at Seramey Monastery in India (Interview). *SoyaScan Notes.* June 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michael Roach, who lives in New Jersey, is writing a grant proposal to Oxfam for a soybean irrigation project and tofu shop/soy dairy at this Tibetan Buddhist monastery inhabited by 400-600 monks. It is located at P.O. Bylakuppe 571104, Karnataka State, South India, about 4 hours by bus south of Bangalore. Peg took the Island Spring Soycrafters Apprenticeship Program in 1981. Michael knows of a Chinese soy noodle named P'ing, but does not know how to make it. They have a good soybean agronomist contact, Dr. Rajappa, at GKVK in Bangalore. Address: Silver Spring, Maryland. Phone: 301-585-4575.

9075. Hartz (Jacob) Seed Company, Inc. 1989. [Xiaowei Sun joins Hartz Seed Co. to work on "Breeding Soybeans for Soyfoods" project] (News release). P.O. Box 946, Stuttgart, AR 72160-0946. 1 p. June 19.
• ***Summary:*** "Jacob Hartz Seed Co., Inc. is pleased to announce that Ms. Xiaowei Sun will join our company as of August 1, 1989. Ms. Sun, in the position of Food Scientist, will direct her efforts toward the characterization, testing, and evaluation of Hartz varieties and experimental lines in the area of soyfoods.

"She has recently graduated from the University of Georgia with her M.S. degree in Food Science and Technology, having done her Masters thesis on 'Texture Profile Analysis and Sensory Evaluation of Tofu Products.' Ms. Sun's background includes a B.S. and over 40 hours of Chemistry from Zhong-Shan University, Guangzhou, Peoples Republic of China. From 1984 to 1987 she was an instructor in the Food Science and Technology Department of Beijing Agricultural Engineering University in Beijing.

"Dr. Edward A. Brown, Soyfood Project Leader, will coordinate the program of combining classical soybean breeding, and chemical and sensory evaluation, in order to better understand the nature of soybeans and their relationship with soyfood products. We consider this area to be of major importance to our company and our customers." Address: Stuttgart, Arkansas. Phone: 501-673-8565.

9076. Hills, Benjamin. 1989. Homestyle Foods (Sonoma Specialty Foods) (Interview). *SoyaScan Notes.* June 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The company seems to be on the verge of bankruptcy and owes money to many suppliers. Things have been going downhill since January of this year, at which time sales were a little less than $500,000/year and they had 13-14 employees. They will probably try to sell off product lines before going under. David Burns stands to lose the most. Why the failure? Hills thinks because they were always looking at the short-term picture.

Update: 1990. Oct. 6. The company is still active and has a booth with many products at World Vegetarian Day in San Francisco. Robert Dolgin is still involved with the company; he comes into the office for a least several hours a day. The main competition is Wildwood Natural Foods. Address: Sonoma Specialty Foods, 2317 Bluebell Dr., Santa Rosa, California 95401. Phone: 707-527-7716; Bus. 707-

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525-8822.

9077. *SoyaScan Notes.* 1989. What are soybean saponins? Can they reduce human blood cholesterol levels? (Overview). June 28. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** *Webster's Dictionary* (1983) defines saponin (derived from the French *saponine,* which is from the Latin *sapon-, sapo* = soap, and first used in 1831) as "any of various mostly toxic glucosides that occur in plants (as soapwort or soapbark) and are characterized by the property of producing a soapy lather; esp: a hygroscopic amorphous saponin mixture used esp. as a foaming and emulsifying agent and detergent."

Thus it may be the saponins (carbohydrates, water soluble sugars) in the whey which is a by-product of the tofu-making process that causes that whey to foam.

Webster's Dictionary defines glucoside (a term first used in 1857) as a glycoside that yields glucose on hydrolysis. A glycoside (first used in 1930) is defined as "any of numerous sugar derivatives that contain a nonsugar group attached through an oxygen or nitrogen bond and that on hydrolysis yield a sugar (as glucose)."

Birk and Peri (1980, p. 161) state: "The saponins are glycosides that occur in a wide variety of plants. They are generally characterized by their bitter taste, foaming in aqueous solutions, and their ability to hemolyze [break down] red blood cells."

The earliest document seen (Jan. 2005) that mentions soybean saponins was published in 1931 by E. Walz in German. In early 1979 a team of Australian researchers (led by Potter, Topping, and Oakenfull) at the CSIRO Division of Human Nutrition in Adelaide found that the cholesterol-lowering effect of soybean products was attributable to the presence of saponins rather than proteins or amino acids. Subsequent research by this group and others seemed to verify this hypothesis. Note that saponins impart an unpleasant, bitter taste to most soyfoods (e.g. tofu or soymilk) in which they are present.

In 1990 Japanese scientists from the Department of Food Chemistry at Tohoku University found that soybean saponins could control reproduction of the HIV virus which is associated with Acquired Immune Deficiency Syndrome or AIDS. These saponins showed inhibitory effects against HIV infection in vitro.

9078. Akwarius Almere. 1989. Akwarius prijs en bestelboek: Natuurvoedingsprodukten [Catalog and price list. April-June]. P.O. Box 50070, 1305 AL Almere, The Netherlands. 77 p. [Dut]

• ***Summary:*** Akwarius is a larger importer and distributor of natural food products. They have worked in this field since 1971, and have a strong interest in macrobiotic and anthroposophical foods. Contents (p. 2). Philosophy and function (p. 3). Beverages (p. 7): Sojamelk naturel and Bonsoy, Provamel Sojadrink (4 flavors in 500 ml and 4 flavors in 1 liter sizes), Provamel Soja dessert (puddings; 5 flavors in 125 gm and 1 flavor in 1050 gm).

Manna sweeteners (p. 12): Amasake drink in 350 and 700 gm sizes, and rice koji. Note that Akwarius imports and distributes large line of Manna-brand macrobiotic products from Muso in Japan. Manna vegetable protein products (p. 21): Dried tofu (non-organic). Bonsoy soymilk, Seitan, and three types of dried wheat gluten (fu). Manna Soy Sauces (Sojasausen, p. 21): shoyu (B = biological or organically grown, and NB = not biological, i.e. non-organic), and tamari (non-organic).

Witte Wonder (p. 22): Seitan, Tofu Spread (in paprika, garlic, celery, dill, mushroom, and pepper flavors, 220 gm sizes, all organic), Tofu in Sauces (peanut, curry-pineapple, and tomato flavors, 340 gm, organic), Tofunaise (plain and lemon flavors), Tofu Dressing (Italian, garden herbs, Mexican, and plain flavors).

Yakso (p. 23): Seitan, Tempeh Spreads (in Indonesian poesta and doeloe flavors), Temmo (round tempeh burger, deep fried then marinated, ¼ inch thick, sold 5 in a glass jar), Soyaroma (tempeh spread like butter), Sweet Indonesian-style soy sauce (Ketjap manis), Tofu Spreads (cream cheese consistency, in salsa, dill, green, shallot, and pommodore [apple?] flavors), Tofu Mayonnaise (Sojanaise), Smoked tofu (paprika, mushroom, and celery flavors in 170 gm wide mouth glass jars).

Akwarius soybeans and soybean meal/flour (p. 27-28, 35, organic). Manna Pasta (p. 28): Soya macaroni. Manna black soybeans from Hokkaido (p. 35; 350 gm, non-organic). Manna Tekka Condiment (p. 44), Manna soynuts (*Sojanootjes,* p. 45, 3 flavors). Lima soyadrink (p. 47).

Manna Miso (Sojapasta; p. 48): Brown rice miso (organic and non-organic), young rice miso (non-organic), barley miso (organic and non-organic), natto miso (non-organic), soybean miso (non-organic), instant miso soup (with and without fish, non-organic), instant miso soup with tofu. Manna sea vegetables (p. 49).

Note: This is the earliest Dutch-language document seen that mentions soynuts, which it calls *Sojanootjes.* Address: Almere, Netherlands. Phone: 03240-20800.

9079. Brown, Peter J. 1989. Organic soybeans: Filling a farmer's need and a market demand. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 1, 3-6.

• ***Summary:*** A Soyatech survey indicates that nearly 11,000 acres of organic soybeans were planted last year, yielding 415,200 bu (24.9 million lb), or 38 bu/acre, and worth nearly $4 million. Some organic farmers feel these figures are too low. They estimate 30,000 acres, with yields averaging 50 bu/acre and a total value of $10-$15 million a year. No official statistics are available from USDA's Low Input/ Sustainable Agriculture (LISA) research and education

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program, according to director Neill Schaller, largely because the market is so small. A summary of LISA's work and results is given. The states producing the largest amounts of organic soybeans are Iowa, Nebraska, Illinois, Indiana, and Minnesota. Most of these beans end up in tofu or soymilk. Soyatech estimates that 17.5% of the 74.8 million lb of soybeans used to make popular low-tech soyfoods for consumption in the USA in 1989 were organically grown, and that 53% of this organic crop will end up in soyfoods. Many brokers could sell more if they had more. Dan Burke of Pacific Soybean and Grain in San Francisco notes that in the mid-1980s interest in organic soybeans began to decline, but it has risen during the past 18 months, and especially during the past 6 months. Minnesota has led the way in setting organic standards, which include a 3-year chemical-free requirement.

9080. **Product Name:** Baked Tofu Sandwich.
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.
Date of Introduction: 1989. June.
New Product–Documentation: Talk with Gary Abramowitz. 1989. Aug. 21. This is their most recent product, introduced in June 1989.

9081. *IITA Research Briefs*. 1989. Osamu Nakayama has joined the Soybean Utilization Unit of the Grain Legume Improvement Program as a food technologist. 9(2):8. June.
• ***Summary:*** Dr. Nakayama has been a food researcher in both the public and private sectors in Japan for some 30 years. Note: During the 1960s, he worked with Dr. Tokuji Watanabe and colleagues on pioneering research on commercial tofu production in Japan. Address: Ibadan, Nigeria.

9082. Ishak, Soleha; Abdullah, Aminah. 1989. The use of soy milk in the preparation of corn starch pudding. *Malaysian Applied Biology* 18(1):53-58. June. [16 ref. Eng; mal]
• ***Summary:*** Tofu is the most widely consumed food in Malaysia. The four "most popular types of tofu in Malaysia are hard tofu (*tow kwa*), soft tofu (*tow foo*), fried tofu (*tow foo pok*), and sweet tofu (*tow foo fah*). Of these, only sweet tofu is served as a dessert. Calcium sulphate is traditionally used as a gelling agent [curding agent] in tofu." Yuba is known as *fucuk*. Address: Jabatan Sains Makanan dan Pemakanan, Fakulti Sains Hayat, Universiti Kebangsaan Malaysia, 43600 Bangi, Selangor, Malaysia.

9083. Life Food. 1989. Taifun Produkte: Preisliste fuer die Gastronomie. Preisliste fuer Wiederverkaeufer [Taifun Products: Price list for restaurants, and for retail food stores]. Robert-Bunsen-Strasse 6, D-7800 Freiburg, West Germany. 4 p. [Ger]
• ***Summary:*** One price list is valid until 15 June 1989, and the other until 1 July 1989. On the earlier one for restaurants, Anthony Marrese has written in the year and month each product was introduced, and the amount presently produced per month. Prices are printed for each product: 1 DM equals about $0.50. Address: Freiburg, West Germany. Phone: 0761/50 61 55.

9084. **Product Name:** Pizsoy Soy Cheese (With Casein) [Cheddar-Style, Mozzarella-Style].
Manufacturer's Name: Robert H. Savar & Associates (Marketer).
Manufacturer's Address: P.O. Box 1314, Cherry Hill, NJ 08034. Phone: 609-983-2560.
Date of Introduction: 1989. June.
Ingredients: Tofu, non-hydrogenated soy oil, casein (a natural derivative of non-fat milk), sea salt, citric acid, natural flavor, soy lecithin, guar gum, natural color.
Wt/Vol., Packaging, Price: 8 oz bags or 5 lb blocks.
How Stored: Refrigerated.
New Product–Documentation: Soya Newsletter. 1989. May/June. p. 8. The product is free of cholesterol and lactose.

9085. Thomas, R.; deMan, J.M.; deMan, L. 1989. Soymilk and tofu properties as influenced by soybean storage conditions. *J. of the American Oil Chemists' Society* 66(6):777-82. June. [14 ref]
• ***Summary:*** After soybeans have been stored for 8 months, the amount of protein extracted into soymilk decreases by about 14% compared with the initial extractability, whether the soybeans are stored at 20º or 30ºC, at relative humidities of 65% or 85%. Tofu made from soybean that were stored at 85% relative humidity became less uniform in microstructure near the end of the storage period. The volume of whey resulting as a by-product of the tofu increased with soybean storage time. Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, Canada N1G 2W1.

9086. Welters, Sjon. 1989. Soyfoods in Europe: Influenced by a colonial past. *Soya Newsletter* (*Bar Harbor, Maine*). May/June. p. 1, 12-15. [1 ref]
• ***Summary:*** This is a historical overview of the introduction of soyfoods to Europe since 1945. The Indonesians who immigrated to the Netherlands after World War II played a major role in introducing soyfoods (especially tofu, tempeh, and a sweet soy sauce called ketjap) to that country and to Europe. Ketjap was the most popular soyfood in Indonesia. Asian immigrants started small manufacturing companies, restaurants, and importing companies (such as Conimex and Heuschen Schrouff). The macrobiotic movement also played a key role in introducing soyfoods, especially soy sauce, miso, and tofu. In Belgium, the Gevaert family founded Lima and began to make miso on a large scale, but a fire and

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other financial problems soon forced them to close the plant. Only recently have they started to make miso again.

During the 1970s, especially in Belgium and the Netherlands, inspired by the macrobiotic movement and with information from books by Shurtleff and Aoyagi, a new generation of non-Asian tofu makers emerged. "The first tofu shop in Europe owned and operated by non-Orientals was Manna Natuurvoeding. Opened in Amsterdam in 1977, Manna was a macrobiotic manufacturer, distributor, and retailer run by a non-profit foundation. Soon after opening, Manna was visited by entrepreneurs from Germany, England, Portugal, Denmark, France, Sweden, Austria, and Italy, hoping to learn about making tofu."

During the early 1980s, tempeh was rediscovered. "Yakso Farms in the Netherlands was one of the first non-Oriental companies to produce tempeh, made from organic soybeans, and to process it into spreads, paté, sauces, and marinated products."

In the mid-1980s the focus shifted from production to marketing and to second-generation soyfoods. Most European soyfoods are made with organic soybeans. Address: President, Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 617-264-9511.

9087. **Product Name:** Organic Tofu Salad Dressing [Ranch, and Bleu].
Manufacturer's Name: White Wave, Inc. (Marketer-Distributor). Made in Vashon, Washington, by Island Sping.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1989. June.
Ingredients: Bleu: Soybean oil, water, organic tofu (Water, soybeans, calcium sulfate, glucono delta lactone), bleu cheese, vinegar, grape juice, salt, modified whey solids, spices, xanthan gum (a natural food fiber), garlic powder. No more, No less.
Wt/Vol., Packaging, Price: 12 fluid oz (355 ml).
How Stored: Refrigerated.
Nutrition: Per 1 tablespoon: Calories 60, protein 1 gm, carbohydrates 2 gm, fat 5 gm, sodium 120 mg.
New Product–Documentation: Talk with Lon Stromnes. 1989. May 15. These are due out June 1. Labels sent by Lon. 1989, Nov. 8.75 by 3.5 inches. Full-color illustration of uncut vegetables against a pastel background. "Cholesterol free. Nothing artificial. Keep refrigerated."

9088. **Product Name:** Meatless Healthy Franks (Tofu Hot Dogs).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1989. June.
Ingredients: Organic tofu (water, organic soybeans, calcium sulfate and nigari [magnesium chloride]), soy oil, wheat gluten, egg white, tapioca starch, wheat germ, soy sauce (water, soybeans, whole wheat, salt), dried yeast, natural liquid hickory smoke, garlic powder, spices, natural flavor, beet powder, oleoresin paprika for color.
Wt/Vol., Packaging, Price: 12 oz package, 12 per case, retails for about $3.09 (7/89).
How Stored: Refrigerated, 60 day shelf life.

New Product–Documentation: Talk with Steve Demos. 1989. May 13. This product will be officially launched in June, but they have been in interstate sales to protect their trademark. The use of the word "franks" was approved in writing by the FDA. They have enormous advanced sales, and they have done a lot of test marketing and sold a little to health food stores. Leaflet. 1989. April. "Introducing: Meatless Healthy Franks." Shows label. Both retail and food-service packs are available. Shelf life is 60 days at 38-40ºF.

White Wave News. 1990. 3(3):1. June. "Healthy Frank meets nefarious Mr. Puppette." A humorous portrayal of the product and its competition. Healthy Franks are packaged in state-of-the-art six color packaging. "Special Note: White Wave will not use Carmine, a coloring agent used to achieve a heat-stable red hot dog. Carmine appears on labels as 'Natural Color' and is made from cochineal (a small red insect similar to a mealybug). Don't be misled by the red. Challenge any suppliers of heat- stable-red hot dogs about their coloring."

Talk with Lon Stromnes. 1993. April 14. This product is coming out in an improved formulation with much better texture.

9089. Perez Baez, Oswaldo. 1989. Re: New developments with soyfoods in Venezuela. Letter to William Shurtleff at Soyfoods Center, July 10. 3 p. Typed, with signature on letterhead. [Eng]

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• ***Summary:*** "In my last visit to Caracas I contacted: Prof. Makie Kodaira and Prof. Amaury Martinez of the 'Instituto de Ciencia y Tecnología de Alimentos, Facultad de Ciencias, U.C.V.' (Universidad Central de Venezuela) who are very interested in offering a theoretical and practical course about soyfoods, using their pilot plant (the second of importance in Venezuela). Prof. Kodaira studied in Hiroshima, Japan in 1977 and she is a specialist on seafoods. They would like the 'Centro de Alimentos de soya de Venezuela' to organize this course.

"I think this is the time to offer in Venezuela a complete course about soyfoods and I have thought to invite you to come to Venezuela. I am thinking about 2 courses:

"(a) One oriented to Institutional level (Instituto Nacional de Nutrición, Fundación Polar, CIEPE, Universidades, Industry, etc.) for professional people. This course could be in Caracas, Instituto de Ciencia y Tecnología de Alimentos, U.C.V.

"(b) Another one oriented to the general public (not necessarily professional level). This course could be here in La Azulita which is a rural and beautiful place, epicenter of the Venezuelan movement for alternative lifestyles.

"I have thought of the following content for these courses: (1) Soymilk. (2) Tofu. (3) Tofu and soy milk ice cream. (4) Miso. (5) Tempeh. (6) Shoyu.

"I am working on a book about soyfoods, and am enclosing an outline of the contents: I. Introduction. II. Agronomic aspects. III. Soya and food security. IV. The most important soyfoods. V. Industrial potential of the soybean. VI. Bibliography. VII. Index." Address: Ing., Centro de Alimentos de Soya de Venezuela, Granja Tierra Nueva, Aldea San Luis, La Azulita, Estado Merida, C.P. 5102, Venezuela.

9090. Morinaga Nutritional Foods. 1989. Mori-Nu Tofu: The therapeutic health food (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 3 p. July 12.
• ***Summary:*** "Tofu, most often considered a 'weird' California health food, is becoming a 'therapeutic' form of nutrition for cancer and AIDS patients across the country, according to Marsha Brook, clinical dietitian and food service director at Ventura Estates Retirement Home in Agoura Hills, Calif.

"According to Brook, many cancer and AIDS patients are unable to tolerate the foods and prepared supplements they are being served, because of nausea and/or digestion problems. The result is patients aren't getting the proper nutrients they need to become stronger and more healthy. To counteract this problem, Brook, along with many other registered dietitians, has begun incorporating Mori-Nu Tofu into her meal plans.

"She now uses tofu in creamed soups, quiche, enchiladas, lasagna, and other dishes... The patients like tofu because it tastes good, and it's very easy to digest...

"High-protein and low-price, however, are not the only reasons Brook serves tofu to the elderly. She has learned, through her studies, that animal protein high in cholesterol will wear down the kidneys over time. 'Tofu, which is a vegetable protein with zero cholesterol, can help extend the use of the kidney, plus it's very gentle on the system,' says Brook.

"According to Carol Kirshenbaum, registered dietitian and manager of clinical nutrition at St. Johns Hospital in Los Angeles, they too are now including tofu dishes on their hospital and cafeteria menus. 'We have found that tofu is particularly good for people that have high-cholesterol and are lactose intolerant,' said Kirshenbaum." Address: Los Angeles, California.

9091. Zodiac Consultants. 1989. Display ad: Project reports: Newly prepared, computer processed. *Times of India* (*The*) (*Bombay*). July 15. p. 18.
• ***Summary:*** "... based on the latest data with the help of In-House Computers." In this tall, 2-column ad, the reports, which are listed alphabetically, include: "Solar Cells.

"Soya Milk & Paneer."

9092. Mio, Art. 1989. Update on Morinaga (Interview). *SoyaScan Notes.* July 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Morinaga sales, in terms of number of units sold, increased 30% last year. Presently sales are 60% to Caucasian Americans and 40% to Asian Americans. The main outlet is supermarkets, but about 10% is sold through natural foods stores and Diet Center outlets also sell a lot. In Feb. of 1989 Lucky Stores finally started buying Mori-Nu Tofu, and they have even promoted it with a color ad and $0.79/package price. Safeway started carrying Mori-Nu Tofu about 2 years ago, then they dropped it for a while, but started carrying it again in the fall of 1988. Address: Morinaga Nutritional Foods Inc., 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9093. Welters, Sjon. 1989. Re: Brief history of Manna Natural Foods. Letter to William Shurtleff at Soyfoods Center, July 24. 1 p. With follow-up talk on 2 Dec. 1989.
• ***Summary:*** This company was founded in about 1973 by Adelbert Nelissen and his wife Wieke Nelissen, plus Hugo van Seenus, among others. Adelbert is Sjon's brother in law (his wife's brother). Manna got started in the Rozenstraat in Amsterdam, in an abandoned house that was taken over by so-called "krakers" (counter-culture or hippie squatters). The store called "de Rozemaryn" (Rosemarin) was the first of a chain of stores which, at its peak, contained ten stores total. Hugo now owns and operates Hugo's Market in Washington, DC.

Manna was originally a foundation named Stichting

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Natuurvoeding Amsterdam. It kept this name until 1982. Manna started the first tofu shop in Europe that was owned and operated by non-Orientals. Opened in Amsterdam in 1977, Manna was a macrobiotic manufacturer, distributor, and retailer run by a non-profit foundation. Soon after opening, Manna was visited by entrepreneurs from Germany, England, Portugal, Denmark, France, Sweden, Austria, and Italy, hoping to learn about making tofu.

In 1975 Manna started importing miso and shoyu from Japan, initially via Muso Foods, and later also via Mitoku. But Muso was always their main supplier.

Manna filed for Chapter 11 bankruptcy or reorganization 2 or 3 times. The first time was a bankruptcy in March 1982. All their property was sold at an auction, but was bought back by a new foundation owned by basically the same people and the same foundation at one-third the value. It was probably at this time that Manna's name was changed from Stichting Natuurvoeding Amsterdam to Manna Natuurvoeding B.V. The company was back on its feet by 1983 but then things didn't work out again. At the last moment before declaring bankruptcy, they got financing. But this time the bank took the Foundation out of the picture, so that the foundation was not giving the collateral for loans. The person behind the foundation, Adelbert Nelissen, became the director/president of the holding company. He probably did not have majority ownership. But at this time (May 1983) Sjon and most of the management left.

In about late 1983 or early 1984 Manna moved all operations from Meeuwenlaan in Amsterdam to Zwanenburg. The former section of Amsterdam was torn down by the city. The third time was in 1987, when the company was disbanded. At that time Adelbert became inactive. The government-appointed curator tried to get as much as possible for the assets. The macrobiotic Manna brand name and the inventory of imported Japanese foods was purchased by Akwarius, which was located in Almere in a building constructed along anthroposophic guidelines (before about 1986 they had been located in the province of Utrecht). The production facility at Zwanenburg and its equipment was purchased (mainly for the bakery) by a conglomerate of 3 natural food companies, including Akwarius and Loverendale (the largest baker of natural yeasted breads in the Netherlands). They made Manna tofu for a year or two, then facing stiff competition, sold off the tofu equipment piecemeal. They ran the Manna sourdough bakery there until 1988, then moved it to Loverendale headquarters, and closed down the Zwanenburg production facility.

Akwarius is a company based on the anthroposophical philosophy of Rudolf Steiner. They were founded in about 1974. In Holland there were 4 types or philosophies of natural foods distributors: (1) Anthroposophical (Akwarius); (2) Macrobiotic and natural foods (Manna); (3) Ecological (Kleine Aarde [Small Earth; inspired by E.F. Schumacher's book *Small is Beautiful*] and De Nieuwe Lelie [The New Lily]); and (4) Reform movement/vegetarian (VNR: Vereniging van Nederlandse Reformhuizen = Union of Dutch Reform Houses, and Scholten [which was also the exclusive importer of Lima products from Belgium]).

Talk with Sjon Welters. 1994. April 4. Manna and Lima sold only vegetarian foods; they did not sell any fish, poultry, or meat. All these early Dutch natural foods companies were this way because no natural food store would sell fish or other flesh products; they were just not acceptable. Some years after they started they used eggs in a few products but they were always vegetarian. The only people who ever got involved in flesh foods in the early stages were the Anthroposophic / Biodynamic people because its part of their philosophy, but even in the beginning they didn't sell meat to the stores because customers didn't want it. Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-4011.

9094. Welters, Sjon. 1989. Re: A brief history of Yakso in the Netherlands. Letter to William Shurtleff at Soyfoods Center, July 24. 1 p.

• ***Summary:*** "Yakso Farms (originally named Jakso Farms) in the Netherlands was founded by Tomas Nelissen in about 1980; he was joined by Peter Dekker in 1982. The organization was basically a farm with several hundred acres of land, upon which was a food processing plant. Yakso was one of the first non-Oriental companies to produce tempeh, starting in early 1982. It was made from organic soybeans

Their fried and marinated tempeh products were introduced in early 1983 and their tempeh spreads in the fall of 1983. The farm part of Yakso was sold and its name and products were taken over by Kees Middelwert, who runs the company now. Initially he ran it from another facility in the province of Groningen, but now is in the process of moving it into a new and much larger facility in Wolvega. He is not the sole owner any more–if he ever was. Frans Andringa, who owns an organic cheese company, invested substantially in the company.

"On 2 July 1989 De Morgenstond, the tofu making company, moved into the same building as Yakso, expanding its production capacity and switching to a Takai high pressure cooker system. De Morgenstond is now owned by Frits Steunenbeg and Mank DenBok."

Sjon adds in March 1990: Yakso is now one of the leading soyfoods companies in the Netherlands. They make a lot of Indonesian-style soyfood products. Tomas Nelissen is now living in Vienna, Austria, making his living by shiatsu. Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-4011.

9095. May, Lucy. 1989. The truth about tofu: Cooking with it is just becoming a matter of taste. *Times* (*St. Petersburg, Florida*). July 27. p. 1D, 3D.

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• ***Summary:*** John and Marcia Miller, self-described former hippies, started Marjon Specialty Foods in 1972. John, 49 is president, and Marcia, 46, is vice president of the company (located in Plant City, Florida), which produces [mung] bean sprouts, alfalfa sprouts, ginger root, all-natural salad dressing, and tofu. The tofu is sold in water-packed and vacuum-packed blocks. They have also developed Tofu Crumbles–which resembles ground beef or hamburger.

Don Young is owner of the 11-year-old Lecanto Tofu Shop in Lake Butler, Florida. He sells tofu and soymilk.

Color photos show: (1) John and Marcia Miller. (2) Don Young feeding his goats with okara. (3) Don Young standing beside his Lecanto Tofu delivery truck.

9096. Mio, Art. 1989. New Morinaga "Water Hazard" ad campaign will criticize water-pack tofu (Interview). *SoyaScan Notes.* July 29. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Morinaga is about to launch a major color ad campaign in trade (not consumer) magazines. It will criticize water-packed tofu. Above a package of water packed tofu is written "Water hazard." Above the Mori-Nu pack is written "Life preserver." In the natural/health foods trade the ad will run in Natural Foods Merchandiser, Whole Foods, and Health Foods Business, starting in about Aug. or Sept. 1989. It will also run in several supermarket produce newspapers such as Supermarket News. Danielle Lin, who is sales rep to health food channels, likes this ad concept as does Mr. Kumoda. They want to "go after water pack directly, to get market share." Art Mio feels uncomfortable with it.

Shurtleff asks: What would happen if, in response to Morinaga's new ad campaign, Hinoichi and Azumaya ran counter ads in the same format but over the water-pack carton they wrote "Fresh!" Made in America." Over the Mori-Nu packet they wrote: "1. Made in Japan, where it is outlawed. 2. 2-5 months old when you get it. 3. Processed with hydrogen peroxide, which was outlawed by the FDA until 1981. 4. Contains mono- and di-glycerides, which are not listed on the label. 5. 30-40% higher in price by weight than fresh tofu." This would start a war, which would certainly hurt the tofu industry and market as a whole.

Most supermarkets in America, including some Safeway stores and divisions, still sell their tofu in the produce section, where the core temperature frequently rises above 45ºF. The two biggest problems with tofu in America are spoilage (from the sellers point of view) and sour taste (from the consumer's). These problems are caused by storing tofu in the relatively warm produce section. Health inspectors on the East Coast are now checking tofu temperatures and water quality more frequently. FDA's number one priority is now microbiological food safety and they say that tofu and yogurt are the two biggest offenders. FDA says the core temperature of tofu should not rise above 45ºF. If FDA inspectors find violations of these guidelines or puffy tofu packages, they can cite a retailer for negligence.

Mori-Nu sales nationwide increased 30-40% last year but they have been flat for the past 4 months and flat in the Los Angeles market for the past 2 years, as have those of Hinoichi.

Talk with Mr. Kumoda. 1989. Sept. 27. Mori-Nu stopped running their controversial ad 2 weeks ago. Address: Morinaga Nutritional Foods Inc., 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9097. Appel, Liz. 1989. A culture issue (Letter to the editor). *Vegetarian Times.* July. p. 7.

• ***Summary:*** "In your article 'Taking stock in Natural Food Companies' (Mar. VT), you have some incorrect information. You say that Jofu, a tofu product made by Tomsun, is a soy yogurt. It is not a yogurt at all. Jofu contains tofu, flavor and sweeteners but no active cultures.

"Also, you should be fair to the company. Tomsun did not go bankrupt due to poor product sales. The opposite is true. Most business people agree that the company's demise was due to an overaggressive marketing campaign that left little cash to meet the sudden demand for their product. In fact, even though Jofu has not been advertised in months, it continues to sell very well in supermarkets on the East Coast." Address: President, Ambrosia Soy Co., East Haven, Connecticut.

9098. Business Trend Analysts, Inc. 1989. The health and natural food market: A product-by-product marketing analysis and competitor profile. 2171 Jericho Turnpike #342, Commack, NY 11725. 280 p. Price $950.00. *

• ***Summary:*** Section 6 of this report is titled "The Market for Soyfoods" (24 pages). It projects 6.2% growth for the soyfoods industry, and contains the following (much of it provided by Soyatech, Inc. and Soyfoods Center): Analysis and summary. Manufacturers' sales of soyfoods. Manufacturers' sales of soyfoods to major outlets. Manufacturers' sales of soyfoods, by type of outlet. The top six soymilk producers in the U.S. U.S. per capita consumption of soymilk. Retail sales of soyfoods. Retail sales of soyfoods at major outlets. Retail sales of soyfoods, by type of outlet. Graph: Product mix of U.S. soyfood sales. Estimated mix of distribution channels used to market various soyfoods. U.S. soybean production. Characteristics of women's use of soy sauce. Quick Tamari tips. Selected 1988/89 new product introductions: Soyfoods.

Under "Report Highlights and Special Features" we read: "Soyfoods continue to gain popularity with mainstream consumers, as sales are expected to top the $380 million mark, at the wholesale level, by year-end. At the retail level, sales of tofu alone are currently pegged at $77 million, with supermarkets capturing close to 60% of dollar volume."

Overall report Contents: 1. Executive summary. 2.

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The overall market for health and natural foods (including Soyfoods 1979-1988, with forecast to 1998). 3. The market for health and natural dairy foods. 4. The market for health and natural grocery products. 5. The market for health and natural snack food products. 6. The market for soyfoods. 7. The market for health and natural grains and cereals. 8. The market for health and natural frozen foods. 9. The market for herbal products. 10. Distribution channels. 11. Factors affecting demand. 12. Trends in organic farming. 13. Competitor profiles: Alta-Dena Certified Dairy, Arrowhead Mills, Barbara's Bakery, Celestial Seasonings, Golden Temple, San-J International, Thompson Kitchens. Tivall U.S.A./Garden Gourmet, U.S. Mills (partial list). 14. Directory of more than 200 health and natural food producers. Address: Commack, New York. Phone: 516-462-2410.

9099. **Product Name:** [Tofu Burger with Sea Vegetables].
Foreign Name: Galette de Tofou aux Algues Marines.
Manufacturer's Name: Ferme de Jas.
Manufacturer's Address: Eourres, 26560 Séderon, France. Phone: 92.65.10.95.
Date of Introduction: 1989. July.
Ingredients: Tofu, rice, sea vegetables, shoyu, sunflowerseed oil, spices, salt, flour.
Wt/Vol., Packaging, Price: 90 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter and Labels from Anthony Marrese. 1989. June 7. This product was introduced in July 1989. Label. 2.75 inches diameter. Paper. Black on blue. Illustration of a sun rising over a farm, and 3 soybean leaves. "Préparation alimentaire à base de soja. Nature et Progres logo. 50% tofu and 40% rice." Organically grown (Produits de culture biologique).

9100. **Product Name:** Grilled Tofu in Peanut Sauce, or Grilled Tofu in Black Bean Sauce.
Manufacturer's Name: Jaclyn's Food Products, Inc.
Manufacturer's Address: P.O. Box 1314, Cherry Hill, NJ 08034. Phone: 609-983-2560.
Date of Introduction: 1989. July.
Ingredients: Peanut Sauce: Organically grown brown rice, tofu (organically grown soybeans, purified water, nigari, calcium sulfate), peanuts, green beans, carrots, corn, onions, peanut oil (non-hydrogenated), tamari, garlic, rice syrup, sea salt, sesame seed oil (lightly roasted), natural herbs and spices. Ingredients for the second recipe are identical except that Black Beans are used in place of peanuts.
Wt/Vol., Packaging, Price: 10.75 oz box, 6 per case. Retails for about $3.09–$3.66 each.
How Stored: Frozen.
Nutrition: Per 10.75 oz. serving: Calories 270, protein 19 gm, carbohydrate 44 gm, fat 9 gm, cholesterol 0 mg, sodium 145 mg.
New Product–Documentation: Leaflet. 1989. April. "Jaclyn's microwaveable frozen dinners." Shows both packages and lists all ingredients. "Jaclyn's Food Products, Inc. was begun about one year ago [4/88?] to develop and market natural foods products for health and natural foods stores. They are sold exclusively through health food distributors.

Soya Newsletter. 1989. May/June. p. 8. Contact Robert Savar. Microwaveable. Tardosky. 1989. Whole Foods. Nov. p. 50. They are natural TV dinners. Both come with a side order of organic brown rice and a vegetable medley. The dinners were developed by a five star chef says company president Robert Savar.

Label. 1989. 7.5 by 6 by 1.25 inch deep paperboard box. Brown, black, light blue and dark blue on pinkish tan. Front panel has a color photo of the meal. "All natural. Cholesterol free. Dairy free. High fiber. Reduced calories. Reduced sodium. Heat and serve in your oven or microwave." Soyfoods Center product evaluation. 1990. Feb. 12-13. Both entrees contain frozen tofu with a chewy texture. The black bean sauce is nice. The peanut sauce could be much better.

9101. Karta, Susani K. 1989. Traditional Chinese soyfood. In: T.H. Applewhite, ed. 1989. Proceedings of the World Congress on Vegetable Protein Utilization in Human Foods and Animal Feedstuffs. Champaign, IL: American Oil Chemists' Society. xii + 575 p. See p. 382-87. [18 ref]
• ***Summary:*** Contents: Abstract. Introduction. Variables in manufacturing tofu: Soybean variable, processing variable, maceration and extraction (soaking and grinding) stages, filtration and heating stages, coagulation stages, types and concentration of coagulants used in tofu manufacturing. Tofu products.

Tables: (1) Chinese nonfermented soy food products. Five columns show: Food items, Chinese names, organisms used, description, uses. The soy foods are: Fresh green soybeans (*mao-tou*). Toasted soy powder (*tou-fen*) (Description: "Ground toasted dry soybeans, nutty flavor"). Soy sprouts (*huang-tou-ya*). Soy milk (*tou-chiang*). Soy milk film / yuba (*tou-fu-pi*). Soybean curd (*tou-fu*).

(2) Chinese fermented soy food products. Five columns (same as table 1) The soy foods are: Fermented whole soybeans (*tou-shih*). Soy sauce (*chiang-yu*). Soy paste (*chiang*). Fermented tofu (*so-fu* [*sic*]). Actinomucor or Mucor molds are used. Description: Creamy cheese, mild flavor, salty. Uses: Relish, also cooked with meat or vegetable.

(3) 1987 consumption of soybeans as foods in Asian countries. The results are presented here in descending order of per capita consumption: Per capita soybean consumption, country (population), total soybean consumption in 1,000 tonnes. 13.3 kg/capita, Taiwan (19.6 million), 260,000 tonnes. 9.3 kg/capita, Japan (122.2 million), 1,141,000 tonnes. 9.0 kg/capita, Indonesia (175 million), 1,575,000

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tonnes. 7.8 kg/capita, South Korea (42.1 million), 330,000 tonnes. 7.7 kg/capita, Singapore (2.6 million), 20,000 tonnes. 6.9 kg/capita, China (1,062 million), 7,325,000 tonnes. 3.4 kg/capita, Malaysia (55 million), 55,000 tonnes. 2.2 kg/capita, Thailand (53.6 million), 118,000 tonnes. 0.3 kg/capita, Philippines (61.5 million), 18,000 tonnes. (4) Nutritional composition of traditional nonfermented foods: Fresh green soybeans, toasted soy powder, soy sprouts–raw, soy milk, soy milk film / yuba, tofu (Source: *Food Composition Table for Use in East Asia*, 1978). (5) Nutritional composition of traditional fermented foods: Fermented soybeans [tou-shih], soy sauce, soy paste [doujiang], fermented tofu (Source *Food Composition Table for Use in East Asia,* 1978).

In China, fried tofu is called Tou-Pok. Address: American Soybean Assoc., 541 Orchard Rd., #11-03 Liat Towers, Singapore 0923, Republic of Singapore.

9102. Kim, Seung Ho; Kwon, Tai-Wan. 1989. Vegetable protein foods in Korea. In: T.H. Applewhite, ed. 1989. Proceedings of the World Congress on Vegetable Protein Utilization in Human Foods and Animal Feedstuffs. Champaign, IL: American Oil Chemists' Society. xii + 575 p. See p. 439-42.

• ***Summary:*** Contents: Abstract. Introduction. Situation of traditional protein foods. Situation of vegetable proteins. Traditional protein foods in Korea: Soy sauce (*kan jang*), hot soy paste (*ko chu jang*), *chung kuk jang* (a kind of soy paste made by mixing natto [*naap doo*] with seasonings [salt, red pepper, and garlic], and grinding then aging the mixture), soybean sprouts (*kong na mool*).

Note: This is the earliest English-language document seen (March 2009) that uses the term "ko chu jang" to refer to Korean-style red pepper and soybean paste (miso).

Note 2. This is the earliest English-language document seen (Jan. 2012) that uses the term "chung kuk jang" to refer to Korean-style natto.

Tables: (1) Domestic Korean production and import of soybeans from 1982 to 1987. Domestic production rose to 250,000 tonnes from 233,000 tonnes. Imports for food uses rose to 144,000 tonnes from 104,000 tonnes. Imports for feed uses rose to 936,000 tonnes from 479,000 tonnes. Total supply rose to 1,330 tonnes from 816 tonnes, up 63% in 5 years.

(2) Consumption of soybeans in traditional Korean foods, in 1,000 metric tons, from 1982 to 1987 (1982/1987). Figures in parentheses are for home production. Soy sauce (*kan jang*) 69(50)/70(51). Soy paste (*doen jang* [Korean soybean miso]) 51(41)/50(40). Hot soy paste (*ko chu jang*) 5(4)/5(4). Soybean curd (*doo bu*) 60/114. Soy milk (*doo yoo*) 7/14. Others: Homemade soybean curd and soy milk, *chung kuk jang, choon jang* (kinds of soy paste), soybean sprouts (*kong na mool*), and whole soybeans 145/141. Total 337/394, or an increase of 19.9% in 5 years.

Note: This is the earliest English-language document seen (March 2009) that uses the term "choon jang" to refer to Korean-style soybean paste (miso).

(3) Domestic production and import of soybeans in Korea (Estimated for 1987, in metric tons): Soy protein–Textured vegetable protein (domestically made) 4,500. Soy protein isolate (import) 1,800. Soy protein concentrate (import) 150. Wheat protein–Textured vegetable protein (domestic) 900. Vital gluten (domestic) 150. Gluten (wet & dry) (import) 409. Total 7,909.

(4) Nutritional composition of soybeans and soybeans sprouts (per 100 gm).

Figures show: (1) Manufacturing method for rice hot soy paste (*ko chu jang*) (flow sheet). Numbers represent typical ratio of ingredients in volume. (2) Manufacturing method for chunk kuk jang (a type of soy paste) (flow sheet). Numbers represent typical ratio of ingredients in volume.

A photo shows one of the authors. Address: Korea Food Research Inst., P.O. Box 131, Chongryang, Seoul, South Korea.

9103. Kumoda, Yasuo. 1989. Re: Tofu as a potentially hazardous food. Mori-Nu Tofu does not require refrigeration. Letter to Mr. Maurice Guerrette, New York State Dept., Division of Food Inspection Services, One Winners Circle, Albany, NY 12235. 2 p. [1 ref]

• ***Summary:*** This is one of the first letters sent by Morinaga to the department of health in each of the continental 48 states as a result of health inspectors in upstate New York wrongly removing Mori-Nu Tofu from several stores. "We have been informed of recent efforts on the part of health department officials to impact and cite stores that are not conforming to the FDA Model Food Sanitation Code regarding water-packed tofu (soybean curd). We commend this action but seek your advice on the following:

"* The Retail Food Protection Information Manual Interpretations on 'Soy Protein Products Considered to be Potentially Hazardous Food' clearly state that any soy protein products, including tofu, are to be considered potentially hazardous foods and must be maintained at safe food temperatures of at least 45ºF or below.

"* We know of some instances where water-packed tofu was ordered relocated to dairy or deli cases due to the inability of produce department refrigeration units to maintain temperatures within the FDA guidelines."

The letter then explains that aseptically packaged Mori-Nu tofu does not need to be refrigerated, yet that some inspectors, unaware of this, have erroneously ordered it to be moved out of the produce section and into refrigerated dairy or deli cases. It asks if the state would be willing to issue a memorandum concerning Mori-Nu's exemption, or provide Morinaga with a list of local food inspection offices so that Morinaga might contact them directly. Address: General Manager, Morinaga Nutritional Foods, Inc., 5800 South

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Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9104. **Product Name:** [Taifun Hijiki Tofu].
Foreign Name: Taifun Hijiki-Tofu.
Manufacturer's Name: Life Food.
Manufacturer's Address: Robert-Bunsen-Strasse 6, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1989. July.
Ingredients: Tofu (organic), hijiki sea vegetable. Marinade: Natural soy sauce, shiitake mushrooms, kombu, ginger, coriander, and smoke (from birch and juniper).
Wt/Vol., Packaging, Price: 200 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. March 22. 3 by 2.25 inches. Green, black, yellow, and red on white. Refrigerate at 2-7ºC. The now make 10 kg/week.

9105. **Product Name:** [Hijiki Tofu (Lightly Smoked)].
Foreign Name: Hijiki Tofu (Zart Geraeuchert).
Manufacturer's Name: Life Food.
Manufacturer's Address: Robert-Bunsen-Strasse 6, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1989. July.
Ingredients: Incl. tofu, and hijiki (a sea vegetable).
Wt/Vol., Packaging, Price: 200 gm vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Price list sent by Anthony Marrese. 1990. March.

9106. Lightlife Foods, Inc. 1989. Living the Lightlife: Tofu Pups–The uncommon dog (Ad). *Vegetarian Times.* July. p. 25.
• ***Summary:*** A full-page, black-and-white ad resembling a comic strip. This is a "nutritious and tasty meat alternative." "It has no cholesterol and no nitrates. It contains 70% less sodium than a meat frank and 50% less fat. Its made from wonderful tofu and with only 95 calories it's got the nutritional profile you want in the food you eat. And best of all, it tastes great!" Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: (413) 772-0991.

9107. Natufood B.V. 1989. Prijs-bestelboek [Natufood price list and catalog, July-Sept. 1989]. Fahrenheitstraat 18, 3840 BN Harderwijk, Netherlands. 73+ p. [Dut]
• ***Summary:*** This catalog of a Dutch natural foods distributor lists the farming method (organic or not), wholesale and retail prices for each product: Page 8: Witte Wonder tofu spreads (mushroom, chili, green peppercorn, garlic, paprika, celery), Lima Limapast contains sunflower seeds, miso, and soy flour. Page 30. Joannusmolen roasted soy flour.

\ Note. This is the earliest English-language document seen (Nov. 2012) that contains the term "roasted soy flour."

Page 31. Natufood defatted soy flour (sifted). Ad for the Vetara line of ready-to-eat foods, many of which contain TVP. Page 33. Avita soybeans (Avita Natufood's organic food line). Natufood soybeans. Ad from Nutricia for canned powdered infant foods. Nutri-Soja complete infant food based on soy. Nutri-Soja Plus based on soy for infants that have been weaned. Page 34. Nutricia infant formulas: Nutrisoja in 400 gm or 1000 gm and Nutrisoja-Plus in 900 gm. Page 35. Avita little soybeans (regular and large, organic).

Page 36. Witte Wonder soybeans in tomato sauce. Ad for Vetara organic tofu, which is produced by Heuschen-Schrouff B.V. in a completely new facility under extremely sanitary conditions. It is made with organic soybeans with a natural coagulant (Serempi) in the traditional way. "Best quality, lowest price." The product label (250 gm) is shown. Page 37. Refrigerated miso products made in Europe. Lima barley miso and rice miso, both unpasteurized. Page 38. Meat replacers. Seitan is sold by Vetara, Witte Wonder, Yakso, and Manna. Vetara herb tofu, Napolitan tofu, rice tofu, bali tofu, rames tofu, rames tempeh, Tjap Tjoy. Witte Wonder tofu in curry/pineapple sauce, and in peanut sauce. Ad for Vetara vegetarian burgers, frankfurters, and schnitzels.

Page 39. Soya meat replacers and vegetarian mixes: Lists 11 Vetara products based on or containing TVP (textured soy flour) or HVP (hydrolyzed vegetable protein). Nutana meat replacers (9 products). Jonathan natural tofu. Cenovis and Huegli bouillon tablets (14 types, probably contain miso). [Sjon Welters adds that Huegli, a multi-million dollar Swiss food company, owns a major part of Natufood B.V.]. Western bouillons (Miso): Lima barley and rice misos. Heiwa Hatcho miso and instant miso soup. Huegli ad.

Page 42. Vegetarian refrigerated products: Vetara smoked tofu, natural tofu (EKO mark), saté tofu, vetaburgers with pineapple, with cheese & onion, natuburgers. Soyadrinks and desserts: Provamel (8 drinks and 6 desserts [puddings]). Lima (3 drinks).

Page 43. Seasonings: Vetara sweet soy sauce (Ketjap zoet). Yakso sweet soy sauce (Ketjap manis). Soy sauce. Lima shoyu (orange label) and tamari (blue label). Heiwa shoyu and tamari. Vetara shoyu. Page 44. Witte Wonder organic tofu dressings (Italian, Mexican, Garden herbs, or Natural). Mayonnaise and Tofunaise: Witte Wonder organic tofunaise (regular or with lemon).

Page 52. A. Vogel products: Vogel Sojaforce. Page 67. Natufood non-organic soynuts (natural, paprika, curry, or onion). A photo of the soynuts is given at the bottom of the page. Page 69. Non-organic soynuts in bulk (same 4 flavors as page 67). Page 73. Bulk defatted soy four, and soybeans (organic or non-organic). Ad for Vetara Vegetable Bouillon, which probably contains soy. Address: Harderwijk, Netherlands. Phone: 03410-23240.

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9108. **Product Name:** [Vetara Indonesian-Style Tofu (With Herbs, Napolitana, With Rice, Bali, Rames)].
Foreign Name: Vetara Tofu (Gekruid, Napolitana, With Rice, Bali, Rames).
Manufacturer's Name: Natufood B.V.
Manufacturer's Address: Fahrenheitstraat 18, 3840 BN Harderwijk, Netherlands.
Date of Introduction: 1989. July.
Wt/Vol., Packaging, Price: 325 gm.
New Product–Documentation: Natufood Catalog. 1989. July/Sept. p. 38.

9109. **Product Name:** [Vetara Vegetarian Refrigerated Products: Vetara Smoked Tofu, Natural Tofu (organic EKO mark, or non-organic), Saté Tofu, Vetaburgers (Plain, With Pineapple, With Cheese & Onion), Natuburgers, Frankfurter Sausages, Wiener Sausages, Saté (Without Sauce), and Schnitzel].
Foreign Name: Vetara Vegetarische Koelprodukten: Vetara Tofu Gerookt, Tofu Naturel (EKO mark, or non-organic), Saté Tofu, Vetaburgers (Plain, Ananas, Kaas-Ui), Natuburgers, Frankfurter Worstjes, Wiener Worstjes, Saté (Zonder Saus), Schnitzel.
Manufacturer's Name: Natufood B.V.
Manufacturer's Address: Fahrenheitstraat 18, 3840 BN Harderwijk, Netherlands.
Date of Introduction: 1989. July.
How Stored: Refrigerated.
New Product–Documentation: Natufood Catalog. 1989. July/Sept. p. 42.

9110. **Product Name:** Tofu Life Naturally Smoked Tofu. Renamed Tofu Life Original in about 1994.
Manufacturer's Name: North Coast Finest Inc. Renamed North Coast Distributors in July 1993.
Manufacturer's Address: Soquel, California.
Date of Introduction: 1989. July.
Ingredients: Organic tofu, shoyu (a soy sauce), fresh ginger, garlic, herbs and spices.
Wt/Vol., Packaging, Price: Vacuum packed. Retails for $1.66 for 0.30 lb (5/92 Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Open Sesame in Lafayette, California. 1992. May 1. 2.5 by 1.5 inches. Blue letters on white. Self adhesive. "Naturally smoked. No artificial ingredients, no colorings, no liquid smoke flavoring." Packed on April 30. Sell by June 9. Tried to phone company on 4 May 1992 but two phones numbers were no longer in service: 408-462-1634, and 408-763-1441.

Talk with Hanan Onn. 1992. Dec. 10. His company started making smoked tofu in Soquel in about July 1989. He purchased his tofu from Buddy Hamel of Clearway.

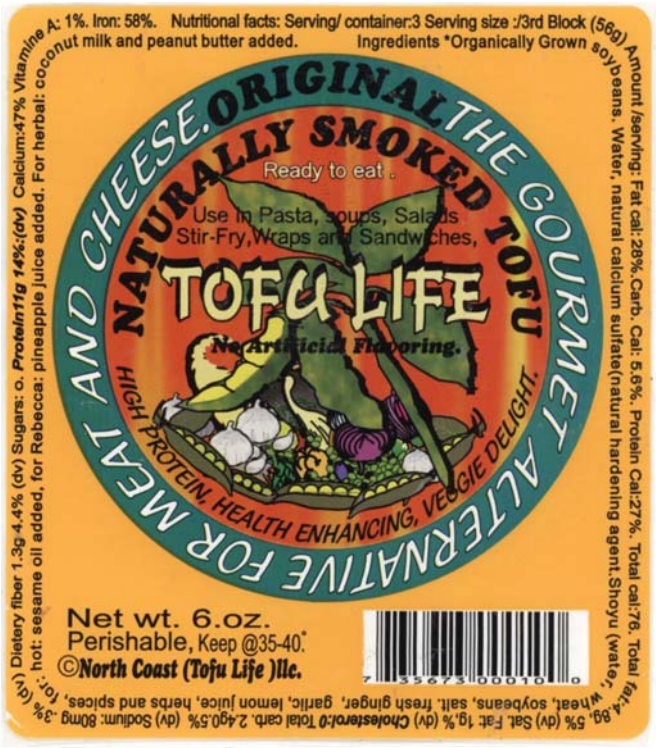

In Oct. 1991 he moved the company to 381-P Pine St. in Watsonville, California. Then in June 1992 he moved to his present location at 2655 Cloverdale, Concord, California. Phone: 510-798-4393 or 510-944-0599. His name is Israeli and he belongs to a Kibbutz in Israel. The Kibbutz, which now makes fruit juices, is looking to diversify into new food products and may consider soyfoods.

Call from Onn. 1993. April 13. He is planning to relocate his business making smoked tofu in Benicia.

Call from Onn. 1994. July 14. About a year ago he changed the company name to North Coast Distributors. He is now located at 1717 Solano Way, Concord, CA 94520. Phone: 510-798-4393. He is disappointed that Buddy Hamel of Clearway started making smoked tofu like his last year. He started making his own tofu 1 month ago. He hopes to introduce a new Tofu Pâté soon.

Product with Label purchased at Diablo Foods in Lafayette, California. 1997. May 28. New label: 3.5 x 5 inches. Red, brown, green, and black on white. One illustration on the front panel shows a cornucopia at the base of a vertical sheaf of grain. Another shows three soybean leaves and two pods. The border is bamboo. "No artificial ingredients. The gourmet alternative for meat and cheese. Firm." 6 oz vacuum pack retails for $2.99. Label copyright by NCD 1995. Chof-K kosher pending. Note: The company is now located in Benicia but the label says Concord.

Product with new label, leaflet, and sandwich brought to Soyfoods Center by Hanan Onn. 2006. Feb. 14. Ingredients: Organically grown soybeans, water, natural calcium sulfate (natural hardening agent), shoyu (water, wheat, soybeans,

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salt), fresh ginger, garlic, lemon juice, herbs and spices. Contains 15-18 gm of protein per 100 gm of tofu. 50-55 days shelf life unopened and refrigerated. Soyfoods Center taste test: Flavor, texture, aroma: All 10. Among the smoked tofu types, the best sellers are: (1) Original. (2) Lemon-Garlic. (3) Hot Teriyaki. All are now priced at $2.99 at Whole Foods.

9111. **Product Name:** Sweet Indulgence Cakes (Frozen, European-style layer cakes): Lemon Almond Mousse Cake, Carob Walnut Torte, Carob Apricot Torte, Zesty Orange Cream Cake, Carrot Cream Cake, Carob Walnut Torte, Carob Mousse Cake. Breakfast Cakes: Fruitty Pound Cake, and Carrot Spice Cake.
Manufacturer's Name: Now & Zen.
Manufacturer's Address: Office: 1838 Golden Gate Ave., San Francisco, CA 94115. Bakery: 15th Ave. Baking Co., 1401 Irving St., San Francisco, CA 94122. Phone: 415-563-5099 OF. 415-753-6208 Bakery.
Date of Introduction: 1989. July.
How Stored: Frozen.
New Product–Documentation: Carol Harvey. 1990. City Sports. June. p. 66, 68. Talk with Miyoko Nishimoto. 1990. June 4. Miyoko grew up in America and majored in philosophy at St. John's College in Annapolis, Maryland. She started her business in San Francisco in July 1989. She makes the products at a bakery and sells them all herself. She has a line of 6 European-style layer cakes, and a line of two loaf-type cakes. The former are made from both tofu and okara, while the latter contain no tofu, only okara used as a flour substitute. She buys her tofu from Quong Hop; she used to buy from Wildwood. The tofu is firm nigari tofu made with organically grown soybeans. She uses a Cuisinart to puree the tofu and it takes much too long. The cake layers are all make from okara, and the creams, fillings, and frostings are made from tofu. She has a brochure describing the products. She has gotten a lot of media coverage, incl. San Francisco Focus (March 1990). Some of the cakes are sold at the bakery where she makes them. Most of the ingredients are organically grown. She uses only a little whole wheat flour.

She is now writing a cookbook which may be titled *Not for Vegetarians Only* that will be published by The Book Publishing Co. at The Farm in Tennessee. It will be a vegan cookbook that has mainstream appeal, with some French

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cooking techniques. She is now 6 months pregnant and wondering what will happen to her business. She wants to find a baker.

Manufacturer's brochure (full color, 11 by 8.5 inches). 1989. "Now and Zen: An enlightened bakery. Indulgence is good for you, but only Now & Zen." A lovely color photo shows 5 delectable looking round cakes and 3 rectangular loaf cakes.

Leaflet. 1990. "Now & Zen: An Enlightened Bakery. 2 pages. Dessert for a main course? Okay, but only Now and Zen!"

9112. **Product Name:** Soy Deli Tofu Burgers [Barbecue Style, Cajun Spice, Curry Spice, Garden Style, Italian Spice, Original, Taco Spice, Tofu-Tempeh, or Teriyaki].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1989. July.
Wt/Vol., Packaging, Price: 6.1 oz.
How Stored: Refrigerated.
New Product–Documentation: Ad, quarter page black-and-white, in Whole Foods. 1989. Sept. p. 132. "Make a healthy choice. New! From Soy Deli. The original organic tofu burger. Nine organic meals in a minute. Strengthen your health food line with the nine new international flavors of Soy Deli organic tofu burgers. All natural ingredients, no preservatives, made from the finest nigari tofu. Pre-cooked with a delicious blend of natural spices. Simply heat and serve, or add to your favorite recipes in place of meat. Good shelf life. High protein, low sodium, no cholesterol, meat or dairy products. Refrigerated or frozen." A photo shows the label. Note: Quong Hop & Co. first introduced a tofu burger in Jan. 1979.

Talk with Ben Lee of Quong Hop. 1989. Sept. 1. These products were launched in July 1979. The full-color label is printed using a 6-color process. The company hopes the new product will make the transition to the typical deli case in delis; they are not shooting for the deli case in supermarkets. Soyfoods Center product evaluation. 1989. Sept. 9. So-so. Quite dry and crumbly, not juicy. Poor cohesiveness. No instructions for cooking in microwave oven. Flavors are okay, but what is the need for so many? It is not clear whether or not the product is fried.

Spot in Whole Foods. 1989. Nov. p. 83. Available in 9 international flavors. "The burgers are pre-cooked in high-oleic safflower [oil]... contain no meat or dairy products." Ad (5 by 7 inches, black and white) in Whole Foods. 1990. Feb. p. 36. "Make a healthy choice. New! From Soy Deli. Nine organic meals in a minute." Lists the 9 flavors.

9113. Sun, Xiaowei. 1989. Development and evaluation of tofu type products using whole soybean and defatted soy flour. MSc thesis, University of Georgia. vii + 66 p. 28 cm. [68 ref]
• ***Summary:*** The author received her BSc degree from Zhong-shan Univ., China, in 1984. Contents: Acknowledgments. List of tables. List of figures. Section I. Literature review. Section II. Chemical, texture profile and sensory analyses on tofu made from whole soybean and defatted soy flour. Abstract. Introduction. Materials and methods. Results and discussion. Conclusion. References. Address: Dep. of Food Science & Technology, Univ. of Georgia.

9114. Timmins, Thomas P. 1989. Timmins Group. 105 Beacon St., Greenfield, MA 01301. 10 p.
• ***Summary:*** Timmins, founder and president of Tomsun Foods International, has started a new company, a consulting firm named Timmins Group. He has 17 years management experience in the food industry and 12 years with Tomsun. This packet of information consists of a cover letter, a description of five areas in which the Timmins Group will offer consultation, and a resume of Timmins past experience.

He graduated in 1967 from the University of Notre Dame in Indiana with a BA degree, magna cum laude. 1972-73 he worked for Wadco Foods, Inc. in Estherville, Iowa, as supervisor of shipping and receiving. 1973-75 he was manager of Yellow Sun Natural Foods Cooperative in Amherst, Massachusetts. This food co-op had 500 member families and was a pioneer in the organic farming movement in New England. 1975-77 he was sales manager at Llama, Toucan, and Crow, a natural foods distributor in Brattleboro, Vermont. In 1977 he was a co-founder of Tomsun Foods International, Inc., an early tofu manufacturer in Greenfield, Massachusetts. In 1982 Tomsun was named to the INC., Magazine 500, a group of the fastest growing small companies in the country. In Dec. 1986 the company conducted an initial public stock offering to support the launch of Jofu, a refrigerated tofu and fruit snack.

Note: Timmins is no longer involved with Tomsun Foods or Jofu. By Oct. 1991 he had developed a vegetarian ham (using soy protein isolates made by Protein Technologies International) and shipped 60,000 lb to Taiwan. Address: Greenfield, Massachusetts. Phone: 413-772-0035.

9115. **Product Name:** White Wave Tofu Cottage Salad (Non-Dairy Cottage Cheese).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1989. July.
Ingredients: Tofu (water, soybeans, calcium sulfate and magnesium chloride), soy oil, dehydrated onion and dill weed, citric acid, sorbic acid, salt.
Wt/Vol., Packaging, Price: 8 oz tub, 12 per case, retails for about $1.65.
How Stored: Refrigerated, 28 day shelf life.

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New Product–Documentation: Soya Newsletter. 1989. May/June. p. 8.

9116. Reeder, John. 1989. U.S. import/export statistics on soy products (Interview). *SoyaScan Notes.* Aug. 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** John's specialty is tracking statistics on fats, oils, and oilseeds, plus natural gums and resins. The main publication carrying soy-related import statistics is titled "U.S. Imports for Consumption: U.S. Census Bureau Publication IM146." It is published by the Foreign Trade Div. of the U.S. Census Bureau and is available in a monthly published paper version, or on microfiche, or in electronic database form. With soy, it covers soybeans (Heading/subheading 1201.00), soy flour (1208.10), and soy sauce (2103.10). Miso and tofu statistics are lumped in with hundreds of other minor products in the catch-all basket category "Edible Preparations."

In the tariff part of the report, for each item there is an article description, units of quantity (e.g. kg), and rates of duty (general, special, or 2). For example, soy sauce has a general duty rate of 3%, which is granted to all "most favored nations." The "Special" column shows that it is imported duty free from countries with the codes A (Generalized System of Preferences, applied to many developing countries), E (CBERA or Caribbean Basin Economic Recovery Act), or IL (Israel). CA = Canada gets a reduced rate of 2.7%, which will be reduced to zero over the next 5-10 years under the recent Canadian Free Trade Agreement. Column 2, indicates that a 35% import duty applies to most Communist countries, except those (such as China) with "Most Favored Nation" status, when get the General rate.

In the imports part of the report, under each product (e.g. soy sauce, thin = soy sauce) there is a listing of countries, sorted by region from which the USA imports. After each country there may be the codes GSP (the amount of product imported under the lower General System of Preferences rate, because it has been shown to be as domestic product of that country), and OGN (the amount of product imported under the General rate because it has not been proved to be a domestic product), plus a total for the two. Then statistics for the current month and cumulative from January to date, of the quantity imported (which may be reported in two sets of units, Qty-1 and Qty-2, such as pounds and gallons), the customs value (the Free on Board or FOB value declared by the importer at the foreign port of export), and the calculated duty received by the U.S. based on the customs value.

The report is also available at federal depository libraries, such as Univ. of California at Berkeley. On 1 Jan. 1989 the way of reporting data was changed to the "Harmonized Tariff Schedule of the United States" from the old "Tariff Schedule of the United States" (TSUS) system. This changes some nomenclature and makes the U.S. reporting more similar to that of may other countries, which facilitates determining tariffs and quotas on given items.

Corresponding export statistics are given in another report titled "Schedule B: U.S. Exports of Domestic Merchandise, FT410" published monthly by the U.S. Census Bureau. Each product has the same product code (e.g., soy sauce is 2103.10).

Another publication is the Directory of International Trade Analysts: Commodity Agreements.

Good databases for searching soy-related data are Disclosure, and Nexus (business news). Address: U.S. International Trade Commission, Agricultural Div., Washington, DC 20436. Phone: 202-252-1319.

9117. Duchesne, Paul. 1989. Re: Enclosing labels and a chart. Letter to William Shurtleff at Soyfoods Center, Aug. 11. 1 p. Handwritten, with signature.
• ***Summary:*** "Bill, Enclosed are copies of the labels that feature brown rice and tofu as main ingredients, a chart (see next page) showing the spinoff companies from our original creation in 1977, and an invoice... Good luck with your project and as we still say in Fairfax, have a nice day,..." Address: Fairfax, California.

9118. *Toyo Shinpo* (*Soyfoods News*). 1989. Tôfu no kakei shôhi was teichô: Natsu no hiyayakko juyô ni kitai [Tofu's domestic consumption is low: Expecting the demand for chilled tofu in summer]. Aug. 11. p. 7. [Jap]
• ***Summary:*** In 1988 Jan. to April, per household national average tofu consumption, ¥2008 (97.5% of the same period in 1987). 24.75 cakes (95.2% of 1987).

Number of cakes of tofu per year per household:
1979 87.02.
1980 86.89. 1981 86.91. 1982 87.54. 1983 90.43. 1984 89.16. 1985 88.48.
1986 85.40. 1987 86.43. 1988 85.07.

9119. *SoyaScan Notes.* 1989. Brief history of Witte Wonder in the Netherlands (Overview). Aug. 12. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The main sources of this information are letters from and interviews with Sjon Welters and Richard Leviton. In 1979 a non-profit natural foods foundation called Stichting Natuurvoeding den Haag was started by Cees van Rest as the framework within which to start a store that sold natural and macrobiotic foods. Many of the early Dutch natural food companies were set up as non-profit foundations based on the idea and model started by Manna (Stichting Natuurvoeding Amsterdam). The foundation was governed by a board of directors, in which van Rest and his father and wife played key roles. The store was located at Piet Heinstraat 80, 2518 CK Den Haag (The Hague). The foundation soon decided to expand its activities from retailing to include food manufacturing. So it established Witte Wonder Products

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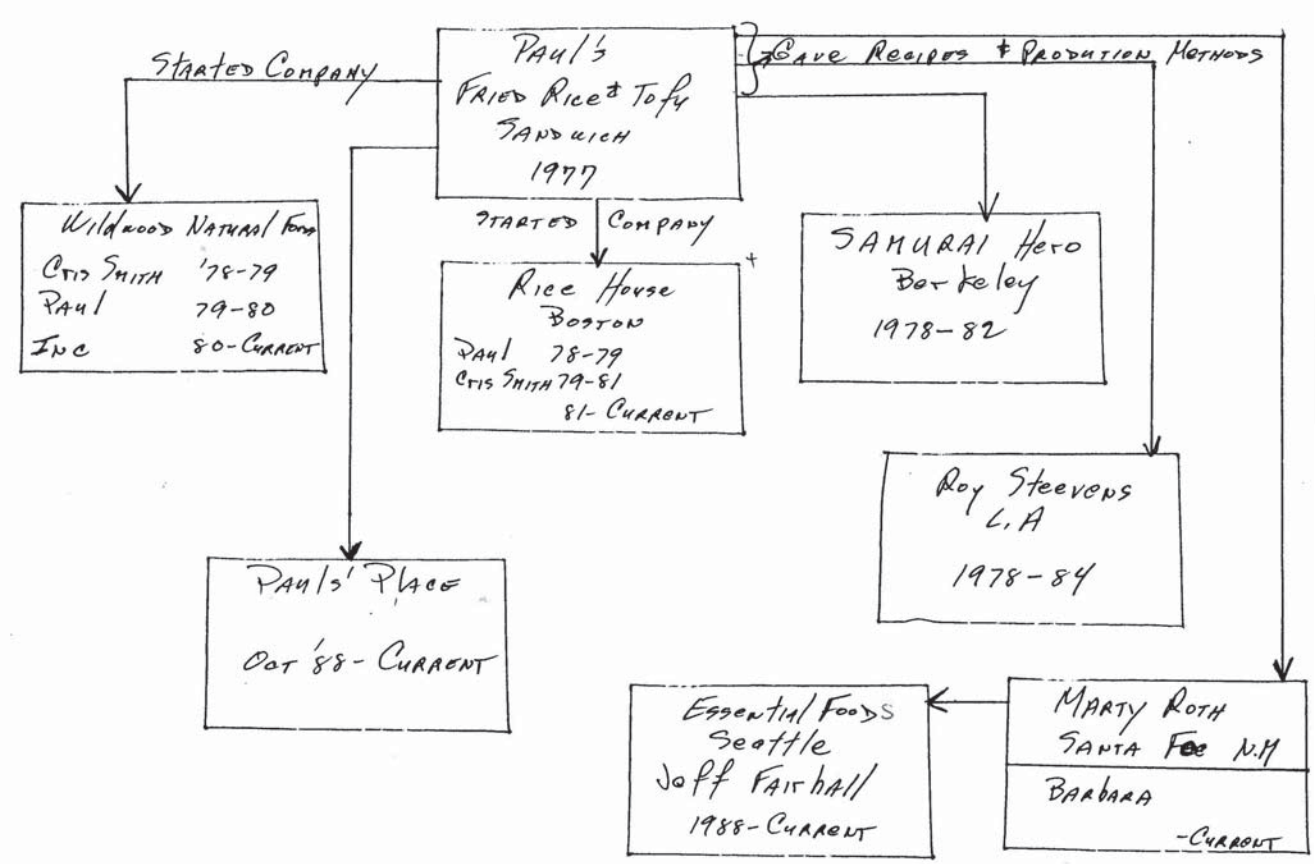

as its food manufacturing division and registered Witte Wonder as its brand. For a logo, they used an illustration of a traditional tofu master taken from *The Book of Tofu* by Shurtleff and Aoyagi. In April 1981 they began to make 100 kg/week of tofu and tempeh, plus seitan, in the back of the retail store. In Nov. 1983 Nico van Hagen and his wife Loes Witteman were the principal tofu makers. They made 900-1,200 kg/week of tofu, plus 500 kg/week of seitan.

At one point, they changed the store into a restaurant with a space to give classes, but kept making soyfoods there. Then they started to make tofu dips at another shop. Finally they sold the restaurant and consolidated the two soyfood production operations. By Oct. 1984 they were making 2,000 lb/day of tofu.

In about 1985 Witte Wonder moved into a new plant at Gelreweg 4b, 3843 AN Harderwyk, Netherlands. They needed more money to make the move successful, so they invited Solnuts B.V. to join Witte Wonder as a source of capital. But the capital needs increased and Solnuts agreed to provide the additional capital in exchange for a controlling interest in Witte Wonder. This put the van Reests in a difficult position, but without much choice. So on 1 April 1986 Witte Wonder was acquired in an unfriendly silent acquisition by Solnuts B.V. Cees van Rest and his father owned 50% of the company's stock plus one majority vote. Solnuts owned the other 50%. The majority vote changed hands at the moment Solnuts made a new investment in Witte Wonder. With this the van Rests lost the controlling interest. Cees van Rest resigned as a director, becoming unemployed.

In late March 1990 Solnuts B.V. was just completing an agreement to sell the company back to Wim Bakker, who had been running it for them since 1986. Solnuts considered Witte Wonder to be too far away from their core activities.

9120. Morinaga Nutritional Foods. 1989. Mori-Nu Tofu sponsors internationally-famous Gold's Gym personal workout video (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Aug. 14.
• ***Summary:*** "Morinaga Nutritional Foods... has announced that it will officially sponsor the first-ever personal workout video series from the internationally-famous Gold's Gym.

"The Gold's Gym Personal Trainer Series includes one 46-minute beginners exercise video and a 55-minute intermediate tape. The two-tape package features Gold's Gym personal fitness instructors Marcia Levine and Christian Duffy as well as a variety of drop-in guest celebrities, top athletes and physique stars...

"'We thought getting behind Gold's was a natural because fitness without nutrition is self-defeating,' said Arthur Mio, national sales manager for Mori-Nu Tofu. Mori-Nu will feature an instructional commercial spot starring Levine introducing the Mori-Nu Tofu Shake...

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"Scheduled for release in early October, the Gold's Gym Personal Trainer Series will be available at a variety of consumer retail outlets nationwide. Suggested retail price is $24.95 including a free two-week membership to Gold's Gym, worth approximately $50." Address: Los Angeles, California. Phone: 213-728-4325.

9121. Welters, Sjon. 1989. Early involvement with soyfoods and Manna in the Netherlands (Interview). *SoyaScan Notes.* Aug. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Sjon was born in 1955. He completed high school plus one year at the National Academy of Fine Arts. Then he dropped out to pursue his interest in the natural foods movement. He got involved with soyfoods when he became a vegetarian in 1973. In Sept. 1975 he started to work for Manna. During 1975-76 he did a lot of experimentation with soyfoods production while working at Manna, and he was involved in selling the shoyu and miso that Manna had been importing from Muso in Japan since 1975. In Sept. 1977 Sjon left Manna and started his non-profit natural foods foundation (Stichting Natuurvoeding Alkmaar) and his own natural foods store, both at Alkmaar (pronounced AL-ek-mayr), the Netherlands, based on the model established by Manna. During 1980-81 Sjon's foundation merged with Manna's foundation and Sjon started to work as director of operations at Manna, and he first became involved with the production of tofu and seitan. During the early 1980s Sjon was an editor of the *Manna Bulletin.* Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-4011.

9122. Morinaga Nutritional Foods. 1989. Mori-Nu Tofu introduces new in-store display stand (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Aug. 17.
• ***Summary:*** "Morinaga Nutritional Foods has introduced a new in-store display unit, which will enable Mori-Nu Tofu to be merchandised in the refrigerated or non-refrigerated section of health food stores nationwide.

"The new stand will allow aseptically packaged Mori-Nu Tofu to be positioned in either the deli or produce section in contrast to water-packed tofu, which must be refrigerated." Address: Los Angeles, California. Phone: 213-728-4325.

9123. Mejia, John. 1989. Move tofu to dairy, deli cases for proper cooling: Inspectors. *Supermarket News.* Aug. 21. p. 29.
• ***Summary:*** "A mixup over where and how tofu should be merchandised has turned into a sticky mess in recent weeks for several retailers.

"That's because local health inspectors nationwide have cracked down on sanitation violations in produce departments, directing retailers to move tofu to deli and dairy cases, and in some cases citing them for not properly refrigerating the soybean product often merchandised next to oriental vegetables on produce wet racks. Tofu, if water-packed as it usually is, can spoil unless properly refrigerated at temperatures below at least 45ºF."

"The problem is that many retailers either sell tofu in produce cases or not at all, contending that tofu can't compete in a dairy or deli case against high-margin, high-turnover items such as milk, cheese or yogurt. Moreover, many retailers say they won't carry it in deli or dairy cases because consumers won't think to look for it anywhere but in the produce department."

"Joe Ferrara, assistant director of New York's Division of Food Inspection Services, confirmed that health inspectors are indeed taking a closer look at tofu. 'Produce cases are not a place to display tofu.'"

"While tofu makers want their products sold in colder temperatures to guarantee product integrity, some retailers have balked. 'Tofu gets lost in deli and dairy cases,' said Tim Markowski, a produce buyer for Kohl's Food Stores, Milwaukee. 'There are no tie-in items such as oriental vegetables, and people don't always know where to find it unless it's in the produce department where they're used to seeing it.'"

9124. Vigoda, Arlene. 1989. Tofu is spreading to bacon, chocolate. *USA Today.* Aug. 21. p. 4D. Final Edition.
• ***Summary:*** Legume Inc. of Montvale, New Jersey, has introduced Barat Tofu Chocolates–sweetened with Sucanat, organic granulated cane juice with vitamins and minerals.

Nasoya Foods Inc. of Leominster, Massachusetts, has introduced four creamy salad dressings, tofu vegetable dips, and a tofu-based eggless mayonnaise named Soyannaise.

Bill Shurtleff of Soyfoods Center (Lafayette, California), says that tofu has "gone from a counterculture food to a mainstream food."

9125. Roach, Michael. 1989. Work with tofu among Tibetan refugees in southern India (Interview). *SoyaScan Notes.* Aug. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michael is helping 50,000 Tibetan refugees in south India, and especially 1,500 monks, originally from the Sera monastery in Tibet, who now live at Bylakuppe, near Mysore city, in Karnataka. The nearest airport is Bangalore. These people fled Tibet in 1959, and were in prison in northern India for a decade; many got tuberculosis and died. Finally in 1970 they were released and allowed to start a monastery in south India.

Michael is in the diamond business and he has set up enterprises there including diamond cutting and entering ancient Tibetan spiritual texts into computers. Tibetans love tofu, and he wants to start a tofu shop in the community. He is looking for an organization or semi-volunteers to help with

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the project. Soyfoods Center recommends that he talk with Plenty Canada, which is doing similar work in nearby Sri Lanka.

Concerning the work with tofu at Dharamsala in north India, Michael understands that much of this tofu is sold in bulk to local restaurants where it is served to foreigners who come to see the Tibetan community. The 100 or so monks at the School of Buddhist Dialects have a lot of studying to do and are not able to devote a lot of time to work, such as food production. Address: Andin International, 7 West 45th St. New York, NY 10036. Phone: 212-921-1022. Fax 212-391-0818.

9126. Duchesne, Paul. 1989. History of Wildwood Tofu (Germany), Auenland Tofu, Peter Wiegand, and Wildwood Natural Foods (California) (Interview). *SoyaScan Notes.* Aug. 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** According to Soyfoods Center records, Peter Wiegand started one of the earliest known tofu manufacturing companies in West Germany. Duchesne recalls that Wiegand came to America in the spring of 1981 to learn about tofu. He had heard about Wildwood Natural Foods in Fairfax, so he went there and he and Duchesne quickly became good friends. Duchesne showed him the whole operation and spent a great deal of time teaching him how to make tofu and tofu products. After six months of work and study, in the fall of 1981, Peter and his family returned to Germany. Before Peter left, Duchesne encouraged him to make secondary tofu products, such as tofu sausages. After returning to Germany, Wiegand started his company in a small dairy barn. That winter (early 1982) Michael Pierce, who was once Wildwood's best tofu maker and art designer in Fairfax and who now lives in Georgia (Phone: 912-752-8070), went to Germany and lived and worked with Wiegand. There he made tofu and designed the colorful Auenland label showing a sunrise over a rural village.

Wiegand's first company failed; it was too small and too labor intensive. So he raised a lot of money and built a larger company and plant. Wiegand returned to America and asked Duchesne (who had just left Wildwood Natural Foods) to return with him to Germany to help get the new Auenland started. Duchesne declined (since funds were too limited) but his son, Paul Jr., went and worked there for 6 months. In 1983 Auenland introduced a line of second generation tofu products: Pizza, cake, tofunafish salad, mayonnaise, and burgers, many of which were inspired by Wildwood products. Most of his products were sold in Munich, and some in Austria–where Peter was born. In the end, a sausage maker who worked for Wiegand started a tofu sausage business, bought his tofu from Auenland, and ended making most of the money. Wiegand was not a good businessman, not a very practical person. His father in law was putting a lot of money into the company but in the end Wiegand lost most if not all of it... and the shop. Address: Fairfax, California. Phone: 415-453-2360.

9127. Ebine, Hideo. 1989. Re: Retirement dates of soyfoods researchers from the National Foods Research Institute, Japan. Letter to William Shurtleff at Soyfoods Center, Aug. 28. 1 p. [Eng]

• ***Summary:*** Masahiro Nakano retired in 1967, Watanabe Tokuji in 1977, and Hideo Ebine in 1982. The National Food Research Institute moved from Tokyo to Tsukuba in Feb. 1989. Address: Central Miso Research Inst., Shinkawa 1-24-19, Chuo-ku, Tokyo 104, Japan. Phone: 03-551-7161.

9128. Morinaga Nutritional Foods, Inc. 1989. Water hazard. Life preserver (Ad). *Supermarket News.* Aug. 28. p. 24.

• ***Summary:*** This controversial ad, the first one in which one tofu manufacturer publicly (but only in trade publications) criticized typical water-packed tofu, infuriated most larger tofu makers in America. It also appeared in *Produce Business* (Aug. p. 16-17) and in *Natural Foods Merchandiser* (Sept. p. 74-75), but by October it was withdrawn.

Color photos show two packages of tofu. On one side, by a typical container of water-packed tofu is the bold text "Water Hazard. Old-style water packed tofu can leak all over and create a mess. Then there's the shrink, with a shelf life of mere days. And once your customer gets it home, the water must be changed daily." Next to a package of Mori-Nu is the bold text "Life Preserver. Mori-Nu Tofu, on the other hand, is aseptically packaged. Airtight. Bacteria tight. And water tight. With a shelf life of 10 months without refrigeration or preservatives. Very safe. Very convenient."

On 8 Sept. 1989 William S. Freeman of the law firm Cooley Godward Castro Huddleson & Tatum in San Francisco wrote a 3-page letter to Morinaga on behalf of their client, Azumaya, citing what they considered to be four malicious and untrue statements in the ad and demanding that Mori-Nu immediately cease running the ads. Freeman argued that (1) not all water pack tofu presents a potential health hazard, (2) water pack tofu that is pasteurized does not have "a shelf life of mere days," (3) water pack tofu is no more likely than Mori-Nu's to "leak all over and create a mess," and (4) the water in water pack tofu does not need to be changed daily while it is refrigerated. Morinaga's legal counsel, Jorge Arciniega of Whitman & Ransom in Los Angeles, responded with a 4-page letter to Freeman on Sept. 22. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9129. Brown, Peter J. 1989. From bean to bun: The saga of the soy dog. *Soya Newsletter* (*Bar Harbor, Maine*). July/Aug. p. 1, 12-15.

• ***Summary:*** A look at the tofu hot dog market in America–but with no statistics on the market size or individual

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products. The major players are Light Foods Inc., White wave Inc., Lightlife Foods Inc., and Northern Soy. An estimated $2 billion worth of meat- or poultry-based hot dogs (1.5 billion lb in 1987) are sold in America. America's first tofu hot dog, Tofu Light Links, was introduced in 1983 by Robert Davis of Light Foods in St. Louis, Missouri. White Wave, which sells Healthy Franks made by a co-packer and aimed at the mainstream market, has just moved into a 24,000 [actually 23,000] square foot plant with almost 50 employees. Company sales are expected to top $3 million in 1989. Lightlife sells to the kosher/pareve market. Last fall East West Journal picked Northern Soy's Not Dog as the best meatless hot dog in America. The keys to success are flavoring, use of vegetable gums, retention of juiciness, and pricing.

Worthington Foods, with more than 350 employees and $75 million is sales, has been marketing meatless meatlike products for decades. They now have 120 such products and the basic goal is to be a close as possible to the real thing. Earlier this summer the *New Bedford Standard-Times* conducted a taste test among young children at a summer camp. The soy hot dog was the second most expensive of the entrants and the kids disliked it, describing it with terms such as "sooooo gross." Address: Contributing editor.

9130. *Frozen Food Age.* 1989. Litetrends / Tofoods taps Haywood president, CEO; Plans tofu dinners. 38(1):76. Aug.
• ***Summary:*** "Charles F. Haywood, former president and chief executive of the National Food Brokers Association, Washington, D.C., has been elected president and chief executive officer of Litetrends / Tofoods Co. Inc., Silver Spring, Maryland." A photo shows Haywood with the large front panel of a new frozen dinner offering which uses tofu as a meat alternative.

9131. Golbitz, Peter. 1989. State of Maine bans aseptic packaging: Law will prohibit sales of aseptic soymilk. *Soya Newsletter* (*Bar Harbor, Maine*). July/Aug. p. 1-3. [1 ref]
• ***Summary:*** Maine's new landmark solid waste bill, L.D. 1431, which goes into effect on 1 Sept. 1990, prohibits the sale of all aseptically packaged beverages and of any other beverage container that cannot be recycled. In section 8. MRSA 1868 titled "Prohibition on certain types of containers and holders, the bill states, 'No beverage may be sold or offered for sale to consumers in this State... In a container composed of aseptic packaging composed of aluminum, paper, and plastic in combination, where those materials are for practical reasons inseparable and commonly referred to as a 'brick-pack.'" Exempted from this legislation are "milk and dairy-derived products," whose containers need not be recyclable nor carry a deposit. The bill hopes to reduce Maine's solid waste by 50% by 1994. Many health food stores in Maine reported that aseptically packaged soymilk is one of their ten best-selling products. The only soymilk presently available in the state is aseptically packaged. It is estimated that far less than 1% of all Tetra Pak cartons sold in Maine contain soymilk. Many other states are now in the process of drafting similar bills for reducing solid wastes. If they follow Maine's policies on aseptic packaging, it could be a major blow for soymilk (and Mori-Nu Tofu) in America. "As Maine goes, so goes the nation." Address: Soyatech, Bar Harbor, Maine.

9132. Golbitz, Peter. 1989. Soya interview: Tom Timmins, soyfoods visionary. *Soya Newsletter* (*Bar Harbor, Maine*). July/Aug. p. 4-6.
• ***Summary:*** Timmins was one of the founders of Tomsun Foods 12 years ago. In 1982 the company was named to the INC. Magazine 500, as one of the fastest-growing small businesses in America. "During 1985 the company launched Jofu, a revolutionary tofu and fruit product, and rang up total sales of over $2.5 million." In April 1989 the company filed for bankruptcy under Chapter 11. It is now being managed by a very skilled and experienced new team and has just re-released Jofu to a receptive market. Recently Timmins, "sensing that the time was right for him to make a move personally, decided to step away from Tomsun and form the Timmins Group, a consulting firm..." that focuses on helping small food companies with strategic planning, financing, staffing, marketing, and joint ventures. Timmins is still a major stock holder in Tomsun.

Looking back, if he could do things differently, Timmins would stretch the launch of Jofu over a 2-year period. Entering the huge New York market as they did stressed the company to the extreme. "We went from 3,000 cases a week to 20,000 cases, within 6 weeks... We were never able to completely fill all our orders. And when we did fill the orders, we were not able to fill them with an adequate profit margin." The stock market crash made subsequent raising of capital difficult.

Advice to soyfoods companies in the 1990s: Make sure that your cash pool is adequate. Find a profitable, regional niche and build on it. Concentrate on product quality. The greatest potential lies in second generation products. In the future, companies should think seriously about international markets in East Asia, Europe, and Latin America.

During the past decade, growth of the soyfoods industry has been hampered by lack of invested capital. The ratio of sales to capital investment is not very favorable. But there was great mass marketing, as with Tofutti.

For the 1990s, Timmins foresees some large companies acquiring existing soyfoods companies, injecting capital, doing more advertising, and putting the products in major distribution channels. Address: Timmins Group, 105 Beacon St., Greenfield, Massachusetts 01301. Phone: 413-772-0035.

9133. **Product Name:** [Tofu Terrine ("Graffity", or "Rainbow")].

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Foreign Name: Tofu Terrine ("Graffity", or "Regenbogen").
Manufacturer's Name: Life Food.
Manufacturer's Address: Robert-Bunsen-Strasse 6, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1989. August.
Ingredients: Graffity: Tofu, vegetables, sea vegetables, seasonings. * Preponderantly organically grown.
Wt/Vol., Packaging, Price: 200 gm poly bag. Retails for DM 4.00.
How Stored: Refrigerated.
New Product–Documentation: Labels. Sent by Anthony Marrese. 1989. Nov. 3.5 by 1.5 inches. Dot matrix printed on a white self-adhesive label. Refrigerate at 4ºC or below. Ingredients for the "Rainbow" are: Tofu, smoked tofu, spinach, carrots, sesame, and vegetables. These are likewise predominantly organically grown. These products were launched in Aug. 1989 and the company now makes about 40 kg/week.

9134. **Product Name:** [Sesam Tofu Balls].
Foreign Name: "Sesam" Tofu-Kloesse.
Manufacturer's Name: Life Food.
Manufacturer's Address: Robert-Bunsen-Strasse 6, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1989. August.
Ingredients: Tofu, sesame seeds, herbs, spices. Ingredients predominantly organically grown.
Wt/Vol., Packaging, Price: 60 gm each.
How Stored: Refrigerated.
New Product–Documentation: Label and price list sent by Anthony Marrese. 1990. March. They currently make 30 kg/week.

9135. **Product Name:** Lightlife Foney Baloney.
Manufacturer's Name: Lightlife Foods, Inc.
Manufacturer's Address: 74 Fairview St., Greenfield, MA 01301. Phone: 413-774-6001.
Date of Introduction: 1989. August.
Ingredients: 7/92: Tofu (soybeans, water, calcium sulfate), water, isolated soy protein, soy oil, spices, sea salt, beet powder, oleoresin of paprika, vegetable gums.
Wt/Vol., Packaging, Price: 10 oz (238 gm) vacuum pack. Retails for $2.79 (6/90, California). 6 oz (170 gm) vacuum pack retails for $1.99 (7/92, Maryland).
How Stored: Refrigerated.
Nutrition: 7/92: Per 2 oz.: Calories 59, protein 5.9 gm, carbohydrates 74 gm, fat 3.5 gm, cholesterol 0 mg.
New Product–Documentation: Leaflet (8½ by 11 inches, single sided) sent by Richard Rose from Natural Products Expo East at Philadelphia. 1989. Sept. On the top two-thirds of this leaflet is a cartoon in which three boys are talking. "I don't take any baloney from my mom." "Me neither! My mom gives me Foney Baloney. It's the best." The text reads: "Foney Baloney tastes just like traditional baloney but has 75% less fat, half the sodium, and no cholesterol or nitrates. Foney Baloney's number one ingredient is organic tofu." A photo shows the Label (red and white on blue).

Talk with Richard McKelvey, sales manager of Lightlife Foods. 1990. June 20. This tofu-based product was launched in Aug. 1989. It contains no cholesterol or nitrates.

Talk with Michael Cohen. 1991. Sept. 17. The name of this product was created to appeal to children. But now the name is getting in the way of a product with good unrealized potential for adults, so that may rename it.

Product with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July. 20. Label is 3.75 inches in diameter. Self adhesive. Red, white, and yellow on dark blue. "Kids love it! Zero cholesterol. 100% vegetarian. Zero nitrates. Meatless. For a real treat, try it grilled. A delicious, healthful alternative to cold cuts."

9136. Mohamed, S.; Johan, Z.; Bakar, J. 1989. Chickpea, mungbean, cowpea and peanuts as substitutes for soybean curds. *International J. of Food Science and Technology* 24(4):385-94. Aug. [15 ref]
• ***Summary:*** Acceptable tofu could not be formed from chickpea, mungbean, cowpea, or peanuts, when using the standard procedure for making tofu. The firmness (rigidity) of the curd was proportional to the protein content, inversely proportional to the square of the starch content, and negatively correlated with the square of the fat content. "Satisfactory curds could be formed from legume sources other than soybean only after the partial removal of starch (in chickpea, mungbean and cowpea) or oil (in peanuts)." Calcium sulfate was the best coagulant. Address: Faculty of Food Science and Biotechnology, Univ. Pertanian Malaysia, 43400 UPM, Serdang, Selangor, Malaysia.

9137. Newman, Jacqueline M. 1989. Tofu comes of age. *Foodtalk* 12(2):7-8.
• ***Summary:*** A brief history of tofu worldwide. Tofu is a culinary chameleon. The early mentions of tofu by John Saris (1613), Friar Domingo [Fernández] Navarrete (1665), and Benjamin Franklin (1779), each referred to Japanese (rather than Chinese) tofu. "In the United States, commercially tofu was first manufactured by the Chinese in 1915 [sic, in 1878 or before]. It was made by the Quong Hop Company, located in San Francisco. This company, founded in 1906, still exists today."

"While bean curd may not be in the culinary mainstream, there is an amazing increase in its use among non-Asians. Its popularity, which recognizes the nutritional qualities of tofu, may be credited in large part to William Shurtleff and his wife, Akiko Aoyagi. Together they helped make the Western world appreciate tofu, thus increasing the use of this inexpensive and versatile protein food. They are the authors of *The Book of Tofu* detailing its history and background and giving several hundred recipes for its use."

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After noting the growing popularity of Tofutti and other soy ice creams, Newman reflects: "The idea of freezing bean curd, however, is not new. Iced Bean Curd is one of Yuan Mei's recipes from the *Xi Yuan Cookery Book* written near the end of the 18th century. This book by a poet, government official and author, is a very comprehensive volume of over 300 recipes; only some are about tofu. One difference is that the Iced Bean Curd recipe is meant to be served hot, the doufu in it is first frozen then prepared for use." Address: Prof. at Queens College, New York.

9138. **Product Name:** Nu-Links (Pork-Tofu-Okara Sausage) [Breakfast, Italian-Style, or Hot].
Manufacturer's Name: VitaLite Foods.
Manufacturer's Address: P.O. Box 10, Waynesfield, OH 45896. Phone: 419-568-8638.
Date of Introduction: 1989. August.
Ingredients: Pork, tofu (water, soybeans, calcium sulfate, nigari), Okhara (registered trademark), flavorings.
New Product–Documentation: Talk with Charles Meeker of VitaLite Foods. 1992. Feb. 27. This company is owned by Brenda Kitchem, who is actively involved in its daily operations. This product was launched in August 1989. It took him 8-10 months to get USDA approval to sell this product in interstate commerce since it contains meat–which could spoil. The product contains 65% by weight of lean trim meat and 35% by weight of tofu + okara. They process and flavor the tofu (made with organic soybeans) using a special process. The flavorings are all natural, and no colorings are used. The product is then flash-frozen for shelf life. It looks and tastes just like pure meat and after cooking it tastes like old-fashioned meat that has been butchered and ground immediately. The shelf life of this product far exceeds the shelf life of its all-meat counterpart. The USDA required him to state, immediately beneath the product name, "A pork, tofu and okara product."

The company is growing by leaps and bounds. They now ship 50 cases a day of their 3 products using only 2 employees.

9139. *SoyaScan Notes.* 1989. Herpes and soyfoods: The ratio of lysine to arginine (Overview). Sept. 5. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** A person suffering from herpes (a severe inflammatory virus disease of the skin) should get their protein from foods that have a high ratio lysine to arginine. The foods with the highest ratio are meat, fish, milk and some legumes (but not soybeans, soyfoods, or peas). Foods with a low ratio are nuts, soybeans, soyfoods, wheat, peas, and oats. Per 100 gm edible portion, regular tofu (raw) contains 0.532 gm lysine and 0.538 gm arginine for a ratio of 0.99. Whole boiled soybeans contain 1.108 gm lysine and 1.291 gm arginine for a ratio of 0.86. Pinto beans have a ratio of 1.11.

Note: HPV is the human papilloma virus which, in women, can cause cervical cancer. A papilloma is a benign tumor (as a wart) due to overgrowth of epithelial tissue on papillae of vascular connective tissue (as of the skin).

9140. *Sun* (*La Grange, Illinois*). 1989. New tofu packaging technique makes tofu palatable for American tastes. Sept. 6.
• ***Summary:*** "In survey after survey, tofu tops the list of foods Americans dislike most. This is unfortunate because tofu is one of the most healthy and nutritious foods available... Why then does tofu have such a bad reputation in health-conscious America?

"The answer lies in the traditional methods of making and packaging soybean curd. Most supermarkets today sell tofu which is made first and then packed in water-filled plastic tubs. Also, most other protein-rich foods, like milk and yogurt, are sold in refrigerated dairy cases. Tofu, however, is usually sold in the produce department, where temperatures may not conform to U.S.D.A. recommendations of 41ºF. or lower. This inadequate refrigeration may lead to premature spoilage and sour-tasting tofu. Hence the "bad taste" image.

"In contrast to standard water-packed tofu, Mori-Nu's Silken Tofu is aseptically packaged. Mori-Nu's sterilized liquid ingredients are hermetically sealed in the airtight container, blocking out light, micro-organisms and other factors which could lead to spoilage. The result is fresh tofu made right inside the package. Unless opened, Mori-Nu will remain fresh and bacteria-free without preservatives or refrigeration, for ten months." Readers are invited to write for a free recipe booklet.

Note: Articles similar to this one, based on a Morinaga news release to the popular media, appeared in many newspapers nationwide.

9141. Phipps, Bob. 1989. Sun Youth and Calco: Tofu and bean sprout equipment from Taiwan (Interview). *SoyaScan Notes.* Sept. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Sun Youth Machinery Co. Ltd. has been making bean sprout equipment in Taiwan since 1973, and selling tofu equipment since 1979. Bob has been using their all-stainless steel tofu system for about 6 months and it is excellent. The price was 30-40% below Takai's price and their roller extractor was especially low priced. But their support is terrible. The manual that comes with the system is worthless. When he faxed them asking for details on the tofu making process, their response seemed to indicate that they didn't know much about the tofu-making process. Bob could write a 6-page manual on the problems he had getting started. The main one was their thermometer was off by 20ºC, which caused him to burn his soymilk for 2 weeks and it refused to coagulate.

Sun Youth is a very large maker of bean sprout

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equipment. They have many sprout systems installed in the USA. Bob does not know of any other tofu systems of theirs installed in the USA.

About 10 years ago there was a falling out among makers of bean sprout equipment in Taiwan. At that time the head salesman for Sun Youth, C.P. Wu, left and started Calco, which means "California Company." Kent Wang is head of Calco in the USA and in Houston. He started making bean sprouts in Houston about 10 years ago. He calls *The Book of Tofu* "The Bible." Calco is a large Taiwanese company that makes bean sprout equipment and is in direct competition with Sun Youth. Calco has about 50 installations all over the USA and they are growing fast. Originally they all made bean sprouts. They often sell bean sprouts at one-third the going price. But they have found that tofu is a good product to sell with bean sprouts so now many (10-12) also make tofu. Kent Wang (Phone 713-699-4420) would know these companies but he tends to be secretive about everything. Kent owns and represents a continuous tofu system from Kosan Shoji Co., Ltd. in Japan. It is quite expensive and quite automated. Kosan Shoji has an attractive catalog but it is all in Japanese. Address: Energy Sprouts, 3602 High Point, San Antonio, Texas. Phone: 512-654-3963.

9142. Phipps, Bob. 1989. Using a videotape increases tofu sales ten-fold in Texas (Interview). *SoyaScan Notes.* Sept. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Energy Sprouts has produced a 3-minute color videotape to help sell their Texas Tofu. They play it in grocery stores and supermarkets. They have 3 TV video units that they rotate among 300 stores. They play the video all day for a week right next to their tofu. They do this at any given store about once every 3 months. On average, tofu sales increase ten-fold during the week that the video is playing, then fall off but to a higher level than before. The video is fun and humorous in tone. It starts out with a very brief nutritional message emphasizing "no cholesterol" then shows how to make tofu lasagna. Bob feels that a video is much better than a person doing in-store demos because it is non-threatening. Many people fear that going up to a person will obligate them to buy something. Address: Energy Sprouts, 3602 High Point, San Antonio, Texas. Phone: 512-654-3963.

9143. Souter, Anne. 1989. Recent developments with soybeans and soyfoods in Nicaragua (Interview). *SoyaScan Notes.* Sept. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Anne has been working closely with Manuel Tiqueras (who speaks good Spanish, can read some English, and has been working with soy since 1984) to introduce soybeans and soyfoods to Nicaragua. They have distributed 3,000 lb of soybeans to interested people, and conducted 30-40 demonstrations which trained 500-600 people in how to grow and cook with soybeans. The most popular recipes are: 1. Soymilk, with a little sugar and vanilla, which is very important for the children, who love it. The adults ferment it to make a cider or hot toddy. 2. Choriso, made of mashed cooked soybeans, onions, green peppers, and garlic, with shaped into little patties and fried. 3. Queso or Guajada de soya, which is like tofu but the soymilk is curded with the juice of a lemon-like citrus fruit (*naranja arde*), it is flavored with garlic juice, and pressed in cheesecloth into oval loaves, then sliced. It is much less expensive than typical guajada (made from dairy milk), which is a part of most Nicaraguan meals. 4. Fried okara & mashed banana patties called guiso.

Anne helped to develop and have printed (in late 1988) a soybean recipe booklet titled *Cuaderno de Nuestra Olla.* A Peruvian guy and his Swedish girlfriend also helped with the book. It was distributed by her and the Ministry of Agriculture. The book has made a big difference in introducing soy and has helped people to learn to read. They lost everything in the hurricane. Their biggest problems have been getting soybean varieties suited to Nicaragua, getting viable inoculum to Nicaragua, getting the soybeans to grow well, and postharvest losses (to rats or loss of viability from the heat and humidity). They started with a variety called Richardson, which was probably brought to Nicaragua by a man named Richardson in his pocket. The Comité de Defense Salud on some barrios are interested in growing soybeans. There is a mother's organization that is setting up a soyfoods restaurant in Matagalpa, with the help of some Danish or Swedish women. She also uses mashed cooked soybeans to fortify corn tortillas (half and half) and has color side shows showing Nicaraguans preparing soyfoods. She has been in touch by phone with many soybean experts in this country, including Dr. Hartwig in Mississippi and someone at the Univ. of Illinois. A German guy at Ciudad Sandino is working with Nicaraguans selling soy ice cream. Soyfoods Center suggests she try to get soy volunteers from Plenty Canada; perhaps they could come over from the Caribbean. Anne works for UNAG, the private farmer's and cattlemen's union. She has been there 3½ years and raises all her own funds. Marcos Castro was the UNAG organizer and promoter for her area, Abisinia. Devoted to public service, he was a wonderful man, and a friend of hers. Last week the Contras took him, unarmed, away from his wife off a truck, they broke his hands and feet, they cut out his eyes and tongue, then they castrated him. She was devastated. The Sacramento Bee wasn't interested in covering the story. Address: Davis, California.

9144. *SoyaScan Notes.* 1989. Checklist for making and selling premium quality, fresh (unpasteurized) tofu in America (Overview). Sept. 15. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Premium tofu has two basic components: Flavor and freshness. It must be based on a comprehensive

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"quality first" program company and generally retails for a higher price than tofu which is produced on a large scale and distributed over a wide area, and which is usually pasteurized.

A. To get best flavor: 1. Use the best ingredients: Quality water (ideally spring or well water with a low bacterial count rather than municipal tap water), a variety of soybeans carefully tested against at least 10-20 others to give both the best tofu flavor and yield, organically grown soybeans, and a nigari-type coagulant (ideally one such as calcium chloride nigari that adds substantial calcium to the tofu). 2. Follow strict sanitation procedures in the plant to produce a bacteriologically clean tofu with a low plate count and a long shelf life. Set bacterial standards for your tofu at the time it reaches your walk-in cooler and have a program of regular plate-count sampling: For example, standard plate count less than 100, pH greater than 7.0, coliforms per gram less than 5. Have an in-house lab (or work closely with a nearby food testing lab which typically charges $12 for a plate count) to monitor bacterial levels. 3. Chill your tofu rapidly (in a water-filled stainless steel tank with a recycling standpipe overflow) in water below 35ºF (2ºC) as soon as it comes out of the forming trays to draw the core temperature of the tofu down to the water temperature as fast as possible. Use a powerful refrigeration system with a large plate heat exchanger (containing food grade glycol), a condenser, a strong pump, two coarse filters for tofu particles, and a two fine bacterial filters, pressure gauges on both sides of each filter to tell when clogged filters should be changed. 4. Package the tofu as soon as it is chilled to the core to avoid prolonged contact with water, which slowly leeches out the tofu's subtle nigari flavor and sweetness. If possible, vacuum pack, which has numerous advantages other than preserving good flavor: it presents tofu in the same type of familiar container used for cheeses, extends shelf life, and saves space and weight in shipping. Chamber-bag batch-type vacuum packagers are relatively easy to operate and free of problems, but high-volume continuous rollstock machines are extremely complex, tricky and unpredictable. Do not pasteurize the tofu; some people feel this process subtly harms the flavor and makes the texture slightly rubbery. 5. Rush the packaged tofu into a powerful walk-in cooler below 35ºF; 34ºF is ideal. Fans, air circulation and recycling, and proper stacking should help pull any remaining heat out of the tofu. 6. Date each package with a clear and realistic "Use By" date based on bacteriological tests under typical circumstances. Some price guns put a price and date on one sticker.

B. For optimum freshness after the tofu leaves the plant: 1. Own your own fleet of delivery trucks, each with a powerful and fairly large refrigeration unit that will keep the tofu below 40ºF in the summer. 2. Try to deliver fresh to each retail store at least 3-4 days a week, early in the day. 3. Train your driver/salesmen on how to monitor tofu temperature at key points (each should carry a top-quality pocket thermometer) and to avoid temperature abuse. 4. Do NOT allow your tofu to be sold in the produce section of a store (where the temperature is typically about 50-60ºF). Insist on an space (as in the dairy department) where the ambient temperature is below 40ºF, ideally below 35ºF. 5. Have your drivers remove from the store shelves any tofu that is past the pull date, puffed up or blown up on shelf, mashed, or returned by a customer. 6. In close connection with this, have each driver fill out a "Product Loss and Temperature Report" which is a checklist that tells why products are coming back. Aim for a return rate of less than 1%. Have your driver tell the store manager about any in-store tofu temperature problems. 4. Limit your distribution to a certain region, ideally having a radius of about 75-100 miles from your plant.

U.S. tofu companies that position themselves as makers of premium tofu include Wildwood Natural Foods (Fairfax, California), Northern Soy (Rochester, New York), The Tofu Shop (Arcata, California), and many others.

The above information is based, in part on talks with Jeremiah Ridenour, President of Wildwood Natural Foods of Santa Cruz, Inc., a leading maker of premium fresh tofu. Wildwood has a unique system that includes distributing a wide line of natural food products together with their tofu and offering full-service to stores. The latter includes free direct store delivery (which, in bypassing warehouses, gets fresh product on the shelves faster than a chain can), no labor costs for the store (but the store now makes 25-28% on a product rather than 35%), free shelf stocking, pricing, code dating, rotating, and fronting up shelves. This system has allowed Wildwood to get their line into the dairy case of many Northern California supermarkets. They invite buyers to taste test their braised tofu, baked tofu, or tofu burgers.

9145. *SoyaScan Notes.* 1989. Sixty-five books on tofu have been published in the Western World since 1970 (Overview). Sept. 17. Compiled by William Shurtleff of Soyfoods Center. • ***Summary:*** Definition: The work must be more than 48 pages long, must have the word "tofu" or its equivalent in the title, and must be written in a non-Asian language. It may be either a popular or a professional/technical work.

By country of publication, 40 of these books (61% of the total) have been published in the USA, 6 in Canada, 5 in Switzerland, 5 in Japan (but written in English for sale primarily outside of Japan), 3 in West Germany, 3 in France (but 2 of these were published simultaneously and primarily in Quebec, Canada), 2 in England, and 1 each in Italy, Sweden, and Brazil. By region of publication: North America 46 (71% of the total), Europe 15, East Asia 5, and Latin America 1.

By language, 49 of these books (75%) have been published in English, 7 in French, 6 in German, and 1 each in Italian, Portuguese, and Swedish.

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By year of publication, the first of these books was published in 1974; eleven (17% of the total) were published from 1974 to 1979, forty (62%) from 1980 to 1984, and fourteen (22%) from 1985 to 1989. The peak years of publication were 1981 and 1982, when 12 books on tofu were published each year.

The best sellers among these books have been *The Book of Tofu* by Shurtleff & Aoyagi (1975, Ballantine Books, Autumn Press, and Ten Speed Press, about 450,000 copies sold in English editions and 9,000 in foreign editions), *Tofu Cookery* by Louis Hagler (1982, The Book Publishing Co., about 175,000 copies sold), *The Tofu Cookbook* by Cathy Bauer and Juel Andersen (1979, Rodale Press, 105,500 copies sold, still in print), *Cook with Tofu* by Christina Clarke (1981, Avon Books, 57,500 copies printed; still in print), and *Tofu, Tempeh, & Other Soy Delights* by Camille Cusumano (1984, Rodale Press, 25,688 copies sold; out of print). These best-sellers have sold a combined total of 822,700 copies, and all tofu books have probably sold over 1 million copies.

9146. Ridenour, Jeremiah. 1989. How Wildwood markets its premium quality, fresh (unpasteurized) tofu (Interview). *SoyaScan Notes.* Sept. 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Wildwood follows strict sanitation procedures in the plant to produce a bacteriologically clean tofu with a low plate count and a long shelf life. The tofu is chilled rapidly in water below 35ºF as soon as it comes out of the forming trays. The tofu is vacuum packed as soon as it is chilled to the core to avoid prolonged contact with water, which slowly leeches out the tofu's subtle nigari flavor and sweetness. Wildwood prefers not to pasteurize, believing that fresh (unpasteurized) tofu has the best flavor and texture. They then rush the packaged tofu into a powerful walk-in cooler below 35ºF; 34ºF is ideal. Fans, air circulation and recycling, and proper stacking should help pull any remaining heat out of the tofu. Each package is dated with a clear and realistic "Use By" date based on bacteriological tests under typical circumstances. Some price guns put a price and date on one sticker.

To ensure optimum freshness after the tofu leaves the plant, Wildwood has its own fleet of delivery trucks, each with a powerful and fairly large refrigeration unit that will keep the tofu below 40ºF in the summer. They try to deliver fresh to each retail store at least 3-4 days a week, early in the day. They train each driver/salesmen how to monitor tofu temperature at key points (each should carry a top-quality pocket thermometer) and to avoid temperature abuse. They do NOT allow their tofu to be sold in the produce section of a store (where the temperature is typically about 50-60ºF), but insist on an space (as in the dairy department) where the ambient temperature is below 40ºF, ideally below 35ºF. In many Safeway stores, Wildwood has opened up a 24-inch wide soyfoods section between the yogurt and the sliced deli meats–a perfect location for both dairylike and meatlike products. Their drivers remove from the store shelves any tofu that is past the pull date, puffed up or blown up on shelf, mashed, or returned by a customer. In close connection with this, they have each driver fill out a "Product Loss and Temperature Report" which is a checklist that tells why products are coming back. They aim for a return rate of less than 1%, and have their drivers tell the store manager about any in-store tofu temperature problems. They limit their distribution to a certain region, ideally having a radius of about 75-100 miles from their plant.

Wildwood positions its product as premium fresh tofu. The company has a unique system that includes distributing a wide line of natural food products together with their tofu and offering full-service to stores. The latter includes free direct store delivery (which, in bypassing warehouses, gets fresh product on the shelves faster than a chain can), no labor costs for the store (but the store now makes 25-28% on a product rather than 35%), free shelf stocking, pricing, code dating, rotating, and fronting up shelves. This system has allowed Wildwood to get their line into the dairy case of many Northern California supermarkets. They invite buyers to taste test their braised tofu, baked tofu, or tofu burgers. Address: President, Wildwood Natural Foods of Santa Cruz, Inc., 1560 Mansfield Dr., Suite D, Santa Cruz, California 95062. Phone: 408-476-4448.

9147. *SoyaScan Notes.* 1989. Update on Tomsun Foods International, Inc. (Interview). Sept. 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The company was in Chapter 11 bankruptcy and William Holmes, the new president, purchased it on 9 Feb. 1989. Holmes now owns 80% of the outstanding stock. The corporation moved to this new address from Greenfield, Massachusetts, 3 weeks ago. It is now basically just a marketing company. Tom Timmins is no longer associated with the company and no longer owns any stock in it. Jofu is now being made in Boston by a dairy. It is in honey and sugar flavored lines. The product is doing well. Tomsun also still sells tofu burgers and soy sauce. They no longer sell regular Tomsun Tofu, but they are looking for another company to make it for them. They were not happy with the company in New York that made it for them. They do not have a catalog of products. Address: 44 South Bayles Ave. Suite #200, Port Washington, New York 11050. Phone: 516-883-4900.

9148. *SoyaScan Notes.* 1989. Pioneers in vacuum packaging tofu. Its pros and cons (Overview). Sept. 19. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** In late 1977 Redwood Natural Foods Inc. in Santa Rosa, California, became the world's first company to vacuum package tofu. The pioneer there was Greg Hartman (whose photo appears in the Sept. 1983 issue of

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Health Foods Business, p. 80). Redwood used tofu made by Quong Hop & Co. and distributed and sold the organic tofu under their own brand. An illustration of the machine and description of the process is given in *Tofu & Soymilk Production* by Shurtleff & Aoyagi (1984, pp. 23 & 72; In about 1978 Shurtleff & Aoyagi visited Hartman at Redwood Natural Foods and observed his packaging process).

Since that time, many companies have switched to vacuum packaging their tofu. Pioneers in the USA included: Quong Hop & Co. Jan. 1979, Summercorn Foods Sept. 1979, Nasoya Foods 1981, Zakhi Soyfoods 1981, Pacific Trading Co. 1981, Lecanto Tofu 1981, Swan Gardens 1982, White Wave 1983, Farm Soy Dairy 1985, Island Spring 1985.

Pioneers in Europe included: Aros Sojaprodukter in Sweden 1982, Manna Natuurvoeding in the Netherlands 1982, Auenland Tofu in West Germany 1983, Tofuhaus Tiefenthal in West Germany 1983, and Haldane Foods in England 1985.

A few companies (such as Nasoya) have even dropped vacuum packing and switched back to water pack. Companies using relatively small chamber-bag batch-type machines seem happiest with the technology and have had few problems. Companies using larger, continuous process roll-stock machines have often had ongoing, serious problems.

Advantages of vacuum packaging, in approximate order of importance, are: (1) The package is familiar to consumers and it makes tofu look quite similar to cheese, a related and popular food product; first-time tofu users are not turned off by a cake tofu floating in a pale yellow liquid (which reminds some consumers of a fetus floating in formaldehyde in a biology lab). No other food in the western world besides tofu is sold floating in water. Yet the water that surrounds the tofu inside the vacuum pack detracts from its appearance. Some have even said that the resulting package reminds them of a used condom! (2) Because the tofu is packaged without water, it is much lighter and less bulky, which cuts shipping costs and can expand market areas; (3) Nigari-type tofu retains most of its natural sweetness, which is leeched off in water-pack tofu; (4) Vacuum packaging is generally thought to give the product a longer shelf life than water pack. Typical companies date their tofu for an 18-21 day shelf life; (5) The cost of the package itself is less for vacuum packing, BUT the additional labor required for packaging and labeling with a batch-type machine may make the total packaging cost more than for water pack.

Disadvantages of vacuum packaging, in approximate order of importance, are: (1) Most Asian-Americans, especially first generation Asian-Americans, strongly prefer water pack, to which they are accustomed; (2) Vacuum packed tofu is much more susceptible to damage than water-packed tofu in a rigid plastic tub, unless the vacuum pack is surrounded by a fairly rigid box; (3) It is difficult to vacuum pack soft tofu, which is the texture preferred by many Japanese; (4) Unless the tofu is immersed in chilled water for 6-12 hours before vacuum packing, the yellow whey in the tofu may leech out and collect inside the package, giving the tofu a unappealing yellow hue.

One example of a company that has had problems is White Wave Inc. in Boulder, Colorado, which in May 1983 bought a used Tiromat vacuum packager. Thereafter everything went wrong, so much so that that one machine "almost broke the company's back." President Steve Demos later called it "the curse of the Devil," and his production manager would sometimes ask, only half in jest, "Do you think we are sitting in vacuum packaging hell?" Demos notes: "Tofu is a very difficult product to vacuum pack, though firm tofu is easier than soft. In our case, about 30% of the problems have been caused by the machine, 30% by the product, 30% by the operator, and the rest is absolute bad karma. The process was unforgiving, as was the Tiromat's maker, which gave White Wave almost no help." But by Oct. 1989 White Wave had worked the bugs out of their vacuum packing system and now prefers it to water pack.

9149. Martino, Vic. 1989. Problems with selling tofu in the produce case (Interview). *SoyaScan Notes.* Sept. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Vic is writing an article for *Food People* on this subject. The FDA publishes a "Model Code for Retail Food Stores," available from Art Banks, Director, Retail Food Protection Branch, FDA. Phone: 202-485-0140. It discusses how to treat all foods. Tofu was included in the 1982 edition, and in May 1986 was classified as a "potentially hazardous food," which the FDA feels should be stored at 45ºF or below. Otherwise, it has the potential for microbiological/bacterial contamination. In 1982 and 1986 the FDA sent its interpretation of the Model Code to all state and local health departments. The states, because of "states rights," are free to deviate from these federal guidelines, but few if any do. The states (and in some states the localities), not FDA, are responsible for the inspecting individual stores. New York state, which has a more centralized food inspection process, has recently been the most active in cracking down on stores that sell tofu in the produce case, which is not cold enough. Joe Ferrara, the assistant director in New York, has been a leader in the crackdown on "tofu mistreatment." He initially (out of a misunderstanding) also said that Mori-Nu should not be in the produce case, but last week he sent out a letter to stores correcting his mistake. New York state's Division of Food Inspection Services told a number of food chains in that state to take tofu out of the produce case because it was above 45ºF. All complied, so there were no fines. At one chain, Tops Market in New York, the dairy and deli case managers said they had no room for tofu, so Tops got rid of all fresh tofu and kept only Mori-Nu in their produce case. There has been some of this same type of crackdown in Illinois and Wisconsin. Vic thinks the average temperature

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in the produce department is about 50ºF, but some newer produce cases can keep products below 40ºF. Retailers are confused by conflicting messages from FDA, tofu manufacturers, and retailers. For example, Frieda's Finest in Los Angeles, which distributes tofu with their produce, advises on each box that the tofu be stored below 40ºF. Yet they know it is stored in produce cases which cannot be kept that low.

Vic interviewed Peter Golbitz of the Soyfoods Association of America. According to Vic, Golbitz told him that "Mori-Nu does not taste as good as fresh tofu." Golbitz was "definitely pro water pack" even though Morinaga is a member of the Association.

Concerning pasteurized versus unpasteurized tofu: Almost all milk in the USA is pasteurized, yet FDA takes the position that it must be sold at below 45ºF to give an added margin of safety. They feel the same way about tofu and thus do not distinguish between pasteurized and unpasteurized tofu. Moreover, the processes used for pasteurizing tofu and milk are quite different. Note: The minimal pasteurization required in the U.S. for cow's milk is 145ºF for 30 minutes or 161ºF for 15 seconds. Address: Food People, 1699 Lawton St., San Francisco, California 94122. Phone: 415-731-1283.

9150. Morinaga Nutritional Foods. 1989. Morinaga Nutritional Foods to sponsor the 1989 World Cup of Natural Bodybuilding (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Sept. 20.
• ***Summary:*** "Morinaga Nutritional Foods will present the first Mori-Nu Tofu World Cup of Natural Bodybuilding on Nov. 19 at 6 p.m. at Aviation Auditorium, 1935 Manhattan Beach Blvd., Redondo Beach. Top male and female natural athletes from all over the world who have tested steroid-free for one year, will compete for possession of the World Cup.

"The invitational meet... requires participants to take a lie-detector test prior to competing to determine previous or present use of steroids or other muscle-building drugs. The day of the event random urine testing of participants will also take place.

"'Drug-free bodybuilding has been popular for about ten years now,' according to Pete Samra, former Mr. Natural U.S.A. and the promoter of the competition." Address: Los Angeles, California.

9151. Mizono, Bill. 1989. Selling pasteurized tofu in the produce case versus the dairy case (Interview). *SoyaScan Notes.* Sept. 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bill strongly prefers to have Azumaya tofu sold in the produce case as long as the temperature is okay, which it usually is (42-48ºF). Even dairy cases sometimes rise above 45ºF, as on their defrost cycle. Sales are much better in produce. Tofu is an impulse item and there is more impulse buying in the produce section than in the dairy section. It gets lost among the dairy products. Also there is more space and space flexibility of produce, as caused by seasonal vegetables. Produce is a commodity area. A lot of Safeway stores are switching tofu back to the produce case from dairy, since it sells better in produce. But in stores that moved tofu to dairy, it took a year for sales to rebound to their pre-move level. During that time, many customers started going to Lucky supermarkets for their tofu. Lucky sells tofu only in the produce case. Some divisions of Safeway have never moved tofu out of produce. Each store decides its own location. Most produce departments at Safeway sell the Azumaya tofu in a vertical "juice case" which is cooler. They buy it directly from the Richmond produce warehouse.

The FDA is incorrect in saying that tofu is a "hazardous product." That is not true for pasteurized tofu. Azumaya had tests done in 1983 after *Yersinia* was found in tofu in Illinois and the state clamped down on tofu. Azumaya had a laboratory inoculate tofu with the four potentially toxic microorganisms (*Yersinia, Staphylococcus, Salmonella,* and *Clostridium Botulinum*) then pasteurize it like Azumaya does. They found that these organisms start growing only after 6 weeks at 69ºF, and by that time the tofu was too sour and smelled too bad to eat, and the water was very cloudy. These tests showed that *pasteurized* tofu is not potentially hazardous. But the FDA does not distinguish between pasteurized and non-pasteurized tofu.

If health inspectors required all tofu to be moved out of the produce case, the produce buying division of each chain would decide where to relocate it. There are many considerations, and the main one to the produce division accounting department is that they get tofu sales credited to them no matter where it is sold. They have spent more than a decade to build the sales of this product and they are not about to give that up to the dairy department. They will put tofu into a refrigerated case where the temperature is at 45ºF or below. Even when tofu is sold in the dairy case at Safeway, it still has a produce department label on it! Other than the produce case, Bill would like to see the tofu sold right next to the produce case, in a metal juice case. The produce department likes tofu with the vegetables because they feel that when people buy tofu they also tend to buy vegetables; so tofu sells vegetables. So the produce department does not like tofu to be sold in the dairy case. Another problem with an isolated glass case is that the tofu does not get as much attention as it should, and may be allowed to go out of date. But Bill feels it doesn't matter that much where the tofu case is located, as long as the consumer knows where it is. Moreover, Azumaya sells Kikkoman tofu, which can be sold in the produce case.

Azumaya dates their tofu for a 30-day shelf life, but that is very conservative to allow for mishandling. Under typical good conditions it will stay fresh for up to 50 days. But he feels it would be a mistake to date the tofu for 50 days and to use that as a selling tool, as Nasoya does. Azumaya has

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almost no problems with spoilage, puffing or souring. If there is a problem, the company investigates it. It is generally caused by a refrigeration problem, or letting the product stand for a long time in the back room, unrefrigerated, because people are too busy to get to it. Safeway now sells Azumaya tofu in Hawaii, at far below Hawaii tofu prices. On the East Coast Azumaya undersells Nasoya. Bill is too busy with Stir Fruity (tofu yogurt) to start a tofu plant on the East Coast.

The new Mori-Nu ad about water disaster and life preserver is incorrect in saying that water-pack tofu has a shelf life of "mere days."

Azumaya distributes Kikkoman aseptically packed tofu. He strongly prefers the flavor of his own product. Conclusion: FDA should have different temperature standards and "potentially hazardous" definitions for pasteurized and unpasteurized tofu. Azumaya and the Soyfoods Association should take the lead in educating FDA on these points. Address: President, Azumaya Inc., 1575 Burke Ave., San Francisco, California 94124. Phone: 415-285-8500.

9152. Mizono, Bill. 1989. The comeback of Stir Fruity soy yogurt (Interview). *SoyaScan Notes.* Sept. 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bill is too busy with Stir Fruity to start a tofu plant on the East Coast of the USA. First Azumaya did a direct store delivery with Stir Fruity to prove that it was a good product. Lucky stores have just started this week ordering it through their warehouse. It will be in the Safeway system in several weeks. At Safeway it started in the produce section, but now dairy wants it back. Azumaya has their own trucks, which can also take tofu if a store wants it. They get more volume if they go direct, but they cannot service the product in the store because they are not a union shop. Jofu is now in Safeway, but (as Soyfoods Center taste tests also noticed) it is watery, because after it comes off refrigeration and rises above the temperature where it starts to break down, it will not re-set because of the gelatin solidifier it contains. Stir Fruity will re-set. Stir Fruity is dated for a 40-day shelf life, but under typical conditions it will stay fresh for 60 days. It contains potassium sorbate as a preservative. Its future looks very promising. Address: President, Azumaya Inc., 1575 Burke Ave., San Francisco, California 94124. Phone: 415-285-8500.

9153. Paino, John. 1989. Selling tofu in the produce case (Interview). *SoyaScan Notes.* Sept. 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** "If our tofu was moved out of the produce case to the dairy case, Nasoya would go out of business! Health conscious people are now shopping in the produce section. The temperature in most produce cases is 45-50ºF. Nasoya tofu is pasteurized at 180ºF for 75 minutes to give it a 50 day shelf life at 50ºF. So our tofu is different from fresh, unpasteurized tofu. It can and should sell in produce. This subject has now become a very big controversy, begun by Art Mio. He is creating this problem that is not a problem. He feels that his product is the only one that should be sold in produce. Nasoya tofu is sold to every chain in New York and to almost every chain on the East Coast. We sell 1,000 cases a week and I haven't had one complaint from any of them. Art is writing letters to health inspectors urging them to take all tofu but his out of produce. Have you seen the new Mori-Nu ad about the life preserver?"

Right now Nasoya is doing inoculation studies that prove that you can inject 1 million units of *Yersinia*, *Staphylococcus*, and all other potentially hazardous bacteria into our tofu, they will be killed by our pasteurization. Botulism bacteria requires a temperature above 50ºF to grow.

How much spoilage and souring does Nasoya have from their water packed tofu sold in produce cases? First, it is a small problem. The problem is worse during the summer than at other times, especially during very hot summers, and at stores that are far from the plant. Recently Nasoya spent $40,000 to install 40 tons of water-cooled refrigeration equipment. If a cake of tofu in a store puffs or spoils, the produce man would throw it away. If this happened too much, Nasoya would get a call from the chain headquarters requesting credit for lost product. This happened occasionally in the summer before they got their new refrigeration system. Nasoya sells only in 6-packs, which further helps prevent this problem. Nasoya's retail sales people visit each store and would fill out a report if there are spoilage problems. Nasoya guarantees that if any tofu puffs or spoils before the 50-day pull date, Nasoya will pay for it if the labels are returned. John thinks that Tomsun used to guarantee tofu sales; no matter how much tofu a store ordered, Tomsun would buy back any that did not sell before the pull date. That was one reason they went out of business. Nasoya does NOT do that; they guarantee quality. If there is a problem, Nasoya first checks to see if the product is properly refrigerated. If not, they withdraw their guarantee. Address: President, Nasoya Foods, Leominster, Massachusetts. Phone: 508-537-0713.

9154. Gaec de La Lix: United Macrobiotic Company. 1989. Re: Work with soyfoods and seitan in France. Letter from Ben of Gaex to Anthony Marrese, Sept. 25. 1 p. Typed, with signature on letterhead. [Fre]

• ***Summary:*** "Since October 1985 we have been building up our project. We are 20 adults and meanwhile three children. Four years ago we bought a very nice farm in the beautiful landscape of the Pre-Pyrenees 80 kilometers southwest of Toulouse. Today we work on more than 90 hectares of land.

"At the beginning we started by establishing a common macrobiotic kitchen. We worked mainly in the garden and in the fields, trying ideas of permaculture and those

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of Masanobu Fukuoka. In this behalf we were assisted by Thomas Nelissen, who lived for some time at Fukuoka's farm in Japan, and Declan Kennedy, the most important teacher of permaculture in Europe...

"This is our fourth year growing soybeans. We have a garden of one and a half hectares, mostly for self-sufficiency.

"With a status as 'transformateurs' we set up a stand on the organic market ("marche bio") at Toulouse, shortly after we started to make tofu for ourselves. In time we began to make tempeh, natto... certain types of soyaburgers, sushis and vegetable rolls. Today we deliver our products to more than 40 biological [organic] health stores in the surrounding 100 kilometers...

"We teach the making of tofu and seitan, amasake, mochi and tempeh as well as giving macrobiotic cooking classes and agricultural seminars."

A 1989 leaflet titled "What are Tofu, Tempeh, Seitan, Kombu?" in French (4 panels) is included with the letter. A color slide showing five people from the company waving is taped to the letter. Address: 32260 Tachoires–Seissan, France. Phone: 62.65.35.04.

9155. Housman, Bob. 1989. Eastern Foods Corp. becomes Mainland Express (Interview). *SoyaScan Notes.* Sept. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Eastern Foods Corp., founded by Mr. Lee R. Lee, a Korean, was a leading U.S. manufacturer of tofu and soy ice cream (Tofulicious). Lee's company declared bankruptcy, then it was foreclosed on by a venture capital group. On March 3 Bob's group, Goods, Inc., bought the assets and inventory (but not the accounts payable or accounts receivable) and created a new subsidiary named Mainland Express. The new principals are Bob and Scott Housman. They moved the plant and started making tofu again in late April or early May of 1989. They never stopped production. They made an extra's week's inventory, moved the equipment to Goods, Inc.'s location at Spring Park, and were back in operation within a week.

The company has 5 other food manufacturing businesses in Spring Park. They grow and sell alfalfa sprouts, make pickled and flavored mushrooms, grow 5 million pounds/year of fresh mushrooms, make Kennedy label salad dressings, and pack portion-pack juices and novelty bottles for amusement parks. He bought Eastern Foods in part because he was already selling products to most EF's customers. So it was a good tie-in; now he is selling more to those same customers. And tofu can go national with the pickled and flavored mushrooms. Mainland Express now makes 3 types of tofu (soft, firm, and extra firm), plus Tofulicious. Even in Minnesota, a dairy state, there is a lot of interest in tofu. Bob has no idea where Mr. Lee is. A lot of investors are looking for him. Some people say he took off with some of the money. Eastern Foods had a poor accounting system and poor cost control. Address: P.O. Box 405, Spring Park, Minnesota 55384. Phone: 612-471-8034.

9156. Schuman, Joel. 1989. Highlights of the NFM Natural Foods Expo East (Interview). *SoyaScan Notes.* Sept. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Expo was very professional, one might say "slick." The Soyfoods Pavilion was stuck way off in one corner. White Wave was not there. Nasoya looked like the strongest soyfoods company. Northern Soy was not part of the Soy Pavilion. Not sure of Ithaca Soy. The Pirellos were there but not related to soy. McNamara's speech was excellent.

The two people he found most interesting to talk with were Richard Rose and Peter Golbitz.

Question: What percent of Wildwood's products are made by Wildwood vs. made by other companies? Address: Computer Software Consultant, Empty Wagon Software, 21 Old Wagon Rd., Woodstock, New York 12498.

9157. Paino, John. 1989. Vacuum packaging tofu (Interview). *SoyaScan Notes.* Sept. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** For the first month after Nasoya started making tofu, they packaged it in pails in bulk. Then they switched to water packing in tubs, starting with a small Monkey Packer with a foot pedal that packed once cake at a time. Under ideal conditions, this tofu had a 2-week shelf life. For the next 4 years they sold only water packed tofu. Then Tomsun, their main competitor, started pasteurizing their water packed tofu, which gave it a longer shelf life, and gave them a competitive advantage in supermarkets. Nasoya did not have enough space in their plant to install a pasteurization unit (the plant's maximum output was 5,000 to 6,000 lb/day of tofu), nor the inclination to pasteurize. So they made a bold move, and in 1981 started vacuum packaging, using a $55,000 Tiromat film machine. Their first tofu was vacuum packed in a clear film package, but within a month everyone told them to either change the film or take the product out of the produce case, because it looked terrible; it got beat up very badly. So they changed to a bottom film that was opaque white and a top film that was printed. Now you couldn't see the product at all. They continued with this package for 5 years. But their were constant problems of every time with the machine, especially maintenance problems. There were forming problems and sealing problems. The machine was not designed to suck water through the vacuum pump, which it had to do. The vacuum squeezed the tofu, so that a 16 oz. cake was reduced to 15 oz. This was the biggest problem. The 1 oz shrinkage ate up all the company's profit and led to many fines from underweight products in stores. Food inspectors would drain off the water and weigh only the tofu. Other disadvantages: You can't make a soft tofu with vacuum packing. The lack of a rigid package to protect the product led to extensive

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damage during shipping. The shelf life (95% got 3 weeks if packaged cold) was not as long as Tiromat had said it would. The yellow whey gradually leeches out around the tofu and makes it look like a used condom (as produce buyers used to like to joke). If you make a lot of tofu, there is no time or space to soak the tofu overnight in water to preempt this yellow whey problem. If vacuum packaged tofu spoils or sours, it does not necessarily puff or swell like water pack (the spoilage bacteria are different), so there is no easy way to tell it is spoiled. The vacuum packing worked better on the marinated broiled tofu and tofu burgers, but there were still problems with sealing. Nasoya ended up buying the machine and they still have it–and would be glad to sell it.

When Nasoya installed its large, new Sato system from Japan (Feb. 1986), it also stopped vacuum packing and returned entirely to water packing. They still have the Tiromat machine and would be glad to sell it. Even if all of the technical problems of vacuum packaging were solved, John would still definitely prefer to sell water-packed tofu, for the reasons cited above. Address: President, Nasoya Foods, Leominster, Massachusetts. Phone: 508-537-0713.

9158. Rose, Richard. 1989. Re: Impressions of Natural Products Expo East at Philadelphia. Letter to William Shurtleff at Soyfoods Center, Sept. 27. 1 p. Typed, with signature.

• ***Summary:*** "Dear Bill: Enclosed are the things I got from the [Natural Products] Expo East show in Philadelphia [held 23-24 Sept. 1989]. Finally the industry is awakening to soyfoods, more so than at previous shows. There were many more soyfoods there, and many more soyfoods companies, including some smaller ones (Ithaca, Spring Creek, SoyBoy). Jofu had a booth, but Galaxy Cheese and Tofutti did not.

"There were several interesting new soy products, and from talking to manufacturers I believe there will be many more in the next year.

"The Soyfoods Pavilion was at the rear of the hall, on one small part of a row in the corner, and sold only about 8 or 10 booths. K.S. Lo was at Vitasoy's booth on Sunday. I did not go to the SAA meeting (which was open to the public) or the Standards seminar. Apparently there were only about 25 people attending the seminar, and there is some disagreement within the SAA about the standards.

"I met and talked with Joel Schumann and his partner Lynn at the show.

"Peter Golbitz, his wife, Leslie Harlow, the Pirellos, John Paino, Dan Burke, Joel, Lynn, and I went to dinner Saturday night, then (except Dan) to a classic neighborhood bar / restaurant that had a trio with a mean age of 70 playing rock and roll and standards. It was very funny.

"Harlow is the Executive Director of SAA. She seems fairly competent, but has no industry experience. Her last business was a restaurant that ended in bankruptcy. She asked me to go to the SAA meeting and to 'not alienate [myself] from the SAA.'

"Mori-Nu introduced an 'extra firm' tofu, actually about 8% protein, I think. Pacific Soyfoods' soymilk tasted beany and not very pleasant. A small Chinese company (Sun Foods Inc, 87 Pelham Avenue, Toronto ONT M6N lA5 Canada, phone 416-658-6668, Harry H.K. Ha is President) displayed a very interesting product. It had the texture and consistency of an egg product, such as fritatta, but was free of eggs, and is mung bean-based. It also contains soybeans and is called SunPatty (Mung Bean Patties), just sold as pancakes about 7 inches diameter. I am excited about this development. Lee Soynuts had a booth. Tony [Plotkin of Grainaissance] had his aseptic amasake there and I feel it is better tasting than the fresh product.

Sincerely, Richard. Address: Rose International, P.O. Box 5020, Santa Rosa, CA 95402-5020.

9159. Weagant, Stephen. 1989. FDA concern with tofu as a "potentially hazardous food" (Interview). *SoyaScan Notes.* Sept. 28. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Stephen was listed as the Technical Contact in the May 1984 FDA "Interpretation" titled "Are tofu and other moist soy protein foods considered to be 'potentially hazardous foods"? He believes that the organism of greatest concern to the FDA is *Yersinia*, which can grow rapidly in water at 50ºF. Another bacterium of concern (though it has never been reported in tofu) is *Lysteria*, which is found in raw vegetables, especially in root vegetables, and may be in or on soybeans. He believes that the average temperature of produce cases is 50ºF. Address: Microbiologist, U.S. Food and Drug Administration (FDA), 2201 23rd Drive S.E., Bothell, Washington 98021-4421. Phone: 206-486-8788.

9160. Schwarz, Tom. 1989. The FDA position on tofu as a potentially hazardous food, which should be stored at 45ºF or below (Interview). *SoyaScan Notes.* Sept. 29. Conducted by William Shurtleff of Soyfoods Center. [2 ref]

• ***Summary:*** On 23 May 1984 a major regulatory event concerning tofu took place, of which the U.S. tofu industry is still largely unaware. The U.S. Food and Drug Administration (FDA) Center for Food Safety and Applied Nutrition, Retail Food Protection Branch published and distributed a document which answered the question, "Are tofu and other moist soy protein products considered to be 'potentially hazardous foods'?" Drafted by Tom Schwarz, this document became part of FDA's Retail Food Protection Program Information Manual, and was sent out as an advisory document to all state and local health departments (regulatory organizations rather than food retailers). Note that the FDA is part of the Department of Health and Human Services' Public Health Service; it is not part of the U.S. Department of Agriculture.

The most important thing to understand about this

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subject is that the FDA groups all foods into two categories: those which are potentially hazardous, and those which are not. Any potentially hazardous food (PHF) must be kept refrigerated at 45ºF (7.2ºC) or below, according to FDA Food Protection Branch codes which apply to food stores, restaurants, and vending operations, and which are advisory in nature. In March 1988 the FDA released the draft of a new code (The Food Protection Unicode) in which they suggested that the 45ºF temperature for PHF be reduced to 40ºF (4.4ºC) because of *Listeria* and some other low-temperature pathogens, but that has not yet been adopted, largely because of strong opposition from the food retail industry.

The definition of a "potentially hazardous food" in the model food sanitation codes (Section 1-102(q) of the Food Store Code (FST) of 1982) included "any food that consists in whole or part of milk or milk products, eggs, meat, poultry, fish, shellfish, crustacea, or other ingredients, including synthetic ingredients, in a form capable of supporting rapid and progressive growth of infectious or toxigenic microorganisms." Note that most potentially hazardous foods are rich in protein and have a high natural water activity.

On 9 May 1986, in its Food Retail Protection Program Information Manual, FDA issued a redefinition: "'Potentially hazardous food' means any food or food ingredient, natural or synthetic, in a *form* capable of supporting (1) the rapid and progressive growth of toxigenic microorganisms or (2) the slower growth of *Clostridium botulinum.*"

FDA's concern with tofu began in January 1982, when an outbreak of tofu-related yersiniosis caused 24 cases of illness in the state of Washington. FDA began to receive many questions from health departments asking about how tofu, a relatively new and unknown product, should be handled and stored. It was clear from numerous studies on moist soy protein foods (including tofu) and from the outbreak of yersiniosis that tofu was a PHF. Tofu was first officially designated as a PHF in May 1984 in the above-mentioned FDA publication.

In designating tofu as a PHF, FDA did not distinguish between pasteurized and unpasteurized tofu. FDA considers that to be an irrelevant issue, since harmful organisms could enter the product after pasteurization, or pasteurization could be faulty. Only properly canned or aseptically packaged tofu products (such as Mori-Nu tofu) are exempt from the PHF designation and may therefore be sold at room temperature.

According to the FDA Retail Food Protection Program Information Manual, Part 3–Introduction. Chapter 1. Subject: Purpose and Scope of the Retail Food Protection Program: "The FDA's role in providing assistance to state and local government is derived from the Public Health Service Act (PL 78-410). Section 311 [42 USC 243] states in part: "The Secretary shall assist states and their political subdivisions in the prevention and suppression of communicable diseases, shall cooperate with and aid state and local authorities in the enforcement of their health regulations, and shall advise the several states on matters relating to the preservation and improvement of public health."

"The Retail Food Protection Program, administered by the FDA, is a cooperative federal-state program concerned with the safety of food at the retail level. The program covers the food service, food vending and food store industries.

"More than 2,700 state and local regulatory agencies assume primary responsibility for monitoring retail food operations, and assuring that industry is adequately protecting the consumer in the marketplace. FDA assists and supports these regulatory agencies..." About 40 states have adopted FDA food codes as their state laws. In retail areas, each state is free to set its own laws, but in the manufacture of foods, FDA makes the laws.

In most U.S. states, it is the law that potentially hazardous foods must be held refrigerated at 45ºF or below. Most of the tofu in the USA is sold in the produce case, where the temperature averages 50ºF. Thus the sale of tofu in such cases is in direct violation of most state laws! State and local inspectors should be measuring the temperature of the tofu and, telling stores to stop selling tofu (except aseptically packaged or canned tofu) being held at abuse temperatures. Out-of-temperature tofu may be subject to "hold orders" or other condemnation actions; the retail permit holder may also be subject to various penalties. A PHF not meeting temperature requirements is a 5-point violation on FDA's current scoresheet. An operator must correct 5-point items (major violations) within 10 days or risk further legal sanctions.

Schwarz does not know why state and local inspectors are not enforcing the law with respect to storage of tofu (or bean sprouts, the only whole vegetable considered to be a PHF). One possible reason is that they have only 2-3 hours to do an inspection of a large food store and they have hundreds of things to look for; tofu may be low on their list of priorities. Some may not be aware that tofu is considered potentially hazardous. And perhaps some produce cases keep tofu at 45º or below.

Schwarz thinks there is a good chance that within the next year or two there will be a crackdown, and that all fresh and pasteurized tofu will be moved out of the produce case. One reason for this is Morinaga's persistent efforts to get the FDA to enforce the law, and to allow their Mori-Nu Tofu to stay in the produce case. Schwarz is now in the process of drafting a letter to send out to all state and local food regulating agencies stating that, unlike most other types of tofu, Mori-Nu tofu does not need refrigeration.

The microorganisms of greatest concern in tofu are the psychrotrophic bacteria such as *Yersinia* or *Listeria* that tend to grow at 50ºF. *Salmonella* and others that tend to grow at higher temperatures are less likely to be a problem. It would be a waste of time for tofu manufactures to run tests showing that their pasteurization process kills pathogenic bacteria,

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and then submit those test results to the FDA in hopes of getting an exemption from the 45ºF storage temperature regulation. That approach totally misses the main point. The only viable options are to change tofu into a non PHF (as by lowering its pH through acidification, or by reducing its water activity through drying) or to refrigerate it at 45ºF or below. Address: Asst. Director for Program Development, FDA Center for Food Safety and Applied Nutrition, Retail Food Protection Branch, 200 C St., S.W., HFF-342, Washington, DC 20204. Phone: 202-485-0140.

9161. *SoyaScan Notes.* 1989. Prices and amount of tofu at Safeway supermarket in Lafayette, California (Overview). June 27. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** The tofu is on the top shelf in the produce department; 5 linear feet.

Mori-Nu, 2 types, 10.5 oz, $0.49.
Azumaya, regular, 16 oz, $0.89.
Azumaya, soft / kinugoshi, 16 oz, $0.89.
Azumaya, Chinese-style / firm, 14 oz, $0.89.
Azumaya, fried tofu / Namaage, 6 oz, $0.79.
Azumaya, tofu puffs / Age, 1.5 oz, No price listed

9162. **Product Name:** [Tofu Line Chili Con Tofu].
Foreign Name: Tofu Line Chili Con Tofu.
Manufacturer's Name: Aros Sojaprodukter KB. Distributed in Sweden exclusively by Nutana.
Manufacturer's Address: Bergsvagen 1, 190 63 Orsundsbro, Sweden. Phone: 0171-604-56.
Date of Introduction: 1989. September.
Ingredients: Incl. tofu & chili.
Wt/Vol., Packaging, Price: 500 gm.
How Stored: Frozen.
New Product–Documentation: Talk with Ted Nordquist of Aros in Sweden. 1990. May 18. This product was introduced in Sept. 1990. Starting about 2 years ago, all the company's products are sold under the "Tofu Line" brand.

Manufacturer's leaflet. 1990. At gott och må bra (Eat well and feel good). Shows color photos of the labels of the company's 5 main entrees (including this new one) plus natural tofu.

9163. Channel 26. 1989. Tofu in Thailand. Television broadcast. Sept. 9. California.
• ***Summary:*** This Japanese documentary on Thailand shows a tribe in northern Thailand coagulating soymilk by simmering a plant or herb (named *yaukane* in the Japanese katakana transliteration) in water then using the resulting liquid as the coagulant. The curds are eaten as such rather than being pressed to make tofu.

9164. Griffis, Gil; Wiedermann, Lars. 1989. Marketing food-quality soybeans in Japan. American Soybean Association. Sept. *
• ***Summary:*** This report was published in Jan. 1989, mainly for the American Soybean Association's Tokyo office. Address: 1. American Soybean Assoc., Division Manager; 2. Japan Country Director, American Soybean Assoc.

9165. Hunt, Isabelle F.; Murphy, N.J.; Henderson, C.; Clark, V.A.; Jacobs, R.M.; Johnston, P.K.; Coulson, A.H. 1989. Bone mineral content in postmenopausal women: comparison of omnivores and vegetarians. *American J. of Clinical Nutrition* 50(3):517-23. Sept. [31 ref]
Address: Nutritional Sciences, Biostatistics, and Epidemiology Divisions, School of Public Health, UCLA, Los Angeles, California 90024; Food & Drug Administration, San Francisco, California.

9166. **Product Name:** [Royal Tofu Entrees {Like Quenelles, Midway Between a Sausage and a Souffle; Canned} (Plain, with Mushroom Sauce, or with Shrimp Sauce)].
Foreign Name: Royales au Tofu (Nature, Sauce Champignos, Sauce Crevettes).
Manufacturer's Name: Innoval. Affiliate of Coopérative Agricole Silos de Valence.
Manufacturer's Address: 441 bis Avenue Victor Hugo, 26000 Valence, France. Phone: 75.44.01.61.
Date of Introduction: 1989. September.
Ingredients: Plain: 67% tofu*, whole egg*, palm oil (not hydrogenated), flour (mehl)*, salt*, vegetables. * = Guaranteed organically grown.
Wt/Vol., Packaging, Price: 250 gm can.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Plain: Per 100 gm.: Calories 153, protein 8.1 gm, carbohydrate 5.8 gm, fat 10.4 gm.
New Product–Documentation: Note: This same product was previously made by Sojalpe. Manufacturer's brochure (full color). 1989. "Royales au Tofu. To vary your pleasures. Natural. Cuisine tasty and lean (Cuisine saveur. Cuisine minceur). Low in Calories. Discusses: The new gastronomy. The modern cuisine. Soya. Tofu. Les Royales au Tofu. These go nicely with tomato sauce, mushroom sauce, or with a sauce for fish or shellfish. Innoval: l'alimentation intelligente. The address given in the brochure is: C.C.V., BP 49–Quartier Grangeneuve–26800 Portes-Lès Valence. Phone: 75.57.33.99. A color photo on the front shows 4 objects about the size and shape of small, yellowish potatoes, in a plate with an orange sauce, shrimp, and mushrooms.

Form filled out by Gilles Charriere of Innoval. 1989. Nov. Says that this product was launched by Innoval in Sept. 1989. His address is Innoval S.A., Allée Joule, Zone Industrial (Z.I.) des Auréats, B.P. 1418, 26014 Valence Cédex, France. Phone: 75.41.41.50. He notes that in Sept. 1987 the enterprise Innoval S.A. was created. In Sept. 1988 the personnel were installed at the location. In March 1989 they finished installing the machines for making soymilk and tofu. In Sept. 1989 they launched their first products.

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Photocopies of Labels for all 3 flavors. 1989. 9 by 4 inches. “Food preparation from soya. The taste of equilibrium.” A color photo of the food, ready to serve, is on the front panel. On the back panel is an illustration (line drawing) of a large-busted “hip” looking girl in a low-cut swimsuit. Note that the word “tofu” appears only in the ingredients listing. The plain/natural variety goes well with tomato- or bechamel sauces.

9167. Johnson, Dale W. 1989. General uses of whole soybeans. In: E.W. Lusas, D.R. Erickson, and Wai-Kit Nip, eds. 1989. Food Uses of Whole Oil and Protein Seeds. Champaign-Urbana, IL: American Oil Chemists’ Society. vii + 401 p. See p. 12-29. Chap. 2. Proceedings of the Short Course on Food Uses of Whole Oil and Protein Seeds held at Makaha, Hawaii, May 11-14, 1986. [35 ref]
• ***Summary:*** Contents: Introduction: Introduction. Oriental nonfermented products: Yuba, kinako Thai desserts (tofu guan, med khanoon), Thai foods (protein crisp, cooked baby food, canned evaporated soybean milk, taow-huey, kanom ping kaset). Fermented foods: Natto, hama-natto, tao tjo (a miso-type product made in Indonesia and Thailand), ontjom (made from peanuts, coconut press cake, or okara), kochu chang, ketjap, sufu, yogurt-type products, tauco, soy sauce, miso, tempeh. Western world type products. Full fat soy flour (enzyme active, heat treated). Soybean hulls. Whole soybeans in animal feed. Chapatty [chapati]. Full fat soy grits. Heat treatment of soybeans. Heat treatment and texturizing. Low-fat products. Snacks (soynuts–dry roasted or oil roasted, plain or seasoned). Soybean sprouts. Soy butter [soynut butter]. Combinations of soybeans and cereals. Soybeans as vegetables (mao-tou, edamame, or fresh green soybean). Defatted products. Nutrition. Soybean handling and equipment considerations. Solvent plant considerations. Address: Food Ingredients (Minnesota) Inc., 2121 Toledo Ave. North, Golden Valley, Minnesota 55422.

9168. Liu, Fu-Kuang. 1989. Food uses of soybeans [in China]. In: E.W. Lusas, D.R. Erickson, and Wai-Kit Nip, eds. 1989. Food Uses of Whole Oil and Protein Seeds. Champaign-Urbana, IL: American Oil Chemists’ Society. vii + 401 p. See p. 148-58. Chap. 10. Proceedings of the Short Course on Food Uses of Whole Oil and Protein Seeds held at Makaha, Hawaii, May 11-14, 1986. [7 ref]
• ***Summary:*** Contents: Introduction. Processing of tofu and soybean products: Manufacture of tofu and soybean products (tofu, bei ye {pressed tofu sheets}, su ji {vegetarian chicken, made from bai ye}, you-tofu {fried tofu}, tofu pi {yuba}, soybean sprouts {dou ya}).

Fermented soybean products: Soybean jiang (dou jiang in China or miso in Japan), fermented soybeans (touchi), tofu lu (fermented tofu). Discussion.

Tables show: (2) Comparison of the essential amino acid composition of soybean milk with cow and human milk. (3) Amino acid composition and nutritive value of various soybean fractions: Meal, hulls, milk, residue [okara], curd, whey protein. (4) Composition of soybean pressed tofu sheet and residue. The pressed tofu sheets contain 70.4% moisture, 17.55% protein (59.29% moisture on a dry weight basis), and 7.10% fat (24.32% fat on a dry weight basis). (5) Amino acid composition of defatted soybean, pressed tofu sheet and residue.

(6) Composition of tofu and tofu pi [yuba] (based on Watanabe 1969). (7) Vitamin content of soybean products: Immature bean [green vegetable soybean], mature bean [whole dry soybeans], sprouts, meal, flour, curd (tofu), milk, miso.

Figures show: (1) Flow sheet for manufacturing soybean curd [tofu]. Address: Wuxi Light Industry Inst., Wuxi, Jiangsu 214036, The Peoples’ Republic of China.

9169. Lusas, Edmund W.; Erickson, D.R.; Nip, Wai-Kit. eds. 1989. Food uses of whole oil and protein seeds. Champaign-Urbana, Illinois: American Oil Chemists’ Society. v + 401 p. Proceedings of the Short Course on Food Uses of Whole Oil and Protein Seeds held at Makaha, Hawaii, May 11-14, 1986. No index. 24 cm. [300+ ref]
• ***Summary:*** Of the 24 chapters, the first 10 are entirely about soybeans and soyfoods, and 5 of the remaining 14 chapters are partly about soya. Many individual chapters are cited separately. Address: 1. Protein R&D Center, Texas Engineering Experiment Station, The Texas A&M.

9170. **Product Name:** Tofu [Soft, Medium, and Extra Firm].
Manufacturer’s Name: Mainland Express. Subsidiary of Goods, Inc.
Manufacturer’s Address: P.O. Box 405, Spring Park, MN 55384. Phone: 612-471-8034.
Date of Introduction: 1989. September.
New Product–Documentation: Talk with Bob Housman, president. 1989. Sept. 25.

9171. **Product Name:** Tofulicious (Tofu-Based Non-Dairy Ice Cream).
Manufacturer’s Name: Mainland Express. Subsidiary of Goods, Inc.
Manufacturer’s Address: P.O. Box 405, Spring Park, MN 55384. Phone: 612-471-8034.
Date of Introduction: 1989. September.
How Stored: Frozen.
New Product–Documentation: Talk with Bob Housman, president. 1989. Sept. 25.

9172. **Product Name:** Mori-Nu Silken Tofu: Soybean Curd [Extra Firm].
Manufacturer’s Name: Morinaga Nutritional Foods, Inc. (Importer). Made in Japan by Morinaga Milk Co. Ltd.

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Manufacturer's Address: 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040.
Date of Introduction: 1989. September.
Ingredients: Water, soybeans, isolated soy protein, gluconolactone [GDL], calcium chloride.
Wt/Vol., Packaging, Price: 10.5 oz Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per ½ package (5.25 oz): Calories 90, protein 12 gm, carbohydrate 4 gm, fat* 3 gm, cholesterol* 0 mg, sodium 95 mg. Percentage of U.S. Recommended Daily Allowances (U.S. RDA): Protein 15, thaimine 8, riboflavin 2, calcium 4, iron 8.
New Product–Documentation: Label. 1989. Oct. Light green, dark green, red, and orange-yellow on white. 4 by 2.5 by 1.75 inches. Tetra Brik package. A stylized illustration shows 3 white cubes of tofu descending into a salad in a bowl. Red snipe in low right corner reads: "New! For stir fry." On one side of the package is a recipe for Vegetable Stir Fry. The other side states: "Mori-Nu's revolutionary package locks out light, oxygen, and microorganisms which lead to early spoilage. Mori-Nu always tastes just made–never sour. Guaranteed quality. Consistent taste. No preservatives. No irradiation. Rich in protein. No cholesterol. Low sodium. Ready to use. Also try Mori-Nu Silken Soft and Silken Firm." One end states "Refrigerate unused portions in an air-tight container and use within two days. Keep in a cool place–Do not freeze." On the other end is an illustration (line drawing) showing how to open the package using scissors, and "Best used by Jul 04 90." The back panel lists nutritional information and ingredients: "Information on fat and cholesterol content is provided for individuals who, on the advice of a physician, are modifying their dietary intake of fat and cholesterol." Top of back panel: "Our Guarantee: If you are not completely satisfied with Mori-Nu Tofu, we will replace the product. Send the empty carton, store name, location, your name and address to: Morinaga Nutritional Foods Inc. 5800 So. Eastern Avenue, Suite 270, Los Angeles, California 90040. For Tofu Recipes: Send self-addressed, stamped envelope to the above address."

News release. 1989. Oct. 9. "Morinaga Nutritional Foods Inc. introduces new extra firm tofu for stir fry." "The product can also be molded into tofu burgers and used as a meat substitute in lasagna, tacos, and other meatless dishes." Mori-Nu prides itself in the creaminess of their tofu.

Talk with Art Mio. 1989. Nov. 6. This extra firm tofu is more expensive to produce, so it is being priced at 10% more than the other two textures.

Ad in Produce News. 1990. Jan. "Produce legal." Shows each of the three types of Mori-Nu Tofu stacked one atop the other. "Mori-Nu Tofu's FDA-approved aseptic package meets all USDA temperature requirements. Now you can safely case stack your tofu in the produce section or anywhere in the store, because Mori-Nu needs no refrigeration... Mori-Nu: Tofu for the American taste."

Ad in Natural Foods Merchandiser. 1990. Jan. p. 25. "Our new extra-firm tofu creates quite a stir." A color photo shows stir-fried tofu and vegetables in a wok.

9173. Morinaga Nutritional Foods, Inc. 1989. How to develop a healthy market (Ad). *Whole Foods* (*Berkeley, California*). Sept. p. 129.
• ***Summary:*** This ad is similar to, but not the same as, one titled "Healthy Market" that appeared in 1988 in this magazine and others. A large photo of pasta and tofu on a black plate, with a silver fork, occupies the top half of the ad. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9174. Perez, Oswaldo. 1989. Proteína y seguridad alimentaria: La soya en la alimentación humana [Protein and food security: The soybean in human foods]. *La Era Agricola* (*Merida, Venezuela*). Jan/Sept. p. 22-23. [1 ref. Spa]
• ***Summary:*** In Venezuela, soya is seen as a huge potential protein source, poorly utilized. Argues for direct use of soybeans (in forms such as tofu) as a protein source. Address: Granja Tierra Nueva, Aldea San Luis, La Azulita, C.P. 5102, Estado Merida, Venezuela.

9175. Shurtleff, William; Aoyagi, Akiko. comps. 1989. Bibliography of soya in the Indian Subcontinent (South Asia): 1,118 references from 1679 to 1989, partially annotated. Lafayette, California: Soyfoods Center. 180 p. Subject/geographical index. Author/company index. Printed Sept. 2. 28 cm. [1118 ref]
• ***Summary:*** The soybean has a surprisingly long history in South Asia. The earliest known reference dates from the year 1679 when the Englishman John Locke noted that soy sauce (saio) was imported to England from the East Indies (probably India). There were 3 references to soybeans or soyfoods prior to 1700, 12 during the 1700s, and 53 during the 1800s. Many of these references were to soy sauce or to soybean plants (by botanists) grown in the northern hills. In the period 1908-12 the British tried to grow soybeans in India without much success. During the 1930s Mahatma Gandhi took a serious interest in growing soybeans and using them as a food.

The earliest known commercial soy product on the Subcontinent was Golden Label Soya Bean Sauce, introduced in 1949 by Yung Hwa & Co. in Sri Lanka. The earliest such product in India was Nutri Nugget, a textured soy flour meatlike product, introduced in 1970 by the Soya Production and Research Association in Bareilly.

The rise of the soybean as a commercial crop in India can be dated from the mid-1960s, when University of Illinois soybean specialists, working with Indian counterparts, showed that high soybean yields could be obtained using proper varieties and a package of practices. In 1967 the All-

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India Coordinated Program on Soybeans was founded at Pantnagar in the state of Madhya Pradesh, where the great majority of India's soybean came to be grown. In April 1968 the first Workshop on Soybean was held in New Delhi by the Indian Council of Agricultural Research, and in 1971 India's first soyfoods development project started at G.B. Pant University. But when the U.S. sided with Pakistan during a small war between India and Pakistan, the government of India asked that most U.S. technical assistance programs be discontinued by Sept. 1972. In 1973, out of the success of this work, INTSOY (the International Soybean Program) was founded at the University of Illinois.

Total soybean production in India increased from a mere 18,000 tonnes in 1971 (production was negligible in 1970) to 450,000 tonnes in 1980, an astonishing 25-fold increase in ten years, and a growth rate greater than that of Latin America.

This is the most comprehensive bibliography ever published on soya in the Indian Subcontinent (South Asia). It is also the single most current and useful source of information on this subject available today, since 48% of all references (and most of the current ones) contain a summary/abstract averaging 102 words in length.

One of more than 40 bibliographies on soybeans and soyfoods being published by the Soyfoods Center, it is based on historical principles, listing all known documents and commercial products in chronological order. Containing 37 different document types (both published and unpublished, including many original interviews and partial translations of Japanese and European works), it is a powerful tool for understanding the development of this subject and related products from its earliest beginnings to the present, worldwide.

Compiled one record at a time over a period of 15 years, each reference in this bibliography features (in addition to the typical author, date, title, volume and pages information) the author's address, number of references cited, original title of all non-English publications together with an English translation, month and issue of publication, and the first author's first name (if given).

It also includes details on 109 commercial soy products, including the product name, date of introduction, manufacturer's name, address and phone number, and (in many cases) ingredients, weight, packaging and price, storage requirements, nutritional composition, and a description of the label. Sources of additional information on each product (such as references to and summaries of advertisements, articles, patents, etc.) are also given.

Details on how to use the bibliography, a complete subject and geographical index, an author/company index, and a bibliometric analysis of the composition of the book (by language, document type, year, leading countries, states, and related subjects) are also included. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

9176. Smith, Keith J. 1989. World production, availability and variety differences of soybeans. In: E.W. Lusas, D.R. Erickson, and Wai-Kit Nip, eds. 1989. Food Uses of Whole Oil and Protein Seeds. Champaign-Urbana, IL: American Oil Chemists' Society. vii + 401 p. See p. 1-11. Chap. 1. Proceedings of the Short Course on Food Uses of Whole Oil and Protein Seeds held at Makaha, Hawaii, May 11-14, 1986. [11 ref]

• ***Summary:*** Contents: Introduction. Composition. Required characteristics: For soy milk, tofu, miso, natto, soy sprouts. Conclusions.

The most desired characteristics of soybeans for food processing include: Large seed size, high protein content, high quality, reasonable price. The characteristics desired for each of the soyfoods mentioned above are given.

Table 1.1 shows world production of the eight major oilseeds in million metric tons from 1981-82 to 1985-86. Over this 5-year period, total production of the eight oilseeds has grown by 14.6%, from 169.4 to 194.2. In descending order of production, the eight are: Soybean 96.0. Cottonseed 34.1. Peanut 19.7. Sunflowerseed 18.6. Rapeseed 18.6. Copra (dried coconut meat, 5.0). Flaxseed 2.6. Palm kernel 2.3. Source: Foreign Agricultural Service, USDA. Address: American Soybean Assoc., P.O. Box 27300, St. Louis, Missouri 63141.

9177. Sofer, Tamar. 1989. All natural does not mean all Kosher. *Kashrus* (*Brooklyn, New York*). Sept. p. 26. *

• ***Summary:*** "The following foods are a few examples of natural products that require supervision according to Kashrus authorities. Tofu: A soybean cake known for its high protein value. It is sold in all health food stores and some supermarkets. Tofu is made with anti-defoaming agents during the processing, usually glycerine. The label often does not list any animal products."

Note 1. According to *Tofu & Soymilk Production* by Shurtleff & Aoyagi (p. 103-04), the defoamers most widely used are silicone defoamers, and monoglycerides derived from hydrolyzed oils. Note 2. On 14 Feb. 1991 Carol Wiley of *Vegetarian Times* contacted three of America's largest Caucasian-run tofu manufacturers to ask whether or not they used a defoamer and, if so, whether it contained animal products. Steve Demos of White Wave stated that his company did not use a defoamer but that he knew of some companies that did. Defoaming can be easily done by spraying cold water or a little oil on top of it. Yvonne Kuperberg of Island Spring said that her company did not use any defoamer but that most tofu makers do. At Nasoya, a woman who did not wish to give her name said that "everybody in the business uses defoamers. They are very widely used." She said that Nasoya also uses a defoamer but she would not reveal what type was used. She assured Carol

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that it did not contain animal products.

9178. **Product Name:** Spring Creek Tofu Salads [Onion, Missing Egg].
Manufacturer's Name: Spring Creek Natural Foods.
Manufacturer's Address: 212-C East Main St., Spencer, WV 25726. Phone: 304-927-1815.
Date of Introduction: 1989. September.
Ingredients: Missing Egg Salad (1990): Organic tofu, safflower oil, shoyu tamari, apple cider vinegar, onion flakes, celery, parsley, garlic powder, celery seed powder, curry, turmeric, ground mustard.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Richard Rose from Natural Products Expo East at Philadelphia. 1989. Sept. Single sided, blue on beige.

Label sent by Tenley Weaver. 1990. Aug. 20. 3 inch diameter. Green, blue, beige, and red on white.

9179. **Product Name:** Spring Creek Baked Tofu [Barbeque, Teriyaki, Cajun].
Manufacturer's Name: Spring Creek Natural Foods.
Manufacturer's Address: 212-C East Main St., Spencer, WV 25726. Phone: 304-927-1815.
Date of Introduction: 1989. September.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Richard Rose from Natural Products Expo East at Philadelphia. 1989. Sept. Single sided, blue on beige.

9180. **Product Name:** Trader Joe's Soy Cheese Pizza with Organic Whole Wheat Crust.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1989. September.
New Product–Documentation: Talk with Richard Baltierra, head of the Fresh Program at Trader Joe's. 1989. Aug. 23. This product is scheduled to be introduced in Sept. 1989.

9181. **Product Name:** Tofu (Soft, Hard, and Fried).
Manufacturer's Name: Wa Heng Dou-Fu.
Manufacturer's Address: 5063 24th St., Sacramento, CA 95822. Phone: 916-737-0545.
Date of Introduction: 1989. September.
Ingredients: Fried tofu: Soy bean, water, natural calcium sulfate, vegetable oil.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Mr. Peng-Xiang (Martin) Lin, Owner. 1990. Jan. 19. He started this company in Sept. 1989. Before that, he made soyfoods out of his home.

Label sent by Martin Lin. 1991. Nov. 20. 6 by 7.5 inches. "Keep Fit. Fried Tofu. No preservatives added." Most of the label text is written in Chinese. Talk with Martin Lin. 1997. Aug. 6. His company name is "Wa Heng Dou-Fu Soy Sauce." He bought the company from his parents in 1996. Three years ago he started to make soy sauce and sold it to several restaurants because Kikkoman is too expensive. He no longer makes soy sauce but plans to make it again after doing more research.

9182. **Product Name:** Soy Jello (Tofu Curds; Doufu-fa).
Manufacturer's Name: Wa Heng Dou-Fu.
Manufacturer's Address: 5063 24th St., Sacramento, CA 95822. Phone: 916-737-0545.
Date of Introduction: 1989. September.
Ingredients: Soy bean, water, natural calcium sulfate.
How Stored: Refrigerated.
New Product–Documentation: Talk with Mr. Peng-Xiang (Martin) Lin, Owner. 1990. Jan. 19. He started this company in Sept. 1989. Before that, he made soyfoods out of his home.

Label sent by Martin Lin. 1991. Nov. 20. 2 by 3 inches. Green on chartreuse yellow. Most of the label text is written in Chinese. It states that no preservatives are added.

9183. **Product Name:** Tofu Jerky: Natural Hickory Smoked.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1989. September.

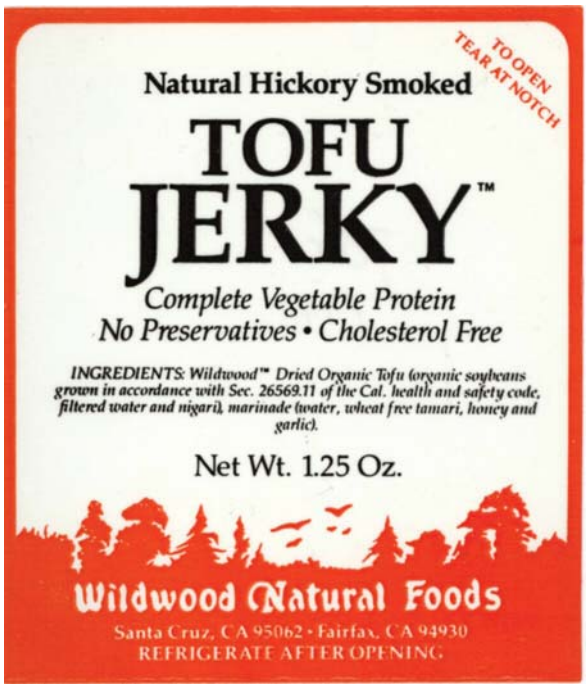

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Ingredients: Wildwood Dried Organic Tofu (organic soybeans grown in accordance with Section 26569.11 of the California Health and Safety Code, filtered water and nigari), marinade (water, wheat-free tamari, honey and garlic)
Wt/Vol., Packaging, Price: 1.25 oz.
New Product–Documentation: Talk with Jeremiah Ridenour. 1989. Sept. 18. The product was introduced this month and is now in 3 stores. Label sent by Billy Bramblett of Wildwood. 1990. 3 by 3.5 inches. Orange and black on white. "Complete vegetable protein. No preservatives. Cholesterol free."

9184. Riggins, Judith. 1989. The common or usual name of tofu (Interview). *SoyaScan Notes.* Oct. 2. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** "Tofu is a fanciful name but is not sufficiently descriptive for the American consumer. So the FDA has said that it should be accompanied by a descriptive term, 'soybean curd,' so that the identity is clear to most consumers. However if you wish to have the FDA establish a common or usual name by regulation (which is probably a good idea for your industry if this is an industry-wide concern), then you should submit a Citizen's Petition. The required format is given in Section 10.30 of Title 21 of the *Code of Federal Regulations.* I will send you a copy. It should be self explanatory, but if you have any questions, feel free to call us.

"A Consumer Survey is one means of demonstrating the common or usual name of a product, but it is not the only way. It would be supporting data. If you have any questions on how to conduct a consumer survey, contact the FDA Division of Consumer Studies, Dr. Raymond Stokes, also at the Center for Food Safety and Applied Nutrition. Phone: 202-245-1457. This Division does a lot of studies concerning identity statements to determine consumer understanding of terms on labels." Address: Consumer Safety Officer, U.S. FDA, CFSAN, Div. of Regulatory Guidance, 200 C Street, S.W., HFF-314, Washington, DC 20204. Phone: 202-485-0236.

9185. *SoyaScan Notes.* 1989. The statement of identity on tofu labels: Regulations and guidance on tofu versus soybean curd by the FDA and attorney Stephen H. McNamara (Overview). Oct. 2. Compiled by William Shurtleff of Soyfoods Center. [2 ref]
• ***Summary:*** Part I of this summary is based on 2 phone interviews with Judith Riggins and one other senior staff person at the FDA Division of Regulatory Guidance in Washington, DC. Concerning the statement of identity (e.g. 'soybean curd') on the principal panel of the label, the regulation concerning this is 21 CFR 101.3(D) (Title 21 of the Code of Federal Regulations, Section 101.3, Paragraph D). This in turn is part of a law, Section 403i of the Federal Food, Drug, and Cosmetic Act. The regulation, promulgated under the law/statute, reads: "This statement of identity shall be presented in bold type on the principal display panel [PDP]. Shall be in a size reasonably related to the most prominent printed matter on such label. And shall be in lines generally parallel to the base on which the package rests as it is designed to be displayed."

The law also provides for the regulations to interpret the law, which is the guidance. The FDA general guidance/interpretation is that the statement of identity should be in a lettering not less than half the size of the largest type used on the PDP.

The FDA uses this as an internal measure when looking at a product label to determine whether the statement of identity is "reasonably related" to the "most prominently printed matter" on the PDP. When reviewing a product label, they might comment on a descriptive phrase that was less than half the size of the largest type on the PDP, but by itself, in the absence of other violations, it would not warrant regulatory action.

Part II is based on a phone interview with Steve McNamara, a food and drug regulatory specialist and attorney in Washington, DC. "The law states, 'A food is deemed to be misbranded unless it bears its common or usual name, if there is one.' At that point you go to a second document, a regulation, which says, in effect, 'A food shall be deemed to be misbranded if it does not bear a statement of identity' on the principal display panel. A statement of identity is defined in a series of descending priorities. First, if FDA has a regulation to define a name, you must use that. If there in no regulation, you must use the common or usual name, if any there be. If there is not one, then you must use an appropriately descriptive phrase. The fourth fall-back is, if there is no such phrase, you can use a fanciful name. On a tofu label, which has the word tofu written large as the main product name and the phrase 'soybean curd' written in small letters below it, the FDA would probably view the 'soybean curd' as the 'appropriately descriptive phrase,' which satisfies the need for a 'statement of identity.' They would probably not object to the use of the word 'tofu' if the industry wished to use it."

Concerning the size of the descriptive phrase, the FDA articulates orally that it should be one-half the size of the largest type used, but it is not blessed in any official regulation. In any food stores you can find numerous examples of widely used products where the official statement of identity or common or usual name is much, much smaller than the largest type used on the PDP. Most breakfast cereals are that way: "Wheaties" is in giant print and "cereal" is in very small print, maybe one-tenth or one-fifteenth the size.

If our industry admits that tofu is not a common or usual name, then we immediately trigger the need put "soybean curd" on the label. McNamara feels that it would a very worthwhile use of our industry's time and money to

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try to prove that tofu has a common or usual name, which is "tofu." The results of a survey would only be one piece of information that would be considered along with other lines of argument. The keys to success are the quality of our argument, and the willingness of the person or group who listens to listen with an open mind. This is the only way to bypass the requirement for putting "soybean curd" on the front panel of products. The final arbiter of the issue is always a judge and a jury. "As long as you propose for the common or usual name a term that is widely used and recognized by the kinds of people who are buying and selling and consuming the product, and if the term is widely used in dictionaries, cookbooks, and popular articles, that should be sufficient. And I think that a court would ultimately agree that it is sufficient. Let's say you are an FDA person who has issued a notice of adverse findings, and you get back a report prepared and signed by Soyfoods Center, which provides a convincing case, that person is going to think twice about spending a lot of money to go to court over that issue, where he might well lose. And the more other issues that the affected soyfoods company gives in on, the less likely the FDA is to go to court over a disputable issue which is backed by a convincing case. The choice here is (1) to leave the term 'soybean curd' off the PDP, argue that tofu is the common or usual name, and include 'soybeans' in the ingredient listing; or (2) to run "soybean curd" but as inconspicuously as possible. The term 'soybean curd' sounds incongruous to the consumer of a candy bar; it is 'negative nomenclature with a pejorative connotation.' The FDA did not allow the surimi industry to use their preferred descriptive phrase 'blend of Pacific fish and snow crab meat' but required the phrase 'imitation crab meat.' Ironically, last year 'imitation crab meat' (surimi) outsold real crab meat in the USA." Address: 1. Div. of Regulatory Guidance, U.S. Food and Drug Administration (FDA), Center for Food Safety and Applied Nutrition, 200 C Street, S.W., Room 5001, HFF-314, Washington, DC 20204; 2. Hyman, Phelps & McNamara, 1120 G St., N.W., Washington, DC 20005. Phone: 1. 202-485-0236; 2. 202-737-5600.

9186. Schwarz, Thomas L. 1989. Memorandum: Mori-Nu brand tofu is not a potentially hazardous food. Letter to Dennis L. Eastin, Regional Food Specialist, HFR-SW16, Oct. 4. 2 p. Typed, with signature on letterhead. [1 ref]
• ***Summary:*** "Your memo of September 27, 1989 sought clarification of FDA's position regarding the storage temperature of Mori-Nu brand tofu." In the model code interpretations for "potentially hazardous food... five exceptions were delineated including: 'Foods that have been adequately commercially processed and remain in their unopened hermetically sealed container.' Mori-Nu brand tofu–soft, regular, and firm–are packaged using the Tetra Pak TBA-3 aseptic packaging system...

"A food Canning Establishment (FCE) number of 07905 has been assigned to the Morinaga Milk Industry Co., Ltd., 33-1, 5 Chome Shiba, Minato-Ku, Tokyo 108, Japan, which produces these products. Intact packages of Mori-Nu brand tofu, like other shelf-stable foods in hermetically sealed containers, are not potentially hazardous and do not require temperature control for safety. We know of no other tofu manufacturer currently using this technology and no other canned food process filing forms have been submitted for moist soy protein products." Address: Asst. Director for Program Development, FDA Center for Food Safety and Applied Nutrition, Retail Food Protection Branch, 200 C St., S.W., HFF-342, Washington, DC 20204. Phone: 202-485-0140.

9187. *SoyaScan Notes.* 1989. Occurrences of the terms "tofu," "bean curd," and "soybean curd" in current American dictionaries (Overview). Oct. 4. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** At a large bookstore in California, all American dictionaries copyrighted since 1980 were examined. Each is listed here in descending order of copyright year, which is the first number on the line preceding the dictionary title. Thus, the most recent editions are listed first.

Note that the word "tofu" is the main entry in all four of the most recently copyrighted dictionaries, and in 6 of the 9 dictionaries copyrighted since 1980. Every dictionary examined listed the term "tofu" as either the main or secondary entry. Not one single dictionary listed the term "soybean curd." Only 5 of the 9 dictionaries listed the term "bean curd."

1988. *The Random House College Dictionary,* revised ed. (New York, NY; 173,000 entries, hardcover). Main entry: "tofu–a soft, bland, white cheese-like food made from curdled soybean milk, high in protein content, used originally in Oriental cookery but now in a wide variety of soups and main dishes." Secondary entry: "bean curd–tofu."

1988. *Thorndike Barnhart Student Dictionary* (Glenview, Illinois; hardcover). Main entry: "tofu–a cheeselike food consisting of curds coagulated from milk made from powdered soybeans, often pressed into squares." Secondary entry: bean curd is not listed.

1987. *Random House Dictionary of the English Language*, 2nd ed. (New York, NY; over 315,000 entries in 2,500 pages, hardcover). Main entry: "tofu–a soft, bland, white cheese-like food made from curdled soybean milk, high in protein content, used originally in Oriental cookery but now in a wide variety of soups and main dishes. Also called 'bean curd' (1875-80; Japan tôfu < Mod Chinese equiv to Chinese dófu (dou = bean + fu = turn sour, ferment))." Secondary entry: "bean curd–tofu."

1981. *Webster's Handy College Dictionary* (New American Library, div. of Penguin Books, USA, New York, NY). Main entry: "tofu–bean curd." Secondary entry: bean curd is not listed.

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1985. *Webster's Ninth New Collegiate Dictionary* (Merriam-Webster Inc., Springfield, Massachusetts). Main entry: "bean curd (ca. 1909)–a soft vegetable cheese prepared by treating soybean milk with coagulants (as magnesium chloride or dilute acids)–also called tofu." Secondary entry: "tofu [Jap. tôfu] (1880)–bean curd."

1984. *Webster's New World Dictionary* (Publ. in different formats by Simon & Schuster and Warner Books, New York, NY; over 59,000 entries) Main entry: "tofu–a Japanese custard-like food made from soybeans." Secondary entry: bean curd is not listed.

1983. *The American Heritage Dictionary* Based on the New Second College Ed., (Dell Publ., The Bantam, Doubleday, Dell Publ. Group, New York, NY). Main entry: "bean curd–a soft cheeselike food made from pureed soybeans." Secondary entry: "tofu–bean curd."

1980. *Oxford American Dictionary* (Avon Books. Div. of The Hearst Corporation, New York, NY). Main entry: "tofu–bean curd." Secondary entry: bean curd is not listed.

1980. *The Random House Dictionary*, concise ed. (New York, NY). Main entry: "bean curd–a creamy, white cake made from soybean flour, used in Oriental cooking." Secondary entry: "tofu–see bean curd."

9188. Morinaga Nutritional Foods. 1989. Tofu manufacturer contacts health departments nationwide to clarify aseptic packaging dilemma (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Oct. 6.
• ***Summary:*** "In an effort to keep supermarkets from inappropriately moving its product from the produce department, Morinaga Nutritional Foods Inc... has released an official statement to all U.S. health departments clarifying the difference between aseptic and water-packed tofu...

"'Most tofu in America is sold in produce 'wet racks' where oftentimes the temperature does not conform with the FDA requirements,' said Art Mio, national sales manager for Mori-Nu. 'We commend the action on the part of the state health department officials for cracking down on inadequately refrigerated water-pack tofu.'...

"Developed by Morinaga Nutritional Foods Inc. in 1972, the aseptic packaging technology of tofu is designed to combat spoilage and eliminate bacterial growth. Coincidentally, the concept of aseptic packaging was voted the top food/science innovation of the past 50 years by the Institute of Food Technology in 1989... According to Mio, Morinaga decided to inform all state health departments about the confusion between storage of aseptically packaged Mori-Nu and water-packed tofu after its product was removed from the produce section of Bell's supermarkets in Rochester, New York." Address: Los Angeles, California. Phone: 213-728-4325.

9189. Takai, Wataru. 1989. Re: Kyoto Tanpaku, a large Japanese tofu manufacturer from Osaka, will build a tofu plant in Indiana. Letter to William Shurtleff at Soyfoods Center, Oct. 9. 1 p.
• ***Summary:*** The company will use Takai equipment in the plant. The man in charge at the company is Mr. Hachijin.

Note: Luke Lukoskie has heard that this plant will cost $4.5 million to construct. Address: Takai Tofu & Soymilk Equipment Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. Phone: 011-81-0762-48-1355.

9190. Ebner, Guenter. 1989. Re: Brief history of Sojarei Ebner-Prosl. Letter to William Shurtleff at Soyfoods Center, Oct. 17. Followed by two talks in May 1990. 1 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** "Our company was founded in 1984 in Baden and we started with 6 kinds of products. I had my first contact with tofu in Germany, where I learned the basic work in 1978 from a person named Axel in Frankfurt. The second contact was in Japan during 2 months of Zen training, and then a lot during the years before starting the company by trying all kinds of Tofu-products following your books and ideas.

"We now process 30 tonnes (metric tons) of soybeans (Austrian grown) each year. That is ten times more than we used during our first year, and we plan to increase 5-10 times during the next years... If you are in Austria, we invite you to visit us."

Accompanying this letter was a packet of information about the company including all labels (each with the month and year of introduction), color ads run in two Austrian magazines (Das Gruene Haus, and Natur und Gesundheit No. 8; the slogan reads: "Sojarei Ebner-Prosl, your specialist in fresh soyfoods, brings you fresh tofu daily"), and two catalog/price lists (one for food processors and one for retail stores) for Jan. 1989; products made by the company have been marked by the author with an "S." The retail catalog contains 20 fresh products, 3 books, and 30 non-fresh products. Details of the catalogs are given in a separate record. Address: Augasse 2, A-2500 Baden bei Wien (near Vienna), Austria. Phone: 02252/85101, 45505.

9191. Golbitz, Peter. 1989. Moving tofu to the dairy case. New soyfood products in Europe (Interview). *SoyaScan Notes.* Oct. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Peter is interested in the question: If the FDA says that tofu should be sold in the dairy case, how do tofu manufacturers feel about it. He has the impression that most tofu manufacturers would prefer to have it sold in the dairy case. Northern Soy and White Wave both prefer the dairy case.

During a recent trip to Europe to sell ads in *Soya Bluebook*, he saw some fantastic products and took some photos. One of the most impressive products was a cultured soymilk, packaged by a French dairy group, sold in little

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3-ounce glass bottles like creme fraiche, 2 in a cardboard sleeve with beautiful graphics. Also Alpro/Vandemoortele has an aseptically packaged fermented soymilk called Soya Yofu, which they produce for someone else [Note: actually its their own Provamel brand]. One had an exotic fruit flavor (a fragrant pineapple, kiwi & banana mixture). The consistency was good and it had no beany flavor. "It was better than anything I've tasted in this country."

From Germany there were some vacuum packaged products sort of like very thin, square, overlapping luncheon meats, which looked like the tofu was coagulated in the package. One had broccoli in it, one peppers. He may start a section for international soyfood products in the *Soya Newsletter* starting next January. Address: Soyatech, Bar Harbor, Maine.

9192. Marrese, Anthony. 1989. Re: Soyfoods in France. Letter to William Shurtleff at Soyfoods Center, Oct. 28. 2 p. Handwritten. [Eng]

• ***Summary:*** The author conducted a soyfoods market study in France for William Shurtleff of Soyfoods Center, sending out forms which were filled out by 12 companies, visiting or interviewing 9 companies, and visiting 5 companies at the Diet Expo '89 held 21-23 Oct. 1989 in Paris. It seems like there are four types of companies working with soya in France:

1. Independents, both large and small, mainly in primary soymilk, tofu, or tempeh production, or in second generation burgers, smoked products, or desserts production, with either organic (biological) or non-organically grown products. Examples: Le Ferme du Jas, Innoval/Sojalpe, Société Soy, Le Bol en Bois / Tama / Daizou, La Maison du Tofu, Les 7 Marches, Boulangerie Artisinale des Maures, Odile Corbel & Dan Ludington [named Gaia Enterprises by Feb. 1992], Communauté de la Lix (United Macrobiotic Company), Tofu Kuehn.

2. Non-Independents owned by large companies or agricultural co-ops: Gerblé, Bonneterre / Triballat, Sojadoc, Cacoja (C.A.C.), Renaitre.

3. Bean or cereal (agricultural) companies: Celnat.

4. Specialty manufacturers for the Asian-European (Japanese, Chinese, Korean, etc.) markets: Yamato.

"I had some very good talks with Bernard Storup of Société Soy, the Bol en Bois people, Celnat, Bonneterre, Gerblé and others. In general the market and usage seem to be going nowhere but up and it is still in the very early stages of 'real consumer' type foods, not just health store specialties. Some French soybeans are used but a lot are imported... Real quantity information is not available since it is changing so fast (mainly in an upward direction and mostly with secondary processed products which use tofu or soya in them)." Address: c/o Terre Nouvelle, Eourres, 26560 Séderon, France. Phone: 92.65.10.95.

9193. Pierce, Michael. 1989. Re: Early work with tofu: Wildwood in America and Auenland in West Germany. Letter to William Shurtleff at Soyfoods Center, Oct. 30. 4 p. Typed, with signature.

• ***Summary:*** Pierce got involved with tofu while he was in Georgia. He learned to make tofu from a guy in Macon named Pat Powell, who had just gone up to The Farm in Tennessee and learned from Lewis Headrick, who now lives in Northern California. In about Sept. 1980 Pierce went to California and the day he arrived he met Paul Duchesne, who told him his dream of starting a tofu shop. Pierce explained that he already knew how to make tofu, so Duchesne asked Pierce to be the first tofu maker. Pierce moved into the building that is now occupied by Wildwood; it was his apartment. For about the next year, Pierce made tofu sandwiches with Duchesne, until the Wildwood Natural Foods tofu kitchen opened in Sept. 1980, at which time he became Wildwood's first tofu maker. David Patton came down and showed them how to use larger scale equipment than their original 60 quart pot.

"I met Peter and Elgard Wiegand in the summer of 1981 in California. They expressed great interest in returning to Europe and starting a small tofu shop like Wildwood. Peter started working with us at Wildwood, then a few months later, they left for Germany to piece things together.

Around Nov. 1981, Elgard wrote saying they needed me to come soon. A purchased a Mini Might disintegrator from Bean Machines Inc., took two old pressing bags from Wildwood, some recipes and *The Book of Tofu,* and landed in Germany on 1 Feb. 1982. It was snowing a cold. This was the most exciting time of my life. I was the Ambassador of Goodwill and Tofu. Instantly, the Bean King from San Francisco. I was treated with great respect."

There follows a description of the original equipment. "The water came from very deep in the ground. It was cold year round and made the best tofu. The first batch of tofu was magical. We had 40-50 people from all over Germany one night for dinner and a slide show by Wolfgang Furth-Kuby. This batch of tofu was probably the best I ever made. It radiated. That was the fun time. Everyone was charged and everyone wanted tofu. We started selling in bulk... but soon Peter purchased a vacuum pack machine. Then we had a good clean product. It was easier to deal with, people liked it more, and it lasted longer. We made soya milk, but more as a special order. We also made tofu cakes, pizzas, sandwiches, and salads... Peter, myself, and usually some lady with good taste and a talent for cooking would do demonstrations at restaurants, yoga centers, and once at a private sanitarium. We had a lot of fun."

But then things got harder for Peter. There were many expenses but not as much income. Pierce went to India in Feb. 1983 and made some tofu there. When he returned in June Peter had begun building his new kitchen. He had 3-4 large cookers, a new grinder, and a big vacuum packager.

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But still the financial picture was bad and eventually the company went under. Pierce taught two guys how to make tofu and both bought bits and pieces of Peter's equipment and started their own small tofu operations. "Rolf put together something in Trostberg, West Germany. Herbert, the other guy, went north.

"I know that Peter became very unstable. He lost everything, including his wife and kids. He is now working odd jobs painting houses, trying to keep his head up and pay off his debts. He really worked hard but he lost his spirit. Peter had a very hard life. Pleas give Peter and Elgard a lot of credit for helping tofu get started in Europe. They worked so hard and got nothing to show for it. They are truly beautiful, caring people. I love them both dearly. Their vision was pure. We just didn't have much on the business end."

Peter's address is presently Kampenwandstr. 25, 8213 Aschau, W. Germany. Phone: 08052-2967. Note: In Nov. 1989 Peter Wiegand reviewed all information on his work and stated, in a touching letter, that it was all correctly reported. "The whiteness and pureness of tofu brought out one of my darkest sides that I really didn't know before."

Update: Talk with Michael Pierce. 1993. Dec. 8. Rolf Barthof's (Prabuddha) tofu company in Breitbrunn is doing very well. Peter Wiegand is a rock musician in Germany. Address: Graphic designer, 408 2nd St., Macon, Georgia 31201. Phone: 912-752-8083.

9194. Lukoskie, Luke. 1989. Where is the best place to sell tofu in supermarkets? (Interview). *SoyaScan Notes.* Oct. 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Luke thinks that the best place to sell tofu in supermarkets is in the meat case, next to the hamburger (and tofu-hamburger blend), near the red meat–not in the deli/dairy case. Why? 1. Tofu needs human communication. The butcher is in much closer contact with the average customer than the head of the dairy or deli sections. The only comparable department is produce. 2. Red meat sales are falling. The department is in competition with other departments (dairy, produce, grocery), so they need new healthful products to help pick up sales. 3. The temperatures are the lowest in the store. 4. The people in the meat department are the most sensitive to the need for shelf rotation, good sanitation, etc. 5. One of the easiest ways to tell Americans how to use tofu is simply to mix some with hamburger.

None of Luke's tofu is sold in any meat case. They once tried to get tofu burgers in there but they were not successful, but that may have had to do with the particular small chain where the experiment was tried. Island Spring got permission from Safeway to test market a hamburger-tofu blend in 5-pound chubs in the meat case, but they have not yet put the product together. Sausages made with a blend of meat (pork and/or beef) and tofu taste very good–much better than the meatless hot dogs which he strongly dislikes. He developed some premium products with organically grown beef and pork, lower cholesterol and sodium and saturated fats, no nitrates or nitrites. But the price was in the $3-4/lb range, more than twice the typical price.

Most of Island Spring tofu is now sold in the produce section. If it were moved out, the result would definitely be negative for the company, at least in the short term. If that happened, Luke would work to have his tofu sold in the meat section. Safeway is the only chain in the northwest that sells tofu only in the dairy/deli case, near yogurt. Sales of Island Spring tofu at Safeway are now roughly one-fourth of what they were in the produce case 5 years ago, before the yersinia contamination incident. Dr. George Pigott [pronounced PAI-gut] wrote a letter to Safeway warning them that they faced serious health contamination problems of they left tofu in the produce department. Luke feels the main cause of the drop was the change of location to deli/dairy. Address: P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

9195. Mizono, George; Mizono, Jack; Mizono, Bill; Mizono, George. 1989. History of Azumaya, America's largest tofu manufacturer (Interview). *SoyaScan Notes.* Oct. 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Details on the date and place of Azumaya's founding are unclear. Nor is it known who coined the company name. The earliest known owner, in the 1920s or early 1930s in San Francisco, was a Mr. Teranishi. Jack Mizono, in talks with the wife of Mr. Teranishi's son, recalls her saying that Mr. Teranishi started Azumaya in the 1920s (probably in the early 1920s) in the San Francisco Bay Area. Then Mr. Teranishi moved the company to Stockton for a while, then his son took over and brought it back to San Francisco, probably in the early 1930s, to 1636 Post St. (between Buchanan and Laguna). (Note: There is no listing for Azumaya in any San Francisco or Stockton city directory prior to 1957). Mr. Teranishi then sold Azumaya to a Mr. Francis Sakamaki, who owned an import-export business and who bought it for a friend who had trouble finding a job. But the friend quit in 1936 because he couldn't take the long hours of hard work, so Mr. Sakamaki was stuck with the business, and put it up for sale.

George Mizono, the eldest of 4 Mizono brothers, had graduated from high school that year and had been working at a fish market for 6 months. In the midst of the Great Depression wages were low and jobs were scarce. George worked 12 hours a day and was paid $35 a month, with only one Sunday off each month. His father, Saichi Mizono, who was retired and had a little money, advised: "If you're going to work that hard, you might as well work for yourself." So in Feb. 1937 his father bought Azumaya for $2,500 on the condition that George would work hard at the business. According to George, his father gave the business to him and never meddled, although his parents did help with the daily work. Yet it was a family business, run to support the family.

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In Jan. 1937 George, now age 19, worked at Azumaya to learn his business then he actually took over ownership in February, and Mr. Sakamaki left. At that time there was one other Japanese tofu shop in San Francisco. Named Umino Tofu Co., it was located at 1613 Buchanan St. Jack Mizono, who was still in high school, helped before school and after school, and on weekends and holidays. Jack went to work for Azumaya when he graduated in June 1937, and George gave him a half interest in the business ownership.

During the first year Azumaya made about 150-200 cakes/day of tofu (each 20-24 oz.) in the 20 by 40 foot space. These were sold in bulk in cans for about $0.05 per cake, delivered to Japanese grocery stores and restaurants. In the early days Azumaya guaranteed sale of their tofu within 24 hours. Any tofu that was left unsold at a store the next day, they would take back and make it into grilled tofu (yaki-dofu). In addition the tofu, the company also made agé (deep-fried tofu puffs), ganmodoki (fried tofu patties), konnyaku, ito konnyaku, and fresh udon noodles. The company was never a bakery (as San Francisco City Directories from 1957 say it was); at New Years the company did make green noodles.

In 1940 or 1941 the company moved into a rental building to 1606A Geary St. In 1942 Azumaya was forced to close since the entire family (both parents, 4 brothers, and 2 sisters, like most West Coast Japanese) was sent to an internment / detention camp during World War II. The Mizonos stored their tofu-making equipment in a government storage warehouse then went to the camp at Topaz, Utah, for 3 years. Other Japanese set up a tofu plant inside the camp; the Mizonos served as advisors. During the war, Jack K., John S. and Bill were drafted into the U.S. Army; George was rejected because of a heart defect. After being released in 1945, the Mizonos did not re-start Azumaya immediately. Most Japanese in the camps were afraid to leave the camps and to return to the Bay Area, so Azumaya had too few customers to sustain operations. George went to work for the phone company and as a welder. Jack got out of the army in Oct. 1946 and the company re-opened at their former location on Geary St. in early 1947. They had very little business, but they had to support the family. Jack had to hold a second job to support his family. George invented a hydraulic press to separate the soymilk from the okara; it was based on a hay press. Azumaya's first inroads into the Caucasian market was through the Berkeley Co-op system during the 1950s. Jack had a good friend, Mike Yoshimine, who worked for the co-op. He picked up the bulk tofu in oyster pails and took it to the co-op in his car.

In about 1957-60 Azumaya was forced to relocate because of the city's redevelopment plan of Japan Center. So they moved (without any relocation funds from the city) to 855 Golden Gate Ave., between Octavia and Goff, near City Hall. They bought the lot (25 by 125 feet) for about $6,000, and built the first tofu plant that they owned. Bill Mizono, the youngest of the 4 Mizono brothers, and John, joined the company in about 1962; prior to that the company was too small and not busy enough to take him in and the Mizonos worked 14-16 hours a day. The company ownership was divided so that George and Jack each owned one-third, and the remaining one-third was split between Bill and John as an outright gift to them. A little after this time the company was incorporated for tax purposes. There was no issuance of stock. In the late 1960s, while still at Golden Gate (according to Jack's clear recollection) the company began packaging its tofu in individual containers. They were the first tofu company in northern California to do so (though Matsuda & Hinode had started packaging earlier in Los Angeles) and it proved to be the key to their subsequent growth. Jack bought an American-made packaging machine, a 4-flight conveyor, that cost about $10,000 and did not work very well. It was very slow and labor intensive. 4 trays (containing tofu and water) were put into a jig then covered with one sheet of plastic and put into the machine, which sealed on the plastic. The 4 packages were then cut apart manually and put into cardboard boxes. Most consumers, including the Berkeley Co-op, did not like the switch to packaged tofu, but store owners like it because it reduced handling (many retail store used to package their tofu in little deli cartons and affix a label and weight), raised profits, and was more sanitary.

While at Golden Gate, in about 1969, after they were packaging in the 4 trays, the Mizonos met Mr. Yamauchi, owner of Matsuda & Hinode Tofu Co in Los Angeles. While they were closed at New Year's they took a week vacation to Disneyland then stopped by to see Mr. Yamauchi's plant (which was much bigger than Azumaya) on the way back. With this visit, a long and mutually beneficial relationship began.

In the late 1960s the city changed the zoning at Golden Gate from industrial to residential. So Azumaya was again forced to move, but they were glad to get out of their cramped quarters into a much larger space. They purchased a lot (about 200 by 80 feet, partly hillside) at 95 Boutwell Street, using $30,000 in city relocation funds. Then they borrowed $100,000 and built a large, modern tofu plant (about 9,000 square feet). In 1969, when they moved in, annual gross sales were $600,000. Jack went to Japan and bought modern tofu making equipment, which played a key role in Azumaya's growth. As a result of this advanced equipment, working time dropped to only 6 hours a day. So needing some new products to fill up their idle time and to help pay for the equipment, they added nama-agé (which Jack had first seen in Japan) and kinugoshi (silken tofu).

With key help from Mr. Yamauchi of Hinode Tofu Co. in Los Angeles, they also installed a modern tofu packaging system (developed by Mr. Yamauchi) using plastic trays made by Sealright in Los Angeles (Mr. Yamauchi had agreed to share his exclusive right to buy these trays with Azumaya)

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and Fabrikal in Kalamazoo, Michigan.

Azumaya also started to make Chinese-style noodles, wonton skins and eggroll skins, and reintroduced their udon (Japanese style noodles) which they had discontinued at Golden Gate Ave. due to limited demand. Other local companies made these Oriental foods but Azumaya was the first to package them, and packaging was the key to getting them into supermarkets. Now Azumaya had 2 lines of packaged products, and the pasta products and tofu both helped each other to gain entrance to supermarkets. Azumaya also started to make Chinese-style tofu (Cathay Tofu) to try to capture that market.

In 1973 there was a big meat shortage; meat prices skyrocketed between March and August. Azumaya set up a complete sales program–which Quong Hop & Co. quickly copied and then went after Azumaya's supermarket accounts. Bill Mizono stepped in to try to regain lost accounts. He developed new point of purchase materials using Azumaya's first professionals: a marketing person, ad agency, and home economist. The result was that in 1973 Azumaya published recipes for using tofu to extend meat–Tofu Meat Loaf, Pork Tofu, Sukiyaki, and Sweet 'n Sour Tofu. Below each recipe name was the slogan: "Tofu- from the bean that thinks it's meat!" Matsuda & Hinode in Los Angeles co-sponsored the recipes. Then several weeks before Thanksgiving in 1973 Bill held a press luncheon at San Francisco's famous Bush Garden Restaurant. Forty media people attended, including people from TV channels 4, 5, and 7. Tofu immediately began to get extensive, positive media coverage as a good, inexpensive protein source and supplement to meat. Azumaya's tofu sales skyrocketed.

After the move to Boutwell, Japan Foods Corp. (JFC) was the first real distributor to Azumaya tofu. They took it mostly to smaller stores, but within about 6 months they got Azumaya into local Safeway stores–a huge break. Azumaya then got the Safeway Richmond warehouse account with 200 stores, then Lucky, then many different chains started to carry Azumaya tofu. JFC was cut out as a middleman in sales to supermarkets, though JFC still distributes Azumaya tofu to the Asian-American market. This Azumaya tofu was packed with water in plastic trays (made by Sealright), sealed with a printed film lid.

Packaging still remained a problem. In July 1975 Mr. Yamauchi (of Matsuda and Hinode) and Jack Mizono became partners in starting Airtight Container Inc. in Los Angeles. After about a year of unsuccessfully trying to make their own plastic trays (since supply from Sealright was unreliable, and Azumaya was required to order by the truckload far in advance), they got Merrill's Packaging in Burlingame, California, to start making these high density polyethylene trays in late 1976. Now Azumaya's packaging was matched to their production equipment.

In about 1977-79 George retired; he sold his ownership to the other 3 brothers. In 1977 annual gross sales reached $1 million. During the 1980s the American concern with cholesterol and better diets further expanded Azumaya sales. Francisco on 2.5 acres of land. In about 1976-80 the company began to sell tofu outside of California, first in Oregon and Washington, then back to the East Coast. In Oct. 1979 Azumaya moved into a much larger, new plant (about 44,000 square feet or 5 times as big) at 1575 Burke Ave. in San Francisco. Tofu production rose from 110,000 lb/week in 1982, to 122,000 lb/week in 1984, and 150,000 lb/week in 1987.

What are the main factors that transformed Azumaya from a tiny Japanese tofu shop into the largest tofu manufacturer in the Western world? The location in California. The early start. The early move to individual packaging. The 1973 meat shortage which gave tofu new publicity. The early entrance into supermarket chains. The rise of health/cholesterol consciousness in the USA. Address: 1&3. San Francisco, California (retired); 2. President, Azumaya Inc., 1575 Burke Ave., San Francisco, California 94124. Phone: 1. 415-343-8100; 2. 415-221-4470; 3. 415-285-8500.

9196. AFISA (Association Française des Industriels du Soja Aliment). 1989. Membres de l'Association, présentation de l'action et programme [Members of the Association, plan of action, and program]. AFISA, 5 Boulevard de la Méditerranée, 31400 Toulouse, France. 2 p. Unpublished manuscript. [Fre]

• ***Summary:*** The seven members of the association are Celia (located in the city of St. Denis l'Hotel; Mr. Vasseneix), Cacoja (Issenheim; Mr. Rochet), Innoval (Valence; Mr. Balitrand), Prolait (Niort; Mr. Helie), Société Soy (St. Chamond; Mr. de Preneuf), Sojadoc (Clermond Ferrand; Mr. Monraisse), Triballat (Noyal-sur-Vilaine; Mr. Clanchin). The consultant is Pierre Maitre (of Aix en Provence; General Manager of Maho, an affiliate of Aixagri in 1987). In charge of promotion is E. Prudon at ONIDOL, in Toulouse.

These member companies are all large soyfoods manufacturers. Their program includes: 1. Studies: A. Scientific, medical, and nutritional. B. On raw materials and the definition of products (norms, standards, legislation). C. Genetics, specific varietal selection. 2. Promotion. A. Documentation. B. Promotion animation and generic promotion of soyfoods. 3. ONIDOL will send periodic "flashes" to members. 4. Coordinated actions during the next 5 years. A. What are we talking about; definition of products. B. What are our trump cards? Nutritional, economic, and technical arguments. C. What dissemination and publicity. The part played by promotion will be more important during the 2nd year, when we have established a base from our studies.

Note that this association is composed entirely of large manufacturers of tofu and soymilk; modern soy protein products (such as isolates and concentrates) are not included.

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Address: Toulouse, France. Phone: 61.53.81.80.

9197. **Product Name:** Ambrosia: Soy Yogurt [Plain, Blueberry, Raspberry, Strawberry].
Manufacturer's Name: Ambrosia Soy Co.
Manufacturer's Address: 199 Saltonstall Parkway, East Haven, CT 06512. Phone: 203-467-8821.
Date of Introduction: 1989. October.
Ingredients: Incl. soymilk, spray-dried tofu, fruits, stabilizer.
New Product–Documentation: Talk with Liz Appel. 1989. Nov. 9. This product was introduced 1 month ago. The name is now Ambrosia, with "Soy Yogurt" as a subtitle in smaller letters. But she may have to change the name because there is a company in the area named Ambrosia Yogurt that makes soft-serve frozen yogurt. The product is extremely popular, they can't keep up with demand. Sales have doubled in several weeks. Present flavors are plain, blueberry, raspberry, and strawberry; they will probably introduce an apricot-mango in 1-2 months. It is a kosher cultured soymilk, but is not Pareve. There really is no such thing as a Pareve culture, despite what Cream of the Bean says. To prepare: Put fruit on the bottom of the cup, run in the soymilk-yogurt mixture, seal, incubate until set. They plan to use a stabilizer since they do not add any soy [milk] powder. In July she was flown to Milwaukee, Wisconsin, by Aurotech, a culture company in nearby Menomonee Falls that owned half of Cream of the Bean. They wined and dined her, put her up in a hotel, made yogurt for her, wanted her to make soy yogurt with them and they wanted ownership in return for their expertise, but after a lot of investigation, she feels they do not have the expertise they claim to because their product itself was never very good. They kept going over the numbers, and wanted to put in the product she disagreed with. So she decided not to work with them. Their game is to look for little companies that need capital or expertise, and offer to show them how to make a good product in exchange for part ownership. The soy yogurt is a very hard product to make, but they are getting better. She does not see her product as competing with Jofu, which is a non-cultured product with added tofu powder. Hers is marketed as a lactose-free yogurt, and most people don't realize that Jofu is a non-dairy yogurt. She prefers to sell to health food stores rather than supermarkets. She has been in Waldbaum's Foodmart, a major supermarket chain, since Feb. 1989 and its tough, with much lower profits. Her aim for the company is to be a full-fledged soy dairy, with 5-6 trucks, and making sour cream, non-dairy creamer, etc. "When people think of soy, they think of us. We'll have a whole new look and set of labels in several months." She is now looking for capital to get a new facility. She has been in touch with Woody Yeh.

Talk with Richard McKelvey, who formerly worked with Tomsun and Jofu. 1990. Dec. 11. "Ambrosia Soy is terrible. Its really a very low grade product. It doesn't even touch what Jofu offered."

9198. Belleme, John. 1989. Snow-dried tofu: The original convenience food offers flavor an nutrition. *East West.* Oct. p. 30-32.
• ***Summary:*** Each winter, high in the mountains of central Japan, Aki Takagi's small family is busy making snow-dried tofu [dried frozen tofu] for the world's natural foods stores.

Note. This is the earliest English-language document seen (April 2013) that uses the term "snow-dried tofu" to refer to traditionally-made dried-frozen tofu. Address: P.O. Box 457, Saluda, North Carolina 28773. Phone: 704-749-9537.

9199. Bonneterre. 1989. Bonneterre c'est tout naturel: Tarif détaillant 20/10/89 [Bonneterre is all natural: Distributor's catalog and price list. (Includes Lima catalog)]. 1 place des Planteurs, 94538 Rungis cedex, France. 28 p. 30 cm. Includes a catalog for Lima Foods. [Fre]
• ***Summary:*** This catalog, in an outside folder accompanied by various leaflets, lists all products distributed by Bonneterre, with their prices. On pages 19-20 is a section on soyfoods (Produits a base de soja), with two subcategories: Milks and desserts (brands from Bonneterre and Société Soy), and Soy preparations (only from Société Soy).

Bound into the back of the catalog is a 9-page catalog for Lima in Sint-Martens-Latem, Belgium. Address: Rungis cedex, France. Phone: 46.87.26.34.

9200. **Product Name:** China Rose Tofu (Curded with Calcium Sulfate).
Manufacturer's Name: China Rose Inc.
Manufacturer's Address: 738 Airport Blvd., Suite 6, Ann Arbor, MI 48108. Phone: 313-665-2222.
Date of Introduction: 1989. October.
New Product–Documentation: Talk with Bruce Rose, president of Rosewood Products Inc. 1989. Dec. 13. In Oct. 1989 the brand on their nigari tofu was changed to China Rose and that on their calcium sulfate tofu was changed to Rosewood. The use of the word China is interesting. Recently Bruce visited a large tofu manufacturer in Zhenjiang (Chen-Chiang, in Kiangsu province). The company has two large plants, 500 hard-working employees, and no money. They make many interesting and tasty tofu products, including pressed tofu sheets and tofu in various tasty sauces. Their soymilk is extracted cold. They signed a letter of intent to do a 50:50 joint venture making tofu in Michigan.

Bruce also notes that he likes his reliable Bean Machines continuous cooker. It is a complex machine, with quite a number of feedback devices.

9201. Committee on Dietary Allowances, Food and Nutrition Board, National Research Council. 1989. Recommended

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Dietary Allowances, 10th revised ed. Washington, DC: National Academy of Sciences. x + 285 p. Oct. Index, 24 cm. 7th ed. was 1968. 8th ed. was 1974. 9th ed. was 1980. [200* ref]

• ***Summary:*** Recommended Dietary Allowances (RDAs) have been prepared by the Food and Nutrition Board since 1941. The first edition was published in 1943 to provide "standards to serve as a goal for good nutrition."

This book expands the role of calcium in the diet: For young adults (age 19-24) it has been increased to 1200 mg/day, from 800 mg/day. Those with the maximum RDA of 1200 mg/day for calcium are males age 11-14, females age 11-24, and pregnant and lactating women. Males and females from age 25 and up, and children from age 1-10, still have an RDA of 800 mg/day.

The RDA for iron has been lowered for women of reproductive age to 15 mg/day from 18 mg/day. Iron is a constituent of hemoglobin, myoglobin, and a number of enzymes and is therefore an essential nutrient for humans. Heme and nonheme forms of iron are absorbed by different mechanisms. Heme iron, which is highly absorbable, is found only in animal tissues. "The proportion of heme iron in animal tissues varies, but it averages about averages about 40% of the total iron in all animal tissues, including meat, liver, poultry, and fish. The remaining 60% of the iron in animal tissues and all iron in vegetable products is present as nonheme compounds... The two most well-defined enhancers of nonheme iron are some organic acids (especially ascorbic acid [vitamin C]) and the animal tissues present in each meal. On the other hand, some dietary and medicinal substances such as calcium phosphate, phytates, bran, polyphenols in tea, and antacids may decrease nonheme iron absorption substantially."

The RDA for vitamin B-12 has been lowered from 3 to 2 mcg/day; World Health Organization recommends only 1 mcg/day. Selenium and vitamin K have now been given RDA status. It is recommended that smokers consume almost twice as much vitamin C as non-smokers. Other major revisions appear in the RDAs for zinc, folate, and vitamin B-6.

In the chapter on minerals, section on Calcium (p. 174-84), has the following headings: Introduction, calcium absorption, dietary sources and usual intakes (calcium-precipitated tofu is listed as a good source), bone formation and retention, relationship to phosphorus and protein intakes, other potential functions, recommended allowances (adults and adolescents, pregnancy and lactation, infants and children), excessive intakes and toxicity.

The average American consumed 743 mg/day of calcium in 1977-78. Intake was generally higher in males than in females. Dairy products contribute more than 55% of calcium intake of the U.S. population (Block et al., 1985). "An increase in protein intake reduces fractional tubular reabsorption and results in an increase in urinary calcium excretion. In contrast, an increase in phosphorus intake increases fractional reabsorption and causes urinary calcium to decrease." But some studies (Spencer et al., 1988) have failed to demonstrate effects of dietary phosphorus intake on calcium balance at adequate levels of calcium intake.

For details on vitamin K, see p. 107-14. Vitamin K (fat-soluble) is the name of a group of compounds. "Compounds with vitamin K activity are essential for the formation of prothrombin and at least five other factors (factors VII, IX, and X, and proteins C and S) involved in the regulation of blood clotting... Defective coagulation of the blood is the only major sign of vitamin K deficiency." "The vitamin K content of commonly consumed foods is not known with precision and therefore is not given in food composition tables... Green leafy vegetables, which provide 50 to 800 micrograms [mcg] of vitamin K per 100 gm of food, are clearly the best dietary sources. Small but significant amounts of vitamin K (1 to 50 mcg/100 gm) are also present in milk and dairy products, meats, eggs, cereals, fruits, and vegetables... A normal mixed diet consumed daily by a healthy adult in the United States has been estimated to contain an average of 400 to 500 mcg of vitamin K." Address: Washington, DC.

9202. Fédération Nationale des Syndicats de la Diététique. 1989. DietExpo '89: 10e salon international des produits de diététique, de nutrition et d'hygiène [DietExpo '89: 10th international exhibition of dietetic, nutritional, and hygienic products]. Paris, France. 138 p. Held 21-23 Oct. 1989 at Paris, France (Parc des Expositions, Porte de Versailles). Illust. Index. 21 cm. [Fre]

• ***Summary:*** This book contains ads, an index then alphabetical listing of exhibitors, and a list of brands. The following soy-related companies are listed: Bonneterre (distributor, full-page color ad, inside front cover), Lima France (via Bonneterre; full-page color ad, p. 8), Laboratoires Heuprophax (full-page ad, p. 18; Sojacithine), Alré (full-page ad, p. 21; Soja Cao, Soja Fruits, Sojacao Gluten, Soja-Vita. This company, in business since 1934, is a division of Heuprophax Laboratories in Nanterre, France), Aliments de Regime & Alre (p. 30), Bioforce (p. 34-35), Bonneterre (p. 36), Celnat (full-page ad, p. 41-42), Creation (p. 44, Soyalet and Soyavit brands of soyfoods), Diétetique et Santé (p. 50, Gerblé), Heuprophax Laboratoires (p. 64), Innoval (p. 68), Jonathan-France (p. 72), Naturavit (p. 73), Laboratoires Marins (p. 76, Soyal soy lecithin), Lima-France (p. 80), Nature et Progres (p. 88, organic certifiers, their logo looks like a round yin-yang (*t'ai chi*) symbol with one white circle in it), Provamel (p. 98, Izegem, Belgium; 4-page color insert shows products), Société Soy (half-page ad, p. 99; tofu specialists), Pur Aliment (p. 100, Pural brand; Seventh-day Adventist broker of many soyfood products), Soy (Société Soy, p. 112). Address: Paris, France.

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9203. **Product Name:** Heart & Soul Quiche Me Not Tofu Vegetable Pies [Spinach, or Broccoli].
Manufacturer's Name: Gourmet Naturally (Manufacturer). Common Objective Co. (Marketer-Distributor).
Manufacturer's Address: 1. 5890 Black Welder St., Culver City, CA 90232; 2. P.O. Box 261, Hermosa Beach, CA 90254. Phone: 213-373-5826.
Date of Introduction: 1989. October.
How Stored: Fresh. Later frozen.
New Product–Documentation: Listed on labels purchased from Berkeley Natural Grocery Co., California. 1991. Nov. 24.

Talk with Andrew Harrison, President, Heart & Soul, Common Objective Inc. 1991. Nov. 27. This product was introduced in Oct. 1989. The products used to be sold fresh, but now they are sold frozen in a box. He owns a company, Gourmet Naturally, which manufactures only Heart & Soul Products, including this product. Legally this company is separate from Heart & Soul, but the two will soon be merging.

9204. **Product Name:** Jaclyn's Non-Dairy Alfredo Sauce, and No Tomato Pasta Sauce [Each Seasoned with Miso].
Manufacturer's Name: Jaclyn's Food Products, Inc.
Manufacturer's Address: P.O. Box 1314, Cherry Hill, NJ 08034. Phone: 609-983-2560.
Date of Introduction: 1989. October.
Ingredients: Alfredo: Tofu, organic white miso, water, organic brown rice flour, garlic, imported olive oil, sea salt, natural herbs and spices. Pasta Sauce: Fresh organic carrots, squash, water, onion, green pepper, garlic, imported olive oil, organic red miso, red wine vinegar, sea salt, natural herbs and spices.
Wt/Vol., Packaging, Price: 16 oz jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Leaflet. 1989. April. "The Alfredo sauce can be used in your favorite Fettuccine Alfredo recipe. Try it over noodles, whole grains, or steamed vegetables."

Tardosky. 1989. Whole Foods. Nov. p. 50. Talk with Robert Savar. 1989. Nov. 13. The non-dairy alfredo sauce is made with tofu and mellow white miso. The tomato sauce is made with organic carrots, squash, and red miso. Label for each sauce sent by Jaclyn's. 1989.

9205. **Product Name:** Tofu Burgers, Teriyaki Burgers, Miso Burgers, Tofu Nuggets [Plain, or Barbeque].
Manufacturer's Name: La Soyarie.
Manufacturer's Address: 25 rue St. Etienee, Hull, QUE, J8X 1H5, Canada. Phone: 613-235-5356.
Date of Introduction: 1989. October.
Ingredients: Incl. tofu, soy sauce.
How Stored: Refrigerated.
New Product–Documentation: Soya Bluebook. 1989. p. 102-03. Contact: Koichi Watanabe, President.

SoyaCow Newsletter. 1994. July/Sept. Mr. Koichi Watanabe is president of La Soyarie in Hull, Quebec.

9206. Leatherhead Food Research Assoc. 1989. Vegetarianism and the consumer: Implications for the UK food industry. Leatherhead Food Research Assoc., Randalls Rd., Leatherhead, Surrey, England. vi + 118 p. Oct. No index. 30 cm. Price: £2,700. [2 ref]
• ***Summary:*** Contents: Foreword. List of 27 tables. List of 16 figures. Management summary. 1. Introduction: Scope of the research, aims, objectives, research method. 2. Profile of consumers reducing/excluding meat/meat and fish from their diet: Definitions, levels of reduction/exclusion of meat/meat and fish consumption, demographic profile, length of time following current eating pattern. 3. Reasons for reduction/exclusion of meat consumption: Summary of reasons for change amongst adults, reasons for change by demographic profile of adult consumers, summary of reasons for change amongst children, reasons for change by eating pattern of consumers. 4. Future potential of vegetarianism and reduced meat consumption: Consumer intentions, reasons for change. 5. Implications for food consumption habits of the exclusion of/reduction in meat and fish consumption: Changes made to in-home consumption patterns by consumers avoiding meat completely, changes made to in-home consumption patterns by consumers reducing consumption of meat, changes made to out-of-home food consumption patterns by consumers avoiding meat, changes made to out-of-home food consumption patterns by consumers who had reduced meat consumption. 6. Trends in consumption of meat and fish: Introduction, meat, fish. 7. Trends in consumption of meat and fish alternatives: Introduction, vegetables, salad and fruit, alternative protein sources, animal-derivative-free products, overview of vegetarian product introductions to the UK, development of vegetarian products within the catering market, development of novel vegetarian products worldwide. 8. Consumer purchasing criteria for vegetarian food: Introduction, distinctiveness of product, retailer and manufacturer preferences, level of healthy eating concern, level of reaction to food 'scares', level of environmental concern. 9. Conclusions.

In the section on "Alternative protein sources" the subsection on "Meat imitations" states that Realeat Vegebangers, Cauldron Foods Tofu Burgers, Granose Soya Franks and Spicy Links, Protoveg Sosmix, Direct Foods Smokey Snaps, Marks & Spencer Vegetable Cutlets are all on the market (p. 72). Realeat was the pioneer in introducing vegetable burgers (Vegeburgers) and frozen burgers to the health-food trade; they were introduced to supermarkets in about 1986/87. The Vegeburger brand, now owned by Haldane Foods, includes Cheese Vegeburger, Vegebangers, and ready meals. Companies that have introduced vegetable burgers in the last four years include Direct Foods,

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Vegetarian Feasts, Granose Foods, Tivall, Cauldron Foods, Booker Health Foods, Brewhurst, The Dietburger Company, Realeat, Birds Eye Walls, and supermarket brands. In 1987 Cauldron Foods launched a range of three varieties of tofu burger in vacuum packs; cheeseburgers were launched by both Realeat and The Dietburger Company. In April 1988 Birds Eye Walls launched its Steakhouse vegetable burger and Granose Foods launched four varieties of frozen burgers, incl. Soya & Mushroom, and Nut & Sesame varieties. Tesco introduced a vegetarian burger under its own brand; it was made by Tivall from soya and wheat. In 1989 Realeat (Haldane Foods) introduced a microwaveable Quarter Pounder Burger. In 1985 Granose Foods launched Soya Franks, a meatless sausage. Realeat launched Vegebanger, which includes soya. In 1986 Direct Foods launched a soya-based Sausage Slice and Tivall introduced vegetable protein sausages. In 1987 The Dietburger Company launched an all-vegetable frozen dietbanger and Granose Foods launched Vegetarian Spicy Links. In 1988 Goodlife Whole Foods launched Herb Bean Bangers and Spicy Bean Bangers; Buss Foods introduced a vegetarian sausage, Realeat introduced a frozen Vegebanger, and Granose Foods added a vegetarian sausage to its Wholefoods Kitchen range (p. 76). Address: Leatherhead, Surrey, England.

9207. Lima N.V. 1989. Lima: Tarif détaillant [Lima Foods catalog and price list]. Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium. 9 p. [Fre]
• ***Summary:*** This macrobiotic food catalog was bound into the back of the Bonneterre catalog at a 1989 food expo in Paris. Lima sells the following soyfoods, each proceeded by its product category: Fresh products: Skewered seitan/tofu, Presto natural tofu, Presto tofu legumes/vegetables, Presto tofu cheese. Legumes: Yellow soybeans. Sprouts: Green soy/mung (500 gm or 5 kg). Flours: Roasted soy flour. Vegetarian preparations: Lima soy sauce (500 ml or 1 liter), tofu, natural tempeh, tempeh with shoyu. Dressings: Salad dressing with soy and tomato, Salad dressing with soya herb. Specialties: Organic miso (1 month), Hatcho miso, Barley miso (organic or regular), Rice miso (organic or regular), Heiwa brand Instant miso soup (regular or red, From Japan), Tamari (250 ml, 1 liter, 18 liters), Mansan Tamari from Japan, Shoyu (250 ml, 1 liter, 18 liters), Sakai shoyu from Japan. They also carry one book titled "Tofu dans le Cuisine Macrobiotique" (Eddie Hara, 1982).

Accompanying the catalog is a packet of individual full-color sheets with of photos of products in a folder titled Lima: Quality is our passion." There are sheets titled "Vegetable products rich in protein," "Tamari and shoyu," "Japanese specialties (incl. Heiwa brand shoyu and tamari), and a brochure titled "Lima: 30 years as a producer of organically grown (biological) foods." It describes the life and work of Edgar Gevaert (poet, artist-painter, ecologist, and a leader of the European peace movement). Address: Sint-Martens-Latem, Belgium.

9208. Martino, Vic. 1989. Tofu, tofu, where do we put the tofu? *Food People* 9(9):1, 14.
• ***Summary:*** Tofu, which the FDA classifies as a "potentially hazardous food," must be sold at 45ºF or below. For this reason, health inspectors have told a number of retailers recently to move water-pack tofu from the produce department wet rack to dairy or deli cases. Aseptically packed Mori-Nu tofu is allowed to be sold at any temperature. Address: Food People, 1699 Lawton St., San Francisco, California 94122. Phone: 415-731-1283.

9209. Nakamura, Hiroshi; Takasawa, M.; Kashara, S.; et al. 1989. Effects of acute protein loads of different sources on renal function of patients with diabetic nephropathy. *Tohoku J. of Experimental Medicine* 159(2):153-62. Oct. [27 ref]
• ***Summary:*** Discusses glomerular filtration rate (GFR), albumin excretion rate (AER), and concentrations of plasma amino acids. "In diabetes with macroalbuminuria, GFR decreased after ingestion of tuna fish meal and did not significantly change after intake of bean curd. In both normal subjects and diabetic patients, urinary AER did not increase after each kind of protein loading. Plasma concentrations of alanine, glycine, and arginine, known to induce glomerular hyperfiltration, increased to a greater degree after ingestion of tuna fish meal than after administration of bean curd." Address: First Dep. of Internal Medicine, Niigata Univ. School of Medicine, Japan.

9210. **Product Name:** Nature's Patties [Original, or B.B.Q.].
Manufacturer's Name: Nature's Path Foods Inc.
Manufacturer's Address: 170-2540 Simpson Rd., Richmond, BC, V6X 2P9, Canada. Phone: 604-278-2923.
Date of Introduction: 1989. October.
New Product–Documentation: Soya Bluebook. 1989. p. 103. Contact: Arran Stephens, President [formerly founder and president of Lifestream, a natural foods distributor in Canada].

9211. New Hope Communications. 1989. The natural products market: A wellspring of consumer trends. Boulder, Colorado: New Hope Communications. 164 p. Price: $975.00.
• ***Summary:*** Contents: Acknowledgements. 1. Introduction: The roots [history] of the natural products industry. 2. Coming to terms: Definitions of basic concepts. 3. The industry matures: From rebellion to leadership. 4. The impact of legislation and regulation by Peter J. Semper. 5. The role of science: Research, development, and credibility. 6. Product category sales trends (Soyfoods is not listed as a category). 7. Retailing: The interface with the consumer (Health food chains: General Nutrition Centers, Great Earth

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Vitamins, Nature Food Centres, Fred Meyer Nutrition, Nutrition World). 8. Manufacturing: A multitude of market shares. 9. Distribution: Consolidation, stability, and efficiency. 10. Regions. 11. Factors for the future. Appendix 1. Organic farming labeling legislation. Appendix 2. Examples of advertising.

Gross retail sales for this industry exceeded $3.5 billion in 1988. This study gives a good look at the structure of the market, and contains a brief historical overview of the industry. It contains many tables, graphs, and maps. None of these relate to soyfoods. A graph of "Natural Products Industry Sales" shows total retail sales to have grown from about $250 million in 1970 to $3,550 million in 1988, a 14-fold increase in 18 years. Of the 1988 total, $2,390 million (67%) is sold by independents (natural and health food stores), $679 million (19%) by the mass market (supermarkets), and $477 million (13%) by non-supermarket chains (such as General Nutrition Centers). The major natural products in the mass market (with sales in 1988) are yogurt $1,200 million, bottled water $800 million, granola bars $200 million, and herbal teas $70 million. "These 4 product categories add up to more than $2,200 million, which is more than double the sales we tracked for all grocery products sold through the natural products industry."

History: The notion of natural or health food products has been around for almost as long as the United States. Two of the early pioneers were Sylvester Graham and John Harvey Kellogg. Graham, who admonished Americans to stop eating meat, "gained both fame an notoriety in the early 1800s in claiming that 'a single pound of rice absolutely contains more nutritious matter than 2½ pounds of the best butcher's meat.' Graham died in 1851, at the ripe old age of 57. A year later, John Harvey Kellogg was born. He lived to be 91, and attributed much of his longevity to his [vegetarian] diet based on fruits, nuts and whole grains. From his Battle Creek Sanitarium, Kellogg concocted whole wheat meals, which found their way into the mass market. And subsequently, became more refined and less healthy."

The natural foods industry is based on two basic beliefs, both expressed by Graham and Kellogg. "The first is that certain foods or nutrients can be used medicinally. That is, the right foods can be used to help cure disease or to enhance vitality or performance... The second maxim dear to the natural foods industry is that food is better and intrinsically healthier when eaten most closely to its original state in nature. The ideal food is that which is unprocessed, unrefined, and even uncooked in some instances."

"The industry matures: From rebellion to leadership. Since World War II, food production in America can be explained by the concept of the Hegelian dialectic. One concept or practice (a thesis) inevitably evokes its opposite (an antithesis), and the two interact to form a new concept (synthesis), which in turn becomes a new thesis. "Throughout the 1950s and 1960s, food became ever more mass produced, processed, homogenized and inexpensive... as the power of the food conglomerates reached their peak some 20 years ago, the antithesis was being articulated by such visionaries as Adelle Davis, Gayelord Hauser, and Linus Pauling. "It's probably no accident that this antithesis caught on and became a movement in the late 1960s and early 1970s, when a significant segment of the Baby Boom generation was protesting everything else.

"Through the 1980s, a synthesis has been evolving. The food giants have become more aware of health issues and the natural foods industry has adopted and adapted technologies to allow greater production of food, while retaining its intrinsic values."

During the 1960s and 1970s this industry was divided into two camps, often at odds with each other. One sold "health foods" and the other "natural foods." The health food industry, which had started in the 1930s and focused on the first maximum that food can be used as medicine, focused most of its attention on vitamins, herbs, and some traditional health foods such as wheat germ and brewer's yeast. "In the late 1960s the natural foods faction emerged. Its followers were primarily concerned about food [rather than vitamins or supplements] and its purity... Products were defined essentially by what they did not contain: chemical pesticides, preservatives, food colorings, refined sugars and flours and, frequently, any animal products. Vegetarianism was an important part of the natural foods movement."

During the 1970s the industry was nurtured more by idealism than business acumen. When Natural Foods Merchandiser began surveying industry retailers in 1979, "nearly a quarter of them could not tell us their gross profit margin and a significant number did not even accurately know their gross sales. A high percentage didn't care...

"A decade later, the only thing that remains constant is the idealism, but today it is frequently blended with sound management and creative marketing...

"How did the industry accomplish this transformation? It happened in several evolutionary stages. First and foremost, the impetus for growth came from consumers. Economists use the term *demand pull* when describing conditions in which consumption dictates sales growth and pricing. In this case, the entire natural products industry was virtually dragged kicking and screaming into the mainstream by consumers. They demanded the natural products, and then they began demanding that these products be marketed properly.

"Then between 1975 and 1982 a new wave of retailers entered the scene. They ran better, cleaner businesses and broadened the market. "Health" and "natural" principles were integrated. Industry sales grew remarkably during the 1970s, from about $250 million in 1970 to $1,850 in 1980, averaging about 20% a year for the decade. The number of outlets quadrupled. "At the same time, the supermarkets started setting up health food sections. On the west coast,

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two regional chains–Raley's in northern California and Fred Meyer in Oregon–had successfully introduced health foods as early as 1971. Their continued success, along with heightened media attention, prompted Safeway to begin a program in 1980 (another motivation was that Raley's was generally leading Safeway in market share wherever the two chains competed). Since Safeway at that time was the nation's largest grocery chain, its leadership encouraged other supermarkets to follow suit. Drug stores and discount stores, such as K-Mart, also entered the field.

"Meanwhile, there was strong expansion from the existing health food retail organizations, primarily the major chains such as General Nutrition Centers (GNC), Great Earth International and Nature Food Centres."

By the end of 1982, this expansion had peaked. There was a 4-year shakeout which lasted from early 1983 until late 1986. The industry lost a net of 1,500 health and natural food stores, and the vast majority of these were small health food stores. "The number of segregated natural foods sections declined from a high of 2,700 in 1985 to approximately 1,400 today."

Surviving retailers emerged stronger. A resurgence began in 1987. In the fall of that year Surgeon General C. Everett Koop issued a report stating that cholesterol levels exceeding 200 were associated with a high risk of heart disease. This was considerably lower than the previous acceptable cholesterol limits and immediately plunged a quarter of the American people into a risk group. Consumers began visiting natural foods stores to buy low-fat, low-cholesterol foods, some based on tofu and other soyfoods. Also, foods such as oat bran, canola oil, and niacin were shown to actually lower serum cholesterol levels.

"Probably the biggest boost the industry has ever received... came in March of this year, when CBS '60 Minutes' ran a segment on the potential dangers of apples treated with Alar (daminozide) to young children. Retailers reported being overwhelmed by consumers clamoring for organically-grown foods of all types.

"In many ways, the industry is 20 years old. Many of the leading companies in the industry were formed within the past 20 years, including Tree of Life, Nature's Way, Twin Lab, Celestial Seasonings, R.W. Knudsen & Sons, Mrs. Gooch's, Bread & Circus and Whole Foods Markets." Address: Boulder, Colorado. Phone: 206-642-3586.

9212. **Product Name:** Rosewood Tofu (Curded with Calcium Sulfate).
Manufacturer's Name: Rosewood Products Inc.
Manufacturer's Address: 738 Airport Blvd., Suite 6, Ann Arbor, MI 48108. Phone: 313-665-2222.
Date of Introduction: 1989. October.
New Product–Documentation: Talk with Bruce Rose, president of Rosewood Products Inc. 1989. Dec. 13. In Oct. 1989 the brand on their nigari tofu was changed to China Rose and that on their calcium sulfate tofu was changed to Rosewood.

9213. Shurtleff, William. 1989. Re: The common or usual name for tofu or "bean curd." Letter to the Division of Regulatory Guidance, FDA, Washington, DC 20204, Oct. 3 p. Plus 12 pages of backup documentation. [150 ref]
• ***Summary:*** The FDA's position is that tofu has no common or usual name, and that therefore an "appropriately descriptive phrase" such as "soybean curd." The author presents 5 lines of argument in an attempt to demonstrate that the common or usual name of tofu is tofu. These are: 1. Change in Library of Congress subject catalog heading in June 1985 from bean curd to tofu. 2. Occurrences of the terms "tofu," "bean curd," and "soybean curd" in current American dictionaries. 3. Analysis of 45 American books about tofu. 4. Analysis of American publications about tofu. 5. Analysis of American tofu and tofu product labels. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

9214. **Product Name:** Tofu.
Manufacturer's Name: Tofu Shop Ltd.
Manufacturer's Address: 89 Dominion Rd., Mt. Eden, Auckland, New Zealand.
Date of Introduction: 1989. October.
New Product–Documentation: Call from Ron Hoyfong, owner, from New Zealand. 1993. June 2. He is a Chinese New Zealander. The company started in about Oct. 1988 or 1989. He began by selling to Asian restaurants and retail stores then about 2½-3 years ago began to sell to typical retail customers. The Tofu Shop now makes about 6,000 kg/week of tofu. He also makes the tofu for Bean Supreme using his workers and making it in their factory. He and Bean Supreme have a non-compete agreement, which began 6 months ago. A major problem is the many Asian immigrants to New Zealand, a few of whom start tofu shops in their back yards, without proper sanitation, and sell it at very low prices so the owners can survive financially.

9215. Wang, H.L.; Cavins, J.F. 1989. Yield and amino acid composition of fractions obtained during tofu production. *Cereal Chemistry* 66(5):359-61. Sept/Oct. [18 ref]
• ***Summary:*** Five fractions were isolated during processing of whole soybeans into tofu: soak water, water-insoluble residue [okara], soymilk, tofu, and whey. Into the soak water or whey went 14% of the soybean solids, 4.7% of the soybean protein, and a small amount of oil. Into the okara went 30, 20, and 11%, and into the soymilk went 63, 79, and 82% respectively. Finally, 52% of the soybean solids, 71% of the protein, and 82% of the oil were recovered in the finished tofu. Address: NRRC, Agricultural Research Service, USDA, 1815 N. Univ. Street, Peoria, Illinois 61604.

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9216. Demos, Steve. 1989. White Wave's strategy for marketing soyfoods in America as cholesterol-free protein foods (Interview). *SoyaScan Notes.* Nov. 1. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** "White Wave welcomes the movement of tofu, a potentially hazardous food, out of the produce case. I think we are positioned and prepared as well as we possibly could be for this kind of change. This is what we've been waiting for! Years ago, White Wave designed its boxed, vacuum-packed tofu with a 60 day shelf life to sell in the dairy case. The disruption of an existing habit pattern opens up to opportunities for innovative companies." Demos does not see, even in the short term, any major loss of sales. At least 2/3 of White Wave's tofu is already out of the produce case and into either the dairy case or temperature controlled cases. He feels the best place to sell tofu is next to yogurt, ideally between yogurt and the deli meats in the dairy/deli case. White Wave conceives of itself as selling a new category of foods, "cholesterol free protein foods." This category should be well defined unto itself. Eventually Demos would like to see this heart/smart concept evolve into the "soyfoods section." Since signs identifying sections are generally not allowed in supermarket cases, the section/category might be partitioned off with plastic dividers at each end, like the Pillsbury Doughboy category. King Soopers has already pioneered this idea, starting in about 1983, putting tofu between the yogurt and the milk (with no plastic dividers), on the basis of the demographics, then building the concept by adding other soyfoods and soymilk. But tempeh, a slow mover, is now in the frozen foods case, and the meatlike products (such as hot dogs) are next to Armour in the deli meats.

Safeway seems to have made a top level decision to aggressively promote soyfoods. This year they called White Wave and said, "We don't know what you make, but give us everything. Then in August, in their two largest new classy "Safeway Marketplaces" in Boulder (and maybe in a few newer or college-oriented stores in Denver), entirely on their own initiative, they installed temperature controlled end-aisle cases at the end of the produce section facing the cash registers. The location is very prominent–an impulse location. Each case has the word "Tofu" in large letters on it. Many different types of soyfoods (and nothing but soyfoods) are sold in these cases–tofu, tofu dressings, tofu hot dogs, soy cheeses, Stir Fruity (soy-based yogurt), etc. All White Wave soyfood products in these 2 stores are sold in the Tofu case. Demos feels that "Tofu" this is the best title for the case. Also the "Approved by Healthmark" with the Healthmark logo on each display case identifies these as healthy foods. Only foods that are low in cholesterol, fat, and sodium get the Healthmark. Each case, constructed like an open dairy case, 5 feet wide by 6 feet high, has a temperature range of about 35-40º. Demos would definitely prefer to have his products sold in these cases rather than any other location in the store. White Wave's main strategy is to "identify a category," and to group foods in that category together. Again, the current category definition is cholesterol-free protein foods, but the long term goal is to have the category defined as "soyfoods." It is too early to say how the new isolated cases are affecting sales, but preliminary signs all look very positive.

White Wave started pasteurizing its tofu in Dec. 1988. Since then they have not had a single complaint of spoilage or sourness. Pasteurization does effect the tofu texture, making it firmer, but it also makes tofu much more profitable. White Wave makes both a 16 ounce vacuum packed and a 10-ounce single serve water-pack tofu. He prefers the vacuum pack and has worked the bugs out of his Tiromat so that it is no longer a significant source of problems. Tree of Life on the East Coast sells un-boxed vacuum-packed White Wave tofu very successfully, but Demos strongly prefers to box it. He has a whole new tofu plant at his new facility with automatic cooking and curding, conveyorized press tables and pasteurization.

Concerning the competition: Demos compliments Morinaga on a brilliant strategy. The net result is to help in the Americanization of tofu by identifying it clearly as a protein food and therefore forcing it out of the produce case. The irony is that when the dust settles, Mori-Nu Tofu may be the only brand left in what becomes an outdated, foreign location–with the oriental vegetables instead of with the protein foods. Azumaya and Hinode are rooted in the produce distribution network. Getting kicked out of the produce section will be very hard on them and their reaction will probably be to fight it rather than use it to their advantage. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3485.

9217. Robinson, Dick. 1989. Japanese firm seeking site for food plant. *Tribune-Star* (*Terre Haute, Indiana*) 7(173):1. Nov. 4.

• ***Summary:*** Representatives of a specialty food firm (Kyoto Foods, whose name is not mentioned in the article), will be in Terre Haute next week "to start what could be the final negotiations for a new manufacturing plant for Vigo County, a source close to the situation said.

"The company is seeking a site to manufacture tofu, a creamy white food made from soybean flour [sic] and used in Oriental cooking...

"The source said the upcoming negotiations could finalize more than five years of planning that have gone into getting the project to its current status. It has been five years of ups and downs, 'a real roller coaster,' the source said.

"The major principals in the company are Japanese from the area of Tajimi and Kyoto. The relationship between Terre Haute citizens and that part of Japan date back 25 years to the time when the city and Tajimi became sister cities...

"The ties are especially strong between William and

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Toni Roach of West Terre Haute and Juichi Iida and his wife. Iida is a Japanese businessman.

"When Iida's son came here to study at Indiana University, the Roach family looked after the youth...

"If Vigo County is selected as the plant site, it would become the center for a sales area with a 300-mile radius. The marketing area would include cities such as St. Louis [Missouri], Louisville [Kentucky], Indianapolis [Indiana], Columbus, Ohio, and Chicago [Illinois]."

9218. Reed, M.H. 1989. Sushi and starters featured in Harrison. *New York Times.* Nov. 5. p. WC41.
• ***Summary:*** This is a review of the Japanese restaurant Momiji (261 Halstead Ave., south of the railroad station, Harrison, Westchester County, New York).

Dishes included: "Agedashi-tofu, golden cubes of bean curd moistened by a thin, somewhat sweet dipping sauce sprinkled with green onion.

"Skillfully made, firm tofu-dengaku brought small bars of grilled bean curd on sticks; the intense miso (fermented bean paste) toppings slathered on the bean curd gave the dish the seasoning it needed, but we found the concentrated miso somewhat salty."

9219. Morinaga Nutritional Foods. 1989. Morinaga Nutritional Foods appoints World Variety Produce as its chief distributor for Mori-Nu Tofu (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Nov. 8.
• ***Summary:*** "Morinaga Nutritional Foods, makers of the only aseptically packaged tofu, has appointed Los Angeles-based World Variety Produce Inc. to coordinate its national distribution.

"World Variety Produce, one of the largest wholesalers of exotic and unusual produce items, are experts in the area of specialty fruits and vegetables...

"'Due to recent health inspector scrutiny of improper refrigeration temperatures for water-pack tofu in produce departments, Mori-Nu has become the tofu of choice for many produce buyers who prefer its convenience and guaranteed quality,' said Joe Hernandez, president of World Variety." Address: Los Angeles, California.

9220. Agriculture Canada Research Station, Horrow. 1989. Description of variety: Harovinton. Harrow, Ontario, Canada. 2 p. Nov. 9. Unpublished typescript.
• ***Summary:*** Harovinton is a "Large-seeded tofu-type soybean. Registration date: May 24, 1989. Registration No.: 3118... Harovinton, tested as OX733, was developed by the Agriculture Canada Research Station, Harrow. This variety was derived from the cross Vinton x Vinton 81, made in 1982." Vinton is susceptible to Phytophthora (a fungus) and tolerant of metribuzin (an herbicide) applied at recommended rates. Growth habit: indeterminate.

"Seed characteristics: Shape: spherical flattened. Size: large; 23 grams per 100 seeds. Seed coat: dull yellow. Hilum colour: yellow. Oil content: lower than Corsoy (18.6% vs. 20.1%). Protein content: higher than Corsoy 79 (44.9% vs. 40.9%). Seed coat peroxidase activity: high.

Maturity: 3100 heat units (Ontario). Performance and adaptation: In yield trials conducted in 1986, 1987 and 1988 at Harrow, Malden and Woodslee, Harovinton yielded about 6% less than Corsoy 79. Harovinton is shorter, more lodging tolerant, and earlier maturing than Corsoy 79... The yield of soymilk and tofu per kilogram of Harovinton beans was 4% and 11% greater, respectively, than for Corsoy 79." Maintenance of breeder seed: Agriculture Canada, Research Station, Harrow, Ontario. Canadian distributor: Canada Packers.

Note 1. This is the earliest document seen (Jan. 2010) that mentions the soybean variety Harovinton.

Note 2. The letterhead reads: "Agriculture Canada, Food Production and Inspection Branch, Seed Division." No address is given. Address: Harrow, Ontario, Canada.

9221. Harovinton: New Canadian domestic soybean variety. Large-seeded and/or vegetable-type soybean. 1989. Seed color: Yellow (dull), hilum yellow.
• ***Summary:*** Sources: Agriculture Canada Research Station, Harrow. 1989. "Description of variety: Harovinton." Harrow, Ontario, Canada. 2 p. Unpublished typescript. Nov. 9. Harovinton is a "Large-seeded tofu-type soybean. Registration date: May 24, 1989. Registration No.: 3118."

Ontario Ministry of Agriculture and Food. 1990. *Soybean Buyers Mission from New Markets, July 1-7, 1990.* Tokyo, Japan: Ontario Ministry of Agriculture and Food. 61 p. See p. 40. Appendix 5, titled "Development of soybean varieties," states: "Researchers at the Agriculture Canada Research Station in Harrow have focused on the development of varieties for the manufacture of tofu. With help from the OSGMB, a new variety named Harovinton, was recently released from this breeding program. This variety was higher than average protein content, white hilum and large seed size to better suit the needs of the tofu and soymilk manufacturers.

"To secure the best marketing and promotion of this variety to overseas buyers, exclusive marketing rights were given to the International Trade Division of Canada Packers Inc. and Wheatley Elevators Ltd. Both companies have extensive soybean export trading experience."

Bernard, Richard L. 1999. "Historical list of publicly developed North American specialty soybean cultivars to 1989: Large seeded." Year released: 1989. Developed by: Ontario, Harrow. Cultivar: Harovinton. Maturity group: I. Parentage: *Hm Rpsl-c* from Vinton x Vinton 81.

Note: Harovinton was the first food-grade soybean variety developed in Canada for the Japanese tofu industry, and helped pave the way in establishing Canadian food-grade soybeans as a premium quality product in Asia. Address:

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USA.

9222. Frey, Harry. 1989. Kyoto Food Corporation, U.S.A. (News release). Administrative Asst., City of Terre Haute, 103 City Hall, 17 Harding Ave., Terre Haute, IN 47807. 1 p. Nov. 10.
• ***Summary:*** This news release was issued by the city of Terre Haute. See published story in Nov. 11 *Star-Tribune* (Terre Haute, Indiana). Address: Terre Haute, Indiana.

9223. Mio, Art. 1989. Recent developments at Morinaga (Interview). *SoyaScan Notes.* Nov. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Zurkoff, a Morinaga food broker in the Milwaukee area, was in communication with the State of Wisconsin Dep. of Agriculture, Trade & Consumer Protection as early as May 1986 concerning the bacterial condition and handling of tofu. Art thinks that there are very few stores in the state of Wisconsin that still carry water-packed tofu in the produce section, but that might have happened 2 years ago. Wisconsin was one of the earlier states to take action on this point, as was Illinois.

Morinaga's "Water Hazard" ad did run for 1-2 months in natural/health food trade magazines starting in about Oct. 1989. It probably ran in *Natural Foods Merchandiser,* and others. Now they have dropped that ad for various reasons: (1) They want to announce their new extra firm tofu; (2) They got a lot of "flack" and ill will from others in the tofu industry, and they didn't want to ruffle any more feathers; (3) Azumaya threatened a lawsuit. Morinaga feels they would win such a suit if it should ever got to court, based on "generalities rather than specifics." Address: Morinaga Nutritional Foods Inc., 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9224. Robinson, Dick. 1989. Japanese firm announces plans for local food plant. *Tribune-Star* (*Terre Haute, Indiana*) 7(180):1. Nov. 11.
• ***Summary:*** "Kyoto Food Corp. USA announced plans Friday to build a production plant in Terre Haute for tofu, a food product made from soybeans. Construction on the $4.5 million plant is slated to begin early in 1990.

"Kyoto Food's five primary investors, Kiyoyaki Hirono, Yoshamasa [Yoshimasa] Yamashita, Yasuo Hatchijin [Hachijin, of Kyoto Tanpaku in Fushimi-ku, Kyoto, Japan] and Wataru Takai of Kyoto, Japan, and Juichi Iida of Tajimi, Japan, announced the planned project at a news conference in the Vigo County Annex and Security Center.

"The 25,000-square-foot plant will be on a 25-acre tract along Johnson Avenue between U.S. 41 and Indiana 63, south of the city. The company will buy the land from Morgan's Honey Creek Commercial Properties.

"The plant, which will be able to produce 2.5 tons of tofu daily, is expected to start with 30 to 50 employees and increase to 100 during the first year.

"The plan is to produce the product in 1-pound packages. The firm's marketing area will be in a 300-mile radius of Terre Haute...

"Plans for the tofu plant are an outgrowth of the 25-year-old sister-city relationship between Terre Haute and Tajimi, said Mayor P. Pete Chalos.

"The company will be an Indiana corporation and not a subsidiary of any other firm. The other four investors are reported to be presidents of medium-size companies in Japan.

"Yamashita will serve as president of the company and move to Terre Haute... After the plant is operating, Yamashita may be the only Japanese employee at the plant. When production begins, the operation is expected to have practically all American personnel...

"The plant is expected each day to use a ton of soybeans provided by area farmers... Tofu is reported to be the world's No. 1 health food."

Note: This is the earliest document seen (March 2013) concerning Kyoto Food Corp. in the USA.

9225. Dickinson, Donald W. 1989. Re: A company named Azumaya cannot be located in San Francisco from 1920 to 1937. Questions answered on Soyfoods Center letterhead (dated 10 Nov. 1989) and returned to SC, Nov. 20. 1 p. Stamped with signature.
• ***Summary:*** On 10 Nov. 1989, after a preliminary call, William Shurtleff wrote the County Clerk requesting that he search San Francisco's fictitious names records for businesses, and the business license records for the years 1920-1923 to try to locate a company named Azumaya, probably owned by a Mr. Teranishi. Shurtleff enclosed the required $18.50 in fees. The clerk searched the indexes of the records from 1920 to 1937 wrote back that he could find no mention of Azumaya.

Attached are: (1) Stamped envelope from County Clerk. (2) Receipt. Address: County Clerk, Superior Court, 400 Van Ness Ave., Room 317, San Francisco, California 94102.

9226. Fitch, Peter. 1989. Re: Haldane Foods Group Ltd. Letter to William Shurtleff at Soyfoods Center, Nov. 27. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The Haldane Foods Group consists of Direct Foods Ltd., Haldane Foods Ltd., Realeat Foods Ltd., Regular Tofu Co. Ltd., Vegetarian Cuisine Ltd., and Vegetarian Feasts Ltd. Haldane became part of the British Arkady Group in January 1988. Brian Welsby has left the company. Fitch gives a phone number for Michael Cole in the UK. He also encloses a catalog (and price list) titled Haldane Foods Group, which lists and contains color photos of all products made by the six member companies. The catalog subtitle is "Europe's leading healthier food group." Address: Managing Director, Hadane Foods Group Ltd., 25 Hayhill, Sileby

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Rd., Barrow upon Soar, Leicestershire LE12 8LD, England. Phone: 050981-6611. Fax 050981-6381.

9227. *Alimentazione e Salute.* 1989. [A thousand uses for soya]. 1(1): Oct/Nov. [Ita]*
• ***Summary:*** The first issue of this new journal includes this monograph, which contains articles on various soya products, products for infants, prevention of cardiovascular disease, homemade and traditional tofu manufacture, and the use of soya in cooking. Address: Italy.

9228. **Product Name:** Soydance Pizza.
Manufacturer's Name: Amberwave Foods.
Manufacturer's Address: 201 Ann St., Oakmont, PA 15139.
Date of Introduction: 1989. November.
Ingredients: Divided into Crust, Sauce, and Topping. Topping ingredients: Tofu made from organic soybeans, water, casein, soybean oil, unrefined corn and sesame oils, yeast cultures, sea salt, citric acid, beta carotene, spices.
New Product–Documentation: Leaflet (8½ by 11 inch, front and back, typewritten) sent by Richard Rose from Natural Products Expo East. 1989. Sept. "We've finally developed the best Lactose Free, Cholesterol Free, whole wheat pizza–with our own Tofu Mozzarella! We make it all."

Spot in Whole Foods. 1989. Nov. p. 84. Based on the recipe for Graindance Pizza, it is topped with tofu mozzarella, organic tofu, unrefined oil blends, and spices.

9229. Bennett, Kathryn O. 1989. Col. Sanchez traditional foods cookbook. Col. Sanchez Foods, P.O. Box 5015, Santa Monica, CA 90405. 124 p. Index. 24 x 23 cm.
• ***Summary:*** Contains numerous tofu recipes: Patti's blended tofu salad dressing (p. 47). Tofu bran muffins #1 and #2 (p. 76-77). Meat loaf (with tofu, p. 97). Curried tofu (p. 98). Judy Tarbet's buckwheat tofu burgers (p. 100). Tofu cheesecake cookies (p. 107). Rice pudding (with tofu, p. 108). Tofu nut cookies (p. 109). Soy whipped cream (p. 110). Tofu cheesecake (p. 115).

Kathryn Bennett was born in Texas and raised in New Mexico. While in New Mexico, she developed a deep interest in the Indian people. She obtained a Naturopathic degree and is involved in wholistic counseling. She has operated a natural food business in Los Angeles for the past 10 years. Address: Santa Monica, California. Phone: 213-204-1137.

9230. **Product Name:** Tofu Salad.
Manufacturer's Name: Cedar Lake Foods.
Manufacturer's Address: P.O. Box 65, Cedar Lake, MI 48812. Phone: 517-427-5143.
Date of Introduction: 1989. November.
New Product–Documentation: Cathy Tardosky. 1989. Whole Foods. Nov. p. 49.

9231. Haldane Foods Group Ltd. 1989. Haldane Foods Group. 25 Hayhill, Sileby Rd., Barrow upon Soar, Leicestershire LE12 8LD, England. 6 p. Mnaufacturer's catalog. Full color.
• ***Summary:*** The Haldane Foods Group consists of Direct Foods Ltd., Haldane Foods Ltd., Realeat Foods Ltd., Regular Tofu Co. Ltd., Vegetarian Cuisine Ltd., and Vegetarian Feasts Ltd. The catalog, subtitled "Europe's leading healthier food group," lists and contains color photos of all products made by the six member companies. A UK trade price list (effective 2 Oct. 1989), attached separately, gives product size, case size, and trade and retail prices in British pounds. Address: Leicestershire, England. Phone: 050981-6611. Fax 050981-6381.

9232. Kikkoman Oriental cooking. 1989. Publications International Ltd., 7373 North Cicero Ave., Lincolnwood, IL 60646. 96 p. Illust. Index. 28 cm.
• ***Summary:*** This full-color cookbook features 125 recipes using Kikkoman's full line of Oriental sauces. The book was published in two formats. The first was a small magazine format published in Jan. 1989, for sale at supermarkets during Chinese New Year. The second, published in Nov. 1989, was a larger size (28 cm tall), spiral bound on glossy paper with many color photos, for sale at bookstores. Both were 96 pages. Kikkoman supplied all the recipes.

Contents: Kikkoman brings the Orient home. Appetizers. Beef. Pork. Poultry. Seafood. Side dishes.

A color photo shows the following products, and they are used with their brand names in the recipes: Kikkoman Soy Sauce, Lite Soy Sauce, Teriyaki Sauce, Teriyaki Baste & Glaze, Stir-Fry Sauce, and Sweet & Sour Sauce. Tofu is used in one recipe (p. 46).

9233. Kolpan, Gerald. 1989. Tofu on trial: A *Health & You* taste party passes judgment on the bean curd Americans hate to love. *Health & You.* Fall. p. 7-10.
• ***Summary:*** Of the six people on the taste panel, five had never tasted tofu before. They were served Stir fried tofu and Tofu lasagna. "As the party broke up, it was generally agreed that tofu was better than our guinea pigs thought it would be."

9234. McCarty, Meredith. 1989. Fresh from a vegetarian kitchen. Turning Point Publications, 1122 M Street, Eureka, CA 95501-2442. ii + 263 p. Illust. by Bernice Kagan. Index. 28 cm.
• ***Summary:*** A macrobiotic cookbook containing over 450 recipes, many using tofu (at least 20, including many innovative sauces and dressings), tempeh, miso, amazake, soy sauce, soymilk, and amazake. A section titled "Soyfoods: Tofu and tempeh" (p. 151-55) contains 6 recipes and several variations. On page 202 is a recipe titled "Amazake-

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Soymilk" in which 3/4 cup soymilk is mixes with ¼ cup plain amazake. The author has co-directed this natural health center in northern California since 1977. Address: Eureka, California.

9235. McDougall, John A. 1989. Healthy by choice: Natural gas from natural foods. *Vegetarian Times.* Nov. p. 81. [1 ref]
• ***Summary:*** "Question: Help! After eating tofu my husband has flatulence beyond belief What should I do? S.P. Ojai, California."

Ans: "Your husband should stop eating tofu. This answer may sound simple, but avoidance of gas-producing foods is a key solution for people with severe flatulence. Your husband obviously has a sensitivity tofu, which is made from soybeans... Flatulence is not at all uncommon on a whole-food vegetarian diet." Address: Santa Rosa, California.

9236. **Product Name:** [Amisoya Soya Tondella {Firm Non-Dairy Cheeses} (Natural, Black Pepper, Small Red Peppers, Aromatic Herbs, Mushroom, Truffle, or Mustard)].
Foreign Name: Amisoya Soya Tondella (Nature, Al Pepe Nero, Al Peperoncino Rosso, Alle Erbe Aromatiche, con Funghi, Ai Tartufi, Alla Senape).
Manufacturer's Name: Medical Soy S.p.A.
Manufacturer's Address: Via Matteotti 55, 20068 Peschiera Borromeo (Milan), Italy. Phone: 02.547.54.56.
Date of Introduction: 1989. November.
Ingredients: Con "Funghi" (Mushroom): Ultrafiltrated soy tofu, water, milk protein, boletus mushrooms (funghi porcini) 2%, corrector of acidity, citric acid, salt, natural aromas.
Wt/Vol., Packaging, Price: 400 gm round cylinders.
How Stored: Refrigerated.
Nutrition: At least 380 calories per 100 gm.
New Product–Documentation: Talk with then letter (fax) from Xavier Karis in Italy. 1990. June 13 and 18. Medical Soy makes two types of non-dairy cheese. Soya Tondella is a firm type of cheese, which you can cut, while Soya Filante is softer and can also be used on pizza. Mr. Bolleti is the contact person. Their fax number is 02-553-00-754. The company that distributes Medical Soy products is named La Moderna Distribuzione in Bergamo, Italy. Fax: 035-231-876.

Medical Soy leaflet. 1990. *"Linea Amisoya: L'alt(r) a Gastronomia. Prodotti a base di soya del tutto privi grassi animali. Prodotti di Soya freschi. Nutrirsi meglio per rimanere giovani"* [The Amisoya Line: The high/alternative gastronomy. Soyfoods containing no animal fats. Fresh soy products. Eat better to stay young]. Lists seven flavors. "Use like your daily regular cheese."

Label sent by Xavier Karis. 1990. June 27. 3.5 inch diameter. Orange, black, white, and red on brown. Illustration shows orange and yellow soybeans (which look like peaches) on a blackish-green small plant. "Food preparation based on soy protein (51% of the total protein)." Made in the establishment of Ponte Buggianese (PT), Via del Porrione, 84, Milan.

9237. **Product Name:** [Amisoya Soya Filante {Soft Non-Dairy Cheeses} (With Tomato, Salmon, Anchovies, Olives, Capers, Walnuts, Natural)].
Foreign Name: Amisoya Soya Filante (Al Pomodoro, con Salmone, Alle Acciughe, Alle Olive, Ai Capperi, Alle Noci, Nature).
Manufacturer's Name: Medical Soy S.p.A.
Manufacturer's Address: Via Matteotti 55, 20068 Peschiera Borromeo (Milan), Italy. Phone: 02.547.54.56.
Date of Introduction: 1989. November.
Ingredients: Salmon: Ultrafiltrated soy tofu, water, milk protein, smoked salmon 5%, corrector of acidity (correctore di acidità), citric acid, salt.
Wt/Vol., Packaging, Price: 400 gm rectangular plastic tubs.
How Stored: Refrigerated.
Nutrition: At least 380 calories per 100 gm.
New Product–Documentation: Talk with then letter (fax) from Xavier Karis in Italy. 1990. June 13 and 18. Medical Soy makes two types of non-dairy cheese. Soya Tondella is a firm type of cheese, which you can cut, while Soya Filante is softer and can also be used on pizza. Mr. Bolleti is the contact person. Their fax number is 02-553-00-754. The company that distributes Medical Soy products is named La Moderna Distribuzione in Bergamo, Italy. Fax: 035-231-876.

Medical Soy leaflet. 1990. *"Linea Amisoya: L'alt(r) a Gastronomia. Prodotti a base di soya del tutto privi grassi animali. Prodotti di Soya freschi. Nutrirsi meglio per rimanere giovani"* [The Amisoya Line: The high/alternative gastronomy. Soyfoods containing no animal fats. Fresh soy products. Eat better to stay young]. Lists seven flavors. "Use like Mozzarella or cheese for pizza."

Label sent by Xavier Karis. 1990. June 27. 3.5 inch diameter. Orange, black, white, and red on salmon pink. Illustration shows orange and yellow soybeans (which look like peaches) on a blackish-green small plant. "Food preparation based on soy protein (51% of the total protein)." Made in the establishment of Ponte Buggianese (PT), Via del Porrione, 84, Milan.

9238. Morinaga Nutritional Foods, Inc. 1989. Lessons in tofu (Leaflet). Los Angeles, California. 4 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** This 8-panel full-color leaflet shows the three types of Mori-Nu tofu stacked one atop the other on the front. It contains 4 lessons about tofu, a $0.15 coupon for the tofu, an order form for a 1-year membership in the Health for Life Club, Tofu Magic Cookbook, and Tofu Magic VHS Video (30 min, 6 recipes). On the back are five recipes: Piña colada. Strawberry banana shake. Zesty cilantro, chili, pea dip. Tofu rice stir fry. Creamy tomato onion soup. Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California

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90040. Phone: 213-728-4325.

9239. Shurtleff, William; Aoyagi, Akiko. 1989. Tofu as a potentially hazardous food: Crisis or opportunity? Lafayette, California: Soyfoods Center. 67 p. Nov. 16. Index. 28 cm. [54 ref]

• ***Summary:*** Introduction and historical perspective. Major changes loom on the horizon for the tofu industry throughout the Western world. Consider the following facts:

* The U.S. Food and Drug Administration has classified tofu (both fresh and pasteurized tofu) as a "Potentially Hazardous Food."

* Every "Potentially Hazardous Food" must be kept refrigerated at 45ºF (7.2ºC) or below in food stores, restaurants, and vending operations.

* Roughly 90% of the tofu in America is sold in the produce section, where FDA estimates the average temperature to be about 50ºF (10ºC).

* Therefore most of the tofu in America is now sold in violation of federal and state laws governing potentially hazardous foods.

* Attempts to demonstrate to FDA that pasteurized tofu is a safe product with a long shelf life completely miss the point and would be a waste of time and money, according to FDA.

* The FDA person who drafted the original document classifying tofu as a potentially hazardous food thinks "there is a good chance within the next year or two that there will be a crackdown, and that most or all fresh and pasteurized tofu will be moved out of the produce case.

Question 1. Should the removal of tofu from the produce case to a colder location be viewed by the tofu industry as a setback or an opportunity? Question 2. Will the tofu industry be smart enough to turn a short term setback into a long-term gain? Question 3. All things considered, where is the best place for tofu to be sold? (1) In the dairy/deli case between the yogurts and cheeses, and the sliced meats? (2) In a special refrigerated case, built like a dairy case but marked "Tofu" or "Cholesterol-Free Protein Foods"? (3) In a special refrigerated enclosed glass case with other natural foods such as juices? (4) In the meat case next to the hamburger (and perhaps the hamburger / tofu blends, and the meat & tofu hot dogs and sausages)?

Since its invention more than 1,000 years ago, tofu, a moist protein food, has always offered an excellent substrate for multiplication of bacteria.

The earliest document seen (Jan. 2002) reflecting this concern, titled "Ptomaine poisoning from tofu," dates from 1892 in Japan. In 1953 in Japan the first general microbiological study was published, with counts of coli bacteria in winter and summer. And in 1958 the first book on tofu sanitation was published, also in Japan.

In the Western world, the first scientific study on the microbiological quality of tofu was published in 1977 at the University of Hawaii. It showed that as tofu spoiled and soured, the optical density (cloudiness) of the surrounding water increased.

Prior to January 1982, all this was of minor interest to the U.S. Food and Drug Administration (FDA), and tofu was still a relatively unknown product. But in that month there was an outbreak of yersiniosis (caused by the bacterium *Yersinia enterocolitica* in tofu) in the state of Washington. About 24 people were affected with diarrhea and severe stomach cramps; half were hospitalized. This was the earliest known outbreak of tofu-caused illness in the USA.

The Seattle branch of the FDA did a careful study of this increasingly popular moist protein foods and on 23 May 1984 classified it (like milk, meat, poultry, fish, etc.) as a "potentially hazardous food" which must be stored at 45ºF or below.

But only a few state health departments or supermarket chains paid much attention, and moved tofu out of the produce case to a colder location. Exceptions were some Safeway divisions on the West Coast, and the states of Wisconsin, Illinois, and eventually New York.

Meanwhile, other scientific studies of the microbiological quality of tofu (e.g. Hankin & Hanna 1983; Rehberger, Wilson & Glatz 1984; van Kooij & de Boer 1985) all showed many brands to have unacceptably high bacterial counts. Some of these (such as Hankin & Hanna, published in Connecticut in March 1983) got widespread negative media coverage, forcing tofu makers to become much more conscious of sanitation. It is interesting that the issue of tofu as a "potentially hazardous food" was not raised in these studies or the ensuing media coverage. In part because of that, most tofu continued to be sold in the produce section; some larger manufacturers responded by starting to pasteurize their tofu. But basically, business continued as usual.

Then in early 1987, health inspectors in Wisconsin pulled Mori-Nu Tofu out of several stores there, saying that it had to be stored at 45ºF or below. In February, Morinaga Nutritional Foods in Los Angeles, the importer and marketer of this aseptically packed tofu, responded with documents showing that their product, because it was aseptically packaged and had an FCE (Food Canning Establishment) number, was exempt from this temperature requirement. During the ensuing exchange of letters with the FDA in Washington, DC, Morinaga first learned (on 3 March 1987) that the FDA had classified tofu as a "potentially hazardous food" which had to be refrigerated at 45ºF or below. The documents show that Morinaga's only concern at that time was to get their product back into the stores. But Morinaga began to realize that, quite by accident, they had stumbled upon a powerful tool for expanding their market share–one of which most of the tofu industry was completely unaware. Yet they decided not to use it for awhile.

During 1988 Morinaga conducted a two-pronged

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marketing program. On the one hand, they ran the most extensive, positive advertising campaign ever conducted for tofu in America Full-page color ads such as "Lessons in tofu," "Shake up profits!," and "A healthy market" ran all year in numerous national magazines. On the other they began to confront water-packed tofu, promoting their product as having a longer shelf life and less spoilage.

In mid-1989 health inspectors in New York erroneously began to remove Mori-Nu Tofu from produce cases. To try to prevent that from happening nationwide, Morinaga began a campaign in mid-July to write a letter to the health departments in each of the 48 continental states reminding them that tofu had been classified by the FDA as a "potentially hazardous food," and that all water-packed tofu therefore had to be refrigerated at 45ºF or below. Aseptically packaged Mori-Nu Tofu did not require such refrigeration. This part was preemptive. But now Morinaga took the offensive: "We have been informed of recent efforts on the part of the health department officials to inspect and cite stores that are not conforming to the FDA Model Food Sanitation Code regarding water-packed tofu (soybean curd). We commend this action... We know of some instances where water-packed tofu was ordered relocated to dairy or deli cases due to the inability of produce department refrigeration units to maintain temperatures with the FDA guidelines."

Morinaga's campaign of letter writing and phone calls prompted the FDA, and state and local health officials to start enforcing federal and state regulations concerning tofu as a potentially hazardous food, which was required by law to be stored at 45ºF or below.

At the same time, Morinaga appealed to supermarkets and natural/health food stores (using their strongly worded "Water Hazard" ad in trade publications, plus their sales representatives) to carry their aseptic tofu, which could be legally stored in the produce section and which (being pre-dated with a "best used by" date of 10 months) would not cause any problems with souring or spoilage, with returns or "shrink," or with leakage.

A separate campaign of news releases to the popular media attributed the sour, bad-taste image of water-packed tofu to the traditional way of making and packaging it, plus the fact that it was usually stored, inadequately refrigerated, in produce departments.

By late 1989 Morinaga's campaign seemed to be working. In Wisconsin, most (if not all) water packed tofu had been moved out of the produce case; Mori-Nu Tofu had taken its place there. A number of chains nationwide were also relocating their tofu. But where would they put it?

And how should the tofu manufacturers whose tofu was being relocated respond? Should they welcome the change or try to fight it?

This book attempts to study and answer these difficult questions, which are crucial ones for the survival and growth of the tofu industry. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

9240. Tardosky, Cathy C. 1989. Soyfoods entrees: Nutrition for the '90s. *Whole Foods.* Nov. p. 48-53.
• ***Summary:*** Lists (with photos) many second generation soyfood products. Retailers say that demand for soyfoods is on the rise. Many store owners are quoted, speaking very positively of the category. Worthington Foods is now in its 50th year of vegetarian food production, with a total of 45 different entrees under the Worthington and Natural Touch labels. "The Natural Touch line was developed in the early 1980s as the interest in products went more toward the natural segment of the market."

9241. Tofu Shop (The). 1989. This holiday season, make it Tofu Turkey (Leaflet). Arcata, California. 1 p. Front and back. 22 x 14 cm.
• ***Summary:*** Typeset, green on tan, with four illustrations. Identical to the 1988 leaflet / sell sheet, except for the colors. Address: 768 18th St., Arcata, California.

9242. *Geschaeftsidee* (*Die*). 1989. Tofu-Herstellung: Unternehmenskonzept Nr. 164 [Tofu production: Enterprise idea no. 164]. 14(6):4, 25-54. Dec. 5. [4 ref. Ger]
• ***Summary:*** An in-depth look at the German tofu industry and the economics of tofu production, encouraging entrepreneurs to start their own tofu shops. According to a study by Dr. Ulrich Hamm from the University of Stuttgart-Hohenheim, use of tofu in West Germany is expected to reach 4,000 tonnes/year by 1992. In 1986 it was only 800 tons. The industry has grown greatly in the past 4 years. There are presently 25 manufacturers (often called Tofureien) in the country and they make 200 to 4,000 kg/week of the healthful food, which they sell for 5-18 DM/kg at natural food stores (Naturkostläden), Reform Houses (*Reformhäuser* and *Bioläden*), vegetarian- and even popular restaurants. Larger business have gross monthly income of 90,000 DM of which 40% may be profit. Minimum startup capital is 2,000 DM, and average is 50,000 DM. A history is given of Ruediger Urban, who started W. Germany's first tofu shop in 1979, cooking with firewood. He now runs a much larger tofu shop in Denning, a suburb of Munich, near the airport.

Klaus Gaiser (with photo and interview), a former student of Sinology and Japanology, started Yamato Tofuhaus in 1983 in Tuebingen, making about 150 kg/week. He learned to make tofu in Japan, where he lived for a year. He now makes 3.5 tonnes/week of tofu (up 35% during the past year) and is West Germany's most successful company.

Albert Hess began to make tofu in 1983, starting with a DM 2,000 investment. He now makes 1.5 tonnes/week of tofu. A brief sketch of numerous other companies, their histories and owners, and their present tofu output is given.

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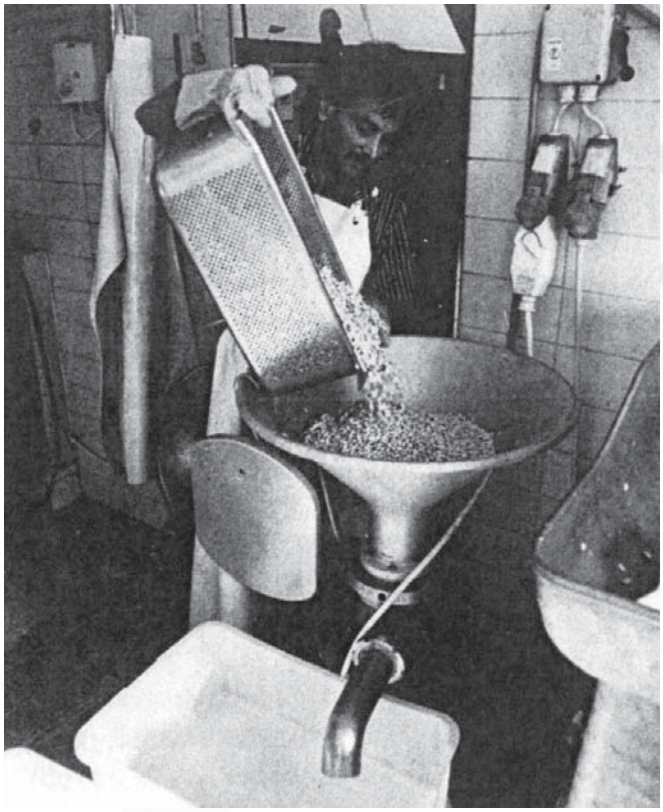

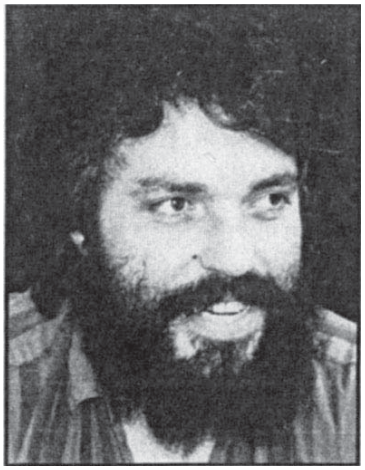

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Company names are given sporadically, without addresses.

Photos show: (1) Klaus Gaiser. (2) Dr. Ulrich Hamm. (3) A "Vollwert Restaurant / Cafe." (4) Rüdiger Urban. (5) The front of Taifun Tofurei. (6) Lothar Stassen holding a bag of soybeans. Address: Bonn, West Germany.

9243. Marshall, Philip. 1989. Re: Tofu as a potentially hazardous food. Letter to William Shurtleff at Soyfoods Center, Dec. 5. 2 p. Typed, with signature on letterhead. [1 ref]

• ***Summary:*** Cauldron Foods has always recommended that their products not be transported or stored above +4ºC (39.2ºF) even though all of their products are receive in-pack pasteurization. "We consider that there is a significant risk from spore forming pathogens, particularly *Bacillus cereus.* It seems likely that UK legislation will require even lower storage temperatures (+2ºC, or 35.6ºC) in the future, since certain organisms have demonstrated the ability to grow at less than +4ºC."

Page 2 is "Specification for original tofu," which includes physical and microbiological properties. Address: Owner, Cauldron Foods Ltd., 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol BS3 2TL, England. Phone: (0272) 632835.

9244. Oka, Seizo. 1989. Early history of Azumaya (Interview). *SoyaScan Notes.* Dec. 5. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** According to: Shin Sekai-sha. 1922. *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA.* p. 50-51; also called the *New World Directory*) a company named Azumaya Shoten was located at 1636 Post Street in San Francisco. They made Japanese-style pickles, and also sold vegetables and other foodstuffs.

Mr. Oka notes that "Azuma" (written with a different character??) is the old Japanese name for the Kanto area of eastern Japan. According to a legend, the warrior?? Yamato Takero no Mikoto went to conquer this wild area. But after a while he got homesick and longed for his wife saying "A tsuma" (Oh, my wife). From this expression the area became known as Azuma.

Mr. Oka and William Shurtleff talked with Mrs. Kazue Teranishi who lives in Hinode Tower, San Francisco (phone: 567-8636). She came to America in 1932 and that same year she married Kôichi Teranishi in 1932. Right after the marriage he took over ownership of Azumaya, a company which had been run by his father, Eijiro Teranishi, and which she believes Eijiro founded in Stockton 5-6 years prior to the marriage, i.e. in about 1926-27. She thinks that Eijiro first made tofu at this company in Stockton, then decided to move the company to San Francisco. She had never heard about Azumaya or Eijiro being located in Oakland–but she is not sure about anything that happened before 1932.

Mr. Oka, whose lifelong work is writing a history of Japanese in America, has not been able to find any reference to Azumaya in Stockton. According to the 1922 Shin Sekai Directory of Japanese in the USA (p. 409) there were two tofu companies in Stockton, Eto Tofu-ten and Yonekura Tofu-ten.

Mr. Teranishi sold Azumaya to Mr. Francis Sueji Sakamaki. Francis was born in Matsumoto-shi, Nagano prefecture, Japan. His name at birth was Sueji Kusama. Just before coming to the USA, Sueji was baptized as a Catholic and given his Christian name, Francis. He was adopted by Kôsa Sakamaki, who was from Tsu-shi, Mie prefecture, Japan. Kôsa had arrived in the USA before 1900 and was well known as the "Alaska Boss," since he recruited Japanese to work in the Alaska salmon cannery. Francis had 4 children: Joseph Koji Sakamaki, Marie Sakamaki, Stephen Motoji Sakamaki, and Timothy Masaji Sakamaki. Francis later took over his father's recruiting business. But since the Alaska salmon canning business was strongly seasonal, Francis wanted another side business. So he bought Azumaya from Kôichi Teranishi in about 1935. However he found that tofu making was tough work so he sold the business in about 1936 or 1937 to Saichi Mizono, who bought it for his son, George.

The 1922 Shin Sekai-sha directory (p. 19??) shows that Mr. Saichi Mizono was a native of Kannon Mura, Saeki-gun, Hiroshima-ken, Japan. He arrived in the USA in 1896. For 5 years he ran a farm. Where?? In 1912 (Taisho 1) he started a cleaning and dying company?? (sensen-sho) in San Francisco?? How long continue?? He returned to Japan temporarily, then came back to the USA in 1915. In 1922 his family consisted of his wife, Matsuyo, his first son Akira (George), his second son Kiyoshi (Jack), and his first daughter Shizuko. Address: Head and Founder, History Room, Japanese Cultural and Community Center, 1840 Sutter St. #206, San Francisco, California 94115. Phone: 415-921-1485.

9245. Oka, Seizo. 1989. Early Japanese tofu production in America (Interview). *SoyaScan Notes.* Dec. 5. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In the early 1900s, most of the tofu in America was made by the Chinese. The Japanese bought it from them. However when the Japanese started communities in rural areas where there were no Chinese, they started their own tofu companies. Those who did make tofu usually did it as a side business. Thus many early Japanese tofu manufacturers may not have had a company name associated with their activity. The Hayashi and Oye tofu making operations may not have had company names when they started.

It is the Japanese way to refine things, making them more delicate. They did this with Chinese chopsticks and with tofu, making it softer. Some of America's early tofu was probably made by Japanese restaurants. Address: Head and Founder, History Room, Japanese Cultural and Community

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Center, 1840 Sutter St. #206, San Francisco, California 94115. Phone: 415-921-1485.

9246. Morinaga Nutritional Foods. 1989. Mori-Nu Tofu successfully sponsors the first-ever World Cup of Natural Bodybuilding (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Dec. 6.
• ***Summary:*** "Top male and female bodybuilders from across the country recently competed in the first-ever Mori-Nu Tofu World Cup of Natural Bodybuilding, a steroid-free invitational meet held in Redondo Beach, California...

"'These athletes are dedicated to bodybuilding without using anything artificial,' said Art Mio, national sales manager for Mori-Nu Tofu... Mori-Nu Tofu provided free all-natural fruit shakes made with strawberries, bananas and tofu to the event's spectators and participants. According to Mio, tofu is very popular with bodybuilders because it is a rich source of protein, which is very low in saturated fats, sodium and calories with zero cholesterol. He added that tofu is an excellent addition for anyone wanting to eat healthy." Address: Los Angeles, California. Phone: 213-728-4325.

9247. O'Bannon, Kathleen. 1989. The last years of Victor Food Products in Canada (Interview). *SoyaScan Notes.* Dec. 7, and 6 March 1990. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The problems started in three areas. First was the growing competition from small Chinese tofu companies. There were 6-10 little Asian-Canadian tofu makers, some making tofu in a bathtub in their basements, and selling it for cut-rate prices. One even attempted to get into Stephen's plant, disguised as a food inspector, to spy on/study his equipment. Stephen wanted to get out of the "Chinese tofu wars." The second cause was the two gay followers of the Indian guru Rajneesh. One day they came seeking employment, saying that they had made tofu in Poona for years. George Harris (Bodhi-dharma) was the good guy; Kathleen hired him after a careful background check. But when he left to live on the Rajneesh commune in Oregon (where he ended up staying for nearly a year), his partner, Kirti (Joe Lewis) took his place. Joe Lewis turned out to be a malicious character–at times pure evil. The Rajneesh commune in Oregon would not let him live there, which angered him. He became the bookkeeper and office manager. He made life so difficult for Kathleen and ruined the good friendship that she had had with Stephen Yu (he deliberately connived to turn each against the other), that she finally felt compelled to leave the company in 1984. Joe Lewis falsified the company books, making it look like the company had more accounts receivable that was the case; this led local banks to refuse key loans to the company and to distrust Stephen. Joe Lewis charged the company for more time than he was working, messed up the office, then finally got into a big fight with Stephen. The Rajneesh guys were talking about suing Stephen. Finally Stephen fired them both.

The third cause was Bing, who was one of Stephen's long-time key production employees. He was very chummy with the Rajneesh guys. Bing left and told everything he knew to somebody else down-town, found somebody with money, set up a business in Chinatown and competed fiercely with Stephen.

After Kathleen left the first time but before Joe Lewis was fired, someone approached Stephen Yu about a joint venture making soymilk ice cream with a company named Tofu Parlor (formally Tofu Restaurant and Ice Cream Parlors, 304 Victoria Ave. East, Regina, SASK, S4N 0N7, Canada [near Saskatoon]. Owner: Wayne Knipple), which was already making soymilk ice cream. Stephen found one or two investors. One was John van Kessel, a 55-year-old chain-smoking accountant and computer expert, who was part of Tofu Parlor, invested money in Victor Food Products (VFP), liked to tell dirty jokes. The other was Larry Ginsberg. Stephen did a great deal of original research, using custom-designed equipment, to develop a new process for making excellent quality soymilk and ice cream from that soymilk. He worked with Guelph University researchers (such as Dr. Leni DeMann, a woman) to eliminate the gas and chalky flavor from soymilk. Kathleen and others thought this ice cream tasted better than Haagen-Dazs, and many people felt that the soymilk and the ice cream had great potential. But the Chinese on the Board of Directors VFP wanted Stephen to behave like a Chinese and just make tofu. They were opposed to the ice cream venture and they tied his hands.

In order to get around this limitation, in late 1985 or early 1986 Stephen decided to start a new corporation (at the same address as VFP–102 Hymus Road, Scarborough, Ontario, Canada M1L 2C9) named Tofu Master Inc. Van Kessel and Ginsberg owned part of it. The Chinese on the board of VFP had nothing to do with the new company. VFP would focus its marketing on the Asian-Canadian market and Tofu Master would aim for the Caucasian market. Stephen could now do more R&D. Stephen then brought in some new people to do the soymilk production. Tofu Master launched a firm and a soft tofu Tofu Master brand, and Entice (the soy ice cream) under the Tofu Parlor brand. The ice cream was made in a small, independent dairy in Toronto, and certified kosher. It came in individual small (100 ml) cups in chocolate, strawberry, and vanilla flavors. Stephen had the rights to sell to foodservice institutions and hospitals; Tofu Parlor in Saskatchewan had rights to the retail market. Saskatchewan also made a Tofu Parlor Bar (ice cream on a stick). Stephen also developed a remarkable vacuum packed Tofu Master Gourmet Tofu (in Barbecue, Herb & Green Onion, Cheese, and Bacon flavors). When he vacuum packed this tofu (either sliced or in whole cakes) in a remarkable machine he had, the process sucked the flavors into the tofu. But the banks wouldn't loan him the money to market the

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products because of what Joe Lewis had done, so it never was launched. By this time Stephen had lost so much face with the Chinese that they didn't want him to do anything that was not Chinese. He had to fight this attitude the whole way. Tofu Master was apparently the cause of the company's bankruptcy, for the project was never completed.

After Stephen fired Joe Lewis, Kathleen came in for 7 months. She ran the plant, did the recipes and promotion and marketing, and straightened up the office after Joe Lewis had messed things up. She helped promote the new ice cream. After that she got in an accident when she tripped on something and fell. She injured her neck, her lungs collapsed, and her back and neck were out for a year. She was very ill and had to have surgery. She left in Sept. 1987 and moved to Santa Fe, New Mexico, where she is now living. The company was still very much alive at that time. The company sold the equipment from the bankruptcy in April 1988. When she returned in November 1988 to do a health foods trade show in Toronto she was very surprised to hear that Victor Food Products had gone under. She can only assume that the people who were calling the shots had made big mistakes. Kathleen was very close to Stephen and felt very badly about what happened to him. Apparently after the bankruptcy he went to work with his brother-in-law who ran a Gold Chin fast food Chinese restaurant franchise.

Kathleen first made tofu in the early 1970s in her barn. She has followed the Sikh philosophy, was a yoga teacher for 8 years. He company in Toronto was named Natural Light Publications. She wrote a cookbook titled "Tofu: How to do it book," which was scheduled to be published in the winter of 1983 and to be sold with a stainless steel tofu kit that Stephen Yu was developing, to be produced in China. The kit turned out to be too expensive to make, so neither the kit nor the book was ever sold. Kathleen is now writing a book on "Nutrition and the Bible" and doing 6 home videos on cooking with natural foods. She wants to lecture on health and nutrition. Udo Erasmus has written a good book titled *Fats and Oils* published by Alive Press. It argues that butter is a safer product than margarine. Heating oils causes the free radicals to break off. They circulate in the body, causing many diseases and problems. Address: 227 Ojo de la Vaca, Santa Fe, New Mexico 87505. Phone: 505-983-5961.

9248. *SoyaScan Notes.* 1989. Influence of Japanese and Japan on soyfoods in America (Overview). Dec. 7. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** The Soyfood Center's SoyaScan database presently contains 30,790 publications and commercial products related to soya. Of these, 876 (2.9%) concern the influence of Asian-Americans (Japanese, Chinese, Koreans, or Indonesians) or their home countries on soyfoods. Of these 876 records, 638 (73%) concern Japanese influence, compared with 178 (20%) that concern Chinese influence–including Chinese from Taiwan, Hong Kong, Singapore, etc. Thus Japanese influence on soyfoods in America is much greater than that of any other Asian cultural group. We can identify at least seven major areas of influence:

1. Soyfoods Terminology. It is interesting to note that many of the most popular soyfoods in America are most widely known by their Japanese names. We say tofu (not doufu or bean curd), miso (not jiang or soybean paste), natto, okara (not soy pulp), yuba (not doufu-p'i or soybean skin). Even "soy" (as in soy sauce) is derived from the Japanese word "shoyu." Increasingly Americans interested in natural foods also use the terms shoyu and tamari to distinguish them from HVP soy sauce.

2. Kikkoman. By far the most influential Japanese soyfoods company in America today is Kikkoman, just as soy sauce is by far the most important soyfood product. Kikkoman was also the first Japanese company to introduce soyfoods to America. In 1868 the first Japanese immigrants to Hawaii took kegs of Kikkoman brand shoyu with them. In 1879 Kikkoman brand shoyu was registered in California, where it was exported to Japanese immigrants. Exports rose steadily, until between 1949 and 1954 exports of Kikkoman shoyu to the U.S. ranged from 213,000 to 305,000 gallons a year. Kikkoman's first real attempt to reach any foreign market dates from 1956 when, during the U.S. presidential elections, Kikkoman ran television ads to promote its product to mainstream American audiences as a seasoning for meat, fish, and poultry. In 1957 Kikkoman International Inc., a new sales company was established in San Francisco. Sales skyrocketed. In 1973 Kikkoman opened a huge modern shoyu plant at Walworth, Wisconsin. In 1976 Kikkoman passed La Choy to become America's best-selling soy sauce.

3. Introducing Soyfoods to Hawaii. The first Japanese who arrived in Hawaii in 1868 brought shoyu and miso with them. The earliest known soyfoods company there was a shoyu brewery started in 1891 in Honolulu by Jihachi Shimada. This was also the earliest known soyfoods company started by a Japanese anywhere in the Western world. Hawaii became part of the USA in 1898 by annexation. Hawaii and California were the first two areas in the U.S. where soyfoods became widely available. During the 20th century, Japanese started roughly 183 companies in Hawaii making shoyu, miso, and tofu–far more than Chinese (6) or Koreans (2). They developed innovative new products–such as sweet Hawaiian-style shoyu and miso. These products profoundly influenced the food life of Hawaii.

4. Soyfood Manufacturers in the USA. The earliest known soyfoods manufacturer in the Continental USA was a company (the name is unknown) run by the wife of Chieko Hirata that started making tofu in Sacramento in about 1895. The second earliest was Yamamori Jozo-sho, which started making shoyu in San Jose, California, in 1897. Many of the earliest soyfoods companies in America were run by Japanese Americans. By 1942 at least 158 soyfoods

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manufacturing companies had been started in America by Asian Americans; of these, 143 (91%) were run by Japanese Americans. When *The Book of Tofu* was published in 1975, it listed 55 tofu companies in America, all run by Asian-Americans; 39 were Japanese- and 16 were Chinese-run. Today America's two largest tofu companies are both run by Japanese Americans: Azumaya Co. in San Francisco, and House Foods & Yamauchi Inc. in Los Angeles. Hawaii's three largest tofu companies are also run by Japanese Americans: Aloha Tofu Co., Kanai Tofu Factory, and Hawaii Tofu. Morinaga Nutritional Foods in Los Angeles and Kikkoman Foods in San Francisco both import large amounts of aseptically packaged long-life silken tofu from Japan.

Another major manufacturer is San-Jirushi Corp. of Kuwana, Mie-ken. In the late 1970s San Jirushi started exporting tamari and soybean miso to America. They set up an office in the early 1980s and began to promote their product as "real" tamari to industrial food processors and the natural foods market. In Sept. 1987 the company opened a state-of-the art tamari plant in Richmond, Virginia, with a capacity of 1 million gallons a year. The company now has 75% of the industrial soy sauce market in America.

In Oct. 1986 a major new joint stock company named American Soy Products began producing Edensoy soymilk in Clinton, Michigan. It was a joint venture between Eden Foods and 4 Japanese companies: Marusan Ai, Kawatetsu Shoji, Muso Shokuhin, and Seikensha. Edensoy has since become America's best-selling soymilk. Prior to 1986 much of the soymilk sold in America was made in Japan.

Finally, three of America's 4 largest miso manufacturers are run by Japanese-Americans. The largest is Miyako Oriental Foods in Los Angeles. The other two are located in Hawaii.

5. Soyfoods Imports from Japan. The first importers of shoyu and miso were Japanese distributors such as Japan Foods Corp., Mutual Trading Co. and Nishimoto. But starting in 1962 American macrobiotic and natural foods companies started to import large amounts of shoyu and miso. Pioneers were Chico-San, Erewhon, Eden Foods, Westbrae, Edward & Sons, Tree of Life, and Great Eastern Sun. U.S. imports of soy sauce from Japan jumped from 1.7 million lb (174,400 gallons, worth $317,000) in 1949, to 18.6 million lb (1,897,000 gallons, worth $3,116,000) in 1972, an 11-fold increase in quantity during only 23 years.

6. Teachers and Information. Many Americans first learned about soyfoods from Japanese teachers, especially macrobiotic teachers, such as George and Lima Ohsawa, Michio and Aveline Kushi, Herman and Cornellia Aihara, and Noboru Muramoto. All have written many influential books and lectured and taught extensively since the 1960s. In addition, many young Americans learned how to *make* soyfoods from these macrobiotic teachers. Moreover, Japan is Asia's best source of information about soyfoods. For example, the Soyfoods Center's SoyaScan database contains 5,095 publications and products about soya and Japan, compared with 1,867 on soya and China or Taiwan.

7. Tofu Equipment Manufacturers. Hundreds of tofu companies have started in America since the mid-1970s. The majority of these are run by Caucasian Americans and most use specialized tofu equipment made in Japan by Takai Tofu & Soymilk Equipment Co., or by Sato Shoji.

9249. Bhatnagar, P.S. 1989. Re: New developments with soybeans and soyfoods in India. Letter to William Shurtleff at Soyfoods Center, Dec. 8. 2 p. Typed, with signature on letterhead.

• ***Summary:*** "I have been extremely busy in Establishing the National Research Centre for Soybean, which is one of its own kind, at least in India, if not in Asia. This institution is working solely on soybean... In addition to research on all aspects of soybean production, I am continuing work on utilization of product process development with special reference to screening varieties suitable for soy-food products. Our preliminary work has indicated that soybean varieties Punjab-1, PK-472 and Hardee are most suitable for the production of soy-dairy products particularly Tofu. With slight modification in the process of Tofu making, we are able to develop a product which is a very low priced substitute of pressed cottage cheese commonly known as 'paneer' in India. A food dish having ingredient of 'paneer' is considered to be a priced item and is invariably found in all parties of status.

"While milk paneer (pressed cottage cheese) is sold on an average for Rs. 30 to 40 a kg, soy-paneer 'Tofu' can be made available for Rs. 10/ per kg. This includes packing and marginal profit as well. In contrast to the tofu yield mentioned in your publications, we are able to get a little less than 2 kg soy-paneer from 1 kg dry beans by following modified method. I am very optimistic for the future of the product in the country."

The Dr. Bhatnagar adds on 24 March 1990: "The soybean has occupied an important place in the agricultural and oil economy of India. However, it is yet to be fully exploited as the most efficient low priced source of high quality protein. The urgent need is to develop domestic demand for defatted soyflour." Address: Director, National Research Centre for Soybean, Khandwa Road, Indore 452 011, India.

9250. *Tribune-Star* (*Terre Haute, Indiana*). 1989. Morgans sell land for tofu facility. Dec. 10.

• ***Summary:*** "Fred and Jo Ellen Morgan on Wednesday signed a deed transferring ownership of Morgan's Honey Creek Commercial Park, along Johnson Avenue, to Kyoto Food Group of Japan. Kyoto has announced it will construct a tofu manufacturing facility on the property. The company acquired 25 of the 27 acres in the tract, once a commercial

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tree farm, located between U.S. 41 and Indiana 63, Morgan said. The buyers originally only wanted four acres, but after seeing the great number of trees on the tract the decision was made to purchase all the available land, he said.

"Kyoto did not purchase the two acres belonging to Tim Morgan, which is the site of his feed business. The feed business will continue its operation, Morgan said. The Morgans spent 18 months developing the area for commercial use... The property has numerous evergreens, oak and white birch trees."

9251. J.-P.V. 1989. Innoval croit au soja [Innoval believes in soya]. *Le Figaro–Lyon* (*France*). Dec. 11. [Fre]
• ***Summary:*** Innoval presently has a soymilk capacity of 2,000 liters/hour and a piece of [ultrafiltration] equipment that can produce 500 kg/hour of liquid soy concentrate. The total represents an investment of 20 million French francs. Expected turnover in 1990 is 25 million francs. "Our objectives are to capture 25-30% of the French market, and to gain a significant part of the European market," explains Jean-Marie Gorce, president of the cooperative and general counsel for Innoval.

Innoval now has a line consisting of four products: Innofun soy beverages (vanilla, strawberry, or chocolate); Royales (a type of tofu quenelles); Creamy Concentrate, and Soymilk (*jus de soja;* natural, non-sweetened). And, Innoval has announced that it will introduce sorbets, sauces, desserts, and a pâté à tartiner.

9252. Rogers, Wally. 1989. The Continuous Cooking System sold by Bean Machines, Inc. (Interview). *SoyaScan Notes.* Dec. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Larry Needleman began to develop this cooker in about 1983. It is a continuous, pressurized system. The first one was purchased by Silver Sprout in San Francisco in 1984 for about $17,000. They were never able to make it work, and eventually they junked it. On 1 Aug. 1984 Wally Rogers moved to California and soon he and Steve Fiering bought Bean Machines from Larry Needleman. Wally and Tim Huang did a lot of work on the cooker at the University of California at Davis. The second one was ordered by Tomsun Foods, but they never installed or paid for it. That one is now used by China Rose (formerly Rosewood Foods and The Soy Plant) in Ann Arbor, Michigan. Purchased by them in Dec. 1988, it has a capacity of 300 gallons/hour. Two other systems have been sold: One in Sept. 1989 to Unisoya in Montreal, Canada (600 gallons/hour), and one in Nov. 1989 to Soyfoods of America (800 gallons/hour; Tim Huang now works there). Mr. Eng Lim of Mandarin Enterprises in Richmond (near Vancouver), BC, Canada, is also thinking of buying one. The current price of a 300 gallon/hour system with a cooking time of 2 minutes is $28,500 FOB Hayward, California. The corresponding price of a 600 gallons/hour system is $34,500. The system's modular design allows for simple and inexpensive expansion. The system meets all dairy standards, operates at 230ºF and is CIP.

Note: After the interview, Rogers sent two product description sheets and a color photo of the system.

Update: Talk with Wally Rogers. 1991. Nov. 4. Wally has now installed 6 continuous cookers. The latest showcase system, installed at cost, is at Wildwood Natural Foods in Santa Cruz. It reduced the number of workers by two and saved 2 cents/pound on the cost of making tofu. Wally sold a system to a dairy in Peru. They plant to blend soymilk with cow's milk to reduce the cost; the soymilk will cost 18 cents/liter. They will also sell soymilk in plastic bags. Wally now offers a soymilk system that can produce soymilk whose flavor is as good as that from an Alfa-Laval or an APV/DTD system but whose equipment cost is only 10-15% as much–with a continuous cooker. Tim Huang has left Soyfoods of America for a new career in medicine in Chicago, Illinois. Wally likes the Nichii Microsoy flakes.

Update: Talk with Wally Rogers. 1994. Aug. 22. Other companies that have purchased his Continuous Cooking System are: Wildwood Natural Foods (California; 300 gallons/hour capacity), Les Aliments Alfa (Bolivia, South America; 600 gallons/hour), Northern Soy (Rochester, New York; 500 gallons/hour), Mandarin Enterprises (Vancouver, BC, Canada; 300 gallons/hour). White Wave (Boulder, Colorado).

He now also sells a centrifuge for soymilk extraction, priced at $19,500 FOB San Francisco. It is made in China and has no expensive screens to replace. The capacity is approximately 150 to 200 kg of dry soybeans per hour, with a 3 horsepower motor.

Talk with an owner of a Bean Machines cooker. 1998. Aug. 25. The slurry is cooked in a long tube, under pressure, at various temperatures starting at 212ºF, reaching a peak of 230ºF, and falling to 200ºF at the exit end. Address: President, Bean Machines Inc., 390 Liberty St. #2, San Francisco, California 94114. Phone: 415-285-9411.

9253. Bodis, Laszlo. 1989. Re: Developments with tofu in Hungary. Letter to William Shurtleff at Soyfoods Center, Dec. 13. 2 p. Typed, with signature on letterhead. [Eng]
• ***Summary:*** This is a short account of the company's endeavors to produce and commercialize tofu in Hungary. At the beginning of 1989 tofu first appeared in the type of shops in Hungary (called "reform bolt") that largely correspond to the health shops in Western Europe. There are not many of these shops and the normal grocery stores are not yet willing to take the risk of pioneering tofu. The price of tofu is Ft. 130/kg, not much below pork at Ft. 170. The company has recently issued a booklet on soy-based foods which includes some tofu recipes. They hope the time will come when a booklet on tofu-based food will be justified. They are now translating *The Book of Tofu* into Hungarian, and eventually hope to find a publisher. Address: Director,

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Feherjetechnologiai Tudomanyos Termelesi Egyesules, Budapest XII., Goldmark K. u. 3. Budapest Pf: 340 1536, Hungary. Phone: 155-5202.

9254. Morinaga Nutritional Foods. 1989. TEAMM House drug rehabilitation center receives $10,000 donation from Mori-Nu Tofu (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Dec. 13.
• ***Summary:*** "Actor/political activist Martin Sheen recently accepted a $10,000 donation from Los Angeles-based Mori-Nu Tofu on behalf of TEAMM House, a Malibu-California-based non-profit organization dedicated to helping drug and alcohol abusing adolescents free their lives of chemical dependencies.

"Sheen accepted the check at the Mori-Nu Tofu World Cup of Natural Bodybuilding, an invitational drug-free athletic event held in Redondo Beach, Calif." Address: Los Angeles, California. Phone: 213-728-4325.

9255. *Produce News* (*Fort Lee, New Jersey*). 1989. Mori-Nu sponsors competition. Dec. 16.
• ***Summary:*** Mori-Nu has sponsored the World Cup of Natural Bodybuilding. The photo above the article shows a lovely, well-muscled, bosomy lady in a scant two-piece swimsuit flanked by two men in suits humorously flexing their muscles. The caption reads: "Actor Martin Sheen (left) shows his best bodybuilding stance alongside Marcia Levine, star of Gold Gym's Personal Trainer Video Series, and Yasuo Kumoda, executive vice president of Mori-Nu, at the recent Mori-Nu Tofu World Cup of Natural Bodybuilding." For details, see Morinaga news release (12/89).

9256. Nasoya Foods, Inc. 1989. New trademarks: Nayonaise. *Official Gazette Trademarks* (*Washington, DC*). Dec. 19.
• ***Summary:*** Filed 10-23-1987. Owner of U.S. Reg. No. 1,416,830. For tofu based mayonnaise substitute. (U.S. CL 46). First use 10-19-1987. In commerce 10-19-1987. Address: Leominster, Massachusetts.

9257. Guedemann, Ursula. 1989. Sojabohnen in Garten und Kueche [Soybeans in the garden and kitchen]. *Zum Beispiel* (*Switzerland*) No. 12. p. 21-22. Dec. 21. [2 ref. Ger]
• ***Summary:*** Soybeans are not hard to grow in one's own garden. The seeds can be ordered from Andreas Ellenberger of Ekkarthof, 8574 Lengwil. They can be cooked as whole dry soybeans, or made into sprouts, flour, or tofu. Contains 1 recipe using soy flour and 4 recipes using tofu.

A test of soy sauces conducted by and published in *AGE* (*Aktion gesuender Essen*) in June 1989 showed that Tamari-Bio and Tamari-Lima were the best value (*Bewertung*). In second place came Tamari-Tofu and Kikkoman-Soja-Sauce. Address: Switzerland.

9258. Krieger, Verena. 1989. Soja als Nahrungsmittel: genutzt oder missbraucht? [Soya as a food: Used or misused?]. *Zum Beispiel* (*Switzerland*) No. 12. p. 15-17. Dec. 21. [Ger]
• ***Summary:*** Soybeans can be fermented to make miso, soy sauce, tempeh, or natto. Or the protein can be extracted in traditional ways to make soymilk, tofu, or yuba. One can also make soy sprouts. In the Western world, soybeans are mostly misused to make high-protein meal for livestock fodder, and vegetable oil. Address: Lucerne, Switzerland.

9259. Martmer, Peter. 1989. Tofu–Kaese aus Sojamilch [Tofu–the cheese from soymilk]. *Zum Beispiel* (*Switzerland*) No. 12. p. 18-20. Dec. 21. [Ger]
• ***Summary:*** Describes the process of making tofu at Tofurei Engel, with photos. One photo shows the product label. Address: Tofurei Engel, Ottenbach ZH, Switzerland.

9260. Marjon Specialty Foods, Inc. 1989. New trademarks: Tofu Crumbles. *Official Gazette Trademarks* (*Washington, DC*). Dec. 26.
• ***Summary:*** Filed 6-26-1989. No claim is made to the exclusive right to use "tofu", apart from the mark as shown. For curds of soybeans commonly referred to as bean curds or tofu (U.S. CL. 46). First use 5-16-1989. In commerce 6-2-1989. Address: Plant City, Florida.

9261. Ridenour, Jeremiah. 1989. Re: New tofu company in Santa Cruz, California: Wildwood Natural Foods. Letter to William Shurtleff at Soyfoods Center, Dec. 30. 1 p. Handwritten.
• ***Summary:*** "I have recently come into a relationship with the principals of Wildwood Natural Foods [of Fairfax, California]. Our new company is Wildwood Natural Foods of Santa Cruz, Inc. I am building a small scale cauldron type plant to produce fresh tofu for Wildwood's needs and for secondary product development work.

"Wildwood Santa Cruz is located at 405 Pennsylvania Ave., Santa Cruz, California 95062.

"I hope you both have a prosperous year and that we can visit face to face soon.

"Warm regards, Jeremiah, Virginia, Laura & Timothy." Address: Santa Cruz, California.

9262. *SoyaScan Notes.* 1989. Soya Clips receives 2,105 clips in 1989, up from 1,766 clips in 1988, 1,587 clips in 1987, and 1,586 clips in 1986 (Overview). Dec. 30. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This represents a 19.2% increase over 1988, and shows the strong and growing interest in soyfoods, especially tofu, by the U.S. media. The clips are sent to Soya Clips (c/o Rose International, P.O. Box 5020, Santa Rosa, California 95402-5020. Phone: 707-576-7050. Subscription $300/year) by Luce Press Clippings, America's first clipping service. Luce clips 13,000 publications and has over 3,000

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clients. The other major U.S. clipping service, Burrelle's in Livingston, New Jersey, is about the same size and is also highly recommended. In both, readers read the articles and key all nouns into a computer. The computer then selects the articles.

9263. Delaney, Joan. 1989. New kosher products, from tacos to tofu. *New York Times.* Dec. 31. p. 313. Late edition (East Coast). *

9264. *Ag Biotechnology News.* 1989. Better soybean planned at new tofu center. Dec.
• ***Summary:*** "Scientists at a new research center at Purdue University are trying to breed a better quality and better tasting soybean in making tofu for the Orient and to make no-cholesterol tofu more palatable for U.S. consumers.

"Researchers will work directly with the Japanese sponsor of the center, Mitsubishi International Corp. Geneticist Niels Nielsen said removal of the beany taste may promote better acceptance of tofu in the U.S. and of U.S. soybeans in the Orient.

"The Purdue Research Foundation holds a patent on a less-beany tasting experimental variety developed by Nielsen. About 5,000 acres of the new bean are being grown this year by Indiana growers under contract with Central Soya Inc." Address: Cedar Falls, Iowa.

9265. Brown, Peter J. 1989. Keeping tofu cooler becomes hotter issue. *Soya Newsletter* (*Bar Harbor, Maine*). Sept/Dec. p. 1, 14-16, 18-19. [2 ref]
• ***Summary:*** Discusses the FDA position that tofu is a "potentially hazardous food" and must therefore be refrigerated at food temperatures of 45ºF or less. Address: Contributing editor.

9266. **Product Name:** Really... it's not Cream Cheese. NuTofu (With Casein) [Plain, or Garlic 'n Herbs].
Manufacturer's Name: Cemac Foods Corp.
Manufacturer's Address: Philadelphia, PA 19124. Phone: 215-288-7440.
Date of Introduction: 1989. December.
Ingredients: Plain: Organic tofu, calcium caseinate ([milk] protein), canola oil, natural flavors, sea salt, citric acid, vegetable gum, lecithin.
Wt/Vol., Packaging, Price: 9 oz (225 gm) rectangular plastic tub. Retails for $2.55 (3/90).
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 50, protein 4 gm, carbohydrate 1 gm, fat 4 gm, calcium 65 mg, sodium 45 mg, cholesterol 0 mg, lactose 0 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1990. Jan. p. 58. "NuTofu: The product you use like cheese. New soft spreads. Made with organic tofu and canola oil. Really... its not cream cheese! It's the cream cheese alternative. Low in saturated fat. Cholesterol free. Low in sodium. Lactose free. Low calorie. 100% natural."

Product with Label purchased 1989. March. Lid label. 4 by 2.5 inches. A color photo shows alpine snow-capped mountains. "It's the cream cheese alternative." Side sleeve. Has the same photo. "Cholesterol free. 100% natural. Lactose free. Low sodium. Low in saturated fat. Low calorie. Made with organic tofu and canola oil. Bottom: Medical authorities now recommend reducing cholesterol levels and limiting saturated fat to lower the risk of heart disease. NuTofu is free of cholesterol, free of lactose, low in sodium, and low in saturated fat because we use pure, premium Canola oil." UPC indicia.

A product packaged in almost the same way bears the product name "NuTofu Really... it's not cheddar cheese!" And the text reads, "It's the cheddar alternative."

Soyfoods Center product evaluations. 1990. March 8. (1) Pretty good. It is considerably firmer than dairy cream cheese and a little less white (more beige) in color. The lower fat content makes it taste less rich and creamy. The description of calcium caseinate as "protein" rather than "milk protein" in the ingredient listing seems misleading or deceptive. (2) Claire Wickens: "Standing alone it is disappointing. On or with things (especially salty crackers, but not celery) I think it is a great alternative."

9267. **Product Name:** Really... it's not Cheddar Cheese. NuTofu: Its the Cheddar Alternative (With Casein).
Manufacturer's Name: Cemac Foods Corp.
Manufacturer's Address: Philadelphia, PA 19124. Phone: 215-288-7440.
Date of Introduction: 1989. December.
Ingredients: Organic tofu, calcium caseinate ([milk] protein), canola oil, natural flavors, sea salt, citric acid, vegetable gum, lecithin, annatto.
Wt/Vol., Packaging, Price: 9 oz (225 gm) rectangular plastic tub. Retails for $2.55 (3/90, California).
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 50, protein 4 gm, carbohydrate 1 gm, fat 4 gm, calcium 65 mg, sodium 45 mg, cholesterol 0 mg, lactose 0 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1990. Jan. p. 58. "NuTofu: The product you use like cheese. New soft spreads. Made with organic tofu and canola oil. Low in saturated fat. Cholesterol free. Low in sodium. Lactose free. Low calorie. 100% natural."

Product with Label purchased 1989. March. Lid label. 4 by 2.5 inches. A color photo shows alpine snow-capped mountains. Side sleeve. Has the same photo. "Cheddar spread alternative. Cholesterol free. 100% natural. Lactose free. Low sodium. Low in saturated fat. Low calorie. Made with organic tofu and canola oil. Bottom: Medical authorities now recommend reducing cholesterol levels and limiting saturated fat to lower the risk of heart disease. NuTofu is

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free of cholesterol, free of lactose, low in sodium, and low in saturated fat because we use pure, premium Canola oil." UPC indicia.

A product packaged in almost the same way bears the product name "Really... it's not cream cheese!" And the text reads, "NuTofu: It's the cream cheese alternative." Soyfoods Center taste test. 1990. Feb. Nice.

9268. **Product Name:** [Tofu with Herbs].
Foreign Name: Tofu Kräuter.
Manufacturer's Name: Christian Nagel Tofumanufaktur.
Manufacturer's Address: Osdorfer Landstrasse 4, D-2000 Hamburg 52, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1989. December.
Ingredients: Tofu aus kontr. biolg. Anbau, Meersalz, Buchenrauch [beech smoke].
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 72, protein 8.5 gm, fat 4.5 gm, carbohydrate 1.5 gm.
New Product–Documentation: Label sent by Anthony Marrese after visit to Christian Nagel in Hamburg. 1989. Dec. Named *Tofu–Geräuchert.* Nicely printed self-adhesive label. 7 x 8.5 cm. Black, blue, green and beige on white. 250 gm.

9269. **Product Name:** Soy Supreme Tofu Bits.
Manufacturer's Name: Davisco International, Inc.
Manufacturer's Address: 119 W. Broadway, St. Peter, MN 56082. Phone: 507-931-3160.
Date of Introduction: 1989. December.
Wt/Vol., Packaging, Price: 50 lb bags.
New Product–Documentation: Soya Newsletter. 1989. Sept/Dec. p. 11. This product is formed from spray-dried tofu and flavored to impart a nutty flavor. These nuggets can be used as an ingredient for dessert toppings, confectionery, baked goods, cereals, etc. Contact Michael Morrison.

9270. Friedrich, Corrine. 1989. Cacoja recentre son activité: Filière soja [Cacoja refocuses its activity]. *Process* (*France*) No. 1046. p. 26-29. [Fre]
• ***Summary:*** "In the heart of Alsace, the soy adventure continues. At Issenheim, 20 km from Colmar, Cacoja, an affiliate of the CAC (Coopérative Agricole de Colmar), has worked for several years to master the transformation of soybeans into human foods, using its automated plant. The company's dynamism allowed it to obtain at the last SIAL the prize for development by an affiliate for its entire line of products. Today Cacoja is refocusing its activities on the production of products, both basic/unrefined, and semi-processed (soy milk and soy concentrate, tofu, powder, flour), leaving to industrial food processors the cares of producing finished products."

Recall that in 1985 CAC began to reflect on the possibilities of diversification. They asked: "What will be the foods of the year 2000?" The response from M. Rochet (present director of Cacoja) was that healthfulness would be the key concept. In 1986 they did a market study, then built a factory (investing 16 million French francs and buying a completely automated Alfa-Laval soymilk system), which began operation at the end of 1986.

The semi-continental climate of Haut-Rhin is favorable to the culture of soybeans; 3,500 ha are now grown on the plains of Colmar and Mulhouse. Studies are now underway to reach a compromise between high yield and high protein content. The latter can vary from 32 to 44%. In this region, soybeans are gradually taking the place of cereal grains. 15% of the harvest is processed by Cacoja. A third of the soybeans bear the valued CINAB organic mark.

M. Rochet estimates that the soyfoods market is growing at 40% a year. In 1985 it was the equivalent of 1-2 million liters of soymilk; in 1989 it was 5-7 million liters. Each year Cacoja produces several million liters (figures are confidential) giving it a turnover of 18 million French francs for 1988-89 (July to July). So far, the products have been sold to specialty stores. Since Jan. 1989 Cacoja has exported to Germany, Italy, and the Netherlands the equivalent of 15% of its annual sales. The company plans to increase exports and double production. Cacoja is at the head of the French market and second in Europe.

Since 1987 Cacoja has sold basic materials to food processors under the Formoja brand, but this has led to Cacoja competing with itself. Starting in Jan. 1990 will begin to phase out its finished products and focus on making products for its industrial clients, and supporting these with R&D. A sidebar discusses the Cacoja/Alfa-Laval soymilk and tofu processes. Ultrafiltration is used, and Cacoja also makes powdered tofu and soy flour.

In the journal IESIEL, Mr. Rochet recently emphasized the complementarity between vegetable and animal proteins; they should not be seen as competitors. He predicted that mixed products (soy-dairy, or soy-flesh blends) would soon become popular. The finished products will be commercialized by the affiliate Bio-Soja, which started last July.

There are regulations for all food products, but nothing specifically concerning soy. Thus, in Oct. 1989 AFISA (l'Association française des industriels du soja alimentaire), the French Soyfoods Manufacturer's Association, was created. There are 7 member companies. It goals: To establish product standards with respect to regulation and fraud. To better study the soybean as a new food (nutritional and organoleptic) and technology. To propose studies on this subject. To promote soyfoods. To help interest the public in soyfoods by means of the press.

9271. Golbitz, Peter. 1989. Soyfoods under attack: Editorial. *Soya Newsletter* (*Bar Harbor, Maine*). Sept/Dec. p. 2.

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• ***Summary:*** The FDA has written "'regulatory' letters to a number of tofu companies asking them to change their labels, and call tofu 'soybean curd.' It is their opinion that American consumers aren't familiar with the word 'tofu,' but are with the term 'soybean curd.'" They are also asking retail stores to refrigerate their tofu at 45ºF or below. Address: Soyatech, Bar Harbor, Maine.

9272. Kuntjoro, Sri Utami; Kusnadi, N.; Sayogyo, -. 1989. Demand for corn, cassava and soybean in human consumption: A case study in Java, Indonesia. *CGPRT Working Paper* No. 2. xvii + 116 p. Dec. 25 cm. [19 ref]
• ***Summary:*** Contains much original, detailed information and statistics on consumption, demand, and demand elasticity for secondary food crops (*palawija*) in Indonesia. The main secondary food crops are soybeans (including the soybean products *tahu* {tofu}, *tempe* {tempeh}, *kecap* {soysauce}, and *tauco* {Indonesian-style miso}), corn, cassava, and peanuts. "Pulses, soybean in particular, represent (after cereals) the most important source of vegetable protein for the people of Indonesia. On the whole, soybeans are consumed in the form of tahu (bean curd), tempe (fermented soybean) and kecap (soysauce). Among low-income households, tahu and tempe, which are relatively cheap in price, are (after cereals) a major source of vegetable protein. According to Sayogyo (1985), tempe is also popular among people in the high income groups.

The National Socio-Economic Survey (Susenas), conducted by the Central Bureau of Statistics, collects socio-economic data from a large number of households throughout Indonesia. The use of chemical fertilizer on soybeans has increased from 5.19 kg/ha in 1973 to 80.39 kg/ha in 1982. Per capita consumption of soybeans has risen from 3.28 kg/year in 1968 to 4.45 kg/year in 1983. In the peak year, 1979, it was 5.33 kg/year.

Table 4.2 shows protein consumption from secondary food crops in 5 Javanese provinces in 1981. The amount of protein contributed daily per capita to the Indonesian diet by soyfoods (in the forms of tempeh, tofu, soybeans, soy sauce [kecap], and miso [tauco]) is greatest in Yogyakarta (22.57 gm; 61.1% of total protein consumption), followed by Central Java (14.57 gm; 37.4% of total), Greater Jakarta (13.78 gm; 33.3% of total), East Java (12.96 gm; 32.8% of total), and West Java (6.44 gm; 14.9% of total). As people's income rises, they tend to consume more soyfoods. Soyfoods provide Tempeh makes the greatest contribution to protein intake in every province, followed by tofu, soybeans, soy sauce (kecap), and tauco (Indonesian miso). Tempeh makes the greatest contribution in Yogyakarta, where it provides 17.86 gm/capita/day of protein, or 60% of the protein supplied by secondary crops, and more than any other single source. The amount of daily protein per capita contributed by tempeh is next most important in Central Java (11.48 gm/day), followed by East Java (9.28), Greater Jakarta (8.98), and West Java (4.16). Tofu makes its greatest protein contribution in Greater Jakarta (4.54 gm/day), followed by Yogyakarta (3.57), East Java (3.49), Central Java (2.80), and West Java (1.99). Address: Agricultural economists, Bogor Univ. of Agriculture.

9273. **Product Name:** [Soy and Vegetable Burgers, Tofu and Millet Burgers].
Manufacturer's Name: La Sojeria, S.C.
Manufacturer's Address: Carretera de Vic Km. 30, 08180 Moia (near Barcelona), Spain. Phone: (93) 830 1123.
Date of Introduction: 1989. December.
Wt/Vol., Packaging, Price: Vacuum packed in plastic bags.
New Product–Documentation: Letter from Javier Arocena of Zuaitzo, Spain. 1992. Dec. 14. He knows of three other soyfoods manufacturers in Spain: Natur-Soy, Vegetalia, and La Sojeria, all near Barcelona.

Form filled out by Laura Cami and Mario Rimoldi of La Sojeria. 1993. Feb. 13. Their company introduced these products in Dec. 1989. The burgers are sold in vacuum-packed plastic bags.

9274. Marrese, Anthony. 1989. Re: Visit to Tofu Manufaktur Christian Nagel GmbH in Hamburg, Germany. Letter to William Shurtleff at Soyfoods Center, Dec. 2 p. plus many attachments. Handwritten. [Eng]
• ***Summary:*** Company name and address: Tofu Manufaktur Christian Nagel GmbH, Osdorfer Landstrasse 4, 2000 Hamburg 52, Germany. Phone: (040) 89 49 37.

"Founder and owner: Christian Nagel.

"History: Christian started making tofu in a small garden in a community kitchen in Holland about 7 years ago. When he needed money to support his family, the decision was made to move to Hamburg & he had a strong 'impression' he must make tofu. He contacted a man who was listed as a tofu maker, in order to work for him. The man had purchased all the equipment but never started. So Christian bought the equipment from the man and started making tofu 5½ years ago. The company grew slowly for a couple of year and then began to expand. Christian attributed this expansion to the Chernobyl nuclear disaster in the Ukraine (26 April 1986). And the people's desire for safe food. Christian is again searching for more space in which to make tofu. He has 7 full-time and 4 part-time employees. The people are macrobiotic and have long associations–about 10 years.

Products not purchased (a label for each is enclosed): 1. Tofu-Brotaufstrich (Spread for bread, in a jar; 180 gm; in 3 flavors: Paprika, Räucher [Smoked], Kräuter [Herbs]). 2. Tofu: Plain, with Herbs, Smoked. 3. Burgers, rolls. 4. Tempeh. 5. Seitan.

Marrese encloses a progression of four tofu labels, over 5½ years; the oldest on the top left and the current one on the lower right.

Products purchased (#59) Tofu-Alge. Very good; the

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way I like it.

Product literature: 1. *Tofu Werkstatt* (leaflet, black ink on yellow, 2 panels each side, mentions *The Book of Tofu*). 2. Tofu Nagel (leaflet, black ink on gray, 2 panels each side). 3. Tofu postcard, 10.5 x 15 cm, single sided.

Notes: (1) The Soja plant symbol used on the above literature is the basic symbol on their product labels. (2) Similar company to Taifun (No. 31). (3) Christian sent information to the Soyfoods Center about 1-2 years ago but I have some of the new "stuff." (4) Christian is quite active in the ten or so member "Tofu Section" of the *Naturkost* ("Natural Food") committees and professional work.

Products and production: Tofu (Plain, Smoked, Herbs, with Seaweed), 5½ years. Total production: 1,500 to 2,000 kg per week.

Burgers (*Happen*), 5½ years. Tofu, Grünkern-Tofu Total production: about 3,000 per week.

Kroketten (Croquettes), 2 years. Production small: 100s per week.

Spring Rolls, production small.

Tempeh 5½ years. Production small, 50 kg per week.

Spread for Bread (*Tofu-Brotaufstrich*). Purchased from Tofurei Albert Hess and their label is applied. This is in order to have the product available because of competition and the friendly relationship between Christian and Albert. New product.

Equipment notes: Meat grinder for grinding soaked soybeans. Converted butter churn to separate milk and okara. Milk pasteurizer to cook milk (At present after milk and okara separation) which is causing relatively low yields of 1.7 kg tofu per kg of soybeans. 70 kg tofu tubs which are divided into five x 12 kg pressed slabs. Automatic press for burgers (capacity up to 3,000 per day). Smoke oven.

Okara: Is given away to farmers.

Whey: Is used to warm the water to grind the soybeans. Other products: Seitan. Address: Germany.

9275. Morinaga Nutritional Foods. 1989. Yasuo Kumoda, vice president, general manager (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 1 p. Undated.

• ***Summary:*** "Kumoda supervised the opening Morinaga Nutritional Foods Inc. in Los Angeles in October, 1985, for the marketing and distribution of Mori-Nu Tofu. Prior to 1985, Mori-Nu Tofu was distributed by Mutual Trading Co. of Los Angeles with sales targeted to the Asian market. After the opening of Morinaga Nutritional Foods, sales of Mori-Nu Tofu increased from 60,000 to 400,000 cases in less than four years...

"Kumoda has been instrumental in the implementation of Mori-Nu's 10,000 member Health For Life Club as well as Mori-Nu's 'Healthy Life' newsletter."

Note: Talk with Art Mio. 1990. Feb. 6. It now looks like sales of Mori-Nu Tofu for fiscal year 1989-90, which ends in March 1990, will be about 375,000 cases. Each case contains 25 x 10.5 ounce packs of tofu. This represents 5,906,250 lb/year of tofu, or 113,582 lb/week of tofu. This makes Morinaga one of the top four tofu sellers in the USA, along with House Foods and Yamauchi, Azumaya, and Nasoya Foods. Address: Los Angeles, California. Phone: 213-728-4325.

9276. **Product Name:** Organic Tofu.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1989. December.
Ingredients: Certified organic soybean (non genetically modified), filtered water, natural nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 350 gm and 750 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling these products in Dec. 1989. Orange, white, black and green on red.

9277. **Product Name:** Tofu (Fresh).
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1989. December.
Ingredients: Soybeans, natural nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 500 gm.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in Dec. 1989. Red, blue, green, yellow and light blue on white. This product is targeted to the Chinese market. On the front panel in large white letters on a red background is written Doufu-gan. Fresh.

9278. Sakai, Miyoko; Abe, Motoko. 1989. Quick & easy Japanese cooking for everyone. Tokyo: The Japan Times. xvii + 128 p. Illust. (line drawings, photos). No index. 18 cm.

• ***Summary:*** "The purpose of this book is to introduce foreign residents in Japan to the pleasures of Japanese home cooking." Contains 77 typical Japanese recipes, with an English translation of the recipe name plus the Romanized Japanese name and that same name written in Japanese characters.

One chapter (p. 65-77) is titled "Egg and tofu." Soy related recipes include: Miso soup (p. 6). Pork miso soup (*Ton-jiru*, p. 7). Vinegared rice wrapped in thin fried tofu (*Inari-zushi*, p. 11).

Note: This is the earliest English-language document seen (April 2013) that contains the term "thin fried tofu." It

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refers to deep-fried tofu pouches.

Broiled pork with miso (p. 43). Fresh tofu (Hiya-yakko, p. 72). Tofu salad (p. 73). Tofu with vegetables (p. 74). Tofu steak (p. 76). Fried tofu (Agedashi-dofu, p. 77).

Other soy related recipes: Eggplant with miso (*Nasu no dengaku miso ae*, p. 88). Eggplant and green pepper with miso (*Nasu to piiman no miso itame*, p. 89). Soybeans with vegetables (*Gomoku mame*, p. 92-93). Sukiyaki (with "1 block broiled tofu {*yakidofu*}," p. 96). Address: 1. Teaches Japanese cuisines for foreigners and That dishes for Japanese in Tokyo, Japan.

9279. *Soya Newsletter* (*Bar Harbor, Maine*). 1989. Soy powder plant to be built in Minnesota. Sept/Dec. p. 8.
• ***Summary:*** "The Upper Minnesota Valley Regional Development Commission (UMVRDC) along with PdT, a Minnesota-based specialty soybean supplier, has announced that they will soon be signing an agreement that will result in the building of a soy powder plant sometime in the Spring of 1990. The plant, being built in conjunction with Showa Boeki of Osaka, Japan, will produce Neo Soya Powder (NSP), made through a proprietary dry process. The Minnesota group plans to buy, dismantle and install Showa Boeki's soy powder system in Madison, Minnesota. Showa Boeki will have a five year agreement with the group to buy their NSP. The powder will be shipped to Japan and used in producing tofu and other products."

9280. *SoyaScan Notes.* 1989. Major soy-related company acquisitions and mergers worldwide 1970-1989 (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1970 March–Miles Laboratories of Elkhart, Indiana (most famous as the maker of Alka-Seltzer) acquires Worthington Foods of Worthington, Ohio (most famous for its Morningstar Farms line of meat alternatives), making it a wholly owned subsidiary.

1973 Jan. 15–ADM acquires 50% of British Arkady Holdings Ltd. and its subsidiary British Arkady Co. Ltd. of Old Trafford, Manchester, England.

1977 (late)–Bayer A.G. of Germany (makers of Aspirin) acquires Miles Laboratories of Elkhart, Indiana; as part of the deal they Worthington Foods, a subsidiary of Miles.

1979–Bunge Corp. acquires Lauhoff Grain Co. of Danville, Illinois.

1982 Oct. 15–Worthington Foods is repurchased from Miles Laboratories by a group of three Seventh-day Adventist investors in a leveraged buyout. During the 12 years under Miles, sales increased five-fold. Sales volume in 1983 was an all-time high. The company employed 250 people.

1983 April 21–Hybritech Seed International, Inc., a wholly-owned subsidiary of Monsanto Company, purchases the Jacob Hartz Seed Co. of Stuttgart, Arkansas.

1983–House Food Industrial Co., Ltd. of Japan purchases 50% ownership in Yamauchi Enterprises (formerly Hinode Tofu Co., owned by Mr. Shoan Yamauchi) in Los Angeles. The company is renamed House Foods & Yamauchi, Inc.

1985 May 31–Barricini Foods Inc. acquires Farm Foods (makers of Ice Bean soy ice cream) of Summertown, Tennessee.

1985 March–British Arkady acquires Direct Foods Ltd.

1986 Feb.–British Arkady acquires Vegetarian Feasts Ltd.

1986 Dec. 1–White Wave acquires Soyfoods Unlimited, Inc. of San Leandro, California. It is White Wave's first acquisition.

1987 Aug.–British Arkady acquires Haldane Foods Ltd. and Regular Tofu Co. Ltd. It also acquires Vegetarian Cuisine Ltd. in 1987.

1987 Oct.–The Ferruzzi Group in Ravenna, Italy, acquires Central Soya Co. in Ft. Wayne, Indiana.

1987 Dec. 31–ADM acquires the rest of British Arkady Holdings Ltd. so that it now owned 100%.

1988 Jan.–The British Arkady Group acquires Haldane Foods.

1988 Feb.–Westbrae Natural Foods (of Berkeley, California, maker of soymilk) is merged with and becomes a wholly-owned subsidiary of Vestro Foods, a publicly traded company in City of Commerce, Southern California. Most of Westbrae's top management decides not to stay with the company.

1988 Sept.–Haldane Foods Group acquires Realeat Foods Ltd.

1989 Feb.–Haldane Foods Group acquires Saucemasters Ltd. It also acquires Genice Foods Ltd. in March 1989.

1989 Feb. 16–Edward Lowe of Michigan, the inventor of Kitty Litter, purchases the majority of shares in INARI Ltd. from Len and Irene Stuttman; but they. kept a minority ownership in the company.

1989 April–Huegli Naehrmittel A.G. acquires Yamato Tofuhaus Sojaprodukte of Tuebingen, Hirschau, West Germany. Note: This is the earliest record seen (Feb. 2013) that mentions Huegli in connection with soy.

1989 April 22–Lima Foods of Belgium acquires Jonathan P.V.B.A. of Belgium.

1989 Sept.–Lima Foods of Belgium is purchased from Vibec by Euronature (pronounced as in French, YU-ro na-TYUR), a large international food company headquartered in Paris, France.

9281. Tofu-Manufaktur Christian Nagel GmbH. 1989. Nagel's Tofu [Nagel's Tofu (Leaflet)]. Hamburg, Germany. 2 panels each side. Each panel: 21 x 14.8 cm. Undated. [Ger]
• ***Summary:*** Printed black on bluish-gray paper. At top of front panel, back soybean plant and "Nagel's Tofu." Plus the company address and phone number.

Contents: Introduction. The many benefits of

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tofu: Rich in high-quality protein, excellent for protein complementarity, low in calories, free of cholesterol, rich in vitamins and minerals, easily digestible, extremely versatile in the kitchen.

A table shows the nutritional composition of tofu, soymilk, fried tofu, grilled tofu, okara, and vegetable tofu (*ganmodoki*). Ideas for cooking with tofu (recipe ideas). Use of tofu as a medicine (tofu plaster). Tofu as a possible solution to the world food problem; the protein yield of different foods and animals from 1 hectare of land. Soybeans are #1 and meat gives the lowest yield. References (2).

Note: An earlier edition of this leaflet was printed (black on yellow) in about 1984 or 1985. Address: Osdorfer Landstrasse 4, 2000 Hamburg 52, Germany. Phone: 89 49 37.

9282. **Product Name:** [Tofu Spread for Bread (Paprika, Smoked, or with Herbs)].
Foreign Name: Tofu-Brotaufstrich (Paprika, Räucher, Kräuter).
Manufacturer's Name: Tofu-Manufaktur Christian Nagel
Manufacturer's Address: Osdorfer Landstrasse 4, D-2000 Hamburg 52, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1989. December.
Ingredients: Tofu*, brown rice*, safflower oil*, paprika, tomato pulp*, vegetable broth / stock (*Gemüsebrühe*), Sea salt (*Meersalz*), herbs. * = Aus kontrolliert biolgischem Anbau.
Wt/Vol., Packaging, Price: 180 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm: Calories 158, protein 8.9 gm, fat 11.3 gm, carbohydrate 5.2 gm.
New Product–Documentation: Label sent by Anthony Marrese after visit to Christian Nagel in Hamburg. 1989. Dec. Name: *Tofu–Brotaufstrich* Nicely printed on self-adhesive label. 13 x 4 cm. Black, blue, red and green on white. 180 gm.

9283. **Product Name:** Meatless Healthy Links (Tofu Breakfast Sausages).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1989. December.
New Product–Documentation: Talk with Steve Demos. 1989. May 13. This product will be officially launched in Sept. Talk with Steve Demos. 1989. Nov. 1. The term Links need not be approved by the FDA. Anyone can use the term. The product is not yet out, nor has it been in any interstate sales yet. It is made in Denver. It should be out soon, probably by mid-December.

9284. Altemeier, Klaus; Bottema, J.W.T.; Adinugroho, B.; Daris, N. 1989. Quality and price determinants of secondary crops in Indonesia. *CGPRT Working Paper* No. 1. 57 p. * • ***Summary:*** This paper reports on extensive research conducted in East and West Java covering grain quality and implicit prices of maize, soybean and groundnut. Government quality standards are compared to traders practices and the quality checks run by animal feed and Tahu and Tempe industries. It is concluded that domestic quality of maize, soybean and groundnut falls below quality of imported grains. Floor prices are indicated to be of theoretical value only, because domestic prices never move below floor prices. It is suggested a policy on nutritional standards be considered, which could have a beneficial effect for all participants in the market system.

9285. **Product Name:** [Tofu, Smoked Tofu, Grilled Tofu, Deep-Fried Tofu, and Tofu Spread, Seitan].
Foreign Name: Tofu, Diljeni tofu, Grill tofu, Tofu przen u dubokom ulju, Tofu namaz, Seitan.
Manufacturer's Name: Anyo.
Manufacturer's Address: Akolska Ulica 43A, 51215 Kastav (near Rijeka), Croatia, Yugoslavia.
Date of Introduction: 1989.
New Product–Documentation: Talk with Bill Spear. 1991. Sept. 7. There are two commercial soyfoods manufacturers in former Yugoslavia. The best contact is Ivan Jugovac (about 40 years old), owner of Anyo located at Skolska Ulica 43A, 51215 Kastav (near Rijeka), Croatia, Yugoslavia. Anyo, which started about 2-3 years ago, makes 250-300 kg/week of tofu (100 kg/day in 4 or 5 batches) and 150-200 kg/week of seitan. From the tofu they also make smoked tofu, grilled tofu, deep-fried tofu, and tofu spread (with okara). The tofu is made in a 100-liter steam jacketed kettle and the nigari is imported from Japan. Their soybeans (which are not organically grown) come from Becej (pronounced BECH-ay) in Serbia, Yugoslavia. The business is doing well.

Letter from Anka Bagic Sayre and Paul Sayre. 1996. June 13. They have just returned from a year in Croatia, and now live in San Francisco, California. They met Ivan Jugovac and sold him one copy each of *The Book of Tempeh* and *Tofu & Soymilk Production.*

Talk with Zlatko Pejic of BioVega in Zagreb, Croatia. 1998. March 17. In 1987 Ivan attended courses in macrobiotics and small-scale production of soyfoods and seitan, over a period of several years, at the Society for the Improvement of Quality of Life (MacroNova Center) in Zagreb. He also experimented at home; he is a mechanical engineer, so he invented a lot of machinery and adopted other food processing equipment to tofu production. He started Anyo in 1989, and named the company after his sweetheart.

Note: This is the earliest known commercial soy product made in Croatia. It is also the earliest known commercial tofu made in Croatia.

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9286. Berthier, A.M. 1989. Soja, quelle place dans l'alimentation? [Soya: What is its place in the diet?]. *Revue Laitiere Francaise* No. 483. p. 35. [Fre]*
• ***Summary:*** A brief study of the composition and nutritive value of the soybean and products derived from it, such as soy sprouts, tofu, soy sauce, and miso.

9287. **Product Name:** [Formoja Tofu Lasagna].
Foreign Name: Formoja Lasagne au tofu.
Manufacturer's Name: Cacoja. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France.
Date of Introduction: 1989.
Wt/Vol., Packaging, Price: 300 gm tins (cans).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Calories 97.5, protein 5 gm, fat 1.5 gm, carbohydrate 16 gm.
New Product–Documentation: Paul Tjomb. 1990. RIA (Revue des Industries Agro-Alimentaires) No. 443. 14 May to 5 June. "Le pâté nouveau est arrivé: Ingredients, soja." A large part of its activity is devoted to developing convenience prepared foods (plats cuisinés) which contain an average of 20% soya. The company also offers quenelles (like sausages), ravioli, and lasagne which are distributed fresh with a shelf life of 3 weeks.

Letter and Label sent by Sylvain Stievenard of Sojinal (named Cacoja prior to Aug. 1990). 1990. Sept. 24. This product was introduced in 1989.

9288. **Product Name:** Crispy Tofu Grills (Farmhouse Style, Italian Style, or Tandoori Style).
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1989.
Ingredients: Farmhouse Style: Original and smoked tofu (water, soya beans, calcium sulphate), brown rice, textured soya flour, cabbage, onion, potato, tomato, mushrooms, peas, potato powder, pea fibre, apple juice, lemon juice, herbs & spices, vegetable oil, vegetable stock.
Wt/Vol., Packaging, Price: 150 gm paperboard box.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: calories 185, protein 10.7 gm, fat 9.5 gm, carbohydrate 14.9 gm.
New Product–Documentation: Label. 1989, sent by Philip Marshall. Paperboard box. Brown, green, red and black on white. Color photo of oval burger-like product on front. Hole in back of package allows consumer to see product. "Just heat to eat. Contains no meat, dairy products, or artificial additives." Package bears the green "V" symbol "Suitable for vegetarians."

SoyaFoods (ASA, Europe). 1990. 1(1):3. A photo shows the label.

9289. **Product Name:** Tofuloni (Meatless Sliced Tofu Sausage) [Country, or Spicy].
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1989.
Wt/Vol., Packaging, Price: 100 gm.
How Stored: Refrigerated.
New Product–Documentation: Label. 1989, sent by Philip Marshall. Green, red and black on white. Color photo of five slices on a plate. "Five slices ready to eat. A unique combination of spiced tofu, mixed grains, sunflower seeds and fine vegetables, cooked and sliced.

"Tofuloni makes a delicious vegetarian starter, or an exciting addition to salads and sandwiches." Package bears the green "V" symbol "Suitable for vegetarians."

SoyaFoods (ASA, Europe). 1990. 1(1):3. A photo shows the label.

Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in 1989.

9290. **Product Name:** [Tofu with Nori].
Foreign Name: Tofu–Alge.
Manufacturer's Name: Christian Nagel Tofu-Manufaktur.
Manufacturer's Address: Osdorfer Landstrasse 4, D-2000 Hamburg 52, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1989.
Ingredients: Water, soybeans*, nori (algae), spices, magnesium chloride (nigari). * = Organically grown (*aus kontrolliert-biologischem Anbau*).
Wt/Vol., Packaging, Price: 300 gm poly bag. Retails for DM 1.90.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. Jan. 2.75 by 3.25 inches. Red and blue on white. A protein preparation from soybeans. Cholesterol free. After opening, store in cool water that is refreshed/changed daily. This package is friendly to the environment (*umweltfreundlich*). It has the approval of the Ministry of Health.

Talk with Christian Nagel. 1990. May 4. This product was introduced in 1989.

9291. Combemale, Isabelle. 1989. Un nouvel outil de production du tofu en continu: Reportage soja [A new tool for the continuous production of tofu: Reporting on soya]. *Technique Laitiere* [*Process, Rennes*] No. 1038. p. 51-54. [Fre]
• ***Summary:*** A description of the installations at the cooperative "The Silos de Valence" used for automated, continuous tofu production. Describes processing conditions

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and the principal outlets for the products obtained: Miso, soymilk (flavored desserts), and by-products (okara).

Les Silos de Valance, a cooperative that produces soybeans in the south of France, first considered processing soybeans for human consumption while looking for new markets and more profitable high value-added products. In 1988, after market surveys and feasibility studies had confirmed the choice, they established a new company named Innoval. The new production plant in Valence is similar to the one built by Alfa-Laval for Cacoja at Issenheim in 1987. Soymilk base is continually processed up to the point where it is coagulated into tofu.

The new and innovative part of the plant is the concentration of the soymilk base using ultrafiltration (developed by Tech-Sep) [also a DTD patent!] and continuous dosing of the calcium sulfate coagulum, developed and patented by S.E.R.E.A. and equipment built by Steachma.

Simultaneously with coagulation, spices, herbs, vegetables, etc. are added. The total production is sold to the diary industry, which markets and distributes the products.

The article ends by noting that large companies like Alfa-Laval and Nestle are interested in soybean utilization and many soymilk products are currently marketed by Celia, Triballat, and Est Lait dairy groups in France.

Black-and-white photos show: (1-4) Equipment inside the Innoval plant. (5) Several Innoval products, incl. Inno Fun. (6) An exterior view of the Innoval plant, with details about two companies: (1) Innoval–Address: Allée Joule, Les Auréats, 26014 Valence cedex. Director: M. Pastonnier. Asst. Director: Mr. Reynaud. Capital: 4.8 million francs, of which 70% is Silos de Valence and 28% is financial establishments. Personnel: 10. Expected transformation in 1989: 700 tonnes of grains. (2) Les Silos de Valence–Cooperative of cereal grain producers with capital in 1987 of more than 100 million francs. *Remise d'adherents:* 5,300. *Producteurs outils:* 1,130. Personnel: 21. (7) Messrs. Tocart, Steachma, and Toulouse. (8) The front gate. Address: Ingénieur agro-alimentaire [France].

9292. **Product Name:** [GranoVita Organic Tofu Spread (With French Country Herbs, Tomato, Vegetables, or Green Pepper)].
Foreign Name: GranoVita Bio-Tofu-Pastete (Kraeuter der Provence, Tomate, Gemuese, Gruener Pfeffer).
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1989.
Ingredients: Bio-Tofu (water, bio-soybeans*, calcium chloride), water, onions, plant oils and fats in changing proportions, bio-soy flour*, lecithin plant emulsifier, seasonings, provincial herbs. * = Organically grown.
Wt/Vol., Packaging, Price: 160 gm glass Jar. French Country Herbs retails for DM 2.98.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 240, protein 4.4 gm, usable carbohydrate 4.8 gm, fat 22.1 gm.
New Product–Documentation: Label for French Country Herbs sent by Anthony Marrese. 1989. 5 by 8.5 by 1.5 inches. Self adhesive. Green, red, and black on white. Color illustration shows a pagoda and gate. Exklusiv Neuform certification symbol. "French style spread for bread. Made purely from plants." Also received as a tiny (25 gm) package of Granovita Sandwich Pastete: Hausmacher Art. "Sojamehl" (Soy flour) is a minor ingredient in it. It retails for DM 0.75.

Manufacturer's brochure. 1989? "Bio-Tofu for the High Quality Kitchen." p. 4-5. A color photo shows the labels of all 4 flavors. Each contains the pagoda and a color photo. The tomato has a delicate flavor, the vegetable is spicy, and the green pepper is fiery.

9293. **Product Name:** [GranoVita Organic Tofu Patties (Curry, Greek-Style, French Country Herbs, Green Pepper)].
Foreign Name: GranoVita Bio Tofuletten (Curry, Griechische Art, Kraeuter der Provence, Gruener Pfeffer).
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany. Phone: (04131)-303-145.
Date of Introduction: 1989.
Ingredients: Curry: Organic tofu (water, organically grown soybeans, calcium chloride), vegetable oil, water, egg protein, whole wheat, spices, carob bean meal as a plant-based thicker, honey.
Wt/Vol., Packaging, Price: 125 gm vacuum pack poly bag, 3 patties per bag. Retails for DM 2.98.
How Stored: Refrigerated.
Nutrition: Curry. Per 100 gm.: Protein 10.3 gm, fat 27.1 gm, usable carbohydrates 11.5 gm, calories 331.
New Product–Documentation: Label for Curry sent by Anthony Marrese. 1990. Jan. 2.75 by 5 inches. Red, green, gold, and black on white. "Contains no flesh." An illustration (line drawing) shows a pagoda at the top of the label and a pan containing the patties at the bottom. Exklusiv Neuform certification symbol.

Manufacturer's brochure. 1989? "Bio-Tofu for the High Quality Kitchen." p. 4-5. A color photo shows the labels of all 4 flavors.

Form filled out and original Labels (for Curry, French Country Herbs, and Griechische Art) sent by DE-VAU-GE. 1990. June 11. These products were introduced in 1989.

Form filled out and new Labels sent by DE-VAU-GE. 1990. June 11. The product was introduced in 1989. New Label for curry. 5 by 8.5 by 1.5 inch paperboard box. Black, gold, red, green, and orange on white. A stylish color photo

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on the front panel shows the dish ready to serve next to rice, garnished with 2 slices of tangerine and a spring of mint. At the top of the front panel: "The whole foods kitchen for the gourmet" (Die Vollwertkueche à la Gourmet). The subtitle is "In curry-fruit sauce with pumpkin seeds & rice. A ready-to-heat menu for 1 person. Enjoy without flesh." The box contains two pouches: one with the tofu cubes and curry-fruit sauce; the other with the rice and pumpkin seeds. The back panel shows how these can be heated in either a water bath, a cooking pot, or a microwave oven. Ingredients: (1) Organic tofu cubes: Organic tofu (water, soybeans*, calcium chloride), vegetable oil, water, egg protein, raisins, spices, wheat, plant thickener (carob seed meal), spices, honey. (2) Curry & Fruit Sauce: Water, milk, fruits (peaches, apricots, pears), cream, paprika, vegetable oils and fats in varying amounts, wheat flour, rice flour*, spices, seasonings, sea salt, plant thickener (carob bean seeds). (3) Water, natural rice, pumpkin seeds (Kuerbiskerne), vegetable oil, sea salt. * = certified organically grown (aus anerkanntem kontrolliertem biologischen Anbau). Weight: 350 gm. Per 350 gm portion: Protein 20.3 gm, fat 33.0 gm, carbohydrates 54.2 gm, fiber 6.7 gm, calories 595, 1 BE = 77 gm. Exklusiv Neuform certification symbol.

9294. **Product Name:** [Seasoned Tofu, Herb Tofu, Tofu with Sea Vegetables, Fried Tofu Cutlets].
Foreign Name: Gewuerz Tofu, Kraeuter Tofu, Algen Tofu, Fritierter Tofu.
Manufacturer's Name: Die Tofurei (Formerly Berliner Tofurei).
Manufacturer's Address: Luebbenerstr. 4, D-1000 Berlin 30, West Germany. Phone: 030 / 393 0927.
Date of Introduction: 1989.
New Product–Documentation: Letter from Anthony Marrese based on an interview with Detlef Dorow and Ralf Hoffmann. 1992. Jan. 13. Menu from their restaurant.

9295. Doborjan, Karolyne; Goenczi, Ildiko. comps. 1989. Eteleink szojaval. Masodik kiadas [Our soya foods. 2nd ed.]. Budapest, Hungary: Feherjetechnologiai Tudomanyos Termelesi Egyesules (Association for Protein Research Technology and Production). 48 p. [Hun]
• ***Summary:*** This is a soyfoods cookbook, compiled by two Hungarian women, with recipes using tofu, soymilk, and TVP.

Contents: Introduction. I have prepared it and enjoyed it: List of products and first courses. Soups. Main courses. Desserts, candies and cakes. Beverages. The introduction gives a short account of the aim of the booklet: to serve as a guide for the reader to the use of different soy products. Address: Budapest XII., Goldmark K. u. 3. Budapest Pf: 340 1536, Hungary. Phone: 155-52-02.

9296. **Product Name:** [Gerblé Soya-Chocolate Bars].
Foreign Name: Gerblé Barres Soja-Chocolat.
Manufacturer's Name: Gerblé. Div. of Diététique & Santé.
Manufacturer's Address: B.P. 106, 31250, Revel, France.
Date of Introduction: 1989.
Ingredients: Milk chocolate, milk proteins, soybeans (grain de soja; 10%), saccharose, vegetable oil, invert sugar, glucose syrup, wheat germ (3.3%), calcium, sorbitol, natural aroma, apricot, gelatin, soy lecithin.
Wt/Vol., Packaging, Price: 115 gm paperboard box contains 5 bars.
How Stored: Shelf stable.
Nutrition: Per 100 gm.: Calories 472, protein 14.4 gm, carbohydrate 53.0 gm, fat 22.6 gm, calcium 1305 mg.
New Product–Documentation: Form filled out and label sent by Anthony Marrese. 1989. Nov. This product was launched in 1989. The contact person is Mr. Villac in International Marketing. Gerblé, the division that supplies the health food stores, started using soya in 1988. Diététique & Santé has a wider market and at present all soya use is through the Gerblé division. A lot of their market is just opening up and forming. This company's products are very professionally packed and produced. They taste very good. Tofu is added to enhance the nutrition, taste, and texture of the bars. [But note that the ingredients listing does not mention tofu.] Label. 1989. 4.5 by 4.75 by 1.5 inch paperboard box. Orange, dark brown, and gold on white and tan. A photo shows a bar half out of its wrapper, a bar cut crosswise into halves, some soybeans, and an ear of wheat. "Dietetic bars rich in calcium. Rich in minerals." Bars are individually wrapped in 23 gm sizes. A 6-panel; leaflet in the box talks mostly about human calcium needs.

9297. **Product Name:** Tofu.
Manufacturer's Name: Han Yang Oriental Food Manufacturing.
Manufacturer's Address: 3819 94th St., S.W., Tacoma, WA 98499. Phone: 206-588-7303.
Date of Introduction: 1989.
New Product–Documentation: Talk with Ed Elkin. 1991. Feb. 8. About 12-15 months ago Boo Han changed hands; it is now named Hang Yang, owned by Mr. Choy, a Korean-American, who does not speak English–although his brother does. Hang Yang is very aggressive and doing well; he just upgraded to a new tofu system. The company is at the same location it was when he purchased it from Boo Han. He makes tofu, rice cakes, and kimchi. In Feb. 1991, the phone directory has a listing for Han Yang Oriental Food Manufacturing, 3819 94th St. S.W., Tacoma, Washington 98499. Phone: 206-588-7303.

Form filled out and faxed by John Choi, owner. 1998. July. Han Yang Oriental Food Mfg., 3819 94th St. S.W., Tacoma, WA 98499. Phone: 253-588-7303. Company began making and selling tofu on 1 March 1989.

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9298. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Kornblumenhof.
Manufacturer's Address: Graz, Austria.
Date of Introduction: 1989.
New Product–Documentation: Talk with Heribert Lecker, who calls from Austria. 1999. Jan. 14. This company began making tofu in 1989–which was before Heribert joined it. They now make 200-400 kg/week, using soybeans grown organically in Austria. He used to grow his own organic soybeans in Austria, but he stopped so he could focus on making foods. The company has two competitors in the tofu market: Sojvita and Sojarei, both located in or near Vienna. They also make a variety of other foods from corn, bread, etc. They have two books by Shurtleff & Aoyagi: *Tofu & Soymilk Production* and *Das Tofu Buch.*

9299. **Product Name:** Barat Tofu Chocolate Rice Round [Unsalted, or Salted].
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1989.
Ingredients: Barat Tofu Chocolate Coating: Organic granulated sugar cane juice (Sucanat), unsweetened chocolate cocoa butter, tofu powder, soya lecithin (a natural emulsifier), pure vanilla. Rice cake: Organically grown brown rice and rice.
Wt/Vol., Packaging, Price: 1-1/3 oz (39 gm).
How Stored: Shelf stable.
Nutrition: Serving size: 1 rice round. Calories 180, protein 3 gm, carbohydrates 25 gm, fat 9 gm, cholesterol 0 mg, sodium 5 mg, potassium 170 mg.
New Product–Documentation: Label. 1989. 6.25 by 4.5 inches. Red and gold on purple. "Non-dairy. No white sugar. No cholesterol. With Lundberg family farms organic rice cake. World class Barat Tofu Chocolate internationally renowned Lundberg Family Farms Rice Cakes are teamed together in a delicious new healthy snack. The deep rich taste of tofu chocolate surrounds the crispy goodness of whole grain rice with all its bran and fiber intact. Barat Tofu Chocolate Rice Rounds–a deliciously satisfying and healthy snack for only 180 calories." Purple photo of Chandri & Gary Barat.

Letter from Chandri Barat. 1989. "This brand new product is doing exceedingly well. It's just right for the new 'Healthy Snack' category. We have just moved our offices from 116 Fairfield Road. Our new address is P.O. Box 426, Schoolhouse Park, 112 Main Road, Montville, New Jersey 07045. Phone: 201-263-1013."

9300. **Product Name:** Tofu, Soy Milk, Tempeh, Soy Ice Cream, Soy Punch.
Manufacturer's Name: Natural Cafe. Expanded to include La Soyarie by June 1994.
Manufacturer's Address: Mailing address: 73 Chaussee Rd., Castries, St. Lucia, West Indies. Plant: Union Hilltop Choc, Castries. Phone: 809-452-6421.
Date of Introduction: 1989.
New Product–Documentation: Plenty International. 1994. Jan. A Guide to Growing and Using Soybeans for Food. p. 30. This company makes fresh soyfoods.

Form filled out by Johnson Clarke, Manager. 1994. May 25. The plant is now located at Union Hilltop Choc, Castries, and the phone number is 809-450-2570. The company was founded in 1989. The founders were Johnson Clarke, Maya Clarke, and Ignatius Longville. The original purpose was to work as a group to produce high-quality foods at an affordable price and to educate the populace about soybeans. There have been no changes in the company address or ownership. Milestones: (1) When Johnson built a proper structure of concrete for processing; and (2) When CIDA (Canadian International Development Agency) gave the group a grant to purchase some equipment in 1991. Reasons for success: "I am the only person on the island that is processing [soybeans] on a commercial scale, and I take pride and joy in what I'm doing." The company makes tofu, soy milk, and tempeh, and it buys and markets Vitasoy soymilk, miso, soy oil, Mori-Nu tofu, and soy powder. They make about 100 lb/week of tofu, and they use about 7 gallons of soy milk to make soy ice cream and soy punch. The company's three best-selling products (in descending order of dollar value) are tofu, soy punch, and soy ice cream. The company now employs 6 people. Their factory is 14 x 30 feet. Offices are in a separate building. Net sales last year were "not much" and the net worth of the business is "not much." "We are a small group of six and just making ends meet. We still have a long way to go in making the population of St. Lucia realize the true potential of soybeans. I don't know if we can continue since were are poorly equipped for processing the beans and packaging the products to sell at supermarkets and shops. We are presently selling only at one small outlet we own. We could sell at hotels, supermarkets, and shops if we had proper packaging equipment such as a vacuum packer." Note: This is the earliest known commercial soy product made in St. Lucia.

9301. **Product Name:** [Nutana Tofu–Oriental-Style].
Foreign Name: Nutana Tofu Oriëntaal.
Manufacturer's Name: Nutana Helsekost.
Manufacturer's Address: Ringstedvej 531, DK-4632 Bjaeverskov, Denmark.
Date of Introduction: 1989.
Wt/Vol., Packaging, Price: Can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Black-and-white photo of the can and label sent by Eric Fehlberg. 1990. May 24. A photo on the front panel shows cubes of tofu in a sauce with

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mushrooms and other vegetables.

9302. **Product Name:** [Tofu].
Foreign Name: Tofu: Kotimanien–Inhemsk Soijavalmiste Sojaprodukt.
Manufacturer's Name: Oy Soya Ab.
Manufacturer's Address: Asgatan 5, 10600 Ekenäs, Finland.
Date of Introduction: 1989.
New Product–Documentation: Letter from Thomas Andersen of Urten's Tofu in Denmark. 1990. June. He has just returned from Finland where he has helped this tofu shop to get started. They are now in business.

Letter from Wataru Takai of Takai Tofu & Soymilk Company of Ishikawa-ken, Japan. 1994. Feb. 2. He sold this company tofu equipment, FM50(S), in Jan. 1990. Address: P.B. 86, SF-10601 Ekenas, Finland.

Letter and Label sent by Stig Westerlund of Oy Soya Ab. 1994. April 22. The company began making tofu (their first soyfood product) in 1989. They are now making about 4,000 lb/month. Their address is now Backagatan 36, SF-10940 Hango, Finland. Label: 5 by 3.5 inches. Black and white on clear plastic. 270 gm.

9303. Poole, C. 1989. A case-control study of diet and colon cancer. Thesis, Harvard School of Public Health, Boston, Massachusetts. *
• ***Summary:*** Consuming soyfoods appeared to reduce the risks of colon cancer by about half. Specifically, the author noted a relative risk of 0.53 (CI = 0.11-2.66) for colon cancer for people eating tofu/soybeans more (vs. less) than once a month–although the number of people with high soy intake was small.

9304. **Product Name:** Soya Nova Marinated Tofu Slices [Spicy, Curry, or Barbecue].
Manufacturer's Name: Soya Nova Tofu Shop.
Manufacturer's Address: R.R. #2 Rourke Road, C-28, Ganges, Saltspring Island, BC, V0S 1E0, Canada. Phone: 604-537-9651.
Date of Introduction: 1989.
Ingredients: Tofu: Organically grown soybeans, nigari, well water. Marinade: Water, tamari soy sauce, unrefined oil (safflower and toasted sesame oil), herbs, spices, fresh onion, garlic.
How Stored: Refrigerated.
New Product–Documentation: Letter from Greg Lundh of Silverking Soya Foods in Nelson, BC, Canada. 1990. Dec. 14. Soya Nova Tofu Shop introduced this product in 1989.

9305. **Product Name:** [Tofu, Tempeh].
Manufacturer's Name: SoyaLab.
Manufacturer's Address: Zagreb, Croatia.
Date of Introduction: 1989.
New Product–Documentation: Talk with Zlatko Pejic of BioVega in Zagreb, Croatia. 1998. March 17. This company, which was started by Nad Miljenko (pronounced Nadj Milyenko), makes tofu and tempeh.

9306. **Product Name:** [Soyana Tofu Hors d'Oeuvres].
Foreign Name: Soyana Tofu Pastete.
Manufacturer's Name: Soyana.
Manufacturer's Address: Friedensgasse 3, Postfach 8039, CH-8002 Zurich, Switzerland. Phone: 01-202-8997.
Date of Introduction: 1989.
New Product–Documentation: Talk with Walter Dänzer of Soyana. 1990. May 30. Tofu pastete were launched in 1989.

9307. **Product Name:** [Soyaquell Tofu Sausage (With Herbs, Cereal Grains, Pepperoni, Mushrooms, Mace, Head Waiter/Butler, Morel Mushrooms)].
Foreign Name: Soyaquell-Tofuwurst (Kraeuter/aux Herbes, Getreide/Céréales, Peperoni/Poivrons, Champignons, Muskat/Muscade, Maître d'Hôtel, Morcheln/Morilles).
Manufacturer's Name: Soyaquell [Soyana].
Manufacturer's Address: Friedensgasse 3, CH-8039 Zurich, Switzerland.
Date of Introduction: 1989.
Wt/Vol., Packaging, Price: Weight varies.
New Product–Documentation: Labels sent by Verena Krieger of Switzerland. 1990. July 5. Note: The company name on the label is given as Soyaquell; Soyana is not mentioned. The Soyaquell line was introduced by Soyana in 1985 for the mainstream market.

9308. **Product Name:** [McSoyana Tofu-Burger (No. 1: Gruyère Cheese, No. 2: Vegetables, No. 3: Brown Rice & Sesame, No. 4: Paprika)].
Foreign Name: McSoyana Tofu-Burger (Nr. 1: Greyerzer Kaese/Gruyère, Nr. 2: Gemuese/Légumes, Nr. 3: Vollreis-Sesam/Riz complet-sésame, Nr. 4: Paprika).
Manufacturer's Name: Soyaquell [Soyana].
Manufacturer's Address: Friedensgasse 3, CH-8039 Zurich, Switzerland. Phone: 01-202-8997.
Date of Introduction: 1989.
Wt/Vol., Packaging, Price: Weight varies.
New Product–Documentation: Letter (fax) from Verena Krieger. 1990. May 31. The Tofuburger is one of Soyana's best-selling products. Labels sent by Verena Krieger of Switzerland. 1990. July 5. Biona certification symbol.

9309. **Product Name:** Soymage Sour Cream Style (Casein-Free Non-Dairy Sour Cream). Renamed Soymage Sour Cream Alternative by Nov. 1995.
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: R.D. #3 North Gate Industrial Park, P.O. Box 5204, New Castle, PA 16105.

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Date of Introduction: 1989.
New Product–Documentation: Dairy Foods. 1989. March. p. 33. Note: It is not clear whether or not this product is the same as regular Soymage. Talk with Whole Foods Market on Telegraph Ave. in Berkeley. 1995. Nov. 3. They sell Soymage Sour Cream Alternative; $1.99 for 8 oz.

9310. **Product Name:** [Tofu, Tofu (in Jars), and Tofu & Miso Paté Spread].
Foreign Name: Tofu, Tofu Tres Delicias, Paté -de Tofu y Miso.
Manufacturer's Name: Vegetalia / Productos Naturales.
Manufacturer's Address: Sant Andreu, s/n, Castellcir, Barcelona, Spain. Phone: 93/866-8298.
Date of Introduction: 1989.
New Product–Documentation: Letter from Bernd Drosihn of Viana Naturkost. 1990. April 8. A tofu company in Spain, owned by Salvador Sala, now sells tofu in jars, and tofu spreads.

Letter from Javier Arocena Aramburu of Zuaitzo in Spain. 1992. Dec. 14. Vegetalia is one of four soyfoods manufacturers (including his own company) that he is aware of in Spain. It is run by Salvador. The address is now given as: Plaza de la Era s/n, Castellcir (Barcelona), Spain.

Booklet titled *Recetario* sent by Penelope Stewart of Fair Oaks, California. 1993. July 19. It gives the company address and phone as "Castellcir, Tel. 93-866 61 61." The introduction states that Vegetalia was formed in April 1986 by Salvador Sala, Carmen and Tomás. As of 1992, the company is 6 years old.

Letter from Joaquim Castillo. 1998. May 22. Vegetalia is one of three pioneering soyfoods companies in and around Barcelona.

9311. **Product Name:** [Green Rye Burger (with Tofu)].
Foreign Name: Gruenkernburger.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Neusserstr. 199, D-5000 Cologne 60, West Germany. Phone: (02233) 41323.
Date of Introduction: 1989.
Ingredients: Tofu*, green rye (*Grünkern*)*, whole wheat flour (Weizenvollkornmehl)*, rolled oats*, leeks*, vegetable oil, spices (*Gewürze*), sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 3.25 x 4.75 inches. Red, white, and black on green. Self adhesive. Patties made purely from plants (*Rein pflanzliche Bratlinge*).

9312. **Product Name:** [Millet Croquettes (with Tofu)].
Foreign Name: Hirse Kroketten.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Neusserstr. 199, D-5000 Cologne 60, West Germany. Phone: (02233) 41323.
Date of Introduction: 1989.
Ingredients: Tofu*, millet (*Hirse*)*, carrots (*Möhren*)*, leeks*, sunflower seeds*, rolled oats*, vegetable oil, spices (*Gewürze*)*, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 160 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 3.25 x 4.75 inches. Dark red, white, and black on yellow. Self adhesive. Made purely from plants (*Rein pflanzliche*).

9313. **Product Name:** [Robinson: Classic Tofuburger].
Foreign Name: Robinson: Tofuburger Classic.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Neusserstr. 199, D-5000 Cologne 60, West Germany. Phone: (02233) 41323.
Date of Introduction: 1989.
Ingredients: Tofu*, rice (*Reis*)*, carrots (*Möhren*)*, leeks*, sunflower seeds*, rolled oats*, vegetable oil, spices (*Gewürze*)*, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm or 100 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 3.25 x 4.75 inches. Red, white, and black on dark red. Self adhesive. Patties made purely from plants (*Rein pflanzliche Bratlinge*).

Note: Also in 1989 Viana introduced Chickpea Spread (*Kichererbsen Pastete*) in which soy sauce was the only soy ingredient.

9314. **Product Name:** [Spring Rolls: Piquant, Oriental! (with Smoked Tofu)].
Foreign Name: Fruelingsrolle: Pikant Orientalisch!.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Neusserstr. 199, D-5000 Cologne 60, West Germany. Phone: (02233) 41323.
Date of Introduction: 1989.
Ingredients: Filling: Smoked tofu (*Räuchertofu*)*, white cabbage (*Weisskohl*)*. carrots (*Möhren*)*, leeks*, vegetable oil, spices (*Gewürze*)*, sea salt. Dough: Water, wheat, salt. * = Organically grown.
Wt/Vol., Packaging, Price: 100 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 3.25 x 4.75 inches. Red, white, and black on dark red. Self adhesive.

9315. **Product Name:** [Grabowski: Tofu & Amaranth Burger (Gluten-Free, Nutty!)].
Foreign Name: Grabowski: Tofu-Amaranth Burger (Glutenfrei, nussig!).
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Neusserstr. 199, D-5000 Cologne

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60, West Germany. Phone: (02233) 41323.
Date of Introduction: 1989.
Ingredients: Tofu*, amaranth*, carrots (*Möhren*)*, amaranth flour (*Amaranthmehl*)*, hazelnuts*, vegetable oil, spices (*Gewürze*)*, sea salt. * = Organically grown (*kontrolliert biologischer Anbau*).
Wt/Vol., Packaging, Price: 80 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 3.25 x 4.75 inches. Red, white, and black on orange. Paperboard. 3.5 x 2.5 inches x 2. Folded over. Stapled on top of plastic bag.

9316. **Product Name:** Mexican Braised Tofu.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1989.
Ingredients: As of 1998: Wildwood tofu (filtered water, soybeans organically grown in accordance with the California Organic Foods Act of 1990, nigari/magnesium chloride, a natural firming agent), marinade (soy sauce, water, brown rice syrup, rice wine, honey, ginger powder), water, green bell peppers, soy sauce, corn, onions, honey, tomato paste, lemon juice, sesame oil, cilantro, cider vinegar, garlic, jalapeño peppers, herbs, and spices.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1989, and made at Wildwood's plant in Fairfax.

9317. **Product Name:** Savory Baked Tofu (Organic).
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1989.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), soy sauce, unsweetened apple juice, apple cider vinegar, mustard, onion powder, sesame oil, garlic powder.
How Stored: Refrigerated.
New Product–Documentation: Original Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1989 at Fairfax.

9318. **Product Name:** [Spring Rolls].
Foreign Name: Fruehlingsrollen.
Manufacturer's Name: Yakso.
Manufacturer's Address: Zoutstraat 17, Groningen, Netherlands.
Date of Introduction: 1989.
New Product–Documentation: Letter from Anthony Marrese. 1990. March 22.

9319. **Product Name:** [Sojanaise (Soy Mayonnaise)].
Foreign Name: Sojanaise.
Manufacturer's Name: Yakso.
Manufacturer's Address: Zoutstraat 17, Groningen, Netherlands.
Date of Introduction: 1989.
Wt/Vol., Packaging, Price: Sojanaise: 330 gm jar. Retails for DM 5.55.
New Product–Documentation: Letter from Anthony Marrese. 1990. March 22.

9320. Acuff, Steve; Acuff, Karen. 1989. Das makrobiotische Gesundheitsbuch [The macrobiotic health book. 1st ed.]. Munich, West Germany: Goldmann Verlag. 256 p. Recipes by Karen Acuff. 22 cm. [Ger]
• ***Summary:*** This book of macrobiotic philosophy and cookery contains 5 tempeh recipes, and also mentions miso, tofu and tamari. Flora Yap (4/92) notes that the author travels from town to town, lecturing and selling his book. Certain groups are inviting him to speak, renting a place for him to lecture and doing the publicity (paid admission). Address: Idaho, USA.

9321. Allen, Carolyn; Straw, Nelda. 1989. Best little diet cookbook around. Printed by Lake Press, De Pue, Illinois 61322. 176 p. Spiral bound.
• ***Summary:*** Carolyn Allen LPN has been a Diet Center Counselor and Owner of two Diet Center Franchises since 1984. In the fall of 1987 she enlisted the help of Nelda Straw to help develop new recipes. Mori-Nu Tofu is featured in the book at "Product Choices: Tofu. I highly recommend Mori-Nu Tofu because of its aseptic packaging, it requires no refrigeration until opened and it always has a smooth and creamy texture. Mori-Nu's consistent quality is achieved without the use of preservatives or irradiation." Address: Rock Falls, Illinois.

9322. Blackman, Jackson F. 1989. Working chef's cookbook for natural whole foods. Morrisville, Vermont: Central Vermont Publishers. vi + 344 p. Illust. Recipe index by category. Alphabetical recipe index. 28 cm. [20 ref]
• ***Summary:*** This large-format book fills a gap in the world of natural foods. Contents: Foreword. Introduction. Part I: Information, philosophy, technique. 1. Healthy and unhealthy foods. 2. Getting started. 3. Meal design. 4. Directed diets for special occasions. 5. Philosophy, practice and tradition. 6. Charts and lists. 7. Ingredients description. At the end of Part I (p. 95) is a "Suggested reading" list of 20 references.

Part II: Recipes (each on 4x6 inch cards, with 2 cards per page).

The section on "Miscellaneous food description" includes brief descriptions of barley malt, Chinese white

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cheese (fermented tofu), daikon, gomashio, kuzu, mirin, miso, rice syrup, seitan, shoyu, soy milk (American style vs. Oriental style), soy cheese (American), tahini or tahinah (sesame butter), tamari, tempeh, and tofu. This section, and the book shows the influence of macrobiotics.

Page 74: "Chinese white cheese: (Chin.) Tofu marinated and fermented in rice wine; taste and texture of Camembert cheese. Used as flavoring for noodles or vegetables, or served as a condiment."

The word "tamari" appears on 100 pages in this book, tofu on 92 pages, miso on 57 pages, brown rice on 48 pages, "sea vegetables" on 16 pages, nori on 13 pages, tempeh on 7 pages, kombu on 6 pages, shoyu and soybean on 5 pages each, adzuki beans and wakame on 4 pages each, and soybeans, soy cheese, and soy milk on 2 pages each.

About the author: "Jackson F. Blackman has lived and traveled extensively in Mexico, Belize, Guatemala, Europe, China, Egypt, Saudi Arabia, Libya, Lebanon, Jordan, and Syria. During his travels he studied local eating habits and their relationship to social customs, and the methodology of preparing natural whole foods. He was a sous-chef in a Houston [Texas] restaurant, and operated his own coffee shop in Houston. He then moved to Vermont, where he made and sold health food products to health food stores and co-ops. He is now a food service consultant and lecturer" (Rear cover).

He favors plant foods over animal foods, but does include fish in his recipes. Address: Vermont.

9323. Boeckenhoff, E.; Hamm, U.; Mueller, A.; Tschmarke, A. 1989. Nachfrageveraenderungen bei Milch durch Imitationsprodukte [Changes in the demand for milk caused by imitation products]. *Schriftenreihe des Bundesministers fuer Enaehrung, Landwirtschaft und Forsten "Angewandte Wissenschaft"* No. 317. 173 p. (Muenster-Hiltrup). [Ger]*
• ***Summary:*** This is the publication of a 1987 report on this subject.

9324. Cituk, Kathy; Finnegan, John. 1989. Natural foods and good cooking. Elysian Arts, 20 Sunnyside Ave. Suite A161, Mill Valley, CA 94941. 122 p. No index. 22 cm. [64 ref]
• ***Summary:*** This non-vegetarian cookbook contains considerable introductory information about and recipes using amazake (p. 16, 41, 56, 91, 98-99, 103), miso (p. 43), soymilk (p. 43), mochi (p. 44, 54), tamari soy sauce (p. 46), tofu (p. 46, 51, 80, 88, 96), tempeh (p. 46). Numerous references are made to a book by John Finnegan (1989) titled "Amazake Rice Nectar." Address: Mill Valley, California.

9325. Clergeaud, Chantal; Clergeaud, Lionel. 1989. La cuisine au tofu et lait de soja [Tofu and soymilk cuisine]. Paris: Equilibre aujord'hui. 95 p. Illust. 20 cm. Series: Cuisine et santé. [Fre]*
Address: Naturopathes–Ostéopathes, France.

9326. Echols, John M.; Shadily, Hassan. 1989. An Indonesian-English dictionary. Third ed. Ithaca, New York, and London: Cornell University Press. xix + 618 p. 24 cm. [Ind; Eng]
• ***Summary:*** Soy-related words include: (1) bijan (sesame; also wijen or bijen). (2) bungkil kedelai (soybean meal). (3) kacang (pea, bean, peanut), including kacang asin (salted peanuts), kacang atom or kacang ganéfo (peanuts fried in batter), kacang goréng (peanuts fried crisp), kacang hijau or kacang ijo (mung bean), kacang kedelai (soybean), kacang tanah (peanut). (4) kécap (soy sauce; kecap ayam {chicken prepared with soy sauce}). Note 1. kecap manis is not mentioned here or at "manis." (5) kecipir (four-sided bean eaten as a vegetable [winged bean; *Psophocarpus tetragonolobus*]). (6) kedelai, kedelé (soybean). (7) oncom (fermented cake made from soybean sediment). (8) ragi (yeast, fermentation agent). (9) tahu (tofu, soybean curd), including tahu goréng (fried tofu), tahu isi (tofu filled with meat), tahu kuning (firm yellow tofu), tahu pong (deep-fried puffy tofu), tahu témpé (tofu and tempeh).

Note 3. This is the earliest English-language document seen (April 2013) that contains the term "deep-fried puffy tofu."

(10) tahua (a by-product of tofu similar to yogurt in consistency). (11) takoa, takoah (see takua). (12) takua (firm spiced tofu). (13) taosi (see tauci [fermented black soybeans]). (14) tapai, tapé (sweet cake made of slightly fermented rice or tubers). (15) tauci, tauco, taucyo (fermented bean paste [like miso] used as a condiment).

Note 4. This is the earliest (and only) English-language document seen (Feb. 2009) that uses the word "taucyo" to refer to Indonesian-style miso. "Taoci" probably refers to fermented black soybeans, not to miso.

(16) taugé (bean sprouts). (17) témpé (fermented soybean cake, tempeh; something trivial and unimportant or low grade in quality; *Dlm jaman penjajahan org Indo témpé pribumi* = "During the colonial times the Eurasians considered the natives to be no better than tempeh"). Address: 1. Ithaca, New York; 2. Jakarta, Indonesia.

9327. Food & Agriculture Organization (FAO). 1989. Utilization of tropical foods: Tropical oil-seeds. Rome, Italy: Food & Agriculture Organization of the United Nations (FAO). xiv + 82 p. 21 cm. Series: FAO Food and Nutrition Paper 47/5. *
• ***Summary:*** The 1st chapter, titled "Leguminous oil-seed crops, has these contents: Soybean (p. 1-35): The golden bean from China, varieties and production, soybeans in the tropics. Hydrolysis of soybeans using microbial enzymes. Nutritional and acceptability aspects of soybeans: Cooking characteristics, soybean flavour, digestibility of soybeans. Soybean processing in eastern Asia: Fermentation of soybeans. Fermentation inoculants: Koji and ragi, angkak

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and masam [a green fermentation starter from Nepal, made from wheat and selected moulds], preparation of koji. Preparation of soy sauce: Traditional Japanese shoyu, other types of soy sauce. Fermented soybean pastes: Types of miso, preparation of miso koji, preparation of mame miso, preparation of hamanatto. Other fermented soybean products: Natto and thua nao. Indonesian tempe: Preparation of tempe ragi, production of tempe kedele, other types of tempe, domestic use and nutritional content of tempe. Foods fermented by molds: Role of moulds in food processing, food safety aspects. Non-fermented soybean products: Production of soy milk, improving soymilk flavour. Soybean protein products: Preparation of tofu, preparation of yuba. Soybean cheese products: Preparation of sufu ("The Chinese prepare a fermented soy curd called *sufu*, which resembles a moulded, soft-texture cheese." Red sufu is made using "red rice koji" (angkak)). Use of soy milk and tofu residues: Preparation of oncom tahu, preparation of meitauza. Use of soybean sprouts. Soybeans as a cash crop. Soybean as an oil-seed: Problems of small-scale extraction. Solvent extraction of soybean oil: Economic aspects, extraction process, refining operations. Nutritional and organoleptic aspects of soybean oil. Commercial production of vegetable fats and oils: Solid shortenings, effects of hydrogenation, hardness of fats. Margarine production: Composition of margarine, manufacture of margarine. Production of soybean grits and flour. Commercial production of soybean protein products: Protein concentrates, protein isolates, economic aspects. Introduction of soyfoods at the village level: Snack foods, vegetable relish, pastes and flour. Preparation of soybeans at the village level: Reducing bitter flavours, preparation of soybean flour. Prospects for soybean products in the tropics.

Concerning the preparation of sufu (p. 21): "... the cubes [of tofu] are drained and heated for about 15 minutes at 100ºC to sterilize them. The sterilized cubes are cooled, placed on trays, and inoculated with one of the following fungi: *Actinomucor elegans, Mucor lienialis,* or *Rhizopus chinensis* var. *chungyen,* depending on the type of 'cheese' to be produced. They are then incubated at 12-20ºC for three to seven days. At that stage, the cubes become covered with a white mycelium and are known as *pehtzu* [*pehtze*].

"In the final stages, the cubes of *pehtzu* are transferred to ageing tanks, where they are immersed in a mixture of rice wine and salt, 2-5% sodium chloride, for forty to sixty days. The alcohol content of this 'dip' (approximately 10 percent) is much higher than that normally obtained by anaerobic fermentation using osmophyllic [osmophilic] yeasts. The final product, after completing the ageing period, is soft and pale yellow, with a pleasant taste and aroma. It is often served with sesame oil. More pungent cheeses are prepared by related processes, by adding other components to the final brine solution. These may include red rice koji, fermented rice mash, anise or pepper. An outline of a preparation from Thailand, using red rice koji to give a red sufu is shown in Figure 3" (a flow sheet, p. 22; Source: Narudom Boon-Long. 1983. "Traditional fermented food products." United Nations University (UNU) Workshop Paper, CFTRI, Mysore, India).

The peanut from Peru (p. 36+).

9328. Grundy, Scott; Winston, Mary. 1989. The American Heart Assoc. low-fat, low-calorie cookbook. New York, NY: Times Books. Div. of Random House. 340 p.
• ***Summary:*** Contains information about tofu and recipes for its use in tofu deviled eggs, tofu mayonnaise, tofu and pork in a stir-fry, tofu quiche, and tofu salad sandwich. Address: 1. Director, Center for Human Nutrition, Univ. of Texas Southwestern Medical Center, Dallas, TX.

9329. Hoshijo, Kathy. 1989. Kathy cooks: Vegetarian, low cholesterol. New York, NY: Simon & Schuster (A Fireside Book). 728 p. Illust. Index. 24 cm.
• ***Summary:*** Previously published as *The Art of Dieting Without Dieting* (1986). A whopper of a cookbook, with 350 easy-to-prepare vegetarian recipes from the star of the PBS television series "Kathy's Kitchen"–which airs in 180 cities nationwide. Each recipe contains a detailed (full-page!) nutritional analysis.

This book contains a wealth recipes using tofu, tempeh, soymilk, miso, and whole soybeans.

9330. Kadam, S.S.; Adsule, R.N.; Salunkhe, D.K. 1989. Utilization. In: D.K. Salunkhe and S.S. Kadam, eds. 1989. CRC Handbook of World Food Legumes: Nutritional Chemistry, Processing Technology, and Utilization. Vol. III. Boca Raton, Florida: CRC Press, Inc. 323 p. See p. 271-310. [188 ref]
• ***Summary:*** Contents: Introduction. Whole beans: Whole beans as a food, milk and milk products (incl. soymilk, tofu, kori-tofu, soyogurt, tairu [fermented soymilk in Malaysia], fermented soy cheese), microorganisms, nutritive value, fermented soy cheese, beverage, yogurt, other products, fermented foods, microorganisms, physicochemical changes, nutritional composition and quality, toxicological aspects, preparation, microorganisms, chemical composition, nutritional value. Cotyledons: Traditional products, soups, fermented foods, confectionery products. Flours: Composite flours (incl. soy flour), papad, pasta, traditional products.

Note: According to the author's definition: "A papad is a thin, wafer-like product, usually circular in shape, rolled from a legume-based dough and other farinaceous materials, with added salt, spices, and condiments. In India it is either toasted or deep-fat fried to a crispness which produces a crackle when *papad* is eaten. Papads are also known as "appalam" in south India... Black gram flour is the most indispensable constituent of *papad* dough because of the mucilaginous substance it contains." Address: 1-2. Dep. of Biochemistry, Mahatma Phule Agricultural Univ., Rahuri, Maharashtra, India; 3. Dep. of Nutrition and Food Sciences,

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Utah State Univ., Logan, Utah.

9331. Leneman, Leah. 1989. The single vegan: Simple, convenient and appetizing meals for one. Wellingborough, Northamptonshire, England: Thorsons Publishing Group. 127 p. Illust. Index. 21 cm.
• ***Summary:*** Vegan recipes for one, grouped seasonally, and within each season by day of the week, with weekly shopping lists and staples to be kept on hand. Soy-related recipes include: Smoked tofu à la king (with smoked tofu and soymilk, p. 21). Strawberry cheese (with plain soy yogurt, p. 29). Spaghetti stir-fry (with tofu, p. 34). Mediterranean-style potato salad with yogurt dressing (with soy yogurt, p. 37). Savoury mushroom bake (with tofu, soy yogurt, and miso, p. 38). Tofu and green pepper savoury (p. 44). Bean and potato salad (with soy yogurt and vegan mayonnaise, p. 47). Courgette (zucchini) and tomato flan (with tofu, p. 48). Tofu and vegetable stew (p. 51). Tofu pot pie (p. 53). Scalloped tofu au gratin (incl. soymilk, p. 58). Nasi goreng (with tofu, p. 63). Chilled cream of tomato soup (with soy yogurt, p. 65). Cream of cauliflower soup (with soymilk, p. 69). Scrambled tofu and leek (p. 79). Irish stew with frozen tofu (p. 84). Tempeh and sweetcorn roast with tahini/mushroom sauce (p. 92-93). Tempeh and mushroom stew on a mashed potato base (p. 98). Sweet tofu 'omelette' (incl. soymilk, p. 105). Curried tofu (p. 107). Mushroom miso gravy (p. 115; shows a pack of Sunwheel brown-rice miso). Tropical blancmange (with soymilk, p 116).

Note: Soymilk and soy sauce are used in small amounts in many other recipes. This book is distributed in the USA by Sterling Publishing Co. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

9332. Leneman, Leah. 1989. Slimming the vegetarian way. Revised and reset ed. Wellingborough, Northamptonshire, England: Thorsons Publishers Ltd. 144 p. Index. 20 cm. 1st. ed. 1980.
• ***Summary:*** The menus in this natural-foods, vegan cookbook are designed for 1 person and the daily calories intake is kept at about 1,000 calories. The book takes a positive attitude toward dieting by focusing on those foods you can eat, rather than those you should avoid. Each "menu" consists of breakfast, lunch, and dinner for 1 day. For each meal there is one column for Imperial (Metric) measurements, one for American measurements, and one for calories, with a calories for each meal and for the day. There are menus for each of the four seasons plus chapters on crash diets, desserts, and a vegetarian wholefood calorie chart.

The preface to the new edition notes: "The greatest change which has occurred since the first edition of this book appeared has been the phenomenal proliferation of soya foods (soyfoods in American parlance). Tofu is arguably the best friend a slimmer ever had, for no other food so low in calories and high in protein is as versatile as tofu. Tempeh is another fine soya food for slimmers, though as it is not as readily available as tofu, I have confined its use to only one recipe. Since soya milk and yogurt are now so easy to obtain, I have given them as alternatives to the dairy versions, so that vegans, and others trying to cut down on dairy produce, will be able to use the book in the same way as lacto-vegetarians."

Soy-related recipes include: Pineapple tofu salad (p. 36). Tofu celery loaf (p. 39). Tofu-stuffed aubergine (eggplant, p. 66). Scrambled egg or tofu, sausalata and tomato (p. 89, 118). Tofu slices on toast with creamy gravy (p. 98). Miso soup with tofu (p. 102). Spaghetti with tempeh and mushroom sauce (p. 127). Vegetable charlotte with smoked tofu (p. 129). Soya milk and soya yogurt are always listed as alternatives to skim milk or yogurt from cows. TVP is used as an ingredient in many recipes, and "Tamari (soy sauce)" is widely used as a seasoning. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

9333. **Product Name:** [Taifun Organic Tofu].
Foreign Name: Taifun biologisch Tofu.
Manufacturer's Name: Life Food.
Manufacturer's Address: Stühlinerstrasse 9, D-7800 Freiburg, West Germany. Phone: 0761/27 2272.
Date of Introduction: 1989. January.
Ingredients: Water, soybeans (organically grown), calcium sulfate.
How Stored: Refrigerated.
New Product–Documentation: Color photocopy of label brought to Soyinfo Center by Wolfgang R. Heck. 2011. Nov. 25. The top half of the label is black, green and yellow on white with a yellow sun in the upper right, a black grid over the entire top half, and the word "Taifun" in green. The bottom left half of the label reads: Hersteller: Life Food. Inh. Klaus Kempff, followed by the address and phone number. The bottom right half of the label reads: Ingredients: Water, soybeans (organic = aus kontr. biol. Anbau), Nigari Ko (Calcium sulfate [deceptive use of word "Nigari]). Store at +2ºC to +7ºC. Beside the label the approximate date of introduction is given in Wolfgang's handwriting as 1988-1989. By about 1990, a new label shows that: (1) The company name is now Life Foods GmbH. (2) The company has moved to Robert Bunsen-Str. 6, 7800 Freiburg. (3) The phone number has changed to: 07 61 / 50 6155.

Note: This label was used until 1992, but in 1993 the logo was changed so that the irregular yellow sun had a red center, and the word "Taifun" was written in stylish, bold black letters.

Color photocopy of 1999 label brought by Wolfgang Heck. Product name: Tofu- traditionell hergestellt [Tofu–traditionally made]. 200 gm. Nutritional information. Ingredients: Water, soybeans (organic) * = Kontrolliert Oekologischer Anbau (Agreco). Below the bar code is a recipe for pan-fried tofu. Phone: 0761 / 15210-0.

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9334. Meetings with remarkable men and women: Interviews with leading thinkers on health, medicine, ecology, culture, society, and spirit. 1989. Brookline, Massachusetts: East West Health Books. xiv + 296 p. Illust. No index. 26 cm. Introduction by Tom Monte.
• ***Summary:*** This book consists of excerpts of 87 interviews previously published in *East West Journal.* One of these is an interview (published Jan. 1977) with Bill Shurtleff about soybeans and soyfoods, including soymilk, Vitasoy, and tofu (p. 58-60). Address: Brookline, Massachusetts.

9335. Metcalfe de Plata, Edith. 1989. Mexican vegetarian cooking. Rochester, Vermont: Healing Arts Press, a division of Inner Traditions International, Ltd. 128 p. Illust. by Clive Birch. Index. 22 cm.
• ***Summary:*** Chapter 7, titled "Soybeans" begins: "Soybeans are full of vitamins A, E, K, B-1, B-2, potassium and lecithin." They are processed into many forms: "grits, meal, powder, flour, nuts, tofu, pastas, and are also made-up to resemble different types of meat (Tvp)."

Soy related recipes include: Boiled soybeans (with "½ pound {1 cup} dry soybeans, p. 101). Soybean patties (*Empanadas de frijoles soyas,* with "2 cups soybeans, cooked and mashed," p. 102). Dry-roasted soybeans (*Frijoles soyas asadas,* with "cooked soybeans," p. 103). Fried soybeans (*Frijoles soyas fritas,* with "2 cups soybeans, cooked," p. 104). Soybean casserole (*Cazuela de frijoles soyas,* with "2½ cups soybeans, cooked," p. 105).

Note: This 1989 edition is the same, page for page, as the 1984 edition. Address: Manager of a vegetarian restaurant, Guadalajara, Mexico.

9336. Morinaga Nutritional Foods. 1989. Morinaga Milk Industry (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 3 p. Undated.
• ***Summary:*** "Morinaga Milk Industry, the parent company of Morinaga Nutritional Foods, is one of the world's largest food manufacturers." It was founded in 1917. Milk products have been the mainstay of Morinaga in Japan. "A significant product for Morinaga has been its infant formula, with a nutritional level equivalent to mother's milk." Other products marketed by Morinaga include tofu, orange juice, tea and baby food.

"In order to diversify its interests, Morinaga has developed affiliations with such international companies as Unilever, Kraft, Beech-Nut, Lipton and Sunkist, thereby bringing many foods from around the world to the Japanese market." Morinaga has also become involved in the pharmaceutical field with the research of anti-tumor agents. Morinaga Nutritional Foods Inc. was established in 1985 in Los Angeles. "The first long-life tofu was exported from Japan to the United States in 1978 and in the following year, Morinaga received the Minister of Science and Technology Agency Prize for its outstanding aseptic manufacturing technology." Address: Los Angeles, California. Phone: 213-728-4325.

9337. Nichii Co. Ltd. 1989. Annual report 1989. Awajimachi 2-2-9, Chuo-ku, Osaka 541, Japan. 42 p. [Eng]
• ***Summary:*** Nichii is a major Japanese retailer. In 1989 the company, including its 35 consolidated subsidiaries, had revenues of 1.039 trillion yen (1,039,968 million yen; US$8,200 million), and net income of 13,500 million yen (US$106 million). Headquartered in Osaka, it is Japan's fifth largest publicly held retailing group. The company's gross profit margin in 1989 was 29.3%. One of Nichii's most important retailing strategies is targeting young and "young minded" consumers. In fiscal 1989, Nichii and its subsidiaries became the MYCAL Group. MYCAL is derived from Nichii's "Young-Minded Casual Amenity Life" concept, which reflects the lifestyle that the group helps furnish to its customers. A new concept is the "urban resort," exemplified by the MYCAL Honmoku, which opened in Yokohama in April 1989 and about which a TV program was aired on 19 May 1990, in California on Channel 26 at 9:30 P.M. Mr. Toshimine Kobayashi is President of Nichii. Mr. Shinozaki is President of International Operations, and therefore oversees the soyflake operation in the USA; he is Terry Tanaka's boss. This annual report is beautifully designed. Note: The company is planning to start a plant in Iowa to make soy flakes for use in making tofu.

Update: Talk with Terry Tanaka of Nichii Company of America, Inc. 1992. Nov. 24. In Japan the Nichii name has been used for about 30 years in connection with a supermarket chain. Now the company is trying to phase it out in favor of names like Vivre and Saty. The umbrella group for all of these companies is the MYCAL Group. After Nichii becomes MYCAL Corp., Terry's company will become MYCAL Corp. of America. Address: Osaka, Japan.

9338. Pearce, Anna. 1989. Simply living: the story of Compassion and the wonderbox. Saffron Walden, Essex, England: Box Publications in association with the Self Publishing Association. 239 p. Illust. 23 cm.
• ***Summary:*** This is a remarkable book about small things, real people, ideas, successes and failures. It is about the Kingdom of Heaven–and a case study of community development in South Africa.

Compassion is an organization through which people help those in need. A Wonderbox is a box out of which come wonderful things, somewhat like a hat produces wonderful things for a magician or conjurer.

Chapter 12, "Soya beans," begins: "It was appropriate that our most creative period could be traced back to a visit to Cape Town by Peter and Eileen Caddy in April 1977. They were the two people who had founded Findhorn in Scotland in 1962. They had been led to the Findhorn Caravan Park by

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guidance that Eileen received while meditating." The Caddys talk about the guiding light within that will guide anyone who is able to quiet their thoughts sufficiently to hear what it has to say. He had hardly finished speaking when a soft-spoken women came up to the author and said, shyly, "'I hope you don't mind but I feel there is something I have to pass on to you.'

"We introduced ourselves. She was Dorothy Beaumont, who had been living in Rhodesia. Her husband, who had recently died, had been a farmer. Five years ago they had started growing soya beans on their farm. Two years ago, Dorothy told me, she had been in a wheel chair, crippled with arthritis. A naturopath had advised her to give up all animal products and to get her protein from beans and pulses instead. A friend taught her how to make soya milk, not only for herself but for their African laborers as well. She felt she had to pass on the way of making soya milk and using the residue [okara], which she did–in the kitchen of St. Margaret's Church at Fish Hoek. "I did not realize at that stage how extraordinary it was that she picked me out of several hundred other people that she might have approached." Various members of Compassion also attended. The process is described. As Dorothy was making the soya milk she explained how the Chinese also make tofu out of soya milk, and how they can slice and fry it for use instead of meat. She said that soyabeans had been exported from Rhodesia to China and to Holland. Then Holland had exported dried soya milk to South Africa. Yet "when the Chinese were building the Tanzanian railway line went through Southern Africa, barrels of Tofu were off-loaded at the docks for the Chinese to eat. Dorothy explained that soya milk was "very suitable for giving to babies with 'runny tummies,' as these were often caused by a shortage of protein. In addition it contained no lactose which, for some people, was difficult to digest." After making the soymilk, Dorothy used the residue [okara] "to make delicious soya pancakes that won us all over to soya–as it was with people to whom we demonstrated in the following years."

Jill Fletcher, who worked for a radio station outside South Africa, interviewed Dorothy on her programme, "The Voice of the Gospel."

Jill and her husband Tony Fletcher, who was first class puppeteers, used a tape recording of this program to introduce people to soya and to show them how to make soya milk.

"One of the big advantages of soya beans was their incredible cheapness, once we had found somewhere to buy them." Soon the author and co-workers were experimenting with soya recipes; they made "cakes and puddings, milk shakes, yoghurt, cream-cheese and coffee. The first time she managed to fool her husband "was when he drank a mid-morning cup of coffee without realizing it was soya." She fooled him again with soya rissoles, but he was pleased and said she could give them to him every day of she wished. "It was quite comforting to find that nearly all husbands were like mine as far as soya beans were concerned."

But South African women were not so willing to try soya recipes. A large photo (p. 61) shows Mrs. Mbatani making soya milk for one of her grandsons.

The term "soya coffee" appears on pages 70 and 77. On page 70 we read: "We were amazed to hear that soya coffee was being given to babies in Illingi instead of what we had considered other near-perfect baby food or 'milk' that could be made from the beans." A Quaker doctor, who was always able to get expert opinions, said that it should be all right."

Chapter 16 is titled "Kay Simmons." Page 77 states: "The last to come out [of the Wonderbox], and perhaps the most impressive course, was Christmas pudding with soya custard. This was followed by coffee with soya milk for those prepared to try it. We thought we would be taking things too far if we offered them soya coffee with soya milk!

"The Christmas pudding, made with soya beans, was our own original recipe and it became a lasting favorite for demonstrations."

The ten appendixes include (p. 225-36): 1. Advantages of a Wonderbox. 2. Cooking with a Wonderbox. 3. Making a Wonderbox. 4. Cooking soya beans. 5. Making soya milk. 6. Soya for babies.

9339. Pedrotti, W. 1989. Il libro della soia [The book of soya]. Italy: Mediterranee. [Ita]*

9340. Quong Hop & Co. 1989. The Soy Deli: Good food for healthy living (Leaflet). South San Francisco, California. 1 p. 28 cm.
• ***Summary:*** This black on beige leaflet shows the front panel of ten soy products made by Quong Hop & Co., including tofu burgers, tempeh burgers, baked five-spice tofu, baked savory tofu, and hickory smoke flavored baked tofu. Address: 161 Beacon St., South San Francisco, California 94080. Phone: 415-761-2022.

9341. Rakosky, Joseph, Jr. 1989. Protein additives in foodservice preparations. New York, NY: Van Nostrand Reinhold. An AVI Book. xiv + 258 p. Illust. Index. 24 cm. [187 ref]
• ***Summary:*** Contents: 1. Protein additives: Use and regulations. 2. Proteins, amino acids, and derivatives. 3. Nutritional considerations. 4. Functional properties and economics. 5. Bakery products. 6. Pasta products. 7. Processed meats. 8. Dairy-type applications: Introduction, regulatory aspects (filled milk, casein and caseinates), dairy products: modified and/or simulated, beverages (filled milk, soymilk, soymilk preparations), coffee whiteners, whipped toppings, frozen desserts, cheese analogs, tofu. 9. Dietary and miscellaneous uses. This book discusses both animal and vegetable proteins. Among the vegetable proteins, it focuses mostly on modern soy protein products–soy flour, soy

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protein isolates, concentrates, textured soy protein products–and gluten, however information is also given on tofu (p. 187, 211, 225-27) and soymilk (p. 187, 192-95), especially in chapter 8, "Dairy-type applications."

Concerning regulation of casein and caseinates, p. 190 notes: "Almost all casein produced until the later 1940s was for industrial application, such as glue and paper coating (Reed 1974). Most persons accepted casein as an industrial product rather than an edible dairy product; it was generally considered a chemical derivative. Later, as Reed (1974) pointed out, improved processing and developments changed this. Today, an estimated 60 to 70 percent of the casein produced is for edible use in the form of casein or caseinates.

"Since caseinates were designated chemical products, formulations using caseinates were considered nondairy-hence, the appearance of 'non-dairy creamers' and 'non-dairy toppings.' Many feel that this is misleading because many people want to know whether a milk protein is present for religious and/or medical reasons. Present FDA policy still allows the use of caseinate in nondairy creamers, but they recommend that the ingredient statement show, in parentheses, that the caseinate is derived from milk (Sheeler/Sheeles 1985, personal communication)."

Concerning whipped toppings (p. 200-203): "Whipped toppings are formulated to simulate whipped dairy cream. Their widespread use in foodservice began when certain benefits were realized: convenience, eye appeal, stable structure, good shelf life, wide acceptance, and low cost. There is also an appeal for those people who prefer nondairy products for one reason or another.

"The typical topping formulation is composed of fat, protein, sugar, sweetener, stabilizer, emulsifier, buffering salts, and, in some cases, artificial color and flavor. The formulation is very much like the formulation for a coffee whitener except that toppings have more fat. There are also minor differences in proportions of the other ingredients. As with coffee whiteners, each ingredient has a specific requirement placed on it." The requirements for each ingredient are then discussed in detail. Concerning protein: "Protein serves two emulsification functions in toppings: as an emulsifier of fat and as an emulsifier of air. As with coffee whiteners, protein also contributes to body and taste. Any number of protein products can be used. In the early days of development, the two most used protein products were caseinates and nonfat dry milk (NFDM)." NFDM was generally found to give the best results. However since soy processors "learned how to obtain more desirable products for this use, they are now more competitive with dairy-derived additives. This is especially so as the price of dairy products rises. or this reason, more functional nondairy protein products are being produced and utilized in dairy simulated products." Address: Food Industry Consultant, J. Rakosky Services, Morton Grove, Illinois.

9342. Riet, W.B. van der; Wight, A.W.; Cilliers, J.J.L.; Datel, J.M. 1989. Food chemical investigation of tofu and its byproduct okara. *Food Chemistry* 34(3):193-202. [31 ref]
• ***Summary:*** Tofu was produced from Edgar, Hutton, and Prima variety soybeans "according to a modified method which included the addition of a coagulant mixture consisting of calcium chloride dihydrate and calcium sulphate dihydrate at levels which not only resulted in good tofu yields, but also elevated the calcium levels in such a manner as to make the product comparable to cheese as regards the wet weight concentration of this essential dietary mineral." Address: Div. of Food Science & Technology, CSIR, P.O. Box 395, Pretoria, Republic of South Africa.

9343. Routhier, Nicole. 1989. The foods of Vietnam. New York, NY: Stewart, Tabori & Chang. 239 p. Foreword by Craig Claiborne. Illust. (Photos by Martin Jacobs, mostly color). Index. 29 cm.
• ***Summary:*** An excellent and graphically beautiful book, with more than 150 authentic, traditional Vietnamese recipes. The book is dedicated to the fond memory of her mother, Tran-Thi-Cuc. Vietnam's cooking has been influenced by the various nations that have occupied or conquered the country over the Centuries–and especially the Chinese and French. Yet the Vietnamese have been able to assimilate each of these imports to create their own unique cuisine.

Introduction (by the author): Vietnam "is shaped like an elongated letter *S*, with two wide river deltas, the Red River delta in the north and the Mekong River delta in the south, separated from each other by a long, narrow stretch of mountainous coastal land." The deltas are the country's most fertile, agriculturally productive, and populous regions. The Monsoons (seasonal winds) produce a dry winter season and a wet summer. The north has a temperate climate and a cold winter, whereas the south is tropical.

Vietnam's land area is slightly smaller than that of Japan, and about three fourth's the size of California.

Vietnamese food and cookery owes much to the French colonialists, who ruled the country for almost a century (1859-1954). "In the old trading port of Cholon, the French built a new city as the central market for all of Indochina, and Saigon (now Ho Chi Minh City) was dubbed 'the Paris of the Orient'" (p. 8-9).

"The Vietnamese are quick to point out that their cuisine, like their country, is divided into three regions, each with a distinct culinary tradition." Yet these regional differences are not an important as they are in China. "In the north, the influence of China is most evident." One popular northern dish is stuffed bean curd (Dau Hu Nhoi). The main city in Central Vietnam is Hue, where cookery has been brought to a high level of sophistication. The cookery of the tropical south is simpler than that of the north and center, but also spicier, and the food consists of a wealth of tropical fruits, vegetables, herbs and spices. The French influence is

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best seen here.

Soy related recipes: Color photo of crisp fried bean curd in tomato sauce (p. 15). Color photo of Bean curd and Chinese chive buds soup (Canh dau phu he, with 6 ounces soft bean curd {tofu}, p. 50; recipe p. 55).

The chapter titled "Vegetarian recipes" (p. 167-89) contains many tofu recipes. Vegetarian stir fry (La han chay, with 2 squares {8 ounces} semisoft bean curd {tofu}, p. 168). Crisp-fried bean curd in tomato sauce (Dau phu soy ca chua, with 1 pound firm bean curd {tofu}, p. 171). Braised bean curd (Dau phu kho, with 1 pound firm bean curd {tofu}, p. 172). Stir-fried bean curd with lemon grass on crisp cellophane noodles (Dau phu xao xa ot chay, with 2 pounds firm bean curd, p. 179). Stuffed bean curd (Dau phu nhoi, with 2 pounds firm bean curd {tofu}, p. 185. Note: "This centuries-old recipe is a Vietnamese adaptation of a well-known Hakka dish; there was a mass migration to northern Vietnam by both Cantonese and Hakkas [from southern China] in the 17th century).

Desserts: Jellied bean curd with ginger syrup (Dau hu nuoc duong, with ½ cup dried soybeans, ¼ cup rice flour, and 1 teaspoon gypsum {see p. 232; this calcined calcium sulfate is sold at Chinese pharmacies} dissolved in 1 teaspoon cold water in a small water to curd / coagulate the hot soymilk, p. 201).

Sauces: Sweet and sour dipping sauce (Soy chua ngot, with 2 tablespoons soy sauce and 2 tablespoons nuoc mam {Vietnamese fish sauce}, p. 214). Soybean and ginger sauce (Nuoc *tuong*, with ¼ cup *tuong* {fermented soy bean sauce, see p. 234} and 1 tablespoons nuoc mam {Vietnamese fish sauce}, p. 215).

Appendix (p. 228-36) includes a glossary of basic Vietnamese foods. Items marked with an asterisk are essential ingredients: Bean curd / tofu (dau hu. "You can do absolutely anything with bean curd,..." The three types are pressed, firm, and semi-soft). Chile paste (*tuong ot tuoi.* "A fiery hot mixture of mashed fresh red chilies, garlic, salt and soybean oil. Do not confuse this product with the Chinese hot bean paste). Fish sauce (nuoc mam. It is like Thai nam pla but stronger). Gypsum (*thach-cao*)*:* "Chemically known as calcined calcium sulfate,..." Hoisin sauce (A "sweet, piquant brown paste made from soybeans, red beans, sugar, garlic, vinegar, chile, sesame oil and flour").

Oyster sauce (Made from oyster extract, soy sauce, sugar and vinegar). Soybeans, dried (Dau nanh. Sold in oriental groceries). Soybean sauce (*tuong.* This traditional fermented Vietnamese sauce is made from ground soybeans, water, roasted rice flour, and salt. "It is sold, bottled, only in Vietnamese groceries." Do not confuse *tuong* "with the saltier, thicker Chinese ground bean paste." Vietnamese vegetarians commonly use *tuong* in place of fish or shrimp sauces). Soy sauce (*si dau.* Where soy sauce is called for in this cookbook, use Japanese Kikkoman or "light" soy sauce. Regular Chinese soy sauce "is dark and stains food black").

Concerning "red beans," Andrea Nguyen, food writer from Vietnam says (March 2012): Red beans are "more like Chinese *xiao dou* [than Japanese azuki beans]–and are called *dau do.* Typically seen in sweet soups. They're not as important as mung beans (*dau xanh* / green beans)."

About the author: Nicole "was born in Saigon to a Vietnamese mother and French father. At a very early age she developed a great interest in cooking from her mother, who owned a [small, French-Vietnamese] restaurant in Laos. As a teenager, Ms. Routhier lived in France and Belgium, where she became versed in European styles of food preparation" (with portrait photo, inside rear dust jacket). Although she had a formal French education, she spoke only Vietnamese with her mother and nanny at home. She learned about cooking from her nanny, a native of Hue, and her mother, from Haiphong, both home cooks of the first order. In Laos, when the chef let her help in the kitchen of her mother's restaurant, she knew what her true calling would be. She grew up during the Vietnam war, and experienced hard times, especially after her father left home. "During the war, food was scarce and we ate what we could. Sometimes we had to hide in the village bomb shelter for days if not weeks on end, and rice was often the only food available... I was hungry and terrified at the idea of lacking food. That childhood fear never abandoned me." Later she knew better times, traveling with her family in Europe and Asia, and learning about food. "In Vietnamese tradition (as in most of Southeast Asia), recipes are never written but simply taught to the children by letting them help in the family kitchen" (from the Preface, p. 5). In the mid-1980s she had the good fortune to meet Craig Claiborne. When they first met, she was a student at the Culinary Institute of America in Hyde Park. She subsequently became a professional chef and cooking teacher (from the Foreword, by Craig Claiborne, written May 1989, p. 4) She is married to Anthony Laudin, and now teaches cooking in Manhattan, New York City. Address: Professional Chef and Culinary Teacher in New York City.

9344. Simpson, J.A.; Weiner, E.S.C. 1989. The Oxford English dictionary. 2nd ed.: Tofu. Oxford, England: Clarendon Press. [6 ref]

• ***Summary:*** Etymology: From the Japanese word *tôfu,* which is derived from the Chinese word doufu, from dou = beans + fû = rotten. "A curd made in Japan and China from mashed soya beans; bean curd."

The first entry is: Kinch, Edward. 1880. "Contributions to the agricultural chemistry of Japan." *Transactions of the Asiatic Society of Japan* 8(Part 3):369-415. Oct. See p. 399. There are 5 subsequent entries from 1905 to 1981.

Note: No other entries for words meaning "tofu" but with variant spellings (such as dowfu, tahoo, tahu, etc.) appear in this 1989 edition. Address: England.

9345. Simpson, J.A.; Weiner, E.S.C. 1989. The Oxford

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English dictionary. 2nd ed.: Bean curd. Oxford, England: Clarendon Press.
• ***Summary:*** Under the word "bean," at "special combinations" we read: "Bean curd, paste: A thick jelly or paste made from beans eaten in North China and adjacent countries." No reference or date is given. Address: England.

9346. *SoyaScan Notes.* 1989. Terms related to soyfoods, soybeans, and the soybean industry: Library of Congress subject headings and call numbers (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Two different types of call numbers are used by American libraries for cataloging their books. Most larger libraries use the Library of Congress call numbers (LC numbers, which start with two letters) and many smaller libraries use the Dewey Decimal System (Dewey numbers, which contain only numbers).

The following are from the Library of Congress Subject Headings (12th ed. 1989) and the Library of Congress Classification Schedules. The first edition of Class S (Agriculture), for example, was published in 1911, and the 4th edition in 1982. BT = Broader terms. NT = Narrower terms. UF = Use for. May Subd Geog = May subdivide geographically, e.g., Soy sauce industry-Japan.

Class H is Social sciences and economics. Class Q is science. Class S is agriculture (SB is plant culture. SB205 is field crops, legumes). Class T is technology (TX includes nutrition). Class Z is bibliography and library science.

HD9000-HD9019 Natural foods industry
Shortenings–Use oils and fats, edible.
HD9235.S6-.S62 Soybean industry
HD9235.S6-.S62 Soyfoods industry
HD9235.S6-.S62 Soymilk industry
HD9330.S63-.S633 Soy ice cream industry
HD9330.S65-.S653 Soy sauce industry
HD9330.T68-.T683 Tofu industry
HD9490 Soybean oil industry
QK495.L52 Soybean botany
SB205.S7 Soybean culture (Incl. *Soybean Digest* and Soya Bluebook)
SB608.S7 Soybean–Diseases and pests
SF99.S Soybean as feed
SF99.S Soybean meal as feed
TP438.S36 Nattô manufacture
TP438.S6 Soy sauce manufacture
TP438.S6 Miso manufacture. BT Soybean as food. NT Cookery (Soy sauce or miso)
TP684.S Soybean oil
TX401.2.S69 Soyfoods nutrition.
TX558.S6 Nattô nutrition. BT Fermentation, Soybean as food, Soybean products.
TX558.S7 Soyfoods composition. UF Soybean as food. NT Miso, Natto, Tempeh
TX558.T39 Tempeh
TX558.T57 Tofu
Z5074.S73S5 Bibliographies related to soybeans, or all soya in various countries
Z5776.S63S5 Bibliographies on soyfoods
Z696.1.S68 SOYA (Information retrieval system)

The following soy-related terms have a subject heading but no LC call number: Miso industry, Natto industry, Soy sauce, Soybean flour, Soybean glue, Soybean meal, Soybean milk, Soybean products.

9347. The legacy of the Japanese in Hawaii: cuisine. 1989. [Honolulu, Hawaii]: Japanese Cultural Center of Hawaii. 248 p. Illust. (some color). Index. 26 cm.
• ***Summary:*** A spiral bound book. "The simple elegance of Japanese cuisine sets it apart from other ethnic foods of Hawaii." It is a "culinary art."

"The first group of Japanese, the Gannen-Mono, came to Hawaii as laborers in 1868. The S.S. City of Tokio brought a group of 944 contracted laborers, Kanyaku Imin, on February 8, 1885; and by 1924, 220,000 workers had arrived to become residents of these islands. Thus began the legacy of Japanese in Hawaii" (p. 21).

One chapter, titled "Tofu ryori (Bean curd dishes)" (p. 177-92) contains the following recipes: *Hiya yakko* (Cold tofu, with "2 blocks 'kinu' tofu). *Arare tofu* (Fried tofu cubes). *Agedashi tofu* (Deep fried tofu). *Takigawa tofu* (Jellied tofu strips). *Soba dofu* (Buckwheat soybean curd). *Ken chu / Ken cho* (Meatless or shojin food). *Iri dofu* (Sauteed tofu). *Papaya chanpuru* (Tofu stir-fry with vegetables). *Moyashi chanpuru* (Tofu with bean sprouts). *Gan modoki / Hiryozu* (Deep fried tofu balls). Tofu loaf. Tofu patties. *Okara / Unohana iri* (Seasoned soybean lees [okara]). *Shira ae* (Vegetables with tofu dressing). *Yudofu* (Simmered soybean curd).

For kinako (roasted whole soy flour) see: Rice ball with kinako (variation of Ohagi, p. 230). *Kinako mochi* (variation of mochi, p. 232).

Other soy related recipes *Tori dango no teriyaki* (Teriyaki chicken dumpling, with shoyu, p. 41). *Ika no su-miso* (Squid with miso dip. p. 42). *Satsuma jiru* (Miso soup with pork and vegetables, p. 68-69). *Miso shiru* (Basic soybean paste soup, p. 70). *Sushi no gu* (Ingredients for sushi, incl. Koya-dofu {Dried bean curd} preparation, p. 93). *Inari zushi* (Cone sushi, with "12 aburage {deep fried tofu or bean curd}," p. 98). *Aburage mochi* (Fried bean curd with mochi, p. 115). *Oden* (Vegetables, seaweed & fishcake simmered in fish broth, with "3 aburage," p. 116). *Sukiyaki* (Meat & vegetables cooked in sauce, with "1 block tofu, cut in 1-inch cubes," p. 117). *Basic teriyaki sauce No. 1 & 2* (p. 127). *Niku no teriyaki* (Meat teriyaki, p. 127). *Shibi no misoyaki* (Tuna broiled with soy bean sauce, p. 132). *Tako no teriyaki* (Barbecue octopus, p. 134). *Tori no misoyaki* (Chicken with soybean paste, p. 137). *Stuffed miniature aburage* (Fried bean curd, p. 147). *Miso no ankake* (Soybean

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paste sauces, p. 149). *Kuromame* (Black soybeans, p. 151). *Hijiki to aburage no irini* (Stir-fried seaweed & fried bean curd, p. 153). *Butaniku miso ni* (Pork with miso, p. 154). *Aburage namasu* (Fried bean curd salad, p. 201). *Ingen no miso ae* (String beans with miso dressing, p. 202). *Fudanso no shira ae* (Tofu & swiss chard salad, p. 202). *Kyuri no sumiso ae* (Cucumber with vinegar-miso sauce, p. 204). *Tofu salada* (Soybean curd salad, p. 205). *Misozuke* (Vegetables pickled in miso, p. 212). Address: Honolulu, Hawaii.

9348. Vegan Restaurant (The). 1989. January. New soyfoods restaurant or deli. 115 Baldwin Ave., Paia, Maui, Hawaii 96779.
• ***Summary:*** Talk with Michael Klaper. 1990. Feb. Gentle World has recently opened this vegan restaurant on Maui. Menu sent by Jeanie Greenbaum of Gentle World in Alachua, Florida. 1991. March 13. The restaurant is now open for dinner only. Soyfoods on the menu include: Tofu eggless salad. Tofu eggless salad sandwich. The vegan burger (with seitan and tempeh). Entrees ($5.95 to $6.95): Lasagna tofucci. Tofu loaf. Lemon broiled tempeh with scalloped potatoes. Side orders: Tofu roll (with broccoli, onions and seasonings, wrapped and baked). Crispy tofu chunks. Desserts: Rice Dream Sundae. Assorted Barat Tofu Chocolates. Smoothies: Float with a scoop of Rice Dream. Address: Paia, Maui, Hawaii. Phone: 808-579-9144.

9349. **Product Name:** [CookDo Mabo-dofu Sauce Dry Mix].
Foreign Name: Mabô-dôfu no Moto.
Manufacturer's Name: Ajinomoto Co. Inc.
Manufacturer's Address: Kyobashi 1-5-8, Chuo-ku, Tokyo 104, Japan.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: Sealed foil pack.
How Stored: Shelf stable.
New Product–Documentation: Television Ad. 1989. Saturday, Sept. 16. 7:10 P.M. California. Channel 26. 30 seconds. Color. Japanese and French language. An intelligent and healthful looking young French couple are talking in Paris at Rue de La Vie, 18eme, apparently a high class part of the city. The wife is holding a cake of tofu in a glass bowl, and explaining in French that she likes tofu, it is not expensive, and she loves Mabo-dofu (a Chinese-style dish with cubed tofu, red pepper sauce, and usually ground pork or beef). She shows how she dices the tofu. The ad notes that "These two are a little particular about Mabo-dofu. They only make the real thing." It closes with a close-up of the colorful package.

9350. **Product Name:** [Marinated Tofu].
Foreign Name: Marinierter Tofu.
Manufacturer's Name: Byodo Naturkost GmbH.
Manufacturer's Address: Hirschbergstr. 9, D-8000 Munich 19, West Germany. Phone: (089) 16 85 70.
Date of Introduction: 1989?
Ingredients: Water, organically grown soybeans, tamari and spices, apple vinegar, beet sugar syrup, nigari (Traditional Japanese).
Wt/Vol., Packaging, Price: 200 gm plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. April 15. 4 by 3 inches. Blue on white, printed on a 7 inch square plastic bag. "Sweet & sour. Serve cold in salads or enrobed with flour like Bratschnitte. A fresh soy specialty product. Store at 4-8ºC. Member of the Natural Food Assoc. (Bundesverband Naturkost e.V.)."

9351. Byodo Naturkost GmbH. 1989? Tofu & tempeh: Traditionelle japanisch, indonesisch, in handwerklicher Herstellung [Tofu & tempeh: Traditional Japanese and Indonesian, made by hand (Poster)]. Hirschbergstr. 9, D-8000 Munich 19, West Germany. Undated. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. [Ger]
• ***Summary:*** This large and colorful poster, 19.5 inches wide by 27.5 inches high, has the company name in the top one-third of the space, the text in the bottom third, and a color photo in the middle. The photo shows a cake of tofu and a cake of tempeh on a bed of soybeans in front of two sacks of organic soybeans. Address: Munich, West Germany. Phone: (089) 16 85 70.

9352. DE-VAU-GE Gesundkostwerk GmbH. 1989? Bio-Tofu fuer die Vollwert-Kueche [Organic Tofu for the High Quality Kitchen]. Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany. 16 p. Catalog. 20 x 20 cm. [Ger]
• ***Summary:*** This attractive full-color booklet contains a 2-page introduction to tofu, 2 pages of photos of 11 GranoVita tofu products, and 10 pages of recipes using the products and photos of the finished dishes. One sidebar discusses the different types of tofu coagulants. A blurb on the cover reads: "Recipes and tips. Information from your Reformhaus." Exklusiv Neuform certification symbol. The rear cover is titled "granoVita organic tofu tips for the high quality kitchen (Vollvertkueche)." Address: Lueneburg, West Germany.

9353. **Product Name:** [GranoVita Organic Tofu].
Foreign Name: GranoVita Bio-Tofu.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1989?
Ingredients: Water, organically grown soybeans, calcium chloride coagulant.
Wt/Vol., Packaging, Price: 250 gm poly bag.

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How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 11 gm, fat 5 gm, usable carbohydrates 0.3 gm, calories 89. 1 BE (Broteinheit, or diabetic exchange) = 400 gm.
New Product–Documentation: Manufacturer's brochure. 1989? "Bio-Tofu for the High Quality Kitchen." p. 4-5. A color photo shows the Labels. Contains an illustration of a pagoda on the front. Red, pea green, black, and yellow on beige and white. "The plant alternative (Die pflanzliche Alternative). For frying, baking, deep-frying (making into fritters), or dicing in salads." Gives instructions for making fried tofu slices.

Letter from Eric C. Fehlberg, Director, International Health Food Assoc. 1990. May 24. DE-VAU-GE began making its own tofu in Luneburg in Jan. 1986. Before that it purchased tofu from a Belgian [sic, actually Dutch; Heuschen-Schrouff] soy milk company.

Label sent by DE-VAU-GE. 1990. June 11. The date given for GranoVita Tofu is 1988 but no date is given for Bio-Tofu.

9354. **Product Name:** [Drei Pauly Natur Korn Tofu Tortellini].
Foreign Name: Drei Pauly Natur Korn Tofu Tortellini.
Manufacturer's Name: Drei Pauly Reform + Diaet GmbH (Marketer).
Manufacturer's Address: D-3557 Ebsdorfergrund 1, West Germany.
Date of Introduction: 1989?
Ingredients: Hard whole wheat grits or middlings, tofu (from organically grown soybeans), Whole wheat meal, whole grain bread crumbs, water, unhydrogenated vegetable oil, Parmesan cheese, tomato pulp, roasted or fried onions, sea salt, herbs and spices, natural aromas.
Wt/Vol., Packaging, Price: 250 gm poly bag. Retails for DM 3.95.
Nutrition: Per 100 gm.: Protein 13 gm, fat 6 gm, usable carbohydrates 38 gm, fiber (Ballaststoffe) 9 gm, calories 258.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 5.5 by 8 inches. Red, brown, green, and white on yellow. "Without egg. Vegetables and tofu are organically grown. Whole-grain pasta with hearty tofu filling. Piquant and spicy. Enhanced with Parmesan cheese. Bring to a boil in 2 liters broth or water and simmer for 12-16 minutes." Neuform certification symbol.

Letter from Bernd Drosihn. 1990. May 10. This company just markets tofu products, they do not make any.

9355. **Product Name:** [Eden Organic Tofu Salad Singapore-Style: with Whole-Grain Noodles and Vegetables (Mildly Tart)].
Foreign Name: Eden Bio-Tofu-Salat mit Vollkorn-Nudeln und Gemuese.
Manufacturer's Name: Eden-Waren.
Manufacturer's Address: P.O. Box 1229, 6232 Bad Soden/Taunus, West Germany.
Date of Introduction: 1989?
Ingredients: Salad dressing: Water, vegetable oil, fruit sugar, nonfat milk yogurt, herb vinegar, mustard, sea salt, milk protein, starch, vegetable thickener, vegetables, vitamin C (35 mg/100 gm). Vegetables: Tofu*, carrots*, cucumbers*, onions*, whole-grain noodles*. * = Organically grown.
Wt/Vol., Packaging, Price: 300 gm jar. Retails for DM 4.75.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Protein 5.8 gm, fat 9 gm, usable carbohydrates 11.4 gm, calories 150. 1 BE (Broteinheit, or diabetic exchange) = 105 gm.
New Product–Documentation: Label sent by Anthony Marrese. 1990. Jan. 7.5 by 1.5 inches. Green, red, and black on yellowish beige. "The Asiatic soybean gives us the gift of tofu, its coagulated protein, one of the most valuable plant basics for healthy nutrition. No chemical preservatives." A color photo shows diced tofu, with the colorful vegetable ingredients. Exklusiv im Reformhaus. Neuform certification symbol.

9356. **Product Name:** [Unicorn Tofulini {Tofu Tortellini}, and Ravioli].
Foreign Name: Unicorn Tofulini, und Ravioli.
Manufacturer's Name: Firma Unicorn (Marketer).
Manufacturer's Address: Pavillionstrasse 45, D-6630 Saarlouis, West Germany. Phone: 0 68 31 / 28 55.
Date of Introduction: 1989?
Ingredients: Dough: Whole wheat semolina*, water. Filling: Smoked tofu*, tofu* (a soybean product), bread crumbs, roasted onions*, shoyu (soy sauce), sea salt, spice mixture*. * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm vacuum pack. Retails for DM 4.95.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 9.2 gm, fat 2.8 gm, usable carbohydrates 45.8 gm, calories 245.
New Product–Documentation: Label sent by Anthony Marrese. 1989? 4 by 5.75 inches. Self adhesive with a hole/window in the middle. Red and green on white. "Without meat or eggs. Whole grain dough. Boil in salted water or vegetable bouillon for 15 minutes. Serve with your favorite margarine, herbs, or sauces. No preservatives." Logo is a unicorn head with an ear of wheat for a mane.

Letter from Bernd Drosihn. 1990. May 10. This company just markets tofu products, they do not make any.

9357. **Product Name:** [Hensel Soyfoods: Tofu Sausage-like Roll with Herbs].
Foreign Name: Hensel Soja-Kost Tofu Rolle mit Kraeuter.
Manufacturer's Name: Henselwerk GmbH. Div. of Walther Schoenenberger.

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Manufacturer's Address: Muehlstrasse 5-7, Postfach 1120, D-7037 Magstadt, West Germany. Phone: 07159/4906.
Date of Introduction: 1989?
Ingredients: Tofu (water, soybeans, calcium sulfate and calcium chloride coagulants), vegetable oil, water, protein, soy protein, herb and spice mixture, potato starch, whole sea salt, seasonings, carob flour thickener.
Wt/Vol., Packaging, Price: 200 gm cellophane bag. Retails for DM 3.95.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 262, protein 12 gm, usable carbohydrate 4 gm, fat 22 gm.
New Product–Documentation: Label sent by Anthony Marrese. 1989. 2 by 5 inches. Dark brown, yellow, and white on green. "Free of flesh. Free of gluten. Practically cholesterol free. Broil, grill, or simply eat cold." Neuform certification symbol. Marrese notes that one other flavor is available.

9358. **Product Name:** [Hensel Soyfoods: Tofu Ready to be Cooked and Fried (With Herbs in Spicy Marinade)].
Foreign Name: Hensel Soja-Kost: Tofu koch- und bratfertig (Kraeuter–pikant mariniert).
Manufacturer's Name: Henselwerk GmbH. Div. of Walther Schoenenberger.
Manufacturer's Address: Muehlstrasse 5-7, Postfach 1120, D-7037 Magstadt, West Germany. Phone: 07159/4906.
Date of Introduction: 1989?
Ingredients: Tofu (water, soybeans, calcium sulfate and calcium chloride coagulants), marinated with yeast extract, soy sauce, and herbs.
Wt/Vol., Packaging, Price: 250 gm poly package. Retails for DM 3.70.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 12 gm, fat 6 gm, carbohydrates 1 gm, minerals 1 gm, calories 106.
New Product–Documentation: Label sent by Anthony Marrese. 1989. 3.5 by 5 inches. Printed on a white poly bag. Dark brown, yellow, and white on orange. "Fry or broil and use in soups or salads." Neuform certification symbol.

9359. **Product Name:** [Hensel Soyfoods: Tofu Rolls].
Foreign Name: Hensel Soja-Kost Tofu-Rolle.
Manufacturer's Name: Henselwerk GmbH. Div. of Walther Schoenenberger.
Manufacturer's Address: Muehlstrasse 5-7, Postfach 1120, D-7037 Magstadt, West Germany. Phone: 07159/4906.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 200 gm poly bag.
New Product–Documentation: Listed on the back of the package for Hensel Soja-Kost Soja-Schrot: Other products from the Hensel Soja-Kost Program. "The 'Bratwurst' without flesh."

Ad in Magstadter Hausfreund. 1990. p. 28. Photo shows 2 tofu sausages in a poly bag. The label is dark brown and yellow on orange. "Free of meat and gluten. Practically free of cholesterol." This same publication (p. 8) gives the composition of the human body: water 60%, protein 20%, fat 15%, minerals 4.6%, and carbohydrates 1%. Ad (2 by 5.25 inches, full color) in Kurier/Neuform. 1989. Dec. p. 21. "For Hensel Tofu and Tofu Rolls. The tofu is free of cholesterol and rich in protein." The rolls are "The Bratwurst without meat."

9360. Henselwerk GmbH. Div. of Walther Schoenenberger. 1989? Fleischlos kochen leicht gemacht [Meatless cooking made easy (Recipe cards)]. D-7037 Magstadt, West Germany. 20 cards. Undated. [Ger]
• ***Summary:*** This series of recipe cards comes in two sizes. One is 8.25 by 6 inches, and one is 4 by 6 inches. All are brown and white on orange. The front contains a recipe using a Hensel product. The back describes that product and other Hensel products. Various soy protein products, tofu, and soy flour are included. Hensel tofu contains 12% protein, and its whole soy flour contains 40% protein. Other protein sources include cheese 14-32%, meat 10-22%, quark (Speisequark) 12-17%, fish 10-19%, hazelnuts 14%, eggs 11%, milk 3%, potatoes 2%. Address: Magstadt, West Germany.

9361. **Product Name:** [Silken Tofu].
Foreign Name: Seiden-Tofu.
Manufacturer's Name: Horst Heirler (Marketer-Distributor). Made in Kassel, West Germany by KMK (Kurhessische Molkerei Kassel).
Manufacturer's Address: Grubmuehlerfeldstr. 52, D-8035 Gauting bei Munich, West Germany.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 250 gm round plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Manufacturer's catalog. 1989? Heirler Soja Frischprodukte–Frisch aus der Sojabohne. A color photo shows the products, accompanied by a brief description. "Extra creamy–silken tofu. The basis for many pure vegetarian creams, dips, sauces, etc." The Label shown in the photo atop the lid is red, yellow, white, and dark green on light green. "Extra creamy." Exklusiv Neuform certification symbol.

9362. **Product Name:** [Heirler Tofu Sandwich Slices / Cold Cuts (With Garden Vegetables, or Paprika), or Gourmet Sandwich Slices (With Broccoli, or Nuts)].
Foreign Name: Heirler Tofu-Pastete (mit Gartengemuese, oder Paprika), and Tofu-Pasteten Gourmet (mit Broccoli, oder Nussen).
Manufacturer's Name: Horst Heirler (Marketer-Distributor).
Manufacturer's Address: Grubmuehlerfeldstr. 52, D-8035 Gauting bei Munich, West Germany.

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Date of Introduction: 1989?
Ingredients: Tofu (water, soybeans), vegetable oil, broccoli, egg protein, sea salt, yeast extract, mixture of seasonings, pure vegetable thickener.
Wt/Vol., Packaging, Price: 100 gm poly bag. Retails for DM 1.98.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 12.5 gm, fat 26.2 gm, calories 287.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 3.75 by 3.5 inches. Red, white, and light green on dark green. "Fresh, from organically grown soybeans. "Free of lactose, milk protein (casein), gluten, and cholesterol." The tofu is coagulated with lemon juice. Exklusiv Neuform certification symbol.

Manufacturer's catalog. 1989? Heirler Soja Frischprodukte–Frisch aus der Sojabohne. A color photo shows the "loaves" of this product. Each has a cross section of about 3.5-4 inches square, is 4-6 inches long, and has a dark brown rind. The ingredients have been firmly pressed into the curd. A very innovative looking product.

9363. **Product Name:** [Heirler Tofu Broil- and Grill Sandwich Slices (Nuremberg Style)].
Foreign Name: Heirler Tofu Brat- und Grillscheibe.
Manufacturer's Name: Horst Heirler (Marketer-Distributor).
Manufacturer's Address: Grubmuehlerfeldstr. 52, D-8035 Gauting bei Munich, West Germany.
Date of Introduction: 1989?
Ingredients: Tofu (water, soybeans), vegetable oil, egg protein, seasonings, sea salt, yeast extract, pure vegetable thickener.
Wt/Vol., Packaging, Price: 100 gm poly bag. Retails for DM 1.96.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 11.4 gm, fat 37.8 gm, calories 395.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 3 inches diameter. Red, white, and light green on dark green. "Fresh, from organically grown soybeans. Free of lactose, milk protein (casein), gluten, and cholesterol." A color photo on the back label shows the round sausage-like slices, 3-4 inches in diameter, surrounded by parsley and vegetables. Exklusiv Neuform certification symbol.

9364. **Product Name:** [Heirler Seasoned Tofu (In Fruit Vinegar Dressing with Vegetables, or Gourmet in Cold-Pressed Thistle Oil with French Country Herbs)].
Foreign Name: Heirler Wuerz-Tofu (in Obstessig Dressing mit Gemuese, oder Gourmet in Disteloel mit Krautern dr Provence).
Manufacturer's Name: Horst Heirler (Marketer-Distributor).
Manufacturer's Address: Grubmuehlerfeldstr. 52, D-8035 Gauting bei Munich, West Germany.
Date of Introduction: 1989?
Ingredients: Seasoned tofu: Tofu (water, soybeans), vegetable oil, egg protein, seasoning mixture, sea salt, yeast extract. Fruit vinegar dressing: Water, fruit vinegar, paprika, carrots, vegetable corn, mustard seeds, dill weed.
Wt/Vol., Packaging, Price: 200 gm glass jar (tofu weighs 100 gm) with metal screw-on lid. Retails for DM 3.98.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 8.6 gm, fat 18.1 gm, carbohydrates 1.6 gm, calories 203.
New Product–Documentation: Manufacturer's catalog. 1989? Heirler Soja Frischprodukte–Frisch aus der Sojabohne. A color photo shows the products, accompanied by a brief description. "A delicacy for salad and/or bread, or direct out of the glass!" The tofu in the marinade has bits of vegetables and/or seasonings in it. Label sent by Anthony Marrese. 1989. Label on jar lid is 2.25 inch diameter. Red, yellow, green, white, and beige. "Fresh from soybeans." Label on jar side is 5 by 7/8 inch. "Free of lactose, milk protein (casein), gluten, and cholesterol. Soybeans are organically grown." Note that thistle oil (*Distelöl*) refers to the oil of the plant *Carthamus tuictorius.*

9365. **Product Name:** [Heirler Tofu Spread (With Fresh Garlic, or Gourmet with Olives and Fine Seasonings)].
Foreign Name: Heirler Tofu Streichpastete (mit frischem Kloblauch, oder Gourmet mit Oliven und feinen Gewuerzen oder Gourmet in kaltgepresstem Disteloel).
Manufacturer's Name: Horst Heirler (Marketer-Distributor).
Manufacturer's Address: Grubmuehlerfeldstr. 52, D-8035 Gauting bei Munich, West Germany.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 200 gm glass jar with metal screw-on lid.
How Stored: Shelf stable.
New Product–Documentation: Manufacturer's catalog. 1989? Heirler Soja Frischprodukte–Frisch aus der Sojabohne. A color photo shows the products, accompanied by a brief description. The garlic has a hearty, strong flavor with a little "bight." The label shown in the photo is red and yellow on green and white. "Fresh from soybeans."

9366. Horst Heirler Biologische Erzeugnisse. 1989? Heirler Soja Frischprodukte–Frisch aus der Sojabohne [Heirler fresh soyfood products–Fresh from the soybean]. Grubmuehlerfeldstr. 52, D-8035 Gauting bei Munich, West Germany. 8 panels. Undated. Manufacturer's catalog. Color. [Ger]
• ***Summary:*** The front panel announces: "Healthy joys of the table. Free of lactose, milk protein (casein), gluten, and

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cholesterol." The company's logo is a yellow sun with red horizontal lines across it, increasing in number toward the bottom. A full-page color photo shows all of the company's soyfood products, each accompanied by a brief description. The brochure also contains 13 recipes using these products, e.g. Tofu Souffle, Whole-Grain Apple Strudel with Tofu, Dressing for Fruit Salad, etc.

Heirler makes and distributes mostly fresh, natural dairy products, including cheeses, quark (speisequark), crème fraîche, etc. One company color brochure lists all their dairy products, with the nutritional value of each. Others show their sour milk products, cheeses, and diet-cure-milk, and dairy spreads. Address: Gauting bei Munich, West Germany.

9367. Life Food GmbH (natürliche Lebensmittel–Freiburgs Tofurei). 1989? Sesam-Tofuklösse. Taifun–Fenchelflöte, Sellerie–Cordon bleu, Tempehtaler, Lauch-Tofutorte, Gefüllter Paprika à la Taifun [Foodservice products: Sesame Tofu-balls, Taifun Fennel-flutes, Celery–Cordon bleu, Tempeh rounds, Tofu with Leeks, Green pepper with Tofu Filling (Leaflet)]. Robert Bunsen-Str. 6, 7800 Freiburg, West Germany. 1 p. 30 cm. Undated. [Ger]

• ***Summary:*** One color photocopy of each of 6 leaflets stapled together brought to Soyinfo Center by Wolfgang R. Heck. 2011. Nov. 25. These foods were intend to be served to foodservice outlets, both business cafeterias [*kantina*] and university dining halls [*mensa*]. Each item has its own leaflet, with the Taifun logo on top, a large photo of the ready dish on a plate in the center, a brief description of the product below that, a list of ingredients, had instructions for preparation. Address: Freiburg, West Germany. Phone: 0761/ 50 6155.

9368. **Product Name:** [Seitan/Tofu Shish Kebab, Presto Tofu with Vegetables].
Foreign Name: Brochette Seitan/Tofou, Presto Tofu Légumes.
Manufacturer's Name: Lima Foods.
Manufacturer's Address: Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 2 x 75 gm.
New Product–Documentation: Lima catalogue and price list. 1989.

9369. **Product Name:** [Presto Natural Fresh Tofu].
Foreign Name: Presto Tofu Nature.
Manufacturer's Name: Lima Foods.
Manufacturer's Address: Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 250 gm.
New Product–Documentation: Lima catalogue and price list. 1989.

9370. **Product Name:** [Presto Tofu Cheese].
Foreign Name: Presto Tofu Fromage.
Manufacturer's Name: Lima Foods.
Manufacturer's Address: Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 2 x 75 gm.
New Product–Documentation: Lima catalogue and price list. 1989.

9371. **Product Name:** [Neuco Tofunaise Salad Dressing (Like Mayonnaise)].
Foreign Name: Neuco Tofunaise Salatcreme.
Manufacturer's Name: Neukoellner Reformwaren GmbH (Subsidiary of Huegli) (Marketer).
Manufacturer's Address: 7660 Radolfzell, West Germany.
Date of Introduction: 1989?
Ingredients: Tofu* (Soybeans, water, calcium sulfate coagulant), cold-pressed soy oil*, corn starch syrup, apple vinegar, mustard, sea salt, thickener (guar seed flour), saffron. * = Organically grown.
Wt/Vol., Packaging, Price: 350 ml jar. Retails for DM 4.50.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Calories 308, protein 7 gm, carbohydrate 7 gm, fat 28 gm.
New Product–Documentation: Label sent by Anthony Marrese. 1989. 5 by 7.5 by 2.5 inches. Self adhesive. Red, black, yellow, and blue on white. Color illustration shows a large cube of tofu and many small cubes on a plate surrounded by a pitcher of orange juice, an onion, and a bowl of dressing. Neuform certification symbol.

Letter from Bernd Drosihn. 1990. May 10. This company just markets tofu products, they do not make any. Their mother company is Huegli.

9372. **Product Name:** [Neuco Tofu Salad (French-Style, or Peasant Style)].
Foreign Name: Neuco Tofu Salat (Frazoesische Art, Bauerliche Art).
Manufacturer's Name: Neukoellner Reformwaren GmbH (Subsidiary of Huegli) (Marketer).
Manufacturer's Address: 7660 Radolfzell, West Germany.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 290 gm jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Letter from Anthony Marrese. 1990. March 22.

Letter from Bernd Drosihn. 1990. May 10. This company just markets tofu products, they do not make any. Their mother company is Huegli.

9373. **Product Name:** [Neuco Tofu Dressing (Herb, Mexican, For All Salads, Italian)].

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Foreign Name: Neuco Tofu Dressing (Kraeutern, Mexican, Fuer Alle Salate, Italian).
Manufacturer's Name: Neukoellner Reformwaren GmbH (Subsidiary of Huegli) (Marketer).
Manufacturer's Address: 7660 Radolfzell, West Germany.
Date of Introduction: 1989?
Wt/Vol., Packaging, Price: 300 ml jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Letter from Anthony Marrese. 1990. March 22.

Letter from Bernd Drosihn. 1990. May 10. This company just markets tofu products, they do not make any. Their mother company is Huegli.

9374. **Product Name:** [Huegli Tofu Pâté].
Foreign Name: Huegli Tofu Pastete.
Manufacturer's Name: Neukoellner Reformwaren GmbH (Subsidiary of Huegli) (Marketer).
Manufacturer's Address: 7660 Radolfzell, West Germany.
Date of Introduction: 1989?
Ingredients: Incl. tofu.
New Product–Documentation: Letter from Verena Krieger. 1990. July 5. Huegli makes a Tofu Pâté named Tofu Pastete. It is sold only to hotels and restaurants.

9375. **Product Name:** [Nuxo Tofu Salad Dressings or Spreads (Swedish with Beets-Cucumbers-Apples, Hearty with Cucumbers & Onions, Leek-Apple with Bananas & Curry, and Devilish with Spicy Tomatoes and Mushrooms)].
Foreign Name: Nuxo Tofusalat (Schweden, Rustikal, Lauch Apfel, Teuflischer).
Manufacturer's Name: Nuxo-Werke Rothfritz + Co. KG. (Marketer).
Manufacturer's Address: D-2000 Hamburg 54, West Germany.
Date of Introduction: 1989?
Ingredients: Swedish: Vegetable oil, tofu*, red beets, water, onions, aromatic cucumbers, apples, vinegar, sugar, thickeners (carob bean flour and guar seed flour), egg yolk, mustard, mixture of seasonings, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm jar. Retails for DM 3.75.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 2.5 inch diameter with two "arms" protruding, 3/4 by 2 inches. White, red, and green on blue. A color photo shows tofu cubes containing bits of vegetables, with sliced beets, apples, onions, and greens.

Leaflet. 1989. Nuxo Tofu Salads. Full-valued food for gourmets/epicures. Healthful and delicious. A color photo on the cover of this elegant and artistic, full-color brochure shows slices of seasoned tofu next to a decorative sprig of sliced fruits and greens, against a blue-green background. The inside shows 4 different jars of the tofu dressing or spread, each with lovely, clever labels.

Talk with Thomas Karas of Soyastern. 1990. March 14. This is presently Nuxo's only tofu product. Their tofu is probably made by Heuschen-Schrouff in the Netherlands or by Linn.

Letter from Anthony Marrese. 1990. March 22. In a phone interview on 18 Dec. 1989 with Mr. Beck, the company's tofu manager, he learned that they do not make any tofu or soymilk. They buy it all from other manufacturers. From Christian Nagel he heard that Nuxo is owned by Vitaquelle, a company with turnover of DM 25 million per year.

Letter from Bernd Drosihn. 1990. May 10. This company just markets tofu and soymilk products, they do not make any.

9376. **Product Name:** [Tofu Spread (Mushroom)].
Foreign Name: Tofu Austrich (Champignon).
Manufacturer's Name: Origina. Made in The Netherlands by Witte Wonder Natural Products B.V.
Manufacturer's Address: Postfach 273, 1900 AG Castricum, Netherlands.
Date of Introduction: 1989?
Ingredients: Tofu*, sunflowerseed oil, apple vinegar, apple concentrate*, pear concentrate*, barley malt syrup*, yeast extract, mushrooms, herbs, sea salt, guar binder. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm jar. Retails for DM 3.90.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by Anthony Marrese. 1989. Nov. 6 by 1.4 inches. Dark green and light green on white. The Witte Wonder logo is an illustration (line drawing) of a tofu maker with hands on hips; another illustration shows three mushrooms. "Uses: Tasty on bread, toast, rice crackers, and in sauces. Refrigerate after opening."

Talk with Sjon Welters. 1990. March 3. This product is made by Witte Wonder and exported by Origina/Terra Foods.

Note: Also sold under the Origina Luna brand are a Fruitcake and a Carob Biscuit, each containing a small amount of Roasted soy flour (Sojakernmehl / farine d'amandes de soja).

9377. **Product Name:** [Tofu Powder].
Foreign Name: Tofû-Pulver.
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Waldstrasse 9, 6120 Mi-Vielbrunn, West Germany. Phone: 0 60 66/1479.
Date of Introduction: 1989?
How Stored: Shelf stable.
New Product–Documentation: Ad in German newspaper. Late 1989. "Pro Natura: *Naturkost aus dem Odenwald.* Homemade tofu, in 30 minutes on the plate, with Pro Natura

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Tofu Powder. 100% vegetable (*vegetabil*). Also try our Spicy Salt (*Gewuerzsalz*), with sea salt and lots of vegetables. Spreads for breads, salad dressings, tofu salads! Write for our price list."

9378. **Product Name:** [Tofu Salad Dressing (Carrot)].
Foreign Name: Tofu Salat Dressing (Karotten).
Manufacturer's Name: Pro Natura.
Manufacturer's Address: Elisabetenstr. 10, D-6074 Roedermark, West Germany. Phone: 06074-97437.
Date of Introduction: 1989?
Ingredients: Tofu*, water, rice*, vegetable oil, carrots*, apples*, celery*, onions*, lemon juice, herb vinegar, honey, herb salt, yogurt, milk protein, garlic*, seasonings. * = Organically grown [aus kontrolliert biologischem Anbau].
Wt/Vol., Packaging, Price: 220 gm.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1990. Jan. 7.5 by 2 inches. Purple and red on gray. Logo of the world with tofu written large around the equator. "We recommend Tofu Dressing on baked Tempeh Sticks, Tofu Schnitzel or patties (Bratlingen). For souffles, soups, or sauces. It is especially suited for cold buffets, delicatessen salads, potatoes, noodles, or rice salads. Also great on uncooked or vegetarian salads. Shake before using."

9379. **Product Name:** Free (Dairy-Free Tofu-Based Cheese Alternative) [Jalapeno Jack, Garlic Jack, Cheddar, or Spice].
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687. Phone: 707-778-7721.
Date of Introduction: 1989?
Ingredients: Organic tofu, soy oil, tapioca, irish moss, nutritional yeast, agar-agar, guar gum, sea salt, miso, carob bean gum, kuzu, aloe vera, lecithin, citric acid.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 90, protein 2 gm, carbohydrate 6 gm, fat 6 gm, sodium 110 mg, calcium 95 mg.
New Product–Documentation: Letter from Richard Rose. 1987. Sept. 17. This product should be on the market by Oct. 1987. A U.S. patent is pending. Spot in Food Processing. 1987. Oct. Contains added vitamin B-12. For additional information contact Sharon's Finest Div. of Rose International, Petaluma, California. This product is FREE of casein. It "tastes, looks, and melts like real cheese." Spot in Food Distributors Magazine. 1987. Oct.

Medoff. 1987. Whole Life. Sept/Oct. p. 79, 82. "New Soy Cheese Best Yet to Hit Market." Sharon's Finest brand FREE, a new non-dairy cheese made from Rose International, contains no casein. "They've managed to create a soy cheese that is about as close to real dairy cheese as any we've seen to date... Indeed its similarity to real cheese is startling." A U.S. patent is pending on the product's formulation and process. The product's cheese-like qualities result from the interaction of ingredients, rather than from any one in particular. It contains 70% organic tofu, far more than any other soy cheese on the market. It will be marketed as tofu that is like cheese, rather than a soy cheese per se. Article includes Label. "The first Tofu that melts and tastes like real Cheese!"

Spot in Health Foods Business. 1987. Dec. "Rose International has introduced a tofu cheese and nog." The cheese, named Free, "tastes, looks, and melts like real cheese." Contact "Rose International, P.O. Box 2687, Petaluma, CA 94953-2687."

Talk with Richard Rose. 1988 Feb. 15, and 1990 March 1. This product has not yet been put on the market. It is hard to find a company to make an unconventional soy cheese. But he is working and it will eventually be launched.

Talk with Sharon Rose of Sharon's Finest. 1992. Feb. 10. This product is still in limbo, on the back burner. They have developed a good formula, but Richard is still working on minor improvements.

Letter (fax) from Richard Rose. 1994. April 21. This product was never sold commercially, and Richard was never wholly satisfied with it. It was the precursor to VeganRella [first sold commercially in April 1994] "Plus Kraft beat us to the name, legally." It was the precursor to VeganRella. "Although far better than Soymage [the only casein-free soy cheese sold at the time], we felt it should, could, and would be even better with more work."

Note: This cheese, under this name, was never sold commercially.

9380. Svadesha Tofurei. 1989? Svadesha Tofurei [Svadesha Tofu Shop (Brochure)]. Ostpreussenstr. 22, D-8000 Munich 81, West Germany. 4 p. Undated. Illust. 30 cm. [Ger]
• ***Summary:*** The cover shows people's silhouettes in 9 boxes. The inner 2 pages, titled "Our Vegetarian Specialties," list 13 products made by the company. Most contain tofu as the basic ingredient, but seitan, sprouts, and antipasto are also included. On the back are 9 photos showing each of the steps in the shop's tofu making process. Address: Munich, West Germany. Phone: 089 / 93 90 05.

9381. **Product Name:** High-Fiber Tofu.
Manufacturer's Name: Teruya Tofu Factory.
Manufacturer's Address: 1830 Mill St., Wailuku, Maui 96793. Phone: 808-244-5313.
Date of Introduction: 1989?
New Product–Documentation: Talk with Roger Krehl of Paradise Fruit Maui. 1990. July 4. Roger has a fruit stand and fast-food restaurant (not sit down) at 1913 Kihei Rd., Kihei, Maui, Hawaii 96753. It focuses on freshness and health. He has known Walter Teruya for the 12 years that he (Roger)

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has been in business. He buys tofu from Walter Teruya, who makes a regular and a high-fiber tofu, plus soy beverages. He wholesales only in bulk (5 gallon buckets with water and blocks of tofu in them), plus plastic bags that he supplies. Roger retails the tofu, and also makes it into a number of recipes. Walter is the son of the founder and a very nice guy, with lots of good ideas. He starts work at 2:00 A.M. and is done by noon, then goes to bed. They live right above their shop. The company used to be named Valley Isle Foods Inc. at the same address. Directory Assistance: Walter Teruya's phone: 808-242-7324.

9382. **Product Name:** [Tofu Patties {125 gm} (Tomato-Onion, Sauerkraut-Apple, Mushroom-Leek, Pineapple, Broccoli, Dried Fruit-Muesli)].
Foreign Name: Tofu Roestling (Tofu-Tomaten-Zwiebel, Sauerkraut-Aepfel, Champignon-Lauch, Ananas, Broccoli, Backobst-Muesli).
Manufacturer's Name: Tofukost-Werk TKW GmbH.
Manufacturer's Address: Siemensweg 1, D-4724 Wadersloh-Diestedde, West Germany. Phone: 02520-1300.
Date of Introduction: 1989?
Ingredients: Tofu-Tomato-Onion: Tofu, tomato, onion, whole rolled oats, starch, vegetable mixture, bread crumbs, vegetable protein product, parsley, diced leeks, sea salt.
Wt/Vol., Packaging, Price: 125 gm, frozen patties.
How Stored: Frozen.
New Product–Documentation: Leaflet sent by Anthony Marrese. 1990 March 22. 8.25 by 11.5 inches. Side 1 contains a color photo of each of the 6 patties accompanied by the name and ingredients. Side 2 contains serving suggestions for each. Sold in the frozen food section of stores or distributed to foodservice organizations.

9383. **Product Name:** [Tofu Spice (Mild)].
Foreign Name: Tofuwuerzung (Mild).
Manufacturer's Name: Vitam GmbH.
Manufacturer's Address: Hameln, West Germany.
Date of Introduction: 1989?
Ingredients: Yeast extract, sesame seeds, wheat grits, sea salt, fennel, oregano, tofu powder (Tofupulver).
Wt/Vol., Packaging, Price: 50 gm. Retails for DM 2.15.
New Product–Documentation: This product, which contains a little powdered tofu, is meant to be used as a seasoning for tofu. Label. 1989? 3.25 by 1.5 inches. White on green. "For after-seasoning of fried or grilled tofu. For marinating, dissolve about 15 gm in 1/8 liter water, and use to marinate tofu slices before frying/broiling. Mix with mashed tofu, then fry (braten)." Neuform certification symbol.

9384. Howard, Clare. 1990. Soybean growers target tofu: Farmers see market sprouting for soy-based foods. *Journal Star* (*Peoria, Illinois*). Jan. 2. [1 ref]
• ***Summary:*** The article opens with a photo of the produce manager at a supermarket in East Peoria, Illinois, holding up 2 packs of Mori-Nu Tofu. "Soybeans could achieve a $1 billion niche in the food industry by the mid-1990s, and Illinois farmers stand to make additional inroads in the Asian tofu market." Jim Shearl, manager of the Illinois Crop Improvement Assoc., worked with a team of agricultural researchers at the Univ. of Illinois to develop "Illinois Tofu No. 1," a new soybean variety with all the characteristics ideal for making tofu. These soybeans, which should earn a premium of $0.10 or more per bushel, must be stored and shipped separate from other soybeans. Neither Argentina nor Brazil nor other U.S. states have developed such a bean. Lowell Hill, agricultural economist at the Univ. of Illinois, noted "This is a significant steppingstone. Traditionally farmers produce and then find a market. We've turned that around and determined what the market wants and then set out to produce a soybean to meet that need." Hill said the Koreans import about 300,000 tons of soybeans for tofu manufacturing, representing a $61.7 million market.

9385. *Tribune-Star* (*Terre Haute, Indiana*). 1990. Kyoto [Food Corp. U.S.A.] seeks lot approval. Jan. 3.
• ***Summary:*** "Kyoto Food Corp. U.S.A. is seeking approval of a one-lot commercial subdivision for the $4.5 million tofu plant it plans to build along Johnson Avenue between U.S. 41 and Indiana 63." The company bought 25 acres and wants to subdivide 2.5 acres of that for the production plant. "Negotiations are now under way to get other food-related plants to build on the rest of the 25 acres... The 25,000 square-foot plant, which will be able to produce 2.5 tons of tofu daily, is expected to start with 30 to 50 employees and increase to 100 during the first year. Tofu is a food product made from soybeans. Plans for the new plant were announced in November."

9386. *SoyaScan Notes.* 1990. A plan for realizing tofu's unrealized potential in America (Overview). Jan. 6. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** As we enter the 1990s, the one soyfood in America with the greatest unrealized potential is tofu. Tofu faces five major interrelated problems, each of which has a solution.

1. Tofu has a split image. In mid-1986 a Roper poll asked 2,000 adults nationwide to name "those foods, if any, which you personally hate to eat in any form because you dislike them." Some 35% of the respondents mentioned tofu, making it "America's most hated food," ahead of liver (34%), yogurt (29%), and Brussels sprouts (28%). Yet millions of consumers consider tofu "the perfect protein" and many companies have found that its presence on the label of a product helps sell the product. Solutions: (A) The Soyfoods Association should conduct an in-depth consumer survey to find out who buys tofu, who doesn't, and why some people

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hate tofu while others love it. (B) Stop negative advertising about tofu.

2. An estimated 80-90% of tofu, which has been classified by the FDA as a potentially hazardous food, is sold at temperatures above 45ºF, in violation of federal guidelines, and many state and local laws. Sour tofu and bacteriologically contaminated tofu remain major problems, contributing to tofu's bad image. Solution: The Soyfoods Association and individual tofu companies should acknowledge that FDA guidelines make good sense for both consumers and industry, and take the initiative in solving these problems. Another outbreak of food poisoning from tofu could devastate the entire industry.

3. According to the U.S. Food and Drug Administration, the common or usual name for tofu is "Soybean Curd." FDA labeling laws state that this term must appear on the front panel of all tofu products. Most U.S. tofu products are presently labeled in violation of this law. The Soyfoods Association should work to have "tofu" recognized as the common or usual name for tofu.

4. Tofu could greatly help the estimated two-thirds of Americans who have high cholesterol levels and/or are overweight, yet many are unaware of it. Solution: The Soyfoods Association should develop a comprehensive, low-cost program to promote tofu generically to mainstream America using news releases, and working with allies such as the American Heart Assoc. and Weight Watchers.

5. Tofu is the only food in America sold floating in water. This is a major constraint in reaching the mainstream market. Solution: Develop and improve alternative forms of packaging.

6. The tofu industry presently lacks the organization, long-term planning, and funding required solve its problems and realize its potential. Solution: Build a strong trade association with broad-based support. Resume the tradition of biannual international conferences. Start annual 1-day regional or state conferences to discuss common problems/needs.

9387. Bhatnagar, P.S. 1990. Re: New developments with soybeans and soyfoods in India. Letter to William Shurtleff at Soyfoods Center, Jan. 15. 2 p. Typed, with signature on letterhead.

• ***Summary:*** National Research Centre for Soybean came into being in Jan. 1987. The entire funding for the institution is from the Government of India through the Indian Council of Agricultural Research. The total sanctioned staff of the institution is 55. However presently only about 37 are employed on the regular staff. They are actively seeking to hire more scientific staff.

The growth rate of soybean are in India has been very high recently, among the highest in the world, along with Argentina and Brazil. However soybean yields in India have remained very low. So the main thrust of the Center's R&D efforts is to increase yields. During the last two years the average nationwide yield has increased by 200 kg/ha to 900 kg/ha. Address: Director, National Research Centre for Soybean, Khandwa Road, Indore 452 011, India. Phone: 65653.

9388. Broom, Maria. 1990. Serulada Spiritual Foundation in Uganda, and soybeans (Interview). *SoyaScan Notes.* Jan. 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This foundation is a spiritual, vegetarian community of about 200+ people who live on the land at Sseesamirimbe, near Masaka, Uganda. They grow a lot of soybeans and eat them as such; they do not do any processing, but are interested in making tofu, soymilk, and tempeh. Maria gave them three Soyfoods Center books on these subjects. She has visited the community twice, for 1 month each time. They have been together for about 15 years, have an African spiritual master named Bambi Baaba, but their spiritual practice resembles East Asian practices. They have a city address too: P.O. Box 5374, Kampala, Uganda.

Maria visited Dr. D. Warren Harrison of Africa Basic Foods. He hopes to contact the community and teach them more about soyfoods. Address: 1728 Linden Ave., Baltimore, Maryland 21217. Phone: 301-462-5370.

9389. Porter, Kelly. 1990. A taste of tofu: Samplers find food different, but delicious. *Tribune-Star* (*Terre Haute, Indiana*). Jan. 21.

• ***Summary:*** "I have to admit I was apprehensive from the start. Curious, but apprehensive. 'You are cordially invited to attend a tofu luncheon.'... The invitation was signed by Mayor P. Pete Chalos. I figured it he was the one doing the asking, the stuff couldn't be all that bad. I was right. Actually, some of the food prepared was downright delicious. Different, but delicious.

"Last week's luncheon was at the Royal Mandarin Restaurant... courtesy of the Alliance for Growth and Progress. Arrangements for the meal at the southside Chinese eatery were made by the Terre Haute Department of Redevelopment...

"'Family Tofu' was my favorite–it was marinated chunks of deep-fried tofu served with rice and all kinds of Chinese vegetables. Tofu tastes a lot like the foods with which it's prepared, but its consistency is difficult to describe. It's a food that's chewy, yet it melts in your mouth at the same time. It's also kind of creamy, but then again it's not.

"The best way to find out is to try it. Kyoto Food Corp. officials are probably hoping you will."

9390. Chikaarashi, Shigeru. Assignor to Nichii Company, Ltd., Osaka, Japan. 1990. Method for manufacturing a foodstuff suitable for soybean milk production. *U.S. Patent*

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4,895,730. Jan. 23. 4 p. Application filed 28 Oct. 1988. [2 ref]
• ***Summary:*** "The apparatus includes a brushing machine for removing earth matter and earth-born germs deposited on soybean material, a band dryer for adjusting the water content of the soybean material so as to facilitate separation of the material into skin and flesh portions, a skin remover for separating the skin portion from the flesh portion and for dividing the flesh portion of each piece of soybean into four to eight parts, and flat pressing rollers for converting the resulting powdery masses into uniformly distributed flaky masses."

Note: The resulting soy flakes are used by Nichii to make tofu in Japan. The compact tofu plants are located in supermarkets or department stores. Address: Sapporo, Japan.

9391. *Journal of Commerce & Commercial* (*New York, NY*). 1990. Japan's Nichii plans to build U.S. soy plant. Jan. 23.
• ***Summary:*** "Nichii Co., a major supermarket chain operator, plans to build a 500-million-yen soybean-processing plant in the U.S. to produce flaked soybean, starting in October, company officials said Monday. The project is designed to ensure a stable supply of the flakes, the raw materials for 'tofu' and soybean milk, they said. Nichii is now considering a site for the plant, possibly somewhere in Iowa. The company plans to import [to Japan] half the plant's product for the production of tofu and for direct sale at its stores, the officials said."

9392. Morinaga Nutritional Foods. 1990. Morinaga challenges Soyfoods Association to take stand on FDA temperature requirements for tofu products (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. Jan. 23. [1 ref]
• ***Summary:*** Morinaga has informed the Association that "it will cancel its membership if this important subject is not addressed. The two-page document, addressed to Gordon Bennett, president of the Soyfoods Association, asks that the organization respond to the May 1984 FDA classification of tofu as 'Potentially Hazardous' food. The FDA's Retail Food Protection Program Information Manual states that all potentially hazardous foods must be maintained at temperatures of 45ºF or below, (or over 140ºF). A copy of the letter to Bennett is attached." Address: Los Angeles, California.

9393. Paino, John. 1990. Microbiological quality of tofu (Interview). *SoyaScan Notes.* Jan. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Nasoya tofu was dropped from one chain only, and the two parties are now negotiating to get it back in. Nasoya refuses to let the chain sell their fresh tofu in the dairy case. Most chains where Nasoya tofu is sold keep their produce cases at 45ºF or below. This chain wants to save energy, so they keep their produce cases at 50-55ºF. Nasoya is trying to convince them to turn down the temperature of their produce case. John feels that most produce cases (except very old ones) had be turned down to 45ºF or below; stores which keep theirs at higher temperatures do so in order to save energy and therefore money. This is the only chain where Nasoya has had a problem from the Potentially Hazardous Food issue.

When tofu sours, the pH drops and this retards bacterial growth. It self-protects. Nasoya's pasteurization (at 180ºF or 82ºC for 75 minutes) kills living bacteria, but some spores survive and, if incubated, the tofu sours. Nasoya has found these to be *Lactobacillus thermophilus,* which are heat resistant sporeformers. Nasoya is now conducting tests with a PhD at the University of Massachusetts (who also sits on the board of the FDA) to present to the FDA in hopes of having pasteurized tofu reclassified as a non-hazardous food which should not be required to be stored at 45ºF or below. Address: President, Nasoya Foods Ltd., Leominster, Massachusetts. Phone: 508-537-0713.

9394. Furusawa, Yôko; Okumura, -; Fujii, Sotetsu. 1990. I. *Tôfu Hyakuchin* saigen. II. Tôzai tôfu ryôri-ten shôyû [I. A new look at the *Tofu Hyakuchin.* II. In praise of tofu restaurants East and West]. *Asahi Gurafu.* Jan. 26. p. 36-49. [Jap]
• ***Summary:*** The first author introduces and prepares a number of recipes from the *Tofu Hyakuchin,* a famous Japanese cookbook written in 1782 and containing one hundred favorite Japanese tofu recipes. Contains many large color photos of tofu in recipes. A different author wrote each section of the article. Address: Japan.

9395. Orbuch, Paul. 1990. Where Wildwood prefers to sell their tofu in a store (Interview). *SoyaScan Notes.* Jan. 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wildwood first had to deal with this question in 1981 when they sold their tofu & miso sandwiches on the counter of natural food stores. Wildwood felt there was no danger of tofu spoilage because of the miso. They battled hard against the state health department. They tested tofu with and without miso around it at the state's labs. The results showed that tofu was clearly a potentially hazardous food. From then on Wildwood insisted that all of their tofu and tofu sandwiches be refrigerated below 45ºF. Paul's experience is that the average temperature in the produce case wet rack is 50ºF.

About 3 years ago Wildwood was at a crossroads. They had three vendor numbers: One of produce, one for grocery/dairy, and one for deli. The buyer explained that this was a mishmash, and asked Paul to choose one. He chose grocery/dairy. Today, in many supermarkets, Wildwood has 18-24 linear feet of space in the dairy case of high-volume supermarkets. In Lafayette, Walnut Creek, and Orinda

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supermarkets they have only 2 feet. Paul usually goes in and says, "I won't take less than 8 feet." The goal is one facing per product. Paul is aware of the ongoing turf wars between supermarket departments. But note that any product that comes in under produce will have a produce label on it. Wildwood now has a few of its own refrigerated stand-up display cases that contain only Wildwood products, similar to those pioneered by Quong Hop & Co. The cases are located between the produce and dairy departments in the store. The name of the case is "Wildwood Natural Foods" with the company logo. It is not limited to soyfoods, but to natural vegetarian foods–whatever they distribute. But a soy yogurt would probably go next to dairy yogurts in the dairy case. Woody Yeh is still waiting for his cups. Paul thinks Woody's soy yogurt product is excellent. Azumaya sells its Stir Fruity in the produce case because the company's historical relationship is with the produce buyer.

Wildwood is still wrestling with the use of calcium in tofu, and may start to use it, alone or with nigari. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax, California 94930. Phone: 415-459-3919.

9396. Hicks, Russel. 1990. History of Sweet Earth Natural Foods (Interview). *SoyaScan Notes.* Jan. 31. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This company was founded by Russel Hicks and Valerie Dallas. They started making and selling foods in 1978 in Pacific Grove. Their first product was named "Vegeburger by Sweet Earth," a soybean based burger introduced in 1978. In the early days, they also had a bakery named Sweet Earth Bakery (P.O. Box 22543 in Carmel). They did all kinds of things. After a year Russel and his wife left for 3 years, then they returned. The company's second product, launched in about 1983, was called "Tofu Rice Burger by Sweet Earth." Both products had round labels, so the product name was arched across the top and "Sweet Earth" was arched across the bottom.

In about 1983-84 Sweet Earth started to get serious about selling foods. In 1985 they introduced their fresh "Deli Line," consisting of perishable, healthy fast and natural foods–especially sandwiches, salads, and soups. (The burgers were vacuum packed with a 3-month shelf life.) Included in this line were various foods in which soy was a major ingredient: Lunch Rush Burrito (with tofu and rice, 1985), Tofummus Sandwich (1985; tofu + hummus), Miso-Vegetable-Barley Soup (1985), Oriental Rice Burrito (1987), Oriental Rice & Tofu Salad (made sporadically, 1987) TMT Spread (with tofu, miso, and tahini, 1989; no longer on the market due to short shelf life). and Tofetti Sandwich (1990). They distribute these perishable foods themselves in the Monterey area, then they have independent distributors that carry their deli line to Santa Cruz, the Bay Area, etc. Veggie Paté Sandwich (with Miso; 1990). They also use a lot of soy sauce and tamari as a seasoning. They buy their tofu from Jack in the Beanstalk in Salinas. They are Wildwood's biggest competitor in the Monterey area. "Tofu is definitely the food of the future. It's probably going to take a couple of more years. We've been watching this slow change. Ten years from now tofu will be everywhere and in everything. All kinds of foods will be made from it. We raise our children on tofu and they eat it right out of the carton. To them its second nature. I really like the whole soy end of life. It really feels good. I like developing foods with tofu. The biggest problem with tofu is trying to get a long shelf life in products that use it." Address: 597 Lighthouse Ave., Pacific Grove, California 93950. Phone: 408-375-8673.

9397. Korsak, David de. 1990. Work at Daizou SARL and Le Bol en Bois in France, and at Paul's in England (Interview). *SoyaScan Notes.* Jan. 31. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** David, a Frenchman who speaks excellent English, has a degree in Food Technology. He is now taking a 1-year course to earn a Certificate in Business Studies at Cal State, Hayward. From Aug. to Sept. 1987 he worked on weekends for Daizou, located in an industrial zone just southeast of Paris, France. It was his first experience with tofu, but he did not make tofu himself. He did an internship with them, setting up a computer system. The manager was Takatoshi Hirayama. Daizou had about 8 employees total: 2 full-time tofu makers, 2 men frying tofu, 1 manager, 2 drivers who deliver products, and 1 secretary. The tofu company was formerly in the basement of Le Bol en Bois in Paris. They moved when they outgrew that space. They sell mostly to Japanese (in water pack tubs), and their main outlet is at Le Bol en Bois. They use 100-125 kg/day of soybeans to make about 300-375 kg of tofu. They also sell some vacuum packed tofu, made with organically grown soybeans, to 1-2 health food shops in Paris. One of the company's big problems is employee turnover.

After working at Daizou, from Oct. to Dec. 1987, David worked at Paul's Tofu in England. Paul's had recently won a contest that allowed them to move into a small industrial part in Melton Mobray (a city that was looking for employers), Leicestershire, for several years without paying rent. He renamed the company Soyfoods Ltd. The company made tofu only 3 days a week. He was one of the tofu makers. The company used about 5 x 60 lb bags of soybeans a day to make about 2,400 lb/week of tofu. The other days they made second generation products. This company also had big problems with employee turnover, and was unable to grow.

In the future, he wants to work with tofu in France. He will work as an intern at Wildwood Natural Foods in California from Sept-Dec. 1990, then with Société Soy in France selling their products in England. Address: Hayward State Univ., Hayward, California. Phone: 415-886-0867.

9398. Best, Daniel. 1990. Wherefore art thou tofu? *Prepared*

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Foods 159(1):81-82, 84. Jan.
Address: Senior Editor/Technology Analyst.

9399. *China Daily.* 1990. Shanghai: Beancurd daily supply up. Jan. 7. p. 2a. *

9400. Morinaga Nutritional Foods, Inc. 1990. Our new extra-firm tofu creates quite a stir (Ad). *Natural Foods Merchandiser.* Jan. p. 25.
• ***Summary:*** A full-page color ad shows stir-fried tofu and vegetables in a wok. At the lower right is a color photo of a box of Mori-Nu Extra-Firm Silken Tofu. "Mori-Nu: Tofu for the American taste." Address: 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. Phone: 1-800-NOW-TOFU or 310-787-0200.

9401. *Nasoya Newsletter.* 1990. The year of the horse. Jan. p. 1.
• ***Summary:*** This year Nasoya will celebrate the "festive Chinese holiday in its usual traditional manner. Colorful displays, calendars, and recipes will be displayed in supermarket produce sections. Nasoya promotions will be going on in most supermarkets from Maine to Atlanta and as far west as Chicago and St. Louis. Many of the promotions will include tie-ins with other major brands across the country." Address: Leominster, Massachusetts.

9402. *Nasoya Newsletter.* 1990. Nasoya goes recyclable! Jan. p. 3.
• ***Summary:*** "The following information was given to me by The Council for Solid Solutions... * Plastic beverage containers have the second highest 'scrap value' of recyclable materials in packaging–next to aluminum. * Plastic products have already contributed substantially to source reduction in the waste stream by replacing heavier thicker material previously used in packaging and through engineered reductions in the amount of plastic used in containers such as soft drink bottles. * More than 20% of all plastic soft drink containers, over 100 million pounds, are already being recycled into new consumer products and the demand for recycled plastic is growing. 55 million pounds of plastic used in milk containers were recycled in 1987.

Nasoya tofu trays are 100% recyclable. They are made of H.D.P.E. (High Density Polyethylene). The new logo on our package will look like 3 arrows in a triangle with a 2 in the middle, below which is written "HPDE Recyclable Tray." In the future we hope to see recycling drop-off points for plastic in every community, just as there are now for glass and aluminum. For more information contact: The Council for Solid Waste, 125 K Street Suite 400, Washington, DC 20005. Address: Leominster, Massachusetts.

9403. *Natural Foods Merchandiser.* 1990. Soyfoods industry faces changes. Jan. p. 6, 10.
• ***Summary:*** Lawmakers in Maine are being asked by the Soyfoods Assoc. of America (SAA) to exempt soymilk from a ban on non-recyclable aseptic packaging scheduled to take effect on 1 Sept. 1990. SAA feels that soymilk should have the same exemption provided to "milk and dairy-derived products." Less than 1% of all aseptic packages sold in Maine are for soymilk. But some lawmakers reportedly prefer an extension to an exemption in order to encourage manufacturers to create alternative packaging.

Also discusses briefly FDA's classification of tofu as a potentially hazardous food.

9404. **Product Name:** Redwood TofûCheese (With Casein) [Garlic & Parsley, Mexican Pepper (Jalapeno), Mild Red Cheddar, Mild White Cheddar, Mozzarella].
Manufacturer's Name: Redwood Company (The). Div. of J.R.J. Trading Co. (Importer-Marketer-Distributor). Made in America.
Manufacturer's Address: P.O. Box 1298, London N20 0YT, England. Or: 243 The Broadway, Muswell Hill, London, N10, England. Phone: 01-444 7717.
Date of Introduction: 1990. January.
Ingredients: Mild Cheddar: Tofu (Soya curd), soya oil, casein (non fat milk protein), sea salt, citric acid, emulsifier–lecithin, natural flavour, thickener–guar gum, colour–annatto seed.
Wt/Vol., Packaging, Price: 227 gm (8 oz) blocks, vacuum packed. Retails for £1.39 per 8 oz (2/90).
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Calories 290, protein 28 gm, carbohydrate 4 gm, fat 18 gm, cholesterol 0 mg, sodium 0.6 gm, calcium 0.494 gm.
New Product–Documentation: Article published about Feb. 1990. Source unknown. "TofuCheese is launched in UK." "The first ever range of tofu cheeses to be available in the UK has been launched by The Redwood Company, a division of JRJ Trading.

"These healthy cholesterol-free alternatives to dairy cheeses are produced by America's leading manufacturer. They are low in calories (only 282 per 100 gm) and are suitable for those on a vegetarian diet.

Mozzarella is available only in bulk packs.

Talk with exporter, who wishes to remain anonymous. 1990. July 12. The product is now exported, refrigerated, from America.

Label sent by David Greenslade. 1990. July 13. 2.5 inches square. Red, blue, and black on white. "The nutritious low saturate alternative to Mozzarella cheese. A blend of tofu (soya curd), soya oil, and non fat milk protein. Vegetarian. No animal fats. Low in saturates. Lactose free. Rich in calcium."

Spot in SoyaFoods. 1991. Spring. p. 4. "Tofu Cheese." This product is imported to the UK by J.R.J. Trading Co., P.O. Box 1298, London N20 OYT, England. Phone: (071)

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368 9664. “Tofu Cheese is manufactured by the Redwood Company in the U.S. and is now distributed exclusively by The J.R.J. Trading Company in the UK. An alternative to standard dairy cheese, Tofu Cheese is based on tofu with added soya oil and casein powder. It claims to be very low in saturated fats and high in calcium with 30% less calories and 15% less sodium than standard cheddar cheese. It is lactose and cholesterol free and comes in 227 gm packs. There are 4 flavours...”

Talk with Richard Rose. 1992. May 5. This product is no longer being sold in Europe. The people who were marketing it were Sicilian.

9405. **Product Name:** [Jean de Preneuf Tofu Burgers {Not Fried} (Garlic and Fines Herbes, Tomato and Basil, or With Three Cheeses)].
Foreign Name: Jean de Preneuf Dorés de Soja (Ail et Fines Herbes, Tomate et Basilic, Aux Trois Fromages).
Manufacturer’s Name: SOY (Société Soy).
Manufacturer’s Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1990. January.
Ingredients: With Three Cheeses: Tofu (water, soybeans* 51%), Emmenthaler (Swiss) cheese (8%), Comté cheese (2%), Cheddar cheese (2%), soy sauce*, rolled oats*, sea salt, spices and aromatics. * = Organically grown (issu de l’agriculture biologique).
Wt/Vol., Packaging, Price: 2 x 100 gm round patties vacuum packed in a paperboard box.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 12.4 gm, fats (lipids) 13.0 gm, total carbohydrates (glucides totaux) 9.6 gm, calories (Kcal) 205 (857 kJoules).
New Product–Documentation: Labels sent by Bernard Storup. 1990. Dec. 26. 3.25 by 4 by 2 inches from front to back. Paperboard box. With three cheeses: Blue, green, orange-brown, and yellow on white. Color photo of 2/3 of a patty on front panel. “Light and balanced. Keep your vitality with Tofu Burgers. For additional information write: Jean de Preneuf, 42 L’Orangerie, 42580 Letrat, France. Store at +4ºC. To use: Remove the protective film with the peel-off tab. Re-heat, either: In a skillet over low heat for 5 minutes. In an oven for 7-10 min. In a microwave oven for 2 minutes. Or steam.”

“Soya, with exceptional natural qualities, rich in protein and free of cholesterol, is finally cultivated in France. We transform tofu, a traditional food that originated in China, so that all of the vitality of soya is protected. Ground with water, cooked, then filtered, the soya is transformed into ‘milk.’ Its coagulation gives us tofu. Easy and quick to prepare, tofu burgers are delicious culinary preparations for serving as a main dish, rich in vegetable proteins (riches en protéines végétales).”

Spot in SoyaFoods. 1991. Spring. p. 5. “Dorés de Soja.” The company name is given as “Jean de Preneuf.”

9406. **Product Name:** [Tofu Dressing (Natural, Dill, Tomato)].
Foreign Name: Tofu Dressing (Natur, Dill, Tomaten).
Manufacturer’s Name: Soyastern Naturkost GmbH.
Manufacturer’s Address: Bochumerstr. 92-104, D-4270 Dorsten, West Germany. Phone: 2362-26801.
Date of Introduction: 1990. January.
New Product–Documentation: Talk with Thomas Karas. 1990. March 14. This line started to be test marketed in Jan. 1990.

9407. **Product Name:** Soyjoy Tofu.
Manufacturer’s Name: Soyfoods Australia Pty. Ltd.
Manufacturer’s Address: 14/2 Paton Place, Manly Vale, NSW 2093, Australia. Phone: (02) 949 7314.
Date of Introduction: 1990. January.
Ingredients: Soybeans, nigari (a natural seawater extract), water.
Wt/Vol., Packaging, Price: 300 gm, with plastic film lid. Retails for $1.60 (12/90).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Tony Cooper. 1991. Jan. 25. 4 by 5 inches. Blue and red on clear plastic film. Logo of 4 soybeans in a circle showing hilums. “Organic. Product of Australia. No cholesterol. No preservatives. Low kilojoules. Low sodium. High quality vegetable protein. Keep refrigerated. After opening, cover with water. Change water every 2nd day.”

Form filled out by Jennifer Young. 1991. March. She bought this business on 1-7-1990 (probably 1 July 1990). The company is Great Australian Tofu Pty Ltd., trading as Soyfoods Pty. Ltd. Phone: 612-949-7314. Fax: 612-588-1502. She does not know if this company was ever related to another tofu manufacturer named Soyfoods Australia, located in Leichhardt, NSW, of which Marcea Newman was once an owner.

Letter from Marcea Newman Weber. 1995. Feb. 12. “I started Soyfoods Australia first and then we changed owners and decided to change names and locations. Soyfoods Australia only made tofu, and now that company is probably The Great Australian Tofu Pty. Ltd., trading as Soyfoods Pty. Ltd.”

9408. Wang, Guangjian; Kuan, S.S.; Francis, O.J.; Ware, G.M.; Carman, A.S. 1990. A simplified HPLC method for the determination of phytoestrogens in soybean and its processed products. *J. of Agricultural and Food Chemistry* 38(1):185-90. Jan. [14 ref]
• ***Summary:*** Discusses the phytoestrogen content of soybeans, defatted soy meal, hard tofu, soft tofu, dry spiced tofu, soy milk skin (p. 189) / soy milk film (p. 188) [yuba], soy milk, soy sauce, hot soy paste, sweet soy paste [miso?],

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fermented tofu, soy sprouts (homemade), soy sprouts (grocery), daidzein, genistein, formononetin, coumestrol. Address: Natural Toxins Research Center, Food and Drug Administration, 4298 Elysian Fields Ave., New Orleans, Louisiana 70122.

9409. Jennings, Richard. 1990. Making tofu curds with a chewy, hamburger-like texture (Interview). *SoyaScan Notes.* Feb. 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Make tofu in a steam jacketed kettle, break up the curds (either coarse or fine), then boil the curds in the whey. Cook, cool, and you end up with hard, chewy curds. Vacuum tumble the curds (in a cylinder with a vacuum) to make the curds better able to absorb flavors.

Richard wants to get foundation money to find research on this, then license the idea to McDonald's and/or maybe to a chain in Japan. On 1 Aug. 1990 he says that he has been working on this hamburger concept for the past 6 months. He is in the process of having the process patented. "We've got the texture down, so we're working on the color and the flavor now." Address: The Food Plant Inc. & Southwest Soyfoods, 2889 Trades West Rd., Santa Fe, New Mexico 87501. Phone: 505-471-8979.

9410. Gerner, Bob. 1990. Island Spring and White Wave (Interview). *SoyaScan Notes.* Feb. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Island Spring products are no longer available in this area. Rock Island dropped them and took on White Wave instead. White Wave tofu now has a 60-day shelf life. Address: Owner, Berkeley Natural Grocery Co., 1336 Gilman St., Berkeley, California 94706. Phone: 415-526-2456.

9411. Nielsen, Niels C. 1990. The Tofu Center at Purdue University and research on food uses of soybeans (Interview). *SoyaScan Notes.* Feb. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dr. Nielsen, a member of the USDA Agricultural Research Service, is more a molecular biologist than a soybean breeder. He did post-doctoral research and taught in the biochemistry department at the University of California at Davis. The Tofu Center, established in about Feb. 1989, is a corner of the pilot plant in the Food Science Department at Purdue. They have accumulated the equipment they need to make tofu, and they have had people from Taishi Foods (Taishi Shokuhin Kogyo K.K.) a large tofu manufacturer in Aomori prefecture, Japan come to help them make tofu that meets Japanese quality standards. Funding for the Tofu Center and his closely related Soybean Protein Improvement Project comes from Central Soya, Taishi Foods, Mitsubishi, and state grants to support value added research (about $15,000)–plus his USDA/ARS funds. Total funding is still small.

The purpose of the Center is to ask 2 kinds of questions: (1) What is the effect of the way soybeans are stored while being shipped to Japan on the quality for the final tofu? (2) What kind of very small scale tofu preparation techniques can be used in conjunction with soybean breeding programs designed to incorporate into American soybeans traits that will make them more suited for food uses in the USA and abroad. Nothing has been published by the Tofu Center about its goals and activities except for 1-2 news releases from the Purdue Information Office, plus a little video on that was shown at halftime during a recent Purdue basketball game. Suzanne Nielsen (no relation), a food chemist, is also active in the program. The lipoxygenase program is only a very small part of his lab. The major thrust of the whole program is to try to convert the soybean into an edible food, and to make it more acceptable. This will open a whole new market in the West. Most of the effort is aimed at changing the quality characteristics of soy protein by genetic engineering. The major problems they are looking at now are flavor, protein quality, sedimentation value ratios, and flatulence. Concerning flavor, they have made major advances by removing lipoxygenase. Nielsen believes that this is their most important advance to date and that it may have a major effect in improving the acceptability of soybeans for food use. They used backcrossing into Century soybeans (a good-yielding, maturity group 2, field type soybean) to get near isogenic lines. Soybeans missing the L-2 and L-3 lipoxygenase isozymes make a very bland tofu and soymilk, which is much more acceptable to American taste panels. The absence of L-2 alone gives somewhat less bland products. L-1, which has a high pH optimum, plays little role in generating off flavors. Last year about 4,500 acres of soybeans missing the L-2 isozyme were grown in Indiana. The lines lacking lipoxygenase yield the same as Century, but Century no longer yields nearly as well as the best-yielding varieties today. A lot of private and public soybean breeders are now using this germplasm. Concerning protein quality, they have learned how to change the sulfur amino acid content (to increase methionine) and now they are working to get it into a soybean variety.

Being able to change the ratio of 7S to 11S protein sedimentation values (the S stands for Svedberg, who was an early Swedish researcher on the subject) will be important in adjusting the hardness or softness of tofu. But Japanese tofu makers have no clear idea of what ratio they want. Concerning elimination of flatulence factors, that work is just starting.

The Japanese have learned to like soyfoods made from large-seeded vegetable-type (LSVT) soybeans, but American's have not yet learned that. Tofu makers are most concerned about taste and tofu yield, and they prefer LSVT soybeans for their flavor. But they prefer American soybeans for their swelling characteristics during soaking, and this gives a more uniform product. Many Japanese tofu

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makers plan to have LSVT soybeans grown in America under special contract, but they cannot do that economically due to (1) their poor yield due to problems of shattering during mechanical harvesting, and (2) their thin seedcoat, which leads to more damage during mechanical harvesting. The way the Japanese have traditionally harvested their soybeans, cutting the plants early by hand and hanging them upside down on racks, shattering is an advantage, allowing the beans to be manually threshed from the pods with a minimum of effort. The thin seedcoat, which does not effect shattering, does aid uniform swelling during soaking. Yet he has heard that new-crop LSVT soybeans do not swell as well as year-old ones. Nielsen feels it may not be necessary to start with a vegetable-type soybean to produce the characteristics that they want.

Nielsen believes that the program on food uses of soybeans at Purdue will expand in the coming years. Soybean breeders will be working much more closely than ever before with food scientists. Other key people are Phil Nelson (the department head in the food science department) and Marv Phillips (the department head in agronomy). There have already been 9-10 PhD theses in his soybean protein improvement program. A few of his graduates now doing important work in the area are Nilgen Tumer (from Turkey) at Monsanto (working with cross protection by putting the proteins of a virus into a plant to immunize it against infection) and Paul Staswick at Univ. of Nebraska (working with vegetative storage proteins).

Keith Smith of the American Soybean Assoc. has been very supportive of Nielsen's work. The early work on preparing the low-lipoxygenase lines and modifying the nutritional quality of the soy protein was all funded by ASA. In Dec. 1989, at a meeting at ASA in St. Louis, he first heard expressed concern with the quantity of protein in soybeans, for the crushing industry. This seems like a major change of attitude. They are not yet very concerned with the various components of the seed and how those effect quality. At the ASA board meeting, he pointed out that in the coming years, especially because of the development of biotechnology, we will be seeing the developing of niche markets. That will fragment the soybean industry as a commodity crop. A value-added market will emerge, and this will be a major change in the market. So ASA needs to establish better quality standards. He is already working with Central Soya toward component pricing. Indiana has a value-added program with grants to specific projects; it does not have a Center as exists in Iowa and Illinois.

Nielsen's father was a plant breeder at the Univ. of Wisconsin. He was personally more interested in biochemistry and chemistry. So it was very apparent to him due to the environment in which he was raised that there was not enough of a connection between the basic sciences and the applied sciences. The problem was to learn how to establish those bridges. He, who does cutting and splicing of DNA, now has developed close ties with the food science department. The real question will turn out to be whether or not we can find new places to put the improved soy proteins, for example as extenders. Central Soya thinks that these new soybeans will increase the use of isolates and concentrates in foods. Gary Felger (Phone: 219-425-5403) is Nielsen's contact at Central Soya. David Swanson, the CEO, is also very interested in this work. Address: Purdue Univ., West Lafayette, Indiana 47907. Phone: 317-494-8057.

9412. Down to Earth Natural Products Ltd. 1990. Some companies start out really small and then... they grow! (Leaflet). Penrose, Auckland, New Zealand. 1 p. Front and back. 30 cm.

• ***Summary:*** "Which is why we've changed our name from Bean Supreme to Down to Earth–to make room for things to come.

Bean Supreme will remain as the brand name for our existing and expanding range of traditional soy products–Tofu and Tempeh.

"Our new company name Down to Earth Natural Products Ltd reflects our intended diversification into new areas of product development and marketing. We believe the name will speak directly to our core group of consumers, those with increasingly convergent interests in health and the environment.

"Our first product launch [soymilk] under our new name is imminent. In fact we'll send you some in the post! Until then–goodbye from Bean Supreme. More to follow from Down to Earth.

"From the directors–Paul and Trevor Johnston and all of the team, best wishes for 1990."

Brands: Bean Supreme, Nice 'n' Healthy, Lite Licks, Bio Farm, Spiral Foods. Address: Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: (09) 590 592.

9413. Klaper, Michael. 1990. Personal history, present work, and views (Interview). *VegeScan Notes.* Feb. 12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Born on 19 July 1947, Dr. Klaper grew up on a dairy farm in Wisconsin. He graduated from the University of Illinois College of Medicine in 1972, was married, then did a 1 year internship followed by 5 years of general practice in British Columbia, Canada. After 3 years of residency retraining in Vancouver he worked for 3 years on an Indian Reservation in Humboldt County, California. Then did 1 year of anaesthesia residency at the Univ. of British Columbia Cardiovascular Service. He worked with surgeons who would ream cholesterol out of patients' arteries. It was basically plumbing problems. How long can you continue to pour bacon grease down the kitchen sink until it clogs the pipes? One day in 1981 an incident changed his life. A Mr. Phillips came in for open heart surgery. The serum in a blood sample Dr. Klaper drew was cloudy like glue–the man

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had just eaten a hamburger and a milk shake. During the operation, the surgeon pulled long tubes of cholesterol out of the man's arteries, then sewed him up. Michael realized that he was eating the same diet as Mr. Phillips. After the operation the overweight surgeon and staff went to the cafeteria and had that same diet. While Mr. Phillips was in the hospital, no one talked to him about changing his diet. They just asked him to come back for a checkup. Michael felt like he was in a Fellini movie. He decided that instead of putting people to sleep, it was time for him to start waking them up. So in June 1981 he resigned his lucrative position as an anesthesiologist, bought a vegan cookbook (from Gentle World) and followed a vegan diet. His blood pressure fell and he lost a 15-pound inner tube of fat around his waist that he had worn for years. He felt much better. In Oct. 1981, he moved to Gentle World in Florida, opened a clinic in nearby Orlando, and practiced "nutritional medicine" for the next 6 years. He was married a second time. At the clinic he especially liked to see fat patients. A change to a vegan diet worked miracles. Now they were putting "the right fuel in the tank." But he also noticed that in many arthritics, the inflammations in their joints got better, and that the asthma in many asthmatics decreased or disappeared. In the late 1980s he moved to Felton near Santa Cruz, California, and worked with Earthsave Foundation and John Robbins. In early 1990 he moved to Los Angeles to continue this work. He also wrote several books on vegan nutrition.

Today his main work is lecturing about diet and the environment, how America's meat-centered diet is destroying both the earth's ecosystems and our bodies. He advocates changing to a vegan diet and wants people to understand "the true cost of a meat-centered diet." Most of his income now comes from speaking honoraria and sales of his book, none from medicine. He is living with friends in Los Angeles. His favorite periodicals on diet are: McDougall Newsletter, Vegetarian Times, Vegedine, and The Vegan. On ecology: E, and Buzzworm.

Concerning his personal diet: he gets about 600 mg/day of calcium which he thinks is sufficient because his protein intake is also low. For breakfast he has sliced fruit and raisins with apple or orange juice poured over the top. Whole wheat bread with almond butter (and sometimes a fruit puree). Sometimes a scrambled tofu omelet. For lunch: Green salad with yellow or red veggies and tahini dressing (with water and nutritional yeast), vegetable soup, and a sandwich with nut butter or tofu spread (with tahini and shoyu) and/or sprouts. For dinner: Potato or pasta or cooked whole grains (like brown rice), yellow steamed veggies, miso broth often with diced tofu. For snacks he likes almonds and/or raisins. His favorite sweet is Rice Dream [frozen dessert] or fruit. He admires the work of Dr. John McDougall but strongly disagrees with the way he strictly applies the concept of "percentage of calories from fat" in foods, using it to criticize foods such as tofu which actually have very little fat per typical serving.

As of Feb. 1990 Gentle World, a community of 20 people, is selling their land in Florida and moving to Maui. Contact them at Gentle World, P.O. Box U, Paia, Maui, Hawaii 96779. Phone: 808-579-9144. Mr. Waldbaum (Light) is a distant cousin of the Waldbaum family of supermarket fame. They have opened a restaurant named "The Vegan" on Maui and are using lots of soyfoods.

Update: In April 1992 Dr. Klaper announced the foundation of a newly accredited program called the Institute for the Advancement of Nutrition Education and Research, which aims to further physicians' knowledge about nutrition and health. He made the announcement at Natural Products Expo West, during his seminar called Soyfoods and Vegetarianism. As of Jan. 1993 the Institute has conducted two 4-day seminars, mostly for physicians who received Continuing Medical Education (CME) credits. Address: 8843 Pennfield Ave., Northridge, California 91324. Phone: 818-341-0652.

9414. *New York Times.* 1990. Afternoon [Television schedule]. Feb. 13. p. C19.
• ***Summary:*** At 1:30 on Channel 21, the program "Yan Can Cook" features two recipes: (1) Spinach salad with tofu dressing. (2) Braised bean curd.

9415. Smith, Keith J. 1990. American Soybean Association: Recent developments (Interview). *SoyaScan Notes.* Feb. 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dr. Kenneth Bader became ASA's chief executive on 1 Oct. 1976. He worked in Hudson, Iowa, for about 2 years, then he supervised ASA's move to St. Louis from Hudson, Iowa, in Dec. 1978.

ASA now has a research references program. From a database search via Washington University, they obtain and supply to certain researchers and coworkers about 200-250 research references every 3 months, mostly on soybean production.

ASA presently uses these following four terms interchangeably: soybean oil, soy oil, soya oil, and soyoil. Smith thinks that "soy oil" will eventually become the standard; the term "bean" is a negative when used with foods. However "soybean meal" will probably be used in preference to soymeal, primarily because there are soybean meal standards used by the feed trade and NSPA. However, if they eventually propose soybean meal with higher protein content they may call it "soymeal," to distinguish it from 44% meal, since protein is where they have the real advantage.

Concerning component pricing, Smith has spent about a third of his time on this subject during the past year. It is very frustrating. ASA encourages and funds soybean breeders to increase protein and oil levels, and it is almost certain that breeders will be paying increased attention to composition.

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But whether farmers will ever be officially paid on the basis of protein and oil is highly questionable. Many farmers in the north and northwest will be discounted on the basis of composition today, so they are really being paid on the basis of average component pricing. Smith anticipates that nothing will be done to change soybean trading and marketing rules, but there will be continued pressure on soybean breeders to at least consider composition as they release new varieties. Foreign matter is a major problem in the export markets. USDA's Federal Grain Inspection Service (FGIS) has proposed changing foreign matter requirements over the last several years but U.S. exporters and crushers have effectively opposed this (as well as blending of soybeans), and also oppose component pricing. The Japanese indicate that they are going to start purchasing based on component pricing; this may be a force accelerating pricing. FGIS only has to give information on oil and protein levels if the exporter requests it. In the original proposed ruling it was supposed to go from optional to mandatory in 1991, but the latter provision was deleted. ASA has repeatedly supported component pricing, so that soybeans are traded on their inherent quality characteristics, which is their true value. U.S. soybean crushers go out in early fall and analyze the composition of soybeans from counties in many geographical areas. They buy based on this data, and therefore are already doing a form of component pricing, on the average rather than by the individual load. They may not feel it is worth the extra price of getting the data on each load.

There is a lot of interest in value-added products in Washington, DC, nowadays. But ASA's main market is for soybean meal that becomes meat, milk, and eggs. Every state now has a program on breeding specialty soybeans (as for natto or tofu), and most are very optimistic that the program will benefit their state, but the market will soon get saturated. ASA promotes niche markets and encourages breeders to breed soybeans for those markets. The future of low-lipoxygenase soybeans looks good. The main reason ASA has not done much with the soyfoods market is because it is so small. ASA will support the use of soy proteins as meat extenders (a niche market) as long as the red meat industry doesn't complain too much. In the future, this market could be much more important.

A number of state soybean associations such as Minnesota, North Carolina, South Dakota, and Illinois are promoting soyfoods such as soy ice cream and soynuts within the state in order to get growers involved and increase membership. They have found that in order to sell memberships and develop leadership, farmers have to do something. Farmers like to dip ice cream. ASA is supportive of anything that will increase membership and leadership in the states.

Concerning areas of potential cooperation between ASA and the U.S. soyfoods industry / association, ASA is concerned about the perception of soyfoods and would be interested in cooperating in any way possible to give soyfoods a more positive image, and to put them in the mainstream of consumer attitudes and foods. Talk to Gunnar Lynum, who is in domestic promotion.

ASA probably could put together graphs of membership and funding. He suggests that Soyfoods Center write a letter to Ken Bader, Steve Drake, and Marlyn Jorgensen (ASA President) offering to work with ASA in developing a history of ASA. ASA has a history of ASA that was partially done (by Kent Pellett) while they were still in Hudson. It has been dormant for the past 10 years. It is a low priority and will probably never be published, unless I volunteer to write it.

The next World Soybean Research Conference (WSRC) will probably be held in China (PRC), or Brazil (less likely). In recent years there has been a decrease in the number of people working on soybean utilization. So there is not much new to report at the world conferences. The people on the WSRC continuing committee are mostly soybean production people and breeders. Maybe the soyfoods industry and ASA (Gunnar Lynum, who is mainly into soy oil and industrial uses) could cooperative to have the soyfoods industry better represented in these conference speeches.

ASA will put Soyfoods Center on its news release list. Address: Staff Vice President, Research and Utilization, American Soybean Assoc., P.O. Box 27300, St. Louis, Missouri 63141. Phone: 314-432-1600.

9416. Stromnes, Lonnie. 1990. New developments at White Wave (Interview). *SoyaScan Notes.* Feb. 14. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** It now looks like the White Wave line may get into west coast Safeway supermarkets. Safeway will start them off in the hot regions like Berkeley, San Francisco, Marin, and Santa Cruz–and let them try to prove themselves. In a year or two, there will be more distribution. In late Dec. 1989 White Wave decided to stop having Wildwood Natural Foods distribute their line of tofu and tempeh products; there were too many conflicts of interests. Rock Island, a major California natural foods distributor, picked up the White Wave line on Jan. 5 and distributes it to 120 Safeway stores, as well as to most natural foods stores. When Rock Island took on the White Wave line, Rock Island also dropped the Island Spring and Quong Hop lines (Lonnie had nothing to do with this), and asked White Wave (as part of the deal) to drop 3 other smaller distributors, including Wildwood. With this move, White Wave became Rock Island's leading line of soyfoods products. Lonnie thinks that Island Spring was a headache to Rock Island, the numbers were not there, and maybe some products were late. Rock Island was always very upset with Quong Hop because the latter cherry picked the best accounts in Northern California and delivered everything with their own trucks. Rock Island doesn't like to play second fiddle and pick up the fringe markets. Safeway in California now sells Wildwood, Quong Hop,

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and Azumaya. White Wave is now on a roll–they are the hot soyfoods company, and they are shooting for the big time. White Wave hopes to at least double sales in 1990 compared with 1989.

Steve Demos is now on the Board of Directors of the Soyfoods Assoc. Address: White Wave, Inc., 14670 Doolittle Dr., San Leandro, California 94577.

9417. Hokanson, J.D. 1990. Inventions with soymilk and tofu (Interview). *SoyaScan Notes.* Feb. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This 60-year-old man applied for three patents in Nov. 1989; they should be issued by July 1990. 1. For soymilk which has a better taste and takes less time to prepare. The key lies in adding 2-3 tablespoons of Gold Label Brewer's Malt Extract (sold in a 3-4 lb can at many food stores and used by home beer brewers) per cup of dry soybeans to the soymilk at the start of cooking. 2. For an extra firm tofu product named Solein, that is sold with any of five American-style herb-based sauces, and which tastes like steak. 3. For a tofu box, built on the principles of a botanical press, to press the extra firm tofu. Address: 1950 East Cairo, Springfield, Missouri 65802. Phone: 417-864-6074 (8/90) or 800-526-3309 (2/90).

9418. Lukoskie, Luke. 1990. Recent developments at Island Spring, Inc. (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Following the split-up with ELCO, Island Spring endured severe financial hardships. "We'd been bleeding profusely from October 1987 until June 1988, at which time we had been able to turn things around. From that time until now we have been in a holding pattern, because we were in such serious debt to ELCO that we had no opportunity for expansion. At the time of the separation (when ELCO unexpectedly demand total control of Island Spring, and Luke refused them), ELCO had demanded that they get all the assets and then Island Spring lease or rent them back. Island Spring had no choice but to accept their terms. To do battle with them would have required Island Spring to declare immediate bankruptcy. So in Oct. 1987 Island Spring began to make $11,000/month payments to ELCO for rent/lease of equipment and as repayment of loans that they had made to Island Spring. Each month the amount of the payment decreases and they will essentially be finished at the end of 1990. Island Spring has retrenched, let go of all of its marketing and sales people (some of whom earned $60,000/year), and is running on a skeleton crew. Luke is doing the tofu curding. "Frankly, I'm having the best time in this business that I've had for 15 years. I'm thoroughly enjoying being in the plant, working with the crew. There's a lot of spirit in there. I'm having fun with the struggle that historically tofu makers have faced to make a good batch every time. We have been able to make enough profit to pay off ELCO because of two things: (1) The employees have agreed to forego wage increases; (2). Yvonne, Suni, and I have worked without wages for 15-16 months."

Island Spring has been able to keep all its major distributors in the Pacific Northwest. Rock Island in California dropped Island Spring and took on White Wave. That did not hurt much because it was a very, very small percentage of Island Spring's business, but it did hurt expansion into the Bay Area. Some Island Spring products are sold in Los Angeles, an even more important market that looks secure. Island Spring has lost its ability to spend money for marketing. But the company has always consciously set its prices above the competition. This has not hurt sales and has helped profits. Some people prefer to buy the high priced product, assuming it is the best quality. They are the premier tofu brand in the Pacific Northwest. Island Spring sales for 1989 were about the same as 1988. One new product is on the drawing boards: A natural foods TV dinner (ready to eat, frozen entree, microwaveable), somewhat like what Legume Inc. did but better tasting. "That is the single category that distributors say they can move all the product we can make. We'd start in the natural foods industry and, as funds are available, expand into supermarkets. This one entree (not a line), which has been ready for years, may be on the market by early fall of 1990. The yogurt, and the tofu in Oscar Meyer sausages are not being actively pursued, though Luke would like eventually to make tofu in Eastern Europe for use in sausages there. He has done some exploratory work in this area. He wonders how much interest there is in Eastern Europe in natural and vegetarian foods. Luke no longer has the drive to be a huge company with $50-100 million a year sales. He is much happier to be a smaller company with a good life now.

As of Nov. 1989 the law changed making it now possible to trademark a name before the product is on the market. This brings U.S. patent and trademark law in accord with most such foreign laws. However the product must be launched within a year or two or the trademark is lost.

Luke has heard that a Japanese trading company [Kyoto Food Corp. USA] is building a $4.5 million tofu plant in Indiana [Terre Haute].

Luke has a video "of extruding tofu out of a 6-inch tube–and its just keeps coming. We could feed soybeans in one end and extrude soybeans out the other. You could obviously put knives on it and cut it into any shapes you want. We could sell tofu in a slightly less solid form in large bulk quantities, even in tank car quantities. But it only makes sense with large scale production, since it is capital intensive and requires a highly trained person to run it."

Update: Dec. 1991. Luke and Suni now have 3 children. He manages Island Spring, sells real estate for Keywest Realty part-time, keeps his five rentals running and rented, services the Island Spring Water Co. customers, keeps his two cars and an old pick-up truck running, tends the

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vegetable garden, sits on the Community Council and two Island-wide water study committees, spends time with his family, coaches his daughter Sulu's 8th grade basketball team, and spends plenty of time alone in the woods. He is "addicted to Compuserve." Address: P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

9419. Lukoskie, Luke. 1990. Thoughts on Pacific Foods of Oregon and their soymilk (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** One of ELCO's companies is called Pacific Foods of Oregon, which owns the soyfoods plant and warehouse in Tualatin, Oregon. The equipment in that company came from the Island Spring breakup. Naturally Northwest was a label that was owned by a company named Sunny Jim in Seattle, which was purchased by ELCO. It has folded. The "Naturally Northwest" brand was going to be on the label of the Sunny Jim line for the natural foods industry. I was then absorbed as the label for the natural foods industry by Pacific Foods of Oregon. They recently have tended to blend the name and call it Pacific Foods / Naturally Northwest. He has heard that there is a soymilk with a Pacific Foods brand. They do have a 1-quart plain soymilk that is sold in the Pacific Northwest, distributed by NutriSource. It is sold in most natural food stores, and it tastes good. But they "practically gave it away to get distribution. And it appeared that sales quickly leveled off."

Luke has reports indicating that they are trying to sell their concentrated soybase to small tofu makers. The tofu made from the base was found to have a poor flavor. They have tried to sell their soybase to various friends of Luke's who make second generation soyfoods around the USA. Their sales people talk as if they are just an arm of Island Spring with 15 years of history. Not only do they misrepresent themselves, they are not being successful in selling to small companies. "There aren't really many big people to approach who are interested." Luke has heard that Pacific Foods has a soy cheese product (with casein) out but he hasn't seen it. They have also announced (at least to a tofu maker in Takoma) that they are planning to launch an organic tofu product in 6 months. It will probably not be aseptically packaged.

Earlier joint efforts to sell tofu to 20 major food corporations (including to Gerber for use in baby foods) were not successful. There was little interest and the demand was too small. These companies would rather talk to ADM or Ralston Purina. Alfa-Laval has an "Achilles" aseptic packaging system that allows packaging in pallet-size containers.

There was a rented ultrafiltration unit at Pacific Foods of Oregon, but Luke does not know if they have ever hooked it up.

Luke does not think Pacific Foods could be selling enough soyfoods to pay their bills and interest. Luke's debt payments may be their biggest source of income! He thinks there is a very strong likelihood that Pacific Foods soyfoods venture will fail and they will then sell their STS/DTD system on the open market at a low price. Luke would be interested in buying back his equipment at $0.10 on the dollar. Address: P.O. Box 747, Vashon, Washington 98070.

9420. *Yomiuri Shinbun* (*Yomiuri Daily News, Tokyo, English ed.*). 1990. Zambian learns of tricks of tofu trade. Feb. 19. [Eng]
• ***Summary:*** A Zambian man, Stanislas Chisembe, a 38-year-old veterinarian is studying tofu production at a tofu shop owned by Yasuo Tominari in Matsumoto city, Nagano prefecture. He wants to teach the process to his countrymen. In Zambia, where farmers have recently begun to cultivate soybeans, most are exported as cooking oil and feed. He thinks tofu can be mixed with traditional Zambian food, based on cassava and corn, to help relieve protein deficiencies and infant mortality. Chisembe first learned of tofu when he visited Japan 2 years ago. This is the second in a series of articles on an international cultural exchange program called "30 Days in Japan."

"Now he has returned as one of 15 foreigners on a 30-day program in which participants pursue individual projects in Japan. He plans to use his new knowledge about the protein-rich soybean to alleviate malnutrition in Zambia.

"When he returns home, Chisembe will rely on television and other methods to teach tofu-making. The Japan International Cooperation Agency, based in Tokyo, has promised to help him encourage the continued cultivation of soybeans in Zambia...

"At an agricultural center in Toyoshina-machi, Nagano-ken, housewives helped him perfect his technique for making tofu and miso by hand." Address: Tokyo, Japan.

9421. Hom, Ken. 1990. Homecoming: Culinary fireworks go off when the author visits his ancestral village. *New York Times.* Feb. 25. p. SM45.
• ***Summary:*** When he was a small boy in Chicago, Illinois, the writer's mother began what became a repeated chant: we must return one day to the village of our ancestors (*gu xiang*).

In 1978 he set off with his mother to the village of Kaiping in the Foshan region of Guangdong Province. When they arrived, they were greeted by a large crowd of villagers and a banquet of 11 courses. "Most of the food was home-grown, and all of the relatives–20 members of the extended family–had helped in the preparation. Chinese water spinach, freshly plucked from the garden was cooked with fermented bean curd."

Recipes include: Hongshao doufu (Red-cooked bean curd family style; with "1 pound firm bean curd," 2 tablespoons hoisin sauce, 1 tablespoon light soy sauce, and 1 tablespoon dark soy sauce").

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Chaodoya (Stir-fried soybean sprouts with pork; with "1½ pounds soybean sprouts or mungbean sprouts").

9422. Ershow, A.G.; Gao, Y.I.; Zheng, W.; Blot, W.J. 1990. Diet effects on lung cancer risk of Chinese men and women (Abstract). *FASEB Journal* 4(4):A1041 (Abst. #4501). Feb. 28.
• ***Summary:*** In a case-control study in China that included 1,387 cases and 1,494 controls, the authors reported reverse associations of legumes, fruit, staple, grains, and animal protein with lung cancer risk.

Note: Not stated in the author's abstract, but mentioned in a personal communication (M. Messina, V. Persky, et al., 1994, p. 124) was a significant protective effect of tofu in both men and women. Address: National Cancer Inst., Bethesda, Maryland 20892 and Shanghai Cancer Inst., Shanghai, China.

9423. Achter-Theiss, Elke. 1990. Speise statt Futter [Food instead fodder]. *Oeko-Test Magazin* (*Frankfurt, West Germany*). Feb. p. 57-59. [Ger]
• ***Summary:*** Discusses whole dry soybeans, soybean meal, soy sauce, soymilk, tofu and silken tofu, tempeh, and miso.

9424. *AGE-Bulletin* (*Zurich, Switzerland*). 1990. Missbrauchte Sojabohne [The misused soybean]. Feb. p. 8-11. [Ger]
• ***Summary:*** AGE stands for Aktion gesuender essen (Action for Healthy Eating). Discusses many good food uses, including tofu (made by Tofurei Engel). Is critical of Yasoja, an unfermented soy cheese made by Baer using soy protein isolates.

9425. **Product Name:** [Sofit Tofu Burger (Regular, With Cauliflower, With Red Beets, With Cucumbers, With Beans)].
Foreign Name: Sofit Tofu-Burger (Regular, mit Blumenkohl, mit Rote Bete, mit Gurke, Tofu-Beans-Burger).
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: Regular: Tofu (water, soybeans), vegetable oil, onions, egg whites (albumen), spice mixture, herbs, sea salt, yeast extract, vegetable thickener.
Wt/Vol., Packaging, Price: 1,000 gm sterile vacuum pack (Sterildarm).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Protein 9.9 gm, fat 28.0 gm, usable carbohydrates 1.7 gm, calories 299.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste].

9426. Avo Feinkost GmbH. 1990. Sofit: Tofu–Vollwertkoestlichkeiten: Leicht, gesund–mit viel Geschmack [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste]. Postfach 1167, D-4500 Osnabrueck, West Germany. Catalog. [Ger]
• ***Summary:*** The first 7 pages of this attractive brochure describe what tofu is, how it is made, and its many benefits. A photo on the cover shows 7 meatlike products in the Sofit line. Tofu is free of cholesterol, lactose, milk protein (casein), gluten, and sugar. Tofu is rich in protein, minerals and vitamins, unsaturated fatty acids, linoleic acid (Linolsäure), and natural lecithin. The last 6 pages list, then describe in detail (giving all ingredients and a nutritional analysis) 21 tofu products made by Avo, divided into the following categories: For the cheese counter (2 types of fresh seasoned tofu), Roasted/fried foods (2 tofu bratwurst sausages and 5 tofu burgers), Wurst spreads (4), Pastete-type cold cuts (4), and for the salad bar (4 tofu salads). "The soybeans, which are used in making our products, are organically grown."

Note: Soyfoods Center received a phone call from a relative of Avo on 6 June 1988, stating that Avo is a spice company that wants to import organic soybeans from America for their tofu based meat analogs. They will be launched soon.

Letter from Xavier Karis in Italy. 1990. June 15. "I am enclosing a catalog for a line named Sofit. They started out in Germany about 1-2 months ago. They managed to get their products sold in a supermarket chain called Tengelmann." Address: Osnabrueck, West Germany. Phone: 05406/5080.

9427. **Product Name:** [Sofit Tofu Salad (El Paso-Style, Singapore-Style, With Peas and Carrots)].
Foreign Name: Sofit Tofu-Salat (El Paso, Singapur, Erbsen + Karotten).
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: El Paso: Tofu (water, soybeans), vegetable oil, corn, paprika, kidney beans, leek, apple juice concentrate, apple vinegar, prepared mustard, sea salt, egg white (albumen), orange juice, spice mixture, yeast extract, smoke.
Wt/Vol., Packaging, Price: 1,000 gm foil shell (Folienschale).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Protein 6.3 gm, fat 18.3 gm, usable carbohydrates 11.3 gm, calories 236.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste].

9428. **Product Name:** [Sofit Tofu Wurst-like Spread

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(Braunschweig-Style, Palatinate Style, Herb, or Pepper)].
Foreign Name: Sofit Tofu-Wurst (Braunschweiger Art, Pfaelzer Art, Tofu Kraeuterwurst, Tofu Pfefferwurst).
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: Braunschweig-Style: Tofu (water, soybeans), vegetable oil, onions, corn starch, apple juice concentrate, sea salt, yeast extract, spice mixture, vegetable extract, smoke.
Wt/Vol., Packaging, Price: 100 gm foil pouch (Folienbeutel).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Protein 9.4 gm, fat 20.0 gm, usable carbohydrates 4.1 gm, calories 235.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste]. Note: Palantinate-style sausage is a liver sausage with big chunks of meat mixed in.

9429. **Product Name:** [Sofit Tofu Meatless Cold Cuts {For Food Service} (Holstein-Style, Lyon-Style, Budapest-Style, Garden-Style)].
Foreign Name: Sofit Tofu-Pastete {Aufschnitt / Bedienung} (Holsteiner Art, Lyoner Art, Budapester Art, Gaertnerinnen Art).
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: Holstein-Style: Tofu (water, soybeans), vegetable oil, carrots, egg whites (albumen), broccoli, peas, paprika, flax seeds, spice mixture, yellow mustard seeds, sea salt, yeast extract, vegetable thickener.
Wt/Vol., Packaging, Price: 1,500 gm Cryovac pouch.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Protein 10.2 gm, fat 27.7 gm, usable carbohydrates 3.4 gm, calories 304.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste].

9430. **Product Name:** [Sofit Fresh Tofu Preparation (Provence, or Puszta)].
Foreign Name: Sofit Frischtofu-Zubereitung (Provence, Puszta).
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: Provence: Tofu (water, soybeans), vegetable oils and fats in changing proportions by weight, spice mixture, sea salt, garlic, natural aromas, yeast extract.
Wt/Vol., Packaging, Price: 100 gm foil pouch.
Nutrition: Per 100 gm.: Protein 9.5 gm, fat 36.4 gm, usable carbohydrates 1.0 gm, calories 370.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste].

Letter from Xavier Karis in Italy. 1990. June 15. "I am enclosing a catalog for a line named Sofit. They started out in Germany about 1-2 months ago. They managed to get their products sold in a supermarket chain called Tengelmann."

9431. **Product Name:** [Sofit Tofu Bratwurst Sausage (Thuringer-Style, or Santa Fe Style)].
Foreign Name: Sofit Tofu-Bratwurst (Thuringer Art, Santa Fe).
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: Thuringer: Tofu (water, soybeans), vegetable oil, egg whites (albumen), spice mixture, sea salt, yeast extract, vegetable thickener.
Wt/Vol., Packaging, Price: 10 x 100 gm foil pouch.
Nutrition: Per 100 gm.: Protein 11.0 gm, fat 38.3 gm, usable carbohydrates 1.0 gm, calories 393.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste].

9432. **Product Name:** [Sofit Tofu Salad Dressing (Toscana-Style)].
Foreign Name: Sofit Tofu-Salatcreme Toscana.
Manufacturer's Name: Avo Feinkost GmbH.
Manufacturer's Address: Postfach 1167, D-4500 Osnabrueck, West Germany. Phone: 05406/5080.
Date of Introduction: 1990. February.
Ingredients: Tofu (water, soybeans), vegetable oil, apple juice concentrate, apple vinegar, prepared mustard, orange juice, sea salt, spice mixture.
Wt/Vol., Packaging, Price: 1,000 gm foil shell (Folienschale).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 100 gm.: Protein 6.2 gm, fat 28.2 gm, usable carbohydrates 7.2 gm, calories 308.
New Product–Documentation: Avo catalog. 1990. Feb. "Sofit: Tofu–Vollwertköstlichkeiten: Leicht, gesund–mit viel Geschmack" [Sofit: Tofu High-Quality Delicacies: Light, healthful, and with lots of taste].

9433. Bhatnagar, P.S.; Tiwari, S.P. eds. 1990. Technology

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for increasing soybean production in India. *NRCS Technical Bulletin* (*Indore, India*) No. 1. 54 p. Feb. Illust. 25 cm.
• ***Summary:*** Contents: Foreword I, by M.V. Rao. Foreword II, by R.S. Paroda. Preface, by P.S. Bhatnagar. 1. Introduction, by P.S. Bhatnagar. 2. Production and productivity constraint analysis, by P.S. Bhatnagar and S.P. Tiwari. 3. Augmenting soybean production, by P.S. Bhatnagar and S.P. Tiwari. 4. Production technology, by S.P. Tiwari and P.S. Bhatnagar. 5. Soybean seed production, by P.S. Bhatnagar. 6. Major diseases of soybean, by A.K. Shukla. 7. Insect-pests of soybean, by A.N. Sharma. 8. Soybean utilization, by Nawab Ali and P.S. Bhatnagar. 9. Improved agricultural implements for soybean cultivation, by N.S.L. Srivastava.

The chapter on soybean utilization discusses soypaneer (tofu, with a description of how to make tofu at home), defatted soyflour, fullfat soyflour, and how to fortify wheat flour with soya in villages by mixing 10% clean soybeans with the wheat before it is ground into flour by a burr mill. Address: National Research Centre for Soybean (NRCS, ICAR), Khandawa Rd., Indore 452 001, Madhya Pradesh, India.

9434. **Product Name:** [Tofu with Okara].
Foreign Name: Okara-Tofu.
Manufacturer's Name: Geestland.
Manufacturer's Address: Bremerhaven am Fischbeinhof 1, D-2850 Bremerhaven, West Germany. Phone: (0471) 2 60 20.
Date of Introduction: 1990. February.
How Stored: Refrigerated.
New Product–Documentation: Talk with founder and present owner of Geestland, Paul E. Bremer. 1990. April 25. Okara Tofu was introduced in Feb. 1990.

9435. Karta, Susani K. 1990. The market prospective for tempe in the year 2000. In: Hermana, Mien K.M.S. Mahmud, and Darwin Karyadi, eds. 1990. Second Asian Symposium on Non-Salted Soybean Fermentation. Bogor, Indonesia: Nutrition Research and Development Centre. vii + 116 p. See p. 94-104. Held 13-15 Feb. 1990 in Jakarta, Indonesia. 23 cm. [11 ref. Eng]
• ***Summary:*** A very interesting paper. Contents: Introduction. Market situation for tempe in Indonesia. Health and nutritional significance of tempe. Tempe for weaning food. Constraints and trends in the market development of tempe. Recommended guidelines and strategies. Ideas for the diversification of tempe utilization (Tempe as a food ingredient, new tempe food opportunities).

Tempe "is a key protein source in the rice-diet of the people of Indonesia. It is consumed by millions of people of various ages and socio-economic status. It has gained popularity in the Netherlands, Japan, Malaysia, Singapore and other areas where Indonesians have settled. It has also slowly been making its way into the American diet, particularly, in the vegetarian, cholesterol-free and low-fat food product markets."

"Indonesia with a population of 177 million people (in 1988) and an annual population growth rate of 2%, is the largest tempe producer in the world and has the largest soyfood market in the region. In 1983, Indonesians consumed about 0.9 million MT [metric tons] of soybeans as food, which increased to about 1.5 million MT in 1988 (Table 1). About 50 percent of the total soybeans consumed was in the form of tempe, 40% as tofu and the remaining 10% was used for making soy sauce and tauco (a fermented whole soybean condiment). In 1988, the estimated soybean consumption for tempe was around 764,000 MT which amounted to an average per capita consumption of 6.45 kg of tempe (equivalent to 4.3 kg soybeans). In the past five years the consumption of soyfood has increased by an average of 10% annually."

"Acute diarrheal disease is one of the leading causes of childhood mortality and morbidity in developing countries and is a major contributor of malnutrition. Approximately 25% of the growth differential between children in selected developing countries can be explained by diarrhea. The mortality and morbidity data from a total of 193 surveys carried out in 49 countries since 1981 by WHO (1986) indicate that, on average, a child under 5 years of age suffer 3.5 episodes of diarrhea per year and that about one-third of deaths in this age group are diarrhea associated.

"Investigations worldwide have found diarrhea incidence peaking between the ages of 6 months to 3 years."

Tables: (1) Indonesian soybean production, imports, and consumption as food, 1983-1988. Soybean production increased from 536,000 tonnes (metric tons) in 1983 to 1,179,000 tonnes in 1988–more than double. Soybean imports, which were 391,000 tonnes in 1983, rose to a peak of 400,000 tonnes in 1984, then decreased to 350,000 tonnes in 1988. Consumption of soybeans as food increased from 927,000 tonnes in 1983 to 1,528,000 tonnes in 1988. Per-capita consumption figures are not given. Source: ASA estimates and BULOG statistics. (2) Nutritional composition of tempe (100 gm edible portion). (3) The essential amino-acid composition of tempe compared with the FAO/WHO reference pattern (expressed in milligrams per gram of nitrogen). (4) Fatty acids in soy tempe. (5) Global and regional population in 1980 and estimated number (millions) and distribution of diarrheal diseases. (6) Household Health Survey illness data by different age groups in Indonesia. (7) Potential demand for tempe flour in weaning food in the year 2000, Indonesia. (8) Demographic estimates for Asian developing countries. (9) Estimated number (millions) of children under age 5 in Asian developing countries. (10) Projected potential use of tempe flour in weaning food in Asian developing countries in the year 2010. Address: American Soybean Assoc., Singapore.

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9436. **Product Name:** Herb Tofu.
Manufacturer's Name: Kaslo Soyfoods. Renamed Silverking Soyafoods in Oct. 1990.
Manufacturer's Address: Box 933, Kaslo, BC, V0G 1M0, Canada. Phone: 604-353-7726.
Date of Introduction: 1990. February.
Ingredients: Soymilk, coagulant, garlic, basil, dill, chives, parsley, sometimes a little tarragon (fresh or dried).
Wt/Vol., Packaging, Price: Bulk.
How Stored: Refrigerated.
New Product–Documentation: Talk with Greg Lundh, owner. 1990. Oct. 20. He started making this product in Feb. 1990. The company name at that time was Kaslo Soyfoods. In Oct. 1990 he changed the company name to Silverking Soyafoods and moved to Silverking Group, Box #20, Nelson, BC V1L 1C9, Canada. He uses Corsoy or Vinton soybeans, usually certified organic. He buys some of his soybeans from Sunrise; brokers will not deal with his company because it is too small. The herbs listed above are added to the soymilk before coagulation. The only organic soybeans grown in Canada are grown in Ontario and they are all bought up by a big tofu maker in Toronto. He has no labels for any of his products. They are all sold bulk, to avoid packaging. 50% of all his products are sold door to door in homes, and 50% are sold in bulk pails to stores.

9437. Kelley, Bill. 1990. Little big men: Good things often come from small packaged good companies. *Food & Beverage Marketing.* Feb. p. 12-13.
• ***Summary:*** This major cover story, with a photo of Morinaga's national sales manager Art Mio against a background of 76 packs of Mori-Nu Tofu, starts its profile of four smaller but successful food companies with a section titled "Bean curd for the masses."

"Art Mio doesn't have an easy job. He has to convince Americans to try tofu. 'It has a tremendous negative image,' says the national sales manager for Morinaga Nutritional Foods, marketer of Mori-Nu tofu. 'People who haven't even tried it think they don't like it.'"... Morinaga does roughly $7 million in sales, says Mio. "Like other tofu marketers, Mori-Nu positions its product as a health food... The only problem is its taste. When fresh, it doesn't have much of one. But, says Mio, it is often bought spoiled and tastes sour. 'Consumers get inconsistent quality. They eat some, it's bad, and they run to the sink and spit it out.' Tofu often spoils because it is improperly refrigerated... While most consumers know tofu as the white, blobby stuff floating in a milky liquid in the supermarket's deli section, Mori-Nu has elevated the oriental bean curd to packaged good status in attractive boxes and displays. Along with offering a longer shelf life, each package contains a recipe for the product. 'Few people eat tofu plain,' says Mio. 'We position it as a healthy ingredient'...

"The package also invites customers to join the company's 'Healthy Life' club... So far, 10,000 people have taken Mori-Nu up on the offer... 'Our strategy is to get people to use tofu as many ways as they can...

"Recently, the company began marketing its tofu through the Diet Center, a chain of weight-loss centers with more than 2,400 stores across the country. 'That has been doing particularly well,' he says. In addition, the company's tofu was mentioned in 40 recipes in a cookbook sold through the centers."

Note: In Sept. 1990, Art Mio told the *Los Angeles Times* that Mori-Nu's sales for last year were $5 million.

9438. Morinaga Milk Industry Co., Ltd. 1990. [Human health research for the 21st century]. Tokyo, Japan. 12 p. [Jap; eng]
• ***Summary:*** This attractive booklet, written in both Japanese and English (but with no Japanese title), and containing many color photos, describes Morinaga's new state-of-the-art Research and Information and Research Center, opened in late 1989 on the outskirts of Tokyo. It evens contains a gym and tennis courts. The center contains the following sections, each of which is described: Food research and development laboratory, Nutritional science laboratory, Biochemical research laboratory, Analytical research laboratory, Product evaluation center, Management information systems department. In Feb. 1990 Morinaga Nutritional Foods in Los Angeles issued a news release about the new facility. "Mori-Nu Tofu's safety, convenience, and consistent quality are backed by years of Morinaga's food science know-how, and not just words. No other tofu company comes close."

Note: Art Mio (2/90) thinks that it cost about $10 million to build this lab. Address: Tokyo, Japan.

9439. Nomura, Abraham; Grove, J.S.; Stemmermann, G.N.; Severson, R.K. 1990. A prospective study of stomach cancer and its relation to diet, cigarettes, and alcohol consumption. *Cancer Research* 50(3):627-31. Feb. [45 ref]
• ***Summary:*** In this cohort study, the authors did not find a significant association between consumption of miso soup or tofu and gastric cancer risk among 7,990 American men of Japanese ancestry in Hawaii, although a trend toward a protective effect of tofu was present. Address: Japan-Hawaii Cancer Study, Kuakini Medical Center, Honolulu, Hawaii 96817.

9440. **Product Name:** Sharon's Finest Tofu-Rella (Tofu-Based Cheese Alternative with Casein) [Mozzarella Style, Garlic-Herb Style, and Cheddar Style].
Manufacturer's Name: Sharon's Finest. Div. of Rose International (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 5020, Santa Rosa, CA 95402-5020. Phone: 707-576-7050.
Date of Introduction: 1990. February.

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Ingredients: Garlic-Herb style: Organic tofu (water, organically-grown soybeans+, calcium sulfate coagulant), soy oil, casein*, salt, garlic, citric acid, herbs, lecithin, natural flavor, guar gum. *Casein is the protein found in nonfat milk. It is a high-quality protein free of cholesterol and rennet, and is what allows this tofu product to be so similar to cheese. + Organic in accordance with Cal. H&S Code 26569.11. Diabetic exchange: 1 medium-fat meat. Conforms to the reducing and maintenance diet. Contains 0.02% lactose.
Wt/Vol., Packaging, Price: 8 oz blocks, plastic wrapped.
How Stored: Refrigerated or frozen.
Nutrition: Per 1 oz.: Calories 80, protein 8 gm, carbohydrates 1 gm, fat 5 gm, sodium 170 mg, calcium 140 mg, cholesterol 0 mg.
New Product–Documentation: Labels sent by Sharon's Finest. 1990. March 1. 4 inches square. Self adhesive. One label each for front and back of package. Black and one other color on white. Illustration of two bamboo stalks with leaves. The feeling of the label is one of elegant simplicity. The front panel states: "Made with organic tofu. No cholesterol. Low in saturated fat." The back panel reads: "Thank you for buying Tofu-Rella, the delicious natural cheese alternative! Years ago I developed Tofu-Rella for my friends who wanted to cut down on calories, saturated fat, and cholesterol to improve their health and well-being, but still missed eating cheese.

"Since it's made for my friends, I use only the finest ingredients available, including Organic Tofu, and back it with a satisfaction guarantee [see below]. Also, we happily contribute 5% of the profits from Tofu-Rella to groups committed to saving the world's rainforests. So every purchase you make brings us all a step closer to healing our planet.

"I'm sure you will find Tofu-Rella great in any recipe calling for cheese. If you have any questions, I invite you to call or write me. We want to know what you think! If you want free recipes and health information, please send a #10 SASE." Warmly Yours, Sharon."

"Your satisfaction is guaranteed! If for any reason you are dissatisfied with Tofu-Rella, please send us the plastic package and a note explaining the problem. We'll gladly refund your money."

A table shows that compared with Cheddar cheese, Tofu-Rella contains only 71% as many calories, 56% as much fat, 13% as much saturated fat, and no cholesterol compared to 30 mg per ounce.

Talk with Richard Rose. 1990. March 1. The first of these new products was introduced in Feb. 1990. The product still uses spray-dried tofu, but now it is made from organically grown soybeans. It is ironic that Richard Rose is allergic to casein and so is unable to taste his most successful soy product.

9441. **Product Name:** [Tofu, and Tempeh].
Foreign Name: Tofu, Tempeh.
Manufacturer's Name: Soy & Rice.
Manufacturer's Address: Via A. Canale 8/c, 10078 Venaria Reale (TO), Italy. Phone: 011-402-0380.
Date of Introduction: 1990. February.
Ingredients: Tempeh: Soya, water, Rhizopus oligosporus.
How Stored: Refrigerated.
New Product–Documentation: Letter and Label for Tempeh sent by Bosco Franca and Garafola Carmelo of Soy & Rice. 1992. Feb. 2.75 by 4 inches. Black on white. Self adhesive. The logo is that developed by Mitoku which states in Japanese characters *"I Shoku Dô Gen"* (Medicine and food come from the same source, or Your food is your best medicine). Store at 4ºC [39.2ºF]. The company began to make these products in about Feb. 1990. They now make 40 kg/week of tempeh.

9442. **Product Name:** Soyco America Style Singles, or Swiss Style Singles.
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: P.O. Box 5181, New Castle, PA 16105. Phone: 800-441-9419.
Date of Introduction: 1990. February.
Wt/Vol., Packaging, Price: 8 single slices, 6 oz.
How Stored: Refrigerated.
Nutrition: Per 3/4 oz slice: Caloris 60, protein 5 gm, carbohydrates < 1 gm, fats 4 gm, sodium 210 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1990. Feb. p. 64. Ad shows Labels. America Style is Orange, green, and black on white. Swiss Style is Blue, green, and black on white. "No cholesterol. No preservatives. 100% natural."

9443. Soyco Foods. 1990. Introducing Soyco Slices: The number 1 brand introduces the number 1 seller in the cheese category (Ad). *Natural Foods Merchandiser.* Feb. p. 64.
• ***Summary:*** Photos in this full-page color ad show a head-on view of Soyco American Style Singles and Swiss Style Singles, with two halves of a grilled cheese sandwich. "Finally–singles. Soyco Foods, the leader in soy cheese technology, announces the introduction of the only individually wrapped slice available to the health food industry." New Soyco Singles are made with organic tofu, individually wrapped slices, featuring new labeling. Address: P.O. Box 5181, New Castle, Pennsylvania 16105. Phone: 800-441-9419.

9444. **Product Name:** VitaLite Tofu.
Manufacturer's Name: VitaLite Foods.
Manufacturer's Address: P.O. Box 10, Waynesfield, OH 45896. Phone: 419-568-8638.
Date of Introduction: 1990. February.

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How Stored: Refrigerated.
New Product–Documentation: Talk with Charles Meeker of VitaLite Foods. 1992. Feb. 27. This company is owned by Brenda Kitchem, who is actively involved in its daily operations. This product was launched in Feb. 1990. At the time they also made Cleveland Tofu, the name of which they purchased from Brooks Jones of Cleveland Tofu Co.

9445. **Product Name:** Pattie Perfect (Beef-Tofu-Okara Pattie).
Manufacturer's Name: VitaLite Foods.
Manufacturer's Address: P.O. Box 10, Waynesfield, OH 45896. Phone: 419-568-8638.
Date of Introduction: 1990. February.
Ingredients: Incl. beef, tofu, and okara.
New Product–Documentation: Talk with Charles Meeker of VitaLite Foods. 1992. Feb. 27. This company is owned by Brenda Kitchem, who is actively involved in its daily operations. This product was launched in Feb. 1990. It took him 8-10 months to get USDA approval to sell this product in interstate commerce since it contains meat–which could spoil. The product contains 65% by weight of lean trim meat and 35% by weight of tofu + okara. They process and flavor the tofu (made with organic soybeans) using a special process. The flavorings are all natural, and no colorings are used. The product is then flash-frozen for shelf life. It looks and tastes just like pure meat and after cooking it tastes like old-fashioned meat that has been butchered and ground immediately. The shelf life of this product far exceeds the shelf life of its all-meat counterpart. The USDA required him to state, immediately beneath the product name, "A beef, tofu and okhara product." The company is growing by leaps and bounds. They now ship 50 cases a day of their 3 products using only 2 employees.

9446. **Product Name:** [Sprouted Tofu].
Foreign Name: Sprossentofu.
Manufacturer's Name: Life Food.
Manufacturer's Address: Robert Bunsen-Strasse 6, D-7800 Freiburg, West Germany. Phone: 0761/50 61 55.
Date of Introduction: 1990. March.
Ingredients: Soybean sprouts, water, coagulant.
Wt/Vol., Packaging, Price: 250 gm. vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Taifun Produkte: Preisliste fuer Wiederverkaeufer [Taifun Products: Price list for retail food stores]. This new price list takes effect on 1 March 1990. Products include: (*Sprossentofu;* 250 gm vacuum pack). Prices are given for each product: 1 DM equals about $0.50.

The company now presents itself as Life Food–Freiburg's Tofu Shop. Natural Foods (*Life Food–Freiburgs Tofurei. natuerliche Lebensmittel*).

Note: This is the world's earliest known tofu made from soy sprouts.

9447. Life Food. 1990. Taifun Produkte: Preisliste fuer Wiederverkaeufer [Taifun Products: Price list for retail food stores (Leaflet)]. Robert Bunsen-Strasse 6, D-7800 Freiburg, West Germany. 1 p. Single sided. 30 cm. [Ger]
• ***Summary:*** This new price list (printed with black ink on tan paper) takes effect on 1 July 1989. Products are: Tofu (400 gm or 250 gm vacuum pack). Tofu (1 kg pack for those buying fresh). Smoked tofu (200 gm). Sprouted tofu (*Sprossentofu;* 250 gm vacuum pack), Hijiki tofu (200 gm vacuum pack), Tofu sausages (*Grill-Knacker;* Tofu Huerstchen; 250 gm vacuum pack of four). Soya Patty (Soja Bratling; 6 or 12 pack). Tofu Cheese Patty (6 or 12 pack). Black Forest Patty (Schwartzwälder Bratling; 6 or 12 pack). Tempeh Patty (Tempeh-Taler; 125 gm vacuum packed). Tofu Terrine (Graffiti or Rainbow; 200 gm, 500 gm, or 1 kg vacuum pack). Tofu Balls (Tofu-Klösse; 4 in a 250 gm vacuum pack). Vegetable pouches (Gemuesetaschen; open, fresh). Spread for bread (Brotaufstrich; Tempeh 200 gm, Chickpeas 200 gm).

By request, we deliver various sprouts, tempeh, seitan, salad specialties, soy sauce [but no weights or prices are given for these "by request" items]. For feasts and celebrations, we recommend Taifun's vegetarian party service.

Prices are given for each product: 1 DM equals about $0.50.

The company now presents itself as Life Food–Freiburg's Tofu Shop. Natural Foods (*Life Food–Freiburgs Tofurei. natuerliche Lebensmittel*). Address: Freiburg, West Germany. Phone: 0761/50 61 55.

9448. *Toyo Shinpo* (*Soyfoods News*). 1990. Chinpin gojutten sorou: Zenkoku tôfu kakô shokuhinten-kai [Fifty second generation tofu products from the Japanese National Processed Tofu Exhibit in Aichi prefecture]. March 1. p. 5-6. No. 1016. [Jap]
Address: Japan.

9449. Welters, Sjon. 1990. Origina, Terra Foods, FVO, OCIF, and Mercantile Development (Interview). *SoyaScan Notes.* March 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In about 1983 Rob Jansen, a friend of Sjon's, left Manna and founded Terra Foods in Castricum, Netherlands, as an import / export company in Holland. Terra Foods, formerly a commodity company and owned by a holding company named Centaur, created a new entity/dba/company named Origina (pronounced or-uh-GEE-nuh) through which it could enter the retail food consumer market, exporting foods (from companies such as Witte Wonder) to West Germany, the USA, etc., and importing foods from the USA (as from Mercantile Development). Origina is also

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sometimes used as a brand name. Note that the name Witte Wonder does not appear on exported products. One brand is Luna.

Mercantile Development, an American company in Bridgeport, Connecticut, founded by Michael Marcolla (an American) and Robert Shapiro. Mercantile started the FVO (Farm Verified Organic) program in Europe about 10 years ago when he found that he was exporting a lot of American commodities to Europe. Because a certifying agency cannot be connected to a commodities trader, FVO was made separate from Mercantile. FVO now has a very extensive program in America, as well as a newsletter. The owner of Mercantile went to school at a Waldorf school and is very interested in the anthroposophic and biodynamic methods of farming. FVO and OCIF are certification programs used mostly for commodities that are accepted in Europe as being really organic. European standards used to be tighter than those of the USA but the U.S. is now catching up. All U.S. products in Europe must have a seal of certification. Many European soyfoods (especially tofu) manufacturers use certified organic soybeans grown in the USA. In fact, soybeans were one of the first certified organic commodities to be imported to Europe from the USA on a large scale. FVO started its program in large part because of soybeans. Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-4011.

9450. Bennett, Gordon. 1990. Re: Reply to letter from Art Mio (11 Jan. 1990) concerning the Soyfoods Association of America's actions relation to tofu contamination and storage. Letter to Art Mio at Morinaga Nutritional Foods, Inc., March 5. 5 p. Typed, with signature on letterhead.

• ***Summary:*** Gordon writes: We do not consider tofu to be "the very real threat to consumer safety" that you assert it is. "In fact, since 1982, at least 500 million pounds of tofu has been sold in this country, without a single outbreak of food-related illness. Can the dairy, poultry, egg or meat industry say the same? Certainly not. Are you aware that 19 people died last year from *Salmonella* poisoning attributable to eggs? Are you aware that the USDA publicly recognizes that up to 50% of the chicken sold today is contaminated with *Salmonella* and should be washed before handling and cooked thoroughly before eating?" The tofu standards adopted in Oct. 1986 recommend that tofu be stored at 34-45ºF; this falls within FDA guidelines. "Data available to us from the largest tofu manufacturer in the northeast USA [Nasoya], one who conducts regular temperature surveys of all the stores that their product is sold in, indicates that over 90% of the tofu sold in produce cases in New England is sold at 45ºF or below.

"And, the SAA, in order to determine just how tofu is being handled by processors and retailers alike, is conducting a survey of manufacturers, in conjunction with the Food Science Department of the University of Maine at Orono. Among other areas that will be investigated, the survey will attempt to clarify just how much tofu, if any, is sold in violation of federal or state guidelines. We expect to have it completed within six months.

"While our industry is new and fairly small when compared to others, we believe that we have a pretty good record. It's ironic that the bulk of the negative publicity about our industry appears to be coming from within it–specifically from your company. It's quite likely that somewhere in America, fresh-packed tofu is being stored above 45ºF, just as somewhere, some milk, is being improperly stored. Whether this situation for tofu is widespread or isolated is presently unknown and is the subject of our study. What is clear, is that compared to other protein sources such as meat and poultry, tofu has presented a much lower incidence of contamination, regardless of its normal storage temperature practices...

"The SAA believes there is a place for both canned milk and fresh milk. Producers of canned milk do not try to sell their product by inflaming consumers' fears about contamination of fresh milk." Address: President, Board of Directors, Soyfoods Assoc. of America, 318 Main St., Bar Harbor, Maine 04609. Phone: 207-288-9419.

9451. Yu, Stephen. 1990. New developments with tofu in Toronto (Interview). *SoyaScan Notes.* March 5. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Stephen is again working with soyfoods after the bankruptcy of Victor Food Products in about June 1988. He is now working as a consultant, and his main project is to "consolidate all of the tofu makers in the area and help them to go into the market as one team." He is also trying to act as a communicator between the Soybean Marketing Board/ Agricultural Canada and the tofu makers. He also has a family, with children aged 3 and 6, to support. In the last few days he has visited 6-7 tofu companies in Toronto; they all welcomed him with open arms and gave him the information he requested–although he does not know how true it is. He would like to work as a researcher for Soyfoods Center in Canada ($50/hour), and to trade information. He will send a list of what he wants to know. He is interested in knowing the amounts of various soyfoods (such as Vitasoy soymilk, Kikkoman soy sauce and tofu, etc.) imported to Canada.

He started to make soyfoods in Canada in Feb. 1978. His first three products were tofu, tofu pudding (daufu-fa), and soymilk.

He knows a man in Canada who is doing a market study of the low-tech soyfoods industry in that country. He is an independent person who is working for the Soybean Marketing Board. The study concerns the overall picture of soybean use in Canada. The most interest is in tofu, and Stephen is doing the tofu and soymilk section of the report. Stephen can put us in touch. Stephen personally lost $750,000 when Victor Food Products went Bankrupt.

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Update: Talk with Stephen Yu on 8 July 1990. The report cost about $70,000 to produce. He is not sure if it will be published. He is not busy nowadays, but does not feel like working on a history of his company. Address: 525 Highland Road West, Kitchener, ONT, N2M 5K1, Canada. Phone: 519-741-0922.

9452. Fehlberg, Eric C. 1990. Seventh-day Adventist health food companies in Europe (Interview). *SoyaScan Notes*. March 7. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter dated 24 May 1990 clarifying details.

• ***Summary:*** There are three major Seventh-day Adventist (SDA) food factories in Europe, each owned by the church: DE-VAU-GE in West Germany, Nutana in Denmark, and Granose in England. There are smaller factories in Spain, and Switzerland. All these companies are owned by the SDA church. The leading Adventist food companies, ranked in descending order of annual sales, are: 1. DE-VAU-GE, established 1899 in West Germany. They are by far the biggest in Europe. They manufacture a total of 257 products. DE-VAU-GE began making its own tofu in Jan. 1986; before that it purchased tofu from a Belgian soymilk company [Note: actually from Heuschen-Schrouff in the Netherlands]. When Michael Makowski took over as managing director in about 1972-73, company sales were about US$3-4 million. By 1983 sales were about $18 million. Since then growth has been fantastic. 1989 turnover was DM 84 million (US$49 million). This is due to both excellent management and the German interest in natural, health, and vegetarian foods. 2. Nutana, est. 1898 in Denmark. They are about half the size of DE-VAU-GE. Under the management of Bent Nielsen, who was there until 3 years ago, the company grew rapidly. Since 1987 growth has flattened, but there is great potential for future growth. 3. Nutana in Norway (Nutana Norge), formerly Dagens Kost, est. 1970. They were established as a marketing company for Nutana, Denmark, and they sell all the soyfoods made by Nutana, Denmark. They also manufacture 55 products, but they import and wholesale 321 products. All of the imports come from European Adventist companies. 4. Granose Foods, est. 1899 in England. They manufacture 39 products and distribute 98 more (mostly from Nutana or DE-VAU-GE). They have been a manufacturer since 1899, and they built a new food plant in 1989. Their business is now growing rapidly. 5. Nutana in Sweden (AB Svenska Nutana) was renamed in 1987. It was formerly named Edakost Food Company, Sweden, est. 1970. 6. Nutana in Finland, formerly Finn-Nutana, est. 1979. 7. Pur-Aliment, est. 1928 in France. They are not a food manufacturer; purely marketing. 8. PHAG Food Factory (Fabrique de Produits Dietetiques), est. 1895 in Switzerland. The small factory produces 40-50 tons of food a month. 9. Granovita Spain, was founded and began manufacturing in about Aug. 1985 in Valencia, Spain. They do not produce any soyfoods at all, but they market soy products made by DE-VAU-GE in West Germany and by Nutana in Denmark. 10. Nutana in the Netherlands, founded in 1986. They are presently selling all the products produced by Nutana of Denmark as well as 5 other products: Vitanex (Sandwich cream), Rondolettes (Chickenlike or beeflike flavor), Snackers (Soy sausages), Boulettes (Dinner balls).

The Austrian Food Company, founded in 1976, was a restaurant rather than a food manufacturer; it was closed in 1987.

Granose and DE-VAU-GE were both importing foods from Loma Linda in the USA. But now that Loma Linda has been sold to Worthington Foods, it is not clear what will happen to these imports. Today, the various Nutana companies are independent, but there is much talk of bringing Nutana in Norway and Holland together with Denmark. Nutana has always been behind the expansion of SDA food work in the Scandinavian countries. Using the common name Nutana greatly facilitates marketing.

The European food companies have grown at different rates, largely dependent on the effectiveness of each company's management. The trend has been generally up. The highest growth rates in the past 5 years have been shown by Granose in England (though it started from a smaller base), followed by DE-VAU-GE in West Germany. Pur-Aliment and Nutana have had a bit of a struggle.

All of these companies pay a portion of their profits back to the church. They are encouraged to pay about 20% of profits back to the church, but some pay almost 50%. This is similar to the dividends paid by secular companies. Fehlberg believes that tofu will be the growth food of the future; it has great growth potential that has not yet begun to be realized. Address: Director, International Health Food Assoc., Seventh-day Adventist General Conference, 12501 Old Columbia Pike, Silver Spring, Maryland 20904. Phone: 301-680-6674.

9453. Mio, Art. 1990. Hinoichi tofu is of excellent quality because it is refrigerated properly (Interview). *SoyaScan Notes.* March 9. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Hinoichi tofu is good quality because it is stored under dairy refrigeration temperatures from the time it is made until it is sold. Southern California is the only area in America that merchandises tofu properly, in the dairy case–even though most people think it sells better in produce. Mr. Yamauchi of Hinoichi insists that any tofu of his sold in Los Angeles be sold in the dairy case. When Hinoichi makes tofu, as for Frieda's Finest, they pack it in a wax coated case and put ice on top of it, so when it gets on the truck going out across America it is in good shape. Address: National Sales Manager, Morinaga Nutritional Foods. Phone: 213-728-4325.

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9454. O'Bannon-Baldinger, Kathleen. 1990. Re: Stephen Yu of Victor Food Products petitioned the Canadian government to allow magnesium chloride to be used as a food ingredient. Letter to William Shurtleff at Soyfoods Center, March 9. 1 p. [1 ref]
• ***Summary:*** The petition was accepted in July 1981, and published in the Canadian government's list of acceptable food additives. The use was permitted only for tofu at a maximum level of 0.3%, calculated as the anhydrous salt. Address: 227 Ojo de la Vaca, Santa Fe, New Mexico 87505. Phone: 505-983-5961.

9455. Storup, Bernard. 1990. Huegli gets involved with tofu and natural foods in West Germany (Interview). *SoyaScan Notes.* March 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** About 2 months ago Huegli (actually Bernard incorrectly said Nestlé instead of Huegli) purchased Yamato, the second largest German tofu manufacturer, owned by Klaus Gaiser. Huegli also purchased the largest health foods distributor in West Germany. Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.23.66.

9456. Porter, Kelly. 1990. Kyoto to sink shovels at plant site March 24. *Tribune-Star* (*Terre Haute, Indiana*). March 11.
• ***Summary:*** Describes the proposed ground breaking for the company's new tofu plant at Terre Haute.

9457. Gaiser, Klaus. 1990. Recent developments at Soyastern (Interview). *SoyaScan Notes.* March 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Note: Soyfoods Center attempted to fax then call Soyastern in Cologne, only to be notified that their phone had been disconnected in Nov. 1989. So they called Yamato to find out what had happened to Soyastern.

Bernd Drosihn (pron. dro-ZEEN) left the company in anger in the fall of 1988. Harry Whitford did likewise in the fall of 1989. Thomas Karas was planning a big leap forward. Drosihn thought it was too big a leap and that the funds were not available to finance it. Thomas bought a big factory that had formerly been a chicken slaughterhouse. It is located in Dorsten, 100 KM north of Cologne, on or near the Rhine River. He kept an office in Cologne but Klaus does not know what he did with his former factory in Cologne. At one point Karas had 4 businesses. (1) Soyastern in Cologne. (2) Something at Ziegenhain. (3) The chicken slaughterhouse in Dorsten, and (4) Bio-Vera ("Truly Organic"), started in about 1988 to sell his tofu to supermarkets. The natural food stores (Naturkostlaeden) would probably have boycotted his products if Soyastern had tried to sell direct to supermarkets. Soyastern now has huge expenses and many problems. They may not survive.

Note: There are a number of errors in this hearsay account. For a firsthand account, see Karas 1990, March 14. Address: President, Yamato Yofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094 or 95.

9458. Gaiser, Klaus. 1990. Huegli acquires majority ownership in Yamato Tofuhaus GmbH and in Heirler (Interview). *SoyaScan Notes.* March 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Huegli Naehrmittel A.G. is a Swiss company, but they have a German branch. The head of the German branch approached Gaiser and asked him if Yamato would like to work together with Huegli. Until the spring of 1989 Klaus had a business partner (Wolfgang Haberger, who had joined the company in early 1984) but he was not very happy with him, so he bought him out. At the time of the buyout, Huegli approached Gaiser, who was now suffering from undercapitalization. Gaiser found Huegli to be fair, trustworthy, and competent. Huegli bought more than 50% of Yamato in April 1989. Before that, Thomas Karas had tried to sell his company to Huegli.

In Jan. or Feb. 1990, Huegli purchased Horst Heirler, the biggest distributor of fresh health foods in West Germany. Heirler's packaging is very attractive. To the best of Klaus' knowledge, there is definitely no relationship between Huegli and Nestlé. Yamato has not yet announced its relationship with Huegli to the general public, so nothing has been published. Tofu production has not yet expanded enough to fill the needs of potential Huegli customers. Yamato is now selling tofu on one of Huegli's tracks–to hospitals and factories (institutions; Grossverpflegung); other tracks are (2) Reform Houses, and (3) industry and supermarket chains. Presently Klaus is working most on track 1. To reach tracks 2 and 3 Yamato would have to develop new packaging and products suited to their very special needs. "At the moment Yamato and Huegli are not yet working so closely or effectively. Their new capital comes one step at a time for specific goals/projects.

Yamato presently makes 8 tofu products: Tofu (250 gm and 400 gm), Tofu Enriched with Mung Bean Sprouts, Smoked Tofu, (the best in Germany), three types of deep-fried tofu (Sour Marinated Tofu, *Hirschauer Laible* [Hirschau is a small village near Tuebingen]; *Laible* = little loaf or loaflet; the tofu is first marinated in soy sauce and spices, then deep fried), and Tofu Burgers with Sprouts (*Sprossen Tofuletten;* made with mung bean, sunflower, radish, alfalfa, and mustard seed sprouts {no soy sprouts}, these burgers were deep fried), 2 tofu pâtés in glasses (a little like sausages), and soymilk sterilized in bottles. He presently developing some new products.

Note: Huegli Naehrmittel A.G. (P.O. Box, CH-9323 Steinach-Arbon, Switzerland. Phone: 71.46.92.92) was founded in 1935. They currently have about 600 employees and capital of 100,000 Swiss francs. They are a well-known

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company in Switzerland. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094 or 95.

9459. Gaiser, Klaus. 1990. West Germany's four largest tofu manufacturers (Interview). *SoyaScan Notes.* March 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Klaus would guess that they are ranked as follows. 1. TKW (pronounced Tay-Kah-Vay). 2. Hensel, which produces most of the tofu for Heirler. They could be third or fourth. Klaus thinks that Hensel bought a tofu plant (he does not know whose) in France, imported it to Germany, then had it set up in inside of a plant in Kassel owned by a large dairy processing company named either Milchwerk Kassel or something like Milchwerke Hessen [actually, KMK; Kurhessische Molkerei Kassel]. The dairy products Heiler distributes are made in the same plant. Klaus will probably soon understand this complex relationship because Heirler is now a brother company of his. 3. Soyastern. They are producing every week (maybe not every day), but Klaus and his competitors think that they are near bankruptcy, and within the next few weeks they will have to sell out or find a big investor. 4. Yamato Tofuhaus GmbH. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094 or 95.

9460. *SoyaScan Notes.* 1990. Trends in the soyfoods market in Western Europe, and comparison with the USA (Overview). March 13. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1. Since 1988, many more large food companies have become soyfoods manufacturers in Europe than is the case in the USA. A great deal of new money is pouring into the soyfoods industry, especially from dairy and agricultural co-ops, and from large food companies. There have been many acquisitions and mergers involving dynamic small companies with large established companies. Products receiving the greatest attention are soymilk, dairylike soymilk products (such as non-dairy yogurts), tofu, and second-generation tofu products. Many industry leaders feel that the latter type of products have the greatest potential for the future.

2. There is much more use of and interest in organically grown soybeans and other ingredients in Europe. Organic certification marks (such as Nature et Progres, or CINAB) appear on the front panel of many products.

3. There is no U.S. equivalent of the huge and powerful Reformhaus health food chain, found in German-speaking countries. This chain helps to market soyfoods and set standards. It requires that all manufacturers put its Neuform certification symbol on all products sold by the chain.

4. Restrictive anti-soy labeling laws are more prevalent in Europe than in the USA. This is because of the very powerful dairy lobbies in most European countries. However these will be weakened after 1992.

5. Laws governing the way soy ingredients are listed on the label generally allow a more vague listing in Europe. In Germany, for example, a company can say simply "soy protein preparation," without specifying whether they are using a soy protein isolate, concentrate, textured isolate, textured soy flour, etc.

6. There are no good publications or information centers that focus on soyfoods in Europe, either for individual countries or for the continent as a whole.

7. The European market is much more fragmented and diverse. Much of the fragmentation comes from the fact that each country has its own food culture, language, and labeling laws. Exporting products, in an attempt to expand one's market, often requires duplicate or complex labeling, plus dealing with tariffs, etc. This will become less of a problem after 1992.

8. In most countries soyfoods are marketed primarily to the health foods trade, but in France there is much more focus on the mainstream mass market.

9461. Karas, Thomas. 1990. History of Soyastern Naturkost GmbH (Interview). *SoyaScan Notes.* March 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This company started making tofu in Siegburg (at Roonstr. 38, D-5200 Siegburg, West Germany) in 1 Nov. 1982. His business registration bears this date; he actually began to prepare foods on a small scale before that. The original name of the company was Thomas Karas und Ingeborg Taschen. The original brand was Soyastern. Ingeborg Taschen was a woman. Thomas' residence and the business office during this time was at Hauptstrasse 1, D-5232 Ziegenhain, near Siegburg. While in Siegburg, they had three products: Regular tofu, Herb Tofu (Tofu Provence), and Tofu Burgers (written just like this in German and still sold today). On 1 Jan. 1984 three important events took place: (1) Two investor-workers joined the company, Mr. Gyoergy Debreceni (a Hungarian name) and Mr. Bernd Drosihn (pronounced dro-ZEEN); (2) Inge Taschen left the company; and (3) The company changed its name to Debrecini-Drosihn-Karas.

In mid-1985 (about June or July) the company moved to Cologne (*Koeln*). On 19 Dec. 1985 Mr. Debrecini left the company and Drosihn and Karas changed the company name to Soyastern Naturkost GmbH. Both were directors and each owned 50% of the stock.

Harry Whitford, formerly with Byodo in Munich, began advising Soyastern 'unofficially' in Jan. 1987. In July 1987 he moved to Cologne and began working for the company.

In Aug. 1987 Thomas founded a company named Bio-Vera, whose function was to market Soyastern's products to supermarkets under the Bio-Vera brand. Originally he and Drosihn owned 45% each and Charlotte Szamaitat (pronounced Shuh-MAI-tat) owned 10%.

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The tofu business in Cologne grew explosively, until the company outgrew its space. Moreover, the Cologne plant was not suited for tofu production, and health inspectors want to close the plant for sanitation reasons. So the owners spent years looking for better, larger buildings but nothing could be found in Cologne. Finally they found a huge building (4,000 square meters, or 43,000 square feet) in Dorsten; it had previously been a chicken slaughterhouse.

On 18 May 1988 Thomas founded Dorstener Tofu Produktions GmbH. Thomas owned most of the shares. Minority shareholders in that company were Harry Whitford, Wilhelm Hansen, and Charlotte Szamaitat. It was necessary to establish this new company both to raise capital for the tofu plant building, and because the new company could get quite a lot of money from the local government in Dorsten. The new company would take charge of production, and Soyastern would focus on marketing.

Dorstener Tofu Produktions GmbH then rented the huge building in Dorsten. In June 1988 the company began installing tofu making equipment in the new building and tofu production began there in November 1988. The company used only one-third to one-half of the total floor space. At the same time, tofu burgers were still being made at the plant in Cologne, until April 1989, when the company moved out of Cologne. In April 1989 Thomas Karas purchased this building, then rented it to Dorstener Tofu Produktions GmbH (DTP).

On 12 June 1989 Bernd Drosihn left the company, selling all of his stock in various companies to Thomas. He left mainly for personal reasons, but in retrospect he says he felt they tried to make too big a jump too fast. In Sept. 1989 Harry Whitford stopped working and in Jan. 1990 he left the company, selling all of his stock in various companies to Thomas. Harry liked the idea of making a great leap forward but there were personal problems between him and Thomas. Thomas now owns all of Bio-Vera and all of DTP. The general name for Thomas' group of companies is "Soyastern," and he plans to unify them under a "roof" company with that name.

Thomas needed large amounts of capital to buy out all of his former partners and to buy the factory in Dorsten. He services his debt on the loan used to buy the building from the rent paid to him by DTP. The financing would have been adequate if everything had gone 100% smoothly. But the company ran into technical problems with their machinery. This left them short of capital.

Today Dorstener Tofu is making about 7,000 kg/week of tofu, slightly less than the 7,500 kg/week they were making in Nov. 1987. Thomas thinks Soyastern/DTP is still the largest tofu manufacturer in West Germany, but he is not sure. In the natural foods trade, the other big competitor is Yamato; DTP definitely produces more tofu than Yamato, and probably more than TKW.

As to Thomas' present financial situation, he is not desperate, but he realizes that he must soon get one or more investors/partners. He is optimistic that he will be able to get the money that he needs in time. He intends to stay active in the company, and to own a part of the company, but he is willing to sell 50% or more since his main personal interest lies not accumulating capital but in tofu production and marketing. In a very rapidly growing market such as this, the key point is having lots of capital at each stage of growth. He is not as interested in the financial side of the business as in the marketing and production.

Soyastern's only new products in the last few years have been a line of fresh (not sterilized) tofu dressings. Launched in test market in Jan. 1990, they come in 3 flavors: Natural, Dill, and Tomato. Address: Bochumerstr. 92-104, D-4270 Dorsten, West Germany. Phone: 2362-26801.

9462. Karas, Thomas. 1990. The tofu industry and market in West Germany (Interview). *SoyaScan Notes.* March 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyastern/Dorstener Tofu Produktions (DTP) makes about 7,000 kg/week of tofu. Thomas thinks DTP is still the largest tofu manufacturer in West Germany, but he is not sure. In the natural foods trade, the other big competitor is Yamato; DTP is definitely larger than Yamato. He is quite sure that DTP produces more tofu than TKW. TKW has a big tofu plant and large scale equipment (they are a machine manufacturer) but they don't seem to sell much because they don't use organically grown soybeans, which are absolutely necessary to sell tofu.

He thinks DTP is also bigger than Hensel, but he is not sure. Heirler does not make regular (firm) tofu. Instead, they make special soy products, especially soy yogurt and silken tofu, plus some Tofu Pastete. Heirler is mainly a distributor of dairy products, and the biggest distributor of fresh natural foods in West Germany. He distributes the whole fresh program, including produce/vegetables, and soy products exclusively to the Reform Houses. He does not distribute to natural food stores (Naturkostlaeden, Biokostlaeden). The company does about DM 50 million in sales/turnover a year in West Germany, and about DM 10 million in other countries. Heirler's tofu is made by a dairy company named KMK (Kurhessische Molkerei Kassel) in Kassel. The dairy products he distributes are made in the same plant. The brand name is Soja Soft. KMK also makes tofu for Hensel, but KMK does not sell its own tofu. Heirler and Hensel work together. Heirler distributes the Hensel tofu. Originally Hensel tofu was made by Yamato, then Auenland, then Soyastern, and now KMK. Heirler has always wanted Hensel to expand their line of tofu products. But Hensel is very conservative and slow to act, so Heirler introduced its own line. Hensel is an old soyfoods manufacturer.

So the big 4 tofu makers in West Germany, in descending order of size, are probably Soyastern, Yamato, Heirler, and Hensel. But this will soon change because of

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DE-VAU-GE (DVG), and Huegli-Heirler-Yamato. DVG does not yet make their own tofu. They buy it all from Heuschen-Schrouff in the Netherlands. Soyastern has sold them tofu in the past. However in about June 1990 they will start to make their own, and they will probably become a big force in the market because they sell a lot of tofu now and they have excellent distribution to the Reform Houses. About 89% of their products are sold to Reform Houses. Martin Evers is the only distributor of DVG products to natural foods stores. DVG is a very big company and is very slow in making decisions.

When Huegli bought Heirler and Yamato, Heirler put half of the money he got from the sale back into Heirler and half into Huegli in the form of stock. Mr. Heirler is now on the board of directors of Huegli. Thomas talked with Mr. Heirler at length in Dec. 1989. His thinking is very much oriented toward the open market in Europe after 1992. Huegli is basically a producer for the Reform House market. His two brands are Neuco and Cenovis. The tofu used in the Neuco tofu salads is not yet made by Yamato; it is probably made by Witte Wonder in the Netherlands.

So West Germany's two biggest tofu company's will probably soon be DVG and Yamato-Heirler-Huegli. With the opening of Europe in 1992, some companies will decentralize/regionalize their business for reasons of ecology and freshness. Soyastern is too big for this. The other is the path that Huegli-Heirler-Yamato are taking, by merging and trying to distribute and sell products throughout Europe. Heirler is the perfect company for expanding distribution outside of Germany. They may be the best in Europe for refrigerated distribution; they also have a little frozen distribution. They now distribute some to Switzerland, Belgium, Austria, and East Germany. After 1992 this distribution will grow rapidly. Address: Bochumerstr. 92-104, D-4270 Dorsten, West Germany. Phone: 2362-26801.

9463. Karas, Thomas. 1990. The Reform House market and the natural foods market in West Germany. The German Soyfoods Association (Interview). *SoyaScan Notes.* March 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** There is a clear distinction and a big difference between these two segments of the natural/health foods market in West Germany. The Reform House movement is much older and the stores are like U.S. health food stores. There are about 2,000 to 3,000 Reform Houses (Reformhaeuser) that have annual sales of DM 1,000 million. There are 1,500 to 2,000 natural foods stores (Naturkostlaeden) with annual sales of about DM 700 million, or about 41% of the total natural foods market. Before a product can be sold at the Reform Houses, it must have the "Neuform" Reform House logo. It is difficult to get this because Mr. Heirler and others keep out products that will compete with theirs. On the other hand, the natural foods stores have much higher quality standards. Most important, all raw materials must be organic if possible. The Reform Houses have not traditionally been interested in organic ingredients. But now they are moving toward organic.

Another problem is labeling. To sell in natural food stores, a company's products need to meet a higher standard, and they need to be inspected. When a company has the Neuform (Reform House) logo on their products, they must make another label for each product without the Neuform label before they can sell those products in the natural food stores. So to sell in both of these 2 markets requires two sets of labels, which is expensive. Thomas is working to bring these two segments closer together. Now, when a food company starts, they must basically decide whether they want to sell in the Reform House or the natural foods market. Very few companies try to sell in both.

In about 1984 in West Germany a natural foods association named Bundesverband Naturkost (BN) was started. Its members included natural food manufacturers, distributors, and retailers. This structure did not work well, since large companies tended to dominate it and the different segments had different interests. So from 1987 to 1989 a new natural foods association named BNN (Bundesverband der Naturkost und Naturwaren) was established. BNN has its own new logo, and only 3 members, each of which is an association. The first is a food manufacturer association (BNNH, Hersteller; about 35 members. Karas is on the board of directors), the second is a food wholesaler association (BNNG, Grosshaendler; about 35 members), and the third is a food retailer association (BNNE, Einzelhaendler; 700-800 members). Within the manufacturers' association (BNNH), an association only for manufacturers of organic soyfoods, named BAG Soya (Bundesarbeitsgemeinschaft biologische Sojaprodukte) was founded in early 1989. The soyfoods association also develops marketing materials for its own use. The headquarters of BAG Soya are at Huetlin Str., Konstanz, West Germany. Kurt Miller, a small tofu maker at Bodensee is Director.

BNN certifies many certification associations (MDI, OCAA, which must be members of IFOM) or farmers and food producers to a very high quality standard. Manufacturers are inspected once a year by an inspector from BNNH.

The Reform Houses are in some ways similar to America's health food stores but there are basic differences. Reform Houses are less oriented to food supplements/pills (vitamins, minerals, protein powders) and more oriented to natural food medicine and medicinal herbs. But nowadays in Germany the two sides are coming closer together, and modern Reform Houses have a good selection of natural foods. Address: Bochumerstr. 92-104, D-4270 Dorsten, West Germany. Phone: 2362-26801.

9464. Kempff, Klaus. 1990. Brief history of Life Food GmbH–Taifun Tofurei (Interview). *SoyaScan Notes.* March

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14. Conducted by Anthony Marrese in Germany.
• ***Summary:*** Klaus, known as Dhanya, lived in Miami, Florida, for 5 years and has an American wife, although they are separated. His interest in soyfoods began in America. After returning to Germany, in 1985, Klaus bought a little sprout business in a basement / cellar at Wallstrasse 3 in Freiburg. When he bought it, it had no name and was run by a commune of Bhagwan Rajneesh devotees as a Sannyas business.

Since April 1985 the commune had been making various sprouts (not including soy sprouts). Klaus named the business Life Food, and in July 1985 he and several others started producing tofu. In the spring of 1986, in Germany, he got a copy of *The Book of Tofu* by Shurtleff and Aoyagi which helped his work. He sold the tofu along with various sprouts (mung, alfalfa, radish, chick peas, wheat) at the market place. Looking for a way to use his okara, Klaus developed a Soy Burger and started selling it in about Nov. 1985.

Then health officials told them to move out of the basement or be shut down. While struggling with the decision, a new place (a little grocery store at Stuehlinger Strasse 9, D-7800 Freiburg) became available and an order for one hundred 400 gm packs/week of tofu came along, so in Dec. 1985 they decided to go for it and start making tofu on a larger scale. The business grew steadily and in May 1989 they moved into their present location, a larger, new and modern facility that was previously occupied by a catering service. They purchased a new pressure cooker for making the soymilk for their tofu.

Klaus had a friend named Wolfgang Heck (not a follower of Rajneesh), who was an organizer (*Veranstalter*) of international events. The two began to work together in late 1986. In May 1987 Wolfgang started a business named Taifun that cooked Life Food's tofu for the people in the nearby Market Hall for gourmet foods. Taifun had a small walk-up tofu lunch bar at an indoor market. Here they sold their products and tried out new second generation products.

Klaus and Wolfgang decided to merge their two companies. So on 1 Jan. 1990 Life Food GmbH was formed, with 5 shareholders, including Klaus and Wolfgang. Life Food GmbH bought Taifun (the brand name and equipment) and discontinued operation of the Taifun in the market hall. Taifun became the brand name for many of Life Food's products. But some confusion between Life Food and Taifun still remains. For example, today outside the tofu plant there is a big sign that says "Taifun Tofurei" in big letters and under it in small letters the name of the company, Life Food GmbH.

Life Food GmbH now employs 15 people. Present products they make are tofu burgers (3 types, each 90 gm, 1,250/week), tofu (500 kg/week, started Dec. 1985), tempeh (10-20 kg/week, started July 1987), Tofu Terrine Sausage (just starting; they are terrific). They made samples of white miso is March 1989 and are in the process of bringing it into production. Although most of their okara goes to farmers, some is used in their tofu burgers and the Hop Sing Bratlinge (burger dough for restaurants). Life Food is the only tofu producer in Freiburg, where they control the whole market. They have a 60 kg/hour Takai pressure cooker, a Takai hand okara press, and a meat-type grinder for the soybeans. They make tofu in 10-12 kg batches. They also import and sell a little miso and shoyu.

Follow-up interview by William Shurtleff. 1990. May 9. The company presently makes 800-1,000 kg/week of tofu and 10-15 kg/week of tempeh. They are hoping for a big standing order of 500 kg/week from the student dining hall at Freiburg Univ. The dining hall has already been buying tofu and tofu products for a long time. Their best selling product is tofu, followed by Smoked Tofu, then the Tofu Terrine (made by pressing tofu, mixing it with vegetables, and baking it in a baking pan; it resembles a goose liver pâté).

Update. 1990. May. Bernd Drosihn says Klaus Kempff is no longer in charge; Guenter Klein and Wolfgang Heck have taken over. Address: Founder, owner and manager, Life Food GmbH, Robert-Bunsen Strasse 6, D-7800 Freiburg, West Germany. Phone: (0761) 50 61 55.

9465. Urban, Gyandeva. 1990. Recent developments at Svadesha–Vegetarische Feinkost (Interview). *SoyaScan Notes.* March 14. Conducted by Anthony Marrese in Germany.
• ***Summary:*** Svadesha (Ruediger Urban) is manager/owner of the company, and Gyandeva (his son) is manager of soya products (secondary). Svadesha is presently in the hospital. He rarely comes to the plant any more. Svadesha and Gyandeva are both followers of Rajneesh. Svadesha began making tofu in 1979. Then he took a 6-month trip to India, entrusting the company to another person while he was gone. The company fell apart during this time, but it was re-started in 1980 and has grown since then. The company moved to Munich in 1984. Recently the name was changed to Feinkost from Svadesha Tofurei, and now sells as Vegetarische Feinkost using a logo of a sun behind a breaking wave.

They presently have 7 full-time and 5 part-time employees who produce 10 batches (each 250 kg) per day, or 1,250 kg per week–more in winter, less in summer. They are closed in August. Their second generation products include tofu burgers in mushroom or seaweed flavors, and a wine and herb spread. They also make tempeh burgers, buying the tempeh from Byodo in Munich. Address: Ostpreussen 22, D-8000 Munich 81, West Germany. Phone: 089-939005.

9466. Roquette, Harald. 1990. History of Henselwerk GmbH (Interview). *SoyaScan Notes.* March 15. Conducted by Anthony Marrese in Germany.
• ***Summary:*** This company's parent company is Walther Schoenenberger, which has 5 divisions. Henselwerk is the

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division that handles the soya products and other products. The tofu is made by Ulrich Sabrarth K.G., a wholly owned subsidiary of Henselwerk located in Hage near Hamburg. The Henselwerk division is 40-50 years old. It has been using soya in the form of tofu for more than 5 years, but in other forms (such as dry, in vitamins, and as a food additive) for many more years [since at least 1963]. Henselwerk does use Soyakraft as a product name, but does not use Sojabasan. Mr. Roquette has been with Henselwerk for 3 years. Address: Export manager, Henselwerk GmbH, Muehlstrasse 5-7, Postfach 1120, D-7037 Magstadt, West Germany. Phone: 07159-4906.

9467. Horowitz, Janice M. 1990. Bye-bye, tofu; hello, truffles! Organic cuisine is making an upscale comeback. *Time* 135(12):60. March 19.

9468. Steyer, Bernd. 1990. History of Byodo Naturkost (Interview). *SoyaScan Notes.* March 21. Conducted by Anthony Marrese in Germany.
• ***Summary:*** The company was founded in about 1983-85 by Harry Whitford (an American) with Herman Conran [Hermann Konrad], and Michael Mossbacher. Whitford left to go to Soyastern (he later left Soyastern also). Mossbacher is now in charge of the company's wholesale distribution. The company's first products were burgers made from purchased tofu and tempeh. In 1984 they started to make their own tempeh. Steyer, now tempeh production manager, built the company's first tempeh incubator. In 1984 they began to make their own tempeh. Production is now 50 kg/week plus 500 burgers/week.

Bernd is very much working for world food transformation and has invited Marrese for a visit. He will send a set of labels.

Interview with Bernd Drosihn. 1990. April 7. Byodo was founded by Lukas Kelterborn. Harry Whitford came a little after it was founded.

Talk with Klaus Gaiser of Yamato. 1990. May 8. Byodo was bought by a butcher, Rottmueller Naturkost, several weeks ago. The butcher, which now owns 55% of the company, runs a "Naturland" company–a grower's association like Demeter, Bioland, etc.

See also Harry Whitford's 1990 early history of Byodo. It is probably the most accurate on the early history.

Note: On 9 Aug. 1990 Soyfoods Center received an enquiry from Tofurei Rotmueller at Hirschbergstr. 9, D-8000 Munich 19, West Germany. Address: Hirschbergstr. 9, 8000 Munich 19, West Germany. Phone: (089) 168570.

9469. Fitch, Peter. 1990. Re: The Haldane Foods Group. Letter (fax) to William Shurtleff at Soyfoods Center, March 26. 3 p.
• ***Summary:*** The Haldane Foods Group is composed of Direct Foods Ltd. (founded 1980, acquired by the Group in March 1985), Vegetarian Feasts Ltd. (founded 1984, acquired Feb. 1986), Haldane Foods Ltd. (founded 1983, acquired Aug. 1987), Regular Tofu Co. Ltd. (founded 1983, acquired Aug. 1987 since it was owned by Haldane), Vegetarian Cuisine Ltd. (founded 1985, acquired ?? 1987), Realeat Foods Ltd. (founded 1984, acquired Sept. 1988), Saucemasters Ltd. (founded 1988, acquired Feb. 1989), and Genice Foods Ltd. (founded 1988, acquired March 1989).

Genice (pronounced gen-AIS) makes non-dairy frozen desserts (ice creams). Saucemasters makes a vegetarian mayonnaise, free of eggs and dairy products.

"Between them, the companies encompass a wide range of 'Healthy Foods' including chilled, frozen, dry, sauces, desserts and non-dairy ices.

"Although the individual companies have separate identities and sites, they share a common sales and marketing team and enjoy business in all market sectors including health food stores, supermarkets and catering.

"The group is very active in new product development, believing that the life blood of the health food market lies in innovation.

"Customer and market requirements are constantly changing and a great deal of effort is put into keeping pace with these changes in demand."

Note: At Helfex 90 in April 1990 in England the Haldane Foods Group launched of 21 new products. This was NOT in celebration of its 21st birthday. Address: Managing Director, Haldane Foods Group Ltd., 25 Hayhill, Sileby Rd., Barrow upon Soar, Leicestershire LE12 8LD, England. Phone: 050981 6611.

9470. Storup, Bernard. 1990. The tofu industry and market in France (Interview). *SoyaScan Notes.* March 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The largest tofu manufacturers in France are: (1) Société Soy makes 12,500 kg/week (12.5 tonnes/week) of their basic tofu, much of which is made into second generation products. In fact, regular tofu counts for only about 15% of their tofu sales, whereas Tofu Burgers (*Croque Tofu*) account for 45% and Tofu Sausages (*Tofinelle*) account for 20%. These figures do not include their soymilk, which is more but which is sold as soymilk. They sell to the mainstream market. Société Soy's market for tofu and tofu product has been growing at the rate of about 40% a year over the past few years.

(2) Daizou SARL (related to Le Bol en Bois, in Champigny sur Marne) makes an estimated 500-600 kg/week. They sell tofu from the shop and deliver to several Japanese retail outlets. Their customers are mostly Japanese. Their production seems to have remained static during the past 2-4 years. There are 2-3 small companies that make about 200 kg/week. Innoval (pronounced EEN-oh-val) no longer makes tofu in France. Cacoja (pronounced KA-ko-jah) in the east of France makes what they call their "soy

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base," to be mixed with meats. It is ultrafiltered, concentrated soymilk with a high solids content but it is quite different from regular tofu. Presently, they may not be selling any tofu in France, and their program to sell the soy base seems weak.

Thus the total size of the tofu market in France is about 14,000 kg/week or 728,000 kg/year. It is growing at about 35% a year.

Update: 12 July 1990. Société Soy has been planning a major export program to the UK. Now they have decided to drop that and export instead to Italy. Address: Founder and Owner, Société Soy, 1 rue du Crêt de la Perdrix, 42400 St.-Chamond, France. Phone: 77.31.23.66 OF.

9471. Friend, Tim. 1990. Soybeans may help fight cancer. *USA Today.* March 27. [1 ref]
• ***Summary:*** "Daytona Beach, Florida–New research presented here Monday at an American Cancer Society meeting shows rats fed a soybean-rich diet, then injected with a carcinogen, have 50% fewer breast cancers than rats given another source of protein.

"The link is not proven in people yet, but the findings may explain why Asian countries, which rely heavily on soybeans in the diet, have breast cancer rates that are five times lower than rates in the USA, says Stephen Barnes, University of Alabama.

"When Asians move to the USA, their daughters have the same breast cancer risk as U.S. women, he says.

"Barnes also showed soybeans and the drug Tamoxifen, which stops recurrences of hormone-dependent breast cancer, are chemically similar. That means a lifelong diet of soybeans may block estrogen from breast cells that use it to grow tumors.

"Dr. Samuel Broder, National Cancer Institute, finds the study 'fascinating, but you must keep it in perspective.' He says many factors could be involved, such as lower-fat diets in Asian countries and the higher breast cancer risk among U.S. women due to bearing children at later ages.

"Barnes says processed soybeans added to food do not contain anti-estrogen compounds that may prevent cancer. Foods that do, include tofu, soy milk and unprocessed soy flour."

This story was also broadcast on national radio news (incl. KCBS in San Francisco) the same day.

9472. Hansen, Asger Somer. 1990. The soymilk market in Europe (Interview). *SoyaScan Notes.* March 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** There are no statistics published on soymilk in Europe. The soymilk that is made can be used in either of two ways: (1) Aseptically packaged (typically in Tetra Brik cartons) for consumer use as a beverage or pudding-like dessert; (2) Soymilk base is used as an ingredient in other foods or to make "processed tofu," which is made by ultrafiltration rather than by coagulation. Alpro is definitely the largest manufacturer with output estimated at 18-24 million liters/year. DE-VAU-GE is second biggest with about 12 million liters/year in the form of long-life packs (beverages and desserts). DE-VAU-GE will soon start to make tofu, which will be used mostly as an ingredient in their foods (sausages, etc.). In Asger's opinion these are very good products. Finally there is Cacoja, Triballat, and some smaller companies making a total of about 5 million liters/year. This gives a rough estimate of 35-40 million liters/year of soymilk made in Europe.

The growth rate of this market during the past 2 years has been slow, maybe 5-10%. "The real growth area has been in processed foods with tofu as a main ingredient. That's where I see the growth happening, in foods like dressings, egg-free mayonnaise, sausages, etc."

Cacoja sells "soymilk base," which is sold from the factory in tankers. Last time he talked with customers, they were not satisfied with the quality of the product. The capacity is only 1,500 liters/hour. The Adventists are considering a soymilk plant in the USSR.

Anders Linder left DTD on 1 Nov. 1989. He was asked to leave because the company was not making enough money, and because the company has new management under APV. He is now living at Domsten, Helsingborg, in Sweden. DTD's name is now APV-DTD, part of APV-Pasilac. Asger is in charge of the Soya Technology Div. Two other people are employed by this division with him (Elizabeth Gibson). John Davies is in Hong Kong. Address: Technical Manager, Danish Turnkey Dairies Ltd., Soya Technology Div., 2 Europaplads (P.O. Box 146), DK-8100 Aarhus C, Denmark. Phone: (86) 12 4155.

9473. Marshall, Philip. 1990. Update on history of Cauldron Foods Ltd. (Interview). *SoyaScan Notes.* March 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Cauldron Foods Ltd. was founded in 1980 and began to produce tofu in late 1981 in Bristol. This was a pioneer tofu company in England, and they have grown the business and the market by hard work. At Chapel Lane, Bristol, their original address, they made tofu and tofu burgers. In late 1983 they moved to 4 Conduit Place, St. Paul's, Bristol. Then in Aug. 1986 the company moved to 149A South Liberty Lane, Ashton Vale, Bristol, Avon. In Sept. 1987 Philip and his partner, Peter Fagan, sold their entire ownership in the company to Rayner Burgess Ltd. Thus Cauldron Foods Ltd. is a wholly owned subsidiary of Rayner Burgess Ltd. (not a division). Then Fagan left the company in about April 1989; he is now doing frozen ready meals. Generally things are going exceedingly well, thanks to the team that is working with the company. Philip is officially Operations Manager, but unofficially his responsibilities are much wider than that. The company does not present itself as a subsidiary of Rayner Burgess Ltd., even though the latter owns 100% of the stock. Address:

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Owner, Cauldron Foods Ltd., 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol BS3 2TL, England. Phone: (0272) 632835.

9474. Marshall, Philip. 1990. The tofu industry and market in the UK (Interview). *SoyaScan Notes.* March 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The largest tofu manufacturer in the UK is probably Dragon & Phoenix in London. They do not reveal anything about their production or sales statistics. In 1984 they were producing an estimated 10,000 kg/week. Now they may be producing roughly 20,000. Second largest is Cauldron Foods, which now produces about 15,000 kg/week, working long shifts and using a completely continuous process that includes a Takai roller extractor (Philip does not like Takai's equipment, and will soon replace it; he feels that it is poorly built, low-quality parts and materials, stainless steel is magnetic, cast iron pumps, etc. He had to completely take their machine apart and rebuild it).

A distant third is Regular Tofu Co., now owned by the Haldane Foods Group. They use a Takai hydraulic press. As a very rough guess, they might be making 4,000 kg/week. Paul's Tofu is probably the fourth largest tofu maker in the U.K. Paul is an old, good friend of Philip's. His product is excellent, and he supplies the organic, natural nigari market. He might make 3,500 kg/week. Dragonfly is a small company at Totnes, Devon, that probably makes less than 1 tonne/week of organic tofu. In addition there are probably a number of Chinese tofu companies that are largely invisible except to the Asian community. There are also some in Birmingham, England. Birchwood Health Products (Clwyd, Wales) is no longer in business. Philip does not know when they stopped. They never really surfaced.

The total market size is probably about 45,000 to 50,000 kg/week.

The future looks good and the market is growing, but only due to hard work. Cauldron Foods is spending quite a lot of money on PR, marketing, education, and new product development. Cauldron's production and sales have more than doubled during the past year. About half of his sales come from his 3 types of basic tofu, and half from second generation products, especially burgers. The vegetarian market is an increasingly important one in the UK, and many non-vegetarians are reducing their consumption of meat, becoming more adventurous eaters, and looking to try new products. There is a general heightening of awareness of food and the variety of food. Cauldron is launching a line of frozen "ready meals." Address: Owner, Cauldron Foods Ltd., 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol BS3 2TL, England. Phone: (0272) 632835.

9475. Westra, Marianne. 1990. Early history and current work of Vanka-Kawat B.V. (Interview). *SoyaScan Notes.* March 29. Conducted by William Shurtleff of Soyfoods Center. Followed by letters on 1 June and 2 July 1990.
• ***Summary:*** This company was founded in 1958, and has been in business for 33 years. They began as both an importer and a manufacturer. The original products they made were tofu (tahoe) and soy sauce (both sweet and salty varieties). In 1958 they began to make the following types of soy sauce: Ketchap Kaki Tiga, Ketjap A, Ketjap Benteng Manis, Ketjap Benteng Asin, Yellow Label Soy, and Tiger Brand Soy. They were still making all of these varieties in 1990.

At the time they started the business, they think there were other manufacturers of soy products in the Netherlands, but they don't remember the names of any companies of individuals. There were small, local Chinese companies that made tofu before they did, and at least one company that made soy sauce before they did. Their mailing address and head office address have not changed since 1958. The mailing address is: Dr. Augustijnlaan 40, 2283 CH Rijswijk, Netherlands (near The Hague). In 1984 Vanka-Kawat was thought to be the second largest tofu maker in Europe and in the Netherlands (after Heuschen-Schrouff), producing 10,500 kg/week. They discontinued tofu production in March 1985 after coming to an agreement with Heuschen-Schrouff, because it was more economical for Vanka-Kawat to let Heuschen-Schrouff (which had all the equipment and knowledge) produce the tofu which Vanka-Kawat sold. They now buy their tofu from Heuschen-Schrouff. They also make sambals, and other foods. They have never made taotjo or miso, but they do import it. And they have never made tempe/tempeh, but they do buy it from the "first Dutch Tempeh factory" and then sell it.

They are not related to Linn Oriental Products (also called Soy-Lin or Lin Tahoe) in Westbroek, but they think that company started in about 1970. The company still exists; the owner is Chinese, but they do not know if it is Mr. Lin. Mr. G.L. Van Kasteren is the best man to talk to about soyfoods. He speaks good English.

This company, which is run by Indonesian-Dutch, imports foods from throughout Asia, though they started with Indonesia, and exports to West Germany, Belgium, France, England, and the USA.

Note: Anneke de Weerd says (April 1991) that the two most popular types of soy sauce in the Netherlands are ketjap manis and ketjap benteng; ketjap asin is not well known. Address: Head Office: 3e van de Kunstraat 18, 2521 BB Den Haag (The Hague), Netherlands. Phone: 70-388-8804.

9476. Bundesfachverband Deutscher Reformhaeuser. 1990. [Re: Overview of the Reform House (Reformhaus, including Neuform) movement in Europe]. Questions answered on Soyfoods Center letterhead (dated 22 March 1990) and returned to SC on 30 March 1990. 5 p. [Ger]
• ***Summary:*** The first Reformhaus was started in Berlin,

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Germany, in 1877 by Karl Braun as a health center (*Gesundheitszentrale*). Today there are 2,800 Reform Houses in West Germany, 400 in Switzerland, and 50 in East Germany. Each house is owned by an independent merchant who is a member of the cooperative.

Concerning the Neuform part of the Reform Houses (as of 31 Dec. 1988), there are 1,325 members, a total of 2,804 sales places of which 1,902 are Reform Houses. There are 902 storehouses / warehouses (Depots). Annual sales (Umsatz, EVP) are 1,050,000 million.

A breakdown by type of goods sold is: Foods 56.1%, natural medicines / pharmaceuticals 19.6%, body care products & cosmetics 13.3%, dietetic foods 9.6%, diverse minor products 1.4%.

There are about 4,500 Neuform products made by 73 contractors / producers. Employees: About 10,000.

Sales by Neuform-Reform Houses and Depots has grown from DM 700 million in 1988 to 1,050 million 1988. In 1988 of the 2,804 Neuform locations, 67.8% were Reform Houses and 32.2% were Depots. In 1980 of the 2,638 Neuform locations, 64.2% were Reform Houses and 35.8% were Depots. Address: Waldstrasse 6, Postfach 4110, D-6370 Oberursel 4, West Germany.

9477. *SoyaScan Notes.* 1990. Great need for a soyfoods newsletter or magazine published in Europe (Overview). March 30. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** With the soyfoods industry and market expanding rapidly in Europe, there is a great need for a European-based publication to cover the subject in depth. It should be written only in English and cover all of Europe, including Eastern Europe. One person who is interested in this project is Bernard Faber (pronounced FAH-bur, rhymes with "clobber"). A close friend of Sjon Welters, he started the tofu shop at Manna, and is presently in charge of importing the Muso products for Akwarius Almere in the Netherlands. He wants to start his own business, in the information and publishing field, and is considering doing a soyfoods publication. He speaks good English, plus French. He also has the advantage of being Dutch and therefore flexible and not wanting to insist on using his own language.

Contact: Bernard Faber, Craft International Consultants, Zeepziederstraat 7, 1835 GK Alkmaar, Netherlands. Phone: +31 (072) 622.281. Fax: (072) 622.281

Letter (fax) from Sjon Welters. 1990. April 29. "I discussed the possibility of the 'European Soyfoods Newsletter' further with Bernard Faber. He too feels the time is right to start an international publication in this format and committed himself as publisher and editor of a soyfoods quarterly. Until enough funds are available to buy a computer, I will be responsible for the production part of it, except for the actual printing and mailing which will occur in Holland. This publication will be a joint venture between Bernard and me. The most likely first date of publication will be somewhere in June 1990.

"Would you be willing to support this new undertaking by supplying a list of potential subscribers? We could pay you back by making our mailing list available to you for instance."

Note: In May 1990, less than 2 months after the above was written, *SoyaFoods,* edited in England by Heather Paine, started to be published again after 4 years of inactivity, with the support of the American Soybean Assoc. in Belgium.

9478. Welters, Sjon. 1990. The tofu industry and market in the Netherlands (Interview). *SoyaScan Notes.* March 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The largest tofu manufacturer in Europe and the Netherlands is Heuschen-Schrouff (pronounced HEW-shun Shroof; "HEW" is pronounced like "who" and "Schrouff" rhymes with "roof"). They make an estimated 35,000 to 40,000 kg/week (75-90,000 lb/week) of tofu.

De Morgenstond is Holland's second largest tofu producer. They are a "new-age" type company that started making tofu in about 1980 or 1981. They make vacuum pack tofu and various tofu products such as Saté. They make about 2,250 kg/week of tofu. Sjon helped them move into their now plant in March 1989. The original owner was Wout (rhymes with "laut") Gerritsma. The present owners are partners Frits Steunenberg and Mauk Den Bok.

Lin Tahoe (Soy Lin) is a traditional Indonesian tofu company that makes an estimated 1,000 kg/week of calcium chloride tofu.

Manna is now a brand of Akwarius Almere, which buys about 1,000 to 1,400 kg/week of tofu (formerly probably from Yakso, now perhaps De Morgenstond). There are probably 3-4 other similar regional Indonesian tofu companies that supply the Toko (supermarket or grocery store) with tofu, and are about the same size as Lin.

There are two companies that make large amounts of second-generation tofu products using tofu that they buy from original manufacturers. The larger of these two in volume is Witte Wonder (pronounced Vitte Vander; "Vander" rhymes with "Ponder"), which made tofu until recently but now focuses on making tofu dressings, etc. They buy their tofu from Heuschen-Schrouff. Note: Solnuts is now selling the company to the management, Wim Bakker. Originally, Witte Wonder was a foundation (Stichting); they had one company making tofu, another making seitan, plus a natural foods store and a restaurant. The tofu company started to expand so fast that they made it into a separate corporation named Witte Wonder, owned by Cees (pronounced "case") Van Rest and his father. As the company grew even more and needed a new plant, Solnuts came in as an investor. When even more money was needed, Cees sold the majority ownership to Solnuts. Solnuts put in a manager that Cees couldn't work with, so Cees left and Wim Bakker, the current

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president, took over.

The other company, Yakso, has a more diverse product line. Yakso is owned by a big Dutch cheese company named Frans Andriga (the same as the name of the man who owns it); the company is a cheese importer-exporter. Yakso's managing director is Cees Mideelweert, who took over from Yakso Farm. Yakso occupies the same building as De Morgenstond (De Oppers 58, 8471 ZM Wolvega). When they moved into this building, they stopped making the basic tofu (which they now buy from De Morgenstond) and focused on second-generation tofu products.

Companies that no longer produce tofu are Hwergelmir Foundation, Michel Horemaus (he used to be the tofu maker at Manna), Stichting Oost-West Centrum (they used to make tofu for their restaurant next door), Tempeh Productions Inc. (they used to sell tofu made by Heuschen-Schrouff), Terra Natural Foods (started by Rob Jansen) is now owned by Centaur, which also owns Macrobio (a distributor, importer-exporter); it is said that Centaur is largely owned or supported by Saudi Arabians. Terra now imports and exports soybeans. Sjon thinks they never made tofu.

Sjon estimates the total amount of tofu produced in Holland be about 45,000 kg/week of tofu, the growth rate of production to be about 8% per year, and the total consumption to be about 34,000 kg/week. Remember that Heuschen-Schrouff exports quite a lot of this tofu, so total Dutch tofu consumption will be less than production. The tofu is sold at the country's 800 natural food stores, all Indonesian food stores, and many mainstream Dutch supermarkets. Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-9511.

9479. Welters, Sjon. 1990. Heuschen-Schrouff, the largest tofu and tempeh company in Europe and the Netherlands (Interview). *SoyaScan Notes.* March 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The largest tofu manufacturer in Europe and the Netherlands is Heuschen-Schrouff (pronounced HEW-shun Shroof; "HEW" rhymes with "who" and "Schrouff" rhymes with "roof"). They make an estimated 35,000 to 40,000 kg/week (75-90,000 lb/week) of tofu. The company's production manager or director of operations, Han van der Hayden, visited Sjon in 1989 (Sjon took him through Nasoya's plant in Massachusetts and spent quite some time with him) and told him these figures. At the time, Heuschen-Schrouff wanted to upgrade their tofu production line from one they built themselves to a Takai or a Sato system. Sjon recommended Sato. They have not yet bought the new system.

Mr. Schrouff is the company's owner. In the early 1960s, Mr. Heuschen had a tofu company and Mr. Schrouff had a tempeh company (or perhaps vice versa). Sjon thinks they merged, then split up, then Mr. Schrouff bought Mr. Heuschen's business. Mr. Heuschen is no longer an owner, but he became the tofu production manager. Later Han became his supervisor.

Prior to the mid-1980s, Heuschen-Schrouff concentrated almost solely on the Indonesian market. After that time they started to make tofu for natural foods companies. They make tofu for Natufood, which is one of the largest distributors of natural foods in Holland. Natufood then created a separate division named Vetara which makes and sells a line of vegetarian protein products, such as TVP, Soy Schnitzels, mixes containing TVP used to make meat analogs–plus their Vetara Tofu. Natufood has a little newsletter, which they are expanding into a magazine for natural foods retailers in Holland. It is a good source of information on soyfoods.

In late 1989 Heuschen-Schrouff hired a new president and also bought another large tempeh company, perhaps Van Dappern's Tempeh Production Inc. So now Heuschen-Schrouff is Europe's largest manufacturer of both tofu and tempeh. Heuschen-Schrouff does a lot of private labeling for other companies; their tofu is sold under ten different brand names. They also export a lot of tofu from the Netherlands. Their biggest market is West Germany, followed by Belgium. Heuschen-Schrouff does not yet make second-generation tofu products; they may make some in the future or they may focus on making basic tofu. The next time Sjon goes to the Netherlands, he will probably be able to see the inside of the company. Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-9511.

9480. Welters, Sjon. 1990. The tofu industry and market in Belgium (Interview). *SoyaScan Notes.* March 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Sjon does not know as much about this market as he does about the Dutch market. One good source of information is *Netelblad*, a macrobiotic magazine published by De Brandnetel. Belgium is a small country, with only about 10 million population. It shares a border with the Netherlands on the north, West Germany on the east, Luxembourg on the southeast, and France on the southwest.

Jonathan PVBA is the biggest tofu maker in Belgium. They make an estimated 4,500 kg/week of tofu plus many tofu products. Jonathan was recently acquired by Lima Foods, probably in 1989. Lima Foods was also recently sold by Pierre Gevaert. Sjon does not know who the buyer was. Lima sells tofu products (and soymilk), but does not make tofu; they buy it from Jonathan. Both Jonathan and Lima seem to be doing well. Lima had a new president but he was killed recently in a car accident. Pierre Gevaert must be in his 70s by now.

Seven Arrows Tofu, a "new-age" tofu shop, may still be producing. De Brandnetel no longer makes tofu; they are mainly focused on being a distributor.

Much of the tofu consumed in Belgium is imported.

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Heuschen-Schrouff supplies a lot from the Netherlands, and some is imported from West Germany and France.

Thus tofu production in Belgium might be 5,000 kg/week and consumption might be twice that much or more. Address: Craft International Consultants, 21 Wetherbee St., Acton, Massachusetts 01720. Phone: 508-264-9511.

9481. *Agri-Book Magazine* (*Exeter, ONT, Canada*). 1990. Beans in Canada. 16(5):1-36. March.
• ***Summary:*** This entire issue is about soybeans in Canada, with emphasis on soybean production. Articles include: Reviewing ridge tillage. Grading by oil and protein content. Soybeans submit to taste test (by Japanese tofu buyers). The Quebec bean comeback. Weed control in soybeans. Takeya Miso Co. Soybean cyst nematode. Soybean breeding.

9482. Carantino, Sabine. 1990. Le soja perd son amertume [Soya loses his bitterness]. *Management et Technologies Alimentaires* No. 2. March. p. 65-66. [Fre]
• ***Summary:*** Last Oct. 7 companies that process soybeans joined to create AFISA (Association Francaise des Industriel du Soja), the French soyfoods association (5 Blvd. de la Mediterranée, 31400, Toulouse, France). This article uses the term "soyfoods" and discusses soymilk, tofu, tofu products (desserts, prepared foods). ONIDOL is involved, as is GEPV (*Groupement d'Études sur les Protéines Végétales,* 10-A rue de la Paix, 75002, Paris, France; founded in 1975). It has been decided to finance a market study (which will be completed this year) of 4 European countries: Belgium, France, Great Britain, and West Germany. They may develop a "French Soya" logo. At the same time, ONIDOL is organizing an Interprofessional Committee for Soy Proteins Destined for Human Consumption. It will coordinate scientific studies, communication, and information on vegetable proteins and "soyfoods."

In Europe, the degree of advancement of use of soy protein in human foods differs considerably from one country to the next. The UK and Germany started earlier than France. In Germany, soyfoods are positioned on the "battlements of the dietetic market" whereas in France they are more oriented toward the mass market. In France, the high consumption of dairy products has not favored soymilk. 3-5 million liters of soymilk were produced in 1988, and the amount had roughly doubled by 1989. The new technologies allow production of soymilk with almost no bitter (beany) flavor, and it can be used to make good yogurts and desserts.

The first soy beverages and flavored desserts were launched only 5 years ago by Alpro (a division of Vandemoortele). The movement was then expanded with the creation of new brands, Celia (Laiterie Saint-Hubert-de-l'Hôtel) and Cacoja (Coopérative agricole de Colmar). Triballat created Soja Sun, a line of soy desserts. In 1988 the cooperative of Valence launched the Innoval line. Others include [Société] Soy, Sojadoc (Richemont) and Sojal. Many of the leaders are dairy companies, but they position their products very differently from dairy milk. Also in the French market are Lima from Belgium (with tempeh and tamari). Tonidoc makes soynuts sold as an aperitif. The French company Bunge, a third party, and Sofiproteol (Sofiprotéol) have created Sogip, which produces soy protein concentrates for use as both calf milk replacers and in human foods.

Concerning regulations, the definitions and uses of soy protein are set forth in a circular of 27 Aug. 1975, which related to another document of 12 Oct. 1972 for terminology. Finally a new circular of 1986 replaced the earlier ones. The Codex Alimentarius will finish its work on these areas in 1991.

A sidebar describes Innoval and its goals. Address: France.

9483. Diamond, Marilyn. 1990. The American vegetarian cookbook: From the Fit for Life kitchen. New York, NY: Warner Books. xx + 422 p. Index. 29 x 22 cm. [74* ref]
• ***Summary:*** This is a beautifully presented vegan cookbook, with many creative and delicious recipes. Soy-related recipes and entries include: Description of unpasteurized misos (p. 42). Soy products (p. 43; see also How to replace animal products, p. 93). Red miso tea (p. 71).

Chapter 6, titled "How to replace animal products" (p. 93-119), is devoted largely to soyfoods, especially tofu. At one time the Diamonds were not fans of tofu, but now Marilyn hails it as an "extraordinarily healthful" food. She uses it in what she calls "'stedda" foods–such as tofu salad "instead of" chicken salad. In this chapter you will find: Nondairy milk and cream: Soymilk (p. 94-95; the author finds nut and seed milks, almond and sesame, to be more flavorful). Enriched almonnaise (non-dairy mayonnaise with almonds and soymilk, p. 98). Instead of meat (p. 100): Exactly what is tofu? Culinary utopia: A dream come true. Buying and storing tofu. Wrapping tofu. Freezing tofu. Marinating tofu. Mixing tofu with other foods. How to proceed. "Stedda" sour cream. "Stedda" sour cream and onion dip. Cottage tofu or "stedda" feta. "Stedda" ricotta. Tofu "cheese" and olive spread. "Stedda" eggs: Rancheros (with tofu, p. 107). Scramblers (with tofu). Scrambled tofu (another way). Scramblers with fresh shiitake mushrooms. "Stedda Matzo brie (with soymilk and tofu). Burgers and other sandwiches (p. 110): "Stedda" egg salad (with tofu). Happy "chicken" burgers (with tofu). "Stedda" fish fillets (with tofu). "Stedda" meat marinades (* = with low-sodium soy sauce): All-purpose marinade I*. "Chicken" flavoring*. "Beefy" marinade*. Sweet and sour*. "Stedda" chicken fillets (with tofu). Mixed grill platter (with tofu). Kebobs! (with tofu). Tofu meunière. Lemon "stedda" chicken (with tofu). "Stedda" Chinese chicken salad.

"Sour cream" garlic dressing (with tofu, p. 128). "Cheesy" dijon dressing (with tofu, p. 130). French green salad with cottage tofu (p. 141). "Stedda" beef salad (with

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tofu, p. 155). "Stedda" mozzarella salad (with tofu, p. 159). Tofu salad (p. 169). "I used to love a fried egg" sandwich (with tofu, p. 181). Spicy tofu tacos (p. 186). Seasonings for soups (miso, p. 189). Basic cream soup (with light miso, p. 191). Miso soup with ginger and green vegetables (p. 193). Easy miso soup with vegetables and tofu (p. 194). Asparagus with tofu (p. 222-23). Vegetable lasagna with tofu ricotta (p. 278). Meatless bolognese spaghetti sauce (with frozen tofu, p. 280). Dairy-free "cheese" sauce for any pasta (with soymilk and light miso, p. 282). Tamale pie (with tofu, p. 311). Mushroom-leek crepes (with miso, p. 316). Winter squash blintzes (with tofu, p. 317). Spinach quiche (with tofu and light miso, p. 317). Asparagus quiche (with tofu and light miso, p. 318). Country pot pie (with tofu). Spanokopita with "stedda" ricotta (with tofu, p. 320). Superb vegetable sushi (with tofu, p. 322). Baking ingredients (soy flour, p. 331, and soymilk, p. 333-34). Carrot-cake cookies (with soy flour, p. 346). "Cheesecake" bars (with tofu, p. 346). Easy banana bread (with tofu, p. 348). "Cheese" strudel (with tofu, p. 349). Mocha parfait (with tofu, p. 350). Baked Indian pudding (with soymilk, p. 350). Applesauce cake (with tofu, p. 352). "Chocolate" carrot cake (with tofu, p. 353). Holiday pumpkin pie (with tofu, p. 355).

Talk with Marilyn Diamond. 1991. Sept. 18. The book is in its 9th printing now and the publisher just allowed her to do a revision, correcting typos and improving recipes. The publisher is not even planning the paperback edition yet because the hardcover edition is selling so well. They now have a 10-year contract with Doubleday (with a 10-year option to renew), and she and Harvey are working on a book together titled "How to Save Your Husband's Life While Saving Your Own." It stresses the need to re-affirm the female energies, which are the earth energies. The Diamonds have established a foundation to support the environment and ecological projects. This last year they contributed funds from it to support tree planting through the National Arbor Day Foundation. Address: Bradenton, Florida 34209.

9484. DTD Soya Technology Div. 1990. APV soymilk technology (Leaflet). Europaplads 2, P.O. Box 146, DK-8100 Aarhus C, Denmark. 3 panels each side. Each panel: 30 x 21 cm. March.

• ***Summary:*** This glossy, full-color leaflet, Anders Lindner's last project before leaving DTD/STS, describes: "Our products and services: Hardware, software, turnkey plus, some products made from soymilk base (yogurts, ice creams, tofu products, etc.). Our business is soymilk plants: About ourselves (APV DTD belongs to the APV-Pasilac Group), about soymilk." A color photo shows 4 flavors of Big Sipp soymilk. Soymilk processes and products. Progress of a typical project (2 flowcharts). On the back panel, 9 small color photos show commercial products made from soymilk, including Nasoya creamy tofu dressings, Nayonaise, GranoVita Bio-Tofu-Pastete (spread), and Tofuletten (liked sliced luncheon meats). Address: Aarhus, Denmark. Phone: +45 86 12 41 55.

9485. **Product Name:** [Fast Food Program: Tofu Mussel (Imitation Shell-Fish), With Vegetables Baked in Dough, Tofu Pillow, UFO Sweet Snack with Apple & Vanilla].
Foreign Name: Tofu Muschel (im Teig Gebaken), Tofu Kissen, UFO.
Manufacturer's Name: Geestland.
Manufacturer's Address: Bremerhaven am Fischbeinhof 1, D-2850 Bremerhaven, West Germany. Phone: (0471) 2 60 20.
Date of Introduction: 1990. March.
How Stored: Refrigerated.
New Product–Documentation: Talk with founder and present owner of Geestland, Paul E. Bremer. 1990. April 25. These products were introduced in March 1990. The UFO (Unidentified Flying Object) looks like a flying saucer.

9486. **Product Name:** Okara Burgers, and Tofu.
Manufacturer's Name: Noel Purvis Tofu.
Manufacturer's Address: 37 Sandy Hill Gardens, Ballymun, Dublin 11, Ireland. Phone: 01-8424891.
Date of Introduction: 1990. March.
New Product–Documentation: Letter concerning an interview with Noel Purvis conducted by Anthony Marrese. 1992. Sept. 7. Noel has been familiar with soy products since 1979 when he read Jane O'Brien's book *The Magic of Tofu.* He started making tofu for himself at about that time and sent for books on tofu by Shurtleff and Aoyagi, and by The Farm in Summertown, Tennessee. Noel also met people from The Farm who visited to Ireland and tried to get soyfood production started. They did leave a small influence and some people in the south of Ireland still make tofu as a result of their visit.

In 1988, in preparation for starting his own business, Neil (who was in the Ballymun Community Enterprise Training Program) received a grant to have a study conducted by Christina McGowan of the Centre for Marketing Studies, University College Dublin. Finished in Feb. 1988 it was titled "An Analysis of the Market for Soya-Based Products" (37 pages). The results were not promising, so he received no further funds to help start the business on a large scale.

In about March 1990 Noel started commercial production and sale of soyfoods. His business started by selling okara burgers; his family and friends used the tofu. In mid-1990, due to the success of the Okara Burgers, Neil started making more tofu and selling it too. He now sells these two soy products once a fortnight (every two weeks) at the local organic food co-op. He makes 10 kg of tofu per batch once a fortnight. He uses his home address for business and is looking for a new location for production and possible expansion. The burgers, which are tasty, are sold in plain

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white burger bags.

"Noel gave me two other names of small producers in Ireland and said that many have come and gone over the years."

9487. Ontario Soybean Growers' Marketing Board. 1990. A profile of the Canadian soyfoods market–Characteristics and potential. Box 1199, Chatham, ONT N7M 5L8, Canada. vi + 40 p. March. 28 cm. Spiral bound.

• ***Summary:*** Contents: 1. Introduction: Background, study objectives. 2. Research procedures: Data limitations, data collection (data sources). 3. The soyfood market: Soyfood production and utilization, domestic production, imports and exports (introduction, whole soybeans, soy flours and meals, soy oil, soy sauce, protein substances, cream and other substances, bran & soy hulls, soy meal oil cake), balance, conclusions regarding opportunities.

4. Soybeans for food purposes: Natto beans (background, market characteristics, market potential), whole bean soyfoods (introduction, soynuts, full fatted soy flours, soymilk, tofu, soy sprouts, tempeh, miso, natto, soy sauce), foods from soy ingredients (introduction, defatted soy flakes, soy protein concentrate, soy protein isolates, textured soy protein, consumption and imports). 5. Organic soyfoods: Introduction, organizations (major players, labelling requirements, certification), organic soybeans, organic soyfoods, market opportunities, recommendations.

6. Market estimates: Introduction, conversion rates, market characteristics (introduction, ethnic characteristics, immigration trends, implications), soyfood consumption (production). 7. Soyfood products: Introduction, new products (whole bean products, products from soy components), existing products (products with potential for growth). 8. Marketing strategy: Introduction, respondent requests (background), market opportunities (traditional soyfoods, new products), systems development (system information needs, human resources, production research), institutional needs.

This study was commissioned by the Ontario Soybean Growers' Marketing Board to provide a description of the Ontario soyfood industry. "Production and utilization: In the 1988 crop year, approximately 1.12 million tonnes of soybeans were produced on 1.28 million acres in Ontario. Approximately 86% of the soybeans were sold through the Board, with the remainder being fed or retained on the farms where they were grown. In 1988, 860 thousand tonnes of soybeans were crushed in Canada to produce soybean meal and soy oil, and 272 thousand tonnes were exported.

"Imports and Exports: Canada had a negative balance, a deficit, of almost $190 million in the value of soybeans and soy products traded. This is just over half a million dollars per day. Our largest single area of exports is whole soybeans for human foods. The percentage of these beans going to the major markets in 1988 were: USA, 37%; Pacific Rim Countries, 34%; and Europe and other 29%. Our greatest imbalance in exports and imports is in soybean meal or oil cake. Canadian crushers are unable to maximize their sales of oil cake because of difficulties in selling surplus soybean oil in the US. Soy oil being sold into the US presently faces a tariff of 18% which is decreasing at the rate of 2.25% per year as per the Canada United States Trade Agreement...

"Institutional development: We suggest the Board initiate the establishment of a Soyfood Development Association similar in structure and function to the Canola Council of Canada... There is a need to begin to bring all industry stakeholders together to systematically identify problems, information and research needs; develop data bases; and cooperatively promote the soyfood industry."

Soybeans for food purposes: The total volume of soybeans consumed as soyfoods in Vancouver (BC), Toronto (Ontario), and Montreal (Quebec) was estimated at about 6,000 tonnes, and imports were estimated to be equivalent to 8,000 tonnes of soyfoods.

Miso: One large Vancouver producer and one Toronto producer estimated that the volume of soybeans used to make miso in Canada is only about 35 tonnes/year.

Modern Soy Protein Products: Soy flour, concentrates, isolates, and textured soy protein products. Roughly 2,400 tonnes of soybeans are used in Canada for the production of these products, and 5,600 tonnes of soybeans are used to make the imported products (only bakery flour and extruded flour are made in Canada). Almost 1,000 tonnes of soy protein concentrates and isolates, and 400 texture soy proteins were imported, 83% from the USA. Total exports were 800 tonnes, of which 578 tonnes went to the USA. Soy flour (full-fat): The term "flour" generally signifies that the material has been ground finely enough to pass through a 100-mesh screen. Only relatively small volumes of full-fat soy flours are used directly as human foods. Some are used in bread, crackers, and pastry products. 5 companies in Canada make 1,538 tonnes of soy flour worth $495,000.

Natto: Canadians sell roughly 8 to 10 thousand tonnes of natto beans in Japan each year. Natto-type beans are "created by screening out the small beans from among regular food grade soybeans which have white hilums" (p. 15). In Japan about 100,000 tons/year of soybeans are used to make natto. Recently, Canada (via 3 companies–First Line Seeds, W.G. Thompson, and King Grain) has supplied about 10% of this market. Ontario produces about 8,000 to 10,000 tonnes of natto beans. Competition is expected to increase from U.S. seed breeders.

Soymilk: There are presently no large Canadian soymilk manufacturers. A plant is being built by an international trading company near Vancouver (YHS Pacific Fruit Concentrates Ltd., owned by Yeo Hiap Seng). It will supply both the local market and the Western U.S. market when it goes on stream later this year. A high proportion of imported soymilk is organic. Two brands account for 3/4 of

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all imports: Edensoy and Vitasoy. A high proportion of all soymilk imports are certified organic. This emphasis makes it difficult for Canadian producers to compete because of the shortage of organic soybeans in Canada. Consumption of soymilk is increasing at about 10% a year. Prices range from $1.50 to $2.75 per liter, with the organic product commanding the higher prices. Just under 100 tonnes of soybeans are used to produce soymilk in Canada: Vancouver 42 tonnes, Toronto 30 tonnes, Montreal 25 tonnes, plus imports 240 tonnes. 1 kg of soybeans produces 16.5 kg of soymilk.

Soynuts: The volume of soynuts made in Canada is quite small. One Toronto company [Grove Country Foods Canada, Inc.; they were in business 1-2 years, but were out of business by Jan. 1991], which began operation in Nov. 1988, sells a line of roasted nuts, which are roasted in the USA and chocolate-dipped in Ontario. Production was only a few tonnes in 1989 and is estimated to be about 10 tonnes in 1990.

Soy sauce: In 1986, according to Statistics Canada data, 2,503 tonnes of soy sauce were produced by 6 firms. The value was $2,161 per tonne for a total of $5,411,000. In 1988 Canada imported 5,680 tonnes of soy sauce valued at $4 million, primarily from China, the United States, Hong Kong, and Japan. Exports were 58 tonnes valued at $65,000. The major Canadian producers are China Lily and Sun Fresh in Toronto, Wong Wing and VH in Montreal, and Golden Dragon in Vancouver. The value of Toronto production is currently estimated to be about $5 million.

Soy sprouts: One Toronto manufacturer uses 20-25 tonnes of soybeans per year.

Tofu: About 3,300 tonnes of soybeans are used to produce tofu in Canada, more than any other soyfood. The volume of soybeans used is estimated at 1,400 tonnes in Toronto, 1,200 tonnes in Quebec (when a relatively large operation in Hull [La Soyarie, Inc.], near Ottawa, which exports to Ontario is included), 625-700 tonnes in Vancouver, and 125 tonnes for imported tofu. 1 kg of soybeans produces 2.4 kg of tofu.

Tempeh: Only about 33 tonnes of soybeans are used to make tempeh in Canada, and an estimated 15-20 tonnes in Ontario. Imports are relatively small. 1 kg of soybeans produces 1.6 kg of tempeh. Very few firms produce tempeh in Canada. One producer claims to have over half the Ontario market. A major distributor suggested they sold 4-5 times as much tofu as tempeh.

Soybean crushing: Since 1986 the number of firms crushing soybeans and producing soy oil has decreased from 3 to 2 [Central Soya owns two plants; in 1990 they bought the Canadian Vegetable Oil Processing (CVOP) plant in Hamilton, Ontario, formerly owned by Canada Packers Inc. They purchased Victory Soya Mills in Toronto in early 1985. So now 2 firms own 3 plants]. In 1986 the three plants made 95,108 tonnes of crude soy oil worth $57,271,000. Two firms made deodorized soy oil, but the volume and value were confidential. Less than $2 million of any type of soy oil is imported.

Consumption of soyfoods in Canada is strongly linked to Asian-Canadians. A table (p. 32) shows that according to the 1986 census, there were about 444,000 people of East- and Southeast Asian origin living in three major Canadian cities: Vancouver (155,105 people comprised 11.2% of the city's population), Toronto (234,325 people comprised 6.8%), and Montreal (55,585 people comprised 2.4%). Thus Toronto was by far the largest market, but Vancouver had the highest density of Asian-Canadians. A similar table (p. 33) updates the previous table to 1988. Immigration has increased sharply since then.

Note: This is the earliest document seen (Feb. 2002) that uses the term "food grade" (or "food-grade") in connection with Canadian soybeans (see p. 15). Address: Chatham, ONT, Canada.

9488. Shurtleff, William; Aoyagi, Akiko. comps. 1990. The European soyfoods market for tofu, soymilk, dairylike products, and meatlike products in the UK, France, West Germany, Belgium, and The Netherlands: From 1980 to March 1990. Lafayette, California: Soyfoods Center. 54 + 24 + 104 + 52 p. Unpublished manuscript. Subject/geographical index. Author/company index. 28 cm. [827 ref]
• ***Summary:*** This is a photocopy copy of a market study and bibliography conducted for a customer. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 510-283-2991.

9489. *Soyanews* (*Sri Lanka*). 1990. Soya food processors [in Sri Lanka]. 12(1):4. Jan/March.
• ***Summary:*** A directory of the 13 small scale soyfood manufacturers, 10 medium scale, and 5 large scale in Sri Lanka. The company name, address, and name of the products made is given for each.

The medium scale processors are: (1) Plenty Canada, Kandy and Colombo, wide range of Soya products. Soya Food Centre, 88A, Kotugodella Vidya, Kandy. Soya Food Centre, G11, Mihindu Mawatha, Colombo–12. (2) Mr. P. Weerasekara (Soya Biscuits, Bakery Products, Dry Products), Regal Bake House, Fort Matara. (3) Chinese Style Bean Curd, 106 Jawatte, Colombo–5. (4) Eastern Food Products, 209/4 Union Place, Colombo -2. (5) MacSoy Pvt. Ltd., 51 Layards Rd., Colombo–5. (6) R.M.R. Manufacturers, 14/1 Aponso Ave., Dehiwala. (7) Soya House (U.N. Gunasekera and Co.), 128 Kitulwatta Rd., Colombo–6. (8) Yung Hwa and Company, 10 Guader Place, Dehiwala. (9) F.H. Chong, 33 Union Lane, Colombo–2. (10) New Edinborough Products [New Edinburgh?], 19A 5th Lane, Nawala Rd., Rajagiriya.

The large scale processors are: (1) CARE Thriposha Nutrition Programme, Colombo–5. (2) Paddy Marketing

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Board–(soya fortified rice flour). (3) Spices and Essence (Ceylon) Ltd.–(soya products including TVP). (4) Kundasale Cereal Products Factory–(soya flour, soya flakes). (5) Soya Food Research Centre, Gannoruwa–(flour, dhal and wide range of products).

9490. Bodis, Laszlo. 1990. Re: The work of FTTE with tofu, soymilk, and soy protein products in Hungary. Letter to William Shurtleff at Soyfoods Center, April 2–in reply to inquiry of Jan. 25. 2 p. Typed, with signature on letterhead. [Eng]

• ***Summary:*** "FTTE is an engineering, research, and development enterprise rather than a manufacturing one. Technologies worked out by our technicians for producing feed and food products are then tried and used by companies producing food or feeds. Thus in the introduction and spread of tofu, we did all the initial work (conceiving the idea, drawing up the technology, sizing up demand, 'digging out' consumption, etc.) except for direct manufacturing... At present the manufacturer of the tofu developed by FTTE is Pest-Budai Vendeglato-Ipari Vallalat. We are talking with other companies about scaling up production.

Besides tofu, we cooperate in the production of a soymilk and sour cherry beverage mixture, soybean flakes, soy-cubes, TVP, soy-meal, lecithin, and UNIPRO–a feed made from whole (non-defatted) soybeans.

An undated 4-page color leaflet accompanying this letter, titled "FTTE–a bridge between research and application," notes that FTTE stands for "The Association for Protein Research Technology and Production." It was founded by OMFB (the National Technical Development Board) in 1983.

Also accompanying the letter are photocopies of pages from a publication: Unipro–a high-energy feed made from whole cooked soybean. Vetomag–a new variety of soybean. OMFB advisory service for growing pulses. Feherje (Protein) a quarterly magazine published in Budapest by 3 organizations. The chief editor is Kralovansky U. Pal. Dr. Laszlo Bodis is on the editorial board. It covers all aspects of proteins. Pronutti, soy-based products for food from Proteinvest. Szoja feldolgozas soybean processing. Takarmanygyar feed mixing plant. Szolnok Megyei (a company that produces and distributes soybean meal). KEKI (Kozponti Elelmiszeripari Kutato Intezet; the Central Institute for Food Research in Budapest) provides expertise for developing soybean applications. Address: Director, Feherjetechnologiai Tudomanyos Termelesi Egyesules, Budapest XII., Goldmark K. u. 3. Budapest Pf: 340 1536, Hungary. Phone: 155-5202.

9491. Lindner, Anders. 1990. Re: The soymilk market in Europe. Letter (fax) to William Shurtleff at Soyfoods Center, April 4 and April 26. 3 p. [Eng]

• ***Summary:*** The following figures contain many guesstimates. The only countries in western and eastern Europe where significant amounts of soymilk are produced are Belgium, West Germany, France, England, and Switzerland. The following are the seven largest soymilk manufacturers in Europe, ranked in descending order of size:

1. Alpro/Vandemoortele, Belgium. Capacity: 35 million liters/year. Present output: 25 million liters/year. Growth: Believe so, but don't know how much.

2. DE-VAU-GE (DVG), West Germany. Capacity: 20 million liters/year. They are running their plant at full capacity, but as Adventists I think they don't work on Friday afternoon or Saturday, they close down during the summer, and they send one road tanker of soymilk each week to Granose in England, where it is made into soy yogurt. So they probably end up making about 12 million liters a year of soymilk in long life packs. Soon some of their soymilk will be made into tofu. Growth: Would if they could, but they can't with the line they have, which they bought from DTD/STS for DM 4 million. DVG is making an excellent profit on their soymilk products, that's for sure. This is in part because they have the Neuform chain at their disposal.

3. Cacoja, France. Capacity: 11 million liters/year. Believed to be running at full capacity. Growth: Planning a new line but no decision yet as far as I know. I think that Cacoja produces more than 1 million liters/year. They visited DTD/STS a year ago to discuss a second line. The first one had a capacity of 2,000 liters/hour or approximately 5 million liters/year.

4. Soya Health Foods Ltd., Manchester, England (Sunrise Soya Milk). Capacity estimated at 8 million liters/year. Actual production not known.

5. Soyana, Switzerland. Capacity and production not known. Soyana has consistently refused to allow us to visit them. Even our Indian client who wanted to discuss purchase of their Dahi dessert recipe was given the cold shoulder. I think that they have their own soymilk plant, but I'm not sure. Why shouldn't they, when they have plenty of products in Swiss shops.

6. Galactina, Switzerland. Capacity estimated at 6 million liters/year. Most is used for products other than liquid soymilk. They sell limited amounts of soymilk, definitely less than 1 million liters/year packed in Tetra Brik Aseptic at the Thun Dairy in Switzerland.

7. Schoeller in Nuremberg, West Germany. Capacity not known. Soymilk used in ice cream production. There are also soymilk producers in Italy [Crivellaro], and Spain [Proti].

"Total size of European soymilk market in 1989 estimated at 50 million liters. Some is in the form of dairy analog products. Alpro and DE-VAU-GE have about 70% of the market, including bulk distributed product. Growth rate over the past few years 10–15%.

"General observations of the European soymilk industry and market: The dairy industry in France was the first to go into soymilk to offer alternatives to consumers who prefer

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'non-dairy dairy type products'. The soymilk-based ice cream of West Germany's Schoeller may start a trend for the rest of the European ice cream industry. There has been no equivalent to the U.S. Tofutti boom in Europe so far. Major liquid food companies do not at present see soymilk as a significant product for Europe but follow the trends and do some development, just in case.

"The future? It is necessary to make a distinction between Eastern and Western Europe. Western Europe has a surplus food production in general and surplus dairy milk production in particular. The health aspect alone, i.e. soymilk without improved palatability, will not significantly increase soymilk sales in Western Europe. The removal of dairy production subsidies in the EEC in the years to come, especially after 1992, may give an incentive to the big names in the food industry to develop soymilk into mainstream market products. There is EEC legislation on imitation dairy products and soymilk is mentioned as an example, but currently different member countries use their own laws.

"Many Eastern European countries have food shortages but lack money and entrepreneurship to venture into an unknown product like soymilk on their own. Furthermore, in these difficult markets, western companies with soymilk technology do not seem to find it worth the effort to first educate on the advantages and uses of soymilk and then to promote and arrange financing before they can hope to sell a soymilk processing plant. The new Eastern Europe with market economies now evolving gives hope for the future in general, but I couldn't make any guesses about soymilk.

"It is the aim of EEC to dismantle the agricultural subsidies. This will effect dairy production and new cheaper protein sources will be sought by the food industry. Soymilk definitely has a chance of 'growing up' when this happens.

"STS-Soya Technology Systems Limited no longer exists. It was the decision of APV's CEO to close it down as an independent company when the big APV reorganization took place. When we moved to Denmark we became DTD-Soya Technology Division. Now Danish Turnkey Dairies has itself become a division of the APV Pasilac Ltd and the official name is DTD-APV Pasilac Ltd (the result of mergers and takeovers!). Asger Somer Hansen now handles soymilk activities within the APV group and works in DTD-APV Pasilac Ltd.

"John Wilson still works at Alfa-Laval in Lund as far as I know–at least he did 2 years ago. Alfa-Laval also has another soymilk person, a young woman.

Note: Lindner, the managing director of Soya Technology Systems from May 1982 until Nov. 1989, has a good grasp of the world soymilk market. Address: P.O. Box 19002, S-250 09 Helsingborg, Sweden. Phone: 42-92776.

9492. Krohn, Joni. 1990. Standard Industrial Classification (SIC) Codes: SIC classification ended in about 1984; SITC (Standard International Trade Classification) is now in use (Interview). *SoyaScan Notes*. April 5. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** *The Standard Industrial Classification Manual* is published by the Office of Management and Budget (OMB), which also publishes the SIC codes. Another related publication is *The Numerical List of Manufactured and Mineral Products*, and its *Alphabetic Index*, both published by the Census Bureau (within the Department of Commerce); these documents expand the basic 4-digit SIC codes to 7-digits to give more detail: Our industry is most aptly characterized by 2075A = Soybean products.

0116 = Soybean farms. Any industry that starts with zero is agricultural.

2024-071 = Mellorine and similar frozen desserts, incl. those made with tofu.

2026-717 = Products which substitute for fluid milk products [probably includes soymilk].

2026-718 = Other perishable dairy product substitutes [probably includes soy yogurts & cheeses].

2035 = Pickled fruits and vegetables.

2035-234 = Other finished pickles and pickled products [incl. mixes, relishes, peppers, onions, and mushrooms; probably includes miso].

2035-351 = Other sauces, incl. Worcestershire, soy sauce, horseradish, meat, vegetable, etc.

2075 = Soybean flour, grits, meal, cake, and soy oil (unrefined).

2079 = Soybean cooking and salad oil.

2084 = Soybean fibers.

2099-955 = Tofu (Bean curd).

2099-998 = Other perishable prepared foods, sold in bulk or packages, not frozen [probably includes tempeh].

Note: in May 1984 the "Primary SIC" code assigned to tofu manufacturers by Dun & Bradstreet was either 2075 (Soybean Oil Mills), or 2099 (Food Preparation Nec.).

Examples of SITC numbers: Soya bean flour and other protein substances, textured 098.09. Soya bean flour, defatted (excl. protein concentrates) 081.31. Soya bean flour, non-defatted 223.9. Bean curd 098.09... Soya sauce 098.04. Soybean–see soya bean 098.04. Address: Dep. of Commerce, Bureau of the Census, Economic Surveys Div., Industry & Commodity Classification Branch, FOB-3, Room 2744, Washington, DC 20233;. Phone: 301-763-1935.

9493. Drosihn, Bernd. 1990. The founding and history of Viana Naturkost GmbH in Cologne (Interview). *SoyaScan Notes*. April 7. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bernd started to make tempeh in Cologne in about Aug. 1989 after leaving Soyastern. He moved the company to his present address in Huerth, and started making soyfoods there in Jan. 1990. He makes 3 types of tempeh, 2 tempeh burgers, and 2 tempeh spreads (introduced in 1990). The burgers and spreads are selling well, but

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the basic tempeh is going more slowly since it is a little unknown to the German consumer–not as well known as tofu. The only other tempeh company in Germany is Byodo in Munich–they also make tofu. Both Bernd's company and Byodo make about 200 kg/week of tempeh. They each make their own tempeh starter. Recently Bernd wrote a little tempeh cookbook titled *Tempeh: A traditional food with a future* (1989, Viana).

The founder of Byodo was Lukas Kelterborn. Harry Whitford came a little after it was founded. Whitford left Soyastern about 6 months ago and since then has been unemployed, living in Dorsten (100 km away; Alleestr. 13a, D-4270 Dorsten 1, West Germany. Phone: 02362-43493), where he runs a Zen Center.

Bernd feels that the future looks bright for his company, in part because he is also making second generation tofu products, including 2 tofu spreads, and 1 tofu sweet cream dessert, all launched in 1990. He buys the tofu from Tofuhaus Tiefenthal because the quality is excellent, better than from Soyastern although the price is higher than that from Soyastern.

He is now also making two short-term misos (a rice miso and chick-pea miso), fermented for 3-4 months, plus a miso spread. He started to sell these 6 weeks ago and they are selling well. His company address used to be Neusserstrasse 199, D-5000 Cologne 60, but he has recently moved. Address: Founder and president, Viana Naturkost GmbH, Schmittenstr. 106, D-5030 Huerth 6 (Fischenich), West Germany. Phone: (02233) 41323.

9494. Drosihn, Bernd. 1990. Observations on the breakup of Soyastern, now in Dorsten (Interview). *SoyaScan Notes.* April 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bernd and Thomas Karas ended their 50:50 partnership at the end of 1988. Karas wanted to increase the size of the company dramatically in order to make large amounts of low-cost tofu and distribute it all over Germany. He wanted to become the largest maker of organic tofu in Europe, and to sell basic tofu to many other companies. Bernd felt that this ambitious plan was not financially feasible or possible. Karas bought a 4,000 square meter chicken slaughter house. But he now has very big problems. His organization and production fell apart. He has been trying for 6 month to find a big company to take over his company, but so far he has not been successful. The main problem is that he has a debt of about DM 800,000 whereas his annual sales are only about DM 2,000,000. He needs a partner desperately, and unless he finds one quickly, he will probably have to declare bankruptcy. He presently makes about 4 tonnes/week of tofu, and is still the largest in West Germany. Address: Founder and president, Viana Naturkost GmbH, Cologne, West Germany. Phone: (02233) 41323 or 221-121175.

9495. Drosihn, Bernd. 1990. The tofu industry and market in West Germany (Interview). *SoyaScan Notes.* April 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The largest company is Dorstener Tofu / Soyastern, which presently makes about 4-5 tonnes/week of tofu. But it is having major financial problems due to attempts to grow too rapidly. Second largest is a relatively new company, Geestland (in Bremerhaven), which started to make tofu about 2 years ago. They make about 3-3.5 tonnes/week. Third is Yamato at 3 tonnes/week. Yamato is now 75% owned by the Swiss food company Huegli AG. Fourth is Christian Nagel Tofumanufaktur in Hamburg, quite a ways down at about 1.5 tonnes/week. Fifth is Tofuhaus Tiefenthal (in Lautersheim/Tiefenthal), also at about 1.5 tonnes/week.

KMK Kassel (Hensel), TKW, and Svadesha in Munich each make about 1 tonne/week. As for TKW, they tried to break into the natural foods market, but they didn't succeed. They also tried to get into supermarket chains, but without success. They are selling a little tofu to foodservice organizations and kitchens, but it is not much. They probably make less than 1.5 tonnes/week.

Finally, Life Food (Taifun, in Freiburg) and Berliner Tofurei each make about 0.7 tonnes/week. During the last two years, many new tofu companies have been started to serve the natural foods market. These include companies in Muenster and Constance (Konstanz). Some are now making 700-800 kg/week of tofu and they have a strong regional market. There are now about 15 tofu manufacturers in Germany. Address: Founder and president, Viana Naturkost GmbH, Cologne, West Germany. Phone: (02233) 41323 or 221-121175.

9496. Paino, John. 1990. Update on Nasoya and John's new life and work after retiring from Nasoya (Interview). *SoyaScan Notes.* April 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** John has kept ownership of the building in Leominster in which Nasoya's tofu plant operates. Other than this, he has no financial involvement with Nasoya or Vitasoy. "When Vitasoy first went public, only the family bought the stock." John and his partner, Bob Bergwall, were not able to buy any at that time. Nasoya is growing rapidly, and is expanding into a huge new building formerly owned by the New England Shrimp Co.–which had an FDA shutdown. "Their loss was our gain." Much of the success of Nasoya is due to increased sales to the Chinese-American market–thanks to Vitasoy's extensive connections. John has heard that "Azumaya was not a good acquisition for Vitasoy. In the beginning there were many personnel problems, with both Bill and Jack Mizono leaving." John believes that Vitasoy is presently managed very well, with much of the credit going to Winston Lo. John has only fond memories of both Winston and his father, K.S. Lo. "When we met, we all took a real liking to each other. He took us over to his house.

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I actually spent some time with him in Hong Kong. He was an amazing man. He had a brightness around him."

When K.S. Lo died, he was married to his third wife, who was about 38-40 years old.

John currently has a business marketing super blue-green algae from Celltech in Klamath Lake, Oregon. He has a double-diamond rating in the multi-level marketing scheme. He is also co-chairman of the research and development committee. He now does the same sales volume in algae that Nasoya did in tofu when he left the company. He has heard hundreds of stories from his customers and others who have had dramatic improvements in their health and energy level after taking this product for 3-6 months. Address: Concord, Massachusetts.

9497. Drosihn, Bernd. 1990. Re: New soyfoods companies in Germany, and the German tofu industry. Letter to William Shurtleff at Soyfoods Center, April 8. 2 p. Typed, with signature on letterhead. [Eng]

• ***Summary:*** Gives the addresses of 4 new tofu companies and 2 miso companies, plus an estimate of the weekly production of ten German tofu companies. Address: Founder and owner, Viana Naturkost GmbH, Schmittenstr. 106, D-5030 Huerth 6 (Fischenich), West Germany. Phone: (02233) 41323 or 221-121175.

9498. Nichols, David. 1990. Re: Asia Protein Co. and their soy flakes. Letter to William Shurtleff at Soyfoods Center, April 8–in reply to inquiry. 2 p. Typed, without signature on letterhead. [1 ref. Eng]

• ***Summary:*** Asia Protein Company was established in 1977, and they began soy flake production in 1980. Their process and product is based on Japanese patent 1,378,742. The average annual output is 2,500 is 2,500 metric tons per year. The company's three main customers for the flakes are Tengu (the largest), Sanyo Shokuhin, and Marufuku Shokuhin manufacturing. Each is a large tofu manufacturer and each uses about 30% of the total production. These companies sell their tofu to large chains such as Daiei and Ito Yokado. Another large customer is the Kuge shops started about 4 years ago inside Nichii department stores, as part of the "Shop within a Shop" retailing concept. Kuge uses 4 tonnes/month of flakes, and will add plans to add 7 new shops during 1990. A total of about 50 companies in Japan have switched from using whole soybeans to using soy flakes.

The main reasons these tofu manufacturers have switched to soy flakes are: It takes less time to make tofu using the flakes, and this saves labor costs. The flakes are a high quality product. A company does not need to soak beans overnight and thus can adjust the amount of tofu made during the day with no lead time.

A company named Suehiro makes a push-button tofu making machine that costs about $23,000 and uses the soy flakes. It was designed by Mr. Chikaarashi. Address: Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505. Phone: 213-791-0010.

9499. Caplan, Frieda. 1990. Selling tofu at Frieda's Finest, and maintaining good, fresh quality (Interview). *SoyaScan Notes.* April 17. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Frieda founded this company in 1962. She used to be president but Karen Caplan, her daughter (age 35) is now president. The original company name was Frieda's Specialties Inc. They added Frieda's Finest to the name in about 1976-77. The company carries "The highest quality selection of exotic produce and the most incredible edibles." She started selling tofu under the manufacturer's label in Jan. 1977 for a Chinese New Year promotion to see if the product would sell (she does not recall who the manufacturer was). Bill Mizono of Azumaya introduced her to Hinode Tofu Co. and Mr. Yamauchi. On 26 June 1977 she began to sell firm tofu under the Frieda's Finest label. It was made by Hinoichi in Los Angeles. "Hinoichi is the most wonderful company to work with. They have great integrity. We are their only account where they pay for all the film and all the packaging. I think we're now their biggest customer." In 1983 the brand was changed from Frieda's Finest to Frieda of California. Since 1979 tofu has been one of Frieda's best-selling products, and has been in the top 6 since 1982.

As part of Frieda's Consumer Program, there are recipes on each package, and the consumer is invited to write in for more recipes and information. The firm tofu has different recipes from the soft. The latter was just introduced this week. Bess Petlak is the consumer relations specialist. They get a great many letters about tofu, with a surprising percentage coming from first-time users. About 90% of these are requesting more recipes and compliments. The company has two product lines that contain tofu: The Slim Line (low calorie) and the Foods of the Oriental Line. There is a recipe brochure for each product line. The Slim Line Vegetable Guide (1987) defines tofu but does not give a recipe.

Frieda's has a program to keep tofu stored at low temperatures. First, the tofu is pasteurized and quickly cooled by the manufacturer, then all of it is packed in crushed ice in waxed cardboard boxes. On each case carton is written "Tofu. Pasteurized–Perishable. 12/19 oz. tubs. This side up. Keep at 32º-35ºF. Do not freeze. Keep refrigerated."

Hinoichi delivers daily within 30 minutes after the tofu is made and they are located right around the corner. In hot weather, Frieda adds more ice. Frieda ships all tofu in refrigerated trucks, and retailers are advised to keep it as cold as possible without freezing it. "Much of our tofu is sold on a bed of ice. They ice all the cut melons. There isn't a department that doesn't have an icing machine. Since Jan. 1977 we have never issued one credit in all these years on quality" (i.e. has had no problems with poor tofu quality)

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"except for one air shipment to Hawaii when 3 of the film lids came off. Each individual package lid says, 'Change water daily. Keep refrigerated.'

"I am so mad at Morinaga for the negative publicity for tofu they are putting out. This is the most destructive thing that has ever happened to the tofu industry. For me, it was totally shameful. I've never seen anything like this in the produce business in all these years–never! Its very demeaning and insulting. Like one lettuce grower criticizing another who uses pesticides. You build an industry by positives, not by negatives. If everybody does well, they'll do well. I've confronted Art Mio on these statements he's making. In addition he feels that the Maine ban on aseptic cartons only applies to milk, not to his tofu. But industry people disagree with him." The rise of Mori-Nu aseptic tofu has not cut into her market for fresh tofu at all, but it has created a new market for aseptic soft tofu. To respond to this, Frieda is launching a fresh soft tofu this week.

In 1978 tofu was #40 on the company's list of the top 40 best-sellers. It rose to #12 in 1979, #8 in 1980, #7 in 1981, #4 in 1982, #2 in 1984, #4 in 1986, #3 in 1987, and #4 in 1988 (kiwi fruit, pearl onions, and egg rolls beat it out). Every year, without exception, tofu volume has increased, and it has increased more rapidly in recent years. Frieda's now sells over 300 products.

In 1982 Frieda addressed the Food Writers of America at the FMI and *Better Homes and Gardens*, when Doris Edie was editor, came out with a special diet and exercise edition of the magazine. In the preface it highlighted tofu and told them to buy it in their produce department. Frieda only sells her products in the produce department. Though her tofu is much more expensive than Nasoya's, it sells very well in competition on the Eastern Seaboard, Toronto, etc. People buy for quality not for price, and they buy the Frieda Line and the program–with the guaranteed refund for any returns. Address: Founder, Frieda's Finest / Produce Specialties Inc., P.O. Box 58488, Los Angeles, California 90058. Phone: 213-627-2981.

9500. Dorow, Detlef. 1990. A brief history of Berliner Tofurei (Interview). *SoyaScan Notes.* April 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The company started making tofu products in Aug. 1988. They started making 4 products: Natural tofu, herb tofu, spice tofu, and tofu with shoyu sauce. They now also make 4 other tofu products, and sell tofu snacks. They produce 1,000 kg/week of tofu, but they have the capacity to produce 7,000 kg/week if they worked 3 shifts. The company has 3 owners and 4-5 employees. Detlef started the company with two. He was the official owner. Now the other owners are his friend, Ralf Hoffmann, and a Taiwanese man [probably Shi-Jong Chen]. Address: Luebennerstr. 4, D-1000 Berlin 36, West Germany. Phone: 030/612-7931.

9501. Marshall, Philip. 1990. The soymilk industry and market in the UK (Interview). *SoyaScan Notes.* April 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The two brands of soymilk with the largest shares of the UK soymilk market are both imported: Provamel, the best-seller, is imported from Alpro in Belgium. Granose Soya Milk is imported from DE-VAU-GE in West Germany.

There are four soymilk manufacturers in the UK. The largest is probably Unisoy Milk 'n' By-Products Co. in Stockport (Cheshire County near Manchester). Their quality is excellent, almost as good as Alpro's. The people who founded Unisoy were formerly involved with Soya Health Foods Ltd. The founder, who had the money, died before production started. [Note: Neil Rabheru (see interview, 1990 July 2), founder of Unisoy, says the previous 2 statements are not true.] Unisoy started making soymilk about 4 years ago, and today their biggest product is own-label soymilk, packed in Tetra Brik by a contract packer, and sold to Sainsbury, a large chain/multiple retailer in the UK. Unisoy does not and will not make tofu. The company is not very strong. The person in charge is Neil Rabheru, of Indian extraction, a very nice man. He recently sold the company for a relatively small sum.

Second largest soymilk manufacturer is Soya Health Foods in Trafford (Sunrise brand, founded by Michael Cole and Mr. Arora, a Sikh / Indian). It was the Indian connection that resulted in the formation of Unisoy some years ago. Third may be the Regular Tofu Co., a division of Haldane Foods (Arkady/ADM), which produces Sojal Soya Milk. The Sojal brand was the property of another company in France, which originally produced the product for them using a soymilk powder made in Sao Paulo, Brazil (by Norsul, Agro-Nippo Productos, or ITAL?). Haldane no longer has the product produced in France but they still use the Sojal brand, and still has the product produced by another company (in what country is not known) and it is probably now made from whole soybeans rather than soymilk powder. [Note: The only soymilk listed in Haldane's Oct. 1989 catalog is So Good Soya Milk (organic or non-organic); Sanitarium Foods in Australia makes a product by the same name].

Fourth is Plamil, which contracts with some other company to have its soymilk made from soy protein isolates. They are quite a small company, ethically based, into vegan foods and marketing strategies from the 1960s and 1970s. Fifth is Itona (pronounced ai-TOW-nuh), which makes a soya milk of some description, but they are not really in the mainstream of the soymilk market. They probably make their soymilk from soy protein isolates and it is sold in cans–every other brand is in Tetra Pak or Combibloc. Address: Owner, Cauldron Foods Ltd., 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol BS3 2TL, England. Phone: (0272) 632835.

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9502. Mio, Art. 1990. In defense of Mori-Nu's negative publicity about tofu, and praise for Hinoichi (Interview). *SoyaScan Notes.* April 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** (1) The industry had the problem of sour tofu, and tofu had developed a bad image long before Morinaga ever began making an issue about it. How many clippings have you read that say, "Tofu needs a good PR agent." (2). Except for rare, accidental slips, the negative publicity and advertising generated by Mori-Nu has been directed only to the food trade (such as supermarket produce and natural foods business publications) and not to consumers. The matte release is the only thing that was voluntarily sent to consumer publications.

It is too bad more tofu manufacturers are not as careful with sanitation as House Foods & Yamauchi, Inc. (Hinoichi). "When I was working at JFK, Hinoichi was packing ice in the case with their tofu. I believe that Hinoichi has the best quality tofu in America. I have confidence in the cleanliness of their manufacturing operation, their refrigeration systems are all state of the art, they ship the tofu to the refrigerated deli warehouse. It goes out on a refrigerated deli truck, and it is sold in Los Angeles stores in the dairy case, which is kept below 45ºF. In Los Angeles, he refuses to let his product be sold anywhere except the dairy or deli cases. He won't sell it in the produce case in Los Angeles." Mr. Yamauchi would like Mori-Nu to private label their tofu for Hinoichi; this would ensure freshness in outlying areas over which he has little control of the storage conditions. Address: Morinaga Nutritional Foods Inc., 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9503. *China Daily.* 1990. Bean curd making machine exhibited at 1990 Guangzhou Export Commodities Fair. April 18. p. 2g. *

9504. Versaille, Magda. 1990. Recent developments at Jonathan PVBA (Interview). *SoyaScan Notes.* April 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Magda, a French woman, is the wife of Jos Van de Ponseele, the founder and former manager of Jonathan. Jos no longer works at Jonathan. He sold the company to Lima Foods in Belgium on 1 April 1989, and stopped working there at about that time. The present managing director of Jonathan is Mr. Ludo Peters, who does not speak good English. Lima Foods was subsequently purchased by a French company, whose name Magda does not know. Magda still works at Jonathan. They now live near Kapellen; their private home number is 91-31-6464. The only other company in Belgium that makes tofu is Seven Arrows. Jonathan is located in Kapellen, 20 km north of Antwerp in the direction of the Dutch border. The postal code is B-2080, not 2070. The B-2070 was a misprint.

All products launched in 1988 were developed when Jonathan hired/engaged a famous cook, with whom he worked he closely. Jonathan also did the biological and biochemical laboratory analyses. Address: Antwerpesteenweg 336, B-2080 Kapellen, Belgium. Phone: 3/664.58.48.

9505. Morinaga Nutritional Foods. 1990. Mori-Nu's "Tofu Magic" cookbook is now available nationwide through Baker & Taylor distributors (News release). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 2 p. April 20. Plus photo.
• ***Summary:*** This "low-cholesterol, gourmet cookbook featuring easy-to-make recipes and color photography, is now available through Baker & Taylor... one of the largest book distributors in the United States... This year, Mori-Nu plans to add a new chapter featuring recipes for their new extra firm tofu.

"Julia Weinberg, author of 'Tofu Magic,' is also the best-selling author of two prior cookbooks, 'Gourmet Bouquet' and 'The Big Beautiful Book of Hors d'oeuvres.' Weinberg is a national food stylist based in Los Angeles, where she is director of her own food styling and recipe development company. All recipes in 'Tofu Magic' were developed by Weinberg.

"'Tofu is a miracle food, but the world just doesn't know it yet,' said Weinberg. 'With 'Tofu Magic,' we hope to show people that cooking with tofu is easy and limitless." Address: Los Angeles, California. Phone: 213-728-4325.

9506. *Jefferson Bee* (*Jefferson, Iowa*). 1990. Nichii Company will build plant in Jefferson [Iowa]. April 24. p. 1-2.
• ***Summary:*** "Nichii Company of America Inc. will construct a $2 million soyflake processing plant in Jefferson adjacent to the West Central Cooperative (WCC) elevator facility. Governor Terry Branstad made the announcement at his morning press conference at the state capitol in Des Moines...

"The plant will begin production this fall with an output of 1,000 tons of soyflakes per month. The company's plans call for the eventual production of 3,000 tons per month, with three shifts in operation on a round-the-clock basis.

"Employment initially will be about seven people, with the work force expected to rise to more than 15 when all three shifts go into production. When round-the-clock operation is achieved, the Nichii plant will process soybeans at the level of 1.5 million bushels per year...

"Mr. Toshimine Kobayashi, president of Nichii Co. Ltd. of Osaka, Japan, plans to come to Iowa in November to open officially the new plant.

"Mr. Kobayashi explained, 'Due to its topographical characteristics, proximity to a suitable soybean supplier, rail and road access, and the economic incentives offered by the city of Jefferson, this site was judged to best suit Nichii's needs. Representatives of Nichii Co. Ltd. also appreciated

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the civic spirit and friendliness of the citizens of Jefferson which seems to be characteristic of all Iowans.

"Nichii Company hopes to procure eventually for the Jefferson plant 'organically grown or chemical residue free soybeans, which are going to be in larger demand as our society is increasingly concerned with health and a cleaner environment.'

"The new plant in Jefferson will process a flake which allows tofu makers to prepare the product within a few minutes of its purchase, therefore actually making the tofu product in the store. Nichii Company is currently using that process in several of its stores in Japan."

A large photo shows four Nichii executives, incl. Itaru (Terry) Tanaka, David Nichols, Shigetaka Hamai, and Shigeru Chikaarashi.

9507. Bremer, Paul E. 1990. History of Geestland (Interview). *SoyaScan Notes*. April 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul founded this tofu manufacturing company, whose name is simply Geestland. Located inside a natural food shop (*Bioladen*) at Burgermeisterschmidt Str. 212, D-2850 Bremerhaven, Geestland began to make tofu in Feb. 1985. From the beginning, the company made four tofu products: Natural tofu, Tofu with herbs, Smoked tofu, and Dried-frozen tofu. Only the latter has been discontinued. In about April 1988 the company moved into a larger location at Friedrichstrasse 19 in Bremerhaven. In June 1988 they launched Tofu with roasted nori, and Tofu with roasted sesame. They also started a fast food program. Concerning fast foods, Germans say: "Aufreissen, rein Beissen," or "Just open your mouth wide, and take a bite." These foods simply require brief baking. In Jan. 1990 the company moved again to Bremerhaven am Fischbein 1, D-2850 Bremerhaven.

Paul is the only owner and he employs 10 workers. Geestland now makes 3,000–3,500 kg/week of tofu. Of tofu makers in West Germany, he thinks Soyastern is the largest, Tofumanufaktur Christian Nagel in Hamburg may be number 2, and Geestland may be the third largest. Address: Bremerhaven, Am Fischbanhof 1, D-2850 Bremerhaven, West Germany. Phone: +49 471 76340.

9508. Amante, Agathe. 1990. La petite graine qui monte [The little grain that is rising]. *Revue Techniques des Hotels et Restaurants*. April. p. P&B 6-9. [Fre]
• ***Summary:*** Discusses soy flour, soy protein concentrates and isolates, soymilk, and tofu, plus their nutritional benefits. To develop new products, Cacoja is working with the hotel school of Strasbourg–creams, desserts, sauces, and entrees, not to mention tofu raviolis, quenelles, sauces and dressings without cholesterol, etc. Triballat makes a type of yogurt that contains no milk or cholesterol. Soyfoods fit perfectly with the now fashionable "slender cuisine" (cuisine minceur). 2% of soy proteins can be added to meats without changing the labeling. A photo shows 3 jars of Cacoja's Formoja-brand soymilk dressings: Sauce salad, Sauce Mexicaine, and Sauc'annaise. Each has "No Cholesterol" written prominently below the product name. Soyfoods can help attract people to restaurants, they are an excellent ingredient for the restaurateur, and they can play a major role in the emerging light new French "Nouvelle Cuisine." Gives a recipe for Tofu Red & Green Mousse. Address: France.

9509. Bates, Jonathan. 1990. West Coast tofu industry: Soybean market outlook for Malheur County, Oregon. Oregon State University, Corvallis, Oregon. 33 p. [12 ref]
• ***Summary:*** Contents: Introduction. Soybean market: World and domestic. The low technology soyfoods industry. Processor requirements. Assessment of producing soybeans in Malheur County. Conclusion. West Coast tofu and soyfood processors: California, Oregon, Washington. Bean warehouses and cleaners. Selected soybean brokerages and growers. Other information. Literature.

"There is interest in Malheur County, Oregon in introducing soybeans as an alternative rotation crop in place of wheat." Research is being done at the Malheur Experiment Station. These would be food grade soybeans destined for the West Coast soyfood processing industry. "The purpose of this report is to investigate the west coast food grade soybean market. Particular emphasis is placed on the tofu market in Portland and western Oregon, Seattle (Washington), and San Francisco (California). The main objectives of the study are: 1. To determine the requirements and/or preferences of soyfoods processors in regards to soybean quality, bean variety, growing regimes (organic or regular), packaging and delivery, and method of purchase. 2. To determine the economic feasibility of using soybeans as a rotational crop in the county in place of wheat. 3. To consider the competitive advantages, if any, of growing soybeans in Malheur county as opposed to the more traditional growing areas of the Midwestern and Southeastern United States.

Information on soybean consumption is given for the following tofu and soyfoods manufacturers, ranked here in descending order of soybean usage. All produce tofu and/or soymilk unless otherwise noted.:

Pacific Foods Inc., Tualatin, Oregon (57,700–77,000 lb/week [expressed as 3-4 million lb/year] of nonorganic and organic soybeans from midwest brokers, bulk and bagged, for soymilk. "Growth is expected to slow unless soymilk can be marketed to the general public").

Azumaya Inc., San Francisco, CA (48,000–60,000 lb/week of Vinton and Corsoy purchased from broker. Market growing at 3-4% annually).

House Foods & Yamauchi, Los Angeles, CA (54,000 lb/week of nonorganic Corsoy and Vinton purchased from broker-grower association. Steady growth. Expanded capacity in 1987).

Mighty Soy, Los Angeles, CA (11,000–12,400 lb/week

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of mainly Corsoy and Vinton, half organic and half not, purchased from brokers or growers associations).

Wy Ky, Los Angeles, CA (7,800–9,000 lb/week of nonorganic Corsoy, purchased from growers. 5% annual growth).

Island Spring and Soy Resources Inc., Vashon, WA (5,400–6,000 lb/week of organic Corsoy, purchased broker. 3-5% annual growth).

Surata Soyfoods, Eugene, Oregon (3,000–4,200 lb/week of organic Vinton and Corsoy purchased from broker-grower).

Silver Sprout, San Francisco, CA (3,000–3,600 lb/week of nonorganic Corsoy and Vinton purchased from broker, bagged or bulk).

Dae Han & Co., Portland, Oregon (2,400–3,000 lb/week of organic Vinton purchased from Midwest grower association. Steady growth).

Turtle Island Soy Dairy, Husum, WA (2,100–2,400 lb/week of organic Corsoy and Vinton purchased from Iowa broker for tempeh. 5% annual growth).

Arcata Soyfoods, Arcata, CA (1,200 lb/week of organic Corsoy purchased from grower).

Fuji Tofu Co., San Jose, CA (1,200 lb/week of organic varieties purchased from broker).

Ashland Soy Works, Ashland, Oregon (1,800 lb/week of organic Vinton and Corsoy, purchased from growers. Steady growth).

Hoven Foods Co., Seattle, WA (1,655 lb/week of Lee 74 purchased from Jacob Hartz Seed Co. 5% annual growth).

Tacoma Soyfoods, Tacoma, WA (1,200 lb/week of Vinton, Corsoy, Davis, Lee, and Holland, organic and inorganic, purchased from Midwest Soy International [grower assoc.]. 5% growth last year).

Kobayashi's Soybean Products, Ontario, Oregon (420–540 lb/week of Corsoy purchased from Midwest growers). Address: Graduate research asst., Oregon State Univ., Corvallis, Oregon.

9510. Cacoja. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer). 1990. [Soy products made by Cacoja]. 8 rue Merxheim, 68500 Issenheim, France. 5 p. Catalog. [Eng; Ger]

• ***Summary:*** This photocopied black-on-white brochure, with pages stapled together, written in only English and German, attempts to describes the Cacoja/Formoja lines of soy products: The Soj'aperitif line (soynuts), the soybean sauce line (a soy mayonnaise, a sauce, and a salad dressing), chocolate tablets (2 types of soy chocolates), Formoja beverage and dessert line, and soybean delight and tofu ravioli line. Lacking a title, and filled with errors and poorly chosen words, this document is very poorly done–almost comical. Address: Issenheim, France.

9511. **Product Name:** Frieda of California Soft Tofu: Frommage de Soya.
Manufacturer's Name: Frieda's Finest / Produce Specialties Inc. Made in Los Angeles by House Foods & Yamauchi, Inc.
Manufacturer's Address: P.O. Box 58488, Los Angeles, CA 90058. Phone: 213-627-2981.
Date of Introduction: 1990. April.
Ingredients: Soybeans, water, calcium sulfate, and glucono lactone.
Wt/Vol., Packaging, Price: 14 oz (396 gm) packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Talk with Frieda Caplan. 1990. April 17. This product was launched this week. It is private labeled for her. Grand Union, a chain on the East Coast that carried Nasoya's tofu, came to her and asked her

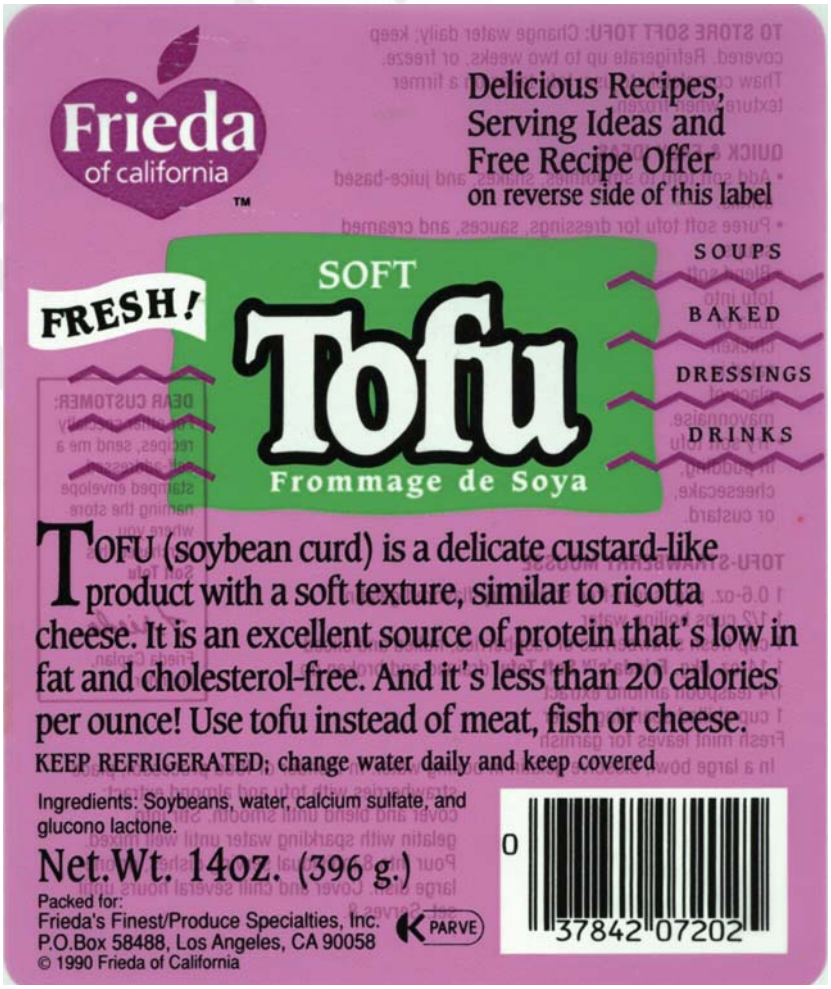

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to please add a soft tofu (not silken).

Label sent by Frieda. 1990. April 21. Copyrighted with date. 4.5 by 5.25 inches. Light purple, dark purple, green, black, and white on clear film. "Delicious recipes, serving ideas, and free recipe offer on reverse side of this label. Fresh! Soups. Baked. Dressings. Drinks. Tofu (soybean curd) is a delicate custard-like product with a soft texture, similar to ricotta cheese. It is an excellent source of protein that's low in fat and cholesterol-free. And it's less than 20 calories per ounce! Use tofu instead of meat, fish or cheese. Keep refrigerated; change water daily and keep covered. UPC indicia. On Reverse side: Recipe is for Tofu-strawberry mousse. Dear customer: For other specialty recipes, send me a self-addressed, stamped envelope naming the store where you purchased this Soft Tofu. Frieda Caplan, Founder." "To store soft tofu, change water daily; keep covered. Refrigerate up to two weeks, or freeze. Thaw completely to use; tofu takes on a firmer texture when frozen. Quick and easy ideas: * Add soft tofu to smoothies, shakes, and juice-based drinks. * Puree soft tofu for dressings, sauces, and creamed soups. * Blend soft tofu into tuna or chicken salad in place of mayonnaise. * Try soft tofu in pudding, cheesecake, or custard."

9512. **Product Name:** Smoked Tofu Satay.
Manufacturer's Name: Goodlife Foods. Ltd.
Manufacturer's Address: Unit E, 32/34 Gordonhouse Road, Parliament Hill Fields, London, NW5 1LP, England. Phone: 01 485 6583.
Date of Introduction: 1990. April.
New Product–Documentation: SoyaFoods (ASA, Europe). 1990. 1(1):3.

Leaflet published by Goodlife Foods Ltd. and Adams Marketing. 1990. April. "Goodlife Foods: New in Frozen Foods!" A photo shows the boxes/labels of both products. Note: As of mid-1992, the company is located at: 34 Tatton Court, Kingsland Grange, Warrington, Cheshire, England.

9513. **Product Name:** So Good Strawberry Bombes (Non-Dairy Frozen Dessert Confections).
Manufacturer's Name: Haldane Foods Ltd. (Marketer). Made in Clwyd, Wales, by Genice Foods Ltd.
Manufacturer's Address: 25 Hayhill, Sileby Road, Barrow upon Soar, Leicestershire LE12 8LD, England. Phone: 050981-6611.
Date of Introduction: 1990. April.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: 110 ml each, 4 per pack. Retails for £1.99.
How Stored: Frozen.
New Product–Documentation: SoyaFoods (ASA, Europe). 1990. 1(1):3. "Helfex '90." The Haldane Foods Group celebrated its 21st birthday with the launch of 21 new products at the Helfex show in Birmingham. England.

Haldane Foods Group. 1990. "Twenty-one Today. Twenty-new and exciting products launched at Helfex alone." At least 12 of these are soyfood products. "Iced soya dessert with a centre of strawberry sauce enrobed in carob coating."

Talk with Ray Pierce of Genice Foods Ltd. 1994. Feb. 4 and 8. Following the acquisition of Genice by the Haldane Group, a small soya milk plant was installed at Genice with the ability to produce limited quantities of tofu also. With the new availability of tofu, two new non-dairy frozen products were launched, including So Good Strawberry Bombes for the Haldane Group, a 100 ml vanilla flavored base with a strawberry puree center, coated with carob couverture, and sold in retail packs of four.

9514. **Product Name:** So Good Tofu Dessert (Ice Cream Style) [Tofu and Wild Blackberry, or Tofu and Strawberry & Vanilla].
Manufacturer's Name: Haldane Foods Ltd. (Marketer). Made in Clwyd, Wales, by Genice Foods Ltd.
Manufacturer's Address: 25 Hayhill, Sileby Road, Barrow upon Soar, Leicestershire LE12 8LD, England. Phone: 050981-6611.
Date of Introduction: 1990. April.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: 750 ml (3/4 liter) round paperboard tub. Retails for £1.59 incl. V.A.T. (Value added tax).
How Stored: Frozen.
New Product–Documentation: SoyaFoods (ASA, Europe). 1990. 1(1):3. "Helfex '90." The Haldane Foods Group celebrated its 21st birthday with the launch of 21 new products at the Helfex show in Birmingham. England.

Haldane Foods Group. 1990. "Twenty-one Today. Twenty-new and exciting products launched at Helfex alone." At least 12 of these are soyfood products. Made from tofu.

Talk with Philip Marshall of Cauldron Foods. 1990. July 9. The Haldane Foods Group owns about 50% of Genice [pronounced jen-AIS]. Up until now, Genice has been almost the sole manufacturer of non-dairy ice creams for companies in the UK (including Sunrise and Unisoy). They were probably the first manufacturer of soymilk in the UK. Cauldron Foods does not have his made by them because he thinks there are better sources and because they are a competitor.

Comment from a recent visitor to the UK on the flavor of So Good Ice Cream Style. 1990. July 16. "I find it to be a bit like eating beany tasting water."

Talk with Neil Rabheru of Unisoy. 1991. Sept. 16. This product is made by Genice, which has a pilot plant to make soya milk and tofu (for Direct Foods). Now the soya milk is made by Unisoy. The Haldane Foods Group has about 99% of the soy ice cream market in the UK. The Sunrise

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Ice Dream is now actually made by Genice Foods, in the Haldane Foods Group. Sunrise has never made its own ice cream.

Health Food Business (UK). 1992. May. p. 33. "Frozen Desserts. Haldane Foods Group. So Good range of non dairy soya ice products from Haldane, with no lactose or animal fats to worry about. Smartly packaged, the So Good range is available as Tofu Desserts in Vanilla & Strawberry and Wild Blackberry, Tofu Delight Bars (choc ice equivalents) and Strawberry Bombes Soya Carob Dessert."

Talk with Ray Pierce of Genice Foods Ltd. 1994. Feb. 4 and 8. Following the acquisition of Genice by the Haldane Group, a small soya milk plant was installed at Genice with the ability to produce limited quantities of tofu also. With the new availability of tofu, two new non-dairy frozen products were launched, including So Good Tofu Dessert for the Haldane Group, a 3/4 litre pack in a round cardboard tub flavored as a strawberry/vanilla split, or as wild blackberry.

9515. Inforesults Ltd. 1990. Canadian soyfood directory. Brampton, Ontario, Canada. 22 p. April 6. 28 cm.
• ***Summary:*** This directory, prepared for the Ontario Soybean Growers' Marketing Board (P.O. Box 1199, Chatham, Ontario, Canada N7M 5L8), lists individuals and organizations involved in the production of soybeans and soyfoods in Canada. The majority of listings are for commercial firms. The directory includes the name of the firm or individual, address, postal code, phone number, contact person, activities (any of 10 types, such as manufacturer, exporter, importer), products (any of 18 types, including soymilk, tofu, soybeans, or services), and whether or not the products are claimed to be organic. The various listings are sorted by province, and within province by company name. Address: Information Research Consultants, Suite 204, The Mill, 60 Queen St., East Brampton, ONT L6V 1A9 Canada. Phone: (416) 453-1174.

9516. Leigh, Roberta. 1990. Soyfoods: Why their popularity is growing. Special advertising section. *New Age Journal* (*Boston, Massachusetts*) 7(2):100-. March/April.
• ***Summary:*** Since the 1920s, Americans have been taught that they need at least two servings of meat and two glasses of milk each day to get enough protein. Many people switching to vegetarian diets or reducing their meat consumption feel most comfortable if they continue to plan at least some of their meals around a high-protein food.

"Consequently, the popularity of soyfoods has boomed during the past two decades... They can also be prepared in a number of ways, such as tofu and tempeh, that mimic 'meatiness' in terms of eating satisfaction.

"Shoyu and tamari, both fermented soy sauces, and miso, a fermented soy paste, are often used as bases for soups, gravies, and sauces; many people feel they impart a rich flavor to meat stock. Soy milk and soy cheese are popular with people who want to minimize or eliminate dairy products from their diets. There are even smokey-flavored imitation bacon products made from soy.

"Tofu is a cheese-like product containing the protein, oil, and soluble carbohydrates from whole soybeans that have been crushed and cooked...–Roberta Leigh."

9517. Moran, Victoria. 1990. Weight training for vegetarians: Pumping iron on plant power. *Vegetarian Times.* April. p. 34-39. [3 ref]
• ***Summary:*** About vegetarian body builders. Spice Williams is a vegan who likes tofu and tempeh. She played a female Klingon in *Star Trek V.* Two photos show Williams, one as a Klingon. Also features Bill Pearl, Andreas Cahling (each with a photo), and Ron Weston.

9518. Muso Co. Ltd. 1990. Muso product manual: Foods from Japan. Tanimachi 2-5-5, Chuo-ku, Osaka 540, Japan. 62 p. Catalog. April. 30 cm. [Eng]
• ***Summary:*** This English-language catalog describes Muso's natural-food macrobiotic products that are exported to the West. There are 8 pages of color photos at the front, and many flowcharts and recipes in the body of the catalog. Interesting color photos include: Shoyu fermentation room. Spreading moromi before pressing to make shoyu. Hatcho miso aging room. Drying kombu and cultivating nori on nets. Umeboshi and brown-rice vinegar. Shiitake mushrooms growing on logs and huge kudzu roots.

Contents: Shoyu (organic, low salt), tamari (wheat-free soy sauce), miso (Hatcho, barley, rice, white miso, brown-rice miso, awase miso [mixed miso], buckwheat miso, unpasteurized miso [nama miso]), seaweeds, Japanese pasta, wheat free pasta (incl. kudzu noodles), Japanese tea, other beverages, soymilk, amazake, ume/plum products (incl. umeboshi), Japanese pickles, dried foods (incl. kudzu root starch, shiitake mushrooms, koya tofu, fu [gluten cake]), condiments (incl. tekka miso, *nori no tsukudani*, natto miso [miso condiment]), seasonings, instant foods (incl. brown rice mochi, yomogi mochi, kibi mochi, yaki mochi, abekawa mochi with kinako, cooked brown rice, ramen [Chinese style noodles], instant miso soup), crackers and chips, barley malt syrup and rice malt syrup, food supplements (plum balls, kombu balls), adzuki beans, black soybeans, nigari. Address: Osaka, Japan. Phone: 06-942-0343.

9519. **Product Name:** [Soy Cream, Soy Cottage Cheese].
Foreign Name: Crema de Soya, Requesón.
Manufacturer's Name: Productos Alimenticios Soyavyn.
Manufacturer's Address: Planta Soyavyn, 2a Calle Poniente No. 2-4, Lourdes, Colón, Depto. La Libertad, El Salvador. Phone: 51-0705 or 23-3554.
Date of Introduction: 1990. April.
Nutrition: Per 100 gm.: Protein 9.7 gm, fat 5.6 gm, minerals 0.4 gm, carbohydrate 3.1 gm.

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New Product–Documentation: Letter and Label sent by Kris Duville of Productos Alimenticios Soyavyn. 1992. June 2. These two products were introduced in May 1990. These fresh dairy analogs are prepared from soymilk coagulated with calcium chloride. They are prepared from soymilk curds mixed with milk, vegetable oil, and other ingredients.

Letter from Chris Duville. 1992. Dec. 13. Crema de Soya and Requesón are sold in white blank pouches, only identified by a small label giving the name and maker (Soyavyn). The volume is too small to order specially printed labels.

9520. **Product Name:** [Soy Cheese].
Foreign Name: Queso de Soya.
Manufacturer's Name: Productos Alimenticios Soyavyn.
Manufacturer's Address: Planta Soyavyn, 2a Calle Poniente No. 2-4, Lourdes, Colón, Depto. La Libertad, El Salvador. Phone: 51-0705 or 23-3554.
Date of Introduction: 1990. April.
Ingredients: Soya, salt, green vegetables.
Wt/Vol., Packaging, Price: 1¼ lb in a folded semi-waterproof paperboard box in a plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Letter from Kris Duville of Productos Alimenticios Soyavyn. 1992. June 2. This fresh cheese was introduced in April 1990. It is a dairy analog prepared from soymilk coagulated with calcium chloride. The "cheese" is strained and kneaded, then finely cut vegetables are mixed in. "We don't use molds to form the cheese, which isn't firm or solid, but semi-plastic in its rheological properties."

Label. 6 by 4.5 inches. Red and blue on white. "Soya, vida, y nutricion. Suggestions for use: With French bread and frijoles. As a substitute for or mixed with cheese of animal origin, with pupusas, etc." Note: Pupusas are the national pride of the Salvadorians; a popular, inexpensive food served in numerous small shops. They consist of a rather thick tortilla stuffed with a filling of cheese, mashed beans, and lard, often mixed.

9521. **Product Name:** Tofu Burgers (Tandoori, Tikka, and Teriyaki).
Manufacturer's Name: Regular Tofu Co. Div. of Haldane Foods Group.
Manufacturer's Address: 25 Hayhill, Sileby Road, Barrow upon Soar, Leicestershire LE12 8LD, England. Phone: 050981-6611.
Date of Introduction: 1990. April.
Wt/Vol., Packaging, Price: Two x 3 oz burgers per unit. 12 units per case. Wholesales for £6.75. Retails for £0.75 per unit.
How Stored: Refrigerated or frozen.
New Product–Documentation: SoyaFoods (ASA, Europe). 1990. 1(1):3.

Haldane Foods Group. 1990. "Twenty-one Today. Twenty-new and exciting products launched at Helfex alone." At least 12 of these are soyfood products.

9522. **Product Name:** Silken Tofu.
Manufacturer's Name: Regular Tofu Co. Ltd. Div. of Haldane Foods Group.
Manufacturer's Address: Hayhill Industrial Estate, Unit 25, Barrow-Upon-Soar, Leicester, Leicestershire, England.
Date of Introduction: 1990. April.
Wt/Vol., Packaging, Price: 135 gm. Retails for £0.39.
How Stored: Refrigerated.
New Product–Documentation: Haldane Foods Group. 1990. "Twenty-one Today. Twenty-new and exciting products launched at Helfex alone." At least 12 of these are soyfood products. SoyaFoods. 1990. 1(2):5. Dec. "Silken Tofu." The Haldane Foods Group has launched the first British made silken tofu. It contains organic soya milk and Welsh mountain water, and is sold in 135g pots at £0.39 recommended retail price.

9523. **Product Name:** [Tofu].
Manufacturer's Name: Rusch.
Manufacturer's Address: Alameda 430, Zacatecas, Zacatecas 9800, Mexico. Phone: No phone.
Date of Introduction: 1990. April.
New Product–Documentation: Talk with Paul Lucas, founder and owner. 1995. April 11. He started making and selling tofu in April 1990, using *The Book of Tofu* (by Shurtleff & Aoyagi). The product was on the market for 2-3 years, then was discontinued for lack of demand in this small town. His company now makes many foods containing textured soy protein, such as: Soy loaf, Soy Patties, Soy Medallions in vegetarian sandwiches with whole-grain breads. They all sell a lot of gluten and gluten products.

9524. **Product Name:** [Spring Rolls].
Foreign Name: Fruehlingsrollen.
Manufacturer's Name: Soto. Named Sojatopf prior to April 1989.
Manufacturer's Address: Wolfsbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany. Phone: 08621-62538.
Date of Introduction: 1990. April.
Ingredients: Tofu, vegetables, mung bean sprouts, glass noodles, sesame seeds.
Wt/Vol., Packaging, Price: 150 gm.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

9525. **Product Name:** Toby's Tofu Paté [Original, Spicy

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Jalapeño, Eggless, or Eggless Tomato].
Manufacturer's Name: Tofu Palace Products.
Manufacturer's Address: 2075 Madison St., Eugene, OR 97405. Phone: 503-345-4407.
Date of Introduction: 1990. April.
Ingredients: Jalapeño: Tofu (organic soybeans, water, nigari), celery, mayonnaise (soy oil, lemon juice, eggs), jalapeño peppers, sweet red peppers, nutritional yeast, mustard, onions, parsley, spices, sea salt.
Wt/Vol., Packaging, Price: 8 and 16 oz package. Retails for $1.65 and $2.99, respectively.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 140, protein 8 gm, carbohydrates 4 gm, fat 8 gm, sodium 305 mg, cholesterol 6 mg.
New Product–Documentation: Soya International. 1990. April/June. p. 24. Contact: Toby Alves. Label brought from Oregon by Tim Wickens. 1990. Dec. 27. 8 oz plastic tub. Turquoise blue, orange, and beige on white. Illustration of bamboo on lid and of flying birds on side of tub. UPC indicia. "No preservatives. Toby's Jalapeño Paté is a spicy way to try tofu. Dip it with chips or vegetables to add a south of the border zip. Spread it on a bagel or crackers to liven up any snacks or a light meal."

Talk with Toby Alves. 1992. April 14. The main product her company makes is Toby's Tofu Paté. She has on the market 4 tofu pates, which are like a flavored tofu salad.

9526. *USA Today* (*magazine*). 1990. Cooking up a tastier soybean. 118(2539):10-11. April. Special newsletter edition.
• ***Summary:*** Philip E. Nelson at Purdue University's Department of Food Science says: "We hope to improve the taste and quality of soybeans. And we want to increase the domestic and international demand for tofu–a versatile, zero-cholesterol food." Through plant breeding, Purdue has created and patented an experimental soybean in which the beany taste has been reduced greatly. This soybean variety is being used to make better tofu at Purdue University's tofu center.

9527. **Product Name:** [Tofu Burger].
Foreign Name: Tofuburger.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Schmittenstr. 106, D-5030 Huerth 6, West Germany. Phone: (02233) 41323.
Date of Introduction: 1990. April.
New Product–Documentation: Letter from Bernd Drosihn, founder of Viana. 1990. May 10. This fresh product, which has no label, was introduced in April 1990.

9528. Wolff, David. 1990. The Manchurian soya bean and the development of Northeast Asia, 1899-1922. *Asiatic Society of Japan, Bulletin* (*Tokyo*) No. 4. p. 2-4. April.
• ***Summary:*** The soybean was introduced into Manchuria at the end of the 1800s and by 1899 constituted 79% of the region's total exports. The resulting prosperity made the area a theater of conflict between China, Russia and Japan. "By 1922, almost all bean shipments had been diverted from Vladivostok to Japanese-controlled Dairen, making such 'typically Japanese' foodstuffs as tofu and shoyu generally affordable for the first time... Thus the soya bean played an integral part in the history of Manchuria, bringing first wealth, then strife, and ultimately subjugation." Address: PhD candidate in Russian and Chinese history at the Univ. of California at Berkeley.

9529. Nagel, Christian. 1990. Early history and recent developments at Tofumanufaktur Christian Nagel GmbH (Interview). *SoyaScan Notes*. May 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The company name was Christian Nagel Tofumanufaktur from the time it began in 1984 until 1 Jan. 1989, when it was changed to Tofumanufaktur Christian Nagel GmbH. The original address was Oelkersallee 14a, D-2000 Hamburg 50, West Germany. He moved to his present address (formerly an old bakery) on 1 Aug. 1986.

His company is now making about 2,000 kg/week of tofu. He has 7 full-time people (including himself) and 5 part-time. He has not launched any new products within the last 12 months. Many people want his tofu but he does nothing to promote it. They come to him to get it. He has too much to do, and lacks the space and money to produce more. He also needs better organization inside his company.

Christian thinks the four largest tofu makers in West Germany, in descending order of size, are Soyastern, Yamato, Geestland, and Tofumanufaktur Christian Nagel. He thinks that Soyastern will not be able to survive; he has big problems and has had for about 1 year. Geestland, which makes about 4,000 kg/week, has been growing rapidly during the past 2 years; they now sell tofu nationwide. They want to be big. Tofu looks like it has a very bright future in Germany. This weekend there is a meeting of the German Tofu Assoc. in Hamburg. Address: Hamburg, West Germany. Phone: 040 89 49 37.

9530. Igo, Becky. 1990. Kyoto owners, officials agree tofu positive for all. *Tribune-Star* (*Terre Haute, Indiana*). May 6.
• ***Summary:*** Describes the groundbreaking ceremony for Kyoto Food Corp. USA's new tofu plant in Terre Haute. The chairman of the board of Kyoto Food is Kumaharu Shimobo, the president is Yoshimasa Yamashita, and the vice president is Bill Roach. Mr. Roach's wife, Toni, convinced Kyoto Foods to buy the land. Construction of the plant will start in May and full production is expected by November. "Roach said that although Kyoto has purchased 25 acres, the actual plant will sit on only 2.5 acres. The company, he revealed, is looking for other firms to locate at that property." The company hopes to begin by making tofu and later expand

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into other Japanese health-related food products.

9531. Gaiser, Klaus. 1990. Early history of Tofuhaus Belsen and Yamato Tofuhaus GmbH (Interview). *SoyaScan Notes.* May 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The name of his first company was Tofuhaus Belsen, started as a "single man's company" in the village of Belsen near the small town of Moessingen. He started to make tofu commercially in the summer of 1982 (June or July). The company's main product was tofu (called Traditionelle Tofu, and coagulated with calcium sulfate), but it also made a lot of sprouts as a side business–from mung beans, azuki beans, lentils, and alfalfa seeds. It changed into Yamato Tofuhaus GmbH on 1 Jan. 1984 at the same address. The company moved from Belsen to Hirschau near Tuebingen in March 1987. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094 or 95.

9532. Gaiser, Klaus. 1990. Impressions of the German Soyfoods Association meeting in Hamburg, and of the outlook for Soyastern (Interview). *SoyaScan Notes.* May 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The association was originally founded so that tofu companies could join together to make a "positive profile" and give consumers the confidence that when they buy tofu from a member of the association, they are buying a "traditional, honest product, and there are no foreign or undesirable ingredients used in it." There are unsubstantiated rumors that some large European tofu makers use undesirable ingredients.

The main issues that emerged were small versus large tofu companies, and traditional handcrafted versus modern industrial tofu products. Klaus and Thomas Karas (of Soyastern) turned out to be the main speakers. At the previous meeting of the association, they were both absent, accidentally. The smaller companies realized that they were afraid of the power of Yamato and Soyastern. This time they tried to find common needs and a basis for marketing their products. In the end Klaus and many others felt they had very little in common. The small companies were still afraid of Soyastern and Yamato, and all were afraid of bigger companies like Heuschen- Schrouff. Yet many smaller companies (as in Munich, Berlin, Hamburg, and in the Ruhr area around Cologne) are making good profits making second-generation products and using direct delivery. But the others did not want to make common promotional efforts with Yamato and Soyastern. There was much discussion over use of the terms "traditional" and "handcrafted" in the names of tofu products made by larger scale industrial equipment. There was much checking to see that all members produce according to the association's rules. There will be another meeting of the association in about 2 weeks to decide whether or not they will continue the association.

Klaus feels that the question of whether or not Soyastern will be able to survive depends a lot on what Huegli does with Yamato. Thomas told Klaus that Soyastern's situation is looking a lot better because he took a lot of measures to survive and make his production more rational. But he still hasn't found the money or investor(s) that he needs. Up until now Yamato and Soyastern have been bitter enemies and fierce competitors, but since they joined the association they "stopped the war." Of course they still compete but now the feeling is much better. If the association disbands, Klaus would like to continue it with Thomas to try to expand the tofu market.

Thomas Karas is probably the best informed on the tofu industry in West Germany. He is one of the few people who really understands the need to create a strong tofu association and to get as many members as possible to join–since non-members will also benefit from all association promotional activities.

There are two tofu companies named Byodo Naturkost. They must have separated one day. One is a wholesaler and the other makes tofu in Munich. The one that makes tofu was sold several weeks ago to a butcher (whose name Klaus does not recall). Tomas Jakobi went out of business a year or so ago; a woman bought his company, maybe Jutta Schoenemann. Auenland, thanks to God, no longer exists. Morgenland still exists. For a year or so Alexander Nabben has been trying to get the poor company back on its feet but he is having a hard time. Atlantis still exists but is very small and wants to stay small. You never hear anything about them. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094 or 95.

9533. *SoyaScan Notes.* 1990. New Trend: Large European food companies, and agricultural- and dairy cooperatives now launching and actively promoting innovative new tofu and soymilk products: Mostly dairylike and meatlike products (Overview). May 8. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Jan. 1980 Vandemoortele N.V., one of Europe's largest oilseed crushers, located at Izegem, Belgium, began to make its first commercial soymilk product (GranoVita Soja Drink in plain and carob flavors, packed in 500 ml Tetra Brik cartons) which was private labeled (co-packed) for DE-VAU-GE, a large Seventh-day Adventist health food manufacturer in West Germany. This was Alpro's first customer. In June 1980 Vandemoortele created Alpro N.V. to take over this production. The company quickly became Europe's leading soymilk producer and by 1990 had about 70% of the European soymilk market. Their new soymilk plant, costing about US$15 million and having a capacity of 45 million liters a year, opened in Wevelgem in June 1990.

In June 1984 Migros, Switzerland's leading retail food

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chain, launched 5 tofu products: Natural Tofu, Tofu Snack with Spices, Spicy Tofu Spread, Diced Tofu with Cream, and Tofu Bolognaise. In 1985 they introduced Tofu with Mushrooms and Gravy, followed in 1986 by Canned Tofu Kashmir (with Curry and Fruits), Tofu Spread with Cheese (in a Tube), Tofu Chocolate Crème, and Tofunaise (in a Tube), then in 1987 by Seasoned Tofu. In 1986 Migros, a 61 year old cooperative with 1.4 million members, had net sales of 3,166 million Swiss francs. The tofu was made by a Migros company named Conserves Estavayer in Estavayer-le-Lac, near Zurich.

Galactina is a well established Swiss company (located in Belp) that has made a soymilk named Naga Sonda for enteral tube feeding since 1980. In 1981 they launched the product in liquid Tetra Pack. They entered the tofu market in 1984 with Galactina Tofu, then in 1985 added three types of Seasoned Tofu (Gourmet Diced with Soy Sauce & Spices, Provencale with Herbs, and Jardiniere with Vegetables), followed in 1987 with Tofu Spread and 1988 with Tofu Burger and Tofu Salads. All were marketed very attractively.

In Aug. 1985 DE-VAU-GE, one of Europe's oldest and largest producers of vegetarian health foods, began operation of its new soymilk plant (purchased from STS/DTD) in Lueneburg, West Germany. By 1990 they were Europe's second largest soymilk manufacturer, with 15-20% of the market. They also sold many tofu products and were planning to produce tofu in the near future.

In 1985 Laiteries Triballat, a large French dairy products company (mostly cheese, located at Noyal-sur-Vilaine, Brittany) introduced Sojasun, an innovative cultured soymilk yogurt in 4 flavors, two with bits of fruit and two with fruit puree. In Oct. 1988 and early 1989 they promoted the product extensively on French television and in German print media. Sales in several western European countries were said to be good.

In 1986 Parmalat, the Italian dairy giant, introduced a soymilk named Soialat. By 1989 they had created a subsidiary named Parma Soia, which sold three lines of more than 20 soy products. The Campi di Soia line (containing soymilk, soy pasta, sauce, and sprouts) was sold at supermarkets. The Nature Soy line was imported, and the Erboristeria line was for the health food market.

In Jan. 1987 Cacoja, a newly-formed affiliate of the Coopérative Agricole de Colmar (CAC), began production of soymilk and soy desserts at its new, fully-automated plant (with an ultrafiltration system) at Issenheim, France. Purchased from Alfa-Laval, the plant cost 11 million French francs and had a capacity of 1,500 liters/hour of soymilk containing 4% protein. By 1990 Cacoja was Europe's third largest soymilk producer.

In Sept. 1987 Rayner Burgess Ltd., a large British Food company that specializes in an array of unique condiments, purchased Cauldron Foods Ltd., Britain's second largest tofu manufacturer, and the largest marketing its products to the Caucasian and health-food trades.

In Jan. 1988 British Arkady, a large British food conglomerate owned by Archer Daniels Midland Co. (Decatur, Illinois) acquired the Haldane Foods Group, and made it part of British Arkady's Health Foods Div. The Haldane Foods Group was put together by acquisition of Direct Foods Ltd. (founded 1980, acquired by the Group in 1985), Vegetarian Feasts Ltd. (founded 1984, acquired 1986), Haldane Foods Ltd. (founded 1983, acquired Aug. 1987), Vegetarian Cuisine Ltd. (founded 1985, acquired 1987), Regular Tofu Co. Ltd. (founded 1983, acquired Aug. 1987), Realeat Foods Ltd. (founded 1984, acquired Sept. 1988), Saucemasters Ltd. (founded 1988, acquired Feb. 1989), and Genice Foods Ltd. (founded 1988, acquired March 1989). Self-proclaimed as "Europe's leading healthier food group, most of these companies make tofu or soyfood products.

In April 1989 Huegli AG, a leading Swiss food company, purchased 75% ownership in Yamato Tofuhaus GmbH, one of West Germany's leading tofu manufacturers. At about the same time, Huegli purchased Horst Heirler, the country's leading distributor of fresh products.

Also in April 1989 Lima N.V. of Belgium, one of Europe's earliest natural foods companies, purchased Jonathan PVBA, Belgium's leading tofu manufacturer.

In Sept. 1989 Innoval (formerly Sojalpe), an acquired affiliate of Les Silos de Valence (a large 5,000-member cereal cooperative in Rhone Alpes, France), began to produce tofu, soymilk, and liquid soy concentrate (with an ultrafiltration unit) at a modern new plant, with a capacity of 2,000 liters/hour, purchased from Alfa-Laval at a cost of 20-21 million French francs.

In Feb. 1990 Euro-Nature, a French investment fund, purchased 97% Lima N.V. of Belgium.

In early 1990 Avo Feinkost GmbH, a large West German spice from Osnabrueck, launched the Sofit line of soy products, including various meatlike products, dressings, and salads.

9534. Drosihn, Bernd. 1990. Re: New German Soyfoods Association. The Asian-German soyfoods market. Letter to William Shurtleff at Soyfoods Center, May 10. 4 p. [Eng]
• ***Summary:*** I have just come from a meeting of Soyfood companies in Hamburg. We all plan to found a soyfood association of Germany at the end of this month.

In Germany, the soyfoods market for Asiatic shops and tokos [Indonesian food markets] is completely separate from the other market. There are 4 or 5 tofu Asian-German tofu companies. The biggest one is Soja Food, D-4000 Dusseldorf 30, West Germany. The biggest one in the south of Germany is Hanyang Sojaprodukte GmbH, Hermannstr. 31, D-6078 Neu Isenburg, West Germany. Phone: 06102/21956. Address: Founder and owner, Viana Naturkost GmbH, Schmittenstr. 106, D-5030 Huerth 6 (Fischenich), West Germany. Phone: 02233/41323.

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9535. Karas, Thomas. 1990. Current developments with soyfoods in Europe (Interview). *SoyaScan Notes.* May 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Thomas feels that the time has come to re-activate the European Soyfoods Association, since most of the major upcoming problems with relate to Europe as a whole. He, Klaus Gaiser of Yamato, and Jean Preneuf of Société Soy are all interested in this. He would like information about the Soyfoods Association of America, its objectives, activities, accomplishments etc. He foresees the national soyfoods associations being smaller and focusing more on quality issues, such as organic. As far as standards go, the key concept is declaration of ingredients and attributes rather than regulation. In the post-1992 European Community (Gemeinschaft) this will be a big problem, because the EC's standards of declaration will be very low/minimal, whereas those in Germany are very high/demanding. Now Cacoja in France is making a product they call tofu that is made using ultrafiltration but is not coagulated. Thomas tried the tofu and that allayed his fears– it was not very good, tasting like tofu made from isolates.

On May 19 there will be another meeting of the German Tofu Assoc. near Frankfurt hosted by Tofuhaus Tiefenthal (Albert Hess). Thomas asks Shurtleff to write a letter/greeting (Gruesswort, Vorbild) to the attendees explaining what has been learned by the Soyfoods Assoc. in America. Explain to the small tofu makers ("the soy freaks") how important it is to stick together. Klaus and Thomas want to try again to make the German association work.

Thomas has always understood that Linn (Linn Tahu, or Linn Oriental Products, or Soy Linn) and Vanka-Kawat were the same.

Schoeller, a very big manufacturer of ice cream and frozen foods in Nuremberg, makes Soja Stangen, soy ice cream bars. It is a very new product. Thomas has an article about the product in a dairy journal. The product manager from Schoeller, who now works for Huegli, told Thomas that there is a very small amount of soy in this ice cream. Thomas also heard that Schoeller tried to sell the "Soy Bars" in the company's line of soy ice cream shops.

Dr. Upgar is one of the biggest food producers in Germany. They make almost every kind of food, including frozen foods, baked goods, convenience foods, etc. The product manager from Dr. Upgar called Thomas, asked him some questions about tofu, and told him that they are now experimenting with tofu in desserts. He was not sure how far they will go with this.

Thomas has no idea how much tofu Heuschen-Schrouff is now making, but their tofu is losing its popularity. Many former customers are not satisfied, and are now coming to Soyastern to buy their more expensive tofu. Heuschen-Schrouff has too many other things to do. But Heuschen tofu is by far the cheapest in West Germany, costing only DM 2.50/kg compared with Soyastern's price of DM 4/kg or lower to wholesalers or food processors, and DM 6/kg to retailers. "We wonder why Heuschen tofu is extremely sour even when it is fresh. Several years Mr. Puik visited Soyastern and brought fresh tofu. The pH was 4.5. The shelf life is very long, 6-8 weeks. I heard from a guy who toured the plant that they put some acids in the cooling tank water."

Thomas' situation looks better; tofu production is now up to 8,000 kg/week. Address: Bochumerstr. 92-104, D-4270 Dorsten, West Germany. Phone: 2362-26801.

9536. Karas, Thomas. 1990. Soyastern and Yamato (Interview). *SoyaScan Notes.* May 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyastern is hoping to merge with Yamato/Huegli. Yamato has a very small plant and is now operating at full capacity, so they can't expand. But they want to increase their institutional sales. Huegli has a very large market in these canteens [Ger: Kantine = canteen, or mess hall] and institutional kitchens, with 60 salesmen just in this area. Now they are making a big marketing campaign in this area. Thomas has talked extensively with Huegli, and people from Huegli have visited his plant in Dorsten. The decision will take about 1 month. Thomas would really like to do it, for it would solve two of his biggest problems at once: paying off large debts, and eliminating his largest competitor. Heirler is very interested in distribution because he has the potential for European-wide distribution.

Note 1. Huegli acquired Soyastern in April 1991. Note 2. *Webster's Dictionary* defines canteen (derived from the Italian wine cellar and first used in 1744) as "2b: a general store at a military post: See Exchange. 2c: An establishment that serves as an informal social club (as for soldiers or a community's teenagers). 2d: a small cafeteria or snack bar." Address: Bochumerstr. 92-104, D-4270 Dorsten, West Germany. Phone: 2362-26801.

9537. Shurtleff, William. 1990. Re: On soyfoods associations in Europe. Letter to the German Tofu Association, May 10. 2 p. Typed, without signature.
• ***Summary:*** Anyone who is interested in the development and growth of new industries will notice that behind every powerful industry, in every country of the world, is a powerful trade association. The dairy and meat industries in Europe and America are excellent examples of this. The earlier that a new industry discovers this key fact and begins to build a strong trade association, the faster that industry is likely to grow. Wise people in an industry realize that competing companies have much more in common than they have differences. And a trade association can be just as beneficial to small companies as it is to large ones.

Every industry arrives at times of crisis. If a strong trade association does not exist at these times to defend the industry, the entire industry can be severely hurt or even

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destroyed.

In Europe there is a great need for one strong European Soyfoods Association, and for strong soyfoods associations within each country. It is important to get as many companies as possible to join, since those who do not join will still benefit (free of charge) from the activities of the paying members. There is also a great need for one or more publications about the many exciting developments with soyfoods in Europe and in each country.

The main objectives of a soyfoods association might be: 1. Expanding the size of the market, or "market development." This is the key activity. Most consumers in the western world are still not aware, for example, of tofu, of its many nutritional benefits, and the many delicious ways that it can be served. An effective association can get a great deal of free advertising for its members by use of generic news releases, media interviews, etc. 2. Developing product standards. 3. Conducting legislative activities to prevent adverse legislation against one's products and the encourage favorable legislation. This is closely related to development of product standards. 4. Providing information for and educating the general public and the media. 5. Providing information to the industry concerning what is happening to and within the industry. This may include publishing a newsletter, collecting of statistics about the industry, developing a library of publications relating to the industry, and holding industry conferences and workshops for educating industry members and debating key industry issues.

Dues in an association should be directly proportional to each company's sales. There should be an upper limit to allow very large companies to join, but there should be no other fixed (just as a joining fee) fees, which would hurt small companies disproportionately. One major danger to an association is a split into small and large companies. A good association serves all companies equally, and all pay proportionally.

An association needs an effective, paid managing director (part-time or full-time) who knows the industry, personally likes its products, and wholly agrees with its goals. The association also needs an address, phone number, and board of directors.

Concerning product standards: As soon as a product becomes successful, some companies will try to make imitation products, which can hurt manufacturers of the real product. The soyfoods association in America has spent many years developing tofu standards and dealing with the complex philosophical and practical issues that they raise. Several key principles seem to be: Study existing standards. Invite input and comments from as many people as possible inside and outside the industry. Hire a good food regulatory specialist as a consultant. Design standards that are broad enough to allow product innovation in the future but not so broad as to allow imitations. Non-typical products (such as a tofu made from soy protein isolates) must be required to declare the nature of the product on the principal display panel so that consumers know what they are buying. The attempt to define in standards what is "traditional, natural, or pure" and what is not is hopeless. Can "traditional natural" tofu be made with an electric grinder, gas burners, and chlorinated water? Who cares? Each company should be allowed to market its products in any non-deceptive way it wants. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

9538. Whitford, Harry M., III. 1990. Re: Early history of Byodo Naturkost GmbH. Letters (faxes) to William Shurtleff at Soyfoods Center, May 11 and June 8. 2 p.

• ***Summary:*** "Byodo Naturkost was founded in the summer of 1984 by Lukas Kelterborn (whose idea it was), Hermann Konrad, and myself. I contributed the name–Byodo is the Japanese Buddhist term meaning "eternity," or with extended vowels (Byôdô) "equality" as implied in the perfection of indifference. The full original name was "Byodo Naturkost, Lukas Kelterborn, Hermann Konrad & Harry Whitford." It's legal status was a "GbR" ("Gesselschaft buergerlichen Rechts"–a "Personen Gesellschaft"), that is, a company made up of individuals who carry full personal responsibility for the debts and assets of the company. In Germany, such a company must include the names of all owners in the company name. Hermann and I were both cooking at Keyno Vegetarian Restaurant, where I was in charge of soyfoods production and quality. We made our own tofu and tempeh at the restaurant.

"Byodo started as a tempeh company. The first product was Frisches Tempeh (Fresh Tempeh, in English). Production started in about Sept. 1984. Originally we were in the Thalkirchenerstr. in Munich in a former bakery together with the Italian Aikido-teacher and Tofu maker Georgio Sapia. I don't remember the exact address. Lukas left a few months after we started in about Oct. 1984 to take over a health food store (Reformhaus). We started making a Tempeh Burger (Tempehburger) later that fall after we realized we couldn't keep the company going only on tempeh.

"A Tofu Burger (Tofuburger) followed shortly afterwards that fall and Lukas' last service to the company was to establish the tie to Soyastern, which was unable to fry burgers due to complaints by the neighbors. We started buying tofu from Soyastern in Cologne to make burgers for them–at a distance of 400 miles!

"On 2 July 1985 Byodo Naturkost was transformed into a new company with a new structure, Byodo Naturkost GmbH. GmbH stands for "Gesellschaft mit beschraenkter Haftung" ("Company with limited liability"), which is comparable to a "Co. Ltd." in the USA. Michael Mossbacher entered the company at that time, and the base capital was used to move to Hirschbergstr. 9.

"In the fall of 1985 we started making tofu after a

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scandal: We had been buying tofu from Sapia to make our burgers for the Munich market. But he bought conventionally grown beans and sold the tofu as bio [organic]!

"In early 1986 (winter) we made tofu spreads (Tofu Brotaufstrich). There were 3 kinds: Paprika, horseradish & green pepper (Paprika, Meerrettich & Gruenerpfeffer). We also started making Vegetable Tofu (Gemuese-Tofu), which is tofu with chopped veggies pressed into it–ready to fry. Somewhere along the way we started to make tofu to sell also. I don't know when.

"I left Byodo in September 1986 after unsolvable differences became ridiculous and intolerable. Another reason I left was that none of the others at Byodo had ever had anything to do with spiritual practice.

"I worked part time at Svadesha making tofu until I could clear up my debts enough to be able to accept Soyastern's offer and make the move to Cologne. I started advising Soyastern 'unofficially' in Jan. 1987. The move and work permit finally came together on July 15, 1987.

"Soyastern is now basically bankrupt, with debts of DM300,000 (US$150,000), whereas the German legal limit is DM50,000." Address: Eurosoy consulting, Alleestr. 13a, D-4270 Dorsten 1, West Germany. Phone: 02362/43493.

9539. Boodram, Ramlakhan. 1990. Supplying small-scale screw presses and extrusion/expelling systems to Third World countries (Interview). *SoyaScan Notes.* May 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Mr. Boodram, a native of Trinidad who started BAR Export/Import Inc. in 1980, makes small-scale screw presses and sells systems containing them to developing countries. His presses are those that have been used by INTSOY. At IITA in Ibadan, Nigeria, he has an extruder/expeller system. The extruder is made by Insta-Pro, for which he is an agent. For any seed other than soy, the screw press would be adequate, but with soy, in order to get a high-quality oil that requires no further processing (such as caustic refining, deodorization, etc.) you must first run the soybeans through an extruder, then press the hot extrudate. The resulting crude oil is of high quality and has the same chemical characteristics as once-deodorized soy oil. BAR Exports also supplied IITA with a soymilk and tofu plant containing a Bean Machines 150 mill, a Kawanishi hydraulic press, and a small tofu press. No commercial products are produced.

A system at Ken Soya in Nairobi, Kenya, is used to make low-cost extruded soy products, including flour and oil. The company, which to extrude animal feeds, is doing well. Tests started in Dec. 1989 and the soy flour is just now entering the market.

He is now shipping an extrusion/expelling pilot plant system to Sokoine (pronounced so-ku-AY-ne) Univ. of Agriculture in Morogoro, Tanzania. It will be used as a training system to disseminate the technology throughout the country. Using a scale and mixer, the low-fat flour will be mixed with a carbohydrate source, then run back through the extruder to make a cereal-soy blend that can be used for anything from a weaning food to animal feeds. The full system, which requires no boiler or compressor, fits in a space 20 by 50 feet and costs about $110,000, not including the building.

BAR also has an extruder-expeller system at Grove Country Foods in Ohio. He and Carl Hastings, who runs the company, are long-time personal friends. BAR has another system at B and B International in Trinidad. They sell the oil for food and use the meal/flour in animal feeds. BAR tries to reduce marketing costs by placing their systems in international or regional centers, then let them disseminate the technology. They have also been working with CARIRI (the Caribbean Industrial Research Inst.) at the Univ. of the West Indies, with CARDI in Belize, with Eat Soy in Dominique, and Nature Treats in Jamaica. The woman who owns Nature Treats also makes tofu. Address: BAR Export Inc., P.O. Box 190, Seymour, Illinois 61875. Phone: 217-687-4810.

9540. Seewer, Conrad. 1990. Recent developments at Galactina Ltd. in Switzerland (Interview). *SoyaScan Notes.* May 17 and 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Galactina bought the Naga line of products from Lindt & Spruengli in 1979 and started selling the products in 1980. At that time the line consisted of clinical beverages for oral and enteral feeding (Naga-di and Naga Sonda), and a baby food (Bebe Nago). In Nov. 1984 the company introduced its first tofu product.

Seewer joined Galactina Ltd. 20 years ago. Dr. Peter Speck left Galactina about 2 months ago. He went to work at a nearby company. Ulrich Bringold left several years ago to work with a yeast company. Neither Speck nor Bringold is involved with soya any longer.

Galactina now makes three types of soy products: (1) Beverages/liquids for clinical use, both for oral and enteral and tube feeding; (2) The tofu line; and (3) The Mamina Soya baby food line. They have both a milk and ready-to-feed meals. The meals, which contain soy [powdered soymilk] plus fruit or vegetables, were introduced recently. Galactina does not make any soymilk for regular, healthy adults. Address: Marketing Manager, Galactina Ltd., Birkenweg 1-6, CH-3123 Belp, Switzerland. Phone: +41 31 811 111.

9541. Seewer, Conrad. 1990. The tofu market in Switzerland (Interview). *SoyaScan Notes.* May 17 and 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Galactina was the first company in Switzerland to sell tofu in supermarkets. In about 1984 their tofu was sold in a test market in the Bern area at Co-op supermarkets

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under the Galactina brand. After a while Co-op introduced their own tofu product, made for them with the Co-op brand by PLL in Lausanne from soy protein isolates. Galactina does not consider that product or the Yasoya made by Baer to be a types of tofu. Tofu must be made from soymilk by the traditional process. Co-op still labels its product as tofu, but they may not be able to continue since the regulations are now getting stricter. Co-ops isolate tofu replaced most (but not all) of Galactina's tofu in Co-op supermarkets, which hurt Galactina's sales a lot. Co-op then introduced a yogurt-type product made by PLL, which they called Soya Dessert, but it is no longer on the market. Co-op also now carries Baer's Yasoya, which is like a tofu made from isolates and with 2-3% lactose added. It is different in consistency from the isolate tofu made by PLL, and it is marketed completely differently and is not private labeled for Co-op. Now Galactina tofu is sold in all department stores that have a food department, and most of the stores that sell milk (The "White Chain" controlled by milk distributors). Starting in 1989 Galactina started to sell its tofu (1 tofu, 2 bread spreads, and 2 salads) in Switzerland's 500 Reform Houses under the brand name Galaform with the Biona certification symbol (like the Neuform in Germany); 90-95% of the Swiss Reform Houses are Biona stores with the Biona label. Products with the Biona label can only be sold in Biona Reform House stores and must meet certain quality and production specifications. In 1-2 months Galactina will come out with new labels that look even fresher and tastier.

Seewer thinks (though he has no market statistics) that Migros/Conserves-Estavayer is the biggest tofu maker in Switzerland (but they only have 2 products), followed by Galactina, then Soyana, and PLL/Co-op. He is not sure which of the last 2 is largest. There is a smaller tofu company in Bern [Berner Tofurei] selling regionally; he also owns a health food store.

A rough estimate of the total size of the tofu market in Switzerland would be 500,000 kg/year. The growth rate has been uneven. In the beginning in 1984 and 1985 there was a boom. A number of products were introduced at that time that were not properly developed and of low quality. Then consumers got frustrated because many felt that tofu didn't taste good and was difficult to cook, etc. In 1986 the market dropped; Co-op and Migros reduced their lines. Now tofu is catching on again. Galactina has introduced "third-generation" products that taste good, but it takes a lot of marketing work to re-establish tofu and tofu products on the market. Over the past year, Galactina sales have grown about 10%. The first generation is plain tofu. The second generation is tofu with taste, as with 50% diced vegetables or some flavors mixed in. Third generation would be a burger or sausage, ready to heat and serve, or a bread spread that contains less than 10% fat. Address: Marketing Manager, Galactina Ltd., Birkenweg 1-6, CH-3123 Belp, Switzerland. Phone: +41 31 811 111.

9542. Nordquist, Ted. 1990. The tofu market in Scandinavia (Interview). *SoyaScan Notes.* May 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** There are three tofu manufacturers in Sweden. Aros in Sweden is the biggest. Aros started making commercial tofu in Feb. 1981. By 1983 production had grown to 500 kg/week and they began vacuum packaging. By 1984 they were making 800 kg/week, and by Jan. 1985 tofu production had grown to 1,750 kg/week. In early 1987 they introduced the Tofu Line brand for all of their soy products, and they emphasize this brand in their marketing. Now they use about 900 kg/week of soybeans (with a yield of 2.2 or 2.3) to make about 2,000 kg/week of tofu. Much of this tofu is used in second generation products. Sales are growing in the regular chain stores, but sales to health food stores have been dropping over the past few years. Many health food stores are going out of business. There was a lot of negative publicity about their high markups on some products, some questionable products (such as shark's liver oil touted as a cure for cancer), and the fact that the largest chains were owned by pharmaceutical companies that were making big profits. Aros produces 90-95% of all tofu sold in Sweden, Norway, and Finland. The rest consists of imports: a little bottled tofu from Lima in Belgium and canned tofu from Nutana in Denmark. Growth of the tofu market over the past few years has been slow. The main growth has been in second generation products. Over the past 6 years, 99% of Ted's energy has gone into the soy-base project and this has prevented him from working on tofu.

But now many exciting things are starting to happen with tofu in Sweden that make its future look bright. Hans Klimming is the chief cook for the largest conference center in Gothenburg (Göteborg), which serves 1,500-2,000 lunches or dinners at a time, is now serving lots of tofu– and promoting it strongly. He employs a Thai cook who is developing the dishes using Aros' tofu. Klimming has gone to Dagab, Sweden's largest wholesaler for restaurants and hospitals, and urged them to sell tofu throughout Sweden. Ted is now working with Klimming to develop a cookbook containing bulk tofu recipes. Klimming has also gone to Sweden's strongest supermarket chain, ICA (each store is a franchise, 99% owned by the owner), and asked them to publish and carry this cookbook in 1½ to 2 years. Presently Aros' regular tofu is sold only in a few ICA and Konsum stores in Aros' own distribution area–where they deliver themselves.

The second tofu maker in Scandinavia, Urten's Tofu in Soeborg, Denmark, is a fairly small company that supplies Nutana in Denmark with their tofu. Nutana in Denmark is a huge industrial plant that makes mainly frozen foods but sells them primarily in Scandinavia, especially Sweden. They have 2 canned tofu products and last year they introduced a frozen dish containing tofu cubes. Urten's Tofu also sells

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tofu as such on a fairly small scale. Nutana does not sell any tofu as such. Urtekraemmeren in Copenhagen, which owns Urten's Tofu, is mainly an importer of biodynamic products. Making tofu is a small side business for them.

Aros sales are continuing to grow, even though Ted is spending most of his time away from the business with Trensums. Address: Aros Sojaprodukter, Bergsvagen 1, S-19063 Orsundsbro, Sweden. Phone: 0171-604 56.

9543. Whitford, Harry M., III. 1990. Recent developments with soyfoods in Europe (Interview). *SoyaScan Notes.* May 18 and 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Harry is an American. He was an AFS student in Germany. He left California in Oct. 1980 and has lived in West Germany since then. He is now married to a German lady. His new consulting company will try to help European soyfoods companies develop products for mainstream markets. In Europe the diet is generally more diverse and healthier, with less meat and more cereal grains than the USA. Thus there is less motivation for consumers to use soyfoods and (except in the UK) less interest in vegetarian diets. So marketing is the key to selling soyfoods; they must be developed and marketed to sell primarily because they are good tasting and only secondly because they are healthful.

Thomas Karas is saying that Soyastern is trying to merge with Yamato but actually Soyastern is totally bankrupt and Karas is trying to convince Huegli to buy it.

DE-VAU-GE buys about 5,000 kg/week of tofu from Heuschen-Schrouff. The latter uses a secret coagulant which they claim is natural. The tofu has a 6-month shelf life and a pH of 4.0. It is hard like rubber. Harry thinks that after the tofu is pressed and cut, it is soaked in a lactic acid solution (Takai told him this) then pasteurized. Heuschen-Schrouff controls the Chinese food supplies, and that is where they make most of their money. In Chinese markets, their tofu is sold in open buckets. All of their tofu is sold very inexpensively at a very small markup. He thinks they make 50,000 kg/week.

From a producers viewpoint, the German tofu market is the most saturated in Europe, except perhaps for the Netherlands; there are too many producers. There is almost no water-packed tofu in Europe, except that made by one small company in Dusseldorf, and a little sold in bulk floating in water in buckets; the rest is all vacuum packed. The typical tofu company gives its tofu a 5-6 week shelf life because that is what consumers expect–but it rarely stays fresh that long, and is often sour. The only company in Europe Harry knows of that pasteurizes is Heuschen-Schrouff. DE-VAU-GE is now making its own tofu–a colleague of his saw it. They copied a Takai carousel curding machine. They use it only in their second-generation products–they do not sell any as plain tofu. Address: Eurosoy consulting, Alleestr. 13a, D-4270 Dorsten 1, West Germany. Phone: 02362/43493.

9544. Demos, Steve. 1990. Pasteurization, packaging, and freezing of tempeh (Interview). *SoyaScan Notes.* May 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave, America's largest tempeh manufacturer, pasteurizes all of their tempeh using a steam blanch. The details of the process are a trade secret, however it is not at all difficult for any company to figure out a good method, which extends the refrigerated shelf life to 16 days from less than 5 days, and which results in only a very slight lowering (almost negligible, except for connoisseurs) of the product's quality.

The basic idea is to take the tempeh as soon as it comes out of the incubator (at White Wave it is in individual perforated plastic bags) and put it on racks in a sealed chamber. This might be a large metal box that fits down over the rolling rack or an oven-like box. Live steam is run into the chamber for a certain typical of time (say 15 minutes) and temperature for pasteurization until the core of the tempeh is pasteurized. Steam quickly transmits its heat to the tempeh core.

Steve feels strongly that tempeh should not be vacuum packed, a process which he feels compacts the tempeh into a mush, greatly lowering its quality and appearance. However Lightlife Foods run by Michael Cohen, America's second largest tempeh maker, vacuum packs it, as does Northern Soy. Pacific Tempeh also vacuum packed. Vacuum packing a clean, pasteurized tempeh will probably give a shelf life of least 30-45 days. And if the tempeh is blanched in a vacuum package, the shelf life would be much more than 45 days. The potential from botulism under these conditions is extremely small due to competing organisms in the tempeh. White Wave is experimenting with a number of other ways other than blanching to extend shelf life under refrigeration.

All White Wave tempeh is shipped frozen from the factory. Some White Wave tempeh is now sent to the East Coast and exported to Europe. Freezing does decrease quality a little but it also greatly extends shelf life if the tempeh is shipped over a long distance. Steve feels that the main determinants of tempeh quality precede pasteurization–sanitation, starter, cooking, incubation, etc. White Wave recommends that retailers sell their tempeh out of the refrigerator, where it sell much faster and at lower cost than it does out of the freezer. In each case is a "merchandising slip" that tells the retailer to place the tempeh in his refrigerated case next to the yogurt in between the tofu, and to expect it to last at least 16 days. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3485.

9545. *Toyo Shinpo* (*Soyfoods News*). 1990. 89 nen shinkoku shotoku rankingu [1989 ranking of tofu, natto, and konnyaku companies in Japan, based on reported income to the tax

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bureau]. May 21. p. 1. [Jap]

• ***Summary:*** Rank–Company name (Food type)–Prefecture–Reported income in million yen, ranking among all Japanese industries. For food types: T = Tofu, DFT = Dried-frozen Tofu, A = Aburagé (deep-fried tofu pouches), N = Natto, K = Konnyaku:

1. Asahimatsu Shokuhin (DFT, A)–Nagano–843–5,504
2. Takano Foods (N)–Tochigi–445–10,464
3. Asahi Kôgyô (T + other foods)–Tokyo–444–10,490
4. San Shokuhin (T)–Kagoshima–417–11,204
5. Okay Shokuhin Kôgyô (A)–Fukuoka–362–12,867
6. Tajimaya Shokuhin (T, N, A)–Hyôgo–322–14,419
7. Azuma Shokuhin (T)–Tochigi–320–14,516
8. Misuzu Tôfu (DFT, A)–Nagano–307–15,128
9. Fujita Shokuhin (T)–Hyôgo–243–19,082
10. Sekigoe Bussan (K)–Tokyo–189–24,470
11. Tochigi-ken Natto Seisan (N)–Tochigi–174–26,477
12. Santeiri (T)–Aichi–140–32,840
13. Sankô Shokuhin (T, Cow's milk)–Yamagata–136–33,679
14. Saga Tôfu Morika (T)–Kyoto–121–37,484
15. Tengu (T, N, A)–Ibaraki–119–38,342
16. Fuji Kiyo Konnyaku (K)–Kyôto–113–40,160
17. Nihon Tanpaku Kôgyô (T, A)–Tokyo–110–41,156
18. Yashima Shokuhin (T, A)–Kanagawa–107–42,410
19. Yama Shoku (T)–Nara–95–47,272
20. Nagai Sôgo Shokuhin (T, A)–Hyôgo–83–53,659
21. Asahiya Shokuhin (T)–Kanagawa–78–56,956
22. Tsujikane Shokuhin Kôgyô (K, A)–Gifu–77–57,789
23. Marukawa Shokuhin (T)–Hokkaidô–76–58,061
24. Kyôto Tanpaku (T)–Kyôto–71–61,805
25. Niihama Seitô (T)–Ehime–58–73,954
26. Kakumitsu Kudô Shokuhin (T)–Aomori–55–78,339
27. Matsuyama Tanpaku (T)–Ehime–50–84,444
28. Tôkô Shokuhin (T, N)–Tokyo–46–91,698
29. Tokyo Minato (T)–Ibaraki–41–99,618
30. Ebara Shokuhin (T)–Tokyo–40–101,982

Explanation: Number 1, Asahimatsu Shokuhin, makes dried-frozen tofu and aburagé. In 1989 the company reported its income to be 843 million yen. It was the 5,504th largest company in Japan. Note: A number of large manufacturers of dried-frozen tofu, perhaps because of slow sales, are now diversifying into deep-fried tofu pouches.

9546. Speck, Peter. 1990. The tofu market in Switzerland (Interview). *SoyaScan Notes*. May 23. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The market has been stable and without much change for the last few years, but now there seems to be a slight upturn. However some new second-generation products will soon be launched. Galactina has a tofu burger and Migros will launch one in the next few months. Galactina and Migros are the main companies selling tofu in supermarkets; both are doing a good job marketing. Co-op is selling a tofu made by PLL with soy protein isolates under their own brand. During the last year a number of publications showed that this tofu was made with isolates and that gave Co-op a very bad reputation. This adverse publicity did not hurt other types of tofu. Co-op announced on television that they are considering changing the product name from tofu to something like "soy product" or "soy curd." They do not have the equipment to make tofu from whole soybeans. Soyana is still on the market but mainly in health food shops. Not much has happened with Soyana in the last year; a few years ago they were much stronger. Baer makes one soft tofu in one bland and 3 spiced flavors; all are made from isolates with dairy protein, cereals, and vegetables added. They have promoted these with a very large marketing budget (Peter heard 4 million Swiss francs, but that figure may be too high). Baer introduced this product because the market for dairy products in Switzerland was not growing. It is sold at Co-op supermarkets, dairy shops, and many other types of stores (except Migros) all over Switzerland. Note: Dairy shops (Molkerei / Laiterie) are retail outlets that sell mostly milk and cheese, but since turnover is slow they usually also sell bread, vegetables, canned goods, etc. plus Galactina and Yasoya soy products. They never sell Migros or Co-op products.

Peter estimates that the five largest tofu manufacturers in Switzerland, in descending order of size, are Migros, Galactina, Baer, Soyana, and PLL/Co-op. If we include tofu made from isolates, Peter estimates that 500 tonnes/year of tofu are sold in Switzerland. The percentage growth rate is now very low. The market grew very rapidly during the early years (1985-86), but during the past 2 years tofu has gotten a bad reputation because people didn't know how to prepare regular tofu. By the time that companies had realized that consumers needed second generation tofu products, the consumers didn't want to try tofu any more. Even though they gave cooking classes and distributed a gourmet tofu cookbook, it was too late. In retrospect, second-generation tofu products should be introduced with cooking classes before basic tofu. One market sector that is now growing well is the institutional/catering [foodservice] market that sells to university and company dining halls (canteens), big hotels, or hospitals. In some cases the tofu dishes are prepared outside the institution and in other cases inside. Tofu use is also growing in restaurants, especially vegetarian and hotel chain restaurants; the latter cater to many vegetarian travelers. But tofu is not sold in regular Swiss restaurants. This institutional sector is responsible for the slight growth in the total market. Soyana was the first company to sell to this institutional market, but now Galactina is offering successful cooking classes for hospital cooks. About half of all Galactina tofu is now sold to the institutional market. Now Galactina and Migros are trying to rejuvenate the tofu market with new products. Both companies have a deep belief in the potential and future of

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tofu. But it will be hard, because tofu has a bad image, like liver or spinach. Peter feels that yogurt-like soy products will never do will in Switzerland because the country has a long history of dairy yogurt and soy products are found to be of lower quality by comparison. One of the main groups buying soy products in Switzerland are the "Green People." They often buy at Reform Houses, where Soyana is the main supplier. Most of Soyana's sales are from Reform Houses. 4-5 months ago Galactina launched tofu spreads, salads, and burgers under the Galaform brand in the Reform Houses. Over the past few years, flavored tofu products and tofu spreads (Tofunette) have been most successful for Galactina. They have found that it is important to add new flavors from time to time, just like with ice cream. Of Galactina's 3 product lines, tofu products are probably the best sellers, followed by the baby foods, then the clinical feeding products, but they are all about the same size. Migros' most successful products have been their regular tofu, spiced tofu, tofu spread, and Tofunaise. They are planning to launch a tofu burger in the next month or two.

Speck once heard that Unilever developed a whole range of tofu and soy products. He does not know when or where they did this or what they plan to do with the products, but he thinks they were for the German market.

Huegli has an annual turnover of about 150 million Swiss francs. They are in the dry soup and dry product business. He has a pamphlet describing the company. Address: Home: Muenzingen, Switzerland. Work: Haco Co. in Gumlingen. Formerly with Galactina, Ltd. Phone: 031-52-1631.

9547. Speck, Peter. 1990. How Galactina got involved with tofu in Switzerland (Interview). *SoyaScan Notes.* May 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Galactina bought the Naga product line from Lindt & Spruengli in 1979 and began selling the products in 1980. When Speck arrived at Galactina, the only soy products made by the company were Naga-di and Naga Sonda, both sold only in dried form. Then in 1981 they started to produce them in a liquid form in Tetra Pak. Speck's first job at Galactina was to develop the liquid form of Naga Sonda in Tetra Pak. Then they began to look for ways to use their extra soymilk production capacity. So he read the literature and learned about tofu, a product widely made in East Asia. He made tofu once and found it promising. The company decided they wanted to be a pioneer in introducing tofu to Switzerland. So they began to develop a regular tofu. During the development, Speck met Verena Krieger and asked her if she could show him how her company produced tofu. In 1984 Verena came to Galactina and made an excellent presentation, for which she was paid. She explained what tofu was and what could be done with it. Initially Galactina decided to buy their tofu from Sojalade (the company of which Krieger was one owner), since they had no idea whether or not the product would be successful. At first Sojalade agreed to supply the tofu to Galactina, then two months before the test market they changed their mind saying that they did not want to supply an industrial producer. So Galactina had to develop their own whole process in 2 months.

In Nov. 1984 Galactina launched their regular tofu in test market in Bern at Co-op supermarkets. The launch was successful and Co-op became the leading outlet for Galactina tofu. Co-op kept Galactina tofu even after they launched their own brand of tofu in Aug. 1985, made and private labeled for them by PLL. But they kicked out Galactina in 1988 when they took on Baer's Yasoya, because Baer, which has an excellent cheese distribution system, was able to deliver its own product to each individual Co-op supermarket and service the product, removing any that were not fresh. Galactina could not provide such a service. Address: Home: Muenzingen, Switzerland. Work: Haco Co. in Gumlingen. Formerly with Galactina, Ltd. Phone: 031-52-1631.

9548. Andersen, Thomas. 1990. History of pioneering work with tempeh and tofu in Denmark (Interview). *SoyaScan Notes.* May 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Thomas, a native of Denmark who speaks flawless British English (in part because of his extensive travels), got interested in macrobiotics in about 1982-83 and, looking for work, traveled to London to study at the Community Health Foundation (founded in 1976 to teach macrobiotics). There from Simon Brown (the expert on soyfoods, who taught classes on how to make tofu and tempeh), Jon Sandifer, Roger Green (presently in Australia), and Andrew Leech, he learned how to make tempeh. There was a small commercial tempeh shop in the kitchen of the Community Health Centre; it started after the kitchen's closing time. He returned to Denmark and in 1985 he started the country's first tempeh shop, named Thomas Tempeh, located on Tagens Vej in Copenhagen. He had two problems. First, since many of his customers were interested in macrobiotics, they did not want the tempeh frozen, and it had a shelf life of only 8 days fresh. Second, the market was very small. So Thomas realized that if he wanted to survive working with soyfoods, he would have to make tofu as well as tempeh.

The two earliest tofu companies in Denmark were Dansk Tofu (owned by Ted Goldberg and some other guys) and Soy Joy in the Valby district of Copenhagen. [Note: Tofu Denmark in Valby was started in March 1982 by Per Fruergaard from Christiania]. The owners of Soy Joy were very idealistic. They never got a packaging machine for their tofu; they just delivered it in bulk in water, which the Danish health authorities, who are very strict, did not like. They were only in business for about 3-6 months. In late 1985 Thomas bought most of the tofu equipment owned by Dansk

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Tofu, which had been in business for about 1 year. The company was owned by Ted Goldberg, and they had stopped making tofu about 6 months earlier. At this time, Dansk Tofu simply disappeared. And now Thomas started making tofu and marinated tofu, still at Tagens Vej. On 1 Jan. 1986 he moved the business to Soendergade in the city of Toelloese, Denmark. The business was still named Thomas Tempeh. He quickly expanded his product line to include Tofu Pâtés and Smoked Tofu. All of his products were always made with organically grown soybeans. Then he ran into problems with the health inspectors. They did not like the fact that he was making tofu and tempeh in the same place, that he was smoking the tofu himself, and that there were problems with the tofu pasteurization. Moreover, Thomas was overworked (18 hours a day) and undercapitalized. He and one employee were making 500 kg/week of soy products. So in September or October 1986 he sold his business to Urtekraemmeren (pronounced ur-te-KRAH-mer-en), which had previously imported soyfoods from Japan but had never manufactured any.

Then Thomas went to Switzerland to help out with a tofu factory named Berner Tofurei, located in Bern and owned by Infinity, a macrobiotic group. In about Dec. 1986 Urtekraemmeren moved their newly acquired tempeh and tofu company to its present location in Soeborg, Denmark, and renamed it Urten's Tofu, and stopped making tempeh since the health inspectors didn't want tofu and tempeh to be made in the same room. Tempeh was selling, but not enough to justify buying a separate room and equipment for it. In April 1988 Thomas returned to Denmark and began to work as a tofu maker for Urtekraemmeren at Urten's Tofu, the company he had founded. The company was in bad shape: there were constant problems with the health inspectors, the equipment was old and bad, a long pressing time led to bacterial contamination, etc. In late 1988 or early 1989 Urten's Tofu started selling their tofu to Nutana, a large manufacturer of vegetarian foods owned by the Seventh-day Adventist church. This was a turning point in the history of the business. In about May 1989 Thomas told Urtekraemmeren that if they invested in new equipment he could make the company successful. They liked the idea so Thomas went to the SIAL food fair in Paris, met Takai, and bought their largest pressure cooker (220 liters), new pressing tables, a pasteurizing tank, etc. The next big development came in Sept. 1989 when Urten's Tofu got their tofu into the Irma supermarket chain in Denmark. Then tofu began to sell better on the health foods market as well. Thomas, Tom Kristoffersen, and one other man now make the tofu at Urten's. But it is hard work and wages are low. There are no tofu books in Danish.

Today Urten's Tofu is the only tofu company in Denmark. They make, on average, 750 kg/week of tofu (range: 500 to 1,500 kg/week). Their three products are tofu, marinated tofu, and tofu pâté. Production is growing nicely but varies widely from week to week.

A new tofu company named Oy Soya Ab is now being starting in Ekenäs, Finland, by people there who import macrobiotic foods from Japan. One of the people is named Elizabeth. Thomas will work as a consultant for this new company. Address: Urten's Tofu, Hoeje Gladsaxe Torv 2, DK-2860 Soeborg, Denmark. Phone: 31 67 41 90.

9549. Andersen, Thomas. 1990. Urtekraemmeren and Urtekram in Denmark (Interview). *SoyaScan Notes.* May 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** These two companies were originally one. Urtekram means "herb" in Danish. The original company started in the 1960s, inspired by macrobiotics and natural foods, then it split into two in the 1970s. Both companies now import foods (including soyfoods) from Japan and distribute them in Denmark. Urtekram, located in Mareager, Jutland, is larger and doing a lot better financially than Urtekraemmeren. Urtekraemmeren owns Urten's Tofu and its distribution of imported macrobiotic products is limited mostly to Copenhagen. Address: Urten's Tofu, Hoeje Gladsaxe Torv 2, DK-2860 Soeborg, Denmark. Phone: 31 67 41 90.

9550. Fehlberg, Eric C. 1990. Re: List and activities of Seventh-day Adventist health food companies worldwide. Letter to William Shurtleff at Soyfoods Center, May 24. 6 p. Typed, with signature on letterhead.
• ***Summary:*** For each for the following companies is given the date of founding, date manufacturing started, and the soy products presently manufactured: Granovita, Spain. Nutana, Holland. Nutana, Norway. Nutana name changes. Austrian Food Company. DE-VAU-GE, West Germany. Sahm Yook Foods, Korea. Sanitarium Health Food Company, Australia (3 pages).

Lists (with addresses) the following companies: Sanitarium Health Food Company in Wahroonga, NSW, Australia; DE-VAU-GE Gesundkostwerk GmbH in Lueneburg, West Germany; San-iku Foods in Sodegaura-machi, Kimitsu-gun, Chiba-ken, Japan; Korean Food Factory (Sahm Yook Foods) in Choongchungnam-do, South Korea; Alimentos Integronaturales y Panificadora la Carlota in Montemorelos, N.L., Mexico; Produtos Alimenticios Superbom Industria e Comercio Ltda. in Sao Paulo, Brazil; Alimentos Granix in Florida, Buenos Aires, Argentina; Nutana Health Food Company in Bjaeverskov, Denmark; AB Svenska Nutana in Rimbo, Sweden; Granose Foods Ltd. in Newport Pagnell, Bucks, England; Pur-Aliment Food Factory in Clichy–Cedex, France; PHAG Food Factory in Gland, Switzerland (Note: PHAG is an acronym for Produits Hygièniques Alimentaires Gland); Egypt Food Factory in Heliopolis, Cairo, Egypt; Glaxo India Limited in Bombay, India; Westico Foods Ltd. in Mandeville, Jamaica; Industrias Covac S.A. in Alajuela, Costa Rica; South China Island

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Union Mission in Hong Kong (3 pages). Address: Director, International Health Food Assoc., Seventh-day Adventist General Conference, 12501 Old Columbia Pike, Silver Spring, Maryland 20904. Phone: 301-680-6674.

9551. Ebner, Guenter. 1990. The tofu industry and market in Austria (Interview). *SoyaScan Notes.* May 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** There are three large tofu manufacturers in Austria: Sojarei Ebner-Prosl in Baden bei Wien (Vienna) makes 4,000 kg/month. SoyVita in Lichtenwoerth makes about 2,500 to 3,000 kg/month, and Schoen Tofurei (Tofurei Wels) in Wels makes about 1,000 to 1,500 kg/month. There is also a small tofu shop (name unknown) operated by one person on a farm in Graz; he sells only to two retail shops. Thus the size of the tofu market in Austria is about 8,000 to 9,000 kg/month or 1,840 to 2,071 kg/week.

This market is growing rapidly. Tofu production at Sojarei Ebner-Prosl has increased 20-30% a year during the last few years and Guenter thinks the entire market is growing at about the same rate. Tofu is now changing from an unknown product to one that is a little better known–just as happened in America 10 years ago.

Austrian standards for organically grown foods are quite strict and diverse; certification is required. There are three classifications: (1) Organisch-Biologisch: His soybeans are of this type and this standard is stricter than American "organic" standards; (2) Biologisch-Dynamisch (Demeter); (3) Biodyn.

The generic name for these certified organic crops is "Austrian Certified Alternative Culture/Cultivation" (Oesterreich Anerkannte Alternative Anbau). Address: Sojarei Ebner-Prosl / Tofu Austria, Augasse 2, A-2500 Baden bei Wien (near Vienna), Austria. Phone: 02252-85101.

9552. Daenzer, Walter. 1990. The tofu and soymilk markets in Switzerland (Interview). *SoyaScan Notes.* May 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyana introduced its Soyaquell brand in about 1985 for the mainstream market. The Soyana brand is reserved for the Reform market. Many (but not all) Soyana products are now sold under the Soyaquell brand–such as tofu, soymilk, etc. New products include Tofu Pastete (cake-shaped hors d'oeuvres, 1989) and some new Tofu Burgers.

Competition in the soyfoods market is terrible in Switzerland–its the most competitive market in Europe. The market is small and people have very high quality expectations. Galactina is trying to get into all the Reform stores. They are doing everything they can to market their products there. Some years ago the regular food industry got interested in soya, but their standards allowed them to make tofu and related products using soy protein isolates. Baer Weichkaeserei had a big campaign which resulted in Galactina tofu products being kicked out of all Co-op supermarkets. Also Galactina products had many problems selling in the supermarkets. So Galactina has decided to sell their products in the Reform stores. And now Soyana has lots of competition from Galactina. The Swiss Biona Association used to sell only Swiss soyfoods. Nothing else was imported until about 2 years ago. At that time, they got offers to sell soymilk made in France and Germany. "Then Biona did something terrible; they gave the Biona sign to all foreign suppliers. So now Société Soy is coming in from France, Heirler with a big range of products from Germany, etc. Products from all over Europe are now being imported to Switzerland and sold at Reform stores."

Soyana invested a great deal of money as a pioneer in the Swiss soyfoods market. Just when it looked like they were about to recover their losses, the terrible new competition began. And the competitors are using every trick in the book, including unfair means and deceptive advertising. They have no sense of purity of product; for example they say they are using nigari but they use calcium sulfate with 10% nigari. Soyana does not pasteurize its tofu but the competition does. So now Soyana has to educate its former customers about the advantages of not pasteurizing. Now Soyana has to become a quality pioneer and an advertising pioneer. Reaching and convincing all these people costs lots of money, but Soyana is doing it. Soyfoods have changed from being an alternative food to being a big money maker, so the big food companies jump in with the goal of making more money by selling lower priced, lower quality foods. Their advertising is often dishonest.

"The whole soy thing has proved to be an alternative for people who really need it. And that is a stable market, but it is not booming. In America it seems that the big food producers have slept while the soyfoods market has grown, but in Switzerland the situation is different. Many big Swiss companies jumped in when they got the idea that soya is healthy, but many of them didn't know anything about the products. So now Soyana is looking for alternate things to do to avoid this terrible situation."

If Soyana tries to export its products from Switzerland, it has to pay 20% customs duty, and Swiss wages are high. But companies that import foods to Switzerland have to pay a much smaller tax, and the process is easier. This will not change with the opening of trade in 1992 because Switzerland is not part of the EEC! Swiss has always cherished its separateness, independence, and neutrality.

Concerning the term Broteinheit ("Bread Unit," it is not Broteinhalt) relating to diabetic exchanges, the term is not well defined or agreed upon by professionals, so it is a big problem.

Soyana used to be the only soymilk manufacturer in Switzerland. Then a Swiss-French company with a French name started making soymilk. Their prices were low, but they couldn't reach the big consumer chains. Address: Soyana, Postfach 8039, Zurich, Switzerland. Phone: 01/202

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89 97.

9553. Kjellker Gimre, Monica. 1990. Re: Complete soymilk or soybase plants installed by Alfa-Laval worldwide from 1979–1989. Letters to William Shurtleff at Soyfoods Center, May 30 and Aug. 24–in reply to inquiry. 2 p. Typed, with signature on letterhead.
• ***Summary:*** The following plants are listed chronologically by year of start-up, and within each year, alphabetically by country. Start-up–Country–Company–Product–Capacity (liters/hour)

1979–Malaysia–Lam Soon–soymilk–5,000
1980–Thailand–Kickapoo–soymilk–4,000
All plants made from 1984 on use Alfa-Laval's new Soyal design.
1985–West Germany–Ice cream maker [Schoeller]–soybase–3,000
1985–Switzerland–Soyana–soybase–1,000
1986–China–Guangzhou Cannery [Guangdong]–soymilk–2,500, 2 dec.*
1986–France–Cacoja–soybase–1,500
1987–China–Jin Jiang Foodstuffs Factory–soymilk–2,500
1987–India- Noble Soya–soymilk–4,000, 2 dec.*
1988–Argentina–Alimentos de soja–soymilk–4,500
1988–China–Jiangmen Foodstuff Factory–soymilk–2,500, 2 dec.*
1988–China–Wuhan Guan Sheng Yuan Foodstuff Factory–soymilk–2,500, 2 dec.*
1988–France–Innoval–soybase–1,500
1988–Nepal–Indreni–soymilk–2,500
1988–Nigeria–Sona Dairies–soymilk–4,500
1989–Australia–Sanitarium Foods–soybase–500
1990–France–Dairy Co-op**–soybase–500

* = 2 decanter centrifuges per system to boost the protein yield. The systems made before 1984 were for more traditional soymilk. Those made afterwards no longer require that the soybeans be soaked, and the "new" soyabase line in designed primarily for producing a non-beany soymilk, but it can be easily adjusted to give a traditional soymilk. "Soybase" is the product that comes out of the Soyal soyabase line after grinding, separation in one or more decanters, and deactivation of enzymes like trypsin inhibitors. This base is more concentrated than soymilk (9-12% solids/dry matter) and is what is used as the raw material for any soy-based product. "Soymilk" is a blended drink, often containing sugar, and standardized to a protein level required by the market. Soybase would only be run through an ultrafiltration unit to (1) remove phytic acid and oligosaccharides, or (2) to remove moisture and increase the percentage solids, as to make tofu. ** The plant owned by the Dairy Co-op in France is secret, but the base it produces will be used mostly for research on calf milk replacers and on replacing cow's milk in certain dairy products. This dairy does not have any products on the market. Address: R&D manager, Alfa-Laval East Asia Pte. Ltd., 11 Joo Koon Circle, Singapore 2262. Phone: 86 22 711.

9554. Krieger, Verena. 1990. Re: The tofu market in Switzerland. Letter (fax) to William Shurtleff at Soyfoods Center, May 31. 5 p. Typed, with signature on letterhead.
• ***Summary:*** Switzerland's largest tofu manufacturers are:

Migros/Conserves Estavayer makes 4,650 kg/week of tofu. They are introducing a silken tofu.

Galactina Ltd. in Belp makes 1,500–2,000 kg/week of tofu.

Baer makes Yasoya, an isolate-based tofu-like product. Production figures are not available. They are taking a large share of the market with an inferior product and aggressive advertising.

Soyana in Geneva makes tofu. Production figures are confidential.

PLL Produits Laitiers Lausanne SA in Lausanne makes 1,000 kg/week of tofu [using soy protein isolates].

Tofushop Centanin SA in Carouge (Geneva) makes 750 kg/week of tofu. This company was formerly named Osoja: La Maison du Tofu.

Genossenschaftstofurei in Ottenbach makes 600–700 kg/week. They also produce and sell tofu kits.

Berner Tofurei in Frutigen makes 400 kg/week of tofu. They also make 100 kg/week of tempeh.

Tofurei Pfannenstiel in Maennedorf makes 160 kg/week of tofu.

Krieger estimates the total market size to be about 10,000 kg/week or 500,000 kg/year. [Note: If we estimate Baer's production to be 1,500 kg/week and Soyana's to be 1,250 kg/week (see 1990 estimates by Peter Speck), the weekly total becomes 12,110 kg/week of tofu and at 50 weeks/year, the annual total becomes 605,500 kg/year.] The market is stagnant. Best-selling products include Soyana Tofuburgers and Galactina Tofu Salads.

The following tofu companies are no longer in business: Gauthier Loeffler Tofu, Joya, Le Grain d'Or, Soy Joy, Tangram Tofurei, Thieus Soja Spezialitaet. Address: Bruchmattstr. 24, CH-6003 Lucerne, Switzerland. Phone: 041-22 50 34.

9555. **Product Name:** Ken & Robert's Veggie Pockets {With Tofu-Rella Soy Cheese} [Greek Style (with Spinach & Cheese), Pizza Style, Tex-Mex Style].
Manufacturer's Name: Imagine Foods, Inc. (Marketer/Distributor).
Manufacturer's Address: 299 California Ave. #305, Palo Alto, CA 94306. Phone: 415-327-1444.
Date of Introduction: 1990. May.
Ingredients: Greek: Crust: Organic whole wheat flour, organic wheat flour, water, expeller pressed oleic safflower oil, brown rice syrup, yeast, sea salt. Filling: Spinach, tofu

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mozzarella & jack (tofu, non-hydrogenated soy oil, casein [a natural derivative of non-fat milk], sea salt, citric acid, natural flavors, soy lecithin, guar gum, natural color), onions, mushrooms, rice starch, garlic, herbs, spices, sea salt. Organically grown and processed in accordance with section 26569.11 of the California Health and Safety Code. Reg. Penna. Dept. Agr.
Wt/Vol., Packaging, Price: 5 oz (141 gm) in plastic bag. Retails for $1.89 (7/92, California).
How Stored: Frozen.
New Product–Documentation: Talk with Robert Nissenbaum. 1990. March 14. This new line of products was launched in Oct. 1989 at the East Coast Natural Foods Expo (NFM) show, and will be available in stores in April or May 1990. Tofu-Rella has a good price. The product resembles frozen "Hot Pockets." It is totally enclosed dough shaped like a jelly doughnut, a hold-in-your hand quick meal. Talk with Robert Nissenbaum. 1990. June 21. The product was in the stores in May.

Ad in Vegetarian Times. 1990. July. p. 5. "Pockets for people with their hands full." "Ken & Robert's Veggie Pockets present a new alternative for health conscious people in a hurry. Each pocket is a delicious handful of the best fast food on the market, with tasty fillings like tofu mozzarella, tangy tomato sauce, organic pinto beans, spinach and seasonings. Ken and Robert don't compromise when it comes to quality. Baked, not fried, Ken & Robert's Veggie Pockets contain no cholesterol and they're lactose free. Just three minutes in a microwave or thirty in a conventional oven unlocks the flavor of these steaming, nutritious pockets packed with taste." The Pizza Pocket contains tofu mozzarella and the Greek Pocket contains tofu mozzarella and tofu jack cheese.

Leaflet received 1990. July. "Truly amazing. Pockets for people with their hands full."

Product (Greek Style) with Label purchased at Open Sesame in Lafayette, California. 1992. July. 8 by 3.75 inches. Orange, green, black, white, and tan on blue. "Truly amazing. A delicious baked organic wheat crust. Filled with spinach and Tofu Mozzarella. Pockets for people with their hands full. No cholesterol. Lactose free. Ken & Robert's Veggie Pockets are the most delicious mouthful of fast food going." Other varieties in 1991 include Indian.

Labels for Pizza Style and Tex-Mex Style sent by Robert Nissenbaum of Imagine Foods. 1990. July 5.

9556. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Janet Stubbs Soyfoods.
Manufacturer's Address: Avenida de los Picos, Bucerias, Nayarit, Mexico. Phone: 322-80306.
Date of Introduction: 1990. May.
Wt/Vol., Packaging, Price: Bulk. 5,000 pesos/kg = $0.97/lb.
New Product–Documentation: Talk with Janet at Soyfoods Center. 1990. July 14. She started making tofu in her kitchen in May 1990. She sells 20 kg/week to local restaurants, vegetarians, and health food stores.

9557. Macfarlane, Bruce J.; Riet, W.B. van der; Bothwell, T.H.; et al. 1990. Effect of traditional oriental soy products on iron absorption. *American J. of Clinical Nutrition* 51(5):873-80. May. [28 ref]
• ***Summary:*** Various soy products (silken tofu, tofu, tempeh, natto, different types of miso, sufu, and soy flour) were fed to 242 women. Blood levels of iron were then compared. Silken tofu, tempeh, natto, and the misos showed better iron absorption than tofu and sufu. The authors speculated that because tofu is higher in calcium, it might be this calcium that is inhibiting iron absorption. Silken tofu, coagulated with GDL, has a much lower calcium content than silken tofu. Address: MRC Iron and Red Cell Metabolism Unit, Dep. of Medicine, Univ. of Witatersrand, Johannesburg; Div. of Food Science and Technology, CSIR, Pretoria; and the Dep. of Medicine, Univ. of Natal, Durban, South Africa.

9558. **Product Name:** Nasoya Stuffed Pastas [Manicotti, Ravioli, Tortellini, or Stuffed Shells].
Manufacturer's Name: Nasoya Foods, Ltd.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 508-537-0713.
Date of Introduction: 1990. May.
Ingredients: Pasta (organically grown whole wheat flour, 100% durum semolina flour and water), filled with tofu (well water, organic soybeans, calcium sulfate, magnesium chloride [nigari]), imported olive oil, herbs, spices, sea salt, natural flavor.
Wt/Vol., Packaging, Price: 16 oz box. Retails for $2.89 to $2.99 (7/90).
How Stored: Frozen.
New Product–Documentation: Soya International. 1990. April/June. p. 22. Contact: Pam Clark. Talk with John Paino. 1990. Sept. 9. These 4 non-dairy frozen pasta products were launched in May 1990 after 2 years of product development. All use tofu as a filling. They are already one of the Nasoya's best products. John is Italian, and has been using tofu in lasagna and other pasta products at home for 12 years. Nasoya recently installed $100,000 worth of equipment to make the filling. The result tastes just like ricotta cheese. The final pasta product is made by an outside contractor.

Note: The ancestry of these products can be clearly traced to a similar line of products, with very similar names, introduced by Simply Natural Inc. of New Jersey in Sept. 1986. Nasoya supplied Simply Natural with some of the latter's tofu during 1987 and 1988. In mid-1988 Nasoya began tests on making Simply Natural's Soft Soyalite, a tofu-based cheese-like product and filling, and eventually worked out the difficult pasteurization, product flow, and hot-pack

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problems. By mid-1988 Nasoya and Simply Natural were seriously considering a merger. Simply Natural has since gone out of the soyfoods business because of legal problems with financial partners.

9559. Shurtleff, William; Aoyagi, Akiko. 1990. The tofu market in Europe. Lafayette, California: Soyfoods Center. 137 p. 28 cm. [600+ ref]
• ***Summary:*** Contents: Introduction and overview: Production of tofu in Europe–Totals by country, Europe's largest tofu manufacturers, trends in the tofu market in Western Europe (9 p.). The tofu market in the United Kingdom (Ranking of companies, production statistics, details on individual companies 10 p.). The tofu market in the Netherlands (10 p.). The tofu market in the West Germany (21 p.). The tofu market in the France (19 p.). The tofu market in the Belgium (10 p.). The tofu market in the other European countries (16 p.). Index. List of tofu manufacturers in Europe (sorted by country, and within each country by company name, 9 p.). Update on the tofu market in Europe. April 1991 (28 p.).

Production of tofu in Europe–Totals by country: United Kingdom 47,500 kg/week, started 1966, 35% share of five leading countries. Growth rate: 10%. Netherlands 44,500 kg/week, started 1964, 33% share of five leading countries. Growth rate: 8%. West Germany 24,650 kg/week, started 1981, 18% share of five leading countries. Growth rate: 10%. France 14,750 kg/week, started 1982, 11% share of five leading countries. Growth rate: 35%. Belgium 5,000 kg/week, started 1977, 4% share of five leading countries. Growth rate: unknown.

Europe's largest tofu manufacturers: 1. Heuschen-Schrouff, Netherlands, started 1964, makes 37,500 kg/week. 2. Dragon & Phoenix, UK, started 1966, makes 20,000 kg/week. 3. Cauldron Foods, UK, started 1981, makes 15,000 kg/week. 4. Société Soy, France, started 1982, makes 12,500 kg/week. 5. Soyastern / Dorstener Tofu, West Germany, started 1982, makes 7,000 kg/week. 6. Jonathan PVBA (Div. of Lima Foods), Belgium, started 1977, makes 4,500 kg/week. 7. Regular Tofu Co. (Haldane Foods), UK, started 1981, makes 4,000 kg/week. 8. Paul's Tofu, UK, started 1981, makes 3,500 kg/week. 9. Geestland, West Germany, started 1985, makes 3,250 kg/week. 10. Yamato/Huegli, West Germany, started 1982, makes 3,000 kg/week. 11. Galactina, Switzerland, started 1984, makes 3,000 kg/week. 12. Galactina, Switzerland, started 1984, makes 3,000 kg/week. 13. Soyana, Switzerland, started 1982, makes 3,000 kg/week. Total: 116,250 kg/week. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 415-283-2991.

9560. *Sprouter's Journal* (*International Sprout Growers Association*). 1990. "Huge success" for first sprout convention. 2(1):1. Spring.
• ***Summary:*** "Over 70 sprout growers and members of the sprout industry gathered in San Antonio, Texas for the First Annual International Sprout Growers Association Convention. 'I've never seen so many sprouters in the same place at the same time,' declared newly elect ISGA President Bob Phipps.

"The convention swung into action with the Sprouters Open Golf Tournament at San Antonio's Woodlake Country Club. The 12 hardy linksters enjoyed warm Texas weather and a challenging course.

"Peak Performers Institute President Dr. George Shenk kicked-off the first full day of convention activities with a talk on the value of cooperation and teamwork. He illustrated how lack of cooperation can handcuff individuals, businesses and organizations, preventing them from achieving their goals and reaching their full potential.

"Bob Blomquist, Vice President of Marketing for advertising giant DDB Needham, then spoke to the convention participants on elements of an advertising and promotion program. Throughout his discussion, the need to know the customer was emphasized. He stressed that advertising and promotion had to address customer benefits rather than product. Blomquist, who has headed a number of national advertising campaigns for Hills Brothers Coffee, Proctor and Gamble, and California Kiwifruit, told the audience that effective advertising involves an identifiable image and a consistent message aimed at a target market.

"The opening day luncheon speaker and workshop leader was produce merchandiser Teresa Nolan. President of the Nolan Network, a nationwide independent produce merchandising firm, Teresa described the strategies for working with wholesale and retail produce buyers. She described how merchandisers work with stores to promote products using point-of-sale materials, strategically located displays and newspaper feature advertising.

"Highlight of the convention was a tour of San Antonio's Energy Sprouts, one of the largest and most modern sprout producers in the United States. Owners Bob and Jane Phipps conducted tours of both greenleaf and mung bean sprouting operations and shared some ideas on packaging, advertising and promotion. A former news anchorwoman, Jane Phipps used her experience to produce videos for in-store promotion of sprouts. The 30,000 square foot operation also produces Tofu and cut vegetables for the greater San Antonio area.

"Day two of the First Annual ISGA Convention began with a general session entitled 'Introduction to ISGA.' During the first ever general membership meeting of the seven month old association, steering committee shared their thoughts with the members..."

According to California sprout grower and authority on organic growing, Peter Henderson, organically produced seed is the main issue facing the industry. Federal and state laws vary considerably on the definition of 'organic' with some states like California requiring the use of organic seed to be an organic product. Henderson said the debate is far

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from over at both the state and federal levels.

"The final workshop was a technical session on determining the cost of sprout production. New England sprout growers Barbara Sanderson and Bob Carter shared a system for calculating the true cost of operating a sprout business and provided materials and forms which growers could use in their own business.

"'This first annual ISGA Convention exceeded our wildest expectations in terms of content and attendance,' said Phipps. "We sprout growers from all over the United States and Canada and even a member from New Zealand, consider this inaugural convention a huge success.'

"According to Phipps, 'The greatest thing about this first ISGA convention is that so many sprout growers got together to talk about our industry. Sprouters have traditionally been pretty close to the vest about their businesses and reluctant to share ideas. In San Antonio, growers really opened up and exchanged thoughts and information. We've needed to do this for a long time.'

"The Second Annual ISGA Convention has tentatively been scheduled for late April or early May, 1991 in eastern Canada." Address: 7300 Lincolnshire Dr., Suite 200, Sacramento, California 95823.

9561. Vanka-Kawat B.V. 1990. Topmerken in de Aziatische levensmiddelen: Prijslist [The top brands in Asiatic foods: Price list]. 3e v.d. Kunstraat 18, 2521 BB Den Haag, Netherlands. 22 p. [Dut]

• ***Summary:*** The subtitle is "Import-Export Asian Food Specialties." Imported items are listed by country of origin. Non-imported are listed by product type: China: Pearl River mushroom soy, soy superior, and superior soy. Philippines: Silver Swan soy sauce. Hong Kong: Best black soy, Best light soy, Best soy light, Best soy sauce, Black soy, Black soy yellow label, Hoi sin sauce Meechung, Taotjo bean sauce. Japan: Akamiso, Kikkoman menmi, Kikkoman shoyu, Kikkoman steak sauce, Kikkoman teriyaki sauce, Marukin soy sauce, Morinaga silken tofu, Nagatani-en aka-miso, shiro-miso, Teriyaki sauce. Ketjap: Ketjap kaki tiga, Ketjap A, Ketjap 'A' manis, Ketjap benteng asin, Ketjap benteng manis, Ketjap vital, Superior soy, Tiger brand soy, Yellow label. Singapore: Salted soy beans sin sin, Taotjo bean sauce, Taotjo flower brand, Taotjo taksan. Taiwan: Black beans fermented [fermented black soybeans], Soy sauce ve wong, Tahoe amigo, Tauge [bean sprouts]. Fresh products: Vacuum packet fresh tofu. Fresh tempeh.

Note. This is the earliest Dutch-language document seen (April 2013) that mentions silken tofu, which it refers to as "silken tofu." Address: The Hague, Netherlands. Phone: 070-388- 88 04.

9562. Urban, Svadesha Ruediger. 1990. The history of Tofurei Svadesha, West Germany's first tofu manufacturer (Interview). *SoyaScan Notes*. June 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Ruediger Urban was born in about 1940. After 3-4 years of studying photography, in about 1969, he began working in a restaurant named Hotel Brauneberg that had been started by his brother in the city of Traben-Trarbach on Mosel (Moselle) River. At the restaurant he came across a large, high quality cookbook (covered in white silk) by Werner Fischer [or perhaps Alfred Walterspiel] titled *Meine Kuenst in Kueche und Restaurant* (My Art, Kitchen, and Restaurant) that contained 2-3 pages of information in German about how to make tofu. He started to buy the ingredients, but he was so overworked that he had no time to really start experimenting with tofu.

Then he went to work in a "Macro-Shop" in Deggendorf, in the Bavarian Forest, but he did not do anything with tofu there. Meanwhile he sold arts and crafts at marketplaces for several years to support himself and his two sons.

Then, in about 1979, he started on the side to make tofu in a little farmhouse at Winterlehen 1½, Einweging, in the Bavarian Forest (Bayerischer Wald). He ordered a copy of *The Farm Vegetarian Cookbook*, from which he learned more about tofu. He made only one product, tofu, using organically grown soybeans and nigari coagulant. Initially he tried making the tofu without removing the okara, but he soon filtered the milk to removed the okara. He made the tofu using a gas stove, which he sometimes used in the kitchen and sometimes moved out into the garden. The tofu was sold under his name Svadesha (he was a disciple of Bhagavan Sri Rajneesh) but he had no officially registered business. On weekends his two sons, Premdeva (the elder) and Gyandeva, helped with the tofu business. Twice a week he produced about 30-40 kg of tofu, which he packed in small plastic tubs, loaded into his car? and drove more than 200 km (120 miles) into Munich. There he personally delivered it to a handful of the new generation of natural food stores (*Biolaeden*) that sold all of his tofu. These pioneer natural foods shops included Erdgarten (the first), and Macro-Shop on Amalienstrasse. While still in Einweging he introduced his second product, Kraeuter Tofu (Herb Tofu), made by mixing and mashing herbs into finished pressed tofu to make a sort of seasoned tofu cottage cheese.

After about a year making tofu at this location, he decided to go to India for 6 months, so he entrusted his small business to another person while he was gone. The company fell apart during this time. Upon his return from India, Svadesha moved the business to Aeussere Koetzingerstr. 52a, D-8492 Fuerth im Wald, very near the Czechoslovakian border, and farther away (about 200 km or 120 miles) from Munich. He knew a woman friend there where he could work and stay. This new tofu shop began operation on 1 March 1981 and, because of pressure from retailers who needed official invoices, he registered the company under the name Svadesha Pflanzen-Feinkost. By mid-1982 was using

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20 lb of soybeans each time to make tofu 3 times a week. In Furth im Wald he introduced a new product, Tofu Pflanzarl, a special kind of Bavarian meatless meatballs or "Bolleten." Soon he was getting more and more orders.

So in 1983 Svadesha moved his company into Munich, his main market, and set up shop in Das Werkhaus at Leonrodstr. 19. Alexander Nabben's tofu shop was in the same building, but Alexander kindly offered to stop making tofu at that time. Svadesha changed his company's name to Tofurei Svadesha Naturkost Produkte. During this period, at meetings of Germany's various German tofu makers, the question arose as to which company had started first. It was clearly decided and agreed that Svadesha had been the first. Other early companies were Alexander's Tofu Shop (an underground business founded by Alexander Nabben at the Werkhaus on Leonrodstr. in Munich; started tofu production by Jan. 1981), and Auenland Tofu und Soja Produkte (founded by Peter Wiegand at Prien-Chiemsee; started tofu production in March 1982). Svadesha thinks (but is not sure) that Biogarten sold tofu made by other companies (including Svadesha's) but never made their own. Note that all of West Germany's early tofu companies started in southeastern Germany in the area around Munich.

In Munich, Svadesha kept making improved versions of his regular tofu, herb tofu, and tofu meatless meatballs. He also launched a new Tofu Pastete (Tofu Spread), and Raeucher Tofu (Smoked Tofu, in 3 flavors).

In 1985 Svadesha moved again, this time to a suburb east of Munich near Denning, into a former butcher shop (at Ospreussenstr. 22, D-8000 Munich 81), the company's present location. There the company really started to earn money. They introduced a new type of Tofu Pflanzarl, new Tofu Pastete (one with herbs, and one with tempeh), Tofu Burgers, Spice Tofu, Tofu Spring Rolls, and Tofu Schnitten (Tofu Slices) marinated in shoyu then fried, and Sauerkraut Schnitten (Tofu slices filled with sauerkraut). He also started selling tempeh, which was made by Byodo Naturkost.

On 1 June 1990 Svadesha sold his company for a good price to Robert Mayer and Erhardt Schwartz. He had learned 1 year before that he had cancer of the cheeks. At that time the company acquired a new structure and the name became Tofurei Svadesha Naturkost Produkte GmbH. The new owners agree with Svadesha's philosophy and have solid business experience, so the future looks promising. The company's best selling products are now, in descending order of popularity: Plain Tofu, Tofu Pflanzarl, Smoked Tofu, Tofu Schnitten (marinated, deep-fried slices), and Tofu Spring Rolls.

Aside from being the first tofu company in Germany, Svadesha feels that his other major innovations were being the first to make smoked tofu, Tofu Pflanzarl (tofu meatless meat balls), Herb Tofu, Tofu Schnitten, and Sauerkraut Schnitten. Address: Home: Waldstr. 4, D-8015 Ottenhofen, West Germany.

9563. Sakaguchi, Noboru. 1990. Early history of making tofu at Le Bol en Bois (Interview). *SoyaScan Notes.* June 14. Conducted by David de Korsak in France.

• ***Summary:*** In 1969 Mr. Sakaguchi made his first trip to Paris from his homeland, Japan. He returned to Paris in March 1974, and became aware of the possibility of buying a macrobiotic restaurant from a friend who at the time was a cook in that restaurant. From April-Aug. 1974 he returned to Japan to finalize a deal with Japanese investors and to study tofu making. While he was in Paris touring vegetarian restaurants, Mr. Sakaguchi had been struck by the lack of protein in the foods he saw. Tofu naturally came to his mind as the food that would ideally supplement (and complement) that vegetarian cuisine. "Tofu was missing... I thought of this as my mission."

On 2 Sept. 1974 Mr. Sakaguchi opened Le Bol en Bois. He had expanded it to include a natural foods retail store located directly across the street. In the last quarter of 1975 he began trials making tofu using calcium sulfate as a coagulant. In about Nov. or Dec. 1975 he began commercial production of tofu, using real nigari as a coagulant. He sold this tofu only at Le Bol en Bois natural foods store and served it in his restaurant. An invoice dated 26 Dec. 1975 from Mitoku Company Ltd. in Japan shows that he imported 40 kg of nigari ($17.34), 50 x 150 gm packets of nigari ($33.27), a grinder for making tofu ($562), other pieces of tofu making equipment ($450.35), as well as 1,800 liters of Sakae Tamari-Shoyu, 900 liters of Johsen Tamari-Shoyu, and 200 kg of brown rice miso. Production remained limited (two days a week, 40 cakes per day) until the end of 1976. Mr. Sakaguchi made the tofu himself, helped by some Japanese students. One evening in the winter of 1976 an unusually large number of people came to the store to buy tofu. This corresponded to the end of a conference held by Michio Kushi in Paris. The store became the focus of a lot of interest and activity. Production jumped to roughly 240 cakes per day, two days a week. By the end of 1976 Mr. Sakaguchi had hired his first employee to help him make tofu.

In 1985 the tofu production activity was set up as a separate company named Daizou, located outside of Paris at Champigny sur Marne. At that time production was about 300 cakes per day, two days a week. Mr. Sakaguchi now began to make tofu more than twice a week and to sell this tofu at other retail outlets in addition to his own. Address: 883 Rue de Bernau–Z.I., 94500 Champigny Sur Marne, France. Phone: 48 82 39 90 or 47.06.33.71.

9564. Sakaguchi, Noboru. 1990. Early history of making tofu at Alimentation Japonais and Etablissements Takanami (Interview). *SoyaScan Notes.* June 14. Conducted by David de Korsak in France.

• ***Summary:*** Mr. Mikiyo Yamanaka, a Japanese who came to Paris as a tourist guide, started making tofu at the end of

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1968. He made it alone, and not as part of any business, in his bathroom at night using calcium sulfate as a coagulant. He sold the tofu to Japanese embassy personnel. In about 1971-72 he established Alimentation Japonais Osaka, a Japanese restaurant in Paris. He moved his tofu shop into the basement of his restaurant, where it stayed until the end of 1985, when production stopped. A key tofu maker in the early days was Mr. Suzuki, who now owns Ramen Tei Restaurant in Paris (Phone: 1-42 60 64 29). Mr. Yamanaka made quite a bit of money in his business, but he failed to declare it and pay taxes. Instead of facing a lawsuit for this, he decided to return to Japan. His company, now a chain of Japanese restaurants, is presently run by Mr. Nakajima.

Mr. ? Takanami founded Etablissements Takanami in Belgium. But before he set up his company in Belgium, he spent 6-12 months in Paris and during that time he made some tofu, although it is not clear whether or not he did so on a commercial basis. He is now in Brussels (Phone: 2 522 8192). Address: 883 Rue de Bernau–Z.I., 94500 Champigny Sur Marne, France. Phone: 48 82 39 90 or 47.06.33.71.

9565. Kumoda, Yasuo. 1990. Recent developments at Morinaga (Interview). *SoyaScan Notes.* June 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The minimum print run for one Tetra Brik product is 300,000 cartons. There are now 15 companies in America that want Morinaga to private label aseptic tofu for them. Mr. Ono in Japan is opposed to private labeling. he wants to build the Mori-Nu brand. Mori-Nu tofu is in 13% of the supermarkets in America but has reached a plateau.

These are the main problems/questions now: 1. Should Morinaga develop a joint venture with Pacific Foods of Oregon to make Mori-Nu Tofu in their low-beany-flavor STS plant, or build their own plant? 2. Should Mori-Nu private label their aseptic tofu for other companies. 3. Should they develop a seasoned/flavored tofu or work on second generation tofu products? 4. Should Morinaga start to make water-packed tofu. 5. What will they do if Tetra Brik cartons are outlawed in many U.S. states and no new acceptable carton is developed by Tetra Pak International? Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9566. Nath, Sureth (born Giampiero Spadafora). 1990. Re: Work with soyfoods and seitan by Bilkis S.c.r.l. in Pioppo (near Palermo), Italy. Letter to William Shurtleff at Soyfoods Center, June 19. 2 p. Typed, with signature. [Eng]
• ***Summary:*** Sureth and his co-workers have been making tofu for their small restaurant near Palermo since 1982. Now they want to expand their operation.

"We started our small tofu activity in 1982, just for our 'familiar' needs and as a novelty for our small vegetarian restaurant. But little by little tofu has assumed a great importance in our diet and in that of those who have tried it, so we were obliged to improve our machinery and increase our production. Now we produce about 40-50 kg/week of tofu, and we make it all in one morning, just to cover the requests of our customers, of several vegetarian restaurants in town, and our own needs.

"We could surely sell much more tofu, but up to now we've worked in a small and unfit laboratory, our kitchen, so we don't have the right requirements to apply for a license to start a real business.

"A few months ago we created a co-operative society; in Italy banks help and finance these kind of societies... tofu making is a part of a very charged schedule and we are obliged to reduce the work's time to four hours, therefore we actually need the most efficient and useful plant.

"We are a community of 14 people, living together with the mutual interest on yoga and spiritual evolution. We live 20 km far from Palermo, on a hard, quiet mountain, and there we make tofu, bread, seitan, sprouts, cakes, tempeh, etc. on a small scale, and sell them in our Centre in town, the 'Centro di Cultura Rishi' which hosts the health food store of the co-operative, and a vegetarian restaurant as means to help all those who wish to improve their diet and don't know what or how to cook... the core of this Centre are the yoga lessons held by our master, Aruna Nath Giri." Address: Bilkis S.c.r.l., S.S. 186 Ponte Catena, 90040 Pioppo (Palermo), Italy.

9567. McKelvey, Richard. 1990. New developments at Lightlife Foods in Greenfield, Massachusetts (Interview). *SoyaScan Notes.* June 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Richard was the sales manager at Tomsun Foods while the company was growing rapidly and at the time it went bankrupt. New products at Lightlife Foods include Foney Baloney (Aug. 1989), Lemon Grill (Tempeh Burgers) (Nov. 1989), and Lean Links (April 1990). Lightlife now buys its tofu from Nasoya. About half the company's sales come from tempeh and tempeh products, and about half from tofu products. The best-selling products are (1) Tofu Pups, (2) Lightlife Tempehworks Soy Tempeh, and (3) Fakin' Bacon. The company is trying to get away from the pure Tempehworks products and to include Lightlife on every label. The new soy tempeh labels will read as shown above. He feels the Grills and the Lean Links have the greatest potential. The Lean Links are very close in concept to their meat counterparts. Address: Sales Manager, Lightlife Foods Inc., 74 Fairview St., Greenfield, MA 01301. Phone: 413-774-6001.

9568. *SoyaScan Notes.* 1990. Co-packing and private labeling (Overview). June 20. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** From the point of view of a company who wants another to co-pack/private label products for them. Examples Tofutti Brands has a ice cream maker make its

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soy ice cream. White Wave has a sausage company make its Healthy Links. Advantages: No need to buy new equipment, space, insurance, or hire new workers, which saves money and time. The co-packer has the experience and equipment needed to produce the products. Product development time is usually reduced. Disadvantages: Logistics may be more complicated, especially if the company is not located nearby. A big company may not be very interested in giving you the specialized help and service you need at the beginning or in emergencies. Watch out: Be sure to get a non-compete clause so that company can't steal your product, drop you, and start to compete with you. Get a contract with a long duration, and lots of specifics.

From the point of a company who has a product that other soyfoods companies want to have packed and sold under their label. Examples: Hinoichi Tofu, and Alpro soymilk and soy desserts. Advantages: Co-packing greatly expands your sales. It allows you to use your plant at higher percentage capacity, which lowers per-unit costs. Disadvantages: The co-packed products usually end up competing with yours, thus lowering sales and profit margins of the in-house brand.

9569. McKelvey, Richard. 1990. Tomsun Foods and Jofu: The rise and fall, recovery under William Holmes, then current demise (Interview). *SoyaScan Notes.* June 21. Conducted by William Shurtleff of Soyfoods Center. Followed by written chronology, 28 Nov. 1990.

• ***Summary:*** Richard worked for Tomsun from June 1984 until Jan. 1990. He started working part time doing taste testing and consumer research on Jofu while attending the Univ. of Massachusetts Business School. In June 1985 he was hired full time as sales manager for Tomsun's tofu and Oriental products. Dave Scarbo, formerly with Dannon, was sales manager for Jofu.

In 1979 Juan Metzger of Dannon had contacted Tom Timmins of New England Soy Dairy (NESD), and in 1982 he joined NESD as chairman of the board. Also in 1982 the company's name was changed to Tomsun Foods, Inc. But it was not until 1983 that the idea of Jofu was born. That year NESD had sales of $1.8 million (up from $700,000 in 1980) and 34 employees. In Dec. 1983 *Inc.* magazine named Tomsun one of the fastest growing private companies in America. By mid-1985 the Jofu package design and formula were ready. In Dec. 1985 Jofu was launched in New England test market. From Jan. to March 1986 Jofu was distributed into western Massachusetts supermarkets and Wegmans supermarkets in Rochester, New York. Tomsun began a media campaign with 10 weeks of radio and free standing inserts (FSIs) featuring the slogan "It's time to go beyond yogurt." In May 1986 Jofu was introduced into health food distribution. At that time, Jofu was sweetened with high fructose corn syrup. About 6 months later, the corn syrup was discontinued; honey was used as a sweetener for the health food market and sugar for the mass market. Also in May 1986 Tomsun launched a massive public relations campaign. Articles appeared in highly visible such as the *Wall Street Journal* and *Advertising Age.* Richard is not sure when the sugar sweetened and when the honey sweetened flavors were introduced. In Dec. 1986 Tomsun's first public stock offering [which netted $3.46 million] raised the necessary funds to promote the product. During 1986, Tomsun had sales of $2.5 million and 65 employees. Shortly after the stock offering, Tomsun's sales force was restructured to have 3 regional managers instead of product managers. The managers were much more interested in Jofu than in tofu. Richard became regional manager for New England.

In the spring of 1987 Jofu was introduced, at great expense, to metropolitan New York and New Jersey. During 1987 Tomsun spent nearly $1 million on a radio, newspaper, and public relations campaign (including slotting allowances and some coupons in papers) in the New York metropolitan, New England, and Albany (NY) markets. The goal was to get Jofu into supermarkets. The promotional program was well executed and cost effective; orders flowed in. Though sales rose in 1987 to $3.6 million, the company lost more than $2 million that year. Big problems had started. Tomsun began to receive many more orders than it was able to fill. There were ongoing product shortages and problems with product quality and consistency–which hurt. Shelf life was not a big problem. It started at 40 days and now is about 90 days.

With so much attention focused on Jofu, Tomsun did not give enough attention to its traditional money making lines, especially tofu and pasta. Nasoya seized the opportunity and began to offer heavy competition to Tomsun's tofu products. Nasoya came in with lower prices and aggressive marketing. Nasoya's pitch was that Tomsun doesn't care about tofu any more; they are "beyond tofu" into this new dairylike product for the dairy case. Produce buyers began to lose confidence in Tomsun, which was slow to react. Nasoya's tofu was soon replacing Tomsun's in many large accounts where Tomsun had been the first and only brand for years. So one of Tomsun's major sources of income began to drop rapidly. At the same time the tofu machinery was getting run down, which led to quality problems and made it easier for Nasoya to compete.

There were several major causes of the company's downfall. The first was overexpansion too quickly. The company took big risks. It went down to New York and New Jersey, spent big money on Jofu slotting allowances and PR, opened an office in New York City and hired a full sales team there. But it was too big a market for the company to bite off too quickly. They were not yet solid enough in New England. Richard feels the company should have built a solid base with honey-sweetened Jofu in the natural foods market and then expanded from there into the supermarkets with sugar-sweetened Jofu. The only competition was Soygurt.

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Many natural food consumers were looking for a product like Jofu and Tomsun was not getting it to them. The main thing that typical consumers don't like about dairy yogurt is its sour taste. Jofu tried to go "beyond yogurt" with a sweet product; some felt it was too sweet. The management was extremely optimistic about the product's future and pursued rapid growth. Metzger's past success and the success of the public stock offerings fueled this optimism. People liked the product and there were repeat orders. But as Richard had learned in business school, "nothing fails like success." Too rapid growth can destroy a company. You've got to remember where you were and what got you there.

The second cause of the downfall was the stock market crash of October 1988, just when the management was planning to go after the additional funds needed to support the rapid expansion. Without the unexpected crash, the game plan would probably have continued successfully on course. The third cause was the loss of the steady income which tofu sales used to generate. Even with the crash, this income, had it continued, could have kept the company afloat. Within a period of about 2 years, Nasoya was able to take away about 60% of Tomsun's tofu sales, and about 80% by the time of the crash.

After the crash, Tomsun had big cash flow problems. The bills and coupons poured in. The company looked for new ways to raise funds and cut expenses. Many top managers stopped getting paid and others took pay cuts. Tomsun offered to sell Nasoya something related to Tomsun's tofu line. David Kirsch, Juan Metzger, and Tom Timmins met at a house in Greenfield about 3 days a week to manage Tomsun. Finally, just as Tomsun was about to secure a bank loan using the tofu plant as collateral, two creditors put a lien on the plant. That triggered the company's declaration of Chapter 11 bankruptcy on 8 April 1988. They trimmed way down and ran for a while under Chapter 11. In June 1988 the Tomsun plant in Greenfield was closed. Jofu began to be co-packed by a small company named Lavida Foods in Hardwick, Vermont. At this time, fresh soymilk, formerly made by Tomsun, as discontinued as the product's main ingredient; Soy Supreme, a spray-dried tofu made by St. Peter Creamery in Minnesota, was used in its place. Tomsun's regular tofu was made for a very short time by Henry Creces of Panda Foods in New York, but his quality and supply was inadequate. So there were consistent shortages; local ordinances prevented Lavida from expanding. There were also problems with control over the long distance, and high transportation costs.

In Aug. 1988 David Allen Kirsch resigned as president of Tomsun Foods and stopped his active work with the company, but kept his stock. Timmins left shortly thereafter; he felt it was time for a change now that the company was in good hands. Timmins is now working on a number of projects that look quite promising.

Finally in late 1988 Metzger contacted his friend, William Holmes, who had made a huge success out of the Pollio Corporation, a large string cheese company which he had recently sold to Kraft. Holmes was looking to do something new, so Metzger invited him to buy Tomsun out of Chapter 11. In Feb. 1989, Holmes bought 80% Tomsun's stock, injecting badly needed new capital, and took Tomsun out of Chapter 11. Metzger, Kirsch, and Timmins kept their ownership of most of the rest of the company's stock. Holmes became the CEO, Metzger the head of marketing, and Timmins the president.

The two big needs were to find a co-packer that could provide reliable, consistent quality and volume. In April 1989 West Lynn Creamery, a large manufacturer of dairy products located in West Lynn, Massachusetts, outside of Boston, began to co-pack Jofu as a result of lack of anticipated capacity at Lavida Foods, as well as closer proximity to the market. (About 6 months later, Lavida Foods went bankrupt.) But Tomsun was small peanuts for West Lynn, and the latter was not willing to meet Tomsun's special and often urgent needs. And there were serious quality problems. In June 1989 the company headquarters was moved from Greenfield, Massachusetts, to Port Washington, New York, where Holmes lived.

In late 1989 Holmes relaunched Jofu with radio and newspaper ads in Boston and New York. In Jan. 1990 Richard left Tomsun Foods International. In Feb. 1990 Tomsun dropped West Lynn Creamery due to perceived quality problems and had Friendship Dairies in Friendship, New York, co-pack Jofu. That arrangement was working well in June 1990 when Richard summarized the current situation: The company is now very lean, with little overhead. They are focusing more the health food market, while keeping stable in supermarkets. Product quality is now good. He feels that Jofu is the best soy yogurt on the East Coast. Stir Fruity (made by Azumaya in California) has been on the East Coast market for several years, in the produce section of Stop & Shop and Purity Supreme, but its use of preservatives, gelatin, and sugar is a problem for some consumers. The only other brand is made by Ambrosia. The future looks like a slow, steady growth scenario. Holmes, who manages the company from day to day, is in his mid-50s. He is a fighter, with good experience, enough capital, and a good product. Metzger is still involved in a limited way. Jofu is now a good product, with all natural ingredients, no preservatives, and high tech pasteurization in the cup giving a 90-day shelf life. But there are some inconsistencies in quality and bringing back customers who were lost because of poor product quality or short supplies will take time. In retrospect, the company did a very good job given its small size and limited resources.

In Jan. 1990 Richard left the company; his last project was gathering information for William Holmes for a lawsuit concerning Jofu quality problems. Then in about Aug. 1990 Jofu was taken off the market due to quality problems. At

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about the same time Holmes and Tomsun Foods filed a lawsuit against West Lynn Creamery related to these alleged quality problems. Jofu will probably not be available until this lawsuit is resolved.

Richard doubts that Jofu will ever be back on the market under the name Jofu in its old form. It might be able to be revived if another company that could package the product aseptically entered the picture. Holmes, who comes from a supermarket background, always envisioned Jofu being sold in the produce case, but recent awareness of tofu as a "potentially hazardous food" which must be stored at 45ºF or below makes that difficult. Distributors, retailers, and consumers are all tired of the problems and delays they have had to endure with Jofu. Ambrosia Soy is a weak competitor. Address: Sales Manager, Lightlife Foods Inc., 74 Fairview St., Greenfield, Massachusetts 01301. Phone: 413-774-6001.

9570. Barat, Gary. 1990. Recent developments at Legume, Inc. (Interview). *SoyaScan Notes.* June 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Barat Chocolate Bars and other products containing tofu in the non-dairy line are now being sold to 4 countries in Europe. In all except Switzerland they are sold under the same label used in the USA, but in Switzerland they are sold under the Morga label.

In the U.S. the chocolate line is doing okay. The main problem for consumers is that, while they like the fat that the bars are cholesterol free, they do not like the high fat content. To call a product chocolate in the USA the fat must be cocoa butter, and the product must contain a minimum level of this fat. Otherwise it cannot be called "real chocolate" and must be labeled as a "chocolate mixture."

Legume's best-selling products are the bars and the rice cakes. They are now working on a new product called Barat Rice Goodies: Crispy Cakes, which are expected to be out in October. They bite-sized pieces are made of extruded (not puffed) rice covered with Barat chocolate. In America most real chocolate is not sold during the summer, since it melts and weeps. Reese's Peanut Butter Cups are made with a chocolate compound. They contain a hardened (hydrogenated) vegetable oil instead of cocoa butter. Address: P.O. Box 426, Schoolhouse Park, 112 Main Road, Montville, New Jersey 07045. Phone: 201-263-1013.

9571. Barat, Gary. 1990. Caribbean Organics–Growing organic tropical fruits in Puerto Rico (Interview). *SoyaScan Notes.* June 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Gary and Dan Burke have established a partnership named Caribbean Organics in Puerto Rico. It will attempt to grow tropical fruits organically and sell them in bulk to Europe and the USA. The Puerto Rican government has offered to aid in funding the project. A test farm will be ready in 6 months. They will be contracting with existing farmers to grow the crops. Gary and Chandri have recently purchased 1 acre of land by the ocean in Puerto Rico for their family use. Address: P.O. Box 426, Schoolhouse Park, 112 Main Road, Montville, New Jersey 07045. Phone: 201-263-1013.

9572. Davies, Joy. 1990. Rice bowl rituals: Japanese cooking. *Guardian* (*England*). June 23. p. A19. Illustrated by Nicola Heindl.
• ***Summary:*** The writer, with Atsuko, a private interpreter and guide, sets off into the Tokyo suburbs for a culinary adventure. Their first stop was a "tofu shop where snowy white cakes of fresh bean curd were fished out of a large stainless steel tank [filled with cold water]. Atsuko explained the difference between cotton or 'momen' tofu where the curds are drained on a piece of cotton cloth and *kinu-goshi* or silk tofu, which is not drained and so has a far more delicate custard texture... We also bought two flat honey-gold pouches of fried tofu."

9573. Trevor Johnston. 1990. Some companies start out really small and then they grow. Sometimes they change their name. Very rarely they change it back again (Leaflet). Penrose, Auckland, New Zealand. 1 p. Front and back. 30 cm. June 23.
• ***Summary:*** "Yes Bean Supreme is back. We've changed to avoid ongoing confusion between our company and the Reckitt and Coleman 'Down to Earth' brand of household cleansers. No legal conflict exists between our two companies, however for marketing purposes we don't want this name association to continue."

"Bean Supreme–we think you'll like it."

In the upper left corner is the Bean Supreme logo + "Brings happiness." Address: Marketing Director, Bean Supreme Ltd., Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: (09) 590 592.

9574. Karis, Xavier. 1990. Medical Soy, Parma Soia, and Soyfoods in Italy (Interview). *SoyaScan Notes.* June 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Of the two companies, Karis thinks that Medical Soy was founded about 3-4 years ago, before Parma Soia. For details ask Medical Soy introduced their line of soy products first, but only lately have they put much effort into promoting the line, especially after the introduction of their Fresh Amisoya line. They apparently make all or most of these products themselves, since on the products is written "Product of Italy," and he is not aware of any other company that could make these products for them. Parma Soia apparently does not make any of their own products. They have a large and very impressive brochure describing their Amisoya line and attempting to find stores to sell the line. These products are now fairly widely sold in big supermarkets, including in Bologna, Milano, Torino, etc. It

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is surprising that they do not package their soymilk in Tetra Brik cartons.

Karis hasn't seen any Parma Soia products in stores. Parma Soia (a subsidiary of Parmalat, the giant Italian dairy company) has 3 lines of products. The "Campi di Soya" line is probably meant to be sold through supermarkets. They also have an "Erboristeria" line for health food stores and places resembling Reform Houses. The root of the word is "erborista" = botanist or herbalist. The products in the first and second lines seem the same except for the packaging. The Nature Soy line is imported tofu, soy curd, and soymilk. "Parma Soia" does not appear prominently on the label and the product was not on display at the fair where he obtained the brochures. Address: Export/Marketing Dep., Gio. Buton & Co. S.p.a., Viale Angelo Masini, 24, 40126 Bologna, Italy. Phone: 051-506368.

9575. Gaiser, Klaus. 1990. The second German Soyfoods Association meeting, and new developments (Interview). *SoyaScan Notes.* June 29. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Shurtleff wrote a letter to the German Soyfoods Association. Gaiser translated it into German and read it to those assembled at the second meeting. But the letter did not impress them very much; the smaller tofu manufacturers are still afraid of the bigger ones. They are all struggling with their daily problems of cash flow, etc. and do not seem very interested in long-term planning. Now Klaus and Thomas Karas are interested in working to reactivate the European Soyfoods Assoc. and/or found a new association in Germany. Klaus is not so busy now during the summer, when people in Germany eat less tofu than during the cold months.

Concerning Auenland, Klaus feels that this company was a very unfair competitor in terms of spreading misinformation about Klaus. In Germany there is a law that magnesium salts cannot generally be used as an "ingredient" in foods (incl. magnesium chloride in tofu), unless it is considered as a "processing aid" (*Hilfstoff*) if very little ends up in the final product. This last area is a gray area. Yamato has always taken the safer path and used calcium sulfate as a coagulant. But tofu was introduced to Germany mainly by followers of macrobiotics, who favor use of nigari (unrefined magnesium chloride). So Peter Wiegand repeatedly went to Yamato's most important wholesaler and complained: "Can you imagine it. Yamato is using 'Plaster of Paris' in their tofu. Its just like making concrete out of soybeans. For God's sake. How can you sell such a product to your retailers?" Yet Wiegand knew that this was a good, natural coagulant that had been used in China (where it is named *shu-gao*) since ancient times to make tofu.

Concerning Avo Feinkost and their Sofit line of second generation tofu products–it is a complex situation. Klaus is not sure whether or not Avo makes any tofu, since the company does not sell any tofu as such. Klaus is not sure but he thinks that Avo does not buy tofu, but rather makes tofu out of soy protein isolates. The products are quite good imitations of sausage products. The man who runs the tofu operation is a butcher by trade. The biggest German Reform House foods distributor is Heirler, which like Yamato, is partly owned by Huegli. Heirler sells basic tofu that is mainly from Hensel, and second generation tofu products which (as far as Klaus knows, up until now) exclusively from Avo but under the Heirler brand. Heirler does not yet sell any Yamato products, but in the long run Heirler will since Yamato is a sister firm. Things seem to be moving very slowly, however.

Concerning Wolfgang Haberger, Thomas started the company officially in 1982 and Wolfgang joined in Jan. 1984 because he had capital to found the GmbH (Company Ltd.). He left officially in June 1989, but in fact he left earlier. Klaus and Wolfgang did not fit and work together well. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094 or 95.

9576. Johnson, Dick. 1990. Early work with imitation cheeses and tofu at Anderson Clayton Foods in Texas (Interview). *SoyaScan Notes.* June 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In Oct. 1972 Dick was hired by Ralph Sand to work at Anderson Clayton Foods on a developing imitation cheeses. The original goal was to make an imitation cheese without any dairy products. He and Ralph spent a number of years trying to put together a formula for a product that would melt and could be sliced, like a Kraft America cheese. Natural American or cheddar cheese contains about 37% water, 25% protein, 32% fat, and 2% carbohydrate. They used soy protein isolates to replace casein (milk protein), slightly hydrogenated vegetable fats to replace butterfat, low-DE (30-40, low sweetness value) dextrose compounds from corn syrup to replace lactose as the carbohydrate source, carrageenan and alginates as part of the setting agent, and imitation cheese flavors from various flavor houses. It was believed that eventually there would not be enough casein to supply world demand.

They were never able to develop an acceptable truly no-dairy commercial cheese with no casein. The company's first imitation cheese, launched in 1973, contained no soy. It used imported casein and its main benefit was lower cost. It did not require a long storage period (typically 6 months) to age the cheese, which reduced the cost. Later they used both soy protein isolates and casein, plus lactose, to make a commercial imitation cheese that was sold, along with the company's other imitation cheeses, under the "Unique Loaf" line and brand. Only the American flavor was produced, no mozzarella, though lots of research was done on mozzarella. It was sliced but the individual slices were not wrapped. One of the features was that the slices would not stick to one

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another, even if warm. It was launched in about 1982-83 and may still be on the market. The product was manufactured at Humboldt, Tennessee, about 70 miles outside of Memphis. The main market was restaurants, which used it in grilled cheese sandwiches and hamburgers. The product sold well, about 20,000 lb/week. The company was still making it when he left in 1986.

He and Ralph Sand made a little bit of tofu and there was some interest by Anderson Clayton in about 1975-77. They experimented with using calcium compounds to make tofu firmer. The broader research had to do with making cheeses with soy protein. Tofu was considered by some as a kind of cheese, so they did a little work to see what that cheese was like.

Anderson Clayton Co., which was originally a cotton broker, was the umbrella for a number of divisions, one of which was Anderson Clayton Foods. They also had an insurance division. Address: Cross Lake, Minnesota. Phone: 218-692-2775.

9577. Sand, Ralph. 1990. Early work with tofu and imitation cheeses at Anderson Clayton Foods in Texas (Interview). *SoyaScan Notes.* June 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In 1972 Ralph started to work as a researcher for Anderson Clayton Foods at the William Clayton Research Center in Richardson, Texas (just northwest of Dallas). Shortly thereafter he hired an assistant, Dick Johnson (who now lives in Cross Lake, Minnesota). Ralph worked on imitation cheeses for about 12 years. In 1973 Anderson Clayton introduced a casein-based Mozzarella-flavored imitation cheese under the Unique Loaf brand. It was made at the company plant in Humboldt, Tennessee, which made only imitation cheeses. Some of these products are still on the market. These were the first successful imitation cheeses in the USA.

The goal of Ralph's research was to develop imitation American (process) and mozzarella cheeses (with some interest in imitation a cultured cheese such as Cheddar) that used soy protein isolates instead of casein. There were various problems: 1. Casein tends to develop a barn-like odor when it stands around a while. 2. Getting a true cheese flavor from a flavor house, or by hydrolysis of natural cheeses to a get a very strong cheese flavor. 3. Casein contains a little cholesterol bound to it, so a casein-based cheese cannot be advertised as cholesterol free. 4. Casein has to be imported. The best quality comes mainly from Ireland, Australia, or New Zealand, where more milk is produced than consumed. Casein from the USA would be too expensive. Soy protein is widely made domestically.

Their research showed that the casein (protein) in dairy cheese does not actually melt; the fat melts but the protein dissolves in the water contained in the cheese. The main problem with soy-based casein-free cheeses was that they could not be made to melt. There was some success in making a cheese that combined soy protein with casein; this product was marketed. They found that a mixture of polyphosphates (especially tripolyphosphates) was very helpful in making soy proteins dissolve in cheeses. Soy protein is extremely difficult to work with in cheeses, especially because it lacks the solubility characteristics of casein. Enzymes (rennin and *Mucor miehei* [a bacterial enzyme that works line rennin]) were applied to the soy proteins with some success.

Marvin Thompson and Dorothy Brower at the Eastern Regional Research Lab. in Philadelphia, Pennsylvania, did considerable work trying to substitute soy protein for casein in cheeses, then fermenting it. They had a modicum of success.

In about 1975-76 Anderson Clayton got interested in producing tofu as a consumer retail product, either in the USA, Mexico, or Brazil. They already sold margarine and salad dressings. This tofu work was independent of the cheese research. Ralph's group of 3-4 researchers made an engineering study of tofu, studying the protein and oil recoveries, doing nutritional and cost analyses, etc. The director of research at the time was Mr. Harold Keesee (who now lives in the Dallas area). The person who keeps in touch with all former Anderson Clayton employees is Jess Covey (phone: 214-423-5517). On 6 Jan. 1977 Ralph attended a lecture on tofu given by William Shurtleff in Dallas, Texas. Afterwards they discussed the subject. After about a year of research, the tofu project fizzled out; the company probably figured there was not enough money to be made in tofu.

One of the company's junior directors, A.H. Tony Chen (who now lives at 4113 Midnight Dr., Plano, TX 75093), was pushing soy protein in tofu or a product like tofu for sale in China. He formed a company, hired a number of ex-Anderson Clayton employees, and they were making the product in Texas. He was having great success until some economic problem in China put a damper on his work.

Ralph was taken away from research on imitation cheeses in about 1984 to do other research. He was replaced by a person named Pete. Dick Johnson continued in the cheese work until about 1987. In about 1984 an imitation cheese containing some soy protein was introduced commercially. Note: Dick Johnson recalls that Tony Chen exported lots of food manufacturing equipment (made by other U.S. companies) to China but he was not aware that Tony did any work with foods. He is now a consultant in Plano, Texas. Address: 182 Moonlight Dr., Plano, TX 75094. Phone: 214-423-0050.

9578. **Product Name:** Soydance Soycheese [Mozzarella, Dill, Toasted Sesame, Garlic, Cheddar, or Jalapeño].
Manufacturer's Name: Amberwave Foods.
Manufacturer's Address: 201 Ann Street, Oakmont, PA 15139. Phone: 412-828-3040.

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Date of Introduction: 1990. June.
Ingredients: Organic tofu, blend of unrefined oils, fresh herbs, spices.
Wt/Vol., Packaging, Price: 8 oz package. Retails for $2.25.
How Stored: Refrigerated.
New Product–Documentation: Soya International. 1990. April/June. p. 24. Contact: Tom Mulvey.

9579. Ashraf, Hea-Ran Lee; Luczycki, Dorothy. 1990. Acceptability of tofu-containing foods among college students. *J. of Nutrition Education* 22(3):137-40. May/June. [13 ref]
• ***Summary:*** The researchers tested the acceptability of tofu among college students eating in a cafeteria. In twelve recipes the main protein source was completely replaced by tofu. The nutrient content of all the modified recipes was improved. When tofu replaced meat, eggs or dairy, the product was reduced in calories, protein, fat, cholesterol and sodium.

Ten of the twelve recipes were well accepted by the students. The two that were not well accepted were tofu nuggets, which had an unacceptable texture, and chocolate mint pie. For the latter, subjects objected to the mint flavoring in the pie rather than the tofu. Address: 1. Dep. of Animal Science, Food & Nutrition, Southern Illinois Univ. at Carbondale, Carbondale, Illinois 62901; 2. Trinity Medical Center, Carrollton, Texas 75006.

9580. Barnard, Neal D. 1990. The power of your plate: A plan for better health. Summertown, Tennessee: The Book Publishing Co. 240 p. Index. June. 23 cm. [65* ref]
• ***Summary:*** In this book 17 experts, including such eminent medical professionals as Michael DeBakey, William Castelli, and C. Wayne Callaway, meet on common ground with the author concerning the benefits of a low-fat, low-cholesterol, high-fiber diet–that is, a food program that is largely free of meat. The subtitle on the title page reads: Eating well for better health–17 experts tell you how!

Contents: Introduction. Part I. 1. Cholesterol, food, and your heart. 2. Dr. Michael DeBakey: An interview. 3. Tackling cancer. 4. New strategies in weight control. 5. Uninvited guests: Food-borne illness. 6. Other common health problems. 7. Foods and the mind. 8. The evolution of the human diet. Part II. 9. Recommendations. 10. Beyond willpower. 11. Food ideas and recipes. References.

Soy-related recipes include: Scrambled tofu (to replace scrambled eggs, p. 215). Miso soup with wakame (p. 216-17). Tofu salad (like eggless egg salad, p. 219). Tofu sour cream (p. 231).

Dr. William Castelli of the Framingham Heart Study notes: "We've never had a heart attack in Framingham in 35 years in anyone who had a cholesterol under 150." Address: M.D., Physicians Committee for Responsible Medicine, Washington, DC.

9581. Cardenas, Danilo C. 1990. Status of the Philippine soyfood industry. Paper presented at the International Conference on Soybean Processing and Utilization. Held 25-29 June 1990 at the Jilin Academy of Agricultural Sciences, Gongzhuling, China. *
Address: Supervising Science Research Specialist, Philippine Council for Agriculture, Forestry, and Natural Resources Research and Development (PCARRD), Los Baños, Laguna 3720, Philippines.

9582. **Product Name:** Soypreme Pizza [Soy Cheese, or Garden Patch with Soy Cheese].
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 1864 E. 22nd Street, Los Angeles, CA 90058. Phone: 213-745-4255.
Date of Introduction: 1990. June.
Ingredients: Soy Cheese: Tofu mozzarella (organic tofu, soy oil, casein, sea salt, citric acid, natural flavor, soy lecithin, guar gum). Crust: 100% organic whole wheat flour, filtered water, vital wheat gluten, soy oil, olive oil, honey, sea salt, fresh yeast. Sauce: Tomatoes, olive oil, garlic, sea salt, herbs, spices.
Wt/Vol., Packaging, Price: Soy Cheese: 11 or 17 oz package. Garden Patch: 13 oz package.
New Product–Documentation: Soya International. 1990. April/June. p. 23. Contact: Terry Mayo. Ingredients for the Garden Patch: Same as above, plus bell peppers, red onion, mushrooms.

Whole Foods. 1992. Feb. p. 70. These two pizzas with soy cheese are vegetarian, lactose free, cholesterol, and partially organic.

9583. **Product Name:** Soypreme Stuff'N'Spuds [Cheddar Cheese Style or Sour Cream Style].
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 1864 E. 22nd Street, Los Angeles, CA 90058. Phone: 213-745-4255.
Date of Introduction: 1990. June.
Ingredients: Cheddar Cheese Style: Organic russet potato, tofu cheddar cheese (soymilk, organic soybeans, soy oil, calcium caseinate, tofu, natural flavor, salt, lecithin, natural vegetable gum, annatto), soymilk, corn oil, sea salt, chives, pepper.
New Product–Documentation: Soya International. 1990. April/June. p. 23. Contact: Terry Mayo. Ingredients for the Garden Patch: Same as above, plus bell peppers, red onion, mushrooms.

9584. **Product Name:** Soypreme Tofu Dinners [Tofu Marinara, Tofu Luau, or Tofu Stroganoff].
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 1864 E. 22nd Street, Los Angeles, CA 90058. Phone: 213-745-4255.

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Date of Introduction: 1990. June.
Ingredients: Organic whole wheat (Kamut) pasta, tofu (organic soybeans, filtered water, nigari), green beans, carrots, corn, tomato puree, tomato juice, soy sauce, corn oil, garlic, olive oil, honey, sea salt, herbs, spices.
Wt/Vol., Packaging, Price: 11 oz package.
New Product–Documentation: Soya International. 1990. April/June. p. 23. Contact: Terry Mayo. Ingredients for the Stroganoff are: Organic whole wheat (Kamut) pasta, tofu, green beans, carrots, corn, water, soy sauce, corn oil, mushrooms, onions, organic whole wheat pastry flour, cooking wine, arrowroot powder, garlic, pepper, hydrolyzed soy protein, sea salt, parsley, kelp, dulse, papaya enzyme.

Ad in Whole Foods. 1991. July. p. 76. "Soypreme. Substituting without sacrificing."

9585. Golbitz, Peter. 1990. Lite soyfoods making their way to market: Shape of things to come? *Soya International* (*Bar Harbor, Maine*). April/June. p. 16-17.
• ***Summary:*** New low-fat soyfood products include Westsoy Lite (made by Westbrae Natural Foods, and containing only 1% fat and 18% of calories from fat), fat-free versions of Soyco cheese (made by Galaxy Cheese Co. in Cheddar Chunk and Mozzarella Chunk styles), Lean Links (made by Lightlife Foods and containing only 12% of calories from fat). Address: Soyatech, Bar Harbor, Maine.

9586. Harvey, Carol. 1990. Zenfully delicious: Dessert entrepreneur [Miyoko Nishimoto of Now & Zen]. *City Sports* (*San Francisco, California*). June. p. 66, 68.
• ***Summary:*** The 32-year old woman entrepreneur spends 3 days a week making tofu pound cake. The Now & Zen concept started in Japan in the early 1980s when she had returned from America after attending high school in Mill Valley and majoring in philosophy at a small college in Maryland. In Tokyo she started Madame Miyoko's Bakery making 2 flavors of healthy tofu pound cake. Their placement in the health food section of department stores was virtually a death sentence. She worked at it for 5 years, and turned her energy to running, bodybuilding, and performing as a jazz vocalist. In 1988 she moved back to the Bay Area, and in late 1989 she started Now & Zen. Tofu is a key ingredient in her nutritionally balanced Lemon Almond Mousse Cake, Carob Walnut Torte, and Zesty Orange Cream Cake. "The less-than-glamorous image of tofu is one stumbling block... Sounds like a perfect item for a gourmet vegetarian restaurant, but according to Miyoko, some won't touch the cakes because of the tofu–'they're afraid people will be turned off by it.'"

9587. **Product Name:** Egg Rolls [Vegetarian, Pizza Tofu, or Spinach Tofu].
Manufacturer's Name: Health Is Wealth, Inc.
Manufacturer's Address: Sykes Lane, Williamstown, NJ 08094. Phone: 609-228-1150.
Date of Introduction: 1990. June.
Ingredients: Tofu Pizza: Stone-ground whole wheat flour, tomatoes, mozzarella cheese alternative (organic tofu, canola oil, casein, sea salt, citric acid, soy lecithin, guar gum), olive oil, soybean oil, natural spices.
Wt/Vol., Packaging, Price: 3 egg rolls per 9 oz package. Retails for $2.49 (7/90).
How Stored: Frozen.
New Product–Documentation: Soya International. 1990. April/June. p. 22. The only soy ingredient in the Vegetarian Egg Rolls is soy sauce. Spinach Tofu ingredients are the same as Pizza Tofu but with spinach instead of tomatoes. Contact: Robert Giacoboni.

Ad (color) in Natural Foods Merchandiser. 1990. Nov. p. 22. "The great taste of cheese without the cheese." Shows 3 types of Egg Rolls, 2 of which bear the word "tofu" prominently atop the front panel. "Health is Wealth has replaced the cheese in our ever popular egg rolls with tofu mozzarella."

Product (Egg Rolls [Pizza Tofu]) with Label purchased at Open Sesame in Lafayette, California. 1992. Feb. 13. 5 by 4.75 by 1.75 inches. Paperboard box. Red, white, and blue on black. Color photo of the prepared sticks. "The great taste of tomatoes & cheese without the cheese! Handrolled with Tofu Mozzarella, tomatoes, & stone-ground whole wheat. All natural. Cholesterol free. No MSG. No preservatives. Lactose free. Made with the cheese NûTofû alternative." 3 egg rolls (9 oz.) retail for $3.99. The phone number is now 609-728-1998.

Soyfoods Center Product Evaluation. 1992. Feb. 13. Package design: Excellent, however the text on the front panel of the Spinach Tofu Egg Rolls that states "The great taste of spinach and cheese without the cheese!" seems deceptive, since the cheese in this product is made from cow's milk. The ingredients listing is likewise deceptive since it lists "casein (protein)" rather than "casein (milk protein)." Flavor: We liked the Spinach Tofu Eggs Rolls best–by far.

9588. **Product Name:** Mozzarella Sticks [Veggie Tofu, Pizza Tofu, or Spinach Tofu].
Manufacturer's Name: Health Is Wealth, Inc.
Manufacturer's Address: Sykes Lane, Williamstown, NJ 08094. Phone: 609-228-1150.
Date of Introduction: 1990. June.
Ingredients: Batter (for all 3 products): Corn flour, sea salt, spices. Breading (for all 3 products): Stone-ground whole wheat flour, yeast, wheat gluten, sea salt. Pizza Tofu: Mozzarella cheese alternative (organic tofu, canola oil, casein, sea salt, citric acid, soy lecithin, guar gum), stone-ground whole wheat flour, potato flour, vegetable gum, sea salt, natural honey, onion powder, garlic powder, tomato powder, natural spices, paprika.

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Wt/Vol., Packaging, Price: 8 oz package. Retails for $2.49 (7/90).
New Product–Documentation: Soya International. 1990. April/June. p. 22. Veggie Tofu ingredients are: Broccoli, carrots, mozzarella cheese alternative (organic tofu, canola oil, casein, sea salt, citric acid, soy lecithin, guar gum), stone-ground whole wheat flour, potato flour, vegetable gum, natural flavor, pepper, onion powder, garlic powder, celery seed, tomato powder, lemon oil. Spinach Tofu ingredients are the same as Pizza Tofu but with spinach and lemon oil added. Contact: Robert Giacoboni.

Ad (color) in Natural Foods Merchandiser. 1990. Nov. p. 22. "The great taste of cheese without the cheese." Shows 3 types of Mozzarella Sticks, all of which bear the word "tofu" prominently atop the front panel. "Health is Wealth has replaced the cheese in our ever popular egg rolls with tofu mozzarella."

Product (Mozzarella Sticks [Pizza Tofu]) with Label purchased at Open Sesame in Lafayette, California. 1992. Feb. 13. 5 by 4.75 by 1.75 inches. Paperboard box. Red, white, and blue on black. Color photo of the prepared sticks. "The great taste of cheese without the cheese. Made with Tofu Mozzarella breaded with stone-ground whole wheat. Cholesterol free. Lactose free. Made with the cheese NûTofû alternative." 8 oz. retails for $3.69. The phone number is now 609-728-1998.

9589. Lark, Susan M. 1990. The menopause self help book: A woman's guide to feeling wonderful for the second half of her life. Berkeley, California: Celestial Arts. 239 p. 22 x 22 cm. [228* ref]
• ***Summary:*** The title page states: "The first completely practical all-natural master plan to relieve and prevent every symptom of menopause."

Soy is mentioned as follows: Dairy products: There are many negative health aspects of using dairy products. Soybeans are a good source of calcium. Soy milks and nut milks can be used as alternatives to dairy milk (p. 46). Breakfast–beverages: Stop using coffee, which contain caffeine. Grain-based coffee substitutes such as Postum, Pero, or Caffix are both nutritious and satisfying. Other good breakfast beverages include nondairy milk, such as soy, nut, or grain milks. Soy milk is now easy to find in health food stores (p. 52-53). Spreads: Peanut butter (without added salt), sesame butter (which is rich in calcium), and soy spreads are good (p. 55). Soups: For women who can't eat soup unseasoned with salt, try adding one teaspoon of miso per cup of soup. Miso, a fermented soy product from Japan, is widely available at Oriental markets and health food stores. It contains less salt than regular table salt. How to substitute for dairy products: Tofu can be used in some recipes to replace cheese. Use soy milk, nut milks, or grain milks in place of dairy milks (p. 70). Substitutes for common high-stress ingredients: In place of 1 cup milk, use 1 cup soy milk, nut milks, or grain milks. In place of ½ teaspoon salt, use 1 tablespoon miso or ½ teaspoon Bragg's liquid amino acids, or ½ teaspoon sea vegetables–dulse, kelp (p. 72-73).

Chapter 8, titled "Menopause self help cookbook," contains many recipes: A "Fruit smoothie" (p. 75) contains only fruits, no dairy products or soy. For recipes for sesame milk and almond milk, see p. 76. Tofu and sesame-butter spread (p. 79). One dish meals: Almond tofu (Tofu with almonds), and Tofu with snow peas (p. 94). Tofu-wild rice salad (p. 95). Tofu & brown rice (p. 96). Apple-tofu custard (p. 97).

In chapter 10, titled "Herbs for menopause," is a section on "Herbs for your menopausal symptoms." The subsection titled "Heavy irregular menstrual bleeding" notes that bioflavonoids, flavonoids from plants, help to strengthen capillaries and prevent heavy bleeding. The section titled "Hot flashes" states: "Many plants are good sources of estrogen, the hormone that helps to control hot flashes. Besides controlling heavy menstrual bleeding, bioflavonoids also have weak estrogenic activity (1/50,000 the strength of estrogen). They are very effective in controlling such common menopause symptoms as hot flashes, anxiety, and irritability... Plants also form the basis for the production of medical hormones. Many common plants such as soy beans and yams contain a preformed steroidal nucleus. Estrogen and progesterone can be synthesized from plants in relatively few steps and have allowed sex hormones to become available commercially at a reasonable cost" (p. 127-28).

Susan M. Lark, M.D., born in 1945, "is a noted authority on women's health care and preventive medicine. She is the Director of the PMS and Menopause Self Help Center in Los Altos, California. She also sees women patients in her private practice. Dr. Lark has been on the clinical faculty of Stanford University Medical School, Department of Family and Preventive Medicine. She is also an associate member of the Department of Family Medicine, El Camino Hospital in Mountain View, California. Dr. Lark lectures widely on women's health care issues and is a sought-after speaker."

On the inside rear cover is a mail order form for Dr. Lark's Menopause Self Help Book, plus 3-month supplies of Menopause Vitaminerals, Herbal Formula, and Essential Oil, to be sent to Self Help Options for Women, Carson City, Nevada. On the rear cover is a portrait photo of Dr. Lark. Address: Director, The PMS and Menopause Self Help Center, 101 First St., Suite 441, Los Altos, California 94022. Phone: (415) 964-7268.

9590. Morinaga Nutritional Foods, Inc. 1990. Chocolate Pie, au natural! Dairy-free, low-fat pie made with Mori-Nu Lite Tofu (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.
• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, was introduced in June 1990. On the front is a color

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photo of a chocolate pie topped with sliced banana rounds. To the upper left are whole bananas, to the upper right is a package of Mori-Nu Lite extra-firm silken tofu (only 1% fat), and to the right is a bowl of almonds.

On the back are recipes for Chocolate Dream Pie/ Pudding, and Fast Lane Low-Fat Tofu Brownies, plus nutritional analyses and an offer for additional Mori-Nu free recipes.

A hole through the pad in the top center, and a horizontal adhesive strip on the back, aids in hanging the recipes in a store. Address: Torrance, California. Phone: 1-800-669-8638.

9591. **Product Name:** Tofu Spicy, Tofu Teriyaki.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1990. June.
Ingredients: Spicy: Organic soybeans, water, soy sauce, sunflower oil, spices, herbs, natural nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling these products in June 1990. Spicy: Yellow, red, black and white on green. On the front are four small Chinese characters.

9592. **Product Name:** Marinated Tofu, Herb Tofu, and Smoked Tofu.
Manufacturer's Name: Pureland Soy Products.
Manufacturer's Address: 23 Depot St., Maroochydore, QLD 4558, Australia. Phone: 071-43-4254.
Date of Introduction: 1990. June.
New Product–Documentation: Letter and leaflet sent by Jennie Finnigan and Ricciardo Ferrari. 1992. June 17. In June 1992 the company moved to a new address with a new phone number: Lot 47 Page Street, Kunda Park, QLD 4556. Phone: (074) 45 6077. The letter states that the company also makes Herb Tofu, Smoked Tofu, Hummus, and a Vegetarian Paté.

Talk with Jennie Finnigan. 1992. June 28. Another man started this business 3-4 years ago, doing a marinated tofu, a smoked tofu, and an herb tofu. She and Ricciardo made and sold him the tofu for these three products. Then he decided to give up that business so she and Ricciardo took it over.

9593. **Product Name:** [Tofu Pizza].
Foreign Name: Tofupizza.
Manufacturer's Name: Soto. Named Sojatopf prior to April 1989.
Manufacturer's Address: Wolfsbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany. Phone: 08621-62538.
Date of Introduction: 1990. June.
Ingredients: Organic whole wheat crust with tofu and vegetable topping.
Wt/Vol., Packaging, Price: 300 gm per piece.
New Product–Documentation: Letter (fax) from Harry Whitford. 1990. May 30. Gives full details on product based on interview with Gerhard (Oskar) Schramm. On 1 Jan. 1990 the company moved to Wolfbergerstr. 47, D-8211 Breitbrunn am Chiemsee, West Germany.

9594. *Soya International* (*Bar Harbor, Maine*). 1990. Yves Tofu Wieners up to bat at Candlestick Park. April/June. p. 3.
• ***Summary:*** This product, made by Yves Fine Foods of Vancouver, BC, Canada, will be served at San Francisco Giants baseball games in Candlestick Park, San Francisco, this year, in a new eggless variety and a larger ballpark size. This will be the second year that meatless tofu hot dogs have been available along with meat hot dogs at concession stands in the stadium.

9595. *Soya International* (*Bar Harbor, Maine*). 1990. White Wave takes tofu to India. April/June. p. 3.
• ***Summary:*** White Wave Inc. of Boulder, Colorado, has been awarded a technical consulting contract to start a low technology tofu plant in Bhopal, India. Company founder Steve Demos will travel to India later this year to set up the factory and train personnel in tofu production. It is hoped that eventually the training program will lead to the establishment of numerous cottage industry tofu factories throughout India, bringing relief to the chronic protein shortages among many of the country's 833 million inhabitants. The project is funded by the USAID Agricultural Research Project and the Indian Council for Agricultural Research.

9596. **Product Name:** Vegie Kaas (Non-Dairy Spread) [Regular, or Smoked].
Manufacturer's Name: Soya Kaas, Inc. A subsidiary of Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 6029 Lagrange Blvd., Atlanta, GA 30336. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-825-2057.
Date of Introduction: 1990. June.
Ingredients: Regular: Tofu (Organic* soy milk, calcium sulfate), natural flavors, tapioca, lactic acid, carob bean gum, xanthan gum, sea salt, annatto (natural color).
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Talk with Richard Rose. 1994. April 25. Vegie Kaas is made without casein. It is more like a dip or spread than a cream cheese. Talk with Vicki at American Natural Snacks. 1994. April 26. She checked the company's records which show that this product was introduced in June 1990.

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Leaflet sent by Casey Van Rysdam of ANS. 1994. April 27. "Soya Kaas." "No cholesterol. Lactose free. Made with fresh organic soy milk and tofu." Product with Label sent by Casey Van Rysdam of Soya Kaas. 1994. May 15. 4.75 inches diameter by 1.75 inches high. Red and green on beige. "100% dairy free. Alternative to cheese. No cholesterol. Lactose free. No milk protein. No oil added. Made with organic soybeans. Keep refrigerated." Soyfoods Center taste test. 1994. May 17. Nice flavor, texture, and color. Good as a dip for crackers or a filling for celery.

9597. Tjomb, Paul. 1990. Le pâté nouveau est arrivé: Ingrédients, soja [The new pâté has arrived: Ingredients, soya]. *RIA–Revue des Industries Agro-Alimentaires* No. 443. 14 May to 5 June. [Fre]
• ***Summary:*** For some years, Cacoja has specialized in soyfoods (food products based on the soybean; les produits alimentaires à base de soja) made from organically grown soybeans. This company is finishing studies on the formulation of a new line of products, soya pâtés, which will be commercialized about a month. Cacoja is an affiliate of the Est-Lait ["East Milk] group. The company presently markets an important line of products consisting of desserts, of confections with 20% soya, of beverages, and of mayonnaises. A large part of its activity is devoted to developing convenience prepared foods (*plats cuisinés*) which contain an average of 20% soya. The company also offers quenelles (like sausages), ravioli, and lasagne which are distributed fresh with a shelf life of 3 weeks. One of this company's flagship products is the soya medallions (médaillion de soja). These are two round meatless patties (gallettes, 125 gm each, about 3/8 inch thick), rich in protein. They are vacuum packed in plastic film with a shelf life of 21 days. The medallions come in 4 flavors: carrot, mushroom, tomato, and garlic and fines herbes. Mme. Chanterau is director of product development." Address: France.

9598. *Vegetarians of Alberta.* 1990--. Serial/periodical. Edmonton, Alberta, Canada: Vegetarians of Alberta Association. Frequency: Quarterly.
• ***Summary:*** Form filled out by David J. Parker. 1992. July. The first issue was published in May/June 1990 (7 p.). The publisher, Vegetarians of Alberta, was founded in July 1989. The founder and first editors were Margaret Marean, Glen McLean, and David J. Parker. A copy of all back issues still exists at the Society. The present title is Vegetarians of Alberta Quarterly, published by the same organization at the same address. It is still published quarterly. Circulation is now about 200.

"The organization was started by Father Evaski-Mclean who deals in soya products. Picnics in the park were our first endeavour and & still are although we go indoors over winter. We sell tofu wieners at Earth Day and other events to get money to operate although our budget is small. Please find back issues of our journal" enclosed. Also enclosed is a leaflet (3 panels each side) titled "Vegetarians of Alberta." Address: c/o 10257–95 Street, Edmonton, Alb T5H 2B3, Canada. Phone: 469-1448 or 429-3679.

9599. **Product Name:** Tofu Garden Patties [With Garden Vegetables or With Mushrooms and Soya Cheddar Cheese].
Manufacturer's Name: Yves Fine Foods Inc.
Manufacturer's Address: 1138 East Georgia Street, Vancouver V6A 2A8, B.C., Canada. Phone: 604-251-1345.
Date of Introduction: 1990. June.
Ingredients: With Garden Vegetables: Tofu, (water, organic soybeans, magnesium chloride), stone ground whole wheat flour, gluten, fresh carrots, green peppers, celery, onions, crushed tomato, soy grits, garlic powder, seasonings, rice syrup solids.
Wt/Vol., Packaging, Price: 6 oz package. Retails for $1.99 (7/90).
New Product–Documentation: Soya International. 1990. April/June. p. 22. The ingredients for Tofu Garden Patties with Mushrooms and Soya Cheddar Cheese are: Tofu, soya cheese (tofu, soy oil, casein, salt, citric acid, lecithin, natural flavor, guar gum, annatto seed), stone ground whole wheat flour, gluten, mushrooms, soy grits, garlic powder, seasonings, rice syrup solids. Contact: Yves Potvin.

Spot in Health Foods Business. 1991. Jan. p. 76. "The burgers are made with either fresh vegetables and spices, or with mushrooms and soya cheddar cheese."

9600. **Product Name:** Yves Veggie Tofu Wieners.
Manufacturer's Name: Yves Fine Foods Inc.
Manufacturer's Address: 1138 East Georgia Street, Vancouver V6A 2A8, B.C., Canada. Phone: 604-251-1345.
Date of Introduction: 1990. June.
Ingredients: Tofu (water, organic soybeans, magnesium chloride), soy protein, canola oil, wheat gluten, unmodified wheat starch, natural smoke flavors, beet powder (coloring), paprika (coloring), tamari sauce, spices, guar gum.
Wt/Vol., Packaging, Price: 10 oz package. Retails for $2.19 (7/90). 12 oz vacuum pack retails for $3.29 (6/92, California).
New Product–Documentation: Soya International. 1990. April/June. p. 22. Contact: Yves Potvin. Spot in Health Foods Business. 1991. Jan. p. 76. Shows a small black-and-white photo of the package.

Ad (color, 2/3 page) in *Natural Foods Merchandiser.* 1992. April. p. 94. "Yves Veggie Cuisine." Shows packages of Veggie Wieners and Burger Burgers.

Product with Label purchased at Open Sesame in Lafayette, California. 1992. June. 3.5 by 10 inches. Vacuum pack. Red, yellow, blue-green, and black on white. Color photo of a wiener with trimmings in a bun. "Contains no meat. Cholesterol free. Made with 100% organic soybeans. No preservatives. Low in saturated fat. Since 1985 we have

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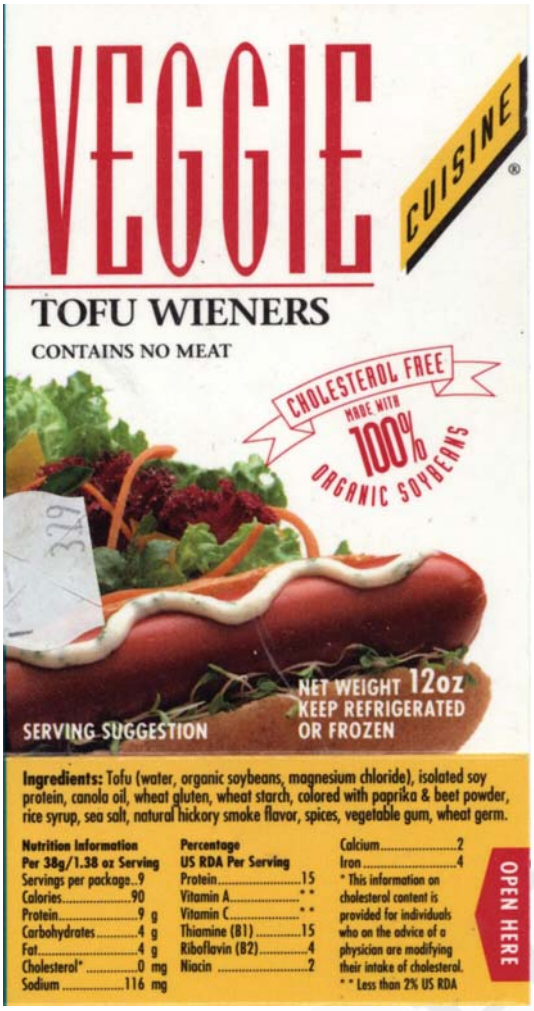

been committed to providing you with the highest quality in healthy, easy to prepare entrées. Always cholesterol and preservative free...” The company name is now Yves Veggie Cuisine Inc. The president is Yves Potvin.

9601. Tabuchi, Ichiro. 1990. [Re: History of Soyalac soymilk production by San-iku Foods in Japan]. Letter to William Shurtleff at Soyfoods Center, July 4. 1 p. Handwritten, with signature on letterhead. [Jap; eng+]

• ***Summary:*** In 1948 Mr. Tabuchi visited Dr. Harry W. Miller and studied at his soymilk plant in Mt. Vernon, Ohio. During this period, Dr. Miller visited Nihon San-iku Gakuin (located at Chiba prefecture, Sodegaura-cho) almost every year and earnestly advised the people there to make soymilk. In about 1957-58 they started to make soymilk at a tofu plant that was owned by Mr. Ueda. They bottled it in 180 ml dairy milk bottles, which they sold with their tofu. It was a small scale operation and it didn’t last long.

In 1959 at the Food Department of Nihon San-iku Gakuin, they set up a tofu manufacturing plant and started to make soymilk in 180 ml milk bottles for the school’s lunch program. Several years later they started to make canned soymilk for general consumers. In order to help introduce the soymilk to the school, Dr. Miller lived on the school campus for 2 months. He taught and gave orientation to the students.

In 1970 San-iku Foods became independent from the San-iku Gakuin Food Department and started to make and sell infant formula. Address: San-iku Foods, Japan.

9602. Marshall, Philip. 1990. Brief history of the Regular Tofu Co. (Interview). *SoyaScan Notes.* July 9. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This company was started by John Holt. [It began production in Dec. 1981.] Holt learned how to make tofu, in about 2 days, from Philip Marshall of Cauldron Foods Ltd. [which started tofu production in Sept. 1981], and Paul Jones of Paul’s Tofu & Tempeh [which started tofu production Jan. 1981]. Before that he was involved in a spiritual practice, perhaps with Divine Light Mission. He and a girl, who was into the same spiritual tradition, got together and started the company. It was a very small, kitchen-based operation. It went through various growing pains, and eventually Holt ended up owning the company himself. He got into some financial difficulty and in about 1983-84 he got refinancing when a fairly large percentage of his shares were purchased by an entrepreneur, who formerly had owned a medium-sized tailoring business. He then got involved with Haldane when they bought the company. They either asked him to leave or he left on his own. Philip has no idea where he is now.

Regular Tofu Co. now may be nothing but a name. There is a plant, a very early/antique Takai plant, where Haldane has their tofu made. They have a 50% holding in an ice cream company and the product is actually made at that factory. The address of Regular Tofu Co. is now the same as Haldane. Address: Owner, Cauldron Foods Ltd., 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol BS3 2TL, England. Phone: (0272) 632835.

9603. Marshall, Philip. 1990. Early work with soyfoods in the UK: Direct Foods, Whole Earth, Harmony Foods Ltd., and Haldane (Interview). *SoyaScan Notes.* July 9. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Brian Welsby founded Haldane Foods in 1983. But he was active with health foods long before 1980. He used to do the product mixing for a company named Direct Foods Ltd. (in Petersfield, Hampshire), which was owned by Peter and Anna Roberts, a very nice, committed pair of vegans. They were among the first people to market dried soya products, particularly TVP, in the UK. And they were certainly the first people to develop the market for composite dry soya products–like burger mixes. Philip has no idea when Direct Foods started, but it may have been in the late 1960s. [Note: It started in Aug. 1969.] They were one of the pioneers of vegetarianism and veganism in England.

Greg and Craig Sams are brothers, both American. Both

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are very talented guys, excellent at marketing. Greg is in a wheelchair. In the early days, both were the key figures/ principals at Whole Earth with the early events at Portobello Road. Whole Earth, which started as a bakery, became Harmony Foods, a large health food wholesaling company. [Note: In 1980 Harmony Foods Ltd. was at 12 Orpheus St., Camberwell, London S.E., England.] Harmony had some of its own Harmony Foods brands and was one of the first companies in the UK to import Japanese miso, shoyu, etc. At some point, Whole Earth was sold off as a health food wholesaler, and its still going with such popular brands as Whole Earth jams, sauce, etc.

Peter Fitch was responsible for putting together the Haldane Foods Group, which incorporates Direct Foods, Haldane Foods, and Realeat. Address: Owner, Cauldron Foods Ltd., 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol BS3 2TL, England. Phone: (0272) 632835.

9604. Preneuf, Jean de. 1990. Current status of soyfoods in Italy (Interview). *SoyaScan Notes.* July 12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The biggest and best tofu company in Italy is Fonte della Vita, located near Turin. They also make some other soyfoods and have a nice brochure. The only real tofu manufacturer in Italy, they also make seitan. They come out of the natural foods, macrobiotic, and herbal traditions. Amisoya is said to be owned by or related to Ferruzzi/ Central Soya. Their products are generally made from soy protein isolates. Jean has tasted all their yogurts, and they are "just terrible." Soyalat, the soymilk sold by Parma Soia, is said to be made by Alpro in Belgium. Parma Soia, he thinks, is not a soyfoods producers, and their line is not so successful. Société Soy will increasingly expand sales of their line of soyfoods into Italy. This will be a major company focus in the future. This is little competition for good tofu products and tofu is very well suited to Italian style dishes. Jean has returned from a study trip to Italy, and collected many labels and brochures. "Italy is a wonderful country." He will be back from Spain in 1 week. He plans to attend the Natural Foods Expo in Philadelphia, Pennsylvania, this fall. Address: Société Soy, 1 rue du Crêt de la Perdrix, 42400 St.-Chamond, France. Phone: 77.31.23.66 OF.

9605. Michael, Brenger. 1990. History of La Fonte della Vita S.r.L., Italy's largest manufacturer of tofu and seitan (Interview). *SoyaScan Notes.* July 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This company was founded in Feb. 1985 by Mr. Demontis and his wife, Ms. Borello, on Via Matteotti?, in Fossano, about 35 miles south of Torino (Turin). He joined the company in the fall of 1985 and became a partial owner. He learned to make tofu from *The Book of Tofu* by Shurtleff & Aoyagi. Today the company is owned by 5 people, with the DeMontis owning the largest share; Mr. Mario Cozio joined later. Originally the company made only nigari tofu, but by autumn they had introduced 4 tofu spreads (tofu pâté), and soymilk. In April 1986 the company moved about 15 miles further south to Via Circonvallazione 87, 12049 Trinita (Cuneo), Italy. They are still at the same location but the street was renamed in about 1987? so that their present address is Via Monviso 18, 12049 Trinita (Cuneo). After the move, they introduced two types of seitan (plain and fried), fried tofu, tofu with herbs, then two tofu burgers (one with sea vegetables, and one with seitan). They used to make soymilk but after it grew to a certain level they stopped making it and began buying it from a company in Belgium [probably Alpro], so that they could focus on expanding tofu production. In June 1990 they began making tempeh.

Today they are the largest among 5 tofu manufacturer in Italy. They make about 2,500 kg/week of tofu and have 23 employees. The company's best-selling product is fried seitan, followed by natural seitan and regular tofu (about equal), tofu burgers, and tofu spreads. During the last year sales have grown about 30%, due in part to an aggressive program to introduce 2-3 new products a year. New products are tempeh and seitan burgers. Address: Via Monviso 18, 12049 Trinita (Cuneo), Italy. Phone: (0172) 66 397.

9606. Michael, Brenger. 1990. The tofu market in Italy (Interview). *SoyaScan Notes.* July 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Mr. Demontis, head of Fonte della Vita, knows the Italian tofu market better than Michael Brenger, since Brenger is tofu production manager. But Brenger speaks English better than Mr. Demontis. There are five tofu manufacturers in Italy. The largest is La Fonte della Vita (in Trinita, near Cuneo, about 50 miles south of Turin), which makes about 2,500 kg/week of tofu. Second largest is probably Terra e Pane (Chinzena? near Ravenna [actually S. Arcangelo di Romagna near Forlì]; they also make soymilk, tofu spreads, and seitan), followed by Soyalab near Firenze (Florence; they are about ¼ to 1/5 the size of Fonte Della Vita), Arc-en-Ciel srl (a cooperative at Loc. Molino 4, 10070 Ceres, 20 km from Torino/Turin; they make more seitan than tofu), and Sunsoy Food (Bologna; very local and small). Total production of the five is estimated at 5,000 kg/week of tofu, or about 250,000 kg/year. All these companies make tofu from whole soybeans and sell the tofu at natural and health food stores. Recently Parma Soia and Medical Soy started selling soy products, including some tofu products, but they sell to the mainstream market through supermarkets rather than to the alternative market. Their tofu products use tofu only as an ingredient; they do not sell tofu as such. They make a vegetable cheese and add about 20% tofu. He does not know from whom they buy their tofu. The first tofu maker in Italy was Gilberto Bianchini of Centro Macrobiotico Tofu (Via Cuoco 9, 47037 Rimini, Italy), but

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he stopped in about 1986 and moved to Belgium. Ferro Ledvinka at Fondazione Est-Ouest only makes tofu for their own macrobiotic restaurant; they buy some of their tofu from Fonte della Vita and Soyalab, and they also do health counseling. Address: Production Manager, La Fonte Della Vita, Via Monviso 18, 12049 Trinita (Cuneo), Italy. Phone: (0172) 66 397.

9607. *SoyaScan Notes.* 1990. The meaning of the symbol "e" appearing on European food labels (Overview). July 19. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is a European Economic Community mark, usually written just to the right of a product's weight (e.g. 250 g e), signifying that the product has been packaged under the average weight system as covered by the United Kingdom's weights and measures act of 1985.

9608. Glynn, Mike. 1990. Mori-Nu wages battle against tofu industry: Mio wants conventional tofu out of produce department. *Packer* (*The*). July 21. p. 16A.
• ***Summary:*** Discusses the response of the Soyfoods Association and Morinaga to the classification of tofu as a "potentially hazardous food" and to the practice of storing tofu in the produce department. Art Mio of Morinaga feels that the Soyfoods Association is dragging its feet and failing to assume the role of a responsible industry leader, insisting that its members follow FDA's regulations.

9609. *SoyaScan Notes.* 1990. Update on Kyoto Food Corp. USA in Terre Haute, Indiana (Interviews with various people). July 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Kyoto Foods is planning to open a big tofu plant in Terre Haute, Indiana. Ground breaking for the plant was on 3 May 1990. Mr. Yamashita is the person in charge and on July 24 he talked about the plant starting with 15-20 employees. They have 30,000 tsubo of land. Note: 1 tsubo is 6 shaku (1 shaku = 0.995 feet, so 6 shaku = 5.97 feet) on a side or 35.64 square feet. One acre is 43,560 square feet, so there are about 1,222 tsubo/acre. Thus 30,000 tsubo is about 25 acres.

Kyoto Foods plans to make only tofu initially, and they apparently would like to knock off Hinoichi on the East Coast and Midwest. They have support from Marubeni, which makes them potentially very powerful. John Morrell & Co. has done some research using tofu or concentrated soymilk. Kyoto Foods is considering getting this from Pacific Foods of Oregon, then shipping it to Cincinnati, Ohio.

The opening ceremony for the new plant was held on 24 Oct. 1990 in Terre Haute. Local television station covered the event but the print media showed little interest. Wataru Takai came from Japan to attend the ceremony. As of 15 Nov. 1990 the company plans to make water pack firm tofu (not aseptic tofu), but production has not yet begun. They plan to play down the fact that they have a parent company in Japan. They are billing themselves as "the largest tofu company in America." Production is expected to begin in November. The Asian-American population in the Midwest is much larger than most people realize. Some of the tofu will be sold to institutions. Supermarkets seem to be anxiously awaiting the product.

9610. Gerner, Bob. 1990. Best-selling soyfoods at Berkeley Natural Grocery Co. in Berkeley, California (Interview). *SoyaScan Notes.* July 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** By far the best selling soyfood product type at Bob's store is soymilk, accounting for 50-65% of total soyfoods sales. The best selling brands, in descending order of sales volume, are Vitasoy (about 40% of soymilk sales, and rising; his store promotes it more in part because he sees sales reps longer and in part because the Vanilla Vitasoy is his favorite soymilk product), Edensoy (30-35% and falling; it used to be the best seller), Westsoy and Westbrae Malteds (20% and rising), Pacific Soy (from Tree of Life), and Other (Wildwood Yosoy, Quong Hop, Soy Moo, AhSoy, 5%).

The next best selling soyfood type is tofu (accounting for about 20% of total soyfoods sales, and rising), followed by soy sauce & tamari (10%, stable), soy cheeses (4%, rising), tempeh (2%, falling), soy ice cream (1%, stable or falling), and miso (1%, falling).

Total per capita purchases of soyfoods have risen steadily since the mid-1970s. There have been no plateaus or declines.

Bob dislikes (but understands) the way soymilk manufacturers discount their products, basically forcing him to buy very large quantities–typically 60 cases at a time. This policy favors large retailers, ties up a lot of his capital up-front, and takes up a lot of space in his warehouse. So 95% of the time he buys Vitasoy and Edensoy soymilk when they are on sale at discount prices, then he sells these at discount/sale prices–a practice that he does not like since it seems to contradict the idea of a "sale." Customers won't buy soymilk any more at "regular" prices. Bob would rather buy what he needs from week to week, then sell all products at a regular price most of the time, then have promotions once in a while. Vitasoy has played a lot of games with distributors to try to get them to buy more at one time, and Bob has heard that this is hurting the distributors and that they don't like it. They can't make money selling at an 8% margin, which they often must do. Edensoy's discount is constant whereas Vitasoy has on and off discounts–which makes buying harder for Bob. Westbrae/Vestro has a more typical discount policy and Bob sells Westbrae products at a regular price most of the time. Address: Owner, Berkeley Natural Grocery Co., 1336 Gilman St., Berkeley, California 94706. Phone: 415-526-2456.

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9611. *SoyaScan Notes.* 1990. The Food and Agribusiness Management Program in Illinois (Overview). July 30. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This program was started in June 1989. It is looking, among other things, at "alternative marketing channels" and "specialty markets" including "specialty export markets" for major crops, such as tofu beans for Japan. James Dunn has a specialty export company. Most farmers think there is a big risk associated with growing specialty soybeans but actually the contract virtually eliminates that risk. One student is studying alternative contracts for specialty crops. Address: Univ. if Illinois.

9612. Yoshikawa, Koichi. 1990. [Re: Yoshikawa's sales of nigari]. Letter to William Shurtleff at Soyfoods Center, July 30. 1 p. Handwritten, with signature on letterhead. [Jap; eng+]
• ***Summary:*** Yoshikawa's current sales of nigari are about 7,000 tonnes (metric tons) per year. Of this, about 3,000 tonnes is used by tofu makers. The latter amount has not changed much during the last 3 years. A small amount of this nigari for tofu use is sold overseas.

The letterhead states that Yoshikawa is the oldest maker of nigari in Japan, established 100 years ago. Brands include Thruzen and Maruzen. The company's factory is on the seashore at Kurashiki, Okayama, Japan. Address: President, Yoshikawa Shoji K.K., Honmachi Wako Bldg. Kita Kyuhoji-cho 2-1-7, Osaka, Higashi-ku, Japan. Phone: 06-261-6767.

9613. **Product Name:** [Seitan, and Tofu].
Manufacturer's Name: Arc-en-Ciel srl.
Manufacturer's Address: Loc. Molino, 4, 10070 Ceres, TO Italy.
Date of Introduction: 1990. July.
New Product–Documentation: Talk with Michael Brenger, production manager at Fonte della Vita. 1990. July 18. Arc e Ciel is a cooperative located 20 km from Torino/Turin; they make more seitan than tofu.

Letter from Gianni Viglino of Savona, Italy. 1991. Dec. 20. "I have contacted this company and they will send you a report directly concerning their products."

9614. **Product Name:** Believe (Soy Ice Cream with Tofu; Hard-pack) [Vanilla, Chocolate, Strawberry].
Manufacturer's Name: Believe Inc.
Manufacturer's Address: Marketing: 320 Walnut St., Highland, IL 62249; Corporate Hdqtrs.: 6173 Cultus Bay Road, Clinton, WA 98236. Phone: 1-800-777-0424 or 206-221-8739.
Date of Introduction: 1990. July.
Ingredients: Organic rice syrup, acacia honey, organic rice, organic tofu powder.
Wt/Vol., Packaging, Price: Hardpack pints, Retails for $2.89 to $2.99 (7/90).
How Stored: Frozen.
New Product–Documentation: Ad (8.5 by 11 inches, color photo) in East West Journal. 1990. Aug. Inside rear cover. "Something wonderful is going to happen. Believe. The gourmet non-dairy dessert. Free of cholesterol, refined sugars, dairy and lactose, artificial flavors, colors, and preservatives. So rich and creamy you may never want 'ice cream' again. For more information and the store nearest you call 1-800-777-0424. 10% of corporate profit goes to the Global Goodwill Fund." Photo shows a huge scoop of vanilla ice cream. An inset shows a view of outer space with a spiral nebula, shooting star, and crescent moon above, and the curve of the earth below. Definitely bears the "sign of the unicorn."

Talk with Richard Rose of Rose International. 1990. July 30. "Believe, Bob Davis' new soy-and-rice ice cream, was the best product at the recent NNFA show on the East Coast. He has made a big, bold move and I think it is going to succeed. This unique product is a cross between Ice Bean and Rice Dream, the first product to provide complementary soy and grain. It is sweetened with organic rice syrup and it contains organic tofu. Realistically, Rice Dream is made from essentially rice syrup–a very highly refined amazake. He has pulled together an organization of good people. The product is just now getting on the shelves. At the show, the company had a custom-designed, elegant tent-style booth. He is using a pull strategy, developing demand from consumers and retailers to get distribution, which means heavy advertising in consumer publications. The theme in his ad is carried through to their aprons, point of purchase materials, everywhere. The product is high fat, maybe 17%, like a superpremium ice cream, and the price is also high at $2.89 to $2.99 retail, with about 50% overrun. Flavors were chocolate-toffee, vanilla with chocolate marble, blueberry, and raspberry. One evening the company had a hospitality suite where they served ice cream sodas, floats, and sundaes with a classical guitarist playing in the corner. It was an ice cream feast with 50-100 people in attendance." Richard is working with him to try to get some export business.

Talk with Rachel Walk, Marketing Mgr. at of Believe Inc. in Illinois. 1990. Aug. 3. This company is separate from Light Foods, but the corporate headquarters is at the same address as Light Foods in Washington. The first 3 flavors should hit the shelves in mid-August. The organic tofu in the product is spray dried. Potential new flavors are Chocolate Toffee, Vanilla Fudge, and Blueberry; they might be out in 3 months. Production is "up north" but they warehouse at U.S. Growers in Los Angeles.

Ad in Vegetarian Times. 1990. Dec. p. 81. Gives a nice history of the company, and of Robert Davis' work with soyfoods.

9615. **Product Name:** Cauldron Foods Tofu Kitchen {Frozen Ready Meals} (Indonesian: Vegetables & tofu in

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spicy satay sauce, Cantonese: Stir fry vegetables with tofu in black bean sauce, Shanghai: Sweet & sour vegetables with tofu, or Punjabi: Vegetable briani with tofu).
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1990. July.
Ingredients: Indonesian: Spicy satay sauce (water, sieved tomatoes, onions, peanut butter, creamed coconut, soy sauce, tomato puree, spices and seasonings, modified starch, vegetable oil, salt), Marinated Tofu (tofu–water soya beans, calcium sulphate, marinade–water, shoyu sauce, sugar, salt, garlic, ginger, citric acid), baby sweetcorn, sugar, snap peas, red peppers, vegetable oil. Fried rice: Cooked white and brown rices, sweet-corn, vegetable oil, onions, chives.
Wt/Vol., Packaging, Price: 400 gm box.
How Stored: Frozen.
Nutrition: Per 100 gm.: Protein 5.9 gm, fat 5.9 gm, carbohydrates 13.9 gm, calories 147.
New Product–Documentation: Letter (fax) from Philip Marshall. 1990. July 9. This product, in 4 varieties, was introduced in 1990. Labels (4) sent by Philip Marshall of Cauldron Foods. 1990. July 9. 9 by 7 by 1.25 inches. Multi-color. A large color photo of the ready-to-serve dish (accompanied by chopsticks or fork) is in the upper left hand corner of the front panel; behind it is a pastel blue, green, yellow, and black map of that part the world from which the dish originates. Below the product name is a brief description of the dish. "Microwave or oven cook. A complete vegetable meal." Suitable for vegetarians: Circled green V certification symbol. Serves 1. The back panel gives information about tofu and detailed cooking instructions.

9616. Fleming, Diana J. ed. 1990. Country Life vegetarian cookbook: Delicious recipes from the kitchen of the Country Life vegetarian restaurants. Family Health Publications, 13062 Musgrove Highway, Sunfield, MI 48890. 190 p. Index. 23 cm.
• ***Summary:*** This book contains the most popular vegan recipes from Country Life vegetarian restaurants. In 1966 the first Country Life Restaurant opened its doors in Grand Rapids, Michigan. Today the 15 Country Life Restaurants, though all independently owned and staffed by Seventh-day Adventists, "share a common commitment to serve delicious, wholesome, 100 percent vegetarian food. They are also dedicated to furnishing educational programs, to ministering to the needs of the community, and to providing a relaxed, Christian atmosphere as a refuge for customers from the stresses of the work-a-day world." A list of the addresses and phone numbers of the 15 County Life restaurants (10 in the USA, 3 in Europe, and 2 in East Asia) is given on page 4.

"Soy or nut milk" is called for in many recipes throughout this book. Soy-related recipes include: Soy-oat waffles or pancakes (p. 20). Carob-banana tofu topping (p. 25). Tofu-pineapple "cottage cheese" (p. 28). Soy raisin puffs (with cooked whole soybeans, p. 35). Fluffy soy-corn muffins (p. 36). Scrambled tofu (p. 38). Chipped tofu (p. 39). Tofu cheese rarebit (p. 40). Tofu potato latkes (p. 41). Soy whipped cream (#1-#3, p. 60-61). Tofu whipped cream (p. 61). Tofu orange whipped cream. Tofu cheesecake (p. 66). Carob tofu cheesecake. Tofu loaf (p. 73). Kidney bean and tofu pie (p. 83). Pasty (filled with frozen tofu, p. 84). Soybean creole (p. 88). Tofu balls (p. 93). Lasagne (with crumbled tofu, p. 94). Stuffed shells (with tofu, and soy mayonnaise or soy sour cream). Eggplant Parmesan (with tofu). Tofu cacciatore (p. 96).

Stir fry vegetables (with tofu, p. 103). Tofu foo young (p. 105). Oriental medley (with tofu, p. 106). Walnut cheese spread (with tofu, p. 108). Gluten and broth. Teriyaki sauce (with soy sauce, p. 111). BBQ sauce (p. 112). Tofu "egg" salad (p. 118). Thousand island dressing (with soy mayonnaise, p. 120). Olive dressing (with soy base, or Soyagen, p. 121). Soy mayonnaise (#1 with soy milk, #2 with soy base, #3 with Soyagen, p. 123-24). Tofu mayonnaise (p. 125). Aioli or garlic mayonnaise #1 (with soy milk). Soy sour cream (p. 126). Soy margarine (#1 and #2). Tofu cottage cheese. Tofu tomato stars (p. 135). Sour cream potatoes (with soy sour cream or mayonnaise, p. 139). Tofu gumbo soup (p. 146).

Soy milk (#1 from soy beans, #2 from soy base, p. 149). Soy base (from soy flour, p. 150). Basic nut milk (with cashews, walnuts, filberts, or Brazil nuts, and honey or dates, p. 151). Cashew-pear milk (p. 152). Half and half (with cashews and almonds). Almond milk supreme... plus many other nut and fruit milks.

One innovative ingredient in many recipes is "Lecithin-oil slicker: This is a replacement for products such as Pam, a food release spray. Pour 6 parts oil, not olive, peanut or sunflower, into a jar with 1 part liquid lecithin. Cover tightly and shake well. Keep at room temperature. Do not use lecithin granules. Measure oil first then use the same utensil to measure lecithin to help prevent sticking of lecithin on utensil."

At the end of the book are several very interesting chapters: "The protein myth: When too much of a good thing is a bad thing," by M.G. Hardinge and W.C. Andress. One very interesting table (taken largely from G. Bunge 1902) shows that the longer it takes for a baby animal to double its birth weight, the lower the protein content of the mother's milk. Humans, with 1.4% protein in the milk, take 180 days (the longest). Cats, with 9.5% protein in the milk, take only 7 days (the shortest). A second chapter is titled "Dietary fat–good or bad?," by Bernell E. Baldwin. Address: Michigan.

9617. **Product Name:** [Tofu Dices, Freeze Dried].
Manufacturer's Name: Freeze-Dry Foods GmbH.
Manufacturer's Address: Am Eggenkamp 8-10, D-402

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Greven 1, Germany. Phone: (02571) 507-0.
Date of Introduction: 1990. July.
Wt/Vol., Packaging, Price: 15 kg in a double poly bag in an outer carton.
How Stored: Shelf stable, 6 month shelf life.
New Product–Documentation: Company leaflet sent by Heather Paine of London. 1991. April 23. Dated July 1990. In English. Produced from deep-frozen tofu, diced and freeze-dried. Size: Cubes, 10 mm on each side. Moisture: Max. 3%. Shelf life: Minimum 6 months in unopened original cartons, stored in a cool and dry place. Packaging: 15 kg in a double poly bag in an outer carton. Opened bags should be tightly closed after usage.

Spot in SoyaFoods. 1991. Spring. p. 5. "Freeze Dried Tofu." The company has offices in Germany, London, and the USA.

9618. Hsiao, Laurence. 1990. Role of Taiwan soybean importers. In: Ontario Ministry of Agriculture and Food, ed. 1990. Soybean Buyers Mission from New Markets, July 1-7, 1990. Tokyo, Japan: Ontario Ministry of Agriculture and Food. 61 p. July. See p. 13-15. [Eng]
• ***Summary:*** In Taiwan, soybeans are imported primarily from the USA. During the days of the Soybean Importers Joint Committee (SIJC) other countries producing soybeans complained that the Taiwanese market was, in effect, closed. However since soybean import liberalization on 1 July 1988, the SIJC was abandoned, yet almost all soybeans are still imported from the USA.

While SIJC was active, each importer declared his requirement based on import volume the preceding year plus or minus 10%. Then the Committee reported to the Government Authority, which invited tenders from suppliers. Because soyfood manufacturers had to rely on soybean oil millers for their supply, the quality was greatly restricted. Hence Taiwanese consumers did not enjoy the high quality of tofu and soymilk found in other countries.

Although soybean imports are bound by the "Sino-America Grains Agreement," which requires that Taiwan purchase at least 1.2 million tonnes/year of soybeans from the USA, the importers now have more flexibility in dealing with the suppliers. Thus the market is now more price-oriented. But food soybeans are still imported in the same way. Hence, soyfood manufacturers still complain about their poor quality.

Preliminary research has shown that the yield of tofu from Ontario special quality white hilum soybeans is 15% higher than from U.S. #2 soybeans. In Taiwan, most food soybeans are sold in 50 kg bags in small lots of 10-25 tonnes/lot. The author advises Ontario suppliers to promote their soybeans on the basis of yield and quality, and to try to build these factors into their price structure. In conclusion, in Taiwan the market for food soybeans is undeveloped. The time is ripe for Canadian soybean exporters to penetrate this market. "Initially you may find that price is a major factor. Do not be discouraged."

Addendum: The following documents are available from the Ontario Soybean Growers' Marketing Board: 1. Sino-America Grains Procurement Agreement. 2. Bulk Carrier Charter Agreement. 3. Soybean Importers Joint Committee Tender Invitation. 4. Chronology of 1988 Soybean Shipments to Taiwan. 5. Sales Agreement of Paraguayan Soybeans. Address: Vice President, Sun Ford Conglomerate Corp., 21 Lin 1 Street, Taipei, Taiwan. Phone: (02) 321-1005.

9619. Karta, Susani K. 1990. The market prospective for tempeh in the year 2000. In: Ontario Ministry of Agriculture and Food, ed. 1990. Soybean Buyers Mission from New Markets, July 1-7, 1990. Tokyo, Japan: Ontario Ministry of Agriculture and Food. 61 p. July. See p. 19-33.
• ***Summary:*** Contents: Introduction. Market situation for tempeh in Indonesia. Health and nutritional significance of tempeh. Tempeh for weaning food. Constraints and trends in the market development of tempeh. Recommended guidelines and strategies. Ideas for the diversification of tempeh utilization: Tempeh as a food ingredient, new tempeh food opportunities.

Tempeh flour (dried, ground tempeh) used in weaning foods could dramatically reduce the diarrheal diseases among children in Indonesia and other countries. The author estimates the potential demand for tempeh flour in weaning foods used for this purpose in the year 2000 to be 27,720 tonnes in Indonesia and 470,880 tonnes in all Asian developing countries. This assumes average tempeh flour consumption of 10 gm/day per child or 3.6 kg/year per child.

In 1983 Indonesians consumed about 927,000 tonnes of soybean as food, increasing to 1,528,000 tonnes in 1958. About 50% of these soybeans were used to make tempeh, and 40% to make tofu; the remaining 10% were used to make soy sauce and "tauco" (a fermented whole soybean condiment [Indonesian miso]). In 1988 the average Indonesian consumed 6.45 kg/year of tempeh (equivalent to 4.3 kg of soybeans). In the past 5 years, consumption of soyfoods in Indonesia has increased by an average of 10% annually.

According to a 1988 report from the Indonesian Ministry of Agriculture, the average daily per capita consumption of calories is still below the recommended Indonesian guidelines. In 1988, calorie consumption was only 1,794 calories/capita/day, or about 28% below the recommended 2,500 calories. Protein intake was about 43.3 grams/capita/day, or about 21% below the recommended 55 gm. "Consumption levels of traditional soyfood such as tempeh will continue to grow as the population attempts to meet its protein needs. Moreover, in view of the purchasing power of the average Indonesian consumer, we can expect a continuing increase in the demand for tempeh as it is widely available at a much more affordable price than animal

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protein... For tempeh manufacturing, imported soybeans are preferred because they are larger and cleaner." Address: MSc, RD, Manager, P.T. Indofood Interna Corp., Jl. Ancol No. 4-5, Ancol Barat Jakarta Utara 14430 Indonesia. Phone: 690-1365.

9620. Loh, Michael. 1990. An overview of export opportunities in the new markets. In: Ontario Ministry of Agriculture and Food, ed. 1990. Soybean Buyers Mission from New Markets, July 1-7, 1990. Tokyo, Japan: Ontario Ministry of Agriculture and Food. 61 p. July. See p. 10-12. [Eng]

• ***Summary:*** It has been almost 20 years since the first container load of soybeans grown in Ontario was shipped to Japan. By the end of 1989, Ontario was exporting more than $25 million worth of soybeans to Japan, Hong Kong, Malaysia, and Singapore. Now the new markets for Ontario soybeans are Korea, Taiwan, the Philippines, and Indonesia.

In Korea, trade restrictions have eased on soybeans and other agricultural products. With hefty trade surpluses, Korea is under pressure to balance trade. Korea soybean imports jumped from only 428,000 tons in 1979 to 1,100,000 tons in 1989. About 120,000 tons of the imported soybeans are for food use, as follows: Tofu 100,000 tons (83% of the total), soymilk 17,000 tons, and soy sprouts 2,000 tons. Nearly all of Korea's soybean imports come from the USA.

Taiwan ranks second, after Japan, in terms of best prospects for agricultural exports. The strong Taiwanese currency has made exports less expensive. Burgeoning trade surpluses have led to increasing pressures from trading partners, like the USA, to balance trade. So Taiwan has liberalized imports by lowering tariffs and eliminating non-tariff barriers. "U.S. soybean exporters took advantage of their dominant market position in Taiwan to expand sales. Backed by aggressive trade negotiators, the American soybean industry has enhanced its competitive position by securing a 5-year supply agreement contract with the Government of Taiwan. The agreement calls for the purchase of 5.7 million tons of U.S. soybeans over a five-year period from July 1, 1986 to June 30, 1991. As a result the United States has over 75% of the market share. Taiwan's annual requirements of food soybeans are estimated at 250,000–300,000 tons. With recent market opening measures announced by the Taiwanese government, direct sales of food soybeans to end-users are now permitted."

Philippines: In Feb. 1987 Michael led a mission to the Philippines, and contacted a buyer. Ontario soybeans were first shipped to that country later in 1987. The Philippines import about 10,000 to 15,000 tons/year of soybeans for food use, and this is expected to increase in the near future. Filipro, Inc., which is the Philippines' licensee for Nestle S.A., reported increasing market acceptance of its re-launched powdered soya milk product Vita (chocolate flavor), and a soy-based baby cereal named Ceresoy.

Indonesia: Ontario soybeans (worth $4.2 million) were first sold to Indonesia in 1980 after Canada's first mission there that year. 90% of the 1.7 to 2.0 million tons of soybeans required by Indonesia are used for food. Tempeh is a delicious Indonesian food and Indonesia requires over 750,000 tons/year of soybeans to make tempeh. Address: Senior Representative, Asia/Pacific Region, Ontario Ministry of Agriculture and Food (OMAF), Tokyo, Japan.

9621. Morinaga Nutritional Foods, Inc. 1990. Inventions that advanced mankind (Ad). *Produce Business.* July. p. 57.

• ***Summary:*** In this full-page color ad, a large photo shows a package of Mori-Nu tofu in the foreground, with a brazier of fire and a huge stone wheel behind it. The text reads: "Fire set the world ablaze. The Wheel turned things around. *And now Mori-Nu Tofu has brought a 2,000-year-old product into the Space Age. Tofu, the perfect food, is now in the perfect package.*

"In its convenient, revolutionary package, Mori-Nu Tofu is guaranteed to maintain its fresh, just-made flavor. Without preservatives or irradiation. And without the need for refrigeration for as long as 10 months.

"Packaged in Tetra Brik Aseptic cartons, Mori-Nu Tofu meets all FDA temperature requirements. So you can display Mori-Nu Tofu anywhere with no shrink. Even in the produce section. For more details or to order Mori-Nu Tofu, call 1-800-NOW-TOFU, today. We're ready to wheel and deal." Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9622. O'Hara, J. Patrick. 1990. Will tofu exit produce? *Produce Business.* July. p. 55-56.

• ***Summary:*** "The FDA has come down hard on temperature control of tofu, so many retailers are moving it out of produce and into dairy; meanwhile, tofu companies clash over safety, taste and containers." On the page after this article (p. 57) is a full-page color ad by Mori-Nu titled "Inventions that Advanced Mankind."

9623. Ontario Ministry of Agriculture and Food. 1990. Soybean buyers mission from new markets, July 1-7, 1990. Tokyo, Japan: Ontario Ministry of Agriculture and Food. 61 p. 30 cm. Saddle stitched. [Eng]

• ***Summary:*** This conference took place in Ontario, Canada. On the mission were two buyers each from Indonesia (P.T. Indofood Interna Corp., BULOG), Philippines (Universal Robina Corp., Paritas Trading Corp.), and Taiwan (Sun Ford Mfg. Corp, Great Wall Enterprise Co.). Michael Loh of OMAF/Tokyo was the mission leader. Contents: Background and purpose. Mission members. Itinerary. Seminar agenda. Canada's soybean industry, by Fred Brandenburg of OSGMB. An overview of export opportunities in the new markets (Korea, Taiwan, Philippines, Indonesia), by Michael Loh of OMAF, Tokyo. Role of Taiwan Soybean Importers,

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by Laurence Hsiao of Sun Ford Conglomerate Corp. Soybean market in Indonesia, by A. Saifullah of BULOG, Indonesia. The market prospective for tempeh in the year 2000, by Ms. Susani K. Karta, manager, P.T. Indofood Interna Corp. (Indonesia). Appendix: 1. Ontario soybean suppliers (directory of 15 exporters). 2. Useful contacts. 3. Ontario soybean oil crushers (ADM, Victory Soya Mills, Central Soya of Canada). 4. Role of the Ontario Soybean Growers' Marketing Board. 5. Development of soybean varieties (incl. Harovinton for tofu; Canatto, Nattawa, and Nattosan for natto). 6. Market trends in the development of traditional soyfood, by Susani K. Karta (ASA, Singapore; Originally presented at the ASEAN Food Conference, Oct. 1988, Bangkok, Thailand). 7. Reference materials for doing business in Asia/Pacific.

"Natto soybean variety development at Agriculture Canada in Ottawa has also received considerable support from the OSGMB. Ottawa's Dr. Harvey Voldeng has been extremely successful at breeding Canada's top natto varieties (Canatto, Nattawa, and Nattosan) as well as incorporating higher protein levels into other early maturing varieties."

"Soybean breeders are selecting for high protein and white hilum whenever possible" (p. 40). Address: Tokyo, Japan.

9624. Saifullah, Agus. 1990. Soybean market in Indonesia. In: Ontario Ministry of Agriculture and Food, ed. 1990. Soybean Buyers Mission from New Markets, July 1-7, 1990. Tokyo, Japan: Ontario Ministry of Agriculture and Food. 61 p. July. See p. 16-18. [Eng]

• ***Summary:*** Contents: Market size. Major soybean products. Sources of imports. Domestic prices. Addendum: BULOG's objective and functions.

The size of the Indonesian soybean market is about 1.7 to 2.0 million tonnes. From 1985 to 1989 soybean production in Indonesia grew from 870,000 tonnes to 1,275,000 tonnes (about 11.6% per year), imports grew from 330,000 tonnes to 384,000 tonnes (with a peak of 475,000 tonnes in 1988), and soybean consumption grew by 7.8% per year. About 90% of total soybean consumption is used for food, and the remaining 10% is crushed for oil or used for feed. Of the soybeans used for food, about 90% are used for tempeh and tofu.

Since 1986 China has been the major source of soybeans imported to Indonesia, followed by the USA and Vietnam. Soybeans can only be imported by BULOG (the National Logistics Agency) to protect Indonesian soybean producers from low world market prices. Imports are used only to make up for shortfalls in domestic production–not to lower prices.

In 1986 and 1987 the price of soybeans imported from China was lower than the price of soybeans imported from the USA; but from 1988 to 1990 the price from the USA was lower than that from China. In 1990/91 the average import price of soybeans (in US dollars per metric ton, C&F) from various countries was: China $277.70, USA $253.00, and Vietnam $294.20.

To stimulate domestic soybean production, the Indonesian Government sets floor prices for soybeans. In 1990 the price is Rp.400 per kg or about $220 per ton. However the producer price has been well above the floor price for many years. In the central producing area in East Java, the producer prices is presently about Rp.800 per kg (US$440 per tonne), while the wholesale price in the Jakarta market was Rp.950,000 per tonne (US$527.8 per tonne) in early June, 1990.

BULOG's main objectives are to reduce price instability and to stimulate domestic production of rice, sugar, wheat, and secondary crops including soybeans. The Agency maintains a national reserve or buffer stock. Address: Market & Price Analysis Bureau, BULOG, Badan Urusan Logistik, Jl. Jend, Gatot Subroto 49, Jakarta, Indonesia. Phone: 489-5499.

9625. **Product Name:** Spring Creek Tofu Taco Dip.
Manufacturer's Name: Spring Creek Natural Foods.
Manufacturer's Address: 212-C East Main St., Spencer, WV 25726. Phone: 304-927-1815.
Date of Introduction: 1990. July.
Ingredients: Organic tofu, organic soy drink, safflower oil, onion flakes, parsley, hot sauce (cayenne peppers, vinegar, salt), sea salt, red chilies, garlic, onion, paprika, cumin, oregano, celery seed, dried red and green bell peppers, cayenne, bay.
Wt/Vol., Packaging, Price: 7 oz or 10 oz. The latter retails for $1.30–$1.70.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Tenley Weaver. 1990. Aug. 20. 3 inch diameter. Red, brown, green, yellow, blue, and tan on white. The Mexican Taco Dip was introduced in July 1990.

9626. Demos, Steve. 1990. Forthcoming work with tofu in India (Interview). *SoyaScan Notes.* Aug. 12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Steve will leave for India on Aug. 16 and plans to stay for 1 month setting up a small tofu plant in Bhopal (they already have a small Takai pressure cooker plant) and training Indians how to make tofu. His contact has been Dr. Ali but he has been unable to get specifics on what he is expected to do. In India, tofu is called Soya Paneer. His 11-year old son, Emmet, will go on the trip, and write a report at the end. Steve will also write a report for Winrock International and send Soyfoods Center a copy. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3485.

9627. Vitasoy (USA) Inc. 1990. Vitasoy acquires Nasoya Foods Ltd. (News release). 99 Park Lane, Brisbane, CA

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94005. 2 p. Aug. 31.
• ***Summary:*** A 12-year-old-company owned by John Paino and Bob Bergwall, Nasoya has annual sales of $7.0 million and is one of America's leading tofu manufacturers. "Nasoya brand tofu products command over 90% market share on the East Coast... Recently Nasoya has introduced a line of non-dairy frozen pasta products... The company produces over 6 million lbs. of tofu per year and packages pasteurized fresh tofu with an extended shelf life." Paino and Bergwall will continue in their present roles as President and Vice President of Production at Nasoya. Vitasoy was founded by K.S. Lo 50 years ago. The company is now the second largest beverage manufacturer in Hong Kong. Its daily production registers over 1.5 million packs of soy and non-soy beverages with annual gross sales in excess of US$100 million. Address: Brisbane, California. Phone: 415-467-8888.

9628. Ashraf, Hea-Ran L.; Schoeppel, C.; Nelson, J.A. 1990. Use of tofu in preschool meals. *J. of the American Dietetic Association* 90(8):1114-16. Aug. [11 ref]
• ***Summary:*** "Nine recipes were modified through partial substitution of tofu for traditional protein ingredients. Nutritional analysis revealed that the nutritional quality of all the recipes was improved and conformed more closely to the Dietary Guidelines when tofu was substituted for the cheese, eggs, beef, or chicken in the original recipes. The researchers concluded that tofu was well accepted by the preschoolers. In several of the dishes, including macaroni and cheese, lasagna, tuna casserole, and quiche, the children showed a clear preference for the tofu-substituted versions." Address: 1. Dep. of Animal Science, Food and Nutrition; 2. Dep. of Health Education; 3. Dep. of Curriculum and Instruction. All: Southern Illinois Univ., Carbondale, Illinois 62901.

9629. Chen, Wenhua. 1990. Recent observations on the origin of doufu (Abstract). Paper presented at the Sixth International Conference on the History of Science in China. 3 p. abstract. Held 2-6 Aug. 1990 at Robinson College, Cambridge, England. [8 ref. Eng]
• ***Summary:*** "The origin of doufu [tofu] is one of the key issues in the history of food science and nutrition in China. During the Sung dynasty [A.D. 960-1127], the famous philosopher Zhu Xi (Chu Hsi) stated that it was invented by the Prince of Huainan, Liu An, of the Western Han. Since then this view has been accepted by most scholars, including the eminent naturalist, Li Shizhen [Li Shih-chen, compiler of the *Pen-ts'ao kang-mu,* 1596], of the Ming dynasty.

"It was not until the second half of the present century that doubts were raised about the validity of this view. In the 1950s the Chinese historian of chemistry, Yuan Hanqing (Yüan Han-ch'ing), made a thorough examination of the literature and found no mention of doufu in any of the pre-Tang works [The T'ang dynasty was A.D. 618-906]. Indeed the earliest written record on doufu was in the pharmacopoeia *Bencao Yanyi* (Pên Ts'ao Yen I) of Kou Zongshi (K'ou Tsung-shih; ca. +1116) of the Sung dynasty. He therefore concluded that doufu was first made during the Five-Dynasties period [907-960]. In the 1960s the Japanese historian of food science, Shinoda Osamu, did find a reference to doufu in the *Qing Yilu* of Tao Gu [*Ch'ing i lu* "Anecdotes, Simple and Exotic," by T'ao Ku], a Five-Dynasties work, and so he declared that doufu was invented during the middle of the Tang era. As a result, the traditional view that doufu was made during the Han dynasty lost favour among most scholars in China and abroad in the last two decades.

"Yet, the issue is by no means resolved. Recently, a most interesting kitchen scene was discovered on a mural incised on a stone slab in Han Tomb No. 1, at Da-hu-ting, Mixian, Henan province (W.-G. Ta-hu-t'ing, Mi-hsien, Honan province). An illustration shows this mural, which depicts five steps:

(1) Two persons standing behind a waist high vat with convex sides. Each person in this and other parts of mural appears to be wearing a cap and robes. Note: Soybeans might well be soaking in water in this vat.

(2) One person with a ladle in his right hand, moving it toward a hand-turned stone mill mounted atop a second vat with vertical sides. The ladle surely contains soaked soybeans and perhaps a little water.

(3) Two men are bending over a third vat having sides that taper in toward the bottom. Each is holding one side of a filtering cloth. A small ladle rests on the near top edge of the vat. A mysterious third person stands to the left, with his left hand outstretched toward the vat. Between him and the vat is upright stand of no known function.

(4) A person appears to be stirring the contents of a smaller vat. Behind this vat, on the floor, is a vessel in the shape of a kerosene lamp glass. It may contain the tofu coagulant. (5) A large forming box on legs has its top being pressed down by a lever press weighted by an object at the far end. A liquid (whey) is flowing out into an upright vessel on the floor.

Note: For a photograph of the actual mural and a detailed discussion of the problems presented by this mural, see H.T. Huang 2000, p. 304-09.

Part of the scene clearly depicts the preparation of doufu, suggesting that it was already a common food article during the Eastern Han [also called Later Han dynasty, A.D. 25-220], and that the traditional view of its having been invented in the Western Han period [or Former Han, 206 B.C. to 8 A.D.] may well be correct."

Note 1. Henan [Honan in Wade-Giles transliteration] Province is in north China. The Yellow River runs through its northern part. Just south of the river is the city of Luoyang. In early China it was successively the capital of the Eastern/ Later Han, Chin, Northern Wei, and Sui dynasties. It was

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also the east capital under the T'ang dynasty and the west capital under the Sung dynasty. Also in Honan Province, about 120 miles east of Luoyang, is the city of K'ai-feng, one of the most historical cities of China, and capital of the empire during the Five-Dynasties period.

Note 2. Letter from then talk with H.T. Huang, PhD, expert on the history of Chinese food and agriculture. 1991. Jan. 25. The tomb in which the mural appears is located at the village of Ta-hu-t'ing, 6 km (3.7 miles) east of the county seat Mi-hsien, which lies about 40 km southwest of Zhengzhou (Chengchou), the capital of Honan. It is not far from Luoyang. A report on the excavation of this tomb (including several illustrations {line drawings} the murals) was published by Ang Ching-huai and Wang Yü-kang in *Wen Wu* 10:49-62 (1972), but the scene of tofu making is not mentioned.

The traditional Chinese tofu process involves six steps: 1. Soaking the soybeans. 2. Grinding the beans in water. 3. Filtering the slurry to separate the soymilk from the soy fiber residue (okara). 4. Cooking the soymilk. 5. Coagulating the soymilk. 6. Pressing the curds. The tomb mural clearly depicts 5 of these steps, but omits step 4, cooking the soymilk. Chen thinks the reason it was omitted is because it was such a common operation that the artist did not think it necessary to depict it. This is also the usual argument given to explain why the old Food Canons of China never bothered to give a recipe for cooking rice.

Dr. Huang continues: "But I wonder whether the real reason might simply be that when tofu was first prepared in the Han dynasty, step 4, cooking the soymilk, was not part of the process. The culinary attendants may not have known that cooking the soymilk before coagulation would have enhanced the consistency of the process and the quality of the product. Without step 4, the milk would have taken a long time to coagulate and the product would have retained much of the beany flavor resident in the raw milk. As a result, neither the process nor the product would have gained wide acceptance through the ensuing centuries. Toufu remained a culinary curiosity until the late T'ang dynasty (A.D. 618-906) when someone discovered that toufu of superior quality could be made easily and consistently by first cooking the soymilk before coagulation. Thus it becomes critical to know whether one can actually make toufu without first cooking the soymilk, and if one can, whether the product is of acceptable quality."

Concerning the mural: There are two tracings of this mural showing tofu making. The first was made shortly after the tomb was discovered, but it was never published. The second is said to be of better quality than the first. Chen Wenhua has some photographs of the mural which are, however, marred by the presence of a wire screen erected by the authorities to protect the surface from damage by visitors.

Note 1. Accompanying this English abstract is the complete 11-page text of the article in Chinese, with a line drawing of the mural at the end. Preceding the 3-page English abstract was a shorter 1-page abstract on the same subject titled "The origin of doufu–When was it first made?" Note 2. Letter from H.T. Huang. 1996. Sept. 29. The paper cited above was later published in *Nongye Kaogu* (*Agricultural Archaeology*) 1991, No. 1, p. 245-48. Address: Jiangxi Provincial Academy of Social Sciences, 69 Nanjing Road West, Nanchang, Jiangxi, China.

9630. *East* (*The–Higashi*). 1990. The history of tofu. 26(2):25-31. July/Aug.
• ***Summary:*** This article appears is the section of the magazine titled "The Taste of Japan." Contents: Introduction. The transformation to tofu, The birth of tofu. The popularization of tofu. Transformation of tofu [by further processing]. Tofu dressed up. Tofu coming to Japan from overseas.

Fermented tofu is common in China, but rare in Japan. "Fermented tofu, *furu* in Chinese, can be regarded as a cheese made from tofu." In Japan, fermented tofu is found only "in Okinawa prefecture, which because of its proximity to China, developed a unique culture under Chinese influence. "The Japanese word for fermented tofu is 'tôfuyo' [tofuyo].

Some dishes are made from the byproducts of tofu manufacture. "One byproduct from which dishes are made is okara, the dregs extracted from tônyû" [soymilk].

9631. GEM Cultures. 1990. Catalog [Mail order]. 30301 Sherwood Rd., Fort Bragg, CA 95437. 9 p. Aug. [4 ref]
• ***Summary:*** This catalog celebrates the company's tenth anniversary. Contents: 1. Powdered cultures for soycrafters: Powdered tempeh starter, PTS (11 gm [$2.25, makes 5+ lb of tempeh], 35 gm, 500 gm, 1000 gm). Starter cultures for miso, amazake, shoyu, and tamari. Introductory koji kits. Commercial spore packets for miso or shoyu. Powdered natto starter. Rice koji (cultured rice) for light misos, amazake, pickles. Most in home or commercial sizes. 2. Cookbooks with culture (lists 4 books). 3. Natural salts for curding tofu: Natural nigari or Terra Alba calcium sulfate in 1 lb or 5 lb bags. 3. Self renewing cultures: Fresh viili culture, fresh kefir curds, fresh sourdough culture, seed miso. 4. Sea vegetables from the Mendocino Sea Vegetable Co. 5. Handy reusable items: Super sealers (lids for canning), cheesecloth (grade 60), gauze drawstring bags (for spices in mulled cider, whole herbs, etc.). Address: Fort Bragg, California. Phone: 707-964-2922.

9632. Hammons Baker, Laurie D. 1990. Manipulation of tofu texture by the addition of minerals, phytic acid, and lipids to soymilk. MSc thesis, University of Missouri-Columbia. 79 p. [51 ref]*

9633. **Product Name:** Health Valley Tofu Fast Menu:

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Honey Baked Organic Beans with Tofu Wieners, Organic Black Beans with Tofu Wieners, or Organic Lentils with Tofu Wieners.
Manufacturer's Name: Health Valley Foods, Inc. (Product Developer-Distributor).
Manufacturer's Address: 16100 Foothill Blvd., Irwindale, CA 91706-7811.
Date of Introduction: 1990. August.
Ingredients: Organic small white beans, water, tofu wieners (tofu [organic soybeans, nigari, water], canola oil, wheat gluten, wheat germ, nutritional yeast, natural spices, tamari soy sauce [water, soybeans, wheat salt], natural hickory smoked flavor, paprika, beet powder, sea salt, guar gum), honey, tomatoes, onions, tomato paste, organic potato flakes, unsulfured molasses, concentrated organic apple juice, carrot powder, olive oil, apple cider vinegar, sea salt, paprika, natural herbs and spices, onion powder, garlic powder, organic oregano, organic sage, organic thyme.
Wt/Vol., Packaging, Price: 15 oz (425 gm) can. Retails for $1.89 (1/91, California).
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 7½ oz.: Calories 140, protein 11 gm, carbohydrate 15 gm, fat 3 gm, cholesterol 0 mg, sodium 14 mg, potassium 260 mg.
New Product–Documentation: Label (Honey Baked) obtained at World Vegetarian Day in San Francisco. 1990. Oct. 6. 9 by 4 inches. Paper can label. Reddish brown, yellow, black, brown, green, and white on yellow. Full color photo of crock of beans with tofu wieners and a spoon dipping in. "3-minute main dish." Date of 8/90 written encoded on label.

Products with Labels (all 3) purchased at Open Sesame in Lafayette, California. 1991. Jan. 31. $1.89 each. "Lead free can from Health Valley. This can is enamel coated for your protection."

9634. **Product Name:** This is Tofu? (Tofu-based Dips, Sauces, Dressings) [Cilantro Chili, Pesto Alfredo].
Manufacturer's Name: Juli's.
Manufacturer's Address: 34119 South Pacific Coast Hwy., Suite 177, Laguna Niguel, CA 92629. Phone: 714-831-4885.
Date of Introduction: 1990. August.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Dave Erickson. 1991. May 29. His wife, Juli, developed products similar to these while working at a natural food store in southern California; she sold them in bulk at that one store. The current products were first launched commercially on 3 Aug. 1990. They are fresh, dairy free, and contain only 110 calories per 7 oz.

9635. Lim, B.T.; deMan, J.M.; deMan, L.; Buzzell, R.I. 1990. Yield and quality of tofu as affected by soybean and soymilk characteristics. Calcium sulfate coagulant. *J. of Food Science* 55(4):1088-92, 1111. July/Aug. 4 tables. [31 ref]
• ***Summary:*** New varieties of soybeans are compared. Variations in the coagulation of tofu and the quality of soymilk are studied as a function of the soybean composition. Two models are proposed for predicting the tofu yield. Address: 1-2. Dep. of Food Science, Univ. of Guelph, Guelph, Ontario N1G 2W1; 3. DeMan Food Technology Services Inc., Guelph, Ontario N1H 6B5; 4. Agriculture Canada Research Station, Harrow, Ontario N0R 1G0. All: Canada.

9636. Morinaga Nutritional Foods, Inc. 1990. We look great on paper... but wait 'til you taste Mori-Nu Tofu (Ad). *J. of the American Dietetic Association* 90(8):1149. Aug.
• ***Summary:*** A table at the top of the ad compares 6 different protein sources, with each portion containing 90 calories. They are: Mori-Nu Extra Firm tofu, cottage cheese, chicken, beef (lean ground), cheddar cheese, and whole milk. Compared with the tofu, all contain a higher percentage of calories from far, more grams of fat, saturated fat, and cholesterol–and less grams of protein.

"Everyone knows tofu is healthy. But too few know about the fresh taste of Mori-Nu Tofu.

"Nutrition: Mori-Nu tofu is much lower in fat and cholesterol than other protein foods. It is also lactose-free and one of the highest sources of vegetable protein.

"Food safety: Mori-Nu's aseptic package locks in fresh flavor and healthy nutrients and also protects against premature spoilage and possible bacterial contamination.

"Easy: With a guaranteed 10-month shelf-life, Mori-Nu is readily available at your fingertips. No special daily rinsing or draining necessary. Easy to blend, cook and serve. Call 1-800 NOWTOFU (669-8638) for more information. Mori-Nu tofu. You never knew nutrition could taste so good." Address: 5800 South Eastern Ave., Suite 270, Los Angeles, California 90040. Phone: 213-728-4325.

9637. **Product Name:** [Smoked Deli Tofu].
Foreign Name: Delikatess-Tofu.
Manufacturer's Name: Soyana.
Manufacturer's Address: Friedensgasse 3, Postfach 8039, CH-8002 Zurich, Switzerland. Phone: 01-202-8997.
Date of Introduction: 1990. August.
Ingredients: Tofu*, yeast extract, sea salt, spices, natural plant aromas. * = Organically grown.
Wt/Vol., Packaging, Price: 205 gm vacuum pack. Retails for 4.05 Swiss francs.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 13 gm, fat 4 gm, carbohydrates 0.1 gm, calories 90 (376 kJoules).
New Product–Documentation: Label sent by Verena Krieger. 1991. Jan. 10. 3 by 2.5 inches. Red, blue, black, and

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white. “Delicately smoked. Naturally free of cholesterol. From organically grown ingredients. Ready to eat, cold or warm.” Biona certification symbol. Use by 17 Aug. 1990. Sold in Swiss health food stores.

9638. **Product Name:** Spring Creek Tofu Onion Dip.
Manufacturer’s Name: Spring Creek Natural Foods.
Manufacturer’s Address: 212-C East Main St., Spencer, WV 25726. Phone: 304-927-1815.
Date of Introduction: 1990. August.
Ingredients: Organic tofu, organic soy drink, safflower oil, apple cider vinegar, onion granules, onion flakes, sea salt, parsley.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Tenley Weaver. 1990. Aug. 20. 3 inch diameter. Green, blue, and yellow, on white.

9639. Takai Seisaku-sho. 1990. [Takai 1991 systems catalog]. 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 62 p. 30 cm. [Jap]
• ***Summary:*** Photos show the company’s many pieces of equipment and systems for manufacturing tofu and soymilk. The catalog is divided into 6 sections: 1. Transportation and soaking systems. 2. Soymilk production systems. 3. Curding and forming systems; Poached tofu systems. 4. Cooling systems; Hot-pack systems. 5. Curding & forming systems. 6. Deep-frying systems.

Letter (fax) from Wataru Takai. 1990. Sept. 29. Two years ago the company rebuilt its factory and installed CAD (Computer Assisted Design) systems. This year they acquired two computer networks: IBM AS/4000 and IBM 5550. Address: Ishikawa-ken, Japan. Phone: 0762-48-1355.

9640. Torii, Yasuko. 1990. [Re: New developments with tempeh and natto in Japan]. Letters to William Shurtleff at Soyfoods Center, Sept. 2 and 23. 2 p. Handwritten and typed, with signature. [Jap; eng+]
• ***Summary:*** In Japan, tempeh has not become popular. Marusan-Ai has stopped making tempeh. What a shame that Mr. Kanasugi, who was so enthusiastic about tempeh, has just passed away. The Tempeh Study Group (Kenkyukai) is still meeting 2-3 times a year and trying to popularize tempeh.

On the other hand, natto is becoming very popular and production is increasing rapidly. Natto groups are sponsoring various events to help popularize natto outside Japan.

Mrs. Torii traveled to Budapest, Hungary in early September to attend an IFOAM Conference on organic farming, which is spreading in Eastern Europe. There she enjoyed tasty chilled tofu (*Hiya-yakko*) and met a person who knows a lot about tofu. At an international agricultural fair, she found that soyfoods were becoming popular. The booths offering roasted soybean snacks and soya burgers were crowded. She saw an attractive soy cookbook containing color photos, and met a man who is translating *The Book of Tofu* into Hungarian. The Kombinat was doing a lot to develop and popularize soyfoods.

In Feb. she went to Indonesia with other members of the Tempeh Study Group to attend a symposium on soybean fermentation. It was very interesting. Address: Kamitsuchidana 324, Ayase-shi, Kanagawa-ken 252, Japan. Phone: 0467-76-0811.

9641. Eberenz, Walter. 1990. Das BBZ Gespraech mit Klaus Kempff [The BBZ spoke with Klaus Kempff]. *Badische Bauern Zeitung* (*BBZ, Germany*). Sept. 8. p. 4. [Ger]
• ***Summary:*** Klaus Kempff is managing director (*Geschaeftsfuehrer*) of Life Food GmbH, of Freiburg. We spoke about the food uses of Soya.

BBZ: Mr. Kempff, you manage a company that makes soyfoods. To what extent and from where do you get your soybeans?

Kempff: Five years ago we began to make soya products for human food, and above all tofu, but also smoked tofu, sausages, balls, and pastes (*Würstschen, Klösse, Pasteten*). We presently buy our soybeans from the USA where they are grown organically (*Sie stammen aus kontrolliert biologischem Anbau*). We presently use about 1.5 to 2 metric tons a month [or 18-24 tons a year]. The demand for our products has steadily increased.

BBZ: What guarantees do you have that the American soybeans are really grown the way they are said to be grown?

Kempff: We buy our soybeans from Arche, a wholesaler, whose owner we know personally. He has been to the USA several times to inspect the soybean he imports. And a guarantee is attached to every sack.

BBZ: Can you imagine ever buying soybeans that are grown in Bavaria–so near to where you work?

Kempff: When we can be sure to get organic quality (*biologische Qualität*), I can imagine buying from Bioland or Demeter, or also contracting for our own soybeans.

BBZ: How much do you pay for organic U.S. soybeans?

Kempff: We presently pay about 1.30 German marks per kg.

A portrait photo shows Klaus Kempff.

9642. Paino, John. 1990. The acquisition of Nasoya Foods by Vitasoy (USA) Ltd. Reflections and new developments (Interview). *SoyaScan Notes.* Sept. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Vitasoy’s acquisition of Nasoya Foods, Ltd. was finalized on 3 Aug. 1990 in Boston, Massachusetts. Nasoya is now a wholly owned subsidiary of Vitasoy (USA) Inc. and has become a corporation (Nasoya Foods, Inc.) of Massachusetts. Yvonne Lo and John have been on the board of directors of the Soyfoods Association of America for 4

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years, and they have often discussed possible cooperation. John first met K.S. Lo in late January 1985 at the Natural Foods Expo, and soyfoods association meeting in Anaheim, California. He was impressed by his presence and recalls thinking that he and Yvonne had strong constitutions and good energy. John knew that Vitasoy was looking for a U.S. soymilk manufacturing facility. Vitasoy wants to start making soymilk in America one of these days. Now they are shipping organic soybeans from America to Hong Kong, then shipping back the soymilk. In June 1989 Winston Lo (Managing director of Hong Kong Soya Bean Products Co. Ltd. in Hong Kong) was in Boston visiting his daughters who went to Choate and Phillips Andover. He visited Nasoya and got very excited about the company. That evening at dinner serious talks began about the two companies doing something together. In Oct. 1989, when Bob Bergwall was going to Japan to look at the Sato automatic tofu cutting-packing system (which they just purchased), John suggested that he visit the Vitasoy in Hong Kong. John wanted to be sure that the two companies had the same philosophies–which he feels is the most important thing. Bob went and came back very excited and impressed, convinced that the two companies should work together in the emerging world economy. Both companies were built on a philosophy, and the same philosophy of making good foods/soyfoods available to people for health reasons. Both are family-run businesses. He was very impressed with Vitasoy's management style. Bob brought back a fantastic English-language video titled "The Vitasoy Story," similar to the book, and telling the Vitasoy story. While Bob was in Hong Kong, John met K.S. Lo in Philadelphia at the NNFA health food show. Mr. Lo came by the Nasoya booth. John was very impressed with what a wonderful, cultured gentleman and K.S. Lo was and the class with which he and his daughter, Yvonne, conducted their lives and their businesses. At dinner, for 3 hours they discussed the mechanics of the joint venture. In March 1990 John and his wife Sarah went to Hong Kong for Vitasoy's 50th Anniversary celebration. They visited K.S. Lo's home. The details of the deal were worked out by Winston and Yvonne. A letter of intent was written in April 1990.

John feels that the main benefits to Nasoya of the new relationship will be financial backing, technical, management, and marketing expertise, but most important the synergy between the two companies.

The main benefits to Vitasoy will be Nasoya's expertise in manufacturing and marketing soyfoods, the ability to eventually run and manage Vitasoy's USA soymilk plant, and Nasoya's capabilities for getting Vitasoy into East Coast supermarkets. Only 30-35% of Nasoya's business is in the natural/health food market; the rest is in supermarkets–which Vitasoy has had difficulty penetrating. Vitasoy looked at many other U.S. companies but chose Nasoya as a company with good management in place, one that could take it to the next level, with the most growth potential and market share in their area, one that was marketing driven, diversified, and innovative. In Nasoya they have a company that can be the base for their future expansions in America. If and when Vitasoy does build a plant in America, it will probably be under the same roof as Nasoya but in a new and larger nearby location. The Midwest would not be a good location because it is a poor marketing area for a perishable product. There are no specific plans to try to develop an aseptic tofu.

The acquisition was made by Vitasoy (USA) Inc. purchasing Nasoya for cash. The amount of the transaction is confidential. No stock was transferred. The Paino family has been very successful over the years in real estate. Nasoya was established with the spinoff as some of that income. There were certain tax advantages to Paino Associates, and certain financial advantages to Nasoya Foods, Ltd. They were the limited partner, and Nasoya Foods Inc. was the general partner of the limited partnership. It was very complicated but for tax reasons it worked out very well. In effect, John, his father, and Bob Bergwall each owned a certain percentage of Nasoya, and when it was sold, they divided the cash income according to the percentage ownership. All were very pleased. John's wife, Sarah, an acupuncturist, got pregnant after 10 years of marriage just 4-5 days after John sold the business. "You can see how much of my energy went into Nasoya."

Nasoya now sells their soy mayonnaise (Nayonaise) and dressings nationwide. Their new line of frozen tofu-filled pasta products will also go nationwide.

Nasoya still uses well water. They have two wells on their property. The first one discovered gives 20 gallons/minute. The second one, which John and Bob discovered by dousing after they bought their large Sato tofu making system, gives 100 gallons/minute from 400-foot deep aquifer.

Concerning competition on the East Coast, Azumaya and Morinaga both have some distribution and are about equal as competitors; Hinoichi does not compete. Nasoya fresh tofu sells much faster than Mori-Nu Brik-Pak. Azumaya sits side by side in the produce case with Nasoya but is not serious competition. Northern Soy is the main competitor in natural/health hood stores. Sam Sung is strong to the south but they sell mostly to the Asian-American market.

Basic tofu still accounts for roughly 70% of Nasoya's sales. Second-generation tofu products account for most of the rest, with egg-roll wrappers and wonton skins being a very small percentage. Address: President, Nasoya Foods Inc., Leominster, Massachusetts. Phone: 508-537-0713.

9643. Sand, Avraham. 1990. Pioneering soyfoods and natural foods in Israel (Interview). *SoyaScan Notes.* Sept. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Avraham first went to Israel in 1975 and

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stayed for about a year. During this time he and Avraham Leider and one other person founded Israel's first natural foods company, named Amud Ha Shachar (Pillar of Dawn) and located in Jerusalem. The first product they made was granola, followed by whole wheat flour, bulgur wheat, brown rice (which they packaged), and date bars. With this company established, a number of Americans and other westerners who had recently immigrated to Israel and were connected with the company approached the Sachnut, the Jewish government agency which helps finance Jewish cooperative settlements. They asked to be given a moshav. A moshav is like a kibbutz (a cooperative agrarian, rural settlement) except that the families have their own homes and land, and the children live at home. In 1976 the Sachnut gave the group a piece of land, infested with scorpions, upon which nine other groups had tried and failed since 1948 to establish a successful community. The Sachnut also financed a small natural foods factory and bakery on the moshav, complete with an oven and a packaging machine. The moshav was named Moshav Me'or Modi'im, located at Doar Na Hamercaz, in the Judean Hills between Jerusalem an Tel Aviv, Israel.

Avraham returned to North America for several years. While living in a community of 5-6 people in Nova Scotia, Canada, he was introduced to tofu by people who made tofu for the community, but he did not make tofu there himself.

Between 1975 and 1990 Avraham has spent a total of 8 years in Israel. The rest of the time he was in the USA or Canada or travelling. Avraham returned to the moshav in 1978 and that year he established Israel's earliest known tofu shop as part of Pillar of Dawn. The tofu was made in the same bakery room as the granola, especially in the evenings when the granola wasn't being made. Originally the community scale shop was established solely to make tofu for the 25 or so families living on the Moshav. Tofu production was small, averaging 50 lb/day of tofu one day a week, using a Corona mill grinder powered by a washing machine motor. The tofu was curded using bittern (nigari) from a salt factory on the Dead Sea. The Moshav owned the tofu company collectively and financed it. Avraham was the motivating force that got the operation started with temporary help initially from Yaacov Sack and Moshe Reuben. About 3-6 months after tofu production began, they started to make tempeh. Then Ben Zion Solomon joined Avraham 6-12 months after the company started and they worked together like equal partners for several years as the tofu and tempeh makers. Solomon was also making quite a bit of miso on the moshav (with a little help from Sand). They also introduced soymilk. At some point, they began to sell their tofu and miso at a few health food stores in Jerusalem. As far as Avraham knows, his was the first company to make tofu, tempeh, miso, or soymilk in Israel. They developed a 1-page informational pamphlet, written in Hebrew on one side and English on the other, explaining what tofu was and how it was made, plus some recipes. At that time Israelis, other than recent immigrants from America, didn't know what tofu was.

They reached the point where they decided to buy large scale equipment (from Takai) and set up a real commercial shop on the moshav that could produce 500 to 1,000 lb/day of tofu. The Sachnut indicated that they would be willing to help set up this new business. So in about 1979 or 1980 Avraham traveled to the USA and did a lot of study to learn about tofu equipment, products, and processes in small to medium sized shops. He visited about 20 tofu shops nationwide (most were very open and helpful) and collected information in a notebook. He worked at the Soy Plant in Ann Arbor, Michigan, for approximately a year in about 1980. From time to time he shared information with his father, Ralph Sand, who was doing research on non-dairy cheese and tofu at Anderson Clayton at the time. At the last minute the Sachnut pulled out and decided not to finance the project, so the expansion never took place. They continued to make tofu on a small scale. But the moshav was suffering economically so in about 1981 Avraham and his wife, unable to make a living there, left and returned to the USA. The little soyfoods plant dissolved but shortly thereafter a commercial operation (probably Golden Jerusalem Tofu) started in Jerusalem and the people on the moshav bought their tofu from Jerusalem.

During the time that Avraham made soyfoods in Israel (1978-81) there was a lot happening with soya. There was a man called the "Soya King" ("Hamelech Soya," probably Eliahu Navot) who was famous in Israel as the country's soybean pioneer. Avraham thinks he lived in Herzlia/Herzliyya, just north of Tel Aviv, but he died in about 1979 or 1980 several months before Avraham was able to meet him. Avraham went to his home town and met his widow, who told him a little about her husband's work with soya.

The most popular food use of soybeans in the late 1970s was in textured soy flour (like TVP). These products were made in Israel by 1 or 2 big companies and sold in supermarkets in very stylish packages indicating that the manufacturers were well established. There were several flavors and large amounts were sold. He does not know the name or address of the manufacturer, but he got the feeling that Eliahu Navot had at least helped inspire these products; he may have helped to develop them.

In America, Avraham set up a soy deli named Sand-Munches in Madison, Wisconsin. They bought tofu from Bountiful Bean in Madison and made and sold tofu sandwiches, nori rolls, tofu salad, tempeh salad, various tofu spreads. They sold to health food stores and had a sandwich cart on the campus.

Avraham was in on the soyfoods wave at the very beginning, but after it became more established and mainstream he felt that his work had been done in that area, so he moved into the field of aroma therapy, inhaling

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aromatic essential oils from herbs, where he has been working for the last 8-9 years. It is a very powerful form of herbal medicine. He has developed several product lines under the Tiferet brand (a term taken from the Tree of Life in the Cabala) which he markets in health food stores in the USA and overseas. Address: 210 Crest Dr., Eugene, Oregon 97405. Phone: 503-344-7019.

9644. Lo, Yvonne. 1990. Recent developments with Vitasoy in Hong Kong and America (Interview). *SoyaScan Notes.* Sept. 10. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Nasoya Foods, Inc. is now a subsidiary (not a division) of Vitasoy (USA) Ltd. Note that Nasoya has changed from a limited partnership to a corporation. The parent company in Hong Kong will soon change its name from Hong Kong Soya Bean Products Co. Ltd. to Vitasoy International Holdings Ltd. They had a hard time choosing between "Vitasoy International" and "Vita International." Choice of the former name may indicate that "there will be a whole new look at the company philosophy." Presently the company produces many non-soy beverages. The labels of all of the company's products made in Hong Kong will have to be reprinted.

Building a soymilk manufacturing plant in America may soon make sense for Vitasoy (USA) Ltd. "It was something we had in mind when we decided to acquire Nasoya."

The parent company has produced a 14-minute color video, The Vitasoy Story, for its 50th anniversary. Part of the company sales kit, it is available in two versions, one narrated in English and one in Chinese. The film portion of the two is identical.

K.S. Lo's collection of Yixing Chinese teapots is now touring the USA, and he will soon be lecturing on the subject in San Francisco on Sept. 22 at the Chinese Culture Center.

Note: Concerning ownership of Vitasoy (USA) Ltd., This company was originally established by Yvonne and Irene Lo, daughters of K.S. Lo, in San Francisco in Jan. 1989 as The Soya Bean Products Co., N.A. Inc. They immediately began to import Vitasoy from Hong Kong, and to distribute it first in Canada, then after Feb. 1981 to the USA. By mid-1982 they were selling some 3.2 million cartons of Vitasoy in the USA. The venture was so successful that in April 1982, to raise capital and facilitate long-term operations with Hong Kong Soya Bean Products Co. Ltd., Yvonne and Irene sold their company to HKSBPC, which renamed the affiliate Vitasoy USA, Inc. The parent company now began to take a serious interest in the U.S. market. In 1983 U.S. sales of Vitasoy rose 60% to 5 million cartons (328,125 gallons). Address: President, Vitasoy (USA) Ltd., 99 Park Lane, Brisbane, California 94005. Phone: 415-467-8888.

9645. *China Daily.* 1990. Bean curd festival in Beijing and Taibei, national soybean statistics. Sept. 16. p. 1b. *

9646. Applegate, Jane. 1990. Tokyo tofu firm's 'bacteria free' sales pitch irks U.S. companies. *Los Angeles Times.* Sept. 17. p. D3. [1 ref]

• ***Summary:*** "The aggressive approach taken by Tokyo-based Morinaga Milk Industry Ltd., one of Japan's largest dairy companies, has angered many U.S. tofu makers...

"'They are hurting the whole industry with their ads,' said Bill Mizono, president of Azumaya, a San Francisco maker. 'There is room for Mori-Nu's product side by side with water-packed tofu...'

"Mori-Nu... offers $5 memberships in its 'Health for Life' club. Members receive a quarterly newsletter featuring recipes, coupons and nutritional information. So far, about 10,000 people have signed up...

"Hinoichi Tofu, a manufacturer in downtown Los Angeles, is working with Jackie Olden, a radio and television personality, to help take some of the mystery out of cooking with tofu.

"Hinoichi's goal is to gain greater trial and repeat purchase of tofu among mainstream American consumers."

9647. Fost, Dan. 1990. Wildwood's tofu empire sprouts in Fairfax. *Marin Independent Journal* (*Novato, California*). Sept. 22.

• ***Summary:*** "Wildwood Foods... has sprouted into a privately held corporation selling $5 to $10 million worth of food a year, president Paul Orbuch says...

"Wildwood employs 100 people in Fairfax and Santa Cruz, cranking out a total of about 25,000 pounds of tofu a week. They also make an ever-growing list of salads, sandwiches and other products, but tofu is their bread and butter.

"Their tofu can be bought everywhere from Monterey to Medocino to Sacramento.

"Wildwood also owns exclusive distribution rights to Sonoma Salsa, Mrs. Wiggles Rocket Juice and other products on the local good-and-good-for-you scene...

"Orbuch, 39, was a photographer when he was drawn into the tofu business in 1980, forming Wildwood with Bill Bramblett, a musician and the founder of the old Sleeping Lady Cafe; Frank Rosenmayr, a building contractor, and Paul Duchesne...

"The Fairfax operation produces 10 100-pound batches [of tofu] a day; Santa Cruz makes five times as much.

"Orbuch says the firm starts with one pound of beans and ends with two pounds of tofu...

"Orbuch explains why he loves having the storefront right on the street. 'We really wanted a community tofu shop,' Orbuch said. The picture window recalls 'a bakery in France,' he said." A photo shows Greg Whalen, who is nearly hidden by steam as he pours soy milk into kettles while making tofu at Wildwood. Address: Marin, California.

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9648. Stievenard, Sylvain. 1990. Re: Cacoja changes its name to Sojinal. Letter to William Shurtleff at Soyfoods Center, Sept. 24. 2 p. Typed, with signature on letterhead. [Eng]

• ***Summary:*** On 8 Aug. 1990 Soyfoods Center received a letter (fax) from A. Kirschner of Sojinal, located at the same address as Cacoja in Issenheim, France. A letter from Soyfoods Center asking what had happened to Cacoja was answered on Sept. 24 by Sylvain Stievenard, who reported that the company name was changed from Cacoja to Sojinal on 1 Aug. 1990. No answer was given to the question as to why the company name was changed. The phone number was changed on 15 Dec. 1989 to 89.74.53.53 from 89.74.17.07. Mr. Maurice Rochet is still director. Three labels, each bearing the Formoja brand, were enclosed, implying that these products are made currently: Delicacy with basmati rice and curry sauce, Lasagna with Tofu, and Ravioli with tofu. The address on each label is Cacoja, 10, rue Lavoisier, 68000 Colmar, France. Address: Factory: 8, route de Merxheim, Issenheim 68500 Guebwiller, France. Phone: 89.74.53.53.

9649. McReynolds, Thomas. 1990. Morinaga decides to introduce private labeling and a Fresh Fruit Shakemate (Interview). *SoyaScan Notes.* Sept. 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Morinaga will aggressively offer to provide their aseptic tofu, on a private label basis, to other companies in the soy and natural foods industries. To print the package directly, the buyer must commit to ordering at least 500,000 cartons/year, but with affixed pressure-sensitive labels, they can get the minimum down to 25,000 to 50,000 pieces. They will make all three textures available (red = soft, blue = firm, yellow = extra firm). Projected price is about $10/case. Some potential clients are Vitasoy/Nasoya, Frieda's, Eden Foods, Tree of Life.

Next summer, Morinaga will be introducing their first second generation product, called (and trademarked) Fresh Fruit Shakemate. It will be like their soft tofu but with a lower bean profile and perhaps with vanilla added. They will sell/position it in the fruit section of food stores. It will be packaged in a 3-pack, with no printing on individual packages in order to (1) get a bigger face, (2) Put brochures in the back. The theme: Shake up your day 8 days a week. Tom wants to do more second generation products.

There are rumors that Nasoya has secured aseptic packaging equipment from Tetra-Pak (an AB-3 machine for the purpose of manufacturing a 250 ml aseptic tofu) and that Vitasoy in Hong Kong is, or in the near future will be producing an aseptic pack tofu. They may be using a 3-layer laminate to get around the Morinaga 5-layer process with the polyurethane lining. Tom held some kind of an aseptic tofu package in Hong Kong about 18 months ago, but he is not sure who made it. When he talked with Yvonne Lo recently, she hinted that they were developing such a product. But Morinaga has no solid evidence.

Update: Nov. 5. Morinaga will initially offer the private label to only 1 company in each of 3 market categories: Eden in the natural foods market, Vitasoy in the ethnic market, and Frieda's Finest in the national produce market. Address: Marketing Consultant, Morinaga Nutritional Foods, Los Angeles, California 90040. Phone: 213-728-4325.

9650. Archer Daniels Midland Co. 1990. Annual report. P.O. Box 1470, Decatur, IL 62525. 33 p.

• ***Summary:*** Net sales for 1990 were $7,751 million, down 2.3% from 1989. Earnings for 1990 were $483.5 million, up 13.9% from 1989. Shareholders' equity (net worth) is $3,573 million, up 17.8% from 1989. "This fifth straight year of record earnings showed good contributions from the Company's core businesses of oilseed, corn, and wheat processing and was aided by initial contributions from some of the new value-added operations... The company operates 121 processing plants in the U.S. and owns, or has an ownership interest in, 25 foreign plants...

"The protein specialties division expanded both in terms of output and facilities this year. The production of edible soy protein isolates more than doubled this year due to greater market penetration in both domestic and export markets. The production of soy protein concentrates also increased as this product demonstrated its adaptability in food and animal feed products.

"A new facility for the production of industrial soy protein isolates was brought on line in February. These products are used in a variety of markets worldwide, including the paper coating industry. ADM is the only company which produces a complete line of value-added soy proteins.

"ADM has introduced its veggie burger, an all-vegetable protein food product based on soy protein concentrate. This innovative, cholesterol-free, reduced calorie product also contains dietary fiber and appeals to the vegetarian market. Early indications of good acceptance in the U.S. and U.S.S.R. suggest that this product has global potential...

"ADM Ross & Rowe expanded its facilities this year with the completion of a new lecithin production plant in Decatur, Illinois. The division is now capable of producing modified, enzyme hydrolized, complexed and microbiologically pure lecithins" (p. 4-5).

From page 8 to page 15 are four 2-page color photo spreads, each concerning ADM's new Vege Burgers. The text of each reads: London: "Due to the trend toward healthier eating, many restaurants in Great Britain, including the Hard Rock Cafe in London, offer Vege Burgers as a popular menu choice." Moscow: "Cafe Vege Burger opened in Moscow in early spring and sales have far exceeded expectations." Great Britain: "Vege Burgers are sold in a variety of flavors in many retail grocery and health food stores throughout

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Great Britain." Decatur, Illinois: "In the Decatur area, several grocery stores and employee cafeterias are now selling veggie burgers to the growing number of health-conscious consumers looking for nutritious, good-tasting food."

"Haldane Food Group has benefitted from the ongoing trend toward a healthier and more varied diet. A recent Gallup poll which indicates a 150% increase in vegetarians since 1984 helps to explain the emergence of Vege Burger and other TVP products as market leaders. Over 60 million servings of Vege Burgers were sold by Arkady Group companies last year. Production capacity at the Coventry frozen food factory has been supplemented with off-site storage and additional burger manufacturing machinery. Kwality Foods, now renamed Saucemasters Ltd., has enjoyed increased sales in a potential growth market, especially with private label businesses. The company's manufacturing capacity has been expanded with the addition of bottle and jar fillers, labellers, and more off-site storage. Genice Ltd. has introduced an extended range of non-dairy ice creams based on soya isolate, soya milk, or tofu. Yogurt-based ice creams are now being marketed." Address: Decatur, Illinois.

9651. Brown, Paul B. 1990. Sitting pretty: when consumers take under five seconds to make up their minds, you are what you look like. *Inc* 12:164. Sept. *
• ***Summary:*** Discusses marketing aspects of tofu industry.

9652. **Product Name:** [Tofu, or Ready-to-Eat Tofu].
Foreign Name: Tofu, Tofu Away.
Manufacturer's Name: Food for Freedom.
Manufacturer's Address: Nylense [Nijlense] Steenweg 72, B-2270 Herenthout, Belgium. Phone: 014 / 51 7237.
Date of Introduction: 1990. September.
Ingredients: Basic tofu: Soybeans, water, nigari. Ready-to-eat Tofu: Tofu*, sunflowerseed oil*, water, soy sauce, sea salt, spices.
Wt/Vol., Packaging, Price: Basic tofu: 500 gm. Ready-to-Eat Tofu: 100 gm.
How Stored: Refrigerated.
New Product–Documentation: Letter, label, and leaflet sent by Lucio de Berti, owner of Food For Freedom. 1992. Jan. 4. This product, called simply "Tofu," was introduced in Sept. 1990. The company now makes about 170 kg/week of tofu.

Labels. 3 by 4 inches. Green on yellow. In Dutch and French.

9653. **Product Name:** Heart & Soul Trim Slice Meatless Cold Cuts [Turkey Style, Roast Beef Style, Ham Style].
Manufacturer's Name: Gourmet Naturally (Manufacturer). Common Objective Co. (Marketer-Distributor).
Manufacturer's Address: 1. 5890 Black Welder St., Culver City, CA 90232; 2. P.O. Box 261, Hermosa Beach, CA 90254. Phone: 213-373-5826.
Date of Introduction: 1990. September.
Ingredients: Turkey Style: Water, vital wheat gluten, tofu, natural flavor, canola oil, natural smoke flavor, salt, herbs and spices, soy oil.
Wt/Vol., Packaging, Price: 4 oz (112 gm) paperboard box. Recommended retail: $1.79 (9/90).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Andrew Harrison of Common Objective Co. 1990. Sept. 19. The Roast Beef Style and the Ham Style products contain most of the same ingredients, but no tofu.

Press release. Sept. 1990. "Try a slice of life."

Products with Labels (Turkey, Ham, Roast Beef styles) purchased ($1.75 each) from Berkeley Natural Grocery Co., California. 1991. Nov. 24. 4.5 by 5 by 5/8-inch paperboard box. Turkey: Red, yellow, green, tan, black, and pink on white, with little pink hearts scattered on the white background. Illustration of two slices of bread, with lettuce, and the words "Trim Slice" between them. "All natural. 97% fat free. No cholesterol. Trim Slice is completely free of cholesterol content, very low in fat and it tastes terrific in your favorite sandwich combination. Best of all, Trim Slice is a cruelty-free product containing no animal products or animal by-products." A logo of a turkey in a red circle with a red line diagonally across the cow reads: "No meat. Just wheat."

Soyfoods Center Product Evaluation. 1991. Nov. 26. Package design: Very good. Flavor and texture: One person rates excellent (9), another rates dislike slightly (4).

Talk with Andrew Harrison, President, Heart & Soul, Common Objective Inc. 1991. Nov. 27. Only three products in this line are currently on the market; they were introduced in Sept. 1990. Two others (Corned Beef Style, and Pastrami Style) are under development and will be introduced soon–even though they are listed on the labels of other products in the line as if they were available now. He owns a company, Gourmet Naturally, which manufactures only Heart & Soul Products, including this product. Legally this company is separate from Heart & Soul, but the two will soon be merging. Andrew's forte is sales and marketing; he has worked with distributors and brokers in the natural foods industry for 12 years.

9654. **Product Name:** Heart & Soul Tofu Lasagna, and Tofu Enchilada [California, or Mexicali].
Manufacturer's Name: Gourmet Naturally (Manufacturer). Common Objective Co. (Marketer-Distributor).
Manufacturer's Address: 1. 5890 Black Welder St., Culver City, CA 90232; 2. P.O. Box 261, Hermosa Beach, CA 90254. Phone: 213-373-5826.
Date of Introduction: 1990. September.
New Product–Documentation: Talk with Andrew Harrison, President, Heart & Soul, Common Objective Inc.

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1991. Nov. 27. These were Heart & Soul's first soy products, introduced in March 1989. The first two products contained tofu, and the Mexicali Enchilada contained soy cheese. None of these are on the market any longer.

9655. **Product Name:** Munchees (With Soy Cheese) [Spinach Tofu, Pizza Tofu, or Veggie].
Manufacturer's Name: Health Is Wealth, Inc.
Manufacturer's Address: Sykes Lane, Williamstown, NJ 08094. Phone: 609-728-1998.
Date of Introduction: 1990. September.
Ingredients: Spinach Tofu (1/92): Stone-ground whole wheat flour, spinach, organic tofu, canola oil, casein (protein), sea salt, citric acid, soy lecithin, guar gum, olive oil, soybean oil, natural spices.
Wt/Vol., Packaging, Price: 6 oz paperboard box contains 11-13 Spinach Tofu Munchees. Retails for $2.39 (1/92, Lafayette, California).
How Stored: Frozen.
New Product–Documentation: Ad (color) in Natural Foods Merchandiser. 1990. Nov. p. 22. "The great taste of cheese without the cheese." Shows 3 labels of Munchees, 2 of which bear the word "tofu" prominently atop the front panel. "Health is Wealth has replaced the cheese in our ever popular egg rolls with tofu mozzarella. Also new are our exciting pizza, veggie, and spinach munchees. Munchees contain the same egg roll fillings but in an individual, bite size, stone ground whole wheat pocket."

Product with Label (Spinach Tofu Munchees) purchased at Open Sesame in Lafayette, California. 1992. Feb. 13. 5 by 4.75 by 1.75 inches. Paperboard box. White, green, and blue on black. Color photo of the prepared munchees which look like 1½-inch square deep-fried pillows stuffed with spinach and cheese. "The great taste of spinach & cheese without the cheese. 11-13 Egg Rolls wrapped in a stone-ground whole wheat pocket. Cholesterol free. No preservatives. Lactose free. Made with the cheese NûTofû alternative." The phone number is now 609-728-1998.

Soyfoods Center Product Evaluation. 1992. Feb. 13. Package design: Excellent, however the text on the front panel of the Spinach Tofu Munchees that states "The great taste of spinach & cheese without the cheese." seems deceptive, since the cheese in this product is made from cow's milk. The ingredients listing is likewise deceptive since it lists "casein (protein)" rather than "casein (milk protein)." A previous ingredient listing which broke out the "soy cheese" and listed its ingredients seemed clearer and more standard. Flavor: We liked the Spinach Tofu Munchees best–by far.

9656. *INTSOY Newsletter* (*Urbana, Illinois*). 1990. Processing and utilization conference sparks interest in soybeans as food. No. 42. p. 1-2. Sept.
• ***Summary:*** The conference, which was co-sponsored by INTSOY, took place in Gongzhuling, Jilin Province, China from June 25 to 29, 1990. The various working sessions and exhibits attracted almost 250 soybean scientist and development officials from 27 countries.

"Besides INTSOY, other sponsors of the conference were the Jilin Academy of Agricultural Sciences; the Chinese Academy of Agricultural Sciences; the Japanese Agriculture, Forestry, and Fisheries Research Council Secretariat; the Scientific Research Institute of Foods and Fermentation Industry; and the International Institute of Tropical Agriculture...

"Some 80 presented papers covered topics ranging from reports on soybean utilization efforts in specific countries to sophisticated medical studies on the health effects of soybean use.

"One especially important paper reported on the potential of soybean components known as saponins to control reproduction of the HIV virus which is associated with Acquired Immune Deficiency Syndrome or AIDS. The report from Japanese scientists in the Department of Food Chemistry at Tohoku University indicated that one class of saponins showed inhibitory effects against HIV infection in vitro.

"Besides attending the working sessions, participants viewed some 37 demonstrations and exhibits from all over China...

"The conference organizers also provided a number of local tours of interest to participants. These included visits to a modern tofu plant, the Soybean Research Institute of the Jilin Academy of Agricultural Sciences, the labs and pilot plant of the Scientific Research Institute of Foods and Fermentation Industries, and the headquarters and gene bank of the Chinese Academy of Agricultural Sciences...

"The general recommendations from the final report called for holding the conference on a regular basis every three or four years. The report suggested Brazil and Africa as potential sites for the next conference."

9657. Katz, Solomon. 1990. An evolutionary theory of cuisine. *Human Nature* (*Hawthorne, New York*) 1(3):233-59. Sept. [32 ref]*
Address: Dep. of Anthropology, Univ. of Pennsylvania.

9658. Maitre, Pierre. 1990. Current European markets for soyafoods. Lecture presented at Eurosoya Conference. Held 5-7 Sept. 1990 at Strasbourg, France. *
• ***Summary:*** The following is summarised from a report by SoyaFoods (1990. 1(2):6-7). France: A study in April 1990 on 2,052 men and women showed that for 33% of respondents the word 'soya' was associated with oil. Indeed 66% had not heard of any soyafoods. Of the remaining 34%, only 19% had heard of soyamilk and 19% of soya-based desserts. Tofu and other products were less well known. Some 57% thought soya was a modern product, 66% thought

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soya was nutritious, and 61% thought soya was good for slimming. The reasons for not consuming soyafoods were given as follows: Never thought about it 45%. Prefer to buy my usual brands 14%. Do not like the taste 14%. Not found in shops 6%. Too expensive 5%.

For those who had tasted soyamilk or desserts, the taste was rated as follows: Soyamilk and other soy drinks: Rather good taste 58%, neither good nor bad 29%, rather bad taste 8%. Desserts: Rather good taste 61%, neither good nor bad 26%, rather bad taste 11%. As a result of this survey in France, SOJAXA is targeting its activities to address the problem of educating the consumer about soyafoods, in particular tofu which is less well known in France than soyamilk and desserts.

The UK: Most large supermarkets carry soyafoods, except Marks and Spencer. The strong interest in vegetarianism has played a major role in the development of the soyafoods market. Vegetarians represent about 8.6% of the population and the vegetarian market is estimated at about £5 billion.

Benelux: The Benelux markets are similar to France. In Belgium there are at least 11 suppliers of soyamilks. The most popular products are drinks and desserts. Higher income groups tend to consume soyafoods.

Germany: Soyafoods are more widely carried in natural food stores (*Biolaeden*) and Reform Houses (*Reformhaeuser*) than in supermarkets. Young German consumers accept soyafoods more readily than French consumers but price is an important factor. German consumers seem to be well informed about products and the best selling items (in descending order of importance) are tofu, sauces, sausages and delicatessen products, milks, and desserts. The following percentages of shoppers in *Biolaeden* and Reform Houses have positive opinions about soyafoods: 70% in the age 20-30 group, 55% in the age 30-40 group, and 65% in the over 40 age group.

"Spain: Soyafoods development is fairly constant in Mediterranean countries such as Spain. All soyafoods are imported and are found in specialist shops, generally associated with dietetic products, e.g. calorie controlled products. Only recently have soyafoods been sold in large supermarkets. The influence of tourism has led to a changed image for soyabeans which are perceived as good for health and a modern lifestyle. Current interest is producing new products which are geared to local tastes. The most common products at present are soya drinks, desserts, sauces and soya sausages. Sales in non-specialist shops are likely to become more important.

"Italy: Soya foods and products containing soya are sold mainly for dietetic reasons.

"In summary Mr. Maitre felt that progress had been made over the years in terms of product quality, marketing, product information and international recognition, but there should be no complacency. More will need to be done to stimulate demand in Europe." Address: 18 Square les Oliviers, 13111 Coudoux–Aix en Provence, France. Phone: 33/43.52.09.44 (fax).

9659. Ornish, Dean. 1990. Dr. Dean Ornish's program for reversing heart disease: The only system scientifically proven to reverse heart disease without drugs or surgery. New York, NY: Random House. xxxi + 638 p. Sept. Index and recipe index. 17 cm. [288* ref]

• ***Summary:*** This is a landmark, pioneering book–indeed a classic. In addition to carefully documented information on how to reverse heart disease, it offers 100 pages of vegan recipes, including a 21-day menu. It focuses on a low-fat, low-cholesterol diet, regular moderate exercise, stopping smoking, stress management through meditation and yoga, and (ideally) a support group.

Contents: Author's note. Foreword. Introduction–Heart and soul. Part one: Opening your heart. Part two: The opening your heart program. Part three: Opening your heart recipes. Introduction to the recipes by Shirley Elizabeth Brown, M.D., and Martha Rose Shulman. Twenty-one days of menus. The recipes. Epilogue. Appendix: Nutrient analysis of common foods. Selected references.

In the chapter titled "Introduction to the recipes" a long section on "Soybean products" gives basic information about the following: Whole soybeans, soy flour, soy milk ("It is much higher in fat, lower in vitamin B-12, and lower in calcium than nonfat cow's milk."), soy sauce, tamari, miso, soy cheeses, tempeh, textured vegetable protein (TVP), isolated soy protein, and tofu ("Tofu is a miracle food; it is very easy to digest, very high in protein, low in calories and fat, economical, and extremely versatile").

In the chapter titled "Recipes" is a long section on "Tofu Dishes," which begins with a good introduction: "Tofu is one of the most versatile foods." "Tofu is very high in protein and the perfect substitute for cheese and eggs." Eleven recipes follow: Tofu cheese with fresh herbs. Marinated tofu. Scrambled tofu and vegetables. Lydia's Mexican casserole. Tofu stew with miso. Sweet and sour wok-cooked vegetables with tofu. Chinese eggplant and tofu. Steamed fresh vegetables and tofu with soba noodles (and Misoyaki sauce). Stuffed manicotti (with Marinara sauce).

At the start of each chapter are great quotations. The 288 selected references, listed chapter by chapter at the back, are a valuable addition. As early as 1972 Dr. Ornish was learning meditation and yoga techniques from Swami Satchidananda; these evolved into the stress management program described in chapters 7-9. In 1975 he first became interested in conducting research on heart disease, when he was a medical student at Baylor College of Medicine in Houston, Texas. In 1977 he had the privilege of studying with Dr. Michael DeBakey, assisting in the operating room when he performed bypass surgery. Though his surgical skill was amazing, Ornish began to see the "limitations" of technological

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approaches that literally and figuratively *bypassed* the underlying causes of the problem. It was the difference between temporizing and healing." Most bypass patients "would go home and continue to do the same things that led to the problem in the first place. They would smoke, eat a high-fat, high-cholesterol diet, manage stress poorly, and lead sedentary lives."

For details on this book and its significance, see MacNeil/Lehrer Newshour. 1990. Dec. Address: M.D., Preventive Medicine Research Inst., Sausalito, California 33658. Phone: 415-332-2525.

9660. Scotton, Ken. 1990. Virginia Soyworks. Route 1, Box 193, Faber, VA 22938. 4 p. Sept. Unpublished manuscript.
• ***Summary:*** This business is now for sale (for $8,000) and this document describes the history and financial status of the company, including assets, rent, etc. Just over half the sales are in tofu which is sold mostly in bulk. Sales for the last 10 months of 1989 were $39,435, and for the first 6 months of 1990 they were $22,800. "I bought the business in March of 1989. Both the tofu and tempeh business had been shut down for 3 months. I chose not to invest in starting up the tempeh part of the business... About half of my sales are to the Integral Yoga Natural Foods store in Charlottesville... I bought the business for $10,600, and have spent almost $1,000 since in additional equipment." There are 5 photos of the inside of the shop and equipment. Address: Faber, Virginia. Phone: 804-361-1543.

9661. *Soya International* (*Bar Harbor, Maine*). 1990. Bean Machines installs three new systems in North America. July/Sept. p. 3.
• ***Summary:*** San-Francisco based Bean Machines Inc. has recently installed their new continuous tubular cooking systems, used for making tofu and soymilk, in plants at Ann Arbor, Michigan, Duarte, California, and Quebec, Canada. Capacities range from 300 to 900 gallons/hour. Contact Bean Machines at P.O. Box 2122, Mill Valley, CA 94242. Phone: 415-285-9411.

9662. *Soya International* (*Bar Harbor, Maine*). 1990. Tofu festival held in Taiwan. July/Sept. p. 3.
• ***Summary:*** "In celebration of the 2169th birthday of the tofu inventor Liu An–King of Huai-nan of the Han Dynasty of China–Taiwan's tofu industry presented its 'First Tofu Festival', on September 15, 1990. The event was held at Taipei Grand Hotel for over 300 attendees. The Tofu Festival was planned to promote further usage of tofu and to spur development of new tofu products, such as tofu ice cream, burgers, etc. The event was sponsored by Dr. T.C. Tung, Chairman of the Chinese Research Foundation of Food and Nutrition, and Dr. Steve Chen, President of the Chinese Nutrition Society, (Director of American Soybean Association/Taiwan). Henry Kao, Senior Advisor to the President of the ROC [Taiwan] was keynote speaker."

9663. *Soya International* (*Bar Harbor, Maine*). 1990. Medical center says nondairy products may not be milk free. July/Sept. p. 3.
• ***Summary:*** "Foods that do not list milk as an ingredient may not be completely milk-free. Johns Hopkins Children's Center reported that three children with cow's milk hypersensitivity developed acute allergic reactions after eating tofu and rice based frozen desserts. The desserts were manufactured in dairy processing plants, but despite standardized cleaning procedures, the nondairy products were contaminated with milk sufficient to cause allergic reactions (half a teaspoon or less per serving.) In one case, a child reacted to a hot dog which contained hydrolyzed sodium caseinate, a milk derivative. This ingredient was not listed on the label, because it fell into the category of 'natural flavoring.' The hot dog contained an amount of sodium caseinate equivalent to a third of a milliliter of milk. The USDA is changing the regulations so that milk-derived ingredients can no longer be designated 'natural flavorings' and must be labeled by their common or usual name."

9664. **Product Name:** Soya Nova Soya Sage Rolls.
Manufacturer's Name: Soya Nova Tofu Shop.
Manufacturer's Address: R.R. #2 Rourke Road, C-28, Ganges, Saltspring Island, BC, V0S 1E0, Canada. Phone: 604-537-9651.
Date of Introduction: 1990. September.
Ingredients: Incl. okara, tofu, brown rice, fresh onions, garlic, carrots, chili peppers (seasonal), olive oil, safflower oil, herbs and spices.
How Stored: Refrigerated.
New Product–Documentation: Letter from Greg Lundh of Silverking Soya Foods in Nelson, BC, Canada. 1990. Dec. 14. Soya Nova Tofu Shop introduced this product in Sept. 1990. Labels are not yet available.

Talk with Debbie Lauzon. 1990. Dec. 28. "I now have a really cute little cottage industry. I met a master pastry chef from France named Pascal Pellerin. He worked at Tassajara in California for a while. When I saw that he was unemployed I put him at work in the tofu shop. We came up with some really nice Soyasage Rolls... They use okara and are made in French puff pastry and can be sold frozen. Just bake and serve. The inside has okara, tofu, brown rice, olive oil, herbs, spices, etc."

Leaflet sent by Deborah Lauzon. 1991. Feb. 6. "Soya Nova Tofu Shop." Describes the rolls and lists ingredients.

9665. **Product Name:** [Tofu, and Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer's Name: Vis Naturae.
Manufacturer's Address: via Carmignanello, 108, 50040 Cantagallo FI, Italy. Phone: 0574/957162.

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Date of Introduction: 1990. September.
New Product–Documentation: Letter from Gianni Viglino of Savona, Italy. 1991. Dec. 20. This small company has produced tofu twice a week since Sept. 1990. They use 70-80 kg/week of organic soybeans. The beans are imported from the USA. They will try making tempeh in the near future. Cantagallo is 20 miles north-northwest of Florence, Italy.

Talk with (call from) a woman from the company. 1994. June 30. The owner of this company is Salvatore Paolozza. They now make only tofu and seitan; both were introduced in 1990.

9666. **Product Name:** Meatless Healthy Bologna (Made with Tofu).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301.
Date of Introduction: 1990. September.
Ingredients: Organic tofu [water, soybeans, gypsum, nigari (magnesium chloride)], soy oil, wheat gluten, egg white, tapioca starch, wheat germ, soy sauce (water, soybeans, whole wheat, salt), dried yeast, natural liquid hickory smoke, garlic powder, spices, natural flavor, beet powder and oleoresin paprika for color. "No more, no less."
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) vacuum pack. Retails for $2.10 (10/90, California).
How Stored: Refrigerated.
Nutrition: Per 1.5 oz.: Calories 120, protein 7 gm, carbohydrates 5 gm, fat 8 gm (polyunsaturated 7 gm; saturated 1 gm), cholesterol 0 mg, sodium 340 mg.
New Product–Documentation: Talk with Steve Demos. 1989. May 13. This product will be officially launched in Sept. Talk with Steve Demos. 1989. Nov. 1. The term Links need not be approved by the FDA. Anyone can use the term. The product is not yet out, nor has it been in any interstate sales yet. It is made in Denver. It should be out soon, probably by mid-December.

Label obtained at White Wave booth at World Vegetarian Day in San Francisco. 1990. Oct. 6. 5 by 7 inches. Flat vacuum pack with see-through front. Red, black, and yellow on white. "Cholesterol-free! Great for kids! Hearty luncheon slices." Talk with Lon Stromnes. 1990. Oct. 6. The product was introduced in Sept. 1990. Recommended retail is about $2.10.

9667. Lo, K.S. 1990. New developments at Vitasoy (Interview). *SoyaScan Notes.* Oct. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Vitasoy factory opened in Hong Kong on 9 March 1990. The 50th anniversary was celebrated on about 22-23 March 1990 because the Trade Development Exhibition Hall in Hong Kong was booked up so far in advance. Concerning the 50th anniversary history of Vitasoy, the woman author, Choi Po-King, has a PhD from Oxford and is now teaching history in the School of Education at the Chinese University of Hong Kong. She originally approached K.S. Lo with the proposal to do a history of his company in English. She speaks good English, but it is her second language. They decided to do the first edition in Chinese since most of the company's customers are Chinese. Now he thinks he will go back to her and ask her if she would like to do an English-language edition. He has no idea when the English edition will be available.

His company has just finished changing its name. The new name, effective 24 Sept. 1990, is Vitasoy International Holdings Ltd.; the name expresses Mr. Lo's hope that soyfoods "will at all times remain the core of our business."

Mr. Lo has attended the Natural Foods Expo at Anaheim several times. That is probably where he first met John Paino many years ago.

Vitasoy in Hong Kong is doing development work on an aseptic Tetra Pak tofu, but the product is not yet on the market. Mr. Lo has seen the Tetra Pak tofu make by Yeo Hiap Seng in Singapore, but he would not say that it is a top quality product. Yeo tried to sell it in Hong Kong but without much success. It is a hard product to sell to people with a long tradition of consuming tofu. He was not aware that the product was sold in Italy. One of the reasons Vitasoy purchased Nasoya was so that Nasoya could eventually help Vitasoy to make and market an aseptic tofu in America. Address: Chairman, The Hong Kong Soya Bean Products Co., Ltd., 41 Heung Yip Rd., Aberdeen, Hong Kong. Phone: 5-528211.

9668. McReynolds, Thomas. 1990. Mitsubishi grant to Purdue Univ. to develop aseptic tofu (Interview). *SoyaScan Notes.* Oct. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tom has heard that Mitsubishi (Japan), more than a year ago, made a $300,000 grant to Purdue University to develop aseptically packaged tofu.

Note 1. See long SoyaScan interview with Niels Nielsen (Feb. 1990), who is the key man on this project at Purdue.

Note 2. Talk with Larry Johnson at Iowa State University. 1990. Oct. 4. People from Purdue came to Iowa State Univ. about a year ago and spent a day learning how to make tofu from Lester Wilson. The key man on the project is probably Niels Nielsen. Larry knew that Purdue and Mitsubishi were working together but he did not know that such a large scale amount of money was involved. A major component of the work is development of a bland, lipoxygenase-free line of soybeans for use in soyfoods. Address: Marketing Consultant, Morinaga Nutritional Foods, Los Angeles, California 90040. Phone: 213-728-4325.

9669. Tripathi, Vikram. 1990. Uses for food grade calcium sulfate in the USA (Interview). *SoyaScan Notes.* Oct. 9. Conducted by William Shurtleff of Soyfoods Center.

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• ***Summary:*** The size of the U.S. market for food and pharmaceutical grade gypsum (calcium sulfate) is about 25,000 tons. Of this, the amount used in tofu is about 200 to 500 tons, or 0.8 to 2% of the total, with sales of about $50,000/year. The pH of this product is 7.3, which is neutral. A minimum order from U.S. gypsum is 1 truckload or 22 tons. Smaller orders are referred to one of their distributors, such as Peter Schnur of Charles B. Chrystal Co. in New York.

The biggest users of food grade calcium sulfate are: 1. The flour and baking industry as a combination dough conditioner and source of nutritional calcium. The functional and nutritional properties are of about equal importance. McDonald's uses a large amount in their hamburger buns. The neutral pH makes the dough less tacky, more machineable, and gives it a more uniform cell structure, which makes the buns seem fresher and spongier. General Mills also uses it as a calcium fortifier. Some baking powder contains calcium sulfate. 2. The beer industry. 3. The cultured mushroom industry. Address: Product Manager for Terra Alba gypsum, United States Gypsum Co., Industrial Gypsum Div., 101 South Wacker Dr., Chicago, Illinois 60606. Phone: 800-621-9523 or 312-606-5838.

9670. Wildwood Natural Foods. 1990. Re: Labels of all current Wildwood products. Letter to William Shurtleff at Soyfoods Center, Oct. 11. 6 p. On letterhead.
• ***Summary:*** On 11 Oct. 1990 someone at Wildwood in Fairfax sent Soyfoods Center all of Wildwood's current labels affixed to 6 pages of Wildwood letterhead. There is no cover letter but the postmark on the envelope shows the date and origin. Most of the colorful labels are for Wildwood's ready-to-eat tofu products. There are also labels for Yo Soy! [organic soymilk] in Rich, Cocoa, Maple, and Honey Vanilla flavors, Rice Pudding (dairyless, with organic soymilk), Curried rice salad with tempeh, Wildwood seitan (made the "Say-Tahn" Ron way). Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax, California 94930. Phone: 415-459-3919.

9671. Richardson, Al. 1990. Wy Ky in Los Angeles is in the process of being sold and is now in escrow (Interview). *SoyaScan Notes.* Oct. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wy Ky, run by Chinese Americans, started making tofu in July 1970 in Los Angeles. The sale has been agreed upon, but has not yet been finalized. The name of the new potential buyer is not known, but should be in 6-8 weeks.

Note: Talk with David Ho. 1990. Dec. 20. His mother bought the company from Bill Lee in about 1983. She still owns it. It has not changed hands recently. Their best selling products are tofu spaghetti and baked tofu. Address: Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505. Phone: 213-791-0010.

9672. Starr, Sara M. 1990. Soyfoods: Are they a hit at last? More meat eaters switching to soy sometimes, says study. *Food Business.* Oct. 22. p. 37.
• ***Summary:*** "According to data from a new nationwide study by HealthFocus, a consulting firm specializing in the healthful foods market, about one in 10 food shoppers said they eat soyfoods once every two weeks or more... Twice as many people eat soyfoods regularly as are vegetarians... Sales of aseptically packed soymilk are expected to reach $75 million in 1991, up from $46 million in 1989, according to Soyatech Inc., publisher of a soy industry source book."

A photo shows 6 tempeh products made by Lightlife Foods. The company's sales are growing at a rate of about 30% annually. Address: Vice president, HealthFocus Inc., Emmaus, Pennsylvania. Phone: (215) 967-2233.

9673. Shurtleff, William. 1990. America's earliest known tofu manufacturer discovered: Wo Sing & Co. was making tofu in San Francisco in 1878 (News release). Soyfoods Center, P.O. Box 234. Lafayette, CA 94549. 2 p. Oct. 29. [2 ref]
• ***Summary:*** "In Jan. 1848 gold was discovered in California. By 1850 there were still only a few hundred Chinese in California. Then in 1852 the Chinese joined the Gold Rush. They called California the 'Golden Mountain.' By 1852 there were 20-25,000 Chinese in the golden state, and by 1860 there were 30-50,000. The 1880 census found 75,132 Chinese in California, comprising 8.6% of the state's population.

"These Chinese immigrants, mostly young men from Kwangtung province in southern China, and more specifically from the area around Canton, almost certainly brought soybeans with them to America, and they probably made tofu (which they called *daufu, dow-foo, or doufu*) using those soybeans. But, until now, no one has been able to prove the existence of any Chinese manufacturers of tofu or other soyfoods in America before 1899. During this year Walter C. Blasdale, an instructor in chemistry at the University of California, Berkeley, reported in the *USDA Office of Experiment Stations, Bulletin* No. 68 that Chinese in San Francisco were making 'bean cheese,' both fresh and fried, as well as fresh curds.

"After years of searching, William Shurtleff, Director of the Soyfoods Center in Lafayette, California, has discovered a tofu manufacturer in San Francisco, California, in 1878. According to the Wells Fargo and Co. *Directory of Chinese Business Houses,* published in San Francisco in 1878, Wo Sing & Co. was making fermented tofu and regular (non-fermented) tofu at 708½ Dupont St. in San Francisco. The name of the company and its products were written in both Chinese and English. Tofu was translated as 'Bean Cakes.'

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This was the earliest known tofu shop in the western world (as of Oct. 1990).

"In the same Wells Fargo directory published in 1882, a second Chinese tofu manufacturer appeared. Sam Sing was making fermented and regular tofu at 615 Dupont St., basement, in San Francisco. Wo Sing was still in business at the address given above.

"The earliest known Japanese-run tofu manufacturer in America was Hirata Co. in Sacramento, California. They began making tofu in 1895.

The oldest existing tofu maker in America today is Quong Hop & Co. of South San Francisco. Founded and still run by the same Chinese-American family, they began making tofu in 1906 in San Francisco.

"The two oldest existing Japanese-American tofu companies are probably House Foods & Yamauchi Inc. of Los Angeles and Aala Tofu Co. of Honolulu. Both trace their origins back to 1923 in Hawaii...

"The first five Caucasian-run tofu companies in the western world were all run by Seventh-day Adventists in America. In Nov. 1929, T.A. Van Gundy of La Sierra Industries in Arlington, California (near Riverside), introduced his La Sierra Soya Cheese...

"The sixth Caucasian-run tofu company in America, and the first of the new wave of Caucasian tofu makers, was the Welcome Home Bakery and Tofu Shop in Corvallis, Oregon, founded by Alec Evans. In March 1975 he started making 'Tofu.'

"The earliest document seen (Oct. 1990), written by an American, that mentions tofu appeared in 1770 when the famous Benjamin Franklin wrote a letter on Jan. 11 from London to John Bartram in Philadelphia...

"The Soyfoods Center would like to offer a $100 reward to anyone who can find a tofu manufacturer in North America or Europe before 1878."

Reprinted in Soya International (July/Sept. p. 3). Address: Lafayette, California.

9674. Azumaya, Inc.; et al. 1990. Tofu: Made in the USA... The tradition continues (Ad). *Produce Business.* Oct.
• ***Summary:*** With this anti-Mori-Nu ad, run by "the largest tofu manufacturers and distributors in America," the U.S. tofu wars escalate. The four manufacturers are Azumaya, Hinoichi, Nasoya, and Kikkoman. All make pasteurized tofu. The three distributors are Hanmi Inc. in Seattle, Frieda's Finest in Los Angeles, and Fuji Natural Foods in Ontario, California. "It has come to the attention of produce procurement officers throughout the United States that a foreign (Japan) producer of an aseptically packed tofu has chosen to confuse the trade and general public with claims that their product is superior to traditional water pack tofu. The following addresses the various issues as we see them." These issues are: 1. Water packed tofu has superior taste. Sales of aseptic tofu are virtually nonexistent in Japan. 2. Consumers prefer fresh produce. 3. The assurance of our pasteurization. "An independent study revealed bacterium was unable to grow in pasteurized tofu held at 59 degrees Fahrenheit and below for six weeks." 4. A clear environmental choice. The aseptic package is ecologically unsound, whereas "water packed tofu is packaged in 100% recyclable plastic."

9675. Bosisio, Matthew J. 1990. The Northern Regional Research Center: From penicillin to oatrim, the impact of the NRRC in Peoria, Illinois, has been significant, far-reaching, and enlightened. *World & I* (*The*)**.** Oct. p. 308-15.
• ***Summary:*** A good history of the NRRC, which opened in Peoria in 1940. Discusses penicillin, xanthan gum (a thickener discovered by NRRC, and made by fermenting corn sugar), superslurper (a cornstarch-based water-collecting polymer), dextran (blood volume extender), cornstalks and wheat straw treated with hydrogen peroxide, oatrim (made from oat bran and oat flour), vitamin B-12, Corn-Soy Milk and other Food for Peace products containing soy protein, tofu and tempeh, the USDA's Agricultural Research Service (ARS) Culture Collection (with its 80,000 strains of yeasts, bacteria, and molds is the world's largest microbial culture collection of agricultural significance), kenaf, soybean ink, the 1986 Federal Technology Transfer Act designed to encourage cooperation between the private sector and government. In 1990 the NRRC had an annual budget of $18.5 million. The center's new director is Richard Dunkle. Later this year work will begin on a 10-year renovation program at NRRC. Address: Publisher, *New Mexico Senior Digest*, Albuquerque; Formerly an information officer with the USDA in Peoria, Illinois.

9676. **Product Name:** NuTofu Señor Picante Nacho Sauce (With Casein) [Hot, or Mild].
Manufacturer's Name: Cemac Foods Corp.
Manufacturer's Address: 1821 East Sedgley Ave., Philadelphia, PA 19124. Phone: 215-288-7440.
Date of Introduction: 1990. October.
Ingredients: Organic tofu, canola oil, natural flavors, tomatoes, bell peppers, calcium caseinate, carrageenan gum, sea salt, spices, lecithin, annatto color.
Wt/Vol., Packaging, Price: 9 oz round tub.
How Stored: Refrigerated.
New Product–Documentation: Leaflet obtained at World Vegetarian Day in San Francisco. 1990. Oct. 6. Shows label and ingredients. Copyright 1990. Illustration of a chili pepper with a sombrero on. "All natural. Low sodium. Cholesterol free. Low fat. Lactose free."

Ad (½ page, black-and-white) in Whole Foods. 1991. June. p. 18. "Now you can snack to your heart's content! Señor Picante Nacho Sauce (Hot or Mild). Made with organic tofu and canola oil." A large round Label (3.75 inches diameter) is shown. The label is copyright 1990.

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9677. Demos, Steve. 1990. Consultant report on training in the production and marketing of soy paneer / tofu at the cottage level. White Wave, Inc., Boulder, Colorado. 31 p. 28 cm.

• ***Summary:*** Submitted to Winrock International, Inst. for Agricultural Development (Contractor USAID). Date: Aug. 16–Sept. 15, 1990. New Delhi and Bhopal–India. Contents: Introduction. Background. Consultancy objectives. Soy paneer marketing: Observations, conclusions, recommendations, test market, experiment. Summary conclusion–Privatization. Appendix. Making sequence and standards. Preventive maintenance recommendations. Safety recommendations. Equipment recommendations. Sanitation recommendations. Further test recommendations. Opening procedure checklist. Closing procedure checklist. Economic analysis soy paneer production. Daily activities summary. Acknowledgements.

In India, 40% of the citizens fall below the poverty level. One serious consequence is a protein shortage. "During the past 15 years, the population of India has increased approximately 50%. Harvested tonnage of India's primary protein source, (legumes), has during this same period remained relatively constant at 12 mm tons per year. Thus the per capita availability of protein in India has actually decreased 50% within the past 15 years...

"The Soybean Processing and Utilization Project, (SPU) is a jointly funded US-Indo Project whose goal is to facilitate the processing of soy protein in cottage and small plant industries which effectively produce soy protein foods for human consumption.

"The SPU Project has been in effect for approximately 5 years...

"Currently the Central Institute of Agricultural Engineering (CIAE) in Bhopal has been the focal point of the SPU's work on soy paneer. The institute in 1990 purchased and installed a semi-automatic soy paneer making system in its pilot plant facility.

Sensory evaluations from SPU research show that a firm textured tofu–75% moisture–closely resembles dairy paneer texture and is acceptable to the Indian taste. However, there were objectionable 'beany' flavors found in soy paneer. Dairy paneer is considered a luxury item in India with only 2% of the population consuming the product. The primary reason for the limited usage was price. Current dairy paneer is produced almost exclusively in small cottage shops. All product made is sold within 48 hours, as the use of refrigerated storage in India is very limited. There is no retail or wholesale distribution network for dairy paneer. Indian staple protein is legumes (dahl). Soymilk sold in tetra pak cartons has failed. When the product was packaged in only polyethylene bags the price was reduced substantially and the product recognized greater consumer acceptance. Note: Noble Soya tried selling their soymilk in poly bags after their Tetra Brik venture failed. Lots of dairy milk in India is sold in poly bags. Most panir is curded with soured dairy milk whey. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

9678. ProSoya Foods International Inc. 1990. An affordable soya milk technology: High quality soya milk production equipment for any budget (Leaflet). Ottawa, Ontario, Canada. 1 p. PSF-SC20. Oct.

• ***Summary:*** "ProSoya recently completed the development of equipment capable of making non-beany tasting soya milk in 20 litre batches every 30 minutes. The table top size equipment costing under $3,000 can use almost any source of electricity and heat. It is ideally suited for schools, hospitals, and other institutions, cottage industry, and second generation soymilk and tofu product manufacturers.

"The equipment, dubbed SoyaCow-20, has three components: an air-less grinder, a scraped surface pressure cooker, and a filter press. Steeped soya beans are put in the grinder through a hopper and the machine filled with water. The grinder motor is run for a few minutes and the ground bean slurry is transferred to the cooker by opening a valve. The slurry is cooked at 15 lb per square inch pressure by direct heat from a natural gas, kerosene, coal, or wood stove. The cooked slurry is expelled to the filter press to extract soya milk."

A table compares 4 processes for making soymilk: Cold grind, hot grind, hot blanch, and airless grind. Ten variables are compared, such as processing chemicals, grind (hot/cold), soya milk solids (dissolved/suspended), odour & taste, flavoring. etc. Concerning odour and taste: The cold grind is rancid and cereal, the hot grind is less rancid & cereal, the hot blanch is roasted nut & cereal, and the airless grind is cereal & cereal. Concerning mouth feel: The cold grind is smooth, the hot grind is chalky, the hot blanch is very chalky, and the airless grind is smooth. Concerning protein yield: The cold grind is 70-90%, the hot grind is 60-80%, the hot blanch is up to 98%, and the airless grind is 70-90%. Concerning basic plant cost: The cold grind is low, the hot grind is medium to very high, the hot blanch is high, and the airless grind is low.

"For more information, contact ProSoya Foods International, Inc. 627 Gaines Drive, Ottawa, Canada K1J 7W7, Telephone 613/745-9115, Fax 613/744-3548, or Raylons Metal Works, Ramkrishna Mandir Marg, J.B. Nagar, Andheri (East), Bombay, India 400 059, Telephone 022/632-3288."

Note: PSF stands for ProSoya Foods. SC20 stands for SoyaCow–20 liters/batch. Address: 627 Gaines Dr., Ottawa, ONT, Canada K1J 7W7.

9679. **Product Name:** [Biosoja Soja Delights: Tofu Lasagna].
Foreign Name: Biosoja Soja Delights.

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Manufacturer's Name: Sojinal. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France. Phone: 89 74 53 53.
Date of Introduction: 1990. October.
Wt/Vol., Packaging, Price: 300 gm can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Spot in SoyaFoods. 1991. Spring. p. 5. "Ready meals from Biosoja." Tofu Lasagna, introduced at SIAL in Paris (Oct. 1990), supplements the company's existing line of 3 Soya Deli company's existing range of Soyabean Delights products which includes Financière Sauce, Basmati Rice and Curry Sauce, and Tofu Ravioli. These are portion controlled soya-based ready meals for one person. Each meal is available in a 300 gm can and contains less than 300 calories.

SoyaFoods. 1992. Autumn. p. 7. "A profile of Sojinal." See Table 2. "Biosoja retail food products." Canned ready meals with less than 300 calories.

9680. **Product Name:** [Jean de Preneuf Menu Céréal Hoggar].
Foreign Name: Jean de Preneuf Menu Céréal Hoggar.
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1990. October.
Ingredients: Cereals, tofu, vegetables, raisins, soy sauce, vegetable oil, sea salt, spices, seasonings.
Wt/Vol., Packaging, Price: 2 x 100 gm vacuum packed in a sachet.
How Stored: Refrigerated, 4 week shelf life at 4ºC. Retails for 14.00 French francs (4/91).
New Product–Documentation: Spot in SoyaFoods. 1991. Spring. p. 5. "Menu Céréales." The company name is given as "Jean de Preneuf." This product is a meal which is high in fiber and low in saturated fats and calories. Two other varieties, *Menu Mont Pilat* and *La Jolla* do not contain tofu but do include soy sauce in the recipe.

9681. **Product Name:** Soya Nova Tofu Pumpkin Tarts.
Manufacturer's Name: Soya Nova Tofu Shop.
Manufacturer's Address: R.R. #2 Rourke Road, C.28, Ganges, Saltspring Island, BC, V0S 1E0, Canada. Phone: 604-537-9651.
Date of Introduction: 1990. October.
Ingredients: Incl. tofu.
How Stored: Refrigerated.
New Product–Documentation: Letter from Greg Lundh of Silverking Soya Foods in Nelson, BC, Canada. 1990. Dec. 14. Soya Nova Tofu Shop introduced this product in about Sept. 1990. Labels are not yet available.

Talk with Debbie Lauzon of Soya Nova. 1990. Dec. 28. This product was introduced in about Oct. 1990, as soon as the pumpkins were ready. "I now have a really cute little cottage industry. I met a master pastry chef from France named Pascal Pellerin. He worked at Tassajara in California for a while. When I saw that he was unemployed I put him at work in the tofu shop. We came up with some really nice Soyasage Rolls, then when the pumpkins were ripe, we started making the Pumpkin Tarts. We use only fresh pumpkins, never canned. They sold really well."

9682. Yu, Angie Elinon Yu. 1990. Re: Cherry Food Industry, APY Food Processing, and promoting tofu in the Philippines. Letter to William and Akiko Shurtleff at Soyfoods Center, Nov. 14. 2 p.
• ***Summary:*** "Sometime in the late 70's, you visited my parents-in-laws Tofu factory, then known as Cherry Food Industry here in the Philippines. I am married to their second, Jerry Joseph.

"The tofu business of my parents-in-law is still active but now registered under a new name, APY Food Processing, but located in the same address (74 Speaker Perez St., Santa Mesa Heights, Metro Manila). The plastic container of the Nippon Tofu (silken tofu), however, still carries the old name."

She and her husband operate a computer services firm. One of their business clients is Shoemart, a big chain of supermarkets, which is selling Nippon Tofu and other tofu products made by APT Food Processing. Shoemart has asked Angie and her husband to operate a portion of their Gourmet Shop (which presently has a salad bar and a Japanese sushi bar) located in the middle of their newest supermarket. They have agreed to do this

"I personally feel that the level of market awareness of what tofu really is, is relatively low. I have always suggested to my in-laws to invest in educating the market about it since five years ago. However not much has been done. By presenting our products in this Gourmet Shop we have found a vehicle to do exactly this."

She asks Shurtleff for ideas on promoting the use of tofu, and for updated materials. And she invites him to visit them any time.

"Our store will start operating on November 28 of this year. All information materials that I release to the public will be based on your Book of Tofu (1979). I bought a copy of it when I was in your country (New York) in 1988. I learned from my husband that you gave his parents an autographed original copy of the same book." Address: Elinon Yu EDP Services, International Corporation, 61 West Capitol Drive Bo, Kapitolyo, Pasig, Metro Manila, Philippines. Phone: 631-9451.

9683. Cohen, Karen J. 1990. Terre Haute firm hopes Americans take a liking to tofu. *Indianapolis Star* (*Indiana*). Nov. 20. p. B-2.
• ***Summary:*** Kyoto Food Corp. expects to begin tofu

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production at the end of November. "The $4.5 million plant is a joint venture between four Japanese investors and the husband and wife team of William and Setsuko Roach. The 15,000-square-foot factory will be the largest tofu manufacturer in the country, capable of producing 9,800 12-ounce cakes per day, according to Roach.

"The Indiana Department of Commerce awarded a $46,117 grant to the plant for infrastructure needs and $25,000 for employee training. Kyoto Foods employs 19 people.

"'If things go right we hope that will double within a year,' said Roach, who is retired from the construction business and was a Democratic state representative for 12 years...

Mary Beth Thomas, marketing director, said "Kyoto plans to unveil its product in grocery stores, hospitals and universities in and around Terre Haute in the near future. The company doesn't have any contracts yet but Roach said it has had discussions with Kroger Co., Marsh Supermarkets Inc., and Dominick's Finer Foods Inc., a Chicago-based grocery chain." Because the company's marketing director, Thomas, feels that Americans "have a negative image about tofu," the company is developing recipes for sloppy joes, cookies, and tacos, which are taste-tested by employees. Tofu doesn't sell very well in Indianapolis. The Kroger supermarkets sell about 240 packages/week in the central Indiana region. They also sell Tofutti, a soy ice cream. Peter Golbitz of *Soya International* estimates that 5 to 10% of the 69.5 million lb of tofu produced in the USA is used in secondary products. "Americans like the idea of tofu, but they don't like this white cake floating around in a tub of water." Kyoto Foods buys its soybeans from outside Indiana. Contains a large photo of the inside of the tofu plant, showing the equipment and employees.

9684. Richardson, Al. 1990. New developments at Nichii (Interview). *SoyaScan Notes.* Nov. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The grand opening for the Nichii soyflake plant is scheduled for 16 April 1990. Mr. Kobayashi, President of Nichii plans to be there. 3,000 lb of flakes will arrive by air next week from Japan. Tests supervised by Mr. Chikaarashi are scheduled to be conducted at House Foods & Yamauchi, Azumaya, Quong Hop, Sacramento Tofu, and Fresno Tofu. Address: Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505. Phone: 213-791-0010.

9685. Ames, Rick. 1990. Treatment of tofu waste water before it is discharged into local sewer systems (Interview). *SoyaScan Notes.* Nov. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Rick wants to know if any tofu companies in the USA pre-treat their process water (that used in making tofu) at their plants before discharging it into the sewage system. There are typically three levels of treatment used by dischargers. Primary (passive) treatment involves screening out solids and letting the remaining solids settle out in a settling tank. Secondary processing involves aeration and biological treatment in two large (5,000–10,000 gallon) tanks. The air can be provided by some sort of a revolving mechanical paddle or propeller, and the biological treatment is done by microorganisms that eat the food in the process water. The raw process water runs into the first tank and is seeded with a bacterial culture and aerated. Then the clean water is decanted off into another tank and the microorganisms settle to the bottom of the tank and are removed as sludge for fertilizer. The clarified liquid (which still has a high BOD or Biochemical Oxygen Demand, but with low suspended solids) is sent to the municipal sewage treatment plant. BOD is a measure of the food value of the sewage. Tertiary or advanced processing involves chemical treatment, typically with chlorine at a municipal plant. There are nutrient limits on discharge water after tertiary treatment.

Island Spring had planned to use high-tech reverse osmosis to remove solids, but now screens it, runs it into a crude settling tank, then pumps put the clarified liquid for use in spray irrigation. So they do not discharge to the municipal sewage plant. Typical tofu process water has about 10 times the BOD as typical waste water.

Azumaya has 2-stage settling tanks, mainly to reduce solids. They let the waste water settle and remove the sludge once every 3 months. They monitor the pH before discharging the water. They monitor their pH since their permit says that they cannot discharge water outside of the ph range 6.0 to 9.0. They have a 2000 BOD, whereas the BOD for regular sewage is 350-350 milligrams/liter. This says how many milligrams of oxygen are required per liter of waste water to stabilize it. The oxygen/air is necessary for the life of the microorganisms that are feeding on the sewage. At a typical sewage plant, after a while this liquid is discharged into a clarifier, a settling tank with an overflow. The clarified liquid overflows and is either treated further or disinfected (usually with chlorine) and discharged. The live sludge, which settles to the bottom, is recycled back into the aeration tank. The bacteria in the waste water themselves colonize the system; there is no need to inoculate most sewage.

Nasoya carefully screens solids out of their waste water. They get their BOD down to about 1,000. They do not discharge their whey; they recycle it and let animals drink it for food since it is rich in nutrients. Address: Manager, Vashon Sewer District, Vashon Island, Washington 98070. Phone: 206-463-9219.

9686. Rose, Richard. 1990. Update on the soy and non-dairy ice cream markets in America (Interview). *SoyaScan Notes.* Nov. 27. Conducted by William Shurtleff of Soyfoods

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Center.
• ***Summary:*** The two main brands of soy ice cream in the mass market are Tofutti and Mocha Mix. The two brands in the natural foods market are Ice Bean (Farm Foods/ Barricini) and Rice Dream (made from rice, with no soy). Believe, produced by Bob Davis is an excellent product; it is made from powdered tofu and is high in fat. Yet the whole category is very small, and the rise of sorbets and low-fat frozen yogurts provide strong competition for the very limited freezer space. So it would be very hard for a new product to enter the fray. Address: Rose International, Santa Rosa, California 95404. Phone: 707-963-8628.

9687. Schoen, Walter. 1990. The tofu industry in Austria (Interview). *SoyaScan Notes.* Nov. 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Walter estimates that the largest tofu manufacturer in Austria is SoyVita, followed by Tofurei Wels, then Sojarei Ebner-Prosl. Fourth is a small tofu manufacturer named Oberland Tofu in Innsbruck. Address: Owner, Tofurei Wels, Prinz Eugen Strasse 1, A-4600 Wels, Austria. Phone: 7242/78073.

9688. *Contra Costa Times* (*California*). 1990. A perfect turkey for California? Nov. 28.
• ***Summary:*** "News Item No. 2: Thanksgiving passes peacefully among the 15,000 residents of Arcata, where a new California trend–tofu turkey–is hatching for the holidays."

"The Tofu Shop's warm-and-serve ersatz turkey is flavored with a secret blend of spices and herbs, and comes in sizes up to 25 pounds. There's 'stuffing' and 'pumpkin pie' also fashioned from–you guessed it–the mushy, malleable staple of millions of Japanese."

9689. *SoyaScan Notes.* 1990. How many bushels of soybeans per month are used by various American West Coast tofu and soymilk manufacturers (Overview). Nov. 28. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following are ranked in descending order of bushels of soybeans used per month: House Foods & Yamauchi Inc. 12,000 (Los Angeles. This includes soybeans used to make soymilk for Westbrae's Ah Soy in 225 ml foil pouches), Azumaya 3,567 (San Francisco; buys from Minnesota in 60 lb bags. Uses 300 tons/month), Pacific Foods 2,250 (Tualatin, Oregon. This includes soymilk used to make Westbrae Aseptic WestSoy Lite), Quong Hop & Co. 2,000 (South San Francisco), Wy Ky 1,563 (Los Angeles), Wo Chong Co. 1,167 (San Francisco), Mighty Soy 1,117 (Los Angeles), American Foods 733 (Alhambra, California), San Diego Soy Dairy 467 (El Cajon, CA), Clearway Soy Foods 67 (Corralitos, CA), Fuji Fresh Tofu 50 (San Jose, CA), San Jose Tofu 50, Fresno Tofu 33 (Fresno, CA).

9690. Ashland Soy Works–Soy Deli. 1990. November. New soyfoods restaurant or deli. 225 Water St., Ashland, OR 97520.
• ***Summary:*** Menu brought by Claire Wickens. 1991. Oct. 14. "Its just a few steps to delicious gourmet tofu." "The Soy Deli serves lunches, dinners, snacks, and desserts. Take out or eat in. Burritos, lasagna, chili, salads, tofu burgers, eggless salad sandwiches, deep fried tofu, hot tofu loaf sandwiches. Our cheesecakes are famous: fruit topping, chocolate peanut butter, double chocolate mousse. No meat, eggs, or dairy. Extra lite lunch specialties: Eggless salad, Malibu salad. Fresh pyramid juices, coffee and tea. Ready to eat–try our packaged tofu products: Oregon baked tofu. Curry baked tofu. BBQ baked tofu. Tofu (meatless) loaf. Sunny eggless salad. Fortune bread, and the famous Tofu burger." On the back of the menu are three tofu recipes: Tofu stroganoff. Tofu-spinach balls. Creamy poppy dressing.

Talk with James Muhs. 1991. Oct. 14. Ashland Soy Works moved to 225 Water St. in Aug. 1990, and they opened the Soy Deli in Nov. 1990. Address: Ashland, Oregon. Phone: 503-482-1865.

9691. *Child Haven International* (*Newsletter, Maxville, Ontario, Canada*). 1990. An affordable soya milk technology: High quality soya milk production equipment for any budget. Fall. p. 4.
• ***Summary:*** Note: This appears to be a reprint of a leaflet (8½ by 11 inches) from "PSF-SC20-C / November 1990"–probably written by Raj Gupta and first published by ProSoya Foods International.

"ProSoya recently completed the development of equipment capable of making non-beany tasting soya-milk in 20 L [litre] batches every 30 minutes. The table top size equipment, developed for *Child Haven* for their operation in India, can use almost any source of electricity and heat. It is ideally suited for schools, hospitals, and other institutions, cottage industry, and second generation soymilk and tofu product manufacturers. *Child Haven* plans to buy several such units under a CIDA project.

"The equipment, dubbed SoyaCow-20, has three components: an airless grinder, a scraped surface pressure cooker [15 psi pressure], and a filter press." The process is described.

A table in the middle of the publication compares the four methods for making soya milk: Traditional cold grind, hot grind (Cornell Univ.), hot blanch (Univ. of Illinois), and Canadian airless cold grind (patented by ProSoya). They are compared on the following variables: (1) Soya beans (whole or dehulled). (2) Processing chemicals (none, sodium bicarbonate, or hydrochloric acid). (3) Steeping (soaking) of soybeans (yes, no, or blanch). (4) Grind (hot, cold, or airless). (5) Cook then filter vs. filter then cook. (6) Soya milk solids (mostly dissolved or suspended). (7) Colour & taste. (8) Flavouring (Very difficult to easy). (9) Mouthfeel

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(smooth vs. chalky). (10) Protein yield (%). (11) Basic plant cost (low to high).

The Canadian system is shown to have several advantages, incl. low cost, good flavour, high protein yield, high level of dissolved solids, smooth mouthfeel, etc.

An illustration (line drawing) shows an Indian woman operating the "Soya-Cow-20."

"For more information, contact ProSoya Foods International, Inc., 627 Gaines Drive [the home of Raj and Rashmi Gupta], Ottawa, Canada K1J 7W7. Telephone 613 / 745-9115. Fax 613 / 744-3548. Or Raylons Metal Works, Ramkrishna Mandir Marg, J.B. Nagar, Andheri (East), Bombay, India 400 059. Telephone 022 / 632-3288."

Note 1. This is the earliest document seen (Oct. 2010) that mentions the "SoyaCow" or the "SoyaCow-20."

Note 2. The leaflet is apparently referring to the first SoyaCow (an SC-20) which was made in Bombay, India, according to designs by and supervision from Raj Gupta and ProSoya Foods International.

9692. Jack, Alex. 1990. Soviets embrace macrobiotics: Special report from Moscow and Leningrad. *One Peaceful World* (*Becket, Massachusetts*) No. 6. p. 1, 7-10. Autumn/ Winter.

• ***Summary:*** Physicians in the USSR are using miso to try to cure radiation sickness from the Chernobyl nuclear disaster which took place on 26 April 1986 in the Ukranian SSR.

A sidebar on page 7 titled "Miso protects against nuclear radiation" states: "Scientists in Hiroshima reported this summer that in laboratory tests mice fed miso every day were five times more resistant to radiation than those not eating miso. The research, carried out by Prof. Watanabe at Hiroshima University, is the latest data showing that macrobiotic foods can bind and eliminate radioactive material from the body." A photo shows Cary Wolf offering miso soup to people in Moscow. Address: Box 10, Becket, Massachusetts 01223. Phone: (413) 623-5742.

9693. **Product Name:** Legume Vegetarian Franks & Beans.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Navy beans, water, tomato paste, organic tofu* [organically grown soybeans*, water, calcium sulfate (a naturally mined earth mineral)], sweet potato puree, apple cider vinegar, canola oil, molasses, honey, tamari soy sauce (water, soybeans, sea salt), onion, soy oil, isolated soy protein, mustard powder, garlic, spices, natural flavors, sea salt, beet powder, paprika oil, guar gum. * = Grown in accordance with California Health & Safety Code 26569.11.
Wt/Vol., Packaging, Price: 9 oz plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. Legume is now introducing 7 new boil-in-the-bag products. All are non-dairy, cholesterol-free. The word "tofu" does not appear on the front panel of any of the products because a huge segment of the American population does not have a positive image of tofu. These products will sell for about $1 less each than the old Legume products. They will sell the products where they do not need to pay slotting allowing allowances, as in Southern California where 15-20% of the company's total business now is. Business is way up in the kosher market. All will be introduced at the Natural Foods Merchandiser show in Philadelphia this weekend.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by 1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses."

9694. **Product Name:** Legume Vegetarian Chili.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Tomatoes, water, black beans, red chile beans, onion, corn, organic* tofu [water, organically grown* soybeans, magnesium chloride (nigari)], tomato puree, canola oil, sweet potato puree, tamari soy sauce (water, soybeans, sea salt), chile powder, garlic, natural flavors, spices, sea salt. * = Grown in accordance with California Health & Safety Code 26569.11.
Wt/Vol., Packaging, Price: 10 oz plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. This weekend at the Natural Foods Merchandiser show in Philadelphia, Legume will introducing 7 new boil-in-the-bag products.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by 1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses."

9695. **Product Name:** Legume Hearty Vegetarian Stew (Made with Wheat Gluten).
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Potatoes, wheat gluten [whole wheat flour, water, tamari soy sauce (water, soybeans, sea salt)], carrots, tomato paste, peas, water, sweet potato puree, canola oil, celery, parsley, onions, garlic, molasses, miso (soybeans, water, sea salt), tamari soy sauce (water, soybeans, sea salt),

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natural flavors, vinegar, oregano, spices, sea salt.
Wt/Vol., Packaging, Price: 10 oz plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. This weekend at the Natural Foods Merchandiser show in Philadelphia, Legume will introducing 7 new boil-in-the-bag products. The Hearty Vegetarian Stew (made with wheat gluten) is delicious. The gluten manufacturer is Tabachnik in New Jersey.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by 1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses."

9696. **Product Name:** Legume Vegetable Bean Ragout.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Tomatoes, black beans, red chile beans, water, onions, celery, tomato paste, corn, peas, green beans, sweet potato puree, canola oil, basil, parsley, green pepper, garlic, tamari soy sauce (water, soybeans, sea salt), honey, vinegar, spices, sea salt.
Wt/Vol., Packaging, Price: 9 oz plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. This weekend at the Natural Foods Merchandiser show in Philadelphia, Legume will introducing 7 new boil-in-the-bag products.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by 1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses."

9697. **Product Name:** Legume "California Style" Vegetable Ravioli with Marinara Sauce.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Tomatoes, tomato paste, water, whole wheat pasta (whole wheat flour, durum flour, water, wheat germ, bran), organic* tofu [water, organically grown* soybeans, magnesium chloride (nigari)], canola oil, onions, celery, honey, parsley, garlic spices, sea salt. * = Grown in accordance with California Health & Safety Code 26569.11.
Wt/Vol., Packaging, Price: 9 oz plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. This weekend at the Natural Foods Merchandiser show in Philadelphia, Legume will introducing 7 new boil-in-the-bag products.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by 1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses."

9698. **Product Name:** Legume "California Style" Vegetable Tortellini with Marinara Sauce.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Tomatoes, tomato paste, water, whole wheat pasta (whole wheat flour, durum flour, water, wheat germ, bran), organic* tofu [water, organically grown* soybeans, magnesium chloride (nigari)], canola oil, onions, celery, honey, parsley, garlic, spices, sea salt. * = Grown in accordance with California Health & Safety Code 26569.11.
Wt/Vol., Packaging, Price: 8½ oz (241 gm) plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. This weekend at the Natural Foods Merchandiser show in Philadelphia, Legume will introducing 7 new boil-in-the-bag products.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by 1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses."

9699. **Product Name:** Legume Whole Wheat Pasta Primavera with Marinara Sauce.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 116 Fairfield Rd., Fairfield, NJ 07006. Phone: 201-263-1013.
Date of Introduction: 1990. November.
Ingredients: Tomatoes, organically* grown whole wheat durum flour, tomato paste, water, broccoli, zucchini, carrots, peas, red bell peppers, onions, celery, canola oil, honey, garlic, parsley, spices, sea salt. * = Grown in accordance with California Health & Safety code 26569.11.
Wt/Vol., Packaging, Price: 9 oz (255 gm) plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Talk with Gary Barat. 1990. Oct. 31. This weekend at the Natural Foods Merchandiser show in Philadelphia, Legume will introducing 7 new boil-in-the-bag products.

Label sent by Gary Barat. 1990. Oct. 31. by 5.5 by

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1.5 inches. Paperboard box. Green, white, and black. Full-color photo of the product in a white dish. "Low fat. No cholesterol. Microwaveable. All natural. Legume main courses." Contains no soy.

9700. **Product Name:** Lite Slice Cheesecake (With Casein).
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: R.D. #3 Northgate Industrial Park, P.O. Box 5204, New Castle, PA 16105. Phone: 800-441-9419.
Date of Introduction: 1990. November.
Ingredients: Soy milk (water, organic tofu), soybean oil, casein, egg whites, unbleached wheat flour, fructose, tapioca, sea salt, citric acid, natural flavor, soy lecithin, natural vegetable guar gum.
Wt/Vol., Packaging, Price: 18 oz.
How Stored: Frozen or refrigerated.
Nutrition: Per 3 oz.: Calories 170, protein 4 gm, carbohydrates 14 gm, fat 10 gm (polyunsaturated 1 gm, monounsaturated 7 gm, saturated 2 gm), cholesterol 0 mg, sodium 150 mg.
New Product–Documentation: Leaflet. 1990. Nov. Poorly typed on purple letterhead. "75% less calories. Cholesterol free. Butterfat free. Lactose free."

Ad in Natural Foods Merchandiser. 1991. Jan. p. 26-27. "New blossoms in the Soyco garden." Shows color photo of label. Front panel states: "75% less calories than regular cheesecake. Cholesterol free. Butterfat free. Lactose free."

Color insert ad in Natural Foods Merchandiser. 1991. July. Between p. 40 and p. 41. The front shows a whole cheesecake and a slice, surrounded by fruit and berries. "All natural. 35% less calories than regular cheesecake. Cholesterol free. Lactose free. 75% less saturated fat. Butterfat free." The back gives nutritional information and ingredients, and calls this a "guilt free cheesecake."

9701. Takai Seisaku-sho. 1990. Modern soymilk plant: Makes delicious dairylike soymilk with no beany flavor. 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 4 pages. Nov. Catalog. With 1-page color insert. 30 cm. [Eng]
• ***Summary:*** Page 2 is a flow chart of the modern soymilk production process. Page 3 shows modern soymilk plant layouts, floor plans, and specifications. The color insert, which is titled "Modern soymilk plant: Makes delicious dairylike soymilk with off-beany flavor," is printed on both sides. The front shows 3 packaged soymilk products: Ah Soy, Hai-Meeru Soyalac (Made by San-iku Foods in Japan), and Soya Bean Milk (made by Guilin Sweets and Food Factory, Guangxi, China). Companies that make soymilk using Takai equipment include: Chung's Foods and Nam Yang Industries in Korea. Jinan Huifeng Bean Milk Product Factory in China. "One of our plants makes 1,000 liters of 5,000 x 200 ml packs of soymilk; another makes 10,000 or 20,000 packs of soymilk per hour. EMUL is a healthy soy-based frozen dessert. Contact Takai for an EMUL production plant." On the back is a plant layout. Address: Kanazawa, Ishikawa-ken, Japan. Phone: 0762-48-1355.

9702. Tofu Shop (The). 1990. Restaurant: Holiday special tofu turkey (Ad). *Northcoast Holidays* (*Regional Visitor Publications, Eureka, California*). p. 36.
• ***Summary:*** A half-page vertical ad. Graphics: At the top of the ad is a black and white photo of a bearded man cutting a large block of tofu into cakes. Near the middle (vertically) is an illustration of the front of the Deli.

Upper text: "In business since 1977, the Tofu Shop has been making hand-crafted tofu for over a decade."

The lower half of the vertical ad is an ad (on a dark background) for "Holiday special Tofu Turkey." "Order one of our delicious Tofu Turkeys.

"Pumpkin tofu pie! Try this non-dairy alternative. Delicious, cholesterol-free and baked in a wholewheat crust. Small 6 oz. $1.55. Large 9" (special order) $5.95.

"Not 'n Natural Tofu Turkey dinners! Served at our deli beginning Sunday, Nov. 15, includes hot slice of tofu turkey, stuffing, gravy, cranberry sauce & salad. $5.25.

Hours: Mon-Sat 8-8. Sun 11-6. Address: 768 18th St., Arcata, California. Phone: 822-7409.

9703. Tofu Shop (The). 1990. This holiday season, make it Tofu Turkey (Leaflet). Arcata, California. 1 p. Front and back. 22 x 14 cm.
• ***Summary:*** Typeset, dark green on beige, with four illustrations. Identical to the 1989 leaflet / sell sheet, except for the colors and some new product sizes: Tofu Turkeys now come in small (2-3 servings) $7.50. Tofu-Turkeys stuffing now comes ½ pint $1.95. Address: 768 18th St., Arcata, California.

9704. **Product Name:** Trader Ming's Enlightened Egg Rolls: Spinach Tofu with Whole Wheat Egg Roll.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1990. November.
Ingredients: Filling: Spinach, organic tofu (Organically grown and processed in accordance with Section 26569.11 of the California Health and Safety Code), canola oil, bread crumbs, sea salt, spices, dehydrated garlic. Egg Roll: Stone ground whole wheat flour, water, eggs, sea salt. Cooked [deep-fried] in canola oil.
Wt/Vol., Packaging, Price: 15 oz package of 5 egg rolls retails for $2.99 (11/90).
How Stored: Frozen.
Nutrition: Per 3 oz. roll: Calories 270, protein 7 gm, carbohydrate 17 gm, fat 19 gm, sodium 310 mg.

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New Product–Documentation: Trader Joe's Fearless Flyer. 1990. Nov. p. 19. The wrappers, though made of whole wheat, have a "lovely light texture and delicate flavor... The egg rolls contain no MSG or preservatives. Each was individually hand-wrapped, then cooked in canola oil, an oil very low in saturated fat. They are best when heated in a conventional oven, but may be microwaved."

Product with Label purchased at Trader Joe's in California. 1990. Nov. 5 by 3 inches. Dark green and yellow on white. Self adhesive. Illustration of a yellow cattail plant. Soyfoods Center product evaluation. 1990. Nov. 30. Delicious, but we are almost certain that these egg rolls contain some type of cheese, which is not listed on the label.

9705. *SoyaScan Notes.* 1990. Europe's 20 largest tofu and soymilk companies (Overview). Dec. 23. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following summary is a combination of information from two sources: First, numerous interviews conducted by William Shurtleff of Soyfoods Center during 1990. And second, informed estimates by one of Europe's most knowledgeable soyfoods industry insiders. We give the ranking, company name, country, products (Tofu, Milk = Soymilk, Other), and number of metric tons of soybeans used per month.

1. Alpro. Belgium. Milk. Unknown.
2. Sojinal. France, Milk & Other. 417.
3. Heuschen-Schrouff. Netherlands. Tofu. 200.
4. DE-VAU-GE. Germany. Milk & Tofu. 100.
5. Aros Sojaprodukter. Sweden. Tofu, Milk & Other. 92.2.
6. Unisoy. England. Milk. 47.0.
7. Soya Health Foods. England, Milk. 45.0.
8. Soyana. Switzerland. Tofu & Milk. 32.0.
9. Société Soy. France. Tofu & Milk. 30.0.
10. Cauldron Foods. England. Tofu. 20.0.
11. Haldane Foods/Regular Tofu Co. England. Tofu & Milk. 10.9.
12. Galactina. Switzerland. Tofu, Milk & Other. 10.0.
13. Soyastern / Dorstener Tofu. Germany. Tofu. 9.3.
14. Dragon & Phoenix. England. Tofu. 8.0.
15. Jonathan P.V.B.A. / Lima Foods. Belgium. Tofu. 6.0.
16. Triballat. France. Milk & Other. 5.6.
17. Innoval. France. Milk. 5.6.

Crivellaro. Italy. Milk. 5.6.
Plamil. England. Milk. 5.6.
Paul's Tofu. England. Tofu. 4.7.

9706. Kubota, Brad. 1990. A history of tofu in Fresno and surrounding towns (Interview). *SoyaScan Notes.* Nov. 28 and Dec. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following information is based on Brad's personal recollections and interviews he conducted with various Japanese-American old-timers in Fresno. Brad now owns and runs Fresno Tofu Co. The lineage of his company is as follows:

He has heard from many people that there were two tofu shops in Fresno before World War II, but one went out of business. Also before World War II there was a company in Fresno named Tokubo Tofu, run by a Mr. Tokubo. Mr. Tokubo is said to have brought his company to Fresno from the countryside (from Fowler?) and it is not clear if he was part of the Fresno Tofu Company lineage or to whom he sold the company.

Mr. Sasaki may have owned a tofu company that was an early member of the Fresno Tofu Co. lineage. He sold it to Mr. Fukamoto, who renamed it Fukamoto Tofu.

Mr. Fukamoto sold his shop to Mr. Joe Hashimoto (a nisei or second generation Japanese American, who still lives in Fresno), who renamed the company Hashimoto Tofu in about 1947.

Joe Hashimoto sold his company to a Dr. Wilkinson, a Caucasian/American, who moved it away from Fresno, out into the country. He discontinued production of tofu, but started to make a type of soy cheese and soymilk. Dr. Wilkinson is no longer living.

It was probably Mr. Hashimoto who sold his company in about 1970 to Mr. Tokubo or David Goto, who renamed it Star Tofu Shop. David asked his younger brother, Nagaki, to come to America from Japan to help him make tofu. After a while, Nagaki took over the company. David left the business and started farming. Nagaki Goto renamed the company Goto Bean Factory in 1975.

Nagaki Goto sold his company to Brad Kubota, who renamed it Fresno Tofu Co. in Nov. 1982. Brad started by making the same two tofu products that Mr. Goto had made, medium-firm Japanese-style momen tofu, and agé (deep-fried tofu pouches).

After World War II there were at least two other tofu companies in Fresno: Nagahama Tofu, and Yokota Tofu-ya (which was in business in 1922). Before World War II there were at least two tofu companies in Fowler, California (located about 10 miles southeast of Fresno): Soga Tofu and Harada Tofu. Mr. Hashimoto says that after the war, Mr. Tokubo also used have his tofu shop there in Fowler, whence he moved it to Fresno. In Dinuba (pronounced dai-NU-bah, and located about 30 miles southeast of Fresno) a tofu shop named Nii-Tofu was in business after World War II. Address: Fresno Tofu Co., Fresno, California.

9707. *SoyaScan Notes.* 1990. Soya Clips receives 1,547 clips in 1990, down from 2,105 clips in 1989, 1,766 clips in 1988, 1,587 clips in 1987, and 1,586 clips in 1986 (Overview). Dec. 30. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This decrease in the number of clips received represents a tightening of the specifications by Rose International to eliminate duplicate copies of news/wire releases and popular stories. It does not necessarily represent

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a decrease of interest in soyfoods by the U.S. media.

The clips are sent to Soya Clips (c/o Rose International, P.O. Box 5020, Santa Rosa, California 95402-5020. Phone: 707-576-7050. Subscription $300/year) by Luce Press Clippings, America's first clipping service. Luce clips 13,000 publications and has over 3,000 clients. The other major U.S. clipping service, Burrelle's in Livingston, New Jersey, is about the same size and is also highly recommended. In both, readers read the articles and key all nouns into a computer. The computer then selects the articles. Rose International will discontinue the clipping service in April 1991.

9708. Araki, A.M. 1990. [Re: A brief history of tofu shops in Fresno, California]. Letter to William Shurtleff at Soyfoods Center, Dec. 31. 2 p. Handwritten. Followed by phone interview on 8 Jan. 1991. [Jap; eng+]

• ***Summary:*** "It was difficult for me to collect this information. For some people I talked to it was a sensitive issue, like coming out of the internment camps after World War II back into white society. Since the generations have changed, I had to talk with many people. I came to the USA in Aug. 1920 and settled in Fresno that month. At the time in Fresno there were two tofu shops in Japantown: Yokota Tofu-ten (run by Yuichi Yokota, located on Fargan Alley, which was back-to-back with E Street; Yokota's postal address was on E Street), and Nakaoka Tofu-ten (run by Mr. Nakaoka on Kern St.). He is not sure of the shops were named "Tofu-ten" or "Tofu-ya," but he prefers "Tofu-ten because it has a higher class sound (more *jôhin*).

The owner of Nakaoka Tofu-ten died in about 1922. His wife re-married to Mr. Zenkichi Nagahama, who took over the company, renamed it Nagahama Tofu-ten, and ran it at the same location for about 20 years until 1942, when he was sent to an internment camp. He did not re-start the company after the war; he was too old.

Right after World War II, in about 1945, the first tofu shop in Fresno was started by a man who came from the Los Angeles area; although he was a Japanese, he had a big body and blue eyes. But he didn't last for long. After that he company was run consecutively, at the same location, by Joe Hashimoto, Sakae Tôkubo, Dr. Wilkinson (an M.D. and Seventh-day Adventist; he was a very famous surgeon and he made tofu himself at his shop on E Street), and then the two Goto brothers. After the war, the younger Goto brother immigrated to the U.S. from Japan. (Sometimes we call those new first-generation Japanese shin-issei). The same shop on E Street, which has been in business the longest, is now in its third generation, run by Musashi [Brad] Kubota."

He is not sure when the first tofu shops started in Fresno. However his father arrived in Fresno in 1911 and had a shop across the street from the Nagaoka tofu shop on Kern Street. He thinks Yokota was there at the same time, since the house in which Mr. Yokota lived in 1920 (he built it himself) was quite old, dating from about that period. His tofu shop was in the front of his house, facing the street.

There were some Chinese-run tofu shops in Fresno during this period but he does not remember any details concerning them. Address: Nichi Bei Times, Fresno Branch, P.O. Box 11489, Fresno, California 93773. Phone: 209-237-6779.

9709. **Product Name:** Berrydales Special Ices [Berry, Maple & Walnut, Ginger and Honey, Bitter Chocolate, Honey Vanilla].
Manufacturer's Name: Berrydales Ltd. (Marketer). Made in Clwyd, Wales, by Genice Foods Ltd.
Manufacturer's Address: 5 Lawn Road, London NW3 2XS, England. Phone: 071-722-2866.
Date of Introduction: 1990. December.
Ingredients: Berry: Soya milk, tofu, honey, apple concentrate, raspberries, blackcurrants.
Wt/Vol., Packaging, Price: 100 ml, 500 ml, and 2 liter biodegradable paperboard tubs.
How Stored: Frozen.
Nutrition: Berry: Per 100 ml.: Energy 75 kcal (calories; 313 Kilojoules), protein 1.02 gm, total fat 0.79 gm (saturated fat 0.12 gm, polyunsaturated 0.45 gm), carbohydrate 17.12 gm, salt 0.8 gm.
New Product–Documentation: Health Food Business (England). 1990. June. p. 21. "Health Food Business retailer guide to ice creams." Berrydales Special Ices, available in 5 flavors, are a delectable refreshing cross between an ice cream and a sorbet, and all based on tofu.

Soya International. 1990. July/Sept. p. 5. Lists 5 flavors. Says that the products are made from organic tofu and soymilk. Note that the company leaflets below do not mention organic ingredients.

Three leaflets sent by Heather Paine from London. 1991. April 23. The first, titled "Berrydales" notes that "Berrydales Special Ices, based on the ancient Chinese and Japanese food tofu, are a delectably refreshing cross between an ice cream and a sorbet. They are unique, delicious, and good for you. Berrydales ices use only the highest quality natural ingredients. They contain no animal products, no emulsifiers or stabilisers, are lactose free, low in fats and cholesterol and relatively low in calories." They are "currently available in four flavours: Berry, Maple & Walnut, Ginger & Honey, and Bitter Chocolate. In April we introduced our new Honey Vanilla." They are sold in bio-degradable paperboard packs in 100 ml, 500 ml, and 2 liter sizes. They are available nationwide in delicatessens and health food stores (including the Holland and Barrett chain), in selected Europa stores in London, and in selected branches of Tescos nationwide. For further information contact Michelle Berriedale-Johnson, Berrydales' founder and well-known food writer.

The second, titled "Nutritional breakdown of Berrydales Special Ices," gives a nutritional analysis and list of ingredients for 5 flavors. Ingredients for the new Honey

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Vanilla are: Soya milk, tofu, honey, raw can sugar, lemon juice, natural vanilla essence. All 5 flavors use soya milk and tofu as the first two ingredients.

The third, titled "Berrydales no-cream ices: Ices in your postbag," notes that the company has a new mail order service. It will ship 5 packs (100 ml each) or 2 packs (500 ml each) of any of its five flavors in polystyrene boxes.

Health Food Business (London). 1992. May. p. 34. "Frozen desserts. Berrydales. Berrydales ices–made from the highest quality natural ingredients, are a cross between an ice cream and a sorbet. They come in five flavours: Honey Vanilla, Chocolate, Maple & Walnut, Ginger & Honey and Berry. Low in calories, ultra low in fat, low in cholesterol, they are based on organic fresh tofu and are dairy-free and vegetarian. The Chocolate ice is also totally vegan and all the ices are kosher. Sizes include 100ml, 500ml, and 2 litre. From May a new four-pack is available with individual tubs of Hone Vanilla, Maple & Walnut, Chocolate and Finger & Honey (rrp [or RRP = recommended retail price] £2.99)."

Spot in SoyaFoods. 1991. Spring. p. 4. "Berrydales no-cream ices by mail order." "Berrydales Special Ices are made from soyamilk and tofu. Described as a cross between an ice cream and a sorbet, they contain no animal products no emulsifiers or stabilisers and are lactose free, low in fats and cholesterol and relatively low in calories. Five flavors are currently available."

Original Labels with the original ingredients (Berry, Ginger and Honey, Honey Vanilla) sent by Genice Foods Ltd. 1994. Feb. 18. 3.75 inch round lid. 500 ml. Illustration of a flower against a light wood-grain background. "Lactose free. No animal products. Low cholesterol."

9710. **Product Name:** [Tempeh, and Tofu].
Foreign Name: Tempeh, Tofu.
Manufacturer's Name: Cafe Restaurant Zollhaeusle.
Manufacturer's Address: 7730 VS-Zollhaus, Germany. Phone: 07721/21289.
Date of Introduction: 1990. December.
New Product–Documentation: Menu (Undated) sent by Flora Yap. 1992, April 5. It lists 5 tempeh dishes. The owner is Hartmut Rainer Hauser. Flora was told that he is now closed, but she is not sure if this refers to the restaurant or the food factory. Letter from Flora Yap. 1992. May 16. She received the menus mentioning seitan, tofu, and tempeh on 24 Dec. 1990 from a friend who had been to this place. In Jan. 1991 she phoned Hartmut Hauser. He had purchased the tempeh incubator from Byodo. It was a rebuilt old refrigerator. Hartmut makes his tempeh in perforated plastic bags; she suggested that he use plastic bags for better growth. In the autumn of 1991 she heard from the same friend that Hartmut had closed his restaurant, but the friend did not know whether Hartmut continued to make seitan, tofu, and/or tempeh. Hartmut likes to work on ecology projects, teaching people about protecting the environment. In May 1992 Flora tried to find Hartmut Hauser's phone number in the telephone directory. Zollhaus should be a suburb of Villingen-Schweningen, located in the Black Forest, not far from the Swiss border. "Life Food," which is located nearby in Freiburg, might have more information about Hartmut and Cafe Restaurant Zollhaeusle.

9711. Cederquist, Natalie; Levin, James. 1990. A vegetarians ecstasy: A healthy gourmet celebration of over 250 no cholesterol, no dairy, lowfat recipes devoted to long life and good taste. Glo, Inc., 2406 Fifth Ave., San Diego, CA 92101. 332 p. Dec. Illust. by Natalie Cederquist. Index. 28 cm. [13 ref]
• ***Summary:*** In this is innovative vegan cookbook, each recipe occupies 1 page and is accompanied by an illustration (line drawing). The glossary of ingredients mentions liquid aminos, miso, seitan, seaweeds, tamari, tempeh, and tofu. Page 28 is devoted to singing the praises of soy products. "Dairyless and eggless: With optimum health in mind, I have chosen to use soy products and egg replacer rather than dairy and eggs. Dairy is mucus forming, it contains cholesterol, fat and hormones, in addition to the pesticides and antibiotics used in the farming and dairy industry.

"Soy and seed cheeses, soy yogurts, soy cream cheese, soy sour cream, soy and rice based ice creams are delicious non-dairy products in the natural markets for you to try which are cholesterol free and low in fat."

The book contains 28 recipes for tofu, and 12 for tempeh. Other interesting recipes are: Sprouted soy salad (with 3 cups soy sprouts steamed for 3 minutes, p. 76). Orange miso dressing (p. 99). Miso soup (p. 162). Miso sesame rice (p. 206). Aduki bean and brown rice pot (p. 212). Féjoada (with soy sausages, p. 213). Mushroom seitan in wine sauce with wild rice (p. 241). Seitan sauté (p. 267). Amazake carob pudding (p. 290). Address: 2. M.D., San Diego, California. Phone: 1-800-854-2587.

9712. Dacosta, Yves. 1990. Lait de soja et tofu [Soymilk and tofu]. APRIA/CDIUPA, 1 avenue des Olympiades, 91300 Massy, France. 102 p. Dec. No index. 30 cm. Series: Actualités Scientifiques et Techniques en Industries Agro-Alimentaires. No. 45. [85 ref. Fre]
• ***Summary:*** Contents: Preliminary remarks. 1. Production of soymilk and tofu: Principles of production, the soybeans, cleaning/washing, soaking, grinding, cooking the slurry (*bouillie*), extraction of the soymilk, coagulation, separation of curds and whey, pressing the curds, removal of the tofu from the mold, cutting and packing the tofu, the need for water in a tofu ship, variations in production, storage and preservation of soymilk and tofu after their production, yuba, production of tofu from seeds other than soybeans.

2. Applications/uses of soymilk and tofu: Products: Soymilk and soymilk products (soymilk, sweetened soy beverages, dairylike soymilks, soy-based infant formulas,

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powdered soymilk, concentrated soymilks, soymilk mixed with other animal or vegetable milks, soy ice creams and frozen desserts, fermented soymilk products such as soy yogurt, various soymilk desserts [such as custards], sauces, dressings, and mayonnaises made from soymilk), tofu and tofu products (smoked tofu, fried tofu [*tofu frit*], marinated tofu, fermented tofu, breaded tofu, tofu mayonnaise and sauces, tofu spreads for bread, tofu sausages, pâtés, or biscuits/pancakes [galettes], tofu quenelles, quiches, fritters, raviolis, pizzas, mixed salads, prepared dishes (*plats cuisinés*), or sandwiches, tofu cakes, cheesecakes, or tarts, tofu desserts, ice creams, or chocolate bars), preparations based on okara (sausages, pâtés, croquettes, burgers, special breads or biscuits), the nutritional arguments for soymilk and tofu (rich in proteins, lipids, absence of cholesterol and lactose, low in sodium, an excellent ingredient in "light foods" [aliments allegés]).

3. A quick look at the major enterprises making and or selling soymilk, tofu, or their products in selected countries: France (Cacoja, Innoval, Soy [Société Soy], Sojadoc, Triballat, Celia, Celnat, Lima-Andiran, Maho Distribution, France-Proteines-Services), Great Britain (Plamil Foods Ltd., Itona Products Ltd., Soya Health Foods Ltd., British Arkady Co. Ltd. [subsidiary of ADM; incl. Haldane Foods Ltd., Regular Tofu Co., Tofeata Tofu], Granose Foods Ltd., Cauldron Foods, Dragon and Phoenix, Paul Jones (Tofu Shop), Full of Beans Soyfoods, Birchwood Health Products, White Waves, The Bean Machine Co-op Ltd., St. Ivel, St. Giles Foods Ltd., Yu's Tofu Shop, Tousoy Ltd., Allied Foods Ice Cream Co., Nexus Foods, Vegetarian Feasts, Unisoy Milk and By-Products Ltd.), Germany (DE-VAU-GE Gesundkostwerk GmbH, Soyastern Naturkost GmbH, Nuxo-Werke Rothfritz), Netherlands (Heuschen-Schrouff, Linn Oriental Products, Solnuts B.V., Manna Natuurvoeding), Belgium (Alpro, Jonathan P.V.B.A., Lima Foods, De Hobbit, Seven Arrows), Switzerland (Conserves Estavayer S.A., Soyana, Galactina), Sweden (Trensums Musteri, Aros Sojaprodukter), Italy (Crivellaro), Spain (Zuaitzo), USA, Japan, Hong Kong, Taiwan, Singapore. Bibliography.

Note: A great deal of the information in this report is taken, without permission or adequate citation, from books published by the Soyfoods Center in California. The statistics and dates given for the European, American, and Asian markets are taken almost completely from Soyfoods Center books. In some cases where the author relied on these books published more than 2 years ago, the information is presented as if it were current, whereas it is actually out of date and no longer correct. Dacosta's book, which might be called a "review of the literature," contains little or no new information. However his bibliography, based largely on a search of the CDIUPA database, with some original references, is quite good.

APRIA stands for Association pour la Promotion Industrie Agricole. APRIA administers CDIUPA. Address: Conseiller d'Entreprises, France: 47, rue Guersant–7015 Paris, France.

9713. **Product Name:** So Good Tofu Delights: Chunky Bars of Vanilla Flavoured Iced Soya Dessert in a Thick Carob Coating.
Manufacturer's Name: Haldane Foods Group Ltd. (Marketer). Made in Clwyd, Wales, by Genice Foods Ltd.
Manufacturer's Address: 25 Hayhill, Sileby Road, Barrow upon Soar, Leicestershire LE12 8LD, England. Phone: 050981-6611.
Date of Introduction: 1990. December.
Ingredients: Tofu (organic soya beans, calcium sulphate), raw cane sugar, vegetable oil, carob flour, vanilla bean extract, emulsifier (vegetable mono diglycerides, lecithin), stabilisers (guar gum, locust bean gum, xanthan gum), colouring (beta carotene).
Wt/Vol., Packaging, Price: 6 x 75 ml foil-wrapped bars in a paperboard box. Retails for £1.69 (4/91, London).
How Stored: Frozen.
New Product–Documentation: Haldane Foods Group. 1990. "Twenty-one Today. Twenty-new and exciting products launched at Helfex alone." At least 12 of these are soyfood products. "A dairy free choc ice made with tofu and enrobed with carob."

Soya International. 1990. July/Sept. p. 5. "A vanilla flavored carob coated iced soya dessert launched as the tofu 'choc-ice.' They contain no animal products and are suitable for vegans."

Article in Health Food Business (England). 1990. June. p. 30. "Product news: Tofu 'choc-ice.'" A color photo shows 2 boxes of Tofu Delights. Each box contains 6 individually wrapped 75 ml bars.

Label sent by Heather Paine of SoyaFoods in London. 1991. April 23. 7 by 3.5 by 2 inch box. Dark brown, blue, pink, and green on beige. Color photo of one bar, cut crosswise into halves, on top of box. "Soya carob dessert. 100% natural ingredients. Dairy free. No animal produce. Store below 18ºC/0ºF." Purchased at Lifecycle. UPC indicia. Two kosher symbols.

Talk with Ray Pierce of Genice Foods Ltd. 1994. Feb. 10. At the time this product was launched, Haldane was promoting So Good as their brand. They are no longer doing this as much.

9714. Kawanishi Shoko Co., Ltd. 1990. Kenkô ichiban. Yappari tôfu [1991 calendar. Health first. Of course, tofu]. Yokohama, Japan. 6 p. 58 x 39 cm. [Jap]
• ***Summary:*** The top half of the cover and of each page shows a color photo of prepared tofu dishes. On the bottom half is two months of the year. Across the bottom is the company name. Below that: "Tofu & soymilk equipment." And below that the address of the Japanese headquarters and USA branch office, with phone and fax numbers for each.

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Address: 1. Japan: 340 Kuden-cho, Sakae-ku, Yokohama. 2. USA: 3499 E. Pico Blvd., Los Angeles, California 90023. Phone: (045) 892-5547 (Jap); (213) 780-8166 (USA).

9715. **Product Name:** Kyoto Firm Tofu [Plain, or With Sauce Packet].
Manufacturer's Name: Kyoto Food Corp. USA.
Manufacturer's Address: 1050 W. 35th Drive, Terre Haute, IN 47802. Phone: 812-235-9806.
Date of Introduction: 1990. December.
Ingredients: Plain: Water, soybeans, calcium sulfate and magnesium chloride (coagulating agent).
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
Nutrition: Per 4 oz.: Calories 81, protein 9.07 gm, carbohydrates 2.40 gm, fat 4.54 gm, cholesterol 0 mg, sodium 0 mg.
New Product–Documentation: Label and letter sent by Mary Beth Thomas, Director of Marketing at Kyoto Food Corp. 1991. Jan. 28. "Production started Dec. 28, 1990. We are currently in grocery stores within an 80-mile radius and expanding rapidly... One label is for our plain package which is sealed directly on the container; the other is an envelope-type over-wrap and indicates a sauce packet enclosed. The sauce packet contains our own flavor mix for tofu soup and a meatloaf recipe."

Label. 7 by 4.25 inches. Green, orange, pink, black, and blue on white. Illustrations of a fork piercing a cube of tofu in front of a bowl of tofu soup. Five pink fans across the top against a green background. "A taste of the Orient. High protein. Low fat. No cholesterol. No preservatives. Natural soybean product. After opening place unused portion under water–change daily and refrigerate." UPC indicia. The product containing the sauce packet bears a multi-pointed orange star on which is written: "Sauce packet inside." There is a ½-inch-wide green border around the label. Soyfoods Center product evaluation. 1991. Jan. This is one of the most poorly designed, least attractive/effective labels we have seen for any tofu product in America. But Mr. Roach likes it.

9716. Loison, Marianne. 1990. Le débarquement des soyfoods [The invasion of soyfoods]. *Management et Technologies Alimentaires* No. 9. Dec. [Fre]

9717. Mr. Rogers' Neighborhood. 1990. How tofu is made at Soya Food Products Co. in Cincinnati, Ohio. Television broadcast. Channel 9. California. Dec. 11. 8:45 A.M. 5 minutes.
• ***Summary:*** This popular children's show televised the details of the semi-automatic production process, plus the red, yellow and green label. Mentioned Mr. Yamaguchi.

9718. Shurtleff, William; Aoyagi, Akiko. 1990. Tofu & soymilk production. 2nd ed. Lafayette, California: Soyfoods Center. 336 p. Illust. by Akiko Aoyagi Shurtleff. Index. Dec. 11. 28 cm. [223 ref]
• ***Summary:*** Contains many new advertisements, plus changes on the copyright page, on page 14 (Soyfoods Association in now located at Bar Harbor, Maine), and rear cover of both paperback and hardcover editions (new ISBN for each). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

9719. **Product Name:** Hickory Smoked Style Soya Kaas (Cheese Substitute).
Manufacturer's Name: Soya Kaas, Inc. A subsidiary of Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 6029 Lagrange Blvd., Atlanta, GA 30336. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-825-2057.
Date of Introduction: 1990. December.
Ingredients: Incl. organic silken tofu, soymilk, crunchy soy bits with a smoked flavor.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated.
New Product–Documentation: Soya International. 1990. July/Sept. p. 4.

9720. *SoyaFoods* (*ASA, Europe*). 1990. AFISA changes its name to SOJAXA. 1(2):2. Autumn/Winter.
• ***Summary:*** "The Association Francaise des Industriel du Soja (AFISA) has changed its name to SOJAXA. Representing 7 manufacturers of soyafoods in France (the logo represents a 7 in Japanese) its aims are to standardise, develop and promote soyafoods... The current members of SOJAXA are Innoval S.A. Ligne, S. Formoja, Prolait, Soja Biostar, Sojadoc, Sojasun [Triballat] and [Société] Soy. Their activities this year include a major promotion of soyafoods at motorway restaurants and also a national competition for Chefs to create their own original dishes based on tofu. For further information please contact SOJAXA, 5 Bd de la Mediterrane, 31400 Toulouse, France."

9721. **Product Name:** Summerfield's Tofu and Salsa Enchilada Dinner, and Tofu and Salsa Burrito Dinner.
Manufacturer's Name: Summerfield Foods, Inc.
Manufacturer's Address: P.O. Box 3235, Santa Rosa, CA 95402. Phone: 707-579-3938.
Date of Introduction: 1990. December.
Ingredients: Enchilada: Water, corn, tofu, brown rice, corn flour, textured soy flour, tomato paste, diced red bell pepper, dried garlic, dried tomatoes, chili powder, jalapenos, green chilies, paprika, natural mochi [glutinous] rice starch, cilantro, garlic puree, vinegar, natural herbs and spices, tamari soy sauce, white pepper, dried tomatoes, mustard seed, dried red bell pepper, pimientos, dried onions, sea salt, liquid smoke.
Wt/Vol., Packaging, Price: 12 oz (340 gm) paperboard

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box. Retails for $3.79 (1/91, California).
How Stored: Frozen.
Nutrition: Per 12 oz.: Calories 246, protein 12 gm, carbohydrate 46 gm, fat 32 gm (calories from fat 32, saturated fat 0.043 gm), cholesterol 0 mg, sodium 158 mg, potassium 448 mg, * dietary fiber 3.4 gm. * Fiber may reduce the risk of colon cancer and heart disease.
New Product–Documentation: Product with Label purchased from Berkeley Natural Grocery Co., California. 1991. Jan. 13. 9 by 7.25 by 1 inch paperboard box. Red, blue, and gold on white. Color photo of the dinner on a plate on front panel. "100% natural. Summerfield's, the fresh approach. Microwaveable. No preservatives. Keep frozen. Cholesterol free. Low fat. Low sodium. With herbs and spices." Right side panel lists percentage of U.S. recommended daily allowance, and diet exchange per serving (for diabetics): vegetable 0.6, bread 3,3. protein 0.2, fat 1.6. The back panel states: "Summerfield's naturally delicious foods are made from 100% pure and natural blends of the finest ingredients... Summerfield's recommends the nutrient guidelines established by the National Cholesterol Education Program (NCEP, Daily Average) for those adults with high blood cholesterol. These are: Total fat, less than 30% of calories. Saturated fat, less than 10% of calories. Polyunsaturated fat, less than 10% of calories. Cholesterol, less than 300 mg." The National Academy of Sciences recommends that daily sodium consumption for adults should be in the 1,100 to 3,300 mg/day range. "What comes around, goes around... Recycle!" Recycle logo. UPC indicia.

Soyfoods Center product evaluation. Box package is good except for a weak color photo on front panel. The dinners are rather tasteless and dry, with no character. Flavor score = 6. Film is hard to peel off container.

Talk with Bob Gerner of Berkeley Natural Grocery Co. 1991. Jan. 13. He started selling this product only 3-4 days ago.

Talk with Richard Rose. 1991. Jan. 13. This company introduced itself and displayed package mock-ups of products at the Philadelphia Natural Foods Expo in Nov. 1990. They said they planned to have 40 products, but Richard saw no products that contained soy. Roland Au, one of the principals, has worked with many natural foods companies. The two others have quite a bit of mainstream food company experience–perhaps as food brokers. The company started only a few months ago. The feeling of the whole marketing program was too slick and faceless, no character or soul–like a graduate student project.

Talk with Roland Au. 1991. Jan. 15. The company was incorporated in June 1990 by three active partner stockholders: Roland Au, Jack Stanghellini, and David Ryan. Their first products (all their canned items and some frozen dinners) were at the Natural Products Expo in Philadelphia and were shipped in Nov. 1990, and were in the stores by Dec. 1990. Their focus is strictly on the natural foods market, not on supermarkets, using natural foods distributors. They have distributors in many parts of the USA plus central and eastern Canada. They have 60 products. The 3-compartment tray, called a "composite fiber tray," is made of wood fiber with a lacquer coating. It is recyclable. The film that covers the tray is made of Mylar; it not the typical film, which may give off toxic gases during microwaving. All of the company's products are and will be frozen or canned. The products exist for dietary reasons–to replace meat and cheese. The products we tasted are now being reformulated.

9722. *Sunset* (*Menlo Park, California*). 1990. Creamy dip with a bite of ginger. 185:152. Dec. Central West edition.
• ***Summary:*** "The silky texture and neutral flavor of soft tofu make it an ideal medium for distinctive seasonings in this high-protein, low-fat dip for crisp vegetables... Some liken this dip's flavor to that of *hummus,* the garbanzo-bean and sesame-seed mixture so popular in Middle Eastern cuisines. Look for tofu in the refrigerated section of supermarkets, often with produce."

The recipe, Ginger Tofu with Vegetables, contains (per tablespoon): calories 21, protein 1.1 gm, fat 0.9 gm, carbohydrates 2 gm, sodium 80 mg, and cholesterol 0 mg. Address: California.

9723. Taira, Harue. 1990. Quality of soybeans for processed foods in Japan. *JARQ* (*Japan Agricultural Research Quarterly*) 24(3):224-30. Dec. [7 ref. Eng]
• ***Summary:*** Contents: Abstract. Introduction. Quality for food processing: Tofu, miso, natto. Variation of bean quality and suitability for processing. Factors inducing variations in the chemical composition and suitabilities for processing.

Figures show: (1) Consumption of soybeans in Japan in 1988 (1,000 tonnes): Total: 4,663 tonnes. Oil and meal 77%. Food 19%. Other 4%. Food products: 886 tonnes. Tofu and abura-age 57%. Kori-tofu 3%. Miso 20%. Natto: 11%. Other 9%. Individual food products (* An additional 69,000 tonnes are consumed in the form of cooked whole soybeans, yuba, kinako, moyashi {sprouts}, and others). Tofu and abura-age 505 tonnes. IOM and other USA 83%. Japan 11%. China 6%. Kori-tofu 29 tonnes. IOM and other USA 72%. China 28%. Natto 100 tonnes. China 50%. USA and Canada 30%. Japan 20%. Miso 179 tonnes. China 86%. Japan 11%. IOM 3%. Soy sauce: Defatted soybean flakes 183 tonnes (97%) and whole soybeans 5 tonnes (3%).

(2) Frequency distribution of solid matter extractability in soybean milk (105 samples; 60 cultivars and 7 lines)–for varieties Enrei, Fukuyutaka, Akishirome, Akiyoshi, Tamahomare, Fujimijiro, Hyuuga, Shirosenari. Average value of U.S. soybeans. Mode: 79%. Range 70-82%.

(3) Correlation between protein and sucrose content in soybeans. Inversely correlated. The more protein, the less sucrose. (4) Correlation between hardness of steamed seeds and ammonia nitrogen content in natto. Directly correlated.

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The harder the steamed seeds, the more ammonia nitrogen in the finished natto.

(5) Variation in chemical composition and suitabilities of soybeans for processing: Raw soybeans for processing, soybean milk for tofu, steamed seeds for miso, natto, cooked soybeans.

Tables: (1) Relationship between soybeans and processed foods in raw soybeans, soybean milk, and steamed seeds. (2) Chemical composition and suitability of soybeans from USA, China, and Japan for processing into tofu, miso, natto, cooked soybeans. Varieties: Enrei, Fukuyutaka, IOM (USA; low protein, high oil), Tamahomare, Kitamusume, Miyagishirome (large seeded), Nattoshoryu (small seeded), Chinese (low protein, high carbohydrate). Address: Dep. of Utilization, National Food Research Inst., Ministry of Agriculture & Forestry, Koto-ku, Tokyo.

9724. **Product Name:** [Handmade Tofu].
Foreign Name: Tofou Artisinal.
Manufacturer's Name: Tofoulie.
Manufacturer's Address: St. Pierre, 26560 Séderon, France. Phone: 75-28-55-05.
Date of Introduction: 1990. December.
Ingredients: Soybeans*, water, salt. * = Organically grown (*Ingrédient issu de l'agriculture biologique*).
Wt/Vol., Packaging, Price: 300 gm plastic bag.
How Stored: Refrigerated (store at 4ºC).
New Product–Documentation: Letter (fax) from Yoshinori Ito of Takai Tofu & Soymilk Equipment Co. 1996. April 24. Names and addresses of new tofu shops in countries where tofu is not well known. Mr. Michel Claude is the owner.

Form filled out and Label sent by Joel Pichon. 1996. June 14. His company's name is Tofoulie. They started making tofu in Dec. 1990, and now make 4,500 lb/month. Label is a yellowish transparent heavy plastic bag, printed with red, brown, and green letters. At the top is a UPC indicia. Near the bottom are the logos of *Nature & Progres* and *Cahiers des Charges de l'Agriculture Biologique.* Joel Pichon was formerly part of *Ferme de Jas,* also located in Sederon. They started making tofu and tofu burgers in March 1988.

Letter from Michel Claude and Joël Pichon in response to questions from William Shurtleff of Soyfoods Center. 1996. July 4. Joël Pichon, who is manager of the company, was introduced to tofu and its uses during a trip to Montreal, Canada, in 1983. In Nov. 1990 Joël separated from Ferme du Jas (where he had been making goat's milk cheese) in order to found Tofoulie and be independent. In 1988 Ferme du Jas started using tofu equipment bought on the second-hand market–a Sawa boy mill and hand press for okara. Michel Claude has been employed at Tofoulie as the tofu maker since July 1995, and has been a full partner since December 1995. He also takes care of equipment and technical matters. SCOP is a French abbreviation for Société Cooperative Ouvrière de Production, which means that nearly all workers are owners, or "partners in the firm's capital." The official name of the company is Tofoulie, not SCOP Tofoulie; the letterhead reads "Scop Tofoulie." They now make 4,500 kg/month of tofu.

9725. **Product Name:** [Artisanal Tofu Burgers (From the Forests, Indian, Pumpkin, Buckwheat, From the Sea, From Provence, From the Mountains)].
Foreign Name: Galettes Artisanales au Tofou (Forestières, Indiennes, Potimarron, Sarrasines, Marinières, Provençales, Montagnes).
Manufacturer's Name: Tofoulie.
Manufacturer's Address: St. Pierre, 26560 Séderon, France. Phone: 75-28-55-05.
Date of Introduction: 1990. December.
Ingredients: Tofou* 77%, mushrooms from Paris* 32%, rolled oats*, onions*, shoyu*, sunflower oil*, herbs and spices*, unrefined salt, garlic*. * = Organically grown (*Ingrédient issu de l'agriculture biologique*).
Wt/Vol., Packaging, Price: 200 gm plastic bag.
How Stored: Refrigerated (store at 4ºC).
Nutrition: Per 100 gm.: Fats (lipids) 7.6 gm, protein 13.5 gm, carbohydrates (glucides) 7.3 gm, calories (Kcal) 152 (635 kJoules).
New Product–Documentation: Form filled out and Label sent by Joel Pichon. 1996. June 14. His company started making tofu burgers in Dec. 1990, and now makes 3,700 lb/month. Label is a yellowish-white transparent heavy plastic bag, printed with brown and green letters. Near the bottom of the back panel is a UPC indicia. Below that are two logos, one for recycling. Between the logos is written: *Produit de l'agriculture biologique. Système de contrôle CEE,* Ecocert 31076 Toulouse Cedex.

Letter from Michel Claude and Joël Pichon in response to questions from William Shurtleff of Soyfoods Center. 1996. July 4. Their company now produces 7 different flavors of tofu burgers; a package with Label for each flavor is enclosed. On average the following amounts of each flavor are produced (in kg/month): From the Forests 400, Indian 450, Chestnut 400, Buckwheat 250, From the Sea 250, From Provence 350, From the Mountains (300).

9726. **Product Name:** [Tofu, and Tempeh].
Manufacturer's Name: Amirim Vegetarian Village.
Manufacturer's Address: Amirim 20015, Israel.
Date of Introduction: 1990.
New Product–Documentation: Letter from Arik Tal of Amirim. 1990. June 1. "We are living in Amirim, the only vegetarian village in Israel. We are running a small shop preparing tofu and tempeh. We have your 1979 book Book of tofu and Book of Tempeh."

9727. **Product Name:** Cauldron Foods Elysia: Exotic

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Dairy-Free Ice Dessert (Soy Ice Cream) [Stateside Fudge & Pecan, Classic Vanilla, Fruits of the Forest, or Continental Chocolate].
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: 0272 632835.
Date of Introduction: 1990.
Ingredients: Classic vanilla: Water, tofu (water, soya beans, calcium sulphate), glucose syrup, fructose, vegetable oil, dextrose, flavouring (natural vanilla extract), emulsifier (monoglycerides of vegetable origin), stabilisers (guar gum, xanthan gum, locust bean gum), natural colour (annatto, curcumin).
Wt/Vol., Packaging, Price: 750 ml paperboard tub. Retails for £2.33 (12/90).
How Stored: Frozen.
New Product–Documentation: Soya Bluebook. 1986. p. 104. Letter (fax) from Philip Marshall. 1990. July 9. This product was introduced in July, 1990. The *Soybean Digest* listing in 1986 is wrong. The product is called Elysia, and it is based on tofu.

Labels sent by Philip Marshall of Cauldron Foods. 1990. July 9. 5.5 inch diameter. Heavy paper. Multi-color. Photo of three scoops of the ice cream in a dish surrounded by an illustration of a related theme. "Elysia–the new delicious dairy-free dessert. Suitable for those who are lactose intolerant, vegan or cutting down on cholesterol. No artificial additives."

Spot in SoyaFoods. 1990. 1(2):5. Dec. A photo shows the labels.

Talk with Ray Pierce of Genice Foods Ltd. 1994. Feb. 10. He thinks that either Cauldron Foods made this product themselves, or a little Italian company in Bristol named Varichea made it for them. It was not a successful product. It was made in very small quantities and Cauldron withdrew it very shortly after it was launched.

9728. **Product Name:** [Tofino Silken Tofu].
Foreign Name: Tofino.
Manufacturer's Name: Conserves Estavayer S.A. Sold at Migros supermarkets.
Manufacturer's Address: Case Postale 29, CH-1470 Estavayer le Lac, Switzerland. Phone: 037 63 91 11.
Date of Introduction: 1990.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Verena Krieger of Switzerland. 1990. May 31. Migros is now introducing Silken Tofu. Letter from Verena Krieger. 1990. July 5. This product is called Tofino and is expected to be introduced in about Sept. 1990.

Note. This is the earliest Italian-language document seen (April 2013) related to silken tofu.

9729. Dashiell, K.E.; Singh, S.R.; Nakayama, O.; Ogundipe, H.O.; Akem, C.N. 1990. Soybean research at IITA. Ibadan, Nigeria: International Institute of Tropical Agriculture. 19 p. *

• ***Summary:*** Note: One poorly cited publication from IITA this same year is: Nakayama, O.; Ogundipe, H.O.; Jegede, O.; Singh, S.R. 1990. Appropriate method to coagulate soybean milk using a commonly grown plant in West Africa *Calotropis procera.* Address: IITA, Ibadan, Nigeria.

9730. **Product Name:** [GranoVita Heideland Organic Tofu & Grain Dumplings].
Foreign Name: GranoVita Heideland Bio-Tofu Getreide Kloesschen.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1990.
Ingredients: Organic tofu (Water, organically grown soybeans, calcium chloride), onions, rye flakes, fine Graham bread crumbs (*Graham-Paniermehl*), egg protein, rolled oats, soy sauce, herbs, seasonings (*Wuerzmittel*), sea salt, spices (*Gewuerze*), garlic.
Wt/Vol., Packaging, Price: 6 dumplings weigh 250 gm.
Nutrition: Per 100 gm.: Protein 10.4 gm, fat 3.6 gm, usable carbohydrates 14.3 gm, calories 132. 1 BE (Broteinheit, or diabetic exchange) = 84 gm.
New Product–Documentation: Form filled out and Label sent by DE-VAU-GE. 1990. June 11. This product was introduced in 1990. Label: 2.5 by 4.5 inches. Self adhesive. Green, red, yellow, and black on white. Illustration of two red-roofed traditional houses among trees and bushes. "Contains no flesh. To prepare: Simply drop into lightly salted, boiling water and allow to simmer for about 10 minutes. Recommended in the context of a natural whole foods diet (*Im Rahmen einer Vollwerternährung zu empfehlen*)." Exklusiv Neuform certification symbol.

Note: In German, *Heide* means "heath, moorland, or moor." Thus Heideland refers to the moorland around Lueneburg where DE-VAU-GE is located.

9731. **Product Name:** [GranoVita Heideland Small Vegetarian Sausage With Organic Tofu].
Foreign Name: GranoVita Heideland Vegetarische Wuerstchen mit Bio-Tofu.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1990.
Ingredients: Water, vegetable oils and fats in changing proportions by weight, organic tofu (Water, organically grown soybeans, calcium chloride), onions, egg protein,

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wheat protein (gluten), soy protein, plant thickener agar-agar, spices (*Gewuerze*), natural aromas, rolled oats, seasonings (*Wuerzmittel*), garlic, sea salt, fermented rice flour, smoke.
Wt/Vol., Packaging, Price: 6 dumplings weigh 200 gm.
Nutrition: Per 100 gm.: Protein 10.6 gm, fat 30.9 gm, usable carbohydrates 5.7 gm, calories 343. 1 BE (Broteinheit, or diabetic exchange) = 210 gm.
New Product–Documentation: Form filled out and Label sent by DE-VAU-GE. 1990. June 11. This product was introduced in 1990. Label: 2.5 by 4.5 inches. Self adhesive. Green, red, yellow, and black on white. Illustration of two red-roofed traditional houses among trees and bushes. "Contains no flesh. Simply heat or fry. Practically cholesterol free. Recommended in the context of a natural whole foods diet (Im Rahmen einer Vollwerternährung zu empfehlen)." Exklusiv Neuform certification symbol.

Note: In German, *Heide* means "heath, moorland, or moor." Thus Heideland refers to the moorland around Lueneburg where DE-VAU-GE is located.

9732. **Product Name:** [GranoVita Heideland Vegetarian Bread Spread With Organic Tofu].
Foreign Name: GranoVita Heideland Vegetarische Brotbelag mit Bio-Tofu.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1990.
Ingredients: Water, vegetable oils and fats in changing proportions by weight, paprika, organic tofu (Water, organically grown soybeans, calcium chloride), onions, egg protein, olives, wheat protein (gluten), soy protein, plant thickener agar-agar, spices (*Gewuerze*), natural aromas, rolled oats, seasonings (*Wuerzmittel*), garlic, sea salt, fermented rice flour, smoke.
Wt/Vol., Packaging, Price: 160 gm.
New Product–Documentation: Form filled out and Label sent by DE-VAU-GE. 1990. June 11. This product was introduced in 1990. Label: 2 by 2.5 inches. Self adhesive. Green, red, yellow, and black on white. Illustration of two red-roofed traditional houses among trees and bushes. "Contains no flesh." Exklusiv Neuform certification symbol.

Note: In German, *Heide* means "heath, moorland, or moor." Thus Heideland refers to the moorland around Lueneburg where DE-VAU-GE is located.

9733. **Product Name:** [GranoVita Organic Tofu Grain Dumplings in Mushroom & Cream Sauce with Green Rye & Vegetables].
Foreign Name: GranoVita Bio-Tofu Getreidekloesse in Champignon-Rahmsauce mit Gruenkern-Gemuese.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany. Phone: (04131)-303-145.
Date of Introduction: 1990.
Ingredients: Dumplings: Organic tofu (water, organically grown soybeans, calcium chloride), onions, rye flakes, fine bread crumbs (*Paniermehl*), egg protein, rolled oats, soy sauce, herbs, seasonings (*Wuerzmittel*), sea salt, spices (*Gewuerze*), garlic. Mushroom & Cream Sauce: Water, cream, milk, onions, butter organically grown rice flour, wheat flour, lemon juice, lecithin (vegetable emulsifier), carob flour (vegetable thickener), spices (Gewuerze). Green Rye & Vegetables: Water, corn, green rye, carrots, paprika, onions, wild rice, vegetable oil, spices (Gewuerze).
Wt/Vol., Packaging, Price: 350 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 13.5 gm, fat 21.1 gm, carbohydrates 47.8 gm, calories 435. 1 BE (Broteinheit, or diabetic exchange) = 88 gm.
New Product–Documentation: Form filled out and new Labels sent by DE-VAU-GE. 1990. June 11. The product was introduced in 1990. Label: 5 by 8.5 by 1.5 inch paperboard box. Black, gold, red, green, and orange on white. A stylish color photo on the front panel shows the dish ready to serve on a black plate with a green sprig, red tomato, knife and fork nearby. At the top of the front panel: "The whole foods kitchen for the gourmet" (Die Vollwertkueche à la Gourmet). "A ready-to-heat menu for 1 person. Enjoy without flesh." The box contains two pouches: one with the tofu dumplings and sauce; the other with the grain and vegetables. The back panel shows how these can be heated in either a water bath, a cooking pot, or a microwave oven. Exklusiv Neuform certification symbol. There are three other similar products in this line.

9734. **Product Name:** [GranoVita Greek Vegetable Stew with Organic Tofu, Brown Rice, and Wild Rice].
Foreign Name: GranoVita Griechischer Gemuesetopf mit Bio-Tofu, Naturreis- und Wildreis-Beilage.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany. Phone: (04131)-303-145.
Date of Introduction: 1990.
Ingredients: Stew: Paprika, water, mushrooms, onions, organic tofu (water, organically grown soybeans, calcium chloride), vegetable oils, egg protein, tomato pulp, organically grown rice flour, olives, seasonings (*Wuerzmittel*), soy sauce, sea salt, guar flour (plant thickener), spices (*Gewuerze*), herbs, garlic. Rice: Water, brown rice, wild rice, vegetable oil, sea salt.
Wt/Vol., Packaging, Price: 350 gm.
Nutrition: Per 100 gm.: Protein 13.6 gm, fat 16.0 gm,

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carbohydrates 61.7 gm, fiber (Ballaststoffe) 4.0 gm, calories 445. 1 BE (Broteinheit, or diabetic exchange) = 68 gm.
New Product–Documentation: Form filled out and new Labels sent by DE-VAU-GE. 1990. June 11. The product was introduced in 1990. Label: 5 by 8.5 by 1.5 inch paperboard box. Black, gold, red, green, and blue on white. A stylish color photo on the front panel shows the dish ready to serve on a black plate with a green sprig, mushroom, knife and fork nearby. At the top of the front panel: "The whole foods kitchen for the gourmet (Die Vollwertkueche à la Gourmet). A ready-to-heat menu for 1 person. Enjoy without flesh." The box contains two pouches: one with the vegetable & tofu stew; the other with the grain and vegetables. The back panel shows how these can be heated in either a water bath, a cooking pot, or a microwave oven. Exklusiv Neuform certification symbol. There are three other similar products in this line. One of these, GranoVita Gruenkern Käsebratling (Green Rye Cheese Patties in Mushroom sauce with Vegetables & Rice) contains soy sauce as its only soy-based ingredient.

9735. **Product Name:** [Tofu, and Soymilk].
Manufacturer's Name: Die Tofukueche Muenster.
Manufacturer's Address: Rinkerodeweg 6, D-4400 Muenster, West Germany. Phone: 0251-785902.
Date of Introduction: 1990.
New Product–Documentation: Letter from Bernd Drosihn of Viana Naturkost. 1990. April 8. This new soyfoods company, run by Heinz-Gerd Bruns, distributes only fresh tofu in water and fresh soymilk. A brochure is enclosed.

Brochure. 8.5 by 11 inches. 6 panels. Photocopied black on gray-green. The fresh tofu is made from organically grown soybeans grown in France. The company describes its work as "Production, distribution, direct sale (Herstellung, Vertrieb und Direktverkauf)." The tofu is made with nigari. Contains 8 tofu recipes.

9736. **Product Name:** [Smoked Tofu–Marinated].
Foreign Name: Raeucher-Tofu–Mariniert.
Manufacturer's Name: Die Tofurei (Formerly Berliner Tofurei).
Manufacturer's Address: Luebbenerstr. 4, D-1000 Berlin 30, West Germany. Phone: 030 / 393 0927.
Date of Introduction: 1990.
New Product–Documentation: Letter from Anthony Marrese based on an interview with Detlef Dorow and Ralf Hoffmann. 1992. Jan. 13. Menu from their restaurant.

9737. Engel, G. 1990. Vergleich von Quark mit Sojaprodukten: Herstellung, Mikroflora, Zusammensetzung, Sensork [Comparison of quark with soy products: Production, microflora, composition, and organoleptic properties]. *Deutsche Milchwirtschaft* 41(38):1272-75. 7 tables. Also published in Kieler Milchtage, 1990. [24 ref. Ger]*
• ***Summary:*** Compares the quality and nutritive value of cow's milk and soymilk, and discusses criteria for evaluating the chemical, microbiological, and organoleptic quality of tofu, okara, miso, tempeh, sufu, and other soyfoods. Address: Bundesanstalt Milchforschung, Inst. Mikrobiologie, Kiel, Germany.

9738. **Product Name:** New World Foods Red Chile Tamales (With Granular Tofu Curds).
Manufacturer's Name: Food Plant Inc. (The) & Southwest Soyfoods.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87501. Phone: 505-471-8979.
Date of Introduction: 1990.
Ingredients: Organic* corn, Organic* Rico Soy (soybeans, water, calcium sulfate–a natural mineral, caramel color), organic* soy fiber, organic* corn meal, red chile pods ground with water, soy oil, shoyu (water, soybeans, wheat, salt), spices, salt. * = Organically grown & processed in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 12 oz vacuum pack–Contains 4 tamales. Or 13 lb 8 oz foodservice pack–Contains 72 tamales.
How Stored: Frozen or refrigerated.
Nutrition: Per 2 tamales: Calories 275, calories from fat 98, total fat 11 gm (saturated fat 1 gm), cholesterol 0 mg, sodium 365 mg, total carbohydrate 41 gm (dietary fiber 6 gm), protein 10 gm, vitamin A 25%, vitamin C 2%, calcium 26%, iron 64%.
New Product–Documentation: Leaflet sent by Richard Jennings of VPS, Inc. (Vegetable Protein Specialists). 1993. Nov. 26. "New World Foods." These tamales are made from corn cooked in the traditional way and then stone ground. The tamales are steamed in a vegetable parchment.

Talk with Richard Jennings of VPS. 1993. Dec. 1. This product was introduced in 1990. A key ingredient was Rico Soy (small, firm chunks of tofu), which was renamed and trademarked Befine by Sept. 1993.

New Label sent by Richard Jennings. 1993. Nov. 29. 3 by 5 inches. Self adhesive. Black on gold. Illustration of a symbolic Aztec crow. "Vegetarian."

Letter and color labels sent by Richard Jennings of VPS, Inc. 1994. Dec. 28. The first focus of New World Foods products was foodservice. Starting in 1990 the company used generic labels printed with a personal computer and label printer. In the spring of 1994 they decided to go after the retail market as well. So they developed attractive new color self-adhesive labels for each product (see New World Foods, 1994).

9739. Karta, Susani K. 1990. Critical and variable factors in tofu processing. American Soybean Assoc., 541 Orchard Rd.,

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#11-03 Liat Towers, Singapore 0923, Republic of Singapore. Technical Bulletin Vol. HN10. *
• ***Summary:*** Discusses the critical factors affecting product quality and quantity. The various types of tofu are categorized according to protein content. There is need for more research on increasing the shelf life of tofu. Address: American Soybean Assoc., 541 Orchard Rd., #11-03 Liat Towers, Singapore 0923, Republic of Singapore.

9740. Kellogg's Frosted Mini-Wheats and Tofu Crunch (TV advertisement). 1990. Television broadcast. *
• ***Summary:*** Talk with Art Mio. 1990. March 9. "There is a TV commercial that has been running for the past month or so. It shows the husband sitting at the husband sitting at the breakfast table with a bowl of cereal in front of him. His elbow is on the table and his jaw is resting in the palm of his hand. His head is tilted and he looks like he is very sad, dejected, or upset. Right to the side of the couple is a big cereal box, in big letters is written "Tofu Crunch." It's a health commercial. The message is that you don't have to have bad tasting food in order for it to be healthy. Try sugar-coated Kellogg's Frosted Mini-Wheats. The media already considers tofu a 'yuck' food. How many clippings have you seen that say 'Tofu needs a good PR agency.'"

9741. Life Food. 1990. Tofu–hochwertiges Eiwess der Sojabohne [Tofu: The valued protein of the soybean (Brochure)]. Robert Bunsen-Strasse 6, D-7800 Freiburg, West Germany. 3 p. Undated. 30 cm. [Ger]
• ***Summary:*** This typewritten brochure was brought to Soyinfo Center by Wolfgang R. Heck. 2011. Nov. 25. It is an introduction to tofu, what it is, how Taifun makes, how to use it and to store it.

Across the bottom is the address, phone number, hours (daily 9-1), owners (Sylvia Notbohm-Kempff, Klaus Kempff, Wolfgang Heck). Konto Nr. 201-0940.

The company still presents itself as Life Food–Freiburg's Tofu Shop. Natural Foods (*Life Food–Freiburgs Tofurei. natuerliche Lebensmittel*). Address: Freiburg, West Germany. Phone: 0761/50 61 55.

9742. **Product Name:** Mandarin Soyfoods Garden Patties [Bar-B-Que, Cajun, and Teriyaki].
Manufacturer's Name: Mandarin Enterprises Ltd.
Manufacturer's Address: 11031 Bridgeport Rd. #107, Richmond, BC, V6X 3A2, Canada.
Date of Introduction: 1990.
Ingredients: Bar-B-Que: Tofu (organically grown soybeans, water, magnesium chloride [purified nigari]), brown rice, soybean fibre [probably okara], soy grits, brown rice flour, fresh onions, fresh carrots, fresh celery, fresh green peppers, crushed tomatoes, sesame seeds, rice syrup solids, sea salt, spices, tomato powder, powdered fruit solids, sunflower oil, smoke and spice extracts, natural flavor, spinach powder.
Wt/Vol., Packaging, Price: 2 patties. 170 gm (6 oz). Pinched ends box.
How Stored: Refrigerated or frozen.
Nutrition: Per 100 gm.: Calories 255, protein 10.3 gm, carbohydrates 27 gm, fat 6.0 gm (polyunsaturates 3.7 gm, monounsaturates 1.1 gm, saturates 0.6 gm, cholesterol 0 mg), dietary fiber 2.2 gm, sodium 1050 mg, potassium 425 mg.
New Product–Documentation: This is the line extension of 3 products launched in 1989. Talk with Gerry Blanchard of Natural Promotions, Vancouver, BC, Canada. 1992. Jan. 22. His company developed the packages / labels for these products. Mandarin now has 10-11 distributors in the USA. Six flavors are now available.

Label for Bar-B-Que sent by Gerry Blanchard. 1992. Jan. 22. 7 by 5.5 inches. Paperboard sleeve. Red, brown, and dark green on tan and light green. Illustration of a tofu burger with trimmings between buns, surrounded by a tomato, green pepper, celery stalk, and sliced onion. Silhouette of a cowboy riding a horse and swinging a lasso. "Ready in 3 minutes. Prepared with tofu, savoury herbs & vegetables. Cholesterol free. Microwaveable. Heat and serve." Called "Pâtés Jardinières" in French.

Two leaflets for all 6 Mandarin patties also sent. One shows a huge illustration of a burger with the 6 packages below it. The other shows the six packages lined up in a typical produce case. On the back is a list of ingredients and nutritional composition for each flavor.

Ad in Vegetarian Times. 1992. April. "Mandarin Soy Foods. Since 1976 we have been committed to producing the finest in great tasting soyfoods. For a free copy of our newsletter "Soy News," just circle our number below."

9743. **Product Name:** Soy Hoagie.
Manufacturer's Name: Michele's Original.
Manufacturer's Address: 6441 Haverford Rd., Philadelphia, PA 19151. Phone: 215-474-8636.
Date of Introduction: 1990.
New Product–Documentation: Talk with Michele D'Ambrosio, founder and owner of Michele's Original. 1992. Sept. 21. A hoagie (the term was first used in about 1955) is like a submarine sandwich. *Webster's Dictionary* defines submarine sandwich as "a large sandwich on a long split roll with a variety of fillings (as meatballs or cold cuts, cheese, lettuce, and tomato)–called also *grinder, hero, hoagie, Italian sandwich, poor boy, sub, torpedo."* She introduced this product in about 1990. It was made with whole-wheat French bread. It has all the regular fixings of a hoagie, incl. onions, hot pepper, etc. In place of meat she made it vegetarian, using "soy meats," such as Heart & Soul Meatless Cold Cuts (containing vital wheat gluten and tofu), or Worthington's soy lunch meats.

9744. **Product Name:** [Nagatani-En Misogura Instant Miso Soup {Fresh Miso Type} (Spinach, or White Miso with

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Wakame)].
Foreign Name: Nagatani-En Misogura {Nama-miso taipu} (Hôrenso, Shiromiso).
Manufacturer's Name: Nagatani En.
Manufacturer's Address: Nishi-shinbashi 2-36-1, Minato-ku, Tokyo, Japan.
Date of Introduction: 1990.
Ingredients: Spinach: Packet #1: Fresh seasoned miso [chômi miso] (soybeans, rice, salt, alcohol), kombu extract, alcohol. Packet #2. Natural seasoning powder (monosodium glutamate, bonito powder, etc.), dried spinach, dried [frozen] soybean curd, dried wakame seaweed, dried wheat gluten.
Wt/Vol., Packaging, Price: 2.43 oz: Three 69-gram pairs of packets (3 servings) in a large foil pouch. Retails for $2.25 (1/91, California).
How Stored: Shelf stable.
New Product–Documentation: Product with Label purchased at Diablo Foods, Walnut Creek, California. 1991. Jan. 17. 6 by 8.25 inches. Black, brown, red, blue, and white on light blue. Color photo of a wooden bowl of miso soup on front panel. Color illustration of a traditional Japanese treasure house and a nearby house with overhanging wooden eaves. To prepare, place the contents of each of a pair of foil packets in a soup bowl, add 1¼ cup boiling water, mix well, cover with a lid, and allow to stand for 3-4 minutes. Nagatani-En is an old and very famous Japanese company. Their main business has always been making ochazuke mix.

Soyfoods Center product evaluation. Very nice flavor for an instant miso soup; lots of wakame. Excellent package design. But certain ingredients on the Japanese label are not listed on the English label (e.g. bonito flakes).

9745. **Product Name:** [Extra Firm Tofu (Fine Herbs, or Pimento & Onion)].
Foreign Name: Tofu (*Fines Herbes, or Piment-Oignon*).
Manufacturer's Name: Nutrisoya Inc.
Manufacturer's Address: 4050 Pinard, St.-Hyacinthe, QUE, J2S 8K4, Canada. Phone: 514-796-4261.
Date of Introduction: 1990.
How Stored: Vacuum packed.
New Product–Documentation: Talk with Nick Feldman, president of Nutrisoya. 1995. May 17. These two flavored tofu products, curded with magnesium chloride, were both introduced in about 1990. The company also still makes its natural tofu.

9746. **Product Name:** Nature Soy Tofu (Soybean Curd), Tofa (Sweetened Soy Bean Curd Dessert), and Soya Bean Drink.
Manufacturer's Name: Parma Soia (Marketer-Distributor). Made in Singapore by Yeo Hiap Seng Ltd.
Manufacturer's Address: Strada Logheretto 2, 43010 Corcagnano (Parma), Italy. Phone: 0521-639-148.
Date of Introduction: 1990.
Wt/Vol., Packaging, Price: 250 ml Tetra Brik Aseptic cartons.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Parma Soia brochure. 1990. Photo shows aseptic package. Talk with Xavier Karis in Italy. 1990. June 25. On the side of the drink is written: "Made in Singapore by Yeo Hiap Seng Ltd." The brand "Nature Soy" is written in large bold letters across the top of all three packages. The tofu package design is very similar to that used by Morinaga. On the front of the tofu and curd packages the product name and volume are written in Chinese characters. The front panel of the tofu package shows an entire cake of tofu in a cylindrical bowl. The curd package shows a Chinese-style bowl filled with curds. On the front of the drink package is an abstract pointillist design in the shape of 2 overlapping soybeans. The ingredients are listed in both French and English.

Note: Since Singapore is not a signatory to the International Patent Convention, companies based there are not obliged to respect international patents such as that held by Morinaga on the packaging of tofu in Tetra Brik Aseptic cartons.

9747. Parma Soia. 1990. La Soia dà sempre ottimi fruitti [The soybean always gives the best fruits (Catalog)]. Strada Logheretto 2, 43010 Corcagnano (Parma), Italy. 8 p. 29 x 84 cm. Color. [Ita]
• ***Summary:*** This handsome color catalog has 4 connected panels on each side. One side displays the company's new line of 21 soy products. Most of the products are in the line titled "Campi di Soia" (Fields of Soya), but several imported products (including tofu) are in the Nature Soy line. The other gives information about the company (a subsidiary of the Italian dairy giant, Parmalat) and its plans to promote the line. The Campi di Soya line is thought to be sold through supermarkets. This brochure was distributed at CIBUS, the biggest food fair in Italy, held annually in Parma, on 6-9 May 1990. Address: Corcagnano (Parma), Italy. Phone: 0521.639148.

9748. **Product Name:** [Biosoja Soja Delights: Financière Sauce, Tofu Ravioli].
Foreign Name: Biosoja Soja Delights.
Manufacturer's Name: Sojinal. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France. Phone: 89 74 53 53.
Date of Introduction: 1990.
Wt/Vol., Packaging, Price: 300 gm can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Spot in SoyaFoods. 1991. Spring. p. 5. "Ready meals from Biosoja." The company's existing range of Soyabean Delights includes Financière Sauce, Basmati Rice and Curry Sauce, and Tofu Ravioli.

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SoyaFoods. 1992. Autumn. p. 7. "A profile of Sojinal." See Table 2. "Biosoja retail food products." Canned ready meals with less than 300 calories.

9749. **Product Name:** Tofu, Soymilk, Fried Tofu, Soft Tofu, and Tofu Pudding.
Manufacturer's Name: Tan Tan Tofu.
Manufacturer's Address: 15084 Weststate St., Westminster, CA 92683. Phone: 714-895-3565.
Date of Introduction: 1990.
New Product–Documentation: Talk with Dana Jacobi of New York City. 1998. April 14. Tan Tan Tofu in southern California makes various types of tofu, including a delicious silken tofu, which she bought at Ranch 99, a Chinese supermarket chain in the Los Angeles area. The tofu pudding came curded in a one-quart plastic container (it filled the container like yogurt) with a caramel-colored ginger-flavored syrup on top in a little ½-pint Styrofoam cup with a plastic lid. To serve: Spoon the silken tofu into a bowl, pour the syrup over the top, and enjoy.

Talk with Kim Lai, manager of Tan Tan Tofu. 1998. April 15. This tofu company, run by Vietnamese-Americans, started making tofu in 1984 in San Diego, California. In 1990 they moved to their present location in Westminster, California. In Vietnamese soft tofu is called *Dau-hu wien* and tofu pudding is called *Dau-hu duong.*

9750. **Product Name:** [Tofu, Tofu Spreads, Soymilk].
Manufacturer's Name: Terra e Pane.
Manufacturer's Address: Via Canonica, 1009, 47038 S. Argangelo di Romagna (Forli), Italy. Phone: 0541/627-276.
Date of Introduction: 1990.
New Product–Documentation: Talk with Michael Brenger of La Fonte Della Vita. 1990. July 18. This company makes seitan, tofu, tofu spreads, and soymilk in Italy. Letter (fax) from Italian Trade Commission. 1990. Aug. 6. Gives address and phone number.

9751. **Product Name:** [Tofu, Tofu Marinated in Shoyu, Tofu Pâtés].
Manufacturer's Name: Urten's Tofu.
Manufacturer's Address: Hoeje Gladsaxe 2, DK-2860 Soeborg, Denmark. Phone: +45 31-67 41-90.
Date of Introduction: 1990.
New Product–Documentation: Talk with Thomas Andersen of Urten's Tofu. 1990. May 22. He founded the company.

9752. **Product Name:** Tofu-Scramble (Eggless Seasoning Mix) [Regular, Cheese, Bacon flavor].
Manufacturer's Name: Vegetarian Health, Inc.
Manufacturer's Address: P.O. Box 525, Maywood, IL 60153. Phone: 800-323-4092.
Date of Introduction: 1990.
Ingredients: Soy flour, salt, natural and imitation flavorings (onion and garlic), spices, caramel coloring; fortified with vitamins and minerals: zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12).
Wt/Vol., Packaging, Price: 5 oz paperboard box. Retails for $1.99.
How Stored: Shelf stable.
Nutrition: Per 1 oz (28 gm): Protein 14 gm, carbohydrates 10 gm, fat less thna 1 gm, cholesterol less than 1 mg, sodium 4 mg, fiber less than 1 gm.
New Product–Documentation: Ad in Company catalog. 1991. March. Talk with company salesperson. 1991. May 31. This company developed this product. It is a dry mix meant to be added to tofu.

9753. **Product Name:** [Viana Vegetable & Tofu Terrine {Spread for Bread}].
Foreign Name: Viana Gemuese-Tofu Terrine.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Schmittenstr. 106, D-5030 Huerth 6, West Germany. Phone: (02233) 41323.
Date of Introduction: 1990.
Ingredients: Tofu*, vegetables*, sea vegetables (Algen), vegetable oil*, herbs*, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm.
New Product–Documentation: Talk with Bernd Drosihn, founder of Viana. 1990. April 7. His company introduced 2 tofu spreads in 1990. He buys the tofu from Tofuhaus Tiefenthal because of its good quality.

Label sent by Bernd Drosihn. 1990. April 8. 4.75 by 1.5 inches. Self adhesive. Reddish-purple, black, white, and light purple. "A spicy spread for bread."

9754. **Product Name:** [Viana Tofu & Millet Spread (with Fried Onions)].
Foreign Name: Viana Tofu Hirse Pastete (mit Roestzwiebeln).
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Schmittenstr. 106, D-5030 Huerth 6, West Germany. Phone: (02233) 41323.
Date of Introduction: 1990.
Ingredients: Tofu*, millet*, roasted onions, herbs*, vegetables, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm.
New Product–Documentation: Talk with Bernd Drosihn, founder of Viana. 1990. April 7. His company introduced 2 tofu spreads in 1990. He buys the tofu from Tofuhaus Tiefenthal because of its good quality. The onions are fried in oil.

Label sent by Bernd Drosihn. 1990. April 8. 4.75 by 1.5 inches. Self adhesive. Reddish-purple, black, golden brown,

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and yellow. "Made purely from plants."

9755. **Product Name:** [Viana Tofu & Cherry Cream: Spread or Dessert].
Foreign Name: Viana Tofu-Kirschcreme (Brotaufstrich/ Dessert).
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Schmittenstr. 106, D-5030 Huerth 6, West Germany. Phone: (02233) 41323.
Date of Introduction: 1990.
Ingredients: Tofu*, cherries*, almond butter, raisins, sea salt. * Organically grown.
Wt/Vol., Packaging, Price: 350 gm.
New Product–Documentation: Talk with Bernd Drosihn, founder of Viana. 1990. April 7. His company introduced a tofu sweet cream dessert in 1990. He buys the tofu from Tofuhaus Tiefenthal because of its good quality.

Brochure. 1990. "Have you heard? Spreads in glass jars." These include Tofu-Kirsch Creme.

Label sent by Bernd Drosihn. 1990. May 10. 3.5 by 3 inches. Self adhesive. Reddish-purple, black, brownish gold, and pea green. Dot matrix printed. "Without sugar! And without honey!"

9756. **Product Name:** Peanut Braised Tofu.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1990.
Ingredients: As of 1998: Wildwood tofu (filtered water, soybeans organically grown in accordance with the California Organic Foods Act of 1990, nigari/magnesium chloride, a natural firming agent), marinade (soy sauce, water, brown rice syrup, rice wine, ginger powder), peanuts, onions, celery, red bell peppers, water, soy sauce, apple juice, vinegar, tomato paste, honey, toasted sesame oil, ginger powder, mustard, garlic, salt, and spices.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1990, and made at Wildwood's plant in Fairfax.

9757. Atlas, Nava. 1990. Vegetarian celebrations: Menus for holidays and other festive occasions. Boston, Massachusetts: Little, Brown and Co. [xii] + 276 p. Illust. (by Atlas). Index. 24 x 19 cm.
• ***Summary:*** The recipes are organized by holiday, and the main holidays are arranged chronologically: 1. The New Year. 2. Valentine's day. 3. Easter and St. Patrick's Day, etc.

Soy related: Silken tofu pudding (p. 15). Chinese cabbage with bean curd soup and mushrooms (with "½ pound tofu (bean curd), cut into ½-inch dice," p. 78). Tofu and potato kebabs (with "2 pounds firm tofu," p. 98). The vegetarian barbecue–Tofu, tempeh and seitan (with a description and discussion of each, p. 106-08). Sweet and savory grilled tofu. Grilled tofu teriyaki. Grilled tempeh teriyaki. Sweet and savory grilled tempeh. Curried grilled tempeh. Grilled seitan teriyaki. Seitan and grilled vegetables teriyaki. Sweet and savory grilled seitan. Teriyaki marinade (with "natural soy sauce," p. 113). Tofu in black bean sauce (with "1/3 cup fermented black beans, rinsed and chopped," p. 212-13. Note: They are made from soy beans). Soy and honey nuts (with natural soy sauce and 4 cups shelled nuts–a mixture of peanuts, cashews, and almonds is very good, p. 237-38). Tofu mayonnaise (p. 257).

9758. Bounds, Sarah. 1990. Thorsons green cookbook: Food for a healthy future for you and the planet. Hammersmith, London, England: Thorsons–An imprint of HarperCollins Publishers. 159 p. Index. 22 cm. [6 ref]
• ***Summary:*** The cover states that this book shows you how to: "Plan and equip a green kitchen. Find organic foods free from chemicals. Protect your body against pollution. Eat food that tastes good and does you good." But the diet-environment connection is made only superficially and ineffectively. And this book takes an ambivalent stand on a vegetarian diet. While showing the many environmental benefits of a vegetarian diet, it suggests softly that readers may want to restrict consumption of red meat, but stops far short of encouraging them to stop eating it (see p. 22, 24). Moreover, meat, poultry, and fish are used in many recipes, especially in the chapter titled "Make Meat Go Further" (p. 111-122).

The ecological benefits of soyfoods are praised (p. 23), but soy is apparently used in only one recipe (Tofu Chow Mein, p. 75) in the chapter titled "Speedy Oriental Masterpieces.

Pages 141-52 give a useful list of organic farm shops in the UK; all are Soil Association Symbol holders. Page 153 lists 11 useful addresses in the UK and Australia. Address: England.

9759. *CGPRT Working Paper.* 1990. CGPRT crops in Indonesia: 1960-1990. A statistical profile. No. 4. xv + 63 p. 25 cm.
• ***Summary:*** Contains a wealth of statistical data indicating progress of maize, soybean, groundnut, mungbean, cassava, sweet potato, and rice is presented. It draws upon a newly established statistical database and provides unique data sets such as district level development in production over 20 years in selected provinces in Indonesia. Moreover, it presents wholesale and farmgate prices movements based on monthly averages of major crops. The report presents a fraction of the data available in the database of the Centre. Supplementary data can be made available on request.

Table 5 shows that soybean production in Indonesia has increased from 339,000 tonnes in calendar year 1957 to 1,151,000 tonnes in 1987. During this time, the yield has

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grown from 646 kg/ha to 1,056 kg/ha.

Table 15 shows that Indonesia's top soybean producing provinces in 1987 were East Java (413,394 tonnes), Central Java (135,907), Lampung (117,698), and Aceh (102,402). Within East Java in 1987, the top soybean producing districts were Jember (71,675), Banyuwangi (44,675), Pasuruan (35,686), and Lumajang (30,909).

Tables 36 and 37 shows the retail prices of tofu and tempeh each month in Rp/kg from 1981 to 1988 in Surabaya. The prices have more than doubled during this period. Retail prices for these foods in Bandar Lampung are shown in tables 40 and 41.

Table 43 shows Indonesian imports and exports of soybeans and soybean cake from 1963 to 1988. Soybean exports, which reached a peak of 36,000 tonnes in 1973, have been at or near zero since 1978. Soybean imports have climbed dramatically since 1971, reaching a record 465,839 tonnes in 1988. Thus imports that year were equal to about 40% of domestic production. Exports of soybean cake have always been negligible but imports have risen steadily since 1975, reaching a peak of 306,716 tonnes in 1986, then dropping to 72,323 tonnes in 1988.

Table 50 shows the total supply and domestic utilization of soybeans in Indonesia from 1968 to 1987. In 1987, of the 1,411,000 tonnes available, 3% was used for seed and the rest was used for food. None was used for feed or use in non-food industrial products. Per capita availability of soybeans increased from 3.28 kg/year in 1968 to 7.76 kg/year in 1987. In the peak year, 1986, it was 8.80 kg/year.

Table 56 shows consumption per capita of GCPRT crops in Indonesia from 1981 to 1987. Tofu consumption has increased from 74 gm/week in 1981 to 82 gm/week in 1987, while tempeh consumption has decreased from 95 gm/week in 1981 to 86 gm/week in 1987. Address: CGPRT Centre, Jl. Merdeka 145, Bogor 16111, Indonesia.

9760. Dunne, Lavon J. 1990. Nutrition almanac. 3rd ed. New York, NY: McGraw-Hill. vi + 340 p. Illust. Index. 26 cm. 1st ed. 1973. [185* ref]

• ***Summary:*** This book is divided into 8 sections; at the end of several of these is a glossary and bibliography. In Section VI, "Foods, beverages, supplementary foods, and eating to feel right," soy is mentioned In the subsection on "Legumes" (p. 243), which has its own subsection titled "Soybeans" (p. 243), which discusses the nutritional value of soybean products in a meatless diet. "Soy flour, oil and milk are used in a variety of home-cooked and commercial products." "Sprouted soybeans contain increased amounts of vitamin C." The subsection on "Milk and milk products" (p. 244) notes that people who are allergic to milk may substitute soy milk, although it lacks much of the nutritional value of cow's milk because it is low in calcium and phosphorus. The subsection on "Lecithin" (p. 249) begins: "Lecithin is a natural constituent of every cell of the body and helps to emulsify cholesterol in the body." The world's leading source of commercial lecithin is the soybean.

In the subsection titled "Some rich sources of nutrients" (p. 263-64) soybeans (or legumes) are listed as rich sources of protein, choline, pantothenic acid, vitamin E (cold-pressed oils), vitamin K, copper, and zinc.

Section VII, "Table of food composition" (p. 265) includes soy flour (p. 276), soybean oil (p. 283), soy sauce (p. 296), soybeans (cooked), soybean curd (tofu), soybean milk, and soybean sprouts (p. 306). Address: Nutrition Search, Inc., John D. Kirschmann, Director.

9761. Facciola, Stephen. 1990. Cornucopia: A source book of edible plants. Vista, California: Kampong Publications. ix + 678 p. Indexes (six!). 28 cm. [522* ref]

• ***Summary:*** "In your hands is one of the most remarkable efforts to come out of the struggle to preserve the genetic diversity of our planet... Steve Facciola has put together an easy-to-understand, easy-to-use compendium of the diversity of food plants available to consumer, gardener and scientist" (from the Preface). The largest and most comprehensive work of its kind, this book gives details on 3,000 edible plant species and 7,000 varieties.

Contents: Preface, by Noel Vietmeyer. Introduction. Acknowledgements. Botanical listings: Alphabetical listings of plant families (*Glycine max* and *Glycine tabacina* are listed in the family Fabaceae, pronounced fuh-BAY-see), fungi families, algae families, bacteria families. Cultivar listings (by common name for the most important and popular crops, e.g., shiitake, soybean, spinach, sprouting seeds). Sources (names, addresses and phone numbers of firms that sell seeds, plants, etc.: Domestic commercial, domestic non-commercial, overseas commercial, overseas non-commercial). Bibliography. Indices and appendixes: Index of principal vernacular names. Index of vernacular and other names occurring elsewhere in the text. Index of usage and edible parts. Index of species native to or naturalized in North America. Index of species not listed in Kunkel [Gunther Kunkel. 1984. Plants for human consumption. Koeltz Scientific Books, Germany]. Index of families and genera. Appendix A: Abbreviations used–For type of product offered, for annotated bibliographical citations, in descriptions for sources. Appendix B: Endnotes used in the cultivar listings.

As of Aug. 1994 an electronic version of this book is now available. It runs on Microsoft Windows and uses more than 25,000 hypertext links to cross reference information.

The main information on soybeans is found on pages 91 (Botanical listings for *Glycine max* and *Glycine tabacina*), p. 219 (*Aspergillus oryzae* culture), p. 221 (*Actinomucor elegans* culture for fermented tofu or sufu, and *Rhizopus* cultures for tempeh), p. 224 (*Bacillus subtilis* culture for natto), p. 482-83 (for "field soybeans," lists 5 black-skinned cultivars, and 7 yellow-skinned cultivars; plus 11 "vegetable

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soybeans"–Agate, Butterbeans, Envy, Extra Early, Fiskeby V, Hahto, Hakucho Early, Kanrich, Okuhara Early Green, Prize, and White Lion), p. 485-87 (sprouting seeds including soybean sprouts with directions for sprouting), and p. 500 (Soyfood cultures).

Additional information on food uses of soybeans is found throughout the book. Tofu: p. 9 (In Indonesia, a salt derived from the fruit of *Rhus javanica* (*Nurude, Muyen*) is used to coagulate tofu), p. 61 (In Japan the seeds of *Cannabis sativa,* called *asanomi,* are used in deep-fried tofu burgers (*ganmodoki*)), p. 76 (A vegetable curd similar to soybean tofu can be made from the seeds of the bottle gourd or calabash (*Lagenaria siceraria*)), p. 92 (The seeds of the Bonavista bean or hyacinth bean (*Lablab purpureus*) can be prepared as tofu), p. 127 (The seeds of okra, gumbo, or lady's finger (*Abelmoschus esculentus*) can be made into tofu or tempeh). Kecap (Indonesian soy sauce): p. 9 (In Indonesia, the plant tuberose (*Polianthes tuberosa*) is added to the substrate in making kecap), p. 191 (In Indonesia, fresh leaves of kaffir lime, also called ichang lime, makrut, or djeruk purut (*Citrus hystrx*) are used to flavor kecap). Miso: The following can be used as a substrate for miso–p. 88 (Peanuts), p. 94 (seeds of the velvet bean, also called cowitch, cowhage, benguk (*Mucuna pruriens*)), p. 155 (barley (*Hordeum vulgare*)), p. 156 (proso millet (*Panicum miliaceum*)). Address: 1870 Sunrise Dr., Vista, California 92084. Phone: (619) 726-0990.

9762. Hammer, K.; Esquivel, M. 1990. East Asian influences in Cuban agriculture. *Plant Genetic Resources Newsletter* (*FAO/IBPGR*) No. 77. p. 9-16. [15 ref. Eng]

• ***Summary:*** "Virtually the entire aboriginal population of Cuba was wiped out in the first years of the Conquest. The introduction of African slaves supplied the alternative labour needed to develop agriculture in Cuba. Thus by 1861 nearly 60% of the Cuban population was either black or mulatto. By then, slave revolts had become increasingly common, jeopardizing the economic stability of Cuban agriculture. From its founding in 1794, the Junta Real de Fomento, Agricultura y Comercio (Royal Board of Development, Agriculture, and Trade) tried to boost the numbers of non-Africans in Cuba, which led to the traffic in Asiatics in 1847 and Yucatecan Indians in 1849.

"After 1842, large numbers of Chinese were sent to the English colonies of Barbados, Jamaica and Trinidad. The Real Junta de Fomento, noting this, sent a representative to China in 1844 to negotiate the introduction of Chinese settlers into Cuba. A contracting agency for coolies destined for Cuba was set up, operating in Macao, Among, Swataw [Swatow], Hong Kong, and Wompoa. The coolies travelled through Manila in the Philippines. On 1 January 1847, the first lot of 1,073 Chinese immigrants docked in the port of Havana. They consisted, *inter alia,* of farmers, artisans and tradespeople. By 1861, there were already over 60,000 Chinese from Shanghai and Canton, and it is estimated that between 1853 and 1873 alone, 132,435 Chinese entered Cuba. Basically, these people worked in the agricultural sector. Many tradespeople and artisans remained in Havana, creating a little Chinatown in the Zanja Street neighbourhood, while on the outskirts of Havana, a place known as Cienaga in the Cerro district was settled by farmers who came to grow almost all the vegetables for the capital. A major settlement of Asian vegetable farmers also developed south of Havana, in Batabanó province.

"The Japanese were only a small minority among the Asiatic immigrants to Cuba, concentrated in a few places such as the Isla de la Juventud (formerly Isla de Pinos), where they have played a major role in the development of local fruit and vegetable cultivation. We have no detailed information on their arrival in Cuba, but their presence on the Isla de la Juventud goes back at least three generations, according to our information."

According to Roig (1975), the soybean was introduced to Cuba in 1904 by the EEA (*Estación Experimental Agronómica de Santiago de Las Vegas,* currently INIFAT, the Experimental Agronomical Station) from the USA, but it was possibly already found in the Isla de la Juventud, used by the Japanese to prepare a kind of cheese called 'tofu.' (dau phu in Vietnamese).

Note: This journal is published by the Food and Agricultural Organization of the United Nations / International Board for Plant Genetic Resources. Address: 1. Zentralinstitut fuer Genetik und Kulturpflanzenforschung der Akademie der Wissenschaften der DDR, DDR-4325, GDR; 2. Instituto de Investigaciones Fundamentales en Agricultura Tropical 'Alejandro de Humboldt', INIFAT, Santiago de las Vegas, Havana, Cuba.

9763. Heiser, Charles B., Jr. 1990. Seed to civilization: The story of food. New ed. Cambridge, Massachusetts: Harvard University Press. vi + 228 p. Illust. Index. 24 cm. [83* ref]

• ***Summary:*** An outstanding work, written for the general reader. "This is a classic book about the origins of agriculture and the influence of its discovery on the development of civilization"–Ghillean T. Prance, Director of the Royal Botanic Gardens [England; on rear cover].

The Preface notes that this is a book about the plants (and animals) that stand between humans and starvation. The main subjects are ethnobiology, the study of plants and animals in relation to humans, and ecology, the study of organisms in relation to their environment. We humans "get all of our carbohydrates and nearly three-fourths of our protein from plant sources. Moreover, nearly all of the food we get from animals is in turn derived from plants. After all, life depends on photosynthesis; chlorophyll has been referred to as the green blood of the earth."

Table 5-1, "Estimated production of world's 32 major food crops" (p. 63) lists the top ten as (* = member of grass

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family; units in million metric tons): Sugar cane* 932. Wheat* 536. Corn* 481. Rice* 476. Potato 309. Sugar beet 286. Barley* 180. Manioc 137. Sweet potato 110. Soybean 95. Source: *FAO Production Yearbook,* 1986.

Chapter 7, "Legumes: The meat of the poor," contains a section on "Soybeans" (p. 129-33). It notes that there are no archaeological records of the soybean to help us determine when it was first cultivated, but it was mentioned in Chinese literature before 1000 B.C. Unlike most legumes, the beans are seldom eaten directly, but are used to make many different foods including bean sprouts, miso, tofu, soymilk (such as Vitasoy), tempeh, and soy sauce.

"The widespread cultivation and utilization of soybeans in the United States in the space of a few decades must be one of the most spectacular success stories in the recent history of agriculture."

Photos show: (1) A field of soybeans in the USA planted in rows, free of weeds. (2) Soybean plants ready for harvesting. (3) Soybean seeds. (4) A John Deere combine harvesting soybeans.

Note: Previous editions of this book were copyrighted in 1973 and 1981. Also discusses: Peanuts (p. 126-29). Potatoes and their remarkable history (p. 134-39). Tomatoes and their unusual history (p. 181, 206). Address: Distinguished Prof. Emeritus of Botany, Indiana Univ.

9764. Kolster, Uwe. 1990. Die gesunde Sojakueche: Koestlich und abwechslungsreich essen [Healthy soya cooking: Delicious and varied food]. Falken Verlag GmbH, 6272 Neidenhausen/Ts, Germany. 112 p. Illust. Recipe index. 21 cm. [Ger]

• ***Summary:*** This recipe book calls for the use of many DE-VAU-GE (GranoVita) products. Address: Germany.

9765. Madison, Deborah. 1990. The savory way. New York, NY: Bantam Books (Div. of Bantam Doubleday Dell Publishing Group, Inc.). xx + 444 p. Illust. by Patricia Curtan. Index. 25 cm. [46 ref]

• ***Summary:*** At the top of the rear cover is written: "Winner of The Best Cookbook of the Year 1990 by the International Association of Culinary Professionals" [IACP]. Neither soy nor tofu is mentioned in the index, but in the section on "The Pantry" (p. 425), "silken-firm" tofu is described. A black-and-white photo on the front cover shows Deborah Madison. On the front and rear covers are quotes in praise of the book by Alice Waters (founder of Chez Panisse), Marion Cunningham (author of *The Fannie Farmer Cookbook*), and Mollie Katzen (author of *The Moosewood Cookbook*). Address: Santa Fe, New Mexico.

9766. Moosewood Collective (The). 1990. Sundays at Moosewood Restaurant: Ethnic and regional recipes from the cooks at the legendary restaurant. New York, NY: Simon & Schuster. 734 p. Illust. Index. 24 cm. A Fireside Book. [55* ref]

• ***Summary:*** Since it opened in 1973 in Ithaca, New York, Moosewood Restaurant has become famous for its creative semi-vegetarian cuisine (fish are included on the menu and in this book) with a healthful emphasis. The restaurant is run by a group of 18 women and men, most of whom have worked together for nearly 10 years. Major decisions are made collectively. This is the Collective's second vegetarian cookbook. Each section, corresponding to the cuisine of 17 different geographical regions (e.g. Eastern Europe, Japan) and one ethnic group (Jewish) is written by a different member of the collective. The book contains many soy-related recipes: Tofu (20 recipes), tempeh (1), miso (1), soybeans (1), tamari roasted nuts (1), etc. The extensive "Guide to ingredients, techniques, and equipment" (p. 649-87) describes: Beans (incl. soy), chick pea flour (besan flour), dashi, Hoisin sauce, miso, seitan, soy sauce (see tamari soy sauce), light soy sauce, tempeh, tofu, vegetable oil (incl. soy oil), Worcestershire sauce ("The formula remains a well-guarded secret, but we do know that the Lea and Perrins product contains molasses, anchovies or sardines, sugar, garlic, tamarind, soy sauce, vinegar and spices"). Address: Ithaca, New York.

9767. Morningstar, Amadea; Desai, Urmila. 1990. The ayurvedic cookbook: A personalized guide to good nutrition and health. Santa Fe, New Mexico: Lotus Press. 351 p. Foreword by Yogi Amrit Desai. Introduction by Dr. David Frawley. Illust. by Amadea Morningstar. Index. 23 cm. [40 ref]

• ***Summary:*** This is a lacto-ovo vegetarian cookbook based on Ayurvedic principles. Contents: Part I: General Information. History of Ayurveda. Nutrition from an Ayurvedic perspective. Discovering your constitution. Attributes and nutritional needs of each constitution. How to imbalance your constitution. Understanding Ayurvedic nutrition: Taste. Digestion. Food combining and preparation. Balancing *Agni.* The digestive organs. The *chakras* and dietary change. Eating with the seasons. Getting ready to cook. Planning balanced meals easily. Menus: *Tridoshic, Vata, Pitta, Kapha.* Part II: Recipes. Part III: Appendices. 1. Most frequently asked questions and answers. 2. Enlarged food guidelines for basic constitutional types (many soyfoods are included). 3. Some basic information about nutrients. 4. Glossary of English and Sanskrit terms. 5. Food name equivalents in Latin, Sanskrit, Hindi. 6. Bibliography. About the authors (autobiographical).

The three Vatas (tridosha, three doshas, constitutional or body types) are Vata (pure air, head/wisdom), Pitta (pure fire, action), and Kapha (pure water, love/heart). Tridoshic foods or herbs are suited to all 3 constitutions; these include ghee, basmati rice, and asparagus. Concerning soya: "Many *Vatas* handle certain well-spiced soy products well, like tofu or liquid soy milk. Some do not. Let your gut be your guide.

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Dairy is very calming to Vata, especially when it is warm" (p. 14).

"*Pittas* are often attracted to high-protein foods, and do seem to need a little more protein than other constitutions. Goat milk, cow milk, egg white souffles, tofu, tempeh, and the aforementioned cottage cheese are all effective in balancing Pitta. Most beans–with the exception of heating lentils–are excellent" (p. 16).

Anything which stimulates elimination tends to relieve *Kapha* (barley and beans being classic examples). Aduki beans are especially good, as are black turtle beans, though the latter are more difficult to digest. Soy beans and soy products are recommended less frequently. Over half of tofu's calories come from fat, surprisingly, while only 4% of black beans' do. Still, soy products like soy milk tend to be less Kapha-enhancing than dairy products" (p. 19).

"Examples of oily food include ghee, vegetable oils, animal fats, soybeans, many vegetables and citrus. Dry foods include corn, buckwheat, rye, millet, most beans and dark leafy greens, to list a few. These latter foods will need moistening of some sort to be more easily digested by most people" (p. 28).

In the menu section, under each constitutional type (dosha, such as Vata), recommended menus are given by season for each meal. For example, soy-related foods included in Vata menus are: Summer: None. Fall: Dinner–Miso tofu, Amasake. Winter: None. Quick day: Breakfast–soymilk. Beverage–Amasake. Weekend day: Nothing. On the road (when travelling): Dinner' Chinese vegetables and rice (with tofu, if well tolerated).

Each recipe in the recipe section tells which constitution type it suits, how long it takes to prepare, in what seasons it is most healing, and how many it serves. For example,–Vata means that it calms Vata, + Vata means that it aggravates or increases Vata, and 0 Vata means that it is neutral for Vata. For brevity, we will give only Vata examples in the following. Soy-related recipes: About tofu (p. 102): Tofu and liquid soy milk tend to be cool and heavy, yet oilier than most other bean products. This oily lubricating quality helps their digestion, as does the pre-processing they have undergone as legumes... Eaten in excess, they will increase *Kapha.* Warming preparation, in the form of heat or warming spices such as ginger, tamari, cumin, turmeric, cinnamon or mustard seeds, aid their healthy breakdown in the system. Beans can be idiosyncratic in effect though; if your experience doesn't match the descriptions given here, trust your direct experience first. Some people have a hard time digesting tofu in almost any form; an allergy to soy may be present. It was popular in the sixties and seventies to serve tofu cold, cubed and plain at health food-type salad bars. This is about the most difficult way to try to consume an already chilling food. Try tofu marinated, spiced and cooked, then make up your mind about its digestibility for you."

Miso tofu (p. 102,–Vata). Tofu mushrooms (p. 104,–Vata). Tofu pesto (p. 104,–Vata). Sauteed tofu and vegetables (p. 105,–Vata, but mildly + Vata with frozen tofu). East Indian lima beans (with tofu, p. 114). Spicy rice and yogurt (with soy milk, p. 131,–Vata; "Made with soy milk, which is lighter and cooler than yogurt, it is suitable for Pitta and Kapha as well"). Vegetable barley soup (with tofu, p. 188, 0 Vata).

About oils (p. 202-03): "Ghee is the highly preferred fat in Ayurveda, being light, easy to digest and potentiating to many of the foods with which it is served." Sunflower oil is the next best choice, being agreeable to all doshas. "Sesame oil is specifically recommended when a warming effect is needed. It grounds Vata... The vast majority of oils are warming and heavy in quality, including..." soy oil. "Margarine is cold and difficult to digest and not often recommended by Ayurvedic physicians."

About condiments: Salt, tamari, miso, and pickled ginger all heat up a meal and stimulate agni (fire). A detailed discussion is given of the medicinal function of sea vegetables in Ayurveda (p. 216-17).

About soy milk: Liquid soy milk can be a good alternative to cow's milk, if you are sensitive to the latter. It is also less *Kaphagenic* (imbalancing to *Kapha*) than cow's milk, when properly prepared. Lighter than cow's milk in its effect on the body, it cooks up easily in recipes. Like most high protein foods it promotes building, not cleansing. It is best used in restorative and maintenance programs. It can be warmed with cinnamon, cardamom, nutmeg or ginger and black pepper. Some *Vatas* do not tolerate it well. Dried soy milk powder and soy protein powder are much more difficult to digest than the whole liquid soy milks. Only the most stalwart *Pitta* is likely to be able to consume them without gas, as they are cold, heavy and dry. Whole soybeans and tempeh are often gas-producing as well. For adequate digestion they require much cooking and spicing, good *agni,* and a *Pitta* constitution. Hot soy milk (p. 264).

Scrambled tofu (p. 281,–Vata).

In appendix II (p. 293). The following legumes, in moderation, calm Vata: Aduki beans, soy cheese, soy milk (liquid), tofu, black lentils, mung beans, red lentils, and tepery beans. But these aggravate Vata: Soy beans, soy flour, soy powder, tempeh, garbanzos and most other beans. Among beverages, icy cold drinks and many others aggravate Vata. Beverages that calm Vata are soy milk (well spiced and hot), miso broth, many herb teas. Tofu is calming to Pitta and mildly aggravating to Kapha. Cool in action, some Vatas tolerate it well, others do not.

Aduki beans are mentioned on p. 19, 106, 109, 116, 124, 293, 306. Address: 1. Faculty member, The Ayurvedic Inst., Albuquerque, New Mexico; 2. Wife of Yogi Amrit Desai, member of Kirpalu Center for Yoga and Health, Lenox, Massachusetts.

9768. Newman, Marcea. 1990. Naturally sweet desserts: The

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sugar-free dessert cookbook. Garden City Park, New York: Avery Publishing Group. 264 p. 26 cm. *
• ***Summary:*** This is a revised edition of Marcea's 1974 classic book *The Sweet Life.* She revised it extensively to suit Australian tastes, including chapters on cooling desserts and drinks. Address: Australia.

9769. Pedrotti, W. 1990. La soia in cucina [Cooking with soya]. Italy: Casa Verde. [Ita]*

9770. Perché la soia [Why soya?]. 1990. Strada Logheretto 2, 43010 Corcagnano (Parma), Italy. 6 panels. Catalog. 29 x 21 cm. [Ita]
• ***Summary:*** In this brochure, a color photo shows the entire *Campi di Soia* and *Erboristeria* lines. The two are almost identical in terms of product names and packaging except that the word "Erboristeria" replaces the word "Campi di Soia" for products sold to the health food trade. The Erboristeria line has a bottled cooked soybeans (*Semi di Soia*), and a different shaped soy fortified pasta (*Soipast*). Both lines now have a soy lecithin (*Lecitina di Soia*). In both lines, the bottled soymilk is named Soidrink (3 flavors) and the soymilk in a Tetra Brik Aseptic carton is named Soilat (1 flavor). Address: Corcagnano (Parma), Italy. Phone: 0521.639148.

9771. Schinharl, Cornelia. 1990. Mit Tofu [With tofu]. Munich, West Germany: Verlag Graefe und Unzer. 64 p. Illust. Index. 20 cm. GU Kuechen-Ratgeber series. [Ger]
• ***Summary:*** A lovely tofu cookbook, with full-color photos by Odette Teubner and Kerstin Mosny of every recipe, and each step in the process for making tofu at home. Contents: What is tofu? How to make tofu at home. Hors d'oeuvres and salads. Fine soups. Main dishes/Entrees. Crisp from the oven. Sweets with tofu. Recipe- and subject index. Important comments. Address: Munich, Germany.

9772. Sun, X.W.; Koehler, P.E.; Huang, Y.W. 1990. Development and evaluation of tofu type products using whole soybean and defatted soy flour. Paper 56 presented at the 1990 Annual Meeting of the Institute of Food Technologists. Held 16-20 June 1990 at Anaheim, California. *

9773. Sunrise Markets Inc. 1990. Tofu cookbook: 60 quick & easy recipes. Vancouver, BC, Canada: Sunrise Markets Inc. 80 p. No index. 22 cm.
• ***Summary:*** Contents: Sunrise Markets Inc. What is tofu? Sunrise tofu (Extra Firm {green label}, moderately firm {yellow/red label}, soft {blue label}, tofu dessert {pink label}). Cooking hints. Recipes–Soups. Salads. Dressings and dips. Entrees. Desserts. Nutritional breakdown of Sunrise Tofu. Other Sunrise products (Sunrise soya drinks {non-dairy in sweetened, unsweetened, vanilla/almond, and chocolate flavors}, Tofu-Rella {Tofu-based cheese in 5 flavors}, Mori-Nu Tofu, Sunrise Tofu Puffs {deep fried} and Dried Flavour Tofu, Tofreezi {non-dairy tofu-based frozen dessert in seven flavors}, Casa Del Norte Chili and Canadian Chef Beans & Tofu Wieners). Glossary. Substitutions and equivalents. Feedback.

A color photo on the front cover shows 8 different tofu dishes. On the rear cover are color photos of Sunrise's four tofu products. Address: 729 Powell St., Vancouver, BC V6A 1H5. Phone: 253-2326.

9774. Svadesha R. Urban–Vegetarische Feinkost. 1990. Neue Kueche mit Tofu und Keimlingen: Tips und Rezepte [New cuisine with tofu and sprouts: Tips and recipes]. Ostpreussenstrasse 22, D-8000 Munich 81, West Germany. 27 p. Illust. 21 cm. [6 ref. Ger]
• ***Summary:*** This booklet contains an introduction to tofu, a directory of places that this company's tofu is sold and served (vegetarian restaurants) in the Munich area (with ads for some of these places), tips for cooking with tofu, a list of the company's 8 products, tofu and world hunger, an ad for a tofu kit / press, about 11 tofu recipes, many accompanied by a large color photo, and ad for books on tofu and foods sold by Sojaquelle [Wolfgang Furth-Kuby] in Oberbrunn, West Germany. Address: Munich, West Germany. Phone: 089 / 93 90 05.

9775. Tahu tempe: Pembuatan, pengawetan dan pemanfaatan limbah [Tofu and tempeh: Production, preservation and waste usage]. 1990. Bogor, Indonesia: Pusat Penelitian dan Pengembangan Teknologi Pangan, IPB. 33 p. Illust. 23 cm. [Ind]*
Address: Bogor, Indonesia.

9776. Valentas, Kenneth J.; Levine, L.; Clark, J.P. 1990. Food processing operations and scale-up. New York, Hong Kong, and Basel: Marcel Dekker, Inc. v + 398 p. Illust. Index. 24 cm. [25 ref]
• ***Summary:*** Chapter 5 (p. 92-137) is titled "Soy complex." Its contents: Introduction. Origins and history. Processing. Economics. Manufacturing considerations. Westernization of the soybean: Solvent extraction, extractors. Protein fraction: Soy flour, soy protein isolate, economics, waste recovery. Waste treatment: Sludge conversion to animal feed, economics of waste treatment. Soy concentrates. Protein texturization: Spun protein fibers/meat analogs. Freezing. Prologue for meat analogs. Textured vegetable protein.

Contains 18 figures, showing mostly schematic diagrams of processes or equipment. "This practical volume bridges the gap between process engineering knowledge and a food scientist's understanding of the chemical, physical, and biological properties of foods, providing valuable insight into effective food product and process development." Address: 1. The Pillsbury Co., Minneapolis, Minnesota; 2. Leon

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Levine & Associates, Inc., Minneapolis, Minnesota; 3. A. Epstein and Sons International, Inc., Chicago, Illinois.

9777. Wagner, Lindsay; Spade, Ariane. 1990. The high road to health: A vegetarian cookbook. New York, NY: Simon & Schuster / Prentice Hall Press. xv + 288 p. Foreword by E. Lee Rice. Index. 24 cm. [54 ref]

• ***Summary:*** Lindsay Wagner, whose lovely color photo appears on the cover, first achieved widespread television in the early 1970s as "The Bionic Woman." Recently she starred in the Academy-Award winning film *The Paper Chase***.** This vegan cookbook uses no meat, dairy products, or eggs. A section titled "Raising the Dairy Question" (p. 13) discusses problems with milk and concludes: "A terrific substitute for milk products comes from that little marvel, the soy bean. Soy milk has the look and consistency of milk, and some brands even taste like it. Try some on your breakfast cereal, top your pies with our creamless Whipped Cream, spread your sandwiches with eggless Mayo Spread and enjoy Huevos-less Rancheros for brunch. You'll never look at another carton of milk."

Chapter 4, "About the ingredients," includes discussions of Braggs Aminos, cold-pressed oil, kuzu, lecithin, miso, mochi, nori, soy milk, soy sauce, tempeh, tofu. Soy-related recipes include: Huevo-less rancheros (with tofu and soy milk, p. 65). Vegetarian "salami" (with firm tofu, p. 82-83). Mayo spread II (with soy milk, p. 88). Ginger tamari dressing (p. 131). Creamy oil substitute (with soy milk, p. 134). Tofu sour cream (p. 134). Eden cheesy sauce (with soy milk, p. 136).

Chapter 10 (p. 141-59) is titled "Entrées for the meat lover"; most of the recipes are based on soyfoods: Marinated tempeh (p. 141). Marinated tofu. Barbecued tofu or tempeh. Tempeh marinade. Teriyaki tofu. Polynesian tofu. Tofu piquant. Tofu ribs. Grilled tofu with summer vegetables. Japanese eggplant and tofu Romano. Pecan herb loaf (with tofu and soy flour). Easy tofu burgers. Easy easy burgers (with Marinated tempeh or tofu). New Age Italian sausage I (with Marinated tempeh and Marinated tofu). New Age Italian sausage II (with Marinated tofu). Spicy tempeh stir fry. Tofu cacciatore.

Lasagna with zucchini and mushrooms (in Light sauce with soy milk, p. 166). Manicotti stuffed with zucchini and tofu cheese (p. 175). Tacos (with Marinated tofu and tempeh, p. 187). Eggplant al forno (with tofu, p. 213). Banana-strawberry tofu pudding (p. 231). Italian cheesecake (with tofu, p. 243). Coconut-mocha cream frosting (with soy milk, p. 260). Tofu fruit sauce (p. 261). Mock whipped cream (with soy milk, p. 262).

An interesting last chapter titled "Afterword: Meat–We can live without it! Here's why" discusses the role of an "animal-based diet" on destruction of the environment. Address: 1. California; 2. Woodland Hills, California.

9778. Wang, Wenqiao; Kang, Wenbin. 1990. Chinese vegetarian cuisine: 100 authentic recipes. Beijing, China: New World Press. 142 p. Illust. (color photos). No index. 26 cm.

• ***Summary:*** Part II, titled "Bean curd and bean product dishes, contains 21 recipes, including: 34. Bean curd in fermented black beans [fermented black soybeans] (with 3 3-inch {7.5 cm} cakes of bean curd {about 6-7 oz. or 180 gm}). 37. Peppery hot bean curd (with 1 tablespoon Sichuan soybean paste and 1 tablespoon soy sauce). 38. Smoked bean curd (Smoking can be done before or after the ingredients are prepared). 39. Fried bean curd balls (resemble Japanese ganmodoki balls). 41. Dry-cooked bean curd bamboo (with "½ lb {225 gm} bean curd bamboo" [dried yuba sticks]; the yuba is soaked, then put in boiling water, then deep fried in a wok).

42. Braised bean curd shreds in tomato sauce (with "3/4 pound {330 gm.} fresh bean curd sheets" [pressed tofu sheets] each cut vertically into 3 rectangular pieces of equal width, then piled atop one another and cut into thin shreds). 43. Bean curd sheets with tangerine peel. 44. Flavor potting five-fragrance dried bean curd (with 1 lb. white fresh pressed bean curd [pressed tofu]). 45. Bean curd bamboo with chili oil (with ½ lb. bean curd bamboo [dried yuba sticks]). 50. Stuffed bean curd. 51. Crispy-fried pine nut rolls (with 3 dried bean curd sheets {soaked}). 52. Deep-fried five-shred rolls (with "3 bean curd sheets" [pressed tofu sheets]; the result is like deep-fried spring rolls). 54. Bean curd triangles (tofu is cut into triangles then deep fried).

Part IV, titled "Vegetarian imitation meat dishes" includes: 71. "Mother and her sons meet"–chicken and eggs (with "4 bean curd sheets"). 74. Vegetarian ham (with "20 dried bean curd sheets [dried yuba sheets] {soaked}"). 74. Vegetarian chicken (with "5 dried bean curd sheets"). 75. Vegetarian duck (with "6 dried bean curd sheets {soaked}"). 76. Vegetarian fried dry minced meat (with "3 dried bean curd sheets {soaked}"). 77. Vegetarian sausage (with "3 dried bean curd sheets {soaked}").

80. Crispy and fragrant "duck" (with "15 dried bean curd sheets {soaked}"). 81. Diced 'chicken' with green peppers (with "3 dried bean curd sheets"). 82. Braised vegetarian chicken (with "3 dried bean curd sheets"). 83. Vegetarian eight-treasure chicken drumsticks (with "3 dried bean curd sheets"). 84. Vegetarian chicken curry (with "½ lbs fresh bean curd sheets {thousand sheets [pai-yeh]}"). 86. Vegetarian red-cooked chicken (with "8 dried bean curd sheets {soaked}"). 88. Deep-fried "duck" (with "2 dried bean curd sheets {soaked}"). 89. Deep-fried "duck" with fermented black beans (with "3 dried bean curd sheets {soaked, or substitute egg wrappers}." "Rinse the black beans well, soak in warm water until soft, removed and pound into a pulp").

A glossary (p. 133+) includes definitions of: Soy bean sprouts. Bean curd (six types): (1) Fresh bean curd comes in

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two types. The southern has a more watery consistency and is very soft. The northern contains less water and is firmer. (2) Fresh dried bean curd; pressed into small firm squares [doufu-gan, pressed tofu]. (3) Fresh dried bean curd sheets; also called "hundred pages" or "thousand sheets" [pai-yeh or ch'ien chang; pressed tofu sheets].

(4) "Dried bean curd bamboo (*fu zhu*)*;* not bean curd at all, though so-called, but rather a by-product from making bean curd. It is the rich cream that rises to the top of the boiling soybean milk before gypsum is added to curd. The skimmed cream is sun-dried thoroughly in narrow stiff sticks [dried yuba sticks]. Soak in warm water to soften before using."

(5) "Dried bean curd sheets (*yu pi*) [dried yuba sheets], same as dried bean curd bamboo, but dried in the form of folded semicircles. The dried bean curd sheet called for in the recipes in this book is a round piece with a diameter of 9 or 10 inches. Soak in warm water to moisten before using. It is also called 'oil sheet,' for it looks as if it were glazed with oil... According to ancient Chinese medicine books, they can clear up excessive heat in the lungs, stop coughs, eliminate phlegm and stop inflammation, and are good for the stomach."

(6) "Fermented bean curd cheese [fermented tofu]; salty and creamy cakes of fermented dried bean curd [pressed tofu] with a savory flavor, appearing in white or red." Many recipes call for MSG (optional).

Recipes also call for: Sesame paste, gluten, and several different types of mushrooms.

Note: Also published in Chinese in 1990 by the same publisher. "Both authors have worked for many years in the catering business. Wang is a member of the editorial board of the Chinese magazine *Cooking* and Gang himself possesses excellent cooking skills... All 100 recipes have been tested and proven successful" (from the rear cover). The many color photos (on glossy paper) were taken by Zhou Youma and Yan Xinqian at Gongdelin (the Forest of Merit and Virtue) Restaurant, a famous vegetarian eating place in Beijing. Address: China.

9779. Wasserman, Debra; Stahler, Charles. eds. 1990. *Vegetarian Journal* reports. Baltimore, Maryland: Vegetarian Resource Group. 110 p. Illust. No index. 28 cm. [10 ref]
• ***Summary:*** This is a compilation of articles by various authors that originally appeared in *Vegetarian Journal.* Soyfoods are mentioned or included in recipes throughout. For example: "What is osteoporosis" (p. 48-57), mentions tofu as a good source of calcium. "Tips for changing your diet" (p. 70-71), mentions tofu and soy milk. "Eggless Recipes" (p. 81), includes tofu. Address: Baltimore, Maryland.

9780. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Hanyang Sojaprodukte GmbH.
Manufacturer's Address: Hermannstr. 31, D-6078 Neu Isenburg, West Germany. Phone: 06102/21956.
Date of Introduction: 1990?
New Product–Documentation: Letter from Bernd Drosihn. 1990. May 10. This is the biggest Asian-German tofu company in the south of Germany. Note: The company is probably run by Korean-Germans.

9781. **Product Name:** Tofu.
Manufacturer's Name: Kootenay Natural Tofu.
Manufacturer's Address: Box 81, Silverton, BC, Canada V0G 2B0.
Date of Introduction: 1990?
How Stored: Refrigerated.
New Product–Documentation: Talk with Ed Westlind. 2000. Oct. 6. This company was started by Tim "Pedro" Hook, who was a college football player in the USA. He made tofu for about a year then sold the business to Ed and his wife. Ed would guess that the company was started in 1989 or 1990. Shortly after buying the tofu company, the Westlind's went through a divorce. Ed put all the tofu equipment in a warehouse, which it remains today. Note: Kootenay (pronounced KOOT-uh-nee) is the name of a river, a lake, and a national park in southeastern British Columbia, Canada.

9782. **Product Name:** [Tofu Ice Cream].
Manufacturer's Name: Les Aliments Multisoya Inc.
Manufacturer's Address: 1925 Route 139, Roxton-Sud, QUE, J0H 1Z0, Canada.
Date of Introduction: 1990?
New Product–Documentation: Talk with Harris Claude. 1991. March 20. This is the only product he makes currently. He used to make tofu but local bureaucrats shut him down saying that the whey he discharged into the sewage system was causing too much environmental pollution. He is now developing a soy yogurt. The labels have been printed.

9783. **Product Name:** Tofu.
Manufacturer's Name: Orient Food Corporation.
Manufacturer's Address: P.O. Box 6355, Temuning, Guam 96911. Phone: 671-649-0025 or 646-1509.
Date of Introduction: 1990?
New Product–Documentation: Letter from Linda M. Usita, P.O. Box 23831, GMF, Guam 96921. 1990. Sept. 4. This is the only tofu factory in Guam.

Note 1. Guam is an unincorporated U.S. territory, the largest and southernmost of the Mariana Islands, located about 1,500 miles east of Manila, Philippines. It was ceded to the U.S. by Spain in Dec. 1898 and occupied 1899. The 106,000 residents of Guam have enjoyed full U.S. citizenship since 1950.

Note 2. This is the earliest known commercial soy

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product made in Guam.

Talk with Stanley Darby of Agat, Guam. 1995. June 14. This company still makes tofu, which is sold under the Hondu brand in water-filled plastic tubs with a little sheet of paper over the top. They were closed recently by health inspectors for sanitation violations.

9784. **Product Name:** Freeze-Dried Tofu-Rella (Tofu-Based Cheese Analog with Casein) [Mozzarella Style, Garlic-Herb Style, and Cheddar Style].
Manufacturer's Name: Rose International.
Manufacturer's Address: P.O. Box 5020, Santa Rosa, CA 95402. Phone: 707-576-7050.
Date of Introduction: 1990?
Ingredients: Garlic-Herb style: Organic tofu (water, organically-grown soybeans+, calcium sulfate coagulant), soy oil, casein*, salt, garlic, citric acid, herbs, lecithin, natural flavor, guar gum. *Casein is the protein found in nonfat milk. It is a high-quality protein free of cholesterol and rennet, and is what allows this tofu product to be so similar to cheese. + Organic in accordance with Cal. H&S Code 26569.11. Diabetic exchange: 1 medium-fat meat. Conforms to the reducing and maintenance diet. Contains 0.02% lactose.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Shelf stable.
Nutrition: Per 1 oz.: Calories 80, protein 8 gm, carbohydrates 1 gm, fat 5 gm, sodium 170 mg, calcium 140 mg, cholesterol 0 mg.
New Product–Documentation: Talk with Richard Rose of Rose International. 1990. July 12. This product has been available for the past 2 months, but none has yet been sold. It will be sold only to food processors/manufacturers who want to use it on nacho chips, cheddar-flavored popcorn, dry pasta, etc. to make them cholesterol free. It comes in the same flavors as Tofu-Rella.

9785. **Product Name:** Abura-Age: Deep Fried Tofu Pouches.
Manufacturer's Name: Sacramento Tofu Co.
Manufacturer's Address: 1915 Sixth St., Sacramento, CA 95814. Phone: 916-447-2682.
Date of Introduction: 1990?
Ingredients: Water, soy beans, nigari (calcium chloride), vegetable oil.
Wt/Vol., Packaging, Price: 7 oz plastic bag, 12 pieces per bag.
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Diablo Oriental Foods in Walnut Creek, California. 1990. June 27. Plastic bag is 8.75 by 10.75 inches. Label, printed on bag, is 5 by 4 inches. Red, green, and black. Label on back of bag gives recipes for Age Sushi / Inari Sushi.

9786. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soja Food.
Manufacturer's Address: D-4000 Duesseldorf 30, West Germany.
Date of Introduction: 1990?
New Product–Documentation: Letter from Bernd Drosihn. 1990. May 10. This is the biggest Asian-German tofu company. Note: But the German consulate in San Francisco has no listing for them.

Talk with Harry Whitford. 1990. June 1. He knows of only one company in Germany selling water-packed tofu; they are located in Dusseldorf.

9787. Tofu Shop Deli and Specialty Foods Co. (The). 1990? Fine tofu: Hand crafted in small batches for a sweet, delicate flavor and texture (Ad). Arcata, California. ½ p. Undated.
• ***Summary:*** This ad occupies the top half of an unknown page in the "Wholefood Express" distributor catalog in about 1990. The text reads: "Here in the far reaches of California's misty North Coast is produced a special tofu in the tradition of the great tofus of the East.

"For it's in the small, traditional shops of China and Japan where the magic of tofu as a world-class food has slowly developed over the ages, where generations of tofu makers have mastered the subtle arts and skills of tofu making, and where countless connoisseurs of fine foods have savored the sweet, delicate flavors and textures of truly fresh tofu–an experience few in the West know.

"Honoring this lineage in our own shop, we work to keep the tofu making as simple, handmade, and traditional as possible. A single trained tofu-maker carefully guides each batch through the entire tofu-making process.

"Small batches, open-cauldron cooking, sanitary conditions, and the finest organic ingredients are all magically combined to produce our unique tofu, one we describe as sweet and delicate. According to a elderly Japanese grandmother who recently visited our shop, it's like the tofu of her childhood.

"We hope you will try this fine tofu and also our full line of soy milk, tofu cold-cuts, salads, and desserts, all prepared with the same attention to authenticity, quality, and freshness."

"Makers of freshly-prepared natural foods since 1977."

An illustration across the bottom of the ad shows a small tofu shop on stilts on a cliff by the ocean, with an Oriental-style roof and a wind-blown tree arching overhead.

On the bottom half of this page is an ad from Turtle Island Soy Dairy. Address: 768 18th St., Arcata, California 95521.

9788. Kane, Marion. 1991. The cutting edge. *Toronto Star* (*Ontario, Canada*). Jan. 2. p. D8.

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• ***Summary:*** In Japan, people are now enjoying foods made from soybeans bred and grown in Canada.

Plant breeders at Agriculture Canada have developed two soybean varieties for specialized markets in East Asia. Harovinton is a large-seeded variety used to make tofu. Nattosan is a small-seeded variety used to make natto, a popular fermented Japanese soy food.

"Let's take a cue from the Japanese and start finding tasty ways to prepare tofu here on home turf. After all, its the perfect protein alternative to meat."

9789. Webb, Denise. 1991. Eating well: Little Miss Muffet might have been onto something if those curds were soybean curds. *New York Times.* Jan. 9. p. C3.
• ***Summary:*** A good introduction to tofu. "Tofu generally costs $1.60 to $2.25 a pound, though it is often much cheaper in Chinatown in New York." Contains a brief interview with William Shurtleff, author of "The Book of Tofu." Address: Registered dietitian, freelance writer.

9790. Larsen, Gary. 1991. The Far Side (Cartoon). *Universal Press Syndicate.* Jan. 17.
• ***Summary:*** Three lionesses on a plain in Africa are gathered around a strangely shaped white antelope, eating it. In the background, a pair of zebras and a pair of regular antelopes look on from a distance. Each lioness has a confused look on its face; the one in the foreground is spitting out a white chunk of something. The caption reads: "In sudden disgust, the three lionesses realized that they had killed a tofudebeest–one of the Serengeti's obnoxious health antelopes."

Note: The Serengeti National Park in Tanzania (area 5,700 square miles or 14,763 square km) is noted for its wildlife.

9791. *Toyo Shinpo* (*Soyfoods News*). 1991. Bei Nûyôku ni tôfu kôjô shinshutsu o kimeru. Kyoto Tanpaku kôkyû tôfu o seizô [Kyoto Tanpaku plans to open a tofu plant in New York to produce high quality tofu]. Jan. 21. p. 3. [Jap]
• ***Summary:*** Kyoto Tanpaku is the largest tofu maker in Kyoto, Japan. The president is Yasuo Hachijin (whose photo is shown). The company's address is 200 Senryômatsu-cho, Yoko-ôji, Fushimi-ku, Kyoto-shi, Japan. Phone: 075-622-3161. The new company, which has already been founded in New York, is named Global Protein Foods. Located in the town of Valley Cottage on the outskirts of New York City about 1 hour from Manhattan, the company plans to produce delicious high-class tofu to meet the needs of the area. They plan to use a new type of tofu package. The tofu plant will be 300 tsubo (10,692 square feet) in size and will use a Takai fully automatic tofu production line with a capacity of 3 hyo (1 hyo = a 60 kg sack, so 180 kg or 396 lb) of dry soybeans per hour. The new company plans to produce nigari tofu, packaged lactone silken tofu (*jûten-dofu*), deep-fried tofu cutlets, deep-fried tofu pouches, and American-style second generation tofu products.

Note: This is the earliest document seen (April 2001) concerning Global Protein Foods in Valley Cottage, New York. As of this date the company is located at 707E Executive Blvd., Valley Cottage, NY 10989. Phone: 914-268-8100. Contact: Anson Wong.

9792. Yamashita, Yoshimasa. 1991. History and future of Kyoto Food Corp. USA (Interview). *SoyaScan Notes.* Jan. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** His company presently has no connection with Kyoto Tanpaku K.K. in Japan. But they learned how to make tofu from Kyoto Tanpaku. Kyoto Food Corp. has the very latest state-of-the art equipment. The parent company of Kyoto Food Corp. USA is a Kyoto supermarket named Kyoto Koseikai; the latter is the major stockholder in Kyoto Food Corp. USA. Kyoto Koseikai's only relationship with Kyoto Tanpaku in Japan is that they buy their tofu to sell in the supermarket.

The reason his company located in the midwest is because Terre Haute and Tajimi city in Gifu prefecture have been sister cities for 25 years. The connection was established when Mr. William Roach contacted his friend Mr. Juichi Iida in Tajimi. Mr. Iida contacted his friend Mr. Yamashita, who worked at the time for Kyoto Koseikai. Kyoto Koseikai decided to join in founding the company, as a major stockholder. Kyoto Food Corp. USA has no connection with any Japanese trading company such as Marubeni or Mitsubishi. They know of the tofu project at Purdue University and are cooperating with it, but have no financial involvement. He feels that they can sell tofu in the Midwest. He feels that the tofu companies who previously tried to sell tofu in the Midwest and failed were too early and too small. The timing is now right. The water he uses is very good and the soybeans are a premium grade, high in protein. He presently has no plans to private label tofu, although there have been four requests for private label brands. The company now has two products: regular tofu, and tofu with a sauce packet. Their next product will be agé. After that they plan to make fresh Japanese noodles (udon) and second generation tofu products (such as meatloaf). Address: President, Kyoto Food Corp. USA, 1050 W. 35th Drive, Terre Haute, Indiana 47802. Phone: 812-235-9505.

9793. Gaiser, Klaus. 1991. Recent developments at Soyastern and Huegli (Interview). *SoyaScan Notes.* Jan. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** It looks like Huegli has decided to buy Soyastern but this has not been firmly confirmed. The negotiations have been going on since early summer 1989 and could be finalized very soon. Huegli moves slowly and carefully. To Klaus they look like a big firm, but they think of themselves as a small firm compared to Knorr (a big

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seasoning and soup company; Klaus thinks they belong to CPC), Maggi, Nestle, or Unilever. Klaus is now starting to do an in-depth study of tofu. Within Yamato, he expects to soon move out of production into the person in charge of quality control. He feels his company is the leader in tofu quality in Germany, in part because of his study in Japan. Tofu quality is a major problem in Germany. The dairy industry did a study of tofu quality and found plate counts of 1,000 million colony forming units, which means rotten tofu. He now represents the tofu industry on a government body concerning food quality. He feels standards should be much stricter. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094.

9794. **Product Name:** Tofu Burger.
Manufacturer's Name: Ashland Soy Works.
Manufacturer's Address: 225 Water St., Ashland, OR 97520. Phone: 503-482-1865.
Date of Introduction: 1991. January.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jim Muhs. 1991. Oct. 14. The company introduced this product in Jan. 1991.

9795. **Product Name:** Tofu [Hard Organic].
Manufacturer's Name: EarthStar.
Manufacturer's Address: 5 Kay Street, Murwillumbah (P.O. Box 654), Murwillumbah, NSW 2484, Australia. Phone: (066) 72 5931.
Date of Introduction: 1991. January.
Wt/Vol., Packaging, Price: 375 gm, 500 gm, and 750 gm. Vacuum packed in plastic bags.
How Stored: Refrigerated.
New Product–Documentation: Letter from Greg Nance-Kivell, consultant. 1993. Aug. 12. The company letterhead and business card now reads: "EarthStar–Manufacturers of Quality Wholefoods, P.O. Box 654,..." They have ordered 2 copies of *Tofu & Soymilk Production, and note:* "We are a non-profit organisation with the aim of giving work opportunities to people with disabilities. We produce organic products based on soybeans, chickpeas, wheat, etc. We produce under three brands and products include tofu, soymilk, hommus [hummus], felafel, vegi sausages, and we will market soy yoghurt desserts in the future. We took over Chinese Farmhouse some 3 years ago."

Letter (fax) from Greg Nance-Kivell. 1996. March 28. Which see. "In Jan. 1991 the Challenge Foundation (a nonprofit organisation working with the disabled) bought a small tofu business called Chinese Farmhouse."

9796. Fowler Brothers. 1991. Catalog: January 1991. P.O. Box 2324, San Rafael, CA 94912. 79 p. 28 cm.
• ***Summary:*** The company is a "distributor of natural foods." The following makers, distributors, and brands of soyfood products are listed: I. Bulk Products: Miso (American Miso, 8 products), Soy foods (Turtle Island tempeh and Soy Deli tofu burger). Soy Sauce & tamari (San-J domestic shoyu and tamari, Westbrae Johsen shoyu), Tofu (Quong Hop, 6 products).

II. Packaged products: Ah Soy (Westbrae, 7 soy drinks), Eden Foods (Edensoy, 6 soy drinks), Pacific Soyfoods (6 types of soysage), Pacific Tempeh (4 products), Quong Hop (11 soymilk and 4 tofu products), San-J (tamari crackers, 14 soy sauce & tamari products), Soy Deli (Quong Hop, 5 soy foods, 8 vacuum pack tofu), Sweet Earth (3 vegeburgers), Turtle Island (10 tempeh products), Vitasoy (7 soy drinks), Westbrae (2 instant miso soups, 14 soy drinks, 14 types of soy sauce and tamari). Address: San Rafael, California. Phone: 415-459-3406.

9797. **Product Name:** Tofu.
Manufacturer's Name: Genesis Wholefoods.
Manufacturer's Address: P.O. Box 19, Balgowan, Natal 3275, South Africa.
Date of Introduction: 1991. January.
New Product–Documentation: Letter from Paul Fleischack, owner. 1991. April 21. He purchased the book *Tofu & Soymilk Production* on 6 July 1990. "I have started a small community scale tofu production business from my kitchen. Presently I supply one health food shop and a few individuals... Previous correspondence has used my address as Michaelhouse, Balgowan." On his letterhead is written "Tofu. Soy Products. Health Foods." Letters from Paul. 1991. May 26 and Aug. 4. "I started producing tofu under the 'Genesis Wholefoods' label and selling it a local health food shops in Jan. 1991. Prior to this I made tofu for a few friends and for ourselves for about 2 years. Tempeh is now also made on a community scale and I hope to produce shoyu and miso during this year. The tofu industry in South Africa is still relatively small and as far as I know I am the only person in Natal making tofu and tempeh. Presently I am a biology teacher, but my intention is to develop the soyfoods (and other wholefoods–yogurt, cheese, etc.) business so that I may pursue this business on a full-time basis."

9798. Gilligan's Restaurant and Islander Bar. 1991. January. New soyfoods restaurant or deli. 3495 Hospital Lane, Terre Haute, Indiana 47802.
• ***Summary:*** Article in Toyo Shinpo. 1991. Talk with Nancy Carter of Kyoto Food Corp. USA. 1991. April 10. The restaurant and bar opened in mid-January. There are now only two tofu recipes on the menu, a tofu soup and a tofu salad. The attendance is excellent. People come for two reasons: for Japanese food and for a typical midwestern steak meal. Address: Terre Haute, Indiana. Phone: 812-235-2356.

9799. Golbitz, Peter. 1991. Soyfoods consumption in the United States and worldwide: A statistical analysis. Bar

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Harbor, Maine: Soyatech, Inc. 26 p. *
• ***Summary:*** The National Cancer Institute, through Prospect Associates (a subcontractor), asked Mr. Golbitz to compile this report, largely from published sources. It contains 12 numbered pages of information and text summary and 14 unnumbered pages of tables. It contains retail soyfoods information for the past 10 years, FAO published data (Soybeans and Products Food Balance Sheets; published every 3 years), tons of soybeans used to make tofu in major Asian nations, number of U.S. manufacturers of soyfoods products 1984 and 1989, where the various soyfoods are sold in America (health/natural food stores, Asian-American food stores, supermarkets, institutional foodservice). It is not clear whether or not the report is in the public domain.

The estimated annual per capita consumption of soybeans, directly and indirectly as soyfoods, is as follows: Taiwan 13 kg, Japan 10.8 kg, Korea 9.0 kg, Indonesia 6.3 kg, and China 3.4 kg. Address: P.O. Box 84, Bar Harbor, Maine 04609.

9800. **Product Name:** Tofu (soybean curd) special variety pack. Contains one package each of Mori-Nu Silken Tofu, Soft, Firm, Extra Firm. Seven day menu plan inside.
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.
Date of Introduction: 1991. January.
Ingredients: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.
Wt/Vol., Packaging, Price: 31.25 oz (884 gm).
How Stored: Refrigerate after opening.
New Product–Documentation: A sampler of three different types of Mori-Nu Tofu in one pack. On the glossy color paperboard cover of the outer pack the word "Tofu" is written in bold white capital letters, each against a black square. Behind the letters are three color photos of Mori-Nu tofu in ready to eat dishes. Net weight 31.25 oz (884 gm).

The dated "Mori-Nu Seven Day Healthy Eating Plan" is in a glossy color 12-page brochure (each page 18.5 x 9.5 cm) featuring 9 delicious Mori-Nu Tofu recipes. The daily meal plan is low in fat, high in fiber.

9801. Nichii Company of America, Inc. Mycal Group. 1991. Are you tired of soaking overnight? (Ad). *Natural Foods Merchandiser.* Jan. p. 64.
• ***Summary:*** This is an ad for "revolutionary new MicroSoy flakes," an alternative to whole soybeans in making tofu or soymilk. They eliminate all washing and rinsing, all soaking water and time, waste water disposal, grinding, and save considerable floor space. You can save up to 2,400 lb of water per ton of soybeans. Call or fax for a free sample.

9802. **Product Name:** The Original Rice Crust Pizza [Soy Cheese Variety with Casein] (on a Brown Rice Crust).
Manufacturer's Name: Original Rice Crust Pizza Co. (The).
Manufacturer's Address: 1608-A West 5th St., Chico, CA 95928. Phone: 916-345-2446.
Date of Introduction: 1991. January.
Ingredients: Crust: Brown rice, water. Soy cheese: tofu (made from organic soybeans), water, casein, unrefined canola oil, unrefined sesame seed oil, virgin olive oil, sea salt, and beta carotene.
New Product–Documentation: Leaflet received 1991. April. "The Original Rice Crust Pizza: Soy Cheese Style." Wheat free. Lactose free. Yeast free. Cholesterol free. A unique, creative company... by the combined efforts of Graindance Pizza and SnackCracks, Inc. (Chico, California, and Oakmont, Pennsylvania).

Olivia Wu. 1992. Herald-Arlington Heights (Chicago, Illinois–Rolling Meadows Ed.). Sept. 10. Food section. p. 1-2. "If it's not junk, can it taste good?

Talk with Richard Rose of Sharon's Finest. 1992. Dec. 16. He thinks this product is made by The Original Rice Crust Pizza Co. in Chico, California. Contact Gayle Kennedy at 916-345-2446.

Talk with Gayle Kennedy, co-owner and daughter of Robert Kennedy, former owner of Chico-San Inc. 1992. Dec. 16. Her company is a partnership with Amberwave/ Graindance. This pizza was introduced in Jan. 1991, and the same cheese has been used on it since day one. This cheese is made by Amberwave in Oakmont, Pennsylvania, and contains the ingredients shown above. This cheese is not sold as a consumer product by itself, only as soy cheese on pizzas. Amberwave makes a pizza named Soydance, which uses soy cheese on a wheat crust. Gayle is now hoping to buy out Amberwave's interest in her pizza company. She is not sure if, after that, she will use the soy cheese made by Amberwave, but she is committed to using some brand of soy cheese. Her company also makes a rice crust pizza with an Italian dairy cheese; she sells 10 soy cheese pizzas to every 2 dairy cheese pizzas.

9803. Paino, John; Messinger, Lisa. 1991. The tofu book: The new American cuisine. Garden City Park, New York: Avery Publishing Group Inc. viii + 175 p. Illust. Index. 26 x 21 cm. [15 ref]
• ***Summary:*** Contents: Acknowledgments. Preface. 1. Tofu in time: The history of tofu (by Shurtleff & Aoyagi). The journey (3-page sidebar on how Nasoya was founded). 2. Tofu for health: A wise alternative for a better diet. The vision (3-page sidebar on Nasoya's struggle to introduce tofu to America). 3. Tofu tips: A shopper's guide to buying and storing (Introduction, types of tofu (incl. yuba), shopping for tofu, storing tofu). 4. Do-it-yourself tofu: Making tofu at home. Breaking ground (4-page sidebar on the founding of Nasoya). 5. Tempting tofu: The art of cooking with tofu (more than 150 recipes). Conclusion. Mail-order natural

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foods. Bibliography.

Nasoya's first year sales were $60,000, rising to $200,000 by the second year, and $600,000. Recently sales were well over $5 million. Note: The first co-author of this book was Ellen Sue Spivack. Address: 1. President, Nasoya Foods, Leominster, Massachusetts; 2. Staff Health and Nutrition Reporter, Antelope Valley Press, Palmdale, California.

9804. **Product Name:** Tofu Burgers, Sesame Tomato Soya Burgers.
Manufacturer's Name: Pureland Soy Products.
Manufacturer's Address: 23 Depot St., Maroochydore, QLD 4558, Australia. Phone: 071-43-4254.
Date of Introduction: 1991. January.
New Product–Documentation: Letter and leaflet sent by Jennie Finnigan and Ricciardo Ferrari. 1992. June 17. In June 1992 the company moved to a new address with a new phone number: Lot 47 Page Street, Kunda Park, QLD 4556. Phone: (074) 45 6077. The leaflet (brown on yellow) states that, in addition to tofu, the company also makes Tofu Burgers, Curried Lentil Burgers, and Sesame Tomato Soya Burgers.

9805. **Product Name:** Korean Style Vegetarian Potstickers.
Manufacturer's Name: Shin-Sun Foods.
Manufacturer's Address: 2551 W. Winton Ave. #6-0, Hayward, CA 94545. Phone: 510-887-6140.
Date of Introduction: 1991. January.
Ingredients: Filling: Cabbage, tofu, zucchini, onion, sesame oil, garlic, ginger, sea salt, black pepper. Wrapper: Unbleached flour, rice flour, water, egg.
Wt/Vol., Packaging, Price: 12.5 oz. for 10 potstickers.
How Stored: Frozen.
New Product–Documentation: Leaflet (8.5 by 11 inches, 3 color). "New! Shin-Sun Foods. Fresh, healthy, and delicious." "Each potsticker is individually hand wrapped in our kitchen. Hand wrapping takes a little longer than machine manufactured foods, but the appearance is greatly improved, and the product is more stable. All the ingredients used are fresh, and not frozen. Using fresh produce is more costly, but we think the taste and quality is well worth it."

Talk with Susannah Yang of Shin Sun. These potstickers were launched in Jan. 1991. They were the company's first product.

9806. **Product Name:** Hot & Spicy Tofu, Curry Tofu, and Horseradish Tofu.
Manufacturer's Name: Silverking Soyafoods.
Manufacturer's Address: Silverking Group, Box #20, Nelson, BC V1L 1C9, Canada. Phone: 604-353-7726.
Date of Introduction: 1991. January.
How Stored: Refrigerated.
New Product–Documentation: Talk with Greg Lundh, owner. 1992. Jan. 8. He started making these products in about Jan. 1991. They are all sold bulk, to avoid packaging, and thus have no labels. Hot & Spicy is the best seller. Horseradish has been discontinued.

9807. **Product Name:** Fat-Free Soyco (Cheese Alternative with Tofu and Casein) [Mozzarella Style, Cheddar Style, or Jalapeño Monterey Jack].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: P.O. Box 5181, New Castle, PA 16105. Phone: 800-441-9419 or 412-656-1102.
Date of Introduction: 1991. January.
Ingredients: Soy milk (water, organic tofu), casein, sea salt, tapioca, citric acid, natural flavor, soy lecithin, natural vegetable guar gum, beta carotene (vitamin A coloring).
Wt/Vol., Packaging, Price: 8 oz. Retails for $3.09 (5/91, California).
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 40, protein 8 gm, carbohydrate 8 gm, fat 0 gm, cholesterol 0 mg, sodium 250 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1991. Jan. p. 26-27. "New blossoms in the Soyco garden." Shows color photo of label. Front panel states: "No cholesterol. No preservatives. 100% natural." Soyco Foods has been "an innovator in the creation and development of cheese alternatives since 1968." These products are free of lactose.

Label sent by Claire Wickens from Berkeley. 1991. May 20. 4.5 by 1.75 inches. Red, pink, green, black, and white. "No cholesterol. No preservatives. 100% natural." Questions: How can the product be "fat free" if it is made from tofu? Answer: The FDA allows a product that contains less than ½ gm of fat per serving to be called "fat free." An expert in soy cheese thinks the product is probably legal for this reason. Why would one make soymilk out of tofu and water? Answer: Soy cheeses are not this company's main business. They represent only about 8% of Galaxy's total business. Thus the product may be labeled strangely largely out of ignorance. Six phone calls to the company from Soyfoods Center in June 1991 and a request for answers to these questions elicited no response.

9808. **Product Name:** Soymage (Casein-Free Non-Dairy Cheese Alternative) [Pizza Flavored, Garlic & Onion].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: P.O. Box 5181, New Castle, PA 16105. Phone: 800-441-9419 or 412-656-1102.
Date of Introduction: 1991. January.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Ad in Natural Foods

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Merchandiser. 1991. Jan. p. 26-27. "New blossoms in the Soyco garden." Shows color photo of label. "Dairy-free. Finally, a great-tasting 100% dairy-free cheese alternative available in two new and improved flavors–pizza and garlic and onion. Soymage has no cholesterol, no lactose. It is reduced in sodium, fats, and calories. (Also available in Mozzarella, Cheddar, and Jalapeño)." This is an extension of the line introduced in Jan. 1987.

9809. **Product Name:** Super Soy Tofu.
Manufacturer's Name: Soyfoods Pty. Ltd.
Manufacturer's Address: 14/2 Paton Place, Manly Vale, NSW 2093, Australia. Phone: (02) 949 7314.
Date of Introduction: 1991. January.
Ingredients: Organic soybeans, nigari (a natural seawater extract), water.
Wt/Vol., Packaging, Price: 500 gm, in printed plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Jennifer Young. 1991. March. She bought this business on 1-7-1990 (probably 1 July 1990). The company is Great Australian Tofu Pty Ltd., trading as Soyfoods Pty. Ltd.

Note: This company was originally founded in Dec. 1978 as The Soy Bean Factory in Sydney by Michael De Campo, Yoshiko Wright, and Marcea Weber.

9810. **Product Name:** Summerfield's Pesto and Tofu Ravioli Dinner.
Manufacturer's Name: Summerfield Foods, Inc.
Manufacturer's Address: P.O. Box 3235, Santa Rosa, CA 95402. Phone: 707-579-3938.
Date of Introduction: 1991. January.
Wt/Vol., Packaging, Price: 12 oz (340 gm) paperboard box. Retails for $3.79 (1/91, California).
How Stored: Frozen.
Nutrition: Per 12 oz.: Calories 246, protein 12 gm, carbohydrate 46 gm, fat 32 gm (calories from fat 32, saturated fat 0.043 gm), cholesterol 0 mg, sodium 158 mg, potassium 448 mg, * dietary fiber 3.4 gm. * Fiber may reduce the risk of colon cancer and heart disease.
New Product–Documentation: Talk with Roland Au of Summerfield's. 1991. Jan. 15. This a pre-cooked frozen dinner comes in a 3-compartment tray. It is on the market now.

9811. **Product Name:** Summerfield's Pesto and Tofu Ravioli Dinner.
Manufacturer's Name: Summerfield Foods, Inc.
Manufacturer's Address: P.O. Box 3235, Santa Rosa, CA 95402. Phone: 707-579-3938.
Date of Introduction: 1991. January.
Ingredients: French cut green beans, water, tofu, brown rice, durum wheat flour, sweet basil, canola oil, whole wheat flour, corn, Parmesan cheese, egg whites, dried garlic, sea salt, white pepper, soy oil.
Wt/Vol., Packaging, Price: 11 oz (312 gm) paperboard box.
How Stored: Frozen.
Nutrition: Per 11 oz.: Calories 418, protein 16 gm, carbohydrate 56 gm, fat 16.5 gm (calories from fat 148, saturated fat 2.7 gm), cholesterol 3.6 mg, sodium 382 mg, potassium 770 mg, * dietary fiber 5 gm. * Fiber may reduce the risk of colon cancer and heart disease.
New Product–Documentation: Talk with Roland Au of Summerfield's. 1991. Jan. 15. This ravioli entree is not pre-cooked as the dinners are. It needs to be boiled. Romato is a fanciful name that Roland coined to describe a dried Roman tomato that they use. Label sent by Roland Au. 1991. Jan. 25. 9 by 7.25 by 1 inch. Red, blue, and gold on white. Color photo of ravioli with rice and beans on white plate.

9812. **Product Name:** Summerfield's Romato and Tofu Ravioli.
Manufacturer's Name: Summerfield Foods, Inc.
Manufacturer's Address: P.O. Box 3235, Santa Rosa, CA 95402. Phone: 707-579-3938.
Date of Introduction: 1991. January.
Ingredients: Tofu, durum wheat flour, water, whole wheat flour, dried tomatoes, soy oil, egg whites, Parmesan cheese, olive oil, lemon juice, almonds, onion, dried garlic, natural herbs and spices, sea salt, white pepper.
Wt/Vol., Packaging, Price: 12 oz (340 gm) paperboard box contains 48 ravioli.
How Stored: Frozen.
Nutrition: Per 4 oz.: Calories 230, protein 9.5 gm, carbohydrate 32 gm, fat 7.9 gm (calories from fat 71, saturated fat 1.2 gm), cholesterol 1.1 mg, sodium 91 mg, potassium 169 mg, * dietary fiber 2.6 gm. * Fiber may reduce the risk of colon cancer and heart disease.
New Product–Documentation: Talk with Roland Au of Summerfield's. 1991. Jan. 15. This ravioli entree is not pre-cooked as the dinners are. It needs to be boiled. Romato is a fanciful name that Roland coined to describe a dried Roman tomato that they use. Label sent by Roland Au. 1991. Jan. 25. 7 by 4.75 by 1.375 inches. Red, blue, green, and gold on white. Color photo of ravioli on plate with a rose.

9813. **Product Name:** Special Delivery Organic Pizza (With Soya Kaas).
Manufacturer's Name: Tree of Life (Distributor).
Manufacturer's Address: 1750 Tree Blvd., St. Augustine, FL 32086. Phone: 904-829-3483.
Date of Introduction: 1991. January.
Ingredients: Crust: Organic high protein whole wheat flour, water, organic rice syrup, yeast, sea salt. Pizza sauce: Organic tomato puree, organic rice syrup, organic extra virgin olive oil, organic unbleached wheat flour, organic dates, sea salt, organic spices. Topping: Mozzarella style Soya Kaas (Organic soy beans, filtered water, soy oil,

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calcium caseinate, tofu, salt, lecithin, citric acid, guar), organic spices.
Wt/Vol., Packaging, Price: 16 oz paperboard box. Retails for $4.99 (2/99 at Open Sesame, California).
How Stored: Frozen.
Nutrition: 1/6 pizza (2.67 oz): Calories 175, protein 9 gm, carbohydrates 26 gm, fat 4 gm (monounsaturates 2.5, polyunsaturates 0.5, saturates 1.0) cholesterol 0 mg, sodium 333 mg.
New Product–Documentation: Spot in Health Foods Business. 1991. Jan. p. 71. Shows a black and white photo of the box. Also available in organic cheese flavor. Product with Label purchased at Open Sesame in Lafayette, California. 1991. Feb. 16. 11.75 by 11.75 by 1 inch. Paperboard box. Red, yellow, blue, and white. Color photo of pizza with 1 slice cut out. "Organic pizza delivered right to your table. Crispy crust made from organic high protein whole wheat flour. Thick, rich sauce made from organically grown tomatoes and organic extra virgin olive oil. Topped with pure Soya Kaas, the delicious, nutritious alternative to cheese. The first frozen pizza that tastes as good as fresh. Soya Kaas. Lactose-free. No cholesterol... And Soya Kaas is the perfect all-natural cheese alternative for those who prefer a dairy substitute. It contains no cholesterol, is lactose-free and yet has the taste and texture of real cheese."

Soyfoods Center product evaluation: The label text is deceptive, since Soya Kaas contains calcium caseinate, which is derived from cow's milk and which allows Soya Kaas to melt. If you follow the "tip" of thawing before cooking, the product is very complicated and messy to prepare. Upon thawing, the product and box become soggy. We could find no frozen pizza sold in a supermarket that suggested thawing before heating. The instructions advise: "Bake directly on oven rack until Soya Kaas melts," but when it melts it drips onto the oven and is hard to clean off. The crust is very thin; our first try it turned out hard and crunchy, almost like a whole wheat cracker. The pizza is quite dry; Nothing special but not bad. It retails for about 69% more than a typical supermarket frozen cheese pizza ($0.31/oz vs. $0.18/oz).

Ad in Natural Foods Merchandiser. 1991. Dec. p. 22. "The first and still the only organic pizza."

9814. *Toyo Shinpo* (*Soyfoods News*). 1991. Origotô iri no tôfu Zenshokutan ga juyô kakudai e [Japan Vegetable Protein Assoc. tries to expand the demand for tofu that contains oligosaccharides]. Feb. 1. p. 4. [Jap]
• ***Summary:*** Mr. Sekiguchi Riôji is head of the Association (Zenkoku Shokubutsu Tanpaku Kyôdô Kumiai, Sendagi 2-48-8, Bunkyô-ku, Tokyo. Phone: 03-3828-1040) which got a patent for their tofu that contains oligosaccharides. Oligosaccharides have vegetable fiber and encourage the growth of Bifidus bacteria, which help the intestines. As of Oct. 1989 one chain of restaurants sells tofu pudding that contains oligosaccharides for ¥250. They sell about 3,000 puddings a day total in their 100 shops. Tokyu department stores have also started to sell tofu with oligosaccharides. Address: Japan.

9815. Burns, David. 1991. New developments at Homestyle Foods (Interview). *SoyaScan Notes.* Feb. 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Homestyle discontinued its food processing operation at the end of July 1990, and on August 1 White Wave in Boulder, Colorado, began making the puddings, salads, and ravioli fillings that Homestyle had formerly made in house. By discontinuing manufacturing, the company is able to focus more on marketing, which has helped the financial picture significantly. By an unusual coincidence, Homestyle is now renting out its former processing room to a person who man who now make's the Homestyle raviolis in the same place that they were originally made. This man bought the ravioli equipment from a man who originally made the raviolis.

Homestyle also has new packages for its pudding products; they will be ready in several weeks. The new packaging is much more attractive. The weight of the product will be increased to 6 ounces from 4.5, and it will be fluffier. In 4-6 months they plan to introduce a new strawberry flavor pudding. Address: General Manager, Homestyle Foods, 2327 Bluebell Dr., Santa Rosa, California 95401. Phone: 707-525-8822.

9816. Richardson, Al A. 1991. Trip report and market analysis–Europe. Torrance, California: Nichii Company of America. Feb. 4. Unpublished typescript.
• ***Summary:*** This trip report describes visits to various companies. Contents: Unisoy Company, Manchester, England. Dragon & Phoenix, London, England. Cauldron Foods, Manchester, England. Sojinal, Issenheim, France. Alpro, Wevelgem, Belgium. Heuschen-Schrouff, Landgraff, Netherlands. Galactina AG, Belp, Switzerland. Trip and European market summary. Top soyfoods manufacturers in Europe. Address: Director, Marketing & Sales, Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505. Phone: (213) 791-0010.

9817. Lesser, Peter; Elkin, Ed. 1991. History of Pacific Soyfoods in Olympia, Washington (Interview). *SoyaScan Notes.* Feb. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Pacific Soyfoods was started by Peter Lesser in 1981. Initially it was run out of the kitchen a collective restaurant named Café a la Mode, located on 4th Avenue in Olympia, Washington. They made tofu from scratch, and used the okara from the tofu to make soysage, using a version of the recipe published in *The Farm Vegetarian*

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Cookbook. Initially these products were served in the restaurant (the okara was used in sandwiches), but by about June 1981, they had started delivering the Soysage to the local food co-op and to 1 or 2 local grocery stores in Olympia. When the restaurant was closed after a year of operation, the wholesale accounts still wanted Soysage, so Peter decided to keep the soy operation going and at that time, in Feb. 1982, he coined the term "Pacific Soyfoods."

Peter stopped making tofu and bought his okara from a Korean-American tofu manufacturer named Boo Han in Lakewood, Washington. In the spring of 1982, Pacific Soyfoods' landed its first wholesale account, Pacific Rim (formerly known as something like C.C. Grain), a collective wholesaler in Seattle, that delivered to the Puget Consumers Co-op (PCC) in Seattle. Soon thereafter he started selling to natural foods wholesalers, the first one based in Seattle and the second one based in Portland, Oregon. Then in 1983 he expanded his product line by adding to the Original Soysage, Italian and Mexican flavor, and changed from a fresh Saran wrap packaging to vacuum packaging. He expanded his distribution into the San Francisco Bay Area, first through Pacific Trading Co. (Mark Brawerman), then after he folded, Ben Lee at Quong Hop & Co. took over the distribution. At one point, Quong Hop offered to set up at plant in the state of Washington with Peter overseeing it, in order to reduce freight to Washington. Island Spring also distributed Peter's products, and he would sometimes get okara from them.

In about Nov. 1985 he introduced his first tofu burger, the Earthling Tofu Vegetable Burger. He bought the tofu for this burger from Boo Han.

On 1 April 1988 Peter sold Pacific Soyfoods to Ed Elin. At that time the company made four soyfood products: three flavors of Soysage, and Earthling Tofu Vegetable Burgers. Peter left and started Northwest Natural Foods, which makes Medallions, salmon or halibut patties/burgers with wild rice. He tried many times to make a salmon & tofu burger but was unable to get the right texture. (His phone number is now 206-866-9681.) Elin purchased his tofu and okara from Boo Han's, just up the road in Tacoma, Washington. About 12-15 months ago Boo Han changed hands; it is now named Hang Yang, owned by Mr. Choy, a Korean-American, who does not speak English–although his brother does. Hang Yang is very aggressive and doing well; he just upgraded to a new system.

Ed continued to make the same four products, and will be getting new labels (with some color changes) next week for two new flavors of burgers. To the Original Earthling, they will add a Barbecued Earthling and a Teriyaki Earthling. The Barbecued flavor should be on the market in late Feb. and the Teriyaki in March. His business is "growing so fast I can't believe it." His bestselling product is the tofu burger. He has also become distributor for other companies outside the region; he brings up and distributes Quong Hop's entire Soy Deli line. He plans to take on some tofu wieners and the JSL line of egg roll wraps and won-ton skins. By mid-summer he plans to have three of his own styles of tofu (soft, medium, and firm) private labeled by Han Yang.

He fully services his own products in about 175 supermarkets on a weekly or bi-weekly basis. His big accounts are Q.F.C. [Quality Food Centers, the big market in Seattle], and Safeway. He sells only in supers, no natural/health food stores. But he does sell his products to companies that distribute to natural/health food stores, such as NutriSource and the Mountain People's Warehouse down south. The business in natural food stores is too small. Address: 2948 29th Ave. S.W., Building 2C, Olympia, WA 98502. Phone: 206-943-6234.

9818. Ackerman, Gretchen. 1991. Soybean power? Chef Willemse swears by the 'little beans.' Brave? Try some of these soybean recipes. *Press & Guide Newspapers* (*Dearborn, Michigan*). Feb. 14. p. 1-B, 3B.
• ***Summary:*** Dearbornite and former chef to auto magnate Henry Ford, "Jan Willemse consumes soybeans daily–in soups, sandwiches and dessert. He swears by the little bean and attributes his longevity–now 90 years old and still working five days a week–to the soybean...

"Referring to Ford, he added, 'Don't anyone say anything against the great pioneer, who was before his time in the field of nutrition. The old gentleman was a great man.' He began working for the Fords as a pastry chef at the Dearborn Inn and experimented with soybeans for Ford in his Soybean Laboratory. Willemse's task was similar to that of George Washington Carver, Ford's southern friend and peanut fancier. 'Many people believed us to be a little crazy,' said Willemse. 'But I was in the right place at the right time and it has always been a good relationship...

"Willemse said his greatest achievement came in 1934. With Ford the financier and Dr. Edsel Ruddiman, a food chemist, Willemse brought soybeans to the Chicago World's Fair. The dinner menu at Ford's Century of Progress exhibit included soybean croquettes, soybean relish, soybean biscuits, soybean butter and even soybean coffee."

Recipes are given for: Mrs. Ford's mom's favorite chocolate cookies. Henry Ford's honey soy bean ice box cookies. Soy cheesecake. Chocolate chip soy cookies. Tofu cookie sandwich. A large photo shows Chef Jan in the Fair Lane pantry with his Honey soy ice box cookies, an historic delicacy and favorite of Henry Ford.

9819. *Toyo Shinpo* (*Soyfoods News*). 1991. Beikoku no ôte ryôhanten ni genchi seizô no tôfu nônyû: Kyôto Kôseikai no genchi kogaisha [Supplying American-made tofu to big supermarket chain: Kyôto Koseikai's subsidiary is on the scene]. Feb. 21. p. 13. [Jap]
• ***Summary:*** Kyoto Koseikai is a company that runs supermarkets in and around Kyoto, Japan. The president is Mr. Kumaji Shimobo. It is located at Nishino Ume-honcho

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117-3, Yamashina-ku, Kyoto-shi, Japan. Phone: 075-581-8111. This company established Kyoto Foods Corp. USA, whose president is Mr. Yoshimasa Yamashita, in Terre Haute, Indiana. Kyoto Foods, which has begun production of tofu, has signed a contract with Kroger, a big supermarket chain, which has 117 stores in the Midwest. Kroger has decided to sell Kyoto Foods' tofu in all of their 117 stores. Kyoto Foods' production capacity is presently 10,000 cakes/day of tofu. Mr. Yasushi Yamamoto, the managing director, wants to decide the definite amount of supply and production line expansion.

Kyoto Foods was looking for a large market in which to sell their tofu and Kroger was looking for a company that could provide stable tofu production and supply. The needs of both have been well met. Address: Japan.

9820. Nordquist, Ted. 1991. Changes in structure and ownership at Aros Sojaprodukter in Sweden (Interview). *SoyaScan Notes.* Feb. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** On 31 Dec. 1990 Ted sold Aros. He now owns one-third of the new corporation named Aros Sojaprodukter AB. Eric Kennhed owns one-third and Blekinge Invest (which owns 100% of Trensums Musteri, a juice company) owns the other one-third. There is a five-person board of directors, and Ted is CEO.

He is trying to find companies to license his new technology and process for making soybase. He has a contract that offers a commission of 3% of the sales of each product for the first year after production starts, plus reimbursement for all travel if it leads to the signing of a licensing contract.

Anders Lindner is now part of Ted's group. William Shurtleff introduced and recommended Ted to him. Anders recently did a soymilk market study for Vitasoy in Australia.

Danish Nutana is in bad shape. Address: CEO, Aros Sojaprodukter, Bergsvagen 1, S-19063 Orsundsbro, Sweden. Phone: 0171-604 56.

9821. Hagler, Louise. 1991. Tofu cookery. Revised ed. Summertown, Tennessee: The Book Publishing Co. 160 p. Illust. Index. 29 cm.
• ***Summary:*** This vegan cookbook contains no recipes calling for eggs or dairy products. Contents. Introduction. 1. Dips and spreads. 2. Soups. 3. Salads. 4. Salad dressings and sauces. 5. Main dishes. 6. Side dishes. 7. Breads. 8. Cookies and bars. 9. Desserts. 10. Making tofu at home.

A half-page ad in *Vegetarian Times* (Feb. 1991, p. 23) states: "America's best-selling tofu cookbook. Brand new edition. Over 200 new & revised recipes. 40 beautiful color photos. Healthy recipes for the '90s. Dairy-free–No cholesterol. $14.95.

Talk with Robert Holzapfel of The Book Publishing Co. 1991. Jan. 24. About 10-15% of these recipes are new recipes, which replace old ones. The rest have been revised to lower the fat and sugar content. Address: Summertown, Tennessee. Phone: 615-964-3571.

9822. **Product Name:** Tofu with Tempeh.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1991. February.
Ingredients: Tofu and tempeh.
New Product–Documentation: Letter (e-mail) from Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling Tofu Tempeh in Feb. 1991. Note: He invented this interesting product.

9823. **Product Name:** Tofu with Vegies.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1991. February.
Ingredients: Organic soybean, water, carrot, onion, parsley, sesame seeds, sea salt, spices, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 350 gm.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in Feb. 1991. Yellow, orange, red and black on green.

9824. Shen, C.F.; deMan, L.; Buzzell, R.I.; deMan, J.M. 1991. Yield and quality of tofu as affected by soybean and soymilk characteristics: Glucono-delta-lactone coagulant. *J. of Food Science* 56(1):109-12. Jan/Feb. [14 ref]
• ***Summary:*** Nine soybean cultivars were compared for their suitability in making tofu. The yield of tofu was not influenced by the size of the soybeans. There is a correlation between the tofu yield and the protein and calcium content of both the soybeans and the soymilk. The protein content of the soymilk also influences the texture of the tofu. Address: Dep. of Food Science, Univ. of Guelph, Guelph, Ontario, Canada N1G 2W1 and Research Station, Agriculture Canada, Harrow, Ontario, Canada N0R 1G0.

9825. **Product Name:** Summerfield's Tofu and Salsa Burrito, Tofu and Salsa Enchilada, and Tofu and Salsa Tamale.
Manufacturer's Name: Summerfield Foods, Inc.
Manufacturer's Address: P.O. Box 3235, Santa Rosa, CA 95402. Phone: 707-579-3938.
Date of Introduction: 1991. February.
Wt/Vol., Packaging, Price: 12 oz (340 gm) paperboard box. Retails for $3.79 (1/91, California).
How Stored: Frozen.
Nutrition: Per 12 oz.: Calories 246, protein 12 gm,

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carbohydrate 46 gm, fat 32 gm (calories from fat 32, saturated fat 0.043 gm), cholesterol 0 mg, sodium 158 mg, potassium 448 mg, * dietary fiber 3.4 gm. * Fiber may reduce the risk of colon cancer and heart disease.
New Product–Documentation: Talk with Roland Au of Summerfield's. 1991. Jan. 15. These products will be out in 3 weeks. They are all single frozen entrees, not dinners, each wrapped in plastic, with a suggested retail price will be $1.29. The enchiladas come two in a fiber tray with sauce. The suggested retail price is $2.39. The tamale will be wrapped single.

9826. **Product Name:** Tofu, Soymilk, Deep-fried Tofu, Five-Spice Flavored Tofu.
Manufacturer's Name: Sun Kee.
Manufacturer's Address: 448-452 North 12th St., Philadelphia, PA 19123. Phone: 215-625-3818.
Date of Introduction: 1991. February.
New Product–Documentation: Talk with Yatsun Wen. 1990. March 22. He now lives in Philadelphia and plans to start a tofu shop there. Talk with Yatsun Wen. 1991. Feb. 8. He hopes to open his shop in several weeks. His native language is Cantonese. He plans to make tofu, soymilk, deep-fried tofu, and flavored tofu. He has moved his residence into his business location. He is looking for nigari to use in making fried tofu.

9827. *Guardian* (*England*). 1991. Beans mean tofu: Most of us are familiar with baked beans. But you can also use beans to discover the secrets of seeds, and the growth of plants and the food we eat. March 5. p. A6.
• ***Summary:*** An excellent article for children about learning from beans about plants. Learn how to make a sprouting chamber and to sprout beans. Note: So specific types of beans are mentioned or suggested for sprouting.

Learn how to make a tofu press, then make tofu at home (detailed instructions are given)–using lemon juice to curd packaged soya milk.

Illustrations show: Cross section of a bean, labeled. (2) A sprouting chamber. (3) Utensils (including a "tofu press") and ingredients needed to make tofu at home.

Photos show: (1) A soya bean plant. (2) A bean curd factory in China. (3) Many different tofu products–plus soya milk in an aseptic carton.

9828. Lee, Ben. 1991. Update on fermented tofu (Interview). *SoyaScan Notes.* March 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jim Miller of Quong Hop & Co. noted in a SoyaScan interview in April 1984 that the government now required fermented tofu to be sold refrigerated. The regulation was apparently fairly new at that time. This regulation still applies, but apparently only in the state of California and only on products made in California. The law is a state law, and it is applicable since it is stricter than the federal law. Thus in California, Quong Hop & Co., the only manufacturer of fermented tofu in the USA, must make this product under canning regulations and print on the label: "Perishable–Keep refrigerated." Of course, the product has never been refrigerated in Asia and there is no reason for it to be refrigerated here since it is made under more sanitary conditions.

There continues to be a glut of imported brands of fermented tofu, mostly made in Hong Kong, Taiwan, and mainland China. Ben feels they are of inferior quality and they are often detained by customs officials. But these products, because they are not *made* in California, need not be refrigerated in retail stores. The law is inconsistent on this point and Quong Hop has spent considerable money and time trying to rectify this injustice, but the state health regulators are unwilling to respond or change the law. Thus, it is an ongoing problem and handicap for Quong Hop.

The market for this product, which is consumed mostly by Asian Americans from the countries that import it, is at least $2-3 million a year retail. Address: V.P. Marketing & Personnel, Quong Hop & Co., 161 Beacon St., South San Francisco, California 94080. Phone: 415-873-4444.

9829. *Toyo Shinpo* (*Soyfoods News*). 1991. Beikoku de gaishoku tatenka. Genchi no tôfu kôjô o kadô. Nihon-shoku resutoran kaisetsu [Restaurant chain in the USA operating tofu plants nearby. Japanese food restaurant opens]. March 21. p. 2. [Jap]
• ***Summary:*** Kyoto Koseikai has decided to start a chain of Japanese restaurants whose menu is based on American-made tofu and beef. In Japan, regulations governing supermarkets have changed, and competition is becoming more severe. Therefore they have started to move into the USA. The company's first operation, a tofu manufacturing plant, is in Terre Haute, Indiana. Now they have purchased a local restaurant for about 40 million yen [$314,000]. They are calling it Gilligan's Island (*Girigansu Airando*). It has 306 seats. Their goal is 150 million yen [$1.18 million] sales per year. The business is run by Kyoto Foods Corp. whose president is Mr. Yoshimasa Yamashita. Kyoto Foods has very strong connections with local people in the financial community. Address: Japan.

9830. Ridenour, Jeremiah. 1991. Recent developments at Wildwood Natural Foods (Interview). *SoyaScan Notes.* March 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jeremiah is now president of Wildwood in Fairfax, and is also running Wildwood Santa Cruz. Starting 6 weeks ago he began to work in Fairfax each Monday through Friday noon, commuting. Paul Orbuch is no longer involved in the daily operations of the company, although he is still on the board of directors and a shareholder, and he

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still serves as a consultant. Paul would like to come back in to daily involvement. The board asked Jeremiah to take over; Jeremiah was tired of "crisis management." Devo is head of distribution and Dali is head of production. The company is still growing very fast; Jeremiah is controlling the growth to avoid cash-flow problems.

Wildwood now delivers their products to Marriotts. For a while they sold directly to Hewlett-Packard into their cafeterias, which offer a vegetarian entree every day. Wildwood's tofu burgers were the most popular product. The product went over very well. Wildwood has just started delivering tofu burgers to the Lawrence Livermore Labs.

Update: Talk with Jeremiah. 1998. Oct. 20. Wildwood got their products (mostly burgers) into the Apple cafeteria first, in about 1988, then into Hewlett Packard not long afterward. Small amounts of their soy products are still sold in both places. Address: Wildwood Natural Foods of Santa Cruz, Inc., 1560 Mansfield Dr., Suite D, Santa Cruz, California. Phone: 408-476-4448.

9831. **Product Name:** [Tofu, and Seitan].
Foreign Name: Tofu, Seitan.
Manufacturer's Name: Ecobras–Centro Ecobiótico do Brasil Ltda.
Manufacturer's Address: Rua Apolinário Corrêa da Silva 30, Cônego, Nova Friiburgo, R.J., Brazil. CEP: 28621-550. Phone: 55-245-220267.
Date of Introduction: 1991. March.
New Product–Documentation: Talk with then letter (fax) from Terri and Paulo of Ecobras. 1994. July 18. This company started making tofu in March 1991 and seitan in Sept. 1991. Nova Friiburgo is in the state of Rio de Janeiro (RJ).

9832. Heaney, Robert P.; Weaver, C.M.; Fitzsimmons, M.L. 1991. Soybean phytate content: effect on calcium absorption. *American J. of Clinical Nutrition* 53(3):745-47. March. [21 ref]
• ***Summary:*** Phytate, the storage form of phosphorus in plants, reduces the bioavailability of calcium, but to a much lesser degree than oxalate. Using hydroponic growth media, soybeans were cultivated in solutions containing radioactive calcium in the for of 45Ca along with different levels of phosphorus to produce seeds that varied significantly in phytate content. Calcium absorption from high-phytate seeds was significantly lower at 31.0% ± 7% compared with low-phytate soybeans and milk for which absorptions averaged 41.4% ± 7.4% and 37.7% ± 5.6% respectively. Address: 1. Creighton Univ., Omaha, Nebraska 68178; 2. Dep. of Foods and Nutrition, Purdue Univ., West Lafayette, Indiana; 3. The Center for Hard Tissue Research, Creighton Univ., Omaha, Nebraska 68178.

9833. Kerntke, Ulrich. 1991. Soya: Not just for eccentrics. *Dragoco Report* No. 3. p. 83-97. [5 ref. Eng]
• ***Summary:*** An interesting overview of soybean production worldwide and the markets for tofu and soymilk in Europe. Figure 1 is a bar chart ranking countries that produce more than 1 million tonnes of soybeans by their yields in tonnes per hectare. The country with the highest yield by far is Italy (approx. 3.1 tonnes/ha), followed by Canada (2.3), USA (2.2), Argentina (2.1), Paraguay (1.8), Brazil (1.7), China (1.3), Indonesia (1.1), and India (0.8 tonnes/ha).

Figure 2 is a graph of soybean production in 4 major countries and others from 1935 to 1990.

Figure 3 shows world market share of soybean production among 4 major countries and others from 1935 to 1990. The U.S. market share grew steadily until about 1965, but has fallen ever since. Brazil's market share showed significant growth after 1965, and Argentina's after 1975.

Figure 4 shows the number of countries producing more than 100,000 tonnes of soybeans from 1935 to 1990. This number stayed steady at about 6-7 from 1935 to 1965, then rapidly increased to 15 in 1975 and 27 in 1990. Figures 6 and 7 are bar charts showing consumption of tofu in 1986, with projections to 1992 in France, Great Britain, Germany, Netherlands, and the rest of the EC (especially Switzerland). In 1992 for tofu, Germany is expected to be the leader followed by Great Britain and France. For soymilk, Great Britain is expected to be by far the leader, followed by Germany and France. The source of the tofu and soymilk information is Institut für Agrarpolitik, Stuttgart. Address: Product Manager, Flavor Div., Dragoco, Gerberding & Co. GmbH, D-3450 Holzminden, Germany. Phone: (05531) 704 327.

9834. **Product Name:** Earthling Tofu Vegetable Burger [Barbecued, or Teriyaki].
Manufacturer's Name: Pacific Soyfoods.
Manufacturer's Address: 2948 29th Ave. S.W., Building 2C, Olympia, WA 98502. Phone: 206-943-6234.
Date of Introduction: 1991. March.
Wt/Vol., Packaging, Price: 8 oz. or 16 oz.
New Product–Documentation: Talk with Peter Lesser of Northwest Natural. 1991. Feb. 8. He plans to introduce these two new products in Feb. and March (respectively) 1991.

9835. **Product Name:** The Organic Gourmet Tofu Seasoning [Mild (Herbal), or Spicy (Saffron)].
Manufacturer's Name: Scenario International Co. (Importer-Marketer). Made in Germany by Vitam Hefe Produkt GmbH.
Manufacturer's Address: P.O. Box 24177, Los Angeles, CA 92204-0177; Walter-von-Selve Str. 2, 31789 Hameln, Germany. Phone: (40) 5151/95-400.
Date of Introduction: 1991. March.
Ingredients: Mild: Sesame, nutritionally grown yeast extract, soybean powder [soy flour], wheat bran, tomato

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extract, sea salt, oregano, natural spices. Spicy (Saffron): Sesame, nutritional yeast extract, soybean powder, wheat bran, garlic, sea salt, natural spices, pepper, soy sauce.
Wt/Vol., Packaging, Price: 1.75 oz glass jar.
How Stored: Shelf stable.
New Product–Documentation: Ad in Vegetarian Times by Scenario International Co. 1993. Nov. p. 21. This company in Los Angeles sells "The Organic Gourmet Tofu Seasonings." "Tofu with Taste! We created our seasonings to bring out the hidden flavors in your dishes." The seasonings contain flavorful Nutritional Yeast Extract.

Products (Mild and Spicy) with Labels sent with letter and color leaflet by Elke Heitmeyer of Scenario International (P.O. Box 24177, Los Angeles, California 90024-0177. Phone: 310-470-9166). These products are made in Germany by Vitam Hefe Produkt GmbH. Scenario started distributing them in March 1991.

Label. 4.5 by 1.25 inches. Each jar is 2¼ inches high and 2¼ inches wide, with a screw-on lid. White on green or orange. "All natural. Produced in Germany for Scenario International Co. Season fried tofu or mix seasoning with minced tofu, then fry. Marinate by dissolving about 2 level tablespoons in 2/3 cup water and soak tofu slices for ½ hour."

Leaflet titled "Story" by Scenario International. "Elke Heitmeyer, the founder of Scenario International, is originally from the Eastern parts of Germany." She is a vegetarian. "The Organic Gourmet product line has been sold in German specialty health food stores, 'Reformhaus,' for years. The manufacturer is a member of the Neuform Assoc. of Natural Food Producers."

Letter from Elke Heitmeyer in response to enquiry from William Shurtleff of Soyfoods Center. 1994. Jan. 11. The tofu seasonings were first sold in Germany under the brand name Vitam in Jan. 1989. They were first sold in the U.S. under The Organic Gourmet brand in March 1991.

9836. **Product Name:** Spring Creek Great Balls of Tofu (Italian Flavored Meatless Meatballs).
Manufacturer's Name: Spring Creek Natural Foods.
Manufacturer's Address: 212-C East Main St., Spencer, WV 25726. Phone: 304-927-1815.
Date of Introduction: 1991. March.
Ingredients: Tofu, okara (both made from certified organic soybeans), whole wheat bread crumbs, walnuts, onion flakes, granulated garlic, parsley, sea salt, black pepper, tomato sauce.
Wt/Vol., Packaging, Price: 12 oz vacuum pack. Retails for $3.65.
How Stored: Refrigerated.
New Product–Documentation: News release. 1990. Dec. 20. The product will be available on 1 March 1990. Talk with Bill Quick of Spring Creek. 1992. Jan. 10. This product is now out. It is meatless meat balls made with tofu, okara, bread crumbs, walnuts, and other minor ingredients in tomato sauce.

9837. *Toyo Shinpo* (*Soyfoods News*). 1991. Tôfu Dengaku [Tofu Dengaku: Illustration of a lady in the early 1800s in Japan preparing Dengaku over a grill]. March. 21. p. 4. [1 ref. Jap]
• ***Summary:*** This illustration is from the book titled *Sôsôshi* (1822). It is found in the section titled Shokoku Dôchû Kinwaraji, which is illustrated by Mimaru KITAO. The author of the book is not given.

9838. Tuitemwong, Kooranee; Fung, Daniel Y.C. 1991. Microbiological study of tofu. *J. of Food Protection* 54(3):212-16. March. [16 ref]
• ***Summary:*** Seven brands of tofu were analyzed after 1 and 30 days storage in a refrigerator. The pH has an important influence on the genera of microorganisms found, of which the principal gram-positive ones were *Streptococcus, Pediococcus,* and *Lactobacillus,* and the most common gram-negative bacterial species were *Pseudomonas putida, P. aeruginosa, Enterobacter agglomerans,* and *E. cloacae.* Address: Dep. of Animal Sciences and Industry, Kansas State Univ., Manhattan, Kansas 66506.

9839. Wasserman, Debra; Mangels, Reed. 1991. Simply vegan: Quick vegetarian meals. Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203. 224 p. March. Illust. General index. Index of tables. 23 cm. [117 ref]
• ***Summary:*** A vegan cookbook. Contents: Foreword. Time-saving cooking suggestions: Microwave cooking. Sample menus: Menu analysis. Top recipes for calcium and vitamin C. Top recipes for iron. Recipes (one section is titled Soy Products: Tempeh Dishes, Tofu Dishes). Food definitions and origins. Herbs and spices. Vegan nutrition (written by Reed Mangels, PhD, RD. Each of the 18 topics is followed by a bibliography; includes a section on each major nutrient, pregnancy, lactation, feeding vegan kids, nutrition glossary, recommended reading list). Cruelty-free shopping by mail.

The Vegetarian Resource Group. The group also publishes a bimonthly magazine, *Vegetarian Journal,* and is considered by dietitians to be a good source of nutrition information for vegans.

This book contains more than 20 tofu recipes and 6 tempeh recipes.

Note from VRG: As of Dec. 2012 this pioneering book has 100,000 copies in print and a 5th edition has recently been sent to the printer. Address: VRG, Baltimore, Maryland. Phone: 301-366-8343.

9840. Barat, Chandri. 1991. Recent developments at Legume, Inc. (Interview). *SoyaScan Notes.* April 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The company is no longer issuing annual

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reports. They haven't filed with the Securities & Exchange Commission for 2-3 years. They do keep unaudited, non-public financial statistics on the company, management use only. It is too expensive to contact the shareholders once a year–$50,000 or more. Legume has had many problems. The European market for the chocolate bars is till good and the entrees are still sold nationwide. The corporate structure, with its large legal and accounting expenses, is extremely burdensome. So they are just trying to maintain the food line. It is continuing because Gary and Chandri have put well over $100,000 of their own money (their house) into Legume to keep it going for the last few years. Last quarter they made money for the first time.

Legume has initiated three major lawsuits, which are pending. They had several fiascoes with the chocolate. In one $50,000 shipment of chocolate to Switzerland, lactose was found. So Legume is suing the cocoa line, the producer of the chocolate for several hundred thousand dollars. The salad dressing contained a non-kosher vinegar. A rabbi in California sued them for $20,000 and finally settled for $2,000 after $25,000 in legal fees. Legume counter-sued the huge company that made the salad dressing. No-one has sued Legume.

They have bought a piece of land in Puerto Rico on top of a hill not far from the ocean but not right on the ocean. It has a gorgeous 180º horizon, and is a big surfing area. Their work could help the local people and agriculture. The big question is can they growing organic foods efficiently enough to take advantage of the huge potential U.S. and European markets. Address: P.O. Box 426, Schoolhouse Park, 112 Main Road, Montville, New Jersey 07045. Phone: 201-263-1013.

9841. Yakabushi, Konrad. 1991. Ontario soybean growers crushed by plant closing. *Toronto Star* (*Ontario, Canada*). April 11. p. C1, C10.

• ***Summary:*** Last month Victory Soya Mills, Ontario's largest soybean crusher, ceased operations and padlocked the doors of its plant on Lakeshore Blvd. East, thus closing a chapter in Toronto's history.

For almost 50 years, "convoys of trucks had converged on Queen's Quay during the dying days of Indian summer to unload" the harvest of many Ontario farms at the soybean crushing facility.

While some Toronto residents will hardly miss the mile-long traffic snarls, "the closure has left many others with a wistful sense that an annual rite of autumn and a historic Toronto landmark, are soon to be lost forever."

But for many of Ontario's 25,000 soybean farmers, whose crops were crushed by Victory Soya Mills, the plant closure raises more serious issues; where will they sell their crops in the future? Central Soya Co. Inc. (Fort Wayne, Indiana), the plant's owner blames the demise "on several factors, including high municipal taxes, traffic problems and encroaching development on the city's waterfront." Bill Campbell, vice-president of processing at Central Soya, says the basic problem was that "the plant was unable to operate profitably in that environment." The larger problem is that there is an excess of soybean crushing capacity in North America.

Soybean farmers point to federal policies aimed at promoting production of canola, a competing oilseed grown on the Prairies to the west. Even today, "Ottawa subsidizes the shipment of canola to Eastern Canada and, during the 1970s, handed out grants to encourage the construction of canola crushers in the West. Central Soya told the Ontario Soybean Growers' Marketing Board that the plant might be spared if the Board could get the government to change some of those policies.

Built in 1944 during World War II, the plant was a key factor in the birth and development of Ontario's (and Canada's) soybean industry. Production rose rapidly during the 1970s "as continent-wide health concerns sparked a move away from animal fats to vegetable oils." Soybeans even found their way onto Canadian dining tables in the form of margarine, salad and cooking oils, soyburgers, tofu, and soy flour in baked goods. Moreover, soybeans were increasingly used in industrial applications from printing inks to paints, and soybean meal became the standard protein source in livestock and poultry feeds.

Today Ontario grows 95% of Canada's soybeans and 70% of these are grown in southwestern Ontario, which stretches further south than Detroit or Ann Arbor, Michigan.

Until last year, about 85% of Ontario's soybean crop was crushed in Canada yielding two value-added products: crude soybean oil and protein-rich soybean meal. But with the closure of Victory Soya Mills, about one-third of Canada's soybean crushing capacity and roughly 2 million bushels of soybean storage space have been eliminated, farmers will have to sell their soybeans anywhere they can.

Central Soya, which owns a smaller soybean crushing plant in Hamilton, Ontario, "says it is considering expanding that plant to make up for the lost capacity in Toronto.

The only other Canadian plant that crushes soybeans is ADM Agri-Industries, Ltd. (dba Maple Leaf Monarch), in Windsor, Ontario, owned by ADM of Decatur, Illinois.

It seems clear that the plant closure will hurt Ontario soybean farmers, in both the short and long terms. They may end up having more of their soybeans crushed in the United States and they will surely have to expand their markets overseas.

Photos show: (1) The Victory Soya Mills plant and silos. (2) Jim Allin, a soybean grower, standing next to a large sack of Pioneer brand soybean seed.

9842. Gaiser, Klaus. 1991. Re: Huegli acquires Soyastern, owned by Thomas Karas. Letter (fax) to William Shurtleff at Soyfoods Center, April 18. 1 p.

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• ***Summary:*** Soyastern (Dorstener Tofu), owned by Thomas Karas, was acquired by Huegli a few days ago. Follow-up talk followed by letter (fax). 1991. June 26 and 28. In about Feb. 1991 Huegli Nahrungsmittel GmbH bought the Soyastern brand only, not the company. Soyastern Naturkost GmbH has now been moved into the same town as Huegli (address: Guettinger Str. 23, D-7760 Radolfzell, Germany), and the huge chicken factory in Dorsten, formerly occupied by Soyastern but never paid for completely, has been closed down and returned to the former owners. Yamato is producing part of Soyastern's products. The larger part has been taken over by some other factory which has been producing the tofu for Heirler (which Huegli now also owns). Alexander Moosmann from Huegli is managing director of the new Soyastern, and Thomas Karas (still located in Dorsten) works for him as director of sales and marketing for the health food market (*Naturkostmarkt*). Thomas' task is tofu product manager for the whole group/firm. Soyastern and Yamato are now working together to develop a strategy for selling more of their tofu and tofu products in Europe, primarily in the Reform market and natural/health food market. Yamato is committed to making all of their soy products from organically grown soybeans. Yamato plans to move into a larger factory soon to keep up with their growing production. The plan now is to keep both the Yamato and Soyastern brands. The traditional/classical tofu products (such as basic tofu, smoked tofu, sprouts) will be sold under the Yamato brand, while the new/modernized European second-generation products (like tofu burgers) will be sold under the Soyastern brand. "The market for regular traditional tofu is limited and will stay limited in Germany. The growth potential lies in new, modernized second-generation European tofu products. Soybeans and soyfoods still do not yet have the best reputation here in Germany, for various reasons. Some people even think negatively of them." Things at Yamato and Soyastern are changing rapidly now but should have settled down within 6 months.

Huegli is now buying some spray dried tofu from a company in the USA or Canada. Shurtleff encourages Yamato to start making their own spray-dried tofu since this is a product which is growing very rapidly in the USA. Address: President, Yamato Tofuhaus GmbH, Rittweg 11/1, D-7400 Tuebingen–Hirschau, West Germany. Phone: 7071-71094.

9843. *Toyo Shinpo* (*Soyfoods News*). 1991. Okinawa no tôfu. Katakute okii. 1 cho (1 kg) 240 yen [Okinawa tofu. Big and firm. One cake weighs 1 kg and costs 240 yen]. April 21. p. 9. [Jap]
• ***Summary:*** This full-page article contains ten photos, one of them apparently quite old, showing tofu being made in the traditional way (using a hand-turned stone mill) in Okinawa. An inset photo shows the cover of a cookbook titled "Okinawa Tofu Cookery–80 selected recipes" (*Okinawa Tôfu Ryôri–80 sen*) by Masa Kyan, published by Naha Shuppansha in Okinawa.

9844. *Toyo Shinpo* (*Soyfoods News*). 1991. Kawamuki daizu fureeku o tôfu seizô ni. Gyôsha kara mo "oishii" to kôhyôka. Nichii no shyoppu seisaku de Beikoku de seisan kôjô o kensetsu-chû [Dehulled soybean flakes for making tofu. Tofu makers say they produce delicious tofu. With Nichii's shop policy, they are building a plant in the USA]. April 21. p. 7. [Jap]
• ***Summary:*** At their U.S. plant, Nichii (the Nichii Mycal Group) is planning to produce 1,000 tonnes of dehulled soybean flakes the first year, 1,500 tonnes the second year, 2,000 tonnes the third year, and 3,000 tonnes the fourth year. They plan to sell 50% of these flakes in America and export 50% to Japan.

9845. Buzzell, R.I.; Anderson, T.R.; Hamill, A.S.; Welacky, T.W. 1991. Harovinton soybean. *Canadian J. of Plant Science* 71(2):525-26. April. [4 ref. Eng; fre]
• ***Summary:*** "Harovinton is a large-seeded soybean cultivar with a greater protein content than oilseed cultivars and is suitable for tofu production... Production will be on a contract basis with Canada Packers, Inc."

"Registration number 3118 was issued for Harovinton as a tofu-type soybean, by the Variety of Registration Office, Seed Division, Food Production and Inspection Branch of Agriculture Canada." Address: Research Station, Agriculture Canada, Harrow, Ontario, N0R 1G0, Canada.

9846. Morinaga Nutritional Foods, Inc. 1991. Dairy-free, low-fat tropical shakes: Made with Mori-Nu and your favorite fruit (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.
• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, was introduced in April 1991. On the front is a color photo of a strawberry milk shake surrounded by a sliced pineapple, bananas, strawberries, apricots, and other fresh fruits. To the left is a package of Mori-Nu Lite Firm tofu (only 1% fat).

On the back are recipes for: Mori-Nu Hawaiian Smoothie, Mori-Nu Strawberry Banana Shake, and Mango Madness Shake, plus nutritional analyses, Mori-Nu Tofu facts, and an offer for additional free Mori-Nu recipes. Address: Torrance, California. Phone: 1-800-669-8638.

9847. Nichii Company of America, Inc. (MyCal Group). 1991. MicroSoy Flakes: The next millennium (Color videotape). Skypark 2, Suite 140, 23440 Hawthorne Blvd., Torrance, CA 90505. 11.8 minutes.
• ***Summary:*** Tells the story of MicroSoy Flakes and describes their benefits, with emphasis on saving water, energy, and time, increasing tofu yield, and giving good

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quality tofu. Shows the product being tested inside the Azumaya Inc. tofu factory in San Francisco, and at a small tofu shop in the Pacific Northwest. Lester Wilson at Iowa State Univ. describes tests on the product being conducted there. A very nice presentation. Address: Torrance, California. Phone: 310-791-0010.

9848. Orf, J.H.; Lambert, J.W.; Kennedy, B.W. 1991. Registration of Proto soybean. *Crop Science* 31(2):486. March/April. [5 ref]
• ***Summary:*** The Proto soybean (Registration no. CV-275, PI 542,769) was developed at the Minnesota Agricultural Experiment Station. It was released on 15 Feb. 1989 as a "special purpose high-protein cultivar for use in the production of tofu and other products requiring very high protein content." Proto is of maturity Group 0, about 2 days earlier than Evans. The seeds are dull yellow with buff hila. Proto contains 45.6% protein and 16.5% oil. Breeder seed will be maintained by the Minnesota Agric. Exp. Station.

Work supported in part by grants from the Minnesota Soybean Research and Promotion Council, and the Minnesota Seed Producers and Promotion Assoc.

Note: This is the earliest document seen (Aug. 1999) that mentions the soybeans variety Proto. Address: 1-2. Dep. of Agronomy and Plant Genetics; 3. Dep. of Plant Pathology. All: Univ. of Minnesota, St. Paul, MN 55108.

9849. Paine, Heather. 1991. Soya and SIAL '90: Editorial. *SoyaFoods* (*ASA, Europe*) 2(1):1. Spring.
• ***Summary:*** "Last year's SIAL (Salon International de L'Alimentaire) was certainly impressive and all the more so because soyafoods and products containing soya had a remarkably good presence... French soyafoods companies were well represented with many new products... In the 'new products' section a soya-oil based margarine from Denmark (Margarines AMA-Dragsbaek Margarine Fabrik S A) won a SIAL D'Or award and a soyamilk from Argentina (AdeS) was highly commended." Address: editor, SoyaFoods, 27a Santos Rd., London SW18 1NT, UK. Phone: 081-874-5059.

9850. *Plenty Bulletin* (*Davis, California*). 1991. A visit to the soy dairy in Guatemala. 7(1):3. Spring.
• ***Summary:*** "In 1979, at the peak of Plenty's integrated village development program in Guatemala, we bought 3,200 sq. meters of land (0.8 acre) in the village of San Bartolo in the central highlands. With the help of local Mayan volunteers a soy dairy was built on that land. In February of 1980, the dairy was open and running. Eleven years later it is still going and producing tempeh, tofu, soy flour, soy milk and soy ice-cream which are sold in nearby markets and in Guatemala City."

Alan Praskin, at the invitation of the village, returned to Guatemala and on 7 March 1991 signed title to the land over to the community and "Alimentos de San Bartolo," which is now the name of the soyfoods enterprise. The community of San Bartolo and the managers and staff of the soy dairy are Cakchiquel Mayas.

Three photos shown: Alan surrounded by San Bartolo elementary students, some of San Bartolo's soy-fed children, and a Guatemala highland family enjoying soy ice cream cones.

9851. Proto: New U.S. domestic soybean variety. Specialty high-protein soybean. 1991. Seed color: Yellow (dull), hilum buff.
• ***Summary:*** Sources: Orf, J.H.; Lambert, J.W.; Kennedy, B.W. 1991. "Registration of Proto soybean." *Crop Science* 31(2):486. March/April. Proto was developed at the Minnesota Agric. Exp. Station. It was released on 15 Feb. 1989 as a "special purpose high-protein cultivar for use in the production of tofu and other products requiring very high protein content." Proto is of maturity Group 0, about 2 days earlier than Evans. The seeds are dull yellow with buff hila. Proto contains 45.6% protein and 16.5% oil.

Bernard, Richard L.; Nelson, R.J. 1992. "Origins and pedigrees of public soybean varieties in the United States and Canada: 1987 to 1991–(1) Additions to Table 6; (2) Corrections and additional information; (3) Additions to Table 9; (4) Table updating USDA Soybean Germplasm Collection." *USDA Technical Bulletin* No. 1746. 11 p. July. See Additions to Table 6. Variety: Proto. Maturity group: 0. Pedigree: M70-504(M63-87 x PI 189.880, Bitterhoff) x M69-42(M63-158 x Provar). Note: M63-87 is from Chippewa x PI 261.475(Shika No. 1). M63-158 is from PI 261.475 x Pridesoy II (unknown origin). Prior designation: M77-251. Year releases or licensed: 1989. Developer: Minnesota AES (Agric. Exp. Station).

Letter from Richard Bernard, soybean breeder, Univ. of Illinois. 1999. Sept. 9. "In my Feb. 1999 table (1999 soybean breeders conference) I listed Porotana, Provar, and Proto with the 'large-seeded' cultivars. But they are not large seeded; they are specialty varieties released for their high protein content so probably should be put in a different category. This will be a growing category in the future–i.e., soybeans with special compositional traits." Address: USA.

9852. Tatsumi, Yoshiko. 1991. Kotokoto fukkura–Mame ryôri [Simmer slowly and they expand: Bean cookery]. Tokyo: Zaidan Hôjin Nôsan Gyôson Bunka Kyôkai. 214 p. April 30. [Jap]
• ***Summary:*** The word *kotokoto* in the Japanese title describes the sound of bubbles coming up during simmering; it is sometimes translated as "pit pat." This book contains a section of edamame recipes (p. 52-58). After that comes a section on tofu, miso, and shoyu (p. 59+). Address: Cooking teacher, Japan.

9853. **Product Name:** Trader Joe's Tofu Ravioli Marco

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Polo.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: 538 Mission St., South Pasadena, CA 91030. Phone: 818-441-1177.
Date of Introduction: 1991. April.
Wt/Vol., Packaging, Price: 12 oz container retails for $2.59 (4/91).
New Product–Documentation: Trader Joe's Fearless Flyer. 1991. April. p. 15. "New! Tofu Ravioli with soy cheese–No cholesterol, low in fat." "Since the cheese you'd usually find in this kind of an entrée has been replaced with tofu and Mozzarella-style soy cheese, much of the fat and cholesterol have been reduced. But not the flavor." The product "has plenty of flavor from the herbs and spices in the ravioli and from a fresh marinara sauce with Italian seasonings." It contains no preservatives, artificial colors, or artificial flavors.

9854. *Jefferson Herald* (*Jefferson, Iowa*). 1991. Two-day grand opening held by MYCAL. May 2.
• ***Summary:*** Between 1,500 and 2,000 guests toured the new MicroSoy Flakes plant and sampled foods made from tofu. A photo shows dignitaries crossing a bridge to the plant.

9855. Drosihn, Bernd. 1991. Re: New developments at Soyastern and Byodo Naturkost in Germany. Letter to William Shurtleff at Soyfoods Center, May 5. 1 p.
• ***Summary:*** "In Germany the market is on the move, but I'm sure you know that already through your worldwide Tofu-FBI. Soyastern stopped producing tofu and the brand has been taken over by Huegli, which now controls 60% of the tofu market in German natural food stores. Likewise, Byodo Naturkost in Munich is now owned by Svadesha.

Viana has started to produce tofu too, because our production of tempeh is still very small. We are planning to pasteurize tempeh in the future. Address: Founder and president, Viana Naturkost GmbH, Schmittenstr. 106, D-5030 Huerth 6 (Fischenich), West Germany. Phone: (02233) 41323.

9856. Richardson, Al. 1991. New developments at Nichii (Interview). *SoyaScan Notes.* May 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Nichii plant opening in Iowa at the end of April was a great success. The governor of Iowa, Terry Branstad, was there, along with 350 invited guests. An additional 1,500 to 2,000 people showed up to taste tofu dishes and take a tour of the plant. They were responding to a full-page ad in the Jefferson paper that Mr. Chikaarashi had run. They loved the Tofutti [soy ice cream] and Tofu Lasagna that were served, but they didn't seem to care much for plain cubes of tofu seasoned only with soy sauce. Address: Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505.

9857. Tanaka, Terry; Richardson, Al. 1991. New developments at Nichii (Interview). *SoyaScan Notes.* May 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Nichii is presently selling Microsoy Flakes to only a few small tofu companies in America. They are working with a number of larger companies, but nothing has yet been finalized because those companies need a mixer to process the flakes. Nichii has imported one or more mixers and they are just now clearing customs. They should have imported the mixers a year ago. Most of the flakes made in Iowa are now being sold to Japan. Address: Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505.

9858. Osho, S.M. 1991. Soybean recipes. Nigeria: Canada Fund, and Better Life Programme for Rural Women. 26 p. Illust. 24 cm.
• ***Summary:*** On front cover: "For a National Workshop on Soybean Processing and Utilization for Women Groups in Nigeria (20-24 May 1991)."

Contents: (1) Whole soybean recipes: Soy iru or soybean dawadawa. Soy milk. Soy nuts. Soy cheese (Tofu). Scrambled tofu (wara). Fried tofu (wara) in Vegetable soup. Ikokore with tofu (wara). Fried plantain with tofu (wara) stew. Tofu plantain pottage.

(2) Soybean cereal recipes: Soy steamed fresh maize. Soy ogi. Soy Jollof rice. Soy tuwo. Soy corn snack.

(3) Soybean / legumes: Soy moinmoin (with "½ cup soybean paste"). Soy akara.

(4) Soybean in roots and tubers. Soy ikokore. Soy ebe. Sweet cassava soy balls. Soy cassava flow cookies. (5) Snacks: Soybean / wheat puff puff. Soybean cakes. Soybean eba.

(6) Soybean milk residue [okara] recipes: Soybean bits. Soybean balls.

Note: On the white cover are the logos of the Canada Fund and Better Life Programme for Rural Women. Address: 1. Food Technologist and Coordinator, IDRC/IITA Soybean Utilization Project, International Institute of Tropical Agriculture, Oyo Road, PMB 5320, Ibadan, Nigeria.

9859. D'Amico, Pat. 1991. Pepper... and salt: Discomfort foods (Poem). *Wall Street Journal.* May 30. p. A15.
• ***Summary:*** "When baby boomers are under the weather, / They eat the foods they hope will tether / Back to the days when life was more mellow / With alphabet soup and strawberry Jell-O. But pity the next generation of tykes–/ Craving tofu and bean sprouts when illness strikes!"

9860. **Product Name:** Soft Tofu Cake, Fried Tofu.
Manufacturer's Name: Binh Minh Tofu Manufacturing.
Manufacturer's Address: 1180 Tully Rd., Unit B., San

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Jose, CA 95122. Phone: 408-279-3655.
Date of Introduction: 1991. May.
How Stored: Refrigerated.
New Product–Documentation: Talk with Helen Raymundo. 1996. May 28. She is a registered nurse who was born and raised in the Philippines, now who lives in Fremont, and saw a television program about this tofu company recently.

Talk with Binh Tran, owner and founder. 1996. May 28. He is a Vietnamese-American. Tran is his family name. He started this company in May 1991. His is now the largest tofu maker in San Jose. When the company started, they made only soft tofu and fried tofu. These are all Vietnamese soy products and the labels are entirely in Vietnamese, with no English.

9861. Carper, Jean. 1991. The food pharmacy guide to good eating: More than 200 totally healthy recipes. New York, NY: Bantam Books. xxiv + 422 p. Index. 24 cm.
• ***Summary:*** This is a book about the medicinal and therapeutic properties of food. Part I has a long section (p. 9-13) titled "The vegetarian advantage," extolling the many health benefits of a vegetarian diet–based on many different scientific studies. However the book also contains an even longer section (p. 265-326) titled "Seafood, poultry, and meat main dishes"–with sidebars about how eating fish is good for your health.

The index contains 9 entries for tofu, 6 for soy sauce and for whole soybeans, 5 for miso, 2 for soy oil and its omega-3 fatty acids, and 1 for soy milk.

9862. INTSOY. 1991. Highlights of International Conference on Soybean Processing and Utilization. Plus closing statements and recommendations, and a directory of participants. Urbana, Illinois. 3 p. Unpublished manuscript. 28 cm.
• ***Summary:*** Organizers: Jilin Academy of Agricultural Sciences (JAAS), China–host; Chinese Academy of Agricultural Sciences (CAAS), China–co-host; International Soybean Program (INTSOY) at the University of Illinois; Ministry of Agriculture, Forestry, and Fisheries (MAFF), Japan; International Institute of Tropical Agriculture (IITA), Nigeria; Scientific Research Institute of Foods and Fermentation Industries (SRIFFI), China"

Participants: 100 foreign participants from 25 different countries and 150 participants from throughout China. 58 people from developing countries and 40 people from developed countries. Regional distribution of foreign participants: Southeast Asia–25 people from 4 countries. East Asia–23 from 3 countries. North America–17 from 1 country. Africa–13 from 5 countries. South Asia–12 from 5 countries. Europe–5 from 3 countries. Central America–2 from 1 country. Middle East–1 from 1 country.

Program: 80 research/development/policy papers presented. Topics: Research (processing/products): Breeding/germplasm 10, extrusion 9, tofu 8, fermented products 4, nutrition 4, soymilk & ice cream 3, edamame (vegetable) 2, soy protein isolates and concentrates 2, lecithin 2, other 3. Development: Country reports 21 project reports 6. Policy/economic 3.

Demonstrations and exhibitions by 37 companies from throughout China (including soy milk and ice cream).

Local visits: Modern tofu plant. Modern solvent extraction plant. Farms. Local markets/stores. Soybean research institute of Jilin Academy of Agricultural Sciences. Headquarters of the Gene Bank of Chinese Academy of Agricultural Sciences. Labs and pilot plant of Scientific Research Institute of Foods and Fermentation Industries. Address: INTSOY, 113 Mumford Hall, Urbana, Illinois 61801. Phone: 217-333-6422.

9863. **Product Name:** This is Tofu? (Tofu-based Dips, Sauces, Dressings) [Greek Lemon Dill].
Manufacturer's Name: Juli's.
Manufacturer's Address: 34119 South Pacific Coast Hwy., Suite 177, Laguna Niguel, CA 92629. Phone: 714-831-4885.
Date of Introduction: 1991. May.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Talk with Dave Erickson. 1991. May 29. This product, the third in the line, was introduced last week.

9864. Sautier, Claude. 1991. Proprietà nutrizionali dei prodotti a base di soia [Nutritional properties of soy products]. *Giornale della Soia* (*Il*) (*Italy*) 7(3):26-29. May. [27 ref. Ita]
• ***Summary:*** Discusses protein quality, allergies to food proteins, protection against cardiovascular disease, reduction of calories, the action of various lipids, metabolism of lipids, action of fiber, bioavailability of minerals, conclusion.

Three color photos show the following products: Soja Cracoja, Pâté Vegetal Nature, Lasagne au Tofu, and Delice au Soja (from Harmoniques, each of whose products bear the word soja in bold white letters on a red horizontal rectangle), Sauc'annaise and Sauce Italienne (in jars, from France), Soj'apéritif goût oignon (Formoja, France), about 13 products made by Société Soy, including a number of the Jean de Preneuf line, and 5 packs of Sojasun soy yogurt. Address: Research Unit on Nutrition and Food, Hôpital Bichat, Paris, France.

9865. Starr, Sara. 1991. Soyfoods: Pleasing to the palate, easy on the planet. *Health Foods Business.* May. p. 34-39. [1 ref]
• ***Summary:*** "Based on data from the nation-wide study, 1990 HealthFocus on U.S. Consumers, about one in ten health active food shoppers say they eat soyfoods once every

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two weeks or more." Address: Vice President, Health Focus Inc., Emmaus, Pennsylvania.

9866. **Product Name:** White Wave Tofu: Organic Hard Style.
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1991. May.
Ingredients: Water, soybeans*, gypsum, nigari (magnesium chloride). * = White Waves uses organic soybeans grown in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 1 lb vacuum pack, or 1 lb packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Postcard from White Wave. 1992. March. "Fresher in any case." Shows a color photo of the label, with a green and white wave breaking over the principal display panel. Talk with Lon Stromnes. 1992. April 3. This new label was launched 8-12 months ago.

9867. Wilcox, J.R. 1991. Soia: le varietà per l'alimentazione umana [Soya: The best varieties for making human foods]. *Giornale della Soia* (*Il*) (*Italy*) 7(3):11-12, 14-15. May. [19 ref. Ita]
• ***Summary:*** Discusses the best soybean varieties for use in making tofu, natto, soy oil, and soy protein concentrates and isolates. Gives details on qualitative factors in soybeans that improve food quality. Address: Purdue Univ., Lafayette, Indiana.

9868. Poninski, Piotr (Peter). 1991. Tofu and Buddhism in Poland (Interview). *SoyaScan Notes.* June 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Peter, who speaks fluent English, practices Zen meditation and is considering starting a tofu company in Poland, probably near Warsaw. There are 3-4 Zen meditation groups in and around Warsaw. One of these, affiliated with Philip Kapleau roshi of the Rochester Zen Center in New York, makes tofu in the kitchen of its Zen community. He thinks that a person whose last name is Holland went to show them how to make tofu. [But neither Andy Schecter nor Norman Holland of Northern Soy know anything about this.] The Kapleau group is fairly closed to people who do not practice with them, so it is not easy to learn the process. There is also Gampo Sensei's group and a Korean group. Peter is certain that there are no commercial tofu manufacturers in Poland. But there are a lot of Chinese and East Asian restaurants near Warsaw. There are also a few sort of health food stores. Address: 73 Winslow Ave., Somerville, Massachusetts 02144 (temporary). Phone: 617-623-6048.

9869. *Toyo Shinpo* (*Soyfoods News*). 1991. Kyô-tôfu Amerika e: NHK ga Kyoto Tanpaku o rupo [Kyoto tofu goes to America: NHK television reports on Kyoto Tanpaku]. June 21. p. 3. [Jap]
• ***Summary:*** On 12 June 1991 at 6:00 A.M. NHK television in Japan aired a story about Kyoto Tanpaku, a major Kyoto tofu manufacturer, on their "Morning Wide–Kinki Edition." The company is making fruity tofu, selling hamburger in agé pouches, etc. A photo shows president Yasuo Hachijin. In Japan, the company is located at Kyoto city, Fushimi-ku, Yoko-oji, Senryo Matsu-cho 200. Phone: 075-622-3161. Address: Kyoto, Japan.

9870. *China Daily.* 1991. Anhui: Anhui bean curd festival celebrates emperor Liu An, inventor of bean curd. June 26. p. 3f. *

9871. *China Daily.* 1991. Anhui: Second bean curd festival. June 30. p. 4f. *

9872. **Product Name:** Oregon Tofu Chips [Original, Cheddar, Garlic Pepper, or Tomato and Herbs].
Manufacturer's Name: Back Porch Brands.
Manufacturer's Address: 3536 North Pacific Highway, Medford, OR 97501. Phone: 503-734-7696.
Date of Introduction: 1991. June.
Ingredients: Incl. tofu and dough.
Wt/Vol., Packaging, Price: 6 oz bag (clear and crinkly).
How Stored: Shelf stable.
New Product–Documentation: Mail Tribune (Medford, Oregon). 1992. June 23. "Ashland man's unusual chips can be called... Tofu with a twist." Al Grierson is a 43-year-old, bushy-bearded man. A resident of Ashland and a former employee of Ashland Soy Works, he has a new business in Medford, Oregon. He makes tofu chips, in which tofu is incorporated into a dough, then rolled, cut, and baked. "For about a year now, Grierson has been producing bags and bags of chips made from soybean curd in an old dairy building at 3536 N. Pacific Highway. He's worked up to four flavors–original, cheddar, garlic pepper and tomato and herbs–and he's gained a small following in area stores... At $1.99 per 6.2-ounce bag, the unusual chips are spendier than similar snacks, but Grierson says he'll soon come out with a snack pack that sells for less than $1. Besides, he offers a money-back guarantee."

New Product News. 1992. Dec. 7. Oregon Tofu Chips, made by Back Porch Brands in Ashland, Oregon, comes in 4 flavors and retails for $1.19 in health food stores.

9873. *Contact* (*Plenty Canada*). 1991. The promise of soy foods: Sri Lanka. 1(3):1-3.
• ***Summary:*** A photo shows Muttiah Jeyabalan, a native Sri Lankan, who is Plenty Canada's Program Officer for Asia and the Caribbean. Since 1985 he has taken a major

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part in developing Plenty Canada's program that provides two benefits to Sri Lankans: nutrition and economic opportunity. Plenty Canada's project has recently received $4.7 million funding from CIDA, the Canadian International Development Agency, as it enters its second 5-year phase. In the first 4-year phase of the Soya promotion program, two soy centers were established, one in Kandy and one in Colombo. The emphasis was on training, including extension programs, that assisted women's groups in starting income-generating soy-related businesses. In Sri Lanka, food is traditionally a woman's business. Soya products needed to be popularized and marketed to the general public. The key soyfoods were soy nuts, tofu, ice cream, popsicles, cakes, fried beans, yogurt, curries and tempeh. "Thirty Sri Lankan enterprises, mostly women-run, were initiated and are now self-sufficient." Soyfoods were incorporated in traditional local dishes. Soy ice cream is very popular. Janine Dudding is a Plenty Canada advisor to the Sri Lanka project. Peter Dudding is project director. Address: R.R. #3, Lanark, ONT, K0G 9Z9, Canada. Phone: (613) 278-2215.

9874. *Contact* (*Plenty Canada*). 1991. A hopeful effort: San Bartolo soy products [in Guatemala]. 1(3):4-5.
• ***Summary:*** A photo shows 5 Guatemalans, 3 in traditional Mayan dress, standing behind an ice cream and popsicle truck labeled Ricos Helados de Soya. "After ten years of operation, Plenty's Soy Centre in [Solola], Guatemala, is approaching self-sufficiency... the centre is now an established micro-enterprise with a proven product line." It is administered by ADEEC (Guatemalan Association of Economic, Cultural and Educational Development), a native-based non-governmental organization (NGO) directed by Roderico Teni, with Sebastian Sub Xol as Asst. Director. "As in Sri Lanka, the introduction of soy products to the general population is much faster when sold as ready-to-eat items or when easily incorporated into a traditional dish." Soy ice cream and popsicles are extremely popular, but "the most accepted product has been the soy cheese, tofu, which is cooked with tomatoes and other vegetables instead of or as a supplement to eggs.

"The major success, however, has been in the approach to other Guatemalan institutions. 'Now we are beginning to see much larger orders, particularly the soy milk and the tofu,' Sub Xol said. 'Even commercial ice-cream makers, who use a lot of dairy milk, are starting to use our soy milk, which is about half the price of dairy milk.' Teni emphasized that by selling soy products to the larger institutions, particularly schools, orphanages and hospitals, the protein-rich supplement gets to the people who need it most."

Note: Plenty International (Jan. 1994) notes that this company is now named Alimentos San Bartolo, located at Apartado Postal 118, Solola, San Bartolo, Guatemala. Phone: 502-514896. Address: R.R. #3, Lanark, ONT, K0G 9Z9, Canada. Phone: (613) 278-2215.

9875. **Product Name:** [GranoVita Organic Whole-Grain Tofu Ravioli].
Foreign Name: GranoVita Bio-Vollkorn Tofu-Ravioli.
Manufacturer's Name: DE-VAU-GE Gesundkostwerk GmbH.
Manufacturer's Address: Luener Rennbahn 18, Postfach 1660, D-2120 Lueneburg (near Hamburg), West Germany.
Date of Introduction: 1991. June.
Ingredients: Pasta shell: Whole wheat flour, egg, mineral water. Filling: Bio-Tofu (water, soybeans*, calcium chloride), sea salt, fine bread crumbs, Parmesan cheese, spices. * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm poly pouch. Retails for DM 2.98 (6/91, Hamburg, Germany).
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 12.8 gm, fat 4.8 gm, usable carbohydrates 36.5 gm, calories (kcal) 240 (1021 kJoules).
New Product–Documentation: Label sent by Anthony Marrese of Hamburg. 1991. June. 6 by 7.5 inches. Poly pouch. Red, light green, and dark green on white. Illustration of a plate, spoon, and pot surrounded by green and red vegetables. "Vegetarian. Contains no meat."

9876. Rani, Sandiya (Ms.). 1991. Soya milk cottage industry, Hyderabad, India. Phase 2. Andhra Pradesh, India: CHI. 1 p. June 24.
• ***Summary:*** Summary of achievements and results expected: "This project is intended to generate employment and income for women in the lower economic strata in the third world initially in India. The women who will thus benefit require little or no education and only a few days of specific training. The project will also produce a low-cost, culturally acceptable protein diet supplement for children and others in poor urban and rural communities, in the form of neutral-tasting soyamilk and soyamilk products (tofu, yogurt, etc.). The individual soyamilk cottage industry sites will be self sustaining within one year of operation..."

Projected starting date: 1 June 1991. Expected completion date: 31 March 1992.

For Canadian NGO: Cost of project: $18,569. Cost of administration: $5,933. Total: $24,502.

Requested from CIDA: Cost of project: $55,706. Cost of administration: $5,932. Total: $61,638.

Sub-total: Cost of project: $74,275. Cost of administration: $11,865. Total: $86,134.

Schedule of payments.

Note: This woman was the first head of Child Haven's SoyaCow Project in India. But she was unable to travel to visit other SoyaCow centers–a major problem. Address: Child Haven (India), 5-2–658 Chintal Basti, Khairatabad, Hyderabad 500004, Andhra Pradesh, India.

9877. **Product Name:** California Dream Burger. Reamed

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Dream Burger in Aug. 1993.
Manufacturer's Name: Season's Harvest.
Manufacturer's Address: 52 Broadway, Somerville, MA 02145. Phone: 617-628-1182.
Date of Introduction: 1991. June.
New Product–Documentation: Talk with Ademar Reis. 1993. Nov. 29. He introduced this consumer retail product, made with tofu powder (purchased from Minnesota Waxy) and textured soy protein concentrate, in about June 1991. The name will soon be changed to Dreamburger so it can be copyrighted.

9878. **Product Name:** Tofu.
Manufacturer's Name: Soycountry.
Manufacturer's Address: Westbrook (farm), Berrigan, NSW 2712, Australia. Phone: 060-356-215.
Date of Introduction: 1991. June.
New Product–Documentation: Letter from Rick Pyle, owner. 1991. July 10. "I am using a Takai W30B model tofu system to manufacture tofu and have just started last month." The telephone operator in New South Wales says that Berrigan is near Aubrey and Shepparton, but has no phone number listed for Soycountry.

Letter (fax) from then talk with Rick Pyle. 1992. Aug. 26 and Sept. 1. This company, owned by him, his wife Libby, and his father Max, has been making tofu for more than a year. They use both nigari and calcium sulfate as coagulants. He and his father also grow soybeans in New South Wales, and they use their Bowyer variety to make their tofu. His father was a soybean pioneer in the area, growing the first crop of irrigated soybeans in southern New South Wales in the 1960s. Their main competitors are Earth Angel and Blue Lotus.

9879. Sumaratunga, P.A.; Dasanayake, D.M.W.T. 1991. Potentials and problems of income and employment generation through small-scale processing of coarse grains, pulses, roots and tubers in Sri Lanka. *Palawija News* (*Bogor, Indonesia*) 8(2):13. June.
• ***Summary:*** "Sri Lanka is an agricultural country with 52% of its labour force involved in agriculture and 31% of the total land area under agricultural crops. Total agricultural production constitutes 20% of the annual Gross Domestic Product, of which three fourth covers food crops and one fourth covers the export-oriented plantation sector.

Agricultural production in Sri Lanka is adapted to suit the annual bimodal rainfall pattern. In the wet (*Maha*) season, the whole island receives rain. In the dry (*Yala*) season, only the southwestern quarter of the island [around Colombo, the capital] experiences substantial rainfall.

Tables: (1) Labor productivity and land utilization of CGPRT crops in Sri Lanka. The five columns are: Crop type, GDP (million rupees), number of farm families, area cultivated. The 3 crop types are roots and tubers (incl. potato, manioc, sweet potato, other yams, which contribute the most to the GDP), pulses (including soybean, cowpea, greengram, blackgram, and groundnut, which have the largest cultivated area) and coarse grains (incl. maize and kurakkan).

(2) Area cultivated and production of CGPRT crops in Sri Lanka (1985-1989). For soybean in 1985: 2,780 metric tons were produced on 2,400 ha. In 1989: 2,910 metric tons were produced on 4,700 ha.

(3) Population and labour force statistics for Sri Lanka. The four columns are sector, population labour force, and unemployment. The population of Sri Lanka is presently 16.9 million of which 36% are economically active. 72.2% is rural, 25.5% is urban, and 6.3% is estate (lives on an estate).

(6) Labour requirements for cultivating and processing different crops (per acre). (7) Total labour cost for cultivating and processing different crops (per acre). (8) Total annual labor use and wage bill of CGPRT crop production.

A section titled "Producing soya-based products" states: "However the income and employment generation potential could be higher than that of pulses since soy products are higher priced and processing needs more labour. Nevertheless products such as tofu and tempe can fetch higher prices only when they are more widely accepted in Sri Lanka."

"Conclusion:... a clear potential exists for generating employment and income in the rural sector by promoting small-scale processing of GCPRT crops. To achieve this potential," for suggestions are given to planners.

Note: An editorial (p. 3) by Seiji Shindo, Director, CGPRT Centre, is largely about the Soybean Yield Gap Analysis Project (Phase II). Address: 1. Agricultural economist; 2. Provincial director (UVA province). Both: Dep. of Agriculture, Sri Lanka.

9880. Thornbury, Barbara E. 1991. One-pot cooking, the Japanese way. *New York Times.* July 14. p. XX6, XX31.
• ***Summary:*** An excellent in-depth article about *nabemono,* including the many different regional varieties. Chanko-nabe is a favorite of sumo wrestlers in Kyoto and elsewhere. Ishikari-nabe is a specialty of Hokkaido, Japan's northernmost main island; ingredients include tofu and fresh salmon.

Dote-nabe (oyster nabe) is associated with the port city of Hiroshima; ingredients include "grilled bean curd" and an inch-wide ring of miso spread around the inside lip of the pot like a moat.

Hakata, on the island of Kyushu, is known for its mizutake (sometimes called mizu-daki); ingredients include tofu. Other popular types of nabemono are yose-nabe, sukiyaki, shabu-shabu, and chiri-nabe.

9881. Walsh, Ami. 1991. Tofu entrepreneur plans tasty Asian joint venture. *Detroit News.* July 22. p. F-14.
• ***Summary:*** Bruce Rose, president of Rosewood Products

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Inc., plans to soon start a joint venture with the Zhen Jiang Bean Factory, a tofu manufacturer with 500 employees located several hundred miles northeast of Shanghai. The Chinese company will provide the technology, recipes, technicians, and equipment to make a new line of tofu products–quite unlike anything most Americans have ever tasted. For example "Buddhist Chicken" made of a pressed tofu called *dofu gan.*

Contains a nice biography and photo of Bruce Rose, who has worked in the natural food industry for 20 years. After earning a degree in philosophy at Central Michigan and Wayne State universities, he founded a small co-op in Royal Oak–while holding paying down a job at Michigan Bell. He worked at Eden Foods (Clinton, Michigan) for two years, then in 1980 founded Rosewood Products as a natural foods distributor.

Five years ago when The Soy Plant, his tofu supplier, went out of business, Rose bought the used equipment, invested $100,000 in new equipment, and began making his own brand of tofu, now named China Rose. Today his company makes about 4,000 lb/week of fresh tofu. Address: Freelance writer, Ann Arbor, Michigan.

9882. Hurt, Calvin. 1991. Soyatech has a $5,000 study of the tofu industry and market worldwide (Interview). *SoyaScan Notes.* July 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This specialized study was conducted for the National Cancer Institute. A condensed version, focusing on the U.S. tofu market, is available for $660. He will be sending a proposal on Monday to Calvin, who is vice president of a frozen food company with a client base of 150,000 companies. All the foods they ship are frozen.

Note: Mark Messina of the National Cancer Institute states (31 July 1991) that the actual title of this report is "Soyfoods Consumption in the USA and Worldwide." Address: 23 Hickory Hill Rd., Branford, Connecticut 06405.

9883. Nhuch, Elsa. 1991. Re: Interest in tofu in Brazil. Soy ice cream in Israel and Brazil. Letter to David Mintz of Tofu Time Inc., July 31. 3 p. Typed, with signature.

• ***Summary:*** Mrs. Nhuch has been interested in tofu as a food for 5 years, and has tested it in numerous recipes. In doing bibliographic research on tofu she learned about Tofutti. "I already knew the soy ice cream which has been produced in Israel for twenty years and was developed in the Technion (Institute of Technology of Israel) where I studied between 1970 and 1971. This product was developed to be served to religious men who don't mix milk with meat..." Mrs. Nhuch would like to introduce Tofutti to Brazil. It would be excellent for the country's 5 million diabetics. 11% of the population of Porto Alegre has diabetes.

Born in 1947 in Porto Alegre, Brazil, she has a MSc in chemistry degree and completed a post-graduate course in food technology in the Technion. She is presently associate professor in the Universidade Luterana do Brasil, Canoas, Rio Grande do Sul. Address: 480 Sao Manoel St., 1st floor, 90620 Santana, Porto Alegre, RS, Brazil.

9884. Fischer, G. 1991. Erfahrungen ueber die akzeptanz von Tofu-Gerichten und texturierten Sojaprodukten in der Gemeinschaftsverpflegung [Experience concerning the acceptance of tofu products and textured soy products in the food service industry]. In: F. Meuser and P. Suckow, eds. 1991. Soja in Lebensmitteln: Vortraege 2. Hamburger Soja-Tagung. Berlin: Technische Universitaet Berlin, Institut fuer Lebensmitteltechnologie und Gaerungstechnologie–Getreidetechnologie. 171 p. See p. 71-82. [Ger]

• ***Summary:*** Contents: Introduction. Remarks on the concepts of full value/high quality foods (vollertige Kost), essential or required foods (bedarfsgerechte Kost), tasty foods (schmackhafte Kost), and nourishing/wholesome foods (bekömmliche Kost). Soy products as components of the food service industry. Soy products as components of a known diet? (Bestandteile einer bewussten Ernährung). Acceptance of soy products. The supply of soy products (incl. TVP, tofu, and tofu products). Conclusion. Address: Deutsche Gesellschaft fuer Ernaehrung e.V., Frankfurt am Main, Germany.

9885. Folkers, Doerte. 1991. Verbraucherwissen ueber Soja als Naehrstoffquelle und Lebensmittel [Consumer knowledge of soya as a source of nutrients and a food]. In: F. Meuser and P. Suckow, eds. 1991. Soja in Lebensmitteln: Vortraege 2. Hamburger Soja-Tagung. Berlin: Technische Universitaet Berlin, Institut fuer Lebensmitteltechnologie und Gaerungstechnologie–Getreidetechnologie. 171 p. See p. 9-21. [10 ref. Ger]

• ***Summary:*** Discusses German consumer attitudes toward soya and plant proteins based on surveys using 8 questions with 2,000 people in 1989. When asked which of 9 foods on a list were important sources of protein, those foods receiving the highest percentage of responses were fish (85.3%), meat (72.4%), soybeans (50.3%, up from 39.0% in 1978), and butter (41.0; even though it is mostly fat and contains almost no protein). When asked if people need more or less protein, 39.3% said "about the same as before," 33.6% said "more," and 25.5% said "less."

When asked if people should consumer more plant protein or animal protein, 61.3% said more plant protein and therefore less animal protein, 19.5% said "same as before," 12.9% said that it makes no difference since "protein is protein," and 5.4% said more animal protein and therefore less plant protein.

"One source of plant protein is the soybean. Do you know if the soybean is used as a food or in foods?" 48.3% said they did not know. 37.2% said yes, as a food. 28.0% said yes, in foods.

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"Which foods are you aware of in which soya is used?" Soya oil 34.1%, in breads and baking 26.3%, soy sprouts 17.8%, soy sauce 14.6%, in convenience prepared foods (*Fertiggerichten*) 9.7%, in sausages and cold cuts 8.9%, in meat substitutes 7.7%, as soybeans 7.6%, in noodles and pasta 7.0%, tofu and tofu products 6.9%, soybean flour 5.9%, vegetables 5.8%, salads and raw foods 5.4%, soyburgers or patties (Soja-Bratlinge) 4.1%, soymilk 4.0%, other 15.0%.

"I will read you a list of foods in which soya is used. Please tell me if you have heard of it, tried it, or purchased it." (percentage responses): Soy oil 70.5%/24.2%/17.7%. Raw soy sprouts 55.5/24.0/14.4. Soy sauce 54.5/28.1/17.6. In bread 39.5/19.6/14.2. In convenience prepared foods 28.5/10.0/6.5. Soyburgers or patties 21.3/7.3/3.5. Soymilk 19.4/4.0/1.8. Tofu and tofu products 18.6/7.6/4.6. In noodles or pasta 17.6/5.9/3.4. Address: Inst. fuer Ernaehrungsoekonomie und -soziologie der Bundesforschungsanstalt fuer Ernaehrung, Stuttgart, Germany.

9886. Gavin, M.; Wettstein, A. 1991. Verfahrenstechnische Fortschritte in der Entwicklung von Sojaprodukten [Progress in processing techniques in the development of soy products]. In: F. Meuser and P. Suckow, eds. 1991. Soja in Lebensmitteln: Vortraege 2. Hamburger Soja-Tagung. Berlin: Technische Universitaet Berlin, Institut fuer Lebensmitteltechnologie und Gaerungstechnologie–Getreidetechnologie. 171 p. See p. 23-38. [Ger]
• ***Summary:*** A fine-grained soy flour or powder has been developed. It can be used to make salted products (such as soyanaise {*Sojanaise*}, soynut butter {*Sojabutter*}, soy meat {*Sojafleisch*}), sweetened products (soy chocolate{*Sojachokolade*}, soy caramel {*Sojakaramellen*}), ready-to-use mixtures for the production of sweets, pasta or doughs, soymilk or tofu. Note 2. This is the earliest German-language document seen (April 2005) that mentions soynut butter, which it calls *Sojabutter.* Address: Buehler SG, Uzwil, Switzerland.

9887. *INTSOY Newsletter* (*Urbana, Illinois*). 1991. INTSOY plans expanded cooperation with utilization project in India. No. 43. p. 4. July.
• ***Summary:*** Harold E. Kauffman, INTSOY director, "who recently returned from a two-week trip to India, recommends an aggressive collaborative effort between INTSOY and the Soybean Processing and Utilization Project (SPU) in India to involve the private sector in turning the potential of soyfoods into commercial reality. The SPU project is funded by the U.S. Agency for International Development [USAID].

"The most promising avenues for expansion include producing low-fat soy flour and edible oil from extrusion and expelling; producing full-fat soy flour, soy-cereal blends, and soy-pulse blends from extrusion cooking alone; producing food products with edible-grade defatted flour from existing solvent extraction plants; increasing the use of all types of soy flour in bakery products; and producing soy paneer and soy-based dairy analogs."

9888. Kawashima, Masao. 1991. Tôfu, aburage no fuhai henpai no bôshi [Prevention of decomposition / putrefaction and spoilage in tofu and deep-fried tofu pouches]. *Dairii Foodo* (*Daily Foods Science*). p. 40-45. Special summer edition on Soybeans and Technology. [Jap]
Address: Habutae Tofu K.K., Shokuhin Kenkyû-shitsu, Torishimari-yaku–Shitsu-cho, Kanazawa-shi, Ishikawa-ken 921, Japan.

9889. Messina, Mark; Messina, Virginia. 1991. Increasing use of soyfoods and their potential role in cancer prevention. *J. of the American Dietetic Association* 91(7):836-40. July. [56 ref]
• ***Summary:*** Contents: Abstract. Introduction. Historical perspective. Soybeans and the US food supply: Soy protein products, retail soyfoods sales. Nutrient contribution of soyfoods. Soybeans and cancer risk: Experimental studies (isoflavones, protease inhibitors, epidemiology, breast cancer, colorectal cancer). Conclusions. Implications.

"Soybeans contain, in relatively high concentrations, several compounds with demonstrated anticarcinogenic activity. Two of these compounds–protease inhibitors and phytic acid–have traditionally been viewed as antinutrients... It may not be appropriate to evaluate soybeans on nutrient content alone; dietitians need to know about the nonnutritive dietary compounds, called phytochemicals, which may have anticarcinogenic effects... Overall, the epidemiologic data suggest that soy consumption may lower colorectal cancer risk, whereas there is only moderate support for the role of soy in reducing breast cancer..."

Table 1 (p. 838) gives the "Proximate composition and selected nutrient content of various soyfoods in common serving sizes and in 100-gm edible portions" (based on Haytowitz 1986). The soyfoods are: Miso, natto, okara, roasted soybeans (dry- or oil roasted), soy sauce (tamari), tempeh, firm tofu (raw), regular tofu (raw). Address: 1. Diet and Cancer Branch, Div. of Cancer Prevention and Control, National Cancer Inst., Bethesda, Maryland 20892; 2. Registered Dietitian, private practitioner, Washington, DC.

9890. **Product Name:** Shredded Soya Kaas (Cheese Substitute) [Mozzarella Style, Mild American Style].
Manufacturer's Name: Soya Kaas, Inc. A subsidiary of Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 6029 Lagrange Blvd., Atlanta, GA 30336. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-825-2057.
Date of Introduction: 1991. July.
Ingredients: Incl. organic silken tofu, soymilk.
Wt/Vol., Packaging, Price: 8 oz resealable, reusable pouch.

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How Stored: Refrigerated.
New Product–Documentation: Ad (5 by 5 inches, black and white, drawing) in Natural Foods Merchandiser. 1991. July. p. 18. "No cholesterol. Lactose free. All natural. Made with fresh organic tofu and soymilk (not powders & isolates)." Illustrations of a windmill silhouette, a slice of pizza, and two tacos.

9891. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Tofu-Rwanda.
Manufacturer's Address: P.O. Box 1906, Kigali, Rwanda. Phone: 758-82607.
Date of Introduction: 1991. July.
New Product–Documentation: Letter from Mr. Johnny Kashama of Tofu-Rwanda. 1993. Nov. 9. "In Rwanda there is a mini-industry which makes tofu and other products from tofu like crackers (from okara) and fritters and other kind of cakes called in French 'croquettes.'" Johnny would like to take the methods used by Tofu-Rwanda to his home country of Zaire, beginning in Kisangani (where he will defend his thesis at the university), and the finally in Bukavu where he lives with his parents. He is preparing a thesis to present at the end of his studies in Zaire at the Institut Facultaire des Sciences Agronomiques (IFA). It will be titled *"Essai de valorisation de la technologie du soja: Methodes et techniques de production de lait de soja pour une unité artisonale."* He hopes that completion of this thesis will lead to financial support from elsewhere. Presently he has no money.

Form filled out by Mr. Johnny Kashama of Tofu-Rwanda. 1994. Dec. 21. This tofu, the company's first product, was launched in July 1991. For details see Kashama 1994. Note: This is the earliest known commercial soyfood product made in Rwanda.

9892. **Product Name:** Snack'n Savory Tofu.
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1991. July.
Ingredients: Organic tofu (water, soybeans, nigari (magnesium chloride)), soy sauce, honey, soy oil, spices, granulated onion, granulated garlic.
Wt/Vol., Packaging, Price: 4 oz (114 gm) plastic pouch.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Lon Stromnes. 1991. July 30. 3 by 5 inches. Plastic pouch. Red, white, yellow, green, and blue on reddish-brown. "Ready to eat! Delicious hot or cold! Great in salads." Leaflet (black and white, single sided, 28 cm) sent by White Wave. 1993. Feb. "Lip snack'n good." Soybeans organically grown

Note: This is a new version of a White Wave product named Savory Baked Tofu, launched in Dec. 1979.

Ad in Natural Foods Merchandiser. 1992. December. Soyfoods 2000 (Special supplement insert, p. 6). Mentions Snack'n Savory Tofu.

9893. Spaid, Elizabeth Levitan. 1991. Give me a burger–Hold the meat: A widening variety of dishes enliven the plant-based diets of today's vegetarians. *Christian Science Monitor.* Aug. 1. p. 14.
• ***Summary:*** Vegetarian diets are no longer bland or uninteresting (if they ever were). Today's vegetarians enjoy a rich variety of flavors, and sound nutrition. A new generation of vegetarian adults are raising their kids on healthy vegetarian or vegan diets. They also know more about nutrition. And a much wider variety of vegetarian foods and cookbooks are easily available. Almost every supermarket now carries tofu, frozen meat alternatives, all kinds of fruits and vegetables, breakfast cereals, etc. There are now alternatives to almost every meat, dairy, or egg product–from tofu dogs to soy cheese, from eggless mayonnaise to fake bacon made of tempeh–not to mention soy milk and soy ice cream. In short, there are a great many more things to eat in the plant kingdom than in the animal kingdom.

"Many people wince when they hear the word 'vegetarian,' thinking tofu (a cheese-like food made from soybeans) and salad are the staples of such a diet." But vegetarians know this is a myth.

For many people discovering the rich, varied, and delicious flavors is a big discovery, a real and happy surprise. When many people decide to "go green" they also decide to give up meat, which is so destructive to the environment. Others believe it is ethically wrong to kill and eat animals. Still others believe that a vegetarian diet is more healthful.

Tofu can be used in a remarkable number of ways, and made to blend in so one doesn't even know its tofu. Delicious sauces can be made out of "silken tofu and miso," and people think they are eating some type of rich cream sauce.

9894. Sarkar, Bidvut. 1991. Breakfast in style, dine at dhabas. *Times of India* (*The*) (*Bombay*). Aug. 11. p. 12.
• ***Summary:*** "Relief from excise duty granted to several breakfast items in this year's budget will make the day's first meal less costly and more nutritious."

"Soya-based, protein-rich tofu, yoghurt and cheese put up in unit containers are set to escape the tax net, too."

Note: Imagine, "tofu" made it into India's 1991 budget!

9895. Gubanov, Alexander. 1991. Plans to start four tofu companies in the Soviet Republic of Georgia (Interview). *SoyaScan Notes.* Aug. 13.
• ***Summary:*** These four companies would like to produce 1 ton/day of tofu to meet Soviet food and protein deficits. They are now looking for an equipment supplier. Alexander worked at Wildwood Natural Foods in Fairfax, California,

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making tofu for several years.

Follow-up talk. 1991. Sept. 23. Mohammed Barai is a man of Afghan descent (his ancestors immigrated to Georgia before 1917) who comes from Tbilisi (formerly called Tiflis), the capital of the Georgian S.S.R. in the Caucasian mountains. He now lives in Moscow where he runs an import company; he also has an office in Tbilisi. He will be importing tofu equipment to make tofu in Georgia, then organizing the tofu production. The Georgian government will help pay the costs of the tofu plants. Alexander will be visiting the Soviet Union very soon. Address: Georgia Export Co., P.O. Box 1492, Ross, California 94957.

9896. Ashraf, Hea-Ran Lee. 1991. Work with soyfoods in Zambia and Illinois (Interview). *SoyaScan Notes.* Aug. 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Hea-Ran is Korean. After 2 years studying groundnut flour in India at CFTRI on an FAO scholarship, she came to the USA in 1976. At Iowa State Univ., working under Dr. Harry Snyder, she wrote her PhD degree thesis on the flavor of soymilk.

While in Zambia, she worked with home economics extension people, teaching them how to fortify Nshima (pronounced "SHEE-muh; a popular thick non-fermented cornmeal mush that is often eaten with the fingers) with either roasted soy flour, or with okara from soymilk. She and Ellen Jayawardene from Sri Lanka also taught the local people to make and use soymilk. They did not teach about tofu, since no coagulant was readily available. The Lee Yeast Co., a bread company or bakery owned by Mr. Limbada, uses soy flour in their breads. Several other companies were in the process of buying Wenger- or low-cost extrusion cookers for processing soybeans. People from the University of Illinois were helping them to set up this equipment.

The key man working with soyfoods in Zambia is Fred Javaheri. He has worked in Zambia for about 20 years, initially with the USDA. An Iranian by birth, he and his family have permanent Canadian residence (but not citizenship) status but they live in Zambia. Because his religion is Baha'i, he fled from Iran after the Iranian revolution, when many of his non-Moslem faith were persecuted or killed. The Baha'i faith originated in Iran (Persia) in the 19th century and emphasized the spiritual unity of all human beings.

In 1979 she went to the Univ. of Illinois at Carbondale, where she now does mainly teaching; there is not much time or funds for research. Many of her students have do research on tofu. Address: Asst. Prof., Animal Science, Food & Nutrition, Southern Illinois Univ., Carbondale.

9897. Tara, Bill. 1991. Pioneering macrobiotics and soyfoods in London (Interview). *SoyaScan Notes.* Aug. 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Starting in the late 1960s, the pioneering work with soyfoods in London was done by Craig and Greg Sams. They and their parents were Americans, and they had gone to college in America. Their father was employed by the U.S. armed forces as an historian; they spent a lot of their time growing up between America and England. Greg fell out of a tree while going to college in Berkeley in the late 1960s and was paralyzed from the waist down, so he was confined to a wheelchair, but was still very active and innovative. In the late 1960s they set up a macrobiotic natural foods cafe / restaurant on Portobello Road in London, then changed it into Ceres Grain Shop, a natural foods retail store. As volume increased, they began to distribute their products out of the back of their shop, and in about 1971 founded Harmony Foods Ltd. as a distribution company located in a warehouse on Ladbroke [sic, Latimer] Road. The model and evolution was similar to that of Erewhon in Boston. Harmony Foods was the first natural foods distributor in England, and probably the second in Europe after Lima Foods of Belgium. Soon they were importing macrobiotic foods from Japan, and distributing organically grown grains from England and from The Camargue (a marshy island in the delta of the Rhone River in the south of France), etc.

Among their early Japanese imports were bulk miso and "tamari" (actually shoyu), imported from Muso in wooden kegs. They repackaged the miso and shoyu in glass bottles under the Harmony Foods label in London. This was the first Japanese miso and shoyu sold in England. In about 1972, as soon as Erewhon started having miso and shoyu packed in Japan, the Sams had the same thing done with theirs, then they applied their own labels in London. But they continued to import in bulk as well. A Chinese company in London made tofu and [mung] bean sprouts, then sold the tofu to the Sams brothers; they sold it unpackaged in open trays in water. At that time, tofu was not emphasized much in macrobiotic circles so not much was sold; it was considered too yin. The Sams also sold deep-fried Rissoles filled with TVP instead of meat; as early as 1970 the Rissoles were being made by an Israeli guy (name?) who owned a shop (name?) by the Hempstead Heath. Marigold Foods also used TVP in the mid-1970s.

In 1970 Bill Tara, then a vice president at Erewhon in Boston, passed through London on his way to India. One purpose of his trip was to scout out the possibility of Erewhon setting up a distribution point or center in England. Paul Hawken was president of Erewhon at the time, and Erewhon was importing miso and tamari from both Muso and Mitoku in Japan. Bill and Paul had been roommates in a warehouse in San Francisco, then they took over the Erewhon food store from Evan Root, Paul starting 2-3 months before Bill. In London, the Sams brothers were just opening a new natural foods restaurant in the Notting Hill area so Bill and Paul Petrofsky spent 2 weeks fixing it up. Paul later started Baldwin Hill Bakery with Hy Lerner. Bill stayed in London 2-3 months during this first visit.

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In about 1972 Bill returned to London with Russel Demerais, on the Erewhon payroll, again to start an Erewhon distribution center. But Erewhon went through a cash crisis and Harmony foods had grown dramatically. So Bill and Peter Bradford (an Englishman who had come to American in about 1970 and worked for Erewhon doing organic agriculture at Erewhon Farms near Keene, New Hampshire) began to work for the Sams brothers both at Ceres Grain Shop (the retail store) and Harmony Foods (in the warehouse). Bradford, who now has a very successful natural food store in England named Clearwater Natural Grocer, has been one of the most important promoters of soyfoods in the UK. At this time, Craig Sams set up a bakery. By now, miso and tamari sales had increased; Harmony was still affixing its own label to unlabeled packs.

In 1974 Bill and Peter established Sunwheel as a natural food/macrobiotic distributor. They picked up exotic Japanese imports that Harmony found unprofitable and wanted to drop–so there was little or no competitive feeling with the Sams. By late 1974 Sunwheel Hatcho Miso, Mugi Miso, and Tamari were on the market, imported from Muso (Yuko Okada) in Japan. Sunwheel also made granola and peanut butter. Sunwheel never sold any other soyfood products; they had very limited warehouse space and no refrigeration.

Note: On 17 Aug. 1975 Renée Tara wrote William Shurtleff in California. She was living at 30 B Market St., Bradford-on-Avon, Wilts., England. She is writing a European Macrobiotic Cookbook. She requests information on miso and invites Shurtleff to visit.

In about 1977 Sunwheel acquired a retail store that had been started in and by the Community Health Foundation. By 1979 Sunwheel was very successful, but it needed to be recapitalized or sold. So the partners decided to sell it to a larger health food company; Peter kept the retail store.

In Nov. 1975 Bill established the Self Health Center which by 1976 grew into the Community Health Foundation (CHF). By 1976 CHF was offering classes in soyfoods. Paul Jones was the key man with tofu; he taught classes and started making tofu out of his home in the Highgate area. Paul Jones was definitely the first Caucasian to pioneer tofu in England. Simon Bailey, a baker who was originally with one of the first natural foods stores in England, located in Bath, taught about tempeh. These people were experimenting in the kitchen with soyfoods and taught in a sort of an apprenticeship program. Jon Sandifer, who is still with CHF, learned tempeh from Simon Bailey. CHF sold some tofu and tempeh through its own sit-down restaurant named The Seven Sheaves, then renamed The Natural Snack and changed to a cafeteria. A few people did experiments with miso but it never got to a commercial scale in part because of persistent rumors that Lima Foods was going to start making it.

By the late 1970s soyfoods were growing in popularity in the UK. Two separate groups promoted them; the vegetarians and animal rights people (who liked TVP), and the natural foods and macrobiotic people. Marigold Foods also used TVP in the mid-1970s.

Much of important pioneering commercial work with soyfoods in Europe was done by macrobiotic groups in the Netherlands and Belgium. Bill often went there to teach in 1974-79. Tofu, and later tempeh, were emphasized by groups such as Manna in Amsterdam and De Brandnetel in Antwerp. Macrobiotics was much more active in the Lowlands than in England.

The Sams brothers later started Whole Earth as a marketing company for their jams. They sold it fairly soon. Greg Sams (disabled) is no longer in the food business; he runs The Chaos Shop in London which sells photographic reproductions of computer-generated chaos patterns. Craig started Realeat Co. and now may be with the Haldane Foods Group. Address: Director, Nova Inst., P.O. Box 4648, Estes Park, Colorado 80517. Phone: 303-586-6265.

9898. Nordquist, Ted. 1991. New developments with Aros Sojaprodukter AB in Sweden (Interview). *SoyaScan Notes.* Aug. 23. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The Aros plant has been moved from Örsundsbro (just southwest of Uppsala) to Tingsryd in the south of Sweden. Aros is working with Trensums Musteri, a juice company located in Tingsryd, located 20 or 30 minutes miles to the north of the southern seaside city of Karlshamn. Both Tingsryd and Karlshamn are located in Blekinge County. Ted and his family will continue to live in Örsundsbro, but his office and the company administration will be moved to Enköping, about 15 minutes from his home. He will continue to commute to Tingsryd when necessary. The company is now getting ready to sell soymilk equipment to interested buyers.

Nutana in northern Europe is now being sold and Ted's company is trying to buy it. Ted first learned (in Copenhagen, Denmark) that Nutana was going to be sold from Jon? Olsen, the marketing director for Danska Nutana. Only recently did he learn that it could be sold to a company other than Hundedogs? Adventista. Address: CEO, Aros Sojaprodukter, Bergsvagen 1, S-19063 Orsundsbro, Sweden. Phone: 0171-604 56.

9899. Sams, Craig. 1991. Pioneering macrobiotics and soyfoods in England, 1967-1979 (Interview). *SoyaScan Notes.* Aug. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Craig and Greg Sams were both born in America. Their mother is from Nebraska and their father from Pittsburgh, Pennsylvania. Greg is 4 years younger than Craig. During the 1950s and 1960s the family went to England periodically, largely because Craig's father worked in England as a historian for the U.S. Air Force. In 1965

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Craig took a year off from college, traveled around the Indian subcontinent, and got hepatitis. Upon returning to the Univ. of Pennsylvania in Philadelphia for his final year, he fell in with 3 followers of macrobiotics and got interested in macrobiotics. In about Feb. or March of 1966 he went to the Paradox, a macrobiotic restaurant in New York and decided that he wanted to start a similar restaurant in London. In late 1966 Craig's brother, Greg, fell out of a tree in Berkeley, was paralyzed from the waist down and was confined to a wheel chair–as he still is.

In Feb. 1967 Craig started a restaurant named the Macro at 10-A Airlie Gardens, Holland Park, London. Yoko Ono, John Lennon's wife, was one of the first regulars. She was the first person Craig met in London who was aware of macrobiotics; she had learned about it in Japan. But Craig had to close Macro after 2 months because of zoning problems. In mid-1967 Greg joined Craig in London and in Dec. 1967 they opened a new macrobiotic / natural foods restaurant named Seed at 136a Westbourne Terrace, W.2, London–a few minutes walk from Paddington Station. Soyfoods were a part of the menu. They got Kikkoman shoyu, shiro-miso, and Hatcho miso from a Japanese import company named Mikado-ya, which was run by Japanese in southeast London out of the basement of a house and supplied Japanese embassies in Europe and Africa. At that time Craig thinks there were no Japanese restaurants or retail stores in London. Seed soon started to import Hatcho and barley (mugi) miso from Muso in Japan. Seed never used any of Lima's soyfood products. Seed also used fermented tofu; they mixed it with tahini, spread it on bread, and called it a Rarebit–an alternative Welsh Rarebit, which is cheese on toast. Seed purchased fresh tofu and [mung] bean sprouts from a Chinese company named Lung Kee on Fermoy Road, Paddington, London, right on the banks of the canal. It was run by one Chinese man who employed about 15 West Indian / Jamaican women who made the foods. Bean sprouts accounted for most of Lung Kee's business. Craig has no idea when Lung Kee started making tofu. In addition to its mainstay, brown rice, Seed served the tofu diced in miso soups, or sauteed with vegetables such as nitsuke carrots, etc., or as a dessert with tofu and apple concentrate whipped with fruit to a thick creamy consistency and chilled. The restaurant did well. It was soon famous for its "groovy vibes" and its free meal of brown rice, veggies, and green tea for those who could not afford to pay. Although the Sams brothers were not "proponents of the brown rice and marijuana regimen" (as Kotzsch had implied in 1985, p. 221), Seed was a favorite hangout for a host of '60s counterculture celebrities such as The Beatles, The Rolling Stones, Yoko Ono, and others. Americans such as Bill Tara, Peggy Taylor, Eric Utne, and Paul Petrofsky also worked there. Then people began to ask the Sams if they could buy staple foods from the restaurant. So food was soon packaged and sold over the restaurant counter.

In about March 1969, to meet the growing consumer demand, the Sams brothers opened Ceres, a natural foods / macrobiotic retail store, at 8-A All Saints Road, 2 bocks from and parallel to Portobello Road. Ceres also did extremely well, with Greg and various managers having the main responsibility while Craig focused on the restaurant. Soyfoods retailed by Ceres included Hatcho and mugi miso, tamari, fermented tofu, and fresh tofu sold in trays immersed in water. Eventually Bill Tara and Peter Bradford took over management of Ceres. Soon other people began to open restaurants and natural foods / macrobiotic stores like Ceres in college towns in England: Infinity Foods in Brighton (at Sussex University; Peter Deadman, Robin Bines, Simon Bailey were involved), Arjuna in Cambridge, Harvest in Bath, and On the Eighth Day in Manchester. In 1970 the Sams developed a large mobile tent macrobiotic restaurant and made a lot of money by taking it to various big rock festivals.

In Aug. 1970 Harmony Foods was established as a natural foods / macrobiotic import, product development, and distribution company. The money from the mobile restaurant was used to rent a building at No. 10 St. Luke's Road in London (only about 300 yards from the Ceres shop), and to import enough products to start a line / range of products under the Harmony Brand (the logo was a yin / yang sign). They stored and packed these in basement at Harmony Foods. Starting in 1969, the first imports for the restaurant and for Ceres had came from Muso in Japan, and from a macrobiotic society in Vietnam came red rice and green tea. In 1970 they started to import 4-5 tons of organically-grown brown rice from The Camargue in the south of France. Grown by the same man who grew brown rice for Lima Foods, it became the company's main product. Harmony Foods started out with about 20 customers–16 conventional health food shops and 4 of the new wave of natural foods stores (which the natural foods stores called "grain shops"). Wholefood of Baker Street was the pioneer "organic shop" that started in the 1950s. They were part of the Soil Association, so organic growers used it as an outlet for the first organically grown produce retailed in England. They soon became an important outlet for Harmony Foods as well. In addition a man named Ivan Seruya would collect food (mostly produce) from the organic growers and deliver it to restaurants like Seed and Manna in London. One other product that was grown organically was Pimhill Flour. Harmony Foods was a pioneer in developing new organic growers (such as Stewart Patterson who farmed wheat with horses) and in putting organically grown foods into retail outlets.

By Aug. 1970 Harmony Foods was distributing soyfoods, including Hatcho miso, mugi (barley) miso, and tamari from Muso in Japan–imported in wooden kegs and packed in glass jars. These were the first miso and shoyu products available at retail outlets in England.

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In Jan. 1971 Harmony Foods outgrew its building on St. Luke's Rd. and moved into a larger warehouse at 191 Latimer Road (Maidenhead), a former cosmetics factory. Just before the move, Bill Tara informed the Sams that he was in London to set up Erewhon Europe to compete with Harmony. The restaurant, Seed, was sold in the spring of 1971 and reopened as The Magic Carpet. In 1971 Ceres was renamed Ceres Grain Shop and relocated at 269 A Portobello Rd.

In mid-1972 the shop next to Ceres closed. The Sams took it over and made it into Ceres Bakery. It transformed large amounts of wheat, organically grown in England, into unique and delicious naturally leavened breads. The enzymes in the freshly-milled flour helped to leaven the bread.

When they closed down Seed, the restaurant on All Saints Road, there was still a demand for simple macrobiotic food, so in about Feb/March 1971 they opened Green Genes, a sort of macrobiotic workingman's café on a much smaller scale. Each person picked up her or her food from a counter; there was no table service. It was open for lunch only whereas Seed had been open only in the evenings.

In 1972 they began to publish a magazine titled *Seed: The Journal of Organic Living.* Bill Tara and Peter Bradford helped with it occasionally. It continued for 6 years. That same year, above Ceres Bakery, started Ceres Bookstore, which only last for 1½ years.

Meanwhile Bill Tara and Peter Bradford had expanded and transformed Ceres Grain Shop, but in a way that led to extensive shoplifting, so it was scaled back to near its original size and finally sold in 1979 to Jack Weller. By that year all efforts and resources were focused on Harmony Foods, the wholesale business. Peanut butter (non-organic), the first product manufactured by Harmony, was now in two of the leading supermarket chains, Safeway and Waitrose. Address: 269 Portobello Road, Notting Hill, London W11 1LR, England. Phone: 071-229 7545.

9900. Drosihn, Bernd; Hess, Albert; Nagel, Christian. 1991. The tofu industry and market in West Germany (Interview). *SoyaScan Notes.* Aug. 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bernd is in the USA with Albert Hess of Das Tofuhaus. They just had a nice visit to Northern Soy in Rochester, New York. Svadesha Vegetarische Feinkost bought Byodo Naturkost in April 1991 and is now in financial trouble because the owners do not understand the tofu market; they are trying to sell Byodo, which is now also having trouble.

Since Huegli bought Soyastern and Yamato, the two companies have steadily lost market share. For the past two years, Soyastern's quality has been very poor, and they have sometimes been unable to fill orders–but that has improved somewhat since they were bought by Huegli (a Swiss company). In 1988 Soyastern alone had 35-40% of the German tofu market, and now it is 20-25%. Soyastern's actual output of tofu stayed about constant but the market as a whole is growing well. Yamato has always been well organized. Another problem is that Huegli is seen by natural food store owners as a "big food company" and these owners do not want to support such companies by buying from them.

Roughly 20 tonnes/week of tofu are now made in Germany, and that is growing at 10-15% a year. Of total sales, roughly 35% is plain tofu and 65% is tofu products. There are many more tofu products. Tofu and tofu products now have much more shelf space in food stores, and many stores that used to carry only one brand of tofu now carry 3-5. Roughly 90% of the tofu sold in Germany is made with organically grown soybeans; Hensel is one major company whose tofu is not organic. A rapidly growing proportion of these organic soybeans are now grown in Europe. The main countries supplying organic soybeans for tofu in Germany, in descending order, are: USA, France, Austria, Hungary, and Germany (the latter grows 20-30 tonnes/year). Some smaller companies (such as Taifun, Albert Hess of Das Tofuhaus, and Christian Nagel) have all been growing well. The largest tofu manufacturers in Germany are: (1) Huegli with 40% of the German tofu market–composed of Soyastern, Yamato, and KMK–is by far the biggest; they also have some brands in the Reform market, and in canteens. Hensel, which has strong connections with Huegli, is not a manufacturer; their tofu is produced at KMK (Kurhessische Molkerei Kassel) in Kassel, which is owned by Huegli. In early 1990 Huegli purchased Heirler, the biggest distributor of fresh health foods in West Germany, and also a brand name in 2,000 Reform Houses in Germany; (2) DE-VAU-GE (GranoVita brand), with 10% of the market, is big in the Reform market; (3) Christian Nagel Hamburg Tofu Manufaktur, 7-8%; (4) Geestland in Bremerhaven, 7-8%; (5) Das Tofuhaus in Lautersheim, 7-8%; (6) Taifun; (7) Svadesha; (8) Soto. Bernd's company is still small but he now makes much more tofu than tempeh, and his sales are growing fast. He got his tofu equipment from Tofurei Jutta Schoenemann near Nuremberg–which was run by a housewife and her husband. They bought their equipment in Japan, made 100-200 kg/week of tofu, and went out of business about 2 years ago. He is not aware of any companies that have gone out of business during the past year, although Svadesha and Byodo are having a hard time.

A major change is that KMK is now producing the tofu for Soyastern and Yamato. Yamato's plant will be closed at the end of this year. It is less expensive for Huegli to produce all of their tofu at one place. Thus by early 1992 KMK will be the largest tofu plant in Germany. It is not clear what will happen to Klaus Gaiser; he does not want to move away from Tuebingen. Thomas Karas is probably living in Cologne; he was very lucky to be able to sell his company to Huegli though he had debts of about 1 million marks. Huegli assumed only one-fourth of these debts. Soyastern's

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two main sources of capital (one bank and the man who sold him the chicken factory) took over one-fourth of the debt. Another one-forth was taken over by his supplier of soybeans, and Thomas took on the last one-fourth himself.

The price of tofu in the USA is much lower than in Germany, except for Heuschen-Schrouff tofu, which is sold in Asian food stores. Tofu sold in Asian food stores in Europe is generally much less expensive than that sold in natural food stores. Huegli is trying to recover the market share they have been losing by selling their tofu less expensively; this will probably bring down all tofu prices in Germany–but Bernd hopes it does not fall to the American level.

The organic German Soyfoods Association has had a struggle. People are now encouraging Klaus Gaiser to establish an association of all soyfoods manufacturers in Germany. Another big question is how soyfoods manufacturers will relate to the unified European Community in 1992. Address: 1. Founder and president, Viana Naturkost GmbH, Cologne; 2. Owner, Das Tofuhaus; 3. Owner Hamburger Tofu Manufaktur. All: Germany. Phone: (02233) 41323 or 221-121175.

9901. Drosihn, Bernd. 1991. Tempeh in West Germany (Interview). *SoyaScan Notes.* Aug. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Viana now makes more tofu than tempeh, but their tempeh business is also growing nicely. They started pasteurizing their tempeh about 2 months ago, and that has helped sales. Byodo Naturkost was the first company to make tempeh in Germany, and tempeh has been their flagship product, but their production seems to have decreased substantially. Christian Nagel also makes tempeh. Address: Founder and president, Viana Naturkost GmbH, Cologne, Germany. Phone: (02233) 41323 or 221-121175.

9902. Drosihn, Bernd. 1991. The tofu industry in the Netherlands (Interview). *SoyaScan Notes.* Aug. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** There are four major tofu manufacturers in the Netherlands. The first three are in the Asian market: 1. Heuschen-Schrouff. 2. Soy Lin–whose brand is Vanka-Kawat. Bernd is sure that "Lin" is spelled like this, not "Linn." 3. Tempé Produkten B.V. (Tempeh Products Inc.) in Kerkrade (owned by Robert Van Dappern). 4. Morgenstond–the only company in the natural foods market. Bernd saw their products 3 weeks ago. Address: Founder and president, Viana Naturkost GmbH, Cologne, Germany. Phone: (02233) 41323 or 221-121175.

9903. Skow, John. 1991. Itty-bitty. *Time.* Aug. 26.
• ***Summary:*** A cute review of the book *Oh-oh,* by Robert Fulghum. "'Hey, honey, do we really need any more philosophical tofu?' (Henry Featherless and his wife Glenda are browsing in the Just Barely Books store at the shopping mall...)"

9904. Kane, Marion. 1991. The cutting edge: Sink teeth into vegetarian fare. *Toronto Star* (*Ontario, Canada*). Aug. 28. p. C3.
• ***Summary:*** At the seventh annual Vegetarian Food Faire at Harborfront's York Quay Centre, there will be plenty of mouth-watering food and info to get your teeth into. But there won't be any meat.

The Faire will be held on Sept. 7 and 8, from 11 a.m. to 6 p.m., sponsored by the Toronto Vegetarian Association. It "addresses what the group calls the 'four cornerstones of a vegetarian lifestyle: health, animal rights, environmental concerns and the elimination of world hunger." Soy City Foods will be there to prepare barbecued veggie burgers, tempeh stew, vegetable curries, tofu pot pies, and non-dairy brownies.

Dr. David Jenkins, of the Univ. of Toronto's nutrition department will explain the nutritional benefits of a vegetarian diet.

A large photo shows Penny Cassel of Soy City Foods as she shows off her Tempeh Reuben sandwich, a vegetarian delight. "Tempeh is an Asian food prepared by fermenting soybeans."

9905. Maharashtra State Financial Corporation (MSFC). 1991. Display ad: Industrial units / property for sale on "As is where is basis." *Times of India* (*The*) (*Bombay*). Aug. 29. p. 4.
• ***Summary:*** "Property taken possession under Section of SFC's Act."

In the section on "Chemical / Pharmaceutical / Food industries," No. 10 is: "S. No. 57, H. No. 3, & S. No. 79, H No. 6. Village Kaman, Vasai Dist., Thane.

(Property of M/s Mishra Soya Food Products P Ltd.).

"Paneer from soya milk.

"Lease hold land: (Unexpired lease period of about 30 years) of 9,510 sq meters.

"Building: 294 25 square meters.

"Machinery: Japan make imported automatic pressure cooker plant & continuous roller extractor, pneumatic press with perforated SS [stainless steel] trays. Elgi make air compressor, boiler, water cooler. SS containers. M.S. tanks. 10 KVA generator. Mahindra Tempo of 2T Cap with closed body & rolling shutters etc.

Note 1. This appears to be the plant announced in this newspaper on 28 Dec. 1987. The product was made by Mishra Soya Food Products (whose plant was at Vasai, Bombay) and marketed by Amit International. The basic equipment was imported from Takai Tofu Mfg. Co. of Japan. Mishra was apparently unable to survive making tofu.

Note 2. This ad ran at least 7 times in this newspaper; the last time was 15 Feb. 1992 (p. 21).

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9906. Soyfoods Center. 1991. Soyfoods information catalog: Publications by William Shurtleff & Akiko Aoyagi Shurtleff [mail order]. P.O. Box 234, Lafayette, CA 94549. 20 panels. Aug. 30.
• ***Summary:*** This catalog, folded like a road map, is printed with dark blue and pea green ink on white paper. This is the first catalog in which the prices are printed on a separate sheet of paper. 5,000 copies were printed by AMP Printing Inc. in Pleasanton, California.

Note: This was the last catalog Soyfoods Center ever had printed on paper. Future catalogs appeared on the Center's website. Address: Lafayette, California. Phone: 415-283-3161.

9907. **Product Name:** [Tofu, Plain Soymilk, Okara].
Manufacturer's Name: Alfa Bio spol. s r.o.
Manufacturer's Address: Horná 37, Banská Bystrica, Slovakia. Phone: 088/242 35.
Date of Introduction: 1991. August.
New Product–Documentation: Letter from Anna Kubová and Ján Vavrac. 1993. Oct. This company makes tofu in Slovakia. An enclosed 2-page leaflet says: "Tofu = Zdravie, silna, línia" which means "Health, strength, and silhouette [literally "line"]." It describes what tofu is, how it is made, what ingredients it contains, how it can help promote good health, and general ways of using tofu plus six recipes.

Letter and labels (for tofu and okara) sent, and form filled out by Jan Lunter of Alfa Bio. 1994 Jan. 10. This company was founded in early 1991 by Jan Lunter, a devoted vegetarian, with the goal of manufacturing, exporting, importing, distributing, and selling healthy foods. Alfa Bio company is presently owned by Jan Lunter and Radko Petrovic. They were the first company to make tofu or soymilk in Slovakia, and also in the former Czechoslovakia. After the "velvet revolution" in 1989 an opening was created for private enterprises, and the Czech population finally began to realize the negative health effects of the high-cholesterol, high-protein diet to which it had been exposed. Today Alfa Bio makes 15 tons/month of tofu and 2 tons/month of okara. They learned how to make tofu initially from books, including *The Book of Tofu* by Shurtleff and Aoyagi. Additional information came from some Austrian tofu makers as well as some Japanese one (Tokyo Tofu, etc.) during their trip to Japan in the summer of 1993.

Label for tofu. 6.5 by 6 inches. Plastic pouch. Red, black, green, and yellow on clear plastic. 100 gm. 87 calories.

9908. **Product Name:** Mushroom and Tofu Stroganoff.
Manufacturer's Name: Culture Foods Ltd.
Manufacturer's Address: 4 All Saints Workspaces, 75 Raleigh St., Nottingham NG7 4DL, England. Phone: (0602) 788963.
Date of Introduction: 1991. August.
Wt/Vol., Packaging, Price: 12 oz (340 gm) aluminum foil container with paperboard sleeve. Retails for £1.69.
How Stored: Frozen.
New Product–Documentation: Label sent by Alison J. Clark of Culture Foods Ltd. 1991. Aug. 23. 5.76 by 4.5 inches. Orange and turquoise blue on white. Heavy paper sleeve. Logo resembling the Vegetarian Society's "V" but with a sunflower growing out of it. "No animal ingredients. Marinated tofu in a creamy mushroom sauce. No artificial additives of any kind. Tofu is a protein rich soya bean curd." A letter adds that the company, a worker's co-operative, sold its first order on 8 Aug. 1991.

9909. **Product Name:** Matar 'Paneer' (With Marinated Tofu).
Manufacturer's Name: Culture Foods Ltd.
Manufacturer's Address: 4 All Saints Workspaces, 75 Raleigh St., Nottingham NG7 4DL, England. Phone: (0602) 788963.
Date of Introduction: 1991. August.
Wt/Vol., Packaging, Price: 12 oz (340 gm) aluminum foil container with paperboard sleeve. Retails for £1.69.
How Stored: Frozen.
New Product–Documentation: Label sent by Alison J. Clark of Culture Foods Ltd. 1991. Aug. 23. 5.76 by 4.5 inches. Orange and turquoise blue on white. Heavy paper sleeve. Logo resembling the Vegetarian Society's "V" but with a sunflower growing out of it. "No animal ingredients. Marinated tofu and green peas in an aromatic tomato sauce. No artificial additives of any kind. Tofu is a protein rich soya bean curd." A letter adds that the company, a worker's co-operative, sold its first order on 8 Aug. 1991. The company also makes a Mushroom and Cashew Nut Roast; its only soy-related ingredient is "shoyu."

9910. **Product Name:** Veggie Life Burgers (Vegan Burgers).
Manufacturer's Name: McLaud Partnership. Later renamed Laudisio & McClain Partnership.
Manufacturer's Address: Made at Kitchens, Inc., San Rafael, CA 94901. Phone: (415) 927-0236.
Date of Introduction: 1991. August.
Ingredients: Brown rice, tofu, green peppers, onions, mushrooms, carrots, sunflower and sesame seeds, oat flour, vital wheat gluten, tamari, garlic.
Wt/Vol., Packaging, Price: 2 patties per 7 oz. retail pack.
How Stored: Refrigerated.
New Product–Documentation: Letter (typed on letterhead) from Steve Demos, owner of White Wave, to Leonardo Laudisio of Veggie Life, 46 Lucky Drive, Greenbrae, California 94904. 1992. July 20. Demos thanks Laudisio for a very enjoyable dinner with wine last week and summarizes their discussion. Veggie Life would like White Wave to manufacture, private label, and vacuum pack its baked

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and frozen Veggie Burger. White Wave believes that it can produce the product for about 16-29% less than it presently costs Veggie Life. Veggie life will supply all labels and boxes.

Natural Foods Merchandiser. 1993. May. p. 6. "White Wave purchases Veggie Life." In March, White Wave, a soyfoods manufacturer in Boulder, Colorado, acquired the rights to manufacture Veggie Life vegetarian burgers from Laudisio Veggie Life, also based in Boulder, for an undisclosed sum. "Laudisio president Leonard Laudisio has been retained by White Wave as corporate chef to market the tofu company's products to food service providers."

Talk with Leonardo Laudisio. 1993. May 21. He started this company in San Rafael, California, about 3 years ago and introduced Veggie Life in the summer of 1991. The original recipe was developed in New York and passed on to him. Originally tofu was the main ingredient, followed by brown rice. But some customers thought they would not like tofu, so Leonardo made brown rice the main ingredient, followed by tofu and vital wheat gluten. Initially he sold the product at Grateful Dead concerts (he followed the group around) and at performances sponsored by Bill Graham Presents.

Labels sent by Leonardo Laudisio. 1993. June 15. A 1-page photocopied leaflet (black on white) titled "Veggie Life Burgers: Bulk Price List" states that there are 9 units per vacuum pack, each 3.5 oz. and 4 inches in diameter. The price per pack is $6.75. The product has a 30-day cold shelf life and is freezable. A label 4½ by 3¼ inches, black on white photocopy, bears the name Veggie Life Burgers: The healthy vegan* alternative. It lists the ingredients shown above, * = No eggs, meat, or dairy. Net weight per patty 3.5 oz. "Produced in Kitchens, Inc.; San Rafael, CA 94901. McLaud Partnership (415) 927-0236. Note: McLaud is a name combining McLain and Laudisio. McLain was a person who helped in formulating the recipe, but who never actually became Laudisio's partner; he could not stand the risk.

The second label is 3.75 by 3.25 inches. Black on white photocopy. "The healthy vegan* alternative. Complete protein. Pre-baked, just heat in toaster, microwave, oven, on grill or barbecue. Perishable keep frozen or refrigerated. No preservatives, artificial colors, or colors."

The third label, 4.5 inches in diameter, printed two on glossy leaflet, is similar to the second, except that the company name is now Laudisio & McLain Partnership. Below the label is written: "Veggie Life Burgers for a healthy body and environment. Colorado agent: 303-231-9938. California agent: 927-0236. Distributed by Natural Food Purveyors (415) 289-9522." These patties were always retailed in 2 patties per pack. In the beginning they were sold fresh in the dairy case; later they were sold frozen.

The fourth label is 3 5/8 inches diameter. Self adhesive. Yellow and green, with a grain symbol curving around each side. The product name, subtitle, phone number, and ingredients are the same except that the "organic tofu" [not the soybeans] is said to be "Grown in accordance with California Organic Foods Act 1990." The company now seems to be named "Veggie Life" and near the bottom of the label in small letters is written "Leonardo Laudisio."

9911. McSweeney, Daniel. 1991. Consumer survey 1991. *Whole Foods.* Aug. p. 34-36, 39, 41.
• ***Summary:*** This survey was conducted at 18 natural foods stores throughout the USA. Product purchases. Percentage of respondents who purchased a type of product at a natural foods during the past 12 months: Cheese substitute 28%, meat 34%, miso 34%, sea vegetables 33%, soy milk 51%, soy sauce 36%, tamari 52%, tempeh 33%, tofu 57%, yogurt (dairy) 64%.

9912. Moll, Lucy. 1991. All soy is not created equal. *Vegetarian Times.* Aug. p. 20.
• ***Summary:*** The iron in soy products comes in a form that is difficult for the body to use. However a new study shows that the iron in some soyfoods is more readily absorbed by the body than the iron in others–although the mechanism is not yet clear.

South African researchers divided 242 women into seven groups and fed each one a different type of soyfood: regular tofu, silken tofu, miso, tempeh (fermented), natto (fermented whole soybeans), fermented tofu (occasionally called sufu), and soy flour.

Each meal contained 3-4 mg of iron and the meals were consumed daily for two weeks. Then the researchers checked the iron levels in the women's blood.

Significant differences were found. "The women who ate silken tofu, tempeh, natto or miso had much higher iron levels than the women who ate regular tofu, fermented tofu, or soy flour."

9913. **Product Name:** Nasoya Vegi-Dressing (Spoonable) [Poppy Seed Mustard, Russian Delight, Creamy Sesame, or Sicilian Garlic].
Manufacturer's Name: Nasoya Foods, Ltd.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1991. August.
Wt/Vol., Packaging, Price: Glass jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Ad (full page, color) in Natural Foods Merchandiser. 1991. Sept. p. 101. "Great taste without cholesterol!" The labels for each of the four new flavors are clearly shown. "Naturally good from Nasoya." Order toll-free: 1-800-229-8638. Each product is in a wide-mouth jar with a metal lid. Though each product is tofu-based, the word "tofu does not appear on the front panel.

Talk with Hilton Tsui of Vitasoy. These products were introduced in Aug. 1991. They represent an extension of

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the popular "pourable" line of tofu dressings in tall narrow-mouth jars. Of those, Nayonaise is the best seller.

9914. Nichii Company of America, Inc. Mycal Group. 1991. Is your tofu the right tofu? Lite is right for the 90's (Leaflet). Torrance, California. 1 p. Front and back.
• ***Summary:*** This red, green, and white leaflet was sent to most or all natural food retail stores in America on 22 August 1991. An illustration (line drawing) shows a large cake of "Natural Foods Store Tofu." The text reads: "Only tofu made from *Microsoy flakes* is right for the 90's. Because only tofu made from *Microsoy* flakes is: Lower in calories. Lower in lipids (fat). Higher in protein. And longer lasting on your shelf... than tofu made from ordinary soybeans. So tofu made from *Microsoy flakes* does indeed offer your health conscious customers substantial benefits, while you can benefit from increased sales, increased store traffic, rapid turnover, and customer satisfaction... How do you get the tofu that's right for the 90's on your shelves? Make sure your supplier is using *Microsoy flakes.*

A footnote states "All results confirmed by independent testing at Iowa State University, Food Science and Human Nutrition Department." Note: America is truly in need of a tofu containing lower calories and lower fat. Address: 23440 Hawthorne Blvd., Suite 140, Torrance, California 90505. Phone: 213-791-0010.

9915. **Product Name:** The Healthy Wrap (With Rice, Veggies, & Tofu).
Manufacturer's Name: Organic Foods, Inc.
Manufacturer's Address: 534 Smithtown Ct., Excelsior, MN 55331. Phone: 612-474-3989.
Date of Introduction: 1991. August.
Ingredients: Incl. tofu.
New Product–Documentation: Talk with Donna Stacey. 1997. Oct. 6. Their tofu factory is in Victoria, Minnesota, but mail is not delivered there, so their mailing address is at their home (534 Smithtown Ct.). Their first and main product line was The Healthy Wrap, a vegan/vegetarian sandwich, wrapped in a chapati and launched in August 1991. Originally it was made with rice, veggies, and tofu–the tofu being purchased from another company. But they had difficulty getting the quality tofu they wanted, so they started making their own tofu and using it in The Healthy Wrap in August 1997.

9916. Pickarski, Ron. 1991. Friendly foods: Gourmet vegetarian cuisine. Berkeley, California: Ten Speed Press. 277 p. Illust. Index. 23 cm. [23 ref]
• ***Summary:*** This is a stylish vegan cookbook, with a wealth of sophisticated and delectable soyfoods recipes. The author recommends only high-quality ingredients. Brother Ron grew up in Michigan and during high school spent time in the restaurant business flipping hamburgers. Later he became a Franciscan monk (OFM). A look at his own health revealed the need to change his diet. So Brother Ron changed to a natural vegetarian diet and experienced weight loss and renewed energy. Now he considers himself a food missionary–helping people transform their lives through food. Friendly foods are "foods that are friendly to our bodies, our pocket books, our busy schedules, and our environment."

In the section on dairy-like products, the author recommends soy milk and some "tofu ice creams." He recommends use of soy cheeses sparingly since they are high in fats (especially the softer types). He considers nondairy creamers to be a less healthful than their dairy counterparts, since they are high in saturated fats and artificial additives. "Typically, nondairy creamers contain corn syrup solids, partially hydrogenated vegetable oil (including coconut oil, cottonseed oil, palm oil, or palm kernel oil), sodium caseinate, sodium phosphates, mono- and diglycerides, sodium silico aluminate, and artificial color. I do not consider this type of product to be an example of a high-quality food."

Soy-related recipes include: Marinated vegetables with marinated tofu (p. 41). Shish kebabs (with marinated tofu, p. 42). Marinated tofu with scallions (p. 43). Gefilte tofu with horseradish and charoset sauce (p. 49-50). Zucchini bisque (with tofu, p. 66). Tofu wakame salad (p. 82). Tofu cottage cheese (p. 89). Vegan sour cream (with soy milk, p. 90). Soy mayonnaise (with tofu, p. 90). Silken tofu mayonnaise (p. 91). Lemon cream dressing (with tofu, p. 92). Oil-less miso dressing (with soy milk and white miso, p. 96).

In the chapter on entrees, there are detailed descriptions of tofu, tempeh, and seitan. Soysage (with cooked soybeans and soymilk, p. 105). "Meatballs" (with cooked soybeans, p. 107). American loaf (with silken tofu, p. 112-13). Tofu spinach pie (p. 120). Auberge Hanfield pie (with silken tofu, p. 121). Russian vegetable pie (with silken tofu and tofu cottage or ricotta cheese, p. 122). Greek moussaka (with tofu topping, p. 128-9). Sweet and sour tempeh (p. 133). Southern fried tofu (p. 134). Tofu Swiss steak (p. 135). Tempeh stew (p. 136). Thanksgiving day tofu (p. 137). Tofu Jamaican run down stew (p. 138). Tofu paneer (p. 139). Seitan (p. 140-43). Seitan à la Normandie (p. 144). New England boiled dinner (with tofu or seitan, p. 145). Seitan Parmesan (with vegan cheese made with tofu, p. 147-48). San Francisco stir-fry (with seitan or tofu, p. 151). Berner platte (with protein accompaniments made with tofu and Soysage, p. 155-56). Vegan Béarnaise sauce (with silken tofu, p. 161). Miso sauce (p. 164-65). Tahini lemon sauce (with silken tofu, p. 165). Steamed kale with lemon miso sauce (p. 176).

In the dessert section, there is mention to tofu chocolate as an alternative to chocolate. Carob cake (with tofu chocolate, p. 217). Chocolate cream couscous cake (with filling made with silken tofu, p. 220). Silken tofu chocolate "cheesecake" (p. 221). Key lime shamrock torte (with silken tofu, p. 222). Raspberry sabayon sauce (with silken tofu,

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p. 232). Tofu chocolate "buttercream" icing (p. 234). Tofu chocolate ganache (p. 234-35). Mocha grain coffee (with any grain coffee substitute, cocoa, brown rice syrup, and soy milk, p. 238). Christmas soy nog (with soy milk and lecithin granules, p. 238).

The last section of the book, titled "The Culinary Olympics," gives recipes that Brother Ron prepared while competing in these Olympics, starting in 1978. These Olympics are held every four years at Frankfurt, Germany, by the International Cooks Society. The American Culinary Federation is the U.S. organization that promotes the competition. "In 1978 I won a gold medal in the national competition, which qualified me to compete in the 1980 Culinary Olympics. In 1980 I founded the American natural foods team and, with this team, international competition to gain widespread competition for vegetarian cuisine. In that year, I became the first professional vegetarian chef to compete in the Olympics and win a medal for totally vegetarian foods. I also competed in 1984 and 1988... My team won bronze and silver medals in all three years that we entered the competition." Soy-related recipes dominate this section, and include: Baked tofu pâtés (spinach, tarragon, or carrot, p. 241-42; won a bronze medal in 1984). Tofu and sea vegetable quenelles (beet, spinach, or carrot, p. 243-45; won a silver medal in 1988). New York cima roll (with tofu, p. 248-49; won a silver medal in 1988). Tofu seitan Wellington (p. 250-51; won a bronze medal in 1984). Vegan London broil (with seitan, miso, and tamari, p. 251-52; won a bronze medal in 1984). Southern blackened tempeh with tomato-apricot-ginger coulis (p. 253-54; won a silver medal in 1988). Carrot cream in squash shell (with soy milk and tofu, p. 255-56; won a silver medal in 1988). Chocolate squash confection (with Tofu Chocolate Ganache, p. 259-60; won a silver medal in 1988). Address: O.F.M., St. Anthony's Shrine.

9917. **Product Name:** Naturally Tofu Ice Cream (Frozen Dessert Mix) [Strawberry].
Manufacturer's Name: Sovex Natural Foods, Inc. (Marketer-Distributor).
Manufacturer's Address: 9104 Apison Pike, Box 310, Collegedale, TN 37315. Phone: 800-227-2320 or 615-396-3145.
Date of Introduction: 1991. August.
Ingredients: Crystalline fructose, soy oil, malto-dextrin, corn syrup solids, tofu, sodium caseinate [from cow's milk], natural strawberry flavors, beet juice powder, sea salt, soy lecithin, cellulose gum, guar gum, xanthan gum, carrageenan.
Wt/Vol., Packaging, Price: 16.7 oz can. Later 22 oz can.
How Stored: Shelf stable.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1992. December. Soyfoods 2000 (Special supplement insert, p. 5). Shows 2 cartons of Tofu Ice Cream mix (vanilla and strawberry flavors). Talk with Sovex. 1992. Nov. 30. The strawberry flavor was introduce in about the summer of 1991.

Notice on side panel of Better than Burger? package. 1993 Oct. "Have you tried Naturally Tofu products: Better Than Milk? Ice Creme?"

Product with Label (Strawberry) and leaflet sent by Sovex. 1993. Oct. 12.

9918. Stepaniak, Joanne; Hecker, Kathy. 1991. Ecological cooking: Recipes to save the planet. Mobilization for Animals, Pennsylvania, Inc., P.O. Box 99762, Pittsburg, PA 15233. 228 p. Index. 23 cm.
• ***Summary:*** This vegan cookbook contains 500 recipes, including many using tofu, tempeh, miso, and soymilk. Almost all the recipes are uncomplicated, and the directions are short and simple to follow. Many can be prepared quickly. Sales and proceeds benefit Mobilization for Animals. Reviewed by Debra Wasserman in *Vegetarian Times* (May 1992, p. 97).

Note: The author self-published this book for a while, then the Book Publishing Co. in Summertown, Tennessee, became the publisher. Address: Pittsburg, Pennsylvania. Phone: 412-232-5106.

9919. Spear, Bill. 1991. Soyfoods in Yugoslavia (Interview). *SoyaScan Notes.* Sept. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bill just returned from a 1-week macrobiotic summer camp at Kumrovec, Croatia, Yugoslavia; 75 people plus staff attended–during the current civil war. Last year he attended the same event, along with 600 other people. There are presently an estimated 5,000 to 10,000 macrobiotic people in Croatia. The major activity is in Zagreb. Croatia has most of the money and industrial productivity in Yugoslavia and that is a major reason that Croatians want independence. The Serbians are a relatively poor majority.

There are two commercial and at least three home-based soyfoods manufacturers in former Yugoslavia. The best contact is Ivan Jugovac (about 40 years old), owner of Anyo located at Skolska Ulica 43A, 51215 Kastav (near Rijeka), Croatia, Yugoslavia. Ivan knows the names of the other soyfoods companies in Yugoslavia and is part of a loosely-knit soycrafters network there. Anyo, which started about 2-3 years ago, makes 250-300 kg/week of tofu (100 kg/day in 4 or 5 batches) and 150-200 kg/week of seitan. From the tofu they also make smoked tofu, grilled tofu, deep-fried tofu, and tofu spread (with okara). The tofu is made in a 100-liter steam jacketed kettle and the nigari is imported from Japan. Their soybeans (which are not organically grown) come from Becej (pronounced BECH-ay) in Serbia, Yugoslavia. The business is doing well. Ivan makes natto for his personal use. He wants to start making miso and amazake commercially, and is looking for sources of koji and koji starter.

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A second soyfoods shop in Belgrade, Serbia (name, address, and contact person unknown) makes tofu, seitan, and tempeh on about the same scale as Anyo. It probably started at about the same time as Anyo. There are 1-2 small tofu shops in Zagreb, and one in Novi Sad, Serbia; in each, the tofu is made in a home kitchen. In Slovenia, a tofu company that will be the largest in Yugoslavia is nearly ready to begin operation in Slovenia, but the current civil war has delayed their opening. They plan to make 100 kg/day of tofu.

The man who knows the most about soyfoods in Yugoslavia is Zlatko Pejic, a peace activist who is president of the Society for the Improvement of the Quality of Life and head of the macrobiotic community in Zagreb. His wife is a cooking teacher. He invited Bill to Yugoslavia, has been to the USA, and lectures throughout Yugoslavia. He has visited most of the soyfoods companies in Yugoslavia, has a fax, and like Ivan speaks pretty good English.

Basically all of the interest in soyfoods in Yugoslavia grew out of macrobiotics. Several of the people who started companies attended the Kushi Institute in London. Two years ago, others attended the International Macrobiotic Institute in Kiental, Switzerland. In both places there are classes in soyfoods production (miso, tempeh, tofu, etc.) taught by various macrobiotic teachers such as Roberto Marrocchesi. Most companies have some books from Soyfoods Center. Bill is still actively affiliated with The Bridge in Connecticut and is a teacher of macrobiotics. Address: North Road, Bantam, Connecticut 06750. Phone: 203-567-0554.

9920. *SoyaScan Notes.* 1991. The need for a low-fat, low-calorie tofu (Overview). Sept. 11. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Fat and calorie content of this tofu should be at least 30% lower than that made from whole soybeans. Perhaps the easiest way to make this product would be to run soymilk made from whole soybeans through a dairy separator (such as a plate separator or decanting centrifuge, as is used by the dairy industry to make cream or non-fat milk) to remove the desired amount of fat, just like the dairy industry does to make low-fat or non-fat milk. There is a big potential market for such a product since 1% fat milk has now passed low-fat milk (2%) as the best-seller in American supermarkets.

Talk with Ron Roller of American Soy Products. 1992. Feb. 7. In late 1991 American Soy Products began to work with several separator companies (Westphalia and Alfa-Laval) and the dairy department of Michigan State University to try to use dairy separators to reduce the fat content of soymilk. In short, the traditional equipment and processes don't work, apparently because the fat molecules in soymilk are much smaller than those in dairy milk. The separators, which consist of a series of plates to separate heavy from light molecules, end up separating the solids from the liquids, rather than the fat from the non-fat constituents. Alfa-Laval is still trying to solve the problem, at no charge to American Soy Products.

9921. Kessler, Jon. 1991. Twin Oaks Industries buys Virginia Soyworks (Interview). *SoyaScan Notes.* Sept. 13. Conducted by William Shurtleff of Soyfoods Center. Plus a 1-page letter of Sept. 11.
• ***Summary:*** On 1 March 1991 Twin Oaks, a community, bought Virginia Soyworks from Ken Scotton, who used to live at Twin Oaks Community. About two years ago he proposed that the community buy the business from its former owner, but the community decided not to. So Ken left the community and bought the business himself. He ran it for about 1½ years then decided to sell it back to the community. He made good money (about $10/hour) but was working 60-hour weeks, largely by himself. Jon Kessler, a member of the community, re-presented the idea to the community, which decided this time to buy it. The community paid $5,000 for the business plus $10,000 for inventory of soybeans, coagulant, and packaging materials.

Scotton is not presently involved with the Soyworks, but he may re-join the community, at which time he may get involved again. The community owns the business and a crew runs and manages it cooperatively. Jon is actively involved and is a good contact person. Twin Oaks Industries' main source of income is making hammocks. The company has three general managers and their main account is Pier 1 Imports. One reason the community decided to buy the tofu business was to diversify their sources of income. Virginia Soyworks now makes about 1,000 lb/month of tofu, 40 gallons/month of soymilk, and 50 lb/month of tofu spread. The community may change the name of the Virginia Soyworks to Twin Oaks Soyworks in 1992. Address: Route 4, Box 169, Louisa, Virginia 23093. Phone: 703-894-4112.

9922. Rabheru, Neil. 1991. New developments with Unisoy, soymilk, and Haldane Foods in England (Interview). *SoyaScan Notes.* Sept. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Unisoy was acquired by the Haldane Foods Group on 21 Dec. 1990. This has proved to be a very positive development for Unisoy. It is a great honor and very satisfying for Neil to be part of the same team with Dwayne Andreas and Peter Fitch, because both are very forward looking, energetic, and supportive men. The company now makes only soymilk. Other companies in the Haldane Foods Group now make the other soy products that Unisoy used to make–which is more efficient. For example, Genice Foods Ltd. makes soy margarine, yogurts, and ice creams. Unisoy plans to expand into a larger plant, probably at a new location. That phase, which will begin within 12 months, will involve an investment of £3 to £4 million. He is presently meeting with APV in connection with a new soymilk plant. Unisoy has not launched any new products since mid-1990.

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Neil has been too busy absorbing the Granose line into his production. Unisoy is now making all the soymilk that Granose used to buy from DE-VAU-GE, to use in continuing the Granose line of products that contain soymilk. Thus the Unisoy/Haldane now makes the profit that DE-VAU-GE used to make.

The acquisition of Granose by the Haldane Foods group was the most brilliant move one can imagine. 90% of the products that Granose was buying from other companies can be manufactured within the Haldane Foods Group. Granose's best products included their margarine, soymilk, ice cream, and yogurt. Peter Fitch deserves the credit for this stroke of genius.

The Haldane Foods Group now sells 4 soymilk brands, all now made by Unisoy: So Good (which used to be purchased from DE-VAU-GE; Sanitarium Foods in Australia only registered their brand in Australia and New Zealand), Granose, Unisoy, and White Wave. Neil believes that Unisoy makes the best-tasting soymilk in Europe today. Recently there was an independent magazine survey of all soymilks on the market and the Granose brand made by Unisoy won first, second, sixth, and ninth places. The UK soymilk market is extremely competitive and the prices are much lower relative to cow's milk than they are in the USA. On average at all retail outlets, cow's milk retails for about £0.50 per liter versus £0.59 to £0.79 per liter for soymilk. Thus soymilk in the UK retails for about 38% more than cow's milk.

Note: In the USA, cow's milk retails for about $0.72/liter and soymilk retails for about $1.86/liter or about 2.6 *times* as much as cow's milk. The current exchange rate is 1.79 U.S. dollars = 1 British pound. Thus U.S. cow's milk would sell for £0.40/liter (20% less than British cow's milk) and soymilk would sell for £1.04/liter (about 45% more than British soymilk).

In the UK most of the soymilk is sold in the multiples (supermarkets) in half liters (500 ml) cartons, and that is where the greatest growth is. There, soymilk is only about 20% more expensive than cow's milk. (Note: In the USA very little soymilk is sold in supermarkets.)

In the UK, Provamel (made by Alpro in Belgium) has about 42% of the total soymilk market. The four brands made by Unisoy have about 35-37%. The remaining 21-23% is divided among Sunrise, Plamil, and a few others. There is very strong soymilk brand loyalty in the UK.

Unisoy increasingly refers to itself as "the soyamilk division of Haldane Foods Group." The "Milk 'n' By-Products Ltd." part of the name will be dropped very shortly.

The last part of the soyfoods market that the Haldane Foods Group will attempt to capture is tofu, since Cauldron Foods has a very big lead on Haldane in this market. The Granose line of dry mixes used to compete directly with the Haldane Food Group's Hera line. Now all these products are made at one location.

The relationship between ADM, British Arkady, and the Haldane Foods Group has changed. The Haldane Foods Group is no longer part of British Arkady; both are now on the same level on the organization chart, and both report directly to ADM's European headquarters (ADM International Ltd. in England; John R. Mahlich, managing director). Peter Fitch used to work for British Arkady before the Haldane Foods Group was formed. Address: Unit 1, Cromwell Trading Estate, Cromwell Rd., Bredbury, Stockport, Cheshire SK6 2RF, England. Phone: 061-430 6329.

9923. Rabheru, Neil. 1991. The early days of the soymilk market in England, Soya Health Foods and Michael Cole (Interview). *SoyaScan Notes.* Sept. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michael Cole deserves full credit for getting soyamilk into supermarkets (multiples) in the UK. Vandemoortele was smart in capitalizing on his work to put themselves in their present strong position. It is sad that Soya Health Foods did not support Michael by investing in better technology to give a better quality product. In the early days, Soya Health Foods had everything in their grasp. If they had played their cards right, Unisoy would not be here today, and Vandemoortele might not even be in the UK. The principal(s) of Soya Health Foods were either too hesitant or not smart enough to take the necessary risks. He was content making money milking the cow (so to speak), never mind when the cow drops dead. Michael left the company out of frustration. Michael is an outstanding salesman.

Neil is absolutely certain that Michael Cole has never been involved with John Holt. Neil thinks that Michael Cole's first involvement with soyfoods in the UK was with Soya Health Foods (Sunrise). Neil spoke with Michael Cole 3 weeks ago; he is back in the UK trying to market some spray-dried organic tofu and soymilk. Neil does not know the source. Address: Unit 1, Cromwell Trading Estate, Cromwell Rd., Bredbury, Stockport, Cheshire SK6 2RF, England. Phone: 061-430 6329.

9924. Cohen, Michael. 1991. Early work with soyfoods, The Farm, Laughing Grasshopper, New England Soy Dairy, and The Tempeh Works (Interview). *SoyaScan Notes.* Sept. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michael's interest in soyfoods began in about 1971-72 when he became a vegetarian, while living communally with friends in Boston. He was interested in Eastern religions and philosophies, Ram Dass, Be Here Now, Hatha Yoga, etc. He probably tasted a little tofu at this time.

In early 1972, Michael took a trip to California, first met Stephen Gaskin, and got introduced to Stephen's Monday Night Class–a week before Stephen's community left (on 10 Feb. 1971) for Tennessee to buy the land that in Sept. 1971 would become The Farm. Michael returned to Boston and worked for the next 9 months to save money. In 1973 he

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left the USA for a year to travel on an undirected personal spiritual adventure to India, Israel, and the Middle East. While he was in India, various people in Boston with whom he was living communally got more closely involved with The Farm in Tennessee.

In the summer of 1974 Michael moved from Boston to Amherst, Massachusetts, where he got involved in a vegetarian, natural foods restaurant named Equinox. It was a 4-person partnership founded by Judy Roberts (who later married Tom Timmins); Michael was their first employee. Eventually he became a partner. The main dishes in this small natural foods luncheonette were soups, sandwiches, and salads. They occasionally prepared a soy burger from soybeans or a stir-fry tofu dinner entree. Michael worked there for about a year until there were 6-7 partners, then he and his girlfriend (Shelley Moore, who was also working there and was to become his first wife) decided (as did Judy Roberts) to leave. The restaurant soon moved into very large quarters, took on large debts, and eventually went bankrupt.

Michael and Shelley (who was from Memphis, Tennessee) left for a short tour of the southeastern United States. For most of the next 2 years he lived on The Farm in three different locations. Starting in late 1974 he and Shelley lived for 7 months on the 40-acre Virginia Farm, a satellite of the Tennessee Farm in Louisa, Virginia. During that time Michael and Shelley were married. Soybeans were grown along with vegetables and corn on this farm, and the women made soymilk in the kitchen at least twice a week and (as a treat) tofu and/or soyburgers (from mashed soybeans) every week or two. All meals were strictly vegetarian, with no dairy products or eggs. Soymilk was a staple in the diet.

Then they moved to Brattleboro, Vermont, and lived for 1-2 months with Tom and Judy Timmins in their home. Tom was working for Llama, Toucan & Crow, a worker-owned natural foods distributor. Michael then got a job working for Llama. About 6 months later, Llama (which was not making it financially) sold out to their current owner, Barclay McFadden of Stow Mills. At the time of the sale, Tom left Llama and went into partnership with Ira Leviton and Kathy Whelan in the Laughing Grasshopper Tofu Shop.

By this time Michael and Shelley had become much more interested in tofu; they were eating it frequently, had gotten a copy of *The Book of Tofu* by Shurtleff and Aoyagi, and were thinking / dreaming about starting their own small tofu plant in Brattleboro–40 miles from Laughing Grasshopper in Millers Falls. Tom Timmins convinced Michael to become a partner in Laughing Grasshopper rather than becoming a nearby competitor. So Tom left Llama, made a couple of runs into Boston driving the Laughing Grasshopper van to distribute the tofu and feel out the company, and in Feb. 1977 paid $2,000 to $2,500 to became a partner in Laughing Grasshopper. He did mostly production, but also delivered tofu to Boston and went to stores to try to pick up new accounts. Tom was more the "numbers person" and Ira fancied himself to be "the tofu master." It all worked pretty well. The company had only one product–nigari tofu. Michael does not recall them making or distributing any tofu pies or cheesecakes.

During this period, from early spring until June, Michael and his family lived on a local satellite of The Farm in Montague, Massachusetts, next to Millers Falls.

In Nov. 1977 Laughing Grasshopper moved to Greenfield and changed its name to New England Soy Dairy. At that time Steve Hassell was brought in as a controlling partner; he invested $40,000 in the company–money which the company needed and did not feel it could obtain from a bank. On 20 November 1976 Michael and Shelley had their first child. Ira told Michael, "I just hope you have your child on a Saturday so that it doesn't interfere with work."

Shortly after the move to Greenfield, before the company got back into tofu production, Michael decided to take a temporary leave of absence from the company, in part because he and Shelley decided they wanted to have their second child (soon to be born) on The Farm in Summertown, Tennessee. Michael left in June 1978 and Joshua was born in September. They stayed on The Farm until Nov. 1978. After living in Summertown for several weeks Michael and Shelley (as was the custom) donated all of their savings (about $5,000) to The Farm–permanently.

On The Farm, because of his experience at Laughing Grasshopper, Michael was considered to be a fairly knowledgeable soy person, so he went to work in the soy dairy, where the main product was soymilk (fortified with vitamin B-12 and usually sweetened with sugar); a little tofu was made occasionally. After Michael arrived, the soy dairy started making much more tofu for the 1,850 Farm residents. Typically they now made tofu twice a week, and 500 pounds each time. The people loved it. No single person in the Soy Dairy was particularly knowledgeable in making soyfoods; it was run by a rotating crew. Tempeh was made in a separate building, the Lab, by Cynthia Bates and Alexander Lyon. Michael had first learned of tempeh when he, Ira, and Tom had visited Dr. Keith Steinkraus at Cornell Univ. But at The Farm he first had a chance to taste it ("It knocked my socks off"); unfortunately, he never had a chance to make tempeh on The Farm. Michael found the experience at The Farm, with its many equipment breakdowns, extreme poverty, and wasted time to be very frustrating; he was used to running a business efficiently.

After 5-6 months, in Nov. 1978, Michael and his family left The Farm–penniless. Returning to live briefly at the Montague Farm and work at New England Soy Dairy, he found that there was no solid position for him, so he was put in a temporary R&D position. But after a month or two, the Soy Dairy no longer felt like the place he wanted to live and work. Fortunately in Jan. 1979, Michael's father offered to lend him $30,000 to start his own business. A year earlier, Bernie Cohen at the Montague Farm had invited

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Michael to join in starting a tempeh business, but Michael declined saying, "It will never fly." But this time, within a few weeks, Michael decided to establish The Tempeh Works. The Soy Dairy partners were supportive of Michael's leaving, especially since they planned to focus on dairylike products and no longer planned to make tempeh. In March of 1979 Michael rented a space for the business in Greenfield and he made his first batch of tempeh there in July. It was served at the annual Soycrafters Convention in Amherst. The company began regular production in September 1979. The Tempeh Works was America's first Caucasian-run company to make only tempeh in a commercial building. Address: President, Lightlife Foods Inc., P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 413-774-6001.

9925. Cohen, Michael. 1991. Recent developments at Lightlife Foods (Interview). *SoyaScan Notes.* Sept. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Since it began making soy tempeh as The Tempeh Works in 1979, Lightlife Foods has evolved into a company that each year receives about half its income from tempeh and half from tofu. At the peak of hot dog season, 65-70% of sales may come from Tofu Pups and other tofu-based products. In response to tempeh burgers and 5-grain tempeh air-freighted in from California, The Tempeh Works launched 3-Grain Tempeh in May 1982, New England Tempeh Burgers in July 1982, and a line of early Tempté spreads in early 1984. Based on projected growth in sales, the company borrowed $250,000–a large amount for relatively small company. They moved into a new building in the summer of 1984, and actually purchased it in the summer of 1985. This is the building they are located in now.

With new large payments of interest and principal, the company experienced increase competition from other tempeh companies (Appropriate Foods, Soyfoods Unlimited) plus a slowing in growth of the total tempeh market. To try survive with minimal capital investment, Michael proposed to Bob Davis of Light Foods that The Tempeh Works serve as a master distributor of Bob's Light Links (a tofu hot dog made in Sacramento, California, and shipped frozen to Massachusetts). Michael sent the Light Links to his distributors along with orders for his tempeh products. Soon problems developed. First, Light Links contained eggs and Michael was getting many requests for eggless tofu hot dogs. Second, in the peak summer season, many of Michael's orders for Light Links were either not fulfilled or delayed 2-3 weeks; this created a bad relationship for him and the accounts that carried his tempeh. Third, Light Foods did very little promotion of its Light Links by offering discounts, whereas Tempeh Works did lots of discounting–creating more problems with retailers or even lower margins for Michael on the Light Links. In addition, as soon as Michael started to sell a lot of tofu hot dogs and realized what low margins he was earning, he started to think about making such a product himself. One day Tom Timmins of New England Soy Dairy (a large local tofu maker) and Michael sat down at Tom's kitchen table and worked out a plan for Tempeh Works making their own tofu hot dog. But since he had no money to buy equipment, Michael then went to the National Rural Development and Finance Corp., a federally-funded economic development organization in Washington, DC. They had picked Massachusetts as one of their 4 demonstration states. Michael got a loan for $50,000 based on a plan to build the tofu hot dog to a point where he could carry the debt of increasing the size of their plant buying their own equipment. The plan went like clockwork. Lightlife Meatless Tofu Pups were launched in Sept. 1985. For the first 2-2½ years, they were co-packed at a plant about one hour away, then they were made entirely in-house. On 14 Oct. 1987, reflecting the new diversification, the name of The Tempeh Works was changed to Lightlife Foods, Inc. After a year's work, Michael pulled together a $750,000 loan package in May 1988, rolling his former $250,000 loan into it. Today the company is in good shape.

Today, the company's best tempeh products are: (1) The 3-product line of tempeh grills (marinated tempeh burgers, in American, lemon, and barbecue flavors); the three outsell soy tempeh two-to-one. The 18-burger institutional packs, 3 packs per case, also sells very well to natural foods restaurants, retail stores with a lunch counter, and colleges. (2) Soy tempeh (both in a retail and institutional sizes). Many colleges use it in a stir fry, stroganoff, breaded cutlets with mushroom gravy, etc. During the last year Lightlife has had a full-time sales person developing the institutional market. (3) Fakin' Bacon. In addition, Lightlife has just picked up its first airline account. People like tempeh but its unsightliness (mold on the surface) is a big barrier. So second-generation tempeh products are the answer to this problem.

Of Lightlife's tofu products, Tofu Pups are by far the best-seller. They are a "mega-product" for the company. The next best seller is Lean Links Italian, then Foney Baloney.

Looking at the company as a whole, it is in great shape. The past year "has been an absolutely superb year for us." Sales are rising every month and the future looks bright. The big gambles that Michael has taken with large loans have really paid off. The company is now well organized and tight at all levels, especially the core group of around 8 people. "We run a tight ship and we don't spend a dime that is not going to make us money. We're careful. We've taken it slow. One big mistake was taking on a frozen natural cookie dough, totally outside the company's field. We almost lost our shirts on it in a big way. We're committed to bringing out 3-4 new products a year. We're also realizing that the natural foods business is a good one. We're not as interested as we once were in banging our heads against a wall trying to get into supermarkets. If they want us, we're glad to go in, but we're not going to pay them $5,000 to $10,000 per product to get in."

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Looking at the next 5 years, the growth appears to lie in prepared (second-generation) products, both in the retail and institutional markets. Address: President, Lightlife Foods Inc., P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 413-774-6001.

9926. Cohen, Michael. 1991. Lightlife Foods Tomsun Foods, and Nasoya (Interview). *SoyaScan Notes.* Sept. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Lightlife made a smooth transition to buying their tofu from Nasoya before Tomsun Foods went bankrupt. Now their sales manager (Richard McKelvey) and plant manager (Jon Lee) are both former Tomsun employees. "When Tomsun went public and started focusing on Jofu, the quality of their tofu really bit the dust [dropped]. It became very erratic. Then as they started to lose considerable amounts of money, their quality got even worse."

Nasoya is a good company to work with and Lightlife is a good customer. Nasoya has done an excellent job developing the institutional market. For example, they have an institutional line of tofu-filled pastas, and they try to sell their tofu to institutions. They went with a consultant for about a year, then about 2 months ago they hired a full-time institutional sales person. Address: President, Lightlife Foods Inc., P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 413-774-6001.

9927. Burns, David. 1991. Homestyle Foods is for sale (Interview). *SoyaScan Notes.* Sept. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** And it is in the process of being sold. The potential buyer is Martin (Marty) Roth. In about 2 weeks, a decision should have been made. David would like to continue to be associated with the business. He wants to focus on sales, and is no longer interested in being general manager. Address: General Manager, Homestyle Foods, 2327 Bluebell Dr., Santa Rosa, California 95401. Phone: 707-525-8822.

9928. *SoyaScan Notes.* 1991. The concepts of alkaline (*arukari-sei*) and acidic (*sansei*) foods in Japan (Overview). Sept. 20. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** It is common knowledge among most typical Japanese that foods can generally be classified along a continuum that ranges from alkaline at one end to neutral (*chusei*) in the middle, to acidic at the other end. Alkaline foods (those with an alkaline ash) are generally considered to promote and protect health. It is widely believed that one should try to keep one's blood a little on the alkaline side of neutral. According to E.C. Grey's *The Food of Japan* (League of Nations, 1928) and *Inshoku Jiten* (*Encyclopedia of food and drink;* Motoyama 1958; see arukari) and to discussions with numerous Japanese, well-known alkaline foods are as follows. Each food is followed by an "alkaline value" in parentheses taken from Grey (1928, p. 56-111; the "alkalinity is due to lime and magnesia"): sea vegetables including kombu (88.9), wakame (55.8), nori (35.3); black soybeans (40.2), yellow soybeans (38.1), soyfoods (and Soyfoods Center) including yuba (25.6), kinako roasted soy flour (25.2), Hamana natto (Hamanatto 24.8), natto (19.3), green soybeans (ao-daizu, dry; 17.8), Misozuke (vegetables preserved in miso, 16.3), shoyu (14.3); red miso (11.5), okara (9.0), white miso (8.1), edamamé (green vegetable soybeans, 5.8), aburage deep-fried tofu pouched (6.7), soymilk (3.8), tofu (1.1), shiitake mushrooms (41.0), azuki beans (27.0), umeboshi salt plums (3.1), dried fruits including dried fig (46.8), dried persimmon (21.3), raisins (15.3), cheese (18.0), most fresh fruits including yuzu (citron, 11.7), buckwheat (7.0), fig (6.3), lemon (5.9), banana (4.6), mikan (mandarin orange, 4.0); root vegetables including potatoes (13.9), tororo imo (11.5), daikon radish (5.0); most green vegetables such as komatsuna cabbage (11.3), or daikon leaves (10.9), pickled vegetables such as takuan (14.6). Alkaline beverages or liquids include tea, coffee, dairy milk (2.6), condensed milk (8.0), powdered milk (26.6), grape wines, and vinegar.

Acidic foods, which the Japanese believe should be used in moderation, include: white sugar (0), mizuame [rice syrup] (0), chocolate (3.0) and other sweet foods, eggs (2.8), flesh foods including chicken (5.2), pork (5.2), beef (5.1), fresh fish (avg. 5.3), alcoholic beverages including amazake (0), beer (0), sake (0); animal fats including butter (1.6), margarine (0.9).

Many Japanese find that acidic foods, when consumed in excess, give them acid indigestion. Neutral foods include rice (0.5-2.9), wheat (3.5-6.6), barley (2.7-4.6), and wheat gluten (1.0).

Note that this classification system is unrelated to the yin-yang continuum used by macrobiotics; most Japanese are unaware of macrobiotics. The latter, for example, considers meat to be yang (alkaline), whereas wines, fruits, and milk are yin (acidic).

9929. **Product Name:** Tofu.
Manufacturer's Name: Capital Bean Products Co.
Manufacturer's Address: 8-4095 Belgreen Dr. (P.O. Box 465), Gloucester, ONT, K1G 3N2, Canada. Phone: 613-737-1095. Fax 613-738-0489.
Date of Introduction: 1991. September.
New Product–Documentation: Letter (fax) from Ken Yip, president. 1992. Jan. 23. The company (which is also known as Kitchen Sprouts Farm) started producing silken tofu on 8 Sept. 1991, and now produces 23,500 lb/month.

9930. Lappé, Frances Moore. 1991. Diet for a small planet. Twentieth anniversary edition. New York, NY: Ballantine Books. xliii + 479 p. Illust. by Marika Hahn. Index. 21 cm. [250* ref]
• ***Summary:*** This new edition of this classic book contains

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a new 29-page introductory chapter titled "*Diet for a Small Planet* Twenty Years Later–An Extraordinary Time to be Alive," plus minor revisions in the text. "In 1971, I–an intense 26-year-old in search of herself–sat long hours in the U.C. Berkeley library uncovering facts about the global food supply that turned my world upside down... what was heresy, what was 'fringe,' when I wrote *Diet for a Small Planet* just twenty years ago is now common knowledge. Then, the notion that human beings could do well without meat was heretical. Today, the medical establishment acknowledges the numerous benefits of eating low on the food chain."

The section titled "Soy foods" incorrectly defines tempeh as "a fermented soy curd." Address: Inst. for the Arts of Democracy, 36 Eucalyptus Lane, Suite 100, San Rafael, California 94901. Phone: 415-453-3333.

9931. Nishimoto, Miyoko. 1991. The now and Zen epicure: Gourmet cuisine for the enlightened palate. Summertown, Tennessee: The Book Publishing Co. 250 p. Color photos. Index. 24 x 21 cm.

• ***Summary:*** This is a gorgeous, delightful vegan cookbook (though it uses honey), loaded with color photos. Most recipes, designed for entertaining, embody an atmosphere of elegance with a sense of fun, capturing the best of traditional European cuisine, offering gourmet recipes with an element of Japanese style, simplicity, and flavor. Each recipe is accompanied by a nutritional analysis, and most are remarkably low in fat.

The author is founder and owner of the Now & Zen Bakery (1838 Golden Gate Ave., San Francisco, CA 94115) which is well known for its tofu cheesecakes and other delights, and which sells dried okara. She is also a jazz vocalist and vegetarian chef. Born in Japan to a Japanese mother and an American father, she moved to Mill Valley, California, with her parents when she was age 7 and became a vegetarian at age 12. A photo on the rear cover shows Miyoko Nishimoto. She shows great virtuosity in the use of soyfoods–and wheat gluten. The section on ingredients contains excellent, detailed information on miso, nut milks and creams (almond milk and cashew milk, which the author prefers for some uses to soymilk), agar, okara, soy milk and soy cream, soy sauce, soy sour cream, soy yogurt, tamari, tempeh, tofu, frozen tofu, and pressed tofu.

Soy-related recipes include: Tofu "cheese" (p. 32). Tofu "boursin" or herb-garlic cheese ball (p. 33). Tofu "feta" cheese (p. 35). Tofu cream cheese spread with herbs (p. 36). Eggplant and tofu pâté (p. 51). Smoked tofu, mushroom, and garlic canapés (p. 53). Tofu "mornay" sauce (p. 65). Tofu aïoli (p. 82). An introduction to quick and tasty tofu cream soups is given on p. 108. Each of the following cream soups contain tofu. Cream of pumpkin soup (p. 109). Cream of corn soup (p. 110). Cream of green pea soup (p. 111).

Mediterranean eggplant and tofu gratin (p. 115). Tofu burgers suprême (p. 118). Creamy tempeh curry (p. 119). Tempeh mexicali (p. 121). Sweet and sour tofu (p. 122-23). Whole cabbage with hearty tempeh stuffing (p. 124-25). Herbed soybean casserole or stew (p. 132). Savory tempeh and vegetable stew (p. 134-35). Tofu bourguignon (p. 138-39). Homemade tofu pasta (p. 142-43). Ginger tempeh with green peppers (p. 145). Homemade gluten, Tempeh and gluten burgers, and the Great gluten turkey with dressing (p. 150-160). Tempura tofu (p. 163). Marinated tofu (p. 164). Smoky marinated tofu (p. 165). Believable bacon (with tofu, p. 166). Beans and "bacon" casserole (with tofu, p. 167). Orange-soy dressing (p. 177). Tofu sour cream (p. 179). Tofu mayonnaise (p. 180). Tofu thousand island dressing (p. 182). Tropical coconut banana ice cream or sauce (with tofu, p. 212). A different pumpkin ice cream (with tofu, p. 213). Italian cheese-less cake (with tofu, p. 216). Cashew cheesecake (with tofu, p. 217). Tofu crème (p. 218).

For a lengthy and very positive review of this book by Carol Flinders, see *Vegetarian Times* Nov. 1991, p. 86-87. Address: San Francisco, California.

9932. Ono, Tomotada; Choi, Myoeng Rak; Ikeda, Ako; Odagiri, Satoshi. 1991. Changes in the composition and size of soymilk protein particles by heating. *Agricultural and Biological Chemistry* 55(9):2291-97. Sept. [11 ref]* Address: Gifu Woman's Univ., 80 Taromaru, Gifu 501-25, Japan.

9933. Greenhut, Martin. 1991. Making tofu in 1977-78 for a Rudolf Steiner community in New York. Wanting now to make a commercial tofu kit (Interview). *SoyaScan Notes.* Oct. 4. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In about 1977 Alan Wilkinson, who lived in New Mexico and who later had a tofu shop in Madison, Wisconsin, sent Marty a tofu kit. Marty and his wife (who lived in Harlemville, New York) used it to make tofu, which they sold to the Rudolf Steiner community in the tiny hamlet of Harlemville, New York–where the community also had a school and a huge biodynamic organic farm. Alan's main work was as a carpenter, working at the community. Now he would like to start making a tofu kit at his woodworking shop and selling it commercially. He is a student of the Urantia book, revealed in 1929. Address: P.O. Box 692, Monterey, Massachusetts 01245. Phone: 413-528-1452.

9934. Leneman, Leah. 1991. Re: Observations on the soyfoods market in Britain and the United States. Letter to William Shurtleff at Soyfoods Center, Oct. 7. 1 p. Typed, with signature.

• ***Summary:*** On a recent trip to the USA, Leah was "greatly puzzled by the seemingly complete absence of Tofutti. Two years ago I was able to get it wherever we went, while this time I saw it nowhere. The only completely non-dairy 'ice cream' in supermarkets was Mocha Mix, a greatly inferior product. Health food stores still had the Farm's non-dairy

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products and Rice Dream but no Tofutti... I certainly did miss the pleasure of eating one of my all-time favourite products!

"It certainly seems as though Britain–and even the Continent–has forged way ahead of America when it comes to soyfoods, something I would never have believed possible even a couple of years ago. We have a good range of 'ice creams', an ever-increasing range of tofu-based convenience meals etc. etc. Even Safeways has an own-brand soya milk. And in the yogurt field we are even importing divine soya milk yogurts [Sojasun] from France. (There are British ones as well but not nearly as good.)"

The Vegetarian Society of the UK has sold off its magazine, *The Vegetarian.* Note: The magazine was sold to a publisher with no connections to vegetarianism; they which re-issued it under the title *Vegetarian Living.* They went bankrupt and sold the magazine to HHL Publishing Group Ltd. in London. As of late 1993 it was still being published being published by HHL under the title *Vegetarian Living.* Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

9935. Gilbert, Linda C.; Starr, Sara M. 1991. Natural foods companies broaden their horizons: Organic, vegetarian, convenience dominate industry. *Food Business* 4(20):44. Oct. 21.

• ***Summary:*** Discusses these three industry trends, plus San-J International, White Wave, and Lightlife Foods.

San-J will be introducing its OCIA organic certified tamari gold label in November. The 10-ounce product will sell for the same price as its non-organic counterpart. "While the majority of White Wave's $3 million sales still come from tofu, tempeh products reportedly are not far behind. The company says it is growing at about 30 percent annually, and its first and second generation tempeh products are achieving more than 100 percent growth. White Wave's latest offering is a soy yogurt product called Dairyless that is made with live active yogurt cultures, including acidophilus and bifidus. Lightlife Foods, another major soy foods company, has redesigned its logo and added two new products, a vegetarian chili and a sloppy joe mix, both made with tempeh." Address: 1. President; 2. Vice president. Both: HealthFocus Inc., Emmaus, Pennsylvania. Phone: (215) 967-2233.

9936. **Product Name:** Cauldron Foods Silken Tofu.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1991. October.
Wt/Vol., Packaging, Price: 200 gm pack with outer paperboard sleeve. Retails for £0.75.
How Stored: Refrigerated.
New Product–Documentation: Spot in SoyaFoods. 1991. 2(2):7. "New silken tofu in the U.K." Three photos show the package and label.

9937. **Product Name:** Cauldron Foods Tofuloni [Country, or Spicy].
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1991. October.
Ingredients: 1994: Original tofu (water, soya beans, calcium sulphate), hydrogenated vegetable oil, potato starch, wheat flour, rusk, maize starch, mixed cereal grains, onion, carrot, peppers, hydrolysed vegetable protein, yeast extract, salt, dextrose, ascorbic acid, herbs, spices.
Wt/Vol., Packaging, Price: 1 sausage per 113 gm chub pack. Retails for £0.75.
How Stored: Refrigerated.
New Product–Documentation: Spot in SoyaFoods. 1991. 2(2):7. "Tofuloni–The veggie salami." Photos show both packages and labels. The product, made from a blend of smoked tofu and seasonings, was introduced in a pre-sliced form in 1989. Spot in SoyaFoods. 1993. 4(3):5. "Tofuloni in new chub size." "Cauldron Foods Tofuloni is now available in 113 gm unsliced chub sizes in addition to the popular sliced version." It comes in two flavors: Spicy and Country. A photo shows packages of the two flavors.

Label for Country flavor sent by David Greenslade. 1994. Oct. 2.5 by 4.5 inches. Green and black on white. Color photo shows round slices of Tofuloni on a plate with a slice of bread. Retails for £0.92 in Oct. 1994. Cauldron Foods Ltd is now in Portishead, Bristol.

9938. **Product Name:** Tofu Burgers [Organic Tofu & Fresh Vegetables, Savory Nut, Spicy Mixed Bean, or Curry and Coconut].
Manufacturer's Name: Dragonfly Kitchen.
Manufacturer's Address: 19A Riverside Buildings, Staverton Bridge Mill, Totnes, Devon TQ9 6AQ, England. Phone: (0803) 865667.
Date of Introduction: 1991. October.
Ingredients: Curry and Coconut: Okara*, brown rice*, tofu*, onion*, carrots*, raisins, coconut, tomato puree, shoyu, herbs, spices, sea salt, sunflower oil. * = Organic.
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Four Labels sent by Simon and Dawn Boreham of Dragonfly Foods. 1991. Nov. 1. 3 inches diameter. Self adhesive. One color on white. "Dragonfly original recipe. With Soya bean, fibre and protein, naturally. Store below 4ºC. Ready cooked. Delicious hot or cold. Heat right through. Freeze once only."

Talk with Simon Boreham. 1999. Dec. 7. These meatless burgers are now called "Beanies" and the company has ten

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recipes or varieties. On 1 Jan. 1994 the company moved to its present address: 2A Mardle Way, Buckfastleigh, Devon TQ11 ONR, England. Phone: +44 1364 642700.

9939. **Product Name:** Granose Tofu Paté [Tomato, Herb, or Mushroom]. Relaunched and renamed Granose Vegetarian Patés in late 1992.
Manufacturer's Name: Granose Foods Ltd.
Manufacturer's Address: Howard Way, Newport Pagnell, Buckinghamshire, MK16 9PY, England. Phone: (0908) 211311.
Date of Introduction: 1991. October.
Ingredients: Incl. organic tofu, vegetable oils and fats, spices and seasonings.
Wt/Vol., Packaging, Price: 200 gm squeezable tubes.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: SoyaFoods (ASA, Europe). 1991 2(2):7. "Tofu pate's from Granose." The patés have a shelf life of 9 months unopened and will keep for up to 4 weeks refrigerated after being opened.

Spot in SoyaFoods. 1992. Autumn. p. 5. "Vegetarian Cheese Spreads and Patés in a Tube." The launch of Granose's 3 new cheese spreads "coincides with the relaunch of Granose Vegetarian Patés, with improved recipes and smoother textures." Soya flour is now used in place of tofu. The name of one of the three flavors has been changed to Italian Style Tomato, and the tube has been reduced in size to 150 gm. One tube retails for £1.15.

9940. Hinman, Bobbie; Snyder, Millie. 1991. Lean and luscious and meatless. Prima Publishing, P.O. Box 1260, Rocklin, CA 95677. 463 p. Illust. by Vonnie Crist. Two forewords by medical doctors. Index. 22 cm. *
• ***Summary:*** This is the third book by the producers of the best-selling *Lean and Luscious* series. Each of the recipes is simple and straightforward, and accompanied by a nutritional analysis. The book's main theme is: Eat less fat and more fiber.

9941. **Product Name:** Ken & Robert's Veggie Pockets (With Soy Cheese) [Oriental Style, Indian Style].
Manufacturer's Name: Imagine Foods, Inc. (Marketer/Distributor).
Manufacturer's Address: 299 California Ave. #305, Palo Alto, CA 94306. Phone: 415-327-1444.
Date of Introduction: 1991. October.
How Stored: Frozen.
New Product–Documentation: Ad (full-page, color) in Vegetarian Times. 1991. Nov. p. 10. Shows five flavors of Veggie pockets, including new Indian Style and Oriental Style. Baked in an organic wheat crust. Ready after 2 minutes in the microwave or 25 minutes in a convection oven. "The most delicious fast food going."

9942. Kitamura, Keisuke. 1991. Breeding high quality soybeans for food processing in Japan. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 81-84. [18 ref]
• ***Summary:*** All soybeans grown in Japan are used to make soybean-based foods in Japan. Progress has been made in breeding soybeans to increase the content of sulfur-containing amino acids, as well as improving the food-processing quality by using mutants lacking or with lowered subunits of 7S and 11S globulins, and eliminating the lipoxygenases which are responsible for the for the generation of objectionable beany flavors using 3 types of mutants lacking the isozymes L-1, L-2, and L-3 respectively.

7S and 11S globulins are the two major proteins which amount to about 70% of the total seed proteins... 11S globulin contains 3 to 4 times more methionine and cysteine per unit protein than that of 7S globulin. Furthermore, it was reported that the two globulins have very different functional properties in soy protein foods: the isolated 11S globulin fraction formed a much harder Tofu-gel. These reports suggest that the genetic reduction of the 7S globulin content in the seeds may improve the nutritional and food-processing qualities of soybean."

"Matsuura *et al.* (1989) reported that Beta-glucosidases in soybeans are responsible for the production of daidzein and genistein from the isoflavone glucosides, daidzine and genistin, respectively during the processing of soy milk manufacturing. Because the isoflavone aglucones have more intense astringent and bitter taste than the isoflavone glucosides (Okubo *et al.* 1983), the increase of daidzein and genistein in soy milk by the action of the Beta-glucosidases causes the objectionable aftertaste of soybean products...

"So, if we could develop a new type of soybeans lacking or lowering the Beta-glucosidases in addition to the complete lack of the seed lipoxygenase isozymes, it would be an ideal soybean type for the manufacture of soy milk and related new soybean foods." Address: National Agricultural Research Center, 3-1 Kannondai, Tsukuba, Ibaraki 305, Japan.

9943. Matsuura, M.; Obata, A.; Fukushima, D. 1991. Long-life packed tofu in the United States. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 37-40. [12 ref]
Address: Food Research Lab., Kikkoman Corp., Noda City, Japan.

9944. Murasawa, H.; Sakamoto, A.; Sasaki, H.; Harada, K. 1991. The effect of glycinin subunit on tofu-making. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 53-57. [8 ref]

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• ***Summary:*** The presence or absence of an acidic subunit A-4 of glycinin has significant effects on the gelling properties of soymilk and tofu gel hardness. It is easier to make nigari tofu with a smoother and more uniform gel using the soymilk lacking A-4. Address: 1-3. Asahi Industries Co. Ltd., 2-17-8 Mochida, Gyoda, Saitama, Japan; 4. National Inst. of Agrobiological Resources, 2-1-2 Kannondai, Tsukuba, Ibaraki, Japan.

9945. Ohara, Tadahiko. 1991. New methods of coagulation process of soy-milk based on computerized measurements of electric conductivity and torque. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 103-111. [14 ref]

• ***Summary:*** The coagulation step is crucial to make good quality tofu. Powdered calcium sulfate (*sumashi-ko*) is the easiest coagulant to use, but if too much is used, it impairs the tofu flavor. Tofu coagulated with nigari (magnesium chloride) has excellent flavor, but it is difficult to use because the optimum concentration level is very narrow/limited and the coagulation reaction takes place rapidly. Calcium chloride gives the hardest, most condensed tofu, and is used in making dried-frozen tofu and tofu pouches; when a softer texture or smoother taste is desired, magnesium chloride may be partly added.

Industrial production of dried-frozen tofu ("kori-tofu") has developed mostly in Nagano prefecture since 1950. The total value of the annual production of the 9 factories in Nagano prefecture alone exceeds 12,000 million yen, or 80 million U.S. dollars. A single vat ("reaction vessel") in which soymilk is coagulated may contain 500 to 2,000 liters of soymilk.

This study was designed to develop new methods for (1) measuring rapidly the required amount of any coagulant, (2) obtaining information that will affect the optimum concentration of the coagulant used, and (3) establishing an automatic coagulation process that is not dependent on the judgment of a skilled workman.

It was found that by measuring the conductivity and torque of the coagulating soymilk, displaying the results, and stopping addition of coagulant when these values reach a certain level, the process can be automated. Address: Nagano State Lab. of Food Technology, 205-1 Kurita, Nagano city, Nagano-ken 380, Japan.

9946. Omura, Yoshimasa; Takechi, Hironori; Hayashi, Katsuo. 1991. Improvement of soymilk flavor for new soymilk products. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 41-46. [7 ref]

• ***Summary:*** "The method developed consists of the soaking of soybeans in water (15ºC, 18 hours) and the immersion of the soaked soybeans in hot water (70ºC, 5 minutes) before grinding. The treatment with hot water reduced the n-hexanal content in soymilk to about 1% of that in untreated one. It was shown that the reduction of n-hexanal was due to the inactivation of hydroperoxide lyase, not of lipoxygenase."

New products made from this bland tofu are: Tofu coagulated with citrus juice (*sudachi, yuzu*), tofu noodles containing dietary fiber, and fried fish cake containing tofu. Address: Tokushima Prefectural Food Research Inst., 2-41 Akui-cho, Tokushima 770, Japan.

9947. **Product Name:** [Tofu, Tofu Mayonnaise, Hot Squash Pies with Miso-Tofu Topping, Tofu Tart (with Cocoa or Carob), Tofu Salad with Tahini, Vegetarian Spring Rolls (Filled with Rice, Tofu & Soy Sprouts), Seitan].
Foreign Name: Tofou, Tourte au Giraumon (Nappage Miso, Tofou et Umé), Tarte au Tofou (cacao-pays, ou fruits de saison), Salade de Tofou (Tofou, crème de Sésame, tamari, aromates), Nems, Seitan.
Manufacturer's Name: Pascal Pinault.
Manufacturer's Address: "Caplet," 97226 Morne Vert, Martinique, French West Indies 0033. Phone: +59 6 55 56 57.
Date of Introduction: 1991. October.
New Product–Documentation: Talk with Pascal's sister, Marie, who calls from Orange County, California, to enquire about a source of tempeh starter for Pascal. 1993. March 17. Pascal has been very involved with soyfoods for many years. He has been making tofu and tofu products out of his home in Martinique for several years; he sells these mostly to restaurants. He would like to start making tempeh.

Letter, price list, and resume sent by Pascal Pinault at the above address. 1993. April 2. In Martinique he has been making an average of 12 to 20 pounds of tofu every week since Oct. 1991. His business has no formal name. He uses most of the tofu he makes to produce second generation products such as tofu mayonnaise, hot squash pies with miso-tofu topping, tofu & cocoa (or carob) sweet pie, tofu salad, spring rolls (*Nems*). For details see entry for the letter.

Note: This is the earliest known commercial soy product made in Martinique or any French Overseas Department.

9948. *Plenty Bulletin* (*Davis, California*). 1991. Soy to the world. 7(3):1-2. Fall.

• ***Summary:*** "Plenty has just been awarded $29,600 by the Public Welfare Foundation of Washington, DC to help groups who have requested Plenty's assistance in starting up or expanding projects involving the production of foods made from soybeans over the next two years... Plenty representatives have pioneered the introduction and adaptation of soybean foods into the diets of people in developing countries from Central America to Africa over the past thirteen years. During Plenty's first and largest soy project to date, undertaken in Guatemala in 1979 and 1980, more than 1,000 men and women from a total of 74 different

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villages were taught how to make soy milk and tofu at home...

"The Corozal South Soya Producers Cooperative in Belize is a group of 25 sugar cane farming families who have been growing soybeans on the side over the past five years. Soybeans grown by the Corozal farmers are currently sold to Mennonite poultry growers who process and use the soybeans for poultry feed. The Corozal farmers have requested program design and technical assistance in establishing a soybean processing business that would make soybean foods for human consumption and use the residue for animal feeds.

"Imani House was founded by an African-American couple who have been living in Liberia for the last six years. Imani House is a child-care center and orphanage which is committed to nurturing and feeding abandoned and hungry children in war-torn Liberia. The organization has asked for Plenty's assistance to develop soybean agriculture and small-scale soy foods processing technologies at Imani House and in other parts of Liberia in an effort to create more locally-produced sources of nutritious food." Plenty has agreed to help Imani house with a community agriculture and soy utilization project.

Plenty has also been asked to provide program design and technical assistance by organizations in Madhya Pradesh (India), Jamaica, Dominica, Barbados, St. Vincent in the Caribbean, and Guyana, as well as by American Indian communities from Pine Ridge, South Dakota, and Round Valley, California.

9949. Saio, Kyoko; Watanabe, Tokuji. 1991. Food use of soybeans in Japan. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 35.
• ***Summary:*** In 1988 some 47,000,000 tons of soybeans were consumed in Japan; 79% of this amount was used to make edible and 19% (8,900,000 tons) was used for foods. In the process of making edible soy oil, more than 3,000,000 tons of defatted soybean meal were produced; 89% of this was used as livestock and poultry feeds, and 12% was used in foods (mostly for soy sauce, but with some for soy protein products and others). There has been a rapid increase in consumption of edible oil and defatted meal in Japan, accompanied by an increase in animal protein in the diet.

In 1988 Japan produced only 290,000 tons of soybeans domestically, and most of this amount was used for foods, especially tofu (60%), miso (24%), natto (9%), and other foods (dried-frozen tofu, yuba, kinako, etc.). The consumption of these foods has risen proportionally to the increase in Japan's population, which means that over all per capita consumption is static.

A recent survey conducted in Japan showed that 82% of Japanese ate soyfoods more than 3 times/week, and that Japanese people had a rather good image of these foods, describing them as healthy, natural, tasty, good for daily use, inexpensive, and delicious.

Japanese enjoy both traditional and modern soyfoods. The technologies for making "Vegetable Protein Products" from soybean meal have been introduced from the USA since 1970, but these have been modified and adapted to suit Japan's tastes and needs. "The importance of soybean foods in Japanese dietary life cannot be too much emphasized. We love them as traditional but also new foods." Address: 1. Research Council Secretariat, MAFF; 2. Tokyo Metropolitan Food Technological Research Center. K. Saio is presently at: National Food Research Inst., MAFF, 2-1-2, Kannondai, Tsukuba 305, Japan.

9950. Smoky Mountain Natural Foods. 1991. Fall/Winter 1991. Natural foods price list [Mail order catalog]. 15 Aspen Court, Asheville, North Carolina 28806. 23 p. 28 cm.
• ***Summary:*** This is a "Catalogue of natural foods, body care and home products for a healthier, more natural way of life." This mail-order company, which began operation in Jan. 1991, sells products made by other companies; it does not do any manufacturing and does not have its own brand on any products. Their specialty is macrobiotics products, and they buy their Japanese imports from Macrobiotic Wholesale Co. They sell miso (Miso Master American Miso, Mitoku Japanese miso, Traditional Foods domestic miso, and instant miso soups from Edward & Sons), black soybeans and azuki beans (organic are grown in the USA, non-organic from Hokkaido), sea vegetables, soy sauce (San-J shoyu and tamari, Mansan tamari, Sakae shoyu, Johsen shoyu), San-J teriyaki sauce and Szechuan sauce, Nasoya dressings and Nayonaise, Natto miso chutney, Sesame miso sprinkle, Tekka condiment (jar or bag), jinenjo tekka, MMB [Mitoku Macrobiotic, a premium brand] organic farmhouse tekka, seitan, MMB traditional dried tofu, Tofu burger, scrambler, and stroganoff, Sweet Cloud sesame miso munchie, Sweet life miso candy.

John Troy is not connected to this company, nor is John Belleme; John is the wizard, and now he makes sauces from the Wizard's Cauldron. He also works with John Belleme at Traditional Foods making seitan. Address: North Carolina. Phone: 1-800-926-0974.

9951. *SoyaFoods* (*ASA, Europe*). 1991. Soyafoods in Portugal. 2(2):4-5. Autumn.
• ***Summary:*** Portugal's 10 million people have an average annual income of $US4,000, the second lowest in Europe. A revolutionary coup in 1974 ended a 48-year dictatorship and led to a stable democracy. In 1986 Portugal entered the European Community (EC). The population wishes to consume more and better foods. Portugal imports approximately 800,000 tonnes of soya beans per year, of which 200,000 are used as full fat soya flour. The remaining 600,000 are crushed to produce approximately 405,000

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tonnes of soya bean meal used in animal feed and 105,000 tonnes of soya bean oil used in animal feed (30,000) and edible oils (75,000). There are roughly 12 soya bean oil refiners, 3 of which are also crushers.

The country has a Mediterranean-style diet with olive oil and fish. Soyfoods are sold mostly at the small number of small 'dietetic' food stores; they include soymilk (called "vegetable milk"), soya desserts, tofu, meat extenders, and soy protein concentrates. The market is still very small. Portugal has only one tofu manufacturer, Provida (located at Quinta dos Linhais, Cortegaca, 2715 Pero Pinheiro), whose production is 2,000 kg/month. The company, whose executive director is Mr. Alcino de Sousa, also packs textured soy flour (meat extender) and estimates that the market for meat extenders in Portugal is 24 tonnes/year. Mr. Sousa is interested in a joint venture with a European or U.S. producer of tofu or soymilk. All remaining soya products available in Portugal are imported. The largest importer and distributor, Dietimport, "has 5 stores and imports and sells approximately 25 tonnes per year of textured soya protein and 20,000 litres per year of soya milk, soya desserts, and soya yogurts; it also sells 100 kg per day of tofu produced locally."

9952. *SoyaFoods* (*ASA, Europe*). 1991. Profile on Amrit Protein Foods. 2(2):5. Autumn.
• ***Summary:*** A brief description of the company, its history, and present activities. A photo shows a package of Golden Glow natural soymilk. "The company also has plans to introduce other soya milk-based products, such as soya milk powder, tofu, soya cheese, soya yogurt and desserts, into the Indian market."

9953. *SoyaFoods* (*ASA, Europe*). 1991. 'Tonyu' launched in France. 2(2):2. Autumn.
• ***Summary:*** The French soyfoods association, SOJAXA, has decided to use the Japanese term, 'tonyu,' which means soymilk, as their official name for products formerly called soyamilk or soyadrink–because of labeling difficulties in France. SOJAXA held a press conference in Paris to launch the name and promote soyfoods in general.

The group also presented the results of the second half of their consumer survey. In 1991 some 41% of those polled reported a knowledge of at least one soya product, up 6% over 1990. Some 21% of respondents had consumed at least one soya product, but only 6% consumed soya products regularly. Soya drinks and desserts (in a variety of flavors) were the most popular, followed by tofu and other products. SOJAXA is located in Toulouse, France.

9954. Tsukamoto, Chigen; Kawasaki, Yoshihiro; Iwasaki, Tsutomu; Okubo, Kazuyoshi. 1991. A process for the removal of glycosides during tofu production and an evaluation of the marketability of the final product. In: K. Okubo, ed. 1991. Japan part of Proceedings of the International Conference on Soybean Processing and Utilization. 130 p. See p. 47-51. [15 ref]
• ***Summary:*** Soybean seeds contain large amounts of glycosides (such as saponins and isoflavonoids), which have undesirable tastes. This is one reason why soybean foods have not received greater worldwide acceptance. An improved method for making tofu has been developed. "This comprises removal of the soybean hypocotyl fraction, the separation of the soymilk before heating, and the introduction of a defoaming step during heating. On the basis of this proposal, Taishi Foods Co., Ltd. has constructed a new factory which can treat 420 kg of soybean per hour, the products have been marketed since Aug. 1986. This new tofu process provides products which are well accepted by Japanese consumers." This tofu, named "Daigaku Tofu" ("University Tofu") has been sold since Aug. 1986 in Sendai City. On a taste panel test of 27 consumers living in Sendai city, it received significantly higher scores than both soft and firm tofu for taste, flavor, smoothness, and overall acceptability.

At the Taishi Foods factory, removal of the seed coat and hypocotyl is performed by a grinder, which brushes down and strips off these fractions at room temperature (not in excess of 40ºC). After an initial washing, the grinding process takes place, conducted first by a line cutter to make small pieces of soybeans (about 3 mm cube). Water at 50ºC is added and the soybean paste is produced in a colloid mill. This paste is separated into soymilk and insoluble matter (okara), below 50ºC, usually in a centrifuge. Water is again added to the okara and the soymilk re-extracted. The soymilk thus obtained is defoamed with a vacuum pump, preheated to 70ºC using a plate type heat exchanger, then heated with a high temperature, short time, steam injector for about 30 seconds to around 115ºC. After such heating, the soymilk is cooled to 65ºC through a vacuum chamber, the concentration adjusted if necessary, and then kept in a holding tank awaiting tofu preparation. Both both soft silken tofu (kinugoshi) and regular (momen) tofu are produced at the Furukawa factory in the early hours of the morning to allow delivery of the goods to market in the early morning. This tofu contains half the glycosides of regular tofu. Address: 1&4. Dep. of Food Chemistry, Faculty of Agriculture, Tohoku Univ., 1-1 Tsutsumitori Amamiya-cho, Aoba-ku, Sendai-shi, Miyagi-ken 981, Japan; 2-3. Taishi Foods Co. Ltd., 68 Okinaka, Kawamorita, Sannohe-machi, Sannohe-gun, Aomori 039-01, Japan.

9955. Takai Seisaku-sho. 1991. [Takai corporate guide]. 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 8 panels. Nov. 1. 30 cm. [Jap; eng]
• ***Summary:*** This color brochure, containing 5 color photos, is written in both Japanese and English. It notes that (as of 1 Nov. 1991) Takai has exported its tofu and soymilk

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equipment to 140 cities of 30 countries, including Bhutan, Bolivia, Brunei, Burkina Faso, Egypt, Finland, India, North Korea, Mexico, Nepal, Philippines, Spain, Sri Lanka, Sweden, Switzerland, and Thailand.

A chronology of the company states that in July 1917 Kamejiro Takai, a former president, founded Takai & Brothers Co. It was renamed Takai Sesakusho in Jan. 1946. Address: Kanazawa, Ishikawa-ken, Japan. Phone: 0762-48-1355.

9956. Wong, Anson. 1991. Global Protein Foods in Valley Cottage, New York (Interview). *SoyaScan Notes.* Nov. 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Global Protein Foods hopes to be ready to start tofu production in about 2 months or less. Mr. Yasuo Hachijin is presently at the plant in Valley Cottage, and some Takai workers (Mr. Tsunoda) are installing a Takai tofu production system. Valley Cottage is in Westchester County, about 45 miles or a little less than 1 hour drive north of Manhattan, across the river from White Plains to the west. They plan to start with a 6-product line: silken tofu, firm tofu, extra firm tofu, fried tofu (thick or thin), and a dessert tofu. They are experimenting with fruit flavored tofu, a yogurt-like product, etc. They will be targeting their products to two markets: the American market and the Japanese market. The brand for the Japanese market will be something like Kyozen-nen (which is established in Japan), and for the American market G.P. Initially, the company will be focusing its marketing efforts on the tri-state area, which consists of New York City, Connecticut, New Jersey, and possibly maybe a little bit of Pennsylvania. This is equivalent to a 50-mile radius from the plant. Their main competitor in the American market is Nasoya, whose tofu is also the most expensive but the taste and quality are very good. There are many competitors in the Japanese market: Mori-Nu, Kikkoman, and Kyoto-Foods (from Terre Haute, Indiana–their tofu is "very good"). Mr. Hachijin is also involved with Kyoto Foods, but he sees them as a competitor.

Anson's background is in the plastics industry; the food industry is new to him. He went to the recent Natural Products Expo in Baltimore, Maryland. Address: Sales Manager, Global Protein Foods, 707 Executive Blvd., Building E., Valley Cottage, New York 10989. Phone: 914-268-8100.

9957. *Coo* (*ku:*). 1991. Tôfu wa idai: Tôfu no miryoku menû 50 [Tofu is great: 50 attractive tofu menus]. Vol. 1. p. 1-164. Nov. 20. [Jap]
• ***Summary:*** This beautiful special first edition of this Japanese magazine, published by K.K. Shôdensha in Tokyo, is packed with hundreds of superb color photos. Devoted entirely to tofu, it shows a multitude of the many facets of tofu in Japanese cuisine and culture.

9958. Tribe, Sushila. 1991. Tofu and other soyfoods in Greece (Interview). *SoyaScan Notes.* Nov. 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tofu is no longer available in Athens. Until recently there was a man who made tofu at home in Athens and sold it only at the Alpha-Beta supermarket. People would line up to buy it. He only made about 10 kg a week. But he died several years ago. Sushila would like to start a tofu company in Athens. She knows an investor who is willing to put up money, perhaps as much as $500,000. She wants to make organic tofu, ready-to-eat tofu products, and maybe tempeh. Address: Thoukididou #50, Alimos 17455, Athens, Greece. Phone: 1-98-45-894.

9959. Baumber, Derek. 1991. New developments with tofu and tempeh in New Zealand (Interview). *SoyaScan Notes.* Nov. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Recently 2 new Chinese-run tofu shops have begun operation in Auckland, and a third has purchased a large, automated tofu-making machine for $100,000 and will soon start production. Their tofu is lower priced than that of Bean Supreme, which is New Zealand's largest tofu maker. Bean Supreme also makes an excellent soy ice cream, as well as tempeh (though they no longer advertise the latter). At least one of the Chinese companies is buying tempeh from Bean Supreme and selling it under their own label.

Derek has been making tempeh on a small scale for himself and friends for the past 4-5 years. He plans to start commercial tempeh production soon. After that, he would like to make a soy yogurt. Address: Choice of Foods, 334 Mt. Albert Rd., Mt. Roskill, Auckland, New Zealand. Phone: 629-0665.

9960. Van Gessel, Ike. 1991. Tofu and tempeh in the Netherlands (Interview). *SoyaScan Notes.* Nov. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Van Dappern Tempeh Co., which started in Rotterdam in 1969 and is now located in Kerkrade, owned and run by Robert van Dappern, changed its name to Tempé Produkten B.V. (Tempeh Products Inc.) in April 1983. The company now makes only two products: Soy tempeh and regular tofu. They started to make tofu in June 1985, shortly after they changed the company name. They are still by far the largest tempeh manufacturer in the Netherlands. The only other tempeh companies are very small. But the interesting news is that they are now also the largest tofu manufacturer in the Netherlands, producing 10,000 cakes/week of tofu. Their tofu plant is totally automated; they developed a machine based on the design of one that is made in Japan, but better than it. Next year, Tempeh Products expects its tofu production to double because of a major contract they have with Albert Heijn, a very large food store chain in the Netherlands; that is where they now sell most of their

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tofu. Heijn also owns several stores in the USA. Heuschen-Schrouff B.V., located in Landgraaf (several blocks from where Ike lives) used to be the largest tofu manufacturer in the Netherlands, but about 1 year ago they started to have some managements problems, and now they make only about 5,000 to 6,000 cakes/week of tofu. Heuschen-Schrouff is now the second largest tofu manufacturer in the Netherlands (all the other tofu makers are very small) but Heuschen-Schrouff may still be the largest company in the Netherlands selling Asian food products.

Ike's wife is Robert van Dappern's sister. Ike works as a quality manager for a steel company in the Netherlands. He was born in Indonesia; his mother is Dutch and his father Japanese. Address: Dr. Calsstraat 50, 6372 AB Landgraaf, Netherlands. Phone: 045-319-422.

9961. Morell, Tania; Schultz, J.J. 1991. Harmonium Foods tempeh report: Prepared for Armand Asher, owner Harmonium Foods. Ithaca, New York. 66 + 15 p. Nov. 26. Unpublished manuscript. No index. 28 cm. [2 ref]
• ***Summary:*** This report was prepared for Armand Asher (owner, Harmonium Foods, 117 Auburn Ave., Ithaca, New York 14850), who wanted to start a tempeh company in Ithaca. The consumer study was conducted at the Greenstar Co-op, which subsequently burned down, but re-opened in Oct. 1992. The conclusion of the study was that the market for fresh tempeh in Ithaca was too small to support a tempeh shop, but that production of consumer ready tempeh products might support a small shop. Contents: I: The counseling report (p. 1-19). Executive summary. Introduction: Purpose, scope, and limitations, sources and methods, report organization. The small market for plain tempeh: Taste of plain tempeh unappealing to consumers, usage of plain tempeh confusing to consumers. Wave of the future–Consumer ready products: Two consumer ready products, consumer ready tempeh had higher financial return over fresh tempeh. Financial analysis: Producing only the fresh tempeh for retail, producing and selling a consumer ready product, purchasing the tempeh and then producing a consumer ready product. Conclusions and recommendations.

II: The supplementary materials (p. 20-43). Contents. Marketing information (75 lb/week of tempeh is sold in Ithaca; the main retailer is Greenstar Food Co-op at 30 lb/week). Financial analysis information.

IIA: Handwritten information. Copy of original business plan. Actual consumer survey.

III: The original proposal. Executive summary. Business highlights. Proposal. Consultant skills. Appendix A: Marketing. Appendix B: Kitchen. References & sources.

A bar chart (Part II, p. 23) shows why consumers do not purchase tempeh: It has no taste 9. Do not know what to do with it 6. High cost 3. It has a strange appearance as a fungus 2. It takes too much time to prepare 1.

A bar chart on page 22 shows that 85% of the consumers polled were tofu users, 45% were tempeh users, 45% would purchase locally made tempeh over the brand they currently purchase, 20% have purchased consumer ready tempeh products (burgers, bacon, etc.). Address: 19A Gaslight Village Apt., Ithaca, New York 14850. Phone: 607-257-8438.

9962. **Product Name:** Tofu Luncheon [Traditional, Cajun Spice, or Eastern Smoke].
Manufacturer's Name: Bean Supreme Ltd.
Manufacturer's Address: P.O. Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: (09) 590 592.
Date of Introduction: 1991. November.
Ingredients: Incl. tofu.
Wt/Vol., Packaging, Price: 450 gm chub pack.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 17 gm, carbohydrate 7.8 gm, fat (unsaturated) 15.2 gm, sodium 350 mg, calcium 181 mg, energy 981 kJoules.
New Product–Documentation: Letter and leaflet titled "Soy Revolution Brings Happiness" sent by Trevor Johnston, Managing Director of Bean Supreme Ltd. 1994. July 8. This product was introduced in Nov. 1991. The leaflet shows a color photo of the 3 flavors in chub packs surrounded plates containing as salad, stir-fried veggies and tofu, and several sandwiches. The leaflet states: "Tofu breakthrough–New product... Our aim in developing this new product was to create a flavoursome ready-to-eat form of Tofu that still retained the nutritional benefits that have made Tofu so popular. We're proud of the results and hope you like it too. Nutritionally in some areas its even better than Tofu itself as you can see from the following table..." Includes recipes for using tofu in Ratatouile and in Indonesian-style Peanut Casserole.

9963. Johnson, Lawrence A. 1991. New uses for crops: Opportunities or hype. Paper presented at Developing Alternative Uses for Crops Meeting. 23 p. Held 13 Nov. 1991 at Highlander Inn, Iowa City, Iowa.
• ***Summary:*** In this narration to a slide show containing 60 slides, the author discusses grain amaranth, crambe, soybeans, corn, soymilk, tofu, the Nichii Company, use of agricultural products to replace petroleum-derived products (such as ethanol, citric acid, lactic acid, lysine, and detergents), degradable plastics, Henry Ford and his plastic automobile parts ("Unfortunately, cheap petroleum caused his effort to be abandoned in the 1950's. Times have changed and many are reexamining this opportunity using modern technologies. Soy plastics may be more environmentally friendly."), biotechnology and soybeans, breeding soybeans with soil similar to canola oil. Address: Professor-in-Charge, Center for Crops Utilization Research, Iowa State Univ., Ames, IA 50011.

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9964. **Product Name:** [Tofu, Tempeh, and Natto].
Manufacturer's Name: La Buona Terra.
Manufacturer's Address: Corso Buenos Aires 36, 16129 Genoa (Genova), GE, Italy. Phone: 010/313241.
Date of Introduction: 1991. November.
New Product–Documentation: Letter from Gianni Viglino (Via Mignone, 1/15, 17100, Savona, SV, Italy). 1991. Nov. 21. The only tofu shop in his area is La Buona Terra at the address and phone number given above. The organization is a macrobiotic center which offers these products fresh each week. Letter from Gianni Viglino of Italy. 1991. Dec. 20. "This macrobiotic center has stopped selling tofu, tempeh, and natto which they produce only for use in their restaurant."

9965. Packaged Facts. Subsidiary of FIND/SVP. 1991. The Oriental foods market. 581 6th Ave., New York, NY 10011. Nov. *
• ***Summary:*** "The Oriental Foods Market cover the $1 billion retail market for prepared Oriental foods, which is broken down into four categories–canned / packaged,... frozen, dry soups, and tofu.

Tofu is discussed briefly on page 16, and in depth on pages 180-205. Soy sauce is discussed in numerous places (incl. p. 54-57, Kikkoman, La Choy, Chun King, p. 102).

Talk with David Weiss, president of Packaged Facts. 1991. Nov. 26. This is an update of the Feb. 1989 edition of this company's market study of the same title. It was "completely rewritten by a different author, Linda Linton." They have added new statistics and even went back and changed some sales figures from the previous report. He does not know how the author gathered statistics on U.S. tofu production and sales, but he knows that she did not contact individual companies, one by one. "That is a very difficult way to get the information because (1) you don't know if you're getting the right information and (2) there may be something you are missing. We don't use SIC codes. Our figures are undoubtedly guesstimates. A little of it came from the Public Relations Dept. of Nielsen Marketing Research; they don't cover it all but they are good on packaged goods. A little also came from SAMI. There is nobody measuring the tofu market. This study only covers tofu sold as tofu, not including second-generation products. Some figures may have come from a tofu association, if there is one. Most of our reports are written from secondary published data. We just compile the figures. We are planning to do a report on the whole soy market–not just tofu." Address: New York. Phone: 212-627-3228.

9966. PNS (Programa de Nutrición y Soya). 1991. Manual de nutrición y soya: La soya el alimento de hoy y de mañana [Manual of nutrition and soya: Soya, the food of today and of tomorrow]. San Salvador, El Salvador: PNS. 146 p. 23 cm. [8 ref. Spa]
• ***Summary:*** Contents: Introduction. Undernutrition: A sign of ecological deterioration. Our health, diet: What we eat, consequences of malnutrition, causes of malnutrition, what we should eat, soya in our diet, health and diet, the diet of mothers and children, soya in the human diet (how to prepare soymilk and soy cheese [tofu], recipes for soymilk and soy cheese, recipes for soya soup, soya masa, roasted soynuts, roasted soy flour, whole soybeans, soya desserts, soya pastries and cakes, soy sprouts [*retoños de soya*] and how to grow them).

Note. This is the earliest Spanish-language document seen (Jan. 2013) that uses the term *retoños de soya* to refer to soy sprouts.

Appendixes: Biblical passages relating to diet, chemical composition of some daily foods. Cultivation of soybeans (p. 128-45).

The book begins: "This little *Manual of Nutrition and Soya* is the fruit of the effort of a group of Christians, members of parochial [church-related] communities, and of other institutions of Christian inspiration, who are working to seek a solution to the most outstanding problems of our country. One of these is general undernutrition of our population, especially in rural and marginal sub-urban areas. Approximately 73% of Salvadorean children suffer the consequences of undernutrition."

"Six years ago the Program of Nutrition and Soya (*Programa de Nutrición y Soya,* PNS) was founded, made up at that time of the Christians of the Dioceses of Santa Ana, San Salvador and Santiago de María. Actually many institutions of the church, private and governmental, collaborate actively with this program. From the first year we have relied on the financial support of the Catholic Relief Service, which has permitted us to strengthen our activities. Subsequently the Interamerican Foundation (FIA) has offered us its financial support...

"The board of directors of PNS offers this new edition with the aim of joining efforts with those people interested in working for the eradication of undernutrition in our country." Contact PNS, Apartado Postal 2115, San Salvador, El Salvador.

Note: Letter from Kris Duville. 1992. Dec. 13. This is an informal publication, mainly directed at the courses and demonstrations, where they are sold to participants at a low cost. This is the 3rd edition, published in Nov. 1991; 8,000 copies were printed by the editing serves of the Jesuit-run UCA (University of Central America) in San Salvador. It is sold in a few bookshops, naturist's stores, and in the PNS office. It was written by several volunteers, of whom he knows only Teresa Taris. Address: El Salvador.

9967. **Product Name:** Spinach & Tofu Ravioli (Mild, or Spicy).
Manufacturer's Name: Rising Moon Ravioloi.
Manufacturer's Address: 1575 Bailey Hill Rd., Eugene,

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OR 97405.
Date of Introduction: 1991. November.
Ingredients: Mild: Filling: Spinach, Surata tofu, Nancy's cream cheese, asiago cheese, fresh garlic, Dijon mustard, nutmeg, Magical Moon Mix Italian herbs & spices, sea salt. Eggless Pasta: Fancy durum flour, water, herbs, sea salt.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: *Provender Journal* (Eugene, Oregon). 1994, late spring. 11(1):1, 8. "New member profile." Rising Moon of Eugene, Oregon, is owned by Jade Elms and Kirk Giudici. The company was built on a ravioli that Kirk and his dad made during the holidays. They now sell 3 standard flavors of ravioli, each packed in a 98% cellulose bag rather than plastic.

Talk with Kirk Giudici of Rising Moon. 1994. July 6. The vegan Spinach Tofu Ravioli was launched in April 1994. The company's first two products were Spinach Tofu Ravioli (Mild, or Spicy) launched in Nov. 1991. At that time the company was located at their home in Eugene.

Labels sent by Kirk. 1994. July 6. Both mild and spicy. Mild: 3 by 4.5 inches. Blue, yellow, black and white. On front panel: Illustration of a moon with a face.

9968. **Product Name:** Soy-a Melt: Fat Free (Soy Cheese With Casein) [Cheddar style, Mozzarella style].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1991. November.
How Stored: Refrigerated.
New Product–Documentation: Postcard (color) sent by White Wave. 1991. Nov. "Grate savings." "Soy-a melt–fat free. Cheddar flavored soy product. Ask your distributor for November savings."

9969. Leviton, Richard. 1991. Re: Observations on the soyfoods industry from outside, East West Journal, and new personal developments. Letter to William Shurtleff at Soyfoods Center, Dec. 18. 2 p. Typed, with signature.
• ***Summary:*** "Every now and then I get annoyed at the tofu industry for failing so miserably to achieve its promise. After all these years its still the case 75% of the time that when I buy tofu its sour. They just didn't learn even the first lesson. The spunk seems to have gone out of soyfoods, and people are just repeating themselves, moving in old product grooves. I don't think tofu ever proved to be the yogurt of the 1980s at all. I'm glad I left when I did."

Richard is planning to get married in several months to an Australian woman who he met a year ago. She is a Registered Nurse, a naturopath, and a homeopath. They live on a lakefront cottage 15 miles from Northampton (Smith College). He has written two books and has commissions for 4 more. "I am writing almost nothing for *East West* now as they have become brain-dead." Instead he is writing mostly for *Yoga Journal.* Address: 111 Lake Shore Drive / Goshen, RR 1, Box 322B, Williamsburg, Massachusetts 01096.

9970. *Washington Post.* 1991. Putting new things first. Dec. 18. p. E18. Food section.
• ***Summary:*** Contains a recipe for Creamy tofu dip / dressing. "Gail Forman says that dieters will thank their hosts for this recipe, which she learned from William Shurtleff, director of the Soyfoods Center in Lafayette, California."

9971. Levy, Phil. 1991. Hanoi harvest: The food of Thailand and Vietnam. *Observer* (*London*). Dec. 22. p. 78.
• ***Summary:*** The subtitle continues: "Week 4–Hué, Da Nang, Hoi An, Hanoi. In the final part of this series, Phil Levy visits four of Vietnam's major cities, where the food varies from a happy blend of Franco-Vietnamese to Chinese-influenced dishes and Buddhist vegetarian cuisine.

Hué, a Buddhist, is famous for its local vegetarian cuisine.

Ly Thung Kiet Villas is a French-built tourist villa where the writer and his party were served: Braised bean curd skin with tree-ear mushrooms, eaten with rice. Bean curd skin curry with potato and mushrooms, eaten with a baguette. Minced beef (probably with bean curd) with crunchy peanuts, wrapped in green leaves and fried. Thick soup of potato, mushroom and bean curd (see the Recipe for Buddhist monk's soup).

9972. **Product Name:** Berrydales Special Ices [Bitter Chocolate (Totally Vegan)].
Manufacturer's Name: Berrydales Ltd. (Marketer). Made in Clwyd, Wales, by Genice Foods Ltd.
Manufacturer's Address: 5 Lawn Road, London NW3 2XS, England. Phone: 071-722-2866. Fax 071-722-7685.
Date of Introduction: 1991. December.
Ingredients: Soya milk, tofu, honey, apple concentrate, chocolate chips, cocoa.
Wt/Vol., Packaging, Price: 500 ml.
How Stored: Frozen.
Nutrition: Per 100 ml.: Energy 104 kcal (calories; 446 Kilojoules), protein 1.90 gm, total fat 2.71 gm (saturated fat 1.12 gm, polyunsaturated 0.73 gm), carbohydrate 18.4 gm including total sugar 17.19 gm.
New Product–Documentation: Berrydales newsletter. 1991. Dec. p. 3. "Berrydales no-cream ices–deliciously refreshing dairy free ices based on organic fresh tofu and soya milk. Low fat, low cholesterol, low calorie and vegetarian, in five exotic flavors–Honey Vanilla, Berry, Maple & Walnut, Ginger & Honey and–now totally vegan–Bitter Chocolate. Available in health food stores, delicatessens & selected Sainsburys nationwide."

Label sent by Genice Foods Ltd. 1994. Feb. 18. 3.75

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inch round lid. 500 ml. Illustration of a flower against a light wood-grain background. "Lactose free. No animal products. Low cholesterol."

9973. Britt, Jenny. 1991. Breaking new ground: First a restaurant and now a booming wholesale business, Ploughshares is a vegan, organic food company aiming to feed the world. *Here's Health* (*England*). Dec. p. 56-57.
• ***Summary:*** Ploughshares is a highly successful vegan, organic food company based in Glastonbury, Somerset–Britain's "New Age capital." A photo shows Michael O'Connell, the company founder, holding up a large tray of cakes. He and his vegan co-workers are deeply committed to an animal-free and more environmentally sensible way of eating. Since 1986 they have established a restaurant (recommended by the Egon Ronay rating service), followed by a wholesaling business, and then last year a cookery school. Michael is both a vegan and a "formidable environmental activist, who runs his own mobile information service called "Spirit of Conservation on the Move"... Formerly a professional musician and record producer with his own band, Michael has been one of the main driving forces behind Ploughshares. Until recently he owned it outright, having put in most of the finance, but in recognition of the equally valuable contribution of others in the business, he has converted it into a co-operative... The core group, who are the main shareholders, are Michael, sisters Fiona and Miranda Bruce, mother and daughter Sophie and Sally Pullinger and Lalita Gordon. Several of this group are musicians who had worked with Michael in the music business. A few years ago, feeling no longer fulfilled by professional music, they set up as an extended family on a smallholding in the Essex countryside and, to help make a living, acquired a mobile catering truck... an eight-tonne kitchen-on-wheels which had previously done service on location feeding hordes of extras in the film Gandhi. They renamed it The Emperor Liu An's Tofu Palace, in honour of the Chinese feudal lord attributed with the invention of tofu, and took to open air shows and festivals, serving vegan food and demonstrating tofu-making."

The key people then moved to Glastonbury to start a restaurant (on High Street) as a permanent base for their vegan cuisine. The restaurant was sold in 1991 as more of the company's energy went into developing and marketing its range of nutritious, often organic cakes. The company has found a building in Glastonbury, which it hopes to convert into an innovative factory–if the money can be raised. The Ploughshares cookery school now teaches 3 students a week on average. They study for a City and Guilds qualification in dairy-free and special diet cuisine. "A Ploughshares Diploma includes tofu and tempeh making on both a domestic and cottage industry scale..." Another feature of the course is the production and use of a leaf protein concentrate (nettles are now used as the raw material) in the form of a nutritious curd named Leafu. Michael became interested in it as a "substitute in British vegan diets for soya beans, whose transportation from abroad uses precious energy. [A company brochure titled "Leaves for Life: Leafu, a high protein food made from leaves" notes that "Leaf fractionation is a way of producing more protein from indigenous plants than any other process. It is highly efficient in terms of energy use and in quantity of protein produced per acre." Leaf curd contains "proportionally more protein, vitamins A and E, iron, and calcium than is found in meat, eggs, or beans."]

Michael, a man with big dreams, can be contacted at Ploughshares Organic, Vegan Food Company, 54 Roman Way, Glastonbury, Somerset, BA6 8AD, England.

Note: This is the earliest document seen (May 2005) that mentions "Leafu" (a word probably derived by merging the words "leaf" and "tofu") or that discusses a commercial food use of leaf protein.

9974. Conlon, Michael. 1991. Focus on food use could increase soybean sales to Japan. *AgExporter* (*USDA, FAS*). Dec. p. 12-13.
• ***Summary:*** "Japan is the world's largest market for soybeans, importing around 4.68 million metric tons in 1990. While most soybeans are crushed for meal and oil or processed into soy protein and soy sauce, there is another usage–direct food use–that offers potential for growing U.S. sales.

"While the volume of soybean imports for crushing to make meal and oil has stayed relatively unchanged over the past several years, soybean imports for human consumption have increased steadily from 827,000 metric tons in 1980 to 1.2 million tons in 1990, an increase of 45 percent. No other country imports such a large quantity of soybeans for food use."

"The U.S. share of the food-use soybean market is around 75 percent, with exports to Japan increasing 17 percent since 1985.

"Domestic production limited: Despite government programs designed to increase domestic production, soybean area planted in Japan has declined in recent years because growers are interested in more lucrative crops such as vegetables and flowers. As a result, Japan has had to import soybeans in order to meet the demand.

"About three-fourths of Japan's soybean imports, or around $900 million worth, come from the United States, translating into an important and steady market for U.S. soybean growers. Also, there are no tariffs or duties to hinder imports of soybeans, making the market even more attractive.

"... Japan is the world's largest buyer of food-quality soybeans, which are used for a variety of Japanese foods." A brief description is given of tofu (the most popular food in Japan made from soybeans), miso, and natto. "In 1989, 42% of soybeans for food use [in Japan] went into tofu, 14%

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went into miso, 8% went into natto and 36% went into other soybean products. The demand for soybeans used for direct consumption is increasing approximately 3% per year for tofu and miso and about 7% for natto."

Today about 25% of the soybeans used in Japan go for food use while the rest is crushed for oil and meal.

"According to the American Soybean Association (ASA), the varietal soybeans in demand in Japan have an estimated farm gate value in the United States of $1-3 per bushel above crushing beans. This could represent added returns to U.S. soybean producers of up to $55 million per year."

A graph shows the number of metric tons, from 1980 to 1990, used for crushing soybeans and for food-use soybeans. Address: Oilseeds and Products Div, FAS.

9975. Kamata, Yoshiro; Ohta, Kazutaka; Tamauchi, Fumio; Yamada, Minoru. 1991. Cheese analogs from soybeans or soymilk-curd by limited proteolysis. *Nippon Shokuhin Kogyo Gakkaishi* (*J. of the Japanese Society of Food Science and Technology*) 38(12):1143-48. *

• ***Summary:*** Using bromelain, cheese analogs can be prepared from soybean curd.

Note: Bromelain is a proteolytic enzyme extracted from the pineapple plant or from other plants of the family, *Bromeliaceae.*

9976. Kreith, Marcia. 1991. Water inputs in California food production. Water Education Foundation, 717 K Street, Suite 517, Sacramento, CA 95814. 162 p. *

• ***Summary:*** This report states that a typical 8-ounce boneless beef steak requires over 1,200 gallons of water before it reaches the table, and a 4-ounce hamburger requires over 600 gallons. An 8-ounce portion of chicken requires 165 gallons, while ½ cup of tofu (made from soybeans) needs just 60 gallons. One cup of plain yogurt takes 87.8 gallons, a 2.1-ounce chicken egg takes 62.7 gallons, and 8 fluid ounces of whole milk takes 48.3 gallons. The study, commissioned by the Water Education Foundation, sought to update numbers that originally were calculated by the University of California Cooperative Extension in 1978. The study, conducted with the assistance of an advisory committee, that included members of the California Farm Bureau Federation, takes into account water naturally available and/or applied as irrigation water to grow and process food products. The water inputs were analyzed from the beginning of the planting or growth cycle up to the time of cooking. The study assumes all crops were raised according to average California water, nutrient, and pest management practices, and irrigation efficiency of 70 percent is assumed to be average.

"While a beef steak was determined by the study to be the most water-consumptive, the most water efficient was a cup of lettuce using just under 3 gallons. Other assorted food items and their water usage were: a slice of white bread at 10.6 gallons, a slice of wheat bread at 7.3 gallons, a 2-ounce serving of pasta at 35.9 gallons..." The report costs $40 from the Water Education Foundation. Address: Sacramento, California. Phone: 916-444-6240.

9977. **Product Name:** Organic Tofu.
Manufacturer's Name: New Dawn Enterprises.
Manufacturer's Address: Sheffield, Tasmania. Phone: (004) 91 1663.
Date of Introduction: 1991. December.
Ingredients: Incl. organically grown soybeans (imported from South Australia or Queensland), and natural nigari (originally from Japan).
Wt/Vol., Packaging, Price: 500 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter from Brett Stephens, 436 Crisp St., Albury, NSW, 2640, Australia. 1991. Dec. 14. There is a new tofu maker in Sheffield, Tasmania (which is a state of Australia).

Letter from Trishala Shub. 1998. Jan. 8. She has been the sole producer of organic tofu in Tasmania for the last 6 years. "I will soon be joining forces with people from Organic Choice in the Hobart area and we hope to diversify, offering miso and tempeh as well as tofu and soy dairy products."

Talk with Trishala Shub. 1998. Jan. 18. She and her former husband, David, started this company in about 1991 by buying the tofu equipment from a church group that had been making tofu in Tasmania. She had been a vegetarian since about 1970-71. She made the tofu and her former husband, David, took care of the business side of things–until he found that they were earning only about $1/hour for their time making tofu. They owned 60 acres of land which was mostly bush, but 20 acres was used for organic farming of berries, medicinal herbs, etc. Their first product was organic tofu. In about 1992 they introduced Soyburgers, which contained tofu, okara, wheat, and spices. They were a formal business (paying taxes) for only about the first 6 months; after that they continued informally. After David left Tasmania, she was able to run the business and farm with the help of wwoof-ers (wwoof = willing workers on organic farms) and local people who wanted tofu but could not afford to buy it, so they worked for it instead. This system is popular in Australia, where there is a national register in which each farmer tells what kinds of things they do and grow on their farm. Backpacking tourists come to stay and work on the farms. They get free room and board, plus lots of education, in exchange for about 4-5 or more hours of work a day. Sometimes she would have 4 to 5 wwoofers at a time working on her farm and helping make tofu. She has taught tofu-making, yoga and leadlining to many Japanese wwoofers. She sold the equipment in June 1997 to the people from Organic Choice. Before starting her work with tofu,

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Trishala worked as an Ananda Margha missionary in the Philippines and India.

9978. Nichii Company of America, Inc. Mycal Group. 1991. The best just got better (Ad). *Vegetarian Times.* Dec. p. 29.
• ***Summary:*** Below the large title is an illustration (line drawing) of a package of tofu. The text on the front panel (film lid) reads: "Natural Foods Store. Lite Tofu. Firm. OCIA Organic. New Wt. 16 oz." The text of the ad reads: "MicroSoy flakes has dramatically improved the quality of tofu. We challenge you to see for yourself... Tofu made from MicroSoy flakes is lower in calories, lower in fat, higher in protein, longer lasting on your refrigerator shelf, better for the environment, and is made from organic soy flakes." Small print across the bottom of the ad reads: "MicroSoy flakes use up to 47% less water and as much as 40% less electricity in the manufacture of tofu, so they help preserve our environment and conserve our natural resources. Tofu made from MicroSoy flakes contains 8% more protein and 67% less fat for better health. All results confirmed by independent testing at Iowa State University, Food Science and Human Nutrition Department. Comparison of tofu made from whole soybeans and MicroSoy flakes."

9979. Nichii Company of America, Inc. Mycal Group. 1991. Who makes your tofu? Tell them you want the best tofu. Tell them you want tofu made from MicroSoy flakes (Or we can tell them for you) (Ad). *Natural Foods Merchandiser.* Dec. p. 17.
• ***Summary:*** This full-page red, green, and white ad shows a package of water-packed tofu labeled "Natural Foods Store. Lite Tofu. Firm. OCIA Organic." On both sides of it, with a check-off box in front of, and a question mark after, each are the names of the following American tofu manufacturers: Mori-Nu, Hinoichi, Azumaya, Nasoya, Quong Hop, Calco, Soy Foods of America, White Wave, Sam Sung, Mighty Soy, Mandarin, Northern Soy, Swan Gardens, Other.

Tofu made from MicroSoy flakes is best because it is low in fat and calories, higher in protein, longer lasting on your shelf, better for the environment, made from OCIA-organic soy flakes. "Tofu made from MicroSoy flakes contains 8% more protein and 67% less fat for better health."

This ad also appeared in the Feb. 1992 issue (p. 21) of this magazine. Address: 23440 Hawthorne Blvd., Suite 140, Torrance, California 90505. Phone: 213-791-0010.

9980. **Product Name:** Soymilk, and Cloth-Wrapped Tofu (Bou Bow Daufu).
Manufacturer's Name: Pak Fok Food Products Inc.
Manufacturer's Address: 2370 Midland Ave., Unit A-26 Winco Business Park, Scarborough, ONT, M1S 5C6, Canada. Phone: 416-299-7952.
Date of Introduction: 1991. December.
New Product–Documentation: Talk with Simon Kwan, owner. 1992. Oct. 8. Followed by a letter dated Oct. 9. He began making these two products in Dec. 1991, first the soymilk and then the tofu–which was the first tofu of its kind in Toronto. The texture of Bou Bow Tofu is very smooth and delicate, but it is very labor intensive to make. Mr. Kwan bought this company (the name has not changed) on 9 Oct. 1990 from Tony Lam, who was the second owner. The company was founded on 1 Jan. 1989 by Mr. Hok Chung Sung at the present address, probably under the name Dragon & Dragon Food Products. Pak Fok distributes its own products in the Toronto area.

9981. Rondot, Pierre; Sudaryanto, T.; Djauhari, A.; Anwarhan, H. 1991. Soybean utilization, processing, and production policy in Indonesia. *Palawija News* (*Bogor, Indonesia*) 8(4):1-6. Dec.
• ***Summary:*** "More than 80% of the households in Java consume soybean. The next highest consumption rate is in North Sumatra where 55% of the households eat soybean regularly. In Java, annual soybean consumption per capita varies from 11 to 16 kilograms compared with one to six kilograms in other areas of Indonesia. Java, which produces 47% of Indonesia's soybean, is also its greatest consumer.

"Average soybean consumption for the whole of Indonesia increased from 3.42 kg/cap/year in 1969 to 5.78 kg/cap/year in 1985. Consumption per capita of processed soybean is higher in urban areas than in rural areas."

"The Indonesian 'poultry revolution' has given rise to the modern animal feed-mill industry,... As Indonesia did not have a crushing industry until 1988, the meal had to be imported to regulate the national demand and to sustain the development of the 'poultry revolution'".

In 1987, according to SYGAP survey data, Indonesians consumed 749,600 tonnes of tempeh (86 gm/week), 714,700 tonnes of tofu (82 gm/week), and 48,200,000 liters of kecap (ketjap; Indonesian soy sauce). Per capita consumption of onchom was 4 gm/week. Address: 1. Agricultural Economist, ESCAP/CGPRT Centre, SYGAP Project, Bogor, Indonesia.

9982. **Product Name:** Tofutti Sour Supreme: Better Than Sour Cream (Non-Dairy Sour Cream).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1991. December.
Ingredients: 12 oz. consumer pack: Water, partially hydrogenated soy bean oil, tofu, corn oil, isolated soy protein, fructose, guar seed gum, carob bean gum, salt, mono and diglycerides, carrageenan, natural flavors, potassium sorbate (added as preservative). The 30 lb foodservice product lists non-dairy cultures as the last ingredient.
Wt/Vol., Packaging, Price: 30 lb block or 12 oz plastic tub.
How Stored: Refrigerated, 120 day shelf life.
Nutrition: Per 1 oz.: Calories 50, protein 1 gm,

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carbohydrate 1 gm, fat 5 gm (unsaturated 3 gm, saturated 2 gm), cholesterol 0 mg, sodium 120 mg, lactose 0 mg.
New Product–Documentation: Tofutti Brands Annual Report. 1992. April. Sour Supreme, a non-dairy sour cream, was introduced at the end of 1991 and is currently being sold in bulk packages to the food service industry, food service distributors, and bakers. It is similar in taste and texture to traditional sour cream but is free of milk and butterfat, and contains no cholesterol.

Ad in Natural Foods Merchandiser. 1992. December. Soyfoods 2000 (Special supplement insert, p. 9). Mentions Sour Supreme.

Talk with Tofutti Brands, Inc. 1992. Dec. 1. The foodservice version of this product in 30-lb blocks was introduced in the first quarter of 1992 [actually late 1991]. The consumer product was launched in Sept. 1992. Tofu is used as an ingredient in both.

Tofutti brand Sour Supreme fact sheets. 1992. Lists nutritional information and ingredients. "Excellent for these applications: Baking, cooking, whipping, frostings, mixes, etc... Ideal for bakeries, restaurants, caterers, commissaries, food manufacturers, etc."

Leaflet (color, 8½ by 11 inches) sent by Tofutti Brands. 1993. March 29. Shows the product package and label (which is red and green on white), and gives complete details about the product, including ingredients.

One sample of this product with Label generously sent refrigerated by David Mintz via FedEx priority overnight. 1996. June 4. 4.5 inches diameter, 2¼ inches deep. Plastic tub. "Lactose free. No milk. Butterfat free." Soyfoods Center product evaluation. 1996. June 30. Excellent flavor, texture, color and package design.

9983. Tsuiseki: Iya-dôfu [Chase: Stone-dofu] 1991. Television broadcast. Channel 26. California. Dec. 29. Sun. 7-7:30 P.M. [Jap]
• ***Summary:*** In 1185 when the Genji (Minamoto) clan defeated the Heike (Taira) in a famous naval battle on the Inland Sea, some of the Heike survivors fled to mountainous central part of Shikoku island, where their descendants still live today in the remote village of Iya. Shizue Fukushima, a 73-year-old woman, is the village tofu maker. Her Iya-dofu, also called *iwa-dofu* or *ishi-dofu* (meaning "stone tofu"), is much harder than most Japanese tofu. Made by hand, with nigari as a coagulant and without machines, it takes 3 times as long to make as most tofu. The curds are broken into small pieces by vigorous stirring and they are then pressed with a heavy weight for a long time. The finished tofu, dropped onto a stone floor from a height of 1 meter, remains unbroken. A favorite preparation in the village is named *Dekomawashi* derived from the words Dengaku plus *mawasu* (to turn). Slabs of tofu are skewered, and spread with miso. The base of each wooden skewer is then placed nearly upright into the hearth ashes around a fire. Small potatoes are also skewered on separate skewers. When one side is nicely grilled, the tofu is turned so that the other side can also be grilled. Address: Japan.

9984. *Whole Foods.* 1991. Tofu making gains: Oriental foods near $1 billion level. Dec. p. 1, 20. Cover story.
• ***Summary:*** A new study by the market research company Packaged Facts [a subsidiary of FIND/SVP] projects that retail sales of tofu will be $95 million in 1991, up 9.2% over 1990. Sales have grown steadily from $61 million in 1986, to $66 million in 1987, to $71 million in 1988, to $78 million in 1989, to $87 million in 1990.

Tofu is viewed as part of the Oriental foods market, which is projected to have retail sales of $992 million in 1991, up 5.5% over 1990. The major components of the Oriental foods market, ranked by projected retail sales in million dollars in 1991 are: Frozen foods ($296), dry soups ($287), Sauces ($160, including soy sauce), canned goods ($154), and tofu ($95). Note that tofu comprises the smallest segment.

Reasons for tofu's steady growth include its connection with two individual rising trends: ethnic foods and healthy eating. Michael [sic, David] Weiss, president of Packaged Facts, explains that Oriental sauces are also benefitting from the proliferation of Oriental restaurants "because increased familiarity with oriental food has stimulated consumers to begin preparing the dishes at home."

Note: All of the data on tofu in this report are derived from previously published sources.

9985. Wilson, Lester A.; Fenton, A.M.; Wilson, R. 1991. Comparison of whole soybeans to their MicroSoy flakes for tofu production: Steam kettle–hydraulic press system. Ames, Iowa: Iowa State University. 17 p. 28 cm.
• ***Summary:*** Tofu made from Nichii MicroSoy flakes takes much less time (10 minute soak vs. 12 hour soak), 24-48% less water (48% less if process cleanup water is included), 41% less electricity. "The tofu produced from flakes was softer, creamier in color, higher in protein and moisture, but lower in lipid [fat] that bean tofu (24% vs. 40%)." This is to say, on a dry-weight bases, the tofu made from MicroSoy flakes contained (on average) 24% fat, whereas that made with whole soybeans contained 40% fat. This is apparently because more fat remained in the okara when tofu was made from the flakes. No significant differences were found in the yield of firm tofu or in the yield of okara from flakes compared with soybeans.

Concerning sensory or organoleptic qualities, the tofu made from whole soybeans had a significantly firmer texture, which was preferred by the U.S. panelists but would probably not be by Japanese panelists. There were no significant differences in color, beany-flavor intensity, or flavor preference.

Talk with Lester Wilson. 1992. Jan. 31. This undated

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report was printed on 1 Dec. 1991. One theory as to why the tofu made from MicroSoy flakes contained less fat is that the flakes were made from dehulled soybeans whereas most tofu is made from soybeans with the hulls intact. Perhaps okara which is free of hulls tends to hold more fat. Address: 1. Prof., Dep. of Nutrition, and The Center for Crop Utilization Research; 2-3. Dep. of Food Science and Human Nutrition. All: Iowa State Univ., Ames, Iowa.

9986. **Product Name:** [Toform Tofu Patties (With Mushrooms)].
Foreign Name: Toform Tofu Bratlinge (Champignon).
Manufacturer's Name: Amaï.
Manufacturer's Address: Sandweg 41, 7070 Schwaebisch Gmuend, Germany.
Date of Introduction: 1991.
Ingredients: Tofu (water, soybeans*, calcium sulfate) 78%, mushrooms 10.6%, rolled oats*, soy sauce, sunflowerseed oil, parsley and spices, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 2 x 100 gm vacuum pack. Retails for DM 4.50 (1/92, Germany).
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 11.7 gm, fat 10.8 gm, carbohydrates 8.1 gm, calories (kcal) 176 (737 kJoules).
New Product–Documentation: Label sent by Anthony Marrese. 1992. Jan. 13. 4 by 7.5 inches. Self adhesive. Blue, white, green, and orange on tan. "Organically grown." Exklusiv Neuform certification symbol.

9987. **Product Name:** [Whole-Grain Patties: Wheat with Mushrooms (Bulgur and Tofu)].
Foreign Name: Vollkorn Bratlinge (Weizen mit Champignons).
Manufacturer's Name: Amaï.
Manufacturer's Address: Sandweg 41, 7070 Schwaebisch Gmuend, Germany.
Date of Introduction: 1991.
Ingredients: Bulgur* 38%, tofu (water, soybeans*, calcium sulfate) 35%, mushrooms 7.6%, vegetables 16% (carrots*, onions*), soy sauce, sea salt, parsley and spices. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm vacuum pack. Retails for DM 4.02 (1/92, Germany).
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 7.0 gm, fat 5.0 gm, carbohydrates 17.6 gm, calories (kcal) 143 (598 kJoules).
New Product–Documentation: Label sent by Anthony Marrese. 1992. Jan. 13. 4 by 7.5 inches. Self adhesive. Brown, blue, and green, on white. "Organically grown." Exklusiv Neuform certification symbol.

9988. *Chung-kuo Peng-jen* (*Chinese Cuisine*). 1991. [Six articles on the significance of tofu in Chinese culture]. No. 1. [Chi]*
• ***Summary:*** Dr. H.T. Huang, expert on the history of Chinese food and agriculture. (personal communication, 16 May 1993), notes that a celebration in honor of the discovery of tofu by Liu An (Huai Nan Tzu) in about 100 B.C. in Anhui province was held simultaneously in Beijing (China) and Taipei (Taiwan) on 15 September 1990. That day is supposed to be Liu An's birthday. The celebration in Beijing continued for 3 days. It was sponsored by several trade associations including the Taiwan Tofu Products Association. The event was reported in the magazine cited above and the six articles on the significance of tofu in Chinese culture from the Commemoration were reprinted in that issue.

9989. Evans, E. 1991. Transforming soybeans to improve tofu. *New Crop News* 1(1):3-4. *
• ***Summary:*** Removal of all or parts of the lipoxygenase enzyme system present in soybeans reduced the beany flavor in tofu. Lipoxygenase isozyme 2 is the principle culprit in causing off-flavors.

9990. **Product Name:** Tofu–Soya Bean Curd.
Manufacturer's Name: Health Valley Foods.
Manufacturer's Address: Box 3376, Maraval, Trinidad, Trinidad and Tobago, West Indies.
Date of Introduction: 1991.
How Stored: Refrigerated.
New Product–Documentation: Letter from Deolal Ramnarine of Magic Tops in Trinidad. 1991. Nov. 21. Health Valley Foods, at the address shown above, makes "Tofu–Soya Bean Curd." Note: Maraval is located just north of Port of Spain, the capital of Trinidad, which is located just off the coast of Venezuela. In Dec. 1988 Patricia Kempadoo of Kempadoo Tofu Co. started making tofu at this address.

9991. **Product Name:** Holy Cow Mighty Meal [King Creole, Vishnu's Dream {Indian}, Gado-Gado {Indonesian}].
Manufacturer's Name: Holy Cow Vegetarian Foods.
Manufacturer's Address: 2260 Augusta St., Eugene, OR 97403. Phone: (503) 345-3639.
Date of Introduction: 1991.
New Product–Documentation: The *Provender Journal* (Eugene, Oregon). 1994, late spring. p. 11 states that Holy Cow Vegetarian Foods is located at 2260 Augusta St., Eugene, OR 97403. Phone: (503) 345-3639.

Talk with Anton Ferreira, owner of Holy Cow. 1994. June 30. All his products are vegetarian. Each product in this line, 3 of which contain tofu (made by Surata Soyfoods), looks like a burrito and is a whole meal. The various products were introduced during 1991. He was born in South Africa.

9992. **Product Name:** Ken & Robert's Veggie Pockets [Oriental Style, or Indian].

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Manufacturer's Name: Imagine Foods, Inc. (Marketer/ Distributor).
Manufacturer's Address: 299 California Ave. #305, Palo Alto, CA 94306. Phone: 415-327-1444.
Date of Introduction: 1991.
Ingredients: Oriental: Crust: Organic whole wheat flour, organic wheat flour, water, expeller pressed oleic safflower oil, brown rice syrup, yeast, sea salt. Filling: Organic tofu, broccoli, carrots, onions, peas, mushrooms, water chestnuts, rice starch, tamari soy sauce, brown rice syrup, sesame oil, rice vinegar, garlic, herbs, spices. Organically grown and processed in accordance with section 26569.11 of the California Health and Safety Code. Reg. Penna. Dept. Agr.
Wt/Vol., Packaging, Price: 5 oz (141 gm) in plastic bag. Retails for $1.89 (7/92, California).
How Stored: Frozen.
New Product–Documentation: Product (Oriental Style) with Label purchased at Open Sesame in Lafayette, California. 1992. July. 8 by 3.75 inches. Orange, green, black, white, and tan on black. "Truly amazing. A delicious baked organic wheat crust. Organic tofu and vegetables in a mild Szechuan sauce. Pockets for people with their hands full. No cholesterol. Dairy free. Ken & Robert's Veggie Pockets are the most delicious mouthful of fast food going." Product of USA. UPC indicia. Copyright 1991.

9993. Lai, Hsin-Hsia. 1991. Hsüan chuan mo shang liu ch'iung i, Chu yüeh tanh chung kuen hsüh hua ["Let the jade fluid flow from the quern, and the snowy flowers boil in the moon shaped pan"]. *Chung-kuo Pheng-jen* No. 1. p. 13-15. [Chi]*
• ***Summary:*** The author tells stories of how the founding emperor of the Ming dynasty, and two Ch'ing emperors, Khang Hsi and Ch'ien Lung, had the highest regard for tofu as a food.

9994. Lambrecht, Hillary S. 1991. Soybean storage and its effect on tofu and soymilk production. MSc thesis, Purdue University, West Lafayette, Indiana. xviii + 224 p. *

9995. Life Food. 1991. Taifun products–Tofu, Raeuchertofu, Sprossentofu, Terrinen, Tempeh, Spezialitaeten [Taifun products–Tofu, Smoked Tofu, Sprouted Tofu, Terrines, Tempeh, Specialties (Leaflet)]. Robert Bunsen-Strasse 6, D-7800 Freiburg, West Germany. 6 panels each side. Each panel: 22 x 10 cm. Undated. [Ger]
• ***Summary:*** This is based on Life Foods' first professional typeset brochure; it was brought to Soyinfo Center by Wolfgang R. Heck. 2011. Nov. 25. The name of each product is printed in bold red letters; below that is a description in gray on a white background.

The company still presents itself (on the front panel) as Life Food–Freiburg's Tofu Shop. Natural Foods (*Life Food–Freiburgs Tofurei. natuerliche Lebensmittel*).

Note 1. *Sprossentofu* refers to tofu made from all or some sprouted soybeans.

Note 2. A terrine is a French forcemeat loaf, similar to a paté, but made with more coarsely chopped ingredients. Terrines are usually served cold or at room temperature (Source: Wikipedia, at terrine (food)). Address: Freiburg, West Germany. Phone: 0761/50 61 55.

9996. Ontario Soybean Growers' Marketing Board. 1991. Tofu: The miracle food of the 90s. Box 1199, Chatham, ONT N7M 5L8, Canada. 22 p. 23 x 10 cm.
• ***Summary:*** This attractive and upbeat full-color booklet begins with an introduction and nutritional information, followed by 9 tofu recipes. Accompanying each recipe is a full-page color photo and a nutritional analysis. The tofu recipes: Two bean tofu chili. Jalapeno-cheddar corn muffins. Tofu vegetable pizza. Spicy tofu with green vegetables and noodles. Hot and sour soup. Chocolate orange sauce for angel food cake. Low-fat tofu cheesecake. Tofu antipasto. Fruity tofu cooker [smoothie].

Talk with Fred Brandenburg of the Ontario Soybean Growers' Marketing Board. 1994. Oct. 20. This is the single most popular publication ever issued by OSGMB. More than 100,000 have been printed since 1991. Address: Chatham, ONT, Canada. Phone: 519-352-7730.

9997. **Product Name:** Herb Tofu (Bulk).
Manufacturer's Name: Simple Soyman.
Manufacturer's Address: 4877 North Green Bay, Milwaukee, WI 53209. Phone: 414-264-4133.
Date of Introduction: 1991.
How Stored: Refrigerated.
New Product–Documentation: Talk with R. Jay Gruenwald. 1991. Jan. 24. This product was just introduced.

9998. **Product Name:** "Beefy" Burrito (Renamed Mexican Tofu Burrito), and Mexican Tofu Sloppy Joe.
Manufacturer's Name: Soy Devine.
Manufacturer's Address: Box 668, Miranda, CA 95553.
Date of Introduction: 1991.
New Product–Documentation: Talk with Mara Devine. 1995. June 1. In 1995 Cajun Barbecue Style was renamed and divided into two products: Vegan Cajun Burger, and Cajun Tofu Sloppy Joe. She moved from Miranda to Arcata, California, in June 1993.

9999. **Product Name:** [Tofu, Smoked Tofu, Tofu Burgers].
Manufacturer's Name: Tofuhaus Eisenreich.
Manufacturer's Address: Steinmetzstrasse 4, 93049 Regensburg, Germany. Phone: 0941/27 01 27. Fax: 0941/29 3 59.
Date of Introduction: 1991.
New Product–Documentation: Letter from Bernd Drosihn of Viana Naturkost. 1993. Nov. (late). Tofuhaus Eisenreich

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makes tofu in Regensburg

Letter from Bernd Drosihn of Viana Naturkost. 1994. Feb. 14. Mrs. Eisenreich owns Tofu Eisenreich; the address, phone and fax are shown above. The company makes tofu, smoked tofu, and tofu burgers. They began business 3-4 years ago.

10000. **Product Name:** New World Foods Hearty Chilli (With Granular Tofu Curds).
Manufacturer's Name: Vegetable Protein Specialists (VPS), Inc.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87501. Phone: 505-471-8979.
Date of Introduction: 1991.
Ingredients: 1991: Incl. Rico Soy, tomato, red chiles, brown chiles. 1993: Chile broth (our special blend of chile pods ground with water), organic* Befine (soybeans, water, calcium sulfate–a natural mineral, caramel color), organic* pinto beans, onions, green chile, shoyu, organic* corn meal, tomatoes, spices, soybean oil, vegetable gum. * = Organically grown & processed in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 12 oz vacuum pack. Or 24 lb. foodservice pack.
How Stored: Frozen or refrigerated.
Nutrition: Per 1 cup: Calories 275, calories from fat 98, total fat 11 gm (saturated fat 1 gm), cholesterol 0 mg, sodium 365 mg, total carbohydrate 41 gm (dietary fiber 6 gm), protein 10 gm, vitamin A 25%, vitamin C 2%, calcium 26%, iron 64%.
New Product–Documentation: Leaflet sent by Richard Jennings of VPS, Inc. (Vegetable Protein Specialists). 1993. Nov. 26. "New World Foods." Hearty Chilli contains red and brown chiles with tomato.

Talk with Richard Jennings of VPS. 1993. Dec. 1. This product was introduced in 1991. A key ingredient was Rico Soy (small, firm chunks of tofu), which was renamed and trademarked Befine by Sept. 1993.

New Label sent by Richard Jennings. 1993. Nov. 29. 3 by 5 inches. Self adhesive. Black on gold. Illustration of a symbolic Aztec crow. "Low in saturated fat." "Try topping with diced onions, cilantro, sliced jalapenos or low fat cheese."

10001. **Product Name:** Tofu, Fried Soy Protein [Fried Yuba], Soy Milk.
Manufacturer's Name: Wen's Food Inc.
Manufacturer's Address: 9179-Red Branch Road, Columbia, MD 21045. Phone: 410-730-6699.
Date of Introduction: 1991.
New Product–Documentation: U.S. Soyfoods Directory. 1999. p. 45. Talk with Mr. Ting-yi Wen. 1999. May 6. The parent company of this company was started in 1987 in Taiwan. Then Mr. Wen came to Maryland and in 1991 began making the products shown above. Today he makes a host of innovative products. Tofu: Regular Tofu, Soft Tofu, Tofu Curds (*Doufu-Hwa*), Extra Firm Tofu (*Doufu-Gan*), two types of Tofu Noodles (Plain, and Spicy with Soy Sauce), Five-Spice Pressed Tofu Sheets (*Wu-hsiang pai-yeh*), and Seasoned, Rolled, Pressed Tofu Sheets (ssu-chi or suji, made from pai-yeh; season the sheets, then roll and steam).

Yuba: Crispy Soy Chicken (new name for fried yuba), plain fresh yuba (*bai dou-pi*). But he stopped making the yuba last year because: (1) It was too labor intensive; (2) Working in the hot, steam-filled room was so uncomfortable that at the end of each day he felt like a steamed dumpling. Soymilk (plain or sweetened with sugar) in ½ gallons.

Products to be introduced soon: (1) Soymilk in small single-serving cups similar to those in which yogurt is now sold (a unique packaging idea). (2) A line of soy yogurts. (3) A line of Chinese frozen entrees, such as Crispy yuba chicken with black bean sauce.

Business card sent by Ting-Yi Wen. 2001. Wen's Food Inc. makes tofu products and sauces, with Mao Pao, Kung Pao, and BlackBean flavors, plus Soy Chicken, Soy Pudding, Soy Milk, Soygurt, etc. They are still at the address above.

10002. **Product Name:** Simply Delicious Vinaigrette Un-Dressing [Tofu Poppyseed, Lemon Tahini, Miso Sesame, Herb Garlic], and Miso Magic.
Manufacturer's Name: Wizard's Cauldron, Ltd.
Manufacturer's Address: P.O. Box 969, 108 S. Church St., Hillsborough, NC 27278. Phone: 919-732-9445.
Date of Introduction: 1991.
Ingredients: Tofu Poppyseed: Canola oil, well water, apple cider vinegar, honey, organic tofu (White Wave), clear shoyu, garlic juice, white wine, pepper mash, lemon juice, mustard, poppyseeds, natural herbs & flavours, natural vegetable gum.
Wt/Vol., Packaging, Price: 10 fluid oz (300 ml) glass bottle.
How Stored: Shelf stable.
New Product–Documentation: Talk with John Belleme. 1992. July 11. John Troy is back in business after American Natural Foods went bankrupt–with the help of designer / marketer John Fogg. He now owns and runs a company named Wizard's Cauldron, located about 100 miles from where Belleme lives. Of his 30-35 products, the one Belleme likes best is Miso Magic, which is a sauce and/or dressing in his Simply Delicious line. John Troy has been very successful. He just spent $200,000 upgrading his operation. He has a totally automated bottling and labeling line. His specialty is interesting combinations of esoteric ingredients. He makes two lines for Joel Dee under the Edward & Sons label.

Products sent by John Troy. Reddish brown and dark blue on pastel labels. Stylish. Lemon Tahini contains "clear shoyu" as the fifth ingredient. Herb Garlic contains "clear shoyu" as the sixth ingredient.

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Talk with John Troy. 1999. May 3. His plant is now located at 8411 Hwy. N.C. 86 N, Cedar Grove, North Carolina 27231. He does a lot of work out of his home. Two thirds of his business is private label; he makes 14 SKUs for Whole Foods (such as Soy Ginger), Wizard's Hot Stuff for Joel Dee of Edward & Sons, Miso Mustard Dressing (fresh refrigerated organic) for Alberts, etc. He is in the process of removing the honey in some of his products and switching to agave nectar, to make them vegan and to give them a lower glycemic index; agave nectar is about to be approved as a sweetener for diabetics. Products he makes under his own Simply Delicious brand for the natural foods trade are three flavors of organic vinaigrette–each of which has a soy ingredient. They were introduced in about 1991.

10003. **Product Name:** Troy's Micro-Saucery Organic Ginger Sauce, Peanut Sauce, Chipotle Sauce.
Manufacturer's Name: Wizard's Cauldron, Ltd.
Manufacturer's Address: P.O. Box 969, 108 S. Church St., Hillsborough, NC 27278. Phone: 919-732-9445.
Date of Introduction: 1991.
Wt/Vol., Packaging, Price: Bottle.
New Product–Documentation: Talk with John Troy. 1999. May 3. His plant is now located at 8411 Hwy. N.C. 86 N, Cedar Grove, North Carolina 27231. Two thirds of his business is private label. Products he makes under his own Troy's brand for the natural foods trade are three organic sauces–each of which has a soy ingredient. They were introduced in about 1991. Chipotle refers to smoked jalapeño; it is like a miso barbecue sauce, with a southwestern flavor profile. The ginger and peanut sauces each contain soy sauce.

10004. Ali, Nawab. 1991. Final report of Indo-US sub-project on soybean processing and utilization. Bhopal, India: Soybean Processing & Utilization Project, Central Institute of Agricultural Engineering (CIAE). xxiv + 241 p. Illust. 25 cm. No. CIAE / SPU-7 (85-91) /91/140). *
• ***Summary:*** "Under the Soybean Processing and Utilization Project sponsored by the United States Agency for International Development and the Indian Council of Agricultural Research, laboratory scale processes for making fullfat [full-fat] soyflour, soypaneer, soydal, soyflakes, soysnack, soybadi and partially defatted soyflour have been adapted / developed." Address: Soybean Processing and Utilization Project, Central Inst. of Agricultural Engineering, T.T. Nagar, Bhopal–462 003, India.

10005. American Soybean Assoc., Taiwan. 1991. The tofu and soymilk industry in Taiwan. Taipei, Taiwan. 1 p. Unpublished manuscript. [Eng]
• ***Summary:*** There are 1,430 tofu manufacturers in Taiwan. They use a total of 186,072 tonnes of soybeans to make 93,036 tonnes of tofu each year. 500 companies make less than 150 kg of tofu daily; they use a total of 25,200 tonnes/year of soybeans.

490 companies make 151-200 kg of tofu daily; they use a total of 32,928 tonnes/year of soybeans.

200 companies make 201-300 kg of tofu daily; they use a total of 20,160 tonnes/year of soybeans.

143 companies make 301-600 kg of tofu daily; they use a total of 28,848 tonnes/year of soybeans.

50 companies make 601-1,800 kg of tofu daily; they use a total of 30,240 tonnes/year of soybeans.

30 companies make 1,801-2,400 kg of tofu daily; they use a total of 24,192 tonnes/year of soybeans.

12 companies make 2,401-3,600 kg of tofu daily; they use a total of 14,520 tonnes/year of soybeans.

5 companies make 3,601-6,000 kg of tofu daily; they use a total of 10,008 tonnes/year of soybeans.

There are 4,650 soymilk manufacturers in Taiwan who make an average of 30 kg/day of soymilk. They use 139.5 tonnes of soybeans each day or 5,022 tonnes of soybeans each year. Address: Taipei, Taiwan.

10006. Black, Nicole. 1991. Tofu internacional [Tofu international]. Mexico City, Mexico: Editorial Edamex. 140 p. [Spa]*
• ***Summary:*** This is a tofu cookbook with original recipes from around the world, but featuring many unique Mexican-style tofu recipes. The book contains many misspelled words, even on the cover.

10007. Bray, Francesca. 1991. Essential techniques for the peasantry: An annotated translation of the 6th century Chinese agricultural treatise Ch'i Min Yao Shu. Unpublished draft copy. *
• ***Summary:*** Information on soybeans is given in the section on legumes. The many kinds of legumes are known collectively as *shu.* "Legumes belong to the family of *Leguminosae* (one of the largest families of flowering plants) and to the sub-family *Papilionoideae;* they are identified as having a fruit formed by a single carpel and dehiscent by both ventral and dorsal sutures so as to separate into two valves." Peas, beans, lentils, and peanuts are all legumes.

"It is interesting that while legumes were among the earliest plants to be domesticated in West Asia and the Americas, there is no firm evidence that legumes were cultivated in China in prehistoric times, even though several species are native to China, and even though legumes played a very important role in Chinese agriculture from the late Chou onwards. Though remains of leguminous species have been found in one or two Chinese neolithic sites, they have been identified as broad beans (*Vicia faba*) and groundnuts (*Arachis hypogaea*)*;* since the former is believed to have been introduced to China from West Asia in Han times and the latter is a native American species, the authenticity of these identifications is doubtful, to say the least.

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"There are apparently no references to legumes in the Shang oracle records, and the earliest uncontested evidence for the cultivation of leguminous plants in China is found in Chou bronze inscriptions and in the *Shih Ching.* Both these sources refer to a crop called *shu,* and the early form of the character clearly depicts the nodules on the roots of the plants. The term *shu,* though also used to refer to legumes in general, is primarily associated with the soybean *Glycine max* (L.) Merrill, and its presence in these writings is usually taken to signify the domestication of this crop. In later lexicographical texts the term *shu* is usually qualified when soybeans are referred to *jung shu, jen shu* and *ta shu* are mentioned, and this does suggest that even in pre-Han times *shu* was used as a generic term for legumes rather than a specific term for soybeans. The modern term for soybean is *ta tou,* 'greater bean', a term which first appears in the 1st century *Fan Sheng-Chih Shu.* In classical times the term *tou* was applied only to a type of 'wooden vessel or dish for containing flesh sauces at sacrifices or feasts', but by Han times it seems that it was also used as a general term for pulse crops, as it still is today.

"Whether or not the unqualified term *shu* in early texts and inscriptions should be understood to refer to soybeans or to legumes in general, there is no doubt that the soybean was domesticated in China some time around the beginning of the Chou, for texts describing 7th century events refer to soybeans (*jung shu*) as novel introductions to the Central States, whereas by the time of Mencius they had already become a staple food of the common people. The presumed wild ancestor of the soybean, *Glycine ussuriensis* Regel & Maack or *G. Soja* L., is native to Northeast China and adjacent areas of Manchuria, Korea and Japan, and it may be significant that the cultivated soybean was called *jung shu,* for Jung was the name commonly given to the Tungusic tribes of Northeast China in Chou times. The *Kuan Tzu* states that in the 7th century Duke Huan of Ch'i led an expedition to the territory of the Mountain Jung and brought back 'winter onions and soybeans (*jung shu*) for dissemination throughout the various states.' An alternative gloss of *jung* and of its (then) homophone *jen* is that it simply meant 'large, luxuriant', for the soybean is a large, bushy plant growing up to 6 feet tall; its modern name of *ta tou* is attributable to its habit, and not to the size of its beans which are only about as big as a lentil.

"The soybean's rapid conquest of Chou China is a tribute to its superior qualities, qualities so outstanding that they frequently provoke outbursts of surprising lyricism in modern writers: 'that miracle, that noblest of crops, that wondrous plant, the soybean'. The ancient Chinese were distinctly more moderate in their praise: for them soybeans were simply 'one sort of legume'. However, we may pardon their reserve when we remember that without the benefits of modern nutritional analysis the Chinese were unaware of many of the qualities for which soybeans are most appreciated today... As far as the Chinese were concerned, the chief virtues of the soybean were that it produced good crops even on poor land, that it did not deplete the soil, and that it guaranteed good yields even in poor years, so that it made a useful famine crop. Soybeans, it was claimed, could be relied upon to yield between 5 and 10 bushels a *mu,* three or four times the yield from millet, and the *Fan Sheng-Chih Shu* says that in former times it was customary for peasants to plant 5 *mu* a head of soybeans to guard against famine. So soybeans were certainly useful, and they were widely grown in China from Chou times on, but they were not held in high esteem for their gastronomic qualities. When the irrigation works broke down in Ju-nan (modern Anhwei) in the 1st century, the local people composed a song complaining that all they had to eat was soybeans and yams, and in the 14th century Wang Chen writes: 'Black soybeans are a food for times of dearth; they can supplement [cereals] in poor years, and in good years they can be used as fodder for cattle and horses.'

"There were, however, several kinds of soybeans, and although some were thought to be fit only for fodder except in times of famine, others were considered to make wholesome porridges and gruels. But the form in which the Chinese most appreciated the soybean was fermented, made into sauces (*chiang*), relishes (*shih*) or beancurd (*tou fu*). These were generally made from the yellow variety of soybeans. The various fermentation processes were discovered quite early. *Chiang* is mentioned in the *Lun Yû* and was produced on a large scale in Han times, as was *shih;* the earliest beancurd is reported to have been made in the Han. We shall not dwell on soybean products here, as they are treated at length in section 40; suffice it to say that as well as improving the soybean's palatability immeasurably, the various fermentation processes also considerably improve its nutritional qualities."

"The term *hsiao tou* can probably be identified with the adzuki bean, *Phaseolus angularis* (Willd.) Wight, which is native to China and Japan."

Note: Dr. H.T. Huang, expert on the history of Chinese food and agriculture, says (4/91) she is at UCLA in the Dept. of Anthropology. The book has not yet been published.

10008. Chan, Ming K.; Dirlik, Arif. 1991. Schools into fields and factories: Anarchists, the Guomindang, and the National Labor University in Shanghai, 1927-1932. Durham, North Carolina: Duke University Press. [xi] + 339 p. Index. 25 cm. [176* + 651 endnotes]

• ***Summary:*** The short-lived National Labor University in Shanghai opened in Sept. 1927 and was forced to close in mid-1932. It was "both a reflection of the revolutionary concerns of its time and a catalysts for future radical experiments in education. Under the slogan: 'Turn schools into fields and factories, and fields and factories into schools,' the university attempted to bridge the gap between

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intellectual and manual labor which its founders saw as the central problem of capitalism and which remains a persistent theme in Chinese revolutionary thinking."

The Labor University was inspired by Chinese anarchists, who also played a central role in its founding. The most important founders were Li Shizeng [Li Yuying], and Wu Zhihui, who were also the most prominent figures among the Chinese intellectuals who (in the early 1900s) had introduced anarchism into Chinese radicalism while they were students in Paris. Li and Wu had close ties with Sun Yatsen (Sun Zhongshan), ties which they retained until, by the mid-1920s, they were widely regarded as "elders" of the Guomindang (p. 7).

"The Paris anarchists were a group of intellectuals who had been baptized into revolutionary activity in the early 1900s. Li Shizeng, the moving intellectual spirit of the group, had been living in Paris since 1902." Li studied biology in France, showed an internationalist orientation at an early age, and became a close friend of the family of French anarchist geographer Elisée Reclus, which probably started him on the path to anarchism. Li's beancurd factory in Paris was run by 30 Chinese laborers recruited from Li's village in China (p. 17).

The Paris anarchists believed deeply in progress and thus in science–the key to progress. "Revolution is nothing but cleansing away obstacles to progress." The two major ideologies of China–Confucianism and Daoism–had both advocated minimal government intervention in the affairs of society (p. 18).

Page 26 states that "Li first promoted his idea among the workers in the doufu [tofu] factory in Paris."

Li Shizeng is mentioned on pages 6-7, 18-20, 24-26, 43, 47, 51, 56-59, 61-68, 72, 84, 125-26, 132-33, 228-231, 174, 245, 233-34, 240, 248, 262-63, 273, 296, 299-301, 319, 327, 333, and 336. Address: 1. Senior Lecturer in History, Univ. of Hong Kong; 2. Prof. of History, Duke Univ., Durham, North Carolina.

10009. Chelf, Vicki Rae. 1991. Cooking with the right side of the brain: Creative vegetarian cooking. Garden City Park, NY: Avery Publishing Group Inc. viii + 283 p. Illust. incl. many color plates. Index. 28 cm.
• ***Summary:*** This vegetarian cookbook, which contains over 500 healthful recipes, shows a strong macrobiotic influence. The extensive glossary of ingredients includes good descriptions of adzuki beans, many sea vegetables, amaranth, amasake, gluten, gluten flour, koji, kudzu, miso, mochi, natto, natto miso, okara, quinoa, seitan, shoyu, silken tofu, soybeans, tamari, tempeh, tofu, and T.V.P. (Textured Vegetable Protein). All of these ingredients are used in recipes. There are at least 26 tofu recipes, 6 seitan recipes, and 4 tempeh recipes.

The author, who also illustrated this book, has been a vegetarian for 16 years. While living in Quebec, Canada, she wrote several French-language vegetarian cookbooks. The right side of the brain controls thoughts and actions that are creative, intuitive, spontaneous, and artistic, whereas the left side controls more logical, concise, analytical, and scientific thinking. Conventional education encourages development of the left side of the brain. This book encourages creative experimentation and improvisation with the recipes given.

10010. Ching, Emily; Ching, Ko-Shee; Austin, Theresa. eds. 1991. The stuffed steamed bao. Miss Freckles tofu. Cerritos, California: Wonder Kids Publications. 28 p. Illust. 21 x 21 cm. Series: Chinese Children's Stories: Tales about Food, No. 34. [Eng; Chi]
• ***Summary:*** This book contains two separate children's stories. There are different color illustrations of China on almost every page. The English text is generally on one page and the Chinese text on the other, but sometimes the English text is on the top of a page and the Chinese text at the bottom, with a full-page illustration on the facing page. The first story is about how Doggy developed this famous snack from Tienjin, China. Both the great minister, Yaun Shi-Kai, and the Empress Dowager praised this food.

The second story is about the development of Mabo Dofu, a famous hot and spicy tofu dish of Szechwan province. It was developed during the Qing (Manchu) dynasty [1644-1912] by a young lady who lived in Chengdu, the capital city of Szechuan–to support herself after her husband was killed. Originally it was a simple, ordinary dish one ate at home. Today it is world famous. Address: Cerritos, California.

10011. Ching, Emily; Ching, Ko-Shee; Austin, Theresa. eds. 1991. Monk's beef stew. Yue's tofu store. Cerritos, California: Wonder Kids Publications. 28 p. Illust. 21 x 21 cm. Series: Chinese Children's Stories: Tales about Food, No. 35. [Eng; Chi]
• ***Summary:*** This book contains two separate children's stories. There are different color illustrations of China on almost every page. The English text is generally on one page and the Chinese text on the other, but sometimes the English text is on the top of a page and the Chinese text at the bottom, with a full-page illustration on the facing page. The first story is about how monks followed the great Su Dong-Puo's instructions to make beef stew, seasoned with soy sauce. The "Pork Song" is the most popular poem that Su Dongpo wrote about food. Note: Su Dongpo [pinyin] (1036-1101) was a famous Song/Sung dynasty poet.

The second story begins by saying that "during the Warring States period [475-221 BC] the earliest Chinese tofu store was owned by the great general Yue Yi," general of the Yen state. He was also an obedient son. When he was young, his parents were quite old. They could not chew food very well since most of their teeth were missing. Yue Yi had always wanted to invent something tasty, which his parents

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could eat easily. Since many soybeans were planted around the family home, he soaked the beans, ground them to a paste, then cooked them." But his parents disliked this food, because it was full of grounds (okara). So they next day, after grinding the soaked soybeans with water, he strained them through a cotton cloth, then cooked the milk in a pot. This time his parents enjoyed his soybean soup.

One day Mrs. Yue's gums started to bleed. The doctor took her pulse, then said to Yue Yi that his mother had probably eaten too many soy beans, a heating food that increases the body's internal temperature. He gave her a medicine to lower her body's temperature. Yue Yi learned that the medicine contained gypsum [calcium sulfate], which has cooling effects. The medicine worked and her gums stopped bleeding. Then Yue Yi thought of putting gypsum in the soybean soup, so no one would need to worry about eating too much. The next day he bought some gypsum, ground it to a powder, then stirred it into the hot soybean milk. Surprisingly it turned into a gel. He and his parents found that it tasted delicious, refreshing, and tender.

Soon the neighbors same to his house to taste it. They too were pleasantly surprised "It is as tasty as meat." They called it the "mansion bean meat"–a name which caught on.

So Yue Yi opened a tofu shop to make and sell his new "mansion bean meat." His parents ate it, and lived long, healthy lives. Yue Yi traveled far and wide, teaching people how to make "mansion bean meat." Soon many elderly Chinese were enjoying this new food.

Many people in China decided to start their own business making "mansion bean meat" but they thought this three-character name was too long. So they combined the characters for "mansion" and "meat" to make the word "tofu"–in which *to* indicates "bean" and *fu* has the pronunciation of "mansion." Soon a new industry was born in China. "As a token of Yue Yi's kindness to the elderly and his spirit of unselfishness, the people recognized him as the grandfather of the tofu business and often offered incense in Yue Yi's name!" Illustrations show: (1) A hand-turned stone mill. The front of a tofu shop, with people carrying cakes of tofu. Photos show: (1) Large, flat blocks of tofu on wooden boards, uncut and cut into cakes. Note: The source, date, or authenticity of the story of Yue Yi in unknown. Yue Yi is not mentioned in Huang (2000) *Science and Civilization in China.* Address: Cerritos, California.

10012. Dieudonne, Marie-Paul; Dieudonne, Pascal; Saulnier, Alain; Ferrenbach, J.P. 1991. Les nouveaux aliments: Soja–algues [The new foods: Soya and sea vegetables]. Editions S.A.E.P., Ingersheim 68000, Colmar, France. 95 p. Color photos. Index of recipes. 22 cm. Series: Delta 2000. [Fre]
• ***Summary:*** Contents: Part I of the book (p. 4-53) is about sea vegetables, by Marie-Paul and Pascal Dieudonne; Part II (p. 54-91) is about soya, by Alain Saulnier and J.P. Ferrenbach. Introduction. Economic aspects: Soybean production (worldwide, USA, France), world production of protein from various sources in million tonnes (FAO 1976; wheat 51, soya 24.9, rice 23.5, corn 23.4, meat 21.9, fish 11.8, cow's milk 6.7), protein yield, nutritional composition of various protein sources. Main nutritional characteristics of soya. Products made from soybeans: Tofu, tempeh, soymilk (*le jus de soja*), soy sprouts, shoyu or soy sauce. The causes of this explosion [of interest in soya]. Recipes: Of the 35 recipes, 33 feature tofu, 1 features tofu and soymilk, and 1 features soy sprouts. A number of the recipes include fish.

At the end is a glossary (p. 92-93) and a recipe index (p. 94-95). This book, which contains many beautiful color photos, is probably published by or in cooperation with Sojinal (formerly Cacoja) of Colmar and Issenheim. Address: Colmar, France.

10013. Duong, Binh; Kiesel, Marcia. 1991. The simple art of Vietnamese cooking. New York, NY: Prentice Hall Press. xvii + 326 p. Foreword by Jacques Pépin. Illust. (color photos by Becky Luigar-Stayner). Index. 24 cm.
• ***Summary:*** About the authors: Binh Duong was born in Vietnam in Nha Trang, on a beautiful bay on the country's south central coast. He was raised in Da-Lat in the mountains; his father was an engineer. In 1975, near the end of the Vietnam war, he fled to the USA, where he became a well-known chef. He and Marcia Kiesel met in 1998 in the test kitchens of *Food & Wine* magazine.

"There is a certain finesse, a certain quality to Vietnamese cooking that sets it apart from other types of oriental food: Clean, clear sauces; a minimum of fat; an abundance of vegetables; and very distinctive flavors" (p. xi, from the Foreword, by Jacques Pépin).

The best place to eat for most people in Vietnam, especially if one does not have much extra money, is at "the food stalls in the open-air market. The atmosphere is convivial; the food as pure and fresh as it can be made."

"There are only a few basic ingredients in Vietnamese cooking, but they are vital ones: *nuoc mam,* or fish sauce, lemongrass, a handful of unusual herbs, rice paper, and rice flour" (p. xvi-vii).

The chapter on "Key ingredients" (p. 10-29) includes: (1) Bean curd, dried (tau hu ky [yuba]); it comes in thin sheets or rolled "bean sticks" [dried yuba sticks]. Sold in plastic packets or colorful paper packages. Can be fried until crisp or softened in water then simmered or sauteed.

Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "tau hu ky" to refer to yuba. (2) Bean curd, fresh (dau khuon): Japanese name: Tofu. (3) Bean curd, fried (dau khoun chien): Cubes of fried tofu, especially delicious filled then simmered in a flavorful stew. Sold 10 cubes in a 2-oz pack. (4) Bean curd, red (chao): "A spicy wine-fermented tofu that imparts a reddish-brown luster and rich flavor to marinades." Better quality products are sold in glass jars or small crocks. (5) Hoisin sauce

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(Tuong ngot): From China, hoisin is made from soybeans, garlic, sugar, and spices. (6) Vietnamese bean sauce (Tuong cu da). Made from soybeans, cooked rice, and water. (7) Soy sauce (xi dau): Used quite a bit in Vietnam, especially by Vegetarian Buddhists who do not eat fish sauce. "Japanese soy sauces are light, pleasant and well suited to Vietnamese cooking."

Dipping sauces and condiments: Soy vinaigrette (Nuox xi dau giam, with "3 tablespoons soy sauce," p. 51). Rich bean sauce (Nuoc tuong ngot, with "1 heaping tablespoon pure Vietnamese bean sauce or Chinese bean paste," p. 54).

Soy related recipes: Garlic chive and tofu soup (Canh dau knuon, with three 3-ounce tofu cakes, cut into 2-inch pieces, p. 91. "Tofu, highly prized even by nonvegetarians because it is so nutritious, picks up the flavors it is cooked with and takes on a smooth and unusual texture that is quite pleasant"). Fried tofu stuffed with pork and mushrooms (Dau khuon don thit, with two "2-ounce packages fried bean curd, p. 242-43).

"Vegetarian cooking of the Vietnamese Buddhists" (p. 269-96). Begins with a page about how Buddhism came to Vietnam and its place in modern Vietnamese life and food. Vegetarian tofu soup (Canh chua chay). Vegetarian summer rolls (Goi cuon chay, with tofu). Vegetarian spring rolls (Cha gio chay, with firm tofu cakes and Soy dipping sauce). Fried tofu salad (Goi dau khuon). Carrot, jicama, and tofu salad (Goi chay, incl. three 3-ounce tofu cakes and "1 large sheet dried bean curd [yuba], broken in half crosswise"). Fried tofu with green beans (Dau khuon xao dau). Grilled tofu and vegetables (Dau khuon va la ghiem nuong vi). Curried tofu sauté (Dau khuon xao la lan, with firm tofu cakes). Lemongrass-scented vegetable sauté (with tofu). Fried vegetables with noodles (with tofu and 1 large sheet of yuba). Squash and sweet potato stew with coconut and peanuts (Kiem, with yuba and tofu). Fried tofu with tomato and vegetables (Dau khuon xao thap cam). Hoisin dipping sauce (Nuoc cham tuon). Soy dipping sauce (Xi dau cham, with soy sauce). Address: 1. Chef and owner of the Truc Orient Express, Hartford, Connecticut; 2. Assoc. director of the test kitchen and a food writer at *Food & Wine* magazine.

10014. Fukushima, Danji. 1991. Recent progress of soybean protein foods: Chemistry, technology, and nutrition. *Food Reviews International* 7(3):323-51. [29 ref]

• ***Summary:*** Contents: Abstract. Introduction. Chemistry: Chemical composition of soybeans (Soybean globulins composed of four major components–2S, 7S, 11S, 15S), importance of three-dimensional structures of soybean protein molecules in food processing, influence of biologically active substances in soybeans on food processing. Technology: Traditional soybean protein foods and recent progress in their technology (soy milk {remove the hypocotyl and hull to remove off flavors; Soyasaponin A has the strongest off flavor}, tofu, kori-tofu, yuba), fermented soybean protein foods: Application of bioreactor for soy sauce production, nontraditional soybean protein foods and recent progress on their technology, recent progress on new soybean protein foods in which soybean proteins are the key material (modified abura-age, modified ganmodoki, deep fried texturized soy protein nuggets). Nutrition: Recent progress on nutritive values of soybean proteins (Soybean proteins have an amino acid score of 100 for persons more than 2 years old), physiological function of soybean proteins (they lower cholesterol levels when used to replace animal proteins). Future of soybean protein foods (Kikkoman fermented soy sauce is well on its way to becoming a universal seasoning. Tofu and tempeh also seem to have a bright future).

"The most important chemical reactions during the process of soybean protein foods are the intermolecular reactions among the residues exposed on the surface of the protein molecules through the denaturation process. In native soybean protein molecules, most amino acid residues responsible for the reactions-such as cysteine (-SH), cystine (S-S), and hydrophobic amino acid residues-are buried in the inside region of the molecule, inaccessible to water. These residues become reactable with each other through the exposure from the inside by heat denaturation during processing. The unique textures of soybean protein foods, such as tofu, kori-tofu, yuba, and texturized products produced by extruder, etc., are the results of both the intermolecular interchange reaction between the exposed -SH and S-S groups and the intermolecular hydrophobic reaction among the exposed hydrophobic amino acid residues. The exposure of amino acid residues is also important for the hydrolysis of soybean proteins by enzymes, through which soy sauce is produced, because the cleavage of the peptide bonds is carried out after binding between the active sites of the enzymes and the enzyme-specific amino acid residues exposed through denaturation." Address: Kikkoman Corp., 1-25 Kanda Nishiki-cho, Chiyoda-ku, Tokyo 101, Japan.

10015. Homma, Gaku. 1991. The folk art of Japanese country cooking: A traditional diet for today's world. Translated by Emily Busch. Berkeley, California: North Atlantic Books. xii + 270 p. Illust. Glossary and index of Japanese words. Recipe index. 26 x 20 cm.

• ***Summary:*** This is a remarkable book by a remarkable man, with many deep insights into both traditional and modern cultures in Japan and the USA; it gives a unique, authentic view of Japanese culture, and makes liberal use of the Japanese names for things, such as foods, utensils, techniques, houses, etc. He uses the Japanese words first, then explains what they mean (in parentheses) in English. Thus the book makes it easy and enjoyable to learn Japanese food-related words.

Moreover, the book is brimming with interesting information about traditional soyfoods in Japan.

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The author was born in 1950 in Akita, capital of Akita prefecture, in northeastern Japan. Starting as a young boy, he studied Aikido with the founder, Morihei Ueshiba (1883-1969), as a live-in student in the small town of Iwama, in Ibaragi [Ibaraki] prefecture. He was curator of the Lake Ogawara Folk Art Museum, in Aomori prefecture, northeastern Japan, where he worked for about 4 years and learned much of the most interesting tradition, history and other information in this book. Since 1977 he has been living in Denver, Colorado.

Contents: Preface. Foreword. 1. Introduction. 2. The background of country cooking–Folk art and custom. 3. The background of Japanese staple foods. 4. The background of country cooking–Basic preparation. 5. Country meals. Closing. Lake Ogawara Folk Art Museum (*Ogawara Minzoku Hakubutsukan*), located in Furumagi, Misawa City, Aomori prefecture. Founded by Mr. Yukio Sugimoto. Officially opened 29 Aug. 1961. Displays over 15,000 pieces of folk arts and crafts.

Edamame (green soybeans, p. 49-50). In and around his home town, Aug. 15 was too early for harvesting fruits, so they celebrated *mame meigetsu* on Sept. 15. The main food offered at this festival was *eda mame* (green soybeans) along with boiled chestnuts, other fruits, and sweet potatoes. The name of the festival is derived from the word *mame*, which means "bean." In other areas the festival might be called *kuri meigetsu* ("chestnut full-moon") or *imo meigetsu* ("sweet potato full-moon")–depending on the main crop produced. All of the various crops harvested were offered to the moon.

Concerning soybean oil (p. 73): The section titled "Abura–Oils" states: In the Lake Ogawara Folk Art Museum an antique wooden tool (*abura shibori*, see photo) used for extracting oil is on display. The seed or food "to be pressed was placed between two pieces of wood and wedges were hammered into place with a big wooden mallet, driving the pieces together.

"In the Lake Ogawara area this method was used to make rapeseed oil, a popular cooking ingredient." Clearly, the oil was produced in small quantities. "The traditional Japanese farmer was never able to produce enough oil for deep-frying foods."

"There are many sources for natural oils in Japan. From sesame seeds we obtain *goma abura,* from Japanese nutmeg we obtain *kaya abura,* from corn we obtain *kimi abura,* from peanuts we obtain *rakkasei abura,* and from soybeans we obtain *daizu abura."*

Concerning yuba: Although very healthful, yuba (dried soymilk film) is not as popular as most other Japanese soy products. "Tofu is made by bringing soybean 'milk' to a boil. As it boils, a thick film forms on the surface. This film is picked up on a cloth and laid out to dry. The resulting food is yuba.

Note 1. This is the earliest English-language document seen (Oct. 2012) that uses the term "dried soymilk film" to refer to yuba.

"I have served yuba to people visiting from Japan and had them ask me what it was." Yuba is popular in China and parts of southern Asia. It can be eaten fresh or dried. "Yuba is available in Oriental markets in the United States, but chemicals have usually been added during production." A photo shows various dried yuba sheets and dried yuba sticks on a shallow, round, woven Japanese tray (p. 92).

Tofu ("soybean cake"), yuba ("soybean film") and natto ("fermented soybeans") are all examples of soybean products (*daizu seihin*) (p. 139).

In the section on *Nimono*–"Poached dishes" is a recipe for yuba and kikurage ("Soak 2 oz. yuba and cut into 1-inch pieces," p. 186).

Concerning *tonyu* (soymilk): It is mentioned only in the recipe for homemade tofu–using "2 cups *daizu* (soybeans) and ½ teaspoon nigari (coagulant)" (p. 142-43).

Note 2. Koji, miso, miso soup, miso-dama, natto, shoyu. tamari, and tofu are each discussed in detail in separate records. Address: Former owner and head chef, Domo restaurant, Denver, Colorado. Founder and chief instructor Nippon Kan Aikido and Cultural Center, Denver, Colorado.

10016. Homma, Gaku. 1991. Miso, miso soup, miso-dama, and tamari (Document part I). In: Gaku Homma. 1991. The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World. Translated by Emily Busch. Berkeley, California: North Atlantic Books. xii + 270 p.

• ***Summary:*** This is a remarkable book by a remarkable man, with many deep insights into both traditional and modern cultures in Japan and the USA; it gives a unique, authentic view of Japanese culture, and makes liberal use of the Japanese names for things, such as food, utensils, techniques, homes, etc.

Here we will discuss only those parts of the book relating to miso, miso soup, miso-dama, and tamari: The author arrived in Denver, Colorado, in 1977. One day an Aikido student of his took him to a local health food store. In the Japanese section he found hijiki, wakame, nori, miso, and soba. To his surprise, he found that although the foods were expensively priced, each was of "third-rate quality" (p. 5).

He started a Japanese restaurant in Denver, but never advertised it as a health food restaurant. Would anyone serve unhealthy food in a restaurant? Occasionally there would be customers with questions such as, "What kind of miso or shoyu do you use?" He realized that many customers were worried about their diets, rather than being grateful that they had enough food and that they could had the freedom to choose to eat whatever they wanted (p. 11).

He was born in Akita, in northeastern Japan, where the winters are harsh, and traditional people stored foods for winter survival. Some vegetables were buried in miso (soybean paste). Some soybeans were also preserved by making them into miso, which was a *hozonshoku* (preserved

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food) (p. 16, 18).

During the Kamakura period [1185-1333] Zen Buddhism became very popular with the samurai. Since Zen forbade the consumption of any warm-blooded animals, the diet was strongly affected. One popular food was *"kanbutsu* (lightly salted, dried fish) flavored with a mixture of soy sauce and miso called hishio" (p. 26). A photo shows Zen priests, heads shaved, eating in a monastery, Note: Hishio was similar to Chinese soybean jiang, a mash with the consistency of thin congee [rice porridge] or apple sauce; it could be separated by straining or filtering into liquid soy sauce [like tamari], with the solid residue being somewhat like miso, although with less flavor.

During the Muromachi period [1336-1573], Zen Buddhism continued to influence the Japanese diet, which consisted mainly of rice, cooked vegetables, and an early form of miso named *namé miso* ("lick miso" [finger lickin' miso]) (p. 27).

In traditional Japanese farmhouses, fish or fowl were sometimes marinated with salt and miso or tamari (juice from making [soybean] miso), "flash-seared on both sides to seal in juices and flavor, then stuck into the *venkei* (bamboo basket stuffed with rice straw used to store foods above the sunken open-hearth fireplace {*irori*}) to be smoked" (p. 32).

In traditional farmhouses, if there was more meat than could be eaten during lunch and dinner, "the rest was marinated in miso and tamari. The miso would keep the meat from spoiling during the night. The next morning the meats were rinsed lightly, seared, and put in the *venkei"* for the rest the working day. When the family returned for a meal, the meat was ready to eat" (p. 38).

Fishermen would mix their cooked rice with *umezu* (the juice left over after pickling umeboshi salt plums). And they would eat fresh fish with their *umezu* rice balls. First they would split the fish in half from the inside out–without using a knife. Then they would dip the fish in tamari or miso, and eat it uncooked, on the spot. Sometimes the tamari was mixed with wasabi (Japanese green horseradish) as a dip. Wasabi is a sterilizing agent, served with sushi to this day (p. 39).

A dish found in Homma's home town of Akita is called *kayaki* or *kai yaki,* which means "shell bake." "A large scallop shell is placed over the fire and filled with fish, tofu, and seasoned vegetables. Miso, soy sauce, or *shottsuru* (juice from pickling fish) as added for taste" (p. 40).

In the Owu mountain range of northeastern Japan, men whose livelihood depends primarily on hunting are called *Matagi.* "These people also farmed, but they were takers of life." So their lives, like those of the fishermen, were restricted and controlled by religious customs. On long hunting trips, the only food or "flavoring they carried was a dried ball made out of soybean paste called *miso dama.* All they had to do was to add water to make miso or miso soup (p. 42).

After the Tokyo Olympics in 1964, "Japan became a country inspired by consumerism." Japanese wanted to be like Americans. In "modern" families, the husband and wife both began to work outside the home. In the evening, just as the husband walked through the door, the wife would tear open a pouch of instant *misoshiru* (miso soup) and add hot water–"looks so real and tastes so good"–as they chased the American dream (p. 46).

Table manners: "When you are being served a meal, your chopsticks should lay horizontally in front of you at the close edge of the table. Your rice bowl is on your left and your miso soup is on the right..." In Japanese restaurants in the USA, when serving dinner, they usually serve a salad and then *misoshiru* or *osumashi* (clear soup) before the meal (p. 56-57).

When you are a guest in a Japanese home, you "can only ask for *misoshiru* a second time. This is very formal; if it is a casual situation the rules are not as strict, yet manners are important in all situations" (p. 58).

Slightly sour Chinese cabbage mixed with tofu and chopped *negi* (Japanese onion [or leek]), "simmered with water, miso, and *sakekasu* (rice wine lees), makes a delightfully sour dish..." "The first bulbs to appear after the winter snow melted belonged to the *fuki* (butterbur) plant. "These bulbs were seasoned with miso and roasted, or made into *sunomono"* (seasoned with rice vinegar) (p. 66).

"Miso and tamari–soybean by-products: Making miso was traditionally a community effort that began May 21st or 22nd (*haru higan* or the spring equinox)." Soybeans are soaked overnight, boiled, drained, and poured into a large tub. Men wearing rice-straw shoes to protect their feet crush the beans. The women then shape the crushed beans, while they are still warm, into pyramids, squares, or balls, depending on the locality [just like with *meju* in Korea]. After the shapes have cooled, they are tied with rice-straw rope and hung under the eaves of the house (see 2 photos, p. 68). When the naturally occurring fungus [mold] begins to grow on the soybean shapes, it is said that "the flower has opened." When the shapes are covered with a fragrant bloom of mold, they are transferred to the *misodaru* (large cedar miso tub). Just before miso making time this tub is filled with water or weighted with rocks and soaked in a river so that the wooden staves would swell tight. It is then tested for leaks. Salt and water are added and the tub is covered. From time to time the cover is removed and the miso is stirred to enhance the fermentation process. This farmhouse method of making soybean miso is simpler than that which requires the use of koji, and the miso has a saltier taste.

While soybean miso is fermenting, a dark, rich, delicious liquid gathers at both the top and bottom. This is collected and called tamari (or miso-damari), and is used in traditional farm houses like soy sauce. In the countryside, shoyu (soy sauce) was traditionally made "as a cash crop to be sold in the cities. The mountain people and country farmers couldn't

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afford shoyu, so they used tamari or taremiso instead.

As a child, it was Homma's job to crush the boiled soybeans. His family used koji. The traditional farmer keeps a storage shed for the tubs of miso and pickles near his house–but not too near. "City people sometimes use the phrase 'you smell like miso' to mean that you come from" the countryside.

"Sometimes on larger farms, miso was stored for up to eight years. To have old miso in your house meant that you had a large, prosperous family" (p. 67-69). Continued. Address: Former owner and head chef, Domo restaurant, Denver, Colorado. Founder and chief instructor Nippon Kan Aikido ad Cultural Center, Denver, Colorado.

10017. Homma, Gaku. 1991. Natto (Document part I). In: Gaku Homma. 1991. The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World. Translated by Emily Busch. Berkeley, California: North Atlantic Books. xii + 270 p.

• ***Summary:*** This is a remarkable book by a remarkable man, with many deep insights into both traditional and modern cultures in Japan and the USA; it gives a unique, authentic view of Japanese culture, and makes liberal use of the Japanese names for things, such as food, utensils, techniques, houses, etc. He uses the Japanese words first, then explains what they mean (in parentheses) in English. Thus the book makes it easy and enjoyable to learn Japanese food-related words. Moreover, the book is brimming with interesting information about traditional soyfoods in Japan.

This record will focus on natto, which originated in Japan in the northeastern provinces (*Tohoku Chiho*) where the author lived.

In the index (p. 276), under "Soybean products (*daizu seihin*)," he defines three different types of natto: (1) Fermented soybeans (natto). (2) Slightly crushed natto (*hikiwari natto*). (3) Whole bean natto (*tsubu natto*). He notes that natto is discussed mainly on page 139.

In Chapter 3, "The background of Japanese staple foods," in the section titled "Products used daily" (p. 94-100) is a subsection on "Natto–Fermented soybeans" (p. 97): "*Natto* is a very popular item on the Japanese breakfast table, but either you love it or you hate it; there is no middle ground. *Natto* is boiled soybeans that have been fermented by introducing the natto fungus [sic, natto bacterium, *Bacillus subtilis*]. Open a package of natto and the first thing to hit you is a very strange aroma. If you stir it, it becomes sticky. Someone watching this might say 'yech.' The translator of this book, Emily, is one of these people. Although she has lived in Japan and traveled extensively in Southeast Asia, she says 'Natto is not for me.'

"Like the tofu peddler, the natto peddler came every morning. Now natto is available throughout Japan, but in the past, because of the growing conditions needed to produce it, many people had not eaten natto in southern Japan. Some of the visitors I have had at Nippon Kan, especially the young [Japanese] visitors who lived south of Osaka, had never tasted natto.

"The weather in northern Japan is favorable for the natto fungus [sic]. Traditionally it was common for the farmers to make their own natto at home. I have tasted homemade natto from many different parts of Japan. Like most traditional foods, the taste and texture varies depending on the location and the family recipe.

"The first natto was discovered, it is thought, when soybeans stored for safekeeping became contaminated with water and created the appropriate environment for the natto fungus [sic]. Historically, many Japanese foods were discovered accidentally, such as in the course of storing or preserving foods.

"Since its initial discovery, the process has been isolated and developed in a controlled procedure.

"To eat natto, pour it from its container into a bowl and stir vigorously with chopsticks until it turns sticky. Then add miso or tamari and shoyu or umeboshi (pickled plums) to suit your taste. Spoon it over rice and eat. Although some people may not agree, I find it tasty.

"I met a very old woman in Denver [Colorado, USA] who was a wonderful traditional Japanese cook. She knew all of the techniques for making homemade sake, natto, tofu, umeboshi and tsukemono–everything in her kitchen was homemade. Sometimes this old woman would make natto and bring it to my home. It did not taste like the natto available in grocery stores. She fermented the soybeans in a styrofoam cup using plastic bread wrappers for a cover. She then wrapped the cups in layers of crumpled newspaper as insulation to keep them warm. So you see, traditional Japanese methods can have a place in modern America."

In Chapter 5, "Country meals," the section titled "Breakfast (*Choshoku*)" (p. 120-58) notes (p. 121-22): "The most simple breakfast includes *ichihan, ichiju,* and *issai,* which means one bowl of rice, one bowl of soup, and one side dish. This simple breakfast is served during religious training, eaten for four or five days consecutively before a fast, or eaten to change one's diet or to lose weight.

"Prior to a fast, this meal is served in less and less quantity until the first day of the fast when *okayu* [rice porridge] is served... Traditionally, the *ichihan* or *meshi* (cooking rice) used for the breakfast meal is brown rice or barley or 60% white rice mixed with 40% barley. The *ichiju* is either *kombu*- or *shiitake*-based miso soup or a clear soup. The *misoshiru* (miso soup) contains a good balance of *tofu* and vegetables. There are many *issai* (called *okazu*) but they can be divided into the following basic categories: *tsukemono* (a variety of vegetables pickled with *miso,* salt, *shoyu,* or *nuka* (rice bran)); *ohitashi* (a variety of vegetables boiled quickly and flavored with *shoyu*)*; daizu seihin* (*tofu,* fried *tofu* cutlets, grilled *tofu, natto* and other soybean products); *yakimono* (fish grilled either plain or marinated in

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shoyu, miso, sakekasu {rice wine lees}, or *nuka*)*;* and *jobina* (a variety of dishes prepared and stored in the refrigerator to be eaten anytime).

"One or more side dishes are selected from these categories; you don't eat them all in one meal! Every morning you can arrange a new combination. Interestingly, as you increase the number of side dishes the portions of each decrease, so that you are always serving the same amount of food...

"Long ago Japanese people did not eat sitting around large tables. When sitting around the *irori* [sunken fireplace], a small tray was placed on the right side of each person. On each tray was a small side dish plate... After the meal, warm water was poured into their rice bowl and they used their chopsticks to clean it. After a sip of the water was taken, it was poured into the soup bowl, swirled around, sipped again, poured into the side dish plate, swirled and drunk... No washing required! We can conclude from this that the foods being eaten at the time were not oily, as the dishes could be easily cleaned with hot water." Note: This may well be the origin of the Zen *oryoki* (nested eating bowls and chopsticks wrapped in white cloth) and its ritual.

Also in Chapter 5, under "Breakfast," is a section on *"Daizu seihin*–Soybean products," which includes a subsection on "Natto–Fermented soybeans" (p. 139): *Natto* is a very popular breakfast food made by stuffing boiled white [yellow] soybeans into a *tsuto* (casing made from rice straw) and leaving them to sit in a warm, darkened room. Before they are stored, a natural natto fungus [sic, bacterium] is introduced to start the fermentation process. The result is *natto,* which has a sticky 'gooey' texture and a pungent odor. Most Americans in my experience turn their noses up at the sight (and smell) of *natto.* Continued. Address: Former owner and head chef, Domo restaurant, Denver, Colorado. Founder and chief instructor Nippon Kan Aikido and Cultural Center, Denver, Colorado.

10018. Homma, Gaku. 1991. Tofu, grilled tofu, and fried tofu (Document part). In: Gaku Homma. 1991. The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World. Translated by Emily Busch. Berkeley, California: North Atlantic Books. xii + 270 p.

• ***Summary:*** This is a remarkable book by a remarkable man, with many deep insights into both traditional and modern cultures in Japan and the USA; it gives a unique, authentic view of Japanese culture, and makes liberal use of the Japanese names for things, such as food, utensils, techniques, houses, etc. He uses the Japanese words first, then explains what they mean (in parentheses) in English. Thus the book makes it easy and enjoyable to learn Japanese food-related words. Moreover, the book is brimming with interesting information about traditional soyfoods in Japan.

This record will focus on tofu: "Tofu, soybean cake–also called at the time [14th century] *shira kabe* or white adobe–was introduced by Zen Buddhist priests. Today, nearby most temples are small stands offering tofu handmade by the priests" (p. 27).

"A dish that was found on both this island [located south of Tokyo, 4 hours by boat south of Hachijô-jima] and in my home town [of Akita] was called *kayaki* or *kai yaki. Kayaki* means shell bake. A large scallop shell is placed over the fire and filled with fish, tofu and seasoned vegetables. Miso, soy sauce, or *shottsuru* (juice from pickling fish) are added for taste" (p. 40).

His home town, Akita, is still famous for a dish named *kiritampo;* it is white rice that has been cooked and wrapped around a wooden handle about 16 inches long. The handle is secured in the *irori* [sunken fireplace] next to the fire to sear the outer layer of rice. Then the handle is removed. The Matagi–one tribe of mountain hunters in the Owu range near Akita–packed this same *kiritampo* for their long hunting expeditions. Originally the Matagi added mushrooms added mushrooms they found under the autumn leaves to complete the dish. "Today we add tofu and other ingredients to make a dish that can be found in the finest traditional restaurants" (p. 42-43). Also on page 43 the author explains the origin of sukiyaki; *suki* means spade and *yaki* means barbecue.

In the section on vinegar and pickling: Lightly sour Chinese cabbage mixed with tofu and chopped negi (Japanese onion / leeks), simmered with mater, miso and sakekasu (rice wine lees) makes a delightfully sour dish (p. 66).

"Mame rui–Beans: The most popular product made from soybeans is tofu and I will go into tofu in greater length in the section on products used daily. Here we shall explore how to safe fresh tofu for future use.

"A block of tofu can be cut into half-inch squares and freeze-dried to make *shimidofu.* Another common name is *koyadofu,* named after Zen monks who lived on Mt. Koya near Kyoto who first discovered this process.

"We don't need to go back this far in history to find *shimidofu.* It was common practice for farmers to hang tofu under the eaves of the house to dry. Although tofu came from China, the making of *shimidofu* is Japanese.

"The *shimidofu* available in markets today is sometimes processed with ammonia. There is a three-month shelf life for *shimidofu.* If it is too old it won't soften again when soaked in water. Of course, it also doesn't taste very good.

"If the temperature where you live drops below 32º Fahrenheit for consecutive periods you can make *shimidofu* yourself. You can't make it in the freezer. You need to set it out where strong cold winds blow. Tofu turns yellow when it is freeze dried. Don't worry, this is natural."

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *shimidofu* to refer to dried-frozen tofu.

"Tofu is also preserved through pickling in salt. In Japan, tofu pickled in salt is no longer available. Salt

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pickling is still popular in China and in other parts of Southeast Asia (p. 92).

The chapter titled "Products used daily" begins: "Tofu–Soybean Curd: Americans frequently ask me what Japanese people eat on a daily basis. Sometime I ge t disappointed looks when I tell them. I think they expect me to describe some strange, exotic dishes never heard of here in the United States. In the larger cities and towns of Japan today, the younger generation's diet is not so different than here in the U.S. Milk, cheese, and ham are common sights in most young family homes.

"Visiting a home in the country which continues to practice the old customs is a slightly different story. In these homes (almost stubbornly) mostly traditional foods are served. If there is a difference between the traditional households of the past and present, it is in the way the foods are procured, not the foods themselves. Instead of making most everything at home, the people of the countryside visit the grocery store. The flavors therefore are not quite as fresh and good as they used to be.

"When I was a child, the tofu peddler came by early every morning blowing his horn and yelling, 'Tofu, tofu!' in a loud voice. His bicycle was equipped with a metal washtub filled with fresh water and the tofu he had made himself that day. He also carried other products, like *age* (deep-fried soybean puff), *yakidofu* (broiled tofu), *atsu age* (deep-fried tofu cutlet), and konnyaku (devil's tongue yam cake).

"The tofu peddlers made tofu in larger blocks than you buy in the United States. One block was called a *cho.* You could buy a half or quarter *cho* if you wished.

"The tofu peddler was very familiar with our family and knew how much tofu or *age* we used daily. Knowing how much we needed, he filled the time with pleasantries and friendly conversation as he filled our bowl with the day's supply.

"Traditionally, the old tofu makers used the mineral nigari (bittern), found naturally in fresh sea water, as a solidifier during processing. The tofu found in the supermarkets is made with man-made solidifiers. The nutritional value of mass-produced tofu is rather less than tofu made in the traditional fashion. Tofu was brought to Japan by Japanese priests who went to China to study Buddhism. Today, for example, near the old temples of Kyoto there are tofu shops and restaurants that date back many, many generations.

"From its introduction, tofu was eaten by the people of the imperial courts. It was not until the Edo period (1603-1867) that tofu became popular among all classes. Since those earlier times tofu has become a major part of the Japanese diet, one of its daily foods.

"When I was a curator, I spent some time with an old man who made tofu for me in the style that was originally taught to him. I was surprised; his tofu was so hard you could tie blocks of it up with a rope and carry it. Naturally, the solidifier he used was nigari from fresh ocean water.

"Proverbs regarding tofu have been told for generations: something impossible is said to be 'like breaking your teeth eating tofu' or 'like picking up tofu with a pair of tongs.' A spoiled person 'has his tofu peeled.' Remarking that anyone can change: 'even tofu gets tight if cooked long enough.' I heard these proverbs on more than one occasion from my parents!

"The owner of one large tofu company in Denver told me about the first time he took a fresh tofu sample to one of the large local markets. The buyer took one bite and said, 'This is not tofu.' The new tofu maker was surprised and returned home to make another batch, believing in the traditional techniques he knew well. Again the buyer took a bite and said, 'This is not tofu, it is not sour. I have real tofu brought to me from California by truck. This tofu does not taste like the tofu I get from California.' I started laughing before he finished the story. The tofu shipped from California had begun to spoil en route. The buyer, not having anything to compare it to, thought all tofu was supposed to taste sour!

"Fresh tofu is a food high in nutritional value. However, because it has a high water content, it spoils easily. When you are buying tofu, I recommend you buy it at a store that has a good turnover rate, to make sure it is fresh. A bulging plastic cover indicates that gas is being released and the tofu is no longer fresh. After you have opened the package, submerge the tofu completely in fresh water. Tofu absorbs odors easily, so it needs to be covered. If refrigerated, tofu should last for three or four days.

"While I was running my restaurant, young mothers sometimes asked me for raw tofu for their children, but I always boiled it first. Like a sushi chef serving raw fish, it was my responsibility not to serve anything that might have spoiled" (p. 96).

Photos show: (1) Ishiusu–hand-turned stone mill grinding soybeans (p. 94). (2) Tofu products on a woven bamboo tray (1) Yakidofu. (2) Ganmo. (3) Tofu. (4) Atsuage. (5) Koyadofu. (6) Age (p. 96) (Continued). Address: Former owner and head chef, Domo restaurant, Denver, Colorado. Founder and chief instructor Nippon Kan Aikido and Cultural Center, Denver, Colorado.

10019. Homma, Gaku. 1991. Tofu, grilled tofu, and fried tofu (Document part). In: Gaku Homma. 1991. The Folk Art of Japanese Country Cooking: A Traditional Diet for Today's World. Translated by Emily Busch. Berkeley, California: North Atlantic Books. xii + 270 p.

• ***Summary:*** Continued: "Tofu has been promoted here in the United States as a 'new age' food that is very good for you. Please remember that tofu distributed on a large scale and produced with chemical solidifiers may not be quite the same as the traditional product you may have read about. I suggest you boil the tofu just a little bit before serving, especially to children.

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"Okara–Soybean mash: If you visit a tofu factory you will notice that the process results in two products. Unohana or okara is the soybean mash by-product. It used to be that the small tofu maker would give okara away. At large tofu factories today it is sold for animal fodder.

"Although the nutritional value of okara is high, it has always had the image of a by-product and was not marketable. This has been a problem for tofu makers. With two products of similar nutritional value, one was in demand with his customers, and one he kept in the back room!

"Today okara has become a popular diet food because it is filling, nutritious, and low-calorie. Larger Japanese markets in the U.S. now carry okara.

"When I was a child, the tofu shop gave okara away, but to use it in cooking you needed to add many other ingredients. Therefore people used to say that okara was free but expensive" (p. 94-97).

Note: In the index (p. 245), okara or unohana is defined as "Bean curd lees." This is the earliest English-language document seen (April 2013) that uses the term "Bean curd lees" to refer to okara.

When the author he was a child, he remembers the morning sounds of chopping as the tofu and scallions were cut for miso soup (p. 104).

The section on "Breakfast" states: "The most simple breakfast includes *ichihan, ichiju,* and *issai,* which means one bowl of rice, one bowl of soup, and one side dish. This simple meal is given during religious training, eaten for four or five days consecutively before a fast, or eaten to change one's diet or to lose weight." "The *ichiju* is either a kombu- or shiitake-based miso soup or a clear soup. The misoshiru (miso soup) contains a good balance of tofu and vegetables." "There are many *issai* (called *okazu*) but they can be divided into the following basic categories... *daizu seihin* [soy products] (tofu, fried tofu cutlets, grilled tofu, natto, and other soybean products) (p. 121-22).

The section titled "*Daizu seihin*–Soybean products" includes a subsection on "Tofu–Soybean cake" which begins: "Tofu's popularity is increasing rapidly in the United States. It is carried by most major grocery chains." Many different tofu products are available. "Occasionally, I still see tofu sold in a container which resembles a Chinese take-out box." "We have offered tofu-making classes at Nippon Kan. In these classes I don't think the end product, which can be purchased at the grocery store for $1 to $1.50, is as important as the time shared together experiencing part of Japanese culture.

"There are many tofu-related parables: trying to talk to someone who won't listen is like trying to hammer a nail into a block of tofu."

Four basic tofu recipes are given: (1) Yakko–Soft tofu served chilled. (2) Yaki dofu–Sauteed tofu. (3) Iri-dofu–Scrambled tofu (p. 139-41).

On pages 142-43 is a detailed, illustrated description of how to make tofu at home, using 2 cups dry soybeans and ½ teaspoon nigari.

In the section on breakfast recipes for *misoshiru* (miso soup) are recipes for: (1) Tofu to wakame. (2) Sogi tofu to negi–sliced tofu and Japanese leeks. (3) Kuzushi tofu to horenso–Mashed tofu with spinach. (4) Kyabetsu to age–Cabbage with deep-fried tofu puff. (5) Moyashi to age–Soybean sprouts with deep-fried tofu puff. (6) Kinusaya to age–Snow peas with deep-fried tofu puff (p. 153-56).

In the section titled "Dinner (Yushoku)" under aemono recipes are recipes for: (1) Shiraae–Vegetables and tofu flavored with miso. (2) Kaiso no ume shiraae–Sea vegetables and tofu flavored with miso and pickled plum. (3) Burokkori no shiraae–Broccoli and tofu flavored with miso and pickled plum (p. 178-79).

In the section on Nimono recipes (Poached dishes) are recipes for: (1) Hijiki or arame (with 1 age puff and 1/3 block had tofu). (2) Okara (soybean mash) sauteed with vegetables. (3) Koyadofu no tamagoni–Freeze-dried tofu with soft scrambled egg. (4) Niyakko tofu–Soft scrambled eggs with tofu, spinach and mushrooms. (5) Age no fukuroni–Stuffed deep-fried tofu puffs. (6) Iridofu–Scrambled tofu flavored with miso (p. 186-90).

In the section on Yakimono (grilled dishes for dinner) are recipes for: (1) Tofu no misozuke yaki–Broiled tofu pickled in miso. (2) Tofu no dengaku–Sauteed tofu with a variety of miso sauces. (3) Gisei dofu–Tofu omelette. (4) Yaki dofu–Fried tofu. (5) Age no hasamiyaki–Grilled tofu puffs (p. 210-12).

In the section on Agemono [deep-fried] recipes is a recipe for: (1) Age dofu–Deep-fried tofu.

In the section on Nabemono [one-pot cookery] recipes are recipes for: (1) Yudofu–Tofu in hot water. Kaisen yudofu–Tofu and seafood casserole. (3) Niku yudofu–Tofu and meat casserole. (4) Sankai yudofu–"Surf and turf" with tofu. (5) Torinabe–Chicken and vegetable casserole flavored with soy sauce. (6) Buta nabe–Sliced pork and vegetable casserole flavored with soy sauce (p. 222-24).

In the section on Sukiyaki nabe–Casseroles cooked with little liquid are recipes for: (1) Gyuniku sukiyaki–Beef sukiyaki (with yakidofu). (2) Butaniku sukiyaki–Pork sukiyaki (with yakidofu) (p. 230-31). Address: Former owner and head chef, Domo restaurant, Denver, Colorado. Founder and chief instructor Nippon Kan Aikido and Cultural Center, Denver, Colorado.

10020. Janick, Jules. 1991. Center for Alternative Plant and Animal Products: Programs in information exchange and research. In: Jules Janick and James E. Simon, eds. 1991. New Crops. New York: John Wiley and Sons. xxi + 710 p. See p. 127-29. Proceedings of the Second National Symposium, New Crops: Exploration, Research, and Commercilization. Indianapolis, Indiana, 6-9 Oct. 1991. [7 ref]

• ***Summary:*** In 1990 Purdue University established a New

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Crops and Plant Products Center to encourage crop diversity, with the hope that a coordinated effort can overcome obstacles to new crop development. Jules Janick of the Dept. of Horticulture is the Center's Director.

In 1990-92 one of the projects funded for the New Crop Initiative was "Development of Edible Soybeans," under the direction of N.C. Nielsen and J.R. Wilcox of the Dep. of Agronomy at Purdue. "Research on edible soybeans has been aimed at exploiting specialty markets for export. Progress has been obtained in characterizing lines with altered oil content as well as improved flavor for tofu production..."

Other new crops investigated by the Center include pearl millet, winter canola, new essential oil crops, specialty melons, basil, artemisia, etc. In 1990 Timber Press (Portland, Oregon) published a book titled *Advances in New Crops* edited by J. Janick and J.E. Simon. Address: Purdue Univ., 1165 Horticulture Bldg., West Lafayette, Indiana 47907-1165.

10021. Kofalk, Harriet. 1991. The peaceful cook: More than a cookbook. Summertown, Tennessee: The Book Publishing Co. 159 p. Index. 22 cm.
• ***Summary:*** In this vegetarian cookbook, the recipes are arranged by season, so fresh local produce can be used whenever possible. Earth-related comments and inspirational thoughts accompany each recipe. Contains many tofu recipes.

10022. Kwan, Choi Wah (Guan, Caihua); et al. 1991. Ying Yue zi dian English-Cantonese dictionary: Cantonese in Yale romanization. Hong Kong: The Chinese University Press. 22 + 579 p. 18 cm. [Eng; Chi]
• ***Summary:*** The Preface begins: "The impetus for compiling this Dictionary came from the interaction of teachers and students at the New Asia–Yale-in-China Chinese Language Center of The Chinese University of Hong Kong." The book is quite compact, portable (almost a pocket book in size) and relatively inexpensive, making it very useful.

"Brief introduction to Cantonese pronunciation (p. 5): In pronouncing a syllable in Cantonese three elements must be taken into account, namely, an initial, a final, and a tone... An initial is the starting-off sound of a word." There are 19 initials in Cantonese; some are aspirated and some are not. Symbols for aspirated (5) and non-aspirated (5) stops are given. "A final is the concluding sound of a word. There are fifty of these" and they can be classified by the starting letter–A, E, I, O, U, or Y. In Cantonese, tones are very important in conveying meaning. "There are seven tones which, in the Yale system are represented by the use of diacritics and by the insertion of H for the three low tones. These seven are: 1. High falling. 2. High rising. 3. Mid level. 4. High level. 5. Low falling. 6. Low rising. 7. Low level. A chart shows the relative differences between the seven tones.

There are four different romanization systems for Cantonese (p. 8-11): Yale, IPA, Sidney Lau, and Mayer Wempe. Each has its own way of dealing with initials, finals, and tones. This helps to explain why the same word or term is written in so many different ways by Cantonese speakers. No Chinese characters appear in this book. However there is a long section of grammatical notes (p. 12-21) which contains many basic concepts not found in English–such as attributives, boundforms, functive verbs, measures, movable adverbs, etc. On page 22 is a list of abbreviations. Now for soy-related words:

Bean (noun) dau, dauh. Bean curd (dauhfuh). Bean sprouts (ngahchoi).

Ketchup: kejap.

Soy (noun). baahkdau; wohngdau * soy sauce (noun). sihyauh (M: jeun; di).

Soybean (noun). baahkdau; wohngdau * soybean milk (noun). dauhjeung (M: wun).

Words not listed include: catsup

10023. Loewen, Nancy. 1991. Food in Korea. Vero Beach, Florida: Rourke Publications, Inc. 32 p. Illust. (color photos). Index. 26 cm. Series: International Food Library.
• ***Summary:*** Juvenile literature: An introductory book for junior high school students. Text by Nancy Loewen. Recipes compiled by Judith A. Ahlstrom.

Contents: 1. An introduction to Korea. 2. A common heritage. 3. North and South Korea. 4. Agriculture and industry. 5. Holidays in Korea. 6. Food customs in Korea. 7. Korean foods. 8. A festive meal. 9. A red-meat meal. 10. A white-meat meal. 11. An everyday meal. Glossary of cooking terms. Korean cooking.

The Japanese took control of Korea in 1910 and remained in power until 15 Aug. 1945, when the country was liberated by allied forces. That didn't make Korea a free country, however. After 35 years of Japanese rule, Korea's political system was weak and the northern half of Korea was soon occupied by communist forces. The country was divided and in 1948 two new governments–one for the North and one for the South, were established. Then in 1950 North Korea invaded South Korea; the Korean War had begun; it lasted until 1953 with Korea still divided at Panmunjom–as it is today.

Korea still uses two calendars: the Gregorian calendar (used in the USA and in most other countries) and the ancient Chinese lunar calendar. Korea's older holidays are still observed based on the lunar calendar.

Common foods in Korea include rice, soy sauce, tofu, kimchi, and soybean sprouts.

10024. McBride, Robert W. 1991. Cooking with tofu: For those who hate tofu but don't know any better. Littleton, Colorado: Gylantic Publishing Co. 66 p. No index. 15 x 22 cm. Lay-flat comb bound. [1 ref]
• ***Summary:*** Contents: Introduction. A little about tofu.

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Breakfasts. Lunches. Dressings. Appetizers and snacks. Dinners. Desserts.

Talk with the author. 1997. March 8. He is a vegetarian and this was the first book he ever published. he inspiration for the book came from *The Book of Tofu,* by Shurtleff and Aoyagi. Address: P.O. Box 2792, Littleton, Colorado 80161-2792. Phone: 1-800-828-0113 or 303-797-6093.

10025. Passmore, Jacki. 1991. The encyclopedia of Asian food and cooking. New York, NY: William Morrow. 320 p. Illust. by Jan Smith. Index. 24 cm. [44 ref]

• ***Summary:*** The most complete book of its type seen to date (May 2010), with many helpful cross references (although sometimes flawed). Soyfoods are mentioned throughout. Unfortunately, for Chinese foods, the author does not distinguish between Mandarin and Cantonese, or between pinyin (newer) and Wade-Giles (older) styles of romanization. For some of the "Also known as" it is not clear to which of several previous entries this refers (see "Soybean"). Sometimes she gives standard transliterations (azuki, miso, tofu, yakidofu) yet at other times she writes phonetically (ah meh)–as an aid to correct pronunciation.

Ame (ah meh, Japan): A sweet jelly made from millet.

Azuki bean (*Phaseolus angularis*). Native to China; used in China since the Han Dynasty (206 BC–AD 220): An [or anko] (Japan): A sweetened paste of ground azuki beans available in smooth (koshi-an) and crunchy [chunky] (tsubu-an or tsubushi-an). Sarashi-an: A flour of ground azuki beans. Also known as hong dow (China), dried red beans, red beans [adzuki beans, aduki beans]. See also: Red bean paste, sweet.

Bean curd: Also known as dou-fu, dow foo (China); tahu (Indonesia), momen tofu, tofu (Japan); ta hu, ta hua (Malaysia); tahure ([fermented tofu] Philippines); tauhu kau (Thailand); dau hu, dau hu chung (Vietnam); bean custard, soybean cake.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *ta hu* to refer to Malaysian-style tofu.

Illustrations of: Fried bean curd, pressed bean curd. Almond bean curd (non-soy). Bean curd "brains": Also known as doufu nao (China); taho (Philippines). "Cotton" bean curd: Also known as momen tofu (Japan). Freeze-dried bean curd [dried-frozen tofu]: Also known as koya tofu (Japan). Fried bean curd: Also known as char doufu, doufu pok (China); agedofu, atsu-age, nama-age (Japan); tauhu tod (Thailand), dau hu chien (Vietnam). Fried bean curd pouches: Also known as aburage, usuage (Japan). Gan modoki. Grilled bean curd: Also known as doufu kan [sic], gone (China); yakidofu (Japan). Instant bean curd. Okara. Pressed bean curd: Also known as doufu kan (China), taukwa, tauhu kuning (pressed yellow bean curd) (Indonesia, Malaysia); tokwa (Philippines); tauhu leong (Thailand); dau hu ki (Vietnam). Silk bean curd: Also know as kinugoshi tofu (Japan), shui doufu (China), taho (Philippines).

Note 2. The author seems to be confused about "Silk bean curd." Japanese kinugoshi is made from relatively thick soymilk, which is "set" using a coagulant but without any separation of curds and whey. Yet on page 26 we read: "In China the name [for silk bean curd] translates as 'water bean curd,' It has a very smooth, delicate texture achieved by straining the coagulated liquid through fine mesh, then allowing the strained curds to settle without pressing." This is not a description of silken tofu, but rather of Japanese regular tofu (*momen-goshi*) made without any pressing weights.

Contains a recipe for homemade "Bean Curd" plus 3 bean curd recipes.

Bean curd by-products: Bean curd skin [yuba], bean curd sticks: Also known as fu jook pin, gee jook (China), yuba (Japan), forng ta ohu [tauhu] (Thailand); rolled bean curd, second bamboo.

Fermented bean curd: Also known as foo yu, fu-ru, narm yu (China), tahoe, tahu (Indonesia, Malaysia), tausi (Philippines), bean curd cheese, Chinese cheese, pickled bean curd, red bean curd, soybean cheese.

Moldy bean curd. Bean curd cheese: See bean curd by-products (fermented).

Bean pastes and sauces: Shih and jiang from China: (1) Bean sauce (jiang) also known as taucheo or tau sa (Malaysia, Nonya and Singapore cooking), mien see [mian shi] (China), taoco [Pron. = tao-cho] (Indonesia), tuong ot (Vietnam), bean paste, brown bean sauce, yellow bean sauce. (2) Black bean sauce (a recent addition to the family of Chinese sauces. A major ingredient is puréed fermented black beans with a hint of garlic and star anise. It tastes best when freshly made). (3) Chili bean paste (in addition to chopped dried chilies, it sometimes contains fermented black beans): Also known as lat chu jeung, as lat chu jeung yau (Garlic) (China); kochujang (Korea); bean paste with chili; hot bean paste; Sichuan hot bean paste. (4) Dhwen-Jang (Korea). See also miso. (5) Hoisin sauce (China): A sweet, thick, reddish brown sauce. One ingredient is fermented soybean paste. Not to be confused with the Chinese barbecue sauce called sha cha jang. Also known as hoi sin cheung (China); barbecue sauce. (5) Soybean paste. Also known as mean see jiang (China). (6) Sweet bean paste. In this context it is not the sweet bean paste made from azuki beans, but rather a sweet, thick, dark brown sauce made of ground fermented soybeans and sugar. Its salty-sweet flavor is used in marinades and roast meats. Also known as tim mean jiang (China).

Bean sprout: Mung bean sprouts, silver sprouts (mung bean sprouts with the roots and seed pods removed), soybean sprouts (They "are large, up to 5 inches {12.5 cm} in length, a deep, almost yellow color and strong in flavor..."). Also known as: Daai dau nga choy (soybean sprout), ngunn nga choy (silver sprouts), nga choy, sai dau nga choy (mung bean sprout) (China); tauge (Indonesia); moyashi (Japan);

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kacang ijo, kacang djong, kacang padi (Malaysia); togue (Philippines); taun gawk (Thailand); gia (Vietnam); bean shoots.

Beijing duck sauce (recipe with ½ cup sweet bean paste). Vietnamese-style Beijing duck sauce (with ½ cup sweet soy sauce–kecap manis).

Black bean: See Fermented black bean. Black bean sauce: See Bean pastes and sauces. Fermented black bean sauce. Black soybean: See soybean.

Broad bean paste. Broad bean sauce: "The best is made in Pixian, a city in Sichuan province, where it is used instead of soybean-based seasoning sauces."

Brown bean sauce: See Bean pastes and sauces.

Che hau sauce (Che how, China): See Bean pastes and sauces (Hoisin). Chick-pea.

China: Has the "oldest and most well-documented cuisine in the world." Chinese cheese: See Bean curd by-products (fermented). Chinese hot bean paste: See Bean pastes and sauces.

Dau hu (Dow hoo, Vietnam): See bean curd. Dau hu chien (Dow hoo chee-ian, Vietnam): See Bean curd, fried. Dau hu chung (Dow hoo chee-ung, Vietnam): See Bean curd. Dau hu ki (Dow hoo kee, Vietnam): See Bean curd, pressed.

Dengaku (plus recipe).

Dhwen-jang (Dwen-jang, Korea). Similar to Chinese soybean paste or Japanese akadashi miso. Also known as Korean bean paste. Doufou Kan [doufu gan], China: Bean curd (grilled, pressed). Dou-fu (Dau-fu, China). See Bean curd. Doufu nao (Daufu-nou, China): See Bean curd "brains." Doufu pok (daufu pork, China). See bean curd, fried. Dow foo (dau fu, China): See Bean curd.

Edamame (e dah ma meh, Japan): See soy bean.

Fermented bean curd: See Bean curd by-products. Fermented bean curd cake. See Bean curd by-products; tempe.

Fermented black beans (Shih, China). With recipe for "Fermented black bean sauce" (p. 106). Also known as dau see (China), black beans, dried black beans, preserved back beans.

Fermented red rice. Flours and thickeners: Kuzu (Japan). Mung bean flour. Soy flour (incl. kinako, which "is used in confections and to make noodles... In China, a thick, nutty-tasting noodle is made from soy flour"). Foo yu (Fu you, China). See Bean curd by-products (fermented). Forng Tao Hu (Fong tao huu, Thailand). See Bean curd by-products, bean curd sticks. Fu jook pin (Fu juk pin, China): See bean-curd by-products, bean curd skin. Fu-ru (Fu yue). Gee Jook (Ji Juk, China): Bean curd sticks.

Gluten: Kau fu, kohana fu, matsutake fu, mein jin pau, nama fu, su tang, yaki fu. Also known as: Kau fu, mianjin, mein jin pau, su tang (China), kohana fu, yaki fu (Japan).

Gochujang (Korea). See also: Chili paste, chili sauce. Korean barbecue sauce.

Grilled bean curd: See Bean curd, grilled.

Hatcho miso: See miso, Hatcho. Hot bean paste. Hot black bean sauce. Inaka miso: See miso.

Japan: "Japanese cooks revel in the artistry of their craft. The Japanese love of nature is a challenge to present each ingredient as reminder of its origins: to bring nature to the table...," Regional cuisines are not of great importance in Japan; cooking methods (incl. Dengaku), salting (incl. Teriyaki), cutting and slicing techniques.

Kecap asin (Ket-chup a-seen, Indonesia): See Soy sauce, sweet and salty. Kecap cair (cha-ear, Malaysia): See soy sauce, light. Kecap hitam (Indonesia): See soy sauce, sweet and salty. Kecap ikan (Indonesia): See Fish sauce. Kecap manis (mah-niece, Indonesia): See Soy sauce, sweet and salty. Kecap petis (pet-is, Indonesia): See fish sauce. Kinugoshi tofu (Japan): See Bean curd, silk.

Kochujang (go-choo jang, Korea): See Bean pastes and sauces; chili pastes.

Koikuchi shoyu (Japan): See soy sauce. Continued. Address: Author of several books on Asian cuisine.

10026. Passmore, Jacki. 1991. The encyclopedia of East Asian food and cooking (Document part II). New York, NY: William Morrow. 320 p. [44 ref]

• ***Summary:*** Continued from p. 153: Korean bean paste: See Dhwen jang. Koshi-an (Japan): See Azuki beans (an). Koya tofu (Japan): See Bean curd, freeze-dried [sic].

Kuzu (Japan): See Flours and thickeners. Lentil (*Lens esculenta*)*:* Red lentil, Red mung beans.

Light soy sauce: See Soy sauce.

Lu soy (lo shui, China): See soy sauce.

Maltose: Made by fermenting germinated grains of barley. When used to glaze foods, may have soy sauce and red food coloring added. Also known as: Malt sugar, [barley malt syrup].

"Ma-po" dofu [Mabo-dofu]: See beef.

Mean see jiang [mian shi jiang] (min see jiang, China): See Bean pastes and sauces.

Mein jin pau [mien jin pau] (China): See Gluten.

Mianjin (China): Gluten.

Mien see (mien-si [mian shi], China): See Bean pastes and sauces.

Miso (Japan): (1) Hatcho-miso. (2) Inaka miso or Sendai miso. Also known as Red miso. (3) Shinshu miso. (4) Shiro miso.

Mochi. Monosodium glutamate. Also known as: Mei jing (China); aji-no-moto (Japan); servuk perasa (Malaysia); ve tsin (Vietnam), M.S.G., taste essence, taste powder.

Moyashi (Japan): See Bean sprout.

Mung bean. Also known as moong ke dal (India); kacang djong, kacang eedjo [hijau, katjang idjo] (Indonesia); kacang hiau (Malaysia); tau ngok (Thailand); dau xanh (Vietnam); green gram.

Nama-age (nah-mah ah-geh, Japan): See Bean curd, deep fried.

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Nama fu (Japan): Raw / uncooked wheat gluten.

Natto (Japan). See soybean.

Noodles: (1) Bean curd noodles (China). Also known as Soy noodles, soy vermicelli.

Oils and fats: Soybean oil. (2) Bean curd skin noodles (China) [yuba noodles].

Peanut (with many foreign names and recipes).

Preserved black beans: See Fermented black beans. Pressed bean curd: See Bean curd (pressed).

Red bean paste, sweet: "An important ingredient in Chinese and Japanese cooking, sweet red bean paste is made by boiling the red azuki bean and mashing it to a paste with lard or oil, then cooking it until it is fairly dry or thick. In Japan, red bean paste is made in two textures: the smooth purée is koshi-an and the chunky version, with the beans only partly crushed, is tsubushi-an. It is a filling for cakes and sweet buns, and is used in several desserts." Also known as hong dow sar (China), an (Japan). Contains a recipe for Sweet red bean paste.

Red rice: See Fermented red rice.

Rice: Many type of glutinous and non-glutinous.

Rolled bean curd: See Bean curd sticks [dried yuba].

Seaweed: Many different types. Seaweed gelatin or Seaweed jelly: See agar agar.

Sendai miso (Japan): See miso.

Sesame seed: Black sesame seed, sesame oil, sesame paste, white sesame seed.

Shinshu miso (Japan). Shui doufu (China): See bean curd (silk). Silk bean curd: See Bean curd (silk).

Soybean (*Glycine max*)*:* (1) Black soybeans. (2) Fresh soybeans [edamame]. (3) Yellow soybeans. Soybean cheese: See Bean curd, fermented [fermented tofu]. Soybean condiment: See Bean pastes and sauces. Soybean milk. Also known as tau cheing, tau ni (China). With homemade soymilk recipe. Soybean noodle: See Noodles, bean curd. Soybean oil: See fats and oils. Soybean paste: See Bean pastes and sauces. Soybean sprout: See bean sprout. Soy flour: See Flours and thickeners.

Soy sauce: "An ancient seasoning, first used in China more than 3,000 years ago. Known in its original form as *shih,* it was a thin salty liquid in which floated fragments of fermented soybeans." "Soy sauce is to Chinese and Japanese cooking what the pungent, salty fish sauce known as nam pla or nuoc mam is to Thailand and Vietnam respectively." (1) Dark soy sauce. Also known as jang yau, see yau (China); koikuchi shoyu, tamari (Japan), kecap pekat (Malaysia); mushroom soy. (2) Light soy sauce: Thinner, saltier, and lighter in color and flavor. It is used in cooking where its light color will not spoil the color of the ingredients. Also known as sang chau, see yau (China), shoyu, usukuchi shoyu (Japan), kecap cair (Malaysia), toyo (Philippines), nam siew (Thailand), xi dau (Vietnam), thin soy sauce. (3) "Lu soy (China) is a 'master sauce' based on soy sauce with sugar, ginger, and five-spice, It is used for simmering poultry and other meats to give a rich flavor and to color the food a deep brown. Also known as lu shui (China)."

Soy sauce, sweet and salty: (1) "Kecap asin (Indonesia) is a thick, salty, dark soy-based sauce used to impart a strong color and flavor. Its sweet counterpart is *kecap manis.* It is similar to, but thicker than, several dark soy sauces used in Chinese cooking." (2) Kecap hitam (Malaysia) is a sweet dark soy sauce. Slightly less spicy than kecap manis. (3) Kecap manis (Indonesia) is a sweet, dark, thick, aromatic soy sauce, especially widely used with satay. "It is similar to, though finer in flavor than, Chinese sweet soy sauce" [tian mian jiang]. Also known as kecap bentang manis (Indonesia); sweet soy sauce. (4) "Sweet soy sauce (China) is a dark, sweet sauce combining soy sauce, sugar, and malt sugar. Its distinctive malt-like taste goes well as a dip for fried snacks, poultry, and seafood." It appears frequently on the table in homes and restaurants in Fukien province, opposite Taiwan on the coast of south-eastern China. For a recipe, see Sweet soy sauce pork (p. 230). Note: This is not generally a commercial product. (5) Tim cheong (Malaysia) is a thick, sweet, black soy sauce, similar to that used in China. In Malaysia it is served with poh pia. Its flavor is closer to that of kecap hitam than to kecap manis.

Sprouts, soybean. See Bean sprout, soybean. Sushi (describes many types, with recipes). Sweet bean paste or Sweet bean sauce: See Bean pastes and sauces.

Taho (Philippine bean curd brains). Tahoe (Indonesia or Malaysia, fermented bean curd). Tahu (Malaysia bean curd). Ta hua (Malaysia bean curd). Tahure (Philippine bean curd).

Tamari (Japan): See soy sauce. Taucheo (Malaysia or Singapore, bean pastes and sauces). Tauge (Indonesia bean sprout). Tauhu kao (Thailand bean curd). Tauhu kuning (Indonesia and Malaysia bean curd pressed). Tauhu leong (Thailand bean curd, pressed). Tauhu tod (Thailand bean curd, fried). Taukwa (Indonesia and Malaysia bean curd pressed). Tau sa (Malaysia bean paste and sauces). Tausi (Philippines, bean curd products [sic, fermented black soybeans], fermented).

Tempe (Indonesia, Malaysia): Fermented soybean cake [tempeh]. Oncom [Ontjom]. Tokwa (Philippine bean curd pressed).

Tosa soy sauce (Japan): The classic sashimi accompaniment. Recipe given.

Tsukemono: Takuan, umeboshi.

Usu-age (Japan): See Bean curd (fried) purses.

Winged bean. Yuba (Japan).

Brief biography: "For more than twenty years she has been professionally involved with Asian food as a writer, teacher, publicist, researcher, consultant, and, of course, cook. She has traveled extensively in Asia and lived in Hong Kong for more than ten years, working as a food writer on a number of newspapers and magazines, which led to a career as a food consultant. Her most recent book, *Asia the Beautiful Cookbook* was listed by *Publishers Weekly* as one

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of the best books of 1987." Address: Author of several books on Asian cuisine.

10027. Pelosi, Bruno; Christmann, Volker; Aepli, Beatrice. 1991. Fantasievolle Sojakueche [Fantastic soya cookery]. Kuettigen / Aarau, Switzerland: Imidena Verlag. 94 p. Illust. (color photos). 21 cm. [Ger]*

10028. Rucker, Chris; Hoffman, Jan. 1991. The Seventh-day diet: How the "healthiest people in America" live better, longer, slimmer–and how you can too. New York, NY: Random House. 232 p. Foreword by John Scharffenberg, M.D. Index. 24 cm. [46 ref]
• ***Summary:*** This book introduces the Seventh-day Adventist low-fat vegetarian diet and health principles without their religious underpinnings but with many quotations to the writings of Ellen G. White, an Adventist pioneer. For example, concerning what is now called atherosclerosis, she wrote in 1896: "Both the blood and the fat of animals are consumed as a luxury. But... these should not be eaten. Why? Because their use would make a diseased current of blood in the human system.

Adventists, whether vegetarian or not, are less likely to get cancers of the breast, ovaries, bladder, prostate and pancreas than the rest of the U.S. population. Male Adventists live an average of 8.9 years longer than non-Adventists, and women 7.5 years longer. And the differences between vegetarian and nonvegetarian Adventists provide some of the best evidence of the health advantages of a vegetarian diet. For example, studies show that whereas nonvegetarian male Adventists get only 56% as much heart disease as the U.S. average, vegetarian Adventists who eat eggs and dairy products get only 39%; and those who avoid all animal products 12%.

Page 105 notes that a major study involving more than 25,000 Adventist adults over a period of 20 years indicated that an Adventist woman aged 25 will, on average, live to age 88, which 9 years longer than her non-Adventist counterpart, and an Adventist man aged 25 will, on average, live to age 84, which is 12 years longer than his non-Adventist counterpart. Moreover, "It appears that the earlier one embraces the complete Adventist life-style, the greater quality of life and longevity once can expect."

In a section titled "Guide to creating your own meatless roast" (p. 116-17), tofu, shredded soy cheese, and soy flour are listed as protein sources. Soy-related recipes include: Pesto tofu manicotti (p. 121). In the "Natural Foods Shopping Guide" (p. 207) descriptions are given of Soyagen, soy cheese, soy milk, and tofu.

10029. Schinharl, Cornelia. 1991. Tofu: Vollwertkueche leicht gemacht [Tofu: Whole-foods cookery made light]. Munich, West Germany: Verlag Graefe und Unzer. 36 p. Illust. No index. 18 cm. [Ger]

• ***Summary:*** A stylish and inviting tofu cookbooklet, with full-color photos by Photostudio Teubner of each of the 14 recipes. Address: Munich, Germany.

10030. Shufu-no tomo. 1991. Anzen shokuhin no hon: Munôyaku, mutenka no honmono shokuhin otoriyose gaido [The book of safe foods: A guide for getting real foods without agricultural chemical or additives]. Tokyo: Shufu-no-tomo-sha. 144 p. Illust. 26 cm. Tokubetsu henshû (Special edition). Shufu-no-tomo Seikatsu Series. 26 cm. [Jap]
• ***Summary:*** This beautiful book is about Japanese natural foods, organically grown without agricultural chemicals and processed without chemical additives. It is packed with color photos and descriptions of the products, the people and companies that make them, and the places where they are made. The name, address, and phone number of each company is included. Miso (p. 16-20). Shoyu (p. 21-27). Natto and tofu (p. 76-78).

Amazake (p. 16-17): Koji-ya Saburouemon, Nakamura 2-29-8, Nerima-ku, Tokyo, Japan. Phone: 03-3999-2276. 100 years old, 6th generation.

Miso & Shoyu (p. 18): Sendai Miso Shoyu, Kojo 1-5-1, Wakabayashi-ku, Sendai-shi, Miyagi-ken 982, Japan. Phone: 022-286-3151.

Miso & tamari (p. 19): Nakamura Jozo, Tatsuno-cho 1536, Yokkaichi-shi, Mie-ken 510, Japan. Phone: 0593-26-0456. Started 70 years ago. 3rd generation. About 15 years ago started to make naturally fermented soy products.

Miso (incl. barley miso; p. 20): Shirouza Shoten, Meihama 3-3-27, Nishi-ku, Fukuoka-shi, Fukuoka-ken 819, Japan. Phone: 092-881-0413.

Shoyu made with whole soybeans (p. 21): Kikkogo Shoyu Kondo Shoyu Moto, Yamada 733, Itsukaichi-machi, Nishitama-gun, Tokyo 190-01, Japan. Phone: 0425-95-1212.

Shoyu (p. 22-23): Kadocho, Kita-machi 7, Yuasa-machi, Arita-gun, Wakayama-ken 643, Japan. Phone: 0737-62-2035. 5th generation.

Shoyu (p. 24): Yamaki Shoyu, Kotobuki 3-3-16, Honsho-shi, Saitama-ken 367, Japan. Phone: 0495-24-6161.

Unpasteurized miso, and shoyu (p. 25): Shoku Seikatsu Kenkyu-kai, Miroku-ji 83, Fujisawa-shi, Kanagawa-ken 251, Japan. Phone: 0466-22-0635. Started in about 1970.

Shoyu, amazake base, koji, miso (p. 26): Inoue Shoten (Igeta Shoyu brand), Owari-machi 57, Kitakyo, Nara-shi 630, Japan. Phone: 092-741-5360. 4th generation. Started during the Genji era (1864-65).

Shoyu (p. 27): Jokyu, Daimyo 1-12-15, Chuo-ku, Fukuoka-shi 810, Japan. Phone: 092-741-5360. Started 135 years ago.

Natto (p. 76): Kuroishi Natto, Fukuroi 1-74, Kuroishi-shi, Aomori-ken 036-03, Japan. Phone: 0172-52-3958. Started 60 years ago.

Natto (p. 77): Shojiki Mura, Nishitakao 5-237, Kitamoto-shi, Saitama-ken 364, Japan. Phone: 0120-421351.

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A relatively new company.

Tofu (p. 78): Kurihara Shoten, Endo 2022, Fujisawa-shi, Kanagawa-ken 252, Japan. Started in about 1977. Address: Tokyo.

10031. Société Soy. 1991. 100 recettes au tofu & lait de soja [100 recipes for tofu & soymilk]. Saint-Chamond, France. [Fre]*
Address: 1 rue du Crêt de la Perdrix, 42-400 Saint-Chamond, France. Phone: 77 31 23 66.

10032. Soy City Foods vegetarian cookbook. 1991. Toronto, Ontario, Canada: The Golden Age Food, Ltd. 145 p. 28 cm.
• ***Summary:*** Contents: Dips, spreads & sauces. Soups & salads. Side dishes. Quick & easy recipes. Harvest dinner main dishes. Tempeh main dishes. Tofu main dishes. Other main dishes. Breakfast & brunch. Desserts. Holiday recipes. Glossary. Products made by Soy City Foods: Harvest dinner patties. Falafels. Grain tempeh. Tofu. All soybeans are organically grown, and certified by OCIA.

Some history: In 1975, The Golden Age Food Limited opened the Vegetarian Restaurant in downtown Toronto. In order to produce healthy soy-based products from organically-grown soybeans, the restaurant created its own production facility, Soy City Foods. Address: 2847 Dundas Street West, Toronto, ONT M6P 1Y6, Canada. Phone: (416) 762-1257.

10033. Sunrise tofu cookbook. Revised edition. 1991. Vancouver, BC, Canada: Sunrise Markets Inc. 96 p. 22 cm. Spiral bound.
• ***Summary:*** Contents: Sunrise Markets Inc., What is tofu? Sunrise tofu. Cooking hints. Soups. Salads. Dressings and dips. Entrees. Desserts. Nutritional breakdown of Sunrise Tofu. Other Sunrise products. Glossary. Metric conversions. Substitutions and equivalents. Feedback.

"Sunrise Markets Inc. was founded in the early 1960s by Leslie Joe. With the help of his wife Susan and children, Leslie built Sunrise into Canada's largest producer of soy food products." The rear cover shows labels of 4 Sunrise tofu products. Other products are described on pages 91-92. The book contains "over 65 quick & easy recipes." Address: Sunrise Markets Inc., 729 Powell St., Vancouver, BC V6A 1H5, Canada.

10034. Vakirtzoglou, Euphrosini. 1991. Nea mayriki-sintayes me soya [Recipes for soya]. Thessaloniki, Greece: Published by the author. 127 p. Illust. Index. 29 cm. [Gre]
• ***Summary:*** This attractive book, the first of its kind ever published in Greek, contains large color photos of its soy-based dishes on almost every page. It features recipes using soy oil, soy sauce, soy margarine, textured soy flour (mince and chunks), soya-based pasta, soymilk, and tofu–but no tempeh. The last 2 pages of the book are full-page color photos of various soya products that are imported to Greece, largely by Mr. George Tselepidis (Andreou Dimitriou 47, Sikies 56625, Thessalonika, Greece. Phone: 625741) who is very interested in new soya products (and perhaps making them), and is the exclusive agent for the soya products used by the author. These products include Provamel Soya Milk, Sunwheel soya sauce and tamari, Meridian soya margarine, soy oil, and ten shelf-stable soy products with Greek labels. Published with technical and material support from Biotrek S.A., Greece's primary dealer in soya products.

The book contains many recipes and ideas for using soyfoods in place of meat and milk during Lent and other religious holidays of the Greek Orthodox Church. The attractive 4-page brochure promoting the book contains colorful photos of many soy-based preparations on a table in front of Greek Orthodox icon paintings.

The author notes in a letter that she hopes to translate the book into English and is now preparing another book on Soya Sweets, Pastry, and Confectionery. Unfortunately, there are presently no companies in Greece making tofu, soymilk, or tempeh, nor are these products available in Greece.

In addition to writing, the author has owned a private kindergarten for the last 3 years, and for more than 1 year she has given cooking and housekeeping lessons in an organization named "Faros Tiflon Elathos," which educates the blind. Address: Lahana 35, GR-546 38 Thessaloniki, Greece. Phone: 031 824 311.

10035. Wasserman, Debra; Stahler, Charles. 1991. Meatless meals for working people: Quick and easy vegetarian recipes. Baltimore, Maryland: Vegetarian Resource Group. 96 p. Illust. No index. 22 cm. [10 ref]
• ***Summary:*** In this vegetarian cookbook, the section titled "Soy dishes" (p. 48-53) contains the following: Tofu mayonnaise dip. Fried tofu. Fried tempeh sandwiches. Spaghetti and tempeh sauce. Tofu "eggless" salad. Tofu pie and quick crust. Tofu burgers. Summer tofu salad. Curried tofu with peanuts. Tofu spinach dip. Address: Baltimore, Maryland.

10036. Williamson, Kerri Bennett. 1991. The taming of tofu. Boise, Idaho: Pacific Press Publishing Assoc. 111 p. Index. 25 cm. [3 ref]
• ***Summary:*** Contents: Introduction. Part I: Meet tofu. 1. Tofu's roots. 2. Tofu's talents. 3. Tofu's family tree. Part II: Tofu exercises. 4. Buy it, make it, drown it, chill it, freeze it, boil it, flavor it. 5. Fry it, bake it, brown it, grill it, squeeze it, broil it, savor it. Part III: Tofu recipes. Introduction. 6. Snacks and starters. 7. Big deal meals: American, Mexican, Chinese, Italian, Japanese. 8. Sweets and treats.

The Introduction begins: "Seven years ago, my husband and I tried tofu–and hated it. The average American knows that tofu alone falls flat on its flavorless face. But, since we had already embarked upon a vegetarian adventure and I had

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read about tofu's many redeeming qualities, I was willing to try tofu again.

"Then we uncovered secrets and tricks that help tofu reach its full potential. I have been experimenting and cooking with it for seven years since. Now we love tofu. When we first tried tofu, to us it was a way-out, weirdly *wild* food. I did my best to *tame* tofu to my ways and tastes. I'm still taming tofu...

"Our four healthy children have literally grown up on tofu, the staple protein in our family's diet. Out of all the meatless cookery I've tried, tofu is the meatiest and the easiest."

This spiral-bound cookbook, contains no illustrations or photos except for a color photo on the cover. All the recipes are said to be "familiar in flavor, texture, and appearance to Americans." Debra Blake Weisenthal, who tested a number of recipes, gave the book a lukewarm review in *Vegetarian Times* (July 1991, p. 80) but noted that "The recipes are simple but good, and mostly quick to prepare."

10037. **Product Name:** [Natural Tofu (Bulk, or Vacuum Packed)].
Foreign Name: Natur-Tofu (Lose, oder Vakuumverpakt).
Manufacturer's Name: Die Tofurei (Formerly Berliner Tofurei).
Manufacturer's Address: Krefelderstr. 2, D-1000 Berlin 21, Germany. Phone: 030 / 393 0927.
Date of Introduction: 1991?
Ingredients: Water, soybeans (organically grown).
Wt/Vol., Packaging, Price: 250 gm, bulk or vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1992. Jan. 13. 2.5 by 4 inches. Black and yellow on white. "Handmade (In Handarbeit Hergestellt). A product from soy protein. Uses: In salads, as a spread on breads, in Pfannengerichte." Refrigerate at 4-10ºC. In Japanese characters is written: "Tofu. Mame de, yawaraka de, shikaku de."

10038. Die Tofurei mit vegetarischer Kueche. 1991? New soyfoods restaurant or deli. Krefelderstr. 2, D-1000 Berlin 21, Germany.
• ***Summary:*** Letter and menu sent by Anthony Marrese. 1992. Jan. 13. This tofu manufacturing company now owns a restaurant at the same address as its production facility. A leaflet describing it is titled "Die Tofurei jetzt mit vegetarischer Kueche" (The tofu shop now with a vegetarian kitchen), printed black on orange. It serves a variety of soy-based snacks, drinks, salads, cakes (kuchen), desserts, main courses, and soups. Most are made from tofu, but tempeh and seitan are also on the menu. The company apparently makes the following soy products for sale both at the restaurant and elsewhere in Berlin: Natur-Tofu (loose and vacuum packed), Gewuerz Tofu, Kraeuter Tofu, Algen Tofu, Marinierter Tofu, Getrokneter Tofu, Fritierter Tofu, Raeucher Tofu (regular and marinated), Champignon-Tofu (regular and marinated). All are vacuum packed. Address: Berlin, Germany. Phone: 030 / 393 0927.

10039. **Product Name:** Tofu (Plain), Savoury Baked Tofu, Soya Milk, Soy Ice Cream, and Soysage.
Manufacturer's Name: Nature Island Foods.
Manufacturer's Address: P.O. Box 501, Roseau, Dominica, West Indies. Phone: 809-448-3602.
Date of Introduction: 1991?
New Product–Documentation: Letter from Yolanda Bryan. 1992. Jan. 8. Lists the soyfoods they presently make.

10040. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Oh Tofurei.
Manufacturer's Address: Berlin.
Date of Introduction: 1991?
New Product–Documentation: Letter from Anthony Marrese based on an interview with Detlef Dorow and Ralf Hoffmann. 1992. Jan. 13. Oh Tofurei, which is run by an Asian-German, has the entire Asian foods market in Berlin, including Asian restaurants. Its tofu retails for DM 5/kg. The owner of Oh Tofurei was not willing to be interviewed. He speaks no English (only broken German) and is probably producing several hundred kg of tofu per day.

Letter from Ilona Sell of the Berlin Chamber of Commerce. 1992. Feb. 13. Oh Tofurei, owned by Mr. Detlef Hoffmann, is at Krefelder Str. 2, W-1000 Berlin 21, Germany. Phone: 030-393-0927. Note: This is almost certainly incorrect, since it is the address and phone number of "Die Tofurei" Owned by Detlef Dorow and Ralf Hoffmann.

10041. Dorow, Detlef; Hoffmann, Ralf. 1992. Update on Die Tofurei in Berlin (Interview). Conducted by Anthony Marrese in Berlin, Jan. 7. 2 p. transcript. Handwritten. Followed by a letter from Detlef Dorow on 17 Feb. 1992.
• ***Summary:*** In Aug. 1989 the name of the company was changed from Berliner Tofurei to Die Tofurei. In June 1991 the company moved to its present address at 2 Krefelderstr. 2 in Berlin. The original and last address was Luebbenerstr. 4, 1000 Berlin 36. The company was established 3 years ago to make tofu. The founders were Detlef Dorow, Ralf Hoffmann, and Misha Wolff. [Note: According to the magazine *Die Geschaeftsidee* (1989. Dec. p. 33) this company was started in Aug. 1988 by 4 friends who liked to make tofu: Detlef Dorrow [Dorow], Ralf Hoffmann, Shi-Jong Chen, and Michael Wolff [or Wolf]. The original company name may have been "Die Benjamine." But Detlef now says that the original company name was Detlef Dorow–Erste Berliner Tofurei.] Over the years, Detlef's friends left one by one:

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Michael Wolf in 1989, Shi-Jong Chen in 1990, and Ralf Hoffmann in late 1991–because of too much work and not enough money.

While at its original location, the company made Tofu, Tofu-Burger, Okara-Burger, Tofu Variationen, Mungo Sprossen Snack, Tofu Schnitzel, and Sushi-Reisroellchen. The company has also made Tempeh and Seasoned Tofu (with Vegetables, Herbs, Seaweed, or Smoked). Tempeh was discontinued after a while due to sluggish sales. Presently the company makes 200 to 400 kg/week of tofu (production varies widely), and about 250 Veggie Burgers (Tofu Burgers) each week.

The company has 3 full-time partner employees (each with equal ownership) and 2 part-time workers. Growth has been unstable. The building is about 18 by 10 meters, divided into 4 rooms. Gross sales are about DM 250,000 per year. Net worth is unknown. In Aug. 1991 the company started a restaurant at the same address as its production facility. A leaflet describing it, titled "Die Tofurei jetzt mit vegetarischer Kueche" (The tofu shop now with a vegetarian kitchen), printed black on orange, is enclosed. It serves a variety of soy-based snacks, drinks, salads, cakes (kuchen), desserts, main courses, and soups. Most are made from tofu, but tempeh and seitan, which are also on the menu, are purchased from either Viana Naturkost GmbH in Cologne, or Tofumanufaktur Hamburg.

Comments: All is not well at Die Tofurei and they may be out of business very soon for several reasons, the main one being disagreements between the partners. Detlef sees his job as working 8 hours a day, whereas Ralf and Misha feel they are working for a cause which they want to make grow. Low sales and high overhead have forced the issue to a head. Within a year of moving to their last location and having to renovate, a second move was required due to problems with the landlord. This then required a second renovation at the present location. Money for the renovations was borrowed from the bank and the company is already behind in its payments. Sales are low because (1) Their tofu prices are high (DM 7/kg wholesale) due to high overhead; (2) Several tofu companies from Freiburg, Hamburg, Stuttgart, Cologne, etc. have entered the Berlin natural-foods market; (3) Oh Tofurei, which is run by an Asian-German, has the entire Asian foods market in Berlin, including Asian restaurants. Its tofu retails for DM 5/kg. The owner of Oh Tofurei was not willing to be interviewed. He speaks no English (only broken German) and is probably producing several hundred kg of tofu per day.

Ralf and Misha are ready to call it quits after 3 years of hard labor. Detlef wants to keep the restaurant and maybe to distribute tofu made by some other company.

Follow-up letter from Detlef Dorow. 1992. Feb. 17. "Ralf Hoffmann has just left the company, so I rule it by myself with a good worker. Ralf managed the finances for the last 6 months, but it was a big catastrophe. I hope I can reduce the damage. I have had so many problems with the company and my partner Ralf; he managed Die Tofurei for the last 6 months and I managed the "Vegetarische Kueche" restaurant. They run more or less separately. Now I am increasingly forced to make snacks (Sushi-Reisroellchen, Tofu Burgers, Gruenkern Burger, Tofu Baellchen mit Spinatfuellung, Tofu-Speiss) because our company is too small to compete with large companies. Our tofu is made mostly by hand, so it is a lot of work and not much money." Address: Die Tofurei: Krefelderstr. 2, D-1000 Berlin 21, Germany. Phone: 030-393-0927.

10042. DeMark, Paul. 1992. Food incubator center prepares to hatch. *Union* (*The*) (*Arcata, California*). Jan. 23.
• ***Summary:*** Nine local small businesses have already committed to leasing space in the building, including The Tofu Shop. "The concept of the incubator center is to bring in local food producers and provide them a space with all the support services needed to help their business succeed and grow." A photo shows Phil Ricord and Cindy Copple at the incubator.

10043. Parks, Tom. 1992. Plans to use soybeans and soyfoods in the NASA lunar module (Interview). *SoyaScan Notes.* Jan. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In 10-15 years NASA (the North American Space Administration, funded by the U.S. federal government) is planning to launch a lunar module, which will be composed of various modular living capsules roughly 48 feet long and 14 feet in diameter. These will be assembled on the surface of the moon, and the structure will be inhabited by 8-15 people at a time. As with a space station, different groups of people will come and go from the module.

Inside this module NASA plans to grow soybean plants hydroponically. They will then harvest the beans, save some of them for planting the next crop, and consume the rest as food in forms such as green vegetable soybeans, soy sprouts, tofu, and fermented tofu used like a cheese spread. Tom is developing these food uses. One key consideration is that the residents of the module are expected to want something to do, such as processing and cooking foods. The program's headquarters are at NASA-Ames in Sunnyvale; ask for the Education Desk. Address: Food and AgroSystems, P.O. Box 62185, Sunnyvale, California 94088. Phone: 408-245-8450.

10044. Dinh, Daniel. 1992. Present status of soyfoods in Vietnam (Interview). *SoyaScan Notes.* Jan. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tofu and soymilk are the only two soyfoods that are widely known and used in Vietnam. Daniel's relatives made fish sauce (*nuoc-mam*) in Vietnam. Before 1975 there was a trade association of fish sauce manufacturers

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in Vietnam and their company was one of only 12 major manufacturers in the association Then in 1975 when the Communists took over, he had to flee the country, and his family decided to destroy their fish sauce factory, lest they face death or prison as capitalists. Now the situation is ripe for his return to Vietnam, and he is interested in learning to make miso and soy sauce, and perhaps starting production in Vietnam. Address: 22821 Sherman Way, West Hills, California 91307. Phone: 818-704-6432.

10045. **Product Name:** Cauldron Foods Original 8 Tofu Bangers: Vegetable Sausages Made with Tofu.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1992. January.
Wt/Vol., Packaging, Price: 8 x 50 gm bangers in a box. Retails for £1.95.
How Stored: Frozen.
New Product–Documentation: Health Food Business (London). 1992. Jan. p. 12. "New burgers and a Cauldron banger." Note: A banger looks like an American hot dog.

Spot in BBC Vegetarian Good Food. 1992. Spring. p. 8. Shows a color photo of the front of the package.

10046. **Product Name:** Cauldron Foods 2 Tofu Burgers [Mexican, or Barbecue].
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: 149 South Liberty Lane, Ashton Vale Trading Estate, Bedminster, Bristol, Avon, BS3 2TL, England. Phone: (0272) 632835.
Date of Introduction: 1992. January.
Ingredients: Tofu (water, soya beans, calcium sulphate), wholegrain brown rice, sweetcorn, tomato puree, onion, wholewheat rusk, water, yeast, methyl cellulose (of vegetable origin), hydrolised vegetable protein, spices, salt, raw cane sugar.
Wt/Vol., Packaging, Price: 2 x 75 gm burgers in a box. Retails for £0.96.
How Stored: Refrigerated.
New Product–Documentation: Health Food Business (London). 1992. Jan. p. 12. "New burgers and a Cauldron banger."

Label for "Barbecue" flavor sent by David Greenslade. 1994. Oct. 4 inches square by 1 inch thick. Paperboard box. Orange, yellow, black, and white. Two color photos, one of two burgers on a plate, another of a burger between buns. "Just heat to eat. Vegetable burgers made with tofu." Caldron is still located at 149 South Liberty Lane.

10047. **Product Name:** Herbed Tofu.
Manufacturer's Name: EarthStar.
Manufacturer's Address: 5 Kay Street, Murwillumbah

(P.O. Box 654), Murwillumbah, NSW 2484, Australia. Phone: (066) 72 5931.
Date of Introduction: 1992. January.
Wt/Vol., Packaging, Price: 375 gm vacuum packs.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Greg Nance-Kivell. 1996. April 2. "In Jan. 1991 the Challenge Foundation (a nonprofit organisation working with the disabled) bought a small tofu business called Chinese Farmhouse." Greg was asked to come in as a consultant in late 1991. This product was launched in Jan. 1992. Packed in vacuum packed bags.

10048. **Product Name:** [Soy Burger (With Tofu, Natto, Okara & Vegetables)].
Foreign Name: Soja-Burghetti.
Manufacturer's Name: Food for Freedom.
Manufacturer's Address: Nylense [Nijlense] Steenweg 72, B-2270 Herenthout, Belgium. Phone: 014 / 51 7237.
Date of Introduction: 1992. January.
Ingredients: Tofu, natto, soy fiber (fibres de soya), rolled oats, onion, carrot, herbs, sea salt.
How Stored: Refrigerated.

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New Product–Documentation: Label and letter sent by Lucio de Berti, owner of Food For Freedom. 1992. Jan. This tofu burger with 10% natto was introduced in Jan. 1992. It is sold in only 2 large shops without a label because it is still being test marketed.

Label. 4 by 2 inches. Black on white. In Dutch and French.

10049. **Product Name:** Tempeh-Lettuce-Tomato Sandwich, Tempeh Burger, Bar-B-Q Tempeh, Tempeh Curry with Coconut Milk (and Rice), Dolphin Safe Tempeh Salad (Mock Tuna Salad).
Manufacturer's Name: Leo Risin' Foods.
Manufacturer's Address: 1525 Rhode Island, Lawrence, KS 66044. Phone: 913-832-1521.
Date of Introduction: 1992. January.
How Stored: Refrigerated.
New Product–Documentation: Letter and Labels sent by Clayton McHenry, founder and owner of Leo Risin' Foods. 1994. Feb. 22. In January 1992 Clayton named his business Leo Risin' Foods and set up a certified and inspected kitchen in his home at 1525 Rhode Island, Lawrence, Kansas 66044. Starting in January 1992 he produced five deli foods with tempeh for the Community Mercantile, and Clearly Nature's Own, a natural food store in Kansas City, Missouri. The weights of and ingredients in these products are as follows (* = organically grown): Tempeh-Lettuce-Tomato Sandwich (6 oz): Wheat bread, tempeh*, lettuce*, tomato, tofu mayo, sesame oil, spices. Tempeh Burger (7 oz): Wheat bun, handmade tempeh*, lettuce*, onion*, tofu mayo, spicy pickle*, mustard, hot sesame oil. Bar-B-Q Tempeh (6 oz): Wheat bun, handmade tempeh*, rice malt sweetened barbecue sauce, red onion*. Tempeh Curry with Coconut Milk (and Rice, 8 oz): Basmati rice, handmade tempeh*, coconut milk, red chili, onion, cashew, green chili, spices, salt. Dolphin Safe Tempeh Salad (Mock Tuna Salad, 8 oz): Tempeh*, Nayonaise, green onion, parsley*, sunflower seeds, spices.

10050. Morgenroth, Lynda. 1992. Luisa Baranda: There's more to macrobiotic cooking than brown rice, as this gentle, spiritual Boston woman can demonstrate. *Yankee* 56(1):88-92, 94. Jan.
• ***Summary:*** For Luisa (nicknamed Luchi) cooking is a meditation. Born in Chile, she spent years in Paris (France) and Spain, but now teaches macrobiotic cooking in Boston. When flavoring soup with miso, she would never just dump a blob of miso into the soup. Instead, she lowered a ladle with a little miso into the pot, massaged some broth into the miso, then "eased the stock-thinned paste into the soup." Also discusses adzuki beans and various seaweeds (kombu, wakame, dulse, and arame). Includes recipes for: Miso soup (with wakame). Hiziki (hijiki) with vegetables. Scrambled tofu. Steamed greens and tofu dressing.

10051. **Product Name:** Mori-Nu Silken Tofu (Chinese Label) [Firm, or Soft].
Manufacturer's Name: Morinaga Nutritional Foods, Inc. (Importer). Made in Japan by Morinaga Milk Co. Ltd.
Manufacturer's Address: 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. Phone: 310-787-0200.
Date of Introduction: 1992. January.
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Almost all of the writing on these products is in Chinese; they are sold to Chinese Americans. Letter (fax) from Art Mio. 1996. May 14. "We first began to sell Chinese Label Mori-Nu Tofu in January 1992... This past fiscal year, which ended in March, saw a surge in sales which approached a 50% increase."

Poster (color, 8 by 11 inches, undated) sent by Art Mio. 1996. May. Shows one carton each of Chinese Label Mori-Nu Tofu firm and soft on a cutting board behind a knife and six small cubes of tofu. In the upper left is written in Chinese characters (with English text below them): "Smooth silken texture. Long shelf life. No preservatives."

10052. **Product Name:** Heart's D'Lite (Fat-Free Cheese Alternative with Casein) [Monterey Jack Style, Cheddar, Jalapeno, Mozzarella, Garlic-Herb].
Manufacturer's Name: Sharon's Finest (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 5020, Santa Rosa, CA 95402-5020. Phone: 707-576-7050.
Date of Introduction: 1992. January.
Ingredients: Monterey Jack: Organic tofu, casein [protein from nonfat milk], tapioca starch, salt, natural flavor, guar gum, citric acid.
Wt/Vol., Packaging, Price: 8 oz vacuum pack. Retails for $2.99 (7/92, Maryland).
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 45, protein 8 gm, carbohydrates 3 gm, fat less than 1 gm, cholesterol 0 mg, sodium 170 mg, calcium 140 mg.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1992. Feb. p. 19. "Melts and tastes like cheese but without the fat! From the makers of TofuRella, in the same great flavors. Call us at (707) 576-7050."

Talk with Sharon Rose. 1992 Feb. 10. They started shipping this product to fill up the pipelines in Nov. and Dec. 1991, but it was probably first on the shelves in Jan. 1992. The term "Sharon's Finest" does not appear on the front panel, but the back panel reads: "Heart's D'Lite is made for Sharon's Finest." Over the past 8-12 months, they have gradually been changing the company name to Sharon's Finest from Rose International, but the change has not yet become official. All of their business cards and

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printed product brochures have "Sharon's Finest" and the corresponding logo on them, not Rose International.

Product with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July. 20. Label is 3.5 inches square. Red, blue, and purple on white. Illustration of a red heart outlined in blue on a blue-lined sky. Front panel: "Fat-free cheese alternative." Back panel: "Fat-free. Low in calories. Cholesterol-free. Dear Friends. Heart's D'Lite is a revolutionary new product! While it tastes and melts like cheese, it has virtually none of the fat and cholesterol, and it is far lower in calories, too! I developed Heart's D'Lite for my friends who were cutting down on fatty foods for health reasons but still missed eating cheese... Warmly Yours, Sharon. Diabetic exchange: 1 low-fat meat. Contains < 0.02% lactose. This label uses recycled paper and non-toxic ink and glue." A table compares Heart's D'Lite with Cheddar and Monterey Jack cheeses, per 1 oz. Calories: 45, 113, 106. Fat (gm): <1, 9, 8. Cholesterol: 0, 30, 30.

10053. **Product Name:** TofuRella Slices (Cheese Alternative with Casein) [Cheddar, Mozzarella].
Manufacturer's Name: Sharon's Finest (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 2687, Petaluma, CA 94953-2687.
Date of Introduction: 1992. January.
Ingredients: March 1994: Organic tofu (water, organic soybeans, calcium sulfate), casein, soy oil, sodium phosphate (natural earth mineral), salt, cultures, natural flavor, vegetable gums, citric acid.
How Stored: Shelf stable.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1992. Feb. p. 19. "Individually wrapped slices of TofuRella, the Rainforest Cheese Alternative. Great-tasting, cholesterol-free cheese, perfect for lunches. Fax us at (707) 545-7116."

Talk with Sharon Rose. 1992 Feb. 10. They started shipping this product to fill up the pipelines in Nov. and Dec. 1991, but it was probably first on the shelves in Jan. 1992. The term "Sharon's Finest" does not appear on the front panel.

Leaflet (8½ by 11 inch, black, purple, and green on tan kenaf paper) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Product information. Sharon's Finest Healthy Alternatives." "Tofu-Rella Slices. The original tofu cheese alternative, in individually-wrapped Slices. Convenient and delicious. Two great flavors."

10054. McDermott, Ron. 1992. Update on Worthington Foods (Interview). *SoyaScan Notes.* Feb. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Second International Congress on Vegetarian Nutrition will be held in Arlington, Virginia from 28 June to 1 July 1992. It is sponsored by Loma Linda University. Worthington sees a rapid growth of interest in vegetarianism, both professional and popular, in America.

1992 will be a watershed year in Worthington's history in terms of sorting out strategies, technologies, and approaches to the market. That will be followed by many new product launches.

Worthington had manufacturing problems with its line of tofu products. Their plant is now running at 150% of capacity, so they didn't have space for the tofu products. It was frustrating for the sales force and all concerned not to be able to put the necessary effort into the tofu products. Zoning restrictions in Worthington prevent them from expanding the size of the "footprint" on their property. They do not own any other land in Worthington, but they are about to start a second plant in the Zanesville area, about 50 miles to the east. Address: Vice President Research & Technology, Worthington Foods, 900 Proprietors Rd., Worthington, Ohio 43085-3194. Phone: 614-885-9511.

10055. Roller, Ron. 1992. Work with and history of Eden Foods in Michigan. Part I. To 1980 (Interview). *SoyaScan Notes.* Feb. 25-26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ron was born in 1953 and he first met Mike Potter in 1961. The Potter and Roller families both lived in a northern suburb of Detroit. Ron had some friends who were friends of the people who ran the macrobiotic natural food store named Joyous Revival. That store was started by Carl Weinstein, Scott Halizon, and Howard Tannenbaum. Mike Potter worked in the store and soon became its manager. Through that connection, Mike started to travel to Ann Arbor to sell food at the free rock and roll concerts. Ron started to go with him (for fun), and they would cook rice and vegetables. At this time, Ron met Tim Redmond and Bill Bolduc. At age 15, through Mike's influence and interest in macrobiotics, Ron began to eat rice and vegetables as part of his daily diet.

Ron's sister and Mike had taken a trip to visit Muramoto-sensei at Miramichi, near Fort Bragg, California. At age 16, Ron attended a macrobiotic summer camp for a few weeks there. That was his first educational contact with macrobiotics.

In early 1971, while Mike was working at Joyous Revival, he was married. A little later that year he moved to Ann Arbor and began working at the Eden Foods retail store. Several years later Ron moved to Ann Arbor. In the fall of 1972 Ron began to work part-time for Eden Foods while he was going to school at Eastern Michigan University at Ypsilanti, studying biology and chemistry. His first job was to get the store at 330 Maynard Street ready to move into–painting, building grain bins and shelves, etc. Ron worked part time at Maynard St. in the deli, stocking shelves, etc. Many of the other employees also worked part-time.

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Ron dropped out of the University and began to work full-time for Eden Foods when the company moved out of the Quonset hut and into the warehouse (shared with Midwest Natural) on Ann Street. He now began to work in the wholesale operation. After a 10-month leave of absence doing woodworking in the suburbs of Detroit, Ron returned before the warehouse moved to Platt Road; he helped with that move in the spring of 1974. When Mike Gordon, Eden's buyer at Platt Rd., decided to go back to school, Ron stepped into his job. It seemed like a very big responsibility since the company now had annual sales of about $1.5 million.

In 1976 Ron (age 23) took his first trip to China and Japan; he traveled with Mike Potter, who had taken his first trip there in 1973 or 1974. 23They also visited Muso in Japan. Later Ron made several trips to China and Japan by himself. From 1976 until the fire in 1979, Eden was doing more business with China than with Japan. The main Chinese imports were ginseng (the most important), nigari, azuki beans, Chinese medicinal herbs, tea, bamboo cookware, arrowroot flour, etc. Ben Zarcot of Fmali Herbs in California was also a big importer of ginseng from China.

After the move to Platt Rd., Eden's wholesale business (selling to natural/health food stores) continued to expand very rapidly. At that time, the full-line "super-distributors" came into being: Midwest Natural Foods, Health Food Inc. in Chicago, Tree of Life, etc. These companies, which tried to carry almost every product the industry offers, increased the number of products they carried to more than 2,000 from only several hundred, in order to provide natural/health food retail stores with "one-stop shopping" Many of these products were ones that Eden refused, on principle, to carry. Erewhon later tried to become a super-distributor and it was a major cause of Erewhon's downfall.

Eden now started to sell a few products Eden brand to other distributors–especially their herbs imported from China, but also commodities such as nigari, bulk soybeans, etc. Their first customer was Gene Newman of Manna Foods, Inc., in Scarborough, Ontario, Canada. For a while Eden sold truckloads of Michigan-grown soybeans to tofu makers such as Nasoya. That business gradually fell off as tofu makers cultivated local sources for their soybeans.

Ron introduced Cliff Adler into Eden Foods. In the summer of 1976 Cliff started to work at Eden and invested some money in the company by buying shares. He had a lot talent in the area of sales–he was a real go-getter in marketing–and he soon made many close friends in the company.

At some point, probably shortly after the fire, a number of employees got stock in Eden Foods, including Ron Roller, Bill Swaney, Mark Cook, and several others who left the company before the move to Clinton.

In Nov. 1979, just before the fire, 55 people worked for Eden Foods, which had annual sales of about $4 million. Sales were growing and the company was distributing about 2,300 items as they tried to compete with the "super-distributors." Eden sold no refrigerated or frozen foods, and no dairy products. The company had two warehouses. The big one, about 12,000 square feet, held almost all the food, plus the mill, the main office, the roaster, and the packaging machines. The smaller one, 4,000 square feet located not far away, was a truck repair garage and storage place for mostly non-food items plus a bottling line and a little overflow food. The night of the fire, the big warehouse was as full as it had ever been. The fire burned for a week while Eden's employees watched. It totally destroyed the big warehouse and the offices, and everything in them, sparing only the smaller warehouse. The next day, all but 7 people had been laid off. There was nothing for them to do.

The remaining employees were Mike Potter, Tim Redmond, Cliff Adler, Ron Roller, Bill Swaney (warehouse manager), Chris Burnham (warehouse), and Bena Burda (sales). They cleared out the small warehouse, and trimmed their product line to about 300 items.

Within 2 weeks after the fire, operating out of the smaller warehouse that they were leasing, Eden was sending out food to customers. They contracted with People's Warehouse in Ann Arbor to mill the large amounts of flours (including soy flour) that Eden sold; a little later Quincy Milling in Quincy, Michigan, took over Eden's milling. Cash was very tight for along time, so there was little marketing or promotion. All 180 vendors to whom Eden owed money were put on a payment plan, and they were gradually paid off. The insurance company paid Eden only $100,000 quickly. The space was also so tight that inventory had to be moved out of the warehouse each day and moved back in each night. Then they rented some additional warehouse space on Phoenix Drive in Ann Arbor, 6-7 miles away. About a year after the fire, Eden bought an existing warehouse in Clinton, Michigan and moved in during 1980 to get more space. They set the mill back up. By now sales were increasing slowly, but they were still feeling the pressure of the "super-distributors," as products proliferated in the natural foods market. Continued. Address: President, American Soy Products, 1474 N. Woodland Dr., Saline, Michigan 48176. Phone: 313-429-2310.

10056. O'Connell, Michael. 1992. History of Ploughshares Foods Ltd. in Glastonbury, England (Interview). *SoyaScan Notes.* Feb. 27. Conducted by Anthony Marrese in England. • ***Summary:*** This company was founded in 1984 in the Essex countryside by Michael O'Connell and Fiona Bruce under the name "The Emperor Liu An's Tofu Palace." Liu An was the legendary inventor of tofu in China. The business was an 8-tonne mobile catering truck and kitchen on wheels which went to open-air shows and festivals; its purpose was to serve vegan organic food (including tofu), demonstrate tofu-making, and promote veganism. They started operating the truck in Aug. 1984. Recipes prepared in the mobile restaurant

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in 1984/85 included tofu blueberry mock cheesecake, tofu mayo, tofu sweet cream, tofu lasagna, tofu pudding, tofu ice cream, tofu burgers, tofu gulash, and tofu pizza. In 1985/86 they launched okara steam pudding with dates, okara shepherd's pie, and okara burgers.

In Aug. 1986 the company moved to Glastonbury, started a non-mobile restaurant, and changed the company name to Ploughshares Foods Ltd. (after the Old Testament Biblical expression from The Book of the Prophet Isaiah 2:4 "They shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn/study war any more").

In 1988 the restaurant introduced tofu quiche (onion and mushroom), okara veggie roll, okara tempeh, okara tempeh Bolognese/moussaka, and braised tofu in miso sauce. In 1989 they launched soya cream cheese with chives, and in 1991 okara tempeh with leaf protein added.

In 1991 the company structure changed from a partnership to a cooperative. Other current members of the co-op are Miranda Bruce, Sophie Pullinger, and Lalita Gordon Milverton.

The company was a pioneer in introducing tofu and new ways of using it to vegan restaurants. Uses included burgers, pies, dressings, creams, main dishes, salads, soups, etc. They introduced foods that were free of dairy products, wheat/gluten, and/or sugar, and developed a leaf protein product named Leafu (i.e. tofu from leaves). Their vegan cooking school was the first such school to receive the "City and Guild" qualification to those who graduate from their residential diploma course teaching vegetarian, organic, and special diet foods. The company provides a friendly working environment, as for single working parents, and is involved in the wider issues of improving society.

The main reasons for the company success are a commitment to delicious, aesthetic, nutritious food, customer loyalty, and a commitment to research, development, and innovation.

Anthony Marrese adds: "All of their products are good, and their people are especially nice. I spent about 18 months helping with the tofu production and restaurant in 1987/88." Address: 54 Roman Way, Glastonbury, Somerset, BA6 8AD, England. Phone: 0458-831182 or 835233.

10057. DeBona, Don. 1992. Work with tofu and soymilk in America (Interview). *SoyaScan Notes.* Feb. 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Don has owned a part of Bean Mountain Soyfoods in North Carolina since 2-3 years ago; their biggest competition in the tofu market is Nasoya. Don was on the board of the Soyfoods Association of America, but he dropped it when he saw it was basically a tofu and soymilk association; he was "the token miso maker." Address: General Manager, American Miso Co., Route 3, Box 541, Rutherfordton, North Carolina 28139. Phone: 704-287-2940.

10058. **Product Name:** [Tofu].
Foreign Name: Tofu–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1992. February.
Ingredients: Soybeans (*fagioli di soja*), nigari–*cloruro di magnesio*, water.
Wt/Vol., Packaging, Price: 300 gm (2 servings of 150 gm each) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Talk with Maura Ghiraldini of Biolab. 1998. Nov. 9. Biolab, which started in June 1992, is now the third largest tofu maker in Italy. The founder and owner is Massimo Santinelli, now age 34; they also make soymilk and various types of tofu.

Label and letter sent by Maura Ghiraldini and Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hulls in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container.

10059. **Product Name:** [Marinated Tofu, and Smoked Tofu].
Foreign Name: Tofu Marinato, and Tofu Affumicato–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1992. February.
Ingredients: Soybeans (*fagioli di soja*), nigari–*cloruro di magnesio*, water, tamari soy sauce, smoke from beechwood firewood (*fumo di legna*).
Wt/Vol., Packaging, Price: 300 gm (2 servings of 150 gm each) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hills in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container. An earlier label shows four black birds flying above some orange clouds in a gray sky past a pale yellow sun. Letter from Massimo and Maura. 1999. Jan. 5. "To make Pickled Tofu, we leave tofu immersed for one night in a mixture

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of tamari and water. The next day, the tofu is deliciously flavored. We then either pack it as is (it becomes Pickled Tofu) or we smoke it (all smoked tofu must be pickled before smoking)." Follow-up letter (fax) from Massimo and Maura. 1999. Jan. 22. Marinated tofu is "Tofu Marinato." They still produce a very small amount of it (about 5-6 kg/week) for a distributor who sells many of their products under his own label. This is a carry-over from the early days of Biolab.

10060. **Product Name:** Chieko Tofu [Firm Organic Tofu with Nigari, or Regular Tofu (Non-Organic) with Calcium Sulfate, Soft Tofu with Calcium Sulfate].
Manufacturer's Name: Chieko Tofu, Inc.
Manufacturer's Address: 2450 Beekman Ave., Cincinnati, OH 45214. Phone: 513-471-3300.
Date of Introduction: 1992. February.
Ingredients: Incl. water, organic soybeans, nigari.
Wt/Vol., Packaging, Price: 1 lb packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Brian Williams. 1992. March 17. Cincinnati Post. "Entrepreneur pins his hopes on a budding taste for tofu." David and Chieko Kimbel introduced their tofu in late Feb., 1992.

Talk with Chieko Kimbel. 1993. Feb. 7. They make 2 types of tofu. This business is in the same building as Sunsprout. Talk with David Kimbel of Sunsprout of Cincinnati. 1993. Feb. 8. After he decided to start making tofu, he considered buying his equipment from Ben and Nina Yamaguchi of Soya Food Products Co. in Cincinnati. They were going out of business but their equipment was too old–a stone mill, cooking in buckets with a primitive steam wand, pressing out of a bag with a hydraulic press, homemade pressing boxes on a 2 pressing station homemade press with the paint chipping off, into a cooling tank with warm water, and 2 small packaging machines that were unreliable, an old, small boiler, etc. Finally he bought his tofu equipment (which includes a roller extractor) from Wally Rogers of Bean Machines and Michael Lee of The Farm in Tennessee came to Cincinnati and tried to teach him how to make tofu. He also learned from Wally Rogers and from the book *Tofu and Soymilk Production.* He uses Snow White brand calcium sulfate (made in America), which is more refined than Terra Alba. He finds it difficult to make soft tofu; it falls apart. His tofu is distributed to 8-9 states by the Castellini Co., which has access to all the Kroger supermarkets, etc. His main competition is from Kyoto Food Corp. USA of Terre Haute, Indiana; other competitors include Hinoichi, Azumaya (in Louisville, Kentucky), and Morinaga. His tofu business is not yet breaking even. It has not grown as fast as he and Castellini had expected. His tofu has a shelf life of 7 weeks, and his prices are competitive. Supermarkets don't switch to his local, fresher brand because "nobody cares. It ain't broke so we ain't gonna fix it." At the time the article cited above was written he was actually producing about 200 cases/week and predicting rapid growth; he has never actually produced 300 cases per week. His tofu business, though struggling, is now doing better financially than his sprout business.

10061. Kushi, Michio. 1992. Introduction to *Culinary Treasures of Japan,* by John and Jan Belleme. 16 p. Jan. Unpublished manuscript.
• ***Summary:*** This manuscript, which was published in a condensed form in the actual book, tells the story of Mitoku and their work to export traditional Japanese natural foods to the Western world. Michio Kushi was instrumental in getting Mr. Akiyoshi Kazama involved in this work. Mr. Kushi, who became a World Federalist after World War II, came to the U.S. in Nov. 1949 to study at Columbia University. He continuously sought ways of establishing world peace, and increasingly came to believe that a proper diet is the basis for health, happiness, and peace.

In April 1966 the author's wife, Aveline, opened a small store named Erewhon in Boston. Michio began to search for a Japanese source for foods that Erewhon would sell. He was introduced to Mr. Kazama (who lived in Tokyo) through a Japanese friend, Mr. Obayashi, who resided at that time in New York City. Michio felt that Mr. Kazama understood his desire for foods of high quality. So Mr. Kazama "began his search for food producers and manufacturers who were sincere and willing to supply the kind of quality we requested. I know that for him, at that time, it was a great gamble. It was also a painstaking and slow step-by-step process."

Mr. Kazama was born on 1 Feb. 1930 in Yamanashi prefecture. He graduated from Waseda University in Tokyo, then was selected to study business in the United States. After arriving in Chicago, Illinois, he was drafted by the U.S. government to serve in the American Army in Korea and in Japan from 1956 to 1958. Upon his return to Japan, he settled in Tokyo where he became an import agent for a German company dealing in optics and electronics. After the Kushis contacted him, he became involved in the emerging natural food business. [He founded a company named Mitoku. Mi = Michio. To = Tomoko (Aveline's given name in Japanese). Ku = Kushi].

In 1968 Mr. Kazama made his first shipment of Japanese natural foods to Erewhon; the order was worth $3,000. The Kushis first met Mr. Kazama in Boston in 1970. Over the years, the volume of Mitoku's exports steadily grew, and expanded to Europe, Australia, and the Middle East. Today Mitoku ships its products to about 35 countries. Approximately 40% of Mitoku's exports go to America, 40% to Europe, and 20% to Australia and other regions. Annual sales are about $10 million. Among the major suppliers are Sendai Miso Shoyu Co. Ltd., Hatcho Miso Co. Ltd., Hagoromo Miso, Ltd., Hanamaruki Miso Co. Ltd, San Iku Foods Co. Ltd.

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Distributors of Mitoku's products include the following: In the USA: Westbrae Natural Foods Inc., Great Eastern Sun Inc., U.S. Mills Inc., Tree of Life Inc., and Shojin Natural Foods (Hawaii). In Canada: Koyo Foods Inc., Flora Distributors Ltd., and Timbuktu. In Costa Rica: Distribuidora de Productos Macrobioticos S.A. In England: Sunwheel Foods Ltd, Clearspring Natural Grocer, Meridian Foods Ltd. In France: Celnat, Tama. In Belgium: Lima N.V. In the United Arab Emirates: Emirates Trading & Marketing Est. In South Africa: Key Health. In Austria: Naturkostladen, Lebenszeichen. In Switzerland: S'lotusbluemli, Terrasana, Futonhaus. In Sweden: Kung Markatta. In Norway: Alternative Import. In Finland: Makro Bios. In Portugal: Armazens Da Matinha. In Spain: Kunga. In Italy: La Finestra Sul Cielo, Probios S.R.L., Dalla Terra al Cielo, Solo Natura. In Israel: Tivoli Ltd. In Australia: Pureharvest. In New Zealand: Enso. In Singapore: Nature's Best. In Yugoslavia: General Export. In Japan: Seibu Department Stores Ltd., Tokyu Department Stores Ltd. Among the countries reached indirectly through trans-shipment are Hungary, reached through Austria, various South American countries reached through the United States, and other countries such as Poland, Czechoslovakia, Iceland, Andorra, Ireland and the Caribbean Islands.

As Mitoku developed its international operations, Mr. Kazama hired many students from Western countries, including Blake Rankin (USA), Ferro Ledvinka (Italy), Christopher Geoffrey Dawson (New Zealand, starting 1979), Robbie Swinnerton (England), Terrie Adams (USA), and Michelle Harbroun (France).

"For the past 10 years, Mitoku has echoed and supported the macrobiotic perspective with its motto 'Isshoku-Dogen.' These words, though they have been forgotten in the last few centuries by the very people in the health care field who should remember them well, mean literally 'medicine and food have the same source,' and can be translated as 'food *is* medicine.' This saying has been used and known as part of the ancestral heritage of wisdom transmitted from generation to generation for several thousand years in Oriental countries such as China, Korea and Japan.

"In an attempt to preserve Japanese traditions, Japan has instituted a 'Living Treasures' program granting official recognition and support to [living masters in] various cultural areas such as theater, music, dance, sculpture, carpentry, weaving... and arts and crafts. Ironically, though, Japan has not granted the same official recognition to its traditional methods of food processing and production in spite of the fact that increasingly large numbers of people throughout the world are now appreciating traditionally processed Japanese food products and have become aware of their important health benefits. The Japanese traditional arts of producing miso, soysauce, tofu, natto, amazake, rice vinegar, sake, mirin, condiments and pickles as well as cooking methods and preparation are unique among the culinary practices of the world... These foods are also works of art... It is my hope and recommendation that official recognition and support be granted by the 'Living Treasures of Japan' to those who have dedicated their life to the traditional art of food production and processing in spite of the hardships and commercial disadvantages they are compelled to face in business competition and present-day economical conditions." Address: 62 Buckminster Rd., Brookline, Massachusetts 02146.

10062. *Natural Foods Merchandiser.* 1992. Soyfoods' major role in cancer prevention subject of major study: Marketers expect positive results to boost sales dramatically. Feb. p. 20. [1 ref]

• ***Summary:*** "Top researchers believe soyfoods such as tofu and tempeh might help prevent cancer and have begun a three-year, $3 million study to confirm their hypothesis.

"The study was funded in October by the National Cancer Institute (NCI) in Bethesda, Maryland, after a panel of 13 scientific experts concluded more research is needed on cancer-fighting compounds found in soybeans. It is the first time soyfoods have received such attention–and funding–from the institute...

"Although it's too early to say that soyfoods prevent cancer, several compounds with anticarcinogenic activity are found in relatively high concentrations in soybeans, Messina says. Called phytochemicals, they are distinguished from nutrients–some are actually considered anti-nutrients because they make it harder for the body to absorb what it needs. The compounds include isoflavones, protease inhibitors, phytic acid, saponins, phytosterols and phenolic acids."

Includes an interview with Mark Messina, PhD, program director for NCI's Diet and Cancer Branch, about beneficial phytochemicals (non-nutritive dietary components) in soybeans and soyfoods.

10063. Patterson, Anne. 1992. Good taste and good nutrition. *Illinois Soybean Farmer* (*Bloomington, Illinois*) 3(2):17. Feb.

• ***Summary:*** An article about tofu. A photo shows Anne Patterson. Address: Registered Dietician, Farmington, Illinois.

10064. Productos Alimenticios Soyavyn. 1992. Productos alimenticios naturales a base de soya: Soyavyn [Natural food products based on soya: Soyavyn (Leaflet)]. Lourdes, Colón, Depto. La Libertad, El Salvador. 1 p. Feb. 19 x 13 cm. [Spa]

• ***Summary:*** The company makes the following products: (1) Fluid flavored soymilk (½ or ¼ liters): Vanilla, strawberry (*fresa*), banana, chocolate, natural (in liter size). (2) Meatless sausages and meats: Sausage (*Salchicha*), Seasoned Sausage (*Chorizo*), Soy burgers (*Tortitas; Hamburguesa*), Soy steak (*Bistek*). (3) Dry products (1 lb packs): Instant soy coffee, Chocolate, Horchata (Local fresh beverage), Whole

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soy flour, soybeans. (4) Dairylike products: Soy cheese [a cheese alternative], soy cream, soy curds or cottage cheese (*Requesón*). (5) Other products: Galletas de Soya (Soy cookies), Bath soap (*Jabón de Baño*), Recipe booklet (*Manual de Recetas*), Pitcher (*Pichel*), Shirt (*Camisa*), Peaches in syrup (*Duraznos en Almíbar*). "Detail and wholesale, home delivery without re-charge."

Letter from Kris Duville of Productos Alimenticios Soyavyn. 1992. June 2. This leaflet was first printed in Feb. 1992 on the occasion of a village feast at which the company had a stand at the fair. Address: Planta Soyavyn, 2a Calle Poniente No. 2-4, Lourdes, Colón, Depto. La Libertad, El Salvador. Phone: 51-0705 or 23-3554.

10065. Productos Alimenticios Soyavyn. 1992. Manual de Recetas [Manual of Recipes for Soyfoods]. Planta Soyavyn, 2a Calle Poniente No. 2-4, Lourdes, Colón, Depto. La Libertad, El Salvador. [Spa]*
• ***Summary:*** This Spanish-language recipe booklet is designed to help local people use the company's soyfood products. Address: Lourdes, Colón, Depto. La Libertad, El Salvador. Phone: 51-0705 or 23-3554.

10066. **Product Name:** Traditional Japanese Soup (in a Cup) [Mild Miso, or Dark Miso].
Manufacturer's Name: San-J International, Inc.
Manufacturer's Address: 2880 Sprouse Dr., Richmond, VA 23231. Phone: 800-545-9545 or 415-821-4040 (Perelman).
Date of Introduction: 1992. February.
Ingredients: 1995: Liquid broth in foil pouch: San-J rice miso (water, whole soybeans, rice, salt), kombu extract (seaweed, barley malt), water, alcohol, salt, shiitake mushroom powder. Dried vegetables in foil pouch: Fu ([baked] wheat gluten), tofu (soybean curd), scallions.
Wt/Vol., Packaging, Price: 0.930 oz (23.6 gm) net paper cup. By March 1995 1.1 oz. Retails for $1.49 (3/95, California).
How Stored: Shelf stable.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1992. July. p. 72. Shows a black-and-white photo of the side of both cups. Both products are prepared with real miso paste (not dried) for authentic Japanese flavor and texture. "Just add boiling water to create instant soup for lunch-on-the-go or a low-fat first course."

Talk with Steve Zoller of San-J. 1992. July 6. This product was introduced in Feb. 1992. Product with Labels sent by Steve Zoller. 1992. July 7. Illustration: On the dark miso a Japanese man drinking a cup of miso soup; on the mild miso, a Japanese woman doing the same. "Directions: Squeeze contents of miso packet into [paper] cup. Empty contents of vegetable packet into cup. Add boiling water to ½ inch from top of cup. Cover for 1 minute. Stir well before eating."

Ad (8 by 11 inches, color) in Natural Foods Merchandiser. 1992. Sept. p. 35. "188 years and one minute later, its soup." Shows a Japanese man and woman, kneeling on opposite sides of a low table in a tatami mat room, each drinking a paper cup of San-J miso soup. "Seven generations after San-J's founding fathers began making miso near Nagoya, Instant Miso Soup-In-A-Cup comes to America." San-J: Established 1804.

Product with Label purchased at Open Sesame in Lafayette, California. 1995. March 11.

10067. Schaefer, Mary Jane; Love, J. 1992. Relationships between soybean components and tofu texture. *J. of Food Quality* 15(1):53-66. Feb. [34 ref]
• ***Summary:*** Tofu was prepared from Amsoy 71, Vinton, or Vinton 81 soybean varieties. Varieties high in protein content produced tofu with a high yield and firmer, more springy texture. "Phytic acid may preferentially bind the calcium coagulant, altering the curd structure and yield, composition and texture of the resulting tofu." Address: 210A MacKay Hall, Dep. of Food Science and Human Nutrition, Iowa State Univ., Ames, Iowa 50011.

10068. **Product Name:** Vegetarian Meatball.
Manufacturer's Name: Season's Harvest.
Manufacturer's Address: 52 Broadway, Somerville, MA 02145. Phone: 617-628-1182.
Date of Introduction: 1992. February.
Ingredients: Incl. tofu, brown rice, textured soy protein concentrate.
New Product–Documentation: Talk with Ademar Reis. 1993. Nov. 29. He introduced this product in Feb. 1992.

10069. **Product Name:** Soy A Melt Slices: American Soy Singles (Soy Cheese With Casein).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1992. February.
Wt/Vol., Packaging, Price: 6 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Front panel of Label sent by Lon Stromnes. 1992. Feb. 26. 3¼ inches square. Self adhesive. White and light blue on dark blue. Front panel: "Made with organic soybeans. Contains no cholesterol. 99.98% lactose free."

10070. Burns, David. 1992. Homestyle Foods is now owned by Weider Food Co., which also owns Heinke's Inc. (Interview). *SoyaScan Notes.* March 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Homestyle Foods stopped distributing products and was disbanded in Nov. 1991. White Wave has been producing and co-packing their soy products for some time now. Martin (Marty) Roth, a consultant for Weider

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(pronounced WEE-dur, the famous old protein company) helped arrange the deal, which was consummated on 18 Dec. 1991. Weider acquired Homestyle's product names and formulas, but no money changed hands. As David says, "It was basically a bailout." The two principals in Homestyle (David Burns and Robert Dolgin) will be paid from future sales of their products. The fact that Weider owns Heinke's Inc. (a natural juice company in Paradise, California) made a good match since Homestyle sold Fruit Tops, natural fruit juice popsicles.

Weider hired David on a 6-month consulting agreement, which may be extended. David is hopeful that he may eventually be hired permanently by Weider. At the time of Weider's acquisition, Homestyle had large debts to suppliers–which Weider did not take on. David is hopeful that he and Dolgin will be able to pay off their debts from future income from sales of Homestyle products.

Homestyle's three best-selling products were the no-egg and cottage salads, the ravioli, and the So-Free Chocolate Tofu Pudding.

Update. Call from David Burns. 1993. Sept. 24. He is now working for Quong Hop & Co. Weider bought Homestyle mainly for the Fruit Pops. They just let the rest of the company die. They did pay David for his inventory and made it possible for him to pay off his debts. He has not gotten much money from them, just a trickle on income from the Fruit Pops. Address: General Manager, Homestyle Foods, 2327 Bluebell Dr., Santa Rosa, California 95401. Phone: 707-525-8822.

10071. Jacobs, Lenny. 1992. More about seitan and wheat gluten (Interview). *SoyaScan Notes.* March 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** John Weissman, who may have been the first person to make seitan in America, is selling Solar Burgers in the Harvard Garage (a collection of little shops) in Harvard Square in Cambridge, Massachusetts. Lenny saw him about a month ago and thinks he can track him down. Solar Burgers are basically seitan plus some new ingredients.

Yumie Kono, who taught Lenny and others at The Seventh Inn how to make seitan, now lives in Canada. Aveline Kushi knows how to reach her. Aveline used to say that seitan was too complicated to make unless one had some special equipment, etc.

The publisher of Lenny's first book on seitan sold about 2,500 copies; he is now working on a second edition that will be published by Avery Press. The manuscript should be ready in about 5 months, and will contain a history of seitan.

Some of the earliest seitan products in Europe were made by Jonathan in Belgium. Many are still on the market, have very attractive packaging, and are sold in most natural food stores in Belgium.

Wheat gluten is known in both Vietnam and Thailand and has its own name. Lenny has eaten it at Thai and Vietnamese restaurants in America. He knows a Vietnamese food store that sells wheat gluten in cans.

John Belleme told Lenny that Legume wants to launch a new seitan product as the entree in one of their frozen dinners made with John's seitan. Legume's first seitan product, named Legume Meatless Pepper Steak with Kofu [fresh wheat gluten] and Noodles, was made with seitan made by Upcountry Seitan (Sandy Chianfoni).

Lenny has heard that a lot of vital wheat gluten is made in Australia, and that some of the starch removed during the wet processing may be recovered and sold as wheat starch–but he is not sure. Address: New Age, Brighton, Massachusetts. Phone: 617-787-2005.

10072. Williams, Brian. 1992. Entrepreneur pins his hopes on a budding taste for tofu. *Cincinnati Post.* March 17.
• ***Summary:*** David Kimbel, in partnership with his Japanese wife, Chieko, has launched Chieko Tofu, Inc., a tofu manufacturing company in Cincinnati. He has made health foods for the past 14 years, starting with alfalfa sprouts in his basement, then expanding into bean sprouts [including soy sprouts]. His sprout company is named Sunsprout of Cincinnati. Chieko Tofu hit the stores in late Feb. 1992. The company makes tofu 3 days a week using organically grown soybeans. "Chieko, which has two employees in addition to Kimbel and his wife, produces 300 cases of tofu a week–there are 12 one-pound packages of tofu in a case [i.e. 3,600 lb/week]–and Kimbel sees the potential of reaching 450 cases a week within a month." Address: Post staff reporter, Ohio.

10073. *SoyaScan Notes.* 1992. The advantages and disadvantages of wheat gluten and seitan compared with soyfoods such as tofu and tempeh (Overview). March 19. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Advantages: 1. Wheat gluten and seitan can be made to have more of a meatlike texture and flavor in vegetarian food products using simple technology. 2. They are lower in fat and have a lower percentage of calories for fat.

Disadvantages: 1. Wheat gluten and seitan are much more expensive per unit of weight or unit of protein. 2. The process by which gluten is made is hard on the environment, unless they are made from vital gluten. If made from whole wheat, the wheat starch cause such severe water pollution and clogs up municipal sewage pipes to such an extent that many municipalities will not allow manufacturers to continue operation. 3. The process for making them is very wasteful, since wheat contains only about 14% protein. The rest of the wheat (mostly starch) is wasted–almost as if it were fed to livestock. 4. Gluten is a major allergen; many people are allergic to it. In fact many foods advertise that they are "gluten-free" and many gluten-free cookbooks and other books have been published. 5. Celiac (coeliac) disease

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and celiac sprue are serious disorders. Most people afflicted with them are advised to follow a gluten-free diet. 6. The quality of their protein is lower.

In summary, in countries such as China and Japan, where both gluten products and soy products have been known and consumed for centuries, soy products pervade the diet and are a significant source of protein, whereas gluten products are used in very small amounts as minor specialty products. In China, they are best known in vegetarian restaurants.

10074. Ota, Eileen. 1992. History of Ota Tofu Shop in Portland, Oregon (Interview). *SoyaScan Notes.* March 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This interview was followed by letters from Eileen dated 28 April 1993 and 11 Feb. 1998; there were 2 more interviews and several e-mails in June 2008. Documents: The address "86½ 5th N" [86½ North 5th Street] seems to be strongly linked to the origin of this company. Although Eileen did extensive research with the Oregon Historical Society in Portland, the City of Portland Bureau of Licenses, and the State of Oregon Corporation Division, she was unable to find any early document that mentioned a tofu shop in Portland. Though she has no firm proof that the tofu company was established in 1918, she will continue to use that date since it long appeared on the packages in which their tofu was sold.

First some basic genealogy and family history: Eileen's best source of information was an interview with Mrs. Matsuno Ota. The tofu company was apparently started by an uncle. The Ota/Ohta family lived in Okayama, Japan. At some date in the early 1900s the three brothers (including Saizo Ohta, the third brother) came to the USA. One of the first two Ohta brothers was a partner with a Mr. Nagaro, with whom the "original" Ohta Tofu was established in about 1911. For some reason, this brother returned to Japan, leaving the business to Saizo Ohta, his brother. Eileen has not been able to find the given name of the man who founded the company. According to Matsuno Ota, the company was initially named "Asahi" or something like that related to the word for "sun."

Shina Masuda (a woman, born 31 Jan. 1895 in Okayama) and Saizo Ota (born 13 April 1881) immigrated separately to Oregon from Okayama, Japan. Saizo arrived in the USA first in March 1905; Shina arrived later, in June 1913. They were married later (at an unknown date, probably in Okayama); she was a "picture bride." Their first business may have been a hotel, bath house, or perhaps a laundry. They had one child, a daughter, named Matsuno Ota, who was born in Portland in July 1916. In 1920, Matsuno's mother, Shina, took Matsuno to Japan to be raised by an aunt (Shina's sister) and sent to school. Shina then returned to the USA to join her husband.

It is not yet clear how and when Saizo and Shina got involved in making tofu at the tofu shop co-founded by Saizo's brother. Matsuno Ota vaguely recalls the following: In 1918-19 there was a terrible worldwide "Spanish flu" epidemic. 548,000 died in the USA alone, and about 20 million worldwide. Matsuno recalls that the daughter of the founding Ota brother became ill with the flu, thus prompting her father to return with her to Japan. Matsuno does not know what became of his partner, Mr. Nagaro. It was probably at about this time that Saizo and Shina Ota took over the tofu business at 86½ North 5th St.; this may have been when aburage and konnyaku started being made at the company. They continued making tofu at that address until 1941 or early 1942, when they were interned during World War II at the Minidoka relocation camp in southeastern Idaho. Matsuno was spared the hard life of the camp, since she was in Japan going to school when the war started; she stayed in Japan until the war ended in 1945. Saizo [the husband] died on 1 April 1943 in the relocation camp. After being released from the internment camp in 1945, Mrs. Shina Ohta returned to Portland to re-open her tofu shop at its former location. Fortunately, the landlord had kept all the tofu-making equipment in good shape. But it was hard work for a single Japanese woman. She continued at the same address for a few years. When the building was sold to a new owner, she moved her shop to 322 N.W. Everett St. in Portland. In 1981 the business again moved to its present location at 812 S.E. Stark St. in Portland. At that time the company began making and selling soymilk.

In Oct. 1938 Matsuno Ota (a woman) and Sokichi Isoshima in Japan were married in Japan (in either Okayama or Tottori prefecture), but they decided (probably at that time) that Mr. Isoshima would take the Ota family name in order to carry on that name (a common practice in Japan) since Matsuno Ota's parents had had no male children. They had three children: Noriko Ota (female), Yoshiko Ota (female), and Koichi "Ko" Ota (male). In May 1955 Mrs. Matsuno Ota returned to the USA with her husband and children. A medical technician in Japan, Mr. Ota was unable to find work except as a janitor at Reed College in Portland. He helped on weekends at the tofu shop. Matsuno Ota worked, sewing, at Portland's White Stag, a clothing manufacturer. When Mrs. Shina Ohta suffered a stroke in 1957, Mr. Sokichi Ota took over her work at Ota Tofu Co., joined on weekends and holidays by his children. In 1971 Koichi Ota worked first as a partner with Sokichi Ota, and then took over management and operation of Ota Tofu. Koichi appears in an illustration in the book *Tofu & Soymilk Production,* by Shurtleff & Aoyagi (1979, p. 150). In 1976 Koichi Ota and Eileen Nishimoto were married. They eventually had 4 daughters: Sara, Stephanie, Kimberly, and Julie. In 1981 the company moved to a new building at 812 S.E. Stark St. in Portland. Sokichi Ota retired, but Koichi continued with 4 full-time employees. In 1987 the company name was officially changed to Ota Family Tofu from Ota

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Tofu Co. As of 1993 Ota Family Tofu is still located at 812 S.E. Stark Street, Portland, Oregon 97214. Phone: 503-232-8947. It is managed by Koichi Ota and has 8 employees. They make tofu 6 days a week, plus agé and soymilk. Eileen still works at the company. She was born in 1949, and so was not snared by the internment, but here elder brother, Richard, was.

The Oregon News, established in 1904 and published in Portland, was in 1921 "The only Japanese daily newspaper in the state." It might contain early articles about or advertisements by the tofu company. Eileen then gives details for listings she has discovered for "Ohta" in Caucasian-run Polk's Portland City Directory, from 1915 to 1950. Soy is first mentioned in 1950.

Where did Ota Tofu-ten get its soybeans in 1918? Probably from S. Ban and Company of Portland. There is a half-page ad in Polk's Portland City Directory for "S. Ban and Company–Importers and Jobbers, 32-34 Third St., North, Portland, Oregon. The company's president is Shinzaburo Ban, who by 1911 (see Joseph Gaston. 1911. Portland, Oregon: Its history and builders, Vol. 3) was "a leading Japanese merchant and contractor of the Pacific Coast." Born in Tokyo on 4 March 1854, he came to America in about 1891 and took up residence in Portland. By 1911 he had branch stores at Sheridan, Wyoming; Denver, Colorado; and Tokyo, Japan. By 1918 (and perhaps much earlier) he was importing soybeans (as well as silk goods, tea, rice, etc.) to America. He also owned saw mills and a shingle manufacturing company.

Eileen encloses 3 photos from Matsuno Ota taken in about the 1930s: (1) The motorized grinder inside the tofu shop. (2-3) Mr. Saizo Ota, standing behind a long black car outside his tofu shop. A large awning covers the window of the tofu shop that faces the sidewalk. Address: Ota Tofu, 812 S.E. Stark, Portland, Oregon 97214.

10075. Rose, Richard. 1992. Re: Tree of Life purchases Soya Kaas, Inc. Letter to William Shurtleff at Soyfoods Center, March 27. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The company was purchased from Richard McIntyre. Rose does not know what Richard McIntyre is doing now or will do in the future. American Natural Snacks (ANS, a wholly owned subsidiary of Tree of Life) was McIntyre's only customer; they had an exclusive arrangement. Address: President, Rose Enterprises, P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

10076. Weissman, John. 1992. Pioneering work with seitan, Wheatmeat, and Tan Pops in America, mid-1976 to 1992 (Interview). *SoyaScan Notes.* March 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Continued: In the fall of 1976 John formally founded the Vegetable Protein Company, registered with the city of Cambridge, and moved his operation out of his home into a commercial shop in Central Square at 140 River St. in Cambridge. Robert Allen left the company to begin a new career in the field of men's clothing. In 1976-77 John tried to get a trademark for Wheatmeat but was unable to because I.T.T. (Wonderbread) owned the trademark for a bread product. With Tan Pops as the main cash product from 1976-1978, the business became a real commercial business and began to grow. Selling as many as 85 Tan Pops a day at Erewhon alone, he began to earn a modest living For the first time, John began to use machines to help him in making his products. In 1977 he developed a portion-control method for the Tan Pops, running the seitan through a meat grinder, and forming them into cylinders, like a fat sausage, rather than the former slabs. John also began to experiment with new ingredients in the Wheatmeat and Tan Pops–such as vital wheat gluten, which he purchased from Ogilvie Ltd. in Montreal, Quebec, Canada. Other ingredients used included oat bran and oat flour mixed with wheat, whole toasted soy flour. The formula was constantly changing. At one point the main ingredients in the Tan Pop were vital wheat gluten and whole wheat flour. Neither Wheatmeat or Tan Pops were ever made entirely from vital wheat gluten.

In addition to the Wheatmeat Tan Pop, John developed and made a Tofu Pop, introducing it in the spring of 1977. He bought squares of plain pressed tofu (3 inches on a side and 3/4 inch thick) from a Chinese retail food store in Boston's Chinatown–he does not recall the company's name and he is not sure if they made the tofu or bought it from elsewhere. Later he bought tofu from Yah Kee, a Chinese tofu maker. He skewered the pressed tofu squares, coated them with his dry flour mix and corn batter, and deep-fried them. He first sold these at the very first Bread & Circus natural food store purchased by Anthony Harnett in Brookline. The product was introduced just after Anthony bought the store–but it was discontinued after a month or so, because it sold slowly; the unflavored tofu was too bland.

One day in the spring of 1979 he realized that deep-frying was unhealthy, and that day he and an employee moved his Pitco deep-fryer down to the basement, thus starting the "Vegetable Protein Museum of Natural History"–and stopped making Tan Pops. At that point he reformulated the Solar Burgers by adding TVP (they were made from a mixture of seitan and soy in various forms, incl. soynuts and TVP). He also made a TVP chili, which he thinks was called Vegetarian Chili.

In about 1978-79 John introduced another new product to salad bars around Boston. Named Smoky Soy Bits, it was a combination of TVP and gluten (produced by Ogilvie Ltd. in Canada) made into bacon-like bits, but without hydrogenated oils or salt (he used tamari instead). It was an "all natural" product–to the extent that TVP is natural.

In Nov. 1980 John introduced Weissman's Original Tofu Sausage, which tasted like bologna. A 6-ounce mixture

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of spices and tofu in a cellulose casing, it was cooked in a smokehouse. His company made it for the first 4 years and it eventually became his best-selling item. As its popularity increased, he phased out retail sales of Wheatmeat and Solar Burgers, and sold these Tofu Sausages to restaurants in bulk. After this period he invented only tofu products.

In 1983 John invented Pasta Pals, a tofu-gluten meatball. He discontinued it when Lipton Tea Inc. brought the trademark from him in late 1984. Lipton still owns the registered trademark.

In May 1984 John had to leave his food plant at 140 River Street in Cambridge. So he arranged with Michael Cohen to make the Tofu Sausage at his plant in Greenfield, Massachusetts. This was disastrous for John, since the product's new poor quality almost ended any reputation it had left in the marketplace. But it was quite an education for John. In January 1985 he took back the product and began making it for himself again.

In the fall of 1984 John arranged with Ademar Reis, owner of Season's Harvest (a sandwich maker who was John's first customer for bulk-packed Solar Burgers in 1976) to have the Solar Burger made at Ademar's shop. John also wanted him to make Smoky Soy Bits and showed him how. Reis made the products for John briefly in late 1984, however this situation did not work out for John either. But it did for Ademar, who to this day makes soy "bacon" after the manner John showed him, using textured soy flour or concentrate, and flavorings similar to or the same as those from raw material sources which John supplied to him. Reis now also makes a tofu meatball.

In 1985 John changed the company name to VegPro. He continued to make Solar Burgers and Wheatmeat, but from then on he only invented and worked on tofu products. In about 1986, based on the success of his Weissman's Original Tofu Sausage (6 oz), he introduced a new Tofu Savvy line of products (starting with a 3-lb Boloney), each in a 2-3 lb loaf shape like a meatloaf, and sold to delis. He buys his tofu from a tofu maker in Massachusetts. With names like Tofu Salsa Savvy (bulgur and tofu), Curry (with brown rice and veggies), Spice-Seed, and Boloney, these are offshoots of the tofu sausage, but they involve a highly proprietary process that John has developed. Delis sell the sliced loaves for use in sandwiches.

In 1990 he began to test market (in one Bread & Circus store) two new types of tofu franks: Good Dogs, and Bad Good Dogs (hot & spicy), each with a registered trademark. They were only on the market for 1-2 months because they didn't keep well–but he still feels they are excellent products. He made them himself because he doesn't like to have them made on meat processing machines.

Today John works as a very creative solo craftsman and a chef, still making a line of food products himself, including the Weissman's Original Tofu Sausage (6 oz), and the Tofu Savvy line. His products are sold at about 10 outlets, including five Bread & Circus stores, plus some co-ops, restaurants, and health-food stores.

He no longer makes Solar Burgers, but someone from California is making another product with that name.

On 19 April 1988 John received federal trademark #1,485,401 for Wheatmeat. He knows of people in Utah and Pennsylvania who are using his registered trademark, Wheatmeat, illegally.

John, now age 43, is a musician, selling foods he has developed, and writing a novel. He is almost a vegetarian, but he eats some fish. Address: VegPro Co., 133 Nottinghill Rd., Brighton, Massachusetts 02135.

10077. *BBC Vegetarian Good Food* (*England*). 1992. Better burgers? Spring. p. 46-47.
• ***Summary:*** Seven percent of the people in Great Britain don't eat meat. A taste panel rates the top ten meatless burgers in the UK. First place: Birdseye cauliflower cheese quarter pounders. 2nd place: Birdseye original vegetable quarter pounders. 6th place: Cauldron Foods savoury tofu burgers (sold at Safeway, Holland & Barrett, and leading health food shops and delicatessens). 9th place: Cauldron Foods chilli flavour tofu burgers.

10078. Bounds, Sarah. 1992. The subject of soya. *BBC Vegetarian Good Food* (*England*). Spring. p. 28-29, 31-32.
• ***Summary:*** An introduction, with many color photos, to soyfoods, including TVP, tofu, soya milk, soya flour, soya oil, soy sauce, miso, tempeh, fresh soya [green vegetable soybeans; "soya beans can be eaten fresh straight from the pod, served green and tender..."], and whole dry soybeans. Contains considerable incorrect information.

10079. GEM Cultures. 1992. Catalog [Mail order]. 30301 Sherwood Rd., Fort Bragg, CA 95437. 9 p. March. [4 ref]
• ***Summary:*** A new addition to the catalog is "Tofu form boxes" named "Total Tofu!" Each is made by a local woodworker in Mendocino County using American beech wood. The 8 by 5 by 3½-inch size is large enough to press 2 pounds of tofu. Included also is a 3 oz packet of natural nigari, 3 ounces of Terra Alba calcium sulfate, a double square of Grade 60 cheesecloth to line the box, and directions on how to make tofu and soymilk. Price of a Total Tofu kit, postpaid, is $32.00. Address: Fort Bragg, California. Phone: 707-964-2922.

10080. Hagler, Louise. 1992. Don't miss out on tofu. *Vegetarian Times*. March. p. 85-88, 97.
• ***Summary:*** An introduction to tofu, with 3 recipes. Includes the story of how Louise came to know and become involved with tofu at The Farm. Address: The Farm, Summertown, Tennessee.

10081. Johnson, Lawrence A.; Myers, D.J.; Burden,

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D.J. 1992. Early uses of soy protein in the Far East, U.S. *INFORM* (*AOCS*) 3(3):282-88, 290. March. [54 ref]
• ***Summary:*** A nice history of the subject based on a review of the literature. Contents: Early history in East Asia (industrial uses, chiang and miso, natto, tempeh, soymilk, tofu, shoyu). Emergence of U.S. soybeans (early soybean mills, ADM, Glidden). Chemical understanding of soybean protein (major components/fractions). First industrial applications (oil and meal). Soy protein-based plastics (Henry Ford). Chemurgic movement (U.S. Regional Soybean Industrial Products Laboratory, Northern Regional Research Center, Glidden). Soy protein adhesives (I.F. Laucks). Paper coatings and sizings (Glidden). Soy fiber spinning (Ford, Azlon, Drackett). Other industrial uses. Address: Center for Crops Utilization Research, Iowa State Univ., Ames, Iowa 50111.

10082. **Product Name:** Braised Tofu.
Manufacturer's Name: Marigold Health Foods Ltd.
Manufacturer's Address: London, England. Phone: 01-267-7368.
Date of Introduction: 1992. March.
Wt/Vol., Packaging, Price: 225 gm can. Retails for £1.48 (3/92, London).
New Product–Documentation: Spot in BBC Vegetarian Good Food. 1992. Spring. p. 8. Shows a color photo of the front of the can.

10083. Morinaga Nutritional Foods, Inc. 1992. Garden variety (Ad). *Natural Foods Merchandiser.* March. p. 49.
• ***Summary:*** This half-page color ad (copyright 1991) shows three different types of Mori-Nu silken tofu (Soft, Extra Firm, and Regular) surrounded by lush fresh fruits and vegetables. The text begins: "The time is ripe for Mori-Nu."
This ad also appeared in *Health Foods Business* (April, p. 53). Address: Los Angeles, California. Phone: 1-800-NOW-TOFU or 310-787-0200.

10084. **Product Name:** Chinese-style Tofu, Very Firm Tofu, Pressed Tofu Sheets, Buddha's Chicken (Chicken Roller), and Pork-Flavored Tofu Sheets.
Manufacturer's Name: Orient Venture, Inc.
Manufacturer's Address: 3455 Hyde Park Blvd., Niagara Falls, NY 14305. Phone: 716-285-3333.
Date of Introduction: 1992. March.
New Product–Documentation: Talk with Richard Keys, vice-president and controller. 1992. Jan. 22. This company is owned by Aaron Pomerantz, who is also president and also owns a local Chinese restaurant, the Emperor of China in Niagara Falls. A crew of about 9 Chinese advisors and workers is now assembling at the plant tofu equipment made in Harbin and supplied by the Chinese as their participation in the joint venture. The technology is not as modern as that made in Japan but all parts are stainless steel. One man is from Hi-Tech, China's trading window to North America, and another is a representative of the city of Harbin government, as well as a translator/project manager. The company hopes to start tofu production in about 3 weeks. The tofu products may be marketed under the White Dragon brand. After that, they will be production of Chinese steamed or fried dumplings (*hundun, jiao,* springs rolls). Orient Venture Inc., does numerous projects with China, including importing and exporting, joint ventures and arranging joint ventures with North American companies, etc.
Talk with Richard Keys. 1992. Feb. 25. Production of three products will start in March, perhaps under the Snow Dragon brand: Regular Tofu, Pressed Tofu Sheets, and Chicken Roller (made from Pressed Tofu Sheets). The company is looking for an American production manager. There have recently been many communication problems between the Americans and the Chinese in this venture.

10085. Prevedell, Donna. 1992. Soybeans: So organic? These farmers substitute management for pesticides to fill market niches. *Soybean Digest.* Mid-March. p. 38-39.
• ***Summary:*** Glen Spray and his brother Rex have been growing soybeans organically for 20 years on their 700 acres of their farm in Mt. Vernon, Ohio. They earn $10.50 to $12.00 a bushel and get yields of 50 bu/acre, "The Organic Crop Improvement Association reports only about 90,000 soybean acres, less than 0.2% of the U.S. total, were farmed organically in 1990. Why so few farmers are willing to devote so few acres to highly profitable organic soybeans is a mystery to veteran organic growers. From Nebraska to Ohio they routinely raise 40- to 60-bushel per acre crops, earn 15% to 100% over market prices and spend less on inputs than their mainstream neighbors. And they do it with the same machinery and practices found on conventional farms." Spray notes that 50 years ago all farmers grew their soybean organically. On level ground, they use a 4-year rotation of corn, soybeans, wheat or oats, and red clover. Aside from bedding from the cattle barn, no commercial fertilizer or lime has been applied for 2 decades. They plant Amsoy and Vinton varieties for the white hylum and higher protein content required by the tofu market. Details of the crop cycle are given. Four other farmers growing organic soybean can be found in Edgar, Nebraska.

10086. *SoyaCow Newsletter* (*Ottawa, Canada*). 1992. Child Haven sends six SoyaCows to India with CIDA's help. 1(1):1. Jan/March.
• ***Summary:*** "Child Haven International of Maxville, Ontario, has purchased six SoyaCow systems for their Soya Milk Cottage Industry Project in India. The project is supported by the Canadian International Development Agency and charitable donations from the public. The machines are reported to be running well without problem. Unskilled women with minimum training are able to operate

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the machines and make soya milk, tofu, soya yogurt, okara, etc., and many delicious and nutritious products."

A photo shows Child Haven's directors, Fred and Bonnie Cappuccino, as they take delivery of six SoyaCows from ProSoya's president, Rashmi Gupta [Raj Gupta's wife]. The SoyaCows are arranged on two handsome stands. Below each is a stainless steel tofu forming box.

Note 1. The order of these six SoyaCows from Child Haven was a defining moment for CIDA; it showed that Raj's original idea was working and that this order would be the first of many.

Note 2. This is the earliest issue of *The Soya Newsletter* that contains the word "ProSoya." The word is used in many articles in this issue to refer to the company that makes the SoyaCow.

Note 3. As of May 1999 Child Haven is located at: R.R. #1, Maxville, Ontario, K0C 1T0, Canada. Phone: 613-527-2829. Attn: Bonnie and Fred Cappuccino.

10087. *SoyaCow Newsletter* (*Ottawa, Canada*). 1992. SoyaCow workshop. 1(1):1. Jan/March.
• ***Summary:*** "ProSoya is offering hands-on training on a SoyaCow system in Ottawa... The participants will learn how to make soya milk, tofu, and many delicious soya foods, drinks, and desserts. The SoyaCow Manual is included in the workshop fee of US$495. SoyaCow training is also provided by Ankur Services in Hyderabad, India."

10088. *SoyaCow Newsletter* (*Ottawa, Canada*). 1992. SoyaCow-100 introduced. 1(1):2. Jan/March.
• ***Summary:*** "ProSoya has designed a soya milk plant for those needing systems larger than the SoyaCow-20. Whereas the SoyaSow-20 uses a 20 L [litre] vessel to make soya milk at the rate of 15 L/batch, 3 batches/h [hour], the SoyaCow-100 L pressure vessel with a capacity to make up to 75L/batch. Depending on the capacity of the boiler for steam generation, SoyaCow-100 can process up to 6 batches/h. The price for the basic grinder / cooker unit for a SoyaCow-100 is US$9995. A mechanical press, a steam generator, and tofu forming boxes are also available to complement the grinder / cooker."

10089. *SoyaCow Newsletter* (*Ottawa, Canada*). 1992. SoyaCow manual. 1(1):2. Jan/March.
• ***Summary:*** "Child Haven International, Maxville, Ontario, has published a manual on the SoyaCow. The 100-page manual introduces the reader to soya milk, tofu, okara, soya yogurt, etc. Most everything one needs to know to start and profitably run a small soya dairy operation, especially the SoyaCow-20 is given."

10090. Swanson, C.A.; Mao, B.L.; Li, J.Y.; Lubin, J.H.; Yao, S.X.; Wang, J.Z.; Cai, S.K.; Hou, Y.; Luo, Q.S.; Blot, W.J. 1992. Dietary determinants of lung-cancer risk: Results from a case-control study in Yunnan province, China. *International J. of Cancer* 50(6):876-80. April 1. [23 ref]
• ***Summary:*** Suggests that consumption of tofu may lower the risk of lung cancer. This study in a mining community in China involved 428 male lung cancer cases and 1,011 controls. The consumption of tofu showed a dose-response inverse relationship with risk of lung cancer, with relative risks of 1.00, 0.85, 0.60, and 0.44 associated with increasing levels of intake ($p < 0.01$) after adjustment for age, respondent type, study site, education, and income. Address: 1,4&10. The Epidemiology and Biostatistics Program, DCE, NCI, 6130 Executive Blvd., EPN Room 430, Rockville, Maryland 20852; 2,5&8. The Labor Protection Inst., Yunnan Tin Corp., Geiju City; 3,6&9. Dep. of Epidemiology, Cancer Inst., Chinese Academy of Medical Sciences, Beijing; 7. Dep. of Cancer Prevention and Control, Geiju City. All: China.

10091. Elias, Marilyn. 1992. Next on the menu: Beef minus the cow. *USA Today.* April 8.
• ***Summary:*** The article begins: "San Francisco–Tofu that tastes like T-bone steaks and veggie burgers with intense ground beef flavor could be staples on the future U.S. menu, a scientist predicted today. The natural substance that gives beef its meaty taste has been identified and even synthesized in the lab, says researcher Arthur Spanier, U.S. Department of Agriculture. That will make the new, faux beef fare possible, he reported at an American Chemical Society meeting.

"The substance, a chain of eight amino acids, is called BMP, for 'beefy-meaty-peptide.' Tasters find it 'quite meaty, very savory,' Spanier says... Since the peptide is natural, 'we may be able to genetically engineer cattle so their muscles have more,' giving all beef cuts a flavor boost, he says."

Note: This information was apparently first published by the American Chemical Society. Address: Washington, DC.

10092. Hills, Benjamin; Logan, Ron (Shaum). 1992. Plans to set up a tofu shop in Khabarovsk, in the Soviet Far East (Interview). *SoyaScan Notes.* April 8 and 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Talk with Benjamin Hills on April 8. He is now working with an American named Ron (Shaum) Logan, who lives in Eugene, Oregon, who wants to start a tofu company in Khabarovsk, in the far eastern USSR. Shaum does not know anything about tofu, and may not have money, but he has connections with a Russian group, whose name Benjamin does not know. The Russian group has some of the money for the project. Shaum is going to the world conference on the environment in Brazil in June. He networks on Econet. Benjamin is working under the auspices of a partnership called Lotus, which includes the Prout Research Institute and the Public Academy of Sciences (Russia), Far Eastern Division. The tofu shop will be worker

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owned.

Talk with Ron (Shaum) Logan. April 23. He works with the Prout Research Institute. Recently he was invited to the Soviet Far East to work on the development of a state development plan there. His Institute's philosophy is based on decentralized planning, cooperative economics, deep ecology, and sustainable development. While he was there, the people who invited him were forming a relationship with the Public Academy of Sciences (PAS), which is a breakaway from the official Russian Academy of Sciences. The latter group is heavily dominated by the Communist Party. PAS wanted more intellectual freedom; they tend to be more progressive and a lot of concerns are now economic. Lots of soybeans are grown nearby in the Amur (pronounced uh-MUR) valley. On the Russian side of the Amur River, most of the soybeans are used for fodder, but apparently a lot just rot in the fields. Manchuria is on the other side of the river. The proposed tofu shop will be part of a regional development plan, but the source of funding is still uncertain. No one in Khabarovsk knows anything about making tofu, which is why Benjamin Hills has been brought into the project. The city of Khabarovsk is on the Amur River. There is also a mountainous state called Khabarovsk. The Soviet Far East consists of 8 geographical subunits; some are like states, some like territories, some like autonomous areas. The Amur valley is near Khabarovsk and within the Soviet Far East. Address: 1. 306 6th St., Petaluma, California 94952; 2. 3435 Ferry St., Eugene, Oregon 97405. Phone: 707-762-1924 (Benjamin); 503-345-8014 (Ron).

10093. Root, Evan. 1992. Recollections of early work with Erewhon and Sanae. Trip to Japan with Paul Hawken (Interview). *SoyaScan Notes.* April 11. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter of April 29.

• ***Summary:*** Evan (his first name rhymes with "heaven") does not have any early Erewhon catalogs, but he thinks Marc van Cauwenberghe might have some in his library on macrobiotics. He does have a letter to the general public announcing the opening of the first Erewhon retail store on 9 April 1966. It was at 303-B Newbury St., below street level. Initially Evan owned (titularly) 100% of the stock in Erewhon, but soon he passed it to Aveline Kushi after legal documents were drawn up. While he was at Erewhon the little retail store sold the following soy products: whole soybeans and probably soy flour (probably from Walnut Acres or a Mennonite community, both in Pennsylvania), soy sauce and miso (probably both obtained from Infinity Foods in New York; Infinity imported these products from Japan). Hamanatto was also sold. No tofu was sold at the store, but firm tofu was available from nearby Chinatown.

The Kushis imported miso, shoyu, condiments, etc. from Japan about twice while Evan was managing the Erewhon retail store. This direct importing was infrequent and the quantities were small due to the lack of cash. It was much easier to buy from Infinity or Chico-San and not tie up the money. In fact it was the norm to stretch out those friendly distributors as long as possible for payment.

Before he left Erewhon, in Oct. 1967, Evan personally hired Paul Hawken, with Aveline's permission, to take his place. Then Evan opened the first macrobiotic restaurant in Boston, named Sanae (meaning "young rice plant" in Japanese); it opened in early 1968 on Newbury St. In late March 1969, Evan and Paul Hawken left Boston and traveled to Japan together. Several months before they left, Evan had been given 50% of the shares of stock in Sanae by the Kushis for the work he had done at Sanae. The Kushi's lawyer, Morris Kirsner, had drafted the agreement to read that if Evan did not return to management of the company within 18 months, he would agree to sell this stock back to the Kushis at an agreed-upon price. Evan thinks that Paul had a similar type of stock arrangement in Erewhon, but he is not sure what it was (Note: See interview with Aveline Kushi, March 1993). Evan went to Japan mainly to study the language and culture. He ended up staying there 3 years and 7 months, largely in Tokyo (Setagaya-ku, Shoin-jinja-mae). He studied Japanese at the Tokyo School of Japanese Language. After 18 months, there was a lad name Hiro Fujieda living with the Kushis in Boston. Rather than Hiro pay rent to the Kushis, Hiro's family would pay Evan monthly in Japan on a monthly basis–until the value of the stock was paid off. Evan used this money to support his studies.

After about a year, in late 1971 or early 1972, Evan went to work for Muso Shokuhin in Osaka. He translated letters that arrived from Europe and America into spoken Japanese, and then answered the correspondence. By the end of his stay in Japan, Muso was exporting quite a volume of natural foods and exports were a big part of the company focus. Evan thinks that Ty Smith took his place when Evan left.

Returning to Boston in early Oct. 1972 (along with Mr. Masuda and Michelle Matsuda), Evan became an employee of Sanae after several months, working as maître d'. In 1971, while Evan was in Japan, Sanae had expanded to open another larger branch restaurant in Boston, originally called "Sanae" but informally called "Big Sanae," then later formally named The Seventh Inn (at 269 Boylston St.). When Evan was in Japan, he heard that the restaurants were not doing well, so Yuko Okada (originally of Muso Shokuhin, who was working at Erewhon) took over management of Sanae. Hiroshi Hayashi, a top cook in a lineage, traveled to Boston from Japan, bringing with him his disciple, Chika Abe, to take charge of cooking at Sanae. His disciple, Mr. Yozo Masuda, later joined them. Hayashi is now at a restaurant named Latacarta in Peterborough, New Hampshire (Phone: 603-924-6878).

Evan's recollection is that Paul Hawken's trip to Japan was more to study the language and culture, but he did

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work on Erewhon business while he was there. Moreover, he returned from Japan after about 9 months to work at Erewhon. Evan feels that few of the people involved in early macrobiotic businesses saw themselves strictly or even mainly as businessmen. "None of us were in it, as I saw it, for the money. For us, the whole thing was a Cultural Revolution with respect to Japan." Evan also identified strongly with the phrase "Biological Revolution."

When Paul Hawken returned from Japan, he built Erewhon into a big natural foods company. Address: 541 Washington St., Brookline, Massachusetts 02146. Phone: 617-566-4783.

10094. *Toyo Shinpo* (*Soyfoods News*). 1992. [Average household expenditures for tofu, aburaage, natto and konnyaku in Japan in 1991 by region]. April 11. p. 2. [Jap]
• ***Summary:*** Average per household expenditures for various soyfoods; yen figures are not adjusted for inflation. The 11 regions (chihô) are: 1. Tokyo-to. 2. Hokkaido. 3. Tohoku Chiho 4. Kanto. 5. Hokuriku. 6. Tôkai. 7. Kinki. 8. Chûgoku. 9. Shikoku. 10. Kyushu. 11. Okinawa.

Average per household expenditures for tofu are highest in Shikoku (9,045 yen, up 22.9% from the previous year). They are 2nd highest in greater Tokyo (8,218 yen, up 3.8%). They are lowest in Hokuriku (6,835 yen, down 2.0%).

Average per household expenditures for aburage and ganmodoki (deep fried tofu pouches and burgers) are highest in Hokuriku (5,772 yen, up 3.7% from the previous year). They are 2nd highest in Kinki (5,170 yen, up 10.5%). They are by far the lowest in Okinawa (701 yen, down 0.7%).

Average per household expenditures for natto are highest in Tohoku Chiho (the northeast prefectures) (4,709 yen, up 20.6% from the previous year). They are 2nd highest in Kanto (4,133 yen, up 13.1%). They are by far the lowest in Okinawa (923 yen, down 13.5%).

10095. DeBona, Don; Callebert, Mark. 1992. Update on Lima Foods and Euronature (Interview). *SoyaScan Notes.* April 19 and 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following is based on a talk that Don had in North Carolina with Mark Callebert, general manager of Lima Foods in Belgium, then a direct interview with Mark in Belgium on April 23, followed by a letter from Mark on June 16 with exact dates. Mark has worked with Lima for about 16 years (since 1 Sept. 1975).

The Gevaert family sold Lima in May 1988 to a company named Vibec in Quebec, Canada. Vibec was a construction company (they were not involved with foods) and the owners spoke French. The contact with Vibec was made via Henry Lucy, a Frenchman who was on the Lima board of directors (and also a shareholder), who was a friend of Michio Kushi (Michio had healed Henry's wife), who had quite a lot of money, and who also had a construction company in Africa. Michio was also on the Lima board for a while. Vibec purchased Lima as a way of getting involved in the new European market without borders which will begin at the end of 1993. However Pierre Gevaert and his son, Daniel (who was production manager at Lima, France), kept their property and mill in the south of France where Lima used to make miso. At that time Lima had a lot of financial problems. Pierre Gevaert owned the majority of the stock in Lima, and his relatives (mostly his brothers and sisters) owned the rest. Mark and Frank Stevens (Pierre Gevaert's son-in-law) played key roles in negotiating the deal, then stayed on to run the company. On 22 April 1989 Lima purchased Jonathan P.V.B.A., which is still a fully owned subsidiary (daughter company) of Lima. But the marriage of Lima (a Belgian natural foods company) and Vibec (a Canadian construction company) was a strange one, and for that reason it didn't last long.

Then in September 1989 Lima was purchased from Vibec by Euronature (pronounced as in French, YU-ro na-TYUR), a large international food company headquartered in Paris, France. Euronature is a holding company that was founded in June 1989; the president of Euronature was able to raise a lot of money from banks and insurance companies to create the holding company. Frank Stevens was killed in an automobile accident in Nov. 1989.

Lima is presently doing well, is financially very solid, and the future looks bright. Lima has sales of about $15 million a year, but the company is not yet profitable. Mark feels that they will become profitable when sales reach about $17 million/year. Their traditional high standards of food quality are completely supported by Euronature. Pierre Gevaert (born 21 July 1928 now in his mid-60s) no longer owns any part of Lima and neither he nor his son have been active with the company since it was purchased by Euronature. Pierre lives in the south of France and works on his organic farm there. Lima is still headquartered at Sint-Martens-Latem in Belgium.

Euronature has 4 major divisions: (1) Natural foods division, including Lima Foods, Lima's bakery and muesli factory, and several natural foods distribution companies; (2) Gourmet division; (3) Seafoods division (Euronature's largest), with branches scattered throughout Europe; (4) French specialty foods division.

Lima's largest product lines are their muesli products (which they make at their own plant), their bakery (located 6 km from Sint-Martens-Latem in Belgium), their sesame division (they make tahini and gomashio, and were one of the first to grow sesame seeds organically), and their tomato canning division (located in the south of France, it makes tomato sauces and ratatouille). Lima's leading soyfood products are tamari, shoyu, organic miso, their soymilk products (including regular and Mocha-Soy soymilk, and Soy Desserts, all made by Alpro in Belgium), fresh tofu salads, and tofu in cans and jars. Imports from Japan are

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now quite small, representing only about 10% of Lima's total sales. Although Lima no longer makes its own miso, it still sells quite a lot of miso–much of it from past batches made by Jan Kerremans in the south of France. Lima is now looking for other sources, including American Miso Co. in North Carolina. Jan now works part time as a consultant for Alpro in Belgium.

Jonathan's main products are now seitan and tofu (both fresh [pasteurized] and in jars), plus many second-generation products made from seitan and tofu, such as fresh tofu spreads, tofu pates, seitan brochettes, etc. Jonathan makes all of the seitan, tofu, and related products sold by Lima. Address: General Manager, American Miso Co., Route 3, Box 541, Rutherfordton, North Carolina 28139. Phone: 704-287-2940.

10096. Callebert, Mark. 1992. How Jonathan P.V.B.A. and Lima Foods got involved with seitan (Interview). *SoyaScan Notes.* April 23. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter of June 19.

• ***Summary:*** Jonathan P.V.B.A. started to make seitan in 1978, in a plant they built specially for making seitan at Holleweg–Ekern (Hoogboom), Belgium. Mark is quite sure that Jonathan made and sold the first seitan in Europe. Not long thereafter, Lima contacted Jonathan P.V.B.A. in Belgium concerning seitan. In 1981, Lima began buying seitan from Jonathan, and selling it in bottles under the Lima brand. Mark started to work for Lima Foods on 1 Sept. 1975 and was working at Lima when Lima began selling the seitan made by Jonathan. A man named Ludo Peeters, who now works for Lima, was involved with starting up the Jonathan factory.

Lima acquired Jonathan P.V.B.A. on 22 April 1989. Today Jonathan still makes seitan (and tofu) at a plant in Kapellen, a small village near Antwerp in Belgium. The address is Antwerpsesteenweg 336, 2080–Kapellen, Belgium. Phone: 03/664.58.48. Address: General Manager, Lima n.v., P.O. Box 59, Edgar Gevaertdreef 10, B-9830 Sint-Martens-Latem, Belgium.

10097. Gabriel, John. 1992. Current work with soya in Nicaragua (Interview). *SoyaScan Notes.* April 28. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** John (age 55) and his wife Charlotte (who is now a well-known maker of psychedelic tie-dye clothing) used to make tempeh in Houma, Louisiana, in about 1977. Recently John was in Nicaragua and he plans to do work there, starting in several years, with soyfoods such as tempeh, tofu, and soymilk. He is now working with Chuck Haren of Plenty USA, to put together a grant proposal for a project and funding.

The two best known people involved with soya in Nicaragua are Luci Morren and Anne Souter. Luci is a Danish nun who has founded an organization named Asociatión Soya de Nicaragua (popularly known as Soynica, located at Apartado Postal 4451, C-164 Managua, Nicaragua). Now in her 50s, Luci has been involved with soyfoods for at least 8 years, working with a women's collective of about 5 women and promoting their use (especially as a source of nutrients for poor and malnourished children) in the barrios of Managua. The group now makes tofu using rudimentary equipment; they don't even have a press, so they must squeeze out the soymilk by hand. Luci would now like to start a commercial soy processing operation to make soymilk, tofu, and tempeh. She would like to sell these to restaurants, hospitals, schools, small retail outlets, etc., but she needs both technical and financial help. John is in communication with Luci on a regular basis. Luci is known by most development people in Nicaragua. John describes her as a very dedicated, indeed holy woman–like Mother Teresa of India. According to the SoyaScan database, in the mid-1980s, Luci was working in Mexico, teaching the people about Soya; she was with Cargua at San Cristobal Las Casas, 75 Real de Guadelupe, 29230 Chiapas, Mexico.

Anne Souter is now back in Nicaragua working full time with soya in the area of Matagalpa. She has yet to produce a successful crop of soybeans in Nicaragua.

A development group working with soyfoods in Nicaragua is Alianza Para Comunidades en Acción. Based in the USA (contact Richard Schopfer, director, P.O. Box 30154, Bethesda, Maryland 20814. Phone: 301-229-1742), they have an office in Managua run by Richard's son, Don Schopfer (Aptdo. Postal C-144, Managua. Phone: 72022), and a soy project in Rivas, located 2 hours drive south of Managua near the border with Costa Rica. There Sal Piazza is in charge of a soybean utilization project. He works with several women's groups that have community kitchens. Most of Alianza's major projects are in the fields of health, food production, water, and housing.

Shurtleff & Aoyagi first met John and Charlotte Gabriel on 4 Jan. 1977 in Houma, Louisiana. They had constructed a tempeh trailer and were making tempeh for their own use. At that time they planned to start commercial tempeh production, but they never actually did. Rather they took the tempeh trailer back to The Farm in Summertown, Tennessee, and it was used there to make tempeh for members of The Farm.

Update: Talk with John Gabriel. 1993. Oct. 6. John and Charlotte are in the process of moving permanently to Nicaragua where they hope to arrive in about Feb. 1994 to work with the people to make soymilk, tofu, and tempeh. They plan to learn Spanish first in Guatemala. Chuck Haren says that quite a lot of soybeans are grown in the department of León, Nicaragua, but the yields are not very high; the rainy season requires that short-season varieties be cultivated. Leaf protein concentrate (made from cowpea leaves) is now being added successfully to lemonade in

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Nicaragua. Chuck Haren has married a Nicaraguan lady named Casta Calderon, who managed Luci Morren's office.

Note: Plenty International (Jan. 1994) notes that Soynica (a non-governmental organization or NGO) is now located at: Apartado #RP-05, Managua, Nicaragua. Address: 11668 Blackberry Place, Nevada City, California 95959. Phone: 916-265-5100.

10098. Boysen, Hans-Juergen. 1992. Soja [Soya]. *Schrot & Korn* (*Germany*)**.** April. p. 16-20. [Ger]
• ***Summary:*** An introduction to soybeans and soyfoods, including whole dry soybeans, soy oil, soymilk, soya meat (Sojafleisch, TVP), Whole soy flour, tempeh, and soy sprouts.

Note: This magazine is sold in German natural food stores (Naturkost-Laden).

10099. **Product Name:** Toffle (Eggless Tofu Waffle).
Manufacturer's Name: Dae Han, Inc.
Manufacturer's Address: 737 S.E. Alder St., Portland, OR 97214. Phone: 503-233-8638.
Date of Introduction: 1992. April.
New Product–Documentation: Talk with Judy Krizmanic of *Vegetarian Times.* 1992. May 27. She saw this product at the Natural Foods Expo in Anaheim, April 1992. Spot in Vegetarian Times. 1992. Aug. p. 82. Tofu, a main ingredient, holds the waffle together, so eggs are unnecessary.

10100. Greenslade, David. 1992. Toffw–Beth yw e? [Tofu–What is it?]. *Mela* (*Gather Honey*)**.** April. p. 6. [Wel]
• ***Summary:*** Mela is a women's magazine, written in Welsh. This is the earliest Welsh-language document seen concerning tofu, soybeans, or soyfoods. "You can bake it, fry it, steam it, freeze it, grate it, slice it, or eat it as it comes straight from the packet. What is it? Tofu. What in the world is Tofu?

"What flour is to bread soy beans are to tofu–sort of. Tofu starts out as beans just like bread starts as a ear of wheat. But, by the time it reaches your table it has been transformed into something tasty, healthy and full of protein and vitamins. Tofu is one of the healthiest foods in the world. It doesn't have any cholesterol and hardly any calories. There's more protein in Tofu, by the ounce, than in a steak. And now, Tofu has arrived at most health shops and supermarkets in Wales.

"One of the busiest companies making and distributing Tofu is Cauldron Foods in Bristol. You can buy Tofu from Cauldron Foods in ten ounce packs. It's ready to eat as it is but Tofu readily combines with other ingredients in a wide variety of recipes for the creative cook.

"Tofu has been used in the East for many years. During the 1970's there was a tofu revolution in the United States. There, Tofu is available in every big supermarket. Some see a future for Tofu similar to that of yogurt which soared in popularity during the 1960's. But unlike yogurt, Tofu is rich in fibre [sic] and it is much more versatile.

"But the important thing is, how to go about using Tofu to prepare delicious meals for everyone at home. Here are some of my favourite recipes that should satisfy every member of the family: Tofu loaf, sweet and sour tofu, baby food, sandwich." Address: 2 Ty Isaf, Cefn Cribwr, Pen-y-bont ar Ogwr, Morgannwg Ganol CF32 OAU, Cymru/Wales, UK.

10101. **Product Name:** Tofu [Firm, or Regular], Tofu Pudding, Soymilk [Plain, or Sweetened], and Fried Tofu.
Manufacturer's Name: Happy Tofu.
Manufacturer's Address: 5231 S.E. Powell Blvd., Portland, OR 97206. Phone: 503-771-2802.
Date of Introduction: 1992. April.
How Stored: Refrigerated.
New Product–Documentation: Talk with (call from) Ann Uong of Happy Tofu in Portland, Oregon. 1994. Feb. She hopes to start making tofu in April 1992. John Rumler. 1994. This Week (Portland, Oregon). Aug. 17, "Tofu Fo' You." Ann Uong started this tofu company and now has four employees. In 1980 she escaped from Vietnam in a crowded riverboat and was almost killed twice by pirates. Then she and her 6-year-old sister had to spend 18 months in a refugee camp in Thailand; there she met Hoang, an engineer from Saigon, and now her husband. Uong came to the USA in 1982, and Hoang followed a year later. In 1985 they were married. In 1991 they considered buying a chicken farm. But the unnatural factory-farming methods, with chicken kept in cages so cramped they were unable to walk, being force-fed chemicals to make them grow faster, made the couple so sad they decided to give up the idea–and to become vegetarians. Instead they decided to open a business in southeast Portland (at Southeast 53rd Ave. and Powell Blvd.) making and selling tofu and other soybean staples. At first their products were sold only to Asians, but gradually they found customers of all kinds. Now the company is distributing soybean products across Portland, and as far north as Seattle, and selling to such major accounts as Safeway and Food-4-Less.

Talk with Tom Nguyen. 1994. Nov. 17. Tom is Ann Uong's partner and brother-in-law, married to her sister. He is also Vietnamese. In April 1992 Happy Tofu started making firm and regular tofu, tofu pudding, and soymilk in plain and sweetened flavors. In Oct. 1992 they introduced Fried Tofu (in cubes).

10102. Haren, Chuck. 1992. Further adventures in Belize. *Plenty Bulletin* (*Davis, California*) 8(1):1-4. Spring.
• ***Summary:*** Describes the ongoing work of Plenty, Inc. to introduce soybeans to Belize. A photo shows the Southern Corozal Soy Producers Association, with about 13 members present. The author made tofu and soymilk for 50-60 men and women in the village of San Antonio (Toledo). Locally

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grow limes were used to coagulate the tofu. Address: Program Director.

10103. *Health Foods Business.* 1992. Nasoya tofu recall sparks questions. April. p. 16.
• ***Summary:*** "A recent Food and Drug Administration recall of water-packed tofu has sparked questions about the safety of refrigerated tofu products because of its packaging. The FDA ordered the recall of 402 cases of Nasoya Tofu on Feb. 7 from seven retail locations in New Jersey, New York, Pennsylvania, Massachusetts, Maryland and Washington [DC]. The water-packed tofu was found to have traces of *Lysteria monocytogenes* bacteria, which has been linked to food-poisoning [listeriosis].

"FDA regulations require moist soy products like tofu to be refrigerated at 45 degree or less. Tofu is merchandised in many grocery stores in the produce department, where a temperature of 45 degrees or less is hard to maintain."

10104. Hurley, Jayne; Schmidt, Stephen. 1992. Low-fat cheese: Whey to go. *Nutrition Action Healthletter.* April. p. 10-11.
• ***Summary:*** Soy cheeses are made by NûTofû, Soya Kaas, Soyco, and White Wave. Though the contain much less saturated fat and no cholesterol, they do not necessarily contain much less total fat. "Most use small amounts of casein, a milk protein, to help them melt." The soy cheese that is lowest in both calories (45) and fat (O gm) per ounce is White Wave Fat-Free Soya Melt, followed by Soya Kaas Cheddar Style (79 calories, 5 gm of fat), and Soyco American Singles (80 calories, 5 gm of fat).

Concerning the soy cheeses: "'Nauseating' was one of the kindest things our tasters had to say. Singled out for particular abuse was Soya Kaas, although samples of each of the soy cheeses ended up in the garbage."

10105. Osho, S.M.; Oyelola, B. 1992. Consumer acceptability and quality of soy-cheese (tofu) and local cheese (Warankashi) in Nigeria. In: 2nd Year Technical Report of a sponsored IDRC/IITA Soybean Utilization Project in Nigeria Phase II. See p. 126-39. April 1991-30 April 1992, Nigeria. [16 ref]
Address: 1-2. International Inst. of Tropical Agriculture (IITA), PMB 5320, Ibadan, Nigeria.

10106. *Schrot & Korn* (*Germany*). 1992. Soja in seiner ganzen Vielfalt [Soya in its great variety]. April. p. 32-33. [Ger]
• ***Summary:*** Contains 8 recipes for using soy granules (Soja-Granulat), tofu, soy sprouts, and whole soybeans.

10107. Seamens, Dan. 1992. Nasoya Nayonaise. *Natural Health.* March/April. p. 34-35.
• ***Summary:*** Nasoya Foods of Leominster, Massachusetts, has created a guilt-free natural alternative to mayonnaise. In typical mayonnaise a whopping 98% of the calories come from fat. But Nayonaise, made with silken tofu and no eggs, has just one just one-third as many calories and half the fat. A 14-ounce jar typically retails at natural food stores for $2.75.

10108. **Product Name:** Tofu Kebabs.
Manufacturer's Name: Shin-Sun Foods.
Manufacturer's Address: 2551 W. Winton Ave. #6-0, Hayward, CA 94545. Phone: 510-887-6140.
Date of Introduction: 1992. April.
Ingredients: Organic brown rice, wild rice, firm tofu, zucchini, broccoli, onion, carrot, sesame oil, soy sauce, pear juice, pineapple juice, rice vinegar, garlic, sesame seeds, black pepper.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: Spot in *Natural Foods Merchandiser.* 1992. April. This product is part of their Asian frozen entree line.

Leaflet (8.5 by 11 inches, 3 color). "New! Shin-Sun Foods. Tofu Kebabs." "Shin-Sun Foods is a cooperatively owned business that manufactures vegetarian Asian foods. The company was formed by AIWA, Asian Immigrant Women Advocates, and organization dedicated to the empowerment of low income Asian immigrant women, Shin-Sun Foods is a company with a vision of creating authentic and natural Asian delicacies while providing economic self-sufficiency for its worker-owners." Talk with Susannah Yang of Shin Sun. This product was launched in April 1992.

10109. **Product Name:** Tofu Sour Cream, and Tofu Based Dressings [2 Flavors].
Manufacturer's Name: Tofu Palace Products.
Manufacturer's Address: 2075 Madison St., Eugene, OR 97405. Phone: 503-345-4407.
Date of Introduction: 1992. April.
How Stored: Refrigerated.
New Product–Documentation: Talk with Toby Alves. 1992. April 14. The main product her company makes is Toby's Tofu Paté. She has on the market 4 tofu pates, which are like a flavored tofu salad. She also makes a Tofu Sour Cream, and 2 tofu-based salad dressings. They also make a seasoning mix for tofu. She is presently renting 2 warehouse spots in Eugene and buying all her tofu from Surata, on average about 2,000 to 2,500 lb/week at $0.73/lb. She is thinking of starting a tofu plant for making her own tofu to save money and get a longer shelf life.

Note: This is the earliest commercial soy product seen named "Tofu Sour Cream."

10110. **Product Name:** Land of the Free (Non-Dairy Frozen Dessert) [Three Berry, and Vanilla Apple Orchard]. Renamed

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Tofutti "Frutti" by March 1993.
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr., Cranford, NJ 07016. Phone: 908-272-2400.
Date of Introduction: 1992. April.
Ingredients: Vanilla Apple Orchard: Water fruit juices (pear juice, peach juice), apple chunks, raisins, tofu, soy protein, apple juice concentrate, brown rice syrup, lecithin, brown rice fiber, oat bran, cinnamon, natural flavors, pectin, carob bean gum, beta carotene, active carrot acidophilus, non-dairy cultures, salt.
Wt/Vol., Packaging, Price: 16 fl oz (453 gm) plastic tub.
How Stored: Frozen.
Nutrition: Per 4 oz.: Calories 90, protein 2 gm, carbohydrates 20 gm, fat 0 gm, cholesterol 0 mg, sodium 90 mg, lactose 0 mg.
New Product–Documentation: Spot in *Natural Foods Merchandiser.* 1992. April. p. 96. The ice cream package label reads "Land of the Free," but the spot reads "Tofutti is an all-natural frozen dessert with no added sugar, that is also fat-free, cholesterol-free and dairy free."

Tofutti Brands Annual Report. 1992. April. Land of the Free is "a nondairy, cholesterol free fat-free frozen dessert sweetened only with fruit juice. It is available in two flavors, Vanilla Apple Orchard and Three Berry, and is being distributed to health food stores."

Ad (1/3 page color) in *Vegetarian Times.* 1992. May. p. 22. "Come home to Land of the Free." "With no sugar added. Sweetened with fruit juice. Fat free. Lactose free. Dairy free. Cholesterol free. Available at your health food store."

Leaflet (8.5 by 11 inches, color). 1992. April 10-13. Sent by Patricia Smith from Natural Products Expo West at Anaheim. "How sweet it is." The ingredients in and nutritional composition of both flavors are given. Note that tofu and soy protein are the third and fourth ingredients.

Talk with Rick Malloy, Executive Vice President of Tofutti Brands. 1993. March 30. Based on feedback from consumers and distributors the company has renamed this product–but the name does not yet appear on labels. This is a different product than the stick novelty (non-dairy frozen dessert bars on a stick) named Tofutti Frutti first launched in Nov. 1987. A new flavor (Apricot-Mango) will be introduced soon.

Ad in Natural Foods Merchandiser. 1993. April. p. 33. "Living dairy free with new Tofutti 'Frutti' (formerly Land of the Free). New name. New package. New flavors! Same great taste!"

10111. **Product Name:** White Wave Dairyless (Nonfermented Soy Yogurt) [Plain Quart].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1992. April.
Ingredients: Water, cultured organic soybeans, organic brown rice syrup, unmodified tapioca starch, citric acid.
Wt/Vol., Packaging, Price: 1 quart.
How Stored: Refrigerated.
New Product–Documentation: Talk with Lon Stromnes. 1992. April 3. This product will be introduced at the Anaheim Show in April.

10112. Wilson, Lester A.; Murphy, Patricia A.; Gallagher, Paul. 1992. Soyfood product markets in Japan: U.S. Export opportunities. Ames, Iowa: MATRIC (Midwest Agribusiness Trade Research and Information Center). x + 64 p. April.
• ***Summary:*** Contents: Figures. Tables. Acknowledgments. Introduction. I. Soybean processing (by Wilson and Murphy). Food from soybeans: Soybean chemical composition, environmental influences on soybean composition. Soyfood manufacture: Soymilk, tofu, momen tofu, kinugoshi tofu, packed tofu, aseptically-packaged tofu, deep-fried tofu, kori tofu. Tofu-related research: Recent studies at Iowa State University, summary, future research. Other nonfermented soyfoods: Yuba, kinako, texturized soy protein foods. Fermented soyfoods: Miso, shoyu, natto, tempeh. Japanese Agricultural Standards (JAS). Identity preservation and transportation. U.S. soybean quality and the Japanese market: Grain quality, judging quality, potential new markets.

II. Japanese soyfood markets (by Gallagher). Demand and growth prospects: Consumption patterns, demand analysis, forecasts. The U.S. share of the food soybean market: Sources and uses, market share analysis, determinants of relative prices, prospects. Trade and trade barriers: Soybeans, processed products. Summary and recommendations.

Appendixes: A. Excerpts from specifications and standards of food additives, etc.–Manufacturing and storage of tofu. B. Excerpts from standards and certification systems in Japan. C. Additional agricultural standards for soybeans. References.

Table 2.1 shows soybean use for soyfood production in Japan; actual (1986) and projected (2000). Soybeans for tofu are expected to increase from 524,000 to 609,700 tonnes. Soybeans for miso are expected to decrease from 156,000 to 101,600 tonnes. Soybeans for natto are expected to increase from 92,000 to 118,600 tonnes. Figures 2.1 to 2.4 show Japanese per capita consumption of tofu, natto, miso, and soy sauce from 1965 to 1988. Tofu: Japanese annual per capita consumption of tofu has risen since 1965, except that it fell during 1973-1977. In 1965 about 3.6 kg/capita of soybeans were used to make tofu, increasing to 4.4 kg/capita in 1988. If 1 kg of soybeans yields 2.8 kg of tofu, then per capita tofu consumption in 1988 was 12.32 kg or 27.1 lb.

Natto: Japanese annual per capita consumption of natto has risen steadily, from a little less than 0.4 kg in 1965 to 0.6 kg in about 1968, to 0.8 kg in 1988.

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Miso: Japanese annual per capita consumption of miso fell from 8 kg in 1965 to about 5.4 kg in 1985, then it began to rise to about 5.7 kg in 1986.

Soy sauce: Japanese annual per capita consumption was about 12 liters in 1965. It fell to 11 liters in 1967, rose to 13 liters in 1973, then fell to 9.8 liters in 1985, after which it rose for 1 year. Address: 1-2. Prof. of Food Science and Human Nutrition; 3. Assoc. Prof. of Economics. All: Iowa State Univ. Phone: 515-294-0160.

10113. Rufus, Anneli S. 1992. Ode to soy. *East Bay Express* (*Berkeley, California*)**.** May 1. p. 8-10.
• ***Summary:*** About William Shurtleff, the Soyfoods Center, and tofu. A very insightful, impressionistic / poetic, and sympathetic look at the many sides and virtues of tofu, and about Shurtleff's work to introduce soyfoods to the Western world.

10114. Demos, Steve. 1992. New developments with the Soyfoods Association of America (Interview). *SoyaScan Notes.* May 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Big changes are taking place in the Soyfoods Association of America (SAA). Steve, who is now president, plans to launch a new membership drive. There will be two categories of membership: Full members and associate members. Two months ago, SAA started again to subscribe to the clipping service, and it now comes free of charge as one of the benefits of membership. The clips will be mailed every 60 days with a newsletter coming in between. SAA is in the process of installing a new executive director. Steve hopes that Virginia Messina will accept their offer for the position, on a part-time basis along with her current work for PCRM (Physicians Committee for Responsible Medicine). The SAA office would be at her present location near Washington, DC. Her husband, Dr. Mark Messina, will probably be leaving the National Cancer Institute (NCI) soon, and SAA has asked him to work together as a spokesperson concerning cancer-preventing substances in soyfoods. Steve is optimistic that arrangements with the Messinas will work out. It will be excellent to have credentialed and creditable people speaking for the soyfoods industry.

Steve is now developing "products" to attract members. He wants SAA to produce informational pieces on soyfoods to mail to the medical and nutritional communities, to develop school wall posters and weekly meal planners for homemakers, and to work with state soybean programs which have benefited from the SPARC [national soybean checkoff] program. SAA would sell the information pieces to members to generate income. Leslie Harlow will soon no longer be with the organization, and Peter Golbitz will have a more limited role, although he may still be on the board of directors; he is very busy doing the Soya Bluebook.

Mark Messina is leaving NCI largely (Steve thinks) because "he is not being allocated the time and resources to devote to soy the way he wants to. He is very committed to soy, but his supervisors are limiting him to spending 10% of his time on soy-related research, whereas he would like to spend 50%. Also, being at NCI puts constrains on what he can say and do. Leaving NCI will probably cut back on his scientific research. He plans to go into consulting related to diet, cancer, and soya.

Steve feels that rushed 1-hour SAA board meetings at natural food trade shows are not very effective. The board needs more time and a better atmosphere in which to meet. He has called a strategic planning meeting in Boulder about the third week in July. 20% of the people put in 80% of the energy.

Steve is very interested in reviving and finalizing the tofu standards, then getting them accepted/ratified by the board and the industry; new soymilk standards are now being developed. The natural foods industry has established a Natural Foods Quality Council to respond to new FDA regulations. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10115. Root, Evan. 1992. Cable Springs Bakery in Boston and Tan Pops in Alaska (Interview). *SoyaScan Notes.* May 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Barry Creighton started Cable Springs Bakery in Boston. Initially it was run out of his home, but in about late 1974 it became "official." Their main product was a line of about ten varieties of "pies," which were square filled pastries baked in trays with a layer of dough on top and bottom, then cut into squares (they had no dough on the sides). They had Rice-Sea Vegetable Pie (with hijiki), Bean Burrito, then the sweeter ones with fillings of apricots, apples, etc. Kathy Bellicchi worked with them, and later purchased part of the business making cookies. Bruce Berman (who now lives in Chicago, Illinois) finally bought the whole business.

While in Boston, the Creightons must have gotten to know and grown to love Tan Pops. About 5 years ago they moved to Alaska, where they are part of a macrobiotic community of 4 families and 25-30 children living in Kasilof, on the Kenai Peninsula. The community, named Foundations Inc., grows a lot of its own food, and they generally eat quite simply. But on the night of each full moon, they have a feast. To this day, for these full moon dinners, they make about 100 Tan Pops (skewered, deep-fried seitan), which everyone loves–especially the children. They do not sell the Tan Pops commercially. Evan has visited them from time to time. They might know about the origin of Tan Pups in Boston. They have a great love for the food revolution and for kindred spirits who share that interest. Their address is presently HC2, Box 564-B, Kasilof, Alaska 99610. Phone: 907-262-2824. Evan does not know anything

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about Tan Pups.

Note: As of March 2003 there is a macrobiotic of 5 families named Ionia (website Ionia.org) living on the Kenai Peninsula in Alaska–150 miles south of Anchorage. They make their own tofu and homeschool their children. They try to teach their children traditional values–which do not include reading, writing, or arithmetic. All of the parents studied with Michio Kushi during the 1970s. Address: 8 Ayleston St., Jamaica Plain, Massachusetts 02130. Phone: 617-566-4783.

10116. Chait, Mat. 1992. Early recollections and work with the Ricycle and soyfoods in Boston, 1970-1972 (Interview). *SoyaScan Notes.* May 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In the late 1960s Mat had started graduate school in counseling psychology at Hunter College in Manhattan, New York. But under the influence of yoga, Swami Satchitananda, Hinduism, vegetarianism, and macrobiotics, he decided to drop out and to study macrobiotics in Boston with Michio Kushi. He arrived in Boston in about December 1969. Nine months later, Mat started operating the Ricycle at Boston University in September 1970 at Boston University. He recalls: "The design of the Ricycle was absurd. It consisted of a steam table (which without its food weighed 600-700 pounds) welded onto the back of a girls bicycle. To move the Ricycle, he pedaled it (rain or shine; or pushed it up even gradual hills), but it was so heavy and clumsy as to be almost immobile." At night it was kept in the garage of the macrobiotic study house at 6 Ellery Street.

During the first 6 months, Barbara Grace prepared most of the desserts and whole grain breads at the kitchen of a big study house across from the Brookline High School. Marion (who had an Italian last name) prepared the vegetable and grain dishes in another study house. (Note: Marion married Frank Calpeno, who owned Ceres Natural Foods, a fairly big macrobiotic food distribution business in Colorado Springs, Colorado; they moved to Colorado in the early 1970s). Dora Coates (whose parents started Laurelbrook Foods) also cooked for Mat for a while. The business took off quickly, with the help of many magazine and newspaper articles. Mat got a loan, so in early 1971, in the dead of winter when it was too cold to be out on the street, Mat built a kitchen inside the Erewhon warehouse, and it began operation at the end of March 1971. Since Paul Hawken was in California at the time, Mat got permission from the acting president of Erewhon.

Every day the Ricycles would offer a grain dish, whole grain bread, a vegetable dish, a dessert, and often a soup–but there was a different menu every day. A number of popular dishes contained soy as an ingredient. A miso-tahini spread was usually available with the bread. Miso soup and Miso Rice were often served. For Miso Rice, miso was mixed with a little water then stirred into a pressure cooker of hot rice that had just been cooked, and allowed to stand for a few minutes. Mat vividly recalls that on days when he had to stand in front of Boston University in the freezing cold for 6 hours without moving, the miso soup would keep him warm. After Mat opened the kitchen at Erewhon, he contracted with David Kailin of Crane's Call Bakery, a macrobiotic bakery, to make most of the desserts and other baked goods for the Ricycle. Sometimes the vegetable dish of the day had tofu in it, or the grain dish had miso in it.

While building the kitchen inside Erewhon, Mat constructed two more Ricycle carts. Mat launched these in the spring of 1971; one served its macrobiotic lunches on weekdays at MIT in Cambridge, and the other in downtown Boston at government center. He was unable to get permit to operate at Harvard Square. The other 2 Ricycles were operated by people that Mat employed; they were paid a percentage of their sales.

One year at the Christmas reunion, Mat did an elaborate impersonation of Michio Kushi (complete with makeup and a built-up nose construction), wrote, sang, and led the audience in a song about miso to the tune of "Get me to the church on time." The words went: "I'm drinking miso in the morning. Hatcho or mugi is sublime. Aveline or my daughter, go heat up the water, and get my miso soup on time. If you use onion, sautee it first, if you use daikon, it satisfies your thirst. For I'm drinking miso in the morning..."

Mat left Boston in about December 1972 to take an acting job in New York. At the time he sold and shipped all 3 Ricycles to an eccentric millionaire's son in Texas. He does not have any recollection of Tan Pups being on the market but he does remember seitan imported by Erewhon from Japan, perhaps by Japan Foods, in the form of little dark salty chunks. Perhaps Robert Hargrove might know more about this. Perhaps Erewhon made the Tan Pups.

Concerning Paul Hawken's departure from Erewhon in late 1973, it has always been Mat's understanding that Aveline Kushi owned the company but that the Kushi's negotiated to pay him $30,000 when he left.

Mat once visited Erewhon's little farm in Keene, New Hampshire. They made sauerkraut there on the top floor of a building; one would jump up and down on the cabbage in a barrel to press it. Address: 8-23rd Ave., Apt. 302, Venice, California 90291. Phone: 213-465-0383 or 213-469-5408.

10117. Kendall, Charles. 1992. Near involvement with tofu in Boston (Interview). *SoyaScan Notes.* May 20. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In 1975, before *The Book of Tofu* was published, Aveline Kushi encouraged Charles to start a tofu shop in the Boston area. His feeling was "It was too strange. No one's going to buy it–floating in water. No one knew what to do with it." In 1976, after *The Book of Tofu* had been published (Dec. 1975) and after he was married (spring of 1976),

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Aveline made the suggestion to him again.

At one point Charles was planning to go to Japan to study with a tofu maker for 12-18 months. The East West Foundation or Michio or both had set up the program. Charlie had his visa, work permit–everything but the airline ticket. But when it was found that the tofu maker was very religious and was trying to push his religion on others, Aveline and Michio said that perhaps he should not go. Bill Tims finally ended up going. Charles recalls: "I was very envious of Bill. I wanted to go but at the last minute the Kushis said 'Don't go. Don't go Charley. We found out that this guy is part of some fanatic religious sect.'"

When Tims returned, he told Charles that he had absolutely no desire to make tofu in America. Charles was very surprised to hear this. Tims offered to show Charles how to do make tofu and how to get started. The people who started Nasoya may have learned something from Tims. Address: Owner, Kendall Food Co., 46A Route 112, Worthington, Massachusetts 01098. Phone: 413-238-5928.

10118. Okada, Yuko. 1992. Re: Muso's soymilk factory in the USA. Importing organic soybeans to Japan. Letter (fax) to William Shurtleff at Soyfoods Center, May 21. 1 p. [Eng]
• ***Summary:*** "Did you know that I have a soymilk factory in the U.S.? It has been operating for almost 7 years. It was the first soymilk company in the United States and is growing every year. The company is located in Michigan, where most of the organic soybeans are grown." Note: The author is probably referring to Muso's 15% ownership in American Soy Products, Inc., whose plant at Saline, Michigan, began commercial operation in Nov. 1986.

Muso is also importing organic soybeans into Japan, and has already imported about 300 metric tons this year. The use of organic soybeans in Japan is growing on the part of companies making shoyu, miso, tamari, tofu, etc. for Muso. Address: Muso Co., Ltd., Kosei Bldg. 2nd Floor, Tanimachi 2-5-5, Chuo-ku, Osaka 540, Japan. Phone: 06-942-0341.

10119. Tims, William. 1992. Studying macrobiotics in Boston and tofu making in Otake, Japan (Interview). *SoyaScan Notes.* May 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bill grew up in Oklahoma. In 1969 while attending the University of Oklahoma he developed an interest in Oriental culture, philosophy and religion. He started studying Buddhism and Taoism. One day he came across a little spiral-bound book titled *Zen Macrobiotics* by George Ohsawa. Within several months he quit school and hitch-hiked to Boston, arriving in Jan. 1970.

He lived in a study house with Tom and Mary Hatch, then lived with Michio and Aveline Kushi on Boylston Street, before they moved to 62 Buckminster Rd. First he worked as a carpenter, then starting in early 1972 he worked at the Erewhon warehouse. Paul Hawken was president of Erewhon, but he left Boston, then came back and left again.

In about the spring of 1975, at one of Michio Kushi's "Way of Life" talks, which he gave every Tuesday and Thursday night, Michio said that he had made arrangements for 3 Americans to go to Japan to study traditional food processing. Bill never saw a written announcement of this. Bill signed up for the program along with about 20 other people. Bill had to return to Oklahoma in the summer of 1975, but he returned to Boston in Dec. 1975. He expected that he, Charles Kendall, and one other person would be leaving for Japan in Jan. 1976. He was surprised to find that he was the only one going. Everyone else, for reasons unknown to him, had backed out. He was a bit curious and suspicious as to why no one else wanted to go.

In Jan. 1976 Bill flew to Japan. He spoke no Japanese and had almost no money. It was his understanding that if he paid his flight to Japan, in exchange for the work he would do in Japan, he would be provided with a room and board, a small salary, and a flight back to America. Michio and Aveline had never suggested to Bill that he start a tofu shop in America after he returned, and Bill never had a interest in making tofu. He was going to Japan mainly to learn about the country and its culture; the tofu was accidental. In Osaka, Bill met Lima Ohsawa. An older man who was a friend of Lima's became Bill's guide. After several days in Osaka they took a train together to the little village of Otake, about 15 miles south of Hiroshima. They were greeted with great fanfare and met by a man who was the tofu master–who spoke no English. Bill never understood the relationship between the tofu master and Michio Kushi. The tofu master set Bill up in small apartment with a bike, 5 minutes bike ride from the tofu shop. Bill's guide spent 2 days with Bill at the village translating (since no one else in the village spoke English), then he left. Many villagers asked Bill if he was a soldier from a nearby U.S. military base.

Bill worked hard at the tofu shop with 7-8 other employees (mostly older women), not including delivery boys, for the next 7-8 months, until August. The master was very much a traditionalist; he was the only person Bill met in Japan who ate brown rice, but he never mentioned macrobiotics. The master was a hard worker, very stern and yang, but a good, strong, often loving man who treated Bill specially and kindly. Bill has very good memories of him. He made nigari tofu and 13-14 different product (incl. egg tofu, burdock tofu, various deep-fried types), and his dream was to have his style of tofu shop all over the world.

For Bill, the best times were when the master allowed him, twice a week, to take the company truck alone, all day, to deliver okara to dairy farmers in the countryside. Bill was able to do a bit of exploring of temples, shrines, and gardens on these trips. Sometimes the master would be gone for 1-2 days and Bill was responsible for the tofu shop from start to finish. Most of the tofu was delivered to huge supermarkets in Hiroshima. The villagers were amazingly kind to Bill.

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But there were difficulties. The master belonged to several different Buddhist sects; Bill was required to go with the master to every religious meeting he attended. Bill hated this because he couldn't speak any Japanese, he had to sit on his knees in seiza for hours at a time, and he was tired from 6 days of hard work at the tofu shop. He desperately wanted some time off from the long hours, both to rest and see more of Japan. At times Bill felt like he was being "used" to work long hours for meager pay, and at other times he realized that this was what a traditional Japanese apprenticeship required. Moreover he was delighted to have this opportunity, difficult though it was.

Returning to America, Bill attended Herman and Cornellia Aihara's annual summer camp in California, then he returned to Boston on about 1 Sept. 1976. Ed Esko and Stephen Uprichard immediately offered him a job at the East West Foundation. He worked there until 1982, eventually becoming vice-president.

Bill was the second American (after William Shurtleff) to study tofu-making in Japan with a traditional Japanese master. Tims and William Shurtleff met in November 1976 at Ken and Ann Burns' house at 16 Warren Street in Boston–shortly after Tims had returned from Japan. Tims was happy to see that Shurtleff and Akiko Aoyagi were doing a nationwide tour to introduce Americans to tofu. Before Bill Tims went to Japan in Jan. 1976 it was difficult to get tofu in Boston; it was considered a luxury. But after he came back, a number of tofu products were being sold commercially–including a tofu cheesecake made by a Boston woman. He also remembers big slabs of seitan (Wheatmeat) sold at Erewhon.

In 1982 Bill moved to Arkansas to start Mountain Ark, along with Frank Head, Joel Wollner, and Tom Monte. Frank was the only one who ever had any financial involvement in Mountain Ark, and he is the only one of the original four left at the company, which is currently for sale and will be liquidated if it is not sold by June 30. Bill never worked at Mountain Ark.

Four or five 5 years ago a news flash came on CNN that there had been a terrible earthquake in Otake, Japan, the little village where he had lived. He watched the destruction on TV with sadness. Several years ago he heard that the old tofu master had died.

Bill now runs his own business, Natural Health Center, which he and his wife Carol started in 1983. He does macrobiotic consultations and sells macrobiotic foods by mail order. Address: Natural Health Center, 45 North Hartman, Fayetteville, Arkansas 72701. Phone: 501-521-9105 (or 9195).

10120. Sandler, Matthew; Sandler, Helen. 1992. Early work with natural foods in Boston. Plans to launch a soymilk product named Luppy (Interview). *SoyaScan Notes.* May 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Matthew's brother, Richard Sandler, arrived in the Boston area on 1 Jan. 1968. Matt drove him to 29 University Ave. knowing nothing about macrobiotics except that he ate with Richard once at the Paradox restaurant in New York City. Those were the early days. Nahum Stiskin and Richard Sandler, were already in Boston when Matt arrived in about late 1968. Matt moved to Japan in about 1969; Nahum Stiskin was living in Kyoto, Japan (where he arrived in May 1969), when Matt arrived. Steve Helfer (a student of macrobiotics) had arrived in Japan before Matt. After a while, Matt brought Helen to Japan so they could get married–which they did in about 1971, at the Jewish Community Center. Matt had known Helen when they were in Boston; they lived together a macrobiotic study house.

Helen and a lot of other Americans studying macrobiotics in Japan took cooking classes, taught in Japanese, from Lima Ohsawa in Tokyo at Tokyo C.I. (Centre Ignoramus). Matt and Helen left Japan in about 1971-72, returning first to New York, and then to Boston in about 1973. He finally left Boston in 1984.

While in Boston, Matt started a bakery named Matthew's All Natural, located in Woburn, just outside of Boston. It's first products were sweets such as carrot cakes. The discovery of barley malt, a complex carbohydrate sweetener, was a major breakthrough for the company. Helen Sandler developed a line of English Muffins sweetened with barley malt, and then a line of whole-grain breads which were introduced in 1979. The company soon became quite large and successful, and it is still in operation. The bakery did not use soy in any form in its products.

Evan Root started the original Sanae. Matt's brother, Richard Sandler, who arrived in Boston before Matt, started The Seventh Inn (also called Big Sanae). He rented the space and made it into a restaurant with his own hands; his partner was Warren Durbin (originally a film editor from California who came to Boston to study macrobiotics and who now lives in Vermont). Richard is now a photographer living in Greenwich Village (Phone: 212-777-7138).

Barry Creighton invested a lot of money in his Cable Springs Bakery; it was a good idea, but ahead of its time, so it wasn't that successful. When it went bankrupt, Kathy Bellicchi took it over. Helen Sandler (who had her own company) then shared the bakery with Kathy, and baked cakes there starting in about 1975. Helen does not remember any commercial soy products in Boston, except the Tofu Cheesecake sold at Sanae (it was a Sanae special) and 1 or 2 other restaurants in the late 1970s. Matt liked the Tofu Cheesecake; Helen didn't. Matt recalls that the Tofu Cheesecake was sold, pre-sliced, at a number of retail stores, including Erewhon. He thinks it was sold in the first tier of products that Erewhon sold out of the cooler. He thinks it was made by an underground business that made only this product. Helen experimented with "Tofu Cream," made by mixing tofu, vanilla, and maple syrup–but it was never

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commercialized since it had such a short shelf life and the retail stores had no refrigeration.

Another excellent product in Boston was Tan Pups, made by Nik Amartseff and his wife. It was a natural meatless hot dog made of seitan, deep-fried on a stick. Nik was one of the most creative food product developers in Boston at the time. He also developed the formulations for most or all of the Erewhon cereals, granolas, and snacks, as well as their labels and packaging. "He was a real fertile mind."

Matt is planning to launch a soy dessert named Luppy (in 2 flavors), within the next 6 months. The product will be aseptically packaged in tubs. His company is named Luppy Foods. He remembers Luppy soymilk from Japan as a soymilk sweetened with brown sugar and sold in little bottles.

When Yuko Okada first brought soymilk to the USA, he started by trying to make a deal with Knudsen. That didn't work out and for some reason he had a problem with Eden Foods in Michigan at the beginning. So Yuko called Matt, who at that time was still owner of Matthew's All Natural bakery, and asked Matt if he wanted to distribute the soymilk product over his route which extended from Maine to Philadelphia. Matt also distributed foods frozen and refrigerated as far west as Denver. The product Yuko was offering was quite similar to the Luppy soymilk Matt had enjoyed in Japan. Before Matt could say yes, Yuko had made a deal with Eden Foods to import.

Update on Matt's soymilk dessert. 1992. July 15. It will be a pudding-type product, the soymilk will be supplied by American Soy Products in Michigan, and it should be on the market by about Nov. 1992. Address: P.O. Box 10277, Aspen, Colorado 81612. Phone: 802-869-2010.

10121. Sandler, Richard. 1992. Recollections of early tofu and tofu cheesecakes in Boston and New York (Interview). *SoyaScan Notes.* May 26. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Richard does not recall a tofu cheesecake being sold commercially in Boston. He first saw tofu made by Lenny Jacobs; Lenny also experimented with making a tofu pie, but did not ever sell it commercially. Barry Creighton made a pie with tofu. The first tofu pie Richard ever saw was made by Danny Mount at The Caldron restaurant in New York City. Before working at The Caldron, Danny had worked at the Good Karma Cafe in San Francisco (as did Donny Crocker from Tassajara). For a longer interview with Richard Sandler on this subject, see SoyaScan Notes, Sept. 1997. Address: Greenwich Village, New York. Phone: 212-777-7138.

10122. Jacobs, Lenny. 1992. Macrobiotic pioneers–where are they now? (Interview). *SoyaScan Notes.* May 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Nahum Stiskin is now in New York City in the field of investments. His former wife, Beverly Stiskin, lives in Brookline, and is an Alexander therapist. Nahum has a black cloud and a real bitter feeling regarding his past life. He doesn't like to talk with people. Lenny ran into him 8 years ago at an ABA show and he said to Lenny, "Don't bother me." Mr. Ehud Spurling, the owner of Inner Traditions Press in Rochester, Vermont also knows how to reach Nahum.

Bill Garrison is on the West Coast somewhere. He applied for the job of financial manager of the Kushi Foundation. Anthony "Tony" Harnett is owner of Bread and Circus in Newton, Massachusetts. Jim Ledbetter is in Southern California; the Kushis keep in touch with him. Jim started *Order of the Universe* magazine. Robert Hargrove is in the Brookline area where he owns Robert Hargrove and Associates.

Nik Amartseff got involved with cocaine at some point in about the late 1970s and his life fell apart. But now its back together.

Marcea Newman now lives in Australia; Lenny saw her at Anaheim not long ago and spent a lot of time with her and her husband (who has designed a very interesting Chinese herbal database on a Macintosh computer); its a very expensive diagnostic tool. You can enter your symptoms and it will suggest which herbs to take, or you can key in the name of an herb, and it will tell you all about it.

Eric Utne was the manager of Erewhon in about 1970 or 1971. He came to Boston in the late spring of 1969, at the same time as Lenny's wife to be. Lenny arrived in Boston in the summer of 1969 from Chicago, Illinois. He left Boston for Minneapolis in 1971; then Eric Utne, Lenny, and Peggy Taylor (who is now the editor at *New Age Journal*) started a restaurant at the University of Minnesota named Whole Foods. They ran it for 2 years. Then Eric and Peggy returned to Boston, and Eric went to work at the *East West Journal.* Lenny left for Boston in the fall of 1973; he wanted to start a bakery, then he and Bob Phelps (who now runs Redwing Books) planned to start a seaweed harvesting business. The Robert Hargrove, Eric Utne, and several other people (the majority of the staff of East West Journal) asked Michio Kushi to either give them the magazine (free of charge) or they would quit. They did quit and started New Age Journal. Michio Kushi asked Lenny if he would please work for East West for a few months, which he did–though he ended up staying for years until he finally left to work at East West Journal.

The Seventh Inn was a really successful restaurant, but Michio refused to share any of the ownership with the people who ran it and he tried to control it too much. Originally called Sanae, it was started by Richard Sandler (who selected the location and designed the kitchen, but never really worked there after it was in business), Evan Root, and others. Lenny was a cook there. Richard and another guy named

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Warren Durban quit before the restaurant was finished, and they gave it over to Lenny and Bill Anton (who is still in Japan). Then Yuko Okada and Hiroshi Hayashi started to run it; they changed the name to The Seventh Inn. There were two Sanae Restaurants, one on Newbury St. and the other on Boylston St. Address: New Age, Brighton, Massachusetts. Phone: 617-787-2005.

10123. **Product Name:** Deep Fried Bean Curd.
Manufacturer's Name: American Food Co. (AFC).
Manufacturer's Address: 4738 Valley Blvd., Los Angeles, CA 90032. Phone: 213-223-7738.
Date of Introduction: 1992. May.
Ingredients: Soy beans, water, soy oil, calcium sulfate.
Wt/Vol., Packaging, Price: 8 oz vacuum pack. Retails for $1.29 (10/92, Oakland, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased in Chinatown, Oakland, California. 1992. Oct. 28. 7 by 4 inches. Vacuum pack. Red, dark green, black, white, and light green. "Vacuum fresh. 100% natural. High in protein. High in calcium. No cholesterol." UPC indicia.

Talk with Jackson Wu, owner. 1992. Nov. 4. This product was introduced about 5-6 months ago. The company moved to its present location, into a building that it now owns, on 1 Nov. 1990.

10124. **Product Name:** Tofu, and "Soya Sage" Soysage.
Manufacturer's Name: Basically Beans "Real Food."
Manufacturer's Address: P.O. Box 170 Nimbin, NSW 2480, Australia. Phone: (066) 89 1565.
Date of Introduction: 1992. May.
New Product–Documentation: Form filled out by Simon Elenius. 1993. May 21. His company began production of these two products in May 1992. Present production is 600-900 lb/month of tofu and 250-300 lb/month of soysage.

10125. Boysen, Hans-Juergen. 1992. Ist die Lupine die Nahrungs-Entdeckung des Jahrhunderts? [Is the lupine the nutritional discovery of the century?]. *Schrot & Korn* (*Germany*). May. p. 27-30. [Ger]
• ***Summary:*** A comparison of lupins (*Lupinus albus*) and soybeans, and foods made from them. Paul Bremer and Volker Bruhn, who run a company named "Lupino" in Bremerhaven, say that good-tasting and nutritious milk, yogurt, a spread for bread, and quark (like tofu) can be made from lupin seeds. They sell such lupin products.

10126. *Child Haven International* (*Newsletter, Maxville, Ontario, Canada*). 1992. SoyaCows. Spring. p. 5.
• ***Summary:*** "Seen here [a photo shows] in India with one of our 6 SoyaCows recently taken to India, is Alok Gupta of Ankur Services, the company we have engaged to manage our SoyaCow program in India. The topmost unit is the grinder-cooker with motor underneath, which makes the unit a big blender. Nearby is the steam unit, heated by gas from the container at the right edge of the photo. The lower chamber is the filter press. The rectangular perforated metal boxes are for making tofu. The basic unit sells for $3,000 U.S., while the whole 20 liter system is available for $5,000 U.S. (photo by Grant Wood).

"Child Haven has published a 100 page SoyaCow manual, presently in English, to provide comprehensive information on soya nutrition and SoyaCow enterprise and operation. We are looking for volunteers interested in translating the manual into other languages within a reasonable time frame (about six months)."

10127. Lindner, Anders. 1992. Soyafoods at Natural Products Expo West. *SoyaFoods* (*ASA, Europe*) 3(2):6-7. Spring.
• ***Summary:*** "The 12th annual Natural Products Expo West took place at the Anaheim Convention Center, from 10 to 13 April 1992. Some 900 exhibitors and 40 seminars with expert speakers attracted 12,000 visitors... Some 35 companies exhibited soya foods in Anaheim."

Interesting new products include: Edamame (frozen green soybean in the pod) from Miyako Oriental Foods. Fromage de Soy (cheese alternative in 6 flavors) from Nutrition Specialties International Ltd. (headed by Mr. Patrick E. Cochran; profits go to the International Nutrition Research Foundation Inc., a Seventh-day Adventist organization promoting a rational, healthy, dietary and life-style), Shedd's Willow Run soya margarine from Van den Bergh Foods (Mic-Ellen Associates Ltd.). The Vitasoy–Nasoya Group had a large stand at the show headed by Yvonne Lo and John Paino. White Wave Soyfoods Inc. and the SoyFoods Association of America sponsored a lecture titled "Vegetarianism and Soyfoods" by Michael Klaper, M.D. The Association represents about 30 companies within the soyfoods industry. Address: Director, Lactasoy Agency, Helsingborg, Sweden.

10128. *SoyaFoods* (*ASA, Europe*). 1992. A taste of soyamilk to come: Editorial. 3(2):1. Spring.
• ***Summary:*** Sojinal of Issenheim, France, claims to have invented and perfected a unique physical process to improve the flavor of soymilk by removing at least 60% of the flavor components responsible for the product's strong "beany" taste.

"Sojinal itself is focusing equal attention on soya milk and tofu processing and the company is making changes to more than 50 products. For example Tonyu Saveur is a UHT drink manufactured from de-aromatised soya milk."

A photo shows many different soyfood products in packages, including Tonyu Saveur, Soja Equilibre, Soja Harmoniques (Lasagne au Tofu, Knacks Tofu), etc.

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10129. *SoyaFoods* (*ASA, Europe*). 1992. Helfex '92. 3(2):4. Spring.
• ***Summary:*** "The International Health Food Exhibition, Helfex '92, was held at Wembley, London on 26 and 27 April. Over 160 companies concerned with health, diet, fitness and nutrition exhibited and several new soya products were launched.

"The Haldane Foods Group displayed their new range including a new Light Soya Milk, a new Soya Creem, a vegetarian cheese spread, burger and sausage mixes, and 6 new varieties of tinned products. JRJ Trading (The Redwood Company) had an interesting and tasty range of tempeh-based products including dips, spreads, patés and vegetarian rashers. Soya milks and desserts from Granovita, Haldane, Sojasun (Triballat), Vitasoy were also on display. Berrydales' No Cream Ices, made from fresh organic tofu and soya milk, introduced their new 4-pack which will allow consumers to purchase four different ices in one pack. Plamil Foods launched a new non-dairy chocolate bar, *Martello* and Marigold Health Food, manufacturers of canned braised tofu and other delicacies, also had a stand."

10130. *Supermarket Business* (*New York*). 1992. Aseptic tofu joins other natural foods enroute to Russia. May.
• ***Summary:*** "Morinaga Nutritional Foods, makers of Mori-Nu Tofu, donated over 100 cases of its aseptic tofu–close to a ton–as part of a hunger-busting effort targeted at the former Soviet Union. In all, some 20 tons of natural food products were sent to St. Petersburg in early April.

"The Hunger relief effort was coordinated by Marlene Wolford, a Corpus Christi, Texas-based organic food promoter, and Dr. Mikhail Zykov, a macrobiotic food advocate. Along with the aseptic tofu, which has a 10-month shelf life without refrigeration, natural foods companies sent brown rice, sea vegetables and other health food products.

"Participating companies included Eden Foods of Clinton, Michigan, which gave away more than 14 tons of products, and Arrowhead Mills, Country Grown Foods, Goldmine Natural Foods, Lifetree Products, Ocean Harvest, Traditional Foods and Pacific Bakery, among others.

"Separately, Morinaga Nutritional Foods' parent company, Morinaga Milk Industry, recently sent thousands of pounds of its infant formula to the former Soviet Union from its headquarters in Japan."

A photo shows Mr. Kumoda, head of Morinaga Nutritional Foods, standing with a co-worker and many cases of tofu in front of a large white banner on which is written: "Mori-Nu Tofu: To Russia with Love"

10131. *Whole Foods*. 1992. Source book 1992. 15(5):33-294. May. Illust. Index. 28 cm.
• ***Summary:*** Contents: How to use this book (p. 8). Wholesalers/distributors alphabetical listing. Wholesalers/distributors geographical listing. Brokers. Publishers. Associations. Consultants/service companies.

Product directories: A listing of manufacturers/importers/growers by products: Foods (p. 77-111–soy-related categories include: Beans/bean products, cheese substitutes, coffee substitutes, cultures, miso, soy products, soy sauce, soymilk, tamari, tempeh, tofu, tofu entrees), vitamins and supplements, herbs, cosmetics/personal care, miscellaneous products. Brand names. Product index. Manufacturers/importers/growers alphabetical listing.

Note: The listings related to soy products are full of errors. Address: South Plainfield, New Jersey.

10132. Ponseele, Jos van de; Verfaillie, Magda. 1992. Re: History of Jonathan P.V.B.A. in Belgium. Letter (fax) to William Shurtleff at Soyfoods Center, June 6–in reply to inquiry. 2 p.
• ***Summary:*** Jonathan was the first company in Europe to make seitan for sale commercially. Jos van de Ponseele, the founder of Jonathan, first learned about seitan during a 9-month stay [with his wife and family] at the Kushi Institute in Boston, Massachusetts, from March to December 1976. There he tasted the seitan prepared by Aveline Kushi. He thought it would be a good meat substitute for the growing group of vegetarians in Europe. [Note: Jos was a butcher with a large meat processing operation before he became a macrobiotic vegetarian]. In Boston, he learned how to make seitan on a home scale from Tamara Uprichard. Then, at the very end of his stay in Boston, he started up medium-scale production of seitan with two Americans; he no longer remembers the name of the company or the names of his American partners. They sold seitan to macrobiotic study houses in Boston and to the Erewhon retail store.

Returning to Belgium, he founded Jonathan. The name "Jonathan" came from a famous book titled *Jonathan Livingston Seagull* [by Richard Bach, 1970. This is a parable about a seagull who loves to fly and practice flight, high and alone, for the joy of flying, while his fellow gulls are busy eating. He is eventually banished from the flock for daring to violate the earth-bound traditions of gull society. Eventually he is taken to a higher world where other gulls, like him, seek perfection and liberation from all limitations. Finally he returns to earth to tutor other outcast gulls in the art of advanced flight.]

Jos hired a man named Ludo Peeters as his first employee and they set up the business in a garage at Holleweg 53, 2180 Ekeren, near Antwerp, Belgium. The company's first product, made entirely by hand, was plain fresh seitan. It was introduced some time in 1977. The product name on the label was simply Seitan, written in 4 languages (Dutch, French, German, and English). It was packaged in 250, 500, and 1000 gm carton dishes with a transparent plastic film lid. With seitan, the big challenge for Jos was to introduce an entirely new and valuable product to the market. Two months after introducing seitan, Jonathan

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started making tofu and soymilk. Ludo continued to work at Jonathan for many years, eventually becoming managing director.

On 2 Feb. 1979 Jonathan was officially registered as Jonathan P.V.B.A. (the latter abbreviation means something like "Ltd." i.e. a company in which the owner has limited responsibility). Also that year Jonathan introduced a fresh seitan burger, then in Jan. 1980 the company moved to its present location at Antwerpsesteenweg 336, B-2080 Kapellen, Belgium. At the new location they introduced a number of new seitan products: Seitan Paté (Feb. 1980, sterilized), Seitan Goulash (late 1980, sterilized), and Seitan Schnitzel (1981, fresh). From 1985 on, Jonathan introduced a series of different ready-to-eat meals in which seitan was a major ingredient. Jos sold Jonathan and left on 1 April 1989. Magda started Mycelia P.V.B.A. in 1984 and kept the company small until Jos had sold Jonathan. After that they expanded Mycelia to its present size, producing 5,000 liters of mycelium daily. They are both shareholders in Mycelia. Address: Jean Bethunestraat 9, B-9040 Gent, Belgium. Phone: 91-28-7090.

10133. Mitchell, Karen. 1992. Let them eat tofu. *Camera* (*Boulder, Colorado*). June 28.
• ***Summary:*** "White Wave marketing director Paul Chasnoff came up with the bumper sticker as the company's 'corporate political statement.'" It reads: "I Eat Tofu and I Vote!" Available by mail for $2.00 from White Wave, some have called it the "perfect Boulder bumper sticker."

10134. **Product Name:** Barat (Non Dairy Chocolate with Almonds).
Manufacturer's Name: Barat, Inc. (Marketer-Distributer).
Manufacturer's Address: P.O. Box 609, Montville, New Jersey 07045. Phone: (201) 882-9190.
Date of Introduction: 1992. June.
Ingredients: 100% organic* granulated can juice (Sucanat)**, unsweetened chocolate, cocoa butter, tofu (soybeans, magnesium chloride), almonds, soya lecithin (a natural emulsifier), pure vanilla. * = Grown in accordance with California Health and Safety Code 26569.11. ** = Sucanat is an unrefined whole food sweetener made from the juice of the sugar cane which retains the vitamins and minerals from the sugar cane plant.
Wt/Vol., Packaging, Price: 1 oz. Retails for $0.87 (7/92, Maryland).
How Stored: Shelf stable.
Nutrition: Per 1 oz. bar: Calories 170, protein 3 gm, carbohydrates 13 gm, fat 11 gm, sodium 10 mg. Calcium 4% of U.S. RDA, iron 8%.
New Product–Documentation: Product with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. This product is the successor to The Barat Bar, developed by Legume, Inc. (also run by Gary and Chandri Barat). The product is now named simply "Barat." Underneath that name, in much smaller letters, is written "Non Dairy Chocolate with Almonds." This upscale 1-ounce (28 gm) product retails for a hefty $0.87. The word "tofu" appears in the ingredient listing which is hard to read because it is hidden behind a fold in the wrapper and is printed with brown ink on silver foil. Label is 6.5 by 1.5 inches. Silver foil. Dark brown, gold, white, and silver. On front panel: "New. Sucanat: The organic whole food sweetener. Made in USA."

10135. Cherin, Starla Vaughns. 1992. Tofu takes on produce flavors. *Produce Business.* June. p. 48, 50.
• ***Summary:*** "The produce department enjoys the halo effect of being known for nutritious, fresh products. That's why retailers and suppliers agree it's the perfect place to merchandise tofu... Tofu is packaged in three ways: water-packed, aseptic and vacuum-packed."

In 1969, when Azumaya first began to sell its tofu in supermarkets, the retailers in San Francisco weren't quite sure where to place it–so they put it in the produce section. Says Azumaya president Bill Mizono: "'I think it was because they contended soybean is a vegetable and back then most Orientals worked in the produce section and were more familiar with the product.' But today tofu is merchandised in the produce department not by chance but by choice... 'All of our recipes include vegetables,' says Mizono. 'We offer a customer request address for recipes on our point of sale materials, and we receive between 25-50 letters a day concerning recipes.'"

"Greg Jones, of Marjon Specialty Foods says his company carries a product called Tofu Crumbles that is a vegetarian substitute for meat."

Shayne Gordon of Nasoya Foods agrees, the best place for tofu is in the produce section, in the middle of the aisle. "Here it would have the perception of being a mainstream item. When it is tucked in the corner or on an end cap, consumers feel it is an add-on item. Merchandising in the middle of the first stretch of the wet rack adds to impulse sales and gives tofu a very visible position. If it's right out there with the lettuce and apples, people are going to buy it."

"Frieda's, Inc., Los Angeles, California, declares June as 'Tofu Month,' and offers produce managers a demonstration kit that provides detailed information on tofu, how to merchandise it, demo recipes and full definition and usage information on other Chinese products. Karen Caplan, president of Frieda's, says demonstrations and sampling are the best ways to interest the consumer in new and unusual items.

"'Produce managers should begin advertising the demonstration two weeks in advance through in-store signs and newspaper advertising to help build traffic,' says Caplan. 'Plan to do the demos during peak traffic times–Thursday, Friday and Saturday. Make sure you have plenty of product

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to sell while demonstrating, and expect to sell five to 10 times the normal amount during your demonstration.'" Address: Boca Raton, Florida.

10136. Jain, Laxmi; Jain, Manoj. 1992. Melody of India cuisine: Tasteful new vegetarian recipes celebrating soy and tofu in traditional Indian foods. Santa Barbara, California: Woodbridge Press. 221p. Illust. 26 cm.
• ***Summary:*** The authors (mother and son) have taken over 100 vegetarian recipes from all over India and prepared them with soymilk, tofu, and soy yogurt in place of all or part of the dairy products. They begin the book with chapters on the dietary benefits of soyfoods and methods of preparing them. All recipes include nutritional breakdowns.

Contents: Introduction. Why tofu and soybeans? Nutritional value of tofu and other soy foods. Preparation of tofu and other soy foods. Soy appetizers (incl. roasted soybeans). Soy with vegetables. Soy breads. Soy salads. Soy raitas & chutney. Soy with rice & lentils. Soy drinks. Soy desserts. Soy ice cream, cookies and cakes. Appendixes: A. Suggested menus. B. Weights, measures, temperatures and times. C. Glossary of Hindi terms. D. Sources of Indian foods. Biographical notes.

"Laxmi Jain, a native of India, has lived in the Boston area for the past 18 years. She works actively to promote the use of soybeans in the American and Indian diet... Her first book on soybean, 'Indian Soy Cuisine,' was published by the American Soybean Association.

"Dr. Manoj Jain is a physician in Internal Medicine at Boston City Hospital and is specializing in International Health and Infectious Diseases at the New England Medical Center. Dr. Jain is a graduate of Boston University School of Engineering, School of Medicine and School of Public Health. He received a Medical Perspectives fellowship to research the uses of soy foods in the Indian diet, and has published his results in the medical literature. Dr. Jain has conducted talk shows and soy demonstrations on national television and radio in India. Currently, Dr. Jain is also a consultant in a five-year rural health and soybean promotion project in India."

On the rear cover, a color photo shows Laxmi and Manoj Jain. Address: 1. Wellesley, Massachusetts; 2. M.D., physician in internal medicine at New England Medical Center (Boston).

10137. Lightlife Foods, Inc. 1992. Tired of the meat market? (Ad). *Vegetarian Times.* June. p. 26.
• ***Summary:*** A 1/3-page color ad. "Meet Lightlife Tempeh Burgers in a luscious lemon sauce. Vegetarian chili with real zip. Tofu pups that are plump and juicy. Sweet Italian sausage to top your pasta. All 100% natural. 100% vegetarian. All simply delicious. Deliciously simple to prepare. Lightlife. Where good health tastes great (TM)." A small photo shows the front of many Lightlife packages. Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 1-800-274-6001.

10138. McGlasson, Linda. 1992. Soyfoods in the next century: Feeding the world one bean at a time. *Health Foods Business* 38(6):30-34, 36. June. [1 ref]
• ***Summary:*** A table gives estimated retail sales of soyfoods in the USA in 1990, in descending order of sales (million dollars): soy sauce $395.5, tofu $94.1, second generation products (such as dips, dressings, entrees, non-dairy desserts, cheeses, yogurts, and imitation meat products) $81.6, soymilk (not including infant formulas made with isolated soy proteins) $60.0, miso $44.5, soynuts $9.7, tempeh $7.5. Total $657 million. Source: Soyatech in Bar Harbor, Maine. The two fastest growing segments are soymilk (increasing at 20% a year) and second generation products (15-20% a year). "Soyfood sales are expected to grow steadily through the next decade as health and environmental concerns become increasingly important factors in food purchasing decisions... an estimated 33 to 50% of all adults are reducing their intake of meat, yet they still have the craving.

Protein Technologies International of St. Louis, Missouri, is developing a line of structured proteins, which are look-alike meat components. There are versions that look and feel like ground beef, crab meat, and chicken.

Angelo Morini, founder of Galaxy Foods, began trying substitutes for the real cheese he was using in his pizza business. He left the pizza business in 1968 and began making soy cheese full-time. The company began slowly by selling to food service customers, then they started marketing the cheese nationally in 1984. In 1985 Galaxy started in the health food industry with a new line, Soyco. Following a fire, the company has relocated in a new 55,000 square foot state-of-the-art manufacturing facility in Orlando, Florida. They are now producing soy cheese products and are scheduled to launch 30 new items this year.

One sidebar, titled "Quickie Dictionary of Soyfoods," defines tofu, miso, tempeh, soymilk, and shoyu. Another says "Soyfoods Take Spotlight in New Infomercial." The infomercial is based on Dr. Michael Klaper's education seminars for doctors and other health professionals titled "Let Food Be Your Medicine." Klaper (a noted physician, author, environmentalist and nutritionist [and vegan]) is co-founder and director of the Institute for the Advancement of Nutrition Education and Research. The tentative title for the new infomercial is "The Nutrition for the 90s, a Transition to Health." It will begin airing in July on cable TV. Radio's Top 40's Countdown host Casey Kasem will emcee the show with Dr. Klaper. The show will feature top scientists and doctors, plus testimonial interviews with many celebrities and famous athletes. Address: Managing editor.

10139. Morinaga Nutritional Foods, Inc. 1992. We are pleased to announce the relocation to... (Card). 5800 South

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Eastern Ave., Suite 270, Los Angeles CA 90040. 1 p.
• ***Summary:*** This 4½ by 6¼-inch embossed card, printed black and red on white, mailed June 3, announces that Morinaga will relocate to: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: (310) 787-0200. Fax: (415) 787-2727. "We anticipate no disruption of business during our relocation and look forward to our continued relationship. Effective: June 15, 1992 (Monday)." Address: Los Angeles, California.

10140. **Product Name:** Vita-Soy Tofu (Chinese Style).
Manufacturer's Name: Nasoya Foods.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 617-537-0713.
Date of Introduction: 1992. June.
How Stored: Refrigerated.
New Product–Documentation: Sarah V. Cherin. 1992. *Produce Business.* June. p. 50. "Tofu Takes on Produce Flavors." Nasoya produces 8 varieties of tofu and 2 are "authentic Chinese style" products that have bi-lingual Chinese and English labeling. "The Chinese style tofu, called Vita-Soy Tofu, is processed differently than Nasoya's plain tofu. The texture and taste is more acceptable to the Oriental population."

10141. **Product Name:** Tofu [Regular, Firm, and Herb]. The Herb was renamed Garlic & Herb in July 1998.
Manufacturer's Name: Small Planet Soyfoods.
Manufacturer's Address: 5303 N. Myrtle St., Spokane, WA 99207.
Date of Introduction: 1992. June.
How Stored: Refrigerated.
New Product–Documentation: Talk with Phil Spiegel. 1992. June 4. This week he will open a tofu shop in Spokane inside a sprout shop. It will be temporary until he can build a shop in his garage on his property in Newport, Washington. He may have problems there with disposal of whey.

Talk with Phil Spiegel, owner. 1992. June 29. He started making these 3 varieties of tofu at a temporary location in early June 1992. Soon he will be moving his shop onto his property at 4452 Rocky Gorge Rd., Newport, WA 99156. Phone: 509-447-5146. The local health inspector is asking for details on his whey, its BOD [biological oxygen demand] and how he plans to dispose of it. He soon plans to introduce Soysage in two flavors: Mexican, and Italian Herb.

Form filled out and faxed by Phil Spiegel, owner. 1998. July 21. Small Planet Soyfoods, 330112 Hwy 2, Newport, WA 99156. Phone: 509-447-5146. Currently producing organic nigari tofu (15.5 oz), and four types of flavored organic tofu (garlic & herb, hot, curry, and vegetable). Started June 1992. Talk with Phil Spiegel. 1998. July 30. His company, Small Planet Foods, is a tofu company located on a 300-acre certified organic farm named Penrith Farms, which is run by his silent partner (Jim & Sherry Brewster). The farm is also a foster farm for teenagers with serious problems; the Brewsters generally contract with the state of Washington, but sometimes private individuals also send their kids–if they can't deal with them. A good percentage of few of the kids leave in much better shape than when they arrived. Phil sold all of his tofu in bulk until July 1998, when he began packaging it. The idea for the flavored tofu–garlic & herb–was developed by Silverking in British Columbia, Canada; they shared the idea with Phil–who made some small modifications.

Labels for Firm Organic Tofu and Garlic & Herb Organic Tofu sent by Phil Spiegel. 2001. May 18. 3.75 by 5 inches. Self adhesive. "Non-GMO" logo. "Hand crafted in the Northwest by Penrith Farms, 330112 Hwy #2, Newport, WA 99156. Phone: (509) 447-5146. www.smallplanettofu.com." A large illustration shows a river with trees and mountains.

10142. **Product Name:** Soy Flour, Tofu Powder, Textured Soy [Flour].
Manufacturer's Name: Solait International, Inc. (Marketer-Distributor).
Manufacturer's Address: 202 West 7th St., P.O. Box 885, Carroll, IA 51401. Phone: 1-800-747-8605.
Date of Introduction: 1992. June.
How Stored: Shelf stable.
New Product–Documentation: Ad (full-page, black-and-white) in Soya Bluebook. 1993. Sept. Devansoy, Inc. is located at 202 West 7th St., P.O. Box 885, Carroll, Iowa 51401. Phone: 1-800-747-8605. Elmer Suttler is president. Talk with Bev Tierney of Devansoy. The company changed its name from Solait International Inc. to Devansoy, Inc. in Jan. 1993. They make only one product–Solait Powdered Soy Beverage–however in mid-1992 they started selling soy flour, tofu powder, and textured soy flour made by other companies.

10143. *SoyaCow Newsletter* (*Ottawa, Canada*). 1992. Soya deli and fast food pilot project. 1(2):1. April/June.
• ***Summary:*** "Frank Daller is moving from the Toronto area to Ottawa to take the SoyaCow's products to Ottawans. He plans to operate a SoyaCow from a busy market location to produce and sell freshly made tofu, soymilk, soy-yogurt, okara, and various value added products made from them. The business will also sell health fast foods including tofu-burgers, pita pocket sandwiches, frozen desserts, and soydrinks and shakes.

"The idea is to prove the concept in Ottawa with the intent of developing it into a franchise."

10144. **Product Name:** White Wave Dairyless (Nonfermented Soy Yogurt) [Apricot-Mango].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder,

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CO 80303. Phone: 303-443-3470.
Date of Introduction: 1992. June.
Wt/Vol., Packaging, Price: 6 oz plastic cup.
How Stored: Refrigerated.
New Product–Documentation: Talk with Lon Stromnes. 1992. April 3. This product will be introduced at the Anaheim Show in April.

Talk with Lon Stromnes. 1993. Feb. 9. This product was introduced on 12 June 1992. Steve Demos has visited Triballat in France where Sojasun is made [but Steve says he did not go through the Triballat plant], he knows all about it, and he knows that Sojasun is opening a plant in China.

10145. Hall, Trish. 1992. So contemporary: In search of a low-fat hot dog. *New York Times.* July 1. p. C1, C6. Living section.
• ***Summary:*** "Ninety-five percent of the households in this country eat hot dogs, and they indulge, on average, more than once a week, according to the National Hot Dog and Sausage Council in Westchester, Illinois... Americans consume so many hot dogs in the summer–more than five billion, according to the council–that the links, if put end to end, would circle the earth more than 15 times. The Fourth of July weekend and the Memorial Day weekend are the peak hot-dog eating times." But hot dog sales fell 2% in 1991 from 1990, and the number of alternatives is rising.

"Some of the lower-fat dogs don't have nitrites, a preservative that has been linked with cancer in laboratory animals, but most do...

"Although much of the hot-dog flavor comes from spices and seasonings, the juicy chewy sensation is provided by fat. Steven Demos, president of White Wave Inc. in Boulder, Colorado, said that his company has been selling a tofu hot dog, Meatless Healthy Franks, for four years and that sales have increased by 35 percent to 40 percent each year. But the hot dogs are quite dry, a problem he doesn't deny. 'We need to improve upon them,' he said. His company will direct its efforts toward creating a better-tasting vegetarian hot dog rather than a lower-fat alternative.

"The tofu hot dogs have more fat than most people might think, as much as nine grams. Because that fat is unsaturated–it comes from the soybeans in the tofu–it is more healthful than fat from animal sources. But because it is unsaturated, it does not provide the juiciness that animal fat gives, Mr. Demos said."

A table compares 3 brand of tofu hot dogs, each weighing 1.5 oz: (1) Meatless Healthy Franks, 120 calories, 8 gm of fat. "Unattractive exterior, dry and mealy inside." (2) Not Dogs, 120 calories, 9 gm of fat. "Brown outside, dry inside, tastes like carrot." (3) Tofu Pups, 92 calories, 5 gm of fat. "Blistery outside, rubbery casing, strong artificial smoke taste."

Also syndicated in the Miami Herald. July 5.

10146. Weissman, John. 1992. Natural foods sandwich companies in and around Boston, Massachusetts (Interview). *SoyaScan Notes.* July 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The two main sandwich companies are Season's Harvest (in Somerville, Massachusetts; owned by Ademar Reis, pronounced REES) and New World Natural Foods (in Brighton, Massachusetts; owned by Emily Merghart; Phone: 617-232-5973). Emily started the company herself under the name New World Enterprises in 1979, and has since run it herself. Her husband, Errol, was a dancer. The idea for the business came from a previous business that Paul Duchesne had started and left. Season's Harvest products are distributed widely, down to New York and Connecticut, and possibly up into New Hampshire. New World sells only locally. Both use tofu and seitan in their sandwiches. New World uses seitan made by The Bridge in their sandwiches. They sell tofu burgers made by 21st Century, etc. Admar makes Bacon Bits out of TVP, a process he learned from John; then he waited 5 years and did it on his own. He also makes vegetarian burgers out of chickpeas and rice, etc. When stores such as Bread & Circus installed their own delis, it greatly hurt both of these sandwich companies. Address: VegPro Co., 133 Nottinghill Rd., Brighton, MA 02135.

10147. Peeters, Ludo. 1992. Early history of Jonathan P.V.B.A. in Belgium (Interview). *SoyaScan Notes.* July 9. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter of July 29. [1 ref]
• ***Summary:*** Ludo started working with Jos van de Ponseele at Jonathan on 28 Aug. 1978. He made seitan with Jos from the very first day; they were Jonathan's only workers at the beginning and they worked in a garage at the company's first location–Holleweg 89, 2070 Ekeren (near Antwerp), Belgium. Ludo thinks Jonathan's first product was seitan, followed by tofu and soymilk. Ludo thinks that the seitan was introduced before Nov. 1978. The original ingredients were water, wheat, soy sauce, soy flour or meal, salt, kombu, and ginger. The soy flour improved the flavor and nutritional value.

In 1978 Mr. Van de Ponseele moved to Holleweg 113, 2070 Ekeren. In January or February of 1980 he moved to the actual plant.

In his letter of 29 July 1992, Ludo encloses several early documents: (1) A letter written in Oct. 1977 (Jonathan was at Holleweg 89) showing that that company was selling Seitan (a vegetarian steak), Goulash (made with seitan), Tofu (*Sojakaas*), Mochi (made of sweet rice), sea vegetables, vegetable pickles, and peanut butter. (2) A price list for 1978-79 (the company is now at Holleweg 113). (3) An English-language translation of the text of a press conference held in about 1987 when the company started to make prepared meals based on seitan and tofu. Address: Goorbosstraat 20,

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B-2990 Wuustwezel, Belgium. Phone: +32 3-663-4532.

10148. Troy, John. 1992. Update on Wizard's Cauldron and work with miso (Interview). *SoyaScan Notes.* July 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** John makes many lines of products that contain miso. "The Wizard" line, sold through Joel Dee of Edwards & Sons, contains three products: Hot Stuff, Stir Crazy (a stir-fry sauce), and Sweet & Sour Sauce. The Premier Japan line is also exclusive to Edwards and Sons. The Simply Delicious line consists of many salad dressings, such as Lemon Tahini, Ginger Plum (with umeboshi plums), Tofu Poppyseed, and Miso Sesame (the only miso product in this line). His favorite salad dressing (which is also his best-seller) is the Miso Sesame; it is sweetened with rice syrup, and contains both clear shoyu and white miso. "It's really nice."

A fourth line, called "Troy's" is a line of sauces, such as a steak sauce and a poultry sauce. Three of these products contain miso: Miso Magic (a sauce for grains and vegetables), and Cracked Peppercorn Steak Sauce, and Honey Mesquite Barbecue Sauce. John's favorite sauce is his Thai Peanut Sauce. A fifth, called Harbor Lites, is a line of six seafood sauces–all of which contain either soy sauce or miso. The Garlic Grill contains miso. There is also a Ginger Soy in this line.

American Natural Foods (ANF), started in 1984, attracted many local investors who finally got control of the board of directors and encouraged John to do things that went against his beliefs; the company eventually lost about a million dollars, and John lost everything he had. It didn't go bankrupt; it's still alive but John "walked away from it." It's sole product is Miso Mustard, which is made by Morehouse Foods.

At the end of 1985 John was penniless, and had to draw unemployment to buy groceries. "But it was a real blessing in disguise." John started doing some consulting work. In 1986 he started a new company named "Wizard's Caldron," which was initially just a consulting company. John was able to buy the trademark for Hot Stuff away from ANF, then cut a deal with Joel Dee. In Oct. 1987 Edwards and Sons became the exclusive distributor of his Premier Japan line and his Wizard Baldour condiments and sauces, including Hot Stuff. He saved enough money to buy a little plant, then started real small, making food products again. The new company's first product line, the Simply Delicious salad dressings, was launched in 1989. The company has been growing and growing, until now it is a very healthy little company with one million dollars of annual sales. This is the first time John has owned his own plant; previously he always had to use co-packers. "I'm just having a wonderful time with it, but it was a hard lesson to learn." John buys his miso from Don DeBona of American Miso Co. He also uses a lot of clear shoyu, which he buys from San-J; they make it in Japan. He consulted for San-J, and when he visited their plant in 1986 he noticed some stuff dripping from a vat. They said it was clear shoyu which they said they used in sauces, dashi, etc. He brought back a 5-gallon pail to the USA, and eventually made it a featured ingredient in his line of salad dressings. Address: The Wizard's Cauldron, 8411 Hwy. NC 86 N, Cedar Grove, North Carolina 27231. Phone: 919-732-5294.

10149. *SoyaScan Notes.* 1992. The remarkable food-related creativity that took place in Boston from the late 1960s until the late 1970s, especially within the macrobiotic community (Overview). July 13. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** A flowering of original food product development took place in Boston during this period. There were a number of reasons for this (1) The meeting of two food cultures, Japanese and American, together with new ideas related to diet and health, as embodied in the macrobiotic teachings of Michio and Aveline Kushi. Just as the meeting of two ocean currents leads to a region at the boundary of great biological activity and development, so does the meeting of two cultures. Young Americans were introduced to a host of new basic foods which they quickly began to use and process in new ways. These included miso, tofu, seitan, amazake, umeboshi salt plums, sea vegetables, rice syrup, rice cakes, azuki beans, mochi, and many more.

To cite but four examples: (A) Seitan: Japanese had used seitan as a salty condiment or seasoning. By late 1972 Americans had transformed it into a succulent meat substitute. (B) Tofu: It had never occurred to Japanese to put tofu in a blender. By the mid-1970s Americans in Boston were combining it with a sweetener to make delectable dairyless tofu cheesecakes and cream pies, or to make low-fat, cholesterol-free salad dressings, dips, and spreads. (C) Amazake: Japanese serve this as a hot beverage like tea, most in teahouses; The only flavoring used is gingerroot. Americans transformed it into delectable ice creams (free of dairy products and sugar), or thick, sweet drinks resembling milk shakes sold refrigerated in plastic bottles. Americans also used amazake as an all-purpose natural sweetener in place of sugar, honey, or maple syrup. They also learned to make a rice milk resembling amazake using commercial purified enzymes instead of koji; at this point, the line separating amazake and rice syrup became somewhat blurred. (D) Rice Syrup: Japanese use *amé* or *mizuamé,* made from koji, as the basis for taffy-like candies or, in very limited ways, as a sweetener. Americans soon began to make rice syrup using commercial enzymes instead of koji and to use it as an all-purpose natural sweetener in place of sugar, honey, or maple syrup.

(2) The closely-knit, almost communal nature of the macrobiotic community in Boston, was one in which many people, mostly young people (including many women), were working closely together with a common vision. New ideas were shared more than guarded or patented. Joel Wollner

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notes that it was almost like the art community in Paris during the impressionist era of the late 1800s.

(3) The Erewhon retail store (opened in April 1966) provided a ready testing ground for new local products. Many got their start in one or more of these stores. The Erewhon Trading Co. (which started importing Japanese natural and macrobiotic foods in Aug. 1968), and which began wholesaling and distributing in the spring of 1969, greatly helped to expand the market for good products.

(4) The community was fortunate to have a number of exceptionally talented entrepreneurs in the food business, including Paul Hawken, Bruce Macdonald, Roger Hillyard, Bill Tara, and many others. Many of these individuals later left the area to start their own food companies.

(5) It was during this period that the natural foods, macrobiotic foods, organic foods, and vegetarian movements (all closely related, and often based on similar philosophical, ethical, and spiritual values) began to grow in the United States, in part in reaction to the overly-processed, overly chemicalized, unhealthful foods produced by big food companies, and the highly-chemicalized food growing techniques used by American farmers–and in part because of the leadership and inspiration of the community in Boston.

10150. Wollner, Joel; Wollner, Wendy. 1992. Early tofu cheesecakes in Boston (Interview). *SoyaScan Notes.* July 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Both Joel and Wendy remember a tofu cheesecake made by Sprucetree Bakery and another served at The Seventh Inn. Joel's favorite tofu cheesecake was made at the Last Chance Cafe in Cambridge, Massachusetts, by Eduardo Jimenez (pronounced HIM-eh-nez). He used to age it so that the flavors would marry. It was available by 1979. Before that, Marcea (pronounced mar-SEE-uh) Newman, used to make delicious tofu cheesecakes. In the early 1970s she was living with Murray Snyder. She used to be a freelance caterer. Whenever a cake was needed for a birthday, wedding, or party, Marcea would be the one to bake it. At the time, she was experimenting with these recipes, including cheesecakes, for her cookbook *The sweet life: Marcea Newman's natural-food dessert book,* which was published in 1974. Thus her cheesecakes were sold commercially, but not in stores. Joel is quite sure Marcea (her last name is now Weber) is still in Australia. Address: Joel Wollner / Genesis, P.O. Box 1343, Clifton Park, New York 12065. Phone: 518-371-7014. Fax: 518-373-8337.

10151. *Toyo Shinpo* (*Soyfoods News*). 1992. Tôfu, aburaagé, nattô, konnyaku noki nami ni fushin: Jisshitsu de zennen dôgetsu hi 0.5% no gensho [Consumption of tofu, aburaage, natto and konnyaku in Japan from 1976 to 1991: Decreased 0.5% from the same month last year]. July 21. p. 2. [Jap]
• ***Summary:*** Per household consumption of various soyfoods; yen figures are not adjusted for inflation. Tofu consumption rose from 85.73 cakes costing 5,020 yen in 1976, to 86.89 costing 6,047 yen in 1980, to a peak of 90.43 costing 6,761 yen in 1983, dropping to 88.48 costing 7,337 yen in 1985, down to 83.42 costing 7,323 in 1990, down to 78.76 costing 7,699 yen in 1991.

Consumption of aburaagé and ganmo (deep-fried tofu pouches and burgers) rose from 2,950 yen in 1976, to 3,472 in 1980, to a local peak of 4,080 in 1984, dropping to 4,057 in 1985, down to 3,898 in 1990, then rising to a recent peak of 4,253 in 1991.

Natto consumption rose from 1,034 yen in 1976, to 1,289 in 1980, to 1,655 in 1985, to 2,532 in 1990, to an all-time peak of 2,532 yen in 1991.

10152. Bersky, Kamil. 1992. Re: Work with soyfoods, seitan, and amazake in Czechoslovakia. Letter to whom it may concern, July 30. 1 p. Typed, with signature.
• ***Summary:*** "We are now producing 5 varieties of seitan, 5 varieties of tempeh, amasake, tofu, and we can offer barley malt. Our plan is to start koji and miso production, open a macrobiotic center with a year-round program, a kindergarten, and a small restaurant with a shop." Address: M.D., The Macrobiotic Centre of Czechoslovakia, Mlynska 659, 51 801 Dobruska, Czechoslovakia. Phone: 42 443 21578 (fax).

10153. **Product Name:** Tofu, and Soy Sprouts.
Manufacturer's Name: Manna Foods Inc.
Manufacturer's Address: 2030 Will Ross Court, Chamblee, GA 30341. Phone: 404-454-7569.
Date of Introduction: 1992. July.
New Product–Documentation: Talk with James Kim, owner. 1993. Nov. 18. He bought this company in May 1993 from Mr. Wang of Manna Foods at the same address. He currently makes tofu, soy sprouts, and mung bean sprouts. Mr. Wang started the company about two years ago at the same address and he made the same foods.

Talk with an employee at Calco of Atlanta. 1993. Nov. 18. Mr. Wang was a Chinese-Korean who was born in Korea. He first/given name in Chinese was something like Wei-Gan. He closed his business (without filing for bankruptcy) in about the summer of 1992 after he had been in business for only about 3 months. He sold or tried to sell his equipment. He definitely did not run the business for 2 years. The people at Calco (which has been in business for 10 years) know him well and feel strongly that he was a sneaky man with no integrity. He developed a bad reputation in Atlanta, where he was widely known in the Korean community. For example, he posed as a real estate agent and said that he had a client who wanted to buy Calco for a very high price. Then he said before he could finalize the sale he wanted a list of customers, statistics on how much Calco sold to each account, credit references, etc. Calco gave him that information before they found out that he was an imposter.

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Then Mr. Wang took 6 of Calco's employees to establish his own business. After Mr. Wang went out of business, most of these employees came back to Calco because they had not been properly paid. They wanted their jobs back, but Calco was able to hire only 2 of them.

10154. **Product Name:** Fried Tofu, Dofu-Gan (Savory Baked Tofu, 2 types), Tofu Chicken, Fresh Soymilk (Plain Unsweetened Traditional Style).
Manufacturer's Name: Tofu International Ltd.
Manufacturer's Address: 738 Airport Blvd., Suite 6, Ann Arbor, MI 48108. Phone: 313-665-2222.
Date of Introduction: 1992. July.
New Product–Documentation: Talk with Tim Redmond of American Soy Products. 1992. May. Bruce Rose has a joint venture with a large Chinese tofu company to make tofu in Michigan.

Talk with Bruce Rose, of Tofu International Ltd. 1992. Sept. 25. All of these products were introduced in July 1992 by Tofu International Ltd., which was formerly named Rosewood Products Inc. Dofu-Gan is extra firm tofu, pressed under hydraulic presses, not water packed. Note: The Soy Plant, the ancestor of Tofu International Ltd. introduced Dofu-Gan in March 1978.

Tofu Chicken is made by cutting a cake of Dofu-Gan into a net or accordion like french fries linked together side by side. After cutting, the net is fried then simmered in a broth. It tastes great in a meatless chicken sandwich and is now sold in some local grocery stores.

10155. Simonds, Nina. 1992. Tofu. *Tribune & Times* (*Tampa, Florida*). Aug. 2.
• ***Summary:*** The author first tasted tofu in 1971 near the University of Wisconsin at Madison. It was drab, rubbery, and flavorless. Then, in Taiwan, she became very fond of tofu. Today it is catching on in America. Nasoya Foods, a Massachusetts tofu manufacturer, has annual sales of $7 million.

10156. Martin, Claire. 1992. Regardless of poll, bland food's sales rise. *Denver Post* (*Colorado*). Aug. 6.
• ***Summary:*** About Steve Demos and White Wave Soyfoods Inc. Photos show: (1) Worker David Kremin labeling and stacking tofu on a conveyor belt. (2) A carousel curding machine inside White Wave's tofu plant in Boulder, Colorado. Sales of White Wave tofu grew only slowly from 1977 (when Demos started the company) until 1985. But in 1985, when Demos decided to market "second-generation soy products–cooked tempeh burgers, soy hot dogs, soy yogurt... Customers literally ate it up. Sales doubled that year, and kept growing. White Wave's growth rate last year was 30 percent. (Its stock is privately held.) This year, Demos expects sales to meet or exceed $5 million, and to produce 7 million pounds of tofu and soy products in all 50 states. The No. 1 seller? Raw tofu–despite the yuck factor. Part of the answer may be that shoppers in the United States are shifting their focus from price and convenience to health and nutrition."

Demos is now "contemplating a product [a hot dog?] that combines tofu and meat. 'The meat industry thinks that's sacrilegious. The tofu industry thinks that's sacrilegious. I don't think its sacrilegious. It's one way to get someone to make the transition from meat to soy.' Another way is creative advertising. Inspired by the presidential campaign, White Wave marketing director Paul Chasnoff came up with a six-word publicity campaign, perfect for bumper stickers: 'I eat tofu and I vote.'" Note: These bumper stickers can be ordered from White Wave for $2 each. Address: Denver Post Staff Writer.

10157. *Irish Times* (*Dublin*). 1992. RTE1, Network 2 [Television schedule]. Aug. 18. p. 19.
• ***Summary:*** At 3:30 the program "Yan Can Cook" features everything you might want to know about bean curd or tofu. Martin Yan makes three recipes: (1) Spinach salad with tofu dressing. (2) Stir-fried pressed bean curd with jicama. (3) "Sichuan braised bean curd."

10158. *SoyaScan Notes.* 1992. Two TV ads by The Kellogg Co. depict tofu negatively, as if it symbolized a food used only by health nuts (Overview). Aug. 22. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** In one Kellogg TV ad, a wife gives her husband a Nutri-Grain Bar. He asks: "Is it tofu?" She says no. Another Kellogg cereal ad also uses tofu in much the same way.

10159. Nordquist, Ted A. 1992. Re: Overview and details on new developments with AB Winner and with Aros in Sweden. Letter to William Shurtleff at Soyfoods Center, Aug. 26–in reply to inquiry. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "I formed Aros Sojaprodukter AB in August of 1990 with Erik Kennhed, a business man from Eskilstuna, Sweden. I was VD or President with 51% to his 49%. Aros AB bought soybase from Trensums Musteri AB and sold it to Winner AB. Winner made Tofuline ice-cream and sold it to Aros AB. Aros AB in turn sold Tofuline to Ingman Foods, Finland, Nutana in Sweden, Nutana in Denmark and Nutana in Norway. Since I designed the soybase plant for Trensums, I had an exclusive contract with them on soybase. I worked with Winner to develop soy-based products, the ice-cream was the first.

"I did not have time for tofu. I sold Aros Sojaprodukter KB to Trensums and moved the Tofu plant to Trensums in July of 1991. Trensums Musteri AB is owned by Blekinge Invest and is situated in Tingsryd, about 30 minutes by car from Karlshamn where Winner is located.

"Then in August of 1991 Nutana in Denmark and

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Norway went bankrupt. Winner had about 100,000 dollars of ice-cream in stock. Trensums and Winner did not like my powerful position while I, according to the contracts, had no financial liability. I just took the profits. So they started talking to each other about me, or more specifically about Aros Sojaprodukter AB. Blekinge Invest forced Erik to sell his 49% to Blekinge Invest for a song, threatening him with possible losses if both Winner and Trensums decided to drop soya altogether. Once they bought out Erik I was next.

"I reached an agreement with Winner and Blekinge Invest in April of 1992. I sold my shares to Blekinge Invest who now owns 100% of Aros Sojaprodukter AB and KB. I work as a consultant for Winner until the end of this year.

"Aros AB (Trensums) delivers soybase only to Winner. Winner sells Tofuline ice-cream directly to Nutana Sweden and Ingman Foods in Finland. They sell via their own Winner name to England.

"AB Winner, 374 82 Karlshamn, Sweden. Tel: 46-454-82000. Fax: 46-454-11375. International sales contact is Leif Andersson. President is Håkan Johnsson.

"Aros Sojaprodukter AB, Box 112, 36201 Tingsryd, Sweden. Tel: 46-477-11920. Fax: 46-477-18034.

"Aros (Trensums) does not want to actively sell soybase. They are happy to sell only to Winner AB. There is no President, but Jan Hallberg, vice-president of Trensums handles the paper work. Aros Tofu is off the market. Dansk Tofu is now sold in Sweden and Norway.

"Winner is in the process of being sold. The plot thickens!

"Anders Lindner, Erik Kennhed and I look on in interest as all this unfolds."

Note: Attached are photocopies of three Tofuline soy ice cream labels, sold by Nutana in Sweden. Address: President, TAN AB, Eningbölevägen 54, S-740 82 Örsundsbro, Sweden. Phone: +46 171 605 68. Fax: +46 171 604 56.

10160. Adams, Ruth. 1992. Tofu: Versatile protein source. *Better Nutrition for Today's Living* 54(8):34. Aug. [7 ref]
• ***Summary:*** The article begins: "In the preface of *The Soybean Cookbook* [1963], Mildred Lager tells us that 'soybeans are perhaps the world's oldest food crop, and for centuries, nutritionally they have meant milk, cheese, bread and oil to the people of Asia. Economically, they have meant gold, a cash crop, something to sell for exchange for other necessities. We of the Occidental world have also discovered that soybeans are indeed nuggets of gold in our modern civilization.'"

There follows a discussion of tofu, including the different types, and a recipe for "Indian tofu rice cakes." Ends with 7 references to books about tofu.

10161. Ali, Nawab. 1992. Soybean food potential and its exploitation for Indian situation. *Agricultural Situation in India.* Aug. p. 395-402. *
• ***Summary:*** Commercially available soybean foods in India are: Soymilk, soypaneer [tofu], soysuji / soy-suji (a snack in Central India), soy fortified biscuit (using soyflour). Address: Project Director, Soybean Processing & Utilization, CIAE, Bhopal, India.

10162. **Product Name:** Bean Curd Strips [Trips] (Dou Kan Ssu).
Manufacturer's Name: American Food Co. (AFC).
Manufacturer's Address: 4738 Valley Blvd., Los Angeles, CA 90032. Phone: 213-223-7738.
Date of Introduction: 1992. August.
Ingredients: Soy beans, water, calcium sulfate.
Wt/Vol., Packaging, Price: 6 oz vacuum pack. Retails for $1.29 (10/92, Oakland, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased in Chinatown, Oakland, California. 1992. Oct. 28. 7 by 4 inches. Vacuum pack. Red, dark green, black, white, and light green. "Vacuum fresh. 100% natural. High in protein. High in calcium. No cholesterol." UPC indicia.

Talk with Jackson Wu, owner. 1992. Nov. 4. This product was introduced about 3 months ago. The word Trips on the label was a misspelling; it should have been Strips. The company moved to its present location, into a building that it now owns, on 1 Nov. 1990. They will be launching 20 new soy products next month and 100 new products during the next year.

10163. **Product Name:** Dragon Organic Tofu.
Manufacturer's Name: Flatland Hydroponics (Marketer-Distributor).
Manufacturer's Address: 504 North Commercial, P.O. Box 478, Thomasboro, IL 61878. Phone: 217-643-7808.
Date of Introduction: 1992. August.
Wt/Vol., Packaging, Price: Packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Talk with Stacy Wolski of Flatland Hydroponics. 1992. Oct. 28. The company, which grows alfalfa and mung bean sprouts, began marketing this tofu on 15 Aug. 1992. It is packaged in Cincinnati, Ohio.

10164. GEM Cultures. 1992. Catalog [Mail order]. 30301 Sherwood Rd., Fort Bragg, CA 95437. 9 p. Aug. [4 ref]
• ***Summary:*** This catalog celebrates the company's 12th anniversary. The first section is titled "Powdered cultures for soycrafters." On page 1: "Powdered Tempeh Starter, PTS: Tempeh is a delicious Indonesian, cultured soyfood with a chewy texture. Whether your interest is in exotic foods, eating lower on the food chain for health, social or economic reasons, or cutting back on meat, cholesterol, or calorie consumption, tempeh fills the bill. A vegetarian source of Vitamin B-12, this versatile food can be fried in the

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traditional manner or baked, broiled, steamed, or barbequed. Easily cultured without special equipment, homemade tempeh tastes and smells wonderful, slices better, and costs far less than commercial tempeh.

"The tempeh mold, *Rhizopus oligosporus,* that binds the cooked soybeans together into a sliceable cake, is grown on an entirely vegetable medium. Mature spores are harvested and combined with sterile organic rice flour for easy and accurate measuring on every batch. Complete culture directions and recipes are included. One pound of dry soybeans prepared as directed will make 1 3/4 pounds of tempeh. Preparation time–less than 2 hours. Incubation time–about 24 hours at 85 F (32 C). Kept cool and dry, PTS has at least a 6-month shell life at full potency.

"Kit PTS, 11gm, three 1-pound batches (makes 5+ pounds). $2.50 each.

"Big PTS, 35 gm, ten 1-pound batches (makes 18 pounds). $4.00 each.

"Half Kilo PTS, 500 gm, packaged in bulk. $35.00 each.

"Full Kilo PTS, 1000 gm, packaged in bulk. $65.00 each.

"Powdered Natto Starter: Called *Natto* in Japan and *Thua-nao* in Thailand this cultured soyfood has a strong, somewhat persistent, unique flavor. The bacteria, *Bacillus subtilis* var *natto,* that culture the cooked soybeans make a sticky, viscous polymer during the 6-12 hours of incubation which creates whispy threads evident when the cultured soybeans are pulled apart. A good source of protein, this robust soyfood adds zest to any grain or noodle dish, soup or sandwich. A little goes a long way, so what is not intended for use in a day or two may be easily frozen.

"Natto Starter Kit: This packet contains complete culture directions, recipes, and enough spore to start 3 recipes of natto, each making 5 cups or 1½ pounds.

"Bulk Natto Starter: A concentrated spore preparation, this vial has sufficient spore to start 48 pounds of dry soybeans. Prepared according to the included directions it will therefore make about 86 pounds of natto.

"Natto Starter Kit: Makes 4½ pounds. $2.50.

"Commercial Natto Starter: Makes 86 pounds. $10.00."

Also: Amazake, miso, shoyu, and tamari starters from Japan. Five types of *tane koji* (koji starter) imported from Japan. Commercial miso and shoyu koji spore packets. Organic light rice koji. Natural salts for curding tofu: Natural nigari, Terra Alba calcium sulfate. Self-renewing cultures: Kombucha tea fungus. Fresh sourdough. Seed miso. Fresh fil mjolk, fresh viili, fresh kefir curds. Cookbooks with culture. Sea vegetables from the Mendocino Sea Vegetable Co. Kitchen culture items. Address: Fort Bragg, California. Phone: 707-964-2922.

10165. **Product Name:** Pita Melts (Whole Grain Pita Bread with a Filling) [Vegetable Cheesesteak {Made with Seitan}, Chili Dog {Tofu Hot Dog with Mushrooms & Onions}].
Manufacturer's Name: Health Is Wealth, Inc.
Manufacturer's Address: Sykes Lane, Williamstown, NJ 08094. Phone: 609-728-1998.
Date of Introduction: 1992. August.
How Stored: Frozen.
New Product–Documentation: Spot, with color photo of label, in Vegetarian Times. 1992. Aug. p. 83. The product comes with either of 3 fillings. "Just pop the low-fat frozen meals in the mic or cook conventionally."

10166. Hermann, Mindy. 1992. Soy healthy: A humble bean earns its begging rights. *American Health.* Aug.
• ***Summary:*** "Several population studies suggest that daily consumption of soybean products may decrease cancer risk and offer other health benefits as well... Researchers have found that people who eat soybeans and soy products (such as tofu) have a reduced risk of colon and rectal cancer, compared with those who consume no soy... Other studies have linked soybean consumption to a reduced breast cancer risk. Laboratory and animal studies have found that isoflavones, chemicals abundant in soybeans, may prevent the hormone estrogen from binding to cells and stimulating breast tumor growth." Address: R.D., New York.

10167. Krizmanic, Judy. 1992. Savvy new soyfoods. *Vegetarian Times.* Aug. p. 82-83.
• ***Summary:*** Highlights, with color photos, Living Lightly non-dairy soy ice cream from Turtle Mountain, Toffle (eggless tofu waffle) from Dae Han, Tofutti Better than Cream Cheese, Westsoy Lite Non Dairy Creamer, Pita Melts from Health in Wealth, Meatless Tofu Steaks from White Wave, Ken & Robert's Veggie Pockets.

"Soy much to learn. Want to learn more about soy? Send a self-addressed, stamped, business envelope to the Soyfoods Center..."

10168. McSweeney, Daniel. 1992. 10th Annual Whole Foods Consumer Survey: Getting to know your customers. A profile of an aging and affluent consumer emerges from the survey. *Whole Foods.* Aug. p. 32-34, 36, 38, 43-44.
• ***Summary:*** A table titled "Food purchases" (p. 43) shows the percentage of respondents who purchased a type of product at a natural foods during the past 12 months, in descending order of popularity (also shows percentages for 1991 and 1990): Tofu 52%. Soy milk 42%. Tamari 38%. Soy sauce 29%. Miso 28%. Tempeh 25%. Cheese substitute 19%. Sea vegetables 17%. Note: The sample size is not given.

10169. Morinaga Nutritional Foods, Inc. 1992. Dear Mori-Nu: Last Thanksgiving I tried your wonderful pumpkin pie recipe for the first time... (Ad). *Health Foods Business* (*Elizabeth, New Jersey*). Aug. p. 27.
• ***Summary:*** This full-page color ad continues: "I still can't believe that a dessert this good can be cholesterol free and

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so low in saturated fat (the Bad kind). I hope that you give out the recipe again this year so that everyone... Sincerely Suzanne Newsome, Sherman Oaks, California."

In the center of the ad is a large horizontal photo of the tofu pumpkin pie, surrounded by pumpkins and vegetables and one package of Mori-Nu Silken Firm Tofu. The recipe for "No cholesterol pumpkin pie" is given. Address: 2150 W. 190th St., Suite 110, Torrance, CA 90504.

10170. **Product Name:** Tofu Tempeh Burger, Tofu Vegies Burger.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1992. August.
Ingredients: Organic soybean (non genetically modified), water, soy sauce, sunflower oil, spices, natural nigari (magnesium chloride), culture (*Rhizopus oligosporus*).
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Label and letter (e-mail) from Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling these two products in Aug. 1992. Note: He invented this interesting Tofu Tempeh Burger.

10171. Roussel, A.M.; Ravel, A.; Faure, P.; Alary, J.; Favier, A. 1992. Tofu consumption: Effects on plasma lipids in rats. *J. of Food Science* 57(4):903-05, 912. July/Aug. [23 ref]
• ***Summary:*** Rats on the tofu diet had very low cholesterol levels and an acceptable ratio of HDL cholesterol to total cholesterol. Growth and amino acid profile were also adequate, but the bioavailability of trace elements decreased. Address: U.F.R. Pharmacie, Université Joseph Fournier, Grenoble 38700 La Tronche, France.

10172. S.G. 1992. Sampling with a twist. *Inc.* (*Boston, Massachusetts*). Aug. p. 80.
• ***Summary:*** "Product sampling is a time-honored, inexpensive way to get people to try something new. For about $100 a day, you can hire a demonstration company to set up a table in the supermarket and give samples to upwards of 500 prospects a day. Tofu maker Nasoya Foods, which uses recipes for its in-store demos, shares demonstration costs with the vendors of products used in the recipes. 'It makes it affordable to introduce tofu to a lot more people,' says John Paino, president of the $7-million Leominster, Massachusetts, company."

10173. **Product Name:** Heart's D'Lite Freeze Dried Powder (Fat-Free Cheese Alternative with Casein) [Cheddar, Monterey Jack, Jalapeno Jack, Mozzarella, Garlic-Herb].
Manufacturer's Name: Sharon's Finest (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 5020, Santa Rosa, CA 95402-5020. Phone: 707-576-7050.
Date of Introduction: 1992. August.
Ingredients: Tofu, casein (milk protein), tapioca starch, salt, natural flavor, guar gum, citric acid.
Wt/Vol., Packaging, Price: 2 x 30 lb poly bags in corrugated shipping container.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 88, protein 16 gm, carbohydrates 6 gm, fat less than 1 gm, cholesterol 0 mg, sodium 332 mg, calcium 273 mg.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo East. 1992. Dated Aug. 21. "Product Information." Gives detailed specifications on this "Freeze dried powdered Heart's D'Lite Cheese Alternative."

10174. **Product Name:** [Tofu (Plain), and Smoked Tofu].
Manufacturer's Name: Sojaprodukt.
Manufacturer's Address: 913 03 Drietoma 85, Slovakia. Phone: +42 31 99 283.
Date of Introduction: 1992. August.
New Product–Documentation: Letter from Jon Kessler of Twin Oaks Community Foods. 1996. July 5. He just returned from a trip to Slovakia and is sending an address for a tofu maker that he was unable to visit. He has the impression that they make silken tofu.

Soyfoods Center calls this company. 1996. July 16. But no one there speaks English. Talk with, then letter (fax) from Dominik Belko and Jan Lunter of Alfa Bio in Slovakia. 1996. July 16. This company, which started making tofu in mid-1995, is their competitor. It is run by a woman, Mrs. Alena Harustakova. They started producing soyfoods in August 1992. They presently make two products: Plain Tofu, and Smoked Tofu.

10175. *Sonoma Business* (*Sonoma, California*). 1992. City watch–Santa Rosa: With this kind of help, they'll soon develop tofu-based ribs. Aug. p. 24.
• ***Summary:*** "Sharon's Finest, a developer and merchandiser of tofu cheese alternatives, has just been adopted. The Davis Street company was the Service Corps of Retired Executives' top pick this year for its Adopt an Emerging Business Program. Some 55 companies had applied.

"Sponsors say the five-year-old company, which claims 700 percent growth over the past three years, best exemplified entrepreneurial achievement, potential for growth and community contributions. As the official adoptee, the company is expected to continue expanding as it benefits from a year's worth of guidance from Armstrong Image Group, Moss Adams, National Bank of the Redwoods and Bronson, Bronson & McKinnon.

"Founded in 1987, Sharon's Finest markets a variety of low-calorie, low-fat, cholesterol-free cheese products made from organically-grown tofu. They include TofuRella,

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Cottage Salad and Heart's D'Lite, a fat-free version of TofuRella. The cheese alternatives are similar in taste to regular cheese, says Richard Rose, president. 'When it's melted, many people prefer it to the real thing,' he says. 'It melts smoother.'

"Rose says his interest in dairy-free alternatives was sparked by his discovery in 1980 that he was allergic to dairy products. 'Being I was a vegetarian, that didn't leave me a lot to eat,' he says.

"To replace the cheese and yogurts he loved, Richard Rose and his former wife, Sharon, started experimenting with recipes. Their trials produced nearly 80 new soy- and tofu-based items including a chocolate mousse, ice creams and yogurts. In 1980 they opened a tofu business, ran it for seven years, and then founded Sharon's Finest...

"The company's product lines will soon expand. Several of its vegetable-based dairy alternatives are due to hit the shelves this year. Unlike the company's tofu dairy alternatives, which contain some milk protein, the new products are 100 percent nondairy."

A photo shows packages of TofuRella and Heart's D'Lite. Talk with Richard Rose. 1993. April 9. Richard now owns 100% of Sharon's Finest. He bought out Sharon's share after they were divorced in 1991-92. She worked at the company until Nov. 1992. She is now planning to start a health resort in Arizona. His cheese is packed by a company run by old Italians.

10176. Takai Seisaku-sho. 1992. [Takai systems catalog '93]. 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 56 p. 30 cm. [Jap]
• ***Summary:*** Black-and-white photos show the company's many pieces of equipment and systems for manufacturing tofu and soymilk. The catalog is divided into 5 sections: 1. Transporting and soaking systems. 2. Soymilk production systems. 3. Curding and forming systems; Poached tofu systems. 4. Cooling systems; Hot-pack systems. 5. Deep frying systems. Address: Kanazawa, Ishikawa-ken, Japan. Phone: 0762-48-1355.

10177. **Product Name:** Meatless Tofu Steaks.
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1992. August.
Ingredients: Ingredients: Tofu (water, organically grown soybeans, nigari (magnesium chloride)), soy sauce (water, soybeans, wheat, salt), granulated garlic, granulated onion, and spices. Soybeans grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 6 oz (170 gm) vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 170, protein 20 gm, carbohydrates 4 gm, fat 9 gm (saturated fat 1 gm, polyunsaturated fat 8 gm), cholesterol 0 mg, sodium 350 mg. Percentage U.S. Recommended Daily Allowance (U.S. RDA): Protein 30%, vitamin A 35%, calcium 25%, iron 25%.

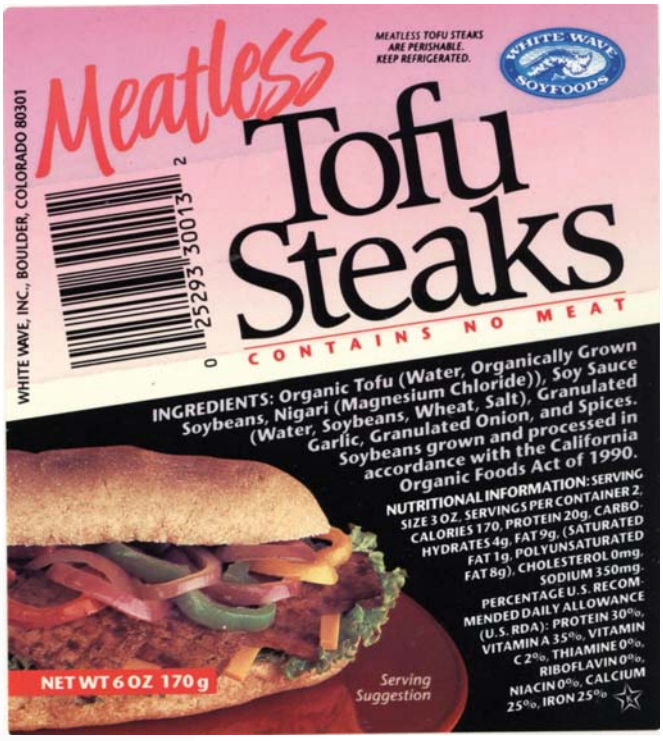

New Product–Documentation: Vegetarian Times. 1992. Aug. p. 83. 'Meats' to meet. White Wave makes marinated Meatless Tofu Steaks. Label sent by Lon Stromnes of White Wave. 1993. Feb. 26. 4 by 4.75 inches. Self adhesive. Full color: Black, red, pink, and white. Photo shows a tofu steak between buns on a plate with trimmings of onions, green peppers, cheese, and lettuce. "Contains no meat." Leaflet (black and white, single sided, 28 cm) sent by White Wave. 1993. Feb. "Make mine meatless." Made with organic tofu.

10178. Castleman, Elisabeth Giacon. 1992. Tofu can be nutritious, simple part of diet. *Herald-Times-Reporter* (*Manitowoc, Wisconsin*). Sept. 2.
• ***Summary:*** Glenny and Jerry Franzen make tofu from organically grown soybeans at their company Bean Time Soyfoods, located between Chilton and Stockbridge in Wisconsin. A recipe for Tofu Liptauer spread is given.

10179. Fukushima, Rhoda. 1992. Fresno Tofu Co. New owners, old ways: Surpassed in volume, not quality. *Bee* (*Fresno, California*). Sept. 7.
• ***Summary:*** In June 1992 Terry Sasaki and his sister, Debbie Sasaki Diaz, took over the Fresno Tofu Co., a southwest Fresno mainstay since the late 1940s. They are the only employees. They make fresh tofu and agé (deep-fried tofu pouches). The company now has sales of $120,000/year.

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10180. Stewart, Penelope. 1992. Re: Planning to start a tofu shop in Pamplona, Spain. Letter to William Shurtleff at Soyfoods Center, Sept. 7. 1 p. Handwritten. [Eng]
• ***Summary:*** Growing up in California her entire life, she took tofu and soy products for granted. She has just finished reading *The Book of Tofu,* by Shurtleff and Aoyagi. She would like to order a copy of *Tofu and Soymilk Production.* Address: Colite 23, bajo [or c/o Lite 23, bajo], Pamplona, Navarra, Spain.

10181. Wu, Olivia. 1992. If it's not junk, can it taste good? A panel of kids judges the 'Best of Processed Foods.' *Herald-Arlington Heights* (*Chicago, Illinois–Rolling Meadows Ed.*). Sept. 10. Food section. p. 1-2.
• ***Summary:*** Center for Science in the Public Interest (CSPI) has recently released a list titled "Best of the Processed Foods." All foods should contain no more than 30% of calories from fat, 10% of calories from saturated fat, etc. CSPI is a non-profit, consumer-advocacy group based in Washington, DC, best known for its efforts to reduce junk food advertising on Saturday morning TV. Soyfoods that were tasted included (1) Pizza: 1. Rice-Crust Soy Cheese. 2. Soypreme French Bread Garden Patch or WholeWheat Cheese Style. 3. Special Delivery Soya Kaas. 4. Tree Tavern Pizsoy. Tofu wieners: The kids did not like most of the tofu wieners.

Of all the many products tested, 3 of the top 5 ratings went to foods containing soy: 1. Rice-Crust Soy Cheese. 2. Special Delivery Soya Kaas. 5. Health Valley Beans & Wieners.

10182. Housman, Bob. 1992. Mainland Express now makes only 360 lb/week of tofu (Interview). *SoyaScan Notes.* Sept. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Several years ago the FDA came into supermarkets and surrounding states and found that the temperature at which tofu was being stored was too warm. The supermarkets said that they could not keep the temperature in the refrigerated cases low enough, so virtually all dropped Mainland's tofu and switched to Mori-Nu, which is aseptically packaged. Hinoichi also sells a little tofu in the area. Mainland still has a large tofu factory but they use it only one day a week to make tofu.

Note: The above call was based on a talk with Jim Skiff of Minneapolis. 1992. July. Prof. William Breene at the University of Minnesota in St. Paul told him that Eastern Foods no longer makes tofu. Address: P.O. Box 405, Spring Park, Minnesota 55384. Phone: 612-471-8034.

10183. Petka, Tom. 1992. The casein industry and market (Interview). *SoyaScan Notes.* Sept. 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Casein became classified as a chemical and a non-dairy product in about 1948-49 by the Federal Trade Commission, at about the same time that price supports for dairy products began. At that time it was used almost exclusively for industrial applications (such as adhesives and sizings) rather than in foods. Today about 80% of the casein in America is used for foods–mainly imitation cheeses, whip toppings, and other imitation dairy products, plus medical and nutritional products prescribed by doctors. The remaining 20% is used for industrial purposes–mainly adhesives and sizings.

There are presently no companies in America that make casein; government price supports for milk price it out of the world market. The last U.S. manufacturer, Land O'Lakes, stopped in the 1970s. All casein used today in America is imported, mainly from New Zealand, Ireland, France and the Netherlands.

Note: If this outdated and misleading classification of casein as a non-dairy product could be changed, it would open up a huge market for soy protein products (isolates, soymilk, tofu), primarily in foods and beverages. Address: American Casein Co., 109 Elbow Lane, Burlington, New Jersey 08016. Phone: 609-387-3130.

10184. Roach, William. 1992. Re: Kyoto Food Corp. (Terre Haute, Indiana) would like to supply you with tofu. Letter to Richard Rose, Sharon's Finest, P.O. Box 1368, Santa Rosa, CA 95402, Sept. 17. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "The New Orleans Food Ingredients Fair was an exciting event for all those who attended. We at Kyoto Food Corporation are especially excited about the possibilities for Kyoto Tofu to be used in a variety of Products.

"We want you to know that we are ready and willing to assist you in any way we can in the development and inclusion of Kyoto Tofu as a part of your product developments." Address: 1050 West 35th St., Terre Haute, Indiana 47802. Phone: 812-235-9505.

10185. D'Ambrosio, Michele. 1992. Tofu spread sold refrigerated in a shallow pottery crock in Spain (Interview). *SoyaScan Notes.* Sept. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michele was in Spain recently, in the town of Figueras, population 23,000, in Gerona province, of northeast Spain, in the eastern Pyrenees Mountains, 24 miles north of Gerona. There she saw a unique very simple tofu spread, seasoned only with thyme, sold refrigerated at the only health food store in the city. The store also sold a lot of breads. It was packed in a tan glazed shallow pottery dish/container, weighing about 6 ounces. She loved the spread and even took the little dish home with her. Note: This container is reminiscent of the way that Chinese fermented tofu has long been packed. Address: 6441-43 Haverford Rd., Philadelphia, Pennsylvania 19151. Phone: 215-474-8636.

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10186. Rose, Bruce. 1992. The Soy Plant was renamed Tofu International Ltd. in Feb. 1992. Joint venture with Zhenjiang Bean Factory, a Chinese tofu company near Shanghai (Interview). *SoyaScan Notes.* Sept. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Nov. 1990 (after 2½ years of negotiations) Bruce Rose (not his company, Rosewood Products Inc.) signed a joint venture agreement with a big Chinese tofu manufacturer named Zhenjiang Bean Factory, located in Zhenjiang, China, about 130 miles west-northwest of Shanghai. The purpose of the company produced by the joint venture was to manufacture fresh (unpasteurized), traditional Chinese-style tofu and tofu products in Ann Arbor, Michigan, to be sold locally. Operating out of the plant at 738 Airport Blvd. in Ann Arbor, formerly owned by The Soy Plant, they started producing small amounts of tofu in February 1992 and at that time they renamed the company Tofu International Ltd. (TIL; It was formerly Rosewood Products Inc.). They formally started tofu production in July 1992. New products, all introduced in July 1992, include fried tofu, dofu-gan (2 types, very firm, not water packed), tofu chicken, and fresh soymilk.

The new company is operating out of the same factory as that formally occupied by The Soy Plant and Rosewood Products Inc., but with different equipment; and the tofu is made in a different way. In 1987 Rosewood Products Inc., a natural foods distributor (founded in 1980 by Bruce Rose, the president) purchased the Soy Plant's assets in bankruptcy court and invested a lot of money in new equipment. Rosewood had been distributing the Soy Plant's tofu for 6 years. For the next 5 years Rosewood was also a tofu manufacturer, making typically 5,000 lb/week (sometimes as much as 6,000 lb/week) of tofu, then production began to decrease as the competition grew more intense and as Bruce found he had too much to do trying to run both a distributing and a tofu manufacturing company. So he began to look for outside help in managing the tofu production operation. Rosewood Products Inc. still exists as the distributor of the tofu manufactured by TIL.

The Chinese are providing a team of skilled tofu production and management and production experts, equipment, and technology for making unique traditional Chinese tofu products. Presently, everyone in the plant is Chinese–they speak little or no English. Bruce does not want to compete with the "Big Boys" that sell aseptic or pasteurized tofu (Morinaga, etc.). Tofu production (especially in second generation products) has increased since the joint venture started and is now at about 3,000 lb/week–but most of this tofu is made into second generation products. Bruce has been to Zhenjiang once and visited their big factory which makes several hundred thousand kg/month of tofu.

In the near future, they plan to start making pressed tofu sheets, and Buddha's Chicken or Duck, which no other company in America is presently making. Address: Founder and President, Rosewood Products, Inc., 738 Airport Blvd., Suite 6, Ann Arbor, Michigan 48108. Phone: 734-665-2222.

10187. Burros, Marian. 1992. Cow's milk and children: A new no-no? *New York Times.* Sept. 30. p. C1, C6.
• ***Summary:*** "The Physicians Committee on Responsible Medicine, whose interests include both preventive medicine and alternatives to animal research, has declared war on that great American icon milk. 'Parents,' the committee said in a statement released in Boston yesterday, 'should be alerted to the potential risks to their children from cow's-milk products.' It added, 'Milk should not be required or recommended in Government guidelines.'

"The committee asserted yesterday that milk is an unhealthful food because it has too much fat, produces iron deficiency in infants, causes diabetes in children with the genetic predisposition to the disease and is responsible for colic, allergies and digestive problems."

"Suzanne Havala, a registered dietician from North Carolina, who was a co-author of the American Dietetic Association's position paper on vegetarian diets, supports the recommendations. 'After weaning, there is no need for milk of any sort in the diet in any species,' she said. Vegetarians get all the calcium they need from leafy vegetables, broccoli, tahini and tofu made with calcium sulfate." Address: Staff writer.

10188. Galloway, Gloria. 1992. Lifeless looking bean curd can soar to tasty heights. *Windsor Star* (*Essex County, Ontario, Canada*). Sept. 30.
• ***Summary:*** Jon Cloud runs two Toronto vegetarian restaurants and Soy City Foods, a soyfoods production and distribution company. Hugh McLean of Heatherton, Nova Scotia, near Antigonish, produces more tofu than anyone else in the Maritime provinces–just 180 to 220 kg per week–in a tiny 2x3 meter room at the back of his family's house.

A photo shows 2 packages of tofu; one, named To-Fu-De-Light, looks like a pudding. It is almond flavored and has Chinese characters written on the package. Address: The Canadian Press.

10189. **Product Name:** Amy's Vegetable Lasagna (With Tofu & Soy Cheese).
Manufacturer's Name: Amy's Kitchen Inc.
Manufacturer's Address: P.O. Box 449, Petaluma, CA 94953. Phone: 707-762-6194.
Date of Introduction: 1992. September.
Ingredients: *Organic cooked lasagna pasta (*organic whole wheat durum flour, *organic wheat flour, water), *organic tomato puree, *organic zucchini, *organic tofu, *organic spinach, filtered water, Mozzarella style soy cheese (fresh soy milk made from organic soy beans and filtered water, soy oil, caseinate, fresh tofu, salt, soy lecithin, natural

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flavor, natural vegetable gums), onions, *organic carrots, olive oil, sea salt, garlic, spices. * = Organically grown/ processed in accordance with the California Organic Foods Act of 1990.

Wt/Vol., Packaging, Price: 9.5 oz (269 gm) in paperboard box. Retails for $3.85.

How Stored: Frozen.

New Product–Documentation: Spot in Health Foods Business. 1992. Sept. p. 88. "Italian Meal." A black-and-white photo shows the front of the package, which says: "No cholesterol. Lactose free. With tofu & soy cheese. Organic vegetables and pasta.

Ad in Vegetarian Times. 1993. Jan. p. 20. "Something for everyone at Amy's." New ethnic favorites include "Tofu Vegetable Lasagna: Made with organic vegetables and tofu in a flavorful organic tomato sauce layered between organic pasta."

Product with Label purchased at Berkeley Natural Grocery Co. 1994. June 23. 6.5 by 5 by 1.5 inch paperboard box. Red, green, blue, yellow, and white. A color photo shows the lasagna on a white dish with a sprig of basil at one side. "No cholesterol. Lactose free. Organic vegetables, pasta & tofu. Microwave or regular oven."

2010 March 26. Same product purchased at Diablo Foods in Lafayette, California. 9.5 oz. Retails for $5.89. Round logo (white on green) in lower right of front panel. "No GMOs. No bioengineered ingredients." "Contains milk protein" (in the Mozzarella style soy cheese, in the form of casein–a milk-derived protein).

10190. *Berrydales Special Diet News* (*Barrydales Ltd., London*). 1992. Holland & Barrett & tofu cheese. Sept. p. 5. [1 ref]

• ***Summary:*** On 17 Sept. 1991 a child named Suraj Jalota, who suffered from a violent reaction to dairy products, ate a misleadingly labelled tofu cheese and died. The cheese contained casein, a dairy protein, but the front panel of the label stated "no animal fats," which could, and was, mistakenly interpreted to mean "no animal products."

According to a letter from Mr. M.D. Rose of Holland & Barrett, the retail store at which the product was purchased, before the child died, Holland & Barrett had already taken steps to delist this tofu cheese following complaints made by some of the store's vegan customers. They were ready to re-list a casein-free variety.

Talk with Richard Rose of Sharon's Finest. 1993. Feb. 9. This soy cheese product was made by JRJ Trading. The owners of JRJ told him that the grandmother of the child who died, while taking care of him, gave him some of the cheese and then left him for several minutes. When she returned, the boy was unconscious and blue. JRJ's understanding, based on an autopsy, is that the child "aspirated" the cheese, choked on it, and suffocated to death–rather than dying from the casein in the cheese. This is why JRJ was not prosecuted. Even though the company's name was never mentioned, the incident devastated both the product and the company. Who would want to buy a food that kills children? Address: 5 Lawn Road, London NW3 2XS, England. Phone: 071-722-2866. Fax 071-722-7685.

10191. **Product Name:** Vegetable Ravioli–With Whole Grains [With Carrot Pasta, With Spinach Pasta].

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Manufacturer's Name: D'Alterio Foods.
Manufacturer's Address: 109-18 Northern Blvd., Corona, NY 11368. Phone: 718-779-4770..
Date of Introduction: 1992. September.
Ingredients: Ravioli: Certified organically grown: Whole wheat durum flour, whole wheat flour, carrots, spinach, tomatoes, tofu, cooked wild rice, cooked brown rice, onion, peas, corn, canola oil, garlic, oat bran, wheat bran, amaranth. Natural: Filtered water, sea salt, herbs and spices.
Wt/Vol., Packaging, Price: 9 oz. (225 gm) tray.
How Stored: Frozen.
New Product–Documentation: Article in *Food Business* (Chicago, Illinois–Putman). 1992. Nov. 23. "Pasta with a heart–D'Alterio Vegetable Ravioli." "Joe D'Alterio's story is reminiscent of ConAgra chairman Mike Harper's bout with heart problems that inspired Healthy Choice. Five years ago, D'Alterio, owner of D'Alterio Pasta, Corona, New York, had chest pains. Instead of going through with the angiogram his doctor recommended, D'Alterio decided to follow Dr. Dean Ornish's program and, as he recalls, 'I went cold turkey.' He changed his diet, eliminated meat, meditated and exercised.

"Two months later, he said, his cholesterol level dropped from 250 to 165. 'My doctor couldn't believe it,' said D'Alterio.

"The results inspired D'Alterio to begin work on a line of vegetarian pastas. Today, the line he has come up with tastes as good as–if not better than–its meat-laden counterparts.

"D'Alterio's whole-wheat pastas are vegetarian as well as organic. Spinach ravioli, for instance, includes carrots, tomatoes, tofu, rice, onions, peas, corn, oat bran, wheat bran and amaranth. End result: Fifteen percent of calories from fat, 9.3 grams of protein, 7.5 grams of fiber and no cholesterol."

A large photo shows the label, with ingredients.

Ad (half page, color) in Vegetarian Times. 1993. April. p. 21. "Premium Organic Pastas: Delicious tasting pasta has never been this healthy before." Shows a large color photo of the label, with a 50¢ off coupon. Send it to: P.O. Box 880145, El Paso, Texas 88588-0145 (The address of a coupon redemption company).

Talk with Alberto Olavarria of D'Alterio. 1998. Feb. 17. In 1992 the company began making meatless products for the natural foods industry. Their first product that contained soy (tofu) was the Vegetable Ravioli, introduced in Sept. 1992 at the Natural Products Expo in Baltimore, Maryland. In 1992 they started making products for the natural foods industry, started using organic ingredients, and introduced their first two meatless products: Vegetable Ravioli (with tofu), and Vegetable Tortellini (without soy). Also in 1992 they introduced Beef Cannelloni and Beef Empanada (like a meat turnover); both contained a mixture of TVP and beef. The company started in 1972. The Healthy Cuisine name started to be used in about 1995. The address has always been 109-18 Northern Blvd., Corona, New York 11368. Phone: 718-779-4770.

10192. Morinaga Nutritional Foods, Inc. 1992. Pure tofu. Perfect package (Ad). *Vegetarian Times.* Sept. p. 24.
• ***Summary:*** This full page color ad (see next page) shows a burning candle, sunflowers and other flowers, and two packages of Mori-Nu Silken Tofu, one opened, surrounded by nuts, vegetables, and soybeans in a wooden bowl.

The caption at the bottom reads: "Mori-Nu is silken style tofu in a revolutionary package, which keeps Mori-Nu Tofu fresh and ready to eat for months, without irradiation, preservatives or refrigeration. Mori-Nu's smooth texture and soft, firm and extra-firm varieties make it perfect for any recipe. Write and we'll send you our favorites.

"From appetizers to desserts, Mori-Nu Tofu is part of your lifestyle."

This ad also ran in May 1993 (p. 25). And in Health Foods Business, Sept. 1992 (p. 11). And in Natural Foods Merchandiser, Feb. 1993 (p. 79). Address: 2050 W. 190th St., Suite 110, Torrance, California 90504.

10193. *SoyaCow Newsletter* (*Ottawa, Canada*). 1992. Better tofu using SoyaCow. 1(3):1. July/Sept.
• ***Summary:*** "Indovita Proteins (P) Ltd., Ghaziabad, India, recently received a SoyaCow for testing and installed it in the Delhi area to explore its economic viability for a soya milk cottage industry. They reported that the tofu make using the soya milk from the SoyaCow is superior in flavour and texture to that which they are producing on their Taiwanese equipment.

"Indovita is now in the process of upgrading their existing equipment with SoyaCow technology. This confirms the belief that better quality soya milk makes better quality products–tofu, yogurt, drinks, frozen desserts, etc."

10194. **Product Name:** Soymage Grated Parmesan Cheese Alternative (100% Dairy Free–Casein Free). Renamed Vegan Parmesan by March 2000.
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 1-800-441-9419.
Date of Introduction: 1992. September.
Ingredients: Soy beverage (filtered water, organic tofu), textured vegetable protein, rice starch, canola oil, sea salt, citric acid, calcium phosphate, natural flavors, riboflavin.
Wt/Vol., Packaging, Price: Bottle.
New Product–Documentation: Soymage Natural Products Expo East–September 11-13. Soyco, Soymage, Lite 'n' Less (Leaflet). "Parmesan: Grated style regular (3.5 oz), fat-free (5 lb or 25 lb).

Spot in Vegetarian Times. 1995. March. p. 14. "Cheese to please vegans." Shows a color photo of the bottle and

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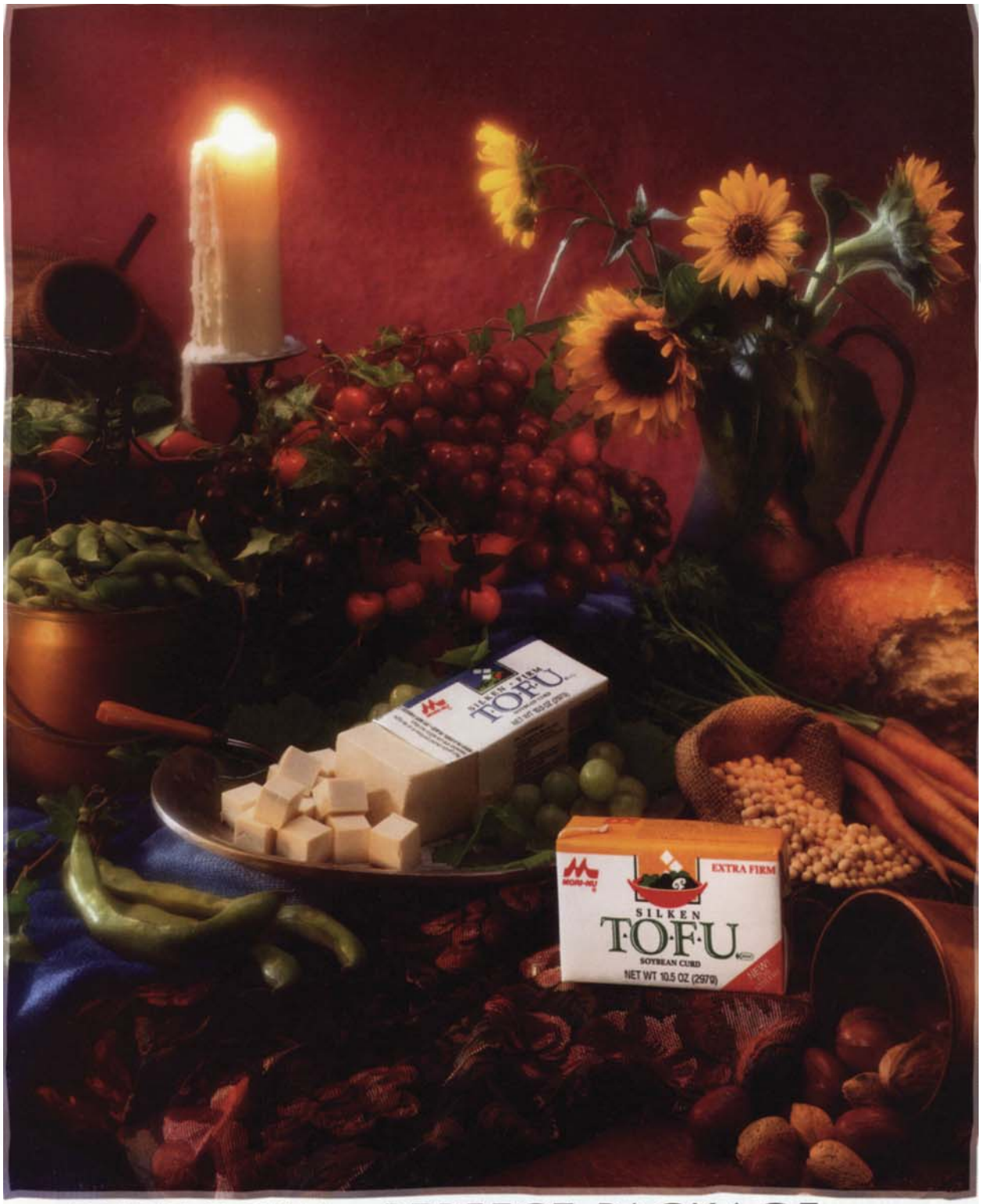

PURE TOFU. PERFECT PACKAGE.

Mori-Nu is silken style tofu in a revolutionary package, which keeps Mori-Nu Tofu fresh and ready to eat for months, without irradiation, preservatives or refrigeration. Stack and merchandise the brick-shaped package anywhere in your store. Mori-Nu's smooth texture, and soft, firm and extra-firm varieties make it perfect for any of your customers' recipes. Call 1-800 NOW TOFU to order Mori-Nu Tofu. The perfect Tofu.

MORI-NU

© 1992 Morinaga Nutritional Foods, Inc., 2050 W. 190th Street, Suite 110, Torrance, CA 90504

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front panel of the label.

Talk with technical representative from Galaxy. 1995. July 31. They buy organic tofu powder from a company in Minnesota, then mix it with filtered water to make "soy beverage."

Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West. 2000. March. "Build your healthy cheese section with Soyco Foods: The Dairy Free Vegan Alternative." A color photo shows a jar of Vegan Parmesan. On the rear, the ingredients are given.

10195. **Product Name:** Tofu Chips.
Manufacturer's Name: Tofu Chips, Inc. A subsidiary of Back Porch Brands, Inc. Renamed Oregon Chips, Inc. by Sept. 1992.
Manufacturer's Address: P.O. Box 282, Ashland, OR 97520. Phone: 503-734-7696.
Date of Introduction: 1992. September.
Wt/Vol., Packaging, Price: 6.2 oz. bag.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo East. 1992. Sept. 11-13. Baltimore, Maryland. "Oregon Chip's all-natural Tofu Chips."

10196. Whalen, Greg. 1992. Recent developments at Wildwood Natural Foods (Interview). *SoyaScan Notes.* Oct. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Greg worked for Wildwood for 9 years, most recently as production manager. About 2 months ago Wildwood decided to stop making tofu in Fairfax, and make all of it in Santa Cruz. First, it was found that consolidation in a more modern facility would reduce production costs, and second, the city of Fairfax was putting many restrictions on Wildwood's attempts to expand there. Wildwood-Fairfax sold their tofu-making equipment to Arnold Whitridge, a long-time macrobiotic who has a lot of money from his family (trust fund) and owns a commercial organic farm in Trinity County, northern California, near Weaverville. Greg is thinking of moving there to start a tofu shop using the former Wildwood equipment.

Wildwood is still making their second generation tofu products in Fairfax but they are thinking of moving at least part of their operation to Richmond, perhaps into a vacated Safeway supermarket building. They may keep the present location to use for distribution.

Greg is a close friend of Paul Orbuch. Wildwood's board of directors relieved Paul of his duties as president; he is still on the board but no longer works at Wildwood on a daily basis. Paul was very upset and is now suing the board. Paul and Jeremiah Ridenour are not on good terms. The board also hired a "hot-shot numbers man" to come in and streamline Wildwood's operations. That man fired Greg without any advance notice or compensation for his 9 years of work. Greg feels that Paul would never have treated him in that way. Devo, the general manager who had an ulcer, had to quit shortly after Paul was asked to leave because of the pressure of the situation. Other employees are not very happy with the new situation. Address: Formerly of Wildwood Natural Foods, Fairfax, California.

10197. *SoyaScan Notes.* 1992. The best sources of calcium from plant sources in terms of actual calcium absorption (Overview). Oct. 25. Compiled by Dr. Michael Klaper.
• ***Summary:*** The amount of calcium absorbed from each food source is 25 mg or more. 1 cup of milk provides 66.7 mg of absorbed calcium. The amount of food is ½ cup boiled unless otherwise noted:

Tofu, raw, firm, curded with calcium sulfate or calcium chloride 80.0 mg of calcium.
Sesame seeds (1 oz.) 58.4 mg.
Turnip greens 51.1 mg.
Broccoli 46.8 mg.
Chinese cabbage 42.5 mg.
Mustard greens 30.0 mg.
Small white beans 28.2 mg.
Kale 27.6 mg.

Note 1. The source of this information is Dr. Michael Klaper, a vegan physician, who compiled the numbers from various sources. He multiplied calcium content by bioavailability (expressed as a percentage).

Note 2. The average calcium content of various consistencies of tofu curded with calcium sulfate is as follows (each contains different amounts of water due to pressing): firm tofu–159 mg/100 gm; extra firm tofu–165 mg/100 gm; regular tofu–146 mg/100 gm. By contrast, tofu curded with nigari contains only about 45 mg/100 gm of calcium.

10198. Belleme, John; Belleme, Jan. 1992. Culinary Treasures of Japan: The art of making and using traditional Japanese foods. Garden City Park, New York: Avery Publishing Group Inc. xiv + 232 p. Illust. by Akiko Aoyagi. Index. 25 cm.
• ***Summary:*** Contents: Acknowledgments. Foreword. Preface. Map of Japan showing where 21 traditional foods sold by Mitoku are made. 1. Kuzu: The wonder root. 2. Mirin: Sweet rice wine. 3. Miso: A health secret to savor. 4. Mochi: The sweet rice treat. 5. Noodles: Traditional Japanese fare. 6. Rice malt: Heavenly sweet water. 7. Toasted sesame oil: Cooking oil supreme. 8. Shiitake: Miracle mushrooms. 9. Soy sauce: King of condiments. 10. Tea: A national institution. 11. Snow-dried tofu: Protein powerhouse. 12. Umeboshi: Venerable pickled plums. 13. Vegetables of the sea: Underwater harvest. 14. Brown rice vinegar: Japan's liquid treasure. 15. Traditional vessels: Vats, crocks, and barrels. Glossary. Worldwide importers.

Concerning soy sauce, this book discusses Sendai Shoyu and Miso Co., Johsen, tamari, Mansan Brewing Co.

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founded by Oguri family in 1875, almost destroyed in Sept. 1959 by the fierce Ise-wan typhoon, "discovered" in 1982 by Akiyoshi Kazama of Mitoku. Now a macrobiotic staple.

For details on the uncondensed introduction to this book see Kushi (1992) "Introduction to *Culinary Treasures of Japan."* Though very interesting, it contains a number of factual errors and statements that leave the wrong impression. Address: Saluda, North Carolina.

10199. Haren, Chuck. 1992. Nicaragua. *Plenty Bulletin* (*Davis, California*) 8(3):1-2. Fall.
• ***Summary:*** "Nicaragua is one of several Central American countries from which Plenty has received letters requesting support for people learning how to use soybeans. In August Plenty provided technical support to Soynica, a group of women who are conducting an education, training and feeding program in Managua, the capital. Soynica is a non-profit development organization which was formed by a group of women who have voluntarily been promoting the use of soybean foods among low-income rural and urban families since 1980.

"Soynica became an officially registered organization in 1990. Women within the barrios of Managua have sought out support from Soynica in helping them to feed their children. Soynica responds by first helping the women organize themselves into working groups which support each other. A staff of 22 educators provide training for 450 pregnant and nursing mothers in the poorest barrios of Managua... Soynica, with the help of 145 volunteers, provides food for 24 'ollas communales' (community pots) which serve one meal five days each week to 450 pregnant and nursing mothers and 2,500 malnourished children. Soybeans are used in 80% of these meals (see photos below). Specifically, Soynica requested Plenty to help improve the processing methods they were using at the ollas communales, and to work with them in designing a funding proposal for a small soybean processing and marketing facility within Managua. From this facility Soynica intends to process and market a variety of soybean foods, then use the profits to help cover the costs of the social assistance programs they are carrying out in the barrios of Managua. While in Nicaragua I was able to demonstrate methods of processing soybeans which improved the milk and tofu yields the women could achieve when preparing meals at the ollas communales. I also worked with the administrators of Soynica programs, Luci Morren and Casta Calderon, in writing a proposal for a Soybean Processing, Marketing and Training Center.

"I wish to thank John and Carlotte Gabriel of Nevada City, California for bringing the commendable work of Soynica to our attention, and for their vital assistance."

A photo shows many people watching as Soynica volunteers prepare soymilk or tofu.

10200. Jung, Betty. 1992. The Kopan cookbook: Vegetarian recipes from a Tibetan monastery. San Francisco, California: Chronicle Books. 119 p. *
• ***Summary:*** The book takes its name from the Kopan CKD, a Tibetan Buddhist center just outside of Kathmandu, Nepal.

10201. **Product Name:** [Tofu and Apple Syrup Cake, Tofu–Cheese and Vegetables Cake].
Manufacturer's Name: La Sojeria, S.C.
Manufacturer's Address: Carretera de Vic Km. 30, 08180 Moia (near Barcelona), Spain. Phone: (93) 830 1123.
Date of Introduction: 1992. October.
Wt/Vol., Packaging, Price: In aluminum trays and vacuum packed in plastic.
New Product–Documentation: Letter from Javier Arocena of Zuaitzo, Spain. 1992. Dec. 14. He knows of three other soyfoods manufacturers in Spain: Natur-Soy, Vegetalia, and La Sojeria, all near Barcelona.

Form filled out by Laura Cami and Mario Rimoldi of La Sojeria. 1993. Feb. 13. Their company introduced these products in Oct. 1992. They now make about 160 lb/month of each product. These 2 varieties of cakes are sold in aluminum trays and vacuum packed in plastic.

10202. Yamaguchi, Yuzo. 1992. An age-old Asian food heads west. *Economic World* (*New York*). Oct. p. 34-35.
• ***Summary:*** Morinaga sells about 10 million 10.5 oz packs of Mori-Nu tofu across America. "In August, New York's Protein Foods Inc., a supplier of traditional water-packed tofu, rolled out a thick-fried vegetable tofu with sauce that's packaged for microwave cooking, and a line of tofu cakes...

"Tofu still has a long way to go to be accepted, even desired, by Americans in general. Mr. Kumoda at Morinaga Nutritional Foods recalls that thieves pillaging grocery stores during the Los Angeles rioting left the tofu untouched. 'Tofu has to become the kind of food that can be stolen,' he says."

10203. Paolucci, Danny. 1992. Work with Swan Foods Corp. in Miami, Florida. The sad story of Robert Brooks and Mary Pung, founders of Swan Foods (Interview). *SoyaScan Notes.* Nov. 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Danny grew up in Miami. He became a vegetarian in 1970 at age 18, and soon began to buy 10-pound bags of soybeans, which he pressure cooked. "They made me feel great." He went to practice Rinzai Zen with Sasaki roshi in Los Angeles at Cimarron Zen Center, the city center for lay practitioners at 2505 South Cimarron St., Los Angeles, California 90018. It is the mother temple for all Sasaki roshi's centers nationwide (Mt. Baldy monastery; Ithaca, New York; Jemez hot springs, New Mexico, etc.). There he was the head cook (*tenzo*) for 18 months during 1972-74. He cooked for an average of 10 people/day and he served many recipes (such as soyburgers) based on cooked whole soybeans. He also made his first batch of tofu (curded with lemon juice) while tenzo; he learned from a recipe

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in *The Soybean Cookbook* (a blue book) by Dorothea Van Gundy Jones. When he served the tofu to Sasaki roshi, the roshi said "Not so good; it's sour." One person at Cimarron who wanted to start a tofu company as a Zen Center business was Gentei (Sandy Stewart); but he couldn't do it because the Japanese had a tight grip on the market.

After leaving Mt. Baldy, Danny returned to his home town of Miami. He worked for a while in the produce section of one of the chain grocery stores; he needed money. The idea of starting a tofu company stayed in his mind. In late 1977, when he heard that Robert Brooks and Mary Pung had been running Swan Foods for about 1 year in Miami, he went over and said he would like to work for them. He soon became their production manager–despite his complete lack of experience. Robert would pay the employees using fistfuls and huge rolls of cash. Later Danny found out that Robert was dealing drugs. The business was not making money because no one was marketing the products, and there were far too many products. Also many of the products (including refreshing teas) spoiled very quickly due to a junky old refrigeration system that was not strong enough; even after it was replaced, the new system could not prevent widespread spoilage. Basically, they lost money every day on almost every product they made. Nobody in the company knew what they were doing; no one was "steering the ship." Mary was working on a cookbook, that was never published. Mary and Robert were both doing a lot of new product R&D, and playing with a clam-jaw-type vacuum packager. One worker, Jimmy Wilks, was an original partner. He invested $50,000 of his inheritance in the business and it was quickly all gone; his family never forgave him. Actually he left before Swan Foods went bankrupt because of an accident in the plant. One day, while he was working near the pressure cooker, the top blew off and he was covered with scalding-hot soy slurry. His coworkers dumped him into the cooling tank, where the water cooled him off. His burns were not that bad; he left the company more out of shock than for medical reasons. He later worked at Popeye's Health Foods in Miami.

Danny was hired just after Wilks left to manage the plant. Danny's stepfather, Marias, who is a financial analyst, was thinking of buying Swan Foods as it was near bankruptcy. Robert Brooks wanted $100,000 for the company. Marias went over their books and found that they lost something like $200,000 during the brief life of the business. Marias and Danny waited until Swan Foods went out of business. Danny bought all equipment that had not been sold. He also cleaned out the office, and kept any interesting documents–which he still has. Robert bought a moped and moved into Coconut Grove (Danny does not know whether or not Mary was with him), rented a room somewhere, and just buzzed around. "He was really wacked out." He may have had big debts and was hiding from his debtors. Danny still has a file on Swan Foods. He may still have some product sheets and recipes.

Danny thinks that Robert and Mary were never married. Mary (who was about age 23 in 1977) got pregnant, but Robert didn't want the baby, and wouldn't marry her. It was a boy who they named Osland (perhaps spelled Aslan, Ausland or Auslan). They were Premmies, and devotees of Guru Maraji. Dick McIntyre of Swan Gardens was also a Premmie and is still an active devotee in Miami. Five years ago Mary contacted Danny. 3-4 years ago she was a down-and-out alcoholic living in shelters for the homeless–completely destitute. She was probably arrested in Miami many times for prostitution and drugs. What a tragedy. Danny has no idea how to reach her, but he thinks she still lives in the greater Miami area.

After Swan Foods went under, Danny, financed by Marias, started Sunshine Soy Company, Inc. (see separate interview). Address: 2219 S.W. 59th Ave., Miami, Florida 33155. Phone: 305-266-0830.

10204. Paolucci, Danny. 1992. Sunshine Soy Company Inc. and the tofu market in Miami, Florida (Interview). *SoyaScan Notes.* Nov. 5. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** After Swan Foods went out of business in Dec. 1978 Danny's stepfather, Marias, who was a financial analyst and a numbers man, didn't think it was a good idea to invest in another tofu company. He wanted to see what happened. So he waited for 18 months, during which time Richard McIntyre and Bob Heartsong set up tofu companies in Miami (Swan Gardens, and Bob & Toni's Tofu Works, respectively). Danny and the Heartsongs (Bob & Toni) had earlier tried to raise money to go into business together, but it didn't work out–since they wanted to give him only 5-10% of the ownership. So they returned the money they had raised to the investors and went their separate ways. Danny opened Sunshine Soy Company Inc. in Coral Gables, financed by Marias, in June 1980. So there were now 3 tofu companies in the greater Miami area.

McIntyre and Heartsong each set up a companies down in the low-rent produce section of Miami–10-15 miles away from Sunshine Soy. McIntyre was fairly innovative and took the idea of vacuum packaging tofu to new heights by having his bags printed and having dividers for each pack in his cases which made the tofu look very neat. That gave him the edge on the market, which won him Tree of Life as a distributor. Danny got a lot of the GNC (General Nutrition Corp.) stores; they both got chain store accounts. In the interim McIntyre hired Leasa, an Asian-American business, to distribute his tofu; they distribute Oriental foods to the chain stores. Danny heard that Leasa and McIntyre paid the chain store buyers $5,000 each to carry their tofu. He ended up with 3 of the major chains. Soon McIntyre was the largest tofu producer in Miami. Heartsong picked up the leftover accounts.

Sunshine Soy closed in March 1983 for various reasons:

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(1) The company's lease was up and the landlord wanted to increase the rent dramatically. (2) McIntyre was the leading tofu maker in the area and hard to compete with. (3) Interest rates were at about 18%. Marias said that Sunshine Soy was not even making a 10% return on investment, so he withdrew his support. Danny was living in the back of the shop, paying himself $200/week and working 18 hour days with 8 employees. He was burned out and he had lost a total of about $100,000 over the 3 years. So he went to work as an electrician–a trade he knew. He is now doing well as an electrician. He is still actively involved with Rinzai Zen meditation, and he has a public zendo in his home. Chico and Carol Wagner of Yaupon Soyfoods in Elgin, Texas (started July 1979) and James and Diana Muhs of Ashland Soy Works in Ashland, Oregon (started Oct. 1981) have also long been a Zen students of Sasaki roshi. Danny goes to his zendo on Mount Baldy for Rohatsu sesshin each December. Address: 2219 S.W. 59th Ave., Miami, Florida 33155. Phone: 305-266-0830.

10205. Shestakov, Vladimir. 1992. The Ecoville Project in Russia: Interest in ecology, humane sustainable culture, vegetarianism, and soyfoods in St. Petersburg (Interview). *SoyaScan Notes.* Nov. 9. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Vladimir (nickname "Vlodia"), a Russian biologist who speaks excellent English, phoned during a visit with John Robbins at EarthSave. He is working to start rural based ecological village/community, an education and resource center in St. Petersburg including a vegetarian restaurant and a soy dairy (to make tofu and soymilk) for the first 2 businesses of the project.

Vladimir visited The Farm in Tennessee and was impressed with their soy dairy. While in San Francisco, he is staying at the Center for Citizen Initiatives, run by Sharon Tennison (3268 Sacramento St., San Francisco, California 94115. Phone: 415-346-1875). One of their three main programs is titled "Feed Yourself."

A 1-page leaflet titled "Ecoville Russia: Project Description" sent by the Context Institute (a non-profit, founded in 1979, near Seattle) in Washington state adds: "The Ecoville Project began in Sept. 1991 at an international gathering of specialists in sustainable community development hosted by Gaia Trust, Denmark, and Context Institute, USA. The group decided to support the proposal of the Russian delegate, Vladimir Shestakov, for the creation of an ecological village near St. Petersburg. Such a model could show how Russia and the other republics of the Soviet Union might rebuild their societies in a way that is sustainable and sensitive to the environment...

"Gaia Trust has provided start up funding to assist the project. A western team traveled to St. Petersburg in April 1992 to do a seminar on the above areas and to help the Russians develop team-building skills...

"Diane Gilman, is coordinating the Project from the West...

"Please contact Diane Gilman, the Western Coordinator at Context Institute for more information. Mail: PO Box 11470, Bainbridge Island, WA 98110 USA. Tel: (206) 842-0216."

Follow-up talk with Diane Gilman. 1992. Dec. 6. A new vegetarian society has been active in St. Petersburg since Jan. 1992. She and her husband, Robert, an architect, know Cynthia and Albert Bates at The Farm in Tennessee. Address: Russian Ecoville International Coordinator, P.O. Box 644, St. Petersburg 191180, Russia. Phone: +7 812-113-5896 (Phone and fax).

10206. Wells, Nasu. 1992. The sad story of Robert Brooks and Mary Pung, founders of Swan Foods Corp. in Miami, Florida (Interview). *SoyaScan Notes.* Nov. 9. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Nasu knew Robert and Mary "from way back when." Robert and Mary (who she thinks were never married) had a son (born in about 1978) with an unusual Sanskrit name [Aslan], which they later shortened to "Lenny" or "Lonnie." Mary was a very pure soul, and she and Robert were deeply involved with Guru Maraji and his Divine Light Mission.

After their breakup, Mary sued Robert for child support. Robert then married a woman named Tatiana, who was from Venezuela and was also a Premmie deeply involved with Guru Maraji. Mary disappeared for many years and nobody–not even Robert knew where she was. She sort of abandoned her son, so he lived with Robert and Tatiana and Tatiana's first child from another relationship. Robert and Tatiana had two children of their own, Alvin and Emerald–which Nasu delivered. Robert continued his involvement with Guru Maraji. Mary then came back into the picture again about 7 years ago and took her son Lenny/Lonnie back to live with her. Nasu saw her at the Natural Food Market; she had gained a lot of weight, apparently had a drug problem, seemed to be in bad shape financially, and was struggling to survive as a single mother with a child. Nasu has not seen Mary for about 5 years and is not aware that she ever married. Tatiana was diagnosed as having lymphatic cancer. She and Robert separated, and were in the process of a divorce apparently for two reasons: (1) Robert was quite a womanizer and a disloyal husband, and (2) He had a lot of business and financial problems. He had lost a lot of money and many people were after Robert for money, related to drugs. Robert went to live alone in one of the most expensive and exclusive hotels in Coconut Grove–where he committed suicide about 4 years ago. He had another close girlfriend at the time. Robert would not give Tatiana any money to help treat her cancer. Nasu does not think that Mary's child, Lenny/Lonnie, is living with Tatiana now. Tatiana still lives in the south Miami area, where she has an unlisted phone

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number; she shops at least once a week at Natural Food Market and works out at a gym named Bodyworks on Sunset Drive in Miami. She is still very active with the Divine Light Mission, which is now located in Orlando, Florida. One of her children goes to Pinecrest Elementary School (on Red Road and 104th in Miami) and the other goes to Gulliver Academy (on Red Road in Coral Gables).

Nasu watched as Robert went from being a fairly sound person to one who "went off the wall." It is a very sad story.

Update after talk with Nasu on 18 Nov. 1992. A friend of Nasu's has seen Mary recently and she is fine. Mary changed her name to Lea, went through a rehabilitation program 2 years ago, and went back to school. She married a man named Mark. Mary's son has been living with her parents for a long time. Address: Midwife, Coral Gables (Miami), Florida. Phone: 305-663-6745.

10207. Ober, A.F. 1992. Pepper... and salt: Legacy (poem). *Wall Street Journal.* Nov. 27. p. A9.
• ***Summary:*** "When hippies lost their chic cachet, / Fashion turned the other way. / Hair was cut and beards were shaved, / Hardly any songs were saved, / Sandals left and soap returned, / Fewer college buildings burned, / Herbal teas and homemade wine / Underwent a great decline. / Still one remnant I deplore: Tofu at my grocery store."

10208. **Product Name:** [Soja Harmoniques: Lentil Salad with Tofu].
Foreign Name: Soja Harmoniques: Salade de Lentilles au Tofu.
Manufacturer's Name: Biosoja.
Manufacturer's Address: 10 rue Lavoisier, F 68 000 Colmar, France. Phone: 89 74 53 74.
Date of Introduction: 1992. November.
Ingredients: Lentils 40%, tofu 30%, carrots, peas, peppercorns, water, vinegar, mustard, modified starch, salt, seasonings, sugar.
Wt/Vol., Packaging, Price: 280 gm. can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: SoyaFoods. 1992. Autumn. p. 7. "A profile of Sojinal." See Table 2. "Biosoja retail food products." Canned ready meals with less than 300 calories.

Label sent by Heather Paine of SoyaFoods in London. 1993. Nov. 3.

10209. **Product Name:** Soymilk Powder (Regular, or Reduced Fat), Tofu Powder (Regular, or Reduced Fat), Soy/Whey Blend, Textured Soy Flour, Soy Flour (9% fat).
Manufacturer's Name: DMV USA. Div. of DMV, Inc.
Manufacturer's Address: 2340 Enterprise Ave., P.O. Box 1628, La Crosse, WI 54602-1628. Phone: 1-800-359-2345.
Date of Introduction: 1992. November.
Ingredients: Soy flour.
New Product–Documentation: Ad in '92 Soya Bluebook, p. 52. "Quality ingredients from soya. Chemical-free process. Kosher / Parve & organic available." Talk with Craig Albrecht, Technical Sales Manager at DMV USA. 1993. March 19. This company buys soy flour and makes all the above products from it. The line was introduced in the fall of 1992, before Craig arrived at the DMV. DMV is a Dutch-owned dairy cooperative with $4,000 to $5,000 million in sales worldwide. They have had a presence in the USA for about 3 years. DMV USA imports various caseinates and whip toppings, and also makes various dairy products such as nonfat dry milk, buttermilk, whole milk, whey, whey protein concentrate, cheese, imitation cheese, etc. They sell these products to foodservice organizations and the food industry. The soy products are still a minor part of their total business, but growing. Ed Pedrick came from Clofine to work for DMV.

Ad (full-page, black-and-white) in Soya Bluebook. 1993. Oct. "Soymilk Powder & Tofu Powder."

10210. Griffis, Gil; Wiedermann, Lars. 1992. Marketing food-quality soybeans in Japan: A manual on how to profit from the niche market in Japan for value-added soybeans. 5th ed. St. Louis, Missouri: United Soybean Board. 25 p. Nov. 28 cm.
• ***Summary:*** Contents: Introduction. Japan: Desired soybean characteristics, tofu (procedure for making tofu, desired soybean characteristics, color of hilum, seed size {the larger the better, preferably more than 20 grams/100 beans}, color of cotyledons, hull, composition, special notes, American interpretation), miso (same categories of information as tofu), natto (ditto; seed size: The smaller the better, with a maximum of 5.5 mm diameter. Round shape is preferred to oval in order to limit swelling during the soaking and boiling processes), food quality soybean varieties (name or code-name of 42 varieties, maturity zone, release year, used to make what soyfoods), distribution channels, marketing channels, protocol, pricing, organically-grown soybeans.

Taiwan: Introduction, list of 4 major buyers, users, and trade associations. Korea. Southeast Asia. United States.

Appendix I. Distribution systems for soybeans used for food in Japan: Tofu (23,000 tofu shops of which 13,000 are members of the Tofu Association), natto, miso.

Appendix II. Food soybean imports by country of origin, 1984-1991. USA is the largest supplier (845,000 tonnes in 1991), followed by China (279,000), then Canada (28,000). Total imports, which have stayed about constant during this period, were 1,152,000 tonnes in 1991.

Appendix III. Distribution by usage of soybeans used for food–1991, direct use only in tonnes (metric tons). Tofu: 607,000 tonnes total, of which 562,000 come from the USA and Canada, 25,000 from China, and 40,000 from Japan. Up 2% from 1989.

Miso: 171,000 tonnes total, of which 38,000 come from the USA and Canada, 121,000 from China, and 12,000 from

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Japan. Up 0.5% from 1989.

Natto: 147,000 tonnes total, of which 87,000 come from the USA and Canada, 50,000 from China, and 10,000 from Japan. Up 9% from 1989.

Other: 39,000 tonnes total, of which 20,000 come from the USA and Canada, none from China, and 19,000 from Japan. Total food use of 964,000 tons is up 2% from 1989. Source: Japanese trade newspapers and trade associations. These figures do not include a estimated 492,000 tonnes of soybeans used indirectly (in the form of defatted soybean meal) for soy sauce, 222,000 tonnes used for soy protein, and 20,000 tonnes for other indirect uses.

Appendix IV. Directory of direct importers of food-quality soybeans for each is given: Home office in Japan. Representative office in the U.S.

Appendix V. Traders of food-quality soybeans (3 companies).

Appendix VI. Soy food organizations in Japan (tofu, miso, soymilk, packaged tofu, natto). Appendix VII. Helpful contacts.

Food quality soybean varieties (with maturity group / zone, and year released; table, p. 5): Chico (00, 1983), Grande (0, 1976), Proto (0, 1989), Minnatto (0, 1989), NattoKing [Nattoking] (I, 1988), Disoy (I, 1967), Vinton (I, 1978), Vinton 81 (I, 1981), King Natto (I, 1985), Kato (I, 1989), Magna (II, 1967), Prize (II, 1967), Marion (II, 1976), LS201 (II, 1989), Provar (II, 1969), Beeson (II, 1969), Kanrich (III, 1956), Kim (III, 1956), LS301 (III, 1989), Verde (III, 1967), IL2 (III, 1989; from Illinois), Hawk (III, ?), Emerald (IV, 1975), Vance (V, 1986), Camp (V, 1989), Hartz 936X (VI, 1981), Hartz 914 (VI, 1989), Hartz 922 (VI 1989), Merrimax (?, 1986).

Note: This report was originally published in Sept. 1989, mainly for use by the American Soybean Association office in Tokyo. Address: 1. Division Director for Asia; 2. Country Director for Japan. Both: American Soybean Assoc.

10211. Lewis, Stephen. 1992. Hitting the tofu trail. *Gourmet* 52:172, 175-76. Nov.
• ***Summary:*** The author and his wife dined at and described many tofu restaurants in Japan, including Sasanoyuki in Tokyo, Gesshotei in Kanazawa, and Okutan in Kyoto. Address: Santa Fe, New Mexico.

10212. **Product Name:** [Biosoja Line "S"–Tofu Nature {Long Life–Aseptically Packaged}].
Foreign Name: Biosoja Ligne "S"–Tofu Nature.
Manufacturer's Name: Sojinal. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France. Phone: 89 74 53 53.
Date of Introduction: 1992. November.
Wt/Vol., Packaging, Price: 250 gm Aseptic carton. Retails for 14 French francs at supermarkets.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Spot in SoyaFoods. 1992. Autumn. p. 5. "Long-life tofu launched in France." A photo (p. 7) shows the package.

10213. **Product Name:** [Biosoja Soja Delight: Tomato Sauce, Tofu Sausage with Lentils, Rice Salad with Tofu].
Foreign Name: Biosoja Soja Delight.
Manufacturer's Name: Sojinal. Affiliate of Coopérative Agricole de Colmar (CAC) (Marketer).
Manufacturer's Address: 8 rue Merxheim, 68500 Issenheim, France. Phone: 89 74 53 53.
Date of Introduction: 1992. November.
Wt/Vol., Packaging, Price: 300 gm can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: SoyaFoods. 1992. Autumn. p. 7. "A profile of Sojinal." See Table 2. "Biosoja retail food products." Canned ready meals with less than 300 calories.

10214. *SoyaFoods* (*ASA, Europe*). 1992. Milk and tofu from sunflower seed. 3(3):3. Autumn.
• ***Summary:*** Researchers at the Department of Cereal Science and Food Technology of North Dakota State University have used sunflower seed meal to produce a milk similar to soya milk, from which tofu can be made. They have also developed a sunflower seed protein isolate.

10215. *SoyaFoods* (*ASA, Europe*). 1992. A profile of Sojinal. 3(3):6-7. Autumn.
• ***Summary:*** The author visited the Sojinal factory where she talked with Mr. Rochet (Director General) and Eric Dubs (Export Manager). "Sojinal is based at Issenheim in Alsace (in eastern France near the German border), where much of France's soyabean crop is grown. Employing just over 20 people (only 6 on the production side) the office, factory and laboratories, which overlook beautiful Alsatian countryside, cover some 5 hectares. Ownership is split between a farming cooperative (65%) and 3 companies (18% Sofiproteol, 9% Unigrain and 8% Lavaur)...

"A recent survey of French consumers showed that 18% know about tonyu but only 1% regularly drink it at least once a week...

"Sojinal processes about 4,000 tonnes of soyabeans per year... Sojinal's product range falls into two areas: ingredients for the food industry and final retail products. Ingredients for the food sector are manufactured at Issenheim, but most of the retail products are produced elsewhere for Sojinal using Sojinal ingredients and recipes.

"Ingredients for the food industry include: hulled soya beans, fibre, tofu, soya pulp (okara), concentrated tofu, tonyu, soyapaste, and spray-dried soya powder [dried soymilk]. Applications are summarized in Table 1.

"A wide variety of products are produced for supermarkets (Ligne S) and health food outlets (Formoja).

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Sojinal retail food products are sold under the Biosoja name and include soya drinks and desserts, ready meals made from tofu, chocolate bars, vegetable soya patés and sauces and dressings (Table 2)...

"Sojinal's soyamilk is already No. 1 in Spain."

A photo shows the company's plant and offices.

10216. Tofu Shop (The). 1992. The Tofu Shop Delicatessen (Ad). *Northcoast Holidays* (*Regional Visitor Publications, Eureka, California*)**.** Nov.

• ***Summary:*** A small ad (2½ by 3½ inches). Graphics: Across the top are bells ringing on a black background with a snowflake between each. In the lower left is an illustration of the front of the Deli.

"Pumpkin tofu pie! Try this non-dairy alternative. Delicious, cholesterol-free and baked in a wholewheat crust. Small 6 oz. $1.55. Large 9" (special order) $5.95.

"Not 'n Natural Tofu Turkey dinners! Served at our deli beginning Sunday, Nov. 15, includes hot slice of tofu turkey, stuffing, gravy, cranberry sauce & salad. $5.25.

Hours: Mon-Sat 8-8. Sun 11-6. Address: 768 18th St., Arcata, California. Phone: 822-7409.

10217. **Product Name:** Tofu, Okara (Fresh, or Dry), Soysage, Okara Burgers.
Manufacturer's Name: Wesner's Tofu Farm.
Manufacturer's Address: West 14505 Coulee Hite Rd., Spokane, WA 99204. Phone: 509-467-7253.
Date of Introduction: 1992. November.
New Product–Documentation: Talk with Roberta Wesner, co-owner. 1992. Nov. 17. She and her husband, Bruce, who are Seventh-day Adventists, started selling these products on 11 Nov. 1992. They sell about 100 lb/week.

10218. McReynolds, Thomas. 1992. Low-fat and defatted tofu, and other new developments at Morinaga (Interview). *SoyaScan Notes.* Dec. 2. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Dr. Kenji Mizoguchi (Manager, Product Development Section, Food R&D Lab.) at Morinaga's central research laboratory in Tokyo, Japan, has been able to remove the fat from soymilk in order to make a 1% tofu (it contains 1% fat by weight) or a non-fat tofu. Tom has recently tasted the 1% fat tofu and thought it was excellent. Morinaga is planning to introduce this product in 1993 and Tom feels it will soon become the company's best-selling product.

Currently Mori-Nu firm silken tofu is the company's best-seller, followed by the extra-firm, with the soft in last place.

Tom is just putting the finishing touches on a new book to be titled *Tofu and You.* It was written by a lady who had a long-term weight problem until she married a Chinese man and started eating tofu. It is not a vegetarian book. It comes with a 28-day diet plan, and the book will accompany cases of Mori-Nu tofu. Morinaga hopes to launch the book together with their new low-fat tofu.

The company will also be publishing a newsletter to be sent to dietitians; Mark Messina is working with Tom on this project. The first edition should be out in Jan. 1993 and will be about 4 pages in length. A tentative title is *Soya Nutrition Update.* Tom would like it to be a professional rather than a commercial publication.

Update. Dec. 10. Morinaga's lab in Tokyo can remove the fat from soymilk using a mechanical process, but the process now involves the addition of isolated soy protein. The plant for doing this must remain in Japan. Address: Marketing Consultant, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 213-728-4325.

10219. Diamond, Florence Barbier. 1992. The life and work of Holton W. "Rex" Diamond. Part I. Early life and work to 1942 (Interview). *SoyaScan Notes.* Dec. 3. Conducted by William Shurtleff of Soyfoods Center. Followed by confirmation from a brief chronology of his life and 20 pounds of documents sent by Mrs. Diamond.

• ***Summary:*** Florence is the widow of Rex Diamond. Holton Whittier "Rex" Diamond was born on 15 June 1915 in Lucasville, Scioto county, Ohio, the son of Walter V. Diamond and Ethel Pigg. He was a very bright boy, chosen valedictorian of his Valley High School class and, as valedictorian, he presented "The Seniors' Farewell Message" at the graduation ceremony on 10 May 1932. After entering Wilmington College in Wilmington, Ohio, on a scholarship, the school newspaper noted that he added "to a brilliant scholastic record" by "being the first freshman to make a perfect grade in the state-wide English examination. Diamond also holds national, state, and county scholarship awards in Latin, French, chemistry and English." Another article reported that he was the first entering freshman in the 60 year history of the college to score 100% on the timed entrance exam. Upon graduation from Wilmington in 1936, he was awarded the Chi Beta Pi national honorary fraternity "annual Grand Chapter award [a gold key] for outstanding scholarship, research ability, and service to the school and chapter." While in college, he was president of the college YMCA, and a member of the varsity tennis team, college band, and yearbook staff. After graduating from Wilmington in 1936 (with a BSc and a BSc in Education degree, and a major in chemistry), he worked briefly as a surveyor in Scioto county, then for several years as a chemist for Mead Paper Co. in Chillicothe, Ohio until entering Drew Seminary Graduate School of Theology for the fall 1938–Spring 1939 school year. (This was a term in the Methodist ministry; he had been interested in YMCA and Gospel Team Work in college.) Then he moved to Detroit, lived at the YMCA in 1940, and worked as a chemist in the lab of a steel mill,

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then as a "soda jerk" in a soda fountain. He also attended the downtown Methodist church and often wrote poetry.

During 1942, while working in Detroit, he enrolled in night school at Wayne State University in Detroit, taking courses in advanced organic and high polymers, dyes, biochemistry, and chemical literature–but obtained no graduate degrees. He pursued these graduate studies until 1945. Continued. Address: 1112 Pawnee Trail #2, Georgetown, Kentucky 40324. Phone: 502-863-5055.

10220. Diamond, Florence Barbier. 1992. The life and work of Holton W. "Rex" Diamond. Part II. Work at Ford Motor Co. and Delsoy Products Inc., 1942-1946 (Interview). *SoyaScan Notes.* Dec. 3. Conducted by William Shurtleff of Soyfoods Center. Followed by confirmation from a brief chronology of his life and 20 pounds of documents sent by Mrs. Diamond.

• ***Summary:*** Continued: In about 1942, through Wayne State University, Rex Diamond obtained a position in the research department of the Ford Motor Company, in the synthetic rubber development department, supervising a project group on butadiene synthesis. More specifically, his work was at Greenfield Village on "dum-dum," a silencing material for cars. When the entire synthetic rubber research program at Ford was abandoned, in about June 1943, he was transferred to the George Washington Carver Laboratory.

He worked under Robert A. "Bob" Smith (the chief chemist and his boss) on soybean milk, cheese, ice cream and tofu, and developed a whipped topping (his first) based on soymilk. Of these products, the found the whipped topping (which was later commercialized by 3 different companies) to be by far the most interesting.

Rex continued to work at the Carver Laboratory throughout World War II–his first research concerned chlorophyll. On 9 May 1945 Diamond and Smith applied (as assignors to the Ford Motor Co.) for a U.S. patent (No. 2,476,358) titled "Soluble compound of chlorophyll and synthesis thereof." The patent was issued on 19 July 1949.

One day in 1945 a man named Herbert Marshall Taylor came into the Carver Laboratory with a soybean product that would whip–but it wasn't very good and you could not rely upon it to whip every time or to whip the same way. Florence is not sure where Mr. Taylor got this product. [Note: Compare this version of events concerning Mr. Taylor and soy-based whip topping with that told by Robert A. Smith in May 1979.] Several days later, Rex analyzed the product and went to work on developing an improved and reliable whipped topping. He recorded the results of his work [starting on 24 March 1945] in his notebooks, which are now at the Henry Ford Museum at Dearborn. Prior to this time, nobody at the Carver Lab. had done research on a whipped topping. Rex discovered at some point, while working at the Carver Lab., that mono- and diglycerides played a critical role in whip toppings. Taylor was using a typical "bakery shortening" as a key ingredient in his whipped topping. It contained mono- and diglycerides, but their amounts were not carefully controlled, since these levels were not critical in typical baking applications. Later (on 12 June 1955) in a paper titled "Vegetable Fat Whips for Bakery and Household Use," presented to the Institute for Food Technologists, he stated: "The use of special vegetable shortening, which contain not only hydrogenated vegetable oil but also one or more surface active materials quite common in the topping business. It is well to remember in this connection that most of these shortenings are made for some other use, they may introduce variations in the properties of the topping emulsions. A shortening containing mono- and diglycerides may be controlled within tolerances which are adequate for its use in baked goods but not for its use in toppings." Rex felt he had solved Taylor's problem and made an important discovery related to non-dairy whipped toppings.

Florence has the impression that Mr. Taylor was a very outgoing person who inadvertently sometimes got into trouble; he did not have bad intentions, but was sometimes misguided. He was a big spender when he had the money; later he felt he had been cheated by Delsoy Products and the owners of Delsoy felt they had been cheated by him. Florence also recalls that Rex, not Bob Smith, did most of the research and development work on the soy-based whipped topping at the Carver Lab.

A photo shows the 12-member staff of the Carver Laboratory in 1945, including Rex Diamond, Clem Glotzhober, and Florence Barbier. Bob Smith was absent. A caption notes that here "Diamond did the [sic, his] first work in developing a whipped topping."

A W-2 form shows that during 1945 Holton W. Diamond (who lived at 1648 May Ave., Dearborn, Michigan) was employed by "Russell-Taylor Inc., 1951 E. Ferry Ave., Detroit 11, Michigan." [Note: Diamond was working on their whip topping]. His wages totaled $552.13 in 1945. A 1946 form shows he was paid wages $68.25 by Russell-Taylor in the first quarter of 1946.

At about the time World War II was over (Aug. 1945), Florence Barbier, a graduate of Stephens College (Columbia, Missouri) was transferred from the Rouge Chemical Laboratory (where she had worked during the war) to the Carver Laboratory. There she first met Rex–who interviewed her for the job. She ran analyses on the soymilk that they made there frequently, worked on the development of a fermented soymilk cheese (which was never very good), and made some tofu. Soymilk was made at the Carver Lab. in 100 gallon batches approximately 2 to 3 times a week. Alberta Hardy (who now lives in Lansing, Michigan) was one of the people who helped make the soymilk. Some of this soymilk was given to any woman in the Dearborn area (not just Ford employees) who could not tolerate cow's milk and who wanted to stop by and pick some up free of charge. It was also sent to the Henry Ford Hospital and to Henry

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Ford's Greenfield Village Schools where it was served free of charge at recess each morning and afternoon. It was also served to the students for their noon meal at the Clinton Inn in Greenfield Village. Florence recalls soymilk being served in this way when she was a high school student there in the mid-1930s. The soymilk was poured from a large metal container into glasses, which were placed in the hallways at recess times for anyone who wanted it. "Henry Ford wanted all the experimental work done at the Carver Lab. to be of benefit to the public. Even the inventions were to be made available to anyone who wanted them." Florence's father, A. Roy Barbier, had worked for Henry Ford as advertising manager for the Ford Motor Co. from 1924 to the autumn of 1941. Barbier worked closely with Edsel Ford and considered him an intelligent and very competent person–in fact one of the finest people he ever met. But Edsel was overshadowed by his famous father, Henry Ford. Barbier thought Edsel never received the credit he so richly deserved.

On 21 Feb. 1946 Rex Diamond applied (alone, and not as an assignor to the Ford Motor Co.) for a U.S. patent (No. 2,487,698) titled "Topping for salads, desserts, and similar products." The patent was issued on 8 Nov. 1949. The all-vegetable topping called for the use of about 1.5% soy bean protein, 25-35% hydrogenated soybean oil, etc.

Prior to the formation of Vegetable Products Corporation, Rex made many trips to try to procure a source of shortening (still in short supply after the war) to be used in the manufacture of the whipped topping he planned to make. On 28 Feb. 1946, on a flight to New York City, he wrote to Florence that on the plane he enjoyed "an apricot cobbler topped with what I am almost sure was Delsoy Topping"–a non-dairy whipped topping introduced in late 1943 and made by Bob Smith. (Note: Bob Smith left the Ford Motor Co. in Aug. 1945 to work full time with Delsoy Products.) While Rex was still employed at the Carver Laboratory, he did some part time evening and weekend work as a consultant for Delsoy Products, conducting experiments to try to improve Delsoy. On 13 June 1946, before he left Ford, he obtained a written release from Mr. E.C. McRae, of the Ford Motor Co. patent dept. stating: "Inasmuch as the Ford Motor Company is not in any way interested in the manufacture of soybean food products, we have no objection to your patenting any ideas you may have along this line." Again, Diamond was planning for his whipped topping.

In Aug. 1946 Rex started thinking seriously about and developing a business plan and finding sources of raw materials for starting a "soy bean dairy" to make whip topping, soy ice cream, soy cheese, and chocolate malted. With the help of attorney Arthur M. Smith, he wrote Mr. Adrian Joyce [of The Glidden Co.] on 16 Aug. 1946 to see if Joyce had any interest in his ideas and inventions. Continued. Address: 1112 Pawnee Trail #2, Georgetown, Kentucky 40324. Phone: 502-863-5055.

10221. Diamond, Florence Barbier. 1992. The life and work of Holton W. "Rex" Diamond. Part III. Work at Vegetable Protein Corporation, and American Maize Products Co., 1947-1955 (Interview). *SoyaScan Notes.* Dec. 3. Conducted by William Shurtleff of Soyfoods Center. Followed by confirmation from a brief chronology of his life and 8 pounds of documents sent by Mrs. Diamond.

• ***Summary:*** Continued: Rex left the Ford Motor Co. in about Nov. 1946, shortly before the Carver Laboratory was closed; his wages for 1946 were $3,313.20. On 14 Nov. 1946 he applied to the state of Michigan for unemployment compensation. Note: It appears from the above that the Carver Laboratory closed in late 1946.

After leaving the Ford Motor Co., Rex may have done a little more part-time work with Bob Smith at Delsoy Products. On 6 July 1945 Herbert Marshall Taylor, President of Delsoy Products, Inc., at the suggestion of Mr. Bob Smith, had given Rex 12 shares of their stock and invited him to work for them on a full-time basis. But both Rex and his father-in-law, A. Roy Barbier, felt terms offered by Delsoy for Rex's services were unacceptable. Mr. Barbier felt that Rex would never get a good deal from Bob Smith, and that influenced Rex's decision. Moreover, Rex's dream was to start his own company making the whipped topping that he had pioneered at Ford. So after a short time, he stopped working with Delsoy and began work on starting a company named Vegetable Products Corporation (VPC) to produce a whipped topping named Wonder Whip, which was similar to Delsoy. There were no hard feelings after this parting and Rex remained friends over the years with both Bob Smith and Herbert Marshall Taylor–though Taylor long remained bitter over his own split with Delsoy. Florence and Rex were married on 9 Aug. 1947 in Dearborn, and they lived in Dearborn for the next year.

Rex had plenty of good ideas but no money. With considerable help from Arthur M. Smith, his patent attorney, Rex found investors and on 26 Aug. 1947 he signed an agreement that established Vegetable Products Corporation to raise money in order to get his non-dairy whipped topping on the market. There were about 5 investors, who probably contributed equal amounts of capital, totaling about $10,000 to $20,000–a relatively small amount, leaving the business underfinanced. The investors were John J. Hamel Jr. (a friend of Arthur M. Smith), A. Roy Barbier (Florence's father), Robert Walker, Elmer Hitt, and Joe Higgason. Rex did not invest any capital. The corporation was headquartered in Birmingham, Michigan, which was where John Hamel, the president, had his office and lived. However Hamel didn't participate much in VPC. Rex was formally the corporation's treasurer, though he did almost all of the day-to-day work. It was about 2 months after this agreement was signed that VPC began to manufacture Wonder Whip at Bodker's Dairy in Detroit. [For another view of the events related to Delsoy, see interview with David and Harvey Whitehouse, Feb.

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1992.]

VPC started in the fall of 1947 inside of Chris Bodker's Dairy at 25440 Five Mile Road in Detroit, Michigan. The local dairy association did not know that Bodker was allowing a non-dairy product to be made inside his dairy. Florence's father, who was head of the advertising department for the Ford Motor Co., chose the name Wonder Whip and also designed the logo, which contained the words "Wonder Whip" inside a diamond. Chris Bodker wanted to distribute Wonder Whip (using his trucks) to his customers, but he was told by the local dairy association that if he distributed a non-dairy product, he would be "out of business." Shortly after their marriage, and after only 2-3 months of developmental work, VPC began producing Wonder Whip at Bodker's Dairy. It was distributed by Tabor Meat Distributing Co. VPC operated out of Bodker's for only 1-2 months, then Rex moved the business out to Saline, Michigan, and into the second floor of the old Henry Ford soybean extraction plant that had been purchased by the Hamel family's Valley Chemical Company in Oct. 1947 after Henry Ford's death and still had a solvent extraction plant that produced soybean meal and soy oil. As part of a written agreement, John Hamel let VPC use the second floor of the Saline building rent free. That included use of a little laboratory and of some stainless steel equipment that Henry Ford had previously used to make white soy paints using soy protein. Rex and Florence continued to live in Dearborn, driving to work each day in Saline; after several months, they moved to Saline, thus eliminating the long drive. By late 1947 or early 1948 VPC began to make (on the second floor) and continued to sell Wonder Whip, a liquid soy-based whipped topping, packaged in a small ½-pint cardboard container shaped like a truncated cone [the same shape as the containers for Delsoy and Rich's Whipped Topping, which were similar competing products]. They first distributed their product in a jeep and small trailer to the meat distributor in Detroit (owned by Mr. Tabor, a friend of Florence's father) who continued to distribute the product. In 1948 VPC had a booth at the Michigan State Fair, where 55,000 people tasted Wonder Whip. But Rex's company was undercapitalized, had weak distribution, and local competition from 2 other non-dairy whipped toppings which were improved by technical innovations.

One major competing product was Delsoy Super Whip (apparently launched in about 1947, perhaps the first such product in a pressurized can; it was later renamed Presto Whip). The second competing product was frozen Whip Topping, introduced in late 1945 by Bob Rich of Rich Products Corp. in Buffalo, New York. This was the first frozen whip topping. As its distribution expanded into Michigan, it severely hurt sales of Wonder Whip. In April 1949 Rex tried to expand into new non-dairy products with a soy ice cream, made from basically the same ingredients as his Wonder Whip, but VPC didn't have the funds to develop and launch such a new product, so the it was never sold. Delsoy in the pressurized can was a more serious competitor in the local area, but Rich's frozen Whip Topping was more of a threat in more distant markets and as it expanded into Michigan. VPC could not survive this competition from its weak position. Moreover Rex was not an experienced businessman. So the company was forced to cease operations on 26 March 1949, after less than 2 years in business.

In early April 1949 Bob Smith of Delsoy Products offered Rex a job any time he wanted it. Smith also expressed interest in acquiring Diamond's pending patent applications as well as the name of his company, which he thought was better than his own "Delsoy Products Inc."

In March 1949 Rex wrote several food corporations to see if they might be interested in manufacturing Wonder Whip and paying him a royalty. General Food Corp. in New York said they were not interested. Sadly, Rex was ahead of the market, for about 8 years later General Mills launched Dream Whip, and about 15 years later Whip 'n Chill, both similar products.

American Maize Products Co. in Whiting, Indiana, responded favorably, so Rex went to work as a chemist for them from the fall of 1949 to Nov. 1955, working closely with B.R. Taylor, Manager of Planning and Development. However they wanted a spray-dried product with a long shelf-life since they had no facilities for handling a refrigerated product. For the next 7 years, Rex worked closely with Nichols Engineering Company, but they were unable to successfully spray dry a high-fat vegetable cream in their very small Niro spray dryer. The same type of formulas could be easily spray dried in the next larger Niro unit. After sitting on the shelf for a while, the fat would seep out from each particle in the high-fat product causing the particles to clump together. During the summer of 1951 he studied food technology at Massachusetts Institute of Technology. On 30 March 1950 Rex applied for a patent titled "Powdered Topping and Method of Making Same" (No. 2,619,423) which was issued on 25 Nov. 1952. Then he changed the formula radically, abandoning the use of soy (and of all protein), and made a much better product whose key ingredient was methyl ethyl cellulose, used as a stabilizer. He and Eugene L. Powell applied for a patent (No. 2,863,653) on this product, titled "Salad and Dessert Topping" on 3 Dec. 1954. It was issued on 13 Jan. 1959, after Rex had assigned the rights to Rich Products Corp. upon his employment with that company in the fall of 1955. Rex did no further work with soy. When American Maize decided they were not in a position to exploit the new methyl ethyl cellulose process of making topping, Rex wanted to move on so he could be actively engaged in the commercial exploitation of this new process. Even though American Maize wanted him to sell the patent to a manufacturer and stay on with them, they parted on friendly terms, and American Maize transferred the rights to the patent to

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Rex before he left. Florence thinks that Rex, at his own suggestion, paid American Maize a small sum to cover the expenses of applying for the patent.

On 12 June 1955 Rex presented a 9-page paper with 9 slides on "Vegetable fats for bakery and household use" at the annual meeting of the Institute of Food Technologists. He noted that in the USA, either soy protein or non-fat milk solids was generally used as the protein dispersant. Continued. Address: 1112 Pawnee Trail #2, Georgetown, Kentucky 40324. Phone: 502-863-5055.

10222. Drosihn, Bernd. 1992. Re: Thanks for Christmas letter. Company is growing. Letter to William Shurtleff at Soyfoods Center, Dec. 11. 1 p. Typed, with signature.
• ***Summary:*** This letter to Joey, Akiko and Bill is from Aaron, Nora, Gabi and Bernd, each of whom signed it. Aaron is 4 weeks old. Nora is 3½ years old and. in the morning, she goes to Kindergarten where she is singing and talking a lot.

"Our company is growing and growing a lot, so that there is a lot to do. Yesterday Nora helped Bernd making tofu." Address: Willi Graf Str. 86, D-5350 Euskirchen-Kuchenheim, Germany.

10223. *SoyaScan Notes.* 1992. Dr. Edsel Ruddiman's work with soyfoods at the Ford Motor Co. (Overview). Dec. 13. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following is compiled mostly from interviews with Robert Boyer, but also from other published sources, as cited.

Henry Ford's three top soybean researchers during the late 1920s and the 1930s were Dr. Edsel Ruddiman (who started his soyfoods research with Ford in about 1928), Robert Allen Boyer (head of the laboratory studying industrial applications, who started his soybean research in 1931), and Bob Smith (who began work under Boyer in about 1931, then headed his own lab at Moir House from 1938-1942).

Dr. Edsel Ruddiman, a close boyhood pal and seat mate of Ford's at Scotch Settlement School, was also Ford's brother-in-law because he married Ford's sister. In 1893 Ford gave Ruddiman's first name, Edsel, to his only child (a son). Formerly dean of the School of Pharmacy at Vanderbilt University and an excellent scientist, he had started working at the Ford Motor Company in 1926. He had one lab in a building not far from Boyer's and another little lab in a building that had formerly been his home, in a beautiful, tranquil setting on one of the Twin Lakes. His primary job was to develop a milk to replace cow's milk. Ruddiman was the man who got Henry Ford interested in soyfoods. Ford soon became deeply interested in the fact that soyfoods had been used for thousands of years as a key source of high-quality, low-cost protein by millions of people in East Asia.

Henry Ford's interest in soyfoods began in the early 1930s and stemmed from the interest and work of Dr. Ruddiman. The two men's earliest soyfoods extravaganzas were the press luncheons and dinners that they developed to publicize the experimentation with soy. The first meatless menu, developed largely by Dr. Ruddiman, was served to 30 wary reporters at the Chicago Century of Progress Fair in Aug. 1934; two others were served prior to 1943. Each of the 15 courses consisted partially or wholly of soy. The following 15 dishes were served: Tomato juice seasoned with soybean sauce. Salted soybeans. Celery stuffed with soybean cheese. Purée of soybean. Soybean crackers. Soybean croquettes with tomato sauce. Buttered green soybeans. Pineapple ring with soybean cheese [tofu] and soybean dressing. Soybean bread with soybean butter. Apple pie (soybean crust). Cocoa with soybean milk. Soybean coffee. Assorted soybean cookies. Soybean cakes. Assorted soybean candy (Simonds 1938, p. 235; *Chicago Herald and Examiner* 1934. Aug. 24. p. 11). At similar luncheons served between Aug. 1934 and July 1935, soy ice cream was also served for dessert (Strother 1961).

Dr. Ruddiman also developed a soybean biscuit, which both Henry Ford and white rats apparently liked, yet one of Ford's secretaries described it with unabashed candor as "the vilest thing ever put into human mouths" (Lewis 1972).

During the 1930s in Greenfield Village, Dr. Ruddiman developed canned green soybeans (Bansei variety) and produced 590 cans in 1935 and 1,000 in 1936 (Simonds 1938).

Out of their work in developing soyfoods banquets during the mid-1930s, Ford and Dr. Ruddiman developed a 19-page soup-to-nuts booklet titled *Recipes for Soy Bean Foods,* one of the first of its kind in America. Published by the Edison Institute, it contained 58 soyfoods recipes including ones for breads, biscuits, cakes, cookies, salads, meat substitutes, soy bean milk, soy bean cheese [tofu], roasted soy beans [oil roasted soynuts], soy bean nut butter [soynut butter], and soy bean butter (made by mixing hydrogenated soy oil with salt, coloring matter and diacetyl to color and taste). Unfortunately this book was not widely distributed.

In August 1940 Ford hosted the annual ASA convention at Dearborn. Dr. Ruddiman presented a paper on "Possibilities of Soybean Milk." Dr. Ruddiman discontinued his work for the Ford Motor Co. in 1942.

In about 1941, when Dr. Ruddiman was almost 80 years old, his wife wanted him to retire. She spoke with Henry Ford about her wish and Ford responded quickly in a way that seemed to many who knew him to be quite out of character; he essentially destroyed Dr. Ruddiman's laboratory. Ruddiman was very bitter at Ford and at times he even cried. After a short time he quit. The Twin Lakes lab was closed in 1941 (R.A. Smith 1979, p. 25).

10224. Arocena, Javier. 1992. [Re: Recent developments at Zuaitzo]. Letter to William Shurtleff at Soyfoods Center,

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Dec. 14. 2 p. Typed, with signature on letterhead. [Spa; eng+]

• ***Summary:*** In June 1988 he moved his company to Plaza Santa Maria, 01001 Vitoria-Gasteiz. He knows of three other soyfoods manufacturers in Spain: Natur-Soy, Vegetalia, and La Sojeria, all near Barcelona.

"I was a pioneer in the production of tofu and seitan in Spain but for the last 12 years I have kept on doing the same thing, working only at the family level, making little but doing it well.

"Now we are living in the country at Villanueva Tobera, 09214 Condado de Treviño (Burgos), Spain... about 25 km from Vitoria-Gasteiz.

"As of today, our plans are not to increase our work with tofu and tempeh derivatives, but rather to develop new products, above all the full gamut of fermented soy products... such as miso, tamari, natto, and amazake." But since he has difficulty understanding English, he would like to get Spanish-language publications. Address: Zuaitzo, Villanueva Tobera, 09214 Condado de Treviño (Burgos), Spain. Phone: 945/28 86 30.

10225. Christner, Deborah. 1992. Twin Oaks corners a two-state food market: Commune sell organic tofu to vegetarian, Chinese restaurants, groceries. *Times-Dispatch* (*Richmond, Virginia*). Dec. 14. p. E4.

• ***Summary:*** Twin Oaks Community Foods of Virginia makes tofu from organically grown soybeans. Twin Oaks has been in the organic business since March, 1991, when the community purchased Virginia Soyworks from its owner, Ken Scotton, for $10,000 plus $11,000 worth of equipment and inventory (mainly soybeans). At this time, Virginia Soyworks was making 700 pounds of organic tofu in two production days per week, using about 7 bushels of soybeans. Today Twin Oaks makes about 2,000 lb/week of tofu, plus 30-40 lb/week of tofu spreads; this requires about 25 bushels per week of soybeans.

At the time they bought Virginia Soyworks, Twin Oaks, which has been in existence as a communal living group since 1967, had one other communal enterprise that supported the residents–a hammock business that has now expanded to national and international markets. Twin Oaks inherited its North Carolina customers after Bean Mountain Natural Foods, an organic tofu producer [in Boone, then Weaverville, North Carolina], went out of business in 1992. Twin Oaks bought a hydraulic press from Bean Mountain, which allowed it to speed up production time and abandon the primitive lever press it has been using to press the soymilk out of the ground soybeans. A detailed description of the current tofu-making process is given. Twin Oaks is considering buying a vacuum packing machine. Kessler is developing a peanut flavored tofu.

One customer, Grace Place (owned by Michael King), is the oldest vegetarian restaurant in Richmond, Virginia. A photo shows Jon Kessler pressing tofu in a forming box. Address: Special correspondent.

10226. Soyfoods Assoc. of America. 1992. Soyfoods 2000: Merchandising soy products into the next century (Ad). *Natural Foods Merchandiser.* Dec. 16-page color special supplement, 8½ by 11 inches, inserted after p. 28.

• ***Summary:*** Contains full color ads by Morinaga Nutritional Foods, Inc. (Mori-Nu Tofu, Firm and Extra Firm), Lightlife Foods, Inc. (5 types of tempeh, Tempeh Burgers [Lemon Grill, American Grill, Barbecue Grill], Tofu Pups, Vegetarian Chili, Sloppy J, Foney Baloney, Fakin Bacon, Lean Links), Worthington Foods, Inc. (Natural Touch Okara Pattie, Garden Pattie, Dinner Entrée, Lentil Rice Loaf), Sovex Natural Foods, Inc. (Better Than Milk, Tofu Ice Cream [Vanilla or Strawberry], Good Shepherd Spelt, Millet-Rice Flakes, For Goodness Flakes!), Vitasoy (U.S.A.) Inc. (Light Vanilla, Original, and Cocoa soy drinks).

Contains black-and-white ads by White Wave, Inc. (Five Grain Tempeh, Meatless Tofu Steaks, Soya A Melt Soy Cheeses [Regular or Fat Free] and Singles, Lemon Broil Tempeh, Amaranth Tempeh, Teriyaki Burgers, Organic Tofu, Dairyless Non-Dairy Yogurts, Tempeh Burgers, Sea Veggie Tempeh, Meatless Healthy Franks, Snack'n Savory Tofu), Cemac Foods Corp. (Unbelievable brand Cheesecake; based on nonfat baker's cheese; contains no soy, no fat, no cholesterol), Solait International Ltd. (Solait Powdered Soy Beverage), Tofutti Brands, Inc. (Lite Lite Tofutti, Tofutti Cuties, Land of the Free [Non-dairy frozen desserts, free of fat and sugar, sweetened with fruit juice], Tofutti Egg Watchers, Better than Cream Cheese, Sour Supreme [Non-dairy sour cream], Premium Tofutti, Tofutti Soft Serve Mix), Sharon's Finest (TofuRella), American Natural Snacks (Soya Kaas), Great Eastern Sun (Miso Master brand misos), The Macrobiotic Wholesale Company, Turtle Island Foods, Inc. (Keep It Simple Stirfry–Diced Marinated Tempeh), Betsy's Tempeh (Tempeh), Quong Hop & Co. (The Soy Deli–9 Tofu Burgers, 3 Savory Baked Tofu, Pacific Tempeh, 3 Tempeh Burgers, 7 fresh water packed and vacuum packed tofu), MYCAL Group (natural dehulled soybean flakes).

Articles and sidebars include: "Welcome to the future: Soyfoods 2000." "Soyfoods Association names new executive director" (Virginia Messina, whose photo is shown). "Soyfoods Association mission statement." "The modern evolution of soyfoods," by Michael Whiteman-Jones and William Shurtleff (Shurtleff's photo is shown). "Unraveling the soyfoods merchandising mystery," by Michael Whiteman-Jones. "Research shows soyfoods may help prevent cancer," by Mark Messina, PhD (whose photo is shown). "Key reasons to buy soy: Environmental, nutritional, economic."

This attractive insert was coordinated by Franke Lampe and edited by Lisa Turner, both of NFM.

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10227. Rubenstein, Dennis. 1992. Tofu is now sold by Chinese-Indians in Calcutta (Interview). *SoyaScan Notes.* Dec. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dennis, a vegetarian who helps with soup kitchens in San Francisco, was in Calcutta, India from March to September 1992. He saw two different locations where Chinese (who were Indian citizens or residents) were selling tofu. They were selling the tofu at the side of the street near the Tiretta Bazaar. They started to sell their tofu at about 7:30 A.M., at which time they had 20-30 ¼-lb cubes of firm tofu (with a slightly salty taste), and very soft, crumbly tofu in a plastic bag. The tofu was usually sold out by 9:00. The tofu was stacked on a wooden table. It was wrapped in a piece of newspaper before being sold to each buyer. Each cube sold for 4½ rupees; there were 29 rupees to the dollar. Dennis was not able to see where this tofu was made. Address: San Francisco.

10228. Vaidya, Achutananda. 1992. Re: Pioneering and making tofu and other soyfoods in Nepal. Letter to William Shurtleff at Soyfoods Center, Dec. 26. 9 p.
• ***Summary:*** "I started making tofu in 1974. I did not have any connection with my uncle in starting my tofu company, however I did have a chance to see him make tofu at his residence in Kathmandu, and from that time I got the idea in my mind to make tofu myself. I learned the details of the process in Nepal from Mr. Akifumi Nakamura of Kobe, Japan, a member of the Japan Overseas Cooperation Volunteers (JOCV), who worked at the Central Food Research Laboratory in Kathmandu, which was also my office in 1974. I worked together with him as a counterpart for two years learning how to make tofu. During his stay there I learned wholeheartedly the process of making tofu. I learned from him that this food product called "Bhatmas-ko-paneer" in Nepali is known as "tofu" in Japan. Vita-Tofu is the brand-name of my tofu. This tofu is not packaged. It is sold in the form of rectangular cakes out of water-filled cans or bowls because most of the local vegetable shops do not have refrigerators. Even to this day sale of tofu is difficult during the hot summer months because of lack of refrigeration in food retail stores. At the start, for the first 4-5 years, I delivered my tofu from door to door because even at that time the people of Kathmandu did not know about tofu. They did not want to buy it because they did not know how to cook it.

"From July 1979 to March 1980 I was invited to Japan for 9 months training at the Akita Prefecture Brewing Laboratory. During that time I also learned in detail the processes for making soy sauce, miso, and soyamilk. During that period I also got a chance to read *The Book of Tofu, The Book of Miso, Miso Production,* and *The Book of Tempeh* all of which helped me very much. I still have all those books. In 1985 I was invited by the Rotarians of Akita-Aomori to return to Japan for 1 month (Jan/Feb. 1985) to receive further technical training in making tofu, miso, soy sauce, soyamilk, moyashi (sprouts), koji, fruit fermentations for wine, etc. Today I produce tofu, soy sauce, and miso in my small factory in Kathmandu. I currently have an electric wet grinder imported from Kyoto, Japan, in 1976. My other equipment (a basket pressing machine and tofu presses) were all made in Nepal by Nepalese mechanics."

Accompanying this letter are 27 color photos showing the following: Vita Tofu in Nepal. Making koji with his wife in Nepal. Studying and making tofu, miso, and shoyu in Japan in 1980 and 1985. His business card notes: "Food Technology in Brewing from Japan. Products & Suppliers: Tofu (Vita), Soyamilk (Vitabean milk), Soya Curd, Soya Sauce, & Miso."

His Curriculum Vitae notes that he was born on 28 Dec. 1947, resides at 9/374 Bhedasingh, Kathmandu, and is married. Address: Founder and owner, Nepal Soya Industries, 9/374 Bhedashing, Jamaguthi, Kathmandu, Nepal.

10229. *Star Bulletin* (*Honolulu, Hawaii*). 1992. Tainted tofu recalled. Dec. 30.
• ***Summary:*** "A tainted batch of tofu has resulted in a recall of tofu and soy milk products made by Mrs. Cheng's Soy Bean Products. The state Department of Health urges consumers not to eat the products, distributed only on the island of Oahu... A sample of the company's Nigiri [sic, Nigari] Tofu was found to be contaminated with *Listeria monocytogenes,* a bacteria [sic, bacterium] that can cause a rare but serious disease called Listeroisis [sic, listeriosis]."

Note: Listeriosis is a serious encephalitic disease that can be fatal in humans.

10230. **Product Name:** Tofu, Soft Tofu, Fried Tofu, Marinated Pressed Tofu, Soybean Milk.
Manufacturer's Name: China Tofu.
Manufacturer's Address: 3222 Whipple Rd., Union City, CA 94587. Phone: 510-489-7288.
Date of Introduction: 1992. December.
How Stored: Refrigerated.
New Product–Documentation: Talk with Helen Raymundo. 1996. May 28. She is a registered nurse who was born and raised in the Philippines, now who lives in Fremont, and saw a television program about this tofu company recently.

Talk with Diana Lin, wife of Bo Ming Lin, one of the two owners of the company. This company started making tofu and the other four products shown above in December 1992. The two owners are brothers, Po Hsiang Lin and Bo Ming Lin. Their products are sold at supermarkets throughout the San Francisco Bay Area, especially in San Jose, Oakland, and San Francisco. Letter (fax) from Dana Jacobi. 2000. March 13. "The best tofu I discovered on this trip comes from China Tofu in Hayward. It had texture and

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taste to die for." Talk with Steven Li of China Tofu. 2000. March 13. In Dec. 1999 the company moved to Hayward. The new address is: 1781 Addison Way, Hayward, California 94544. Phone: 510-782-9728.

10231. *Health Foods Business* (*Elizabeth, New Jersey*). 1992. Jan De Lyer, executive director of the Fresh Produce Council, and Yasuo Kumoda, general manager of Morinaga Nutritional Foods, Inc... (Photo with caption). Dec. p. 54.
• ***Summary:*** "... select the grand prize winner of the Hawaiian Vacation Getaway." A photo shows the two, standing on each side of a box on a table. In the background is a large banner that reads: "Mori-Nu Tofu: Cholesterol-Free Protein."

John Prestigiacomo was the winner of the contest. An employee of Woodman's grocery stores in Madison, Wisconsin, he will enjoy airfare and one week accommodations for two in Hawaii.

10232. *Health Foods Business* (*Elizabeth, New Jersey*). 1992. Time honored recipes with Mori-Nu Tofu. Dec. p. 54.
• ***Summary:*** "Morinaga Nutritional Foods, Inc. is offering shipper display units that hold two cases (48 packages) of Mori-Nu aseptically packaged tofu with a full-color Pumpkin Pie header as part of a multi-faceted marketing program featuring Mori-Nu Dairy-Free Pumpkin Pie as its focal point.

"The merchandising effort entitled 'Healthy New Traditions–Without Cholesterol,' is set to reach shoppers who want to enjoy the time-honored recipes but are looking for ways to reduce the amount of cholesterol and animal fat in their diet."

10233. **Product Name:** [Tofu].
Foreign Name: Tahoe–To-Fu.
Manufacturer's Name: Lin Tahoe B.V.
Manufacturer's Address: Landgraaf, Holland.
Date of Introduction: 1992. December.
Ingredients: Water, soybeans, coagulant E516.
Wt/Vol., Packaging, Price: 500 gm vacuum pack. Retails for DM 8.00.
How Stored: Refrigerated. Store at 5ºC.
Nutrition: Per 100 gm.: Calories 92, protein 11.2 gm, fat 5.1 gm, carbohydrate 0.3 gm.
New Product–Documentation: Label sent by Anthony Marrese. 1994. May. 3.5 by 6 inches. Blue, red, yellow, and white. The Chinese character for "Lin" is pronounced "rin" or "hayashi" in Japanese and means "a forest or a wood." Use by 2 Dec. 1992. Note that Heuschen-Scrouff, a large manufacturer of tofu and tempeh, is also located in Landgraaf.

10234. Morinaga Nutritional Foods, Inc. 1992. Seasons greetings: Christmas and New Year's card. 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 1 p. 15 x 11 cm.
• ***Summary:*** One the front of this card is a glossy color photo of a burning candle, sunflowers and other flowers, and two packages of Mori-Nu Silken Tofu, one opened, surrounded by nuts, vegetables, and soybeans in a wooden bowl.

On the rear is printed (with black in on white): "Seasons Greeting and Best Wishes for a Happy New Year. Morinaga Nutritional Foods, Inc." This card is signed, with a message, by several company employees. Address: Los Angeles, California.

10235. MYCAL Group (Nichii Company of America, Inc.). 1992. If anyone tells you to add water to your soy drink tell them they're all wet (Ad). *Whole Foods.* Dec. p. 13.
• ***Summary:*** "Can you believe it? There are reputable manufacturers going around saying that the best way to make light soy drink is to add water. We don't even want to think about what diluting soy drink with extra water would do to the taste.

"Obviously, they haven't heard about natural dehulled soybean flakes–the most natural way to make light soy drink (and tofu) there is. Without adding any chemicals, preservatives, or anything unnatural, natural dehulled soybean flakes are:

"Made fresh daily. Lower in fats (lipids). Lower in calories. Lower in percentage of calories derived from fat. Higher in protein. Longer-lasting on your shelf. Better for the environment. Ecologically sound." Address: 23440 Hawthorne Blvd., Suite 140, Torrance, California 90505. Phone: 213-791-0010.

10236. Ontario Soybean Growers' Marketing Board. 1992. Annual report. Box 1199, Chatham, ONT N7M 5L8, Canada. 24 p. 28 cm.
• ***Summary:*** This is a report for the year 1992. Contents: Mission statement. Chairman's message (Larry Miehls). Secretary manager's message (Fred Brandenburg, Dec. 1992). OSGMB summary of major activities in 1992. Auditor's report and balance sheet. 1992 soybean & research funding (incl. breeding of soybeans for tofu and natto). Ontario soybeans–supply and demand, 1989-1992. Soybeans: Area, production and farm value, by county, 1991, with provincial totals [including county and district totals], 1986-1991. Ontario marketings, 1989-91. Ontario soybeans: Production, crushings, imports, exports. 1991 crop year marketing by county. Ontario soybean exports by destination in metric tons. Soybean meal: Canadian imports and exports. Soybean oil: Canadian imports and exports. Quality of the 1991 soybean crop by county (in terms of mean oil content and mean protein content). Cash prices for Ontario soybeans (1990-1992). Ontario basis values (cents over futures). Weekly adjusted producer basis. Soybean supply and demand, 1990-1992: USA, world. OSGMB appointments for 1992 (officers and committees). 1992 district committee

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members of soybean board. Address: Chatham, ONT, Canada. Phone: 519-352-7730.

10237. *Opzij* (*Netherlands*). 1992. Inkomsten dankzij de sojaboon [Income thanks to the soybean]. No. 12. p. 37. Dec. [Dut]*
• ***Summary:*** This Dutch feminist monthly magazine, whose title means "move over," reports that a foundation in the Netherlands named Stichting Krakti Gotong Rojong ("Cooperation-Makes-Strong Foundation") teaches 25 women in Suriname (in the Commewijne district) how they can grow soybeans in an environmentally-friendly way. The women–who are all bread-winners and have little children–learn the work from agricultural experts at Wageningen, The Netherlands. They can borrow from the Foundation small agricultural equipment. They get their soybean seeds from Dutch traders, who see this as a potential new market. After harvest, the soybeans are processed to make tempeh and tahoe (tofu), which are excellent alternatives to meat. And there is much demand for these soy products in Suriname, where meat has become too expensive for many people because of the bad economic situation. To give more women the chance to advance economically, the Foundation wants to expand the project.

Those who want to support this project can send donations to bank account number 51 78 67 621 to the attention of the Stichting Krakti Gotong Rojong in Delft. For information, phone 015-144721.

10238. **Product Name:** Soya Kaas (Hard Cheese Alternative Containing Casein) [Garlic & Herb].
Manufacturer's Name: Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 6029 Lagrange Blvd., Atlanta, GA 30336. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-824-8181.
Date of Introduction: 1992. December.
Wt/Vol., Packaging, Price: 12 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Casey Van Rysdam, President, American Natural Snacks. 1994. May 6. This product was first sold in Dec. 1992. It is a hard cheese alternative.

10239. Troy, John. 1992. The Wizard behind innovative salad dressings: Photos, samples, and interviews available (News release). Cedar Grove, North Carolina. 1 p. Dec.
• ***Summary:*** Begins with a biography of Troy's boyhood years, with summers spent in western North Carolina on a rural farm with his maternal grandmother doing what he loved best–cooking with his grandmother on her wood stove.

"Troy's journey from kitchen to manufacturer has an unusual twist. Intensely interested in medicine and health, Troy worked as a surgical and research lab assistant in his late teens but his part-time stereo business made him more money in the 60's. The back-side of success was introspection. Troy searched his spiritual aspirations in the 70's. He became vegetarian and was introduced to healthy Asian foods like tofu, miso soybean condiment, and umeboshi plum vinegar. That's when he made the link between food and medicine.

"Troy's next business venture involved natural foods. The American Natural Food Company was born in 1983, where he developed a line of miso-based condiments under his 'Wizard' nickname. Natural food stores went into a slump and Troy lost everything, but kept Wizard Baldour his original trademark.

"'Funny how things happen. Just as I was out of work, my wife, ex-wife and I were given a chance to buy a local restaurant, The Regulator Cafe,' quips Troy.

"The restaurant became successful and was the perfect place for Troy to create and test new recipes. At the same time, he did formulation consulting for several other natural food manufacturers creating new sauces and condiments from organic and fresh ingredients. This gave him the financial means toward furthering his own comeback.

"Thus, in 1988 he started Simply Delicious, Inc. Now he works out of his own manufacturing facility using the natural ingredients he loves."

This year alone more than one million bottles of Simply Delicious salad dressing have been sold in the USA alone.

A full color, 4-page brochure titled "Simply Delicious" accompanies this news release. It contains color photos of Chef John Troy and products in three different lines that he makes: (1) Simply Delicious, (2) Harbor Lites Sea Sauces, and (3) Troy's sauces. Address: The Wizard's Cauldron, 8411 Hwy. NC 86 N, Cedar Grove, North Carolina 27231. Phone: 919-732-5294.

10240. Tu-Bich-Thuy. 1992. The current status of soybean production in South Viet Nam. *Palawija News* (*Bogor, Indonesia*) 9(4):1-7. Dec.
• ***Summary:*** Contents: Soybean producing areas in South Viet Nam: Dong Nai Province (this area in eastern South Viet Nam supplies 25% of the nation's soybeans), Mekong River delta. Technical aspects of soybean production (in each of the two regions mentioned above): Land preparation, fertilizer use, varieties, weeds, pests and diseases, cropping patterns, mixed cropping with maize, soybean before tobacco, economic efficiency. Soybean utilization in Viet Nam: Utilization as food (80% of the crop is used to produce soybean curd, fermented soybean curd, soybean milk, soybean meal and small quantities of soybean oil), utilization for soybean glue, utilization as stock feed, utilization as fertilizer. Policies necessary for the development of soybean production in South Viet Nam: Government's role in soybean production. Production constraints. Research activities conducted to date by U.A.F. Concluding remarks. Future

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research activities of the U.A.F.

10241. Whiteman-Jones, Michael; Shurtleff, William. 1992. The modern evolution of soyfoods. *Natural Foods Merchandiser.* Dec. Soyfoods 2000 special supplement insert. p. 4-6.
• ***Summary:*** A colorful overview of the history of soybeans and soyfoods from 1100 B.C. to the present, worldwide. Discusses the history of tofu, Samuel Bowen, Benjamin Franklin, T.A. Van Gundy, Madison College, Henry Ford, Seventh-day Adventists, Erewhon, Asian Americans, Kikkoman, the $1,000 million soyfoods market in America, countries with the highest per-capita consumption of soyfoods, the future of soyfoods. Address: 1. NFM; 2. Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

10242. Whiteman-Jones, Michael. 1992. Unraveling the soyfoods merchandising mystery: Selling techniques ultimately depend on store size, location and customer demographics. *Natural Foods Merchandiser.* Dec. Soyfoods 2000 special supplement insert. p. 8-11.
• ***Summary:*** The views of three industry experts–Steve Demos of White Wave, John Paino of Nasoya Foods, and Peter Golbitz of Soyatech–on the best approaches to marketing soyfoods in America.

White Wave boasts gross annual sales of about $5 million, roughly 80% of which come from natural products stores and 20% in conventional supermarkets. Demos wants to position soyfoods as a category. "Rather than integrate soyfoods with similar products–putting tofu dogs with hot dogs, for instance–he believes they should get their own section. Call it a protein case, or a healthy alternatives section, or even tack on a sign that says 'Phony foods sold here.'" Safeway, a mainstream supermarket giant, is experimenting with separate soyfoods sections in some of its stores, but most supermarkets practice integration. Natural products stores often merchandise soyfoods together in a separate section, and one such large store "can easily sell 30 to 50 times as much soyfoods as a supermarket."

Paino, who declined to reveal Nasoya's sales figures, sells soyfoods nationwide in natural products stores, supermarkets, and Asian markets. He favors integration rather than a separate protein section. He focuses on eye-catching labels, point-of-sale merchandising tolls such as shelf talkers, tear-away recipe cards, and in-store demonstrations. "Nasoya built its market by merchandising tofu in the produce section and has enjoyed solid sales and growth as a result."

Golbitz, a leading industry consultant, "has surveyed stores across the country about soyfoods merchandising. His conclusion: Integration works best for some stores, separate sections better for others. The major determining factors are store size, traffic, and demographics." The answer "has to be regionalized, localized, and individualized. Supermarkets and large-format natural products stores, for instance, generally have better luck with integration." Integration helps transitional customers. "Soy milk just doesn't seem as strange when its standing next to a carton of cow's milk, he says, and the marketing power of familiarity can't be underestimated... One thing Golbitz is certain of, however, is that soyfoods sales are going to increase whether the products are merchandised in a separate section or integrated."

10243. **Product Name:** Fresh Soft Tofu.
Manufacturer's Name: Wo Chong Co.
Manufacturer's Address: 1001 16th St., San Francisco, CA 94107. Phone: 415-431-5666.
Date of Introduction: 1992. December.
Ingredients: Water, soybean protein [actually whole soybeans, not soy protein isolate], gluconolactone, calcium chloride.
Wt/Vol., Packaging, Price: 12.35 oz. (350 gm) sausage-shaped plastic, sealed at one end. Retails for $1.09 (3/93, Lafayette, California).
How Stored: Refrigerated, 30 day shelf life.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California, in the refrigerated produce case, next to other types of tofu. 1993. March 27. 7.25 inches long by 2 inches in diameter. Red and blue on clear plastic film. On the front panel, the Chinese characters for Fresh + Water + Tofu (*Shin-Sui Dôfu*) are positioned above the English product name. On the back is a UPC indicia "Cut [crosswise] into two pieces and squeeze gently from both ends. Keep refrigerated. Use as soon as possible after opening." Note: One advantage of this tofu, the first of its type seen in America, is that it is not floating in water, as is much of the tofu sold here. A Soyfoods Center taste test found the flavor and texture to be excellent. This "Sealed Lactone Silken Tofu" (see *The Book of Tofu,* Ballantine ed., p. 318-39) is made by funnelling a mixture of thick soymilk and glucono delta-lactone into a thick-walled polyethylene container through a very small opening. The opening is then pinched closed and thermally sealed so that absolutely no air can enter. The sausage-shape package is then heated (usually in hot water) which causes the tofu to solidify. No preservatives are used.

Talk with Walter Louie of Wo Chong. 1993. March 29. This product was introduced in Dec. 1992. The company built a new tofu manufacturing plant on a empty lot adjacent to their former plant to house new automated equipment to make this product and other types of tofu they have made for years. This type of package is used to make what is called "buro-dôfu" in Japan. He uses only whole soybeans (no soy protein isolates) to make thick soymilk for making the product. He produces it about once a week. Walter and John Louie are brothers and partners in Wo Chong. They inherited the business from their grandfather.

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10244. **Product Name:** Adrienne's Lavosh Hawaii Slightly Onion Crackers.
Manufacturer's Name: Adrienne's Gourmet Foods.
Manufacturer's Address: 849 Ward Drive, Santa Barbara, CA 93111. Phone: 1-800-937-7010.
Date of Introduction: 1992.
Ingredients: Wheat flour, tofu (water, soybeans, calcium sulphate), eggs, 100% vegetable shortening (partially hydrogenated soybean oil), sugar, salt, toasted onions (onions, canola oil, salt).
Wt/Vol., Packaging, Price: 4.5 oz paperboard box with window.
How Stored: Shelf stable.
New Product–Documentation: Product with Label purchased in Lafayette, California. 1993. Dec. This is a gourmet flatbread. The box design is copyrighted 1992. On the front panel is a colorful illustration of two bird-of-paradise flowers against a background of tropical leaves.

10245. De Vuurdoop. 1992. Weder Fisch noch Fleisch, aber lecker schmeckt's! [Neither fish nor meat, but it tastes delicious! (Leaflet)]. Volendam, Netherlands. 3 panels each side. Each panel: 21 x 11 cm. [Ger]
• ***Summary:*** This attractive German-language leaflet is from a Dutch company that makes tasty vegetarian foods (*vegetarische Leckereien*). They offer 8 refrigerated products including Tofu Cutlets and a Seitan Burger, plus frozen products including a Seitan Burger, Croquettes with Seitan, and Croquettes with Tofu. Address: Postfach 147, NL 1130 AC Volendam, Netherlands. Phone: 0031/2993/61152.

10246. **Product Name:** Tofu Turkey.
Manufacturer's Name: Fresh Tofu Inc.
Manufacturer's Address: 900 Line St. (P.O. Box 1125), Easton, PA 18042. Phone: 215-258-0883.
Date of Introduction: 1992.
Wt/Vol., Packaging, Price: 2.5 lb vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Talk with Gary Abramowitz. 2000. Nov. 30. Fresh Tofu first started making commercial Tofu Turkey in 1992. This is a vacuum-packed, refrigerated product with a 3-4 week shelf life; it is not frozen. Therefore it is sold locally and regionally rather than nationally. It is also 100% tofu, whereas competing products typically contain lots of wheat gluten. They start with a large block of tofu, then cut it to the silhouette of a turkey. They do not use a mold to shape the tofu. Then, by hand, they carve and score each Tofu Turkey with a knife to give it feather marks and other details, then it is marinated and baked for a long time to give it a nice brown skin on the outside and white "meat" on the inside. It can be cut into thin slices. It comes in a box with a rosemary-herb gravy mix. In 1992 the turkey weighed 2½ pounds (40 oz.) but they found that was too much. In 1998 the weight was reduced to 1 lb 10 oz. (26 oz.)–which is still the weight today. It feeds 4-6 comfortably. The first year (1992) the company sold several hundred, increasing to 320 in 1995, 500 in 1996, 600 in 1997, over 1,000 in 1998 (at the lighter weight), 1,500 in 1999, and over 2,000 this year (by the end of 2000). Gary is associated with PETA. Every thanksgiving they help promote his Tofu Turkeys, and he, in turn, gives away free ones.

10247. **Product Name:** [Tofulini Whole-grain Tofu Tortellini, and Tofulini Whole-grain Tofu Ravioli].
Foreign Name: Tofuloni Vollkorn Tofu Tofulini, Vollkorn Tofu Ravioli.
Manufacturer's Name: Gebr. Franz GmbH.
Manufacturer's Address: Pavillionstrasse 45, D-6630 Saarlouis, Germany. Phone: 0 68 31 / 4 10 87.
Date of Introduction: 1992.
Ingredients: For both: Pasta shell: Whole meal hard semolina, water: Filling: Smoked tofu (soya bean, water, smoke), whole meal crumb flour, vegetables (carrots, onions, leeks, celery), spices, shoyu, sea salt.
Wt/Vol., Packaging, Price: 250 gm vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 11.2 gm, fat 3.3 gm, carbohydrates 47.0 gm, calories (kcal) 263 (1,117 kJoules).
New Product–Documentation: Note a similar product marketed by Unikorn, introduced in about 1989.

Ad in Schrot & Korn. 1992. April. p. 8. "Nudeln Sie jetzt mit!" Without eggs or meat. New, with Demeter cereal grains. Pasta with tofu-, cheese, vegetable-, or mushroom filling. Organically grown (*Kontrolliert biologisch*). Color photos show the labels of all 4 products. Gebr. is an abbreviation for "Gebrueder," which means "brothers." Hence: Franz Brothers.

Leaflet sent by Patricia Smith from Natural Products Expo East. 1992. Sept. 11-13. Baltimore, Maryland. The ingredients for each product are listed. The only flavors that contain tofu are the Tofulini Vollkorn Tofu Tortellini and Tofu Ravioli. Other products (apparently deceptively labeled) are: Tofulini Vollkorn Gemuese Tortellini (Vegetable), Vollkorn Käse Tortellini (Cheese), and Vollkorn Champignon Tortellini (Mushroom). Why should a product be named Tofulini if it contains no tofu? The company sells its line of pasta products with 4 Cream Sauces in small jars: Tomato, Cheese, Mushroom, or Herb.

10248. **Product Name:** [Tofu].
Manufacturer's Name: Marinus Janssen Tofu Co.
Manufacturer's Address: Le Grand Villars, 04210 Valensole, France.
Date of Introduction: 1992.
New Product–Documentation: Letter (handwritten) from Marinus Janssen. 1992. Aug. 13. For years he has been working with a farmer to grow soybeans organically. He

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has just started production of tofu on a tiny scale (local). "I propose myself to transform soya from beginning to end and in all its different ways (tofu, miso, tempeh...). I don't intend to create a large firm! My goal is more to experiment with the possibilities given by soya production in a small atelier which will be, I hope, also a place to work with other people."

Letter from Marinus Janssen. 1992. Dec. 21. He is a farmer. "I already started a tofu production unit on a small scale, using the soybean variety Vinton, imported from the USA."

10249. **Product Name:** Tofu Egg Salad Sandwich.
Manufacturer's Name: Michele's Original.
Manufacturer's Address: 6441 Haverford Rd., Philadelphia, PA 19151. Phone: 215-474-8636.
Date of Introduction: 1992.
New Product–Documentation: Talk with Michele D'Ambrosio, founder and owner of Michele's Original. 1992. Sept. 21. "My latest, fabulous, new soy sandwich is a tofu egg salad, that has the Tofu Tahini Spread in it, plus chunks of tofu, with carrots and celery, and tarragon. Its on a whole-wheat pumpernickel bread. We sell it at health food stores, supermarkets, delicatessens–any place that carries a natural food menu."

Michele reflects: "I love tofu. I think its the most versatile food there is. There is no end to the food products you can make from it and they are never boring. So many times I have heard some person from the mainstream say 'Oh no, I don't like tofu,' and they have a bite of our egg sandwich, thinking its made from real eggs, and say 'Oh, this is great.' When I tell them there is no egg in, it blows their mind. They say 'it looks like egg, it tastes like egg, how do you do it?' Our next new product will be a soy burger, probably based on baked tofu."

10250. **Product Name:** Soy Burgers.
Manufacturer's Name: New Dawn Enterprises.
Manufacturer's Address: Sheffield, Tasmania. Phone: (004) 91 1663.
Date of Introduction: 1992.
Ingredients: Incl. organic tofu, okara, wheat, and spices.
Wt/Vol., Packaging, Price: 500 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Talk with Trishala Shub. 1998. Jan. 18. In about 1992 they introduced Soyburgers, which contained tofu, okara, wheat, and spices.

10251. **Product Name:** Tofu Tziballe.
Manufacturer's Name: Olive Tree Works.
Manufacturer's Address: 6713 New Hampshire Ave., Takoma Park, MD 20912. Phone: 301-270-5110.
Date of Introduction: 1992.
Ingredients: Incl. Tofu, onion, salt, pepper.
Wt/Vol., Packaging, Price: 8 oz. round plastic deli container.
How Stored: Refrigerated.
New Product–Documentation: Talk with Ed Mueller of Takoma Soy. 1997. July 21. Takoma Soy incorporated on 5 March 1992 and started operation on 1 April 1992–sharing the same space as Olive Tree Works in Takoma Park, Maryland. They bought tofu from Spring Creek Natural Foods (Spencer, West Virginia) and sold it at cost to Olive Tree. They are now a full-line natural foods distributor. Talk with Yaron Semititsky of Olive Tree, Inc. 1997. July 24. Olive Tree Works started in Oct. 1990. Their first soy product was launched in 1992. They did not make their own tofu. The name Tziballe (pronounced TZI-bal-eh) is related to the German word for onion, *Zwiebel.* Crumbled tofu was cooked in a wok with fried onion, raw onion, salt and pepper. The product was discontinued after about 1 year. Yaron (whose surname is Polish) grew up in Israel, first came to the USA in 1975 as a student, then came to stay in 1985. His goal in life is to promote vegetarianism and soyfoods. The company is now named Olive Tree, Inc. They are involved in a creating a joint venture with Takoma Soy to start a tofu manufacturing company on a property that used to be a Bible camp. Here they would also like start a school to teach others how to make tofu–since there is a lodge house and 3 cabins on the property. They also make cous-cous, and hummous.

10252. **Product Name:** Firm Tofu, Extra Firm Tofu (Dofu-Gan), Fried Tofu, Spiced Tofu (Wu-Hsiang Dofu-Gan), Tofu Noodles (made by Pressing and Cutting Tofu).
Manufacturer's Name: Pure Land Co.
Manufacturer's Address: 3456 Depot Rd., Hayward, CA 94545. Phone: 510-670-8621.
Date of Introduction: 1992.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jim Pong, owner of Pure Land Co. 1998. Oct. 21. This company started in 1976 in Sunnyvale–with America Food & Candy Co. He left Sunnyvale because the facility and the water were no good. He runs the company in partnership with Cynthia Wu (the daughter of the man who founded American Food & Candy Co.) and her wife, and Richard Liu. Woody Yeh lost $3 million and had to declare bankruptcy. Jim bought his used equipment and in about 1992 moved into the space he had been renting. He makes the same products now that he made previously in Sunnyvale. All of his soy products are made in the traditional way.

10253. **Product Name:** New World Foods Vegetarian Chorizo (With Granular Tofu Curds).
Manufacturer's Name: Vegetable Protein Specialists (VPS), Inc.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87501. Phone: 505-471-8979.

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Date of Introduction: 1992.
Ingredients: Organic* Befine (soybeans, water, calcium sulfate–a natural mineral, caramel color), whole chile pods ground with chile broth, potatoes, spices, vinegar, salt, vegetable gum. * = Organically grown & processed in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 12 oz vacuum pack. Or 24 lb. foodservice pack.
How Stored: Frozen or refrigerated.
Nutrition: Per 2 oz.: Calories 64.3, calories from fat 16.7, total fat 11 gm (saturated fat 0.24 gm), cholesterol 0 mg, sodium 414 mg, total carbohydrate 9.3 gm (dietary fiber 0.83 gm), protein 4.1 gm, vitamin A 162%, vitamin C 4%, calcium 8%, iron 23%.
New Product–Documentation: Leaflet sent by Richard Jennings of VPS, Inc. (Vegetable Protein Specialists). 1993. Nov. 26. "New World Foods." "Chorizo is a sausage of Spanish and Portuguese origins." This vegetarian chorizo was created by an expert chorizero, Mr. Oscar Tavarez, from Chihuahua, Mexico.

Talk with Richard Jennings of VPS. 1993. Dec. 1. This product was introduced in 1992. A key ingredient was Rico Soy (small, firm chunks of tofu), which was renamed and trademarked Befine by Sept. 1993.

New Label sent by Richard Jennings. 1993. Nov. 29. 3 by 5 inches. Self adhesive. Black on gold. Illustration of a symbolic Aztec crow. "Low in saturated fat." "Serving suggestions: Scramble with eggs... Makes a great breakfast burrito."

10254. Vegetalia. 1992. Recetario [Recipe book]. Castellcir (near Barcelona), Spain. 32 p. 21 cm. [Spa]
• ***Summary:*** The Introduction to this handsome color booklet (which contains many color photos), was written by Salvador Sala. It states: "Thanks to you, this year in 1992 we will celebrate the 6th year of Vegetalia's existence. It has not been easy to get to where we are now, but it has been very satisfying, especially for me. When, in April 1986, together with Carmen and Tomás, we decided to form Vegetalia, our dream was to facilitate the improvement of the quality of life, in the ecological way."

For each of the following foods there is an introduction, a nutritional analysis, then several recipes: Seitan, tempe (a color photo shows tempeh sold in perforated plastic bags, and immersed in a broth in jars), tofu (a color photo shows tofu sold in self-sealing bags and immersed in a liquid in jars), pickles, amasake [amazake], gomasio [gomashio], and Algas Klamath (a type of sea vegetable), and Vegetalin (made with whole wheat, olive oil, sea salt, natural leavening, and sesame). Page 32 notes that the company makes seitán, tempe, tempe estofado, tofu, tofu tres delicias, paté -de tofu y miso, etc. It also sells an large line of natural foods made by other companies, including: Soycisse (a type of soy frankfurter). Tofume (smoked tofu). Biosoy (soymilk). Postre de Soja (Soymilk desserts, in hazel-nut/filbert, vanilla, chocolate, apricot, strawberry, and pear flavors). Soy yogurt (natural and low fat). And Vegetalia is working to help the Third World via CEPAN in Brazil.

Note: This is the earliest Spanish-language document seen that mentions amazake, which it calls "amasake." Address: Castellcir (near Barcellona), Spain. Phone: +34 3-866 61 61.

10255. Atlas, Nava. 1992. Soups for all seasons: Bountiful vegetarian soups. New Paltz, NY: Adam Enterprises. 128 p. Illust. by Nava Atlas. Index. 21 x 18 cm.
• ***Summary:*** The witty literary aphorisms, quotations (with sources), and marvelous whimsical drawings that have become the author's trademark appear throughout this vegetarian cookbook. The recipes are arranged by season. The last chapter, accompaniments (p. 107-24) includes bread, muffins, biscuits, scones, croutons, and dumplings.

Soy related: Soymilk is given as an alternative in every recipe that calls for milk or low-fat milk (see p. 20, 28, 31, 34, 92, 123). Likewise, soy cheese is given as an alternative that calls for dairy cheese (see p. 16, 32, 114). "Natural soy sauce" is used to season many recipes (see p. 14, 80, 82, 119). Simple miso broth (with kombu and diced tofu {bean curd}, p. 13). Dashi with miso and vegetables (p. 13). Miso soup with winter vegetables (with wakame {Japanese sea vegetable}, shiitake mushrooms, etc., p. 62). Chinese cabbage and bean curd soup (with "½ pound tofu {bean curd}, cut into ½-inch dice," p. 80). Miso spinach soup with baby corn (with "¼ pound block tofu, cut into ½-inch dice," p. 81). Address: Author and illustrator, New Paltz, New York.

10256. Berk, Zeki. 1992. Technology of production of edible flours and protein products from soybeans. *FAO Agricultural Services Bulletin* No. 97. 178 p. [173 ref]
• ***Summary:*** Contents: Foreword. 1. The soybean: Background, production, marketing, agricultural characteristics, physical characteristics and morphology of the soybean, chemical composition (moisture, proteins, lipids, carbohydrates, minerals). 2. Utilization of soybeans: Utilization options for soybeans, whole bean utilization, the oil mill route (utilization of the oil fraction, utilization of the meal fraction). 3. Oil-mill operations: The expeller (operation principles, advantages and disadvantages of the expeller process, equipment), the solvent extraction process (operation principles, receiving and storage of soybeans, preparation for extraction, solvent extraction, post-extraction operations). 4. Edible soybean flours and grits: Introduction, definitions, composition and quality parameters (definition and classification of edible soy flours and grits, composition, quality standards), full fat soy flour and grits (production processes, utilization), defatted soy flours and grits (production processes, utilization). 5. Soybean protein

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concentrates (SPC): Introduction, definition, composition, types, production processes (the aqueous alcohol wash process, the acid-wash process, heat denaturation/water extraction process), utilization (basic considerations, use in bakery products, meat products, other uses). 6. Isolated soybean protein (ISP): Introduction, definition, composition, types, production processes (conventional process, problems in conventional processing, alternative processes), utilization (meat products, seafood products, cereal products, dairy-type products, infant formulas, other uses). 7. Textured soy protein products: Introduction, spun-fibre based texturization, extrusion texturization, steam texturization, utilization (meat extenders, meat analogs, other applications). 8. Soymilk and related products: Introduction, composition and classification, production processes (the traditional process, the Soya Technology System (STS) Process, the INTSOY (Illinois) process, the Buhler Process for soy micro-powder), soymilk related products. 9. Tofu, tempeh, soysauce and miso: Introduction, soy sauce, miso, tempeh, tofu (Introduction, regular and silken tofu, kori-tofu, deep-fried tofu, fermented tofu). Appendixes: I. Standards and specifications. II. Organizations and government agencies. III. Manufacturers and suppliers of soybean processing plants and equipment. IV. Sample budget quotations for complete soy processing or soybean related food manufacturing plants. Address: Technion–Israel Inst. of Technology, Haifa, Israel.

10257. Berkeley, Edmund; Berkeley, Dorothy Smith. eds. 1992. The correspondence of John Bartram, 1734-1777. Gainesville, Florida: University Press of Florida. xv + 809 p. Illust. Index. 21 cm.

• ***Summary:*** John Bartram lived 1699-1777. On pages 727-28 of this book are: (1) A letter from Benjamin Franklin to John Bartram dated 11 Jan. 1770 from London; it mentions soybeans and tofu. (2) A letter from James Flint to Benjamin Franklin dated 3 Jan. 1770 from Capringe. It discusses how the Chinese convert Callivances (soybeans) into Towfu (tofu).

Contents of this book: List of illustrations. Acknowledgments. Editors' introduction (incl. a brief biography of John Bartram). The correspondence (arranged chronologically). Appendix I. Bartram's descriptions of North American forest trees and shrubs. Appendix II. Bartram's notes in the *Medicina Britannica.* Glossary of names. Bibliography.

This book also contains letters to and/or from (or information about): Samuel Chew (born 1693; physician in Philadelphia after 1732; introduced John Bartram to Peter Collinson), Peter Collinson (1694-1768; London woolen draper and avid gardener, obsessed with introducing foreign plants to his garden at Peckham, in Surrey; member of the Royal Society), John Fothergill (1712-1780; distinguished Quaker physician in London and Fellow of the Royal Society), James Flint, Benjamin Franklin (1706-1790; publisher, scientist, interested in all aspects of natural science, and Fellow of the Royal Society), Henry Laurens (1723-1792; distinguished citizen of Charleston, South Carolina, later president of the Continental Congress, and American Commissioner at the Treaty of Paris), Library Company of Philadelphia, Carolus Linnaeus (1707-1778), Philip Miller (1691-1771; director of the Chelsea Physic Garden), Thomas Penn (1702-1775; one of the three sons of William Penn; inherited proprietary rights in Pennsylvania and was in charge of the colony's interests in England), William Penn (1644-1718; English Quaker and founder of the Pennsylvania colony; Fellow of the Royal Society), Benjamin Rush (1746-1813; Philadelphia physician and professor at the University of Pennsylvania Medical School), Peter Templeman (1711-1769; physician, secretary of the Royal Society).

About the authors (p. [809], with photo of both together): "Edmund Berkekley and Dorothy Smith Berkeley have published numerous biographies of notable figures in natural history, including John Clayton, Alexander Garden, John Mitchell, Moses Ashley Curtis, and George William Featherstonhaugh. Before his retirement, Edmund Berkeley taught at Washington and Lee University [in Lexington, Virginia], the University of the South, and the University of North Carolina."

10258. Buswell, Robert E., Jr. 1992. The Zen monastic experience: Buddhist practice in contemporary Korea. Princeton, New Jersey: Princeton University Press. xiii + 264 p. + [8] p. of plates. See p. 120-21. Illust. Index. 25 cm. [190+* ref]

• ***Summary:*** The section titled "Meals" (p. 120-25) notes that there are many similarities between the diet in the monasteries and that in the homes of the local agricultural peasants. "The major difference is that all meals served in the monasteries are vegetarian [actually vegan]. The bodhisattva precepts of the Mahayana branch of Buddhism forbid monks from eating the flesh of any sentient being." Cereal grains provide 70-80% of the caloric intake. "In addition to steamed rice, meals always include some kind of soup (*kuk*)... The soup is generally based on toenjang, a fermented bean paste like Japanese miso and flavored with soy sauce (*kanjang*) and sesame salt."

"Bean products constitute one of the largest components of the monastic diet during all seasons. The basis of many bean products is *meju,* a fermented bean paste somewhat like the Japanese *nattô* [more like the Japanese *miso-dama,* or soybean koji]. *Meju* is used as a major ingredient in producing soy sauce, red-pepper paste, and *toenjang.* Cooked black [soy] beans, seasoned with soy sauce, sugar, and white sesame, are served at least once a day. Tofu (*tubu*), or bean curd, frequently appears on this menu, but this is always purchased from a professional maker, who delivers it to the

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monastery on the back of his motorcycle. When the tofu is especially fresh, it is served steamed in whole blocks, to be dipped into a sauce made of soya, sesame oil, and red-pepper sauce."

Because of Mahayana Buddhism's dietary restrictions, monks don't eat garlic or onions, so widespread in the diets of regular Koreans. Those foods are considered "to be mild aphrodisiacs, something celibates can do without. To compensate for the blandness of the food, the kitchen staff replaces the garlic and onions with lots of red pepper (*koch'u*), along with red-pepper paste (*koch'ujang*)," brown sesame and white sesame. At the ceremonial dinner on festive days, white rice is replaced by glutinous rice and special dishes such as fried tofu and nori (*kim*) are served.

Note: The author was privileged to spend five years as a Buddhist monk in Korean monasteries between 1974 and 1979, primarily at Songgwang-sa. He made two additional trips to Songgwang-sa in Nov. 1987 and July 1988. The monastery is in Suncheon near the southern coast of Korea.

10259. Béla Fleck & the Flecktones. 1992. UFO TOFU (Sound recording). Nashville, Tennessee: Warner Bros. Records Inc. *

• ***Summary:*** Talk with Bill Bramblett of Wildwood Natural Foods. 1998. Feb. 28. In 1992 a fellow named Béla Fleck, who has a band named Béla Fleck & the Flecktones, came out with a CD titled "UFO Tofu," which Billy still owns. They recorded two albums before this one, and 1-2 after. The Flecktones are out of Nashville, Tennessee, but are now living in Los Angeles, California.

Photocopy of CD and accompanying booklet sent by Billy Bramblett of Wildwood. 1999. June 3. On the CD and in the booklet, the letter "F" in tofu is reversed, so the mirror image reads the same as the regular words–since the letters "U," "F," "O," and "T" are all symmetrical. One of the songs on the CD (written by Bela Fleck) is also titled "UFO Tofu." The booklet (on the cover of which is a cake of tofu with two chopsticks stuck in the top, and a sign saying "Eat UFO Tofu") states: "'UFO Tofu' was inspired by the amazing Baby Gramps. This song has at least three musical palindromes hidden within. A palindrome is a word or phrase that is spelled the same way backward and forward... We use this same concept musically on this piece." Photos show: Béla Fleck. The four members of the band. Bela plays four types of banjos (acoustic, slide, electric, and nylon strung). Future Man, dressed like Napoleon, plays the "Synth-Axe Drumitar," a very far-out guitar with little drums all over the inside. Address: P.O. Box 91076, Nashville, Tennessee 37209.

10260. Cardenas, Danilo C.; Legaspi, Benjamin M. 1992. The status of soybean production and utilization in the Philippines. In: Increasing Soybean Production in Asia: Proceedings of a Workshop. 1992. Bogor, Indonesia: CGPRT Centre. 187 p. See p. 119-35. Held 21-24 Aug. 1990 at Phitsanulok, Thailand. [8 ref]

• ***Summary:*** Contents: Introduction. Production situation: Production trends, economics of soybean production, price trends, marketing of soybean. Philippine foreign trade situation: Soybean imports, soybean exports. Soybean utilization. Government policies/programs affecting the industry: Policies, programs. Major problems besetting the local soybean industry. Conclusions.

The soybean, also know locally as "utao," has become an increasingly important economic crop in the Philippines. Yet in 1987 (the latest year for which figures are given) only 5,698 tonnes (metric tons) were harvested from 6,490 hectares, having a value of 45,169,000 pesos. This represented only 0.02% of the total Philippine quantity of agricultural production, and only 0.05% of total farm area and value. Philippine soybean production peaked at 11,466 tonnes in 1982. Most of the country's soybeans are grown in the southern Mindanao region (72.1%), followed by northern Mindanao (10.0%) and central Mindanao (9.4%). Imports of soybeans and products have steadily increased since Philippine farmers do not produce enough soybeans to meet local demands; the value (FOB US$) rising from $61,989,000 in 1980 to $127,981,000 in 1988. The main imports are soybean meal (accounting for 86.87% of total import value), refined soybean oil (5.19%), soybeans (4.18%), and crude soybean oil (223%). Before March 1986 the National Food Authority (NFA) had the sole authority to import soybeans, but with the introduction of the trade liberalization program, importation has reverted to private firms. In 1989 the country's major sources of imported soybeans were China (which supplied 42% of total imports), Brazil (34%), and the USA (15%). Exports, which are negligible, have grown from $136,000 to 1,123,000 during the same period. The main exports are soy sauce (accounting for 91.03% of total value), salted and fermented soybeans [fermented black soybeans] (tausi, 3.34%), and soybeans (2.65%).

Table 7 lists and describes "Soybean-based food products popularly used in the Philippines." Fermented products include soy sauce, salted and fermented soybean (*tausi*), tempe (tempeh), soybean paste (miso), and soybean curd (fermented tofu cubes; a soft cheese-type product with a salty but mild flavor, eaten as a relish or cooked with meat and vegetables). Non-fermented products include soybean sprouts (*toge*), soybean cheese (*tokwa* [tofu]), Geerlings cheese (taho, soymilk curds; a sweet dessert or snack food for children), soybean milk, and roasted soybean (soy coffee).

"In terms of food usage, Filipinos, unlike other Asians, have not developed a taste for soya-based products... Most of the soy products available in the market are either made at home or in family-operated shops.

"It is interesting to note from the report of Co (1987)

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that small scale food processors engaged in manufacture of taho and tokwa preferred locally grown beans to imported ones. They claimed that local soybeans have a distinctive 'fresh' quality which imparts a finer and smoother texture to their finished products providing a longer shelf life than that produced from imported beans.

"Recently, several developments in the local economy have signaled a revival of interest in the use of soybean as food. In 1980 Nestle Philippines Incorporated began commercial production of powdered soymilk products and later a baby soya-cereal food formulation and a soya-based meat extender which is produced primarily for export to other Asian countries. Today Nestle Philippines, in co-operation with the Land Bank of the Philippines, the Regional Offices of the Department of Agriculture and PCARRD is encouraging local production of soybean and had adopted a no importation policy.

"Some years ago, the use of TVP also gained a permanent foothold in the local processing industry. It is used in the manufacture of ground meat products and as a meat extender. Almost all TVP used in the country is imported except for the locally manufactured full-fat TVP which is being produced by the Vitarich Corporation, one of the biggest feed millers in the country. The company has built a full-fat soya processing plant capable of utilizing 900 MT [metric tons] of soybean per month. Unfortunately, all its raw soybean requirements are imported from the U.S. and China.

"Soybean flour, protein concentrate and protein isolates are the newest soya-based products and are now used extensively in the country for the formulation of meat emulsion products. All raw materials are imported and there is no local manufacturing capability at present."

"Programmes: As early as the 1970s, the government tried to involve itself to some degree in boosting national soybean output, despite the low priority it accorded to soybean in general. It was an involvement borne out of an urgent need to meet the growing requirements of the local feed milling and livestock industry, rather than of a need to address the high incidence of malnutrition among Filipinos. Accordingly, the government launched a number of programmes to improve soybean production, most of which failed to achieve their goals. At present, only the PCARRD-coordinated Soybean Pilot Production Programme continues to function. This programme was initiated in late 1983." Address: 1. Supervising Science Research Specialist, Philippine Council for Agriculture, Forestry, and Natural Resources Research and Development (PCARRD); 2. Dep. of Agriculture Bureau of Plant Industry, Los Baños National Crop Research and Development Centre. Both: The Philippines.

10261. Chainuvati, Chavalvut. 1992. Soybean production and utilization in Thailand. In: Increasing Soybean Production in Asia: Proceedings of a Workshop. 1992. Bogor, Indonesia: CGPRT Centre. 187 p. See p. 1-15. Held 21-24 Aug. 1990 at Phitsanulok, Thailand. [6 ref]

• ***Summary:*** Contents: Introduction: Importance of agriculture, establishment of the Department of Agricultural Extension, DOAE's functions & responsibilities, soybean production, soybean production area, crop seasons, cultivation practices, harvesting, vegetable soybean. Soybean production and consumption campaign: Previous activities, 1990 activities, new creative work. Conclusion.

Thailand produces about 650,000 tons of soybeans each year. Of this, the first-grade seed is used for either home food industries (150,000 tons) or for next season's seed and other grain use. The remaining 500,000 tons are second grade seed, which are crushed to yield soy oil and soybean meal. The 20% of production used for food is used as follows: Fresh soybeans (*toa rae*) sold in open markets. Home industries: Soymilk, curd (tofu), soy sauce, fermented soybeans (*tao chiew*), soybean sprouts, starch or protein isolate for hot dogs or other sausages, and crisps (*Tao Nao*). Soy milk industries: Instant powdered milk mixed with dairy milk, fresh soymilk in packages, fresh soymilk in open market restaurants. "No soy grain [soybean seeds] is exported, except for a small amount of first-grade soybean to Singapore and Malaysia for making the above mentioned food."

"Vegetable soybean: Vegetable soybean is becoming more popular in agri-business, as many frozen-product companies are showing interest in this new crop. Seed is imported from Japan and Taiwan. Production yield has been impressive in several regions of the country such as Chiangmai, Chachoengsao, Petchburi, etc. Two companies which are close to the extension offices, are Chiangmai Frozen Food Co. and Okada Corporation Ltd.

"The Department of Agricultural Extension plays the role of middleman between private companies and the farmer. Extension officers also transfer new information to the local farmers. Additionally, a national plan on vegetable soybean has been submitted to the policymakers and a future plan includes the promotion of domestic consumption."

"Previous activities: In 1972 the idea of a soybean campaign was first thought of by scientists in the Institute of Food Research and Product Development, Kasetsart University and the Department of Agricultural Extension. The major sponsor and co-creator, was the American Soybean Association. The co-institutes organized a grand dinner to open the campaign. Afterwards, the Department of Agricultural Extension encouraged Bangkok and provincial headquarters to organize exhibitions, field days and local broadcasting or publications on soybean production and processing. The home-economists from various provinces and organizations met for training and a seminar. The Food Institutes of Kasetsart University played a major role through publications, technology transfer, demonstrations and seminars."

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"Since the opening of the soybean campaign, we assume that about 50 percent of the total population has received information about soybean. At least 10 percent of the population has started or increased soybean consumption, both industrial and home made products. This evaluation was carried out by the working group using stratified random sampling with a well-designed questionnaire.

"From general observation, soybean has become more popular than in the past. Urban people are now aware of soybean products and do not object to consuming soybean in their regular diet. Rural people, however, have very definite ideas about food and it is difficult to change their traditional food habits. The main target of our campaign was therefore to introduce soybean products into the daily food pattern of rural villagers." Address: Div. of Crops Promotion, Dep. of Agriculture Extension, Bangkok, Thailand.

10262. Conil, Christopher; Conil, Jean. 1992. New tofu recipes. London: W. Foulsham & Co. Ltd. 96 p. Illust. Index. 20 cm.
• ***Summary:*** The title reads: "New vegetarian tofu recipes." This cookbook is a slightly revised and condensed version of its predecessor, titled *The Secrets of Tofu* (published in 1986), except that it contains no color photos. The front photo is different but the text on the rear cover is almost identical, and is the text in the first half of the Introduction. Even the photo of the two authors (both men) is gone. Contents: Foreword. Introduction. 1. Tofu and soya. 2. How to make tofu. 3. Soups. 4. Starters. 5. Main dishes. 6. Snacks. Biographical information about the authors. Address: 1. Master Chef; 1. Master Baker. Both: England.

10263. Constantine, Peter. 1992. Japanese street slang. New York and Tokyo: Tengu Books. xxiv + 190 p. Index. 21 cm. [20 ref]
• ***Summary:*** Contains Romanized Japanese phrases with English translations. The author was born in 1963.

Page 97: "Two cruder street-favorites for testicle are *oinari-san* and *oinaribukuro. Oinari-san* is a type of sushi that originated in Osaka and looks remarkably like balls.

Note. This is the earliest English-language document seen (April 2013) that uses the term "oinari-san" or the term "oinari" to refer to inari-zushi, made from deep-fried tofu pouches. Address: Linguistic researcher, USA and Japan.

10264. Danjou, Jean-Luc. 1992. Les nouvelles recettes du soja: tonyu, tofu [New soya recipes: Soymilk, tofu]. Ingersheim 68000, Colmar, France: Sojaxa, Editions S.A.E.P. 64 p. Illust. (photos by Philippe Ducos). 22 cm. [Fre]*
• ***Summary:*** This very attractive cookbook contains 50 delicious-looking recipes using soymilk and tofu, developed by the author who is widely regarded as France's top chef. A photo accompanies each recipe. Address: France.

10265. Fischer, Marta. 1992. Il Tofu [Tofu]. Italy: Mistral Demetra. [Ita]*

10266. Flaws, Bob; Wolfe, Honora. 1992. Das Yin und Yang der Ernaehrung: Das handbuch der chinesischen Ernaehrungslehre–die moderne Umsetzung ihrer Grundlagen, Methoden und Rezepte [The yin and yang of nutrition: The handbook of the Chinese teaching on nutrition–the modern transformation of its principles, methods, and recipes]. Germany: Otto Wilhelm Barth Verlag. 287 p. Index. 21 cm. [Ger]
• ***Summary:*** This book is a translation, by Theo Kierdorf, assisted by Hildegard Hoehr, of the original American edition titled *Prince Wen Hui's Cook: Chinese Diet Therapy,* copyright 1983 by Bob Flaws and Honora Lee Wolf. It mentions soybeans (p. 257), soy oil (p. 258), and tofu (p. 263).

10267. Gordon, Jonathan Fraser. 1992. Improved lactic fermentation of soymilk for the preparation of soya bean curd. PhD thesis, University of Strathclyde, Dep. of Chemical and Process Engineering. 205 p. [92 ref]
• ***Summary:*** The purpose of this work was to establish whether soymilk could be successfully fermented by lactic acid bacteria to prepare tofu. This could lead to improved storage characteristics similar to hard, dairy cheeses. Traditional tofu is very susceptible to bacterial spoilage. "This makes it unsuitable for use in many underdeveloped countries where it could provide a valuable protein source if it were more stable."

Soymilk has been shown to be a poor fermentation medium for lactic acid bacteria. Heat treatment between 80-100ºC has been shown to limit its potential for supporting the growth of lactic acid bacteria–due to the formation of toxic, volatile sulphides.

A solution to this problem was found by germinating the soybeans prior to soymilk preparation. Germination for 72 hours in a specially designed box reduced the total sugar content of the soymilk to less than 60% of that found in ungerminated soymilk (i.e., that made from ungerminated soybeans). Despite this, acid production and growth of *Lactobacillus fermenti* was greatly enhanced in the germinated soymilk. "The main reason for the enhanced growth and lactic acid production appeared to be because germination increased the concentration of amino nitrogen in the germinated soymilk." Nitrogen limitation appears to be the main factor causing inhibition of growth of *L. fermenti* in ungerminated soymilk, but the toxic sulphides then act to cause further inhibition. Germination was shown to increase the concentrations of vitamin C and the B vitamins in soymilk, but it did not decrease trypsin inhibitor activity in the soybeans.

"A firmly pressed tofu was prepared from 72 hour germinated, fermented soymilk and kept for 6 weeks at

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10ºC. It displayed none of the spoilage that would have characterized conventional tofu. It had the consistency of rubbery Edam cheese and a pleasant, slightly beany, acidic flavor." Address: Scotland.

10268. Gregorson, Jon. 1992. The good earth. Vancouver, Toronto, Canada: Whitecap Books. viii + 211 p. Index. 23 cm. [30 ref]
• ***Summary:*** The entry for "Chinese green bean (*Vigna sesquipedalis*) (p. 50-51) states: "Chinese green beans are excellent very lightly steamed and served with oil and chopped garlic. They are also very good in a black bean sauce with rice or millet." The entry for "Soybean (*Glycine max*) (p. 166-67) states: The "importance of soybean products for vegetarians can scarcely be overemphasized. Such products include tofu or bean curd, tempeh, soy "milk," soy flour, and the various soybean sauces and pastes..." Tofu is perhaps the most important soybean product. Address: Eugene, Oregon.

10269. Kawakami, Kozo. 1992. Tsurezure Nihon shokumotsu-shi. 2 v [Leisurely history of Japanese foods. Vols. 1-2]. Tokyo: Tokyo Bijutsu. Illust. 21 cm. [35+ ref. Jap]
• ***Summary:*** Vol. 1 (vi + 151 p.) contains chapters on: Ryokutô [ryokuto] (bundô, yaenari; p. 74-76, mentions tofu. Note: Kinch 1879 says *Phaseolus radiatus subtriloba* = bundô). Ganmodoki and hiryozu [tofu burgers] (p. 85-89; 9+5 ref.). Yose-dofu (p. 89-99; 13 ref.). Itoko-ni (p. 108-10; 13 ref.; with soybeans, azuki beans and tofu). Gomashio (p. 128-30; 7 ref.).

Vol. 2 (3 + 151 + 5 p.): A color illustration titled (*Nori-zukuri no zu*), by Katsukawa Shunsen (?) on the dust jacket shows women making nori in old Japan. They are chopping freshly collected nori and drying it in sheets. Another old 3-part illustration of making nori is printed on the cover. Contents (centered on foods and treats from the sea) includes: Nori and kawa-nori (from the sea and from rivers. p. 1-5; 35 ref. 1 illust.). Asakusa nori, Kassai nori, Shinagawa nori, and other nori from the Pacific Coast and Inland Sea (*Setonai-kai*) during the Edo Period (p. 8-16, 39 ref. 4 illust.). Nori from the Japan Sea (*Nihonkai*) No. 1: Izumo nori, Uppuri nori, and Kamoji nori. Uppuri is a place near Izumo, and Kamoji is a wig-like hair filler (p. 17-20, 21 ref.). Nori from the Japan Sea (*Nihonkai*) No. 2: Kuro nori, Yuki nori, Noto nori, and Kasashima / Kasajima of Echigo nori (p. 21-24, 21 ref.). The story of river nori, Shiba river nori, Nikko nori, and Kikuchi nori (p. 25-30, 26 ref. 1 illust.). Dried frozen tokoroten (*kôri tokoroten*), made from frozen seaweed (p. 98-102, 3 ref.). Mizukara (a spicy food made from kombu, p. 103-05, 16 ref.). Musubi kombu, musubi kanpyo, and musubi sayori (musubi means "tied up in like a bow in a special way;" p. 106-10, 25 ref. 2 illust.). Musubi yamaimo (mountain glutinous yam) and musubi tofu (both tied up in a special decorative way. p. 111-14, 14 ref.). Also contains other interesting illustrations and chapters. Address: Japan.

10270. Lark, Susan M. 1992. The menopause self help book: A woman's guide to feeling wonderful for the second half of her life. Berkeley, California: Celestial Arts. 239 p. Illust. Index. 22 x 22 cm. [228* ref]
• ***Summary:*** This is a revised edition (but revised only in very small ways) of the 1990 edition, also published by Celestial Arts. The cover of both books is the same except that the words "Revised & Updated" appear near the top of the cover in the 1992 edition–but not on the title page. The title page and the total number of pages in both editions are the same. Page 234, the index, and the following page about the author are all slightly expanded. The page facing the inside rear cover, advertising various books published by Celestial Arts, has been completely revised. The rear cover has a more recent portrait photo of the author. The text related to soy is identical and on the same pages.

Susan M. Lark, M.D., born in 1945, "is a noted authority on women's health care and preventive medicine. Dr. Lark has been on the clinical faculty of Stanford University Medical School, Division of Family and Community Medicine, where she continues to teach. She has been the director of a number of clinical programs for women and worked with thousands of patients in her nearly twenty years of private practice... Dr. Lark is available for phone consultation at (415) 964-7268." Address: M.D., 101 First St., Suite 441, Los Altos, California 94022. Phone: 415-964-7268.

10271. Leneman, Leah. 1992. The tofu cookbook. Hammersmith, London, England: Thorsons–An imprint of HarperCollins Publishers. 127 p. Illust. Index. 24 cm.
• ***Summary:*** "These no-meat, no-dairy, cruelty-free recipes foster health and a healthy environment by replacing meat and dairy products in traditional recipes with tofu... and soy milk. From bouillabaisse and guacamole to lasagna, curries, and ice cream, here are delicious new takes on your favorite international recipes." The copyright page notes: "Many of these recipes previously appeared in *The International Tofu Cookery Book* and *Soya Foods Cookery.*

Contents: Introduction. Types of tofu. Other soya (soy) foods: Soya milk, soya yogurt, soya mayonnaise, bean curd sticks or sheets, tempeh, soy sauce, miso, soya cheese (such as Veeze). Notes on recipes. Making tofu at home. 1. Soups and dips. Note: Ingredients for every recipe are given in both Imperial/Metric and American units. 2. Salads. 3. British- and American-style dishes. 4. Mexican-style dishes. 5. Mediterranean-style dishes. 6. Indian-style dishes. 7. Chinese- and other Far Eastern-style dishes. 8. Desserts. Recipe reference chart (for quick and easy recipes, recipes suitable for a single portion, and recipes for a dinner party).

Note: *Webster's Dictionary* defines bouillabaisse

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(pronounced bu-yuh-BAYZ, a term derived from the French and first used in 1855) as a highly seasoned fish stew made with at least two kinds of fish. See also: Potpourri. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

10272. Liu, Christine Y.C. 1992. Nutritional cooking with tofu. Completely revised. Ann Arbor, Michigan: Graphique Publishing. x + 174 p. Illust. Index. 22 cm. [15 ref]
• ***Summary:*** The first edition of this book was published in 1984. This edition differs from the first edition in several ways: (1) On the cover (but not on the title page) is printed: "Completely revised," and after her name: "M.P.H." The Introduction has been revised and expanded slightly. A 1-page "Definition of terms" and 1 page of "Tips on keeping and using tofu" have been added. One page "About the author" has been added at the end.

Note: The term "Completely revised" seems inappropriate. Address: M.P.H., P.O. Box 1332, Ann Arbor, Michigan.

10273. Margen, Sheldon. 1992. The wellness encyclopedia of food and nutrition: How to buy, store, and prepare every variety of fresh food. New Nork, NY: Rebus. 512 p. Illust. Index. 26 x 21 cm.
• ***Summary:*** Soy-related information appears on the following pages: Soybeans, illustrated and described (p. 60). Sprouts, including soybean and adzuki bean sprouts (p. 158-60). "Soybean sprouts contain small quantities of toxins that can be harmful, if eaten in large quantities" [uncooked, see p. 356]. Legumes (p. 348-58), incl. soybeans, "soy nuts," soy milk. Legumes are "by far the best plant source of protein..." Per half 3½ ounces (½ cup cooked) soybeans contain more calories, fat, protein, iron, and calcium than any other of the 15 legumes listed (p. 351). How to avoid the gas problem. Tofu, miso, and tempeh (p. 357, sidebar). Non-dairy frozen desserts (made from tofu, p. 461). Soy cheese (p. 469). Soybean oil and margarine (p. 497-98).

Concerning vitamin K, see p. 16, 27, 30. The RDA for adults is 45-80 mcg. The body stores this fat-soluble vitamin for a relatively long time. Without this vitamin, blood would fail to clot. Preliminary studies suggest it also plays a role in maintaining strong bones in the elderly. Bacteria in the body's intestines manufacture about 80% of the vitamin K we need, and the rest comes from the diet. Deficiencies are almost unknown, and they are usually caused by an inability to absorb the vitamin, rather than an inadequate intake. Sources: Cabbage, cauliflower, spinach and other leafy vegetables, cereals, soybean oil and other vegetable oils. Address: School of Public Health, Berkeley, California.

10274. Morinaga Nutritional Foods, Inc. 1992. Lessons in tofu (Poster). 5800 South Eastern Ave., Suite 270, Los Angeles, CA 90040. 1 p. 37 x 54 cm. Color. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center.
• ***Summary:*** This large and attractive full-color poster is designed to answer the following questions: Parlez-vous tofu? 1. Just what is tofu? 2. Why is tofu so good for you? 3. Isn't tofu considered a potentially hazardous food by the FDA? 4. How is tofu packaged? 5. Isn't tofu a hassle to keep? 6. What do you do with tofu? (ideas of using the 3 different types of Mori-Nu Tofu). Points 3, 4, and 5 are used to criticize "old fashioned" water-packed tofu in plastic tubs.

Photos show various tasty tofu recipes at the center and the three types of Mori-Nu tofu stacked one atop the other on the front at the lower right. Reprinted in Soyfoods Marketing. Lafayette, CA: Soyfoods Center. Address: Los Angeles, California. Phone: 1-800-NOW TOFU.

10275. Raymond, Jennifer. 1992. The peaceful palate: Fine vegetarian cuisine. Palo Alto, California: Published by the author. 129 p. Illust. Index. 28 cm. *
• ***Summary:*** A vegan cookbook, with a substantial section on vegan nutrition. Content: Protein myths and facts. Calcium. Putting fat in its place. Modifying recipes to eliminate fat. Dairy products and eggs. About sweeteners. About dried beans. Cooking grains and beans. Recipes: Breakfast, breads, salads, sandwiches and appetizers, soups and stews, grains and side dishes, vegetables, entrees, desserts, beverages. Glossary. The book contains 13 tofu-based recipes. Address: 284 Margarita Ave., Palo Alto, California 94306. Phone: 415-493-0211.

10276. Sass, Lorna J. 1992. An ecological kitchen: Healthy meals for you and the planet. New York, NY: William Morrow and Company, Inc. xv + 492 p. Index. 26 cm. [35+* ref]
• ***Summary:*** This excellent vegetarian (actually vegan), ecological cookbook, proves that the most environmentally sound diet is also the healthiest and, for many, the most delicious and economical. It emphasizes whole grains, fruits and vegetables, focuses on unprocessed and minimally packaged foods, use of regional and seasonal foods, efficient menu planning, and creative recycling of leftovers. Delightful quotations relevant to the book's subject are scattered throughout.

The author's guiding principles for cooking ecologically are: "Eat a plant-based [vegan] diet; buy organic, regional, seasonal produce whenever possible; and use nontoxic products to keep your kitchen clean."

The chapter titled "Tofu and tempeh" (p. 217-31) contains basic information and many recipes. Other soy-related recipes include: Thai vegetable soup (with tofu, p. 39). Ten-ingredient lo mien (with tofu, p. 165-66). Triple bean maybe it's chili (p. 186-87). Black soybeans (p. 191-92; keep the skins on by adding salt). Curried mustard greens with tofu (p. 255). Chinese-style stir-fry of kale, onions, and marinated tofu (p. 258). Tahini-miso spread (p. 315). Sun-dried tomato dip (with tofu, p. 318). Brilliant beet dip (with

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tofu, p. 319). Onion upside-down cornbread (with tofu, p. 323-24). Tofu whip (like whipped cream or whip topping, p. 398).

The very fine chapter / glossary "Ingredients A to Z" (p. 399-468) includes: Aduki / azuki beans, agar, almond butter, almonds, amaranth, amasake (incl. koji), arame, barley malt syrup.

Black beans–fermented (salty black beans): "Black beans, fermented (Salty black beans): A little of this Chinese specialty–small black soybeans preserved in salt–goes a long way. About 1 tablespoon adds a deliciously complex flavor to stir-fries. Chop the beans finely to disperse their flavor. If you like the taste but want to reduce the salt, soak the beans briefly in water before using. Fermented black beans last for about a year in a well-sealed jar under refrigeration.

"Bragg Liquid Aminos: This is a *very tasty* soy-sauce-like condiment made by extracting amino acids from organic soybeans. Its flavor is more winelike and complex than most soy sauces. It is salty, so sprinkle sparingly. (There is no added salt, but 125 milligrams of sodium per ½ teaspoon come from the natural sodium in the soybeans.)

"Unlike soy sauce, Bragg Liquid Aminos is not fermented, making it an ideal seasoning for those who suffer from yeast sensitivities. Delicious added to stir-fries or plain-cooked grains. It is readily available in health food stores." Also in natural food stores.

Daikon, dulse, gomashio, hijicki / hizicki [sic, hijiki], job's tears, kombu, kuzu (kudzu), kuzu kiri, lupins, miso, mochi, natto, nigari, nori, peanut butter, peanuts, quinoa, rice–brown, rice cakes, rice syrup, sea vegetables, tamari-roasted seeds, seitan (wheat gluten), sesame butter (tahini), sesame oil, sesame seeds, shoyu, soybeans, soybeans–black, soy cheese, soy flakes, soy flour, soyfoods, soy grits, soy ice cream, soy milk, soynuts, soy oil, soy powder (powdered soy milk), soysage, soy sauce, soy yogurt (fermented), tahini, tamari soy sauce, tempeh, tofu, umeboshi plums, wakame, wasabi, winged beans. Note: Also contains recipes for many of these glossary items.

A color portrait photo on the inside rear dust jacket shows Lorna Sass–with a brief biography; she is a culinary historian, cookbook author, and food writer. Address: Box 704, New York City, NY 10024.

10277. Schinharl, Cornelia. 1992. Cuisine au tofu [Tofu cuisine, translated by Florence Vidal]. France: Editions Hachette Cil. [Fre]*
Address: Munich, Germany.

10278. So, Yan-kit. 1992. Classic food of China. London: Macmillan. xii + 387 p. Illust. (incl. many color photos by Tim Hill). Index. 25 x 20 cm. [55 ref]
• ***Summary:*** The author, a woman, has been called "Britain's foremost authority on Chinese cookery." Her first book, *Yan Kit's Classic Chinese Cookbook,* won both the Glenfiddich and the André Simon awards for 1984. This is an extremely interesting, well-written and practical book. As she explains in the Preface, the author is deeply interested in the history of and deeper questions about Chinese food. She grew up in Hong Kong. Her audience is both Chinese and non-Chinese who have an enthusiasm for food. She first began to cook for Westerners more than thirty years ago, first as a foreign student and later as the wife of an American academic, when she "entertained her husband's colleagues and students in Syracuse, upstate New York, as well as his family in Philadelphia and Waterford, Connecticut.

Contents: Acknowledgements. A note on the spelling of Chinese words (using the Pinyin system, where c = ts; q = ch; x = hs; z = dz; zh = j). A note on the translations (with a map of China's four main cookery regions {northern, eastern, western, and southern}). Main Chinese dynasties (p. xi, starting with the Xia, from approx. 21st to 16th century BC). Preface. Introduction. Culinary traditions. Important culinary books (p. 21-43, an excellent essay). Chinese festivals (p. 44-63). Tea. Regional diversities. Foreign influences. The recipes (p. 119-352, including one chapter titled "Bean curd dishes," p. 208-22).

Preparatory techniques. Steamers and steaming. Basic ingredients. Glossary. Main references (many of which are reprints of Chinese food classics).

The author uses the Introduction to discuss important figures in the history of Chinese food. These include: (1) Su Dongpo (1037-1101, also named Su Shi) (p. 2-4), the famous 11th century Song poet who called himself "the old gourmand." Of the many poets in the Tang and Song dynasties, when Chinese poetry "reached its zenith, he was the most unabashed and unrestrained when writing about food and wine." An illustration shows Su Dongpo. In spite of his great spiritual awareness and his inclination toward Buddhism and Daoism, he did not become a vegetarian until he was in old age, when his health began to fail. During his turbulent career, he traveled widely in China and wrote about the different foods he encountered. He was especially fond of pork and he became an expert in the different ways of preparing it. A famous Hangzhou dish is named Dongpo Pork. He said he was willing to die for the taste of the Yangzi porpoise or globe fish (fugu in Japanese) even though he was well aware that it could be fatally poisonous if prepared improperly–"the poison lodging in the liver, the roe, and the reproductive glands."

(2) Confucius (551-479 BC, also named Kong Fuzi or Kongzi) (p. 4-7). An illustration shows Confucius, China's foremost and most influential sage and the author of *The Analects.* He believed that each man must first build up his own moral character. The ideal moral man, the 'gentleman,' aspires to benevolence, virtue, intelligence, courage, and learning. His attitude toward food was neither obsessive nor passionate, but simple and austere. He wrote: With coarse rice to eat, with water to drink, and my bended arm for a

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pillow, I still have joy in the midst of things. Modern China went through a vehement anti-Confucius era, especially from 1966 to 1976 during the Cultural Revolution, yet his influence is now returning. He advised eating more rice than side dishes or meat. Prepare food carefully and practice good sanitation. He did not converse at meals.

(3) Mencius (372-289 BC, also named Menzi) (p. 7-9). "The attitude of a gentleman towards animals is this: once having seen them alive, he cannot bear to see them die, and once having heard their cry, he cannot bear to eat their flesh. That is why the gentleman keeps his distance from the kitchen." Chinese trace to Mencius the very relaxed attitude they have toward the complete enjoyment of food; it is human nature–yet no one can find a source by Mencius for this idea. An illustration shows Mencius.

The chapter on "Culinary traditions" (p. 10-20) continues this discussion of important figures in the history of Chinese food. (4) Yi Yin (lived ca 1600 BC to 1549 BC in the Shang dynasty) (p. 10-15) "is regarded as China's first master of gastronomy. His role as cook and later prime minister to King Tang, founder of the Shang dynasty (16th to 11th century BC) is mentioned in official history, but it is through the writing of Lu Buwei, of the 3rd century BC, that Yi Yin's gastronomic tenets have come down to posterity." His principles: Waste nothing; put everything to its best use. Use fire with skill–as in steaming and stir-frying. Blend the five tastes harmoniously–salty, bitter, sour, pungent, and sweet. Each taste corresponds to one of the five elements–water, fire, wood, metal, and earth–an idea that was already part of Chinese tradition by the 3rd century BC. Balance the two great forces: yin and yang. Yi Yin, a virtuous man, was promoted from the kitchen to become a minister at court.

(5) Cook Ding, as written by the Daoist philosopher Zhuangzi (Wade-Giles: Chuang Tzu). Cook Ding was carving an ox for Lord Wen-hui. His principle was to follow the Dao (Tao), even when carving an ox–so that his knife never became dull. There follows the story of how a noodle master makes "dancing noodles" following five distinct procedures.

(6) Woman cooks: The Buddhist nun Fan Zheng, as told during the Song dynasty. *Sous-chef* Liu of the Southern Song dynasty. Mrs. Song (12th century). Mrs. Chen (19th century), dubbed "Mapo" or the pock-marked woman. She and her husband, also a cook, lived in Chengdu, capital of Sichuan, where they ran a tavern together. She developed Mapo Doufu, made of bean curd [tofu] with a spicy meat sauce, which is today "one of the most renowned Chinese dishes in the world (see recipe p. 218).

(7) Wang Xiaoyu (p. 18-20) is "the only chef who has a biography written about him, albeit brief and published posthumously." For ten years until his death, Wang was employed by Yuan Mei (1716-1797), China's most renowned gastronome / gourmet and cookery writer of the 18th century (Qing dynasty). Yuan Mei was also a well-known poet, scholar and artist, born in today's Hangzhou in Zhejiang province in eastern central China. "Yuan had written many short biographies and each was about a person of special merit, either a literary figure, an official, a member of the aristocracy or one of his female pupils from noble families. That he included in his series Wang, whom he identified as but 'a lowly person,' reflects the great admiration he had for his cook." It is all the more remarkable that a master would write a tribute to a cook, who most masters took for granted. Yet after ten years, Yuan and Wang developed a very special relationship, so close that it transcended the typical one between master and servant. Wang did his own shopping at the market to obtain the very best ingredients. In his famous cookbook, Yuan Mei wrote a great deal about Wang's thought and practice. Yuan was very pleased that Wang, instead of seeking employment with rich or aristocratic families, "preferred to remain in his kitchen until he died." Continued. Address: England.

10279. So, Yan-kit. 1992. Classic food of China (Continued–Document part II). London: Macmillan. xii + 387 p. [55 ref]
• ***Summary:*** Continued. The chapter on "Important cookery books" continues where the previous two chapters left off–with a fascinating, in-depth discussion of the history of Chinese cookery, but with more focus on books, including: (1) *Shi Jing* or *The Book of Food,* by Cui Yao who was executed for treason in AD 450. All but the preface has been lost. (2) *Qimin Yaoshu* or *Essential Skills for the Daily Life of the People,* by Jia Xie, written between AD 533 and 544. (3) *Shi Jing* or *Book of Food* by Xie Feng, written around 600 AD. (4) *Shi Pu* or *Book of Recipes* by Wei Juyan, written during the early 8th century. (5) *Zhonggui Lu* or *Records of Home Cooking* by Mrs. Wu, written during the Song dynasty (AD 960-1279). (6) *Shanjia Gongqing* or *The Simple Offerings of a Mountain Hermit* by Lin Hong, written in the 13th century. He is acknowledged as the first person who used the modern term jiangyou for soy sauce. (7) *Yinshan Zhengyao* or *The Principles of Correct Diet* by Hoshoi (or Hu Sihui in Chinese), written in about 1314-1321 (Yuan dynasty). (8) *Yunlin Tang Yinshi Zhidu Ji* or *The Food System of the Yunlin House* by Ni Zan (lived 1301-1374; Yuan dynasty). (9) *Suiyuan Shidan* or *The Cookery Lists of Suiyuan* by Yuan Mei, published in 1792, five years before his death. A superb biography of Yuan Mei is given, together with a discussion of his influence on Chinese cookery.

The chapter on "Chinese festivals begins: "In 1912, the Republic of China officially adopted the Gregorian calendar used in the West, but the old lunar calendar, calculated more than four thousand years ago, has persisted, and it is according to this system that all the traditional Chinese festivals are celebrated to this day." The food served at each festival and the symbolism are described. The main festivals are: Chinese New Year, Double Fifth Festival (5th day of the 5th lunar month), Mid-Autumn Festival (15th day of the 8th

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lunar month).

Peking food stalls and hawkers offer "deep-fried bean curd triangles or squares... For breakfast they serve freshly made warm soybean milk, which is naturally sweet, to go with 'youtiao,' the deep-fried twin-strip dough that is mildly savoury, and not unlike an elongated doughnut, only more crispy to the bite and soft inside. Unless you are an early riser, you run the risk of having them been sold out before you get to the street corners where they are sold. Youtiao are arguably the most sought after and adored breakfast street food sold in China, though it is only in the north that they are twinned with soybean milk" (p. 80).

Many of the recipes in this book are based on those of classical Chinese cooks such as Yuan Mei and Su Dongpo. Soy-related recipes: Bean curd salad (p. 124). Bean curd skin rolls [yuba] (p. 140-42). Butterfly prawns in red bean curd cheese [red fermented tofu] (p. 147).

The chapter titled "Vegetarian dishes" (p. 170-90) begins with a history of vegetarianism in China. In the *Qimin Yaoshu* the chapter titled "Vegetarian food" contains China's first vegetarian dishes. Steamed wheat gluten or kaofu is a favorite in Shanghai (p. 176-77). Red-braised bean curd (p. 188-89). Sour and spicy bean curd cubes (p. 190).

The chapter on "Bean curd dishes" (p. 208-22) has recipes for: Homemade soy bean milk. Bean curd with scrambled egg. "Bless the old and the young." Braised bean curd puffs. Sautéed bean curd with spinach. Braised bean curd with bean sauces. Stir-fried bean curd with minced dried shrimp. Mapo doufu. Guotie bean curd. Green egg bean curd. Iced bean curd casserole [frozen tofu].

Mussels in black bean sauce (p. 257). Steamed grey mullet with puréed black bean sauce (p. 274).

The glossary (p. 364-80) has entries for: Bean curd. Bean curd 'cheese,' red fermented [red fermented tofu]. Bean curd 'cheese,' white fermented. Bean curd puffs [deep-fried tofu puffs]. Bean curd skin [yuba]. Black beans, fermented [fermented black soybeans]. Broadbean paste or soy bean paste, spicy hot. Ground (crushed) yellow bean sauce. Hoisin sauce. Soy bean paste, hot. Soy sauce.

About the author (inside rear dust jacket): Born in her ancestral village of Zhongshan, Guangdong province, she grew up and was educated in Hong Kong, where she graduated from the University with a starred first degree in history. She went on to acquire a DPhil [PhD] at the University of London. She was married twice, first to a Chinese surgeon whom she divorced, and then (in 1962) to the American historian Briton ("Brit") Martin Jr., who was the great love of her life. Their son Hugo (to whom this book is dedicated) was born in 1965, when they were at Syracuse University, New York. The family later went to Poona in India, where Brit was taking up an academic post, but, tragically, he died of a brain tumour in 1967, while still only in his 30s.

Brit's death was a watershed in Yan-kit's life and, for several years, her efforts to pull herself out of the consequent slough of grief had only limited success. Indeed, in 1976 she suffered a breakdown. Her subsequent salvation lay in taking up food studies and cookery, of which she proved to be a brilliant teacher. / Address: England.

10280. Toomay, Mindy; Hadler, Susan Geiskopf. 1992. The best 125 meatless pasta dishes. Rocklin, California: Prima Publishing. xvi + 318 p. Illust. Index. 22 cm.
• ***Summary:*** This vegetarian pasta cookbook contains information about tofu, tempeh, and miso, plus 7 tofu recipes, 2 tempeh recipes, and 2 miso recipes. Agé (puffy deep-fried tofu) is used in: Soba in broth with fried vegetables and agé. Soy sauce is used in various broth recipes.

10281. Toussaint-Samat, Maguelonne. 1992. A history of food. Translated from the French by Anthea Bell. Malden, Massachusetts, and Oxford, England: Blackwell Publishers Inc. xix + 801 p. Illust. Index. 23 cm. [200* ref]
• ***Summary:*** A fascinating book of vast scope. The author's principal interest is in the medieval and Renaissance culture of Europe, in particular the domestic economy, food, and clothing. Thus the focus of the book is on Europe (especially France) and the Middle East. It also emphasizes the symbolism of foods.

Chapter 2, "The history of gathering," contains a section titled "Soya: the most widely eaten plant in the world" (p. 51-56), which is long on myth and symbol, and short on historical accuracy. It briefly discusses the following: Soya milk, soya flour, miso, jiang, soya sauce, soya oil and meal, bean-sprouts, tofu, dried soya beans.

Interesting chapters include: The history of meat (p. 93+). The history of cereals (p. 125+). The history of oil (p. 205+). The history of bread and cakes (p. 223+). An essential food: The history of salt (p. 457+). Spice at any price (p. 480+, including The great trading companies). The lure of sugar (p. 552). The potato revolution (p. 711+). The assurance of dietetics (p. 755, including an excellent "Chronology of dietary progress" from 2 million B.C. to the present, with detailed information on food developments during the paleolithic, mesolithic, and neolithic periods of the Stone Age). Address: Historian, journalist, writer, France.

10282. Tropp, Barbara; Schreil, Arminda Asprer. 1992. China Moon cookbook. New York, NY: Workman Publishing. x + 518 p. Illust. (by Sandra Bruce). Index. 24 cm.
• ***Summary:*** China Moon Cafe is a small restaurant that Barbara opened in 1986 in downtown San Francisco in a 1930s art deco coffee shop on Post St. Barbara says she is primarily a cooking teacher but she is also one of the best writers in the world of food, and a superb interpreter of real Chinese food and ingredients to Westerners. Each recipe is

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made from scratch, in the traditional way, and comes with interesting (often lengthy) headnotes or sidebars.

Barbara prefers not to peel gingerroot but all of her chefs and sous-chefs insist that it be peeled–so it is (p. 8-9).

Ingredients for infusion: "Chinese fermented black beans should be moist and pliable to the touch. They should taste good, with a nice range of flavor in the aftertaste. My favorite brand is Pearl River Bridge, in a round yellow box. Don't use beans that are hard and shriveled" (p. 14).

The index contains 17 entries for hoisin sauce, 7 for black bean(s) (Chinese fermented), 5 for black bean sauce, 4 for bean sauce (all soy-based), 1 for mushroom soy sauce, and none for tofu (although it is described on p. 508).

"Mushroom soy sauce–infused with dried black (shiitake) mushrooms is the flavorful star of the black soy sauce family" (p. 148).

Black beans: "Don't wash 'em! Black bean sauces are usually flat and murky affairs. A practice followed religiously by most all Chinese cooks is to wash off the salt and mash the beans." Barbara does neither (p. 245).

Bean pastes: "All in the family: Hot bean paste, sweet bean paste, and hoisin sauce are close culinary cousins. Soy bean- and wheat-based condiments all, they might easily have been one in ancient times. Regional distinctions and the march of modernity have given us three separate products with flavors that work beautifully in combination." Barbara likes Koon Chun hoisin sauce and Szechwan brand hot and sweet bean pastes. They are made in Taiwan and are widely available (p. 308).

The "Glossary of special ingredients" (p. 501-08) includes descriptions of: Bean pastes (hot bean paste, sweet bean paste). Black soy sauce (Concentrated, made with molasses; her favorite is Pearl River Bridge. The English label reads "Soy, Superior Sauce." "The Chinese name for black soy sauce is 'old head soy,' referring to the extra aging process that gives this soy its savor"). "Hoisin sauce: This brown, salty-sweet sauce has a fascinating history in China; it changes its name and style from region to region, being wheat-based in some areas and soybean-based in others." She prefers Koon Chun brand. Salted black beans: They are fermented black soybeans. She prefers Pearl River Bridge brand packed in a cardboard box. Soy sauce: Her favorite brand is Pearl River Bridge; its label reads "Superior Soy." "Tofu: This protein-rich white substance made from soybeans delights the Chinese and baffles Westerners."

On the rear cover: "Barbara Tropp is the Julia Child of the Chinese Kitchen"–San Francisco Chronicle. Two color photos show Barbara Tropp, one on a motor scooter. And there is a brief biography. Address: San Francisco.

10283. Tu, Bich-Thuy. 1992. The current status of soybean production in South Viet Nam. In: Increasing Soybean Production in Asia: Proceedings of a Workshop. 1992. Bogor, Indonesia: CGPRT Centre. 187 p. See p. 151-65. Held 21-24 Aug. 1990 at Phitsanulok, Thailand. [3 ref]
• ***Summary:*** Contents: Soybean producing areas in South Viet Nam. Technical aspects of soybean production. Soybean utilization in Viet Nam. Policies necessary for the development of soybean production in South Viet Nam. Production constraints. Research activities conducted to date by U.A.F. Concluding remarks. Future research activities of U.A.F. Suggestions for future research.

"Utilization as food: In Viet Nam 80% of the soybean crop is used to produce soybean curd, fermented soybean curd, soybean milk, soybean meal and small quantities of soybean oil. Although many factories in Ho Chi Minh City produce sesame, groundnut and coconut oils, soybean oil remains uncommon." Address: Univ. of Agricultural Forestry of South Viet Nam (UAF), Ho Chi Minh Coty, South Viet Nam.

10284. Vegetarian diets. 1992. In: American Dietetic Association. 1992. Handbook of Clinical Dietetics. 2nd ed. New Haven, Connecticut, and London: Yale University Press. x + 588 p. See p. 47-57. Chap. 3. 28 cm. [48 ref]
• ***Summary:*** Contents: Definitions: Vegan diet or strict vegetarian diet, lactovegetarian diet, ovo-lacto-vegetarian diet, semivegetarian or partial vegetarian diet (usually excludes red meat but may include poultry, fish, or seafood), omnivorous diet, Zen macrobiotic diet. Purpose of the diet. Effects of the diet: Lower body weight, reduced blood pressure, reduced coronary artery disease, changes in platelets, decreased risk of renal stones [kidney stones], decreased cancer risk. Physiology, foods and nutrients. Indications for use. Possible adverse reactions (especially for strict vegans): vitamin B-12 deficiency, calcium deficiency, vitamin D deficiency, zinc deficiency, children's failure to thrive. Contraindications ("Some forms of Zen macrobiotic diet are grossly inadequate in many nutrients and have produced disastrous nutritional consequences in some of its younger adherents"). Clinical assessment. Biochemical assessment. Assessment of potential drug interactions. Implementing and education: Meal planning (mentions meat analogs, tofu, legumes, peanut butter), complementary proteins, ensuring dietary adequacy, vegetarian diets in infancy, counseling the vegetarian. Priorities for quality assurance.

Tables: (1) Amino acid content of various vegetarian protein sources. (2) Eating patterns for vegan infants and children. (3) Menu planning: Sample menu for the ovo-lacto-vegetarian (for a male, age 25-50). (4) Sample menu for the lactovegetarian (for a male, age 25-50). (5) Sample menu for the vegan (for a male, age 25-50).

10285. Weed, Susun S. 1992. Menopausal years: The wise woman way. Woodstock, New York: Ash Tree Publishing. xxiii + 204 p. Illust. Index. 22 cm. [soy ref]
• ***Summary:*** This book includes a discussion of the ways that

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tofu (p. 22, 102, 189) and soy milk (p. 24, 29) can be helpful for a woman passing through menopause. All information about soy is presented in a positive way. Address: Laughing Rock Farm.

10286. White Wave, Inc. 1992. I eat tofu and I vote! (Bumper sticker). 1990 N. 57th Court, Boulder, CO 80301. 11½ by 3 inches.
• ***Summary:*** This bumper sticker, released during the presidential election year of 1992, has white letters printed on a turquoise background. The White Wave Soyfoods logo is printed in yellow. It was released again during 1996–another election year.

Note: This is the earliest bumper sticker seen (Oct. 2001) that mentions soy. Address: Boulder, Colorado. Phone: 303-443-3470.

10287. Yamuna Devi. 1992. Yamuna's table: Healthy vegetarian cuisine inspired by the flavors of India. New York, NY: E.P. Dutton / Penguin Books USA Inc. xv + 335 p. Index. 25 cm.
• ***Summary:*** This book won the 1993 James Beard Award for the best international cookbook. In the "Entrees" chapter, the author uses tofu as an alternative to cheese in a number of recipes. She notes (p. 187): "In recent years, creative restaurant and spa chefs have been redesigning the parameters for tofu use. Inspired by their work, I tried tofu for the first time last year. Today I have devised scores of recipes for it." The recipes include: Cheese cutlets with pineapple-ginger glaze and basmati rice (p. 190). Almond-crusted cheese sticks with lime-horseradish mayonnaise (p. 192-93). Cheese fricadelle with two chutneys (p. 193-95). Vegetable and cheese ramekins with yellow pepper-tomato sauce (p. 196-97). Tex-Mex cheese tostadas with ancho chili-tomato salsa (p. 197-98). Herb cheese galette with cashew crust and papaya-cilantro chutney (and optional soya milk, p. 199-200). Cauliflower and cheese croquettes with horseradish potatoes (p. 200-02). Four-vegetable tart with two pepper sauces (p. 202-05). White cheese-vegetable pipérade (p. 204-05). On page 295 is a recipe for Maple Cream in which silken tofu can be used in place of low-fat cottage cheese. Address: Washington, DC.

10288. Bean Supreme Ltd. 1992? Soy revolution brings happiness (Leaflet). Penrose, Auckland, New Zealand. 2 p. Undated. 28 cm.
• ***Summary:*** The front of this color, 1-page, 2-sided leaflet shows the company's vacuum packed firm tofu [launched 1984], Nine 'n' Healthy Soy Milk [launched March 1989], Tofu Luncheon [new, launched Nov. 1991], and Lite Licks frozen dessert [launched Oct. 1986]. The company describes itself as "New Zealand's own soy innovator"–a very apt description.

The back side discusses Tofu Luncheon, and gives a nutritional analysis and 2 recipes. Address: P.O. Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: 09 579 0592.

10289. **Product Name:** Organic TofuBurgers [Original].
Manufacturer's Name: Stow Mills (Distributor).
Manufacturer's Address: Chesterfield, NH 03443-0301.
Date of Introduction: 1992?
Ingredients: Organic tofu (filtered water, organically grown soybeans, natural calcium chloride nigari–a natural mineral coagulant, not a preservative), fresh carrots, rolled oats, sunflower seeds, sesame seeds, dried currants, barley malt syrup, red miso (water, rice, soybeans, salt), onion powder, garlic powder, spices, guar gum, natural orange extract, canola oil.
Wt/Vol., Packaging, Price: 6.5 oz (184 gm) vacuum pack. Retails for $1.59 (7/92, Maryland).

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How Stored: Refrigerated.
Nutrition: Per 3.25 oz patty: Calories 240, protein 14 gm, carbohydrate 19 gm, fat 12 gm, cholesterol 0 mg, sodium 85 mg, dietary fiber 12 gm.
New Product–Documentation: Product with Label purchased at Fresh Fields, Rockville Pike, Maryland. 1992. July 20. Label is 4 by 5.5 inches. Self adhesive. Dark blue, red, and black on light blue and light green. Color photo of a Tofuburger with tomato slices, onion rings, and a lettuce leaf. "All natural. Wheat free. Low sodium. Meatless. Dairy free. No cholesterol. High calcium. High protein. Stow Mills Tofu Burgers are precooked for your convenience. Please do not overcook. To prepare, just grill, fry or microwave until heated."

10290. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Sítio Pé-na-terra.
Manufacturer's Address: Estrada Morro dos Bois, 93490 Lomba Grande, Novo Hamburgo, RS, Brazil.
Date of Introduction: 1992?
New Product–Documentation: Letter from Mark Schultz. 1992. May 24. Ordering Tofu & Soymilk Production. "Being a small industry located on a producer-consumer cooperative, I have deducted 20% from the price of the book as offered for prepaid orders from developing countries."

10291. *Times* (*Milford, Nebraska*). 1993. Soybean foods reduce cancer risk. Jan. 27.
• ***Summary:*** Doreen Blackmer, director of consumer information for the Nebraska Soybean Program, is excited about the potential significance of soybeans in fighting cancer. She explains that "you can substitute tofu for part of the cheese in your lasagna recipe. You can add a teaspoon of miso to your baked beans."

Dr. Mark Messina says that the first "golden age" of nutrition was from 1910 to 1940 with the discovery of all the vitamins and minerals essential to good health. He says we are now entering the second golden age when the value of "anti-nutrients" is being discovered. This is where soybeans come into the picture.

10292. Wang, Kent. 1993. Re: Vacuum packaging of tofu and some other soy products may promote the growth of *Clostridium botulinum.* Letter to William Shurtleff at Soyfoods Center, Jan. 27. 1 p. Typed, with signature on letterhead. [1 ref]
• ***Summary:*** Kent received a letter on the subject mentioned above from the Texas Department of Health. He thinks the letter originated with the FDA, Division of Food and Drugs. He wants to know how to deal with this problem which could cause botulism in humans consuming tofu that had been vacuum packed. Address: Houston Calco Inc., 2400 Dallas St., Houston, Texas 77003. Phone: 713-236-0745 or 236-8668.

10293. *Agri-Book Magazine* (*Exeter, ONT, Canada*). 1993. Beans in Canada. 19(3):1-23. Jan.
• ***Summary:*** This entire special issue is about soybeans in Canada, with emphasis on soybean production. The magazine is printed with soy ink. Articles include: Top yields with no-till. Ten myths about conservation tillage. Ontario Soybean Growers' Marketing Board Newsletter–new format (insert). Ad for symposium "Soybeans in Canada: Beyond 100 Years," organized by the Ontario Soybean Growers' Marketing Board, to be held 28-30 March 1993 in Toronto, Ontario, Canada at the Regal Constellation Hotel; gives names and photos of speakers. Breeding the soybeans of the future. Genetic ingenuity.

In the Newsletter, an article titled "Profile of Larry Miehls, Soybean Board Chairman," notes: "Sixty-five percent of Ontario's soybeans are grown in five counties–Essex, Kent, Lambton, Middlesex, and Elgin... Today the majority of acres goes to two Ontario crushing plants. Twenty percent of the crop is exported and half of that is for human consumption." Therefore breeders need to concentrate on developing soybeans with more sugar, more protein, and less oil. "There is also a trend toward whole roasted beans for animal feed, and I see this as a major area of growth... For food quality soybeans, Japan remains the board's largest export customer.

"Pacific rim customers are interested in buying Ontario soybeans because of their high quality. Canada is also credited with strict grading standards, good processing people–the cleaners and the baggers–and farmers who keep up-to-date. Natto and tofu quality soybeans are popular among the Pacific rim customers. 'The breeders have done a good job of developing beans to meet customer needs...

"'The Harovinton, a tofu bean, was developed at the Harrow Research Station with a lot of board support. It's really starting to take off,' says Larry."

10294. **Product Name:** Farm Foods Organic Pita Classics [Barbecue Style, Fajita Style, Pizza Style].
Manufacturer's Name: Farm Foods. Div. of Barricini Foods Inc.
Manufacturer's Address: 49 Old Bloomfield Ave., Mountain Lakes, NJ 07046. Phone: 201-334-0101.
Date of Introduction: 1993. January.
Ingredients: Barbecue Style: Pita: Whole wheat flour*, wheat flour*, unrefined safflower oil*, sea salt, yeast. Filling: Tofu*, tomato paste*, onions*, brown rice syrup*, apple cider vinegar*, maple syrup*, unrefined safflower oil*, rice starch*, natural flavor and spices. * = Organically grown.
Wt/Vol., Packaging, Price: 6 oz paperboard box.
How Stored: Frozen.
Nutrition: Barbecue. Per pita: Calories 260, protein 10 gm, carbohydrates 41 gm, fiber 2 gm, fat 6 gm, cholesterol 0 mg.

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New Product–Documentation: Color leaflet sent by Farm Foods. 1993. Feb. 9. "Organic Pita Classics: A delicious innovation in natural foods cuisine." A photo shows each of the 3 boxes and labels. Ingredient and nutritional information is given for each flavor.

Leaflet (8½ by 11 inch, black-and-white) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Farm Foods Pita Classics." The three flavors are now named Sizzling Fajita, Zesty Pizza, and Barbecue Blast. Each contains a tasty blend of fresh vegetables, organic grains and tofu. They are completely lactose and cholesterol free.

10295. Freese, Betsy. 1993. Soybean surprises. *Successful Farming* 91(1):62-63. Jan.
• ***Summary:*** The United Soybean Board (USB), established in 1991, "is on a kick to tell consumers about the many benefits of the amazing soybean. Soy oil is the major ingredient in 77% of cooking oils, 84% of margarines, and 95% of salad dressings." USB encourages you to try these recipes–all using "soybean products. For a free copy of 'Cooking with Soybeans,' published by the Volunteer Soya Promoters, write: 360 Pierce Ave., North Mankato, Minnesota 56003."

Four recipes with color photos are given: Tofu lasagna, Four bean salad (with 1 cup cooked soybeans), Good-for-you muffins (with 8 oz tofu), and Soybean molasses pie (with 1 cup cooked and pureed soybeans). Address: Senior Editor.

10296. Lightlife Foods, Inc. 1993. Why protein from vegetable sources makes good sense: The Lightlife primer (Leaflet). Greenfield, Massachusetts. 4 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Accompanying this leaflet is a glossy leaflet for Lightlife Meatless Smart Dogs, and a coupon to save $0.30 on any Lightlife product.

This leaflet appeared in a new format in March 1995. Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 1-800-274-6001.

10297. Ono, Tomotada; Katho, Shoji; Mothizuki [Mochizuki], Kazunori. 1993. Influences of calcium and pH on protein solubility in soybean milk. *Bioscience, Biotechnology, and Biochemistry* 57(1):24-28. Jan. [14 ref]* Address: Gifu Woman's Univ., 80 Taromaru, Gifu 501-25, Japan.

10298. **Product Name:** Tofu, Soymilk, Tortillas with Okara, and Whole Wheat Bread with Okara.
Manufacturer's Name: Soyane.
Manufacturer's Address: Nueva Goverdhana, km. 34 Carretera hacia Antigua, Santa Lucia Milpas Altas, Guatemala. Phone: 030-7179 or 030-7181.
Date of Introduction: 1993. January.
New Product–Documentation: Letter from Lorenz Stuber and Ellen Figueroa de Stuber. 1993. Aug. 20. Please see this letter for details on their work with soya, Soyane, and Comida Para Todos in Guatemala. Their work with soya in Guatemala began in 1985 with a vegetarian restaurant in Panajachel.

Follow-up response to questions from William Shurtleff of Soyfoods Center. 1993. Oct. 9. Since 1985 they have known about the soy dairy (which Plenty Canada had helped to establish) in San Bartolo, Solola, Guatemala. In July 1985 they started buying tofu and soy ice cream from San Bartolo for their vegetarian restaurant in Panajachel. They fried the tofu and sold it at the restaurant. In July 1989 they started to make tofu, soymilk, tortillas with okara, whole wheat bread with okara, and soyaburgers. In January 1993 they established Soyane and started to sell the first four of these foods, which they make at Nueva Goverdhana, km. 34 Carretera hacia Antigua, Santa Lucia Milpas Altas, Guatemala. Phone: 030-7179 / 030-7181. They are still working on developing labels; a sample of a generic label (which can be used on any of their soyfood products) is enclosed. As of October 1993 they sell the following amounts of each soyfood product: Tofu 42 kg/week (sold mostly to Korean people), soymilk 350 liters/week (distributed to 150 school children), tortillas with okara 15 kg/week (distributed to the people at the dump), and whole wheat bread with okara (110 kg of which is distributed to school children).

A Label sent by the Stubers is 3 by 2 inches, green and black on yellow. The largest letters say "Soyane." Across the top and bottom are written: "Comida para todos. Vivir sano es divirtido." A cartoon figure of a soybean is dancing and waving its arms. A soybean plant grows out of a round yin-yang (*t'ai chi*) symbol.

10299. **Product Name:** Befine.
Manufacturer's Name: VPS, Inc.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87505. Phone: 505-471-8979.
Date of Introduction: 1993. January.
Ingredients: Soybeans, water, calcium sulfate–a natural mineral, caramel color.
Wt/Vol., Packaging, Price: 2 lb bricks, Tiromat vacuum packed, the shape of a brick.
How Stored: Frozen.
Nutrition: Per 2 tamales: Calories 275, calories from fat 98, total fat 11 gm (saturated fat 1 gm), cholesterol 0 mg, sodium 365 mg, total carbohydrate 41 gm (dietary fiber 6 gm), protein 10 gm, vitamin A 25%, vitamin C 2%, calcium 26%, iron 64%.
New Product–Documentation: Interview with Richard Jennings, CEO of VPS, Inc. (Vegetable Protein Specialists). 1993. Nov. 28 and Dec. 1 (which see). The name "befine" was coined in about March 1992 by Sander Wijnen, at that

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time responsible for establishing VPS Europe BV.

Color leaflet (red, green, and black on yellow) sent by Richard Jennings. 1993. Dec. Printed for the IFT show in June 1994, this leaflet is titled "Befine: The ideal meat replacer. Eating is believing!"

Talk with Richard Jennings, CEO of VPS. 1995. Jan. 4 and 6. VPS is now making Befine in Santa Fe and shipping everything they make to the Netherlands. VPS Europe picks up the product in Rotterdam, then sells it to distributors, caterers (the European term for foodservice), and food processors (for use as an ingredient). VPS Europe also has burgers made, and is presenting the product to some meat companies who are considering carrying some non-meat products. Befine is now the company's only product. It was first sold as such, under the Befine name, in January 1993, mostly in New Mexico to foodservice. It was distributed mostly by Sysco, who was selling it largely to restaurants. Some was also sold in California by Allied Sysco. VPS no longer sells through Sysco. Ron Pickarski is testing the product. Befine has almost the same nutritional composition as hamburger, and contains almost no carbohydrates. How is Befine made into burgers? The binder is basically a soy protein isolate. The product as always been sold unseasoned. The end user seasons or flavors the product. They have developed Befine prototypes with a smoked or a grilled flavor. The soybeans used to make Befine have always been "transitional organic" which means organic but the land has been under organic production for two years but not for fully five years. The product has always been sold frozen. Today most of the product is sent to Europe in 10 kg vacuum-packed bags, but a small amount is sold in 1 kg bricks for caterers.

10300. Weiss, Rick. 1993. What's the matter with milk? *Health* (*San Francisco, California*) 7(1):18, 20. Jan/Feb. • ***Summary:*** Problems include: (1) 71% of milk samples taken from 5 Eastern U.S. states contained significantly too little or too much vitamin D (10% were too high, 61% too low); Too much vitamin D causes calcium to accumulate in the blood and urine, and can eventually lead to kidney failure. (2) Research has shown that milk can cause diabetes in some individuals. (3) "The U.S. Accounting Office released a report concluding that U.S. dairy farmers are routinely treating their herds with dozens of drugs not approved for use in milk-producing cows. Some of these drugs can cause allergies in people; others, like the antibiotic sulfamethazine, may cause cancer. But despite repeated promises to get on the ball, the Food and Drug Administration hadn't even begun to test for these contaminants in milk. No one yet knows if the drugs are causing health problems in milk-drinkers.

"To make matters worse, the revelation rekindled a smoldering controversy over the use of bovine somatotropin (BST), a genetically engineered hormone that makes cows give more milk and is being used experimentally at a few dairies across the country..."

Dr. Benjamin Spock recently proclaimed that "no infant should be fed cow's milk during the first year of life...

"Experts today agree that cow's milk can cause severe iron-deficiency anemia in infants, not only because it's lacking in this critical element but because it can cause iron-depleting intestinal bleeding. According to the American Academy of Pediatrics, the only appropriate beverage for infants up to 12 months of age is breast milk or iron-fortified infant formula" [including soy-based infant formulas].

Among the most outspoken critics of milk is Frank O. Oski, director of pediatrics at Johns Hopkins University School of Medicine in Baltimore, Maryland. "'Cow's milk is for calves,' Oski says flatly, 'not for people.' Oski notes that no other species, with the exception of the domesticated cat, continues to drink milk after tripling its birth weight (about one year for humans). And most people in the world, including a fifth of all Americans, lack the enzyme that breaks down the milk sugar lactose, leaving them gassy and bloated when they drink it.

"'There are three things you need to know about milk,' Oski says. 'Number one, nobody needs milk; there are plenty of other sources for everything that milk provides. Number two, certain people are harmed by milk–by allergies, for example. And number three, most people in the world do not drink milk.'"

A table shows that 1½ oz. of firm tofu provides the same amount of calcium as one glass of milk.

Note: This is the earliest document seen (June 2001) that mentions "BST" or "bovine somatotropin."

10301. **Product Name:** Organic Tofu–Fat Reduced!
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1993. January.
Ingredients: Rocky Mountain glacier water, OGBA certified organic dehulled soybeans, gypsum, nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 85 gm.: Calories 90, calories from fat 35, total fat 4 gm (6% daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 5 mg (0%), total carbohydrate 5 gm (2%; dietary fiber 2 gm [6%], protein 8 gm, calcium 4%, iron 6%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Talk with Steve Demos. 1993. Jan. 21. The company will start shipping product tomorrow, and they will launch it in a big way at the Natural Products Expo at Anaheim in February. It is made with Nichii Microsoy Flakes and Nichii is helping in a big way to

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promote the product. The label says that the product has 30% less fat that regular tofu with the same water content, but actually laboratory analyses show that the product contains 42% less fat. White Wave listed 30% to be on the safe side. The product is certified organic by a third party organic certification organization. The product is priced at about 10-15% above the price of regular tofu. Steve also hopes to private label the product for other tofu companies.

News release from Susan L. Holden of Holden McClure. 1992. Jan. "White Wave launches first fat reduced tofu in America." "With 60 employees, White Wave sales have grown over 20% annually for the last 5 years, with estimated earnings [sic, sales] of over $4 million for 1992. In 1992, White Wave was named Small Business Manufacturer of the Year by the Boulder County Chamber of Commerce." The tofu is certified Kosher-Parve by Star K. "This premium product will retail for approximately $1.14 to $1.49 per pound... We've made a healthy product even healthier."

Label sent by Lon Stromnes of White Wave. 1993. Feb. 26. 5 by 4.25 inches. Dark blue, red, and white on yellow. Self adhesive (front and back labels). See-through window. Front panel: "Third Party Certified. Fewer calories derived from fat. Organic hard style. Fat reduced by 30%–with no loss of protein." In the lower right corner are the Japanese characters *Yûki Tofu* meaning "Organic Tofu." Back panel: "White Wave reduced fat tofu. Serving size: 1/5 block. Write for recipes." Note: This is one of the first labels seen to use the new FDA NLEA labeling format and information.

Color postcard used to advertise the product. 1993. Feb. "Have a block party! You'll want to celebrate a protein-rich block of tofu with 30% less fat. It's 100% natural and Third Party Certified Organic. And it cooks and tastes just like our regular tofu. So wake the neighbors. Its party time."

Talk with industry observers. 1993. March. The product is somewhat dry and crumbly. White Wave is now private labeling this tofu for Tree of Life, and has picked up a new distributor on the East Coast, plus Mrs. Gooch's on the West Coast.

Ad (full page, color) in Natural Foods Merchandiser. 1993. March. p. 18, and April p. 33. "The story of White Wave's reduced fat tofu: A simple tale of the first and only reduced fat tofu in America." A colorful story, with cartoons, a photo of the package label, and the "Nutrition Facts" panel. An 85 gm serving contains 4 gm of fat and 90 calories, of which 35 calories (38.8%) come from fat.

Leaflet of White Wave products. 1996. March. The product name is given as "White Wave Organic Reduced Fat Tofu (TM)."

Talk with Jonathan Gordon of White Wave. 1997. May 5. This tofu is coagulated with both calcium sulfate and nigari. According to an outside lab analysis dated Dec. 1992 the product contains 48 mg of calcium per 100 gm of tofu.

10302. White Wave, Inc. 1993. White Wave mission statement, company overview, and list of products currently sold (News release). 1990 N. 57th Court, Boulder, CO 80301. 2 p. Jan.

• ***Summary:*** "White Wave's mission is to creatively lead the full integration of low technology soyfoods into the average American diet. Our interest is in promoting the use of foods we consider the world better off with, rather than without."

"White Wave employs approximately 60 people and projects sales of over $4 million for 1992. Under the guidance of founder and president Steve Demos, White Wave has grown more than 20% annually for the last 5 years and was named the 1992 Small Business Manufacturer of the Year by the Boulder County Chamber of Commerce."

White Wave has six product lines: Tofu (7 products), tempeh (8), marinated tempeh (4), Dairyless soy yogurt (8), prepared foods–heat and serve (7), and Soya A Melt soy cheese (5 flavors plus 2 flavors of soy singles). Address: Boulder, Colorado. Phone: 303-443-3470.

10303. Gatesman, Jeanine M.; Pastorio, Bob. 1993. Pro-fu, Con-fu. Tofu: You love it or you hate it. *News-Record* (*Harrisonburg, Virginia*). Feb. 3.

• ***Summary:*** These are two parallel columns by a tofu lover (Gatesman) and a tofu hater. Gatesman writes: "It's white! Just like angel wings. The newspaper's food page may not lend itself to controversy–OK, maybe an occasional 'to baste or not to baste'–but not major issues like abortion, capital punishment or tofu. But we're gonna do it anyway.

"I am pro-child, pro-family, pro-tofu. From that last one, people are likely to draw further conclusions. After all, anyone who eats tofu is obviously a far-left liberal who eats granola for breakfast, wears only natural fibers, hangs around in coffeehouses with beatniks and has a penchant for folk music and weird poetry."

10304. Sands, Lee. 1993. Health nuts rejoice: White Wave begins selling low-fat tofu. *Denver Business Journal.* Feb. 18.

• ***Summary:*** "White Wave Soyfoods Inc. has done the impossible: It has made tofu healthier. Tofu is the meat and potatoes so to speak, of vegetarians and health food fanatics." The product hit the market in late January. White Wave president Steve Demos says: "We project selling between 10 and 20 tons of the reduced fat tofu per week within the next 90 days." The tofu will sell for $1.14 to $1.49 per pound–about 10-15 cents more per pound than regular tofu.

"White Wave has 65 employees and had revenues of $4.6 million in 1992. Demos said the company has grown between 18 percent and 30 percent every year since it opened in 1977."

10305. Badani, Bernard. 1993. Edible soybean mission report, Korea, Indonesia, Taiwan, February 1993. Ottawa,

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Ontario, Canada: Agriculture and Agri-Food Canada. iii + 14 + 17 p. 28 cm. Spiral bound.
• ***Summary:*** Contents: Foreword. Acknowledgements. Mission members: Tino Breuer, Ron MacDougall, Dr. Gary Ablett, Jim Lowe, Bernard Badani. 1. Visit to Korea: Executive summary, report, conclusions, recommended follow-up. 2. Visit to Indonesia: Executive summary, report, background, price structure, quality requirements, conclusions, recommended follow-up. 3. Visit to Taiwan: Executive summary, report, background, price structures, conclusions, recommended follow-up. Appendix A. List of contacts (photocopies of business cards of people met on the trip). List of 26 invitees for Canadian soybean seminar in Seoul (15 Feb. 1993), including academic researchers, government, soybean crushers, soysauce association, tofu association, food-related media, soybean milk manufacturers (Kwangja General Foods Co., Namyang Dairy Co., Lotte-Chilsung Beverage Co., Samyuk Foods Co., Dong-A/Otzka Co., Dr. Chung's Foods, See Joo Industry Co.). List of participants for Indonesia and business cards from Indonesia (incl. Primkopti, Sarpindo, Ikapti, Yeo's-P.T. Salim Graha). Business cards from Taiwan. Address: Oilseeds Div., Grain Marketing Bureau, Grains and Oilseeds Branch, Agriculture Canada, Ottawa.

10306. Legume, Inc. 1993. The Legume family of fine vegetarian cuisine (Ad). *Natural Foods Merchandiser.* Feb. p. 99.
• ***Summary:*** This full-page color ad begins: "Legume: The pioneer in all-natural, cholesterol-free, and low-calorie entrees has added a new dimension to their line of favorites. All Legume entrees are now made with organic tofu and organic pasta made from fresh-ground whole durum wheat.

"Legume's Classic Lasagna and Classic Manicotti have been resized and are now available in 11 oz. sizes. All six Legume entrees are now one size and line-priced.

"Look for the full Legume line of entrees including: Vegetable Lasagna. Classic Lasagna Manicotti Florentine. Classic Manicotti Stuffed Shells. Mexican Enchiladas."

A new product is Legume Potato Pockets.

And Legume offers Heart & Soul Trim Slice Meatless Cold Cuts–"a delicious vegetarian alternative to traditional meat deli slices. Trim slices contain no cholesterol, are 30% lower in saturated fat, and higher in protein than their meat counterparts. Trim Slice is available in the following flavors both in slices for the consumer, and in chubs for institutional use: Turkey-Style. Ham. Roast Beef-Style. Coming attractions:..."

Three large color photos show these different product lines. Address: 112 Main Rd., Montville, New Jersey 07045. Phone: 201-263-1013.

10307. **Product Name:** [Tofu (Plain), Tofu with Seasonings (Tomato, Mushrooms, Cheese)].
Foreign Name: Tofu Nature.
Manufacturer's Name: Meehano.
Manufacturer's Address: ZI Le Dresseve, B.P. 47, 56150 Baud, France. Phone: (33) 97.51.12.75.
Date of Introduction: 1993. February.
New Product–Documentation: Form filled out by Thérèse Le Mee. 1994. Jan. 18. Her company began producing soyfoods on 1 Feb. 1993. She now produces 500 kg/month of her various tofu products.

10308. Morinaga Nutritional Foods, Inc. 1993. A prize in every box (Ad). *Vegetarian Times.* Feb. p. 3.
• ***Summary:*** This full-page color ad shows a stir-fry dish in a wok with cubes of tofu and many sliced veggies plus a few fruits.

The text at the bottom reads: "In every box of Mori-Nu Tofu you'll find a wonderful surprise–fresh-tasting Mori-Nu Tofu. You won't need to worry about soured tofu. Or spoiled tofu. Or any of the problems you may have had with traditional water pack tofu.

"You can rely on Mori-Nu, consistently, to be the same texture and quality, box after long-life box. Choose our Extra-Firm, Firm or Soft variety.

"From the very first taste, you'll see why Mori-Nu Tofu is prized by cooks everywhere, for tempting main dishes, rich and creamy desserts, and traditional tofu recipes.

"You can claim your Mori-Nu prize in your supermarket produce section or health food store. Mori-Nu. Pure tofu, perfect package." At the lower right is the red Mori-Nu logo. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504.

10309. **Product Name:** Smoked Tofu.
Manufacturer's Name: Sweet Angel / Clearway Kitchen.
Manufacturer's Address: 1037 17th Ave., Santa Cruz, CA 95062. Phone: 408-476-6390.
Date of Introduction: 1993. February.
New Product–Documentation: Talk with Buddy Hamel, owner of Clearway. 1987. Aug. This product was introduced in 1983, but has been discontinued. Talk with Jiji of Clearway. 1993. Aug. 19. Smoked Tofu is currently on the market. Talk with Buddy Hamel of Clearway Kitchens/Sweet Angel. 1993. Aug. 20. His address is now 209 Redwood Rd., Corralitos, California 95076. Smoked Tofu is now on the market and he has been making it for about the last 6-7 months. Prior to that he had made smoked tofu only on an experimental basis; it was never commercialized. The product was actually introduced by his other company named Sweet Angel, which is closely related to Clearway Kitchen and located at the same address.

10310. White Wave, Inc. 1993. White Wave Soyfoods–The conscious choice (Ecology and nutrition information cards). 1990 N. 57th Court, Boulder, CO 80301. 1 p. 3 by 5 inches.

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• ***Summary:*** These creative, colorful, and informative cards were available at the Natural Products Expo West at Anaheim, California. 1995. March. Each 3 by 5-inch card is printed on both sides. On the front is a title, a subtitle, a cartoon, and a brief message. On the back are more details. The titles are: "A hot flash about tofu" (Consumption of soyfoods may help Japanese women relieve the symptoms of menopause). "Soy protein is complete" (Soyfoods such as tofu and tempeh provide all 8 of the amino acids our bodies need). "Veggie protein saves petrol" ("One unit of energy can produce 39 times more protein from soybeans than from meat. So, a vegetarian diet helps our resources last far into the future"). "Soyfoods save water" ("It takes over 5,000 gallons of water to produce a pound of beef, but only 25 gallons to produce a pound of wheat").

Note: These are the earliest information cards seen (Oct. 2001) that mention soy. Address: Boulder, Colorado. Phone: 303-443-3470.

10311. White Wave, Inc. 1993. Quick & easy recipes (Recipe cards). 1990 N. 57th Court, Boulder, CO 80301. 3 by 4 inches.
• ***Summary:*** These colorful recipe cards were introduced in Feb. 1993 and were available at the Natural Products Expo West at Anaheim, California. 1995. March. Each 3 by 4-inch card is printed on both sides. On the front, at the top is written "Quick & Easy Recipe." Below that is the recipe name, a brief description of the recipe by Leonardo, White Wave Corporate Chef, and a large White Wave logo. On the back is the recipe itself.

There are cards for: Tempeh mock chicken salad. Tempeh Reuben. Lemon broil [tempeh with] pasta sauce. Almost Chinese hot & sour soup. Sizzling savory tofu steaks. Pepper tofu steak sandwich. Address: Boulder, Colorado. Phone: 303-443-3470.

10312. Lane, Charlotte Balcomb. 1993. Tofu craving feeds success of company: A Plant City couple sells a firm-textured tofu for American tastes to stores throughout the Southeast. *Sentinel* (*Orlando, Florida*). March 11.
• ***Summary:*** A photo shows John and Marcia Miller with samples of the food they produce (including Tofu Crumbles, and boxed Tofu) at Marjon Specialty Foods in Plant City, Florida. Peter Golbitz of Soyatech says that in 1985 Americans ate about 60 million pounds of tofu; in 1992 the figure is projected to reach 84 million lb. "That equals about $100 million in annual tofu sales, most of it through mainstream consumer outlets such as grocery stores and supermarkets. 'Its not a meteoric, flash-in-the-pan increase, its a steady 5% to 10% annual rise in tofu consumption,' Golbitz said."

About 4 years ago Marjon "started making seasoned crumbled tofu which is ready to use from the package in tacos, salads, pasta sauces and any recipe calling for ground beef. The crumbles are lightly flavored with garlic, cumin and white pepper and dyed with a natural carmel coloring to the shade of browned hamburger. A four-ounce serving of crumbled tofu has a mere 82 calories and 1 gram of fat compared with a broiled four-ounce extra-lean burger patty with 290 calories and 18 grams of fat. Plus, it contains only a trace of sodium."

10313. Deveny, Kathleen. 1993. Tempted by taste and tiring of tofu, shoppers are bringing home the bacon: Marketscan. *Wall Street Journal.* March 18. p. B1, B8.
• ***Summary:*** "There are growing indications that consumers are getting fed up with healthful eating habits." Sales of bacon are booming in the USA. Oscar Meyer is by far the leading brand. Address: Staff reporter.

10314. Chen, Zinie. 1993. At Twin Oaks commune, soybeans turn a profit. *Daily Progress* (*Charlottesville, Virginia*). March 22.
• ***Summary:*** Twin Oaks commune in the hills of Central Virginia is turning organically grown soybeans into tofu–and profits. About 15 of Twin Oaks residents work making tofu part time. Jon Kessler, marketing director for the tofu operations, says that they started out making 700 pounds of tofu a week; now they are making 2,300 lb/week. In 1992 the tofu business had sales of $65,000 with profits of $27,000. Gross sales have almost doubled since 1990.

Twin Oaks buys its soybeans from an organic grower in Arkansas, and sells most of its products through two distributors. The University of Virginia buys tofu for its cafeterias. In addition to cakes of plain tofu, Twin Oaks also makes bean dips, burritos, tofu salad, soy milk, and herb-seasoned tofu. A photo shows "July" of Twin Oaks taking freshly made tofu out of a cooling bath. Address: Associated Press.

10315. Jain, Manoj. 1993. New developments with soyfoods in India (Interview). *SoyaScan Notes.* March 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In June 1992 the book that he and his mother wrote, *Melody of India Cuisine,* was published in the USA. Since that time they have been doing many soyfoods demonstrations and promoting their book in the Boston area. In about 1985-86 he did field research and wrote up his results in the *Food and Nutrition Bulletin* (United Nations University). He and his mother are still doing a lot of work with soyfoods in India. He plans to travel to India next week. He has been involved with Plenty USA via Charles Haren and with a very large Indian women's organization named BGMS (Bharatiya Grahmeen Mahila Sangh; Indian Rural Women's Organization) In April 1992 USAID gave BGMS funding of $300,000 for a 3-part nutrition project in India: (1) Basic health care needs in 50 villages; (2) Training other voluntary organizations to do health-related work; and (3)

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Introduce soyafoods into the area by doing demonstrations and by developing a small-scale commercial industry to make soyfoods such as tofu, soymilk, biscuits, etc. 3-4 people will work together to make enough foods for 8-10 nearby villages.

An industrialist whose last name is also Jain, N.N. Jain of Prestige Foods in Indore, is a very close friend of Manoj and his mother, and he has made a lot of money from soya. His company is now multinational. Prestige Foods is giving technical assistance to the project and is trying to obtain a SoyaCow ($3,000–$4,000, made by ProSoya of Ottawa, Canada) for the project. Prestige Foods presently makes biscuits containing soya flour which are sold at a small markup to schools. Indore is the site of the USAID project, of Indore Foods, and of Manoj's home town. Manoj is trying to convince USAID to allow the project to buy a SoyaCow to make soymilk. Address: 83 Fullerbrook Rd., Wellsley, Massachusetts 02181. Phone: 617-237-5997.

10316. **Product Name:** Ken & Robert's Veggie Pockets (With Soya Kaas Soy Cheese) [Broccoli and Cheddar Style, or Bar-B-Que Style].
Manufacturer's Name: Imagine Foods, Inc. (Marketer/Distributor).
Manufacturer's Address: 299 California Ave. #305, Palo Alto, CA 94306. Phone: 415-327-1444.
Date of Introduction: 1993. March.
How Stored: Frozen.
New Product–Documentation: Letter from Robert Nissenbaum, president of Imagine Foods. 1993. Dec. 8. This product was launched in March 1993.

10317. Leslie, Catherine. 1993. Talking tofu. *Vegetarian Connection* (*The*) (*South Wales, New York*) 2(1):1, 7. Feb/March. [2 ref]
• ***Summary:*** A nice, positive introduction to the benefits of tofu with 2 recipes. Address: Food editor.

10318. **Product Name:** Smoked Tofu [Sweet Amilla, or Hot Obsession]. Renamed Sweet and Hot Teriyaki, respectively, in 2002.
Manufacturer's Name: North Coast Distributors.
Manufacturer's Address: 2655 Cloverdale, Concord, California. Phone: 510-798-4393 or 510-944-0599.
Date of Introduction: 1993. March.
Wt/Vol., Packaging, Price: 6 oz or 16 oz plastic tub. Wholesales for $1.80 or $4.75 respectively (3/95, California).
How Stored: Refrigerated.
New Product–Documentation: Price list sent by Patricia Smith from Natural Products Expo West at Anaheim, California. 1995. March. Printed black orange. Talk with Hanan Onn. 1995. March 22. These two products were launched in about March 1993.

10319. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Polsoja.
Manufacturer's Address: ul. Hetmanska 61, 05-120 Legionowo (near Warsaw), Poland. Phone: (48 22) 18 21 11.
Date of Introduction: 1993. March.
Ingredients: Soybeans, water, natural coagulant (90% calcium sulfate and 10% calcium chloride).
Wt/Vol., Packaging, Price: 330 gm vacuum packed in polyethylene bags. Retails for 39,000 zlotys/kg (10/93). Or bulk-packed. Retails for 30,000 zlotys/kg.
How Stored: Refrigerated.
New Product–Documentation: Letter (in perfect English) and order from Piotr Poninski (73 Winslow Ave., Somerville, Massachusetts 02144). 1991. Oct. (or before). He orders a copy of *Tofu and Soymilk Production.* Letter (fax) from Piotr Poninski of Polsoja in Poland. 1993. July 27. "In March 1993 my partners and I started the first tofu shop in Warsaw, Poland. As far as I know, in Poland there are no other shops which produce and sell tofu on a regular basis. Besides ourselves (3 partners) we employ two people and the entire production process has been set up according to your guidelines described in 'Tofu and Soymilk Production' (I bought this book from the Soyfoods Center about three years ago). Presently we make regular/kind of firm tofu and sell it to oriental restaurants and Vietnamese and Chinese minority groups."

Letter and Label for tofu sent by Piotr Poninski. 1993. Oct. 10. Shunryu Suzuki's famous book *Zen Mind, Beginner's Mind* has been translated into Polish and there is a group of Zen students practicing under Suzuki's dharma heir, Kwong roshi. Warsaw is not included in the address because Polsoja is located in Legionowo, a small town about 30 km north of downtown Warsaw and outside of the official city borders. It is very difficult to find a source of good soybeans in Poland. They have tried soybeans from many countries, but now use Canadian soybeans. Their 330 gm cubes of tofu (10 x 6 x 6 cm) are vacuum packed in polyethylene bags then pasteurized. It is sold mostly to the limited "health-food" market. "The word 'tofu' appears on our label but is not generally known in Poland. When we introduce the product we temporarily call it 'soybean cheese' or 'soybean cottage cheese.' Because of legal matters we will soon discontinue the use of dairy terminology."

Label. 2 by 3.5 inches. Green on white. Self adhesive. The top panel reads: "Ser sojowy Tofu. Soy bean curd, dou fu, dau phu."

Talk with Piotr Poninski. 1995. April 11. His company now makes about 7 tonnes/month of tofu. Some of it is sold as second generation products: burgers, and deep-fried tofu cubes in curry sauce or tomato sauce.

Letter from visitor. 1996. Sept. Polsoja uses three pieces of equipment made by Takai Tofu & Soymilk Equipment

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Co. in Japan: Continuous roller extractor, horizontal stone mill, and air cylinder press; all three were purchased "second hand" in the Netherlands and are about 7-9 years old.

10320. *SoyaFoods* (*ASA, Europe*). 1993. 20 years of research and publications. 4(1):3. Winter.
• ***Summary:*** "This year William Shurtleff and Akiko Aoyagi Shurtleff are celebrating 20 years of research and publishing on soya foods. In October 1972 they began their research on tofu, starting with an apprenticeship under tofu master Toshio Arai in Japan."

10321. **Product Name:** Soyco Lite 'n' Less (Cheese Alternative) [Singles: Swiss, American]. Renamed Lite & Less Veggy Singles by Nov. 1995.
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1993. March.
Wt/Vol., Packaging, Price: 6 oz. for 8 singles.
How Stored: Refrigerated.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1992. March. p. 19. "We're back in business!" A color photo shows the two labels. The front panel of each states: "Lactose free. Cholesterol free. Cheese alternative. 1/3 less calories."

10322. **Product Name:** Soymilk (Natural, Original, Maple, Vanilla, Chocolate, or Nog), Soybé Soy Ice Cream (many flavors, constantly changing), Soy Yogurt (Natural or Vanilla Flavors) tofu, and Soyanaise (soy mayonnaise).
Manufacturer's Name: Sweet Carrot Café–Health Bar & Deli.
Manufacturer's Address: 702 14th St. East, Saskatoon, SK, S7N 0P7 Canada.
Date of Introduction: 1993. March.
Wt/Vol., Packaging, Price: Bottle.
New Product–Documentation: *SoyaCow Newsletter* (Ottawa, Canada). 1993. Jan/March. p. 1. "SoyaCow SC-20 "mooves" west to Saskatoon." "The Sweet Carrot Cafe, the top vegetarian restaurant in the province of Saskatchewan, is setting up its 'micro-soydairy' and will offer fresh soymilk as well as other soy-based foods. This will not only augment their existing menu at the restaurant, but will also form the heart of their new 'SoyaCow–Health Bar Deli' slated to open along side the restaurant. This will be the second Canadian retail project in a developing franchise system."

SoyaCow Newsletter (Ottawa, Canada). 1993. April/June. p. 1-2. "SC-20 complements fine vegetarian restaurant and top natural foods store." The Sweet Carrot Cafe in Saskatoon uses a SoyaCow SC-20 to produce fresh non-beany soymilk for direct sale and formulation into value-added products. They also feature returnable glass bottles of the soymilk in several flavours. The Sweet Carrot Cafe is a fine [vegetarian] restaurant, featuring a grand piano, tablecloths, and wine. Owners George and Wendy Conquergood have added a Health Bar & Deli, made possible by a new SoyaCow. A photo shows George Conquergood with his SC-20 at the Sweet Carrot Cafe.

Talk with George Conquergood of International ProSoya Corporation (IPC) in Vancouver, BC, Canada. 1999. April 21. George started this gourmet vegetarian restaurant in 1992. In early 1993 he bought a SoyaCow SC-20 and started the Soya Cow Health Bar Deli, where (by about March 1993) he sold at least five soy products, both as part of the menu and for takeout. The soymilk for takeout was always sold in 1-liter glass bottles, with a SoyaCow logo stamped into the glass. Only the soy ice creams were sold under a brand, Soybé. The Soy Nog (soymilk flavor; which was not a brand) was introduced in December 1993, but people liked it so much that George continued to make it thereafter all year long. The soy ice cream was sold in 500 ml round hardpack plastic tubs. There were no fixed flavors; every day was a new surprise–such as Blueberry-Mint, Strawberry-Banana-Peach, and one like a Butter Pecan with nuts, etc. George is a very creative person and he likes to try new things with foods. In the garage of his home in Saskatoon he has an archival file box containing all of the recipes and notes from his restaurant days. After March 1994 George also sold Gelato Fresco, a soy ice cream made by Hart Melvin of Toronto using a SoyaCow SC-20. The soy yogurt was fermented; the two flavors were sold in 250 ml yogurt tubs. The tofu was sold pre-cut into 500 gm bricks, wrapped with plastic wrap (not packed in water), and refrigerated. The Soyanaise (soy mayonnaise) was sold in a 250 ml see-through plastic tub. Each product had a label, printed by a computer. George's dates are a little earlier than those published in *The SoyaCow Newsletter* since it typically published at least several months after the events it reported.

10323. White Wave, Inc. 1993. The story of White Wave's reduced fat tofu: A simple tale of the first and only reduced fat tofu in America. *Natural Foods Merchandiser.* March. p. 18.
• ***Summary:*** This full-page color ad tells a colorful story, with cartoons, a photo of the package label, and the "Nutrition Facts" panel. An 85 gm serving (1/5 of a block) contains 4 gm of fat and 90 calories, of which 35 calories (38.8%) come from fat.

This same ad, slightly altered, was run in *Vegetarian Times* (Jan. 1994, p. 37). The subtitled has been changed to read: "A simple tale of the first reduced fat tofu in America." Below the White Wave logo is written: "America's Soyfoods Innovator. Call 1 (800) 488-9283 for the store nearest you." Address: Boulder, Colorado.

10324. Wiemann, Stephanie. 1993. On cultivating a taste for

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tofu. *Produce Merchandising.* March. p. 16, 18.
• ***Summary:*** "OK, so tofu is a wiggly, white mass, has a bland flavor and most Americans have no idea how to use it. That's merely all the more reason for retailers to aggressively promote its usefulness and nutrition, suppliers say... This winter, Wal-Mart planned two weeks of tofu demonstrations in all 34 Supercenters. 'Frequency (of demos) is important';... don't neglect to hand out recipe reprints." Features marketing tips from Azumaya and Morinaga.

10325. Pinault, Pascal. 1993. Re: Work with tofu and tofu products in Martinique. Update on soyfoods in the Caribbean. Letters to William Shurtleff at Soyfoods Center, April 2 and 27. 4 p. and 5 p. Handwritten, with signature. Plus list of his products and prices, resumé, and photos of his home, equipment, and Morne-Vert.
• ***Summary:*** Pascal saw and ate tofu for the first time in May 1980 when he was living in India, while visiting some friends in Poona (Maharashtra). He bought 1 pound of tofu at a tofu shop but he is not sure if they were making the tofu in a back room of the shop or at some other place. "I suppose this tofu manufacturing plant in Poona was an offshoot of the Rajneesh Ashram, which was very active at that time and place." Pascal lived in Goa, south of Bombay, from 1976-1980; there he baked bread leavened with palm wine. He learned most of what he knows about soyfoods while living and working, mostly in health food stores or health farms (see attached resume), in the Catskill Mountains area of New York from 1981 to 1987. There he learned to make tofu for his personal use (not for sale) by adding lemon juice to hot soymilk then pressing it in a cloth. During two other trips to India in 1982-83 and 1986 he found and bought chunks of a dry soy protein product resembling TVP which must be cooked in water. He found this soy protein product very interesting for a country like India which has such a shortage of protein, however the price was high–about 10 rupees/kg compared with 2½ rupees/kg for wheat.

In Jan. 1988 he and his family moved to Martinique. "I was compelled to make tofu for myself and my family because there was no other vegetable protein available in Martinique, except for this chunky TVP. I was still using lemon juice instead of nigari and making 2 pounds of tofu at a time. Then in 1991, as I started to import Japanese food products from France (umeboshi, seaweeds, amasaké, etc.), I ordered a small booklet on making tofu using nigari. Plus I had an excellent book (*Les Aliments Fermentés Traditionnels,* by Claude Aubert [1985]) in which I found recipes and nutritional details on many foods like tofu, okara, sufu, tempeh, amasaké, and, in general, all the foods subjected to lactic acid fermentation. In Martinique he has been making an average of 12 to 20 pounds of tofu every week since Oct. 1991 when he moved with his family to mountainous Morne Vert. Occasionally he makes larger amounts for a health food store that sells it or when he caters for groups. His main work is to introduce and popular tofu and soyfoods in Martinique. He would like to expand his tofu and vegetarian "traiteur" (catering) business; his main problem is lack of funds, so he plans to apply for financial aid.

The water he uses to make his tofu comes straight from a spring a mile up in a beautiful mahogany forest. He also makes sprouts–mostly alfalfa, mung bean, and clover, but sometimes wheat grass. He uses most of the tofu he makes to produce second generation products such as tofu mayonnaise, hot squash pies with miso-tofu topping, tofu & cocoa (or carob) sweet pie, tofu salad, spring rolls (*Nems*).

"I know of two vegetarian restaurants in town (Fort-de-France) that make their own tofu and serve it to customers, but no one in Martinique uses tofu as extensively as I do, thanks to my 7 years' stay in the Catskill Mountains. In fact, it takes a long time to get people used to tofu in an island where Creole culinary habits are still well-established."

One of the restaurants that makes tofu is Le Second Souffle, owned by Mr. Gerard Sainte-Rose (27 Rue Blenac, 97200 Fort-de-France, Martinique, FWI 0033. Phone (596) 63-44-11). He has owned this vegetarian restaurant for quite a while now and is mostly interested in reviving the consumption of local fruits and vegetables. "Gerard is the only person in Martinique that I actually saw growing and harvesting soy beans. That was 2 years ago. He had grown soybeans on a piece of agricultural land in Ducos, a town near Le Lamentin, which is not far from the capital city of Fort-de-France (Martinique). He got the soybean seeds from a friend in St. Lucia (a Caribbean island just south of Martinique). Mr. Sainte-Rose harvested only a few soybeans; they were small but healthy looking. He is an organic gardener who sells his products out of his restaurant. He presently has a 6 hectare farm were he grows organic vegetables for his restaurant. Two years ago we had an agreement to set up a tofu plant together in his restaurant. He promised me a job (that's when I gave him my recipes), and he even started to acquire some material for making tofu. But he never followed through. That's when I started making tofu by myself, even without the proper material setting. He even bought some of my tofu. I think he would probably be interested in growing more soy, if approached very tactfully, and if he sees financial interest without having to pay a counterpart. He is an interesting person with a lot of good ideas," but he tends to be hard to work with as a partner.

On St. Lucia one can find the "Soy Place" is Castries, the main town in St. Lucia They make tofu there, sell it, and cook it for the food-counter [take-out] part of the shop. People grow soy beans on St. Lucia and on Dominica, maybe with help from Canadians. They make tofu and cook it. One "Ital" rastafarian restaurant in Roseau, Dominica, serves tofu pâté and deep-fried, plus "accras" (fried okara dumplings). "In Dominica I heard of two other places where they make and serve tofu. Ital food, which has absolutely nothing to

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do with Italian food, is the name that the Rastafarians give to the main dish of their mostly vegetarian diet (except for fish). In this main dish, chunky textured vegetable protein is sometimes used in place of fish. "In the Caribbean, including Martinique, Ital food is available in quite a few Rastafarian places, which they call their 'ghetto.' These are restaurants open day and night that include reggae 'sound systems. The chunky TVP remains the main vegetable protein they use; they also use it in other dishes such as vegetarian cous-cous, etc. They are, in my experience, a bit hostile to tofu, seitan, or other such new foods, at least in Martinique; maybe when it comes from a white person they presume it is not vegetarian." He has heard of (but has not seen or tasted) smoked tofu dried over a fire using green banana leaves.

Pascal is interested in vegetarianism and macrobiotics. He likes tempeh and would like to start now to make and introduce it to Martinique, where it is totally unknown.

Concerning seitan: "I first started to make seitan in Martinique under the same circumstances as tofu–lack of vegetable proteins other than beans. Not having ready-made gluten, I first made it by washing white-flour wheat dough. That was a very long and messy process but was well worth it. Then I found wheat gluten in the Tama catalogue–the company I mentioned that specializes in Japanese products. That's when I started to sell seitan–though there is not much demand for it. I learned to make seitan while living in the Catskill mountains of New York from a macrobiotic British girl friend who also taught me how to make amazake.

Update of April 27, 1993. "Since my family sent me tempeh starter (thanks for giving them the address), I have started small-scale production."

Update of July 17, 1993. "I first made amazaké, in Martinique, in 1992. Even though I gave samples to quite a few people, nobody has seemed to be interested in this product, or to realize the versatility of it! So, I keep ordering it from Tama, packed in glass jars, and make my own once in a while, using 'Cold Mountain' starter. I've been a bit disappointed by this non-reaction. Amasaké being one of my favorite sweeteners, which I value more than any breakfast or desert cereal. My youngest daughter ate it as a first 'solid' food when she was only 5 months old, along with bananas."

"If you allow me a personal remark about my work in Martinique, I find it extremely ungratifying. The public here is highly suspicious of anything new and foreign. My little business doesn't allow me to assume my financial obligations, and I sometimes consider going back to the U.S. But I still want to try harder, at least for a few months."

Note: This is the earliest English-language document seen (Oct. 2010) that uses the term "amasaké" to refer to amazake. Address: "Caplet," 97226 Morne Vert, Martinique, French West Indies 0033. Phone: 596 55-56-57.

10326. *Toyo Shinpo* (*Soyfoods News*). 1993. Tôfu shohi suryo no suii [Changes in tofu consumption in Japan]. April 11. p. 1. [Jap]

• ***Summary:*** Tofu consumption in Japan (in terms of cakes per household) has decreased by 12.4% since 1983. The weight of 1 cake is not given but it is probably 300 gm. The statistics for each year are as follows: 1983–90.43 cakes/household. 1984–89.16 cakes. 1985–88.48 cakes. 1986–85.40 cakes. 1987–86.43 cakes. 1988–85.07 cakes. 1989–81.87 cakes. 1990–83.42 cakes. 1991–78.76 cakes. 1992–79.26 cakes.

10327. Maurelli, Nancy A. 1993. Soy simple, soy good at Twin Oaks in Louisa: A community effort in Louisa makes soy good for vegetarians. *Times-Dispatch* (*Richmond, Virginia*). April 21. p. E1, E3.

• ***Summary:*** "More Americans are discovering what Asian peoples have known for centuries: Soybeans are good food. They are the best source of protein from the vegetable kingdom, with all eight essential amino acids."

"Central Virginia has its very own soy shop, producing more than 2,100 pounds of tofu and 25 pounds of tempeh weekly. Originally called Virginia Soyworks, the business was acquired in March 1991 by Twin Oaks, a self-sustaining community of about 100 people in Louisa County. Each member of Twin Oaks contributes more than 40 hours weekly to enterprises that support the community." The author visited Twin Oaks, and she describes in detail how tofu is made there. Contains a recipe for Cleo's Famous Tofu Loaf. Photos show: (1) The inside of the tofu shop where a worker, Iowa Richmond, is cutting a large block of tofu into cakes. (2) Nancy Maurelli. Address: Columnist, The Vegetarian Way.

10328. Jennings, Richard A. 1993. Food analog and process for making the same. *U.S. Patent* 5,206,050. April 27. 6 p. Application filed 1 Feb. 1991. [10 ref]

• ***Summary:*** Assignee: Rudolph Holscher of Santa Fe, New Mexico–A part interest. Tofu curds are broken into small pieces, then cooked for sufficient time to form small pieces. The whey is removed and the curds are rapidly cooled. For a scrambled egg analog, use curds which are soft and relatively large.

Note: Richard Jennings and Rudolph Holscher each own 32½% of Vegetable Protein Specialists, Inc. in Santa Fe, New Mexico. Address: Santa Fe, New Mexico.

10329. Pinault, Pascal. 1993. Re: Tama–France's best importer of Japanese natural foods. Letter to William Shurtleff at Soyfoods Center, April 27. 5 p.

• ***Summary:*** Tama is located at 883, rue de Bernau, 94500 Champigny / Marne, France. Phone: (1) 49-83-79-94. Fax: (1) 47-06-37-85. Tama traces its origins to the 1960s when it was part of a restaurant, Le Bol en Bois, the first vegetarian place in Paris. This restaurant (at 35, 40 Rue Pascal, 75013, Paris) now specializes in macrobiotic cooking. They added a

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health food store and a "new age" book shop.

"Tama distributes Mitoku products and excellent miso, soy sauces, amasaké, kuzu, Japanese seaweeds, mochi, etc. They have an excellent list of books concerning natural foods and cooking. They print their own brochures about tofu, seaweeds, and others. Tama has a subsidiary branch named Tofu-Daizou which makes the best tofu in France, as far as I know." Address: "Caplet," 97226 Morne Vert, Martinique, French West Indies 0033. Phone: 596 55-56-57.

10330. **Product Name:** Fat Free NuTofu [Mozzarella, Cheddar, and Monterey Jack].
Manufacturer's Name: Cemac Foods Corp.
Manufacturer's Address: 1821 East Sedgley Ave., Philadelphia, PA 19124. Phone: 215-288-7440.
Date of Introduction: 1993. April.
Ingredients: Incl. organic tofu.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1993. April. p. 48. These fat free cheeses are said to contain 51% organic tofu with 50% less saturated fat than some alternatives.

10331. Gupta, Rajendra P.; Gupta, R.R.; Wood, G.W. 1993. The SoyaCow resource book. Maxville, Ontario, Canada: Child Haven International. 131 p. 28 cm. [1 ref]
• ***Summary:*** Contents: Preface. 1. Introduction: Soya beans, soya milk, okara, tofu. 2. SoyaCow–Knowing it: Advantages of the SoyaCow, SoyaCow components, SoyaCow inputs, SoyaCow outputs, who needs SoyaCow, SoyaCow's economics, business plan, larger than SoyaCow machines, smaller than SoyaCow machines. 3. SoyaCow–Getting it: Preparations, ordering, receiving and unpacking, assembly, installation and testing. 4. SoyaCow–Using it: Preparation, making soya milk base, making tofu, soya yogurt (dahi), soya cream cheese, soya cottage cheese, finishing. 5. Formulations and recipes: Soya milk (dairy like, pistachio flavour, almond flavour, banana flavour, chocolate, malt, maple) tofu (tofu salad, tofu rice salad, tofu cheese squares, tofu fried rice, tofu uttapam, tofu snack sticks), soya yogurt (lassi, other sweet drinks, salted drink, raita). Figures (21 figures). Appendices: A comparison of basic soya milk processes, a sample SoyaCow cost-benefit analysis: USA/Canada, a sample SoyaCow cost-benefit analysis: India, consultants, organizations, SoyaCow training, suppliers, some SoyaCow installations, SoyaCow order form, service centres, assembly, trouble shooting guide for grinder/cooker, weekly log, periodic maintenance and repair, the SoyaCow newsletters. Address: [Ottawa, Ontario, Canada].

10332. Haren, Chuck. 1993. Soy happenings in Central America. *Plenty Bulletin* (*Davis, California*) 9(1):1-2. Spring.
• ***Summary:*** During the past 6 months, the author has been working to introduce soybeans and soyfoods to Belize and Nicaragua. In Jan. and Feb. he worked with groups in Belize "who are making efforts at not only utilizing soybeans for themselves but also teaching methods of preparing soybeans at home.

"Together with Casta Calderon, a representative from SOYNICA (a women's development organization in Nicaragua), I provided technical assistance in Belize for the Santa Familia Farmers and Women's Group, the Corozal South Soybean Producers Cooperative, The Caledonia Grain Cooperative, Maya Mopan Cooperative, Toledo South Beekeepers and Farmers Cooperative and the Hopkins Farmers Cooperative. We gave them very practical advice on the growing and use of soybeans. We conducted workshops to teach women about the nutritional qualities as well as methods of cooking soybeans, making soybean cheese (tofu) and milk, then using the by-product (okara) in baked goods, tamales, tortilla fillings and stir-fried dishes. We also helped some of these groups to evaluate their needs (material, labor and marketing costs) for small business projects they wanted to start.

"Small-scale soybean producer and processing groups and cooperatives are being established throughout Central America... In April and May we will be responding to requests for technical assistance in Guatemala, El Salvador and again in Nicaragua."

Photos show: (1) Members of the Toledo South Beekeepers and Farmers Cooperative making soymilk. (2) Members of the Cooperative standing with Chuck Haren. The caption states: "A small grant from the Inter-American Foundation enabled us to purchase some tools like the wheel-seeder displayed by members of the" Cooperative. Address: Program Director.

10333. Herian, Anne M.; Taylor, S.L.; Bush, R.K. 1993. Allergenic reactivity of various soybean products as determined by RAST inhibition. *J. of Food Science* 58(2):385-88. March/April. [16 ref]
• ***Summary:*** RAST stands for "radioallergosorbent test." Soybean allergy is a common childhood food allergy, although it is less common than allergies to cow's milk, eggs and peanuts. Food allergies are generally more common in children than in adults. In this study of atopic adult patients, using RAST inhibition as a measure, the allergenicity of a variety of soy products was compared to that of whole soybeans. Results indicated that, when expressed on a per protein basis, although extracts of tofu, miso, tempeh, and fermented soy sauce were allergenic, they were as little as one tenth as allergenic as extracts of whole soybeans. Address: 1. Dep. of Food and Research Inst., Dep. of Food Microbiology and Toxicology, Univ. of Wisconsin, Madison, Wisconsin 53706; 2. Dep. of Food Science and Technology and Food Processing Center, Univ. of Nebraska, Lincoln, Nebraska 68583-0919, address inquiries to second author.

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10334. Leneman, Leah. 1993. 365 plus one vegan recipes: Delicious meals and ideas for every day of the year. Hammersmith, London, England: Thorsons–An imprint of HarperCollins Publishers. 144 p. April. Index. 24 cm.
• ***Summary:*** Chapter 1 of this book, titled "The Vegan Dairy," gives recipes for homemade soya milk, mock cream (from soya milk), soya flour cheese, yogurt cheese (from soya yogurt). There are also recipes for cashew or almond milk, cashew cream, and cashew cottage cheese.

Chapter 11 (p. 85-100), titled "Tofu and other Soya Foods," contains a long introduction plus the following recipes: Home-made tofu. Tofu and onions. Sweet and sour tofu and vegetables. Sea-flavored crisp tofu slices. Mushroom stroganoff. Tofu kebabs. Tofu casserole. Warming winter stew (with tofu). Korean-style kebabs (with tofu and miso). Tofu and green pea bhajia. Tofu 'scrambled eggs.' Scrambled tofu and mushrooms. Tofu piperade. Spicy tofu scramble with red pepper and tomato. Tofu knishes. Tofu and pea curry. Tofu burgers. Swiss steak (with frozen tofu). Savoury tofu 'mince' (with frozen tofu). Crispy fried sea-flavoured frozen tofu. Tofu goulash. Smoked tofu stew. Smoked tofu, courgette and sweetcorn risotto. Smokey duvec (with smoked tofu). Pease pudding and smoked tofu bake. Smoked tofu pasties. Steamed savoury smoked tofu pudding. Smoked tofu charlotte. Lek and smoked tofu au gratin. Smoked tofu and mashed potato cakes. Tempeh croquettes with mushroom sauce. Tempeh hash with potatoes. Indonesian-style tempeh. Tempeh stroganoff. Japanese-style tempeh kabobs. Tempeh burgers. Tempeh chilli. Mock 'ham' (with dried bean milk sheets [yuba]). Mock 'chicken' (with yuba). Mock chicken cooked Indonesian style.

Chapter 13 is entirely about sea vegetables, and a number of the recipes contain tofu, tempeh, miso, or soya milk. A number of other recipes throughout the book also use soyfoods as an ingredient. Address: 19 Leamington Terrace, Edinburgh EH10 4JP, Scotland.

10335. **Product Name:** Soyboy Leaner Wiener (Fat Free).
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1993. April.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Refrigerated or frozen.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1993. April. p. 48. Shows the front panel of the label, which states: "Fat free. Vegetarian. No cholesterol. No nitrates. Dairy free. Keep refrigerated or frozen." This pre-cooked hot dog has a mild, smoked flavor and contains no preservatives.

10336. **Product Name:** Tofutti Frutti (Non-Dairy Frozen Dessert) [Apricot Mango].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr., Cranford, NJ 07016. Phone: 908-272-2400.
Date of Introduction: 1993. April.
Wt/Vol., Packaging, Price: 16 fl oz (453 gm) plastic tub.
How Stored: Frozen.
New Product–Documentation: Talk with Rick Malloy, Executive Vice President of Tofutti Brands. 1993. March 30. Based on feedback from consumers and distributors the company has renamed this product from Land of the Free to Tofutti Frutti, but the new name does not yet appear on labels. This is a different product than the stick novelty (non-dairy frozen dessert bars on a stick) named Tofutti Frutti first launched in Nov. 1987. A new flavor (Apricot-Mango) will be introduced soon.

Ad in Natural Foods Merchandiser. 1993. April. p. 33. "Living dairy free with new Tofutti 'Frutti' (formerly Land of the Free). New name. New package. New flavors! Same great taste! New: Apricot Mango. Tofutti 'Frutti' is: Fat free. All natural. No sugar added. Fruit juice sweetened. All Tofutti products feature: 100% dairy free. Cholesterol free. Soy based. Lactose free. Kosher Pareve. An animal derivatives."

Spot in Vegetarian Times. 1994. June, p. 14. A large color photo shows the pint container. The product is now sold in 3 flavors: Apricot Mango, Three Berry, and Vanilla Apple Orchard. "Living Healthy–Dairy Free."

10337. Ferrara, Joseph. 1993. Re: Vacuum packaged tofu does not increase the risk of Clostridium botulinum toxin development over traditional water packed tofu. Letter to Andrew Schecter, Northern Soy Inc., 545 West Ave., Rochester, New York, May 7. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Explains how Northern Soy could obtain an exemption from this department's proposed "Reduced Oxygen Packaging Regulations." Concludes that vacuum packaged tofu does not increase the risk of Clostridium botulinum toxin development over traditional water packed tofu. Address: Asst. Director, Div. of Food Safety and Inspection, New York State Dep. of Agriculture and Markets, 1 Winners Circle, Albany, New York 12235.

10338. Yen, Irene. 1993. Roland A. di Centa, the man who introduced tofu to Italy (Interview). *SoyaScan Notes.* May 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Irene recently visited with Roland at his home in France near Cannes (Address: Residence Port Azur Apt. B110, 79 Ave. Frìzes Rousians, F-06220 Golfe Juan, France). He told her that he introduced tofu to Italy using *The Book of Tofu* by Shurtleff and Aoyagi. He made tofu in his home kitchen in Italy and sold it commercially. Newspaper articles were written about his work. He was quite involved with macrobiotics and close to the Kushis. He no longer lives in Italy and is no longer involved with making soyfoods.

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Roland, who is about age 50, was born in Germany to German parents, but his surname is Italian and his family originates from Italy, from a small village called Centa. He is second or third generation German. He lived in Germany until age 18, then lived in Italy for 10 years and France for 10 years. At one point he was married to a Vietnamese woman, who grew up in France. He was also a fashion photographer for the French fashion magazine *Elle.* A jack of all trades, he currently owns a business named Punshon Ltd. in Lugano, Switzerland, works as a consultant on many subjects, moves around a lot, and is quite affluent. He has a 60-foot sailing boat ported near Nice, France.

Note: Card from Roland. 1993. July 13. His address is now 3, Boulevard d'Aguillon, 06600 Antibes, France. Address: Berkeley, California.

10339. Demos, Steve. 1993. New developments at White Wave, Inc. Part I (Interview). *SoyaScan Notes.* May 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** California is White Wave's second largest market after Colorado (especially Boulder and Denver). White Wave was the first company in the Western world to make a wide variety of different types of soyfoods (tofu, soymilk, tempeh, miso products, ice cream, yogurt, etc.). "It has always been my observation that White Wave is primarily in the protein category and only secondarily in the soyfoods category. Tofu has always been the 'media grabber' but the fact is that we are selling vegetable protein. We have always seen our great advantage in the field that we are a broad category player, so that we are trying to define the category. By defining the category, we will effectively pull such products as tofu out of their misplacements in produce into where they should be placed and merchandised, i.e. as meatlike or dairylike foods. We know we have four competitors in every product that we make. So if we have 15 products, we may be competing against 40-60 companies, whereas a company that makes only soy cheese will have only 4 competitors. We see that no one else has looked at the market the way we have.

"Very recently we have established with a leading chain in California an opportunity to merchandise soyfoods as a category. We've done this in Boulder before but as a small company with so many products, it has never jelled for us.

"We now have an executive chef, Leonardo Laudisio, working for us. I told him, 'We're going to borrow your body and name, and make a myth out of you.' Whatever you have in your mind for the image, his family fits it and looks it. His past is colorful. He has elevated the foods in a very special way. As he said on a TV show recently, 'Look, forget its tofu. Just put it in with all your other foods and benefit from it.' Wonderful approach. We've dazzled people with the tastes.

"The two of us just sort of stumbled into one another. He was based in Sausalito where he was manufacturing these veggie burgers sort of in and out of some kitchens. I believe that the man who originated the recipe was in charge of the Whole Foods Markets kitchens in the area. He inherited it by getting involved with that man. He got further involved when his daughters became vegetarians, then vegans. White Wave has become pretty aggressive as an industrial supplier of tofu to other food manufacturers who use it as an ingredient. I would estimate that we have 85% of the market. That is, about 85% of the products that are nationally distributed and have tofu in them, contain our tofu. This push started a few years ago when we decided not to compete in the entree market and to focus mainly on the fresh foods case. Almost everything we make will go toward dated, long-shelf-life fresh food. So as not to loose the entree market, we decided to position ourselves as a supplier to companies who make vegetarian entrees containing tofu. We agreed not to compete with them, and we offered to develop proprietary formulas and recipes for them. We supply Amy's, Robert & Ken's Pockets, and all the lasagna products (Amy's, Legume). We send these people their tofu in bulk, vacuum packed, with a long shelf life.

"So when we saw the Veggie Life burger in May 1992 and learned it contained 40% tofu, we called up Mr. Laudisio and told him we were interested in selling him tofu. He accepted and we began selling it to him indirectly. His brothers have a very well known restaurant named Laudisio's in Boulder. He came into town for the Boulder Creek Festival. He met with me and asked if White Wave would be interested in making the product. I explained that we were not into contract packaging. (White Wave stopped making such products for Homestyle after they were purchased by Weider Food Co.–which has nothing to do with food or fresh food distribution; Homestyle just died. Both Robert Dolgin and David Burns needed to get out from under debts, so they had to sell the company.)"

The Veggie burger is positioned to compete against the Gardenburger (made by Wholesome & Hearty Foods in Oregon). Brown rice is the main ingredient, followed closely by tofu. Steve acquired the Veggie Life burger for two reasons. First, it was a no-cash deal; it will be paid for on the basis of an earn-out against sales of the product. Second, he was able to hire Leonardo as corporate chef and spokesperson for the company in terms of foodservice sales. On 15 May 1993 the burger hit the market with a new White Wave label that reads: "White Wave Veggie Life Burger." The retail product consists of 2 patties vacuum packed (2.5 oz), and the 3.5 ounce for foodservice. White Wave is starting a merchandising program named the "Chef Leonardo Endorsement Program." White Wave is planning many new product introductions in the next 120 days. They introduced their new meatless and all-vegan hot dog yesterday. It is still called Meatless Healthy Franks (first launched in June 1989), but the texture, color, taste, and fat content have all been improved. Tofu is till the primary ingredient (most competing brands use soy protein isolates) but the product

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is 96% fat free. White Wave can continue to use the term "Healthy" in their product names since they were using it prior to the new NLEA regulations. The Lemon-Kiwi Yogurt just came out. Now we're developing another burger that has nothing to do with the Veggie Life Burger; it will be made more meatlike, somewhat like the Harvest Burger, sold frozen and using textured soy protein concentrates, and will probably not contain tofu.

Update. 1993. Dec. 19. The program that was to have involved Leonardo Laudisio did not work out. The concept was good but the personality involved could not be harnessed. He is a fine man but Steve would rather work with a less skilled/talented and highly disciplined individual than with a highly skilled, undisciplined individual. Also many problems developed relating to conflict of interest situations. "He still represents the company as corporate chef, but is definitely a figurehead role. It helps the magic and mystique of White Wave because he is a charismatic individual." Continued. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10340. Demos, Steve. 1993. New developments with seitan at White Wave, Inc. (Interview). *SoyaScan Notes.* May 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** "White Wave's new seitan product goes on the market next week, but it is on a very restricted release program. We have had such an overwhelming response to this product that we are scared–only because we are afraid it is going to run away from us before we can handle all the orders. We got into the gluten business because I foresee using soy and wheat proteins as a combination for future products. We didn't have any experience making and using gluten, but there is nothing like using a common product to gain all your learning curve experience and profit from it at the same time. We looked at the market and no one had national distribution for long shelf life. Moreover, people's prices are very high. However Ivy Foods (maker of Meat of Wheat seitan products in Salt Lake City) and Santa Fe Organics (maker of Traditional Foods seitan products in Columbus, North Carolina) both sell their products direct by mail order. Ivy Foods is selling their frozen items and shipping them by overnight delivery and making a profit–but they are very high priced. Gary Barat of Legume is working with Meat of Wheat. They are able to reduce their end-user price and make a good profit this way by cutting out distributors and retailers. A food item that costs $0.50 to manufacture will retail for at least $1.00 and maybe $1.50. This approach is only profitable if the products are fairly expensive, retailing for at least $4.00–$6.00." Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10341. Demos, Steve. 1993. New developments at White Wave, Inc. Part II (Interview). *SoyaScan Notes.* May 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Right now White Wave is developing a Plan-a-Gram showing what you would see if you looked into a cooler at the company's shelf space–and what needs these products fill–cheese, meat, milk, tofu, tempeh, and ready-to-eat. A chain wants to see this with projected movements and profits per cubic inch. Whole Foods Market (based in Austin, Texas), having recently acquired Mrs. Gooch's (last week) and Bread & Circus, is now the big player among the natural food chains. They will do an estimated $150 million in retail sales in 1993 in about 30 stores. Steve was recently in California meeting with the division president for Whole Foods. He visited their store in Palo Alto–very sophisticated. "We are working out a year-round merchandising, promotional, and educational campaign with the Whole Foods division in San Francisco to set up a prototype based on the Plan-a-Gram. We have been looking for a chain that understands what we are trying to accomplish and handles the breadth of products that we currently make. We are also looking for a 'preferred vendor relationship.' We'll do the advertising for them out of store, and they'll do the advertising for us in store. They'll give us prime view at the exclusion of some of the competition's prime view. How do we advertise? Enter Chef Leonardo! We promote him in consumer publications with recipes; on each package will be a Chef Leonardo sticker with a Chef Leonardo recipe enclosed. Then he does demos and cooking classes in stores. He's my myth! If we are successful, he will become Duncan Hines, Pillsbury Doughboy, and Betty Crocker all rolled into one. He has the panache and flamboyance, but at the same time he believes in our products, and is deeply committed to and enthusiastic about them.

White Wave is moving into the institutional foodservice market starting with colleges and universities. Leonardo will offer to go in and train the foodservice workers to prepare the dishes and provide the formulas. White Wave has costed out every recipe and provided a suggested sale price which is at least 4 times the cost of ingredients. White Wave hopes to at least meet if not beat the current profits of the foodservice people they are serving. White Wave makes this offer: "An invitation from Chef Leonardo to take advantage of the interest in and requests for vegetarian entrees in the United States." So White Wave's focus is now shifting away from manufacturing toward merchandising and marketing.

Shortly after White Wave bought Soyfoods Unlimited, White Wave had a very strong position in the San Francisco Bay area and in California in general. Over the past 2 years they have lost an enormous amount of that position as they have focused on becoming a company with national distribution. This was another reason he came to California recently. "For the amount of money we get from that market, which is quite significant, I couldn't believe how little product of ours was on the shelves." Steve is teaming up with 3 other Boulder companies and hiring a regional sales

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reps (instead of a broker, who typically represents 10-12 lines). Steve hopes to double his sales in the San Francisco market within the next year.

White Wave now makes about 200,000 lb/week of tofu. They are about ready to order new equipment so they can operate their plant at capacity with 2½ shifts plus sanitation. Steve is working 18 hours a day. Everything they do seems to be successful and there is so much to do–like the Midas touch. So they are constantly trying not to lose focus, to keep their goals well defined and to pursue them without getting sidetracked. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10342. Demos, Steve. 1993. Tempeh at White Wave and in America (Interview). *SoyaScan Notes.* May 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tempeh is still White Wave's most profitable product line–despite the fact that for the past two year's most of the company's attention has been going into developing dairylike products. And tempeh is a much easier product to make than many of the company's other products. Its more fun and less problems. White Wave currently makes about 18,000 to 22,000 lb/week of tempeh and they are looking at automating one part of the process. White Wave is the largest tempeh maker in America, followed by Lightlife Foods, with Turtle Island Foods a distant third–its presence is mostly on the West Coast. He also hears about Santa Cruz Soyfoods (Wildwood), Betsy's Tempeh, Cricklewood, and a few others here and there.

On the East Coast (which is White Wave's weakest market), his basic tempehs are priced 20% higher than that of Lightlife, yet it sells very well. People seem to prefer White Wave quality. Rather than reducing costs, Steve plans to elevate and promote the product more with Chef Leonardo and an enclosed Chef Leonardo recipe. He will advertise it in *Vegetarian Times* and *Natural Health* (formerly *East West Journal*). Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10343. *SoyaScan Notes.* 1993. New Trend: Specialized manufacturers of tofu and tempeh become manufacturers of many types of soyfoods (Overview). May 22. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The first soyfoods manufacturer in America to make a wide variety of different types of soyfoods was White Wave of Boulder, Colorado. They began as a tofu manufacturer in Sept. 1977, but by 1978 had introduced Soy Sannies (sandwiches with miso-tahini spread) and Soymilk (in 3 flavors). In 1979 they launched Soy Tempeh, Polar Bean (a soymilk-based soy ice cream, which they also made from Tofu Today / Tofruzen starting in 1985), Soya Rice Tempeh, Vegetarian Soysage, Tamaried Nuts, and a host of deli-type ready-to-serve tofu products such as Missing Egg Salad, Tofu Cheesecake, Tofu Cinnamon Rolls, etc. In Jan. 1989 White Wave began its move into dairylike products in a big way with Soy A Melt (a soy cheese with casein) followed in May 1991 with White Wave Dairyless (a soy yogurt in 5 flavors and the company's most successful product ever). New flavors of soy yogurt were introduced in 1992 and 1993. Note: White Wave was also the first post-1975 soyfoods company in America to grow by acquiring other companies–Soyfoods Unlimited (a tempeh manufacturer) in Dec. 1986; and Laudisio Veggie Life, a maker of veggie burgers, in March 1993.

Lightlife Foods in Greenfield, Massachusetts (named The Tempeh Works before April 1987) started as a tempeh manufacturer in Sept. 1979. In May 1984 they started to make Weissman's Original Tofu Sausage for John Weissman of the Vegetable Protein Co. In Sept. 1985 they launched Lightlife Meatless Tofu Pups (meatless hot dogs), and in Oct. 1987 they launched Lightlife Party Pups (meatless frankfurters–cocktail size Tofu Pups; Renamed Tofu Party Pups by Feb. 1988). Today Lightlife makes a wide range of tempeh and tofu products.

Sharon's Finest in Santa Rosa, California (named Brightsong Tofu from June 1978 to June 1980; Redwood Valley Soyfoods Unlimited until June 1982; Brightsong Light Foods until June 1987; Rose International until 1990) started as a tofu manufacturer in June 1978. By Aug. 1980 they were making and selling soymilk. Their diversification began in 1984 with Mix Plus+ (a liquid mix to make tofu frozen desserts) and LeTofu (non-dairy soy ice cream in hard pack and soft serve). Related ice cream products followed. In early 1986 Richard Rose reformulated Soy-O, a soymilk yogurt for Brown Cow West. In May 1986 the company launched Fruit D'Lite (a fruit-sweetened sorbet/mousse liquid soft serve mix) in 4 flavors using isolated soy protein as the soy ingredient. The move into soy cheese began in June 1986 with Mozzarella Style Tofu-Rella (an organic tofu-based cheese analog with casein). In July 1987 the company launched Le Yogurt (a dairy-based soft-serve frozen yogurt dry mix). In Jan. 1992 they launched Heart's D'Lite (a fat-free cheese alternative in various flavors) with organic tofu and casein and tofu as the main ingredients. By 1992 Sharon's Finest was primarily a marketer of soy cheeses; they sold their cheese to many other food companies and even exported them to the UK.

10344. Machlis, Mark. 1993. New developments with seitan and gluten at Ivy Foods (Interview). *SoyaScan Notes.* May 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** His company now has national distribution via 28 natural- and health food distributors. Since Jan. 1993 the company has been making a profit. Ivy Foods still does about $4,000/month in mail order business, but he is now encouraging his customers to buy from their local retail store, but many consumers who live in rural areas

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have no retailer nearby. Ivy Foods now sells about $40,000 to $50,000 a month of gluten products, so the mail order business is only about 10% of the total. He plans to continue the mail order service, and the company now has a toll-free number for mail order: 1-800-280-1313. His most popular mail order products are the 5-pack sampler (which gives you one pound of each product) and the 10-pack. So the minimum order would be $30.00 (Five 1-lb 5 packs x $5.95/lb including air shipping and handling). He makes more money selling direct by mail order, but he wants to support his retailers who do 9 times as much volume.

All of his retail products are frozen. To ship frozen products by mail he uses Airborne Express second day air, with the products packed in an insulated foam box (without any dry ice). The shipping cost is about $1.00/lb. The total cost of the product, delivered to the consumer's door, is $6.00/lb versus $4.40 to $5.39 at retail stores. If the customer sends the insulated box back to Ivy foods, he or she gets a free pound of product next time. The cost to ship back the box via the post office is about $2.90. Quite a few people ship back (recycle) the foam boxes.

His two flavored dry mix products (Meat of Wheat Chicken Style, and Sausage Style, which were introduced in about May 1993) are also sold by Bob and Cindy Holzapfel of The Book Publishing Co. in Tennessee in their Mail Order Catalog. To make these products the homemaker just adds water, kneads it, keep it in a roasting bag, then steam it.

In June Ivy Foods will run its first ad (in *Vegetarian Times*) aimed at getting consumers to but the company's products in retail stores. In the past he has been running mail order ads. *Vegetarian Times* is the only periodical in which an ad pays for itself; a typical ad of his in *Vegetarian Times* will generate 400 calls per month.

A direction for Ivy Foods will be to sell to food manufacturers for use as an ingredient in their food products. He plans to sell to Gary Barat of Legume. In about Sept. 1992 Barat bought part of Heart and Soul; the former owner, Andy Harrison, ran into financial problems. Barat is now buying Ivy Foods' Chicken Style; he plans to come out with a meatless chicken salad and several entrees.

His latest product is a prepared Chicken Chili. He no longer has a policy of donating a certain percentage of his profits to a worthy cause. He ended up poring nearly $500,000 into the company during its first 2 years in business, mostly just to keep the company alive.

John Marsh (not sure of his last name), Andrew Harrison's old partner, is one of Mark's competitors. He used to be the manufacturer for Heart & Soul, with Andy Harrison in charge of marketing. John ended up leaving and starting his own company in California, which left Andy without a product. At the last Natural Foods Merchandiser trade show (Feb. 1993 at Anaheim) John introduced a sliced deli meat similar to that formerly under the Heart & Soul brand. John Belleme is not a major competitor because his prices are higher in retail stores. Ivy Foods' biggest markets are on the East Coast and in Texas. Ivy Foods does not make traditional seitan; he pre-flavors his dough before his products are steamed (not boiled in a broth). Three years ago at the Anaheim trade show he learned the key secret to financial success from some people from Worthington Foods, who came to him and said: "Don't think about rinsing your own gluten." Use vital wheat gluten. Address: Office: Ivy Foods, 7613 S. Prospector Dr., Salt Lake City, Utah 84121. Phone: 801-943-7664.

10345. Brink, Susan. 1993. Can tofu stop cancer? As its uses multiply, the soybean looks more like a magic bullet. *U.S. News and World Report* 114:77. May 31.
• ***Summary:*** The magic bullet in soybeans could be genistein, a crystalline substance with almost no nutritive value, which is found almost exclusively in soybeans. "More than 200 scientific papers on genistein's possible role in cancer prevention have been published since 1987. Among the most intriguing is a German study in the April 1993 *Proceedings of the National Academy of Sciences,* which found that, in the test tube, genistein blocks angiogenesis, the process in which new blood vessels grow–and which is needed to nourish malignant tumors.

"The German research feeds speculation that genistein may be one dietary substance that explains the difference in some cancer rates between the United States and Asia. The American breast-cancer rate, for example, is 22.4 per 100,000, almost four times Japan's rate of 6 per 100,000. The American prostate-cancer rate is 15.7 per 100,000, also roughly four times the Japanese rate of 3.5 per 100,000. A high-fat diet has long been suspected as a cancer-causing culprit. That could be true. But while Americans eat more fat, they also eat fewer plant foods, including soy...

"In the meantime, try making this summer's fruit shakes with soy milk–and see if anyone notices."

Note: This is the earliest document seen (June 1999), with "soy" in the title, and which suggests that soy might reduce one's risk of prostate cancer.

10346. Kohyama, Kaoru; Yoshida, M.; Nishinari, K. 1993. Rheological study on the gelation of soybean 11S protein by glucono-delta-lactone. *J. of Agricultural and Food Chemistry* 40(5):740-44. May. [32 ref]
Address: 1&3. National Food Research Inst., Kannondai, Tsukuba, Ibaraki 305, Japan; 2. Kanagawa Prefectural Inst. of Agriculture, Terdanawa, Hiratsuka, Kanagawa 259-12, Japan.

10347. Library of Congress, Subject Cataloging Div., Processing Services. 1993. Library of Congress subject headings. 16th edition. Washington, DC: Cataloging Distribution Service, Library of Congress. 4 volumes.
• ***Summary:*** For the basic idea, words and LC call numbers

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see the 12th edition (1989). Address: Washington, DC.

10348. **Product Name:** Tofu, and Soy Sprouts.
Manufacturer's Name: Lotte Oriental Foods Inc.
Manufacturer's Address: 2030 Will Ross Court, Chamblee, GA 30341. Phone: 404-454-7569.
Date of Introduction: 1993. May.
New Product–Documentation: Talk with James Kim, owner. 1993. Nov. 18. He bought this company in May 1993 from Mr. Wen Wang of Manna Foods at the same address. He currently makes tofu, soy sprouts, and mung bean sprouts. He plans grow shiitake as well. Mr. Wang started the company in about Nov. 1991 at the same address and he made the same foods.

Talk with James Kim. 1998. July 30. He is no longer making tofu or soy sprouts or any other soyfoods. His business is now retail.

10349. Mack, Scott. 1993. Food for thought: Toad food and other indignities. *Veggie Life* (*Concord, California*) 1(1):62. May.
• ***Summary:*** "People could learn a lot from tofu. Often the butt of jokes, tofu gets maligned and accused of being tasteless, yet it goes on being indispensable. It is a humble product with a plain-Jane appearance that hides out in obscure corners of the supermarket. Nevertheless, it endures and grows in popularity from its origins in ancient China. It does not lend itself to passing fads and doesn't attract endorsements from celebrities. You will not find it prettied with neon colors nor will you find it packaged in Elvis-shaped blocks. Tofu is tofu–a competent, silent tower of nutritional strength in a vegetarian cook's arsenal...

"Perhaps the greatest attribute of tofu is its flexibility. In this age of specialization, it is a great generalist...

"If tofu were an animal, it might be an ox. Strong, unglamorous, dutifully carrying its load. It tofu were a person, it might be Gandhi, noble, without pretense. If only people could be more like tofu. Adaptable and yielding, yet strong and substantive. Simple and straightforward, yet capable of whimsy." Address: Freelance writer, Wayne, Maine.

10350. Nagayama, Hisao; Tokue, Akihiko. 1993. The naked kitchen: Tofu. *Look Japan* (*Tokyo*) 39(446):24-25. May.
• ***Summary:*** Color photos from Fujiya in Tokyo show: A tofu maker cutting a large block of tofu into 60 cakes; Dried-frozen tofu, regular (momen) tofu, and grilled tofu (yaki-dofu); Three types of deep-fried tofu; Yu-dôfu in a *nabe* with kombu. Note: H. Nagayama, born in 1934, is a food historian and Japan's leading authority on the authentic recreation of Japanese period meals.

10351. **Product Name:** [Tofu].
Manufacturer's Name: Soy Yildiz.
Manufacturer's Address: Bornova, Izmir, Turkey.
Date of Introduction: 1993. May.
New Product–Documentation: Talk with Murat Bukey, son of the owner of Key Gilda, Inc., Turkey's second tofu manufacturer. 1994. Nov. 17. As far as Murat knows, the first person to make tofu in Turkey was Mehmet Adnan, who probably learned how to make tofu in East Asia. Mehmet founded Soy Yildiz, and started making and selling tofu in about May 1993. He was a good entrepreneur, but he had limited financial resources, so he made tofu under very primitive conditions–like the Middle Ages. He was not able to survive, so he taught Murat's father, Ataman Bukey, how to make tofu. Ataman became Turkey's second tofu manufacturer, starting in Sept. 1994.

10352. **Product Name:** Tree of Life Tofu.
Manufacturer's Name: Tree of Life, Inc. (Marketer-Distributor). Manufactured by White Wave (Boulder, Colorado).
Manufacturer's Address: St. Augustine, FL 32084.
Date of Introduction: 1993. May.
Ingredients: Incl. Nichii Soy Flakes.
Wt/Vol., Packaging, Price: 1 lb water packed.
How Stored: Refrigerated.
New Product–Documentation: This tofu, introduced in May 1993, is private labeled for Tree of Life by White Wave. The product is doing well. Tree's main distributor's are Stow Mills, and Mountain People's Warehouse. Tree deals mostly with independent natural foods retailers, not with the chains.

10353. **Product Name:** Veggie Life Burger.
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1993. May.
Ingredients: Cooked rice (brown rice, water), organic* tofu (water, soybeans, gypsum, nigari (magnesium chloride)), wheat gluten, soy sauce (water, soybeans*, whole wheat, salt), green peppers, mushrooms, onions, carrots, sunflower seeds, oat flour, sesame seeds, granulated garlic. * = Soybeans grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 3.5 oz. (142 gm) vacuum pack.
How Stored: Refrigerated or frozen.
Nutrition: Per 71 gm. patty: Calories 110, protein 5 gm, carbohydrate 16 gm, fat 3 gm, cholesterol 0 mg, sodium 210 mg.
New Product–Documentation: Talk with Steve Demos, president of White Wave. 1993. May 22. On 15 May 1993 the burger hit the market with a new White Wave label that reads: "White Wave Veggie Life Burger." The retail product consists of 2 patties vacuum packed (2.5 oz each), and the 3.5 ounce for foodservice.

Label sent by Leonardo Laudisio. 1993. June 15. 4 by

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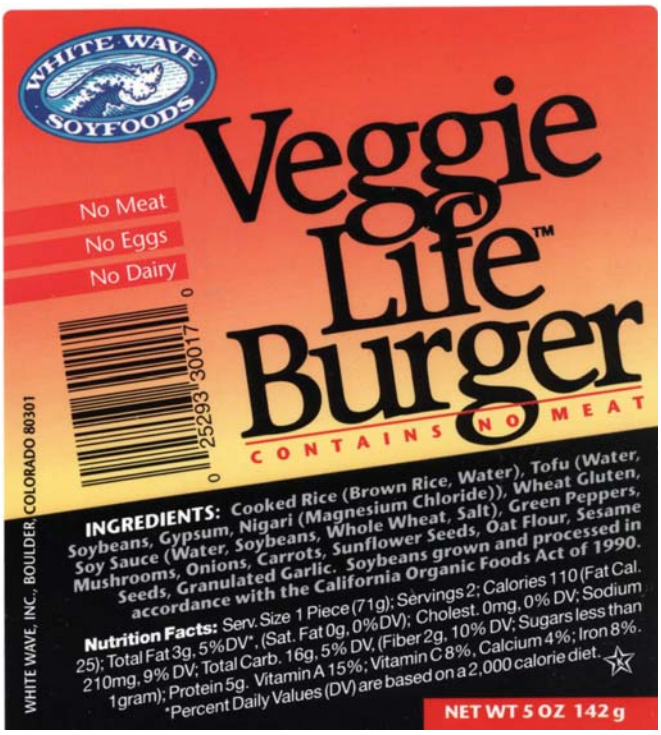

4.5 inches. Self adhesive. Red, black, orange, yellow, blue and white. "No meat. No eggs. No dairy."

Leaflet (single sided, green ink on yellow paper) sent by Leonardo Laudisio. 1993. June 15. "Veggie Life Burger. A healthy vegan alternative."

Leaflet (black and white, single sided, 28 cm) sent by White Wave. 1993. June 22. "White Wave Veggie Life Burger: Food service information. Pack: 48 / 3.5 oz. burgers. Ship weight: 11.0 lbs. Price: $24.000 / case FOB Boulder, CO. Shelf life: 18 days refrigerated; 1 year frozen. Shipping: Frozen. Case dimensions. Case cube: .321. U.P.C. Kosher: Yes (Star K). Available: May 10. Then gives detailed nutritional information. Vegetarian cuisine company launches new Prime Burger, Chick'n Burger, and the new Veggie Life Burger."

Label sent by Paul Chasnoff of White Wave. 1996. May 2. 5.5 by 4 by 3/4 inch. Paperboard sleeve. Dark green, green, brown, tan, and beige. Color photo of the burger on a little lettuce, topped with a sliced pickles, relish, and a bun. The product name is now: "VeggieLife: Seasoned Grain & Vegetable Patty." The ingredients in this product are very similar to those in the original May 1993 product, except that the tofu is organic. The weight is now 6 ounces instead of 5. "Cholesterol free."

10354. Laudisio, Leonardo. 1993. Biography and history of work with soyfoods, vegetarianism, and macrobiotics (Interview). *SoyaScan Notes*. June 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Laudisio is an Italian name but it is rare; based on the Latin "Laud" meaning to praise. His grandparents (his mother's parents) immigrated to the USA in the early 1890s from Italy on a sailing ship. He had some cousins in Brooklyn. When they went to Ellis Island they failed to recognize him, so they put him back on the boat and shipped him back to Italy. He had a little bakery in a little town called Vietri Sul Mare (which means "view of the sea"), a little north of Salerno. at the beginning of the Amalfi drive (going south). His grandfather returned to the USA (successfully this time) and started a small bakery under the Brooklyn bridge, making *galletta* (twice baked)–which the English call "hardtack." They worked in Italian food and stayed deeply immersed in the Italian community His grandfather later moved his bakery right above Redhook on 4th Ave. in Brooklyn. Leonardo was born on 2nd St. in Brooklyn in 1938.

His father's parents immigrated to the USA separately.

His family was always poor (they had little money), so they ate meat or fish, eggs or dairy only on special occasions and in small amounts as on Sunday or Friday. They ate a lot of pasta, bread and beans. He grew up on Neapolitan cookery. His father (who immigrated to the USA independently of Leonardo's grandfather) came from a restaurant background and owned several restaurants; his uncles were chefs on Italian cruise liners in the early 1900s. In the early days Leonard's father made Mozzarella cheese and other food products–with his uncle. His father comes from a farming village at the foot of Mt. Vesuvius in Naples. So both families come from southern Italy around Naples.

Leonardo started working in his parents' restaurant, Agostino, in Miami as soon as he could stand at the dish-washing sink. His father passed away when he was about 14 (1952). He supported himself (he and his 3 brothers, a sister and their mother owned a restaurant) as a chef in Miami all through high school and college. His brother developed the restaurant, Raimondo, into a famous restaurant in south Florida. In 1959 he and his brothers closed the restaurant went to Cuba to see Fidel Castro. In 1961 they again closed the restaurant and traveled around Europe in a Volkswagen bus. Eventually the family had 2 restaurants. The Agostino was run by his mother with his eldest brother; his next to oldest brother, Raimondo, who is 60 now, went to Europe, studied in Rome, got into fancier northern Italian cooking, and in 1965 he returned to the USA and opened his own restaurant Raimondo in Florida.

In 1963 Leonardo graduated from the University of Miami with a B.A. in philosophy. In 1964 he left the USA and went to Europe to avoid the Vietnam war; he did a lot of his post-graduate work during 3 years in Europe, in Italy and Spain, where he worked as a sandal maker to support himself. He returned to the USA after he was too old to get drafted and in 1967 got his MA in philosophy from the University of Miami. Leonardo was always kind of the black sheep of the family.

In about 1965, while in Spain, Leonardo became

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macrobiotic together with a friend of his from Berkeley named Robert Richheimer (who was on the coordinating committee of the Free Speech Movement and had set up an alternative living scene in Spain). Leonardo, with his girlfriend (whom he met in London), went to visit him. He was living next to a French macrobiotic chef named Bernard, who was very close to George Ohsawa and who opened a macrobiotic hotel, restaurant and night club named Javea overlooking the Mediterranean between Alicante and Valencia–1 mile from the seacoast. Bernard proceeded to build a house and to start a macrobiotic school. George Ohsawa came to see the house but he never actually lived there. They had to drive to France to get brown rice. When they had leftover rice, they would make "rice cakes," by shaping the rice and leftovers into patties, adding tamari and gomashio, then baking them. They were "heavenly." He thought of starting a company selling them–in an era when most people had never heard of brown rice. Another of his famous foods was a bowl of brown rice with gomashio.

Leonardo was living an alternative lifestyle and eating alternative foods. Doing that in Spain at that time was pretty strange. But he began to take vegetarianism as part of his own philosophy. He and his girlfriend lived together for 2 years before they got married–in Coconut Grove, Miami on 22 Jan. 1967; they have been married for 28 years. He got his MA degree at the end of the year he got married. After earning his MA degree, he and his wife returned to Europe and lived mostly in Spain for 9 years (he was a sandal maker, collecting antiques; their 2 children–both daughters–were born in Spain) until 1977, when they returned to the USA, locating in Boulder, Colorado; there he helped a friend open a restaurant named John's. He also attended the Naropa Institute and worked to give his two daughters an American identity. Rain, his oldest, is 22, and China Moon is 19.

In 1978 he bought an acre of land in Boulder, spent several years building houses, like an intentional community. He still was not yet in the restaurant business.

In 1981 he and his family moved to Marin (San Anselmo), where he worked for a film caterer (Chef Cornelius, catering for people who were making films) for a while, then, with his younger brother, bought Marin Fish and Poultry in San Anselmo that sold (but did not raise) fish and poultry. He did that for a year.

They were not ready to settle down so they (and his brother) returned to Europe, on a 70-foot sail boat, sailing the whole way. They lived on the boat in Europe. where they lived in Italy for 5 years. They put their kids in school in Florence for a year, then 2 years in Rome. When he returned to the USA he and his brother were arrested and they each served 2 years (about 1987-90) in jail in Lompoc, and each worked as an institutional cook while doing good time. That's when he really became a vegetarian, seeing the quality of meat that is sent to jails. He got out at age 49-50 and had a very hard time getting re-established. Both his daughters had become vegetarians by this time–Rain in 1979 and China Moon in 1987. They became vegans in 1988-89. In 1990 Leonardo got back into film catering. Also in 1990 he bought a "hot truck," a catering kitchen truck and he began to do more and more vegetarian cooking and catering. By 1991 he was a full-blown vegetarian caterer.

He met a chef named Steve McClaine (age 32 and a chef at Millie's in San Rafael). He took his daughter, China Moon there when she graduated from high school in Redwood City because Millie's served vegan dinners including desserts. At the time he was selling Wildwood's vegetarian tofu burgers at street fairs, the flea markets in Marin, San Rafael Farmers' Market, etc. Steve introduced Leonardo to using tofu, seitan, and tempeh in veggie burgers and other foods. Steve offered to give Leonardo a recipe he and friends on in the Boston area had developed for veggie burgers. Leonardo started making 1,000 a month but he added a significant amount of brown rice. The recipe changed a dozen times when Leonardo was involved with Steve. Leonardo had to mortgage his house, because he was spending all his time making, demoing and selling veggie (actually vegan) burgers. It became an obsession that lasted for about 2 years. His wife and daughters would travel with him during the summers, up and down the Pacific Coast. At some point he and Steve McClain started a company, McLaud Partnership–a combination of their names. Leonardo went to a lawyer, spent $1,000, but it never was official. Steve went back and forth, but never signed the papers. Continued. Address: c/o White Wave, Boulder, Colorado.

10355. Laudisio, Leonardo. 1993. Biography and history of work with soyfoods, vegetarianism, and macrobiotics (Interview) (Continued–Document Part II). *SoyaScan Notes.* June 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued: So Steve and Leonardo worked together informally but actually. Initially the product was called simply Veggie Burgers. Starting in 1991 they had one stationary location that they rented–The Kitchens, Inc. in San Rafael, Kitchens Inc., an institutional communal kitchen in San Rafael. The name "Veggie Life" came about because Leonardo was on a list of alternative caterers for Bill Graham Performances. He worked at times with Graham. After Graham's death on 25 Oct. 1991 in a helicopter crash accident in California, Leonardo was invited to cater the memorial service; he donated veggie burgers at the Polo Grounds. That was when he came up with the name "Veggie Life." It took him years to develop the label, but on the early ones, photocopied at Kinkos, the address was given as The Kitchens, Inc. in San Rafael.

In Oct. 1991 Leonardo flew to Boulder with 1,000 of his veggie burger in two big Igloo coolers. He served them on the mall at an Oktoberfest festival.

In earlier days Leonardo had purchased shares in

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Alfalfa's market in Boulder. So he knew some influential people who were now high up in the natural foods industry. In Sept. or Oct. 1992 he sat down with Mark Retzloff and Paul Repetto and served them his veggie burgers, Italian style. He never served a regular American hamburger-type veggie burger. He always made them special, with special sauces and delicious toppings and maybe no buns. The burger was always the base. Retzloff and Repetto were so taken with these various veggie burgers they told him he was in the wrong business. "You have no business manufacturing these things. Manufacturing is just one small step in the whole process. You've got to market them! That's where the money is. You're a perfect candidate to market these veggie burgers. Plus you've got this fabulous, famous Laudisio Ristorante Italiano restaurant in Boulder that can only help you." Mark said, "I've got a great friend in town named Steve Demos. He'll make these veggie burgers for you. I think he's looking to branch out and he private labels other products. Moreover, you can buy your tofu from him, probably cheaper than you could buy it in California."

So Leonardo called Steve Demos and then went to meet him at the White Wave plant. Demos said he would sell him tofu for $0.10 a pound less that what he was paying Wildwood–if he would buy roughly 1,000 lb at a time. Leonardo asked Steve if White Wave would make the veggie burgers for him. He said, "Not yet." From that time on, Leonardo started buying the tofu for his veggie burgers from White Wave. Before long he was buying 800 to 900 lb of tofu every 2 weeks.

He flew to Boulder more than once. He also did street fairs. That is when his brother, Antonio, started to get turned on by the whole idea of these meatless burgers. Antonio put them on the menu of his restaurant and did specials with them.

In Aug. 1992 Leonardo realized he was not making enough money from his veggie burgers. With his younger brother, he had owned part of an Italian restaurant named Laudisio in Boulder, Colorado. His brother suggested that Leonardo drive his truck to Boulder (where there were lots of vegetarians). They would make the veggie burgers at the restaurant and Leonardo could work in the restaurant. His brother had financial backing to start a new restaurant, the Mediterranean. So in Aug. 1992 Leonardo drove his truck to Boulder to start anew. Steve, who was very reluctant to take on any risk, eventually became the deli manager for the new Whole Foods Market in Mill Valley. But Leonardo had real faith in his veggie burgers. In 99% of the times when there was a competition or comparison, his would win.

In June 1992 Leonardo sold his veggie burgers at a "Creek Festival" in Boulder. Repetto and Retzloff suggested again that he talk with Demos again. So he asked Steve Demos again if he would be willing to make Laudisio Veggie Life burgers under contract. This time Steve said, "Let me look at the recipe, see how difficult it will be, then I will give you an answer." From August 1991 to Jan. 1992 we worked on the recipe in Boulder and changed it. Leonardo was still making the burgers in California. Then late one night he got a call from California; one of his workers had put his hand too far into a machine and sliced off the tip of a finger. Leonardo had no workman's compensation insurance. He knew he could lose his house. So he now had much more incentive to make things work with White Wave. But he had taken on a big new responsibility–for 6 months–as the project manager for development of the Mediterranean restaurant with his brother in Boulder. He has lots of energy and can work hard for long hours every day. Before long White Wave was making the burgers.

The next phase came in early 1992 at the time of the Natural Products Expo at Anaheim, California. White Wave had finally made the first run of acceptable veggie burgers. Leonardo told Steve he would like to attend the trade show at Anaheim because he wanted to start building national accounts; he would pay his own way and his own hotel but he wanted to work out of the White Wave booth. Steve said, "If you come, I want to be sure you are representing White Wave. I don't want you to be pushing Veggie Life Burgers." Leonardo agreed and replied. "I want to see how you run your business." Leonardo flew out to the show with Lonnie Stromnes. He showed up at the booth in bright baggy pants, long hair, handlebar mustache, wearing strange glasses. Really colorful. He speaks fairly good French, Italian, and Spanish. So he ended up selling plenty of White Wave products–and forgot all about the Veggie Life Burger. Leonardo met a lot of people he knew well from his years of work in the field. Steve wasn't there the first two days of the show. Pat (Steve's partner) and Lonnie told Steve that Leonardo was doing an incredible job. He was a natural salesman. "We've got to see if we can get him into our company." On the third day Steve asked Leonardo to accompany him to the produce show in San Diego. He said, "I'll pay your way down. I know what you can do in front of vegetarians but I want to see how you handle yourself with guys who sell produce and drive trucks and have never heard of tofu."

Leonardo greatly enjoyed working at the show in San Diego. Steve congratulated him on a fine job, then said. "I know you are a budding entrepreneur. But for you to get to where I am, is gonna take you years and a lot of money. So I want to make you an offer. I'll buy your company. I'll give you royalties on the product. I want you to head up a nationwide foodservice division of White Wave and sell these esoteric products to mass market using your experience in the restaurant and the restaurant's reputation. Please think it over." He laid out a plan in broad strokes. Leonardo liked the idea, so he suggested to Steve that they work out the price and royalties together. "I have never worked for anyone before and I didn't want to work for you. Just give me more of a commission. I'll take an advance on my commission. In

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6 months if it doesn't work, I'll give you the money back." He said, "No, I'll take that gamble." Leonardo does a lot of his selling in the two family restaurants. It is the ideal setting. Television shows came in and loved the vegetarian dishes Leonardo had developed. It was a huge success. Steve Demos picked up on the idea. He said, "I want to register the trademark 'Chef Leonardo' and work on a program where 'Chef Leonardo' becomes associated with White Wave, so that White Wave not only has a corporate chef but also has a whole program of recipes that have been taste-tested in restaurants so we can play this up. We'll be the only company that has this right now."

30% of the menu at the Mediterranean Restaurant in Boulder is now vegetarian.

Now Leonardo travels to all kinds of foodservice organizations (restaurants, hospitals, college, university and corporate dining rooms) and makes presentations with recipes, products, nutritional facts, taste tests and prices. He knows how these people think and what their problems are. He also knows that 25% of their clients are clamoring for vegetarian food and that they're in a bind. "The growth in this industry is mainstream and foodservice." Address: c/o White Wave, Boulder, Colorado.

10356. Weiner, Michael. 1993. New developments with Amano and Yamashita (Interview). *SoyaScan Notes.* June 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michael works as a consultant for Peter Joe of Sunrise Market Ltd. and with Amano Foods. He used to consult with Mandarin Enterprises in British Columbia. Now his main work is as a broker, representing various U.S. companies such as Vitasoy, Knudsen, Santa Cruz, etc. Amano still makes all of Westbrae's organic miso. Amano is trying to construct a 60,000 square foot plant. They had a joint venture with Yamashita but it fell apart. Now Yamashita is constructing their own 60,000 square foot soy sauce plant in Oregon. The ground breaking will take place in a couple of weeks. Michael does not feel that this will be much of a threat to Amano, which plans to sell a lot of Amano products in supermarkets. The market is big and growing rapidly. Soyfoods now are given large amounts of shelf space (8-16 linear feet) in the produce section of all supermarkets in western Canada (British Columbia, Alberta, and Manitoba). A major reason for this is that Mandarin and Sunrise have an excellent relationship with the people in charge of the produce section in western Canadian supermarkets. Initially Michael helped to establish some of these relationships; these companies got a few facings for their tofu. Then Mandarin added their tofu burgers. Then Sunrise added Yves Wieners and soy cheese. The products sold, which is proof that exposure will work. Michael was involved in trying to make the same thing happen in Ontario with the Loblaws chain, and in Quebec, but they were never allowed to give the program a try–not even in 1-2 stores.

Safeway supermarkets are so sold on soyfoods that they have developed special open-front, vertical, refrigerated "Tofu Products" cases that are placed adjacent to the produce case, but have a lower temperature. They are quite large and contain everything from soy drinks to tofu, soy cheese to meatless hot dogs. Soyfoods are very widely available on Vancouver Island.

Sunrise and Michael jointly import Mori-Nu tofu into Canada from Japan. Also Sunrise distributes some juice products for which Michael is the broker. Mori-Nu does not sell well in supermarkets because it's retail price is too high. Address: President, New Age Marketing, P.O. Box 39590, White Rock, BC, V4A 9P3, Canada. Phone: 604-538-0127.

10357. Harris, William. 1993. Why he thinks calcium chloride is a better tofu coagulant than calcium sulfate (Interview). *SoyaScan Notes.* June 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dr. Harris is a physician (M.D.) and a vegetarian. The rate of loss of calcium from the blood stream can be increased by consuming high amounts of sulfur-containing amino acids. Excess amounts of these are unhealthy because they break down to sulfate, which is excreted in the urine. Sulfate is one-half of each sulfuric acid molecule, which the body does not like, so it uses calcium (or other divalent cations) to buffer the sulfate, and the calcium leaves the body with the sulfate. The sulfate ion has a negative valence of two which matches the calcium ion's positive valence of two. He is not sure that this is the mechanism whereby calcium is lost from the body. Other cations besides calcium can be used to buffer the sulfate in the urine–sodium, magnesium, potassium, etc.–and he does not know if there is a selective preference for calcium. Nor can he guarantee that increasing sulfate increases the excretion of calcium. But in any case the body has no use for sulfate and none of it circulates in the blood stream. However the body does have a use for chloride, which is a major serum anion and is useful for the stomach in making hydrochloric acid. So if you use calcium chloride as a tofu coagulant the body gets two ions which are potentially useful.

He would like to see more research to answer several questions in this area. (1) Is the calcium in calcium chloride or calcium sulfate more available to and better absorbed by the body? (2) Is there a selective preference in the body among the various cations which could be used to buffer sulfate that is excreted? Address: P.O. Box 25233, Honolulu, Hawaii 96825. Phone: 808-941-8151.

10358. *Toyo Shinpo* (*Soyfoods News*). 1993. Tôfu gyôsha-su ni-man kendai o iji [The number of tofu shops in Japan is still above 20,000]. June 21. p. 1. [Jap]
• ***Summary:*** As of Dec. 1992 (Heisei 4) there were 20,140 registered tofu shops in Japan, 725 less than 1 year earlier.

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The number in each prefecture is also given.

10359. Cheney, Susan Jane. 1993. You can do tofu: The versatile joys of a vegetarian staple. *Vegetarian Times.* June. p. 80, 82, 84-86.
• ***Summary:*** An introduction to tofu with color photos and 3 recipes. The author, a former cook at the Moosewood restaurant, "was cooking with tofu long before it was cool."

10360. Messina, Mark. 1993. Welcome to *The Soy Connection. Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 1(1):1-2. [7 ref]
• ***Summary:*** Discusses the growing interest in soyfoods (such as tofu, tempeh, soymilk, and miso) in America. They are becoming more mainstream. An estimated 2/3 of all tofu is sold in traditional supermarkets. Tofu consumption in America has doubled during the past 10 years.

10361. Messina, Mark. 1993. Are you ready for the age of the soybean? *Mori-Nu Healthy Life* (*Los Angeles*) 5(2):1. 2nd quarter.
• ***Summary:*** "The food that has been at the center of the Chinese diet for the past 20 centuries is taking the United States by storm. Over the past decade more that 2,000 new soyfoods have entered the market. The soyfoods industry is big and growing. Chances are, many of you are already familiar with some of these products, which range from tofu to soymilk to pizza topped with mozzarella-like soy cheese.

"But soyfoods aren't just hot–they're healthy! Consider the following:" Discusses recent scientific studies showing the health benefits of soy. And getting all of these health benefits is easy.

Note: This 6-page issue (each page 8½ by 11 inches) also contains: (1) Editor's column, by Susan Buchér. (2) Soy research updates. (3) "The exercise diet," by Holly Rudin-Braschi, M.A. Get fresh: Examples of healthy fresh vegetables. (4-5) Recipes and coupons. (6) Reader's forum (letters from readers). Order form for Mori-Nu Tofu or books or videos. Application for membership in the "Health for Life" club, which gets you: 4 issues of Healthy Life. Mori-Nu recipes. 12 Mori-Nu Tofu 15¢-off coupons. Address: PhD.

10362. Messina, Virginia. 1993. From the executive director. *Newsletter of the Soyfoods Association of America* (*Libertytown, Maryland*) 4(2):1.
• ***Summary:*** "It was with real regret that I informed the Executive Committee of the Soyfoods Association that I would be resigning as Executive Director effective July 9, 1993. Much as I have enjoyed my position with this organization, I find that other time demands make it difficult for me to meet the obligations of this job" [20 hour per week].

"Should a replacement not be found before July 9, I will continue to staff the SAA phones at my home office and will also maintain the clipping service. Every effort will be made to keep the SAA office up and running."

"Due to increasing time commitments with his business, Steve Demos has resigned from his position as president of the Soyfoods Association. Norm Holland of Northern Soy was elected by the Executive Committee as president for 1993." Address: P.O. Box 65, Libertytown, Maryland 21762. Phone: 301-898-5769.

10363. Morinaga Nutritional Foods, Inc. 1993. The star. The supporting cast (Ad). *Health Foods Business* (*Elizabeth, New Jersey*). May. p. 41.
• ***Summary:*** The left half of this 8½ by 11 inch color ad shows the three different types of Mori-Nu tofu stacked one atop the other. The right half shows the "supporting cast of product brochures, recipe tear-offs, videos, a display merchandiser [that displays 24 packs of tofu] and the new, highly acclaimed, *Tofu and You–A Personal Weight-loss Program and Healthy Eating Plan...* To join the Mori-Nu Fan Club call 1-800-NOW TOFU."

This ad also appeared in *Natural Foods Merchandiser* (June 1993, p. 58). Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

10364. *Newsletter of the Soyfoods Association of America* (*Libertytown, Maryland*). 1993. Thank you to the American Soybean Association. 4(2):2.
• ***Summary:*** "The American Soybean Association has awarded the SAA [Soyfoods Association of America] a grant for $27,625.00 to develop and distribute educational materials on soyfoods and to produce periodic press releases. The grant will be used to produce a 4-color brochure on soyfoods and eight individual, camera-ready fact sheets on tofu, soymilk, tempeh, miso, texturized vegetable protein, soy flour, soy-based meat analogs, and soy oil. Materials will be made available to state soybean boards for distribution to consumers and volunteer soy promoters, to state level cooperative extension nutritionists for distribution to consumers through county home economics offices, and to health professionals for use in health and nutrition education programs. The first two fact sheets–on tofu and soymilk–will be available this month. All of the materials will be completed by Fall, 1993."

10365. **Product Name:** Soyboy Garden Tortellini.
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1993. June.
Wt/Vol., Packaging, Price: 10 oz.
How Stored: Frozen.
New Product–Documentation: Spot in Health Foods Business. 1993. June. p. 60. Shows the front panel of the

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label, which states: "Vegetarian. Non-dairy. No cholesterol. Low fat. Made with organic soybeans. Low sodium. Keep frozen." The product is said to be made with durum flour and filled with pesto, made with organic tofu.

10366. **Product Name:** Soya Beverage, and Tofu.
Manufacturer's Name: Palaami Food Products India (P) Ltd.
Manufacturer's Address: I 1/C Sidco Industrial Estate, K. Pudur, Madurai, Tamil Nadu–625 007, India.
Date of Introduction: 1993. June.
New Product–Documentation: List of new tofu manufacturers in countries where tofu is not well known, sent by Yoshinori Ito of Takai Seisakusho. 1994. Nov. 15. The owner of this new tofu company is Mr. Prem Palanivel.

Letter (fax) from Mr. D. Prem Palanivel. 1995. March 24. He started making Soya Beverage and tofu in June 1993. He now makes about 5,000 liters/month of Soya Beverage and 50-75 kg/month of tofu. Madurai [Madura] is located in southern India.

Letter (fax) from Mr. D. Prem Palanivel. 1995. May 22. He is presently packing his products in HM HD pouches. By June 1995 he plans to introduce his soya beverage in Tetra Brik cartons and to reach a capacity of 10,000 200 ml pouches per day. "Our machinery and basic know-how was imported from Takai of Japan. After extensive research, we have developed our product so it is suitable to the Indian taste, and we have branded our product Pep 'n' Bounce." He would like to establish a branch of the International Soyfoods Center Network in India.

10367. Patterson, Anne. 1993. Tofu accents today's diets. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 1(1):2-3. [6 ref]
• ***Summary:*** Discusses the many health benefits of eating tofu. In a diabetic exchange, 4 oz of tofu = 1 medium fat substitute. In the American Heart Association Step 1 Diet, 3 oz of tofu can replace a 3 oz serving of meat, poultry, or fish.

On the facing page (p. 2), a nicely illustrated article titled "Try Tofu" describes tofu, gives tips on buying, storing, and using tofu, calls it a "nutrition powerhouse" in discussing its nutritional benefits, and gives a recipe for Tofu South of the Border Enchiladas. Address: R.D., Farmington, Illinois.

10368. **Product Name:** Organic Tofu (Flavored) [Hot {Mildly}, or Curry {Mild}].
Manufacturer's Name: Small Planet Soyfoods.
Manufacturer's Address: 4452 Rocky Gorge Rd., Newport, WA 99156. Phone: 509-447-5146.
Date of Introduction: 1993. June.
How Stored: Refrigerated.
New Product–Documentation: Talk with Phil Spiegel. 1998. July 30. He introduced these two flavored tofu products in about June 1993. The idea for these flavored tofu products was developed by Silverking in British Columbia, Canada; they shared the idea with Phil–who made some small modifications.

Labels for Mildly Hot Organic Tofu and Mild Curry Organic Tofu sent by Phil Spiegel. 2001. May 18. 3.75 by 5 inches. Self adhesive. "Non-GMO" logo. "Hand crafted in the Northwest by Penrith Farms, 330112 Hwy #2, Newport, Washington 99156. Phone: (509) 447-5146. www.smallplanettofu.com." A large illustration shows a river with trees and mountains.

10369. **Product Name:** Naturally Tofu–Better Than Burger? (Dry Mix).
Manufacturer's Name: Sovex Natural Foods, Inc.
Manufacturer's Address: P.O. Box 2178, Collegedale, TN 37315. Phone: 1-800-227-2320.
Date of Introduction: 1993. June.
Ingredients: Soy flour, oats, tofu powder (dehulled soybeans, calcium sulfate), garlic powder, dried onion, vegetable gum (guar gum blend), onion powder, vegetable protein, dill, parsley, basil, dried carrots, oregano, marjoram.
Wt/Vol., Packaging, Price: 12 oz (341 gm) paperboard carton.
How Stored: Shelf stable.
Nutrition: Per ½ cup (55 gm.): Calories 165, total fat 2 gm (3% daily value; saturated fat 0.5 gm), cholesterol 0 mg, sodium 52 mg (2%), total carbohydrate 25 gm (8%; dietary fiber 9 gm [36%], protein 20 gm, calcium 16%, iron 16%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Ad (full page, color) in Health Foods Business. 1993. July. p. 26. Naturally Tofu–Better Than Burger? Sink your teeth into this! Also published in Natural Foods Merchandiser. 1993. Sept. p. 31.

Talk with Chris Durden of Sovex. 1993. Sept. 27. This product was launched in about June 1993. The only other products in the line are Better than Milk? and Ice Creme

Label sent by Sovex. 1993. Oct. 6. 5.5 by 8.25 by 2 inches. Paperboard box. Red, tan, white, and black. Color photo on front panel of a burger between buns with all the trimmings. On the back panel are 3 recipes and a product guarantee. To make a burger, mix the contents of this package (12 oz.) with 1.75 cups warm water and 3 tablespoons soy sauce. Mix, form into patties (24 oz. weight), and fry in vegetable oil.

10370. *SoyaCow Newsletter* (*Ottawa, Canada*). 1993. SC-20 complements fine vegetarian restaurant and top natural foods store. 2(2):1-2. April/June.
• ***Summary:*** "The Sweet Carrot Cafe in Saskatoon and Rainbow Foods in Ottawa are the first Canadian retail sites for the SoyaCow SC-20... Both locations produce fresh non-beany soymilk for direct sale and formulation into value-added products like shakes, yogurt, pudding, okara

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baked goods, tofu, etc. They also feature returnable glass bottles of the soymilk in several flavours." The Sweet Carrot Cafe is a fine [vegetarian] restaurant, featuring a grand piano, tablecloths, and wine. Owners George and Wendy Conquergood have added a Health Bar & Deli, made possible by a new SoyaCow.

"The newly-enlarged 5,700 square foot Rainbow Foods in Ottawa is the largest health and natural products store between Toronto and Montreal. Owners Janet and Mike Kaplan see the production of high-quality fresh soymilk as a major feature of their full-service operation... Their "Healthy Deli" with the SoyaCow comprises over 1,000 square feet of the total business, and customers can see the micro-soydairy operation from the fast-food counter."

Photos show: (1) George Conquergood with his SC-20 at the Sweet Carrot Cafe. (2) The SoyaCow SC-20 at Rainbow Foods, owned by Janet and Mike Kaplan. Note: The SC-20 at Sweet Carrot Cafe was in operation before the one at Rainbow Foods. The soymilk made at Sweet Carrot Cafe was the first commercial soymilk made by any model of SoyaCow.

10371. Hurley, Jane. 1993. The fat content of tofu (Interview). *SoyaScan Notes.* July 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jane is analyzing the fat content of nationally-distributed brands of tofu. According to the new FDA NLEA regulations, any food that contains 3 gm of fat or less per serving (regardless of the percentage of calories from fat) may be called a "low fat food." The FDA decided, after considerable pressure from the USDA, to standardize the serving size for all protein foods at 3 ounces, even though most figures show that a serving size for most meat products (and tofu) is closer to 4 ounces. The USDA and the meat industry felt that a 4-ounce serving size would make its products look bad in terms grams of fat per serving. "The meat industry won that battle."

"The interesting thing to me about looking at tofu on the market is that it is lower in fat than everyone has been led to believe. It is a 'low fat food' by the FDA definition, and some brands are lower in fat per serving than others. That is the most interesting finding for me. White Wave's 'reduced fat' tofu is not much different in terms of fat and protein content than other regular brands (5 gm of fat and 9-10 gm of protein per 4 oz.). Its is true that White Wave's 'reduced fat' is reduced in fat compared to White Wave's regular tofu. The other key finding is that the USDA numbers concerning the nutritional composition of tofu are incorrect. Yet nutritionists continue to use these numbers. For tofu, we used laboratory analyses of the tofu sent to us by the manufacturers."

"CSPI has never panned or criticized tofu. We've always said that because it is free of cholesterol and has a low saturated fat content, it is certainly a good choice. We've never told people not to eat tofu." Address: Center for Science in the Public Interest (CSPI), Washington, DC.

10372. Demos, Steve. 1993. New developments with soyfoods in America (Interview). *SoyaScan Notes.* July 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Vitasoy purchased Azumaya Inc. (America's largest tofu manufacturer, and the low-price leader) in May or June 1993 for an estimated $4-$5 million. Azumaya did not sell their building or the land on which their plant is situated. So now Vitasoy owns two large tofu manufacturers on both coasts of the USA: Nasoya in Massachusetts, and Azumaya in California.

Mr. Yamauchi sold the rest of his ownership in House Foods & Yamauchi, Inc. to House Foods of Japan. [Note: Another industry observer states that the sale took place in about April 1993 for about $2 million].

Bill Bolduc is now running a soymilk plant in the Midwest; he now makes Westbrae's soymilk. Steve sees the future of soymilk as being packaged in the new extended shelf life (ESL) gable-top carton and sold as a commodity for a lower price like cow's milk rather than as a specialty flavored beverage.

Anders Lindner told Steve in March that DE-VAU-GE wanted to sell their soymilk plant. He offered to sell the used plant to Steve for a good price in German marks. Steve never responded.

White Wave now makes about 100,000 lb/week of tofu (of all kinds). The company's reduced fat tofu is selling very well. Quong Hop is stating on two red-on-white stickers on their package that (1) their tofu is "The original reduced fat tofu;" and (2) "The original reduced fat–High protein tofu: Serving size 4 oz., Fat per serving 3 gm. Protein per serving 14 gm." Lab tests run by more than one company indicate that Quong Hop's tofu actually contains far more fat.

Steve bought Veggie Life from Leonardo Laudisio much more for the name than for the product (meatless burger) or its formula.

Update: 1993. Nov. 24. Talk with Leonardo Laudisio. On about November 8-10 White Wave secured preferred vendor status from Whole Foods Markets. They now are installing their cold-storage "set" in the individual stores; one is now in the Berkeley store. At the top in large letters is written "White Wave Vegetarian Cuisine" with the oval White Wave logo is bas relief. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10373. **Product Name:** Tofu Jerky [Spicy, or Mild].
Manufacturer's Name: Cedar Springs Naturals.
Manufacturer's Address: Health Zone of Temecula, 27468 Ynez Rd., Suite B-7, Temecula, CA 92590. Phone: 909-694-5488.
Date of Introduction: 1993. July.
Ingredients: Tofu (made from whole soybeans), 100%

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natural soy sauce (made from sea salt), organic honey, and nature's finest herbs and spices.
How Stored: Shelf stable.
New Product–Documentation: Talk with (call from) Donna Cochran. 1993. July 8. She is looking for a source of tofu. She wants to make tofu jerky. Talk with (call from) Donna Cochran. 1993. July 17. This product was launched commercially on 1 July 1993. She would like to send Soyfoods Center a free sample in exchange for free evaluation and consultation.

Product with Label (2 flavors) and letter sent by Michael Molver and Donna. Home address: P.O. Box 128, Winchester, California 92596. Phone: 909-926-9716. 4.25 by 5.25 folded in half over top of plastic bag. Black on beige or pink. A large illustration (line drawing) shows cedar trees growing in front of mountains and clouds. Front panel: "No beef. All natural. High protein. Low fat. No animal products. No preservatives. No cholesterol. No wheat. A vegetarian snack."

10374. Executive Committee Secretariat. 1993. The Roots of Biotechnology in Monsoon Asia: The Third Asian Symposium on Non-Salted Soybean Fermentation and International Soybean Food Fair. Akita Cultural Center, Akita City, Japan: 4-6 June 1994 (Leaflet). Akita, Japan. 2 p. July.
• ***Summary:*** The executive committee for this event is: Chair: Prof. Tadao Watanabe. Vice-Chair: Prof. Fumio Yamauchi. Indonesia Advisor: Dr. Darwin Karyadi. United Nations University (UNU) Food and Nutrition Programme Advisor: Dr. Abraham Besrat.

The symposium hopes to focus on South-South cooperation for technical transfer of soybean technologies (koji, tempe, natto) to Africa in order to alleviate an impending protein crisis beyond the year 2000.

Program outline: Part I: International Soybean Food Fair–Industrial/commercial exhibition and cooking demonstration of ethnic cuisine using soybean products. Part II: Public Symposium–World soybean overview with perspectives for international technical cooperation in Africa. Part III: The Third Asian Symposium on Non-Salted Soybean Fermentation. Session 1. Koji for fermented soybean (Kikkoman, Nagano Miso Institute, China, Korea, Akita). Session 2. Natto in Asia–Microbiology, enzymology, health-medical studies. Kinema of Nepal, Tuanao [Thua-nao] of northern Nepal, Bhutan. Session 3. Tempe (Overview by Dr. Darwin Karyadi, contributions from Indonesia, Germany, USA, Japan and others–on microbiology, biochemistry, nutrition, physiology, medical studies, cooking, and industrial development). Part IV: The Role of Soybeans in Africa–The Perspective beyond 2000 (organized in cooperation with UNU Food and Nutrition Program). Sessions: Agriculture of Sub-Saharan Africa and soybean development (World Bank, IITA, JICA). Tofu technology adapted to West Africa (Dr. Nakayama, IITA). Indigenous fermented legumes in West Africa. Introduction of soy into Sub-Saharan African diet. Achievements of UNU Tempe Training Program (Indonesia/UNU; with Poster presentation of UNU funded research). Proposal on South-South cooperation.

Technical tours will be organized from three participating countries: Indonesia, USA, Germany. Address: c/o Akita International Assoc., Aidex Building 8th floor, 2-1-60 Sanno, Akita City, Japan 010. Phone: 0188-64-1181.

10375. Haren, Chuck. 1993. Maya soy Guatemala. *Plenty Bulletin* (*Davis, California*) 9(2):1-2. Summer.
• ***Summary:*** "I spent two mornings at Alimentos San Bartolo (ASB), the Mayan owned and operated soy dairy near Solola that Plenty helped to create in 1979-1980. Alimentos San Bartolo is a business that is owned by the community of San Bartolo. A board of eight directors, who are the Community Development Directors for the village, watch over the operations. Our old friends Elena and Augustine continue to work there. ASB has a total staff of eight people.

"They sell about 2,000 frozen ice creams and fruit flavored milk bars every month during the six-month dry season. Also, each month they sell 700-800 lbs. of tofu and 60-80 lbs. of tempeh to stores in Antigua (Guatemala), Panajachel and Guatemala City. Some packaged soybeans and soy flour are sold and a small amount of milk is delivered to individual homes that like it. The prices of all these products are slightly lower than comparable foods on the market. The business is just making enough now to cover the small wages they are receiving and the other basic operating costs. They are not making enough to repair major equipment failures or to replace equipment when needed. All the equipment has been very well-maintained by the staff and the sanitation standards are very high.

"One thing that was obvious was the need to establish a small restaurant outlet in Solola if the ASB is going to develop a wider market for soybean foods among the Mayan people. They need a place near the center of Solola. They need an opportunity to show people the variety of delicious ways soybeans can be included into traditional foods at a very low cost and also educate the populace about the nutritional value of soybean foods. Now the local people only buy the frozen milk/fruit bars, ice cream and a small amount of milk. Why?–because they are not expensive and are sold in forms that are similar to foods they are accustomed to. Almost all of the tofu and tempeh is sold to stores catering to tourists... Now virtually all of the okara is used as compost to fertilize the gardens... Soybeans used at ASB are grown near the coast. They are purchased in Guatemala city. Inappropriate varieties, technical methods and lack of infrastructure used earlier limited soybeans from becoming a cash crop among farmers at the altitude of Solola (6,000-7,000 ft). Some people say soybeans cannot

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be established as a crop in this area because of the costs of fertilizer, fungus [fungicides] and insecticides needed, and the lack of sunlight during the rainy season."

"Fundadase is a Mayan NGO with a paid staff of about 25 people that supports community development work in areas surrounding Chichicastenango and Chimaltenango. They receive the majority of their funding from a Danish NGO."

In March of this year Haren participated in a successful 9-hour soybean workshop in Chichicastenango attended by more than 100 men and women from surrounding villages. "This group is very well organized." A meal was served which included soy harina drinks, okara stir-fried with vegetables and potatoes, and soymilk with vanilla. Then a practical demonstration of soybean processing was conducted. Finally several hundred pounds of soybean were sold to interested attendees in one and two pound packets. Of the 9 million people living in Guatemala, about 6 million are indigenous Maya. A 1991 United Nations study found that 6.5 million Guatemalans are living in extreme poverty. Photos show: A Mayan woman straining soymilk to make tofu at Alimentos San Bartolo. Two women preparing corn and soya tamales for the FUNDADASE demo. Address: Program Director.

10376. Osho, S.M. 1993. Developed soybean technologies for small-scale and industrial levels. Nigeria: IDRC Canada / IITA Soybean Utilization Project, Phase II. 67 p. July. Illust. 25 cm. [7 ref]

• ***Summary:*** On front cover and bottom of title page: "For a National Workshop on Small-Scale and Industrial Level Processing of Soybeans (27-29 July 1993). Contents: 1. Introduction. 2. Chemical composition and nutritive value of soybeans. 3. A concept for preparation of whole soybeans for use in human food: Reduce the long cooking time required to tenderize the beans using a blanch of sodium bicarbonate or a local tenderizer. Soybean can be processed into soyflour and soybean paste to facilitate processing. Elimination of anti-nutritional factors (by use of moist or dry heat). Ensuring high protein yield at the end of processing. Taste 4. The use of soybean at household / village level processing. 5. Processing of soybeans as an income generating activity: Soybean tofu processing (soywara or soycheese). Extrusion cooking: IITA concept. Defatted cake processing and soybean oil extrusion using mechanical screw press technology: IITA concept. Flow charts: 1. For making raw soy flour, partially processed soy flour, roasted soyflour. 2. Four methods for processing soy ogi. 3. Soybean gari. 4. Soybean iru. 5. Processing of plantain / banana products. 6. Soy vita / Soyvita processing. 7. Soybean milk processing (hot extraction, cold extraction, from soy flour). 8. Processing soybean milk and milk residue (okara). 9. Soy cheese from whole soybean. 10. Making soy yogurt.

6. Achievements and impact of soybean utilization. How to grow soybeans (starting with a small area). Fabricators / suppliers of soybean processing equipment (32 companies listed). Fig. 2. Instapro 600 extruder: Configuration for whole soybean extrusion. Fig. 3. Instapro 600 extruder: Configuration for corn/soy extrusion. References / suggested reading.

Note: On the white cover are the logos of IRDC/ IITA Soybean Utilization Project, International Institute of Tropical Agriculture (IITA) and Libran Trusts Limited.

Figures show: (1) Products derived from soybeans (full page). (5) Soybean processing by extrusion / expelling.

Tables show: (1) Chemical composition of whole soybeans. (2) Comparative cost of commodity and protein in selected food sources in Nigeria 1993 (The most expensive is milk powder at 556 Naira/kg. The least expensive is soybean at 167 Naira/kg). (3) Amino acid profile of soybean protein: Grams of gram Amino acid per 16 grams of nitrogen. Source: FAO 1985. (4) Specification of time, temperature and treatment for the complete inactivation of the soybean trypsin inhibitor at the household level (ranges from 4 minutes for puffing whole soybeans in sand to 30 minutes for boiling whole soybean at 100ºC.). (7) Yield and quality of soyoil as affected by processing temperature. (8) Physico-chemical characteristics of crude, partially and fully refined oil. (9) The percentage of farmers / households producing and utilizing soybeans in IRDC Project Sites (1991 vs. 1992). (10) Some soybean products that are being processed and marketed by companies in Nigeria (Feb. 1992). Shows 32 commercial products. For each product is given the company name, location (state), Product, and % soybean used in the product. Here are the details for each product.

1. Betamarks, Lagos, Soybean flours, 30%.
2. DLOB, Oyo, Soy oil / high protein cake, 100%.
3. Farina, Lagos, Soybeverages, 100%.
4. Kofa Agric. Ventures, Kwara, Soy oil / high protein cake, 100%.
5. Milkman, Oyo, Soymilk, 100%.
6. Oja Farms, Oyo, Soy oil / high protein cake, 100%, Casasoy, 30%.
7. Taraku Oil Mills, Benue, Soy oil / high protein flake, 100%.
8. Uncle Segun Food Proc. & Preserv. Co., Oyo, Soy powder, 100%.
9. Jomartex, Oyo, Soymilk, 100%.
10. Lisabi Foods, Lagos, Soy custard, 30%.
11. Smallette, Sogi, 30%.
12. Funtua Oil Mills, Kaduna, Soy oil / high protein cake, 100%.
13. Glaxo Nigeria, Lagos, 'Babeena' baby food, 30%.
14. Nestle Foods, Lagos, 'Nutrend' baby food / 'Golden Morn' breakfast food, 30%.
15. Imo Health Foods, Imo, Soybeverages, 100%.
16. Cadbury Nigeria, Lagos, 'Das' candies, 10%.
17. Tuns Oil, Osun, Soy oil / high protein cake extruded

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products, 100%.

18. Marrison Ltd., Lagos, Extruded products, 100%.

19. Akiibiti Farms, Ondo, Extruded products, 100%. 20. Deagbo Industries, Oyo, Soyvita (beverages), 100%.

21. Tella Food Industries, Oyo, Soymilk, 100%.

22. Goodings Health Foods, Lagos, Texturized vegetable protein (Nutrela), 100%.

23. Niger Dock, Lagos, Soymilk, 100%.

24. Jof Ideal Family Farm, Ondo, Vegetable oil, 100%.

25. Temitope Biscuit Indus. Ltd., Ogun, Soybiscuit, 10%, Baby food, 30%.

26. Orman Industries Comp. Ltd., Oyo, Extruded soy full-fat defatted soycake, 100%.

27. Al-Bahamas, Lagos, Baba ogi, 30%.

28. Odichie Bakery, Lagos, soybread, 10%.

29. Morgan, Oyo, Soyflour, 100%.

30. Pfizer Nigeria Ltd., Lagos, Livestock feed, 30%.

31. Buckingham Ltd., Lagos, Mama Joy baby food, 30%.

32. Alphatec, Oyo, Soyoil / livestock feed, 100%.

33. Cocoa Industries, Lagos, Chocolate bar, 10%.

Address: 1. Food Technologist and Coordinator, IDRC/ IITA Soybean Utilization Project, International Institute of Tropical Agriculture, Oyo Road, PMB 5320, Ibadan, Nigeria.

10377. **Product Name:** Tofu.
Manufacturer's Name: Waiheke Tofu.
Manufacturer's Address: 31 Ostend Rd., Waiheke Island, Auckland, New Zealand. Phone: 09-372-7062.
Date of Introduction: 1993. July.
How Stored: Refrigerated.
New Product–Documentation: Talk with Carol Shortis, founder and owner of Waiheke Tofu, who calls from New Zealand. 1993. Aug. 29. She started making tofu at this company last month, July 1993. She now makes only 2 kg at a time, but she would like to expand to make 30-50 kg/ day, but to continue to make her tofu by hand. Her main competitor is Bean Supreme in Auckland; they turn out large quantities of tofu at a low price. She is looking for sources of equipment.

10378. Lo, Yvonne. 1993. New developments with Vitasoy (Interview). *SoyaScan Notes.* Aug. 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** William Shurtleff begins by congratulating Yvonne for the purchase of Azumaya, and for thereby becoming the largest tofu manufacturer in the Western world. Asked if this indicates that K.S. Lo and Vitasoy plan to move from Hong Kong to the USA in 1997 when control of Hong Kong is returned to China, Yvonne says "No," noting that Vitasoy International Holdings Ltd. plans an active program of investment in the food industry in China.

The purchase of Azumaya was finalized on 27 May 1993. Vitasoy only purchased the company; they did not purchase the building or land since Azumaya never owned these. The actual negotiations took a long time; they were conducted by Yvonne and Vitasoy (USA) Inc., which also officially made the acquisition. But this is not a key point since Vitasoy (USA) Inc. is a subsidiary of Vitasoy International Holdings Ltd. (headquartered in Hong Kong). Michael Ho will soon start to run the financial end of Azumaya; Bill Mizono plans to retire at the end of this year. Bob Bergwall, tofu production manager at Nasoya Foods in Massachusetts, was planning to move to California and take over as production manager at Azumaya but, unexpectedly and very tragically, his wife died of an aneurysm. They have a very young baby, which Bob now has to take care of. No articles about the acquisition of Azumaya have yet been published; Vitasoy has been very busy and they are not especially interested in publicizing the acquisition.

Concerning the larger picture of the soyfoods industry, profit margins for manufacturers are shrinking, and a new and more difficult relationship is developing between manufacturers and distributors. Address: President, Vitasoy (USA) Ltd., 99 Park Lane, Brisbane, California 94005. Phone: 415-467-8888.

10379. Mizono, Bill. 1993. More on the history of Azumaya (Interview). *SoyaScan Notes.* Aug. 5. Conducted by William Shurtleff of Soyfoods Center.
Address: Azumaya Inc., 1575 Burke Ave., San Francisco, California 94124. Phone: 415-285-8500.

10380. Centa, Roland A. di. 1993. Re: Introducing tempeh and tofu to Italy. Letter to William Shurtleff at Soyfoods Center, Aug. 9–in reply to inquiry. 4 p. Typed, with signature. Followed by a letter of Sept. 10 answering questions.
• ***Summary:*** Roland was one of the first people to introduce soyfoods to Italy. He was very interested in macrobiotics and was a close friend of Michio Kushi. "My interest in food was to heal people with food and I had a lot of success using a holistic approach to help people with major diseases. For all these cures I used a lot of miso, tempeh, and tofu. Good miso was available. However tempeh and tofu had to be locally produced. I cured people from 1980 until about 1985.

"As I am a businessman I was always business minded in order to produce, make a profit, and be able to realize my ideas–which always cost. I am educated in international law and advise corporations who want to expand abroad.

"Tempeh: There was only tempeh available for Paris, made by a lady there named Anita Dupuy, who delivered and sold it to Le Bol en Bois (a macrobiotic restaurant in Paris) and to some consulates and embassies (such as the Philippines). As I was busy elsewhere I sent Giovanna Mazzieri (of Milan, Italy) to Paris [for 1 week in Feb. 1983] to study the process. She was a very busy lady and a fan of macrobiotics after I healed her husband of a very difficult disease. She was very smart and she produced tempeh in

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Milan in about 1980 [actually mid-1983]. It was perfect and of very good quality. It was sold in a few health food stores. (Letter from Roland of Sept. 10 says Giovanna's tempeh was never sold commercially in stores; she produced tempeh only non-commercially from Feb. 1983 until today. Roland taught her to make tofu in June 1982; she started to make and sell it shortly thereafter).

"Actually it never took off commercially and eventually was used only for selected people, me and my patients. At that time I was very strict in eating macrobiotic. I was very sensitive to the quality of tempeh: I didn't like the acid taste. On the island of Bali I once ate some tempeh which was very acid. Therefore I used to deep freeze it in order to have it ready when we wanted tempeh with perfectly good taste. Today it is no longer produced, or only in small quantities, for the use of the family of Giovanna and some friends in Italy. As I am no longer living in Italy and I stopped curing people, unfortunately I don't use tempeh any more myself. I was interested to find out whether it worked in curing people. It did! However in order to make a profession and profit-making enterprise, I preferred to do other jobs.

"Tofu: Tofu was produced by myself. I am sure I was the only one who produced it on the basis of your teaching the first time in Italy in 1978. After seeing an ad in the *East West Journal,* I ordered your *Book of Tofu* by mail.

"Tofu already existed in Italy in Chinese restaurants in all the major cities. They called it Tau-Fu. After studying your book, I went to many kitchens in order to observe how it was produced, and with the cooks I ate the okara which was never offered to the clients of the restaurants but was seasoned very hot for themselves. The main restaurant I studied at was "La Muraglia," which means "The Wall" and which still exists.

"I then bought the Tofu Kit [made by Larry Needleman of The Learning Tree] which was advertised in the *East West Journal.* With this kit I started to make my first tofu. It was at once of very good quality.

"I started to make the equipment following the instructions in your book and twice a week produced 10 kg of tofu, which was used by my family, and sold in health food stores and later to my patients. I sold the tofu also in bakery shops where I offered the clients free samples to taste before they eventually bought it. I had a few sales. I produced the tofu in the kitchen of my apartment on Via Maffei in Milan. I got up very early and at 8 A.M. the kitchen was clean–you couldn't see anything left of the production. My wife [who was Vietnamese] didn't want to have a mess in the kitchen when she got up.

"Before I going to work as a consultant in the morning, I delivered the tofu to various shops. I didn't sell as a company because the quantity was too small to justify a commercial set-up yet. After about a year, when the whole business was working well, I transferred everything to a friend of mine who was looking for a job. He did it also in his apartment, but had problems with the neighbors who saw the kettles steaming on his balcony and they wondered what he did in his place. As nobody knew what tofu was, he said he was making some kind of cheese. The neighbors thought he might even have cows in his flat, and they managed to kick him out of his rented apartment after he had been making tofu there for about one year.

"When we heard that a company from Rimini [located 200 miles southeast of Milan and run by Gilberto Bianchini] had also started to produce tofu, we stopped production I didn't get the feedback in profit from this business; I preferred to use my time in other operations and buy the tofu made by Gilberto Bianchini at health food stores in Milan. I am sure I would have had success in Italy if I had continued. But I didn't have the support of my family, even though my wife was Vietnamese, and therefore I oriented myself to other activities. Someone who makes 10 kg of tofu in his kitchen before going to work must be a bit crazy–right?

"Nowadays in France I eat tofu about 2-3 times a week, as does my companion, Barbara, and our 4-year-old Carolina.

"Tofu-Kit: In about 1979 I produced about 100 tofu kits, which I sold for 30,000 lires to friends and other people who were interested in making their own tofu. As it was actually a copy of the American tofu-kit which I bought in the U.S., I wanted to see whether there was a real interest in this product before marketing it in Italy. Since it didn't sell very well, I didn't go ahead with it. Eventually I planned to buy the copyright from the tofu-kit people in the U.S. In 1979 I also published booklets in Italian and French titled "Tau-Fu Kit" and Tofu Kit" respectively. One was sold with each tofu kit; they were not sold separately.

"You have been for me a kind of guru, without knowing each other, because I have a lot of admiration for your approach. You are probably successful because you did only this: Writing about things related to soya." Address: 3, Boulevard d'Aguillon, 06600 Antibes, France. Phone: (33) 07-80-70.

10381. Bolduc, Bill. 1993. Current work with soymilk and organically-grown soybeans (Interview). *SoyaScan Notes.* Aug. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bill Shurtleff tells Bill Bolduc that he has heard that Bolduc's company is now making soymilk for Westbrae Natural Foods. Bolduc admits that this is correct. Shurtleff says that he cannot imagine how Bolduc is doing this, since a modern soymilk plant typically costs about $1.5 million. Bolduc answers that he purchased the soymilk plant owned by Grove Country Foods in an auction on 4 April 1993. This plant used the University of Illinois process for making soymilk.

Note: Grove Country Foods, USA, is located at 720 S. Main St., Columbus Grove, Ohio. Phone: 419-659-5636

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(office) or -2920 (plant). The two main people involved in the company were Dr. Carl Hastings and Prof. Alvin I. Nelson, both food scientists from the University of Illinois. The basic idea of the company was to commercialize new soy products and processes (such as soynuts, soy yogurt, soy ice cream, and soymilk) developed at the University of Illinois. By December 1988 they were in test production of several products but were in need of funds for commercial production and marketing. In early 1989 Grove Country Foods Canada Inc. (located in Ridgetown, Ontario, Canada) introduced Astronuts, a type of soynuts apparently made by some other company, but the company went bankrupt after 1-2 years.

Bill has modified the Illinois process for making soymilk extensively. For example, he removes the okara from the soymilk. Completing these modifications has taken several months, and his company is "now in a start-up mode making soymilk." Their refrigeration was under-sized so they lost several loads of product to spoilage. This week they are installing another compressor, etc. The system now works very well if they go slowly, but they need to be able to produce twice as much soymilk as they presently can before he will be satisfied. Now it takes several days to produce a tanker full of soymilk. Westbrae is being patient and supportive even though the process is "a bit bumpy."

Bill is only making Westbrae's regular soymilks–not their Malteds, which he thinks are still made by Hinoichi in Los Angeles. The only soymilk Bill makes is Westbrae's. He ships this soymilk in a tanker to a separate facility nearby in the Midwest that packages the soymilk in Tetra Brik Aseptic cartons for Westbrae. Westbrae now has their regular soymilk (the same product sold under the same brand) made by two companies (Pacific Foods of Oregon and Bill's Organic Processing Corp.) using two different processes. Bill started because Pacific ran out of capacity. Westbrae likes the flavor of Bill's soymilk as well as they like Pacific's–even though Pacific's technology is much more expensive than Bill's. Bill has dramatically altered the Illinois process but he has decided not to try to patent his altered process.

Within about 2 months Bill expects to have a new soymilk product on the market with another partner (similar to Westbrae, but whose name is confidential) in a new package [perhaps an extended shelf-life (ESL) gable top carton]. After that, Bill hopes to diversify his customer base and his product mix. To do that he hopes to start by making a fresh, UHT Processed, refrigerated soy-based frozen dessert mix (for soft-serve soy ice cream) packaged at another facility, located very nearby, in 2-gallon bags with a 60-day shelf life.

Bill sees the future of soymilk packaging as being in the relatively new extended shelf life gable top carton that is sold refrigerated. This package, which is made by Tetra Pak and Evergreen, is significantly less expensive than the traditional Tetra Brik carton. It is now becoming quite popular in the Midwest and the East Coast because of its lower cost. It can cut at least $1.00 off the wholesale price of a case (12 quarts) of soymilk, which leads to even bigger savings at the retail level. And the product has a shelf life of 60-90 days refrigerated. Co-packers nearby own the new gable-top packaging equipment. Most of America's major soymilk companies are looking carefully at this package, it requires a whole new distribution system–refrigerated trucks. Bill knows that there will be a soymilk product on the market in the extended shelf life gable top package by this fall. Bill will make it for another company. The rest is confidential. He just ran the first test batch last Thursday, and now he is doing shelf-life tests. His smaller company has several advantages over the bigger soymilk companies; his company is very lean and can move very quickly. He is not controlled by any multinational corporations.

Bill has a separate company named Organic Marketing that exports organically grown soybeans to Europe; he started Organic Marketing in about 1989 and it was the precursor to Organic Processing. Bill was acting as marketing coordinator for the Ohio Ecological Food and Farm Association (the organic growers of Ohio). First he sold a lot of organically grown soybeans to Dan Burke of Pacific Soybean & Grain, then he started exporting. He met Jerry Fowler, a British-born man who has a company named Manna International in Ontario, Canada. Bill likes very much to do business with Jerry because he has a very good overview of the market, is cooperative with the growers, and pays good money to the growers for organic soybeans. Bill exports his organic soybeans via Montreal to England, where they are used by the Haldane Foods Group (which is owned by ADM).

Update: Talk with Ron Roller, CEO of American Soy Products (ASP). 1993. Sept. 4. Bill Bolduc is making plain soymilk and shipping it up to Grand Rapids, Michigan, for formulation and Tetra Brik packaging for Westbrae. ASP negotiated with Westbrae for a long time, but Westbrae finally went with Pacific Foods and Bolduc; there were many reasons for this but they are mostly political. Address: President, Organic Processing Corp., 305 N. Walnut St., Yellow Springs, Ohio 45387. Phone: 800-647-2326 OF.

10382. Stuber, Lorenz; Stuber, Ellen Figueroa de. 1993. Re: Work with soya, Soyane, and Comida Para Todos in Guatemala. Letter to William Shurtleff at Soyfoods Center, Aug. 20. 3 p. Handwritten. [Eng]

• ***Summary:*** "We would like to thank you for all of the information and inspiration that we got from your book *The Book of Tofu.* We are vegetarians and for years we have been making and eating tofu.

"In 1985 we started a little project to help the poor people in Guatemala. We had a little vegetarian restaurant in Panajachel and we distributed the daily leftovers to people that need food. At the same time we started a little project of

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food distribution at the garbage dump in Guatemala City. We helped to fund our project by selling Guatemalan hand crafts in Switzerland. There we met some people who were interest in our work and with their financial help we were able to expand our project (Comida Para Todos–Food for Mankind).

"We presently go 4 times each week to the garbage dump and to Peronia (a slum outside Guatemala City). Each day we take a hot meal made with rice, vegetables, beans, and tortillas (containing some okara) plus a fruit drink to about 150 children and poor people.

"This year we started a program in 2 little schools in the countryside, where we take whole wheat bread (containing some okara), marmalade, and fruit-flavored soya drink (soya milk) daily to 150 children. We distribute the food at our own cost. We have a little piece of land 30 km from the city where we built a big kitchen for this project and also for our own income. We would like to sell soy products on a large scale at inexpensive prices which could help relieve the malnutrition of so many Guatemalan people.

"We have done some tests in making soya milk (natural, fruit flavored, and chocolate), which we store in plastic bottles and refrigerate. But it usually spoils within 3-4 days, and sometimes even gels and spoils the day after it was made. "We got a cheap vacuum packaging machine for packing natural tofu, fried tofu, and soyaburgers, and now we have started experiments to see how long these products will stay fresh under refrigeration." They order a copy of *Tofu & Soymilk Production* and ask for advice in solving their problems.

A color photo shows a little Guatemalan boy pouring soymilk from a large teapot into two 1-liter plastic bottles held by little girls. Other kids are standing around drinking soymilk out of cups.

Follow-up response to questions from William Shurtleff of Soyfoods Center. 1993. Oct. 9. Since 1985 they have known about the soy dairy (which Plenty Canada had helped to establish) in San Bartolo, Solola, Guatemala. In July 1985 they started buying tofu and soy ice cream from San Bartolo for their vegetarian restaurant in Panajachel. They fried the tofu and sold it at the restaurant. In July 1989 they started to make tofu, soymilk, tortillas with okara, whole wheat bread with okara, and soyaburgers. In January 1993 they established Soyane and started to sell the first four of these foods, which they make at Nueva Goverdhana, km. 34 Carretera hacia Antigua, Santa Lucia Milpas Altas, Guatemala. Phone: 030-7179 / 030-7181. They are still working on developing labels; a sample of a generic label (which can be used on any of their soyfood products) is enclosed. As of October 1993 they sell the following amounts of each soyfood product: Tofu 42 kg/week (sold mostly to Korean people), soymilk 350 liters/week (distributed to 150 school children), tortillas with okara 15 kg/week (distributed to the people at the dump), and whole wheat bread with okara (110 kg of which is distributed to school children). Address: Soyane, Comida Para Todos, Apdo. Post. 2812, Guatemala City, Guatemala. Phone: 030-7179 or 030-7181.

10383. Demos, Steve. 1993. White Wave's early ownership structures, sources of capital, and employees (Interview). *SoyaScan Notes.* Aug. 31. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Note: In the following, Steve seems to have forgotten that White Wave was a partnership for about a year before it became a corporation. It became a partnership about 3 to 12 months after it was founded in Sept. 1977.

Steve had run White Wave for about a year and was looking for capital. He was in his very altruistic frame of mind so he took an equal position with the other people who bought stock [actually partnerships] for about $2,000 each. This early shareholder agreement required each investor to stay with the company for a particular period of time (about 2 years) before their stock was vested and became theirs to do with what they wished. It was clearly stated in the articles of incorporation that the stock would be purchased back by White Wave at either the original value ($2,000) or fair market value, whichever was greater, if that vesting time period was not fulfilled. In the case of three shareholders, the vesting period was not completed: Laurie Singleton, Trudy Burnham (a woman who had a child; she is now an astrologer in New Zealand), and George "Buddy" Hamel. (Note: Hamel believes he completed the 2 year vesting period; see Dec. 1993 interview with him.) Each of these people invested $2,000 in White Wave stock. Laurie and Trudy left at about the same time, within several months of joining, after White Wave had been losing money. Each got back his or her $2,000. In fact, White Wave either lost money or just broke even during its first 5-7 years in business.

George Hamel stayed longer but he didn't stay the vested period. He left the company then came back in about 1980; White Wave asked to purchase the stock back. He didn't want to sell it. White Wave offered to buy back the stock for about $10,000 (which was more than it was worth) and Hamel agreed. Several days after the deal was struck, Hamel returned to Demos and said, "That's not enough money." Demos said: "We feel the offer was agreed upon and that it is fair and equitable. We're holding to the figure. But if you challenge this in court and White Wave prevails, I will pay you the absolute minimum value your stock is worth because you are changing the deal and we will have to pay legal fees to defend our position." Hamel got a lawyer and took the matter to court. The case eventually went to the Supreme Court of Colorado, which ruled in White Wave's favor. Hamel had to pay attorney's fees all the way, and he got $2,000 for his stock in the end. White Wave had to pay about $10,000 worth of stock in the company for its attorney's fees. That attorney is now a member of White Wave's board of directors, and he is a very old and close

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friend, plus a very influential and powerful person in the company.

Two other early shareholders were Charles "Chip" McIntosh and Pat Calhoun. Charles bought a house with the money from his stock (that he sold to Steve's brother). He sold his stock last year at a price below what Steve thought it was worth and still received more than $100,000. Pat invested $2,000 and she is now the second largest stockholder in the company (she owns about 20% of White Wave's stock) and the chief financial officer. One other person name Fred Claire was a preferred investor. He bought $3,000 worth of stock then after several years he offered to sell his stock back to the company at its original value. Demos agreed–no bad feelings on either side.

Steve's father is an entrepreneur with several hundred employees, and Steve's brother is a surgeon. They have been the largest investors as White Wave has sold stock twice. Both invested because they felt they could make money on the investment. Today 90% of White Wave's stock is owned by Steve Demos, Pat Calhoun, and their immediate relatives.

Steve has 2 acres of land in Boulder, but the city is making it hard for him to expand operations on that land since they want very strict environmental regulations. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10384. Grossman, Elaine T. 1993. Tofu and you: A personalized weight loss program and healthy eating plan. Torrance, California: Morinaga Nutritional Foods, Inc. 143 p. No index. 22 cm. Wire loop spine. [13 ref]
• ***Summary:*** This handy book is presented with printed tabs that will enable you to turn instantly to the information on tofu you need. It contains 112 nutritious menus, 102 recipes, and 28 recipes featuring Mori-Nu Tofu. Contents: Why me? What is healthy eating? Why tofu? Will you change? How much should I weigh? Selections made simple. Recipes and meal plans. It's a special occasion! Staying slim and healthy. Research citations. Address: MS, RD, Nutrition Network, Beverly Hills, California.

10385. **Product Name:** Soyboy Tofu Lin (Marinated and Baked Firm Organic Tofu).
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1993. August.
Ingredients: Incl. tofu.
New Product–Documentation: Spot in New Product News. 1993. Oct. 12. Organic tofu is pressed until firm, soaked in a marinade, then baked. It is ready to eat, or can be cut into small cubes or sliced like cheese.

10386. Obis, Mariclaire Barrett. 1993. Take another look at soyfoods. *Vegetarian Times.* Aug. p. 54-56, 58, 60, 62, 64, 66. [8 ref]
• ***Summary:*** A good introduction to soyfoods including whole dry soybeans, fresh green soybeans, soy flour and grits, soy sauce, soy oil, textured vegetable protein, soymilk, okara, soy yogurt and cheese, tofu, tempeh, and miso. Address: Contributing editor, Vegetarian Times.

10387. Soyfoods Association of America. 1993. Tofu facts (Leaflet). Libertytown, Maryland. 2 p. 28 cm.
• ***Summary:*** The funding for this simple sheet (black ink on white paper) was provided by the United Soybean Board. Contents: Tofu (what it is). Types of tofu. Tofu nutrition facts. Tofu recipes (3). Buying and storing tofu. Tips for using tofu. Address: P.O. Box 65, Libertytown, Maryland 21762.

10388. Sterling, Marilyn. 1993. Totally tofu. *Co-op Newsletter* (*Arcata, California*). Aug. p. 6-7.
• ***Summary:*** Describes how tofu is made at The Tofu Shop. Includes tofu recipes and the process for pressing tofu at home. On pages 6 and 7 are ads from The Tofu Shop. Photos show: (1) Tofu Shop owner, Matthew Schmit, with a pallet of organic soybeans in the FoodWorks warehouse. (2) Shane Keller at the soy milk press, which separates the milk from the pulp (okara). (3) Cleaning the kettle above the press after the curds are pressed. (4) Steve Ulrich adding nigari to the soymilk to curdle it. The curds are then pressed into tofu, (5) Steve slices the fresh, firm tofu before packaging.

10389. Sakaguchi, Noboru. 1993. Re: Early history of tempeh in France. Making good nigari tofu in France. Letter to William Shurtleff at Soyfoods Center, Sept. 3–in reply to inquiry. 1 p. Handwritten. [Jap; eng+]
• ***Summary:*** "In 1981 Anita [Dupuy] started making tempeh with a man named Jean-Luc Alonso. Anita was in charge of the commercial aspects of the business and Jean-Luc did the production. The company is no longer in business. I recently talked with Jean-Luc and I think he will be sending you more details. His address is presently "Gaia," 11 rue François Chancel, 31190 Auterive, France. Anita is now in the Netherlands.

Concerning our tofu production, in August 1985 we moved to a suburb of Paris named Champigny and changed the name of our company to Daizou. We have been producing tofu ever since. I am beginning to understand that making good tofu using natural nigari is based on getting good soybeans, so I have become very interested in agricultural issues and have begun to study agriculture. The key question is whether we can grow good soybeans in Europe.

Note: The letterhead and envelope read: Tama–Distribution de Produits Naturels. Address: Tama, 883 rue de Bernaü, Z.I. du Plateau, 94500 Champigny-Sur-Marne, France. Phone: 49 83 79 94.

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10390. Golbitz, Peter. 1993. Re: Trip to Europe, and changes at Nasoya. Letter (fax) to William Shurtleff at Soyfoods Center, Sept. 13. 1 p.
• ***Summary:*** In September 1992 he and Anders Lindner both spoke at an American Oil Chemists' Society (AOCS) conference in Budapest, Hungary, then traveled through Switzerland together, sampling soyfoods. They ended up with a visit to the Sojinal/Biosoja soymilk and tofu plant in Issenheim, France. Peter then went to Paris for a week where he met with Pierre Maitre from Sojaxa, the French soyfoods association.

John Paino has resigned from Nasoya. Jerry Maynard from Vitasoy is the new president. Address: Soyatech, P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207-288-4969.

10391. Gemperlein, Joyce. 1993. Tofu–No bones about it: Health and environmental benefits make that bland soybean product a big seller. *Mercury News* (*San Jose, California*). Sept. 15. [2 ref]
• ***Summary:*** Ken Nozaki's San Jose Tofu Co. produces more than 500 blocks of fresh tofu a day–That's protein that hasn't been killed, plucked, scaled, boned, skinned, or tenderized. Five photos show how the tofu is made. This shop has been in operation since 1947. Nozaki, age 66, took over the shop from his uncle in 1951–at a time when the merits of tofu were generally only known to people of Asian descent. "But that has changed. By virtue of the hippie culture of the 1960s, the influx of immigrants in the last decades, and now the health and environmental movements, tofu is edging into mainstream cooking in the United States. Nonsense, you say. It is bland, yucky. It will never come close to replacing America's protein darling, beef. Probably not, but the increasing emphasis on cross-cultural cooking and on lowering cholesterol and fat in our diets has food processors introducing tofu hot dogs, tofu burgers, tofu cheese and even tofu ice cream into supermarkets that cater to the general public."

William Shurtleff discusses tofu's growth of popularity in America.

Source: Knight-Ridder/Tribune News Service, 20 Sept. 1993. Title: America's love affair with tofu getting stronger all the time. Address: Staff writer, California.

10392. Mazzieri, Giovanna Fosso. 1993. Work with soyfoods in Italy (Interview). *SoyaScan Notes.* Sept. 17. Conducted by William Shurtleff of Soyfoods Center. Followed by a 4-page typed letter of 6 Oct. 1993.
• ***Summary:*** Giovanna was in touch with Soyfoods Center in 1985 when she was interested in having *The Book of Tofu* translated into Italian. That project was not successful because she was unable to find a publisher.

Giovanna thinks she was the first person in Italy to ever make tempeh. Roland di Centa asked her to go to Paris; she went there for one week in February 1983 and Anita Dupuy taught her how to make and cook with tempeh. At the time, Anita was definitely selling her tempeh to many shops in Paris, including Le Bol en Bois, other natural food or macrobiotic shops, and also to the Indonesian Embassy in Paris. She was also making and selling tempeh sandwiches. Anita told Giovanna that she had been in Indonesia for a long time, and that she had learned how to make tempeh there. Giovanna still has Anita's business card. It shows that Traditions du Grain was located at 16, Avenue Jean-Jaures, 94200 Ivry. Phone: 671.89.88. Anita's personal residence was 25 rue du 18 Juin 1940, 94400 Vitry. Phone: 681.85.41.

Giovanna returned to her home in Milan, and in May/June 1983 she started making tempeh non-commercially for Roland and six other people. She gave away most of her tempeh free of charge; just a few people paid for it. She never sold tempeh commercially because it takes official authorization and lots of money to open a shop. She could not afford to do it legally and she did not want to take the risk of doing it illegally just to earn a little money. But she is still making tempeh at her home for her friends and herself. She orders her tempeh starter from GEM Cultures in the USA. In June 1983 she also wrote and published a 7-page booklet in Italian, titled "Tempeh," to teach people how to cook with tempeh. It contained nutritional information plus 14 recipes. She also gave tempeh classes at which she distributed this booklet. To date, no books on tempeh have been published in Italian. As far as she knows, the first and only company that has ever sold tempeh commercially in Italy is La Finestra Sul Cielo S.r.l., an important macrobiotic center, located at Via Brandizzo 149, 10088 Volpiano (Torino). Phone: 011/9951818. She thinks they started to sell tempeh in 1992/1993.

Concerning tofu: She learned how to make tofu from Roland di Centa, who was her master, in June 1982. She also never sold tofu commercially for the same reasons she did not sell tempeh. She helped to popularize tofu in Italy through classes and the distribution of tofu recipes. She knows of four books about tofu in Italian that are now in print: *Il Libro della Soia* (1989, published by Mediterranee), *La Soia in Cucina* by W. Pedrotti (1990, published by Casa Verde), *Il Tofu* by Martha Fischer (1992, published by Mistral Demetra), *La Soia* by W. Pedrotti (1993, published by Mistral Demetra).

Giovanna knows Gilberto Bianchini (pronounced bee-an-KEE-nee) very well. He was a very early tofu producer in Italy, starting in Milan in about 1982 or 1983 (she thinks) at about the same time as Giovanna. In Milan at that time there was only one vegetarian food retail shop and they did not like to sell tofu; they encouraged people to eat cheese instead. So Gilberto had a very hard time. Giovanna is sure that Gilberto started making tofu in Milano and then he moved to Rimini. Gilberto did very active and good work with tofu in Italy and he made a product of fine quality,

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but she thinks he is not producing it any more. Gilberto is now living at Via Cuoco 7, 47037, Rimini, Italy. Phone: 0541/373670.

Other people who pioneered in introducing soyfoods to Italy were Ferro Ledvinka in Florence. He worked for Mitoku in Japan, and is now a macrobiotic consultant in Florence. Phone: 055/217204. Also Carlo Guglielmo and Elena Roggero, macrobiotic consultants in Turin at the same address as La Finestra Sul Cielo.

She is aware of the following companies producing and selling tofu commercially: (1) Fonte Della Vita, Via Monviso 18, Cuneo, Italy. Phone: 0172/66397. (2) Soyalab, Via B. Cellini 48N, 50020 Sambuca Val di Pesa (Firenze). Phone: 055/8071268.

Giovanna is still active promoting and teaching about soyfoods in Italy. There is a growing interested in soyfoods compared to 10 years ago. Now consumers ask for them. Address: Via Santa Tecla 3, 20122 Milan, Italy. Phone: 02 8646 1747.

10393. Bjornson, Sheri. 1993. Tempting tofu and tempeh: Health benefits, versatility help popularize soyfoods. *Daily Ledger–Post Dispatch* (*Antioch, California*). Sept. 21. p. 21-22.
• ***Summary:*** Ron and Nancy Hoskins of Oakley, California, are vegetarians and they teach vegetarian cooking classes. One is titled "Introduction to tofu and tempeh," and another is "Introduction to TVP and gluten." Ron learned about soyfoods when he lived at The Farm in Summertown, Tennessee. Contains recipes for: Greek salad with tofu. Tofu-dill dip. Hawaiian tempeh kabobs with pineapple and peppers. A color photo shows Ran and Nancy at a table with tofu and some books from The Farm's Book Publishing Co.

10394. Snider, Mike; Thomas, Karen. 1993. Helping Hillary add taste to tofu. *USA Today* (*Washington, DC*). Sept. 24.

10395. Tuchman, Laura J. 1993. As vegetarianism moves mainstream, a fest comes to San Jose. *Mercury News* (*San Jose, California*). Sept. 29. p. 1E.
• ***Summary:*** The Sixth Annual World Vegetarian Day Celebration is coming to downtown San Jose on Sunday. Many large companies are now introducing vegetarian products including Stouffer's Vegetable Lasagna, Pillsbury's Green Giant Harvest Burger. A vegetarian is one who doesn't eat meat, fish, or poultry.

10396. **Product Name:** Cedarlane Organic Fettucini Alfredo.
Manufacturer's Name: Cedarlane Foods.
Manufacturer's Address: 1864 E. 22nd Street, Los Angeles, CA 90058. Phone: 213-745-4255.
Date of Introduction: 1993. September.
Ingredients: Incl. Soy Parmesan, soy Romano, and soy cream cheese over organic fettucini noodles.
Wt/Vol., Packaging, Price: 9 oz package.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1993. Sept. p. 78. "Hold the cheese please! Lactose free." "What is Fettucini Alfredo without the richness of cream, butter, and cheese? And lots of cholesterol and butterfat? Well, now you can hold your cheese and eat it too! Our Fettucini Alfredo is made with soy Parmesan, soy romano and soy cream cheese (all made from organic tofu) blended into a rich sauce and poured over our delicious Fettucini noodles. Great taste, lactose free and no cholesterol."

Spot in Health Foods Business. 1993. Sept. p. 84.

10397. *Heath Foods Business.* 1993. Owner operated co-op has new address. Sept. p. 80.
• ***Summary:*** Surata Soyfoods Cooperative announces a move to new quarters at 325 West 3rd Ave., Bldg, A, Eugene, Oregon 97401-2524. The worker-operated co-op makes hand-crafted tofu and tempeh using organically grown soybeans.

10398. Nasoya Foods, Inc. 1993. Nasoya tofu–America's #1 choice, naturally! (Ad). *Natural Foods Merchandiser.* Sept. p. 91.
• ***Summary:*** A full page color photo. At the bottom are the front panels of the packages of 4 types of tofu made by Nasoya: Extra firm, firm, soft, and silken.

Note: In Sept. 1997 Nasoya handed this out as a leaflet at Natural Products Expo East. Address: Leominster, Massachusetts 01453. Phone: 1-800-229-TOFU.

10399. Nichii Company of America, Inc. Mycal Group. 1993. Reduced fat tofu: Setting the record straight (Ad). *Natural Foods Merchandiser.* Sept. p. 81.
• ***Summary:*** This full-page red, green, and white ad contains questions and answers about reduced fat tofu. Address: 23440 Hawthorne Blvd., Suite 140, Torrance, California 90505. Phone: 213-791-0010.

10400. Nightly news [Anchorman Tom Brokaw with first lady Hillary Clinton on tofu]. 1993. Television broadcast. Sept. 21.
• ***Summary:*** Brokaw notes that one of Ms. Clinton's goals is to get American to take greater responsibility for their own health. Asked if the president will be able to give up French fries, Ms. Clinton replies: "We're making lots of changes in our diet because one of the things we've learned as a result of this work–something I hadn't known before I got into it–is what a good role nutrition can play in making you healthier."

The first family is actually using low-fat recipes. "And we have actually changed the way we eat and we are trying to convince ourselves it tastes as good as a cheeseburger and fries..."

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"Brokaw: Does the President occasionally look down at his plate and say, come on, Hillary, I've had a hard day."

"Clinton: We've made a lot of progress on, you know, pasta and things like that, but tofu has been hard for us."

"Brokaw: Not a lot of tofu fields in Arkansas, after all."

"Clinton: But I mean, it's a good product. We're keeping at it until we find something we like in it."

"Brokaw: We'll await the first state dinner featuring tofu."

10401. **Product Name:** Tofu Dessert [Strawberry, or Apricot].
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia.
Date of Introduction: 1993. September.
Ingredients: Strawberry: Filtered water, organic soybean, strawberry, honey, apple juice, pectin (extract of citrus peel), natural nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 200 gm cup.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling these products in Sept. 1993. Strawberry: Green, yellow, red and blue on pink.

10402. *Nutrition Action Healthletter.* 1993. Tofu to you. 20(7):14. Sept.
• ***Summary:*** "Q: Is tofu healthy or hype? Dr. Tastebud: It's both. While its a nice way to get some protein and calcium without a shot of saturated fat and cholesterol, its only healthy if you buy the right kind (low-fat) and substitute it for the right thing (red meat or high-fat dairy).

An interesting table shows the number of grams of fat and the percentage of the USRDA for calcium in 10 major brands of tofu, non-fat ricotta cheese, chicken breast (skinless, cooked), top round steak (trimmed and cooked), and ricotta cheese (part skim). The two tofu brands with the least fat are Mori-Nu silken extra firm and Azumaya soft (each 2 gm, and each with only 3-4% of the USRDA for calcium). Four brands contain 15% of the USRDA for calcium: Azumaya regular (3 gm fat), Nasoya soft (4 gm fat), Azumaya firm (5 gm fat), and White Wave hard or soft (7 gm fat).

10403. **Product Name:** Today's Tamales [Spicy Tofu].
Manufacturer's Name: Today's Tamales.
Manufacturer's Address: 2560 #1 Dominic Dr., Chico, CA 95928. Phone: (916) 893-2646.
Date of Introduction: 1993. September.
Wt/Vol., Packaging, Price: 7 oz.
New Product–Documentation: Spot in Natural Foods Merchandiser. 1993. Sept. p. 84.

Leaflet distributed at Natural Products Expo East in Baltimore, Maryland. 1993. Oct. "A new twist on a Mexican classic. Today's Tamales–Vegetarian. An ancient food for modern times." "In 1982 vegetarian Karen Goodwin of Chico, California, set out to make a new kind of tamale." Free of lard.

10404. **Product Name:** [Tofu Spring Rolls].
Foreign Name: Nems au Tofou.
Manufacturer's Name: Tofoulie.
Manufacturer's Address: St. Pierre, 26560 Séderon, France. Phone: 75-28-55-05.
Date of Introduction: 1993. September.
Ingredients: Tofu* 21%, rice cakes (*galettes de riz*), carrots*, green vegetables*, onions*, water, millet*, sunflower oil, shoyu*, sea vegetables, unrefined sea salt, spices*. * = Organically grown: 75% of total.
Wt/Vol., Packaging, Price: 170 gm. plastic bag.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Fats (lipids) 3.1 gm, protein 5.3 gm, carbohydrates (glucides) 28.3 gm, calories (Kcal) 162 (686 kJoules).
New Product–Documentation: Form filled out and Label sent by Joel Pichon. 1996. June 14. *Nem* is the Vietnamese word for "spring rolls." His company started making Tofu Spring Rolls (*Nem au Tofou*) in Sept. 1993; they now make up to 1,000 kg/month. They plan to introduce a second flavor *Nem Potinoa au Tofou* in the autumn of 1996. The Label is a heavy plastic bag 4.75 by 9.75 inches. Red and black on white. Illustrations of two red dragons with fiery breaths descending on a rural village.

10405. White Wave, Inc. 1993. White Wave soyfoods food service product list (Leaflet). Boulder, Colorado. 1 p. Single sided. 28 cm.
• ***Summary:*** Lists six categories of products: (1) Tofu: Vacuum pack organic hard style tofu (2/5# pouches). Meatless tofu steaks (2/4# pouches).

(2) Dairyless Soy Yogurt: Lemon kiwi (6/2# tubs). Organic plain quarts (6/2# tubs).

(3) Soy A Melt Soy Cheese: Cheddar style (4/7.25# loaves). Mozzarella style (4/7.25# loaves). Monterey jack style (4/7.25# loaves). Garlic herb style (4/7.25# loaves).

(4) Meat Substitutes: Meatless healthy franks (10# cases). Meatless healthy bologna (10# cases). Vegetarian sloppy joe (19# buckets). Traditionally seasoned seitan (2/6# pouches). Diced traditionally seasoned seitan (2/6# pouches).

(5) Veggie burgers: Tempeh burger (60/3 oz. cases). Teriyaki tempeh burger (60/3 oz. cases). Veggie life burger (48/3.5 oz. cases). Lemon broil tempeh (90/2 oz. cases). Tempeh cutlet (60/3 oz. cases).

(6) Tempeh: Original soy tempeh (20/8 oz. packs). Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

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10406. White Wave, Inc. 1993. White Wave soyfoods retail product list (Leaflet). Boulder, Colorado. 1 p. Single sided. 28 cm.
• ***Summary:*** Lists six categories of products. * = Also available in food service pack: (1) Tofu: Reduced fat organic tofu. Organic tofu*. Snack'n savory tofu. Meatless tofu steaks*. Spicy szechuan stir fry. Tofu in garlic sauce stir fry.

(2) Dairyless Soy Yogurt: Raspberry. Strawberry. Blueberry. Peach. Apricot mango. Lemon kiwi*. Vanilla. Organic plain quarts*.

(3) Soy A Melt Soy Cheese: Cheddar style*. Mozzarella style*. Monterey jack style*. Garlic herb style*. Mixed variety case. Fat free cheddar style. Fat free Mozzarella style. American soy singles. Mozzarella soy singles. (4) Meat Substitutes: Meatless healthy franks*. Jumbo meatless healthy franks*. Meatless healthy links. Meatless healthy bologna*. Meatless healthy bacon. Vegetarian sloppy joe*. Vegetarian chili. Tempeh barbecue. Traditionally seasoned seitan*.

(5) Veggie burgers: Tempeh burger*. Teriyaki tempeh burger.* Veggie life burger*. Lemon broil tempeh*. Tempeh cutlet*.

(6) Tempeh: Original soy tempeh*. Soy rice tempeh. 5-grain tempeh. Wild rice tempeh. Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10407. Clinton, Hillary Rodham. 1993. Speaking of health-care reform. *Time.* Oct. 4. p. 18.
• ***Summary:*** "We've made a lot of progress on, you know, pasta and things like that–but tofu has been hard for us."

Note: This is excerpted, in large bold letters, from an interview with Tom Brokaw, on the effort to improve President Bill Clinton's eating habits.

10408. Kubová, Anna; Vavrac, Ján. 1993. Re: Soybeans and soyfoods in Slovakia. Letter to William Shurtleff at Soyfoods Center, Oct. 5. 3 p. Typed, with signature. [1 ref]
• ***Summary:*** Before Czechoslovakia was founded in 1918, Slovakia had been geo-politically a part of the Austro-Hungarian Monarchy, and in some sources you can recognize Slovakia as so-called "Upper-Hungary" as well. Besides, many former (mostly Hungarian or German) names of Slovak towns have been changed over the years.

The earliest references seen to soybeans within the boundaries of present-day Slovakia are found in Prof. Haberlandt's 1878 monograph titled *Die Sojabohne* (The Soybean). This book describes the first field trials with soybeans in 144 localities throughout western and central Europe. The information on the soybean trials in today's Slovakia appears in Part 3, titled "Culture trials in the year 1877," in the section on "Culture trials in Hungary and Croatia." Pages 68-71 list the results of 8 field trials made in the region that became Slovakia or the Slovak Republic after 1 Jan. 1993. Note that the names of some villages have been changed, as follows: #93 Pápa. #94 Kövesd or Kövesdö is a small village presently named Kamenicná (near Komárna). #99 Császtkócz is now Cásta (near Bratislava). #100 and #101 Szucsany is now Sucany (in Slovak transcription). #102 Poltár is near Lucenec. #104. Bálványos is now Balvany (near Levice). And #105 Kápolnás-Nyék is now Kaplná (near Bratislava).

"After the first unsuccessful attempts to introduce the soybean to our country, the crop somehow became forgotten, or was grown only in botanical gardens as a decorative plant. But some area of soybeans was being constantly maintained to a certain extent in southern Slovakia. The data show that in 1934 the area cropped with soybeans exceeded 1,000 hectares, which was quite a large area considering that we currently grow here approximately 3,000 hectares of soybeans.

"Promotion of soybean cultivation and support for its utilization have always been given little attention. The soybean market was already established in 1915. Except for this, soybean became interesting as an oil-seed crop as well as a source of high-quality protein apparently consumed by vegetarians.

"As far as we know, no history of soybean cultivation in Slovakia has ever been published. We were provided with a bibliography on soybeans by the Regional Agricultural Library located at the Agricultural Museum in Nitra.

"We are enclosing the names of two companies that make soyfoods in Slovakia and the Czech Republic. The first one makes tofu." (1) Alfa Bio s.r.o., Horná 37, Banská Bystrica, Slovakia. Phone: 088/242 35. Fax: 088/539 38. (2) Pragosoja spol. s.r.o., Vestinska 36, 153 00 Praha (Prague) 5, Czech Republic. Phone and fax: 59 43 16. Address: 1. Dep. of Plant Physiology; 2. Dep. of Plant Protection. Both: Univ. of Agriculture KFR, Tr. A. Hlinku C.2, SK-949 76 Nitra, Slovakia. Phone: +42-87-411 560.

10409. Poninski, Piotr. 1993. Re: Tofu in Poland. Letter to William Shurtleff at Soyfoods Center, Oct. 10. 2 p. Typed, with signature on letterhead.
• ***Summary:*** After giving details about the tofu made by his company, Piotr notes: "We think that second generation products are absolutely the best way to popularize this kind of new food. We will soon be working on tofu with various spices and other additions such as vegetables, grains, nuts etc. as well as on dressings and spreads.

"As far as other soyfoods are concerned, both soymilk and TVP are available on the Polish market but in a rather modest way. If you want to find them you can, but since they are all imported from Western Europe, or from Hungary (TVP) and not generally known, they are not widely available. Our plan is to import and popularize TVP. You can also get some retail packaged soybeans and soy meal.

"I think we are the first company to make and sell tofu in the Warsaw area, but I know a little about other

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companies which make or are planning to make tofu in Poland: (1) Vietnamese immigrants make firm tofu (*Dau Phu*), probably coagulated with vinegar, and sell it only to other Vietnamese people. Their general opinion is that Poles will not eat it and it is not worthwhile to try to popularize it; (2) A 'district dairy cooperative' in Szczytno (Northeastern Poland) makes tofu and tries to sell it somewhere in Warsaw. A professor from the department of food technology at the Main School of Agriculture in Warsaw is involved in this project and probably has set up the whole technical process. We contacted with him but he refused to cooperate with us. I have not had a chance to eat their tofu but one of our customers who tried it says it has a taste inferior to ours; (3) A Polish-Chinese enterprise which presently sells soybean sprouts is planning to manufacture and sell tofu in the Warsaw area." Address: Founder and owner, Polsoja, ul. Hetmanska 61, 05-120 Legionowo (near Warsaw), Poland. Phone: (48 22) 18 21 11.

10410. Richardson, Al. 1993. Companies using Nichii Soy Flakes, and new developments (Interview). *SoyaScan Notes.* Oct. 14. Conducted by William Shurtleff of Soyfoods Center. • ***Summary:*** The main American user of Nichii's soy flakes is White Wave of Boulder, Colorado, which uses the flakes in only one product–its reduced fat tofu. White Wave also makes a private label reduced fat tofu for Tree of Life in Florida. Other users are: Ashland Soy Works (Ashland, Oregon), which will be introducing a reduced fat tofu, made from 100% soy flakes, this month; Sacramento Tofu uses soy flakes only in their firm-style tofu; Calco of Dallas, Texas, uses flakes in their firm-style tofu. They buy a truckload about every 5 months. They also use whole soybeans; Dorothy Hwang, a PhD chemist, of Michigan Soy Products Co., Inc. (in Royal Oak, Michigan) uses both soy flakes and soybeans. Dr. Les Wilson made the very valuable discovery that soy flakes can be used to make reduced fat tofu.

Quong Hop recently put a sticker on their Nigari Firm Tofu that says "The original reduced fat tofu," which is in violation of FDA regulations. At the new Whole Foods store in Palo Alto, Al recently saw Wildwood's firm tofu with a little sticker on the front that said "Low fat," also a violation. The real problem is that Wildwood's tofu retails for $0.99, Quong Hop's is $1.29, and White Wave's tofu, the only real reduced fat tofu is $1.49.

Nichii has just landed a big agreement with Korea and is now shipping them about 60 tons/month of soy flakes from the plant in Iowa. They are expected to be buying 100 tons/month at the end of this year. Those flakes are being used entirely to make tofu and soymilk. They are buying it for the convenience in dealing with rush orders, and the water and space savings–not for the reduced fat properties.

Nichii's plant in Iowa is now producing a little less than 1,000 tons/month. 95% of this is non-organic soybeans and 5% is organic. There is an increase in demand from Japan for organic flakes. The plant runs a little less than 4 days a week, 10 hours a day.

95% of all soy flakes make in this plant are sold outside America, mainly to Japan and Korea. Al visited Japan earlier this year. All of the flakes in Japan are used for making tofu; none is used in meat products. Nichii/Mycal has about 250 retail stores but just a few of them make fresh tofu in the store using Mr. Chikaarashi's tofu-making machine; yet that number is increasing. 90% of the tofu sold is purchased from outside tofu manufacturers, many of them very large. Nichii sells three types of tofu, each clearly labeled: That made soybeans, that made from a mixture of soybeans and Nichii soy flakes, and that made entirely from Nichii soy flakes. Nichii says "We'll buy your tofu if you use our flakes." None of tofu sold in Japan and made from flakes is promoted for its low fat content. Address: Nichii Company of America, Inc., 23440 Hawthorne Blvd., Skypark 2, Suite 140, Torrance, California 90505. Phone: 310-791-0010.

10411. Lukoskie, Luke. 1993. Some history of and update on activities at Island Spring (Interview). *SoyaScan Notes.* Oct. 16. Conducted by William Shurtleff of Soyfoods Center. • ***Summary:*** David Sucher was one of the original investors in Island Spring. He has been a close friend of Luke's for 20 years, and it was his investment that got the company going at its original location.

Luke now works half time with Island Spring; he and his wife, Suni, literally make tofu. Suni manages the people and products. Yvonne Kuperberg is still there. He lets other people run the business side of things. The company has a solid base of consumers in the northwest who support its products. Though sales are still strong, Island Spring is not yet out of the hole on the debts it incurred when the principals at Pacific Soy said "either give us complete control of the company or we're going to leave." At that time, Luke had accounts payable of $485,000, and he lost $300,000 in extracting the company from the position it had been in. He had raised $110,000 before the fire with the help of Harold Hopkins, who knows a lot about capital in the Pacific Northwest.

He soon realized that the only way to get out of the $300,000 hole was to tighten the belt at Island Spring. He cut his and Suni's salary to zero for 3 years. They got personal income from personal investments, such as 4 housing units that they rent. They have worked the debt down to $60,000 and they are now starting to pay themselves. In one more year they will be competitive again.

Their competition is Azumaya, Nasoya (from time to time), White Wave, Ohta Tofu, Sea Asia, Boohan (of Tacoma), and Tacoma Tofu. Island Spring's main products are now tofu burgers, soymilk in quarts and half gallons, traditional firm tofu (Korean-style, water pack), and extra firm tofu (vacuum pack).

Talk with David Sucher. 1993. Oct. 20. One day Luke

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called David from Los Angeles, California, to ask if he could borrow (or exchange for stock) about $1,000 to $1,500 to buy a grinder/mill for making tofu. At the time Luke's company was in its original small building near the ocean and had not yet started commercial tofu production. At a later date Luke asked David to invest in the company, which he did; he now owns about 5% of the company's stock. Address: P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

10412. Williams, Kimber. 1993. Rising to the seasons. *Register-Guard* (*Eugene, Oregon*). Oct. 20.
• ***Summary:*** Rising Moon Ravioli Company is driven by the changing seasons; they change their ravioli flavors at the start of each season. Kirk Giudici, age 25, from New Jersey, and the creative mind behind Rising Moon, has a family tradition for pasta and ravioli that goes way back. His mother was at the vanguard of the vegetarian cooking movement. He and his partner, Ms. Jade Elms, were looking for a way to pay their way through the University of Oregon 2 years ago, she suggested a homemade pasta business. The two struggling students rented a house with 6 other people and started their business there. In studying their market, they opted for tofu over the traditional spiced pork. After hard work at the beginning, the business is now thriving. Contains a nice history of their work.

10413. Brown, Alan. 1993. Kinmata: Fine dining at a Japanese inn. *Bon Appetit* 38(10):118-22. Oct.
• ***Summary:*** Kinmata Ryokan is a nearly 200-year-old traditional Japanese inn located in Kyoto at 407 Shijo-agaru, Goko-machi, Nakagyo-ku. The owner, Haruji Ukai, who is also the chef, is the seventh generation of his family to run the inn; he greets each new guest in person when they arrive. The food at Kinmata, which is "as delicious as it is beautiful," features *kaiseki* cuisine. There are only seven rooms in two-story Kinmata and no private bathrooms. Contains two miso recipes: Broiled bean curd and eggplant with miso (Kinmata's version of dengaku). White miso soup with shrimp. Address: Free-lance travel writer based in Tokyo.

10414. DeClercq, D.R.; Daun, J.K.; Tipples, K.H. 1993. Quality of Canadian soybean–1993. *Canadian Grain Commission, Crop Bulletin* No. 210. 9 p. Undated. [1 ref. Eng]
• ***Summary:*** Contents: Introduction. Weather and production review. Quality data. Methods: Samples, oil content, protein content, fatty acid composition, iodine value. Acknowledgements.

Figures show: (1) Map of Southern Ontario showing counties from which 1993 soybean survey samples were received. (2) Annual mean oil and protein content of Canadian soybean–1983-1993, Grades No. 1 and No. 2 Canada combined (oil averages 20.5%; meal 41.9%).

Tables show: (1) Production statistics for soybeans in Canada, 1983-1993 (seeded area {ha}, production {tonnes}, yield {tonnes/ha}). (2) Quality data for soybean harvest surveys No. 1 and No. 2 Canada grades: 1983-1993 (oil content, protein content {%}). (3) Quality data for 1993 Ontario soybean crop by grade (Nos. 1-3). (4) Oil and protein content of 1993 Ontario soybeans by county and grade. (4) Oil and protein content of 1993 Ontario soybeans by county; No. 1 and No. 2 Canada grades combined. (5) Oil and protein content of 1993 Ontario soybeans by variety; No. 1 and No. 2 Canada grades combined. (6) Fatty acid composition for 1993 Ontario soybeans by variety; No. 1 and No. 2 Canada grades combined. (7) Soybean varieties registered in Canada: Oilseed type. Natto type (3 NattoKing and 1 Nattosan varieties). Tofu type (Harovinton, KG 91, and TK 89). Address: 1. Chemist; 2. Research scientist; 3. Director. All: Grain Research Lab., Canadian Grain Commission, 1404-303 Main Street, Winnipeg, Manitoba R3C 3G8, Canada.

10415. **Product Name:** Farm Foods Fat Free Pizsoy [Original/Cheese Style, Garden Style, Vegetarian Pepperoni].
Manufacturer's Name: Farm Foods. Div. of Barricini Foods Inc.
Manufacturer's Address: 49 Old Bloomfield Ave., Mountain Lakes, NJ 07046. Phone: 201-334-0101.
Date of Introduction: 1993. October.
Ingredients: Garden Style: Organic stone-ground whole wheat flour, tomatoes, non-fat tofu mozzarella (organic soybeans, calcium caseinate [derived from non-fat milk], corn and rice starch, sea salt, citric acid, natural flavor, soy lecithin, vegetable gum), bell peppers, mushrooms, fresh yeast barley malt, garlic powder, herbs and spices.
New Product–Documentation: Spot in Health Food Business. 1993. Nov. p. 10. "Farm Foods acquires Original Pizsoy."

Leaflet (black on orange) distributed at Natural Products Expo East in Baltimore, Maryland. 1993. Oct. "Farm Foods. Come taste the world's best pizza. Fat Free Pizsoy. The naturally delicious alternative to cheese pizza."

Two leaflets (8½ by 11 inch, black-and-white) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Fat Free Pizsoy Nutritional Facts." Gives the ingredients and nutritional information on the 3 types of Pizsoy. What used to be called "Origina;" is now called "Cheese Style."

10416. *Health Foods Business.* 1993. Celebrates 80th [Garden of Eatin' founder Al Jacobson]. Oct. p. 58.
• ***Summary:*** A photo shows Jacob Jacobson, who celebrated his 60th birthday on July 26th with a party attended by 125 friends and associates at Ma Maison Restaurant in Los Angeles. He is shown extending a printed invitation to his

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100th birthday on 26 July 2013.

10417. **Product Name:** Tofu Pizza.
Manufacturer's Name: Leila's All Natural Foods.
Manufacturer's Address: Brooklyn, New York 11201. Phone: (718) 855-1456.
Date of Introduction: 1993. October.
New Product–Documentation: Leaflet distributed at Natural Products Expo East in Baltimore, Maryland. 1993. Oct. "Leila's Vegi-Pies. 100% all natural. 100% great taste."

10418. Morinaga Nutritional Foods, Inc. 1993. Mori-Nu. The lowest fat tofu in the world. The others are just plain tubby (Ad). *Health Food Business.* Oct. p. 37.
• ***Summary:*** A large color photo shows two Tetra Brik cartons of Mori-Nu Lite Silken Tofu. One is Extra Firm and the other is Firm in consistency. On each front panel is written, in large letters: "Only 1% fat." A table shows that the Extra Firm contains only 1 gm of fat and 35 calories, but 6 gm of protein per 3 oz serving. This gives the consumer "The highest protein to fat ration (6:1) and less calories than any other tofu."

This ad also appeared in HFM (Nov., p. 9), and *Natural Foods Merchandiser* (October 1993, p. 79; Oct. 1993, p. 79; July 1994, p. 14).

10419. Morinaga Nutritional Foods, Inc. 1993. Pure tofu. Perfect package. The world's lowest fat tofu. Guaranteed first-day fresh (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.
• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, was introduced in Oct. 1993. On the back is a recipe for savory spinach dip, a nutritional analysis, and a half-page answer to the question: "How can a protein-rich food like Mori-Nu Tofu retain all of its nutrition for months–without refrigeration?" Address: Torrance, California. Phone: 1-800-669-8638.

10420. *Natural Foods Merchandiser.* 1993. White Wave to triple production with new equipment. Oct. p. 18.
• ***Summary:*** In August White Wave Soyfoods announced that it will begin a $1.5 million expansion of its plant in Boulder, Colorado that will triple its production capacity to 13 million pounds of product per year. The expansion will allow White Wave to continue its annual 20% growth rate. The company's sales last year were $4 million.

10421. **Product Name:** Soyboy Veggie Sizzler (Fat-Free Pre-Cooked Vegetarian Burger).
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1993. October.
Ingredients: Filtered water, soy protein concentrate, dried onion, wheat gluten, molasses, natural flavoring, yeast, garlic powder, spices, vegetable gum.
Wt/Vol., Packaging, Price: 6 oz.
New Product–Documentation: Spot in New Product News. 1993. Oct. 12. Gives the product's ingredients.

Leaflet distributed at Natural Products Expo East in Baltimore, Maryland. 1993. Oct. "And you thought fat-free tasted like cardboard? Not Veggie Sizzler. We took out the fat and filled it with flavor! Introducing the world's first fat-free burger." Health Foods Business. 1993. Dec. The product is said to have a grilled flavor and meaty texture.

10422. Shi, Yanguo; Ren, Li. 1993. Dadou zhipin gongyi-xue [The technical arts of soybean products]. Beijing, China: Zhongguo Qinggong Yechu Banshe [Chinese Ministry of Light Industry]. xii + 484 p. Illust. No index. 18 cm. [34 ref. Chi]
• ***Summary:*** Wade-Giles reference: *Ta-tou chih p'in kung-i hsüeh,* by Shi, Yen Kuo; Jên, Li. Contents: Preface. 1. Introduction to soyfoods: Terminology and classification, origin and development, future prospects. 2. Soybeans: Production, seed structure and components. 3. Chemical composition of soybeans: Soybean lipids, carbohydrates, minor components. 4. Soy proteins: Overview, molecular weight and classification, water solubility, denaturation, functionality, soy enzymes and antinutritional factors.

5. Soy oil extraction: Oil extraction from soybeans, solvent extraction principles and process outline, pre-extraction preparation, extraction process, other extraction technology, supercritical CO_2 extraction. 6. Chinese traditional soyfoods: Principles and ingredients, soybean soaking and cleaning, soymilk preparation for tofu processing, coagulation and molding, lactone tofu, yuba, meat alternatives. 7. Fermented tofu: Varieties (total 14 discussed), ingredients, microorganisms, mucor fermented tofu & process, top 8 products. 8. Fermented black soybeans and fermented soy paste (miso): Fermented black soybeans, fermented soy paste.

9. Soymilk (soy beverages): Production principle and outline, beany flavors and reduction, several commercial production lines, fermented soymilk, dry soymilk products. 10. Products from defatted meal: Defatted soy flour, soy protein concentrates (*dadou fenli danbai*), soy protein isolates (*dadou nongsuo danbai*), structured soy protein products, soy emulsifiers, applications of soy protein products. 11. Soy by-products utilization: Okara and its uses, soy whey and its uses. 12. Biological and chemical assay methodology: Assay for protein solubility, soy protein isolation, soy protein molecular weight measurement, gas chromatographic analysis of soy oligosaccharides, HPLC analysis of soy oligosaccharides, phytic acid assay, assay for hexanal Ä the major beany flavor component, trypsin inhibitor assay, lectin assay, urease assay, lipoxygenase

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assay, soybean cell biology: thin sample preparation technology, soybean cell biology: ultra thin sample preparation technology.

Concerning fermented tofu (Chapter 7): Fermented tofu may be named after the region where it is made. Some famous products in China include: (1) Shaoxing furu. Famous for its rice wine, Shaoxing is a city in northeastern Zhejiang, a coastal province in central eastern China. (2) Guilin furu. Guilin is a city in the northeast of the Guangxi Zhuang Autonomous Region of far southern China. (3) Kedong furu. Kedong is a county in Heilongjiang province in northeastern China. (4) Jiajiang furu. Jiajiang is a county in Sichuan Province, southwest China. (5) Tangchang doufu-ru. Tangchang is a town in Sichuan province.

Note: Talk with KeShun Liu. 2001. July 9. Green vegetable soybeans (*maodou*) are not mentioned in this book. Address: China.

10423. *SoyaFoods* (*ASA, Europe*). 1993. Dried soyamilk and tofu as bakery and meat ingredients. 4(3):2. Autumn.
• ***Summary:*** "Researchers at Iowa State University have been studying dried soya milk and tofu as food ingredients in doughnuts, hot dogs and pork sausages to find out how they affected food quality. Doughnuts made with 7% soya milk cut fat by 15%. The meat products made with 1-3% dried soya milk and tofu reduced fat by up to 25%. In taste tests, foods made with the soya bean products compared favourably with commercial products. The project has interested several food companies."

10424. *SoyaFoods* (*ASA, Europe*). 1993. Cauldron Foods opens new factory. 4(3):2. Autumn.
• ***Summary:*** "Cauldron Foods (part of the Hero Group of companies) the UK's leading producer of tofu and chilled vegetarian products has opened a new production facility and company headquarters at Portishead, Bristol."

The 25,000 square foot factory space, a £1.5 million located in the Portishead Business Park, includes a new custom-designed tofu production line that uses the latest computer control and CIP (Cleaning-in-Place) equipment. The plant is capable of producing a wide variety of vegetarian foods. Cauldron now sells around 1,000 tonnes/year of tofu products and has an annual turnover of £2.5 million, according to marketing director Nigel Horley. "The new address for Cauldron Foods Ltd is Unit 1 & 2, Portishead Business Park, Portishead, Bristol BS20 9BF, UK, tel: 0275 818448, fax: 0275 818353."

10425. Soyfoods Association of America; American Soybean Association. 1993. Good news about soyfoods. San Francisco, California. 16 p. 19 cm.
• ***Summary:*** This attractive booklet, containing 6 color photos, introduces soyfoods. Produced jointly by the Soyfoods Association of America and the American Soybean Association, it represents a first in cooperation between these two organizations. Contents: Soyfoods–A healthy choice: Soyfoods lower blood cholesterol, and fight cancer. Adding soyfoods to your menu: It's easy! The soyfoods family: Soybeans and edamame or fresh green soybeans, soy flour, texturized soy protein (TSP), soymilk, tofu, tempeh, miso, meat analogs, soy oil (a brief description is given of each). Soy recipes: Miso soup. Tofu chocolate cream pie. Creamsicle spritzer (with soymilk). Banana pancakes (with soy flour, soymilk, and soy oil). Sloppy joes with texturized soy protein. Barbecued tempeh. Nutritional value: Gives the composition of tofu (soft, silken, firm), meat analogs, soy oil, miso, texturized soy protein, tempeh, soymilk (regular or lite), and soy flour (full fat or defatted). Address: 1. One Sutter St., Suite 300, San Francisco, California 94104; 2. American Soybean Assoc., 540 Maryville Centre Drive, Suite 390, St. Louis, Missouri 63141-9200. Phone: 1. (415) 393-9697; 2. 1-800-Talk-Soy.

10426. **Product Name:** Trader Joe's Tofu.
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 1993. October.
Ingredients: Water, organic soybeans*, calcium sulfate. * = Organically grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 19 oz packed in water in molded plastic tray, with heat-sealed, peel-off plastic film top. Retails for $0.89 (1997/09, Concord, California).
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 60, calories from fat 30, total fat 3 gm (5% daily value; saturated fat 0.5 gm), cholesterol 0 mg, sodium 10 mg (0%), total carbohydrate 1 gm (dietary fiber 0 gm, sugars 0 gm), protein 6 gm. Calcium 10%, iron 6%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Trader Joe's in Concord, California. 1993. Nov. 4. 5 by 4¼ inches. Purplish-blue and pink on clear plastic film. "No preservatives. Low fat. No salt added. Use in blender dressings and dips. Scramble with eggs. Use as cheese. Puree with fruit. Drop chunks in soup. Use in place of beef in enchiladas."

10427. **Product Name:** Trader Joe's Vegetable Tofu Patties.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 1993. October.
Ingredients: Organic tofu (filtered water, whole organic soybeans [Grown and processed to the California Organic Act of 1990], natural nigari and/or calcium sulfate [naturally

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derived coagulants]), onions, carrots, cabbage, mushrooms, wheat pilaf, red bell peppers, tamari (water, soybeans, sea salt, grain alcohol [a natural preservative]), sunflower seeds, sesame seeds, currants, hi oleic safflower oil and/or hi oleic sunflower oil.
Wt/Vol., Packaging, Price: 6 oz vacuum pack retails for $1.49 (10/93, Concord, California).
How Stored: Refrigerated.
Nutrition: Per 1.53 oz.: Calories 160, protein 10 gm, carbohydrates 12 gm, fat 8 gm, sodium 400 mg.
New Product–Documentation: Trader Joe's Fearless Flyer. 1993. Oct. p. 13. "Vegetable Tofu Patties $1.49 for package of two. Fully cooked, no eggs, no dairy. Here's a good choice when you want to prepare a meatless meal."

Product with Label purchased from Trader Joe's in Concord, California. 1993. Oct. 10. 3.5 inch diameter. Black and bluish green on light blue. Self adhesive. "No dairy. No eggs. Fully cooked. Grill for 3 to 4 minutes or heat in a toaster. Use in sandwiches or salads. Keep refrigerated." Soyfoods Center taste test. Delicious!

10428. Walsh, Michael. 1993. Sounds of silence. *Time.* Nov. 1.
• ***Summary:*** John Cage was a bold thinker and a gifted writer. His essay, a "gastronomic account from 1975 of his barnstorming days with the Merce Cunningham dance troupe (this was in Cage's pre-tofu days), is a minor classic."

10429. *SoyaScan Notes.* 1993. Chronology of the American Soybean Association's growing interest in promoting soyfoods in America. Nov. 5. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1992 Jan.–Keith Smith of ASA calls Mark Messina PhD, at the National Cancer Institute and asks what Mark knows about possible cancer-preventing substances in soybeans. ASA was getting a lot of enquiries on the subject, which was Mark's specialty at NCI.

1992 Dec.–ASA decides to allocate a large portion of their 1993 research funds for health-related research. The 1993 budget contains $1,200,000 in funding for three 2-year projects which each received $400,000 over the 2 years. One project by Stephen Barnes involves soy and prostate and breast cancer, one by Maurice Bennink of Michigan State involves soybeans and colon cancer, and a third by William Wong involves cholesterol metabolism in soy.

1993 March–ASA allocates $27,625 for the Soyfoods Association of America (mainly Ginny and Mark Messina) to develop and distribute educational materials on soyfoods and to produce periodic press releases. The grant will be used to produce a 4-color brochure on soyfoods and eight individual fact sheets on tofu, soymilk, tempeh, miso, texturized vegetable protein, soy flour, soy-based meat analogs, and soy oil. These materials will be made available to state soybean boards.

1993 June–*The Soy Connection,* a quarterly newsletter on the nutritional benefits of soyfoods, starts to be mailed to 70,000 registered dieticians across the U.S. This high-quality publication, edited by Mark Messina, contains articles by experts in their fields, plus some good recipes.

1993 Oct.–Dr. Mark Messina is officially hired by ASA as a consultant. He gave about 12 public speeches on soy, diet, and chronic disease prevention in 1993, and has 15 more planned for 1994. Messina also coordinates nutrition research for a group named the North Central Soybean Research Program. As part of this, Steve Sonka of the University of Illinois is conducting a $43,000 economic impact analysis to determine the market potential for soyfoods and its effect on soybean consumption. The report is expected out in Dec. 1993. USB only has 3 paid employees and 60-65 volunteers, so they hire the ASA to do projects using money from USB and everything that ASA does is approved by David Thomas.

1993 Oct.–USB has a booth (probably its first) at the annual 3-day conference of the American Dietetic Assoc. attended by roughly 10,000 people. ASA and Dr. Messina were there. Evans Food Group, ASA's big food-related public relations firm in Seattle, Washington, was also there. The booth was geared mostly toward soy oil, but most of the interest from dietitians was in soyfoods. Fact Sheets on soyfoods and a brochure prepared by the Soyfoods Association and Evans Group were distributed. Soynuts were served but they ran out in the first 2 hours. Messina encouraged USB to have enough good soy-based snacks to last for 3 days for next year's show.

1993 Nov.–*Good News About Soyfoods,* an attractive 16-page booklet, prepared jointly by the Soyfoods Association of America (Ginny Messina) and USB, featuring information about and recipes for soyfoods is mailed to about 3,000 to 5,000 key media contacts.

1994 Feb.–The First International Symposium on the Role of Soy in Preventing and Treating Chronic Disease is held in Mesa, Arizona, organized by Dr. Mark Messina and sponsored by the United Soybean Board as well as soybean growers from Nebraska and Indiana.

1995–The United Soybean Board (USB) begins to sponsor dietitian seminars on the health benefits of soy in 26 cities across the USA. The budget for each seminar is $8,000. Manufacturers can exhibit products at seminars for a fee of $75 per table.

1996 Jan.–The Indiana Soybean Development Board introduces *Soyfoods USA,* the world's first e-mail newsletter on soyfoods. It is sent monthly to e-mail addresses free of charge. By Feb. 1997 there are 1,200 subscribers.

1996–USB creates and develops the theme "Soybeans–Designed for Life." When someone phones one of the state soybean associations or boards, music with these words plays in the background while he or she is on hold.

1996 Sept.–The Second International Symposium

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on the Role of Soy in Preventing and Treating Chronic Disease is held in Brussels, Belgium, again organized by Dr. Mark Messina. Sponsors contributing more than $15,000 include: American Soybean Association, Nebraska Soybean Board, United Soybean Board, Ohio Soybean Board, Indiana Soybean Development Council. Other sponsors: Illinois Soybean Association and Illinois Soybean Program Operating Board, Soyfoods Association of America, Minnesota Soybean Research and Promotion Council, Iowa Soybean Promotion Board, and Michigan Soybean Promotion Committee.

1997 Jan.–USB announces 11 more Soy Connection Dietitian Seminars that will be held in major cities across America during 1997, from April 4 to Sept. 12.

1997 Feb. 25–The Illinois Soybean Assoc. (ISA) mails a form letter to all known soyfoods manufacturers in the USA, stating that it has recently teamed up with a number of industry leaders and researchers to examine the feasibility of a cholesterol health claim for soy protein products. The letter asks that each manufacturer send ISA (by March 5) nutritional labels for each soyfood product that it makes or distributes.

10430. Kashama, Johnny. 1993. Re: Work with soybeans and soyfoods in Rwanda and Zaire. Letter to William Shurtleff at Soyfoods Center, Nov. 9. And 25 May 1994. 2 p. Handwritten. [Eng]

• ***Summary:*** "In Rwanda there is a mini-industry which makes tofu and other products from tofu like crackers (from okara) and fritters and other kind of cakes called in French 'croquettes.'" Johnny would like to take the methods used by Tofu-Rwanda to his home country of Zaire, beginning in Kisangani (where he will defend his treatise at the university), and the finally in Bukavu where he lives with his parents. He is preparing a treatise (*memoire;* equivalent to 5-year bachelor degree) to present at the end of his studies in Zaire at the *Institut Facultaire des Sciences Agronomiques* (*IFA*). It was originally to be titled *"Essai de valorisation de la technologie du soja: Methodes et techniques de production de lait de soja pour une unité artisonale"* ("Evaluation of Soybean Technology: Methods and Techniques for the Production of Soymilk and Derivatives for Small-Scale Processing in Bukavu"). But as of June 1994 the title has changed to *"Effet du depelliculage, du temps de trempage de graines de soja ainsi que de deux methodes d'extraction de lait de soja"* ("Effect of dehulling and of the time of soaking the soybeans as well as two methods of extraction on soymilk"). He hopes to start a small soyfoods company in Bukavu, but presently he has no money. He hopes that completion of this treatise will lead to financial support from some NGO (non-governmental organization) in Bukavu or abroad, or he many ask CIDR (*Centre International de Développement et de Recherche;* the International Center for Development and Research) to widen the project beyond the borders of Zaire.

In Bukavu, Zaire, where many children die of hunger and suffer from kwashiorkor, there is an NGO (non-governmental organization) which is at work, but kwashiorkor is still persisting. There is a little factory that makes soy crackers using maize, sorghum, and soya. The blend the three ingredients and make what they call "Masoso." The name is taken from the first two letters of each ingredient. The way it is done is different from what they do in Tofu-Rwanda, where he is working as an apprentice.

Note: On 22 Feb. 1994 Soyfoods Center received a letter (fax) from Johnny Kashama in Kigali, Rwanda. On 4 April 1994 a terrible ethnic and genocidal civil war broke out in Rwanda, centered in Kigali. The Hutu (comprising 90% of the nation's population) tried to eliminate the Tutsi (very tall people; 9% of the population). An estimated 500,000 people were killed and millions fled into neighboring Tanzania and Zaire. As of 15 May 1994 the fate of Mr. Kashama is unknown. Address: Tofu-Rwanda, P.O. Box 1906, Kigali, Rwanda.

10431. *SoyaScan Notes.* 1993. Manufacture and sale of soyfoods in Poland (Overview). Nov. 11. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** The following information about soyfoods companies in Poland was provided by the Polish consulate, the American Soybean Assoc., and a Westerner traveling in Europe:

Polsoja was started in early 1993 by Piotr Poninski and three partners. It is probably the first tofu shop in Warsaw, Poland, and the only tofu shop in Poland that makes and sells tofu on a regular basis. Five people work at the company. Address: ul. Hetmanska 61, 05-120 Legionowo (near Warsaw), Poland. Phone/fax: (48 22) 18 21 11

Solida Sp. z o. o. is a Chinese-owned company founded in 1992 by two Chinese partners: Mr. Lu Shihua (president) and Mr. Liu Zhonghua. The sales manager is Mr. Bugosiaw Zwadzki. They make and sell soy sprouts. They plan to sell tofu. Address: ul. Kmicica 1/212, 02-728 Warszawa (Warsaw), Poland. Phone/fax: (48 22) 47 23 09.

Okregowa Spoldzielnia Mleczarska is a dairy co-operative that supposedly makes or used to make tofu. They were taught how by Prof. Stanislaw Gwiazda. Polsoja has never seen or eaten their tofu. They probably started in 1992. Probably nobody speaks English there. Address: ul. Chopina 2, 12-100 Szczytno, Poland. Phone: (48 889 89) 22 11.

Prof. Stanislaw Gwiazda is said to have traveled in East Asia and claims to know tofu technology. He works in the faculty of food technology at the main School of Agriculture in Warsaw, where he specializes in proteins and fats. He helped the Szczytno start or try to start making tofu. Address: Szkola Glowna Gospodarstwa Wiejskiego, Katedra Produktow Biaikowych i Tiuszczowych, ul. Grochowska

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272, 03-849 Warszawa, Poland. Phone: (48-22) 10 18 42.

Polgrunt Sp z o. o. makes soy pâtés and soy flour. They also sell soybeans, TVP (imported from Serbia via Hungary), soy sauce, and maybe other soy products. They may start making tofu in the future. They probably started in 1991 or 1992. Address: ul. Pabianicka 17/19, 97-400 Beichatow, Poland. Phone: (48 841 83) 255 64.

There is also an unknown Vietnamese man who is making tofu for the Vietnamese community in Warsaw. He probably does everything in his kitchen for just a few people.

10432. Adlercreutz, Herman; Markkanen, H.; Watanabe, S. 1993. Plasma concentrations of phyto-oestrogens in Japanese men. *Lancet* 342(8881):1209-10. Nov. 13. [10 ref]
• ***Summary:*** Two Finnish and one Japanese scientist teamed up to see if diet could explain why Japanese men have a lower death rate from prostate cancer than Western men, even though both groups have about the same incidence of prostate cancers. The scientists speculated that the Japanese diet may keep small prostate cancers from growing into deadly tumors.

"A low mortality from prostatic cancer is found in Japanese men consuming a low-fat diet with high content of soy products–a rich source of isoflavonoids." Isoflavonoids are the plant version of the female sex hormone estrogen, which has been shown to inhibit cancer cells in the test tube. The researchers therefore investigated the isoflavonoid level in the blood (plasm) of 14 Japanese who ate the typical soy-rich Japanese diet and 14 Finnish men who ate the typical dairy-and-meat diet of Finland. The levels of the estrogen-like isoflavonoids were 7 to 110 times higher in the blood of the Japanese men than in the Finns. Genistein, a tyrosine kinase inhibitor, was the isoflavonoid that occurred in the highest concentration (geometric mean 276 nmol/liter). The authors hypothesize that these high phytoestrogen levels may inhibit the growth of prostate cancer in Japanese men, which may explain the low mortality from prostatic cancer in that country. Address: 1-2. Dep. of Clinical Chemistry, Univ. of Helsinki, Mellahti Hospital, SF-00290 Helsinki, Finland; 3. Epidemiology Div., National Cancer Center Research Inst., Tokyo, Japan.

10433. Garland, Jackson. 1993. Vegetarians' holiday dinner solution: tofu turkey. *Lumberjack* (*The*) (*Humboldt State Univ. Newspaper*). Nov. 17. p. 15.
• ***Summary:*** Gives a recipe (from *The Co-op Newsletter*) for "Tofu turkey," that uses 5 lbs. of tofu. Address: Staff.

10434. Olson, Paul. 1993. Update on Bountiful Bean Soyfoods (Interview). *SoyaScan Notes.* Nov. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul created a corporation named Vermont West Inc. which purchased Bountiful Bean Soyfoods from Richard Kraemer and Elizabeth Hanson on 3 Sept. 1993. Richard and Elizabeth will continue working at the company until Feb. 1994, then Richard plans to go back into the ministry.

A follow-up letter (19 Nov. 1993) and leaflet (titled "About Bountiful Bean Soyfoods Products") shows that the company now makes tofu, herb tofu, tasty tofu (marinated and baked herb tofu), tempeh, soymilk, hummus, and taboolie [tabbouleh].

Paul also encloses "Bountiful Bean Soyfoods Newsletter." Issue 1. Nov/Dec. 1993. 4 pages. It includes articles titled "New ownership of Bountiful Bean Soyfoods Announced" (The company currently employs 8 people.) "Who is Paul Olson and what is Vermont West?" (Paul has had 9 years prior experience working in the computer industry with Apple Computer. He is 27 years old and lives near the family farm where he grew up). Address: 620 Main St., P.O. Box 329, Ridgeway, Wisconsin 53582-0329. Phone: 608-924-1703.

10435. Gallagher, Susan. 1993. Re: Update on Life Food GmbH–Taifun Tofu Produkte. Letter (fax) to William Shurtleff at Soyfoods Center, Nov. 18. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Susan is an American. She notes that in 1990 the corporation Life Food GmbH was formed. Prior to that time the company had been unincorporated. Taifun became a brand name, but the company's letterhead still reads "Taifun Naturkost," and in the address, the line below Life Foods GmbH reads "Taifun Tofu Produkte." Klaus Kempff is no longer with the company. Wolfgang Heck and Guenter Klein are the joint CEOs. Address: Public Relations director, Life Food GmbH, Robert-Bunsen Str. 6, 79108 Freiburg, Germany. Phone: (0761) 50 61 55.

10436. Wilson, Don. 1993. The pioneering work of Aqua Agra in Florida with sprouts and soyfoods. Part II (Interview). *SoyaScan Notes.* Nov. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** "When we started talking about making tofu, it became very evident to me that we would need a bigger space, so in about March or April of 1977 we moved over to 100 Highline Dr., Longwood, Florida 32750. We went from 4,000 square feet of floor space to 50,000 square feet. We outgrew our plant on Seminola Blvd. in about 4-5 months." In June 1977 Don's first child, a son, was born. On Highline Drive, Don built rooms to grow the various sprouts and also diversified the company into chopping and packing huge amounts of fresh vegetables; there was a separate packet of sauce (such as teriyaki) in each bag for making stir-fries. All that was needed was some tofu to complete the stir-fry. Don bought his tofu equipment used from Robert and Mary Brooks, whose company Swan Foods in Miami had gone out of business. The purchase became a mess because Robert had failed to inform Don about the liens that were against his equipment due to Robert's unpaid bills. So Don started

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to make tofu in 1978. He sold it chiefly to the chain stores–first to Albertson's (the smallest group), then to Publix, and then to Winn Dixie (the biggest chain). He did not deal with restaurants or health food stores. At the height of production, Aqua Agra was making at least 25,000 to 30,000 lb/week of tofu. He was the first person to introduce tofu to supermarkets in Florida.

In the summer of 1979 Don attended the second annual Soycrafters Conference at Amherst College in Massachusetts. "I will never forget that as long as I live. Some of the major U.S. food companies, such as General Mills and a few others, sent representatives in 3-piece suits. I was standing in the back of the auditorium where these guys were and I'll never forget listening to their comments as they talked about what a bunch of dingdongs they had been sent to observe, and how this had absolutely no place in the American food chain whatsoever. I can remember walking away from that conference thinking to myself, 'I sure am glad these big guys think this way because all it would take is one big corporation to get involved in this and a lot of small businesses would soon go down the drain.'"

Aqua Agra grew rapidly. Many of his employees were Asian-Americans and they were wonderful workers. the copycats that tried to compete with him couldn't. About 2 years after Aqua Agra started making tofu, the *Sentinel Star* newspaper did a rather nice story on the company in 1980.

In early 1981 Don started making soymilk, which he sold in bulk to the nearby Seventh-day Adventist Florida Hospital–but not to any of the chain stores. He sold about 300 gallons a week.

At about the same time he started making soy yogurt in individual unprinted cups with a pressure sensitive label. Most of his sales were of plain yogurt, but he also sold strawberry, peach, and blueberry flavors. The yogurt was sold to local health food stores, to Del Champs in Alabama, and to a broker in New York named Marty Grossman, who sold a lot.

In late 1981 Aqua Agra began to make soy tempeh. They sold less than 100 lb/week, and only to a few health food stores in Orlando who had asked for it.

Don and his wife had to close the company in about mid-1982, after 6 years in business. At that time they were making about 75 products. He and his wife were each working 100 hours a week. "The doctor gave me a choice. He said, 'You can either get rid of that business and live, or you can keep it and die! But you're gonna do one of the two.'" Don was so sick and tired of everything at that time that he decided not to even sell the company–just to shut it down and walk away.

Don feels that he was a little bit before his time. "People found it amusing that a sergeant in the United States Marine Corps. was involved in making hippie food." Address: 2321 Virginia Dr., Altamonte Springs, Florida 32714.

10437. Jennings, Richard. 1993. Befine and update on work with soyfoods (Interview). *SoyaScan Notes.* Nov. 28 and Dec. 1. Conducted by William Shurtleff of Soyfoods Center. Followed by letter of 28 Dec. 1994.

• ***Summary:*** Richard was issued a U.S. patent (#5,206,050) on the process for making Befine from tofu curds on 27 April 1993. He is using Befine to make meatless hamburger patties and several of America's biggest hamburger chains are actively interested in the product. In Sept. 1993 he registered the trademark Befine in Europe and the USA. A Dutch man named Sander Wijnen (pronounced VINE-un) coined the term in about March 1992. At the time he was responsible for setting up VPS Europe BV, and was not happy with the product's existing name, Ricosoy. "Ironically, we ran into a lot of resistance to any food with the word 'soy' in it. They wanted a product name that had an international sound to it, indicated a relationship with meat, and expressed a feeling of joy and health. Sander's first idea was "Befit." People liked the idea of a name that was pronounced life "Beef" but not written the same. After a couple of months and some brainstorming sessions, Sander called one of his colleagues (in March 1992) and mentioned the name "Befine." This name expressed all the desired elements. After some time VPS management in the USA adopted the name.

Richard and Rudolph ("Rudy") Holscher each own 32½% of Vegetable Protein Specialists (VPS), Inc. of Santa Fe, New Mexico. Actually it has become an international company with a mission. New World Foods is their brand name. Other owners of the corporation are: The workers (25%, in an inviolable trust that cannot be diluted), the comptroller (5%), Jim Winter (5%, he put up $20,000 when Richard bought Southwest Soyfoods).

In 1990 Richard's company in Santa Fe was named The Food Plant Inc. & Southwest Soyfoods. Then he changed it to Protein Technologies, Inc.–but ran into trouble from Protein Technologies International (PTI), so after a few months, in June 1990, he renamed the company VPS, Inc. and incorporated it in the state of New Mexico. Address: 2889 Trades West Road, Santa Fe, New Mexico 87501. Phone: 505-471-8979.

10438. Drosihn, Bernd. 1993. Re: New developments with soyfoods in Germany. Letter to William Shurtleff at Soyfoods Center, Nov. 29. 2 p. Typed, with signature on letterhead.

• ***Summary:*** Viana has done a lot of work to improve the design of its labels and packaging. In Germany the soyfoods market is not growing at present, but neither is there a big recession. Germany's biggest soyfoods manufacturer, DE-VAU-GE, stopped production of tofu in early 1993 and now buys its tofu products from Heuschen-Schrouff B.V. in the Netherlands. That should make Heuschen-Schrouff one of the largest tofu manufacturers in the world. DE-VAU-GE plans to stop soymilk production in early 1994.

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Some newer, small soyfoods manufacturers have recently started in Germany: Tofuhaus Eisenreich (Steinmetzstrasse 4, 93049 Regensburg, Germany. Owner: Mrs. Eisenreich. Phone: 0941/27 01 27), and Topas GmbH (Bollbergsr. 41, 72116 Moessingen [near Tuebingen], Germany. Owner: Klaus Gaiser. Phone: 07473/25515). Our old friend Klaus Gaiser, once the largest tofu manufacturer in Germany, is trying to make a comeback.

The market for soyfoods in Eastern Europe is developing very quickly. Bernd has had contact with a Polish company named Polsoja. Yesterday a person from Slovenia visited Viana. He wants to make tempeh there and he told Bernd that there are some soyfoods manufacturers in the former Yugoslavia. In Slovenia, which is relatively untouched by the war, there is one existing tofu company and more than 30 natural food stores.

Albert Hess (owner of Das Tofuhaus in Lautersheim) and Bernd are in the process of founding a new company, named Sojarella, which will start to make and sell soy cheeses in early 1994. The address will be the same as Viana. They have developed a method for making soy cheese products that contain no casein. Address: Founder and president, Viana Naturkost GmbH, Willi Graf Str. 88, 33881 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076.

10439. *Wall Street Journal.* 1993. Tofu diet may help limit prostate-cancer deaths. Nov. 29.
• ***Summary:*** A summary of an article from the November 13 issue of the British medical journal *Lancet* (p. 1209-10). It begins: "Tofu may join broccoli, kale and carrots on the list of foods that might reduce the risk of cancer."

10440. Cheney, Susan Jane. 1993. Our favorite beginner [vegetarian] cookbooks: Essential titles for your kitchen library. *Vegetarian Times.* Nov. p. 80, 82-86. [29 ref]
• ***Summary:*** List 29 vegetarian cookbooks in various categories. Vegetarian classics: Moosewood Cookbook by Mollie Katzen (1977, 1992), American Wholefoods Cuisine by Nikki and David Goldbeck (1983), Laurel's Kitchen and The New Laurel's Kitchen by Laurel Robertson, Carol Flinders, and Brian Ruppenthal (1976, 1986), The Vegetarian Epicure (I and II) by Anna Thomas (1977, 1992), Ten Talents by Frank and Rosalie Hurd (1968, 1983).

Other basic books: The American Vegetarian Cookbook by Marilyn Diamond (1990), Kathy Cooks by Kathy Hoshijo (1986), An Ecological Kitchen by Lorna Sass (1992), Fresh from a Vegetarian Kitchen by Meredith McCarty (1989), The High Road to Health by Lindsay Wagner (1990), Cooking with the Right Side of the Brain by Vicki Rae Chelf (1991).

International cookbooks: Sundays at Moosewood Restaurant by The Moosewood Collective (1990), Italian Vegetarian Cooking by Jo. Marcangelo (1984), Yamuna's Table by Yamuna Devi (1992), Cooking with Japanese Foods by Jan and John Belleme, The Best of Lord Krishna's Cuisine by Yamuna Devi (1992). Baking books: Cooking for special occasions: Gourmet Vegetarian Feasts by Martha Rose Shulman (1987), Vegetarian Celebrations by Nava Atlas (1990), Vegetarian Entertaining by Diana Shaw (1991), Vegetarian Pleasures by Jean Lemlin (1987). Other specialty books: Amazing Grains by Joanne Saltzman (1990), Soups for All Seasons by Nava Atlas (1992), Vegetables on the Grill by Kelly McCune (1992), Tofu Cookery by Louise Hagler (1982, 1991), Quick Harvest by Pat Baird (1991), and The Good Breakfast Book by Nikki and David Goldbeck (1992).

10441. Clifford, Mary. 1993. Tofu guru: An interview with William Shurtleff, co-founder of the Soyfoods Center. *Vegetarian Journal* (*Baltimore, Maryland*). Nov/Dec. p. 16-21.
• ***Summary:*** "The Soyfoods Center recently celebrated its 20th anniversary. It is one of the world's leading information sources on soyfoods, and its founders, William Shurtleff and Akiko Aoyagi Shurtleff (husband and wife) have been largely responsible for the introduction of soyfoods and tofu to mainstream America." In this interview Shurtleff discusses the history of his and his wife's work with soyfoods and vegetarianism. Address: R.D., Roanaoke, Virginia.

10442. Coward, Lori; Barnes, N.C.; Setchell, K.D.R.; Barnes, S. 1993. Genistein, daidzein and their beta-glycoside conjugates: Antitumor isoflavones in soybean foods from American and Asian diets. *J. of Agricultural and Food Chemistry* 41(11):1961-67. Nov. [31 ref]
• ***Summary:*** This is a very important article. Isoflavones were first extracted with alcohol (80% aqueous methanol) and then the fat was removed from the extract with hexane solvent. Details of the isolation process are given. The results showed that most Asian and American soy products, with the exception of soy sauce, alcohol-extracted soy protein concentrate, and soy protein isolate, have total isoflavone concentrations similar to those in whole soybeans. Asian fermented soyfoods contain mainly isoflavone aglucones, whereas in nonfermented soyfoods of both Asian and American origin isoflavones are present mainly as beta-glycoside conjugates. The estimated daily intake of these isoflavones by Asians is similar on a body weight basis to the isoflavones in soy-containing diets which inhibit mammary tumorigenesis in animal models of breast cancer. Therefore, it is possible that dietary isoflavones are an important factor accounting for the lower incidence and mortality from breast cancer in Asian women.

"The concept of reducing cancer risk by chemoprevention has become an important aspect of current cancer research. It has been suggested that two so-called phytoestrogens, lignans and isoflavones, may play a role in the prevention of estrogen-dependent breast cancer and colon cancer.

Three tables show the isoflavone concentrations in

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various types of soyfoods. For each food, the content of the following is given: Conjugated genistin, conjugated daidzin, genistein aglucone, daidzein aglucone, total isoflavones, D/G ratio, percentage of genistein aglucones, and percentage of daidzein aglucones. After each food listed below we will show the total concentration "as is" and then (if given) on a dry weight basis.

Table 1 shows isoflavone concentrations (in mg per gram) in basic nonfermented Asian soyfoods: Soymilk (0.252 / 3.256), Tree of Life tofu (0.417 / 2.031), Mori-Nu tofu (0.494 / 3.827), soy flour (1.338), soy powder (1.748), and soy nuts (2.363).

Table 2 shows isoflavone concentrations (in mg per gram) in fermented Asian soyfoods: Tempeh (0.430 / 1.130), miso (0.920 / 1.379), rice miso (0.404 / 0.721), barley miso (0.721 / 1.195), Shiromiso soup mix (0.708), Akamiso soup mix (0.882).

Table 3 shows isoflavone concentrations (in mg per gram) in other soyfoods: Soy sauce (0.023 / 0.090), soy cheese (0.050 / 0.105), Tofutti soy ice cream (0.032 / 0.092), Ice Bean soy ice cream (0.117 / 0.360).

Although flavonoids are found in many plants, vegetables, and flowers, isoflavones such as genistein and daidzein are found in just a few botanical families. This is because of the limited distribution of the enzyme chalcone isomerase largely to tropical legumes. Partly for this reason, isoflavones are a very minor part of American or British diets. Address: Depts. of Pharmacology and Biochemistry and Comprehensive Cancer Center, Univ. of Alabama at Birmingham, Birmingham, Alabama 35294, Mass Spectrometry Lab., Children's Hospital Medical Center, Cincinnati, Ohio 45229.

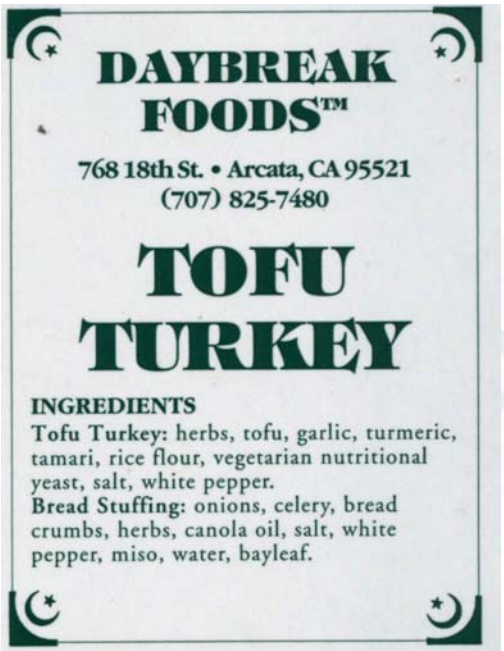

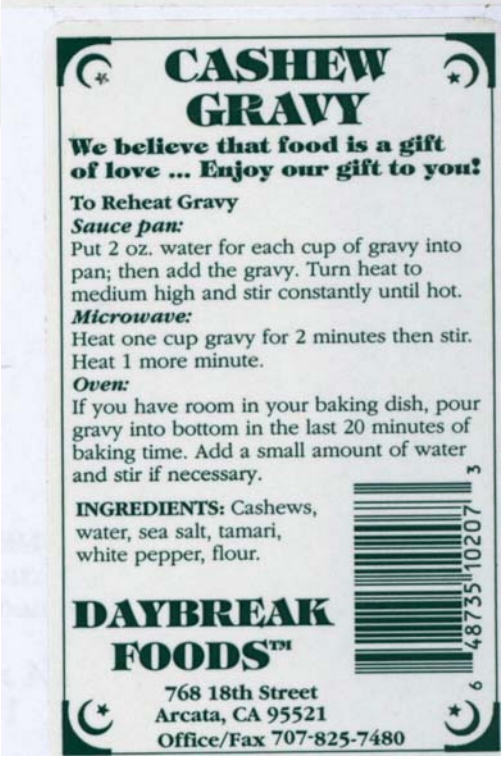

10443. **Product Name:** Tofu Turkey, and Cashew Gravy. **Manufacturer's Name:** Daybreak Foods. **Manufacturer's Address:** 768 18th St., Arcata, California 95521. Phone: (707) 825-7480. **Date of Introduction:** 1993. November. **Ingredients:** (1) Tofu Turkey: herbs, tofu, garlic. turmeric, tamari, rice flour, vegetarian nutritional yeast, salt, white pepper. Bread Stuffing: onions, celery, bread crumbs, herbs, canola oil, salt, white pepper, miso, water, bayleaf. (2) Cashew Gravy: Cashews, water, sea salt, tamari, white pepper, flour. **How Stored:** Refrigerated. **New Product–Documentation:** These are two separate products: Labels (Tofu Turkey, Cashew Gravy) sent by Matthew Schmit. 2002. Sept. 24. Both are pressure sensitive, green on white, 3.5 x 2.5 inches.

Talk with Matthew Schmit. 2009. March 6. Daybreak Foods is no longer in business. He sold his restaurant and company to a couple in about 2004. The new owners (Paul, and his wife, Hahnelea Boehm–an ex-employee of Matthew's) continued to make the Tofu Turkey and the Gravy for the Thanksgiving and Christmas season only until 2007, and they were quite as aggressive as Bob Meeks was. They closed in the fall of 2008; they were splitting up and the restaurant got caught up in the legal battle.

10444. Havala, Suzanne; Dwyer, Johanna. 1993. Position of the American Dietetic Association: Vegetarian diets. *J. of the American Dietetic Association* 93(11):1317-21. Nov. [24 ref] • ***Summary:*** Contents: Introduction. Position statement. Vegetarianism in perspective. Implications for health

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promotion. Nutrition considerations vegetarians. Groups with special needs. Meal planning.

Introduction: "A considerable body of scientific data suggests positive relationships between vegetarian diets and risk reduction for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer.

"Position statement: It is the position of the American Dietetic Association vegetarian diets are healthful and nutritionally adequate when appropriately planned."

A half-page table titled "Daily food guide for vegetarians" (p. 1318) suggests that 2-3 servings per day come from the "Legumes and other meat substitutes" food group. Serving sizes: 4 oz tofu or tempeh, 8 oz soy milk. Address: 1. MSc, RD; 2. DSc, RD.

10445. Kelley, Hubert W. 1993. Always something new: A cavalcade of scientific discovery. *USDA Agricultural Research Service, Publication* No. 1507. 150 p. Nov.
• ***Summary:*** This book is filled with photos and commemorative stories about the research discoveries and breakthroughs in the field of crop utilization at the four regional USDA's Agricultural Research Service (ARS) labs during the 50 years since they were established.

Chapters include: Introduction. Gambling on science. Penicillin and the war years [World War II]. Midstream changes and corrections. Frozen foods. Soybean oil (p. 85-88). Vegetable oils in Industry (p. 89-91). Food safety (p. 97-104; Aflatoxin, other mycotoxins). Food for Peace (p. 116-18). Fuels from agriculture (p. 118-19). Proteins in milk, grains, and oilseeds (p. 125-20). Peanuts (p. 131). U.S. crops in Asian foods (p. 132-33; Tofu, tempeh, soy sauce, sufu). Microorganisms (p. 134-36; Incl. the ARS culture collection). Focus on the future (p. 147-50; soy oil printing inks).

The most important work of the Northern regional laboratory in Peoria was the development of penicillin starting in June 1941. A brief chronology:

1941 Dec.–Andrew J. Moyer, a chemist at the Northern lab, developed the basis for the industrial process–deep vat fermentation.

1942 March–Only enough penicillin is available to treat a single case.

1942 Dec. 31–Seventeen U.S. pharmaceutical companies are working on penicillin.

1944 June 6–Thanks to the combined efforts of many people, enough penicillin is available in quantity by D-Day (invasion of Normandy, France) to treat wounded allied soldiers. Penicillin was the world's first commercial antibiotic.

By the 1950s, hundreds of antibiotics were on the market. Address: Director (retired), Information Staff, USDA Agricultural Research Service (ARS).

10446. **Product Name:** Kikkoman Tofu: Soybean Curd (Aseptically Packaged) [Firm, or Soft].
Manufacturer's Name: Kikkoman International, Inc. (Importer). Made in Japan by Morinaga.
Manufacturer's Address: 50 California St., Suite 3600, San Francisco, CA 94111. Phone: 415-956-7750.
Date of Introduction: 1993. November.
Ingredients: Water, soybeans, glucono delta lactone and calcium chloride (coagulating agents).
Wt/Vol., Packaging, Price: 10.5 oz Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Talk with Morinaga Nutritional Foods. 1994. March 18. Morinaga in Tokyo is now making and packaging this product for Kikkoman. The first batch arrived in the USA in Nov. 1993. The product was formerly packed in a foil retort pouch in a paperboard box.

10447. Mangels, Reed. 1993. Vegetarian Journal's guide to cheese alternatives and non-dairy yogurt. *Vegetarian Journal* (*Baltimore, Maryland*). Nov/Dec. p. 25-27.
• ***Summary:*** The cheeses are called cheese alternatives because many of them contain casein or calcium caseinate. Casein is a protein derived from cow's milk. It is added to most cheese alternatives to make them stretchy when melted. Though most cheese alternatives are not acceptable to vegans, two products on the market appear to be free of casein: Soymage and Soymage Cheddar, made by Galaxy Foods. One brand of cream cheese alternative (Tofutti Better Than Cream Cheese) also contains no casein. "It is hard to tell just whom these cheese alternatives were developed for." The main market seems to be consumers who want to avoid cholesterol and lactose. A table shows the following three types of products, each with the number of calories, and amount of fat and sodium per serving. Those followed by an asterisk contain no casein.

Mozzarella-style (1 ounce): Almond Rella, Lite'n' Free, Lite'n' Less, Soya Kaas, Soymage*, White Wave Soya A Melt, White Wave Fat Free, Cow's Milk Mozzarella, Part Skim Cow's Milk Mozzarella.

American/Cheddar-Style (1 ounce): Lite'n' Free Cheddar, Lite'n' Less American, Nu Tofu Low Sodium Cheddar, Nu Tofu Cheddar, Soya Kaas Mild American Cheddar, Soymage Cheddar*, White Wave Cheddar Soya A Melt, White Wave Fat Free Cheddar, Zero-Fat Rella California Cheddar, Cow's Milk Cheddar, Low Fat Cow's Milk American.

Cream Cheese (2 tablespoons): Lite'n' Less, Nu Tofu, Tofutti Better Than Cream Cheese*, Cow's Milk Cream Cheese, Low Fat Cow's Milk Cream Cheese.

The only non-dairy yogurt found in Baltimore, Maryland, was White Wave's Dairyless Soy Yogurt. It is available in raspberry, strawberry, blueberry, peach, vanilla, lemon-kiwi, and apricot-mango flavors and is available plain

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in quarts. All the flavored dairyless soy yogurts are similar in fat content to low-fat yogurt. The plain soy yogurt is closer to regular yogurt in fat content. The soy yogurts are not very goos sources of calcium (only 40 mg per 6-ounce serving). "I think their taste is quite acceptable."

As this magazine goes to press, Sharon's Finest (of Santa Rosa, California), after 7 years of research, has just released a new vegan cheese named Vegan Rella. "We had an opportunity to taste the cheese and found it to be a big improvement over Soymage." Vegan Rella contains organic Brazil-nut milk, tapioca, rice, oats, canola oil, Irish moss, garlic, spices, basil, sun-dried tomatoes, citric acid, and salt. It is available in hard cheese form (in Mexican and Italian flavors) and in cream cheese form (in either plain, or onion and dill flavor). Address: PhD, R.D.

10448. McCarty, Meredith. 1993. Food: A vegetarian turkey. *Co-op Newsletter* (*Arcata, California*). Nov.
• ***Summary:*** Gives a macrobiotic recipe for "Tofu turkey with herbed bread stuffing and mushroom gravy" [vegetarian], that uses 5 pounds of tofu and makes 16 servings. At end of article: "Thanks to Mathew Schmit, owner of The Tofu Shop" (768 18th St., Arcata, California 95521). Address: Staff.

10449. **Product Name:** Mori-Nu Lite Silken Tofu [Extra Firm, or Firm].
Manufacturer's Name: Morinaga Nutritional Foods, Inc. (Importer). Made in Japan by Morinaga Milk Co. Ltd.
Manufacturer's Address: 2050 W. 190th St., Suite 110, Torrance, CA 90504. Phone: 310-787-0200.
Date of Introduction: 1993. November.
Ingredients: Extra firm: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.
Wt/Vol., Packaging, Price: 10.5 oz (297 gm) Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
Nutrition: Per 3 oz.: Calories 35, calories from fat 10, total fat 1 gm (2 daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 80 mg (3%), total carbohydrate 1 gm (< 1%), protein 6 gm, calcium 2%, iron 4%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Ad (full-page color) in Health Food Business. 1993. Oct. p. 37. "Mori-Nu. The lowest fat tofu in the world. The others are just plain tubby."

Talk with Tom McReynolds of Morinaga. 1993. Oct. 14. This product will be launched on 1 Nov. 1993. Distribution will start on Oct. 25. The product does not contain any Nichii Soy Flakes (as is implied in a spot in Health Foods Business, Oct. 1993, p. 64). As far as Tom knows, only White Wave and Tree of Life are presently using Nichii flakes to make tofu. The product contains both soybeans (grown in Iowa) and isolated soy protein (from Protein Technologies International). Morinaga has purchased the video of Tom Brokaw interviewing Hillary Rodham Clinton, they have transcribed the parts about tofu and trying to work healthier eating into the White House. Brokaw ends the interview by saying: Perhaps we'll see tofu at a White House state dinner. Morinaga is doing a news release on the subject. Dr. Dean Ornish has already been invited to the White House to advise President Clinton on his diet. Ornish went in and spoke.

Letter (fax) from Morinaga. 1993. Nov. 2. Mori-Nu Lite–Extra Firm contains exactly 0.7 gm of fat and 36.6 calories per 84 gm serving, so that 17% of its calories come from fat.

Product (Extra Firm) with Label sent by Morinaga. 1994. Feb. 5. 4 by 2.5 by 1.75 inches. Tetra Brik Aseptic carton. Purple, yellow, red, and green on white. On front panel: "Only 1% fat." On one side is a recipe for Vegetable Stir Fry. Soyfoods Center Taste Test. The product has a very firm consistency the like white of a hard-boiled egg, and a very bland flavor.

Leaflet sent by Morinaga. 1994. Nov. 25. "See the Lite!" "Mori-Nu Lite is the lowest fat tofu in the world. We combined extremely low-fat isolated soy protein with rich whole-bean soymilk, and then added only enough water to maintain Mori-Nu's creamy smooth texture... Mori-Nu Lite has no cholesterol, and with only 1 gram of fat per serving, you get the highest protein to fat ration (6:1) and less calories (35) than any other tofu."

Prices at Safeway supermarket in Lafayette, California. 1995. Nov. 28. Mori-Nu (3 types): 11.9 cents/oz. Azumaya Chinese style (firm): 7.5 cents/oz. Thus Mori-Nu Tofu costs 59% more than Azumaya tofu.

10450. Morinaga Nutritional Foods, Inc. 1993. Introducing the world's first low-fat tofu. Let's have a holiday (Ad). *Vegetarian Times.* Nov. p. 33.
• ***Summary:*** This full-page color ad shows 2 packs of Mori-Nu Lite Silken Tofu (Firm, and Extra Firm). Contains a recipe for and a photo of a pumpkin pie made with Mori-Nu lite. A table comparing the filling of this pie with a regular pumpkin pie shows the following: Calories 122 vs. 186. Fat 0.9 gm vs. 5.2 gm. Cholesterol 0 mg vs. 67 mg. Sodium 49 mg vs. 72 mg. Protein 4 gm vs. 5 gm. Mori-New Lite contains only 1 gram of fat per serving and has a 6:1 protein to fat ratio. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

10451. Segal, Mara. 1993. Food for thought: From the Co-Op's Spoons take-out kitchen. *Co-op Newsletter* (*Arcata, California*). Nov.
• ***Summary:*** Gives a recipe for "Tofu turkey" [vegetarian], that uses 5 lbs. of Tofu Shop tofu. A photo shows Mara Segal in a large kitchen. "'Spoons' is the Arcata Co-op's own take-out kitchen, featuring 'convenient cuisine'–delicious salads and entrees made with locally grown and organic ingredients whenever possible. Mara Segal is the kitchen manager at

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Spoons.

Talk with Matthew Schmit. 2009. March 6. The Tofu Shop was very close to the Arcata Co-op–which is a large organization. The Shop used to make the Tofu Turkey for the annual co-op employee Thanksgiving dinner, and give it to them so they would have a vegetarian alternative; they did that every year for years. Then Mara stepped in, started making the Tofu Turkey for her fellow employees, and adapted and improved the recipe; she never sold it. Matthew thinks she had been making it for at least several years before this article was written. Her improvement was later adopted by Bob Meeks. What she did, and what Mathew is doing now, is to mash fresh tofu, add spices and flavors, then mold and press it into a colander bowl, then put the stuffing in a hollowed-out cavity, then put more tofu over the bottom of that. Address: Staff.

10452. Vegetable Protein Specialists Inc. 1993. New World Foods (Leaflet). Santa Fe, New Mexico. 2 p. 28 cm.
• ***Summary:*** New World Foods are unique in four ways: 1. They use native crops of The Americas–corn, beans, potatoes, tomatoes, and chiles–in every product. They use patented, soya-based "Befine" [made from tofu] in place of ground meat. "Befine is a chewy, tasty, satisfying meat replacer, yet is has only a small fraction of meat's saturated fat..."

New World Foods are made with organically grown crops whenever possible, to protect the soil and the environment. The company offers the following retail products, and licensing of their Befine process: Red Chile Tamales, Hearty Chili, Vegetarian Chorizo, Green Chile Stew, Red Chili Sauce, Green Chile Sauce.

A full-page color photo on the opposite side of the leaflet shows each of these foods

Talk with Richard Jennings. 1994. Niv. 15. Each of these products contain Befine, which was formerly named Soy Rico. Address: 2889 Tradeswest Road, Santa Fe, New Mexico 87501. Phone: 505-471-8979.

10453. *Vegetarian Journal's Foodservice Update.* 1993. Test your nutrition knowledge. 1(1):2. Fall.
• ***Summary:*** One of the 5 questions asks: Tofu is high in fat–True or false? The answer is False. Tofu has only about 4 grams of at per 3-ounce serving compared with about 20 grams of fat in the same weight of beef. Mori-Nu Lite Tofu contains only 1 gm of fat per 3 oz serving.

10454. Wheatley, Georgia. 1993. An American vegetarian resource directory: Some signposts on the journey towards a healthier, more ethically and environmentally balanced lifestyle. Ferguson, Missouri: WheatSong Press. 94 p. Nov. Index. 22 cm.
• ***Summary:*** Contents: 1. Audio/Visual resources: Audio, video, tape producers/distributors. 2. Cookbooks (248 citations). 3. Electronic resources: Internet sources (America Online, Compuserve, Public Dialup Internet Access List compiled by Peter Kaminski), vegetarian sources accessible from the Internet (rec.food.veg, fat-free, veggie {send email to the Internet address listserv@gibbs.oit.unc.edu}, granola, world guide to vegetarianism, AR-Talk, AR-News), other electronic vegetarian sources (Genie, Prodigy). 4. Family and children's resources: Audio, activities, books, cookbooks, periodicals, video. 5. Mail order products. 6. Organizations and groups: National, local organizations listed alphabetically by state and city, starting your own group. 7. Periodicals, journals, and newsletters. 8. Publishers/distributors. 9. Radio/television resources: Radio, television. 10. Resource books. 11. Travel resources.

Note 1. This is the earliest document seen (July 2007) that mentions the Internet in connection with soyfoods or vegetarianism. Note 2. A new edition was published in Aug. 1996. Address: P.O. Box 35009, Ferguson, Missouri 63135. Phone: (314) 524-0894.

10455. **Product Name:** Meatless Jumbo Franks (Hot Dogs).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 North 57th Court, Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1993. November.
New Product–Documentation: Talk with Lon Stromnes. 1993. Feb. 9. This product, which may be named Fat-Free Meatless Healthy Franks (Hot Dogs), will be launched in about April 1993. It will contain no eggs.

Talk with Lon Stromnes. 1993. April 14. This product will probably not be on the market until about late May. The product has been redesigned to be about 98% fat free. Also, their Meatless Healthy Franks is coming out in an improved formulation with much better texture.

Product Alert. 1993. Oct. 11. Jumbo Meatless Healthy Franks have been added to the White Wave line of refrigerated meat substitutes.

Talk with Lon Stromnes. 1994. Feb. 21. This product, called Meatless Jumbo Franks, was launched in Nov. 1993.

10456. Cole, Sidney J. 1993. Changes at DE-VAU-GE (Interview). *SoyaScan Notes.* Dec. 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** DE-VAU-GE (DVG) has stopped making soymilk [actually they plan to stop in early 1994] and therefore also tofu. It was an economic decision. When the Adventist church sold Granose Foods in England, that cost DVG about 40-50% of their soymilk market. DVG still sells and distributes both soymilk and tofu under their GranoVita brand, but they buy the products from other manufacturers. The soymilk may be made by Alpro in Belgium. DVG still manufactures many other soyfoods, such as the soy protein foods, the canned meatlike products, etc.

DVG is still a strong company that is growing rapidly

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and Michael Makowski is still the general manager. He calculated that he can do better financially by using his factory space to make Corn Flakes rather than soymilk. If DVG keeps up their current growth rate, they may soon pass Australia's Sanitarium Foods as the leading Seventh-day Adventist food company in terms of sales. The church has no plans to sell DVG, and in fact the church is looking to support its food industries quite strongly now.

The decision to sell Granose was made at the local division level, not at the General Conference level. Sidney personally would have preferred that the church not sell Granose, but at least they did sell it at the right time and to a good buyer–the Haldane Foods Group. The products, the company, and the philosophy are all in good hands.

Eric Fehlberg retired about 2 years ago as director of the Seventh-day Adventist International Health Food Assoc. Dr. Cole took his place, and he has also kept his job in Miami at the Inter-American Division. Address: Director, International Health Food Assoc., P.O. Box 140760, Miami, Florida 33114-0760. Phone: 305-443-7471.

10457. Makowski, Michael. 1993. Soymilk at DE-VAU-GE and in Europe (Interview). *SoyaScan Notes.* Dec. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** DE-VAU-GE (DVG) has not yet stopped making soymilk; they had planned to stop during late 1993 and they hope to definitely stop during 1994. They stopped making tofu and Tofu Cream 2 months ago, but they continue to sell tofu; they now buy it from another company [Heuschen-Schrouff in the Netherlands]. DGV decided to stop soymilk production because of the large drop in demand after Granose was sold.

Their problem is to find a partner to produce soymilk for them. This other company must make a good quality product at a reasonable price, must have a large enough capacity to supply their needs (they plan to continue to sell the same soymilk products they are selling now), and must be willing to buy their used soymilk equipment at a reasonable price (this is the main sticking point).

There are not many large soymilk manufacturers in Europe. Alpro in Belgium makes and sells about 32 million liters/year in all the different sizes and flavors. Sojinal in France makes about 5½ million liters/year, and DE-VA-GE makes about 4 million liters/year. Other active soymilk manufacturers include Liquats Vegetal S.A. in Viladrau (near Girona), Spain (which started about 1 year ago and makes their soymilk from whole soybeans; they are a private company), several small manufacturers in England (but their quality is not acceptable), and Soyana in Switzerland. In Michael's opinion, the quality of the soymilk made by Alpro and DVG are more or less the same.

The British market for soymilk is by far the biggest in Europe, comprising about 50-60% of the total European market. Belgium, France, and Germany come next and are all about the same size. Then come Italy and Spain.

In Europe, 80% of all soymilk is sold plain–unsweetened and unflavored; it contains only soybeans and water. Then there are the sweetened types, which are sweetened with sugar, honey, or grape juice. The main flavored types are chocolate, vanilla, or strawberry. Then there are three flavors of dessert puddings: Chocolate, vanilla, and strawberry. That's all. Address: General Manager, DE-VAU-GE Gesundkostwerk GmbH, Postfach 1660, Luener Rennbahn 18, D-2120 Lueneburg. Phone: (04131)-303-145.

10458. Pierce, Michael. 1993. Update on Wildwood in Fairfax, California (Interview). *SoyaScan Notes.* Dec. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wildwood's sales are now $150,000/week including products made by other companies. The little tofu shop in Fairfax has been closed and all the tofu is now made in Santa Cruz. Wildwood still assembles sandwiches in Fairfax but at a different location. Address: Graphic designer, 408 2nd St., Macon, Georgia 31201. Phone: 912-752-8083.

10459. Hamel, George "Buddy." 1993. White Wave's early ownership structures, sources of capital, and employees (Interview). *SoyaScan Notes.* Dec. 17 and 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Steve Demos founded White Wave in the fall of 1977 as a sole proprietorship. After about 3 months, he was in need of money, so he invited other people in Boulder to join as working partners in the company by investing $2,000 each. Soon White Wave became a partnership, owned by seven partners who all joined at about the same time: Steve Demos, Ginny Demos (Steve's wife), Pat Calhoun (who came from California), George "Buddy" Hamel, Laurie Singleton, Trudy, and Fred Claire. Fred Claire (who was about age 30 and worked for Intel) only invested money ($5,000); he did not work at White Wave. Six of the seven partners had equal percentage ownership of the company; Fred Claire owned only about 10%. Charles "Chip" McIntosh arrived later.

Buddy is quite sure that the shop on Pearl Street had not been going for more than 3 months when the partnership began, and he is equally sure that he worked in the shop on Pearl Street as a partner for at least 9 months before he and the company moved to Walnut Street. Buddy was in Boulder before Pat Calhoun arrived.

The partners met periodically to make decisions. There was a written agreement with each partner that they must work for 2 years (at relatively low pay) in order to "vest their interest." If they left before that time, the partnership would pay back their $2,000. After several months Trudy, then Laurie left. The partnership did not have the funds to pay back their $2,000 at that time, but it did promise to pay as soon as possible. When these two women left, the percentage ownership of the remaining 5 members increased

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proportionally to total 100%. After a while Laurie (now somewhat upset) wrote White Wave asking the company to please pay back her money. Buddy remembers Steve reading this letter at a company meeting and saying the company might have to go to court with her. Eventually she got back her $2,000. Buddy remembers working very hard at White Wave for about the minimum wage. He believes that these 5 committed workers, working for 2 years at low wages, was a key factor in White Wave's growth and success. Steve as a difficult person to work with (somewhat arrogant and dictatorial), and he thinks that may have been one reason Laurie left.

In the fall of 1978, a year after White Wave had opened, the company's manufacturing operations moved into a much larger building on Walnut Street in Boulder, while still keeping a deli and retail outlet on Pearl Street. Buddy also moved to Walnut Street and worked there for more than a year.

Then in October 1980 White Wave became a corporation. Steve wanted to incorporate, so he met with an attorney named Mike Sutton, who is now on the board of directors. Steve incorporated the company before getting permission to do so from the other partners–even though the matter had been discussed. Buddy recalls being informed by Demos of the incorporation on his (Buddy's) birthday, October 24, 1980. It must have been 1980, because Hamel was in Boulder on 17 May 1980 when Shurtleff and Aoyagi lectured on tofu in a large theater there. After incorporation, in about Jan. 1981, there were meetings of the partners to pass the articles of incorporation and sign the papers. The partnership percentages were converted into equal percentages of stock. There were two types of stock–common stock (owned by the working partners) and preferred stock (owned only by Fred Claire). Buddy recalls that at the first meeting Fred Claire was upset and objected publicly because he got only 10% of the preferred stock.

In about March 1981, shortly after the incorporation, and shortly before White Wave expanded into its next plant (which had formerly been occupied by Mountain High) Buddy left White Wave and moved to California to start a tofu company, Clearway, in Santa Cruz. He had put in his two years of working time but since White Wave wasn't worth much, he decided to hold onto to his White Wave stock as a long-term investment. Steve told Buddy, before Buddy left Boulder, that he wanted the right to buy Buddy's common stock and convert it to preferred stock. Buddy asked: "Will that happen?" Steve replied, "I don't see why not." Buddy agreed to the idea and it was then written down as one of the articles of incorporation. Colorado has very liberal corporation laws, similar to those in Maryland, on this key point of calling common stock.

Buddy started to make tofu at Clearway in California well over a year after he left Boulder. At about the time he did start to make tofu in California, Steve phoned Buddy unexpectedly and said he wanted to buy Buddy's stock for $2,000. Buddy said that was what he paid for the stock, and he felt it was now worth more. Buddy said he wanted to keep his investment that he had worked for. Steve said he had the right to buy back the stock, whether Buddy wanted to sell it or not, due to the clause they had agreed on before Buddy left Boulder. Steve hung up. Then Buddy got a letter from Steve. Buddy went to Boulder to take White Wave to court. He secured a lawyer in Colorado. Steve offered Buddy $6,000 for his stock (Buddy is sure of the $6,000 figure) payable at $2,000 a year over 3 years. Buddy agreed to the amount but he did not want it paid over a 3-year period. Steve didn't agree. So Buddy took White Wave to court. By now Buddy had decided that he wanted to hold on to his stock. During the trial, White Wave was unable to produce the written partnership agreement. Fred Claire, who was also upset, appeared in court and testified on Buddy's behalf. The case went to the Colorado Supreme Court. Buddy feels that he lost the case because he had a rather unskilled, low-priced attorney, who did a poor job. In the end, Buddy got only $2,000 back and had to pay all his attorneys fees, so he lost in a big way. Address: Owner, Clearway, 209 Redwood Rd., Corralitos, California 95076. Phone: 408-728-9335.

10460. Demos, Ginny. 1993. Recollections of the early history of White Wave (Interview). *SoyaScan Notes.* Dec. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ginny, Steve's Demos wife, worked for White Wave during its first few years at both Pearl Street and Walnut Street. At Walnut street she packed a lot of tofu–with her son. She hasn't worked there since the days when she was one of the partners. She had one child, Emmet (now age 14) when she first worked there; she stopped work before her second child, Erin (a girl, now age 11) was born.

Why did Steve decide to change White Wave from a sole proprietorship to a partnership? Ginny recalls that the main reason was the need for money, plus "he needed people who he could count on being there." That was the reason for the requirement that partners stay for 2 years. Steve needed both money and workers, but Ginny recalls that the money was more important since White Wave was severely undercapitalized at the outset. Ginny feels it is very possible (but she is not sure) that all 7 of the people who became partners were already working for White Wave before they became partners. Address: Boulder, Colorado 80301.

10461. Demos, Steve. 1993. More on White Wave's early ownership structures, sources of capital, and employees (Interview). *SoyaScan Notes.* Dec. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Steve started White Wave as a sole proprietorship in a small space on Pearl Street. He hired employees to help make tofu and tofu products. The first employee was Pat Calhoun. The company changed to a

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partnership after about 1 year at about the time of the move to Walnut Street. "The motivation wasn't money–nobody had any. The motivation was commitment. You can either use sweat equity or you can use money to accomplish the same thing. My intention was to get people equitably involved and committed to the project, and to have them take on responsibility. It is very hard to find people who really understand what that means. It is very important to understand the change to a partnership in the context of the values and mentality of the 1960s and 1970s. I was just trying to take the mentality and apply it to business. The 'small is beautiful, everybody's equal, group decision making process'–all those romantic concepts were very influential. It was the old leftover tribe mentality." The the original partners were all employees at the time the partnership structure was created, and it grew out of discussions among Steve and the employees as to the best way to shift gears. Steve decided that "the philosophically correct position for running a late 1970s company was to get out of sole proprietorship and into a new structure." He conceived of and offered the idea of the partnership, with a commitment of both time and money. During the early years the company was making money–enough money to finance the move to Walnut Street and everything else. It was the third move (to the old ice cream factory) that challenged the profitability of the company. The money was not something the needed for a specific purpose; for example, George Hamel contributed part of his money in the form of an old Honda that the company used as a delivery vehicle. There is absolutely no question about the fact that the money was less important than getting people involved with the company and committed to it.

Chip McIntosh was not one of the partners, but he was the first employee who arrived after the partnership began. "I'll never forget it. He came in with a bandana strapped on top of his head. He looked me in the eye and said: 'I want to learn how to do this, and I'm the right person for your company.' Chip arrived while we were installing equipment at Walnut Street, before White Wave started making tempeh. I believe Chris O'Riley was our first tempeh maker. Chip has always been our 'food man' so to speak. He is now back with White Wave as quality assurance manager; he returned about 6 months ago.

Note: Shurtleff and Aoyagi spoke twice in Boulder. The first program, on 18 or 19 Jan. 1976, was sponsored by Spinning Kitchen [or maybe David Bolduc and Green Mountain Grainery] at the Unitarian or Presbyterian Church located at Spruce and Pine streets. The second program, on 17 May 1980, was in the Boulder Theater, sponsored by White Wave in order to introduced soyfoods and their company to Boulder. In addition, Shurtleff visited Boulder with Wataru Takai in early August 1978, saw the White Wave tofu shop and deli in operation on Pearl Street, and met Steve Demos for the first time. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10462. Demos, Steve. 1993. New developments at White Wave (Interview). *SoyaScan Notes.* Dec. 19. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** White Wave is about to rent the Boulder Theater for a town party in May 1994 to show the people of Boulder what the company is doing. "We're renaming Boulder 'Tofu Town.'"

Steve recommends that Shurtleff go to Whole Foods Market's store in Berkeley, California, where there is now a White Wave Vegetarian Cuisine Center. They have a "shelf set" developed as the first prototype for the United States. The set is fully integrated into the store's dairy case; it is not a stand-alone unit. In Berkeley, the set is placed in between amazake and tortillas. There may or may not be dividers on both sides. It contains about 46 facings of White Wave products in an organized fashion, in groups such as meat alternatives, dairy alternatives, cheese alternatives, tofu, tempeh, etc. The term "Vegetarian Cuisine," which does not contain the word "soyfoods" or the word "protein," opens the products to a broader category and it elevates the foods to a higher level than just basic proteins. White Wave has had a dozen cartoon characters made up for the set; they deliver the basic information on soyfoods and ecology, soyfoods and cancer, soyfoods and heart disease, etc. There are individual 3 by 5 inch info-cards printed on both sides. Sources of more information are given on each card. White Wave installed their first sets during the first week in November in the 3 Whole Foods stores in the Bay Area–Berkeley, Palo Alto, and Mill Valley. Berkeley is the best of the three. During the first month, the lowest increase in sales was 160% and the highest was 1,000%.

"We are calling this 'category management' or 'category shelf management.' This is what Walmart is. This is the science of merchandising and marketing. Its a whole new game–and so exciting. We spent a year taking photos of natural and health food stores around the United States, and we realized that there was no organizational schematic to the evolution which has taken place as products evolved from tofu to tempeh to soymilk, to second generation soy products, and now a new generation of vegetable protein products in which various proteins are blended/extended–e.g. wheat protein and soy protein, or products resembling milk or ice cream (like Rice Dream) made from rice.

White Wave will soon be coming out with a new line of gluten-based luncheon slices; another company will make some of these products. White Wave may perhaps buy another company.

"Concerning our new shelf set, we're going into natural and health food stores and saying 'We occupy 18 square feet (or that many cubic inches). Our turn rate is X, our profitability factor is Y, and our average sale price is Z.

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Here's our product mix and her's what we're doing.' You'll see national ads on this in February.

"We'll be ready to go into supermarket chains when they call us and say 'We want your products and you don't have to pay slotting fees.' We will not pay slotting fees. You invest in either a pull or a push. I am against the push mentality. When the chains call you, it means that the market is ready for your products. If you push in, you run the risk of being premature. Legume is a good example of that.

Steve has visited a number of Safeway stores in California and he feels Safeway is very interested in his products and shelf set. Each set costs about $500-$700 per store in time and hardware and logo–not including the food products. So Steve must proceed slowly and carefully in getting into supermarkets. He will probably start with supermarkets in college or university towns. From there he will gather statistics on sales and profitability. He will move very slowly, starting with stores in markets with the right demographics, first down the West Coast, then across the Sun Belt, then over to the East Coast and up. Steve will probably have 3 sizes of sets. The smallest set will contain only the fastest moving items. Steve can get into the dairy case of a supermarket only if he can prove that he can deliver more profit per unit of shelf space. They will take a 30-35% margin, and he hopes to do $60,000 in sales per store per year.

Right now the company is shut down and they are installing all new equipment. The equipment is made by a variety of manufacturers (some from Takai, some American, some German), and it will have a capacity of 1 ton/hour of tofu. They have just installed what is probably the largest curding carousel in the United States. They made tofu on Dec. 16-17 to test the equipment, and Steve is very optimistic that the learning curve will be short. "Wataru Takai is arriving in Boulder today. Tomorrow all the big-time pasteurization and spiral chilling equipment will be installed. I've never seen a soyfoods company that uses this type of equipment. We also have fancy packing machines, a lot of vacuum packing and water packing machines.

"Sales of White Wave's basic seitan, sold in a tub, are increasing rapidly. We are already selling thousands of pounds a week."

White Wave is now right in the middle of their waste-water nightmare. Fortunately the city of Boulder has given us the okay for our new construction and equipment. The plant will be done by the middle of January. The last phase is the solar employee lounge out front. The city has beaten up on us for the last year on environmental issues. Only Pat Calhoun's persistence got us through it by wearing out the city's bureaucracy. One day they threw their hands up and gave us all the permits.

"We are at a critical mass point as of 1 Jan. 1994. We have a new factory (high-output and very sanitary), a new production system, and a new marketing scheme and schematic in place based on reproducible, verifiable numbers. We are ready for takeoff. I'm very excited. We're all dressed up for the party. I now have what we were dreaming about 15 years ago."

Note: In the opinion of Soyfoods Center, White Wave is currently, and has been for at least the past 5 years, the most innovative soyfoods company in America. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10463. Kashama, Johnny. 1993. Re: Tofu-Rwanda s.a.r.l. Questions answered on Soyfoods Center questionnaire and returned to SC on 22 Dec. 1993. 3 p. Handwritten, without signature. [Eng]

• ***Summary:*** The following is based on a interview with Mr. Jean-Pierre Cadran, technical assistant in charge of the Tofu-Rwanda project (*Projet Valorisation et Transformation du Soja*). This company was founded in Feb. 1990 for the improvement of the diet of the people of Rwanda by the introduction of a new product of high nutritive value. A private society of limited liability (s.a.r.l.), 51% the shares are owned by 3 Rwandese men (Mr. O. Murenzi, Mr. L. Gahamanyi, and Mr. F. Gasengayire) and 49% by a French non-governmental organization (NGO) named CIDR (*Centre International de Développement et de Recherche;* the International Center for Development and Research). In July 1991 the company started to make and sell soyfoods, starting with tofu.

The soybean was introduced to Rwanda in 1927 (see Lejeune 1938). In 1980 in Rwanda soybeans were processed only by one company into flour and oil, and this company failed because of bad management. A new type of processing was introduced in 1984 when CIDR began studies on tofu. Tofu-Rwanda was the first company to make tofu in Rwanda. The company has been moderately successful (but has not grown) because tofu is a new product, yet it is easy to use, and most of the people living in cities can afford it. Their main business problem has been the devaluation of the Rwandese franc by 120% over the last 2 years. The company presently makes five soy products: Tofu, Tofu Croquettes (triangles), Tofu Fritters (balls 2 inches in diameter), Okara Crackers, and Soymilk (which is sold only to people who come to the shop with their own container). Of these, tofu is the best seller. A number of the products have no labels. he tofu is sold directly from the factory. None of the products are sold refrigerated.

The company employs 6 people; 1 manager, 2 production workers, and 3 office and other workers. Their plant contains 146 square meters of production space and 41 square meters of office space. Net sales last year were 1,600,000 Rwandese francs (=US$11,000). The net worth of the business is 2,700,000 Rwandese francs (=US$18,600).

There is also another company in Kigali, Rwanda named Duhamic-Adri that makes a product named *Imvange-Sosoma*

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containing soybeans, sorghum, and maize. Address: c/o Tofu–Rwanda, P.O. Box 1906, Kigali, Rwanda. Phone: 758-82607.

10464. Randjelovic, Sladjan. 1993. New developments with tofu in Yugoslavia and Czechoslovakia (Interview). *SoyaScan Notes.* Dec. 29. Conducted by William Shurtleff of Soyfoods Center. [Eng]

• ***Summary:*** Randjelovic called from Serbia, in Yugoslavia, where he is setting up a tofu company that he plans to name Randjelovic. He is looking for source of organic soybeans. His friend named Vacek runs Sunfood in Dobruska, Czechoslovakia (about 75 miles east northeast of Prague near the border with Poland), and his friend is also an agent for Mitoku Macrobiotic Foods. In Prague, Czechoslovakia, someone is starting an automatic tofu plant using Takai equipment. Address: Randjelovic, D. Damjanovica #17, 11460 Barajevo, Yugoslavia. Phone: 381-11-610-088.

10465. Ontario Soybean Growers' Marketing Board. 1993. Annual report. Box 1199, Chatham, ONT N7M 5L8, Canada. 27 p. Dec. 28 cm.

• ***Summary:*** This is a report for the year 1993. Contents: Mission statement. Chairman's message (Ron MacDougall). Secretary manager's message (Fred Brandenburg, Dec. 1993). OSGMB summary of major activities in 1992. Auditor's report and balance sheet. 1993 soybean & research funding (incl. breeding of soybeans for tofu and natto). Ontario soybeans–supply and demand, 1990-1993. Soybeans: Area, production and farm value, by county, 1992, with provincial totals [including county and district totals], 1986-1992. Ontario marketings, 1990-92. Ontario soybeans: Production, crushings, imports, exports. 1992 crop year marketings by county. Ontario soybean production history, 1942-1993. Ontario soybean exports by destination in metric tons. Soybean meal: Canadian imports and exports. Soybean oil: Canadian imports and exports. Quality of the 1992 soybean crop by county (in terms of mean oil content and mean protein content). Cash prices for Ontario soybeans (1990-1994). Ontario basis values (cents over futures). Weekly adjusted producer basis. Soybean supply and demand, 1990-1994: USA, world. OSGMB appointments for 1993 (officers and committees). 1993 district committee members of soybean board. Address: Chatham, ONT, Canada. Phone: 519-352-7730.

10466. **Product Name:** Herb Smoked Tofu [Organic].
Manufacturer's Name: Smoke & Fire Natural Foods.
Manufacturer's Address: 955 S. Main St., Great Barrington, MA 01230. Phone: 413-528-6891.
Date of Introduction: 1993. December.
Ingredients: 1998: Organic tofu (Soybeans, water, nigari and/or calcium sulfate), organic tamari, organic apple cider, herbs and spices, natural wood smoke.
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) vacuum pack. Retails for $2.15 (1998/07, Massachusetts; Range: $1.89 to $2.50).
How Stored: Refrigerated, 90 day shelf life (at 34-36ºF).
New Product–Documentation: U.S. Soyfoods Directory. 1998. Feb. New company listing, p. 27. Talk with José Antunes (pronounced jo-ZAY ahn-TU-nays), founder and president, who is Portuguese. 1998. June 29. He has an invoice [of which he sent a copy to Soyfoods Center] showing that he started making and selling smoked tofu on 1 Dec. 1993 at 955 S. Main St., Great Barrington, Massachusetts, 01236. The first sale was to Morganicus; 10 cases at $22.50 per case. The company was located in a fish smokehouse at this time until Nov. 1996. He incorporated the company after this first product was launched. His friend, Sjon Welters, told him that smoked tofu was widely made in Europe, but that it was plain, not flavored. Sjon gave him a copy of *Tofu & Soymilk Production* by Shurtleff & Aoyagi, He buys his tofu from a tofu manufacturer. His first product was Herb Smoked Tofu. He now makes five flavors of smoked tofu: Herb, Lemon, Barbecue, Thai, and Sea Vegetables (introduced in Dec. 1997). Each product is 5½ oz. and vacuum packed. The average retail price is $2.19; the range is $1.89 (at Trader Joe's) to $2.79 (out of state). Interest in his products is growing rapidly; he basically has a fan club. In about 1993/94 he moved the company to its present address: P.O. Box 743, Great Barrington, MA 01230.

Products (five flavors) with Labels kindly sent by UPS refrigerated by José Antunes. 1998. July 8. Label for Herb: 2.5 by 3.75 inches. Self adhesive. Green, orange, red, and white on black. Front panel text: "Naturally cured in a real New England smokehouse. Serve as is or in prepared dishes. Imparts a delicate smoked flavor when used in cooking. Please refrigerate." On the back panel are Nutrition Facts, ingredients, and an invitation to get in touch by e-mail or to visit the company's web site at http://smokeandfire.com. Soyfoods Center taste test. 1998 July 11. Organoleptic scores: Herb, Lemon-Garlic, and Sea Vegetable all = 10 (the top score). Thai = 9 (could market it like a hot dog). BBQ = 7 (too spicy for our tastes). These some of the most delicious tofu products we have ever tasted! The package design is also excellent.

Talk with José Antunes. 1998. July 14. These are excellent products. He does not buy his tofu from Nasoya because their tofu is not firm enough. The product has a shelf life of 90 days from the day of processing if stored at 34-36ºF. His best-seller is Herb, followed by Thai, then BBQ and Lemon-Garlic (tied for #3), and sea vegetable (which is also the newest product, launched in early 1998). The products were introduced in this sequence: Herb (Dec. 1993), Lemon-Garlic (1994), BBQ and Thai (1995). and Sea Vegetable (early 1998). The idea for these products came to José in the summer of 1993 when he was working for a smokehouse that smoked fish. One day he decided to try

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smoking some tofu that he had marinated with herbs–just like the fish. It turned out very well. For about a year at this time, just as he was going through a divorce and was under great personal stress, he received many amazing insights into life and good things started happening. "It was just like a revelation." He had not heard of smoked tofu at the time. He first heard of tofu through macrobiotics–which he began studying in 1974 in Portugal. After he got out of the air force (in Africa) and was sick with typhus and in the hospital for several months, he read a book by George Ohsawa. He continued his studies at the Community Health Foundations and Kushi Institute in London, England, in 1974-76 with Bill Tara; there he first learned about tofu and amazake. Then he studied in Boston. Being very independent, he wanted to create his own business. He had learned how to make amazake at cooking classes in the Kushi Institute in Boston. So in about 1981 in Boston, he and his ex-wife, Melissa Crane Morehouse, started making amazake at their home and selling it at the first Erewhon store and the first Bread and Circus store. Their amazake business was named Infinity, and it lasted for only about eight months. He is now working to develop a savory herb smoked tempeh (probably the first in the world; Lightlife's smoky strips are not really smoked, but just smoke flavored); he sold a little in early 1998, but he has no label yet. It will be more expensive than smoked tofu and probably will not sell as well. His business is expanding rapidly, and he wants to get more distribution in California and the western USA. Last year he had a booth at the Natural Products Expo. He served the smoked tofu sliced, on a toothpick.

Letter from José Antunes. 198. July 20. His company is presently smoking about 2,400 lb/week of tofu. This letter contains photocopies of the earliest invoice showing that each different flavor or product was sold. From 1 Dec. 1993 through 7 Nov. 1996 his company leased space in the fish smokehouse where the product was created. On 8 Nov. 1996 they moved into their own production facility (at 1885 North Main St., Sheffield, Massachusetts 01257) after installing a smokehouse and vacuum packing machine. Their corporate offices are listed as being at 21 Mechanic St. in Great Barrington–which is the office of José's accountant and partner.

10467. *SoyaCow Newsletter* (*Ottawa, Canada*). 1993. Russian Soybean Association launches soyfoods initiative. 2(4):1. Oct/Dec.

• ***Summary:*** In December, Krasnodar, a city in southern Russia, hosted a warm reception for the first SoyaCow ever to penetrate the former Soviet Union. Krasnodar is the center of a major agricultural "breadbasket" for Russia and soybeans are a leading local crop–which has traditionally been grown mostly for animal feed and oil extraction.

The Russian Soybean Association, ASSOY, had arranged for a SoyaCow demonstration, attended by local staff, VIPs, and the media. "The line-ups for samples of fresh soymilk and tofu proved that an entire new food category could be embraced spontaneously by one of the world's major cultures." A photo shows Frank Daller demonstrating SoyaCow to Alexander Podobedov, director of ASSOY.

Note: Talk with Frank Daller of The SoyaCow Centre. 1994. Aug. 22. Mr. Podobedov (pronounced po-DOE-buh-doff) can be contacted at ASSOY, Ul. Mirra 28, 350063 Krasnodar, Russia. Phone: (7) 8612-525614; Fax (7) 8612-540081.

Krasnodar is in southern Russia at about 45º N latitude (about the same latitude St. Paul, Minnesota), just east of the Black Sea. It is the capital of the Krasnodar Krai, a Territory of the Russian S.F.S.R.

10468. **Product Name:** Fat-Free Soya Kaas (Cheese Alternative Containing Casein) [Mozzarella Style, Jalapeño Mexi-Kaas, or Mild American Cheddar Style].
Manufacturer's Name: Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 6029 Lagrange Blvd., Atlanta, GA 30336. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-824-8181.
Date of Introduction: 1993. December.
Ingredients: Mozzarella Style: Tofu (organic* soy milk, calcium sulfate); caseinate, milk protein; corn starch**; natural flavors; sea salt; lecithin; lactic acid; cellulose, carrageenan, and guar gums. * Organic ingredients are grown and processed in accordance with the California Organic Foods Act of 1990. ** Modified by simply dividing/fractionating; not chemically altered.
Wt/Vol., Packaging, Price: 12 oz vacuum pack retails for $3.89 (6/86), or 7 lb deli block.
How Stored: Refrigerated.
Nutrition: Per 1 oz.: Calories 78, protein 6.7 gm, fat 5.6 gm, carbohydrates 1.8 gm, sodium 168 mg.
New Product–Documentation: Labels for all 3 products sent by Casey Van Rysdam, President, American Natural Snacks. 1993 (Copyright). Red and green, or red and blue, on white. 4.5 by 3.5 inches. "No cholesterol. Lactose free. Keep refrigerated. May be frozen." The three flavors of Fat-Free were first sold in Dec. 1993.

Letter from Atlanta Kashruth Commission. 1993. Dec. 12. Soya Kaas products are produced under the Orthodox Rabbinical Supervision of the Atlanta Kashruth Commission. The plant in which these products are made is located at 6029 Lagrange Blvd., Atlanta, Georgia 30336.

Leaflet (8½ by 11 inches). Undated. "Why Soya Kaas? Introducing Fat-Free!" In 3 flavors.

10469. Viana Naturkost GmbH. 1993. Sound im Glas [Sound in Glass]. Euskirchen-Kuchenheim, Germany. 6 panels. 21 cm. Company catalog. [Ger]

• ***Summary:*** This stylish, 6-panel company catalog is black,

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red, and white on pea green. The company now sells many of its products in glass jars and bottles. Mentioned here are: Brown-Rice Miso (*Genmai* Miso) and Barley Miso (*Mugi* Miso). Spreads for breads include Chickpea Spread (*Kichererbsen Pastete,* with shoyu and soybeans), Vegetable Garden (*Gemuesegarten,* with organic tofu), Inka (with organic tofu), Toto (with organic tofu), and Miso Squash Paste.

Note: During 1993-94 Viana purchased modern tofu production equipment from Takai in Japan. Address: Willi Graf Str. 88, 33881 Euskirchen-Kuchenheim, Germany. Phone: 02251/56076.

10470. **Product Name:** Soybean Milk, Hard Tofu Cake, Square Tofu (not pressed), Deep-Fried Triangle Tofu, Tofu Pudding.
Manufacturer's Name: Binh Minh Tofu Manufacturing.
Manufacturer's Address: 1180 Tully Rd., Unit B., San Jose, CA 95122. Phone: 408-279-3655.
Date of Introduction: 1993.
How Stored: Refrigerated.
New Product–Documentation: Talk with Binh Tran, owner and founder. 1996. May 28. He is a Vietnamese-American. Tran is his family name. He started this company in May 1991. His is now the largest tofu maker in San Jose. These products were introduced after the company started. They are all Vietnamese soy products and the labels are entirely in Vietnamese, with no English.

10471. **Product Name:** [Tofu Burgers].
Foreign Name: Crocchette al Tofu.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1993.
Ingredients: Partially polished rice, tofu (soy), onions (*cipolle*), carrots, sweet peppers (also called bell peppers; *peperoni*), bread crumbs (*pane grattuggiato*), various spices (3%), sunflower seed oil, salt.
Wt/Vol., Packaging, Price: 300 gm (2 servings of 150 gm each) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This label (6 by 2.75 inches) has dark green text on a wavy red, orange, and yellow pastel background. A small blue and white oval logo states: "AgriEco Bio–Organically grown and certified (*Prodotti Biologici–Controllati e Garantiti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container. This product has been discontinued.

10472. **Product Name:** [Skewered Tofu and Seitan].
Foreign Name: Spiedini di Tofu e Seitan.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1993.
Ingredients: Tofu (soy & water), seitan (washed by hand, containing wheat gluten, corn starch, soy sauce, spices), carrots.
Wt/Vol., Packaging, Price: 200 gm vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This label (5.5 by 4.75 inches) has dark red text on a wavy blue, red, and yellow pastel background. A small blue and white oval logo states: "AgriEco Bio–Organically grown and certified (*Prodotti Biologici–Controllati e Garantiti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container. This product has been discontinued. It was delicious by too labor-intensive.

10473. **Product Name:** [Soja Harmoniques: Tofu Ravioli with Tomato Sauce].
Foreign Name: Soja Harmoniques: Ravioli au Tofu–Sauce Tomate.
Manufacturer's Name: Biosoja.
Manufacturer's Address: 10 rue Lavoisier, F 68 000 Colmar, France. Phone: 89 74 53 74.
Date of Introduction: 1993.
Ingredients: Ravioli 55%. Dough: Hard wheat semolina, water. Filling: Tofu (30%), fine bread crumbs, soy sauce, onions, herbs, salt, spices. Sauce: Water, tomato puree, carrots, diced tomato, salt, modified starch, soymilk, sugar, plant protein hydrolysate, onions, spices.
Wt/Vol., Packaging, Price: 300 gm. can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by Heather Paine of Soyafoods in London. 1995. Aug. 8. b by 3.75 by 1.5 inches. Tan, brown, green, black, and red. Color photo of Tofu Ravioli. Individual portion. Light–Contains less than 300 calories. No cholesterol. Note: In 1990 Sojinal, as part of their Biosoja Soja Delights line, introduced a Tofu Ravioli.

10474. Crnivec, Vesna. 1993. Od soje do tofuja [From soya to tofu]. *Bio Novice* (*Bio News, Ljubljana, Slovenia*) No. 5/6. p. 40-44. [1 ref. Slv]
• ***Summary:*** The subtitle reads: "Basic recipes for making traditional fermented and nonfermented foods, and for preparing foods using tofu." Excerpts from *The Book of Tofu* by Shurtleff and Aoyagi. Describes how to make tofu at home (with 6 illustrations {line drawings} by Akiko Aoyagi), and discusses soy puree, soymilk, and okara. Address: Slovenia.

10475. **Product Name:** [Bjorg Tofu Quenelles with Basmati Rice and Curry Sauce].
Foreign Name: Bjórg Tofunelles au Riz Basmati Sauce

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Curry.
Manufacturer's Name: Distriborg.
Manufacturer's Address: 217 chemin du Grand-Revoyet, 69230 Saint-Genis-Laval, France.
Date of Introduction: 1993.
Ingredients: Tofu quenelles 25% (Concentrated soymilk* 40%, egg white, non-hydrogenated palm oil, flour, salt, seasonings), basmati rice* 25%, water, modified starch, soymilk*, salt, onions, sugar, seasonings, curry 0.5%. * = Organically grown.
Wt/Vol., Packaging, Price: 280 gm.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by Heather Paine of SoyaFoods in London. 1993. Nov. 3. If you have any questions, contact Distriborg, 217 chemin du Grand-Revoyet, 69230 Saint-Genis-Laval.

10476. **Product Name:** [Bjorg Lentils with Tofu].
Foreign Name: Bjórg Lentilles au Tofu.
Manufacturer's Name: Distriborg.
Manufacturer's Address: 217 chemin du Grand-Revoyet, 69230 Saint-Genis-Laval, France.
Date of Introduction: 1993.
Ingredients: Green lentils 40%, smoked tofu 33% (tofu* 93%, soy sauce, spices and seasonings), water, carrots, modified starch, salt, tomato concentrate*, mixture of seasonings.
Wt/Vol., Packaging, Price: 300 gm.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by Heather Paine of SoyaFoods in London. 1993. Nov. 3. If you have any questions, contact Distriborg, 217 chemin du Grand-Revoyet, 69230 Saint-Genis-Laval.

10477. **Product Name:** Tofu Spring Rolls, and Okinawa Tofu.
Manufacturer's Name: Fuji Fresh Tofu Co.
Manufacturer's Address: 248 Jackson St., San Jose, CA 95112. Phone: 408-297-1666.
Date of Introduction: 1993.
New Product–Documentation: Talk with Linda Lam, owner of Fuji Fresh Tofu. 1994. April 8. She and her husband introduced these products in 1993. The Okinawa Tofu is made with mushrooms, black fungus, and bean threads.

10478. **Product Name:** Unfried Tofu (Extra Firm), Soft Tofu, Soymilk [Chocolate, or Strawberry].
Manufacturer's Name: Happy Tofu.
Manufacturer's Address: 5231 S.E. Powell Blvd., Portland, OR 97206. Phone: 503-771-2802.
Date of Introduction: 1993.
How Stored: Refrigerated.
New Product–Documentation: Talk with Tom Nguyen. 1994. Nov. 17. Tom is Ann Uong's partner and brother-in-law, married to her sister. He is also Vietnamese. In 1993 Happy Tofu introduced Unfried Tofu (which is extra firm tofu–doufu-gan–in 4-inch squares), Soft Tofu, and soymilk in chocolate and strawberry flavors.

10479. Harcan Kingsoya Co. Ltd. 1993. Veg-A-King (Brochure). Ontario, Canada. 4 p.
• ***Summary:*** This is a portfolio-style leaflet with one insert describing Veg-A-King soy sauce. "Harcan Kingsoya Co. Ltd. is a Chinese/Canadian joint venture company set up to bring you authentic soyfoods and exotic sauces. Our Chinese partner is a leading food manufacturer and exporter in Heilongjiang Province, China." The company has established a manufacturing plant in Scarborough, Ontario, Canada. The brand name is Veg-A-King.

"Veg-A-King soy sauce is our flagship product. We use a traditional recipe which has a long history in China. Brewed naturally from premium soybeans, wheat and bran, it contains no artificial colours or added flavourings."

The company also makes an impressive line of 17 meatlike soyfoods products such as Vege-Beef, Vege-Chicken, and Vege-Shrimp. Pressed tofu is the basic ingredient of these foods. "Through further processing it can be shredded, formed, steamed, deep-fried or smoked to make different delicious foods" for vegetarians. Premium quality Canadian soybeans are used in manufacturing soymilk, tofu, and dried bean curd.

Two photos show foods being made in the factory. Address: 33 Casebridge Court, Units 5&6, Scarborough, ONT M1B 3J5, Canada. Phone: (416) 283-8328.

10480. **Product Name:** Tofu.
Manufacturer's Name: Nature Treats.
Manufacturer's Address: One Phoenix Ave., Kingston 10, Jamaica.
Date of Introduction: 1993.
New Product–Documentation: INTSOY Newsletter (Urbana, Illinois). 1987. April. p. 3. "Visit prompts commercial Caribbean soyfoods venture [Hope Lopez of Nature Treats]. Actual marketing of soyfood products is scheduled to begin by the spring of 1987. Ms. Lopez runs a food store.

Talk with Marlon D'Aguilar, owner of Country Farmhouse Soya Products in Kingston, Jamaica. 1996. May 20. There are no other companies now making soyfoods in Jamaica. One company named Nature Treats started in about 1993, but they went out of business about 2 years later; she [Hope Lopez] is trying to sell him her equipment.

10481. **Product Name:** [Tofu].
Manufacturer's Name: Peter Mayr Tofu.
Manufacturer's Address: Felantix, Mallorca, Spain.
Date of Introduction: 1993.
New Product–Documentation: Letter (handwritten) from

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Toby and Teresa Perez Coma. 1994. Jan. 5. "My wife and I became fascinated with tofu after living near a tofu shop in Felantix, Mallorca, which unfortunately closed at the beginning of this year [1994]. However Peter is regrouping, working as an electrician, and continues to produce from his house. His address is: Peter Mayr, P.O. Box 93, Felantix, Mallorca.

"He lent us his copy of *Tofu & Soymilk Production* and the result is that we are now in France, setting up a tiny tofu factory on semi-traditional lines."

10482. **Product Name:** [Bjorg Tofu Lasagna].
Foreign Name: Bjórg Lasagnes au Tofu.
Manufacturer's Name: Setrab.
Manufacturer's Address: E111–94538 Rungis Cedex, France.
Date of Introduction: 1993.
Ingredients: Pâte (wheat semolina* and water), water, tomato concentrate*, tofu* 7.3%, carrots, tomatoes, modified starch, soya proteins, grated bread crumbs, salt, onions, sugar, seasonings.
Wt/Vol., Packaging, Price: 300 gm.
New Product–Documentation: Label sent by Heather Paine of SoyaFoods in London. 1993. Nov. 3. If you have any questions, contact Distriborg, 217 chemin du Grand-Revoyet, 69230 Saint-Genis-Laval.

10483. **Product Name:** [Marinated Deep-Fried Tofu Cutlets].
Foreign Name: Fetas de Tofu.
Manufacturer's Name: Soyana.
Manufacturer's Address: Buenos Aires, Argentina.
Date of Introduction: 1993.
Ingredients: Tofu (soybeans, water, coagulant), marinade, oil.
Wt/Vol., Packaging, Price: Vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Visit with Carlos Planes at Soyinfo Center in Lafayette, California. 2012. Feb. 23. Documents related to this first tofu product he brought and gave to Soyinfo Center: Sell sheet (printed black on white paper; 15 x 10 cm): Nuevas. Soyana: Fetas de Tofu. Cocinadas y Sazonadas, Listas para servir [Cooked and seasoned. Ready to serve]. Carlos says these four little tofu cutlets were vacuum packed.

New label introduced in 2002. Green, white and black on red. 4.7 x 13 cm. "New–Ideal for sandwiches. 150 gm."

A much larger label for the same product, preprinted on a plastic bag, was introduced several years later. The product was now named: Soyana Tofu: Alimento en base a Soja. "Cocido, filetado, sazonado." 18 x 13 cm. Red, black and white on orange. Net weight: 150 gm. He sold one of these products for every 5-6 of his basic tofu.

10484. **Product Name:** [Soyana Tofu Escabeche].
Foreign Name: Soyana Tofu Escabeche.
Manufacturer's Name: Soyana.
Manufacturer's Address: Alvear 1754, San Martin, Provincia de Buenos Aires, Argentina.
Date of Introduction: 1993.
Ingredients: Incl. Tofu (soybeans, water, coagulant).
Wt/Vol., Packaging, Price: 350 gm.
How Stored: Refrigerated.
New Product–Documentation: Visit with Carlos Planes at Soyinfo Center in Lafayette, California. 2012. Feb. 23. Documents related to this tofu product he brought and gave to Soyinfo Center: Label for this, his first packaged product. 7.5 x 10 cm. Red, white and green on pink. Carlos says: This fried product was only on the market for a few months.

Note: Escabeche is a typical Mediterranean cuisine which refers to both a dish of poached or fried fish that is marinated in an acidic mixture before serving, and to the marinade itself. The dish is common in Spanish cuisine. It is usually served cold after marinating in a refrigerator overnight or longer. The acid in the marinade is usually vinegar but can also include citrus (such as lemon) juice (Source: Wikipedia, Feb. 2012).

10485. **Product Name:** Superfresh Tofu Avo [Sandwich].
Manufacturer's Name: Superfresh Foods!
Manufacturer's Address: P.O. Box 883551, San Francisco, CA 94188. Phone: (415) 282-4438.
Date of Introduction: 1993.
Ingredients: Sprouted whole grain bread (with organic* wheat kernels), grilled marinated tofu (shiitake mushrooms, red wine vinegar, olive oil, garlic, soy sauce, marjoram, cloves, pepper), avocado, onion, lettuce, alfalfa sprouts, mayonnaise, cracked black pepper. * = Grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 3-layer sandwich wrapped in plastic wrap. Retails for $3.69.
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Open Sesame in Lafayette, California. 1995. March 11. Label. 3.5 by 3 inches. Black on pink. Illustrations of veggies around the border. Talk with lady from Superfresh. 1995. March 11. This product was introduced in 1993. The company started in the spring of 1992.

10486. **Product Name:** Soya Croquettes, Soy Crackers (With Okara), Fritters.
Manufacturer's Name: Tofu-Rwanda Sarl.
Manufacturer's Address: P.O. Box 1906, Kigali, Republic of Rwanda.
Date of Introduction: 1993.
Ingredients: Croquettes: Tofu (*viande de soja*), rice, corn flour, leeks (*poireaux*), salt, peppers (*pili-pili*).

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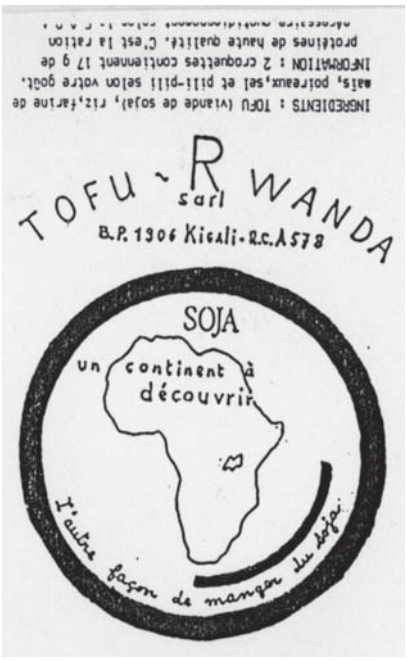

New Product–Documentation: Letter from Mr. Johnny Kashama of Tofu-Rwanda. 1993. Nov. 9. "In Rwanda there is a mini-industry which makes tofu and other products from tofu like crackers (from okara) and fritters and other kind of cakes called in French 'croquettes.'"

Form filled out by Johnny Kashama of Tofu-Rwanda, based on a interview with Mr. Jean-Pierre Cadran of Tofu-Rwanda. 1993. Dec. 21. The company presently makes five soy products: Tofu, Tofu Croquettes, Tofu Fritters, Okara Crackers, and Soymilk (which is sold only to people who come to the shop with their own container). Of these, tofu is the best seller. The Croquettes (for which a Label is enclosed) are made in the form of a triangle of 7.5 cm (3 inches) on each side; the ingredients are: Tofu ("soya meat" = *viande de soja*), rice, corn flour, leeks, salt and peppers (*pili-pili*). "Two croquettes contain 17 gm of high-quality protein." The Fritters (*beignets*) are little balls of about 5 cm in diameter; the ingredients are tofu, wheat flour, eggs, and sugar. The crackers are prepared in many shapes, including birds, hearts, and squares. The ingredients are okara, butter, wheat flour, eggs, and sugar.

10487. **Product Name:** New World Foods Green Chile Stew (With Granular Tofu Curds).
Manufacturer's Name: Vegetable Protein Specialists (VPS), Inc.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe, NM 87501. Phone: 505-471-8979.
Date of Introduction: 1993.
Ingredients: Organic* Befine (soybeans, water, calcium sulfate, caramel color), organic* posole, potatoes, water, home roasted New Mexico chile, corn, carrots, onion, shoyu (water, soybeans, wheat, salt), whole wheat flour, spices. * = Organically grown & processed in accordance with Section 26569.11 of the California Health and Safety Code.
Wt/Vol., Packaging, Price: 12 oz vacuum pack. Or 24 lb. foodservice pack.
How Stored: Frozen or refrigerated.
New Product–Documentation: Leaflet sent by Richard Jennings of VPS, Inc. (Vegetable Protein Specialists). 1993. Nov. 26. "New World Foods."

Talk with Richard Jennings of VPS. 1993. Dec. 1. This product was introduced in 1993. A key ingredient was Rico Soy (small, firm chunks of tofu), which was renamed and trademarked Befine by Sept. 1993.

New Label sent by Richard Jennings. 1993. Nov. 29. 3 by 5 inches. Self adhesive. Green on gold. Illustration of a symbolic Aztec crow. "Low in saturated fat."

10488. **Product Name:** [Viana Spreads for Bread (Chickpea Spread, Vegetable Garden, Inka, Toto, Miso Squash Spread)].
Foreign Name: Viana Brotaufstriche (Kichererbsen Pastete, Gemuesegarten, Inka, Toto, Miso Kuerbis Pastete).
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251/56076. Fax: 02251/75638.
Date of Introduction: 1993.
Wt/Vol., Packaging, Price: 125 gm. Sold in glass jars.
New Product–Documentation: Brochure titled "Sound im Glas," sent by Bernd Drosihn, founder and owner of Viana. 1994. Feb. 14. The ingredients for each spread are as follows (* = organically grown): Chickpea Spread: Chickpeas*, sesame seeds*, peanuts*, apple cider vinegar*, shoyu* (water, wheat, soybeans, sea salt), garlic powder*, herbs*, spices*, sea salt; Vegetable Garden: Tofu*, carrots*, leeks*, vegetable oil*, celery*, sea vegetables, garlic powder*, onion powder*, herbs*, spices*, sea salt; Inka: Tofu*, amaranth*, hazelnuts*, vegetable oil*, vegetables*, herbs*, spices*, sea salt; Toto (Italian): Tofu*, tomato pulp*, vegetable oil, olives*, herbs*, spices*, sea salt; Miso Squash Spread: Squash or pumpkin*, onions*, sesame seeds*, celery*, miso (soybeans*, rice*, barley*, water, sea salt), spices.

Labels brought by Bernd Drosihn of Viana. 1995. March 11. Label for Gemüsegarten. 4.87 x 1.5 inches. Red, black and white on purple. Self adhesive. All are now sold in glass jars.

10489. **Product Name:** [Toto: Tomato Tofu Spread].
Foreign Name: Toto: Tomaten Tofu Pastete.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: (02233) 41323.
Date of Introduction: 1993.
Ingredients: Tofu*, tomato pulp (*Tomatenmark*)*, vegetable oil, olives*, herbs (*Kräuter*)*, spices (*Gewürze*)*, sea salt. * = Organically grown (*kontrolliert biologischer Anbau*).

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Wt/Vol., Packaging, Price: 125 gm. Sold in a glass jar.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 4.87 x 1.5 inches. Red, white, and black on orange. Self adhesive.

10490. **Product Name:** [Inka: Amaranth Tofu Spread].
Foreign Name: Inka: Amaranth Tofu Pastete.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: (02233) 41323.
Date of Introduction: 1993.
Ingredients: Tofu*, amaranth (*Amaranth*)*, hazelnuts*, vegetable oil, vegetables*, herbs (*Kräuter*)*, spices (*Gewürze*)*, sea salt. * = Organically grown (*kontrolliert biologischer Anbau*).
Wt/Vol., Packaging, Price: 125 gm. Sold in a glass jar.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 4.87 x 1.5 inches. Red, white, and black on grayish green. Self adhesive.

10491. **Product Name:** [Smoked Tofu Spread].
Foreign Name: Fumé: Feine Räuchertofu Pastete.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: (02233) 41323.
Date of Introduction: 1993.
Ingredients: Smoked tofu* (water, soybeans, smoke), carrots*, vegetable oil*, apple cider vinegar*, herbs (*Kräuter*)*, spices (*Gewürze*)*, sea salt. * = Organically grown (*kontrolliert biologischer Anbau*).
Wt/Vol., Packaging, Price: 125 gm. Sold in a glass jar.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 4.87 x 1.5 inches. Red, white, and black on chocolate brown. Self adhesive.

10492. **Product Name:** Antipasto Spread.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1993.
Ingredients: Wildwood Tofu (organic soybeans grown in accordance with the California Organic Foods Act of 1990, filtered water, nigari/magnesium chloride, a natural firming agent), black olives, olive oil, sundried tomatoes, okara (soybean pulp), carrots, celery, zucchini, red onions, garlic, red wine vinegar, salt, parsley, Balsamic vinegar, herbs & spices, guar gum.
Wt/Vol., Packaging, Price: 6.0 oz. Retails for $1.99.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

Original Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1993.

10493. **Product Name:** Thai Grill.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1993.
Ingredients: 1998: Wildwood tofu (filtered water, soybeans organically grown in accordance with the California Organic Foods Act of 1990, nigari/magnesium chloride, a natural firming agent), peanuts, water, onions, celery, rice syrup, cilantro, honey, red bell peppers, carrots, vinegar, garlic, salt, red chilies, lime concentrate, spices, rice flour, guar gum, annatto.
Wt/Vol., Packaging, Price: 10.5 oz. Retails for $3.29.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1993, and made at Wildwood's plant in Fairfax.

10494. American Natural Snacks. 1993. Soya Kaas cookbook (Leaflet). St. Augustine, Florida. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Contains 9 recipes developed especially for Soya Kaas. One panel discusses: What makes Soya Kaas natural? Cholesterol. Lactose. Saturated fat. Caseinate (states

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clearly that Soya Kaas contains caseinate, which is pure milk protein). One panel compares the nutritional composition of Soya Kaas (hard cheese and cream cheese spreads) with various all-dairy cheeses (cream cheese, natural cheddar, natural mozzarella, processed American). Address: P.O. Box 1067, St. Augustine, Florida 32085-1067.

10495. Atlas, Nava. 1993. Vegetariana: A rich harvest of wit, lore and recipes. Revised and updated. Boston, Massachusetts: Little, Brown and Co. [xii] + 233 p. Illust. by Nava Atlas. 23 cm. [62 ref]
• ***Summary:*** A new and expanded edition of the original 1984 classic vegetarian cookbook with quotes on vegetarianism and historical anecdotes. Featuring over 80 new recipes.

One chapter (p. 117-26) is titled "Tofu and tempeh." Contains 20 recipes that call for tofu, 6 that call for tempeh, and 5 that call for miso. Also contains recipes for adzuki beans, seitan, and soy sauce. Address: Adam Enterprises, 65 Prospect St., New Paltz, New York 12561-1143.

10496. Bhatnagar, P.S.; Ali, Nawab. 1993. Country Report 4–India. In: N. Chomchalow & P. Narong, eds. 1993. Soybean in Asia: Proceedings of the Planning Workshop for the Establishment of the Asian Component of a Global Network on Tropical and Subtropical Soybeans. Bangkok, Thailand: FAO Regional Office for Asia and the Pacific. viii + 218 p. See p. 34-49. RAPA Publication (FAO), No. 1993/6.
• ***Summary:*** Contents: (1) Introduction. (2) Processing, utilization, and marketing: Soybean oil, soybean meal export, soyfood technologies ready for commercialisation, future scenario, soy-based food products. (3) Constraints for soybean production: Constraints during the 1970s, constraints during the 1980s, current constraints. (4) Research undertaken to resolve the constraints. (5) Constraints on a priority basis. (6) Resources available. (7) Training needs: Soybean production research, processing and utilization. (8) On-going research projects. (9) Constraints in promoting soy-based foods. (10) Efforts undertaken to resolve the constraints. (11) Seed production and distribution system. (12) Information required: Production/improvement, processing and utilization. (13) Collection of germplasm. (14) Major soybean growing seasons and cropping systems. (15) Information relevant for a strategy plan.

Tables: (0) Average prices in Nov. 1991 of yellow soybean, black soybean, soy oil in bulk, soymeal (soybean meal from solvent extraction), retail price of soy oil, texturised soy protein (TSP), soy beverages. (1) Area, production, and productivity of soybean in India from 1970-71 to 1989-90. (2) Area, production, and productivity of soybean in India during 1988-89 by state. 83.5% of India's soybeans are produced in Madhya Pradesh, followed by Rajasthan (8.20%), and Maharashtra (3.75%). (3) Soybean processing plants in India by state. 58% of India's soybean processing capacity is in Madhya Pradesh, followed by Maharashtra (16.00%), Gujarat (9.00%), and Andhra Pradesh (8.50%). (4) Production and processing of soybean and export of soybean extraction/meal by India during last five years. (5) Small scale soybean processing equipment. (6) Production of fullfat soyflour with financial viability of different plant sizes. (7) Production of soy *paneer* with financial viability of different plant sizes. (8) Production of soy-fortified biscuits with financial viability of different plant sizes.

Today, 85% of soybean production in India is used for oil (and meal, a by-product), 10% for seed, and 5% for food.

Table 1: Soybean area has increased steadily from 32,000 ha in 1970-71 to 1,900,000 ha in 1990-91. Soybean production has increased dramatically from 14,000 tonnes (metric tons) in 1970-71 to 2,000,000 tonnes in 1990-91. Productivity [yield] has increased steadily from 438 kg/ha ha in 1970-71 to 1,053 kg/ha in 1990-91. Source: Agricultural Situation in India. Address: 1. Director, National Research Centre for Soybean, Indore, India; 2. Project Director, Soybean Processing & Utilization, CIAE, Bhopal, India.

10497. Boots, Gypsy; Arthur, Mike; Hopkins, Jerry. 1993. The Gypsy in me! How to look younger and have more energy as you grow older. Camarillo, California: Golden Boots Co. vi + 102 p. Illust. No index. 22 cm.
• ***Summary:*** Contents: Dedication and thanks. Introduction, by Charlie Fox. 1. Natural beginnings. 2. Living in nature. 3. Love and marriage. 4. Hollywood meets health nut. 5. Semi-stardom with Steve Allen. 6. Never too late to rejuvenate. 7. Exercise is a way to live. 8. Vital foods. 9. Eat and drink to your health. 10. Recipes for a healthier you. 11. Traveling through life.

In Chapter 8, titled "Vital foods," the section on legumes includes soy milk, tofu, tempeh, and texturized vegetable protein. Here Gypsy notes that he has always been a vegetarian. Eggs and dairy products once formed a major part of his diet, but now he rarely eats those foods.

Chapter 10, titled "Recipes for a healthier you," contains the following soy-related recipes: Scrambled tofu. Baked soy bean casserole. Tofu mushroom loaf. Tofu burgers. Soy burgers. Soya-rice flour coffee cake (with soy flour). Shakes (with seed, nut, rice, or soy milk). Many other recipes are seasoned with soy sauce. The Gypsy Boots smoothie (p. 93) calls for: 1 cup fresh apple or orange juice. 1 ripe banana. 1 tablespoon Kyo-Green. 1 date or a few raisins.

Contains many photos, both in black-and-white and color of Gypsy Boots, alone, or with family (p. iii, 19), friends, and celebrities. On the cover is a color photo of Gypsy in short pants standing barefoot on rocks in a stream. Eight unnumbered pages of color photos of Gypsy and friends on glossy paper follow page 70. This book has an unusually commercial tone. Throughout the book, Gypsy discusses the benefits of garlic supplements, wears

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Wakunaga's Kyolic T-shirts in photos, and plugs Kyolic garlic quite a bit. Address: Camarillo, California.

10498. Daybreak Cafe and Catering. 1993. January. New soyfoods restaurant or deli. 768 18th St., Arcata, CA 95521.
• ***Summary:*** Talk with Bob Meeks, owner. 2002. Sept. 24. Bob purchased The Tofu Shop, a soy deli and restaurant, from Matthew Schmit, in 1993. It is an alternative restaurant that features soyfoods, all organic ingredients, and mostly local foods. Approximately 75% of his customers are vegetarians.

Menu sent by Mathew Schmit. 2003. Sept. 24. 4 pages. On the front is a mandala with a sun in the middle. "Alternative food for thought. Open 7:00 AM–4 PM Friday-Tuesday." Pages 2-4 are menu items. "The standard here is local organic foods. Whole and natural, made fresh to order to insure nutrition and quality in flavor." Categories: Breakfast fare. Pancakes and cereal. Side orders. Omelettes. Entree specials. Sandwiches. Light side up. Coffee bar. Juice bar. Beverages. Address: Arcata, California.

10499. Escano, Crisanto R.; Gaddi, Virgilio Q. 1993. Country report 11–Philippines. In: N. Chomchalow & P. Narong, eds. 1993. Soybean in Asia: Proceedings of the Planning Workshop for the Establishment of the Asian Component of a Global Network on Tropical and Subtropical Soybeans. Bangkok, Thailand: FAO Regional Office for Asia and the Pacific. viii + 218 p. See p. 92-108. RAPA Publication (FAO), No. 1993/6. [12 ref]
• ***Summary:*** Contents: (1) Introduction. (2) Production: Status, major growing seasons and cropping systems, constraints, resolving constraints. (3) Processing, utilization and marketing: Status, supply and demand, exportation of soybean products, constraints, resolving constraints.

Figures: (1) Trend in soybean production, Philippines, 1980-90. (2) Soybean area harvested, Philippines, 1980-90. (3) Trend in the soybean yield, Philippines, 1980-90. (4) Regional shares of total production, Philippines, 1990. (5) Soybean and soybean product shares in importation, Philippines, 1990. (6) Country of origin, soybean meal import, Philippines, 1990. (7) Country of destination, soysauce export, Philippines, 1990.

Tables: (1) List of soybean-based food products popularly used in the Philippines. (2) Volume and value of soybean imports, 1980-90.

Soybean production increased from about 9,800 tonnes (metric tons) in 1980 to a peak of 11,466 tonnes in 1982, then decreased to 5,614 tonnes in 1990. Area planted to soybeans increased from about 10,000 ha in 1980 to a peak of about 11,00 ha in 1982, then decreased to about 7,000 ha in 1990. The average yield for the period 1980-1990 was 920 kg/ha, but has generally been falling since 1983. Southern Mindanao has been the single most important soybean producing region in the Philippines for more than a decade, accounting for about 67% of total Philippine soybean production in 1990; Central Mindanao comes next with about 23%.

A brief history of soybean production in the Philippines from 1983 to 1990 appears on pages 99-10. Popular soyfoods products in the Philippines include: A. Fermented products: Soy sauce (toyo), fermented soybean curd (tausi [sic, fermented black soybeans]), tempeh (tempe), soybean paste (miso), soft fermented soybean curd (tahuri). B. Non-fermented products: Soybean sprouts (toge, tauge), soybean cheese [tofu] (tokwa), Geerlings cheese (taho [soft curds]), soybean milk (soymilk), and roasted soybean powder (soy coffee).

Philippine imports of soybeans and soybean products have increased rapidly since 1980, yet 93% of these imports in 1990 were soybean meal, of which 38% comes from India, 33% comes from the USA, 22% from China, and 7% from others.

In April 1991 the General Milling Corporation's soybean solvent extraction plant began operation in Tabango, Batangas. It is expected to reduce the country's imports of soybean meal but increase the imports of raw soybeans. Address: 1. Scientist III; 2. Subject Matter Specialist. All: PCARRD, Los Baños, Laguna, Philippines.

10500. Henan Wenwu Yanjiuso (Henan Provincial Institute of Archaeology). 1993. Mixian Da-hu-ting Han-mu [Han Dynasty Tombs at Da-hu-ting Village in Mixian County]. Peking: Wen Wu. 376 p. Plus 88 plates on unnumbered pages. See p. 4. [Chi]*
• ***Summary:*** Wade-Giles reference: *Mihsien Ta-hu-t'ing Han-mu*, by Honan Wên-Wu Yen-Chiu-So. This is the only special publication about these tombs. A mural in one of these tombs (sealed in about 50 AD) appears to show the production of tofu.

10501. Jenkins, Karin. 1993. U.S. Dept. of Agriculture under secretary tours Arcata food incubator project. *Union* (*The*) (*Arcata, California*).
• ***Summary:*** Roland Vautour, under secretary of agriculture for small community and rural development, said after visiting the incubator building: "I have never seen anything like this, and its very uniqueness may guarantee its success."

10502. Karki, Tika Bahadur. 1993. Country Report 9–Nepal. In: N. Chomchalow & P. Narong, eds. 1993. Soybean in Asia: Proceedings of the Planning Workshop for the Establishment of the Asian Component of a Global Network on Tropical and Subtropical Soybeans. Bangkok, Thailand: FAO Regional Office for Asia and the Pacific. viii + 218 p. See p. 79-86. RAPA Publication (FAO), No. 1993/6.
• ***Summary:*** (1) Introduction. (2) Production. (3) Observation trials. (4) Grain legume crops improvement: Collection and maintenance of germplasm, breeding and varietal

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improvement, varieties for different ecological regions. (5) Agronomic investigation. (6) Pathological investigation. (7) Entomological investigation. (8) Processing: Tofu, kinema, soy drink (and soy yogurt / dahi). (9) Marketing. (10) Recommendations.

Tables: (1) Germplasm collection of pulses in Nepal. (2) Area, production and productivity of soybean in Nepal. (3) Chemical composition of *kinema* (on dry-weight basis).

Figures: (1) Traditional process of *kinema.* (2) Preparation of *kinema* starter. (3) Preparation of *kinema* using selected strains. (4) Marketing channel of soybean.

Table 2 shows: Area planted to soybeans grew from 18,400 ha in 1983 to 20,700 ha in 1989. Soybean production grew from 10,100 tonnes (metric tons) in 1983 to 12,800 tonnes in 1989. Soybean yield grew from 548 kg/ha in 1983 to 611 kg/ha in 1989.

"Traditionally, soybean is consumed in various forms. Green pods are popularly eaten as a snack food. The green beans are consumed as a delicious vegetable curry along with other leafy vegetables or with potato slices. The dried soybean is roasted, dehusked and split to prepare a popular snack item. The dried beans are soaked overnight and deep-fried in vegetable oil, salted and spiced and consumed as another popular snack item. These recipes are developed over a long period of time and constitute the integral component of Nepalese food preparations." Address: Chief, Food Research Office, CFRL, Kathmandu, Nepal.

10503. Kataoka, Haruyo. 1993. Japan: A cookbook. Munich, Germany: Mosiak Verlag. 157 p. Index. [Eng]*

• ***Summary:*** This book contains one section (2 pages) that discuss tofu, including how to make tofu at home, followed by 15 tofu recipes. Other dishes using soy appear elsewhere, like Plum Wine with Soya, Milk Jelly, and some dishes that use miso as an ingredient.

Note: This book was originally published by in 1990 Mosiak Verlag in German.

10504. Kim, Seok-Dong. 1993. Country report 12–Republic of Korea. In: N. Chomchalow & P. Narong, eds. 1993. Soybean in Asia: Proceedings of the Planning Workshop for the Establishment of the Asian Component of a Global Network on Tropical and Subtropical Soybeans. Bangkok, Thailand: FAO Regional Office for Asia and the Pacific. viii + 218 p. See p. 109-118. RAPA Publication (FAO), No. 1993/6.

• ***Summary:*** (1) Introduction. (2) Production: Status, major growing seasons and cropping systems, constraints, resolving constraints. (3) Processing, utilization and marketing: Status, supply and demand, constraints, resolving constraints. (4) Resources: Personnel, seeds. (5) Ongoing research projects. (6) Information: List of relevant publication, Information required.

Tables: (1) Soybean production trend in Korea. (2) Trends in processing and utilization of soybean in Korea. (3) Trends in the national soybean supply and demand in Korea. (4) Number of soybean scientists in governmental research institute in Korea. (5) Number of soybean scientists in the university in Korea. (6) Pedigree and area harvested in 1989 of major soybean varieties in Korea. (7) List of single publications on soybean production and breeding available in Korea.

Figures: (1) Major soybean-based cropping systems in Korea.

Area planted to soybeans in Korea decreased from 275,000 ha in 1975 to 120,000 ha in 1991. Soybean production decreased from 311,000 tonnes (metric tons) in 1975 to 183,000 tonnes in 1991. Soybean yield increased from 1,130 kg/ha in 1975 to 1,540 kg/ha in 1991.

Korean soyfoods include soy paste, soy sauce, bean curd, bean sprout, etc. Note that Korean natto is not mentioned. Per capita consumption of soyfoods in Korea remained constant [or declined slightly] from 1975 to 1991. Address: Leader, Upland Crop Div. I, RDA, Suwon, Republic of Korea.

10505. Kushi, Michio; Kushi, Aveline; Jack, Alex. 1993. Macrobiotic diet: Revised and enlarged edition. Tokyo and New York: Japan Publications. 400 p. Illust. Index. 21 cm. [67 ref]

• ***Summary:*** Edited by Alex Jack, this is the revision of a book first printed in 1985.

The chapter on "Beans and bean products" has the following contents: Daily use. History. Quality. Varieties: Azuki beans, black-eyed peas (sometimes known as yard-long beans), black turtle beans, broad beans, chick-peas, great northern beans, kidney beans, lima beans, lentils, mung beans, navy beans, peas, pinto beans, soybeans (p. 195-99) (introduction, miso, natto, okara, soy flour, soy grits, soy milk, soy oil, shoyu, tempeh, tofu {incl. nigari, fresh tofu, soft tofu, firm tofu, deep-fried tofu, pickled tofu, fermented tofu, frozen tofu, dried tofu}), viilia, soy yogurt, yuba.

For information on cooking soy, see p. 204-07. Note: Natto is not usually made with koji (p. 207). For "Health benefits" and for "Soy foods and cancer research" (p. 208-09).

Black soybeans (also known as "Japanese black beans") are mentioned on pages 60, 121, 189, 200, and 204.

"Natto is a fermented soybean product that resembles baked beans connected by long sticky strands. Its strong odor takes some adjusting to but once appreciated natto is enjoyed regularly as a small side dish or condiment" (p. 196). Address: 1-2. Brookline and Becket, Massachusetts.

10506. **Product Name:** Legume Veggie Cutlet. Legume Taco Pocket.
Manufacturer's Name: Legume, Inc.
Manufacturer's Address: 112 Main Rd., Fairfield, NJ

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07045. Phone: 201-263-1013.
Date of Introduction: 1993. January.
Ingredients: Tomatoes, tomato paste, water, whole wheat pasta (whole wheat flour, durum flour, water, wheat germ, bran), organic* tofu [water, organically grown* soybeans, magnesium chloride (nigari)], canola oil, onions, celery, honey, parsley, garlic, spices, sea salt. * = Grown in accordance with California Health & Safety Code 26569.11.
Wt/Vol., Packaging, Price: 8½ oz (241 gm) plastic bag (boil-in-the bag).
How Stored: Frozen.
New Product–Documentation: Ad in Natural Food Merchandiser. 1993. p. 80. "How to win a food fight (Lesson #1). Come to Booth 219, 221, Organic Pavilion."

10507. Lü, Shih-i; Kao, Fu-liang. 1993. Chung-kuo tou fu ts'ai chi chin [Chinese tofu]. Jiangsu, China: Keiji Chubanshe. 2 + 10 + 299 p. 21 cm. [Chi]*
• ***Summary:*** Pinyin: Lü Shiyi; Gao, Fuliang. 1993. *Zhongguo doufucai jijin.* Jiangsu keiji chubanshe.

Contains 300 pages of recipes listed by province.

10508. Marks, Copeland; Kim, Manjo. 1993. The Korean kitchen: Classic recipes from the land of the morning calm. San Francisco, California: Chronicle Books. 236 p. Illust. Index. 23 cm. [8 ref]
• ***Summary:*** Korea is a peninsula surrounded by water (including the Yalu River that marks the border between China and Korea). There an estimated 200 varieties of kimchi such as cabbage, cucumber, eggplant, white radish, turnip, etc. The glossary (p. 7-13) includes: Denjang paste (a fermented soybean paste and flavor enhancer). Gochu Jang (hot fermented chili paste; Gochu means chili). Seaweed: Kelp (*Ulva conglobata,* laver (*Porphyra umbilicalis,* sold in very thin sheets [nori]), *miyuk* (*Undaria pinnatifida* [wakame]). Soy sauce (with directions for making it at home). Soybean curd (Two types: Chinese is a firm square about 4 inches on a side and 1 inch thick; Japanese is soft and creamy, about 2 inches thick).

Concerning Gochu Jang: This is the main seasoning in Korean cooking. It has been prepared at home for centuries and stored in the many black pottery pots so conspicuous on Korean rooftops or gardens. Each year on March 3, an auspicious date, the householder starts to prepare enough gochu jang to last all year. Ingredients: Glutinous rice (cooked to a pudding consistency), fermented soybean cake (*meju*), hot red chilis, salt, and barley malt syrup mixed with water. These are mixed and allowed to ferment [outdoors] in a pottery jar for at least 3 months. In early May, as the weather warms, the [woven conical bamboo] cover of the storage jar is removed early each day "so that the sun can strike and warm the contents to accelerate fermentation. At night the cover is replaced." The fermentation process eventually reduces gochu jang to a smooth, jamlike consistency with a many-dimensional flavor; it adds a lively sting and rich red color to any food with which it is used. "Korean cooking without this indispensable condiment is unthinkable."

Recipes include: Beef shreds in soy sauce (p. 48). Fried spiced bean curd (p. 57, *Tubu choerim*). Stuffed bean curd (p. 58, *Tubu gui*). Crushed bean curd salad (p. 70, *Tubu sang she*). Bean curd and pork patties (p. 96). Assorted stuffed fritters (p. 100-01, *Jon*). Seasoned dipping sauce (p. 109, *Yang yeum kanjang*). Simple bean curd soup p. 117, *Tubu kook*). Bean curd soup with clams (p. 125, *Sundubu*). Vegetable soup with soybean curd (p. 135, *Tubu jigae*). Soybean sprout soup (p. 136, *Kongnamul kook*). Address: 1. Food historian; 2. Dr. (Mrs.), expert on history, science, and preparation of kimchi.

10509. Matsumoto, Valerie J. 1993. Farming the home place: A Japanese American community in California, 1919-1982. Ithaca, New York: Cornell University Press. ix + 262 p. Illust. (photos). Index. 24 cm. [100+* ref]
• ***Summary:*** A very interesting look, spanning three generations, at the Cortez Colony, in Cortez, Merced Co., San Joaquin Valley, central California, the last Japanese Christian farming community formed by Kyutaro Abiko in 1919. It is written from a feminist perspective.

In the lean early years at Cortez, "the settlers' diet was limited; meals often consisted of *miso* soup and rice,..." (p. 47).

New Year's was the major holiday of the year. Everyone would partake of carefully prepared traditional Japanese dishes such as chicken *teriyaki, ozoni* (a soup containing mochi, symbolizing prosperity), *mame* ([soy] beans, symbolic of good health), and sushi (vinegared rice "rolled in sheets of toasted seaweed or stuffed into soybean wrappers [deep-fried tofu pouches]) (p. 78).

A glossary of terms (p. 231) includes: an (sweetened red bean paste), azuki (red beans), kinako (soybean flour), mame (beans), miso (fermented soybean paste), nori, shoyu (soy sauce), sushi, teriyaki (broiled meat cooked with soy sauce, wine, and ginger).

Photos show: Abiko family portrait, 1925 (p. 27). Address: UCLA.

10510. Nhat Hanh, Thich. 1993. Hermitage among the clouds. Berkeley, California: Parallax Press. xv + 140 p. See p. 84. Illust. 23 cm. *
• ***Summary:*** Page 84: "The convent had a granary and once a month they hulled rice. On full moon days and important religious holidays they made fresh tofu and pickled tofu..."

Note: Historical fiction. A novel about 14th century Vietnam. Translated from the Vietnamese.

10511. Okubo, Kazuyoshi. 1993. Tôfu, nattô [Tofu and natto]. Tokyo: Nihon Hoso Shuppan Kyokai. 189 + [1] p.

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Illust. 19 cm. Series: Kenkoshoku, Karada ni Naze ii No?, no. 3. [10+ ref. Jap]*
• ***Summary:*** Kazuyoshi Okubo was born in 1938.

10512. Pedrotti, W. 1993. La soia [The soybean]. Italy: Mistral Demetra. [Ita]*

10513. Photographs of the Arcata Tofu Shop in Arcata, California (1991-1993). 1993. Arcata, California.
• ***Summary:*** Three color photos (most 3½ by 4½ inches), numbered with captions, were sent to Soyfoods Center on 24 Sept. 2002 by Matthew Schmit, founder and owner of the Arcata Tofu Shop. They were taken in Arcata between 1991 and 1993. They show: (1) 1991–The company's future manufacturing / wholesale home–The Foodworks Culinary Center, a small business incubator. The Tofu Shop was involved with early conceptualization (1985) and project development (1989-191), and eventually became the "anchor tenant." (2) 1992–Dylan Wachtel, tofu maker, with first batch at new plant. (3) 1993–Linda Redfield (pink short) supervises pickled daikon production. Address: Arcata, California.

10514. Pitchford, Paul. 1993. Tofu. In: Paul Pitchford. 1993. Healing with Whole Foods: Oriental Traditions and Modern Nutrition. Berkeley, California: North Atlantic Books. xxii + 656 p. See p. 486-89.
• ***Summary:*** Contents: Introduction. Nutrients. Healing properties. Recipes (contains 9 recipes). Concerning its healing properties: Tofu has a "cooling thermal nature." It benefits the Metal Element including the lungs and large intestine. It moistens *dry* conditions in the body. It relieves inflammation of the stomach. It neutralizes toxins. It can be used in cases of alcoholism, chronic amoebic dysentery, healing reactions, dietary changes, etc. It is also traditionally applied to concussions as a thick tofu poultice.

"Tofu is a concentrated protein and can be beneficial when eaten in moderate amounts, especially in warmer [yang] weather and by those with *heat* signs (red tongue, red face, aversion to heat, or sensation of being too hot); it is sometimes used to reduce *heat* signs accompanying heart disease and high blood pressure. For most people, its *yin,* cooling quality needs to be altered by thorough cooking; adding warming spices such as ginger is particularly helpful for *cold* persons."

Tofu's subtle nature balances extreme flavors and adds contrast to salty and pungent foods. It can be heated in many ways but should be eaten raw only when a person feels hot and dry.

"*Caution:* Eating massive amounts of tofu regularly (as some Americans do) can contribute to kidney-adrenal weakness, loss and graying of hair, impotence, rigidity, and decrease in sexual activity."

Nine recipes follow: Baked tofu with lemon sauce. Broiled tofu. Tofu meatless balls. Steamed tofu rolls. Tofu casserole. Tofu with shiitake mushrooms. Deep-fried tofu. Scrambled tofu. Tofu eggless salad. Address: Director, Heartwood Inst. Wellness Clinic and Oriental Healing Arts Program, 220 Harmony Lane, Garberville, California 95542. Phone: 707-923-5000.

10515. Saks, Anne; Stone, Faith. 1993. The Shoshoni cookbook: vegetarian recipes from the Shoshoni Yoga Spa. Summertown, Tennessee: The Book Publishing Co. 208 p. Illust. Index. 24 x 21 cm.
• ***Summary:*** This is a vegan cookbook written by the cooks of the Shoshoni Yoga Retreat, founded in 1987 and situated in Rollinsville above Boulder, Colorado, on 110 acres of colorful high country in the Rockies. This book is dedicated to their teacher, Swami Shambhavananda Yogi. "The magic ingredient put into every dish is Shakti or Divine Energy. Food is treated as God, because it contains the essence of life, a conscious energy that nourishes the same energy in you. It is not a native American cookbook. A color photo on the back cover shows Anne Saks and Faith Stone. "In 1975, Faith stone and Swami Shambhavananda opened Rudi's Restaurant in Boulder to serve tasty, fresh, wholesome foods prepared with grace and love. Today Rudi's is a Boulder landmark.

The book begins with a glossary which includes: Miso. Nutritional yeast. Quinoa. Rice milk. Sesame oil. Silken tofu. Soymilk ("A non-dairy alternative to milk"). Tahini. Tamari. Tempeh. Tofu.

Soy-related recipes: Scrambled tofu (with "1 pound firm tofu," p. 28). Hot 'n sour miso soup (with "½ pound firm tofu, cubed" and "3-4 tablespoons red miso," p. 52). Tibetan barley soup (with "2 tablespoons red miso," p. 56). Tempeh almond salad (with "1 pound tempeh, thawed if frozen, cut in ½-inch cubes" and "¼ cup tamari" and "½ pound soft tofu" p. 74). Ginger-tamari sauce (p. 79). Cooling soy yogurt raita (with "2 cups soy yogurt," p. 90). Tamari-orange dressing (p. 104).

The chapter on "Healthful alternatives" (p. 105-110) offers meat alternatives, many of them based on tofu–"the most versatile food on the planet." Baked marinated tofu (with "1 pound firm tofu, sliced ¼ inch thick," p. 106). Tofu feta. Tofu ricotta. Tofu sour cream. Soy yogurt (soymilk fermented with plain yogurt).

Entrees (p. 110-145). Empress tofu. Mandarin tofu. Royal tofu roulade. Tempeh tandoori. Tofu lasagne. Tofu in a pocket.

Baklava (with "½ pound soy margarine," p. 190). Fresh strawberry tofu pie (p. 196). Address: Rollinsville, Colorado.

10516. Shimizu, Kay. 1993. Tsukemono: Japanese pickled vegetables. Tokyo: Shufunotomo / Japan Publications. 112 p. Illust. (color). Index. 27 cm. [Eng]
• ***Summary:*** Tsukemomo are Japanese pickled foods, primarily vegetables. Drying and pickling were two of

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the earliest ways of preserving food. If you've never tried Japanese tsukemono, get ready for a delicious surprise. This excellent book is a good place to start. We would start with takuan and umeboshi (p. 22).

Soy related recipes: Basic *miso-zuke* (p. 36-37). Spicy pickled celery (Celery *miso-garame*) (p. 37). *Koji / miso / kasu* tsukemono base (p. 39). Amazake (p. 40-41). Daikon radish pickled in koji (*Bettara-zuke*) (p. 41). Scallions in shoyu (*Rakkyo shoyu-zuke*) (p. 43). Garlic with soy sauce (p. 64). Garlic with bean paste [miso] (p. 64). Okra and onion pickles (*Okra shoyu-zuke*) (p. 70). Soy-flavored daikon pickle (*Daikon shoyu-zuke*) (p. 82, 84). Asparagus with bean paste (Asparagus *miso-zuke*) (p. 87). Spicy cabbage tsukemono (Cabbage *shoyu-zuke*) (p. 88). Cooked and pickled kelp (*Nori tsukudani*) (p. 97). Soy sauce pickled vegetables (*San-bai-zuke*) (p. 98).

A 2-page glossary includes: "Age (abura-age)–deep-fried soybean cake (*tofu*). An–sweetened red *azuki* beans prepared as a paste for confections. Amazake–non-alcoholic creamy-thick hot drink prepared from rice fermentation with the addition of rice koji.

"Drop lid. A necessary item for Japanese pickling. A wooden cover which is smaller in diameter than the pot opening, so lid will lay flat on top of food, and weight can be placed on top of lid."

Dou-ban-jiang–spicy Chinese brown bean paste, contains chili. Koji–a yeast-like rice mold that works primarily to convert starches into sugars during a fermentation process.

Mirin–a thick sweet wine made from glutinous rice, used primarily for cooking. Miso–fermented soybean paste. Mochiko–glutinous rice flour. Mochi–glutinous rice that has been pounded until soft and sticky, then formed into cakes. Mochi-gashi–a confection made from glutinous rice.

Natto–fermented soybeans with sticky texture and strong aroma. Nori–edible seaweed, laver. Shoyu–Japanese soy sauce, considerably lighter than Chinese soy sauce, which should not be substituted for shoyu.

Suribachi–Japanese pestle and mortar (earthenware bowl with ridged edges). Tsukudani–food simmered with shoyu, sugar, mirin and water until almost all liquid evaporates.

Ume–Japanese plum; technically a species of apricot, but usually translated as plum. Umeboshi–pickled plum. Wakame–an edible seaweed, thinner and softer than konbu kelp. Wasabi–Japanese green horseradish, most familiar in the west as a mound of pungent green paste served with sushi or sashimi.

Note: Real wasabi is very expensive, and is a completely different plant from horseradish, from a different genus and species. Real wasabi is rarely found outside Japan and is much more potent than its imitation, "western wasabi"–a mixture of horseradish, mustard, and green food coloring. Address: Saratoga, California.

10517. So, Yan-kit. 1993. Yan-kit's classic Chinese cookbook. London: Dorling Kindersley Ltd., London. 239 p. Illust. (color photos). Index. 24 cm. [1 ref]

• ***Summary:*** This is a remarkable Chinese cookbook. Although the text of this book was copyrighted in 1984, the photographs, layout and design have been updated to 1993. The first 192 pages of the book are printed in full color on glossy paper. The author is a woman–lovely, cultured, and centered.

In the section on "Ingredients" is a two-page spread titled "Beans and bean products" (p. 12-13) of 12 fine color photos, each with a caption and Chinese characters. They are: (1) Bean curd, fresh [fresh tofu]. (2) Bean curd, puffed [deep-fried tofu puffs], used to absorb tastes and juices. (3) Bean curd sheet [thin dried yuba sheet]; must be moistened before use. (4) Black beans, fermented [fermented black soybeans]. "Whole soybeans preserved with salt and ginger." (5) Red beans (azuki). (6) Red bean paste: a thick paste made from puréed, sweetened azuki beans, often used a filling for sweets.

(7) Bean curd "cheese," red fermented [Fermented tofu with ang-kak], with salt and rice wine. (8) Bean curd "cheese," white fermented [Fermented tofu], with or without chili. (9) "Crushed yellow bean sauce: purée of fermented yellow soybeans, wheat flour, salt and water" [with fermented black soybeans]. (10) "Szechwan [Sichuan] chili paste: spicy hot paste of dried chili and crushed yellow bean sauce." (11) "Soybean paste: paste of crushed soybeans combined with chili, sugar and salt." (12) "Yellow beans in salted sauce: Whole yellow soybeans fermented with salt, wheat flour and sugar" [with fermented black soybeans].

Also in the section on "Ingredients" is another two-page spread titled "Sauces, oils, fats, wines and vinegars" (p. 26-27) which states: "Soy sauce is the most basic but also the most important seasoning. Used with salt, it helps to turn simple ingredients into Chinese cuisine." Shallow, round "viewing" dishes contain: (1) Thin soy sauce. (2) Thick soy sauce. (5) "Hoisin sauce: soybeans, wheat flour, salt sugar, vinegar, garlic, chili, and sesame oil. (6) "Sweet bean sauce: Made from crushed yellow bean sauce combined with sugar. Note: The four vegetable oils shown are corn oil, sesame oil, peanut oil, and hot chili oil.

Soy related recipes (the page with recipe appears before the page with the photo): Bean curd soup (p. 58, 57). Steamed prawns in mixed bean sauce (with "1 tablespoon fermented black beans," p. 78, 77). Bean curd soup with fish stock (with "2 cakes bean curd, drained," p. 81, 83). Stir-fried clams in black bean sauce (with "1½ tablespoons fermented black beans, rinsed, mashed with 1½ teaspoons sugar," p. 88, 87). Steamed trout with black beans and garlic (with "2 tablespoons fermented black beans, rinsed and partially mashed with ½ teaspoon sugar," p. 95, 93). Willow chicken in black bean sauce (with "3 tablespoons fermented black beans, rinsed and mashed," p. 106, 109). Soy sauce

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chicken (with "½ pint thick soy sauce," p. 116, 115).

Green pepper beef in black bean sauce (with "2½ tablespoons fermented black beans, rinsed and mashed with ¼ teaspoon sugar and 1 teaspoon oil," p. 142, 141). Bean curd puffs (deep-fried tofu, p. 152). Eight-treasure vegetarian assemblage (with "1 tablespoon fermented red bean curd cheese, mashed with 1 teaspoon own juice or water" and "8 bean curd puffs, halved," p. 153, 151). Wheat gluten (homemade, p. 156-57). Red-braised gluten (p. 157, 155). Pi pa bean curd (The "pi pa" is a celebrated Chinese musical instrument, p. 158-59). Pock-ma bean curd ("This internationally famous Szechwan dish was the creation of the wife of chef Ch'en Shen-fu, who worked in the [provincial] capital, Ch'eng-tu [Chengdu] during the 2nd half of the 19th century. If pockmarks on her face earned her this rather derogatory nickname, 'Pock-ma' or 'Pock-woman,' they also immortalized her bean curd dish" [Mapo doufu]. Ma stands for "mazi" which means a person disfigured by pockmarks. Po translates as "old woman," p. 159, 161).

Deep-fried bean curd in earthen pot (with "4 cakes bean curd, drained," p. 162, 161). A vegetarian menu (of the six dishes shown, 2 contain tofu, p., 168-69). Deep-fried bean paste sauce with noodles (with "1½ pounds ground yellow bean sauce," p. 185, 181).

Deep-fried five-spice rolls (from Fukien, with "1 package dried bean curd sheets [yuba] {usually 8 ounces, containing 8 sheets, each 13 by 6 inches}," p. 195). Eight-treasure bean curd ("The 18th-century poet and official Yüan Mei, wrote a cookery book called Sui-yüan Recipes, a unique legacy of his times from a Chinese man of letters. In the recipe called "Prefect Wang's Eight-Treasure Bean Curd," Yüan Mei briefly outlined how the dish traced its origin to the Imperial kitchen." Includes "2 cakes bean curd, drained," p. 215, 149). Bean curd in simple sauce (p. 219). Stir-fried spinach in bean curd "cheese" sauce (with "2½ to 3 cakes white bean curd 'cheese' with chili," p. 220).

A Glossary (p. 227+), which starts with a page of definitions of "Beans and bean products," defines the same items whose photos appear on pages 12-13. Likewise for the glossary page on sauces (p. 231). Address: England.

10518. *SoyaScan Notes.* 1993. Terms related to tofu: Library of Congress subject headings and call numbers (Overview). Compiled by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** The 16th edition (LCSH 16) of the *Library of Congress Subject Headings* (published in 1993) lists the following subject headings and call numbers related to tofu.

Tofu (May Subd Geog) [TP438.S36 (Manufacture)]. [TX401.2.S69 (Nutrition)]. [TX558.T57 (Composition)]. UF Bean curd [Former heading]; Curd, Bean; Curd, Soybean; Curds and whey, Soymilk; Soybean curd; Soymilk curds and whey; Whey, Soymilk curds and. BT Nonfermented soyfoods. RT Cookery (Tofu). NT Dried tofu.–Advertising USE Advertising–Tofu. Tofu, Dried USE Dried tofu. Tofu ice cream USE Soy ice cream. Tofu industry (May Subd Geog) [HD9330.T68-HD9330.T683]. BT Nonfermented soyfoods industry.

Abbreviations: [ ] = Call number. UF = Use for. BT = Broader terms. RT = Related terms. NT = Narrower terms. May Subd Geog = May subdivide geographically.

10519. Taylor, Sandra C. 1993. Jewel of the desert: Japanese American internment at Topaz. Berkeley, Los Angeles, Oxford: University of California Press. xix + 343 p. Plus 8 unnumbered pages of plates. Illust. Maps. Index. 24 cm. [125 + 808 endnotes]
• ***Summary:*** This is "the only in-depth narrative history of both an assembly center and a concentration camp" (Gary Y. Okihiro, rear cover). The camp, Topaz, was in Utah, but the assembly center, Tanforan Racetrack, was in San Bruno, northern California.

Contents: 1. Japanese San Francisco. 2. From Pearl Harbor to evacuation. 3. Life in a racetrack. 4. Welcome to Utah. 5. The jewel of the desert. 6. Dissension, departure, and grim determination. 7. An end and a beginning. 8. Nikkei lives: The Impact of Internment. 9. Coming home, wherever that is. Abbreviations. Notes.

Tofu is mentioned 5 times and miso twice. Address: Prof. of History, Univ. of Utah.

10520. Tran, Van Lai. 1993. Country report 15–Vietnam. In: N. Chomchalow & P. Narong, eds. 1993. Soybean in Asia: Proceedings of the Planning Workshop for the Establishment of the Asian Component of a Global Network on Tropical and Subtropical Soybeans. Bangkok, Thailand: FAO Regional Office for Asia and the Pacific. viii + 218 p. See p. 143-150. RAPA Publication (FAO), No. 1993/6.
• ***Summary:*** Contents: (1) Introduction. (2) Production: trend, major growing seasons and cropping systems, constraints, resolving the constraints, future research. (3) Processing, utilization and marketing: Consumption, processing, marketing, constraints, resolving the constraints. (4) Resources: Personnel, seeds. (5) On-going research projects. (6) Information required. (7) Conclusion.

Tables: (1) Area, yield, and production of soybean in Vietnam, 1970-90. (2) Soybean production constraints in Vietnam. (3) Several research findings on soybean breeding and farming patterns. (4) Identified constraints for soybean production in Vietnam. (5) National requirement for food and production of soybean. (6) Methods of soybean processing of Vietnam. (7) Constraints to soybean processing, utilization, and marketing. (8) Future research priority for soybean in Vietnam. (9) Number of scientists working on soybean research. (10) Training needs on a priority basis. (11) Soybean varieties of high yield potential.

Introduction: "Soybean has been cultivated in Vietnam for a long time. Le Quy Don, in his book "Van Dai Loai Ngu", written in 1773, mentioned about soybean cultivation.

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It is the second most important legume in Vietnam. All soybean products are used as human foods and animal feed because of its high food value (40-50% of protein and 20-25% of oil).

"The Government of Vietnam, which is conscious of the importance of soybean and its role of human food and animal feed, and the possibility to increase its production, has listed soybean as the number two most important crop after groundnut in her agricultural development policy."

Table 1: Area planted to soybeans in Vietnam grew from 17,078 ha in 1970 to 149,000 ha in 1990, projected to grow to 300,000 ha in the year 2000.

Production of soybeans in Vietnam increased from 5,277 tonnes (metric tons) in 1970 to 146,020 tonnes in 1990, projected to grow to 420,000 tonnes in the year 2000.

Yield of soybeans in Vietnam grew from 309 kg/ha in 1970 to 980 kg/ha in 1990, projected to grow to 1,400 kg ha in the year 2000.

"Most of the soybean produced in Vietnam is consumed as human food prepared by traditional methods, which include fermented products such as soysauce, soypaste (miso), soycurd (fermented tofu), and soycheese, and non-fermented products such as soymilk, soycurd (tofu) and soybean oil.

Note: This is the earliest English-language document seen (March 2009) that uses the term "soypaste" to refer to miso.

Concerning the Vietnamese names of these foods, Huong Quan Nguyen (Zomore Quan) writes, in reply to a question from Soyinfo Center. 2008. Aug. 17. Soy sauce = "xi dau" (the Vietnamese "d" written without the bar across the vertical stroke is pronounced "Z").

Soy paste = "tuong dau nanh" or "tuong Cu Da." "Tuong" is a generic term meaning "sauce." As you know, Cu Da is the name of the village famous for its soy paste. "Tuong Cu Da" literally means "sauce made in Cu Da Village." Soy paste is made in many villages in North Vietnam, not just in Cu Da. I have heard that Tuong Ban and Tuong Pho Thoi are just as good as Tuong Cu Da.

Soy curd = "dau hu" (which is unfermented. Once the soy curd is fermented, it is referred to as "chao").

Soy cheese = "chao" (this word has no diacritical mark).

Note: Zomore asked six Vietnamese people who are knowledgeable about soyfoods and all are aware of only one kind of fermented tofu in Vietnam; therefore they cannot imagine what fermented "soycheese" is. Address: Legumes Research and Development Centre, INSA, Dong Da, Hanoi, Vietnam.

10521. **Product Name:** Soymilk, and Taho (soymilk curd). **Manufacturer's Name:** Kimsun International. **Manufacturer's Address:** 35 Simoun St., Quezon City, Philippines. Phone: +63 2 47 2330. **Date of Introduction:** 1993? **New Product–Documentation:** Talk with Johnny Lee of Kimsun Intl. 1995. Aug. 11. He calls from the Philippines. He has been making soymilk and taho (soymilk curd) for several years. Philsoy is still made in small quantities, but is sold only around the university at Los Baños.

10522. *SoyaScan Notes.* 1994. Keywords used with more than 1,000 documents in the SoyaScan database, as of 1 January 1994 (Overview). Jan. 1. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1. USA 24,636. 2. Commercial soy products 6,565. 3. Japan 5,948. 4. Tofu 5,122. 5. Soymilk 3,884. 6. Illinois 3,642. 7. Soy sauce 3,387. 8. California 3,129. 9. Historical (documents published from 1900 to 1923) 3,013. 10. Soy flour 2,822. 11. History 2,730. 12. Soy oil 2,648. 13. Germany 2,447. 14. Miso 2,324. 15. Vegetarianism 2,319. 16. United Kingdom (England, Scotland, Wales, N. Ireland) 2,134. 17. China 1,554. 18. Soybean meal 2,019. 19. Cookery 2,017. 20. Soybean production: Cultural practices and agronomy 1,996. 21. France 1847. 22. Tempeh 1,844 23. Soybean production (General): 1,825. 24. U.S. Department of Agriculture 1,744. 25. New York 1,665. 24. Nutrition (General) 1,471. 25. Historical (documents published before 1900) 1,460. 26. India 1,397. 27. International trade in soybeans, soy oil, and/or soybean meal 1,225. 28. Canada 1,204. 29. Soy protein isolates 1,204. 30. Michigan 1,146. 31. Meatlike commercial products 1,145. 32. USDA state agricultural experiment stations in the USA 1,120. 33. Soybean production: Marketing 1,098. 34. Ohio 1,095. 35. Soybean production: Variety development 1,083. 36. Indonesia 1,063. 37. Tofu used as an ingredient in second generation commercial food products 1,062. 38. Bibliographies and literature reviews 1,049. 39. Massachusetts 1,029. 40. Macrobiotics 1,022. 41. Soy ice cream 1,014.

10523. Van Vynckt, Virginia. 1994. Tofu reform: More Americans are trying healthful tofu–and liking it. *Sun-Times* (*Chicago, Illinois*). Jan. 13. Food section. p. 1, 4.
• ***Summary:*** A large cartoon shows first lady Hillary Clinton feeding Bill Clinton a bite of tofu.

10524. *Toyo Shinpo* (*Soyfoods News*). 1994. Tôfu, nattô was gan o yôbô suru? Kôka no kaime e ekigaku chôsa susumu [Do tofu and natto prevent cancer? Advancing epidemiologic research to elucidate effects]. Jan. 21. p. 11. [Jap]

10525. O'Brien, Jim. 1994. Can tofu stop cancer? Research shows soy foods cut risk of breast, prostate cancers *Your Health.* Jan. 25. p. 21-22. [1 ref]
• ***Summary:*** Mark Messina, PhD, a nutritionist and former researcher at the National Cancer Institute for 5 years, states that "There's strong evidence to indicate that soy can lower cancer risk, especially of the breast and prostate." Messina

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says that "soy may contain 'anti-estrogens,' compounds that perform many of the necessary and beneficial functions of real estrogen, but not the harmful stuff (for example estrogen is vital for reproductive health, but researchers believe it may spur growth of many breast cancers).

In Japan, where the diet is rich in soy [and much lower in fat], the breast cancer rate is much lower than in the USA. Every year in Japan roughly 7 women per 100,000 die of breast cancer and 28 per 100,000 are diagnosed with the disease; the corresponding figures for U.S. women are 27 and 105.

Japanese men also have low rates of prostate cancer. 3.5 per 100,000 Japanese men die of this disease every year but it kills 15.7 per 100,000 American men–also nearly a fourfold difference.

10526. Weber, Mary Jo. 1994. Tofu revisited: Protein-rich soybean curd just wants to be given a chance. *Milwaukee Journal* (*Wisconsin*). Jan. 26. Food section. p. 1, 9.

10527. *Deli News* (*Santa Fe Springs, California*). 1994. Tofu is deli's most misunderstood item: Spotlight on Oriental foods. Jan. p. 19-20.

10528. Morinaga Nutritional Foods, Inc. 1994. Our popularity is spreading: New Mori-Nu Lite Tofu (Ad). *Vegetarian Times.* Jan. p. 31.
• ***Summary:*** This full-page color ad shows a pack of Mori-Nu Lite Silken Tofu (Firm) on a wooden table surrounded by cubes and slices of tofu, and Eggless Egg Salad in a bowl and on a sandwich. There is a recipe for this Eggless Egg Salad made with Mori-Nu Lite. A table comparing this Eggless Egg Salad with regular egg salad (½ cup each) shows the following: Calories 57 vs. 181. Fat 1.3 gm vs. 17.3 gm. Cholesterol 0 mg vs. 218 mg. Sodium 131 mg vs. 148 mg. Protein 6.3 gm each. Mori-New Lite silken tofu contains only 1 gm of fat per serving. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

10529. Plenty International. 1994. A guide to growing and using soybeans for food. Davis, California. 37 p. Jan. Illust. 22 cm.
• ***Summary:*** Contents: Foreword. Introduction. Growing soybeans: Planning, land preparation, planting, plant growth, field sanitation, insect and disease control, harvest, threshing, storage, vacuum packing for seed storage, calculating growing costs. Home preparation of soybeans: Cooking soybeans, soy flour, soy coffee and nuts, ingredients for making soy milk, tofu and tokara, kitchen tools, soy milk, tokara (tofu with the okara still in it), tofu, tempeh, storing soybean foods, costs of processing soybeans for market, expected yields of primary soybean foods, recipes. Nutritional information. Resources and contacts. Acknowledgments.

Businesses Plenty has worked with that make fresh soyfoods and are listed on pages 30-32 include: Alimentos San Bartolo (San Bartolo, Guatemala). Survival Foods and Nature Island Foods (Roseau, Dominica, West Indies). Natural Cafe and Health Plaza (Castries, St. Lucia, West Indies). Kay Cuisine (Kingstown, St. Vincent, West Indies). Country Farmhouse Soy Products (Kingston, Jamaica). Deagbo Industries (Ibadan, Nigeria). Address: P.O. Box 2306, Davis, California 95617. Phone: (916) 753-0731.

10530. Shurtleff, William; Aoyagi, Akiko. comps. 1994. Soyfoods industry and market–Bibliography and sourcebook, 1985 to 1993. Lafayette, California: Soyfoods Center. 361 p. Subject/geographical index. Author/company index. Language index. Printed 11 Jan. 1994. Published Jan. 1995. 28 cm. [985 ref]
• ***Summary:*** This is the second of the two most comprehensive books ever published on the soyfoods industry and market worldwide.

In May 1982 the first study of the burgeoning soyfoods industry in the Western world was compiled by Shurtleff and Aoyagi, and published by Soyfoods Center. In April 1985 the fifth edition of that book, titled *Soyfoods Industry and Market: Directory and Databook* (220 pages), was published. It contained statistics through 1984, the market size and growth rate for each soyfood type, rankings of leading soyfoods manufacturers of each soyfood type and the amount each produced, analyses, trends, and projections. This book is published to update the 1985 market study.

In the decade since 1984 the soyfoods market has continued to grow at a very healthy rate, with some soyfood types (such as soymilk) growing at a truly astonishing sustained rate–in both the USA and western Europe–as the statistics in this book show so vividly. In 1975 only 75 new commercial soyfood products were introduced in the USA, yet that number skyrocketed to 217 in 1979, reaching an amazing 422 new products in 1987.

During the decade from 1984 to 1994, Soyfoods Center has invested most of its time and resources in the production of SoyaScan, the world's largest computerized database on soyfoods, which contains more than 44,500 records as of Jan. 1994. This database also includes a wealth of carefully researched statistics and analyses of the soyfoods market; those from the start of 1985 to the end of 1993 are contained in this book. Its scope includes all known information on this subject, worldwide. Its focus, however, is statistics, analyses, and trends concerning the soyfoods industry and market in the United States and Europe.

In May 1990 Soyfoods Center conducted an in-depth study of the tofu market in Europe (137 pages), and in July 1990 of the soymilk market in Europe (261 pages). All original interviews and published records from both of these market studies, plus a summary of each study, are included in the present book.

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The SoyaScan database is composed of individual records. One record might be an original interview with the head of the largest soymilk company in Europe, on the size and growth of the soymilk market in Europe, and new trends in that market, conducted by William Shurtleff of Soyfoods Center. Another might be a published article or an unpublished document concerning the growth of the market for soy yogurts or soy sauce in America.

This book documents the growth of each product category in every country worldwide. The book contains three extensive and easy-to-use indexes: A subject/geographical index, an author/company index, and a language index. These allow you to find the exact information you need on the soyfoods industry and market quickly and easily. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 510-283-2991.

10531. **Product Name:** [Tofu Burgers: Sea Vegetables from Brittany].
Foreign Name: SOY Croque Tofou (algues de Bretagne).
Manufacturer's Name: SOY (Société Soy).
Manufacturer's Address: 1 rue du Crêt de la Perdrix, 42400 Saint-Chamond, France. Phone: 77.31.24.42.
Date of Introduction: 1994. January.
Ingredients: Label of Dec. 2011: Tofu* 77.9% (water, dehulled soybeans* 21%, coagulants: calcium sulfate, nigari), water, flakes of whole oats*, soy sauce (water, whole soybeans*, sea salt, *Aspergillus oryzae* culture, dried sea vegetables (dulse, nori) 1.6%, yeast extract, sea salt, parsley, bay leaf / laurel*. * = Organically grown ingredients. Certified by Ecocert F 32600 L'Isle Jourdain.
Wt/Vol., Packaging, Price: 200 gm paperboard box. 2 burgers per package.
How Stored: Refrigerated, 4 week shelf life at 4ºC.
New Product–Documentation: Product with Label brought by Taro Mikuriya of the Nutrition & Santé Group (Revel, France). 2011. Dec. 14. Paperboard box. 4 by 6 by 1.5 inches. Green, blue and black on white.

Letter (e-mail) from Bernard Storup, founder of Nutrition & Nature (Revel, France). This product was first sold commercially in Jan. 1994.

10532. United Soybean Board; Nebraska Soybean Program. 1994. Designed for life: A closer look at the versatile soybean's contribution to human health (Brochure). Lincoln, Nebraska. 12 panels. 23 x 10 cm each. [1 ref]
• ***Summary:*** Contents: Soybean fiber. Soybean protein (in soy flour, isolates, concentrates). Soybeans: The newest and oldest of designer foods. Finding and using soybeans: Miso, tofu, natto, tempeh, full fat flour, soymilk, soynuts, soy sauce. Soybean oil: 85% unsaturated fat, no cholesterol, high in polyunsaturates, hydrogenation and *trans* fatty acids. Once upon a time ("circa 1500 BC, Yu Xi-ong and Gong Gang-shi, who were either bandits or warlords depending on your perspective..." discovered the soybean. Note: This story has no basis in historical fact). The soybean: Health insurance in a pod.

Photos show: Two hands holding up a large Chinese bowl of miso soup containing squares of tofu. A table set with dishes of various East Asian soyfoods. Charts: Bar charts showing percentage of saturated, monounsaturated, and polyunsaturated fatty acids in soybean oil and other oils and fats. Nutritional analysis of 1 cup of cooked soybeans.

Note: This brochure was developed for the United Soybean Board (USB) by the Evans Group in Seattle, Washington. It was mailed mostly to food manufacturers. Address: Lincoln, Nebraska.

10533. United Soybean Board. 1994. Soybeans: Unlocking the secret to good nutrition. Healthcare guide. St. Louis, Missouri. 8 p. 28 cm. [5 ref]
• ***Summary:*** Contents: A critical food source from the dawn of history. The only vegetable that contains complete protein. World soybean production (1992/93, bar chart). The most versatile food on earth. Health benefits of soy foods (discusses only soybean oil!). Nutritional analysis of soybeans, kidney beans, and peanuts. Bar chart showing the fatty acid composition of soybean oil and other oils and fats (soybean oil is "the balanced oil"). Hydrogenation and health. Cis and *trans* fatty acids. Soybean oil's place in the diet. Whole soybean foods: Tofu, tempeh, miso, natto, soy sauce, full fat soy flour, soy "nuts" and soymilk. Soybean fiber (the outer hull). Soy protein products: Defatted soy flours, soy isolates, soy concentrates. Isoflavones (incl. Genistein). Soybeans, the "All American" legume. For more information call 1-800-Talk-Soy.

Note: This brochure was developed for USB by the Evans Group in Seattle, Washington. It was mailed mostly to dietitians, nutritionists, and members of the food industry. It focused more on soy oil than on soy protein. Address: St. Louis, Missouri.

10534. Lewis, David. 1994. Bean curd banner flies high over Tofutown. *Rocky Mountain News* (*Denver, Colorado*). Feb. 1. p. 33A, 38A. Business section.
• ***Summary:*** White Wave produces 2½ tons of tofu every working hour of every day. That's 50,000 pounds of tofu a day, 250,000 pounds a week, and 13 million pounds a year. White Wave sells its tofu and tofu spin-offs–Meatless Tofu Steaks, Dairyless Soy Strawberry Yogurt–in 50 states, Puerto Rico, Mexico, and Canada. Demos vows this is only the beginning. "I'm in this because this is a 100-year project. And I'm not going to be around to see the end of it." A large photo shows Ken Vickerstaff, White Wave's sales and marketing president, and Steve Demos, company president. *Boulder Daily Camera* food writer John Lehndorff coined the term Tofutown USA to describe Boulder. Demos thought up the White Wave logo while meditating in Santa Barbara in

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1976. "I learned how to make tofu at a 76-day (meditation) intensive. Demos says that 15% of the people in Boulder, Colorado, consume tofu compared with a national average of 2-3%.

White Wave sales have risen 20% to 35% a year for the last 5 years, with 1993 revenues being about $5 million. White Wave plans to create brand identity through its new merchandising format–Vegetarian Cuisine Centers. Piloted in three Whole Foods Markets in California, they increased White Wave sales 730% during their first 3 months in existence. Demos' present goal is "brand building." He considers that to be the strength and fortune of the company. "It's the concept of right livelihood. Can you come up with a career choice you and everyone who touches you benefits from? In the end you enjoy it and the world is better off with it than without it. Wealth without guilt. That's an achievable goal."

Note: This is the earliest document seen (March 2005) in which Steve Demos uses the term "right livelihood."

Haru Yamamoto's Denver To-fu Company also makes tofu–a ton of it per day. Address: Rocky Mountain news staff writer.

10535. McReynolds, Thomas. 1994. Morinaga's new interest in soymilk (Interview). *SoyaScan Notes.* Feb. 3. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Morinaga has been looking seriously at manufacturing soymilk in America for the last 6 months, and very seriously for the last 4 months. The major reason is the value of the Japanese yen, which has fallen steadily against the dollar over the years. From 1964 to 1971 the yen was steady at about 360 yen per dollar. In 1972 it fell below 300, in 1978 it fell below 200, and recently it dipped briefly below 100 yen per dollar; it is now at about 108-109. This makes it expensive to import products from Japan. A second reason is that Morinaga would like to build its own plant in America. But they are looking for a partner in the venture to help minimize the risk. There are two pieces to the formula. The partner must join Morinaga in manufacturing costs, and land and factory development. The partner must also be a potential buyer of the soymilk with an established market, provided the product is made to their quality, volume, and price specifications. Address: Marketing Consultant, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 213-728-4325.

10536. Roller, Ron. 1994. New developments with soymilk in America (Interview). *SoyaScan Notes.* Feb. 3. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Pacific Foods in Oregon has reintroduced and updated its own line under the brand Pacific Foods in three types: Ultra, Lite, and Select. One is fortified, one is light, and one is plain. They are selling these directly to distributors. Soy-Um is sold to a man named Jenkins in Chicago, Illinois, who used to be with Hormel Foods and who has a lot of connections in the grocery industry. J&G stands for Jenkins and Gournoe. They are "marketeers." There was some talk that Trader Joe's was going to introduce a soymilk under their own label, but somehow they hooked up with J&G. Ron believes that Jenkins wants to sell this as low-cost, grocery brand style soymilk for food chains and the mass market. They are going after the low end of the market, and they have gained some shelf space because of their low price. The product is not for the natural foods market. Their products (in terms of flavor and ingredients) are styled after the Westbrae soymilk products.

But the biggest story is the impending entry of Morinaga into the U.S. soymilk market. Remember that Morinaga is basically a milk company and a very conservative one. It looks like they plant to build a plant to make tofu and soymilk in America and they are looking for a partner in the venture–in part because they don't know the market that well, in part to reduce their risks, and in part to get extra volume to cover their overhead. But they want the controlling interest in the venture. They are talking with all the major U.S. soymilk manufacturers–especially Westbrae (which is looking for a partner, in part because their soymilk has been made in so many different places) and Pacific Foods. 90% of their tofu sales are in the mass market, and very little is sold to the natural foods industry. So they will probably also try to sell their soymilk to the mass market.

Bill Bolduc in Ohio makes plain, unpasteurized/unsterilized soymilk, then sends it up to Parmalat Foods (5252 Clay Ave., Wyoming, Michigan 49548. Phone: 616-538-3822). Parmalat is a huge and very significant Italian food company that is the biggest user of Tetra Pak Aseptic packaging in the world. They specialize in tomato products, milk, and pasta, and they are an expert at Aseptic packing. That have advertised their dairy milk in an aseptic carton via full-page ads in the *Wall Street Journal.* [Their corporate headquarters is: Parmalat USA, 500 Rt. 17 South, Hasbrouck Heights, New Jersey 07604.] In 1993 Parmalat bought White Knight Packing, which is a Tetra Pak co-packing operation. This was their entree to the American market–except that they previously had some distribution for their tomato products in America. Westbrae was a co-pack customer of White Knight. Parmalat then bought two dairies–one in Pennsylvania and one in Louisiana. They move very quickly and are very aggressive.

Note: Parmalat S.p.a. in Italy (43044 Collechio, Parma, Italy) was interested in soymilk as early as May 1987. The two contact people at that time were Mr. Barilla and Dr. Alberto Rota. Address: President, American Soy Products, 1474 N. Woodland Dr., Saline, Michigan 48176. Phone: 313-429-2310.

10537. Pierce, Ray. 1994. A brief history of Genice Foods Ltd. and their work with soy ice creams, yogurts, creams,

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and margarine. Part II (Interview). *SoyaScan Notes.* Feb. 4, 8, 10 and 16. Conducted by William Shurtleff of Soyfoods Center. Followed by a an 8-page fax on 7 Feb. 1994.
• ***Summary:*** Continued: At this time, Genice Foods was the only company in Europe manufacturing non-dairy frozen desserts, but the market in Europe was not expanding as rapidly as the market in the USA. Possibly the main reason for this was a greater perceived differentiation in the U.S. between dairy ice creams, containing up to 15% butter, and healthier non-dairy, lower-fat frozen desserts such as Tofutti and McQueens. By contrast, ice creams in the UK generally contained palm oil instead of butter and at a much lower level–around 6-8%. Other reasons for the rapid growth of the U.S. market could be: Greater awareness of lactose intolerance, a larger number of vegetarians, larger ethnic communities, and cost consciousness. With Genice being the only manufacturer of non-dairy frozen desserts, it was difficult to satisfy existing and potential customers without some duplication of products in the market place. However Genice was also attempting to help these companies avoid competing directly with one another by suggesting different package sizes, flavors, package shapes, etc. Hence in 1987 Maranellis Ice Supreme was launched for Unisoy (before Unisoy was acquired by Haldane), in a ½-liter format, sweetened with fruit juice, in 3 flavors–raspberry ripple, vanilla, and chocolate. The product was made from fresh soya milk, delivered to Genice by Unisoy. Another non-dairy frozen dessert launched in 1987 was Sunrise Carob Ice, a frozen soya vanilla-flavored bar covered with a carob coating, made for Soya Health Foods Ltd., Michael Cole's former company; the product sold extremely well.

In March 1989, the Haldane Foods Group Ltd., part of the Archer Daniels Midland Co. (ADM), acquired a 70% interest in Genice. Genice Foods approached the Haldane Group since Genice needed both cash and access to bigger markets in order to develop properly. Peter Fitch, head of the Haldane Group, has told Ray many times he didn't really want to acquire Genice; Ray had to court him for 9 months before he agreed to acquire Genice. Haldane was an ideal partner, being one of the biggest health food manufacturers in Europe (they made mostly vegetarian main courses), but having no dessert products. Genice made mostly non-dairy frozen and chilled desserts. Also the cash backing from ADM was equally important in creating and developing new markets. ADM and the Haldane Group gave Genice the freedom to continue to develop and make products for companies (such as Soya Health Foods and Dayville Ltd.) outside the Haldane Group.

In April 1989 Sweet Sensation, another non-dairy frozen dessert, was launched for Granose Foods in a 3/4 liter pack composed of a rectangular plastic tub in a cardboard sleeve, in 4 flavors–tutti fruitti, black cherry, raspberry ripple, and vanilla. Genice made this product for Granose before and after Granose was acquired by the Haldane Group. Another non-dairy frozen dessert products launched in 1989 was Vegedine Mousse a frozen mousse dessert in two flavors–carob & walnut, and strawberry. Vegedine was a very small company in Bournemouth, sales to health food shops were small, and the company soon went out of business.

Following the acquisition by Haldane, the pace of development speeded up at Genice. Previously, products had been produced from either powdered soya milk and soy protein isolates, or soya milk imported from Unisoy. In late 1989 a small soya milk plant was installed at Genice with the ability to produce limited quantities of tofu also. With the new availability of tofu, two new non-dairy frozen products were launched: (1) So Good Tofu Dessert for the Haldane Group, a 3/4 litre pack in a round cardboard tub flavored as a strawberry/vanilla split, or as wild blackberry; and (2) So Good Strawberry Bombes for the Haldane Group, a 100 ml vanilla flavored base with a strawberry puree center, coated with carob couverture, and sold in retail packs of four. Because of Haldane's extensive contacts throughout Europe, Genice products are now sold in 7 European countries. The company also made a brief foray into the kosher market in America, when they sold some So Good Strawberry Bombes to a distributor named Quality Foods in Long Island, New York, but Genice had a bad experience and ended up with an unpaid debt on their first shipment. About 4 years ago Ray exhibited some of his soya products for 2 years in a row at one of the New York Kosher Fests. There he met David Mintz of Tofutti fame. Ray would like to try to enter the New York market again some day; its a big market.

Genice uses fresh soymilk (produced by Unisoy) to make the majority of its total volume of soy ice cream, and isolated soy protein to make rest. Powdered soymilk is not used because it is very expensive and too hard to obtain. Ray now feels that fresh soymilk gives a better soy ice cream. Genice is now producing a range of development samples for Dayville Ltd., which is going to re-launch their soy ice creams this year and they have picked the one made with soymilk as being the best. From the production viewpoint, isolates are much easier to use, but product taste and overall quality is the key point. Moreover, organic soymilk can be used to make an organic soy ice cream, but there are no organic soy isolates.

Genice is still the only manufacturer of soya frozen desserts in the UK. However two strong, competing products are now being imported: Winner's Swedish Glace from Sweden and Tofutti from the USA. Three years ago Genice made more than 90% of the soy ice creams sold in the UK, but today that figure has dropped to an estimated 50%, with Winner in second place, followed by Tofutti. Ray is concerned that Winner could overtake Genice in soy ice creams this year. During 1994 Genice plans to rationalize and reformulate its soy ice cream product line in order to concentrate its marketing efforts more on its best products, to eliminate or merge its own brands of the same type that

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compete with one another, and to put more effort into sales of soy ice creams. Continued. Address: Founder, Genice Foods Ltd., Pinfold Lane, Llay Industrial Estate, Llay near Wrexham, Clwyd, LL12 OPX, Wales/Cymru, UK. Phone: 0978-853-787.

10538. Demos, Steve. 1994. New developments at White Wave (Interview). *SoyaScan Notes.* Feb. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave's new state-of-the-art tofu plant is now pumping out 8 tons of tofu per shift. The company operates, on average, 1.5 shifts per day.

Note: Talk with Wally Rogers. 1994. Aug. 18. White Wave purchased much of their new $1.5 million tofu system from Bean Machines, Inc. (BMI). They bought a BMI continuous cooking system (1,200 gallons/hour) and a continuous centrifuge, which BMI sells as part of a joint venture with a company from China. The centrifuge is made in China, then BMI makes it sanitary. The centrifuge is selling very well; companies are buying them instead of roller extractors. BMI moved from 390 Liberty St. in San Francisco to Sonoma, California, several years ago. They get mail at P. O. Box (2122) in Mill Valley. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10539. Nakagawa, Keiko H. 1994. The miso market in America (Interview). *SoyaScan Notes.* Feb. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Keiko has just finished a market survey titled *Beikoku Miso Shijo Chôsa Hôkoku* (The miso market in America: Report of a survey; 22 pages, in Japanese). She used statistics (with permission) from *Soyfoods Industry and Market: Directory and Databook* (1985) by Shurtleff and Aoyagi and from a database search of the SoyaScan database to get started on her research. Then she contacted all miso manufacturers listed in the directory and in this search, and interviewed the owner of each company. She found that total miso production by the 7 manufacturers listed below was 1,467 tonnes/year = 3,227,400 lb/year. She found that the largest miso makers in the USA (including Hawaii) are as follows, listed in descending order of size: 1. Miyako Oriental Foods (founded 1976, 1,000 tonnes/year = 2,200,000 lb/year, Los Angeles; Mr. Shimizu says they are still only using half their production capacity. Note: In 1982 Miyako produced 544 tonnes/year of miso according to Shurtleff and Aoyagi. 1985. *Soyfoods Industry and Market,* p. 108). 2. Hawaiian Miso & Soy Co. (founded 1936, 227 tonnes/year = 500,000 lb/year, Honolulu. Production was 512 tonnes/year in 1982). 3. American Miso Co. (founded 1979, 113 tonnes/year = 250,000 lb/year, North Carolina. Production was 125 tonnes/year in 1982). 4. American-Hawaiian Soy Co. (founded 1941, 91 tonnes/year = 200,500 lb/year, Honolulu. Production was 125 tonnes/year in 1982). 5. South River Miso Co. (founded 1981, 18.18 tonnes/year = 40,000 lb/year, Massachusetts). 6. American Biofoods (founded 1983, 16 tonnes/year = 35,300 lb/year, Holmdel, New Jersey; also makes Dengaku Miso). 7. Junsei Yamazaki Miso Co. (founded 1983, 2 tonnes/year = 4,400 lb/year, Orland, California).

Companies listed in the 1985 directory which cannot be located and probably no longer make miso are: Cottage Miso (Wisconsin), Imagine Foods (Missouri), Parks Brands (Hawaii), The Soy Plant (Ann Arbor, Michigan), and Well House (Colorado).

Imports of miso to the USA have continued to increase dramatically, from 959 tonnes (metric tons) in 1982 to 1,554 tonnes in 1992 (according to Japanese Customs sources).

On 20 Feb. 1994 Keiko sent a copy of her Japanese-language market study to Soyfoods Center, where it was placed in the library. Address: 667 Spyglass, Valley Springs, California 95252. Phone: 209-772-1502.

10540. Skenazy, Lenore. 1994. Is it better than it sounds? Tofu has been waiting 1,000 years for you to try it. *Denver Post.* Feb. 16.
• ***Summary:*** A humorous tribute to tofu. Address: New York Daily News.

10541. *Toyo Shinpo* (*Soyfoods News*). 1994. Tô denrai no tôfu-kan. Matsumoto rôho ga dentô o mamoru. Ishiusu de hiki, jigama de taku. Mukashi-nagara no seihô o miru [Tofu-kan transmitted from T'ang dynasty China. The Matsumoto Rôho shop at Uji near Kyoto preserves an ancient tradition, grinding with a stone mill and cooking in a caldron. Here you can see the ancient process]. Feb. 21. p. 5. [Jap]
• ***Summary:*** This full-page article contains 20 photos showing each step in the process of making Chinese-style pressed tofu. During the Edo period (1600-1868) the head priest at Manpuku-ji temple in Uji had a lot of visiting monks from China; he may have learned the process from one of them. Soaked soybeans are ground in a traditional stone mill. The soymilk is cooked in a caldron over a wood fire. Firm curds are ladled into many small cloth-lined forming boxes. The cloths are folded over the curds in each box, and the curds are allowed to drain. Then each little packet is removed from its forming box and 6-8 are put in another forming box, where they are pressed under a wooden pressing lid and two heavy stone weights. For seven generations the Matsumoto family in Uji has been keeping alive this tradition, imported long ago from China. The shop's address: Matsumoto Rôho (Matsumoto Tôfukan-shô), Gokasho Shinkai 2, Uji-shi, Kyoto-fu, Japan. Phone: 0774-31-8604. Note: Rôho means "old shop."

10542. *Agri-Book Magazine* (*Exeter, ONT, Canada*). 1994. Far East market can double. 20(5):29. Feb.
• ***Summary:*** Canada is selling more and more soybeans for

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food uses to East Asia. Thailand is the only country in the region that is self-sufficient in soybean production. Japan (population 123 million) imports more than 1 million tonnes per year, Taiwan imports 250,000 tonnes, Indonesia 150,000 tonnes, Korea 120,000 tonnes, and Malaysia 100,000 tonnes. Singapore and Hong Kong import all the soybeans they use.

In 1993 Ontario produced a record 1.7 million tonnes. Only 500,000 tonnes of this (29.4%) was exported, and only a fraction of that was suitable for making soyfoods such as tofu, natto, soymilk, Taiwanese fermented tofu (*foo yee*), etc. A large color photo shows ladies in Taiwan packing fermented tofu in jars.

Ontario has captured 56% of the Hong Kong market, and about 14% of the Malaysian market. But the Asian market is becoming more competitive because exporters from the USA are beginning to offer soybeans in bags as well as bulk shipments. Michael Loh, the OSGMB coordinator for export development, thinks Canada can achieve its goal of doubling soybean exports by the year 2000.

10543. **Product Name:** [Soyanaise (Plain, or Spicy)].
Foreign Name: Sojanaise (Natur, Gewuerz).
Manufacturer's Name: Albert's Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1994. February.
Ingredients: Tofu, olives, herbs.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Label brought by Albert Hess of Albert's Tofuhaus. 1995. March 11. This product was introduced in Jan/Feb. 1994. Leaflet (11 by 11 cm, 8 panels) brought by Albert Hess. 1995. March 11. "The white side of life... ist die köstliche, leichte, pfiffige Vielfalt aus Soja." (... the delicious, light, artful diversity from Soya). This company makes 3 types of Sojanaise; each contains no eggs, is low in fat, and yet very much like mayonnaise. An illustration on the cover shows a large personified cake of tofu, with smiling face and arms held out.

10544. Asbridge, David D. 1994. Agricultural importance of soybeans. In: Mark Messina, ed. 1994. First International Symposium on the Role of Soy in Preventing and Treating Chronic Disease: Abstracts. Chesterfield, Missouri: United Soybean Board. 27 p. See p. 6. Held 20-23 Feb. 1994 at Mesa, Arizona.
• ***Summary:*** "Soybeans are omnipresent in American life... Last year, the average American consumed only four pounds of soyfoods in the form of soy protein products, tofu, soymilk, tempeh, miso, soy sauce, and soynuts. They consumed over 40 pounds of soybean oil in the form of margarine, salad dressings, cooking oils, and shortening. They consumed 204 pounds of meat, poultry, and eggs. Soybean meal, the most widely used processed feed ingredient in the U.S., is the leading source of protein for meat and poultry animals. To meet this huge demand for soybeans, vast resources are needed. In 1992, 440,000 U.S. farmers planted 59 million acres of soybeans. That's enough to nearly cover the entire state of Arizona. The farm value of the 2.2 billion bushel crop was more that $12 billion dollars. Once farmers sold the 1992 crop, the majority of the soybeans were either crushed into meal and oil, or exported. The meal and oil were valued at $6 billion and $3 billion, respectively. Exports, which historically make up one-third of the U.S. soybean crop, directly reduced the U.S. trade deficit by almost $4.5 billion dollars and indirectly employed 126,600 people. It has been estimated that since 1975, the value of the soybean crop has been about $275 billion in nominal terms. The multiplier affect brings the total impact to the US economy of soybean production to $800 billion." Address: American Soybean Assoc., 540 Maryville Centre Drive, Suite 390, P.O. Box 27300, St. Louis, Missouri 63141-1700.

10545. Badani, Bernard. 1994. Edible soybean mission report, Indonesia, Taiwan, Korea, February 1994. Ottawa, Ontario, Canada: Agriculture and Agri-Food Canada. 23 p. 28 cm. Spiral bound.
• ***Summary:*** Contents: Foreword: Mission objective, countries visited, main goals, conclusion. Acknowledgments. Names of the 8 mission members. Visit to Indonesia (Jakarta): Background, visits (Nestle soymilk plant in Surabaya, BULOG), conclusions, market potential (short, medium, and long term). Visit to Taiwan (Taipei, Taichung, Tainan, Kaohsiung): Background (the pro-American soybean lobby), visits (Taiwan Tofu Manufacturers Assoc., Tet Union Corp., Great Wall Enterprises, Herng Yih), conclusions, market potential (short and medium term). Visit to Korea (Seoul): Background, visits (Hyosung Corp., AFMC, Korean and Seoul Tofu Manufacturing Co-operatives, conclusions, market potential (short and medium term). List of contacts by country (photocopies of business cards). Note: Mr. Badanai works for this federal organization in Ottawa.

This mission, whose coordinator was Michael Loh, took place between Feb. 25 and March 10, 1994; it was organized by OSGMB with assistance from the Canadian Embassies in Jakarta and Seoul, and the Canadian Trade Office in Taipei. The overall objective of the mission was to open these 3 markets to the sale of Special Quality White Hilum (SQWH) soybeans from Canada for use by their soy food industries.

Indonesia imports about 700,000 tonnes of soybeans each year, mostly grade #1 from the USA, to supplement its local production of about 1.3 million tonnes. About 250,000 tonnes of the imports are used to make soyfoods such as tempeh (which accounts for about 80% of the total), tofu, taucho (Indonesian miso), and soybean milk. The majority of their domestically grown soybeans are also used to make soyfoods. All Indonesian soybean imports are

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handled by BULOG, a government agency which determines yearly requirements and allocates the resulting imports to various companies under a complex price structure formula apparently designed to maintain the competitiveness and full utilization of the domestic crop whose internal prices are very high by international standards. Sarpindo is the largest Indonesian soybean crusher. Nestle operates a soymilk plant in Surabaya that makes 12,000 tonnes/year and is completing a second one of 20,000 tonnes capacity in Jakarta. Much of Nestle's production, especially for the new Jakarta plant, is oriented toward the export market, with the Philippines as their top priority.

Taiwan grows only 12,000 tonnes of soybeans domestically, but they import 2,400,000 tonnes per year. Their main suppliers are the USA (1,938,000 tonnes, 80.8% of the total), China, 297,000 tonnes), and Argentina (6,000 tonnes). Imports are handled mostly by a small number of major crushers, which then select a portion of the #2 soybeans imported, bag them, and sell them to Taiwanese soyfood manufacturers. About 8% of the total imports (200,000 tonnes) are handled in this way. Tofu is by far the most important soyfood in Taiwan, with consumption of 49.79 kg/capita/year. Most tofu is made by very small companies. The main problem facing Canadian exporters is the almost total control that the pro-American soybean lobby has shown so far in Taiwan. This lobby includes the main local crushers/importers of U.S. soybeans (which have a strong interest in maintaining the present import and distribution systems that make local tofu manufacturers dependant on them), and the American Soybean Association (ASA) office (with a staff of 15) in Taipei. Tet (Ttet) Union Corp. in Tainan is the largest crusher in Taiwan. Fwusow (Fwu Sow) is a large edible oil company. Taiwan's largest tofu manufacturer is Herng Yih Food Industrial Co. of Kaohsiung. The 13 year old company has two plants, 14 minutes drive apart.

Korea imports between 1 and 1.1 million tonnes of soybeans a year to supplement domestic production of about 200,000 tonnes. Approximately 200,000 tonnes of the total imports and 20,000 tonnes of domestically grown soybeans are used to make soyfoods, mostly tofu. All soybeans destined for this purpose are purchased by AFMC, the Agricultural and Fisheries Marketing Corporation, a state-owned corporation and government monopoly under the Ministry of Agriculture. that resells soybeans to food processors according to their needs, charging a very high markup over the import purchase price. This markup, in turn, allows AFMC to subsidize purchases of domestic soybeans which it buys at prices close to 5 times the international price but which it resells to tofu manufacturers at the same price as the imported soybeans. It is expected that AFMC will loose its importing monopoly on food grade soybeans by 1997 due to the GATT agreement. An immediate market potential for Canadian soybeans seems to exist for sprouting soybeans, of which Korea purchases about 6,000 tonnes a year. Address: Grains and Oilseeds Div., International Markets Bureau, Agriculture and Agri-Food Canada, Ottawa.

10546. Ohio Soybean Council. 1994. Cooking American favorites with soy. Columbus, Ohio. 16 p. Feb. 24 cm.
• ***Summary:*** This attractive cookbooklet contains many large color photos on thick glossy paper. The recipes are: Beefy tofu enchiladas (with firm tofu and ground beef). Spaghetti surprise (with silken tofu). Calico chili (with whole soybeans). Zesty corn muffins (with soy flour and soy oil). Apple salad & tofu-honey cinnamon dressing. Fresh walleye (a fish, with soy oil). Crispy chicken stir-fry (with soy sauce). Chicken romaine vinaigrette (with soy oil). Cranapple snack bars (with firm silken tofu). Harvest pumpkin bars (with soy flour and soy oil). Cream cheese frosting (with soy margarine).

Talk with Kelly Ollwine, executive secretary for the Ohio Soybean Council. 1996. June 7. This booklet, published in 1994, was developed by Jim Kapp of Yoder, Sullivan & Kapp, a consulting firm in Columbus, Ohio.

Talk with Jim Kapp. 1996. June 7. These recipes were developed by two Ohio home economists, Connie Cahill and Melody Leidheiser. The booklet was published in Feb. 1994. Address: P.O. Box 479, Columbus, Ohio 43216-0479.

10547. Patterson, Anne. 1994. Soybeans–Great for foodservice. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 1(3):2. [1 ref]
• ***Summary:*** There is a new interest in soyfoods among dietitians. If properly introduced and served, people like soyfoods and they can save money. Includes 5 tips for converting recipes to soy protein. At Loma Linda Medical Center in California, scrambled tofu is one of the most popular breakfast items. Address: R.D., Farmington, Illinois.

10548. *Tofu Times: Emerging Soyfoods Trends* (*Morinaga, Torrance, California*). 1994--. Serial/periodical. Morinaga Nutritional Foods, Inc., 2050 W. 190th St., Suite 110, Torrance, CA 90504. Bimonthly. Susan Bucher, editor. Vol. 1, No. 1. Jan/Feb. 1989.
• ***Summary:*** Formerly titled *Mori-Nu Healthy Life.* Each issue, typically 6 pages, discusses the merits of tofu and Mori-Nu silken tofu. Recipes and coupons are included. Issues were published in Feb., June, and November/December 1994. Address: Torrance, California.

10549. **Product Name:** [Viana Hazelnut Tofu].
Foreign Name: Viana Haselnuss Tofu.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251/56076. Fax: 02251/75638.
Date of Introduction: 1994. February.

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Ingredients: Water, soybeans*, hazelnuts, shoyu (water, wheat, soybeans, sea salt), nigari (coagulant). * = Organically grown.
Wt/Vol., Packaging, Price: 250 gm vacuum pack. Retails for DM 4.50.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Anthony Marrese. 1994. May. 3.5 by 5.5 inches. Beige, reddish brown, and black on chocolate brown. Use by 16 Feb. 1994.

10550. *Toyo Shinpo* (*Soyfoods News*). 1994. Urete imasu. Nagai no jun-tôfu. Shufu ni ninki no "Oboro Tôfu" [Nagai's pure Oboro Tofu is selling well. It's popular among housewives]. March 1. p. 7. [Jap]
• ***Summary:*** This product is unpressed tofu curds. A photo shows that tray, similar to a typical water-pack tofu tray, with a sealed film lid.

10551. *Toyo Shinpo* (*Soyfoods News*). 1994. Atarashii fûmi no shokuzai. Tsurumaru Sangyô no 'Chûka Dôfu.' Wadai no shin shôhin [Tsurumaru Industry's "Chinese Tofu" is a new food ingredient with a new flavor: People are talking about it]. March 1. p. 7. [Jap]

10552. Andoh, Elizabeth. 1994. Tokyo's rich array of regional dining. *New York Times.* March 6. p. XX6, XX19 (Sunday).
• ***Summary:*** Contains excellent reviews of the following Tokyo restaurants: Konomi, Kakiden, Itosho, and Shigeyoshi. The latter served "warabi ferns wrapped in fresh yuba (broad ribbons of bean curd [tofu])" and a "soup, which contained cubes of tofu and strips of fried bean curd... well seasoned with a burnished brown miso."

Note: This brief description of yuba is inaccurate; yuba is made from soymilk, not tofu. Address: Japan.

10553. *Toyo Shinpo* (*Soyfoods News*). 1994. Tôfu Ryôri Jôkyô-hen. Katei Gahô 4-gatsu gô ["Tofu Cookery–Advanced Level" edition, will be published in the April issue of *Katei Gaho* magazine]. March 21. p. 9. [Jap]
• ***Summary:*** The article contains many photos.

10554. Kubová, Anna; Vavrac, Ján. 1994. Re: Soyfoods and vegetarianism in Slovakia. Letter to William Shurtleff at Soyfoods Center, March 23. 2 p. [1 ref]
• ***Summary:*** Only a very small amount of soyfoods are produced in Slovakia. Most of them are being imported from Hungary. Before the war in Yugoslavia, they were also imported from Yugoslavia. There are still worries that building up a bigger soyfoods industry would not be profitable enough, or that domestic supplies of soybeans would be insufficient.

"Tofu is already seen on the market but it is still quite expensive. I (Anna) like tofu but I don't know much about cooking with it. Although I am a supporter and promoter of vegetarianism, I am personally not a total vegetarian. It is still a bit difficult to get used to a vegetarian diet here since vegetarian restaurants and canteens are not easy to reach here (they are only in some cities; unfortunately there are none in Nitra). Therefore it is very difficult to get and eat vegetarian food while being at work. The Slovakian traditional cuisine is based on very tasty meat foods and foods made of flour. We eat very little fresh vegetables even though we know they are good for our health. Tradition and custom are very hard to change. I guess we have already succumbed to these barriers." Address: 1. Dep. of Plant Physiology; 2. Dep. of Plant Protection. Both: Univ. of Agriculture KFR, Tr. A. Hlinku C.2, SK-949 76 Nitra, Slovakia. Phone: +42-87-411 560.

10555. **Product Name:** Farm Foods Pizsoy Pockets [Broccoli & Cheddar, Garden Pizza, Veggie Chicken BBQ, Veggie Pepperoni, Spinach & Mushroom].
Manufacturer's Name: Farm Foods.
Manufacturer's Address: 49 Old Bloomfield Ave., Mountain Lakes, NJ 07046. Phone: 201-334-0101.
Date of Introduction: 1994. March.
Ingredients: Broccoli & Cheddar: Outer crust: Organic whole wheat flour, organic wheat flour, water, canola oil, honey, olive oil, salt, yeast, vanilla extract. Filling: Fat-free soy cheddar (organic tofu, calcium caseinate [derived from non-fat milk], corn and rice starch, sea salt, citric acid, natural flavor, soy lecithin, vegetable gum, annatto), onions, rice starch, water, nutritional yeast, corn oil, salt, garlic powder, spices.
New Product–Documentation: Leaflet (8½ by 11 inch, black-and-white) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Pizsoy Pockets: 5 Great Recipes." Each contains a tasty blend of organic grains, tofu, and vegetables. They are completely lactose and cholesterol free. The outer crust ingredients are the same for all varieties.

10556. Hayhow, Sally; Messina, Mark. 1994. The soy solution: Might this humble bean have a critical role in preventing heart disease and cancer? *Vegetarian Times.* March. p. 77-78, 80, 82-84.
• ***Summary:*** A growing body of scientific evidence indicates that soyfoods can help in preventing heart disease and cancer. Soy protein has been shown to reduce the "bad" type of cholesterol, known as low-density lipoproteins (LDL). But the public is largely unaware that eating soyfoods may lower blood cholesterol markedly, thereby reducing heart disease risk. As a result of the lack of publicity given to these important scientific studies, a powerful, palatable form of preventive medicine is not being used.

One long section discusses isoflavones, which are plant estrogens that are only about 1/100,000th as potent

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as human estrogen. This weak estrogen activity may be responsible for their anticancer effects in hormone-related cancers such as breast cancer. Estrogen increases cancer risk by binding to receptors in breast cells. Isoflavones mimic estrogen, attaching to the receptors, and effectively blocking human estrogen. The most widely used drug in breast cancer treatment, tamoxifen, works in a similar way. Soyfoods are one of the only plentiful food sources of isoflavones.

Six little "sidebar" illustrations explain: Add a quarter pound of cubed, firm tofu to your stir fry: 13 gm of soy protein + 40 mg isoflavones. Pour half a cup of soymilk on your morning cereal: 10 gm soy protein + 20 mg isoflavones. Replace ¼ of the wheat flour in your bread with soy flour: 3 gm soy protein + 5 mg isoflavones (assuming a 3-cup loaf cut into 16 slices). Snack on a quarter cup roasted soynuts instead of peanuts: 18 gm soy protein + 50 mg isoflavones. Add a quarter cup TVP per person to chili: 11 gm soy protein + 35 mg isoflavones. Mix a tablespoon of miso into a cup of water for a warming broth: 1 gm soy protein + 5 mg isoflavones.

10557. **Product Name:** Tofu.
Manufacturer's Name: Kafri-Bari Mashak-Wyler.
Manufacturer's Address: Tal-Shachar 96, 76805, Israel. Phone: 972-8-349-263.
Date of Introduction: 1994. March.
New Product–Documentation: List of new tofu manufacturers in countries where tofu is not well known, sent by Yoshinori Ito of Takai Seisakusho. 1994. Nov. 15. The owner of this new tofu company is David Wyler.

Form filled out by David Wyler, the person in charge at Kafri-Bari. 1995. July 26. The company began to make soyfoods, starting with tofu, in March 1994. They now make 2,400 lb/month of tofu.

10558. **Product Name:** Lightlife Lightburgers (Meatless Burgers).
Manufacturer's Name: Lightlife Foods, Inc.
Manufacturer's Address: P.O. Box 870, Greenfield, MA 01302. Phone: 1-800-274-6001.
Date of Introduction: 1994. March.
Ingredients: Water, textured soy protein concentrate, tapioca starch, natural flavors from vegetable sources, soy sauce, dehydrated onions, isolated soy protein, dehydrated tofu, malt extract, beet powder, vegetable gum.
Wt/Vol., Packaging, Price: 6 oz (2 burgers per package).
How Stored: Refrigerated or frozen.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "You'll sell a lot more meatless burgers–once you see the light." Introducing the Lightburger from Lightlife.

Ad (full-page color) in *Natural Foods Merchandiser.* 1994. July. Inserted between p. 72 and 73. "You'll sell a lot more meatless burgers–once you see the light."

Ad (½ page, color) in Vegetarian Times. 1994. Oct., p. 43. "Most veggie burgers taste like, well, veggies." Contains a 30¢ coupon. A color photo shows the front of the package. This ad also ran in Vegetarian Times in 1997 in Feb. (p. 24) and March (p. 42).

Lightlife Foods. 1998. March. "The best tasting meatless burger at the best every day price" (8½ by 11 inch leaflet).

10559. Minnesota Soybean Growers Association; Minnesota Soybean Research & Promotion Council. 1994. Cooking with soy. North Mankato, Minnesota. 45 p. March.
• ***Summary:*** Talk with Christie Metzger of the MSRPC. 1996. Jan. 4. The first edition of this book was published in March 1994. Some of the recipes came from the winners of a contest. Address: 360 Pierce Ave., Suite 110, North Mankato, Minnesota 56003. Phone: 507-388-1635.

10560. Shurtleff, William; Aoyagi, Akiko. comps. 1994. Soy yogurt–Bibliography and sourcebook: 1910 to 1994: Detailed information on 312 published documents (extensively annotated bibliography), 90 commercial soy yogurt products, 104 original interviews (many full text) and overviews, 44 unpublished archival documents. Lafayette, California: Soyfoods Center. 201 p. Subject/geographical index. Author/company index. Printed March 3. 28 cm. [480 ref]
• ***Summary:*** This is the most comprehensive book ever published about soy yogurt. It has been compiled, one record at a time over a period of 19 years, in an attempt to document the history of this subject. Its scope includes all known information about soy yogurt, worldwide, from 1910 to the present.

This book is also the single most current and useful source of information on soy yogurt, since 98% of all records contain a summary/abstract averaging 205 words in length.

This is one of more than 40 books on soybeans and soyfoods being compiled by William Shurtleff and Akiko Aoyagi, and published by the Soyfoods Center. It is based on historical principles, listing all known documents and commercial products in chronological order. It features: 30 different document types, both published and unpublished; every known publication on the subject in every language–including 401 in English, 38 in French, 19 in German, 17 in Japanese, etc.; 104 original Soyfoods Center interviews and overviews never before published. Thus, it is a powerful tool for understanding the development of soy yogurt from its earliest beginnings to the present.

The bibliographic records in this book include 312 published documents and 44 unpublished archival documents. Each contains (in addition to the typical author, date, title, volume and pages information) the author's address, number of references cited, original title of all non-English publications together with an English translation of

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the title, month and issue of publication, and the first author's first name (if given).

The book also includes details on 90 commercial soy yogurt products, including the product name, date of introduction, manufacturer's name, address and phone number, and (in many cases) ingredients, weight, packaging and price, storage requirements, nutritional composition, and a description of the label. Sources of additional information on each product (such as references to and summaries of advertisements, articles, patents, etc.) are also given.

Details on how to make best use of this book, a complete subject and geographical index, an author/company index, a language index, and a bibliometric analysis of the composition of the book (by decade, document type, language, leading periodicals or patents, leading countries, states, and related subjects, plus a histogram by year) are also included.

Introduction (p. 7-8): There are two basic types of soy yogurt: fermented and non-fermented. The fermented type is usually made from soymilk in the same way as a typical dairy yogurt. The non-fermented type is usually made by blending silken tofu (sometimes with fruits and other ingredients) until it attains the smooth consistency of yogurt–but lacks the sourness.

The idea of making a yogurt from soymilk was first conceived of in 1910 by Li Yu-ying, the remarkable Chinese scientist and soyfoods pioneer who in late 1910 or early 1911 started a soyfoods factory named Usine de la Caseo-Sojaine at Valles near Colombes, on the outskirts of Paris. In Dec. 1910 he applied for a British Patent titled "Vegetable milk and its derivatives." There he stated: "For the fermented milk, the special ferment termed 'sojabacille' is employed or other ferments used for obtaining fermented milks–kephir, yoghourt, koumiss, maya bulgare, and the like..." His patent (No. 30,275) was issued in 1912.

In addition, we know that Li made a fermented soymilk product at his factory near Paris, but we cannot be sure that the this product was actually soy yogurt. Nor do we know the actual French-language name of the product.

Worldwide, there was little interest in soy yogurts from 1911 until about 1981 (see histogram on p. 189); since that time there has been a steady growth of interest, of new products, and of consumption.

At least 90 commercial soy yogurts have been developed worldwide, including 40 in Europe and 34 in the USA.

The world's first soy yogurt of which we can be sure was Soyogurt, developed and launched in 1977 by Robert Brooks and Mary Pung of Swan Foods Corporation / The Soybeanery in Miami, Florida. This delicious fermented soymilk product was sold in plain, raspberry, strawberry, and peach flavors.

Other early American soy yogurts were Soy Yogurt (launched in March 1981 by Aqua Agra of Longwood, Florida), Soymilk Yogurt (April 1982, Current River Soy Products of Doniphan, Missouri), Soymilk Yogurt (April 1982, Trudy de Benedictus of Venice, California), Soy Yogurt (1982, Bountiful Bean Plant of Madison, Wisconsin), Yogo (May 1983, Bud Inc. of Baltimore, Maryland), Farm Soy Dairy Soy Yogurt (Oct. 1983, Farm Soy Dairy, Summertown, Tennessee; they have been making soy yogurt for The Farm community since Oct. 1974!), and Tofruit (Aug. 1984, Eastern Foods Corp., Minneapolis, Minnesota).

The first American soy yogurt to attract widespread mainstream attention was Jofu, a non-fermented product made from silken tofu by Tomsun Foods International (formerly New England Soy Dairy) of Greenfield, Massachusetts. Launched in Dec. 1985 in 7 flavors, it was partially the brainchild of Juan Metzger, a founder of Dannon Yogurt in 1942 and the chairman and president of Dannon until 1981. Metzger had been chairman of the Tomsun board since 1983. During Jofu's first year, Tomsun spent over $750,000 advertising the product under the slogan "It's time to go beyond yogurt." Potential buyers: Those who dislike the sour taste of yogurt, are lactose intolerant, or are watching cholesterol or fat intake.

In mid-December 1986 Tomsun netted about $3.5 million in its first public stock offering–money used largely to improve and market Jofu. By May 1987 Tomsun had orders for 25,000 cases of Jofu per week but could only produce 12,000. It was too much too soon for the small plant. Hopes to raise additional capital were dashed by the U.S. stock market crash in Oct. 1987. On 8 April 1988 Tomsun filed for protection under Chapter 11 of the Federal Bankruptcy Act–a victim of Jofu's runaway success and of trying to expand too fast. The company never recovered.

Europe's first soy yogurts were launched in 1985. The first of these to attract widespread attention was Sojasun, launched in Aug. 1985 by Laiteries Triballat of Noyal-sur-Vilaine, France. This fermented soymilk product came in a host of tantalizing flavors including apricot-guava, raspberry-passion fruit, banana-orange, exotic fruits. In Oct. 1988 the company began advertising the product heavily on French television. The slogan: "Sojasun, the first vital pleasure."

The United Kingdom has become Europe's largest market for soy yogurt, in large part because of the large number of vegetarians and vegans in that country. England's first soy yogurt was Sunrise Soya Milk "Live" Fruit Yoghurt, introduced in July 1987 by Michael Cole of Soya Health Foods Ltd. in Manchester.

Other early British soy yogurts were Yoga (launched in 1986 by the Regular Tofu Co.), White Wave Soya Yogart (May 1987 by Unisoy Milk 'n' By-Products Ltd.), and Granose Soya Yogert (Sept. 1988 by Granose Foods Ltd.).

The largest manufacturer of soy yogurts in the UK today is Genice Foods Ltd., which started in April 1986 as a maker of soy ice creams. Genice develops and manufactures soy yogurts only for other companies; its first product was made in 1989, shortly after it joined the Haldane Foods Group.

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In 1990 Genice developed a unique process for making pasteurized yogurts that have a 4-month shelf life at room temperature. Today 90% of Genice's business is soy yogurts and only 10% soy ice creams. Genice makes at least 90% of all soy yogurts sold in the UK, a market worth about $3 million a year.

As of 1994 soy yogurt is probably the fastest growing soyfoods category in both the United States and Europe. In America the leading products are the "Dairyless" line of soy yogurts (introduced May 1991 by White Wave of Boulder, Colorado), and Stir Fruity (introduced March 1987 in many flavors by Azumaya, Inc. of South San Francisco). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 510-283-2991.

10561. **Product Name:** [Tofutissimo (Mountain Herbs, or Plain)].
Foreign Name: [Tofutissimo (Mit Bergkraeutern, or Natur)]..
Manufacturer's Name: Sojarella, Hess und Drosihn GbR.
Manufacturer's Address: Willi Graf Str. 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076 OF.
Date of Introduction: 1994. March.
Ingredients: Tofu (Water, soybeans*), sunflowerseed oil*, lemon juice, herbs*, vegetables*, spices, sea salt. * = Organically grown (*aus kontrolliert biologischem Anbau*).
Wt/Vol., Packaging, Price: 220 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. Label is 8 by 2 inches. Dark green, black and white on light green (Mountain Herbs), or Red, black and white on light green (Plain). Both with Sojarella logo. It can be used as a spread for bread or can serve as the basis for dressings, sauces, etc. Cholesterol free. Made purely from plant ingredients. Free of casein.

10562. *SoyaCow Newsletter* (*Ottawa, Canada*). 1994. Top Russian government kitchens make soyfoods. 3(1):1. Jan/March.
• ***Summary:*** "In March, six SoyaCows were delivered to Moscow, where most were promptly installed in the kitchens of key government buildings. The sites included: The Russian Council of Ministers (White House), Ministry of Finance, Ministry of Economics, Ministry of Agriculture, and the State Bank.

"At the initiative of Alexander Podobedov, director of the Russian Soybean Association, 'ASSOY,' these pilot operations are building a broad political awareness and will launch the first soyfoods program throughout Russia. In addition to flavoured beverages, the SC-20 systems are providing for soy yogurt, tofu, and baked goods using the 'okara' fibre. Hundreds of top government people have sampled the various products, made with homegrown soybeans, with generally positive results."

10563. *SoyaCow Newsletter* (*Ottawa, Canada*). 1994. Child Haven establishes SoyaCow Centre in India. 3(1):2. Jan/March.
• ***Summary:*** "The SoyaCow Centre has now been established in Ghaziabad, about 30 minutes drive from Delhi, to serve the growing population of SoyaCows in India. The Centre's main objective is to help women in self-employment by producing and selling soymilk and its products at affordable

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prices.

The Centre promotes a table-top SoyaCow SC-20 machine that makes high-quality soymilk on demand at the cottage industry level, producing 13-14 liters every 30 minutes (using 1.75 kg of soybeans costing about 10 rupees per kg) at a cost of Rs. 2-3 per litre. The SoyaCows, which will be made in India under a technology transfer agreement with Child Haven, include accessories for making tofu from the soymilk.

Letter (e-mail) from Ratan Sharma, PhD of India. 2010. Oct. 11. Ratan established this Centre on 8 March 1994.

10564. **Product Name:** Lite 'n' Less Healthy Pasta Dinners [Macaroni 'n Cheese, Penne Pasta Alfredo, Penne Pasta Primavera, Caesars Italian Garden Vegetable Pasta].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1994. March.
Ingredients: Macaroni 'n Cheese: Macaroni: Durum semolina, soy beverage (filtered water, organic tofu*), unhydrogenated liquid canola oil, corn starch, rice syrup solids, natural flavors, casein, calcium phosphate, potassium phosphate, sea salt, citric and/or lactic acids (organic acidulants).
Wt/Vol., Packaging, Price: 12 oz plastic bag.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1992. March. p. 19. "We're back in business!" A color photo shows the two labels. The front panel of each states: "Lactose free. Cholesterol free. Cheese alternative. 1/3 less calories."

Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Soyco Foods cooks up another first: Healthy pasta dinners." The front shows Lite & Less Macaroni 'n Cheese alternative. The back lists ingredients and nutritional information.

10565. **Product Name:** Superfresh Garden Vegetable [Sandwich, with Tofu].
Manufacturer's Name: Superfresh Foods!
Manufacturer's Address: P.O. Box 883551, San Francisco, CA 94188. Phone: (415) 282-4438.
Date of Introduction: 1994. March.
Ingredients: Incl. tofu, mixed vegetables, tahini, lemon juice, and garlic.
How Stored: Refrigerated.
New Product–Documentation: Talk with lady from Superfresh. 1995. March 16. This product was introduced in about March 1994.

10566. **Product Name:** Sita's Organic Soy Burrito, Chile 'n Soy Cheese Tamale, Chorizo Tamale.
Manufacturer's Name: Three Sisters Natural & Organic.
Manufacturer's Address: 3139 Roosevelt St., Carlsbad, CA 92008. Phone: 619-729-2528.
Date of Introduction: 1994. March.
Ingredients: Soy Burrito: Organic sprouted pinto beans, organic brown rice, filtered water, organic soy cheese, organic tomatoes, organic onions, garlic, spices, sea salt.
Wt/Vol., Packaging, Price: Burrito–7 oz. Cheese Tamale–4 oz. Chorizo Tamale–4 oz.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Organic Sita's Burritos & Tamales." "The only Mexican food available with sprouted beans." The front shows the label of each product; the back shows the ingredients.

10567. Vitasoy International Holdings Ltd. 1994. New issue of 127,200,000 shares of $0.25 each at $2.28 per share: Prospectus. Hong Kong: Vitasoy International Holdings Ltd. 94 + 94 p. March 15. 28 cm. [Eng; Chi]
• ***Summary:*** This prospectus announces the first public sale of Vitasoy stock. Half the prospectus is written in English and the other half in Chinese. The sponsor and manager of this initial public stock offering is Wardley Corporate Finance Limited. Underwriters: Wardley Corporate Finance Limited, and Schroders Asia Ltd. The symbol "$" refers to Hong Kong dollars unless otherwise indicated; 7.8 Hong Kong dollars = 1 U.S. dollar, and the exchange rate is fixed.

Contents: Summary. Expected timetable. Definitions. Preliminary. Conditions of the new issue. Share capital. Indebtedness. Risk factor. Directors and corporate information. Parties involved in the new issue. Information relating to the Group: Introduction, corporate structure, history and development (see separate record), strategy, brands, market share and competition, marketing and sales, operations, tofu, Guang Ming Farm, Gardner Merchant, financial information, future plans and prospects, directors, management and staff, trademark valuation, profit and dividend forecasts, proceeds of the New Issue and working capital, adjusted net tangible assets and net assets. Appendixes: 1. Accountants' report. 2. Profit forecasts. 3. Trademark valuation. 4. Property valuation. 5. Statutory and general information. Prospectuses and application forms. Procedure for application.

Financial summary (in million Hong Kong dollars): Turnover (sales) has grown from 795 in 1991 to 912 in 1992 to 996 in 1993. Profit before taxation has grown from 43.8 in 1991 to 88.6 in 1992 to 108.8 in 1993. The company has 5 executive directors and 4 non-executive directors. All of the directors have British, Australian, U.S., or Canadian nationality. Three of the 5 executive directors are children of the founder, K.S. Lo: (1) Mr. Winston Lo Yau Lai, age 52, of Hong Kong (British nationality). Frank graduated from the University of Illinois with a BS degree in Food

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Science, then earned his MSc degree in Food Science from Cornell University in New York; (2) Mr. Frank Lo Yau Ki, age 54, of Hong Kong (British nationality). Frank attended Queensland Agricultural College where he obtained a diploma in dairy manufacturing before joining the group in 1965; (3) Ms. Yvonne Lo Mo-Ling, age 45, of San Francisco (California; USA nationality). Yvonne is president of the Group's operations in the USA and has been responsible for them since 1980. She received a BA degree from Oberlin College in Ohio and took undergraduate studies in Urban and Regional Planning at the University of Toronto in Canada.

Brands: Vitasoy soybean milk is the Group's principal product. Sales (in million Hong Kong dollars) were $337.4 in 1991 (42.5% of total sales), $397.0 in 1992 (43.5% of total), and $411.6 in 1993 (413% of total sales). Sales of tofu and other food products were $32.9 (US$4.21 million) in 1991, $50.2 (US$6.44) in 1992 and $50.7 (US$6.5) in 1993.

In terms of turnover (sales) by geographical area, Hong Kong is by far the leading area with 78.9% of total worldwide turnover ($995 million) in 1993, followed by North America (12.0%), Macau (2.4%), Singapore (2.2%), PRC (1.6%), Australia/New Zealand (1.6%), and others (1.1%).

Senior management includes: Mr. Jerry Maynard, age 43, who is president of Nasoya. He joined the group in 1988 and became president of Nasoya in Sept. 1993. Mr. Michael Ho, age 38, is president of Azumaya. He joined the Group in 1982 and became president of Azumaya in June 1993.

Trademark valuation: An independent valuer has valued them at HK$260 million.

Assets: The main trade marks are Vitasoy, Vita, Balanz, Azumaya, and Nasoya. Tangible: $781 million. Net assets: $1,051 million.

Subsidiaries: Value of issued and paid up share capital: Vitasoy (U.S.A.) Inc. US$12.0 million. Nasoya Foods Inc. US$6.346 million (incorporated 13 July 1990). Azumaya Inc. US$6.5 million (incorporated 1 July 1969).

Properties: The main property, located at No. 1 Kin Wong St., Tuen Muen, New Territories, has a capital value of HK$140 million on 28 Feb. 1994. This is a 17-story industrial building, completed in 1986, on a site of 33,250 square feet (3.089 square miles). It has a total gross floor area of approximately 311,815 square feet, including 38 lorry parking spaces and 22 private parking spaces. The property is held from the Government under New Grant No. 2606 for a term extending to 2047. The current ground rent is $600 per annum. The Azumaya rental property comprises 37,172 square feet of interior floor space on 2 acres of land. Monthly rental is about $20,000. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

10568. Vitasoy International Holdings Ltd. 1994. History and development (Document part). In: New issue of 127,200,000 shares of $0.25 each at $2.28 per share: Prospectus. 1994. Hong Kong: Vitasoy. 94 + 94 p. See p. 14-15. March 15. 28 cm. [Eng; Chi]

• ***Summary:*** The Company, originally named Hong Kong Soya Bean Products Company Ltd. was founded in March 1940 by four men, Mr. (later Dr.) Lo Kwee Seong, Mr. Shiu Wai-Ming, Mr. Chan Nam-Cheong, and Mr. Kwan Yim-Chor. The Company's first product, named Vitamilk, was first sold in Hong Kong just prior to the outbreak of World War II. Note: Production began on 9 March 1940. Vitamilk was fortified with calcium, cod-liver oil, and vitamins, and sold in small milk bottles. Production of Vitamilk ceased during the War, but after the War the Company relaunched Vitamilk, which was then produced at and sold from, small premises in Causeway Bay. 1950–The Company moved to new premises in Aberdeen to keep up with growing sales; it now had increased production capacity and facilities for research and development. At the same time the Company became the franchisee for Green Spot, an orange flavoured soft drink. Green Spot proved highly popular in Hong Kong and provided the company with the opportunity to gain important experience in pasteurization and sterilization techniques. 1953–This new expertise led to the Company's development of a sterilized version of Vitamilk, which had a longer shelf life. At the same time the product was renamed Vitasoy in English and repackaged in narrow-necked soft drink bottles, which replaced the traditional milk bottles. Note: In 1953 the company first began to work with UNICEF to popularize the use of soy beverages in developing countries. 1957–The Pepsi-Cola franchise replaced the Green Spot franchise.

1960–The image of Vitasoy as a nutritious quality product received a boost when UNICEF became aware of the attractions of a high protein, vitamin enriched soybean milk for use in developing countries. 1961–An additional soymilk production plant was opened in Kwun Tong to keep up with rapid increases in sales of Vitasoy. 1962–The introduction of a malt Vitasoy helped lead to further increases in sales. From 1955 to 1970 sales of Vitasoy grew from approximately 12 million bottles to approximately 60 million bottles per annum.

1970s–The Company continued to expand and develop. 1975–A major development was the adoption of a new Tetra Pak packaging process, which brought many benefits. "In addition to enhancing the quality of the product, the new light and disposable packaging meant that Vitasoy could be sold in the non-returnable soft drinks market which significantly reduced both the delivery costs of the product and the costs associated with collecting returned bottles. The new packaging also offered greater scope for innovative design which assisted in marketing the Company's products. To coincide with this technical innovation, in the mid-1970s the Company repositioned Vitasoy in the market by promoting it as a soft drink as well as a milk substitute. The remainder of the 1970s saw the Company's product base

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expand away from Vitasoy and malt Vitasoy.

1976–A range of fruit juice drinks was introduced under the vita brand name. These were also packaged in Tetra Pak cartons and initial flavors included orange, lime, mango, and guava. 1976–The Company decided to relinquish the Pepsi-Cola franchise in favor of producing its own range of carbonated drinks, again under the Vita brand name. The carbonated products, which included cola, orange, lemon lime, and cream soda, were initially sold in returnable bottles and subsequently also in the form of fountain syrups. Both Vita Juice drinks and Vita carbonated drinks won immediate consumer acceptance upon their introduction. 1977–Exports to Australia began. 1978–Vita Juice drinks now have over 30% of the Hong Kong fruit juice drinks market. 1978–The Company moved its Aberdeen production facilities to Heung Yip Road in Aberdeen. 1978–The Company launched a line of traditional teas, the first of which was chrysanthemum, which were sold under the Vita brand and packaged in Tetra Pak cartons.

1979–The Company began a further significant diversification of its business by entering into an agreement with Guang Ming Farm [at Shenzhen, just inside China]. Under the initial agreement, which was for a term of 5 years, and subsequent revisions to this agreement, the Company obtained the rights to market and sell most of the farm's fresh milk output in Hong Kong and Macau. Today the farm produces approximately 55% of all fresh milk sold in Hong Kong.

The late 1970s and early 1980s were characterized by the Company's push into overseas export markets. Each of these export markets took time to develop, both in terms of developing consumer awareness of the Vitasoy and Vita products and particularly in identifying the most suitable and effective distribution channels. 1979–Exports to Papua New Guinea and to Canada began. 1979 Jan. 15–Vitasoy (U.S.A.) Inc. is incorporated.

1980–Exports to the United States began. 1982–In the United States, the Company established its own distribution operations. 1982–Exports to Singapore began. 1985–The Company acquired the operations of its Singapore distributor to gain greater control over and more efficient distribution of its products. 1987–Due to growth of operations, the Company opened a new head office and principal manufacturing facility in Tuen Mun. 1989–The Company acquired a 12% equity stake in its contract packer in Papua New Guinea to gain greater control over and more efficient distribution of its products.

1990 Sept. 24–The Company name is changed to Vitasoy International Holdings Ltd. from Hong Kong Soya Bean Products Co. Ltd. 1990–The Group made the first of two significant diversifications from its traditional business by entering into a joint venture with Gardner Merchant to provide large-scale contract catering services in Hong Kong. Gardner Merchant, headquartered in the United Kingdom, is one of the leading contract catering firms in the UK; the Group has a 40% interest in the joint venture.

1990 Aug.–In its second diversification the Group entered into the manufacture and distribution of tofu in the United States through the purchase of Nasoya, based in Leominster, Massachusetts on the east coast of the United States. 1993 May–The Group acquired Azumaya, a large tofu manufacturer based in San Francisco, California, with a distribution network covering the west coast and mid west of the United States. These acquisitions have not only made the group a [sic, the] leading manufacturer and distributor of tofu in the United States but have also provided the Group with an extensive distribution network throughout the United States and Canada for its other products. 1992–Distilled water was launched under the Vita brand.

1994 Feb.–The Group opened a new production facility on a site at Guang Ming Farm at Shenzhen in the PRC [China] to replace the group's plant in Aberdeen. The Shenzhen plant, which has been built and will be operated pursuant to a joint venture with Guang Ming Farm, is currently operating at partial capacity and is expected to be fully operational by the middle of 1994. The Group's old production and packaging facility at Aberdeen is currently being leased by the Group to provide production capacity unti the Shenzhen plant becomes fully operational. At that time the Group will cease to lease the facility at Aberdeen and all beverage production will then be at Tuen Mun and Shenzhen. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

10569. **Product Name:** Yves' Original Bagel Dog, or Chili Bagel Dog.
Manufacturer's Name: Yves Veggie Cuisine.
Manufacturer's Address: 1138 East Georgia Street, Vancouver V6A 2A8, B.C., Canada. Phone: 604-251-1345.
Date of Introduction: 1994. March.
Ingredients: Bagel Dog: Veggie Wiener: Water, soy protein isolate, wheat gluten, tofu (water, organic soy beans, magnesium chloride), wheat starch, sea salt, ground mustard, guar gum, natural liquid hickory smoke, beet powder, paprika, brown rice syrup solids, wheat germ, spices. Bagel: Whole wheat flour, unbleached white flour, water, vinegar, yeast, malt, sea salt.
Wt/Vol., Packaging, Price: 4.4 oz (125 gm).
How Stored: Frozen.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Two great ideas. A great new meal. Introducing Yves' Original Bagel Dog. Yves' famous fat-free Veggie Dog, hand-wrapped in a whole-wheat bagel and baked to perfection." Front side shows a color photo of 3 bagel dogs. Back side gives ingredients and nutritional information.

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10570. *Toyo Shinpo* (*Soyfoods News*). 1994. Daizu shokuhin ga migoto ni tappuri. Kyôto eki no shôjin bentô [Abundant, delicious soyfoods in the vegetarian box lunch at Kyoto station]. April 1. p. 13. [Jap]
• ***Summary:*** In this box lunch, which retails for 1,000 yen at the Bullet Train line in Kyoto, there are 7 soyfoods: Seasoned, cooked rice with soybeans. Cooked and seasoned tofu burger (*ganmo*). Fried dried-frozen tofu (dusted with flour). Cooked black soybeans. Tofu shûmai (*shao-mai* steamed dumplings filled with tofu). Fried okara. Fresh yuba. Sesame tofu. An illustration shows the placement of foods in the octagonal box. With the recent boom in healthy foods in Japan, the popularity of this lunch among women has increased sharply.

10571. Schmitz, Tom. 1994. Tofu cook believes she nourishes body and soul: Linda Lam, tofu maker. *Mercury News* (*San Jose, California*). April 3. p. 1E, 3E.
• ***Summary:*** A large color photo shows Linda Lam and her husband Thom Tran at their Fuji Fresh Tofu Co. in Japantown, San Jose. They make tofu 6 days a week, as well as tofu pudding, soymilk (in plastic quart jugs), tofu spring rolls, Okinawa tofu, and Peking tofu. Linda Lam learned to make tofu as a girl in Vietnam, where she was taught by the monks at her local Buddhist temple. She stayed at the monastery during school vacations, preparing meals and studying the scriptures. "Three decades later, Lam remains a devout Buddhist. And her faith in tofu is equally strong." She and her family are vegetarian. She uses nigari as a curding agent in making her tofu.

Before leaving Vietnam in 1979, she worked as a high school teacher. Later she ran a catering service.

10572. Palmer, Jane. 1994. Soybeans: From tiny pods come big gains in the field of medical research. *World-Herald* (*Omaha, Nebraska*). April 6. p. 37-38. Living section.
• ***Summary:*** Dr. Connie LaBarr, director of consumer information for Nebraska Soybean Program in Lincoln discusses new medical research linking soybeans with the prevention and treatment of diseases such as cancer, heart disease, and osteoporosis. She notes that "The soybean genistein has been called the 'magic bullet' in the fight against cancer."

One sidebar titled "Joy of Soy Can Be Sampled at Home" gives recipes using whole dry soybeans, tofu, miso, and soynuts. Another sidebar titled "Soy Pops Up in Product After Product" lists the many products in a typical Omaha supermarket that use soy as an ingredient. Address: World-Herald Food Writer.

10573. Begley, Sharon; Springen, Karen; Hager, Mary. 1994. Beyond vitamins: Just a few years ago, scientists didn't know phytochemicals existed. But today they are the new frontier in cancer-prevention research. *Newsweek* 123:44-46. April 25.
• ***Summary:*** A pull-quote states: "Soybeans, whether as miso soup or tofu or straight up, contain genistein. This phytochemical seems to keep tiny tumors from getting connected to capillaries that carry oxygen and nutrition. Without these supply lines, the tumor never grows, metastasizes–or kills."

Most small tumors are not dangerous. The "danger lies in lumps that grow, invade the bloodstream and send colonists throughout the body. That is how breast, prostate and other solid tumors kill. But the original lump cannot grow without supply lines–capillaries that bring oxygen and other nutrients. Last year German researchers announced that they had isolated a chemical in soybeans that prevents these vital supply lines from forming. Called genistein, it might one day be copied in the lab and given to people to prevent small tumors from growing. In fact, the lack of genistein may explain why Japanese men who relocate in the West and adopt a soy-poor diet for even a few years have a greatly elevated risk of prostate cancer: without genistein, tiny tumors are no longer deprived of the blood vessels that let them grow."

During 1993, some 1.17 million new cases of cancer were reported in the United States. The National Cancer Institute is so excited about phytochemicals that it has launched a multimillion dollar project to find, isolate, and study them.

Broccoli contains many cancer-preventing phytochemicals. Sulforaphane (which is also found in cauliflower, Brussels sprouts, turnips, and kale) removes carcinogens from cells. Cooking does not destroy it, and an improved version has now been synthesized. PEITC prevents carcinogens from binding to DNA. And indole-3-carbinol helps a precursor to the hormone estrogen break up into a benign rather than a cancer-causing form.

Citrus fruits, berries, and many other fruits and vegetables contain flavenoids [flavonoids], which help cancer-causing hormones from latching onto a cell.

Tomatoes, strawberries, pineapples, and green peppers are a rich source of p-coumaric acid and chlorogenic acid, two phytochemicals that work by disrupting the chemical union between two common molecules in calls; this union can produce a carcinogen.

A one-page sidebar titled "Are supplements still worth taking?," by Geoffrey Cowley, notes that millions of health-conscious Americans consume antioxidant vitamins, revered for their power to subdue free radicals. In 1993 alone store sales of vitamin E supplements grew by 39% to $123 million, vitamin C grew by 10% to $117 million, and beta-carotene (vitamin A) grew by 31% to 22 million.

10574. Rose, Richard. 1994. The cheese alternatives industry and market in America. Part I (Interview). *SoyaScan Notes.* April 25. Conducted by William Shurtleff of Soyfoods

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Center.

• ***Summary:*** Note: We define cheese alternatives as those which contain a major protein source (such as soy protein or nut protein) in addition to or in place of dairy protein.

Milestones (arrived at jointly by Soyfoods Center and Richard Rose): The soy cheese and cheese alternative category in America started with Soyarella, which was introduced in March 1985. Though expensive, the product was a runaway success, in part because the label claimed (incorrectly) that it contained no casein or other dairy products. Its success alerted other soyfoods companies to the potential of soy cheese. The first major soy cheese to hit the market was Soya Kaas, introduced in Jan. 1986 by Richard McIntyre of Swan Gardens Inc. In June 1986 Mozzarella Style Tofu-Rella was introduced by Richard and Sharon Rose of Brightsong Foods–which had become interested in the category because of Soyarella (not Soya Kaas). The company later became Sharon's Finest and the product was renamed TofuRella. In Oct. 1986 Original Pizsoy (a whole-wheat pizza topped with soy cheese) was introduced by Tree Tavern Products; It was the first product in which soy cheese was used as an ingredient. In Jan. 1987 Soymage was introduced by Soyco Foods, a Division of Galaxy Cheese Co.; This was Soyco's first soy cheese product and the first soy cheese that contained no casein. In April 1987 NuTofu was introduced by Cemac Foods Corp. This was Cemac's first soy cheese product. In April 1988 Soyco shreds and slices were introduced–the first soy cheese shreds and slices. In Jan. 1991 Fat-Free Soyco was introduced–the first fat-free soy cheese. In Dec. 1992 Almond Cheese was introduced by Wholesome & Hearty Foods–the first major non-soy cheese alternative. In April 1994 VeganRella (made from Brazil nuts) was introduced by Sharon's Finest–a true non-dairy non-soy cheese with excellent flavor.

In the cheese alternatives market, about 98-99% of the products contain casein (milk protein, which makes the cheeses melt) and only 1-2% are truly non-dairy (free of casein). About 95% are hard cheeses and 5% are soft cheeses, mainly cream cheeses, About 95% are soy cheeses and 5% are nut cheeses without soy.

Big American food companies make basically two types of imitation cheeses. The first is a filled cheese in which vegetable oil is used to replace butterfat. The product is positioned as inexpensive rather than low-cholesterol. Roughly 98% of these products are sold to food processors, foodservice organizations, and restaurants, and only 2% to consumers. The market size is about $500 million. The second is fat-free dairy cheese (the butterfat is replaced by non-fat ingredients such as gums), such as FREE made by Kraft or Healthy Choice from ConAgra. Both are widely sold in supermarkets to the tune of $50 million to $100 million.

The size of the natural foods cheese alternatives market in the USA is about $15 million/year at wholesale and $25 million/year at retail; this is the equivalent of about 5 million lb/year. The largest manufacturers (Mfg.) and primary marketers (Mar.; they buy a private labeled cheese from a manufacturer who must sell exclusively to them) are: 1. Soya Kaas, Mfg., $6 million/year wholesale. 2. Sharon's Finest, Mar., $3 million/year wholesale. Their source is confidential. 3. Cemac / NuTofu, Mfg., $2 million/year wholesale. 4. Galaxy / Soyco Foods, Mfg., $2 million/year wholesale. 5. Phil Leisac & Sons of Portland, Oregon, Mfg. They are owned by or involved with Pacific Foods of Oregon, and make Almond Cheeze for Wholesome & Hearty of Oregon and Soy Gourmet for Patrick Cochran of Nutrition Specialties International, Inc. of Riverside, California.

The major secondary marketers of soy cheeses as such (they must buy from one of the above companies) are: White Wave and Rosewood Farms. Companies that make important foods that use soy cheese as an ingredient in foods are: Imagine Foods (Ken & Robert's Veggie Pockets), Farm Foods (Pizsoy and Pizsoy Pockets), Cedarlane Foods, Amy's Kitchen Inc. (Pot Pies), Rademacher–Worley Farms of Sonoma County (Solar Tacos). The main types of foods in which soy cheese are used as an ingredient are pizzas, pockets, and other. Since soy cheeses and other cheese alternatives are a major part of the natural foods market, any company that develops a product containing cheese must seriously consider using a cheese alternative, which contains little or no cholesterol or lactose, and usually less fat and calories.

The cheese alternatives market is has grown at the rate of about 20% a year for the past 3 years, but now it is starting to level off.

Most people who buy cheese alternatives (estimated 60% of the total) are those who prefer not to eat dairy products and mistakenly believe that these products are non-dairy products. This the market is based on consumer misunderstanding and deception. Labels promote "Cholesterol free and lactose free" because they don't want to say "dairy free." Yet only an estimated 20% of the products are purchased primarily because they are free of cholesterol, and lower in fat, saturated fat and calories. Another 20% are purchased for other reasons (such as lactose free). Of the buyers, an estimated 20% are vegans, 60% are vegetarians, and 20% other. As for outlets, an estimated 75% are sold at natural- and health food stores and 25% at supermarkets. Sharon's Finest sells their cheese alternatives at every Trader Joe's, and at many Lucky, Vaughns, and Ralphs supermarkets in the Los Angeles area. Most of the other manufacturers also sell in some supermarket chains, especially in their geographical region. Wildwood Natural Foods sells NuTofu at each of their sets in Safeway supermarkets in California. Continued. Address: President, Sharon's Finest, P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

10575. Rose, Richard. 1994. The cheese alternatives industry

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and market in America. Part II (Interview). *SoyaScan Notes.* April 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Cheese alternatives retail for about 1.5 to 2 times as much as their regular dairy cheese counterparts–but the price difference is decreasing. Soya Kaas retails for about $4.90 for 12 oz ($6.53/lb) in California. TofuRella cheddar retails for $2.75 for 8 oz. ($5.50/lb). Dairy cheddar retails for about $2.50–$3.20 a lb. The cheese alternatives are more expensive because relatively small quantities are sold, the market is small, and their ingredients are more expensive. Richard's non-soy cheeses with casein (such as AlmondRella) are about 10% to 20% more expensive than his soy cheeses with casein (such as TofuRella). The difference is small in part because Sharon's Finest takes a smaller markup on AlmondRella; soybeans are, of course, much less expensive than almonds. Richard's non-soy non-casein cheese (VeganRella) is more expensive (10-50%) than AlmondRella, again because of the economies of scale. Casein now costs about $1.60/lb.

The biggest company that makes powdered tofu (the main soy ingredient in many soy cheeses) is DMV USA (basically a cheese company owned by Danes) in La Crosse, Wisconsin (Agronico does the spray drying for DMV; Ed Pedrick brought know-how and maybe technology from Clofine), followed by Clofine in Linwood, New Jersey. Pedrick now works for some company in Iowa–maybe Devansoy (formerly Solait International, before that Miller Farms Food Co.). Richard does not think that St. Peter's Creamery presently sells to this market. Richard thinks that these companies curd the soymilk before they spray-dry it.

Sharon's Finest is growing nicely. They are in the INC. 500 this year with annual sales of about $3 million a year. Last year's sales did not increase much over the previous year, but this year Richard predicts a 50% sales increase, based on predicted large sales of VeganRella–in both hard cheese and cream cheese consistencies. Richard believes that VeganRella will outsell his TofuRella in 2 years, and become America's leading brand of cheese alternative in 2 years–including Soya Kaas. All kinds of people, including kids, really like VeganRella. The company's best-selling product is TofuRella (all flavors), followed by slices, then Zero-FatRella. All of Wholesome & Hearty's non-soy business (Almond Cheeze and White Almond Beverage) only accounted for $700,000 in sales last year.

Concerning the outlook and forecast for the cheese alternatives market in the USA, Richard sees the market maturing, with steady upward (but slower) growth of about 10% a year, and moving more toward truly non-dairy products that contain no casein. There is presently little or no room for new companies to enter the category, prices will start to drop, marginal or "me too" products (like Soy Gourmet) will not survive, and more consolidation (within 1-2 years Galaxy will not be selling to the natural foods market; now most of their products sell only because retailers want their Soymage and Parmesan).

Cheese alternatives have been slower to catch on in Europe than in America, even though per-capita cheese consumption is higher in Europe, because European retailers and consumers have not been deluded into thinking that a product can contain casein and still be dairy free. If they want to sell a cheese-like product that contains casein, they would be likely to sell a rennetless vegetarian cheese. Sharon's Finest used to sell its products to a distributor in the UK [The Redwood Company], but Richard found that retailers and consumers said "It has casein. Why bother?" The company that Sharon's Finest sold to in the UK was implicated in the death of an Indian boy who (Richard heard) died of suffocation when left alone by his grandmother eating soy cheese (he was not allergic to the casein in the product). There was no trial. Richard sees a big potential market for his VeganRella in Europe. Richard thinks he can make a better, cost competitive product from Brazil nuts than from soybeans. Soy causes some flatulence problems. Richard donates a portion of the profits from sales of VeganRella to Earthsave, which both a vegan and an environmental organization. On the back of the VeganRella is an Earthsave logo and Earthsave is supporting the product.

Talk with Richard Rose. 1997. March 16. The truly non-dairy cheese alternatives which contain no casein (such as Vegan-Rella and Soymage) have not caught on in America; they are more popular in Europe. Vegan-Rella is now Sharon's Finest slowest selling cheese alternative. Address: President, Sharon's Finest, P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

10576. Van Rysdam, Casey. 1994. New developments with Soya Kaas and cheese alternatives (Interview). *SoyaScan Notes.* April 26. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Soya Kaas, Inc., which was owned by Richard McIntyre and his wife, no longer exists. Previously it only existed on a piece of paper from the viewpoint of trademark registration. Soya Kaas, the cheese alternative, is now manufactured by a company named Swan Gardens in Atlanta, Georgia. "In February 1992, when the McIntyres decided to sell their business, American Natural Snacks (ANS) worked with them to structure an agreement that met the needs of both parties. We were both pleased with the result and it was a true 'win-win.'" Richard is no longer affiliated with Swan Gardens, but he continues to have a very good relationship with the company. ANS had been the exclusive national marketing and distributing company for the brand. So when Richard decided he wanted to leave the company, ANS was the logical choice to buy it (though they did not buy the building, which they still rent from Richard). From the standpoint of the trade and of consumers nothing really changed after the sale. The invoicing, the shipping,

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etc. remained the same. Swan Gardens is now an operating division and wholly owned subsidiary of ANS, and ANS is a wholly owned subsidiary of Tree of Life. Tree of Life is a publicly owned company because its parent company [Royal Wessanen, NV, The Netherlands] is publicly owned.

"Richard is an incredibly bright and innovative person. He is one of those rare people who can see a new idea, grab it, identify it, and make it a commercial reality. He had already visualized and developed his own soy cheese, Soya Kaas, and taken it past the laboratory stage when Soyarella was introduced. He did not get the idea from Soyarella. He both an excellent entrepreneur and a good manager and businessman. He built Swan Gardens into a strong, well-managed business."

ANS has two basic activities: Food manufacturing and contract packaging of bulk foods for sister companies that are distribution divisions (everything from rebottling of oils and Japanese shoyu and tamari to bulk trail mixes). They are a national manufacturer and marketer of confections, with lines like Carafection, Cocofection, Chocofection, Chatfields, products like carob and chocolate chips that are malt-sweetened and dairy free, alkaline-free cocoa powder. They sell these products nationally to both Tree of Life and to Tree's competitors. They have 5-6 national brands and about 50 products (SKUs), and Soya Kaas is one of the major brands.

Within the Soya Kaas family are the core items (12), bulk in 7-lb loaves, 2 shredded items, 3 cream cheeses, 2 Veggie Kaas spreads (without casein, but they have never promoted it as "dairy free"). A new item will be Soya Kaas slices; most sliced cheeses are extruded, not sliced, and they are made on equipment that is extremely expensive–whether or not the slices are individually wrapped.

One of the challenges Casey's business has been marketing Soya Kaas fairly and honestly with respect to the milk protein issue, without detracting from its potential. The current labels always state clearly that the product contains casein which is a milk protein, and it does not say "Dairy Free" (which would be legal). Yet neither does it say "Warning! A cow died for this product" [which is, of course, not true]. His company has consumer flyers that tell the story of caseinate, explaining what it is, where it comes from, and why it is used in Soya Kaas products. Casey agrees that many people who consume cheese alternatives that contain casein think (mistakenly) that they are truly non-dairy products.

Casey wonders whether the soy oil used in many cheese alternatives is hydrogenated or unhydrogenated. He works very hard and it costs him more money to be sure that the oil in Soya Kaas is not hydrogenated. Consumers want unhydrogenated oil since they believe it is safer.

Follow-up letter (fax) of 6 May 1994 in response to enquiry. Over the last two years, as packaging ran out and they reordered or redesigned labels, they stated in the ingredients listing that casein is a milk protein. In July 1989 the Soya Kaas plant moved to its present location at 6029 Lagrange Blvd. in Atlanta. It had previously been at 218 Laredo Dr., Decatur, Georgia 30330. Address: President, American Natural Snacks, P.O. Box 1067, St. Augustine, Florida 32085-0410. Phone: 904-825-2057.

10577. Messina, Mark J. 1994. New developments with soyfoods. Do soyfoods prevent cancer? (Interview). *SoyaScan Notes.* April 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Mark sees more of ASA's interest in soyfoods coming from individual state soybean boards rather than from the headquarters in Missouri. One good example is the fine work of Jim Weyer and Connie LaBarr of the Nebraska Soybean Program. Jim was the first person to ever invite Mark to speak. The ASA (American Soybean Association) has a food advisory panel which is completely focused on soy oil. Mark wishes ASA would establish a separate panel to discuss and promote soyfoods.

Mark is now working on a new book about the health benefits of a vegetarian diet. It will be published by Harmony Books in New York–a publisher which is very interested in vegetarianism and was willing to give a good advance for the book.

Mark believes that when the people in a culture consume 4-6 ounces a day of tofu, that will lower the cancer risk of the population significantly. The basic message of his new book, *The Simple Soybean and Your Health,* is that one serving of soyfoods (any kind, ideally tofu or soymilk) each day will have a protective effect. "But our present knowledge would not allow us to say that 20 mg/day of genistein would have some specified amount of protective effect."

Mark pronounces daidzin and daidzein as DAYD-zin and DAYD-zeen respectively. Some scientists pronounce the latter word DAYD-zain.

Mark thinks it would be a good idea–but a bold step–for tofu manufacturers to write "Contains genistein" on their tofu packages. It is certainly legal, as long as no claims are made about genistein. The question is how many people who buy tofu know what genistein is? Mark thinks that genistein is the one biologically active substance that would be best to put on the front of a product. Phytic acid binds minerals, and protease inhibitors are still thought of as antinutritional factors.

"If the cancer preventing effect is real in humans, it is probably due to genistein. But I have no idea whether or not it is real. It is all conjecture at this point. I don't put any faith in the animal research. It's part of what you have to do to develop a hypothesis because everybody else is going to be looking at it. I don't think the animal studies are particularly impressive at this point. There is good reason to think that consuming soyfoods may reduce cancer risk and it will probably lower your cholesterol and saturated fat

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content. There is apparently no down-side to eating soyfoods and there is a considerable up-side to it. We may eventually find out that the effect is valid only if people consume soy from an early age. The strongest studies are those done in vitro, but there are many problems extrapolating those results to humans. I only wish the soyfoods industry would take advantage of this window of opportunity, where people are talking about the possibility that soy prevents cancer, to get people to taste their products. Even if it turns out 5 years from now that soy doesn't prevent cancer, people will probably continue to consume the soyfoods, and realize many other health benefits." Address: PhD, Libertytown, Maryland 21762. Phone: 301-898-5769.

10578. *SoyaScan Notes.* 1994. Prices of cheese alternatives and dairy cheeses in California, April 1994 (Overview). April 27. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** At Berkeley Natural Grocery Co., a large natural food store at 1336 Gilman St. in Berkeley, California, cheese alternatives retail for the following prices: Soya Kaas–Mozzarella $4.75 for 12 oz (the equivalent of $6.33/lb), Soy-A-Melt–Monterey Jack or Cheddar (from White Wave) $2.49 for 8 oz ($4.98/lb), Soyco Lite 'n Free–Jalapeno $2.89 for 8 oz ($5.78/lb), Mello Bros.–Garlic & Herb (Ignacio, California) $2.39 for 8 oz ($4.78/lb). The average price of these four cheese alternatives is $5.46/lb; the average price of all except Soya Kaas (which is much more expensive than the others) is $5.18/lb.

At Safeway supermarket (whose in-house brand is Lucerne) in Lafayette, California, popular cheeses randomly sliced in approximately 8 oz. sizes retail for the following prices per pound: Lucerne–Monterey Jack $3.39/lb, Lucerne–Sharp Natural Cheddar $3.89/lb, Tillamook–Monterey Jack $3.72/lb, and Precious–Mozzarella $3.49/lb. The average price of these four popular cheeses is $3.62/lb. A specialty cheese, Lifetime Fat Free, is $5.58/lb.

By comparison, the four cheese alternatives ($5.46/lb) sold at a natural food store are 50.8% more expensive than four of America's most popular cheeses sold at a supermarket. But they are about the same price as a specialty cheese sold at a supermarket.

10579. Althoff, Susanne. 1994. Meatless muscle: Vegetarian bodybuilders bulk up just fine without the beef. *Vegetarian Times.* April. p. 69-70, 72, 74-75.
• ***Summary:*** Vegetarian bodybuilders include Andreas Cahling ("Mr. International," weighs 210 lb, from Cardiff by the Sea, California) and Bill Pearl (four time "Mr. Universe." He was a vegetarian when he won his titles in 1967 and 1971), Spice Williams (vegan actress and stuntwoman), and Beth M. Ley.

"'Twenty-five years ago there were virtually no professional bodybuilders who were vegetarian,' says James E. Wright, at editor at Muscle & Fitness magazine (Woodland Hills, California). 'Now there are several."

A table gives typical daily menus for Bill Pearl, Andreas Cahling (incl. Tofu Burrito and Rice pudding made with soymilk), Spice Williams (10 oz. shake with soymilk, water, and soy protein powder, 8 oz. tempeh burger, 2 cups cooked TVP (textured vegetable protein)).

Pearl, age 63, is still a vegetarian but no longer competes. "Spice Williams turned vegetarian as part of a program to get her life back on track after overdosing on drugs."

Photos show the muscled bodies of (1) Bill Pearl. (2) Spice Williams. (3) Andreas Cahling.

10580. Altshuld, Steven. 1994. What's cooking: Tofu tricks. *Parenting.* April. p. 137, 140-43.
• ***Summary:*** Kids often like tofu if its served properly. Describes the various types of tofu and how to buy and store them. "Don't underestimate tofu's potential to become popular around your house. Noodles, another gift from Asia, were also considered oddly slippery and bland when eaten plain. But someone was inspired to add a little tomato sauce, and look what happened." Contains recipes for: Marinated tofu. Scrambled tofu with salsa. Eggless egg salad. Tofu stroganoff.

10581. **Product Name:** Premium Vegetarian Sausages.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: Units 1-2, Portishead Business Park, Portishead, Bristol, BS20 9BF, England. Phone: (275) 818448.
Date of Introduction: 1994. April.
Ingredients: Incl. tofu, vegetables, herbs, spices.
Wt/Vol., Packaging, Price: 250 gm chiller pack of 5. Retails for £1.19.
How Stored: Frozen.
New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1994. Spring, p. 5. "New vegetarian sausage from Cauldron Foods." A photo shows the package.

10582. **Product Name:** Marinated Tofu Pieces.
Manufacturer's Name: Cauldron Foods Ltd.
Manufacturer's Address: Units 1-2, Portishead Business Park, Portishead, Bristol, BS20 9BF, England. Phone: (275) 818448.
Date of Introduction: 1994. April.
Ingredients: Marinade contains soy sauce, ginger, and garlic.
Wt/Vol., Packaging, Price: 150 gm pack. Retails for £1.49.
How Stored: Refrigerated or frozen.
New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1994. Spring, p. 5. "Marinated Tofu Pieces." A photo shows the package.

10583. Kath. Gemeinden St. Johann und St. Joseph. 1994.

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Soja fuer Ghana [Soya for Ghana]. Duisburg-Hamborn, Germany. 24 p. Illust. 21 cm. [Ger]
• ***Summary:*** Each year this group of German Catholics has one development-help project in Ghana. In 1991 and 1992 it was trees for Ghana. In 1993 it was soya for Ghana. Contents: Development help? by Gottfried O. Praem. Africa's need (incl. population growth, demographics, per capita GNP, and infant mortality). Our new project: Soya for Ghana. Why soya? Yields a variety of foods, healthy, ethical (in relation to eating animals and protecting the environment), good for agriculture. History of the soybean plant. Food products from the soybean: Soymilk, tofu, soy protein, soy sauce, miso, tempeh, soy oil, soy sprouts. Cultivation of soybeans in northern Ghana. Planting and harvest. Ghana–the land and its agricultural products. Teaching hygiene in Ghanaian. Dear money: Where does it come from and how is it spent? Past projects in Ghana and the 1993 Soya for Ghana project. The Bole mission station in northern Ghana (90,000 inhabitants of which 4,000 are Christian). Recipes. A talk with Brother Rudolf, age 62, during his visit to Hamburg in Sept. 1993. Address: Duisburg-Hamborn, Germany.

10584. Messina, Mark J.; Persky, Victoria; Setchell, K.D.R.; Barnes, S. 1994. Soy intake and cancer risk: A review of the *in vitro* and *in vivo* data. *Nutrition and Cancer* 21(2):113-31. March/April. [112 ref]
• ***Summary:*** Contents: Abstract. Introduction. Estrogenic and antiestrogenic properties of genistein. Genistein, signal transduction, and cancer cell inhibition. Animal studies: Mammary cancer, intestinal cancer, liver and bladder cancer, prostate, skin and stomach cancers. Epidemiologic studies: Breast cancer, prostate cancer, colorectal cancer, lung cancer, stomach cancer, esophagus, bile duct, liver, and pancreatic cancers. Discussion.

Tables: (1) Preparation and use of traditional soyfoods and Western soy products. The traditional soyfoods are tofu, soymilk, and miso. The Western soy products are soy protein isolate (used in infant formulas etc.), soy protein concentrate, soy flour / grits, textured soy protein. (2) Effects of soy or soy isoflavones on spontaneous and chemically induced cancers or precancerous lesions in laboratory animals (listing of 26 experiments in 5 columns; author, year and reference number, animal, soy product, cancer / inducing agent, findings {no effect or protective}). (3) Epidemiologic studies involving soy product intake and cancer risk (listing of 40 experiments in 7 columns on 3 full pages).

Note: This is Dr. Messina's most comprehensive article on the subject to date. He spent 2 years writing it. Originally it was a 45-page manuscript with 300 references, but both the number of words and references were condensed by about half. Yet for years it was the most widely cited paper in the soy field for years. Address: 1. 8401 Mapleville Rd., Mt. Airy, Maryland 21771; 2. Epidemiology/Biostatistics Program, School of Public Health, Univ. of Illinois at Chicago, Chicago, IL 60680. Phone: 301-898-5769.

10585. **Product Name:** Spinach & Tofu Ravioli (Vegan).
Manufacturer's Name: Rising Moon Ravioloi.
Manufacturer's Address: 1432 Willamette, Eugene, OR 97401. Phone: (503) 342-1183.
Date of Introduction: 1994. April.
Ingredients: Filling: Spinach, Surata tofu, fresh garlic, Dijon mustard, nutmeg, Magical Moon Mix Italian herbs & spices, sea salt. Eggless Pasta: Fancy durum flour, water, herbs, sea salt.
Wt/Vol., Packaging, Price: 12 oz.
How Stored: Frozen.
New Product–Documentation: *Provender Journal* (Eugene, Oregon). 1994, late spring. 11(1):1, 8. "New member profile." Rising Moon of Eugene, Oregon, is owned by Jade Elms and Kirk Giudici. The company was built on a ravioli that Kirk and his dad made during the holidays. They now sell 3 standard flavors of ravioli, each packed in a 98% cellulose bag rather than plastic.

Talk with Kirk of Rising Moon. 1994. July 6. The vegan Spinach Tofu Ravioli was launched in April 1994. The company's first two products were Spinach Tofu Ravioli (Mild, or Spicy) launched in Nov. 1991. They buy their tofu from Surata Soyfoods.

Labels for Vegan sent by Kirk. 1994. July 6. 3 by 4.5 inches. Gold, yellow, black and white. On front panel: Illustration of a moon with a face. "Proponents of the vegan revolution: Forget the cow. As you jump over the Rising Moon into ravioli rendezvous, you will experience the renaissance of a unique pasta. The original Giudici recipe has been in the family for nearly 200 years. In the beginning, the recipe called for spiced sausage, which we have replaced with tofu... Never, Never cook ravioli in rapidly boiling water. Always bring water to a boil first. Lower heat and gently place ravioli in pot. Let them simmer in the water for 5-7 minutes until they float and look pillowy... We chose to package with cellulose bags to minimize out impact on the environment. Labels made with recycled materials."

10586. **Product Name:** Zero-FatRella (Tofu-Based Cheese Alternative with Casein) [California Cheddar Style, Mozzarella Style, Jalapeño Jack].
Manufacturer's Name: Sharon's Finest (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 5020, Santa Rosa, CA 95402-5020. Phone: 707-576-7050.
Date of Introduction: 1994. April.
Ingredients: California Cheddar Style, March 1994: Organic tofu, casein*, tapioca starch, salt, citric acid, beta-carotene (vitamin A), natural flavor, guar gum. * Casein is the protein found in non-fat milk. It is a high-quality protein, free of cholesterol, and is what allows the product to be so

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similar to cheese. Organic in accordance with Calif. Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: This product was formerly named Heart's D'Lite, introduced in Jan. 1992 by Sharon's Finest.

Leaflet (8½ by 11 inch, black, purple, and green on tan kenaf paper) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1994. March 10-13. "Product information. Sharon's Finest Healthy Alternatives." "Zero-FatRella. The original tofu cheese alternative in a fat-free version. Also free of cholesterol and lactose, comes in 3 delicious flavors. Melts, shreds, and stretches just like cheese. Best served melted."

Letter (fax) and photocopies of labels for 3 flavors sent by Judy Bowhall of Sharon's Finest in response to enquiry. 1994. April 20. This product (formerly Heart's D'Lite) was introduced in Feb. 1993 but all 3 flavors were first sold in July 1993. The front panel states: "No cholesterol. Melts and tastes like cheese." On the back panel is a Comparison Guide comparing 1 oz of Zero-FatRella with 1 oz of regular Cheddar and Mozzarella cheeses. Calories: 45, 113, and 80. Fat (gm): 0, 9, 6. Saturated fat (gm): 0, 6.1, 3.7. Cholesterol (mg): 0, 3, 22.

10587. Shurtleff, William; Aoyagi, Akiko. comps. 1994. Cheese and cream cheese alternatives (with or without soy)–Bibliography and sourcebook, 1896 to 1994: Detailed information on 334 published documents (extensively annotated bibliography), 159 cheese alternative products, 119 original interviews (many full text) and overviews, 44 unpublished archival documents. Lafayette, California: Soyfoods Center. 225 p. Subject/geographical index. Author/company index. Printed April 28. 28 cm. [570 ref]
• ***Summary:*** This is the most comprehensive book ever published about soy cheese, soy cream cheese, and other cheese alternatives. It has been compiled, one record at a time, over a period of 19 years, in an attempt to document the history of this subject. Its scope includes all known information about cheese and cream cheese alternatives, worldwide, from 1910 to the present.

This book is also the single most current and useful source of information on soy cheese, since 97% of all records contain a summary/abstract averaging 190 words in length.

This is one of more than 45 books on soybeans and soyfoods being compiled by William Shurtleff and Akiko Aoyagi, and published by the Soyfoods Center. It is based on historical principles, listing all known documents and commercial products in chronological order. It features: 34 different document types, both published and unpublished; every known publication on the subject in every language–including 528 in English, 11 in French, 11 in Japanese, 10 in German, etc.; 47 original Soyfoods Center interviews and overviews never before published. Thus, it is a powerful tool for understanding the development of soy cheese from its earliest beginnings to the present.

The bibliographic records in this book include 334 published documents and 44 unpublished archival documents. Each contains (in addition to the typical author, date, title, volume and pages information) the author's address, number of references cited, original title of all non-English publications together with an English translation of the title, month and issue of publication, and the first author's first name (if given).

The book also includes details on 159 commercial cheese and cream cheese alternatives products, including the product name, date of introduction, manufacturer's name, address and phone number, and (in many cases) ingredients, weight, packaging and price, storage requirements, nutritional composition, and a description of the label. Sources of additional information on each product (such as references to and summaries of advertisements, articles, patents, etc.) are also given.

Details on how to make best use of this book, a complete subject and geographical index, an author/company index, a language index, and a bibliometric analysis of the composition of the book (by decade, document type, language, leading periodicals or patents, leading countries, states, and related subjects, plus a histogram by year) are also included.

A brief history of cheese alternatives (p. 7-8): Cheese alternatives are Western-style cheeselike products that contain a significant amount of non-dairy protein, typically from soybeans, nuts, or seeds. They may or may not contain casein or caseinates (the main protein found in milk). The hard cheeses that contain casein typically melt, stretch, and shred in much the same way as dairy cheeses. We distinguish cheese alternatives from imitation cheeses and cheese substitutes in which the butterfat is typically removed and replaced by vegetable oil or by no fat at all.

The world's first non-dairy cheeselike products were the various types of fermented tofu made in China (where they are called *doufu-ru, fuyu,* or *sufu*). Said to have been developed 1,400 to 1,500 years ago, they were first mentioned in documents during the Ming dynasty in China in the 1500s (Chin Kan. 1534. Messenger to Ryukyu; Li Shih-chen. 1578-1597. *Pen-ts'ao kang-mu*). Since we consider fermented tofu (sometimes called "soy cheese") to belong to a different category of foods from cheese alternatives (in part since the former do not melt), we discuss them in a separate book.

The first commercial cheese alternative in the Western world was invented and made by Dr. John Harvey Kellogg, the famous Seventh-day Adventist physician and vegetarian. Named Nuttose, it was launched in 1896. Made largely from peanuts, it was a true non-dairy product that was also used as a meat alternative.

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The first commercial soy cheeses in the Western world were developed and made Li Yu-ying in 1911. At his modern soyfoods factory near Paris, Li manufactured Fermented Tofu Cheese in Gruyère, Roquefort and Camembert flavors.

Between 1911 and 1985 most of the commercial cheese alternatives in America were made by Seventh-day Adventist companies. Though we know the names of these early products, their ingredients and properties are not always clear. In 1939 Madison Foods (Madison, Tennessee) introduced Cheze-O-Soy, based on tofu. In 1942 Butler Food Co. (Cedar Lake, Michigan) launched ViM-eat Soy-Nut Cheese and in 1944 Butler's Soynut Cheese. In 1951 Loma Linda Foods (Arlington, California) rolled out Vege-Chee (canned, based on tofu). And in 1961 Worthington Foods (Ohio) introduced Kreem-Chee, the world's second commercial non-dairy cream cheese.

The idea of cream cheese alternatives was first conceived of by another Seventh-day Adventist, Jethro Kloss. In April 1934 the *Miami Daily News* reported how approximately 6,000 people had recently heard him speak about dairylike foods made from soy beans at Bayfront park. He exhibited 21 foods made from soy beans (including cream cheese, yellow cheese, and cottage cheese) and invited the public to taste them.

By November 1938 the Wigmore Health Shop in London was making the world's first Soya Cream Cheese. The first two commercial tofu cheesecakes were created in 1971 by students of macrobiotics: One by Marcea Newman was sold at her Souen restaurant in New York; the other by David Kalan (named Tofu Blueberry Pie) was sold at his Crane's Call Bakery in Boston. The first two recipes for a soy cheesecake appeared in 1974: One by Marcea Newman (made with tofu) in her book *The Sweet Life: Marcea Newman's Natural Food Dessert Book;* the other by The Farm in Summertown, Tennessee (made with soy cheese, from naturally fermented/soured soymilk) in their booklet *Yay Soybeans!* The first recipe for a "Tofu Cheesecake" appeared in *The Book of Tofu* by Shurtleff and Aoyagi (1975).

The modern category of commercial soy cheeses and cheese alternatives was born under a bad sign. It began in America in March 1985 with the introduction of Soyarella–probably the most deceptive soyfood product ever launched in America. Though extremely popular for about a year, it was unfortunately mislabeled to deliberately deceive consumers. Though marketed as a "non-dairy soy product" which contained no casein yet melted like cheese, it was later found to contain about 15% casein. The "source" of Soyarella (not to be confused with TofuRella) is thought to have been Nature's Best in Osseo, Michigan. But the name of the manufacturer was not given on the label–and it remains a mystery to this day.

In America, this new category has a number of basic characteristics: (1) Casein (a milk protein) or caseinates is used in more than 95% of all products to make them melt and stretch like dairy cheeses. Less than 5% of all products are truly non-dairy; (2) In the late 1980s, most manufacturers, marketers, and retailers deliberately concealed from consumers the fact that casein is derived from cow's milk (complicated by the fact that FDA regulations allow food products that contain casein to be called "non-dairy"); (3) Many consumers believe that most cheese alternatives are truly non-dairy products. Fortunately, labels and promotional materials have become more honest with each passing year–yet many consumers still remain confused and some deceptive practices still exist; (4) All products are free of cholesterol and lactose, and relatively low in saturated fats. Some are also low in total fats, calories, and sodium; (5) About 95% of the products are soy cheeses and 5% are nut or seed cheeses without soy. Most products contain tofu (either dried or fresh) as a major ingredient; (6) Most products are sold at natural- or health food stores, and retail for about 50% more than typical dairy cheese sold at supermarkets; (7) About 95% of the products are hard cheeses and 5% are soft cheeses, mainly cream cheeses.

The first major soy cheese to hit the market was Soya Kaas, introduced in Jan. 1986 by Richard McIntyre of Soya Kaas Inc., a subsidiary of Swan Gardens Inc. Marketed exclusively by American Natural Snacks of Florida, it is still America's most popular cheese alternative. In June 1986 Mozzarella Style Tofu-Rella was introduced by Richard and Sharon Rose of Brightsong Foods. The company later became Sharon's Finest and the product was renamed TofuRella. In Oct. 1986 Original Pizsoy (a whole-wheat pizza topped with soy cheese) was introduced by Tree Tavern Products; It was the first product in which soy cheese was used as an ingredient.

In Jan. 1987 Soymage was introduced by Soyco Foods, a Division of Galaxy Cheese Co.; This was Soyco's first soy cheese product and the first modern soy cheese that contained no casein. In April 1987 NuTofu was introduced by Cemac Foods Corp. This was Cemac's first soy cheese product.

In April 1988 Soyco shreds and slices were introduced–the first soy cheese shreds and slices. In 1988 new labels for Sharon's Finest Tofu-Rella became the first (as far as we can tell) to state clearly on the label that the casein in the product is derived from milk.

In Jan. 1991 Fat-Free Soyco was introduced–the first fat-free soy cheese. In Dec. 1992 Almond Cheeze was introduced by Wholesome & Hearty Foods–the first major non-soy cheese alternative.

In April 1994 VeganRella (made from Brazil nuts) was introduced by Sharon's Finest–a true non-dairy non-soy cheese said to have excellent flavor and texture.

The size of the natural foods cheese alternatives market in the USA is about $15 million/year at wholesale and $25 million/year at retail; this is the equivalent of about 5 million

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lb/year. The category has grown at a remarkable rate–about 20% a year for the past 3-5 years. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 510-283-2991.

10588. **Product Name:** [Melt: Fresh Tofu That Melts, Tofutissimo: Fresh Tofu That Spreads, Tofutissimo with Mountain Herbs (Soft Tofu Cheeses)].
Foreign Name: Melt: schmelzender frisch Tofu, Tofutissimo: streichfaehiger frisch Tofu, Tofutissimo mit Bergkraeutern.
Manufacturer's Name: Sojarella, Hess und Drosihn GbR.
Manufacturer's Address: Willi Graf Str. 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076 OF.
Date of Introduction: 1994. April.
Ingredients: Melt: Tofu, water, soybeans*, vegetable oil, carob bean gum, guar gum, spices, yeast extract, sea salt. * = Organically grown (*aus kontrolliert biologischem Anbau*).
Wt/Vol., Packaging, Price: 220 gm.
How Stored: Refrigerated.
New Product–Documentation: Letter from Bernd Drosihn. 1993. Nov. 29. Albert Hess (owner of Das Tofuhaus in Lautersheim) and Bernd are in the process of founding a new company, named Sojarella, which will start to make and sell soy cheeses in early 1994. The address will be the same as Viana. They have developed a method for making soy cheese products that contain no casein.

Leaflet (color) from Bio-Fach natural/organic foods trade show in Frankfurt, Germany. 1994. March. Sojarella: The idea that makes tofu melt! Enjoy the healthy melt of Sojarella." "Both types of Tofutissimo make delicious spreads for breads. Sprinkled with fresh dill and diced leeks or creatively combined with marmalade for tart-tongue enjoyment! Tofutissimo also makes a wonderful base for all types of dressings and sauces." A melt [Schmelz] alternative based purely on plants. Sojarella products have no casein, no cholesterol, little saturated fats, and obviously no animal ingredients." The ingredients for Tofutissimo are: Tofu (water, organic soybeans*), sunflowerseed oil*, lemon juice, spices, sea salt.

Letter (fax) and photocopies of labels sent by Bernd Drosihn of Sojarella. 1994. April 22. The name of the new company is Sojarella, Hess und Drosihn. Their three soy cheese products were first sold commercially on 1 April 1994. Bernd knows of no other soy cheeses made in Europe. It is too early to tell how his soy cheeses are selling.

10589. *SoyaScan Notes.* 1994. Tofu and vegetarianism on the popular children's television program "Where in the World is Carmen San Diego?" (Overview). April. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This popular TV program is broadcast daily on KQEV television (Channel 9) in the San Francisco Bay Area and Northern California. One day a giant dog came into the studio and gave Greg Lee, the host, some clues. As a reward, Greg gave him a huge white bone, on which was written "Tofu Bone."

In the second round of the show, the contestants enter a station, where they receive some clues over the telephone. On the wall next to the telephone is a poster of a tofu burger–clearly labeled.

At the end of the second round of the show, the young person who wins is given a leather folder in which he or she is asked to write the name of the place where he or she would like most to go in North America. One day when Greg Lee said, jokingly, to the winner as he passed the folder: "Is this a genuine imitation leather folder?"

10590. **Product Name:** [Fruchtfreude Desserts {With Tofu and Fruits} (Apricot, Strawberry, Cherry)].
Foreign Name: Fruchtfreude–Tofu-Frucht Dessert (Aprikose, Erdbeere, Kirsche).
Manufacturer's Name: Tofukostwerk TKW GmbH.
Manufacturer's Address: Kerkbrede 3 (Roland), 59269 Beckum, Germany. Phone: (2591) 18081.
Date of Introduction: 1994. April.
Ingredients: Incl. Tofu and fruits.
Wt/Vol., Packaging, Price: 250 gm glass jar and 10 kg catering pack.
How Stored: Refrigerated at +6ºC.
New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1994. Spring, p. 5. "Tofu-based desserts from Germany." A photo shows three jars. These mild-tasting, extra creamy, yogurt-like desserts are free of cholesterol and milk, low in fat, light and easily digestible.

10591. Vegetarian and organic food. 1994. London: Mintel Ltd. *
• ***Summary:*** This new report, which sells for £295, shows that more than 10% of the UK population is vegetarian. The figure rises to 17% among teenagers. This "dramatic growth" is due to health and ethical factors.

Since 1988, sales of meat alternatives, such as tofu and Quorn, have grown from £6.6 million to £22.5 million, and sales of organic foods have increased by a factor of five. Overall sales of vegetarian foods increased from £8.8 billion in 1988 to £11 billion in 1992.

The report also notes that women are more likely to be vegetarian than men and that London has the highest proportion of people with a mainly vegetarian diet. Address: 18-19 Long Lane, London EC1A 9HE, England, UK.

10592. **Product Name:** New World Foods Red Chile Tamales, Green Chile Stew, Chorizo, Hearty Chili (Vegetarian–With Befine).
Manufacturer's Name: VPS, Inc.
Manufacturer's Address: 2889 Trades West Rd., Santa Fe,

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NM 87505. Phone: 505-471-8979.
Date of Introduction: 1994. April.
Ingredients: Red Chili Tamales: Organic corn, Organic Befine (soybeans, water, calcium sulfate–a natural mineral, caramel color), organic soy fiber, organic corn meal, red chile pods ground with water, soybean oil, shoyu (water, soybeans, wheat, salt), spices, salt.
Wt/Vol., Packaging, Price: 12 oz vacuum pack–Contains 4 tamales.
How Stored: Frozen or refrigerated.
Nutrition: Per 2 tamales: Calories 275, calories from fat 98, total fat 11 gm (saturated fat 1 gm), cholesterol 0 mg, sodium 365 mg, total carbohydrate 41 gm (dietary fiber 6 gm), protein 10 gm, vitamin A 25%, vitamin C 2%, calcium 26%, iron 64%.

New Product–Documentation: Letter and color labels for each product sent by Richard Jennings of VPS, Inc. (Vegetable Protein Specialists). 1994. Dec. 28. The first focus of New World Foods products was foodservice. Starting in 1990 the company used generic labels printed with a personal computer and label printer. In the spring of 1994 they decided to go after the retail market as well. So they developed attractive new color labels for each product. "Shortly after we started the retail venture, it became clear that our future was with Befine. So we went completely into that. We have exhibited at the IFT (Institute of Food Technologists) in Atlanta (Georgia), and the FIE (Food Ingredients Europe) in London (4-6 Oct. 1994). Enclosed is our brochure (color leaflet) titled "Befine: The ideal meat replacer. Eating is believing!"

Label. 1994, spring. 5 by 4 inches. Self adhesive. Red Chile colors: Red, orange, black, blue and green on white. Color illustration of many vegetables in a circle. "Delicious. Satisfying. No cholesterol. Low fat." Note: Befine is made from firmly pressed, crumbled tofu curds.

Talk with Richard Jennings. 1995. Jan. 4. They are now making Befine in Santa Fe and shipping everything they make to Holland.

10593. White Wave, Inc. 1994. Boulder–An evening in Tofutown (Postcard). Boulder, Colorado. 1 p. 16 cm.
• ***Summary:*** This creative greeting card has a color illustration on the front panel of the marquee of the historic Boulder Theater. The words in large letters read: Boulder–An Evening in Tofutown." The text inside the invitation reads: "You are cordially invited to an evening in Tofutown with the people of White Wave on Saturday May 28, 1994 at the historic Boulder Theater, 2030 14th Street, Boulder, Colorado. Doors open at 5:30. Buffet dinner served from 6:00–8:00. Presented by Corporate Chef Leonardo. Music provided from 7:00–9:30 by the renowned pianist Peter Kater. Dancing 9:30 until ? Dress casual. Please R.S.V.P. using the provided postcard."

On the back is the company's logo which reads "White Wave Vegetarian Cuisine. TofuTown Cards. When you care enough to send the veggie-est!"

Other attractions of the Memorial Day weekend include: "White Wave Open House, Friday May 27, 1994, from 10:00 to 1:00. Everyone is invited to a tour of our new facilities at the White Wave Vegetarian Cuisine Plant on 6123 Arapahoe, Boulder, Colorado." Also the Boulder Creek Festival and the Boulder 10K Road Race.

Note: White Wave is the world's first soyfoods company to link its name with vegetarianism. Address: 1990 N. 57th Court, Boulder, Colorado 80301.

10594. Bean Supreme Ltd. 1994. Wholesale price list. P.O. Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. 2 p. May 1. 28 cm.
• ***Summary:*** The company sells the following soyfoods: Tofu (firm bulk and vacuum pack), Tofu Luncheon (3 flavors), Soysage, Tempeh (vacuum pack), Soymilk (Nice 'n' Healthy), Lite Licks Non-Dairy Frozen Dessert (6 flavors in 2 liter size, 3 of those flavors in 475 ml size, and bulk packs

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of 9 liters and 16 liters).

It also sells the following non-soy foods: Biofarm organic yoghurts (3 flavors), Malabar goat yoghurt, Cyclops acidophilus yoghurt (5 flavors), Koromiko cheeses (10 flavors), Olive grove Middle Eastern foods (falafel mix, hoummus, Middle Eastern sauce, tahini), herbal teas (3 flavors), and Pacific Harvest sea vegetables (Karengo fronds, flakes, and shaker, and kelp shaker). Address: Penrose, Auckland, New Zealand.

10595. Elliott, Tom. 1994. Update on FarmSoy Company (Interview). *SoyaScan Notes.* May 1.
• ***Summary:*** Tom, who has lived on The Farm for almost 20 years, and his wife Barbara, purchased this company in July 1991 from Michael Lee. Michael was going to simply close the company and he had let it run down. Tom's background is in the excavating business and his wife is a nurse. He has not introduced any new products since he bought the company, but he did change the company name to FarmSoy Company. The company's main product is pasteurized tofu; they produce 1,500 to 1,600 lb once a week. They also make a little soy yogurt, soymilk, and tempeh, which is sold mostly to people living on The Farm. The company has 2 adult employees and has a positive cash flow.

People on The Farm no longer all get together like they used to when it was run communally. Stephen no longer to talks like he used to.

Update on the change of company name: Talk with Tom. 1998. July 8. Tom and Barbara incorporated their company on 2 March 1994 in the state of Tennessee. At that time they changed the company name to FarmSoy Company from The Farm Soy Dairy. Tom and Barbara are the only shareholders in the corporation. Address: 156 Drakes Lane (P.O. Box 96), Summertown, Tennessee 38483. Phone: 615-964-2411.

10596. Davis, Bob. 1994. Future plans (Interview). *SoyaScan Notes.* May 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bob finds his present work, developing new products for Sharon's Finest of California, to be a lot of fun. One of his goals is to help in developing a fast foods restaurant system, working with someone else (such as Richard Rose) who would take care of the business aspects. Bob would like to work on the steering committee, and do the product development and concept work. The nucleus of three alternative food organizations that he is working with in Vancouver, BC, Canada, is very strong. Sunrise Markets makes the best firm tofu he has tasted anywhere, and the company has a lot of "firepower." Then they have Yves, plus the plant that he set up with the alternative cheese program; they plan to start making Sharon's Finest cream cheese alternatives in about 2 weeks. So he has a complete line of soyfoods including meat- and dairy alternatives. He would like to organize these companies so they become suppliers to a turnkey fast food operation. Address: 3812 E. Goldfinch Lane, Clinton, Washington 98236. Phone: 206-341-1259.

10597. *SoyaScan Notes.* 1994. Foods of East Asian origin that the macrobiotic movement/community has played a leading role in introducing to America, starting in about 1960 (Overview). May 10. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** These include brown rice, rice cakes, miso (many types), shoyu (traditional Japanese-style soy sauce), tamari (Japanese soy sauce containing little or no wheat; prior to about 1980 many practitioners of macrobiotics referred to natural shoyu as "tamari," thus inadvertently popularizing real tamari, which now may be better known in the USA than it is in Japan), natto (fermented soybeans), seitan (wheat gluten seasoned with a soy sauce broth; this word was coined by George Ohsawa), amazake (thick rice beverage), umeboshi salt plums, sea vegetables (kombu, wakame, hijiki, nori, etc), tofu, soymilk, alternatives to dairy products (macrobiotics do not consume dairy products), buckwheat noodles (*soba*), kuzu, rice syrup, barley malt syrup, azuki beans, sesame seeds, sesame salt (*gomashio*), daikon (white radish) and daikon pickles, kabocha (Hokkaido pumpkin), shiitake mushrooms (also known as Chinese black mushrooms, they have a firm "meaty" texture), burdock, jinenjo (glutinous yam).

They have done this by starting and running many natural food companies to import, distribute, manufacture or grow these foods; by writing cookbooks and other books about these foods; by teaching classes (including many cooking classes in which these foods are used); by influencing other people to do all of the above.

The Japanese names of many of these foods have become anglicized and are now the standard English-language names.

The macrobiotic movement also played a major role in introducing "tahini" or sesame butter (a Middle-Eastern food) to America, starting with George Ohsawa's book *Zen Macrobiotics* in 1960. Of the first 20 records in the SoyaScan database that mention "tahini," 14 are associated with macrobiotics. Likewise, 22 of the first 50 records are associated with macrobiotics.

10598. Sanz, Cynthia; Fisher, Luchina. 1994. Cookin' for Oprah: Chef Rosie Daley has her boss's seal of approval–and the fastest selling cookbook in history. *People.* May 16. p. 84-88, 91. Cover story.
• ***Summary:*** The text on the cover of this very popular magazine reads: "Oprah's diet guru: Chef Rosie Daley helped TV's weight loss champ shed 72 lbs..."

On page 91 is a recipe for "Chocolate Tofu Cake," which Rosie explains is her version of "chocolate cheesecake" with none of the guilt. She has replaced all of the typical cream cheese with 8 oz of firm tofu, so that the

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finished product, which serves 12, has only 3.9 gm of fat and 92 calories per serving.

Rosie's book, the fastest-selling hardcover volume in history, is titled *In the Kitchen with Rosie: Oprah's Favorite Recipes* (Knopf, May 1994).

Note: Oprah Winfrey is one of America's best known TV celebrities, famous–in part–for her lifelong struggle to control her weight, and for her Oprah Winfrey Show. On 28 April 1994 she devoted her entire show to Rosie's low-fat, low-calorie, low-sugar, low-salt meals and declared "Rosie changed my life." Her chef, Rosie, demonstrated, step by step, exactly how to make her Chocolate Tofu Cake. She and Oprah talked about it as she worked. Then a finished cheesecake magically appeared; Oprah held it up and said how much she liked it ("It tastes sinful") and how low in calories it was. Then one of the women in the audience stood up and said that she had made this tofu cheesecake recipe from Rosie's book, and that she loved it too.

10599. *Canadian Export Soybeans* (*OSGMB, Chatham, Ontario, Canada*). 1994. Serial/periodical. Chatham, Ontario, Canada: Ontario Soybean Growers' Marketing Board. Began with Vol. 7, No. 2. May 1994. Renamed Canadian Soybean Bulletin with Vol. 13, No. 1 (June 1999).
• ***Summary:*** Continues *Ontario Export Soybeans.* This bi-annual newsletter was formerly 2 pages, green on yellow; it is now (May 1995) 4 pages, dark green and brown on tan.

Letter (fax) from Kim Cooper, marketing specialist at OSGMB. 1995. May 25. "Seeking to be more Canadian in our approach, we changed to *Canadian Export Soybeans* in May of 1994, and this year I will be publishing three newsletters. At present, I have a mailing list of approximately 600, and am continually updating this list."

Starting in Jan. 1996 (Vol. 1, No. 1) a *Technical Bulletin* (printed in red and black ink on beige paper; 1 page, front and back) was inserted in many issues of *Canadian Soybean Exports.* It contained technical articles with titles such as: "Evaluation of soybeans for tofu processing." Address: Chatham, Ontario, Canada.

10600. Daley, Rosie. 1994. In the kitchen with Rosie: Oprah's favorite recipes. New York, NY: Alfred A. Knopf. xii + 130 p. Illust. Index. 20 x 19 cm.
• ***Summary:*** Note: Oprah is Oprah Winfrey, one of America's best known TV celebrities, famous–in part–for her lifelong struggle to control her weight, and for her Oprah Winfrey Show.

Contains 50 recipes that are low in fat, sugar, and salt. On pages 114-15 is Rosie's recipe for Chocolate Tofu Cake. The author says: "My version of chocolate cheesecake provides all of the treat with none of the guilt. I replace the typical bulk ration of cream cheese with tofu..." Other soy-related recipes: Cauliflower puree with peas (and brown rice miso, p. 20). Several recipes contain reduced-sodium soy sauce (p. 25, 33, 54, 88, 92, 102). Address: Chicago, Illinois.

10601. **Product Name:** Chunky Tofu Salad.
Manufacturer's Name: Local Tofu.
Manufacturer's Address: 307 Route 59, West Nyack, NY 10994-2033. Phone: 914-358-2309.
Date of Introduction: 1994. May.
Ingredients: Organic regionally grown soy beans, tahini, tamari sauce, lemon juice, canola oil, carrots, celery, onions, herbs, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Sam Weinreb. 1996. May 21. 3½ inch diameter. Green on light blue. Talk with Sam Weinreb, founder and owner of Local Tofu. 1996. May 27. This product was launched in May 1994.

10602. Melina, Vesanto; Davis, Brenda; Harrison, Victoria. 1994. Becoming vegetarian: A complete guide to adopting a healthy vegetarian diet. Toronto, Canada: Macmillan Canada. x + 262 p. Foreword by Louise Lambert-Lagacé. Index. 26 cm. [20 ref]
• ***Summary:*** An excellent vegan sourcebook and cookbook by three registered dietitians. For the Contents and details, see the 1995 revised American edition.

Talk with Vesanto Melina. 1996. July 22. This book has presently sold about 25,000 copies in Canada alone. A revised U.S. edition was published in Nov. 1995 by The Book Publishing Co. in Summertown, Tennessee. Address: Canada.

10603. **Product Name:** Vegetarians Choice Prime Grind.
Manufacturer's Name: Shiloh Farms.
Manufacturer's Address: -
Date of Introduction: 1994. May.
Ingredients: Tofu, organic textured soy flour, vital wheat gluten, organic brown rice, expeller pressed canola oil, water, fresh onions, corn/barley syrup, meatless broth powder, beet powder, sea salt, guar gum, lecithin, Irish moss powder, spices.
Wt/Vol., Packaging, Price: 12 oz chubs.
How Stored: Frozen.
New Product–Documentation: Spot in NFM's New Product Review. 1994. Spring (May). p. 30. "A totally organic and vegan meat alternative." A photo shows the product.

10604. Drosihn, Bernd. 1994. Re: Huegli, Yamato, and Soyastern. Letter (fax) to William Shurtleff at Soyfoods Center, June 9. 2 p.
• ***Summary:*** William Shurtleff obtained a package of Yamato Paprika-Tofu made by Soyastern Naturkost GmbH in Radolfzell, Germany. He asked Bernd if this was made

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by Huegli. Bernd replied: Here is a short version of the story linking Huegli, Soyastern, Yamato, Klaus Gaiser, and Thomas Karas. In April 1989 Huegli bought the majority of Yamato GmbH. Klaus Gaiser remained the minority shareholder and director. Soyastern got into trouble a little later and Thomas Karas tried to sell the company to Huegli also. But he was not successful. The negotiations were endless and Soyastern went bankrupt as they dragged on. Karas did manage to sell the brand name "Soyastern" to Huegli and he became an employee of Huegli. So Huegli now used both the Soyastern and Yamato brands. Three months after he started to work for Huegli, Karas had to leave. There had been a power struggle between him and Klaus Gaiser, and Klaus had won. But a little later (in about 1991 or 1992) Gaiser also had to leave Huegli. After that, Huegli reorganized their soyfoods division; Yamato and Soyastern were combined into one company named "Soyastern Naturkost GmbH." Yamato became this company's brand and, of course, Huegli owned the whole thing. From that time on, the Soyastern brand was used for Western-style products such as sausages and burgers, while the Yamato brand was used for Eastern style products (such as the tofu line). That is why the Yamato Paprika-Tofu label looks so Japanese.

Surprisingly, neither Huegli nor Yamato/Soyastern make these products! The tofu is produced by Heuschen-Schrouff B.V. (in Landgraaf, Netherlands), and the rest of the products in this line are produced by various other companies. Sales of Yamato and Soyastern products are slowly decreasing. Klaus Gaiser and Thomas Karas are not presently involved with soyfoods.

Huegli is a Swiss food industry company. The German branch of Huegli owns many different companies and brands, such as Neuco, Cenovis, Heirler (a wholesale company and also a brand), etc. They make 320 million German marks per year; the biggest part is Heiler with about 60 million per year. Address: Founder and president, Viana Naturkost GmbH, Willi Graf Str. 88, 5350 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076.

10605. **Product Name:** Tofu to Go [Szechuan Garlic, or Shiitake Ginger].
Manufacturer's Name: Holy Cow Vegetarian Foods.
Manufacturer's Address: 2260 Augusta St., Eugene, OR 97403. Phone: (503) 345-3639.
Date of Introduction: 1994. June.
Wt/Vol., Packaging, Price: Plastic tubs.
New Product–Documentation: Talk with Anton Ferreira, owner of Holy Cow. 1994. June 30. This is Chinese-style tofu cubes (made by Surata Soyfoods) with some vegetables and a sauce. It is ready to eat or you can put it on rice. It was launched this month (June 1994). Anton was born in South Africa.

Provender Journal (Eugene, Oregon). 1994. Summer. p. 15. "Tofu To Go is a stir-fried Chinese dish in two classic vegan styles:..." The products have a 4-week shelf life.

Talk with Anton Ferreira, owner. 1998. March 19. This product has undergone a steady evolution since it was first launched. It is now available in 3 flavors: (1) Thai with peanut-ginger sauce; (2) Chipotle (smoked jalapeño); and (3) Mandarin (sweet & sour). Each is based on ½ inch cubes of tofu that are deep-fried without a batter.

10606. *INTSOY Newsletter* (*Urbana, Illinois*). 1994. INTSOY assists Egypt in establishing model soy foods processing pilot plant. No. 45. p. 2. June.
• ***Summary:*** INTSOY and the Food Technology Research Institute (FTRI, established in 1991) at the Agricultural Research Center (ARC) have opened a model processing pilot plant in Giza, Egypt. FTRI has a staff of about 150 researchers. A photo shows Wilmot Wijeratne of INTSOY training Egyptian scientists in the dry processing room, which contains an Insta-Pro extruder and ancillary equipment needed to grind soybean meal into flour for baking. The adjacent wet processing area contains complete systems for the production of soymilk, tofu, and dairylike products such as soy ice cream and soy yogurt. It is hoped that the facility will serve as a model for stimulating local entrepreneurs to use soybeans in commercial food products.

10607. Kevin, Kitty. 1994. Tofu comes of age: Breaking out of the health food store and onto supermarket shelves. *Food Processing* (*Chicago*). June. p. 81-82.
• ***Summary:*** Peter Golbitz, president of Soyatech, estimates that tofu has become an "estimated 4.3 million pound ingredient business." Steve Demos of White Wave expects that in about 2 years tofu will be used by a number of major food processors in meatless entrees. Jerry Maynard, president of Nasoya Foods, suggests the breakthrough might be even sooner. The tofu industry has faced three major problems: (1) Making a more sanitary product, with less bacteria and a longer shelf life. (2) Finding creative ways to use a product with an unfamiliar texture. White Wave has transformed fresh tofu into meatless tofu steak. (3) Turning tofu's bland taste into an advantage. Demos believes that Americanizing tofu by adding it to mainstream American dishes will increase its appeal. It is also excellent when added to Italian, Mexican, and Asian dishes.

Photos show: White Wave's meatless tofu steak. Labels of four of Sharon's Finest's Tofu-Rella cheese alternatives. Address: Assoc. Editor.

10608. Morinaga Nutritional Foods, Inc. 1994. "Chocolat Pie, Fantastique!" The Mori-Nu *Lite* Tofu chocolate dream pie–Only 1 g fat (Ad). *Vegetarian Times*. June. p. 65.
• ***Summary:*** This full-page color ad shows a large tofu chocolate creme pie covered with sliced bananas. Above it on a wooden table is a pack of Mori-Nu Lite Silken

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Tofu (Firm) on a wooden table surrounded by bananas and almonds. There is a recipe for the pie and a coupon for any of 5 types of Mori-Nu Tofu. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

10609. **Product Name:** Soya Kaas Slices (Cheese Alternative Containing Casein) [Mozzarella Style, Mild American Cheddar Style].
Manufacturer's Name: Swan Gardens, Inc. Distributed by American Natural Snacks.
Manufacturer's Address: Manufacturer: 6029 Lagrange Blvd., Atlanta, GA 30336. Distributor: P.O. Box 1067, St. Augustine, FL 32085. Phone: 904-824-8181.
Date of Introduction: 1994. June.
Ingredients: Tofu (organic* soy milk, calcium sulfate), caseinate (a milk protein), non-hydrogenated soy oil, sea salt, lactic acid, natural flavor, lecithin, cellulose gel, guar gum. * = Organically grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 6 oz (170 gm) resealable vacuum pack.
How Stored: Refrigerated.
Nutrition: Per 21 gm slice: Calories 50, calories from fat 27, total fat 3 gm (5% daily value; saturated fat ½ gm), cholesterol 0 mg, sodium 180 mg (8%), total carbohydrate ½ gm (<1%), protein 6 gm. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Letter (fax) from Casey Van Rysdam, President, American Natural Snacks, in response to inquiry. 1994. May 6. This product is scheduled for introduction in June 1994.

Product with Label sent by Casey Van Rysdam. 1994. May. Copyright 1994. Eight individual slices are packed in a resealable Ziploc bag, but are not individually wrapped to minimize packaging. Each package has a self-adhesive label on the front and back. 3 by 3.5 inches. Red, green, and white. Front panel: "No cholesterol. Lactose free. Low in saturated fat. Soya Kaas sliced Mozzarella style. 8 individual slices in a resealable package. A natural cheese alternative made with organic tofu. No hydrogenated oils. Best if used by 10 11 94."

Ad in *Natural Foods Merchandiser.* 1999. Dec. 10. "Our Soy (tofu) is organic ensuring it is 100% GMO free. Available in: Regular and Fat Free including Mozzarella, Cheddar and Jalapeño; Cream Cheese, Vegi-Kaas (vegan), Grated Parmesan, and Slices."

10610. **Product Name:** [Seasoned Handmade Tofu (With Herbs, With Olives, With Basil)].
Foreign Name: Tofou Artisanal (Aux Herbes, Aux Olives, Au Basilic).
Manufacturer's Name: Tofoulie.
Manufacturer's Address: St. Pierre, 26560 Séderon, France. Phone: 75-28-55-05.
Date of Introduction: 1994. June.
Ingredients: With Herbs: Soybeans*, water, leeks*, fennel*, celery*, salt, shoyu, sunflower oil*, herbs and spices*. * = Organically grown: 100% of the total.
Wt/Vol., Packaging, Price: 200 gm. plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Form filled out and 3 Labels sent by Joel Pichon and Claude Michel. 1996. June 14. They started to make these products in June 1994. Label is a heavy plastic bag (light pink in color). 5½ by 8 inches. The company presently makes the following amounts of each product (in kg/month): Tofu with Herbs (incl. vegetables, parsley, spices) 550, Tofu with Olives (incl. provence herbs and parsley) 450, Tofu with Basil 450.

Note: Tofoulie also makes a non-soy product named Tofoulie Panisse Artisinale, which is made from chick pea flour, water, and unrefined sea salt.

Talk with Claude Michel. 1997. March 6. There are 8 people in this cooperative; all have invested money in it. Joel Pichon is the founder. Claude makes tofu and orders new equipment.

10611. Traugot, Michael. 1994. A short history of The Farm [of Summertown, Tennessee]. Summertown, Tennessee: Self published. 78 p. No index. 30 cm.
• ***Summary:*** Contents: Early roots: Stephen Gaskin. Monday night class: Attention equals energy, Holy Man Jam. The Caravan: Busted, we give up acid (LSD), back to Tennessee. The Martin Farm: Ina May Gaskin, the first garden, busted again. The Farm (Lewis County, Tennessee): The Black Swan Ranch, family and sex, households, sex and reproduction, natural birth control, gender roles, health care and home birth, the farm economy, vow of poverty, work, income, the spiritual aspect of economy, meetings and services, government, diet–you are what you eat (vegetarian diet, soybeans, tofu, tempeh–p. 37-38), appropriate technology, education–The Farm school, the pony crew, recruiting, the Gate, other Farms. Plenty: Guatemala, the Soy Project (p. 48). Agriculture on The Farm: Florida Farm. Changes: Stephen goes to jail, changes in government, *mazing Tales of Real Life,* causes of the crisis. The changeover (from communal living arrangements). Political activity: Ragweed Day, the FBI file. The Farm today: Stephen and Ina May, business and projects on today's farm, Martin Farm 2–the sequel, alumni and networking. Community and society: The Farm–Success or failure? The Farm children. Names and addresses for contacting Farm organizations. Address: 84 The Farm, Summertown, Tennessee 38483. Phone: 931-964-2587.

10612. **Product Name:** Italian Herb Tofu–Extra Firm.
Manufacturer's Name: Twin Oaks Community Foods.
Manufacturer's Address: Route 4, Box 169, Louisa, Virginia 23093. Phone: 703-894-4112.

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Date of Introduction: 1994. June.
Ingredients: Organic tofu (water, organic soybeans, nigari), minced garlic, minced onion, basil, crushed fennel seed, cracked black pepper.
Wt/Vol., Packaging, Price: 8 oz. vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Jon Kessler. 1996. Jan. 29. Twin Oaks Community Foods started selling this product in mid-1994 and it is still on the market. The herbs are mixed with the curds before pressing. It was first sold in bulk in buckets to a health food store in Charlotteville, but now it is vacuum packed.

10613. Johnston, Trevor. 1994. Re: Recent developments at Bean Supreme Ltd. in New Zealand. Questions answered on Soyfoods Center letterhead (dated 27 June 1994) and returned to SC on 8 July 1994. 2 p. Plus handwritten note with signature on letterhead.
• ***Summary:*** In April 1989, in order to expand operations, the company moved to its present address in Penrose from its former location at 1 Wallingford St., Grey Lynn, Auckland. In about Feb. 1990 the company changed its name to Down to Earth Natural Products Ltd. in order to try to reposition away from a specialty soy identity. However a major household cleaner company in New Zealand launched a product with the same name, "Down to Earth," so Trevor had to change the company name back to the original name. But at the same time the company redeveloped its logos and the corporate identity.

Presently, the company's best-selling soyfood products are Nice 'n' Healthy (isolated-based soymilk, launched in March 1989), and Lite Licks Dessert (soy ice cream, launched in Oct. 1986).

The company's brands also include Bio Farm, and Spiral Foods. Address: Managing Director, Bean Supreme Ltd., P.O. Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: (09) 590 592.

10614. Vines, Gail. 1994. Cancer: Is soya the solution? *New Scientist.* July 9. p. 14-15. [1 ref]
• ***Summary:*** "Soya protein could potentially be as effective as tamoxifen in preventing breast cancer." A large photo shows tofu being sold in an Indonesian market.

10615. Bianchini, Gilberto. 1994. Re: Early history of tofu and seitan in Italy. Letter to William Shurtleff at Soyfoods Center, July 16–in reply to inquiry. 3 p. Typed. [Eng]
• ***Summary:*** "I started to make tofu and sell it officially in October 1979 in Rimini, Italy, at Via Cuoco 9 (Community Food). I first learned how to make tofu in London at the Community Health Foundation, Old Street 98, in 1976 or 1977. Then I gained additional experience in making Japanese-style nigari tofu from Centers and individuals in France and Belgium. I first visited the United States in late 1978 and early 1979. On 9 Feb. 1979 I visited you [William Shurtleff and Akiko Aoyagi] at New-Age Foods Study Center in Lafayette, California, having a good impulse in tofu pioneering, to talk about making tofu in Italy.

"In 1980 I visited a friend, Mr. Franco Pagliano, in Milan; that city had many Chinese restaurants. Mr. Pagliano had learned how to make tofu from Mr. Roland di Centa. was supplying these Chinese restaurants with a small quantity of tofu (he made it the Chinese way, with calcium sulfate), but he was soon forced to stop production because he had difficulties producing, unofficially without the proper permits, in his apartment. It was a really good experience for me to get to know Chinese and Japanese people; Franco was very skillful and shared many secrets with me. Then after several months he called me to say that he was going to stop tofu production and that he could introduce me to his clients–which he did, including a Japanese restaurant, Suntory Italia, which had not previously accepted his Chinese-style tofu. I had contacts in Milan and met Mrs. Giovanna Mazzieri at a conference in Milan, where tofu was presented to the public and the press, together with the Italian Chefs' Association. I remember that on that occasion I first had a large number of tofu kits sold through Mrs. Mazzieri.

"I survived financially making tofu for the first couple of years. I sold my tofu to the Chinese restaurants of Milan, driving there once a week from Rimini in my small refrigerated car (280 km each way). I soon got tired of the trip, but actually I was motivated and satisfied and full of curiosity for the Chinese and Japanese atmosphere. Meanwhile, I was stopping to deliver my tofu at all of the macrobiotic and natural food shops and restaurants along the way (in Cesena, Forlì [Forli], Faenza, Bologna, Modena, Reggio Emilia, Parma, etc.). During those years I did promotion for soyfoods, including cooking classes.

"In July 1982 I attended the Soyfoods Conference in Seattle, Washington (we met again) because of my interest in large-scale production and in making a report on soyfoods, together with a lady dietitian from Bologna (I forget her name) supported by the University of Bologna. She continued introducing the many good qualities of soyfoods to those in her field, medical doctors and nutritionists. For more information on this, contact the Sunsoy Food company in Bologna.

"After my 1982 trip to the USA (now having with me color slides, literature, and information), I developed contacts with the largest food distributing company in Italy, Coop Italia, but the people in charge believed that it was too early to distribute tofu widely in Italy–the market was not yet ready... maybe in the future. Even though they were open to innovative ideas, the negative answer was disappointing.

"I remember there was a time in 1983 when I had the luck of meeting a Japanese girl, Fusako Aoki, who was just passing through Rimini–a very rare occasion. She helped me in tofu-making classes for about 3 months, in Rimini

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and other cities. Meanwhile many people visited me to learn about making and selling tofu (future competitors)!

"I had enough technical skills to develop and build (mostly by myself) a stainless steel continuous open-air steam cooker (not pressurized! a secret for good tofu), a second-hand Weston (from the USA) vibrating screen, a good stainless steel hammer mill. This was really good equipment for those times, the only equipment of its kind in Italy that I knew of.

"I was in charge of everything–production, sale, promotion, and new product development. Unfortunately I was not able to grow from the individual to the team aspect of the work. I exhausted myself, ending production in June 1988. In that year I was supplying centers in cities like Rome, Firenze [Florence], Torino [Turin], Bologna, Treviso, and Ravenna–mostly in northern and central Italy. The demand was growing and it reached the point that in places like Florence, Rome, and Torino people started companies to make soyfoods. At that point, I could survive only by diversifying products, improving packaging, moving into a larger factory at a new location, and expanding the company and the number of employees.

"I could not do this, and after a project of moving in Toscana near Florence, to live and work there, I had to discontinue my activities. The other reason was that my family was growing rapidly; I had 2 children in 1985 and 1987, and I did not want to jeopardize or endanger my family's personal financial situation. Looking back, I think I made the right choice, but I feel good when someone remembers me for my good tofu. I sold my equipment at a low price to a company named Food for All in Verona, then helped them with my knowledge of making and selling tofu. They are connected to the Ananda Marga Society, are supporting activities in India, and are really nice people.

"While in business, I was producing: Tofu (vacuum packaged or in bulk), tofu spreads (various flavors), tofu burgers, tofu mayo (fresh or long-life, in glass jars), seitan, seitan burgers, spreads, soymilk (sometimes, and only fresh), and various tofu desserts (fresh and perishable). I only made small batches of tempeh, for personal use and experimentation (not sold commercially) using cultures from the USA. Near the end of my activities, I produced 400 kg (and up to 600 kg) of tofu (base product); officially I had only one (maximum two) part time workers, with good help from my relatives.

"The only company (apart from the person of Mr. Pagliano) I know that made tofu before I did was the Poporoya company in Rome, which produced and sold it at his branch in Milan, the Poporoya-shop, a Japanese shop.

"People introducing soyfoods in Italy were the macrobiotic centers: Mr. Ferro Ledvinka from Rome, Mr. Alois Grassany from Bologna, and Mr. Roberto Marocchesi from Torino.

"I still see an opportunity in the future for making and selling tofu and tofu products in Rimini; this would be for me and my friends, but it would work only if it was connected with a larger project of a vegetarian cultural center. Who knows? Now I am a 'natural wood' carpenter." Address: Via Cuoco 9, 47037 Rimini, Italy.

10616. Weaver, Eric. 1994. Growing soybeans organically in Nicaragua (Interview). *SoyaScan Notes.* July 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Eric also supervises the development of Earth Trade's project in Nicaragua and he spends a large amount of time down there. During the last year or so, he has been to Nicaragua 4 times, a total of a month. Before that he worked for 10 years on the *Central America Bulletin,* an economics and politics newsletter published monthly in the USA by the Central America Research Group, so he went to Nicaragua regularly.

Cottonseed oil was the basic food oil in Nicaragua until 1991, after the new government of Violetta Chamorro took over from Daniel Ortega and the Sandinistas in national elections on 25 Feb. 1990; the Chamorro government changed the policies on subsidies in general and conducted an economic rationalization. Before that, the Nicaraguan government subsidized cotton production at huge losses. The official justification was that they needed the oil, but Eric thinks there were more complicated political factors. The cotton crop has now basically collapsed in Nicaragua. Starting in 1991, Nicaragua began to import soybeans, which they processed in the country's 9 or 10 cottonseed processing mills. President Violetta Chamorro's son-in-law, Antonio Lacayo, who is actually the de-facto president, got into soy oil processing even before the cotton was phased out. That is another reason for the move toward soy oil–because he had business interests in soya. Earth Trade is now starting to do a feasibility study of organic oil processing in Nicaragua. The company would like to set up an organic facility that will process not only soy oil, but also peanuts, sesame, etc. to produce a variety of organic oils.

Starting in the mid-1980s Nicaraguan breeders at CEA (a cotton experimental center near Leon) developed a soybean strain named CH86 from the Brazilian tropical varieties of soybeans. Now CH86 has been grown increasingly by farmers during the last few years–starting in about 1991 or 1992. The variety that they call Cristalina (which may be known internationally as light hilum) is a tropical variety that grows pretty well in Nicaragua. Nicaraguans calculate crop yields in hundredweights (cwt) per manzana. Note: 1 hundredweight = 112 pounds. A *manzana,* a traditional unit of land area in Central America, is the area of a square 100 *varas* on a side; it therefore varies according to the length of the vara. On average it equals 0.7 hectares or 1.7 acres. The CH86 averages 47-50 cwt/manzana and the Cristalina averages about 30 cwt/manzana. There is a big demand for the seed of these two varieties,

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and that's why there is a shortage on the market. Earth Trade grows both varieties. Earth Trade has talked with some Japanese buyers who are interested in Cristalina for soymilk and CH86 for tofu. They were very close to signing a contract then the price started to fall, so they backed off for a while.

Earth Trade's first organic soybean crop in Nicaragua was harvested in December 1993 as a rotation for sesame. They were planning to sell it on the international market organically, but the producer sun-dried it and it got rained on and became spotted; so Earth Trade sold those soybeans for $12-$12.50 per cwt on the local Nicaraguan market for soy oil Earth Trade presently has in the ground enough soybean seeds to produce approximately 1,000 tonnes of the CH86 and 500 tonnes of the Cristalina. The CH86 was planted in June and the Cristalina is being planted now, in July; both should be ready to harvest in December.

In Nicaragua, all substantial agriculture is located on the Pacific Coast; Earth Trade grows its soybeans in this region to the northwest of Managua, around the city of León (the capital of León Department) and in Chinandega. Address: Secretary-Treasurer, Earth Trade, 1814 Franklin St., Suite 710-E, Oakland, California 94612. Phone: 510-987-7222.

10617. Dwyer, Johanna; Goldin, B.R.; Saul, N.; Gaultieri, L.; Barakat, S.; Adlercreutz, H. 1994. Tofu and soy drinks contain phytoestrogens. *J. of the American Dietetic Association* 94(7):739-43. July. [45 ref]
• ***Summary:*** Phytoestrogens, compounds with weak estrogenic activity such as isoflavones, coumestans, and resorcyclic acid lactones (lignans), are found in several dozen plants eaten by humans, including some soy products. As the intake of soyfoods rises in the American diet, the activity of phytoestrogens may reach biologically effective levels. Phytoestrogens appear to have both estrogenic and antiestrogenic activity. They may also help prevent cancer. "Anticancer activity has been demonstrated by inhibition of tumor cell growth. Also, they appear to act in other ways that may inhibit tumor formation and growth, including inhibition of tyrosine kinase; inhibition of cell growth stimulated by epidermal growth factor; inhibition of steroid aromatase kinase and of DNA topo-isomerase; elevation of sex-hormone-binding globulin; and possibly lowering of endogenous estrogen levels."

Of the various products tested, tofu contained the highest level of isoflavones. Different brands of tofu contain from 73.0 to 97.5 micrograms per gram (wet weight) of the phytoestrogen daidzein and 187.4 to 215.9 micrograms of genistein per gram. By comparison, the soy drink First Alternative (made by Protein Technologies International of St. Louis, Missouri) contains only 7.0 micrograms of daidzein per gram of weight and 21.0 micrograms of genistein. The two soy-based specialty formulas tested were nearly devoid of these two isoflavones.

The tofu products tested were: Kikkoman firm, Nasoya soft, Azumaya soft, and Vitasoy silken. The soy-based specialty formulas were Jevity Isotonic, Enrich, and Glucerna–each made by Ross laboratories, Columbus, Ohio.

Note: What is the isoflavone content of a typical 130 gm serving of tofu? 9.5 to 12.7 mg of daidzein and 24.3 to 28.1 mg of genistein.

A sidebar (p. 741) features an interview with Johanna Dwyer and Nora Saul (both women); their hospital happens to be located in Boston's Chinese community. "Journal: What are phytoestrogens? How do they function? Dwyer: Phytoestrogens such as isoflavonoids and lignans, are compounds found in certain plants that are inherently active or are converted by human intestinal microflora into biologically active, hormone-like substances. Phytoestrogens exert weak estrogenic activity, most likely attributable to their ability to activate estrogen receptors in cells such as those in the vagina, uterus, and mammary glands. Depending on the biological environment and their chemical structures, phytoestrogens can function as either estrogens or antiestrogens.

"For example, in premenopausal women, who have high levels of circulating estrogens, phytoestrogens may function as antiestrogens. This is because phytoestrogens that bind weakly at estrogen receptor sites may compete for a place on the estrogen receptors with endogenous estrogens, which have much stronger affinity for the receptor sites. On the other hand, in postmenopausal women, who have low levels of endogenous estrogens, phytoestrogens may function as estrogens. Although phytoestrogens only bind weakly at estrogen receptor sites, there is little other estrogen in circulation, so phytoestrogens do bind to estrogen receptors At present, however, this explanation is based on hypotheses and must be tested."

"Journal: Why are these substances important biologically? Dwyer: A growing body of research suggests that phytoestrogens may reduce risks of certain cancers, especially hormone dependent diseases such as breast and prostate cancers." Address: 1. Prof. of Nutrition at the Tufts Univ. Schools of Medicine and Nutrition and director of the Frances Stern Nutrition Center, New England Medical Center, Boston, Massachusetts.

10618. Lightlife Foods, Inc. 1994. You'll sell a lot more meatless burgers–once you see the light (Ad). *Natural Foods Merchandiser.* July. Insert glued in after p. 72.
• ***Summary:*** This full-page, back-to-back, color ad insert shows the new Lightburger from Lightlife. It is sandwiched between two buns, with all the trimmings on a wooden plate. Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 1-800-274-6001.

10619. **Product Name:** [Tofu, Tempeh, Soymilk, Okara Croquette, Soy Ice Cream].

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Manufacturer's Name: Nutrem Soy Shop.
Manufacturer's Address: Managua, Nicaragua.
Date of Introduction: 1994. July.
New Product–Documentation: John Gabriel. 1995. Plenty Bulletin (Summertown, Tennessee). 11(3):4. Fall. "A Plenty volunteer in Nicaragua writes."

Chuck Haren. 1995. Nov. 8. SoyaScan Notes. "Soyfoods, Soynica, and Nutrem Soy Shop in Nicaragua" (Interview).

Note: This is the earliest known commercial soy product made in Nicaragua.

10620. Rattenbury, Jeanne. 1994. Answers about aluminum [packaging for soymilks and tofu]. *Vegetarian Times.* July. p. 26, 28.
• ***Summary:*** D.P.S. of Phoenix, Arizona, writes: "I've been wondering about the aluminum content of soymilks, juices and tofus that come in aluminum-lined paperboard containers. What is the aluminum level of these products? How safe are they to consume? Also, what about aluminum cookware? I've heard conflicting things about its contributing role in Alzheimer's and other illnesses."

Ans: "The first thing to know about aluminum is that you can't avoid it. The third most common element found in the earth's crust (after hydrogen and silicon), aluminum circulates in the dust in the air we breathe. Plants also inevitably absorb aluminum from soil and pass it along to their fruits and vegetables. Aluminum has no known physiological function; our kidneys do a good job of filtering it out of our systems before we absorb much of it. The U.S. Food and Drug Administration (FDA) has set no recommended dietary allowance (RDA) for aluminum intake, nor has it set any ceiling on the maximum amount of aluminum considered safe to ingest."

To be on the safe side, it may be best not to cook in aluminum pots–especially when cooking acidic foods such as tomatoes.

The current scientific consensus concerning Alzheimer's is that it is not necessary to take any extra ordinary steps to avoid aluminum in one's diet or otherwise.

10621. Simms, Kelly. 1994. Re: Soy's bad rap (Letter to the editor). *Vegetarian Times.* July. p. 8.
• ***Summary:*** The writer explains that she is a day-care provider who recently signed up to participate in a childcare food program which is funded by the USDA and the Michigan Dept. of Education. The program is designed to reimburse day-care providers for serving healthful meals and snacks to children.

"To ensure that the meals are healthful, guidelines are designed to require a provider to pattern the food components of a meal after the Food Guide Pyramid. Providers are also given a long list of unacceptable foods, which supposedly meet no nutritional need." The provider will not be reimbursed for the meals if they include an unacceptable foods. This list includes tofu, imitation milk (like soy beverages and infant formula, except in the case of allergies), and dairy substitutes (like soy cheese).

"Any program that allows the breading on a corn dog to count as a grain component but considers tofu to have no nutritional value at all is suspect. This food program really misses the mark, and I do feel slighted that as a provider, I cannot with a clear conscience participate in it. Give them a tofu covered stick for me." Address: Lansing, Michigan.

10622. *Soyafoods* (*ASA, Europe*). 1994. U.S. soyfoods consumption predicted to grow. 5(2):3. Summer.
• ***Summary:*** A U.S. study titled *An economic analysis of the use of soybeans as human food* predicts that domestic increases in consumption of soyfoods could use an additional 100 to 240 million bushels of soybeans each year. The study was conducted for the North Central Soybean Research Program by researchers at Agricultural Education and Consulting in Savoy, Illinois (Phone: 217-352-1190).

The study found that the following food categories which have the greatest potential to use soya as an ingredient (listed in descending order of projected use levels): (1) Flour products–bread, bakery products, pasta, and pizza dough. 2. Meat products–ground beef and processed meats. 3. Dairy products–liquid milk replacements, processed cheeses and yogurt. 4. Snack foods–crisps, extruded snacks, snack nuts and meat snacks. 5. Soyfoods–tofu, soymilk, tempeh, soy sauce, and miso. 6. Fresh vegetables–green vegetable soybeans.

However there will be tradeoffs. For example, increased use of soya to make meatlike products will ultimately lead to less need for soybean meal to feed livestock animals. But overall, the researchers believe that net crop income, at least for the North Central Region of the United States, will rise from nearly 8% to over 30%.

10623. **Product Name:** Soyco Tofu [Hi-Protein Firm, Tasty, Thai, Japanese].
Manufacturer's Name: Soyco Soyfood Product [Nutrisoy Pty. Ltd.].
Manufacturer's Address: 255 Forest Road, Arncliffe 2205, NSW, Australia. Phone: 02-9695-7755.
Date of Introduction: 1994. July.
Ingredients: Thai: Organic soybean, water, soy sauce, sunflower oil, spices, herbs, natural coagulant (magnesium chloride).
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in July 1994. Thai: Green, orange, yellow, red and black on pale white.

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10624. **Product Name:** Tofu Squeeze.
Manufacturer's Name: Unique Utensils (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 3112, Littleton, CO 80161. Phone: (303) 797-6724.
Date of Introduction: 1994. July.
Ingredients: Stainless steel.
New Product–Documentation: Spot in Vegetarian Times. 1996. Nov. p. 16. This unique stainless steel utensil squeezes the excess moisture out of tofu. It locks the tofu into place with adjustable notches for desired consistency. A color photo shows the product pressing tofu.

Talk with Cindy Ellingboe of Unique Utensils. 1996. Nov. 1. This product was invented and designed by her husband, Bruce Ellingboe, and launched in about July 1994. It is made by a local craftsperson. The cost is $9.95 + $3.50 shipping = $13.45 total. Since 1994 it has been sold mostly at a few natural food stores in Colorado (especially Alfalfa's Market). Unique Utensils is a small family business, run out of their home, and this is their only product.

10625. Yves Veggie Cuisine. 1994. The meatless alternative: Tasty, wholesome, and convenient (Ad). *Vegetarian Gourmet* (*Montrose, Pennsylvania*) No. 10. Summer. Inside rear cover.
• ***Summary:*** The full-page color ad features Yves Veggie Wieners and Yves Burger Burgers. The two products are shown on a plate, ready to serve, and the attractive package for each product is displayed. "Try our complete line of products: Burger burgers, Veggie wieners, Tofu wieners, Chili dogs, Deli slices, Garden vegetable patties, Garden patties with mushrooms and fine herbs, Veggie Pepperoni. The perfect complement to today's active lifestyle." Address: Vancouver, BC V6A 2A8, Canada.

10626. Mann, Les. 1994. Wonder bean: Soy products are everywhere. *Herald* (*Wayne, Nebraska*). Aug. 2.
• ***Summary:*** "I refuse to be surprised anymore by what new uses researchers find for the versatile soybean. Its the wonder plant... Soybean breast implants won't go down in history as the most vile product to come from soy research. No, that distinction must go to tofu–it is horrid tasting, gelatinous globs of soybean curd that is commonly served as food in the Orient."

10627. *Economist* (*London*). 1994. Soya coming: Joint ventures in China (Shenzhen). Aug. 6.
• ***Summary:*** Even when they have local expertise and a good joint-venture partner, foreign companies find it difficult to invest successfully in China. The perils of trying to open a joint-venture factory in China include ever-changing government laws, promised infrastructure that fails to appear, hidden political agendas, phantom night shifts making products the foreign partner never sees, and corruption that often reaches up to the most senior official. It is frustrating, but the prospect of being left behind still draws in foreign firms–"like moths to a flame." So says Winston Lo, chairman of Vitasoy, a Hong Kong firm with a history of making drinks that dates back to 1940. In addition, Mr. Lo is operator of one of the more successful joint ventures in China, and has learned to sell its products worldwide, first to overseas Chinese, but increasingly now in natural and health food stores in America (where the company is the largest tofu manufacturer).

Vitasoy currently makes more than 400 million packs of drinks a year, 70% of them sold in Hong Kong and the rest exported. During the year ending 31 March 1994, the company made a net profit of HK$250 million (US$32 million) on sales of almost KK$1.2 billion.

Like others, Vitasoy has been beguiled by the immense profits that the Chinese market seems to offer. The average Chinese consumes only 4 liters of non-alcoholic drinks a year, vs. 60 liters per person in Hong Kong. Vitasoy has cautiously chosen as its base the southern province of Guangdong, next to Hong Kong, where many people know Vitasoy's products–which they can see advertised on television. Vitasoy now owns 70% of a new US$16 million plant just across the border in Shenzhen; the rest is owned by Guang Ming Farm, a state-owned enterprise controlled by the Guangdong provincial government. Four production lines are already running at this new plant, and six more are to be added before the end of 1994, giving a capacity of 620,000 packs of drinks a day. Mr. Lo has found that the hardest part of doing business in China is chosing the right partner, one who is resourceful, co-operative, and fair.

Vitasoy's relationship with Guang Ming began in 1979, when Vitasoy contracted to ship a herd of New Zealand dairy cows to China, install modern milking and processing equipment, and train the staff. In return, Vitasoy was given the right to market most of the firm's output in Hong Kong and Macau [or Macao; a Portuguese overseas territory]. This joint venture has expanded into a 6,000 acre ranch with a herd of 6,300 cows. Vitasoy claims half of Hong Kong's market for fresh milk.

Investors from Hong Kong account for about 80% of the investment in Guangdong province. But they seem to be getting tired of the many problems with doing business in China; the number of new joint-venture projects approved in the province fell by one third in the first 5 months of this year, compared with the same period last year. Unless China's central government is more welcoming to long-term investors like Vitasoy, "the moths circling its flame may soon look for safer flying space."

10628. Robesky, Fujie. 1994. Fuji Fresh Tofu Co. of San Jose is for sale for $80,000 (Interview). *SoyaScan Notes.* Aug. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Fujie is interested in buying a tofu company. When she went to visit this company in Japantown of

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San Jose, she discovered that it is for sale for $80,000. Apparently the present owner, Linda Lam, is planning to return to her homeland, Vietnam.

Talk with Fujie Robesky. 1995. May 16. Apparently Linda Lam's daughter has taken over the company and is now running it.

Television broadcast on JTN Local News (Lafayette, California; 5 Sept. 1995 7:25 a.m.). Linda Lam still owns Fuji Tofu Co., which makes: Ginger syrup tofu pudding, Tofu egg rolls, Tofu steamed buns, and Seasoned yuba. They want to open a tofu vegetarian restaurant. Address: Hedge Computer Co., 1616 W. Shaw Ave., Suite B-3, Fresno, California 93711. Phone: (209) 226-3991.

10629. Scovronick, David. 1994. Re: History of Ithaca Soy in Ithaca, New York. Letter to William Shurtleff at Soyfoods Center, Aug. 14. 4 p. Handwritten.
• ***Summary:*** David opened his company 14 years ago, inspired by reading *The Book of Tofu.* He built the shop himself and did virtually all of the maintenance and repair work that was required. The company eventually produced over 2,000 lb/day of tofu and tofu products. "And all of it was made by hand, using time-honored and traditional techniques that were so beautifully encouraged by your writing and by Akiko's illustrations.

"Last summer, when I rather unexpectedly received notice that I would have to relocate the shop, I decided that perhaps my time as a business owner and tofu maker had come to an end and that it was time for me to move on in life. In April of this year I sold the business to a Chinese restaurant owner who was one of my best customers and who was also looking for a change in his life. Since then I have been training him and his staff to make tofu using the same traditional methods that have worked so well for me over the years. During this process I have come to realize how much I enjoy teaching the art of tofu making." He would like to find a way to continue to do so.

Talk with David. 1994. Oct. 20-21. The shop, now owned by Michael Pan and renamed Ithaca Tofu, reopened in August 1994 at 23 Cinema Drive, Ithaca, New York 14850. Phone: 607-266-0446. Michael first started making tofu at this new address. He lost some distributors during the 6 months that the shop was closed from March to August 1994. David is now practicing Tibetan Buddhist meditation with Tibetan monks in Ithaca. He would like to travel to India, work with Tibetans at the tofu shop in Dharmasala, then perhaps travel to southern India to teach Tibetans there how to make tofu.

Talk with David. 2001. Oct. 2. He calls. Michael Pan, a Chinese-American from Taiwan, did not chill the water for his bulk tofu, so it spoiled quickly. The health department was soon on his case. David worked at the natural foods co-op in Ithaca; as Michael's largest customer, he was able to watch the tofu quality decline. Michael closed the shop last month. David would like to re-start it. Address: Box E, Ithaca, New York 14851. Phone: 607-564-9326.

10630. Fellman, Louis. 1994. History of pioneering work with tofu cheesecake, Sprucetree Baking Co., and Soy Delites. Part I (Interview). *SoyaScan Notes.* Aug. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Louis played a major role in developing America's first commercial tofu cheesecakes–which were named Tofu Cream Pies and were delicious. The product was originally developed by Sprucetree Baking Co. in Maryland. From the outset, it was sold with two different toppings: Blueberry and strawberry. Louis was not with Sprucetree when the product was launched in about 1976 by Howard Grundland, who started and owned Sprucetree on Belair Road in Overlea, a suburb of Baltimore, Maryland. Several people helped Howard start the bakery, including Murray Snyder and Norman Zweigel. Louis does not know who first had the idea for the tofu pies and who developed the first recipe.

Louis started working at Sprucetree right after the first East Coast Macrobiotic Summer Camp in about August or September 1977. [Note: In Oct. 1973 Sprucetree began operations on Belair Road in Overlea.] Sprucetree was making the tofu pies when Louis arrived in 1977 but it was only one of about 30 baked goods (including bread, cookies, other desserts, etc.) that they sold. Louis left Sprucetree twice. The first time was 6-8 months after he first arrived; he was lured back to New York City by Jim Guido, who used to own two East-West restaurants in the city. Louis worked there as a baker, and made tofu pies (which he now called "Tofu Cheesecakes") for the restaurant. He made many tofu cheesecakes and improved on the original recipe. John and Yoko Lennon used to come in to the restaurant (on 74th Street and Columbus Ave.) almost daily and enjoy Louis' tofu cheesecakes. The restaurant was crowded every night and was one of the hot, chic places to eat on the Upper West Side. Louis hired Alan Hoffman to be his assistant at the East-West restaurant. Alan later became the baker at Souen.

In about June 1978, after about 6 months in New York City, Louis returned to Sprucetree. He helped finance Sprucetree's move across town from Belair Road to 4105 Aquarium Place at Reisterstown Road in Baltimore. The company continued to make its tofu pies and other baked goods. In late summer of 1980 Louis found a new job as production manager at Erewhon Natural Foods. So he moved to Boston, Massachusetts, and soon hired Alan Hoffman (a baker at the Souen restaurant, who baked tofu cheesecakes using Louis' recipe) to be his assistant. Within 18 months he was married, with a child on the way, and Erewhon had declared bankruptcy. Next he worked briefly for Great Eastern Sun in North Carolina. Louis and his family moved to New Jersey where his mother was living. There he took jobs to make money, such as selling cars. At

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this time Tofutti was becoming famous; Louis (now living at 436 Jefferson Ave., Staten Island, New York) considered opening a tofu shop that made fresh tofu in New York City. He and Alan Hoffman even looked at some locations for the tofu company. While waiting for customers to come into the car showroom, he planned a company to make tofu pies which would be profitable and widely distributed. He found some friends who had a food shop in northern New Jersey with an oven and mixing machines. In 1983 Sprucetree stopped making tofu pies/cheesecakes. Continued. Address: Abraham's Natural Foods, P.O. Box 4201, Long Branch, New Jersey 07740. Phone: 908-229-5799.

10631. Fellman, Louis. 1994. History of pioneering work with tofu cheesecake, Sprucetree Baking Co., and Soy Delites. Part II (Interview). *SoyaScan Notes.* Aug. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** So in about January 1985 Louis started a company named Soy Delites, Inc. that made nothing but tofu pies. Several friends invested money. "I did what a lot of people do. I took every credit card and maxed it out to the limit, then got on my knees and prayed every night. We went through some trials and tribulations like many companies do." At first he sold only whole pies, but then he realized he needed to sell packaged, individual serving. Eventually he found a company that made little wedge-shaped containers for pie slices. Then Louis moved his business into a bagel bakery in Matawan, near where he was living. Then Louis started baking the pies in little round 6-ounce tins with a little plastic lid on each. With a nice label and the new size, the product started selling well. He also made 6-inch pies for people who wanted something bigger. Fillings included banana-almond, carob-coconut, and mint carob chip. Toppings included strawberry, blueberry, raspberry. Richard Worth, who started Sorrel Ridge, made very thick batches of his preserves in 3-gallon containers as toppings for his tofu pies. When Richard left the company, it became very difficult to get a good topping that Louis did not have to cook.

Neshaminy Valley distributed the product from the outset, and a Boston distributor back-hauled the tofu pies to Boston, Massachusetts, where they sold well at Bread-and-Circus. But Louis couldn't get the his products into supermarkets or mass market stores. He was making a very modest living, but the satisfaction was there. Eventually Louis bought his own shop for Soy Delites at 568 Broadway, Long Branch, New Jersey. Then he started distributing Mediterranean foods (hummus, tabbouleh) made by another company.

In about 1988 Mark Brancato, who had a concession at the Delacorte Theater–free Shakespeare in the Park, approached Louis and they worked together to develop improved Mediterranean foods. Louis made these foods and first sold them to Mark in the summer of 1988. Then he took some samples to some of his customers. "They loved them. They didn't want the brand I was distributing any more." The demand kept increasing. Meanwhile, Louis was having problems getting delivery of tofu from Nasoya. So he started buying his tofu from Jeff Connerton of Fresh Tofu in Easton, Pennsylvania. The quality was inconsistent. Finally he looked at the who situation and realized that the tofu pies were not carrying their own weight. So he let them die. Louis made his last tofu pie in about 1988-89.

The tofu cheesecakes sold well, but there were several problems in making them profitable. First their production required a great deal of labor and therefore were not as profitable as Louis had hoped they would be. Second, the packaging was difficult because each pie was so delicate. He sold them refrigerated, but some stores kept them in the freezer, which hardly changed the quality at all. They were distributed by several distributors–but not by enough of them.

What are they keys to selling tofu cheesecakes profitably? (1) Find a good source of high quality, reasonably priced tofu, ideally one that has kosher certification. Find an acceptable sweetener. Maple syrup makes by far the most delicious tofu cheese, but it is too expensive. So Louis used honey, which he detests, both in terms of flavor and philosophy. Rice syrup is not sweet enough. Rice syrup, brand-named Rice Nectar, is now very readily available on the East Coast, made by T&A Gourmet. Perhaps a mixture of maple syrup and Rice Nectar would make a good sweetener. (2) Use the proper mixer and blade to make the tofu filling very smooth; Louis used a Stefan model made in Germany, not a Hobart VCM. (3) Develop good packaging for the product. (4) Get good distribution for the product, which hinges very much on the packaging, freshness, and shelf life.

In 1992 Louis changed the name of his company to Abraham's Natural Foods, whose main products are Mediterranean-style foods like hummus, tabbouleh, baba ganouj, etc. The market for these latter types of foods was much larger than the market for tofu pies. For a while he made both the tofu pies and the Mediterranean-style foods. Louis' partner from Sprucetree, Howard Grundland, went out of business (he was divorced, and moved), so Louis took over the production of Howard's Sweet Rice Cookies (made with a flour from mochi/glutinous rice). The original recipe, which is macrobiotic, came from Aveline Kushi or Murray Snyder. But the tofu pies were not as profitable as Louis had hoped they would be. So the demand for the hummus and other products basically squeezed out the tofu pies. The Bridge (in Middletown, Connecticut) is now a distributor of Louis' products. Few companies can survive on one product: The companies that make Tabasco Sauce, Pepsi, and Coca-Cola are exceptions.

Louis still pays Howard a small royalty on the Sprucetree Sweet Rice Cookies–which are still selling very well. As of Aug. 1994 Howard Grundland can be reached at 410-239-9791. Murray Snyder (phone: 212-308-3818) is in

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Manhattan, New York, running a macrobiotic center where he does teaching and consulting. Mark Medoff was planning to go to law school. Louis has been out of the organized macrobiotic scene for years. Address: Abraham's Natural Foods, P.O. Box 4201, Long Branch, New Jersey 07740. Phone: 908-229-5799.

10632. Dovgan, Alexander; Dovgan, Tamara. 1994. Re: Interest in making tofu and tempeh in Russia. Letters to William Shurtleff at Soyfoods Center, Aug. 18-22. 3 p. Handwritten. [Eng]
• ***Summary:*** Alexander and his family (wife Tamara and daughter Sasha) are Russian Canadians who came to Canada almost 5 years ago. "First of all, thank you for your books and we learnt a lot with them and they helped us to survive with a very small amount of money! We plan to return to the Soviet Union and we have a dream to start our own tofu-tempeh business, as it would help so many to regain their health and save animals, the environment, etc. We were very unhealthy as we had very poor nutrition in Moscow partly because of total ignorance as the grains and legumes were widely available but nobody knew anything about sprouting, combining, etc.

"We always make our own tofu, and now we are trying to make tempeh and to bake okara breads using whey, etc."

Tamara is a professional pianist, who works in the Opera Theater and in the Yamaha School of Music. Alexander is a photographer. They are both lucky to have jobs now.

Bill Shurtleff of Soyfoods Center suggests that they talk with Jon Cloud, which they do, and meet Alexander Podobedov. He sends them photocopies of articles about the SoyaCow in Russia.

Letter No. 2. Alexander is concerned that soyabeans are not available in Russia "as they were used only to make chocolate and oil." They have saved some money in Canada but they have no place to live in Moscow since their family moved to the USA. "That's why we're thinking about starting in St. Petersbourg, as its cheaper and its one of the most beautiful cities... Sasha makes Russian tofu at home (it's hard and cheeselike with herbs) as Russians wouldn't eat traditional plain tofu. But all our Russian and Canadian friends like it, so we'd be happy to be pioneers in that field in our native land."

Letter No. 3. Sasha plans to go to Moscow soon to find out everything about soybeans. Their 6-month-old son, Daniel, likes tofu very much. Address: 2350 Dundas West #2813, Toronto, ON M6P 4B1, Canada. Phone: (416) 534 8896.

10633. **Product Name:** Firm Tofu.
Manufacturer's Name: Atlantic Soy Products.
Manufacturer's Address: 311 Lancaster St., Saint John West, NB E2L 1J8, Canada. Phone: 506-693-6432.
Date of Introduction: 1994. August.
New Product–Documentation: Talk with Peter Olive, owner, who phones from Canada. 1994. Aug. 28. He started making tofu in Aug. 1994. He makes only firm tofu.

Note: This is the earliest known commercial soy product made in New Brunswick, Canada.

10634. *Ontario Soybean Growers' Marketing Board Newsletter.* 1994. Korean soybean curd manufacturers visit. Aug. p. 3.
• ***Summary:*** "Eleven representatives of the Korean Soybean Curd Manufacturers Federation toured southern Ontario in late May to get a first-hand look at the soybean industry. The group included the chairman of the federation, Mr. Chang Ye-Kyu and representatives of regional associations."

"Korea imports over 1,000,000 tonnes [metric tons] of soybeans annually, mostly from the United States. Approximately 130,000 tonnes or 5,000,000 bushels are used to manufacture tofu. All imports are handled through a government agency which has made a practice of buying crush quality soybeans and re-cleaning for sale to soyfoods manufacturers. Soyfood manufacturers would like to be able to buy higher quality soybeans but they have not been available in the Korean marketplace.

A large photo shows four Koreans comparing samples of #1 grade white hilum soybeans and #2 crush quality soybeans during their tour of the Sarnia grain terminal. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

10635. *Provender Journal* (*Eugene, Oregon*). 1994. Member news. 11(2):7. Summer.
• ***Summary:*** "Turtle Island Foods, Hood River, Oregon, says, 'One year after introducing them, Superburgers are our #1 selling product!... Look for Son of Superburger later this year. We now also private label manufacture all tempeh products in the Wildwood Natural Foods line.'"

Tofu Palace Products has a new address and a toll-free phone number: Box 50085, Eugene, Oregon 97405. Phone: 1-800-600-TOFU.

10636. **Product Name:** Trader Giotto's Manicotti Florentine.
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 1994. August.
Ingredients: Tomatoes, cooked manicotti pasta (whole wheat flour, durum flour, water, wheat germ, bran), tofu (water, soybeans, magnesium chloride), spinach, onions, peanut oil, celery, carrots, parsley, garlic, dried yeast, natural flavoring, basil, oregano, salt, pepper.
Wt/Vol., Packaging, Price: 11 oz microwaveable sealed tray in a paperboard box. Retails for $1.99 (8/94, Concord, California).

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How Stored: Frozen.
Nutrition: Per package (312 gm): Calories 300, calories from fat 70, total fat 8 gm (saturated fat 1 gm), cholesterol 0 mg, sodium 540 mg, total carbohydrate 39 gm (dietary fiber 11 gm, sugars 9 gm), protein 19 gm.
New Product–Documentation: Product with Label purchased from Trader Joe's in Concord, California. 1994. Aug. 14. 7.5 by 5.25 by 1.25 inches. Red and black on white. Color photo of the two entree rolls on a white dish, topped with tomato sauce, next to a basil leaf. "No cholesterol. Non-dairy. Only 300 calories. No preservatives. No artificial colors or flavors. No MSG. Made with whole wheat manicotti pasta and a creamy blend of tofu and spinach."

Update 1995. Oct. The product now retails for $2.19. It appears to be made for Trader Joe's by Celentano Bros. in New Jersey. Update 1996. April. The price is still $2.19 at Trader Joe's in Concord.

10637. **Product Name:** Trader Giotto's Stuffed Shells.
Manufacturer's Name: Trader Joe's (Product Developer-Distributor).
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 1994. August.
Ingredients: Tomatoes, tofu (water, soybeans, calcium sulfate, magnesium chloride), cooked shell pasta (semolina flour, water), spinach, peanut oil, onions, water, salt, garlic, basil, parsley, celery, carrots, oregano, pepper.
Wt/Vol., Packaging, Price: 11 oz microwaveable sealed tray in a paperboard box. Retails for $1.99 (8/94, Concord, California).
How Stored: Frozen.
Nutrition: Per package (312 gm): Calories 300, calories from fat 60, total fat 7 gm (saturated fat 1 gm), cholesterol 0 mg, sodium 540 mg, total carbohydrate 38 gm (dietary fiber 6 gm, sugars 5 gm), protein 19 gm.
New Product–Documentation: Product with Label purchased from Trader Joe's in Concord, California. 1994. Aug. 14. 7.5 by 5.25 by 1.25 inches. Red and black on white. Color photo of the entree on a white dish. "No cholesterol. Non-dairy. Only 300 calories. No preservatives. No artificial colors or flavors. No MSG. Made with 100% semolina pasta and a creamy tofu and spinach filling."

10638. **Product Name:** Fine Herb Tofu–Extra Firm.
Manufacturer's Name: Twin Oaks Community Foods.
Manufacturer's Address: Route 4, Box 169, Louisa, Virginia 23093. Phone: 703-894-4112.
Date of Introduction: 1994. August.
Ingredients: Organic tofu (water, organic soybeans, nigari), basil, chervil, tarragon, marjoram, chives.
Wt/Vol., Packaging, Price: 16 oz. vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Jon Kessler. 1996. Jan. 29. Twin Oaks Community Foods started selling this product in about August 1994 and it is still on the market. The herbs are mixed with the curds before pressing.

10639. Wang, Huei-ju; Murphy, Patricia A. 1994. Isoflavone content in commercial soybean foods. *J. of Agricultural and Food Chemistry* 42(8):1666-73. Aug. [28 ref]
• ***Summary:*** Isoflavones are one class of phytochemicals and are found in soybeans in large amounts. Twelve isomers of isoflavones were quantified: three aglycons and nine glucosides. Soybeans contain two major isoflavone aglycons, genistein and daidzein, and a minor one, glycitein. In the seed, the isoflavones are present primarily as Beta-glucosides. The nine glucosides are: daidzin, genistin, glycitin; 6"-O-acetyldaidzin, -genistin, or -glycitin; and 6"-O-malonyldaidzin, -genistin, or -glycitin.

This paper gives data on the concentration and distribution of isoflavones in 29 commercial soybean foods, grouped into three types: Soy ingredients, traditional East Asian soy foods, and second-generation soyfoods. Four values are given for each product in micrograms per gram, on an "as is" basis: daidzein, genistein, glycitein, and total isoflavones.

(1) Soy ingredients: Vinton 81 90: 600, 954, 82, 1636. Vinton 8191: 240, 648, 107, 995. Green vegetable soybeans: 546, 729, 79, 1354. Soy flour: 226, 810, 88, 1124. TVP #1: 473, 707, 202, 1382. TVP #1: 484, 702, 156, 1342. Soy isolate #1: 77, 273, 115, 466. Soy isolate #2: 115, 392, 102, 610. Soy isolate #3: 122, 393, 99, 615. Soy concentrate: trace, 13, 42, 56.

(2) Traditional soy foods: Roasted soybeans: 563, 869, 193, 1625. Instant soy beverage #1: 311, 617, 109, 1037. Instant soy beverage #4: 407, 665, 111, 1183. Tofu (73% moisture): 146, 162, 29, 337. Tempeh: 273, 320, 32, 625. Bean paste (ko chu jang in Korea): 272, 245, 77, 593. Fermented tofu: 143, 224, 23, 390. Honzukuri miso (rice and soybeans): 79, 177, 38, 294.

(3) Second generation soyfoods: Soy hot dog: 34, 82, 34, 150. Soy bacon: 28, 69, 24, 122. Tempeh burger: 64, 196, 30, 289. Tofu yogurt: 57, 94, 12, 164. Soy Parmesan: 15, 8, 41, 65. Soy Cheddar cheese #1: 2, 5, 27, 34. Soy Cheddar cheese #1: 34, 40, 35, 109. Soy mozzarella cheese: 11, 36, 30, 76. Flat soy noodle: 9, 37, 39, 85.

Some manufacturers use ethyl alcohol extraction to prepare soy protein concentrates; this process removes a substantial portion of the isoflavones. The products examined for this paper which had the lowest content of isoflavones (all less than 100 micrograms per gram) were: soy cheddar cheese A 34, soy protein concentrate 56, soy Parmesan 65, soy mozzarella cheese 76, flat noodle 85.

"Proposed anticarcinogenic doses of soybean isoflavones range from 1.5 to 2.0 mg per kg of body weight per day (Hendrick et al, 1994). There are a number of soy food choices that will fit this dose requirement without the

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need to consume unusual amounts of these soy foods."

Isoflavone standards and extraction of isoflavones: Authentic standards of daidzein and genistein were obtained from commercial sources (ICN Pharmaceuticals, Plainview, New York, and Calbiochem Corp., San Diego, California). Daidzein and genistein were from previous work in the laboratory (Murphy 1981). The starting material for extracting isoflavones was defatted soybean flour. It was, in turn, extracted with acetonitrile (ACN) and 0.1 N HCl [hydrochloric acid] (1:5:1 w/v/v) according to the procedure of Murphy 1981. Address: Food Science and Human Nutrition, 2312 Food Sciences Building, Iowa State Univ., Ames, Iowa 50011.

10640. Mio, Art. 1994. Update on Morinaga Nutritional Foods (Interview). *SoyaScan Notes.* Sept. 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Morinaga is now selling about 420,000 cases/year of their different types of Long Life tofu. Sales increased very little last year. The company will have to sell 800,000 cases to break even. During its entire history in America, Morinaga has not had a single year when it made a profit. It continues to lose money every year, but not enough to cause a crisis in Japan or to lead Japanese management to decide to discontinue the product or operations in America.

As the value of the dollar continues to fall against the yen, it becomes increasingly expensive to import tofu from Japan, and thus either the retail price of tofu must rise accordingly or profit margins must drop. It was Mr. Ono's decision to establish Morinaga selling tofu in America, and he is still the person who must make the big decisions about the company. Mr. Kumoda is in charge of Morinaga's operations in America. Many people lose face, each step of the way up the ladder, if they admit that things are not going well. Art has to bend with the wind. Even if he makes a suggestion, it just goes up the ladder.

Bill Shurtleff's observations: Someone needs to look carefully at the total Morinaga situation and make some big decisions, such as to build a plant in America. There is no leadership–the company is just drifting, and losing money every year. No one has a strong belief in the product.

The basic problem is not to find a good slogan to sell Mori-Nu Tofu but to address the fundamental structural questions about the company's future. What is needed is to find a creative way to finance a plant in America. What are the product's unique characteristics? Long Life tofu. Silken tofu. Address: National Sales Manager, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8636.

10641. Hill, David. 1994. Tofu-maker sold, re-opens. *Journal* (*Ithaca, New York*). Sept. 5.
• ***Summary:*** Ithaca Tofu began production again in late July after restaurateur Michael Pan bought Ithaca Soy from Michael Scovronick, who co-founded the business in 1981. Pan, with 3 employees, now makes about 3,000 pounds/week of tofu in the former Ithaca Bakery plant in the Lansing Small Mall on Cinema Drive. The company also makes soymilk and Spiced Tofu Kan.

10642. Buzzell, R.I.; Jessop, D.B.; Buttery, B.R. 1994. Evaluation of soybean varieties for tofu processing. Agriculture & Agri-Food Canada Research Centre, Harrow, Ontario N0R 1G0, Canada. 15 p. Sept. 8. Unpublished manuscript.
• ***Summary:*** For the updated, published, and condensed version of this report see Ma et al. 1996. Address: Harrow, Ontario, Canada.

10643. Gabriel, John. 1994. Current work with soya in Nicaragua (Interview). *SoyaScan Notes.* Sept. 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** John and his wife, Charlotte, just returned from Nicaragua where they helped to establish the country's first commercial shop that manufactures tofu, tempeh, and soft-serve soy ice cream (made from soymilk). The shop is located in Managua (in a district named Las Mercedes, near the airport). Lucy Morren of Soynica is in charge of the new company. The tofu was introduced in August 1994, and $400 worth of tofu was sold that month. Chuck Haren is writing an article about the new company to appear in the next issue of *Plenty Newsletter.* Address: 11668 Blackberry Place, Nevada City, California 95959. Phone: 916-265-5100.

10644. Kisling, Matthew. 1994. New developments at Jerusalem Tofu in Israel. Also tempeh in Israel (Interview). *SoyaScan Notes.* Sept. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Matthew, age 26, is the son of Susan Ergas who owns and runs Jerusalem Tofu, Israel's largest tofu manufacturer. He is looking for sources of organic soybeans in America. The business is flourishing and Susan wants Matthew to play the lead role in expanding the company. He has been working there, making tofu, recently. He would estimate they make over 600 kg/week. He plans to go back and work as production manager so Susan can take a vacation and maybe retire. The company recently moved to Moshav Aminadav from Moshav Orah (which is nearby in Jerusalem). The tofu company is now in a large building that was formerly a chicken laying factory. The phone number is now 434-830. Karen Freedland is no longer with Jerusalem Tofu; she is back in the USA.

The other big tofu company in Israel is Mikor Hateva located just outside Tel Aviv, about 45 minutes drive from Jerusalem. It is run by "Black Jews," black Americans who moved to Israel. This company is Jerusalem Tofu's biggest competitor, though they are smaller. They also make tofu ice cream. They have been around for a long time, but they

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recently changed their name to Mikor Hateva. and recently started making tofu. They now have an Israeli partner. The Macrobiotic Center in Tel Aviv also makes some tofu, but mostly for people at the center.

There is now a commercial tempeh shop in Israel, in Beersheba [Be'er Sheva] (Israel's 4th largest city), run by Roxanne, an America woman from Colorado. Tivol [Tivall] is also doing a lot with soy in meatlike products; they are the big boys on the block. Address: Binghamton, New York.

10645. Andoh, Elizabeth. 1994. Where Tokyo's young crowd likes to eat: Choice tables. *New York Times.* Sept. 18. p. 165.
• ***Summary:*** A look at popular restaurants in Tokyo. "One sampler is made up of five rolls of sushi–one each of tuna, omelet, natto (sticky fermented [soy] beans), mentaiko (spicy cod roe) and fresh ama ebi (shrimp).

Also mentions: "chilled cubes of silky bean curd," "miso-thickened broth with wakame, or sea tangle," "fried bean curd," and "sweet adzuki beans."

10646. Mann, Sue. 1994. Tempeh, tofu, and soymilk in Ecuador (Interview). *SoyaScan Notes.* Sept. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Sue, who has lived in Quito for 6 years, is interested in making tempeh commercially in Ecuador, South America. She went to Ecuador originally as a teacher in an American school. Some people at Ambato Votec College [a Vocational-Technical College about 3 hours bus ride from Quito] in Ecuador are making quinoa tempeh, supposedly on a commercial scale; they sell it mostly in Quito.

Also some Chinese or Korean people make tofu in Quito and sell it at one stall of an outdoor Oriental foods market. They make the tofu somewhere else and sell it twice a week fresh, from a bathtub, at the stall. They also make a pressed tofu. A lot of the health food stores in Quito occasionally sell fresh tofu; she has never asked where it is made.

She also knows a Baha'i person who makes soymilk in Ecuador. Address: c/o Donna Lewen, Cassilla 17-12-578, Quito, Ecuador. Phone: 593 2-570-600.

10647. **Product Name:** [Sliced Baked Tofu with Slivered Vegetables].
Foreign Name: Mikado (Tofu Terrine).
Manufacturer's Name: Albert's Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1994. September.
Ingredients: Tofu, olives, herbs.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Label from Albert Hess. 1995. March 12. This product was introduced in 1994. It resembles German Leberkäse or French terrine, both traditional meat, fish, or vegetable products. It is made by mixing hijiki (a sea vegetable), celery, slivered carrots, etc. with creamed tofu, filled into brick-shaped forms, then baked and finally sliced.

10648. **Product Name:** [Sliced Baked Tofu with Diced Smoked Tofu & Leeks].
Foreign Name: Rauch und Lauch.
Manufacturer's Name: Albert's Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1994. September.
Ingredients: Tofu, olives, herbs.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Label from Albert Hess. 1995. March 12. This product was introduced in 1994. It resembles German Leberkäse or French terrine, both traditional meat, fish, or vegetable products. It is made by mixing diced smoked tofu and sliced leeks with creamed tofu, filled into brick-shaped forms, then baked and finally sliced.

10649. **Product Name:** Bratos (Pork and Tofu Hot Dog). Renamed Brato Dogs in Feb. 1995.
Manufacturer's Name: Bee-Lor Inc.
Manufacturer's Address: 103 North Third St., Oskaloosa, IA 52577. Phone: 515-673-1930.
Date of Introduction: 1994. September.
Ingredients: Pork, tofu (water, soybeans, calcium sulfate, magnesium chloride), seasoning, brown sugar, nonfat dry milk, salt, dextrose, spices, onion, spice extractives, bacon.
Wt/Vol., Packaging, Price: 6 links per 1 lb package. Retails for about $3.99.
How Stored: Frozen.
New Product–Documentation: Dialog Alert. 1994. Sept. 1. This product contains 140 calories, 80 of which come from fat. It is said to contain 50% less fat, 17% less cholesterol, and 17% more protein than typical all-meat hot dogs. Sold frozen, it contains no MSG and is targeted to supermarket delis.

Rick Jost. 1995. Des Moines Register. July 17. "First brats, now burgers–tofu firm grows." Tim Beeler (president) and Jerry Lorenzen (vice-president) of Bee-Lor Inc. developed the Brato Dog (a combination of tofu and pork) a couple of years ago. Initially this product was called just Bratos, but they changed the name to help them penetrate the East and West Coast markets.

Talk with Jerry Lorenzen, vice-president of Bee-Lor Inc. Bratos were introduced in about Sept. 1994, then renamed Bratos Dogs in Feb. 1995. The tofu is produced by White Wave. The product contains no preservatives or MSG. Products now almost ready to go to market are: Beeler Boygers, Natural Bratos (No subclinical antibiotics or sulfa drugs fed to the hogs after they are 60 days old), Chili &

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Cheese Bratos. They should be in stores by late 1995 or early 1996.

Talk with Renee, secretary. 1996. April 25. Only the Beeler Boygers are on the market, but she does not know when they were launched. The others are still under development.

10650. Business Trend Analysts, Inc. 1994. The health and natural food market: Past performance, current trends, and opportunities for growth. 2171 Jericho Turnpike #342, Commack, NY 11725. 325 p. Sept. Price $995.00. *
• ***Summary:*** Chapter 3 of this report, the first of seven chapters that discuss individual product categories, is titled "The Market for Soy Foods: An in-depth analysis of historical, current, and projected sales. Trends in the U.S. market for soy foods. Manufacturers' total sales of soy foods. Manufacturers' sales of soy foods, by distribution channel. Total retail sales of soy foods. Retail sales of soy foods, by distribution channel. Retail sales of soy foods, by type: Soy sauce, tofu, second generation, soymilk, miso, soynuts, tempeh. Worldwide soybean production, total and per capita. U.S. production of soybean oil. New product introductions in the market for soy and vegetarian foods, including names of manufacturers, brand names, and product descriptions.

Under "Report Highlights and Special Features" we read that after the 3-year recession, most product categories posted strong gains, but "several segments failed to cash in on the growth bonanza. Manufacturers' sales of soyfoods were up a meager 2½%, while the market for frozen health foods declined slightly... One-third of consumers under the age of 35 feel it is extremely important that the food products they purchase are natural; the percentage is even higher among older consumers. Over 40% of adults believe they will contract heart disease or cancer." Today 68% of adults are overweight, up from only 58% a decade ago.

Overall report Contents: 1. Executive summary. 2. Overall market dynamics (including Soyfoods). 3. The market for soy foods. 4. The market for herbal teas. 5. The market for dairy foods. 6. The market for grains and cereals. 7. The market for frozen foods. 8. The market for snack foods. 9. The market for groceries. 10. The health food consumer. 11. The health/natural food store industry. 12. Competitor profiles. 13. Industry directory. Address: Commack, New York. Phone: 516-462-2410.

10651. Franke, Adrian A.; Custer, L.J.; Cerna, C.M.; Narala, K.N. 1994. Quantitation of phytoestrogens in legumes by HPLC. *J. of Agricultural and Food Chemistry* 42(9):1905-13. Sept. [59 ref]
• ***Summary:*** Table 4, titled "Total phytoestrogen levels of analyzed food items" (p. 1910) gives values (in mg/kg of food material) for daidzein, genistein, coumestrol, formononetin, and biochanin A. Soy-related foods analyzed include soybeans seeds (incl. organically grown in USA from Arrowhead Mills), green vegetable soybeans (raw or boiled), soybean hulls, soy flour, and tofu. Address: Cancer Research Center of Hawaii, 1236 Lauhala St., Honolulu, Hawaii 96813.

10652. Haren, Chuck. 1994. Alimentos San Bartolo. *Plenty Bulletin* (*Summertown, Tennessee*) 10(3):1-3. Fall.
• ***Summary:*** "Tempeh, tofu, flavored [soy] milk cicles, [soy] ice cream, soy milk, and toasted soy flour are sold daily from this village processing facility. It was great to see that since last year ASB had built a small room to cook the tempeh (a cultured soy food). The quality of tempeh they were making had improved considerably."

Photos show: (1) Two Guatemalan young people in traditional Mayan dress, holding two soy ice cream cones each, and standing outside the window of Alimentos San Bartolo (ASB–San Bartolo Foods). Caption: "Soy ice cream has been enjoyed in San Bartolo since 1979." (2) Three Mayan staff people in traditional dress at ASB package tofu for market.

10653. **Product Name:** [Soy Meat (Tofu)].
Manufacturer's Name: Key Gilda Inc.
Manufacturer's Address: Sehitler CAD No. 18-6, Alsancak, Izmir 35230, Turkey.
Date of Introduction: 1994. September.
New Product–Documentation: Talk with Murat Bukey, son of the owner of Key Gilda, Inc. 1994. Nov. 17. Murat's father, Ataman Bukey, owns this company, which was the second company in Turkey to make tofu. He learned the process from Mehmet Adnan, the first man to make tofu in Turkey, who joined their company. The market for tofu in Turkey is quite small, so their company is still very small.

Presently a major expansion of agricultural production is taking place in southern Anatolia (the part of Turkey in Asia), which will double the agricultural production of Turkey. This will mean an expansion of soybean production in Turkey, and new opportunities for making soyfoods. He and his father are looking for new ways of using soybeans to make foods.

10654. Laokole, Dedjoguere. 1994. Tchad: Combattre la malnutrition par le soja [Chad: Combatting malnutrition with soya]. *Communautes Africaines* No. 49. p. 12-13. July/Sept. [Fre]
• ***Summary:*** This article, in a section titled *"Actions de Developpement,"* follows a question and answer format. Dr. Akintayo, a teacher in the PNUD project, answers the questions. Q–When and why was the UN International Volunteer Corps (*journée Internationale des Volontaires*) created? Ans:–the JIV was established in 1985 by the General Assembly of the United Nations. It has three main goals, but in each country the work must be suited to local needs. In Central Chari the main problem is malnutrition,

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especially of children. Dr. Akintayo is using the soybean, a miracle plant, to fight this problem. Many different delicious foods, such as milk, yogurt, cheese [tofu], sojatine or soy coffee, oil, biscuits, bread, cakes, etc. can be obtained from soya. These foods can greatly enrich the local diet.

Q–What obstacles has production of soya faced in Tchad? Ans: The soybean was introduced to Tchad about 20 years ago, because the peasants were interested in its production. Unfortunately this interest quickly disappeared because there was no market for the first harvest. The many ways of using the soybean and its benefits were unknown by the population at that time. This is one of the objects of our exposition.

Note 1. This article makes no mention of current soybean cultivation in Chad.

Note 2. This is the earliest document seen (Aug. 2009) concerning soybeans in Chad, or the cultivation of soybeans in Chad. This document contains the earliest date seen for soybeans in Chad, or the cultivation of soybeans in Chad (about 20 years ago, i.e., about 1975). The source of these soybeans is unknown. Address: Chad.

10655. Legume, Inc. 1994. Healthy vegetarian meals from Legume (Ad). *Natural Foods Merchandiser.* Sept. Insert glued in after p. 34.

• ***Summary:*** The full-page color ad begins: "Legume means vegetarian. Whether 'vegetable' in French, or 'bean' in English, the Legume name stands for the finest in vegetarian cuisine. And now, Legume's pledge to quality, organic ingredients, convenience and great taste comes in energy efficient, recyclable cans." A color photo shows the six products in the Legume Healthy Vegetarian line (in 15 oz cans): Chicken Style Soup, Chicken Style Chili, Beef Style Stew, Beef Style Soup, Beef Style Tamales, Italian Polenta. All products except the Polenta contain wheat gluten and miso.

Talk with Chandri Barat of Legume. 1995. Sept. This new line of canned entrees was launched in Dec. 1994. All products in the line are vegan; most products contain wheat gluten and miso. The new labels will state: "no animal products" rather than "vegan." The present terms such as "chicken flavored meat analog" will be replaced by "flavored wheat gluten (water, wheat gluten, miso," etc.). The company that makes these products is an old-fashioned, established one. The products are now starting to be sold in supermarkets, in the natural/health foods section. Address: P.O. Box 609, Montville, New Jersey 07045.

10656. Parks, Thomas R.; Bindon, J.N.; Bowles, A.J.G.; Golbitz, P.; Lampi, R.A.; Marquardt, R.F. 1994. Methodologies for processing plant material into acceptable food on a small scale, phase II. Moffett Field, California: National Aeronautics and Space Administration, Ames Research Center. x + 219 + 21 p. Sept. Illust. No index. 28 cm. Technical Report. NASA CR-177647, A-94130. Govt. Doc. No.: NAS 1.26:177647. [10 ref]

• ***Summary:*** A study of simple processing equipment for the foods to be used by NASA in closed ecological life support systems (CELSS) on a space station under micro-/zero-gravity conditions. Most nutrient requirements can be met by four crops, which were studied: Soybeans, wheat, white potatoes, and sweet potatoes.

The section titled Soyfoods (p. 171-96) has the following contents: Introduction (composition of dried soybeans, best foods for CELSS, processing equipment), soymilk, tofu, okara, tempeh, edamame (immature green soybeans), soy sprouts, processing by extrusion/expelling (oil), expeller pressed soy oil, whole fat soy flour, soymilk beverages, tofu-based meat replacers, tempe-based meat replacers, soy yogurt (fermented), frozen desserts, textured soy flour, extrusion impact on functional properties, materials balance. The production of wheat gluten from wheat, and the biomass culture of mushrooms are also discussed (p. 160).

Tables and figures show: (T7) Soyfoods–Composition and nutrient content (based on USDA Handbook No. 8-16, full page). (F78) Chart of modern soyfoods, divided into: Soya-based dairy alternatives and Soya-based prepared foods. (F79) Four methods of soymilk production: Traditional, Cornell, Illinois, ProSoya. (F80) Modified ProSoya system with pressure plate and centrifugal basket for okara removal. (F81) Flow chart for regular tofu production. (F82) Flow chart for tempeh production. (F83) Flow chart for soybean processing by extrusion/expelling. (F84) Flow chart for soymilk yogurt. (F85) Flow chart for soymilk ice cream. (F86) Processing soybeans for primary soyfood products with extruder. Address: Food and AgroSystems, Inc., 1289 Mandarin Dr., Sunnyvale, California 94087.

10657. Sojarei Vollwertkost GmbH. 1994. Preisliste: Handel + Gastronomie 1994/3. Gueltig ab 1. September 1994 [Price list–For the trade and gourmet shops. Prices effective from 1 Sept. 1994]. Traiskirchen, Austria. 4 p. 30 cm. [Ger]

• ***Summary:*** This price list lists 122 products in the following categories: Specialties in glass. Varieties of tofu. Pies or pastries (*Pasteten*). Spreads. Patties (*Laibchen*). Vegetarian sausages. Wheat cutlets. Salad sensations with Tofunaise. Soya specialties. ALSAN Reform margarine and CESAN Reform margarine (*rein pflanzlich* = contains no animal products). Sesame butter and nut butters. Specialties for the whole foods kitchen. Harald Schatz honey-wine. Ing. Bläuel–Olives and olive oil. Dr. Christian Wurm–Honey varieties. Auer–Patties (dry basis). Gehringer–Sonnland pasta and patties. Arbeitsgemeinschaft Alternativ Bäuerliche Produkte. Address: Roemerstrasse 14, A-2514 Traiskirchen, Austria. Phone: (02252) 559 01.

10658. *SoyaCow Newsletter* (*Ottawa, Canada*). 1994.

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Russian ASSOY director tours Canadian food processors. 3(3):1-2. July/Sept.
• ***Summary:*** "Mr. A. Podobedov, General Director of the Russian Soybean Association, visited Canada in early September to tour a variety of soyfood and dairy processors. His objective was to gain insights into the production of tofu, ice cream, and dairy-type beverages made from soymilk. The tour was a complement to his visit to ProSoya Inc., the company building the industrial-scale SoyaCow SC2000 systems for installation in Russia.

Mr. Podobedov visited: La Soyarie in Hull, Quebec (which makes tofu and meat alternatives; President: Mr. Koichi Watanabe); scientists Dr. C.Y. Ma and Dr. W. Modler of Agriculture Canada (they are developing isolates and concentrates from soymilk); the Neilson Dairy facility in Ottawa; and Gelato Fresco (which is making soy ice cream and has signed a distribution deal with Modern Products, of Milwaukee, Wisconsin).

10659. Weber, Marcea Newman. 1994. Re: History of early work with tofu and tofu cheesecakes in America. Letter to William Shurtleff at Soyfoods Center, Oct. 4–in reply to inquiry. 3 p. Typed, with signature.
• ***Summary:*** Marcea was first introduced to tofu in New York City in the late 1960s or early 1970s. She was living on West 72nd St, and was baking cakes, cookies, and slices for some of the health food shops and restaurants in New York City. "One day I happened to venture across a tofu factory that was located in a shop front on Amsterdam Avenue between 74th and 75th St. in Manhattan. [Note: This was K. Tanaka & Co., 326 Amsterdam Ave. Owner: Mr. Eisuke Murakami.] I went in to get a closer look at what they were doing and asked if I could stay and watch. They asked me to come back the next day as they were finishing their work for the day. So the next day I arrived there not knowing what on earth was in store for me, but the feeling to seek out this procedure was quite clear inside of me. They gave me some black rubber boots to wear as there was water everywhere and invited me in to watch the whole operation. It was very primitive according to today's standards. Everything was done by hand, from the grinding to the cooking and pressing, nevertheless I went through the whole tofu operation from start to finish. Being my first experience watching tofu being made, I didn't know anything else to compare it to.

"Then as I inspected it more closely, I began to think of cheese and as I was not eating dairy foods any longer perhaps the desire to eat some cheese affected the way I perceived it and so I took some home and thought I would like to experiment with it. I started to bake a 'cheesecake' with it although at the time I was just putting together ingredients. You see I had never baked a cheesecake in my life and for that matter most of what I did I did without having to experiment at all. The first time I put different ingredients together something delicious came out of the oven.

"The cheesecake worked and from then on I started to experiment with different flavours and toppings and then started to ask some of the natural food restaurants of they wanted to buy some 'Tofu Cheesecake' or 'Tofu Cream Pie' (I don't really remember which name I preferred). I don't really know where the inspiration came from and what it was all about. I was, after all, baking for some of the health food stores already, making things like O'george bars, which were peanut and raisin and honey bars, and selling them and cookies and other slices as well on a pushcart which I operated on the weekends."

What was the inspiration that led Marcea to develop so many remarkable tofu recipes in *The Sweet Life* (1974)? "I feel that my mother's influence had a great deal to do with it, although she did not bake cheesecakes, but I feel that the recipes kept coming through me, and I don't really understand how except I felt like a medium at times who was doing it without thought. My mother was a very good baker, although most of her baking took the form of honey cakes, cookies, and apple pies. I did spend many long hours watching her bake many kinds of delicious Jewish pastries and helped her lick the bowl clean.

"I began supplying fruit cakes to Souen [a restaurant at 2444 Broadway, between 90th and 91st Street, in New York City] when they first opened and as I knew the owners they asked me to help in the sweets department. In 1971, as soon as I perfected the 'Tofu Cheesecake' or 'Tofu Cream Pie' I began to sell it at the restaurant. As far as I know, this was the first product of its type sold in the U.S. I lived on West 72nd Street, near the restaurant, and I did spend lots of time there developing recipes and helping out." Note that Marcea developed this tofu cheesecake three years before her book *The Sweet Life* was published.

"The Cauldron [sic, Caldron] (a restaurant started by Marty and Glory Schloss and his mother) also had a [non-dairy] cheesecake, which I think had tofu as a major ingredient and which was slightly different than mine. I remember trying to figure out how they made theirs but of course it was a trade secret. I'm not sure when their cheesecake was introduced. I remember seeing it either after I developed mine, or at about the same time." Marcea also sold her tofu cheesecakes at Erewhon. She was not aware that Kathy Bellicchi ever made a tofu cheesecake. She does not remember the names of the first owners of Souen.

Marcea moved to Boston, Massachusetts, in about mid-1971. Other people in Boston at the time were Bill Tara, Paul Hawken, Dora Hawken, Murray Snyder, Daniel Weber, and Rebecca Wood.

Marcea and Daniel Weber met in Boston in about 1972, and both studied macrobiotics. They left Boston in 1974 to live in England because Daniel wanted to study acupuncture there. Address: 56 St. Georges Cres., Faulconbridge 2776 NSW, Australia.

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10660. Thompson, Keith; Brown, Edward. 1994. Breeding soybeans for use in making tofu at Jacob Hartz Seed Co. Part I (Interview). *SoyaScan Notes.* Oct. 11-12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In late 1987 Keith Thompson visited Soyfoods Center and he and William Shurtleff worked together to design a system that Jacob Hartz Seed Co. could use to more effectively breed soybeans for food uses. The purpose of this interview is to find out if that system was implemented, and if so how, and how it is working.

Hartz has hired Dr. Keshun Liu, a PhD in food science. His job is basically trying to interface between soybean breeders, Keith, and the soyfoods industry.

There are three main problems in breeding soybeans for use in making tofu. The first and biggest problem is that most tofu makers never seem to be willing to pay a premium price for their soybeans–unless the soybeans are organically grown, in which case tofu makers will pay huge premiums. The big market for tofu beans is in Japan. Hartz sells about 40,000 bags/year (each 50 lb) to tofu makers in the USA; one tofu maker in Hawaii buys about half of these. From these companies, Hartz is able to get a premium of about $2.50 per bushel over the CBOT (Chicago Board of Trade) price. Until tofu makers are willing to pay a premium for soybeans that give tofu with better yield and quality, they must be willing to accept varieties that are already developed. Tofu beans are pretty much a commodity, since there are a lot of large-seeded, clear hilum beans grown in the Midwest that perform pretty well for tofu. Natto makers are willing to pay a good premium for their soybeans because natto beans are inherently lower yielding and have many special characteristics that are difficult to breed and select for. Because Hartz has limited storage, they breed in the areas where they can get the best premiums. Hartz hedges 100% of its soybean transactions. So it tends to charge a fixed dollar amount (its margin) over the CBOT price.

In growing out new varieties, Hartz contracts with farmers to grow the beans, then buys back 100% of these beans at a pre-determined price, bags them in a Hartz bag, and sells them to soyfoods makers. It does not prefer that farmers sell its beans to soyfoods makers, though farmers have the right to do this. Hartz's 428-acre breeding farm is used solely to produce breeder and foundation seed stock–the first 2 generations. The Plant Variety Protection Act of 1972 gives plant breeders some rights over the products they produce in their breeding programs, and prohibits farmers from selling protected seed to other farmers–like a seed company. But farmers can save their own seed and plant it in the future–which means he doesn't have to buy seed from a seed company for a long time. Hartz doesn't like that and he thinks there is a movement to mitigate that. For example, farmer-saved wheat seed was so extensive that Pioneer Hi-Bred withdrew from the market. All Hartz's varieties are plant variety protected.

When Keith entered this business in 1978 there were 8-9 soybean varieties in 3 different maturity groups in the entire southern USA (13 states) that the farmer could choose from; now he has about 150-200 varieties to choose from. Breeders have incrementally increased yield, disease resistance, targeted soil type adaptability, etc.

Soybean farmers generally look carefully at and plant the latest, best yielding varieties since they expect to get better yield, disease resistance, etc.–and save money. Why do soyfoods manufacturers not think the same way. Why would they not be willing to pay more for a new bean that will give them a 10% higher yield? Keith does not know. He thinks these manufacturers get a variety that works well and don't want to change their process. He often cannot even get them to test a new variety; its too much trouble (not surprising). Another problems is that some tofu manufacturers like one variety very much, and others don't like it at all. But the three missing links in this process are (1) research in the breeder's lab to show how the new soybean variety behaves in making tofu (yield, taste, composition, price per pound of tofu, etc.) and (2) comparing the performance of this variety with varieties used by major tofu manufacturers; (3) compiling the results of this research as information that can be easily understood by any soyfoods maker. Breeders now do this for soybean farmers but not for soyfoods makers. Is the tofu market too small for a breeder to make this investment? Not if you include East Asia, Southeast Asia, the USA, and Europe. For many years Singapore and Hong Kong have imported mostly Canadian beans with a pretty low margin. Japan has a tradition of buying IOM beans out of the Midwest, but IOM is no longer a meaningful term because we change varieties so fast. It used to be a large-seeded, clear-hilum mix of several varieties but now it can be almost anything. A portion of the users of Japan's 500,000 metric tons to make tofu is willing to pay a premium for variety soybeans. Hartz exports about 3,000 tons/year to Japanese tofu makers, but they still don't have a good variety. Continued. Address: 1. Food and Export Manager; 2. PhD, Soybean Breeder. Both: Jacob Hartz Seed Co., P.O. Box 946, Stuttgart, Arkansas 72160. Phone: 800-932-7333.

10661. Thompson, Keith; Brown, Edward. 1994. Breeding soybeans for use in making tofu at Jacob Hartz Seed Co. Part II (Interview). *SoyaScan Notes.* Oct. 11-12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The second problem is that the science of breeding soybeans for tofu is not well understood. We still don't understand the basic theory as to what constitutes a good soybean for making tofu–a good tofu bean. What are the main compositional factors that affect tofu yield, flavor, and consistency (hardness or softness). It is not clear what characteristics breeders should select for when breeding tofu beans–except for the bean's physical appearance. Keith has a

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very close Japanese contact who is doing excellent work at a lab in a university in Japan, trying to understand what causes one soybean to be better than another for making tofu. He has made a lot more progress than Hartz has, and his work is quite confidential. Hartz has tried to get permission from the Japanese for Dr. Keshun Liu to visit that lab, but they won't even talk about it. Keith's talks about this university researcher with Takashi Matsumoto who is in a large trading company, but he doesn't recall the name of the tofu researcher at the university. The trading company is funding the research and is very forward looking.

The third problem is that the Japanese who buy soybeans that will eventually be used for making tofu have a number of strong preconceptions about the way these soybeans should look–regardless of the amount and quantity of tofu that can be made from them. They want a soybean with very large seed size (less than 2,000 seeds/lb), a clear hilum, and dull-luster–that looks like a typical soybean grown in Japan. If the soybean doesn't look like that, they don't care how good the tofu yield or flavor are. The Japanese seem to prefer what are called "Vinton-type" soybean varieties for making tofu. These include Vinton [a Midwest variety introduced in 1978 by breeder Walt Fehr and Iowa State University] and Harovinton (from Harrow, Ontario, Canada). These are large-seeded clear hilum beans [perhaps traditionally called vegetable-type soybeans]. "Vinton-type" soybeans now sell (cleaned and in bulk) for only about $0.80 to $1.75 over the Chicago Board of Trade (CBOT) price. That is not enough of a premium to attract Hartz. Hartz has developed on soybean that seems to have excellent characteristics for making tofu. But the Japanese don't want this soybean because it doesn't look like what they are used to. It is oblong and not as uniform as usual.

Eddie Brown hasn't given up on tofu beans; he is doing a lot of work and making a lot of crosses. Hartz has 40 acres of a variety it will be harvesting in the next 2-3 weeks and releasing next year that was selected primarily based on seed size, but also protein content. This line is quite large seeded, with 1,400 seeds/lb. Yet agronomically, it is a second or third class variety, so Hartz must charge more for it to counterbalance its lower yield. It is difficult to grow large-seeded soybeans in the south since it is generally true for soybeans that the further you go north and the earlier the maturity group, the larger the seed size and the more the percentage of clear hilum varieties. Some of this is genetic and some environmental. Varieties north of Boothill, Missouri are usually indeterminate, whereas those to the south are determinate. Determinate plants grow to a certain height and then start blooming; indeterminate varieties start blooming when the plants are very small and bloom until they reach normal plant height.

Keith thinks that true Vinton is not grown much any more. The new Vinton-types, developed by Midwest breeders, look like a Vinton but the yield is much better for the farmer. These Vinton-types sell for about $0.80 to $1.75 over the CBOT price.

One reason the Japanese may be demanding Vinton-type soybeans having a certain appearance is so that they can blend our $8/bushel beans with their domestic beans [Nihon Daizu], which are much more expensive, then sell the blend as if they were all Japanese-grown soybeans.

Japanese are limiting themselves greatly by demanding large-seeded soybeans. Eddie has only 10-15 breeding lines available to him in large-seeded soybeans compared with 2,000 to 3,000 lines of regular-sized soybeans. Breeders in the Midwest have a much larger germplasm base to work with on large-seeded clear-hilum varieties.

Hartz would like to have more of its soybeans grown organically because they could get a huge premium for those soybeans–no doubt about it. Hartz is already producing some organic natto beans, primarily with one big rice grower who is OCIA certified. His main crop is rice, and he has his own rice mill, rice bagging, and rice marketing system. Most rotations in the South are based on either rice or cotton. It is very difficult to find organic acreage in the South unless you find a rice farmer who is philosophically committed to organic farming [like Carl Garrich of the Lone Pine in Arkansas]. Even if Hartz offers farmers a premium of $4/bushel over the CBOT price they are not interested. It doesn't work well with a rice rotation.

Once a soybean seed company makes the commitment to breed soybeans for tofu, it must develop at least a small bench-top tofu-making system in order to quantify and compare different varieties. You need a program and a systematic way of making tofu and measuring the results. You must be able to prove that one soybean is significantly better than another for making tofu–in terms of yield, or flavor, or fat content, or genistein level, whatever. This becomes the basis of marketing the soybean to tofu makers. Address: 1. Food and Export Manager; 2. PhD, Soybean Breeder. Both: Jacob Hartz Seed Co., P.O. Box 946, Stuttgart, Arkansas 72160. Phone: 800-932-7333.

10662. Demos, Steve. 1994. How White Wave selects soybeans to make tofu, tempeh, and soy yogurt, and to create value-added products (Interview). *SoyaScan Notes.* Oct. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave now uses 3 varieties of soybeans: A blend of two varieties for making tofu, and one different variety for tempeh. Steve selected these varieties over a number of years by a trial and error process–but he would like to be able to select them in a more scientific way. For making soy yogurt, Steve is looking for a new variety, which must have a low flavor profile (i.e. little beany flavor). Within the last year, he began talking with a soybean breeder who approached Steve saying that he had one soybean with a low lipoxygenase content (which is thought to give soymilk with little beany flavor), and another with a low fat content.

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Steve is looking for better flavor and lower calories because he is trying to develop value-added products out of former commodities for his Vegetarian Cuisine line. The key to doing this is developing products that taste better.

For many years, soyfoods consumers were willing to sacrifice taste for ideology or price. Tofu and tempeh have traditionally been bought and sold as commodities, so manufacturers of these foods have traditionally paid more attention to yield and functional properties than to flavor–since the flavor quickly gets lost in the surrounding water. "Most tofu makers won't use only Vinton soybeans because they are too expensive and that added expense cannot be passed on to the consumer. Yet everyone knows that vegetable-type soybeans produce a superior product–bigger, glossier curds, meatier texture. Vintons also give a superior tofu yield–but Steve does not know why and he would be very interested in knowing the science and theory behind this phenomenon. Is more of the protein in the bean extracted in the soymilk? Does it have a higher nitrogen solubility index? Do the curds trap more water? I think U.S. tofu makers totally disregard flavor when buying soybeans for tofu; they are concerned mostly with the quality and texture of the curd–the size, firmness, and elasticity of the curd. The majority of consumers believe that tofu has no taste anyway." But value-added products are judged in a totally different way than commodities; consumers demand good taste. White Wave's way of making soyfoods is capital intensive; therefore he would prefer to sell value-added products rather than commodities. So Steve is now studying how to transform his commodities into value-added products that command a premium price and have consumer loyalty. White Wave's low-fat tofu is sold as a value-added product, and it has recently become the company's best-selling tofu product. It allows him to "add a couple of higher gross margin points to his profit." Adding *Bifidus* also adds value. A major opportunity is to associate soyfoods with medical benefits [as by showing that eating soyfoods reduces ones risk of a major disease, or by adding genistein–which Steve had not heard of].

The main factor moving White Wave in this direction is the "organic problem" that is emerging in America; high prices and limited supplies. For a number of years, Steve has contracted for his soybeans with a broker (also called a consolidator) at a certain time of year each year; the name of the broker and the time of year are confidential. Steve contracts for specified amounts of certain identity-preserved soybean varieties at a specified price, to be delivered over a specified period of time. He also specifies the maximum moisture content, foreign material, etc. The broker then contracts with soybean growers and the broker stores the soybeans after harvest until delivery. The broker takes the risks associated with reduced yield or crop failure. It is much easier to contract with farmers if they are located nearby; but the farmers who end up growing Steve's soybeans are all far away. It would be hard (and too much trouble) for him to keep in touch with weather conditions far away, and to visit the farmers from time to time. The organic business used to be based on affidavits issued by the farmer; now it is changing to third-party certification, and that change should be finished after about one year. Having soybeans certified by a third party raises their cost to the manufacturer by about 25%. It is virtually impossible to pass that on to the tofu consumer, since tofu is seen as a commodity. The federal organic law may be different in particulars from the California organic law–which has been the standard. All the tofu Steve now produces is made from organically grown soybeans, but soon he will offer both a low-cost regular (non-organic) tofu, and a certified organic tofu that retails for about $0.15 per pound more. Then the consumer will have a choice. This has never really been done before.

In the future, Steve would like to work much more closely with soybean breeders and seed companies to help solve his problems, improve the flavor of his products, develop new products, and learn more about the theory and science that connects soybeans and soyfoods. In addition he is planning to set up an in-house R&D department; White Wave already has a test kitchen and a food technologist on staff. A key function of the R&D department will be to develop value-added products. White Wave is already conducting in-house taste panels but is selecting soybeans "from a grab-bag mentality rather than from an organized, scientific project mentality... There is absolutely no question that the long-term strategic development of soyfoods requires this approach." The timing is perfect and Steve would like to establish such a relationship with a seed company as soon as possible. White Wave is now in the process of strategic planning for the next 5-7 years. But a company must be big enough (as White Wave now is) to devote the focused mind time and invest the resources to follow through for the seed companies this way. As a company gets larger it has a greater need and ability to base its choice of raw materials on a solid scientific foundation. Smaller companies might agree to work with seed companies but it would be hard for them to do it properly over the long term.

In the past, White Wave has chosen one or two soybean varieties and then stopped looking for better ones for several years. But that will change as soon as the new R&D department begins operation. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10663. Kimura, Takuji "Tak." 1994. Re: Work with édamamé in America. Letter to William Shurtleff at Soyfoods Center, Oct. 16. 5 p. Handwritten, with signature.
• ***Summary:*** Mr. Kimura was very encouraged to read Soyfood Center's Edamamé: Bibliography and Sourcebook. He was especially interested in the special report on Minnesota Edamamé. "Because, I myself, conduct demos,

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averaging 1 hour, to 2 hours at the most, at natural food stores such as Whole Foods, Bread of Life, Living Foods, Andronico's (Park & Shop), Berkeley Bowl & Monterey Market (produce store) & am enjoying tremendous responses. Normally 1 out of 100-150 customers responds 'Yeah, I hate it!' 99% of customers have never seen or tried it before, but once they eat edamamé, 50% buy. 1% normally respond 'I had it at Sushi Bar & always wanted to buy it but did not know where it was available.'

"As I briefly explained to you on the phone, I've been a food broker representing Sushi Vendors (5 vendors for each area like Yamato for Bay Area, Arigato for Marin County, etc.) for Price Costco but always feel what if something, sometimes goes wrong. All I'm doing is keeping 'all eggs in one basket.' Then I came up with an idea that I must sell what the others or big companies do not sell. What? No way! But I remembered well about you, roughly 20 years ago you wrote a book on tofu which I still have and not many people paid much attention to tofu in those days, the mid-'70's, right? But what now? Every store carries tofu. Well then, what about Soy Bean related products? I went to many natural food stores but everyone had soy bean related products already. How about soy bean before processing? The answer was very simple and obvious, 'Eda Mamé.' 1st I presented sample products to the Whole Foods buyer, & his response was he would carry and authorize to retail out of one of 4 stores provided I conduct demo. So I did at Mill Valley where not many people know me. It was kind of embarrassing at that time, early this year. On the 1st day, I sold out 40 packs of 8 oz size in just a matter of one hour on Saturday. Then I was told to bring twice as many the following Sat., which I did & sold in 1½ hours. Not realizing that Mill Valley had different demography [demographics] from Berkeley, I was over confident. I Presented this program to Andronico's & attempted to sell 80 packs on Friday at their Telegraph Ave. store. God! What a disaster, only 24 sold in 3 hours. This yo-yo game went on & on & on but now Whole Foods still sells an average of 50 packs a day at 3 stores, except Mill Valley does 140 packs on Saturday and Sunday!

"Apart from what I did, this principal I represent is interested in purchasing a vacuum injection packing machine, which costs roughly $70,000 from Italy. Of course, it's not just for Eda Mamé but also for Sushi & Bento. Sushi & Bento are not required to provide with nutritional facts at this time but Eda Mamé need nutritional facts. I wonder if our current label is accurate because it did not agree with your information... I would appreciate your advice before Yamato goes into a new label printing which will be more like Azumaya's tofu package film." Tak would also like to sell books by Shurtleff & Aoyagi.

"Look forward to a happy and long lasting business relationship with you & your organization... I treasure this [edamamé] book. Thank you again!" Address: 1810 "C" Farm Bureau Road, Concord, California 94519. Phone: (510) 687-2422.

10664. Amerika, Mark. 1994. Genealogy of lunch: On the tofu trail. *Spec* (*San Francisco, California*) 1(1):29-33. Oct. [1 ref]

• ***Summary:*** The author, a busy vegetarian, likes easy-to-prepare rice burgers and not-dogs. In the habit of rushing his meals, he decides to eat good food periodically throughout the day and to find out more about what he eats, where it comes from, and "what kind of work goes into the development of the very fuel that feeds my body. I decided to look into the 'genealogical' background of my favorite lunch at the Creative Cafe, one of the hipper restaurants here in Californicated Boulder... The Creative Cafe has developed a national reputation for making the best barbecued tofu this side of the Mekong Delta."

The chef and co-owner of the Cafe, Liz Cruickshank (with partner Charles Blair), tells Mark she gets all of her tofu from White Wave and she used over a ton a month. Liz feels it is important to tell Mark about the "laborintensity" of preparing his entree. Mark notes with satisfaction that the water content of tofu is very similar to that of the human body. He also notes that so-called fake hot dogs are actually real hot dogs; real hot dogs are made of ground up pigs (not dogs). Eating a "tempehburger on a warm sesame seed bun" reminds Mark of "the feeling I had as a kid who used to be rewarded for his good behavior with a trip to Wendy's or McDeath."

Mark then visits White Wave, where he finds secrecy surrounding the operation. He learns that White Wave makes about 1,400 lb/day of tofu, but the source of their soybeans is a company secret. A photo shows Mark in dark glasses next to the White Wave plant and a huge logo reading "White Wave Soyfoods."

Note: This bi-monthly "zine" is published by Matthew Jaffe in San Francisco. The title, "Spec," stands for "specific" and "speculation." Address: Editor-at-Large, Boulder, Colorado.

10665. *Bio Novice* (*Bio News, Ljubljana, Slovenia*). 1994. Soja–Hrana Prihodnosti (1) [Soya–Food of the future. I.]. No. 14. Oct. p. 20-23. [1 ref. Slv]

• ***Summary:*** The subtitle reads: "We will excerpt some of the most interesting paragraphs from *The Book of Tofu,* written by William Shurtleff and Akiko Aoyagi; it is the world's best-selling book about tofu." Discusses the work and publications of the Soyfoods Center, run by Shurtleff and Aoyagi. Contains a full page of illustrations by Aoyagi from *The Book of Tofu.* showing different types of tofu.

10666. **Product Name:** Premium Lincolnshire Vegetarian Sausages.
Manufacturer's Name: Cauldron Foods Ltd.

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Manufacturer's Address: Units 1-2, Portishead Business Park, Portishead, Bristol, BS20 9BF, England. Phone: +44 1275 818448.
Date of Introduction: 1994. October.
Ingredients: Soya bean curd (water, soya beans, calcium sulphate), water, onion, hydrogenated vegetable oil, wholemeal rusk, egg albumen (from free range eggs), hydrolysed vegetable protein, starch, yeast extract, stabilisers (methyl cellulose), salt, herbs, fructose, spices, roast barley malt extract, wheatflour.
Wt/Vol., Packaging, Price: 250 gm of 5. Retails for £1.30.
How Stored: Refrigerated.
New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1995. Spring, p. 5. "New sausage variety from Cauldron Foods." A photo shows the package.

Label sent by Heather Paine of SoyaFoods in London. 1995. April 18. Red and green on beige. Paperboard sleeve. Color photo of two sausages on a white plate with carrots, potatoes, and snow peas. Circled green V certification symbol. "Approved by the Vegetarian Society."

10667. Dannenberg, Linda. 1994. Mastering the art of cooking superfoods. *Self.* Oct. p. 156-58, 177.
• ***Summary:*** "Last September, *Self* editors came up with a top ten list of health foods we love. The winners? Tofu, wheat germ, yogurt, sweet potatoes, broccoli, papaya, onions/garlic, strawberries, tuna, and parsley. Each one offers a nutritional bonanza, low in fat and calories and packed with vitamins, minerals and protein. In fact, these foods are so good for you we called them the superfoods."

"Why we call them superfoods: Tofu–A 7-ounce block supplies nearly half of the RDA for protein, more than one quarter for calcium. Low in calories and fat." The tofu recipe (p. 158) is "Fried tofu with spicy tomato, parsley, onion and garlic sauce."

10668. Goh, Francis. 1994. Soybean in Singapore and its utilisation for the production of tofu and soymilk. Paper presented at Incoming Soybean Technical Mission. 7 p. 18 Oct. 1994 at Harrow Research Station, Harrow Ontario, Canada.
• ***Summary:*** Singapore (population 3 million, of which 78% are Chinese and 14% Malay) imports 33,360 tonnes (metric tons) per year of soybeans for local consumption and re-export. About 51% of these soybeans are imported from Canada. There are 45 small and medium sized tofu factories in Singapore (which together use 600-700 kg/day of soybeans) and 2 large factories (which together use 2 tonnes of soybeans and each have an are of 1,500 square meters of more). Unicurd is the biggest. Four tofu companies have a history of 70 years in Singapore. No family wants to marry its daughter to a tofu maker because the work requires such long hours, often all night.

Mr. Goh and his wife bought an existing company in 1981. Theirs was the first company in Singapore to bring automatic machinery from Japan to produce soymilk and pack tofu in containers. In Singapore, tofu used to be considered a poor-man's food; if it was served more than once every two weeks, family members might complain. But Unicurd repositioned tofu as a "nutritional food." The company markets its products mostly to the Japanese community of 20,000 people in Singapore.

There are 6 traditional soymilk makers in Singapore; the people like a product with a "strong beany flavor." Address: Managing Director, Unicurd Food Co. Pte Ltd., Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. Phone: 482-5454.

10669. Joachim, David. 1994. The joy of soy: Welcome to the kitchen of Dorothy Bates–soyfoods pioneer. *Vegetarian Gourmet* (*Montrose, Pennsylvania*) No. 11. Autumn. p. 28-33.
• ***Summary:*** Dorothy, age 73, graduated from Iowa State University with a degree in food, nutrition, and journalism. Then she began her career as a home economist for Swift & Company, a Chicago-based food company. In 1945 she married and moved to Hawaii, where her two children were born. In 1968 [actually about 1973 or 1974] her daughter-in-law Cynthia prepared a few simple dishes at Dorothy's home in Connecticut using tofu, tempeh, soy sauce, and textured vegetable protein. This had a profound effect on the direction of Dorothy's life. Sensing a story, Dorothy called the food editor from the local newspaper [Elizabeth Squires of the Wilton Bulletin in Wilton, Connecticut] to photograph the dishes and write about soy products. Now age 50, and a lover of the rich desserts of French cuisine, Dorothy had little idea that she would eventually be writing vegetarian cookbooks–such as The Tempeh Cookbook, and The TVP Cookbook.

Contains 9 soyfoods recipes, including: Super-easy chocolate mousse (with silken tofu), and Whipped topping (with firm tofu).

A sidebar (p. 31-32) discusses soybeans, diet, disease prevention, and genistein.

10670. Lee, Mu-Tsun [Mucun]; Huang, Shuhui. 1994. Tofu! Tofu! Tofu!: Chinese style. Monterey Park, California: Wei-Chuan Publishing Co. 79 p. Illust. (color). Index. 13 x 19 cm. [Eng; Chi]
• ***Summary:*** Contents: Conversion table. Soybean products: Soft tofu, hard tofu, bean curd skin (*fu p'i*) [yuba], pressed bean curd (*doufu gan*), bean curd strips and bean curd sheets ("Bai Yeh"). Homemade soymilk. Homemade tofu. Tofu: Salads, appetizers, frying, stir-frying, cooking in sauces, deep-frying, steaming.

For most recipes, there is one recipe on each two-page spread. A color photo occupies two-thirds of the left page together with the English-language list of ingredients. The rest of the recipe is on the right page. For the rest of the

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recipes, there is a second recipe with a small photo on the right page.

10671. Morinaga Nutritional Foods, Inc. 1994. Mori-Nu holidays are as easy as pie (Ad). *Vegetarian Times.* Oct. p. 49.
• ***Summary:*** This full-page color ad shows a large pumpkin pie on a cloth on a cutting board. Behind it is a package of Mori-Nu Lite Tofu and a cornucopia of vegetables and fruits. A recipe is given for "Dairy-free, Low-fat Pumpkin Pie" using 1½ packages of Mori-Nu Lite Tofu–Firm. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

10672. Olson, Joan. 1994. Tofu in good taste. *Ag Innovation News* (*AURI–Agricultural Utilization Research Inst., Crookston, Minnesota*) 3(4):11. Oct.
• ***Summary:*** Tofu and soymilk could soon have a milder flavor. USDA's Agricultural Research Service (ARS) soybean breeders have bred out the "rancid" taste, yet the new varieties still have acceptable yields, insect tolerance, and resistance to pod shattering. But the tofu and soymilk made from these soybeans is more yellow than usual, so the scientists are working to identify and remove the chemical causing the yellow color.

Letter from Joan Olson. 1994. Dec. 20. For details on the new soybean contact Niels Nielsen, Purdue Univ., West Lafayette, Indiana 47907. Phone: 317-494-6076.

10673. Sare, Chris. 1994. Fight cancer naturally: Research suggests power of broccoli. *Muscle & Fitness* 55:261. Oct. *
• ***Summary:*** Contains nutrition information.

10674. Shurtleff, William. 1994. Report on soybean and soyfoods research trip to Ontario, Canada: 17-19 October. Soyfoods Center, P.O. Box 234, Lafayette, CA 94549 USA. 21 p. Unpublished manuscript.
• ***Summary:*** Contents: 3-page program titled "Incoming Soybean Technical Mission." Oct. 17. Talk with Fred Brandenburg, executive director of OSGMB about food-grade Ontario soybeans exported to Asia. Canada is working to increase its sale of food-grade soybeans to Asia. Even though these soybeans are more expensive, they are of better quality and thus preferred. They are also very clean, since soyfoods makers want soybeans with little or no foreign matter. Most are not sold identity preserved, but they are large seeded, white hilum beans. Fred speaks of "crusher beans" and "food beans."

Oct. 18. Visit to Harrow Research Station, run by the Canadian federal government. (1) Talk by Michael Loh: Canada has 72% of the Singapore soybean market, 52% of the Hong Kong market, and 14% of the Malaysia market for soybeans imported for all purposes. Ontario's goal is to double exports by the year 2000. Their strategy is selling value-added products to niche markets. Food-grade soybeans now being developed in Japan include Enrei, Toyo Suzu, Toyo Masari, Otsura, and Kita Musume. (2) Talk by William Shurtleff on "Breeding Soybeans for Food Uses." (3) Presentation by Doug Jessop of the Food Processing Lab. at Harrow. He has been making and studying tofu there since 1983, and on a regular basis since 1984. He shows us his process, using lab equipment that cost about $15,000 not including the Instron system that measures texture. (4) Talk with transparencies by Dr. Dick Buzzell on breeding soybeans to make tofu. Harovinton gives the best tofu yield of all the varieties developed in Canada. A soyfoods maker can either contract with farmers in advance to have soybeans grown for them, or buy the soybeans from traders after they are harvested. To take optimum advantage of a soybean for making tofu, you must know the protein content then add the appropriate amount of water. The more protein in the bean, the more water you must add to get the highest yield. Identity preservation (IP) costs more. The yields will be lower and you must contract for it in advance; a problem is how to deliver the beans year-round to the end user. (4) Talk by Dr. Ma of Central Food and Animal Research. His specialty is vegetable protein. He is collaborating with ProSoya to make soy protein isolates from soymilk since Russia wants to make its own isolates. The soybeans with the highest protein content (on a dry weight basis) are BARC-6 53.4%, Harovinton 45.5%, Enrei 45.0%. One Japanese mutant soybean has none of the three types of lipoxygenase. Lines that lack A-4 protein give firmer tofu. In isolines, everything is the same except for one trait.

Oct. 19. (1) Visit to OSGMB with Fred Brandenburg to hear presentation, see facilities and collect documents. It takes more solar energy to lay down oil in a soybean than protein. Thus after a hot, dry summer, Canadian soybeans contain more oil. Soybeans in hot, tropical countries near the equator also generally contain more oil. In 1985 Canada became a net exporter of soybeans. The cost of producing soybeans in Canada is about the same as in the USA, but the U.S. often ships full vessels of soybeans and is near oceans, whereas Ontario often ships containers (20 or 40 tons), either out the St. Lawrence Seaway or down the Mississippi River. Some agrochemicals that are legal in America are not legal in Canada. All agrochemicals must be licensed, as must some farmers. Mr. Goh says that Chinese believe white hilum soybeans contain more protein than other soybeans. (2) Visit to Canadian Grain Commission to learn how Canada inspects and exports soybeans. The closest that a full seagoing vessel can get to Ontario is Montreal (Quebec)–the last deep-water port up the St. Lawrence Seaway. In Canada, dockage (both big and tiny foreign matter) is removed from soybeans before foreign material is calculated. This makes Canadian soybean much cleaner than those from the USA. Address: Lafayette, California. Phone: 510-283-2991.

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10675. Shurtleff, William. 1994. Breeding and marketing soybeans for food uses: A blueprint for changing our seed company's basic mission. Paper presented at A Symposium on Breeding Soybeans (for an Incoming Soybean Technical Mission). 9 p. 18 Oct. 1994 at Harrow Research Station, Harrow, Ontario, Canada. [1 ref]
• ***Summary:*** Contents: Introduction. Why our seed company must change. Why soybean breeders breed for farmers. Why soybean breeders have been slow to breed for food uses. The three categories of soyfoods products–from a breeder's viewpoint: Value added products, commodity + good theory + premium price, commodity + weak theory + no premium price. The size of the soyfoods market. Repositioning our company and taking advantage of our location in Canada. The theory behind our long-range plan: Information, specifications, research and development leading to scientific theory, and education. How we plan to implement and apply this theory: Hire a food scientist, develop a computerized database and a bibliographic database, buy a computer graphics program and a color printer, open new channels of communication with many soyfoods manufacturers, develop an ongoing an ongoing relationship with one large commercial soyfoods manufacturer, develop questions, hypotheses, correlations, and theories. Appendix 1. Questions concerning the theory linking soybean characteristics with soyfoods properties. Appendix 2. Soybeans for soyfoods: Computer data entry screen. Appendix 3. What is the size of the market for soybeans for food use? Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 510-283-2991.

10676. *Vegetarian Times.* 1994. Readers speak out. Oct. p. 60-63.
• ***Summary:*** Question 8: What foods do you always keep on hand? Pasta 41%, rice 40%, beans 31%, vegetables (general) 17%, breads (general) 16%, fruit (general) 14%, tofu 12%, onions 11%, garlic 10%, potatoes 10%.

10677. **Product Name:** Veggie Pepperoni (Meatless).
Manufacturer's Name: Yves Veggie Cuisine.
Manufacturer's Address: 1138 East Georgia Street, Vancouver, BC, V6A 2A8, Canada. Phone: 604-251-1345.
Date of Introduction: 1994. October.
Ingredients: March 1998: Water, wheat gluten, soy protein isolate, tofu (water, organic soy beans, magnesium chloride), spices, salt, wheat starch, yeast extract, etc.
Wt/Vol., Packaging, Price: 155 gm.
How Stored: Refrigerated.
New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1995. Spring. p. 5. "Veggie Pepperoni–winner of Sial d'Or." This product won a Sial d'Or prize in the delicatessen category at the Oct. 1994 Sial exhibition in Paris. The product was also selected as winner of the Canadian Grand Prix Best New Product Award in the Diet and Biological Foods category. The product is high in protein and low in fat.

10678. Goh, Francis Nyang Kuang. 1994. Re: Chronology of Unicurd Food Co. (Pte.) Ltd. in Singapore. Letter to William Shurtleff at Soyfoods Center, Nov. 3. 2 p. Typed, with signature on letterhead.
• ***Summary:*** 1978–This company, originally named Unicurd Food Co., is founded as a partnership by two housewives, Mrs. Tan Ai-Wang and Madam Chiang-Kuei Chin. Note: The term "Madam" is used (in writing only) to address a women when it is not clear whether or not she is married; used like "Ms." in American English.

1979 late–The company begins to make and sell tofu, operating on a small scale in a combination 2-story shop and home, with the residence located above the shop. The approximate size was 800 square feet of production space. They produced mainly *juten tofu* (lactone silken tofu), packed in 300 gm trays (known as 2B shape in Japan) and also 250 gm sausage-shaped polyethylene bags (known as sakura tofu in Japan), at the rate of about 150 kg/day. Also this year the company was changed from a partnership to a "private limited company."

1980–The company moved into a factory building at Block 1012, Aljunied Ave. 3, #01-35/37, Singapore 1438. The building, of about 2,400 square feet, was constructed by the Government of Singapore. The company was incorporated as a private limited company with capital of $220,000 Singapore dollars, invested by six shareholders. The company name is changed to Unicurd Food Co. Pte. Ltd. They diversified the product line to include Chinese firm and extra firm tofu. Production increased to 700 kg/day.

1981–The company encountered cash-flow problems and was sold at par value to the present directors, Mr. Francis Goh Nyang Kuang and Mr. Goh Eng Huat, who are cousins, and who were not among the six original shareholders. Prior to this time, the highest annual sales had been S$500,000 (1 US$ = 1.48 S$). Part of the purchase agreement is that Mr. Ma Wen Yi, the managing director of the company, would continue to work for the company for six months to help with the transition. The new owners engaged a young graduate, Mr. Richard Tan, to learn from Mr. Ma. During this time, Mr. Francis Goh visited the company each workday for about 1 hour in the morning and 2 hours in the evening.

1982–Mr. Richard resigned and the owners decide to engage Mrs. Goh (maiden name: Kua Lay-Eng) to run the company. Prior to her appointment, she worked as a Personnel & Administration Executive in a multinational company. Also in 1982 the company purchased an automatic soymilk plant and other machinery from Foodpak Pte Ltd. (a tofu factory in Hong Kong) and from Japan for its new factory, which was built by the government and had an about 3,600 square feet, located at Block 6020, Ang Mo Kio Industrial Park 3, #01-156/160, Singapore, 2056.

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1983–Introduced Beancurd Jelly, a new product.

1984–Introduced Pressed Soft Tofu, a new product. This year Unicurd began to promote tofu in Singapore as a nutritious and healthy food (a pioneering concept) by cooking demonstrations, radio publicity, regular factory tours for visitors (in groups of about 40), and annual participation in a national health promotion campaign organized by the government, using display posters, participation in an exhibition during which the company demonstrated tofu cooking and highlighted its nutritional value, and participation in a program whereby all nutritious foods sold in supermarkets were highlighted with special posters and labels.

1985–The company takes over the adjacent factory (Block 6020 Ang Mo Kio Industrial Park 3, #01-154, Singapore, 2056), increasing its area to 5,000 square feet.

1986–Introduced Tofu Puffs, a new product.

1987 Nov.–Mr. Goh joined the company as a full-time Managing Director; prior to this he usually spent 2 hours at the company each evening and a full day on Saturday.

1988 June–Recruited a Japanese manager to upgrade machinery. Introduced new Japanese tofu and pickles targeted at the Japanese community.

1989–Introduced three new Japanese-style tofu products: *Hiya-Yakko* (Chilled Tofu), *Momen-Dofu* (Traditional Japanese Firm Tofu), and *Nama-Agé* (Deep-Fried Tofu Cutlets).

1993 Nov.–In view of the rapid market growth for silken tofu and other products, the company began to look for a bigger factory. Sales have increased more than six-fold in the past ten years.

1994 Nov. 4–Construction of the new factory starts–floor area of 26,500 square feet on 40,000 square feet of land. It is expected to be completed in about one year. The company plans to invest about $2.5 million Singapore dollars in the new factory and another $1.5 million Singapore dollars (1.01 million U.S. dollars) in the purchase of more automatic equipment.

The company's accomplishments: Tofu in Singapore was traditionally sold in the market without packaging. After purchasing the company, Francis and the other new owners gradually convinced local consumers to accept packaged tofu. Moreover, their continuous promotion of tofu as a nutritious and healthy food (it was viewed as a poor-people's food before) stimulated sales immensely. Singapore consumers have now accepted tofu as a nutritious, healthy food.

Now some recollections and comments from Mr. and Mrs. Goh. Mrs. Goh: "When I joined the company, tofu was still considered a poor-man's food and tofu makers were generally fairly small in scale. The public had a low image of the tofu industry. I decided to resign from working in a reputable company for various reasons: (1) I had full confidence in the potential of the tofu business. Though the growth of the company was slow during the early years, it increased constantly; (2) For the success of small and medium-scale traditional food manufacturers, it is not possible to engage many high-ranking managers, who generally specialize in one field. It is also not easy to engage a person with a diversity of skills who is willing and able to run all aspects of a small traditional food company; (3) We owned the company and Francis did not have sufficient time to manage it. I decided to shoulder the responsibility, particularly after we moved to Ang Mo Kio Industrial Park (1982), when we invested another S$500,000; (4) Before Francis joined the company as full time managing director, my work was very taxing. I had to take charge of practically everything and the working hours were very long. However the work was challenging and the satisfaction was enormous, particularly when the company expanded rapidly." Mrs. Goh is still very active with the company on a day to day basis. She is in charge of Accounts and Sales and Marketing.

Mr. Goh adds: "I am currently in charge of the company overall, and particularly production, quality control, and other external matters (overseas visitors, Government liaison, and overseas purchasing). We have recently employed a local manager and a food technologist (from China). We plan to let them take over all the routine supervisory jobs and the development of new products. This will allow us to reduce our work load so we can invest more time in strategic planning. For example, we may soon take over a small tofu manufacturer and use it to develop a new brand to market similar products of lower value to capture a bigger share of the low-price market. Unicurd will concentrate on existing products and developing new high-value products.

"I would only express regret for joining the company on a full-time basis a bit late. I never realized that the tofu business would be so interesting and challenging. Through the Company, I joined different organizations, such as the Singapore Food Manufacturers Association, and the Association of Small and Medium Enterprises, and played an active role. I made many new friends and learned a lot about the food industry in Singapore, especially about traditional foods such as soysauce, chili sauce, dumplings, noodles, etc. I was also nominated by the Government to join several overseas study missions."

Update: On 24-25 March 1995 a group of six soybean experts from Canada visited Unicurd. Their names and titles are given. On March 24 Mr. Goh arranged for a meeting between them and five tofu makers and 3 council members from the Singapore Food Manufacturers' Association. A copy of the paper Mr. Goh presented during the meeting is attached.

Update: On 30 May 1996 Unicurd Food Co. Pte Ltd. moved to 18, Senoko South Road, Singapore 758089. Phone: +65 759-2855. A photo shows the new factory.

Update: In April 2008 the Vitasoy Group acquired the entire equity of Unicurd Food Co., (Private) Ltd.

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("Unicurd"), a leading manufacturer and marketer of soyfoods in Singapore. Address: Managing Director, Unicurd Food Co. (Pte.) Ltd., Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. Phone: 482-5454.

10679. Cawdron, Diane. 1994. Re: New developments at Sojarei Vollwertkost GmbH. Letter to William Shurtleff at Soyfoods Center, Nov. 9. 1 p. [Eng]
• ***Summary:*** Sojarei has changed its name and is now located in Traiskirchen, about 12 miles south of Vienna. As demand for the company's products has increased tremendously, it has moved to a larger facility that is completely reorganized. "The Sojarei is now the leading tofu producer in Austria." Address: Roemerstrasse 14, A-2514 Traiskirchen, Austria. Phone: (02252) 559 01.

10680. Cloud, Jon. 1994. Re: Work with organic farming in Canada. Letters to William Shurtleff at Soyfoods Center, Nov. 14 and Dec. 27–in reply to inquiry. 2 p. and 1 p. Typed, with signature on letterhead.
• ***Summary:*** To the best of John's knowledge, the first soybeans grown organically in Canada (after 1960) were produced in 1974 in Wainfleet, Ontario, under contract with John. They started growing organically because John was willing to "issue them contracts guaranteeing floor prices and ready sales." "Through extensive field work with these and other growers, the quality and field yield of organic soybeans have steadily increased." John now works in a cooperative arrangement with W.G. Thompson & Sons Ltd. in Blenhein, Ontario, Canada. This arrangement "allows us to secure soybeans at harvest, clean them, and store them in facilities that maintain that quality. I'm still training farmers in organic methods."

"I'm no longer at Soy City Foods. I sold my interest there on 1 Jan. 1994 and now I am gratefully involved in taking the industry to its next level of expansion with W.G. Thompson & Sons.

"I began working with Thompson in May 1994. We have a partnership where they are responsible for marketing the complete line of organic commodities. My responsibility is the operational grower / production side of the business. I train farmers in growing techniques so that the organic acreage can be greatly expanded.

"Presently we have about 295 growers on our mailing list. Approximately 50% of these growers produce organic soybeans, and about 40-50 of them produce them in any one year. However many of these growers have limited soybean sales due to their dairy operations and/or position in the 7-year crop rotation. In Ontario there are over 1,500 farmers growing crops organically but mostly on mixed farms [with non-organic crops]. Probably no more than 60-70 of these grow soybeans organically. Due to crop rotations, the acreage in organic soybeans fluctuates dramatically from year to year; anywhere from 1,000 to 2,500 acres of organic soybeans would be under production in any given year. This means that the bulk of their commodities are going for beef and dairy operations. About one fourth of the 1,500 are cash croppers. The number of farmers has not changed appreciably in the past four years but the size of the farms has. The smaller farms have opted for market garden operations while the larger farms are more efficient at cash cropping–things like soybeans, wheat, and spelt.

"At present we market a full line of organic commodities including soybeans which we ship globally. Other organic crops include spelt, soft white winter wheat, hard red spring wheat, rye, buckwheat, barley, corn, and sunflowers. When you take into consideration that soybeans constitute only one of the commodities in the rotation, you can see that the tonnage is greatly expanded by handling all of the commodities. It is our hope that we will be able to move quickly 4,000 to 5,000 acres of soybeans. The vast majority of our current soybeans are high protein for tofu or soymilk.

"Ontario sells few organic soybeans to East Asia because the bulk of our production has historically been shipped to Europe. That has changed this year with Japan receiving its first shipments. Other Pacific Rim countries started receiving minimal amounts of organic soybeans in 1992 and 1993.

"Although I was forced to leave the Ontario Oil Protein Seed Crop Committee because of excessive work load, I still sit as an ad hoc member of that committee in a technical assistance capacity to the plant breeders in designing higher quality soybeans. My two latest projects focus on soluble protein increases and elimination of trypsin inhibitors in soybeans."

John encloses a leaflet titled "Training in organic production techniques: Workshop schedule for the winter of 1994-1995." There are two 4-day workshops each month, one in Blenheim and one in Toronto, Ontario. Each workshop costs $25.

Update: 1995 May 17. Acreage of organic soybeans in Ontario is up about 300% over last year and acreage for all organically grown crops in Ontario is up about 100%. John contracts 75% or more of the organic acreage in Ontario. One crop that is rapidly expanding is spelt. It has a better flavor and protein content than typical wheat, and it lacks one of the glutens to which some people are allergic.

Update: 1999 March 20. Talk with an associate of W.G. Thompson. Jon Cloud now has a very bad reputation with at least one manager at W.G. Thompson. According to this manager, Cloud misrepresented his relationship with the company and did some unscrupulous things, then disappeared leaving some unpaid debts. Address: Cloud Mountain Inc., 342 Indian Rd. Cres., Toronto, ONT M6P 2H1 Canada. Phone: (416) 762-0940.

10681. Ziegler, Jan. 1994. Soybeans show promise in cancer prevention. *J. of the National Cancer Institute* 86(22):1666-

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67. Nov. 16.
• ***Summary:*** "Epidemiologic evidence indicates that Asian women have a lower incidence of breast and colon cancer, better response to cancer treatment, and fewer problems with menopause than Western women. And among the apparent reasons for this is that Asians, in general, consume more soy products–tofu included–and green tea."

But Daniel Sheehan, PhD, National Center for Toxicology Research, Jefferson, Arkansas, says: "I disagree that soy has been proven safe."

10682. Goh, Francis Nyang Kuang. 1994. Re: Desirable characteristics of soybeans for making tofu: Opinions of tofu makers in Singapore. Letter (fax) to Mr. Kim Cooper, Ontario Soybean Growers' Marketing Board, Canada, Nov. 18. 4 p. Typed, with signature on letterhead.
• ***Summary:*** This is the author's response to a questionnaire in which Mr. Cooper wishes to know Mr. Goh's thoughts concerning the effect of the following characteristics: Moisture level, protein level (%), oil level, sugar level, seed size, weight of 100 seeds, seed shape, seed coat colour, seed coat thickness, hilum colour, beany flavour (desired or not?), soaking time, general appearance, other desirable traits.

Mr. Goh responds that most tofu makers have little or no knowledge of the effect of these characteristics on the yield or quality or tofu. Address: Managing Director, Unicurd Food Co. (Pte.) Ltd., Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. Phone: 482-5454.

10683. Goh, Francis Nyang Kuang. 1994. Re: More on the history of Unicurd Food Co. (Pte.) Ltd. in Singapore. Letter to William Shurtleff at Soyfoods Center, Nov. 24–in reply to inquiry of Nov. 10. 4 p. Typed, with signature on letterhead.
• ***Summary:*** Detailed answers to 13 questions from Shurtleff about the history of this innovative and pioneering tofu manufacturing company in Singapore. Address: Managing Director, Unicurd Food Co. (Pte.) Ltd., Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. Phone: 482-5454.

10684. Austern, R. 1994. 'Care for a tofu burger and soya shake?' Increasingly, answer is 'Yes.' Sandoz caters to a growing appetite for soybean products. *International Sandoz Gazette.* Oct/Nov. No. 113. p. 6.
• ***Summary:*** "As Sandoz moved into Health Foods in the 1980s, we became more and more aware of the manifold nutritional virtues of the soybean." "Sandoz Nutrition recently inaugurated a new plant in Revel, France, solely dedicated to the manufacture of soya products." It is on the same site as Nutrition & Santé. "Soya products are carried by several of our major brands: Céréal, Gerblé, Eden-Soy, and most prominently, by Gazzoni's Lecinova brand." Color photos show: The outside of Sandoz Nutrition's new plant in Revel, France. Fourteen "soya-based products from Sandoz Nutrition's operating company, Nutrition & Santé." Note: This article is about the company Nutrition & Soja, that company's name does not appear in the article except in small letters on the side of the plant in one photo.

10685. *Bio Novice* (*Bio News, Ljubljana, Slovenia*). 1994. Soja–Hrana Prihodnosti (2) [Soya–Food of the future. II.]. No. 15. Nov. p. 10-11. [1 ref. Slv]
• ***Summary:*** The subtitle reads: "We excerpt some of the most interesting paragraphs from *The Book of Tofu,* written by William Shurtleff and Akiko Aoyagi; it is the world's best-selling book about tofu." This is a translation of the introduction to *The Book of Tofu.*

10686. INTSOY. 1994. Soybean processing and utilization. May 17-June 15, 1995. An international training program (Brochure). Urbana, Illinois. 12 panels. Each 22 x 10 cm.
• ***Summary:*** Contents: Basic topics to be presented in the 1995 course: Basic processing concepts, nutrition and functionality, oil extraction, extrusion technology, soymilk and dairy analogs, Oriental soybean foods (tofu, tempeh, etc.), animal feed applications, quality control, global overview of the soybean industry, economics and marketing of soy products. Professional opportunities. Cost and travel information (the course costs $3,900 plus an estimated $1,900 for room, board, and other local living expenses. INTSOY is unable to offer scholarships).

The course time consists of 35% lectures, 45% hands-on exercises, and 20% industry visits. This is the 15th offering of the training program. Some 155 persons from 26 countries have attended the course. Danny Erickson is the training officer in charge. Facilities at the University of Illinois include the largest public university library in the United States, the nation's largest supercomputer complex, and the National Soybean Research Laboratory. Address: International Soybean Program, Univ. of Illinois, 169 Environmental and Agricultural Sciences Building, 1101 West Peabody Drive, Urbana, Illinois 61801. Phone: (217) 333-6422.

10687. Morinaga Nutritional Foods Inc. 1994. Why tofu? Exciting new research indicates tofu is the food of the future (Color videotape). 2050 W. 190th St., Suite 110, Torrance, CA 90504. 10 minutes. VHS. Nov. Price: $4.95.
• ***Summary:*** This 10-minute color video is designed to introduce tofu to dietitians and other health professionals. Contains the latest scientific information showing that consumption of soyfoods reduces one's risk of heart disease and cancer. Morinaga will send out a copy to anyone who requests it, if they pay only the postage and handling.

The video is accompanied by a 2-panel brochure that contains basic information about tofu, 7 tofu recipes, and an order form. Address: Torrance, California. Phone: 1-800-NOW-TOFU.

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10688. Morinaga Nutritional Foods, Inc. 1994. The word is out: Tofu is in (Ad). *Vegetarian Times.* Nov. p. 79.
• ***Summary:*** This full-page color ad shows: (1) A carton of Mori-Nu Silken Tofu (Firm) on a wooden cutting board surrounded by cubes of white tofu, green vegetable soybeans, and whole dry soybeans; (2) Cartons of the five types of Mori-Nu Tofu; (3) A tofu-chocolate creme pie topped with sliced bananas.

Five paragraphs compare the conventional wisdom about tofu with the "Word on the street," which is about Mori-Nu Tofu. Examples of the conventional wisdom: "Tofu is a strange, spongy substance found only in exotic Asian dishes." "All tofu is made by hand, cut into blocks and floated in unappetizing plastic tubs filled with water." "Tofu need to be refrigerated, spoils quickly and should be eaten right away." "Tofu is high in fat." "Tofu is a food of the past."

This ad also appeared in the Feb. 1995 issue (p. 51) of this magazine. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

10689. *Soyafoods* (*ASA, Europe*). 1994. Sojinal acquired by B & K Holdings. 5(3):2. Autumn.
• ***Summary:*** Sojinal, the soyfoods manufacturer from Issenheim, France, which manufactures the Biosoja and Ligne S lines, is now owned by B & K Holdings [a Swiss company].

In a spot on page 5, a photo shows several newly changed packages in the Ligne S line which includes tofu, soya beverages, desserts, biscuits and bars.

10690. *Soyafoods* (*ASA, Europe*). 1994. People on the move. 5(3):3. Autumn.
• ***Summary:*** Philip Gaffney has been appointed National Accounts Manager for Cauldron Foods in Bristol, UK. A member of the Hero Group, Cauldron is Britain's largest producer of tofu and a variety of chilled and frozen healthy meatless products.

John G. Reed, Jr., has been named ADM's Vice President and Chief Executive in Europe. In 1982 Reed joined ADM in the U.S. as Vice President. He will relocate at ADM's European Headquarters in Erith [on the River Thames just east of London], Kent, England.

10691. *Soyafoods* (*ASA, Europe*). 1994. In depth: Food Ingredients Europe. 5(3):6-7. Autumn.
• ***Summary:*** Food Ingredients Europe, the international exhibition of food ingredients, was held this year on Oct. 4-6 in London, England, at Earl's Court. This was the biggest FIE in its 9-year history, with more than 500 exhibitors. The American Soybean Association (ASA) had a very successful booth at the U.S. Pavilion. One of the most interesting new products was Befine, from a company named VPS Europe. This unique, patented soya-based granule, sold fresh or frozen, mimics the texture of ground meat but it is not TVP or textured soy protein concentrate. Made from organic whole soybeans, it contains 18% protein. ADM Protein Specialties Division introduced their new WMR4, a dry soymilk based on soy protein isolate. Protein Technologies International exhibited Supro brand Isolated Soy Protein and Fibrim brand soy fiber. A line of texturized Danprotex (H-29, B-39, and F) and functional Danpro (DS) soy protein concentrates were launched by Central Soya Aarhus A/S, a member of the Eridania/Beghin-Say agro-industrial group. Kikkoman Trading Europe exhibited their naturally fermented soy sauces in liquid and dehydrated dorms. Other soy sauce exhibitors included Henry Lamotte GmbH and Mandarin Soy Sauce Inc. Loders Croklaan exhibited a new soya concentrate line. Alsace-based Sojinal, which supplies soy products to the food industry, exhibited along with their new sister company, Sevenday. SFI Netherlands BV (SFI = Special Food Ingredients, formerly Solnuts Inc.) exhibited their line of dry roasted soynuts. Also present were Stern Lecithin and Soja GmbH & Co. KG, Sapa and Dafa Associès (makers of Dafasoy for the food, dietetic, and pharmaceutical industries), Soya Mainz & Co. KG and Solbar Hatzor (soy protein concentrates), Dalgety Food Ingredients International (with the former Spillers Premier Products), Lucas Meyer GmbH (with a phosphatidyl choline lecithin powder and a de-oiled lecithin for frozen doughs), Edelsoja GmbH, Celia SA, Freeze-Dry Foods GmbH, and GMB Proteins (a division of Bush Boake Allen Ltd.). The address and fax number of each company is given.

10692. Soyfoods Association of America. 1994. Get the soy edge (Ad). *Vegetarian Times.* Nov. p. 71-74.
• ***Summary:*** This 4-page advertorial, with 17 color photos, is sponsored by the following organizations: ADM, DevanSoy Farms, Inc., Eden Foods, Inc., Lightlife Foods, Lumen Food Corp., Morinaga Nutritional Foods Inc., Soyfoods Association of America, Tofutti Brands Inc., Worthington Foods.

"Did you know you can fit soy into your diet without giving up your favorite foods? Try soy burgers, soy ice cream, soy yogurt, soy hot dogs, soy flour, soy cream cheese, soy sausage, soy chili, soy frozen juice bars, soy margarine, soy milk, soy tacos, soy sour cream, soy sloppy joes, soy 'chicken' patties..." Address: Palo Alto, California. Phone: 415-327-1444.

10693. Vitasoy (U.S.A.) Inc. & Nasoya Foods. 1994. A special thanks for supporting the Children's Action Network (Ad). *Natural Foods Merchandiser.* Nov. p. 18.
• ***Summary:*** A large black-and-white photo shows a little girl whispering to a little boy. A color photo across the bottom of the page shows products made by Vitasoy and Nasoya. The text reads: "This fall hundreds of natural products industry

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retailers and distributors helped parents get their children safely back to school. In a special partnership with Vitasoy (USA), Nasoya Foods and the Children's Action Network (CAN), they helped raise funds for significant education and hunger relief programs. A portion of every Vitasoy and Nasoya product purchased was donated to CAN. Retailers posted important *Health & Safety* Tip tear-pads at-shelf, providing vital information for parents to share with their children." A long listing gives the names of many of the retailers and distributors that participated in the program. CAN was founders by leaders in the entertainment industry. Address: 99 Park Lane, Brisbane, California 94005. Phone: 1-800-VITASOY.

10694. Carlsen, Clifford. 1994. Tofu maker sprouts new sales strategy for offshoot. *San Francisco Business Times.* Dec. 15.
• ***Summary:*** Vitasoy USA of Brisbane, California, now owns Azumaya and Nasoya, each a major tofu manufacturer. The company has tofu sales that are now expanding at a rate of nearly 10% a year in supermarkets, natural food stores, and ethnic grocery stores. The company has extremely strong distribution to all three markets, according to Jan Remak, Vitasoy's director of marketing. Remak predicts total sales of $28 million in the fiscal year ending March 1995; tofu will account for about one-third of this, or about $9.3 million. Vitasoy's latest strategy is to try to gain dominance in ethnic groceries by taking advantage of the Vitasoy brand name, which is as well known by Asian-Americans as Coca-Cola or Levi Strauss are in the mass market. Vitasoy tofu is produced and packaged at the Azumaya plant in San Francisco, which has a capacity of 3.5 tons a day. Vitasoy is already distributing Vitasoy Tofu to Asian grocers in San Francisco, but it plans to eventually distribute that brand to each of the six major Asian-American markets in North America: San Francisco, Los Angeles, Vancouver [British Columbia], New York, Toronto [Ontario], and Houston [Texas]. Address: California.

10695. Cloud, Jon. 1994. Re: Changes at Soy City Foods in Toronto. Letter to William Shurtleff at Soyfoods Center, Dec. 27–in reply to inquiry. 2 p.
• ***Summary:*** "I'm no longer at Soy City Foods. I sold my interest there on 1 Jan. 1994. It is now a corporate structure, which apportions division of labor. I have no idea who is the person in charge there, but I know they are out of the commodity business. Tofu production has been reduced to one half of the production levels when I was running the company. Wholesale and retail sales in the U.S. have been curtailed. From my perspective it seems to be dying, or certainly shrinking. I am gratefully involved in taking the industry to its next level of expansion with W.G. Thompson." Address: Cloud Mountain Inc., 342 Indian Rd. Cres., Toronto, ONT M6P 2H1 Canada. Phone: (416) 762-0940.

10696. Gold Mine Natural Food Co. 1994. Macrobiotic, organic and Earthwise products for you and your home (Mail order catalog and price list). San Diego, California. 64 p. 28 cm.
• ***Summary:*** Soy-related products include organic black soybeans, organic yellow vegetable soybeans, organic aduki beans, Ohsawa soy sauce, Ohsawa tamari, South River miso, Junsei Yamazaki miso, Ohsawa yuba, Ohsawa organic dried tofu, and kuzu. Address: 3419 Hancock St., San Diego, California 92110-4307. Phone: 1-800-475-3663.

10697. Holin, Fae. 1994. Soyfoods' image, market potential improve: Health benefits, appealing food entice soy consumers. *Soybean Digest.* Dec. p. 20-21. In "New Uses Digest" section.
• ***Summary:*** Nearly 20 million bushels of U.S. soybeans will be processed into human foods in 1994. That is about 1% of the U.S. soybean crop. A soyfoods brochure and ten fact sheets, jointly developed and published by the Soyfoods Association of America and the United Soybean Board, provide nutritional information and recipes for use of 10 types of soyfoods. This packet has been mailed to nearly 10,000 health and media professionals.

About 15% of consumers are purchasing meatless entrees. A sidebar titled "Green soybeans: New commercial crop?" notes that edamame offer soybean farmers great potential as a new commercial crop. Bob Luedtke, general manager of SunRich Foods in Jackson, Minnesota, says that SunRich is now selling about 700,000 pounds of product annually. William Shurtleff discusses the growing market for soyfoods and green vegetable soybeans, and Mark Messina talks about the role of soyfoods in preventing heart disease and cancer.

A half-page color photo (p. 20) shows many White Wave tofu and seitan products on the shelves of a retail store.

10698. Kashama Batabela, Johnny. 1994. Influence du depelliculage at de la durée de trempage des graines de soja (*Glycine max* (L) Merill) sur les qualities organoleptiques du lait de soja [Influence of dehulling and soaking time on the organoleptic qualities of soymilk]. Thesis, Département de Chime et Industries Agricoles, Institut Facultaire des Sciences Agronomiques (I.F.A.–Yangambi, Zaire). 42 p. Accepted Dec. 9. [21 ref. Fre; eng]*
• ***Summary:*** The effect of two variables (soaking time and dehulling) were measured at 25ºC in the preparation of eight batches of soymilk. Four batches of soymilk were made from dehulled soybeans, and four from non-dehulled. The dehulled or non-dehulled soybeans were soaked for either 10, 12, 14, or 24 hours. The soymilk preferred by taste panelists was that made from dehulled soybeans that had been soaked for 12 hours at 25ºC. A test of the acceptability of a new product made from soybeans (tofu) was done.

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Letter from Johnny Kashama. 1994. Nov. 29. He is writing from Kisangani, in Zaire, but his return address is given as c/o Mr. Projet Bahali [a person], B.P. 364, Cyangugu, Rwanda. He has finished his thesis (cited above) and hopes to finish his studies this year. Letter from Kashama. 1996. Sept. 26. The thesis was accepted on 9 Dec. 1994. He earned the degree of *Ingenieur Agronome, Chemiste et des Industrie Agricoles.* Address: Kisangani, Zaire.

10699. **Product Name:** Alpha-Omega Burger Sandwich.
Manufacturer's Name: Local Tofu.
Manufacturer's Address: 307 Route 59, West Nyack, NY 10994-2033. Phone: 914-358-2309.
Date of Introduction: 1994. December.
Ingredients: Burger: Organic okara, flaxseed, whole wheat, barley, cornmeal, brown rice, buckwheat groats, carrots, sweet potato, cabbage, kale, parsley, collard, tofu, broccoli, soymilk, tamari, herbs, spices. On rye bread.
Wt/Vol., Packaging, Price: ¼ lb, in clear plastic wrap.
How Stored: Refrigerated.
New Product–Documentation: Talk with Sam Weinreb, founder and owner of Local Tofu. 1996. May 27. This burger, sold between two slices of rye bread, was launched in Dec. 1994. It is based on the Alpha-Omega burger, which was launched one year earlier and uses the same label. To make it: On the first slice of rye bread, lay a slice of Chinese cabbage, spread with Tofu Mayo, and top with the burger. Top this with more Tofu Mayo, a slice of cucumber, and the final slice of rye bread.

10700. McLain, Jennifer. 1994. A real noggin' scratcher: How do you make eggnog without eggs? *Vegetarian Times.* Dec. p. 20, 22.
• ***Summary:*** The basis of this "vegan eggnog" is silken tofu. Two recipes are given.

10701. *SoyaCow Newsletter* (*Ottawa, Canada*). 1994. Russian program orders more SC-20s. 3(4):2. Oct/Dec.
• ***Summary:*** The Russian Soybean Association (ASSOY) has ordered 20 more tabletop SoyaCow SC20 systems to add to the ten similar systems they have already acquired during the past year. "ASSOY's soyfood program, which is based exclusively on the SoyaCow technology, is developing with unusual speed. Soymilk derived yogurt, tofu, mayonnaise, drinks, and ice cream as well as baked goods made using 'okara' soy-fibre, are all made in pilot or cottage industry production."

10702. Yasuda, Masaaki. 1994. Tôfu no bunka: Okinawa no tôfu zukuri to tôfuyo [The culture of tofu: Tofu-making and tofuyo in Okinawa]. In: Yasumoto Hara, ed. 1994. Minzoku no Kokoro o Saguru [Looking for the Folk Mind]. Sakae, Osaka, Japan: Hatsushiba Bunko. See p. 295-337. [35 ref. Jap]*
Address: Dep. of Bioscience and Biotechnology, Univ. of the Ryukyus, 1, Senbaru, Nishihara-cho, Okinawa 903-01.

10703. **Product Name:** Tofu Powder.
Manufacturer's Name: Agronico, Inc. of Minnesota.
Manufacturer's Address: 95 S. Park Ave., P.O. Box 55, R.R. #1, Le Center, MN 56057. Phone: 612-357-4474.
Date of Introduction: 1994.
How Stored: Refrigerated preferably.
New Product–Documentation: Talk with Mike Vincent, president of Agronico. 1995. Sept. 30. This product, finely ground soy flour, was introduced in about 1994 and is sold in 50 lb sacks. Note: The soy flour was never made into tofu.
Samples (product with handwritten Label) sent by Mike Vincent, owner of Agronico. 1995. Dec. 7. "Lowfat tofu powder."

10704. **Product Name:** [Tofu "Meditarraneo"].
Foreign Name: Tofu Mediterraneo–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1994.
Ingredients: Soybeans (*fagioli di soja*), carrots, corn, olives, capers (*capperi*), parsley (*prezzemolo*), nigari–*cloruro di magnesio,* water.
Wt/Vol., Packaging, Price: 300 gm (2 servings of 150 gm each) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hills in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container. An earlier label shows the silhouettes of four tall Graeco-Roman columns against an orange sky and a golden Mediterranean sea.

10705. **Product Name:** [Herbed Tofu].
Foreign Name: Tofu Alle Erbe–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1994.
Ingredients: Soybeans (*fagioli di soja*), parsley (*prezzemolo*), rosemary (*rosmarino*), nigari–*cloruro di magnesio,* water.

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Wt/Vol., Packaging, Price: 300 gm (2 servings of 150 gm each) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hills in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container. An earlier label shows a yellow, a blue, and a black butterfly flying above a green bed of plants.

10706. **Product Name:** [Grilled Tofu Slices].
Foreign Name: Tofu Alla Piastra–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1994.
Ingredients: Soybeans (*fagioli di soja*), nigari–*cloruro di magnesio,* sunflower seed oil (cold pressed), water.
Wt/Vol., Packaging, Price: 200 gm (2 servings of 100 gm each) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hills in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container.

10707. **Product Name:** [Tofu Sauce with Herbs].
Foreign Name: Crema di Tofu Alle Erbe.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1994.
Ingredients: Tofu (soy & water), parsley (*prezzemolo; 5%*), rosemary (*rosmarino; 5%*), oregano (*origano; 5%*), cold-pressed sunflower seed oil, apple cider vinegar (*aceto di mele*), guar seed flour, water, salt.
Wt/Vol., Packaging, Price: 190 gm glass jar.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This label (5 by 1.75 inches) has black text on a wavy green and yellow pastel background. A small blue and white oval logo states: "AgriEco Bio–Organically grown and certified (*Prodotti Biologici–Controllati e Garantiti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container.

10708. Ezeji, T.C. 1994. Production and preservation of tofu with *Afromonum danielli.* MSc thesis, University of Ibadan, Nigeria. Supervisors: O.C. Aworh and S.M. Osho. *
• ***Summary:*** Tofu was prepared using as coagulants extracts of the leaves of sodom apple (*Calotropis procera*) with lime juice and calcium sulfate. A 10-member panel evaluated the quality of the tofu for flavor, color, firmness, mouthfeel and general acceptability. Yield and recoveries of protein and fat in the tofu were measured.

Tofu treated with no spice and 0.5% spice had a shorter shelf life than that treated with either 1.0% or 1.5% of *A. danielli,* but the latter percentages resulted in lower scored for sensory qualities.

The shelf life of tofu stored in 3 different ways was measured: Packaged tofu–2 days; tofu stored in tap water–3 days; and salted tofu stored in 0.8% brine–7 days. Address: Nigeria.

10709. **Product Name:** Peking Tofu, and Tofu Steam Buns.
Manufacturer's Name: Fuji Fresh Tofu Co.
Manufacturer's Address: 248 Jackson St., San Jose, CA 95112. Phone: 408-297-1666.
Date of Introduction: 1994.
New Product–Documentation: Talk with Linda Lam, owner of Fuji Fresh Tofu. 1994. April 8. She and her husband introduced these products in 1994. The Peking Tofu is cut into strips, braised, and seasoned to taste like smoked chicken.

10710. **Product Name:** Nigari Tofu, Deep-Fried Tofu Pouches.
Manufacturer's Name: Giant Tofu.
Manufacturer's Address: 300 Morse St., Washington, DC 20002. Phone: 202-546-0333.
Date of Introduction: 1994.
How Stored: Refrigerated.
New Product–Documentation: Talk with George Chong, owner. 1998. Feb. 10. These two products were introduced about 4 years ago. They make only small amounts of the pouches from time to time. Making them expand properly is difficult.

10711. **Product Name:** Vegetable Bratwurst (Vegetarian).
Manufacturer's Name: GranoVita UK Ltd.
Manufacturer's Address: Ambron House, Eastfield Road, Wellingborough, Northants NN8 1QX, England, UK. Phone: +44 933 27240.
Date of Introduction: 1994.
Wt/Vol., Packaging, Price: 200 gm pack. Retails for about £1.69 (England, 11/94)

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New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1994. Autumn. p. 5. "Vegetarian Bratwursts launched by granoVita."

10712. **Product Name:** Tofu.
Manufacturer's Name: Long Life Foods Co.
Manufacturer's Address: 1752 Houret Ct., Milpitas, CA 95035. Phone: 408-946-3773.
Date of Introduction: 1994.
New Product–Documentation: Talk with Andrew Rawlings of Ananda Marga. 1994. Nov. 1. He visited this Chinese-run shop today and brought their business card to Soyfoods Center. Milpitas is at the southern end of San Francisco Bay between Sunnyvale and Freemont. The company is located between highways 680 and 880 just off the Montague Expressway. They have no English-language name and make many types of tofu.

10713. **Product Name:** Tofu.
Manufacturer's Name: Mai Tofu.
Manufacturer's Address: 4025 Cypress St., Marrero, LA 70072. Phone: 504-347-7784.
Date of Introduction: 1994.
New Product–Documentation: Letter from Tung Dac Ho of To Mai Bui. 1993. Aug. 30. "When we finish setting up my mini tofu shop, I will send you photos of the shop, and especially of a machine I designed myself."

Form filled out and faxed by Tung Ho. 1998. Nov. 2. His company, which is now named Mai Tofu, began making and selling tofu in 1994. At bottom of form is written: "Dear Mr. William Shurtleff and Mrs. Akiko Aoyagi. You are our masters. We study in every details and exercise in every day your written word. We got it successfully in Regular firm and silken tofu. Thank you so much. Respectfully yours–Tung & Mai Ho."

10714. **Product Name:** Brief history of R+R Tofu.
Manufacturer's Address: Fold Court, Home Farm, Buttercrambe, York YO4 1AU, England, UK. Phone: +44 7593 72979.
Date of Introduction: 1994.
New Product–Documentation: Form from Soyfoods Center filled out by Ron Malarkey / Malarney. 1994. Nov. 25. He writes the company name as "R+R Tofu." This company began making and selling soyfoods in May 1973, with regular tofu, burgers, and marinated tofu. They presently make 2,000 kg/month of regular tofu and 1,000 kg/month of organic tofu.

Note: In May 2013, when asked about the May 1973 date, which conflicts with the 1985 date on his website, he replied (through his secretary, Jo): "I have got Ron to look again at your attached form and he apologises and says 1973 should read 1983. He had made the mistake of putting down the wrong date."

10715. **Product Name:** Tofu.
Manufacturer's Name: National Agricultural Research Project (NARP).
Manufacturer's Address: Agricultural Research Center, 9 El Gamma St., Giza, Egypt.
Date of Introduction: 1994.
New Product–Documentation: List of new tofu manufacturers in countries where tofu is not well known, sent by Yoshinori Ito of Takai Seisakusho. 1994. Nov. 15. The head of this tofu project is Dr. Neil Patrick. INTSOY has assisted Egypt in establishing this model soyfoods processing pilot plant.

10716. **Product Name:** Savory Tofu, and Savory Tofu Sandwich.
Manufacturer's Name: Olive Tree Works.
Manufacturer's Address: 6713 New Hampshire Ave., Takoma Park, MD 20912. Phone: 301-270-5110.
Date of Introduction: 1994.
How Stored: Refrigerated.
New Product–Documentation: Talk with Ed Mueller of Takoma Soy. 1997. July 21. Takoma Soy used to share the same space as Olive Tree Works in Takoma Park, Maryland. They bought tofu from Spring Creek Natural Foods (Spencer, West Virginia) and sold it at cost to Olive Tree. They are now a full-line natural foods distributor. Talk with Yaron Semititsky of Olive Tree, Inc. 1997. July 24. Olive Tree Works started in Oct. 1990. Their second soy product, Savory Tofu, was launched in 1994. They did not make their own tofu. This is a fried tofu product, with Middle Eastern seasonings, and their most popular one. The sandwich is filled with Savory Tofu, carrots, spinach, etc.

10717. **Product Name:** Tofu Sesame Rissoles, and Agé (marinated roasted tofu).
Manufacturer's Name: R&R Tofu.
Manufacturer's Address: Fold Court, Home Farm, Buttercrambe. York YO4 1AU, England, UK. Phone: +44 7593 72979.
Date of Introduction: 1994.
Ingredients: Incl. tofu, tamari (water, soybeans, salt), herbs, spices.
Wt/Vol., Packaging, Price: 145 gm and 140 gm packs.
New Product–Documentation: Spot in Soyafoods (ASA, Europe). 1994. Autumn. p. 5. "Tofu Rissoles and Agé."

Form filled out by Ron Malarkey / Malarney. 1994. Nov. 25. Writes the company name as "R+R Tofu." Does not give the date for either of these products.

10718. **Product Name:** [Soymilk, Tofu].
Manufacturer's Name: Rey Sol.
Manufacturer's Address: Colonia el Recreo, Lote No. 9, Amatitlan, Guatemala. Phone: +502 633-0971.

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Date of Introduction: 1994.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Juan Guillermo Tornoe. 1999. Aug. 31. Rey Sol is owned by Mario Cesar Jimenez and Blanca de Jimenez, both members of the "Gran Fraternidad Universal" (GFU), which is some kind of new-age association that practices yoga, meditation, tai-chi, vegetarianism, etc. They have a production plant near Lake Amatitlan, which is about 30 km (18.5 miles) from Guatemala City. From there, they supply 3 health food stores/restaurants that they own. One is in downtown Guatemala City, the second is in Centro Comercial Gran Via Roosevelt, Zone 7, and the third and newest one is in 10 Avenida 33-73 zona 11 Las Charcas. From the latter he encloses a promotional leaflet. They make soymilk, tofu, meat alternatives made from soy with different flavors (beef, chicken, etc.), sausages (like hot dogs, and imitations of local sausage-like products such as the "chorizo" and "longaniza"), soy tacos, green peppers stuffed with soy, and a variety of sweet and regular soy breads and cakes. They sell their soymilk in 1 liter plastic bottles but these bottles do not have a label–only a sticker with the expiration date; they advertise the product as "leche de soya" and retail it for about $US0.89. The company also distributes their products to other health food stores. Miss Blanca Jimenez gives vegetarian cooking classes at the GFU offices and is in charge of bakeries. Mr. Mario Cesar is in charge of most of the soy products. Leaflet (8½ by 5½, black on white, in Spanish) sent by Mr. Tornoe. 1999. Aug. 31. "A new option! Now everything that's necessary for your health and nutrition is at Las Charcas in Zona 11. Taste our vegetarian buffet, the best in baked goods and whole-grain pastries, soya meats and sausages, tofu (*toffú*), granola, natural medicine, natural vitamins and much more. Vegetarian restaurant "Rey Sol" Las Charcas. 10 Avenida 33-73 Zona 11 Las Charcas. "We have our own parking lot (*Contamos con Parqueo Propio!!!*)."

Talk with Blanca de Jimenez. 1999. Aug. 8. They started making tofu and soymilk about 4 years ago. She has been a vegetarian for 30 years and her son has been a vegetarian his entire life.

10719. **Product Name:** Soymilk (Chocolate-Peanut Butter).
Manufacturer's Name: Sweet Carrot Café.
Manufacturer's Address: 702 14th St. East, Saskatoon, SK, S7N 0P7 Canada.
Date of Introduction: 1994.
Wt/Vol., Packaging, Price: Bottle.
New Product–Documentation: Talk with George Conquergood of International ProSoya Corporation (IPC). 1999. April 21. George introduced this, his last flavor of bottled soymilk, sometime in 1994. The Chocolate-Peanut Butter was a "power drink" that–along with the Soy Nog–people loved. Both flavors especially popular with cyclists. George used to keep a refrigerator at a cycle shop stocked with product. These guys would come back from their bicycle trips to the cycle shop and down a liter of soymilk.

10720. **Product Name:** Organic Tofu–Extra Firm, with Dulse.
Manufacturer's Name: Twin Oaks Community Foods.
Manufacturer's Address: Route 4, Box 169, Louisa, Virginia 23093. Phone: 703-894-4112.
Date of Introduction: 1994.
Ingredients: Water, organic soybeans, and natural nigari derived from sea water.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Jon Kessler. 1996. Jan. 29. "Twin Oaks Community Foods tofu is made by people who live and work together. We are a worker-owned cooperative that is dedicated to cooperation, equality, and non-violence. We take pride in producing this extremely satisfying, premium tofu." A small, round, purple and white sticker that reads "with Dulse" is affixed to the front panel. Another larger round sticker says "Virginia's Finest–Virginia Agriculture." The product is certified organically grown by VAFB in Charlottesville.

Talk with Jon Kessler. 1996. Feb. 9. Bean Mountain Natural Foods (in Weaverville, North Carolina) was one of the first companies in America to make tofu with dulse, and they were making this product when Jon bought their company. The dulse is mixed with the curds before pressing. Jon buys his nigari from Great Eastern Sun, who gets it from Mitoku.

10721. **Product Name:** Quintesse Vegetarian Tofu Casserole.
Manufacturer's Name: Vegetarian World Ltd.
Manufacturer's Address: 15 Holloway Drive, Wardley Industrial Estate, Worsley, Manchester M28 5NJ England.
Date of Introduction: 1994.
Ingredients: Vegetables (potatoes, carrots, onions, peas), water, tofu (fried in pure vegetable oil), cornflour, vegetable bouillon, extract of roasted barley malt, black pepper, mixed herbs.
Wt/Vol., Packaging, Price: 425 gm can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by David Greenslade. 1994. Oct.

10722. **Product Name:** Quintesse Vegetarian Tofu Goulash.
Manufacturer's Name: Vegetarian World Ltd.
Manufacturer's Address: 15 Holloway Drive, Wardley Industrial Estate, Worsley, Manchester M28 5NJ England.
Date of Introduction: 1994.
Ingredients: Vegetables (potatoes, carrots, onions, peas), water, tofu (fried in pure vegetable oil), tomato puree,

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cornflour, paprika, vegetable bouillon, cider, vinegar, garlic, black pepper.
Wt/Vol., Packaging, Price: 425 gm can.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Label sent by David Greenslade. 1994. Oct.

10723. **Product Name:** [Tofu].
Manufacturer's Name: VETO.
Manufacturer's Address: Tr. Sportovcu, 27 00 Kladno, Czech Republic.
Date of Introduction: 1994.
New Product–Documentation: List of new tofu manufacturers in countries where tofu is not well known, sent by Yoshinori Ito of Takai Seisakusho. 1994. Nov. 15. The owner of this new tofu company is Mr. Pavel Petracek.

10724. **Product Name:** [Peanut Tofu Spread].
Foreign Name: Pinda: Erdnuss Tofu Pastete.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: (02233) 41323.
Date of Introduction: 1994.
Ingredients: Tofu*, carrots*, peanut butter*. vegetable oil*, herbs (*Kräuter*)*,* spices (*Gewürze*)*,* sea salt. * = Organically grown (*kontrolliert biologischer Anbau*).
Wt/Vol., Packaging, Price: 125 gm. Sold in a glass jar.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 4.87 x 1.5 inches. Red, white, and black on yellow. Self adhesive.

10725. **Product Name:** [Tofu Creme: Avellana / Italian, Diavolo, or Olive].
Foreign Name: Tofu Creme: Avellana, Diavolo, or Olive]..
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany.
Date of Introduction: 1994.
Ingredients: Avellana: Tofu*, carrots*, hazelnut butter (*Hazelnussmus*)*,* peanut butter (*Erdnussmus*)*,* vegetable oil*, herbs, spices, sea salt * = Organically grown (*kontrolliert biologischer Anbau*).
Wt/Vol., Packaging, Price: 150 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 3.25 x 4.75 inches. Red, white, and black on light purple (Avelana) or red (Diavolo), or green (Olive). Self adhesive. All use tofu as the main ingredient.

10726. **Product Name:** Soya Nuggets (Organic TVP).
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1994.
Ingredients: Organically grown, expeller-pressed soybeans.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Shelf stable.
New Product–Documentation: Talk with Jeremiah Ridenour. 1995. Feb. 28. This product was introduced about a year ago. It is made by Boodram of BAR North America, Inc. in Seymour, Illinois.

10727. **Product Name:** Smoked Tofu [Garlic Teriyaki, or Mild Szechuan].
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1994.
Ingredients: 1998–Garlic Teriyaki: Wildwood tofu [filtered water, organic soybeans (grown and processed in accordance with the California organic foods act of 1990), nigari (magnesium chloride, a natural firming agent)], soy sauce, Fruitrim (fruit juice, natural grain dextrins), rice vinegar, garlic powder, molasses, onion powder, spices.
Wt/Vol., Packaging, Price: 6.5 oz. Retails for $3.29.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9. Talk with Billy Bramblett of Wildwood. 1998. June 23. Wildwood's two smoked tofu products were introduced in early 1994. They cut the tofu, make a marinade, then send both to a smoke house in San Jose–which cleans out their plant for each Wildwood run. They marinate the tofu in tubs, then smoke it on racks in a real smokehouse with real smoke made from cedar chips. The smoking and baking chamber (about 8 feet tall and 4 feet wide) is next to the chamber where the fire is. The tofu is kept in this chamber at a relatively low temperature (about 240ºF) for 24-36 hours. Of this time, it is being smoked for about 6-8 houses using smoke that is ducted into the chamber; the rest of the time it is just being baked. When ready, it is vacuum packed.

10728. Bates, Chris; Bates, Ling-li. 1994. Culture shock! Taiwan. Portland, Oregon: Graphic Arts Center Publishing Co. 256 p. Illust. Map. Index. 20 cm. [11 ref]
• ***Summary:*** A guide to Taiwan's customs and etiquette. Ling-Li is a Taiwanese native and Chris, her husband, is an American who lived and studied in Taiwan for a number of years. In Chapter 3, "Settling In," the section titled "A stroll through the wet market" [the traditional fresh vegetable market, where each vendor rents a stall] is a section (p. 50-51) about doufu and doufu products. "If it is marinated and dried further, it becomes *doufu gan* (dried bean curd [sic, pressed tofu]). If it is fermented, it becomes *chou doufu* (smelly bean curd).

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Chapter 7, "Cuisine of the Ilha Formosa" is about Taiwanese restaurants–where happy noise and clanging dishes are part of what Chinese value in dining out.

Page 160-61: "Junior is off to cram school, so Mom eats a specialty at a push cart to remind her of the flavors of her youth. When they have all returned home they might go out together for *syau ye* (midnight snack). This might be a bowl of noodles, or *chou doufu* (smelly bean curd–they say it smells like a sewer and tastes like a dream; bean curd's equivalent to Blue Stilton cheese)."

Note: This is the earliest English-language document seen (Oct. 2011) that contains the term "smelly bean curd."

10729. Becker, Egon. 1994. Soya bean milk and cheese from Africa's soil (Videotape). Falls Church, Virginia: Landmark Media, Inc. 15 minutes. VHS. Written and directed by Egon Becker. Series: Fruits of the earth: Promising plants for tomorrow. [Eng]*

• ***Summary:*** "Soya, one of the most important oil and foodstuff sources on the world market, is being adjusted to the requirements of African cooking in Nigeria and also cultivated for the production of milk and cheese for city dwellers."

10730. Chik, Hon Man; Ng, Lam Sim Yuk. 1994. Chinese-English dictionary: Cantonese in Yale romanization. Mandarin in pinyin. Shatin, N.T., Hong Kong: New Asia–Yale-in-China Chinese Language Center, The Chinese University of Hong Kong. 512 + 9 p. Radical index. Number of strokes index. Cantonese romanization index. 17 cm. [Eng; chi]

• ***Summary:*** Page 430: Dauh (Md [Mandarin] dou): beans and peas. Dauh fuh: bean curd. Dauh ngah: bean sprouts as a vegetable. Dauh jeung: soybean milk. Sih (Md chi): fermented bean.

Appendix 3 is a "Comparative chart for four different kinds of Cantonese romanization systems": Yale, IPA, Sidney Lau, and Meyer-Wempe. For each is given: initials [initial sounds], finals, and tones (of which seven can be represented). Address: Hong Kong.

10731. Fryer, Anne-Marie; Fryer, Wil. 1994. Das kleine Buch ueber Huelsenfruechte, Tempeh, Tofu und Seitan: Ost-West Naturkostfuehrer. Bd. 2 [The little book about legumes, tempeh, tofu and seitan: East-West natural foods guide, No. 2]. Voelklingen, Germany: Ost-West-Bund Verlag. 79 p. Illust. No index. 15 cm. [9 ref. Ger]

• ***Summary:*** This is number 2 in a series of 10 volumes. Contents: Introduction. Proteins. Food combining. Nutritional requirements. Table of nutrients in beans and bean products. Beans and other legumes. Preparation of beans. Tempeh. Tofu. Seitan.

10732. Gordy, Josephine Shih. 1994. Chinese in southeast Florida 1900-1992. Miami, Florida: Broadley Publishing. See p. 78-79. 28 cm. [Eng]

• ***Summary:*** On pages 78-79 is the biography of Mr. Manny Wong and his company, Fully, Inc.–based on an interview with Mr. Wong on 8 March 1994 in Miami. He was born in Cuba in 1953 of Cuban immigrant parents. His entire family immigrated to Miami in 1961. His father had gone to Cuba from China as a young man of age 18 in 1943; he had a distant uncle in Cuba who sponsored him. He was married, but he had to leave his wife behind. She came to Cuba in 1950. In Miami, Manny's father, together with several partners, started a restaurant in downtown Miami and named it Hong Kong Restaurant. In 1963 he bought a second Chinese restaurant in Little Havana and named it Oriental Restaurant; it was an still is a Cuban-Chinese restaurant.

After graduation, Manny did not take over his father's restaurant business, but pursued his own career. He and his brother-in-law started their own business in Miami. Named Fully, Inc., it makes beans sprouts, soy sprouts, tofu and soy milk. Its clientele includes all the Chinese grocery stores, most of the Chinese restaurants, and Chinese food distributors in the tri-county area. Manny enjoys being an entrepreneur. Address: Florida.

10733. Grogan, Bryanna Clark. 1994. The (almost) no-fat cookbook: Everyday vegetarian recipes. Summertown, Tennessee: The Book Publishing Co. 192 p. Index. 21 cm. [10 ref]

• ***Summary:*** This low-fat vegan cookbook contains a wealth of soy-related recipes, including 27 recipes that call for tofu. Address: Denman Island, east of Vancouver, British Columbia, Canada.

10734. Johnson, Natasha J. 1994. Traditional beancurd manufacture. Rugby, Warwickshire, England: Intermediate Technology. 39 p. Illust. No index. 21 cm. [11 ref]

• ***Summary:*** Contents: Introduction. Manufacture. Packaging. Equipment. Coagulating agents. Modern methods of manufacture in China. High yield beancurd. Beancurd products (Chinese names are given in pinyin; a photo shows each product): Deep-fried beancurd (*you doufu*), Deep-fried beancurd balls (*yuanzi*), Dry / pressed beancurd (*doufu gan*), Beancurd cutlets (*nan hua gan*), Beancurd roll (*kunji*), Smoked beancurd (*xun doufu*), Spiced beancurd (*xiang gan*), Stewing spice beancurd (*luzhi doufu gan*), Long life beancurd, Fermented beancurd (*furu*), Beancurd bamboo (*fuzhu / dousun* [*dried yuba sticks*]), Frozen beancurd (*dong doufu*), Flavoured beancurd, Specialties (Jinxi ginger beancurd, Shaoyang pork roll, bean paste (*douhu*)), Beancurd silk (in the form of long strands), Heat processed beancurd, Instant beancurd mix. Use of by-products. Cooking with beancurd. References. Acknowledgements.

Note 1. This is the earliest English-language document seen (Oct. 2011) that uses the term "Fermented beancurd" to

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refer to fermented tofu.

Note 2. This is the earliest English-language document seen (April 2013) that uses the term *dong doufu* to refer to frozen tofu.

Concerning smoked tofu: A clear illustration shows the cylindrical smoking chamber, apparently made from a 55-gallon drum. At the bottom is a 20-cm layer of smoking rice bran, half way up is a perforated metal sheet, and near the top is a rack on which the squares or strips of firmly-pressed tofu are smoked, and on top is a cover. Smoking takes several hours and may be cold smoking {below 30ºC} or hot smoking {below 70ºC}. The tofu is smoked slowly, turning it over when the surface is brown to give a distinctive flavour, colour and aroma. After smoking, the texture is firm and the product can be stored for 10 days without refrigeration due to the natural preservatives present in the smoke and the drying action (25% weight loss by evaporation)." Page 26 describes how a highly-flavored product is made by mixing pressed tofu with various spices, sugar, salt, and diced vegetables. It is steamed for 10-12 minutes, mixed with vegetable oil, spread on a bamboo mat, left in the sun to dry, then smoked to give it a golden color. Photos show: Smoked tofu squares on a woven bamboo tray. Rectangular pieces of tofu, each pressed in a cloth.

This booklet provides an excellent introduction to traditional methods of making tofu and tofu products in China, with many clear illustrations and photos. The author did the research while working at the Human Agricultural University in China. The publisher is working to enable low-income people in the Third World to develop and use technologies which give them more control over their lives and contribute to the long-term development of their communities.

In addition to reviewing the many varieties of tofu and tofu products in China (from deep-fried tofu to instant tofu mix), the booklet discusses of traditional manufacturing principles, those which have potential for large-scale manufacture, coagulants, and packaging equipment.

For further information contact Intermediate Technology, Myson House, Railway Terrace, Rugby, Warwickshire CV21 3HT, England, UK.

Updated address (based on letter of March 1995): Ms. Natasha Johnson, c/o United Biscuits, Asia Pacific Ltd., 4506 China Resource Bldg., 26 Harbour Road, Hong Kong. Address: IT, Myson House, Railway Terrace, Rugby CV21 3HT, England. Phone: 0788 560631.

10735. Lee, Mu-Tsun. 1994. Tofu! Tofu! Tofu!: Chinese style. Translated from the Chinese by Innie Hua. Monterey Park, California: Wei-Chuan Publishing. xxxii + 187 p. Illust. (color photos by Aki Ohno). Index. 13 x 19 cm. [Eng; Chi]
• ***Summary:*** Contents: Conversion tables. Soybean products. Tofu. Recipes: Salads, appetizers. Frying. Stir-frying. Cooking in sauces. Deep-frying. Steaming.

The soybean products described are: Soft tofu, hard tofu, bean curd skin (fu pea [yuba]), pressed bean curd, bean curd strips and bean curd sheets (*bai yeh*)**.** Making soy milk at home. Making tofu at home from homemade soymilk (curded with gypsum). All text is in both English and Chinese (Taiwanese complex characters).

10736. Legume, Inc. 1994. The taste of Italy... Now light and vegetarian (Leaflet). Montville, New Jersey. 2 p. Front and back. 28 cm.
• ***Summary:*** The front of this leaflet (8½ by 11 inch, color) shows spaghetti with sauce on a plate. To the lower right are photos of boxes of eight Legume entrees. On the back is a description of each product, with the ingredients. Most contain tofu, soy protein, and/or wheat gluten. Two "new" products are: Veggie protein cutlet with organic pasta sauce. (contains soy protein and wheat gluten). Stuffed shells with sauce, Classic lasagna with sauce, Manicotti Florentine with sauce, Vegetable lasagna with sauce, Classic manicotti with sauce, Classic enchiladas with sauce. All products are Chof K kosher and Pereve. Address: P.O. Box 609, Montville, New Jersey 07045. Phone: 201-263-1013.

10737. Leng, Vikki. 1994. Earthly delights: Everyday vegetarian cooking. Sydney, Australia: Thorsons. 352 p. *
• ***Summary:*** This attractive cookbook, containing many large color photos printed on glossy paper, contains many recipes for and much information about soyfoods throughout the book. One chapter titled "Tofu and soy products" (p. 283-89) includes are recipe for making tofu at home. Address: Australia.

10738. LeShane, Patricia. 1994. Vegetarian cookery for people with diabetes. Summertown, Tennessee: The Book Publishing Co. 143 p. Index. 21 cm.
• ***Summary:*** This is a vegan cookbook. Approximately 12 million Americans have diabetes, but only about 50% of them are currently aware that they have it. The index contains 21 entries for tofu, 2 for soybeans (p. 106, 107), 1 for soy yogurt, and lots for soymilk.

10739. Mindell, Earl. 1994. Earl Mindell's food as medicine. New York, NY: Simon & Schuster. 393 p. Index. 22 cm. [97 ref]
• ***Summary:*** Here Mindell, who would write *Earl Mindell's Soy Miracle* in 1995, gives a preview of his growing belief in the health benefits of consuming soy. Phytochemicals (p. 13, 25): Genistein, which is found in the urine of those who eat soy-based foods, appears to block the growth of new capillaries that supply blood to some tumors. Researchers hypothesize that genistein may be responsible for the low incidence of certain forms of cancer among "Japanese, who eat a diet rich in soy foods."

Phytates (p. 28) found in soybeans and cereal grains

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deactivate steroidal hormones that promote tumors. However excessive intake of phytates is known to interfere with absorption of minerals such as calcium.

Protease inhibitors (p. 29), found in soybeans and soyfoods, can prevent the conversion of normal cells to malignant ones.

Calcium (p. 65): Tofu curded with calcium sulfate is a good source of calcium. Sodium (p. 83-84): Recommends the use of reduced-salt soy sauce.

Breast cancer (p. 215-16): "Soybeans and soy products (soy milk, tofu, etc.) may also provide some protection against breast cancer." Women in East Asia who eat a lot of soy products have 10-15% lower circulating estrogen levels than Caucasian women and must lower rates of breast cancer.

Osteoporosis (p. 242-44): Eat tofu (curded with calcium sulfate), miso, and other traditional soy products.

Menopausal symptoms (p. 261-63): Japanese women seem to have less discomfort. Mindell thinks this may be because the Japanese diet is rich in soy products (tofu, miso, soybeans, etc.). Address: R.Ph, PhD, registered pharmacist and Prof. of Nutrition at Pacific Western Univ. in Los Angeles. He lives in Beverly Hills, California.

10740. Ontario Soybean Growers' Marketing Board. 1994. New uses for soybeans (Leaflet). Ontario, Canada. 2 p. Undated. 28 cm.

• ***Summary:*** Contents: Soy diesel. Premium building materials (such as Environ). Industrial solvents. Anti-chronic disease agent (isoflavones and protease inhibitors from tofu, miso, and tempeh). Road dust suppressants. Asphalt and concrete release agents. Lubricants and hydraulic fluids. Biodegradable plastic utensils. Soy oil based inks. Soy textile fibres (can be used for erosion control on landscape projects, for peat pots, fishing nets, and "soy silk" in clothing). Soy adhesives (for plywood products and composites). Address: Box 1199, Chatham, ONT N7M 5L8, Canada. Phone: 519-352-7730.

10741. Oser, Marie. 1994. Luscious low fat desserts. Montrose, Pennsylvania: Chariot Publishing, Inc. 124 p. Foreword by Scott W. Sanders, PhD. 21 cm. [18 ref]

• ***Summary:*** The many recipes in this vegan cookbook are low in fat (only 3 grams of fat per recipe), use no dairy products or eggs, and contain no cholesterol. Twenty-five attractive full-page color photos show the prepared recipes. The glossary of ingredients contains entries for the following soy ingredients: "Lite silken tofu–a reduced-fat form of silken tofu. It is sold in aseptic packages in large supermarkets and natural food stores. Lite silken tofu has 75% less fat than regular silken tofu and does not sacrifice flavor or texture." "Silken Tofu–a smooth-textured, custard-like tofu that is sold in aseptic packages and is available in most supermarkets and natural food stores. Like regular tofu it is made from soybeans. Silken tofu is an effective egg substitute when used in ¼ cup tofu to one egg proportions. It is also available in soft, firm and extra firm consistencies. I prefer the extra firm consistency." "Soy buttermilk–a good substitute for dairy buttermilk in baked goods. It is made by adding 2 tablespoons of lemon juice to 1 cup of soy milk." Soy milk lite–a reduced fat soy milk that is 1% fat. It is available in large supermarkets and natural food stores." The glossary also defines "Rice milk," and the following sweeteners: Barley malt syrup, brown rice syrup, date sugar, FruitSource (made from grapes and grains), maple syrup, Mystic Lake fruit sweetener, natural applesauce, and Sucanat (granulated organic sugar cane juice).

At the listing for "Tofu" in the index, we are asked to "see lite silken tofu,"–which is used in 33 dessert recipes–including the following (listed alphabetically): Almond streusel cake. Apricot almond custard Austrian apple torte. Banana cream pie. Blueberry custard pie. Chocolate dream pie. Chocolate truffles. Classic pumpkin pie. Lemon yellow icing. Peaches 'n cream parfait. Raspberry banana mousse. Strawberry Nice Cream (creamy frozen dessert like ice cream).

In the introduction to the chapter on cakes, the author says: "One way I achieve a rich cake without eggs or dairy is to use lite silken tofu. Its creamy, custard-like consistency is perfect for replacing the eggs and milk found in traditional cakes. And its low-fat profile will keep you coming back for seconds.

A small color photo on the rear cover shows Marie Oser, who has been a vegetarian since 1971. She left a career in TV advertising to pursue her interest in food and nutrition. Address: Agoura Hills, California 91391. Phone: 818-707-7353.

10742. Pan, Lynn. 1994. Sons of the Yellow Emperor: A history of the Chinese diaspora. New York: Kodansha International. xx + 418 p. Illust. (16 pages of plates). Index. 22 cm. [174* ref]

• ***Summary:*** On page xiv is a very interesting map of southern China, with a blowup of southern Kwangtung [Guangdong] province, the area around Canton the Pearl River, the South China Sea, Macao, and Hong Kong. For this area was at the heart of the Chinese diaspora–especially in the 19th and 20th centuries and especially from two small areas southeast of Canton: (1) Sam Yap (Three Districts) of Punyu, Shuntak, and Namhoi–the more affluent counties. (2) Sze Yap (Four Districts) of Hoiping, Sunwui, Toishan, and Yanping–the poorer and ruder area southwest of Sam Yap. Although the people from both areas speak Cantonese, they have difficulty understanding each other's speech. Other important languages of the diaspora were Hakka and its numerous variants (spoken in Guangdong, Fujian, etc.) and Hokkien (spoken in southern Fujian, Taiwan, and by many overseas Chinese throughout Southeast Asia). It is closely related to Teochew / Teochiu, though mutual comprehension

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is difficult,

In Part Four: 1960s to 1980s, Chapter 16, titled "Food" contains a history (p. 320-23) of Amoy Food Limited, now an international firm, with its headquarters in Hong Kong, owned largely by overseas Chinese. For many overseas Chinese, "perhaps no label has quite the resonance of Amoy." In 1908, T'ao-hua Ta-t'ung, the predecessor of the company, was founded in Xiamen for producing bottled soy sauce and dairy milk. Its founder was Yang Ko-fei, who soon brought in other shareholders. In 1911 clashes between the founder and other shareholders lead to a break-up of the company, with one party going it alone as T'ai-hua (Tao Fia), and the other as Ta-T'ung. Yang Ko-fei went with the latter company, who chief shareholder was Tan Kah Kee, the rubber and pineapple magnate.

It became increasingly apparent, however, that the two companies would do much better of they operated as a single unit. So in 1928, when a new rival appeared, they merged, with the smaller of the two now located in Hong Kong. Thereafter the company experienced steady growth. Eventually the branch in Hong Kong came to eclipse the parent company in Amoy. In 1937, when the Japanese invaded China and war broke out, almost the entire canning plant was moved to Hong Kong from Amoy. In 1951, when the company went public, the ownership passed mainly into the hands of overseas Chinese.

Today Amoy Foods' products are on the shelves of supermarkets and Asian markets in 37 countries. Half of Amoy Foods' shares are owned by the American food giant Pillsbury (owner of Haagen-Dazs and the Burger King hamburger chain) and the other half by Hang Lung (a Hong Kong real estate company). Amoy's line of 34 sauces include dark soy sauce (lau-ch'ou), light soy sauce (*sheng-ch'ou*), black bean sauce [made of fermented black soybeans], sweet and sour sauce, etc.

On the roof of the Amoy factory's main building a visitor can see a demonstration of the old-fashioned process; "here, an old man with sleeves rolled up goes from earthen vat to earthen at plunging his arm into the thick brew of black and yellow soy beans to give it a gentle, almost loving stir. He works rhythmically, with deep concentration. A Soy Master with thirty or forty years behind him, he stands in a line which goes back to the fifth century, from when dates the earliest surviving soy sauce recipe."

Companies like Amoy have helped to make Chinese foods more widely available in the West. Not so long ago, Chinese cookbooks published in England said that Worcestershire sauce was an acceptable substitute for soy sauce, because the latter was available only at delicatessens and specialty shops [Asian grocery stores] in London. Even during the last five years, the range of Chinese foods available in London's Chinatown has grown remarkably. In Chinatowns in the United States [and especially those in San Francisco {California} and New York] the selection of Chinese foods has long [perhaps always] been greater than at those in London or other places in Europe.

Page 324: The first person to make tofu in Europe was Li Shih-tseng [Li Yü-ying, Li Shizeng], a Chinese intellectual and educator. As a young student of biochemistry in France in 1900, Li was to be greatly influenced by the writings of Nietzsche and Bergson. A Francophile, Li was one of the founders of the Work and Study Program, which sent Chinese students abroad for part-time work and part-time study. One of these students, who would later become famous, was Deng Xiaoping. While establishing his tofu [beancurd] factory in France, Li drew on his knowledge of biochemistry; the factory provided jobs for many students in the Work-Study Program.

Li, a vegetarian, was a firm believer in the nutritional value of tofu and other soybean foods. His factory also made and sold soybean flour, fermented tofu, soy-bean milk, and soy-bean jam, and these foods nourished not just Chinese, but also Westerners, including American soldiers who fought in France during World War I (Lin Hai-yin 1971, p. 125). "All this was before the faddish demand for tofu by health food enthusiasts, and before it became widely known as an unbeatable source of protein. The company closed after the war, but among certain Chinese *émigrés* [emigrants from China] France was never to lose its reputation for beancurd. In Europe up to the 1980s *tofu kan,* a particular variety of fermented beancurd [sic, pressed tofu] much demanded by eastern Chinese palates, could only be had in Paris, and the handful of *émigrés* in London had to send over for it."

Li was also a founder of the Université Franco-Chinoise at Lyons, a sort of accommodation and placement agency.

About the author (facing p. 418). Lynn Pan was born in Shanghai; she left as a child. She "has lived as an immigrant in North Borneo and England, and worked as a social scientist, journalist and writer in London, Geneva, Helsinki, and Hong Kong." In 1981 she returned to Shanghai for the first time, and was gripped by deep, haunting sensations of nostalgia. She had found the place where she belonged, her inheritance, and she began to write this book. She is the author of at least five other books–all listed facing the title page. Her Epilogue and Afterword at the end of this book are both very interesting.

10743. Sojarei Vollwertkost GmbH. 1994. Dokumentation fuer Grosskunden [Documentation for big customers / major accounts]. Traiskirchen, Austria. 19 p. 30 cm. [Ger]
• ***Summary:*** Contents: Business philosophy. Company history: Early years in Baden near Vienna (1984-1992), new marketing impulse after starting production in Traiskirchen (1992/93), present strategies and goals. Production facilities: Tofu production, gluten production, value-added processing and packaging. Quality control. Development of products: By the company (e.g. Tofunaise, convenience products), in cooperation with industry and the trade (e.g. Ready-

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to-serve salads with tofu dressing, tofu bread, Tofurella IceDream, convenience foods–frozen and in dozen quantities). Raw materials: Soybeans (all tofu from Sojarei is made with soybeans grown organically in Austria), grains, vegetables, and other raw materials. Overview of products and documentation. Address: Roemerstrasse 14, A-2514 Traiskirchen, Austria. Phone: (02252) 559 01.

10744. Stepaniak, Joanne. 1994. The uncheese cookbook: Creating amazing dairy-free cheese substitutes and classic "uncheese" dishes. Summertown, Tennessee: The Book Publishing Co. 192 p. Index. 21 x 18 cm. [16 ref]
• ***Summary:*** This is an excellent, very creative cookbook with a poor index, developed especially for people who, due to choice or chance, have eliminated cheese from their diet. The recipes are well designed to satisfy any compelling cheese fantasies you may have.

Contents: Introduction. Cheezes, spreads & dips. Soups and chowders. Fondues & rarebits. Sauces. pestos & dressings. Pizzas, polentas & breads. Quiches, casseroles & entrées. Sweets. Glossary. Mail order suppliers of natural foods.

Tofu is used as a major ingredient throughout this cookbook. For example: Muenster cheese (p. 23). Chunky Roquefort dip & dressing (p. 24). Tofu cottage cheese (p. 27). Tofu ricotta (p. 27). Betta feta (p. 28). Brie (p. 31). Liptauer käse (p. 32). Boursin cheese (p. 33). Tofu cream cheeze–rich or light (p. 34-35). Kefir cheeze (p. 36). Garbanatto (p. 39). Hot Parmesan artichoke dip (p. 41). Pecan cheese (p. 42). Egg-free (vegan) mayonnaise (p. 89). Tofu sour cream (p. 90). Calzones (p. 100-10). Tofu tetrazzini (p. 122) Tofu devonshires (p. 140). Mattar paneer (p. 146). Tofu cheezecakes & cream pies (ten varieties, p. 164-74). Tofu whipped topping (p. 172).

Many other recipes also call for "low-fat, dairy-free (vegan) milk" which is defined (p. 183) as "a generic term which refers to any creamy beverage such as soymilk, nut milk, or rice milk that is produced from non-animal products.

Interesting products in the glossary (p. 180-184) include: Agar, barley malt syrup, brown rice syrup, liquid aminos, mirin, miso, seitan, tahini, tamari, tempeh, toasted sesame oil, tofu, umeboshi plum paste, vegan milk, yeast–nutritional (*Saccharomyces cerevisiae*).

10745. United Soybean Board, 1994. Sunrider expedition: Adventure in action (Portfolio). Chesterfield, Missouri. 20 inserts. 30 cm.
• ***Summary:*** This educational portfolio, sent to schools, is designed to teach students of high school age and below about the Sunrider expedition, science, and soy biodiesel. The package has two parts. (1) Individual project sheets, each with a background, objectives, materials needed, procedure, and questions. Some also have teacher notes. Examples: Biology of soybeans (to sprout soybeans and observe their growth). Edible uses of soybeans (to make three recipes using soybean oil, soy flour, and tofu). Making SoyDiesel (to convert soybean oil into methyl soyate in the school lab). Solar energy. Where in the world is Sunrider (locate its position using a coordinate system).

(2) Factbook: Welcome. Expedition route (on map of the world). Navigation technology. Around the world on vegetable oil ad sunshine (SoyDiesel, and uses of soybeans, incl. "traditional soyfoods"). Life at sea. Contains many photos and logos. Address: 16305 Swingley Ridge Drive, Suite 110, Chesterfield, Missouri 63017.

10746. Wilcox, James R. 1994. Soybean genetics and breeding. In: Charles J. Arntzen and Ellen M. Ritter, eds. 1994. Encyclopedia of Agricultural Science. 4 vols. San Diego: Academic Press. See vol. 4, p. 181-92. Illust. Index. 29 cm. [4 ref]
• ***Summary:*** Contents: Glossary: Cultivar, F1, F2, F3, etc., genotype, heritability, inbred line, linkage group, phenotype, restriction fragment length polymorphism (RFLP), transgenic plants.

Introduction. Qualitative genetics. Quantitative genetics: Hertitability traits, interrelationships among traits. Sources of genetic variability: U.S. soybean germplasm collection, cultivars and breeding lines, transgenic plants. Breeding objectives for soybean: Seed yield, plant maturity, plant height, lodging resistance, seed size (Typical seeds range from 100 to 200 mg / seed. Very small seed, 80 to 100 mg, is preferred for the production of natto. Large-seeded cultivars, 180 to 250 mg, have traditionally been preferred for making tofu), seed oil content, seed protein content, disease resistance, nematode resistance, insect resistance. Breeding methods employed: Pedigree method, single-seed descent (presently the most commonly used breeding method), early generation testing, backcrossing, recurrent selection. Performance testing of improved germplasm. Increase and distribution of new cultivars: "Soybean cultivars are maintained and distributed through seed certification programs with four classes of seed to maintain cultivar purity and identity": (1) Breeder seed, produced and controlled by the breeder. (2) Foundation seed, initially produced from breeder seed. (3) Registered seed, produced from either breeder or foundation seed. (4) Certified seed, produced from registered seed.

Tables show: (1) Genes controlling traits of economic importance in soybean. (2) Heritability estimates in percentage for quantitatively inherited traits in progenies from different soybean crosses. (3) Estimates of phenotypic correlations of seed yields with other traits in progenies from six soybean crosses.

Figures show: (1) Scatter plot–The inverse relationship between seed protein and oil content in a cross between two named parents. Address: USDA Agricultural Research Service, Indiana.

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10747. Asahi Food Processing Co. 1994? Soybean materials and tofu quality: Soybean use at Asahi. Gyoda-shi, Saitama-ken, Japan. 13 p. 28 cm. Undated. [Eng]
• ***Summary:*** This very interesting report was produced by the Tofu Research Team in the company's Foods Laboratory. It shows how a top Japanese tofu manufacturer evaluates soybeans and processes for making tofu. Each year Asahi uses 4,900 tonnes (metric tons) of soybeans, of which 3,000 tonnes (61.2%) are IOM from the USA and 1,900 tonnes (38.8%) are grown in Japan. Contents: Flow sheet for making soymilk and tofu.

Chemical composition and viscosity of soymilk and hardness of tofu, made using 26 different soybean varieties and 3 coagulants–GDL, calcium sulfate, and magnesium chloride. The main soybeans are Enrei, Toyosuzu, Suzuyutaka, Nanbushirome, Tachinagaha, Yamabe daizu (+ or -), IOM, Vinton, Beeson, Kunitz, Zane, Forrest, 9 experimental Canadian soybeans bred at Harrow [Ontario], Best One (Harrovinton [Harovinton]), plus soybeans from Nepal, Celebes, and Chiang Mai.

Chemical composition of 26 soybean varieties and subunit composition of their protein (11S, 7S, etc.). Composition of other soybeans tested: Vinton organic, Tachiyutaka, Tamahomare, Fukuyutaka, Murayutaka, Raisen, Nakasennari, etc. Variables affecting tofu breakage, and tofu compression. Graph showing effect of A-4 subunit on viscosity change of soymilk after addition of magnesium chloride. Graph showing viscosity curves after addition of magnesium chloride coagulant (0.2%) to soymilk derived from 8 different soybean varieties (Note: Enrei gives the lowest viscosity and Vinton the highest). Dendrogram of cluster analysis on principal component score for Japanese soybean cultivars (Best suited for tofu are Enrei, Toyosuzu, Fukuyutaka, Shirosennari). Note: *Webster's Dictionary* defines dendrogram (a term first used in about 1953) as "a branching diagram representing a hierarchy of categories based on degree of similarity or number of shared characteristics esp. in biological taxonomy."

Three dimension chart of factor loading. Chart (2 pages) of variables affecting tofu quality: Vertical columns: Deliciousness (Color, taste, flavor, texture), nutrition, sanitation, cost. Horizontal columns: Points/characteristics, soybeans, extraction of soymilk, coagulation operation to make tofu, viewpoints (notes), Enrei, IOM. Address: 2-17-8 Mochida, Gyoda-shi, Saitama-ken, Japan.

10748. Gaia. 1994? Une gamme de pains spéciaux, goûtres et desserts naturels, 100% végétals, biologiques et sans adjonction de sucre [A line of special breads, snacks, and natural desserts. Made purely from plants, organically grown, and without the addition of sugar]. Auterive, France. 6 panels. Undated. 21 cm. Catalog. [Fre]
• ***Summary:*** This undated color leaflet was sent by Jean Luc Alonso on 16 May 1994. The printed address has been crossed out; the new address is: 7, rue du Mail, 81300 Graulhet, France. Phone: 63 42 16 03. The following products are included in the leaflet (the label of each is shown): Tof'délice–Caroube (A fresh carob pastry based on tofu). Tof'quiche–Au tofu fume (Tofu quiche based on smoked tofu). Friand au seitan (Seitan appetizer). Address: 11, rue François Chancel, 31190 Auterive, France. Phone: 61 50 67 39.

10749. **Product Name:** [Fresh Tofu-Based Pastry (Carob)].
Foreign Name: Tof'délice (Caroube).
Manufacturer's Name: Gaia.
Manufacturer's Address: 11, rue François Chancel, 31190 Auterive, France. Phone: 61 50 67 39.
Date of Introduction: 1994?
Ingredients: Tofu*, sunflower oil*, corn syrup*, sea salt, soymilk* [filtrat de soja], agar-agar, carob*, flour T65*. * = Organically grown.
Wt/Vol., Packaging, Price: 150 gm.
New Product–Documentation: Color leaflet (undated, 6 panels) sent by Jean-Luc Alonso. 1994. May 16. *Une gamme de pains spéciaux, goûtres et desserts naturels, 100% végétals, biologiques et sans adjonction de sucre* [A line of special breads, snacks, and natural desserts. Made purely from plants, organically grown, and without the addition of sugar]. The printed address has been crossed out; the new address is: 7, rue du Mail, 81300 Graulhet, France. Phone: 63 42 16 03. The following products are included in the leaflet (the label of each is shown): Tof'délice–Caroube (A fresh carob pastry based on tofu). Tof'quiche–Au tofu fume (Tofu quiche based on smoked tofu). Friand au seitan (Seitan appetizer).

10750. **Product Name:** [Tofu Quiche (With Smoked Tofu)].
Foreign Name: Tof'quiche–Au Tofu Fume.
Manufacturer's Name: Gaia.
Manufacturer's Address: 11, rue François Chancel, 31190 Auterive, France. Phone: 61 50 67 39.
Date of Introduction: 1994?
Ingredients: Tofu*, soymilk* [filtrat de soja], smoked tofu*, flour T65*, rolled oats, sunflower oil*, shoyu [sauce de soja], miso [pâte de soja], aromatic herbs. * = Organically grown.
Wt/Vol., Packaging, Price: 130 gm.
New Product–Documentation: Color leaflet (undated, 6 panels) sent by Jean-Luc Alonso. 1994. May 16. *Une gamme de pains spéciaux, goûtres et desserts naturels, 100% végétals, biologiques et sans adjonction de sucre* [A line of special breads, snacks, and natural desserts. Made purely from plants, organically grown, and without the addition of sugar]. The printed address has been crossed out; the new address is: 7, rue du Mail, 81300 Graulhet, France. Phone: 63 42 16 03. The following products are included in the

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leaflet (the label of each is shown): Tof'délice–Caroube (A fresh carob pastry based on tofu). Tof'quiche–Au tofu fume (Tofu quiche based on smoked tofu). Friand au seitan (Seitan appetizer).

10751. **Product Name:** Tofu, Soymilk, Dried Tofu Curds, and Veggie Burgers.
Manufacturer's Name: Harcan Kingsoya Co. Ltd.
Manufacturer's Address: 33 Casebridge Court, Units 5&6, Scarborough, ONT M1B 3J5, Canada. Phone: (416) 283-8328.
Date of Introduction: 1994?
New Product–Documentation: Talk with Duff MacKinnon of the Ontario Ministry of Agriculture and Food in Guelph. 1995. March 6. Harcan makes tofu, soymilk, dried tofu curds, and veggie burgers. They have a very small plant. One partner, from mainland China, speaks excellent English. The other two partners are Canadian.

10752. Mirachi, Joe. 1994? Pepper... and salt (Cartoon). *Wall Street Journal.* Undated. Undated.
• ***Summary:*** A woman in a liquor store is looking through a box of wines that are on sale. Holding up one, she turns to the clerk behind the counter and asks: "What wine goes best with tofu ravioli and seaweed salad?"

10753. Rosas, Juan Carlos; Young, Roberto A. 1994? El cultivo de la soya. Quinta edición [The cultivation of soya. 5th ed.]. *Departamento de Agronomía* (*Zamorano, Honduras*)*, Publication* No. AG-9603. 68 p. Undated. [Spa]
• ***Summary:*** Contents: 1. Overview: Economic importance, chemical composition, history, taxonomy. 2. Morphology of the soybean plant. 3. Physiology of the growth and development of the soybean plant: Stages of development. 4. Environmental factors that affect the cultivation of soya: Soil, water, irrigation, light / photoperiod, temperature, period of growth. 5. Practical cultivation: Preparation of the soil, time of planting, density of planting, quantity of seeds, systems of cultivation, control of weeds (methods of weed control, chemical control). 6. Mineral nutrition of soybeans (and inoculation). 7. Diseases that affect the cultivation of soybeans and their management: Bacterial, fungal, viral, other, seed treatment. 7. Insects that attack soybeans. 8. Harvest and storing. 10. Improvement of soybeans. 11. Processing and utilization: Industrial processing (extraction of oil, soy flours, soy protein concentrates {*concentrados proteícos de soya*}*,* soybean cake). Direct consumption: In the Far East, the soybean is consumed in the form of fermented and non-fermented foods. Fermented foods include shoyu, miso, mato [sic, natto], and tempeh, while non-fermented foods include soymilk (*la leche de soya*)*,* tofu, yuba (*juba*)*,* and kinako. 12. The cultivation of soya in Honduras (history).

In 1972, the Ministry of Natural Resources (*Ministerio de Recursos Naturales*) reported the initiation of commercial soybean production on a small scale in various departments of the country (Olancho, El Paraíso and Comayagua). Three varieties were used at that time: Biloxi, Hardee and Jupiter. However, before these reports were made, at the Panamerican Agricultural School (*la Escuela Agrícola Panamerican* (*EAP*))*,* some hectares had already been planted with the varieties Jupiter and Pelican. Discusses additional developments in 1974, 1982, 1986, 1987, and 1988. Address: 1. PhD; 2. PhD.

10754. **Product Name:** [Yamato Paprika-Tofu–Smoked].
Foreign Name: Yamato Paprika-Tofu–herzhaft geraeuchert.
Manufacturer's Name: Soyastern Naturkost GmbH.
Manufacturer's Address: 7660 Radolfzell, Germany.
Date of Introduction: 1994?
Ingredients: Tofu* (Water, soybeans*, calcium sulfate, calcium chloride), paprika, spices, soy sauce (shoyu), sea salt, smoke. * = Organically grown (*aus kontrolliert biologischem Anbau*)*.*
Wt/Vol., Packaging, Price: 250 gm vacuum pack. Retails for DM 3.50.
How Stored: Refrigerated. Store at 2-5ºC.
New Product–Documentation: Label sent by Anthony Marrese. 1994. May. 2.5 by 5 inches. Self adhesive. Black, gold, and yellow on green. On the label in large Chinese/Japanese characters is written: "Yamato Tofu-Ya." In German is written: "A soy protein product. Made purely from plants." This tofu was purchased at the store Kraut & Rueben in Bremen. Note: This is a puzzling label. Has Soyastern started business again? Why are they located in Radolfzell, where Huegli is also located? Why is "Yamato Tofu-ya" written on the label as if it were the company name?

Letter (fax–which see) from Bernd Drosihn of Viana in Germany in response to enquiry. 1994. June 9. Huegli owns Yamato and also owns the Soyastern brand. But this tofu is actually made by Heuschen-Schrouff B.V. in the Netherlands.

10755. **Product Name:** Wild Dogs (Tofu Hot Dogs).
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1994?
Ingredients: Organically grown, expeller-pressed soybeans.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Shelf stable.
New Product–Documentation: Talk with Jeremiah Ridenour. 1995. Feb. 28. The slogan for this product is "take a pack home with you."

10756. **Product Name:** Marinated Tofu Cutlets.
Manufacturer's Name: Wildwood Natural Foods of Santa

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Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1994?
Ingredients: Tofu (organic soybeans grown accordance with the California Organic Foods Act of 1990, filtered water, nigari/magnesium chloride, a natural firming agent), hi oleic safflower oil, marinade (unsweetened pineapple juice, soy sauce, fresh ginger, garlic powder, ginger powder, onion powder).
Wt/Vol., Packaging, Price: 6.0 oz. (175 gm) vacuum pack. Retails for $2.89.
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Open Sesame in Lafayette, California. 1995. March 11. Label. 2 by 4 inches. Red and black on gold. Silhouette of a forest. "Wonderful, hearty texture. Marinated in our pineapple teriyaki. Try it in stir fry, sandwiches, and all vegetarian entrees. Made with organic tofu." The plastic pouch is about 4½ by 5 inches.

10757. **Product Name:** Grilled Tofu Mexicana.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062; Fairfax, CA 94930. Phone: 408-476-4448.
Date of Introduction: 1994?
Wt/Vol., Packaging, Price: 10.5 oz. Retails for $3.49.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

10758. **Product Name:** Eggless Wonder.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1994?
Wt/Vol., Packaging, Price: 6.0 oz. Retails for $1.99.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

10759. Burros, Marian. 1995. When tofu meets bun: Eating well. *New York Times.* Jan. 4. p. C1, C6. Living section.
• ***Summary:*** This feature story about the fast-growing popularity of veggie burgers notes that "This quintessential hippie food [the tofu burger] may be on its way to becoming the food of the masses."

In a large table, 34 brands and varieties of veggie burgers are rated; the author's personal taste test resulted in 13 different burgers being rated from acceptable to very good. Among her favorites: Boca Burger, Green Giant Harvest Burger, and Morningstar Farms Meatless Patties [made by Worthington Foods].

10760. Faulkner, Jessie. 1995. Soy Devine a tasty way to eat vegan. *Times-Standard* (*Eureka, California*). Jan. 25.
• ***Summary:*** Mara Devine, who lives on Fieldbrook Road in Arcata, makes tofu-based Soy Devine foods in Arcata, California. The key is the use of frozen tofu. One of her products is Cajun Barbecue Style, which is available in a pint container or in a sandwich complete with a vegan bun made by Giusto's, a South San Francisco bakery. Her other product is "Beefy" Burrito. Her products are sold in southern Humboldt County supermarkets, in the Eureka Health Food Store, in Wildberries in Arcata, at both Eureka and Arcata Co-ops, and even in Humboldt State University's cafeteria.

Soy Devine is primarily a one-woman business from preparation to packaging to distribution. Devine cooks and packages her products at the Arcata food incubator, a production site for a number of locally produced foods.

10761. Oates, Bill. 1995. History of The Good Life, and Llama, Toucan & Crow (Interview). *SoyaScan Notes.* Jan. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** It was Bill's idea to start The Good Life, which opened in March 1971 as a natural food retail store at 80 Main Street in Brattleboro, Vermont. Brattleboro was a very active center of the counterculture in the late 1960s and 1970s. In 1964-65 he had lived in Indonesia, where he was doing research for his PhD dissertation on a peasant revolt in West Java, and he grew to be very fond of tempeh. Back in the USA, he entered academia at Lyndon State College in Lyndon, Vermont, teaching Chinese and Southeast Asian History during the Vietnam War. Bill was partners in The Good Life with Peter Strong and Patricia Perry. Bill and Peter were hippies at the time. Peter, who had been a student of Bill's, had worked with David Hatch, who owned and ran Hatch's, in Saint Johnsbury, Vermont. Hatch's may have been the earliest natural food store in Vermont; they did not carry supplements. For a while Peter Strong ran Hatch's.

When the three partners opened The Good Life in March 1971 they sort of used Hatch's as a model. Many of their original employees came from the Total Loss Farm Commune at Packer's Corners in Halifax, Vermont. The commune still exists (they used to make many baked goods for The Good Life), and a book was written about the group. There were some problems in getting good quality natural foods. The Good Life didn't carry vitamins or supplements. Like Hatch's, they would buy some foods from Erewhon in Boston, Massachusetts (Paul Hawken served as a wise advisor for them), and they would also drive a van farther south to New York City, where they would buy from Richter Brothers, Bazzini Nut Co. and others. In New York they would go to Chinatown and buy tofu from a Chinese manufacturer on Mott St. [probably Fong-On]. Prices of some goods were lower in New York City, Erewhon didn't

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carry everything, and "frankly they were very disorganized as a business. Paul Hawken was more of a thinker than a manager–a fascinating person." They were buying hard red winter wheat (organically grown) from Ted Whitmer in Montana. They would pay 8-9 cents a pound for the wheat plus 7 cents a pound to have it shipped to Vermont. Ted Whitmer said that if they bought a truckload of 40,000 lb, they could have it shipped on a back-shipment under an exemption for agricultural products; the ICC was still setting rates for freight shipments. So The Good Life took the plunge and in June or July of 1971 bought a 40,000 lb shipment of winter wheat from Whitmer, and paid only 2¼ cents per pound to have it shipped to Brattleboro. So the cost delivered to their store was about 11¼ cents per pound–a great price, compared with the 19-20 cents per pound they would have to pay for Deaf Smith organic wheat from Erewhon [purchased by Erewhon from Arrowhead Mills in Texas]. Ted Whitmer gave The Good Life his list of all his wheat customers (about 25, including a nunnery and some co-ops) in the New England area to help his customers reduce freight costs. So The Good Life contacted all of Ted's customers and started selling their organic wheat to other food stores and groups for 14-15 cents per pound. Most of the stores picked up the orders of wheat at The Good Life, but some of it was delivered to the stores. All the wheat was sold within a month. The origin of Llama, Toucan & Crow can be traced directly to this shipment of wheat. Bob Swanson joined The Good Life as an employee after the first big shipment of wheat, and he used to do a lot of the driving. By the second year, the Good Life contracted with Ted Whitmer to buy 500,000 lb of his wheat, with payment in advance.

Since The Good Life was selling wheat to a growing number of stores, they wanted to buy other foods as well. They drove to New York and picked up several thousand pounds of food each week at special discounted prices, as the retail store thrived. They began to sell some of this food from New York at wholesale prices to customers who purchased wholesale wheat. So they soon found themselves in the wholesale business, and by early 1972 they were delivering foods at wholesale to more than 5 accounts. Then they discovered that the commodities law that enabled them to ship large amounts wheat inexpensively from Montana, would also allow them to ship other foods, such as dried fruits from California, at ridiculously low prices. So they put together a 40,000 lb shipment of dried fruits from California, consisting mostly of dried organic dates, then used organic raisins and other fruits to make a total of 40,000 lb. Now they were really in the wholesale business. Bob Swanson's job expanded from just delivering the food to taking the orders and ordering the food. By the end of 1972, The Good Life found itself with a thriving wholesale business, doing about $3,000 to $4,000 a week–about the same as the retail store. They were making two delivery runs a week, one north to Vermont and New Hampshire, and one south to Connecticut and Massachusetts. And people still came to The Good Life to pick up their supplies–at excellent prices. The tail was now wagging the dog. By this time Peter had gone off to Nepal–to discover himself. Patricia and Bill were running the retail store, which had always carried, in addition to natural foods, imported cheese and wines. They sold no vitamins until many years later. Bill and Patricia decided that, as from the outset, they wanted to be in the retail store business, so they said to Bob Swanson, "If you want this wholesale business, its yours, free of charge." Why free of charge? "It was right, and it was the right thing to do. You've got to remember, this was the early 1970s."

Bob accepted their offer, and in Jan. 1971 he began running the business out of the cellar of The Good Life for several months, until he located a very tumble-down warehouse facility for his new company in Brattleboro, at 21 Frost Street. The building has since been demolished. It had been owned by DeWitt Beverage Company, a beer distributor, and Swanson's business occupied only one floor of about 5 floors. Swanson operated out of this location for about 8-9 months, then he moved the company down to Greenfield.

Bill has no idea how to contact Bob Swanson now; later Bob went to his home town in Woodbury, Connecticut, where he helped a friend run a natural food store. Then he may have moved to Colorado. Peter Strong, who is now somewhere in Texas, might know how to reach Swanson.

When Barclay McFadden purchased Llama, Toucan & Crow, he had no background in the natural food business. Bill thinks that he was in the military, perhaps either a career officer or he may have been a graduate of West Point.

Bill and his wife now have a consulting company that works with country inns and bed-and-breakfasts in Vermont–mainly helping them to get started or to buy. Address: Box 1162, Brattleboro, Vermont 05302. Phone: 802-254-5931.

10762. Drosihn, Bernd. 1995. The soyfoods market in Germany. New developments at Viana Naturkost (Interview). *SoyaScan Notes.* Jan. 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bernd's company, Viana, is now one of the two largest tofu manufacturers and soyfoods marketers in Germany. The other large company is Life Food in Freiburg. Their brand name is Taifun, and they have been growing rapidly for the last two years.

The tempeh market is very small in Germany. There are only two manufacturers: Hamburger Tofu Manufaktur (Christian Nagel, in Hamburg) and Viana. There is now only one real miso manufacturer in Germany: Kanta Kozaki GmbH in Urbach near Stuttgart. Viana stopped making miso 2 years ago, however Viana sells miso made by Kanta Kozaki in glass jars under the Viana label. A Japanese man (Hiroshi Kozaki) and a German man (Karl Selgmann) run

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the company together. They have been making miso for 3-4 years. Viana also sometimes makes koji for Kanta Kozaki.

Bernd and Albert Hess are planning to attend the Natural Products Expo West in Anaheim, California, March 10-12, 1995. Address: Founder and president, Viana Naturkost GmbH, Willi Graf Str. 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076.

10763. Skow, John. 1995. Our own worst health enemies. *Time.* Jan. 30.
• ***Summary:*** "Unfortunately for a populace that tends to equate health with crisis intervention–surgery and antibiotics–what counts more is moderation and common sense, the dreary behavioral equivalent of tofu."

10764. Anand, Karen. 1995. In fashionable taste. *Times of India* (*The*) (*Bombay*). Jan. 31. p. 32.
• ***Summary:*** Discusses basic types of food that are popular in the 1990s. The section titled "Vegetarian" begins: "This must be the most 'in' thing that has happened to food. It is great for health. Overseas, vegetarianism is often seen as much the same as health food. Buzz words include: Tamari, a thick soya sauce with a little more flavour than a good brand "of ordinary Chinese soya." Miso, also made from the soya bean, is used to flavour soups. Humous [Hummus] and Pitta [Pita] bread started out as elements of Levantine cuisine, but are now used widely by vegetarians. "Tofu, a soya bean curd," is eaten by many who have lactose intolerance.

Other cuisines discussed are French bistro, Mediterranean, Southern Florida / Creole, and Comfort food.

10765. **Product Name:** [Soyanaise (Cocktail–with Cojnac)].
Foreign Name: Sojanaise (Cocktail).
Manufacturer's Name: Albert's Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1995. January.
Ingredients: Tofu, olives, herbs.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Label from Albert Hess. 1995. March 12. This product was introduced in Jan. 1995. Contains only 45% fat.

10766. **Product Name:** Celentano Vegetarian Selects Stuffed Shells Florentine.
Manufacturer's Name: Celentano Bros., Inc.
Manufacturer's Address: 225 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 239-8444.
Date of Introduction: 1995. January.
Ingredients: Tomatoes, tofu (Rocky Mountain glacier melt water, organic soybeans {grown & processed in accordance with the California Organic Foods Act of 1990}, gypsum, nigari {magnesium chloride}), cooked pasta shells (enriched semolina flour, water), spinach, water, onions, peanut oil, salt, parsley, basil, pepper, oregano, garlic.
Wt/Vol., Packaging, Price: 10 oz. Paperboard box.
How Stored: Frozen.
New Product–Documentation: Ad in Vegetarian Times. 1995. Sept. A color photo shows the front label, in which each ingredient is pictured as well as listed. "All natural. Totally vegan. Non dairy. No cholesterol. 240 calories per serving."

Talk with Donna Mangasarian (DKM Inc., 114 Dartmouth Rd., Manhasset, New York 11030. Phone: 516-365-7260) who does the advertising and promotional work for Celentano. 1995. Aug. 29. Celentano's line Vegetarian Selects products is all vegan and all contain tofu. These products with tofu were first introduced in 1995.

Label sent by Donna. 1995. Sept. 5. 7 by 5 by 1 5/8 inches. Paperboard box. Red, green, and black on white. Color photo of three of the stuffed shells on a white dish. "All natural. Totally vegan. Non dairy. No cholesterol. 240 calories per serving."

Note: Legume Stuffed Shells Provencale were introduced in Dec. 1983.

10767. **Product Name:** Celentano Vegetarian Selects Lasagne Primavera.
Manufacturer's Name: Celentano Bros., Inc.
Manufacturer's Address: 225 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 239-8444.
Date of Introduction: 1995. January.
Ingredients: Tomatoes, cooked lasagne pasta (unbleached enriched extra fancy patent durum flour, water, enriched semolina flour), tofu (Rocky Mountain glacier melt water, organic soybeans {grown & processed in accordance with the California Organic Foods Act of 1990}, gypsum, nigari {magnesium chloride}), zucchini, broccoli, water, carrots, onions, peanut oil, salt, parsley, basil, pepper, oregano, garlic.
Wt/Vol., Packaging, Price: 10 oz. paperboard box.
How Stored: Frozen.
New Product–Documentation: Label sent by Donna Mangasarian (DKM Inc., 114 Dartmouth Rd., Manhasset, New York 11030. Phone: 516-365-7260) who does the advertising and promotional work for Celentano. 1995. Sept. 5. 7 by 5 by 1 5/8 inches. Paperboard box. Red, green, and black on white. Color photo shows two large squares of lasagne primavera on a white dish. "All natural. Totally vegan. Non dairy. No cholesterol. 210 calories per serving." Donna says these products with tofu were first introduced in 1995.

Note: Legume Vegetable Lasagna was introduced in Dec. 1983.

10768. **Product Name:** Celentano Vegetarian Selects Eggplant Rollettes.

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Manufacturer's Name: Celentano Bros., Inc.
Manufacturer's Address: 225 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 239-8444.
Date of Introduction: 1995. January.
Ingredients: Tomatoes, eggplant, tofu (Rocky Mountain glacier melt water, organic soybeans {grown & processed in accordance with the California Organic Foods Act of 1990}, gypsum, nigari {magnesium chloride}), water, spinach, broccoli, enriched wheat flour, breadcrumbs, onions, peanut oil, parsley, basil, salt, pepper, oregano, garlic.
Wt/Vol., Packaging, Price: 10 oz. paperboard box.
How Stored: Frozen.
New Product–Documentation: Label sent by Donna Mangasarian (DKM Inc., 114 Dartmouth Rd., Manhasset, New York 11030. Phone: 516-365-7260) who does the advertising and promotional work for Celentano. 1995. Sept. 5. 7 by 5 by 1 5/8 inches. Paperboard box. Red, green, and black on white. Color photo shows two eggplant rollettes on a white dish. "All natural. Totally vegan. Non dairy. No cholesterol. 350 calories per serving." Donna says these products with tofu were first introduced in 1995.

10769. **Product Name:** Celentano Vegetarian Selects Manicotti Florentine.
Manufacturer's Name: Celentano Bros., Inc.
Manufacturer's Address: 225 Bloomfield Ave., Verona, NJ 07044. Phone: (201) 239-8444.
Date of Introduction: 1995. January.
Ingredients: Tomatoes, tofu (Rocky Mountain glacier melt water, organic soybeans {grown & processed in accordance with the California Organic Foods Act of 1990}, gypsum, nigari {magnesium chloride}), cooked manicotti pasta (unbleached enriched extra fancy patent durum flour, water, enriched semolina flour), spinach, water, onions, peanut oil, salt, parsley, basil, pepper, oregano, garlic.
Wt/Vol., Packaging, Price: 10 oz. paperboard box.
How Stored: Frozen.
New Product–Documentation: Label sent by Donna Mangasarian (DKM Inc., 114 Dartmouth Rd., Manhasset, New York 11030. Phone: 516-365-7260) who does the advertising and promotional work for Celentano. 1995. Sept. 5. 7 by 5 by 1 5/8 inches. Paperboard box. Red, green, and black on white. Color photo shows two rolls of manicotti florentine on a white dish. "All natural. Totally vegan. Non dairy. No cholesterol. 220 calories per serving." Donna says these products with tofu were first introduced in 1995.

Note: Legume Tofu Manicotti was introduced in Feb. 1983.

10770. Franke, Adrian A.; Custer, L.J.; Cerna, C.M.; Narala, K. 1995. Rapid HPLC analysis of dietary phytoestrogens from legumes and from human urine. *Proceedings of the Society for Experimental Biology and Medicine* 208(1):18-26. Jan. [40 ref]
• ***Summary:*** Discusses: Soybeans (dry, U.S., Japan), soybeans (roasted, Japan), soybeans (fresh, raw), soybeans (boiled, U.S., Taiwan), soy flour (U.S.), tofu, black soy beans (raw and boiled), red bean seeds (dry), daidzein, genistein, coumestrol, formononetin, biochanin-A. Address: Molecular Carcinogenisis Program, Cancer Research Center of Hawaii, Honolulu, Hawaii 96813.

10771. Ingram, Leah. 1995. Soy wonder. *Entrepreneur.* Jan. p. 291.
• ***Summary:*** Steve Demos, founder of White Wave Inc. in Boulder, Colorado, graduated from college in 1971, then spent 4 years in India. During that time, because meat was hard to come by, he became a de facto vegetarian. Upon returning to the USA in 1975, he realized that there were few vegetarian protein sources on the market, despite the fact that many young people were now making the decision to become vegetarians. Following a recipe in *Ten Talents,* a Seventh-day Adventist cookbook by Frank and Rosalie Hurd, Demos started making and selling tofu. His first customers were members of his tai chi class. By 1977 he realized he

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could turn tofu into a business, so with loans from a friend and his mother-in-law, White Wave was born.

At first, Demos sold his tofu to Boulder health food stores. Then he convinced a buyer at King Supers grocery store to test his tofu for 30 days. Every day Demos had his employees go into the store and buy tofu. At the end of this "test" period, the tofu was selling so well that King Supers increased distribution to 82 stores.

Today White Wave products are available at more than 1,000 stores nationwide and brought in revenues of about $8 million in 1994. A photo shows Steve Demos holding a package of White Wave tofu, and standing next to a large White Wave Soyfoods logo.

10772. Jacobi, Dana. 1995. Tofu–Real food for real people. *Natural Health.* Jan/Feb. p. 80-83, 116, 118-23.
• ***Summary:*** The key to success with tofu is mastering a few basic techniques, such as pressing the tofu to give it a firm texture. "Tofu is a kind food. It's cholesterol free, high in calcium, a great source of protein, and a big-league cancer fighter." Contains many tofu recipes. Address: New York, NY.

10773. Lorente, Carol Wiley. 1995. Recipe redux. Silky, smooth and sensible: A low-fat vegan cheesecake that won't weigh you down. *Vegetarian Times.* Jan. p. 22, 24.
• ***Summary:*** Contains a recipe for Lemon Tofu 'Cheesecake' made with 1 lb firm silken tofu. A standard cheesecake, adapted from the *Joy of Cooking,* weighs in at more than 300 calories and 15 gm of fat per slice, compared with only about 200 calories and 3 gm of fat for a slice of this tofu cheesecake. Address: VT Food Editor.

10774. Mindell, Earl. 1995. Earl Mindell's soy miracle. New York, NY: Simon & Schuster. A Fireside Book. 256 p. Index. 22 cm. [97 ref]
• ***Summary:*** Contents. Part I: Soy–The miracle food. 1. The soy story: explaining the miracle. 2. Soy by any other name. 3. Does soy prevent cancer? 4. Heart and soy. Part II: Soy for special needs. 5. Just for women: Rx for menopause and osteoporosis. 6. Just for men: Rx for prostate problems. 7. Kids, cancer, and heart disease. 8. Tips for vegetarians. Part III: Not by soy alone. 9. Thirty-seven miracle foods from the Pacific Rim. Earl's pearls: A guide to vitamins and minerals. Part IV: Get more soy in your life. 11. Savvy substitutions. 12. Cooking with soy. 13. Breakfast the soy way. Part V: Seventy super soy recipes (p. 149-230). Glossary. Resources. Selected bibliography.

Pages 12-13 note that soybeans are an abundant source of many different types of phytochemicals, including isoflavones, genistein, protease inhibitors, and phytic acids.

Chapter 2 describes the different types of soy foods. Traditional soy foods: Soy milk, tofu (firm tofu, silken tofu, yakidofu, koyodofu [sic, koya-dofu]), okara, natto, tempeh, miso, soy sauce, kinnoko [sic, kinnako] flour. Soy protein products: Soy protein concentrates, soy protein isolate, soy flour, texturized soy protein, meat analogs. Other soy products: Soy fiber, soybean oil, lecithin. Questions about soy foods. Page 33 asks the question: "If phytochemicals in soybeans are so healthy, why can't they be extracted from food and made into a pill like a vitamin?" Answer: Researchers are not yet certain which phytochemicals are the most important. "There may even be other beneficial compounds in soy that have yet to be identified. Your best bet is to eat the real food." A section titled "Soy's top ten benefits" (p. 36-38) discusses: 1. Antioxidant. 2. Breast cancer. 3. Cholesterol lowering. 4. Colon cancer. 5. Hip fracture. 6. Hot flashes. 7. Immunity. 8. Kidney disease. 9. Lung cancer. 10. Prostate cancer.

Chapter 3, titled "Does soy prevent cancer?" discusses six compounds which cancer researchers believe may be effective in cancer prevention: Isoflavones, genistein, daidzein, protease inhibitors, phytic acid, and saponins. A long section later in the chapter discusses each of these, with special emphasis on genistein.

Note: The author has also written *Earl Mindell's Herb Bible* and *Earl Mindell's Food as Medicine.* He is a newcomer to this field. This book may appeal to those who are looking for miracles from the foods they eat. Most of the information contained in this book can be found in Mark and Virginia Messina's outstanding *The Simple Soybean and Your Health* (1994), and the *First International Symposium on the Role of Soy in Preventing and Treating Chronic Disease: Proceedings from a symposium held in Mesa, Arizona, on February 20-23, 1994,* published in full in *The Journal of Nutrition* Vol. 125, No. 3S, March 1995 Supplement. It was from this symposium and the outline published before the symposium that Mindell got his idea for this popular book.

Dr. Mindell is an R.Ph. (Registered Pharmacist) with a PhD in Nutrition from Pacific Western College in Renton, Washington.

According to a review of *Earl Mindell's New and Revised Vitamin Bible,* by James A. Lowell, PhD. (Nutrition Forum, June 1986) "Mindell claims to hold valid credentials in nutrition. Although he does have a bachelor's degree in pharmacy from the University of North Dakota, his Ph.D. is from the University of Beverly Hills, an unaccredited school which lacks a campus or laboratory facilities." Mindell helped to found the Great Earth chain of vitamin and health food stores, numbering about 200 in 1986, America's second largest such chain. Address: R.Ph, PhD, registered pharmacist and Prof. of Nutrition at Pacific Western Univ. in Los Angeles. He lives in Beverly Hills, California.

10775. Minnesota Soybean Growers Association; Minnesota Soybean Research & Promotion Council. 1995. Cooking with soy. Revised 2nd ed. North Mankato, Minnesota. 48 p. Jan. 22 cm.

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• ***Summary:*** Contents: Introduction. Tofu facts. Soy milk facts. Soy flour facts. Miso facts. Tempeh facts. Texturized soy protein facts. Meat analog facts. Soy oil facts. Whole (dry) soybean facts. Whole (green) soybean facts. How to cook whole soybeans.

Recipes: Appetizers & snacks. Dips & dressings. Beverages. Salads & soups. Breads. Main entrees. Cakes, cookies & desserts. Substitutions.

Talk with Christie Metzger of the MSRPC. 1996. Jan. 4. The revised edition of this book was published in Jan. 1995; the first edition was published in March 1994. Address: 360 Pierce Ave., Suite 110, North Mankato, Minnesota 56003. Phone: 507-388-1635.

10776. **Product Name:** Extra Firm Smoked Tofu. Renamed Original in about 1994.
Manufacturer's Name: North Coast Distributors.
Manufacturer's Address: 1717 Solano Way #13, Concord CA 94520. Phone: 510-798-4393.
Date of Introduction: 1995. January.
Wt/Vol., Packaging, Price: 6 oz or 16 oz plastic tub. Wholesales for $1.80 or $4.75 respectively.
How Stored: Refrigerated.
New Product–Documentation: Price list sent by Patricia Smith from Natural Products Expo West at Anaheim, California. 1995. March. Printed black orange. Talk with Hanan Onn. 1995. March 22. This product was launched in Jan. 1995.

10777. **Product Name:** Vegan Cajun Burger (On a Bun), and Cajun Tofu Sloppy Joe (The Filling).
Manufacturer's Name: Soy Devine.
Manufacturer's Address: 1881 Fieldbrook Road, Arcata, CA 95519. Phone: 707-849-8430.
Date of Introduction: 1995. January.
Ingredients: Processed organic tofu [frozen], tomato sauce, onions, honey, mustard, cider vinegar, safflower oil, tamari (Westbrae), peanut butter, garlic, miso, spices (incl. paprika, cayenne, allspice).
New Product–Documentation: Talk with Mara Devine. 1995. June 1. Cajun Barbecue Style was first introduced in 1987. In Jan. 1995 it was renamed and divided into two products: Vegan Cajun Burger, and Cajun Tofu Sloppy Joe. The latter product is sold as a product in its own right, but also serves as the filling for the burger. She moved from Miranda to Arcata, California, in June 1993.

10778. **Product Name:** [Medley of Tofu Spreads].
Foreign Name: Streichkonzert.
Manufacturer's Name: Topas GmbH (Product Developer-Marketer).
Manufacturer's Address: Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.
Date of Introduction: 1995. January.
Ingredients: Incl. seitan.
Wt/Vol., Packaging, Price: 150 gm package.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Klaus Gaiser, founder of Topas. 1996. Sept. 21. This is a "concert" of 3 kinds of tofu-spreads, and the only product of his which survived the difficult year of 1995. The product consists of two very sausage-like spreads and one cheese-like spread; 50 grams of each of the three, all in one package. Nowadays it is quite a successful product.

10779. **Product Name:** [Tofu-Filled Pouches (With Leeks, With Mushrooms)].
Foreign Name: Tofu-Maultaschen (mit Lauch, mit Champignons).
Manufacturer's Name: Topas GmbH (Product Developer-Marketer).
Manufacturer's Address: Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.
Date of Introduction: 1995. January.
Ingredients: Incl. tofu.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Klaus Gaiser, founder of Topas. 1996. Oct. 8. This product, introduced in early 1995, resembles a typical south German treat.

10780. **Product Name:** [Tofu Sandwich Slices / Cold Cuts].
Foreign Name: Tofu-Aufschnitt.
Manufacturer's Name: Topas GmbH (Product Developer-Marketer).
Manufacturer's Address: Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.
Date of Introduction: 1995. January.
Ingredients: Incl. tofu.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Klaus Gaiser, founder of Topas. 1996. Oct. 8. This product, introduced in early 1995, resemble Heiler's Tofu-Pastete.

10781. Ubiera, L.R. 1995. Tofu y leche de soya: Alimentos macróbiotics–naturales. Una guía practica para su manufactura en casa. La proteina del futuro, ahora [Tofu and soymilk: Macrobiotic natural foods. A practical guide for home preparation. Protein source of the future, now]. Santo Domingo, Dominican Republic: Published by the author. iii + 156 p. Illust. Index. 21 cm. [5 ref. Spa]
• ***Summary:*** The author was born on 20 Jan. 1955 in the Dominican Republic. He also practices and teaches Hatha Yoga. Contents: Dedication to his teacher Maestro el Swami Guru Devanand Saraswati J. Maharaj, and others. Prolog, by

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José A. Fortunato of New York. Introduction. How to make tofu and soymilk at home. Preparatory techniques for tofu. How to make tofu cutlets, burgers, and pouches. Recipes: Sauces, salads, and soups. Main dishes. Other recipes– *Aderezos, cremas, salsas, ensaladas, sopas, entremeses, pastelones y platos, pastas, estofados y otros platos, postres, dulces y bizcochos, panes.* Photos and illustrations (from The Book of Tofu, by Shurtleff & Aoyagi). A color photo on the rear cover shows the author. Address: Ufiesa Nutrisoya, C/33 No. 9 A, Villa Carmen Este, Santo Domingo, Dominican Republic. Phone: (809) 590-3418.

10782. *Voice of the Turtle* (*Hood River, Oregon*). 1995. Wildwood Natural Foods and Turtle Island join forces. Jan. p. 1.
• ***Summary:*** "Since January 1, 1994 Turtle Island has been manufacturing all tempeh sold under the Wildwood label in the San Francisco, California, market area... We now manufacture Wildwood's Soy Rice, Onion Herb, Tempeh of the Sea, Temptations and bulk tempeh." Wildwood distributes Turtle Island's SuperBurgers. Address: P.O. Box 176, Hood River, Oregon 97031. Phone: (503) 386-7766.

10783. Wildwood Natural Foods. 1995. Price list–January 9, 1995. Fairfax, California. 5 p.
• ***Summary:*** Wildwood's own product lines include: Sandwiches (7 products, incl. burritos and sushi), salads (17), tofu and tofu products (13), soymilk (2), hot dogs (1), tempeh (4).

Wildwood also distributes products made by other companies: Red Wood Foods (16 products), Mrs. Wiggles Rocket Juice (12), Grainaissance (17; amazake, pudding, and mochi), Sonoma Salsa (7), Yves Veggie Cuisine (9), Lightlife Foods (13), Turtle Island Foods (1), NuTofu soy cheese (3), Señor Felix's (8), Heart & Soul (5, Trim Slices), Natures Babies (10, baby foods). Address: 135 Bolinas Rd., Fairfax, California 94930. Phone: (415) 459-3919.

10784. Wildwood Natural Foods. 1995. WildWood Natural Foods: Responding to your needs for high quality, nutritious, ready to eat foods... Naturally! (Leaflet). Santa Cruz, California. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Contents: Introduction (to the company, soybeans, and soyfoods). About tofu. What is tempeh. Nutritional information (about tofu): Nigari Firm Style Tofu vs. Calcium Fortified Tofu Medium Style. Partial list of Wildwood Natural Foods Products–Ready to eat: Organic tofu. Braised regular tofu. Braised peanut tofu. Braised Mexican tofu. Wild baked tofu. Vegie burgers (Regular, Italian, and Mexican). Tofu cutlet (Traditional Nama Agé). Tofu salads (Curry or Dill). Mid-East Hummus. Tempeh burgers. Tempeh noodle salad. Soya nuggets (complete vegetable protein, animal free meal substitute). Also a large selection of freshly made sandwiches, burritos, salads and desserts. Our purpose. Our mission. Our core values and beliefs.

Note: This leaflet went through several subsequent revisions / reincarnations. Address: 1560 Mansfield St., Santa Cruz, California 95062. Phone: (408) 476-4448.

10785. Ham, P. Marc. 1995. The work of Semences Prograin Inc. (Micronisation Canada Inc.) in Quebec (Interview). *SoyaScan Notes.* Feb. 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This company was established in 1980 and is now a leader in Canada in the field of value added soy products. About two-thirds of their business is making full-fat micronized soybeans for use in animal feeds (mainly dairy cows, plus hogs and poultry), and one-third is in breeding and growing soybean seed (they presently grow about 2,000 acres year for use as soybean seed). They now have two micronizing plants which produce the Micro Flake, the Micro Milled product and the Micro Elite (made from higher protein soybeans, with high bypass). Mark believes that a micronized product makes better feed than that produced on a low cost extrusion cooker. Extrusion may be better for monogastric animals than it is for dairy. They have a research and development program for new soybean varieties. They also contract with a winter nursery in Chile for reproduction during the winter. They buy about 55,000 tonnes/year of soybeans for processing into animal feed and for exporting to the Pacific Rim. They are one of the largest companies in Quebec that buy soybeans and keep them in Quebec. The big trading houses buy soybeans then export them mostly to Rotterdam, Netherlands, to the European crush market. Prograin keeps its Maple Glen varieties identity preserved. They screen soybeans to sort them into 3 sizes. The big beans (18/64 inch and over) are sold to Japan for use as green vegetable soybeans, the medium sized beans (500 tonnes/year) are used in the Chinatown in Quebec to make tofu and soymilk, and the small soybeans are used by 3 companies for making soy sprouts in Quebec. They have a natto program as well. Address: Semences Prograin Inc. (Micronisation Canada Inc.), 145 Bas Riviere Nord, St-Cesaire, Quebec, J0L 1T0, Canada. Phone: (514) 469-5744.

10786. Lombardi, Joyce. 1995. Re: History of growing and using soybeans in Chad. Letter to William Shurtleff at Soyfoods Center, Feb. 4. 3 p. Typed, with signature. [Eng]
• ***Summary:*** "Thank you for your response and enthusiasm for our soya work in Chad. I am forwarding your letter to people in town who are very involved in spreading the good bean throughout the land. One, an agronomist from Togo named Dr. Akintayo, has come to Chad for soy propaganda only. He has recently produced a book which will be of great interest to you, and is also very involved in training soybean trainers at the *Centre de Formation Professionale d'Agriculture* (*CFPA*), a farm extension service launched

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about 6 years ago by Swiss development workers.

"It is in fact from a Swiss-Italian development worker that I got the idea, and later the seeds, for soybean cultivation in my village. I had enjoyed ginger-flavored soymilk at his villa, and had heard him extoll the soil-enriching properties of the soy bean, so when people in my village began complaining about the low rates they were getting from the state's cotton company, I asked if they had thought about planting another cash crop, like soy. I was told it had been done in the past, but people here don't really known how to do much with soy beyond what you call dawa-dawa, fermented sauce. So a few weeks later, after more discussions with villagers, who told our health team that famine was their biggest health worry, the *Comite de Sante de la Paix* was born. Its mission–to grow, sell, and popularize the soybean in the village of Bessada, Chad.

"As far as I can tell, the farthest back anyone can remember planting soy in our region of southeastern Chad is 10 years ago [i.e. in about 1985]. Most people credit the above-mentioned CFPA with introducing the crop here 6 years ago. From its base in town, the CFPA also has several outposts in smaller towns (i.e. Koumra) and villages (i.e. Modjibe) near, or within a 20 km radius of Bessada. Farmers report success with the crop, especially as our soil is 'tired' from a constant rotation of cotton, millet and peanuts. People report that one 100 kg sack fetches between 23,000–50,000 cfa ($41-90) compared to half that for a sack of millet. The main buyers seems to be ONGs run by ex-pats [expatriates] or missions. Local buyers make dawa-dawa, or *ndi,* as it is called in the Sara language here, and several women in my village report making sojateen, or soybean coffee. However the cost, between 150-500 cfa per kg is prohibitive, and soy is still seen as a luxury food here. For comparison, millet is about 50-100 cfa/kg, and peanuts a bit less. Nonetheless, people generally know that soy is good for the body and soil, and were very interested in our collective soybean field.

"So, on July 17 1994, our rather ad hoc health team–made up of four men previously elected as village health delegates and 10 ten traditional birth attendants, old women with lined, tribal-scarred faces, canes, strong wiry hands–planted 6 kg of soybeans on a cleared ½ hectare plot, known here as a corde... Millet and cotton had been planted on our plot before, the debris cleaned away with the usual bushfire method.

"Our yield, just barely over 100 kg, was dismal. Reasons: we planted too late in the rainy season, which begins in May/June, and harvested our beans on Thanksgiving Day. Akintayo informed me that we planted the 120-day variety, which is what the CFPA has made available to folks here. Also, we only weeded twice, and very late in the game. The tribulations of collective labor as I'm sure you remember from your Peace Crops days. Third, our soil is rather sandy, and I'm told soy prefers clay and shade. Indeed, we remarked that the plants growing in the shade of a karite tree produced very well while the plants in the shade of an ndil tree produced a lot of foliage but not much bean. A farmer 7 km away reported a yield of 250 kg from 4 kg of seeds on a one-corde plot. He planted earlier and had better soil. His village has a water table of 23 meters, ours is 47."

"So, now, the sack of beans sits in my hut, away from mice and thieves, until we move it to a communal silo with another sack we're buying on credit. We have siphoned out some of the beans already to stage a big village-wide soybean transformation day, January 25, run by two animatrices sent by the CFPA in nearby Koumra. The two women journeyed out on their red moped to teach the health committee members, representatives from church and women's groups, 25 total participants, to make soy milk, cheese (tofu), fried tofu, beignets (spicy tofuburgers made with the residue [okara] whose name in Japanese I saw in your Book of Tofu), cake, steamed pate with fish and tomatoes, sweet donuts, and cake. The consensus was: porridge (I forgot to mention it above), spicy beignets and cake. Those were the big hits. People were shocked that one could bake a delicious cake there under the mango tree outside our clinic. Our tools were 3-rock fires, wooden mortars, big iron cauldrons and manual labor. Perhaps Niger was the same way, but Chad has next to nothing in the way of time-saving tools. We did manage to borrow someone's hand-cranked meat grinder to make the soy milk.

"The fallout from soyday is this: the chef du canton, in whose compound I live, wants to make our village a center for soya cake, and we plan to serve it to the US Ambassador and Minister of Health who are due out in the village next week to inaugurate our newly renovated clinic, *grâce à* USAID. New members of the health team want to launch an infant-feeding program of soy porridge at the dispensary each Saturday or vaccination day. There is one such program started by a French doctor named Dr. Magguie Negri in a village called Bekemba, about 60 km north of here. She started the program in 1991, and reports feeding 103 children in 1993, on a continued basis. She encourages mothers to prepare the soy meals (porridge) themselves, and to aid with a community soycrop. (Paperwork to follow if I can find any).

"The infant nutrition program couldn't come at a better time for Bessada which now finds itself in the midst of a fatal measles epidemic, compounded by the beliefs that vaccinations give AIDS and measles, and that giving meat to baby or child with measles will make her sicker.

"So, in my village, soybeans are growing fast and well, and I will leave here knowing that at least I have made a substantial contribution to the well-being of a place it seems that history has forgotten. God, it's hard here. People scrape a living out of the sand with their bare hands."

"So. The gospel spreads forth. Having seen the damage wrought by so many other egos and programs come here to save the Africans, plugging away for The Soybean is one

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of the only acts of development I really feel comfortable engaging in.

"So no, in answer to your question, soybean cultivation is not a specific Peace Corps program or govt. program here."

"As for me, I was a Vanilla Edensoy and tahini tofuburger fan back in the States, but I never knew much about soy until now."

Color photos taken by Joyce show: (1) Three African men weeding a field of soybeans by hand, Sept/Oct. 1994. (2) Soybean plants in Bessada growing in the shade of a Karité tree, Aug. 1994. (3) Four Africans (two in traditional dress) from the health team seated outside of Joyce's round mud-walled house with conical thatched roof. Atop a wooden mortar are five glasses of soybean coffee on a white plate. Enclosed is a recipe for "Bessadonian soya coffee deluxe," by Joyce. Season, if desired, with *tumba* (Arabic tea spice). It's cheap, nutritious, and you can eat the grounds. Address: U.S. Peace Corps, B.P. 193, Sarh, Chad.

10787. Mann, Sue. 1995. Re: Tempeh, tofu, and miso in Ecuador. Letter to William Shurtleff at Soyfoods Center, Feb. 4. 4 p. Typed, with signature, and handwritten.

• ***Summary:*** A woman, who is about to get some kind of degree in soyfoods/nutrition and who is Quito's top macrobiotic teacher/cook/storeowner, already makes her own tofu and miso, and is interested in tempeh. Sue will be talking with her soon.

"I have been making tempeh for friends, and in about 3 weeks will start moving toward commercial production. With three restaurants waiting and friends no longer willing to take it without paying, prospects are good." She orders a copy of the book *Tempeh Production,* by Shurtleff & Aoyagi, to be sent to Andrew McCallum in Rochester, New York. On a sparate handwritten sheet she gives details on 3 commercial soy products from Ecuador and Colombia. Address: c/o Donna Lewen, Cassilla 17-12-578, Quito, Ecuador. Phone: 593 2-570-600.

10788. Weber, Marcea Newman. 1995. Re: Work with natural foods and tofu in England and Australia. Letter to William Shurtleff at Soyfoods Center, Feb. 12–in reply to inquiry. 3 p. Typed, without signature.

• ***Summary:*** Marcea and Daniel Weber met in Boston in about 1972, and both studied macrobiotics. They left Boston in 1974 to live in England because Daniel wanted to study acupuncture in one of the acupuncture schools in Buckinghamshire. They stayed there for 6 months and then moved to London, where they connected with Bill Tara, who was working at starting an East West Centre. Marcea began teaching cooking classes and started a Wholefoods Bakery with an English woman. This continued for 1½ years.

During this time Marcea met Bruce Gyngell, an Australian who met Michio Kushi while he was in London. Michio suggested that Bruce change his diet, so Bruce came to the East West Centre and studied cooking. He was looking for a cook for himself. He was at that time living in England and working for one of the television studies. He was the person responsible for bringing television to Australia, so he was quite influential. He wanted macrobiotics to find its way to Australia, so he invited Marcea and Daniel to visit Australia and bought them each a round-trip ticket. He said they could see if they wanted to stay and start a centre in Australia. So in 1976, after visiting Japan and Oki sensei and his Oki Yoga Dojo in Mishima, Japan, for several weeks, they arrived in Australia, and have lived there ever since. In December 1982 Marcea and Daniel Weber were married in Australia.

"The Soy Bean Factory was established in Dec. 1978, when Michael De Campo, Yoshiko Wright and Marcea Weber started a company devoted to producing traditional Japanese tofu using nigari (a sea water extract) as a coagulating agent. The fresh Japanese-style tofu began to arrive in the health food stores and Japanese supermarkets around April 1979." As far as Marcea knows, theirs was the first Caucasian-run tofu company in Australia. It was her idea to start the company. Shares were issued at the beginning. Marcea initially invested about $5,000 to $7,000, Yoshiko Wright was brought in to invest about $3,000, and Michael De Campo invested about $3,000 or a little less. His main role was making the tofu and working with Marcea on improving product quality.

"The Soy Bean Factory was located just outside Chinatown and in the central district of Sydney, New South Wales, Australia. We concentrated on making a tofu equal in quality to the fresh tofu sold in Japan today. We were able to service people who wanted fresh tofu by selling it straight from the Factory to the public, as well as packaged in a plastic container with a plastic film on top."

The Soy Bean Factory ceased operation in October 1981. Note: On 8 Nov. 1981 Marcea wrote Bill Shurtleff, on a letterhead of the East West Foundation, 363 George St. in Sydney: "Our factory has shut down, and now one of the Chinese producers [Sin Ma Trading Co., 9 Meeks Road, Marrickville (in southwestern Sydney), NSW] is allowing us to use their premises to make our tofu... We are hoping to start another factory with more capitol behind us. Unfortunately, we were grossly undercapitalized, and this was our downfall." While making tofu at Sin Ma Trading Co., The Soy Bean Factory continued to use its original name, since they had lots of packaging and labels, and no need to change names.

"After getting into the swing of making Japanese-style tofu and using the packaging equipment, we decided to find a source of organically grown soybeans that would produce the same quality tofu as the non-organic beans we had been using. In 1983, after several months and many trials, we finally found a bean that would give almost the same quality,

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though with a small drop in tofu volume [yield].

"As the demand increased up to as much as 600 pieces per week of tofu (each piece weighed 300 gm), we began to look for larger premises, which were found in Leichhardt (about 7 miles southwest of downtown Sydney), so by early 1982 we had re-located to 355 Parramatta Road, Leichhardt, NSW 2040–and had started making tofu. At that time, Yoshiko Wright and Michael De Campo sold their shares to John Fenwick and me, and the name of the company was changed to Soyfoods Australia. Still having a controlling interest in the business, I hired Tony Wondal, a Chinese man, to help operate the business. A year later (in about 1983), after an increase of sales, John decided to sell his shares to Ross Ebert, and we moved to even larger premises at 14/2 Paton Place, Manly Vale (northeast of downtown Sydney), New South Wales. After a year of production and trying to make soymilk without proper soymilk equipment, I decided to sell my share of the company to Ross Ebert. I was expecting my first child in August 1985 and didn't want to be tied down to any business. So I left the tofu business and never looked back! As far as I know, Ross never put any new products out on the market and so the business only sold tofu–and still does today with new owners.

Note: In Sept. 1986 Ross B. Ebert had just spent $100,000 on fairly sophisticated soymilk equipment. He was selling soymilk fresh to Coles supermarkets in plastic bottles. In Nov. 1988 Lindsay Kotzman purchased the business, which was named Great Australian Pty. Ltd. In July 1990 Jennifer Young purchased the business, still located at 14/2 Paton Place. "The Company is Great Australian Tofu Pty. Ltd., trading as Soyfoods Pty. Ltd."

As far as Marcea knows, Sin Ma Trading Co. and Castle Trading Co. were both tofu manufacturers. Address: 56 St. Georges Cres., Faulconbridge 2776 NSW, Australia.

10789. Reichl, Ruth. 1995. Restaurants: Finding the real China in Queens with a man famous for knowing what is. *New York Times.* Feb. 24. p. C24.
• ***Summary:*** This is a review of three Chinese restaurants in Flushing, Queens. The writer accompanied Ken Hom, a man who was famous for his eight books on Chinese food. Ken was happy because he "had just tasted the spicy pickled bean sprouts at Golden Monkey [Sichuan; 133-47 Roosevelt Ave.]..." The dish was made with real soy bean sprouts and, for once, the dish contained enough oil–which Americans might not like.

A recipe that the menu calls "vegetable rolls" are actually "bean curd skins [yuba] so crisp they crackled with each bite, filled with juicy bean sprouts and brushed with a thick and pungent sesame sauce."

At Taipei Wall Sea Street Taiwanese Restaurant [135-05 40th Road], hot pots are the signature dish. "Taiwanese food is unlike any other and this turned out to be a fine place to sample it." One dish, which the menu called "fried homemade pork," consisted of "thin, chewy strips of meat marinated in fermented bean curd to give them a salty, funky flavor." One of the recommended dishes is "shredded pork with dried bean curd" [probably *doufu-gan,* which is pressed tofu].

10790. Ridenour, Jeremiah. 1995. Recent developments at Wildwood Natural Foods (Interview). *SoyaScan Notes.* Feb. 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Feb. 1992 Jeremiah took over management of Wildwood. There were some hard feelings on the part of other managers at the time (especially Paul Orbuch), but now all is well and the company is thriving. Paul Orbuch is now with Odwalla (a fresh-juice company), running their Northern California operations. He is probably doing better now financially than when he was with Wildwood.

When Jeremiah took over, the company was growing too rapidly, so Jeremiah slowed it down by cutting out stores or routes that were not profitable and raising the minimum size required for delivered orders.

Wildwood is now in the process of raising money via a private placement with investors. The money will be used mostly for marketing. Jeremiah hired a man from Quaker Oats who is now working for Wildwood full time as a consultant. Jeremiah plans to shut down both the Santa Cruz and Fairfax facilities and consolidate them at a new plant in Watsonville, which is about 20 minutes drive from his home in Corralitos. Address: Wildwood Natural Foods of Santa Cruz, Inc., 1560 Mansfield Dr., Suite D, Santa Cruz, California. Phone: 408-476-4448.

10791. **Product Name:** Five Spice Bean Curd.
Manufacturer's Name: American Food Co. (AFC).
Manufacturer's Address: 4738 Valley Blvd., Los Angeles, CA 90032. Phone: 213-223-7738.
Date of Introduction: 1995. February.
Ingredients: Incl. soy beans, water, calcium sulfate.
How Stored: Refrigerated.
New Product–Documentation: Talk with Ralph Folder from Arizona 1995. May 8. He likes this product and plans to introduce it on a local television program.

10792. Arnold, Kathryn. 1995. The joy of soy. *Delicious!* (*Boulder, Colorado*). Feb. p. 34-36. [3 ref]
• ***Summary:*** The soybean "has long been revered by vegetarians as a nutritional powerhouse. However, the real secret is that soyfoods may help prevent disease." They are cancer fighters and good for the heart. A table (p. 36) lists 12 different types of soyfoods and their uses: Tofu, tempeh, okara, miso, natto, TVP, soymilk, soy grits, soy flour, soy cheese, soy sauce, soy yogurt.

Note: This periodical, which began publication in about 1983, is published for natural products consumers by New Hope Communications in Boulder, Colorado. As of March

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1998 some 425,000 copies of Delicious! are distributed each month to over 900 health food retail stores throughout the United States.

10793. Fischer, Bruno. 1995. [Chronology of Bruno Fischer GmbH]. Aetorf, Germany: Bruno Fischer GmbH. 5 p. Unpublished typescript. [Ger]
• ***Summary:*** An interesting chronology of the company from 1967 to Feb. 1995 in question and answer format. Also gives the dates that most of the company's products were introduced. Address: Im Auel 88, 53783 Aetorf, Germany. Phone: 49-2243-4021.

10794. **Product Name:** [Smoked Lopino {Smoked Lupin Tofu}].
Foreign Name: Lopino geraeuchert (Suesslupineneiweiss).
Manufacturer's Name: Geestland Paul E. Bremer.
Manufacturer's Address: An der Packhalle V, Nr. 1, 27572 Bremerhaven, West Germany. Phone: (0471) 2 60 20.
Date of Introduction: 1995. February.
Ingredients: Sweet lupins*, water, smoke. * = Organically grown (*aus kontrolliert oekologischem Anbau*).
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
Nutrition: Per 100 gm.: Protein 27.00 gm, fat 5.28 gm, carbohydrate 5.08 gm, calories (kcal) 178.4 (750.00 kJoules).
New Product–Documentation: Letter (fax) from Bernd Drosihn of Viana. 1995. May 8. In Germany a new product has come on the market, a kind of tofu made out of "Lupinen." The manufacturer, a smaller tofu company named Geestland, says it contains 27% protein and a lot of vitamin B-12. The taste is not so good and you cannot cut it into slices.

Letter (fax) from Bernd Drosihn. 1995. May 10. Contains copy of 2-panel leaflet and label. Leaflet's front panel states (in German): "The food with a future. Lopino is high-quality, pure protein from plants, grown in Germany, with lots of vitamin B-12." Photos in the leaflet show the labels of three other Lopino food products: Natural Lopino, Lopino Patties in Tomato Sauce, and Lopino Indian Rolls. A photo shows 8 people who work at Geestland.

Label for Smoked Lopino sent by Bernd Drosihn. 1995. June 3. 3.5 by 4.5 inches. Black, purple, red, green, blue, and brown on yellow.

Note: This is the earliest lupin tofu product seen; it contains no soy, using lupins in place of soybeans.

10795. **Product Name:** [Lopino {Lupin Tofu} (Patties in Tomato Sauce, Natural, Indian Rolls)].
Foreign Name: Lopino (Suesslupineneiweiss) (Bratlinge in Tomate, Natur, Rolls indisch).
Manufacturer's Name: Geestland Paul E. Bremer.
Manufacturer's Address: An der Packhalle V, Nr. 1, 27572 Bremerhaven, West Germany. Phone: (0471) 2 60 20.
Date of Introduction: 1995. February.
Ingredients: Incl. Sweet lupins*. * = Organically grown (*aus kontrolliert oekologischem Anbau*).
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Bernd Drosihn. 1995. May 10. Contains copy of 2-panel leaflet and label. Leaflet's front panel states (in German): "The food with a future. Lopino is high-quality, pure protein from plants, grown in Germany, with lots of vitamin B-12." Photos in the leaflet show labels of three other Lopino food products: Natural Lopino, Lopino Patties in Tomato Sauce, and Lopino Indian Rolls. A photo shows 8 people who work at Geestland.

10796. *Image Sandoz: La Lettre de Sandoz en France* (*Rueil-Malmaison*). 1995. "Nutrition & Soja": Avec cette nouvelle unité de production, Nutrition & Santé s'investit dans le soja [Nutrition & Soja: With this new production unit, Nutrition & Santé invests itself in soya]. No. 21. Feb. p. 1, 16-17. [Fre]
• ***Summary:*** The inauguration of the production unit "Nutrition & Soja" took place on 15 October 1994 in the industrial park at Revel (in the Department of Haute-Garonne). A color photo shows the many important people who attended the event at the ribbon-cutting ceremony under the skies of Lauragais: Mr. Jean Puech (French Minister of Agriculture and Fisheries), Alain Chatillon (president of Nutrition & Santé and of Nutrition & Soja), Pierre Izard (President of the Consul General of Haute Garonne), René Basdevant (President of Sandoz France), Marc Censi (President of the Region Midi-Pyrénées), and Alain Bidou (Prefect / Chief Administrator of the Region Midi-Pyrénées). In his speech, Minister Jean Puech underlined the importance of this factory for local agriculture. Nutrition & Soja (formerly named Société Soy and founded by Mr. Bernard Storup and Mr. Jean de Préneuf) is a wholly owned subsidiary of Nutrition & Santé. The company will maintain its functional autonomy, under the responsibility of its two founders: Mr. Storup is administrative director and director of *Exploitation,* and Mr. Preneuf is plant manager and director of development.

The new factory rests on a piece of land 17,000 square meters in size (4.2 acres), and has a floor space of 3,000 square meters. Nutrition & Soja has four main activities: Milling (heating and dehulling soybeans), a production line for soymilk (*jus de soja*), a tofu production line, and a area for transforming fresh tofu into various food products.

The nutritional goal of Nutrition & Santé is to market food products having high nutritional, dietetic, and biological content, which promote the good health and well-being of the consumers. Most or all of the soybeans are organically grown. The commercial goal of Nutrition & Santé is to be on the forefront as the market evolves, and to anticipate new technological developments and the needs of consumers. In France, one person in five who is concerned about their

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weight or figure, and their well-being, consumes soya. In the USA, this figure is more than 50%. Soya has "formidable potential."

Other photos show: The public figures who attended the event examining Nutrition & Soja's line of packaged products. An external view of the headquarters of Nutrition & Santé at Revel–a four-story building with 3 flags flying. The inside of the soyfoods factory, where the public figures receive an explanation of equipment from Jean de Préneuf.

A sidebar notes that Nutrition & Soja: * Received 40 million French francs of investment in 1994. Employs 45 people. The products are distributed in dietetic stores under the brand Soy and mainstream stores under the brands Union Nature and Céréal.

Note: This periodical is an internal publication of Sandoz in France. Address: France.

10797. Messina, Mark; Messina, Virginia. 1995. Soybeans linked to health benefits. *Vegetarian Voice* (*Dolgeville, New York*) 20(4):10-11. Winter.
• ***Summary:*** Contents: Introduction. Soy and heart disease. Soy and cancer. Other roles for soy. What if you can't tolerate soy. The whole diet approach.

A table shows the isoflavone content of selected foods: Soymilk (1 cup) 40 mg. Tofu (½ cup) 40 mg. Tempeh (½ cup) 40 mg. Miso (½ cup) 40 mg. TVP, cooked (½ cup) 35 mg. Soy flour (½ cup) 50 mg. Soybeans, cooked (½ cup) 35 mg. Soy nuts (1 ounce) 40 mg. Isoflavones (unlike vitamins) are not destroyed in conventional cooking methods.

10798. Minnesota Soybean Research & Promotion Council. 1995. Soybeans–Designed for life (Recipe cards). North Mankato, Minnesota. 14 cards. Each card: 8 x 13 cm. Feb.
• ***Summary:*** This is a set of recipe cards, consisting of 14 cards and 12 recipes, linked to fold out accordion style. Printed with blue and yellow soy ink on white card stock, the recipes call for the use of tofu (8 recipes), green vegetable soybeans, soy flour, whole dry soybeans, and soymilk. Only one recipe calls for the use of meat.

Talk with Bonnie McCarvel, executive director of the Minnesota Soybean Research & Promotion Council. 1996. Feb. 2. These recipe cards were developed by the Minnesota Soybean Board in conjunction with a video bearing the same title. Both were released in about Feb. 1995. Minnesota paid all expenses, then made the video and the cards available to all the other state soybean boards. Address: 360 Pierce Ave., Suite 110, North Mankato, Minnesota 56003. Phone: 507-388-1635.

10799. Minnesota Soybean Research & Promotion Council. 1995. Soybeans–Designed for life. A program to introduce clientele to the various uses and health benefits of soy foods and foods with soybean ingredients (Color videotape). North Mankato, Minnesota. 8 minutes. Feb.
• ***Summary:*** Talk with Bonnie McCarvel, executive director of the Minnesota Soybean Research & Promotion Council. 1996. Feb. 2. This color video was developed and designed for clinical dietitians, in conjunction with a set of recipe cards bearing the same title. Both were released in about Feb. 1995. Minnesota paid all expenses, then made the video and the cards available to all the other state soybean boards. This is an example of a project developed and funded by one state then shared with other states. Minnesota works closely with Missouri and Nebraska on such regional joint projects. They meet twice a year to discuss things that they could do on a regional basis. They decide which state will take the lead on each project, to prevent a lot of duplication of effort and wasted resources. Address: 360 Pierce Ave., Suite 110, North Mankato, Minnesota 56003. Phone: 507-388-1635.

10800. Morinaga Nutritional Foods, Inc. 1995. Does your tofu leak or 'puff up' on the shelf? Does it have to be kept below 45 degrees at all times? (Ad). *Produce Business.* Feb. p. 31. *
Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 213-728-4325.

10801. **Product Name:** Smoked Tofu Pâté [Is It Really Tofu, Hot, or Exotic]. The latter was renamed Exotic Zaatar in about 2003.
Manufacturer's Name: North Coast Distributors.
Manufacturer's Address: 1717 Solano Way #13, Concord CA 94520. Phone: 510-798-4393.
Date of Introduction: 1995. February.
Wt/Vol., Packaging, Price: 8 oz or 16 oz plastic tub. Wholesales for $2.50 or $4.94 respectively.
How Stored: Refrigerated.
New Product–Documentation: Price list sent by Patricia Smith from Natural Products Expo West at Anaheim, California. 1995. March. Printed black orange. Talk with Hanan Onn. 1995. March 22. These three products were launched in Feb. 1995. Zaatar is a Middle-Eastern condiment.

10802. Reilly, Lee. 1995. Answering machine: Buttermilk minus the milk. *Vegetarian Times.* Feb. p. 30.
• ***Summary:*** There are two good ways to make non-dairy buttermilk. 1. Add 2 teaspoons of lemon juice or vinegar to a cup of soymilk. 2. Blend 3/4 cup of soft or silken tofu with ¼ cup water, 1 tablespoon lemon juice or vinegar, and a pinch of salt. Address: Free-lance writer.

10803. Rojas, Alexandra Salas. 1995. The "chameleon" of foods, tofu, keeps on changing: A multi-purpose, natural food of the '90s, tofu is experiencing a revolutionary evolution. *Produce Business.* Feb. p. 30-31.
• ***Summary:*** Discussing the many exciting new ways that tofu is being marketed and sold in supermarkets. "Finding

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more ways to sell tofu is important because consumer demand is growing." Discusses water packed vs. aseptically packed tofu. "Morinaga has annually sold over 5 million units of aseptically packaged tofu."

10804. **Product Name:** Trader Joe San Herbed Tofu: Made with Natural Nigari.
Manufacturer's Name: Trader Joe's (Marketer-Distributor). Made in El Cajon, California, by San Diego Soy Dairy.
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 1995. February.
Ingredients: Soybeans, filtered water, natural nigari (an extract of sea water), parsley, oregano, basil, garlic.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray, with heat-sealed, peel-off plastic film top. Retails for $1.19 (1998/02, Concord, California).
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 100, calories from fat 45, total fat 5 gm (7% daily value; saturated fat 1 gm), cholesterol 0 mg, sodium 15 mg (0%), total carbohydrate 2 gm (dietary fiber 2 gm, sugars 0 gm), protein 12 gm. Iron 15%, calcium 6%. Percent daily values are based on a 2,000 calorie diet.

New Product–Documentation: Product with Label purchased at Trader Joe's in Concord, California. 1998. Feb. 14. 5.75 by 4.75 inches. Black, white, dark green, and yellow on clear plastic film. "Perishable. Keep refrigerated. No preservatives." SKU# 020261.

Soyfoods Center taste test: Delicious. A very innovative and economically priced product. Talk with Gary Stein. 1998. March 4. He says this product was introduced 3 years ago.

10805. *Tufts University Diet and Nutrition Newsletter.* 1995. Scientists spotlight phytoestrogens for better health. 12(2):3-6. Feb.
• ***Summary:*** This article, which discusses the health benefits of phytoestrogens in detail and portrays soy in a very favorable light, contains a 3/4- page sidebar titled "Is there soy in your future?" Breast cancer is the number two killer of women in America and prostate cancer is the number two killer of men. Some scientists now believe that both men and women can take the same step to reduce their risk of succumbing to these diseases–change their diets to include phytoestrogens. This change of diet will probably also have a profound effect on menopausal symptoms such as hot flashes and mood swings. There are several classes of phytoestrogens: Isoflavones (which "are especially prominent in soy–apparently the most potent food in terms of its estrogen-like effects on the body"), coumestans, and lignans.

"Understanding the hypothesis behind the protective effects of the phytoestrogens in soy and other foods can be a bit tricky, especially when it comes to women, because it relies on seemingly contradictory concepts that have to do with whether a woman is pre- or postmenopausal."

The sidebar on soy discusses tofu, tempeh, and miso.

10806. Viana Naturkost GmbH. 1995. Viana sound [Viana sound (Poster)]. Euskirchen-Kuchenheim, Germany. 1 p. 42 x 30 cm.
• ***Summary:*** A large and very stylish color poster with a largely black background. It sounds like healthy enjoyment. Fell free from cholesterol, yeasts, and too much fat. The following products are shown (left to right), all in glass jars or bottles: Barley Miso. Brown Rice Miso. Organic Tamari. Organic Shoyu (both in tall, elegant, long-necked black bottles). Eight spreads: Toto (Tomato Tofu), Chickpea, Miso Cucumber, Peanut-Tofu, Tofu & Garden Vegetables, Inka (Tofu & Amaranth), Tempeh Temptation, and Fumé (Smoked Tofu). Address: Willi Graf Str. 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076.

10807. White Wave, Inc. 1995. White Wave mission

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statement, company overview, list of products currently sold, and product fact sheets (News release). 1990 N. 57th Court, Boulder, CO 80301. 12 p. Feb.
• ***Summary:*** "White Wave's mission is to creatively lead the full integration of healthy, natural, vegetarian foods into the average American diet. Our interest is in promoting the use of foods we consider the world better off with, rather than without."

"What do you call a man who started a company in a bucket 17 years ago and grew it into an $8 million business?" White Wave employs over 60 people and has the capacity to produce 13 million pounds of tofu per year.

White Wave has nine product lines: Tofu (4 products), baked tofu (7), tempeh (5), veggie burgers (5, four made from tempeh), Dairyless soy yogurt (8), prepared foods–meat substitutes (8), seitan (3), heat and serve (1), and Soya A Melt soy cheese (6 flavors). Address: Boulder, Colorado. Phone: 303-443-3470.

10808. **Product Name:** Smoked Tofu Pâté.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1995. February.
Wt/Vol., Packaging, Price: 6.5 oz. Retails for $3.29.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

10809. Krizstan, Jan. 1995. Re: Work with seitan and soyfoods in Slovenia. Letter to William Shurtleff at Soyfoods Center, March 1. 2 p. Typed, with signature.
• ***Summary:*** Jan phoned on 6 January 1995, then wrote a long letter dated March 1. His first name is pronounced "Yan." He was born in 1967 in Ljubljana, the capital of Slovenia, where he now lives. He worked for two years on Slovenian television, then in 1992 he quit because of unhealthy working conditions. He had already been a vegetarian for 2 years and he knew that many people are looking for and need healthy food, but they don't know how to get it. So he started a small private company named "Izvor" ("The Source") and in Sept. 1992 started (together with friends) to publish a magazine in Slovenian titled *Bio Novice* ("Bio News") that would connect these people. The main subjects were growing plant foods in accordance with Nature, healthy diets, ecology, alternative medicine, and the culture of peace and non-violence. "It was very difficult, because we started with almost no money, but we published 15 issues of *Bio News.* In December 1994 we had to stop publishing because of big financial problems.

"One of my friends [Vesna Crnivec] translated some paragraphs from *The Book of Tofu* about preparing home made tofu and made an article. We published her translation, a summary of the Introduction, and some of Akiko's illustrations in one of the first issues of *Bio News* (See issue 5/6, letnik 1993, p. 40-44). Some readers (especially women) showed great interest in it! Later I translated some paragraphs from *The Book of Tofu* and published them (together with Akiko's good illustrations) in issues 14 and 15 of *Bio News.* At the end of the article I gave the address of Soyfoods Center for all people interested in ordering your books.

"Last year I was attracted to making seitan and tofu from organic wheat and soybeans. Mr. Mirko Trampus is my very good friend. He has an organic farm in Metlika (1 km from the border with Croatia, in southeastern Slovenia). He has been growing wheat, soybeans, and daikon organically for the last 6 years with very good results. We decided to make a kitchen in his house for transforming Mr. Trampus' soybeans, wheat and daikon into tofu, tempeh, natto, soymilk, seitan and pickled daikon.

"A few days before New Year 1995 I visited all Ljubljana's bookshops, because I wanted to find some information about tofu and seitan. What a surprise! There was your *Book of Tofu.* I found it once again and bought a copy. I was so happy. Not far away I found the book *Cooking with Seitan* by Barbara and Leonard Jacobs, with a foreword by Aveline Kushi.

"Now (at the end of February 1995) we are making about 50 kg of seitan per week by hand. We sell it in some 20 healthy food shops all over Slovenia." He would like to start making tofu, soymilk, natto, and tempeh, Later he would like to make miso too. "Our aim is preparing 100% vegetarian foods of the highest possible quality, made from organically grown soybeans, wheat, and daikon. Now we need more information. Presently Mr. Trampus grows about 12,000 kg of wheat and 9,000 kg of soybeans per year. Prof. Spanring is our good friend. He helped Mr. Trampus to choose the best varieties of soybeans for making tofu and the wheat with the highest gluten content for seitan. Now we use hard winter wheat. We mill it into flour in our own mill with stones. From 100 kg of wheat flour we get about 23 kg of very dark brown seitan.

"Up until now, all of the starch has been rinsed by hand, but we have constructed an automatic rinsing machine which will be prepared for use very soon. We presently rinse using only warm water at about 30ºC. We discard all the starch (putting it on compost heaps on the fields), but later we will use it as an ingredient in cooked soymilk puddings."

Jan would like to order *The Book of Tempeh.* He is looking for a source of tempeh starter. Tempeh is largely unknown in Slovenia, but he would like to introduce it because it is a healthy food and tastes very good. Address: Mestni trg 22/1, 68330 Metlika, Republic of Slovenia. Phone: (386) 068 59 481.

10810. Walsh, James. 1995. Suiting foreign tastes: Designer foods being made to fit standards in Japan, world market.

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Star Tribune (*Minneapolis, Minnesota*). March 5.
• ***Summary:*** There is a growing demand for "designer" beans–a "value-added" product. Minnesota researchers (such as those at the University of Minnesota College of Agriculture) have developed, and Minnesota farmers are growing and selling, soybean varieties especially tailored for Asian niche markets. Proto soybeans are large-seeded, and high in protein, excellent for making tofu. They are often grown under contract with Asian companies. Minatto soybeans are a small-seeded variety, sold to the Japanese for making natto. Chico soybeans, also small seeded, are used to make soy sprouts.

According to John McLaughlin, an international trade representative in the Minnesota World Trade Office. One promising and rapidly expanding new U.S. market is for organic foods. U.S. domestic sales of organic foods have risen dramatically from about $178 million in 1980 to almost $2,000 million in 1993, according the *Natural Food Merchandiser* magazine. The Japanese alone pay more than $1,400 million a year for organic food, and that market has grown 80% a year for the past 5 years. Minnesota, which boasts 150,000 acres of organically certified cropland, is working hard to court these buyers.

Jim Orf, a professor and soybean researcher at the Univ. of Minnesota, notes that of the 20 to 30 soybean varieties developed by his university since the late 1970s, seven have been developed specifically for Japanese food use. In addition, private companies in Minnesota contract with Japanese buyers to develop and grow soybean varieties.

SunRich, a company in Hope, Minnesota, that grows soybeans and waxy corn for Japan, "also has developed edamame, the boiled green soybean that Japanese eat as bar snacks. But so far, U.S. versions of that food have not met Japanese taste standards." Allan Routh, a soybean farmer from New Richland, Minnesota, and part-owner of SunRich, grows 20-40% of his crop for export. He must work hard to meet the standards set by Japanese buyers, but the Japanese offer premiums of $0.25 to $1.50 per bushel.

10811. Storup, Bernard. 1995. Société Soy was acquired by Diétetique et Santé in July 1993, was renamed Nutrition et Soja, and is now located in Revel (near Toulouse) in southern France. Part I (Interview). *SoyaScan Notes.* March 6. Conducted by William Shurtleff of Soyfoods Center. [Eng]
• ***Summary:*** In 1993 Bernard was contacted by Diétetique et Santé, a big French manufacturer of health foods (founded in 1972), which wanted to buy his company, Société Soy. At the time Bernard's company was doing well financially and they had excellent equipment. But they had reached the maximum they could achieve in the health food market, and the only market into which they could expand was supermarkets.

First some background: In Sept. 1990 Société Soy had taken in an outside investor, a retired banker, who was wealthy and friendly man, and who invested as a private individual. In exchange for contributing cash funds to help in expansion and give the company more of its own capital (*fonds propre*), he was given ownership of 25% of Société Soy's shares. The banker also worked at the company one day a week as an accountant. At this time, the company was making money–but not that much.

In early 1991 Bernard had created the new and more neutral brand *Union Natur* to be used on all products sold in supermarkets by Société Soy. So Bernard was looking for a company with which he could work as a partner in entering this big new market.

In the late 1980s and early 1990s the Sandoz Group accelerated its expansion into the healthy/nutritional foods industry throughout Europe. The Sandoz Group is best known in Europe as a manufacturer of pharmaceuticals (its largest division) and chemicals (its second largest division). Sandoz's food/nutrition division is now its third largest. About 5-6 years ago Sandoz was involved in major pollution problems related to its chemical production. Sandoz, the big Swiss pharmaceutical company, was famous during the 1960s among young people in Europe and America as the manufacturer of LSD. From one viewpoint, this popular psychedelic started the counterculture revolution in the Western World, including the natural foods movement. One of the Sandoz Group's earliest acquisitions in the health food field had been the British-based Wander Co. In about 1987-88 the Sandoz Group bought the Céréal Co. Then on 1 July 1992 Sandoz bought Diétetique et Santé in Revel, France–which was renamed Nutrition et Santé on 1 Aug. 1994. Also on 25 Aug. 1994 the Sandoz Group purchased Gerber, the huge American manufacturer of baby foods (headquartered in Fremont, Michigan). Two months ago the Sandoz Group announced that it plans to sell its entire chemical division, with about 10,000 employees. Sandoz was a world leader in dyes. Money from the sale chemical division will be used to buy more companies in the field of food and nutrition. In the future, Sandoz plans to keep only its pharmaceutical and its food/nutrition divisions.

Dietetique et Santé was established in 1972 in Revel and that year they purchased the brand (registered trademark) Gerblé from a small company located near Lyons (French = Lyon) in France. So now Nutrition et Santé is the head of Sandoz nutrition branch in France. In addition, Sandoz has a nutrition division in every European country, with a major food company as head of that branch. Approximately 95% of the sales of these companies are to supermarkets, and only about 5% to natural- and health-food stores.

Although it is owned by the Sandoz Group, the company Nutrition et Santé is not well known by consumers. Yet its brands, trademarks and products are very well known–some all over Europe. These include Ovomaltine [Ovaltine], Céreal, Wander, Wasa (a Swedish bread, pronounced VA-sa), Gerblé, Nerjisport, and Isostar. The latter two products are non-protein sports drinks, rich in mineral salts, that

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replace electrolytes after exercise. They are now developing a product named Gerlinea (like Slimfast, a low-calorie diet powder or bars).

Nutrition et Santé is the leading company in the health food market in France. Sandoz-owned counterparts in other European countries include Sandoz-Spain, Sandoz-Italy, Eden in Germany, Reforma in the Netherlands, and Wander in the UK. They have 54% of the health food market in supermarkets in France.

So in July 1993 Bernard sold Société Soy to the Sandoz Group because he believed the sale would help the company to develop and grow. He stayed on as managing director and was given a great deal of independence and responsibility. Sandoz wanted to keep the acquisition fairly quiet so that retailers and consumers would not be concerned. Very little information about the deal appeared in the public press, except in the financial press. Before the sale, Société Soy was a corporation whose shares were owned as follows: Bernard Storup 35%, Jean de Preneuf 35%, the retired banker 25%, and the company's workers 5%.

After Société was sold, Nutrition et Santé owned 100% of the shares. Bernard and Jean had no difficulty at all giving up their share of ownership in the company they had started in 1982. Nutrition et Santé had offered Bernard and Jean ownership in the company, but the latter two men felt the situation would be more clear if Nutrition et Santé owned 100%. "The world is big and life is short. Daily work is just as interesting as ever." Continued. Address: Managing Director, Nutrition et Soja, Z.I. de la Pomme, B.P. 33, 31250 Revel (near Toulouse), France. Phone: +33 62.18.72.50.

10812. Storup, Bernard. 1995. Société Soy was acquired by Diétetique et Santé in July 1993, was renamed Nutrition et Soja, and is now located in Revel (near Toulouse) in southern France. Part II (Interview). *SoyaScan Notes.* March 6. Conducted by William Shurtleff of Soyfoods Center. [Eng]
• ***Summary:*** In August 1994 Bernard moved the company from Saint-Chamond to Revel, near Toulouse in the south of France and on 1 Aug. 1994 the company name was changed from Société Soy to Nutrition et Soja (pronounced nu-tree-SYON et so-ZHA). On the same day the name of Dietetique et Santé was changed to Nutrition et Santé. Nutrition et Soja still uses *Soy* as their trademark for products sold at health food shops; this trademark is very widely known among health food consumers in France. "Remember that 'Soy' doesn't mean anything in French." The water in Revel is of excellent quality, just like the water in Saint-Chamond. In Revel, Nutrition et Soja gets its water from another natural park.

Bernard's company is now located only 500 meters from another factory owned by Nutrition et Santé that makes Gerblé brand products–such as organic cookies, cereals, etc. The Céréal brand products are made at a factory in Annonay, 500 km from Revel.

Bernard's company moved into a completely new factory, with an integrated production line from dehulling to packaging in Tetra-Pak cartons. It is really a big installation. The company has not introduced many new products since it was acquired 18 months ago. Bernard has been working a lot with companies in Germany, Spain, the Netherlands, and Italy which have been selling soymilk made typically by Alpro in Belgium or Innoval in France. But Innoval went out of business and no longer exists. They declared bankruptcy twice, first in 1993 and again in late January 1995. In 1993 an investor bought Innoval for almost nothing, invested a little money in it, but was not able to make it survive. Nutrition et Santé bought all of Innoval's equipment (made by Alfa-Laval; it was very nice), and Bernard is now using some of this equipment (including a large, automatic Buehler dehulling system) and some of the equipment he had before in Saint-Chamond. And Bernard has been working with their former soymilk customers in hopes of becoming their supplier of soymilk. Most of Bernard's sales have always been to health food stores under the *Soy* trademark. This has not changed since the acquisition. Bernard estimates that he has at least 80% of the fresh soyfoods market in France–not including soymilk.

The soymilk market continues to grow, but there is still excess soymilk manufacturing capacity. Nutrition et Soja is now the leading soymilk manufacturer in France, and they may be the second largest in Europe after Alpro–though they are much smaller than Alpro, which sells about 25 million liters of soymilk and soy desserts each year. Alpro has five Tetra-Pak packaging lines, including one that packs in 500 ml (half liter) cartons.

Nutrition et Soja doesn't compete much with Alpro because Nutrition et Soja sells its soymilk under its own trademarks–Céréal and Gerblé–in supermarkets all over Europe. There is not much difference between these two products, but because they used to be made by two different companies, different consumers have loyalty to each brand. For the health food market, Nutrition et Soja sells its soymilk under the BioSoy trademark, which was first used in 1990 by Société Soy.

Jean de Preneuf is still with the company, working as technical manager. Bernard is in charge of the total company Nutrition et Soja, in charge of production, administration, sales, and marketing. Bernard is very happy with his new parent company, which gives him lots of independence and responsibility, and which is doing a very good job at thinking in terms of the new integrated European market. One of the products with which Bernard is especially happy is their vegetarian sausage–which is 100% organic.

Thirteen years ago Société Soy registered and owned the trademark "tofu." But recently Bernard came to feel that this was not "fair play," so he gave ownership of the trademark to SOJAXA (pronounced so-zhak-SAA), the French soyfoods association. Address: Managing Director, Nutrition et Soja,

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Z.I. de la Pomme, B.P. 33, 31250 Revel (near Toulouse), France. Phone: +33 62.18.72.50.

10813. Lang, Paul. 1995. HiPro Food Products (Minnesota), Clofine, and Devansoy (Interview). *SoyaScan Notes.* March 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul is looking at buying a company name HiPro Food Products in Minnesota. This company has a patent on an indirect roasting process. The two men who own the company are both in their late '70s, and they have not marketed their product well. Most of their business has come from recommendations from Peter Golbitz. They also make enzyme-active full-fat soy flour, which they sell to companies such as Clofine and Devansoy. They dehull the bean then use the new technology of spray drying or flash drying to go straight to tofu powder and soymilk powder. Paul is thinking about by-passing the expensive spray-drying or flash-drying process and going straight into a soymilk processing equipment. Their full-fat soy flours are sold most to companies that make waffles, pancake mixes, etc. They use organically grown soybeans. They sell roughly $24,000 a year of product to Clofine, which starts with an enzyme-active full-fat soy flour. Clofine takes the raw materials to a dairy, where it is boiled to inactivate the enzymes. Then they spray-dry it. The particles are so fine there is no need to make soymilk. So they by-pass the filtration step.

Note: As of Aug. 1994 HiPro Food Products, Inc., was located at 775 Colorado Ave. South, Minneapolis, Minnesota 55416. Phone: 612-545-0151. Robert F. Cross, President. Their manufacturing plant is in New Germany, Minnesota. They make soy fiber, soy flour (full fat), and soy grits. Address: Natural Products Inc., Grinnell, Iowa. Phone: 515-236-4635.

10814. Drosihn, Bernd; Hess, Albert. 1995. The three largest tofu manufacturers in Germany. And a new tofu company (Interview). *SoyaScan Notes.* March 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The biggest tofu manufacturer in Germany is now Life Food GmbH [Taifun-Produkte] in Freiburg; their brand is Taifun. Almost the same size is Viana Naturkost (owned and run by Bernd Drosihn) in Euskirchen-Kuchenheim. Third largest is Das Tofuhaus (owned and run by Albert Hess) in Lautersheim.

In March 1994 Bernd and Albert established a new tofu company named Sojarella, Hess und Drosihn, Gbr. [Gbr. = Gesellschaft Bürgerlichen Rechts], at 53881 Euskirchen-Kuchenheim (the location of Viana). Their first product, launched in March 1994, was Tofutissimo (with Mountain Herbs, or Plain); it can be used as a spread for bread or can serve as the basis for dressings, sauces, etc.

Their 2nd product, launched in March 1995, was Tofrutti, a soy yogurt (*Sojajoghurt*), in Peach, Cherry, Muesli, Forest Berries, Apricot, or Natural flavors.

Albert and Bernd are equal owners of the new company and they do not compete with one another. Albert is in charge of manufacturing and Bernd is in charge of marketing. They plan to make alternatives to dairy products. Address: 1. Founder and president, Viana Naturkost GmbH, Willi Graf Str. 88, 53881 Euskirchen-Kuchenheim, Germany; 2. Founder and President, Das Tofuhaus, Hauptstrasse 13, D-6719 Lautersheim, Germany. Phone: 02251-56076.

10815. Hess, Albert. 1995. A brief history of Albert's Tofuhaus (Interview). *SoyaScan Notes.* March 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Albert was one of the founders of this company in June 1983; it was originally named Tofurei Rittersheim, and located in Rittersheim, Germany. In Oct. 1985 the company moved to Tiefenthal and was renamed Tofuhaus Tiefenthal. In August 1987 the company moved for a third time, this time to Lautersheim, and was renamed Das Tofuhaus. Lautersheim is a small town in southwestern Germany in the state of Rhineland-Palatinate, a little northwest of Grünstadt. In 1989 the company, still in Lautersheim, was renamed for a fourth time to Albert's Tofuhaus.

Albert now makes 12-15 products, especially tofu, tofu spreads, and tofu burgers. He works closely with Bernd Drosihn, owner of Viana, and some of the products sold in Albert's catalog are made by Viana. Address: Founder and President, Das Tofuhaus, Hauptstrasse 13, D-6719 Lautersheim, Germany. Phone: 02251-56076.

10816. Gruenwald, R. Jay. 1995. Update on The Simple Soyman, The Bountiful Bean, Long Life Foods in Minnesota, and Kyoto Food Corp. (Terre Haute, Indiana) (Interview). *SoyaScan Notes.* March 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jay has been with The Simple Soyman for 12 years. On 23 Sept. 1994 The Simple Soyman bought The Bountiful Bean, moved it from Ridgeway to Milwaukee, and merged it into The Simple Soyman. In Dec. 1994 he moved the new larger company to a new address: 3901 North 35th St. (P.O. Box 16677), Milwaukee, Wisconsin 53216. Phone: 414-444-TOFU. Simple Soyman still produces Hummus and Taboolie [both contain tofu], tempeh, and tofu under the Bountiful Bean brand. The Simple Soyman will continue to make its Deepockets (Calzone-style [Italian] and Empanada-style [Mexican]; both contain frozen tofu), dips, spreads, etc. Most are made with soy. The company does a lot with frozen tofu, using it in place of TVP, which causes intestinal gas. The business is still struggling, "but hopefully with the addition of The Bountiful Bean business and distribution in Madison, we'll get going. Being in this for 12 years now, we've got to start making a living at it pretty soon. Basic tofu is still not very profitable. We started working out of the Magic Bean's kitchen with one product. When they went

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bankrupt we basically bought their equipment and moved to 4877 N. Green Bay Ave., Milwaukee, Wisconsin. The building we are in now is 4,500 square feet. The factory is nicely laid out."

R. Jay has heard from a packaging company that a new tofu company named Long Life Foods is scheduled to start in Perham, Minnesota. They are said to be using a special type of package (not water pack) which gives the tofu a very long shelf life.

Kyoto Food Corp. (KFC) in Terre Haute, Indiana, declared bankruptcy in about May or June 1994. He heard that KFC had a verbal agreement from a big chain like Kroger to carry their tofu, then Azumaya, which was the brand Kroger was carrying, lowered their price. So Kroger stayed with Azumaya and that dealt the death blow to KFC [not true; see March 1995 interview with William Roach]. They were trying to sell their building and plant (which they owned and designed to make tofu) for about $1.3 million. He thinks that the company was run by a couple, an American man and a Japanese woman [William and Toni Roach]. Bruce Rose is thinking of buying the company. Address: Owner, The Simple Soyman, 3901 North 35th St. (P.O. Box 16677), Milwaukee, Wisconsin 53216. Phone: 414-444-8638.

10817. *Farm Talk* (*Parsons, Kansas*). 1995. Missouri Soybean Council teams with Dept. of Ag for soy food promotion. March 15.

• ***Summary:*** The Missouri Soybean Merchandising Council is teaming up with the Missouri Department of Agriculture and the AgriMissouri program to bring soyfoods, such as soy flour and tofu, to consumers throughout the state. Susie Oberdahlhoff is director of promotion / education for the soybean group in Jefferson City. She believes the campaign will achieve two main goals. "First, it will educate consumers about the benefits of eating soy and how they can get soyfoods into their diet." Second, it will highlight the importance of soybeans in the state of Missouri.

"'We want to visit as many towns in Missouri as possible this year. By providing samples and answering questions on soy, we hope we can influence people to purchase soyfoods,' said Oberdahlhoff. So far soyfood promotions have been held in Jefferson City, Columbia, and Mexico, Missouri. The Missouri Soybean Merchandising Council will be planning in-store activities in dozens of communities well into summer." For more information call the Council, toll free, 1-800-MO-BEAN.

10818. Roach, William. 1995. The rise and fall of Kyoto Food Corp. in Terre Haute, Indiana (Interview). *SoyaScan Notes.* March 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In about Dec. 1993 Kyoto Food Corporation (KFC) stopped making tofu and ceased all operations. At that time they were making about 57,000 lb/month of tofu. William estimates that roughly 70% of their customers were Asian Americans. They delivered their tofu using their own delivery vehicles–to ensure freshness and give better access. They did not declare bankruptcy and no bills were left unpaid. Their plant, which was built specifically for making tofu, has been standing idle, with all the equipment in place, for about 18 months.

KFC was one of the first big tofu manufacturers in the Midwest. There were three main causes for the company's failure: First, a severe cash flow problem experience by their Japan-based parent company, Kyoto Koseikai, which owns a supermarket chain in Japan and also owned 90% of KFC. Kyoto Koseikai invested heavily in land in Japan. But during a 2-month period of economic hardship, this land lost one-third of its value on paper. When Japanese banks called in loans from Kyoto Koseikai, they were squeezed. So the ultimate cause was the loss of land value and the banks in Japan. The Kobe earthquake was only peripherally related.

Second, they had made a big mistake in hiring a so-called "marketing expert" named Robert Mattix, and paying him big money. Mattix went to school at Michigan State University in East Lansing, had good-looking credentials, and laid out big plans to reposition the company's products, etc. He turned out to be a con artist, who has pulled this same trick on at least 4 other companies, using the same lawyer to draft his employment contract. Robert gave away a lot of tofu, but sold little. William has learned that it is very difficult to get accurate background information on high-paid executives. Former employers of employees that were unsatisfactory are afraid to talk because of fear of a lawsuit from the employee. When William finally realized what was happening and fired Mattix, Mittix turned around and sued KFC (as was his pattern to do) for breach of contract. This man cost KFC $290,000, but even more important, he cost them one year of lost time. When Mattix left, William took over as sales manager.

Third, the policies of the company were dictated by Japanese who did not understand the American market very well. For example, for the first year, KFC was allowed to make only one product, fresh water-packed tofu. It was sold in a 12-oz size, when 16 oz would have been better. The local Japanese manager, Mr. Yamashita, refused to do any private labeling, which could have greatly expanded sales. Mr. Yamashita left 6 months before the company stopped production.

Since the company stopped production, there have been two serious buyers. Kyoto Koseikai has set the selling price for the plant in Terre Haute at $900,000 and will not negotiate for a lower price. The first potential buyer was a Mr. Park, a Korean-American who own as big tofu company named Obok Foods in Southern California. The second was a group of Chinese who have a joint venture with Bruce Rose of Tofu International Ltd. They already make tofu together in

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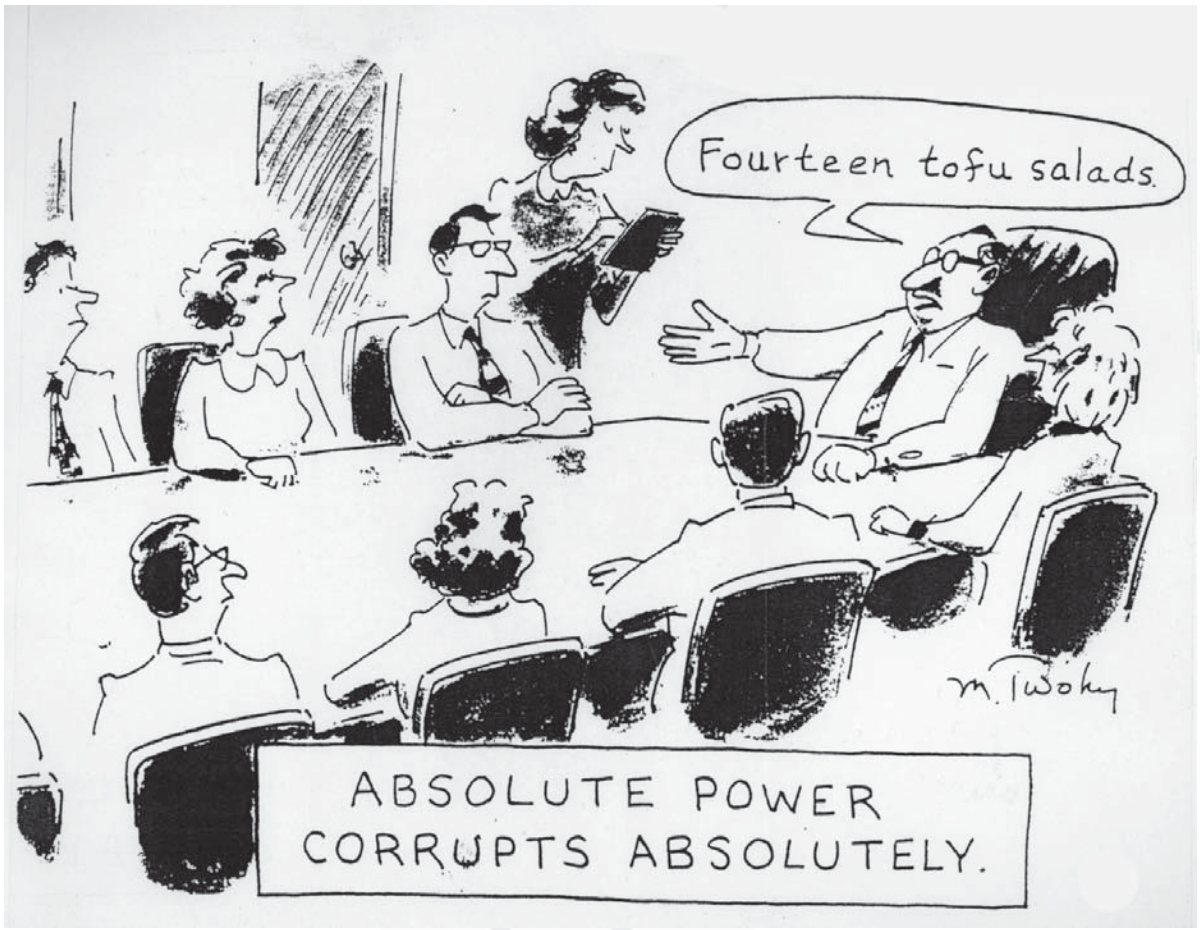

Ann Arbor, Michigan. William feels there is a good chance that the factory in Terre Haute will be sold; he would like to get back in the business if possible. His wife Toni (Setsuko) who is Japanese-American was actively involved in the day to day operations of Kyoto Foods; among other things, she translated most of the Japanese-language correspondence. Address: Terre Haute, Indiana. Phone: 812-533-1400.

10819. Twohy, Michael. 1995. Fourteen tofu salads (Cartoon). *New Yorker.* March 20. p. 80.
• ***Summary:*** A authoritarian, powerful-looking man wearing a mustache and glasses is seated at the head of a table surrounded by other serious-looking people, as at a board meeting. He gestures to his secretary, who is standing nearby with notepad ready, and orders "Fourteen tofu salads." The caption in large letters below the cartoon reads: "Absolute power corrupts absolutely." Address: New York.

10820. Fischer, Bruno. 1995. Brief history of Bruno Fischer GmbH (Interview). *SoyaScan Notes.* March 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** For several generations, back to his great-great grandfather, his family has been butchers. They owned and ran a meat company named Bruno Fischer Natural Foods. His father started a butcher shop in 1960, but in 1968 his father developed cancer. His father changed his lifestyle, learned about the Bible, and they became Seventh-day Adventists. First they stopped selling pork, and they moved their company toward vegetarianism. Then the company split into two parts, one vegetarian and one the traditional meat products.

In 1976 they introduced their first vegetarian products, which were spreads for breads based on grains, beans, etc. The company's first product containing soy was introduced in 1978; named WieLeberwurst ("Like Liver-Sausage") it was a rather "unspectacular product" made from a mixture of grains and beans, and containing less than 30% of cooked, ground soybeans. In the summer and fall of 1979 Bruno visited Worthington Foods in Ohio. Near the end of the same trip, on 7-8 Oct. 1979 he visited Shurtleff and Aoyagi at Soyfoods Center in Lafayette, California.

Starting in 1976, the company made meat products in the morning, then cleaned up the factory and made vegetarian products in the afternoon. All this took place at their one plant in Cologne. In about 1985 they stopped this system. Interestingly, the vegetarian business had grown so fast that the company could not keep up with the demand. So they rented an old bakery in Cologne and in it they started more automated production of their vegetarian products. In 1987-88 the company opened a new plant in Aetorf for

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making vegetarian products, but they kept their meat plant in Cologne. They are now in the process of selling off the meat company to their former employees. Formerly they sold off the part of the business which sold meat products by mail order to the people who ran it.

He still has a desire to eat meat, and he prefers not to eat the products made by Worthington Foods and DE-VAU-GE because they do not comply with his idea of healthy, whole foods. His dream is to make whole/wholistic (*Vollwert*) meat alternatives. He feels it is hard to make these products without using wheat gluten, but he would prefer not to use gluten because of problems with allergies. Address: Im Auel 88, 53783 Aetorf, Germany. Phone: 49-2243-4021.

10821. Goh, Francis Nyang Kuang. 1995. The tofu industry and market in Singapore. Suitability of various soybean varieties for making tofu. Paper presented at meeting of Canadian outgoing soybean mission and Singapore tofu makers. 4 p. Typewritten.
• ***Summary:*** "As you will be visiting some soybean importers this afternoon, I would take this opportunity to concentrate mainly on the technical aspects of soybean. There are 40 plus tofu makers in Singapore producing a wide variety of tofu products, such as soft or silken tofu, firm and extra-firm tofu, tofu puff, soymilk and sweet tofu. The market for soybean-based food products, particularly tofu, is growing rapidly due to its nutritious value. However competition is very keen in our line of business." Therefore we need to produce high quality products.

Mr. Goh tested six varieties of soybeans: S 20-20, Marathon, Hypro, Orient Pearl (Harovinton), Dominator, and Vinton. He summarizes the results in a table which evaluates each variety for tofu production in terms of 5 variables: Texture, firmness, fragrance, colour, yield of tofu, plus remarks. Overall, Harovinton gave the best results, but the price is 12% above the standard price. Discusses his specifications for an outstanding soybeans for making tofu and issues related to identity preservation. Address: Managing Director, Unicurd Food Co. (Pte.) Ltd., Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. Phone: 482-5454.

10822. Azevedo, Chris; Gallagher, Paul. 1995. Trends in Japan's soybean market. Paper presented at a conference titled "Producing Soybeans for the Soyfoods Market." 8 p. Held 2 March 1995 at Ames, Iowa. [6 ref]
• ***Summary:*** The pages and most tables in this report are unnumbered. One table shows per capita annual consumption (in lbs) of soybeans in selected Pacific Rim countries in 1974, 1984, and 1994, as follows, in descending order of pounds consumed per capita in 1994: Indonesia: 9.2, 14.0, 23.2. South Korea: 21.4, 18.8, 20.1. Japan 11.0, 15.3, 16.7. North Korea: 11.8, 12.2, 11.2. Malaysia: 2.9, 5.2, 10.3. China: 14.7, 13.0, 9.7. Thailand: 1.2, 3.9, 3.9. Philippines: 0.4, 0.5, 0.8. Sources: (1) USDA; (2) U.S. Bureau of the Census, World Population Profile, 1994 and 1984; (3) Statistical Yearbook, Statistical Office of the United Nations, New York, NY.

Another table shows annual soybean consumption in million metric tons in 1974, 1984, and 1994, as follows, in descending order of amount consumed in 1994: China: 5.237, 6.193, 5.350. Indonesia: 0.546, 1.072, 2.105. Japan: 0.716, 0.830, 0.950. South Korea: 0.328, 0.358, 0.410. North Korea: 0.083, 0.109, 0.117. Thailand: 0.023, 0.092, 0.105. Malaysia: 0.015, 0.036, 0.090. Philippines: 0.007, 0.013, 0.025. Source: USDA.

A final table shows the amount of soybeans used (in thousand metric tons) in Japan, by product and total, each year from 1978 to 1993, as follows: Use of soybeans for tofu rose from 486 in 1978 to a peak of 531 in 1984, falling to 492 in 1993. Use for natto rose from 71 in 1978 to a peak of 109 in 1993. Use for miso rose from 182 in 1978 to a peak of 185 in 1980, falling to 173 in 1993. The total rose from 750 in 1978 to a peak of 927 in 1992, falling to 920 in 1993. Address: Iowa State Univ. Phone: 515-294-0160.

10823. Barr, Susan Learner. 1995. Don't overdo the tofu. *Longevity* (*New York, NY*). March.
• ***Summary:*** In recent years cancer research has focused on isoflavones, such as daidzein and genistein, "found in abundance in soy." That, in turn, has increased the demand for soy products such as tofu and soy beverages. There is even talk of isoflavone supplements. But since isoflavones are weak estrogens–which counter the effect of natural body estrogens–some experts have become concerned about the potential side effects on women of childbearing age of a diet high in soy and other phytoestrogens (plant estrogens).

At Emory University in Atlanta, Georgia, Patricia Whitten, PhD, found that among the offspring of rats fed large amounts of phytoestrogens from bean sprouts, sunflower seeds and red clover, the females were unable to ovulate and reproduce, while the males' sexual performance was impaired. Whitten thinks that these findings warrant studies on the effects of phytoestrogens on humans.

Whitten and other researchers are not questioning the value of adding nutritious soy products to the diet in moderation–say, one serving a day. Address: R.D.

10824. **Product Name:** Soy Miracle Ultimate Shake (Chocolate Royale, Creamy Vanilla Almond).
Manufacturer's Name: FreeLife International.
Manufacturer's Address: 354 Woodmont Rd., Suite 5, Milford, Connecticut 06460. Phone: 1-800-882-7240.
Date of Introduction: 1995. March.
Ingredients: Ultra Soy Complex I (Trademark) {An exclusive blend of Supro brand soy protein isolate, soy fiber, soy lecithin, tofu powder, soy flour, tamari soy powder, miso powder, & Cholestatin (Trademark) (mixed soy

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phytosterols)}, crystalline fructose, complex carbohydrate (maltodextrin), Dutch cocoa powder, natural flavors, xanthan gum, oat fiber, calcium phosphate, magnesium oxide, potassium chloride, siberian ginseng, ascorbic acid, inositol, choline bitartrate, blue-green micro algae, L-carnitine, vitamin E acetate, Spanish bee pollen, apple pectin, citrus bioflavonoid, niacinamide, zinc oxide, invertase (plant enzyme), ferrous fumarate, D-calcium pantothenate, vitamin A palmitate, manganese sulfate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, bromelain, papain, folic acid, biotin, vitamin D-3, potassium iodide, chromium, picolinate, sodium selenate, sodium molybdate, cyanocobalamin.

Wt/Vol., Packaging, Price: 15 oz (240 gm).

How Stored: Shelf stable.

Nutrition: Per one level scoop (14 servings per container): Calories 95, calories from fat 0, total fat 0 gm (0% daily value; saturated fat 00 gm), cholesterol 0 mg, sodium 150 mg (6%), potassium 150 mg (4%), total carbohydrate 16 gm (dietary fiber 2 gm, sugars 10 gm), protein 10 gm. Vitamin A 100%, vitamin C 100%, vitamin B-1 100%, vitamin B-2 100%, vitamin B-6 100%, vitamin E 100%, niacinamide 100%, pantothenic acid 100%, folic acid 100%, biotin 100%, vitamin D-3 100%, vitamin B-12 100%, calcium 30%, phosphorus 20%, magnesium 20%, iron 25%, zinc 100%, iodine 100%. Percent daily values are based on a 2,000 calorie diet.

New Product–Documentation: FreeLife leaflet. 1995. "FreeLife: Experience the incredible benefits of FreeLife's exclusive Soy Miracle products." "The cornerstone of the Soy Miracle Ultimate Body Program is the fat-free Ultimate Shake. The Ultimate Shake was specially designed to be a great-tasting source of many important nutrients needed to achieve optimal health and to help decrease excess body fat when used as part of the complete Soy Miracle Ultimate Body Program.

"Dr. Mindell's exclusive formula, Ultra Soy Complex I, contains eight of the most powerful soy foods synergistically combined to create the ultimate nutritional shake. These soy foods include the world's best soy protein isolate, soy fiber, soy lecithin, tofu powder, soy flour, tamari powder, miso powder, and mixed soy phytosterols. The Ultimate Shake also contains blue-green micro-algae, Siberian ginseng, Spanish bee pollen, and active enzymes [from the soy flour?] for better absorption.

"The Soy Miracle Ultimate Shake can be used as a complete meal replacement or healthy snack and provides 100% of the USRDA of all essential vitamins and most minerals. For maximum fat-loss results, replace one or two meals each day with a delicious Soy Miracle Shake and eat at least one well-balanced meal. Increase your daily physical activity and supplement your diet with FreeLife's Soy Miracle Ultimate Antioxidant and Ultimate Body Toner."

Label for Chocolate Royale sent by Carolyn Ashman of Napa, California. 1995. May 15. She is a FreeLife distributor. Phone: 707-259-9459. "Directions: As a dietary supplement, add one level scoop (scoop included in can) of Soy Miracle Ultimate Shake (TM) to 8 fl. oz. of skim milk or Westsoy nonfat soy milk and blend or shake until smooth. For best flavor, milk should be very cold. For maximum results" the shake should be used together with the two other products in this line and "the complete Soy Miracle Ultimate Body Program (TM)."

Talk with Luke Taffuri, Vice-President of Operations, FreeLife International (354 Woodmont Rd. #5, Milford, Connecticut 06460. Phone: 1-800-882-7240). 1995. May 30. To buy these products, you must be sponsored by a distributor. Cost: $61.25 for all 4 products incl. shipping. Each can of shake is $18.55. Antioxidant is $19.60. Body toner is $18.55. How much genistein is in these products? If each day you take one serving of a shake and two antioxidant pills plus two body toner pills, you will get 20 mg/day of genistein, plus 16-17 mg/day of daidzein. These products were introduced on 1 Feb. 1995, at the same time as Dr. Mindell's book became available. The company, FreeLife, was started in 1995.

Talk with Karma McLleskey of Fairfax Station, Virginia. 1995. Aug. 18. Luke Taffuri runs the computers at Freelife. The people who know the most about the products are Ray Faltinsky (president) and Kevin Fournier (vice president).

10825. Furuhata, Hideki. 1995. Japanese soyfoods markets. Paper presented at a conference titled "Producing Soybeans for the Soyfoods Market." 9 p. Held 2 March 1995 at Ames, Iowa.

• ***Summary:*** This paper consists of nine very interesting statistical tables, one on each page. Table 1 shows the supply and demand for soybeans in Japan from 1984 to 1992 (in tonne = metric tons). The supply of Japanese-grown soybeans decreased from 126,000 tonnes in 1984 to a low of 73,000 tonnes in 1992, and imports increased from 4,401,000 tonnes in 1984 to 4,725,000 tonnes in 1992. The demand for soybeans from crushers has stayed about steady, ranging from a low of 3,428,000 tonnes in 1991 to a high of 3,928,000 tonnes in 1985. Demand for food uses has increased from 786,000 tonnes in 1984 to a high of 927,000 tonnes in 1992 (up 18%). Demand for use as feed has increased from 55,000 tonnes in 1984 to 95,000 tonnes in 1992.

Table 2 shows soybean utilization in Japan by type of food product from 1987 to 1994: Use of soybeans for tofu and aburage stayed about steady at 498,000 tonnes, by far the largest food use. Use for miso decreased slightly from 180,000 tonnes in 1987 to 170,000 tonnes in 1994. Use for natto grew strongly from 97,000 tons in 1987 to 110,000 tonnes in 1994. Use for kori-tofu (dried-frozen tofu) grew slightly from 29,000 tonnes in 1987 to 30,000 tonnes in 1994. Use for soy sauce grew strongly from 5,350 tonnes in

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1987 to a record 25,300 tonnes in 1992, dropping slightly to 23,000 tonnes in 1994. Use for soymilk decreased slightly from 4,000 tonnes in 1987 to 3,100 tonnes in 9994. Total use of soybeans for food in Japan grew slowly from 875,350 tonnes in 1987 to 930,000 tonnes in 1994 (up 6%).

Table 3 shows Japanese population and per capita consumption of soyfoods from 1982 to 1992. Population grew from 103,720,000 to 124,452,000 during this period, while per capita consumption grew from 6.8 to 7.4 kg/capita (up 8.8%).

Table 4 shows per family expenditures and consumption per year on tofu, natto, miso, and soy sauce from 1982 to 1992. For example, expenditures on tofu increased from 2,535 yen in 1982 to 7,992 yen in 1992, while consumption fell from 87.98 cakes to 79.26 cakes. Thus in 1992 the average Japanese family consumed 1 cake of tofu every 4.6 days.

Table 6 shows imports of soybeans for food from the USA, Canada, and China from 1982 to 1992. Imports from the USA are subdivided into IOM, Beeson, and other identified varieties. In 1992 about 88.7% of food-grade soybeans imported to Japan from the USA were IOM. Moreover, of all these soybeans imported for food use in 1992, about 76.6% came from the USA, 21.5% from China, and 1.85% from Canada.

Table 6 shows the amount spent per capita by people of different 5-year age-groups on four soyfood products. The average person in the age 60-64 year group spent ¥2,976 on tofu, ¥1,539 on miso, ¥1,490 on soy sauce, and ¥1,098 on natto. The average person in the age 30-34 year group spent ¥1,581 on tofu, ¥603 on miso, ¥508 on soy sauce, and ¥708 on natto.

Table 7 shows the source of soybean used to make four soyfood products in 1984, 1990, and 1992. In 1992, of the 498,000 tonnes of soybeans used in tofu and aburage in Japan, 74.8% of the soybeans were IOM from the USA, 6.0% were Beeson (USA), 8.0% were other U.S. varieties, 3.0% were from China, and 8.0% were grown in Japan. Of the 30,000 tonnes use to make dried-frozen tofu, 86.7% were IOM and the rest were from China. Of the 108,000 tonnes used to make natto, 55.5% were from the USA and Canada, 39.8% were from China, and 4.6% were grown in Japan. Of the 176,000 tonnes of soybeans used to make miso, 88.0% were from China, 5.7% were white-hilum beans from the USA, and 6.25% were grown in Japan.

Table 8 shows that production of soybeans in Japan from 1982 to 1994 has decreased sharply. In 1982 some 262,300 tonnes were produced on 147,000 ha with a yield of 1,782 kg/ha. In 1994 some 98,800 tonnes were produced on 26,500 ha with a yield of 1,620 kg/ha.

Table 9 is two charts showing the distribution system for (1) Imported soybeans from suppliers to end users, and (2) Domestic soybeans from farmer to end users. Farmers sell to the Zenno Nokyo or a collector. Address: Mitsui & Co. Phone: 515-294-0160.

10826. Golbitz, Peter. 1995. Traditional soyfoods: Processing and products. *J. of Nutrition* 125(3S):570S-572S. March. Supplement. First International Symposium on the Role of Soy in Preventing and Treating Chronic Disease. [9 ref]
• ***Summary:*** Contents: Introduction. Soymilk. Tofu. Tempeh. Miso. Soy sauce. Address: Soyatech, Inc., Bar Harbor, Maine 04609. Phone: 360-379-9544.

10827. Goldberg, Anne Carol. 1995. Perspectives on soy protein as a nonpharmacological approach for lowering cholesterol. *J. of Nutrition* 125(3S):675S-678S. March. Supplement. First International Symposium on the Role of Soy in Preventing and Treating Chronic Disease. [30 ref]
• ***Summary:*** Contents: Introduction. Media reports about diets and supplements. Soy protein as an adjunct to diet. Dissemination of information. Availability of soy products (tofu, soymilk). Physician use of soy protein. Additional considerations. Address: Lipid Research Center, Dep. of Medicine, Washington Univ. School of Medicine, St. Louis, Missouri 63110.

10828. **Product Name:** Hot Mama's Large Garden Tofu Ravioli.
Manufacturer's Name: Hot Mama's Ravioli, Etc.
Manufacturer's Address: 1485 Gericke Road, Petaluma, CA 94952.
Date of Introduction: 1995. March.
Ingredients: Tofu, spinach, onions, carrots, garlic, miso, spices, salt, pepper.
Wt/Vol., Packaging, Price: 16 oz. paperboard box. Retails for $5.99 (3/95, California).
How Stored: Frozen.
New Product–Documentation: Product with Label purchased at Open Sesame in Lafayette, California. 1995. March. Paperboard box. 11 by 7¼ by 1 inch. Green and red on white. "Egg free. Dairy free. Oil free. No preservatives added. Carry flat. 24 ravioli."

10829. Iowa State University. 1995. Producing soybeans for the soyfood market: Conference schedule and registration (Leaflet). Ames, Iowa. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** On Thursday, 2 March 1995, Iowa State University held a 1-day conference titled "Producing Soybeans for the Soyfoods Market" at the Holiday Inn Gateway Center, Ames Iowa. No proceedings were published. Schedule: Wednesday evening: Tour of Iowa State University's Pilot Plant and Center for Crops Utilization and Research. Soyfoods tasting reception follows at the Holiday Inn Gateway Center for conference registrants. Thursday. Morning session: Markets, trade, and policy. 8:30 a.m.–Welcome and introductions, by Lester A. Wilson.

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9:00–Japanese soyfoods markets, by Hideki Furuhata, Mitsui & Co. 9:45–Growth potential for soyfood beans in Asian markets, by Lester A. Wilson. 10:30–Break. 10:45–U.S. participation in soyfoods markets in the Pacific Rim, by Robert Neal, Agri-Grain Marketing. 11:30–Trade policy changes and opportunities, by Paul Gallagher. 12:15–Lunch. Afternoon session: Soybean varietal effects on soyfood quality. 1:30 p.m.–The effect of varietal characteristics on perceived soyfood quality, by Keisuke Kitamura, Chief, Legume Breeding Lab, MAFF [Ministry of Agriculture, Forestry and Fisheries], National Agricultural Research Center, 3-1 Kannondai, Tsukuba, Ibaraki 305, Japan. 2:15–Soybean breeder panel discussion, with Keisuke Kitamura, Walter Fehr (ISU), Dennis Strayer (Strayer Seeds), Tom Brumm (MBS Seeds), Clark Jennings (Pioneer Hi-Bred Intl.), Jerry Lorenzen (FTE Genetics). 2:45–ISU research presentations: (1) Soybean varietal and storage effects on tofu processing–Pilot plant study, by Lester A. Wilson and Patricia Murphy. (2) Rapid quality testing with near-infrared whole grain analyzers, by Charles Hurburgh. 3:30–Break. 3:45–Health benefits of soyfoods, by Mark Messina (American Soybean Association health consultant); Isoflavones in soybeans and soyfoods, by Patricia Murphy (ISU Dep. of Food Science and Human Nutrition). 5:00 p.m.–Closing comments and questions.

Conference sponsors: Midwest Agribusiness Trade Research and Information Center (MATRIC, Iowa State Univ.). Center for Crops Utilization Research (ISU). Utilization Center for Agricultural Products (UCAP, ISU). Iowa Soybean Promotion Board. MSGA/MSPRC (Minnesota Soybean Growers Assoc. / Minnesota Soybean Research & Promotion Council). Registration fee: $100 before Feb. 15, or $125 thereafter.

A five-page directory of the 74 attendees is attached. Address: Ames, Iowa.

10830. Lightlife Foods, Inc. 1995. Recipes for living the Lightlife: Delicious meatless alternatives to traditional American fare from Lightlife Foods, Inc. (Leaflet). Greenfield, Massachusetts. 8 panels each side. Each panel: 22 x 9 cm.

• ***Summary:*** In a playful, hard-to-read typeface, 16 pages of recipes using Lightlife products including Lightlife Lean Links Italian, Lightlife Fakin' Bacon, Lightlife Soy Tempeh, Lightlife Garden Vege Tempeh, Lightlife Three Grain Tempeh, Lightlife Wild Rice Tempeh, or Lightlife Savory Seitan.

On the rear inside cover: Our quality pledge. Where to find our products. Talk to us (toll-free number). Credits. Special thanks to.

On the rear cover is a new logo and the slogan "Live long. Travel light." Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 1-800-274-6001.

10831. **Product Name:** Silken Tofu (Soft, Regular, or Firm).
Manufacturer's Name: LongLife Foods, Ltd.
Manufacturer's Address: Box 180, Perham, MN 56573. Phone: 218-346-6667.
Date of Introduction: 1995. March.
New Product–Documentation: E.M. Morrison. 1995. Ag Innovation News. July. p. 1, 4-5. This company is run by James W. Skiff (financial and marketing) and Shichiro Sato (production).

Talk with Jim Skiff. 1995. July 14. Their product was first sold commercially in early March., 1995. They now sell 3 types of silken tofu: Soft, regular, and firm.

10832. Nasoya Foods, Inc. 1995. Nasoya–where quality comes naturally: Our homemade style noodles and wrappers are perfect for people who are passionate about pasta! (Leaflet). Leominster, Massachusetts. 1 p. Front and back. 28 cm.

• ***Summary:*** This full-color, glossy leaflet shows that Nasoya makes: Egg roll wrappers. Japanese style noodles. Chinese style noodles. Won ton wrappers. Spinach noodles. Gyoza wrappers.

On the back, each product is described but the ingredients are not listed. Address: Leominster, Massachusetts 01453. Phone: 1-800-229-TOFU.

10833. **Product Name:** Smoked Tofu [Raving Rebecca]. Renamed Pineapple in 2002.
Manufacturer's Name: North Coast Distributors.
Manufacturer's Address: 1717 Solano Way #13, Concord CA 94520. Phone: 510-798-4393.
Date of Introduction: 1995. March.
Wt/Vol., Packaging, Price: 6 oz or 16 oz plastic tub. Wholesales for $1.80 or $4.75 respectively.
How Stored: Refrigerated.
New Product–Documentation: Price list sent by Patricia Smith from Natural Products Expo West at Anaheim, California. 1995. March. Printed black orange. Talk with Hanan Onn. 1995. March 22. This product was launched in March 1995.

Talk with friend of Hanan Onn. 1997. In the summer of 1996 this company moved from Concord to 4860 East 2nd St., Benicia, California 94510. Phone: 707-747-1482. The purpose of the move was to expand production space. The company name and brand name have not changed. Their sole product is Tofu Life Smoked Tofu in 3 flavors.

10834. Northrup King. 1995. Corporate corner: Specialty soybeans offer farmers profitable alternatives without yield sacrifices. *ASA Today* (*St. Louis, Missouri*) 1(5):4. March.

• ***Summary:*** At Northrup King edible soybeans combine specialty traits with top-notch yields. "Unlike many edible soybeans, Northrup King varieties are developed first for

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yield, then for specialty traits such as yellow hila, seed size, and high protein content." John Thorne, director of breeding for Northrup King, says: "We recognize that even though these food-grade soybeans may capture a premium price, our customers can't afford to sacrifice yields."

10835. Ontario Soybean Growers' Marketing Board. 1995. Technical soybean mission: Japan, Hong Kong, Malaysia, Singapore. March 10-26, 1995. Chatham, Ontario, Canada. 23 p. 28 cm. [Eng]

• ***Summary:*** Contents: Participating members: Dr. Karen Lapsley, Mr. Ron McDougall, Mr. Michael Loh, Mr. Doug Jessop (food technologist and tofu expert, Harrow Research Station), Mr. Kim Cooper (marketing specialist, OSGMB). Note: This is the first Canadian soybean mission in which a food technologist (Doug Jessop) participated. Background. Mission objectives. Acknowledgements. Mission details–Japan: Canadian embassy.

Japan Miso-Co-op Industrial Association: Japan imports about 250,000 tonnes {metric tons} of soybeans from China each year, and about 150,000 tonnes of that amount is for the miso market. The remaining miso soybeans come from Canada, USA, and Japan. The best soybean for making miso comes from the Hokkaido area of Japan. It is a large, white hilum type, perhaps Toyomasuri. Generally the larger the soybean the better for making miso. Japanese miso makers need two types of soybeans from Canada: (1) Normal SQWH (Special Quality White Hilum); average values for color, taste and texture are acceptable though higher values would be preferable; (2) High Premium Soybeans; they would consider paying a premium for better color, taste, and texture.

Azuma Natto Foods Co. Ltd.: This natto company uses 7,000 tonnes/year of soybeans making them the third largest natto maker in Japan. They use 65% USA, 25% Japanese, and 15% Canadian soybeans. There are four sizes of natto: Small natto < 5.5 mm accounts for 72% of the natto market in Japan; Large natto, 5.5 to 6.2, account for 18%. Extra large natto > 8.5 mm account for 18%. Split seed natto account for 10%. Factors in assessing the suitability of soybeans for natto are: Fat content should be less than 19%. Total sugars–Group 1 contains sucrose, fructose, and glucose, group 2 contains raffinose and stachyose. Calcium affects the hardness or softness of natto. The ideal range is 180-250 mg/100 gm. Sanwa Company–Tofu manufacturer.

Wed., March 15–Japan Tofu Association: There are over 20,000 tofu makers in Japan, and 53 of these are members of this association, with half of the 53 being in the Tokyo area. Only 185 tofu manufacturers in Japan have 30 or more employees. Tofu makers consider there are two types of organic soybeans: true organic and semi-organic. The association imports about 2,000 tonnes of each type from the USA; they are OCIA certified.

Home Foods Company Ltd. uses 4,000 metric tons of soybeans a year, mostly a blend of 70% Chinese white hilum and 30% U.S. white hilum. The soys from the USA are I.O.M. soybeans, especially the "High Super" variety. For the more premium market they use a blend of 50% Japanese soys and 50% Harovinton soybeans. They have also just started blending 50% Chinese and 50% Canadian white hilum soybeans. The two most important criteria for their soybeans are high protein and high total sugars. Sugar levels of Chinese soybeans (24-25%) are higher than those of Canadian soybeans (23-24%).

Thursday, March 16–Takeya Miso Co.: Ikuo Fujimori, President. Takeya has two plants employing 100 production workers and using 5,000 to 6,000 tonnes of soybeans yearly. 70-80% of their products are sold in supermarkets. For years they have been using the U.S. soybean variety Kanrich.

Nagano Chushin Agricultural Experiment Station: They have been breeding soybeans since 1957 and in that time have developed and released 17 varieties, the most famous being Enrei. The staff of 34 includes 5 soybean breeders. Dr. Nobuo Takahashi has been breeding soybeans for over 18 years. Japan has domestic soybean area of 370,500 acres (150,000 ha); it is decreasing, so imports are increasing.

Nagano Miso Industrial United Co-operatives: This group consists of 8 local co-ops made up of 160 miso manufacturers, who pay a fee to this group based on sales. There was a detailed discussion of the types of sugars in soybeans necessary for good miso.

Friday March 17–National Food Research Institute. Tsukuba is developing into a science research park, now containing over 200 different research institutes. NFRI, originally founded in 1934 as the Rice Institute, moved to Tsukuba from Tokyo in 1973. Thirty years ago, all tofu in Japan was made with Japanese soybeans. Dr. Toshiro Nagai spoke about natto: In 1992 the natto needs of Japan were met by soybeans from China (45%), USA (38%), Canada (17%), and Japanese domestic (8%). Natto consumption has increased by about 10% for each of the last few years. Dr. Sayuki Nikkuni spoke about miso: In 1992 the miso needs of Japan were met by soybeans from China (87%), USA (6%), Japan (6%), and Canada (1%). Dr. Kaoro Koyama spoke about tofu: In 1992 the soybeans for tofu totaled 490,000 tonnes and came from USA (390,000 tonnes; 80%), Canada (50,000; 10%), Japan (20,000; 4.1%), China (20,000; 4.1%), and South America (10,000; 2.0%).

Asahi Food Processing Co. Ltd. This plant, which has 350 employees and operates 365 days/year, was established in 1972 and produces tofu, fried tofu, natto, noodles, and juices. They use 15 tonnes of soybeans daily or 4,900 tonnes/year, of which 38.8% are grown in Japan and the remaining 61.2% are IOM from the USA. Each day they make 120,000 cakes of tofu, 100,000 pieces of fried tofu, and 20,000 packages of natto. Most of the soybeans they use in production are dehulled. They use about 500 tonnes/year of OCIA certified soybeans from the USA and some semi-

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organic soybeans from Japan. The prices they pay per kg of soybeans are: IOM 30-40 yen; Vinton, identity preserved varieties, and Harrovinton [Harovinton] 100 yen; organic 120-140 yen; Enrei (Japanese) 400 yen.

Saturday, March 18–Hong Kong. Canadian High Commission. Canada Packers (Hong Kong) Ltd.

Monday, March 20. Shenzhen Economic Zone: This area of 30 square km, just outside the Hong Kong border, contains 1 million people or 60% of the provincial population, all of whom require a special permit to work in the area. This economic zone is booming, basically due to spiralling costs in Hong Kong, where many businesses and factories are closing and moving to this area, where land and labor costs are much lower.

Shenzhen Vitasoy (Guang Dong) Foods & Beverage Co. This plant, which is only one year old, produces a major share of the soymilk for Hong Kong. They are able to import soybeans at a low tariff rate because they ship the majority of their finished products back into Hong Kong. The plant uses Canadian SQWH (Special Quality White Hilum) soybeans, but has problems with uneven seed size. They presently receive the soybeans in 45 kg jute bags, but would prefer strong 45 kg poly-lined paper bags. A small percentage of dairy milk is mixed with the soymilk, which is thought to improve its texture and taste.

Tuesday, March 21. Dah Chong Hong, Ltd. This was the first company to import Canadian soybeans for food use in the early 1970s. Dah Chong pointed out that Ontario soybeans were experiencing increasing competition from Quebec soybeans, especially in the past two years. The Quebec soybeans are 5-10% less expensive, due to lower basis levels, lower freight costs, and being more aggressive in a new market. Their quality is similar to Ontario, though the seed coat color is somewhat darker. There are about 50 tofu makers in Hong Kong, 10 larger size and 40 smaller size, although there is not a large difference in size. Consumers believe that packaged tofu is not as fresh as that purchased fresh daily from local markets.

Amoy Food Ltd. (Dr. Alain Butler; This plant makes soy sauce and other sauces used in cooking. They use only Canadian soybeans, the Maple Glen variety from Quebec). Wed., March 22. The group visited Hung Tao Soya Bean Products Pty., a traditional Hong Kong tofu and soybean sprout plant in the New Territories.

Thursday, March 23–Malaysia. Canadian High Commission. Yeo Hiap Seng (Malaysia) Berhad (Contains excellent details on the company). Chop Lee Kit Heng Sdn. Bhd. (A soybean trader selling to end users in Malaysia).

Friday, March 24–Singapore. Canadian High Commission. Yeo Hiap Seng Ltd. (Singapore). Meeting with nine tofu manufacturers in Singapore. (The name of each company is given. There are 40 tofu makers in Singapore, and the majority now use Canadian soybeans. Tofu growth in the last 5 years has been very rapid and competition is fierce). Asia Corporation Pte. Ltd. (This company accounts for about 70% of the soybeans imported into Singapore and Malaysia. They first brought Canadian soybeans into the area in 1978). Canadec Private Ltd. Sing Yeap Trading Pte. Ltd.

Saturday, March 25–Unicurd Food Company Pte. Ltd. (Mr. Goh gave a tour of his facility and discussed his plans for a new plant in late 1995). Yam Thye & Co. (Warehouse).

Encore Ltd.: Sylvia B. Hollenstein, managing director. This company, based in Switzerland, uses Swiss technology to produce soy yogurts, chocolates, and noodles in Switzerland from Chinese soybeans–mostly for the taste. The products are shipped from Switzerland to the company's 3 retail stores in East Asia; they plan to expand to 10 retail stores by the end of 1995.

Appendixes A through J, issued as a separate document, contain extensive and detailed information and some published documents related to the technical mission. Address: P.O. Box 1199, Chatham, ONT N7M 5L8, Canada. Phone: 519-352-7730.

10836. *Runner's World* (*Emmaus, Pennsylvania*). 1995. Mother Nature's "superfoods." March.
• ***Summary:*** One of the "superfoods" is tofu, which contains genistein, an isoflavone found almost exclusively in soybeans. "Genistein has been shown to block the growth of new blood vessels that feed cancerous tumors. This may eventually starve the cancer sells and inhibit tumor growth. Ongoing research is investigating whether purified genistein retains the same cancer-fighting as whole soybeans, or if other substances in soybeans work in tandem with genistein to fend off disease."

10837. *Soybean Quarterly* (*Nebraska Soybean Board, Lincoln, Nebraska*). 1995. Beeler's fully cooked brato dogs. 1(2):1.
• ***Summary:*** Tim Beeler and Jerry Lorenzen of Oskaloosa, Iowa, took a family bratwurst recipe and added tofu to the pork mixture. The resulting product has 50% less fat, 35% less calories, 25% less sodium, and 17% more protein–with no MSG and the same great taste of bratwurst.

10838. **Product Name:** Tofu, Sweetened Soymilk.
Manufacturer's Name: Thanh Son.
Manufacturer's Address: 905 N.W. 23rd St., Oklahoma City, OK 73106. Phone: 405-525-2690.
Date of Introduction: 1995. March.
New Product–Documentation: Talk with daughter of owner of L&H Bean Sprout Co. in Oklahoma City. 1996. July 5. There is now one tofu company in Oklahoma City, named Thanh Son (pronounced TAN-sun). Talk with Mr. Trung Nguyen. 1996. July 5. He started making tofu and sweetened soymilk in March 1995 in Oklahoma City. He came to the USA from Vietnam in 1978. His surname is pronounced "Nwen."

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10839. **Product Name:** [Chili con Tofu].
Foreign Name: Chili con Tofu.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: Willi Graf Strasse 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: (02233) 41323.
Date of Introduction: 1995. March.
Ingredients: Tofu*,¼ kidney beans, tomato pulp*, vegetable oil*, leeks*, carrots*, herbs*, spices*. * = Organically grown (*kontrolliert biologischer Anbau*).
Wt/Vol., Packaging, Price: 425 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels brought by Bernd Drosihn of Viana. 1995. March 11. 9.62 x 4 inches. Red, white, and black on orange. Recycled paper. Ready to heat and serve (*Fertiggericht*).

10840. Rose, Richard. 1995. Sharon's Finest is moving towards hemp products (Interview). *SoyaScan Notes.* April 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Richard first introduced the idea of using hempseed protein in natural food products in America. His is still the only company making such products, and demand for them is growing rapidly. "Our business is moving toward hemp." He recently published a brochure titled "Hemp Food," that explains the many benefits of growing hemp. Many people still do not realize that hemp is not the same as marijuana; they are different plants.

Sharon's Finest now makes HempRella (a non-dairy cheese alternative containing 5% milled hemp seeds) and Hempeh Burger (a soybean and rice tempeh burger containing 10% whole hemp seeds). The future of Hemp Foods lies in sprouting hemp seeds then processing them to make milk (similar to making soymilk from the soybean), yogurt, ice cream, tofu, cheese, meat alternatives, and the like. Address: President, Sharon's Finest, P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

10841. Negru, Matthew. 1995. Tofu and soybeans in Nepal (Interview). *SoyaScan Notes.* April 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Matthew lived in Nepal for many years and was married to a Nepalese woman named Laxmi "Latchoo" Lama [now named Mrs. Laxmi Sharma]. They started and owned a woodworking business named Laxmi Wood Craft. In 1987 all foreigners (except those who were married to Nepalese at the time) had to leave the country because the Nepalese government simply stopped renewing visas.

Matthew recalls that when he was in Kathmandu, there were two tofu shops in operation: One was somewhere on the Ring Road and the other was run by a Japanese man and woman; they may not have been married, and they may have had a partner. Matthew first bought tofu in Kathmandu in about 1981-82 and he first met the Japanese tofu makers in about 1985-87; they lived in a house behind the palace, and he thinks they had their tofu shop in Thamel, which is the tourist district of Kathmandu. The tofu was most widely sold at a big market named Asan Tole in Kathmandu. At the end of the market is a sort of square where two streets join; one may be named Bothahiti. There is a line of ships which sell tofu–along with other things. They keep the tofu immersed in water in 5-gallon biscuit tins. The tofu was quite good and tasty. The shops were run by Nepali people, probably the Newari, who are the indigenous tribe of the Kathmandu valley. Most of the tofu in Kathmandu was sold here, but occasionally it was also sold elsewhere.

The Newari own little earth-floored shops, sort of a Nepali saloons, where indigenous whiskey is served–mostly to Nepalese men. There they also serve delicious soybean snacks–such as soybeans fried in mustard oil with special spices. There are thousands of festivals in Nepal–every group has some, and the food served at these festivals is generally delicious. Some of these preparations contain soya. Matthew would like to know if Sherpas, Tibetans, or Thakalis have ever made tofu traditionally. Address: c/o Riverdale Immigrant Women's Centre, 1326 Gerrard St. East, Toronto, ONT M4L 1Z1, Canada.

10842. Kawakami, Kozo. 1995. Tsurezure Nihon shokumotsu-shi: Dai 3 kan [Leisurely history of Japanese foods. Vol. 3]. Tokyo: Tokyo Bijutsu. 195 + 3 p. Illust. Index. 21 cm. [Jap]
• ***Summary:*** As the title implies, the author is writing about 50 foods he finds particularly interesting.

Entries containing an asterisk (*) are about or mention soy. About Mr. Kawakami (sensei) by TANAKA Seiichi. Dengaku tofu * (p. 1+). History of dengaku tofu * (p. 3+). Yuba * (p. 8+). Summary of "History of Tofu" * (p. 13+). Abura-age of tofu (Deep-fried tofu pouches) * (p. 17+). Itohiki natto * (p. 21+). Tororo (Grated tororo imo–glutinous yam–is often served atop dishes such as soba = buckwheat noodles) (p. 24+).

Oroshi daikon (Finely grated juicy raw daikon = Giant Japanese white radish) (p. 30+). Oroshi-gane (Grater) (p. 33+). Mentori daikon (One method of cutting the daikon root to keep the shape during the simmering) (p. 37+). Owari daikon and miyashige daikon (Names of daikon varieties) (p. 39+). Gobo (Burdock root) (p. 43+). Sasagaki gobo (burdock root) and sasagaki daikon (Sasagaki is a special shaving/cutting method. End result: the cut vegetables look like bamboo leaves) (p. 48+). Yatara-zuke (A kind of pickles) * (p. 52+). Kaku-ae (p. 55+). Asa-zuke (pickled asa) (p. 57+). Takuan-zuke (Pickled radish) (p. 62+). Osaka-zuke (p. 67+).

Fu, ki-bu, and shofu / sho-fu (Types of baked wheat gluten) (p. 70+). History of the development of fu (Part 1) (p. 76+). History of the development of fu (Part 2). Kanso-fu (dried) and Kaki-fu (Broiled) (p. 81+). Awase-fu and Yose-fu

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* (p. 86+; tofu is mentioned). Chirimen-fu (p. 88+). Tosa-fu (p. 91+). Shian-fu * (p. 94+; tofu is mentioned). Yamakawa-fu and Chiyo-fu (p. 97+).

Azuki beans and Aka (red) azuki beans (p. 101+). Dainagon azuki (a special variety of azuki beans) (p. 106+). Azuki no suri-jiru (Soup of pureed azuki) (p. 109+).

Hishio–the other name is shoyu no mi (Moromi mash & shoyu presscake) * (p. 115+). Suri-Hishio (ground hishio) * (p. 121+). Ume-bisho and Yubi-hishio * (p. 125+). Hishio and shishi-bishio * (p. 130+) Azuki Kai (Azuki porridge), Aka-kai (Porridge), Uncho-juku (Porridge) (p. 133+) Unzo-kai (Porridge) and Unzo (p. 138+). Kowaii and Seki-han (Rice recipes; Sekihan is red azuki rice) (p. 141+). History of shiso (Shiso leaves are translated as "Beefsteak leaves") (p. 148+).

Asazuki (p. 150+). History of Karashi and Keshi (p. 153+). What is Araragi? ÿ(p. 158+). Tade / Tadé (p. 163+). Itachi hajikami and Inu sansho (p. 167+). History of sansho (Sansho seeds are one type of spice) (p. 170+) Hajikami and Shoga (Ginger) (p. 174+). History of myoga (A Japanese leafy plant with a strong flavor that is often used for a topping for Hiyayakko Tofu) (p. 178+). Myoga-take (p. 181+).

Sai? Seki (Chinese Name) and Niragi * (p. 184+). Kawakami sensei and the Rikagagu Kenkyujo (Note: *Rikagaku* means physics and chemistry), by MATSUSHITA Sachiko, Honorary Professor of Chiba University (p. 190+). 96 Years of my father's life by Kozo Kawakami's eldest son (Tadashi? / Tsutomu?) (p. 192+). My father, Kozo Kawakami,–A view from his 2nd son (p. 194+).

A photo (p. 191) shows the members of the Rikagaku Kenkyujo seated together on tatami mats in a room. A separate outline sketch and legend shows the name of each member.

The section titled "Kawakami sensei and the *Rikagaku Kenkyujo,"* by Prof. Matshita states (p. 190): I was able to receive his guidance for 20 years ever since I became a member of the Ryôrisho Genten Kenkyu Kai, a study group that started in 1994. They met at Keio University's old wooden classroom. These people studied old culinary documents together. I listened to his lecture on the *Ryôri Monogatari.* I could not do my present work that involves Edo period culinary literature without his influence.

I also saw him at the members meeting, visited his home, listened to his talks, and took a look at his sketchbooks on many occasions. On those occasions, he enjoyed talking about his experience at Riken (Rikagaku Kenkyusho) before the war and his teacher Dr. SUZUKI Umetaro. His work on the history of Japanese Food History got started after he retired. His work before his retirement was on agricultural chemistry (*nogei-kagaku*). He worked mostly on Vitamin A at Dr. Umetaro SUZUKI's Lab. in Rikagaku Kenkyusho until he moved to Manshu Kokuritsu Tairiku Gakuin in 1937. He received his PhD in Agriculture.

I first met him at a funeral of the late TSUJI Michiyo sensei in June 1989 held at Enmeiji Temple in Urawa. The late TSUJIMURA Michiyo sensei was in the same lab as Kawakami sensei.

The photo on the next page shows the golden age of Riken group who worked under Dr. Suzuki. I made a copy of one of the 3 photos from late TSUJIMURA Michiyo Sensei's album. He didn't have any photos from our days in Manchuria, so I was very happy and drew the picture below. The man in the center in the dark suit is Kawakami sensei.

Letter (e-mail) from Naomichi Ishige, Japanese food historian. 2008. May 18. KAWAKAMI Kozo, who passed away in 1994, was the foremost philologist on Japanese food culture. Thus, his writing is reliable enough. Continued. Address: Japan.

10843. Kawakami, Kozo. 1995. Tsurezure Nihon shokumotsu-shi: Dai 3 kan [Leisurely history of Japanese foods. Vol. 3]. Tokyo: Tokyo Bijutsu. 195 + 3 p. Illust. Index. 21 cm. [Jap]

• ***Summary:*** The chapter titled natto (*itohiki nattô;* p. 21-23) states: Within the natto family, there are dry types, *shiokara natto* (salty natto) and *itohiki natto* (regular / sticky natto) which can make sticky threads when it is moist, stirred with a pair of chopsticks, and picked up (as with chopsticks). It is thought that shiokara natto appeared in the Heian period because its name appears in the book titled *Shinsarugakuki* in around 1062 as *tsuki shiokara natto* (pounded salty natto) and *shiokara natto* (salty Natto). But for itohiki natto, no clear (definite) document was found, so people thought it appeared in late Edo period. But I don't think in that way. There might be a blank period in the literature, but you cannot say no document was found. There are some documents that mention itohiki natto. I am going to mention them here.

The first is *Shojin Gyorui Monogatari* (1320-1380). It is a story (fictional) of a battle between shojin ryori (Buddhist vegetarian cookery) and gyocho ryori (fish and poultry cooking). It is told that the book's author is called *Nijo Kanpaku* (the word *kanpaku* means a high ranking government officer who assisted the Japanese Emperor politically, or is a nick name for a person who is very powerful) whose real name was Nijo Yoshimoto and was well known for his talent in literature.

This story was written around 1320-1380, near the end of the Kamakura Bakufu and during Nanboku-cho period. (The books called Teikun Orai {1350} and Isei Teikun Orai {1370} were written during the same period.) This story is one of the documents that mentions itohiki natto.

The next document is *Noritoki-kyo-ki* (the diary of Noritoki) written in Ouei 12 nen (in 1405). I was told that there was an entry of December 19; "Rokkaku gifted itohiki natto." So I thought that since I had read this whole book before, I decided to check my notes about this book and

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then I found out that I, too, noted itohiki natto (mentioned) in Ouei 12 nen, Dec. 19. Although I didn't write "Received Itohiki Daizu from Rokkaku (person's name)", it was maybe Itohiki Natto which was given by Mr. Rokkaku. I confirmed this by checking with Mr. Takeshi TOYOTA's *Chusei Shogyo-shi* (History of Middle Age Commerce) and also my old notes.

After that, there are no documents mentioning natto until the *Tamon-in Nikki* (Diary of Tamon-in) in an entry dated Eiroku 11, May 21 (May 21, 1568). In this diary he wrote "Tried drying natto but then it got wet from the humidity of rainy air. So mix salt into *netaru natto* ('slept natto') by roasting salt well and while the salt is very hot, mix it into natto and dry the salted natto again. It won't get moist from the rainy season. *Meizen-bo* (A Zen monk?) said so." *Netaru natto* ("slept natto") means fermented natto and is itohiki natto. But the document just before this was written in 1405, so there is a gap of over 100 years between those two documents; that is the shortcoming of the literature (that mentions itohiki natto).

Then the next document is from late in the early Edo period. "Kefukigusa (Kefukiso?)" in 1645. "Kefukigusa" is a textbook for Haikai (Haiku and Renka). In this book published by Iwanami Buko, Ooyu (?), saliva of a cow, 3 wheels, strings for the puppet. etc. and also natto were listed among the (supportive) words (to make Haiku and Renka). Therefore there must have been natto at that time. To summarize: I checked and confirmed the Noritoki-kyo-ki, and also if there are other documents that can be found on related subjects. The documents on itohiki natto can be traced from the present all the way back to the period of *Natto Taro Itoshige.* But I really think that probably it continuously goes up to the period of Natto Taro Itoshige. Note: This is his guess after checking the documents.

Bibliography:

(1) *Shojin Gyorui Monogatari:* published by the Konnyaku Association in the book called "Konnyaku Kyokai Shi" (History of Konnyaku Association"). This book contains the whole story of the *Shojin Gyorui Monogatari.*

(2) *Tamon-in Nikki:* "Netaru Natto" (was mentioned) in it. Eiroku 11 (1568) May 21

(3) *Kebukiso* (*Kebukigusa?*) 1645. *Tsukeku for itohiki* (adding word for the word Itohiki). Re-published as Iwanami Bunko Bon and it was mentioned in Iwanami Bunko Bon page 109. (Note: He forgot to mention this book's year of publication.)

(4) *Edo Ryori Chu.* 1673. "Nese Natto" Nihon Ryori Taikan, Dai 2 Kan 118-1. (Volume 2, 118-1)

This chapter was written in Heisei 5 nen (1993) Dec. 2.

An illustration (p. 23) includes some writing: On the top container: Kinzanji Misho (Miso?) is written. Note: The Chinese characters are *Mi* as in Miso and the character for *hishio.*

On the bottom container is written "natto."

This illustration came from *Wakan Sansai Zue.* Address: Japan.

10844. *Glencoe News* (*Chicago, Illinois*). 1995. Soy-based natural foods enter the mainstream. April 20. [1 ref]
• ***Summary:*** Once soy-based foods were found only at health food or natural food stores. Now they are finding their way into mainstream grocery stores, as more and more Americans are recognizing the need to eat healthy. According to the Illinois Soybean Association, the main products to look for are tofu, soymilk, frozen desserts, soy flour, and analogs (like "veggie" burgers).

10845. Webb, Denise. 1995. Surprise! 10 "bad" foods that are good for you. And 10 "good" foods that are not so good. *Family Circle.* April 25. p. 60, 62.
• ***Summary:*** It's saturated fat more than cholesterol that is the major culprit in raising blood cholesterol and puts you at risk for heart disease. Tofu is given as the first of the 10 "good" foods that are not so good. More than half of tofu's calories come from fats. One-half cup of firm tofu is "crammed" with 11 gm of fat and 183 calories. "So balance the fat in tofu by serving it with lots of low-fat veggies." Address: PhD, RD, freelance writer who lives in Brooklyn, New York.

10846. Krizstan, Jan; Trampus, Mirko. 1995. Re: Update on work with seitan and soyfoods in Slovenia. Letter (fax) to William Shurtleff at Soyfoods Center, April 28. 3 p.
• ***Summary:*** "The Slovenian people are really very happy to be out from under the oppressive rule of Yugoslavia and Belgrade now.

"Mirko was very busy during March and April mounting ceramic tiles all over our tofu and seitan kitchen walls, preparing the soil for soybeans, and experimenting with an interesting sort of spring wheat. He's almost finished now. The gas line and outdoor gas tank are already installed. Next week he will be mounting tiles on the floor. Our new kitchen (5 by 6 meters, formerly a garage) is attached to the old one (3.5 by 5 meters), which we still use for making seitan. We hope to put all equipment in our new kitchen and go to Austria to buy natural nigari at the end of next week." They will use the old kitchen for storing soybeans and wheat.

Jan and Mirko would like to buy tofu and soymilk equipment from Wally Rogers of Bean Machines but it is too expensive for them. In the new kitchen they plan to have: one caldron for cooking seitan, two pressure cookers for making tofu, some stainless steel working tables, a semi-automatic machine for rinsing starch out of wheat dough for seitan production, 2 chambers for cooling pressed tofu, a curding barrel, and vacuum packaging machine–all of them second hand, except the rinsing machine which Jan designed.

Jan first made seitan in August 1993 on a very small scale and by hand at his home kitchen. "It was sold 'wild' on

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the market–only in healthy food shops in Ljubljana, whose owners dared to sell it without legal permission." For details on this history and development of this seitan product see Izvor 1993.

"I was strongly interested in macrobiotics for some time. I first heard about it a a macrobiotics course organized by a middle-aged woman, who became one of my best friends. But I've always been very curious. So I asked myself: 'Is there any better way of eating and living than macrobiotics?' I tried a vegetarian diet without milk, fish, eggs, or honey, and with a lot of fresh fruits, nuts and wholesome bread (all organically grown) for a while. It was even better than macrobiotics and it took less time for food preparation." Now Jan eats only fruits and nuts, and sometimes seitan or tofu. Address: Mestni trg 22/1, 68330 Metlika, Republic of Slovenia. Phone: (386) 068 59 481.

10847. Buzzell, Dick. 1995. What's new in soybean breeding [in Ontario]. *Canadian Export Soybeans* (*OSGMB, Chatham, Ontario, Canada*) 8(1):2. April.
• ***Summary:*** "The goal of soybean variety development at the Harrow Research Centre is to produce varieties with improved quality for processing into soyfoods. At the same time, improvements are made in disease and pest resistance, soybean yield, and other traits required by soybean growers."

Soybeans with a higher protein content will have to be more expensive. "We are also selecting for differences in protein composition, since this may affect the making of different kinds of tofu. Also, some consumers may prefer the natural flavour of soybeans, whereas others may prefer a more bland flavour, so both kinds are being selected." Address: PhD, Soybean Breeder, Harrow Research Centre, Harrow, ONT, Canada.

10848. **Product Name:** Smokey Tofu, Regular Tofu, and Chinese 5-Spice Tofu.
Manufacturer's Name: Clean Bean Tofu.
Manufacturer's Address: 37e Princelet St., London E1 5LP. Phone: 0171-247-8349.
Date of Introduction: 1995. April.
New Product–Documentation: Letter from Neil McLennan of Clean Bean Tofu. 1997. April 10. "I run a fresh tofu market stall, and our business is being affected by GE [genetically engineered] soya;..." Letter from and form filled out by Neil McLennan. 1997. April 30. "I am a very small-scale producer. Me and my brother have a stall in the local market that specialises in organic produce. Our stall sells the three kinds of tofu (as listed) which we make ourselves on Fridays and Saturdays." They are planning to start making tofu full time and are looking for larger equipment. He has a small grinder / cooker that he bought in China. "It's been a great two years persuading Londoners of the virtues of fresh tofu. I am eternally grateful to yourself and Akiko Aoyagi for *The Book of Tofu,* which inspired me initially, and for *Tofu & Soymilk Production,* which showed me how." They started making Smokey Tofu in April 1995, Regular Tofu in July 1995, and Chinese 5-Spice Tofu in Nov. 1995. They presently make 140 lb, 300 lb, and 140 lb of each product respectively each month. They have no labels at present because most of their customers bring their own containers. Letter from Neil McLennan of Clean Bean Tofu. 1998. Aug. 24. He would like to order a copy of *Das Tofu Buch,* the German translation of *The Book of Tofu.*

10849. **Product Name:** Soyboy Okara Courage Burger.
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1995. April.
Ingredients: Filtered water, soy protein concentrate, wheat gluten, okara, egg whites, potato flour, soy sauce (water, soybeans, wheat, salt), soybean oil, natural flavor from all vegetable sources, nutritional yeast, herbs and spices, onion powder, sea salt, vegetable gum, evaporated cane juice.
Wt/Vol., Packaging, Price: 9 oz paperboard box.
How Stored: Frozen.
New Product–Documentation: Ad (½ page, color) in Vegetarian Times. 1995. April. p. 69. "Like chicken? You'll love a bite of courage." A chicken and a wolf with eating utensils are sitting behind a package of this product. "A perfect choice for non-vegetarians. A great choice for everyone. SoyBoy."

10850. *Ontario Soybean Growers' Marketing Board Newsletter.* 1995. Producing soybeans for the soyfood market. April. p. 3.
• ***Summary:*** In early March, 1995, Iowa State University conducted a seminar titled "Producing Soybeans for the Soyfoods Market." Topics covered included an introduction to soyfoods (complete with tasting at Iowa State's Center for Crops Utilization Research facility), a review of Japan's soyfoods market, trade policy changes and challenges, quality assessment, and the effects of varietal characteristics on soyfood quality.

Speaking on Japan's soyfoods market, Hideki Furuhata of Mitsui & Co. reported that consumption of tofu and natto is increasing slowly in Japan, while miso and soy sauce are decreasing. China has been supplying Japan with 250,000 to 300,000 tonnes/year of soybeans, mainly for making miso and natto. Japan imports between 120,000 and 130,000 tonnes/year of identity preserved soybeans, up from 100,000 tonnes 5 years ago. For example, 50,000 tonnes of Vintons were imported in 1994.

Bradley Hildebrand of Cargill in Minneapolis, Minnesota, reported that the U.S. exports about 130 million bushels/year of soybeans to Japan. About 30 million bushels (23% of the total) are used to make soyfoods. Most of the soybeans used for soyfoods in Japan are "IOM" beans

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because they are grown in Indiana, Ohio, and Michigan. IOM soybeans are not any specific variety or hilum color, but they are generally higher in protein and better in quality than other U.S. soybeans. They trade at a premium of 10-20 cents per bushel over other U.S. soybeans in Japan. IOM soybeans are traded on the Japanese grain exchange. For shipment to Japan, IOM soybeans are railed to Baltimore (Maryland) or Norfolk (Virginia) for shipment via panamax size vessels. They may also be railed to Mobile (Alabama) or New Orleans (Louisiana) for vessel shipment.

Hildebrand reported that IOM soybeans will keep the largest market share due to their low price, however there is a market for variety soybeans. He said that Vinton is the most popular variety for making tofu in Japan, but it does not yield high enough in the field to make it price competitive. "He suggested that breeders need to develop a high-yielding soybean with Vinton's tofu-making characteristics. However he said the market for variety soybeans is not huge and is easily flooded." Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

10851. Powell, Robin. 1995. Wonderfood: The right diet, full of fresh fruit and vegetables and such special additions as tofu, proves more than ever to be the key to good health. *Vogue.* April. p. 30.
• ***Summary:*** "What is the new wonder food for helping to avoid breast cancer? Tofu." It is a rich source of phytoestrogens. "Tofu might be one good reason that breast cancer is less prevalent in Asian women than in Western women." A photo shows a pair of chopsticks holding a cube of tofu.

10852. Schinner, Miyoko Nishimoto. 1995. Recipe redux. Dessert that's too good to be true: Believe it–chocolate cake that contains no sugar, eggs, or butter. *Vegetarian Times.* April. p. 26.
• ***Summary:*** Silken tofu is a key ingredient in the recipe for both this vegan Chocolate Rum Cake (1 cup, firm) and its frosting (10½ oz extra firm). In the cake, tofu replaces the eggs and butter, acting as a binder and leavener. In the frosting, tofu replaces the fat and provides creaminess. Here is luscious flavor without fear or guilt.

Makes 12 servings. Per serving: Calories 290, protein 9 gm, fat 6 gm, carbohydrates 44 gm, cholesterol 0 gm, sodium 11 mg, fiber 6 gm. Address: Owner, Now and Zen Enlightened Bistro and Bakery, 1826-B Buchanan St., San Francisco, California 94115. Phone: (415) 922 9696.

10853. **Product Name:** Tofu.
Manufacturer's Name: SEP.
Manufacturer's Address: 170 Blanchard Lake Dr., Whitefish, MT 59937. Phone: 406-862-0621.
Date of Introduction: 1995. April.
Ingredients: Soybeans, water.
Wt/Vol., Packaging, Price: Bulk.
How Stored: Refrigerated.
New Product–Documentation: Call from and talk with Mike Jopek. 1995. Oct. 14. This company started in about April 1995. Their first and only product is bulk tofu, but they are thinking of starting to make new soy products.

10854. Slavin, Joanne L. 1995. Health benefits of soy fiber: A quick taste. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 3(2):1, 4. Spring. [9 ref]
• ***Summary:*** The insoluble dietary fiber content in ½ cup of various soyfoods is as follows: Soybeans (raw/uncooked) 12.0 gm, soymeal [soy flour] 7.0 gm, miso 3.9 gm, soymilk 1.3 gm, tofu (raw) 0.6 gm.

Soy fiber is also isolated and used as a food additive. Different companies produce various types of soy fiber, but most of the published research is on soy polysaccharide, which contains 75% total dietary fiber (TDF) including a mixture of cellulosic and noncellulosic structural components of the internal cell wall. Soy polysaccharide is mostly insoluble dietary fiber, but clinical studies have shown it has properties of both insoluble and soluble dietary fiber. Soy polysaccharides, like other insoluble fibers, increases stool weight.

There is considerable evidence that intake of fiber-rich foods is inversely related to risk of cancers in the colon and rectum. It is estimated that the risk of colorectal cancer could be reduced by about 31% if fiber intake were increased by 13 gm/day.

"Dietary fiber has also been shown to be effective in lowering serum cholesterol. It may decrease risk of coronary heart disease by decreasing serum lipids, lowering blood pressure, improving glucose metabolism, and aiding weight maintenance. Soluble fibers appear most effective in lowering serum cholesterol" but they are only effective in subjects with elevated cholesterol levels.

"Potential negative effects of dietary fiber include lower absorption of vitamins, minerals protein and calories. It is unlikely that healthy adults who consume fiber amounts within the recommended ranges will have problems with nutrient absorption."

"Soy fiber appears to be extremely fermentable in human subjects, with 93% of the dietary fiber as soy polysaccharide being fermented... Fermentation of dietary fiber produces gas and short chain fatty acids, one of which, butyrate, appears to play an important role in cancer prevention."

"Compared with other fiber sources available as supplements for food, soy fiber provides a range of positive functional, nutritional, and physiological effects. Soluble fibers, such as gums and pectins, lower serum cholesterol but are difficult to incorporate into foods and are not palatable. Insoluble fibers, such as wheat bran or cellulose, are effective in the prevention and treatment of constipation, but are

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difficult to consume on a long term basis. Soy polysaccharide has found wide acceptance as a supplemental fiber source and is added to hospital nutrition products, breads, and other baked products, including muffins, cookies, and crackers." Address: Prof., Dep. of Food Science and Nutrition, Univ. of Minnesota, St. Paul, MN.

10855. *Tofu Times: Emerging Soyfoods Trends* (*Morinaga, Los Angeles*)**.** 1995. Mori-Nu Tofu: Moving into food service. March/April. p. 1-2.
• ***Summary:*** Morinaga is currently preparing a Food Service Manual. Stanford University Dining maintains nine foodservice operations and serves 15,000 students per day. Executive Chef Andre Mallie says: "Students at Stanford are extremely health conscious about what they eat. In addition probably 30-40% of our students are vegetarians and we try to be responsive to their needs and requests... Healthy eating is definitely a continuing trend at the University... For main meals, Stanford students have a choice of as low-calorie dish, a vegetarian entree, a meat choice, or a fish selection. The nutritional information of all entries is posted on the serving line... Tofu is served every day as part of the salad selection, and a hot entree with tofu as the main ingredient is served 2-3 times a week. Tofu entrees are rotated and include tofu casseroles, stuffed tofu ravioli, vegetable and tofu kabobs, tofu moussaka, "eggless" tofu rolls, and marinated and grilled tofu, which is a popular selection.

Chef Mallie recommends Mori-Nu Tofu because of its consistent quality, and the fact that it is very compact and can be stored without taking up valuable refrigerator space–for up to ten months. Ben Chilson, Director of Food Services at Andrews University in Berrien Springs, Michigan prefers Mori-Nu Tofu because he does not have to worry about the product going sour. A Seventh-day Adventist university, Andrews promotes a vegetarian lifestyle and does not serve meat or meat by-products. Tofu entrees are served 2-3 times per week including curry tofu and vegetables, stir fry broccoli with tofu, tofu and nut patties, tofu fritters, and scrambled tofu as a breakfast option.

Mori-Nu Tofu is also on the food service menus at Drake University (Des Moines, Iowa) and the University of Wisconsin.

Talk with Art Mio of Morinaga. 1995. March 10. In America today, tofu is being used in foodservice primarily in universities and colleges, and secondarily in businesses. In both places, it is most widely used either (1) as cubed tofu, placed on the salad bar for use as a salad ingredient, condiment, or topping, or (2) stir fried with vegetables. Stanford University uses, on average, about 30 cases/month of Mori-Nu Tofu. Address: California.

10856. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Valsoia S.p.A.
Manufacturer's Address: Via Iacopo Barozzi 4, 40126 Bologna, Italy. Phone: +39 051-659-9900.
Date of Introduction: 1995. April.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Dr. M. Bacci of Valsoia. 1995. Dec. 4. Valsoia introduced tofu in April 1995.

10857. Walker, Morton. 1995. Concentrated soybean phytochemicals. *Healthy & Natural Journal* 2(2):58-60. April. [12 ref]
• ***Summary:*** Contents: Introduction (Designer Foods Symposium III). Cancer inhibitors in soybeans. Prostate cancer cured by fermented soybean drink (Haelan 851). The therapeutic characteristics of Haelan 851. Note: The address, phone number, and fax number of Haelan Products Inc. in Metairie, Louisiana, is given.

Soybeans contain five different types of anti-cancer agents: protease inhibitors, phytate, phytosterols, saponins, and isoflavones. The latter are plant estrogens with strong inhibiting effects in hormone-related malignancies such as prostate, ovarian, cervical, and breast cancers. Isoflavones are found in a variety of soy foods, including soy milk, tofu, tempeh, miso, textured vegetable protein, soy flour, soy nuts, and soybeans. "The isoflavone component which most excites the medical research community is genistein. It's an overpowering suppressor of the oncogene enzymes that ordinarily stimulate pathological cell growth." Address: Medical Journalist, 484 High Ridge Road, Stamford, Connecticut 06905-3020.

10858. Demos, Steve. 1995. New developments at White Wave (Interview). *SoyaScan Notes.* May 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Steve is planning to introduce soymilk in a gable-top carton. He has been able to get a 90-day shelf life at dairy storage temperatures. He has the product, which has passed many taste tests. His problem is finding a maker of soy base. He is working closely with Ted Nordquist in California and has visited Ted's house. None of the companies who make soy base in Tetra Pak are willing to cooperate. Steve tried to work with Pacific Foods of Oregon but they backed out. He has the money to build a state of the art soymilk factory but first he has to prove that the market exists for soymilk in a gable-top carton. He has to run a 5-month test in one major urban market. He would sell this soymilk in supermarkets as part of his shelf set which is on the edge of the dairy section. White Wave is the only soyfoods company with nationwide refrigerated distribution.

White Wave has just purchased Meat of Wheat, and hired Mark Machlis.

White Wave has just completed a $100,000 market study on how consumers view vegetarian foods, meat alternatives, etc. The idea for the study came from Ken Vickerstaff (vice

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president of sales; he came out of General Foods, Celestial Seasonings) and the results were extremely revealing. Steve was surprised to learn what the word "vegetarian" means to typical consumers. The two terms "meat analogs" and "meat alternatives" are both "off target." Steve took off much of last year (working 30-35 hours a week), involved in this study, gardening, flower arranging, and looking for good ideas. He sat behind a glass wall and watched consumer panels answer questions and taste products for over 2 weeks. They brought in random people (called out of the phone book) who had a proclivity for this kind of life style. He wants White Wave to be the company most closely associated with vegetarianism in America. White Wave now has annual sales of $6-7 million, trying to get to $12 million. "We know that we can do that in the natural foods business, but that's not the game. We're missing the game. We wanted to find out what the game really is, and out was a real eye-popper to find out. What Wave has been able to redefine strategically where they are going and how they are going to get there." The information acquired during the study will be come very apparent as White Wave applies it. "We are a vegetarian company and we always will be. We want to define vegetarianism. Our strategy is to make the word 'vegetarian' and White Wave synonymous. We want people think of White Wave when they think of vegetarianism."

Americans are reducing their use of red meat. So 1-3 meals in the normal family meal rotation are up for grabs. People don't know what to put in place of that red meat.

White Wave is now contracting with Jonathan Gordon from England; he wrote his PhD thesis on acidified soy curd (related to tofu) for use in tropical climates. He is currently the international ingredients specialist for Kraft Foods in Memphis, Tennessee. Steve is hiring him this summer as White Wave's operations director. He will start work in about September, and his first project will be to develop some new soy yogurts. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10859. Carrasquillo, Fausto. 1995. New developments with soyfoods in Puerto Rico (Interview). *SoyaScan Notes.* May 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Two years ago Fausto sold his natural foods distribution company named *Nuevas Comidas* to a regular food distributor named *Productos de Nutricion,* which is located in a suburb of San Juan (Carretera 876, Km. 4.3, Barrio Las Cuevas, Trujillo Arto, Puerto Rico 00758). Now they want to make tofu and soymilk, and Fausto is working with them to make this happen. He is presently importing tofu and soy cheese from White Wave, but the cost of importing is expensive. Fausto would also like to grow soybeans in Puerto Rico and sell them as green vegetable soybeans. Address: Puerto Rico.

10860. Hannon, Kerry. 1995. Pure and unadulterated: Sales are soaring at organic food producer Walnut Acres. *U.S. News & World Report.* May 15. p. 86, 91-94.
• ***Summary:*** This article is part of "Health Guide 1995," a cover story on health, nutrition, and fitness. Walnut Acres Inc., in Penns Creek, Pennsylvania, in the largest producer in the USA of organic food sold by mail order, with 350 products in its catalog. Business is booming and sales soaring as health-conscious consumers switch to natural, organic foods. Sales jumped from $6 million in 1991 to nearly $8 million in 1994. In 1994 about 700 tonnes of organic, pesticide-free produce was grown on the farm, three times as much as in 1990. Sales of beef, chicken and eggs, raised without the usual hormones or antibiotics, have doubled since 1989.

Today Walnut Acres has more than 100 employees. Each year about 30,000 visitors tour the plant (of 100,000 square feet) located in the old stable. There the cannery makes 60 cans of soup a minute and the stone mill grinds 1,000 pounds per hour of whole-wheat flour. Some 93% of American consumers want unadulterated food.

Consumers who are still in the mainstream, are now able to buy natural and organic foods in their supermarkets–such as Safeway in California. Whole Foods Market operates a chain of 39 supermarket-size natural food stores in nine states. Fresh Fields, founded in 1991 and based in Rockville, Maryland, now sells its "Good for You Food" at 16 similar stores in five states.

In 1994 sales of natural foods totaled about $7.3 billion, up 17% from the year before double what it was in 1987. Sales at mainstream grocery stores have been flat. Paul Keene says that since he and his wife started Walnut Acres in 1946, they have "moved from the lunatic fringe to the leading edge of agriculture." Not long ago, he recalls, they were regarded as "kooks or commies" [communists]. At one time crosses were burned on their property and other time dynamite was tossed onto the land. At age 84, Paul Keene is "so spry that he may be his own best advertisement."

Robert Anderson, Keene's son-in-law, is now president of Walnut Acres.

The article discusses the difference between "natural," "organic," and "certified organic," and the debate over the nutritional benefits of organically grown foods. One sidebar, titled "Looking beyond beta carotene," discusses phytochemicals, which have little or no recognized nutritional value, yet powerful health benefits. James Duke, PhD, recommends whole foods over pills, and his recipe for "Genistein gumbo" soup includes soybeans and tofu. Another sidebar, "Nouvelle veggie cookbooks," states: "No tofu: Unlike the groovy granola manuals of the 1960s, many new books ignore ersatz meat dishes like 'filet of tofu,..."

A large photo shows a Holstein cow (which grazes in spacious, organically grown pastures) with the farm in the background.

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10861. Feldman, Nick. 1995. New developments at Nutrisoya (Interview). *SoyaScan Notes.* May 16. Conducted by William Shurtleff of Soyfoods Center. [Eng]

• ***Summary:*** Giles Goulet is no longer president of Nutrisoya. In Oct. 1993, he sold his shares to Nick Feldman and one other person, then he (Giles) left the company in Aug/Sept. 1994. Nick is the new president. As soon as Mr. Goulet was out of the company, it started doing very well, and it is still doing well. Mr. Goulet had big ideas but they were not feasible. He did not know the market and was not skilled at marketing.

Nutrisoya got its company name from a brand name owned by Victor Food Products, Ltd. in Scarborough, Ontario. "We had our lawyers take care of that." But Nutrisoya did not buy the company Victor Food Products.

Nutrisoya built its own soymilk plant using components from various sources, including many pieces made by Alfa-Laval. "If you have the right engineers who know something about making good-tasting soymilk, with a few modifications, we have been able to make a soymilk with no beany flavor."

Nutrisoya has never had a Tetra-Brik machine in house; they have their soymilk products packaged in Tetra-Brik cartons by a very large co-packer in Canada. Nutrisoya's competition in soymilk comes largely from Edensoy and from Pacific Foods "which now has a 3rd generation Tetra Pak machine, with the re-cap capability, though supposedly they have not yet perfected the technology." Nutrisoya is the biggest soymilk manufacturer in Canada, with little competition in soymilk from other Canadian companies.

Soymilk products: They no longer make Chocoya; even though it is a great product, it was marketed incorrectly, more like a dairy milk. Since the word "Soya" did not appear on the front panel, consumers often thought it was a dairy milk and so they were not willing to pay a little more for it. It was sold on the shelf in Quebec next to a dairy milk named Chocayo, which retailed for $0.30 less per 3-pack. He plans to introduce it again some time. Nutrisoya still makes their Natura (pronounced nah-TUR-uh) line of soymilks in strawberry, vanilla, and original flavors, in aseptic Tetra Brik cartons. Nick has a brand new soymilk product named Nutrisoy that he is ready to launch in 1 liter Tetra Brik cartons. "We've been working on it for quite a while. I just have to press a button and it will be out in 2½-3 weeks. It has the exact same ingredients as Edensoy, except it is lower in fat, and has a more neutral taste and a better nutritional profile. The Nutrisoy line, which will start with vanilla and original flavors, will probably end up replacing the Natura line." Nick would ideally like to package the new line in re-cap Tetra Brik cartons like Pacific does, but that package is not available to him. "I'm a little bit scared to invest a lot of money in a product and its packaging that is going to be competing against other products that have more advanced packaging," the re-cap pack. So Nick hasn't decided when, or even if, he will "press the button." The big question is this: What percentage of consumers, who are less cost conscious, are willing to pay about 20% more at retail for the re-cap pack. Bill suggests that Nick contact Tetra Pak and ask to see their market research on this question. Most of Tetra Pak's film for all of North American is made at a plant in Aurora, Ontario (near Toronto). A plant in Denton, Texas, specializes in the new re-cap packaging. The Natura soymilk line is made more for the supermarkets in Quebec, which sell 10-15% of the total volume. In British Columbia a lot of soymilk is sold in supermarkets. Nick feels his new-formula Nutrisoy soymilk will give him a big advantage over Edensoy. Eden has to pay a 5% duty on soymilk shipped into Canada, plus large transport costs. So a Canadian distributor receives Edensoy at $19 a case, versus only $13 a case (32% less) for Nutrisoy. Nick is concerned that Edensoy is coming out in a re-cap package.

Tofu: Nutrisoya is the largest tofu manufacturer in Eastern Canada, but Sunrise is the largest tofu maker in all of Canada. They now makes 3 types of tofu, all curded with magnesium chloride and extra firm in texture: Natural, Fine Herbs (*Fines Herbes*) and Pimento & Onion (*Piment-Oignon*). The two flavored products were introduced in about 1990. They do not make an almond tofu. They package all their tofu products with a $120,000 Multivac vacuum packaging machine that they own. He likes vacuum packing; Nutrisoya sells a lot of their tofu to supermarkets, and this packaging seems to give a longer shelf life and a neater package. He also plans to buy a water-pack machine.

Nutrisoya makes most of its money from its tofu products; the competition in the soymilk market from Eden Foods and Pacific Foods (who Nick believes is dumping product in Canada) leads to low profit margins. Plans for new tofu products: Nick would like to introduce soft tofu curded with calcium sulfate. Most Caucasian Canadians now buy tofu curded with magnesium chloride (nigari); it is now a $1.4 million market. Note: Most of the tofu sold in the USA is curded with calcium sulfate because it is a good source of calcium, and is less expensive and much easier to make. Address: President, Nutrisoya Inc., 4050 Pinard, St.-Hyacinthe, QUE, J2S 8K4, Canada. Phone: 514-796-4261.

10862. Wan, Helen. 1995. Brief history of Les Aliments Tarasoy Ltée in Brossard, Quebec (Interview). *SoyaScan Notes.* May 26. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This company was founded in Dec. 1986 by her brothers, who are Chinese-Canadians and who own shares–but it is not just a family business since other people also own shares. Her brother, Billy Chin, is the president and one of the main founders. Helen has been employed by the company since the beginning as sales manager; she was born in Canada, and educated in English-speaking schools, though

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she also speaks French. The name of the company, Tarasoy, is derived from the name of a person they know, to which they added the word "soy." The company's first products were introduced in the spring of 1987. These included: SoftShakes (a soya drink in chocolate and vanilla flavors, and in single serving sizes), Regular Tofu (*Tofu Nature*), Herb Tofu (*Tofu Fines Herbes*), and Tofu with Dehydrated Vegetables (*Tofu au Legumes*). Their tofu products are all sold in 450 gm vacuum packs. The vacuum packaging gives a longer shelf life. Regular (plain) tofu is now the company's number 2 best-selling product.

In 1988 they introduced *Soyolait,* a 1-liter soya drink that is presently the company's best-selling product and also the best-selling fresh soymilk in Quebec. It is sold fresh in Pure-Pak cartons, and has a remarkable 21-day shelf life at 3ºC. The product is made and packaged entirely at their plant. It is sweetened with barley malt extract and sold only in Quebec, and mostly at natural food stores. It is consumed by Caucasian-Canadians rather than by Chinese-Canadians (who prefer a sugar-sweetened product). Soyolait is less expensive than Edensoy, since the packaging is less expensive. Many other Chinese companies in Canada make fresh sugar-sweetened soya drinks, sold in plastic bottles. At about the time Soyolait was launched, SoftShakes was discontinued; It had limited appeal as a single portion novelty drink, whereas Soyolait came in a larger carton and was more versatile, since it could be used for cooking, baking, etc.

In 1993 the company launched *MagiSoy,* a soy cheese, that they make in-house; it melts.

In Nov. 1994 they introduced *Rizoleil,* a rice drink– which is the company's only product not made from soy. Helen does not know whether the rice drink is made with the traditional koji fermentation process or with enzymes. It is sold fresh, packaged in 1-liter Pure-Pak cartons, with a remarkable 20-day shelf life.

One of the major focuses of the company is selling fresh products. This requires that they distribute all their own products. They have excellent quality control. Most of their products are sold in natural- and health food stores, and very little in Oriental food stores. The company has about 20 employees (both Chinese- and Caucasian-Canadians), but they keep a low profile. They have very good people in their research and development department, which is why they have interesting fresh products with a log shelf life.

They are always developing new products which they plan to introduce within the next 6 months, but information on these is confidential until the products are launched. Helen does not have a brochure about the company or its products. Several years ago a French-language article about the company was published. Address: Sales Manager, Les Aliments Tarasoy Ltée (Tarasoy Foods Ltd.), 3455 Local D rue Isabelle, Brossard, QUE J4Y 2R2, Canada. Phone: 514-659-6586.

10863. *New York Times.* 1995. Make it 'Borough of restaurants': In Queens, culinary homes for all. May 28. p. CY12.

• ***Summary:*** Contains summaries of previous reviews of the Golden Monkey and the Taipei Wall Sea Street Taiwanese Restaurant, described in detail by Ruth Reichl in the Feb. 24 issue of this newspaper (p. C24). Mentions "fermented bean curd."

In addition, there is a summary review of Penang Cuisine Malaysia which includes "Penang rojak, a refreshing peppery salad of cucumber, jicama, pineapple, zucchini and tofu enhanced by a pungent fermented shrimp paste, and tofu stuffed with ground fish and served in a spicy coconut milk and bitter melon sauce." Also: "Whole fried pompano in black bean sauce."

10864. Allen, Andrea Horwich. 1995. Can isoflavones give soy mainstream acceptance? *Food Product Design.* May. p. 20-21.

• ***Summary:*** Researchers now believe that a family of phytochemicals present in soy, called isoflavones, may actually reduce the risk of atherosclerosis by preventing the formation of plaque on artery walls. One isoflavone, genistein, which is present only in soy, also fights cancer by inhibiting the growth of cancer cells. Genistein appears to mimic the effects of estrogen so that the body produces less of that hormone, thus reducing the risk of estrogen-dependent cancers, especially breast cancer. One study of Japanese men suggests that those who eat a diet high in soy protein have a lower incidence of prostate cancer.

Representatives from Morinaga Nutritional Foods, Westbrae, and Pillsbury Green Giant are trying to take advantage of the new discoveries by educating their customers. The FDA seems unlikely to be ready to approve a soy-related health claim such as "Includes your daily intake of soy." ADM, who makes the Green Giant frozen burgers, is said to retain Mark Messina, PhD, as a consultant. A large photo shows a carton of WestSoy Low Fat Soy Drink (Vanilla). Address: Assoc. Editor.

10865. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Biolosk Kmetija Trampus (Trampus Organic Farm).
Manufacturer's Address: Mestni trg 22/1, 68330 Metlika, Republic of Slovenia. Phone: (386) 068 59 481.
Date of Introduction: 1995. May.
Ingredients: Water, soybeans, nigari.
New Product–Documentation: Letter (fax) from Jan Krizstan. 1995. June 19. "It is a great pleasure to inform you that we started commercial tofu production on Friday, 19 May 1995."

Note: This is the earliest known commercial soy product

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made in Slovenia.

10866. Dunmire, R.; Griffiths, J. 1995. A blast of flavor zips through tofu stir-fry. *Sunset* 194:144-45. May. Central West edition. *

10867. Lahman, DeDe. 1995. What's in that? Tofu. *Seventeen.* May.

10868. Liu, Keshun; Orthoefer, Frank; Thompson, Keith. 1995. The case for food-grade soybean varieties. *INFORM* (*AOCS*) 6(5):593-96, 598-99. May. [10 ref]
• ***Summary:*** Contents: Introduction. Food beans vs. oil beans. Traditional soyfoods: Soymilk, tofu, toasted full-fat soy flour [kinako], soy sprouts, soy sauce, miso, tempeh, natto. Soy protein ingredients: Soy grits and flour, soy protein concentrates, soy protein isolates. Soyfood nutrition. Current size of food bean market. Breeding of food beans. Conclusions.

"Oil/meal beans include all the commonly produced soybeans." The oil is typically used for food and the meal for livestock feed. However the "new varieties of food soybeans" are generally exported to countries in East Asia for preparation of Oriental soyfoods. Table 3 compares the attributes of food beans vs. oil beans. Seed size: Large vs. small to large. Seed uniformity: High vs. no preference. Hull color: White-yellow vs. yellow. Hull quality: Thin, firm vs. no preference. Hilum color: Clear to buff vs. clear to blank. Protein content: High vs. medium to high. Oil content: Low to high vs. high. Cleanliness: U.S. Grade 1 or better vs. any grade. Major applications: Tofu, soymilk vs. oil, defatted meal.

In addition to their use in making traditional soyfoods, the "new food-grade varieties," especially those with high protein content, have been marketed for preparation of toasted full-fat soy flour, defatted soy flour, and soy protein concentrates and isolates.

Photos show: (1) Keshun Liu, Frank Orthoefer, and Keith Thompson. (2) Color and size comparison of soybeans for food use and those intended for crushing (color). The "food beans" are larger than the "oil beans."

Note: This is the earliest English-language document seen (July 2001) that contains the term "oil beans" or the term "oil/meal beans," both used in contrast to "food beans" or "food soybeans." This is also the earliest English-language document seen (July 2001) with the term "food-grade" (or "food grade") used in the title to refer to soybeans or soybean varieties. Address: 1. Project Leader, Soyfood Lab., Jacob Hartz Seed Co. Inc., 901 N. Park Ave., Stuttgart, Arkansas 72160; 2. Vice President for research and development, Riceland Foods Inc., P.O. Box 927, Stuttgart, AR 72160; 3. Vice president, International Soyfood Sales, Jacob Hartz Seed Co.

10869. Lucky, Robin; Kumoda, Y. 1995. Letters to the editor. Advertisement misleading. Mori Nu's response. *Produce Business.* May. p. 12. [1 ref]
• ***Summary:*** Robin Lucky, National Sales Manager for Azumaya, Inc. is writing to object to a one page advertisement for Mori Nu Tofu run on page 31 of the February 1995 issue of *Produce Business.* "This advertisement untruthfully depicts water-packed tofu as a quality control hazard... This ad is not only done in poor taste but is very misleading to the produce industry." She closes by insisting that Produce Business "no longer carry misrepresenting advertisements such as the indicated Mori Nu advertisement."

Mr. Y. Kumoda, president of Morinaga Nutritional Foods, responds by noting that his company, a California corporation, "has spent millions of dollars over the past 10 years educating American consumers regarding the numerous health benefits of tofu. Far from 'injuring the tofu industry,' we have done more to help build the industry than any other tofu manufacturer in this country. Our advertising campaigns have, for the most part, centered on the positive health benefits and the versatility of tofu in the kitchen." Address: 1. National Sales Manager, Azumaya, Inc., San Francisco, California; 2. President, Morinaga Nutritional Foods, Inc.

10870. *Missouri Ruralist* (*Carol Stream, Illinois*). 1995. Cooking with soy. May.
• ***Summary:*** At the 1995 Missouri State Fair, on August 24 in Sedalia, a "Cooking with Soy" contest will be "sponsored by the Missouri Soybean Merchandising Council to promote the use of soyfoods." The contest includes three categories: Tofu, soy flour, and whole soybeans. For rules and details, Missouri residents may call the Council at 1-800-MO-BEAN-1.

10871. *Natural Way* (*Rye Brook, New York*). 1995. Veggie good news: Candlestick Park, home of the San Francisco Giants baseball team, sells 300 to 500 tofu wieners at every game. May.
• ***Summary:*** The title is the full story.

10872. Ortega-Molins, Sophie. 1995. Interets nutritionnels et pratiques du tofu: Interview du Docteur Sophie Ortega-Molins [Nutritional advantages and uses of tofu: Interview with Doctor Sophie Ortega-Molins]. *Info Soja* (*Sojaxa, France*) No. 5. May. p. 1-2. [Fre]
Address: Médecin nutritionniste à Paris.

10873. Packaged Facts. 1995. The meat and dairy alternatives market. New York, NY: Packaged Facts. xii+ 162 + 42 + 6 p. May. 28 cm.
• ***Summary:*** In 1994 retail sales of these products reached an all-time high of $286 million, and these sales are projected to

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top $660 million in 1999. This very interesting report can be ordered from Packaged Facts, 625 Avenue of the Americas, New York, NY 10011. Phone: 212-627-3228. Price: $2,150. The authors were Sarah and Peter Starr, though their names do not appear in the report. The product director was David Lumis.

Contents: Part I: The products. Scope of the report (Vegetarian products sold as meat or dairy alternatives, products not covered), history of the industry (an emerging market, part of the vegetarian movement, soybeans–an ancient food of Asia, soybeans arrive in the new world in the 18th century, Kellogg family starts health foods industry, makes first meat analogs, Seventh-day Adventists and others produce tofu and meat alternatives in the 1920s, Henry Ford early proponent of soybeans, meat analogs commercially developed in the United States in the 1940s, non-dairy beverages, growth of "Americanized" meat and dairy analogs booming), product definition (foods used to replace meat or dairy products, description of ingredients–tofu, tempeh, soymilk, okara, soy protein concentrates and isolates, textured vegetable protein, wheat gluten and seitan), product categories (three main categories of meat and dairy alternative products, meat alternatives, dairy alternatives, prepared meals), government regulations (the FDA and FTC, NLEA labeling considerations {went into effect in May 1994, making the USA the world's first country to have mandatory nutrition labeling}, soy protein allowed in meat products without special labeling, bovine growth hormone), industry associations (the Soyfoods Association of America, the American Soybean Association, the Vegetarian Awareness Network).

Part II: The Market. Introduction (Retail sales of meat and dairy alternative products by category–1989-94–graph, retail sales of dairy alternatives products by segment–1989-94–graph), market size and growth (market is difficult to monitor, 1994 retail sales estimated at $286 million, dairy alternatives surpass $142 million, meat alternatives soar to $132 million, prepared meals grow steadily to over $12 million, estimated retail sales of meat and dairy alternative products by category–1989-1994–table, growth in milk substitutes segment leveling off but still in double digits, cheese alternatives segment also experiences slight slow-down in 1994, non-dairy desserts–a slow-growth segment, estimated retail sales of dairy alternative products by segment–1989-1994–table), factors in market growth–overall market (maturing population and interest in nutrition, new dietary guidelines, medical community accepts plant-based diet, studies show vegetarian diet equals a healthier–longer life, soy might help to prevent heart disease and cancer, consumers now approve of vegetarian diets, increased demand for vegetarian foods, youth adopts meatless meals, exposure through foodservice, mass market begins to support meat and dairy alternatives, products in wider distribution, innovative new products, improved technology equals better taste, increased funding for soyfoods through foreign capital, pricing continues to limit market, image–taste and texture still a problem), factors in market growth–meat alternatives (concern about health hazards of meat, fat calories targeted by labeling law, an alternative to chicken and fish, ecological and social considerations will propel meatless meals, meatless meals difficult to handle by foodservice), factors in market growth–dairy alternatives (milk substitutes enter dairy case, awareness of lactose intolerance on the rise, taste profile limits acceptance, cheese alternatives–are they healthier?, projected retail sales of meat and dairy alternative products by category–1994-1999–graph {p. 34}, projected retail sales of dairy alternative products by segment–1994-1999–graph {p. 35}), projected market growth (overall market to reach $662 million in 1999, meat alternatives and prepared meals to lead growth, projected retail sales of meat and dairy alternative products by category–1994-1999–table, growth of milk substitutes and other dairy alternatives expected to slow somewhat by 1999, projected retail sales of dairy alternative products by segment–1994-1999–table), market composition (meat alternatives will outsell dairy alternatives, share of sales by product category–meat and dairy alternatives–graph, soy-based ingredients most frequently used in meat-like products, protein ingredients used in meat-like products by number of products made with ingredient–1990-1992–table, bulk of dairy alternative sales from milk substitutes, share of sales by product segment–1989 vs. 1994–graph, sales by retail outlet, share of sales by retail outlet–meat and dairy alternatives–1994–graph).

Part III: The marketers. The marketers (About 30 significant marketers–most small, major companies move into the market, meat alternatives–other mass-market players, meat alternatives–natural foods players, the leaders in milk substitutes, cheese alternative market leaders, the leaders in non-dairy desserts, prepared meals market leaders, selected marketers and brands of meat and dairy alternative products–chart), market and brand shares (mass-market leader Worthington Foods challenged by ADM/Pillsbury Green Giant Harvest Burger, wholesome and hearty growing fast, Boca Burger boogies by the Bystanders, marketer and brand shares of meat alternative products sold through supermarkets–1993 vs. 1994–table, natural foods sales of meat alternatives more fragmented, Worthington is leader in natural foods stores, White Wave and Lightlife hold second and third place, estimated marketer and brand shares of meat alternative products sold through natural foods stores–1994–table, many small regional players capture local markets, Eden Foods leads in milk substitutes, estimated marketer and brand shares of milk substitute products mass-market and natural foods stores–1994–table, Imagine Foods' Rice Dream is leading rice beverage, other vegetable beverages, Tree of Life's Soya Kaas holds leading share of cheese alternatives market, estimated marketer and brand shares

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of cheese alternative products sold through natural foods stores–1994–table, Tofutti holds top market share in frozen desserts, Fairmont Foods establishes lead in supermarkets, marketer and brand shares of prepared meals sold through supermarkets–1994–table, natural foods prepared meals–many brands and no one leader), competitive situation–overall market (marketers compete primarily through new product introductions, growth through mergers and acquisitions). Continued.

10874. Packaged Facts. 1995. The meat and dairy alternatives market (Continued–Document part II). New York, NY: Packaged Facts. xii+ 162 + 42 + 6 p. May. 28 cm. • ***Summary:*** Contents: Continued from p. vi. Part III: The Marketers. Competitive situation–meat alternatives (Worthington pioneers Seventh-day Adventist vegetarian market, Miles Laboratories acquires Worthington–places Morningstar Farms in mass market, tofu drives natural foods market, soy frank marketers exploit tofu opportunities, tempeh–another meat alternative ingredient gains interest, wheat-based alternative seitan expands presence, Worthington places tofu patties in natural foods stores–changes hands again, Wholesome and Hearty develops foodservice distribution, meatless burger market heats up, patty competition fierce in natural foods arena, ADM/Pillsbury alliance brings soy burgers to mass market, Worthington fights back, category differentiates in the early 1990s, soy attacked by soy-free burger companies, meat alternative marketers cut the fat, low-fat sausages and franks, tightly targeted vegetarian fun foods and snacks, mass-market companies introduce ground meat analogs, natural product companies follow suit, Wholesome and Hearty seeks retail growth, others seek lucrative foodservice market), competitive situation–milk substitutes (early market limited to ethnic community, Edensoy a big hit–Vitasoy responds, new lines introduced, competition–domestic manufacturing and larger containers bring down soy beverage prices, flavors and packaging distinguish early products, Westbrae introduces first low-fat soymilk, fortification has become key selling point, Eden's fortified product suits strict vegetarians, new package sizes expand market, re-closable–easy to pour, rice beverages–line extensions grab shelf space, Wholesome and Hearty's almond beverage, 100% organic products, a fresh–new market–some products shift to dairy case, mass-market interest), competitive situation–cheese alternatives (Seventh-day Adventists start category, first natural foods cheese alternative, Soyarella, not dairy-free, handful of marketers compete on price in natural foods arena {Soya Kaas, TofuRella by Brightsong / Sharon's Finest, Cemac Foods, Galaxy Foods, White Wave}, new products parallel dairy-based mass market, a move toward lower fat and fat-free, seeking the most melt-able cheese, Sharon's finest finds innovative ingredients, marketers target vegan market), competitive situation–non-dairy desserts (Tofutti dominates, dairy-free puddings–one major player {Imagine Foods sells a rice-based non-dairy pudding}, non-dairy yogurt has yet to catch on–but White Wave's Dairyless, a non-dairy soy yogurt, seems to be the only major natural foods brand in this category), competitive situation–prepared meals (flavored tofu and seitan expanded into meals, Legume is early innovator, cheese alternatives in prepared meals, other companies dive into prepared meals, action has been in natural foods, supermarket products have not succeeded), competitive profiles (The Archer Daniels Midland Co.–Grand Metropolitan PLC–Pillsbury division partnership, Amy's Kitchen Inc., A&A Amazing Foods Inc., Boca Burger Co.–Sun Foods, Eden Foods Inc., Fairmont Foods of Minnesota Inc., Fantastic Foods Inc., The Hain Food Group Inc., Imagine Foods Inc., Lightlife Foods Inc., Sharon's Finest, Tofutti Brands Inc., Vestro Natural Foods Inc., Vitasoy–USA Inc., White Wave Inc., Wholesome and Hearty Foods Inc., Worthington Foods Inc., Yves Veggie Cuisine Inc.), marketing trends (updated packaging, burger market segmenting into natural and mass market, Worthington–a master at working both markets, hamburger look-alikes crossing back into natural foods, veggie patties crossing into mass market, nostalgia–creating brand loyalty, marketers expanding into other categories, moving into the frozen breakfast section, retail displays, pushing into new distribution channels), new product trends (new–improved packaging, light and healthy, product names emphasize healthy, fat-reversal–mass-market burger-substitutes gaining fat, ground meat alternatives, new flavors and varieties–many gourmet and upscale, ethnic–especially Mexican and Southwestern, convenience, technology produces better mimics, mixing soy with grains and other ingredients, mainstreaming health foods, natural ingredients preferred–organic even better, selected new product introductions–meat and dairy alternatives–1994-March 1995–chart), advertising expenditures (most advertising not measured, specialty magazines are preferred medium, radio is another alternative, little consumer advertising, Worthington outspends competition, ADM-Pillsbury spends millions to launch Harvest Burger in 1994, Eden Foods targets mass market, Fantastic Foods' first major spending), advertising positioning (good health is overlying theme, and fat is prime concern, vegetables are a solution to a bad diet, milk substitutes advertised to lactose-intolerant market, highlighting a sense of the familiar, foods children love, traditional burger images used to woo mass market, vegetarian appeal used for meatless patties, organic is important feature in natural foods, examples of consumer advertising), consumer advertising (consumer promotions not heavily used, money-off coupons from several companies, new lines offer more generous rebates, recipes and books educate consumers, in-store promotions–the White Wave Center, marketers join forces in advertorial, sponsoring sports events–a healthy fit, 25 years of earth day,

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non-profit tie-ins, Turtle Island's recycling program, other types of promotions, examples of consumer promotions), trade advertising and promotions (three key trade publications, trade ads also used as consumer ads, trade ads scheduled to run in convention issues, trade ads announce growing business, editorial promotions, reaching retailers, example of trade ads). Continued.

10875. Packaged Facts. 1995. The meat and dairy alternatives market (Continued–Document part III). New York, NY: Packaged Facts. xii + 162 + 42 + 6 p. May. 28 cm.
• ***Summary:*** Contents: Continued from p. x. Continued Part IV: Distribution and retail. Distribution (Two distinct channels, mass-market products–warehouse delivery used most, natural foods products–independent distributors used most, distributors offer wide range of services, direct buying, several large distributors dominate health food channel, margins for the two channels differ, brokers support marketers' sales efforts, marketers' sales forces work with brokers), at the retail level–natural foods stores (the leading outlet–natural foods stores, soy-based products the heart and soul of natural foods store, products sold in several locations, stores adding refrigerator and freezer space, margins, product price comparison, meat alternatives–table, milk substitutes–table, cheese alternatives–table, frozen non-dairy desserts–table, prepared meals–table, in-store demos are top promotional activity, an increase in store advertising, examples of retail promotions), at the retail level–mass market (most products not in mass market, store placement of meat alternatives varies, store-within-a-store, increased selection and space, targeting the vegetarian consumer, margins, warehouse clubs, *Cergro* pricing data). Part V: The consumer. Consumer use–soyfoods (About 25 million U.S. adults use soyfoods, natural foods shoppers more likely to purchase soy products, demographics of meatless burger consumers, use by type–tofu and soy burger use most common, other types of soyfoods used by about 2% of consumers, types of soyfoods eaten five or more times in the past year–table), the vegetarian consumer (what is a vegetarian, 12-22 million vegetarians and growing, small number of strict vegans, meat restrictors–a broader target of 77 million, who are vegetarians, demographic characteristics of vegetarians–table), consumer attitudes (main reason for choosing vegetarian foods, most important reason for becoming a vegetarian–table, concern about health higher among semi-vegetarians, most important reason for choosing vegetarian foods–table, cholesterol-fat primary health concerns, primary health concern when becoming a vegetarian–table, grocery store shoppers more influenced by doctor's orders, health also key reason given by restaurant diners, fat–salt–fiber and cholesterol top health concerns for meatless burger consumers, environment pollution tops list of other social concerns of vegetarians, vegetarians considered nutrition advisors, a slow transition to vegetarianism, attitudes about meat alternatives, room for improvement on taste, consumers have a positive image on soy, more interest in soymilk from natural foods shoppers). Appendix I: Examples of consumer and trade advertising and promotions [photocopies of ads]. Appendix II: Addresses of selected marketers.

Scope of the report: This is a study of vegetarian foods made to resemble meat and dairy products and sold at retail, mostly through supermarkets and health and natural food stores. These products include meatless burgers and luncheon slices, soymilk and rice milk, cheese alternatives, non-dairy desserts (usually non-dairy ice creams), and prepared vegetarian meals containing meat and dairy alternatives as major ingredients.

Products not covered: (1) Bulk and packaged tofu, unflavored tempeh–However products such as tofu- or tempeh burgers are covered. (2) Margarine, non-dairy creamer, non-dairy whip toppings, and egg substitutes. Although the first three of these categories are alternative to dairy products, they have become well accepted in the American diet and are not necessarily purchased by consumers wishing to avoid dairy products. "Also, the sheer size of these categories–each of which is many times larger than the overall meat and dairy alternatives market–would drastically skew the market numbers and trend information away from the products that are the focus of this report. For similar reasons, egg substitutes are also excluded."

10876. Packaged Facts. 1995. Retail sales of dairy alternative products by segment: 1989-1994 (in million dollars) (Document part). In: Packaged Facts. 1995. The Meat and Dairy Alternatives Market. New York, NY: Packaged Facts. 162 + 42 + 6 p. See p. 18. May. 28 cm.
• ***Summary:*** Sales of milk substitutes (mostly soy and rice milks, in million dollars) rose from $46.0 in 1989 to $72.0 in 1991 to $96.8 in 1993 and $108.4 in 1994.

Sales of cheese alternatives (in million dollars) rose from $12.0 in 1989 to $17.3 in 1991 to $25.0 in 1993 and $28.8 in 1994. The average annual sales growth for this period was 19.1%.

Sales of non-dairy desserts (in million dollars) rose from $4.0 in 1989 to $4.5 in 1991 to $5.0 in 1993 and $5.2 in 1994. The average annual sales growth for this period was 5.4%.

The combined sales of these three dairy alternative product categories (in million dollars) rose from $62.0 in 1989 to $93.8 in 1991 to $126.8 in 1993 and $142.4 in 1994. The average annual sales growth for this period was 18.2%.

Concerning the accuracy of these figures, page 19 notes that sales in these markets are difficult to quantify because a large share of retail dollar volume moves through natural foods stores, where sales are mostly untracked, and because various information sources define meat and dairy alternatives products differently. Therefore these "estimates

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are based on information provided by Soyatech, Inc., the Soyfoods Center, Information Resources, Inc., the natural foods trade, and various manufacturers."

A table (p. 53) shows estimated market shares of major manufacturers of milk substitute products sold through the mass-market and natural food stores in 1994: (1) Soymilk: Eden Foods (Edensoy) 48%. Vestro Foods (Westsoy, Westbrae) 30%. Vitasoy 12%. Pacific Foods of Oregon 7%. Other 3%. (2) Rice beverages: Imagine Foods (Rice Dream) 85%. Vestro Foods (Westbrae Rice) 10%. Eden Foods (Eden Rice) 5%. (3) Potato beverages: A&A Amazing Foods (Vegelicious) 100%. (4) Almond beverages: Wholesome & Hearty Foods (almondMylk) 100%.

A second table (p. 54) shows estimated market shares of major manufacturers and marketers of cheese alternatives sold through natural food stores in 1994: Tree of Life (Soya Kaas) 41.5%. Sharon's Finest 20.7%. Soyco Foods (Soyco, Soymage) 12.7%. Cemac Foods (Nu Tofu) 12.7%. Other 12.4%.

Pages 54-55 state that Tofutti commands about 80% of the frozen non-dairy dessert segment. The remaining 20% is controlled by Imagine Foods (frozen Rice Dream), Turtle Mountain (Sweet Nothings and Living Rightly), and The Hain Food Group (Farm Foods Ice Bean).

10877. Raichlen, S. 1995. Learning to love tofu. *American Health* 14:106. May. *
• ***Summary:*** Includes recipes.

10878. **Product Name:** Tofutti Chocolate Fudge Treats (Dairy Free, Frozen).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1995. May.
Ingredients: Water, maltodextrin*, sorbitol*, polydextrose, cocoa processed with alkali, soy protein, tofu, mono and diglycerides, cellulose gum, carrageenan, vanilla with other natural flavors, Aspartame, salt. * = Adds a negligible amount of sugar.
Wt/Vol., Packaging, Price: Twelve 1.75 fl oz (52 ml) bars. Net weight 21 fl oz (621 ml).
How Stored: Frozen.
New Product–Documentation: Tofutti Brands Inc. 1996, May. 1995 Annual Report. p. 1. New products introduced during 1995: (1) Tofutti Chocolate Fudge Treats (spring), the first dairy-free, sugar-free (using Nutrasweet instead), fat-free fudge bar in the industry. This stick novelty offers consumers the same taste as real fudge bars. It contains only 30 calories per bar.

One sample of this product with Label generously sent frozen by David Mintz via FedEx priority overnight. 1996. June 4. 6.75 by 6.75 by 2.5 inches paperboard box. "Wow! Only 30 calories. Fat free! Sugar free! Living dairy free symbol. Milk free! Contains Nutrasweet. 12 mouth watering cholesterol free non-dairy fudge pops."

10879. Weber, Bruce. 1995. Detour on journey to democracy: Survivor of Beijing massacre [at Tiananmen Square] arms himself with economics. *New York Times.* June 3. p. 21-22.
• ***Summary:*** Li Lu, age 29, is a graduate student in business and law at Columbia University. Six years he was one of the dissident student leaders of the democracy movement that was crushed at Tiananmen Square. Though government troops "killed hundreds in the square" on 4 June 1989, he survived, escaped to France, and then to New York City– where he spoke no English. For the first two weeks he was so disoriented that he has no memory of where he stayed or went. "He remembers being unable to eat American food and craving tofu." He was throwing up all the time and it was the blandest food he could think of.

His dream: To eventually return to China to help draft a Chinese constitution. He believes that "freedom will come to China through the creation of an independent judiciary, which will happen as the Chinese economy grows" and the middle class becomes large and influential enough to demand change. The process begins with business. A large photo shows Li Lu.

10880. Roberts, Rosemary. 1995. Soy products off kakapo feed list: Conservation, health officials heed Whangarei word. *Northern Advocate* (*Whangarei, New Zealand*). June 5. p. 1.
• ***Summary:*** Information from a Whangarei couple, Dick and Valerie James, has prompted the Department of Conservation breeding programmes to stop feeding soy-based products to kakapo–a rare and beautiful bird. In addition, the use of tofu, a soy product, as a kakapo feed was also discontinued last year "due to general uncertainty."

10881. Lazzaro, Don. 1995. History and current status of soymilk in Australia (Interview). *SoyaScan Notes.* June 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ceres Natural Foods is their holding company and Pureharvest is their trading name. They made this name change in 1982 since they found the word Ceres was difficult for many people to pronounce. The first soymilk they imported to Australia was made by Saniku in Japan and imported from Mitoku.

Don is interested in macrobiotics. In early 1979 he took over the running of a small macrobiotic and natural foods retail store in Melbourne named Ceres Wholefoods. The only way he could make it viable was to try to buy at better prices, so in April 1979 he started a wholesale and import company, which he named Ceres Natural Foods, also in Melbourne. There was a company named Real Foods (run by Michael Pels) in New South Wales, Australia, that was importing,

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through Mitoku in Japan, tamari, soy sauce, miso, tofu, etc. Real Foods was the first company in Australia to import foods from Mitoku in Japan.

Don knew Michael from when they both used to live in Sydney in about 1978. Michael purchased some rice cake machines (the same kind used by Chico-san) through Mitoku from Airin Co. These machines were very poorly engineered and constructed. Michael has already sold 168 of these machines to Quaker.

When Don took over the Ceres Wholefoods retail store in 1979, he approached Michael and asked to be the distributor in Victoria of the food products Michael was importing from Japan through Mitoku. Michael said okay, and Don began distributing. Don asked Michael to import some soymilk from Mitoku, which he did in mid-1980. The stick-on label over the Japanese label said Ceres Natural, in Choc-Malt and Natural flavors. But the first soymilk in Australia was imported from Japan in about 1977-78, through Muso by 3-4 health food stores named Russel's; it was made by Marusan in a stand-up plastic pouch. Not much of it was sold. In about 1980-81, Michael decided to get out of the whole import business in order to focus on making rice cakes. So Mitoku Mr. Kazama and Chris Dawson asked Don to become their importer in Australia. Don also ran a 3rd company, a center that provided information and advice on macrobiotics.

Jim Wilson, who was running Spiral Foods in Australia, had been importing from Mitoku. He convinced Mitoku not to sell to Don, his competitor; Mitoku agreed. Mitoku then approached Saniku, and in about 1981 Don began importing soy milk made by Saniku through Mitoku. Don sold it under the same label he had used before. The Muso started to import some soymilk packaged in Tetra Brik cartons through Spiral Foods. Don got the same product from Kibun, and on it began to use the name Pureharvest.

In short: Four companies pioneered in importing soymilk to Australia: Real Foods, Russel's, Spiral Foods, and Ceres Natural Foods. There was also a little relatively beany Chinese soymilk sold in the ethnic Chinese market. Ceres, as a result of its Tetra Brik package, managed to get fairly good distribution into the grocery / supermarket trade, starting in late 1983 or early 1984. By this time Ceres was by far the biggest seller of soymilk in Australia. They were importing five 20-foot containers per month of the Kibun soymilk product. Ceres was actively promoting this soymilk, doing trade shows, etc.

In 1986 Ceres was approached by a small soymilk maker named Australian Natural Foods (ANF) in Sydney; basically they had old machinery and were in trouble. They approached Don asking if they could make a soymilk for him. They worked out an exclusive deal and formula, and in Nov. 1986 Ceres launched this as Aussie Soy in its first 1 liter package, in Tetra Brik. Sales shot up. It was trucked in a dairy tanker to Bon Lait in Victoria (almost 1,000 miles away) where it was packaged in a dairy that had a Tetra Brick packaging machine. In about 1990-91 ANF first got its own Tetra Brik packaging machine. That same year ANF launched its own soymilk product, named So Natural, to compete with Sanitarium's So Good. It is made from whole soybeans, and is very similar to the Aussie Soy product they have long made for Don.

As early as 1980 Sanitarium Foods was importing Soyalac in tins / cans. They sold it mostly to Seventh-day Adventists through their own retail stores. Then in April 1987 Sanitarium Foods launched their own So Good soymilk (made from a blend of soy protein isolates, made and packaged by dairy companies) in Australia. They went into it in a big way, with a national campaign. It was the best thing that ever happened to Don and Ceres, because this campaign grew the market dramatically. By April 1987 Ceres was selling 10,000 cartons / month of their Aussie Soy, not including their Japan imports. One year later the figure had skyrocketed to 60,000 cartons / month, increasing to 152,000 on year after that.

Nevertheless, according to the *Australian Grocery Industry Marketing Guide* (1995), Sanitarium has 71% of the dairylike (unflavored) Australian soymilk market, followed by Vitasoy at 7% (they launched in about 1991, and have done a very aggressive marketing campaign), then So Natural (made by ANF) at 5%, Sun Gold at 5%, and Aussie Soy at 4-5%. Of the total Australian soymilk market, flavored soymilks account for only about 5% of the total; the remaining 95% is dairylike; its a milk alternatives market. Each of the three major supermarket chains in Australia (Woolworth's Safeway, Franklin's, and Cole's) has its own soymilk brand. Franklin's has an isolate soymilk made by ANF, starting about a year ago. Sun Gold, made by Associated Dairies of New South Wales, is almost identical to So Good, made by the dairy company that used to mix Sanitarium's product. In about 1990 Sanitarium set up their own soymilk mixing and packaging factory.

Today the soymilk retail market in Australia is $45 million, with a population of only 17 million people. This is huge on a per capita basis. This market has three main segments: (1) Middle class, educated, with some allergies–70%. (2) Age 50 and older, concerned with cholesterol–20%. (3) Natural foods and vegetarian–10%.

In late 1993 and early 1994 Don approached Berrivale Orchard Ltd. (a cooperative of fruit growers, headquarters in Berri, South Australia) to see if they would be interested in making a soymilk product for Ceres / Pureharvest–because Don's relationship with ANF had become intolerable.

In 1979, to get tofu to sell at his retail store, Don used to go to Chinatown in Melbourne twice a week. He bought it from a little Chinese company (whose name he does not remember) located opposite Victoria Market. He would take a couple of buckets and carry it home in bulk, under water. Address: Pureharvest, 15 Ardena Ct., East Bentleigh,

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Victoria 3166 Melbourne, Australia.

10882. Sheeler, Jim. 1995. Tofu giant "beefs up" vegetarian cuisine: A new acquisition and "Meat of Wheat" adds new flavor and texture to Boulder's White Wave Inc. *Camera* (*Boulder, Colorado*). June 6.
• ***Summary:*** This week White Wave, long renowned as Boulder's tofu giant, announced that it had acquired Ivy Foods of Salt Lake City, Utah, the largest producer of seitan products in America, known for its line of "Meat of Wheat" products. These products will now be manufactured, marketed and distributed from White Wave's two huge plants in Boulder. Financial details of the acquisition were not disclosed.

Besides its best-selling Chicken Style Wheat Meat, Ivy Foods also markets Grilled Burgers Wheat Meat and Sausage Style Wheat Meat. A "Meat of Wheat" version of sliced turkey is being sold at three Subway Sandwich shops in Boulder and at a ten-store chain in Los Angeles, California. "Vegetarians love it." According to company president Steve Demos, White Wave has grown 300% in the last five years, with revenues/sales of nearly $8 million in 1994, projected to rise to $9.5 million in 1995. Demos expects to outgrow the company's two huge factories by 1997. Demos is also expensing his staff. He hired away the resident "Dr. Tofu" [Jonathan Gordon] from Kraft Foods–yes the man actually has a PhD in tofu.

Note: This is the earliest English-language document seen (Feb. 2005) that contains the term "Meat of Wheat." Address: Camera staff writer.

10883. Krizstan, Jan; Trampus, Mirko. 1995. Re: Update on work with seitan, tofu, and shoyu in Slovenia. Letter (fax) to William Shurtleff at Soyfoods Center, June 19. 3 p.
• ***Summary:*** Jan and Mirko have received and enjoyed reading copies of *Tofu & Soymilk Production, The Book of Tempeh,* and *The Simple Soybean and Your Health* sent by Soyfoods Center. We made our first two cauldrons full of tofu on the night of June 12–52 kg of very sweet, aromatic and full bodied firm natural nigari tofu from 32 kg of Mirko's dry organic soybeans. We were so happy. We supply all of our retail outlets (34 of them as of today) with copies of simple introductory ads (some information about what is seitan and tofu, the way of Mirko's organic farming, and some recipes for preparing tofu and seitan). Each customer who comes to a healthy food shop and buys our organic (or other' regular) seitan or tofu gets such a copy for free. We already have very positive feedback–people say that our recipes are very simple and understandable and the meals taste good. Making tofu and seitan is becoming a kind of meditation to us and we agree with the sentence in your *Tofu & Soymilk Production* that 'When the master becomes selfless, the tofu makes itself.' Of course, we found that we are apprentices–the real master is Tofu.

"Since May 19 some very ill people from Republic of Croatia have come here to Metlika to buy our tofu and seitan. We gave them some tofu, seitan and shoyu plus information for preparation of meals using tofu and seitan. Most Slovenian (and Croatian) people have never heard of shoyu or tamari until now. It feels so nice to help ill people with healthy foods." Address: Mestni trg 22/1, 68330 Metlika, Republic of Slovenia. Phone: (386) 068 59 481.

10884. Koransky, Jason. 1995. Vegetarian businesses, markets and classes make Boulder a meatless mecca. *Camera* (*Boulder, Colorado*). June 21. p. 1D-2D.
• ***Summary:*** "Welcome to Tofu Town, playground of the health-conscious, educated eaters." Boulder, Colorado, population 95,000, has its "Vegetarian Row," a two block section of Pearl Street between 17th and 19th streets which boasts numerous vegetarian restaurants, natural food stores, bakeries, etc. In fact, almost every restaurant in Boulder now serves meat-free meals. "In what other city would a group of Tibetan monks come to town to make a special visit to a tofu factory and bestow a blessing upon it? Steve Demos, president of White Wave and "the king of tofu," says that his company supplies 65 to 75% of the tofu eaten in Boulder. He describes why Boulder fits the demographics of the vegetarian market.

White Wave currently produces a line of 47 vegetarian products; the names of many are listed. Most of these are now sold in the company's Vegetarian Cuisine Centers located in over 200 natural food stores and supermarkets nationwide; the centers also dispense information cards and recipes. Demos notes that his company's mission will continue to include educating consumers, especially the younger generation. "There is still a stigma attached to tofu," Demos says. Last year White Wave had revenues of about $8 million. A photo shows Demos. Address: Camera staff writer.

10885. Storup, Bernard. 1995. The soyfoods industry and market in Italy (Interview). *SoyaScan Notes.* June 21. Conducted by William Shurtleff of Soyfoods Center. [Eng]
• ***Summary:*** Recently Bernard has been working with various companies in Europe (including Italy) that have been selling soymilk made by other companies. The few companies that he knows are all small, such as Fonte della Vita (a small tofu manufacturer). He is not well aware of Valsoia in Bologna, Italy, but he has the impression that they make soymilk from soy protein isolates and that they are not a major company. (Note: Valsoia claims to have 73% of the Italian soymilk market, which is 4 million liters a year).

Several years ago Bernard had wanted to get very involved in the Italian soyfoods market, but things have changed significantly during the last 18 months. The Italian lost about 23% of its value against the French franc. Thus Bernard's products are now 23% more expensive when sold in Italy. Now Bernard is too busy expanding into

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supermarkets in France. Address: Managing Director, Nutrition et Soja, Z.I. de la Pomme, B.P. 33, 31250 Revel (near Toulouse), France. Phone: +33 62.18.72.50.

10886. Roach, William. 1995. Update on Kyoto Food Corp. in Terre Haute, Indiana (Interview). *SoyaScan Notes.* June 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Kyoto Food Corp. has still not been sold and prospects for a sale seem to be dimming. One potential buyer was the owner of Obok Foods in Los Angeles. Last week the local health department shut him down for health code violations. His equipment is so old that it is basically useless. He is now trying to sell an island he owns in New York. If and when he succeeds, he may buy Kyoto Food's equipment. In the meantime, his tofu is being made and private labeled by House Foods & Yamauchi Inc. in Los Angeles.

Some overseas Japanese and Chinese buyers seem to be interested in buying the company, but William thinks they do not have much money. U.S. Immigration law states that any foreigner who invests $500,000 or more in a U.S. venture gets a "green card" which guarantees permanent residence.

Update: Talk with JIm Skiff of LongLife Foods. 1996. March 26. Bill Roach has sold all his tofu-making equipment at a low price to some tofu company on the East Coast of the USA. Jim does not know what has become of his factory in Terre Haute. Address: Terre Haute, Indiana. Phone: 812-533-1400.

10887. Wallis, Claudia. 1995. The estrogen dilemma. *Time.* June 26.
• ***Summary:*** "Americas no. 1 drug is an elixir of youth, but women must decide if it's worth the risk of cancer."

"San Francisco nutritionist Linda Ojeda, author of *Menopause Without Medicine,* advocates soybeans, which contain a natural progesterone as well as estrogen. The low rate of menopausal complaints among Japanese women may be due in part to their consumption of tofu, she suggests. To relieve hot flashes, Ojeda recommends 6 oz. of tofu four times a week,..."

10888. **Product Name:** Soyfine Tofu Powder, and Soymilk Powder.
Manufacturer's Name: Clofine Dairy & Food Products, Inc.
Manufacturer's Address: P.O. Box 335 (1407 New Rd.), Linwood, NJ 08221. Phone: 609-653-1000.
Date of Introduction: 1995. June.
New Product–Documentation: Leaflet from Clofine. 1996. June.

10889. Great Eastern Sun. 1995. Pricelist. Effective June 5, 1995 [Mail order]. Asheville, North Carolina. 37 p. 28 cm.
• ***Summary:*** Contents: Catalog information. Miso Master organic miso (traditional, mellow, or sweet). Sweet cloud organic sweeteners. Haiku organic Japanese tea. GES organic English tea. Emerald Cove sea vegetables. Emperor's Kitchen condiments (soy sauce, vinegars, ume plum products, toasted sesame oil, mirin, dried vegetables, shiitake mushrooms, beans, seeds, grains, dry condiments, Atlantic sun-dried sea salt). Traditional Japanese macro pasta. Traditional Japanese specialty items (misos, candies, seaweed and ume, organic pasta, liquid condiments, specialty products {snow-dried tofu, HamaNatto, Zenryu fu (round cakes of wheat gluten), shonai fu (flat sheets), organic brown rice koji, organic nuka rice bran, organic brown rice dinner with azukis [azuki beans], or with vegs, mochi (4 types), noodles (some or bifun rice noodles), ume products, teas, pickles (incl. natto miso chutney)}, personal care products, kitchenware, knives). Address: 92 McIntosh Road, Asheville, North Carolina 28806. Phone: 704-252-3090.

10890. Jacobi, Dana. ed. 1995. The natural health cookbook: More than 150 recipes to sustain and heal the body. New York, London, Toronto, Sydney, Tokyo, Singapore: Simon & Schuster. 271 p. . June. 25 cm.
• ***Summary:*** This is a selection of the best recipes published in *East West Journal,* compiled by Dana Jacobi, Dan Seamens, and the editors or *Natural Health* magazine. The recipes are generally low in fat, free of white sugar and other refined foods, and nutrient dense, based on grains, legumes, and vegetables; some contain fish and shellfish. Chapter 4 is titled "Seitan, tempeh, and tofu." Miso and soy sauce are used throughout as seasonings.

Contains recipes for Amasake dressing (p. 153), and Amasake scones (p. 191). Amasake (or Amazake) is defined in the Glossary of ingredients (p. 243). Address: New York City, NY.

10891. *Men's Confidential* (*Emmaus, Pennsylvania*). 1995. Two birds with one soy. June.
• ***Summary:*** Genistein, a chemical component of soybeans, may have protective effects against two major male diseases–prostate cancer and heart disease. New research has evaluated which soy products contain the most genistein per serving. The clear winner? Tofu. Kikkoman Firm, Nasoya Soft, Azumaya Soft, and Vitasoy Silken all contain about 10 times as much genistein as First Alternative soy milk. Contains a recipe for a shake made in a blender with silken or soft tofu, frozen berries, a banana, and a little honey.

10892. *Natural Foods Merchandiser.* 1995. Soyfoods Association elects officers. June. p. 14.
• ***Summary:*** The SAA recently announced the results of elections held at Expo West in Anaheim last March. Rick McKelvey of Lightlife Foods (Greenfield, Massachusetts) was elected president, Myron Cooper of Westbrae Natural Foods (Gardena, California) was elected vice president, and Dan Burke of Pacific Soybean & Grain (San Francisco)

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was re-elected treasurer. Continuing on the board are: Peter Golbitz of Soyatech, Inc.; Yvonne Lo of Vitasoy, U.S.A.; Tom Redmond of American Soy Products; Jack Painter of Archer Daniels Midland; Mark Messina, PhD; Harry Tanikawa for House Foods America; Lester Wilson, PhD, of Iowa State University; and Mike Rohan of the American Soybean Association.

10893. Natural lifestyle magazine and mail-order market. 1995. Asheville, North Carolina: Natural Lifestyle Supplies. 55 p. Catalog. 28 cm.
• ***Summary:*** A macrobiotic mail-order catalog with several nice articles, it sells many types of soyfoods and related products, including the full line of Kushi Cuisine, organic soybeans (yellow and black), azuki beans, amazake, Rice Dream, soymilk, soy Malteds (Westbrae), Nasoya Vegi-Dressings, Nayonaise, Farmhouse Tekka, organic soy sauce, fresh tofu, snow-dried tofu, kuzu, and miso. Publisher: Tom Athos. Editor and graphic design: Debbie Athos. Address: 16 Lookout Drive, Asheville, North Carolina 28804-3330. Phone: 1-800-752-2775.

10894. **Product Name:** Tofu [Firm, Soft, or Extra Soft].
Manufacturer's Name: Pulmuone U.S.A., Inc.
Manufacturer's Address: 4585 Firestone Blvd., South Gate, CA 90280. Phone: 213-564-2000.
Date of Introduction: 1995. June.
Ingredients: Tofu-Soft: Water, soybean, calcium sulfate, glucono delta lactone, magnesium chloride.
Wt/Vol., Packaging, Price: Firm and soft in 18 oz water pack. Extra soft in 10.5 oz (300 gm) sausage shape.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jeannie U. Sim of Pulmuone. 1996. Aug. 6. Pulmuone (pronounced PUL-mu-wun) is the "the largest natural foods manufacturer and the largest tofu manufacturer in Korea." They are known primarily for tofu in Korea, where the company name is the same. They have built a tofu factory in southern California and began making water pack tofu in June 1995. The Korean tofu market used to be dominated by Japanese-American tofu makers, but now Pulmuone has captured about 70% of it. The word "Tofu" is written on the front panel in Roman letters only, and also in larger Korean characters. The firm and soft tofu each weigh 18 oz and are packed in tubs. The extra soft comes in a sausage-shaped tube. The company is planning to launch an aseptic tofu in a Tetra Brik carton, and perhaps a soy yogurt-like dessert.

Products with Labels sent by John Sim. 1997. June 23. (1) "Tofu-Soft" is sold water-packed in a square plastic tub. The curds are pressed in cloths. Since GDL is one of the 3 coagulants used, the tofu is very soft, with a high yield. The product is marketed primarily to Korean Americans, since the three largest blocks of text are all in Korean. Label for "Tofu-Soft": 5 inches square. Black, gold, green, and blue on white. "No preservative." Contains 16 gm protein per 200 gm of tofu = 8.0% protein. (2) "All Natural Tofu Firm" is similar to Tofu-Soft except that: There are no Korean characters on the label, but there are several Chinese characters. It contains 18 gm protein per 171 gm of tofu = 10.5% protein. GDL is used as a coagulant, but is the least predominant ingredient. The circle in the upper right corner is orange instead of blue. (3) "Tofu-Extra Soft" comes in a plastic sausage-shaped pack about 7 inches long and 2 inches in diameter. The soymilk is coagulated by GDL in the sealed package using heat. The two largest blocks of text are written in Korean. Ingredients: Water, soybean, glucono delta lactone, magnesium chloride. Contains 6 gm protein per 140 gm tofu = 4.3% protein.

Note: This is the earliest record seen (April 2013) concerning Pulmuone in the USA.

10895. Rosch, Leah. 1995. Meatless burgers and hot dogs: Are they better for you? *Glamour.* June. p. 38.
• ***Summary:*** Four people from *Glamour* magazine taste tested nearly two dozen nationally available veggie burgers and hot dogs, comparing them with widely available hamburgers and lower-fat franks. Most faux burgers and dogs are lower in calories and fat than their meaty counterparts. They also contain no dairy, eggs, or animal by-products. "Their chief ingredient is soy protein. Soy burgers provide about half to three quarters of the protein in a comparable serving of cooked ground beef, but they have fewer calories, less saturated fat and a fair amount of fiber. Compared with the real thing, tofu dogs have twice the protein and less fat. They don't contain nitrites (a preservative used in traditional franks that has been linked to cancer), but they often contain as much sodium as regular hot dogs–or even more."

All tasters enhanced the flavor with their favorite condiments. The three veggie burgers that were liked best were: (1) Boca Burger–Hint of Fresh Garlic (97 calories, 1 gram of fat per patty); (2) Boca Burger–Chef Max's Favorite (110 calories, 2 gm of fat); (3) Green Giant Harvest Burgers (140 calories, 4 gm of fat). The top hot dog: Morningstar Farms Meatless Deli Franks (110 calories, 7 gm of fat each) [made by Worthington Foods].

10896. **Product Name:** Smoked Tofu (Organic) [Plain, BBQ, Thai, Lemon-Garlic].
Manufacturer's Name: Smoke & Fire Natural Foods.
Manufacturer's Address: 955 S. Main St., Great Barrington, MA 01230. Phone: 413-528-6891.
Date of Introduction: 1995. June.
Ingredients: Thai 1998: Organic tofu (Soybeans, water, nigari and/or calcium sulfate), organic tamari, organic peanut butter, lemon juice, herbs and spices, natural wood smoke.
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) vacuum pack. Retails for $2.15 (1998/07, Massachusetts; Range: $1.89 to

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$2.50).
How Stored: Refrigerated, 90 day shelf life (at 34-36ºF).

New Product–Documentation: Talk with then form filled out and Label sent by José Antunes (pronounced jo-ZAY ahn-TU-nays), founder and president, who is Portuguese. 1998. June 29. An invoice (sent to Soyfoods Center) shows that the BBQ, Thai, and Plain flavors were first sold on 28 June 1995 (to Berkshire Co-op). One case wholesaled for $30.75 to $35.80. The Plain was renamed Lemon-Garlic on 15 Oct. 1995.

10897. *SoyaCow Newsletter* (*Ottawa, Canada*). 1995. Manav Vikas Parishad–a model SoyaCow site in India. 4(2):1-2. April/June.
• ***Summary:*** "Among all the SoyaCow sites currently operating SC20 systems in India, Manav Vikas Parishad is undoubtedly a model site. MVP is an NGO [non-governmental organization] for training the unemployed, especially women, in self-employment.

"What is a model site? It is an enterprise that profitably uses a SoyaCow to provide employment, especially to women, as well as nutritional foods to the needy at a reasonable cost, and encourages and rains people to start enterprises for producing soymilk and its products and byproducts at a cottage industry level.

"Dr. R.K. Sharma discovered MVP almost a year ago to develop into a model site. Dr. Sharma immediately started working with Mr. S.B. Srivastava and his staff at MVP and provided them with a SoyaCow SC20 and all the needed help. MVP responded very well and worked diligently to quickly start regular production and marketing of soymilk, tofu, pakoras, and many other items."

10898. Soyfoods Association of America. 1995. A consumer profile of the soyfoods shopper. San Francisco, California. 100 p. *
• ***Summary:*** Contents: Executive summary. Overview. 1. U.S. population–Awareness of soyfoods: Number of consumers who have heard of soyfoods (most have heard of tofu, few have heard of tempeh), demographics of soyfood-aware consumers (consumers under age 60 more aware of soyfoods, soyfoods-aware consumers are more affluent, greater number of Easterners but awareness is nationwide, more likely to be married).

2. Soyfoods consumers–Demographics: Use of soyfoods (about 26 million soyfoods consumers–15 million eat tofu, consumers who use one kind of soy product more likely to use another type), demographics (younger households and baby boomers, household incomes skew higher, more than two-thirds are college-educated, employed in white-collar professions, women in soyfoods households less likely to be in clerical jobs, men working full-time–some self-employed, busy women in a variety of employment situations, one-third of soyfoods consumers have children at home, most in the east–proportionately more in the west, proportionately more in pacific, live in areas of greater population density, living the American dream, mostly home-owners).

3. Soyfoods consumers–Shopping and eating patterns: Frequency of eating types of soyfoods (most eat soyfoods infrequently, soy cheese used more frequently, regular users use soyfoods–especially soymilk–a lot, consumers of one type use other types more), where consumers buy soyfoods (groceries/supermarkets stores of choice for tofu, natural foods store shoppers more dedicated soyfoods consumers, meat substitutes purchased in mass-market, other soyfoods in natural foods stores, soymilk customers split between grocery and natural foods, miso popular in Asian stores), future purchase plans (more than 6 million consumers plan to use soyfoods more, soy hot dog–cheese and frozen dessert consumers most enthused about eating more soyfoods), the soyfood shopper's diet (seek low-fat/cholesterol/sodium/sugar foods, health interests vary by types of soy products tried), other red meat alternatives (most list fish and poultry as red meat alternatives, vegetarian foods favored by consumers of specific soy products).

4. Soyfoods consumers–Attitudes about soyfoods: Attributes of soyfoods (a positive opinion of soyfoods' health benefits–consumers approve less of taste and ease-of-use, soymilk and soy hot dog consumers most likely to agree that soyfoods are healthy, few consumers have negative health image of soyfoods, soy products users believe in soyfoods' special nutrients, soyfoods easier to use than public thinks, familiarity breeds affection, users of various soy products see cost savings, those who use specific soy products–especially tempeh–cannot find them where they shop, consumers

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of various types do not feel soyfoods are a problem for allergies), importance of organically grown (more than one-third of soyfoods consumers seek organically grown, attitudes about organic stronger among users of specific products).

5. Soyfoods consumers–Sources of product information: Where consumers first learned of soyfoods (word of mouth is primary source, promotion works for packaged products), why consumers first began to eat soyfoods (novelty and health are the prime motivators, soymilk consumers more concerned about specific health and lifestyle issues–soy burger consumers seeking low-fat meat substitutes), why consumers currently eat soyfoods (consumers less sure why they currently eat soyfoods, tofu–soymilk–and soy burger consumers more likely to have specific reasons), familiarity with health connections (consumers unfamiliar with some of soyfoods' health benefits–familiar with soyfoods' link to cholesterol and heart disease, both users and interested non-users aware of link to cholesterol and heart disease, core consumers not well-informed about other health benefits), sources of information (magazines and newspapers most common source of health information).

6. U.S. population–Why consumers aren't eating more soyfoods: Who is interested in eating more types of soyfoods (consumers would like to try new soyfoods), what would get consumers to eat more soyfoods (taste and lack of cooking suggestions are barriers to use, soy hot dog consumers seeking lower prices–soymilk shoppers seeking more outlets–tofu consumers want recipes, rural–southern and consumers seek lower cost–more affluent seek better taste).

7. Children and soyfoods: How often children eat soyfoods (among soyfoods households–two-thirds of kids age 2-12 eat these products, households with children age 2-12 eat more soy burgers–soymilk, children age 13-18 more likely to be infrequent soyfoods consumers, households with older children tend to choose same products as soyfoods consumers overall), children's attitudes about soyfoods (children's attitudes toward soyfoods are mixed–many parents cannot speak for their children).

8. The tofu shopper: Ways consumers use tofu most often (tofu use most often in stir-frys), why consumers eat tofu (consumers say they eat tofu because it is healthy), what influences brand choice (price–freshness and taste), why consumers aren't eating more tofu (tofu consumers are looking for new ways to use tofu), demographics (most tofu users are 30-59–those 60 and over avoid it, higher household incomes, tofu household heads are highly educated and have executive jobs, household size and marital status similar to average American, concentrated in more populated areas–East and West coasts).

9. The soymilk shopper: Ways consumers use soymilk most often (most often used as a beverage), why consumers use soymilk (non-specific health features and convenience attract soymilk users), what influences brand choice (freshness, quality, taste drive soymilk sales), why consumers aren't using more soymilk (cost and availability hinder use), demographics (younger households use soymilk, more affluent households, education and occupation, more multiple-person households, more Westerners and those in mid-size MSAs).

10. The soy-based meat alternatives shopper: Why consumers use soy-based meat alternatives (because they are healthier), what influences brand choice (taste and price), why consumers aren't buying/using more soy-based meat alternatives (cost, unfamiliarity, taste and availability hinder use, cost and availability factors are higher among users of specific products), demographics (soy burger users and interested non-users are younger, household income somewhat higher among meat alternatives users, college educated and graduates, white collar employees, two person households for some products–soy burgers mirror U.S. population, soy bacon use higher in East–burgers higher in central region, variations by types of products used).

11. The soy-based dairy alternatives shopper: Why consumers used soy-based dairy alternatives (for health reasons), what influences brand choice (taste primarily), why consumers aren't buying or using more soy-based dairy alternatives (cost an unfamiliarity hinder use), demographics (older and more affluent, educated and professionally employed, smaller size households–more singles, live in moderately populated areas, more concentrated in east and west).

12. Other soyfoods shoppers–Soy flour, tempeh, and miso: Demographics (soy flour consumers older–miso consumers most affluent, soy flour, tempeh and miso found in educated households, occupation status similar to other soyfoods shoppers, smaller households and more singles use tempeh, more soy flour users in low-density areas, east and west coasts for miso and tempeh).

Methodology. Questionnaire. Continued. Address: One Sutter St., Suite 300, San Francisco, California 94104. Phone: 510-935-9764.

10899. Soyfoods Association of America. 1995. A consumer profile of the soyfoods shopper. II. Methodology of collecting information. San Francisco, California. 100 p. * • ***Summary:*** This survey was conducted by Market Facts, Inc., a market research firm based in Chicago, Illinois. Project directors for this report were Tim Redmond (American Soy Products) and Peter Golbitz (Soyatech, Inc.). Fieldwork was done by Sheri Hoffenberg (Market Facts). Analysis and Report: Sara M. Starr and Peter Starr (Starr Track). Price: SAA members $475. Nonmembers: $975.

The survey was conducted in two parts. In the first part a questionnaire was mailed to 20,000 people in the Market Facts database. Of these, 17,715 people mailed back responses, and of these 15,168 were completed and usable. Three questions related to soyfoods: 1. Have you ever heard

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of: Ten types of soyfoods are listed–Tofu, soymilk, soy flour, tempeh, miso soup stock paste, soy burgers, soy hot dogs, soy bacon or breakfast sausage, soy cheese, and soy frozen desserts. The respondent is asked to check those that he or she has heard of. 2. Which of these ten soyfoods have you eaten 5 or more times in the past year? The same list is repeated and the consumer is asked to check as indicated. 3. "I would eat more soyfoods if... (1) They were more accessible where I shop for food, (2) I knew better what to do with them, i.e. recipes, (3) I was better informed on the health benefits; (4) I thought they tasted good; (5) They were less expensive. Check all that apply.

Part II. From the 15,168 people who mailed back completed and usable responses to part I, 750 people were chosen to participate in a follow-up survey, which consisted of a 4-page questionnaire containing in-depth questions about consumption of and attitudes toward ten different types of soyfoods, purchasing motivations and patterns, and questions about children's attitudes toward soyfoods. The sample was divided into 3 groups. A questionnaire was mailed to a representative sample of 626 people (anyone who indicated they had eaten soyfoods at least 5 times in the past year). An over-quota sample of 67 soymilk users and 57 respondents who indicated that they were soy cheese users. This was done in order to ensure enough completed questionnaires among people who used soymilk and soy cheese. To ensure the sample quality, consumers were again asked about their use of various kinds of soyfoods. Consumers who responded affirmatively to using at least one kind of soyfoods were retained in the mail survey sample. Address: One Sutter St., Suite 300, San Francisco, California 94104. Phone: 510-935-9764.

10900. *Tufts University Diet and Nutrition Newsletter.* 1995. Between the buns: franks and burgers get a grilling. 13(4):3-6. June.

• ***Summary:*** Regular frankfurters and burgers, made from pork or beef, leave much to be desired from a health viewpoint. However: "When it comes to vegetarian hot dogs, our tasters found them surprisingly repellent... Most have an unnatural burnt orange color as well as a rubbery texture. As for flavor, many taste like unseasoned soy. Comments ranged from 'gross,' to 'awful, awful, awful,' to 'inedible.' We couldn't find a single brand worth spending good money on.

"We didn't find the options for veggie burgers much better. Several had a cardboard-like texture. And, like the meatless hot dogs, many of the vegetarian burgers left behind a distinctly unpleasant aftertaste. We did find a few tolerable selections, however: Natural Touch Garden Vege Patties, Natural Touch Okara Patties, SoyBoy Okara Courage Burger, and Wholesome and Hearty Gardenburger. Still, we think our own vegetarian Tex-Mex Bean Burger beats these hands down (see p. 4)." Most of the veggie burgers contain only about 25% as much fat as regular hamburgers. A table shows the weight, calories, fat content, saturated fat and sodium content of many different types of frankfurters and about 9 burgers (both regular and vegetarian).

10901. Webster, Donovan. 1995. Green days: How I became a vegetarian for one trying month and changed my life and health forever. *Men's Health.* June. p. 116-20.

• ***Summary:*** The author struggled through a vegetarian diet for one month, losing 9 pounds and the roll of fat around his belly. He ate quite a few meat alternatives. When it was over he felt like he was "on the horns of a dilemma. Vegetarianism had, obviously, been good for me–and it hadn't been that difficult. Yet I also knew that, long term, the carnivorous pleasures of meat-based life would drag me back into the darkness of their cave. So I struck myself a bargain. For two months out of every year, one in the spring and one in the fall, I would be a vegetarian. The rest of the year I'd eat meat when I wanted to, but I'd still endeavor not to do it all the time."

A sidebar by Greg Gutfeld titled "The Meatless Market" begins: "Time was, a vegetarian had to make do with sprouts, tofu, and voting for McGovern. But new to the supermarket shelves are numerous meatless items mimicking our favorite animal-derived pleasures–even things like hot dogs, hamburgers, bacon and deli meat." The following products were tasted and are evaluated as "Hey, not bad": Worthington Chik Stiks, Worthington Stripples, Garden Gourmet Vege-Nuggets, Boca Burger (the best liked), Worthington Stakelets, Lightlife Fat-Free Meatless Smart Dogs, Garden Mexi Patties.

The rest were "No, thanks, we'll pass": Worthington Meatless Salami, Natural Touch Lentil Rice Loaf, Yves Veggie Tofu Wieners, Yves Veggie Pepperoni, Lightlife Italian Lean Links, Lightlife Organic Three Grain Tempeh, Bearitos Vegetarian Chili.

10902. Skiff, James. 1995. Experiences with Minnesota Edamame (Interview). *SoyaScan Notes.* July 14. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Two years ago, Jim and his partner, Shichi, at LongLife Foods were in contact with two of the original owners of Minnesota Edamame, which has recently changed its name to SunRich. At one point they had asked Jim and his partner to take over the company. Jim talk with Bob Luedtke at a seminar last week. The man who started the company was Jim Lambert (now at Colorado State Univ. working on an ag program). Skiff first talked with Lambert 2-3 months ago, but he was out of the company before Skiff first met the owners. Minnesota was not using any Japanese soybean varieties–only U.S. field varieties that they grew because they were high in protein. They tried to sell them to the Japanese; it didn't work so the company went broke. Bob Luedtke has been unable to find any Japanese varieties that yield well in Minnesota. The company's new majority

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partner, Alan Routh, has tried to for the last two years to buy soybean varieties from Skiff and he has refused. Routh has a seed company in southern Minnesota, is a soybean farmer from New Richland, Minnesota, and part-owner of SunRich. Some 18-24 months ago Jim had discussions with Dr. Lyle Joyce, a well-known heart surgeon who orchestrated the exit of James Lambert, who was then owner of the company, and who sold 75% of his interest to SunRich.

Jim has heard both sides of the story about why Lambert was ousted. Lambert says the company directors refused to give him the time needed to develop a program to grow the Japanese soybean varieties that he wanted to grow. The other side says that Lambert was spending too much money and not getting commensurate results. Jim Skiff has known and worked with Minnesota Edamame over numerous years and he is "not at all impressed with the company." Jim's partner, Shichi, told Jim that the company didn't know what they were doing and were using U.S. field-grade soybeans. The first time Jim and Shichi met the owners (Dr. Lyle Joyce and Bob Luedtke), after Lambert's exit, the owners didn't even know how to cook the edamamé; they had to ask Shichi to show them how. Dr. Joyce invited Skiff and his partner to take over the edamame operation if they would move their LongLife Foods tofu plant into the area as well. Jim told Joyce that the quality of the water in southern Minnesota was unacceptable; it didn't even meet drinking water standards. At that time Dave Hansen was in charge of growing the edamame and Luedtke was in charge of the processing plant.

Jim and his partner are now having large-seeded vegetable-type soybeans of Japanese pedigree grown by various farmers near their tofu plant. Address: LongLife Foods, Ltd., Box 180, Perham, Minnesota 56573. Phone: 218-346-6667.

10903. Skiff, James. 1995. Starting LongLife Foods Ltd. in Perham, Minnesota (Interview). *SoyaScan Notes.* July 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** LongLife makes 3 types of silken tofu–soft, regular, and firm. They are sold in 16 oz HDPE trays. Address: LongLife Foods, Ltd., Box 180, Perham, Minnesota 56573. Phone: 218-346-6667.

10904. Jost, Rick. 1995. First brats, now burgers–tofu firm grows. *Des Moines Register* (*Iowa*). July 17.
• ***Summary:*** Tim Beeler, president of Bee-Lor Inc. of Oskaloosa (in southeast central Iowa) worked with vice-president Jerry Lorenzen of Fremont, Iowa, to develop the Brato Dog (a combination of tofu and pork) a couple of years ago. Initially this product was called just Bratos, but they changed the name to help them penetrate the East and West Coast markets. Lorenzen is a soybean geneticist and Beeler is a hog raiser.

Now they are developing the Beeler Burger, a frozen combination of tofu and beef, which they hope will be showing up in health food stores and some supermarkets in 30 to 45 days. "Tofu is a cheese-like product of soybeans that is low in calories, cholesterol, fat–and flavor. Lorenzen noted that soybeans also contain genistein, a plant estrogen that some researchers say will become part of a new classification of anti-cancer substances."

Beeler, who has personally conducted a lot of in-store demos, notes that "Tofu has not been a readily accepted product at this point in time in the Midwest. When you tell people that this is made with pork and tofu, people would say 'Ew, tofu?' It just sounds so weird they wouldn't taste the product." So Beeler has changed his approach. Now they simply demonstrate Brato Dogs as a new product. Only after customers have tasted it, do they tell them that it contains tofu. "The idea is to try to sell people food that is healthful without trying to change their tastes." Brato Dogs typically sell for about $1 per pound more than regular hot dogs (Brats). The company plans to soon roll out two new flavors of Brato Dogs–chili and cheddar cheese, and a spicy version.

10905. Van Rysdam, Casey. 1995. New developments at the Soya Kaas factory (Interview). *SoyaScan Notes.* July 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Soya Kaas manufacturing facility recently moved to new address: Swan Gardens, Inc. (A Tree of Life Company), 1220 Six Flags Road, Suite B, Austell, Georgia 30001. Phone: 404-745-0502. Fax: 404-745-0610. The new location is about 5 miles from the former one at 6029 La Grange Blvd., Atlanta, Georgia 30336. Richard McIntyre had owned the former building in Atlanta, and Swan Gardens leased it from him until about 5 months ago. The new facility, which is also leased, occupies 25,000 square feet, and is extremely sanitary, with ceiling panels that wash, and separation between the wet and dry production areas, improved air flow (so that outside air is less likely to blow into the production area), etc.; this improves the company's GMP ("Good Manufacturing Practices") significantly. As before, *Escherichia coli* tests are run on every batch. The space is used mostly for manufacturing, dry warehouse, cooler, boiler, maintenance shop and a small amount of office space (1,500 square feet). All administrative and sales work continues to be done in St. Augustine, Florida. 1995 has been a great year for sales of Soya Kaas. The new plant, formerly a warehouse, gives plenty of room for expansion.

On all Soya Kaas labels, in the ingredients statement, casein is listed as "caseinate (a milk protein)." Terminology such as "non-dairy" or "dairy free" is completely avoided. The changeover was complete by the time the new NLEA labeling requirements went into effect. In addition, in response to enquiries, the company sends out a little leaflet (2-3 paragraphs) which explains that "caseinate is pure milk protein with the lactose removed mechanically." It gives a milk-like stretch, etc. They send out a similar sheet on lactic acid, which is also an ingredient in Soya Kaas. Unfortunately

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a few consumers still do not understand clearly the meaning of "a milk protein." Address: President, American Natural Snacks, P.O. Box 1067, St. Augustine, Florida 32085-0410. Phone: 904-825-2057.

10906. Brewster, Elizabeth. 1995. The joy of soy: But will it play in Peoria? *Food Processing* (*Chicago*) 56(7):36. July.
• ***Summary:*** The editorial begins: "Up till now, I've never had a good reason to overcome my fear of tofu, the squishy, slimy white stuff that serious vegetarians love to tout as a wonder food. But I may have to eat all my anti-tofu words–and a little tofu, to boot–in the wake of the newfound love affair between soyfoods and health researchers... There's been an explosion of new research results released in the past few months, all headed toward the conclusion that soyfoods are the greatest thing to hit the food chain since sliced bread."

Products like tofu, tempeh, TSP (textured soy protein) and miso "are known–if they're known at all–as exotic Oriental foods eaten by counter-culture vegetarians, not red blooded Americans." Address: Managing Editor.

10907. Dean Witter Reynolds Inc. 1995. Non-transferable security receipt: Tomsun Foods Intl. New, 2 shares. New York, NY. 1 p. Unpublished manuscript. 14 x 22 cm.
• ***Summary:*** "The issuing corporation of the above referenced security has closed its transfer books. Because of this, we are unable to deliver to you a certificate representing your ownership of this security. Accordingly we are issuing to you this receipt evidencing your ownership, in lieu of a certificate." Address: 5 World Trade Center, New York, NY 10048.

10908. Dean Witter Reynolds Inc. 1995. Non-transferable security receipt: Legume Inc., 45 shares. New York, NY. 1 p. Unpublished manuscript. 14 x 22 cm.
• ***Summary:*** "The issuing corporation of the above referenced security has closed its transfer books. Because of this, we are unable to deliver to you a certificate representing your ownership of this security. Accordingly we are issuing to you this receipt evidencing your ownership, in lieu of a certificate." Address: 5 World Trade Center, New York, NY 10048.

10909. Mindell, Earl. 1995. Tofu: A soy primer (Part 1). *Healthy & Natural Journal* 2(3):68. July. *
• ***Summary:*** Earl Mindell, author of the famous *Vitamin Bible,* tells about healthy foods made with soybeans–starting with tofu.

10910. Morrison, E.M. 1995. East Meets West in Perham. *Ag Innovation News* (*AURI–Agricultural Utilization Research Inst., Crookston, Minnesota*) 4(3):1, 4-5. July.
• ***Summary:*** James Skiff and Shichiro Sato teamed up this spring to start LongLife Foods, a tofu manufacturing company, with help from AURI. Skiff, age 47, is an American businessman and former executive with the Foremost Dairy Co. who has extensive experience in dairy processing and international food distribution; he is in charge if marketing and sales. Sato, age 46, is a Japanese who grew up working in tofu shops in Japan and has been involved in agricultural development, commodity trade, vegetable production, ranching, and fisheries; he manages the tofu production. They believe their 10,000 square foot plant in Perham's east industrial park is the Midwest's only tofu manufacturing plant and has the third largest capacity in the country. Their stainless steel tofu equipment was imported from Japan. A major distributor, H. Brooks, began this spring to supply their tofu to grocery chains such as Rainbow Foods and Byerleys.

LongLife Foods claims to be the only U.S. tofu processor using soybeans grown in Japan or Japanese-pedigree soybeans. Says Sato: "There is no question that Japanese soybeans are superior in taste and quality." In Japan, people have spent centuries developing high-protein soybeans for human consumption. By contrast, American varieties were developed mainly for crushing into oil and meal (for livestock feeds). Rather than adapt American soybeans, Sato and Skiff are working to grow Japanese soybeans in Minnesota. In 1993 and 1994 Sato supervised field trials using Japanese seeds to determine the most suitable varieties for local production. LongLife Foods then contracted with 6 Minnesota farmers to grow the selected varieties for making tofu.

LongLife is working to please two groups of consumers. Asian-Americans already like the flavor of their tofu made with Japanese soybeans. In dozens of taste tests conducted in the region last year, LongLife Tofu won high praise, especially from Asian-Americans. But in the long run, LongLife is aiming to attract the 97% of the market that is non-Asian. "The company's early market research showed that traditional-style tofu in water pack was unattractive to most Americans. It looks strange to them, Skiff says–'like a hunk of Cheese floating in water. There's nothing else like that on the market.'"

In an effort to appeal to both groups, LongLife has decided to make silken tofu. Photos show: Skiff and Sato holding tofu packages in front of tofu processing equipment at their plant. Four cubes of chilled tofu is a dish, with a tulip nearby. A silken tofu and strawberry smoothie in a milk shake glass. Soaked soybeans being run into a kettle. A close-up of a package of their silken tofu. Mr. Sato eating silken tofu with chopsticks from a tofu tub.

Talk with Shichiro Sato. 1995. Aug. 4. He put together his tofu system by buying individual pieces from many equipment makers he visited in Japan. In Japan, he worked at the tofu shop of a friend when he was younger. He is now successfully growing Enrei soybeans in Minnesota; most

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farmers he talks to want to grow them under contract, so he tests them and chooses those who meet his standards.

10911. Pulmuone U.S.A., Inc. 1995. [The difference of Pulmuone tofu: The tofu without preservatives and full of nutty flavor] (Ad). *Korean Journal* (*Los Angeles, Calif.*). July.
• ***Summary:*** The top half of this full-page Korean-language contains a photo showing two types of tofu in square plastic tubs and two types is sausage-shaped packs. On the bottom half are eight photos of other Pulmuone products. Address: South Gate, California. Phone: 1-800-287-3838.

10912. **Product Name:** BBQ Tofu, Curry Tofu, Seitan Nugget, Satay Seitan.
Manufacturer's Name: Smart Choice Foods (Totally Vegetarian):
Manufacturer's Address: 117-119 Ave. B South, Saskatoon, Saskatchewan, S7M 1M2 Canada. Phone: (306) 242-3070.
Date of Introduction: 1995. July.
Ingredients: Soybeans; Wheat gluten.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (glossy, color, 3-fold front and back) and price list. 1996? Smart Choice Foods. This company was founded by Yen Fung. She was raised in rural Saskatchewan and completed her education at the University of Saskatchewan. "Her interest in the Canadian food industry began with the purchase of Mom's Bulk Foods in 1985. By 1988 it had moved to a mall location and more emphasis was placed on health food supplements. Later the same year she expanded her growing company by opening the Genesis Family Restaurant cited by the *Globe and Mail* as the best Chinese and health food restaurant in Saskatoon. 1995 marked both the opening of Smart Choice Foods and the acquisition of the catering firm Deli Fresh Foods. All of these businesses fill a market niche and continue to expand based on Yen Fung's underlying principle 'healthy, quality food for people who don't have time to cook.'"

10913. Vitasoy International Holdings Ltd. 1995. Annual report 1994-95. New Territories, Hong Kong. 92 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** For the fiscal year ended 31 March 1995, group turnover (sales) was HK$1,252 million, up 9% over the previous year. Operating profit was $138.9, up 12%. Earnings per share were 24.0 cents, down 12%. Dividends for the year were 9.6 cents. The price of one share is now about $HK2.69.

The Group has secured local government approval to establish a wholly foreign owned enterprise in Songjiang Industrial Zone of Shanghai and will soon begin construction of a production facility there, investing about HL$228 million in it. About 90% of its output will be sold in Eastern China.

The founder and guiding force for more than 50 years, Dr. K.S. Lo, passed away in May of 1994. "The success of the Group is a reflection of the strong Confucian morals which Dr. Lo worked so hard to instill." In Hong Kong, Vitasoy soymilk saw a slight decrease in sales.

In North America, Traditional Vitasoy soymilk [marketed to Chinese Americans] benefited from ethnic brand loyalty together with the continued migration from Hong Kong and Taiwan to North America and especially Vancouver, BC, Canada. This helped improve overall sales in the North America market with 11% increase over the previous year. Natural Vitasoy soymilk experienced a slight drop in sales in the U.S. market but made strong gains in Canada. The launch of Vitasoy Chocolate Soymilk played a role in lifting the market share of soymilk in the Chinatown districts from 50.4% to 52.5%. The Group plans to introduce a new family-sized fresh soymilk. Tofu sales in North America recorded growth of 13.6% with the strongest push coming from the East Coast ethnic markets. To help make consumers more aware of the many benefits of tofu, the Group has sponsored the highly acclaimed "Yan Can Cook" program. In addition an 8-minute instructional video titled "Cooking with Tofu" has also been produced. The huge multi-billion dollar pasta market, of which Oriental pasta is one of the fastest growing segments, will be a key focal point for us over the next fiscal year.

Employees: 1,582 at the end of March 1995, up 13.8% Over the previous year.

Use of the $270.2 million for the initial public stock offering: (1) $228 million to develop a wholly foreign-owned production facilities in Shanghai, PRC (China); (2) $40 million for the development of this factory's distribution network in PRC and Hong Kong; (3) $60 to install a distilled water production facility at its existing facility at Guang Ming Farm, Shenzhen.

Color photos show: Winston Lo, Executive Chairman and Managing Director. Three natural Vitasoy soymilk products, Azumaya Asian products, 3 water-packed tubs of Vitasoy Chinese-label tofu, and Nasoya brands (silken and soft tofu), 3 bottled dressings, and Nayonaise. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

10914. Manning, Anita. 1995. Using soy for protein helps reduce cholesterol. *USA Today.* Aug. 3. [1 ref]
• ***Summary:*** A study by Dr. James Anderson in today's *New England Journal of Medicine* reported that "soy in the diet can significantly lower high cholesterol." The research, which analyzed 38 studies involving 730 people, was funded in part by Protein Technologies International, a manufacturer of soy protein. Cholesterol levels dropped 20% in people who started above 300 mg/dl, and about 4% in those under

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200.

A small sidebar titled "Soy sources available," states that soy milk contains 4-10 gm of protein per 8 oz glass, tofu contains 8-13 gm per 4-ounce cube, and soy flour contains 10-13 gm of protein per ounce. It is also used in a range of products from burgers to baked goods, according to John Erdman Jr. of the University of Illinois.

10915. Marine, Craig. 1995. Tofu might reduce levels of cholesterol: Study finds benefit in bland soy protein loved by vegans. *San Francisco Examiner.* Aug. 3.
• ***Summary:*** This article, based on an Associated Press report of a study by D. James Anderson just published in the *New England Journal of Medicine,* also explores local attitudes to tofu after noting that "the notoriously bland substance may lower cholesterol levels.

"The news was welcomed by Bay Area tofu enthusiasts of the much-abused flavorless stuff, which even one of its staunchest supporters called 'that four-letter word.'

"Miyoko Schinner, owner of the Now and Zen Bakery on Buchanan Street–home of the tofu cream pie–uses tofu in 15 cakes in place of eggs and other dairy products. The author of 'Now and Zen Epicure'–the tofu lover's bible–said, 'It has no flavor of its own, but its really a miraculous substance.'

"And chef J. Kenyon of the prestigious Greens vegetarian restaurant in San Francisco praised tofu for its very flavorlessness. 'It absorbs whatever flavor is around it, making it beautifully versatile. We use it with various marinades, including one with tree mushrooms, which has a really rich, heavenly flavor."

10916. *Wall Street Journal.* 1995. Researchers tie drop in cholesterol levels to soybean protein. Aug. 3. p. B10, col. 1.
• ***Summary:*** The article begins: "Good news for tofu lovers. A new analysis finds that eating large amounts of soybean protein my lower cholesterol levels." This is a short summary of the meta-analysis by Dr. James Anderson (of the Veterans Affairs Medical Center in Lexington, Kentucky) published in today's *New England Journal of Medicine.* Address: Staff reporter.

10917. Landy, Craig. 1995. Work with soyfoods and soynut butter (Interview). *SoyaScan Notes.* Aug. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Craig is developing a soynut butter for one of T&G's clients [Sycamore Creek]. He is very interested in tofu. How did Craig get interested in soyfoods? Many years ago he lived in Aspen, Colorado–which is a "food and restaurant town." He inherited a restaurant. While doing graduate work at the University of Chicago in Middle Eastern studies he became acquainted with pita bread–which was very hard to find in those days in America. So he utilized pizza ovens owned by a friend to bake pita bread, then started selling it to Safeway, to markets and to restaurants. While the restaurant shut down for 6 months for remodeling, Craig traveled to the Middle East. When he returned he was still very interested in food, so he decided (with his background in analysis) to go into trading soybeans–he was always fascinated with soybeans. He got a seat as a commodities trader at the MidAm (MidAmerica Commodity Exchange), which is owned by the Chicago Board Trade and located in the BOT building next door to the main exchange. They do small contracts, one-fifth the size of regular contracts. "Since the MidAm board is 15 seconds behind the main board, the arbitrage guys [arbitrageurs] kill you." Note: *Webster's Dictionary* defines arbitrage (a word first used in about 1879) as "the often simultaneous purchase and sale of the same or equivalent security (as in different markets) in order to profit from price discrepancies." Then Craig moved to working as an analyst on the options exchange, employed by a brokerage group.

After reading *The Book of Tofu* (by Shurtleff and Aoyagi) he got very interested in soyfoods. He wrote Takai Tofu & Soymilk Equipment Co. and received back a catalog of equipment and a list of companies in America using that equipment. One of these companies was Kyoto Food Corp. owned by Bill Roach. Then he read an article in the *Chicago Tribune* about Bill Roach's innovative work with tofu. So Craig contacted Roach and they met in about 1991 at Kyoto Food Corp. in Terre Haute, Indiana. He eventually attempted to connect Bill with T&G–though that proved unsuccessful. Yet the attempt led to Craig's joined T&G in 1992.

Solnuts was T&G's first customer that manufactured soyfoods–dry roasted soynuts. Solnuts left T&G shortly after the entire company (Dutch and U.S. divisions) were purchased by Shade Foods, a large company with its own sales force which can provide the same services that T&G did. T&G got Solnuts into McCormick Salad Toppins (the biggest user), Leaf confections, candies and cookies (Leaf has a plant in St. Louis; headquarters in Bannockburn, Illinois), and many trail mixes sold in natural/health foods stores. The only soyfoods company that is presently a customer of T&G is INARI Ltd. (Sycamore Creek). Address: Sales & Marketing, T&G Food Ingredient Services, 4220 Commercial Way, Glenview, Illinois 60025. Phone: 1-800-288-1012.

10918. Schwartz, Arthur. 1995. The Schwartz that ate N.Y.: Soy vey! Who has great soy dishes. *Daily News* (*New York*). Aug. 8. Food section. p. 4.
• ***Summary:*** The title of the left column is a play on words using the Yiddish term "Oy vey!" which means something like "On no, not more." The author, is luke-warm about his subject: "Big news. Soybeans are good for us. Like we didn't know it already." A sidebar gives a brief definition of each of the different types of soyfoods.

The right column lists New York City restaurants that

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serve great soy dishes: Josie's, Golden Unicorn (Chinese), Angelica's Kitchen (macrobiotic), The Fashion Cafe, Zen Palate. Part II is for takeout: Healthy Pleasures, Natural Frontier, Whole Foods.

The recipe of the week is Quick tofu hoisin. A table lists various soyfoods and the amount of protein contained in each.

Note: Arthur hosts a talk show titled "Food Talk" on WOR radio in New York. On Tuesday, Aug. 8, at 12:30 p.m. Dana Jacobi was his guest to talk about soyfoods. She invited listeners to send a SASE to Soyfoods Center for free tofu recipes and a free catalog of publications. About 150 listeners responded.

10919. Hamlin, Suzanne. 1995. Do you speak tofu or miso yet? *New York Times.* Aug. 9. p. C2. Living section. Wednesday. [1 ref]
• ***Summary:*** Tofu is a "spongy white block that is a major part of Asian diets... Asian restaurants have increased the popularity of tofu, which sustained much of the Woodstock generation. Still there is notable resistance to the chalky soybean derivative that is often called 'the cheese of Asia.'

Note. This is the earliest English-language document seen (April 2013) that uses the term "cheese of Asia" to refer to tofu.

"Johanna H. Dwyer, director of the Frances Stern Nutrition Center at the New England Medical Center Hospitals in Boston [Massachusetts], discovered this resistance during a four-year study on soy protein and estrogen levels in women. She couldn't find subjects that were willing to consume enough tofu to make the study valid." So she ended up using a concentrated soy protein in the study. Dr. Dwyer still feels that "tofu is a good part of a healthy diet, even if by itself it doesn't prove to be a magic bullet. And a good diet is one that is low in saturated fat, high in fiber, and rich in fruits and vegetables."

Each of the following common soybean products is defined: Soy milk, tofu, tempeh, miso, soy flour, textured soy protein.

10920. Sax, Irene. 1995. Learning to love tofu. Soy? Moi? Cooking with tofu: Entrées, desserts. *Newsday* (*Long Island, New York*). Aug. 9. Part 2. p. C1, C5. Wednesday.
• ***Summary:*** The article begins: "Let's be honest. Tofu has the texture of firm Jello and the taste of library paste." At Straight from the Heart, a a health food restaurant in Huntington, New York, two favorite tofu dishes are tofu pizza and tofu with fresh organic vegetables; a photo shows these–but the recipes are secret. Recipes are given for: Baked Szechuan tofu. Tofu summer vegetable curry. Tofu braised with wild mushrooms. Tofu oatmeal cookies. Chocolate tofu pie (the writer's favorite). Address: Staff writer.

10921. Demos, Steve. 1995. New developments at White Wave (Interview). *SoyaScan Notes.* Aug. 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave is working to take advantage of the huge amount of publicity about soy protein lowering blood cholesterol. He would like to develop soy-based nutraceuticals (a term Steve first heard from Jeffrey Bland several years ago; the new food medicine) or dietary supplements as a sort of bridge to motivate people to move toward healthy foods. The only two motivators are fear and greed; he will use fear since soy is not glamorous enough to use greed. He has talked with FDA attorneys who have made it clear that under NLEA only dietary supplements can make nutritional claims. Yet the line between foods and dietary supplements is very unclear. It largely depends on how the product is positioned and marketed. Garlic is by far the best-selling supplement in the USA. Slim Fast is a dietary supplement. A soy yogurt or a fortified soymilk could also be positioned as a dietary supplement. Shurtleff's comments: Danger of excess protein intake, which is hard on kidneys and can leach calcium from bones (hypercalciuria). Most of the cholesterol-lowering effect of soy protein may be due to the phytoestrogens bonded to it, so we may want to focus on genistein rather than soy protein. Consider a small product like the lactobacillus drink sold in Japan. Sandoz's concept of selling nutrition not food.

Topic #2. Position on the World Wide Web. Steve's mission is to build brand equity. Paul Chasnoff has registered and "locked in" three positions on the World Wide Web: Tofu.com, Soy.com, and WhiteWave.com. These give him control of the on-ramp to the web. It is very cheap and there are no protections at this time. He has just traded beads for Manhattan, for ownership of the key subject headings in the card catalog. If things change, there will probably be a grandfather clause to protect him.

His soymilk should be on the market in a gable-top caton in November. He has not yet proved marketability. He thinks he has found a manufacturer. Pacific Foods refused to sell him base. Protein Technologies International (PTI) is selling a consumer soymilk somewhere.

One big upcoming project is to launch a line entrees in five flavors. The center of the meal will be a starch (such as rice or noodles) with flavored protein over the top. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

10922. Rubin, Rita. 1995. An oats disciple now turns to tofu: Seeking cholesterol salvation in a soyburger. *U.S. News and World Report* 119:73. Aug. 14. [1 ref]
• ***Summary:*** James Anderson, whose former research on fiber has earned him the sobriquet "Dr. Oat Bran," recently published an influential article in the *New England Journal of Medicine.* It showed that consumption of soy protein can lower cholesterol levels. This article summarizes his study, adding that Anderson likes tofu. Last week he recounted

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that he has enjoyed tofu scramble, tofu stir-fry, tofu and vegetables, and tofu burgers.

10923. Shapiro, Laura; Springen, Karen. 1995. Health: Oh, boy! Pass me the soy! *Newsweek* 126:60. Aug. 14. [1 ref]
• ***Summary:*** "Hippies were right: Tofu really is good for you." A study by Dr. James Anderson published last week in the *New England Journal of Medicine* reported that people who ate soy products significantly lowered their levels of bad cholesterol and slightly raised their levels of "good" cholesterol. Anderson, an endocrinologist at the University of Kentucky, says it would be "great" if Americans consumed about 30 grams of soy protein a day. That's about half the recommended daily allowance of protein for most people, and the equivalent of about 12 ounces of tofu or two soyburgers. Cookbook author Deborah Madison says that soy doesn't deserve its "yecch" reputation. She likes to add one part soy flour to three parts wheat flour when making bread or pancakes, or frying a breaded tofu cutlet. Though tofu has a very mild flavor, the "health results have plenty of zip."

A photo shows two soybeans in a pod, with the caption: "Bean power: In pod."

10924. Burros, Marian. 1995. Fresh tofu: Safe cooks buy carefully. *New York Times.* Aug. 23. p. C1, C8.
• ***Summary:*** "Eight containers of tofu were purchased recently from six corner markets in New York City. Two of the containers were commercially packaged and sealed; six had tofu that was floating in water and required a store employee or a customer to pick it up by hand, with tongs or with a plastic bag. The tofu was analyzed by Certified Analytical Group Inc. of Plainview, Long Island, for the total level of bacteria; for coliform, which is indicative of unsanitary handling and storage conditions; for E. coli, which indicates fecal contamination, and for yersinia, a food-poisoning organism historically associated with tofu.

"None of the samples contained yersinia. Both of the prepackaged containers of tofu–Kinugoshi and Mori Nu brands–had relatively low levels of total bacteria and no E. coli. Mori Nu had a level of coliform high enough to indicate unsanitary conditions... But all the tofu that was floating in water had extremely high levels of total bacteria and very high levels of coliform; four contained E. coli."

"Consumers can protect themselves by buying tofu only in sealed packages and by cooking it at high temperatures, until it reaches 160 degrees internally–in other words very hot." Contains two recipes, incl. Ma-Po bean curd. A photo shows tofu being sold loose from open tubs of water.

10925. Iwata, Masakazu. 1995. Early history of Japanese farming and agriculture in California (Interview). *SoyaScan Notes.* Aug. 23. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** Gary Okihiro says that Dr. Iwata is the foremost expert on Japanese agriculture in California. He was a professor for many years at Biola University, a small Christian religious college in Los Angeles. He has written a book on Japanese farming in America titled *Planted in Good Soil: A History of the Issei in United States Agriculture.* This is a general work. He has seen no evidence or records that mention Japanese issei growing soybeans in the United States. Their main crop was rice. Soybeans are not even mentioned in his book, but on page 297 he notes that soy sauce was imported from Japan to the USA. In his book he discusses in detail the Wakamatsu Tea and Silk Farm Colony, which was established in 1865 in Coloma in the Gold Country near Sacramento. They came with the intent of growing bamboo, tea plants, raising fish, etc. The colony lasted for only 12-18 months, then failed.

He is aware that there were early tofu manufacturers in California and he thinks it is an interesting question to ask where they got their soybeans.

He has a friend named Fred Wada, who lives near him, and whose parents ran an early tofu shop in Fresno. Address: 879 N. Vail Ave., Montebello, California 90640. Phone: 213-723-4389.

10926. Iwata, Masakazu. 1995. Re: The pioneering work of Gonshiro Harada (died 1943) with koji, tofu, miso, natto, and okara in California. Letter to William Shurtleff at Soyfoods Center, Aug. 25. 1 p. Typed, with signature.
• ***Summary:*** Mr. Iwata is the author of *Planted in Good Soil: A History of the Issei in United States Agriculture* (1992). Yesterday he contacted Fred Harada, "whose father had a tofu manufacturing establishment in the Fresno area... He is a good source of information. His father, Gonshiro Harada (died 1943), an Issei (first-generation Japanese immigrant to the USA) from Hiroshima Prefecture, was a master koji-maker who learned his trade in Japan. He opened a store in Fresno in the 1920s but went broke during the depression of 1929; he was a creditor unable to collect from credit customers. Subsequently, in 1939, he relocated in Fowler, about 10 miles southeast of Fresno, where he and his wife and family (nine children) established the Harada Tofu Co. and manufactured such foods as tofu, kamaboko, agé, miso, natto, okara, and other related items, peddling them to the Japanese farmers in a broad area of Central California. Of course the company handled vegetables and other grocery goods on their route consisting of several hundred customers.

"Fred indicates that his father was an innovative entrepreneur who made much of his own tofu-making equipment." Fred believes his father got at least some of his soybeans from rice growers in the Colusa region, who grew soybeans as a sideline. "He mentioned that the Koda rice farms in South Los Baños may have had some acreage in this crop."

Fred Harada can be contacted at 637 North 6th Street,

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Montebello, CA 90640. Phone: 213-721-8455. Best to contact him after 7:00 p.m. Address: 879 North Vail Ave., Montebello, California 90640. Phone: 213-723-4389.

10927. Iwata, Masakazu. 1995. Re: Early soybean cultivation by Japanese rice growers in central California around the time of World War I. Letter to William Shurtleff at Soyfoods Center, Aug. 25. 1 p. Typed, with signature.
• ***Summary:*** Yesterday Dr. Iwata contacted Fred Harada, "whose father had a tofu manufacturing establishment in the Fresno area... He is a good source of information... My conjecture would have been that much of the soybeans for the tofu came from abroad, but according to Fred, some of the Japanese rice growers, whose heyday in rice farming was around the time of World War I [1914-1918] in the Colusa region, grew soybeans as a sideline. He mentioned that the Koda rice farms in South Los Baños may have had some acreage in this crop.

"I have a section in my book (*Planted in Good Soil: A History of the Issei in United States Agriculture.* New York: Peter Lang Publishing, 1992) on the Koda farms, utilizing information from interviews and the Keisaburo Koda biography in Japanese (*Koda Keisaburo Den,* 1965), but found no mention of soybean production. You might contact Edward Koda (P.O. Box 6, South Dos Palos, California 93665), the son of the founder, about this. I believe the operation is now in the hands of Ross, the third generation heir.

Fred Harada can be contacted at 637 North 6th Street, Montebello, CA 90640. Phone: 213-721-8455. Best to contact him after 7:00 p.m.

Update: Letter from Dr. Iwata. 1996. Dec. 6. "Most likely the Chinese who arrived in California around the time of the Gold Rush of 1849 introduced soybeans from China." Address: PhD, 879 North Vail Ave., Montebello, California 90640. Phone: 213-723-4389.

10928. O'Hara, Pam Smith. 1995. Enjoying soy: There's a growing body of evidence that it's good for us–and a growing array of ways to make it taste good, too. *Miami Herald.* Aug. 31. p. 1E-2E. Food section. [2 ref]
• ***Summary:*** Pam and her best girlfriend were enjoying a Chinese takeout dish, whose main ingredient was tofu. "She offered her 19-year-old son a taste. He chewed it twice. His nostrils flared, his lip curled, and he spit it straight back onto his plate. His one word response: 'Nasty.' Tofu is an acquired taste, no question about that."

Considerable research has shown that the soybean contains isoflavones, which may "help prevent cancer and osteoporosis and ease the symptoms of menopause." Color photos show: (1) Pam Smith O'Hara. (2) A strawberry-tofu shake in a tall glass. Address: The Complete Vegetarian, 107 Seabreeze Ave., Delray Beach, Florida 33483.

10929. Blank, Christine. 1995. Organic soy products: Industry remains optimistic. *Organic Food Business News* (*Altamonte Springs, Florida*) 7(8):5-7. Aug.
• ***Summary:*** "Even though Japanese demand for organic soy is falling this year," new studies proclaiming the health benefits of soy products have sparked optimism among manufacturers for higher sales in the near future. Supply of organic soybeans is now greater than demand as the Japanese, who have been willing to pay premiums for organic soybeans during the past two years, have lost interest.

Terry Tanaka, executive director of Nichii Company of America, Inc. (Jefferson, Iowa) exports 95% of its organic soybean flakes to its parent company in Japan. Tanaka had been planning to ship 140 tons/month of flakes to Japan, but is now shipping only 50 tons/month, due to sagging consumer interest. The company sends its flakes by rail to Seattle, Washington, whence they travel by cargo ship to Japan.

David Singsank is co-owner of American Health and Nutrition in Ann Arbor, Michigan. His company is now selling an organic soy protein product named Manna to wholesalers for use in bulk bins in co-ops and natural food stores. It has a chewy texture and will cost wholesalers $0.75 to $0.90/lb.

When prices skyrocketed last year, some soyfood manufacturers had to raise prices or discontinue products. For example, White Wave in Boulder, Colorado, started using commercial (non-organic) soybeans in two of its products that had been organic last season. Now the company is reported to have switched back to organic ingredients when many of its customers complained. White Wave is said to use at least 95% organic ingredients in its soy products, including tofu, soymilk, and tempeh.

New contract prices are about $14/bushel FOB for cleaned clear hilum soybeans and $19/bushel FOB for Vinton. OCIA (president Tom Harding) is the main certifier of organic soybeans; others include Farm Verified Organic (FVO), Oregon Tilth, and Quality Assurance International. Reciprocity is a major issue for soyfoods manufacturers.

Jan Remak, vice president of marketing at Vitasoy (Brisbane, California) says that Vitasoy soymilk is sold in some major supermarket chains, such as Kroger, Fred Meyer, Lucky, and Ralph's. Address: Staff writer.

10930. **Product Name:** Total Tofu! Maple Tofu Form Box.
Manufacturer's Name: G.E.M. Cultures (Marketer).
Manufacturer's Address: 30301 Sherwood Road, Fort Bragg, CA 95437. Phone: (707) 964-2922.
Date of Introduction: 1995. August.
Ingredients: Sustained harvest maple.
New Product–Documentation: GEM Cultures Catalog. 1996. Jan. 20. p. 4. "These beautifully handmade Tofu Press Boxes are made here in Mendocino County of certified

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sustained harvest maple, the wood so often used in salad bowls and wooden spoons. The 8 by 5 by 3½-inch size is convenient yet large enough to press 2 pounds of tofu. Also included in Total Tofu is a 3 ounce package of natural nigari, 3 ounces of Terra Alba [naturally occurring calcium sulfate], and a double square of Grade 60 cheesecloth to line the box, directions for how to make tofu and soymilk, and the shipping cost!" Price: $38.50. Note: As of Jan. 1996 this tofu kit does not contain a pressing sack, which is essential for making tofu at home.

Kit sent by Betty Stechmeyer of GEM Cultures. 1996. Feb. 15. The box is indeed beautifully constructed, made of excellent materials and well designed. The nigari comes shrink wrapped. The instructions using one pound of dry soybeans are clear but without illustrations (see illustrations in *The Book of Tofu,* by Shurtleff & Aoyagi).

10931. Minnesota Soybean Research & Promotion Council. 1995. 1995 Cooking with Soy–Recipe contest winners (Leaflet). North Mankato, Minnesota. 6 panels each side. Each panel: 22 x 9.5 cm. Aug.
• ***Summary:*** Recipes are published for the three winners in the tofu category, three winners in the whole soybeans category, and three winners in the soy flour category. The three winning recipes (#1 in each category) were: Stuffed jumbo shells (with firm tofu and turkey). Curried shrimp with vegetables and green soybeans. Soy flour banana bread. Address: 360 Pierce Ave., Suite 110, North Mankato, Minnesota 56003. Phone: 507-388-1635.

10932. Mountain Ark Trading Company. 1995. Catalog–September-December 1995 [Mail order]. Fayetteville, Arkansas. 30 p. 27 cm.
• ***Summary:*** Soy-related products in this mail order catalog include: Miso, soy sauce, tempeh, tofu, black soybeans, yellow soybeans, tofu dressings, natto miso. Also: Sea vegetables, amaranth, quinoa, teff, blue corn. The general manager is Nick Masullo. Address: P.O. Box 3170, Fayetteville, Akansas 72702. Phone: 1-800-643-8909.

10933. Newman, Jacqueline M. 1995. Beancurd: History of an ancient protein source. *Flavor & Fortune* 2(2):7, 11, 13. Summer. [5 ref]
Address: Kings Park, New York 11754.

10934. Orthoefer, Frank T.; Liu, Keshun. 1995. Soybeans for food uses. *International Food Marketing & Technology* (*Germany*) 9(4):4-8. Aug. [5 ref]
• ***Summary:*** Contents: Introduction. Traditional soy foods: Soy milk, tofu, toasted whole soybeans and full-fat soy flour ("The toasted flour is often used in rice recipes or for the preparation of flavored bakery snacks. The toasted powder may be mixed with plastic fats and sugar to be used as a filling for confectionery and bakery products"), soybean sprouts, yuba, soy sauce, tempeh, natto, miso. Soy protein ingredients: Soy grits and flour, soy protein concentrates, soy protein isolates. Soy nutrition: Soy protein, fat and calories, phytochemicals. Food bean market. Summary.

Two "different types of soybeans have emerged: oil beans and food beans. This is particularly true in the US soy market..."

Of the fourteen phytochemicals, seven are present in soybeans. These seven are phytates, isoflavones, carotenoids, coumarins, triterpenes, lignans, and phenolic acids. Phytochemicals have been shown to affect human health as much as vitamins and minerals, and many of them have anti-cancer properties. The discovery of phytochemicals may change how the nutritional value of food is assessed.

The world market for soybeans for food use is estimated at about 1 million metric tons (tonnes). In Japan alone about 830,000 tonnes are made into soyfoods as shown in a pie chart as follows: Tofu (552,000 tonnes, 63.4%), miso (180,000 tonnes, 21.5%), natto (90,000 tonnes, 10.7%), soymilk (10,000 tonnes, 1.2%), soy sauce (5,000 tonnes, 0.6%), and others (22,000 tonnes, 2.6%). In the USA the food bean market is estimated at 50,000 tonnes. Other major markets for food beans are in Korea, China, Taiwan, Hong Kong, Singapore, Malaysia, and Thailand. Food-grade soybeans can be sold by the growers at a premium of 5-20% above the base price. The demand for food beans is increasing steadily. Address: 1. Vice President, R&D, Riceland Foods, Stuttgart, Arkansas; 2. Project Leader, Soy Food Lab., Jacob Hartz Seed Co., Stuttgart, Arkansas.

10935. Quinn, Catherine. 1995. Feast on soy–It's practical and easy. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 3(3):2. Summer. [4 ref]
• ***Summary:*** "Lowering cholesterol levels, possible cancer prevention–good reasons to recommend that our Lipid Research Clinic patients eat more soyfoods. But, resistance can be strong. In short, we've found soyfoods in the current forms lack features familiar to most Americans... We generally find tofu is the most commonly recognized form of soy." Most die-hard soy resisters love tofu in desserts–such as Tofu Chocolate Mousse Pie and Cranberry Tofu Dessert (see *The Soy Connection,* Volume 3, Issue 1). "Many patients are pleasantly surprised with the convenience and taste of tofu lasagna, tofu tortellini and tofu burger casserole mix for chili or meatloaf." Address: M.S., R.D., nutritionist with Washington Univ. School of Medicine, Lipid Research Center, St. Louis, Missouri.

10936. Stevens, Jane Ade; Stevens, Roger. ed. and comp. 1995. U.S. soyfoods directory. Lebanon, Indiana: Indiana Soybean Development Council. 31 p. 28 cm.
• ***Summary:*** This first edition of the directory contains more than 270 company listings. The cover is checkerboard red and white. Contents: Forward [sic, Foreword]. How to use

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the Soyfoods Directory (incl. Internet access). Soyfood descriptions (alphabetical): Edamame (Sweet beans), food use soybeans (whole soybeans), organically grown soybeans, isolated soy proteins, lecithins, meat analogs (meat alternatives), miso, natto, nondairy (soy) frozen desserts, okara, soy cheese & yogurt, soy flour & grits, soy grits, soy meal & flakes, soynuts, soyoil, soy protein concentrates, soy sauces (tamari, shoyu, teriyaki), soymilk, tempeh, textured soy proteins, tofu & products. Composition and nutrient content of soyfoods (large table, p. 7). Soybean products chart: From whole soybeans, from soybean meal, from soyoil and lecithin. Soyfood companies by product (products listed alphabetically).

Soyfood companies (alphabetical by company name; Each listing contains address, contact, phone, soy products, product names, distribution, to locate product, classification). Soyfood companies by state (alphabetical by state; California has by far the most). Professional associations and industry information resources. U.S. soybean facts. Soyfoods directory survey.

This directory's address on Internet's World Wide Web is http://www.in.net/soy. For more information or suggestions, call 1-800-275-7679. Address: Stevens & Associates, 4816 North Pennsylvania Street, Indianapolis, Indiana 46205. Phone: 1-800-275-7679.

10937. **Product Name:** Tofutti Teddy Fudge Bears: Low Fat Pops (Dairy Free, Frozen).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1995. August.
Ingredients: Water, sugar, corn syrup, maltodextrin, soy protein, tofu, cocoa processed with alkali, pure corn oil, guar gum, carob bean gum, carrageenan, vanilla with other natural flavors, soy lecithin, salt.
Wt/Vol., Packaging, Price: 12 x 1.75 fl. oz. bars in paperboard box. Net weight 21 fl. oz. (621 ml).
How Stored: Frozen.
New Product–Documentation: Spot in Vegetarian Journal. 1995. Sept/Oct. Each Teddy Fudge Bar contains 70 calories and one gram of fat without any lactose, animal milk, whey, butterfat, caseinates, or dairy derivatives. Sold at natural food stores.

Tofutti Brands Inc. 1996, May. 1995 Annual Report. p. 1. New products introduced during 1995: Teddy Fudge Pop, an all-natural, low-fat, dairy-free fudge bar targeted towards children. This stick novelty offers consumers the same taste as real fudge bars. Each bar contains only 70 calories and 1 gm of fat.

One sample box of this product with Label generously sent frozen by David Mintz via FedEx priority overnight. 1996. June 4. 7 by 6.75 by 2½ inches. Paperboard box. Brown, white, and yellow on red. Illustrations: One the front panel–A teddy bear eating a pop and wearing a red T-shirt that reads "Tofutti–Eat in good health." Also 3 large pops. On the end panel: A family of teddy bears each wearing a T-shirt eating a pop. "Living dairy free" logo. "Milk free. No butterfat."

10938. **Product Name:** Tofutti Cuties (Snack-Size Soy Ice Cream Sandwiches) [Wild Berry].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1995. August.
Ingredients: Filling: Water, high fructose corn sweeteners, corn oil, tofu, soy protein, vanilla with fruit purees, soy lecithin, guar seed gum, carrageenan, beet juice, carob bean gum, salt. Wafer: Enriched bleached flour...
Wt/Vol., Packaging, Price: 8 sandwiches. 12 fl oz plus 16 wafers.
How Stored: Frozen.
New Product–Documentation: Tofutti Brands Inc. 1996, May. 1995 Annual Report. p. 1-3. New products introduced during 1995: During the summer the Company added a Wildberry Cutie to its mini sandwich novelty line. This Cutie has wildberry filling between two chocolate wafers. Half the size of a traditional ice cream sandwich, it offers a portion controlled treat.

One sample box of this product with Label generously sent frozen by David Mintz via FedEx priority overnight. 1996. June 4. 6 by 4 by 2.125 inches. Paperboard carton. Dark blue, light blue, red, brown and pink on white. "No milk. No butterfat. Lactose free. Nondairy frozen dessert." "The wild one."

10939. Vajda, Pavol; Mahoney, Rosemary K. 1995. Request by Alfa Bio sro of Slovakia for VOCA assistance in new product development project. Bratislava, Slovakia. 20 p. 28 cm. [Eng]
• ***Summary:*** VOCA (Volunteers in Overseas Cooperative Assistance) is an American-based organization that assists businesses free of charge outside the USA. Alfa-Bio is requesting 1 volunteer for 2 months starting in mid-October 1995. "Project summary: Alfa-Bio is the first tofu producer in the former Czechoslovakia and continues to be the most successful producer in the Slovak market. They seek assistance on new product development as they plan to introduce second generation tofu-based products into the Slovak market. Products such as: imitation dairy spreads, puddings, etc. They seek the assistance of a VOCA specialist with experience in new product development using tofu, marketing, and a strong overall knowledge of the tofu market."

The owner of this limited liability company is Ing. Jan. Lunter, who is also the general manager. The company is located at Horná 37, Banská Bystrica, Slovakia. Phone: 42-

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88 242 35. Banska Bystrica is the capital of Middle Slovakia. The company "was established in 1991 with an orientation toward the production and marketing of healthy foods. Their large success in this land of bacon lovers speaks well of the quality of their products and the overall desire of consumers to improve their diets. Currently the company has 100 employees with annual turnover of 50 million Slovak crowns (approximately US$1.3 million)." They currently produce 27 metric tons/month of tofu. The company also runs a retail store and restaurant. The company has four division managers: (1) Director of tofu production; (2) Packaging operations manager; (3) Retail store manager; and (4) Restaurant manager.

The company's sales are primarily to the domestic market, and they dominate the Slovak tofu market. Their competitors tend to be very small companies with limited local markets. Through their tofu products, their restaurant, and retail store, they work to promote the consumption of healthy foods.

The rest of the report concerns project logistics, VOCA and USAID contacts, country history and background, current events (political/social/ economic), agriculture sector (basic statistics, land ownership, state involvement in agriculture, cooperatives, production agriculture, state processing, supply and marketing companies, service infrastructure, VOCA Czechia {VOCA's office in Prague was opened in April 1991}), cultural tips, health care.

Letter (fax) from Sjon Welters of Massachusetts. 1996. April 16. Sjon has decided to accept an offer to do volunteer work with Alfa Bio in Slovakia for 2 weeks. Address: VOCA, Bratislava, Slovakia.

10940. Viavant, Suzi Jenkins. 1995. Recetas de soya [Soya recipes]. Guatemala City, Guatemala: Plenty USA. 28 p. 22 cm. [Spa]

• ***Summary:*** Contents: Introduction. Why soya? Useful advice. Utensils and equipment. Recipes with tempeh (10). Recipes with tofu (14). The first page (unnumbered) states: "This book was developed to help the company Alimentos San Bartolo to introduce soyfoods into the diet of the highlands of Guatemala. It is also designed to teach the reader various methods of preparing delicious dishes using tempeh and tofu." The contributors included Elena and Agostine Xoquic, Yelin and Yatun Reanda, Marion Moore, Alice Hashimoto, and Alimentos de San Bartolo.

Talk with Suzi Jenkins Viavant. 1996. Aug. 15. Plenty USA published this book in Guatemala City, with financial aid from Food for All. It was available in about August 1995. The tofu recipes are based on the very, very firm tofu made by Alimentos San Bartolo in Guatemala. Address: 3967 South 900 E., Apt. 13, Salt Lake City, Utah 84124. Phone: 801-268-2717.

10941. **Product Name:** Naturally Tofu Drinks, Tempeh Burger, Vegetarian Chili, Meatless Healthy Bologna, Vegetarian Sloppy Joe.
Manufacturer's Name: Wellwide International Ltd. (Importer).
Manufacturer's Address: Room 2905 Wah Yin House, Wah Kwai Estate, Hong Kong. Phone: 852/2549-1173.
Date of Introduction: 1995. August.
New Product–Documentation: Listing in '95-96 Soya Bluebook, p. 100. The company is an importer. Contact Della Leung, Director.

10942. National Research Centre for Soybean. 1995. Classified ad: Sealed tenders are invited from manufacturers / reputed firms / authorised dealers for the supply of Scientific equipments [sic], farm machineries [sic], etc. *Times of India* (*The*) (*Bombay*). Sept. 2. p. 10.

• ***Summary:*** Sixty pieces of equipment are listed, each numbered. For example: 01. Growth chamber... 08. Lab model tofu making machine... 17. Computer with printer... 31. Tractor.

"The tender form, along with details of items with specifications, terms and conditions, can be obtained from the Administrative Officer,..." Address: Khandwa Road, Indore–452 001, Madhya Pradesh.

10943. Barat, Chandri. 1995. Celentano copies Legume line of vegetarian frozen entrees with tofu (Interview). *SoyaScan Notes.* Sept. 6. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** About fifteen years ago Chandri and Gary Barat went to Celentano with an idea for a line of vegetarian frozen entrees with tofu. They worked with Dominic Celentano, Sr., a pioneer in the frozen food industry and the first to put frozen Italian entrees in food stores about 50 years ago. They both admired this hard-working, honest man of integrity, who told them: "A man's handshake is his word. You can have all the paper in the world, but if the good will of the parties isn't involved, it doesn't mean anything." He told them "he would never do a tofu item, and he would never compete against them." Though he is a right-wing conservative who jokingly calls Chandri "Mrs. Lenin," he made a real personal mark on the Barats because of the many values of his they admired.

Before Legume had its first public stock offering, the Barats and their attorneys developed and signed a very professional 30-page legal contract with Celentano; it stated that Celentano would not divulge any of Legume's confidential information, including proprietary formulas, recipes, etc., but it did not contain a "non-compete agreement."

When Dominic's son, Dominic Jr., took over his father's place as head of the company, he decided to try to introduce a low-fat version of the company's traditional Italian frozen entrees to the natural- and health food market. He did this

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in part because profit margins were decreasing from the big chains like Shop Right, and because he noticed the success Legume was having in this market. The products (Cheese Ravioli, Cheese Lasagna, etc. with white flour and regular cheese) were well accepted and widely distributed. These were purchased by retailers in part because the natural foods industry is losing its identity by buying products that contain white flour, white sugar, etc. Chandri and Gary had no problem with this. But then the son did something that Chandri and Gary feel was unethical, if not treacherous. Even though it did not violate any written agreements, it clearly violated a verbal agreement given with a trusted handshake. In early 1995 Dominic Jr. launched a line named "Celentano Vegetarian Selects" consisting of four vegan frozen entrees with tofu that were very similar to those they had been making–and was still making–under contract for Legume since 1983. The four products were: Manicotti Florentine (resembling Legume's Tofu Manicotti, made by Celentano since Feb. 1983), Stuffed Shells Florentine (resembling Legume's Stuffed Shells Provencale, made by Celentano since Dec. 1983), Lasagne Primavera (resembling Legume's Vegetable Lasagna, made by Celentano since Dec. 1983), and Eggplant Rollettes.

Celentano's introduction of these four products has hurt the sales of Legume's frozen tofu entrees tremendously. Celentano's sells his entrees at prices lower than Legume can afford and he promotes them extensively.

Chandri laments: "It is a very unfortunate situation. We still have a close relationship with the father, Dominic Sr., who loved to mock tofu: "It's just like cardboard. Who would eat it?" When we went to talk to the son, we said, 'Your father swore to us he would never...' The son replied: "My father doesn't have the authority to speak for this business." The son came on with the wife of the mayor of New York City introducing his non-dairy vegetarian line. Celentano even uses tofu made by White Wave, the same manufacturer that has supplied Legume all these years.

The Barats would like to leave Celentano and find a new manufacturer for their products, but that is hard because Celentano is very automated. They are also reluctant to leave as long as the father is alive; but he is in his mid-70s and is not well. Chandri is sure that the son will kick Legume out the day after the father dies. The last time Chandri visited him in his office, "he almost picked me up and threw me out, even though I thought I was being quite polite. He said: 'This is my office, you're in it, and there's the door.'"

Three or four years ago Legume began to private label their Manicotti Florentine for Trader Joe's, and is still on the market and selling very well. They have also made other products for Trader Joe's (Stuffed Shells, Classic Manicotti–without the spinach) but they have come and gone.

Legume's best selling products at present are Vegetable Lasagna, Manicotti Florentine, and the new line of canned products. They also still make Barat Bars (chocolate) but they are a relatively small item. They also have a Veggie Protein Cutlet.

Update: 1996. According to one industry insider the above story does not sound quite right because Dominic and his wife "still run Celentano with an iron hand." Address: P.O. Box 609, Montville, New Jersey 07045. Phone: 201-263-1013.

10944. Weininger, Jean. 1995. Soybeans coming out of their shell: Healthy cuisine. *San Francisco Chronicle.* Sept. 6. Food section. p. 1, 8. [1 ref]
Address: Bay Area writer with a PhD. in nutrition from the Univ. of California at Berkeley.

10945. **Product Name:** Firm Tofu.
Manufacturer's Name: Tofuji.
Manufacturer's Address: 664 "F" St., Fresno, CA 93706. Phone: 209-498-8440.
Date of Introduction: 1995. September.
Ingredients: Certified organic soybeans, water, nigari.
Wt/Vol., Packaging, Price: 16 oz.
How Stored: Refrigerated.
New Product–Documentation: Fujie Robesky calls. 1994. Aug. 9–She says that San Jose Tofu Co. is for sale. She is a microbiologist who wants to change professions. She now owns or works for Hedge Computer Co. 1995 May 16. She is working hard to upgrade the building and equipment; hopes to open in 2 months. Aug. 14. She calls to say she hopes to open by Sept. 1. She bought a building in Chinatown and moved her computer store from nice northwest San Jose to Chinatown. Has been getting lots of media coverage because of moving to Chinatown.

Fujie calls. 1995. Oct. 16–She says she started commercial production on 26 Sept. 1995. The company has only one product, firm tofu, made from certified organic soybeans and nigari. Several articles have been published about her company. Her husband is named Bob. Fujie calls. 1999. July 9. Tofuji is doing well. They now have three products: Regular nigari tofu, and two flavors of soymilk: Vanilla and plain. Their new phone number is 559-696-0838. Website: www.Tofuji.com.

10946. *Bluebook Update* (*Bar Harbor, Maine*). 1995. Bright future forecast for soyfoods: SAA study profiles shopper, provides demographics. 2(3):1, 4. July/Sept. [1 ref]
• ***Summary:*** The first truly in-depth analysis of the U.S. soyfoods consumer has been recently published, commissioned by the Soyfoods Association of America. The 125-page report, replete with tables and graphs, shows that nearly 15 million Americans are presently eating tofu, and 10 million are consuming soy burgers. The study details the uses of soyfoods, provides consumer demographics, and analyzes shopping patterns. Even among non-consumers of soyfoods, awareness is high. The majority of Americans

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have heard of at least one type of soyfood. The best known is tofu, available at nearly every supermarket in America, and recognized by 75% of those polled. Some 55% are familiar with soymilk and more than 50% have heard of soy burgers. Approximately 80% of soyfoods consumers say that they will continue to eat the same amount or more in the future–which looks bright.

10947. *Bluebook Update* (*Bar Harbor, Maine*). 1995. Clofine products certified organic. 2(3):2. July/Sept.
• ***Summary:*** Clofine Dairy & Food Products, Inc. of Linwood, New Jersey, manufactures full fat soymilk and tofu products which have been certified organic by Oregon Tilth Certified Organics. Clofine also produces low-fat spray-dried tofu and soymilk with both non-organic and organic soybeans. They will continue to provide kosher parve products in both lines. Richard Eluk is Clofine's vice-president.

10948. Fallon, Sally W.; Enig, Mary G. 1995. Soy products for dairy products? Not so fast. *Health Freedom Newsletter* (*Monrovia, California*) 14(5):12-20. Sept. [35 ref]
• ***Summary:*** Contents: Introduction. History of the bean. Fit for human consumption? Marketing the soybean? Processing denatures and dangers remain. Soy formula not the answer. Fabricated soy foods. Cancer preventing or cancer causing? Soy products are not complete. Only fermented soy products are safe. Another look at milk. Processing is the problem [that transforms healthy milk products into unhealthy ones]. Quality dairy products are available. Butter is a healthy food. Homemade formula best for babies. Contains two recipes for homemade formula: Milk based formula (based on unhomogenized raw organic milk plus lactose, cod liver oil, coconut oil, etc.). Milk free formula (based on 3½ cups of homemade broth, made from beef, lamb, chicken, or fish).

This article is written to scare people "who have turned to soy products as substitutes for dairy products," and to sing the praises of natural (fresh, raw, and organic) dairy products. It is loaded with so much incorrect information and false conclusions about soybeans and their alleged dangers to human health that one does not know where to begin in starting to refute them. To take just a few such statements: (1) "The Chinese did not eat the soybean as they did other pulses (legumes) such as the lentil, because the soybean contains large quantities of a number of harmful substances." Fact: The soybean, processed into a host of soyfoods using simple technologies, has been the main legume consumed in China since ancient times. It has long been referred to as "The cow of China."

(2) Trypsin inhibitors in soybeans are "not completely deactivated during ordinary cooking and can produce serious gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake." Facts: The SoyaScan database contains 386 articles on trypsin inhibitors. When active, these proteins inhibit trypsin, a digestive proteolytic enzyme secreted by the pancreas, which helps us to digest proteins. Fortunately, trypsin inhibitors are almost completely deactivated by the typical cooking of soybeans to make soyfoods. There is no scientific evidence that the small percentage remaining has any adverse effects on human health, digestibility, or amino acid absorption. A considerable body of research, starting in the 1970s, shows that trypsin inhibitors have anti-cancer properties.

(3) "The soybean also contains hemaglutinin [sic, hemagglutinins], a clot promoting substance that causes red blood cells to clump together." Fact: Like trypsin inhibitors, hemagglutinins are inactivated by ordinary cooking and have been a non-issue in the scientific literature for at least 10 years.

(4) Soybeans are high in phytic acids or phytates, which can cause health problems. "Only a long period of fermentation will significantly reduce the phytate content of soybeans." "Oriental children who do not get enough meat and fish to counteract the effects of a high phytate diet, frequently suffer rickets, stunting and other growth... Parents would do well to ask their six-year old boys whether they would prefer to be six-foot-one or five-foot-seven when they grow up, before substituting tofu for eggs, meat, and dairy products." Fact: Phytates and phytic acid are a two-edged sword. They appear to inhibit mineral absorption by forming tight chelates with a variety of polyvalent metals such as calcium, zinc, and iron. By virtue of forming a unique iron chelate, they suppresses iron-catalyzed oxidative reactions and may serve a potent antioxidant function in the preservation of seeds. By the same mechanism, dietary phytic acid may lower the incidence of colonic cancer and protect against other inflammatory bowel diseases. Twelve records in the SoyaScan database show phytic acid to have anticancer activity. In addition, they are one source of dietary phosphorus in the soybean.

(5) Aluminum content of soy formula is 10 times greater than milk-based formula, and 100 times greater than unprocessed milk. Aluminum has a toxic effect on the kidneys of infants, and has been implicated as causing Alzheimer's in adults. Fact: Aluminium is the most abundant metal in the earth's surface. It is harmless to humans except for infants with kidney failure–who should not drink soymilk. There is no solid scientific evidence indicating that aluminum causes Alzheimer's disease; that theory, advocated by a few scientists 10 years ago, is no longer being pursued.

(6) Allergies to soy are almost as common as those to milk. Fact: Roughly 10 to 15 times as many infants are allergic to cow's milk compared to soymilk. Since 1910 soy-based infant formulas have saved the lives of many infants whose mothers could not breast feed and who were allergic to cow's milk

The authors conclude that only traditional fermented soy products such as miso, natto, and tempeh, are safe.

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About the authors (autobiographical): Sally W. Fallon, M.A. lives in Washington, DC, with her husband and 4 children. A member of the Price Pottenger Nutrition Foundation Advisory Board, she is a regular contributor to their quarterly journal. Mary Enig, PhD, is an expert in the field of lipid chemistry who has conducted many studies on *trans* fatty acids. She is also well known for a career of anti-hydrogenation and anti-margarine research and writing, with funding from the dairy industry. A large percentage of America's margarine is made from soy oil.

Update: Printout of website named Mercola.com sent to Soyfoods Center by Sjon Welters of Cabot, Vermont. 1998. Nov. 6. The title of this 6-page website is "Avoid soy: Concerns regarding soybeans." On the last page we read: "The above information was abstracted from an article written by Sally Fallon and Mary Enig, PhD. (an international expert renown [sic] in the field of lipid chemistry) for Health Freedom News in September of 1995." Address: 1. M.A.; 2. PhD. Phone: 818-357-2181.

10949. Galaxy Foods Company. 1995. Taste the future! Try our slices (Ad). *Natural Foods Merchandiser.* Sept. p. 20-21.
• ***Summary:*** In this two-page spread color ad, photos show: (1) Three flavors of Soyco Lite & Less Veggy Singles (Swiss Alternative, American Alternative, Mozzarella Alternative). All three are low in fat, made with organic tofu, lactose free, and cholesterol free; (2) Two flavors of Soymage Soy Singles (Mozzarella Alternative, and American Alternative). Both are 100% dairy free and fat free, made with organic tofu; (3) The Lite & Less line of about 16 products; (4) The Soymage line of about 8 products. All are floating against a galaxy (dark starry night).

"New flavor, new texture, and a new name for slices that are literally 'Out of this world!'... No one else in the world is producing individually wrapped slices that are 100% Dairy Free and taste great! Soy Singles are fast becoming the next "Rising Star" on vegan shelves and with Kosher-Pareve buyers throughout the universe." A coupon (introductory slice offer) gives $2 off per case. Address: 2441 Viscount Row, Orlando, Florida 32809.

10950. Lamport, Rick. 1995. Soy to the world. *Granary News* (*Sarasota, Florida*). Sept. p. 1, 3, 10-11, 14-15, 18-19. [1 ref]
• ***Summary:*** A humorous, fun-poking potpourri and overview of soyfoods and some of the new research on their medical benefits. "In reputation, tofu, tempeh, and miso are the Gabor sisters of natural foods, i.e., thought to have bad taste and serve no purpose. But in reality, they are more like the Bridges brothers. They take on many roles and always give an unusually good performance. Pity the poor bean curd. It deserves our consideration, use and approval. Tofu is not really an acquired taste. It is more an acquired texture."

The author then coins some new soy words and phrases–which sound best pronounced with a Yiddish accent: Soyliloquy, psycho-soymatic, Moonlight Soynata, Soyviet Union, soylent majority, soyentific validation, lunasoy, soyonara.

A photo (p. 1) shows the rear end of a "Soyota" [Toyota] automobile bearing the license plate "Tofu Me–Florida Granary."

10951. Lusas, Edmund W.; Rhee, Khee Choon. 1995. Soy protein processing and utilization. In: D.R. Erickson, ed. 1995. Practical Handbook of Soybean Processing and Utilization. Champaign, Illinois: American Oil Chemists' Society Press; St. Louis, Missouri: United Soybean Board. viii + 584 p. See p. 117-60. Chap. 8. [96 ref]
• ***Summary:*** Contents: Introduction and definitions: Types of products, history, analysis, handling of soybeans and soy protein products. Full-fat soy flours and grits: Enzyme-active soy flours, toasted full-fat soy flours and grits, extruder-prepared full-fat soy flours. Extracted flake products: White flakes, defatted soy flours and grits, refatted or lecithinated soy flours, soy protein concentrates (aqueous alcohol process, acid leaching process, hot-water leaching process, product characteristics). Soy protein isolates (pH extraction-precipitation, separation by molecular weight, membrane processing, aqueous extraction processing, separation of intact protein bodies, enzyme-modified protein isolates, whipping proteins–3 types). Dietary fiber products: Soy cotyledon fiber, soy hulls. Texturized products: Spun and fiber-type products, extruder-texturized products. Applications of soy food proteins: Functionality, selection of soy protein preparations, meat applications (processed meats, restructured meats, pumped meats, extruder-texturized soy proteins), baking applications, dairy and beverage applications. Other soy products: Dried soy milks and tofus, nut-like soybean products (incl. soybean butter [sic, soynut butter]).

Figures: 8.1–Effect of atmospheric steaming on trypsin inhibitor activity and protein efficiency ratios of soybean meal fed to rats. 8.2–Relationship of urease activity to trypsin inhibitor. 8.3–Relationship of urease activity to Nitrogen Solubility Index. 8.4–Cross-section of interrupted-flight extruder used for production of toasted full-fat soy flour. 8.5–Flow diagram for making extrusion-cooked full-fat soy flour. 8.6–Dry extruder used for preparation of infant and child foods in developing countries. 8.7–Flow diagram for manufacture of full-fat and defatted soy flours. 8.8–Mill and air classifier system for commercial grinding of defatted soy flour. 8.9–Classifier mill system for commercial grinding of defatted soy flakes. 8.10–Flow diagram of soy protein concentrate production by aqueous alcohol extraction. 8.11–Extractability of proteins in defatted soybean meal as a function of pH. 8.12–Flow diagram for commercial preparation of soybean protein isolates. 8.13–Effects of pH on solubility of protein and phytate in defatted flour.

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8.14–Susceptibility of 7S and 11S soy protein tractions of pH precipitate from solutions at low ionic strength (0.03M). 8.15–Simplified flow diagram for soybean protein isolation with UF and RO membranes. 8.16–Simplified flow diagram of the aqueous extraction process applied to soybeans. 8.17–Effects of pH on nitrogen solubility, 0.5% pepsin hydrolysis of 10% soybean flake slurry at 38ºC. 8.18–Preparation of enzyme-modified whipping proteins, via soy isolate intermediate process. 8.19–Preparation of enzyme-modified whipping proteins by direct hydrolysis of soy flakes. 8.20–Single-screw extruder used for making full-fat flours and texturized soy flours and concentrates. 8.21–Flow sheet of process for making texturized vegetable food protein.

Tables: 8.1–Typical compositions (%) of soy protein products (defatted flours and grits, protein concentrates, proteins isolates). 8.2–Carbohydrate constituents of dehulled defatted soybean flakes. 8.3–Processing and nutritional parameters of heat-treated soy flours. 8.4–Applications of defatted soy products in foods. 8.5–Approximate composition of soy protein concentrates made by three extraction processes. 8.6–Amino acid composition of soy protein concentrates, soy solubles, and soy flours. 8.7–Vitamin and mineral fortification requirements for USDA-FNS child feeding programs. (Note: FNS is USDA's Food & Nutrition Service). 8.8–Functional properties supplied by soy proteins. 8.9–Bakery applications of various soy proteins. 8.10–Composition of dried low-fat and full-fat soy milk and tofu sold domestically. Address: Food Protein Research and Development Center, Texas A&M Univ. System, College Station, Texas.

10952. **Product Name:** Mori-Nu Mates Chocolate Pudding & Pie Mix.
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St., Suite 110, Torrance, CA 90504. Phone: 310-787-0200.
Date of Introduction: 1995. September.
Wt/Vol., Packaging, Price: 3.75 oz (105 gm).
How Stored: Shelf stable.
New Product–Documentation: Ad (full-page color) in Natural Foods Merchandiser. 1995. Sept. p. 107. "Made for each other. Introducing new Mori-Nu Mates." Blend one packet of this mix with one package of Mori-Nu Lite Tofu to make a rich and creamy, low fat chocolate mousse. Leaflet (glossy color, two panels on each side, each panel: 16 x 10 cm). Sept. 1997. "Low fat, dairy free and delicious. The proof is in the pudding." On the front panel a photo shows three silver spoons, each holding a different color swirl of Mori-Nu Mates combined with Mori-Nu Tofu. On the rear panel are nutrition facts.

10953. Morinaga Nutritional Foods, Inc. 1995. Made for each other. Introducing new Mori-Nu Mates (Ad). *Natural Foods Merchandiser.* Sept. p. 107.

• ***Summary:*** This full-page color ad shows a packet of Mori-Nu Mates Chocolate Pudding & Pie Mix next to a package of Mori-Nu Lite Silken Tofu. "Dairy free. Low fat. All natural. Quick and easy." Blend one packet of this mix with one package of Mori-Nu Lite Tofu to make a rich and creamy, low fat chocolate mousse.

This ad also appeared in the Dec. 1995 issue (p. 65) and in the Jan. 1996 issue (p. 57) of this magazine.

And in the Feb. 1996 issue (p. 29) and the March 1996 issue (p. 37) of *Vegetarian Times* magazine. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

10954. **Product Name:** [Breaded Tofu Cutlets (With Garden Herbs, Goat Cheese and Nuts, Salmon and Dill)].
Foreign Name: SOY CroustiSoy (aux Herbes Potagères, Fromage de Chèvre et Noix, au Saumon et à l'Aneth).
Manufacturer's Name: Nutrition & Santé S.A. (Formerly SOY / Société Soy).
Manufacturer's Address: B.P. 33, Z.I. de la Pomme, 31250 Revel (near Toulouse), France. Phone: +33 62 18 72 50.
Date of Introduction: 1995. September.
Ingredients: Garden Herbs: Fresh tofu* 73.5% (water, soybeans), palm oil*, grated bread crumbs*, tapioca, spinach greens*, pot herbs* 1.5% (parsley*, chives*, tarragon*), unrefined sea salt, safflower oil*, natural aromas, garlic*, pepper*, lemon concentrate. * = Organically grown products 89.8%. Certified by Ecocert 31 076 Toulouse Cedex.
Wt/Vol., Packaging, Price: 200 gm paperboard box, 2 cutlets per pack.
How Stored: Refrigerated, store at 4ºC.
Nutrition: Per 100 gm: Calories 213 (885 kJ), protein 10.4 gm, carbohydrate 7.8 gm, lipids/fats 15.6 gm.
New Product–Documentation: Letter from Bernard Storup with 3 Labels. 1995. Sept. 8. This new product is just being introduced now. Paperboard box. 4 by 6 by 1.5 inches. Garden Herbs: Yellow, dark green, brown, white, and black or light green. Color photo of a cutlet on greens on a white plate, and a piece of it on a fork. On the front panel are the Soy logo (white on dark green), and the Nature & Progres organic certification symbol. On two sides are two different "Recycle" symbols/roundels.

10955. Pizzorno, Lara. 1995. The natural way to balance your hormones. *Delicious!* (*Boulder, Colorado*). Sept. p. 16-18, 20, 22.
• ***Summary:*** The long subtitle reads: "Now there's a natural, non-pharmaceutical way of balancing hormones for women suffering from menstrual or menopausal problems. Plant hormones found in common foods such as tofu could cause a revolution in women's health." Address: M.A., Seattle, Washington.

10956. Rattenbury, Jeanne. 1995. Answering machine: Do

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soyfoods stop the stork? *Vegetarian Times.* Sept. p. 28. [2 ref]

• ***Summary:*** A report published in the *American Journal of Clinical Nutrition* (Sept. 1994, p. 333-40) showed that women who consumed 25 mg of isoflavones daily (the amount in 2-3 ounces of tofu) experience a 2-5 day increase in the length of their menstrual cycles (e.g. to 30 days from 28 days). "This was actually seen as good news, because the longer the time between periods, the less exposure a woman has to estrogen over the course of a lifetime. It is believed that less exposure to estrogen lowers the risk of ovarian, breast, and endometrial cancer."

"But the study also renewed concerns that isoflavones might interfere with fertility, an idea that has been around since the 1940s, when sheep and cows that grazed on clover high in isoflavones were rendered sterile. As a result some dietitians now recommend that women who are trying to conceive should avoid excessive amounts of soy protein."

But Mark Messina, PhD, and Ken Setchell, PhD (an author of the 1994 study) feel these concerns are unwarranted. Messina notes that countries where soy is a staple–such as Japan and China–have no apparent problems with reproduction. Moreover a generation of vegetarians in the USA have been eating soy regularly yet no fertility problems have been found among them.

Setchell agrees: "The critical issue that some people fail to realize is that although soy lengthens the cycle, it doesn't actually prevent ovulation. There's no effect on progesterone levels, and there is still a normal menstrual cycle."

Both men agree that "as long as a woman still has regular periods, there is no reason to suspect that soy is interfering with conception."

10957. SunRich. 1995. SunRich (Ad). *Soya Bluebook Plus* 1995-96. p. 59.

• ***Summary:*** This one-third page black-and-white ad lists three categories of products: (1) Identity preserved specialty soybeans and grains: IP corn; Food quality soybeans available for soymilk, tofu, tempeh, miso, natto, sprouts, and soy sauce; Shipments available in containers, rail or bulk barge.

(2) Soyamilk powders: Spray-dried soymilk and tofu; Soy/dairy milk.

(3) Sweet Beans: Frozen green soybeans; Podded (*edamame*) or peeled (*mukimame*).

* Certified organic soybeans & products available. Address: P.O. Box 128, Hope, Minnesota 56046. Phone: 1-800-342-6976 or 507-451-3316.

10958. **Product Name:** [Nutrisoya Tofu, Soymilk].
Foreign Name: Nutrisoya Tofu–Queso de Soya, Leche de Soya.
Manufacturer's Name: UFIESA–Division of Productos Nutrisoya.
Manufacturer's Address: Factory: Av. de los Restauradores No. 149. Office: C/33 No. 9 A, Villa Carmen Este, Santo Domingo, Dominican Republic. Phone: (809) 590-3418.
Date of Introduction: 1995. September.
Ingredients: Tofu: 100% leche de soya, vinagre y (Coagulante). Soymilk: Leche de soya, Edulcorante-Azucar crema, especias aromáticas naturales.
How Stored: Refrigerated.
New Product–Documentation: Note: These are the earliest commercial soy products seen in the Dominican Republic. Talk with (call from) Jose Fortunato in New York; he is the partner of Mr. Ubiera. 1997. Feb. 15. Mr. Ubiera wants to order some Spanish-language leaflets. He already has *The Book of Tofu,* which gave him the idea of making tofu in the Dominican Republic. They have been making and selling tofu in the Dominican Republic for about 2 years, starting in August 1995. They make tofu, soymilk, soy yogurt, and a soy salami (from tofu and gluten). Note: L.R. Ubiera, who was born on 20 Jan. 1955 in the Dominican Republic, started this company. He wrote a book titled *Tofu y leche de soya–Alimentos macrobiotics–naturales: Una guia practica para su manufactura en casa.* He also practices and teaches Hatha Yoga.

Letter and leaflets from Leonidas Radhames Ubiera, president of Ufiesa-Nutrisoya. 1997. Jan. 20. "Our company began to operate on September 1, 1995 without experience and too little equipment." Leaflet #1. Green and red on white. "Consuma productos Nutrisoya para su alimentacion una joya. 100% natural. Puros e integrales de soya. Tofu-queso. Leche, lista para tomar ("ready to consume"). Yogourt. Salami. Salichas. Hamburguesa. Chorizo." Leaflet #2. Red, blue, black, and yellow on white. "Productos Nutrisoya. Para su alimentacion una joya. 100% naturales. Recetario especial, platos de tofu (queso)." Gives 5 tofu recipes in Spanish.

Letter from Leonidas Radhames Ubiera. 1997. March 10. Gives the date that each of the company's products were introduced. Tofu and fresh soymilk were both introduced in Sept. 1995. All other products were introduced in 1996. UFIESA is an abbreviation/acronym for Ubiera & Fortunato Import-Export, S.A.

Labels for both products sent by Jose Fortunato. 1997. April 18. 3½ by 3 inches. Self adhesive. (1) Tofu: Blue, red, black, and yellow on white. (2) Soymilk: Light green, red, and black on white.

Note: This is the earliest known commercial soy product made in the Dominican Republic.

10959. **Product Name:** NewMenu VegiBurger.
Manufacturer's Name: Vitasoy (U.S.A.) Inc. (Marketer-Distributor). Made in South San Francisco by Azumaya.
Manufacturer's Address: P.O. Box 552, Brisbane, California 94005. Phone: 1-800-848-2769.
Date of Introduction: 1995. September.

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Ingredients: Water, textured soy protein concentrate, tapioca starch, natural flavors (from vegetable sources), soy sauce, dehydrated onions, isolated soy protein, tofu powder (soybeans, magnesium chloride), guar gum (a vegetable gum).
Wt/Vol., Packaging, Price: 6 oz (170 gm).
How Stored: Refrigerated.
New Product–Documentation: Ad (½ page color) in Natural Foods Merchandiser. 1995. Sept. p. 127. "Our fast food has great taste and wholesome nutrition." Large color photos show each product with Label.

Talk with Vitasoy. 1995. Sept. 6. These products are just now starting to appear in stores. They are made by Azumaya in South San Francisco.

Leaflet sent by Vitasoy. 1995. Sept. 8. Lists the ingredients and nutritional composition of the VegiBurger and VegiDogs.

10960. **Product Name:** NewMenu VegiDogs.
Manufacturer's Name: Vitasoy (U.S.A.) Inc. (Marketer-Distributor). Made in South San Francisco by Azumaya.
Manufacturer's Address: P.O. Box 552, Brisbane, California 94005. Phone: 1-800-848-2769.
Date of Introduction: 1995. September.
Ingredients: Water, isolated soy protein, wheat gluten, natural flavors (from vegetable sources), salt, brown rice syrup solids, spice extracts, paprika oleoresin, carrageenan, guar gum (a vegetable gum).
Wt/Vol., Packaging, Price: 8 VegiDogs in a 12 oz pack.
How Stored: Refrigerated.
Nutrition: Per 1.5 oz (1 link): Calories 45, calories from fat 0, total fat 0 gm (0% daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 170 mg, otal carbohydrate 1 gm (dietary fiber 0 gm, sugars 0 gm), protein 9 gm.
New Product–Documentation: Ad (8½ by 11 inch, page color) in Natural Foods Merchandiser. 1995. Sept. p. 127. "Our fast food has great taste and wholesome nutrition." Large color photos show each product with Label.

Talk with Vitasoy. 1995. Sept. 6. These products are just now starting to appear in stores. They are made by Azumaya in South San Francisco.

Leaflet sent by Vitasoy. 1995. Sept. 8. Lists the ingredients and nutritional composition of the VegiBurger and VegiDogs.

10961. **Product Name:** NewMenu TofuMate: Mandarin Stirfry, Szechwan Stirfry, Mediterranean Herb, Texas Taco, Breakfast Scramble, and Eggless Salad.
Manufacturer's Name: Vitasoy (U.S.A.) Inc. (Marketer-Distributor). Made in Tualatin, Oregon, by Pacific Foods of Oregon.
Manufacturer's Address: P.O. Box 552, Brisbane, California 94005. Phone: 1-800-848-2769.
Date of Introduction: 1995. September.
Ingredients: Eggless Salad: Maltodextrin, dried vegetables (onions, garlic, carrots, celery), rice flour, salt, spices, turmeric, turmeric extractives, citric acid, malic acid, lemon oil.
Wt/Vol., Packaging, Price: 0.75 to 1.2 oz (21.3 to 34 gm) packet.
How Stored: Shelf stable.
New Product–Documentation: Ad (8½ by 11 inch, page color) in Natural Foods Merchandiser. 1995. Sept. p. 127. "The new taste of tofu: NewMenu TofuMate. International faire in a matter of minutes." Large color photos show the label of each product.

Talk with Vitasoy. 1995. Sept. 6. These products are just now starting to appear in stores. They are made by Pacific Foods of Oregon in Tualatin.

Leaflet sent by Vitasoy. 1995. Sept. 8. Lists the ingredients in each product and the range of nutritional composition of the various mixes.

10962. Vitasoy (U.S.A.) Inc. 1995. The new taste of tofu: NewMenu TofuMate. International faire in a matter of minutes (Ad). *Natural Foods Merchandiser.* Sept. p. 30.
• ***Summary:*** This 8½ by 11 inch color ad shows 6 packages of TofuMate seasoning mixes: Mandarin Stirfry, Szechwan Stirfry, Mediterranean Herb, Texas Taco, Breakfast Scramble, and Eggless Salad. "We all know that tofu is healthy, but what do you do with it? This simple question has plagued consumers for decades. Now NewMenu is proud to offer an array of delicious answers." Address: P.O. Box 552, Brisbane, California 94005. Phone: 1-800-VITASOY.

10963. Wilson, Lester A. 1995. Soy foods. In: D.R. Erickson, ed. 1995. Practical Handbook of Soybean Processing and Utilization. Champaign, Illinois: American Oil Chemists' Society Press; St. Louis, Missouri: United Soybean Board. viii + 584 p. See p. 428-59. Chap. 22. [41 ref]
• ***Summary:*** Contents: Introduction. Soybean chemical composition. Unfermented soy foods: Soymilk, tofu (momen, kinugoshi or silken, packed tofu, aseptically packaged tofu, deep-fried tofu, kori tofu or dried-frozen tofu), other nonfermented soy foods (yuba, kinako or roasted whole soybean flour, fresh {edamame} and canned soybeans, texturized soy protein-based foods). Fermented soy foods: Miso, shoyu (soy sauce), natto, tempeh, sufu. Japanese Agricultural Standards. Identity preservation and transportation. Soybean quality characteristics: Overview, judging quality (tofu, miso, natto). Note: This is the earliest English-language document seen (Nov. 2012) that contains the term "roasted whole soybean flour."

Tables: 1. Nonfermented soy food products and common names by country. 2. Fermented soy food products and common names by country. 3. Chemical composition of soy foods. 4. Per capita annual consumption of soybeans (kg) in selected Asian countries (China, Indonesia, Japan, Korea,

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Malaysia, Philippines, Thailand; for the years 1968, 1978, 1988, 1994).

Figures: 1. Flowchart of refrigerated and shelf-stable soymilk production. 2. JAS seal of approval. 3. Diagram of equipment used in large scale tofu production (each piece of equipment is numbered and labeled). 4. Flowchart of regular tofu production. 5. Graph showing percent transmittance of whey versus coagulant concentration for soymilks at 6% solids made from Weber, Vinton, and Amsoy soybeans. A concentration of 0.023 N was selected as the optimum coagulant concentration, since it gave the most transparent whey. 6. Graph showing percent transmittance of whey versus coagulant concentration for Amsoy soymilk at concentrations of 4, 5, and 8% solids. Concentrations of 0.018N, 0.019N, and 0.035N, respectively, were selected as optimum coagulant concentrations. 7. Flowchart of kinugoshi (silken) tofu production. 8. Flowchart of packaged tofu production. 9. Flowchart of aseptically packaged tofu production. 10. Flowchart of kori (dried-frozen) tofu production. 11. Diagram of equipment used in large scale production of dried-frozen tofu (each piece of equipment is numbered and labeled). 12. Flowchart of miso production. 13. Diagram of the interactive factors producing the characteristic attributes of miso. 14. Flowchart of tempeh production. Address: Iowa State Univ., Ames, Iowa.

10964. Sims, Calvin. 1995. Argentines beef up with vegetables, fruits and tofu: In a nation of meat eaters, health concerns and a stubborn recession are adding salads and tofu to many people's diet. *Oregonian* (*The*) (*Portland, Oregon*). Oct. 1. p. A3.

• ***Summary:*** To meet the new demand for healthier, less expensive food a growing number of low-cost vegetarian and ethnic restaurants, natural food markets, and salad bars have opened in Argentina. Beef consumption in the country has fallen 12.3% to 140 lb/person in 1994 from 157 lb/person in 1990. By comparison, beef consumption in the USA was 67.5 lb/person in 1994, less than half as much. Yet vegetarians are still considered odd in Argentina, and it is difficult for vegetarians to live there. Address: New York Times News Service.

10965. Zender, Sandra. 1995. Re: Early Japanese tofu companies in Fowler, California. Letter to William Shurtleff at Soyfoods Center, Oct. 11–in reply to inquiry. 2 p. Handwritten.

• ***Summary:*** "I have been unable to provide you with verification that Fowler had tofu factories in the 1930s. I checked old volumes of yearbooks, newspapers, books on Japanese culture in the area, and local historians. According to local historians and long time residents there were three tofu factories in Fowler. The oldest was Watanabe, the next was Harada, and the most recent was Soga. I contacted a Mr. Honda who is in his mid-80s and says Watanabe was before the 1930s. He believes he was about 10 when Harada was in business. [Note: If Mr. Honda is now age 85, he would have been born in 1910, and would have been age 10 in 1920.] Unfortunately these are only anecdotal sources. I will turn this inquiry over to the county reference and history departments to see if the names of these businesses occur in old city directories dating from that time." Address: Librarian, Fowler Branch Library, 119 E. Merced, Fowler, CA 93625. Phone: 209-834-3114.

10966. Elash, A. 1995. Ancient help for the heart [tofu]. *Maclean's* 108:66-67. Oct. 16. *

10967. Pratt, Steven. 1995. Soy sense: The soybean crops up in a variety of medical research. *Chicago Tribune.* Oct. 18. Section 7. p. 3.

• ***Summary:*** "The lowly soybean... could become one of the decades most important health foods." Recent research shows that soy protein can help lower cholesterol levels and may help combat cancer, heart disease, and osteoporosis. Scientists believe this is due to "soy's generous supply of phytochemicals," such as isoflavones, phytic acids, saponins, etc.

Susan Potter at the University of Illinois at Urbana-Champaign, is directing a study to explore: (1) Whether soy protein supplementation will reduce heart disease risk for postmenopausal women who for medical reasons can't take estrogen supplements; (2) Whether eating lots of soy protein will slow the development of osteoporosis, which weakens bones by lowering their density.

Linda Van Horn, a dietitian at Northwestern University Medical Center in Chicago, has been investigating the effects of soy protein on hormone metabolism in premenopausal women. Her research, which monitors 200 women for 15 months, could eventually tie in with breast-cancer prevention. Address: Tribune Staff Writer.

10968. Jenkins, Suzi. 1995. The politics of soyfoods in San Bartolo, Guatemala (Interview). *SoyaScan Notes.* Oct. 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Alimentos San Bartolo now employs 6 people, 3 or 4 of whom have worked there for 15 years. The plant operates two days a week, Monday and Wednesday. About 65-75% of the products are sold to expatriates, and the remainder are sold to native Guatemalans. The approximate percentage of sales by product are as follows: Tofu 40%, soy ice cream 30%, tempeh 10%, soymilk 10%, soy flour atole (10%; pronounced ah-TOL), and whole soybeans 5%. Yet the soy flour atole probably earns the company more profit than any other product. It is made by roasting whole soybeans, then grinding them, and mixing about 3 parts of this roasted soy flour with 1 part of cornmeal. The product is sold as a dry mix in a plastic bag, and is served by adding several tablespoons to a cup of hot water, like traditional atole. It

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is expensive, costing about 2½ times as much as an equal weight of white wheat flour. People are willing to pay the price because they have learned that it is an excellent source of protein, and it tastes good. It is consumed by both infants and adults.

In about 1989 or 1990 the situation at the soy dairy in San Bartolo changed dramatically. Plenty Canada came in, took the keys to the building, and installed a new committee as the "board of directors in charge of the company. Then Plenty Canada pulled out and has never returned. Since that time the Dairy has received no outside funding. Local politics became a big part of the daily operations of the business, and there is now an ongoing political struggle. The leadership did not like the former employees and they continue to discriminate against them. Only one member of the workforce is on the committee." Elena and Agostine Xoquic are in pain. For example, Agostine is made to haul 50-100 lb of tofu and ice water on a long route that goes as far away as Guatemala City, changing buses many times, while the much younger and stronger new manager sits with his feet up on the table. The Dairy does not have its own vehicle.

Plenty USA has no control over the new committee. In addition, most of the people living in San Bartolo are jealous of the 6 people who work in the Soy Dairy, so for a number of years they have been boycotting the Dairy and its products. Suzi is inevitably associated with the old regime, even though she is very close to many people in the community. She has visited at least once a year, usually paying her own way, to check in and see how things are going. When she has worked there in recent years, it has usually been as a volunteer. This was one cause of the divorce process she is now in. She lived in Panajachel, an expatriate community about 15 minutes away by car; her daughter went to school there. She has no plans to go back there as a worker, though she would dearly love to if she could find a way to support herself.

She sees the next steps for the Dairy as trying to get the Guatemalan government to support use of the atole in the village school lunch program, and starting a restaurant in San Bartolo. She believes this basic concept or model could be duplicated and succeed elsewhere in Third World countries. She has had offers to go elsewhere in Guatemala, at good pay, to help start soy dairies. Address: 3967 South 900 E., Apt. 13, Salt Lake City, UT 84124. Phone: 801-268-2717.

10969. Hizer, Cynthia. 1995. The versatile vegetarian. The global grain goes gourmet: Rice sprouts new varieties, blends. *Atlanta Journal and Constitution Magazine.* Oct. 26. Food section. p. H4. Thursday. *

• ***Summary:*** This article is mostly about rice. But a prominent sidebar states: For free tofu recipes, send a stamped, self-addressed envelope to William Shurtleff, Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Several hundred requests were fulfilled.

The address of the Vegetarian Society of Georgia is also given.

10970. *SoyaScan Notes.* 1995. Many people are calling Soyfoods Center with a new type of question about soyfoods (Overview). Oct. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Since early August there has been a significant increase in the number of people calling or writing Soyfoods Center. This increase was probably caused initially by the front page story in the *New York Times* on Aug. 3 titled "Health benefits from soy protein: Study finds potent weapon in lowering cholesterol," by Natalie Angier.

The callers, most of them women, are now asking a new question: "I'm looking for ways to get more soy into my diet." In addition about 10-12 people are writing each day to request free tofu recipes.

10971. Abate, Gugsa; Gobezie, Abeba. 1995. Soybeans in Ethiopia: A review on historical background, production, and utilization. Paper presented at the Third Bi-Annual SoyAfrica Conference. 18 p. Held 3-5 Oct. 1995 at Johannesburg, South Africa. Organized by Aproma. [10 ref]

• ***Summary:*** Contents: Introduction. History of soybeans in Ethiopia. Soybean and its uses in the world: Soybean flour, soybean milk, soybean curd, protein concentrates, protein isolates, soybean oil, soy beverage, soybeans as a vegetable [green immature soybeans], other uses. Nutritional evaluation of soybean. Soybean production in Ethiopia. Climatic condition suitable for soybeans. Uses of soybeans in Ethiopia: Public sector, private sector. Agricultural potential of soybeans. Conclusion.

History in Ethiopia: The first records of soybeans in Ethiopia date back to the 1950s. The years 1956 to 1971 were a trial period for selecting promising varieties and suitable growing areas. During this period, different varieties were tested at the research stations of Debre Zeit, Jimma and Kulumsa of the former Chilalo Agricultural Development Unit [CADU]. About 20 varieties have been introduced for testing from various parts of the world. In 1972 the Ethiopian Nutrition Institute (ENI) initiated a soybean multiplication program starting with imported seeds of different varieties. The seeds were grown under contract by local farmers. Yields were low due to late weeding and negligence in applying the recommended fertilizer. Finally in 1974 ENI, in collaboration with CADU, introduced soybeans to the local farm population. The aim of this program was to replace the soybean flour imported by ENI for Faffa production with flour made from locally grown soybeans, and to introduce this new bean into Ethiopian diets. A grower's manual was even published and distributed to local farmers. A number of recipes were also developed by ENI for use in the popularization of soybean. This activity started in 1972 and

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continued until mid-1995.

However, all the efforts made to multiply the soybean and bring it to the local people were discontinued because of low acceptability by the farming community. Presently, no community is producing soybean in Ethiopia. In 1974 IAR took over the basic soybean research program; since then it has remained as a research program. Nevertheless, during the early 1990s, the Faffa plant had an arrangement with settled farmers in Assosa to grow and supply soybeans. Also, Health Care Foods has a soybean supply program with private commercial growers. Most important, since 1978, soybean production on a relatively large scale has been undertaken by certain state farms in Ethiopia: Wollege, Gojam, Kaffa, Awassa, Shashemene, and Awash are the major sites of production in Bellessa. Today, there are only two state farms which produce soybeans. These are Wollega, and Gojam-Gonder Agricultural Development Farms. They supply raw soybeans to the Faffa Food Factory, Health Care Food Manufacturers, and Animal Food Processing Organizations of Kaliti, Akaki, Debre Zeit, and Nazareit. Table 2 (p. 8) shows the area and production of soybeans in Ethiopia from 1979-81 to 1992–however the units are unclear.

Today in Ethiopia, soybeans are used in both the public and private sectors. In the public sector, soybeans are used commercially in the manufacture of Faffa, a high-protein weaning food and famine-relief food. Faffa contains 53% wheat, 18% defatted soy flour, 10% chickpeas, 9% skim milk powder, 7% sugar, and 1% iodized salt, vitamins, and minerals. The Faffa Food Factory is the only big user of both imported and domestically produced soybeans. In addition to Faffa, this factory also makes different soy-based blended food products such as Dube, Cerifam, and Famix. Table 3 (p. 10) shows the production of each of these foods (in metric tons = tonnes) from 1988 to 1994. Faffa has decreased from 5,835 tonnes in 1988 to 1,520 tonnes in 1994. Dube has decreased from 5,937 tonnes to 1,109 tonnes. Cerifam has increased from 10.8 to 20.6 tonnes. Famix (which contains full-fat soy flour) has increased from 10.7 tonnes in 1993 to 3,906 tonnes in 1994.

Table 4 (p. 11) shows the factory's annual consumption of both defatted and full-fat soy flour from 1988 to 1994. Use of defatted soy flour (all imported from the Netherlands) decreased from 1,407 tonnes in 1988 to 376.8 tonnes in 1994. Consumption of full-fat soy flour (locally processed) increased from 0.1 tonnes in 1988 to 684.7 tonnes in 1994. The factory's maximum demand for soybean is estimated to be about 4,000 tonnes/year if it works at full capacity. ENI has developed recipes using soy flour in traditional Ethiopian dishes for the purpose of introducing soy to communities. These dishes are: Injera (fermented, flat pancake), wot & allichas (sauces served with injera), kitta (unleavened bread), dabbo (leavened bread), dabokolo (snack food), and porridge. At its experimental kitchen, ENI has also been testing soy milk and tofu, and the results have been disseminated to home agents to teach people in the communities how to make soymilk and tofu at home.

Private sector: With the advent of the New Economic Policy, private industries are now flourishing in every sector of the economy. A supplement producer named Health Care Food Manufacturers Pvt. Ltd. Co. began to use soybeans in 1993 in the form of full-fat soya flour in all of its supplementary food mixtures. Its production capacity is now 15 tonnes/shift. In Ethiopia, most people, especially members of the Ethiopian Orthodox Church, consume diets free of animal products during their fasting period. The total number of fasting days amounts to 110-150 days/year, but can reach 220 days for priests and monks. Thus soy-based meat and dairy alternatives can serve as good alternatives for these people while they are fasting. Ethiopia should encourage soybean production. Address: Ethiopian Health and Nutrition Research Inst., Addis Ababa, Ethiopia.

10972. Albertson, Ellen. 1995. Super soy: The newest miracle food. *Self.* Oct. p. 148-151, 204. [1 ref]

• ***Summary:*** The subtitle continues: "Okay. One more time. Scientists are telling us they've found the nutritional Holy Grail, a simple food that prevents heart disease and cancer. Do we believe them? Yes!"

"Soy may be so effective that it actually crosses the line from nutritional to medicinal."

This article begins with a summary of the meta-analysis by Dr. James Anderson published in the *New England Journal of Medicine* (3 Aug. 1995). It reported soy in the diet can significantly lower high cholesterol." It also notes that: (1) "Genistein, a powerful natural chemical unique to soy," may stop the growth of cancer cells. (2) The natural estrogens in soybeans may "help alleviate postmenopausal symptoms." In Japan, where soy is typically eaten daily, there is no word for "hot flashes."

Photos and definitions of various soyfood products are given: Tempeh, soy flour, tofu, textured vegetable protein, soy milk. A section titled "15 delicious ways to add soy to your diet," gives serving suggestions for these and other soyfoods at breakfast, lunch, snack, and dinner.

A full-page table on p. 204 rates the best (B) and worst (W) of the following, with nutritional information, taste, texture, and comments: Hot dogs: B–Yves Veggie Cuisine Tofu Wieners. W–Soy Boy Right Dogs. Burgers: B–Boca Burger. W–Green Giant Harvest Burger. Sausage: Lightlife Lean Links Italian Sausage. W–Fantastic Foods Nature's Sausage. Bacon: B–Yves Veggie Cuisine Canadian Veggie Bacon. W–Lightlife Fakin' Bacon. Luncheon Meat: B–Yves Veggie Cuisine Deli Slices. W–Lightlife Smart Deli Thin Slices–Roast Turkey Style. Plain soy milk: B–Westbrae Natural WestSoy 1% fat. W–Edensoy Extra. Soy cheese: B–Sharon's Finest Cheddar Style TofuRella. W–Soymage Cheddar Style Cheese Alternative. Chili: B–Midland Harvest Chili Fixin's. W–Fantastic Foods Vegetarian Chili. Pizza:

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Nature's Hilights Rice Crust Pizza. W–Farm Foods Pizsoy Cheese Style. Frozen Dinners: B–Amy's Tofu Vegetable Lasagna. W–Hain Pure Foods Pepper Steak. Dessert: B–Living Lightly Chocolate Almond Non Dairy Frozen Dessert. W–White Wave Dairyless Vanilla "Yogurt."

10973. Barnard, Neal D. 1995. Natural defenses against chemicals. *Good Medicine* (*PCRM, Washington, DC*) 4(3):16-17. Fall. [10 ref]

• ***Summary:*** One of the most surprising discoveries of modern medicine is that enzymes in the liver "can take the most powerful and dangerous chemicals, and, in an instant, render them totally harmless and show them to the door." It takes certain foods to boost or activate these enzymes, which eliminate toxic chemicals in two steps. In phase 1, an enzyme in the liver cell grabs hold of a toxic molecule and attaches oxygen to it. In phase 2, a second enzyme hooks the toxic molecule onto a carrier molecule, such as glutathione, which carries it away via the urine or feces.

The key is to have plenty of phase 2 enzymes. According to Dr. Paul Talalay of Johns Hopkins University, one of the best sources natural chemicals that cause the liver cells create large amounts of these enzymes is broccoli and other cruciferous plants, such as white cabbage, Brussels sprouts, cauliflower, and kale. "Soybean products, such as tofu, tempeh, and soy milk, also contain natural compounds that stimulate your body to make more of these helpful phase 2 enzymes, which may be part of the reason why Asian countries have especially low cancer rates." Address: M.D.

10974. Bloyd-Peshkin, Sharon. 1995. A labor of love: A group of vegetarians has spent two dozen years trying to change the world one acre at a time. *Vegetarian Times.* Oct. p. 66-73, 75.

• ***Summary:*** The Farm is a back-to-the land vegetarian community located about 75 miles southwest of Nashville, Tennessee. They have "spent a quarter century quietly pursuing what have become major trends of the 1990s... In the food business they are on the forefront of healthful eating. They produce tofu, tempeh, and soymilk;... publish vegetarian cookbooks; and run a vegetarian mail-order business that sells hard-to-find vegetarian foods. They've been instrumental in introducing soyfoods to the United States, as well as using them to assist people in developing nations." Their experiment in communal living began in 1971, but they began to come together at Stephen Gaskin's Monday Night Class, a course in the Experimental College at San Francisco State University, where love, tolerance, and compassion were the main tenets. In 1969 Gaskin went on a speaking tour of liberal churches across the country and invited along any members of the class who cared to join him. Seven months and 7,000 miles later a caravan of 300 people in school buses returned to San Francisco. In 1971 the caravan again hit the road, bound for Tennessee. hey rented a tract of land in Lewis County, one of the poorest in the state, and began farming. Others could join if they agreed not to smoke cigarettes, drink alcohol, eat meat, use weapons, or be violent in any way. If they decided to stay, they had to turn over all of their money and property to the community bank–except for tools, musical instruments, and clothes. Now they were part of a community dedicated to living a spiritually meaningful life.

Several years later a 1,000 acre tract of land became available next door to the land the community was renting. They purchased it for $70/acre and began to build a village and a soy dairy. For the first 10 years they had no running water and only battery-powered lighting. Now 10,000 hippies a year came to visit, and some stayed. When 750 more acres of land adjacent to the original farm came on the market, the community quickly bought it.

"But the Farm members' mission was more than just to build a community: They wanted to save the world. With its own basic needs for food and shelter barely met, the Farm sent volunteers to help with disaster relief after an Alabama tornado in 1974. This was the beginning of Plenty, the Farm's charitable relief and development agency. When an earthquake hit Guatemala in 1976 [Feb. 4], Plenty sent a construction crew to help rebuild the homes of poor Mayans... They also found a strain of soybeans that thrived in the local soil, and helped build a soy dairy that still produces tofu, soymilk, and soy ice cream. After the experience in Guatemala, Plenty made soy technology a regular part of its strategy for assisting people in developing countries. Other relief agencies have followed Plenty's lead, discovering that raising soybeans for soyfoods is one of the surest routes out of starvation and into self-sufficiency."

In 1978, after a few years of terrible financial losses, the Farm decided to keep its agricultural operations small scale and organic. By 1980 the population of the Farm had risen to about 1,500 and resources were stretched thin. The population of the Farm began to decline. There was a shift from the idealism of the 1970s to the materialism of the 1980s. The grumbling and discontent escalated, as did the Farm's debt of $1.2 million owed to local banks and merchants. In 1983, after much research and soul searching, the board decided the Farm should cease being a commune and become a cooperative instead. Members would still own the land in common but they would earn and spend their own money. "Food and medical care would no longer be free, and members would pay monthly dues in order to pay off the community's debt and maintain community property, such as roads and utilities. All adult members would ratify each year's budget and decide other major issues affecting the community.

"In the wake of this metamorphosis, known as the Changeover, more people left; by 1986 only 400 residents remained... Many of the people who left were bitter, feeling they had put everything into the community and were left

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with nothing." To pay its debts, the Farm sold off some of its communal assets, including Ice Bean, a nondairy ice cream. After 3 years, the Farm was debt free, and local businesses were thriving.

"The soy dairy, begun in order to feed thousands of hungry hippies, has been revived as the Farm Soy Company by founding residents Barbara and Tom Elliott, who today churn out 1,600 pounds of tofu and 10 to 15 gallons of soymilk daily with the help of two part-time employees and cleaning help from four teenagers. The Tempeh Lab, which pioneered U.S. production of this soyfood in 1974, is now owned by Cynthia Bates, who provides tempeh culture to individuals and businesses that make tempeh worldwide. Mushroompeople, owned by Frank Michaels," grows and sells shiitake mushrooms.

"The community's Book Publishing Company, which pays a staff of seven full-time and four part-time Farm members, has made these foods and vegetarian cooking accessible to the mainstream. The company also publishes information on midwifery and the nutritional aspects of a vegetarian diet. The Mail Order Catalog, owned by Cynthia and Bob Holzapfel, is a source of vegetarian foods that are difficult to obtain outside of major metropolitan areas."

Today the Farm owns its land outright and has about 185 residents, about half of them teenagers–who provide living proof that a vegan diet is healthy for children.

10975. Gabriel, John. 1995. A Plenty volunteer in Nicaragua writes. *Plenty Bulletin* (*Summertown, Tennessee*) 11(3):4. Fall. [1 ref]

• ***Summary:*** After studying Spanish full-time in Guatemala for 5 weeks, John and his wife Charlotte arrived in Managua in mid-April 1994. They worked with Soynica's leaf protein concentrate facility near Granada, Nicaragua, and the future Nutrem Soy Shop. He and Charlotte spent 2½ months helping to clean and paint the Nutrem shop, supervising and doing electrical and plumbing work, designing and making various pieces of equipment and fixtures. Charlotte also began training the crew to make tempeh and new varieties of tofu.

Chuck Haren and Casta Calderon (Plenty soy technicians) arrived one day before John and Charlotte were to return to the USA, "and at the perfect time to do some serious training of the three-person crew in tofu production. Chuck also put together the walk-in cooler." Charlotte and John returned to Managua at the beginning of October and worked there for the next 2½ months on the Nutrem Soy shop. They left in mid-December to travel and study Spanish for 5 weeks in Guatemala, then returned again at the beginning of February, 1995, and spent most of the next two months working at Nutrem. Rita, a Swiss volunteer, worked with Zaraya, the manager.

10976. Iderabdullah, Bisi. 1995. Letter from the Director of Imani House, Liberia. *Plenty Bulletin* (*Summertown, Tennessee*) 11(3):3. Fall.

• ***Summary:*** "As a vegetarian in Brooklyn I learned to make tofu and made limited use of soy products. When our family moved to Liberia I only saw soybeans when I went to a company that made animal feed, and it was made into pellets and exported. Many of the foods we had come to love and depend on were just not available... When the war and famine came to Liberia in 1989 our family decided that we must find a way to help and enrich the diets of the people here as quickly as possible, especially the children... We founded Imani House as a Liberian NGO to assist victims of the civil war. When I was able to leave for New York and began to solicit help for Liberia, I got on the phone and called soyfoods factories to no avail. Finally I found the number for The Farm... I got Plenty on the phone and the next thing I knew I was in Nigeria with Chuck Heran learning about the local uses of soyfoods for human consumption at the International Institute of Tropical Agriculture, IITA. I was very excited and on our trip back to Liberia we found that the World Food program (WFP) had imported soybeans and people hated them and were literally throwing them away. Chuck and I bought some and began our first demonstration and taste test here in Liberia in the village of Duazon with a population of about 250 persons. Milk, nuts, fritters and gravy were well received by all, especially the children. Since that time Imani House has been trying to improve our soybean growing programs, and Plenty is sending a soy technician to help with that. [Ignatius Longville of St. Lucia in the eastern Caribbean is in Liberia until the end of November–ed.] The suffering continues, but we are doing what we think is right in agriculture–farming for improved nutrition with the outlook of including soybeans in the diets of every child and adult." A photo shows a soy cooking demonstration in Monrovia, Liberia.

Note: Bisi can be contacted c/o Mahmoud Iderabdullah, UNDP/Monrovia, P.O. Box 1608 Grand Central Station, New York, NY 10163-1608. Address: Director, Imani House, Liberia.

10977. Imagine Foods, Inc. 1995. Pocket change (Ad). *Vegetarian Times.* Oct. p. 31.

• ***Summary:*** This full-page color ad shows ten packages of Ken & Robert's Veggie Pockets, including three new varieties. The "Pockets are baked in wholesome organic wheat crusts. Each is filled with a hot and savory lactose free vegetarian meal that's ready in minutes."

The seven products containing tofu or soy cheese are: Greek Style–Savory filling of spinach and Tofu Mozzarella. Pizza Style–Tofu Mozzarella, mushrooms, and a zesty tomato sauce. Oriental Style–A mild Szechuan sauce surrounds organic tofu and vegetables. Indian Style: Organic tofu and vegetables in a mild curry sauce. Potato & Cheddar Style (New)–Stuffed with potatoes, onions and a creamy tofu

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cheddar sauce. Pot Pie Style (New)–Potatoes, onions, peas, carrots and organic tofu. Broccoli & Cheddar Style–Tender broccoli in a creamy tofu cheddar sauce. Address: Palo Alto, California. Phone: 415-327-1444.

10978. Osho, Sidi M. 1995. Developed soybean technologies for household small-scale and industrial levels. Paper presented at the Third Bi-Annual SoyAfrica Conference. 32 p. Held 3-5 Oct. 1995 at Johannesburg, South Africa. Organized by Aproma.

• ***Summary:*** Contents: Introduction. Soybean food options and technology: Use of soybean at house level, soybean beverages and ice cream, soybean based baby foods and breakfast cereals, weaning / baby food, extrusion cooking (IITA concept), other advantages of extrusion processing. Impact of soybean utilization project. Conclusion.

Tables: (1) Chemical composition of soy milk from seven milk processors: IITA, IAR&T, Jomatex, Tella Food Industries, Mini Opic milk, Samalic Industries, Milk man, Deagbo Industries. The protein content ranges from 3.01% (Deagbo) to 4.99% (Milk man). (2) Proximate composition of some baby food manufactured by Nigerian companies. Those containing soy are Nutrend, Babeena, Golden Morn, Mama Joy, and Joy Vita; their average price in 1994 is 87 Naira. Non-soy (mostly imported) are SMA, Similac, Nan, and Nan; their average price is 192 Naira–more than twice as expensive. (3) Yield and quality of soy oil and affected by processing temperature. (4) Nutrient composition of selected soy flours from the extruder and the screw press. (5) Physico-chemical characteristics of crude, partially and fully refined soy oil.

(6) Forty nine soybean products that are being processed and marketed by companies in Nigeria (Feb. 1994): In Lagos: Lisabi Foods Soy custard, Smallette Sogi, Glaxo Nigeria "Babeena" baby food, Nestle Foods "Nutrend" baby food and "Golden Morn" breakfast food, Goodings Health Goods "Nutrela" texturized vegetable protein, Niger Dock Soymilk, Al-Bahamas Baba Ogi, Odichie Bakery Soybread, Buckingham Ltd. Mama Joy baby food. In Oyo: Milkman Soy milk, Deagbo Industries Soyvita (beverages), Tella Food Industries Soymilk.

(7) Summary of number of markets and retail sale outlets for soybean (seeds & flour) in Ibadan, Nigeria. Gives figures collected by IAR&T for January each year from 1987 (2 markets, 4 retailers, price 1.50 Naira/kg) to 1994 (64 markets, 1,017 retailers, price 20.00 Naira/kg) to 1994.

Abstract: "Protein deficiency is still a major problem in Africa particularly among the low income group. Soybean has tremendous potential for alleviating protein energy malnutrition in root crops / cereal based African diets via soybean based industries. This paper discusses the soybean technologies available for household, small scale, and industrial level."

In African diets, almost 60% of the proteins comes from cereal grains. Soybeans can be used in traditional recipes and foods in a wide variety of forms including whole soybeans, soymilk, tofu, soy splits (split soybeans), soy flour (raw and heat-treated), soy paste (cooked soybeans ground to a paste), soymilk residue (okara), etc. Traditional Nigerian dishes that were found to benefit from addition of soy are *moinmoin, akara, kuni, fufu, eba, etc.* Soy milk, soy yogurt, and soy ice cream have become readily acceptable and available in Nigerian markets.

"Conclusion: The future of soybean looks bright in Africa. With increasing demand and the increasing costs of protein foods, soybean offers one of the best solutions for improving human nutrition in Africa; particularly the problem of protein energy malnutrition. There is need for more research and training in the area of soybean processing and utilization." Address: Food Technologist and Coordinator, Soybean Utilization Project, International Inst. of Tropical Agriculture (IITA), Oyo Road, PMB 5320, Ibadan, Nigeria. Phone: 234 2 241 2626.

10979. Paine, Heather. 1995. Processing trends in Europe. Paper presented at the Third Bi-Annual SoyAfrica Conference. 14 p. + 11 p. of tables, charts, and graphs. Held 3-5 Oct. 1995 at Johannesburg, South Africa. Organized by Aproma. [10 ref]

• ***Summary:*** Contents: Introduction. History and production. The benefits of soya: Nutrition, functional properties. Products & applications: oil-based products (soya bean oil, soya lecithin), soya protein products (full-fat soya flours, defatted soya flours, soya concentrates, soya isolates), soya fibre products (incl. soy bran), whole soybean products or soya foods (soya milk or drink, tofu, yuba, soya sauce, miso, tempeh, natto). Trends and problems: Growing market for soy protein ingredients, U.S. soyfoods market, soymilk sales, problems of quality and image and legislation. Address: Editor, Soyfoods, England.

10980. *Plenty Bulletin* (*Summertown, Tennessee*). 1995. La soya continua, Guatemala, 1995. 11(3):1-2. Fall.

• ***Summary:*** "In the summer of 1995, with funding provided by Food for All, Onaway Trust, and Plenty donors, Suzi Jenkins returned to Solola in the highlands of Guatemala to work again with her Mayan friends. The soy dairy she helped develop in 1980 looks the same as when she left fifteen years ago. Most of the staff are people she and Laurie Praskin trained. Many of the little kids that once lined up eagerly at the dairy window for soy ice cream are now parents. This time the program Suzi directed was somewhat different in format, but the purposes were the same–to increase the use of soyfoods in Guatemala and to develop a market for the products of Alimentos San Bartolo (ASB). To do this, Suzi would focus on three tasks–holding cooking classes in Mayan cooking classes in Mayan communities around Solola and San Bartolo teaching methods of preparing foods

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using tofu and tempeh, holding similar cooking classes at restaurants which are now, or will be, purchasing products from ASB, and, finally, creating and publishing a cookbook of recipes from the cooking classes. Assisting the program were two volunteers, Steve Karian and Jennifer Relin of Tufts University School of Nutrition, and Elena Paula Xoquic and Micaela Coj of San Bartolo... Thirty five cooking classes were held, and two thousand copies of the cookbook were printed. One immediate result of Suzi's work has been an increase in sales of soy products at ASB, both to individuals and stores. ASB now maintains its own store on the square in Solola."

Photos show: (1) A soy foods cooking class in San Bartolo. (2) Mayan kids sitting on a bench, enjoying the results of a cooking class. (3) Micaela Coq, a Mayan woman, leads a soy foods cooking class near Solola. (4) Mayan women showing a strong enthusiasm for soyfoods. (5) Agostine Xoquic cleans soybean grinding stones at Alimentos San Bartolo (ASB). These are the same stones originally installed in 1980. (6) A Mayan woman making tofu at ASB. (6) Marcelino Cortez is the new manager of ASB.

10981. *Plenty Bulletin* (*Summertown, Tennessee*)**.** 1995. Why soy in Guatemala?–The history. 11(3):1, 3. Fall. [1 ref]
• ***Summary:*** In 1982 Plenty published "Plenty Integrated Soy Program Guatemala" from which this article is excerpted. Photos show: Suzi Jenkins serving soy ice cream from the soy dairy in Guatemala in 1980. Suzi Jenkins and Laurie Praskin handing out soy ice cream cones to Mayan kids near Solola, Guatemala, in 1980.

10982. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*)**.** 1995. Foodservice recipes with soy. 3(4):2-page insert. Fall.
• ***Summary:*** Features five meatless recipes: Sweet 'n sour tempeh and vegetables (50 servings, created by Ken Bergeron, Kensington, Connecticut). Black soybean ragout (16 servings, created by Mark T. Buckley, certified executive chef, Bloomington, Illinois). Tofu fried rice. Hot and sour soup (with soft tofu) (each 50 servings, submitted by The Vegetarian Resource Group, Baltimore, Maryland). Barbecue meatballs–total vegetarian (240 x 1-inch meatballs, submitted by Dr. Kenneth Burke, Loma Linda Univ., Loma Linda, California). Address: PhD.

10983. **Product Name:** Tofurky: A Delicious Vegetarian Holiday Feast.
Manufacturer's Name: Turtle Island Foods, Inc.; Simple Living Network (Distributor).
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Distributor: P.O. Box 233, Trout Lake, WA 98650. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 1995. October.
Ingredients: Each Tofurky includes: (1) 2 lbs. seasoned, baked & basted organic tofu roast: Organic tofu (organic soybeans*, water, nigari), nutritional yeast, poultry seasoning, salt, tamari, fresh ginger, orgainc pear sweetener; (2) 8 tempeh-wild rice & cranberry drumettes: Textured soy protein (soy flour and water), soy tempeh (organic soybeans*, water, apple cider vinegar, starter), grated carrots, organic wild rice*, malt extract, natural flavor, dried cranberries, vegetarian Worcestershire sauce, isolated soy protein, carrageenan, herbs and spices. (3) 1 pint golden nutritional yeast-mushroom gravy: Water, nutritional yeast, chopped fresh mushrooms, canola oil, unbleached white flour, diced onion, shoyu soy sauce, salt, spices; (4) Stuffing: Organic whole wheat bread cubes*, onion, celery, walnuts, dried cranberries, canola oil, sesame oil. * = Organically grown in accordance with Section 26569.11 of the California Health & Safety Code.
Wt/Vol., Packaging, Price: 3 lb 12 oz or 2¼ lb.
How Stored: Frozen.
New Product–Documentation: Audrey Van Buskirk. 1995. Nov. 10. Willamette Week. "A different drumstick." About Tofurky.

Polly Timberman. 1995. Nov. 15. Hood River News. "Soy be it! Tofurky provides a holiday feast for vegetarians."

Leaflet for Thanksgiving 1995. 8½ by 3.75 inches. Printed black on orange paper. No gravy. Two sizes: 2 lb., and 3 lb 12 oz.

Leaflet for Christmas 1995. Same size and color. Now comes with gravy. Two sizes: 2 lb 12 oz, and 4 lb 4 oz.

Ad (2¼ inch square, black and green) in Vegetarian Times. 1996. Nov. "Vegetarian Times Buyers Mart." Unnumbered pages at back of magazine. "100% vegan. Cooks in minutes. Serves 8 hungry adults. At local natural stores or via mail order. Call Toll Free: 888-Tofurky. Next day US delivery: $49.95 + $7 S&H [shipping and handling]."

Talk with lady from Simple Living Network (SLN). 1996. Oct. 31. This product, made by Turtle Island Foods (in Hood River, Oregon), was launched in October 1995, before Thanksgiving last year. Tofurky is also described on and can be ordered from the SLN Web site: http://www.slnet/CIP/Tofurky. There are 3,000 pages on this Web site.

Talk with Seth Tibbott, founder and owner of Turtle Island Foods. 1996. Nov. 1. See interview titled "History of Tofurky." Talk with (call from) Seth. 1996. Nov. 5. Tofurky will appear on the Today Show on Nov. 12 (Tuesday morning TV).

Leaflet #1 or "rack card" (3 5/8 by 8½, color) titled "Tofurky: A delicious vegetarian holiday feast." Tells all about the product in a question and answer format. Leaflet #2 (8½ by 11 inches), printed black on gray, titled "Tofurky! The meatless stuffed tofu roast." "Tofurky! consists of 3 pounds of basted and baked organic tofu in a 9-inch pie pan

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THANKSGIVING 1995

Tofurky™

The Delicious, Vegetarian Holiday Alternative

Searching for a hearty and satisfying vegetarian centerpiece for your holiday feast? Look no further — ***Tofurky*** is here! This original and delicious creation of Hans and Rhonda Wrobel of The Higher Taste has developed an enthusiastic and loyal group of fans throughout the Portland metropolitan area. Now for the first time, we are offering this product to a regional audience on a limited basis for all those seeking a healthy, meatless meal for the holidays.

Tofurkys consist of seasoned organic tofu filled with a hearty stuffing of cranberries, walnuts and herbed organic bread crumbs. Each ***Tofurky*** is honey basted and prebaked to a golden brown perfection. The tender, baked tofu can be sliced easily into attractive, pie shaped wedges. In addition, each ***Tofurky*** comes with 4-3 ounce "Drumettes" made by Turtle Island Foods of Hood River, Oregon. These dark fillets are made from grated organic tempeh, tvp, wild rice, carrots and seasonings carved into a drumstick shape! Covered with our own Chanterelle-Nutritional Yeast Gravy (recipe included in every box), this gourmet creation will give your vegetarian guests the satisfying meal they deserve.

Best of all, because ***Tofurkys*** are prebaked, they are ready to serve in less than an hour's prep time. So this holiday season spend the day with your family and friends and then celebrate the earth's abundance with this fabulous, cholesterol free feast. Make this your easiest and tastiest holiday ever!

Tofurky is available on a special order basis from this store. Ask store personnel for an order form today!

For more information on ***Tofurky***:

The Higher Taste
2402 SE Belmont
Portland, OR 97214
(503) 230-7944

Turtle Island Foods
PO Box 176
Hood River, OR 97031
(800) 508-8100 or
tifoods@aol.com

1995 CHRISTMAS

Tofurky™

with Drumettes and Gravy
A Delicious Vegetarian Holiday Feast!

WHAT IS TOFURKY? Tofurky is a pre-baked vegetarian roast. It consists of three parts: stuffed tofu roast, tempeh drumettes and mouth watering golden gravy. Each Tofurky is 100% vegan, easy to serve and is the perfect main course for any holiday gathering.

HOW DO WE MAKE IT? We season tofu, fill it with a hearty stuffing of cranberries, walnuts and seasoned organic bread cubes. Tofurky is then hand sculpted, basted with a ginger-tamari sauce and pre-baked to a golden brown perfection.

HOW ABOUT THE TEMPEH DRUMETTES? Included in your Tofurky are eight Drumettes, a dark filet made of grated organic tempeh, tvp (textured vegetable protein), wild rice, cranberries and carrots, seasoned and carved into yummy shaped drumsticks.

IS THERE MORE? To top it off, we've included a Golden Mushroom Gravy packet. This meatless gravy is the perfect rich, full flavored Tofurky topping.

HOW MANY DOES IT SERVE? Tofurkys include 1 three pound stuffed tofu roast, 8 tempeh drumettes and 16 ounces of golden gravy. Tofurky heats up in less than an hour and will easily feed 8 hungry adults.

IS TOFURKY HEALTHY? Not only is our Tofurky delicious, it's also good for you! Filled with organic ingredients, dairy free, high in protein, zero cholesterol, nutritious and kids love it, too.

WHO MAKES TOFURKY? Tofurky is a joint effort between two natural foods manufacturers from the Pacific Northwest — The Higher Taste of Portland and Turtle Island Foods of Hood River, Oregon.

WHERE CAN I BUY IT? Tofurky is available by special order through your local natural foods store or call the numbers below.

The Higher Taste
2402 SE Belmont
Portland, OR 97214
(503) 230-7944

Turtle Island Foods
PO Box 176
Hood River, OR 97031
(800) 508-8100

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filled with a herbed, whole wheat bread crumb" stuffing. "The tender tofu slices can be cut into 8 generous servings."

Press release. 1996. Oct. 20. "Will that be turkey or Tofurky."

Box with Label sent by Seth Tibbott. 1996. Nov. 6. The outer box is 13¼ by 10½ by 3¼ inches. Printed red on cardboard color. New weight: 5 lb 15 oz. "The original Tofurky: A delicious vegetarian feast. 100% vegan. Cooks in minutes. Serves 8. Keep frozen or refrigerated. 1% of all sales from this product to Farm Sanctuary Adopt a Turkey Program." The inner box is white. The label is printed black on white. Net weight: 2 lbs. 12 oz. On the label are printed two logos and addresses, and a UPC. The Higher Taste, 2402 SE Belmont Ave., Portland, Oregon 97214. Turtle Island Foods, Inc., PO Box 176, Hood River, Oregon 97031. Vegetarian Journal. 1996. Nov/Dec. p. 8. "Tofurky."

Dinner with Bob & Pattie Gerner to test and give feedback on Tofurky 97. 1997. May 10. A delicious sliceable roast, made mostly of gluten and tofu, may replace the former marinated baked tofu. The roast ingredients are: Water, vital wheat gluten, organic tofu, natural vegetarian seasoning, wild rice blend, shoyu soy sauce, fresh onions, granulated garlic, tomato sauce, molasses, sea salt.

Talk with Seth in early 1997. He sold 800 Tofurky in 1995 and 4,000 in 1996.

10984. United Soybean Board. 1995. The absolutely astounding supermarket soybean search. Chesterfield, Missouri: USB. 6 panels. 28 cm.

• ***Summary:*** This colorful, six-panel foldout contains a panoramic 4½-panel illustration of the inside of a modern supermarket. Each of the aisles and sections are marked. Additional signs show the many places that soy appears in the store.

The bottom half of the first page states: "Ever since the famous American chemist George Washington Carver began exploring the mysteries of this little legume near the turn of the century, the growth in food and technical uses for soybeans has been nothing short of astronomical. Today, every aisle of your local supermarket contains soybean products, and we're not just talking tofu. Take a look at the astounding number of products containing soybeans at the Super Duper Food Store in Anytown, USA."

A sidebar explains four symbols for marking foods made from whole soybeans (circle) or containing soy oil, soy lecithin, and soy protein or soybean meal. For example (moving from left to right): Margarine & spreads. Tofu. Tofu ice cream. Peanut butter (with soy oil). Desserts and Mixes (with soy oil). "Super Soy–Oh Boy" (Soymilk end display, by the case). Cooking oils. Mayonnaise, Salad dressing. New Chips Asoy! Sauces. A sign reading "Think soy." Soya Snax. Soy Joy (in the refrigerated drinks section).

One full page, titled "Believe It," gives a detailed alphabetical listing of 76 categories supermarket items that contain soy, and what type they contain. For example: "Cosmetics: Soybean oil. Crackers: Soybean oil, soybean oil shortening. Croutons: Soybean oil. Diet drinks: Soybean oil, soy lecithin, soy protein isolate." Also included are: Soy sauce. Soy nuts. Tofu. Not mentioned: Miso. Soymilk. Meat alternatives. Address: 16305 Swingley Ridge Dr. #110, Chesterfield, Missouri 63017.

10985. United Soybean Board. 1995. Introducing the soy-a-mid: How soybeans fit into the eating plan described in the USDA's Food Guide Pyramid (Brochure). Chesterfield, Missouri: USB. 6 p. 29 cm.

• ***Summary:*** This food pyramid emphasizes dairy products (the "Milk, Yogurt and Cheese Group") and meats (the "Meat, Fish, Poultry, Dry Beans, Eggs & Nuts Group"), plus products made with soybean oil. "Right now you're probably eating a ½ cup's worth of soybeans every day without even realizing it."

"Plant foods in the Meat Group, such as beans, peas, lentils and nuts, provide protein, but this protein is not 'complete.' Animal protein is 'complete,' that is, it contains all of the eight amino acids required for proper nutrition. Plant proteins–*with the exception of soybeans*–need to be combined with grains or animal proteins to provide all the eight amino acids. Soybeans and soybean products, such as tofu and soybean flours, are one of the few plant protein sources that contain complete protein.

Soybeans belong to "The Pod Squad–legumes," which are not easily classified into one food group. "The soybean is something of a nutritional superstar, even among members of the Pod Squad... New medical research suggests that certain non-nutritive components in soybeans may work to reduce the risk of cancer. Many foods that come from soybeans are derived from the various components of the bean... Soy protein is extracted from the bean to be used in a host of manufactured foods form surimi to pancake mixes. Foods derived from whole soybeans, such as tofu and tempeh, are used as a primary protein source in many Asian countries. Tofu is also a good source of calcium in Asian diets where milk and milk products are seldom consumed. In fact, a Food Guide Pyramid in China or Japan would see tofu playing a major role in the third tier of the diagram.

"'Think Soybeans'–Whether you're spreading soybean margarine on your pancakes fortified with soybean flour, or experimenting with tofu in your stir-fry, remember that soybeans are a versatile food that can play an important role in your personal food guide pyramid."

An excellent illustration shows a whole soybean, divided like a pie chart into its major macronutrients. Address: P.O. Box 419200, St. Louis, Missouri 63141-9200.

10986. United Soybean Board. 1995. Soybeans: How a little bean becomes an ingredient in thousands of products from margarine to tofu to chicken feed (Brochure). Chesterfield,

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Missouri: USB. 12 panels + poster. Each panel: 23 x 10 cm.
• ***Summary:*** This attractive color publication is folded so that the first 12 panels are a brochure. However when fully unfolded, a large color poster appears. The brochure notes: In 1992/93 the USA produced 51% of the world's soybeans. An early history of the soybean in the USA [full of errors]. America livestock (including poultry) consume about 22.5 million tons of soybean meal a year. How soybeans are grown. Composition of the soybean. Foods made from soybeans: Edamame, miso, natto, soy milk, soy sauce, tempeh, tofu or soybean curd, full fat flour. Photos (each incorrect) in the brochure show: "1904: The famous American chemist George Washington Carver discovers that soybeans are a valuable source of protein and oil. 1920s: Combines first used to harvest soybeans. 1922: First U.S. soybean processing plant opens. 1929: Soybean pioneer William J. Morse spends two years in China, gathering more than 10,000 soybean varieties for U.S. researchers to study. 1940: Henry Ford takes an ax to a Ford car body to demonstrate the strength of the soybean plastic he has developed."

The color poster (16 by 27 inches) is a cartoon showing how soybeans are processed into various products, including full fat flakes, crude and degummed soybean oil, soy concentrates, soy isolates, soy flours, and defatted soy flakes. A soybean utilization/processing diagram at the bottom of the poster shows 137 different products that can be made from the soybean, including 33 whole soybean products ("Traditional soyfoods" incl. tofu, soymilk, miso, tempeh, soy sauce, natto), 33 soybean meal products (26 edible uses + 7 feed uses), and 71 soy oil products (13 edible uses, 19 industrial uses, and 18 applications for lecithin). The seven types of lecithin applications are: Emulsifying agent (4 applications), nutritional (medical use, dietary use), anti-spattering agent (in margarine manufacture), stabilizing agent (in shortening), anti-foam agent (yeast manufacture, alcohol manufacture), dispersing agent (in paint, ink, and rubber manufacture, and in insecticides), and wetting agent (in cosmetics, paint pigments, and calf milk replacers).

Accompanying the brochure/poster is a note pad with the same slogan across the top of each sheet: "Soybeans–Designed for life." Across the bottom is written: "United Soybean Board–Investing check-off dollars." Address: P.O. Box 419200, St. Louis, Missouri 63141-9200.

10987. Voisin, Jean-Luc. 1995. Dairy like soyfoods in Africa: Evolution & perspectives. Paper presented at the Third Bi-Annual SoyAfrica Conference. 5 p. Held 3-5 Oct. 1995 at Johannesburg, South Africa. Organized by Aproma.
• ***Summary:*** Contents: Foreword. The existing plants. Dairylike foods in Africa–The weak points: The soyfood itself, and the size of the project. The best "compromise": The end products, the size of the plant and investment. Feasibility of a soy yoghurt plant–an example. Conclusion.

During the last 20 years the author has spent most of his time in the study and establishment of more than 30 food processing plants for the private sector throughout Africa (mainly for the milk, fruit, and soya industries) from the smallest (US$100,000 investment) up to the biggest (more than US$15 million) on behalf of small European companies and multinationals. In 1987, while visiting dairy plants in Nigeria, he noticed that all but one had been forced to stop operations because of lack of powdered milk–whose price had quadrupled from $0.50/kg to $2.00/kg within a very short time. Today the price is about $3.00/kg.

At this time he realized that powdered soymilk could be used in place of powdered cow's milk, so he worked with a French company to design and manufacture a soya milk processing machine (named Agrolactor) which made 250 liters/hour of soymilk. They tried to promote this machine in Africa. The first one used commercially was installed in Nigeria in 1990; since then they have installed 7 other plants throughout Africa. The demand for soya processing is steadily increasing, however during the past 5 years these projects have faced many difficulties.

The seven existing plants (with the company name in parentheses) are: (1) 1989–Congo (Agricongo). This was the first project to use the Agrolactor. Agricongo used the machine for research and development. They sold it this year (1995) to a dairy plant in Brazzaville for soy yogurt production. (2) 1990–Lagos, Nigeria (Uncle Soyo): A private Indian investor. After 3 extensions and an aggressive marketing policy, this company was selling more than 300,000 units per day of soydrinks (pouches), soy yogurt, and ice cream. After very good results and profitability, the plant has now been moved to India. (3) 1992–Ivory Coast (Cebon): This plant had planned to process pineapple juice and soy drinks, but in the end only pineapple juice was commercially successful. (4) 1993–Burundi (Vispe): This Italian NGO is still working in Bujumbura, producing soy milk and baked goods. (5) 1994–Cape Verde (*República de Cabo Verde*) (Benali): A private company is producing soydrinks and fruit juices (from imported concentrate); today 80% is from fruit. Note: This is the earliest document seen (Aug. 2009) concerning soybeans in Cape Verde. This document contains the earliest date seen for soybeans in Cape Verde (1994) (one of two documents). The source of these soybeans was France (See Duchatel 1997). Even earlier, sometime between Sept. 1946 and 30 June 1960, the Cape Verde Islands received 1 shipment of 2,007 lb of Multi-Purpose Food.

(6) 1995–Cairo, Egypt (Sesco): This private company, in a joint venture with Actimonde, is manufacturing soy yogurt. After 3 months of production the break-even point has already been reached (50% of normal capacity, i.e. 20,000 cups/day). (7) 1995–Nigeria: A second plant in Suleja (50 km from Abuja) was installed for a parastatal company; the soydrinks are expected to be launched this month.

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The end products: European soyfoods companies are now very creative in research & development. During the last 2-3 years many new products, with better taste and packaging, have been introduced to European food stores, including supermarkets. The author estimates that the sales of the 7 French, Belgian, and Swiss soyfoods companies he knows have increased by approximately 30% every year since 1990! Four groups of products have been the most successful in Europe: 1. Soymilk, packaged in aseptic long-life cartons and sometimes mixed with flavors or fruit juice. 2. The dessert products–soy yogurt (Soyourt) and ice cream. 3. Tofu burger. 4. The dried products–biscuits and energy bars. For the African market, consumer taste tests conducted in 12 countries show that the most acceptable product is soy yogurt, which is very close to the traditional sour milk consumed by many African people. Dried products (energy bars) are also well accepted, and they are easily distributed and stored. Soymilk (whether flavored or plain) is not appreciated and tofu is too sophisticated at present.

In Africa, up until now, all of the soyfoods projects known by the author, have been developed on a relatively small scale with an investment of less than $1 million. Because this size plant involves too many problems, it is now believed that a plant with an investment of approximately $2 million represents the best compromise between production capacity, the market possibilities, profitability, and management capability. An example of the cost breakdown for a soy yogurt plant on this scale is given.

Conclusion: There is no doubt today that dairylike soyfoods are becoming one of the most interesting solutions to nutritional problems facing the growing populations of Africa. In order to realize this potential, the food industry must develop technologies and end products suites to the purchasing power and tastes of African consumers. Those products must be followed up by a strong marketing program. For the success of such medium- and small-scale commercial ventures, it is important that linkages be established between the private investors, NGO's, and International Organizations. Address: Food Engineer, Managing Director, Actimonde, International Business Park, Batiment Athena, 74160 Archamps, France. Phone: +33 50.31 56.40.

10988. Ribbens, Bob. 1995. Traditional Foods Cooperative was changed to Earth Fire Products Co. in Feb. 1994 (Interview). *SoyaScan Notes.* Nov. 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The change in name was accompanied by a change in ownership and structure–from a cooperative (which was a corporation) to a non-stock corporation. Bob made the change to reorganize the company's decision-making process. It was sort of like a bankruptcy. Prior to the change, Bob was funding the company but other people were running it. They didn't want to include him in the decisions. When he asked them to put up as much risk as he was putting up, as long as they wanted to make the decisions, they decided they didn't want to do that. They made an agreement about reducing risk on a new product, but they didn't keep their side of the agreement and ran down cash funds by a large amount. Bob is now owner. The stock is not owned by the workers. None of the former workers are with the business any more. There have been many changes during the last 6 months.

Bob Mandel and Cindy Wiar made the first products, tofu and tempeh, on their own in May 1984. Bob Ribbens thinks that the date of Nov. 1986 is too early for seitan; he thinks the introduction date should be 1989. He never saw tempeh on sale in the community before 1989. In 1989 they decided to stop making tofu and tempeh commercially, and to switch to making seitan and miso. The meeting for interested people too place in 1988, not in 1989. The organization formalized in the summer of 1989.

Bob's company presently has the following products on the market: Long-term barley miso (started selling in Feb. 1995). Seitan in 14 oz retail and 5 lb bulk pack. Brown rice miso, Kickapoo chutney, mellow white miso. They plant to start selling their mellow barley miso at a local co-op this month (Nov. 1995). They also plan to introduce a barbecue seitan. They also sell miso by mail order. They no longer make tofu or tempeh–those markets are too competitive. Address: P.O. Box 92 (Corner of Grove and North Railroad Streets), Gays Mills, Wisconsin 54631. Phone: 1-800-267-6918.

10989. Haren, Chuck. 1995. Soyfoods, Soynica, and Nutrem Soy Shop in Nicaragua (Interview). *SoyaScan Notes.* Nov. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Nutrem Soy Shop started making and selling small amounts of soyfoods in Managua, Nicaragua, in about June or July 1994. They are managed by *Soynica* (*Organizacion Soya de Nicaragua*), an organization of women working to improve the lot of children and women in the barrios of Managua by providing nutrition and health education and by supplementing the nutritional needs of more than 4,000 children and 500-600 pregnant and nursing mothers. Nutrem is in the process of introducing fresh soyfoods to the marketing sector in Managua. They are also teaching their people how to make these foods on a very small scale. Even when John Gabriel was working to prepare the shop for opening, his wife Charlotte was teaching women how to make tempeh. Plenty USA helped them obtain a grant from the InterAmerican Foundation, to purchase equipment for the plant and pay for people the first year; Chuck is sure this grant money has run out, but they may have had follow-up grants. There will be a big program there soon with Soynica as the center of it; the Belgians or the Austrians are going to fund it. It will include extruders (such as the InstaPro) to make dry products. Chuck thinks several more

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years will be required before Nutrem can stand on its own; less time would be required if they were just a food business, rather than an educational center with a broad program. The women of Soynica have been making and selling soyfood products for a long time, and helping different women in the barrios on a micro-business scale. Nutrem is an educational center as well as a small producer of foods.

Nutrem now makes small amounts of the following soy products: Tofu, tempeh, soymilk, soy ice cream, and okara croquettes (a mixture of okara, tofu, flour, herbs, and spices). John does not know how many people are employed by Nutrem; it is owned, managed and operated by women, though they may have some technical help from men.

Nutrem's soy products are sold at about 7 different very small health food stores in Managua; some of these shops focus on herbs and one is macrobiotic. The products are consumed almost entirely by Nicaraguans, not by foreigners. Nutrem has started to sell a little tofu to hospitals. Some of the Soynica women take home soy products made at the shop and sell them in their neighborhoods. Some of these women have micro-businesses in their homes. They will make soyfoods at home with several neighbors in the morning, then sell these fresh in the neighborhood.

Luci Morren, a former Belgian nun, has long been a spearhead for the program. Plenty met her in Chiapas, Mexico, when the Guatemalans fled in the early 1980s. She has been in Nicaragua since about 1981. Casta, Chuck's wife, was the administrator of Soynica; Luci is now the vice president; she was the president. Soynica has a paid staff of about 25 women and a board of directors, which includes people from the Nicaragua National University, a woman judge, etc. Soynica is a group of people who were Sandinistas during the 1980s; they were trying to maintain good nutrition in the country and were teaching people how to use soybeans. Some people in the government didn't like this since the soybeans had to be imported from the USA, but when they started getting the soybeans from Mexico and Brazil, and showed the importance of their work, the government let them continue. Soynica was formed and registered in 1988-89 shortly before the election of Violetta Chamorro in Feb. 1990. Chuck estimates that Soynica has at least 500 members and volunteers. Their most important is *olla communales* or communal eating pots. While educating people in the barrios about nutrition and soyfoods, they organized local groups into which they selected the most needy children and pregnant and nursing mothers. Six mornings a week Soynica offers these people a nutrition supplementation program in the form of an extra meal from the communal pot. Some of the soyfoods made at Nutrem may go into these communal pots. Nicaragua's economy is in pretty bad shape.

Nutrem was not the first tofu shop in Nicaragua. Before Chuck arrived in Nicaragua in 1990, he thinks there was a small tofu shop at the Ben Linder house–or perhaps somewhere else. There is another group named Tonali (pronounced toe-nah-LEE), a women's cooperative which Chuck helped in starting to make soyfoods; they have a bakery in Managua where in about 1992 they started making and selling tofu and soymilk. They also used the okara in their breads.

For details, write Luci Morren, Soynica, ERP-05, Managua, Nicaragua. To phone Nicaragua, where the time is 2 hours later than California: 011 +505-2-73360. Address: 3625 South 1st St. #110, Austin, Texas 78704. Phone: 512-912-1429.

10990. Buskirk, Audrey Van. 1995. A different drumstick. *Willamette Week* (*Oregon*). Nov. 10.
• ***Summary:*** "Only in Oregon... Two Oregon vegetarian outlets joined forces to produce Tofurky. The 'bird,' created by The Higher Taste, a Portland vegetarian caterer, is made with seasoned organic tofu, filled with a stuffing of cranberries, walnuts and bread crumbs, basted with a honey, ginger and tamari sauce and baked until golden. It comes with four 'dark meat drumettes' made by Hood River's Turtle Island Foods, a soy foods manufacturer, with grated organic tempeh, wild rice and carrots shaped into drumsticks. Think this sounds great? Awful? Taste it for yourself this Saturday, Nov. 11, between 11 and 4 pm, at Food Front, 2375 NW Thurman St."

A large cartoon shows a mother serving a turkey on a platter to her husband and son, seated–with knives and forks upraised–at the table.

10991. Timberman, Polly. 1995. Soy be it! Tofurky provides a holiday feast for vegetarians. So what if its flat? There's a stuffed creation just waiting for vegetarians to add the gravy and cranberry sauce. *Hood River News* (*Oregon*). Nov. 15. IIA. Kaleidoscope section.
• ***Summary:*** Tofurky is a joint venture between Portland's The Higher Taste (a vegetarian sandwich maker and caterer) and Hood River's Turtle Island Foods (a soy-foods manufacturer whose primary product is tempeh). Formerly located in Husum, Washington, Turtle Island later moved to the Graf building in Hood River's Diamond complex.

Vegetarians now have a centerpiece for their Thanksgiving dinner. "Looking for a way to make this happen, [Seth Tibbott, president of] Turtle Island, scouted its customers. The company found that Hans and Rhonda Wrobel of The Higher Taste had developed a product, Tofurky, that had been marketed in Portland to a growing band of followers for the past two years. Turtle Island added its own touch, several tempeh drumettes, and is marketing the Tofurky package to stores. Two sizes are available." "Six thousand drumettes were formed in Portland last week for inclusion in Tofurky packages. Directions are included for a mushroom gravy that Tibbott says pulls the whole thing together."

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A sidebar titled "Why vegetarian?" discusses the ethical, world hunger, nutritional, and other reasons people choose this diet. Note: This is the earliest article seen that mentions Tofurky.

10992. Gordon, Jonathan. 1995. Work with soyfoods in England and Australia (Interview). *SoyaScan Notes.* Nov. 16. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** Jonathan's PhD thesis was titled "Improved lactic fermentation of soymilk for the preparation of soya bean curd," a subject closely related to soy yogurt. He submitted this thesis in 1992 at the University of Strathclyde [Glasgow, Scotland], working under Brian Wood. When he was midway through writing his thesis, he won a *Monbusho* [Ministry of Education] scholarship to Japan. Just as he was preparing to go, he and his wife had a baby and he decided not to go. Prior to that the University of Strathclyde had applied for a patent on the process he discovered in his thesis. When he didn't go to Japan, the university did not finish the patent application process. Its present status is unclear. He discovered how to do a lactic fermentation of soymilk that gave a good, low pH in a reasonable period of time. Brian Wood was an expert in lactic acid fermentations; he developed a 6-week miso and soy sauce process which he sold to Nestle. He was very unhappy with the outcome of this sale, because Nestle shut him out of involvement with the company. He expected to be actively involved with the company.

Jonathan's interest in tofu goes back to the late 1970s. A native of England, he spent two years (1979-1981) at Findhorn, a spiritual community in Scotland, where he first heard of tofu and he helped to make tofu once a week. Jonathan thinks that Jacques (a French Canadian) started the tofu operation in Findhorn, before Jonathan arrived. Jacques and Allen (British) were making tofu in 1979 when Jonathan was there. Each Thursday after dinner they would take over the kitchen and make about 30-40 lb of tofu, which was served in the communal dining room the next day. Jonathan left Findhorn in March 1981 and arrived in Australia in about July or August 1981. He traveled in Australia with a girlfriend (Karen James of California, who had just finished a professorship at UCLA) and they lived together at the Homeland Foundation in Upper Thora, Bellingen, New South Wales, where they made tofu with other members of the community. Karen also made tempeh. Upper Thora is a little town in the Bellingen (pronounced BEL-ing-un) valley. Some community members had already been making tofu for a long time before he arrived; the tofu company was a completely established local business, with customers and delivery routes, when he arrived. They made about 300 lb/week of tofu and delivered it themselves to nearby communities in insulated cold boxes (called "Eskis," short for Eskimos) in a van. Homeland was also making tempeh at the time, but Jonathan was not a tempeh maker. He left Australia in 1982 to return to England.

In 1982 Jonathan became the foreman and tofu maker for The Regular Tofu Company (RTC) Ltd. in England, owned by John Holt. Jonathan was not with RTC when it started. John Holt was a "Premmie," a disciple of Guru Maraji, the young guru from India. His tofu shop was located in a house adjacent to the Premmie community house or ashram. He converted the small community kitchen (about 14 feet square) into a tofu shop. It had 2 cauldrons and a grinder. This was John Holt's private business; it was not a source of food and income for the Premmie community. John had a family at the time and he employed Premmies to do his work. At this time the tofu was made in a caldron. Guru Maraji came to that part of England many times. Leicester is one of the "Asian centers" of England; it has the largest immigrant population of any city in the country and there were 2 or 3 "Premmie" houses there. Maraji has a large Indian following, in addition to his Western disciples.

Jonathan also helped John Holt design his new factory in at Hayhill Industrial Estate (Unit 25, Sileby Rd., Barrow Upon Soar, Leicestershire LE12 8LD, England). into which Holt moved in about 1984. John Holt lived in Sileby, the town adjacent to Barrow Upon Soar.

Note: This company began making tofu in Dec. 1981 at 75 Chandos St., Leicester, LE2 1BU, England. In June 1984 (now located at 16 The Halcroft, Syston, Leicester, England LE7 8LD) they introduced 4 soy products under the Soyboy brand. John Holt had venture capital in the business, but they weren't getting a sufficient return on their money so John had to sell the company to another rather small company named something like Rainbow (they were making soup and burger dry mixes), which later sold it to Haldane.

Jonathan probably has John Holt's home address in Leicestershire. After Holt sold his business, he bought a franchise in a restaurant business (something like a pancake house) in Northampton or Nottingham, England. Jonathan has heard of Michael Cole of Manchester, but he does not know whether or not Michael ever worked for John Holt. Cole won the Entrepreneur Award of something like £50,000, and that enabled him to build a factory. In the early days only two companies in England were distributing semi-nationally–John Holt's and Michael Cole's. Address: Director of Operations, White Wave Inc., Boulder, Colorado. Phone: 303-443-3917.

10993. Petusevsky, Steve. 1995. Vegetarian living. *Orange County Register* (*California*). Nov. 16. *
• ***Summary:*** Contains several tofu recipes.

10994. Lorenzen, Jerry. 1995. Breeding soybeans for food uses. Interest in tofu (Interview). *SoyaScan Notes.* Nov. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jerry is a soybean geneticist. He develops soybean lines used for making tofu and natto, and also

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develops commercial soybeans. Over half of his work is breeding soybeans for food uses. A lot of his work is trying to incorporate the right protein and oil contents, along with agronomic characteristics. Jerry graduated from Iowa State University. While in high school, he worked at Pioneer Hi-Bred's production facility at Reinbeck, Iowa. In college he worked as an intern for the Asgrow experimental station in Ames, Iowa. There he learned a lot of his breeding techniques and philosophies on soybean breeding. His interest in the benefits of soybeans for human nutrition grew out of his interest in their benefits for animal nutrition. He grew to believe that soy would someday come to be widely used in human diets. He has two kids and he wanted to find ways to include tofu in their diets. He wanted to find ways that they would like tofu.

In the early 1980s, he started his own soybean breeding company in Fremont, Iowa. He has his own crossing and selection programs. He believes that there is a very bright future for soybeans and tofu. One of his goals is to incorporate more soy into the typical American's diet. Bee-Lor Inc. believes that many nutritional benefits come from including soy as part of the diet–even if you don't change your tastes or the way you eat. He and his partner and good friend Tim Beeler met while working for the Ralston Purina Co. in the area of hog and cattle feeds. Tim left Ralston in about 1986 to start a specialty meat shop with his brothers in Des Moines, Iowa. Jerry left in 1989 to focus on his soybean breeding business. Tim made a very popular, high-quality bratwurst using lean pork and the best ingredients an old family recipe. Jerry approached Tim with the idea of creating a hot dog-type bratwurst product that contained tofu, as a way of introducing tofu into mainstream America. Jerry said: "The first time I want people to taste tofu is in something that they are used to eating." Then their first impression of tofu will be a good one and they will say, "Hey, tofu tastes good." But tofu is a tough sell in the Midwest. Jerry loves tofu, and likes to eat it just like it is. He even gets a craving for tofu at times. Address: Vice-President, Bee-Lor Inc., 103 North Third St., Oskaloosa, Iowa 52577. Phone: 515-673-1930.

10995. Jacobi, Dana. 1995. There are (palatable) ways to reap the benefits of tofu. *Star Tribune* (*Minneapolis, Minnesota*). Nov. 26. Variety section. p. E-2. Sunday. [1 ref]
• ***Summary:*** This Associated Press story describes how to treat tofu as an ingredient, how to transform its texture, and how to saturate it with flavor. Includes a recipe for Chilled Broccoli Bisque from *The Book of Tofu* by Shurtleff & Aoyagi. "For a free page of tofu recipes, send a stamped, self-addressed envelope to: William Shurtleff, The Soyfoods Center, P.O. Box 234, Lafayette, California 94549." Address: New York City.

10996. Lang, Paul. 1995. Natural Products, Inc. in Grinnell, Iowa: History, products, and competition (Interview). *SoyaScan Notes.* Nov. 27 and 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul started making soy products in Grinnell, Iowa, in August 1995. His family, which owns a 3,000 acre farm there, also now owns this business. They hope to use it as a way of adding value to the soybeans they grow. They do not presently make the roasted soy fiber or the enzyme active soy fiber shown in their ad in *Soya Bluebook Plus.* These two products were basically unground soy hulls, and some bagel companies used them. Some American bakers buy soy hulls to add dietary fiber to their baked goods. He cannot begin to compete with Fibrim made by Ralston Purina. The oil crushers is his area are dumping semi loads of soy fiber on the market for about $0.05 to $0.08 per pound. Paul's family bought a Cargill animal feed mill in Grinnell; it was worth $700,000 (for just the buildings) but Cargill had abandoned it, so they were able to buy it for $52,000. Paul is very interested in identity-preserved soybeans and he has 34 different bins to keep each variety separate. He thinks the future of soyfoods lies in identity preservation. For example, he now uses a low-flatulence soybean to make his soy flour–and his is the only company doing this.

Clofine, located just outside of New York City, buys Paul's products (both enzyme active and inactive roasted whole soy flours) and re-sells them. They are almost like a broker. Using a patented process, Clofine slurries the enzyme active (raw) flour with water (probably hot water) then spray dries it, under high pressure through a small orifice. Ed Pedrick helped to develop this method. After that, Paul does not know how the product is processed, and how they get from soy flour to "spray-dried tofu." He does not know if any coagulant is added, and what is the justification for calling it tofu. He views it as simply a water-soluble soybean flour, with a low PDI. It will hold up in suspension when mixed with water to make soymilk. Paul also sells to Devansoy, where Mr. Pedrick now works full time and makes the same spray-dried product. Devansoy sells the product both under their own trademark and as a raw material for use by other food processors. Both Clofine and Devansoy sell these spray-dried products for about $1.35 per pound; they buy the flour from Paul for about $0.35/pound. If Paul developed a very finely ground soy flour, he could probably take away that market. They sell the roasted flour to bakers in New York City.

In terms of particle size, the smallest is flour, then meal, then grits, then granulers [he coined this phrase], then splits. The big crushers such as ADM and Cargill sell fairly coarse "grits." Generically, the grits go to bagel companies–and he does not know why. The granulers and splits are not presently being sold. His main products are the enzyme active full fat flour, and the lightly roasted inactivated full-fat flour. Paul is working closely with the American Institute of Baking (AIB). Paul also sees a huge potential export market. Address: Natural Products, Inc., 798 Hwy 6, Grinnell, Iowa

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50112. Phone: 515-236-0852.

10997. Lang, Paul. 1995. Roasting and milling full-fat soy flour (Interview). *SoyaScan Notes.* Nov. 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Natural Products Inc. dry roasts whole soy flour to five different degrees of darkness. He basically custom roasts for each customer, to get exactly the color and other characteristics they need. The most popular of these is the lightly roasted soy flour, which has a light creamy, beige color; it is not dark-roasted like kinako. This is one of the few light-colored full-fat soy flours on the market that is processed with dry heat. Yet when the beans come out of the roaster, their outside looks dark. When applied to soy flour, "roasted" implies that the product was processed with dry heat, whereas "toasted" implies steamed with moist heat. Paul runs PDI, trypsin, and urease tests to be sure that he is roasting sufficiently. The main buyers of this product are American bakers, who want the flour to be no darker than it has to be. Getting this exact degree of roasting is more of an art than a science.

Paul also makes a "chocolate roast," but he has signed an agreement not to advertise it. Only one company presently uses this product and they don't want anyone else in the industry to know that they are using a $0.35/lb product rather than a $1.35/lb product–the so-called "spray-dried tofu powder" that has become the subject of controversy. Paul thinks that "spray-dried tofu powder is a big hoax that will be going by the wayside." In most applications, Paul's roasted soy flour, roasted to the desired degree, will work just as well for only 26% the cost. He has saved one company over $100,000 in one week. Yet Paul does not really come out ahead, because he also sells the soy flour to the people who make the "spray-dried tofu powder."

Koreans in America mix a dark-roasted soy flour with honey and make it into a traditional drink, which they consume only in hot weather. Paul does not know what this drink is called, but he will try to find out.

Paul's roasting process is unique. First, he uses a continuous process. Second, he uses a roasting medium (such as salt or sand), which is confidential. He bought his patent and equipment from HiPro Food Products Co, owned by Bob Olsen and Bob Cross, in Minnesota. The man who invented Cheerios sold out to General Mills; he had an idea for a roaster and spent about 12 years trying to perfect it. Three years ago the inventor of Cheerios died and the brains behind the idea, the engineer, got cancer. Olsen and Cross were both in their upper '70s and they had a great little roasting system but they didn't develop the market. The patent is 17 years old and it expired one month after Paul bought the company. The process has changed so much over the years that reading the original patent would give almost no idea of the current process. Paul believes the secret to his success lies in making an inactivated flour, with no beany flavor, that keeps its creamy color. Paul built a separate building that houses his roaster; nobody sees it (though a photo appeared in *Bluebook Update,* Oct/Dec. 1995, p. 4). The original patent used gas with salt as the medium; now they use electricity and a different medium. His process is totally unique.

One of Paul's options is to go into the business of selling roasters. He has had a request to sell one company five roasters for $2 million–and his company is presently only worth $500,000. But at this stage he wants to focus on making soy flour. Address: Natural Products, Inc., 798 Hwy 6, Grinnell, Iowa 50112. Phone: 515-236-0852.

10998. Horaczynski, Henryk. 1995. Re: Interest in starting tofu production in Poland. Letter to William Shurtleff at Soyfoods Center, Nov. 30. 1 p. Typed, with signature. [Eng]
• ***Summary:*** Henryk would like to start making tofu in Poland. Address: Henkelstrasse 6, 34127 Kassell, Germany. Phone: 0561/896171.

10999. **Product Name:** Soyco Lite & Less Veggy Singles (Cheese Alternative) [Mozzarella Alternative, Swiss Alternative, American Alternative].
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 1995. November.
Wt/Vol., Packaging, Price: 8 x 3/4 ounce slices in a 6 oz pack.
How Stored: Refrigerated.
New Product–Documentation: Ad (full page color) in NFM's New Product Review. 1995. Winter (Vol. 2, No. 3). p. 2. "Its a wrap!"

11000. Kushi, Michio. 1995. Guide to standard macrobiotic diet: Kushi Macrobiotics Corp. edition. Becket, Massachusetts: One Peaceful World Press. 64 p. Nov. Illust. No index. 22 cm.
• ***Summary:*** Introduction. Part I–Basic principles of standard macrobiotic diet. Part II–Summary of daily dietary recommendations. Part III–Standard macrobiotic dietary practice: Whole grains, soup (incl. miso soup), vegetables, beans (incl. azuki beans, black soybeans, tofu, dried [frozen] tofu, tempeh, natto, okara), sea vegetables, fish and seafood, fruit, pickles, nuts, seeds snacks, condiments, seasonings, garnishes, desserts, beverages, modifications, helpful eating hints. Part IV–Proposed one week meal planner. Macrobiotic resources: The Kushi Institute, The One Peaceful World Society. Kushi Macrobiotics Corp. background (formed in May 1994 to market a line of natural, macrobiotic foods). Michio Kushi: Brief biography (Age 69, he is Chairman of the Board and Director of Research of Kushi Macrobiotics Corp.). On the rear cover is a portrait photo of Michio Kushi with his autograph in both English and Japanese.

Note: This book is designed to promote the Kushi

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Cuisine line of macrobiotic foods. A half-page black-and-white photo of that line of foods is shown facing the inside rear cover. The slogan is: "Perfect replacements for imperfect foods." Kushi Macrobiotics Corp. is located at Three Stamford Landing, Suite 210, Stamford, Connecticut 06902. Phone: 203-973-2929. Address: Becket, Massachusetts.

11001. LaBarr, Connie. 1995. Soy info (Leaflet). Lincoln, Nebraska. 2 panels each side. Each panel: 28 x 21.5 cm. [1 ref]
• ***Summary:*** This leaflet was sent to people who called 1-800-Soy-Info. Contents: Whole soybean facts. Texturized soy protein. Soy protein isolates. Soymilk facts. Soy flour facts. Recipes: Tofu dip. South of the border enchiladas (with tofu). Alfredo pasta sauce (with soft tofu). Easy microwave lasagna (with ground beef and lite soft tofu). Key West cooler (with silken tofu). Nutritional composition of the following is given: Whole soybeans, textured soy protein, soy isolates, soy milk, and soy flour. Address: 1610 S. 70th Street, Suite 200, Lincoln, Nebraska 68506-1565. Phone: 1-800-SOY-INFO.

11002. Melina, Vesanto; Davis, Brenda; Harrison, Victoria. 1995. Becoming vegetarian: A complete guide to adopting a healthy vegetarian diet. Summertown, Tennessee: The Book Publishing Co. x + 262 p. Foreword by Suzanne Havala. Index. 26 cm. [20 ref]
• ***Summary:*** An excellent vegetarian and vegan sourcebook and cookbook by three registered dietitians. Contents: Acknowledgements. Foreword. Introduction. 1. What is a vegetarian? 2. The evidence is in. 3. Without meat–exploding the myths. 4. Without dairy products. 5. Veganism: More food for thought. 6. Fats and oils: A balancing act. 7. Fiber: The gift from plants. 8. The vegetarian food guide: Putting it all together. 9. Vegetarian nutrition in the growing years. 10. Vegetarian diplomacy. 11. From market to meals. 12. Recipes: Simple treasures. Appendixes: 1. Glossary. 2. Nutrition recommendations.

This book contains a wealth of accurate, positive information about many different types of soyfoods (especially tofu) and related subjects, including tofu, soymilk, tempeh, miso, soy yogurt, soy cheese, soy sauce, tamari, and soy oil (incl. omega-3 fatty acids). Plus wheat gluten, seitan, rice milk, sea vegetables, adzuki beans (p. 66, 162), quinoa, amaranth, macrobiotics, phytochemicals, plant estrogens found in tofu and other soy products (p. 75; they may contribute to positive calcium balance and have a protective effect on the bone health of Chinese and Japanese women), dietary fiber.

Talk with Vesanto Melina. 1996. July 22. This book was originally published in Canada in May 1994 by Macmillan Canada in Toronto. A revised U.S. edition was published in Nov. 1995 by The Book Publishing Co. in Summertown, Tennessee. Address: Canada.

11003. Morinaga Nutritional Foods, Inc. 1995. Made for each other. I want low fat. I want dairy-free. And I want chocolate (Ad). *Vegetarian Times.* Nov. p. 66.
• ***Summary:*** This full-page color ad shows a packet of Mori-Nu Mates Chocolate Pudding & Pie Mix next to a package of Mori-Nu Lite Silken Tofu. On the left side of the ad, standing is a lovely, slim, long-haired Japanese-American lady dressed in a tight black skirt. Her head is thrown slightly back and she half laughs, half smiles, while she eats with a silver spoon from a little glass bowl of Mori-Nu Chocolate Dream Pudding tofu dessert that she holds in her right hand. The mix is sweetened with Sucanat. "Indulge your taste for chocolate without guilt."

This ad also appeared in the Jan. 1996 issue (p. 29) of this magazine. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11004. *Soyafoods* (*ASA, Europe*). 1995. U.S. soyfoods sales approach $1.4 billion. 6(3):2. Autumn.
• ***Summary:*** Sales of soyfoods in the USA have increased more than 350% in the past decade, with more than 2,000 new soyfood products introduced, according to a report commissioned by the Soyfoods Association of America. Sales for 1995 are expected to be $1.4 billion. The report found that nearly 15 million Americans are currently eating tofu, and 10 million are consuming soy burgers. Most people who buy soyfoods also consume poultry and fish.

11005. **Product Name:** Tofutti Better Than Cream Cheese: Imitation Cream Cheese (Non-Dairy) [Wild Berry].
Manufacturer's Name: Tofutti Brands Inc. (Marketer-Distributor).
Manufacturer's Address: 50 Jackson Dr., Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1995. November.
Ingredients: Water, partially hydrogenated soybean oil, tofu, isolated soy protein, corn oil, corn sweeteners, fruit purees, salt, guar seed gum, carob bean gum, mono and diglycerides, carrageenan, natural flavor, potassium sorbate (added as a preservative).
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
Nutrition: Per 1 oz. 8 servings per container: Calories 80, protein 1 gm, carbohydrate 1 gm, fat 8 gm, sodium 200 mg, cholesterol 0 mg.
New Product–Documentation: Sample of this product with Label generously sent refrigerated by David Mintz via FedEx priority overnight. 1996. June 4. 4½ inches diameter. Red, purple, and blue on white. "No dairy. No cholesterol. No lactose. No butterfat." Soyfoods Center product evaluation: Flavor: Fairly good, but unusual for cream cheese. Texture: Excellent.

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11006. **Product Name:** Tree of Life Ready Ground Tofu [Savory Garlic, or Hot & Spicy].
Manufacturer's Name: Tree of Life, Inc. (Marketer-Distributor).
Manufacturer's Address: St. Augustine, FL 32084.
Date of Introduction: 1995. November.
Ingredients: Incl. tofu.
How Stored: Refrigerated.
New Product–Documentation: Spot with photo in NFM's New Product Review. 1995. Winter. p. 3. "Tree of Life" has introduced two new flavors to its Ready Ground Tofu line of "vegetarian hamburger substitutes." The product works well in many different recipes including lasagna, burritos, and stuffed peppers.

11007. **Product Name:** Bulk Vacuum-Packed Tofu.
Manufacturer's Name: Twin Oaks Community Foods.
Manufacturer's Address: Route 4, Box 169, Louisa, Virginia 23093. Phone: 703-894-4112.
Date of Introduction: 1995. November.
Wt/Vol., Packaging, Price: 12 lb vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jon Kessler. 1996. Jan. 24. Twin Oaks Community Foods started selling vacuum packed bulk tofu in about Nov. 1995, and now all their tofu is sold in this form, mostly to food stores. They use an Ultra-Vac vacuum packaging machine. They give a shelf life of 40 days, but realistically it is more like 50 days. Their production now averages 2,500 lb/week.

11008. *University of California, Berkeley Wellness Letter.* 1995. Oy, soy: here comes the hype. 12(2):1-2. Nov.
• ***Summary:*** This is an excellent critique of the article by Dr. James Anderson on the ability of soy protein to lower blood cholesterol, published in the *New England Journal of Medicine* (3 Aug. 1995, p. 276-82). Some recent news reports would make you think that soy was a "magic bullet." However there is a danger it may go the way of oat bran. "Remember oat bran? The rise and fall of oat bran was a textbook case in how *not* to think about nutrition." Interestingly Dr. Anderson, an expert on fiber, was a leading proponent of oat bran in the 1980s and the author of a similar meta-analysis on oats.

In short, the Anderson study "found that substituting soy protein (in a wide variety of forms) for some or all animal protein resulted in an average drop of 9% in total blood cholesterol, and a 13% drop in LDL ("bad") cholesterol. There was no significant effect on HDL ("good") cholesterol, which is a plus, since HDL usually fall when the total number drops." But there were some serious problems in the study: (1) Anderson's analysis raises more questions than it answers. This is not new research, but rather a meta-analysis of previous studies on soy protein. The meta-analysis can be a powerful tool, however this one is flawed. The main problem is that the focus supposedly is soy *protein,* yet the 38 studies analyzed actually used a wide range of compounds: various kinds of isolated soy protein and textured soy protein. Some of the soy compounds were 95% protein, some much less. Some diets contained everything in the soybean, including fiber and certain potent phytochemicals, such as isoflavones.

"In other words, we still don't know if soy protein itself lowers cholesterol, as claimed." Part of the effect may be due to the soluble fiber, which is well known to lower blood cholesterol and is found in many plant foods besides soybeans. "What's needed is a study that feeds highly purified soy protein (just the amino acids) to humans–and it hasn't been done. Such a study, using rats, found that the isolated soy protein did *not* significantly lower cholesterol, compared to animal protein. In light of this, don't be surprised if next week the headlines read 'Soy protein does *not* lower cholesterol after all."

(2) Not everyone would benefit, even if soy protein does prove effective. Most of the reported drop in cholesterol (and LDL) occurred in people with very high levels (over 335 mg/dl), which dropped by 20% on the soy-based diet.

(3) A person would have to eat a lot of soy protein. The above results were obtained when people ate an average of 47 grams of soy protein a day. Eating only 25 gm a day cut the drop in half. One cup of soymilk has 4 to 10 gm of protein; 4 ounces of tofu has 8 to 13 gm; 3 ounces of soy burger contains 18 gm. So to get 47 gm of soy protein you would have to drink about 7 cups of soymilk or 1 pound of firm tofu.

(4) Adding soy to a poor diet won't do the trick. In nearly all the studies, soy protein replaced half or even all of the animal protein, which is usually high in fat and dietary cholesterol.

(5) Not all soy products are equally effective in lowering blood cholesterol. In addition, some contain lots of fat (albeit unsaturated) and calories. Some foods claiming to contain soy actually contain little of it. "Even those that contain the same amount of soy protein often have very different levels of fiber and/or other phytochemicals, and may have very different effects on cholesterol."

11009. Vitasoy International Holdings Ltd. 1995. Interim report 1995. New Territories, Hong Kong. 14 panels. Nov. 29. 21 cm. [Eng; Chi]
• ***Summary:*** For the six months ended 30 Sept. 1995, sales (turnover) were HK$750.2 million, up 14.4% over the same period last year. Operating profit was $77,370, up 9.5%. Earnings per share rose to 13.3 cents, up 8.1%. In Hong Kong, which contributed 70% of the group turnover, sales were up 14%, but sales of soymilk products in this market are stagnant.

In North America, the company's second biggest market,

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sales showed a 9% increase, to be in excess of HK$128 million. Sales of pasta and tofu were particularly strong. "This market benefits from the strong brand recognition among Hong Kong immigrants, an example being the strong sales increase of Traditional Vitasoy Soyamilk in Canada."

In China, the Shenzhen facility is now fully operational and this contributed to a robust sales increase of 63%. The Shenzhen has already started to make a small contribution to Group profits in its second year of operation.

See also article in the *South China Morning Post* (Hong Kong) of Nov. 30 (Business section, p. 2). Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

11010. Stephens, Jerry L.; Schmidt, Natalia. 1995. Re: Interest in making and eventually marketing soyfoods. Involvement in activities in the Former Soviet Union, especially Russia and Uzbekistan. Letter to William Shurtleff at Soyfoods Center, Dec. 4. 1 p. Typed, with signature. [1 ref]

• ***Summary:*** Jerry and his wife Natalia have a beginner's interest in learning as much as they can about making and marketing soyfoods. They have read *The Book of Tofu,* by Shurtleff and Aoyagi, which they obtained from their local library. "At this time we don't know enough to even begin to guess where this will lead. But, we are both very adventurous, entrepreneurially inclined and determined to find a way.

"Also, as Natalia told you, we are both involved in various activities in countries of the Former Soviet Union. This includes both Russia and Uzbekistan." Address: 8139 Flintwood Court, Charleston, South Carolina 29406. Phone: 803-572-2687.

11011. Ledvinka, Ferro. 1995. Introducing macrobiotics and soyfoods to Italy (Interview). *SoyaScan Notes.* Dec. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Ferro was a pioneer of macrobiotics in Italy. In the process he also helped to introduce soyfoods, especially to Florence. He first learned about macrobiotics when he read a book on macrobiotics in Italy. He started eating a macrobiotic diet. In Rome there was a macrobiotic center founded and run by Marquesa Parvolo, who had been cured of leukemia or a blood disease by George Ohsawa several years before. In 1971 he heard a lecture at this center in Rome by Rob Dobrin, who gave him Michio Kushi's address in Boston, Massachusetts. In the summer of 1972 he traveled to Boston to study macrobiotics, and there he learned how to make tofu and seitan. After leaving the USA, he returned to Italy, living in Rome. From there he worked to spread macrobiotic food and philosophy to all major Italian cities.

In Jan. 1977 Ferro went to Japan to work with Mr. Kazama at Mitoku, exporting macrobiotic foods to Italy and other European countries. The first Italian company to order these foods (including Japanese miso and tamari) was ProBios in Florence. They were followed by two Italian Macrobiotic Centers, located in Rome and Milan. In Oct. Ferro left Japan, returned to Italy, lived in Rome for a while, then moved to Florence, where he established the pioneering Fondazione Est-Ouest at via de Serragli 4, in Florence. This was a combination macrobiotic restaurant and macrobiotic study center. Ferro also worked for a while with ProBios. He taught various people to make tofu, seitan, and tempeh–but none of the restaurant customers would buy or eat these strange new foods. So Ferro decided to fry them and serve them as a snack, free of charge, before each meal. A Tuscan proverb says that "Even a slipper, if fried, tastes good." In this way people in Florence started to eat these new foods. The restaurant made and served these foods from about 1982 to 1985. Then people who were working in the restaurant moved to another place, became independent, and they started a small food factory named Soyalab. The founder of Soyalab, Matteo Iacovelli, is now the chairman of the Kushi Institute in Milan. Another person who helped a lot on the way was Alfredo Ingannamorte. These people learned how to make tofu and tempeh in Boston. Alfredo studied at the Kushi house in Becket. Matteo worked at a macrobiotic restaurant (Open Sesame) in Brookline Village. Address: Via Pellicceria 6, 50123 Firenze (Florence), Italy. Phone: 055-827 274.

11012. Huang, H.T. (Hsing-Tsung). 1995. Early history of soybeans and soyfoods in China (Interview). *SoyaScan Notes.* Dec. 28. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The early *jiang* in China was made from meat or fish. The *jiang* used by Confucius was almost surely made from meat and fish. Many of the ancient books were annotated during the Han dynasty in an attempt to explain the meaning of certain words and passages. A very eminent scholar in the late Han dynasty (about 100 A.D.), talking about events in roughly 500 B.C., said that the *jiang* used by Confucius was made from meat and fish.

The soybean was not an important crop in China until the early Han, say 200 to 300 B.C. The soybean is mentioned in the *Book of Odes,* which is the most ancient and most reliable of Chinese books, not as a crop but as a plant that people gathered from the wild. Then is are a series of books that were traditions of the Chou dynasty; these were codified and gathered by about 300 B.C., but in them there are not many references to the soybean. However by the time of the Western (Former) Han (206 B.C. to 8 A.D.) there were references in the literature to cartloads and big urns of *jiang* [Chinese-style miso]; *shi* (fermented fermented black soybeans) was also mentioned many times in the literature. Both these foods had become commodities.

Soy is also found in the Han Tomb No. 1 at Ma-wang-tui (pronounced "ma-wang-DUI"), a big archaeological find

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in China. A woman ruler was buried here in about 165 B.C. with all the 5-6 major grains, including wheat, barley, rice, 2 kinds of millet, soybean (*shu*), and hemp. Also found in the tomb were several seasonings including "soy sauce (*jiang*), *shi* ('salted darkened beans'), and leaven (*qu*)."

The earliest reference to pasteurization in China concerns pasteurization of wine, around the 11th century, long before the Japanese were pasteurizing shoyu before shipping it to Holland. He is not aware of any early reference to the Chinese pasteurizing soy sauce, but he will look again. However soy sauce is so highly salted that it does not require pasteurization, whereas wine does. The wine was filled into to earthenware jars with a small mouth, which was covered with cloth or leaves, then sealed with mud.

Dr. Huang will travel to China next month (to Foochow, capital of Fujian province) and he hopes to see some of the existing traditional fermentation processes. Soymilk was not an important traditional food in China, but it was becoming important when he traveled there in the 1940s with Dr. Joseph Needham. When they visited northern China, early in the morning people would have a huge iron wok of hot soymilk, which they sold for breakfast. Joseph liked the soymilk with bits of *youtiao* (deep-fried bread sticks; W.-G. *yu t'iao*).

One of the chapters in Dr. Huang's book deals with nutrition in China. The Chinese diet is said to be lacking in calcium. It is well know that for calcium to be absorbed, you need lactose, and the ability to tolerate lactose. Thus, it would be surprising to find higher bioavailability of the calcium in soymilk or tofu. Before the time of Confucius (551-479 B.C.) the Chinese at a lot more animal products than they do now, but the agricultural system developed with the emphasis on grains, less emphasis on animal products, and no emphasis on milk–probably because of the lactose intolerance of the Chinese people. Thus, the Chinese never developed a dairy industry. Mongols are not as lactose tolerant as northern Europeans, but they are heavily dependant on animal milks as a source of food. They get around this problem by converting animal milk into yogurt. This fermentation converts the lactose to lactic acid, which both solves the lactose intolerance problem and extends the life of the product by lowering the pH.

Another interesting problem: Europeans are the only ones who make true cheese, using rennet. The Mongolians and all the pastoral people in Asia rely on various animal milks, including horse's milk to make koumiss, and they even make a type of cheese that is sort of like cottage cheese, coagulated by acid. Dr. Huang thinks the discovery of rennet is one of those major, accidental discoveries that is very rare. If you wash an animal stomach carefully before using it to store milk, that will wash all the rennet away. Another such major discovery is the Chinese discovery of *chu* or koji. Address: 309 Yoakum Parkway #403, Alexandria, Virginia 22304.

11013. **Product Name:** Beeler Maple Sausage Patty.
Manufacturer's Name: Bee-Lor Inc.
Manufacturer's Address: 103 North Third St., Oskaloosa, IA 52577. Phone: 515-673-1930.
Date of Introduction: 1995. December.
Ingredients: Incl. beef and tofu.
How Stored: Frozen.
New Product–Documentation: Rick Jost. 1995. Des Moines Register. July 17. "First brats, now burgers–tofu firm grows." Tim Beeler (president) and Jerry Lorenzen (vice-president) of Bee-Lor Inc. are now developing the Beeler Burger, a frozen combination of tofu and beef.

11014. Davis, Susan K. 1995. Bite into the tofu market. *Soybean Digest.* Dec. p. 18j, 18l.
• ***Summary:*** Some U.S. soybean farmers (such as Peter Yoder of London, Ohio) are earning good money by growing food-grade soybeans for the Japanese tofu market. They pay careful attention to harvesting and handling, reduce split, and have no cracked beans. The beans are usually shipped to Japan in containers just used to ship Japanese goods (such as auto parts) to the USA. This is a very difficult market to break into; once you do you must work hard to stay there and build brand equity, according to Gunner [Gunnar] Lynum, head of Strategic Marketing Development in Kankakee, Illinois. Machinery and labor costs are much higher, and you need special handling and/or packaging, plus extra marketing time. Premiums of up to 50% above standard prices are available to farmers who grow soybeans organically for the Japanese organic tofu market, according to Yoshiko Kojima, a consultant to the American Soybean Association.

The top ten tips for growing soybeans for tofu use are: Grow clear hilum beans. Be sure the protein is above 45% on a dry weight basis. Keep the oil low (18%). Keep the sucrose level high. Plant Vinton 81 or Beeson 80, or the new FG1 or FG2. Don't use artificial drying. Have uniform large-size soybeans. Keep these soybeans identity preserved, separate from other soybeans. Ship only soybeans with good eye appeal. Clean the soybeans of dirt and weed stains. Color photos show: A tofu shake with tofu cubes and sliced strawberries. A tofu chocolate cream pie.

11015. **Product Name:** Tofu Balls with Organic Spaghetti (Vegetarian).
Manufacturer's Name: Gloria's Kitchen.
Manufacturer's Address: P.O. Box 2071, Burlingame, CA 94011-2071. Phone: 650-579-0638.
Date of Introduction: 1995. December.
Ingredients: Organic* spaghetti noodles (organic* semolina wheat flour, water), textured vegetable protein (soybean flour), tofu, bread crumbs, parsley, shiitake mushrooms, organic* carrots, celery, onion, sea salt, expeller pressed canola oil, sauce (tomatoes, tomato puree, calery, organic*

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carrots, filtered water, stewed tomatoes, extra virgin olive oil, garlic), natural herbs and spices.
Wt/Vol., Packaging, Price: 12 oz (340 gm) paperboard box. Retails for $4.39 (1999/04, Lafayette, California).
How Stored: Frozen.
New Product–Documentation: Product with Label purchased at Open Sesame, Lafayette, California. 1999. April 20. 7.25 by 5.25 by 1.75 inch paperboard box. Red, white, black, green, and yellow. Large photo of the prepared product, showing the balls, tomato sauce, and spaghetti. Front panel text: "Vegetarian. Vegan. All natural. Low fat. Microwave or conventional oven." Back panel: "The Gloria story–who's cooking in the melting pot. As a vegetarian and ethnic food lover, I have always found it difficult to find quick, healthy nutritional entrees. It seemed like the only place I could find good vegetarian food was in restaurants..."

Talk with company representative. 1999. April 23. Gloria Shih started this company in late 1995. During 1996 they introduced 14 products, and by 1997 they had 27 products, including 20 entrees and 7 soups. Soyfoods Center taste test: Fair. These meatlike balls contain very little tofu; perhaps they should be called "Soy Balls."

11016. **Product Name:** Veggie Won-Ton in Hot & Sour Sauce.
Manufacturer's Name: Gloria's Kitchen.
Manufacturer's Address: P.O. Box 2071, Burlingame, CA 94011-2071. Phone: 650-579-0638.
Date of Introduction: 1995. December.
How Stored: Frozen.
New Product–Documentation: Letter (fax) with date sent by Gloria's Kitchen. 1999. June 21. This product was introduced in Dec. 1995.

11017. **Product Name:** Spicy Thai Tofu Spinach with Peanut Sauce.
Manufacturer's Name: Gloria's Kitchen.
Manufacturer's Address: P.O. Box 2071, Burlingame, CA 94011-2071. Phone: 650-579-0638.
Date of Introduction: 1995. December.
How Stored: Frozen.
New Product–Documentation: Letter (fax) with date sent by Gloria's Kitchen. 1999. June 21. This product was introduced in Dec. 1995.

11018. *Korea Times* (*Los Angeles edition*). 1995. [Pulmuone tofu sweeps Korean-American market: Captures 80% of Hinoichi market share. Tofu dessert under development and pushing into general market]. Dec. [Kor]
• ***Summary:*** A large photo shows a person holding a cake of tofu in a plastic tub against the background of the Pulmuone tofu packaging line inside their plant.

11019. *Ontario Soybean Growers' Marketing Board Newsletter.* 1995. Profiles: W.G. Thompson & Sons Ltd., white hilum soybeans and Ontario's railroad system. Dec. p. 7.
• ***Summary:*** John O'Brien, Manager of W.G. Thompson & Sons Ltd., predicts that premiums for white hilum soybeans will virtually disappear within five years. Instead, more soybean growers will be locking in premiums by growing special varieties that companies such as Thompsons will contract and ship for specific Asian customers. "Thompsons, a $300 million a year family-owned business with 300 employees, has already earned a name in special quality crops. From its 14 Ontario elevators, the company works with farmers on 75,000 to 100,000 acres of contract crops each year, with over half that acreage going to soybeans."

White hilum soybeans have become just another commodity in Ontario, says Wes Thompson Jr. The future lies in going the next step, in sitting down with customers and finding out exactly what they want in a soybean, and then producing and shipping those soybeans for them as part of a long-term relationship. Thompsons is already contracting specific varieties for exclusive delivery to individual Pacific Rim makers of tofu, miso, and natto. At Pain Court, the company is also installing a high-tech sorting line that will enable it to sort for shape and color, and to completely eliminate foreign material. At the same time, Thompsons isn't getting out of the huge and profitable crush market. To prove that, it is playing a leading role in the campaign to save Ontario's rural rail network. Thompson's Hyland Seeds Division sold 14 private and 8 SeCan (public) varieties in 1995; it expects to sell 24 private and only 4 SeCan varieties in 1996. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11020. *SoyaCow Newsletter* (*Ottawa, Canada*). 1995. Vocational training in soymilk production and use started in India. 4(4):1. Oct/Dec.
• ***Summary:*** "Manav Vikas Parishad [MVP] of Ghaziabad in collaboration with the Government Polytechnic College and the SoyaCow Centre has developed a short course to train unemployed youths in the production and utilization of soymilk, tofu and okara.

"Thirty students were registered in this first ever vocational training course and were awarded Certificates by the College.

"In a recent visit to MVP, Dr. R.P. Gupta from Canada, was shown the SoyaCow facility by MVP manager, Mr. S.B. Srivastava, and was introduced to some students from the course. They appeared to be knowledgeable about soymilk production and very excited about the training. MVP regularly runs an SC20 system and profitably sells soymilk, tofu, okara, and related products in the local market. It provides sustained employment to a few persons [making these soyfood products]. The products are accepted well in the local market."

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"Dr. R.K. Sharma, Manager of the SoyaCow Centre in India, is responsible for providing interested students with all the help needed to write business plans and complete other formalities to secure loans. He will also assist in the purchase of soymilk equipment from SSP, as well as in the equipment installation, and soymilk production and marketing."

A photo shows an Indian woman standing behind MVP's SoyaCow, which is used for vocational training.

11021. **Product Name:** Tofutti Tortellini (Nondairy, Frozen).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1995. December.
Ingredients: Dough mixture: Enriched extra fancy durum flour (niacin ferrous sulfate, thiamin mononitrate, riboflavin), water, egg whites, flour enrichment (wheat starch, ferric orthophosphate, niacinamide talc, tricalcium phosphate). Filling: Tofutti Better Than Cream Cheese (water, partially hydrogenated soybean oil, tofu, isolated soy protein, corn oil, corn sweeteners, salt, guar seed gum, mono- and diglycerides, carrageenan, natural flavor), cracker meal (bleached wheat flour), natural spices, salt.
Wt/Vol., Packaging, Price: 15 oz (425 gm) stand-up plastic bag.
How Stored: Frozen.

New Product–Documentation: Tofutti Brands Inc. 1996, May. 1995 Annual Report. p. 1-3. New products introduced during 1995: These are bite-sized frozen pasta filled with Tofutti Better than Cream Cheese; sold in 15 oz bags for supermarkets and 10 lb boxes for institutions. Introduced in Dec. 1995.

Sample bag of this product with Label generously sent frozen by David Mintz via FedEx priority overnight. 1996. June 4. 5.75 by 8.5 inches. Plastic bag. Red, green, black, and white. Front panel text: "Filled with a tempting tofu blend–'tastes better than cheese.'"

11022. **Product Name:** Tofutti Mini Ravioli–Mini Crepelach [Kreplach] (Nondairy, Frozen).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1995. December.
Ingredients: Dough mixture: Enriched extra fancy durum flour (niacin ferrous sulfate, thiamin mononitrate, riboflavin), water, egg whites, flour enrichment (wheat starch, ferric orthophosphate, niacinamide talc, tricalcium phosphate). Filling: Tofutti Better Than Cream Cheese (water, partially hydrogenated soybean oil, tofu, isolated soy protein, corn oil, corn sweeteners, salt, guar seed gum, mono- and diglycerides, carrageenan, natural flavor), cracker meal (bleached wheat flour), natural spices, salt.
Wt/Vol., Packaging, Price: 15 oz (425 gm) stand-up plastic bag.
How Stored: Frozen.
New Product–Documentation: Tofutti Brands Inc. 1996, May. 1995 Annual Report. p. 1-3. New products introduced during 1995: These are bite-sized frozen pasta filled with Tofutti Better than Cream Cheese; sold in 15 oz bags for supermarkets and 10 lb boxes for institutions. Introduced in Dec. 1995.

Sample bag of this product with Label generously sent frozen by David Mintz via FedEx priority overnight. 1996. June 4. 5.75 by 8.5 inches. Plastic bag. Red, green, black, and white. Front panel text: "Filled with a tempting tofu blend–'tastes better than cheese.'"

Note: *Webster's Dictionary* defines kreplach (pronounced KREP-luk and derived from the Yiddish kreplech), a word first used in about 1892, as "square or triangular dumplings filled with ground meat or cheese, boiled or fried, and usually served in soup."

11023. Wang, Chin-Chuan Roger; Chang, Sam Kow-Ching. 1995. Physicochemical properties and tofu quality of soybean cultivar Proto. *J. of Agricultural and Food Chemistry* 43(12):3029-3034. Dec. [41 ref]
Address: 1. Dep. of Food and Nutrition, Providence Univ., Taichung 43309, Taiwan ROC; 2. Dep. of Food and Nutrition and Dep. of Cereal Science, North Dakota State Univ.,

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Fargo, ND 58105. Phone: 701-231-7485 (Chang).

11024. Albert's Tofuhaus. 1995. The white side of life... bittet zu Tisch! [The white side of life... invites you to the table (Leaflet)]. Lautersheim, West Germany. 2 panels each side. Each panel: 21 x 10.5 cm. [Ger]
• ***Summary:*** Contains recipes (and 4 color photos) for using the company's tofu products in entrees, main dishes, and desserts. Printed with purple and green ink on gray paper. Address: Hauptstrasse 13, 67308 Lautersheim, West Germany. Phone: 06351-43718.

11025. **Product Name:** Combo Tofu.
Manufacturer's Name: Binh Minh Tofu Manufacturing.
Manufacturer's Address: 1180 Tully Rd., Unit B., San Jose, CA 95122. Phone: 408-279-3655.
Date of Introduction: 1995.
How Stored: Refrigerated.
New Product–Documentation: Talk with Binh Tran, owner and founder. 1996. May 28. He is a Vietnamese-American. This is a combination of ten different ingredients, marinated in a sauce.

11026. **Product Name:** Tofu Puffs, Silken Tofu, Soymilk Curds (Tofu Hua), and Yuba.
Manufacturer's Name: China Tofu.
Manufacturer's Address: 3222 Whipple Rd., Union City, CA 94587. Phone: 510-489-7288.
Date of Introduction: 1995.
How Stored: Refrigerated.
New Product–Documentation: Talk with Diana Lin, wife of Bo Ming Lin, one of the two owners of the company. The four products shown above were introduced in about 1995.

11027. **Product Name:** [Tofu Spread for Bread (Herb, Smoked, or Paprika)].
Foreign Name: Tofu-Brotaufstrich (Kraeuter, Raeucher, Paprika).
Manufacturer's Name: Christian Nagel Tofu-Manufaktur.
Manufacturer's Address: Osdorfer Landstrasse 4, D-2000 Hamburg 52, West Germany. Phone: 040/89 49 37.
Date of Introduction: 1995.
Wt/Vol., Packaging, Price: 125 gm.
New Product–Documentation: Labels (for all 3 products) brought by Albert Hess of Albert's Tofuhaus. 1995. March 11.

11028. Hirose, K.; Tajima, K.; Hamajima, N.; Inoue, M.; Takezaki, T.; Kuroisha, T.; Yoshida, M.; Todudome, S. 1995. A large-scale, hospital-based case-control study of risk factors of breast cancers according to menopausal status. *Japanese J. of Cancer Research* (*Gann*) 86:146. *
• ***Summary:*** This study in Japan found that in premenopausal women (but not postmenopausal women) the consumption of tofu 3 or more times per week was associated with a statistically significant decreased risk of breast cancer (of approximately 20%), in comparison with the consumption of tofu less than three times per week.

11029. Kohyama, Kaoru; Sano, Yoh; Doi, Etsuhiro. 1995. Rheological characteristics and gelation mechanism of tofu (Soybean curd). *J. of Agricultural and Food Chemistry* 43(7):1808-12. *

11030. **Product Name:** Rising Sun Tofu.
Manufacturer's Name: Olive Tree Works.
Manufacturer's Address: 6713 New Hampshire Ave., Takoma Park, MD 20912. Phone: 301-270-5110.
Date of Introduction: 1995.
How Stored: Refrigerated.
New Product–Documentation: Talk with Yaron Semititsky of Olive Tree, Inc. 1997. July 24. Their fourth soy product, Rising Sun Tofu, was launched in 1995. It is similar to Savory Tofu but with East Asian seasonings, such as ginger and soy sauce.

11031. Rice, M.M.; Graves, A.B.; Larson, E.B. 1995. Estrogen replacement therapy and cognition: Role of phytoestrogens (Abstract). *Gerontologist* 35:169 (Abst.). *
• ***Summary:*** Some research, and certainly anecdotal reports from both women and physicians, point to the influence of estrogens in memory and cognitive function (CF). Thomas B. Clarkson (DVM of Wake Forest Univ. School of Medicine, Winston-Salem, North Carolina) has spoken of an interesting study on Japanese-American women, age 65 or older, living in King County, Washington state. It found that those women who took estrogen and ate tofu less than three times per week had better CF than non-estrogen users. But estrogen users who ate tofu more than 3 times per week lost estrogen's protective effect on cognition. This study raises the concern that soy may interfere with the effects of estrogen in the brain.

11032. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Sra. Jane Garbutt.
Manufacturer's Address: Capilerilla, Pitres 18414, Granada, Spain.
Date of Introduction: 1995.
New Product–Documentation: Letter from Jane Garbutt. 1996. Jan. 7. She is a community scale producer of tofu in the Alpujarra (Sierra Nevada) of Spain. She owns and frequently uses *The Book of Tofu* and *Tofu & Soymilk Production.*

11033. Tezuka, M.; Ono, T.; Itoh, T. 1995. [About tofu and soymilk] *Nippon Shokuhin Kagaku Kogaku Kaishi* (*J. of the Japanese Society for Food Science and Technology*)

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42(?):556-61. Month? [Jap; eng]*

11034. **Product Name:** Tofu Snack Sticks (Organic Alder Smoked) [Original, BBQ, Spicy BBQ].
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1995.
Ingredients: Original: Tofu (filtered water, organic* soybeans, magnesium chloride), soy sauce (water, organic soybeans*, organic wheat, salt*), water, lemon, distilled vinegar, garlic and kelp, natural hardwood smoke. * = Grown in accordance with the California Organic Food Act of 1990.
Wt/Vol., Packaging, Price: 5 oz. vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Four Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in June 1995. One label (Original) is from 1995: 3.75 by 2.38 inches. Self adhesive. Brown and green, or brown and red, or brown and yellow on gold-beige. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead. Label from 1995: "Snack' Fu" (trademark). "Real country smokin.' No 'flavors' added." "With whole, organic, GMO-free soybeans." Three labels are from Aug. 2002. Their size is identical and design quite similar.

11035. **Product Name:** Royal Thai Baked Tofu.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1995.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), soy sauce, lemon juice, fruitrim (fruit juic, natural grain dextrins), rice wine, garlic, ginger, brown rice syrup, cilantro, sesame oil, peanut oil, jalapeño peppers, cayenne pepper, red curry paste, lemon grass.
Wt/Vol., Packaging, Price: 10.5 oz. Retails for $3.49.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1995, and made at Wildwood's plant in Santa Cruz.

11036. **Product Name:** Baba Ganooj.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1995.
Ingredients: Eggplant, sesame tahini, lemon juice, garlic, parsley, salt, olive oil.
Wt/Vol., Packaging, Price: 7 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1995, and made at Wildwood's plant in Fairfax. On the front label (brown on beige) is a silhouette of a wild wood of trees, plus a few flying birds, against the sky. On the back label are ingredients, nutrition facts and the company's two addresses in Santa Cruz and Fairfax, California.

11037. **Product Name:** Low Fat Hummus.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 135 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1995.
Ingredients: Organic garbanzo beans (grown in accordance with the California Organic Foods Act of 1990), water, sesame tahini, lemon juice, garlic, salt, parsley, scallions, guar gum, citric acid.
Wt/Vol., Packaging, Price: 12 oz (340 gm) plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1995, and made at Wildwood's plant in Fairfax. On the front label (black and orange on beige) is a silhouette of a wild wood of trees, plus a few flying birds, against the sky. On the back label are ingredients, nutrition facts and the company's two addresses in Santa Cruz and Fairfax, California.

11038. Albert's Tofuhaus. 1995. The white side of life... und seine Vielfalt! [The white side of life–and its diversity!]. Lautersheim, West Germany. 10 p. Manufacturer's catalog and price list. 28 cm. [Ger]
• ***Summary:*** Contents: Listing of products by category. Description of individual products by category, with prices, weights, and order number. Map and ordering information.

The products and their categories are: Tofu products (natural, smoked, marinaded, etc.), fried products, spreads for breads, pasteten, salads, sauces, grilled products (hot dogs, made by Viana), products made from wheat (tempeh, seitan, skewered seitan, made by Viana), pasta products, full-fat soy flour. On the cover is a cake of tofu, with a laughing face and two arms held out to the sides. The company logo is adapted from *The Book of Tofu* by Shurtleff & Aoyagi.

Two sheets of the company's letterhead are enclosed in the catalog. Address: Hauptstrasse 13, 67308 Lautersheim, West Germany. Phone: 06351-43718.

11039. Albert's Tofuhaus. 1995. The white side of life... Tofu! [The white side of life–Tofu! (Leaflet)]. Lautersheim, West Germany. 3 panels each side. Each panel: 21 x 11 cm. [Ger]
• ***Summary:*** Contents: A nice history of the company, with 5 photos of its equipment. Overview of tofu products. Map and ordering information. Address: Hauptstrasse 13, 67308 Lautersheim, West Germany. Phone: 06351-43718.

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11040. Albert's Tofuhaus. 1995. Tofu! Tradition, Frische & Qualitaet [Tofu! Tradition, freshness & quality (Leaflet)]. Lautersheim, West Germany. 3 panels each side. Each panel: 21 x 10 cm. [Ger]
• ***Summary:*** Contains a brief history of the company, with a description of what tofu is, and how they make it, and its great diversity. Address: Hauptstrasse 13, 67308 Lautersheim, West Germany. Phone: 06351-43718.

11041. Alexander, Victoria; Harris, Genevieve; Dyson, Sharon. 1995. A taste of Australia: the Bathers Pavilion cookbook. Berkeley, California: Ten Speed Press. xiii + 122 p. See p. 36, 72, 78. Illust. (color, incl. photos by Rodney Weidland). 27 cm.
• ***Summary:*** Bathers Pavilion is a restaurant fronting the beach in Sydney, New South Wales, Australia. "Thick, sweet soy sauce (kecap manis) is mentioned on pages 36, 72-73, and 78-79. In the headnotes to the recipe for "Marinated pork fillet with peanut sauce" we read (p. 72): "Kecap manis is a thick, sweet soy sauce from Indonesia. It is sweetened with palm sugar and flavoured with star anise and salam leaves (a little like bay leaves). Do not substitute for kecap manis as no other soy sauce will produce the same results."

Tofu is mentioned on pages 18, 30, and 45.

On pages 78-79 is a recipe for "Venison, tamarind and tempe hot pot," whose headnote begins: "Tempe is made from the remaining soy bean solids after they have been pressed to make soy milk. The solids are then compressed and fermented. Tempe has a wonderful nutty flavour..." Note: This is a description of okara tempe; most tempe is made from whole, dehulled soybeans rather than from okara.

The word "soy" is used to refer to soy sauce on pages 30 (light soy sauce), 42 (Japanese soy sauce), 43, and 52 (dark soy sauce). Address: 1. Owner, The Bathers' Pavilion.

11042. American Institute for Cancer Research. 1995. Taking a closer look at phytochemicals: New cancer research. 1759 R Street, N.W., Washington, DC 20069. 12 panels. 20 cm. [5 ref]
• ***Summary:*** Contains extensive information on isoflavones and soyfoods, including brief interviews with Stephen Barnes, PhD and Mark Messina, PhD. "Tofu, soy milk, and other foods made from soybeans are rich in isoflavones, which may inhibit cancer cell growth and division under some conditions. Since cancer is the result of the cell growth process gone awry, isoflavones may provide a means for switching off the unusual growth." Contains an illustration of packages of soy milk and tofu. Address: Washington, DC.

11043. Beversdorf, W.D.; Buzzell, R.I.; Ablett, G.R.; Voldeng, H.D. 1995. Soybean. In: A.E. Slinkard and Douglas R. Knott, eds. 1995. Harvest of Gold: The History of Field Crop Breeding in Canada. Saskatoon, Saskatchewan: University Extension Press, Univ. of Saskatchewan. ix + 367 p. See p. 153-66. Chap. 13. [14 ref]
• ***Summary:*** An outstanding history of soybean breeding and production in Canada. Contents: Introduction. Evolution of the soybean crop in Canada. Early breeding efforts. The emergence of soybean as a significant Canadian crop (1940-70). The modern soybean breeding era [1970 on]. Current breeding objectives and methods.

Before 1930, soybeans were "grown primarily for annual forage production when traditional forage crops failed to survive Ontario winters." The appearance of two short-lived soybean crushing facilities in southwestern Ontario [at Milton in about 1930 and Chatham by April 1933] aided the transition of soybeans from a fodder crop to a grain legume crop.

"Evolution of Canada's soybean crop since 1949 reflects the expertise of soybean producers, dramatic improvement in production technology, improved and earlier maturing cultivars, improved domestic processing capacity and significant export market development."

"Soybean in Canada was born in the vision of C.A. Zavitz, arguably a man 50 years ahead of his time. Zavitz, who was head of the Field Crop Department of the Ontario Agricultural College (OAC) meticulously evaluated and selected soybean introductions for both fodder and grain production for 30 years (Zavitz 1927)."

"In 1893, Zavitz planted the first Canadian soybean crop, probably as a replacement for a field pea that failed to establish that year." Over the years, "Zavitz and two of his colleagues W.J. Squirrel and A.E. Whiteside, evaluated about 100 soybean introductions from the Orient [East Asia] via the United States and Japan for forage and grain production (Zavitz 1927)."

Early soybean breeding in Canada (before 1920) primarily involved the meticulous separation and selection of pure lines from heterogeneous seed introductions. "For example, Zavitz selected and evaluated 34 lines from nearly 10,000 plants from the Habaro cultivar obtained from the" USDA in 1909 (Zavitz 1927).

In 1923 A.E. Matthews and F.W. Dimmock of the Central Experimental Farm (CEF [part of the Dominion Experimental Farms]) conducted a soybean trial at the Harrow Research Station (HRS). "Dimmock continued soybean testing at Harrow until 1929, when Casper Owen took over (Ward 1978)."

The pioneering work of Zavitz (OAC), Dimmock (CEF) and Owen (HRS) to identify and develop soybean varieties adapted to southern Canada created "a base of soybean germplasm and technical knowledge that would support evolution of the soybean crop during and after" World War II.

During and after the war, the main soybean breeders in Canada were C.W. Owen at HRS and F. Dimmock at CEF. Varieties released after 1940 were mainly the result of

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pollinations among earlier selections from plant introduction and of pedigree selection procedures (Bernard et al. 1988).

The rapid growth in Canadian soybean production in mid-1940s can be attributed to: A large growth in the demand for oil and protein during the war, the appearance of Victory Mills Ltd. in Toronto, improved varieties, promotion and extension efforts by Ivan M. Roberts (of the Field Husbandry Dept. of OAC in 1948 but agronomist for Victory Mills by 1953), and improved inoculant produced by the Microbiology Dept. of OAC. From the 1940s until the late 1970s nearly all of Canada's soybeans were produced in five southwestern Ontario counties: Elgin, Essex (incl. Pelee Island in the middle of Lake Erie; a southernmost point in Canada), Kent, Lambton, and Middlesex (see map near front of book).

Key soybean varieties of the period 1940-1970 are shown in Table 3. One key variety was Harosoy, released by HRS in 1951. Other key soybean breeders were Baldur Stefansson (from 1952) at the University of Manitoba that lead to Portage and Altona. G.E. Jones (from 1953) at OAC that led to Vansoy. John Giesbrecht (from 1959) at Morden (southern Manitoba) that led to Morsoy. A.A. Hildebrand was a pathologist who pioneered early research on phytophthora root rot; he worked with Owen to establish a program of disease resistance breeding at Harrow.

The 1960s: In 1961 Dimmock retired from CEF and was replaced by Lorne Donovan as an adjunct to his corn breeding program. In 1963 Owen retired from HRS and was replaced by R.I. Buzzell. Very early maturing introductions came from Sven Holmberg of Sweden. "Holmberg's material proved to be significant germplasm for Canadian soybeans. He derived it from crosses involving Manchurian and northern Japanese germplasm selected under the cool short-season environments (58º30'N) of Fiskeby, Sweden (Tanner 1973)."

Harosoy 63 dominated Canadian soybean production by the late 1960s. During this decade "two Ontario counties (Essex and Kent) produced nearly two-thirds of the Canadian soybean crop."

In 1974 H. Voldeng took over the soybean breeding program at CEF. In 1976 W. Beversdorf joined the University of Guelph with split responsibilities in soybean and field bean breeding and genetics. In 1982 G. Ablett initiated a soybean breeding program at the Ridgetown College of Agricultural Technology (RCAT). In 1976 CEF released Maple Arrow, a milestone cultivar, with parentage that included a Holmberg line. Maple Arrow, which was well adapted to the short-season areas of Ontario, combined with the higher prices of the early 1970s, sparked a soybean expansion northward and eastward.

The last two sections of this chapter are the longest and most detailed.

Figures show: (1) Graph of soybean production in Canada, 1945-1991. (2) Average yield of soybeans in Canada, 1938-1992.

Tables: (1) Early soybean selections and evaluation (OAC No. 211, Mandarin, Habaro No. 20405, Early Yellow). For each is given: Average height (inches), green fodder production (tons / acre). Yield of grain (lbs / acre). Source: Zavitz 1927.

(2) Early Canadian soybean cultivars (OAC 211 {released 1923}, A.K. (Harrow) {1933}, Mandarin (Ottawa) {1934}, Kabott {1937}, Pagoda {1939}, Goldsoy {1938}). For each is given: Source (pedigree, e.g., Habaro). Institution (e.g., OAC). Year licensed or released (1923-1939). (3) Canadian soybean cultivars of 1940-1970 (Harman {released 1943}, Capital {1944}, Manchu (Montreal) {1944}, Harly {1951}, Harosoy {1951}, Acme {1953}, Comet {1953}, Hardome {1953}, Crest {1957}, Merit {1959}, Portage {1964}, Altona {1966}, Harwood {1970}, Vansoy {1970}). For each is given: Pedigree, institution, year.

(3A) Public and private breeding of soybeans, Canada and USA, 1973-1992. The impact of privately funded soybean breeding programs has increased steadily since 1973, when the first privately bred variety was registered in Canada. This "private" variety was bred by N.R. Bradner in the USA and introduced to Canada by St. Clair Grain and Feed (a division of Maple Leaf Mills Ltd.). In 1973 in Canada there were 170 acres of privately bred soybean seed compared with 14,181 acres developed by publicly funded breeders. In 1982 the figures were 6,066 and 27,354 respectively. In 1987 the figures were 28,148 and 29,960 respectively. And in 1992 the figures were 43,004 acres private and 26,727 acres public. In this 20-year period, 120 private soybean varieties and 51 public varieties were registered. 27% of the private varieties and 81% of the public varieties came from U.S. breeding programs.

(4) Typical breeding cycle in the University of Guelph breeding program. Columns: Year and season, activity, location. The typical cycle is about 8 years. (5) Canadian soybean breeding programs (1991): Columns: Organization (public sector and private sector). Breeder (6 + 5 = 11 breeders in both sectors).

The Ontario Soybean Growers' Marketing Board identified export opportunities for both large-seeded yellow hilum cultivars (for tofu and miso) and small-seeded cultivars (natto type) in Pacific Rim markets. "The first natto-type emerged from CEF [Central Experimental Farm, Ottawa] in 1981, six years after D. Durksen of Continental Grain Company reported the potential export opportunity for small-seeded soybean to Japan. King Grain (N.R. Bradner) and CEF (Harvey Voldeng) each released three additional natto-type cultivars (Nattoking 86, Nattoking 87, Nattoking 88, Canatto, Nattosan and TNS) during the 1980s" (p. 8-9). Address: 1. Ciba Seeds, Greensboro, North Carolina; 2. Agriculture and Agri-Food Canada Research Station, Harrow, Ontario; 3. Ridgetown College of Agricultural Technology, Ridgetown, Ontario; 4. Agriculture and Agri-

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Food Canada Research Station, Ottawa, Ontario.

11044. Carper, Jean. 1995. Stop aging now. New York, NY: HarperCollins. 354 p. *

11045. Grogan, Bryanna Clark. 1995. The (almost) no-fat holiday cookbook: Festive vegetarian recipes. Summertown, Tennessee: The Book Publishing Co. 192 p. Index. 21 cm. [26 ref]
• ***Summary:*** This low-fat vegan cookbook, containing a wealth of soy-related recipes, features 18 menus for celebrating holidays from around the world. Address: Denman Island, east of Vancouver, British Columbia, Canada.

11046. Hagler, Louise. 1995. Lighten up! Tasty, low-fat, low-calorie vegetarian cuisine. Summertown, Tennessee: The Book Publishing Co. 160 p. Illust. Index. 23 cm.
• ***Summary:*** This is a vegan cookbook containing over 130 easy-to-prepare recipes, including many soyfoods recipes: about 26 tofu recipes, 5 tempeh recipes, 7 textured vegetable protein recipes, and 3 miso recipes, plus recipes using wheat gluten and quinoa.

Contents: Introduction. Snacks and appetizers: Dips and spreads, salsas, finger foods, fresh juices. Salads and dressings: Salads as a main dish, light salads, salad dressings, sauces and pestos. Soups: Main dish soups, light soups. Mainly beans. Mainly grains. Mainly pasta. Mainly tofu, tempeh and: Textured vegetable protein. Vegetables: Greens of all kinds, spring and summer vegetables, fall and winter vegetables. Lighter sweet things: Lighter pies, cakes, tarts and cookies, lighter sweet toppings, fruit treats.

A color photo on the rear cover shows "Louise Hagler, best-selling author and editor of *Tofu Cookery, Tofu Quick and Easy,* and the original *Farm Vegetarian Cookbook,* has been a creative vegetarian since 1969." Address: Summertown, Tennessee.

11047. Harlan, Jack R. 1995. The living fields: Our agricultural heritage. Cambridge, England, and New York, NY: Cambridge University Press. xi + 271 p. Illust. Index. 24 cm. [231 ref]
• ***Summary:*** In Chapter 6, "The Far East" (p. 144-172), a map (p. 145) shows early Neolithic sites in China, P'ei-li-kiang and related cultures, south Chinese Neolithic sites, and the distribution of loess of different depths. The end of the Pleistocene and start of the Holocene in China was, as elsewhere, a dynamic time. On the loess terraces of north China, the Mesolithic / Neolithic threshold was crossed around the middle of the 7th millennium B.C. The earliest known Neolithic culture of the region is the P'ei-li-kiang; it is now well known from some 40 sites in Henan and other provinces in northern China. Neolithic cultures were based on millets in the north and on rice in the south, during the period 6500 and 5000 B.C.

"Among the earliest compilations of Chinese literature is the *Book of Odes* (*Shih-Ching*), an assemblage of fragments from the eleventh century to the middle of the sixth century BC. Botanically, it is the most informative of on the early literatures and mentions about 150 plants, as compared to 55 in Egyptian literature, 83 in the Bible and 63 in Homer (Ho 1969). In the Odes, panicum millet is mentioned 27 times, the mulberry 20 times, and *Artemisia* is mentioned 19 times with 10 varieties.

"The soybean was first mentioned in 664 BC in connection with a tribute paid to the Chou by the Shan-Jung, the mountain Jung tribe." Note: The source of this information and the date 664 BC is: Ho, Ping-ti. 1975. *The Cradle of the East.* Chicago, Illinois: University of Chicago Press. p. 78-79. In the section titled "The crops," the soybean is discussed (p. 151-52).

In Chapter 8, "Some traditional techniques," the section on "Processing" (p. 235) describes how soybeans are made into tofu, with okara remaining. The author used to make his own. "Hand-turn rotary querns were devised primarily in Asia and these were probably the prototypes for water and wind mills that came in about Roman times" (p. 234).

The big picture: From the start of the Holocene, about 10,000 years ago, people around the world were moving in the direction of food production. "This could have been the result of post Pleistocene adjustments. With the extinction of most of the Pleistocene fauna, humans had to change their way of living. All over the world people turned their attention to smaller game, a greater variety of both plants and animals in the diet, smaller, more refined and more efficient stone tools, a greater emphasis on food plants, etc. These trends seemed to have pushed on of their own momentum toward the cultivation of plants and the domestication of animals."

Table 9.1 (p. 242) lists the world's 30 leading food crops in terms of estimated edible dry matter (million metric tons). The top 5 are: Wheat (468), maize (429), rice (330), barley (160), and soybean (88). These top 5 are all annuals.

Table 9.2 (p. 243) shows that cereals comprise 72.35% of world food production, roots and tubers 6.86%, pulses 6.35%, all meat, milk and eggs 6.0%, sugar 5%, and oil 3%.

This book is filled with interesting information and fascinating stories: Dogs as domesticated wolves (p. 48). Meetings in 1930 and 1932 at the Harlan home in Washington, DC, between Harlan's father and Nikolai Ivanovich Vavilov (a brilliant, charismatic, intense, and very curious man) and the written code they developed. Vavilov was eventually declared an enemy of the people, taken to prison, and executed by starvation. The dark, malevolent cloud of Lysenko–who took his place–was looming over him, with Stalin in the background. By 1978 he had been "rehabilitated" and the Vavilov Institute of Plant Industry (VIR) was created at St. Petersburg, with his office as a

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sort of shrine. Vavilov was in charge from 1920 to 1940 and pursued a vigorous program of germplasm collection, evaluation, and utilization. His "centers of origin" concept captured the scientific world, but it has not withstood the test of time. Scientists now treat each crop separately and consider origins on an ecological basis (p. 50-54).

Harlan has visited more than 80 countries and introduced to the USA more than 15,000 accessions, mostly for the USDA. His home base was initially at Oklahoma State University, later at the University of Illinois at Champaign. Address: Prof. Emeritus Plant Genetics, Agronomy Dep., Univ. of Illinois.

11048. Herbst, Sharon Tyler. ed. 1995. The new food lover's companion: Comprehensive definitions of over 4000 food, wine, and culinary terms. 2nd ed. Hauppauge, New York: Barrons. xvi + 715 p. 18 cm. 1st ed. published 1990. Barron's Cooking Guide. [325* ref]
• ***Summary:*** This carefully researched and well written dictionary of food terms also contains 21 useful appendixes and a good bibliography. All enquiries should be directed to: Barron's Educational Series Inc., 250 Wireless Blvd., Hauppauge, New York 11778.

Soy and related entries can be found under the following headings: Adzuki bean (also azuki), agedashi, cheese–imitation cheese (generally includes tofu and lecithin), fermented black beans (also called Chinese black beans and salty black beans), flour–gluten flour, kecap manis / ketjap manis, kudzu, milk (see soy milk), miso, natto, okara, queso fresco (also called queso blanco), quinoa, seitan, shoyu (Japanese for soy sauce), soybean, soybean oil, soy flour, soy milk, soy pea (see soybean), soy sauce (light soy sauce, dark soy sauce, Chinese black soy, tamari), tempe or tempeh, tofu (also called soybean curd and bean curd).

11049. Hsiung, Ping-chen. 1995. To nurse the young: Breastfeeding and infant feeding in late Imperial China. *J. of Family History* 20(3):217-238. *
• ***Summary:*** As sources, the author uses medical texts and family records. Practical examples from medical case records, and biographical and family documents, reveal people's real experience with breastfeeding and infant feeding. Address: Inst. of Modern History, Academia Sinica, Taipei, Taiwan.

11050. Kirchner, Bharti. 1995. The bold vegetarian: 150 inspired international recipes. New York, NY: HarperPerennial. xii + 286 p. Illust. (by Barbara Balch). Index. 24 cm.
• ***Summary:*** The author, a woman, draws on her Indian background for seasonings, but has been strongly influenced by her home in North America and world travels. The index contains 6 entries for tofu, 4 for tempeh, and 2 for miso–plus 1 for Soy-glazed napa cabbage (from Japan, with low-sodium soy sauce, p. 114-15). Address: Seattle, Washington.

11051. Mindell, Earl. 1995. Earl Mindell's soy miracle cookbook: 70 simple, tasty ways to add soy protein to your diet. New York, NY: Simon & Schuster. A Fireside Book. 91 p. No Index. 22 cm.
• ***Summary:*** The title page states that the recipes in this book were previously published in *Earl Mindell's Soy Miracle* (1995). At the end of each recipes is the source. Many of the recipes were developed by Judith Eaton, M.S., R.R., and Karen Lefkowitz, M.S., who have been tofu advocates for many years. "Judith and Karen run Nutrition Services, a consulting firm in Pomona, New York.

Contents: Salads. Spreads, dressings and sauces. Soups. Main dishes. Breads and breakfasts. Desserts.

The main soyfoods used–in descending order of predominance–are: Tofu (in 47 recipes). Soymilk (13, incl. Vitasoy and Edensoy). Tempeh (8). Texturized soy protein (3). Soy flour (3). Natural Touch okara patties (2) Miso (1). Soy sauce is used here and there as a seasoning.

Note: This is not a vegetarian cookbook. Ground beef, chicken, crabmeat etc. are used in a relative small proportion of the recipes. Address: R.Ph, PhD, registered pharmacist and Prof. of Nutrition at Pacific Western Univ. in Los Angeles. He lives in Beverly Hills, California.

11052. Nakano, Makiko; Smith, Kazuko. 1995. Makiko's diary: a merchant wife in 1910 Kyoto. Translated with Introduction and Notes by Kazuko Smith. Stanford, California: Stanford University Press. xii + 256 p. With introduction and notes by Kazuko Smith. Illust. Maps. Index. 24 cm. [100+* ref]
• ***Summary:*** This diary was written by Makiko Nakano (1890-1978). A somewhat blurry photo of her (taken ca. 1910) faces the title page. Sample pages from her actual diary are shown occasionally (see p. 56). She is married and her parents also both live in Kyoto. Tofu and miso were a regular part of her family's diet.

Jan. 1 [1910] (p. 57). Jan. 1. New Year's day. Black [soy] beans (*kuromame*) are served for lunch.

Feb. 1 (p. 81): "Because it was a cold night with a howling wind outside, I decided it would be a good chance to make frozen tofu. I took the tofu I bought for this purpose out onto the big roof, poured hot water over it, and left it there overnight. It was bitter cold. I thought my ears were going to freeze." Endnote (p. 82): "5. *Kôya-dôfu* or *shimi-dôfu.* Freezing coarsens the tofu, which then takes on a distinctive flavor when cooked in a mixture of soy sauce and sugar."

"The family custom was to serve the same menu on the first day of each month." That menu was miso soup. salad of grated radish and carrots, and broiled mackerel."

Feb. 2. As soon as she awoke in the morning, she thought about the tofu she had left outside the previous night.

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She hurried up to the roof in spite of the cold. "It was frozen solid. In fact it was so thoroughly frozen and stuck to the board that pouring hot water over it did not help much to loosen it." She was finally able to dislodge it by pounding it with a hammer for some time. She cooked it with *katsuo-dashi* right away and served it to her husband for breakfast. He complained about it (p. 82).

On Feb. 2 she again put out tofu on the roof to freeze. First thing next morning she rushed up to se it. "It was beautiful! I soaked it in hot water first, then cooked it in soy sauce, *sake,* and sugar. It was perfect and he liked it! My experiment was a success."

Note: This is the earliest English-language document seen (April 2013) that uses the term *shimi-dôfu* to refer to dried-frozen tofu.

Kôya-dôfu is mentioned on page 93. Regular tofu is mentioned on pages 10, 24, 25, 60, 68, 87, 89, 93, 117, 227. Soy sauce is mentioned on pages 82, 83, 225, and 252. Miso is mentioned on about 21 different pages (see index). Address: Kyoto, Japan.

11053. National Dairy Council. 1995. The all-American guide to calcium-rich foods. Rosemont, Illinois. 8 panels. 23 cm.

• ***Summary:*** "It is very difficult to get all the calcium you need without eating Milk Group foods." The five most concentrated sources of calcium are: (1) Yogurt, plain, nonfat (1 cup): 452 mg. (2) Tofu, with calcium sulfate (½ cup): 434 mg. (3) Yogurt, plain, lowfat (1 cup): 415 mg. (4) Cheese, Swiss (1½ oz): 408 mg. (5) Milkshake, chocolate (1 fl oz): 319 mg.

"Calcium supplements: There are a wide variety of calcium supplements on the market... There are no benefits from taking more than your RDA for calcium. In fact, high doses of calcium may interfere with the absorption of other nutrients, like iron. The National Academy of Sciences recommends that individuals do not consume more than 1,000 milligrams of calcium per day from supplements." Address: Rosemont, Illinois.

11054. Northrup, Christiane. 1995. Heal your symptoms naturally. Potomac, Maryland: Phillips Publishing Inc. 18 p. 28 cm.

• ***Summary:*** In the section titled "Natural healing for menopause" (p. 1-3) Dr. Northrup advises women to take natural progesterone, since their body stops producing its own progesterone during menopause. This supplement provides relief from both hot flashes and mood swings for many women. "For two weeks out of every month, use a little progesterone cream on the soft areas of your skin, changing sites often... Another form of natural progesterone is plant progesterone. There are many sources. The most common are soy foods and yams (not sweet potatoes)." Also take a safe form of estrogen–estriol. It can be applied as a vaginal cream and may protect against breast cancer. "Natural estrogens such as estriol have been in use for over 50 years, and are considered generic. Although these natural hormones aren't very common in the U.S., estriol is one of the more popular estrogens in Europe." To find a U.S. source call the Women's International Pharmacy at 1-800-279-5708.

"Natural plant hormones with estrogen-like effects are found in soy products, such as soy milk, tofu and miso, in addition to cashews, peanuts, oats, corn, wheat, apples and almonds. Japanese women go through menopause more easily than American women, partly because their diet is so high in the natural estrogens found in soy products. (Note: If you still have your uterus, never take estrogen of any kind without balancing it with progesterone.)"

In the section titled "Natural healing for breast cancer" (p. 6-7) notes that you can lower your risk through diet. "Eat soy products, You can also protect your breasts with tofu. A study published in the September 1994 issue of the *American Journal of Clinical Nutrition* demonstrated that women who ate 60 grams of soy protein per day (about 2 ounces) had changes in the estrogen levels that were similar to the effects of tamoxifen–an antiestrogen drug that is undergoing study as a possible prophylactic agent in women who are at high risk for breast cancer.

"The effects of soy protein on hormonal levels are thought to be from estrogen-like substances in soybeans called isoflavones. These behave like partial estrogen agonists/antagonists, which means they help increase the effects of estrogen in women who have estrogen levels that are too low, while helping to decrease the effects of estrogen in women whose estrogen levels are too high.

"While we're waiting for more research on the subject, I'd recommend adding soy protein to your diet regularly. In addition to tofu, soy protein is found in tempeh, miso and natto. These products are sold in many grocery stores and in almost all health food stores." Address: M.D. (gynecologist), Women to Women, Yarmouth, Maine.

11055. Pankey, Susan M. 1995. Why the brown bean was blue: The story of a soybean frown turned upside down. 2nd ed. Nebraska: Nebraska Foundation for Agricultural Awareness. 32 p. Illust. by Libby Mortensen. No index. 23 cm. 1st ed. 1992.

• ***Summary:*** This is a children's book, written in rhyming verse, about the many things that can be made from soybeans. The soybean is "blue" (unhappy) because people don't understand all the great things that it can do. From soybeans we can make soybean oil, mayonnaise, margarine, soap and shampoo, insecticides, varnish and paint, lecithin (used in medicines and chocolate bars), soy flour, hot dogs, soy sauce, tofu, soybean meal for livestock feeds, soy ink, glue.

Also describes how soybeans are grown and crushed to yield soybean oil and meal. This edition is printed with

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soy ink on recycled paper. Both the first edition (1992) and this second edition were published by the same Nebraska Foundation for Agricultural Awareness with funding from the Nebraska Soybean Board. Project coordinated by Ellen Hellerich, Nebraska Agriculture in the Classroom (Lincoln, Nebraska). Address: Upstate New York.

11056. Pelosi, Bruno; Christmann, Volker; Aepli, Beatrice. 1995. Vegetarisch kochen mit Tofu. 2., vollst. ueberarb. Ausg. [Vegetarian cooking with tofu. 2nd ed., completely revised]. Kuettigen / Aarau, Switzerland: Midena Verlag. 104 p. Illust. (color photos). 22 cm. [Ger]*
• ***Summary:*** Previously published under the title *Fantasievolle Sojakueche.*

11057. Plenty International. 1995. From the global kitchen: A collection of vegetarian recipes. Summertown, Tennessee: The Book Publishing Company. 124 p. Illust. (57 photos). Index. 21 x 18 cm.
• ***Summary:*** Contents: Foreword, by Virginia & Mark Messina. Introduction. Local ingredients–Cooking tools. Description of uncommon ingredients. Recipe notes: Flours (incl. soy flour), tofu, grating tofu and tempeh, replacing okara with grated tofu or tempeh, cooking, breaking and dehulling soybeans, hand mills and blenders. 1. North America: The Bronx, Native Americans (Oglala Lakota people at Pine Ridge Reservation in South Dakota), recipes (main dishes, salad, breads, desserts). 2. The Caribbean: Introduction (Jamaica, Dominica), recipes. 3. Central America: Introduction (Belize, Guatemala, Nicaragua, Casta Calderon's first experience with soy foods in Nicaragua), recipes. Africa: Introduction (Lesotho, Liberia), recipes. Sri Lanka: Introduction, recipes.

This remarkable, first-of-its-kind book by Plenty International tells the story of the pioneering work they have done over a period of several decades to introduce soyfoods to the Third World. The many vegetarian recipes in each section (each containing at least one soy ingredient, and based mostly on traditional soyfoods) are innovative and well adapted to that region. The 51 black-and-white photos, plus 6 color photos on the front and rear covers, add joy and a human face to the book. Much of the text is by Chuck Haren. Address: P.O. Box 394, Summertown, Tennessee 38483. Phone: (615) 964-4864.

11058. Sass, Lorna J. 1995. Lorna Sass' complete vegetarian kitchen: Where good flavors and good health meet. New York, NY: Hearst Books. xiv + 492 p. Index. 26 cm. [35+* ref]
• ***Summary:*** First published in 1992 as *An Ecological Kitchen: Healthy Meals for You and the Planet* (William Morrow–which see). This innovative vegan cookbook offers 250 cholesterol-free recipes. It features a complete glossary of wholesome ingredients for stocking the vegan pantry (no meat, dairy, or eggs). Address: New York City.

11059. Sol Cuisine. 1995. Organic T-Nugget (Vegetarian Tofu Nuggets). Mississauga, Ontario, Canada. [Eng; Fre]

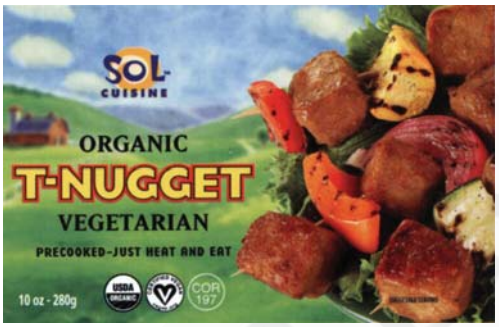

• ***Summary:*** Leaflet (printed in 2004) sent by Lorraine Guardino of Sol Cuisine. 2013. March 11. A small color photo shows the front of panel of this product's package. It weighed 10 oz, 280 gm. "Cubed, marinated and baked. Wheat & gluten free. Certified organic. Kosher."

E-mail from Lorraine Guardino (in reply to a request for more information about this product). 2013. March 14. "Tofu Nuggets: First made for our own Vegetarian Restaurant. 1995 or 96 (uncertain). Then added to our foodservice offering (only had a very few customers) Put into small see through packages in about 1996 and sold through the small retail section of our restaurant. Continued making on a small scale until approximately 2006. Sold only in the Toronto area. Very labor intensive product to make. Cube tofu, marinate, coat and bake, cool and package. The name never changed.

"Mysterious customer story: We were contacted by a chef (cannot remember his name) who had heard about our tofu nuggets and wanted to try them. He was in Los Angeles and I sent a sample to the airport. He picked them up there. Would not say who they were for. He began ordering a small case every couple of months (approx. 10 lbs). I packed with ice packs and took to the airport (cannot remember any address, I believe I just dropped them at the cargo area). The only thing he every told me was that he did not want anyone to know who they were for. We all thought that was very interesting and it was clear money was not an issue. (They were a nice product when cooked properly they were outstanding. However, a lot of people would over heat etc...)." Address: Mississauga, Ontario, Canada. Phone: 905-502-8500.

11060. Weil, Andrew. 1995. Spontaneous healing: How to discover and enhance your body's natural ability to maintain and heal itself. New York, NY: Alfred Knopf / Ballantine Books. viii + 309 p. Index. 21 cm. [75 endnotes]
• ***Summary:*** This superb, landmark book, which provides a positive alternative to the American medical system, was written by an articulate, practicing physician (a graduate of Harvard Medical School in Massachusetts), and was

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No. 1 on *The New York Times* bestsellers list. Dr. Weil advocates "integrative medicine," which takes the best from conventional / standard medicine and alternative / wholistic medicine. He also urges individuals to take responsibility for their own health by living and eating in a way that supports that body's natural healing ability.

Dr. Weil strongly recommends soyfoods. In the chapter titled "A healing diet" Dr. Weil recommends a near vegetarian diet, but he recommends consumption of fish (p. 147-48) as a very healthy source of protein, although he cautions that many may be contaminated.

In the section on "Soybeans" (p. 149) he notes that they contain much more protein than other beans, plus significant amounts of polyunsaturated fat. Soy protein can be transformed into a remarkable variety of foods, including "facsimiles of animal foods" [meat and dairy alternatives]. "There may be great health benefits to soy that are just coming to light. They contain a group of chemicals called phytoestrogens that may offer significant protection against prostate cancer in men and estrogenically driven diseases in women, including breast cancer, endometriosis, fibrocystic breast disease, and uterine fibroids, as well as the discomforts of menopause. Low incidence of these conditions among Japanese women may be due to their high consumption of soy foods, especially tofu." At the end of this section he makes two basic recommendations for changing your diet "in a direction that favors spontaneous healing." (1) "Eat less protein." (2) "Begin to replace animal protein in the diet with fish and soy protein." This will "both reduce your exposure to toxins and other harmful elements in meats, poultry, and milk and gain the benefits of health-promoting components of fish and soybeans." At the end of this chapter (p. 153) he gives a brief nine-point summary of his recommendations for a healing diet, including "Try to replace animal protein foods with fish and soyfoods."

In the chapter titled "An eight-week program for optimal healing power," Dr. Weil includes many specific recommendations for soyfoods (p. 212-17). For each week, their are recommendations in four areas: Projects, diet, exercise, and mental / spiritual.

In the section on "Men's health problems" (p. 260), he advocates increased consumption of soyfoods; "their phytoestrogens might protect the prostate from the unbalanced effect of male sex hormones." In the section on "Women's health problems" (p. 265-66), he again advocates increased consumption of soyfoods "for their protective phytoestrogens." Address: M.D., Director, Program in Integrative Medicine, Univ. of Arizona, Tucson.

11061. Wibisono, Djoko; Wong, David. 1995. The food of Singapore: authentic recipes from the Manhattan of the East. Boston, Massachusetts and Singapore: Periplus. 120 p. See p. 104. Introduction by Lee Geok Boi. Illust. (color by Luca Invernizzi Tettoni). Map. Index. 20 x 23 cm.

• ***Summary:*** In the section on "Poultry," the recipe for "Duck in fragrant soy sauce" (p. 104) has a headnote which begins: "A Teochew favorite sometimes made with goose, this is a simple but very tasty way of simmering duck in soy sauce flavored with 'black' spices (cinnamon, star anise and cloves)." The ingredients include: "4 cups light soy sauce. 3 tablespoons black soy sauce."

Note 1. This is the earliest English-language document seen (April 2012) that contains the term "fragrant soy sauce," which refers to a kitchen preparation rather than to a commercial product."

Note 2. Teochew food, from southern China, is characterized by steaming, light soups and fish dishes (p. 15).

Bean curd is mentioned on pages 10, 27, 48 (dried bean curd), 52 (firm bean curd), 66, 68.

Black soy sauce is mentioned on pages 14, 33, 39, 42, 52, 58, 64, 72, 82, 86, 98, 102, 104. Note: This appears to be a commercial product.

Deep-fried beancurd (*tau foo pok*) is mentioned on page 27.

Note 3. This is the earliest English-language document seen (April 2013) that contains the term *tau foo pok.*

Fermented bean curd (*nam yee*) is mentioned on page 27.

Soy sauce is mentioned throughout this book, including "light soy sauce" (which is saltier and paler than the dark black variety), "sweet soy sauce" (Indonesian, p. 33 [probably *kecap manis*]), and "black soy sauce."

Yellow bean sauce is mentioned on page 32. Address: 1. Executive Chef; 2. Chef responsible for Chinese cuisine. Both: The Beaufort Sentosa, Singapore.

11062. Zedong, Mao; Schram, Stuart R.; Hodes, Nancy Jane. 1995. Mao's road to power: Revolutionary writings 1912-1949. Volume III. From the Jinggangshan to the establishment of the Jiangxi Soviets, July 1927–December 1930. Armonk, New York; London: M.E. Sharpe. lxxvi + 771 p. See p. 323. 24 cm. [400+* ref]

• ***Summary:*** In the section titled "Xunwu investigation (May 1930, p. 296-419) we read (p. 323): Dried bean curd roll [lit., curd bamboo] [sic, dried yuba roll]. This is made of thin sheets of bean curd [sic, yuba] rolled into tubes. One *jin* costs 2 *mao* and several *fen;* annual sales are 40 to 50 *jin.* It comes from Xingning.

"*Doufumei* [lit., bean curd mold]. This is fermented bean curd that comes from Mei xian. It is made from three items: soybean milk, taro, and flour. It is not made the way the dried bean curd [*doufu-gan;* pressed tofu] used by the common people is made."

Bean curd [tofu] is mentioned on pages 184 ("Spoiled bean curd is not spoiled bean curd"), 335-36 (section titled "Bean curd"), 347.

Soybean is mentioned on pages 318 (soybean business), 323 (soybean milk used in Doufumei), 336 (soybean residue

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[okara]), 343 (yellow soybean sprout). Address: China.

11063. **Product Name:** [Spicy Hot Tofu Hot Dogs].
Foreign Name: Tofu Knacker–Picoso.
Manufacturer's Name: Albert's Tofuhaus.
Manufacturer's Address: Hauptstrasse 13, D-6719 Lautersheim, West Germany. Phone: 06351-43718.
Date of Introduction: 1995?
How Stored: Shelf stable.
New Product–Documentation: Label brought by Albert Hess of Albert's Tofuhaus. 1995. March 11. 2.5 by 4 inches. White and black on green. An illustration shows a large personified cake of tofu, with smiling face and arms held out. This product is made for Albert by Viana.

11064. **Product Name:** [Orgal Soy Drink Powder, Sweet Cakes of Maize and Rice with Soya, Soya Medallions (Baked, Organic), Organic Soy Fiber Drink].
Foreign Name: Orgal Bebida de Soja, Galleta Dulce de Maiz y Arroz Inflado con Soja, Medallones de Soja (100% Orgánico), Bebida de Fibra de Soja Orgánica (100% Orgánico).
Manufacturer's Name: Alimentaria Rosco S.A.
Manufacturer's Address: Buenos Aires, Argentina. Phone: 54 2477 497136.
Date of Introduction: 1995?
Ingredients: Water, organically grown soybeans, strawberry pulp, rice, sugar, pectin, lactic acid bacteria (*fermentos lácticos*), strawberry essence (*esencia de frutillas*).
Wt/Vol., Packaging, Price: 200 gm plastic yogurt cup.
How Stored: Refrigerated.
New Product–Documentation: Visit with Carlos Planes at Soyinfo Center in Lafayette, California. 2012. Feb. 23. Carlos brought an original sell sheet for these products (4 panels, each 8.25 by 6 inches). On each panel is a description plus a photo of and recipes for each product. Carlos says they used to make a tofu with 3 months shelf life at room temperature.

11065. **Product Name:** Tofu, Soymilk.
Manufacturer's Name: Din Ho Foods, Inc.
Manufacturer's Address: 5475 Rotterman St., Montreal, QUE H4P 1J3, Canada. Phone: 514-735-9503 or 9502.
Date of Introduction: 1995?
New Product–Documentation: Name and address sent by Marc Ham of Prograin in Quebec. 1996. Feb. 1. This company makes tofu and soymilk.

11066. **Product Name:** Tofu, Soymilk.
Manufacturer's Name: Les Aliments Fontaine Santé.
Manufacturer's Address: St.-Laurent St. 4560, QUE H4M 2N5, Canada. Phone: 514-956-7730.
Date of Introduction: 1995?
New Product–Documentation: Name and address sent by Marc Ham of Prograin in Quebec. 1996. Feb. 1. This company makes spreads using tofu, hummous, tahini, etc. The owner is Mr. Di Savioz.

11067. **Product Name:** [Soy Sprouts, Tofu, Soymilk].
Foreign Name: Germes de haricot (Chop suey), Tofu, Boisson de Soja.
Manufacturer's Name: Les Aliments Panda Foods Inc.
Manufacturer's Address: 4800 St.- Ambroise, Suite 110-111, Montreal QUE H4C 3N8, Canada. Phone: 514-846-0824.
Date of Introduction: 1995?
New Product–Documentation: Name and address sent by Marc Ham of Prograin in Quebec. 1996. Feb. 1. The name of the owner / director is Vinh Sieu Tran.

11068. Missouri Soybean Merchandising Council. 1995? Soybeans–Good food for good health. Jefferson City, Missouri. 12 p. Each panel ranges in size from 7.5 x 9.5 cm to 14 x 9.5 cm. Undated.
• ***Summary:*** Printed with green soy ink on white paper, each page of this little booklet is a different height to serve as a sort of tab index. Contents: Good nutrition. Heart disease. Cancer prevention. Other diseases: Osteoporosis, diabetes. Adding soyfoods to your diet is not as hard as you might think: Soymilk, tofu, isolated soy protein, soy flour, whole soybeans.

The information in this brochure is based on "The Simple Soybean and Your Health," by Mark Messina, PhD and Virginia Messina, RD. Though it was developed by the Missouri Soybean Merchandising Council (Susie Oberdahlhoff), any state soybean board could order copies with its name, address, and phone number printed on the back. Address: Missouri. Phone: 507-388-1635.

11069. **Product Name:** [Tofu, Soymilk].
Manufacturer's Name: Super Marché Sun Hing.
Manufacturer's Address: 1050 Boul. St. Laurent, Montreal QUE H2Z 1J5, Canada. Phone: 514-866-8110.
Date of Introduction: 1995?
New Product–Documentation: Name and address sent by Marc Ham of Prograin in Quebec. 1996. Feb. 1.

11070. United Soybean Board. 1995? Introducing a soy-a-mid: How soybeans fit into the eating plan described in the USDA's Food Guide Pyramid (Leaflet). St. Louis, Missouri. 3 panels each side. Each panel: 28 x 21 cm. Undated. [1 ref]
• ***Summary:*** This attractive and elaborate fold-out color leaflet consists of 6 panels, each 8½ by 11 inches. Contains a color reproduction of the USDA Food Guide Pyramid.

"The soybean: A food group unto itself." "Foods derived from whole soybeans, such as tofu and tempeh, are used as a primary protein source in many Asian countries. Tofu is also a good source of calcium in Asian diets where milk and

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milk products are seldom consumed. In fact, a Food Guide Pyramid in China or Japan would see tofu playing a major role in the third tier of the diagram [in the Vegetable Group].

"Think soybeans: Whether you're spreading soybean margarine on your pancakes fortified with soy flour, or experimenting with tofu in your stir fry, remember that soybeans are a versatile food that can play an important role in your personal food guide pyramid." Address: P.O. Box 419200, St. Louis, Missouri 63141-9200.

11071. **Product Name:** Polenta Deliciosa.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1995?
Wt/Vol., Packaging, Price: 12.5 oz. Retails for $1.99.
How Stored: Refrigerated.
New Product–Documentation: Wildwood Natural Foods price list. 1995. Jan. 9.

11072. Olgeirson, Ian. 1996. Boulder tofu company expanding product line: White Wave hopes boomers guzzle soy milk. *Denver Business Journal*. Jan. 4. p. 3A, 17A.
• ***Summary:*** White Wave got its first big break almost 20 years ago when a King Soopers' buyer agreed to stock its products in two stores on a trial basis. "If the tofu did well in the Boulder markets, King Soopers pledged to put White Wave in all of its Colorado outlets. 'Every morning we delivered tofu to the stores,' said president and founder Steve Demos,' and every afternoon I sent my employees out to buy up the remaining stock... Demos [age 46] may not adhere to such guerilla marketing tactics anymore, but the charismatic titan of tofu hasn't lost his zest for the natural foods business... Demos has built his company into the nation's largest industrial seller of tofu, making 150,000 pounds a week on the Boulder factory."

Now he's "preparing to launch a soy milk product called Silk and a line of vegetarian entrees aimed at turning White Wave into the Dannon Yogurt of the soy by-product world. 'I will be called a heretic and then I will be called a genius,' Demos said.

Sheryl Lamb, a sales manager with Mountain People's Warehouse, anticipates a tremendous demand for Silk and for the line of vegetarian entrees called Full Moon Cafe. Demos' primary goal is to establish brand equity for White Wave. A photo shows Demos, dressed casually, leaning against a tree.

11073. Kushi Macrobiotics Corp. 1996. Kushi Cuisine order form. Stamford, Connecticut. 2 p. Revision #3. Jan. 19.
• ***Summary:*** This 1-page (back-to-back) photocopied order form lists 26 meals, seasonings, and snacks, which range in price from $4.39 to $0.99. Soy-related items include: Buckwheat noodles (soba style) + soy-ginger sauce (4 servings, $4.39). Quick brown rice + red azuki beans & onions (4 servings, $2.59). Instant miso soup + garden & sea vegetables + shiitake mushrooms (12 servings, $3.99). Instant chicken-free vegetarian noodle soup + tofu & mushrooms (6 servings, $3.99). Traditional premium (shoyu style) soy sauce (10 oz, $2.99). Wheat-free premium (tamari style) soy sauce (10 oz, $3.59). Postage for $0 to $10.00 is $4.95. Address: P.O. Box 1434, Stamford, Connecticut 06904. Phone: 1-800-200-4184.

11074. Burros, Marian. 1996. Readers write in about fat, pesticides, and safety of tofu: Eating well. *New York Times*. Jan. 24. p. C6. [1 ref]
• ***Summary:*** The author buys and uses only packaged tofu, and believes it is safe to use uncooked.

11075. Fuchs, Victor R. 1996. The tofu triangle. *Wall Street Journal*. Jan. 26. p. A10.
Address: Prof. emeritus, Stanford Univ., and the immediate past president of the American Economic Assoc.

11076. Zibart, Eve. 1996. The very fertile vegan field. *Washington Post*. Jan. 26. p. N24. Weekend section.
• ***Summary:*** The article begins: "It's not unusual anymore for non-vegetarians to eat at such green hot spots as the Health Zone, Food for Thought or Planet X (which is turning into the caterer-of-choice for veggie and vegan alternative rock types). Likewise, its easier and easier for vegetarians to find foods they like at new nutrition-conscious restaurants such as Felix, Greenwood, etc.–as well as at mainstream spots.

Today, more and more restaurants are offering vegan dishes, which contain no animal products whatsoever. A vegan diet precludes not only meat, poultry and seafood, but dairy products, eggs, butter, lard and other animal fats, cream sauces, cheese, etc. Yet that still leaves plenty of room for fine dining.

Most Asian cuisines (except Korean and Filipino) limit the use of dairy products and eggs. Malik, a downtown Thai restaurant, has a dozen vegetarian / vegan entrees, "including several featuring that heart-healthy favorite tofu" in various sauces such as red curry, black bean sauce, and peanut curry.

The Vegetable Garden in Rockville is the only wholly vegan Chinese restaurant in the area, although most Chinese eating place have a good variety of choices. The key words are "mock" and "Buddha." Mock chicken and mock pork are nicknames for tofu and other soy-based meat alternatives. The word "pork" sometimes refers to seasoned tempeh dishes. Since Buddhists are also vegans, correctly labeled "Buddhist delights" contain no animal products.

Most Japanese restaurants offer hot or cold tofu and "lightly salted soybean pods called edamame."

Ends with a directory of ten restaurants in the Washington, DC, area that offer a good selection of vegetarian or vegan dishes.

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11077. Faulkner, Jessie. 1996. Lots of benefits with local tofu. *Times-Standard* (*Arcata, California*). Jan. 24-30. p. 8. Buyers' Guide.
• ***Summary:*** About The Tofu Shop in Arcata, California. Photos show: (1) Soymilk and three types of tofu (Firm Tofu, Tofu-Vegetable Patties, Tofu Snack Sticks) made by The Tofu Shop. (2) Mike Schwartz, tofu maker, monitors the boiler as slurry goes down a chute.

11078. Anderson, James W. 1996. Soy protein lowers blood cholesterol. *Kentucky Soybean Board Annual Soy Research Symposium* 13:13. Held 5-6 Jan. 1996 at Lexington, Kentucky.
• ***Summary:*** Coronary heart disease (CHD) accounts for approximately 600,000 deaths each year in the USA. "Elevated serum cholesterol concentration is a major risk factor for CHD and oxidation of low-density lipoprotein (LDL) has a central role in the atherosclerosis process." Dr. Anderson's meta-analysis indicates that consuming 17 to 25 gm of soy protein per day could have a meaningful effect on lowering cholesterol levels. A photo shows Dr. Anderson, smiling. In front of him on a table are packages of Mori-Nu Tofu and Vitasoy soymilk. Address: M.D., Metabolic Research Group, VA Medical Center and Univ. of Kentucky, Lexington, KY 40511. Phone: 606-281-4954.

11079. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*). 1996. Serial/periodical. Chatham, Ontario, Canada: Ontario Soybean Growers' Marketing Board. Vol. 1, No. 1. Jan. 1996.
• ***Summary:*** Starting in Jan. 1996 (Vol. 1, No. 1) this *Technical Bulletin* (printed in red and black ink on beige paper; 1 page, front and back) was inserted in many issues of *Canadian Soybean Exports.* It had the subtitle: "The Export Newsletter Technical Bulletin by the Ontario Soybean Growers' Marketing Board." It contained technical articles with titles such as: "Evaluation of soybeans for tofu processing." Address: Chatham, Ontario, Canada.

11080. **Product Name:** D'Alterio Healthy Cuisine (All are organic with Tofu): Cheese Ravioli Pergolese, Cheese Tortellini Bologna, Pasta Shells Genovese, Pasta Shells Veneto, or Pasta Fagioli Tuscany.
Manufacturer's Name: D'Alterio Foods Corp.
Manufacturer's Address: 109-18 Northern Blvd., Corona, New York 11368. Phone: 718-779-4770.
Date of Introduction: 1996. January.
Ingredients: Cheese Ravioli Pergolese: Tomatoes*, durum flour*, water, low fat ricotta cheese (skim milk, milk, vinegar, salt, vegetable gums), onions, broccoli, corn kernels, zucchini, red bell peppers, mushrooms, organic tofu (well water, soybeans*, magnesium chloride–a natural coagulant), basil, dried pineapple, canola oil*, imported Parmesan cheese (part skim milk, cheese culture, salt, enzymes), garlic, sea salt, extra virgin olive oil*, spices, vegetable gums, parsley. * = Organically grown.
Wt/Vol., Packaging, Price: 11 oz. (312 gm). Retails for $3.49.
How Stored: Frozen.
New Product–Documentation: Spot in Frozen Food Age. 1996. Jan. p. 48. "Organic frozens are enjoying healthy growth." The section on "D'Alterio Foods" states that this company, of Corona, New York, "has rolled out six pasta dinners and two soups under the D'Alterio Healthy Cuisine Label."

Article in Frozen Food Age. 1996. Sept. "We become what we eat–Healthy Frozen Foods." Guido Marchitelli has spent 55 years developing food products and more than 20 years in food research, for Buitoni Foods and Lipton Tea, and now as the R&D chef for D'Alteria Foods Corp., Corona, New York. In 1995 he won the "Gold Medal" chef of the year award from the Chefs de Cuisine Association of America. He has recently played an instrumental role in D'Alterio's introduction of a premium line of frozen organic Italian foods.

Leaflet (8½ by 11 inch, color–blue and red on yellow) sent by Patricia Smith from Natural Products Expo East (Baltimore, Maryland). 1997. Sept. "Healthy Cuisine. Low fat, natural Italian. You've tried all the rest–Now go for the best." On the front is a color photo showing eight packaged organic frozen entrees. Five of these contain tofu. On the back is a nutritional analysis of each product. The front of each box shows the following: Cheese Ravioli Pergolese: Filled with ricotta, corn, tofu, and Parmigiano cheese. Cheese Tortellini Bologna: Filled with ricotta, corn, tofu, and Parmigiano cheese. Pasta Shells Genovese: Filled with ricotta, corn, and tofu. Pasta Shells Veneto: Filled with ricotta, broccoli, and tofu. Pasta Fagioli Tuscany: Filled with tofu and Jerusalem artichoke.

Talk with Alberto Olavarria of D'Alterio. 1998. Feb. 17. These products were introduced in March 1996 at the Natural Products Expo at Anaheim. The company started in 1972. The address has always been 109-18 Northern Blvd., Corona, New York 11368. Phone: 718-779-4770. Alberto also sends: (1) Product description and ingredient statements; (2) D'Alterio Healthy Cuisine–Products data sheet–incl. nutrition facts on each product.

11081. GEM Cultures. 1996. Catalog [Mail order]. 30301 Sherwood Rd., Fort Bragg, CA 95437. 10 p. Jan. [4 ref]
• ***Summary:*** New additions include *The Simple Soybean and Your Health,* by Virginia and Mark Messina, and a maple tofu kit. Contents: Soycrafters Section: Tempeh, natto, koji starters, miso, koji, tofu boxes, tofu coagulants (natural nigari, Terra Alba naturally occurring calcium sulfate or gypsum). Books. Bread cultures. Dairy cultures. Tea fungus–Kombucha. Sea vegetables. Kitchen items. Ordering

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information. Address: Fort Bragg, California. Phone: 707-964-2922.

11082. Golbitz, Peter. 1996. Meat alternative sales sizzling: Consumer concern about fat intake and the environmental consequences of meat products is prompting the rising sale of meat alternatives. *Natural Foods Merchandiser.* Jan. p. 26.
• ***Summary:*** A graph shows retail sales of meat alternatives in million dollars from 1985 to 1995, and projected to 1999–based on a two recent reports by Soyatech Inc. (contains data to 1994) and Packaged Facts. Sales have grown from $44 million in 1985 to $94 million in 1990, to $180 million in 1995, to a project $376 million in 1999.

Since the early 1990s, the market for meat alternatives has not only continued rapid growth but has now shown health signs of segmentation and product differentiation. One leading veggie burger company promotes its product as "soy free and delicious." Others flag soya content by using the word "tofu" in their product name.

According to a report published recently by the Soyfoods Association of America (SAA), 78% of Americans have heard of tofu, 57% have heard of soy burgers, and 46% are aware of soy hot dogs. The study concludes that this widespread awareness is due to tofu being available in nearly every supermarket and the fact that 77% of consumers purchase tofu in these stores.

Perhaps the most amazing findings in the SAA study are that an estimated 26 million Americans consume soyfoods and 15 million people eat tofu five times or more a year, making it the most popular soyfood in America (not including soy sauce which is a condiment). Soyburgers were the second most popular, having been consumed by 6% of the U.S. population during the past year.

The SAA study also found that consumers who enjoy one type of soyfood are more likely to use another type. For example, nearly 70% of consumers who consumed soyburgers stated that they also ate tofu. Address: President of Soyatech Inc., Bar Harbor, Maine.

11083. INTSOY. 1996. Soybean processing and utilization. June 4-28, 1996. An international training program (Brochure). Urbana, Illinois. 12 panels. 22 x 10 cm each.
• ***Summary:*** Contents: Basic topics to be presented in the 1996 course are the same as for the 1995 course. Professional opportunities. Cost and travel information (the course costs $4,300 plus an estimated $1,600 for room, board, and other local living expenses. INTSOY is unable to offer scholarships). This is the 16th offering of the training program. Some 170 persons from 26 countries have attended the course. Danny Erickson is the training officer in charge. Address: International Soybean Program, Univ. of Illinois, 169 Environmental and Agricultural Sciences Building, 1101 West Peabody Drive, Urbana, Illinois 61801. Phone: (217) 333-6422.

11084. Lai, Benny. 1996. Dah Chong Hong–A pioneer in using Ontario soybeans. *Canadian Export Soybeans* (*OSGMB, Chatham, Ontario, Canada*) 9(1):2. Jan.
• ***Summary:*** In the mid-1970s Mr. Lai was working in the Food and Edible Oil Dept. of Dah Chong Hong's head office in Hong Kong. He and co-workers imported 800 bags of Ontario special quality white hilum soybeans into Hong Kong for testing. They distributed the soybeans to more than 30 manufacturers of soybean curds, tofu, soy milk, soy sauce, and other soy products. "The quality was considered not very terrific by most end-users, in terms of 'yield' when manufacturing the soy products, but was acceptable." To further explore development of this imported product, Mr. Lai and Mr. Chi-bun Leung flew to Canada, where they were warmly welcomed and treated Dah Chong Hong's as pioneers. "Since that time Dah Chong Hong has imported Ontario soybeans for the Hong Kong market continuously every month now for more than 20 years. The overall quality of Ontario soybeans has improved over the years, and the quantity has been growing from only one or two containers per month in the mid-1970s, to hundreds of containers per month presently."

In 1984 Dah Chong Hong (Canada) Ltd., a wholly owned subsidiary of the head office in Hong Kong, was established in Vancouver, British Columbia, Canada. "One of our goals is to export more Canadian soybeans to many countries in Asia." The address in BC is: 4211 No. 3 Road, Richmond, BC V6X 2C3. Phone: 604-273-8222. Fax: 604-273-9222. Address: President, Dah Chong Hong (Canada) Ltd., 4211 No. 3 Road, Richmond, BC V6X 2C3, Canada. Phone: 604-273-8222.

11085. Lark, Susan M. 1996. The estrogen decision: Self help book. Revised & updated. Berkeley, California: Celestial Arts. 313 p. Illust. Index. 22 x 22 cm. [256* ref]
• ***Summary:*** This excellent, well-researched, and easy to understand book is "A complete guide to relief from menopausal symptoms through hormonal replacement and alternative therapies." It is divided into two parts: I. Hormone replacement therapy: Is it for you? (Chapters 1-9). II. Alternatives to hormone replacement therapy (Chapters 10-17).

Soybeans, soyfoods, and vegetarianism are discussed in many parts of this book. Women in the USA who do not suffer from hot flashes tend to eat a more vegetarian diet high in plant estrogens (p. 68). Nondairy soy yogurt made with live acidophilus cultures is an excellent food for preventing vaginal infections (vaginitis), urinary tract infections, and for menopausal women in general; this delicious food is sold at many health food stores (p. 84-86).

In Chapter 10, titled "Dietary principles of menopause relief," is a section on "Foods that ease menopausal symptoms." A long subsection titled "Beans and peas

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(Legumes)" (p. 124-26) starts by noting that "Soybean-based products actually help reduce and prevent menopausal symptoms. Soybeans are loaded with natural plant or phytoestrogens, called bioflavonoids." It goes on to discuss the reasons for these benefits, with scientific documentation. Soybean oil is also a good source of essential fatty acids (p. 128-29).

Chapter 11, titled "Menus, meal plans, and recipes," calls for use of soyfoods and other legumes in place of red meats, poultry, and dairy products (p. 163-67); tofu and soymilk are used in many menus and at least 14 recipes.

Chapter 12, titled "Vitamins, minerals & essential fatty acids," contains sections on the benefits of bioflavonoids, which are found in soybeans, for relieving menopausal symptoms, such as heavy and irregular bleeding (p. 172), hot flashes, night sweats, vaginal and bladder atrophy (p. 174-75), menopause-related emotional symptoms and insomnia (p. 177-79, also vitamin E found in soy oil). Omega-3 fatty acids, also found in soybeans, can help reduce one's risk of heart disease (p. 188).

Chapter 13, "Herbs for menopause," notes that estrogen and progesterone are widely synthesized from soybeans, which contain a preformed steroidal nucleus.

One problem with this book for more serious students is that the bibliography is completely disconnected from the text. One cannot easily go from a statement in the text to its source in the bibliography. Address: M.D., 101 First St., Suite 441, Los Altos, California 94022. Phone: 415-941-5905.

11086. Ma, C.Y.; Buzzell, R.I.; Jessop, D.B.; Buttery, B.R. 1996. Evaluation of soybeans for tofu processing. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*) 1(1):1-2. Jan.

• ***Summary:*** Contents: Introduction. Tofu yields and texture. Flow properties of soymilk. 11S / 7S globulin ratio. Correlation among soymilk and tofu variables. Conclusions.

In this study, eight Ontario, five USA, and two Japanese soybean cultivars covering a wide range of protein content were evaluated for their tofu processing properties, using glucono delta lactone as a coagulant. Table 1, titled "Characteristics of soymilk and tofu prepared from 15 soybean varieties," lists the following varieties (in descending order of soymilk protein; a water to dry matter ratio of 7 was used in making soymilk and tofu): BARC-6, AC Proteus, Proto, Harovinton, Raiden, Enrei, HP202, Secord, TK-89, Kanrich, RCAT Calico, Maple Arrow, RCAT Angora, Grande. This table contains the following vertical columns: Soybean protein (highest was BARC-6 at 53.4% on moisture-free basis), soymilk protein (highest was 6.1% from AC Proteus), soymilk yield (highest was 5.7 kg/kg from Maple Arrow), tofu yield (highest was 4.6 kg/kg from Harovinton and Raiden), tofu firmness (highest was 0.42 N/mm from Enrei), tofu rigidity (highest was 1680 G', Pa from Maple Arrow), soymilk viscosity (highest was 7.73 from BARC-6), and soymilk 11S/7S (highest was 5.44 from Secord; It has been reported that soybeans with a high 11S/7S ratio will produce firmer tofu).

Conclusion: "Results show that Canadian tofu varieties such as Harovinton have excellent tofu processing properties (yields, textures, etc.) comparable to or exceeding those of Enrei, a Japanese tofu variety." Address: 1. Centre for Food & Animal Research, Agriculture & Agri-Food Canada, Ottawa, Ontario, Canada; 2-4. Harrow Research Centre, Agriculture & Agri-Food Canada, Harrow, Ontario.

11087. McCord, Holly. 1996. Savor the new white-hot superfood. Way, way beyond the usual tofu: 7 easy, tasty ways to get "soying." *Prevention* (*Emmaus, Pennsylvania*). Jan. p. 79-83.

• ***Summary:*** The article begins: "Finally, soy's so hot it's smokin'! After years of neglect, mounting studies now suggest that soy foods help us dodge the big ones–heart disease and breast and prostate cancer. Maybe even osteoporosis... But in the United States, where we grow half the world's soybeans and then feed 'em mostly to chickens, the idea of soy for dinner somehow doesn't cut it. Fear of tofu–a white, spongy, soybean curd that most of us don't have a clue how to cook with–runs deep.

"If this describes you, relax! We've discovered seven surprisingly gentle ways to get you started with soy. They're all delicious and supereasy–foods even soybean sissies can relate to." 1. Pour soy milk on your cereal. 2. Whip up tofu blender smoothies (using Mori-Nu Silken Lite Firm Tofu–aseptic pack). 3. Make chocolate pudding no one can resist (using Mori-Nu Silken Lite Extra Firm Tofu). 4. Add "Sweet Beans" [green vegetable soybeans] to your repertoire. 5. Indulge in healthy Sloppy Joes (add TVP to a can of Sloppy Joe sauce and serve on a bun). 6. Go Nutlettes! The only ready to eat soy breakfast cereal made from a TVP you don't rehydrate. Order by phone from Dixie USA, Inc. 1-800-347-3494. 7. Drink soy protein beverages (such as Take Care. Order by phone from Nutritious Foods, Inc., 1-800-445-3350).

A sidebar discusses why soy is white-hot: Soy protein lowers high cholesterol. Soy isoflavones may beat breast and prostate cancer. Because soy protein causes less calcium excretion from the body than does animal protein, it may reduce osteoporosis. "Also, soy isoflavones may help slow down bone loss after menopause and relieve symptoms such as night sweats and hot flashes." Address: R.D.

11088. Napier, Kristine. 1996. The one food that could save your life: Long a favorite of vegetarians, the soybean is now touted as a potent cholesterol cutter. Why its not just another dietary fad. *Good Housekeeping.* Jan. p. 101-02.

• ***Summary:*** This article begins with a summary of the meta-analysis by Dr. James Anderson of Kentucky, published in

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the *New England Journal of Medicine* (Aug. 3), showing that soy protein can lower blood cholesterol. Contains two recipes: Hearty pasta & vegetables (with textured soy protein), and Thai tofu stir-fry. A sidebar titled "Where's the soy?," gives a brief description of tofu, tempeh, isolated soy protein, soy flour, soya powder, textured soy protein (TSP), and soy milk. Address: R.D.

11089. *Soybean Quarterly* (*Nebraska Soybean Board, Lincoln, Nebraska*). 1996. New research: Soyfoods consumers are just like you. 2(1):4.
• ***Summary:*** A new study available from the Soyfoods Association of America shows: (1) Urbanites under age 60 on the East and West coasts of the USA are the best soyfoods customers. (2) Soy users are not strict vegetarians; most list fish and chicken as red meat alternatives. (3) Among 26 million soy consumers, 6 million plan to use soyfoods more in the future. (4) Although most eat soyfoods infrequently, consumers would like to try new soyfoods. (5) While value-sensitive soy consumers want lower prices, experienced soy users actually see cost savings when preparing soyfoods. (6) Tofu users want new recipes (besides stir-frys) while soymilk and soy-meat users are concerned more with cost than variety.

11090. Soyfoods Center archival collections, from the 1600s ongoing. 1996. Lafayette, California. [6313 ref]
• ***Summary:*** As of 1 Jan. 1996 the Soyfoods Center Archives contains 6,313 unpublished archival documents–mainly correspondence, interviews, photographs, and unpublished manuscripts relating chiefly to the history of soybeans and soyfoods, and to a lesser extent, the history of vegetarianism and natural foods.

Main subject areas include: early history of soybeans and soyfoods; modern soy protein products; soyfoods industry and market; industrial utilization of soybeans; soy pioneers in the U.S., Europe, and worldwide; major U.S. soybean crushers; Seventh-day Adventists worldwide; pioneer U.S. soy protein companies; pioneer U.S. natural food companies and distributors; soybeans, soyfoods, Third World nations, and world hunger; nutritional and medicinal value of soybeans and soyfoods; and soybean production, trade, and marketing.

Document level access is available through the repository's SoyaScan information retrieval system.

Most important specific subject areas: Miso, natural foods, Seventh-day Adventists, soy sauce, soybean, soybean industry, soybean products, soyfoods, soyfoods industry, soymilk, tempeh, tofu, vegetarianism. Address: P.O. Box 234, Lafayette, California 94549. Phone: 510-283-2991.

11091. **Product Name:** Okara–Calcium Sulfate Extra Firm Tofu.
Manufacturer's Name: Twin Oaks Community Foods.
Manufacturer's Address: Route 4, Box 169, Louisa, Virginia 23093. Phone: 703-894-4112.
Date of Introduction: 1996. January.
Wt/Vol., Packaging, Price: 12 pound pouches, in bulk.
How Stored: Refrigerated.
New Product–Documentation: Letter from Jon Kessler. 1996. Jan. 29. "I am just starting this at one local store. It sautées in the pan to a nice crispness. Better nutritionally, especially if you lack calcium." The product is sold in bulk in 12 pound pouches.

11092. White Wave, Inc. 1996. Don't make light of tofu. (That's our job.) (Ad). *Vegetarian Times.* Jan. p. 59.

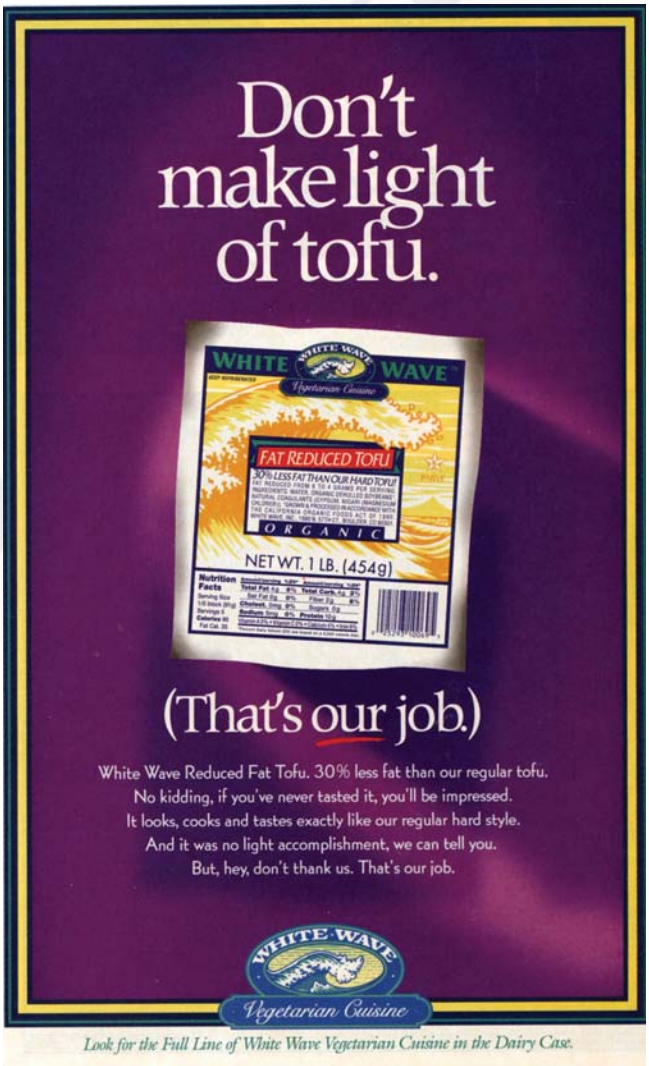

• ***Summary:*** This beautiful ½-page color ad shows a package of White Wave's Fat Reduced Tofu against the background of various shades of royal purple. The text reads: "White Wave Reduced Fat Tofu. 30% less fat than our regular tofu. No kidding, if you've never tasted it, you'll be impressed. It looks, cooks and tastes exactly like our regular hard style. And it was no light accomplishment, we can tell you. But,

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hey, don't thank us. That's our job." At the bottom is the White Wave Vegetarian Cuisine logo. "Look for the full line of White Wave Vegetarian Cuisine in the dairy case."

This ad also appeared in the March 1996 issue (p. 10) of this magazine. Address: 6123 E. Arapahoe Rd., Boulder, Colorado 80303. Phone: 303-443-3470.

11093. Manfredi, Steve. 1996. Soybean made simple. *Financial Review* (*Sydney, Australia*). Feb. 2. p. 11. Weekend.
• ***Summary:*** The writer, Tami Ohnui (a specialist soybean grower) and Kei Fukui (an excellent Japanese cook) explain very briefly how to make fermented black bean sauce, soy sauce, fermented black beans (*shi*), tofu, fermented tofu, and edamamé.

11094. *SoyaScan Notes.* 1996. New soymilk manufacturer in America! Cathay Industrial in Los Angeles, California (Overview). Feb. 7-9. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Mr. Shoan Yamauchi bought a brand new building in early 1995 for his son Jon, who has a background in food science and technology, and who started Cathay Industrial in this building at 2121 East 8th St., Los Angeles, California 90021. Phone: 213-623-8126. House Foods needed more space to make tofu so they sold their soymilk manufacturing equipment to Cathay, and in Feb. or March 1995 Cathay began to make the soymilk used in Westbrae Malteds. Cathay also soon began to make soymilk (for use as a beverage) for Wy Ky Foods and for AFC–both companies run by Chinese-Americans. They have always made only soymilk; they do not make any tofu. However they do have their own brand of Cathay Tofu, which is made for them by House Foods & Yamauchi, and which their Cathay Distributing Co. distributes. Boon Nakornratana, a native of Thailand, worked for Mr. Yamauchi for almost 20 years. When Mr. Yamauchi bought this new building, Boon came here with Jon Yamauchi. Mr. Shoan Yamauchi is now semi-retired. He visits Cathay about once a week, and visits House Foods & Yamauchi 3-4 times a week.

Note: Westbrae's soymilk is now made in 3 different locations. Cathay Industrial makes only the soymilk used in Westbrae Malteds. For the past 3 years, part of Westbrae's soymilk has been made by Bill Bolduc and packaged by White Knight, a Tetra Brik packager in Grand Rapids, Michigan. The rest has been made and packaged by Pacific Foods of Tualatin, Oregon.

Update: Feb. 27. Nancy Knudsen, whose father owns the juice company, has started her own company named Healthy Harvest. She is talking with Cathay about making a soy & rice beverage for her.

11095. Bratt, Heidi Mae. 1996. A new pyramid diet for the planet: Healthy Asian diet pyramid. *New York Post.* Feb. 28. New York Woman section. p. 33.
• ***Summary:*** About the Asian Diet Pyramid, which it shows and compares with the FDA's Food Guide Pyramid. Contains a sidebar titled "Soy facts" and a recipe for Barbecued tofu. "Soy" is specifically mentioned in the Asian Diet Pyramid.

11096. SSP Private Limited. 1996. Display ad: Earn Rs. 500/- to Rs. 1,500/- per day. Take advantage of Canadian technology. "Soya Cow" machine for soya milk / soya paneer production. *Times of India* (*The*) (*Bombay*). Feb. 28. p. 22.
• ***Summary:*** "Produce 30 litres/hour soya milk (without beany off flavour) and produce 2.0 kg/hour sweets and other products, or produce 7.0 kg/hours soya paneer from soya milk. Space requirement: 5 square metres. Electrical requirement: 1.0 H.P. [horsepower] (220 volt single phase). Price: Rs. 1.0 lakh [100,000 rupees] + taxes.

A photo shows the "Soya Cow" equipment. Address: 19, DLF, Industrial Area–II, 13/4 Mathura Road, Faridabad–121003, Haryana, India. Phone: 0129 27 5441, 7442, 7730.

11097. Connolly, Maureen. 1996. Have you had your tofu today? For the health-conscience, soy has become the superfood du jour. Is it all it's cracked up to be or the next incarnation of oat bran? *Women's Sports and Fitness* 18:62-63. Jan/Feb. [3 ref]
• ***Summary:*** Studies show that soy can reduce your risk of coronary disease. A 1990 study by the National Cancer Institute identified five anticarcinogens present in soybeans. As little as 25 gm/day of soy protein can be beneficial to health, and many soy products are now on the market. The author talks about "soy's new celebrity" and asks her readers "why not try tofu?"

A sidebar titled "A smorgasbord of soy" (p. 63) gives a brief description of the following soy products: Isolated soy protein, miso, soybeans, soy flour, soy milk, tempeh, textured soy protein (TSP), and tofu. Address: New Jersey.

11098. Hagler, Louise. 1996. Soyfoods cookery: Your road to better health. Summertown, Tennessee: The Book Publishing Co. 160 p. Illust. Index. 21 cm. Introduction by Mark and Virginia Messina.
• ***Summary:*** Contents: Foreword, by Louise Hagler. Introduction, by Mark Messina and Virginia Messina: Introduction, soybeans–a powerhouse of nutrition, soy and cancer (soybeans–a phytochemical factory, genistein and non-hormone cancers, soy and cancer treatment, isoflavones in the diet), soyfoods and heart disease–beyond cholesterol, soyfoods and bone health, soyfoods and kidney disease, menopause, perspective on soyfoods, about the Messinas. Basic soyfoods (glossary): Whole soybeans, fresh green soybeans, soymilk, okara (soy pulp), soymilk powder, soy protein concentrates, soy protein isolates, tofu, freeze-dried

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tofu, tempeh, textured vegetable protein, miso, soy flour or grits, yuba or bean curd stick or sheet, natto, soy sauce, soy oil, soy lecithin, convenience soyfoods (frozen soyburgers, frozen tamales and burritos, frozen soy hot dogs or wieners, frozen fat-free soy ground meat replacement, frozen soy pizza, tempeh burgers, frozen tofu lasagne, stuffed shells, manicotti, tortellini or ravioli, frozen soy breakfast links or "sausages" or tempeh "bacon," "ground" tofu, meatless chili mixes, meatless burger mixes, soy "cheeses," eggless soy mayonnaise, tofu salad dressings, soy ice creams, frozen pot pies, frozen pocket breads, instant miso soup, eggless soy cake, quick bread, pancake and waffle mixes, liquid soy coffee creamer, smoked or baked tofu). Feeding babies and children soyfoods. Breakfast, brunch & bread. Whole soybeans. Sauces, spreads, dips & dressings. Soup & salad. Main dishes. Desserts. Drinks & yogurt.

No dairy products or eggs are used; honey is called for in some recipes. Optional microwave instructions are sometimes included. Address: Summertown, Tennessee. Phone: 615-964-3571.

11099. Messina, Mark; Messina, Virginia. 1996. SoyFacts No. 9: Soyfoods & nutrients (Leaflet). Lebanon, Indiana: Indiana Soybean Development Council. 2 p. Front and back. 28 cm.

• ***Summary:*** Contents: Introduction. Macronutrients in soybeans: Protein, fat, fiber. Micronutrients in soyfoods: Calcium, iron, other. A table shows the nutrient content of the following soyfoods: Soybeans (½ cup, cooked). Tempeh (½ cup). Textured soy protein (½ cup cooked). Soynuts (¼ cup). Tofu (½ cup). Soy flour, defatted (¼ cup). Soy milk, plain (1 cup). For each food the following are given: Calories, protein, carbohydrate, fat, saturated fat, niacin, vitamin B-6, folic acid, calcium, iron, magnesium, copper, zinc.

Note: One version of this leaflet was developed for consumers and another for dietitians. The project was funded by the Indiana Soybean Development Council. Address: 1. PhD; 2. MPH, RD. Both: Nutrition Matters, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11100. Ornish, Dean. 1996. Everyday cooking with Dr. Dean Ornish: 150 easy low-fat high-flavor recipes. New York, NY: HarperCollins Publishers. xix + 344 p. Index. 24 cm. [6 ref]

• ***Summary:*** This is Dr. Ornish's 4th book. Recommends low-fat vegetarian meals. Organized into 45 seasonal menus with "recipes that use inexpensive, commonly found ingredients and follow easy time-saving steps."

The opening chapter, "Choices made easy," has the following contents: Why I wrote this book (in response to thousands of letters he receives each year). Delicious and nutritious. Low fat, high flavor (He has commissioned some of America's most celebrated chefs to work within his guidelines and see what they can create. Dr. Ornish and his team have "trained the chefs at the White House, Camp David, the Navy Mess, and on *Air Force One* who cook for President and Mrs. Clinton. We've learned what works"). Beyond heart disease (to improving the quality of your life right now; you will feel so much better!). Good nutrition is easy (If you drink, limit it to one drink per day. "Reducing salt is a good idea for everyone, but its most important if you have high blood pressure, kidney disease, or heart failure") The Life Choice Program ("which also includes moderate exercise, stress management training (stretching, breathing, meditation, visualization, and relaxation techniques), smoking cessation, and psychosocial support... this is a diet and lifestyle program based on (1) the joy of life, not the fear of death, and (2) choice, not coercion"). Why a plant-based diet? ("Cholesterol is found only in animal products, which also tend to be high in saturated fats"). Eat more complex carbohydrates, weigh less. Why 10 percent fat? (recommends 10% of calories from fat. The average American diet has about 40% of its calories from fat. You can eat nonfat dairy, egg whites, but no added oil). Why so little cholesterol? (Your dietary requirement for cholesterol is zero). What is the cause? (His program addresses the cause of the problem rather than trying to get rid of the symptoms). Big changes are easier than small ones (First, you fell so much better so quickly. Second, your palate adjusts quickly so that you prefer low-fat foods. Fat is an acquired taste, not one of the four basic tastes).

Soy related recipes: Vegetable broth ("Experiment with salad dressings made with soft tofu or nonfat yogurt," p. 18-19). Roasted onions (For heightened taste, use soy sauce, Japanese miso, etc., p. 22). Supermarket tips and traps ("Tofu is sometimes in the produce section, sometimes in the dairy case." Take it from the dairy case if you have a choice; the colder temperature keeps tofu fresher, p. 35). Miscellaneous ("Soymilk in aseptic cartons has a long shelf life before its opened. Use it as a cholesterol-free alternative to nonfat cow's milk," p. 39). How to cook legumes (Soybeans contain about twice as much protein as other beans and are a good source of omega-3 fatty acids. Their protein is complete protein, and has been show to lower blood cholesterol levels. For smart ways to incorporate more soy foods into your diet, see p. 313. Two servings a day {½ cup each} from the legume group are ideal, p. 41). Section on "Meat substitutes" (p. 56-57) mentions soy protein, wheat gluten, tofu, etc. "One of the most popular meat substitutes is Textured Vegetable Protein, or TVP." It is made from defatted soy flour and is sold in various flavors and shapes. "The Boca Burger 'No Fat Original' used in some recipes in this book is made from defatted soy protein..." The section on Miso (p. 57) notes that it "adds nutty flavor to soups, stews, and dressings." The section on tofu (p. 58) describes the many types, their uses and nutritional value. Creamy coleslaw (with "Creamy tofu dressing," p. 164-65).

The section on "Commonly asked questions about the

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Reversal Diet" (p. 306+) has a subsection titled "Since soy products are high in fat, how much can I have?" which begins (p. 313): "Soybean products have no cholesterol and supply essential fatty acids and are an exception to the guideline of no more than 3 grams of fat per serving. However use good judgment... a good rule of thumb is to stay within 4 ounces tofu or 2 cups soy milk per day. Soy milk–the rich creamy product of soybeans ground with water–is an excellent cholesterol-free alternative to cow's milk. It is available plain and flavored, in a range of fat contents."

"Will I get enough protein on the Reversal Diet?" (p. 314-15) begins: "Americans tend to be overly concerned about getting enough protein. In fact, meat eaters tend to get too much. Eating too much protein, especially animal protein, can increase your risk of cancer, diabetes, and heart disease... and may lead to osteoporosis."

"Where do I get protein on the Reversal Diet?" (p. 315) begins: "The body's protein requirement is about 50 grams per day for women and about 60 grams for men." "Good sources include beans and peas, including soy milk and tofu."

On the same page under "combining proteins": "(The soybean is the only plant food with enough of all the essential amino acids to be considered a complete protein)."

The recipes in this book were developed by Janet Fletcher, Jean-Marc Fullsack, and Helen Roe. The Boca Burger is called for in many recipes (p. 57, 177-78, 194-95, 237-38). Address: M.D., President and Director, Preventive Medicine Research Inst., 900 Bridgeway, Suite One, Sausalito, California 94965; Asst. Clinical Prof. of Medicine, School of Medicine, Univ. of California, San Francisco. Phone: 415-332-2525.

11101. Quincannon, Jane. 1996. Sensei Muramoto: A gentle man. *Macrobiotics Today* (*Oroville, California*). Jan/Feb. p. 27-28.

• ***Summary:*** "Sensei" is the Japanese word for teacher. The writer studied and worked with Noboru Muramoto. "This scholarly and energetic man was quiet, humble, and one of the least arrogant persons I have ever known. And the hardest working. Sensei was up at dawn each day to write, study history, science or economics, to weigh grams of Chinese herbs for his teas, to clean his sea salt, produce traditionally fermented foods, and tend his vast garden. His vitality and commitment was inspiring.

"At age 15, Noboro Muramoto met George Ohsawa, the founder of the modern macrobiotic movement, after reading the senior teacher's books on healing. As Sensei tells it, 'I had a very bad condition, was overweight, with Vitamin B deficiency, eye trouble, and always tired. I went to the doctor, got treatment, but never got better. I found George Ohsawa's book. It is amazing what kinds of diseases can be cured just by food.'

"'Immediately I decided to try this diet: Brown rice, miso soup, a pickle–very simple food. Soon I got well. Since that time, I never forgot this diet. At George Ohsawa's classes I learned directly from him, a very interesting person. His subjects were almost always philosophy and principles. I had a great interest in the healing power of food. I was his last student, for a short time, but I still received a big influence.'"

Muramoto "Sensei met Herman and Cornellia Aihara shortly after the 1966 death of George Ohsawa. He first met Michio and Aveline Kushi in 1971, when he was invited to lecture in New York City."

"In 1972, Sensei moved to San Francisco to create, with the Aiharas, the Herb Tea Company" [Rising Sun / Herb-T Company].

"In 1983, Sensei Muramoto, with Lino Stanchich, created Great Life Products Company, in order to manufacture and distribute high quality macrobiotic foods made from his special sea salt. Lino and I had the privilege of working with Sensei for three years making varieties of miso and its by-product, tamari, along with barrels of pickled umeboshi plums made with home-grown shiso leaves. Students came to our school, Asunaro, in the hills of Southern California, to study traditional food production and receive Sensei's information and enjoyable teachings... Sensei's dream has been that every macrobiotic household produce such foods as miso, umeboshi, tamari, shoyu, as well as mochi, tofu, tempeh, tekka and other healing, delicious condiments. To that goal he dedicated his life."

"Sensei named his school Asunaro, which is translated from the Japanese to mean 'Tomorrow is perfect.'" "And work he did, up until the last day of this lifetime."

A photo shows Muramoto sensei standing in front of a blackboard, outdoors, at one of the G.O.M.F. French Meadows summer camps. Address: New Jersey.

11102. Stacy, Michelle. 1996. Can soy save your life? Michelle Stacy separates hype from hope. *Food & Wine.* Feb. p. 88-94, 96. [1 ref]

• ***Summary:*** This story is based on the study by Dr. James Anderson in the *New England Journal of Medicine* (Aug. 1995). "In its cholesterol-busting guise, soy bears an eerie resemblance to another unglamorous food: oat bran."

"A growing body of evidence suggests that it [soy] may help prevent certain cancers, slow calcium loss from bones and moderate symptoms of menopause. Many of these effects, researchers posit, are due to natural substances in soy called isoflavones, which resemble the hormone estrogen and may replicate the many protective effects of estrogen without any of its drawbacks."

But many marketers, including Ronald Paul (president of Technomics, a food-consulting firm in Chicago) believe that soy has a bad image. "It's going to be a marketing challenge to change the public's view of it. I always like to

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say that if you can make the kiwi a success you can make anything a success." Will companies start to promote their products by advertising on the package "Excellent source of soy!"? Another obstacle to acceptance for some people that tofu reminds them of the health-food era of the 1960s.

Photos show the following packaged soyfoods, each with a brief description: Edamame, soy sauce, soy milk, soy flour, miso, tempeh, roasted soybean powder, tofu. Contains the following recipes, each accompanied by a color photo: Grilled tofu salad. Miso-carrot dressing. Tempeh sandwiches. Chili con tofu. Miso-clam soup. Fried tofu with mushroom gravy. Miso-stuffed chicken. Silken tofu in ginger syrup. A full-page color photo shows green vegetable soybeans in and around one large pod. Small photos show most of the recipes, plus a field of soybeans, and a farmer holding a young soybean plant. Address: Author of *Consumed: Why Americans Love, Hate, and Fear Food* (Simon & Schuster).

11103. The Mail Order Catalog. Spring-summer 1996. Catalog of books and food. 1996. P.O. Box 180, Summertown, TN 38483. 24 p.
• ***Summary:*** The book section of this mail order catalog contains listings for an excellent selection of vegetarian and vegan cookbooks, plus books on food nutrition & health, alternative healthcare, women's healthcare, native Americans and their cultures, and animal rights.

The vegetarian food products section offers TVP granules and chunks, Response textured soy protein concentrates (misleadingly called "Response TVP flakes"), Harvest Direct vegetarian broth, and Protean, instant gluten flour (regular or flavored), seitan "chicken" or "sausage" mix, Mori-Nu silken tofu, Soja instant soy beverage, organic low-fat soymilk powder, Red Star nutritional yeast, Beano, and tempeh starter. Address: Summertown, Tennessee. Phone: 800-695-2241.

11104. Golbitz, Peter. 1996. Nasoya tofu production grows with the growing interest in soyfoods (Interview). *SoyaScan Notes.* March 5. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jerry Maynard of Nasoya said that Nasoya has just had the two best months, back to back, for tofu production in the company's history. One big impetus to growth was the widespread publicity generated by the article by Dr. James Anderson in the *New England Journal of Medicine* on 3 Aug. 1995 stating that soy protein can help reduce cholesterol and reduce risk of heart attacks. In one month Nasoya sold over one million dollars worth of tofu. Address: Soyatech, P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207-288-4969.

11105. Smith, Michelle. 1996. Re: Membership letter for Soyfoods Association of America. Letter to William Shurtleff at Soyfoods Center, March 6. 3 p. Typed, with signature on letterhead.
• ***Summary:*** The letter begins: "The demand for soyfoods continues to rise and the top certainly isn't in sight." Discusses two main marketing projects undertaken by SAA in 1995: A 125+-page market study titled *A Consumer Profile of the Soyfoods Shopper,* and preparations for National Soyfoods Month in April 1996. "The concept of Soyfoods Month has been carefully researched and developed over the past year by a special committee of representatives from Archer Daniels Midland, Vitasoy, Nasoya, the American Soybean Association, and our public relations firm, the Shelton Foley Group."

What's in store for 1996? Programs that promote soyfoods to a broader, mass market audience. SAA exhibit at the American Dietetic Association Annual Meeting for the third year in a row. "We are pursuing opportunities to exhibit soyfoods at supermarket, foodservice, and restaurant trade shows. Our public relations firm will continue to aggressively target the natural foods and mass media trade."

There are three member categories with a range of dues: Producers and marketers: $3,000 to $250. Suppliers: $450. Industrial/professional: $350. Address: P.O. Box 3179, Walnut Creek, California 94598. Phone: 510-935-9764.

11106. Hizer, Cynthia. 1996. The versatile vegetarian: Welcome to 'Tofu 101' soybean standby, supermarket staples a good mix. *Atlanta Journal-Constitution.* March 7. p. H.03.

11107. Macdonald, Bruce. 1996. New developments at Macrobiotic Company of America (MCOA). Acquisition of Mountain Ark Trading Co. in Fayetteville, Arkansas (Interview). *SoyaScan Notes.* March 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bruce's Macrobiotic Company of America (MCOA) used to sell tofu kits to Mountain Ark but then they stopped re-ordering because they planned to sell the company. When Mountain Ark was under the stewardship of Frank Head and others they were macrobiotic oriented. But 3½ years ago Frank sold the company to Ozark Cooperative Warehouse in Fayetteville. "There wasn't a person in that organization that ever had a bowl of miso soup in their life–I don't think. So they began to steer the company away from macrobiotics toward a mainstream natural food company. One of the first things they did was to put in a line of tomato products. So their macrobiotic customers began to run away."

MCOA acquired Mountain Ark on 1 Feb. 1996. Bruce purchased the company name, toll-free phone number, and mailing list of 5,700 customers. He did not purchase any of their inventory. The company is now located at 799 Old Leicester Highway, Asheville, North Carolina 28806–at MCOA. Phone: 1-800-643-8909. Bruce plans to carry the tofu kit on a regular basis–though it sells slowly. The kit is imported from Japan. The cost changes with each container

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imported. It retails for about $20-25.00. In Oct. 1993, Mountain Ark sold the kit for $36.99 + $4.95 shipping.

The innovation of this whole scenario is that, over the last 10 years or so, all of the companies that were involved with macrobiotics either went bankrupt or ran away from it. When Bruce took over MCOA 3 years ago he changed its direction and went headlong into becoming the largest variety supplier of macrobiotic foods on the planet. The company started to grow–even in the big natural foods stores–such as Fresh Fields. Macrobiotic foods is the most misunderstood category in the health food industry. For the big stores he printed up a best-seller list of 200 items that could be put in a "macrobiotics section." Now Bruce is in the process of putting macrobiotic sections in all the Fresh Fields stores. "Because we import direct then distribute direct to retail stores, we are able to offer them prices on these foods that are 25-30% less than a normal distributor. The old way of doing business was, for example, Eden Foods imports it, marks it up 30 or 35%, and sells it to Cornucopia, who marks it up 25-30% and sells it to the store." His wholesale and retail catalogs have a great selection of foods. The only difference is that the retail prices are 10% higher. These low retail markups give a real break to macrobiotic consumers. MCOA also provides information by phone.

Note: MCOA is owned equally by Muso Shokuhin of Japan and by Bruce Macdonald. Address: President, Macrobiotic Company of America, Asheville, North Carolina 28806. Phone: 704-252-1221.

11108. Mountain Ark Trading Co.; Macrobiotic Company of America. 1996. The "new" Mountain Ark consumer direct catalog–spring 1996 [Mail order]. 799 Old Leicester Hwy., Asheville, NC 28806. 37 p. March 15. 28 cm.

• ***Summary:*** This is a very comprehensive mail order catalog, with an excellent index, for macrobiotic whole foods, specialty cookware, cookbooks and books on natural healing, futons, furniture, etc. Soy-related products include: Aduki beans–precooked, amaranth, amazaki concentrate, amazaki [amazake] pickles, arame (sea vegetable), barley malt, black soybeans, brown rice malt, brown rice syrup, cookbooks, dulse (sea vegetable), fu (dried wheat gluten), green nori flakes, hamanatto, hijiki, Hokkaido azuki beans, Hokkaido black soybeans, Japanese plums (*umeboshi*), jinenjo soba, Job's tears, kamut, kanten bars, kelp granules, kinako, kombu cha, kuzu, miso, mochi, natto miso, natto starter spores, nigari, nori, quinoa, sea palm–California, seaweed sesame shake, seaweed cookbook, seitan, shoyu, soy sauce, tamari, tofu making kit, tofu–dried, wakame. Many of these products are imported from Japan.

Bruce Macdonald of Macrobiotic Company of America acquired the company from Frank Head of Fayetteville, Arkansas, on 1 Feb. 1996. The entire catalog can be viewed on the Internet at http://www.mountainark.com. Address: Asheville, North Carolina. Phone: 1-800-643-8909.

11109. Demos, Steve. 1996. New developments with Silk–refrigerated fresh soymilk in a Pure Pak carton (Interview). *SoyaScan Notes.* March 20. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** On Monday, March 18, on the Today Show, the famous television program did a special with *Good Housekeeping* magazine on what happens if your child comes home and announces that he or she is now a vegetarian. They are interviewing the nutritionist for *Good Housekeeping* who had spread out all the products she was recommending in the basic food groups, and there with the Kraft Macaroni and Cheese was White Wave's Silk–for 90 to 120 seconds on national TV. It was unbelievable. It looked great. The product has been out 60 days and its already on national TV. "I said, 'Lift your eyes up to a bigger horizon.' I realized that I'm not really selling a beverage. Rather I'm selling a nutritional, functional complement to breakfast. That is totally different." This could be a new category. "What happens if I find a giant behemoth to dance with and I convince one of these missionaries that this is a real market opportunity out there. I can't educate them. The only people that can are the large corporations who are looking for strategic things that they believe will work. If a cereal company picked up this idea a really believed in it–amazing what we could do and how fast it could occur. I've already got the Today Show showing our product next to Kraft.

Steve just returned from the big Silk Soiree at the Natural Products Expo at Anaheim. It was a great event. One thousand people attended the dance and party. White Wave fed 1,500 people at the industry reception and ran out of food in an hour and a half. The response was extremely positive.

Steve has developed a creative way of introducing food buyers (mainly for retailer chains) to Silk–via the Silk Breakfast. The goal is to absolutely convince buyers to put this product on the shelf under White Wave's terms and conditions. He sends them breakfast by Fed Ex overnight with a blue ice pack in it. It comes in a wicker basket lined with shredded straw as is found in the bottom of Easter baskets. In that they place a Fiesta ceramic bowl, and in it a napkin, a nice spoon. On the right is an empty carton of Silk. At the front are two Tupperware containers, one containing Silk, and the other fruit. In the bowl is cereal, and the bowl is covered with a piece of wax paper with a rubber band around it. The crowning touch is a rose with a flower-water stem. The opening letter begins: "I'm so sorry I can't be there, but I'd like to treat you to breakfast... While you're enjoying the food, please read this letter. We'll call you in 2 hours." In some cases Steve would arrive while the person was just finishing the breakfast. He would say: "How was breakfast and do we have anything to talk about?" It went over very well. The key is not the gift but the creativity–when you breathe life into every aspect of a product.

One of the investigative shows on NBC-TV about

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2 months ago said that of all the tofu brands they tested from the New York market, the only ones they could recommend were Nasoya and White Wave. The others had microbiological problems. White Wave pasteurizes its tofu after it is packaged–its the only way to get shelf life beyond 21 days. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11110. Skiff, James. 1996. Troubles at LongLife Foods in Perham, Minnesota (Interview). *SoyaScan Notes.* March 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** LongLife Foods is in a financial squeeze with an uncertain future. Jim is no longer actively involved with the company, though he is still on the board of directors and still has his money in the company. He is now trying to resign from the board. Jim originally raised all of the money to start the company; Shichi presented himself as an accomplished tofu maker–which, it turns out, he was not. Shichi has taken control of the company and is trying to raise money. The funds he thought he was going to get from Japan never materialized. He does not have the money to buy Jim out. It is a strange situation. Shichi wants to make the best quality Japanese-style (soft) tofu–even if that is not what the market wants. Jim's has stepped back, knowing that his only hope is if the company somehow succeeds.

Jim is looking to start a new company and has been in touch with William Roach of Kyoto Food Corp. in Terre Haute, Indiana. He would like to make firm tofu, plus perhaps egg roll wrappers, wonton skins, and wheat gluten. He has a building (28,000 square feet) in southern Minnesota. Jim formerly worked with Foremost, in their dairy division, specializing in international management. He spent much time out in the Pacific Basin. Address: Perham, Minnesota 56573. Phone: 218-346-5159.

11111. Skiff, James. 1996. New developments with tofu and soybeans in North Dakota (Interview). *SoyaScan Notes.* March 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** A very interesting and active man, and an expert on tofu, is Dr. Sam K.C. Chang, Associate Professor in the Food and Nutrition Department, North Dakota State University, Fargo, North Dakota. Sam originally came from Taiwan and he has many strong contacts there. He is doing research on soybean varieties best suited for tofu, has a tofu pilot plant obtained from the Taiwan Tofu Makers Assoc., and has a number of Taiwanese students, including one who has graduated and is now producing tofu at Nasoya. Sam does lots of work for the North Dakota Soybean Association. He also breeds soybeans for food use, and the Sinner Brothers both support his research and grow out the soybeans that he breeds.

Plenty of soybeans are grown in the Red River Valley area of North Dakota, which has red soil–some of the best in the USA. The Sinner Brothers are one of the big growers, with more than 2,000 acres in soybeans. Their soybean variety is Proto, which is not as large as most Japanese varieties but a little larger than typical U.S. varieties. It has a beige hilum, which makes tofu less white than is ideal. The protein level is not as high as desired for tofu. Sam Chang has been experimenting with Proto soybeans in his tofu plant and labs. The 2-3 Sinner brothers are part of a company named Sinner Bros. and Bresnahan (P.O. Box 549, Casselton, ND 58012. Phone: 701-347-4900). Casselton, where they have both their farmland and office, is a small town 15 miles directly west of Fargo. Bob Sinner markets and exports lots of Proto soybeans (along with beef) to Japan, where they are used mostly in foods.

The Sinner family is one of the most important in agriculture in North Dakota. Bob's father, George Sinner, was governor of North Dakota for several terms and was recently a nominee for U.S. Secretary of Agriculture. Dan Glickman of Kansas won the job in Feb. 1995 but George Sinner was one of the top 2 or 3 people under consideration.

Update: 1997. Dec. 8. Jim will soon be meeting with Bob Sinner, who does not own a soybean cleaning plant. Jim would like to work with him, to clean his soybeans as part of a larger program of offering non-GMO soybeans. The Sinners now grow soybeans in North Dakota, South Dakota, Minnesota, Michigan, and New York. Next year they will add production in Nebraska and perhaps one other state. Bob apparently has two big customers in Japan; both are large tofu manufacturers. Most of the beans Bob sells are not organic–because organic soybeans are now too expensive and too scarce. Jim will talk to him about marketing his soybeans as GMO-free. Address: Perham, Minnesota 56573. Phone: 218-346-5159.

11112. Michaels, Daniel. 1996. Poles find tofu duck, other health foods hard to swallow: Food fight pits blood sausage against meatless tripe; 'One boiled dish a day.' *Wall Street Journal, European Edition.* March 27. p. 1, 7.
• ***Summary:*** Hilarious! The novel idea of healthy living is gradually catching on in Poland, especially among the younger generation of skate-boarding kids who equate healthy with hip. And they are starting to eat soy burgers, "Slavic Tofu," and other soyfoods, and to become vegetarians. But the diet of most Poles over age 30 is terrible, with lots of fatty sausages and other meats, which may be why they die at a younger age, have more heart attacks, and are in poorer health than most Europeans. And things are getting worse since market-oriented reforms put meat back in once-empty butcher shops. Address: Staff reporter.

11113. Nance-Kivell, Greg. 1996. Re: New developments at EarthStar (formerly Chinese Farmhouse Tofu). Letter (fax) to William Shurtleff at Soyfoods Center, March 28 and April 2. 3 p. Typed, with signature on letterhead.

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• ***Summary:*** "In Jan. 1991 the Challenge Foundation (a nonprofit organisation working with the disabled) bought a small tofu business called Chinese Farmhouse." It consisted of a plant with one 100 liter gas cooker, two 80-liter round coagulation tubs, one hydraulic press, two 10 kg pressing trays, and a wall-mounted ratchet pressing system.

"A small group of two supervisors and five staff (disabled) made about 60 kg of tofu per day, on a good day, for 3-4 days per week, and cleaned on remaining days. The Foundation had no idea of food manufacturing, but thought that a hands-on manufacturing plant might be suitable for this group of workers. They became alarmed when overheads, establishment and staff costs made the venture non-viable. Workers are paid award-based wages–indexed to the level of disability.

Starting in late 1991, Greg was asked to help, two days a week, as a consultant. They bought more equipment and employed more staff. Sales increased to a break-even point at about 700 kg/week (3,000 kg/month). The overwork fatigue set in and production dropped. Products include: Tofu (hard, organic), tofu (herbed), soya yogurt (3 fruit flavours), soya mayonnaise, and dressings (4 flavours).

At present they are developing an ice cream and related products based on soy yoghurt, and are looking at tamari and shoyu production from whey and okara. Don McCallum is the factory manager.

Enclosed is a label for EarthStar certified organic tofu (750 gm). Note: The letter of 2 April 1996 was handwritten on letterhead with signature–in reply to 7 questions that Shurtleff faxed to Greg about the first letter. Address: Consultant Food Technologist, EarthStar, 5 Kay Street, Murwillumbah (P.O. Box 654), Murwillumbah, NSW 2484, Australia. Phone: (066) 72 5931.

11114. Reichl, Ruth. 1996. Adventurous Asian cuisine. *New York Times.* March 29. p. C1.
• ***Summary:*** To dine on real Asian food, look for real Asian restaurants. They are easy to find. "As New York's Asian population has grown larger and more affluent, the demand for authentic Asian food has grown. Hundreds of New York restaurants now cater to a clientele with no need for menus written in English and no desire for food translated into American.

Until the Immigration and Nationality Act of 1965 (also called Hart-Celler Act, signed into law on Oct. 3 by President Lyndon Johnson; it became law on 1 July 1968), which increased Asian immigration to the United States, "most Chinese food in America was a bad parody of Cantonese cooking." But since then, we have increasingly had the opportunity to sample the real thing.

Shanghainese cuisine includes "mock duck made of tofu."

Taiwan: To eat in Taiwan helps to understand the many cultures that have passed through this island. In the 1600s, settlers from Fukien [Fujian] arrived from the mainland, bringing their food with them. The Japanese occupied the island for 50 years (1895-1945) leaving their mark in the form of sushi, sake, and a unique lightness. Finally the Kuomintang came to the island (1949 to present), bringing people from all of China's provinces. "Modern Taiwanese food blends all of these influences."

Only a few restaurants in New York serve authentic Taiwanese food. "David's Taiwanese Gourmet in Elmhurst [Queens] serves typical Taiwanese dishes like... fried fermented bean curd (a definite love or hate proposition)."

11115. Dixie USA, Inc. 1996. Beef (not!) / fat (not!)–Official newsletter: A Dixie Diner's Club publication and catalog [Mail order]. Houston, Texas. 32 p.
• ***Summary:*** This is Volume 2, issue 1. The cover states: "Real food for real people: Your source for–Low fat, low-calorie tasty soyfoods! Super new exciting recipes, everything from soup to nuts the DDC way! Economical new soy products to help your family easily get the protective benefits of daily soy! Spotlight on new Crème It! tofu powder and Beanut Butter! Sugar (Not!) diabetic and sugar-restrictive foods."

Talk with consumer service person at Dixie USA. The person behind this publication is Brenda Oswalt, President of Dixie USA. She lives in Houston (phone: 713-688-4993). Dixie USA was in the emergency medical business for about 20 years. They branched out into soy about 2 years ago. Address: P.O. Box 55549 (7800 Amelia), Houston, Texas 77255. Phone: 1-800-347-3494.

11116. *Food for Thought* (*Hinoichi Tofu, Los Angeles, California*). 1996. Hinoichi turns 50 in grand style [in 1997]. First edition. p. 1. [Eng]
• ***Summary:*** "Hinoichi just gets better with time. Hinoichi long known for its leadership in bringing tofu to American consumers, first opened its doors in Los Angeles in 1947. Next year, as Hinoichi celebrates its first anniversary in business, it will open a brand new production plant. House Foods of America, marketer of the Hinoichi brand, has announced the new plant will be located in Garden Grove, California, and will feature state-of-the-art equipment. Hinoichi will be ready to meet America's growing tofu needs into the 21st century."

Note: This 4-page newsletter (8½ by 11 inches) also contains the following: Tofu–The joy of soy: Past, present and future. Bring salt intake down by spicing up your diet. Phascinating [sic] phytochemicals. Tofu: The right food for any diet. Two clip and save recipes. Two coupons for Hinoichi Tofu: 25¢ off. On account of your bones. Address: 7351 Orangewood Ave., Garden Grove, CA 92841.

11117. Holden McClure Marketing. 1996. Steve Demos, President, White Wave, Inc.: Profile 1996. (Leaflet). Boulder,

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Colorado. 1 p. Single sided. 28 cm. March.
• ***Summary:*** Leaflet (8½ by 11 inch, printed black on blue) sent by Patricia Smith from Natural Products Expo West. 1996. March. "What do you call a man who started a company in a bucket 18 years ago [1977] and grew it into an $8 million business..." A nice, humorous but accurate profile. Address: Boulder, Colorado 80301. Phone: 303-449-2526.

11118. *SoyaScan Notes.* 1996. A simple prediction for the future of soybeans, isoflavones, and genistein (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1. Soy isoflavones and genistein will soon be available commercially in America. They will probably not be sold in a concentrated form, as supplements, because of the legal risk the manufacturer would face if someone overdosed. Therefore they will probably be sold as a food ingredient, to be added in carefully calculated doses to popular healthy foods such as tofu, soymilk, or soy yogurt– as well as similar non-soy foods. The amount of total isoflavones and of genistein will appear on the package, along with some mention of their protective effects.

2. Within 5-10 years there will be an RDA for the most important phytochemicals (including soy isoflavones or genistein), just as there are today for vitamins and minerals. 3. This will expand the focus of the RDAs from preventing nutritional deficiencies to preventing disease and promoting good health. 4. The next step in the evolution of the RDA will be to find the optimum doses of certain vitamins and perhaps phytochemicals for promoting good health.

11119. **Product Name:** Baked Tofu [Sesame Peanut Thai Style, Snack'n Savory, Oriental Style, Italian Style, Mexican Style].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 N. 57th Ct., Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 1996. March.
Ingredients: Thai: Tofu (water, soybeans, nigari {magnesium chloride}, gypsum), soy sauce (water, soybeans, wheat, salt), granulated garlic, granulated onion, sesame oil, sesame seeds, peanuts, spices.
Wt/Vol., Packaging, Price: 8 oz (227 gm) plastic container.
How Stored: Refrigerated or frozen.
New Product–Documentation: Ad (½ page, color) in Vegetarian Times. 1996 Feb. p. 13. "Tofu with an attitude: Packed with flavor. And ready for action." Features a package of "White Wave Baked Tofu: Sesame Peanut Thai Style."

Leaflet of White Wave products. 1996. March. The product names are given as "Snack'n Savory Tofu (TM)" and a line of International Baked Tofu: "Oriental-style, Italian-Style, Thai-Style, and Mexican Style."

Leaflet (20.5 x 13.5 cm, glossy color) sent by White Wave. 1997. June "Tofu with an attitude." On the front is a

color photo of the front of the package. On the rear: Names and ingredients in each of five types of White Wave Baked Tofu.

11120. White Wave, Inc. 1996. White Wave products–as of 3/96: Featured in White Wave Vegetarian Cuisine Centers (Leaflet). Boulder, Colorado. 1 p. Single sided. 28 cm. March.
• ***Summary:*** Leaflet (8½ by 11 inch, printed black on blue) sent by Patricia Smith from Natural Products Expo West. 1996. March. Lists all of White Wave's products, grouped by category, as of March 1996.

Tofu (reduced fat, hard style, soft style).

Baked tofu: "Snack'n Savory Tofu (TM)" and a line of International Baked Tofu: "Oriental-style, Italian-Style, Thai-Style, and Mexican Style."

"Tempeh: Original Soy Tempeh, Soy Rice Tempeh, Five Grain Tempeh, Wild Rice Tempeh, Sea Veggie Tempeh.

"Veggie Burgers: Prime Burger, Chick'n Burger, Veggie Life Burger, Tempeh Burger, Teriyaki Tempeh Burger, Lemon Broil Tempeh.

"Dairyless (TM) Soy Yogurt: Raspberry, Key Lime,

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Strawberry, Lemon, Blueberry, Banana Strawberry, Peach, Vanilla, Lemon-Kiwi, Apricot-Mango, Organic Plain in 6 oz. and Quarts.

"Dairyless Soy Beverage: White Wave *Silk.*

"Sandwich Slices: Turkey-Style Sandwich Slices, Chicken-Style Sandwich Slices, Roast Beef-Style Sandwich Slices, Bologna-Style Sandwich Slices, Pastrami-Style Sandwich Slices.

"Meat Substitutes: Meatless Veggie Franks, Meatless Jumbo Franks, Meatless Veggie Links.

"Seitan: Traditionally Seasoned Seitan, Vegetarian Fajita Strips, Vegetarian Philly Steak Slices, "Meat of Wheat" (TM) Chicken Style Wheat Meat, Meat of Wheat Grilled Burgers Wheat Meat, Meat of Wheat Sausage Style Wheat Meat, Meat of Wheat Beyond Chicken Patties, Meat of Wheat Beyond Turkey, Meat of Wheat Beyond Roast Beef.

"Heat & Serve: Vegetarian Sloppy Joe.

Soy A Melt Soy Cheese: Cheddar Style Soy A Melt, Fat Free Cheddar Style Soy A Melt, Mozzarella Style Soy A Melt, Fat Free Mozzarella Style Soy A Melt, Garlic Herb Style Soy A Melt, Monterey Jack Style Soy A Melt."

Note 1. A new, very similar list was issued in June 1996. "Chicken-style Seitan" had been added, and 3 Meat of Wheat products and one flavor of Soy A Melt (Monterey Jack) had been discontinued.

Note 2. A new, less similar list was issued in Sept. 1998– after sales of Silk soymilk were skyrocketing. The following had been discontinued:

"Veggie Burgers: Prime Burger, Chick'n Burger, Veggie Life Burger, Teriyaki Tempeh Burger.

"Sandwich Slices: Roast Beef-Style Sandwich Slices, Bologna-Style Sandwich Slices.

"Meat Substitutes (all): Meatless Veggie Franks, Meatless Jumbo Franks, Meatless Veggie Links.

"Seitan: All 6 Wheat of Meat products were discontinued but Vegetarian Sloppy Joe had been moved in from the "Heat & Serve" category (which then disappeared).

Four types of tofu were added: Extra Firm Style, Tidal Wave (firm), Hard Water Pack, Hard Vacuum Pack. Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

11121. Bloch, Hannah; Mondi, L.; Nash, J.M.; Smilgis, M. 1996. The man's cancer: Prostate cancer is reaching epidemic levels in the United States. *Time.* April 1. p. 58-65. *

• ***Summary:*** Both genetics and environment seem to influence prostate cancer. Black Americans have a 37% higher risk of contracting the disease than whites. In countries such as China and Japan, where diets are low in fat and high in vegetables, the incidence of prostate cancer is extremely low. But prostate-cancer rates for first- and second-generation Japanese are considerably higher than in Japan. This suggests an environmental factor, probably the change to a Western diet.

Researchers at Sloan-Kettering have found that tumors grow more rapidly in mice fed a high-fat diet than those on a low-fat diet. And when the mice on high-fat diets are switched to low-fat ones, the growth of their tumors slows.

Dr. Milken, a physician in Santa Monica, California, who works with prostate-cancer patients, serves only non-fat, vegetarian meals, prepared by a private dietitian. A typical lunch might contain a tofu egg-sandwich (the "egg" is actually tofu with mustard and spices), a soy-based drink, and Egg McNothing (a fat-free crumpet with soy cheese, vegetarian bacon, and scrambled egg whites).

"Why all the tofu and soy? Milken points to tests showing that soy products reduce tumors in rats."

11122. Day, Charles E. 1996. Commercial development by Audax of soy isoflavone products (Interview). *SoyaScan Notes.* April 1. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Charles worked for Upjohn for many years and from them he learned how to do research and to make drugs. He first got interested in soybeans in 1993 when he happened to read the now famous article titled "Genistein, a dietary-derived inhibitor of *in vitro* angiogenesis," by Fotsis, Adlercreutz, and others published in the April 1993 issue of the *Proceedings of the American Academy of Sciences* (90:2690-94). Both of his parents, who lived in Kentucky, had been stricken with cancer and he was trying to help them. He had set up a laboratory nearby, and he immediately tried to extract genistein from soybeans in this lab. But he simply couldn't make the quantities he needed. By the time he had a little pilot plant set up, it was too late. His father died in July 1993 and his mother died in October 1993, the same week he had enough genistein to give to her.

As far as Charles knows, his is the only company extracting isoflavones from soybeans. His is a small, family-owned business (the employees are himself, his wife, his son, and one new outside person), but he believes it has great potential for growth. ADM keeps saying they are going to. He has had several meetings and discussions with all of the ADM executives in charge of that division. A plane load of them have come to Kentucky to visit him, and his team has gone to Decatur, Illinois, to meet with them several times. He does not know what ADM is thinking and why they are not moving forward in this area. They would have no trouble developing a good, large-scale process for extracting and purifying the various soy isoflavones. He has also talked to some other big soy processors. One reason for their hesitation is the fear of a big lawsuit, if someone overdoses and gets sick.

Charles hesitated to move forward with his manufacturing plans for fear that if ADM started extracting isoflavones, he would not be able to compete. Then a company came to Charles and said they wanted it so badly

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they were willing to buy it at virtually any price and wanted to sign a contract on the spot. That company was Natus, owned by Dr. Stephen Holt.

One of Charles' major concerns is the regulatory aspects of introducing such a product. With the passage of the Dietary Supplements Health Education Act (DSHEA, pronounced duh-SHEE-uh, also called the Hatch Act, after Senator Orrin Hatch, Republican of Utah) in 15 Oct. 1994, the whole world of nutraceuticals was revolutionized. This Act made it much easier to sell dietary supplements without FDA approval. It essentially put the burden of proof on the FDA. The actual language of the Act makes "amazing reading. The Act is a watershed event for the health food industry in the USA. "If the soybean isoflavones are handled correctly (and I am not divulging exactly what that means), the regulatory and safety issues will be greatly minimized. It becomes feasible to make and market the product. A company's risk is diminished, for example, by appropriate use of warning statements.

Audax is fully booked at this point. He has more orders than he can handle. Up to this time, he has been making only pilot plant quantities. If all goes well, Audax will be making commercial quantities within the next 4 months. At that time he will be looking for new customers. Their first product will be Genistone, which is a soy extract; approximately 50% of the content of the product is soy isoflavones. Of those isoflavones, approximately 80% contain genistin. It will be sold as a dry powder and sell for about $2,000 per kg of isoflavone content. At his price, the 25 mg of total isoflavones in a typical serving of tofu would be worth about $0.05 (5 cents). He feels that this price can drop quite a bit if he is processing hundreds of tons a day of defatted soybean meal. He thinks he will have the capacity to do that, because he is now working with a large, local soybean crusher.

His main plan for marketing the product is to sell it to food processors who would add it to food products (such as soy yogurt or tofu) at levels with valuable biological benefits; he does not plan to sell it as a supplement to avoid the risks of people overdosing. One problem with adding soy isoflavones to other products is that they have a bitter flavor. However since very small amounts will be added to foods, they may not be noticeable in the final product.

He is using defatted soybean meal as his starting material from which to extract the soy isoflavones. Thus he is using the protein fraction of the soybean rather than the lipid fraction (incl. soy molasses). Isoflavones are closely bound with proteins. The reason he is not using the lipid fraction or soy molasses is proprietary. He has noticed that his by-product (defatted soybean flour containing no isoflavones) has a better taste than most soy flour (and maybe better stability) and he is looking for ways to sell it as a value-added product. He is currently adding it to chicken feed.

If you look at all the isoflavones in the whole soybean, 50-60% is daidzin. But genistein has the greatest biological activity. So he set out to make a product that is rich in genistin. However his product, Genistone, contains genistin as its largest constituent. This is because genistin is hydrolyzed in the gut to genistein, which is then absorbed into the bloodstream.

Charles believes that genistein, at a high enough dose, can stop the growth of cancer in humans. There is scientific evidence that genistein has cytotoxic activity at a high enough dose; all the major anti-cancer medicines (chemotherapeutic agents) these days are cytotoxins. Put in the right place, they kill both cancer- and non-cancer cells. Genistein has some other properties that make it attractive therapeutically; at a very low dose, it may stop the growth of cancer without killing the cancer cells. This dose is roughly that obtained by eating 6 servings of tofu per day. There is also some evidence of anti-metastatic activity, i.e. it may prevent the cancer from metastasizing, or spreading to other parts of the body–at much lower doses than the cytotoxic activity.

Soy isoflavones have some very potent biological activities. They are an inhibitor of a group of cell transduction proteins called the protein tyrosine kinases, which modify cell division, cell signalling mechanisms, etc. At a high dose (e.g. ten times the desirable dose) there could be some problems. Look at the market for estrogen replacement therapy. Estrogens are great; they do everything that genistein does except they cause cancer instead of preventing it. Genistein does all the things that estrogens do and it prevents cancer. About 6 months ago Merck introduced a drug named Fosamax that prevents osteoporosis and increases bone density. They billed it as one of their big blockbuster drugs for the future, with sales projected at $1.5 billion a year. It was selling very well, but just last week Merck sent out a "Dear doctor" letter to 150,000 physicians notifying them that one serious side effect was extreme abdominal pain. 36 women have been hospitalized. Sales have started to drop.

What will prevent companies like ADM, Merck, or Sandoz/Novartis from competing with Audax? Nothing.

Talk with Steve Buchheim, marketing manager for soy applications at ADM. 1998. March 6. Steve thinks that Audax never brought their product to market because they were unable to get the soy solids they needed. It was NOT because of any problems or potential problems related to the FDA or regulation. Address: Director of Research, Audax, Inc., 1385 Bear Creek Road, Leitchfield, Kentucky 42754. Phone: 502-242-3791.

11123. Palm Beach Post Syndicate. 1996. United Kingdom Cattlemen's Association dinner (Cartoon). *Tacoma News Tribune* (*Washington*). April 1.

• ***Summary:*** Five large men with small heads are seated at the head table, with plates and glasses in front of each. The man in the center is raising his spoon to his mouth; on it rests

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a small white cube. He turns to the man on his right and says: "Thank God! Tofu!"

Note: At this time in the UK there was a nationwide fear of eating beef, which might be contaminated with "mad cow disease." Several million cattle were slaughtered and buried to ally these fears.

11124. *Korea Times* (*Los Angeles edition*). 1996. [Tofu recipe contest]. April 23. [Kor]
• ***Summary:*** A large photo shows a Korean women standing in front of a blackboard on which Korean characters are written.

11125. Fletcher, Janet. 1996. Tofu company's daily grind–and soaking, heating and pressing [Azumaya]. *San Francisco Chronicle.* April 24. Food section. p. 1.
• ***Summary:*** The food section of this issue is devoted largely to tofu. Azumaya, a 50-year-old San Francisco food company, transforms 11,000 pounds of soybeans each day into different types of tofu. The process is described. A photo shows curds of tofu being poured automatically into a cloth-lined forming box on a roller conveyor. Address: Chronicle staff writer.

11126. Saekel, Karola. 1996. Tallying the tofu. *San Francisco Chronicle.* April 24. Food section. p. 2, col. 5.
• ***Summary:*** This article gives the results of a special taste panel which rated the flavor and texture of ten brands of tofu sold in the San Francisco Bay Area. The article begins: "Thanks to better nutrition information and the availability of good and easy recipes, tofu has escaped from its niche as a strictly ethnic and/or health fanatics' food and found its way into many Western kitchens."

The rankings: 1. Trader Joe's tofu (19 oz, $0.89 = $0.75/lb!). 2. Hinoichi (14 oz, $1.09). 3. Wo Chong (14 oz, $0.79). 4. Global Protein Foods (12 oz, $1.89). 5. Golden Gate (19 oz, $1.63). 6. Soy Deli (made by Quong Hop & Co., 12 oz, $0.99 to $1.39). 7. Mori-Nu (shelf-stable, 10.5 oz, $0.85 to $1.29). 8. Kikkoman (shelf-stable, 10.5 oz, $1.29). 9. Azumaya (14 oz, $0.98 to $1.19). 10. Wildwood Natural Foods (16 oz, $1.39 to $1.59).

Note: This is the earliest (and only) English-language document seen (April 2003) that uses the term "health fanatics" (or "health fanatic"). Address: Chronicle staff writer.

11127. Spieler, Marlena. 1996. Tofu transformations: Mild-mannered bean curd becomes quick-change artist. *San Francisco Chronicle.* April 24. Food section. p. 1, 5.
• ***Summary:*** In a box above the masthead on the front page of this issue of the Chronicle, is written "Love affair with tofu." The food section of this issue is devoted largely to tofu, and this is the lead article. "Tofu and I go way back. But like all good relationships, this one took a while to blossom into love. In the days when Birkenstocks were chic (the first time around) you could find tofu, but eating it was an ordeal. The dishes were nutritionally correct but seldom delicious. So I ignored tofu and hoped that, along with those clumpy sandals, it would go away.

But over the years, as study after study showed the health benefits of eating soybeans, tofu–one of the easiest, most accessible ways to eat soybeans–could not be ignored." From a friend just returned from Japan, she discovered she liked tofu and the way it made her feel. "It is in vegetarian dishes, however, that tofu shines. At the vegetarian Chinese restaurant Vegi Food, on Clement Street in San Francisco, almost everything comes with tofu in one form or another." She describes many good ways to serve tofu. A large sidebar (p. 1), titled "Quick and easy ideas for adding tofu to your life, gives recipe ideas: Tofu pesto. Tofu, tomatoes and olive plate with nicoise flavors. Tofu and black bean tortas. Super-simple tofu bowl. Mexican tofu and vegetable simmer. Stir-fried cabbage and black mushrooms with tofu and hoisin sauce. Curry tofu in vegetable masala. Sicilian tofu-coffee sweet.

Page 5 contains many enticing full tofu recipes. One sidebar (p. 5) titled "Preparation techniques for a firm, dense texture," describes: Fried tofu. Broiled and dry-baked tofu. Flavored, grilled tofu. Pressed tofu. A second sidebar (p. 5) titled "The many faces of tofu," describes fresh tofu, fried tofu, marinated tofu, and smoked tofu. Photos show tofu dishes from Millennium restaurant. Address: Bay Area food writer; Special to The Chronicle.

11128. Esposito, Andi. 1996. Nationwide tofu boom has Nasoya Foods working round-the-clock. *Sunday Telegram* (*Worcester, Massachusetts*). April 28. Business section.
• ***Summary:*** Every minute a 36-pound block of tofu slides off the Nasoya production line. It is cut into 1-pound cakes, packed in plastic tubs, bathed with artesian well water, sealed, and pasteurized. The processing lines are now working 24 hours a day, six days a week. The 28,000 square foot factory and its 68 employees are so busy that there is barely room to install the sealing equipment just arrived from Japan. The administrative staff has had to move across the street. It was only 6-7 years ago that Nasoya made tofu on one shift, 3 days a week. But production has risen 20 percent in just the last 12 months, according to Frederick B. Ceconi, plant manager. Today the plant makes 12 million pounds of tofu a year. It is sold at more than 3,000 grocery stores, and more than 60% of the sales are to mainstream supermarkets. The company, which was purchased in 1990 by Hong Kong-based Vitasoy, needs a new building.

The latest tofu boom dates from the publication of an article by Dr. James Anderson in the Aug. 3, 1995 issue of the *New England Journal of Medicine.* He reported that soy protein can lower serum cholesterol levels, providing protection against heart disease. Address: Business Editor.

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11129. Alam, M.S.; Chaudhury, E.H. 1996. Soybean utilization in Bangladesh. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 92-95. [6 ref]
• ***Summary:*** Contents: Abstract. Introduction. Utilization and consumption. Conclusion.

"In Bangladesh soybean is not a major oilseed crop but production and utilization have increased in recent years. A government action plan was undertaken for large scale cultivation and product utilization through a Crop Diversification Programme. The main idea of the programme is to alleviate protein calorie malnutrition from cereal-based diets in Bangladesh."

Most of the soybean grown in Bangladesh is used as feed by the poultry and cultivated fish industries. Some soyfood products, such as "soybread, soybiscuit, soyflour, soysauce, noodles, chanachur and tofu," as well as some confectionery beverages, have started to be prepared by some private food companies and are already on the market.

Cultivation of soybean in Bangladesh started when a non-government organization (NGO) named Mennonite Central Committee began demonstrations with farmers in the early 1970s. Research [other than that conducted by MCC] started in 1975 when a Coordinated Soybean Research Project was undertaken by the Bangladesh Agricultural Research Council (BARC).

Fig. 1 shows approximate soybean acreage in Bangladesh (1975-1993). This acreage has increased steadily from less than 100 acres in 1975 to about 2,200 acres in 1988; then it jumped suddenly to about 4,700 acres in 1989, increasing to about 6,200 acres in 1993.

There is presently in Bangladesh a high interest in soybean production and utilization, although utilization has been a problem in the past. "The general human food use is limited, due mostly to food taboos."

Most people in Bangladesh consume soybean oil in their daily dishes because of its high quality and low price compared to traditional mustardseed oil. Soybeans grown in Bangladesh do not have their oil extracted. They are used for feed and food. Address: Oilseed Research Centre, Bangladesh Agricultural Research Inst., Joydebpur, Gazipur 1701, Bangladesh.

11130. Ali, Nawab. 1996. Indian soybean industry-recent trends and development. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 78-82. [10 ref]
• ***Summary:*** Content: Abstract. Introduction. Processing of soybean. Food industry. Livestock feed. Industrial applications. R&D efforts and entrepreneurship development. Product promotion and policy issues.

During 1993-94 soybean production in India was 3.9 million tonnes [metric tons]; it is expected to be over 4 million tonnes in 1995-96. There are now in India 154 soybean solvent extraction plants (with a total installed capacity of 13.5 million tonnes of soybeans per year), 60 soyfood manufacturing units, 30 companies dealing with soy-related equipment, and 15 organizations and agencies involved in soybean trade. "Soyproducts" such as oil and protein foods have entered the market and been accepted because of the health and economic benefits. The demand for soyproducts is increasing and this makes the future of the soybean industry in India look bright.

In India the soybean has added US$ 500 million a year to the nation's foreign exchange, and it has increased the supply of edible oils by 0.6 million tonnes per year. In addition, it has brought prosperity to soybean farmers. Today, the soybean is India's 3rd most important oilseed crop after groundnuts and rape / mustard, contributing 18% to the total oilseed production of 22 million tonnes. India is now almost self-reliant in edible oil and soybean has played a significant role in this important development.

Tables: (1) Traditional and non-traditional soyproducts in India. (2) State by state soybean oil extraction plants in India and their installed capacity. (3) Type, number, and installed capacity of Indian soyfoods manufacturing units (1995), in descending order of the number of units. 20 units make texturised soy protein / flour, TSP (soynuggets); Installed capacity 120,000 tonnes / year. 10 units make soymilk; capacity 500 tonnes / year. 6 units make Soypaneer (tofu); capacity 1,000 tonnes / year. 5 units make soyflour, flakes, and grits; capacity 20,000 tonnes / year. 5 units make soy-fortified baked products; capacity 1,000 tonnes / year. 5 units make soylecithin; capacity 2,000 tonnes / year–etc. Address: Project Director, Soybean Processing & Utilization Centre, Central Inst. of Agricultural Engineering, Nabi Bagh, Berasia Road, Bhopal–462 038, India.

11131. Ansell, Mike. 1996. Aseptically processed and packaged tofu. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 521-22.
Address: Managing Director, Tetra Laval Food-South East Asia, Singapore.

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11132. Buchanan, Alex. ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. Illust. No index. 30 cm. [Eng]
• ***Summary:*** The first international conference of this type was held in Jilin, China, in 1990. Contents: Foreword, by Dr. Saipin Maneepun, Chairman, Scientific Committee. Scientific committee (13 members plus 2 secretaries). Executive summary, by Alastair Hicks. Keynote address. Part I: Crop technology related to processing (2 plenary papers, 2 regular papers, and 13 poster sessions). Part II: Post-production systems (1 plenary paper, 4 regular papers, and 2 poster sessions). Part III: Food processing technology (1 plenary paper, 7 regular papers, and 21 poster sessions). Part IV: Food science and nutrition (1 plenary papers, 5 regular papers, and 7 poster sessions). Part V: Tempe (6 regular papers, and 1 poster session). Part VI: Feed technology (2 plenary papers, and 7 regular papers). Part VII: Marketing technology (1 plenary paper, and 2 regular papers). Part VIII: Industrial technology (1 plenary paper, 4 regular papers, and 5 poster sessions).

This conference was organized by the Department of Agricultural Extension, Ministry of Agriculture and Cooperatives, Thailand. In collaboration with Institute of Food Research and Product Development, Kasetsart Univ., Thailand. Supported by FAO, American Soybean Association, and United Soybean Board.

On the rear cover, below a logo of an orange soybean superimposed on a globe inside a yellow square, is written: "Soybeans and soyfoods: Green, clean and healthy." Address: Bangkok, Thailand.

11133. Chung, Woo Kyung; Kim, Yong Ho. 1996. Functional properties and composition of tofu flours. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 206-09. [9 ref]
Address: Soybean researchers, National Crop Experiment Station, RDA, Suwon, Rep. of Korea.

11134. Goulart, Frances Sheridan. 1996. Oh, soy! *Fit* (*New York*). March/April. p. 77-79.
• ***Summary:*** On the section titled "A nutritional wonder," the authors notes that soymilk has 15 times more iron than dairy milk, 50% less fat, and no cholesterol. Tofu is one of the two best sources of calcium (yogurt is the other) recommended by the Osteoporosis Foundation for meeting adult calcium needs (1,000 mg/daily). One 4-oz. serving of tofu provides twice as much calcium as one cup of plain yogurt. Soybeans provide the antioxidant vitamins A and E.

A sidebar titled "Your soy shopping list" gives brief definitions of tofu, tempeh, miso, natto, soy milk, soy cheese, soy sauce, and textured vegetable protein (TVP). Address: Connecticut.

11135. Hermana, -; Karmini, Mien; Karyadi, Darwin. 1996. Health significance of tempe for human nutrition. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 391-94. [15 ref]
• ***Summary:*** Contents: Introduction. Nutritive value of tempe: Overview, tempe and infective diarrhea, hypocholesterolemic effect, inhibition of fatty acid peroxidation.

Throughout Indonesia tempe is consumed by people of low as well as high socio-economic level. Tens of thousands of tempe makers produce tempe at home using 10-150 kg of soybeans daily. The largest tempeh maker uses 2 metric tons of soybeans daily. Producers are united in the Koperasi Produsen Tempe Tahu Indonesia (KOPTI; Cooperatives of Producers of Tempeh and Tofu in Indonesia).

"In the future more people are expected to consume tempe because there has been training in tempe technology by the Nutrition Research and Development Center in Bogor in 1986 and 1990." The two training workshops "were sponsored by the United National University and attended by 22 fellows from 10 countries in Asia and Africa." Address: Nutrition Research and Development Centre, Bogor, Indonesia.

11136. Husin, Adinan; Ahmad, Hasimah Hafiz. 1996. Soybean as a consistent industrial resource. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 497-507. [30 ref]
• ***Summary:*** Contents: Abstract. Introduction. Processing of soybean. Food uses of soybean. Processing of soybean oil. Processing of protein products: Flours, protein concentrates, protein isolates, textured protein products. Unfermented soy products: Soy curd/tofu, soymilk, snacks. Fermented products: Tempe, soy sauce, cheese (Commercial cheese alternatives claim to taste, melt, and stretch like regular cheese. Soy cheese now comes in Jalapeno Jack style, Cheddar style, mozzarella style, Garlic-herb style, and

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Monterey Jack style). Non-food uses ("Soy oils are used in non-food applications such as in the preparation of soaps, paints, varnishes, resins, plastics, lubricants and agrochemicals"). Promoting the use of soybean. Conclusion.
Address: Food Technology Research Centre, MARDI, G.P.O. Box 12301, 50774 Kuala Lumpur, Malaysia.

11137. Kim, Yong-Ho; Kim, Seok-Dong; Hong, Eun-Hi. 1996. 11S and 7S globulin fractions in soybean seed and its soycurd characteristics. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 210-13. [10 ref]
Address: National Crops Exp. Station, RDA, Suwon, 441-100, Korea.

11138. Lancon, F.; Fardiaz, D.; Herlina, L.; Puspitasari, N.L. 1996. Soybean characteristics effect on tahu quality in small-scale processing units. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 177-82. [5 ref]
Address: 1. Economist, Annual Crop Dep. of the Centre de Cooperation Internationale pour la Recherche Agronomique pour le Developpement (CIRAD); 2&4. Inter-University Centre for Food and Nutrition, Institut Pertanian Bogor, Indonesia; 3. Department of Industrial Technology of the Faculty of Agricultural Engineering and Technology, Institut Pertanian Bogor.

11139. **Product Name:** Local Tofu's Veggy Dip.
Manufacturer's Name: Local Tofu.
Manufacturer's Address: 307 Route 59, West Nyack, NY 10994-2033. Phone: 914-358-2309.
Date of Introduction: 1996. April.
Ingredients: Tofu, tamari, canola oil, lemon juice, cider vinegar, herbs, spices.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Sam Weinreb. 1996. May 21. 3½ inch diameter. Yellowish-orange on dark green. "Adds flavor to virtue." Talk with Sam Weinreb, founder and owner of Local Tofu. 1996. May 27. This product was launched in April 1996. It is like a Tofu Mayonnaise, sold in an 8 oz tub, refrigerated.

11140. Ma, C.Y.; Buzzell, R.I.; Jessop, D.B.; Butterly, B.R. 1996. Evaluation of soybeans for tofu processing. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 171-76. [7 ref]
Address: 1. Centre for Food & Animal Research; 2-4. Harrow Research Centre. All: Agriculture & Agri-Food Canada, Ottawa, Ontario, Canada.

11141. Morinaga Nutritional Foods, Inc. 1996. Good things come in threes [Mori-Nu Mates] (Ad). *Natural Foods Merchandiser.* April. p. 33.
• ***Summary:*** This full-page color ad shows 3 packets of Mori-Nu Mates Low-Fat Pudding Mixes in Lemon Creme, Cappuccino, and Chocolate flavors. Bold text proclaims that they are "Low fat. All natural. Dairy-free." Blend one packet of this mix with one package of Mori-Nu Lite Tofu. Two packs of Mori-Nu Lite (Firm and Extra Firm) are shown.

This ad also appeared in the October issue (p. 37).
Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11142. *Ontario Soybean Growers' Marketing Board Newsletter.* 1996. Soybeans on the Internet. April. p. 4-5.
• ***Summary:*** A recent search for the word "soybeans" on the Webcrawler search engine found 250 different Web sites. Most of these are based in the USA, but some are in Canada. The best site for soybean growers is StratSoy, which was set up using funding from the United Soybean Board. The Homepage contains 6 choices: About StratSoy. What's new? Organizations. Resources. Research Database. Q&A–Ask an expert.

Other sites (whose Web addresses are given) include: Soya Bluebook Plus On Line, Chicago Board of Trade, Soyfoods Directory, Environment Canada, ACEIS, Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA), Farmers Online, Ridgetown College, University of Guelph, and Ontario Agriculture Homepage. A recipe for tofu (obtained from the Internet) is given. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11143. Osho, S.M. 1996. Fortification and enrichment of African diets using soybeans. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 314-21. [15 ref]
• ***Summary:*** Contents: Abstract. Introduction. Materials and methods: Research was conducted to incorporate soybeans, on a household scale, into traditional root and tuber crops

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(e.g., cassava), cereals (e.g., maize, sorghum, millet, rice), developed appropriate processing techniques for making tofu and soy tempe [tempeh] based products, used an extruder to develop commercial products containing soy, disseminated the technologies developed to rural households and small-scale companies.

Results and discussion: A good example of how soybean has improved nutritional values is by fortification of cassava and gari, quality and acceptability of local soft cheese (*warankashi,* made by coagulating cow's milk with an aqueous extract from the leaves of the sodom apple (*Calotropis procera*)), and soybean curd (tofu), tempe is a nutritious Oriental food.

Tables: (1) Nutrient composition of local gari and fortified soybean gari. Four columns. (a) Nutrients. (b) Control gari. (c) 75% cassava + 25% soybean milk residue [okara]. (d) 75% cassava + 25% whole soybean paste.

(2) Sensory evaluation of soygari compared with local gari. Gari fortified with okara (overall acceptability 6.7) was almost as well accepted as traditional gari (6.8).

(3) Chemical composition of local cheese (warankashi) and soybean curd (tofu).

(4) Sensory evaluation scores for warankashi (overall acceptability 6.4) and tofu (5.0).

(5) Chemical composition of tempe-fortified maize based weaning foods (dry weight basis).

"Conclusion: Through aid from the International Development Research Centre (IDRC) Canada, the International Institute of Tropical Agriculture (IITA) is collaborating with national programs in Nigeria and recently Ghana, Cote d'Ivoire and Benin to develop household and small-scale processing techniques for soybean. The project is also planning to extend coverage to other African countries. The future of soybeans looks bright in Africa." Address: International Inst. of Tropical Agriculture, Oyo Rd., PMB 5320, Ibadan, Nigeria.

11144. Rivera, F.T.; Sinchaisri, P. 1996. Soybean utilization as a poverty and food deficit alleviation strategy in the Philippines. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 102-08. [5 ref]

• ***Summary:*** More than 50 soyfoods were prepared and tested on adults and children. Those which were liked very much one or both groups were: Longgasoy, soy milk, soy cafe, choco soy, soy adobo, soy nut mix [meaning not clear], tokwa, tahu [tofu], soy polvoron, soy lumpia. "More than 3,000 rural women, landless farmworkers, and out-of-school youths were trained in village soybean processing and utilization."

Tables show: (1) Results of nutritive analysis of selected mixed soyfoods (such as rice soy, soy corn, soy fish). (2) Cost and sensory analysis of soy products (per kg raw soybeans). Address: 1. Univ. Prof. Emeritus, Chairperson, Binhi ng Buhay Village Soybean Processing and Marketing Centre and Lingap Tao sa Kabuhayan Foundation, Inc., Central Luzon State Univ. Muñoz, Nueva Ecija, Philippines; 2. Agricultural Chemistry Div., Dep. of Agriculture, Bangkok, Thailand.

11145. Robertson, Robin. 1996. 366 healthful ways to cook tofu and other meat alternatives. New York, NY: Penguin/ Dutton. 406 p. Index. 24 cm. A Plume book. Nutritional analyses provided by Ed Blonz, PhD.

• ***Summary:*** Contents: Introduction. 1. Appetizers, hors d'oeuvres, and sandwiches. 2. Stews and hearty soups. 3. Pasta dishes. 4. Casseroles, gratins, and risottos. 5. Stir-fries. 6. Burgers, loaves, and savory pies. 7. Under wraps, stuffed, and skewered. 8. Sautéed, seared, and grilled. 9. Main-dish salads. 10. One-dish meals.

The three main meat alternatives used in the recipes in this book are tofu, tempeh, and seitan. Other soy and related foods are used in recipes are: Adzuki beans, soy milk, and TVP. The author is a woman. Address: Professional chef and cooking instructor, Virginia Beach, Virginia.

11146. Soetrisno, Noer. 1996. Socio economic aspects of tempe production in Indonesia. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 371-76. [7 ref]

• ***Summary:*** Contents: Abstract. Background. Tempe production and marketing system. Tempe industry products. Challenges and future of tempe industry.

Originally tempeh was made only in a limited area in Central and East Java. Today, there are more than 93,000 home industry units recorded as tempe makers throughout Indonesia; they employ more than 265,000 workers.

Tempe makers often employ a number of tempe vendors–often friends or relatives–to distribute and sell their products–either finished tempe or half-fermented tempe. Under this system, job seekers can enter the market quickly and easily with almost no experience or capital. This has helped tempe production to expand quickly.

The fact that tempe makers require water and produce waste can create difficulties in dense urban settings. This problem first arose in the mid-1970s as tempe makers migrated into big cities such as Jakarta, and it caused them to organize themselves and to attract government attention. By early 1980, makers of soyfoods, especially tempe and tofu, began to organize cooperatives of tempe and tofu producers,

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starting in the big cities. Today there are 111 primary cooperative societies (KOPTI) organized by tempe and tofu makers; these have joined into a National Federation of Tempe and Tofu Producer Cooperatives (GAKOPTI).

In Indonesia there are only few large tempeh manufacturers. The largest production capacity reported so far is less than 3,000 kg of soybeans per day, while the average capacity is 50-200 kg of soybeans per day. Address: Faculty of Industry Technology, Parahyangan Catholic Univ., Jalan Gunung Mas c-11, Bandung 40142, Indonesia.

11147. Tamang, Jyoti Prakash. 1996. Fermented soybean products in India. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 189-94. [10 ref]

• ***Summary:*** Contents: Abstract. Introduction. Indigenous fermented soybean food: Kinema, hawaijar. Modified fermented soybean food: Soy-idli (a rice-based breakfast food in south India), soy-dhokla (a wheat-based snack in west India), soy rabadi (a butter milk staple of west India). Non-fermented soybean products: Green [vegetable] soybeans (a snack in north-eastern India), roasted soybean [soynuts] (a snack throughout India), soybean chutney (a condiment / pickle made from whole soybeans in north-eastern India). Commercially available soybean foods: Soymilk, soypaneer [tofu], soysuji / soy-suji (a snack in Central India), soy fortified biscuit (using soyflour).

Kinema and hawaijar are similar to natto of Japan and thua-nao of Thailand; the principal microorganism in both is *Bacillus subtilis.* Two strains were selected to give the best quality kinema. The main determinants of quality are high viscosity, long sticky strings, and solubilized protein. The optimum fermentation is for 20 hours at 40ºC. "The optimized process can be promoted to popularize more consumption of fermented soybean products as a sustainable supply of low-cost nutritious foods."

Kinema is consumed in eastern Nepal, "in the Darjeeling hills of West Bengal, Sikkim and north-eastern hills of India as a meat substitute in the local diet."

"The preparation of hawaijar is similar to kinema except the wrapping materials used are leaves of the fig plant (*Ficus hispida* L.) and the fermentation time is prolonged for 3-4 days.

To make soybean chutney, whole dried soybeans are soaked, deep-fried in vegetable oil, then mixed with salt and chilies. This chutney is then consumed like a pickle with boiled rice.

Soypaneer is a very good substitute for traditional dairy paneer, a semi-soft mild-flavoured fresh cheese, which is significantly more expensive than its soy counterpart. Soypaneer is deep fried, mixed with vegetarian curry, and sometimes used to make paneer pakoda [pakora], a local recipe.

Note: A pakora is a fritter–any kind of food coated in batter and deep fried.

Soysuji can be used to replace up to half of the wheat suji in the preparation of traditional Indian recipes.

"Cereal-based Indian diets are generally deficient in protein and calories. The protein intake in the local diet is not enough due to high prices of meat and dairy products as well as religious taboos."

Tables: (1) Soybean-based foods in India. The four columns are: Four types of products and 12 specific product names. Substrate (whole soybean, soybean-rice, etc.). Use (breakfast, snack, etc.). Consumption area. (2) Chemical composition of kinema (two types with very different composition).

Fig. 1 (p. 194) is a flow sheet of the traditional method of preparing kinema in a Sikkim village. After cooking and draining, the soybeans are crushed lightly by a wooden pestle. Firewood ash may be added. Wrap the soybeans in fern leaves, and ferment for 1-3 days to make kinema. Fry to make curry or soup. Address: Microbiology Lab., Dep. of Botany, Sikkim Government College, Gangtok 737 102, Sikkim, India.

11148. Tiamzon, Ma. Florideliz D. 1996. Institutional mechanisms for an effective soybean technology transfer in the Philippines. In: Alex Buchanan, ed. 1996. Proceedings of the Second International Soybean Processing and Utilization Conference: 8-13 January 1996, Bangkok, Thailand. Bangkok, Thailand: Printed by Funny Publishing Limited Partnership. Distributed by The Institute of Food Research and Product Development, Kasetsart University. xviii + 556 p. See p. 450-53.

• ***Summary:*** "The Soybean Development Program (SDP) was launched by the Philippine Council for Agriculture, Forestry and Natural Resources Research and Development (PCARRD)–Department of Science and Technology (DOST) in 1983 and later renamed as the Accelerated Soybean Production and Utilization Programme (ASPUP)." The goal of the program is to contribute to community development and improved nutrition.

Lists ASPUP's four main goals related to vertical integration of soybean production and small-scale soybean processing of soybeans for food and animal feed in six regions of the Philippines (in Luzon and in Mindanao) where soybean is grown.

A second list shows six strategies used by ASPUP to attain these goals. The last strategy reads: "(6) Create new markets and promote the use of soybean-based food products like ice cream, soy curd [tofu], soy cheese, soya milk, soy burgers and others as part of the daily diet." Address: National Program Leader, Accelerated Soybean Production

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and Utilization Programme (ASPUP) and Supervising Science Research Specialist, Crops Research Div., Philippine Council for Agriculture, Forestry and Natural Resources Research and Development (PCARRD), Los Baños, Laguna, Philippines.

11149. Tyler, Jim; Neville, Jan. 1996. Wellspring Natural Food Co. Mail order catalog. Amherst, Massachusetts: Wellspring. 32 p. 28 cm.
• ***Summary:*** This is the first issue of this catalog, and Wellspring started in 1996. Soy-related products include: Miso, shoyu, black soybeans (from Hokkaido, Japan), yellow soybeans (organic), azuki beans, snow-dried tofu, kuzu, miso ramen, kinako, natto miso chutney, tekka miso, soymilk, and amasake.

Jim has been a macrobiotic teacher and counselor since 1975-76 and Jennifer was a chef at the Kushi Institute. Main competitors include Gold Mine and other such companies. This catalog is service oriented, easy to use, and more than 80% of the products have lower prices than the competition. Address: P.O. Box 2473, Amherst, Massachusetts 01004. Phone: 1-800-578-5301.

11150. Lang, Paul. 1996. St. Peter Creamery and Agronico (Interview). *SoyaScan Notes.* May 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul does not know what happened to St. Peter Creamery. Note: St. Peter Creamery of St. Peter, Minnesota, introduced Soy Supreme Spray-Dried Soymilk Powder in Dec. 1984 and Soy Supreme Spray-Dried Tofu Powder in July 1985.

Paul tried phoning the company several years ago but there was no answer. He tried to figure out what happened but with no results. Try contacting Allan Routh (rhymes with "south") who is the brains behind SunRich, which is mainly a marketing group. Allan is on the board of the Soyfoods Association, and has an ad in the 1995 Soya Bluebook Plus (p. 59, 134). Paul is almost certain that SunRich gets its spray-drying done by Zumbro. Paul does not know who makes SunRich's soymilk.

Agronico (run by Mike Vincent) is basically out of business. Paul has heard (within the last week) that Agronico is being taken over by Honeymead, and they plan to make TVP. Address: Natural Products, Inc., 798 Hwy 6, Grinnell, Iowa 50112. Phone: 515-236-0852.

11151. Routh, Allan. 1996. SunRich, soymilk, Davisco, St. Peter Creamery, Prosource, and Northern Milk Products in Alexandria, Minnesota (Interview). *SoyaScan Notes.* May 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Allan (whose surname rhymes with "south") is CEO and one of the owners of SunRich. His company manufactures both liquid and spray-dried soymilk at a plant in Alexandria, Minnesota. They own this plant as part of a joint venture with Northern Milk Products. The company in Alexandria is named Northern Milk Products, but in the '95-'96 Soya Bluebook Plus the company name is given as Prosource, Inc. (P.O. Box 1058, 601 Third Ave. West, Alexandria, MN 56308. Phone: 612-763-2470). Sales are handled through SunRich.

Question: What happened to St. Peter Creamery, of St. Peter, Minnesota?; they introduced Soy Supreme Spray-Dried Soymilk Powder in Dec. 1984 and Soy Supreme Spray-Dried Tofu Powder in July 1985. Answer: Allan used to be part of the soy process with St. Peter Creamery (located in St. Peter, Minnesota), which was owned by the Davis family and which is no longer in business. The Davis family also owned LeSeur Cheese and Lake Norden Creamery; all these companies (including St. Peter Creamery) are now named Davisco. Stan Davis, the main man, is now retired, but his sons and grandsons are involved. The soy part of the business (the Oberg Division of St. Peter Creamery) was a joint venture between St. Peter and Ed Oberg, and Lou Osterbur. Dr. E.B. Oberg had some patents when he was at Carnation. These patents were only part of the complex, which included "know-how" and process subtleties that made the product taste so good. Like every spray-drier and custom spray-dried in Minnesota and the Midwest, St. Peter was an old dairy plant and a custom processor. This sort of plant used to belong to coops, then individuals would buy them. St. Peter installed its own soymilk. They made soymilk from whole soybeans, then spray-dried it. Soymilk ceased being made at St. Peter in about 1989 because St. Peter decided they wanted to go a different direction and soymilk sales weren't really taking off. The soymilk equipment was partially moved to Northern Milk Products in Alexandria, Minnesota–located about 150 miles northwest of St. Peter. More precisely, they reconstructed a soymilk line in Alexandria that they thought was a little better than what they had at St. Peter. Allan has been with Minnesota Waxy (which started as a corn company) from the early days. Minnesota Waxy purchased the process from Oberg and Osterbur, and Northern Milk owned the physical plant.

Now Allan's joint venture company makes Soy Supreme, which used to be St. Peter Creamery's main soymilk product, made at their plant. But when the general manager at St. Peter, Dennis Anderson, decided to go into business for himself, he bought 3-4 plants–one of which was in Alexandria. So they moved the process to his plant in Alexandria. Basically the same technology that was used to make Soy Supreme (a dry product) is now also being used to make a liquid product, but Allan thinks his company has made significant improvements compared to E.B. Oberg's product.

SunRich is not really company with its own retail products. They sell foods to food manufacturers. They supply Westbrae with soymilk. They have made most of Westbrae's soymilk for a while–a number of tankers each week. They

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also have other soymilk clients. Most of their spray drying of soymilk is done in the neighboring town of Bertha, but they also have two spray driers in Alexandria. Northern also processes some milk products in Alexandria, and they do some specific separations on oats for customers like Quaker Oats. Zumbro, which is a similar company to Northern Milk in Alexandria, does not spray dry the milk made in Alexandria. Dennis Anderson is still in Alexandria.

Minnesota Waxy (recently renamed SunRich) has always been a specialty grain company. Initially their main product was waxy starch corn, which contains an all amylopectin starch; it has a much larger starch molecule than regular amylose starch or common corn starch. Waxy starch is used in many food applications, such as those that must be freeze-thaw stable, or products that must hold more flavor that is more available. It has many desired functional properties, and can be used to strip cholesterol from eggs. They also grow about 800,000 bushels of specialty, identity preserved soybeans per year, representing about 30% of their total specialty grain business. The soybeans are sold to soyfood manufacturers in both Japan and the USA. All of their corn and soybean production is contracted with farmers. SunRich is a corporation that has about 200 farmer shareholders; it is not a co-op. They have been in business for almost 20 years, and now they contract with a lot of non-shareholder farmers as well all over the Midwest. About 5% of SunRich's business is in organically grown crops, especially soybeans, and they are emphasizing it more and more.

Talk with Allan Routh of SunRich. 1997. April 18. He used to work with Davisco (St. Peter Creamery) making soymilk solids, but that was years ago. They have been out of that business for 5 years or more. Northern Milk Products is now named Northern Food and Dairy; it is owned by Dennis Anderson in Alexandria, Minnesota. Allan now jointly processes a lot of soy solids products with them. Prosource is one individual who works out of Northern Foods and Dairy; he does processing up there too. Allan's products are doing well. "Our biggest struggle is just to get big enough to support them." Address: CEO, SunRich Inc., P.O. Box 128, Hope, Minnesota 56046. Phone: 1-800-342-6976 or 507-451-3316.

11152. Mio, Art. 1996. Update on Morinaga Nutritional Foods (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** During Morinaga's last fiscal year (ended in March 1996), sales of Mori-Nu Tofu rose 20%. One reason for this was the introduction of Mori-Nu Lite tofu to supermarkets. Morinaga has tried to sell the Lite to supers in a shipper, which is a cardboard display that stands on the floor and holds 24 cases. With the shipper, the store must buy one case of Lite Firm and one case of Lite Extra Firm. But most supers don't allow shippers and don't like having to buy two cases.

Morinaga's biggest market is still the Asian-American market, which grew 50% last year. About 4 years ago Morinaga introduced their tofu in a Chinese-language carton; it usually sells well at Chinese New Year. The Chinese label is priced lower to suit the price-conscious Chinese-American consumer. Last year the Chinese label accounted for about 25% of the company's sales.

In supermarkets, Mori-Nu Regular (3 SKUs) accounts for 65% of sales and Lite (2 SKUs) accounts for 35%. In natural food stores Mori-Nu Regular accounts for about 52% of sales and Lite about 48%. Mori-Nu Soft is by far the slowest seller.

Northern California is Morinaga's biggest market and Safeway is Morinaga's best account in America. Mori-Nu tofu is usually sold in the produce section; in the Los Angeles area Hinoichi, the biggest competitor, is sold refrigerated.

Morinaga will add a genistein statement to its new 12 ounce package which will be filled in Oregon. The paper will be made in the USA.

Update from Art Mio. 1996. July 25. Morinaga recently purchased scanner data from Lucky, which is a major account. The data showed that 80% of the tofu sold by Lucky is made by Azumaya and 20% is made by Morinaga. Address: National Sales Manager, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8636.

11153. Mio, Art. 1996. Selling tofu in the produce section of supermarkets (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The produce section of a supermarket operates on completely different rules from the rest of the store; there might as well be a brick wall separating produce from the store. In the produce section: (1) There are different margins; (2) There are traditionally no slotting allowances; and (3) There is less rigid allocation of space. The grocery section, by contrast, is characterized by rigid merchandising governed by schematics (schematic diagrams) which specify the exact number of facings, on which shelf each will appear, etc. Art believes that it is largely for the above reasons that most tofu companies have fought so hard to stay in the produce section, even though the temperature is often unsafe, being higher than 4ºC which is required for a "potentially hazardous food."

One of the new trends in the produce section is "pre-cuts," or pre-cut vegetables and fruits, which could change some of the rules. Mori-Nu tofu is usually sold in the produce section; in the Los Angeles area Hinoichi, the biggest competitor, is sold refrigerated. Address: National Sales Manager, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504.

11154. Sheehan, Daniel M. 1996. More about phytoestrogens

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and isoflavones from soybeans (Interview). *SoyaScan Notes.* May 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dr. Sheehan heard from a colleague in Canada that the soy protein isolates used in infant formulas in Canada have most of the phytoestrogens removed. The source of that information was Mr. Marshall Marcus of Protein Technologies International.

People use terms such as phytoestrogens or isoflavones differently depending on their background and orientation. For example, people interested mostly in biological activity tend to use the term "phytoestrogens," whereas those interested mostly in chemical structure tend to use the term "isoflavones." Additional terms include "flavonoids" (pronounced FLAY-vuh-noids, which refers to a large class of chemicals), and "isoflavonoids" (which are isomers of the flavonoids). "Genistein" and "daidzein" are what chemists call "trivial names." Real chemists provide the actual name of the chemical structure. Note: The first isoflavone found in tempeh was 6,7,4'-trihydroxyisoflavone.

Not all isoflavones are phytoestrogens; only some have biological activity as estrogens, and most of them are inactive. Genistin is just a conjugated genistein. The conjugated forms such as genistin and daidzin are not biologically active, as such; the glucoside linkage must be cleaved by intestinal bacteria before they become biologically active. Biologists usually use the term "prohormones" to refer chemical substances such as daidzin or genistin; they are precursors of hormones that require metabolic action before they become active. So when we eat a soyfood such as tofu, the biologically inactive prohormones are converted to active hormones in our digestive system. On the other hand, equol has estrogenic activity, but it is a metabolite of genistein. Of the three major conjugated forms in soybeans, daidzin, genistin, and equal, all of the digested forms have biological activity. Address: Dep. of Health and Human Services, Food and Drug Administration, National Center for Toxicological Research, Div. of Reproductive and Developmental Toxicology, Jefferson, Arkansas 72079-9502, and Dep. of Biochemistry, Univ. of Arkansas for Medical Sciences, Little Rock, AR 72205. Phone: 501-543-7561.

11155. D'Aguilar, Marlon. 1996. New developments at Country Farmhouse Soya Products (Interview). *SoyaScan Notes.* May 20. Conducted by William Shurtleff of Soyfoods Center. [Eng]
• ***Summary:*** Marlon started making and selling tofu in 1985. He started teaching himself the processes in 1983-84. He believes that Country Farmhouse Soya Products was the first company to make tofu commercially in Jamaica. *Tofu and Soymilk Production* and *The Book of Tofu* by Shurtleff and Aoyagi helped him out somewhat over the years. In the beginning he gave away a lot of tofu "to get our people to know it. Our people have always liked it. Our Soy Scream Ice Cream, launched in about 1985, is our favorite product. It was made using hand-cranked wooden buckets. It is still sold in both soft serve and hard packs." Marlon has launched about 10 soy products since 1985–Tofu, Soy Scream Ice Cream, Mayonnaise (based on soymilk and sold to the foodservice), soy ice cream sandwich, soy flour, soy burgers (launched in about 1987 and renamed Veg Middles in about 1994), soymilk (made to order only).

Right now he is working on expanding the company, but it is difficult because of limited finances and resources. The vision is still high and open. Country Farmhouse Lifeline is the parent association and a community operation; Country Farmhouse Soya Products is an offshoot, and a limited liability company. "We went into soyfoods as part of a whole social program named Country Farmhouse Lifeline, which is a local community program whereby local people get together to shape their lives and bring about sustainable life. It was not started just as a business. Our wider program involves alternative sources of energy and more sustainable living." Marlon has worked with Plenty USA and they have helped him mostly with contacts, plus some technical advice–Not much help with product development. There are no other companies now making soyfoods in Jamaica. One company named Nature Treats started in about 1993, but they went out of business about 2 years later; she is trying to sell him her equipment. He is a Rastafarian, and the Lifeline was spun out of that concept–not so much from the religious perspective but from a social and cultural perspective. Most Rastafarians are vegetarians and his interest in tofu and soyfoods grows in part out of his interest in vegetarianism. They have used the okara and whey from their company to generate energy (methane) that is run back into the plant–though it is not established now.

Talk with Annie Liu from Miami, Florida. 1999. Feb. 16. The tofu made by Country Farmhouse is very hard. In Jamaica, there is a dish named Solomonogondi, that is traditionally made with pickled mackerel; Country Farmhouse makes a vegetarian version with tofu–that is delicious. Their ice cream is also delicious. Address: Affiliate of the Country Farmhouse Lifeline, 12 Faulkner Ave., Duhaney Park, Kingston 20, Jamaica. Phone: 809-933-4617.

11156. Chang, Sam Kow-Ching. 1996. Re: Research on soybeans for making tofu. Letter to William Shurtleff at Soyfoods Center, May 29. 1 p. Handwritten.
• ***Summary:*** During the past 4 years, Dr. Chang's laboratory has been very active in tofu research, particularly in developing methodologies for evaluating which soybean varieties are best suited for making tofu and natto. They have compared tofu making using small (120 gm), medium (500 gm), and large (35 kg) methods. Approximately 10 scientific papers based on this research have been presented at various meetings. Some of them will appear in refereed journals in the near future. Most of their studies are concerned with

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what physical and chemical factors make a soybean suited for making tofu. They have an automated tofu machine imported from Taiwan for their tofu research. This may be the first such machine in a U.S. university.

During the past 4 years, Dr. Chang has visited more than 20 tofu and natto factories in Taiwan, Japan, China, and the USA. "I am very interested in promoting soyfoods in the United States." Address: Assoc. Prof. and Food Science Coordinator, Dep. of Food and Nutrition, North Dakota State Univ., Fargo, ND 58105. Phone: 701-231-7485.

11157. DeAngelis, Lissa; Siple, Molly. 1996. Recipes for change: Gourmet wholefood cooking for health and vitality at menopause. New York, NY: Dutton Signet. A Div. of Penguin Books USA Inc. xvi + 400 p. May. Index. 25 cm. [34* ref]

• ***Summary:*** In the upper right corner of the front cover we read: "Feel great without hormone replacement therapy!" This is a book, with a natural foods and macrobiotic slant, about using foods in place of hormone therapy to help deal with nine problems that occur around the time menopause: Premenstrual syndrome, hot flashes, fatigue, heart palpitations, memory lapses, mood swings, irritability and depression, weight gain, waning interest in sexuality, hypothyroidism. All menu suggestions are divided into two choices: Vegetarian and non-vegetarian (but with many vegetarian dishes). Pages 4-5 note that science has found active ingredients in foods that promote good health during menopause. Soybeans and soy products are "rich in phytohormones... sometimes called phytoestrogens." Four types of food are "off the menu" = should not be consumed: Refined sugars, caffeine and coffee, processed oils, and refined white flour and refined grains. The subsection titled "Phytohormones" (p. 16) lists ten foods, including tofu and brown rice, as good sources. The benefits of phytohormones and soyfoods are also discussed in the section on "Breast cancer" (p. 55-56).

Soy-related recipes include: Miso soup (p. 90). Bean basics (p. 120-23). Tofu teriyaki with vegetables (p. 123-24). Tempeh, green beans, and carrots with mustard sauce (p. 132-33). Tempeh slices for sandwiches (p. 148-49). Tofu alfredo sauce (p. 303).

The recipes also call for: Adzuki beans, almond butter and tahini, almond milk, kudzu, and plums (umeboshi). The last page is titled "About the authors." Photos of Lissa DeAngelis and Molly Siple appear on the inside rear dust jacket. Address: 1. Private nutrition consultant, North Edison, New Jersey; former Assoc. Director of the Natural Gourmet Cookery School in New York City for 10 years; 2. Registered Dietitian, Los Angeles, California.

11158. Ichikawa, Takashi. 1996. Seikôhô no chakusô: Kanai Noritoshi no bijinesu rinen to shoku no nichibei-shi [The concept of the frontal attack: Noritoshi Kanai's business theory and U.S.-Japan food history]. Tokyo: Sangokan. 254 p. Illust. No index. 20 cm. [Jap]

• ***Summary:*** This is a very interesting history of Mr. Noritoshi Kanai and Mutual Trading Co. in Los Angeles, which he built into a very successful enterprise. Address: President, Mutual Trading Co., 431 Crocker Ave., Los Angeles 90013.

11159. Kuhn, Mary Ellen. 1996. Soy in the spotlight: Disease-fighting benefits may change the image of the once-lowly bean. *Food Processing* (*Chicago*). May. p. 52-53, 55, 58.

• ***Summary:*** This is a cover story; on the cover is written: "Unlocking the secrets of soy," with four large color photos. The article begins: "What a difference a couple of decades make." Twenty or 30 years ago, most foodservice operators and consumers used soy with hesitation, sometimes scornful comments. "Today, however, the once-maligned soy protein has a much better image, thanks to a fast-mounting stack of research data suggesting it may help prevent and treat high blood cholesterol, cancer, osteoporosis, and symptoms of menopause." And this good news has begun to reach health and nutrition professionals. With better products on the market, "soyfoods marketers may soon be dealing with a new generation of mainstream consumers who–far from spurning soy-based products–actively seek them out.

"Much of the current soy research is focused on isoflavones, a unique class of phytoestrogens or plant hormones found primarily in soy protein." The main soy isoflavone is genistein. Now soyfoods manufacturers are starting to take isoflavone content into consideration when they formulate, label, and promote their products. The isoflavone content of unprocessed soybeans can vary considerably among varieties, years, and place of harvest. Heat treatment does not appear to significantly reduce isoflavone content, but an alcohol wash (used with most soy protein concentrates and isolated soy proteins) removes most isoflavones in the product. The well-known Supro brand of isolated soy proteins are not subject to an alcohol wash, which helps preserve their isoflavone content.

Rick McKelvey, president of the Soyfoods Association of America, has attended the American Dietetic Association show for the past two years. Last year, most of the questions he heard were: "What is this soy stuff that I'm hearing about?" This year's questions concerned the level of isoflavones in specific products. "This shows how far we've come in the bast year," he observes.

ADM, which could easily extract isoflavones from soybeans and sell them has decided not to do so. Jerry Weigel, PhD, who is ADM's vice president of corporate nutrition and regulatory affairs thinks it is probably not legal to sell isoflavones because they do not have GRAS (Generally Recognized as Safe) status or food additive status. Few soyfoods marketers are presently publicizing the

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isoflavone or genistein content of their products or making specific health or disease-prevention claims.

William Helferich, PhD, an associate professor at Michigan State University's Department of Food Science and Human Nutrition, has been studying dietary phytoestrogens in laboratory animals for 3 years. He has found that "genistein can stimulate estrogen-responsive breast cancer-cell growth in cultured cells and in animals implanted with these cells. He believes that women at risk for estrogen-dependent forms of breast cancer should not consume high levels of phytoestrogens." Most researchers are concerned about consumers taking isoflavone supplements or pills. Yet such products are now on the market and they acknowledge that some consumers will be attracted to them, instead of simply increasing the level of soyfoods in their diet, eating a healthful, balanced diet, and living and healthy lifestyle. Photos show: A jar of Morningstar Farms Roasted Soy Butter (soynut butter) which will be introduced this spring. Jan Remak, president of marketing for Vitasoy U.S.A.

One sidebar, titled "Probing the soy/health connection," discusses the research of Dr. James Anderson and Mark Messina, PhD. "Scientists theorize that phytoestrogens in soy might help compensate for the loss of hormonal estrogen women experience at menopause."

Another sidebar, "Boom times for the bean," notes that starting soon after the research study by Dr. James Anderson was published in August 1995, many soyfoods companies experienced a substantial increase in sales. Peter Golbitz notes that "After years of steady 10% to 15% annual growth, soyfood sales have soared by about 30% in the past year... Many marketers of meat and dairy analogs are reporting sales increases of more than 100%." A 1995 study by the Soyfoods Association of America found that 75% of Americans have heard of tofu, 55% of soymilk, and 50% of soy burgers. Golbitz adds that in Australia, where soymilk based on soy protein isolates is widely available, per capita soymilk consumption is at least three times what it is in the USA. Vitasoy has adopted a niche-market approach to selling its soymilk; it adjusts the amount beany taste according to the taste preferences of each market. Address: Senior Editor.

11160. Lightlife Foods, Inc. 1996. We don't just make the best vegetarian hot dog in the world–We make all three of them (Ad). *Vegetarian Times.* May. p. 24.
• ***Summary:*** A full-page color ad. The three products are: (1) Tofu pups. (2) Smart Dogs. (3) Wonderdogs–For kids only.

The company says it was inspired in 1982 to create "America's best and favorite hot dog–Tofu Pups."

This ad also appeared in the June issue, p. 12. Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 1-800-274-6001.

11161. **Product Name:** Vegetarian Request: French Country Stew, Moroccan Lentil Stew, Tuscan White Bean Stew, Penne Pasta Bolognese, Thai Tofu, Vegetable Croquette Dinner, Traditional "Meatloaf" Dinner.
Manufacturer's Name: Lightlife Foods, Inc.
Manufacturer's Address: P.O. Box 870, Greenfield, MA 01302. Phone: 1-800-274-6001.
Date of Introduction: 1996. May.
Ingredients: No. 5–Thai Tofu- With garden peas and peanut sauce over pasta.
Wt/Vol., Packaging, Price: 12 oz paperboard box.
How Stored: Frozen.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo at Baltimore, Maryland. 1996. Oct. One the front is a color photo of each product. On the rear is given for each: Ingredients. Nutritional information. UPC. Units per case. Shelf life frozen. The following contain soy or seitan: 1. Seitan. 4. Soy protein concentrate and isolate. 5. Tofu and soy sauce. 6. Soy sauce. 7. Soy protein concentrate, soy sauce, and [vegetarian] worcestershire sauce.

These products were first sold commercially in May 1996.

11162. Messina, Mark; Messina, Virginia. 1996. The dietitian's guide to vegetarian diets: Issues and applications. Gaithersberg, Maryland: Aspen Publishers, Inc. xi + 511 p. Index. 24 cm. [1939 ref]
• ***Summary:*** Contents: Preface. Acknowledgments. Part I: An overview of vegetarian diet. 1. Demographics and definitions: History of vegetarianism, profile of vegetarians, types of vegetarian diets. 2. Health consequences of vegetarian diets: Differences in dietary components of vegetarian and nonvegetarian diets, cardiovascular disease, hypertension, cancer, diabetes, obesity, kidney disease, renal stones, gallstones, diverticular disease, other conditions, the dairy connection, phytochemicals, conclusion.

Part II: Vegetarian nutrition. 3. Protein: A historical perspective on protein, protein requirements, vegetarian diets and protein digestibility, assessing protein quality, plant proteins and nitrogen balance, protein complementarity, conclusion. 4. Calcium: Osteoporosis, calcium and osteoporosis, calcium absorption and the RDA, calcium excretion, bone health of vegetarians, meeting the calcium RDA on plant-based diets, plant sources of calcium, other factors that affect bone health/fracture rate, conclusion. 5. Minerals: Iron, zinc, selenium, copper, magnesium, phosphorus, manganese, iodine, sodium, chloride, potassium, fluoride, chromium, molybdenum. 6. Vitamins: Vitamin B_{12} (cobalamin), riboflavin, vitamin D, vitamin B_6, vitamin B_1 (thiamin), niacin, folate, biotin, pantothenic acid, vitamin C (ascorbic acid), vitamin A, vitamin E, vitamin K. 7. Food guides for vegetarians: A history of food guides, developing food guides for vegetarians, vegetarian food guides, appendix 7-A–food guides for vegetarians (food guide for lacto-ovo vegetarians and vegans, the 1-2-3-4-5 vegetarian

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food guide, American Dietetic Association's vegetarian food guide, the vegetarian food pyramid, the vegetarian food pyramid, macrobiotic food guide).

Part III: Vegetarian diets throughout the life cycle. 8. Pregnancy and lactation: Weight gain and calorie needs in pregnancy, weight gain in pregnant vegetarians, meeting nutrient needs of pregnancy on a vegetarian diet, meal-planning guidelines, adolescent pregnancy, potential complications of pregnancy, common conditions of pregnancy, vegetarians and lactation, appendix 8-A–food guides for pregnant and breast feeding vegetarians (food guide I, food guide II). 9. Vegetarian diets in infancy: Growth in vegetarian infants, vegetarian diets during the first six months of infancy, solid foods for vegetarian infants, comparison of sample menu plans for 9-month old vegan and omnivore infants, potential concerns in infant feeding, macrobiotic diets in infancy, fatty acids in the diet of vegetarian infants, conclusion. 10. Preschool and school-age children: Growth of vegetarian children, diets of vegetarian children, protein, fat, calcium, vitamin D, vitamin B_{12}, iron, zinc, guidelines for meal planning for vegetarian children, milk in the diets of vegetarian children, counseling parents of vegetarian children, vegetarian diets for school-age children, school lunch, bag lunch, appendix 10-A–meal-planning guidelines for children (other food guides). 11. Vegetarian diets for adolescents: Growth of vegetarian adolescents, nutrient needs of vegetarian adolescents, meal-planning guidelines for vegetarian adolescents, eating disorders. 12. Vegetarian diets for older people: Dietary status of older vegetarians, nutrient needs of older vegetarians, meal planning for older people.

Part IV: Practical applications for counseling vegetarians. 13. Counseling vegetarian clients: Dietary assessment, counseling clients to plan menus based on vegetarian food guides, vegetarian diets as dietary therapy, reducing fat in vegetarian diets, reducing food costs on vegetarian diets. 14. Diabetes: Diet therapy for diabetes, vegetarians and diabetes, the diabetic exchange lists, appendix 14-A–exchange lists for meal planning. 15. Vegetarian diets for athletes: Vegetarian diets and athletic performance, nutrition needs of athletes, risks of amenorrhea in female vegetarians and female vegetarian athletes. 16. Vegetarian food preparation: Preparing grains, preparing beans, using tofu, using textured vegetable protein, using egg substitutes, cooking with sweeteners.

Glossary of vegetarian foods. Resources on vegetarian diet: Vegetarian resources for dietitians, resources for vegetarian clients, on-line services, mail-order vegetarian foods.

Appendixes. A. Fiber, cholesterol, and macronutrient intakes of adult vegetarians and nonvegetarians. B. Lipid levels in adult vegetarians and nonvegetarians. C. Blood pressure of adult vegetarians and nonvegetarians. D. Anthropometric data of female adult vegetarians and nonvegetarians. E. Anthropometric data of male adult vegetarians and nonvegetarians. F. Intake ratios of N-6 to N-3 fatty acids on vegetarian and non-vegetarian diets. G. Protein, calcium, phosphorus, sodium and potassium intakes of adult vegetarians and nonvegetarians. H. Iron intake and status of vegetarians and nonvegetarians. I. Mineral intake of adult vegetarians and nonvegetarians. J. Water soluble vitamin intake of adult vegetarians and nonvegetarians. K. Fat soluble vitamin intake of adult vegetarians and nonvegetarians. L. Fiber, cholesterol, and macronutrient intakes of vegetarian and nonvegetarian school-age children and teenagers. M. Water soluble vitamin intakes of vegetarian and nonvegetarian school-aged children and teenagers. N. Fat soluble vitamin intake of vegetarian and nonvegetarian school-aged children and teenagers. O. Mineral intake of vegetarian and nonvegetarian school-aged children and teenagers. P. Fiber, cholesterol, and macronutrient intakes of elderly vegetarians and nonvegetarians. Q. Water soluble vitamin intake of elderly vegetarians and nonvegetarians. R. Mineral intake of elderly vegetarians and nonvegetarians.

The information on vitamin K is excellent and extensive (despite one small error): Table 6-12 (p. 197) gives the vitamin K content of selected foods. The content of soybean oil is 77 micrograms per tablespoon (not milligrams as stated). Other rich sources are (per ½ cup cooked): Lentils (261 mcg), kale (179 mcg), spinach (141), broccoli (119). The source of these statistics is: USDA Provisional table on vitamin K content of foods. 1994. Hyattsville, Maryland: USDA.

Index listings for individual soyfoods: Tofu: p. 38-82, 392. Tempeh: p. 391. Soymilk: p. 214-15, 284-85, 391. Miso: p. 389. Soy cheese, soy flour, soy yogurt, soybeans, soynuts, Take Care (fortified soy protein beverage sold in powdered form), tamari: p. 391 (Glossary of vegetarian foods). Address: 1. PhD; 2. MPH, RD. Both: Nutrition Matters, Inc., 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11163. Ohio Soybean Council / Soy Ohio. 1996. Creative cooking with soy. Columbus, Ohio. 20 p. May. 24 cm. • ***Summary:*** This attractive cookbooklet contains many large color photos on thick glossy paper. The recipes are: Heartland burgers (with TVP). Golden baked beans (with 2 cups cooked soybeans). Creamy tomato soup (with soy milk, silken tofu, and soy oil). Chicken raspberry salad (with silken tofu in the sauce, and reduced sodium soy sauce). Easy day vegetable lasagna (with silken tofu). All-American twice-baked potatoes (with silken tofu). Primo veggie pasta (with silken tofu in the sauce). Oatmeal bread (with soy milk and soy flour). Better bran muffin (with soy milk and soy flour). Super crunchy caramel corn (with soy margarine). Fruit smoothie (with silken tofu). Sweetheart cinnamon rolls (with silken tofu and lite soy margarine). Chocolate

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silk dessert (with silken tofu and soy margarine). Buckeye surprise (with silken tofu and soy margarine). The last two pages are "Working with soyfoods" (soy flour, soy oil, tofu), and "Soyfoods resources" (a directory of organizations, books, and web sites providing information about soyfoods and nutrition).

Talk with Kelly Ollwine, executive secretary for the Ohio Soybean Council. 1996. June 7. This booklet, published in May 1996, was developed by Jim Kapp of Yoder, Sullivan & Kapp, a consulting firm in Columbus, Ohio. He also developed another such book titled "Cooking American Favorites with Soy," published in 1994.

Talk with Jim Kapp. 1996. June 7. The recipes in both these books were developed by two Ohio home economists, Connie Cahill and Melody Leidheiser. Address: P.O. Box 479, Columbus, Ohio 43216-0479.

11164. Raymond, Jennifer. 1996. The peaceful palate: Fine vegetarian cuisine. Revised ed. Calistoga, California: Heart & Soul Publications. 159 p. Illust. Index. 28 cm. [5 ref]
• ***Summary:*** A vegan cookbook, with a substantial section on vegan nutrition. Contains 11 tofu recipes and 1 recipe for tempeh sandwich.

Contents: Acknowledgements. Introduction (most Americans eat too much protein and far to much fat). Choosing food for optimum health. Protein. Calcium. Protein myths and facts. Putting fat in its place. Cutting the fat. Dairy products and eggs (why each is cruel to animals; soy and rice milks are excellent alternatives to cow's milk; tofu can be scrambled in place of eggs. Five good books about factory farming. Contact information for three organizations "working to end the horrors of factory farming"). A note about sweeteners. Coking dried beans. Equipping your kitchen. Stocking your pantry for healthful eating. What to eat when you don't eat meat. Foods which may be new to you [glossary] (includes aseptically packaged tofu, barley malt, low-sodium soy sauce, mirin, miso, Nayonaise {eggless, dairyless, cholesterol-free mayonnaise}, non-dairy frozen dessert, non-dairy yogurt, reduced-fat tofu, rice milk, rice syrup, seitan, silken tofu, soy milk, Spectrum Natural Spread {similar to soft margarine but made without hydrogenated fats}, tempeh, textured vegetable protein {TVP}).

"Until he extends the circle of his compassion to all living things, man will not himself find peace"–Albert Schweitzer.

Recipes: Breakfasts. Breads. Sandwiches. Salads & salad dressings, etc. A portrait photo (p. 159) shows Jennifer Raymond. "She works as a chef and nutrition specialist with Dean Ornish, M.D. in his 'Open your heart program,' teaching patients how a delicious, easily prepared vegetarian diet can reverse heart disease." "Her first cookbook, *The Best of Jenny's Kitchen,* was published by Avon books in 1981 and was followed closely by her television series *Cooking Naturally!* Jennifer lives in Calistoga, California, with her husband Stephen Avis and their five dogs."

The tofu and tempeh recipes are: Scrambled tofu (p. 27). Missing egg sandwich (p. 42). Tempeh salad sandwich (p. 44). Tofu, lettuce & tomato sandwich (TLT, p. 45). Broiled tofu (p. 48). Pasta with creamy tofu (p. 109). Lasagna (with tofu, p. 113). Tofu burgers (p. 125). Tofu croquettes (p. 126). Tofu pot pie (p. 127). Tofu cream frosting (p. 148). Tofu cheesecake (p. 150).

Talk with Jennifer Raymond. 1996. May 30. The new enlarged edition was available on 2 May 1996. There are new recipes and with each recipe is a nutritional analysis. The book is still available from the author, as well as nationwide because it is distributed by The Book Publishing Company in Summertown, Tennessee. She is now working closely with Dr. Dean Ornish, and adds: "He is at the center of where things are happening related to vegetarianism, diet, and health. His work has had a more profound impact on the way that the medical profession and people in general view vegetarianism than that of almost any other person. It has allowed vegetarianism to turn a really big corner." Address: 1418 Cedar St., Calistoga, California 94515. Phone: 707-942-2180.

11165. Second International Symposium on the Role of Soy in Preventing and Treating Chronic Disease: September 15-18, 1996. Brussels Conference Center, Brussels–Belgium. 1996. American Soybean Assoc., Rue du Commerce 20-22 Box 4, 1010 Brussels, Belgium. 23 p. 30 cm.
• ***Summary:*** The cover of this attractive booklet has dark green ink on natural beige paper, with a square photo of soybeans in the middle. Contents: Invitation from the chairperson. The Second International Symposium On the Role of Soy in Preventing and Treating Chronic Disease: agenda. Satellite Symposium: agenda. Important deadlines and addresses. Instructions for abstracts. General information. Introducing Belgium and Brussels. Registration. Hotel accommodation. Social program. Symposium registration form. Hotel accommodation form. Social program form.

This symposium is being organized by Mark Messina, PhD (Chairman, USA), Roger Leysen, PhD (Secretary, Belgium), and Koen Descheemaeker, PhD (Scientific coordinator, Belgium). The international scientific advisory board consists of 12 members: Herman Adlercreutz, M.D. (Finland); Guiseppe D'Amico, M.D. (Italy); Stephen Barnes, PhD (USA); John Erdman, PhD (USA); Bernard Guy-Grand, M.D. (France); Takemichi Kanazawa, M.D. (Japan); Jean-Michel Lecerf, M.D. (France); Erik Muls, M.D. (Belgium); Marcel Roberfroid, PhD (Belgium); Risto Santti, M.D. (Finland); Cesare Sirtori, M.D. (Italy); Kurt Widhalm, M.D. (Austria).

Tentative agenda: Sunday, Sept. 15. Welcome and opening remarks. Overview of diet and cancer.

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Biotechnology of the soybean. Monday, Sept. 16. Soy and kidney function. Soy and bone health. Soy and heart disease: Hypocholesterolemic effects of soy (basic, mechanisms). Tuesday, Sept. 17. Soy and heart disease: Effects of independent cholesterol reduction. Soy and cancer: Animal studies, soybean anticarcinogens / anticancer mechanisms. Wednesday, Sept. 18. Soy and cancer: Human studies. Hormonal effects of soy.

Satellite symposium: A special satellite symposium will be held on Thursday, September 19, at the Sheraton Hotel, Place Rogier, Brussels; it will focus on two areas. The morning session on "Current understanding of soy and infant health" has been organized to better understand the effects of soy protein formula in infants and soyfoods in infants and young children–with particular emphasis on soybean isoflavones. The afternoon session on "Soybean isoflavones: measurement, levels in foods, and pharmacokinetics," will focus on isoflavone absorption and metabolism, and methodology for quantifying isoflavones in food and biological matrices.

The cost of both symposia, including lunches but hotel accommodations, for a non-student paid before Aug. 1 is about $439.

Sponsors contributing more than $15,000: Alpro natural soyfoods, American Soybean Association, Protein Technologies International, Nebraska Soybean Board, Sojaxa (The French Association for Soyfoods Promotion–Active members: Alpro, Nutrition et Soja, Sojasun, Sojinal), U.S. Foreign Agricultural Service, United Soybean Board, Ohio Soybean Board, Central Soya, ADM, Wyeth Nutrition International, Indiana Soybean Development Council.

Other sponsors: Illinois Soybean Association and Illinois Soybean Program Operating Board, American Institute for Cancer Research, Monsanto Company, Ontario Soybean Growers' Marketing Board, Soyfoods Association of America, Minnesota Soybean Research and Promotion Council, Iowa Soybean Promotion Board, Michigan Soybean Promotion Committee, Indiana Soybean Development Council, Morinaga Nutritional Foods, Inc., and Functional Foods for Health Program. Address: Brussels, Belgium.

11166. Unicurd Food Co. (Pte.) Ltd. 1996. Removal notice (Postcard). Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. 4 p. [Chi; Eng]
• ***Summary:*** This 3½ by 6-inch 4-panel card, printed black and red on white, announces that Unicurd Food Co. will move its operations (offices and plant) to 18, Senoko South Road, Singapore 758089. Phone: (65) 759 2855. Fax: (65) 759-5411. A photo on the front of the card shows the front of the 2-story building. A map inside shows the new location. The old address was: Ang Mo Kio Industrial Park #3, Block 6020 No. 156, Singapore 2056.

Note: According to *Ontario Soybean Growers' Marketing Board Newsletter* (June 1996, p. 3). Unicurd now has the largest tofu plant in Singapore. The guest of honor at the grand opening was Noble Villenueve, Ontario Minister of Agriculture, Food & Rural Affairs. Address: Blk. 6020 Ang Mo Kio Industrial Park 3, #01-154/156/158/160, Singapore 2056. Phone: 482-5454.

11167. Messina, Mark J. 1996. Thoughts on pills containing soy isoflavones, and the use of soy in place of estrogen replacement therapy (ERT) (Interview). *SoyaScan Notes.* June 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** What does Mark think about all the pills containing soy isoflavones (such as genistein, often in the form of "soy germ" from SoyLife / Schouten) that are starting to flood the market. They could cause serious problems. In the most recent issue of the *Soy Connection,* Mark has written about these pills. Recently Laurent Leduc of Schouten USA Inc. in Minnesota (phone: 612-920-7700) hired Mark to speak to ten employees at Nature's Way, because they are coming out with the pills. He made a video of the speech to be used by their sales people. Laurent may hire Mark to go to the Netherlands or Germany after the Brussels symposium to give a presentation there as well. If a major company offered Mark a year-long, lucrative contract to give one speech every two weeks to promote one such pill containing genistein, he definitely would not accept it. If he told people the truth, they would ask him to stop mentioning all the negative aspects.

Another problem with these pills, besides the philosophical one, is that the concentration of genistein is really tiny; its all daidzein and glycitein. Of the 20 mg per pill of soy isoflavones, only about 2 mg are genistein, because the composition of isoflavones in the hypocotyl [sprout] is different from that in the rest of the soybean. So if you're buying the pills because you want genistein, you must take 10 pills a day to get enough genistein to matter, whereas if you think just in terms of isoflavones, two pills is enough. From an anticancer perspective, most researchers are focusing on genistein. Some 600 papers have been published in the last 2 years on genistein; there were probably 50 or less on daidzein. Mark manually goes through *Current Contents* periodically, but now actually gets no more than about 50 genistein papers a year, because they are quite similar, and usually involve *in vitro* studies (in test tubes and petri dishes), whereas animal studies are needed.

If a company were to introduce concentrated genistein as a commercial product, Mark believes there is the potential for significant damage to the soyfoods industry and the image of soy. Mark thinks the idea of "adding genistein to this and that is absolutely insane."

Concerning the use of soy for estrogen replacement therapy, this is complex. ERT does raise a woman's risk for breast cancer. But taking soy may not eliminate that risk in postmenopausal women. However ERT has several major benefits; it decreases heart disease risk by 50% and

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fracture rate (osteoporosis) by 50% as well. So if a woman wants to just relieve hot flashes, night sweats, etc. and is not concerned about cardiovascular disease and osteoporosis, then Mark would suggest that she try soy; if it works, good. But if the woman and is concerned about cardiovascular disease and osteoporosis, then Mark cannot recommend soy over ERT. We just don't know enough about soy in these areas.

When you look at all the studies from a very objective viewpoint, Mark just doesn't see what people find so exciting about soy in many respects at this point. It is very intriguing because of what the isoflavones may do; they were hypothesized to do all sorts of different things and soy has so much of the isoflavones, especially a food like tofu–which is the only place a typical consumer can get enough isoflavones except for these pills. So in conclusion, Mark strongly that soyfoods can and should be a very important part of a healthy vegetarian diet. But perhaps one can get the same effects on a Mediterranean diet in terms of lipid profile and cancer risks.

It is becoming extremely difficult for Mark to present his soy lectures to dietitians which the United Soybean Board (USB) has hired him to do for the past year. He is not greatly disappointed that they dropped him because of a chapter that appears in his and Ginny's new book *The Vegetarian Way* that talks about animal rights.

Hans Diehl is a Seventh-day Adventist and a vegan who is setting up what he calls the CHIPS Program, an integrated approach to health, in various cities across America. Now a main center of his activity is in Kalamazoo, Michigan. Twice a year he goes there, works with the local hospital and restaurants, gives 4-week intensive programs of smoking cessation, weight loss, diet change, exercise, etc. It's really great and he tries to get the whole town involved. Mark speaks with him from time to time, last time to about 500 people. He sold a lot of books. Mark's thing is to say "Soy is good and vegetarianism is good," but he is increasingly aware of the complexity of the argument. For example, he does not feel that small amounts of meat or white rice are bad for the health of other people. This type of honesty bothers many other vegetarians, who usually do not have a strong scientific background.

Mark will soon start editing a peer-reviewed journal on vegetarianism to be published in England and targeted to health professionals. Unfortunately the subscription price will be very expensive, beyond what many dietitians could afford. This will give him a valuable and prestigious affiliation, bring in editors fees of about $2,000 a year, and could lead to speaking invitations. Address: PhD, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11168. Reed, M.H. 1996. In Pleasantville, serenity and sushi. *New York Times.* June 16. p. WC15.

• ***Summary:*** This is a review of the Japanese restaurant Hanada Sushi in Pleasantville, New York. Recommended dishes include: Seaweed salad, agedofu, and seafood teriyaki.

"Outstanding too was agedofu bathed in a gingery sauce, the silken tofu cube fried quickly and topped with broad shavings of bonito."

11169. Rose, Richard. 1996. Sharon's Finest's best-selling products (Interview). *SoyaScan Notes.* June 19. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** TofuRella (in cheddar flavor, with casein) is the company's best-selling product, followed by Zero-FatRella (Tofu-Based Cheese Alternative with Casein), then HempRella (made with hemp seeds and casein; soy free). There are 5 flavors of TofuRella and 2 flavors of TofuRella slices, plus 3 flavors of Zero-FatRella.

VeganRella (which contains no casein) is also doing very well; it is now America's best-selling vegan cheese alternative. Address: President, Sharon's Finest, P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11170. *SoyaScan FactSheet.* 1996. Non-dairy products (alternatives to dairy products), which are good tasting and widely available (Overview). June 22. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** About 30 million Americans are lactose intolerant. Between 4% and 6% of infants develop allergies to the proteins in one or more foods, with cow's milk being the most allergenic. And many other people have moral or philosophical objections to drinking milk (e.g. widespread use of antibiotics, use of genetically engineered Bovine Growth Hormone [rBGH, made by Monsanto], the suffering of calves when forcefully removed from their mother, etc.). Until quite recently, these people had to live without dairy products, but now that has all changed–thanks to soyfoods, which are widely available and usually quite delicious.

Foods marked with one asterisk (*) are sold at most natural food stores and some health food stores and supermarkets (look in your Yellow Pages at "Health & Diet Food Products–Retail"). Foods marked with two asterisks are also sold at most supermarkets.

If you use dairy alternatives regularly, you can save money by making them yourself: See the index of *The Book of Tofu* by Shurtleff & Aoyagi (Ballantine Books edition) for carefully tested, home-scale recipes for soymilk, soy ice cream, soy yogurt (from soymilk or from tofu), tofu, cream cheese, sour cream, whipped cream (from tofu or soymilk), tangy tofu cottage cheese, tofu icing, frozen-banana tofu shake, soymilk kefir, soy mayonnaise (from tofu or soymilk),

Soymilk* is the most popular type of dairy alternative. It is sold in many flavors, often fortified with calcium, vitamin D, antioxidants, etc. in quarts and half gallons. It costs about

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1.7 times as much as milk (so if a quart cow's milk costs $1.00, a quart of soymilk will cost about $1.70). Popular brands: Edensoy, Westbrae, Westsoy, Vitasoy, So-Yum, Silk, and Pacific Foods. For a tasty soymilk shake, try Westbrae Malteds. Rice Dream is a delicious non-dairy rice milk and also an ice cream; both products are made by Imagine Foods. Many other brands of rice beverage (some of whose quality we think is not as good) are also available.

Soy ice cream* is sold in an outrageous variety of flavors and forms. Hard-pack pints are the most popular, followed by soft-serve, ice cream sandwiches, etc. Popular brands: Tofutti, Living Rightly, Sweet Nothings (fat free), and Ice Bean. Rice Dream is a delicious rice-based non-dairy ice cream.

Soy yogurt* is sold in typical small yogurt cups, in a wide variety of flavors. The most popular brand is White Wave Dairyless. Try their Lemon-Kiwi flavor! Most soy yogurts are fermented/cultured with live cultures, but some are like a parfait (not fermented) made by blending silken tofu, fruits, and a sweetener.

Tofu**, the world's most popular soyfood, is now sold at very reasonable prices in most supermarkets across America. It makes an excellent replacement for cheese in many dishes where the cheese is not required to melt: Salads, sandwiches, in Lasagna for the ricotta cheese, etc. You can also use tofu to make your own soy yogurts and ice creams at home.

Soy cream cheese*. These products, based on tofu, are delicious and moderately priced. Our favorite brand is Tofutti Better than Cream Cheese, which comes in flavors such as Garlic & Herb, French Onion, Herbs & Chives, Plain, Wildberry, or Smoked Salmon. Some bagel shops (such as Noah's Bagels in Northern California) sell this product. VeganRella Cream Cheese (in plain & onion & dill flavors) uses more natural ingredients (no hydrogenated oils, or mono- or diglycerides).

Soy sour cream*. Again, this product is based on tofu. Our favorite brand is Tofutti Sour Supreme–Better than Sour Cream.

Soy cheese* is our least favorite dairy alternative. Most brands contain *casein* (the protein from cow's milk), which allows them to melt, but which also (technically) disqualifies them from being a truly non-dairy product. A few brands are truly non-dairy but they melt in a sort of thick puddle. Top brands with casein: Soya Kaas, TofuRella, Zero-FatRella, HempRella (soy free), and AlmondRella (soy free). Top brands without casein: VeganRella (2 flavors), Soymage.

Soy-based infant formula. Available at most pharmacies and many supermarkets, this is a carefully formulated and regulated product designed to meet the critical needs of infants when served as the sole source of nutrition. It is widely fed to infants who are allergic to cow's milk. But note that 15% to 50% of infants with cow's milk allergy will also develop allergies to soy protein. Soy protein was recently ranked 11th among foods in terms of allergenicity; animal proteins such as milk and eggs remain the most allergenic foods.

Whip Topping**. Sold as "non-dairy whip topping" at most supermarkets, as far as we know, these all contain casein or sodium caseinate from cow's milk. Leading brands: CoolWhip.

For more information on non-dairy products on the World Wide Web, go to http://www.rella.com. This website is produced by Sharon's Finest in California.

11171. Harvest Direct, Inc. 1996. Harvest Direct: Food you can live with [mail order catalog]. Knoxville, Tennessee. 16 p. 27 x 16 cm.

• ***Summary:*** Contents: Salad dressings. Meals in a minute (Fantastic Foods). Ground meat alternatives (Protean–The versatile replacement for ground meat, Harvest Direct). Soups, spices, condiments. TVP. Ribs, tofu & tofu meals (Fantastic Foods, Mori-Nu, Arrowhead Mills). Meat Alternatives (Worthington Foods, Fantastic Foods). Soup & meal cups. Beans & Beano. Pasta & sauces. Breads & baked goods. Substitutes for sugar, eggs & fat. Dairy alternatives. Baby foods. Glassware. Gift baskets.

On the cover are nine round, dark brown patties arranged in a circle on a blue and white plate. In the center is a sliced red grapefruit, with a strawberry at its center, blueberries scattered around the periphery, and one sprig of celery. Address: P.O. Box 988, Knoxville, Tennessee 37917. Phone: 1-800-835-2867.

11172. House Foods America Corporation. 1996. Report 1996. Tokyo, Japan. 14 p. 28 cm. [Eng]

• ***Summary:*** A colorful English-language annual report. Contents: Corporate philosophy. Financial highlights. To our shareholders, from Kunihiko Otsuka, President (June 1996). Product information. Overseas activities (with world map). Domestic company facilities (with map). Balance sheet. Income statement / appropriation. Of retained earnings. Board of directors. Company history.

For the ear ended March 31, 1996, the following are in U.S. dollars: Sales: $1,713 million (down from the peak in 1994). Net income (profit): $75.12 million (down from 1994 and 1995). Net income per share: $0.659 (down from the peak in 1994). Company history: 1913 Nov. 13–Company founded by Seisuke Urakami, the first president, who started Urakami Shoten as an enterprise dealing in herbal medicine supplies in Osaka, Japan. 1926–Production and sales of curry began. 1947–The business was incorporated under the name Urakami Ryoshoku Kogyosho, Ltd., with an initial capital of ¥197,500. 1949–Firm name was changed to House Curry Urakami Shoten Ltd. 1954–Tokyo office opened. 1960–Firm name was changed to House Food Industrial Co., Ltd. (*House Shokuhin Kogyo*). Indian curry introduced. 1963–Vermont curry introduced. 1971–Stock first listed on both

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Tokyo and Osaka Stock Exchanges. 1973–Introduced House Hontofu, an instant tofu to be made at home by adding GDL to powdered soymilk. 1981–Los Angeles office established. 1983–Curry House restaurant specializing in curry opened in Los Angeles. 1983–Purchased a share of a tofu company in Los Angeles, renamed House Foods & Yamauchi, Inc. 1993–Firm name was changed to House Foods Corporation.

Note: On 2 April 1997 House Foods Corporation was selling for about $12 per share; the minimum purchase was 1,000 shares. Address: 5-11, Nihonbashi Honcho 2-chome, Chuo-ku, Tokyo 103, Japan. Phone: (03) 3243-1231.

11173. Jacobi, Dana. 1996. The soy of cooking: Throw out your old ideas about soy–These innovative recipes bring out the delicate, sophisticated flavor of soy. *Natural Health.* May/June. p. 76-81, 138-44.
• ***Summary:*** Contents: Introduction (incl. health benefits and isoflavones). Soy, the next generation. Soymilk: Cooking tips, how to buy. Tempeh: Cooking tips, how to buy. Fresh green soybeans: Cooking tips, how to buy. Soy meats: Cooking tips, how to buy. Newfangled tofu: Cooking tips, how to buy. Recipes include: Soymilk smoothie. Thai salad with savory tofu. Garlic tempeh croutons. Green soybeans with pickled cabbage and ginger. Barbecued beans and tempeh bacon or tofu franks. Chili with black soybeans. Chocolate pote de crème.

A sidebar discusses: Powdered soymilk, soycheeses, soy sour cream, soy yogurt, soy-based cream cheese, margarine substitute (Spectrum Spread containing canola oil and soy isolate). Address: Food writer, New York, NY.

11174. Kuhn, Mary Ellen. 1996. Courting crossover vegetarian consumers: Sales of meat, dairy alternatives skyrocket as companies boost taste appeal. *Food Processing* (*Chicago*) 57(6):26, 31-32. June.
• ***Summary:*** Crossover consumers (also called semi-vegetarians or transitional eaters) are those who are not vegetarians but who are reducing their intake of animal products for a variety of reasons. To reach this market, meat and dairy alternatives must taste good.

A sidebar titled "Bringing macrobiotics to the masses," shows and discusses the Kushi Cuisine line of 25 products. Address: Senior Editor.

11175. Lambrecht, Hillary S.; Nielsen, S.S.; Liska, B.J.; Nielsen, N.C. 1996. Effect of soybean storage on tofu and soymilk production. *J. of Food Quality* 19(3):189-202. June. [22 ref]
• ***Summary:*** Century 84 and Century -L2L3 (lacking lipoxygenase isozymes 2 and 3), near isogenic soybean varieties, were stored at five temperatures and relative humidities for up to 3 months. Soybean storage above 25ºC and 50% relative humidity adversely affected the quality of the resulting soymilk (reduced pH and solids content) and tofu (decreased yield and moisture content, gave a darker color). Century -L2L3 soybeans were more resistant to changes during adverse storage than were Century 84 soybeans. Address: 1-3. Dep. of Food Science, 1160 Smith Hall, Purdue Univ., West Lafayette, Indiana 47907. Phone: (317) 494-8328.

11176. Nasoya Foods, Inc. 1996. Nasoya Vegi-Dressing: Smooth, creamy dressings without cholesterol and 100% dairy free! Sensational! (Ad). *Vegetarian Times.* June. p. 85.
• ***Summary:*** This attractive full-page color ad (see next page) shows Nasoya Vegi-Dressings in newly designed labels and bottles in the following flavors: Sesame garlic, Creamy dill, Thousand island, Garden herb, and Creamy Italian. The dressings are placed on a table with a light purple table cloth. One bottle is being poured over a freshly-made salad. Address: 23 Jytek Dr., Leominster, Massachusetts 01453. Phone: 800-808-2325.

11177. **Product Name:** [Meatless Salami, Salchicah Sausages, Hamburger, and Chorizo Spicy Sausages].
Foreign Name: Salami Especial de Soya, Salchicahs, Hamburguesa, Chorizo de Soya.
Manufacturer's Name: UFIESA–Division of Productos Nutrisoya.
Manufacturer's Address: Factory: Av. de los Restauradores No. 149. Office: C/33 No. 9 A, Villa Carmen Este, Santo Domingo, Dominican Republic. Phone: (809) 590-3418.
Date of Introduction: 1996. June.
Ingredients: Salami: 60% tofu, 30% gluten, 7% oats, 2% flaked corn, 1% binders and natural spices. Chorizo: Exactly the same ingredients as Salami.
How Stored: Refrigerated.
New Product–Documentation: Letter and leaflets from Leonidas Radhames Ubiera, president of Ufiesa-Nutrisoya. 1997. Jan. 20. "Our company began to operate on September 1, 1995 without experience and too little equipment." Leaflet #1. Green and red on white. "Consuma productos Nutrisoya para su alimentacion una joya. 100% natural. Puros e integrales de soya. Tofu-queso. Leche, lista para tomar. Yogourt. Salami. Salichas. Hamburguesa. Chorizo."

Letter from Leonidas Radhames Ubiera. 1997. March 10. Gives the date that each of the company's products were introduced, and basic ingredients. These four products were introduced in June 1996. The first 3 are made from tofu and gluten. The chorizo is made from 85% tofu, 10% gluten, and 5% other ingredients. UFIESA is an abbreviation/acronym for Ubiera & Fortunato Import-Export, S.A. Talk with José Fortunato in New York. 1997. April 15. These four meatless products are all ready to heat and serve; they are not dry mixes.

Labels for Salami and Chorizo sent by Jose Fortunato. 1997. April 18. 3½ by 3 inches. Self adhesive.

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11178. Washam, Cynthia. 1996. The incredible, edible soybean: Soy, doctors, say, can help prevent cancer and heart disease, and even lower blood cholesterol. *E: The Environmental Magazine.* June. [4 ref]
• ***Summary:*** "Step aside, beta carotene. Take a back seat, complex carbos. The hottest new nutrients are 'isoflavones,' natural compounds credited with preventing everything from heart disease and cancer to osteoporosis and hot flashes. The principal source of isoflavones? Foods made with soybeans, such as soy milk, soy burgers, and tofu." Address: 2425 N.E. Gardner Lane, Jensen Beach, Florida 34957.

11179. Garrett, Jim. 1996. Contaminated tofu made by company in San Francisco Chinatown in 1978-79 (Interview). *SoyaScan Notes.* July 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In about 1978-79 a tofu manufacturing company in San Francisco Chinatown was sued by the District Attorney's office for making and selling contaminated tofu. Maria Rivera, Jim's wife, handled the case. The tofu was contaminated with rat feces, etc. Maria's office no longer has records of this case; the District Attorney's office probably once had the records but now almost surely no longer has them. A county or state health agency might have them. Address: 734 Los Palos Dr., Lafayette, California 94549. Phone: 284-7396.

11180. Messina, Mark J. 1996. Thoughts on the nutritional value of soybeans (Interview). *SoyaScan Notes.* July 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The negative article by Fallon and Enig titled "Soy products for dairy products? Not so fast" has generated a unusually large amount of attention, given how poor the article is and what a minor magazine it was published in. Gary Null wanted Mark to appear on his show just to rebut it. The soybean would probably be better nutritionally if it didn't contain phytates and trypsin inhibitors (other than the Bowman-Birk inhibitor). Phytates do inhibit zinc and iron absorption, and this is important; calcium inhibition is not much of a problem. The soybean plant stores much of its phosphorus in the form of phytates. Of the trypsin inhibitors, most of the focus has been on the Bowman-Birk inhibitor (BBI) as having possible anticancer activity. BBI inhibits both trypsin and chymotrypsin. The other trypsin inhibitors (such as the Kunitz) are not hypothesized to have anticancer activity. Dr. Walter Troll and Dr. Ann Kennedy have been the leaders in research in this field. Ann Kennedy, who is now doing most of the work with BBI, will be speaking at the international soy symposium in Brussels this September. Mark thinks that BBI does have anticancer activity, and that it has a lot of potential as a chemopreventive agent. But he wonders if there is enough BBI remaining in typical soyfoods (such as tofu) to exert benefits but not so much as to exert adverse effects. Ann Kennedy is very smart and a very interesting person to talk with. Mark often asks her about the practical significance of her findings concerning BBI. One serving of tofu has something like 10% of the BBI required to reduce cancer risk.

Mark thinks that Steve Barnes unquestionably is the most knowledgeable person in the USA on isoflavones and phytoestrogens. But the many exciting findings is this area must be divided into those of academic interest and those of practical importance. When Mark looks at the epidemiological data, what he finds most exciting is that all these studies showing soy's protective effect, show that one serving of a soy product (usually tofu) is enough. Mark thinks that if there really is a protective effect against cancer, it is either because of isoflavones or some other substance we are not yet aware of. Whatever it is must be very potent and very unique. Mark does not think the effect is due to a combination of substances in tofu, or to a total lifestyle which happens to include tofu. With cancer research, we already have grounds for a hypothesis, some animal data, and plausible biological mechanisms. So the next step is to show that soy actually has a protective effect in humans.

Flatulence factors might seem like a good candidate for removal, but recent research has shown that they might have benefits. They are more a social than a nutritional problem. Japanese animal studies using oligo sugars [oligosaccharides] indicate that they may help reduce colon cancer risk and promote longevity by stimulating the bifidobacteria. A lot of interesting hypotheses concerning these sugars are waiting to be tested. No single food can be all things to all people, and the source of all nutrients.

Mark is not personally excited by the cholesterol-lowering properties of soy protein. It applies only to a small group of people with very high cholesterol levels and one must eat too much soy to experience modest results. In the Framingham study, 50% of the heart attacks occurred in people with serum cholesterol below 240, and 20% had below 200. 150 is very low; Mark's was 177 last time he had it measured, which puts him close to syndrome x. Genetics plays a big role. If we find that soy inhibits cholesterol oxidation, or stimulates vasodilation, or inhibits platelet aggregation, then we are on to something important. This could be very relevant to the 37 million Americans whose cholesterol level is above 240, which is considered high. PTI (Protein Technologies International) sees those 37 million Americans as a huge potential market for its product Take Care. In the Framingham study, the really solid data showing a relationship between blood cholesterol and heart attacks, applies only to a small group of men, ages 35-54. There is no connection in women or in older men. Several years ago, Mark read two long and very well-done reviews on blood cholesterol and heart disease in excellent peer-reviewed journals, he came to think that the cholesterol hypothesis has more holes in it than Swiss cheese. For example, vegetarian women do hot have a decreased risk of heart

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disease compared to non-vegetarian women. This is probably because estrogen is so strongly protective.

Implicit in the word "phytochemicals" is some beneficial effect–even though most phytochemicals are a two-edged sword, with both benefits and disadvantages. Thus the oligosaccharides in the soybean (which are biologically active and cause flatulence) should probably not be called a type of phytochemical; Mark is not sure whether or not they actually supply calories and are therefore nutritive substances. If they do supply calories, they are not "non-nutritive" as phytochemicals must be. Address: PhD, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11181. Mio, Art. 1996. Morinaga is sponsoring coverage of the 1996 Summer Olympic Games, held in Atlanta, Georgia, on KNBR radio (Interview). *SoyaScan Notes.* July 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Morinaga is one of several sponsors of these radio broadcasts. The radio message states: "This Olympic update is brought to you by Mori-Nu Tofu..." This advertising is connected to a one-month sales promotion with Lucky supermarkets which started at the end of May. Address: National Sales Manager, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504.

11182. Chambers, Norm. 1996. Growing and selling low-lipoxygenase soybeans in Iowa for making improved tofu and soymilk (Interview). *SoyaScan Notes.* July 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Please begin by reading the July 1996 interview on this subject with Dr. Walt Fehr of Iowa State University. Norman and John Chambers, a father and son team, refer to the soybeans that they grow under license from Iowa State University in various ways: "low lipoxygenase soybeans," "low lipo (pronounced LAI-po) beans," "Laura beans," and 2001 beans. They grow these mostly under contract with end users, so each company or person who wants some places a firm order in the spring before planting time and receives the special soybeans in about September. Last year they grew about 50 acres of these special soybeans, with a yield of about 50 metric tons cleaned. Since 1 metric ton = 2,204.6 lb and a bushel of soybeans weighs 60 lb, there are 36.74 bushels in a metric ton, and 50 acres would yield about 1,837 bushels. The price last year was $13.00 per bushel FOB Iowa. They are sold in 30 kg (66 lb) bags. Fairview Farms always grows somewhat more than the amount contracted for; they presently have 107 bags and about 425 bushels unbagged in the bins available for sale.

All of their customers for these special soybeans are overseas. From last year's crop they sent one container to Slovakia (to Alfa Bio), one to Singapore, and one to Japan (*Taishi Shokuhin*). They did not sell any in the USA. Address: Fairview Farms, 2304 150th St., Corwith, Iowa 50430. Phone: 515-583-2198. Fax: 515-583-2192.

11183. Fehr, Walter R. 1996. Commercial sources of and information on soybeans specially bred to be low in lipoxygenase and to give tofu and soymilk with little or no "beany" flavor (Interview). *SoyaScan Notes.* July 29. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** There are 3 lipoxygenase enzymes in soybeans that cause beany flavors. Iowa State has developed several soybean varieties that lack lipoxygenase-2 (L-2), the most active lipoxygenase enzyme. These are now commercially available; Dr. Fehr thinks that the best and most widely tested of these is IA2011. Varieties that lack two, or all three lipoxygenase enzymes are also under development. Dr. Fehr has made tofu and soymilk using the soybean lacking L-2 and found that these products have no detectable beany flavor. To order these varieties, contact any of the suppliers, such as Norman and John Chambers (father & son team), Fairview Farms, 2304 150th St., Corwith, Iowa 50430. Phone: 515-583-2198 (office) or 515-583-2330 (home). Fax: 515-583-2192. They grow these varieties themselves and subcontract the rest out to farmers in the area. Fairview Farms has many Japanese customers; Dr. Fehr does not know if they have any U.S. customers. For a complete list of licensees for the lipoxygenase-free soybean varieties, contact Julie Gustafson at Iowa State University, phone 515-294-9442. This fall Iowa State will be releasing seed of a "triple null" variety with L-1, L-2, and L-3 all missing.

Roughly 6-10 studies have been published (mainly by Nielsen at Purdue Univ. (Indiana), Hymowitz at Univ. of Illinois, and Dr. Kitamura at Tsukuba, Japan) where these soybeans have been used on a laboratory scale to make tofu and soymilk, and the flavor of those products were compared with similar products made from typical soybeans. Japanese consumers do not particularly favor the absence of the lipoxygenase enzyme; they like tofu and soymilk with some (but not a lot of) so-called "beany" flavor. As far as Dr. Fehr knows, no one has ever tested these soybeans lacking lipoxygenase on American consumers–but the information system is very closed and confidential. Dr. Fehr's group has not published anything on lipoxygenase, although they have research underway.

A world leader in this area Dr. Kitamura at the National Agricultural Research Center, 3-1 Kannondai, Tsukuba, Ibaraki 305, Japan. His group developed the genotype (named something like Kyushu) which is absent of any of the 3 known lipoxygenase enzymes, then he shared this variety with U.S. soybean breeders working on this problem. Dr. Kitamura has a series of excellent of papers on this subject, but he has "not found a home for his special soybean in terms of the consumer market." Nor has anyone found any customers for the soybean from Iowa State missing L-2 enzyme. Address: Dep. of Agronomy, Iowa State Univ.,

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Ames, Iowa. Phone: 515-294-6865.

11184. Funaki, Junko; Yano, Midori; Hayabuchi, Hitomi; Arai, Soichi. 1996. Tôfu misozuke no jukusei katei ni okeru tanpakushitsu no bunkai [Studies on tofu-misozuke prepared in Fukuoka prefecture. I. Proteolysis of tofu-misozuke during ripening]. *Nippon Shokuhin Kagaku Kogaku Kaishi* (*J. of Japanese Society for Food Science and Technology*) 43(5):546-51. July 30. [20 ref]
• ***Summary:*** Tofu-misozuke, a food indigenous to the Fukuoka district of Japan, develops a cheese-like taste and softness during ripening. These changes are caused by the proteolytic digestion of proteins in the tofu during ripening. Address: 1-3. Faculty of Human Environmental Science, Fukuoka Women's Univ., 1-1-1 Kasumigaoka, Higashi-ku, Fukuoka 813, Japan.

11185. Beeley, Robert A. 1996. A brief history of Dixie USA and the company philosophy (Interview). *SoyaScan Notes.* July 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Forty some years ago, Robert started out with a burning interest in emergency medicine. This continued into the Air Force, where he was in the medical corps, teaching for the American Heart Association, etc. About 20 years ago he started Dixie USA as an emergency medical supply company. The company has done very well and Robert is still in that business, but it is tapering off for many reasons, none the least of which is the consolidation in the medical industry, etc.

About 15 years ago Brenda Oswalt, joined the company as an equal partner with Robert–primarily for her artistic, writing, and publishing skills. She was raised a Seventh-day Adventist and was trained at the Cordon Bleu in France as a chef. About 2-3 years ago they saw the handwriting on the wall as far as the medical part of their business is concerned, so they said: We've been treating these poor people all this time, why don't we start trying to help prevent their problems." One thing led to another and now they are very much into the preventive food business by mail order. They kept the same company, Dixie USA, but now have two product lines and two catalogs. But their approach is quite different from most others who are in the so-called health food business. They have a couple of key rules: (1) "If it doesn't taste excellent, we will not get involved with it." People should enjoy eating and shouldn't have to look at it as some kind of task they have to endure. Meal time should be an enjoyable time with family and friends–a glass of wine if you want. (2) "Once a week you can go out and blow the whole thing if you want to. Eat a big steak if you must. We're trying to tell people that you can have a healthier lifestyle and still enjoy life. Splurging one day a week won't hurt you at all. Eating soy the next day will help you flush out whatever toxins are left in there. We're very pragmatic people here.

They have developed a lot of their own recipes and today they have almost new 10,000 customers on their food mailing list. After they started the company, Mark Messina's book, *The Simple Soybean and Your Health* was quite influential in focusing their interests on soy. Dixie USA now sells quite a few of Mark's books. Brenda talks with Mark at length about once a week, sharing information. Fat Not! Crème It (Soy Powder) is a tofu powder made by Clofine. Brenda developed a great recipe for using it and now it is one of the company's best sellers. They also sell Mori-Nu Tofu. Beef (not!) is ADM TVP. Address: Chairman, Dixie USA Inc., P.O. Box 55549, Houston, Texas 77255. Phone: 713-688-4993 or 1-800-233-3668.

11186. Kessler, Jon. 1996. Re: Report on visit to Scandinavian Soya Company in Denmark. Letter to William Shurtleff at Soyfoods Center, July. 1 p. Typed, without signature.
• ***Summary:*** This company is located at Larsbjoernstrade 20, 1454 Copenhagen, Denmark. Phone: 45 4738 0494 (or 02-859-669). Owner/manager: Thomas Andersen. "I visited in the first week of April, 1996. At the time, Thomas Andersen and one worker were making 500 kg of soy products on each of their 2 or 3 production days per week, for an average of about 1,000 kg/week.

"Their product line is Plain Extra Firm Tofu (*Fersk Tofu*), Marinated Tofu (*Marineret Tofu*) and Smoked Tofu (*Røget Tofu*). They also make a small amount of Seitan (*Fersk Seitan*). Their products are all pasteurized and have a 42 day shelf life. They also have 300 gram size packaging.

"They are currently using all Takai equipment. They have a large boiler, their most costly piece of equipment. They also have a stone grinder, pressure cooker, roller extractor, 100 liter square curding barrel (often used for sausage in US), and 3 ratcheting presses. They use the filter material instead of cheesecloth. The table is knee high to lessen lifting. They usually cool the tofu in water and pack and pasteurize the following day. They use the water-filled tubs for packaging, and have a semi-automatic sealing machine. They have one pasteurizing tank to do all 500 kilos at a time. They have a smoker outside the shop. The process basically makes a baked tofu product with a much lower water content than plain tofu.

"I tried all their tofu and found it to be excellent quality. I introduced some non-vegetarian Danish friends I was visiting to the smoked tofu and they thought it was excellent as well.

"Thomas Andersen said he has successfully made tofu sausages with cellulose casing and smoked them in his smoker. He has not sold them due to his limited supply of capital and labor. Costs are much higher in Denmark for everything than in the US."

Note: For a history of Thomas Andersen's pioneering work with soyfoods in Denmark, see our SoyaScan interview

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with him on 24 May 1990. At the time he was founder and manager of Urten's Tofu in Soeborg, Denmark. Address: Twin Oaks Community Foods, 138 Twin Oaks Road, Louisa, Virginia 23093. Phone: 540-894-5126.

11187. Kessler, Jon. 1996. Re: Report on visit to Viana Naturkost in Germany. Letter to William Shurtleff at Soyfoods Center, July. 1 p. Typed, without signature.
• ***Summary:*** This company is located at Willi-Graf Str. 88, 53881 Euskirchen- Kuchenheim, Germany. Phone: 02251-94460. Fax: 02251-944625. Owner/manager: Bernd Drosihn. "I visited on April 8, 1996. They have a very extensive product line, as described in their 'Price list and Information' booklet. 5 types of flavored tofu, all extra firm, kebobs, canned seitan, spring rolls, deep fried burgers and croquets, spread and salads, as well a few sausages. They have a quite automated shop. Production is currently around 8000 kg a week.

"Tofu equipment: Beans soaked (and tofu cooled) in square roller bins. They have a vertical stone grinder, a pressure cooker/roller extractor system, with a carousel curding machine designed by Bernd Drosihn and custom manufactured locally. He said he got the idea from a Takai or Kawanishi brochure, but that his machine is sturdier. The soymilk is curded in barrels on the carousel, the amount of curds in each barrel is just right to fill one forming box. The carousel is at a height that allows the curds to be poured into the box and the box is then slid under the pneumatic press. The tofu is cut with a metal grid that fits the forming box, and the cut tofu is then cooled and packaged in a Dixie Union/Multivac film to film vacuum packaging machine. I figured 2 to 4 people would pack tofu by placing the pieces on the conveyor.

"Other products equipment: I saw a filling machine for their line of spreads in jars, a pasteurizing/sterilizing box, jar capping machine which puts the lid on the jar, applies steam and closes the lid to create a vacuum. They also have an automated burger forming machine, then conveyor drops the burgers into the deep fryer.

"They use a real smoker for their smoked food.

"Market outlook: They have some competition from a large company in the Netherlands, Heuschen-Schrouff of Landgraaf. This company makes tofu more cheaply than Viana could package water, and has the non-organic market in Western Europe pretty much sown up. However, with a large line of 2nd generation products, and a growing market the outlook is pretty good.

"Product quality: I found their plain tofu to be excellent extra firm nigari tofu. Smoked and marinated tofu I also found to be excellent. Deep fried products including burgers were ok (some of their tofu is deep fried as well). Of the spreads the flavor was excellent, in many, though perhaps high in fats. I liked their flavored tofu, but think they could use stronger flavors." Address: Twin Oaks Community Foods, 138 Twin Oaks Road, Louisa, Virginia 23093. Phone: 540-894-5126.

11188. Kessler, Jon. 1996. Re: Report on visit to Alfa Bio in Slovakia. Letter to William Shurtleff at Soyfoods Center, July. 2 p. Typed, without signature.
• ***Summary:*** This company is located in Banska Bystrica, Slovakia. Phone: 004288 761 863 or 862. Fax: 004288 763 675. Owner/manager: Jan Lunter. "I visited Alfa Bio around April 15, 1996. They are now making about 7,000 kg of tofu per week. They make regular firm plain tofu, smoked tofu, marinated tofu, and have just started using a large and expensive sausage stuffer to package okara. They plan to package *tresca* (a local fish salad–not sure if theirs is fish flavored or actually has fish), spaghetti, as well as tofu eventually. They currently make four spreads–parsley, dill, prepared peppers and vegetable.

"Equipment: As much as possible it seems they have fabricated equipment themselves due to limited capital and high cost of equipment from outside the country. They have a gas-fired boiler, 4 large bean bins in shop for soaking, with an inverted pyramid cone at the bottom. They were in the process of installing an auger to move the bean to the grinder–disintegrator type–when I visited. The slurry is heated in 3 pressure cookers that are set up in line to produce a continuous flow of slurry. The slurry is separated in a centrifuge designed by Jan Lunter, with some kind of squeezing mechanism. He said it took 1 year to perfect. The resulting soymilk is curded in round rolling barrels, pressed in three part boxes (the standard sides, base and lid) using filter fabric. The presses are lever presses. They had about 6 to 8. They press about 5 minutes. The tofu is cooled in rolling bins which are then rolled to a pair of pouch-type vacuum packaging machines from the Netherlands. The packaged tofu is weighed and labeled with its weight and date at a different station.

"Product quality: They do not use organic soybeans, and use a mix of calcium chloride and some other curding agents. The tofu is perhaps a bit softer than nigari tofu, not as sweet and slightly crumbly. They were trying to get the tofu to bend when you take a thin slice from a 16 oz. block (as a nearby Austrian maker did) and theirs breaks. Their marinated tofu is excellent. Smoked was good too. They were not yet making the 'tresca' and spaghetti products in their sausage-type casing, and I did to have a chance to sample the okara.

"Market outlook: They are rightly concerned about possible shipments of tofu from Heuschen-Schrouff coming in from the Netherlands. Their price is fairly high and the Dutch company would be competitive probably. I think the Heuschen-Schrouff quality was a bit better as well, though they could probably improve by either pressing a bit more and/or changing coagulants. They might save a lot of labor if they are successful in using their stuffer to package tofu. I was impressed at the rapidity of their growth in sales.

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Slovakia seems to be very accepting of soy protein–I noticed a lot of TVP/TSP in many restaurants as well as markets. Perhaps this is due to both the affordability of soy protein as well as availability of alternatives, both now and in the past. Another advantage is that Slovakians are not used to prepared foods and expect to spend some time in flavoring and preparing their foods at home." Address: Twin Oaks Community Foods, 138 Twin Oaks Road, Louisa, Virginia 23093. Phone: 540-894-5126.

11189. Kessler, Jon. 1996. Re: Report on sampling of Heuschen-Schrouff tofu in the Netherlands. Letter to William Shurtleff at Soyfoods Center, July. 1 p. Typed, without signature.
• ***Summary:*** "While in the Netherlands I sampled some tofu made by Heuschen-Schrouff. This tofu was quite affordable, retailing for the equivalent of $1.20/18 oz. in a mainstream supermarket. It had an extra firm texture, perhaps slightly 'rubbery'. The flavor of the plain tofu was very slightly calcium sulphate. The tofu was packed in a water filled tray, but it was very tightly packed, so not much water was needed. The tofu was a rectangular shape (like the label sent 'Lin Tahoe') and the large side of the tofu was cut, the small side pressed (not sure if all small sides or not)." Address: Twin Oaks Community Foods, 138 Twin Oaks Road, Louisa, Virginia 23093. Phone: 540-894-5126.

11190. Lightlife Foods, Inc. 1996. Take a number (Ad). *Vegetarian Times.* July. p. 9.
• ***Summary:*** A full-page color ad... "Or two, or seven! Whether you're a devout vegetarian or simply trying to cut back on meat, you'll love the delicious flavors and hearty helpings of new Vegetarian Request meals from Lightlife." This full-page color ad shows the line of seven "Vegetarian Request" frozen meatless meals recently introduced by Lightlife. At the lower right of the ad is Lightlife's new registered service mark "Live long–travel light," and their toll-free phone number.

Talk with Lisa of Lightlife. 1996. June 26. These products were available in retail stores in May, and should be available nationwide by August. Most of the products contain either soy or wheat gluten.

This ad also appeared in the Sept. issue (p. 15), Oct. issue (rear cover), Nov. issue (p. 59) of Vegetarian Times. Address: P.O. Box 870, Greenfield, Massachusetts 01302. Phone: 1-800-274-6001.

11191. Nasoya Foods, Inc. 1996. Nasoya Tofu: Today's natural choice... (Ad). *Vegetarian Times.* July. p. 25.
• ***Summary:*** This full-page color ad shows colorful packages of the four varieties of Nasoya 100% organic tofu (made with well water) across the bottom: Extra Firm, Silken, Soft, and Firm. Across the top are three prepared tofu dishes: Tofu cubes wrapped in a tortilla, a blue bowl of creamy tofu dip. and skewered, grilled kabobs with tofu cubes. "The subtle nut-like flavor of Nasoya Tofu is achieved by the use of an authentic, time-honored recipe using organically grown soybeans and artesian well water." Address: 23 Jytek Dr., Leominster, Massachusetts 01453.

11192. Natural lifestyle magazine and mail-order market: Spring-summer '96. 1996. Asheville, North Carolina: Natural Lifestyle Supplies. 63 p. Catalog. 28 cm.
• ***Summary:*** A macrobiotic mail-order catalog with several nice articles, it sells many types of soyfoods and related products, including the full line of Kushi Cuisine, organic soybeans (yellow and black), azuki beans, amazake, Rice Dream, soymilk, Westbrae Malteds, Nasoya Vegi-Dressings, Nayonaise, Farmhouse Tekka [miso], organic soy sauce, fresh tofu, snow-dried tofu, kuzu, and miso. Publisher: Tom Athos. Editor and graphic design: Debbie Athos. Address: 16 Lookout Drive, Asheville, North Carolina 28804-3330. Phone: 1-800-752-2775.

11193. Ono, Tomotada; Takeda, Motoyoshi; Guo, Shuntang. 1996. Interaction of protein particles with lipids in soybean milk. *Bioscience, Biotechnology, and Biochemistry* 60(7):1165-69. July. [14 ref]*
Address: 1. Dep. of Agro-Bioscience, Faculty of Agriculture, Iwate Univ. Ueda 3-18-8, Morioka, Japan.

11194. *Soybean Quarterly* (*Nebraska Soybean Board, Lincoln, Nebraska*). 1996. Soy reduces effects of osteoporosis. 2(3):2.
• ***Summary:*** Research indicates that consuming soy as part of a healthful diet may be one way to low risk of osteoporosis. This disease affects 15 to 20 million Americans, especially women. "High protein diets are associated with an increased loss of calcium in the urine. When it comes to protecting bone health, decreasing loss of calcium from the bones may be more important than consuming more calcium. Soy protein offers excellent quality protein, with less calcium loss compared to the same amounts of animal protein.

"Estrogen replacement therapy may reduce the risk of bone fractures by 50 percent." Soybeans and most soyfoods are a unique source of isoflavones, which mimic estrogens and may help promote bone health. In animal studies, isoflavones have been found to inhibit bone fracture and stimulate bone formation.

Many soyfoods, especially calcium-set tofu and calcium-fortified soymilk, but also soybeans, textured vegetable protein, and tempeh are good sources of calcium that are well absorbed by the body.

11195. Straus, Karen Cope. 1996. Soy: It's what's for dinner. We all need to get more soy into our diets, and its easier than you think to add it to foods you eat daily. *Vegetarian Times.* July. p. 82-84. [1 ref]

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Address: Food editor.

11196. Takai Tofu & Soymilk Equipment Company. 1996. Catalog of small and medium-scale equipment. 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. 8 p. 30 cm.
• ***Summary:*** This is a new edition of this catalog, printed with brown ink on glossy white paper. Across the top of the first page is written "The world's leading supplier of tofu & soymilk equipment."

Page 1 states: "During the 1960s and 1970s Takai gained a great deal of experience exporting our equipment to large and small Japanese- and Chinese-run manufacturers of tofu and soymilk in the United States, Europe and Southeast Asia. Then in early 1977, with the rapid growth of interest in soyfood products in the West, we began to work closely with William Shurtleff, author of *The Book of Tofu* and *Tofu & Soymilk Production,* to develop our first- and the world's first–English-language catalog, which appeared in August 1977. Since that time we have become the world's leading supplier of tofu and soymilk equipment. We have sold our equipment to hundreds of new and established companies worldwide, and we are constantly upgrading our equipment materials and quality (as with stainless steel) to meet the highest standards. To give you the widest possible choice of the best equipment available, we also include a number of items produced by other well-known Japanese manufacturers." Address: Ishikawa-ken, Japan. Phone: +81 76 294 1712.

11197. **Product Name:** Tofutti Cookies (Nondairy) [Peanut Butter, Oatmeal Raisin, Chocolate Chip, Fig Bars].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1996. July.
Wt/Vol., Packaging, Price: 16 oz package.
How Stored: Shelf stable.
New Product–Documentation: Tofutti Brands Inc. 1997, May. 1996 Annual Report. p. 2-3. New products introduced during 1996: Introduced in the summer, this is the company's first non-frozen, non-refrigerated product line. "Like all Tofutti products, they are completely dairy and cholesterol free."

11198. Vitasoy International Holdings Ltd. 1996. Annual report 1995/96. New Territories, Hong Kong. 104 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** For the fiscal year ended 31 March 1996, group turnover (sales) was HK$1,301 million, up 4% over the previous year. Of these sales, 70% came from Hong Kong, 19.6% from North America, and 10.5% from the rest of the world. Operating profit was down dramatically due to a big recall crisis which cost HK$79.9 million. Earnings per share were 6.0 cents, down 75%. Dividends for the year were 9.6 cents, the same as the previous year.

Chairman's statement: A crisis contained: Because of the "sour-taste" crisis, the Group decided to suspend temporarily operations at its plants in Hong Kong and China and to recall all Tetra Pak products from the markets in Hong Kong and Macau. These actions were in line with our policy of always putting our consumers' interests first" (p. 6).

"In North America, the Group continued the trend set in the first half and turnover grew by 10% for the year. The overall consumption of tofu has significantly increased due to newly published medical evidence–and public awareness–of the health benefits of soya protein and its effect on cholesterol reduction" (p. 7).

In the section on "Markets" (p. 8) is more detail on the North American market, where "the Group achieved sales of HK$25 million, representing an increase of 10% over the previous year. Despite unexpected sales shortfalls in beverage, the net operating profit of the Group in North America jumped 14%.

"Tofu products were the largest contributor, accounting for 40% of turnover. Tofu also realized the healthiest growth of over 17%. This was followed by beverages which made up about 39% of the region's total sales. Owing to order backlogs, sales were hardest hit in the Canadian traditional markets, resulting in reduced sales of almost 25%. The Hong Kong recall had little impact on the North American Vitasoy soyamilk sales in terms of consumer confidence.

"Secondary line products made up 11% of the region's turnover, representing a 16% increase. The dressings line comprised about 5% of total revenues, representing a 12% growth, while two new product lines under the Newmenu brand, Tofu Mate seasoning and Meat Analog, contributed an additional few percent to sales." Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

11199. McReynolds, Thomas. 1996. Re: Two major new books on soyfoods to be published soon by southern California authors. Letter (fax) to William Shurtleff at Soyfoods Center, Aug. 5–in reply to inquiry. 3 p. Typed, without signature on letterhead.
• ***Summary:*** Patricia Greenberg is the author of what Tom believes will be a major soyfoods cookbook, which is scheduled to be published by Random House. It has no working title yet [but Patricia is considering "The Joy of Soy." The book will contain about 175 recipes and will be published in 1997]. Patricia is a teacher at The Learning Annex in Los Angeles, a well known and well-connected gourmet chef, and a nutrition educator as well. "More importantly to me, she is a Mori-Nu fan. My company (Mirage Fine Foods, Inc.) will retain her to head up a seminar on soyfoods for the master chefs in the Southern California area."

The other author, Akasha [Akasha Khalsa of Beverly

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Hills, a blue-eyed Sikh who wears a turban] is the "chef to the stars." Morinaga has retained her to be the author of *Tofu Temptations,* a Mori-Nu cookbook to be released in the spring of 1997. "She is a major culinary force and counts Michael Jackson and other deep-pocket celebrities [incl. Barbara Streisand, Al Pacino, Penny Marshall] (who could afford *anyone*) as her regular clients. She has created fifty recipes built around Mori-Nu exclusively and they are in a word–Fabulous!"

Note: Two more soyfoods cookbooks are expected out in 1996. (1) *Soy of cooking: Easy-to-make vegetarian, low-fat, fat-free, and antioxidant-rich gourmet recipes,* by Marie Oser (Chronimed Publishing in Minneapolis, Minnesota; due in Oct. 1996). (2) Soy! 75 delicious ways to enjoy nature's miracle food, by Dana Jacobi (Prima Publishing in Sacramento, California; due in Oct. 1996). Address: Marketing Director, Morinaga Nutritional Foods, 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.

11200. Liu, Keshun. 1996. Availability of special soybean varieties bred for food uses (Interview). *SoyaScan Notes.* Aug. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jacob Hartz Seed Company has a special program breeding soybeans for food uses. The four uses on which they focus most are (in descending order of importance): Tofu, natto, soy sprouts, and soy oil (the soybeans are high in stearic acid, a saturated fatty acid, so they require less hydrogenation). Hartz currently has a large supply of each of these types ready for sale. Any potential buyer should contact Keith Thompson, who is in charge of sales and marketing. Address: Project Leader, Soyfood Lab., Jacob Hartz Seed Co. Inc., 901 N. Park Ave., Stuttgart, Arkansas 72160. Phone: 800-932-7333.

11201. *Rafu Shimpo* (*Los Angeles, California*). 1996. Tofu Festival stirs up delights today and tomorrow. Aug. 9. Page 1. [Eng]
• ***Summary:*** The second annual Tofu Festival, sponsored by the Little Tokyo Service Center, will take place this weekend in Los Angeles. It will be part of the 57th Nisei Week Japanese Festival taking place at the Japanese American Cultural and Community Center Plaza in Little Tokyo. More than 20 restaurants and food providers will be serving their tofu specialties this year. Photos show Patricia Greenberg (author of *The Whole Soy Cookbook,* to be published by Random House in Jan. 1998), and Andy Nakano, owner of Jozu restaurant. A brief bio of each is given.

11202. *Rafu Shimpo* (*Los Angeles, California*). 1996. Taste of Little Tokyo: Tofu makes good at Festival. Aug. 12. [Eng]
• ***Summary:*** More than 10,000 individuals attended this weekend's Nissei Week activities. The inaugural LA Tofu Festival, organized by the Little Tokyo Service Center (LTSC), was a big hit with people of all ages and races. "This year was a beginning. Next year we will see it expanding into a major fundraiser for the LTSC," said Bill Watanabe, executive director of the LTSC. For more information about the LTSC call 213-680-3729. Photos show: Young Japanese-Americans eating tofu dishes. Bill Watanabe and Osamu Torii in front of a Hinoichi Tofu booth. Tofu cookbooks.

11203. *Rafu Shimpo* (*Los Angeles, California*). 1996. Ichi nichi roku-sen cho [In one day, 6,000 cakes of tofu served]. Aug. 12. p. 17. [Jap]
• ***Summary:*** The inaugural LA [Los Angeles] Tofu Festival, organized by the Little Tokyo Service Center (LTSC), was a big hit with people of all ages and races.

11204. Ferrebee, Carol. 1996. Business is booming at Nasoya (Interview). *SoyaScan Notes.* Aug. 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In late 1995 Nasoya had its first million-dollar month. Currently they are making about 200,000 lb/month of tofu. They have now added a third shift and are working around the clock. Cleanup takes place at the same time the third shift is making tofu. John Paino is now retired and lives about 40 minutes away in Concord. He sold his shares shortly before the recent boom began, but he got a good deal and is happy. Jerry Maynard has been moved back to California, where he is director at Azumaya. Fred Eaton, who has an accounting background, has taken his place as president of Nasoya. Nasoya is considered the best performer when compared with Azumaya.

Nasoya continues to use only organic soybeans for making all its soy products. One of its brands is sold to the ethnic market on the East Coast; these consumers get organic tofu even though they may not especially want it. Nasoya is thinking of switching to non-organic beans for this brand to lower costs. Address: Quality Assurance Manager, Nasoya Foods, Inc., 23 Jytek Park, Leominster, Massachusetts, 01453. Phone: 508-537-0713.

11205. Santacruz, Nestor. 1996. Re: Hoping to work with soyfoods in Colombia. Letter to William Shurtleff at Soyfoods Center, Aug. 13. 1 p. Typed, with signature.
• ***Summary:*** They recently ordered books from Soyfoods Center. "Situation in Colombia is critical but there are conditions and receptivity for your message. We are deeply touched and identified with your efforts for a better world. Please, let us join them and try to do the best we can in our community.

"We are a couple, Nestor and Cecilia Santacruz, 40 and 46 years old. We studied chemistry in the National University of Colombia. Have worked in the industry in animal and human nutrition. Our first approach to a vegetarian diet was 4 years ago, here in Bogota, through a small restaurant that is also a school, run by a very small

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group of Colombians but inspired by an Oriental couple, Mr. Tomio Kikuchi and his wife, who lived in Brazil 40 years ago. We became familiar with cereals, vegetables, and soyfoods (tofu, miso). And our life changed since then.

"We are interested in working with you to establish a branch of the Soyfoods Center in Colombia so, please send us information and an application form." Address: Carrera 9 # 86-26 Apto. 503, Santafe de Bogota D.C., Colombia. Phone: 57 1 610 1210.

11206. Hizer, Cynthia. 1996. The versatile vegetarian: Veggie hot dogs hit home run in taste league. *Atlanta Constitution* (*Georgia*). Aug. 29. p. H14. Food section.
• ***Summary:*** In March, the Vegetarian Society of Georgia held a "Feel Good Festival" with a series of tastings. Hot dogs were tasted "as is"–without adding ketchup, mustard, relish, or bun. Here are the winners, in descending order of preference (i.e., with the favorites listed first): 1. Yves Veggie Cuisine vegetarian frank. This wiener was also designated best veggie dog by *Self* magazine and the *San Francisco Chronicle* last year. 2. Yves Veggie Cuisine tofu frank. 3. Natural Touch vegetarian frank. 4. Light Life Wonder Dog. 5. Soy Boy Not Dogs. 6. Light Life Smart Dog (fat free). 7. Light Life Tofu Pups ("This has been the leader in sales for years and, in fact, was the first vegetarian hot dog to be served at Candlestick Park"). 8. Wholesome and Hearty Garden Dog (Made with wheat gluten, no soy). Address: Georgia.

11207. Adams, Sean. 1996. Sorting look-alike soybeans: Genetic fingerprinting aids plant variety protection. *Agricultural Research* 44(8):12-13. Aug.
• ***Summary:*** "A few years ago, breeders at Northrup King Co. produced a new soybean ideal for making tofu.

"Called S16-60, the new variety had about 40 percent protein when dried–perfect for producing the fermented curd [sic, regular tofu is not fermented] popular in vegetarian salads and cooked foods."

When Northrup King applied for a "plant variety protection certificate–similar to a patent for plant," the USDA plant examiner, who reviews such applications, found as part of his routine database check that this variety was "virtually identical to another Northrup King soybean called B117, which had received a certificate in the 1980s and was parent of S16-60." Now the burden fell on Northrup King to show specific differences between the two varieties.

Enter Perry B. Cregan, as USDA geneticist who worked for the Agricultural Research Service and who has been developing genetic maps for soybeans. Cregan had "developed a unique fingerprint for each variety using genetic markers called simple sequence repeats (SSR's). These markers are repeating patterns of the four basic units of the genetic code that make up DNA, or deoxyribonucleic acid."

These fingerprints showed that there were several differences in the DNA, or genetic code, of the two soybean varieties. The certificate was issued. Address: ARS.

11208. Galaxy Foods Company. 1996. Annual report 1996. Orlando, Florida.
• ***Summary:*** Sales in 1996 were $3,950,455–down 16.8% from 1995. Net loss was $3,282,58–not as bad as the $5,013,578 loss in 1995.

At the top of the cover is written: "In 1972, Angelo Morini, Galaxy founder and president, became the first in the world to market healthy cheese (formägg)." An attached mission statement reads: "Galaxy invented healthy cheese products free from cholesterol, saturated fat and lactose and introduced them to the world in 1972."

Galaxy now has five rice-based cheese alternatives: Rice Chunk in Cheddar and Mozzarella flavors. Rice Slice in Mozzarella and American flavors. And Rice Parmesan (grated, in a jar). All five are "Soy free."

Page 5 states: "Galaxy's numerous accomplishments in innovation include: 1. The first dairy free individually wrapped cheese slices. 2. The first rice based line of cheese products. 3. The largest line of pareve kosher cheese products. 4. The first meat free line of meat flavored deli cuts. 5. The first individually wrapped cheese slices made with organic tofu. 6. The largest line of lactose free cheese and cheese related products. 7. The first complete line of salad bar cheddar products. 8. The first complete 'Lite Bakery' product line." Photos (p. 3-5) shows all of the company's products. Address: 2441 Viscount Row, Orlando, Florida 32809. Phone: 800-441-9419 or 407-855-5500.

11209. Little Tokyo Service Center. 1996. The four seasons of tofu cookbook. Los Angeles, California. xiii + 82 p. Illust. No index. 14 x 22 cm. Spiral bound.
• ***Summary:*** Contents: Tofu: A 2,000-year-old health food miracle. History of tofu in China, Japan, and the West. Tofu tidbits: Q & A. Glossary (of Japanese ingredients). Spring menu: Appetizers, salads, side dishes, main dishes, desserts (a heart symbol = vegetarian recipe; of the 16 spring recipes, 13 are vegetarian). Summer menu. Autumn menu. Winter menu. On the rear cover is a full-page ad for Hinoichi tofu by House Foods America Corporation. The last page lists the names of companies participating in the 1996 L.A. Tofu Festival, incl. Beverly Soon Tofu Restaurant.

Talk with Margaret Endo. 1997. March 7. This cookbook was compiled for the Los Angeles Tofu Festival in August 1996 by the staff of the Little Tokyo Service Center (LTSC; from recipes they contributed and tested), published in English, and sold at the festival. Proceeds from sale of the cookbook benefit the LTSC's Nikkei Family Counseling Program and Emergency Caregivers Program to help the victims of domestic violence and their children. Address: Little Tokyo Service Center (Resource Development Center),

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231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1600.

11210. Little Tokyo Service Center. 1996. First annual L.A. Tofu Festival. August 10-11, 1996. Los Angeles, California. 22 p. Illust. 28 cm.
• ***Summary:*** This program gives details about tofu and the festival, whose main sponsor was House Foods Corporation (Hinoichi Tofu). Details are given on each of the participating restaurants, incl. Beverly Soon Tofu Restaurant (established in Los Angeles June 1986). Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1600.

11211. McCord, Holly; Yeykal, Teresa A. 1996. Menopause naturally: Got hot flashes? get soy! *Prevention* (*Emmaus, Pennsylvania*). Aug. p. 65-70. [1 ref]
• ***Summary:*** About 75% of American post-menopausal women experience hot flashes and night sweats, along with sleep disturbances and mood swings. Until now, the only antidote for these unpleasant symptoms has been hormone-replacement therapy (HRT), a prescription medicine the replace the estrogen that women's bodies start making less of. But recently researchers have found that the foods made from the soybean may offer a practical alternative.

"The trail of evidence linking soy with a hot-flash-free menopause starts in Asia." There isn't even a word for hot flash in Japanese. Sherwood Gorbach, M.D., at Tufts University School of Medicine, in Boston, Massachusetts, was one of the first to suggest that the reason for this may lie in the Asian diet, which is rich in soyfoods that contain isoflavones–a natural plant form of estrogen. In one day, a typical Asian woman–who eats about a quarter pound of soyfoods–may be getting 30 to 50 milligrams of isoflavones from her food.

Three clinical studies are now under way to see if and how soy isoflavones work to relieve menopausal symptoms. At Bowman Gray School of Medicine of Wake Forest University (Winston-Salem, North Carolina), Gregory Burke, MD, heads a study of 240 women over age 45 experiencing hot flashes or night sweats. Every day for 2 years the women will drink an 8-ounce soy beverage containing either 1 mg, 34 mg, or 50 mg of isoflavones without knowing which level of isoflavones they're receiving. Researchers will see if more isoflavones relieve their menopausal symptoms or anxiety or mood swings.

Two studies at Tufts University, in Dr. Gorbach's department, are following 60 women with hot flashes. For 3 months, these women will eat either two specially designed almond- or chocolate-flavored soy breakfast bars that each contain 20 mg isoflavones (for a daily total of 40 mg isoflavones) or two placebo bars without isoflavones. Researchers will track the women's reports of hot flashes and night sweats, and their levels of estrogen and other hormones. Though these studies have not been completed, preliminary data look promising says Dr. Gorbach.

A table (p. 67) shows the amount of isoflavones (in mg) in a typical serving of various soyfoods. In descending order: Nutlettes breakfast cereal* (½ cup): 122 mg isoflavones + 140 calories. Beef(Not) textured soy protein granules* (¼ cup dry): 62 mg + 70 calories. Roasted soy nuts (¼ cup): 60 mg + 195 calories. Tempeh (½ cup): 35 mg + 165 calories. Low-fat tofu (½ cup): 35 mg + 54-75 calories. Regular tofu (½ cup): 35 mg + 105-120 calories. Take Care High Protein beverage powder (Protein Technologies International; 2 scoops): 35 mg + 100-130 calories. Regular soymilk (1 cup): 30 mg + 130-150 calories. * = Available from Dixie USA, 1-800-347-3494.

Even if this research doesn't show positive results, other studies show that soy lowers cholesterol and may prevent breast cancer and osteoporosis. "A serving of soy every day could turn out to be a good bet," says Dr. Gorbach. Researchers recommend consuming in the range of 30-50 mg/day of isoflavones. More than 100 mg/day could be harmful, so its is best to get your isoflavones from food instead of pills. Contains two recipes: Creamsicle Cooler (shake with soft tofu; 35 mg of isoflavones). Southwestern Skillet (with Beef(Not); 62 mg of isoflavones).

11212. *Ontario Soybean Growers' Marketing Board Newsletter.* 1996. Profile: Harcan Kingsoya Co. Ltd. Aug. p. 7.
• ***Summary:*** Harcan Kingsoya began operations Canada in 1991, in Scarborough. The company was formed by Bernard Leung, Michael Cheung, and a Chinese soyfoods manufacturer in the People's Republic of China. The company's first and main product is soya sauce. They also produce tofu, soymilk, and "dried soybean curd." In the future they also plan to produce "veggie-food" products such as burgers, sausage, and ham. Harcan products are marketed under the Veg-A-King and VAK brand names. The company's market was originally Europe, but now they are shipping to local supermarket chains and wholesalers in Ontario. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11213. **Product Name:** Oh, my dog! (Meatless Hot Dogs).
Manufacturer's Name: Quong Hop & Co. (Exclusive distributor).
Manufacturer's Address: 161 Beacon St., South San Francisco, CA 94080. Phone: 415-873-4444.
Date of Introduction: 1996. August.
Ingredients: Water, soy protein isolate, wheat gluten, tofu (water, organic soybeans*, magnesium chloride), yeast extract, brown rice, syrup solids, wheat starch, canola oil, wheat germ, mustard powder, salt, beet powder, nutritional yeast, rice syrup, grape juice concentrate, natural flavors,

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carrageenan, spices. * = Grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 9.5 oz (275 gm) vacuum pack. Retails for $2.99 (1998/92, Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 1 link (46 gm): Calories 60, calories from fat 10, total fat 1 gm (2% daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 360 mg (15%), total carbohydrate 2 gm (dietary fiber 0 gm, sugars 1 gm), protein 10 gm. Iron 6%, calcium 2%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Talk with Bob Gerner of Berkeley Natural Grocer. 1996. Sept. 3. About one month ago Quong Hop introduced this meatless hot dog. He thinks it is the best-tasting one on the market.

Product with Label purchased at Safeway Supermarket in Lafayette, California. 1998. Feb. 15. Red, blue, and brown on white. A line drawing shows a brown dog standing on its hind feet. "Perishable. Keep refrigerated." Back panel: "Three ways to enjoy! Steam for 3 minutes, or barbecue for 4 to 5 minutes over a medium flame, or microwave for 2 minutes in a little water."

11214. Wang, Huei-Ju; Murphy, Patricia A. 1996. Mass balance study of isoflavones during soybean processing. *J. of Agricultural and Food Chemistry* 44(8):2377-83. Aug. [45 ref]
• ***Summary:*** Discusses: Soybeans (Vinton 81, 1992), soybeans, (Vinton 81, 1993), soybean flour, products made in the lab–Tempeh, soymilk, okara, tofu (momen or cotton, $CaSo_4$ coagulant), whey, soy protein isolate, defatted soy flour, daidzein, genistein, glycitein. Address: Food Science and Human Nutrition, 2312 Food Sciences Building, Iowa State Univ., Ames, IA 50011.

11215. Gerner, Bob. 1996. Update on Vitasoy soymilk and Silk (made by White Wave), seen from a natural food retailer's perspective (Interview). *SoyaScan Notes.* Sept. 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bob still sells Vitasoy soymilk products if he can get them. For the last 4-6 weeks Vitasoy products have been unavailable and off the market. Vitasoy was Bob's best-selling brand of soymilk, but the shelf has recently been empty. They are just starting to come in now, in small amounts–but no discounts are yet available and Bob cannot get the small sizes yet, only the liters. Starting about 3 months ago, distributors stopped discounting Vitasoy products, no matter how many cases a retailer ordered. Apparently they knew the supply was going to dry up.

Bob was never notified of a recall of Vitasoy products and he does not recall ever having returned any products to them. Bob uses Vanilla Vitasoy regularly to make French toast at his home; he likes it's dessert-like taste and has not noticed any problems with sour taste. Note: According to a Vitasoy employee, Vitasoy USA was unable to get any soymilk from Hong Kong for 3 months. They ran out and were unable to fill orders for a long time. They re-allocated (rationed) a lot of product to minimize the problem. Many people at Vitasoy USA now think (with the benefit of hindsight) that the decision to recall was made too quickly; if they had waited 12-24 hours, they would have realized that a huge recall was not necessary.

White Wave's refrigerated soymilk, Silk, is selling fairly well–but nothing spectacular. He tends to run out of the half-gallon sizes, which he prices below his ordinary markup. The quarts move more slowly than the half gallons. There are several reasons that Silk does not sell well: (1) The price is too high; (2) It is a new product with new packaging (gable-top carton like dairy milk); many people have not seen it or tried it; (3) Many people are not used to going to the refrigerator for their soymilk; they buy unrefrigerated aseptic cartons off the grocery shelves. Bob puts Silk in the refrigerator next to his other fresh soymilks (like Yo-Soy from Wildwood Natural Foods); this is four doors away from the dairy milk section. For pouring over cereal or as a beverage, Bob prefers the taste of Silk to Vitasoy–which is more thick and sweet. Address: Owner, Berkeley Natural Grocery Co., 1336 Gilman St., Berkeley, California 94706. Phone: 415-526-2456.

11216. Mio, Art. 1996. Morinaga sells five types Mori-Nu tofu in two sizes by mail order with a toll-free phone number (Interview). *SoyaScan Notes.* Sept. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Because Morinaga makes long-life, aseptically packaged tofu, they are able to sell it by mail order. Their five types of silken tofu each have an unrefrigerated shelf life of about 9 months and contain no preservatives. Their toll-free number is 1-800-669-8638 in southern California. Customers should either have a credit card ready (Visa or Master Card) or prepay by check. Most Mori-Nu tofu is sold by the case (24 x 10½ ounce cartons) but it is also available in 6-packs.

Regular tofu (in soft, firm, or extra firm textures) presently sells for $32.00 per case, including shipping. Lite (contains only 1% fat by weight = 1 gm of fat per 100 gm of tofu) tofu (in firm or extra firm textures) sells for $38.00 per case, including shipping. Address: National Sales Manager, Morinaga Nutritional Foods, Inc., 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.

11217. *SoyaScan Notes.* 1996. The top five tofu manufacturers in the USA (Overview). Sept. 17. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This ranking is based on educated guesses and discussions with industry insiders, but it is not based on solid research data. In descending order of pounds produced per month: 1. Nasoya (Leominster, Massachusetts; Owned

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by Vitasoy). 2. Azumaya (South San Francisco, California; owned by Vitasoy). 3. House Foods America Corp. (Hinoichi; Los Angeles, California and Japan). 4. Morinaga (Japan and Torrance, California). 5. White Wave (Boulder, Colorado).

11218. Gaiser, Klaus. 1996. Re: Update on work with seitan and tofu in Germany. Letter (fax) to William Shurtleff at Soyfoods Center, Sept. 21. 3 p. Typed, with signature on letterhead. [Ger]

• ***Summary:*** Klaus founded Topas GmbH in April 1993. Originally the name stood for TO-fu + PA-sta, but after late 1996, as Klaus developed more and more seitan products, it came to mean TO-fu + PA-sta + S-eitan. Klaus sold his company Yamato Tofuhaus [in April 1989] to a firm named Huegli. With the money from the sale he purchased a 300-year old oak-framed farmhouse (with a 2,000 liter fountain in the old vault cellar) for himself, his wife, and 5 children. For the next three years he stayed on to manage Yamato Tofuhaus, but by the end of 1992 he found the work unsatisfying so he left and decided to start another health food business of his own. In the meantime, Huegli bought Heiler, Germany's biggest reform food wholesale company. Heiler was also dealing with tofu, so together Huegli and Heiler sold quite a lot of tofu and tofu products–about 2 metric tons per week of tofu convenience foods by 1992 and maybe another ton of tofu and tofu-varieties such as smoked tofu. Nowadays their annual sales are not that high; Klaus has no exact statistics, but he would estimate they are about two-thirds of 1992 levels.

In early 1995 Klaus tried to find a place for his company in the tofu market again, but her soon realized his place had been taken. "The German health food market was and is so flooded with tofu products that you just have to come with a real big bang to awaken any interest of the retail shop owners in a new tofu product. They just don't see any reason for selling the 23rd variety of tofu-burger and the 17th variety of tofu-spread."

Klaus then remembered an old recipe that used wheat gluten. He saves each and every product development experiment in his computer and has about 800 by now. The gluten was colored with red fermented rice (*beni-koji,* made with *Monascus purpureus*) and thus was very meat-like. In fact, when spiced, it so resembled a sausage that he first thought it was too daring to offer such a product to vegetarians. This product turned out to be the basis for his new business. He called it "Wheaty" and started selling it as a cold cut in late 1995. Since that time, monthly sales have gone up and up. "A mere joy." He could sell much more if he had enough money for costly advertisements, etc. Now his company is selling seven products, based mostly on seitan, with some tofu. Other companies are now starting to try to imitate his most successful product, Wheaty. Klaus believes that seitan has a very bright future in Germany, yet in a new form. The traditional lumps of gluten cooked in soy sauce have not been able to electrify large portions of the population. So Klaus has "re-invented seitan" to resemble familiar German meat products. "And this is the most effective way to convince a greater number of 'normal' people of the value of a vegetarian diet."

One serious problem is that red-fermented rice made with *Monascus purpureus* is not allowed as a food ingredient in Germany; there was a recent ruling by a German court of law. Moreover, as a food coloring, it is classified as a "food additive" so it needs an "E-number" from EC bureaucracy in Brussels, Belgium,–which it has not yet gotten. This is a pity, since it is the only natural heat-resistant meat color, as well as an excellent flavor enhancer, source of vitamin B, and cholesterol reducer. If it were legal, it could be made by Karl Selg-Mann, who is Germany's only manufacturer of soy sauce and miso.

Talk with Klaus by phone. 1996. Sept. 21. He presently does not own a factory; he finds other food companies to make his products. Klaus speaks almost perfect English. He hitch-hiked in England and Scotland in 1975, then lived for a year in China in 1976, arriving 3 days after Mao Tsedong died [Note: Mao died in Sept. 1976]. The BNN (*Bundesverband Naturkost und Naturwaren*), a German organization promoting organic foods, has established regulations concerning wheat gluten; originally they said it could only be made from whole wheat. But they found that was too expansive so now they allow the use of 10% by weight of vital wheat gluten. Address: Founder and owner, Topas GmbH, Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.

11219. Guy, Camille. 1996. Frankenfood on menu: Compliments to the prof–Are we the unwitting guinea pigs for genetically re-designed food? *New Zealand Herald.* Sept. 24.

• ***Summary:*** "New Zealand consumers will be eating genetically modified food by Christmas... As the first shipments of a Roundup-resistant soybean crop leave America, food campaigners warn that the beans will go into so many foodstuffs that few will avoid eating them. They say the beans carry health and environmental risks.

"Our Ministry for the Environment, attempting to discover just who will be bringing Roundup Ready beans into the country, says there is no New Zealand precedent for monitoring what as been dubbed 'Frankenfood.'"

To date, no New Zealand company has sought or obtained permission to import genetically engineered soybeans, yet American agricultural authorities say that these soybeans comprise up to 5% of this season's harvest and cannot be separated from traditional unmodified soybeans."

The soybeans have been genetically engineered by Monsanto so that farmers can spray Roundup weed killer

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(also made and sold by Monsanto) on the soybean crop without damaging–selectively killing only the weeds.

Last year over 350,000 kg of soybeans and 49 million kg of soyflour were imported to New Zealand. Some of these soybeans go into self-proclaimed soy foods like tofu and soy milk.

11220. *Los Angeles Times.* 1996. A modest tofu proposal: We give bean curd a new name, a new look and new all-American recipes. The complete tofu make-over. Introducing Protini–The other white "meat." Sept. 26. p. H1.
• ***Summary:*** This is the cover page to a long section on tofu. Most of the page is devoted to a large, color, imaginary ad for tofu (renamed Protini) in an aseptic box. Across the top of the ad we read: "Forget what you think you know about the ingredient formerly known as tofu." Protini is "now available in Tuscan Herb, Southwest Salsa, and Classic White." In the lower left corner is a large photo of tofu slices, arranged in a star pattern, atop a stir-fry.

11221. Ochoa, Laurie. 1996. Team Protini. *Los Angeles Times.* Sept. 26. p. H8.
• ***Summary:*** "Are toll-free hotlines, slick packaging and new bean curd products enough to push tofu into the mainstream? The advertising and marketing experts we talked to said definitely not. What tofu needs, they said, is a complete makeover.

"We decided to take the tofu challenge. First on the agenda: Get rid of the name." During several meetings they considered and rejected eleven other names, including Le Tofu, Soy Toy, Soy Bueno, Soyfu, Soy Cream, Soy Cheese, Bean Cheese, Frosted Mini Soy, Soy Newtons, Soya Lee Cheesecake, and Gee, I Can't Believe It's Not Pork. Finally they chose an Italian name–Protini: The Other White "Meat." Why? We "think it captures the meatiness of tofu, with a little Italian thrown in, because, heck, its trendy." Then they designed a new package with trendy lettering and colors, and came up with some new flavors. Contains a lengthy, complex recipe for Southwest tofu salad with salsa vinaigrette. Part of the recipe is chili-rubbed tofu. Address: Times food editor.

11222. Sheridan, Margaret. 1996. Is tofu ready for the big leagues? *Los Angeles Times.* Sept. 26. p. H8, H10, H11.
• ***Summary:*** The article begins: "Tofu, the spongy off-white soybean cake that spells B-O-R-I-N-G for so many people, is about to get a marketing makeover. Slick packaging, toll-free consumer hotlines, new products, and a blitz of cookbooks created by chefs rather than earnest vegetarian activists are some of the strategies tofu companies plan to use to bring tofu into the mainstream." A number of second generation tofu products found in supermarkets, and forthcoming cookbooks are listed.

"But some advertising and marketing professionals say that's not enough." The author talks with many such people who dislike tofu for various reasons: "Tofu is a joke... Tofu is a sissy. Bland, white, boring. It needs to take a stand. Become something. And that name! Its terrible." "Tofu goes against the American palate... Very little in American food, except baby food or gelatin, has that texture. Even buying tofu is alien. What else do you buy floating in water? And Americans love convenience. Bean curd is anything but. It's not an open-and-eat product." "I buy tofu but it just sits there, floating in my refrigerator. It makes me feel stupid and guilty. What do you do with it? I end up tossing it out." Hinoichi is America's largest tofu manufacturer. In March 1997 the company plans to move from its present 50,000 square foot plant in Los Angeles to a facility three times that size in Garden Grove. Harry Tanikawa, Hinoichi sales manager, notes that tofu and soy have been helped by good research and press from the medical community. He adds: "When you see fast-food places such as Panda Express in the shopping malls adding more tofu items to the menu, when you can buy a tofu hot dog at Dodger Stadium, you know tofu has arrived." Note: Dodger Stadium is a major league baseball park in Los Angeles.

Worthington Foods has experienced a sales rush in meat alternatives; the category went from nothing four years ago to $150 million a year. The company's best-selling items, sold under the Morningstar Farms brand, are breakfast patties, sausage links, garden burgers, and spicy black bean burgers–according to Don Burke, executive vice president of sales and marketing. The people who buy Worthington products are "the masses, people who want to cut down a little on meat and saturated fat. Most are aging baby boomers who want taste, convenience, and a health benefit."

Tofu "recipes for the mainstream" include: Red flannel hash. Mushroom scrambler. Tofu-stuffed French toast. Tofu slaw. Tofu citrus shake. Tofu cheesecake (p. H11).

The article ends with two sidebars: 16 "Tofu do's and don'ts." Soy food: Its many looks (p. H11)–Defines different soyfoods: Tempeh, miso, textured vegetable protein (TVP), soy milk, soy flour, soy cheese, soy sauce, tamari. Address: Times staff/food writer.

11223. Sheridan, Margaret. 1996. Learning to love tofu. *Los Angeles Times.* Sept. 26. p. H8.
• ***Summary:*** Mary Felando is registered dietitian, who runs an outpatient program on diet and exercise for former cardiac patients. Unable to find tofu recipes to fit the needs of her patients, she developed her own. Six years later, many of her students from Cedar-Sinai Preventive and Rehabilitative Cardiac Center hold recipe competitions.

Three women who are writing tofu cookbooks are Dana Jacobi of New York, and Marie Oser and Patricia Greenberg of Los Angeles. All three authors believe the time is right for mainstreaming tofu. Jacobi (who was raised a vegetarian) was also selected to develop and write tofu recipes for a new edition of the 65-year-old American classic, *The Joy of*

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Cooking, to be published in 1997 by Simon & Schuster. The project editor is Maria Guarnaschelli. The 1975 edition of "Joy" included a recipe for homemade tofu.

"Cookbooks and vegetarian food magazines have used tofu for years, but Jacobi was unimpressed with the recipes. 'It was earnest hippie food,' she says. 'The writers had morals but the recipes had no taste. They were rich and heavy. Tofu became associated with bad taste. It was unfair.'" Address: Times staff/food writer.

11224. Horaczynski, H. 1996. Re: Soyfoods companies in Poland. Letter to William Shurtleff at Soyfoods Center, Sept. 27–in reply to inquiry. 3 p. Typed, with signature. [Eng]
• ***Summary:*** Contains the name, address, and phone number of 10 soyfoods companies in Poland, and 5 importers of soybeans or soybean meal. Products made by these companies are sold in most cities with a population of 200,000 or more; typically there are at least 2 small retail shops in such cities.

In general, soyfoods in Poland are made of either dry [textured] soybean flour (called on the labels Soymeat or Soyprotein) or they are tofu (made by three Polish companies) with different additives. Address: ul. Gleboka 8/41, 20-612 Lublin, Poland.

11225. Skiff, James. 1996. Negotiations with ProSoya of Canada (Interview). *SoyaScan Notes.* Sept. 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jim is working for a man named Howard Weiner (pronounced WEE-ner), who owns a company named Shared Ventures, which is a venture capital company that invests in food processing operations. Howard is now especially interested in soymilk and related products. Howard, whose family made their money originally (many years ago) by developing the dried egg business, is skilled at putting together new companies and joint ventures. Jim (often with Howard) has been negotiating all summer with ProSoya of Vancouver, BC, Canada, in the hope of starting a soymilk company in Minnesota using ProSoya technology. Jim and Howard (who flew to Vancouver twice) were hoping to get exclusive rights to use the ProSoya technology in the USA, to establish an initial plant in Marshall, Minnesota, and then to develop regional plants round the USA. About 3 weeks ago Jim and Howard pulled out of the negotiations, very frustrated.

When Jim first talked with Lorne Broten in Vancouver, they discussed that ProSoya's contribution might be valued at $500,000 or a little more. They next time Jim talked with him, ProSoya's contribution was being valued at roughly $1 million. Then Jim and Howard went to Vancouver; they met Lorne, then were soon negotiating with Jerry Duncan of ProSoya; he is a newcomer to the company who is trying to put together business deals for ProSoya. He was apparently formerly in dairy sales and marketing for a company such as DairyFresh or some other company in that part of Canada; he is said to own part of ProSoya.

ProSoya has taken the position that they will not sell or license their equipment; they are only willing to participate as an equal partner in joint ventures. They offer to provide the soymilk equipment and know-how; the partner must provide the land, capital, personnel, and any additional equipment (as for packaging tofu). At the time Jim withdrew from the negotiations, he calculated that his side was expected to contribute about $3.5 million. The catch is that ProSoya retained the right to take back the equipment and withdraw from the joint venture at any time. Jim was frustrated at not being able to talk with Raj Gupta; he was told that Raj Gupta is no longer involved in the joint-ventures company but he has signed agreements whereby they control the company and equipment, and now he receives a royalty on the equipment he invented. The proposed joint venture would have paid a royalty to Gupta based on the production volume of the plant.

Jim has seen ProSoya's equipment operating in Vancouver several times and he thinks that he can improve a little on the equipment and a lot on the product. See comments on White Wave's Silk in a separate interview. In Vancouver, Jim tasted ProSoya's soymilk, yogurt, and tofu. He was very impressed with each of these products. The soymilk products made by ProSoya in Vancouver were very bland, with almost no beany taste. Address: Cornbelt Foods, Inc., P.O. Box 218, Marshall, Minnesota 56258. Phone: 507-537-1406.

11226. *ASA Today* (*St. Louis, Missouri*). 1996. ASA/Japan hosts 40th anniversary celebration. 2(10):1-2. Sept.
• ***Summary:*** An estimated 175 "Soycomplex Leaders" from throughout Japan attended the ASA [American Soybean Association] /Japan 40th Anniversary celebration in Tokyo, according to ASA/Japan Country Director Kent Nelson. In 1946 ASA started activities in Japan as a member of the Japanese American Soybean Institute (JASI), which included the Japan Oilseed Processors Association (JOPA), the Japan Oil and Fat Importers & Exporters Assoc. (JOFIEA), and the Japanese tofu, soy sauce, and miso associations.

A photo shows ASA Executive Officer George M. Strayer and Mrs. Strayer in October 1955 leaving Waterloo, Iowa, enroute to Japan on a trade mission.

One sidebar (p. 2) titled "Meeting Japan's needs now and in the future," states: Japan imports 97% of its soybeans. Nearly 25% of Japan's imported soybeans are used for food. Japan is projected to import its 5 billionth bushel of soybeans from the USA in the second half of the year 2000. "Japan remains the top single country market in the world (soymeal included) and is expected to remain the largest export market for US producers into the year 2000."

A second sidebar (p. 1) titled "ASA/Japan celebrates 40th anniversary," notes that in 1956, Japan imported

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536,000 metric tons of US soybeans. In 1995 Japan imported eight times that amount, over 4 million metric tons. This fall a unified trade team composed of JOPA processors and JOFIEA importers will meet with ASA and United Soybean Board leaders in St. Louis, Missouri, to discuss short, medium, and long-term goals.

11227. Clofine Dairy & Food Products. 1996. Classified ad: Specialty ingredients: Taking tofu to its next level! *Bluebook Update* (*Bar Harbor, Maine*) 3(3):7. July/Sept.
• ***Summary:*** Using a fresh soymilk base and a proprietary process, Clofine has developed "Spray Dried Soymilk & Tofu Powders to perform and offer high isoflavone content. Available in lowfat, kosher-parve, and organic. Contact Richard Eluk..." Address: 1407 New Road, Linwood, New Jersey 08221. Phone: 609-653-1000.

11228. Franklin, Deborah. 1996. The healthiest women in the world [in Okinawa]. *Health.* Sept. p. 56-63.
• ***Summary:*** On average, American men now live to be 72, and American women 79. Not as good as the Japanese, where the ages are 76 and 83 respectively. But women in Okinawa live, on average, to age 84–longer than women in any other country or region of the world. Okinawa was annexed by Japan in 1879 and today it is a full-fledged Japanese state (the equivalent of a U.S. state). What is their secret? Kazuhiko Taira, a gerontologist at the University of the Ryukyus in Okinawa, thinks that much of it has to do with the Okinawan diet. In Okinawa there is a saying that "food is medicine." Traditionally Okinawans have eaten three times more meat (especially pork) than Japanese mainlanders, 50% more tofu, and–very important–40% less salt. In the decades before 1960, mainland Japanese adults typically consumed 6-9 bowls of miso soup each day, plus a few small servings of salty pickled vegetables and/or seaweed–all sources of salt. Yukio Yamori, who (for the last 15 years) has studied links between diet and longevity notes that Okinawans eat quite a bit of tofu and other soy products which are particularly rich in isoflavonoids–estrogen-like compounds that may reduce one's risk of osteoporosis. His "most recent study, of post-menopausal women in Japan and Hawaii, showed that women who consumed the most soy had the densest bones." This might explain why elderly Japanese–and especially Okinawan–women suffer far fewer bone fractures than American women, even though the Japanese consume much less calcium.

Another important key to a long and healthy life in Okinawa is *yuimaru,* a word written with the Japanese characters for "circle" and "connection." It expresses that sense of belonging and connectedness and feeling needed, which makes elderly people look forward to each new day. In Okinawa, the elderly are greatly respected. Address: Staff writer.

11229. Hastings, Carl. 1996. Soybean products in human foods. Paper presented at Regional Workshop on Soybean Processing and Utilization for Central America and the Caribbean. 4 p. Held Sept. 15-18 in Jamaica.
• ***Summary:*** Contents: Introduction. Soy sprouts. Whole soybeans: Cooked green beans, cooked soybeans, roasted or deep fat cooked soybeans (soy nuts–salted, flavored, etc., candy coated, salad topping, bakery ingredient or topping, soynut butter, soy coffee) fermented soybeans (tempeh–*Rhizopus,* natto–*Bacillus,* hamanatto–*Aspergillus*). Cereal blends: CSM (Corn-Soy-Milk), WSB (Wheat-Soy-Blend), other (bulgur, oat, sorghum grits).

Refined soy oil: Solvent extracted, physically extracted, uses, lecithin. Soy protein: Soy flour (full fat, defatted), concentrates, isolates, textured, uses. Hulls. Soy fiber. Soy milk: Liquid, powder, uses (plain, flavored, fortified, blends, instant formula, nutritional beverages, tofu, soy cheese, frozen desserts, yogurt, soymilk film {yuba}). Soy sauce. Soy paste (miso). Soy pulp (okara). Address: Reliv, Inc., Chesterfield, Missouri.

11230. **Product Name:** Firm Tofu, Mushroom Tofu, Soymilk.
Manufacturer's Name: Hung Vuong Tofu #2.
Manufacturer's Address: 4138 Monterey Road, San Jose, CA 95111. Phone: 408-229-9255.
Date of Introduction: 1996. September.
New Product–Documentation: Talk with Lieu Ta of San Jose, California. 1997. Aug. 19. This company is run by a Vietnamese-American family, with which she is associated. They started making tofu and soymilk on 10 Sept. 1996. The manager, Scott Truong, is the only one at the factory who speaks English. They also make vegetarian foods.

11231. Nutrisoya Inc. 1996. Classified ad: Bulk soymilk. *Bluebook Update* (*Bar Harbor, Maine*) 3(3):7. July/Sept.
• ***Summary:*** "Nutrisoya Inc. is Canada's leading soymilk and tofu manufacturer." In January 1996 the company launched its new line of aseptic packaged soymilk, "Nutrisoy Premium Lite." Recently they have upgraded their production facility and can now supply up to 3,000 liters/hour of organic soymilk. Contact Nick Feldman. Address: 4050 Pinard, St.-Hyacinthe, QUE J2S 8K4, Canada. Phone: 514-796-4261.

11232. Pulmuone U.S.A. Inc. 1996. Pulmuone (Catalog). South Gate, California. 16 p. 28 cm.
• ***Summary:*** This is a very attractive, full-color catalog describing the company and its products. Contents: Cover (with a green photo of Korean countryside). Bring nature to your life: a message from Pulmuone. "Pulmuone begins with nature. We strive to bring nature to your door steps. Our job is a process to create a balance between nature and technology. The most advanced technology is applied in developing our products. Seek the balance. Taste our

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promise." Tofu: Good as meat without the fat (3 tofu products). Pasta from Asia? Instant noodle, fresh noodle, dried noodle. Authentic taste from home: Tea, soybean paste (6 types of Korean-style miso), oil and vinegar, organic beans and grains [brown rice, sweet brown rice, whole barley, pressed barley, soy bean, black [soy] bean, kidney bean], mineral water. Health food: What if you don't have time to eat the right food? Multi-complex health supplements, diet supplements, concentrated health supplements. Cosmetic: Isslin skin care program. About Pulmuone. Important dates in the history of Pulmuone: May 1981–Pulmuone Organic Foods founded (direct distribution of Organic farm products). Oct. 1982–Pulmuone Fermented Foods founded. April 1983–Pulmuone Fermented Foods opens production facility in Pochun (begins production of supplementary foods). May 1987–Pulmuone Kimchi Museum opens. May 1988–Pulmuone R&D Center opens. Jan. 1989–Pulmuone Scientific Committee founded, Dietary Life Research Center opens. Jan. 1990–Doan Soybean Past Plant opens. Jan. 1991–Pulmuone USA Inc. founded. June 1991–Doan Noodle Plant opens. Sept. 1992–Doan Supplementary Foods GMP Plant opens. Aug. 1993–Korean-Chinese joint venture, Ilsongjung Foods Ltd. founded. June 1995–Tofu Plant opens in U.S.A.

"Pulmuone was founded in 1981 with forty employees. It has grown to become a multi-national company of 2,000 employees with annual sales volume of $250 million.

"The secret to their success lies in their uncompromising commitment for better foods and better life.

"Pulmuone's 'Research and Development Center' opened in 1988 to continue the search for more advanced technology in ensuring the quality of food and life. Together with 'Pulmuone Science Committee' organized with the outstanding scholars in the field, our challenge to science and technology for the future will be succeeded."

Photos show: Sliced and packaged tofu (p. 4-5). Six varieties of Korean soybean paste (p. 9). The outside of Pulmuone's tofu plant at South Gate, California (p. 14). A tofu production line in the USA plant (p. 15).

Letter from John Sim, marketing director of Pulmuone. 1997. June 17. This brochure was printed in September 1996. Concerning the statement that Pulmuone uses only organic materials: "Pulmuone Tofu manufactured here in the U.S. is made from Vinton 81 soybeans from Minnesota. Products such as bean paste are manufactured in Korea using only certified organic soybeans." Address: 4585 Firestone Blvd., South Gate, California 90280. Phone: 213-564-3000.

11233. Reilly, Lee; Rattenbury, Jeanne. 1996. Raw tofu is an oxymoron. *Vegetarian Times.* Sept. p. 28.
• ***Summary:*** All tofu is cooked before its packaged. A color photo shows a square cake of tofu on a white plate.

11234. The Mail Order Catalog. Fall-winter 1996. Catalog of books and food. 1996. P.O. Box 180, Summertown, TN 38483. 24 p.
• ***Summary:*** The book section of this mail order catalog contains listings for an excellent selection of vegetarian and vegan cookbooks, plus books on food nutrition & health, alternative healthcare, women's healthcare, native Americans and their cultures, and animal rights.

The vegetarian food products section offers TVP granules and chunks, Response textured soy protein concentrates (misleadingly called "Response TVP flakes"), Harvest Direct vegetarian broth, and Protean, instant gluten flour (regular or flavored), seitan "chicken" or "sausage" mix, Mori-Nu silken tofu, Soja instant soy beverage, organic low-fat soymilk powder, Red Star nutritional yeast, Beano, and tempeh starter. Address: Summertown, Tennessee. Phone: 800-695-2241.

11235. Stein, Jill. 1996. Possible tofu link to Alzheimer's disease. *New Zealand Doctor.* Oct. 2. [2 ref]
• ***Summary:*** "Contrary to what might be expected, men who consume consistently high levels of tofu in mid-life appear to be at increased risk of Alzheimer's disease (AD) in late life.

"This finding follows research by a group from the National Institutes of Health and the University of Hawaii."

"'We know that, in addition to their superior nutrient content, soybean foods may contain significant amount of isoflavone molecules that can alter the metabolism of brain cells sensitive to normal to oestrogens,' chief of the Asia-Pacific Office of Epidemiology, Demography and Biometry Program at the National Institute on Aging, Lon White says.

'"We worry that these molecules, which may have other important health benefits, could have an adverse impact on brain aging.'"

11236. Gaiser, Klaus. 1996. Re: Brief history of Topas and its products. Letter (fax) to William Shurtleff at Soyfoods Center, Oct. 10. 3 p. Typed, with signature on letterhead. [Ger]
• ***Summary:*** Klaus founded Topas GmbH in April 1993, but did not really start to sell tofu products until September of that year. At that time he sold to Heiler (A Reform food wholesaler, purchased by Huegli in 1990): 4 kinds of Tofu Burgers (Oriental, Pikant, mit Gartengemuese, mit Sauerkraut), two kinds of Tofu Rolls (actually sausages; Natur, mit Kräutern), 5 kinds of Tofu Pastete, and 3 kinds of Tofu Spreads. To Huegli he sold: 3 kinds of that stone-hard, dry Tofu-Pastete (in 1.5 kg blocks; mit Broccoli, Gärtnerinnen Art {with Broccoli, carrots, and peas}, and Holsteiner Art), as well as 3 kinds of Tofu Burgers (mit Linsen {lentils}, Oriental {because of some curry}, and piquant {similar to Oriental}; all came in large packages of about 40 pieces per package). He had to re-develop all of these, because they had been on the market before, but the supplier suddenly stopped supplying them and he had left

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that firm by the end of 1992; by the spring/summer of 1993 he was ready for competition with Heiler/Huegli. He made a big mistake thinking his future lay in supplying Huegli/Heiler with the products they needed instead of starting to build up his own brand name and fame in the market.

Klaus did not make any of these products himself; He found a company to produce them for him (which was not easy) and after having taught the staff there how to make everything, he just bought all the products and sold them to Huegli and Heiler. But for reasons that are confidential, this arrangement did not work out.

So starting in early 1995 he tried again to sell tofu products under the Topas label to the health food market. He introduced two types of tofu pouches, tofu cold cuts, and a blend of tofu spreads. Only the last product survived. Finally he realized that the real opportunity lay in making meat alternatives from seitan. Address: Founder and owner, Topas GmbH, Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.

11237. Spence, Paddy. 1996. SPINS (Spence Information Services) is a new company providing information about the natural products industry to manufacturers (Interview). *SoyaScan Notes.* Oct. 11. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** SPINS started providing information in Jan. 1996. Their sources of this information are: (1) Natural product distributors, including United Naturals but not including Tree of Life (the biggest such distributor). These distributors account for about 20-30% of all U.S. natural product sales. (2) A.C. Neilson's HomeScan Panel, with a population designed to mirror the U.S. census.

They provide information only to manufacturers. It is provided on a bi-monthly basis–every two months, down to the UPC level = the individual product or item level. This information, aggregated for the USA costs $1,500 per category. One such category is non-dairy beverages (soymilk, rice milk, almond milk). Others include meat substitutes, and cheese alternatives. One of their clients is Vitasoy (USA) Inc.

Talk with Richard Rose of Sharon's Finest. 1997. March 16. The 6-7 distributors from which they now receive information represent well over half of the natural foods market. Richard uses the bar-chart information to say to retail buyers: "Sharon's Finest is No. 1 in unit sales, but you carry only one of our 17 SKUs. Tofu-Rella is now the best-selling cheese alternative in terms of unit sales (but Soya Kaas is No. 1 in dollar sales). This product is in the top ten and you don't even carry it." Address: President, SPINS, San Francisco, California. Phone: 415-284-0546.

11238. Hizer, Cynthia. 1996. The versatile vegetarian: Making tofu an endeavor that's well worth the effort. *Atlanta Journal-Constitution.* Oct. 17. p. H.14.

• ***Summary:*** A detailed description of making 32 ounces tofu at home from 1½ cups of dry soybeans and nigari coagulant. She recommends buying a tofu-making kit if you plan to make tofu repeatedly. If you have the time, homemade tofu is a bargain. For 2 pounds of soybeans, Cynthia spent 33 cents on organically grown soybeans at a natural foods store. By comparison, commercial tofu in her area retails for about $1.39 for 16 ounces. For that price, she could make about 8 pounds of tofu.

"To start my tofu, I turned first to the best book on the subject, 'The Book of Tofu,' by William Shurtleff and Akiko Aoyagi (Autumn Press, $7.95)."

Then she got a lesson from Louise Blume of Cleremont, Hall County, Georgia, who has been making tofu at home for 25 years. Louise said it was very easy to make and she loved it.

11239. Johnston, Cathy. 1996. Health-food maker seeks to buy former shrimp plant. *Sun* (*Lowell, Massachusetts*). Oct. 24. p. 7, 9.

• ***Summary:*** Nasoya Foods Inc. of Leominster, Massachusetts, "a producer of soy-based health food products, is working to buy the former New England Shrimp Co. building in Ayer, Massachusetts, located about 7 miles northeast of Leominster, and a slightly smaller town than Leominster. According to Nasoya president Fred Eaton, the 125,000 square foot building (located at One New England Way off Westford Road) would serve as a new, expanded headquarters and manufacturing plant, and will bring 77 jobs to Ayer. The company expects to add another 175 new positions during the next 3-5 years. The shrimp company was foreclosed upon by lenders after the federal government shut it down in 1992 for selling tainted shrimp. The FDIC, which now owns the building, auctioned it off in a sealed bid process on 25 Sept. 1996. Nasoya, the top bidder, has until Nov. 25 to complete the deal.

Nasoya was founded in 1978, as a tofu manufacturer located in a barn in Leominster. In 1984, 6 years later, as tofu production topped 25,000 lb/week, Nasoya outgrew the barn and moved into its current 30,000 square foot processing facility on Jytek Drive in Leominster. By 1987 Nasoya was producing more than 60,000 lb/week of tofu. In 1990 Nasoya was acquired by Vitasoy (USA) Inc. The former shrimp plant, with about 4.2 times the square footage of Nasoya's present plant, would give Nasoya the space to expand its current operations as well as to install a new line for making Vitasoy soymilk.

Nasoya's revenues grew 16% and 22% during the last two years respectively. The company is projecting a 24% sales growth this year.

Note 1. Nasoya's fiscal year runs from April 1 to March 31. So "this year" will end on 31 March 1997.

Note 2. Talk with Nasoya representative. 1997. Jan. 13. Nasoya purchased the plant in Ayer on 18 December 1996

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and expects to be making tofu in the plant by about June of this year. They will operate two plants for a while, and hope to have finished phasing out the present plant in Leominster by the end of 1997. Nasoya uses only organic soybeans so they do not anticipate any problems in answering questions about using genetically modified soybeans. They have not yet prepared any documents to answer consumer questions on this subject.

Note 3. Talk with Nasoya representative. 1997. Oct. 1. The first Vitasoy soymilk started to be shipped from the plant in Ayer in mid-September 1997. The offices have now been moved to Ayer from Leominster. All tofu is still being made at the plant in Leominster.

Note 4. A label from the Azumaya tofu made in South San Francisco, California, shows that "glucono delta lactone" is now being used, with calcium sulfate, as a coagulant. Address: Sun Correspondent.

11240. Yap, Livingston George. 1996. The tofu market in Florida (Interview). *SoyaScan Notes.* Oct. 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** LEASA Industries is the largest tofu manufacturer in Florida. The company makes about 2,000 lb/day of tofu, five days a week, or 10,000 lb/week. Sales are growing steadily. One fairly large competitor is Marjon Specialty Foods in St. Petersburg, Florida, but George thinks that they do not make their own tofu. Fully, Inc. in Miami (run by Manny Wong) has been making tofu since 1986; they make tofu only for the Chinese market. Address: Owner, LEASA Industries Co. Inc., 2450 N.W. 76th St., Miami, FL 33147. Phone: 305-696-0651.

11241. *Better Homes and Gardens.* 1996. The benevolent bean: Cancer fighter, cholesterol cutter, and more–There's a whole lot of nutrition in this unassuming little soybean. 74(10):76, 78. Oct.
• ***Summary:*** This article is in the "Good food / Good health" section. Contents: Introduction. How much soy? ("Just a few ounces of soyfoods every day allow you to reap any of its health benefits"). Food for a healthy heart. Fight cancer, too. Stronger bones, cooler hot flashes. Adding soy to your diet: Tofu–from firm to silky, soy milk–plain or flavored, soy flour–for baking, whole soybeans fresh and dry.

"With Mary Hubbard, Registered Dietitian and PhD in education, She teaches at Grossmont College in California..." Color photos show: (1) A pod containing 3 dry soybeans, held in a person's fingers. (2) Dry soybeans, tofu cubes, soy flour, soy oil in a cruet, and a stick of soy margarine.

11242. Fantastic Foods, Inc. 1996. Healthy meals for a hectic world. Petaluma, California. 7 panels each side. Each panel: 13 x 7 cm.
• ***Summary:*** This little full-color leaflet (accordion folded) gives an introduction to each of Fantastic Foods product lines, including Tofu Helpers, Vegetarian Entrees, and Hearty Soups.

A full-color 1-page leaflet (8½ by 11 inches, double-sided) with the same title presents much the same information in a different format. The title on the back is "With Fantastic Foods... You can have it all! Great taste. Wide variety. Wholesome." Address: 1250 North McDowell Blvd., Petaluma, California 94954. Phone: 707-778-7801.

11243. Jacobi, Dana. 1996. The natural kitchen: Soy! 75 delicious ways to enjoy nature's miracle food. Rocklin, California: Prima Publishing. xii + 244 p. Oct. Index. 22 cm. Series: The natural kitchen. [16 ref]
• ***Summary:*** Contents: Preface. Acknowledgments. Introduction: Soy and health. All about soyfoods: Traditional soyfoods (tofu, miso, tempeh, soy sauce, soymilk), other Asian soyfoods (okara, yuba, kinako, natto), second-generation soyfoods (soy dairy products, soy deli foods, textured vegetable protein {TVP}, textured soy protein {TSP}, soy isolate (isolated soy protein)), more soy choices (fresh soybeans, dried black soybeans, soy flour, soy grits, soy flakes, soy nuts), cooking with soyfoods (tofu {pressing, freezing, marinating, sautéing and pan-crisping, frying, braising, pureeing, parboiling, storing and handling tofu}, miso, tempeh, soymilk, other soy dairy foods), cook's notes (herbs, spices and flavorings, nuts, oils, produce, stock, sweeteners).

Soups, appetizers, and first courses. Main dishes. Pasta and light dishes. Side dishes and sauces. Salads, burgers, and kebabs. Desserts. Breakfast and beverages. Mail order sources.

The Preface states: "If you are new to soy, you will find descriptions of soyfoods, from tofu to soymilk... If you already cook with soyfoods, the approximately 75 recipes in this book and their variations will expand your repertoire. These recipes will take you across lines that people who cook with soy rarely approach. The dishes bring familiar and satisfying textures along with flavors that are full and deep. Whether ethnic or classic, they are dishes with verve and elegance." The author first tasted tofu, with her parents, in 1953, "at the precocious age of eight," at The Great Shanghai on 125th St. in Manhattan, New York City. Address: Food writer, New York, NY.

11244. Messina-Hirsch, Caren. 1996. Home improvement–Incorporating soy products into family meals. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 4(4):3. Fall.
• ***Summary:*** On what look like 3x5 inch recipe cards are recipes for: Spaghetti sauce (with "4 cups cooked, ground soybeans"). Nice rice bake (with "1¼ cups textured soy granules"). Strawberry banana shake (with "One 1.5 oz. package of silken/soft tofu"). Address: R.D.

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11245. Morinaga Nutritional Foods, Inc. 1996. Finally... a cabinet member you can trust (Ad). *Vegetarian Times.* Oct. p. 25.
• ***Summary:*** This full-page color ad shows 6 cartons of Mori-Nu Tofu and Mori-Nu Mates Chocolate Pudding & Pie Mix on a shelf in a kitchen cabinet or cupboard. "Stock your cupboard with Mori-Nu Silken Tofu–the tofu you can trust to stay "first day fresh" without refrigeration. Our modern aseptic* package guarantees Mori-Nu's freshness without preservatives or irradiation... Finally–a tofu you can trust. Mori-Nu. The low-fat tofu in the long-life package."

* = "aseptic packaging: Voted #1 food science innovation by the Institute of Food Technologists because it increases nutrient retention and flavor while protecting against bacterial contaminations."

Talk with Art Mio of Morinaga. 1996. Nov. 8. Tofu in the pantry shows its lack of need of refrigeration.

This ad also appeared in the Dec. 1996 issue (p. 23) of this magazine. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11246. Nasoya Foods, Inc. 1996. News from Nasoya. Our delicious Nayonaise is now also available fat free! (Ad). *Natural Foods Merchandiser.* Oct. p. 123.
• ***Summary:*** This half-page color ad shows one jar of new Nasoya Fat Free Nayonaise: Vegi-dressing & spread next to a jar of regular Nasoya Nayonaise (which contains 70% less fat than mayonnaise). To the right of the two jars is a subway sandwich and two bowls full of diced vegetables. "Visit us at our Web site: http://www.nasoya.com." Address: Leominster, Massachusetts. Phone: 1-800-229-TOFU (8638).

11247. Nasoya Foods, Inc. 1996. Legalize tofu (Memorabilia–Button with safety pin on back). Leominster, Massachusetts.
• ***Summary:*** This metal button, 2¼ inches in diameter, is meant to be worn on one's shirt. The word "Legalize" is written in red above the word "Tofu," which is in black–both on a glossy white background. The button was brought to Soyfoods Center in April 1997 by Patricia Smith who picked it up at the Nasoya Foods booth at the Natural Products Expo in Anaheim.

Talk with Amy Towle, marketing manager at Nasoya. 1997. April 16. This button is just a joke–sort of making fun of tofu to catch people's attention. Bob DeCosta in marketing came up with the idea. The button was first introduced at the Produce Marketing Association (PMA) show in Oct. 1996.

Note: The PMA is America's biggest produce association (as for supermarket produce buyers), and their 5 day show each year is the biggest of its type in the world.

Note: This is the earliest memorabilia–button with safety pin on back–seen (Oct. 2001) that mentions soy. Address: 23 Jytek Park, Leominster, Massachusetts, 01453. Phone: 508-537-0713.

11248. Oser, Marie. 1996. Soy of cooking: Easy-to-make vegetarian, low-fat, fat-free, and antioxidant-rich gourmet recipes. Minneapolis, Minnesota: Chronimed Publishing. xviii + 264 p. Illust. Index. 23 cm. [55 ref]
• ***Summary:*** This is a very nice gourmet vegan cookbook with 16 full-page color photos. Contents: Dedication. Notice: Consult a health care professional. Grateful acknowledgment to. Foreword, by Neal D. Barnard, M.D. Preface, by Marie Oser. Introduction, by Suzanne Havala. Soyfood for thought. A healthy kitchen. The soyfoods pantry (short definitions of generic and brand-name soy products). A quick guide to ingredients. Substitutions. Spices: The variety of kitchen life. Techniques.

Recipes: Sensational starters. Soups, stews, and salads. Bountiful breads. Exceptional Entrées. Soyful sides. Pizza and pasta. Delectable desserts.

Resource guide (Names and addresses of 23 companies selling soy and soy-related ingredients). Recommended reading (15 books). Bibliography (40 journal articles). Address: Agoura Hills, California 91391. Phone: 818-707-7353.

11249. *Plenty Bulletin* (*Summertown, Tennessee*). 1996. Plenty and The Farm present the Sixth Annual Harvest Festival in Summertown, Tennessee. 12(3):2-3. Fall.
• ***Summary:*** The Harvest Festival took place on 27-29 Sept. 1996. Among the 12 photos are: (2) Vegetarian cookbook author Louise Hagler introducing some new recipes to willing testers. (2) Community founder, Stephen Gaskin, speaking into a microphone, reflecting on the first 25 years. (3) Two members of a Farm youth group named Tofu Nation playing acoustic guitars.

11250. SPINS Distributor Information. 1996. Top eight brands. Packaged cheese alternatives ranked by unit sales. Total U.S. [natural food stores]–Sept/Oct. 1996. San Francisco, California. 1 p. Unpublished typescript. 28 cm.
• ***Summary:*** Sharon's Finest (80,000 units, 30.5% share of total units sold). Soya Kaas (75,000, 27.9%). Soyco (65,000, 24.5%). Lisanatti (16,000, 7.2%). Soymage (12,000, 5.9%). White Wave (4,000, 2.3%). Nu Tofu (3,000, 1.4%). Wholesome & Hearty (1,000, 0.2%).

Note: These figures apply only to the natural and health food markets. Address: SPINS (Spence Information Services), San Francisco, California.

11251. Straus, Karen Cope. 1996. Let the eating begin: Readers from across the country and Canada tell us their picks for gold and silver in the olympics of vegetarian restaurants. *Vegetarian Times.* Oct. p. 62-72. [1 ref]
• ***Summary:*** On the first page are listed the "Winners by region," the top two vegetarian restaurants in each of 5

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regions: West, Midwest, South, East, and North (Canada). On page 64 are listed favorite vegetarian restaurants in 21 states and Canada. The states with the most listings are California (17), New York (8), Pennsylvania (6), and Canada (5). Favorite recipes from various restaurants are given, including: Layered tofu supreme (Kung Food, San Diego). Jamaican-style curried tofu and mixed vegetables (Woodstock Vital Foods, Woodstock, New York). Tofu rancheros (Seva Restaurant, Ann Arbor, Michigan). Address: Food editor.

11252. SunRich. 1996. Soya food ingredients. Soybeans for: (Leaflet). Hope, Minnesota. 3 p. 28 cm.
• ***Summary:*** These two closely related leaflets are in black ink on a red letterhead. The first leaflet states that SunRich offers "specialty soybeans... for specific soyafood uses: Consistency. Quality. Identity preserved." "Our extensive grower base enables us to contract produce soybeans for your special needs. Specific varieties with reduced antinutritional factors (lipoxygenases, trypsin inhibitor enzymes and oligosaccharides, stachyose and raffinose) available."

"Soyamilk powders: For ingredient or beverage use." A table describes soya beverage powders, spray-dried soymilk, spray-dried tofu powder, soy/dairy milk replacers.

"Sweet Beans–Frozen green soybeans–Podded [in the pods] (Edamame) or peeled (Mukimame). Certified organic soybeans and products available."

The second leaflet states: "Tofu varieties–Vinton, Beeson. Soymilk–Yellow or white hila. Sized over 6.7 mm round. Natto–Sized through a 5.5 mm round. Miso–Yellow hila. High soluble sugars. Boiling soybeans–Edamame varieties, yellow or black seed coats, high soluble sugar. Sized over 7.5 mm round screen. Frozen green soybeans. Edamame, mukimame. New varieties and types–High soluble sugars, high protein content, specific fatty acids. Grower base of 500 growers in Minnesota, Iowa, Wisconsin, South Dakota. Produce specific varieties for customers–Container lots, bagged, bulk. Bulk barge. Organic or conventional." Address: P.O. Box 128, Hope, Minnesota 56046-0128. Phone: (507) 451-3316.

11253. United Soybean Board. 1996. National report on consumer attitudes about nutrition. Seattle, Washington. 8 p. Oct. 28 cm.
• ***Summary:*** This report, commissioned by USB, was conducted by a an independent research firm. It included telephone interviews with 1,000 consumers and primary household shoppers of all ages throughout the USA. They were asked a series of up to 23 questions. The standard margin of error for the study is ±3.2%.

Popularity of soy products: A bar chart shows the following, listed in descending order of popularity. The first number indicates the percentage of the population who are familiar with each product; the second number indicates the percentage of those who are familiar with the product that have tried it. Tofu–76% of Americans are familiar with tofu, and 53% of these have tried tofu. Veggie burger–69% /53%. Soybean oil–65% / 28%. Soy milk–58%–35%. Infant formula [soy-based]–53% / 36%. Soy protein–42% / 32%. Soy flour–41% / 30%. Miso–17% / 58%. Tempeh 14%–45%.

"How healthy are soy products? 40% of the population acknowledge that soy has positive health attributes. Half of those believe soy is a high protein source. 13% of the respondents cited soy as an option for lactose intolerance, 13% as a low fat food and 11% as a cholesterol reducer."

Consumer concern and confusion about nutrition terms: Trans fatty acids–37% of the population are familiar with the term; 38% of those who are familiar are concerned about trans fatty acids; 51% of those who are familiar are confused about trans fatty acids. Hydrogenation: 36% are familiar, 39% of those are concerned, and 46% of those are confused. Address: 190 Quuen Anne North, Seattle, Washington 98109. Phone: 1-800-TALK-SOY.

11254. **Product Name:** Veggie Pizza Pepperoni.
Manufacturer's Name: Yves Fine Foods, Inc., a subsidiary of Yves Veggie Cuisine, Inc.
Manufacturer's Address: 1638 Derwent Way, Delta (Vancouver) V3M 6R9, B.C., Canada. Phone: 604-251-1345.
Date of Introduction: 1996. October.
Ingredients: Oct. 1996: Water, wheat gluten, soy protein isolate, spices, tofu (water, organic soy beans, magnesium chloride), yeast extract, salt, mustard powder, evaporated cane juice, wheat starch, rice starch, beet powder, guar gum, natural liquid smoke, carrageenan.
Wt/Vol., Packaging, Price: 155 gm.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo East. 1996. Oct. On the front is a large color photo of "Veggie Pizza Pepperoni: A new generation of pizza toppings."

On the rear: "Fat free–No cholesterol. No nitrates." Detailed nutrition facts. And ingredients. Yves Veggie Cuisine, Inc. is now located at Delta (Vancouver), B.C., Canada V3M 6R9. Phone: 604-525-1345.

Spot in Vegetarian Journal. 1997. Nov/Dec. p. 15. "Veggie Pepperoni. Yves Veggie Cuisine has introduced Veggie Pizza Pepperoni, a fat-free vegetarian pepperoni topping for pizzas."

11255. **Product Name:** Jumbo Veggie Dog (Meatless).
Manufacturer's Name: Yves Veggie Cuisine, Inc.
Manufacturer's Address: Delta (Vancouver), B.C., Canada V3M 6R9. Phone: (604) 525-1345.
Date of Introduction: 1996. October.
Ingredients: Water, wheat gluten, soy protein isolate,

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tofu (water, organic soybeans, magnesium chloride), yeast extract, Sucanat (granulated sugar cane juice), mustard powder, wheat starch, garlic powder, onion powder, salt, paprika, rice flour, beet powder, carrageenan, natural flavors, natural liquid smoke, spices.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo East (Baltimore, Maryland). 1996. Oct. On the front is a large color photo. "Make room for the hot & spicy Jumbo Veggie Dog (It's big!)."

On the rear: "Fat free–No cholesterol. No nitrates." Detailed nutrition facts. Ingredients.

Label sent by Yves Fine Foods, comb-bound in "Yves Veggie Cuisine US Packaging." 1998. March. There are now two flavors: Hot & Spicy, and regular. Both are in a 15.9 oz (450 gm) package.

11256. Tibbott, Seth. 1996. History of Tofurky (Interview). *SoyaScan Notes.* Nov. 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** King Harvest Natural Foods was a vegetarian sandwich company, deli, and juice shop in Portland, Oregon. They made a fresh "Tofurkey Sandwich"–which was just tofu, slightly browned, maybe marinated in some turkey-like seasoning, with some trimmings. In 1980, when Seth started delivering his tempeh to stores in Portland, he first saw this sandwich, which he enjoyed eating in Portland-area stores. That was when he first heard the word "Tofurkey." In about 1982-83 King Harvest discontinued their Tofurkey Sandwich; they never made it again, though they are still in business making other sandwiches and food products.

The ancestor of Tofurky was created in 1991 by Hans and Rhonda Wrobel of The Higher Taste–one of Seth's customers–a caterer and food manufacturer in Portland, Oregon, with a little deli; they make tempeh & lettuce sandwiches and tofu sandwiches. They started making a vegetarian stuffed Tofu Roast with gravy for their customers at Thanksgiving. They sold about 30 units the first year, 1991, largely to a local audience–including Seth. It was tofu in a pie pan with stuffing in the middle, then another layer of tofu on top. It was basted and baked, and tasted good–but it sold for $30. Seth saw this as a meat alternative that had potential at Thanksgiving. The vegetarian recipes for making mock turkey are too long and complicated for the typical cook.

Seth wanted to use the name "Tofurky" (which he coined) for his new product idea. But before he did, he called the folks at King Harvest and asked them if they had a trademark on or any other rights to the name. They said "No." He then asked them for permission to use that name. They said "Fine–"No problem"–in part because they hadn't made the product for more than ten years.

In October 1995 Turtle Island, together with The Higher

Tofurky™

A Delicious Vegetarian Holiday Feast

Whether you are seeking to offer a meatless option for a portion of your holiday table or are planning a complete vegan feast, we think Tofurky will satisfy and amaze all who try it.

WHAT IS TOFURKY™? Tofurky™ is a pre-baked vegetarian feast designed to be the delicious centerpiece of your holiday meal. It consists of four parts: 2 pounds Organic, Specially Seasoned, Baked Tofu; 8 Hearty Tempeh Drumettes; 15 oz. Heavenly Golden Mushroom Gravy; and 1½ pounds Moist Cranberry-Walnut Stuffing. Each Tofurky™ is 100% vegan, cooks in less than 30 minutes and tastes FABULOUS!

HOW DO WE MAKE IT? We season Premium Island Spring Extra Firm Tofu with a special flavor blend made with all natural, vegetarian ingredients. Then we marinate and bake the tofu to golden perfection. The taste is unique and speaks to taste buds you never knew existed! There is nothing remotely similar to this anywhere on the market.

HOW ABOUT THE TEMPEH DRUMETTES? Included in your Tofurky™ are the unique Drumettes, a dark filet made of grated organic tempeh, tvp (textured vegetable protein), organic wild rice, cranberries and carrots, seasoned and carved into yummy shaped drumsticks.

IS THERE MORE? To tie together the two distinct flavors of the Baked Tofu and Tempeh Drumettes, we have added

Taste (in an informal and unwritten joint venture), introduced the first "Tofurky." Higher Taste made the product's centerpiece, a dome-shaped layer of marinated tofu with a whole wheat stuffing inside. Seth had been developing a

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tempeh burger that tasted more like turkey than burgers, so he got a drumstick form (Holomatic) and started making tempeh drumsticks. He added four of these to the Higher Taste Tofu Roast, and included a recipe for Nutritional Yeast Gravy. Turtle Island, which had good distribution for its tempeh, was responsible for marketing the product. Seth test marketed it as a frozen product in 24 natural food stores and co-ops on the West Coast; it retailed for $24.99 to $27.99 and weighed 3 lb 12 oz. There as also a 2 lb 4 oz size. Seth sent out some press releases and product attracted extensive local media coverage. No products were sold by mail order. Most natural food stores (such as Nature's), to which Seth introduced the product enthusiastically, predicted that it would never sell. But Seth had a strong belief in it. Somebody at the Puget Consumers Co-op (PCC) in Seattle, Washington, took the product, even though they doubted it would do well. Then "it caught fire" at the PCC's seven upscale stores in Seattle. They had to install a special telephone line–a Tofurky Hotline–for all the Tofurky special orders they were getting. Turtle Island did demos in PCC stores which further stoked the demand. After Thanksgiving, Turtle Island was flooded with calls and letters ("fan mail") from happy customers who said things like "Wow! I've been waiting 20 years for this." Usually food manufacturers only hear from customers when they are upset. "The customers believed in the product more than the savvy retailers–who had completely missed this niche." Feedback cards were included in every product, and this feedback indicated that the gravy (originally created by The Farm in Summertown, Tennessee, but greatly improved on by Seth) was what made the product delicious, but consumers wanted the gravy itself–not just the recipe–included with the product. In 1995 about 800 Tofurkys were sold, mostly at Thanksgiving but some at Christmas (with gravy).

Realizing that the product had real potential, Seth contacted a lawyer and registered "Tofurky" as a trademark. This year (1996) the tofu is made by Island Spring in Vashon, Washington. When extra firm tofu was seasoned then baked, it froze quite well. The tofu is sent out in 8-oz blocks (each 3½ by 5 by 3/4 inches)–not in the shape of a turkey or drumsticks. The drumettes are a little spicier, and come with cranberries, wild rice, carrots. This year the product is frozen but they are also test marketing it refrigerated. Several West Coast distributors carry the product. Now the whole package weighs 5 lb 15 oz; the wholesale price is $24.95 to $25.60, so it retails for about $33-$36. Last week, Seth sent out 50 press releases to print, radio, and TV sources. This year (1996) more than 800 have been sold already, and Seth expects total sales to reach 2,000 to 3,000. The 1996 ingredients in the Golden Mushroom gravy are: Water, nutritional yeast, expeller pressed canola oil, unbleached flour, chopped fresh mushrooms, diced onion, shoyu, herbs, spices, non-dairy lactic acid culture. Note: This gravy is delicious! Note: The following number of Tofurkys were sold: 800 in 1995, 4,000 in 1996, 15,000 in 1997, 45,000 in 1998, and an estimated 55,000 to 59,000 in 1999.

Who coined the word Tofurky? Seth didn't, though he was the first to spell it in that way, without an "e"–for two reasons: First, it was the right number of letter for a phone number. And second, he spelled it wrong the first time he wrote it and then kept repeating his mistake. Most people who hear the word for the first time spell it "Tofurkey" so Seth has had to purchase a second Internet domain name spelled "Tofurkey.com." Seth was also the first to register the name (by any spelling) as a trademark.

But at least four other people and groups probably coined the word "Tofurkey" before Seth coined "Tofurky." (1) Jeremiah Ridenour believes that he coined it many years ago. (2) Peter Golbitz sent Seth a photo showing him with long hair and some Tofurky he made. (3) King Harvest Natural Foods in Portland, Oregon (see above). (4) A group of Rastafarians, black from inner-city Tacoma, Washington, had developed a very delicious barbecued tempeh, so Seth was exploring a co-packer arrangement.

After the first Tofurky season, when they heard on the news that Seth made Tofurky, they sent him a flaming e-mail saying it was bad karma for him to rip them off because they had invented the word "Tofurkey." They refused to shake Seth's hand. They now took him to be the white devil, so he left under that cloud. Jeremiah and Peter were friendly about it, but Jeremiah likes to joke with Seth about how Seth owes him several million dollars in royalties for use of his name "Tofurky." Seth now sometimes jokingly calls his business "Tofurky Island."

Leaflet (glossy color, 21.5 x 9.2 cm) sent by Patricia Smith from Natural Products Expo West. 1997. March. "Tofurky: A delicious vegetarian holiday feast." Explains Tofurky using a question and answer format. Address: Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: 541-386-7766 OF.

11257. *SoyaScan Notes.* 1996. Vitasoy changes text on front panel of two Azumaya Tofu products (Overview). Nov. 6. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following text, in large red letters, has been added to the front panel (lower left corner) of Azumaya's extra firm Chinese style tofu: "Rich in Soy Protein." A consumer service representative at Vitasoy in San Francisco says this change was made in Oct. 1996, for marketing purposes.

On the front panel of Azumaya's firm Japanese style tofu (lower left corner) is a red heart with a white check through it, and the words: "American Heart Association. This product meets American Heart Association guidelines for healthy people over age two when used as part of a balanced diet." At Safeway supermarket in Lafayette, California, both 14-ounce products retail for $1.19.

By 1978 Azumaya had on the front panel (lower left

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corner) of its tofu package a little cartoon bean character who said: "Hi! I'm Li'l Soy." By 1986 this message had changed to: "Hi! I'm Li'l Protein," and as of Nov. 1996 the latter message and cartoon still appear on Azumaya Silken Tofu–Kinugoshi Soybean Cake." Now the cartoon character no longer appears.

Azumaya is now also distributing a recipe pad, with a recipe for Tofu Pumpkin Pie, and a $0.55-off coupon.

11258. Associated Press (AP). 1996. Soybean protein may relieve hot flashes. *Marin Independent Journal* (*Novato, California*). Nov. 11. p. A4.
• ***Summary:*** The article begins: "New Orleans–Eat tofu for hot flashes? The idea is not as weird as it sounds. At the American Heart Association's annual scientific meeting yesterday, researchers discussed the growing evidence that soybean protein–commonly found in tofu–may indeed relieve the miseries of the change of life."

Dr. Gregory Burke, of Bowman-Gray School of Medicine in Winston-Salem, North Carolina, is investigating the effects of soy on menopause. His study involved 43 women, ages 45-55, who experienced at least one bout of hot flashes or night sweating daily. For 6 weeks they added 20 grams of powdered soy protein into their diets, mixing it with their orange juice or sprinkling it on cereal. For another 6 weeks they did the same with powdered carbohydrate, but they did not know which was which. While using the soy protein, the women reported significantly less intense symptoms–although they occurred just as frequently. Experts believe that the active ingredients in soy protein are phytoestrogens–the plant form of the female hormone estrogen. Human estrogen is widely used to relieve the effects of menopause–although some women are reluctant to take it because of side effects.

Burke plans another study in which larger doses of soy protein will be tried on 240 women. A recent study at the University of Manchester in England suggested that soy can reduce the frequency of the hot flashes as well.

11259. *Detroit News.* 1996. New Orleans–Tofu may ease hot flashes of menopause, study says. Nov. 11. p. S-2, col. 2. *

11260. Zibart, Eve. 1996. The joy of soy. *Washington Post.* Nov. 15. p. N26. Weekend section.
• ***Summary:*** The article begins: "The more nutritionists look into soy products, the more they like them. Diets including soy allegedly head off several types of cancer, osteoporosis, high cholesterol levels and heart disease." Soyfoods are easily digested and could be a good bet for folks getting over the flu or winter whatever. Soyfoods are fairly high in calcium, so they can help replace dairy products in vegan and lactose-intolerant regimes.

Discusses the various soyfoods and restaurants that serve them in the Washington, DC, area: Edamame (a bowl of boiled and salted soybeans in the pods) at Tachibana in McLean. Tofu in the hot pot at Tin Yang in Adams-Morgan. Fried white tofu with red chili sauce at Rabieng in Baileys Crossroads.

The most widely available forms of soy are tofu and tempeh. "Tofu is among the best non-meat sources of protein, and relatively low-fat..." Tofu is much less expensive than other protein foods, which making dining a bargain as well as healthful.

"To understand the real versatility of soy products, however, it's worth visiting the Vegetable Garden in Rockville, which... is beginning to get national attention from magazines that follow healthful eating. Its menu follows strict Buddhist rules, so there are no dairy products, garlic or onions," and, of course, no meat, poultry, fish, shellfish or eggs.

Ends with a directory of four restaurants in the Washington, DC, area, that feature soy: Harmony Cafe, Ivy's Place, The Vegetable Garden, and The Feed Bag.

11261. Hill, Allan R. 1996. New continuous protein or tofu process and equipment developed in Canada (Interview). *SoyaScan Notes.* Nov. 25. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Highland Equipment Co. and Agri-Food Canada have a joint venture which has developed a process and equipment for making protein or tofu using a continuous process. Allan is the project coordinator. The basic steps in the process are as follows: Make liquid soymilk with a high protein content. Denature the soymilk protein by adding natural chemicals (not through heating) to precipitate the protein. Pasteurize using a high-temperature short time (HTST) heating process to lower the bacterial count with the required range. Run into a holding tube, so that it goes from a flow pattern into a laminar flow. Run into a coagulation tube system, where acid is injected into the flow after the product goes into a manifold; this changes it from a laminar to another type of flow, allowing the coagulant to mix in uniformly and completely. Run into a conveyance system and then into either of two packaging systems: (1) Pump bulk soymilk curds are through a standard auger hopper into 30 lb (5 gallon) plastic pails for food processing companies; (2) Run into an in-line static mixer to homogenize the product, then pump through an extrusion device (a stainless steel box) which forms it into cakes for retail sale. The process can make either regular or silken tofu.

The federal government of Canada holds the patents on the process and equipment, and the patent numbers are presently confidential. His company is part of the "Team Canada" group going to Seoul (Korea), Manila (Philippines), and Bangkok (Thailand) this coming January. He plans to talk with heads of soybean companies in Asia about licensing this process and technology. He thinks the equipment would be too expensive to ship overseas–even in 40-foot

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containers. It would be less expensive to have the equipment manufactured in the country of the licensee.

This process was largely developed at the Harrow Research Center in Ontario by Doug Jessop. It was developed originally for making continuous-process ricotta cheese.

The smallest commercial plant they sell will produce 2.6 million kg/year, working 8 hours/day and 5 days/week. This works out to be 1,250 kg/hour. They also have plants that make 2,500, 5,000, and 10,000 kg/hour. They will be able to deliver plants in the second quarter of 1977. They have built and tested one lab-scale plant that makes 250 liters/hour. Doug Jessop says that the finished product is definitely tofu.

Update: Talk with Margaret Vokes, Director-International. 1998. Jan. 5. Allan R. Hill is no longer with the company, whose name is now Highland Equipment Limited, 136 The East Mall, Toronto, Ontario M8Z 5V5, Canada. Phone: 416-236-9610. Fax: 9611. They have made and sold one system for ricotta cheese and are in negotiations with two tofu manufacturers. Address: JV Project Coordinator, Highland Equipment Co. Ltd., 645 Woodbine Ave., Toronto, ONT M4E 2J3 Canada. Phone: 416-698-0806.

11262. *Time.* 1996. Health report: The good news. Nov. 25. p. 23. [1 ref]
• ***Summary:*** This short article begins: "Women of a certain age may want to cultivate a taste for tofu." Research shows that hot flashes during menopause are less severe in women who eat soy protein daily. The soybean contains phytoestrogens, which resemble the female hormone estrogen that is widely prescribed symptoms of menopause. In Japan, where diets are rich in soy products, "hot flashes are so rare that there is no common word for them."

11263. Himelstein, Vicky. 1996. Amazing tofu diet to beat hot flashes: And here's how to make 'tasteless' health food really delicious. *Star.* Nov. 26. p. 1, 33.
• ***Summary:*** *Star* is a popular tabloid newspaper, sold at supermarket checkout stands, featuring sensational stories and celebrities. On the cover is a color photo of TV star Roseanne in a large rectangle. The text reads: "Roseanne's holiday diet: Eat what you want and lose weight, plus Tofu diet to beat hot flashes."

This article, based on an Associated Press story, begins: "If you're in the throes of menopause and suffer from uncomfortable hot flashes, take heart. You may be able to beat the heat by simply adding tofu to your diet. Startling new research reveals that tofu, a soybean-rich food, can cool the miseries of menopause fast, which may be the reason Asian women–whose diets are rich in soy–suffer fewer, less severe hot flashes and night sweating than American Women."

The article then summarizes a study by Dr. Gregory Burke, of Bowman Gray School of Medicine in Winston-Salem, North Carolina. Investigating the effects of soy on menopause, his 6-week study involved 43 women, ages 45-55. Tofu contains "phytoestrogen–the plant form of the female hormone estrogen." The Star adds: "Doctors are recommending that women eat tofu–a custard-like extract from soybeans–and drink soy milk. The challenge is now for cooks to make tofu taste good. 'Tofu is a white spongy cube that's very bland when you eat it raw,' says Star nutritionist Ann Newswanger. 'But it's cholesterol free, and absorbs flavor from other ingredients. The possibilities are endless–have it for meals and in desserts." Three recipes are given: Tofu raspberry mousse. Poppy seed dressing. Spicy tofu stir-fry with vegetables.

11264. Berkoff, Nancy. 1996. Turkeyless Tetrazzini: With our feather-free version of this post-Thanksgiving classic, vegetarians needn't feel left out when it comes to leftovers. *Vegetarian Times.* Nov. p. 30-32.
• ***Summary:*** Main ingredients in this dish include extra-firm tofu or smoked tofu and cooked spaghetti. Soymilk is used in the sauce. The vegetarian version contains only 79% as many calories, 65% as much fat, 10% as much cholesterol, 27% as much sodium, and 50% more fiber.

11265. **Product Name:** [Tofu, Tempeh, Soymilk, Soyshakes / Smoothies, Soysages].
Foreign Name: Tofu, Tempeh, Soymilk, Soyshakes / Smoothies, Soychicha.
Manufacturer's Name: Organica-ecotienda.
Manufacturer's Address: Xicotencatl 653-18, Col. Centro, Veracruz, VER 91700, Mexico. Phone: 29-31-30-83.
Date of Introduction: 1996. November.
New Product–Documentation: Letter and form filled out by Pat Hayward. 2000. Aug. 25. This company, managed by Pat Hayward and Claudia Gutierrez, makes and sells the above five soyfood products, which they introduced in Nov. 1997. Production of each in kg/month is as follows: Tofu 50. Tempeh 2. Soymilk 40. Soyshakes/Smoothies 40. Soychicha 10.

11266. Pulmuone U.S.A. Inc. 1996. Update on Pulmuone (Brochure). South Gate, California. 3 p. 28 cm.
• ***Summary:*** This 3-page black-and-white brochure was inserted into the color Pulmunoe catalog in June 1997. Contents: Background. Situation analysis. Pulmuone's future. Why Pulmuone tofu for the general market? Sales and trade promotions. Distribution. Media plan. "Background: The success of Pulmuone in Korea stems from the original philosophy of naturally produced foods with respects to mother nature. This corporate culture is prominent in its employees and product line. From delivery personnel to the board of directors, Pulmuone identity is imbedded in the corporate and personal lives of all employees.

"In 1991, Pulmuone's dedication expanded across the

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Atlantic Ocean to the United States. Pulmuone had a far reaching dream to provide Korean Americans with natural ethnic products they could not find in the U.S. Pulmuone bean paste [miso] and pepper paste were the first products to come into the U.S. and minerals and supplemental foods followed thereafter. Then in June of 1995, Pulmuone opened its first tofu plant in South Gate, California.

"Thus began the history of Pulmuone USA.

"Situation Analysis: Currently, Pulmuone USA holds 70% of Korean tofu market. A market held for over 3 decades by a single Japanese company in the U.S., Pulmuone boldly and aggressively captured the Korean American market within 14 months. Once Pulmuone tofu was introduced to the market, Korean Americans immediately recognized the superior quality of Pulmuone Tofu over other brands.

"Pulmuone has also enjoyed success in the Japanese American market within a short span of time. Pulmuone currently produces private label tofu for Marukai, which is a very popular wholesale type market amongst the Japanese Americans. In the past, they carried two of the most popular brands, Hinoichi and Aloha. However, within a 3 month period, Marukai brand tofu sold both brands by a ratio of 3 to 1.

"We have a state of the art facility with complete automation. Our current production rate is 20,000 pounds of tofu per day running at single shift.

"Pulmuone Tofu's obvious superior qualities are attributed to the following: 1. Use of highest quality pure Vinton 81 soybeans; Vinton 81 soybeans are 30% more expensive than regular soy beans. 2. Quick Chill System for optimum freshness and flavor. 3. Lower pasteurization temperature without compromising taste or shelf stability. 4. Complete Manufacturing Plant Sanitation System on a daily basis."

The company has scheduled advertisements in *Vegetarian Times, Los Angeles Times Magazine* (in Korean), and *Super Market Business* for late 1996 and early 1997.

Letter from John Sim, marketing director of Pulmuone. 1997. June 17. This insert was printed on 17 Nov. 1996. Address: 4585 Firestone Blvd., South Gate, California 90280. Phone: 213-564-3000.

11267. Clarke (Shearer), Maya. 1996. Re: Work with soyfoods for Plenty Canada in Sri Lanka and the Caribbean. Letter (fax) to William Shurtleff at Soyfoods Center, Dec. 1. 2 p.

• ***Summary:*** Her company is working with another company to develop a product that contains green vegetable soybeans. She is interested in starting a branch of the Soyfoods Center in Ontario. Maya worked for Plenty Canada for many years. She was part of the first team that went to Sri Lanka to conduct a feasibility study for CIDA; her title was Nutrition Consultant. Then she was field director at St. Lucia from 1985 until 1992. During that time (her name was Maya Shearer) she corresponded with Soyfoods Center. She also worked in Dominica, St. Vincent, Barbados, Haiti, Jamaica, and Guatemala on soyfoods projects. Her particular area of expertise is recipe development.

Plenty Canada's Caribbean projects were turned over to local management in 1992 and she returned to Canada; she no longer works for Canada. She worked as a community worker and taught cooking workshops until last year when she and three other women started Sun & Sky Foods. She still acts as a resource person and teaches classes at the University of Western Ontario on tofu, beans, legumes, and vegetarian nutrition. She also works as a food consultant. Sun & Sky Foods produces a line of bean soup mixes an cornbreads which they currently sell throughout the province of Ontario. Address: Sun & Sky Foods, 859 Dundas St. E., London, ONT N5W 2Z8. Phone: 519-432-6916.

11268. Fisher, Sydney; Theno, David. 1996. Why should the tofu industry pay careful attention to the outbreaks of *E. coli* strain O157:H7 in Odwalla fresh apple juice and Jack in the Box hamburgers? (Interview). *SoyaScan Notes.* Dec. 20. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Tofu alert: The Kroger supermarket chain in the Midwest has just adopted a new policy that all tofu it sells must be pasteurized. This is probably due to fear of food poisoning from the bacterium *Escherichia coli,* strain O157:H7 (pronounced Oh-157-H7).

Sydney Fisher is Director of Communications for Odwalla: On 30 Oct. 1996 Odwalla received a call from the Seattle King County Department of Health saying there was a strong possibility of an epidemiological link between Odwalla's unpasteurized apple juice and a small outbreak of an especially virulent strain of *Escherichia coli,* strain O157:H7. Many people in and around Seattle, Washington, became very sick, probably from drinking fresh (unpasteurized) Odwalla apple juice that had been contaminated with this strain of *E. coli.* One person died (a 16-month old baby in Colorado) and 66 people in Colorado, Washington, and California got sick; many of them went to a hospital. This strain of *E. coli* seems to strike young children under the age of 5 and the elderly. Odwalla has decided to flash-pasteurize only its apple juice–which is sold as is (single strength) and in 13 other Odwalla products. Odwalla sells about 25 different products in all. The flash pasteurization preserves the great taste and most of the nutrients. It guarantees a kill of the harmful pathogens, such as *E. coli.* Odwalla has also instituted in its production procedures what is called a HACCP (pronounced HAS-sip) plan, which is a hazard analysis critical control points. It is like building lines of defense into a production process to guarantee a safe product. They also test a sampling of products at an in-house lab. However this strain of *E. coli* is very hard to detect, because it is so virulent; only a small

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number of cells will make a person sick. Odwalla has done many "thermal death time" studies at various laboratories and they go well beyond the minimum needed to kill *E. coli.* Apple juice is an acidic environment and pathogens ordinarily do not live in such environments. But this strain of *E. coli* is called an "emerging pathogen." Scientists have much to learn about this bacterium, which is mutating and changing very rapidly to adapt to new environments. No one knows where it will turn up next. This same strain of *E. coli* was the culprit in the outbreak at the Jack-in-the-Box restaurant in Seattle several years ago. *E. coli* O157 lives in the intestines of cattle and feral animals such as deer. Because a piece of fruit on the ground in a cattle pasture could become infected, Odwalla specifies that all of its apples must be picked directly from the tree, never off the ground.

There are many promising new and emerging technologies that are alternatives to flash pasteurization–such as electric pulses. Odwalla is investigating these alternatives.

David Theno is a bacteriologist and food safety expert at Jack-in-the-Box headquarters in San Diego: *E. coli* strain O157:H7, which is found in undercooked meats, was the cause of the outbreak at Jack-in-the-Box in Seattle in January 1993; 4 children died (from kidney failure) and 700 people became ill. Tofu is a prime target for this bacterium, especially tofu stored in the produce section. 0157:H7 is unusually potent because it is infective at such low levels–as low as 10 individual cells, which would be an allowable level for most bacteria in a surgical operating room. Typically it would take thousands or even millions of Salmonella bacteria to cause and infection that creates acute symptoms. So today, anyone dealing with raw protein foods, must be aware of and deal effectively with this bacterium. 0157 infections have a a very high secondary infection rate. The primary infection is when you eat the food and get sick. The secondary infection is when a child eats the food and gets sick. Then as you care for the child (as at a day-care center), you get sick from physical contact with the child–and many of the other kids in the day-care center also get sick. Because of outbreak and tragic aftermath in Seattle, "Jack-in-the-Box probably runs the most aggressive food safety program in the restaurant industry today, and conceivably in the entire food industry." *E. coli* O157 infections are the leading cause of hemolytic uremic syndrome (HUS = kidney failure) in children.

A good expert specializing in this bacterium and protein foods, and doing a lot of work with protein food industries, is Dr. Nick Nickelsen of Red Mesa Microbiology, San Antonio, Texas. Phone: 512-292-6360. Another is Dan Bernard of the National Food Processing Assoc. in Washington, DC. Phone: 202-639-5983.

William Shurtleff of Soyfoods Center: How could all this affect the tofu industry?

1. Other food retailers may follow the lead of Kroger in requiring that all of the tofu they sell must be pasteurized.

2. New virulent strains of *E. coli* could turn up in tofu that has not been adequately heat treated; if any one were to die from eating that tofu it would be a disaster for the entire tofu industry.

3. Tofu manufacturers that already pasteurize their tofu may want to review their process to check that the temperature-time combination is sufficient to kill emerging strains of *E. coli* and other potential pathogens.

4. Tofu makes that do not pasteurize (especially smaller companies) may face the difficult choice between adding a pasteurization process (the equipment and energy for heating and cooling large amounts of water are quite expensive) and losing important accounts.

5. Since 23 May 1984 tofu has been defined by the U.S. Food and Drug Administration (FDA) Center for Food Safety and Applied Nutrition, Retail Food Protection Branch as a "potentially hazardous food" which must be kept refrigerated at 45ºF (7.2ºC) or below. Many food retailers store tofu in the produce section where the temperature averages about 50ºF. Because of the new *E. coli* threat, both the FDA and food retailers may begin to crack down on tofu stored above 45ºF. For details see the book *Tofu as a Potentially Hazardous Food: Crisis or Opportunity?,* by Shurtleff and Aoyagi (1989). Address: 1. Director of Communications, Odwalla, Inc., Half Moon Bay, California; 2. Bacteriologist and food safety expert, Jack in the Box Headquarters, San Diego, California. Phone: 415-726-1888.

11269. Kimbel, David. 1996. The Kroger supermarket chain in the Midwest has just started requiring pasteurized tofu. Present tofu production (Interview). *SoyaScan Notes.* Dec. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Kroger's concern comes after a major incident on 30 Oct. 1996 when many people in and around Seattle, Washington, became very sick from drinking fresh (unpasteurized) Odwalla apple juice that had been contaminated with *Escherichia coli* strain 0157:H7; see 1996 interview with Sydney Fisher of Odwalla.

Kroger has decided that all fruit juices they sell, as well as tofu, must be pasteurized. This is hard on small tofu companies. David wants to know if there are any standards for pasteurized tofu. William Shurtleff thinks there are not.

The book *Tofu & Soymilk Production,* by Shurtleff and Aoyagi states (p. 113), that in 1979 Hinoichi in Los Angeles, California, pasteurized tofu as follows: "Tofu and sterilized hot water at 87ºC (189ºF) are heat sealed with film in a tub, placed in a conveyorized heating tank under water at 85ºF for 50 minutes, then placed in chilled water in a conveyorized cooler at 1 to 2ºC for 50 minutes, packed in ice in boxes, and placed in a walk-in cooler. The typical shelf life is at least 3 weeks."

David now makes about 10,000 lb/week of tofu. He sells it in 10 states and Puerto Rico. Roughly 85% is sold

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to supermarkets and the rest to Chinese restaurants. He also makes mung bean and alfalfa sprouts–but no soy sprouts. Address: Chieko Tofu, Inc., 2450 Beekman Ave., Cincinnati, Ohio 45214. Phone: 513-471-3300.

11270. *SoyaScan Notes.* 1996. Chronology of major soy-related events and trends during 1996 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 15–Silk, America's first soymilk sold refrigerated in a typical milk carton (gable-top, Pure-Pak) is introduced by White Wave of Boulder, Colorado. It is made in Canada, formulated in California, then shipped to White Wave in tanker trucks.

Sept.–Monsanto's Roundup Ready transgenic (genetically engineered) soybeans are harvested from an estimated 1.2 million acres of U.S. farmland. They begin to enter into the food supply–unlabeled. There is a great outcry in Europe (especially in England and Germany) by consumers over loss of freedom of choice concerning food–but hardly a peep from the USA.

1996 Sept. 15-18–The Second International Symposium on the Role of Soy in Preventing and Treating Chronic Disease, is held in Brussels, Belgium, and organized by Mark Messina, PhD.

1996 Oct. 30–Odwalla, a fresh juice manufacturer and distributor, is informed that their unpasteurized apple juice may be contaminated with an especially virulent strain of *E. coli* strain O157:H7 (pronounced Oh-157-H7). Odwalla immediately initiated a recall, but one baby died and 66 people in 3 states got sick. Three years earlier, in January 1993, a similar but more severe outbreak had occurred at Jack-in-the-Box in Seattle, Washington; 4 children died (from kidney failure) and 700 people became ill–from eating undercooked hamburgers. These two incidents may have major implications for the soyfoods industry–since unpasteurized tofu is a prime target for *E. coli* contamination. The first big consequence was seen when Kroger, a major supermarket chain in the Midwest, announced in late 1996, that it would no longer sell unpasteurized tofu.

There is growing interest in the health benefits of the phytochemicals in soybeans–especially genistein. Four areas of potential benefits have been identified, and they are in a "horse race" as scientists investigate more deeply: 1. Relief of risk of cardiovascular disease, especially heart disease. 2. Relief of menopausal symptoms. 3. Improvement of bone health and relief of risk of osteoporosis. 4. Relief of cancer risk of some sites–especially prostate cancer. But most media have tended to hype these health benefits, far beyond what the science justifies.

During the past year or two, Soyfoods Center has been receiving a growing number of calls from people who ask "How can I get more soy into my diet?" Never before have we heard people ask a question like this. These people have heard about the many health benefits of consuming soyfoods regularly but they don't know what foods would suit their tastes and diet.

This year, for the first time, the state soybean associations and boards take the lead (passing the Soyfoods Association of America) in promoting soyfoods in America. The leading states are Illinois, Indiana, Michigan, Minnesota, and Missouri.

This year (1996), the Chemopreventive Branch of the National Cancer Institute concluded that genistein (the primary isoflavone in soybeans) was one of four plant compounds with superior anticancer activity.

Also this year there was a rapid rise of interest in and sales of meat alternatives.

11271. Duncan, Lindsey. 1996. Overcoming *Candida albicans. Conscious Choice* (*Chicago*). Nov/Dec. p. 38-39.
• ***Summary:*** The author (a man) states incorrectly that tofu is a fermented food. "*Candidiasis* is a yeast/fungal infection caused by the toxins given off in abundance by the common yeast *Candida albicans*... It thrives on sugar, yeast, breads, alcohol and food molds found in cheese, grapes, mushrooms, and fermented foods (vinegar, tamari sauce, tofu, etc.)... Candida's main home is in the intestines." It is often caused by the use of systemic antibiotics.

Note: Candidiasis can often be cured by eliminating all sweets and fruits from the diet, taking acidophilus supplements, and using non-dairy protein sources–of which tofu is one of the best. A respected book on the subject is *The Yeast Connection* by Crook. Address: CN, Founder, Home Nutrition Clinic, 1431 7th St., Santa Monica, California 90401. Phone: 310-576-3606.

11272. Golbitz, Peter. 1996. Soyfoods take root in the Caribbean: Basic food needs spur growth of a new industry. *Bluebook Update* (*Bar Harbor, Maine*) 3(4):4-5. Oct/Dec.
• ***Summary:*** Dominican Republic: In August, the Mexico City office of the American Soybean Association sponsored a conference in the Dominican Republic titled "The Importance of Using Soy Protein in the Treatment of Chronic Disease." Two companies are now making soyfoods in the Dominican Republic and working to increase awareness of their value. Engela Estévez, founder of Saluvid S.A., makes a variety of meat alternatives from textured soy protein.; she presents seminars, has written a book titled "112 Recipes with Soya, The Vegetable of a Thousand Uses," and has helped to establish a foundation named FundaSoya to educate consumers. Mr. L.R. Ubiera, founder of Nutrisoya in 1996, makes fresh soymilk and tofu as well as several meat alternatives; he has written and published a book titled "Tofu y Leche de Soya, a Practical Guide for Home Preparation."

Cuba: A summary of the history of soyfoods in Cuba, including recent developments, was extracted from a report by William Shurtleff after his visit to Cuba in Jan. 1996.

A photo shows a soybean harvester in Cuba, donated

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by Global Exchange. It arrived in the spring, just in time to help with this year's soybean harvest. From left to right: The harvester's mechanic. The director of the INIFAT station where the soybeans will be grown. Segundo Panas of ECAP (A Friends-of-Cuba organization). Pam Montanaro of Global Exchange in San Francisco, California. Tomas Guzman of INIFAT, director of the Cuban soybean production project.

11273. Hager, Stacy. 1996. What the heck are tofu and tempeh? Here's a dictionary of healthy soyfoods. *Soybean Digest.* Dec. p. 14-15. In "Soyfoods Special Report" section.
• ***Summary:*** Gives a brief description of tofu, tempeh, textured soy protein (TSP), isolated soy protein, soy milk, soy flour, green vegetable soybeans, and roasted soy nuts. The article begins: "No, tofu's not a martial arts method, tempeh's not an Arizona city, and TSP isn't an abbreviation for teaspoon."

11274. Holin, Fae. 1996. Getting sneaky with soy: How to use tofu without a family strike. *Soybean Digest.* Dec. p. 23, 27. In "Soyfoods Special Report" section.
• ***Summary:*** Describes how registered dietitian Anne Patterson slowly introduced tofu to her family, starting with desserts. She and her husband, Jim, own corn and soybean acreage in Illinois. Jim "doesn't really like to see white tofu," so Anne always disguises it–as by putting it in lasagna in place of ricotta cheese, or in other baked or main dishes to reduce the amount of oil or eggs used. She notes that the new lite or low-fat tofus are excellent. Also describes how to use tempeh, soy flour, soy beverage (soy milk) and TSP (TVP). Her family also likes the commercial soy burgers now widely sold in mainstream grocery stores.

Contains recipes for: Strawberry tofu fruit dip. Tofu basil pasta sauce on fettuccine.

11275. Holin, Fae. 1996. Cooking with soy is 'pure' fun: Contest winner stays away from processed foods. *Soybean Digest.* Dec. p. 26-27. In "Soyfoods Special Report" section.
• ***Summary:*** Janice Tolbert of Wolverton, Minnesota, started adding tofu, soy flour, and wheat germ to her recipes 3-4 years ago. She started cooking "healthy" because she and her husband Paul were not feeling well and felt they were eating too much processed foods. They grow 300 acres of soybeans, wheat, and barley–and now they no longer feel sluggish after a meal. She substituted tofu for meat, and used it in her own recipes place of cottage cheese or ricotta cheese. She took her tofu dishes to church potlucks and family gatherings "and nobody ever picks up that tofu is in there."

"Two of her three recipes that won places in the Minnesota Soybean Association's 1995 Cooking with Soy recipe contest are available at right." They are: Stuffed jumbo shells. Janice's harvest bread.

11276. House Foods America Corporation. 1996. Hinoichi products (Leaflet). Los Angeles, California. 1 p. Single sided. 28 cm.
• ***Summary:*** This single-sided leaflet (8½ by 11 inches) shows a photo and gives a brief description of each of the company's products, which fall into four categories: (1) Tofu: Regular tofu, 19 oz, water pack. Shelf life, refrigerated: 34 days. Regular tofu, 14 oz. Soft tofu (kinugoshi), 14 oz. Extra soft tofu, 14 oz. Firm tofu, 19 oz or 14 oz. Yaki tofu (broiled tofu), 9 oz. (Japanese label only)

(2) Age: Agé French fried tofu pouches, 6 pack (1.5 oz each). Oagesan 4-pack tofu pouches (1.1 oz each; Japanese label). Atsuage tofu cutlet (5 oz, Japanese label). Jumbo atsuage tofu cutlet (9 oz, Japanese label). Tofu fritter, large (Ganmodoki, 3 = 2.5 oz.). Tofu fritter, small (Ganmodoki, 8 = 2.5 oz.).

(3) Konnyaku: 6 products, incl. 3 Shirataki yam noodle [thin konnyaku noodles].

Natto: Natto fermented soybeans, 4 oz. Mamekozo natto fermented soybeans, 5.4 oz.

A separate but similar sheet shows foods made in Japan by House Foods and sold by House Foods America Corporation. These include Mabo Tofu Sauce (Medium hot or hot), Wasabi (horse radish paste), *Shichimi togarashi* (red pepper mix), *rayu* (hot sesame oil), *Mugicha* (barley tea), stew mixes (beef or cream), and several curry sauces. Address: 526 Stanford Ave., Los Angeles, California 90013. Phone: (213) 624-3615.

11277. **Product Name:** Tofu.
Manufacturer's Name: Inoshi.
Manufacturer's Address: Facing Hotel Dieu Hospital main entrance, M.L. Center Building, 1st floor, Hotel Dieu Region, Achrafieh, Beirut, Lebanon. Phone: 03/667678.
Date of Introduction: 1996. December.
Ingredients: Soybeans, nigari.
Wt/Vol., Packaging, Price: 350 gm in glass jar. Retails for $5.00.
How Stored: Refrigerated.
New Product–Documentation: Letter from Helen Marale Emmian. 1997. Aug. 27. "I have an enterprise in Lebanon dealing in mainly preparing tofu and macrobiotic ready healthy food. I am residing for two months in the USA and would like to receive your full product range, price indication, and possibilities of cooperation." Helen's present temporary address is: 287 W. Mariposa, Altadena, California 91001. Phone: 626-794-6144.

Talk with Helen, who is visiting Altadena, by phone. 1997. Aug. 31. Helen, who is Lebanese-Armenian, is the first person to make tofu commercially in Lebanon. She has a holistic macrobiotic center named Inoshi in East Beirut (on the Christian side), Lebanon. She started the Center in August 1996. Inoshi (sic, *inochi*) means "life" in Japanese. About 6-7 months ago she began to make tofu and sell it at a macrobiotic food store in the same building as her center.

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This M.L. Center Building faces the main entrance of the well-known Hotel Dieu Hospital. She obtained organically grown soybeans from a friend of hers, named Odette Aghajanian, who is Lebanese and who imported them, along with other foods (including tempeh) from France, to sell at her shop named Macrodette, one floor up in the same building as Helen's center. There is a refrigerator at Macrodette and Helen started to sell her tofu there. Helen first learned how to make tofu from Odette–who herself learned how at a macrobiotic center in France where she used to live. Then Helen bought *The Book of Tofu,* by Shurtleff and Aoyagi, and began to improve her tofumaking skills. Then she began to sell her tofu at Coin De Regime, a "diet shop" which sells organic, macrobiotic, low-fat and diet health foods. Shortly before she came to California, she started to put her tofu in a two supermarkets: Abella's Superstore in East Beirut (a new business, it imports many macrobiotic and Japanese foods) and Smith's Supermarket in West Beirut. She uses nigari as the coagulant and sells the tofu in 350 gm cakes in glass jars. She makes about 4 kg (8.8 lb) of tofu a week. The handmade label is in English. She puts the tofu in the jar, adds boiling water, seals the jar, then immerses the jar in boiling water to get a 2-week shelf life. She has never seen a commercial tofu shop. Presently, the only soy product Helen makes is tofu. Her tofu yield is low and she would like to learn how to improve it. She would also like to learn how to make tempeh and natto. Both Helen's parents and her husband are Armenian; her father was born in Armenia and her mother in Cyprus. She speaks Armenian at home with her husband and child, but was educated in English. She also speaks Arabic and French–the two official languages of Lebanon. Note: This is the earliest known commercial soy product made in Lebanon.

11278. McLain, Jennifer. 1996. *Egg*ceptional eggnog: Eggnog without eggs? It's possible and its good. *Vegetarian Times.* Dec. p. 22, 24.
• ***Summary:*** This article was originally run in the December 1994 issue of Vegetarian Times. The recipe is based on silken tofu. The editors note: "We receive more requests for vegan or lo-fat eggnog than for any other holiday recipe."

11279. *Ontario Soybean Growers' Marketing Board Newsletter.* 1996. Japan Tofu Association. Dec. p. 3.
• ***Summary:*** "In October, Ontario hosted a group of processors from Japan who were interested in buying Ontario soybeans for use in tofu production.

"The visiting delegation toured the Eastern Cereal & Oilseed Research Centre (Ottawa), where Dr. Harvey Voldeng and his colleagues are working on short season tofu varieties. The group also visited a grain facility in Quebec, the Greenhouse & Processing Crops Research Centre (Harrow), where Dr. Dick Buzzell and his colleagues are producing tofu in the lab, looking at tofu texture, firmness and carbohydrates. The Japanese group also observed the processing and cleaning of soybeans at several Ontario grain elevators.

"In Chatham, over forty people gathered to meet with this very important delegation. The Honourable Noble Villeneuve, Minister of Ontario Agriculture, Food & Rural Affairs, spoke to the group on the value of the Japanese tofu market. Having visited Japan last April, he knows first-hand the huge potential for Ontario soybeans in Japan." Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11280. *Plenty Bulletin* (*Summertown, Tennessee*). 1996. 1996–The year in review: Alimentos San Bartolo (ASB). 12(4):2. Winter.
• ***Summary:*** "A recent grant to Plenty from Food for All will be used to improve the ability of ASB's staff to distribute nutritious, fresh meals and packaged foods among Mayan families living in and visiting Solola. The grant provides for the purchase of a truck to deliver ASB's soy products to the cities and towns in central Guatemala. Currently deliveries are made via the public buses. It also provides for the purchase of a new refrigerator and ice cream machine and the installation of a phone at ASB's office.

"Plenty will contribute the cost of hiring a small business and soy foods specialist who will work directly with ASB's manager and staff to enhance their personnel, financial management and marketing skills. ASB will absorb the costs of continuing the food processing and nutrition education workshops for low income families living in and near Solola and promoting the use of ASB products among its commercial clients."

A photo shows two Mayan women, in traditional clothing, making tofu at Alimentos San Bartolo.

In Belize, several Mayan villages want to grow soybeans as a protein source and cash crop (p. 1).

11281. Pulmuone. 1996. Pool-mooo-one: The sooner you learn to pronounce it, the better for all of us (Ad). *Vegetarian Times.* Dec. p. 33.
• ***Summary:*** This full-page color ad shows the head of a cow against a green field. Along a 1-inch-high white strip at the bottom is written: "Polmuone Tofu: The alternative, humane protein." http://www.pulmuones.com. A small color photo shows a package of their tofu.

Note: Pulmuone (pronounced PUL-mu-wun) is the largest natural foods manufacturer in Korea. Address: South Gate, California.

11282. *Soybean Digest.* 1996. Soyfoods special report: Working the miracle crop into your family's diet (Section of articles). Dec. p. 13-17, 20, 23, 26-27.
• ***Summary:*** On page 4, editor Syl Marking, introduces this special section of articles and cover story by noting: "Cooking with Soy: *Soybean Digest* is plowing new ground

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again. It's our first-ever special report on cooking with soy (see p. 13). Take some time to not only read it but have the cook in your family try some of the recipes. Its another way to utilize the crop you grow. Let us hear from you–whether you like it or not. If you like it, we'll do it again next December.

On the cover, a full-page color photo shows a mother (Karen Johnson of Minnesota in Christmas colors) with two kids in the kitchen cutting rolled-out gingerbread dough with a cookie cutter. The caption (p. 3) states that she "slipped a little soy flour into the gingerbread dough." At the front of the table are packages of Westsoy Low Fat Soy Drink and Arrowhead Mills Soy Flour, plus an unlabeled 1-pound plastic bag full of yellow soybeans.

This special section begins with a 1-page introduction to six articles which follow; each of these is cited separately. The introduction asks: "But why should healthy, meat- or pasta-and-cheese loving people want to the spoil the flavor of their favorite foods? You shouldn't–and won't–have to. Foods containing soy are tasty as well as healthful.

"Say you want to reduce your fat intake. Or need to increase the amount of fiber your consuming. Studies in Japan, China and the U.S. show that eating as little as one serving of soyfoods a day cuts the risk of some types of cancer by 40-50%.

"You're already eating soy–just look at the product labels of the foods you eat daily... You may want to replace regular milk with some soy milk in the next batch of cookies you make. As you become more adventurous, cut out some of the ricotta or cottage cheese in next week's lasagna and sneak in a little tofu." A color photo shows a little boy and girl about to eat gingerbread cookies fortified with soy flour.

11283. *Soybean Digest.* 1996. More on soyfoods. Dec. p. 20. In "Soyfoods Special Report" section.
• ***Summary:*** "Looking for more soy recipes or health information? Start with your state's soybean association. Most offer free soy information, cookbooks or recipes. Publishing companies offering books on soyfoods include:" The Book Publishing Co. (Summertown, Tennessee), Avery Publishing Group (Garden City Park, New Jersey), Prima Publishing (Rocklin, California).

A sidebar (developed by the Minnesota Soybean Association) titled "Guide to modifying recipes" shows eleven substitutions that "can reduce calories, total fat, saturated fat and cholesterol." For example: For 1 cup milk substitute 1 cup fortified soy milk. For 1 cup fruit yogurt substitute 1 cup soft silken tofu + fruit, blended. For 1 egg substitute 1 tablespoon soy flour + 1 tablespoon water or one 2-inch square of tofu. For 1 cup ricotta cheese substitute 1 cup firm tofu, mashed. You can replace up to ¼ of the flour in baked goods with soy flour.

11284. **Product Name:** Tofutti Italian Style Cannoli (Chocolate Coated and Filled with Better than Cream Cheese).
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 1996. December.
How Stored: Shelf stable.
New Product–Documentation: Tofutti Brands Inc. 1997, May. 1996 Annual Report. p. 2-3. New products introduced during 1996: Introduced in December, this product is filled with the Company's non-dairy Better than Cream Cheese, and features a chocolate covered cannoli shell. The Cannoli are available in retail and bulk boxes.

11285. *Vegetarian Times.* 1996. Soy–Humble bean; rich benefits. Dec. p. 20-21.
• ***Summary:*** This is a summary of several of the more important studies presented in September at the International Soy Symposium in Brussels. Soy and cholesterol: Dr. James Anderson reported that people who eat generous amounts of soy protein may lower their risk of heart disease, because soy significantly decreases LDL ("bad") cholesterol, which can block arteries and even seep into blood vessels, causing atherosclerosis or thrombosis. "Other dietary changes, such as increasing fiber and decreasing saturated fat intake, can also help to lower LDL cholesterol. But unlike most other foods, soy can also raise HDL ("good") cholesterol levels. Good cholesterol gobbles up the bad cholesterol that accumulates along artery walls." Moreover, phytochemicals in soy can prevent the oxidation of bad cholesterol. Oxidation makes arteries clog more easily. Eating as little as 1¼ cup of tofu or tempeh a day could reduce blood cholesterol by about 10%.

Women's cholesterol and bone health: Susan Potter of the University of Illinois reported that soy protein lowers blood cholesterol in post-menopausal women, but the effects went beyond those of a low-fat diet. After the 6-month cholesterol study, those women who ate soy protein had a significantly greater bone mineral content and density. Potter found "actual increases in bone density" among the women who ate soy. The researchers believe that this important increase is caused by two isoflavones in soy, genistein and daidzein, which have properties similar to those of the hormone estrogen. "Estrogen supplements are often prescribed to women after menopause as a way to prevent osteoporosis."

Prostate cancer: Several studies have shown that the soy isoflavone genistein inhibits the growth of human prostate cancer cells in the laboratory. This research prompted Dr. Stephen Barnes and other scientists at the University of Alabama to launch a pilot study to see if eating soy can prevent prostate cancer in elderly men with a genetic risk for prostate cancer. Results are expected by the spring of 1997.

In this same issue, see sidebar titled: "Soy and breast

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cancer: A debate rages."

11286. **Product Name:** [Tofu Slices: With Wheat Gluten (Herbed, Spinach Flavored)].
Foreign Name: Tofu Affettato (Alle Erbe, Agli Spinaci)–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1996.
Ingredients: Herbed: Soybeans (*fagioli di soja*), wheat gluten (*glutine di frumento*) rosemary (*rosmarino*), parsley (*prezzemolo*), oregano (*origano*), grated bread crumbs, nigari–*cloruro di magnesio*, water.
Wt/Vol., Packaging, Price: 160 gm (2 slices weighing 80 gm in each of 2 packs) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hills in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container. "These two products also contain vital wheat gluten." Two earlier labels (6 by 3.75 inches) shows black text on a wavy pastel background.

11287. **Product Name:** [Tofu Slices: With Wheat Gluten (Plus Olives and Capers)].
Foreign Name: Trancio di Tofu Affettato (Alle Olive e Capperi)–Alimento Derivato dalla Soja.
Manufacturer's Name: Biolab.
Manufacturer's Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.
Date of Introduction: 1996.
Ingredients: Soybeans (*fagioli di soja*), wheat gluten (*glutine di frumento*) olives 5%, capers 3%, dried grated bread, nigari (*cloruro di magnesio*), oregano, salt, water.
Wt/Vol., Packaging, Price: 200 gm (1 slice weighing 100 gm in each of 2 packs) vacuum packed separately, side by side.
How Stored: Refrigerated.
New Product–Documentation: Label and letter sent by Maura Ghiraldini and owner Massimo Santinelli. 1998. Dec. 5. This new (Dec. 1998) label (3½ by 5 inches) has the same pastel background for all tofu products–a stylized view of the sea and sky, with mountains on both sides and rolling hills in the foreground. At the top left is a smiling sun. Text: "Organically grown (*prodotti dalla agricoltura biologica*)." "Ready in 5 minutes (*Pronto in 5 minuti*)." Refrigerate at 4ºC. A small symbol shows a person recycling the container.

11288. **Product Name:** [Tofu].
Manufacturer's Name: Centro Ecobiotico do Brasil Ltda.
Manufacturer's Address: Rua Apolinario Correa da Silva, 30 Conejo / CEP 28620, Nova Friburgo, RJ, Brazil.
Date of Introduction: 1996.
New Product–Documentation: Letter (fax) from Yoshinori Ito of Takai Tofu & Soymilk Equipment Co. 1996. April 24. Names and addresses of new tofu shops in countries where tofu is not well known.

11289. **Product Name:** [Tofu].
Manufacturer's Name: Defontaine s.n.c.
Manufacturer's Address: di Mattiello R. & Congedo A, Via Torreselle 24, 36061 Bassano del Grappa (Vicenza), Italy.
Date of Introduction: 1996.
New Product–Documentation: Letter (fax) from Yoshinori Ito of Takai Tofu & Soymilk Equipment Co. 1996. April 24. Names and addresses of new tofu shops in countries where tofu is not well known.

11290. **Product Name:** Fat Not! Crème It (Soy Powder).
Manufacturer's Name: Dixie USA, Inc. (Marketer-Distributor).
Manufacturer's Address: P.O. Box 55549, Houston, TX 77255. Phone: 1-800-347-3494.
Date of Introduction: 1996.
Wt/Vol., Packaging, Price: 8 oz package or 2 lb cannister.
How Stored: Shelf stable.
New Product–Documentation: Dixie Diner's Club Official Newsletter and Catalog. 1996. Jan. Vol. 2, issue 1, p. 3. Add water to make soy milk without a blender. Or use like cream in hot chocolate. The 8 oz package (equal to 8½ boxes of tofu) sells for $3.99 plus at least $4.99 postage. The 2-lb canister (equal to 34 boxes of tofu) sells for $12.49 plus at least $4.99 postage. A color photo shows the 2-lb canister. Many recipes using the product are given. The name of the manufacturer is not given.

Talk Robert A. Beeley, chairman of Dixie USA. 1996. July 31. Fat Not! Crème It (Soy Powder) is a tofu powder made by Clofine. Brenda developed a great recipe for using it and now it is one of the company's best sellers.

11291. Fukutake, M.; Takahashi, M.; Ishida, K.; Kawamura, H.; Sugimura, T.; Wakabayashi, K. 1996. Quantification of genistein and genistin in soybeans and soybean products. *Food and Chemical Toxicology* 34(5):457-461.
• ***Summary:*** Discusses: Soybeans, soy nuts, soy powder, soymilk, tofu, miso, natto, soy sauce, genistein. Address: 1-3,5-6. Biochemistry Div., National Cancer Center Research Inst., 1-1 Tsukiji, 5-chome, Chuo-ku, Tokyo 104; 1,4. Tsumura & Co., 3586 Yoshiwara, Ami-cho, Inashiki-gun,

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Ibaraki 300-11. All: Japan.

11292. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Soya, Vida y Nutrición S.A. de C.V.
Manufacturer's Address: Calle del Marmara y Av. Rio Lempa No. 44, Colonia Jardines de Guadelupe, La Libertad, Antiguo Cuscatlan, San Salvador, El Salvador.
Date of Introduction: 1996.
New Product–Documentation: Letter (fax) from Yoshinori Ito of Takai Tofu & Soymilk Equipment Co. 1996. April 24. Names and addresses of new tofu shops in countries where tofu is not well known. Mr. Bruno Claeys is Technical Director.

11293. **Product Name:** Tonzu Organic Tofu [Natural].
Manufacturer's Name: The Organic Soy Company, Ltd.
Manufacturer's Address: Unit A, 2 Corban Ave., Henderson, Waitakere City, Auckland 0612, New Zealand.
Date of Introduction: 1996.
Ingredients: Certified organic soybeans (guaranteed to be non-genetically modified), filtered water, natural coagulant nigari (511).
Wt/Vol., Packaging, Price: 275 gm, vacuum packed inside paperboard box.
How Stored: Refrigerate at 4ºC or less.
New Product–Documentation: Label sent by Elizabeth Chalmers, owner. 2007. Jan. 22. The product was introduced by this company in 1996, but it was first sold in this paperboard box in 2001. They started using the Tonzu brand name in 2002. Color photo of snowy mountains beyond a deep green valley, on deep blue background. Superb label design. GE [Genetically Engineered] Free logo. Certified Organic logo.

11294. **Product Name:** Tofu.
Manufacturer's Name: Tofu Shop Ltd.
Manufacturer's Address: 89 Dominion Road, Mt. Eden, Auckland, New Zealand.
Date of Introduction: 1996.
New Product–Documentation: Letter (fax) from Yoshinori Ito of Takai Tofu & Soymilk Equipment Co. 1996. April 24. Names and addresses of new tofu shops in countries where tofu is not well known. Mr. Ron Hoy Fong is the owner.

11295. **Product Name:** [Tofu & Seitan Sausage].
Foreign Name: Brat-Knacky.
Manufacturer's Name: Topas GmbH (Product Developer-Marketer).
Manufacturer's Address: Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.
Date of Introduction: 1996.
Ingredients: Incl. tofu, seitan.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Klaus Gaiser, founder of Topas. 1996. Sept. 21. This is a sausage to be fried or grilled, made from tofu and seitan.

11296. **Product Name:** [Ravioli with Tofu-Mushroom Filling].
Foreign Name: Minis.
Manufacturer's Name: Topas GmbH (Product Developer-Marketer).
Manufacturer's Address: Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.
Date of Introduction: 1996.
Ingredients: Incl. tofu.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Klaus Gaiser, founder of Topas. 1996. Sept. 21.

11297. White, Lon; Petrovitch, H.; Ross, G.W.; Masaki, K. 1996. Association of mid-life consumption of tofu with late life cognitive impairment and dementia: The Honolulu-Asia aging study. In: Fifth International Conference on Alzheimer's Disease. See Abst. 487. *

11298. Wu, Anna H.; Ziegler, R.G.; Horn-Ross, P.L.; et al. 1996. Tofu and risk of breast cancer in Asian-Americans. *Cancer Epidemiology, Biomarkers, and Prevention* 5:901-06. *

• ***Summary:*** Study group and area: Asian-Americans (Chinese-, Japanese-, and Filipino Americans) residing in the San Francisco-Oakland metropolitan statistical area, Los Angeles County, and Oahu, Hawaii. Time period: 1983-87. Number of case subjects: 597 (169 in SF, 215 in LA, and 213 in Hawaii). Number of control subjects: 966 (310 in SF, 273 in LA, and 378 in Hawaii). Address: 1. Dep. of Epidemiology, Univ. of California at San Francisco (UCSF).

11299. Ang, Eng Tie. 1996. Delightful tofu cooking. Seattle, Washington: Ambrosia Publcations. 160 p. Illust. Index. 23 cm.
• ***Summary:*** This cookbook, which is not vegetarian, includes recipes using pork, beef, chicken, fish, shrimp, crab, etc. It contains 152 original recipes from around the world. Contents: Acknowledgements. Introduction. About the author. 1. Condiments and sauces. 2. Appetizers and snacks. 3. Soups. 4. Salads. 5. Vegetables. 6. Seafood. 7. Meat and poultry. 8. Rice and noodles. 9. Desserts. Appendix: Diagrams, suggested menus, glossary. Ordering information.

"Eng Tie Ang was born in Indonesia of Chinese parents, moved to Brazil at the age of five, and came to the United States at the age of twenty-five. She learned cooking at an early age at home and in her parents' small restaurant in

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Suzano, Sao Paulo, Brazil. Her first and most influential cooking teacher was her mother, a master of various kinds of Oriental cooking. As a teenager, she studied Western cooking at a cooking school in her hometown. In addition to *Delightful Tofu Cooking* she has published three other cookbooks: *Delightful Thai Cooking, Delightful Brazilian Cooking,* and *Delightful Vietnamese Cooking...*

"In addition to writing cookbooks, Ms. Ang has been a cooking instructor for the University of Washington's Experimental College. She also frequently teaches courses through the Puget Consumers' Co-op and other cooking schools in the Seattle area. She offers courses in tofu cooking... Moreover, she is an avid organic gardener and an accomplished batik painter.

"Ms. Ang lives in Seattle with her husband, Donald Richard Bissonnette, and two sons, Alex and André." A small black-and-white photo on the rear cover shows Eng Tie Ang. Address: Seattle, Washington.

11300. Chen, J.D.; Xu, Hong. 1996. Historical development of Chinese dietary patterns and nutrition from the ancient to the modern society. *World Review of Nutrition and Dietetics* 79:133-53. [23 ref]
• ***Summary:*** During the Han and Tang dynasties (206 BC to 907 AD) people in China started to pay attention to vegetarian food and to use vegetable oil. "Bean products, such as bean curd, were already used in recipes" (p. 136).

A famous saying has been handed down from ancient times: "Breakfast should be eaten well, lunch must be in one's fill, and food for dinner should be little."

Generally people eat porridge or millet gruel as the main food for breakfast; with it they eat soybean milk, salted vegetables, eggs (boiled or fried), and deep-fried twisted dough sticks. For lunch and dinner, salt or soy sauce were often added during cooking.

The soybean is mentioned on page 148. Address: 1. Research Div. of Sports Nutrition and Biochemistry, Inst. of Sports Medicine, Beijing Medical Univ.; 2. Dep. of Sports Medicine, Beijing Univ. of Physical Education. Both: Beijing, China.

11301. Gelles, Carol. 1996. 1,000 vegetarian recipes. New York, NY: MacMillan. [vii] + 598 p. Index. 24 cm.
• ***Summary:*** In the Introduction, a section titled "Soy products" (p. 17-18) includes brief definitions of soybeans, bean curd (tofu), miso, seitan, soy flour, soy milk, soy nuts, soy sauce and tamari, soy sprouts, tempeh, and textured vegetable protein (TVP).

In the chapter on "Entrees" is a section (p. 217-27) is titled: "Tofu, tempeh, seitan, and textured vegetable protein (TVP)."

The index contains 20 entries for tofu, 5 each for tempeh and soybeans, 4 for textured vegetable protein (TVP), 3 for seitan, and 1 for miso.

A table (p. 14) gives the time to cook various types of beans (that have been soaked overnight, the soak water discarded, and fresh water added) in a pot or saucepan (not in a pressure cooker); the adzuki bean takes the shortest time (45 to 90 minutes) while the soybean takes by far the longest time (2½ to 3½ hours [which is not nearly long enough]). Herein lies one key reason that Asians strongly prefer soyfoods to whole soybeans. Address: Author, food stylist and recipe tester, New York City.

11302. Gonzalez-Pando, Miguel. ed. 1996. Greater Miami: The spirit of Cuban enterprise. Fort Lauderdale, Florida: Copperfield Publications, Inc. See p. 168. [Eng]
• ***Summary:*** On page 168 is the story of Fully, Inc. run by Manny Wong, whose biography is also given. This company was started in Cuba in 1947 by Cesar Wong; that's when he and his family began making sprouts in Havana's produce market. In 1960 they came to Miami and soon established themselves in the restaurant field. His son, Manny Wong, attended college in New York and majored in business. After graduation he married Silvia Cok, also a Cuban-Chinese whose father had been a Chinese businessman in Havana, in the grocery business. "Upon arriving in New York in 1960, Silvia's father joined his relatives in a tofu (bean curd) [manufacturing] business which had been established back in 1933."

In 1978 Manny and his bride moved back to Miami, where he launched Fully, Inc. with his brother-in-law Dennis Marr. In Chinese "Fully" is composed of the two characters *ful* meaning "rich" and *ly* [*lei*] meaning "profit." They started as an Oriental food wholesale company, handling most of the items used in Chinese cooking.

In 1981, with demand for sprouts growing dramatically, Manny and Dennis founded Fully Bean Sprouts Farm Company. They grow mainly [mung] beans sprouts and soy sprouts.

During the 1980s, as "demand for more healthful foods grew, Fully opened another subsidiary, Fon-On for Florida. This is a spin-off of Manny's father-in-law's tofu business in New York. Fon-On of Florida manufactures 'soy products'– mainly soy milk and currently five kinds of tofu: Oriental, Soft, Firm, Silk, and Pudding." Photos show: Manny Wong with his wife and three children in late 1994. Various packaged soy products made by Fully including soy sprouts, soy milk, pudding, tofu. Address: Florida.

11303. Hinman, Bobbie. 1996. The meatless gourmet: Easy lowfat favorites. Prima Publishing, P.O. Box 1260, Rocklin, CA 95677. 502 p. Illust. by Vonnie Winslow Crist. Illust. Index. 22 cm.
• ***Summary:*** The section titled "All about tofu" (p. 16-17) contains an introduction, nutritional information, description of three different types of tofu (medium, firm, silken), how to store tofu, and freezing tofu.

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Tofu appears in a large number of recipes in this book, and Mori-Nu Tofu is mentioned for specifically (p. 17, 38). For tofu sour cream see p. 77. Soybeans are mentioned once (p. 16)–as is soy sauce (p. 475). Address: Delaware. Phone: 916-786-0426.

11304. Hosking, Richard. 1996. A dictionary of Japanese food: Ingredients & culture. Boston, Rutland, Vermont, Tokyo: Tuttle Publishing. 239 p. Illust. by Richard C. Parker. Index. 21 cm. [16 ref]

• ***Summary:*** This appears to be the same as the original 1972 edition. An excellent, accurate book. The basic entry for each word is given under its Japanese name (thus *daizu* rather than soybeans). Each entry includes the Japanese term in kana (usually hiragana) and (usually) kanji (Chinese characters). One hundred small illustrations are very helpful.

Here is a short example: "dengaku (hiragana, kanji) a preparation in which food such as eggplant, taro, konnyaku, or tofu are dressed with a sweetened miso topping and grilled on skewers. Fish *dengaku* is called *gyoden."*

An example of a longer entry is "yuba (hiragana, kanji) soy-milk skin. A specialty of Kyoto, this skin that is formed when soy milk (tônyu, 2 Chinese characters) is heated is not only delicious, but highly nutritious, being the richest source of protein known (over 52%). It is also high in natural sugars (12%) and polyunsaturated fats (24%) and therefore very high in energy. It is eaten both fresh and dried, being added to soups and used as a skin to roll up such things as cucumber and burdock. Nearly all yuba is made in Kyoto and it is fairly expensive. Much use is made of yuba in shojin ryôri."

Seventeen appendices (p. 197-235) give detailed discussions of the following important Japanese foods and related items: Chopsticks. Katsuobushi. The kitchen and its utensils. Kombu. The meal. Miso. Saké. Salt. Sansai. Soy sauce. Sushi. Tea. The tea ceremony. Umami and flavor (incl. MSG). Vegetarianism (incl. Buddhism, shôjin ryôri, and fucha ryôri). Wasabi. Wasanbon sugar.

The author has lived in Japan since 1973. He holds an M.A. degree from Cambridge Univ. Address: Prof. of Sociology and English, Hiroshima Shudo Univ., Japan.

11305. Klingel, Brigitta. 1996. Neue vegetarische Rezeptideen. Tofuschnitzel, Gemueseburger & Co. Vegetarische alternativen zu Fisch, Fleisch und Gefluegel [New vegetarian recipe ideas. Tofu cutlets, vegetable burger & Co. Vegetarian alternatives to fish, meat, and poultry]. Munich, Germany: München Südwest Verlag. 95 p. Illust. (color photos). 21 cm. Series: Ernaehruns-Ratgeber. [Ger]*

11306. Mai, Pham. 1996. The best of Vietnamese and Thai cooking: Favorite recipes from the Lemon Grass Restaurant and Cafes. Rocklin, California: Prima Publishing. xii + 274 p. Illust. (Some color photos). Index. 24 cm.

• ***Summary:*** The author's family name is "Mai" and her given name is "Pham." She prefers to write and say her name, Asian style (and as in American phone books), with her family name first.

The book is dedicated with a free-verse poem to her father, Xuan Pham, and her mother Thom Vo. Born in Vietnam and raised for ten years in Bangkok, Thailand (where her father was the Vietnamese military attaché to Thailand) Mai Pham (like her sister Denise, and her two brothers) was brought up with food as the center of her family and universe. She came to the U.S. with her family in 1975. "One minute we were in the comfort of our home in Saigon, and the next we were fleeing our country with just the clothes on our backs. After graduating from the University of Maryland with a degree in Journalism in three years, she pursued a career in broadcast journalism. At age 16 she hosted a radio show for American GIs. At age 18 she managed to talk ABC News into giving her her first break as a television reporter. In 1983 she "landed a reporting job as the first Vietnamese-born television journalist in the United States." Just a few years earlier she had been living in a refugee's quagmire. After several years of reporting, she went to work in public relations and then as a speech writer for the governor of California.

When she met her husband-to-be, Trong, her life again changed dramatically. He was a scientist turned entrepreneur who had founded the successful La Bou bakery / cafe chain in Sacramento, California. Trong convinced her to open a restaurant with him. "He talked about the incredible excitement and satisfaction of taking a simple idea and turning it into a successful business. Inspired by his success and encouraged by his infectious enthusiasm, she decided to go for it. So in 1998, with practically no experience in the food industry, a do-or-die kind of commitment, and a strong belief in their unique concept, the two young people opened the Lemon Grass Restaurant. Mai Pham had found a way to express her passion for cooking. Vowing to share with Sacramento the best of Vietnams and Tahi Foods, she worked day and night to adapt to a restaurant setting the recipes handed down from her mother and grandmother (p. x-xiii).

Today, in addition to being chef and owner of the award-winning Lemon Grass Restaurants and Lemon Grass Cafes in Sacramento, California, Mai teaches Southeast Asian cooking. She is married to Trong Nguyen, founder of the Northern California-based La Bou Bakery / Cafe chain and "the biggest cheerleader behind this and almost every major project I have encountered."

As she got deep into her research and reflected on her own experiences, she "became convinced that Vietnamese- and Thai-style cooking could be a healthful alternative to a modern Western diet. The typical Asian diet consists mainly of carbohydrates, vegetables, fish, and very little red meat. To stay full, we eat large portions of inexpensive foods such as rice and noodles and lots of greens, many of which grow

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in the wild. Meat is served only in garnish-size portions.

Often they enjoyed a typical meal-in-one dish. Vietnamese cooking is influenced by Chinese, Indian, French, and Thai cookery, but is more delicate in its execution. For example, a Vietnamese stir-fry is less greasy than its Chinese counterpart. Instead of salt or soy sauce, Vietnamese cooks season almost every dish with *nuoc mam,* or fish sauce [its Thai counterpart is *nam pla*] (p. 4-5). Almost all meals are planned around rice.

Basic ingredients related to soy: (1) Bean sauce: Made of fermented soy beans, water, and salt, it comes in a chunky form with whole soybeans or as a purée. The author prefers the chunky variety sold in jars by Koon Chun. (2) Hoisin sauce: Made from soybean purée, sugar and caramel sauce. Never serve it strait. Try Koon Chun. (3) Soy sauce: Each brand is different and she uses them all. Kikkoman all-purpose Japanese. Golden Mountain light Thai-style. Sweet soy sauce made from dark soy and caramel, to give a rich, dark color. Chinese-style dark soy sauce containing molasses. Flavored soy sauces such a mushroom or onion, sold in small glass bottles. "Make sure the mouth of the bottle is wiped clean after each use."

Sauce recipes include: Hoisin-peanut sauce (p. 35). Cilantro-lime soy sauce (p. 36).

Chapter 7, titled "Those four days: vegetables" (p. 155-77) begins: "Walk into the Lemongrass kitchen and if it happens to be the 1st 14th, 15th, or 30th day of the lunar month, chances are you will find many of our staff eating vegetarian. By abstaining from meat on those sacred days, they are reaffirming their belief in the teachings of Buddha and rededicating their commitment to a life free of indulgence, greed, and conflict." As a child Mai Pham looked forward to those four days because if her grandmother, a devout Buddhist, happened to be visiting, her mother would prepare a sumptuous vegetarian meal for all to enjoy together. One favorite was vegetarian spring rolls, which were no less tasty than their meat counterpart. The family's favorite sweet and sour soup, usually served with shrimp or fresh catfish, was prepared with fresh pineapple, tofu, cabbage, bean sprouts, and chopped saw-leaf herb. Actually, Mai Pham has always preferred the vegetarian version.

When Lemon Grass Restaurant first opened there was only one vegetarian dish on the menu. Now the menu features an entire vegetarian section, with entrees, salad rolls, spring rolls, etc. "To enhance flavor and texture, sometimes a simple ingredient such as tofu is first fried then simmered before being added to the finished dish. Because of the skill required for this specialized cooking, temples–where the monks and nuns eat a strict meatless diet year-round–are known to have the best vegetarian food." In Vietnam, vegetarianism is observed for religious rather than for health or other reasons.

Recipes: Vegetarian fisherman's soup (with "¼ pound extra firm tofu, cubed (fried or plain)"). Vegetarian spring rolls (with "½ pound extra firm tofu, drained and mashed with the back of a fork"). Su Co's delight (with "¼ pound extra firm tofu, drained and cut into 1-inch cubes"). Water spinach and cabbage in garlic-bean sauce (with 1½ tablespoons bean sauce").

Flat noodles with chicken and Chinese broccoli (with 1 tablespoon fermented whole yellow soybeans, p. 180-81. Called *rad na,* this dish "gets its distinctive flavor from the fermented yellow beans. In Bangkok, you can find this dish on practically every street corner and even in hotels"). Steamed striped bass with black beans, ginger, and green onions (with "1 tablespoon drained Chinese-style fermented whole black [soy] beans, chopped," p. 219). Address: Chef and owner, Lemon Grass Restaurant and Cafe, Sacramento, California.

11307. Mendelson, Anne. 1996. Stand facing the stove: The story of the women who gave America *The Joy of Cooking.* New York, NY: Henry Holt and Co., Inc. xviii + 474 p. Illust. Index. 24 cm. [86 + 774 endnotes]

• ***Summary:*** An excellent biography of Irma Starkloff Rombauer and her daughter Marion Rombauer Becker and a richly detailed piece of American social history. Irma Louise Starkloff was born on 30 Oct. 1877 in St. Louis, Missouri, the daughter of Max von Starkloff (M.D.) and Emma Kuhlmann. She grew up in comfort at Carondelet (a part of St. Louis) in a family of strong German ancestry and liberal political convictions. Irma lived almost all her life in St. Louis. In 1930, during the Great Depression, Irma Rombauer's husband committed suicide. To help pay the bills, she decided to write a cookbook. *The Joy of Cooking: A Compilation of Reliable Recipes with a Casual Culinary Chat* was initially self-published in 1931 as a vanity book (the author pays the publisher, not vice versa); Irma was age 54, a complete amateur with no known qualifications for writing or publishing a cookbook.

But *Joy* went on to sell 14 million copies over 60 years, and to become the most influential American cook book of all time. While it has no claim to be the best-selling cookbook in American history, it is probably the best-selling trade cookbook–one published by an ordinary publisher and sold through retail bookstores. But in terms of total sales it falls well behind *The Better Homes and Gardens Cookbook,* which gets wide distribution through its parent magazine, and *The Betty Crocker Cookbook,* which benefits from the research and marketing prowess of General Mills. The latter two are, of course, the work of committees.

The crucial factor in *Joy's* unexpected success was Rombauer's lively voice as an unpretentious beginner. She treated her readers as close friends, as "an amateur addressing amateurs." America's home cooks were desperate to learn the basics in simple English they could understand. Yet they also enjoyed Rombauer's firm opinions and strong personality.

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The information on *Joy's* copyright page is of little help in understanding the major stages in the book's history. Seven editions mark genuine stages in the book's development: The original privately published (1931). The first Bobbs-Merrill edition (1936). The popular wartime edition (1943). The first Rombauer-Becker edition (1951). The unauthorized edition (1962). The first authorized prepared by Marion Becker (1963–sometimes mistakenly called the 1964 ed.). And Marion's last revision (1975). Note: A supposed 1942 edition is a pure phantom.

The mother and daughter who wrote this superb book were very different people, and each put her own stamp on the book. Irma, the mother who began the work, "loved stardom as much as Marion Rombauer Becker, her eventual collaborator and successor, loved privacy" (p. 1). Marion developed a deep and abiding interest in natural foods and organic gardening, in compost and manure. She also grew up during the era when scientists discovered that micronutrients or trace elements (such as all vitamins and many new minerals) played an essential role in human health. This led many (including Marion, starting in 1939 or 1940) to criticize refined and overly processed foods–such as white flour, white rice, etc.–and to advocate a return to natural, whole foods, including raw foods such as fresh fruits and some fresh vegetables. This awareness began during the 1920s and 1930s, when canned fruits, vegetables, and juices were seen as a triumph of modern food science. It was most widespread in California, "a hotbed of health-food cults." On several trips to the West Coast during the 1930s, Irma visited California, where she saw juice bars and restaurants that were replacing sugar with honey and vinegar (p. 260-61).

By 1948, when Marion agreed to work seriously with her mother on *Joy,* it was understood that the "culinary priorities laid down in earlier editions would be drastically arranged. *Let's Cook it Right* [by Adelle Davis] was a concrete influence."

Marion, with her zeal and love of learning, became deeply interested in nutrition, health, and the relationship between diet and health.

The first Rombauer-Becker edition, which appeared in 1951, gave much more attention to grains, cereals, and flours, while lamenting the ills of "modern processing." Brown rice was preferred to white as "richer in taste and a far better buy nutritionally." Marion also "contributed one of the earliest recipes for bean curd ("soybean cheese") in any American cookbook" (on p. 192). The 1951 edition introduced mainstream readers to ideas generally "seen as the sole territory of health cranks" (p. 268).

Irma died in 1962. Marion suffered increasingly from allergies and sometimes had difficulty breathing. Knowing that that the 1975 edition of *Joy* would be her last, she approached it with special care. It was a heady time, for parts of radical / counterculture ideas about natural foods and health had been adopted into mainstream American culture. Young visionaries, who rejected the offerings of supermarkets, were starting natural food stores nationwide. Ralph Nader (one of Marion's heroes) was denouncing harmful food additives and corporate junk foods. By 1975 Marion realized that "beliefs like hers on the relationship between food and health, land use, and good citizenship looked like very sensible ideas to a large spectrum of the American public. She was emboldened to direct *Joy* more emphatically to issues she had first noticed decades before" (p. 395). She commented on "chickens fed in batteries, pigs an cattle concentrated in feed lots," the fact that "many of our lakes and estuaries have become nearly incapable of supporting life," the "galaxy of pollutants such as viruses, nitrates, heavy metals, pesticides, and asbestos and other carcinogens" in our drinking water.

The new 1975 edition became an immediate best-seller, with 236,000 copies sold in 1975 and 334,000 in 1976. She was eager to make the text as accurate as possible. If someone pointed out an error, "she was not insulted but appreciative. When the soybean-product experts Akiko Aoyagi and William Shurtleff wrote to explain that the directions for homemade soy milk and bean curd were seriously muddled, Marion, grateful for this sign of the seriousness with which her work was taken, conscientiously sent in the necessary changes in time for the printing of August 1976." There are 8 glossy pages of photos, mostly of the two authors, their spouses and children. Address: Freelance journalist, New Jersey.

11308. Nguyen, Loan; Nguyen, Hoai; Do, Viet Hung. 1996. Tu' dien món an Viet Nam [Dictionary of Vietnamese dishes]. Hanoi, Vietnam: Van Hoa Thong Tin [Culture and Information Publishing House]. 931 p. Illust. Index. 21 cm. [Vie]*

• ***Summary:*** Includes four gourmet tofu recipes: Fried tofu with lemon grass. Tofu roll with corn. Sweet and sour breaded tofu. Steamed tofu with meat. Address: Vietnam.

11309. South Dakota Soybean Research & Promotion Council. 1996. Soyfoods: A healthy profile. Sioux Falls, South Dakota. 33 p. Illust. No index. 23 cm. [1 ref]

• ***Summary:*** This is an original and colorful soyfoods cookbook, with many full-page color photos of prepared recipes. Near the bottom of the front cover: "As technology advances, science is discovering that unique compounds found in soyfoods help prevent or even treat some of society's most serious diseases." Contents: Health benefits of soyfoods: Heart disease, cancer prevention, osteoporosis, diabetes, kidney health, menopause. Incorporating soy into your diet. Nutritional benefits of soyfoods: Phytochemicals, phytoestrogens, protein, fiber. Guide to modifying recipes: A one-to-one substitution of soyfoods for animal products and white flour. The diabetic exchange list. Recipes (p. 4-31). Introducing soy into your diet: Buying and storing tofu,

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types of tofu, tips on using tofu, textured soy protein (TSP), isolated soy protein, soy flour, soy milk, tempeh.

Talk with Betty Hansen at South Dakota Soybean Board. 2000. May 15. This cookbook (which is undated) was first published in 1996. It was later reprinted by the Nebraska Soybean Board, with their Nebraska logo on the back. Address: 3801 S. Western Ave., Suite #105, Sioux Falls, South Dakota 57105. Phone: (605) 330-9942.

11310. Spahn, Mark; Hadamitzky, Wolfgang; Fujie-Winter, Kimiko. 1996. Kanji jukugo jiten The Kanji dictionary. Rutland, Vermont; Tokyo, Japan: Charles E. Tuttle. xviii + 1748 p. See p. 666, 667, 787, 1391. 24 cm. [Eng; Jap]

• ***Summary:*** On page 666, under the character *tô* or *zu,* meaning bean or pea or (as prefix) miniature, are the following (with diacritics) related to soybeans: tônyû–soybean milk.

"mame(no)ko–soybean flour [*kinako* or "roasted soy flour"].

"tôfu–tofu, bean curd.

"mamema(ki)–bean-scattering ceremony [using soybeans].

"daizu–soybean.

"kôridôfu–frozen tofu.

"yakkodôfu–tofu cut into cubes.

"edamame–green soybeans.

"i(ri)mame–parched / popped beans.

"nattô–fermented soybeans.

"kuromame–black soybean.

"yudôfu–boiled tofu.

"ya(ki)dôfu–broiled tofu.

"nimame–boiled beans [usually soybeans].

"i(ri)dôfu–bean curd boiled dry and seasoned.

"shiomame–salted beans.

"mitsumame–boiled beans with molasses.

kôyadôfu–frozen tofu.

Also: "amanattô–adzuki-bean candy.

"nankinmame–peanuts.

On page 667, under the character *mi* or *aji,* meaning taste or flavor, are miso–miso (fermented soybean paste).

miso shiru–miso soup.

On page 787, under the character *kô, ô, ki* or *ko,* meaning yellow is: ki(na)ko–soybean flour.

On page 1391, under the character for *fun, kona,* or *ko* meaning flour or powder are: "mame(no)ko–soybean flour.

"ki(na)ko–soybean flour.

On the cover: "Over 47,000 Japanese character compounds." "Find any compound using any of its component characters."

A brief biography of the three authors, with photos of Spahn and Hadamitzky, appears on [unnumbered] p. 1750.

11311. Tamaki, Mary. 1996. The tofu handbook. Inglewood, California: Grass Roots Graphics. 194 p. Index. 22 cm. [11 ref]

• ***Summary:*** This attractive book, which is largely a tofu cookbook, is printed (photocopied 25 at a time at home) on white "confetti" paper (fairly expensive, from Fox River Paper) with flecks of color randomly dispersed on each page, bound with a black comb binding, and dedicated to the memory of the author's grandma, Umeno Fujino. Proceeds from the sale of the book will be used to develop projects by independent artists sponsored by Simone Records of Inglewood, California.

Contents: Introducing tofu. Nutritional analysis of tofu. Using tofu: Types of tofu, pressing tofu, storing tofu, freezing tofu, drying tofu. Making tofu: Ingredients and equipment, method. Dips and appetizers. Soups. Salads and salad dressings. Side dishes. Entrées. Breakfast goodies, sweets, and desserts. References.

Talk with Mary Tamaki. 1997. Jan. She is now working on a second tofu cookbook. She is now a film actress with an agent, very busy with many small roles. She was a theater actress for about 12 years and her first love is the theater–but it takes much more time and doesn't pay much. She has a one year old son. Address: Grassroots Graphics, 412 East Ellis Ave., Inglewood, California 90302. Phone: 310-412-7700.

11312. Van Dolson, Bobbie Jane; Van Dolson, Leo R. eds. 1996. Seventh-day Adventist encyclopedia, 2nd rev. ed. 2 vols.: Harry Willis Miller (1879-1977). Hagerstown, Maryland: Review and Herald Publishing Assoc. See vol. 2, p. 71-72.

• ***Summary:*** A good, detailed biography of Dr. Miller. "In later years Harry Miller worked seriously with the soybean. He made products that were tasty and practical. These included "vegeburgers," "wieners," and soy cheese [tofu]. His crowning accomplishment, however, was a tasty, affordable, nutritious soy milk, which literally saved the lives of many Chinese babies. Before his death Miller saw his grain-and-soybean-based foods adopted as alternatives to meat all over the world.

"In his 90s Harry Miller continued as a consultant to the World Health Organization and the Food and Agriculture Organization of the United Nations, and still made frequent trips to eastern Asia." Address: Washington, DC.

11313. Winter, Ruth. 1996. Super soy: The miracle bean. New York, NY: Crown Publishers Inc. 192 p. Index. 21 cm. [106 ref]

• ***Summary:*** On the cover is written: "This wonder bean can help fight cholesterol, high blood pressure, blood sugar, cancer, ease menstrual and menopause symptoms, and keep a colon healthy. Includes a cookbook of 50 soy recipes from New York's Natural Gourmet Cookery School."

Contents: Introduction: The Cinderella bean. 1. How soy protects the heart and blood vessels: Full of fiber, the Eskimo

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secret omega-3 fatty acids, lecithin and vitamin E, preventing strokes, magnificent magnesium, soy and the Mediterranean diet, foam to wash out cholesterol?, cholesterol competitors–phytosterols, is it thyroid hormone [when thyroxine levels rise, cholesterol falls]?, amino acid at work?, could it be the B's?, is it the flavonoids?, the bean and obesity, high blood pressure and the bean, could it be just avoiding meat and dairy products?, summing it up. 2. How soy protects against cancer: Protease inhibitors, trypsin inhibitors, plant estrogens, polyphenols, terpenes–antioxidants, fighting phytates, maybe it's due to low-count amino acid, saponins, inositol–the cancer-fighting phytic acid, which soy products have the most anticancer potential?, potential adverse effects of soybeans. 3. How soy helps ease digestive problems: Promoting regularity, calcium and soybeans. 4. How soy is beneficial in diabetic diets. 5. How soy is proving beneficial to women: The soy and the cycle, other hormonal benefits, magnesium, PMS and pregnancy, contraceptive or fertility inducer?, so "B" it, the bones need it, magnesium and bones, boron and bones, it could be the phytates. 6. Soy and men: Soy and sex, protein power. 7. Soy products and their nutritional value: Soybeans, edamame, soybean sprouts, tofu (also known as bean curd and dou fu-tofu), tempeh, soy milk, yuba, soy cheese, okara, soy yogurt, soy sauce, soy oil, soybean lecithin, soy nuts, miso, natto, soy flour, soy powder, soy protein isolates, concentrates and grits, texturized soy protein, convenience of soy foods. 8. Easy ways to add soy to your diet: Some other easy ways to add soy to your diet, sensible soybean use. 9. Recipes: Appetizers, soups, salads, main dishes/entrées, side dishes/breakfast, sauces/dips, desserts. Glossary. Where to get more information. References. Address: M.S., Health and science writer, Short Hills, New Jersey.

11314. **Product Name:** [Tofu].
Foreign Name: Queso de Soya (Tofú).
Manufacturer's Name: Hosanna
Manufacturer's Address: Carrera 53 #167-64, Santafé de Bogota, Colombia. Phone: 670 33 92.
Date of Introduction: 1996?
New Product–Documentation: Talk with Nestor and Cecilia Santacruz. 1999. April 1. They found that there were already two companies in Bogota that made tofu and other products. Named Hosanna and Sabyi, they each opened in about 1996-97, and were run by Colombians (non-Asians), but their focus was on products such as sausages made with tofu and soy flour, or pimento-flavored tofu, their tofu was not hand-made.

Leaflet (undated) sent by Nestor and Cecilia Santacruz. 1999. Sept. 17. "Hosanna: Piensa... en comidsa sana [Hosanna: Think... about healthy food]." Hosanna's products are made 100% from soya and contain isoflavones, a natural substance from the soybean, with the following benefits: (1) Prevents heart attacks, reducing levels of cholesterol. (2) Prevents osteoporosis, since the body retains calcium from soya better than calcium from animal products. (3) Prevents cancer*, since they block angiogenesis or the creation of new blood vessels that feed tumors. * = According to a technical bulletin from the American Soybean Association, compiled by Yeong Boon Yee, Technical Director in Singapore.

Moreover, Hosannah's products do not contain (1) Preservatives (nitrates, nitrites, sorbates, polyphosphates, etc.); therefore they should be consumed as soon as possible after being opened. (2) Carbohydrates (flours), sugars, or animal fats. Therefore, our products are Light: low in fats (see label), condiments, and salt. A table shows the nutritional composition of the company's sausages and tofu.

Our products and their preparation: Salchichas: Heated in water. To be fried or enjoyed as is. Salchichon: Fried or as is. Mortadela. Pate. Chorizo. Hamburguesa. Tofu (queso de Soya): Look for the recipe which comes on the back of each package of Hosanna soy cheese. For more information about our products, call our customer service line at 613 08 17. After 10 March 1999 our new address will be Carrera 53 #167-64. Phone: 670-33 92.

11315. **Product Name:** [Tofu].
Foreign Name: Queso de Soya (Tofú).
Manufacturer's Name: Sabyi.
Manufacturer's Address: Transv. 24 No. 83-40, Polo Club, Santafé de Bogota, Colombia. Phone: 256-8828 or 622-5583.
Date of Introduction: 1996?
New Product–Documentation: Talk with Nestor and Cecilia Santacruz. 1999. April 1. They found that there were already two companies in Bogota that made tofu and other products. Named Hosanna and Sabyi, they each opened in about 1996-97, and were run by Colombians (non-Asians), but their focus was on products such as sausages made with tofu and soy flour, or pimento-flavored tofu, their tofu was not hand-made.

Leaflet (undated) sent by Nestor and Cecilia Santacruz. 1999. Sept. 17. "Sabyi–Alimentos Vegetales: Le ofrece una alternativa alimenticia" [Sabyi–Plant-based foods. We offer you a nutritious alternative]. "Ingredients 100% of plant origin (*de origen vegetal*). Cereals, legumes, fresh greens and vegetables, vegetable fat (*grasa vegetal*), natural savory dishes (*sabores naturales*)." Products include tofu, chorizo / salchicha, hamburgesas, and gluten.

11316. **Product Name:** [Plain Extra Firm Tofu, Marinated Tofu].
Foreign Name: Fersk Tofu, Marineret Tofu.
Manufacturer's Name: Scandinavian Soya Company.
Manufacturer's Address: Denmark. Phone: 45-4738 0494.
Date of Introduction: 1996?
Wt/Vol., Packaging, Price: 300 gm tray with film lid.
How Stored: Refrigerated.

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New Product–Documentation: Report of visit to company (Letter) and Labels sent from Denmark by Jon Kessler. 1996, July.

11317. **Product Name:** [Smoked Tofu].
Foreign Name: Røget Tofu.
Manufacturer's Name: Scandinavian Soya Company.
Manufacturer's Address: Denmark. Phone: 45-4738 0494.
Date of Introduction: 1996?
Ingredients: Water, soybeans*, shoyu, smoke.
Wt/Vol., Packaging, Price: 250 gm tray with film lid.
How Stored: Refrigerated.
New Product–Documentation: Report of visit to company (Letter) and Labels sent from Denmark by Jon Kessler. 1996, July.

11318. **Product Name:** Soya Garden Dressings and Dips [Thousand Island, Soyanaise].
Manufacturer's Name: Sunrise Soya Foods.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: (604) 254-8888.
Date of Introduction: 1996?
Ingredients: Soyanaise: Tofu (filtered water, certified organically grown soybeans, vinegar), brown rice syrup, canola oil, salt, apple cider vinegar, malic acid, xanthan gum, spices.
Wt/Vol., Packaging, Price: 350 ml jar.
How Stored: Refrigerate after opening.
New Product–Documentation: Leaflet (glossy, black and white, front and back). 1996? Undated. "Eggless. Cholesterol-free, Low in fat. Dairy-free." "Sunrise: the leading tofu company." Web = http://www.sunrise-soya.com.

11319. **Product Name:** Soya Garden Dressings and Dips [Thousand Island, Soyanaise].
Manufacturer's Name: Sunrise Soya Foods.
Manufacturer's Address: 729 Powell St., Vancouver, BC, V6A 1H5, Canada. Phone: (604) 254-8888.
Date of Introduction: 1996?
Ingredients: Soyanaise: Tofu (filtered water, certified organically grown soybeans, vinegar), brown rice syrup, canola oil, salt, apple cider vinegar, malic acid, xanthan gum, spices.
Wt/Vol., Packaging, Price: 350 ml jar.
How Stored: Refrigerate after opening.
New Product–Documentation: Leaflet (glossy, black and white, front and back). 1996? Undated. Sent by Richard Rose from a trade show. "Eggless. Cholesterol-free, Low in fat. Dairy-free." "Sunrise: the leading tofu company." Web = http://www.sunrise-soya.com.

11320. Sunrise Soya Foods. 1996? Sunrise tofu (Leaflet). Vancouver, BC, Canada. 1 p. Front and back. Undated. 28 cm.

• ***Summary:*** Leaflet (color) sent by Richard Rose from Natural Products Expo. 1996. March. On the front are six colorful packages of tofu against a green background of lettuce leaves. The types are: Medium Firm (Red, 16 oz, Moyenne). Almond Tofu Dessert (Yellow, 10 oz). Tofu Dessert (Red, 10 oz). Premium Tofu Extra Firm (Green, 12.4 oz). Soft Tofu (Purple, 10 oz., Souple). Tofu: Savory Garden Herb (Dark red, 12.4 oz, aux Herbes). A photo shows 8 prepared tofu dishes. "From appetizers to desserts–Use Sunrise Tofu in any meal. No cholesterol. Rich in protein. Low in saturated fat. No preservatives. Tofu recipe phone line: (604) 253-BEAN or 1-800-661-BEAN." In the lower left corner is the red Sunrise logo of a sun half risen: "The leading tofu company."

On the back are tables of ingredients, and product and nutritional information for each product. The Sunrise Tofu Club entitles members to quarterly newsletters. Address: 729 Powell St., Vancouver, BC Canada V6A 1H5.

11321. Na, Shin; Breen, Michael; Gustavson, John. 1997. Korea: Insight guides. 6th ed., updated. Singapore: Apa Publications. Houghton Mifflin. 297 p. Illust. (some color). 23 cm.

• ***Summary:*** The section on "Food and drink" (p. 98-99) states: "More common table vegetables–such as mung and soy beans, spinach, lettuce, and black sesame leaves–a typically grown in the backyard,... Especially popular is *twoengjang-guk,* fermented soybean paste soup... A spicy hot seafood soup, called *mae-un-t'ang* "usually includes a good portion of firm, white fish, vegetables, soybean curd (*tubu*), red pepper powder, and an optional poached egg."

The working man's brew (p. 102): The Korean counterpart of Japanese *doburoku* is *makkolli,* "a milky liquor that most households ferment at home from rice." Side dishes (*anju*) served with this mildly alcoholic beverage include soybean curd (tofu).

The city of Chonju (p. 207-08) is famous for *Pi pim pap* made of boiled rice mixed with soy sprouts and topped with many delicacies.

The "Yellow pages" at the back, titled "Travel tips," includes a section on "Eating out" (p. 278-79) that lists seven types of restaurants. Foods they serve include soy sauce (*kan-jang*), soybean curd, fried soybean curd, and soybean paste.

Created and directed by Hans Höfer. Executive editor: Scott Rutherford. Editorial director: Brian Bell.

11322. Jacobi, Dana. 1997. Re: Delicious tofu and pressed tofu sheets made at Soo Chow, a Chinese restaurant in New York City. Letter (fax) to William Shurtleff at Soyfoods Center, Jan. 8. 1 p. Typed, without signature.

• ***Summary:*** This restaurant, located at One Chatham Square, in Chinatown, New York City, recently began serving tofu they claim to make themselves. "It certainly tastes fresh and

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has a wonderful texture. It is fine like a silken tofu but holds together like a soft regular tofu, but without any graininess or rubbery quality." They sell this tofu, and also use it in preparing dishes like bean curd with shrimp.

A woman at the restaurant also makes a pressed tofu sheets [called *pai-yeh* or *ch'ien-chang* in Chinese]; each sheet is about ¼ inch thick and elastic. Originally Dana thought these were fresh and tender yuba. These sheets are used in only one dish sold at the restaurant, and are not sold separately.

Yuba (the thin, firm kind that is used to make "vegetarian duck") is also used in at least one dish at this restaurant–Buddha's Delight–together with the "homemade" tofu, enoki and shiitake mushrooms, shining noodles, Chinese vegetables, and a bit of seaweed. Some yuba can also be found in Chinatown stores, mostly refrigerated or frozen and not very good. The most frequent way one sees it served is in "vegetarian-duck." Address: New York City.

11323. Pearce, Jean. 1997. Getting things done: Starting out on soy. *Japan Times* (*Tokyo*). Jan. 12. p. 17. Wednesday. [Eng]

• ***Summary:*** "Last week's columns reported on recent research pointing to the dietary benefits of soybean products in relieving complaints associated with menopause." Discusses isoflavones and the isoflavone content (in micrograms per gram) of kinako (roasted soy flour, 2,589), roasted soybeans (1,625), edamame (1,354), natto (1,273), regular tofu (509), fried tofu (695), soy milk (357), miso (373), shoyu (16).

Gives several tofu recipes and recommends *The Book of Tofu* by Shurtleff & Aoyagi.

"And finally, kudos to Japan Airlines for creating natto in a palatable form, freeze-dried and flavored... It has been tremendously successful. In two years, total sales amounted to ¥56 million. Just think of all those isoflavones." A photo shows Jean Pearce.

Note: This article may have been published on 12 Feb. 1997 rather than 12 Jan. 1997. Address: Columnist.

11324. Blazek, Zdenek. 1997. Re: G.B.Z. is preparing soy products in the Czech Republic. Letter to William Shurtleff at Soyfoods Center, Jan. 13. 2 p. Handwritten, with signature. [Eng]

• ***Summary:*** His company is making soy products in the Czech Republic. They have the book titled *Tempeh Production* by Shurtleff & Aoyagi. Now they would like to introduce some new products such as seitan, amazake, koji, soy yogurt, natto, and cheese alternatives.

Talk with a company representative who speaks German. 1997. Feb. 3. The company now makes tempeh and natto. They introduced each product about 18 months ago. They would like to introduce tofu and seitan as soon as possible. Address: G.B.Z. s.r.o., 68606 Uherske Hradiste, Czech Republic. Phone: +42 632 636 16.

11325. Roller, Ron. 1997. New developments with organically grown soybeans in America (Interview). *SoyaScan Notes.* Jan. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The demand for organic soybeans in America is rising rapidly. Ron thinks this has nothing to do with concerns over genetically engineered (transgenic) soybeans such as Monsanto's Roundup Ready soybeans. "Soybeans have become, hands down, the main cash crop (the one that makes the most money) for organic farmers, at least those in the Midwest. Organic growers in the Dakotas and Montana still rely on wheat as their main cash crop, but the corn, wheat, and soybean growers everywhere else rely on soybeans." The demand for organic soybeans is growing faster than the supply–even though the supply is rising. Increasing prices have attracted more and more farmers to growing soybeans organically. The biggest demand is still from Japan, as it has been for the past 4-5 years. As interest in organic foods has grown in Japan, bigger food manufacturers (primarily of tofu and natto) have started to use organic soybeans. The American food companies that use organic soybeans are still relatively small and few. Ron's company (if you add the organic soybeans Ron exports) may be the single biggest.

The demand for organic natto soybeans from Japan appeared suddenly and is now very large. Acreage that was used to grow organic soybeans for tofu or soymilk suddenly got switched to growing small-seeded organic natto soybeans. Because of that, the acreage used to grow organic soybeans for tofu and soymilk has decreased. Last year the organic soybean crop in the Midwest (especially Michigan and Ohio) was smaller than expected. So the combination of the export demand (mainly to Japan but also to Europe), the loss of acreage to natto beans, the bad crop, and the lack of new growers, has made the price of organic soybeans rise–by about 10%. But remember that the price of organic soybeans were already more than double, very often triple, that of non-organic beans. The highest prices are paid for Vintons and natto beans. It is these premium prices that are so attractive to the organic farmers. "This trend is of great concern to me, and especially the effect it could have on the price of soyfoods. In a free market economy, with lots of farmers looking for value-added crops, you would think that many more of them would start growing organic soybeans. But it is a difficult chasm to cross. A farmer must learn a whole new way of farming, and, he must wait for 3 years before that land can grow organic crops. That 3-year lead time is the big stumbling block; many farmers actually lose money on that land during those 3 years. Some big farmers are now starting to grow organic soybeans, but they getting involved on a gradual basis, adding 50 to 100 acres a year. Those large commercial growers, who have recently switched to growing

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soybeans organically, are sitting in the catbird seat, and doing extremely well."

In Ron's market, there have been very few questions from consumers about genetically engineered (transgenic) soybeans. "It hasn't become a problem at all for ASP; I think it will be an asset for us–because we don't use them and we can prove that we don't. However a lot of growers want to grow transgenic soybeans." Address: President, American Soy Products, 1474 N. Woodland Dr., Saline, Michigan 48176. Phone: 313-429-2310.

11326. Lukens, Margaret. 1997. Simply tofu: Transforming soybean to versatile vegan protein [Wildwood Natural Foods]. *Pacific Sun* (*Mill Valley, California*). Jan. 22. p. 14-15. Food & Drink section.

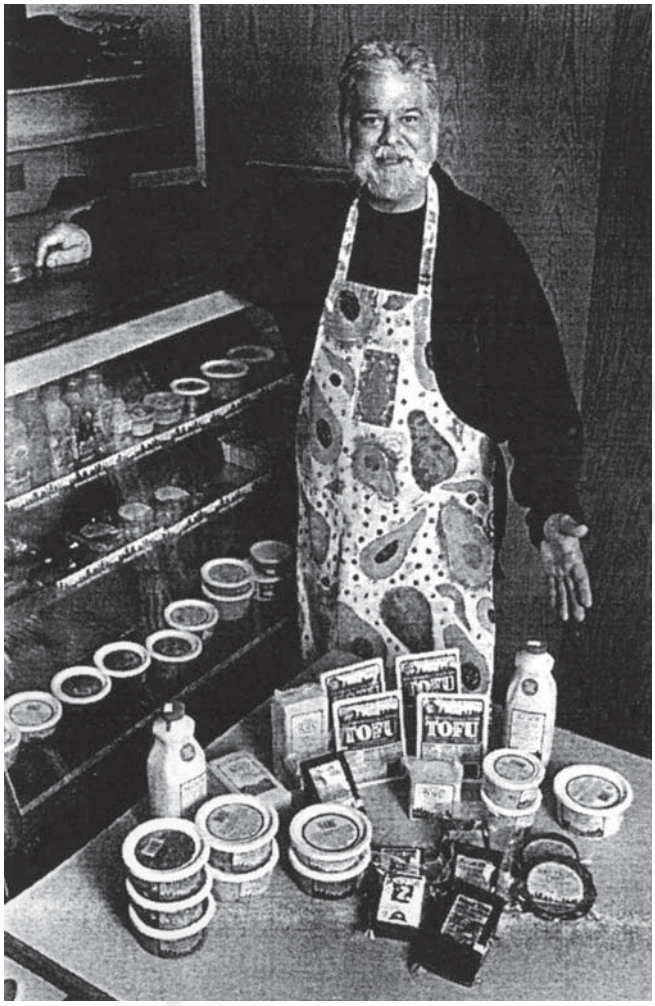

• ***Summary:*** Billy Bramblett, one of the partners in 17-year-old Wildwood Natural Foods (Fairfax, California) explains how tofu is made, its nutritional value, and how it is used. Wildwood now receives about 15,000 lb/week of soybeans at their manufacturing plant in Santa Cruz from contract farmers in Minnesota and Illinois. "Recently, to better ensure its supply of the best organic beans, the company has begun growing its own beans in Mexico."

"Tofu is an excellent source of complete protein, one of the few vegan foods that can make that claim." Contains 3 tofu recipes: Stir-fried tofu with rice. Tofu in coriander-mustard sauce with kohlrabi and pears. Creamy squash bisque. A photo shows Billy Bramblett, dressed in an apron, standing behind a table on which are many Wildwood products.

11327. *Boston Globe.* 1997. Way Ping Wong, 85: Pioneer in Boston tofu industry. Jan. 27. p. A13.
• ***Summary:*** An obituary. "Way Ping Wong of Boston, a pioneer in the local tofu industry, died Friday at St. Elizabeth's Hospital in Brighton from a respiratory illness. He was 85.

"Born in Canton, China, Mr. Wong was a tailor of fine clothing and became the personal tailor to Chiang Kai-shek in the 1940s. Mr. Wong moved to Taiwan in 1949 and began manufacturing tofu, a soybean curd product.

"In 1973 he moved his family to the United States and settled in Boston, where he founded the Wah Kee [sic, Yah Kee] Company, Inc., a tofu manufacturing company that now handles over 50 percent of the New England, said Cheong Chen, a family friend.

"He was former national chairman of the ON Leung Chinese Merchants Association and the former president of the Wong Family Association in Boston. Mr. Wong leaves his wife, Shou Fong (Chow) Wong of Boston; two sons; Chen Kwan Wong, and Cheng Wah Wong, both of Newton; a daughter, Jen Mee To of Quincy; and seven grandchildren. Mr. Wong will be honored with a Buddhist funeral ceremony in the Wing Fook Funeral Home in Boston at noon on Friday.

Talk with Marleen, Librarian at the Boston Globe. 1997. Feb. 11. Wah Kee no longer exists in Boston in any of her directories.

Talk with Betty Wong, daughter-in-law of Way Ping Wong. 1997. Feb. 13. The article in the *Boston Globe* spelled the name of this company incorrectly. The correct name is Yah Kee. The company is now located in Waltham, Massachusetts. Address: Massachusetts.

11328. B-rave Studio. 1997. Absolutely tofu. Parts I and II (Color videotape). New York, NY. 60 min. each.
• ***Summary:*** These two excellent 60-minute color videos feature the talented chefs Kate Farrell and Myra Kornfeld from the celebrated vegetarian restaurant Angelica Kitchen in New York City. They demonstrate how to cook a variety of vegetarian tofu recipes. A recipe booklet is include with each video. Each video costs $24.95 plus postage.

Tofu 1 demonstrates 7 recipes: Orange cilantro baked tofu. Thai kebabs. Sweet ginger tofu triangles. Black [turtle] bean sweet potato casserole. Spring salad with cashews. Provençal pasta cake. Lemon poppyseed cheesecake. You will also tour a tofu factory.

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Tofu 2 demonstrates 6 more delectable recipes: Millet and sunflower croquettes. Roasted vegetable lasagna. Autumn harvest stew. Chick pea and red pepper phyllo. Smokin' chile [chili]. Chocolate mocha moosecake. Then visits with a CSA biodynamic farmer and an organic farmer.

You may also visit their Web site: http://tofu.wildhack.com.

Note: *Webster's Dictionary* defines phyllo (pronounced FEE-lo, and derived from the Greek), a word first used in English in about 1950, as "extremely thin pastry dough that produces a flaky pastry."

For more on these videos see: Vegetarian Times. 1997. March. p. 12. Address: P.O. Box 1365, Canal Street Station, New York, NY 10013-0877. Phone: 1-800-431-3801.

11329. Goh, Francis N.K. 1997. Unicurd Food Company Pte. Ltd. *Canadian Export Soybeans* (*OSGMB, Chatham, Ontario, Canada*) 10(1):1-2. Jan.
• ***Summary:*** Contains a good description and history of this tofu manufacturing company. A rather dark photo shows Mr. Francis Goh holding some of his company's tofu products. Address: Director and Founder.

11330. Levine, Lois. 1997. The king of the ranch casseroles: A cowboy classic for lighter lifestyles. *Vegetarian Times.* Jan. p. 24-26.
• ***Summary:*** This meatless version of the hearty Texas favorite contains marinated baked tofu and tofu sour cream. A color photo shows the finished dish.

11331. **Product Name:** Nasoya Nayonaise: Veg-Dressing & Spread [Fat Free].
Manufacturer's Name: Nasoya Foods, Inc.
Manufacturer's Address: 23 Jytek Park (P.O. Box 841), Leominster, MA 01453. Phone: 1-800-229-TOFU (8638).
Date of Introduction: 1997. January.
Ingredients: Silken tofu (water, organic soybeans*, lemon juice concentrate), distilled vinegar, can juice solids, corn starch, salt, xanthan gum, guar gum, mustard seed, onion powder, garlic juice, natural flavor, spices, oleoresin paprika.
Wt/Vol., Packaging, Price: 14 oz glass jar.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Ad (half, color) in Natural Foods Merchandiser. 1996. Oct. p. 123. "Our delicious Nayonaise is now also available fat free!" Talk with woman in marketing department at Nasoya Foods. 1996. Oct. 10. The introduction of this product has been delayed; they expect to start shipping in mid-December. The main soy ingredient will be their silken tofu. Talk with Shari Ann Peters, Marketing Assistant at Nasoya. 1996. Nov. 14. This product is expected to be available for sale in Jan. 1997. A small batch was made for sampling at the Natural Products Expo in October. Color brochure sent by Shari. Shows color photos of jars of regular and fat-free Nayonaise.

11332. **Product Name:** Tofu-Cotta (Resembles Ricotta Cheese) [Garlic Basil Flavor].
Manufacturer's Name: Soy Devine.
Manufacturer's Address: 1388 Haight St., Suite 222, San Francisco, CA 94117. Phone: 415-339-8045 or 415-929-0671.
Date of Introduction: 1997. January.
Ingredients: Organic nigari tofu*, organic apple cider vinegar*, filtered water, fresh garlic, basil, evaporated cane juice, sea salt. * = Grown in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 15 oz (425 gm) plastic tub. Wholesales for $2.00. Bulk price (4 lbs. minimum): $1.85/lb.
How Stored: Refrigerated.
New Product–Documentation: Call from Martha Devine. 1997. Jan. 16. She left Arcata in April 1996 and is starting this month to make products in San Francisco in a new kitchen. She buys her tofu from Quong Hop. This product, which is a non-dairy ricotta cheese, works very well as a shmear (Yiddish for "spread") for bagels. Leaflet and photocopy of Label sent by Martha Devine. 1997. Feb. 3. Leaflet: "Sent from Heaven. Soy Devine presents Tofu-Cotta: Garlic Basil Flavor." "And the angel Glycine appeared unto them and the glory of the Bean shown 'round about them." Label: 3 inches square. "Organic vegan. A vegan diet is kinder to animals, people & the environment. You'll eat a lotta Tofu-Cotta. Use Tofu-Cotta instead of cheese in dishes like: Lasagna, manicotti, calzone, pizza, pasta sauce, spanakopita, chili rellenos, enchiladas or your own favorites! It's a shmear! Its a dip! It's ready to eat! Soy is joy." Note: Mara changed her name back to Martha (her name at birth) in Dec. 1995.

San Francisco Bay Guardian. 1997. March 25. Dine & Travel section. "The name game, by Eric Stephan." This restaurant critic visited a new vegetarian restaurant named "Herbivore" and ordered lasagna ($6.95). It was made with Soy Devine's Garlic Basil Tofucotta, "which hardly gave a clue that it wasn't cheese."

11333. Stevens & Associates, Inc. ed. and comp. 1997. U.S. 1997 soyfoods directory. Lebanon, Indiana: Indiana Soybean Development Council. 47 p. 28 cm. [29 ref]
• ***Summary:*** This second, expanded edition of the directory contains more than 270 company listings. Contents: Foreword. How to use the Soyfoods Directory (incl. Internet access). Daily soyfood guide pyramid (color). Soyfood descriptions (alphabetical): Introduction, green vegetable soybeans (edamamé), hydrolyzed vegetable protein (HVP), infant formulas–soy based, lecithin, meat alternatives (meat analogs), miso, natto, nondairy soy frozen dessert, okara (see soy fiber), soy cheese, soy fiber (okara, soy bran, soy isolate fiber), soy flour, soy grits, soy protein concentrate, soy protein isolate, soy protein–textured, soy sauce

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(tamari, shoyu, teriyaki), soy yogurt, soybeans, soymilk (soy beverages), soynut butter, soynuts, soyoil & products, sprouts–soy, tempeh, tofu & tofu products, whipped toppings (soy based–"similar to other nondairy whipped toppings, except that hydrogenated soyoil is used instead of other vegetable oils"), yuba. Soybean products chart: From whole soybeans, from soybean meal, from soyoil and lecithin. Soyfood companies by product (products listed alphabetically).

Composition and nutrient content of soyfoods (large table, p. 14). Soyfood companies (alphabetical by company name; Each listing contains address, contact, phone, soy products, product names, distribution, to locate product, classification). Mail-order soyfoods: Soyfood mail order companies (listed alphabetically by company). Soyfood companies by state (alphabetical by state; California has by far the most). Soybean promotion & research organizations (national, and state). Professional associations and industry information resources. Soy cookbooks (19). Soy resource books (10). Soyfood fact sheets and recipes: 1-2 pages each for meat alternatives, miso, soyoil, soy flour, soymilk, tofu, textured soy protein, whole soybeans. Soyfoods directory survey.

This directory is on the Internet's World Wide Web at http://www. soyfoods.com. For more information or suggestions, call 1-800-301-3153. The Internet version of the Directory continues to improve. "The first year saw hits to our site increase from 1,000 the first month to more than 8,000 per month now. We have added a new search engine that makes it easier to find information and a new monthly e-mail newsletter, *Soyfoods USA,* designed to inform media sources, dietitians and consumers about the latest soyfoods information. To subscribe to this popular newsletter, just send an e-mail message to soyfoods@ind.com with the words 'Subscribe Soyfoods USA' in the body or subject field."

Talk with Roger Stevens. 1997. March 10. The 1997 directory was first available in January 1997. About 100,000 copies of this directory were printed, and all but 7,000 have already been sent out free of charge. About 77,000 copies were sent to registered dietitians nationwide; all are members of the American Dietetic Association. Another 10,000 copies were sent to the American Association of Family and Consumer Sciences–basically extension personnel at the Cooperative Extension Service in each county; these people provide a lot of consumer information about foods and agriculture. About 500 copies were sent to each of the 20 state soybean development councils. The remaining 6,000 copies were sent to callers who left their name and address at a toll-free answering service. The next step is to do a media tour in Indiana. Traveling with a registered dietitian, they expect to generate a lot of requests from citizens of Indiana. One of the goals is to show other states that if you promote soyfoods in this manner, you will get a lot of interest. Roger hopes to encourage other states to take a more active role in promoting soyfoods. The directory has generated a tremendous amount of information on the part of dietitians who call the toll-free number and have many questions about soyfoods; Roger tries to refer them to people who have the answers–such as 1-800-Talk-Soy. The Indiana Soybean Council has had to hire a new person just to handle the requests for this directory.

Next Roger plans to do a survey of registered dietitians to learn more about their responses to the 1997 directory. He might ask: Did you receive the book? Do you use it? If so, in what way and how often? How many people do you influence with regards to soyfoods as a result of this book? So if each of the 77,000 dietitians influences, on average, 10 people a year, the directory has reached more than 750,000 people. One major goal of this book is to help dietitians include more soyfoods in their own diets and in the diets of their clients. How can we better help you do this? Do you want a cookbook? A starter kit? Shall we include coupons?

From the focus groups he has already conducted, Roger thinks that future editions of the directory will be presented more like a cookbook or recipe book, with the directory in the back. "People really like the recipes. They just hand them out to their clients. We get requests for 100 books at a time from dietitians, who give the entire book to their clients at classes, in their offices, etc." Roger has the funds to do the research to find out exactly what dietitians want in the way of soyfoods recipes and how they want them organized.

Other possible questions: Which part or parts of the book do you find most valuable? Which do you find least valuable. Is there any information which is not in the book that you wish were included?

Roger would also like to develop for the next edition of this book a graphic presentation of the inside of a typical supermarket showing all the different products which contain soy.

Note: The word "soyoil" is used instead of "soy oil" throughout this directory. Address: Stevens & Associates, 4816 North Pennsylvania Street, Indianapolis, Indiana 46205. Phone: 317-926-6272.

11334. Sullivan, Cheryl; Rhodes, Kathy. 1997. Simply soy: A variety of choices. Williamsburg, Virginia: Virginia Soybean Association. 118 p. Undated. Illust. Recipe index. 26 cm. • ***Summary:*** Contents: Introducing soyfoods into your diet. The healthful soybean. Exploring soyfoods: Dried soybeans, fresh green soybeans, soy milk, tofu, textured soy protein, soy flour, soy grits, tempeh, miso, soy meat analogs. Where to find soy products. Nutrient information. Recipes: Breakfast, beverages, breads, appetizers & snacks, salads, soups, sandwiches, side dishes, main dishes, desserts.

Talk with Susan Haller of the Virginia Soybean Assoc. 2000. Nov. 9. This undated book was published about 3-4 years ago.

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Talk with Cheryl Sullivan. 2002. Aug. 12. She wrote this booklet for the Michigan Soybean Promotion Committee; it was published in about Jan. 1997. It was never sold and is now available online at www.soyfoods.com/SimplySoy. Address: 1. M.A., R.D., Sullivan Nutrition Inc.; 2. PhD, R.D., Preventive Cardiology Program, Univ. of Michigan; c/o 151 Kristiansand Drive, Suite 115 E & F, Williamsburg, Virginia 23188. Phone: (757) 564-0153.

11335. **Product Name:** Smoked Tofu Spread.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1997. January.
Ingredients: Tofu (filtered water, organic* soybeans, nigari), organic* canola oil, soy sauce (water, soybeans*, whole wheat*, salt), filtered water, lemon juice, kelp, distilled vinegar, organic* cider vinegar, natural hardwood smoke. * = Grown in accordance with the California Organic Food Act of 1990.
Wt/Vol., Packaging, Price: 8 oz.
New Product–Documentation: Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in Jan. 1997. Label #1 of Jan. 1997. "Smoked Tofu Spread." 3 inches diameter. Self adhesive. Dark red on beige. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead.

Label #2 of Oct. 2002. "Organic Smoked Tofu Spread." 3½ inches diameter. Self adhesive. Brown and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Low in saturated fat. Cholesterol free. Contains 170 mg Omega 3 fatty acids per serving."

11336. Pearce, Jean. 1997. Getting things done: Tofu *now.* *Japan Times* (*Tokyo*). Feb. 5. [Eng]
• ***Summary:*** "This column may be beneficial to your health. First, the conclusion. Increase your consumption of soy products today. Now I will tell you why." Address: Columnist.

11337. Dominguez de Diez Gutiérrez, Blanca. 1997. Re: Update on her life, and past and upcoming work with soya. Letter to William Shurtleff at Soyfoods Center, Feb. 11. 4 p. Handwritten, with signature. [Eng]
• ***Summary:*** In 1987 Blanca went to Ecuador to teach soyfoods to housewives. She was active with soya until 1989, when her health began to decline. She had to close her Fundacion Mariposa. In 1993 she finally had a heart attack; she underwent surgery and had 3 coronary bi-passes. She had low cholesterol levels; the heart failure is hereditary. All her family on the father's side died of heart attacks at about age 50 to 60. Blanca is now age 77, so she has outlived them all.

She came to the USA 3 years ago to live with her son (who is single) in Houston. She also has a daughter in Houston, and another son and daughter in Mexico, plus 7 grandchildren. She must live at sea level because she needs the oxygen. She had to leave everything and start over again. She is still not allowed to drive an automobile. But she is now feeling stronger and better.

She has accepted an invitation to go to Los Mochis, Sinaloa, Mexico, in mid-April for 2-3 weeks to teach women about soyfoods. Los Mochis is on the Sea of Cortés [Gulf of California].

In Mexico she used to make delicious dishes with okara to replace eggs (*Huevos a la Mexicana*) with plenty of onion, garlic, tomato, cilantro, and chili. You scramble it like eggs.

Blanca keeps in touch with some of the people to whom she taught soyfoods during the 1980s. This work is still alive in the following places: (1) Tepozlan, Mortelos. The women named Coti who was the most Indian of all her group was the one who caught on; her native language is Nahuatl, but she learned to speak a little Spanish. She has a little vegetarian shop where she makes soya milk, tofu, and okara dishes. Coti and Blanca's niece are very close friends, so Blanca's niece tells her about this work. (2) In Durango, a lot of work has been going on for years. Lots of information about soya is taught to all the social workers and teachers in the college for teachers (*La Normal de Maestros*). Blanca's book is used like a textbook. A friend of Blanca's who is a teacher here keeps the work going and keeps Blanca informed. (3) In both Veracruz and Huauchinango also Blanca's work is continuing. She keeps in touch with friends there. (4) In the state of Tlaxcala, at a little teaching center, Prof. Alfonso is teaching about soya.

After her heart attack, she just had to let everything go–but it is now going on its own "I had a death experience. I feel like I'm alive, but I'm dead. I let everything go. She closed her *Fundacion Mariposa* (Butterfly Foundation) in 1994. There she taught nutrition, and tried to take culture to the children, from grades 1 to 6, in this poor, rural area. They put on plays such as the *Iliad* [an epic by Homer that recounts the story of the Trojan War] and the *Odyssey*–and they loved it. She called these poor little peasant children kings and queens. She also lectured on ecology to high school kids and teachers in the town nearby, and taught Indian philosophy (such as the *Bhagavad Gita*), which has helped them a lot with their emotional problems. She tried to help them to develop character and to love their work. She also tried to return the dignity of cooking to the women and the sacredness of food. Blanca has been a professional painter, and she was an art teacher. She married when she was young and had 4 children; she was happily married to Jose Diez Gutierrez for 48 years until her husband died 7 years ago. Her husband didn't understand a thing about her work with spiritual teachings and soya, but he never let her down.

NAFTA has been a disaster for Mexican-owned

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business. Only the multinational have really come out ahead; they now employ more Mexicans than ever before. Blanca believes that the multinationals are also into drug trafficking. Address: c/o Mr. Jose Diez Gutierrez, 3231 Meadway Dr., Houston, Texas 77082. Phone: 281-870-1850.

11338. Fan, Stephanie. 1997. Early Chinese tofu manufacturers in Boston (Interview). *SoyaScan Notes.* Feb. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Her mother, who is 76, remembers a Mr. Wong, who owned a tofu manufacturing company on Oxford Street in Boston in the 1930s. She does not recall his first name. In the late 1940s, Mr. Wong sold his company to Mr. Biu CHEW (his family name may have been spelled Choo or Jew or Chue). The company was still on Oxford Street. When Stephanie was growing up in Boston in the 1940s and 1950s, she remembers this tofu company on Oxford Street. She hated going down there (to give a message to Mr. CHEW) because of the awful strong smell.

She thinks that Wah Kee tofu co. still exists on Tyler St. She cannot find the address in a directory but she will find it in some way. Address: Chinese Historical Society of New England, 2 Boylston St., Suite 210. Phone: 617-338-4339.

11339. Mio, Art. 1997. Re: Pacific Nutritional Foods, Inc. Tualatin, Oregon, will be shipping its first orders of U.S.-made aseptically packed Mori-Nu Tofu on February 18, 1997. Letter (fax) to William Shurtleff at Soyfoods Center, Feb. 11. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The first sales will go to the health food industry; other sales channels will be filtered in over the next few months. During this transition period, Morinaga Nutritional Foods will be selling both Tokyo-made 10.5 oz. Mori-Nu as well as the new 12.3 oz. U.S. product.

The Grand (internal) opening will be held at the plant on 4 March 1997, starting at 1:00. Note: Only about 200 "insiders" will be invited for a luncheon; no local or state government people will be present. Address: National Sales Manager, Morinaga Nutritional Foods, Inc., 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.

11340. Smith, Michelle. 1997. Members of the Soyfoods Association of North America (as of 12 Feb. 1997). Walnut Creek, California. 1 p. Feb. 12. Unpublished typescript.
• ***Summary:*** The Association has 35 paid members. Two of the companies (Devansoy and MLO Products) have two people listed from each company. The companies are: ADM–Jack Painter, Eden Foods–Sally Gralla, Devansoy–Elmer Schettler & Ed Pedrick, Lightlife Foods–Rick McKelvey, MLO Products–Ed Cabelera & Ryan Schmidt, Pulmuone–Seung Hoon Lee, SunRich–Allan Routh, Sacramento Tofu–Alvin Kunishi, American Miso–Don DeBona, Tofu Shop–Matthew Schmit, Turtle Island–Seth Tibbott, Vitasoy–Yvonne Lo, Westbrae–Myron Cooper, American Soy–Tim Redmond, Clofine–Richard Eluk, International ProSoya–Dusty Cunningham, Monsanto–Molly Cline PhD, MYCAL–Terry Tanaka, Natural Products–Paul Lang, Pacific Soybean–Dan Burke, Alfred College–Charles Goubau, Ohio Soybean Council–Jim Kapp, Iowa Soybean Association–Kirk Leads, Iowa State University–Dr. Lester Wilson, Mark Messina PhD, Nebraska Soybean Board–Stephanie Lynch, EMB Partners–John Eastham, Nutrition Advantage–Anne Patterson R.D., Soyatech–Peter Golbitz, Soyfoods Center–Bill Shurtleff, Apple Valley Market–Gary Pappendick, Essene–Howard Waxman, Sevananda–Vince Hoffman. Address: Executive Director, Soyfoods Assoc. of North America, P.O. Box 3179, Walnut Creek, California 94598. Phone: 510-935-9721.

11341. Nelson, Emily. 1997. Ambiance to go: Two neophytes bring a taste of New York to Hungry Pittsburg: In the land of the Pierogi, customers stand in line just for the atmosphere. But avoid the curried tofu. *Wall Street Journal.* Feb. 18. p. A1, A17.
• ***Summary:*** Tom Baron and Juno Yoon are copying hot restaurant ideas in Pittsburg. Their restaurant named Soba serves miso-glazed red snapper. But one evening at their restaurant Kaya, they both tasted the curried-tofu appetizer, found it terrible, and sent it back to the kitchen. Address: Staff reporter.

11342. Bertagnoli, Lisa. 1997. Going green: Why are more seniors kicking the meat habit? Their reasons may surprise and enlighten you. *Vegetarian Times.* Feb. p. 76-81.
• ***Summary:*** Older people are turning to a vegetarian diet in ever-increasing numbers. Not surprisingly, demographics are driving the drift. By the year 2005 Baby Boomers, those born between 1949 and 1963, will make up 38% of the U.S. population. This educated, health-conscious, rebellious, and relatively affluent segment of the population fits the traditional vegetarian profile.

11343. Galaxy Foods Company. 1997. Galaxy Foods–Creator's of today's lifestyle foods (Portfolio). Orlando, Florida. Nine inserts. 30 cm.
• ***Summary:*** On the cover of this portfolio is the Galaxy Foods logo and four of its brand logos (formägg, Soyco, Soymage, Lite Bakery) against a white background. Across the bottom is written the slogan in bold red letters: "Creator's of today's lifestyle foods." A four-page color insert, stapled to the portfolio contains a color photo of Angelo S. Morini (Galaxy's Chairman, President & Founder), a mission statement (dual purpose), photos and descriptions and photos of the company's products and plant, a description of the new plant (60,000 square foot facility in Orlando, Florida).

The nine inserts in this portfolio include: Five news releases from 1996 and early 1997 as follows: "Galaxy

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Foods announces $2 million line of credit" (4 Nov. 1996). "Galaxy Foods, Pepsi and The Golf Channel to launch health show" (25 Nov. 1996). "Galaxy Foods announces continued expansion of export sales" (9 Dec. 1996). "Galaxy Foods announces 3rd quarter results–Sales up 325% over same quarter last year" (11 Feb. 1997). "Galaxy Foods pulls out of Pacific Foods/HZ Foods joint venture" (28 Feb. 1997). Note: HZ Foods = Huzhou Zhenyuangtong Foods is located in China. Galaxy first reported the proposed joint venture in a press release dated 24 Sept. 1996. The venture was intended to produce, distribute, and sell various food products to consumer markets in China (PRC).

A 2-page letter to shareholders dated 20 Dec. 1996 from Angelo Morini. A 4-page brochure titled "About Galaxy Foods Company." It begins: "Galaxy Foods' flagship line, formägg, was originated in 1968 as a healthy cheese topping for pizza. During the next few years, the product was sold to pizza makers, frozen food manufacturers, hospitals, schools and restaurants. In 1972, when the dangers of foods high in cholesterol became known, Galaxy began selling formägg in health food stores." Formägg is made by blending casein, protein from skim milk, with canola oil. It is a lactose-free cheese product made with no saturated fats and no cholesterol. It now comes in seven different flavors and forms, such as Grated fat free Parmesan, Mozzarella and Cheddar shreds, Fat free yellow American individually wrapped slices.

A color brochure (front and back) titled "Nature's alternative to cheese: Formägg veggie slices."

Galaxy's quarterly report (Form 10-QSB) for the quarterly period ended 31 Dec. 1996 (14 p.). The company lost more than 1 million dollars in 1995 and in 1996. Address: 2441 Viscount Row, Orlando, Florida 32809. Phone: 800-441-9419 or 407-855-5500.

11344. House Foods America Corporation. 1997. Changing the way America eats–Hinoichi (Brochure). Garden Grove, California. 6 p. 28 cm.

• ***Summary:*** This is a stylish, glossy, 6-panel full-color brochure, with a white on red cover. Contents: The freshest ideas for healthy appetites: An ingredient full of innovation, two billion people can't be wrong, eating, feeling, and looking better, doctors and chefs now agree, making change so natural. The House behind the brand.

Photos show: A full-page shot of tofu in 4 dishes as part of an elegant dinner. Small shots of tofu in various dishes. The label of 3 types of Hinoichi tofu (regular, firm, and soft–kinugoshi). The outside of the company's new plant in Garden Grove. Rows of stainless steel pressing boxes inside the new plant. Address: 7351 Orangewood Ave., Garden Grove, California 92841. Phone: (714) 901-4350.

11345. House Foods America Corporation. 1997. House Foods America Corporation. Garden Grove, California. 12 p. 28 cm.

• ***Summary:*** This color booklet is written in 4 languages: English, Japanese, Korean, and Chinese. Thus four blocks of text, each with the same message, appear on each 2-page spread. Contents: Introduction. House Foods products. Tofu & tofu products. Restaurant–Curry House. Factory.

"House Foods Corporation is the biggest spice manufacturer in Japan, selling processed foodstuffs such as curry mix and stew mix products. In 1981, we established the Los Angeles office to introduce Japanese style curry... In 1983 we opened a curry restaurant in Little Tokyo, where our customers enjoy cuisine created with a Japanese sensibility. We also [in 1983] started manufacturing tofu, the healthy food low in fat and high in protein. Tofu has become increasingly popular in the United States and most grocery stores carry it. In 1997, we established House Foods America Corporation by merging the three enterprises: House Foods Los Angeles Office, which is in charge of the sales of House Foods' products from Japan, Curry House Restaurant, and Hinoichi Tofu manufacturing. The new entity allows us to provide better quality products to our customers. House Foods America Corporation aims to bring the rich Japanese food culture to the United States by providing high quality food products to American customers."

The new factory in Garden Grove makes 3 types of tofu, natto, fried bean curd, and konnyaku. "This factory features state-of-the-art equipment which can produce 150,000 packages of tofu per day." As of March 1997 there are five Curry House restaurants in the Los Angeles area.

Contains many color photos including: Two views of the outside of the new tofu factory in Garden Grove, California. Curry and Chinese Mabo Tofu Sauce packages. Packages of 3 types of Hinoichi Tofu (regular, firm, and soft kinugoshi) plus natto. The inside of a Curry House restaurant. Five views of the equipment in the new tofu factory, including an overview of the production area. Address: 7351 Orangewood Ave., Garden Grove, California 92841. Phone: (714) 901-4350.

11346. Mangels, Reed. 1997. Vegetarian Journal's guide to breakfast "meats." *Vegetarian Journal* (*Baltimore, Maryland*). Jan/Feb. p. 24-25.

• ***Summary:*** A large table gives a nutritional comparison of breakfast meats and meat alternatives in three categories: Bacon (2 alternatives), Canadian bacon (1), and sausage (9). The meatless meat alternatives are made from tofu, tempeh, and textured soy protein concentrate and wheat gluten. Address: Ph.D., R.D.

11347. **Product Name:** Mori-Nu Tofu–Silken Style [Firm, Extra Firm, Soft].
Manufacturer's Name: Morinaga Nutritional Foods, Inc. (Product Developer-Distributor).
Manufacturer's Address: 9960 S.W. Potano, Tualatin, OR

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97062. Phone: 503-692-3498.
Date of Introduction: 1997. February.
Ingredients: Firm and extra firm: Water, soybeans, isolated soy protein, gluconolactone (a non-dairy coagulant derived from food starch), calcium chloride.
Wt/Vol., Packaging, Price: 12.3 oz (349 gm) Tetra Brik Aseptic carton. Retails for $1.19 (1997/06, Lafayette, California).
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1997. June 16. Each package has a color photo on the front panel and a recipe on one side.

Talk with Art Mio of Morinaga. 1997. June 16. These three products were first sold commercially on Feb. 17. They are made by a new company named Pacific Nutritional Foods, Inc., which is a joint venture between Morinaga Nutritional Foods, Inc. and Pacific Foods of Oregon, Inc.; the company's sole purpose at present is to manufacture aseptically packed tofu.

11348. Pacific Nutritional Foods, Inc. 1997. Re: Invitation to open house (Folded card). Tualatin, Oregon. 4 panels.
• ***Summary:*** On the cover of this printed, folded invitation card (each panel is 6¼ by 4½ inches) is written "Pacific Nutritional Foods Incorporated." Above these words are two green waves. On the inside is written: "Pacific Nutritional Foods, Inc. cordially invites you to attend our Open House. 11:00 a.m. to 4:00 p.m. Tuesday, March 4, 1997, at our facility located in Tualatin. 9960 S.W. Potano. Dedication ceremony at 1:00 p.m.

Note: This new company and factory, Pacific Nutritional Foods, Inc., is a joint venture between Morinaga Nutritional Foods, Inc. and Pacific Foods of Oregon, Inc. It will make Mori-Nu Tofu. Address: Tualatin, Oregon.

11349. Shurtleff, William; Lingle, Sheila. 1997. Readers like Soyfoods Report. *Soybean Digest.* Mid-Feb. p. 66.
• ***Summary:*** Since Soyfoods Center was omitted from the "Soyfoods Special Report" in a previous issue of *Soybean Digest,* Shurtleff writes about the Center and its resources. A Texas reader thanks the Digest for writing about tofu and tempeh, which he has eaten for the past 30 years as he worked as an agronomist. Address: 1. Director, Soyfoods Center, Lafayette, California; 2. Indiana Soybean Development Council.

11350. **Product Name:** Soymeat Mealmaker (Formerly Cajun BBQ Style and Vegan Cajun Burger) [Original Spicy Flavor].
Manufacturer's Name: Soy Devine.
Manufacturer's Address: 1388 Haight St., Suite 222, San Francisco, CA 94117. Phone: (415) 339-8045.
Date of Introduction: 1997. February.
Ingredients: Organic nigari tofu*, organic tomato sauce*, fresh onion, filtered water, mustard, organic brown rice syrup*, organic apple cider vinegar*, Bragg Liquid Aminos, organic miso*, organic peanut butter*, fresh garlic, non-irradiated spices. * = Grown in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 14 oz (392 gm) plastic tub. Wholesales for $3.00. Bulk price (4 lbs. minimum): $3.00/lb.
How Stored: Refrigerated or frozen.
New Product–Documentation: Call from Martha Devine. 1997. Jan. 16. She left Arcata in April 1996 and is starting this month to make products in San Francisco in a new kitchen. She buys her tofu from Quong Hop. This product, which was launched in Jan. 1995 as Vegan Cajun Burger (On a Bun), has been renamed and repositioned.

Photocopy of Label sent by Martha Devine. 1997. Feb. 3. This product will be coming soon. Label: Top–3½ inches diameter. "Healthy delicious fast foods. A vegan diet is kinder to animals, people & the environment." "Use meatless Soymeat Meal-Maker to replace the beef, pork, chicken, turkey, tuna, or sausage in dishes like: burritos, chili, enchiladas, nachos, tacos, tamale pie, tostadas, shepherd's pie, lasagna, spaghetti, hero subs, sloppy joes, rice or noodle casseroles, or your own favorites! Pre-cooked. Delicious 'as is' or just heat & eat! Soy is joy." Note: Mara changed her name back to Martha (her name at birth) in Dec. 1995.

11351. Witt, Barbara. 1997. Pan-Asian express: Quick fixes for Asian food fans. New York, NY: Bantam Books. xiii + 194 p. Index. 24 x 14 cm.
• ***Summary:*** The author, who grew up in Connecticut, loved Chinese food and Mott Street in New York City. An excellent writer, she won the James Beard award in 1993. The section on "Seasonings" (p. 8-13) gives descriptions of: Hoisin sauce, sesame seeds, soy sauce (Kikkoman is a good brand; tamari is darker and stronger), soy sauce–dark (sometimes called "black soy"; Koon Chun is a good brand), soy sauce–mushroom (flavored with straw mushrooms; Pearl River Bridge is a good brand). Soy sauce–shrimp (The Chinese equivalent of Thai and Vietnamese fish sauce. Pearl River Bridge is a good brand), soy sauce–Indonesian (*Ketjap manis;* not to be confused with the less subtle Chinese sweet soy sauce).

The section on "General packaged goods" (p. 15-18) gives descriptions of: Black beans–Chinese salted (Chinese salted black beans: "The ancient and original soyfood that produced miso and soy sauce looks kind of pitiful..." Good brands are Mee Chun and Pearl River Bridge. Avoid those flavored with five-spice powder), coconut milk (canned is excellent), coconut cream, tofu ("innocuous").

Soy-related recipes include: Seared corn, tomato, and black bean relish (with "chopped Chinese black beans," p. 40-41). Silky tofu walnut dip (p. 50-51). Bean paste soup (*miso shiru,* with red bean paste, p. 91). Romaine salad with

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lemon soy dressing (with soy sauce, p. 95-96). Tropical fruit, avocado, and tofu salad (p. 110-11). Scallops with pork and black beans (with "Chinese fermented black beans," p. 146-47). Curried mushrooms, peas, and potatoes (p. 171-72). Address: Washington, DC.

11352. Tsurata, Shizuka. 1997. From Mother Earth kitchen: Sifting through soybeans for a taste of tofu. *Japan Times* (*Tokyo*). March 6. [Eng]
• ***Summary:*** "Tofu has now become a staple food in the West,..." Address: Columnist.

11353. Endo, Margaret. 1997. The Los Angeles Tofu Festival (Interview). *SoyaScan Notes.* March 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This festival was held on 10-11 August 1996 in Los Angeles, in collaboration with the annual Nissei Week–which has been celebrated for more than 50 years. Nissei Week in Los Angeles resembles the week-long Cherry Blossom Festival in San Francisco. The goal is to draw outside people into Little Tokyo and to expose them to Japanese culture, businesses, etc. 10,000 people attended–6,000 the first day and 4,000 the second day. The idea came from Bill Watanabe, executive director of the Little Tokyo Service Center (LTSC), which is a non-profit community organization which provides a variety of social services for the Little Tokyo community. The staff of LTSC is mostly Japanese-American. The main sponsor to step forward was Hinoichi Tofu Co. Tofu recipes were served at restaurants and one tofu cookbook, titled *The Four Seasons of Tofu Cookbook,* was compiled in 1996 for the festival by the staff of the LTSC (from recipes they contributed and tested), published in English, and sold at the festival. Note: Patricia Greenberg of Los Angeles, head of The Fitness Gourmet, who is writing a soyfoods cookbook, visited this festival in 1996.

The second Tofu Festival will be held this year on August 9-10, the first weekend of Nissei Week. A Japanese-language edition of *The Four Seasons of Tofu,* will also be published. Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1600.

11354. Ubiera, Leonidas Radhames. 1997. Re: Work with soyfoods and gluten in the Dominican Republic. Letter to William Shurtleff at Soyfoods Center, March 10–in reply to inquiry. 2 p. Typed, with signature.
• ***Summary:*** Gives the date that each of the company's products were introduced, and the main ingredients in each. Tofu and soymilk were both introduced in Sept. 1995. All other products were introduced in 1996.

Leonidas is aware of only one company that made soy products in the Dominican Republic before his company–that is a company named Salubi, which made salami from texturized soya and sold other imported products.

UFIESA is an abbreviation/acronym for Ubiera & Fortunato Import-Export, S.A. It is a division of Productos Nutrisoya.

The address on this letter is his home and office. His factory is located at Av. de los Restauradores No. 149.

He thanks William Shurtleff for sending him a database search of all known work with soya in the Dominican Republic from earliest times to the present. "I will use this to teach about soya in our country." Address: Calle 33 #9-A, Villa Carmen Este, Santo Domingo, Dominican Republic. Phone: 809 590 3418.

11355. Tanikawa, Harry. 1997. House Foods, America's second largest tofu maker, to open a new tofu factory–America's largest–on March 12 in Garden Grove, California (Interview). *SoyaScan Notes.* March 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The address of the new plant will be 7351 Orangewood Ave., Garden Grove, California 92841. Phone: 714-901-4350. Garden Grove is about 30 miles southeast of Los Angeles–near Anaheim and Santa Ana.

First a bit of history: In 1983, House Food Industrial Co., Ltd. of Japan purchased 50% ownership in Yamauchi Enterprises (formerly Hinode Tofu Co., owned by Mr. Shoan Yamauchi) in Los Angeles. The company was renamed House Foods & Yamauchi, Inc. A year or two earlier Mr. Yamauchi had changed his company name to Yamauchi Enterprises (from Hinode Tofu Co.) because he was challenged by the Hinode Rice Co. over use of the word "Hinode." At this time, Harry was at Japan Food Corporation (JFC). Mr. Yamauchi asked JFC (since they were a big customer for his products) for their advice concerning the best company and brand names, from among several that had been suggested by a research company. Mr. Yamauchi selected "Hinoichi" as a new brand name, to replace "Hinode." The "Hinoichi" brand originated at this time. In 1993, House Foods Corporation of Japan purchased the remaining 50% of House Foods & Yamauchi, Inc. from Mr. Shoan Yamauchi. The new company was renamed House Foods America Corporation. No news release was issued at the time and no media stories appeared. Mrs. Yamauchi would probably know all the exact dates that these things happened.

The new plant will have three tofu production lines and a capacity of 150,000 cakes of tofu, compared with 70,000 for the previous plant. The plant size is about 130,000 square feet on 5 acres of land–which gives plenty of room for expansion. House Foods bought the property. Mr. Yamauchi also used to own his parcel in downtown Los Angeles, at 526 Stanford Ave., on the outskirts of Little Tokyo. The plant was located near Yohan and next to many very old, first-time established Japanese manufacturers in that area. It was a bad neighborhood, with many drunks on the streets and it

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steadily got worse.

Mr. Yamauchi no longer comes to work each day at the tofu plant; he stopped coming to work in about August 1996; he is retired and just stays home with his family.

The biggest upgrades at the new plant are the cooker, the double-cool pasteurizer, and the cutting and packing. In the old factory, the tofu went through a single-cool pasteurizer. First it moved through long a hot-water pasteurizing tank, and then through a cold lower pasteurizer, which would lower the internal temperature of the tofu to around 40ºF– which was above shipping or storage temperature. In the new factory, the tofu will pass through the hot bath, then a room-temperature cold bath, then it will go down through a very cold temperature bath at about 33ºF; it will come out at the exact temperature desired for storage or shipping, which give the product a longer shelf life. All the tofu cutting and packing is now fully automatic.

House Foods would like to become the biggest tofu manufacturer in America. The new plant will give them the capacity to pursue that goal. House has the finances and determination to reach the goal.

On 1 April 1997 House Foods American Corporation will be formed as a merger of three different companies that were established in Los Angeles: (1) House Foods Corporation in Torrance was an importer of spices manufactured in Japan by House Foods of Japan. They also exported some raw material; (2) Curry House America, a restaurant division with five Curry House restaurants in the Los Angeles area (in Little Tokyo, Torrance, Cypress, Gardena, and Beverly Hills). (3) The tofu manufacturer and seller of tofu. House Foods America Corporation will then be a subsidiary of House Foods Corporation of Japan.

House Foods issued a news release in which it claimed to be the largest tofu manufacturer in the USA, with 60% of the domestic market. This was supposed to read 60% of the Los Angeles market–which is true.

Note: House Foods is the oldest existing Japanese-American tofu manufacturer in the United States. The company traces it roots back to 1923 in Honolulu, Hawaii, when a company named H. Iwanaga Daufu was started. After being purchased by Shoshiro Kanehori and then by Mrs. Haruko Uyeda, it was finally purchased in 1939 by Mr. and Mrs. Shokin Yamauchi, and later renamed Aala Tofu Co. Mr. Shoan Yamauchi, the son, worked at the family shop in Hawaii, then in 1947 came to California with his wife, Shizuko. The former owners of Tomoi Tofu Co. (Mr. Tomoi and probably a partner) had started Hinode Tofu Co. in March 1947 at Sixth St. and Towne Ave. in Los Angeles. They made 1,500 cakes of tofu a day. Mr. Shoan Yamauchi and his wife purchased the company in late 1947. Later they renamed it Matsuda-Hinode Tofu Co., then Hinode Tofu Co. Mr. Yamauchi pioneered the packaging of tofu in plastic tubs with a heat-sealed film lid and was the first to have his tofu sold in U.S. supermarkets. For many years Hinode Tofu Co. was the largest tofu maker in the USA. Address: National Sales Manager, House Foods of America Corp., 7351 Orangewood Ave., Garden Grove, California 92841. Phone: 714-901-4350.

11356. Wight, Karen James. 1997. Work with tempeh and tofu at Homeland Foundation in Australia (Interview). *SoyaScan Notes.* March 12. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Karen arrived at Homeland Foundation in Australia in either late December 1981 or early 1982 (she no longer has her passport from that era). She lived in Australia for 6½ months, during which she lived at Homeland Foundation for 3½ months. Homeland was located at Upper Thora, in the Bellingen Valley, about 40 miles inland from Coffs Harbour, near the east coast of New South Wales. The area was incredibly lush, green, and fertile.

She left southern California in August 1981 (after leaving a professorship at UCLA), spent 2 months in Hawaii studying body work, then flew to Sydney (the capital of New South Wales), arriving in about October 1981. She met Jonathan Gordon at a community in a hotel just outside of Sydney, where they stayed for about a month. Then they stayed at a community in Victoria for about 1 month. They spent Christmas in Melbourne–where the only thing offered to eat was meat. Then they went directly to Homeland. They wanted to go there because Jonathan had been to Findhorn (a spiritual community in northern Scotland), and he knew some of the Findhorn people who had started Homeland.

Karen is sure the company that made tofu, tempeh and sprouts (mainly alfalfa and mung bean sprouts; no soy sprouts) had a name (but she cannot remember what it was) because they sold products commercially outside the community in order to earn income for Homeland Foundation. The equipment was new and gorgeous; the sprouting room was very modern, sanitary, and well organized. The company made good use of the okara–a by-product from making tofu; they used it to make delicious okara granola and soysage. These two products were consumed mostly in the community and by friends; they were not sold.

Karen has no idea when Homeland was established or when they started to make tempeh and tofu. She would guess they had been making and selling soyfoods for at least a number of months, and perhaps a year or two. She thinks it is fairly likely that they were making tempeh by January 1981. They had clearly built it into a very productive and well-organized operation. Karen is quite sure that they started making tempeh after tofu production was well established.

The tofu and tempeh were made in the same small room, but each was made by different people; Karen made tofu more than tempeh. They made tempeh in an incubator that was the size of a refrigerator–about 30-40 pounds at a time, approximately twice a week. Tofu was made daily.

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Only soy tempeh was made. They may have learned both the tempeh and tofu processes from one of the many people who came regularly from Findhorn. The various people who were head of the community had all been to Findhorn. Karen remembers getting up at 2:00 in the morning to make tempeh. She wishes Jonathan would write a book about spirituality, service, cooking, and food. Address: 2333½ Rodriguez Rd., Santa Fe, New Mexico 87501. Phone: 505-982-4765.

11357. Apodaca, Patrice. 1997. Curd is the word: Tofu–Nation's largest factory open in Garden Grove [southern California]. *Los Angeles Times.* March 13. p. D1, D5. Business section. [1 ref]
• ***Summary:*** Osaka-based House Foods opened America's largest tofu factory on Wednesday. A Shinto minister, the Rev. Alfred Y. Tsuyuki of Konko Church, Los Angeles, stood before a shrine and conducted the ceremony of blessing–as traditional to Japanese opening a new business as christening a ship is to Westerners. Rev. Konko has blessed Japanese buildings across America. "These plants have made millions off me," he quipped.

The fully automated, state-of-the-art, 130,000 square foot plant cost $21 million, and will more than double the company's tofu production capacity to 150,000 pounds/day. The old factory has been operating a full capacity for years. The new one will have 150 workers by the time it is fully operational next month. The new plant even has a test kitchen, where a resident home economist will test recipes and consult with dietitians. The firm's sales are currently about $10 million a year. House Foods is best known in this country as a maker of snack foods and curry powder.

House Foods is hoping that its U.S. expansion will help it withstand growing pressures at home. With about $1.7 billion in total sales, it has had among the highest profit margins in the Japanese food industry, according to Patricia Horvath, an analyst at UBS Std. in Tokyo. But House Foods' profits have decreased in the past few years due to increased competition, the Japanese recession, and a weaker yen which increases the cost of imported materials. In 1983 House Foods bought an interest in the Hinoichi tofu plant in Little Tokyo, Los Angeles, then purchased the rest of the company in 1993.

After the Shinto ceremony, before the guests were ushered away to a lunch of traditional fare and tofu lasagna, the company–leaving nothing to chance–finished with a typical American opening symbol. They cut a ribbon.

In America tofu has been championed by vegetarians as a meat substitute. "They've fought to overcome the typical American impression of tofu as soggy and tasteless by promoting its chameleon-like" versatility. Contains a quote from *The Book of Tofu* by Shurtleff & Aoyagi about how a traditional craftsman makes tofu.

Color photos show: Yellow soybeans. Soymilk being curded in a carousel curding machine with about 24 cylindrical vats. Rev. Tsuyuki in Shinto cap holding a bowl. Address: Times Staff Writer.

11358. Rose, Richard. 1997. Re: Soy cheeses in Europe. Letter to William Shurtleff at Soyfoods Center, March 13. 1 p. Handwritten.
• ***Summary:*** Richard just returned from Biofach in Germany. The tofu/soy cheese sold by Viana died. Sharon's Finest is going to (1) export some Rellas to Europe via Ki Foods in Italy, and (2) produce some tofu products and hemp foods in France, under license to Soleil de la Lix. Address: President, Sharon's Finest, P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11359. *SoyaScan Notes.* 1997. A new challenge for soyfoods manufacturers in America (Overview). March 14. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** During the last year or two, Soyfoods Center has been receiving a growing number of calls from people who ask "How can I get more soy into my diet?" Never before have we heard people ask a question like this. These people have heard about the many health benefits of consuming soyfoods regularly but they don't know what foods would suit their tastes and diet. Some are willing to try tofu, but others are not. Those who have tried soymilk often say that they don't like the taste and it is too expensive.

We think there is a need for a new type of soy product with the following specifications, listed here in order of importance: (1) It must be delicious, something that most Americans would like immediately. (2) It must be ready to eat, ideally without even heating. (3) It should be low in fat and low in calories. (4) It should contain enough soy isoflavones/phytoestrogens (i.e. soy protein) to have significant health benefits if consumed daily. (5) It should not be too expensive. (6) It should contain only natural ingredients and no animal products.

Examples: (1) A pudding or parfait–either the type made from soymilk and sold so widely in Europe in Tetra Brik cartons, or one resembling the Imagine Foods 4-pak puddings (which have no nutritional benefits except low fat and low calories). (2) A protein-rich soy yogurt with added sweetener plus fruits or flavoring. (3) A dry mix to which one adds water or soymilk for use as a breakfast shake.

How to market it: Any slogan that works, with the subheading "Contains 30 mg natural soy isoflavones/phytoestrogens per serving." Or "Contains 30 mg natural genistein per serving."

11360. Koda, Carole. 1997. Re: Soybeans, tofu and Japanese-Americans in the Central Valley of California. Letter to William Shurtleff at Soyfoods Center, March 17–in reply to inquiry. 2 p. Handwritten, with signature.
• ***Summary:*** Carole is writing an oral history on the maternal

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side of her family. Her mother, who married into the Koda family after World War II, doesn't think that the Kodas grew soybeans. She also asked her uncle, who has farmed in Livingston, California, all his life. He wasn't aware of any Japanese or Japanese-Americans who grew soybeans.

But Carole has a memory of tofu. "When I was a child visiting aunts and uncles in Livingston & Cressey, the tofu truck used to come to the houses delivering fresh tofu and various Japanese foods."

Note: Livingston is in the California's Central Valley between Modesto and Merced on Highway 99. Address: Kitkitdizze, 18442 Macnab Cypress Road, Nevada City, California 95959.

11361. Rawlings, Andrew. 1997. Re: Work with soyfoods in Guyana. Letter to William Shurtleff at Soyfoods Center, March 20. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Andrew came to visit Soyfoods Center (Lafayette, California) in Nov. 1994 and was given one of the Center's books on soyfoods production. He found it filled with valuable information, which he has been using. From the Philippines he wrote [in Nov. 1994] about their production and sale to the public of tofu, using sea water and vinegar as a coagulant.

He has now become an Acharya of Ananda Marga (AM). His name is Acharya Jiivanmukta Brahmacari [Brahmachari] "Dada." For the past year he has been living in Guyana. He travels to Brazil every 3-4 months to attend seminars and retreats of AM. It is expensive since Guyana is cut off from Brazil by the Amazon Basin and is really part of the Caribbean community; it is the only English speaking country in South America.

In the past he has financed his travel by buying soy meat "chunks" in Sao Paulo, Brazil, and reselling them in Georgetown. It was a very successful venture and the chunks have become so popular that even the butcher shops carry them for the public. Though his predecessor was the first to bring chunks into Guyana, both of them have been left out of the growing market because many entrepreneurs are now importing the chunks from Trinidad, the USA, etc. and selling them in Guyana for half the former price.

Ever since he arrived in Guyana he thought how nice it would be if he and AM could grow soybeans there and make the chunks themselves rather than importing. That way they could provide a very nutritious and inexpensive food stuff made locally and still create enough finance for travel and maintenance of AM projects there. Now it seems that this is the only way they can continue with the soy line at all. He asks Soyfoods Center for information on making such soy chunks. Address: Ananda Marga Yoga Society of Guyana Limited (Self Realization), 83 Rail Way Line, Stewartville, Guyana. Phone: 068-384.

11362. Kashama, Johnny. 1997. Re: Update on Tofu-Rwanda s.a.r.l. Letter to William Shurtleff at Soyfoods Center, March 31. 3 p. Handwritten, with signature. [Eng]
• ***Summary:*** Johnny was recently with the director of Tofu-Rwanda who is Miss Mado Niyontese. She told him the following. Before the civil war in Rwanda [April to July 1994] the address was 1906, Kigali, Rwanda. But now it was given to another person. The current address is: Tofu-Rwanda, c/o Swiss Embassy, P.O. Box 1297, Kigali, Rwanda.

The name "Tofu-Rwanda" will disappear in a few days because all the associates are no longer together; they were ruined. The enterprise was been under the direction of the Switzerland Cooperation for two years, but that ended in 1996. The director will create a kind of cooperative which they plan to name Soja Val. Its main goal will be social service, but it will also attempt to be profitable. The director is planning many workshops on tofu and other soybean foods in all the prefectures of Rwanda. The phone number is +250 75812. They recommenced making tofu on 28 Nov. 1994. They are still producing soymilk, tofu, croquettes, and fritters. They added two other products–soy flour, and Misola made of a mixture of millet, soja, and peanuts. Address: Rwanda.

11363. **Product Name:** [Sweet Tofu (Rumba, Caramella, Pina Colada, Vanilla, Caramella)].
Foreign Name: Sweet Tofu (Rumba, Caramella, Pinacolada, Vanilla, Caramella).
Manufacturer's Name: Bio Vita Naturkost.
Manufacturer's Address: W.v. Selve Str. 2, 31789 Hameln, Germany.
Date of Introduction: 1997. March.
Ingredients: Rumba: Tofu*, honey*, nuts*, raisins*, Jamaica rum, spices* (*Gewürze*), carob flour (*Johannisbrotkernmehl*). * = Organically grown (*aus kontrolliert biologischem Anbau*).
Wt/Vol., Packaging, Price: Bottle.
New Product–Documentation: Leaflet (4 by 5 inches, 4 panel, color) from Biofach, Germany. 1997. March. "Sweet Tofu Premiere. The light spread with the heavenly taste." Ingredients in Pina Colada: Tofu*, bananas, honey*, apricots*, coconuts* (*Cocos**), carob flour. Note: Hameln is southwest of Hannover.

11364. Bruno Fischer GmbH. 1997. Neuheiten 1997 [New products for 1997 (Leaflet)]. Aetorf, Germany. 1 p. 30 cm. [Ger]
• ***Summary:*** This leaflet from Biofach, March 1997, contains a list of new products made by the company, including four tofu spreads (*Deftico, Violetta, Peppino, Vulcano*), and various vegetarian sausages. Address: Im Auel 88, 53783 Aetorf, Germany. Phone: 49-2243-4021.

11365. Cheng, Guoqiang. 1997. Market prospects for upland

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crops in China. *Palawija News* (*Bogor, Indonesia*) 14(1):1-12. March.

• ***Summary:*** In China, the soybean is considered a major upland crop, along with maize, sweet potatoes, potatoes, and rice. Economic reforms in China have led to major changes in the eating habits of Chinese consumers. "Grain consumption of urban consumers dropped from 145.4 kg in 1981 to 97.8 kg in 1993. However, the consumption of pork, beef and mutton grew from 18.6 kg to 20.8 kg and poultry meat from 1.9 kg to 3.7 kg. The grain consumption of rural consumers increased from 248 kg in 1978 to 266.0 kg in 1993, pork, beef and mutton consumption grew from 6.1 kg to 13.3 kg, and poultry consumption from 0.3 kg to 1.6 kg."

Table 4 shows income elasticity of food consumption for various commodities in China (mean, rural, and urban). A negative elasticity (as for maize, sweet potatoes, or potatoes) means that as income rises, consumption of these commodities decreases. A high positive elasticity means that a small increase in income leads to a large increase in consumption of that food. Foods with the highest mean elasticity are poultry (0.86), eggs (0.57), pork (0.49), and vegetable oils (0.35). As as income increases, consumption of foods with the highest elasticity will increase most rapidly. Beans have a mean elasticity of 0.38; soybeans are not specifically mentioned.

Table 5 shows projected growth (%) in demand for food. Demand for soybean (which has an expenditure elasticity of 0.38) is expected to grow at 3.56% a year. Other projected annual growths in demand: Poultry 6.44%. Eggs 4.70%. Pork 2.22%. Edible oils 3.39%.

A long section (p. 5-9) discusses supply or and demand for feed. In China, feed is conventionally divided into three types: feedgrains (71.4% of total), oilcakes (8.4%) and bran (20.2%). Feedgrains include maize (by far the largest), rice, tubers, and roots (mainly potato and sweet potato). Table 8 shows total grain and feedgrain in China from 1980 to 1994 (in million tons). Total grain grew at 2.37% annually from 320.56 in 1980 to 445.10 in 1994. Feedgrain grew at 6% annually from 59.39 in 1980 to 134.24 in 1994. Feedgrain comprised 18.53% of total grain in 1980, but 30.16% in 1994.

Table 9 shows the availability of feed by source in 1993. 15.00 million tons (MT) of oilcakes were available, including cottonseed meal 5.23MT, groundnut meal 4.88MT, soybean meal 4.70MT, and others 0.19MT. Note the relative unimportance of soybean meal.

Table 10 shows that the output of formulated feed (in million tons) in China grew from 0.60 in 1978 to 42.32 in 1994. Table 12 shows the demand for commodities as animal feed in China in the year 2,000. The total feed demand is projected to be 231.74 million tons, including 103.82MT of maize, 25.95MT of rice, and 6.03MT of soybean meal.

A subsection titled "Soybean" (p. 7-8) states that the soybean has received increasing attention by producers and consumers with the change of consumers' views and adjustment of the food structure of households. In 1994, soybean was grown on 9.22 million hectares, accounting for 8.4% of total grain acreage and the output was 16 million tons, accounting for 3.6% of total grain production.

"Soybean in China is mainly used as food (49%) and for oil extraction (43%). Most of the soybean meal is utilized domestically (89%), with a small proportion used for export (10%). It is projected that by the year 2000, the demand of soybean in China will be 15.32 million tons, of which 6.57 million tons will be used as food and 7.54 million tons for oil extraction. Direct consumption of soybean (such as processed into bean curd, soybean sprouts, soybean milk, etc.) will still be the major form of soybean utilization in China. Due to an ever increasing domestic demand, the export of soybean in the future will not increase."

11366. Danival. 1997. Price List–Danival: 1 March 1997. Mezin, France. 21 p. 30 cm. [Eng]

• ***Summary:*** Contents: Unrefined Atlantic sea salt. Tomato preserves. Vegetable preserves (incl. azuki with hijiki sea weed). Mushroom preserves. New condiments. Fruit purees with no added sugar (but 35% corn syrup for sweetness). Cereal sweeteners (barley malt, wheat syrup, corn syrup, rice syrup, apple syrup). Desserts and fruit juice. Fruit desserts. Agen prunes. Danival's macrobiotic food range: "Europe's leading manufacturer of organic macrobiotic food products. Produced in France, traditional Japanese manufacture. Non genetically engineered soya, grown by Mr. Berjon from his own seed beans since 1991." Brown rice miso* (unpasteurized, 4 sizes), barley miso* (unpasteurized, 4 sizes), young shiro miso* (unpasteurized, 2 sizes), shoyu* (unpasteurized; 5 sizes), tofu*, smoked tofu*, tempeh with shoyu and wakame*, seitan with shoyu and hijiki*, gluten powder*. * = Organically grown, certified by AB-Ecoconcert.

A 4-page French-language color insert (dated March 1997) contains color photos of many of these products, sealed in glass jars–incl. "Bio Miso (*Orge/Gerst*), Sauce Bolognaise Seitan, Raviolis (*Farcies au Seitan*), and Bio Shoyu." Address: Moulin d'Andiran, 47170 Mézin, France. Phone: +33 5 5397 0023. Fax 5 5397 0010.

11367. DuPont Quality Grains. 1997. Optimum quality grains (Leaflets). Des Moines, Iowa. 2 p. Each leaflet is single sided. 28 cm.

• ***Summary:*** One leaflet describes A231QT Optimum yellow hilum soybean varieties "designed specifically for the soyfood market. It is large seeded, high protein, yellow hilum, and lipoxygenase 2, null" [i.e. lacking the undesirable L2 lipoxygenase enzyme which causes beany flavor]. Soyfood evaluations conducted by the Illinois Crop Improvement Association show that soymilk yields, tofu yields, tofu strength, and protein content meet and exceed

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Soyfood standards. Quality specifications on a dry matter basis: Seeds/lb: 2100. Protein: 46.3%. Oil: 20.6%. Tofu yield 332.6. White index of tofu: 51.6%. Tofu strength: 22.7 gm/sq. cm. Soymilk yield: 4.8 ml/gDS. Solids content of soymilk 11.7%. Protein content of soymilk: 50.3%. Sold in 50 lb bags and bulk.

The second leaflet describes A232QT Optimum high sucrose soybean varieties which "have been specifically selected and developed for their unique characteristics for use in the soyfoods industry and traditional food industries. High sucrose varieties have significantly increased sucrose content, reduced stachyose content [Note: Stachyose is an oligosaccharide that causes flatulence], and are lipoxygenase 2, null. Flours and powders from high sucrose varieties have a unique flavor profile offering opportunities for making improved beverages, bakery, pasta products, and other processed foods. Quality specifications Seeds/lb: 2900. Protein: 42.4%. Oil: 19.7%. Carbohydrate profile (dry weight basis): Sucrose: 8.4%. Raffinose: 0.03%. Stachyose: 0.40%. A color photo shows the soybeans with sliced white bread.

A cover letter from Kent Savage states that "These soybeans were developed through traditional plant breeding methods, and were produced in Iowa and Minnesota."

Note: 1997 July 11–There is no good source of bland soymilk base in the United States. Use of these lipoxygenase-null soybeans could be the answer to that problem. Address: 10700 Justin Dr., Des Moines, Iowa 50322. Phone: (515) 251-3056.

11368. House Foods America Corporation. 1997. Completion of new production plant: The company with the No. 1 tofu production capability in the U.S.–House Foods America Corporation (News release). 7351 Orangewood Ave., Garden Grove, California 92841. 2 p. March.
• ***Summary:*** "House Foods America Corporation held a ceremony on March 12 celebrating the completion of its new production plant, which had been under construction in the city of Garden Grove, California.

"House Foods America Corporation was established in 1983 when House Foods Co., Ltd. (President: Kunihiko Otsuka) bought an interest in a U.S. company located in Los Angeles. House Foods America became a wholly owned subsidiary of House Foods Co. in 1993, and is currently engaged in the production and distribution of various tofu and soybean products under the brand name 'Hinoichi,' which has nearly a 60 percent share of the domestic market."

The area of the land is 221,646 square feet. The total floor area is 128,746 square feet, including the first floor (production facility, warehouse, etc.) of 98,464 square feet, and second floor (offices, etc.) of 30,382 square feet. Production capability: 150,000 cakes/day of tofu, vs. 70,000 cakes/day in old plant. Investment: $21 million, including price of buying the land. Production will start in April 1997. Contact: Mr. Akio Watanabe. Address: Garden Grove, California. Phone: (714) 901-4350.

11369. House Foods America Corporation. 1997. House Foods America Corporation's U.S. business strategy (News release). 7351 Orangewood Ave., Garden Grove, California 92841. 2 p. March.
• ***Summary:*** "Effective April 1, the expanded House Foods America Corporation [HFAC], formed by the merger of House Foods America Corporation with Curry House America, Inc., will operate its new production facility in Garden Grove.

"The purpose of this merger is to consolidate the formerly spread-out business functions, assimilate information of the U.S. market and react to its demands in an appropriate and timely fashion, as well as to improve business efficiency in preparing for the future growth of the market. At the same time, House Foods intends to import and distribute its products in the U.S. to increase its share of the domestic market.

"House Foods America Corporation was established in 1983 when House Foods Co., Ltd. (President: Kunihiko Otsuka) bought an interest in a U.S. company located in Los Angeles. In 1993, House Foods America became a wholly owned subsidiary of House Foods Co. Currently, House Foods produces and distributes tofu and soybean products under the brand name 'Hinoichi,' which has nearly a 60 percent share of the domestic market. The company's new production plant, which will have the largest tofu production capability in the U.S., is scheduled to complete construction on March 12 in Garden Grove, California, and will start operations in April."

Sales of HFAC: Approximately $20 million/year. Number of employees: 150. President: Osamu Torii. Address: Garden Grove, California. Phone: (714) 901-4350.

11370. **Product Name:** Mori-Nu Silken Tofu–Lite [Firm, or Extra Firm].
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 9960 S.W. Potano, Tualatin, OR 97062. Phone: 503-692-3498.
Date of Introduction: 1997. March.
Ingredients: Lite firm: Water, soybeans, isolated soy protein, gluconolactone*, calcium chloride. * = Gluconolactone is a non-dairy coagulant derived from food starch.
Wt/Vol., Packaging, Price: 12.3 oz (349 gm) Tetra Brik Aseptic carton. Retails for $1.19 (1997/06, Lafayette, California).
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Talk with Art Mio of Morinaga. 1997. June 16. These three products were first sold commercially on March 1. They are made by a new company named Pacific Nutritional Foods, Inc., which is a joint venture between Morinaga Nutritional Foods, Inc. and

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Pacific Foods of Oregon, Inc.; the company's sole purpose at present is to manufacture aseptically packed tofu. The building is located about 1 block away from the Pacific Foods of Oregon factory.

Product (Lite–Firm) with Label purchased at Safeway supermarket in Lafayette, California. 1999. March. Tetra Brik carton. 4 by 3 by 2 inches. Light blue, dark blue, purple, and red on white. "Low fat. 50% less fat and 33% less calories than regular tofu. See nutritional panel." Recipe on one side for Strawberry banana shake. On back panel: "Free video–Why tofu? Includes latest nutritional research and 7 delicious recipes. Tofu & You, weight-loss plan and healthy eating guide with 102 low fat recipes–28 featuring tofu ($14.95). Free recipes." Send a SASE to Mori-Nu. One side panel states: "New 'Lite' from Mori-Nu is the world's first truly low-fat tofu with only 1 gram of fat per serving. Mori-Nu is a good source of cholesterol-free vegetable protein containing important soy isoflavones such as genistein and daidzein. It is low in calories, fat and sodium. Mori-Nu's revolutionary package locks out light, oxygen and microorganisms which can lead to spoilage. Guaranteed quality. Always tastes freshly made. No preservatives. No irradiation. Refrigeration not required until opened. Also available in extra firm."

11371. Murphy, P.A.; Chen, H.P.; Hauck, C.C.; Wilson, L.A. 1997. Soybean protein composition and tofu quality. *Food Technology* 51(3):86-88, 110. March. [20 ref]
• ***Summary:*** Contents: Introduction. Tofu types. Soybean variety evaluation. Effect of storage. Gel model systems. Tofu dilemma. Tables: (1)–Proximate analysis and storage protein content of tofu soybean varieties. (2)–Soybean proteins and tofu textures: significant correlations (3)–Food and oil-type soybeans: correlations between soybean proteins and tofu textures. (4)–Tofu instrumental texture and soybean protein subunits.

No correlation was found between soybean protein content and tofu yield. And soybean protein content was found to correlate negatively with tofu hardness and fracturability. Address: Iowa State Univ., Food Science & Human Nutrition, 2312 Food Sciences Bldg., Ames, Iowa.

11372. Now & Zen, Inc. 1997. Indulgence is good for you, but only Now & Zen (Leaflet). South San Francisco, California. 2 p. Front and back. 28 cm.
• ***Summary:*** Lists (and photos show) ten "Cakes that nourish the body and tantalize the soul." Tofu is a common ingredient in the cakes, which are "made without the use of dairy products, eggs, refined sugar, or refined flour. Sweetened exclusively with natural liquid sweeteners such as Fruit Source, fruit juice concentrate (pear, peach & pineapple juices) and barley malt, they provide subtle, not cloying sweetness. Only organic whole grain flour–either whole wheat pastry or brown rice–are used to produce a moist, light texture, and healthful ingredients such as tofu, applesauce and raw nuts replace cholesterol laden butter, milk and eggs. The grand results–cakes that satisfy both the eye and the palate and will lure even the most health conscious consumer."

The cakes are shipped frozen. Those marked with an asterisk are available wheat free. Examples: Chocolate almond raspberry torte*. Chocolate decadence. Toasted almond rum torte*. Blueberry teasecake*. Spicy carrot creme cake. Address: 121 South Maple Ave., Unit 7, South San Francisco, California 94080. Phone: (415) 794-0980.

11373. **Product Name:** Angelic Frosted Brownie.
Manufacturer's Name: Now & Zen, Inc.
Manufacturer's Address: South San Francisco, California. Phone: (415) 794-0980.
Date of Introduction: 1997. March.
Ingredients: Organic whole wheat pastry flour*, FruitSource (whole rice syrup and grape juice concentrate), tofu, cocoa, coffee, aluminum-free baking powder, vanilla, apple cider vinegar. Icing: FruitSource, cocoa, water, cornstarch, vanilla. * = Grown in accordance with the California organic food act of 1990.
Wt/Vol., Packaging, Price: 12 oz (336 gm).
How Stored: Frozen or fresh.
New Product–Documentation: Leaflet with real Label brought by Patricia Smith from Natural Products Expo at Anaheim. 1997. March. Leaflet. 8½ by 11 inches. Printed black on beige paper. "Rich, chewy, chocolatey, and 98% fat free." Label. Gold and black on red. "98% fat free. Vegan! No dairy or eggs! No fat added! No refined sugar or honey!" 8 muffins per package.

11374. Parks, Thomas R.; Lampi, R.A.; Marquardt, R.F. 1997. Development of technology base needs for processing in an advanced life support (ALS) system. Moffett Field, California: National Aeronautics and Space Administration, Ames Research Center. 62 + 63 p. March 24. Illust. No index. 28 cm. Final report. NASA CR-6816SN. [16 ref]
• ***Summary:*** This final report covers five crops: Soybeans, rice, wheat, peanuts, and white potatoes. The section titled "Process investigations–Soybeans" (p. 1-25) discusses five products made from soybeans: Soy flour, tempeh, soymilk (plus okara), soy yogurt (fermented), and tofu. Descriptions are given of each food and the process used.

Figures show: (1) General flow schematic–Soybean products. (2) Flour from dehulled soybeans. (3) Concept sketch–Soybean dehuller. (4) Water elutriation column to classify/separate particles by settling rate differences (Input: Dehulled beans and hulls). (5) Flow chart of tempeh from dehulled soybeans. (6) Flow chart of tempeh from beans with hulls. (7) Flow chart of soymilk from dehulled beans. (8) Flow chart of soymilk without prolonged soaking. (9) Flow chart of soymilk (Shurtleff & Aoyagi procedure). (10)

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Flow chart of tofu from beans with hulls. (11) Flow chart of tofu from dehulled beans. (12) Flow chart of yogurt from dehulled beans. (13) Label of Redi-Set Culture from Chr. Hansen Laboratory, Milwaukee, Wisconsin.

Color photos show: (1) Vertical plastic tube described in Fig. 4. (2) Soybean hulls and cotyledons following flotation separation using the prototype device shown above. (3) The K-Tec mill used in preparing the various flour products for this project. (4) Plastic bag filled with full fat soy flour prepared from dehulled beans. (5) Tempeh in perforated plastic bags, made according to "The Tempeh Lab" procedure. (6) A glass of soymilk produced by modified Shurtleff & Aoyagi procedure. (7) Freshly made okara on a blue dish. (8) Freshly prepared tofu; one sample was made from dehulled soybeans, the other from beans with hulls.

Table 1 shows yield data for different food products: Soymilk 11:1. Tofu 1.77:1. Soy yogurt 10.2:1. Tempeh (dehulled beans) 1.59:1. Tempeh (beans with hulls) 2.32:1. Okara (dehulled beans) 1.64:1. Okara (beans with hulls) 2.19:1. Soy flour (dehulled beans) 0.62:1. Address: Food and AgroSystems, Inc., 1289 Mandarin Dr., Sunnyvale, California 94087. Phone: 408-245-8450.

11375. Pirello, Christina. 1997. Cooking the whole foods way: Your complete, everyday guide to healthy, delicious eating with 500 recipes, menus, techniques, meal planning, buying tips, wit & wisdom. New York, NY: Berkeley Publishing Group (HPBooks). xii + 525 p. March. Illust. Index. 24 cm. In 2003 a CD was made in Princeton, New Jersey by Recording for the Blind & Dyslexic. [38 ref]
• ***Summary:*** This is basically a macrobiotic cookbook. It is largely vegetarian, but has one long chapter of fish recipes (p. 189-220). No red meat or sugar is used. One long chapter, titled "Tofu, tempeh, & seitan" (p. 157-88) contains many recipes. Other soy-related recipes include: Basic miso soup (p. 38). Miso millet stew (p. 78). Minute miso soup (p. 102). Black soybean relish (p. 136; as black soybeans are simmered, they create their own gravy). Baked beans with miso & apple butter (p. 143). Tofu cheese (with miso, p. 162). Lemon miso sauce (p. 422). Also contains recipes for amasake, azuki beans, and sea vegetables.

The recipe for "Tofu cheese" (p. 162), which is very creative and delicious, was developed by Christina many years ago, but the method was kept a secret–until now! Basically extra firm tofu is fermented / pickled in white miso. This recipe is for those who can't stand to give up cheese, and the resulting fermented soy cheese can be used in place of dairy cheese in many recipes, ranging from creamy white sauces to thin squares on a cracker. The tofu can be fermented in the miso anywhere from 12 hours to 4 days–depending on how strong you would like the flavor to become.

11376. **Product Name:** Smoked Monterey Jack TofuRella (Renamed Hickory Smoked TofuRella by Oct. 1997).
Manufacturer's Name: Sharon's Finest (Product Developer-Marketer).
Manufacturer's Address: P.O. Box 5020, Santa Rosa, CA 95402-5020. Phone: 707-576-7050.
Date of Introduction: 1997. March.
How Stored: Refrigerated.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1997. March. p. 102. "Look at what we've been smoking." "Yes, the Wizards from the Land of Rella have been smoking again. Smoking TofuRella that is!" Stop by Expo Booth #1783.

Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1997. March. "News from the Land of Rella." Smoked TofuRella. Yes, we've been smoking again... smoking TofuRella, that is! Real Jack TofuRella smoked in a real cheese smokehouse, none of that cheap smoke flavoring like the other guys. Most amazing texture and flavor. $3.99 suggested retail. 12 x 8 oz case. Talk with Richard Rose. 1997. March 16. This product was introduced at Anaheim.

Ad (full page, color, copyright 1997) in Natural Health. 1998. Jan/Feb. "Experts prefer TofuRella." Shows a large package of Hickory Smoked TofuRella hanging from a string. The ingredients are now: Tofu (water, organically-grown soybeans, calcium sulfate), caseinate (milk protein), soy oil, modified food starch, natural flavor, sodium citrate, salt, citric acid, sorbic acid, vitamins and minerals (see back). The company is now named Rella Good Cheese Co. (formerly Sharon's Finest).

Talk with Richard Rose. 1998. Feb. 16. This product was renamed in about August 1997. Richard thinks that this is his company's best-tasting product. Smoking in a real old-fashioned smokehouse also changes the texture.

11377. Soto Feinkost. 1997. Vegetarische Frische-Spezialitataeten: aus kontrolliert oekologischem Anbau [Vegetarian fresh specialties: Organically grown (Leaflet)]. Breitbrunn/Chiemsee, Germany. 3 panels each side. Each panel: 23 x 10 cm. [Ger]
• ***Summary:*** This leaflet from Biofach, March 1997, contains a list of products made by the company. Address: Oskar Schramm, Königstr. 3, D-83254 Breitbrunn/Chiemsee, Germany. Phone: 08054/9107.

11378. **Product Name:** Meat Free Tender Deli Cuts (Fat Free) [Hickory Smoked Turkey Flavor, Peppercorn Chicken Flavor, Honey Smoked Ham Flavor].
Manufacturer's Name: Soyco Foods. Div. of Galaxy Cheese Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1997. March.
Ingredients: Hickory Smoked Turkey: Soy beverage

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(filtered water, isolated soy protein, organic tofu*), rice & tapioca maltodextrins, maltodextrin, rice protein, carrageenan (sea weed gum), sea salt, xanthan gum, Florida Crystals (unbleached sugar), natural flavorings, citric acid, acetic acid.
Wt/Vol., Packaging, Price: 6 oz. for 6 singles.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 1997. March. The front panel states: "Individually wrapped meat slices for maximum freshness. Enjoy the flavor of meat again. All natural. Vegetable based. 100% meat free." A color photo shows the front of each package and label. The back panel states: "Enjoy the great taste of meat with Soymage Meat Free Deli Cuts." Note 1. These are slices of soy cheese that are flavored and colored like meat. The company is trying to present its cheese alternative as a meat alternative–somewhat deceptively we believe. Note 2. Galaxy Cheese Co. has been publicly traded for the past 5-7 years. The symbol on Nasdaq is GALX. They have done 7-8 stock offerings and sold about $40 million worth of stock. Much of the stock is said to be sold to non-U.S. citizens and as private placements to sophisticated investors.

11379. Taifun-Produkte. 1997. Tofu-Würstchen. Tofu-Clipper [Little Tofu Sausage. Tofu Clipper (Leaflet)]. Freiburg, West Germany. 1 p. each, Front and back. 30 cm. [Ger]
• ***Summary:*** Two leaflets from Taifun Naturkost. The "Little Sausages" leaflet is printed black and gray on yellow paper. The Tofu-Clipper is printed black and gray on pink. Tofu Clipper comes in 3 flavors: Flamingo, Shiitake, and Village, Address: Bebelstrasse 8, 79108 Freiburg, West Germany. Phone: 0761 / 15210-0.

11380. Tofumanufaktur Christian Nagel GmbH. 1997. Nagel's Tofu: Wissenwertes und Rezepte [Nagel's Tofu: Basic information, products, and recipes (Leaflet)]. Hamburg, Germany. 2 panels each side. Each panel: 21 x 15 cm. [Ger]
• ***Summary:*** Printed with black, green and blue ink on glossy white paper. This leaflet from Biofach, March 1997, contains a list of products made by the company. Basic tofu types: *Tofu natur. Kräutertofu. Räuchertofu. Madagaskar-Tofu. Oriental-Tofu. Provencal-Tofu. Tofu-Terrine. Tofu-Knacker.* Spreads: *Paprika, Kräuter, and Räucher. Seitan.* Ready-to-eat snacks: *Reis-Tofuhappen. Grünkernhappen. Hirse-Kroketten. Frühlingsrollen.*

Note: The company has changed its name slightly, but significantly since the first word now starts with T rather than C. Stapled to this leaflet is Christian Nagel's business card (printed with black ink on heavy blue paper). Address: Osdorfer Landstrasse 4, 22607 Hamburg, Germany. Phone: 040/89 49 37.

11381. Topas K. Gaiser GmbH. 1997. Topas–Natuerlich und vom besten [Topas–Naturally and from the best (Leaflet)]. Öschingen, Germany. 3 panels each side. Each panel: 23 x 10 cm. [Ger]
• ***Summary:*** This glossy color leaflet from Biofach, March 1997, contains a list of products made (from both wheat gluten and tofu) by the company. These include *Wheaty, Wheaty vom Rauch, Bratquadrat, Streichkonzert, and Minis.* Color photos show some of these. Address: Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/8320.

11382. Viana Naturkost GmbH. 1997. Preise und Neues [Prices and new products]. Euskirchen, Germany. 28 p. 30 cm. [Ger]
• ***Summary:*** This impressive, stylish/classy color catalog from Biofach, March 1997, consists of two parts. The 20-page smaller format (26.5 cm) black-and-white insert gives the prices of all products for 1997. The larger color catalog describes new products. The price list contains the following product categories: Basic and seasoned tofu products. Fresh tofu spreads. Tofu hot dogs. Wheat gluten products. Tofu cutlets. Tempeh. Seitan. Burgers and snacks. Spreads in glass jars. Soy sauce and miso products (organic shoyu, organic tamari, barley miso, brown rice miso). Fresh patés. Deli salads. Soya mayonnaise (Vianaise). Rice drink. Noodles. Fresh pasta stuffed with tofu fillings (Tortellini, Maultaschen). Frozen products (incl. Chili con tofu and spring rolls). Sprouts (11 types & products, not incl. soy sprouts). Spreads from Noka. Canned products (*Konserven*). Address: Willi-Graf-Str. 88, 53881 Euskirchen-Kuchenheim, Germany. Phone: 02251-9446-0.

11383. Pancrazio, Angela Cara. 1997. The business of being a family: Ties of blood bind the people who built and work at Ota Tofu, and those ties are what kept the company alive and thriving, even through the war. *Oregonian* (*Portland, Oregon*). April 10. p. 1, 5.
• ***Summary:*** The Ota family gave birth to their tofu business around 1917 or 1918 (according to the memory of Matsuno Ota, age 80) on Northwest Fifth Avenue, between Everett and Flanders.

Note: Actually the Ota Tofu Shop was founded in 1911 at 266 Davis St., Portland, Oregon. By 1912 the address was 96 N. 5th St., by 1913 it had changed to 86 North 5th St., and by 1914 it was located at 86½ North 5th St.–all in Portland's Japantown.

For decades the family business, though small, thrived. Shortly after the Japanese bombed Pearl Harbor on 7 December 1941, Shino and Saizo Ota (like many other Americans of Japanese descent living on the West Coast) were shipped to the Minidoka internment camp in the high

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desert of southern Idaho. High fences surrounded stark wooden buildings. But their daughter, Matsuno, was in Japan going to school when the war started, and its wasn't until the fall of 1943 that a letter arrived from America. Her father had died on April 1, 1943. She got a letter from the Red Cross in November 1943. In 1945 her mother returned from Portland.

"All through the internment, when it was popular to show hostility toward Japanese people and other Asians, a landlord's gesture of kindness secured the family business and secured the tofu equipment for the Otas." Shina, a single Japanese woman, re-started the tofu shop at its former location. "As business picked up, Matsuno and her husband, Sokichi, came to Portland and joined the little company." In 1957 a stroke forced Shina to leave the family business. "She was sick for 18 years." Sokichi took her place.

Color photos show: (1) A man cutting a large block of tofu under water in a cooling sink. (2) Matsuno Ota, a grandmother who was born in Portland in 1916. At age 80+, she is the backbone of the tofu business. Her mother and father, Shino and Saizo Ota, started selling tofu in Portland around 1917 or 1918. She holds a photograph of her husband, Sokichi, her son Ko, and herself in their white aprons, inside their shop where they all made tofu. (2) Ko Ota, surrounded by steam, as he watches soymilk run from the hydraulic press into the cloth-covered curding barrel.

Note: Ota Family Tofu is now located at 812 S.E. Stark, Portland, Oregon 97214. Phone: 503-232-8947.

11384. Nash, J. Madeleine. 1997. Early flash points: Beset by symptoms caused by ebbing hormones, women in midlife turn to herbs and health foods to smooth out the rocky road to menopause. *Time.* April 21.
• ***Summary:*** "The ingredients she weaves into each and every recipe–flaxseed, soy milk, tofu–contain chemical compounds known as phytoestrogens, which are estrogens produced by plants."

11385. Greenberg, Patricia. 1997. The meaning and pronunciation of several important kosher terms (Interview). *SoyaScan Notes.* April 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Pareve, Parve (both pronounced "parv"), and Parevine (pronounced par-VAIN) are interchangeable words. All mean "Not meat or dairy," and when they appear on a product label, all must be used with a reliable, nationally recognized kosher symbol from a kosher certifier. A rabbi must make quarterly visits in order for a company to maintain the symbol on the label. On a non-dairy chocolate bar (made with tofu rather than milk), it would make good sense to print Kosher Pareve on the label. That means a person keeping kosher can eat the product with a meal which contains meat. If a kosher symbol has the letter "D" next to it, that means it contains dairy products. If someone printed "Pareve" on a label but had no certification, the company would soon be black-balled via product alerts, etc.

Kashrus (pronounced KASH-root and meaning "dietary laws") is Hebrew for kosher. But people typically say: "I keep kosher," meaning "I abide by the dietary laws." People also refer to "the laws of Kashruth" or "the laws of kosher." Patricia prefers to write "Kof-K" rather than "Chof-K" for the widely recognized symbol. Address: 858 Moraga Drive #3, Los Angeles, California 90049. Phone: (310) 472-8687.

11386. Gorman, Christine. 1997. The low-pressure diet: A new study shows how you can ease hypertension with fruits, veggies and low-fat dairy products. *Time.* April 28.
• ***Summary:*** Why do vegetarians have lower blood pressure than most people? "Was it the absence of artery-clogging fat in their diet or something in the tofu that made their blood flow so smoothly?"

11387. Elliott, Julia. 1997. With a little help from the soybean. New York, NY: SCB–Published by the author. 62 p. No index. 28 cm. Lay-flat comb bound. April.
• ***Summary:*** Contents: Facts and information (p. 1-8): Why the soybean? Areas of health that soy may affect: Heart disease and cholesterol, cancer, osteoporosis, kidneys, Alzheimer's disease, menopausal symptoms. Soyfoods (p. 9-13): Soy milk, tofu, soybeans, soy flour, miso, tempeh, texturized soy protein, soy protein isolates. Isoflavone contents. Recipes (p. 14-61): Appetizers, main dishes, desserts, tofu.

Note 1. There are no references to back up the many medical statements and claims on pages 1-8 of this book. Note 2. This is not a vegetarian cookbook; ingredients include 1 lb. ground beef (p. 14), 6½ oz. minced clams (p. 15), 1 lb. sweet or hot sausage (p. 16). Address: 10 Guyton St., Kingston, New York 12401. Phone: 914-338-6368.

11388. Hartley, Bonnie. 1997. Is soy a ploy? A look at some claims and research. *Healthy & Natural Journal* (*Sarasota, Florida*) 4(2):38-40. April.
• ***Summary:*** This article is pure fluff–a rehash of the views of Sally Fallon and Mary Enig–to which are added those of Gabriel Cousins, internationally renowned healer and the author of *Conscious Eating,* who says "his research has been indicating the same thing for years." They all agree that only fermented soyfoods belong in human diets.

11389. *Healthy & Natural Journal* (*Sarasota, Florida*). 1997. Creative cooking with soy: Flash! Even kids like soy foods! 4(2):58-59. April.
• ***Summary:*** These six recipes and three color photos are courtesy of the Indiana Soybean Development Council. For a brochure featuring these and other soy recipes, contact them at 1-800-735-0195. Recipes call for: Silken tofu (3). Soy milk. Roasted soy nuts. TVP textured vegetable protein. Cooked whole soybeans.

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A sidebar titled "Flash! Even kids like soy foods!" is compiled from the American Dietetic Association and other sources.

11390. Hyde, Tom. 1997. Health: Bean there, done what? Soy foods have long been favoured by vegetarians and other careful-what-you eat types as the healthy alternative to animal proteins but critics of the seemingly innocuous bean suggest its anything but. Tom Hyde looks at both sides of a long-running debate. *Metro* (*Auckland, New Zealand*). April. p. 68-76.

• ***Summary:*** This is one of the most detailed and balanced articles on the "soy debate" seen to date. Dick James attended Canterbury University law school in Christchurch, New Zealand. There he met his wife Valerie. They ended up living and raising two kids in the San Francisco Bay Area [actually Walnut Creek]. He worked as a contracts manager for Bechtel, the multinational construction firm, while completing an MBA at Golden Gate University in his spare time. Valerie worked as a schoolteacher, and they also sold real estate. By the mid-1980s they had more than $2 million in savings; they decided to pursue their favorite hobby, raising exotic birds. They moved back to New Zealand and settled in Big Monroe Bay near the Whangarei Heads. In 1990, on 2½ acres of waterfront land, they established their own aviary and began raising colorful parrots, parakeets, and finches on seeds and berries. All went well for about a year until they began hand-feeding the birds a powdered mix containing more protein (about 20%) made by a California company named Roudybush. For the first six months, the Jameses' flock of about 600 birds seemed to thrive on the new diet. They produced offspring during the first breeding season and their plumage was good. "Then, over the next 12 months, the Jameses lost 542 chicks and 289 adult birds. Many of them haemorrhaged violently before death. Some simply faded away. The remaining birds produced 1,272 infertile eggs. Valerie says: 'I felt like the wrath of God had come down on us.'"

They began to do research and "identified soy protein in the bird feed as a possible explanation not only for the mysterious death of their birds, but for the hyperactivity and aggression of their own children who had been raised on soy formula."

Additional information reinforced their suspicions and they concluded, rightly or wrongly, that soy protein was a dangerous substance to feed both birds and babies.

They contacted their scientist brother-in-law, Dave Woodhams, and together they formed the "Soy Toxin Team" and began what became a huge worldwide debate (more like a war of words) over the safety of soy protein in animal feeds and infant formulas. The team admits that traditional Asian methods, some of which involve long fermentation processes, produce foods that are safe to eat, but that modern mass production methods do not.

Trevor Johnston of Bean Supreme, makes tofu, soymilk, and related products which he knows are safe–as do his many customers. But his business has been hurt by the Jameses' campaign. The more the Jameses talked with other animal breeders, the more their suspicions grew.

Mike Fitzpatrick, a young PhD in chemistry from Otago University, suggested to the Jameses that they pay him to go to the library to learn everything he could about toxins in soybeans. He quickly found many books and articles about natural toxins in soybeans–and other legumes too. Among these toxins were proteins and phytoestrogens, yet many of them were inactivated by heat or had such a low concentration that they were not generally a problem for humans–unless the dosage was too high and the exposure too long. Since he was looking only for negative information, his literature search was one-sided, unbalanced, and out of context. / Note: The above summary covers only the first few pages of this excellent article.

Photos show: (1) Dick and Valerie James. (2) Dave Woodhams. (3) Trevor Johnston of Bean Supreme. (4) Pat Carr of Roudybush; she was forced to close her business after much negative publicity. (5) Mike Fitzpatrick. (6) Dr. Ian Robertson, PhD in zoology and researcher of anti-cancer compounds at Auckland medical school. Address: Metro's Deputy editor.

11391. Morinaga Nutritional Foods, Inc. 1997. The wonders of nature–in a perfect package (Ad). *Natural Foods Merchandiser.* April. 4-page insert glued in after page 18.

• ***Summary:*** This is an elegant 4-page color ad (8½ by 11 inches). On page 1 is the new package of Mori-Nu silken tofu (made in the USA) against a waterfall splashing down over rocks. Across the next 2 pages in large, soft-blue letters is written "tualatin, oregon. state of the art packaging." Page 2, titled "Pure tofu," begins: "Mori-Nu Tofu now arrives fresh from the Pacific Northwest, where the cool, clean currents of the Columbia meet the pure, sweet waters of the Willamette. Because quality tofu depends on quality water, Mori-Nu has found a new home in the little town of Tualatin, Oregon." Page 3, titled "perfect package," describes the new and larger 12.3 ounce "airtight package." "In fact, this state-of-the-art packaging was voted the "#1 food science innovation of the last fifty years" by the prestigious Institute of Food Technologists. Photos on these two pages show: Tofu dishes. Majestic Mt. Hood. An aseptic packaging line. Five different Mori-Nu tofu packages.

Across the top of page 4 is a collage of many magazine and newspaper headlines such as: "Tofu is healthy." "The one food that could save your life." "Foods that fight breast cancer. "Tofu seems to decrease breast cancer, hot flashes." "Tofu is a good source of protein in your diet." The text begins: "Low in saturated fat with no cholesterol, tofu is the primary source of protein for over one billion people every day. As more Americans recognize the benefits of eating soy,

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tofu is gaining popularity–and with good reason.

"Soybeans contain high levels of a unique type of *phytoestrogen* (a plant chemical) called *isoflavones;* researchers suggest *genistein,* the main isoflavone found in soyfoods, helps to inhibit the growth of cancer cells and to reduce the risk of osteoporosis. In fact, current studies suggest that soyfoods may play a significant role in lowering cholesterol levels; preventing many forms of cancer, heart disease and osteoporosis; and controlling diabetes. Recent research also indicates that soyfoods, like tofu, help to minimize the unpleasant hot flashes of menopause."

Visit the Mori-Nu website at http://www.morinu.com. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11392. *Nutrition News* (*Riverside, California*). 1997. Soy tsunami: The wave of the future. 21(4):1-4. April. [1 ref]
• ***Summary:*** Contents: A wave is coming (introduction). East soy and save your life. Soy vs. cancer. Top ten benefits of soy–According to Earl Mindell's Soy Miracle. Genistein is unique to soy. Soy vs. heart disease. The pause that refreshes: a soy shake. And, by the way, save your planet too. Get on the soy train! If you are a first timer, jump in there with tofu and/or isolated soy protein.

Where the good stuff is–table showing nutritional composition, including isoflavones of 1 serving of: miso, cooked soybeans, soy flour, soymilk, soy nuts (dry roasted), soy protein isolate, tempeh, firm tofu, low fat tofu (aseptic pack), extra firm tofu (aseptic pack), textured soy protein. Note: Good sources of isoflavones provide 30-50 mg per serving.

"This issue of *Nutrition News* is dedicated to partners William Shurtleff and Akiko Aoyagi and to Frances Moore Lappe, pioneers in the promotion of soyfoods and of the concept of kindness of eating."

11393. *Ontario Soybean Growers' Marketing Board Newsletter.* 1997. Soy and osteoporosis. April. p. 6.
• ***Summary:*** Describes a new cookbook called *Bone Vivant* put out by the Osteoporosis Society of Canada: "Although many such cookbooks focus on dairy foods, this book features alternative calcium sources. Because soybeans are a source of calcium, one quarter of *Bone Vivant* recipes include soyfoods. Whole soybeans, tofu and soy flour can all be part of a bone-building diet." Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11394. Raymond, Jennifer. 1997. Fat free & easy: Great meals in minutes! No added fat. No cholesterol. No animal ingredients. Calistoga, California: Heart & Soul Publications. 152 p. Recipe index. 26 cm.
• ***Summary:*** A very useful vegan cookbook. Contents: Introduction. Health consequences of high-fat diets. How much fat should you eat? Calculating your fat intake. Sources of fat in food. Fats are not created equal. Tips for cutting the fat. Meeting your protein needs. Problems with excess protein. Protein myths and facts. Salt. Menu planning and menu ideas. Stocking your pantry. Ingredients that may be new to you. Recipes: Breakfast foods, breads & muffins, sandwiches, sauces & spreads, salads & dressings, soups & stews, vegetables, grains & side dishes, main dishes, sweets.

In this book, all recipes that would typically call for milk (such as smoothies or pancakes), call for "soy milk or rice milk." Many recipes are seasoned with soy sauce. Other soy-related recipes include: Scrambled tofu (p. 33). Missing egg salad (with tofu, p. 47). Creamy cucumber dip (with tofu, p. 49). Cucumbers with creamy dill dressing (with tofu, p. 61, 66). Holiday tofu roast (p. 113). Truly terrific tacos (with Boca Burgers, p. 119). Tofu cheesecake (p. 133). Chocolate tofu pudding (p. 136). Creamy prune pudding (with tofu, p. 139). A photo (p. 151) shows Jennifer Raymond, her husband Stephen Avis, and their five dogs. Address: 1418 Cedar St., Calistoga, California 94515. Phone: 707-942-2180.

11395. Hunter, Jean B. 1997. Research on foods for lunar and planetary stations (Interview). *SoyaScan Notes.* May 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In late 1996 Jean received a $500,000 grant from NASA (North American Space Administration) to study foods for lunar and planetary stations. They are going to hire a dietitian; they already have a chef and a link with an institutional food manager. They are going to develop vegan and near-vegan recipes, food processing equipment, and menus suitable for use in the future of space exploration in bioregenerative life-support systems.

The basic assumptions are that crews rotate in and out every 6 months–as on the Russian space station *Mir,* 85 to 90% of the food must be produced in outer space, but 10-15% may be supplied by re-supply operations. These latter foods include fats and oils (incl. as butter), sweeteners, hard cheeses, egg whites, etc. Anchovies and bacon bits will be used as condiments. There will be no live food animals (such as chickens or fish) on board. She will continue her research on fermented food. Foods in which both she and Soyfoods Center are interested include Amazake (sweetener), tempeh–made from whole soybeans or okara (meatlike texture), dawadawa/natto (meaty flavor), soy yogurt (sogurt; dairylike) and other soy dairy replacers, and fermented black soybeans (salt-cured black beans). She is also studying tofu. Jean has recently become a vegetarian (but not a vegan).

This type of research traces its roots back to the 1960s when food uses of algae were studied. Address: Cornell Univ., Dep. of Agricultural & Biological Engrg., Room 218 Riley Robb Hall, Ithaca, New York 14853. Phone: 607-255-2297.

11396. Johnston, Trevor. 1997. Recent nightmares at Bean Supreme Ltd. in New Zealand (Interview). *SoyaScan Notes.*

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May 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The last 18 months have been a marketing nightmare for Trevor. The problems started when a toxicologist, who works for the government in New Zealand, fed his parrots a soy-based formula and they died. He blamed the soy. He and others formed "The Soy Toxin Team" and have been working ceaselessly to (1) get soy-based infant formula banned from the market in New Zealand, and (2) alert the public to what they feel are the dangers of the phytoestrogens in soybeans. Trevor has a huge file of anti-soy and anti-phytoestrogen articles published in New Zealand. Note that in the USA almost all of the many articles about the phytoestrogens in soybeans consider them to be one of the main benefits of soybeans.

The second major problem has been Roundup Ready soybeans–which are genetically engineered by Monsanto. Greenpeace in Australia has made these soybeans their major project; they are working to alert the public to the fact that most food products that contain soybeans–unless specifically labeled otherwise–probably contain at least a small percentage of Roundup Ready soybeans–which are not labeled as being genetically modified (GM). These soybeans offer no benefits to consumers and Greenpeace argues that they main contain some real dangers. They have conducted a number of media actions, such as taking soy products off supermarket shelves to point out that they contain soy–as the cameras roll. The result has been to give soy a negative image in Australia. A group called the Natural Food Commission (an offshoot of Maharishi's Transcendental Meditation or TM) has been formed and is now circulating a draft proposal on genetically modified organisms in foods–urging that they be labeled.

Trevor's sales have decreased by 25% over the past 18 months. His biggest specific problem is trying to find a source of soy protein isolates that are guaranteed to be free of GM soybeans. Protein Technologies International is refusing to deal with this issue by saying that their isolates are safe. There are other big users of soy protein isolates in Australia: A large sausage company and Sanitarium Foods. Of his various products, Trevor's isolate-based soymilk has suffered the greatest drop in sales. Sales of his tofu products have not decreased, and sales of his soy ice creams are down only a little. Address: Managing Director, Bean Supreme Ltd., P.O. Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: (09) 590 592.

11397. Spaelstra, J.; Shapira, H.; Donnelly, H. 1997. Re: Introducing Dakini Health Foods Pvt. Ltd., in Pune/Puna, India. Letter to William Shurtleff at Soyfoods Center, May 7. 1 p. Handwritten.
• ***Summary:*** The letter begins: "To whom it may concern: We are a young company. Just started one year ago and *very* enthusiastic. I have come across your *Book of Tofu* and loved it. Started experiments and love it even more now. My friend and partner in business [Seemo] came across some American book [*Handbook of Indigenous Fermented Foods,* edited by Keith Steinkraus] that had 1 chapter about tempeh production. Out of this he developed the way to make tempeh here in India, which was quite difficult at times because the info was far from complete. Meanwhile our plans have changed because of all this and the *very* wholesome atmosphere that we sense around working with soybeans (and consuming the different products)–the same atmosphere we are picking up from your books too which is very inspiring to us."

They order three books–tofu-, tempeh-, and miso production, plus *The Book of Tempeh*–all by Shurtleff & Aoyagi. "We would really like to set up a complete soyfood line now. So please get in touch!" Signed: J. Spaelstra (Holland), H. Shapira (Israel), and H. Donnelly (Indian). Address: Dakini Health Foods Pvt. Ltd., Vidyut Nagar, Plot A2, Kawdewadi, Pune / Puna 411 001, India. Phone: 0091-212-63-1990 (phone and fax).

11398. Mack, Heidi. 1997. Tofu doesn't have to be yucky: Disguise it, change its texture, and you might even fool Godzilla. *Christian Science Monitor.* May 8. p. 14.
• ***Summary:*** During the past few years, the number of soy products available to consumers "has grown phenomenally." They include soy yogurt, soy ice cream, soy milk, tofu turkey and pastrami, tofu salad dressing and mayonnaise, soy flour, vegetarian philly steak and Sloppy Joes, tofu dogs tofu burgers, and soy cheese.

The author, a vegetarian for 15 years, admits a genuine dislike of tofu. However she discovered that freezing it for at least a week, to transform its soggy texture, squeezing the water out of the tofu by hand, and then marinating it, made all the difference. Now she makes Tofu Taco Meat using frozen tofu instead of meat, and her family likes it in tacos, burritos, chili, spaghetti, and taco salad. Friends and family no longer stop at McDonalds on the way to her house.

Contains recipes for Barbecued tofu, Barbecue sauce, Spicy peanut tofu, and Tofu taco meat.

11399. Skow, John. 1997. My first two weeks on Dr. Weil's health regimen. *Time.* May 12.
• ***Summary:*** This article is part of a larger article titled "Mr. Natural" by Jeffrey Kluger (Tucson, Arizona). "Dr. Weil, reasonable fellow, says eat salmon, olive oil, garlic, soy sauce, ginger, broccoli." The writer likes all that stuff. "But Weil, dietary despot, also suggests eating tofu, which is organic Styrofoam; drinking Japanese green tea, which tastes like water..."

11400. Johnston, Trevor. 1997. Genetically modified foods update–May 13 (News release). Auckland, New Zealand: Bean Supreme, Ltd. 1 p. May 13.
• ***Summary:*** "This memo is to let you know what we are

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doing to ensure our consumers GMO (genetically modified organism) free soy products.

"At present we **can** control the source of our soybeans which we import. We do not and will not in the future import any genetically modified whole soybeans for our Tofu manufacture.

"The situation is more complex with soy derivative products which we also use in many of our products, e.g. soy protein powders [soy protein isolates]. These are highly nutritious and valuable food ingredients to us. We along with many other companies are lobbying our suppliers to guarantee us GMO free product. At present they can't give us this assurance because they draw their source beans from commodity stocks of beans which may or may not contain small quantities of GMO beans (Roundup Ready beans comprise approx. 2% of the US crop in 1997).

"There is presently no requirement in U.S. law to segregate GMO and conventionally bred stocks."

Johnson ends the new release with a suggestion: "If you wish to express your views directly to the manufacturer of soy protein powders such as those used widely in the industry write to; Michael W. Sel, Director, Product Quality, Protein Technologies International, 900 Checkerboard Square, St. Louis, Missouri 63814 USA. Fax 001 314 982 1841." Address: Marketing director, Bean Supreme Ltd., Box 12082, Penrose, Auckland, New Zealand]. Phone: 64 9 579-0592.

11401. Seemo (H. Shapira). 1997. Re: History of Dakini Health Foods Pvt. Ltd., in Pune/Puna, India. Letter (fax) to William Shurtleff at Soyfoods Center, May 13–in reply to inquiry. 7 p. Handwritten.

• ***Summary:*** Seemo is Mr. H. Shapira from Israel and Kairava is Mrs. J. Spaelstra from the Netherlands. Seemo is in charge of tempeh, Kairava in charge of tofu & soymilk. They are making the earliest known commercial soybean tempeh in India. For their first letter see Dakini (1997).

Both Seemo and Kairava are devout disciples of Osho (formerly called "Sri Rajneesh"), he since 1984 and she since 1986. They arrived in Pune to stay in about 1988/89. Initially to support themselves, they had a gem and crystal shop, a wholesale new-age jewelry operation, and a motor bike repair shop. Now they have finally found what they want to do for work. "It's love and Zen." Osho died in Pune on 19 Jan. 1990; they returned to India the next day; the fire was still burning at the burning ghat. In the year before his death, his discourses were mostly about Zen. He died in Pune due to heavy metal poisoning and radiation damages done to him by U.S. marshalls in an Oklahoma jail cell, where he was kept unlawfully in 1985.

Their company started with the idea of making white tahini and possibly Turkish halva [halvah] (in which white tahini is a main ingredient). It was extremely difficult to get started. As foreigners doing business in India, they had to register a "Pvt. Ltd." company. Then they could not find a space for the company, since Pune is a rapidly growing city. So Seemo pulled down the back garden in his rented house, constructed a shed with a floor area of 25 square meters, and moved his bedroom up to the second floor. This gave him an additional 24 square meters where the bedroom used to be. They also have a 25 square meter storeroom where they make the tempeh. He got electrical connections then waited for 8 months while a colloid mill (copy of a 1940 model), hot air oven, and filling machine were delivered. The mill proved to be a technical nightmare; he had to totally rebuild it. Finally their small factory started operation. Then they added peanut butter and brown tahini to their product line–with no additives or preservatives. They had to set aside their plan to make halva.

Spicer College, run by Seventh-day Adventists, is located in Pune. They have a health food store and they make peanut butter–nearly edible, with too much sugar and salt, plus other ingredients. Their sesame butter (brown tahini) is gritty, rancid, and inedible. They also produce grape juices (very, very sweet), pastries (Mmmm good). And they make and bottle soy milk in plain and chocolate flavors, but it is loaded with white sugar and Class II permitted preservatives! They also make pretty good tofu; Seemo used to eat it now and then for the last 8 years. "Besides being actually able to taste the Bible in it, I had no reason to complain." This tofu is now served at the Osho commune. "Pune old timers told me that once–20 years ago–the place was managed by an enthusiastic old American woman and the quality of their products was very good.

At Dakini, they now also make hummus in their kitchen, 15 kg/week in summer and 60 kg/week in winter. They pack it in 200 or 400 gm cups and sell it at various shops in town to foreigners and Indians. They like it.

Seemo started developing the tempeh about 8 months ago. Last year a friend of his found a book titled *Handbook of Indigenous Fermented Foods,* edited by Dr. Keith H. Steinkraus, in a pavement stall for 400 rupees (US$13.00). Since he had been to Bali, Indonesia, many times, he tried making some of the foods but rarely got any edible products. So before leaving Pune, he gave the book to Seemo as a gift. As he read it, Seemo got really excited. He had grown up in a meat-eating family. Even while traveling and living in Europe, he continued to eat meat and junk foods. "Then I understood it was not good for me on all levels, and went vegetarian." Living in Holland later on, he started to learn about tofu, and then tempe, tamari, etc. "So now I was a healthy, well-fed vegetarian." Then he moved to India, but after some years of eating fried foods, lentils and lots of dairy products, he started to eat meat again, 2-3 times a month. "It did not feel too good, but I had no idea how to manage my diet, and living on mostly dairy products did not suit my body. So when Dr. Steinkraus' book fell into my hands, I got excited and realized that it might be possible to

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make tempe here in India at a small, affordable investment.

"So I first got a small incubator built; its actually like a cool box ½ meter wide and 1½ meters high, made of galvanized sheet metal with insulation and 8 shelves (of which I now use only 3)." At the bottom are heaters, which give 250-540 watts of heat. Two old computer cooling fans distribute the heat, and a thermostat regulates it. "It's not a perfect machine but I can do 5-12 kg/day when I want and, most important, I can produce in it excellent spore powder–since it is difficult to import anything here. Actually, I nearly gave up the project, because I was making sporulated tempeh, then sun-drying it and running in through my spice grinder. The powder looked great. The tempe cakes used to get hot, then very hot, then smelly with funny colors (no white mold). I double-checked everything. In the end, only the grinding was left, so I bought a small hand-turned grain mill (500 rupees = US$15.00). Since then, perfect tempeh has been happening.

"For starter, I first got a packet of spores from Holland. Later I got 1 gram of white tempe starter from an American friend in Goa (she used to make her own supply down there), and playing with it I found it a bit more suitable for my use. So most of my spore stock now is from this starter, and some is mixed. I still have to study how to make tempe and starter during the different seasons here. Now it is very hot and dry. Next month is monsoon (wet), followed by a month that is hot and humid, and then the 3-month 'cold' season."

About half of all tempe produced is sold frozen; the other half is sold fresh. Seemo also plans to try making dry tempeh. He gives away lots of tempe as samples; most people love it. Starting this July, it will appear on the menu of one restaurant, possibly two–first as Tempeh Stroganoff and Tempeh Shashlik (steamed, then spiced, then barbecued). "When I get *The Book of Tempeh* I will introduce it to more places. Meanwhile, I have totally forgotten about eating meat. I feel strong and light. I find my vision benefits too; I haven't noticed that with tofu. Now that I am a bit more confident working with the mold, I hope to raise some capital, move to a suitable place (possibly well out of town), and then start to make tamari shoyu, and definitely some miso too. So that's a little of our story. Thank you." Address: Dakini Health Foods Pvt. Ltd., Vidyut Nagar, Plot A2, Kawdewadi, Pune / Puna 411 001, India. Phone: 0091-212-63-1990 (phone and fax).

11402. Buchheim, Steve. 1997. New developments at ADM. Thoughts on the use of genetically engineered soybeans in foods (Interview). *SoyaScan Notes.* May 22. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** About 3 weeks ago ADM announced that G. Allen Andreas (a nephew of Dwayne Andreas) is the new CEO of ADM. Dwayne Andreas, who had been CEO for many years, will continue to be chairman of the board. As a result of this change, Dwayne Andreas' activities and involvement with ADM are not likely to decrease at all. A good article appeared in the *Wall Street Journal.* The main contribution of G. Allen "Allen" Andreas is that he understands "Wall Street," and he understands that investors are not attracted by ADM's perennially small dividend. Dividends may go up, as ADM pays more attention to Wall Street. ADM has never liked to borrow money–perhaps because of Dwayne's Mennonite background. That may change. ADM has authorized a big "buyback" of ADM stock to raise the price. The family wants stock prices to go higher. Allen was in Europe for 15 years and he grew that part of ADM's business at an impressive rate. He is soft spoken, intelligent, and a "people person."

Concerning the price-fixing charges, lysine was $1.40 a pound when ADM got into the business and $1.08, when the government went after ADM for price fixing. Michael "Mick" Andreas, Dwayne's son, no longer works at ADM. He is apparently on "administrative leave," but still on the ADM payroll. He has an office in downtown Decatur; Steve has no idea what he is doing.

Steve does not agree with the criticism that ADM is a company that is run for the ownership, rather than for the shareholders. It is rather a question of management having free reign to make the decisions that are best for the company. Dwayne Andreas does not want others trying to force him and the board to do something to the company that he does not want to do. ADM uses its profits to build the company and expand assets. A buyer recently came from China and told top ADM management that he could give them orders for soybean meal and soy protein isolates that are ten times their corporate crushing capacity. ADM is just now finishing their fifth plant [its in Europe] to manufacture isolates; all of the production is sold out for two years. It is well known that Dwayne is one of the wealthiest Americans. What is less well known that his ADM holdings (shares) account for only about one-fifth of what he is worth. He was the largest single individual shareholder in Nabisco and they have been bought out twice. Dwayne doesn't operate for money; he now cares very much about his legacy.

Concerning genetically engineered soybeans: Almost all companies in the soybean industry are sitting on the fence and waiting to see what happens. By making non-GMO products available, you encourage and abet the whole process of diving the soy protein business into GMO and non-GMO, and you negatively affect all the other businesses that are contemplating going into genetic engineering.

Shurtleff argues: But the alternate position is not to do anything until there is a crisis and/or the voices demanding labeling of GMO ingredients get louder and louder. If you start soon to offer non-GMO soybean meal, isolates, and TVP, there are many huge benefits. You become the first company worldwide to do so. You diffuse criticism of genetic engineering in general and gain large amounts of goodwill (which ADM now needs) and free publicity as the

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leader in this area. As you offer these non-GMO products (responding to consumer demand) you make it very clear that you agree with consumers' right to know what is in their food, but that you also believe that GMO products are completely safe. Note: Soyfoods Center has recently received a number of calls from companies which use large amounts of soy protein isolates in soymilk, tofu, and other food products, and which are in urgent need of an isolate that is guaranteed by the manufacturer to contain no genetically engineered soybeans.

Steve agrees with many of these ideas. ADM's position has always been that they are consumer driven and market driven; they respond quickly to demand. All smart businesses know they are consumer driven. If it is soy, ADM should be making it available in both GMO and non-GMO forms. One way to do this would be to create a new corporation (named, for example, New World Proteins), which is a subsidiary of ADM. They lease existing excess capacity from ADM, using facilities that crush soybeans and make soy protein products such as isolates and TVP. The new corporation says to ADM: "You will agree under contract to clean these facilities thoroughly and certify that they will be used only for non-GMO soy products. We will separately contract for the purchase of soybeans. You will crush and process them for me to my specifications, and we will market them. Nothing moves. Its very simple. The new corporation could be run by people who wouldn't even have to move their desks. It makes a lot of sense from a pure commercial/profit standpoint. It is the right and the smart and the responsible thing to do. Then we can follow the market whichever way the wind blows. We can take a position where we win either way. ADM could become the first in the world to take an enlightened, consumer-driven position on this issue. I personally believe deeply that consumers have the right to know what is in their food. It is a fundamental right. ADM has always been on the side of the consumer's right to know. Now we're putting our money where our mouth is.

There is a major problem out there, and this would be a solution that makes sense for ADM at this time. Steve is going to start talking with his superiors at ADM (such as Larry Cunningham, who has assumed Michael Andreas' responsibilities) about this, and he will keep in touch on new developments.

Much of ADM's current activity is in China, where the company has many joint ventures, and is building factories, teaching the Chinese new ways of using soybeans, etc. Address: Marketing Manager, Soy Protein Applications, Archer Daniels Midland Co., P.O. Box 1470, Decatur, Illinois 62525. Phone: 1-800-637-5824 X-5394.

11403. Osho, Sidi M. 1997. Work with soyfoods in Nigeria (Interview). *SoyaScan Notes*. May 22. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Sidi Osho was born on 19 Aug. 1959 at Ibadan,

Western Nigeria; ethnically she is Yoruba. The family spoke mostly Yoruba (but some English) at home; in Nigerian schools only English was spoken. Her first name, Sidi, means "Truth" in Yoruba. Her second name, Modupe, means "I thank God." She was the second child (and the first girl) in the family of 3 boys and 3 girls. Her father (born on 22 May 1927) was a civil engineer, educated in Lagos, Nigeria, at Yaba College of Technology; he has been in the construction business since 1959. Both of her parents believed strongly in the importance of education. They spent all of their money to educate their children, sending four of them to the United States for college and higher education. Sidi received no scholarships to help in her higher education. Today, with the change exchange rate between the U.S. dollar and the Nigerian naira, it is even more expensive for a Nigerian to get an education in America. "After we receive this education, he always reminds us–'Any education you have, if you don't apply it and offer other people opportunities, then it has been a waste of time.'" So Sidi decided to return to Nigeria after she earned her MSc degree at Ohio State University, and to look for work oriented toward development.

In Jan. 1983 she entered Nigeria's National Youth

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Service Corps (NYSC) as a volunteer. She was assigned to work at IITA (International Institute of Tropical Agriculture) at Ibadan as a biochemist in the root and tuber improvement program. Then from Jan. 1984 to Aug. 1985 she was employed as a Field Work Specialist with women's groups in Nigeria. She first got interested in soybeans in 1987. Many of the people with whom Sidi worked at IITA were not enthusiastic about her work to teach Africans food uses of soybeans. She always felt under pressure. "They believed that soybeans should be fed to animals. That was one of the reasons my contract was not reviewed. Now IITA is not doing anything on soybeans. Whatever you see in annual reports is descriptions of work they have done before that is just being repeated. The problem is not so much IITA as an organization as specific individuals within the organization; some of these are Americans.

Concerning the proceedings of the Second International Soybean Processing and Utilization Conference: The proceedings have not yet been published–but they probably will be soon. The editor is Alex Buchanan of Australia. The proceedings for the First such conference, held in China, were apparently never published. The second conference was better organized than the first.

Sidi is very interested in both tofu and tempeh. She and a Japanese researcher found a new coagulant to transform soymilk into tofu–the leaves of the *Calotropis proceara*, a bush which has long been used as a coagulant of animal milks to make cheese. This was a major discovery since calcium sulfate and nigari are not available in Nigeria, especially in the rural areas.

Sidi has set up a soybean processing center in a market in Ibadan. She would like to use this as a model and set it up in every market in Nigeria.

Chicken is now more expensive than red meat in Nigeria. Address: Forest Hill Estate, G.P.O. Box 38619, Ibadan, Nigeria. Phone: 234-2-241-3993.

11404. Sim, John. 1997. Tofu production statistics and philosophy at Pulmuone (Interview). *SoyaScan Notes.* May 23. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter dated 14 July 1997.

• ***Summary:*** John Sim (brother of Jeannie Sim) is marketing director at Pulmuone (pronounced PUL-mu-wun) USA Inc. in southern California. This company is owned by a larger Korean company of the same name. John volunteered the following statistics: Pulmuone soaks 3,000 kg (6,613 lb) of soybeans a day. From these soybeans they make only tofu (no soymilk). This tofu is of four types: Soft, firm, silken, and "extra soft." The "extra soft" is actually unpressed soymilk curds, called *sun tubu* in Korean, and sold by Pulmuone in America as "Spiced Tofu Casserole."

Pulmuone sells all of its tofu water-packed. They think this is the packaging of the future, because water-packed tofu tastes best.

In response to some follow-up questions in a fax (dated 24 June 1997) from William Shurtleff, John replied (July 14): "1. The average retail price of firm, soft, and silken is $0.99 and two or three times a year the markets retail sale price is at 2 for $0.99. Extra soft (*sun tubu*) tofu sells at retail for $0.69.

"2. From one pound of soybean, we get three pounds of tofu (average). It is difficult to get a specific for each of the tofu. You can assume that firm requires more soymilk than soft and so forth.

3. Pulmuone's tofu is color coded: "Pink is for firm, blue is for soft, green is for silken. This seems to make things easier for our warehouse and markets for stocking purposes where the carton boxes indicate the appropriate colors as well.

4. Competitors for Korean-speaking consumers: "There are two other brands or competitors in the Korean markets. Hinoichi and Obok Foods. Hinoichi uses their own English version label and Obok uses their single, Korean label.

"5. Yes we are making *sun tubu* and currently distributing to Beverly sun tubu in Korea town. They are the second largest in Korea town next to So Kong Dong sun tubu. We are currently supplying them 100–5 gallon buckets of sun tubu per week. So you can imagine how much So Kong Dong uses." Address: Marketing Director, Pulmuone, 4585 Firestone Blvd., Southgate, California 90280. Phone: 213-564-2000.

11405. Tibbott, Seth. 1997. The tempeh market in the United States (Interview). *SoyaScan Notes.* May 29. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** A total of about 55,000 lb/week of tempeh is now made in the USA, compared with 34,700 lb/week in Jan. 1984 (based on a Soyfoods Center survey, published in Soyfoods Industry and Market, 5th ed.). This is the result of a major phone survey that Seth has just completed; he interviewed each of the major U.S. tempeh makers by phone, on the condition that their individual production figures would not be revealed–only the aggregate. Seth plans to present this information at a tempeh conference in Bali, Indonesia, on July 17. Seven U.S. companies make more than 1,000 lb/week of tempeh. The top 3 manufacturers are Lightlife Foods, White Wave, and Turtle Island (in that order). Of these three, Turtle Island has experienced the greatest percentage growth since 1984. The next four are Quong Hop, Surata Soyfoods, Northern Soy, and Cricklewood. In 1984 the four largest tempeh makers had 63% of the U.S. market (by weight); now they have 84%. The best-selling type of product is soy tempeh in an 8-oz package; it sells even better than tempeh burgers.

The average retail price of an 8-oz package of tempeh in the USA is $1.81. Shurtleff suggests that Seth compare this with the price in Indonesia. The yearly per capita income in Indonesia is $560 compared with $18,690 in the USA.

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The U.S. figure is 33.37 times as large as the Indonesian. Dividing $1.81 by 33.37 we see that if tempeh sold for 5.42 cents per 8 oz in Indonesia, it would be the same relative price as tempeh in the USA.

In terms of packaging, 80% of the tempeh in America is vacuum packed–even though most manufacturers admit that vacuum packaging lowers the product quality by imparting a slightly bitter flavor and less desirable texture. Seth's company is one of the few that does not vacuum pack its tempeh.

By product type, there are: 13 different burgers on the market, 9 soy tempehs, 6 multi-grain tempehs (soy plus several cereal grains), 5 bulk soy tempehs, 4 soy & brown rice tempehs, 2 soy & sea veggie tempehs, 2 soy & wild rice tempehs, 2 soy & millet tempehs, and 2 sloppy joe tempehs.

Seth plans to take his family to the Conference in Bali (he will be there July 11-20; the conference ends July 15), and then to travel to Malang to study how tempeh is made there. They will leave Indonesia on July 29. Address: Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: (503) 386-7766.

11406. Zambrano, Jerónimo. 1997. Tofu, un largo camino de Taiwan a la Argentina: Más conocido por ese nombre, el queso de soja es un milenario producto oriental que ahora se fabrica aqui [Tofu, a long road from Taiwan to Argentina: Better known by the name, soy cheese is a thousand-year-old Oriental food product that is now made here]. *Nacion* (*La*) (*Buenos Aires, Argentina*). May 30. Section 2. p. 10. [Spa]
• ***Summary:*** A color photo shows a Chinese man surrounded by tofu manufacturing equipment; a sign reads Sanfo. The caption: With technology imported from Taiwan, Tien Cheng Tan can make up to 10,000 packages a day. Six years ago, Tien Cheng Tan left Taiwan for Argentina, accompanied by his entire family. He later spent US$400,000 to US$500,000 to buy a modern tofu manufacturing system made in Taiwan by Sanfu. After two years of residing here, he began to study the market in order to establish a food manufacturing company that would make Chinese foods. After three years of examining the possibilities, and with help from the Taiwanese community established in Argentina, Tan will open, in Villa Marteli, the firm Sanfu, dedicated to making soyfoods, mainly tofu.

Note: Carlos Planes says: Sanfu is a Chinese-run company in Taiwan that manufactures tofu-making equipment. Address: Reporter, Argentina.

11407. Barnard, Neal. 1997. Real men eat tofu: What can a vegetarian diet do for you? Add zip to your love life, trim pounds from your waistline and maybe even make you nicer. *Vegetarian Times.* May. p. 66-70.
Address: M.D., president of Physicians Committee for Responsible Medicine.

11408. *Chatelaine.* 1997. Tofu: soy good. 70(5):131. May. *
• ***Summary:*** Includes related article on tofu nutrients. Includes recipes.

11409. **Product Name:** Veggie Slices (Cheese Alternative) [Mozzarella Flavor, Provolone Flavor, American Flavor, Pepper Jack].
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1997. May.
Ingredients: Soy beverage (filtered water, organic tofu, and isolated soy protein), casein [a protein from cow's milk], unhydrogenated canola oil, natural flavors, tricalcium and potassium phosphates (a source of calcium, potassium and phosphorus; naturally present in cheese), corn starch, sea salt, citric acid, vitamin E (antioxidant), vitamin A palmitate, riboflavin. Tofu is made with organically grown and processed soybeans in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 8 oz. for 12 single individually-wrapped slices. Retails for $1.50 (2 for $3.00) at Safeway supermarket (1997/05, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1997. May 25. Sold refrigerated from a large display in the produce section. Label: White, black, yellow, and blue on green. "New! Nature's alternative to cheese. Made with organic tofu." At the top of the back panel is written in large red letters: "Low fat. Lactose free. Cholesterol free." "No animal fats are used in this product."

Note 1. The word "Veggie" in this product name is deceptive, because the product contains casein, made from cow's milk, as a major ingredient. Note 2. This is the first time a cheese alternative containing tofu has been seen at Safeway in Lafayette. Soyfoods Center taste test. Flavor: Quite bland; the Provolone is "smoky." Texture: Very good. Color: Almost pure white. Package design: Excellent. Truth in labeling: Poor. Price: The original sale price of $1.50 per 12 slices = 8 oz. was good. The next week the product was placed in a cooler storage case with tofu and the price rose to $1.99 per 8 oz. By comparison, Safeway pasteurized process cheese food (12 slices, 8 oz) in Swiss or Monterey Jack flavors sells for $1.89 and the equivalent Kraft product sells for $2.59.

Monthly Insight (Galaxy Foods newsletter). 1998. April. In Feb. 1997 Galaxy sold 6,000 cases of Veggie Slices. In Feb. 1998, a total of 37,000 cases were shipped. "That's more than a 600% increase in sales!"

11410. Liu, KeShun. 1997. Agronomic characteristics, production, and marketing. In: KeShun Liu. 1997. Soybeans: Chemistry, Technology, and Utilization. Florence, Kentucky:

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Chapman & Hall. xxvi + 532 p. See p. 1-24. Chap. 1. Index. [36 ref]

• ***Summary:*** Contents: Introduction. Origin. Early history in Europe. Early history in North America. Agronomic characteristics: Seed morphology, germination and seedling development, growing stages and maturity groups, seed development, nitrogen fixation, diseases and pests. Harvesting, drying, and storage: Harvesting, drying, storage. Marketing and trading. Grades, standards, and inspection. Variety identification. Food beans and oil beans.

Figures: (1.1) Graph of total annual soybean production in the USA and worldwide from 1955 to 1994. World production increased from 20 million metric tons (tonnes) in 1955 to 138 million tonnes in 1994. Note the huge increases in 1992 and 1994. The United States' share of the total has been dropping since the mid-1970s. (1.2) Pie chart of market share of world soybean production by major producing countries between 1994 and 1995. USA 50.5%, Brazil 18.2%, China 11.8%, Argentina 9.2%, all other 10.3%. (1.3) Structure of a soybean seed (line drawing). Hypocotyl, radicle, micropyle, hilum, epicotyl, plumule, cotyledon, seed coat. (1.4) Stages in germination and early seedling growth (line drawing). (1.5) Map of geographical zones of the American continent where soybean maturity groups are best grown. Extends from OO in southern Canada down to X in southern Central America and northern South America. (1.6) Graph of equilibrium level of soybeans with the temperature and relative humidity of the surrounding air. Moisture content of soybeans is the third variable plotted. (1.7) Graph of allowable storage time for soybeans as functions of bean temperature and percentage moisture content. (1.8) Diagram of the general flow of grain from the farm through the distribution system to the domestic and overseas processor. (1.9) Diagram of a general outline of soybean food use based on classification of oil and food beans. (1.10) Visual differences between oil and food beans (photo). Left: oil beans (3 cultivars in plastic bags). Right: food beans (top and middle are two tofu bean cultivars, bottom is one small-seeded natto bean cultivar).

Tables: (1.1) The U.S. grades and grade requirements for soybeans. Address: PhD, Soyfood Lab., Hartz Seed, a Unit of Monsanto, P.O. Box 946, Stuttgart, Arkansas 72160-0946. Phone: 870-673-8565.

11411. Liu, KeShun. 1997. Nonfermented Oriental soyfoods. In: KeShun Liu. 1997. Soybeans: Chemistry, Technology, and Utilization. Florence, Kentucky: Chapman & Hall. xxvi + 532 p. See p. 137-217. Chap. 4. Index. [125 ref]

• ***Summary:*** Contents: Introduction. Soymilk: Traditional soymilk preparation methods, chemistry of beany flavors, modern soymilk preparation methods (Cornell method, Illinois method, rapid hydration hydrothermal cooking, methods using defatted soy material, deodorization techniques, commercial methods, novel approaches), basic steps and principles of soymilk preparation (starting material, water incorporation, grinding, soymilk extraction, heat treatment, formulation and fortification, final processing and packaging, additional processing), other constraints (objectionable aftertaste, chalkiness, yields), standardization of soymilk.

Tofu: Tofu preparation methods (traditional methods, variations in tofu preparation methods), tofu varieties, quality and quantity attributes of tofu, factors affecting tofu making (soybean varieties and compositions, temperature of grinding soybeans, concentration of soymilk, heat processing of soymilk and tofu gelation mechanism, types of coagulants, concentration of coagulants, coagulation temperature, mode of adding coagulants, coagulation time, molding conditions, other factors, tofu made from full-fat soy flakes, novel treatments), microbiological safety.

Yuba: Preparation, chemical composition, varieties, utilization, mechanism of film formation, conditions for film formation and their optimization.

Other nonfermented soyfoods: Soybean sprouts, okara, roasted soybeans, soynuts, and soy flour (roasted soy flour, known in China as *dou fen* and in Japan as *kinako.* "In China, roasted soy flour may be mixed with lard and sugar and used as a filling or coating material for pastry... In Indonesia, the flour is mixed with spices, such as garlic and chili powders, and served with *longtong,* which is boiled rice wrapped in banana leaf"), cooked whole soybeans, immature soybeans [green vegetable soybeans]. Address: PhD, Soyfood Lab., Hartz Seed, a Unit of Monsanto, P.O. Box 946, Stuttgart, Arkansas 72160-0946. Phone: 870-673-8565.

11412. Liu, KeShun. 1997. Fermented Oriental soyfoods. In: KeShun Liu. 1997. Soybeans: Chemistry, Technology, and Utilization. Florence, Kentucky: Chapman & Hall. xxvi + 532 p. See p. 218-96. Chap. 5. Index. [127 ref]

• ***Summary:*** Contents: Introduction. Fermented soy paste (*jiang* and miso): Varieties of miso and jiang, koji and microorganisms involved, koji starter and its preparation, Chinese jiang preparation (traditional household method, pure culture method, enzymatic method), Japanese miso preparation (rice koji preparation, treatment of soybeans, mixing and mashing, fermentation, pasteurization and packaging), principles of jiang and miso preparation, major factors in jiang and miso making (raw materials, cooking temperature and time, conditions during koji preparation, proportions of ingredients, fermentation conditions, novel processing for special products). Soy sauce (*jiangyou* or shoyu): Varieties of soy sauce, soy sauce processing (traditional Chinese household method, modern Chinese method, processing of Japanese shoyu, comparison of soy sauce and *jiang* or miso preparations), principles of making soy sauce (action of koji enzymes, fermentation by lactic bacteria and yeasts, color and flavor formation, glutaminase and glutamic acid), chemical soy

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sauce, progress in soy sauce preparation (use of defatted soy grits or flakes, improvements in treating soybeans, development of an automatic koji-making system, application of microorganisms with specific activities, techniques to shorten production time, improvements in soy sauce clarification), chemical composition, quality attributes and standardization, mycotoxins. Tempeh: Varieties of tempeh, preparation (traditional method, pilot plant method, petri dish method), microorganisms involved, factors affecting tempeh fermentation (starter, dehulling and aeration, moisture, temperatures, acidity, losses of solids), changes during fermentation (general changes, protein, lipid, carbohydrates and other constituents), production of vitamins, storage, nutritional value. Natto: Preparation, microorganisms involved, factors affecting natto quality (raw material, soybean cooking conditions, storage), changes during fermentation, trends in research on natto and *B. natto* (development of novel strains of *B. subtilis,* purification and characterization of key enzymes, studies into genes encoding key enzymes of *B. subtilis,* studies of possible physiological roles of natto). Fermented black soybeans (douchi or hamanatto). Sufu: Preparation, types of sufu, microorganisms involved, effect of mold growth, effect of brine aging.

Figures show: (1) Photo of Chinese chiang, and Japanese red and white miso, each on one of three spoons in a shallow white bowl. (2) Flow chart of a Chinese method for making koji starter from whole soybeans and wheat bran. Adapted from Shi and Ren (1993). (3) Flow chart of a pure-culture method for making Chinese jiang from whole soybeans (65%) and wheat flour (35%). Adapted from Shi and Ren (1993). (4) Flow chart of an enzymatic method for making Chinese jiang from whole soybeans (65%) and wheat flour (35%). Adapted from Shi and Ren (1993). (5) Flow chart of the manufacturing process for Japanese rice miso [red miso]. Adapted from Fukushima (1981). (6) Diagram of the interactions of basic miso components during miso fermentation. From Shurtleff and Aoyagi (1983) who adapted it from Shibasaki and Hesseltine (1962). (7) Graph of trichloracetic acid (TCA)-soluble nitrogen (N) contents of miso samples prepared with soybeans cooked at different temperatures for 10 minutes, followed by 0 days or 25 days of fermentation. Adapted from Nikkuni et al. (1988). (8) Graph of temperature and time control curves for different types of Japanese miso during fermentation. Adapted from Shurtleff and Aoyagi (1983). (9) Photo of soy sauce in three different containers: dispenser, small Yamasa bottle, and large Chinese can (Soy, Superior Sauce). (10) Flow chart of a typical manufacturing process for koikuchi shoyu, the most widely used type of Japanese soy sauce. Adapted from Fukushima (1981). (11) Graph (salt content % vs. temperature) Of safety zone for enzymatic digestion of shoyu koji. Protein digestibility and amino acid content in Zone A are better than those in Zone B. From Yokotsuka (1986). (12) Graph of lactic acid fermentation of shoyu mash as a function of time. Adapted from Jose et al. (1976). (13) Flow chart of role of the proteolytic enzymes of koji mold in liberation of amino acids from proteins. Adapted from Fukushima (1985). (14) Chromatogram of organic acids in fermented and chemical [HVP] soy sauce manufactured in the United States. Optical densities vs. retention time. From Fukushima (1979a). (15) Flow chart of traditional Indonesian method for making tempeh from whole soybeans. Adapted from Winarno (1989). (16) Four superimposed graphs of change in pH and organic acids as a function of incubation time during accelerated acidification of soybeans at 30ºC. Shows acetic acid, lactic acid, citric acid, and pH. Adapted from de Reu et al. (1995a). (17) Graph of water soluble nitrogen content in the fermentation of soybeans with *Rhizopus oligosporus* during the traditional tempeh process at 25, 30, and 37ºC, and with the rotating drum reactor at 36ºC. (18) Photo of two chopsticks lifting some Japanese natto from a bowl full of natto; the thin strings connecting the natto above and below are clearly visible. (19) Flow chart of typical method for making Japanese natto from whole soybeans. (20) Photo of Chinese fermented black soybeans (*douchi*) on a white plate. (21) Flow chart of typical method for making Chinese fermented black soybeans from whole soybeans. (22) Photo of cubes of sufu (Chinese cheese) in a shallow white bowl. (23) Flow chart for making Chinese sufu from firm tofu.

Tables: (1) Proximate composition of some traditional soyfoods (both fermented and nonfermented). (2) Classification of major types of Japanese miso and their chemical composition. Adapted from Fukushima (1979a). (3) Types of soy sauce recognized by the Japanese government and their chemical composition. (4) Comparison between fermented soy sauce and protein chemical hydrolysate [HVP soy sauce]. Source: Yokotsuka (1986). (5) Relationship between cooking soybeans and nitrogen composition and yield of resultant soy sauce. Source: Fukushima (1979b). (6) Detailed composition of fermented Japanese soy sauce (Koikuchi shoyu). Source: Yokotsuka (1986). Includes inorganic components (minerals), organic components, amino acids, organic acids, sugars, solids, etc. (7) Selected enzymatic activities, soluble nitrogen content, and stringiness of natto samples prepared with soybeans cooked under a pressure of 1.5 kg per square cm for various periods. Adapted from Matsumoto et al. 1995. (8) Major responsible microorganisms isolated from sufu made in different parts of China. Column 1 is the genus and species. Column 2 is areas where the sufu is made, including Taiwan and Hong Kong. Adapted from Shi and Ren (1993). Address: PhD, Soyfood Lab., Hartz Seed, a Unit of Monsanto, P.O. Box 946, Stuttgart, Arkansas 72160-0946. Phone: 870-673-8565.

11413. Liu, KeShun. 1997. The second generation of soyfoods. In: KeShun Liu. 1997. Soybeans: Chemistry, Technology, and Utilization. Florence, Kentucky: Chapman

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& Hall. xxvi + 532 p. See p. 412-41. Chap. 9. Index. [63 ref]
• ***Summary:*** Contents: Introduction. Dairy analogs: Frozen soy desserts (soy ice cream, frozen soy yogurt), lactic acid fermented soy products (lactic fermentation of soymilk, soy yogurt, soy cheese), engineered soy cheese. Meat analogs: The markets, varieties, nutritional consideration, taste, choice of soy protein ingredients, prospects. Protein texturization: Fiber spinning, thermoplastic extrusion, direct steam texturization, shaping and heating, enzymatic texturization, salt coagulation (tofu making). Tofu-based foods and ingredients. References. Address: PhD, Soyfood Lab., Hartz Seed, a Unit of Monsanto, P.O. Box 946, Stuttgart, Arkansas 72160-0946. Phone: 870-673-8565.

11414. Messina, Mark; Messina, Virginia. 1997. Soy: Good food for good health. *Veggie Life* (*Concord, California*). April/May. p. 48-50, 55.
• ***Summary:*** Contents: Introduction. Heart disease. Osteoporosis. Menopause. The many faces of soyfoods: Soybeans, soy flour, soymilk, textured vegetable protein, tempeh, soynuts, miso, tofu.

11415. Morinaga Nutritional Foods, Inc. 1997. Perfect food: Perfect package (Leaflet). Torrance, California. 4 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** This color leaflet contains 6 color photos. Contents: Cover. Perfect food. Perfect package. Perfect for everyone. Learn more about Mori-Nu tofu. Coupon and order form. Mori-Nu quick tips. Five recipes.

"In our factory in the town of Tualatin, Oregon, we blend wholesome soybeans with pure Cascadian water and a tiny amount of gluconolactone (Footnote: a non-dairy coagulant derived from food starch). Each package is hermetically sealed and gently heated, transforming the rich soymilk into creamy tofu."

A table shows the nutritional composition of 5 types of Mori-Nu Tofu.

Note: An updated version of this leaflet appeared in Sept. 2000. It had 5 panels on each side (instead of 4) and contained new information about: (1) Mori-Nu Tofu Hero–four seasoning mixes for making Eggless Salad, Italian Herb Medley, Garden Scrambler, and Shanghai Stir-Fry. (2) Mori-Nu Mates–mixes for puddings or pies in vanilla, lemon-creme, or chocolate flavors. (3) Mori-Nu Tofu is now made using only non-GMO soybeans. (4) Mori-Nu tofu and the FDA heart health claim. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 310-787-0200.

11416. Nagle, Mary. 1997. Superfood. *Prevention* (*Emmaus, Pennsylvania*) 49(5):151. May. *
• ***Summary:*** Tofu. Prevention Cuisine.

11417. **Product Name:** Grilled Vegetable with Garlic-Herb Spread (Wrapped in a Chapati with Tofu Spread).
Manufacturer's Name: Organic Foods, Inc.
Manufacturer's Address: 534 Smithtown Ct., Excelsior, MN 55331. Phone: 612-474-3989.
Date of Introduction: 1997. May.
Ingredients: Incl. tofu.
New Product–Documentation: Talk with Donna Stacey. 1997. Oct. 7. This vegan and vegetarian item was introduced in May 1997. The tofu spread is spread on the chapati, then that is wrapped around the vegetables. It was developed for and is presently sold only to an upscale coffee house chain in the Minneapolis area.

11418. Patterson, Anne G. 1997. Concerned about calcium? Soyfoods can help. *Soy Connection* (*The*) (*Chesterfield, Missouri–United Soybean Board*) 5(2):3. Spring.
• ***Summary:*** "Food labels are valuable tools in helping us meet our requirements for calcium. Nutrition Facts found on food labels are required by law to list the percent 'Daily Value' of calcium. The daily value for calcium is 1 gram for adults and children age 4 or older. This is equal to 1,000 milligrams. If the Nutrition Facts on a soymilk container states, 'Calcium 20 percent,' then you know the amount of calcium for one sewing of soymilk is 200 milligrams, or 20 percent of the recommended daily value for adults and older children.

"If you've been reading the labels on containers of soymilk and tofu you may have noticed a big difference between the amounts of calcium provided brand to brand. Both tofu and soymilk contain calcium since there is naturally occurring calcium in soybeans.

"The amount of calcium varies in tofu because of the type of calcium-rich coagulant used to thicken the soymilk. Taste and the type of tofu desired determines what type of coagulant or combination of coagulants are used in tofu processing. If you want more calcium, then look for a tofu which lists the coagulants, calcium chloride or calcium sulfate, in the food ingredient list.

"Soymilk that has been fortified with calcium is your best choice for getting significant amounts of calcium. Since all soymilk is not fortified, one needs to review Nutrition Facts on labels carefully. Use the following chart to help you get a jump start on the right soymilk for you. Remember it's still wise to check out that food label since food companies may reformulate their product."

A large table shows only fortified soymilks which may be found in retail stores. The 5 columns are: (1) Brand and flavor. (2) Milligrams of calcium per cup. The range is about 200-400 mg. (3) Calories per cup. (4) Grams of protein. The range is about 4-6 gm. per cup. (5) Grams of fat per cup. Address: R.D., L.D.

11419. **Product Name:** Soft Tofu, Firm Tofu.
Manufacturer's Name: Tree Town Tofu.
Manufacturer's Address: 396 Washington St., Ann Arbor,

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MI 48103. Phone: 313-662-8638 (TOFU).
Date of Introduction: 1997. May.
New Product–Documentation: Talk with John Gingrich, owner. 1997. July 21. John started this company, which began selling tofu in May 1997. It is a traditional shop, and he put together the equipment himself, which includes a BMI Disintegrator. John was a member of Ann Arbor's first tofu company, The Soy Plant, and at one time was in charge of their tofu production. He also worked for Eden Foods.

11420. Drosihn, Bernd. 1997. Re: Monsanto's genetically engineered soybeans, and update on Wolfgang Furth. Letter (fax) to William Shurtleff at Soyfoods Center, June 9. 2 p.
• ***Summary:*** The problems caused by Monsanto's genetically engineered soybeans were not too big. The whole issue made the word "tofu" better known in Germany, because during the discussion, tofu was always mentioned as a familiar kind of soy food.

Wolfgang Furth (formerly Furth-Kuby, a soyfoods pioneer in Germany) has been divorced from his wife, Gabriella. He is now at: Baeckerzeile 3b, 83512 Wasserburg, Germany. Phone: +49 8071 50480.

Bernd asks how White Wave's new fresh soymilk is selling. Address: Founder and president, Viana Naturkost GmbH, Willi Graf Str. 88, 5350 Euskirchen-Kuchenheim, Germany. Phone: 02251-56076.

11421. Ngo, Nga. 1997. Two Vietnamese-American manufacturers of tofu and soymilk in Little Saigon, Orange County, California (Interview). *SoyaScan Notes.* June 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Nga works for a dairy plant in Southern California. Her employer is thinking about introducing its own brand of soymilk which has a beany flavor–since that is what Vietnamese like. There are already two companies in the area, each run by Vietnamese-American families, that make tofu and soymilk, but they hot-pack their soymilk and it spoils quickly. The older and larger of the two companies is Tan-Tan Tofu, located in Westminster or Santa Ana, Orange County, which was in business by the late 1980s. Its younger competitor is Buong Son, which started in about 1992 and is located in the same area. Address: Orange County, California. Phone: 818-961-3399.

11422. Sim, John. 1997. Re: Pulmuone brochure and tofu production statistics. Letters to William Shurtleff at Soyfoods Center, June 12 and June 17. 1 p. each. Typed, with signature.
• ***Summary:*** John encloses a handsome brochure on Pulmuone. "I hope you can utilize the information and include it in your database.

"You will be quite surprised at our current production rate." Pulmuone is currently making 20,000 pounds/day of tofu, and operating at only half of its tofu production capacity (one shift, 5 days a week); full capacity is 40,000 pounds of tofu per day (two shifts, five days a week).

Pulmuone began distribution to all 262 Ralphs Supermarkets in March of this year, and the company expects to have distribution to Vons by early August this year.

Update: June 17. Pulmuone makes 100,000 lb of tofu per week and 435,000 lb of tofu per month at its factory in Southern California.

Update: June 30. Talk with John Sim. About 80% of Pulmuone's tofu is sold the Korean-American market. The handsome labels are designed by the company's art department, which has won numerous awards, in Korea. Three companies now sell tofu in Korean-American food retail stores in Southern California; Pulmuone, House Foods, and Obok; only Pulmuone and Obok use Korean characters on the labels. Pulmuone's ads in the *Los Angeles Times* have been entirely in Korean.

Update: 1997. Dec. 29. John says that Pulmuone's main office is in the process of setting up a tofu factory in mainland China; it is expected to open in about December 1998. Address: Marketing Director, Pulmuone, 4585 Firestone Blvd., Southgate, California 90280. Phone: 213-564-3000.

11423. Tibbott, Seth. 1997. Estimates of the retail markets for tofu, soymilk, and tempeh market in the United States (Interview). *SoyaScan Notes.* June 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tofu: Steve Demos, founder and president of White Wave, thinks that the retail value of tofu sold as tofu in the USA in 1996 was about $110 to $130 million. Peter Golbitz estimated that in 1990 the U.S. retail tofu market was $89.6 million, rising to $116 million in 1996. He also estimated that in 1990 the U.S. retail soymilk market was about $54 million, rising to $125 million in 1996.

Tempeh: A total of about 55,000 lb/week of tempeh is now made in the USA, compared with 34,700 lb/week in Jan. 1984 (based on a Soyfoods Center survey, published in Soyfoods Industry and Market, 5th ed.). The average retail price of an 8-oz package of tempeh in the USA is $1.81. Thus the retail value is 55,000 x $1.81 x 52 = $5.18 million.

Note: A detailed survey conducted by Soyfoods Center in Feb. 1984 and published in Soyfoods Industry and Market (5th ed., 1985, p. 41) found the U.S. retail value of tofu and tofu products to be $46.08 million, of soymilk and soymilk products (including soy-based infant formulas) to be $221.97 million; about 6.7% of that value or $14.9 million was "adult soymilk." And of tempeh to be $4.96 million. Address: Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: (503) 386-7766.

11424. *Badische Zeitung* (*Germany*). 1997. Eiweisskuchen aus Sojabohnen: Tofu-Land "Taifun." [Protein cake from

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soybeans: Tofu-land "Taifun"]. June. [Ger]
• ***Summary:*** Tofu-Land invites you to take a trip. It lies in the industrial park Hochdorf, is named Taifun, and is very busy on weekends; Saturday from 2 to 8 p.m. and Sunday from 11 to 6 p.m. At these times, in Tofu-Land, you will find music, clowns, organic beer, wine, organic drinks, soya ice cream, tofu delicacies, coffee and cakes. The occasion? For 10 years the company has made tofu here in a variety or forms and combinations–from guaranteed organic soybeans that have not been genetically engineered. From fresh tofu the firm makes everything from tofu patties (*Tofubratlinge,* round like an American hamburger) and tofu sausages to fried tofu with rice (*frittierte Reisbratsticks*)–and it sells this pure plant protein in natural food stores and Reform Houses in Germany, England, Belgium, and Luxemburg.

11425. Bean Supreme Ltd. 1997. Price list with sale. Auckland, New Zealand. 1 p. Single sided. 30 cm.
• ***Summary:*** Effective 20 June 1997. Black on yellow. The products are listed in categories except for the first, which is soyfoods. For each is given the product name, weight, price, barcode, outer, and price. Tofu bulk organic. Tofu firm vacuum pack. Tofu firm vacuum pack organic. Tofu soft Asian. Tempeh vacuum pack. Tempeh fr. frozen. Soysage. Luncheon [Traditional, Cajun, Smoke]. Tempeh patty frozen. Meatfree sausage.

Soymilks: Soyplus 1 liter. LiteLicks [soy ice cream] (Honey Vanilla, Wildberry, Maple Walnut, Chocolate, Fruit Fiesta, Almond Fudge, Bulk packs) (9 or 16 liters).

Biofarm yoghurts (5 flavors). Malabar goat yoghurt. Olive Grove: Falafel mix, hoummus, Souvlaki sauce, tahini.

Koromiko cheese (11 types, of which the first 4 are vegetarian). Koromiko wax selection (private bin). Pacific Harvest: Agar, kelp and karengo granules, fronds, or flakes. Address: Box 12082, 140 Hugo Johnson Dr., Penrose, Auckland, New Zealand. Phone: 64 09 579 0592.

11426. Bender, Karen. 1997. Tofu processors' survey (Blank questionnaire). Urbana, Illinois. 4 p. Plus cover letter.
• ***Summary:*** This survey contains 13 questions. "All survey responses will remain confidential. Data will only be published in the aggregate." Address: Dep. of Agricultural and Consumer Economics, 1301 W. Gregory Drive, 304c Mumford Hall, Univ. of Illinois at Urbana-Champaign, IL 61801.

11427. **Product Name:** Jamaican Jerk Tofu with Vegetables.
Manufacturer's Name: Gloria's Kitchen.
Manufacturer's Address: P.O. Box 2071, Burlingame, CA 94011-2071. Phone: 650-579-0638.
Date of Introduction: 1997. June.
How Stored: Frozen.
New Product–Documentation: Letter (fax) with date sent by Gloria's Kitchen. 1999. June 21. This product was introduced in June 1997. Talk with Gloria Shih. 1999. June 21. Her consultant told her that in Jamaican, the word "Jerk" refers to a type of spice or spices.

11428. Harvest Direct, Inc. 1997. Harvest Direct: Food you can live with. Early summer 1997 [mail order catalog]. Knoxville, Tennessee. 31 p. 27 x 16 cm.
• ***Summary:*** Written large at bottom of front cover: Soyfoods. Vegetarian foods. Vegetarian barbecue. New meatless pepperoni. More special sales items. Address: P.O. Box 988, Knoxville, Tennessee 37917. Phone: 1-800-835-2867.

11429. Haumann, Barbara Fitch. 1997. Soy protein foods gain store space. *INFORM* (*AOCS*) 8(6):588-596. June.
• ***Summary:*** Contents: Introduction. Nutritional drive. Meat alternatives. Soymilk and tofu markets. Soybeans as vegetables. Emerging products. Products consumers want. Hurdles. Possible health claim? School lunch opportunities (federal school lunch program). Product promotion. Nutraceuticals.

Soy protein foods sold in supermarkets are no longer targeted at only vegetarians; they're becoming mainstream products. Many U.S. consumers are decreasing their consumption of meat. USDA food intake surveys show that from 1977 to 1994 per capita beef consumption decreased 54% and pork consumption dropped 45%.

The leader in meat alternatives is Worthington Foods, which has seen sales rise approximately 20% in each of the past 3 years. Its Morningstar Farms brand, sold in frozen food sections in supermarkets and geared for mainstream consumers, represents 75% of the company's offerings.

PMS Foods, Inc. in Hutchinson, Kansas, is among the companies that make meat alternatives, including soy-based beef, chicken, ham, pepperoni, bacon, sausage-flavored crumble, sloppy joe mix, soy-based taco mix, and soy-based chili mix–which it sells wholesale, primarily to foodservice operations. Some of its products are used as ingredients in supermarket products–such as bacon bits and salad dressing mixes.

Steve Demos, founder and president of White Wave, jokes: "We're primarily a dairy without a cow. We 'milk' soybeans. Founded in 1977, the company now sells 54 retail products and produces about 125 tons a week of soy proteins via aqueous extraction. White Wave has up to 30 linear feet in the refrigerated sections in some natural food stores. White Wave has experienced 25-30% sales increases per year over the past decade.

The Soy Protein Council in Washington, DC, now has 3 members: ADM, Cargill Inc., and Central Soya; all produce soy protein concentrates, isolates, and soy flours. The council promotes the growth of the soy protein industry and works to broaden the acceptance of soy products in foods. The council's Web site is http://www.spcouncil.org.

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Fourteen state soybean boards, the United Soybean Board, and the Soy Protein Council gave joined together to form the "Soy Protein Partnership," whose goal is to promote domestic soy protein use in human foods. Seven members of the partnership–the state soybean boards from Indiana, Iowa, Kansas, Michigan, Nebraska, Ohio, and South Dakota–are providing $270,000 to fund the partnership's first project, a "Food Manufacturer's Initiative." The group in using the slogan "New Food, New Uses: How soy protein can expand your business, to reach food marketing executives and food technologists and to increase their awareness of the demand for soy products and their use in food products.

Surveys by Wiese Research Associates have shown that consumer awareness concerning soy protein increased from 55% of consumers polled in 1991 to 79% in 1996. Likewise, those saying they wee likely to purchase a product if they knew it contained soy protein increased from 20% in 1988 to 32% in 1996.

In addition, a national Gallup survey conducted in 1996 for the Nebraska Soybean Board showed that 56% of the 600 school foodservice directors polled currently use soy products. And studies by the National Restaurant Association indicate that 97% if colleges and universities and 80% of restaurants have incorporated meatless entrees into their daily menus.

Schouten USA Inc. of Minnesota, whose parent company is the Schouten Group in the Netherlands, manufactures SoyLife, a soybean [sprout] extract containing 25-30 mg of isoflavones per gram. According to Laurent Leduc, Schouten USA's international marketing manager, it is presently used as an ingredient by more than 40 different vitamin and supplement companies as a source of isoflavones in their products, and is being incorporated into "functional foods" around the world. Leduc notes that research has indicated that consuming 60-80 mg of isoflavones a day may provide health benefits. He adds: "The only other way to get that much is by eating 8-9 ounces of tofu or drinking two-thirds of a liter of soymilk a day. The average American is not going to do that."

William Shurtleff of Soyfoods Center "said it currently is no longer usual to field questions from consumers in Midwestern states who would like to know how to incorporate soy as part of their diets to lower cholesterol.

"'I credit much of this to the state soybean checkoff boards that are promoting interest in soyfoods, particularly in the heartland. This is changing the demographics for the market throughout the United States. Within the past two years, these boards have collectively become the single biggest force promoting soyfoods in America.'" Address: Senior editor/writer for INFORM.

11430. Lorente, Carol Wiley. 1997. Silky, smooth, and sensible: A low-fat, vegan cheesecake that won't weigh you down. weight you down. *Vegetarian Times.* June. p. 24-26.

• ***Summary:*** Gives a recipe for Lemon Tofu "Cheesecake." which contains only two-thirds as many calories and one-fifth as much fat. A color photo shows a slice of the cheesecake.

11431. Morinaga Nutritional Foods, Inc. 1997. The wonders of nature–in a perfect package (Ad). *Vegetarian Times.* June. p. 5.

• ***Summary:*** This attractive full-page color ad (see next page) is a condensed version of its 4-page counterpart that appeared 2 months earlier. Near the top is a large photo of a waterfall splashing down over rocks. To the left of that, and vertically, are five packages of Mori-Nu Tofu; the top 3 have a new design with a photo of a prepared tofu dish at the top of the front panel. At the bottom is a photo of a purple smoothie.

The text reads: "Quality tofu depends on quality water. From our new home in the little town of Tualatin, Oregon, we blend the finest soybeans with the pristine water of the Pacific Northwest to create the creamy, smooth texture and 'just made' taste of Mori-Nu Tofu." The logo is a red script M. Below it is written "Mori-Nu. Pure tofu. Perfect package." Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11432. **Product Name:** Tofu Dessert [Mango].
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 15 Hannon St., Botany NSW 2019, Australia.
Date of Introduction: 1997. June.
Ingredients: Filtered water, organic soybean, mango, peach, honey, apple juice, pectin (extract of citrus peel), natural nigari (magnesium chloride).
Wt/Vol., Packaging, Price: 200 gm cup.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in June 1997. Green, yellow, red and orange on pale blue.

11433. Rella Good Cheese Co. 1997. Healthy alternatives from the land of Rella (Leaflet). Santa Rosa, California. 1 p. Front and back.

• ***Summary:*** On the front of this attractive glossy leaflet are nine products marketed by the Rella Good Cheese Co. (formerly Sharon's Finest); behind them are colorful circles of every color in the rainbow. The products are: TofuRella and TofuRella Slices (Mozzarella, or Cheddar), HempRella, Zero-FatRella, AlmondRella, VeganRella, ParmaRella, and Hempeh Burger. At the bottom of the front are given the company's phone number (707-576-7050), email address (yourfriends@rella.com), and website (http://www.rella.com).

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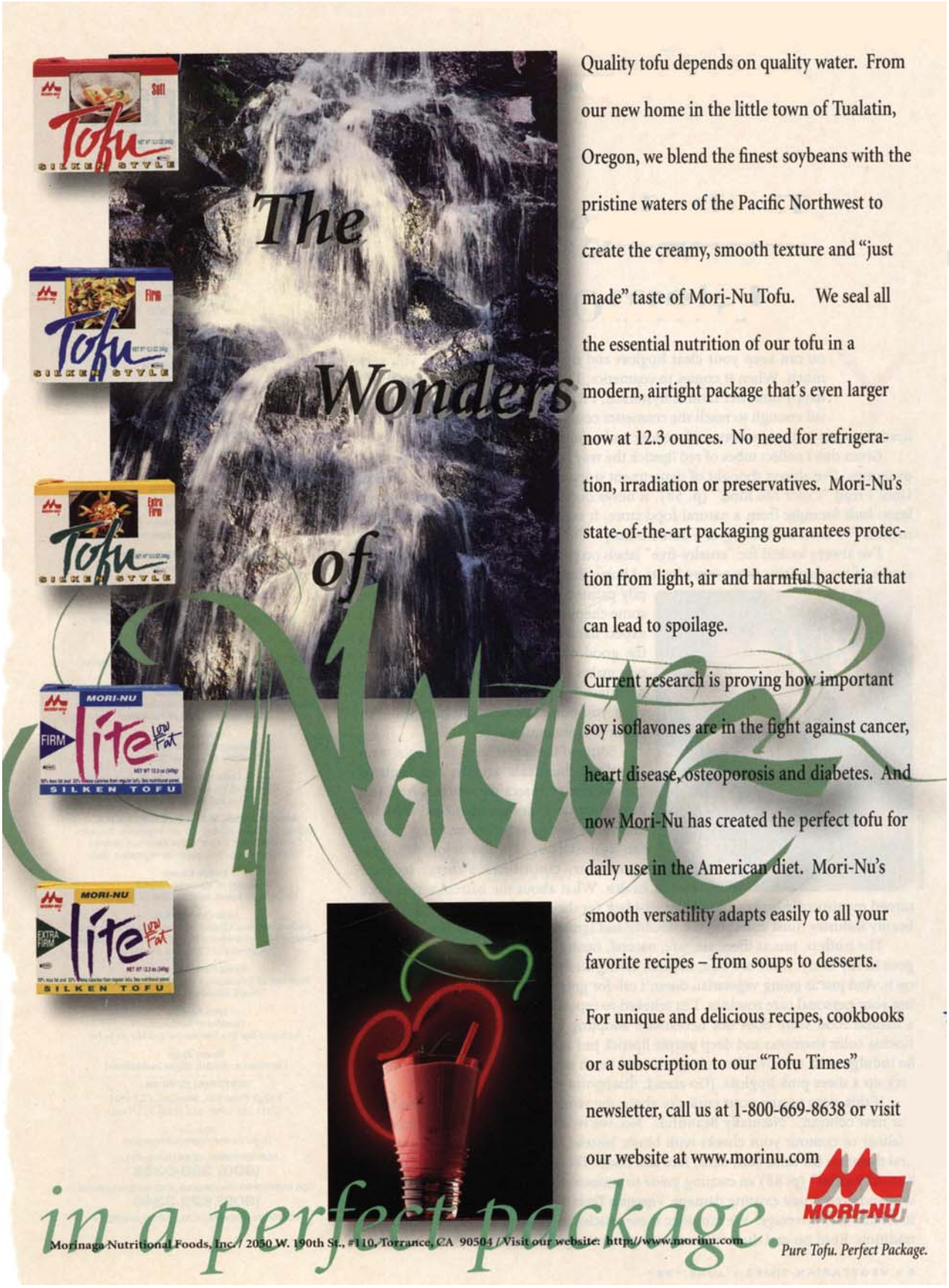

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The back is titled "Rella product information for consumers." It contains ordering information, the ingredients in five of the products, advantages of the products, and a full column titled "About Rella Good Cheese Co."

"Advantages: Since 1980 we have been the leading innovator in delicious and natural cheese alternatives. Now *Enriched* will be nutritionally equal to cheese, but with less fat and sodium, and no cholesterol... Full ingredient disclosure and product information. Questions about our products? Call our toll-free Answer Line: 1-800-NJOY NOW."

"Rella Good Cheese Co., was known as *Sharon's Finest* from 1986 to 1997. We changed the name to reflect our commitment to making the best unique cheeses in the world. In 1980 Richard and Sharon Rose started *Brightsong Tofu,* an innovative tofu products company located in Petaluma, California." [Note: Brightsong Tofu was started in June 1978 by Joel Brightbill and Bob Heartsong in Redwood Valley, California. In June 1980 Dik and Sharon Rose bought the company, and in 1982 they moved it to Petaluma, California].

"Soon after we wrote our Environmental Mission Statement, including our self-imposed 'Green Tax' policy. From that tax we give at least 5% of profits to various groups working to protect the world's Rainforests, including *Rainforest Action Network, Sierra Club of Western Canada, Cultural Survival,* and *EarthSave Foundation.*

Sharon's Finest has also donated over $84,000 worth of food to Second Harvest Food Bank, and will donate money to groups working to legalize the commercial use of drug-free Hemp.

We believe it is important to use our business as a tool for social and environmental good. And thanks to concerned customers like you we have been able to achieve that goal!"

This information supersedes all others printed prior to 18 June 1997." Address: P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11434. **Product Name:** Tofu-Mexi Patties: 2 Baked.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1997. June.
Ingredients: Tofu (filtered water, organic whole soybeans*, nigari), fresh jalapeño peppers, carrots, cilantro, garlic, soy sauce (water, organic soybeans*, organic wheat*, salt), lime juice, arrowroot powder, sunflower seeds, celery, green onions, distilled vinegar, chili powder, cumin, salt. * = Grown according to CA Natural Foods Act of 1990.
Wt/Vol., Packaging, Price: 6 oz. vacuum packed.
How Stored: Refrigerated.
New Product–Documentation: Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in June 1997. Label #1 of June 1997. 3 inches diameter. Self adhesive. Red, black, and white on yellow. "Perishable, keep refrigerated. Good source of protein. Low in saturated fat. Cholesterol free. Illustration of an adobe pueblo overlooking waves and two stylized native American animals (rabbit and squirrel).

Label #2 of Oct. 2002. "Mexi Patties: Baked Tofu." Red and orange-yellow on white. 3 inches diameter. No adhesive. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Good source of protein. Low in saturated fat. Cholesterol free."

11435. Seemo, -. 1997. Re: Dakini Health Foods in India is experimenting with tofu. Letter to William Shurtleff at Soyfoods Center, July 2. 1 p. Typed.
• ***Summary:*** "We are eating tons of tofu as Kairava is perfecting her art. We are using calcium chloride and everyone loves it. I serve it to our workers too and they love it. I let them take some home today to let them learn how they like to prepare it." If and when they start making tofu commercially they will have to buy or make all the equipment in India; imports are not affordable. "The biggest problem is to find a suitable working space."

Note: Seemo is Mr. H. Shapira from Israel and Kairava is Mrs. J. Spaelstra from the Netherlands. Address: Dakini Health Foods Pvt. Ltd., Vidyut Nagar, Plot A2, Kawdewadi, Pune / Puna 411 001, India. Phone: 0091-212-63-1990 (phone and fax).

11436. Nakamura, Makiko. 1997. Tofu hero in London. *Casa* (*Japan*). July 10. Summer. [Jap]
• ***Summary:*** A large color photo shows a man on a bicycle pulling a lightweight cart it is filled with tofu, which he is delivering in London in the traditional Japanese way. Smaller photos show: (1) The front cover of *The Book of Tofu,* by Shurtleff & Aoyagi. (2) The front of a Chinese tofu-making machine. McClennan dreams of buying one made in Japan.

The caption at the top of the big photo states: The world already knows tofu; it is already in fashion. If you ask around the world about tofu's amazing accomplishment, even [Microsoft's] Windows would be surprised. Caption at the bottom: He transformed his bicycle to pull a cart that carries handmade tofu. Previously he used a trumpet instead of a *rappa* [Traditional Japanese tofu-maker's horn]. Even in London a tofu maker's day starts early; he makes tofu at night and delivers it in the morning.

11437. Sagae, Chie. 1997. Original from Provence. *Casa* (*Japan*). July 10. Summer. [Jap]
• ***Summary:*** A color photo shows the front panel of two boxes of tofu, and cubes of seasoned tofu that were inside them. The brand name is Tossolia made by the company named Tofoulie. The first box is "Tofu artisanal au basilic" (Hand-made tofu with basil and olives). The second: "Galette

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sarrasines artisanales au tofu" (Handmade buckwheat patties with tofu). The text states; Maybe these surpass Japanese tofu.

Note: As of April 2008 these products at listed on the website www.kigroup.com, for KI Group S.p.A., Strade Settimo, 399/11, 10156 Torino, Italy.

11438. Verdonk, David. 1997. Making panir from cow's milk at Ridge Crest Dairy Ltd. in Canada (Interview). *SoyaScan Notes.* July 10. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Ridge Crest Dairy has been making Panir (it is spelled like this on the label) since 1986 and selling it largely to Indo-Canadians (Indians who live in Canada). Two or three other companies in Canada also make panir, including Dada Panir in Winnipeg (Manitoba). The product is sold fresh and has a very short shelf life. Indians use it mostly on special occasions, such as weddings or funerals–not as a daily food. David's main competition is not so much other manufacturers as Indian housewives, who simply buy a gallon of dairy milk and make their own panir at home.

Update: Talk with David Verdonk. 1998 Aug. 17. The other main maker of dairy panir in Canada today is Punjab Dairy Food in Surrey, British Columbia. Dada Panir seems to be out of business. Address: Ridge Crest Dairy, Ltd., 32929 Mission Way, Mission, BC V2V 6E4, Canada. Phone: 604-820-4001.

11439. *SoyaScan Notes.* 1997. Update on Wildwood Natural Foods (Overview). July 11. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Wildwood is now looking for capital to expand its basic plant in Santa Cruz. The relatively small plant is operating at full capacity. There are four shareholders who each currently own 25% of the company: Jeremiah Ridenour, Billy Bramblett, Paul Orbuch, and Paul Rosenmayr. Paul is not on the board of directors.

Update: 1997. Nov. 5. The company has made some profit recently–roughly $100,000 in the past 12 months. Talk with Paul Orbuch. 1999. Dec. 17. The same four people still each own 25% of the company. Paul was a VP at Odwallah, helped the company with its IPO and during its years of rapid growth; he was there during the apple crisis. Now he is a day trader and investor.

11440. Andoh, Elizabeth. 1997. Tea and temple fare in Kamakura. *New York Times.* July 20. p. XX6, XX18 (Sunday).

• ***Summary:*** Contains reviews of restaurants in Kamakura. Saami serves dishes that include wheat gluten, and "soy foods," and a sweet tofu-based pâté known as gizei-dofu [gisei-dofu], plus "goma-dofu, creamy sesame pudding drizzled with soy sauce and topped with a dab of fiery wasabi horseradish."

Kintame uses traditional pickling mediums including "miso paste." Their "house soup is ozoni, a creamy, pale, a miso-thickened broth.

Fushiki An offers shojin ryori, temple-style vegetarian cuisine including goma-dofu and a "clear broth with cubes of silken bean curd..." The chirashi-zushi contained "soy-simmered koya-dofu bean curd..." Address: Tokyo, Japan.

11441. Mueller, Ed. 1997. Brief history of Takoma Soy Inc. (Interview). *SoyaScan Notes.* July 21 and 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Takoma Soy was incorporated on 5 March 1992 and started operation on 1 April 1992–sharing the same space as Olive Tree Works in Takoma Park, Maryland. Takoma Soy purchased tofu from Spring Creek Natural Foods (Spencer, West Virginia) and sold it at cost to Olive Tree. Takoma Soy is now a full-line natural foods distributor, carrying products which include Spring Creek Tofu (from Spencer, West Virginia), Miso Master miso (from North Carolina), and tempeh from Cricklewood (Mertztown, Pennsylvania). They recently purchased (using a bank loan) a property that used to be a Bible camp. On the property are a 12,000 square foot building, a lodge house (with 5-8 bedrooms), and 3 cabins. At its peak the camp had 300 to 500 day campers and up to 150 overnight guests. Ed would like to convert the main building into a tofu factory. He is working on a joint venture that would probably set up a new company, with Twin Oaks and Olive Tree involved as partners. Twin Oaks plans to stop making tofu, buy their tofu from Takoma Soy in Maryland, and focus on making second generation tofu products.

Ed was a Peace Corps volunteer in Sierra Leone. His vision for the property is to develop a center where people can come to learn agricultural skills, including how to make tofu, bake bread, etc. Address: 11 South Pennsylvania Ave., Hancock, Maryland 21750. Phone: 301-678-5283.

11442. Buzzell, R.I.; Poysa, V. 1997. Two food quality soybean cultivars released by GPCRC. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*) 3(2):1. July.

• ***Summary:*** GPCRC is the Greenhouse and Processing Crops Research Centre (formerly Harrow Research Station). "These two cultivars, AC Onrei and OX756, have been introduced to complement Harovinton expand the export of Ontario soybeans into the premium Asian soyfood market. Harovinton, a tofu-type soybean cultivar developed at Harrow, has established Canadian soyfood soybeans as a premium quality product in Asia, where it is called 'Orient Pearl.'

"AC Onrei is a selection from the cross Vinton X Enrei. Enrei is a premium quality Japanese tofu cultivar which lacks the a4 protein sub-unit of the 11S glycinin (gy4/gy4). Enrei's superior tofu quality, especially the ability to make premium tofu using the 'nigari' (magnesium chloride) coagulant, is

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due to the lack of this a4 protein sub-unit. Vinton is Gy4/Gy4 and has the a4 protein sub-unit."

"OX756 was developed from the backcross of L2 X Harovinton. L2 is a backcross derived lx2/lx2 line of Century which lacks the L2 lipoxygenase isoenzyme... Harovinton is Lx2/Lx2 and has the L2 lipoxygenase isoenzyme."

"OX756 is a low lipoxygenase (lx2/lx2), yellow hilum cultivar similar in yield but earlier maturing than Harovinton, the recurrent parent. The lack of the lx2 lipoxygenase enzyme should reduce the 'beany' flavours in tofu, soymilk, and other soyfood products made with OX756, thus promoting wider acceptance of soybeans as food ingredients. It was released to W.G. Thompson and Sons, Ltd."

A table shows agronomic performance and seed quality for these two new food varieties compared with Harovinton during 8-9 years. For each variety are given: Yield, plant height, lodging score, days to maturity, weight of 100 seeds, protein %, and oil %. Address: AAFC, GPCRC, Harrow, Ontario, Canada.

11443. Jessop, D.B. 1997. The food processing lab at GPCRC at Harrow. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*) 3(2):1. July.
• ***Summary:*** "The food processing lab at the GPCRC [Greenhouse and Processing Crops Research Centre] has, for the past several years, evaluated soybean varieties for their soymilk, tofu and miso making properties. The Grainspec whole grain infrared analyser is capable of evaluating raw soybeans for moisture, oil, protein, total sugar, colour and more recently sucrose and stachyose [an oligosaccharide that causes flatulence]. The raw beans are also analysed for water uptake in both the tofu and miso process." Address: AAFC, GPCRC, Harrow, Ontario, Canada.

11444. Kamberg, Mary-Lane. 1997. Beyond tofu: Soy-based meat substitutes gain greater consumer acceptance. *Produce Merchandising.* July. p. 23-24, 26, 28. In "Healthy Lifestyles" special pull-out section.
• ***Summary:*** A long article about the tofu industry and market in the USA. Lightlife Foods' sales have increased 50% in each of the past three years, says Rick McKelvey. Lightlife makes 35 SKUs of vegetarian products.

11445. Lightlife Foods, Inc. 1997. Now your soy set can be as effective as it is appetizing: Introducing Lightlife's 'Eating healthy can be soy easy' merchandising program (Ad). *Produce Merchandising.* July. p. 27. In "Healthy Lifestyles" special pull-out section.
• ***Summary:*** This full-page color ad (see next page) shows most of Lightlife's soyfood products in the produce section, flanked on both sides by celery, lettuce, tomatoes, artichokes, bell peppers, and mushrooms. Products (from top to bottom) include: Smart Dogs, Wonderdogs. Tofu Pups. Lightburgers. Barbecue Grilles. Lemon Grilles. Tamari Grilles. Smart Deli Roast Turkey. Smart Deli Bologna. Smart Deli Country Ham. Lean Italian Links. Lean Italian Links. Lean Breakfast Links. Soy Gourmet. Gimme Lean! (meatless). Tempeh. Smoky Tempeh Strips. Nasoya tofu.

At the top is a booklet (1997) titled "Eating healthy can be soy easy."

The ad text reads: "As any as 120 million people are on meat restrictive diets–and just about everybody else wants to cut cholesterol and fat. Soyfoods, for many of these people, are becoming one of their basic food groups. These consumers are spending more of their food dollar in the produce department and that's why Lightlife soy set in your produce section makes sense–and sales. Only Lightlife provides a fully integrated, complete merchandising system."

"As a leading producer of meatless soy based products, Lightlife delivers satisfying flavor through an entire line of mouthwatering vegetarian replacements for hot dogs, burgers, sausage, luncheon meats, ground meat, and tempeh."

"Why Lightlife? Proven category leader. Merchandising support. No spoilage." www.lightlife.com.

11446. Morinaga Nutritional Foods, Inc. 1997. Mori-Nu. The lowest fat tofu in the world. Now 18% larger. The others are just plain tubby (Ad). *Produce Merchandising.* July. p. 35. In "Healthy Lifestyles" special pull-out section.
• ***Summary:*** Shows horizontal packages of Mori-Nu Silken Tofu: Extra Firm Lite and Firm Lite. "Web site: www.morinu.com." Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-Now Tofu.

11447. Nasoya Foods, Inc. 1997. Get the soy you need with Nasoya Vegi-Dressing: Five delicious flavors made with soy for a smooth creamy texture with absolutely no dairy or cholesterol (Ad). *Vegetarian Times.* July. p. 45.
• ***Summary:*** This attractive full-page color ad shows Nasoya Vegi-Dressings in the following flavors: Sesame garlic, Creamy dill, Thousand island, Garden herb, and Creamy Italian. The dressings are placed on a table with a light purple table cloth. One bottle is being poured over a freshly-made salad. Address: [Massachusetts]. Phone: 1-800-229-Tofu.

11448. *Produce Merchandising.* 1997. Healthy lifestyles: A 16-page special pull-out section of articles and ads. July. p. 21-36.
• ***Summary:*** *Produce Merchandising* is a key produce trade magazine. On the front page of this special section: "Inside–Tofu and other soy protein foods gain a following. 13 million vegetarians search produce departments for meat substitutes. 120 million consumers on meat-restricted diets build mainstream demand. Category may be biggest merchandising opportunity since value-added."

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11449. *Stanford* (*Palo Alto, California*). 1997. The father of tofu [Bill Shurtleff]. July/Aug. p. 15. [3 ref]
• ***Summary:*** Bill Shurtleff, a Stanford graduate (1963, MA 1969), is known as the "Father of Tofu." A ¼-page summary of his work with tofu, soyfoods, and the Soyfoods Center is given. A color photo shows a tofu dish. Note: This glossy, color magazine is published by the Stanford University Alumni Association.

11450. Vitasoy International Holdings Ltd. 1997. Annual report 1996/97. New Territories, Hong Kong. 100 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** For the fiscal year ended 31 March 1996, group turnover (sales) was HK$1,524 million, up 17.1% over the previous year. Of these sales, 70.3% came from Hong Kong, 19.3% from North America, and 10.5% from the rest of the world. Operating profit was HK$120 million, up 12% from the previous year. Earnings per share were 22.3 cents, up 272%. Dividends for the year were 10.2 cents, up 6% from the previous year.

"North America: Sales continued to be healthy, with good increases over the previous year. The U.S. Group achieved a total gross revenue of HK$294 million, an increase of 15% over the previous year. Again, tofu products made up the largest share, commanding more than 40% of gross sales, a rise of over 18%.

"Soyamilk contributed the second largest revenue stream, and the Natural Vitasoy product range realized a significant increase of nearly 30%. Vita tea and juices made a modest increase over last year, while pasta, with just over 10% of gross sales, rose nearly 7%."

"Nasoya Foods, Inc. has purchased a new building in Massachusetts to relocate its tofu plant and greatly increase production capacity. It is also adding a new soyamilk processing line. To better serve our American customers, Natural Vitasoy soyamilk will be produced in North America from October, 1997."

Two Americans are on the board of directors: Mr. Jerry Maynard (age 47, Chief Operating Officer of Vitasoy USA, joined the Group in 1988) and Mr. Alfred H. Eaton (age 41, President of Nasoya Foods, joined the Group in 1990).

China: "With both the Shenzhen and the Hong Kong plants running at almost full capacity, and the new Shanghai plant planned to commence production in the third calendar quarter of this year, the Group is well positioned for growth."

The Group was awarded one of the "Top 20 Leading Companies in Hong Kong" in an election organized by the *Hong Kong Economic Times.*

The company now has two websites: www.vitasoy.com and www.nasoya.com. Photos show: Vitasoy chilled soymilk in gable-top cartons (p. 6). The Shenzhen plant (p. 9). The Nasoya plant in Massachusetts (p. 10). Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

11451. Woodrow, L.; Buzzell, R.I. 1997. Sugars in food processing soybeans. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*) 3(2):2. July.
• ***Summary:*** "The soybean program at the Greenhouse and Processing Crops Research Centre [formerly Harrow Research Station] focuses on the development of lines with characteristics suited to the domestic and export food processing markets. Seed characteristics such as hilum and seed coat colour; storage protein content and profile; enzyme profile; oil content and fatty acid composition; total carbohydrate content; and free sugar composition are important determinants of the food processing performance of soybeans into products such as soymilk, tofu, and miso."

"As soybeans mature, free sugars are synthesized and form part of the storage reserves of the seed. When the seed germinates, these sugars represent the first energy available to the young seedling... Glucose and sucrose are present in most fruits and vegetables, raffinose and stachyose are found in some plant families including legumes. These sugars are synthesized in a pathway that leads from the monosaccharide glucose to sucrose (disaccharide), raffinose (trisaccharide) and finally the tetrasaccharide, stachyose. In the mature soybean sucrose and stachyose are present at levels ranging from 3.0-8.0% by weight dry matter depending on the variety or line. Raffinose and glucose are intermediates in the synthesis and are present at much lower levels in the mature seed."

A graph shows the glucose, sucrose, raffinose, and stachyose contents of 40 soybean varieties and lines, plotted to show their relationships with the total free sugar content. The data illustrates that among lines increasing total free sugar content is correlated with an increase in sucrose. Sucrose is the most abundant sugar in mature soybeans, followed by stachyose, then raffinose. Glucose and fructose are present in only trace amounts. Address: AAFC, GPCRC, Harrow, Ontario, Canada.

11452. [Sharon's Finest]. 1997. TofuRella: In produce for 9 years (Ad). *Produce Merchandising.* July. p. 24. In "Healthy Lifestyles" special pull-out section.
• ***Summary:*** A 1/3 page black and white ad. "Yes, TofuRella has been a Produce success story for 9 years. Why? Because consumers want a cheese alternative made with tofu, lower in fat with no cholesterol or lactose." www.rella.com.

11453. Snider, Nancy. 1997. Solving problems related to *E. coli* O-157 in tofu and other soyfoods (Interview). *SoyaScan Notes.* Aug. 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The sprout industry has recently been plagued by problems caused by *E. coli* O-157, a very toxic and potentially lethal food contamination bacterium. Nancy and ISGA have worked with three excellent people

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who could also probably be very useful to soyfoods manufacturers: (1) Dr. Gerald Saper, USDA food research in Philadelphia, Pennsylvania. Phone: 215-233-6417. (2) Dr. Jim Elgin, USDA national program staff, Beltsville research center, Maryland. Phone: 301-504-5618. (3) Mel Drozen, an attorney in Washington, DC, and a very good man who specializes in legislative issues related to food contamination. Phone: 202-434-4100. Fax: 202-434-4646.

The CDC (Center for Disease Control) has not yet proven that O-157 has been found in sprouts; they have only shown a statistical probability that it was, based on those who have gotten sick. They get bloody diarrhea, some vomiting, fever, nausea, and sometime dehydration–sort of like a bad flu, except that bloody stools are involved.

But that is not the main issue. Nancy believes firmly that sprout growers and tofu makers must change their manufacturing methods and record keeping procedures now, and they must begin to educate themselves about this very complex and serious subject–which has the potential to severely damage a company or an entire industry.

Four basics: (1) Heating foods to 140ºC for even a short times kills this bacterium. (2) A hydrogen peroxide rinse on equipment is very effective for sterilization. (3) Each manufacturer must identify general hazard points in the plant, then use general guidelines to develop an HACCP (Hazard Analysis Critical Control Points) for that plant. (4) Manufacturers must know and reveal the sources of their soybeans. Many of the problems come from seed raised with manure (cow or human)–though not if the manure is properly pre-heated to 140ºC. Bacteria may be able to get under the seedcoat. Address: President, International Sprout Growers Assoc., P.O. Box 270, Marion, Massachusetts 02738; and poner, Snider's Sprouts, Potomac, Maryland. Phone: 1-800-448-8006 or 508-563-2714.

11454. Nordquist, Ted. 1997. Re: Founding and early history of Aros Sojaproduktor KB in Örsundsbro, Sweden. Letter to William Shurtleff at Soyfoods Center, Aug. 4. 3 p. Typed, with signature on letterhead. Preceded by an interview on July 14.

• ***Summary:*** Ted Nordquist and William Shurtleff have been friends since Oct. 1975. In looking at the early history of Aros Sojaprodukter (Sweden's earliest known tofu manufacturer), Shurtleff was struck by the fact that three nice articles had been published about the company in Swedish during 1980, yet (according to a 1984 letter from Nordquist, its founder) the company had not started making tofu commercially until Feb. 1981. Shurtleff talked with Nordquist about this, then sent Nordquist a photocopy of all documents (16, in chronological order) in the Soyfoods Center library that were published (or written) before Jan. 1982 and asked Ted if he would please check that Feb. 1981 date. Ted did so, carefully and with interest, then wrote the following:

"Re: Aros Sojaprodukter KB. Dear Bill: Thank you for the call and the materials. Wow, how to bring back memories... and good ones to boot!

"I was right the first time [about Feb. 1981 being the date the company started making tofu commercially]. You can't trust married men over 50 with instant truth about their pasts. Time is condensed into the Good Times, and the hard work is quickly forgotten. Your documentation pays off handsomely revealing that.

"1. We located the building in Örsundsbro in the fall of 1979, as revealed in Tim Öhlund's letter of November 26, 1979. We planned and talked money, floor plans, permits and whatnot.

"2. We formed the *kommanditbolag,* limited partnership, and raised $20,000." Prof. Ki Yong Kim and Ted each contributed $10,000, and 5% of the company shares were distributed to Tim Öhlund, Göran Sollenberg, Gunnar Karlsson [no relation to Ted's wife], and Lars-Oluv Kulin in return for time spent working on establishing the company. "I do not remember the exact date we received the papers and became official, but it was in 1979.

"3. We applied for loans from several banks during the beginning of 1980. We rented the locality in Örsundsbro from January 1980. The rent was 1,000 SEK per month, about $200/month.

"4. We did not get the money we asked for, about 800,000 SEK or about $160,000. By this time, we were famous! The local newspaper journalist, Göran Palm, interviewed us several times, and the Health Food Store in Uppsala owned by Birgitta Akerheden was used for Soy Product Presentations. So by the Spring of 1980, we still had a building, lots of enthusiasm, media coverage, but no money.

"In May (I think) of 1980, Gunnar Eriksson, the local bank manager of Nordbanken in Örsundsbro called me in to tell me that even his bank, Nordbanken, was not prepared to lend us the 800,000 SEK. Then he asked me how much money I could raise. I told him the $20,000 (100,000 SEK) was all that I could raise. He asked me if I could start I factory with a total of 200,000 SEK. I told him I would get back to him the next day with an answer.

"6. So we started on a shoe string. I called Anne-Marie's father, Gösta Karlson, and told him that if he would live with us during the summer of 1980, help me renovate the factory, and build the plant primarily with material from the stainless steel scrap-yard, then I would go for it. He accepted.

"I ordered the machinery through Birgitta Akerheden simply because I had no credit. I ordered a Takai grinder, hydraulic press, coagulation barrels, stainless steel pressing boxes, presses and two stainless rinsing tanks. The steam cooking process, pressing tables, etc., we built ourselves. I paid Takai about 46,000 SEK for this equipment.

"7. So Gösta and I built Aros Sojaprodukter KB and we completed the job by the end of 1980 (The article #3540 by

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Göran Palm dated 23 September 1980 shows me in the office using our tool chest as a coffee table). Tim, the other partners and I had an open house by the end of the year, beginning production in February of 1981. During the year of 1980, we were making tofu at home and presenting tofu dishes to people in Uppsala and Stockholm. We were basically doing what we could to build up an interest for the opening of our factory.

"8. By the summer of 1981, the lady living above the factory died, and the owners asked me if I wanted to buy the building. Again, Gösta helped me renovate the living quarters and we moved into the building from Uppsala in time for school, August of 1981. Again, Gunnar Eriksson of Nordbanken in Örsundsbro just granted me the loan to buy the building. He helped me throughout our development and also took up to 18% interest in our loans!

"10. I worked at Uppsala University at the History of Religion Institute until the summer of 1984. But my 18-hour days were catching up to me and I quit the academic life to work and pay back loans full time. Actually, I was not able to pay back my loans until after I founded Aros Sojaprodukter AB with a new partner named Erik Kennhed (in 1990), finished building the TAN Soy Base plant in Tinnsryd, made Tofuline glass [Tofu Line soy ice cream] a success in Sweden and Finland and then sold everything to Blekinge Invest in 1992. I started that project with Marc Ljungström, Trensums Musteri AB, in Tingsryd in 1982. We started making TAN Soy Base in 1987 but it was not until 1990 that the Tofuline glass started rolling off the production line.

"11. I agreed not to compete with Blekinge Invest for three years (in return for a percentage of Tofuline sales over three years)." Address: TAN Industries, Inc., 351 California St., Suite 1330, San Francisco, California 94104. Phone: 415-398-8007.

11455. Tobar, Hector. 1997. A world of surprises at Tofu Festival: Little Tokyo event includes twists on dishes from burgers to chocolate mousse that belie the food's bland image. *Los Angeles Times.* Aug. 10. p. B3, B7. Metro News section.

• ***Summary:*** The article begins: "To the uninitiated, tofu is synonymous with bland. It comes in funny white blocks that float in water. All by itself, it doesn't taste like much. But the people attending the Tofu Festival in Little Tokyo this weekend know better. They'll tell you what with some imagination and expertise–and a lot of spices–tofu is a culinary delight." More than 20,000 people were expected at the event, on Saturday and Sunday. Twenty-six restaurants served up a variety of tofu dishes. One favorite dish was the tofu cheesecake offered by Ryo Sato, the chef *de cuisine* and owner of Chez Sateau restaurant in Arcadia. The exact recipe is secret but the ingredients include tofu (50% of total), cream cheese, sour cream, egg, and lemon juice.

Talk with Margaret Endo of Little Tokyo Service Center. 1997. Sept. 10. This year's Tofu Festival was much bigger and better than the first one last year. Close to 20,000 people attended; roughly 70% of these were Asian Americans (with the majority of those being Japanese-Americans, but with also many Chinese- and Korean-Americans), and the remaining 30% were Caucasian-Americans. Pat Greenberg was very involved. A new edition of *The Four Seasons of Tofu* cookbook was prepared for the festival, and about 1,000 copies were sold. Address: Times Staff Writer.

11456. Recer, Paul. 1997. Every body still needs milk. Experts: Osteoporosis threatens all. *Oakland Tribune.* Aug. 14. p. A-1, A-9.

• ***Summary:*** One out of four women will have a hip fracture during her lifetime, according to Dr. Connie M. Weaver of Purdue University, Indiana. Hip fractures are also on the increase among men.

A table (on the front page) lists four calcium-rich foods and their calcium content: Skim milk 300 mg of calcium per cup. Tofu 516 mg/cup. Broccoli–70 mg/cup. Almonds 160 mg/ounce. Though tofu is the most concentrated source of calcium, it is not mentioned in the article, which begins: "Virtually all Americans–not just women–should eat and drink more calcium-rich foods such as milk, cheese and yogurt to slow an 'alarming' increase in the brittle bone disease osteoporosis, a panel of experts said Wednesday. Protecting against brittle bones requires 1,000 to 1,300 milligrams of calcium a day..." Address: Associated Press.

11457. Myong, Jung. 1997. A Korean food manufacturing company named "Zion" plans to start making soy sauce, tofu, and soy sprouts in America (Interview). *SoyaScan Notes.* Aug. 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jung is Korean. She works for a Korean company named "Zion" which currently makes soy sauce and tofu in Korea. They are planning to start a factory in the USA to make soy sauce, tofu, and soy sprouts. Address: 20973 Glenbrook Dr., Walnut, California 91789-4818. Phone: 909-595-4681.

11458. Brody, Jane E. 1997. Diet may be one reason complaints about menopause are rare in Asia. *New York Times.* Aug. 27. p. B10. Health section (Natl).

• ***Summary:*** A table (from the scientific journal *Obstetrics and Gynecology*) shows the content of phytoestrogens (in milligrams) in various soyfoods: Roasted soybeans 165.2. Textured vegetable protein 138.2. Green soybeans 135.4. Soy flour 112.4. Tempeh 62.5. Tofu 33.7. Tofu yogurt 16.4. Soy hot dog 15.0. Soy noodles (dry) 8.5.

11459. Frank, Werner. 1997. Compact Minirezepte. Das kleine Tofu-Buch: Die besten Rezeptideen [Compact mini-repies. The little tofu book: The best recipe ideas]. Munich,

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Germany: Compact Verlag. [Ger]*

11460. Funaki, Junko; Yano, Midori; Misaka, T.; Abe, K.; Arai, S. 1997. Purification and characterization of a neutral protease that contributes to the unique flavor and texture of tofu-misozuke. *J. of Food Biochemistry* 21(3):191-202. Aug. [14 ref. Eng]
• ***Summary:*** Tofu-misozuke, a food indigenous to the Fukuoka district of Japan, is a type of tofu fermented in miso; it has a unique cheese-like taste and soft texture. The changes in the tofu are caused by protease enzymes originating in the koji, which is one of the raw materials of miso. The key enzyme, a protease [that digests protein] was purified and identified. Address: 1-2. Faculty of Human Environmental Science, Fukuoka Women's Univ., 1-1-1 Kasumigaoka, Higashi-ku, Fukuoka 813, Japan.

11461. Galaxy Foods Company. 1997. Annual report 1997. Orlando, Florida. 29 p. 22 x 28 cm.
• ***Summary:*** Sales in 1997 were $17,171,496, up 334% from $3,950,455 in 1996. Net loss was $2,736,660–not as bad as the $3,282,58 loss in 1996. In the first quarter of 1998, sales were $5.8 million–up 75% over the same quarter one year ago, and the company made a profit.

Accompanying the report is a "Notice of annual meeting of shareholders to be held Wednesday, October 15, 1997" (15 p.). The principal shareholders (p. 3) are Angelo S. Morini (age 54, 38.8%) and Cede & Co. (New York, 48.9%). Mr. Morini's salary is an astonishing $250,000 plus $16,262 in other annual compensation.

"Between 1974 and 1980, Mr. Morini was the general manager of Galaxy Cheese Company, which operated as a sole proprietorship until its incorporation in May 1980. Prior to 1974, he was associated with the Food Service Division of Pillsbury Company and the Post Division of General Foods Company. In addition, he worked in Morini Markets, his family-owned and operated chain of retail grocery stores in the New Castle, Pennsylvania, area. Mr. Morini received a B.S. degree in Business Administration from Youngstown State University in 1968" (Notice, p. 7). Address: 2441 Viscount Row, Orlando, Florida 32809. Phone: 800-441-9419 or 407-855-5500.

11462. Harvest Direct, Inc. 1997. Harvest Direct: Food you can live with. Late summer 1997 [mail order catalog]. Knoxville, Tennessee. 31 p. 27 x 16 cm.
• ***Summary:*** Written large at bottom of front cover: Soyfoods. Vegetarian foods. Camping foods. Egg free mayonnaise. More special sales items. Address: P.O. Box 988, Knoxville, Tennessee 37917. Phone: 1-800-835-2867.

11463. Kamimura, Yasuko. 1997. Sushi: Making at home. Tokyo, Japan: Graph-sha Ltd. Overseas distributor: Japan Publications Trading Co., Ltd. 64 p. Aug. Illust. (color photos). No index. 26 cm.
• ***Summary:*** The section titled "Inari-zushi (Sushi rice in fried tofu bags) states (p. 32): The shape, size and fillings vary according to regions and families, which are proud of their own *oinari-san* (*inari-zushi*)*."*

Common "to all is the use of well-seasoned abura-age (fried tofu)." The recipe and a color photo follow. Address: Cooking teacher, Japan.

11464. Little Tokyo Service Center. 1997. The four seasons of tofu. 2nd ed. Los Angeles, California. 152 p. Illust. 22 cm. Spiral bound.
• ***Summary:*** This is a greatly expanded and improved version compared with last year's. Contents: Little Tokyo Service Center. Nikkei Family Counseling Program. Emergency Caregivers Program. Domestic violence. Tofu: A 2,000-year-old health food miracle, compiled by William Shurtleff of Soyfoods Center. Tofu tidbits: Q & A. Glossary of Japanese cooking terms. How to drain water from tofu. Contributors to cook book. Spring menu: Appetizers, salads, side dishes, main dishes, desserts (a heart symbol = vegetarian recipe; of the 16 spring recipes, 13 are vegetarian). Summer menu. Autumn menu. Winter menu. Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1600.

11465. Little Tokyo Service Center. 1997. L.A. Tofu Festival, August 9-10. Los Angeles, California. 22 p. Illust. 26 cm. Saddle stitched (stapled).
• ***Summary:*** Contents: 1997 LA [Los Angeles] Tofu Festival committees and volunteers. Schedule of events, Aug. 9-10. Map of events. Letter from Little Tokyo Service Center, with thanks to House Foods / Hinoichi Tofu as the Title Sponsor. List of sponsors by rank. Honorary chairpersons: Sandy Gooch and Rob Fukuzaki. Health education and health benefits of tofu. Tofu: A 2,000 year old health food miracle, compiled by William Shurtleff of Soyfoods Center. 1997 LA Tofu Festival restaurant profiles (20 restaurants, p. 7-9): Aloha Food Factory (Alhambra, CA, started Oct. 1990–Tofu specialty dish: Tofu with cha-shu on stir fried vegetables). Berth 55 (Long Beach, 1988–Tofu poke dish). Buk Chang Dong Soon Du Bu (LA, April 1996–Spicy tofu casserole with oyster, shrimp & clams). Chez Sateau (Arcadia, 1981–Tofu cheesecake, Tofu Caesar Salad. Chef Sato was "Chef of the Year of Los Angeles" and 1980 Chef of the Year of southern California." He was also a member of the 1980 U.S. Team for the Cooking Competition in the Culinary Olympics). Curry House (Beverly Hills, Aug. 1996–Tofu steak {marinated in soy sauce}, Tofu cheesecake). Furaibo (LA, Aug. 1994–Tofu salad with original ginger). Indo Cafe (Los Angeles, 1993–Stuffed tofu cake {tofu filled with ground chicken and shrimp}, Fried tofu {marinated in turmeric and candlenut}). Jozu Restaurant (LA, Dec. 1, 1996–Fried tofu with marinated porkchops). Little Tokyo

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Lion's Club (LA, 1974–Tofu miso soup, Futomaki sushi). Mr. Ramen (LA, Oct. 1993–Vegetarian {with tofu} ramen). Ocean Seafood Restaurant (LA, 1990–Mabo tofu, Tofu with mixed vegetables, Tofu in clay pot). Papa Jon's Cafe (Long Beach, 1990–Greek tofu salad, Tofu lentil salad, Potato-tofu salad, Sesame tofu salad, Tofu spinach, Lasagna, Tofu broccoli stir-fry, Spaghetti and tofu balls, Tofu/lettuce/tomato {TLT} sandwich, Tofu scramble {breakfast}, Tofu dessert pies, Tofu frosting {on cake}, Tomato basil w/tofu, Teriyaki tofu, and Spinach mushroom pasta w/tofu). Pat Greenberg, "Fitness Gourmet" (Beverly Hills, Renowned instructor of the "Joy of Soy" cooking classes). Southern California Cuisine (LA, 1994–Tofu ravioli served with Curry sauce or traditional marinara sauce). Suehiro Cafe (LA, 1972–Stir-fried eggplant, Bell peppers with tofu braised in miso sauce, Deep-fried tofu with sauce). Three Brothers Restaurant & Catering (Harbor City, 1983–Chinese tofu salad, Tofu seafood salad). Tofutti Brands Inc. (Cranford, New Jersey, 1982–Non-dairy frozen desserts, Tofutti tortellini, Mini ravioli, Tofutti cookies). Unique Catering (Chino Hills, 1995–Tofu patty with shiitake sauce, String beans with tofu dressing, Inari-sushi). Vegetarian Delight (San Gabriel, 1991–Veggie fish in hot braised sauce). Wild Oats Community Market (Santa Monica, 1984–Tofu tempeh deli salad).

Advertisements (p. 10-21), including ads for Tofutti, Patricia Greenberg "The Joy of Soy" cooking classes, JFC International Inc., House Foods America Corporation (full page, inside rear cover). Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1600.

11466. Nash, Jonell. 1997. Elegance on the cheap. *Essence* 28(4):109. Aug. *
• ***Summary:*** Includes recipes.

11467. Newshour with Jim Lehrer. 1997. Osteoporosis, calcium, and the U.S. diet. Television broadcast. PBS. Aug. 14.
• ***Summary:*** Americans and Canadians need more calcium in their diets to guard against the bone disease osteoporosis, according to a report released yesterday by the Institute of Medicine (an affiliate of the National Academy of Sciences) in Washington, DC. The study recommended increasing the daily dose of calcium for adults to 1,000–1,300 mg, depending on age. That is an increase from the current 800–1,200 mg which had been recommended by the National Academy of Sciences. Many women and teens still get less than 600 mg/day.

"Calcium can be consumed in dairy products and foods such as broccoli and tofu." Note: Experts agree that getting enough calcium is essential to building strong bones. Other good sources are calcium-fortified soymilk and calcium-fortified orange juice. Another key to keeping calcium levels high is retention–smoking, coffee, and intense physical exercise all deplete calcium stores–as does excess protein consumption.

11468. Now & Zen–Gourmet Vegetarian Bistro & Bakery. 1997. Menu. San Francisco, California. 1 p. Front and back.
• ***Summary:*** Contents: Appetizers (7). Salads (5). Entrees (8). This vegan's restaurant's perennial bestseller is Zen Kabobs–"succulent seitan dressed in a orange-soy marinade and seasonal vegetables grilled to perfection over a bed of brown rice. Tofu can be substituted for seitan. Oil free marinade used upon request. $10.95." Seitan is also used in several other entrees. Portabella & Polenta Lasagne contains tofu. Tofu "chevre" is used in one salad. Address: 1826 Buchanan St., San Francisco, California 94115. Phone: 415-922-9696.

11469. **Product Name:** Tofu, Baked Tofu, No-Chicken Tofu, Tofu Spreads, The Healthy Wrap (With Rice, Veggies, & Tofu).
Manufacturer's Name: Organic Foods, Inc.
Manufacturer's Address: 534 Smithtown Ct., Excelsior, MN 55331. Phone: 612-474-3989.
Date of Introduction: 1997. August.
Ingredients: Incl. tofu.
New Product–Documentation: Talk with Jim Skiff of CornBelt Foods. 1997. Oct. 6. Tom Stacey and his wife [Donna] make tofu in Excelsior, Minnesota. Jim saw them recently at the Natural Products Expo in Baltimore. They presently sell to Lunds Stores, upscale supermarkets in the Minneapolis area. Jim's old partner [Shichiro Sato] may be involved. Organic Foods had planned to bid on Jim's former silken tofu equipment but in the end did not have enough money.

Talk with Donna Stacey. 1997. Oct. 6. Their tofu factory is in Victoria, Minnesota, but mail is not delivered there, so their mailing address is at their home (534 Smithtown Ct.). Their first and main product line was The Healthy Wrap, a vegan/vegetarian sandwich, wrapped in a chapati and launched in August 1991. Originally it was made with rice, veggies, and tofu–the tofu being purchased from another company. But they had difficulty getting the quality tofu they wanted, so they started making their own tofu in August 1997, along with the other products mentioned above. They also make specialty items for an upscale coffee house chain in the Minneapolis area.

11470. Stein, Gary. 1997. New developments at San Diego Soy Dairy (interview). *SoyaScan Notes.* Sept. 1. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Gary's tofu business started growing about 2 years ago and is now booming. He is now operating at full capacity, so he is installing a new BMI cooking system, like the ones at White Wave and Wildwood Natural Foods, in

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order to greatly expand his production capacity.

Gary now makes private label tofu for several customers, the biggest of which is Trader Joe's. Several years ago Trader Joe's sold only a soft calcium sulfate tofu (probably made by Ken Lee of Soyfoods of America), but since they started selling Gary's very firm nigari tofu, it has become their best-selling tofu. Trader Joe's now buys 8,000 lb/week from Gary. He will soon introduce an Herbal Tofu [named Herbed Tofu by Feb. 1998], in which oregano and other herbs are mixed in with the curds before pressing.

Recently Gary did a mailing to thousands of delis and foodservice places offering (for a refundable $75) to send them his chef to teach them how to use tofu in their bulk recipes. He refunds the money at the rate of 10% off each invoice.

Gary does not have to compete with the many low-priced tofu brands made in the Los Angeles area by Asian-American companies. To see these brands and their amazingly low prices, one need only visit one of the many "99 Ranch Market" outlets. These are gigantic Asian supermarkets, each with about 40 linear feet of every low-priced brand fresh tofu, some selling for as little as $0.49/lb. Also in each of these supermarkets are 7-8 Asian-style restaurants.

Gary still has his soycrafters apprenticeship program; it now costs $2,500 for 3 weeks of hands-on instruction. The last apprentice to go through was Marian McRiggle–quite a few years ago. Address: Owner, San Diego Soy Dairy, 1330 Hill St., Suite B., El Cajon, California 92020. Phone: 619-447-8638.

11471. Jha, Krishna. 1997. Soya bean: Do we know enough about it? *Indian Express–Pune Newsline* (*India*). Sept. 6.
• ***Summary:*** Subtitle: "Very few people might be really aware of the uses and benefits of soya beans. Most of us simply know that it is used for extraction of edible oil. Soya bean apart from containing about 20-22 per cent oil also contains about 44 per cent high quality edible protein which is approximately two times higher than what is present in common pulses popular such as *arhar, urad, moong,* gram, lentil, etc."

This article focuses on the therapeutic benefits of soya bean in reducing cancer risk, improving glycemic control in diabetics, and lower cholesterol.

"Soya milk, soya paneer (tofu), breads, cakes, yoghurts, biscuits, nuggets, etc. and many other food products will shortly be available to the common man.

"For the first time, in Pune this useful product will be made available for mass consumption by Amrit Foods, Pune.

"The various products including Soya Milk and Soya Paneer (Tofu) will be launched in a fortnight and Breads, Cakes, Yogurts, Biscuits, Nuggets along with a host of other soya products are in the pipeline for the future." Address: PhD, Senior Scientist, Microbiology.

11472. Sandler, Richard. 1997. Recollections of early tofu cheesecakes in Boston and New York #2. The place of cheesecakes in Jewish culture (Interview). *SoyaScan Notes.* Sept. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Concerning the first tofu cheesecake in Boston, Richard's brother, Matthew Sandler, stated today: "The original recipe for the tofu cheesecake probably came from Connie Frank Sandler, the first wife of Matt's brother, Richard. Connie and Richard made a tofu cheesecake at Sanai restaurant in about 1966-67." But Richard says he has no recollection of any cheesecake in Boston. He suggests calling Connie Sandler (now Hanna Frank, who lives in Mexico). The recipe he best remembers developing with Connie was Rice Kayu Bread–which she invented.

"My first recollection of tofu cheesecake (or tofu pie) was 1969 in New York. The Caldron restaurant was started by Marty Schloss, his wife Glory, and his mother, Seena. I was the first cook at The Caldron; I set up the kitchen, the menu, the bookkeeping, etc. The Caldron first opened for business on 18 April 1969." About a month of two after The Caldron opened, its three founders started a natural-food grocery story and bakery right next door to the Caldron; it was named The Caldron's Well. Marty's mother, Seena, became the baker at The Caldron's Well roughly 6 months after April 1969. I think she invented and developed the tofu cheesecake that soon became very popular at The Caldron. A fellow named Danny Mount (who arrived after Richard and probably working with Seena) also made tofu cheesecakes at The Caldron. Before working at The Caldron, Danny had worked at the Good Karma Cafe in San Francisco, California. "I don't think Seena had any precedent for her discovery. My personal opinion is that, as in all great historical discoveries, there are often two or three people independently working on the same thing. It speaks to that fact that it is Nature that is producing this, speaking to a few minds. I firmly believe that.

"This is definitely my first recollection of seeing or tasting a tofu cheesecake anywhere. I lived in the Kushi's house in Boston and Aveline never made a tofu cheesecake. I was the cook at Sanae and neither I nor Evan Root, the first cook there, ever made it. I made desserts at Sanae every single day, but I definitely never made a tofu cheesecake. I moved to Boston on 1 Jan. 1968 and immediately went to work helping out with the construction of Sanae–which was already about 80% done. Sanae opened in about January or February 1968."

"In 1968 in Boston, the only tofu that even existed in this strict macrobiotic community was tofu from Chinatown. Tofu was always a suspect food. But cheesecake was something that always appealed to Jewish macrobiotics, trying to adapt the food to their traditions. Cheesecake is a very Jewish dessert–at least among secular Jews in the

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USA in the 1950s and 1960s. It is not quite as Jewish as lox and bagels, but it was definitely indicative of wealth in the Jewish community, or of a Jewish person climbing the ladder of success. It was like 'Oy–You got so much cheese you can make a cake! I can't believe it.'"

The laws of Kosher say that if you eat meat, you must wait about 4 hours before you eat dairy. Until about 50 years ago, almost all Jews kept Kosher, but by the 1950s the majority of Jews probably were not Kosher. Yet many Jews who gave up Kosher laws, still kept meat and milk apart. There are two kinds of Kosher restaurants in New York City–Meat restaurants and dairy restaurants. The meat restaurants sold no dairy products and the dairy restaurants sold no meat products; the dairy restaurants sold dairy products but no meat. The Kosher dairy restaurants sold delicious cheesecakes.

Other people who might remember more about early tofu cheesecakes: (1) Hanna Frank (formerly Connie Sandler), Richard's first wife. She now lives in Mexico. (2) Wally Gorell, who lives in the Bay Area and has an encyclopedic memory and mind. He was in Boston for a short time in the early days, then soon left to go to Japan. Wally was seen as a prodigy in terms of cooking, and was greatly admired by everyone for his light touch and great creativity. In 1968 there were only two macrobiotic study houses in Brookline (Boston): The one that Michio and Aveline lived in, on Gardner Road, and the second one which was on University Road. Wally and Richard and Matt Sandler lived in the house on University Road. When Nahum and Beverly Stiskin moved out of the University Road House, Richard took their room. Later Connie, Richard and Wally moved into Michio's house on Gardner Road.

(3) Beverly Sky (formerly Stiskin; she is now single and lives in Boston). (4) Nahum Stiskin in New York City (he's involved in computer software and the financial world).

(5) Michelle = Maier Abehsera, who is now an Orthodox Jew and lives in Brooklyn with his wife Claude. His phone number is listed. He and his wife had a great, great macrobiotic restaurant in New York named *l'Épicerie.*

Note: For a previous interview with Richard Sandler on this subject, see SoyaScan Notes, 26 May 1992. Address: 251 East 10th St., Apt. 7 [East Village], New York, New York 10009. Phone: 212-777-7138.

11473. Chua, G.P. 1997. Re: Plans to establish over 1,000 franchise outlets to make and sell instant soya milk and tofu. Letter to William Shurtleff at Soyfoods Center, Sept. 25. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Mr. Chua is looking for sources of information, soybeans, tofu coagulants, and equipment. He plans to establish over 1,000 franchise outlets to make and sell instant soya milk and soft tofu.

Note: A record in the SoyaScan database dated 1 Nov. 1985 showed: Mr. G.P. Chua, Cai Consultants, Industrial Pk 3 #03-18, 6024 Ang Mo Kio, Singapore 2056. At the bottom of his letterhead the following address is crossed out: Cai Technologies, 20, Bideford Road, #05-02 Wellington Building, Singapore 0922. Phone: 732-1991. The top of his letterhead states that Cai Technologies has offices in Los Angeles [California], Chicago [Illinois], Hong Kong, Melbourne and Perth [Australia], London [UK], and Tokyo [Japan]. Address: President, Cai Technologies, 153A Rochor Road, Singapore 188428, Singapore. Phone: +65 339-3733. Fax: +65 339-1733.

11474. *Badische Bauern Zeitung* (*BBZ, Germany*). 1997. Verzicht auf Gen-Soja oeffnet hierzulande Marktnischen [Renunciation of genetically engineered soybeans opens many new market niches in this region]. Sept. 27. No. 39. p. 30. [Ger]
• ***Summary:*** 75 ha of organic, non-GE soybeans in the upper Rhine flatlands: The Freiburg tofu-maker Taifun, with 30 employees and a weekly output of 10-12 tons of tofu, processes only soybeans produced in accordance with ecological guidelines (*Oeko-Rechtlinien erzeugte Sojabohnen*). In order to be sure its soybeans are not genetically engineered (GE), in 1997 Taifun started working with local ecologic farmers in a program to grow organic, non-GE soybeans. In 1997 in Baden's Upper Rhine Valley about 75 hectares (ha) of soybeans for this project were cultivated.

11475. Bean Supreme Ltd. 1997. Soy kids: Easy family recipes with children in mind (Brochure). Auckland, New Zealand. 6 panels each side. Each panel: 10 x 14 cm. Undated.
• ***Summary:*** On the cover, red on pink, is an illustration of 7 happy kinds before a large rayed sun. The first 2 panels are about the health benefits of soyfoods. Then come 6 pages of recipes and tips for using Bean Supreme's Soyplus soymilk, tofu, and Lite Licks frozen dessert (soy ice cream). The company also makes tempeh and Tofu Luncheon. The back panel lists the company's soy products, has a statement about the goodness of soybeans, and states: "Bean Supreme brings happiness." Address: Box 12082, Penrose, Auckland, New Zealand.

11476. Bean Supreme Ltd. 1997. Soybeans–why the fuss! Soyplus [soymilk]. Hot health tips. Smart Meatfree Sausages (Leaflet). Auckland, New Zealand. 1 p. Back to pack. 30 cm.
• ***Summary:*** This brochure introduces all the soyfood products in the Bean Supreme line / range: Small photos show: Tofu (chub pack). Soyplus soymilk (in Tetra Pack cartons). Tofu Luncheon. Lite Licks nondairy frozen dessert. Meatless Sausages. Address: New Zealand.

11477. **Product Name:** Light 'n Less Grated Parmesan Cheese Alternative.

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Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 1997. September.
Wt/Vol., Packaging, Price: 4 oz. plastic jar.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) from Natural Products Expo East. 1997. A photo shows the front panel of six nondairy cheeses. Sept. White, black, red and yellow on dark green. In plastic jar with green lid. Front panel: "Refrigerate after opening. Saturated fat free. Cholesterol free. Made with organic tofu. Lactose free."

11478. **Product Name:** Soymage SoySingles (Made with Organic Tofu).
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 1997. September.
Wt/Vol., Packaging, Price: 6 oz (168 gm) 8 x 3/4 oz slices.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) from Natural Products Expo East. 1997. A photo shows the front panel of six nondairy cheeses. Sept. Purple, white, red, black and green. American alternative. 100% dairy free and fat free. Casein free. Lactose free. Cholesterol free.

11479. Milligan, Patti Tveit. 1997. Experience the powerful benefits of soy: Part one of two. *Health Counselor.* Aug/Sept. p. 43-45, 60.
• ***Summary:*** Focuses on the health benefits of phytoestrogens in soy, especially genistein and daidzein. A table (p. 44) shows the content of genistein + daidzein, protein, calories, and calcium in a serving of tofu, soy flour (low-fat), tempeh, cooked soybeans, and green vegetable soybeans (fresh or frozen). Address: M.S., R.D. Corporate dietitian at Henry's Marketplace, a health food chain in California.

11480. Ontario Soybean Growers' Marketing Board (OSGMB). 1997. Overview of the Canadian soyfoods market. Chatham, Ontario, Canada: OSGMB. 44 p. 28 cm.
• ***Summary:*** This excellent, complete, and accurate market study was compiled by the Collège d'Alfred of the University of Guelph, under contract with the Ontario Soybean Growers' Marketing Board (OSGMB). The project leaders were Suzanne Lavoie, Charles Goubau, and Ian Walker. The field research was conducted between Jan. 15 and Aug. 31, 1997. The first study of the Canadian soyfoods market was published in March 1990 (vi + 40 pages).

Contents: Acknowledgments. Summary. Introduction. Research procedures: Methodology, limitations (of the 100 companies in this study, over 75% were visited, interviews were conducted in person, and product samples were collected). The Canadian soyfoods market: History, structure of the Canadian soyfood industry, market highlights by region (The Maritimes, Quebec, Ontario, the Prairies {Manitoba, Saskatchewan, and Alberta}, British Columbia), factors influencing the soyfoods market (A closer look at Canadian demographic trends, a closer look at Canadian immigration trends, a closer look at vegetarianism and family food expenditure trends, research on soyfoods and their health benefits, the American influence). Supply and demand of soybeans for use in soyfoods: Soybean production in Ontario, imports and exports of soybeans, imports and exports of soy products, the soybean crushing industry in Ontario, consumption of whole soybeans by soyfood processors. Opportunities in the Canadian soyfoods market. Soyfood processors and their needs. Market opportunities for food-grade soybeans. Summary comments. Bibliography.

Tables show: (1) Major soyfood companies established in the province of Quebec (p. 13). (2) Major soyfood companies established in the province of Ontario (p. 16). (3) Major soyfood companies established in the province of British Columbia (p. 19).

(4) Percentage of change in units and sales (p. 21). (5) Percentage distribution of population–Canada (p. 22). (6) Percentage distribution of age groups–Canada (p. 22; In the 15-24 age group, 19% did not eat meat in 1992, down from 23% in 1986).

(7) Percentage of population who do not eat meat & share of budget spent on meat, Canada 1986 and 1992 (p. 28). (8) Canadian soybean: Supply and disposition (September–August crop year)–in metric tons (p. 31). (9) Canadian soybean exports by country of destination (p. 32. In 1997-98 some 325,000 tonnes went to the European Union, 145,000 to the USA, 85,000 to Japan, 40,000 to Hong Kong, 75,000 to other Asia, and 15,000 to other places).

(10) Imports and exports–All countries, dollar values (p. 33. The leading imports are soybean meal $202.7 million, crude soybean oil $16.75 million, and whole soybeans for oil extraction $12.59 million. The leading exports are protein concentrates and textured protein substances $9.1 million, soybean meal 6.5 million, and brans, sharps and other residues $4.3 million).

(11) Soybean crushing facilities in Canada (p. 34. All are located in Ontario province; ADM Agri-Industries Ltd., Windsor. Capacity: 3,600 tonnes/day of raw soybeans. CanAmera Foods, Hamilton, 3,000. Helin Oil Packers, Whitby, 250. Started crushing in 1997. Cold Springs Farm Ltd., Thamesford, 100. Started 1995. Sunfield Oil Seeds, Wingham, 100. Started 1994. Dennis Jackson Seeds Services Ltd., Dresden, 40. Started 1994. Tri County Protein Corporation, Iroquois, 100. Not in operation yet).

(12) Estimated quantities of soybean utilized by soyfood processors–1996–metric tons (p. 35. Total volume of whole soybeans consumed: 9,650 tonnes, of which 4,780 are for soymilk, 4,775 are for tofu, and 95 are for other soyfood

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products). Total volume of whole soybeans consumed by province (by soyfood processors): British Columbia 3,825 tonnes, Ontario 3,050 (excluding crushing plants), the Maritimes and Quebec 2,535, and the Prairies 240.

(13) Major foreign companies in the Canadian soyfood market (p. 37. Soy cheese: Soyco Foods, Sharon's Finest, Cemac Foods Corp. {Nu-Tofu}. Frozen desserts: Tofutti Brand, Inc. Tempeh: Turtle Island Foods Inc. Tetra Pak packaged soymilk: Westbrae Natural Foods, Cenat, Pacific Select, Vitasoy USA Inc., Eden Food Inc. Tofu: Mori-Nu, Vitasoy USA Inc. Prepared dishes: Amy's, Sharon's Finest. Meat analogs: Fantastic Food Inc. MGM Brands, Northern Soy, Soy Boy, Turtle Island Foods Inc. Salad dressing: Nasoya Foods. Soy sauce: Eden Foods Inc., Kikkoman Foods Inc.).

The Prairie Provinces (Manitoba, Saskatchewan, and Alberta) contained about 16.6% of Canada's population (4.5 million persons) in 1995. "The province of Alberta [Capital = Edmonton] is different from the other two Prairie provinces, due mainly to its larger population base, its growing Oriental population and its proximity to Vancouver. Calgary [a large city in Alberta province] and Edmonton have their own Chinatowns, including small Oriental-owned tofu and soymilk production facilities." Note: According to the Canadian Soyfoods Directory (1997, p. 14), there are 7 soyfoods companies in Alberta province, 2 in Manitoba, and none in Saskatchewan. Address: OSGMB, 180 Riverview Dr., P.O. Box 1199, Chatham, ON N7M 5L8, Canada. Phone: 519-352-7730.

11481. **Product Name:** Organic Tofu.
Manufacturer's Name: Organic Choice.
Manufacturer's Address: Huonville, near Hobart, Tasmania. Phone: (004) 91 1663.
Date of Introduction: 1997. September.
Ingredients: Incl. organically grown soybeans.
New Product–Documentation: Letter from Trishala Shub. 1998. Jan. 8. She has been the sole producer of organic tofu in Tasmania for the last 6 years. "I will soon be joining forces with people from Organic Choice in the Hobart area and we hope to diversify, offering miso and tempeh as well as tofu and soy dairy products."

Talk with Trishala Shub. 1998. Jan. 18. Organic Choice is a business, but the people who work there want to start their own community. They also own a restaurant, and she thinks they have already made about 3 batches of tofu, which they have sold to their restaurant. The tofu factory is located in a former jam factory in Huonville, which is just south of Hobart; she has the address at home. They may move the factory onto a big farm in Molsworth (not far from Hobart) and try to set up a community–a sort of Findhorn of the southern hemisphere. She plans to buy one large building that used to be used for hops processing. She would like to convert it for dehydrating organic fruits and vegetables, the tofu factory, and possibly tempeh and miso production. She would also like to teach leadlining (making stained glass windows) and have a healing center. The buildings are quite large.

11482. Richmond, Akasha. 1997. The art of tofu: Celebrated vegetarian recipes from around the world. Torrance, California: Morinaga Publications. iv + 84 p. Illust. No index. 22 cm.
• ***Summary:*** Contents: Preface. Food with charisma. Guide to ingredients. Freezing, blending, storing, and baking with Mori-Nu Tofu. Cooking terms and techniques. Recipes: Small bites. Soups. Entrée salads and sandwiches. Main meals. Baked goods and desserts. Ingredient equivalents. Metric equivalents. Oven temperature equivalents.

This book was sponsored and published by Morinaga, and every recipe calls for the use of Mori-Nu Tofu. The 50 recipes are low in calories and fat–and delicious!

Known as the "chef to the stars," Akasha has been the personal chef for celebrities such as Michael Jackson, Barbara Streisand, and Carrie Fisher–to name a few. Her catering company has catered events and parties for the likes of Madonna, Al Pacino, Richard Simmons, MTV, and others. The Preface begins: "Back in 1975, when I first decided to go 'vegetarian,' you could only find tofu in Chinese restaurants and obscure health food eateries." She grew up in Hollywood and Florida; "Coconut Grove hippies and surfers were the start of a career that would take me all over the world." Address: Beverly Hills, California.

11483. White Wave, Inc. 1997. Twenty years of tofu... What a concept! White Wave celebrates two decades of success (News release). 1990 North 57th Court, Boulder, Colorado 80301. 2 p. Sept. Front and back.
• ***Summary:*** White Wave was founded by Steve Demos in Sept. 1977. This news release begins: "TofuTown, USA (Boulder, Colorado), September 1997–"'We're still here,' exclaimed Steve Demos, president and founder of White Wave Vegetarian Foods, in recognition of the company's twentieth anniversary this month. 'I can't believe we are still selling bean curd after 20 years. Who would have thought it!'

"Twenty years ago Steve Demos had the vision of creating a leading natural foods company which would spearhead the integration of healthy food into the American diet while promoting environmental, sustainable agriculture. This dream was a far-cry from the reality of launching a tofu company in the 1970s. At best, tofu was known as one of those weird hippie foods like granola or as those odd, mushy white cubes found in increasingly popular Chinese food. Educating his not-so-eager audience was the challenge as Demos began his small tofu company, which he called White Wave, making tofu in a bucket and delivering it to local retailers in a little red wagon."

"And through it all, White Wave has grown to become

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an $11 million company. Not bad for the sale of what is still considered an 'off-beat' food product by most Americans.

"'Our dream was to be where we are now, but we're just as surprised as everyone else that it actually came to be,' shared Demos." In recent years, White Wave has grown at the rate of 30% a year. Address: Boulder, Colorado. Phone: (303) 443-3952.

11484. White Wave, Inc. 1997. Tofu rules! (Postcard). 1990 North 57th Court, Boulder, CO 80301. 1 p. Front and back.
• ***Summary:*** This 4 by 6-inch card, has the word "Tofu" printed in large black and white letters over a blue oval window with a scalloped pink border, on a beige background. Across the bottom is "spray painted" the word "Rules!" In the lower left corner is the White Wave logo.

The message printed on the back reads: "White Wave rules! White Wave, 'The Pride of Tofu Town' is celebrating 20 years of success in Boulder. Come rock to reggae and dance 'til the beans come home. Munchies, too. Saturday, September 27, 1997 8 pm to 1 am (doors open at 7:30 pm). The Boulder Theatre, 2034 14th Street (Pearl and 14th in Boulder). This card admits two. Please show at the door."

For details on the party, see interview with James Terman, Oct. 1997. Address: Boulder, Colorado.

11485. White Wave, Inc. 1997. Tofu rules! (Bumper sticker). 1990 North 57th Court, Boulder, CO 80301. 19 x 9 cm.
• ***Summary:*** This bumper sticker has the word "Tofu" printed in large black and white letters over a blue oval window with a scalloped pink border, on a beige background. Across the bottom in bright pink is "spray painted" the word "Rules!" In the lower left corner is the White Wave logo. It was created for White Wave's 20th anniversary. Address: Boulder, Colorado.

11486. Life Food GmbH. 1997. Sojaanbau in der Bundesrepublik: Die Tofurei "Taifun Naturkost" geht im Suedwesten Deutschlands neue Weg [Soybean production in West Germany. The tofu maker "Taifun Naturkost" is taking a new direction in southwestern Germany (Leaflet)]. Freiburg, West Germany. 1 p. 30 cm. [Ger]
• ***Summary:*** In 1997 about 85 hectares of soybeans for this project were grown in the upper Rhine basin. Address: Bebelstrasse, 79108 Freiburg, West Germany. Phone: 0761 / 15210-0.

11487. Sinzinger, Keith. 1997. Tempeh turkey heads east: Vegetarian innovations. *Washington Post.* Oct. 8.
• ***Summary:*** Until recently, when a roasted bird has been the centerpiece of a holiday feast, vegetarians have either cried fowl, settled reluctantly for side dishes, or perhaps even compromised their principles. But this year several West Coast entrepreneurs are expanding distribution of their "turkey alternatives" eastward. Precooked, stuffed, and sliceable dishes, they contain no animal ingredients, but have a taste, texture, and appearance much like the real bird.

Rhonda Wrobel of Portland, Oregon, offered samples of Tofurky–a tofu and seitan roast–at the Natural Products Expo in Baltimore, Maryland, last month. Wrobel and her husband Hans, a former banquet chef in New Jersey, invented Tofurky in the early 1990s, and have improved their formula each year. This year they have downsized Tofurky to a 26-ounce roast with a stuffing of rice, bread, and sunflower seeds, intended to serve 3 or 4 people. Their company, Turtle Island Foods, is anticipating nationwide retail sales this year of 15,000 to 20,000, up from about 5,000 last year.

Miyoko Schinner, founder of Now & Zen restaurant in San Francisco, first prepared a seitan-based bird one Thanksgiving. Later she published a recipe for her UnTurkey, then began selling it at her restaurant several years ago. Last year she sold about 1,000 UnTurkeys in the Bay Area, and is hoping for sales of 10,000 this year. Address: Washington Post staff writer.

11488. Whitney, Daisey. 1997. Tofu king makes healthy profit. *Denver Post* (*Colorado*). Oct. 26. p. 3L (Business section).
• ***Summary:*** White Wave, celebrating its 20th anniversary, now makes about 6 million pounds of tofu a year, and projects total sales of more than $11 million this year. Founder Steve Demos has heard tofu called "toad food" and has been the butt of every joke on tofu for the last 20 years. His reply: "Hate me harder."

William Shurtleff, president of the Lafayette, California-based Soyfoods Center, likened the company's creativity and innovation to that of computer giant Microsoft.

In July and August of 1997 White Wave was the leading brand in natural-foods stores, with 30.3% of sales, according to SPINS, a San-Francisco based company that tracks the sales of natural products. White Wave's closest competitor had a 21.3% share of the market.

A photo shows tofu-making equipment inside White Wave's plant; Steve Demos, dressed in hair net and sweater, watches many 1-pound blocks of tofu come off the end of a conveyor line.

11489. Terman, James. 1997. White Wave's 20th anniversary celebration in Boulder (Interview). *SoyaScan Notes.* Oct. 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The celebration was held at the Boulder Theater–which is now owned by New Hope Communications. There was a live band and 300-400 invited people attended. Invitations were sent out on a postcard titled "Tofu Rules" which is now also a bumper sticker. Basically it was a "thank you" party for employees and their families, venders, New Hope, Celestial Seasonings, and some folks from the local media. The party was not open to the public.

James attended Bowling Green State University in

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Bowling Green, Ohio, with Steve Demos and Pat Calhoun, then later started his own design firm. Now he is in charge of White Wave's design.

Update: Talk with Steve Demos. 1998. Feb. 6. James Terman, White Wave's vice president of marketing, is responsible for the development, either internally or externally, of all communication programs (including advertising and public relations), packaging, etc. He is an extremely talented and creative person. He goes out and employs two other companies in Boulder. Holden-McClure is White Wave's public relations company, a one-person company run by Susan Holden–who does a great job. Sparks Studios is White Wave's advertising company, which does most of the illustrations and copy concepts; contact Dale Hess. Together, they all are doing an excellent job for White Wave. Address: Vice President–Marketing, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

11490. **Product Name:** Tofu (Bean Curd).
Manufacturer's Name: Bean Me Up, Soya Station, Salad Bar, div. of Ooh-La-La Ling [Lingerie].
Manufacturer's Address: 1684 Ouneachem Baht, Anjuna Bardez, Goa, Goa, India 403-507. Phone: 0091-0832-2273648.
Date of Introduction: 1997. October.
Ingredients: Soya beans, calcium chloride.
Wt/Vol., Packaging, Price: 500 gm. No package; delivered in plastic tubs and transferred to the customer's tub. 120 rupees.
How Stored: Refrigerated.
New Product–Documentation: Letter (e-mail) from Lisa Camps of Goa. 2005. May 15-16. This product was introduced in about Oct. 1997.

Letter (e-mail) from Lisa Camps. 2005. July 16. Sales of tofu were 2-3 kg/day at the time.
*

11491. Book Publishing Co. 1997. Complete '97 fall catalog (Mail order). Summertown, Tennessee. 48 p. 22 cm.
• ***Summary:*** Contains many books about vegetarian cookery (p. 14-29), including books on TVP, gluten and seitan, tempeh, soyfoods, and tofu. Address: P.O. Box 99, 156 Drakes Lane, Summertown, Tennessee 38483. Phone: 1-800-695-2241 or 615-964-3571.

11492. Evans, D.E.; Tsukamoto, C.; Nielsen, N.C. 1997. A small scale method for production of tofu and silken tofu. *Crop Science* 37(5):1463-71. Sept/Oct. *
• ***Summary:*** 80 gm of ground soybean is used to make silken tofu. Glucono-delta-lactone is used as the coagulant. To evaluate the method, soymilk and tofu were made from 182 experimental, public, and private soybean cultivars grown in Indiana in 1990. Address: 1. Dep. of Plant Science, Univ. of Adelaide, Waite Campus, Glen Osmond, SA 5064, Australia; ; 2. Taishi Food Co., 68 Okinaka, Sannohe-Machi, Sonnohe-gun, Aomori, Japan 039-01; 3. USDA-ARS, Dep. of Agronomy, Purdue Univ., W. Lafayette, Indiana 47907-1150.

11493. Farrell-Kingsley, Kathy. 1997. Recipe redux. Mom's lasagna revisited: A meatless and cheeseless lasagna that even your mother could love. *Vegetarian Times.* Oct. p. 32, 34.
• ***Summary:*** Contains a recipe for Vegan Lasagna (12 servings), made with two 16-oz. packages of firm tofu; soy cheese is not used. This recipe contains 50% less fat and 30% fewer calories than a typical lasagna made with ricotta and mozzarella cheeses–and has no cholesterol. A color photo shows the lasagna. Address: VT Food Editor.

11494. Lehmkuhl, Vance. 1997. The joy of soy: Vegetarian cartoons. Bala Cynwyd, Pennsylvania: Laugh Lines Press. 98 p. Illust. No index. 18 cm.
• ***Summary:*** This humorous little collection of vegetarian cartoons pokes fun at meat-eaters and vegetarians alike. There are also cartoons on: Animal rights (p. 28, 37, 71). Seitan (p. 31). Vegan diets (p. 32). Gluten (p. 33). Tofu (p. 56, 65). Soy beans (p. 88). Vance Lehmkuhl has been a vegetarian since 1985; his photo appears on the rear cover. Address: Political cartoonist, Philadelphia City Paper, Pennsylvania.

11495. Madison, Deborah. 1997. Vegetarian cooking for everyone. New York, NY: Broadway Books. x + 742 p. Oct. Illust. Plus 24 full-page color plates. Index. 26 x 21 cm. A tenth anniversary edition was published by Broadway Books in 2007, featuring a new introduction by the author.
• ***Summary:*** One of the most comprehensive vegetarian cookbooks ever published; Contains 1,400 recipes. One chapter, titled "The Soy Pantry" (p. 593-609) has the following contents (with many recipes): Introduction (The soybean is the cow of the Orient). Soy milk. Tofu. Tempeh. A sidebar (p. 594) lists more recipes that include soyfoods, by chapter.

Soy-related recipes (not including those on p. 593-609) include: Soy oil (p. 43). Bechamel sauce (p. 53; dairy-free variation uses soy milk). Tofu "mayonnaise" (p. 60). Tofu garlic "mayonnaise" (p. 60). Sesame sauce with tofu (p. 67). Peanut-tofu sauce (p. 69). Spring rolls with napa cabbage and tofu (p. 107). Tofu salad spread (p. 129). Marinated tofu sandwich (p. 130). Tempeh on rye sandwich (p. 130). TLT–Tempeh, lettuce, and tomato sandwich (p. 130). Buckwheat noodle salad with grilled tofu and roasted peppers (p. 178). Green goddess dressing (p. 190; dairy-free variation with silken tofu). Miso soups (about, plus 5 recipes; p. 231-33). Mushrooms with paprika and sour cream–variation with tofu (p. 255). Thai tofu and winter squash stew (p. 257). Winter vegetable pot pie (p. 259; dairy-free variation can use

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soymilk).

In the section on "Stir-fries" and stir-frying is a subsection titled "Some essential Chinese ingredients." The last entry (p. 262) is: "Salted and fermented black beans: Black soybeans partially fermented and preserved with salt add a rich flavor to vegetables, especially asparagus, green beans, and broccoli. Crush them with the flat of a knife before adding them to release their flavor. The best come in a plastic bag with ginger and orange peel."

Vegetable stir-fry with fermented black beans (with "2 tablespoons fermented black beans, chopped," p. 263). Mushrooms and tofu in Hoisin sauce (p. 269). Stir-fried broccoli, mushrooms, and peppers with caramelized tofu (p. 270). Dried mushroom, leek, and tofu stir-fry with Chinese barbecue sauce (p. 270). Goat cheese enchiladas with corn and red mole (p. 292; silken tofu can replace a portion of the goat cheese to give a less rich version). Soybeans (about; p. 314). Somen in broth with silken tofu and spinach (p. 482-83). Soba in broth with spinach, purple dulse, and silken tofu (p. 483). Udon with stir-fry and five-spice tofu (p. 484). Smoothies (p. 594). Protein drink for breakfast (p. 617, with soy milk). Breakfast burritos with tofu (p. 625). Scrambled tofu (p. 627). Scrambled tofu with herbs and cheese (p. 627). Scrambled tofu with tomatoes and salsa (p. 627). Multigrain waffles (with soy flour, p. 633).

Also used in the recipes are: Quinoa. Sea vegetables. A color photo on the cover shows Deborah Madison.

The dust jacket (and *Jessica's Biscuit Cookbook Catalog*, spring 1998) says: "What Julia Child is to French cooking and Marcella Hazan is to Italian cooking, Deborah Madison is to contemporary vegetarian cooking. At the Greens restaurant in San Francisco [California], where she was the founding chef, and in her two acclaimed vegetarian cookbooks, Madison elevated vegetarian cooking to new heights of sophistication... Madison received the M.F.K. Fisher Mid-Career Award in 1994... She has been a board member of the Santa Fe Area Farmers' Market for the past six years in Santa Fe, where she lives with her husband, Patrick McFarlin."

Marion Cunningham, author of Beard Award winners *The Fannie Farmer Cookbook* and *The Fannie Farmer Baking Book*–"If I could have only one book on the subject of vegetables, *Vegetarian Cooking for Everyone* would be it."

Letter (fax) from Dana Jacobi. 1998. April 26. This cookbook just won the IACP/Julia Child award as the "cookbook of the year" for 1998–the highest honor given, out of 432 books nominated–and a tremendous honor for vegetarianism as well as for Deborah Madison. Note: IACP is the International Association of Culinary Professionals. This book also won the IACP/Julia Child award as the best general cookbook of the year (out of 54 cookbooks nominated, and beating out the new 1997 edition of *The Joy of Cooking*). Two major sets of cookbook awards are given each year: The IACP/Julia Child awards (given in April at a different location each year) and the James Beard awards (given in May in New York City). Each set offers awards in something like 10 different categories. There is surprisingly little overlap among the nominations for both in each category. Address: Santa Fe, New Mexico.

11496. *Soya Bluebook Plus.* 1997. Oilseed glossary: Definitions and terms commonly associated with oilseed products or processing. 1998. p. 354-60.

• ***Summary:*** Acidulated soapstock, activated, amino acids, antioxidant, biodiesel, biotechnology, bleaching, bleaching earth, bolls, Bowman-Birk trypsin inhibitor, bran, break material, cake, canola, canola meal, catalyst, coconut, coconut–desiccated, coconut milk, coconut meal, cold pressed soy oil, cold test, confection sunflower, cooking oil, copra, copra meal, corn bran, corn feed meal, corn flour, corn germ meal (wet milled), corn gluten feed, corn gluten meal, corn grits, cotton linters, cotton plant by-product, cottonseed–glandless, cottonseed cake (or cottonseed flakes)–mechanical extracted, cottonseed meal–solvent extracted, cottonseed screenings, cotyledon, cracked corn, cracking, crude cottonseed oil, crude soy oil, defatted soy flour, degermed, dehulled–dehulling, degummed soy oil, degumming, deodorized, desolventizer-toaster, diglyceride, drying oil, edamame, edible crude soy oil, edible refined soy oil, emulsifier, endosperm, esterification, expanded–expanding, expeller, extracted–mechanical, extracted–solvent, extruded, extruder, extrusion, fat, fatty acid, feed (feedingstuff), feed grade, fermented–fermenting, flaking, flour, free fatty acid (F.F.A.), full-fat soy flour (enzyme active or heated/toasted), fully refined soy oil, genetic engineering, germ, ghee, gossypol, grain, green vegetable soybeans, grits, groundnut, gumming, high-fat flour, hilum, hulls, hydrogenated vegetable oil, hydrogenization [sic, hydrogenation], hydrolyzed corn protein, hydrolyzed soy protein, isolated soy protein, kibbled soybean meal, Kunitz trypsin inhibitor, lecithin, lecithinated soy flour, linseed meal, linters, lipoxygenase, low gossypol cottonseed meal, low-fat soy flour, malto dextrins [maltodextrins], margarine, maturity groups, meat analogs [meat alternatives], meat extenders, melting point, methyl esters, miso, monoglyceride, natto, nutraceuticals, oil, okara, once refined soy oil, oxidation, palm kernel oil, palm olein, palm stearin, peanut hulls, peanut meal, peanut skins, pellets, polymerization, processing or extraction of oilseeds (also called "crushers" or oil mill operations–solvent extraction, continuous pressing, batch pressing), protein, pulses, raffinose, rancidity, rapeseed meal–mechanical extracted, refining, refractive index (R.I.), rolled or rolling, salad oil, shortening, soapstock, solvent extracted, solvent extracted soybean flakes, soy flour, soy grits, soy protein concentrate, soy protein isolate, soy sauce (incl. that hydrolyzed with hydrochloric acid), soy sprouts, soya, soya lecithin, soybean(s), soybean ground,

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soybean cake, soybean curd, soybean fatty acids, soybean feed–solvent extracted, soybean flakes and 44% protein soybean meal, soybean flakes and high protein or solvent extracted soybean meal, soybean hay sun-cured ground, soybean hulls (or seed coats), soybean meal, soybean meal–dehulled–solvent extracted, soybean meal–dehulled–mechanical extracted, soybean mill feed, soybean mill run, soybean processor, soybean protein product–chemically modified, soybean seeds–extruded ground, soybean seeds–heat processed, soybean solubles–condensed, soybean solubles–dried, soyfoods, soymilk, soynuts, spinning (to texturize soy protein isolate for food or industrial use), stachyose, steepwater, sterols, sunflower hulls, sunflower meal–dehulled–mechanical extraction, sunflower meal–dehulled–solvent extracted, sunflower meal–mechanical extracted, sunflower meal–solvent extracted, sunflower seed–oil varieties, technical grade refined soy oil, tempeh, textured soy concentrate, textured soy flour, textured soy protein, toasting, tofu, transgenic, triglyceride, trypsin inhibitors, unsaponifiable matter, unsaturation, vanaspati–vegetable ghee, wet-milled, whole-pressed cottonseed–mechanical extracted, winterized oil, yuba. Address: 318 Main St., P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207-288-4969.

11497. *SoyaScan Notes.* 1997. The oldest existing Caucasian-run tofu manufacturers in the United States, listed chronologically (Overview). Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** 1976 Sept. Farm Food Company (now named FarmSoy Company), San Rafael, California (presently in Summertown, Tennessee).

1976 Nov. Island Spring, Inc., Vashon, Washington.

1977 March. Surata Soyfoods (now named Surata Soyfoods Co-op), Eugene, Oregon.

1977 Sept. White Wave, Inc., Boulder, Colorado.

11498. **Product Name:** Tofurky '97: A Delicious Vegetarian Holiday Feast.
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 1997. October.
Ingredients: Each Tofurkey includes: (1) 26-ounce tofu roast, seasoned and stuffed: Water, vital wheat gluten, tofu (water, soybeans, calcium sulfate), white beans, garbanzo beans, natural vegetarian flavor, canola oil, tamari, spices, lemon juice, calcium lactate from beets, salt. Stuffing: Brown rice, wild rice, bread cubes (whole wheat, water, salt, yeast), onion, celery, natural vegetarian flavor, sunflower seeds, roasted garlic powder, seasoning; (2) 4 Drumettes: Textured soy protein (soy flour and water), soy tempeh (non-genetically modified soy beans grown without chemical fertilizers, herbicides or pesticides, water, apple cider vinegar, starter culture), grated carrots, wild rice, malt extract, natural vegetarian flavor, dried cranberries, vegetarian Worcestershire sauce, isolated soy protein, carrageenan, herbs and spices. (3) Golden Mushroom

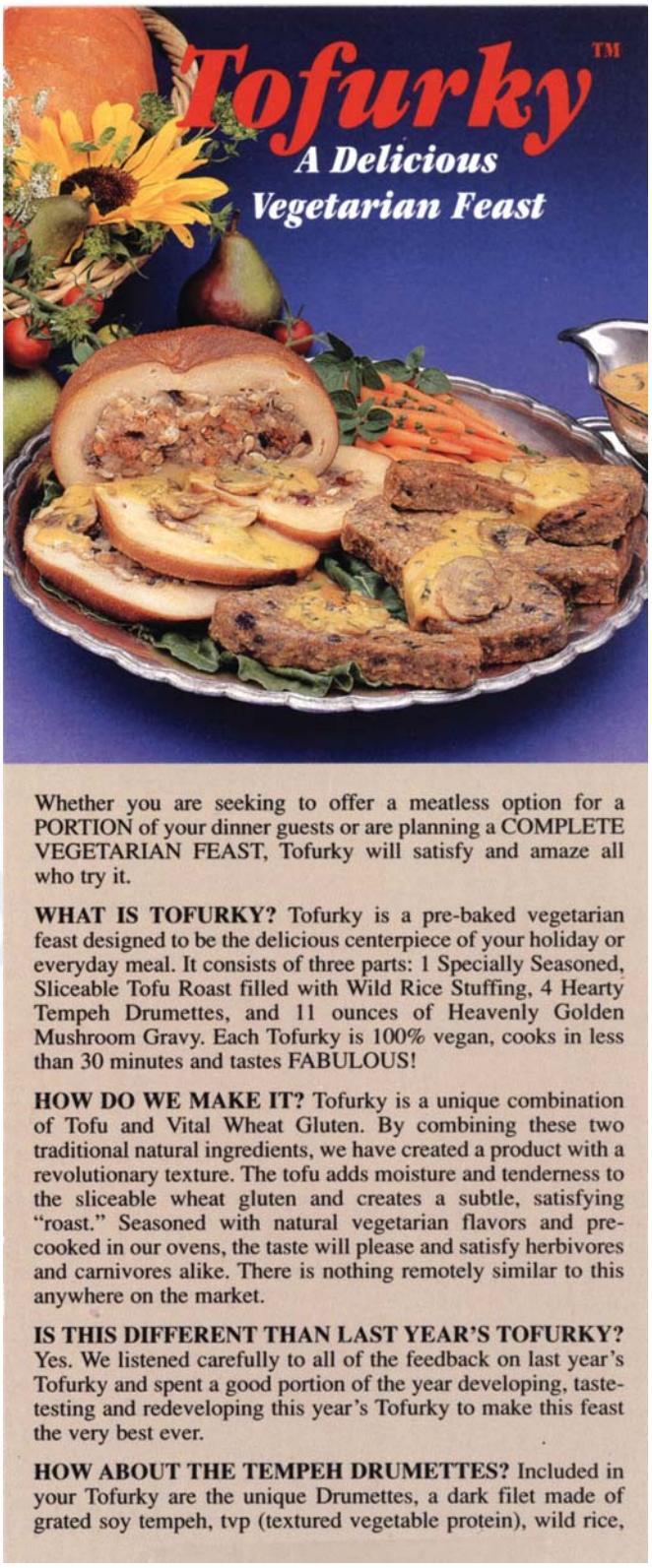

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Gravy: Water, nutritional yeast, expeller pressed canola oil, unbleached flour, chopped fresh mushrooms, diced onion, shoyu soy sauce (water, soybeans, wheat, salt), herbs, spices, non-dairy lactic culture.
Wt/Vol., Packaging, Price: 3 lb 4 oz (serves 4).
How Stored: Frozen.
New Product–Documentation: Product (without box) and color poster sent by Seth Tibbott. 1997. Dec. 13.

Full-color glossy leaflet (8½ by 11 inches). 1997. Oct. "We have it! Tofurky–A delicious vegetarian holiday feast" (which see). Box with Label sent by Seth Tibbott. 1997. Dec. 24. This is a very attractive and well-designed box, 10 by 6.5 by 4 inches deep. The top is covered with a color photo of Tofurky, sliced in half, served on a plate, with tempeh drumettes, a gravy boat to the right, and a basket of fruits in the upper left. A snipe across the upper left corner states: "100% vegan." In the lower left is written: Contains: Specialty seasoned stuffed tofu roast. 4 hearty tempeh drumettes. Heavenly golden mushroom gravy. Keep frozen. Net weight 3 lbs. 4 oz. (1474.4 gm). In the lower right corner is a circular logo 1½ inches in diameter. Across the top is written: "The Wide World of Soy." Across the bottom: "Have you had your soy today?" In the middle are three soybeans in pod; the two end ones are yellow and the middle one is a tiny Planet Earth. Behind them are three soybean leaves. On the back are three sets of ingredients and nutrition facts for: Drumettes, Golden mushroom gravy, and Stuffed tofu roast. On one end is information about Farm Sanctuary (Watkins Glen, New York); Turtle Island donates 1% of the gross sales from Tofurky to the Farm Sanctuary's Adopt-A-Turkey program. One side states that "The Wide World of Soy" is a line of natural soyfoods: Tofurky, Tempeh Drumettes, Vegetaballs, and Now Burgers. "Today, soyfoods are receiving renewed interest from scientists and nutritionists from their supply of isoflavones, a unique type of phytoestrogen (a plant chemical)."

Update: Talk with Seth Tibbott of Turtle Island. 1998. Nov. 18. Last year they sold 15,000 Tofurkys; this year they have already sold 35,000 and expect to sell 50,000 by Dec. 31. The media coverage this year has been even more amazing than last year. White Wave has dropped its tempeh burgers (incl. Lemon Broil) because its tofu business is growing so fast.

11499. Turtle Island Foods, Inc. 1997. We have it! Tofurky–A delicious vegetarian holiday feast (Leaflet). Hood River, Oregon. 2 p. Front and back. 28 cm.
• ***Summary:*** The text at the bottom front reads: "As seen on: ABC (Good Morning America), NBC (Today Show), and CBS (This Morning)." On the front is a full-color photo (on a blue background) of a Tofurky sliced in half, on a bed of lettuce with sliced carrots, on a silver plate, with the drumettes and gravy in a silver gravy boat. In the upper left is a basket with a sunflower, pumpkin, pear, and cherry tomatoes.

On the back is a detailed description of the product: "After three years of product development, testing and listening to customers... We've taken tofu and blended it with vital wheat gluten to create a savory, sliceable roast filled with our own meatless stuffing." Tofurky includes two levels of promotional support. "Option #1: Vegan Super Holiday Demo. Order 25 mixed cases of Tofurky and Tempeh Drumettes plus 3 cases of any size Rice Nog by Grainaissance Natural Foods and receive a $60 demo of Tofurky, Tempeh Drumettes and Rice Nog." "Watch for upcoming blurbs in November Bon Appetit and New Woman magazines. In addition we will again be sending out over 750 press releases to major US media organizations. In-store posters and brochures available at no cost. 1% of all gross sales of Tofurky go to the Farm Sanctuary's Adopt A Turkey Program." Suggested retail price: $19.95 to $24.95. Address: P.O. Box 176, Hood River, Oregon 97031. Phone: 1-800-508-8100.

11500. United Soybean Board. 1997. National report on consumer attitudes about nutrition. Seattle, Washington. 8 p. Oct. 28 cm.
• ***Summary:*** This fourth annual nationwide survey, commissioned by USB, was conducted in July 1997 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 1,000 consumers. The sample error ranges as ±3.2 percentage points at the 95% confidence level.

Contents: Concern about nutrition. Changes in eating habits: Percentage of consumers making dietary changes due to nutrition concern, specific dietary changes, reasons for dietary changes. Nutrition and dining out. Menu selection and shopping habits due to nutrition concerns. Media sources and nutritional information. Consumer perceptions of soy products. Consumer concern and confusion about specific nutrition terms: Percentage of population familiar with term–Soy protein, saturated fats, polyunsaturated fats, trans fatty acids, hydrogenation.

Consumer perceptions of soy products: 1. 59% of Americans acknowledge that soy is healthy. 2. Soybean product trail usage is reaching relatively high levels among nutrition–conscious consumers. Approximately 70% of consumers very concerned with nutritional content indicate they have tried some type of soy product. 3. The perception of healthfulness is a primary driver of soy product trial and use. Among consumers who have tried soy products, 68% indicated soy is healthy. 4. One in three consumers who eat soy products about once per week indicated that a magazine or newspaper article influenced them to include soy in their meals. 5. Among consumers who indicate usage of soy products, tofu and soy burgers are the products most frequently incorporated into their diets.

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11501. Dowell, William. 1997. Dead wrong? The IRS swoops down on a prestigious university to examine an allegedly colossal fraud scheme and a mysterious accident involving a top pathologist. *Time.* Nov. 3.
• ***Summary:*** "'The irony,' says a witness, 'is that he never ate lunch. He used to prefer tofu sandwiches.'"

11502. Gonzalez-Watanabe, Yvonne; Watanabe, Joji. 1997. Introducing tofu to Hispanics. Visit to the House Foods America Corp. tofu factory in Garden Grove near Los Angeles (Interview). *SoyaScan Notes.* Nov. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Yvonne and her husband Joji (who first contacted Soyfoods Center on 12 Sept. 1997) are interested in translating *The Book of Tofu* into Spanish and introducing tofu to the Hispanic community, starting in Los Angeles. Yvonne, age 24 was born in the USA, where her parents (who are both from Costa Rica) lived for 30-35 years; her father was a pharmacist. She learned to speak some Spanish at home. Her parents have returned to Costa Rica. Yvonne (who was raised a Catholic) now works in a real estate office and teaches vegan cooking classes at the Kanzeonji Non-Sectarian Buddhist Temple and Shiva Ashram Yoga Center at Mt. Washington in Los Angeles; there both she and Joji practice Zen meditation and yoga. Rev. Ryugen Watanabe, Joji's uncle, is a Soto Zen master, yoga teacher, and the head of this temple. Both Yvonne and Joji are vegetarians, and she is a vegan. Her sister is an editor for El International, a big Spanish language magazine located in Miami, Florida.

Yvonne got interested in vegetarianism and soyfoods through Rev. Watanabe. She had had severe migraine chronic headaches for many years. After trying every possible remedy to no avail, she told her uncle, Rev. Watanabe, about her problem. He said simply but forcefully, "It's your diet." She thought: "He's crazy. I have a great diet." In 1994, although she had been eating meat for 30 years, she tried the vegetarian diet he recommended and got quick relief. Following his advice, she began by giving up red meat and pork, then phased out chicken and fish until after 8-9 months she was consuming a vegan diet. As Yvonne began educating herself about vegetarian nutrition, she was looking for alternatives to meats as a source of protein. Rev. Watanabe told her about tofu, and even taught her how to make it at home from whole soybeans. Now Yvonne teaches other people how to make tofu at home.

Yvonne has great admiration for Rev. Watanabe. "He's really great. He's been teaching Zen and yoga for more than 20 years and he still charges the same, low prices–$2.00 for a yoga class. If you can pay, you pay. If you can't, how about rolling some incense. It's wonderful. I've never seen someone so committed to people."

Yvonne has been a vegan ever since and has not had a headache in almost five years. A friend of Yvonne's had migraine headaches that were so bad, she had to give herself shots. Yvonne suggested that she try switching to a vegetarian diet. She hasn't had a headache in a year. Over the years many of Yvonne's female relatives (her mother, sister, cousin, etc.) have become vegan–largely because they want to lose weight.

Joji, age 36, was born in Tokyo but has lived in the USA since age 6. He speaks Japanese and English and is a financial consultant. Joji graduated from USC, and now works in a corporate environment in real estate financing. His grandmother, Masa Miyai, lives with them. Four years ago they shut down their business selling medical supplies to Latin America. Now they are developing a project to introduce tofu to Hispanics.

On Oct. 18-19 Yvonne and Joji visited Soyfoods Center, where they talked with Bill Shurtleff about their project and book publishing. They photocopied many Spanish-language documents and recipes related to tofu. Upon returning to Los Angeles, they developed a one-page Spanish language brochure on tofu, visited with Margaret Endo in order to arrange for a booth in next summer's Tofu Festival, and began to do research.

Their first research project was a visit to the House Foods America Corp. tofu plant in Garden Grove, Southern California. After a brief meeting with employee Miyuki Nagano, she took them on a walking tour of the plant, so they were able to observe the entire tofu-making process. It is completely automated, except when a worker smooths the curds in the pressing trays before they are pressed. The company employs about 120 people at this facility. Of the 78 workers in the factory (including shipping and receiving), 98% are Hispanic men, but the office workers are all Japanese. The company has its own delivery trucks; its marketing is focused on California, in part because of increased competition from companies outside the state–as in Massachusetts [Nasoya Foods]. The company invites the Hispanic workers to take home tofu, but they don't–probably because they don't know what to do with it. The company has a full test kitchen and laboratory, and Miyuki is interested in developing tofu recipes that Hispanics will like. The company also makes natto at this plant.

Update: Talk with Yvonne. 1997. Nov. 23. Her cousin, Alejandra Jimenez, from Costa Rica has just arrived in Los Angeles to work with her on the tofu project. Alejandra's native language is Spanish but she also speaks perfect English and has a master's degree in English. Another cousin from Costa Rica is part of an all-male rock band, whose members are ages 30-37; all were born and raised in Costa Rica. She served them 3 tofu recipes–which they liked very much: (1) Tofu cubed in miso soup; (2) Chilled tofu, cubed with sesame oil, rice vinegar, and soy sauce; and (3) Crisp freshly deep-fried tofu cubes, with soy sauce. They are interested in using tofu as part of a weight-loss program.

They all went to a Chinese vegetarian restaurant in nearby San Gabriel named Vegetarian Delights. Run by a

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Chinese-American lady, it served a delicious dish named Roasted Black Bean Fish, that tasted remarkably like fish–but used tofu instead of fish. Yvonne made friends with the owner. Address: 6029 LaPrada St., Los Angeles, California 90042. Phone: 213-254-1712.

11503. Gonzalez-Watanabe, Yvonne. 1997. Tofu in Costa Rica (Interview). *SoyaScan Notes.* Nov. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Yvonne's mother, who lives in San Jose, the capital of Costa Rica, did some research and found that there is only one tofu manufacturer in Costa Rica. It is a Chinese-run company, located in San Jose. Address: 6029 LaPrada St., Los Angeles, California 90042. Phone: 213-254-1712.

11504. Dow Jones Readers' Reference Service. 1997. Tofu in *The Wall Street Journal* (Interview). *SoyaScan Notes.* Nov. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tofu is mentioned in the text of 95 articles in *The Wall Street Journal* between 1984 and today. It is mentioned in the headline of 8 articles between 1985 and today. To order citations, send $2 per citation plus $3 for shipping. Address: Chickapee, Massachusetts. Phone: 413-592-3600.

11505. Rosenthal, Lara. 1997. The new Thanksgiving dinner: Gravy, but turkeys not invited. *Wall Street Journal.* Nov. 26.
• ***Summary:*** The article begins: "Watch out, Butterball! The tofu turkeys are coming. Vegetarians, tired of eating bean roast and stuffed pumpkin while the nation's carnivores dine on fowl every Thanksgiving, are finding new ways to be included. They and their guests will consume an estimated 26,000 'alternative turkeys' made of tofu and other plant products this year, four times as many as in 1996."

While that is only a tiny percentage of the 67 million real birds eaten in the USA on Thanksgiving and Christmas, the companies that make faux turkeys are struggling to meet demand–even though the vegetarian turkeys are generally more expensive than their traditional counterparts. Indeed tofu turkeys have come a long way since they made their debut in the mid-1990s.

Three alternative turkeys are profiled: (1) The Tofu Turkey, made by Fresh Tofu Inc. of Easton, Pennsylvania. (2) Tofurky, made by Turtle Island Foods, Inc. of Hood River, Oregon. (3) Unturkey, made of seitan (wheat gluten) by Now & Zen of San Francisco, California.

Tofu turkeys can ease the strain in families split by gastronomic differences–as when one or more of the kids or guests are vegetarians. In gatherings of vegetarians they can fill an emotional void–served with cranberry sauce, mashed potatoes, green beans, and candied yams.

11506. Anderson, Jean. 1997. The American century cookbook. 1st ed. New York, NY: Clarkson Potter. xii + 547 p. Illust. Index. 24 x 19 cm. [586* ref]
• ***Summary:*** Contents: Acknowledgments. Introduction. How to use this book. Appetizers and snacks. Soups. Meat, fish & fowl. Casseroles. Eggs, cheese, pasta & grains. Vegetables. Salads and salad dressings. Breads and sandwiches. Puddings, pies & other desserts. Cakes & frostings. Cookies & candies. Permissions. Bibliography. Index.

The Introduction begins: "For the past ten years, I have been traveling backward in time. Back across the decades to 1900 and beyond. My quest: To trace this [20th] century's role in our culinary coming of age. To track the recipes, foods, food trends, food people, appliances, and gadgets that have had an impact on our lives from 1900 onward." This is a marvelous book about mainstream American food, but it is also somewhat strange. Marvelous because: (1) It is the culmination of a life's work as a food writer; she is the author of more than 20 cookbooks, the winner of numerous awards related to food writing, and a member of the James Beard Who's Who of Food and Wine in America, and a regular writer for leading national food magazines. (2) The historical research that has gone into this book is superb, and beautifully presented, with hundreds of old graphics (photographs, illustrations, ads, packages, labels, posters, etc.). (3) The book itself beautifully designed, and the format is original and very inviting, with numerous interesting sidebars and timelines, in addition to the graphics.

The book is strange because: (1) The author seems largely unaware (except for a brief mention in the Introduction, p. 4) that the 20th century was also the century of the rise of the natural foods, organic foods, vegetarian, and soyfoods movements in America–starting in the 1960s, with a smaller health food movement from 1900 to the late 1950s; the words "natural," "organic," "soy," and "health" do not even appear in the book's substantial index–although the word "granola" does–in connection with a recipe that contains an incorrect history. Among the various soyfoods, only tofu is mentioned–but not in a recipe. In a timeline, under 1980s: "Tofu comes to the supermarket." Note: Actually, tofu was first sold in a supermarket chain in 1958 in Los Angeles.

The books contains two vegetarian recipes: (1) Vegetarian (meatless) Moussaka (p. 166-67), a recipe the author developed in 1973 for an article she was writing in *Family Circle.* She had eaten and liked meatless moussakas in Greece. (2) Vegetarian Black Bean Chili (p. 250-51), a 1960s recipe that won "Best of the 1991 New York State Fair." There is (fortunately) a timeline entry (1971) and four recipes related to Alice Waters and Chez Panisse restaurant in Berkeley, California. (2) The book contains many unhealthy (though popular) recipes. It is overloaded with recipes for meats, fish, and fowl–the very foods that are causing a health crisis in America, with heart disease and stroke as major causes of death and disability. Other recipes (also popular) contain large amounts of refined foods, such as white sugar,

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white flour, etc.–Ingredients that people interested in healthy foods generally prefer not to eat. (3) There are some glaring omissions: Under appliances–nothing about the blender, or the juicer.

Compare the recipes in this book with those in the latest edition of the *Joy of Cooking* (also 1997) and you will see clearly that the latter has kept pace with America's changing cookery and attitudes toward food, nutrition, good health, and the important connection between diet and health.

Note: Jean Anderson, a member of the "old school," was born in 1929. Address: Chapel Hill, North Carolina, and New York City.

11507. Cai, Tiande; Chang, Kow-Ching. 1997. Dry tofu characteristics affected by soymilk solid content and coagulation time. *J. of Food Quality* 20(5):391-402. Nov. [24 ref]

• ***Summary:*** The solids content of soymilk is measured in degrees Brix. Soymilk of 7.1, 7.8, 8.4, and 9.2 degrees Brix were tested. The solids content significantly affected the tofu yield, fracturability, hardness, springiness, cohesiveness, and chewiness.

At a 9:1 water/soybean ratio, the highest Brix produced the lowest yield (201 gm of tofu per 100 gm soybeans), but the highest fracturability, hardness, springiness, cohesiveness, and chewiness. A coagulation time of 5 minutes resulted in a significantly lower tofu yield but higher cohesiveness than a time of 15 minutes. Address: Dep. of Food and Nutrition and Dep. of Cereal Science, North Dakota State Univ., Fargo, ND 58105.

11508. Lee, Jill. 1997. New soybeans fill tofu niche. *Agricultural Research* 45(11):13. Nov.

• ***Summary:*** Thomas E. "Tommy" Carter, at the USDA-ARS Soybean and Nitrogen Fixation Lab. (Raleigh, North Carolina) breeds special varieties of soybeans for use in making tofu. Although they have lower yields and demand extra care, they bring extra profits to farmers. "Tofu is gaining in popularity." USDA's Economic Research Service estimates that Japan uses about 20 million bushels each year for making a tofu; most of these are imported from China and the United States. But tofu is also made in the USA, where there are about 100 tofu makers, whose tofu has a retail value of about $130 to $150 million / year. All this tofu is made from soybeans grown in America.

"U.S. shoppers are doubling their consumption of tofu about every 3 to 4 years, according to the Soyfoods Center of Lafayette, California, which monitors such trends." Address: ARS.

11509. Lowenstein, Melissa. 1997. Natural alternatives for menopausal women: A panel discussion with the experts. *Vegetarian Times.* Nov. p. 86-90, 92.

• ***Summary:*** Several of these experts recommend the use of soyfoods. Tori Hudson, N.D., director of A Woman's Time Clinic in Portland, Oregon, was asked: "What foods do you suggest for women with menopausal symptoms?" Answer: "The best foods are those that contain high amounts of phytoestrogens, or plant estrogens. The very best sources of phytoestrogens are soy products and flaxseeds Ä not flax oil but the whole seed. A handful of roasted soy nuts, a cup of soymilk or a half-cup of tofu will give you 35 to 50 milligrams (mg.) of isoflavones, the phytoestrogen found in soy. I recommend at least 45 mg. a day, but the more, the better. Soy foods also decrease the 'bad' kind of cholesterol and increase the 'good' kind and can dramatically reduce breast cancer risk. Japanese women, who eat enough soy to get 100 mg. of isoflavones a day, are four to six times less likely to have breast cancer." Address: Santa Barbara, California.

11510. Messina, Virginia K.; Burke, Kenneth I. 1997. Position of the American Dietetic Association: Vegetarian diets. *J. of the American Dietetic Association* 97(11):1317-21. Nov. [44 ref]

• ***Summary:*** Contents: Introduction. Position statement. Vegetarianism in perspective. Health implications of vegetarianism. Nutrition considerations for vegetarians. Vegetarianism throughout the life cycle. Meal planning for vegetarian diets. Food guide pyramid for vegetarian meal planning.

Introduction: "Scientific data suggests positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer."

"Position statement: It is the position of the American Dietetic Association (ADA) that appropriately planned vegetarian diets are healthful, are nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases."

Other features of the paper include: (1) A paragraph on why people choose vegetarian diets, including ethical reasons. (2) A food guide pyramid for vegetarian meal planning, including "zero to three servings of milk, yogurt, and cheese." (3) A list of food sources for certain nutrients, including iron, zinc, calcium, vitamin D, B-12, and linoleic acid. (4) Nutritional considerations for vegetarians and vegans. For example, vegans may have lower calcium requirements than the general population because their diets contain less protein and are more alkaline; high acid diets cause more calcium to be lost in the urine as the body tries to neutralize that acid with calcium from the bones. (5) The position paper once again restates that combining proteins is not necessary and that protein intake in both lacto-ovo-vegetarians and vegans appears to be adequate.

A full-page table (p. 1319) shows food sources of important nutrients. Soyfoods are shown as sources of the

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following, with the number of milligrams per serving shown in parentheses: (1) Iron: Tofu, ½ cup (6.6), soybeans, ½ cup cooked (4.4), tempeh, ½ cup cooked (1.8), soymilk, 1 cup (1.8). (2) Zinc: ½ cup of the following cooked: Tempeh (1.5), textured soy flour (1.4), tofu (1.0), soybeans 1.0.

(3) Calcium: soymilk, fortified, 1 cup (250-300), tofu, ½ cup (120-350), soynuts, ½ cup (252), soybeans, 1 cup cooked (175), soymilk, 1 cup (84), textured soy flour, ½ cup (85), tempeh, ½ cup (77). (4) Vitamin D: Fortified soymilk or other nondairy milk, 1 cup (1.0 to 2.5 micrograms). (5) Vitamin B-12: Fortified soymilk or other nondairy milks, 8 oz = 1 cup (0.2 to 5.0 micrograms).

(6) Linolenic acid: Soybean oil, 1 tablespoon (0.9 gm), soybeans, ½ cup cooked (0.5 gm), tofu, ½ cup (0.4 gm).

11511. Morinaga Nutritional Foods, Inc. 1997. Perfect food. Perfect package (Ad). *Vegetarian Times.* Nov. p. 24.
• ***Summary:*** This attractive color ad (8½ by 11 inches) shows two aseptic packages of Mori-Nu tofu (Extra Form and Firm) on a wooden cutting board surrounded by fruits and vegetables–green beans, cherry tomatoes, tofu cubes, strawberries, cauliflower, raspberries, mushrooms, carrots, and leeks.

At the bottom of the latter ad, the reader is invited to order: *"The Art of Tofu,* featuring international recipes, by Akasha Richmond, a celebrated chef who has cooked for stars like Barbara Streisand and Michael Jackson." Call 1-800-793-9161. For more visit www.morinu.com.

This ad also appeared in the December issue (p. 24), and in the January 1998 issue (p. 47) of this magazine.

And in the Jan/Feb. 1998 (p. 79) and May/June (p. 85) issues of *Natural Health* magazine. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11512. Morinaga Nutritional Foods, Inc. 1997. New! Mori-Nu Mates pudding and pie mix now available in vanilla (Ad). *Natural Foods Merchandiser.* Nov. p. 51.
• ***Summary:*** This full-page color ad shows a large packet of Mori-Nu Mates Low-Fat Pudding Mix in vanilla flavor against a white background. Below it are packets in Lemon Creme and Chocolate flavors. Bold text across the bottom of each package proclaims that they are "All natural. Dairy-free. No refined sugar" Blend one packet of this mix with one package of Mori-Nu Lite Silken Tofu. For more: www.morinu.com. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11513. Ontario Soybean Growers' Marketing Board (OSGMB). ed. and comp. 1997. Canadian soyfoods directory. Chatham, Ontario, Canada: OSGMB. 27 p. 28 cm.
• ***Summary:*** This excellent, complete, and accurate directory was compiled by the Collège d'Alfred of the University of Guelph, under contract with the Ontario Soybean Growers' Marketing Board (OSGMB). The project leaders were Suzanne Lavoie, Charles Goubau, and Ian Walker. The first Canadian soyfoods directory was published in April 1994 (22 pages).

Contents: Foreword–Ontario Soybean Growers' Marketing Board (OSGMB). Acknowledgements from researchers. Table of contents. Soyfood product descriptions: Green vegetable soybeans–Edamamé, meat analogs, miso, natto, okara, soy cheese, soy flour, soy frozen desserts, soy grits, soy isolate fibre, soy lecithin, soy oil, soy protein concentrate, soy protein isolate, soy pudding, soy sauce, soy sprouts, soy yogurt, soymilk (soy drink and soy beverage), soynuts, tempeh, textured soy flour–TSF, texturized soy protein, tofu, whole dry soybeans, yuba. Soyfoods for your health: Heart disease, cancer, osteoporosis, other conditions. Composition and nutrient value of soyfoods. Soyfood companies by product. Soyfoods companies by province: Alberta (7), British Columbia (21), Manitoba (2), Nova Scotia (2), Ontario (54), Quebec (20). Soyfood companies (105 companies that make or market wholesale soyfoods)–complete listings (address, phone and fax numbers, contact person, products). Soyfoods distributors–complete listings (13). Soybean distributors–complete listings (28). Research information sources–complete listings (24). Soyfoods information sources (23). Canadian soyfoods directory questionnaire.

Spot in *Ontario Soybean Growers' Marketing Board Newsletter.* 1997. Dec. p. 5. The Canadian Soyfoods Directory was launched in November after a two-month delay. "The project was undertaken following numerous information requests from consumers, processors and health professionals." Funded by the Board of OSGMB, it has been mailed to all Registered Dietitians across Canada, and it will soon be available on the Board's website. Address: OSGMB, 180 Riverview Dr., P.O. Box 1199, Chatham, ON N7M 5L8, Canada. Phone: 519-352-7730.

11514. Saio, Kyoko. 1997. Global soybean processing and utilization for the 21st century. In: Sudarmadji, Suparmo and Raharjo, eds. 1997. Reinventing the Hidden Miracle of Tempe: Proceedings, International Tempe Symposium, July 13-15, 1997, Bali, Indonesia. Jakarta, Indonesia: Indonesian Tempe Foundation. xi + 280 p. See p. 22-27.
• ***Summary:*** Contents: Abstract. Introduction. From traditional to the future via modern: Development of food industry, key words for the 21st century. Conclusion.

The processing and marketing of soybeans in the modern world involves modernization and mechanization, larger scale, the mass market, sped, hygiene and novelty. "However in the 21st century the key words such as healthy, safety, and environment will be much more important..." (p. 22). She believes that our "priority for the 21st century is not always technology-oriented progress like the 20th

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century." People may prefer to have a more comfortable and peaceful life as human beings (p. 26-27). Note: This embodies the "Small is beautiful" idea of Schumacher and satisfying or fulfilling work. Address: Tokyo Metropolitan Food Technology Research Center, 9-1 Kanda-Sakuma-cho, Chiyoda-ku, Tokyo 101.

11515. Tibbott, Seth. 1997. Current state of the North American tempeh [and tofu] market. In: Sudarmadji, Suparmo and Raharjo, eds. 1997. Reinventing the Hidden Miracle of Tempe: Proceedings, International Tempe Symposium, July 13-15, 1997, Bali, Indonesia. Jakarta, Indonesia: Indonesian Tempe Foundation. xi + 280 p. See p. 28-35. [7 ref]

• ***Summary:*** This paper is particularly valuable for its update of tempeh history and the tempeh market in North America from 1985 to May 1997.

Contents: Abstract. History of the North American tempeh market. Current US tempeh market–May 1997: Basic statistics, who is the typical tempeh consumer?, where is tempeh sold?, how is tempeh packaged?, how is tempeh used by the consumer in North America?, what is the future of tempeh in North America?, factors that affect future growth of tempeh (health benefits of soy and label claims, consumer education, development of the food service and industrial market, development of Indonesian cuisine and restaurants in America).

In 1984 some 53 companies in the US made approximately 34,000 pounds/week of tempeh. At that time tempeh was the fastest growing soy product in the US, growing by about 28% a year.

As of May 1997 there are ten tempeh manufacturers in the USA; seven of these produce more than 1,000 lb/week of tempeh, and only one produces less than 200 lb/week. All ten US companies make an estimated 55,580 lb/week of tempeh, and these 7 largest companies make about 95% of the total. Canada has only 3 tempeh makers and they produce a total of about 1,100 lb/week. In Mexico, there are only a few tempeh makers, mostly in tourist areas. All of the 7 largest US and the 3 largest Canadian tempeh manufacturers are owned and operated by Caucasians. Caucasians also consume an estimated 95% of the tempeh made in the USA. In North America, tempeh is marketed in a variety of forms and flavors, of which soy tempeh is the most popular, followed by tempeh burgers and soy & grain tempehs. All of the existing tempeh shops in the USA and Canada trace their roots to The Farm, a spiritual community in Summertown, Tennessee.

By contrast, tofu is much more popular in North America than tempeh. More than 70 manufacturers produce over 1.5 million lb/week. Three of the four largest manufacturers are owned and operated by Asian Americans. Whereas 75% of all Americans know what tofu is, only 14% know what tempeh is.

Although tempeh sales grew very rapidly during the 5-year period from 1980 to 1984, they were stagnant during the next five years, from 1985 to 1989. This was caused in large part by competition from more sophisticated meatless burgers, such as the Gardenburger, launched in March 1985 by Wholesome & Hearty Foods of Portland, Oregon. Also microwavable and ready-to-eat foods became more popular. The period of stagnant sales led to a great consolidation within the industry. By 1990 there was renewed interest in tempeh, which paralleled the new interest in the health benefits of soy, and the rise new "meat alternatives" category. Today, tempeh sales are growing at 10-20% a year. And most Americans still like tempeh very much when they taste it. All US tempeh makers agree that education is the crucial need.

In 1984 about 20% of US tempeh was sold vacuum packed, compared with 70% today. Main advantage of vacuum packing: Longer shelf life. Main disadvantage: Imparts a somewhat bitter taste to the tempeh. A 1992 survey of 400 tempeh users by Turtle Island showed that the number one use was in stir-fried recipes, usually with rice and vegetables.

Tables show: (1) Tempeh market statistics (USA): Average retail price per 8 oz cake of soy tempeh: $1.81. Percentage of tempeh sold refrigerated: 80% (the rest is sold frozen). Total retail dollars spent on tempeh: In 1983 = $4.96 million. In 1996 = $13.15 million. Spent (retail) on tofu in 1996 = $116 million. Spent (retail) on soymilk 1996 = $100 million. Market share of the four largest tempeh makers in 1983: 63%, In 1997: 84%. (2) Number of brands of different types of tempeh on the US market in May 1997: Tempeh burgers 14, soy tempeh 9, multi-grain (mostly 3 or 5 grains) 6, bulk soy tempeh 5, soy & brown rice tempeh 4, sea veggie tempeh 3, wild rice tempeh 2, soy millet tempeh 2, sloppy Joe tempeh 2, other 8.

Talk with Seth Tibbott of Turtle Island. 1999. Dec. 6. The existing tempeh companies with the strongest ties to The Farm in Tennessee are (1) Lightlife Foods (Michael Cohen; see Sept. 1991 interview) and (2) Turtle Island (Seth; in 1977 he learned how to make tempeh at The Farm in Tennessee). Those with weaker ties are (3) Wildwood Natural Foods (Jeremiah Ridenour; he lived at The Farm for a while, has a lot of Farm history, and one of his kids was born on The Farm), (4) White Wave (In about 1980 Alexander Lyon was hitchhiking through Boulder, Colorado, and had no money. He taught Steve Demos how to make starter culture for something like $20 and a good meal), and (5) Surata Soyfoods (Benjamin Hills learned how to make tempeh from his former wife, who learned it from The Farm in Tennessee).

Turtle Island now makes tempeh for: Lean Green Foods (Hawaii; Benjamin Hills), Wildwood Natural Foods, and Quong Hop. It starts out when you're at a trade show and "people saddle up to you" and say "Uh, we're not sure exactly which way we're going with our tempeh, but do you

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have any extra plant capacity? It's just a thought." Then "If you give any kind of encouragement to them, the next week they're begging you on their hands and knees, they'll pay anything to have you make it for them. It's such a hassle and they have to devote plant space to it. Tofu is now growing so much faster than tempeh, they just keep tempeh to fill out their product line." Seth expects that White Wave and Surata will come to him next, begging him to make tempeh for them. Address: Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031.

11516. Vojtek, Ján. 1997. Follow-up report on volunteer work by Sjon Welters on 6-17 May 1996 with Alfa-Bio, a tofu manufacturer in central Slovakia. Bratislava, Slovakia. 4 p. [1 ref]

• ***Summary:*** VOCA (Volunteers in Overseas Cooperative Assistance) is an American-based organization that assists businesses free of charge outside the USA. This report focuses on the many recommendations concerning tofu production and quality made by Sjon Welters and the extent to which the company implemented them.

Ing. Ján Lunter is General Manager of Alfa-Bio and Dominik Belko is Commercial Manager. The report begins: "Alfa-Bio is the first tofu producer in the former Czechoslovakia and continues to be the most successful one in the Slovak market. The company is located in Kremni*ka, on the outskirts of Banská Bystrica, Central Slovakia."

11517. **Product Name:** [Tofu].
Foreign Name: Tou-fu.
Manufacturer's Name: Industrias Hung Lin.
Manufacturer's Address: San José, Costa Rica. Phone: 441-4821.
Date of Introduction: 1997. December.
Ingredients: Soybeans, water.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Letter (typewritten with signature) from Yvonne Watanabe Dreyfus [Yvonne Gonzalez]. 1997. Dec. 1 to William Shurtleff at Soyfoods Center. She purchased a packaged of tofu at Yoahan's [a retail outlet] in Costa Rica. She encloses the label. "I found out this is a small company, family owned and operated. I will be following up with a phone call to further seek answers to your questions" [When did the company start? Who was the founder? What was their original address? Do they make any other soyfood products?].

The tiny self-adhesive Label, 1¼ inches high by 2 inches wide, printed light blue on white, states: "Ingredientes: Frijoles de soya y agua. Contiene: Alta protéina natural sin colesterol. Forma de preparar: Picar y agregar a todo tipo de frituras, sopas y ensaladas. Lic. M.S. No. 2996– Tel. 441-4821. Producto Centroamericano hecho en Costa Rica por Industrias Hung Lin, San José. Mantengase en Refrigeracion."

Yvonne also encloses two Spanish-language leaflets, whose source is unknown: (1) "Coma Tofu: Tofu es un alimento que se hace cuajando la proteina de la leche de soya." Lists 9 benefits of tofu. For more information and free recipes call (213) 254-1712. (2) A recipe for Tofu Rancheros.

11518. Mio, Art. 1997. Sales of Morinaga tofu during 1997 (Interview). *SoyaScan Notes.* Dec. 19. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** So far, 1997 has been a good year for Morinaga. Since January 1, tofu sales by volume (number of cases sold) are up 12% overall, but sales to supermarkets are up 20%, and sales to health food stores are up 22%. Sales to the Asian-American market are flat, however that market accounts for 43.6% of Morinaga's total volume.

Recipe requests have been steadily increasing, and are now running about 200 per day. Morinaga sends out an accordion folded color brochure of recipes. Address: National Sales Manager, Morinaga Nutritional Foods, Inc., 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.

11519. Ramo, Joshua Cooper. 1997. A survivor's tale. *Time.* Dec. 29.

• ***Summary:*** Andy Grove's cancer changed his life: "Eating with Grove most days is like a trip to a vegan commune– tofu, veggies, five servings of fruit a day, a palmful of antioxidant pills."

11520. Hymowitz, Ted. 1997. Update on recent writings related to wild perennial *Glycine* and cultivated soybeans. The differing approaches of DuPont and Monsanto. Personal use of tofu. Proceedings of the last World Soybean Research Conference V are now available (Interview). *SoyaScan Notes.* Dec. 31. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Ted Hymowitz's soybean genetics lab. now has a home page on the World Wide Web. The address is www.cropsci.uiuc.edu/~hymowitz/. It contains a complete bibliography (about 400 references worldwide) of the wild perennial *Glycine.* You will also see soybean dancing, lab research staff, research projects, references to published papers from the lab (about 240), former graduate students, post docs, visiting scholars, academic professionals, wild perennial references, links to cytogenetics, etc. There are no full-text papers (or photos of Ted) on the site.

DuPont and Monsanto are taking completely different approaches to soybean biotechnology. Monsanto is interested in selling Roundup herbicides. DuPont is interested in the value of the crop, and in adding new value. So DuPont (like other companies) is very interested in Ted's research on the wild perennial *Glycine.*

Ted enjoys tofu as a regular part of his diet; he uses it

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only in hearty soups–Eastern European-type soups (such as lentil soup, black bean soup, cream of potato soup) that he makes himself and that are a whole meal. He dices the tofu and adds it to the pot; it picks up the flavor of the soup and adds protein. He has always followed the kosher laws so he buys only kosher tofu. Muslims also buy kosher, because kosher products must not contain pork. Muslims and Jews have the same religious basis as far as foods are concerned. All Arabs claim descent from Esau and Jacob, and they say Ibraham (Abraham) is the father of their culture. Jews and Muslims follow very similar dietary rules. Indonesia is a Muslim country, but not an Arabic country. Muslims don't drink alcohol.

Ted's book on Samuel Bowen is more than half finished. All the research is done. The entire bibliography is in a computerized database. After the dissolution of his marriage, he hopes to sit down and finish writing it.

The proceedings of the World Soybean Research Conference V (held in Feb. 1994 Thailand) are now published; Ted has seen a copy–one large volume. Address: Prof. of Plant Genetics, Univ. of Illinois, Urbana, Illinois.

11521. *SoyaScan Notes.* 1997. Chronology of major soy-related events and trends during 1997 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 1–Novartis Seeds (headquartered in Golden Valley, Minnesota) is formed through the blockbuster merger of Ciba Seeds and Northrup King Co. That merger was possible because of the mid-1996 merger of pharmaceutical giants Sandoz and Ciba-Geigy. Novartis Seeds is now America's second largest seed company after Pioneer Hi-Bred International.

Feb. 3–Monsanto completes its acquisition of Asgrow Seed Co. of Kalamazoo, Michigan, for $240 million. From May 1968 to 1994 Asgrow had been owned by The Upjohn Co., which built the company into one of America's largest soybean seed companies. When Monsanto bought Asgrow it was called the Asgrow Agronomics business of Seminis Inc., a subsidiary of Empresas La Moderna, S.A. (ELM), a multi-national agricultural company based out of Monterey, Mexico. of Mexico.

March 4–Morinaga Nutritional Foods' new tofu plant in Tualatin, Oregon holds its official grand opening. Mori-Nu Tofu, previously made in Japan, starts to be made in America for the first time. The plant, 65,000 square feet worth about $15 million, is on the same property as Pacific Foods of Oregon, but in a separate building.

March 12–House Foods America Corporation holds the opening ceremony for America's largest tofu factory, in Garden Grove, California; the company closes its tofu plant in central Los Angeles. The new fully automated, state-of-the-art, 130,000 square foot plant cost $21 million, and will more than double the company's tofu production capacity to 150,000 pounds/day, from 70,000 in the old plant. The old factory has been operating a full capacity for years. The new plant will have three tofu production lines, and is located on 5 acres of land–which gives plenty of room for expansion.

Sept. Nasoya Foods (owned by Vitasoy) finishes moving into a much larger, state-of-the-art $13.5 million plant (125,00 square feet) in Ayer, Massachusetts, from its former location in Leominster. The first Vitasoy brand soymilk ever made in America starts to be shipped from the plant in mid-September. Nasoya's offices have now been moved to Ayer from Leominster, but tofu is still being made at the plant in Leominster.

Oct. 14–The Hain Food Group acquires Westbrae Natural, Inc. Westbrae's new name becomes Hain Food Group–Westbrae. Westbrae will continue to be headquartered in Carson, California. Dec. 1–Phytoestrogens / isoflavones extracted from soybeans by ADM start to be sold commercially in the USA in pill form by supplement companies. ADM's name for the product is Mega Soy.

Dec. 3–DuPont purchases Protein Technologies International (PTI–the world's leading manufacturer of soy protein isolates), a wholly-owned subsidiary of the Ralston Purina Co. DuPont signed a letter of intent to acquire PTI on Aug. 24. PTI, which has offices worldwide, will continue to be headquartered in St. Louis, Missouri.

"How can I get more soy into my diet?" is the question most frequently asked by callers to Soyfoods Center. Soy appears to have a bright future.

11522. *Canadian Export Soybeans* (*OSGMB, Chatham, Ontario, Canada*). 1997. Canadian Soyfoods Directory released. 11(3):2. Dec.
• ***Summary:*** "Following numerous requests from consumers, processors and health professionals, the Ontario Soybean Growers' undertook this extensive project." For more information visit www.soybean.on.ca, or fax the OSG at 519352-8983.

11523. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*). 1997. Japan technical mission–September, 1997. 3(3):1-2. Dec.
• ***Summary:*** Tofu: Before the team of three professionals (representing industry, university, and government) left Canada, a series of questions concerning the different techniques and methods used in making tofu in Japan were submitted to the Science and Technology Section of the Canadian Embassy in Tokyo. These were sent to as many tofu manufacturers and researchers as possible in the hope of arriving at a consensus of opinion on the best way to make tofu. This Bulletin discusses times and temperatures for soaking the soybeans, water uptake, desired characteristics of the soymilk used to make tofu (percent solids, protein, fat, and sugar content, nitrogen, pH, and color), coagulants, times and temperatures in the coagulation process.

A sidebar titled "The GMO question" (p. 2) states: "If

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a common concern was established at all points of contact on the mission, it was the one concerning transgenics or Genetically Modified Organisms (GMO). The Japanese concern over this issue is one of the greatest to face the food production industry." According to Dr. Yukio Kawamura, a major reason for this aversion arises from the fact that "because Japan was the only nation to suffer from an atomic bomb, the people fear the effects of mutation from non-natural sources... Even though several departments of the Japanese government have OK'd the use of GMO in the food supply, there is a strong resistance to them... Mr. Ozawa, President of Fujishoji [Fuji Shoji], said that being able to label products as GMO-free will be as popular as those products who currently advertise that only organically grown beans are used in their manufacture. Wherever the team visited, this was the foremost topic of conversation. The Japanese are currently seeking a written documentation to accompany shipments stating that they are GMO free. Even though acceptance may be forthcoming in the future, this is a unique opportunity to protect and possibly increase market share in Japan."

11524. Holin, Fae. 1997. Cooking cardiologist prescribes soyfoods: They cut heart disease risks, Dr. Richard Collins advises. *Soybean Digest.* Dec. p. 50, 52.
• ***Summary:*** Richard Collins, M.D., is a gourmet chef who uses soy in a high-protein, low-fat menu. Called the "cooking cardiologist," he is also director of The Heart Institute in Omaha, Nebraska. "He's convinced that soyfoods have helped his patients live longer." When Collins first tried this diet on himself (before trying it on his patients) he recalls "I lost 20 pounds, had more energy and felt better." He has made a video titled "Soy Healthy Cooking," which comes with a brochure of 45 recipes. Collins recommends replacing some high-fat foods with products such as tofu, soy beverage and soy flour. Consuming 30-40 grams of soy a day makes a difference in ones health. This amount of soy can be achieved with a chocolate tofu "smoothie", adding tofu in place of meat or cheese and using soy beverage or part soy flour when baking. Collins has a video which gives research and nutritional information. Also on the video, can be seen the preparation of various dishes from his recipe booklet. To order the video ($17.95 + $4.95 s/h), call 800-869-4956.

Color photos show: (1) Richard L. Collins, M.D. (2) Stuffed manicotti with tofu in a skillet–one of the recipes on Collins' video.

11525. Honda, Kyoko. 1997. Tofu & soybean cooking: The Japanese healthy way. Translated by Kazuhiko Nagai. Tokyo: Graph-sha Ltd. 64 p. Dec. Illust. 26 cm. [Eng]
• ***Summary:*** This full-color Japanese-style cookbook is loaded with color photos showing both steps in the process of preparing recipes and the finished dishes. Contents: Basic preparations: Parboiling soybeans, draining tofu, reconstituting Koori-dofu ([Kôri-dofu], freeze-dried tofu), removing oil from abura-age (thin deep-fried tofu), toasting okara. 1. Soybean cooking (daizu = soybeans, aodaizu = green soybeans, edamame = young soybeans in pods, kuromame = black soybeans), abura-age, soybean sprouts. 2. Tofu & natto dishes (Koori-doofu, kouya-dofu, shimi-dofu, okara, yu-dofu = simmered tofu). Let's make momen-dofu (homemade tofu). Tofu dishes from Okinawa (Goya champuru, Ukarairichi, Ujira-tofu).

3. Other dishes from soybeans (Atsu-age, Chinese cheese–Furu [Fermented tofu], miso, soy milk, yuba, daizu moyashi = soybean sprouts, kinako). Articles (summary of four articles).

Note. This is the earliest English-language document seen (April 2013) that uses the term *Koori-dofu* or the term *kouya-dofu* to refer to dried-frozen tofu. Address: Sc.D. (Doctor of Science), nutritionist, and lecturer at Women's Junior College of Nippon College of Physical Education.

11526. **Product Name:** Smoked Tofu (Organic) [Sea Veggie].
Manufacturer's Name: Smoke & Fire Natural Foods.
Manufacturer's Address: 1885 North Main St., Sheffield, MA 01257. Phone: 413-528-6891.
Date of Introduction: 1997. December.
Ingredients: Organic tofu (Organically grown soybeans, water, nigari and/or calcium sulfate), organic tamari, nori and dulse sea vegetables, organic apple cider vinegar, onion, garlic, spices, natural wood smoke.
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) vacuum pack. Retails for $2.15 (1998/07, Massachusetts; Range: $1.89 to $2.50).
How Stored: Refrigerated, 90 day shelf life (at 34-36ºF).
New Product–Documentation: Talk with then form filled out and Label sent by José Antunes (pronounced jo-ZAY ahn-TU-nays), founder and president, who is Portuguese. 1998. June 29. An invoice (sent to Soyfoods Center) shows that the Sea Veggie flavor was first sold on 22 Dec. 1997. Each case wholesaled for $14.54.

11527. **Product Name:** Firm Tofu: Japanese Style Soybean Cake.
Manufacturer's Name: Azumaya Inc.
Manufacturer's Address: 1575 Burke Ave., San Francisco, CA 94124. Phone: 415-285-8500.
Date of Introduction: 1997.
Ingredients: Water, soybeans, calcium sulfate, glucono delta lactone.
Wt/Vol., Packaging, Price: 14 oz (397 gm) packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 3 oz (85 gm): Calories 60, calories from fat 20, total fat 2.5 gm (4% daily value; saturated fat 0 gm),

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cholesterol 0 mg, sodium 0 mg, total carbohydrate 3 gm (dietary fiber 0 gm, sugars 0 gm), protein 6 gm. Calcium 15%, iron 4%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1997. Dec. 7. 5.75 by 4.75 inches. Dark green, light green, black, white, and gold. Below the product name is written: "Soups, Salads, Fillings, Stuffings." Azumaya logo with 4 circles over the "Y." In the lower left corner, above the UPC indicia, the American Heart Association logo shows a white check on a red heart: "This product meets American Heart Association dietary guidelines for healthy people over age two when used as part of a balanced diet." Text in lower center of label: Pasteurized. No preservatives. Perishable. Keep refrigerated. See back for nutrition information about saturated fat, cholesterol, and heart disease. Text in lower right corner: "For free recipes, coupons or comments, Call 1-800-Eat-Tofu. Net Wt. 14 oz (227 gm)." Retails for $1.39. K Parve ORC. The back panel, green and black on white, contains a recipe for Tofu Stir Fry.

11528. Bundesherstellerverband ökologischer Sojaprodukte Oekosoj e.v. 1997. Presseinformation–Genmanipulierte Sojabohnen sind fuer Naturkostherseteller ökologischer Sojaprodukte ein Tabu: Sojabohnen- und produkte aus kontrolliert biologischem Anbau [Genetically engineered soybeans are taboo for makers of ecological natural foods: Soybeans and soyfoods from organically grown soybeans (News release)]. Freiburg, West Germany. 3 p. 30 cm. [Ger]
• ***Summary:*** This organization was founded in response to the appearance of Monsanto's genetically engineered soybeans in Germany's main soybean distribution system. The names of the six German founding companies are listed just below the title of this news release: (1) Taifun-Sojaprodukte, Life Food GmbH, Freiburg; (2) Soto, Breitbrunn. (3) Christian Nagel GmbH, Hamburg; (4) Sojafarm, Trechtingshausen; (5) Alberts Tofuhaus, Lautersheim; (6) Viana Naturkost GmbH, Euskirchen. Address: Bebelstrasse 8, 79108 Freiburg, West Germany.

11529. Cai, Tiande; Chang, K.C.; Hou, H.J.; Shih, M.C.; Ji, M. 1997. Comparison of bench and production scale methods for making soymilk and tofu from 13 soybean varieties. *Food Research International* 30:659-68. *
Address: Dep. of Food and Nutrition and Dep. of Cereal Science, North Dakota State Univ., Fargo, ND 58105.

11530. **Product Name:** SuGee (Vegetarian Chicken) [Creamy Shanghai Style, or Hickory Smoke Peking Style].
Foreign Name: Su-ji.
Manufacturer's Name: CAMS Foods Inc. (Importer-Distributor).
Manufacturer's Address: Yorba Linda, CA 92886. Phone: 714-NL.
Date of Introduction: 1997.
Ingredients: Creamy: Rehydrated soybean curd, water, isolated soy protein, soy oil, sesame oil, fructose, salt, hydrolyzed vegetable protein, autolyzed yeast extract, natural flavors, spices.
Wt/Vol., Packaging, Price: 8 oz (226 gm) paperboard box.
How Stored: Refrigerated.
New Product–Documentation: Package with Label brought by Bob Gerner of Berkeley Natural Grocer. 1997. July 2. 2 by 2 by 5 inches. "Soy-based vegetarian delicacy. All natural. No preservatives. Wheat free. All vegan. No MSG. Keep refrigerated." An the box are the Chinese characters for "vegetarian chicken."

On the package is a toll-free Hotline (1-800-LA-SUGEE) which has been changed to a number which is incorrect. There is no listing for the company in Yorba Linda, California.

11531. **Product Name:** Soyboy LowFu Extra Firm: Low Fat Tofu Made with Organic Soybeans.
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 545 West Ave., Rochester, NY 14611. Phone: 716-235-8970.
Date of Introduction: 1997.
Ingredients: Filtered water, organically-grown soybeans, defatted soy flour, natural calcium chloride nigari (a mineral coagulant, not a preservative), natural calcium sulphate.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray (No. 2 HDPE) with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
Nutrition: Per 3 oz (85 gm.): Calories 90, calories from fat 20, total fat 2 gm (3% daily value; saturated fat 0X gm), cholesterol 0 mg, sodium 0 mg, total carbohydrate 6 gm (sugars 0.5 gm), protein 12 gm. Calcium 25%, iron 8%. Not a significant source of dietary fiber, sugars, vitamin A, vitamin C. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Label sent by Maya Clarke. 1999. Jan. 26. She purchased this product with Label at Wild Oats Community Market in Miami Beach, Florida. 3½ by 5 inches. Yellow, orange, blue, red, white, and black. Use by 29 Jan. 1999. "2 grams fat per serving" [3 oz, about 1/5 block]. Copyright 1997.

Leaflet (8½ by 11 inch, front and back, glossy color) sent by Patricia Smith from Natural Products Expo East. 2000. Sept. "Greater protein: Better tofu." Shows the front panel of three tofu packages against a light green tiled background: Soyboy Non-GMO LowFu Low Fat Tofu. Soyboy Organic Tofu (Extra Firm). Soyboy Organic Tofu (Firm Style).

11532. **Product Name:** [Tofu].

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Foreign Name: Tofu (Queso de Soja).
Manufacturer's Name: Sanfu S.A.
Manufacturer's Address: Buenos Aires, Argentina. Phone: 552-8119.
Date of Introduction: 1997.
Ingredients: Water, organically grown soybeans, strawberry pulp, rice, sugar, pectin, lactic acid bacteria (*fermentos lácticos*), strawberry essence (*esencia de frutillas*).
Wt/Vol., Packaging, Price: 200 gm plastic yogurt cup.
How Stored: Refrigerated.
New Product–Documentation: Zambrano, Jerónimo. 1997. "Tofu, un largo camino de Taiwan a la Argentina: Más conocido por ese nombre, el queso de soja es un milenario producto oriental que ahora se fabrica aqui" [Tofu, a long road from Taiwan to Argentina: Better known by that name, soy cheese is a thousand-year-old Oriental food product that is now made here]. *Nacion* (*La*) (Buenos Aires, Argentina). May 30. Sec. 2, p. 10.

Visit with Carlos Planes at Soyinfo Center in Lafayette, California. 2012. Feb. 23. Carlos brought an original of the 1997 article cited above and a sell sheet titled "Tofu: Queso de Soja" for the company's tofu (4 panels, 8.25 by 4.75 inches each). The inner two panels contain 5 recipes, and the back panel contains information about the company and about tofu. Two large color photos (5 by 7 inches) brought by Carlos show: (1) The front of three packages of tofu (regular, firm, and extra firm) made by Sanfu S.A. in a supermarket in Chinatown, Buenos Aires. Taken Feb. 2012. (7) The front of three more (and different) types of tofu made by Sanfu S.A. at the same Chinatown in Buenos Aires. One is named "Tokan" [Pressed Tofu].

11533. **Product Name:** Pressed Tofu, Fried Tofu, Soymilk.
Manufacturer's Name: Top Grade Foods.
Manufacturer's Address: 3990 Pleasantdale Rd., Doraville, GA 30340. Phone: 770-263-1880.
Date of Introduction: 1997.
How Stored: Refrigerated.
New Product–Documentation: Talk with Russell Chan of Top Grade Foods. 2002. June 26. He started making these products in 1997.

11534. **Product Name:** Trader Joe's Soy Cheese [Jalapeño Jack].
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 1997.
Ingredients: Tofu (water, organic soybeans*, calcium sulfate), sodium caseinate (nonfat milk protein), liquid soy oil, red & green jalapeño peppers, sea salt, lactic acid, natural flavor, lecithin, annatto (vegetable color), guar gum. * = Grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: About 1 lb, wrapped in plastic film. Retails for $2.54 (1997/10).
How Stored: Refrigerated.
Nutrition: Per 1 oz. (28 gm, about 1 inch cube): Calories 70, calories from fat 45, total fat 5 gm (8% daily value; saturated fat 0.5 gm), cholesterol 0 mg, sodium 230 mg (0%), total carbohydrate 1 gm, protein 5 gm. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Trader Joe's in Concord, California. 1997. Oct. 3 inches square. Red and tan on white. "A natural cheese alternative made with organic tofu. No cholesterol. Lactose free. Keep refrigerated." SKU# 016136.

Talk with Richard Rose of the Rella Good Cheese Co. 1998. Feb. 16. This product is made for Trader Joe's by Soya Kaas [American Natural Snacks].

11535. **Product Name:** Southwestern Wild West Tofu Burgers.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1997.
Ingredients: 1997: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride} or calcium sulfate {natural firming agents}), corn, onion, kale, dried tomato, garlic, jalapeño pepper, ginger, cilantro, parsley, spices, salt, Fruitrim (fruit juice, natural grain dextrins), rice flour, garlic & onion powders, safflower oil.
Wt/Vol., Packaging, Price: 6.5 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1988, and made at Wildwood's plant in Santa Cruz.

11536. Ali, Nawab. 1997. Technology for processing and utilization of soybean in India. In: Napompeth, Banpot, ed. 1997. World Soybean Research Conference V: Proceedings. Soybean Feeds the World. Bangkok, Thailand: Kasetsart University Press. xxiv + 581 p. See p. 447-50. Held at Chiang Mai, Thailand, 21-27 Feb. 1994. [8 ref]
• ***Summary:*** Contents: Abstract. Introduction. Soybean food options and technology. Full-fat soyflour. Medium-fat soyflour. Soy-fortified biscuits. Soypaneer [tofu]. Indigenous soypaneer plant (based on the CIAE process of making soypaneer). Packing and storage of soyfoods. Conclusion. Contains 3 tables. Address: Soybean Processing and Utilization Center, Central Inst. of Agricultural Engineering (CIAE), Bhopal 462018, India.

11537. Cerquetti, Giorgio. 1997. The vegetarian revolution.

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Badger, California: Torchlight Publishing, Inc. xiv + 243 p. No index. 23 cm.
• ***Summary:*** This book is divided into two parts: Commentary (which includes many quotations about vegetarianism) and cookbook. Contents: Part A–The vegetarian revolution. 1. Join the revolution. 2. The future is vegetarian. 3. Animals deserve to be alive. 4. More evidence. 5. Proteins and vitamins. 6. Vegetarians live longer: Longevity, prana, fasting. 7. Vegetarianism and world religions: Vegetarian Jews, vegetarianism and early Christianity, Jesus was vegetarian, the new Catholic catechism, the oldest teachings, the law of karma, Buddha was vegetarian, was Mohammed vegetarian, Sikhs, Jains, speciesism: The last barrier, thought-provoking facts about vegetarianism. 8. Open letter to McDonalds.

Part B–Recipes (108 recipes). 9. Recipes of famous people. 10. Recipes of vegetarian groups. 11. Recipes of vegetarian restaurants. 12. Recipes from vegetarian cookbooks.

Part C–Resources. Vegetarian international. Alphabetical listing of recipe sources. About the author.

Giorgio Cerquetti, PhD, author and yoga practitioner, was born in Italy in 1946 and has been a vegetarian since age 16. In 1991 started to spend more time in the USA and, with Alister Taylor, he founded Vegetarians International. Address: Italy and the USA.

11538. Emmons, Didi. 1997. Vegetarian planet: 350 big-flavor recipes for out-of-this-world food every day. Boston, Massachusetts: The Harvard Common Press. xii + 564 p. Illust. by Melissa Sweet. Index. 24 cm.
• ***Summary:*** This hefty vegetarian cookbook contains 350 new and exciting innovations on recipes from around the world. Didi is described as "a bold new talent!" and her book is a Beard Award nominee. Soy-related recipes include: Miso soup (p. 113-14). Thai tofu with red curry sauce over coconut-scallion rice (p. 213-15). Frozen soybeans [green vegetable] (p. 263). Many Chinese markets sell these in their freezer sections. "Packaged in Taiwan, they look a lot like lima beans, but they are delicate in flavor and especially high in protein. I keep them in my freezer and add them by the handful to various dishes, just as I would add peas or snow peas." The names and pages of recipes to which they can be added are given.

Mu shu tofu (p. 360-63). Cooking with tofu (p. 361, including description of varieties and serving suggestions). Cooking with legumes (incl. azuki beans and soybeans, p. 368-69). Tofu and pumpkin seed burgers. Also contains many recipes using sea vegetables. Address: Chef at Pho République (a French-Vietnamese Bistro), Cambridge, Massachusetts.

11539. Grogan, Bryanna Clark. 1997. Twenty minutes to dinner: Quick, low-fat, low-calorie vegetarian meals. Summertown, Tennessee: The Book Publishing Co. 192 p. Illust. Index. 21 cm.
• ***Summary:*** This vegan cookbook contains a wealth of soy-related recipes. The glossary mentions tofu, soymilk, soymilk powder, tempeh, miso, soy sauce (shoyu, tamari) textured vegetable protein, Chinese condiments (hoisin sauce, Chinese black bean sauce, Chinese brown bean sauce, Szechuan hot bean paste), seitan, soy bacon bits or chips.

In the section titled "Ingredient substitutions," under "Yeasted products" we read (p. 15): "I can think of no practical substitutes for light miso or certain fermented Chinese products like doufu-ru (Chinese fermented bean curd, which has a strong 'blue cheese' type of flavor)."

The recipe for "Buffalo potato wedgies" (an alternative to "Hot wings") advises: "Dip the crusty wedges into Vegetable Dip (p. 48)–you can add a bit of crumbled, white Chinese fermented tofu (doufu-ru) to make it more like traditional blue cheese dressing or dip."

Also includes soy-free options for recipes with tofu and soymilk. Address: Denman Island, east of Vancouver, British Columbia, Canada.

11540. House Foods America Corp. 1997. Tofu temptations (Recipe booklet). Garden Grove, California. 24 p. Each page: 7.8 x 12.8 cm. [Eng]
• ***Summary:*** This small, dated, glossy color booklet has a subtitle on the first page: "Discover all the wonderful ways you can enjoy tofu, from sensational salads to hearty main dishes to delicious desserts." A photo shows half of a creamy tofu pie.

Contents: What is tofu? Know your tofu: Hinoichi soft, regular, firm, or extra firm. Recipes (each recipe takes 2 pages and is accompanied by a color photo): Tropical smoothie. Fruit with creamy strawberry sauce. Omelet de España. Spinach mushroom quiche. Santa Fe stir-fry. Tuna dijon pasta salad. BBQ kebabs. Cappuccino pie. Lemon raspberry parfait. Creamy mandarin orange pie.

On the rear page are photos of the four different types of Hinoichi tofu. Address: 7351 Orangewood Ave., Garden Grove, CA 92841.

11541. Katzen, Mollie. 1997. Vegetable heaven. New York, NY: Hyperion. xv + 223 p. Illust. (Color by Mollie Katzen). Index. 27 cm.
• ***Summary:*** A handsome vegetarian cookbook. Soy-related recipes include: Vietnamese salad rolls (with firm tofu, p. 11). Kung pao lettuce cups (with firm tofu, Northern Chinese, p. 13). Eggflower soup with pasta shells (with firm tofu, p. 32). Potato soup with rosemary and roasted garlic (with silken tofu, p. 33). Coconut-lemon grass soup (with firm tofu, p. 43). Baked coated nuts sweet or savory (with soy sauce, p. 57). Basic soyburgers (with cooked soybeans and tofu, p. 76). Green beans and tofu in crunchy Thai peanut sauce (with firm tofu, p. 103). Magic carrot flans (with milk

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or soymilk, p. 122). Scalloped potatoes three variations (with milk or soymilk, p. 130). Sandwiches to write home about (with firm tofu, p. 136). Buckwheat soba with squash, smoked tofu, and basil (with smoked tofu and miso, p. 144). Tiny pasta stew (with firm tofu, p. 151). Horseradish aioli (with silken tofu, p. 168). Peanut-chile [chili] dressing (with soy sauce, p. 174). Homemade butterscotch pudding (with milk or soymilk, p. 194). Pumpkin mousse with gingersnap crumbs (with silken tofu, p. 196). Bittersweet chocolate-banana mouse (with silken tofu, p. 197).

A color photo on the rear cover shows Molly Katzen. Address: California.

11542. Keussink, Ruth. 1997. Soja und Sojaprodukte [Soybeans and soy products]. Bonn, Germany: Auswertungs- und Informationsdienst fuer Ernaehrung, Landwirtschaft und Forsten (aid) e.V. 28 p. Illust. (Color photos). 21 cm. [14 ref. Ger]

• ***Summary:*** Contents: Introduction. Market and utilization. Soya in the diet: Protein, fat, carbohydrates, minerals and trace minerals, vitamins. Overview–Soy products: Whole soybeans, soy sprouts, soy oil, soy beverage, tofu, natto, sufu, tempeh, soy sauces, miso, soy lecithin, soy sausages, TVP. Processing soybeans. Soy ingredients and additives: Soy protein isolate, concentrate, soy bulk / fiber (*sojaballastoffe*), fatty acids, lecithin, vitamin E (tocopherol). Product safety. Genetically engineered soybeans. Tips for buying and storing. Recipes. Address: Konstantinstr. 124, 53179, Bonn, Germany.

11543. Kittler, Pamela Goyan; Sucher, Kathryn P. 1997. Food and culture in America: a nutrition handbook. Belmont, California: West/Wadsworth. xiv + 535 p. Illust. (photos). Index. 26 cm. [100+* ref]

• ***Summary:*** What is American food anyway? Does it include sushi, soy sauce, miso soup, or tofu? How about Peking duck or pot stickers? How about enchiladas, chile rellenos, or tacos?

This excellent and original work is arranged in chapters by cultural groups or subcultures living in the USA.

The chapter on "Latinos" states under "Foreign influence" (p. 286) that the "demand for Asian ingredients by later immigrants resulted in the introduction of soybean products,..." Under "Regional variations" (p. 290) that Cubans like a chicken dish marinated in lime juice and soy sauce. Under "Meal composition and cycle" (p. 290) that West-African fritters are made from the meal of soybeans..."

The chapter on "Asians," under "Chinese," notes (p. 328-30) that "Soybeans are transformed into an amazing array of food products that are indispensible to Chinese cooking," including soy sauce, soy milk, bean curd or tofu, black beans ("made with cooked fermented soybeans preserved with salt and ginger. Black beans are usually added as a flavoring in dishes"), hoisin sauce, and oyster sauce. Soy oil is also used in Chinese cooking. The Hakkas enjoy tofu stuffed with meat (p. 332). Every Chinese meal aims for a good balance of *fan* (grain foods, such as rice or wheat) and *tsai* (side dishes). "The Chinese believe that a good diet is critical for physical and emotional harmony and necessary to strengthen the body against disease" (p. 334). During pregnancy, soy sauce may be avoided to prevent dark skin (p. 335). Chinese who avoid fresh dairy products because of lactose intolerance, may consume soybean curd and soy milk (if fortified with calcium) as alternatives.

Under "Japanese," soy sauce is a traditional food of Japan (photo, p. 341). Soybean products (p. 350) are an important part of the Japanese diet; they include tofu, shoyu (soy sauce), miso, and teriyaki sauce–to name just a few. Second-generation Japanese use more soy sauce than non-Asians (p. 354) but as their diet becomes Americanized, they fall prey to more diseases of affluence. The response to dairy products and lactose intolerance is similar to that of Chinese, with the use of tofu and soy milk.

Under "Koreans" (p. 363, 366) Soybean products are in important part of the diet; they include soy sauce, soy paste, and soybean curd or tobu [sic, *tubu*] (tofu).

Under "Southeast Asians and Pacific islanders." Adobo is a popular Filipino stew, seasoned with soy sauce (p. 389). Soy products include soy milk and tempeh (p. 399, 402, 404, 421-22).

The "Glossary of ethnic ingredients" mentions many soy products including (p. 490): "Black beans, fermented: Black soybeans salted and fermented to produce a piquant condiment. Used in Chinese cooking as a seasoning or combined with garlic, ginger, rice wine, and other ingredients to make black bean sauce." Address: 1. M.S., Food and nutrition education consultant; 2. Dep. of Food and Nutrition, San Jose State Univ., California.

11544. Klingel, Brigitta. 1997. Soja und Tofu: 100 koestliche und gesunde Rezepte–Mit den Wirkstoffen der Sojabohne; Erkrankungen natuerlich vorbeugen; mit einfachen, schmackhaften Rezepten [Soya and tofu: 100 tasty and healthful recipes. With soybean phytoestrogens. Prevent illnesses naturally. With simple, delicious recipes]. Munich, Germany: München Südwest Verlag GmbH & Co. 95 p. Illust. (color photos). Recipe index. Subject index. 20 x 18 cm. [Ger]

• ***Summary:*** A small but attractive book, containing many color photos on glossy paper. Soya, the food of the future? Favorable use of land using soya. New industrial uses of soybeans. History of the soybean: East and West. World soybean production, yesterday and today. Soy in modern times: Henry Ford, two basic ways of using soybeans (as food or as livestock feed and oil), the sad story of genetically engineered (*genmanipuliertes*) soybeans. Soya: The power packet: Nutritional composition, a source of B-vitamins, magnesium, calcium and fiber, the world's best source

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of protein. Soya in medicine: Preventing cancer, plant estrogens, isoflavones, prostate cancer, fiber and stomach cancer, effect on female hormones, men, medicine and soya, lowering cholesterol, help with diabetes, healthy nutrition.

Food products and buying tips: Yellow soybeans, black soybeans, green mungbeans (dehulled and not), azuki beans, glossary of soyfoods (miso, okara, soy flakes, dry soymilk powder, soy lecithin, Sojamark {TVP}, soy flour, soymilk, soy oil, soy protein, soy sauce, soy sprouts, tempeh, tofu, dry tofu, yuba).

Cooking with tofu–for a healthy kitchen, cooking with soy is easy. Infant and child nutrition. Recipe ideas: Basic recipes. Cooking whole soybeans. Homemade soymilk. Homemade soy cream. Soy mayonnaise. Homemade soy sprouts. Soya butter. Classical meat alternative with soya. Okara specialties. International tofu cuisine. Quick and easy recipes with soy and tofu. Healthy recipes for two. Desserts. Baked recipes. Address: Germany.

11545. McCullough, Fran [Frances Monson]. 1997. The low-carb cookbook. New York, NY: Hyperion. xiv + 384 p. Foreword by Michael R. Eades, M.D., and Mary Dan Eades, M.D. Index. 24 cm.
• ***Summary:*** "The complete guide to the healthy low-carbohydrate lifestyle. With over 250 delicious recipes..." (from the front cover).

Soy-related recipes: Nappa cabbage soup with tofu (p. 104). Jerk tofu [tofu jerky; based on an idea of soy queen Dana Jacobi] (with 1 pound extra-firm tofu, frozen, defrosted, sliced lengthwise in quarters, and squeezed dry, p. 177). Tofu tips ("This best of all vegetable protein sources is a useful item to have on hand, even if you're not fond of tofu." Gives various serving and preparation suggestions, p. 178). Curried tofu (p. 179). Tuna with mint, garlic, and soy (the "soy" is soy sauce, p. 185).

"In 1995, McCullough edited the manuscript of Protein Power, by Drs. Michael and Mary Eades, a book (published in 1996) about carbohydrate intolerance, or hyperinsulinemia, a metabolic condition in which ingestion of carbohydrates stimulates excessive production of insulin which in turn causes fat cells to store more fat. Finding that she could control her own weight by limiting her intake of carbohydrates McCullough developed the 250-plus low-carbohydrate recipes here. She reports a 60-lb. weight loss." From the publisher. Address: Culinary Inst. of America at Greystone (in St. Helena, California).

11546. Messina, Virginia Kisch; Messina, Mark. 1997. Soy to the world. In: 1997 Medical and Health Annual. Published by Encyclopedia Britannica, Inc. See p. 197-202.
• ***Summary:*** In the section titled "Diet and Nutrition" is a long subsection on "Soy to the world." Contents: Introduction. Sacred crop (history). Varied and versatile: Whole soybeans (incl. green vegetable soybeans), traditional soyfoods (soymilk, tofu, okara, yuba, tempeh, miso, soy sauce or shoyu), modern soy products (textured soy flour or TVP), "second-generation" soyfoods. One of nature's most nutritious foods. Health benefits: the evidence so far: Cancer, heart disease, osteoporosis, kidney disease, menopause. Tofu on your table (how to incorporate soy into American diets; incl. TVP, soymilk, soy flour, soy nuts). Address: 1. M.P.H., R.D.; 2. Ph.D. Both: PhD, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11547. Nabben, Alexander. 1997. Kochen und Backen mit Tofu: Vegetarische Rezepte ohne tierisches Eiweiss [Cooking and baking with tofu: Vegetarian recipes without animal protein]. Darmstadt, Germany: Pala-Verlag. 139 p. Illust. Recipe index. 21 cm. [Ger]
• ***Summary:*** Contents: Tofu–versatile and healthful. The soybean: Cultural history, production, the world and the soybean, nutritional value of soybeans, soyfood products (soy sauce, miso, tempeh, okara, soy coffee, soynuts, soy sprouts, modern western soy protein products–soybean flour, flakes, textured soy flour, soy protein isolates, defatted soybean meal, industrial soy products), genetically engineered soybeans. Tofu. Tips, tricks, and useful information. How to make soymilk at home. How to make tofu at home. Tofu recipes and marinades. Raw foods and salads. Dressings. Sauces. Soups. Main dishes. Soufflés. Pasta. Patties / burgers. Spreads. Party snacks. Cooking and baking. Desserts and sweet delicacies (*süsse Leckereien*). Ice cream. Address: Weigandufer 38, 12059 Berlin, Germany. Phone: 30 / 6808 0686.

11548. Nutrition Education Service, Sanitarium Health Food Company. 1997. Sensational soy cookbook. Sydney, London, Vancouver, New York: Murdock Books. 64 p. Illust. Index. 20 cm. [32 ref]
• ***Summary:*** A saddle-stitched vegetarian cookbook on glossy paper loaded with color photos and lightweight text. The author and nutritionist is Cathy McDonald of Sanitarium. Recipes developed by Wendy van der Veer of Sanitarium. Contents: The story of soy. The soy family: Miso, soy beans, soy breads & cereals, soy cheese, soy drink, soy flour, soy grits & soy flakes, soy 'meats,' soy pasta, soy sauce, soy snacks, tempeh, TVP, tofu, tofu desserts (ice cream and yoghurt). Breakfasts. Soy for health (isoflavones, menopause, breast cancer, osteoporosis, prostate cancer, heart disease). Light meals. The secrets of soy. Main meals. Soy in perspective. Desserts. Sensational soy (sample menus). Snacks. Know your nutrients. Bibliography. Estimated isoflavones in soy foods (table). Address: 1 Sanitarium Drive, Berkeley Vale, NSW 2261, Australia.

11549. Osho, S.M.; Obatolu, V.A.; Uwaegbute, A.C.; Ndaeji, C.F.; Olowoniyan, F. 1997. Food uses of soybean in Nigeria: Opportunities and constraints. In: Napompeth, Banpot, ed.

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1997. World Soybean Research Conference V: Proceedings. Soybean Feeds the World. Bangkok, Thailand: Kasetsart University Press. xxiv + 581 p. See p. 422-30. Held at Chiang Mai, Thailand, 21-27 Feb. 1994. [6 ref]
• ***Summary:*** Contents: Introduction. Past uses of soybeans in Nigeria. The present uses of soybeans. Results and discussion: Composition of some Nigerian traditional foods with and without soybean fortification. Inactivation of the trypsin inhibitor at household level. Development of a soybean-cassava product (soy gari). Soybean tofu processing (soywara or soycheese). The processing of a soy beverage (kunu). Soybean oil. Extrusion cooking (IITA concept). Achievements. Impact.

Tables: (1) Nutritional composition of selected home-made soy-based products compared with products from traditional preparation method (Soy ogi, soy milk, soy moinmoin, soy akara). (2) Phytic acid, tannin, and trypsin inhibitor levels of raw and processed soybean products (the 4 products shown in table 1). (3) Time, temperature, and treatment necessary for complete inactivation of soybean trypsin inhibitor at the household level: Boiling under pressure (with or without soaking), boiling with soda or kaun, boiling whole without pressure (with or without soaking), boiling with prior processing (grits, dehulled soybeans, flour), roasting whole (in sand, in pan). (4) Composition of local gari and fortified soybean gari (fortified with okara, or with whole soybean paste). (5) Sensory evaluation of these three types of gari. (6) Nutritional composition of local cheese (*warankasi*) and tofu. (7) Sensory evaluation of local cheese (*warankasi*) and tofu. (8) Nutritional composition of *kunuzaki* and soy *kunuzaki.* (9) Nutrient composition of selected soy flours from the extruder and screw press (defatted, extruded full fat, defatted extruded, extruded defatted). (10) The percentage of farmers/households producing and utilizing soybean in IDRC project sites (1987, 1991, 1992; Oyo State, Niger State, Kaduna State, Enugu State). (11) 33 soybean products that are being made and marketed by companies in Nigeria (Feb. 1992). For each is given: Name of manufacturer. City or state of manufacture. Product name or description. Percentage of soybean used in the product. (12) Summary of number of markets and retail sale outlets for soybean in Ibadan, Nigeria (each January from 1987 to 1993): Increased from 2 markets and 4 retailers in Jan. 1987 to 42 markets and 824 retailers in Jan. 1997.

Flowcharts show the processing of: (1) Soybean gari. (2) Tofu. (3) Soybean kunuzaki. (4) Soybeans by extrusion or expelling. (6) Soybeans and cereals by extrusion. Address: 1. Soybean Utilization Project, International Inst. of Tropical Agriculture, PMB 5320, Ibadan; 2. IAR&T, PMB 5029, Ibadan; 3. Univ. of Nigeria, Nsukka; 4. NCRI, PMB 8, Badeggi; 5. NAERLS, PMB 1067, Zaria. All: Nigeria.

11550. Passmore, Jacki. 1997. The vegetarian table: Thailand. San Francisco, California: Chronicle Books. 160 p. Illust. (color photos). Index. 24 cm.
• ***Summary:*** The author dedicates this book to Isobel, her daughter, friend and critic, "who can't pass a day without tofu."

The Introduction notes that Thailand has a strong and living Buddhist tradition. Since Nature provides plenty of food, Thai cuisine has evolved with a moderate use of red meat, following "the Buddhist precepts on the slaughter of animals." But many Thais make an exception for seafood, with this charming rationale: "If a fish is stupid enough to swim into a trap and die, then we may as well eat it!"

This book relies heavily on tofu as a meat alternative. The index has 28 entries at "Tofu," so we will list only a few representative examples below. Contains a wealth of full-page color photos. In place of widely used fermented shrimp and fish pastes, this book uses various salt-fermented soy products such as yellow bean sauce, Chinese bean pastes, fermented tofu in brine, and tempeh (p. 11).

The Glossary defines the following that contain soy: Chili bean paste, fermented tofu, Hoisin sauce, kecap manis [sweet soy sauce], soy sauce (3 types), tempeh, tofu (tao hoo in Thailand); "The soybean is singularly one of the most important food plants in the world." Few other food products can match the versatility and goodness of tofu. Incl. firm tofu, soft tofu, fried tofu and "bean curd sheets" or sticks [yuba], yellow bean sauce.

Soy-related recipes include: Classic Thai rice soup (with 6 oz. firm tofu, p. 74). Sweet and sour pomelo salad (with ¼ cup {3 oz.} cubed tempeh, p. 78). Green vegetable chu chee curry (with tofu or tempeh, p. 97). Vegetarian jungle curry (with fried tofu, p. 102). Tofu and beans with red curry paste (with fried tofu, p. 105). Clay pot of fried tofu and vegetables in brown sauce (p. 107). Stir-fried tempeh with garlic and pepper (p. 108). Stir fry of wheat gluten or tofu with straw mushrooms (p. 109). Tofu & tomato stir fry (p. 131). Thai fried rice with tofu and egg (p. 135). Pineapple fried rice (with firm tofu or tempeh, p. 136). Glutinous rice with peanuts and mushrooms (with diced fried tofu or tempeh, p. 141).

11551. Rias-Bucher, Barbara. 1997. Vegetarische Kochschule [Vegetarian cooking school]. Munich, Germany: München Südwest Verlag. 176 p. Illust. (color photos by Karl Newedel). 25 cm. Spiral bound. [Ger]*
• ***Summary:*** The meatless joy of eating–Salads, vegetables, noodles, rice, tofu, fruits.

11552. Ridgway, Dawn. 1997. Tofu in trouble. London: Macmillan Education Ltd. 48 p. Illust. (by Yvonne Muller). 24 cm. Series: Hop step jump. *
• ***Summary:*** A work of fiction for elementary readers.

11553. Rombauer, Irma S.; Becker, Marion Rombauer;

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Becker, Ethan. 1997. The joy of cooking. New York, NY: Simon & Schuster / Scribner. xiv + 1136 p. Illust. Index. 24 cm.

• ***Summary:*** Soy-related subjects include (* = recipe): Soy sauce butter* (p. 77). Asian black bean sauce* (with "3 tablespoons preserved black beans" [fermented black soybeans], p. 83). Japanese wasabi soy sauce* (p. 83-84). Ginger soy sauce* (p. 84). Soy and sherry marinade* (p. 85). Description of miso soups and their role in the Japanese diet (p. 107-08). Light-colored miso soup with simmered vegetables and dark-colored miso soup with sautéed vegetables and Mongolian Hot Pot–a miso soup based dish* (p. 108). Ginger soy vinaigrette* (p. 238).

One long chapter is titled "Beans and Tofu" (p. 270-294). Lentils with spinach and soy sauce* (p. 280). The section titled "soybeans" (p. 287) discusses their nutritional value, health benefits ("They contain substances thought to help prevent breast and other cancers, as well as Omega-3 fatty acids, which reduce the risks of heart disease"), how to cook yellow and black soybeans, how to dry-roast [to make soynuts], many ways of processing, soy milk, okara, fermented black beans, soy sauce, tamari, miso, soy cream cheese, soy sour cream, and soy cheese. There are also substantial subsections describing the following soyfoods: (1) Soy milk, including a recipe for making it at home (p. 287-88). (2) Tofu, including silken tofu, cottage tofu, frozen tofu, sauteed or fried tofu, and smoked tofu (p. 288-89). Recipes containing tofu include: Szechuan spiced tofu, Southeast Asian curried vegetable stew, Smoked tofu burgers, and Brown rice tofu salad with orange sesame dressing (p. 289-90; the latter recipe calls for toasted sesame oil and adzuki beans, with smoked tofu being optional). (3) Tempeh, including recipes for Moo shu tempeh and Szechuan-style "hacked" tempeh. (4) About soy protein, describing textured vegetable protein and textured soy concentrate, with recipes for Dinner loaf Tex-Mex style and Lion's head (p. 292). This is followed by a subsection describing seitan and with recipes for Root vegetable and seitan stew, and Seitan kibbe (p. 293-94).

Asparagus with mustard miso* (p. 343-44). Baby bok choi with soy ginger sauce* (p. 349). Steamed scallops or shrimp with soy sauce* (p. 513). Grilled or broiled whole red snapper with ginger soy vinaigrette* (p. 548-49). Small fish, fillets, or steaks poached in soy sauce* (p. 555-56). Chinese soy-braised chicken* (p. 601-02). The chapter titled "Know your ingredients" (1059-87) includes short descriptions of bean sauce, Hoisin sauce, miso, nori, salted and fermented black beans, sesame oil, sesame paste, soy sauce, tamari, tonkatsu sosu (dark spicy sauce based on soy), wakame, wasabi, vinegars from fruit and grains, margarines (mentions trans fatty acids, but not soy), and shortenings (p. 1065-69).

Subjects related to vegetarianism include: Discussion of vegetarian diets (positive and accurate, in Chapter 1, p. 3). List of vegetarian side-dishes and main courses in this edition (27 recipes, p. 20). Vegetarian chili* (p. 283). Dairy-free chocolate cake* (vegan, p. 932). Ultra-orange cake* (vegan, p. 932-33).

Irma Rombauer (the grandmother of Ethan Becker) first wrote the *Joy of Cooking* in 1931, "when domestic help was fast becoming a thing of the past and women all over the country were once again heading to the kitchen."

Note: This cookbook was written by a committee of experts, put together by Maria Guarnaschelli. Many controversies and clashes of opinion arose out of this arrangement. Address: 3. Cockaign, Cincinnati, Ohio.

11554. Saio, K. 1997. Soybean foods: Nutritionally and industrially valuable. In: Napompeth, Banpot, ed. 1997. World Soybean Research Conference V: Proceedings. Soybean Feeds the World. Bangkok, Thailand: Kasetsart University Press. xxiv + 581 p. See p. 521-26. Held at Chiang Mai, Thailand, 21-27 Feb. 1994. [10 ref]

• ***Summary:*** Contents: Abstract. Introduction. Localization of the components seeds and foods. Roles and behavior of the components in soybean food. Physical functionalities of the components. Nutrition and physiological functionalities of the components. Conclusion.

Contains 4 figures (incl. 11 photos and 1 graph) and 4 tables. Table 3, "Chemical composition of main soybean foods (in 100 gm)" includes tofu (regular), abura-age, kori-tofu, yuba, kinako, soybean sprouts, natto, miso (dark yellow), soy sauce (common), TVP [textured soy flour], isolate, soybeans (Japanese). Address: National Agricultural Research Center, 1-1-3 Kannondai, Tsukuba, Ibaraki, Japan 305.

11555. Shandler, Nina. 1997. Estrogen: The natural way. Over 250 easy & delicious recipes for menopause. New York, NY: Villard Books. xxxv + 300 p. Index. 24 cm. [125 ref]

• ***Summary:*** This is a book about plant estrogens (called phytoestrogens, isoflavones, and lignans) and the new estrogen consciousness. Soy and flaxseed contain substantially larger quantities of plant estrogens than other foods. Carefully documented, it tells the author's personal adventure in menopausal self-care and offers 250 easy recipes to replace estrogen naturally.

The three estrogens produced by a woman's body come in different strengths. Estradiol, the most potent, is 80 times stronger than estriol, the weakest. Estrone, of medium potency, is twelve times stronger than estriol. When a girl reaches adolescence, her ovaries become active, producing twenty times as much estradiol as in childhood. As menopause approaches, estradiol production slows. After menstruation stops and menopause begins, the ovaries stop producing estradiol, but other organs and tissues, primarily the adrenal glands and fat glands, generate limited amounts of the medium-potency estrone for as long as 20 years.

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Prolonged exposure to strong estrogen increases a woman's risk of breast cancer. The earlier a woman starts menstruating and the later she stops, the greater her likelihood of developing breast cancer. In mid-1995 Colditz and co-workers at Harvard published a study in the *New England Journal of Medicine* which documented the long-term effects of hormone replacement therapy on 120,000 women. They found that estrogen replacement pills increased the risk of breast cancer by 30%. The study's lead researcher, Dr. Graham Colditz, offered clear advice: "Don't take hormones for a long time if you can avoid it." The previous generation of women taking hormone therapy experiences a tenfold increase in uterine cancer.

Recipes for tofu and other soyfoods are at the center of this book's program for reducing hot flashes and night sweats. Address: Amherst, Massachusetts.

11556. Srisawat, Pinyo; Jonglertjesdawong, Yingsak. 1997. The vegetarian taste of Thailand: Vegetable, tofu & seafood dishes from Cha Am restaurant. Berkeley, California: SLG Books. 224 p. Illust. Index. 28 cm.
• ***Summary:*** Cha Am is a popular Thai restaurant which opened in Berkeley, California in 1985. This is a very beautiful and strange book. Beautiful because on every other page is a spectacular full-page color photo, showing the prepared recipes, ingredients, and many lovely scenes from Thailand. Strange because the word "vegetarian" is in the title, yet a large number of recipes call for fish or seafoods (which have never been eaten by vegetarians) as the main ingredient.

Soy-related recipes include: Tau hoo neng: Steamed bean curd (p. 21). Tao hoo nam daeng: Bean curd stew (p. 27). Tao hoo op moor din: Clay pot bean curd (p. 33). Hoi jor name jim boi: "Seafood" rolls with plum sauce (p. 43; the filling is rolled in "bean curd sheets" [probably pressed tofu sheets, but possibly yuba], each 8 inches square). Tom som Tauhoo: Spicy bean curd soup (p. 63). Tao jiao lon: Spicy fermented soy bean dip (p. 185). On pages 212-13 are full-page color photos of various Thai soybeans and soyfoods.

The section titled "Gluten" (p. 214-17) describes this product and shows how to make it at home. Gluten is also used in recipes throughout the book.

The interesting glossary (p. 221-24) includes descriptions of: Bean curd (*tau hoo* is soft tofu; *tao kwa* is firm tofu, used for stir-frying, deep-frying, and braising). Bean curd, fermented (*tau hoo yee;* the two most common types are red and white. The red variety is cured in a brine with fermented red rice flavored with annatto seeds and rice wine). Bean curd, spongy (deep-frying gives tofu a spongy texture, so it can absorb the flavors of any sauce in which it is cooked a second time). Bean sauce (a seasoning made from fermented soybeans, flour, and salt. There are four popular types: yellow bean sauce, brown bean sauce, black bean sauce, and hot bean sauce. The preferred sauce is made from whole soybeans. The ground varieties are often quite salty). Beans, black fermented (also known as salted black beans, these are small black soybeans fermented with salt and spices. They are delicious when combined with garlic, fresh ginger, or chilies. Note: Fermented white soybeans are called *tao jiao*). Soy sauce (*si iu;* These recipes call for the Chinese rather than the Japanese type. The three most widely used soy sauces are light soy sauce {*si iu khao*}, dark soy sauce {*si iu dam*}, and mushroom soy sauce).

Note: This is the earliest English-language document seen (April 2013) that uses the word "tauhoo" to refer to tofu. Address: Bangkok, Thailand.

11557. Sullivan, Cheryl; Rhodes, Kathy. 1997. Soyfoods: A healthy profile. Revised ed. Sioux Falls, South Dakota: South Dakota Soybean Board. 118 p. Illust. Index. 22 cm.
• ***Summary:*** Contents: Introducing soyfoods to your diet. The healthful soybean. Exploring soyfoods: Dried soybeans, fresh green soybeans, soy milk, tofu, textured soy protein, soy flour, soy grits, tempeh, miso, soy meat analogs. Where to find soy products. Nutrient information. Recipes: Breakfast, beverages, breads, appetizers & snacks, salads, soups, sandwiches, side dishes, main dishes, desserts. Guide to modifying recipes: A one-for-one substitution.

Talk with Betty Hansen at South Dakota Soybean Board. 2000. May 15. This cookbook (which is undated) was first published in 1996, and revised in 1997. It was reprinted by the Nebraska Soybean Board with their name and phone number on the rear cover.

Talk with Cheryl Sullivan. 2002. Aug. 12. This booklet is basically *Simply soy: A variety of choices,* with a new cover and title, plus a few pages of additional information added by the South Dakota Soybean Board in Sioux Falls. Address: 1. M.A., R.D.; Ph.D., R.D.

11558. Sunarlim, N.; Anwarhan, H. 1997. A synthesis of agronomic results of SYGAP II in Indonesia. In: Napompeth, Banpot, ed. 1997. World Soybean Research Conference V: Proceedings. Soybean Feeds the World. Bangkok, Thailand: Kasetsart University Press. xxiv + 581 p. See p. 500-02. Held at Chiang Mai, Thailand, 21-27 Feb. 1994. [5 ref]
• ***Summary:*** SYGAP is the soybean yield gap analysis; it was conducted in three locations in Indonesia. The objectives were to identify and alleviate yield constraints and to develop a package of improved practices–which is described.

In Indonesia, about 70% of the soybeans are used for human consumption, mainly in the forms of tempeh, tofu, soy sauce, and tauco (fermented whole soybeans). Address: Bogor Research Inst. for Food Crops, Tentara Pelajar 3A, Bogor, Indonesia.

11559. Tajimaya Shokuhin K.K. 1997. [Progressive Tajimaya]. Hyogo prefecture, Japan. 22 p. 30 cm. [Jap; eng]
• ***Summary:*** This elegant color catalog, with striking graphic

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design and many photos, written entirely in Japanese (except for the cover and the page tabs and headings) describes the company and its products. It was picked up at FoodEx (a major food exposition in Japan) on 12 March 1997 and sent to Soyfoods Center, On the cover is a naked Japanese mother holding a naked baby in her arms to cover her breasts; over one arm is draped a white towel. The subtitle reads (in English): "We create new diet and value through our high-proteins & low-calorie soy processed foods, by positively and steadily pursuing the future of various possibilities."

Contents: What's new–The soybean story. Low calorie & high protein. Production. Distribution. Product branch. Research & development. Challenging spirits. For the next one. A note from the president. Company profile and chronology. Sales from 1987 (27.2–units not given) to 1996 (50.4).

Accompanying this main catalog are the following smaller (but equally elegant) full-color brochures and leaflets: (1) Progressive Tajimaya. 8-panel brochure. Shows color photos of all the company's soy products in packages on 4 pages: Agé (22 types). Tofu (22 types, including those fortified with vitamin E, beta-carotene, or yuzu, plus organic tofu, nigari tofu, grilled tofu, Hiya-yakko tofu). Okara (*unohana*). Tachikawa tofu (plain or with green tea added, in the form of noodles; The word "Tachikawa" is composed of two characters meaning waterfall + river). Tofurich.

(2) Frozen Tofu (4-page brochure). Includes color photos of the inside of the company's factory, and prepared tofu dishes. (3) Single-sided color leaflets, each with a large color photo and the following titles: Frozen momen. Frozen yaki-tofu (Grilled tofu). Tachikawa-dofu. Tezukuri-age. Warabi mochi-fu tofu shokuhin. Tofu pudding. Tofu bread. Address: Ikejiri 7-139, Itami-shi, Hyogo prefecture, Japan. Phone: (0727)-77-3939.

11560. Vavilov, Nicolay Ivanovich. 1997. Five continents. Translated from the Russian by Doris Löve. Rome, Italy: International Plant Genetic Resources Inst. xliii + 198 p. Illust. No index. 24 cm. [10 ref. Eng]

• ***Summary:*** This book, about the life and work of N.I. Vavilov (1887-1943), was published long after his death as a political prisoner. Unfortunately, the book has no index. The excellent introductory chapter titled "The Russian scientist Nicolay Vavilov," by Seymon Reznik and Yuri Vavilov (p. xvii-xxix) is a frank biography, including details of his conflict with arch-enemy Trofim Lysenko, his fall into disgrace by 1935, his arrest by the KGB on 7 Aug. 1940, and his death in prison in 1943.

In "The basic principle behind the expeditions" (p. 1-4) Vavilov notes that the seven basic geographical centers of origin, which cover only about 7% of the world's land area, are: (1) The tropical centre, in tropical India, IndoChina, and southern China. (2) The East Asiatic Centre, includes the central and western parts of China, Korea, Japan. and the major portion of Taiwan. (3) The Southwest Asiatic Centre. (4) The Mediterranean Centre, along the coast of the Mediterranean. (5) The Abyssinian Centre. (6) The Central American Centre, and (7) The Andean Centre. Maps show Vavilov's travels in each center. These centers were first outlined in his book *Centres of Origin of Cultivated Plants* (1926, Leningrad).

In the chapter titled "Expedition to Japan" (p. 58-61) he expresses his surprise at "the endless variety of plant types" including the "various preparations of soya beans and 'adzuki' beans (*Vigna angularis* [Willd. Ohwi & H. Obashi])." "There is perhaps no other country where the love of trees and flowers is so strongly expressed as in Japan. The care of flowers and plants has become a national characteristic of this country." "There is not a single weed in the fields or in vegetable gardens." In Japan he found "a multitude of dishes made of soyabeans (substituting for fat and including a cheese called 'tofu,' a soya product)..." He was impressed by the work of Ekiken Kaihara [Kaibara; 1630-1714]. A philosopher, man of letters, physician, geographer, historian, agronomist and naturalist, he wrote 270 volumes on 60 different themes, including a 5-volume work on garden plants and a 3-volume work on vegetable plants. In 1638 two gardens of pharmaceutical plants were established in Edo (Tokyo) and in 1720 another one in Komada.

In the chapter titled "Expedition in Korea" (p. 69-71) he again mentioned soyabeans and 'adzuki beans,' and noted: "Dozens of different foods are made from soyabeans, including the special cheese, tofu. Sprouts of soyabeans are rich in vitamins and are available in large amounts in all markets in Japan. Soya is used for seasoning meat and rice and of course, it produces an excellent oil, used for making margarine and for technical purposes. Although it is a crop exceptionally well suited to a monsoon climate, the soyabean has become the most important technical crop worldwide during the last couple of decades. Owing to the effect of European and American demands an enormous area has become planted to soyabeans. During the past two decades the plantations of soya in Manchuria have reached 7 million hectares and the world-wide area has exceeded 15 million hectares. It is difficult to imagine a more flexible plant in respect of the variation of both biological and other characteristics. The varieties of soyabeans can be counted by the thousands. The present American industry has introduced even more variety."

In Seoul, Vavilov unexpectedly met two colleagues, P.H. Dorsett and William Morse, known to him from Washington, DC. "Dr. Morse is the co-author of a well-known monograph on soyabeans, written by him and Dr. Charles Piper, another plant introducer from Vancouver, Canada. Morse was fanatically devoted to soyabeans throughout his life. In the course of some years, Piper studied in China, Korea, Manchuria and Japan on behalf of the U.S. Department of

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Agriculture, investigating crops of soyabeans, collecting seed material and forwarding it to the USA." Also discusses the agricultural explorations of Frank Meyer and Mark Carleton. Swingle "organized an extensive utilization of Chinese research, including the building up of a valuable library of Chinese literature and a whole staff of translators, who revealed the treasures of ancient Chinese agronomical science. The results of this endeavour have become obvious during the past couple of years. The similarity between the conditions of extensive parts of the territories of the USA and China make possible a wide utilization of soyabean crops, which during the last couple of years have amounted to as much as 1.5 million hectares."

"Quietly and modestly, Morse, who traveled with his family, wife and daughter, went from one city to another while staying in the best hotels."

Note: Soyfoods Center has a copy of the "Translator's Foreword" (p. xxx-xxxvi) which was typeset but later deleted from the book. Only the last two paragraphs were used. It tells the real story of Vavilov's work, his downfall at the hands of Trofim Denisovich Lysenko, several moving petitions by Vavilov asking that he be able to finish writing unfinished books, and details of his case history and death. Address: Head, All-Union Inst. of Plant Industry (VIR), Russian SSR.

11561. Mukherjee, Anjali; Singh, Kanaka. 1998. Add years to your life–starting 1998. *Times of India* (*The*) (*Bombay*). Jan. 8. p. A4.
• ***Summary:*** Studies show that vegetarians are healthier and live longer than meat eaters; they have lower blood pressure and cholesterol levels, plus lower rates of heart attacks and cancer.

Eat more foods made from soybeans. That may be why the Japanese outlive the Americans. The soybean contains an arsenal of antidisease agents such as antioxidants, lecithin, phenols, genistein and phytates. Genistein has anti-cancer activity. "Soya foods boost the 'good' cholesterol and improve the HDL / LDL ratio." Soya foods and soya milk are also good sources of calcium. To derive the full benefit of soyabeans, it is best to eat "soya foods" every day. To incorporate them into your daily diet: (1) When making chappatis [chapatis], mix wheat flour with soya flour in a 2:1 proportion. This will ensure a steady intake of soya. (2) Use tofu in place of paneer whenever possible. Tofu has more antioxidant punch than casein, the protein in milk. Animal studies have shown that those fed soyabeans had a life span 10-15% longer than those fed casein. (3) Used roasted soyabeans [soynuts] as a tasty snack food. (4) Use textured soya protein products like Nutrinuggets or Nutrella, which come in granule or chunk form, together with mushrooms or green peas to vegetarian chilies or vegetable pulao

pilaf. (5) Whole dry soybeans can be cooked like other pulses to make rajhma / rajma [a north Indian vegetarian dish consisting of red kidney beans in a thick curry and lots of Indian whole spices] or channa / chana masala; serve with rice or chappatis [chapatis].

11562. *SoyaScan Notes.* 1998. Soya Clips receives 259 clips in August 1997 and 111 clips in September 1997 (Overview). Jan. 13. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is an average of 185 clips per month for these two months. From Aug. 1 to Dec. 31, 1997, Soya Clips received 581 clips; this is an average of 116.2 clips per month for these 5 months, or the equivalent of 1,394 clips for the year. The specifications are narrower now than they were in the late 1980s or 1990. These clips were received from Luce Clipping service. They were sent to the Soyfoods Association (Michelle Edwards) about 7-8 times per month.

By comparison: Soya Clips received 1,547 clips in 1990, down from 2,105 clips in 1989, 1,766 clips in 1988, 1,587 clips in 1987, and 1,586 clips in 1986.

11563. Lang, Susan. 1998. Extraterrestrial food is cooking in lab. *Cornell Chronicle* (*Ithaca, New York*). Jan. 15. p. 7.
• ***Summary:*** "To help NASA plan the cuisine for future lunar and Martian space colonies, and Cornell chef, nutritionist, food engineer and vegetarian cooking teacher are collaborating to develop and test tasty, nutritious and economical recipes that astronauts can prepare from a limited set of 15 to 30 crops to be grown in future space habitats. Wheat and potatoes are the staples to be complemented with rice, soy and peanuts, salad crops and fresh herbs, all to be grown hydroponically in artificially lit, temperature-controlled space farms.

"The fare now being tested at Cornell by weekly taste-testing panels composed of students, faculty and staff includes seitan tacos with lettuce and tomato sprinkled with earthmade cheese, carrot 'drumsticks,' tempeh sloppy Joes, basil pesto with soy nuts, pasta primavera and tofu cheesecake.

"'Our goal is to develop a database of food-processing information and a menu of at least 100 primarily vegetarian recipes of familiar and new menu items based on crops raised in a bioregenerative life support system,' said Jean Hunter, the food and biological engineer and associate professor of agricultural and biological engineering at Cornell who is heading up the project." Also working on the project are David Levitsky (professor of nutritional sciences and psychology), Rupert Spies (a chef and lecturer in food and beverage management in the Cornell School of Hotel Administration), and Adriana Rovers (formerly a caterer and a teacher of vegetarian cooking who prepares the recipes and runs the tasting panels). The researchers launched the project 6 months ago, with a $507,000 three-year grant from NASA. A photo shows Jean Hunter with some hydroponically grown plants for the project.

Talk with Jean Hunter. 1998. Jan. 22. A news release

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was issued (which Jean sent) and this story got picked up by the Microsoft News Service, MSNBC Web News, and by Yahoo Web News; both appeared on the Web. The *Cornell Chronicle* article, with photos in color, was also put on the Web at http://www.news. cornell.edu/Chronicles /1.15.98/NASAfood.html. A recent experiment included a 91-day closed-chamber study with 4 crew members at Johnson Space Center. It was checking an advanced life support system which included some air regeneration by plants. For ten days they fed the crew of four vegan foods–including tempeh, tofu, and many other soyfoods. A copy of the menu is available. The crew said it was so satisfying to have food that looked, tasted, and smelled fresh. "It made all the difference." NASA needs to develop meals that can be created from foods grown in space because the cost of transporting food from Earth on long missions is "astronomical."

Note: It costs roughly $1,000 to $10,000 to transport one pound of anything to the moon.

11564. Paolucci, Danny. 1998. Experiments with vacuum-packaging tofu Swan Foods Corp. in Miami, Florida. Suspicions of spying by Premmies from Swan Gardens (Interview). *SoyaScan Notes.* Jan. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Danny said in an interview in Nov. 1992 that Mary Pung and Robert Brooks, founders and owners of Swan Foods, were both doing a lot of new product R&D, and playing with a clam-jaw-type vacuum packager.

Swan Foods water-packed its tofu. The work with a vacuum-packaging machine probably never got past the experimental stage. He is quite sure that they had a chamber-type vacuum packaging machine at one end of the tofu factory. He is very sure they were experimenting with this machine, but he is not sure that they used it to pack any of their tofu. Later, after he started Sunshine Soy Company Inc. in Miami, Danny vacuum packed his tofu and he is sure that he got the idea from Swan Foods. Even if we could locate Mary Pung (who had not changed her maiden name, Pung, by 1983), she would probably not remember the answer to this question. "Her brain is probably gone."

Dick McIntyre, owner of Swan Gardens in Miami, may have purchased Swan Foods' vacuum-pack machine. Dick was always very a unsociable, private and non-communicative person. Dick was a Premmie–a disciple of the young Indian Guru Maraji. Danny strongly suspects that he hired Premmies to work in Danny's factory. Then they would go to *satsang* and tell him what was happening in Danny's factory. "Basically, corporate spies."

Danny was not a disciple of Guru Maraji; he has done Hatha Yoga all his life and began to practice Zen meditation at age 18; he still practices Yoga and Zen regularly. He came from a very conscious family. His stepfather was from England and his mother from Austria. In the 1950s, they ate yogurt and whole-wheat toast, and they had an Acme juicer on the kitchen counter–for making carrot juice.

Others who might know about Swan Foods: (1) Bernie Shapiro, who ran the I Ching, an spiritual/alternative bookstore in Miami and "knew everyone." (2) Jimmy Wilks, who was a founder of Swan Foods, who later worked at Popeye's Health Foods in Miami, and might still work there. (3) Chik Shank, who published *Alternatives* magazine in Miami; he still lives in Miami and is still involved with publishing. Address: 2219 S.W. 59th Ave., Miami, Florida 33155. Phone: 305-266-0830.

11565. Boyle, Alan. 1998. Recipes for beyond a small planet: Researchers help NASA develop menus for moon, Mars (Web article). *MSNBC Web News.* Jan. 19.

• ***Summary:*** This article, based on a news release from Cornell University, appeared on the Web at http://www.msnbc.com/news. It begins: "Carrot drumsticks? Soybean sloppy Joes? Tofu cheesecake? It sounds like a vegetarian's dream and it could be an astronaut's reality on Mars or the moon, if food experts from Cornell University have their way. The Cornell team is developing recipes for long-duration spaceflights as part of a program funded by NASA." Address: MSNBC.

11566. Messina, Mark J. 1998. Soy phytoestrogen pills–The biggest soy-related story of the year (Interview). *SoyaScan Notes.* Jan. 22. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Phytoestrogens extracted from soybeans, made by ADM and sold in pill form, went on the market in the USA in about November 1997. The first company to sell them was the Life Extension Institute in Wilton Manors, Florida. They call the product Mega Soy Extract; in their catalog it is listed under the category Soy Supplements. They sell the capsules in two sizes: 135 mg and 700 mg. ADM is not mentioned in the catalog, but they have their own ADM brand name for the product: Novasoy. Two research scientists to talk to at ADM are Eric Gugger (phone 1-800-637-5850 X-4380) and Rasik Daftary. Mark has the highest regard for these two men as scientists. They are dedicated to the facts as shown by scientific research.

Central Soya is now also making and selling the same kind of soy phytoestrogen pills, but ADM's were on the market first. What would happen if a person (such as a teenage girl wanting larger breasts) took 60 of these 135 mg pills at once? Mark has no idea; you'd have to know more about the absorption and blood levels. Many studies now suggest that a person needs to consume 70 to 100 mg/day of these soy isoflavones (equivalent to about 2 servings of tofu or 2 cups of soymilk) to derive the benefits. This is clearly much more than most Americans would be willing to consume day after day. So the supplements make it much easier for people to get their isoflavones. The average intake

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of these isoflavones among people in Asia is actually quite low, probably about 15-25 mg/day; this is much lower than was formerly thought to be the case, yet epidemiologic studies suggest that even these low levels confer benefits.

Solid studies increasingly show that these isoflavones give benefits in the areas of bone health (osteoporosis), reduced risk of heart disease, and reduction of menopausal symptoms. The benefits appear to be dose related–though there may be a threshold. There seem to be more benefits to women than to men, and little or no danger of any harm if taken at the recommended doses. Though the results are not yet definitive, there may be reduced prostate cancer risk for men. Some studies have also looked at the individual isoflavones. So Mark believes that many Americans will want to try these pills. They may take their place on the dining room table next to vitamins, minerals, and other supplements.

The area of greatest controversy concerns the effect of these isoflavones on breast cancer. Mark thinks it is very unlikely that they would increase the risk of breast cancer–even though some studies do seem to indicate that, and therefore further research is needed. Many difficult ethical questions are raised by how information in this area is presented to consumers.

Concerning soy and bone health, a 2-year study of monkeys without ovaries found that soy did not favorably affect bone health, even though estrogen did. That was one of the best studies conducted to date, yet it is never mentioned at any of the soy meetings. Mark is very concerned that there is a real bias in the way this information is being presented. This is such a "hot" area right now. There are so many fortunes to be made, so many researchers with patents, and so many trying to establish their careers on the basis of soy right now. Clinics all over the USA are now doing studies with isoflavones and with soy. Discussion groups on soy and breast cancer are taking place. "This is as hot as it gets."

A big-name researcher in this field, with a reputation in nutrition research going back 20 years, recently proposed the "soy protein hypothesis" in a scientific paper. It had to do with the possibly favorable effects of protein on kidney function, with no acknowledgment of previous research in this area. But this idea/hypothesis was out 4-6 years ago, and a summary in *The Simple Soybean and Your Health* (published April 1994) concluded that soy protein favorably affected kidney function. This appears to be but one of many examples where researchers are trying to establish their niche in soy and ride it to fame–and sometimes fortune. Now in nearly every major university in America, there is at least one researcher who is seriously interested in soy. That is really good for the field, and will help its progress.

The biggest event of 1997 is ADM starting to make soy isoflavone pills and thus taking soy isoflavones to the next level. These isoflavone pills are even sold on TV, in home shopping clubs–an amazing development. Many new books are being written on this subject by well-known authors, and soy plays a leading role. "There is a soy bandwagon here and everyone is jumping on it. The pills will take soy to the next level because there is more money to be made, and they are accessible to everyone. Now anyone can get the benefits (whatever they may turn out to be) without having to eat tofu or drink soymilk. Even with a bland soy powder, it was difficult for most people to consume enough of it (60 gm/day) to get benefits. Now that the soy isoflavones are available as pills, many researchers will now do clinical studies with them. Even now, there are studies underway all over the country. Three years ago, few people were aware of soy isoflavones. Now the research is almost one step removed from mainstream medicine. Virtually all researches involved with progressive health and nutrition, or with women's health, known about soy and phytoestrogens. It's just incredible. Being able to give out two placebo pills and two 'soy pills' a day makes it much easier to conduct controlled studies." People used to think of soy as strongly connected with tofu. Then they began to think of the isoflavones separately and independently. Isoflavones are a type of phytoestrogens, but when the word "phytoestrogens" began to replace the word "isoflavones" a quantum leap took place. Every physician knows what estrogens are, and the word has a power that resonates. For example, Mark recently gave a talk last year at a meeting of the American Dietetic Association (ADA). He titled it: "Soybean phytoestrogens: Possible alternatives to hormone replacement therapy."

So, in the field of soy, ADM and their soy pills is the big story of late 1997 and early 1998. ADM is a huge, respected company, and they plan strong promotion for these soy pills. Granted there were soy isoflavone pills available last year, but because they were made from the ground sprouts (hypocotyls) of soybeans, they had very low levels of genistein and they weren't nearly as potent as ADM's pills. Moreover, ADM is learning ways of processing soybeans to further concentrate the isoflavones, which will make the pills even more potent. Mark believes that the "halo effect" of these soy pills will soon benefit the whole category of soyfoods as well.

Mark has no plans to take these pills; he gets plenty of isoflavones from his natural diet, which contains lots of soymilk, plus some tofu, and other soyfoods.

An Australian newspaper reported that Protein Technologies International (PTI) recently paid $15-20 million to Novagen, an Australian pharmaceutical company that will be marketing Promensil (made of isoflavones from red clover). Note: As of 3 Feb. 1998 Novagen is not listed in the text of any article in the *Wall Street Journal* since March 1984. It is not clear to Mark exactly what PTI got for this large amount of money (perhaps patent right to claims about a product containing isoflavones). This last weekend, PTI helped to sponsor a symposium at UCLA, attended by only about 45 people, but with good press coverage that made the

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wire services. The point is, a lot of money is being spent on this subject. Whereas ADM does not live or die by its new isoflavone business, some smaller companies do.

The proceedings of the Brussels symposium have been in the hands of editors at the *American Journal of Clinical Nutrition* since Sept. 1997; they have been reviewed, the comments have gone out, but they will not be published before Sept. 1998. Address: PhD, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11567. Early soyfoods in China–Chronological (SoyaScan database search report). 1998. 12 p. incl. index. Jan. 23. Unpublished manuscript. [20 ref]
• ***Summary:*** This carefully customized database search was conducted for Mark Messina to document the fact that soyfoods have been widely consumed for a long time in China. Among the 20 records are the earliest Chinese-language and English-language documents that mention or discuss soyfoods in China, with emphasis on soy sauce (15 records), tofu (12 records), and Chinese-style miso (chiang, 6 records). Also includes the earliest English-language records that give significant industry or market statistics on soy sauce or tofu in China.

11568. Early soyfoods in Japan–Chronological (SoyaScan database search report). 1998. 36 p. incl. index. Jan. 23. Unpublished manuscript. [20 ref]
• ***Summary:*** This carefully customized database search was conducted for Mark Messina to document the fact that soyfoods have been widely consumed for a long time in Japan. Among the 47 records are the earliest Japanese-language and English-language documents that mention or discuss soyfoods in Japan, with emphasis on tofu (27 records), soy sauce (26 records), miso (20 records), and soymilk (8 records). Also includes the earliest English-language records that give significant industry or market statistics on tofu, miso, or soy sauce in Japan.

11569. Schillinger, John A. 1998. History of Asgrow Seed Co. and of his work with the company: 1994 to present (Interview). *SoyaScan Notes.* Jan. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In 1994 Upjohn decided to sell Asgrow Seed Company to Empresas La Moderna (ELM), a multi-national agricultural company based out of Monterey, Mexico.

In 1995 the fault-line between the vegetable and agronomic sides of Asgrow, which had been growing ever wider since 1968, finally split, as ELM divided Asgrow into two separate divisions. The vegetable division, which was still larger in terms of total sales than the agronomic division, was merged with Petoseed and Ball Seed in 1995 to form Seminis Vegetable Seeds (still owned by ELM). The agronomic division of Asgrow was sold to Monsanto, the deal being finalized on 3 Feb. 1997.

Question: A recent survey conducted by Doane Marketing Service contains a ranking of U.S. soybean seed companies by quantity of seed sold (not value/dollars) The top two companies are: (1) Pioneer Hi-Bred, which has a little over 19% of the total market share, and (2) Asgrow (not including Hartz), which has just under 12% of the total market share. Do these figures seem accurate and fair? Schillinger: Hartz is a part of Asgrow, with offices in the same building in Des Moines, Iowa. If Hartz's numbers were included, Asgrow's total would be significantly higher. These figures also do not include seed saved by the farmer (saveseed), and Asgrow's surveys show that farmers save more Asgrow soybean seed than any other variety. So if saveseed was included, Asgrow's total would be even larger. There is a big difference between planted acres and newly purchased seed. If you look at planted acres, Asgrow has about 19.4% of the total. While this may still be somewhat less than Pioneer's total, the gap is smaller.

During the last 3 years, Asgrow's sales have skyrocketed. In the year just passed (calendar year 1997), Asgrow sold almost four times as many Roundup Ready soybean seeds as the previous year. Before January 1, 1998, Asgrow had already sold all of its soybean seed for the coming 1998 crop year. John thinks that this year, Asgrow's volume of sold-seed will exceed Pioneer's for the first time.

Question: Do you believe that profitably will be the main determinant of what type or variety of soybeans farmers plant in the future? Schillinger: Yes. Question: Do you have figures showing that Asgrow's Roundup Ready soybeans are more profitable to farmers now than non-Roundup Ready soybeans? Schillinger: Yes, we do have data and our researchers and our sales staff could provide it. There are two sets of data. When Roundup Ready soybeans are planted using our system with Roundup herbicide, there is a definite profit advantage to the Roundup Ready soybeans. But if you treat the Roundup Ready soybean as if it were an ordinary soybeans, the advantage is not nearly as great–but it is still there. Our research shows that there is long-term stunting of soybean plants from other popular herbicides such as Pursuit, but none from Roundup. When you spray soybean plants, even during stressful times, there is no effect on the plant growth and development. If our Roundup Ready soybeans were not the most profitable, why are farmers buying them faster than we can supply them? "Our biggest challenge right now is to tell our customers that we are very sorry we did not have enough supply for them. The orders came in so fast that we sold and oversold, particularly in areas like Illinois and Indiana. It was embarrassing. So were are instituting programs like going back to the farmers and saying 'You order right now what you want for next year, and we'll guarantee delivery.' The market clearly seems to be saying that there is a very high regard for Asgrow's Roundup Ready soybeans.

"Asgrow has an advantage and a lead because we were

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the first company to get the gene that protects soybeans from Roundup herbicide. That's because we worked with Monsanto in a collaborative project. In 1989-90 we were first able to shoot Roundup gene into our soybean variety 5403; in 1991 we began testing and growing out. So we were able to use a different protocol from other companies that did not get this gene until 2 or 3 years later. We just went through the normal variety development process. We didn't backcross into old varieties that would be outdated by the time they went to market. Rather, we proceeded with what we call 'forward crossing' which is crossing into other elite material and then selecting for yield and performance. Our first commercial soybean seed product containing the Roundup gene was on the market in 1996.

Question: In food uses, Roundup Ready soybeans contain no consumer health benefits. Some consumers are reluctant to consume these soybeans in foods. What is the main obstacle that needs to be overcome before these soybeans will be accepted. Schillinger: "I think we need to develop a strong message, based on science, that consumers and advocate groups can understand. We have to develop an education and communication system that will reveal the truth of what these product have and don't have. We need to answer questions about possible threats to humans as well as to the environment. I have four grandchildren that I love dearly. People ask me, 'Would you feed your grandchildren these soybeans?' I have no qualms at all; I would not hesitate to do that. I've eaten them since 1991. But still we have to communicate. I think that Greenpeace and others have communicated through psychological warfare some misunderstandings that are going to be difficult to overcome. But that's one of the key things we need to do. One consumer benefit is that we can produce soybeans cheaper. Our company supplies a major share of the tofu soybeans for Japan–roughly a million bushels a year to Japan just for making tofu. We grow the identity preserved soybeans containing the Roundup gene under contract, then clean them and sell them to Japan–not to farms but directly into the food system.

Roundup Ready soybeans have already played a major role in protecting the environment by enabling farmers to move to conservation tillage practices. These soybeans plus Roundup give them the tools they have needed to produce soybeans with a lot of crop residue on their land; this holds the soil and water, leads to less runoff. Roundup is probably the safest herbicide, because as soon as it hits the soil, it breaks down (decomposes) instantly into some very safe and naturally occurring compounds; it doesn't even get into the soil. "You could even drink it and it wouldn't hurt you. I wouldn't recommend it, but you can." The plant (weed) enzyme which the product binds to is not even present in any humans or animals.

Two years ago, Asgrow started to introduce consumer nutritional / health benefits into Roundup Ready soybeans–such high oleic acid. These soybeans should be on the market in 4-5 years. Address: Co-President, Asgrow Seed Co., 4140 114th St., Des Moines, Iowa 50322. Phone: 515-331-7111.

11570. Weber, Thomas E. 1998. Takeout food: NASA is seeking recipes that travel really well. *Wall Street Journal.* Jan. 27. p. B1.
• ***Summary:*** The article begins: "That's one small step for man. One gigantic leap for tofu." A group at Cornell University (Ithaca, New York) is working under a NASA grant to develop meals that can be prepared almost exclusively from vegetables that grow well in space. For long space missions, like a flight to Mars, spacefarers may not be able to carry enough food to last the trip, so they will need to grow and cook their own. Trying to produce meat during the mission is too inefficient. "That has set off a space race to develop vegetarian meals that astronauts can stomach. The researchers believe they have found the right stuff" including tempeh, "a sort of super-tofu made from soybeans, and seitan, a gluten extract from wheat." Jean Hunter, a Cornell professor heading the project, says that Creamed tempeh, cooked in soy-milk sauce, "takes a little getting used to." Includes a recipe for Sloppy Joe Tempeh. Address: Staff reporter.

11571. Ota, Eileen. 1998. Update on Ota Family Tofu in Portland, Oregon (Interview). *SoyaScan Notes.* Jan. 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ota Family Tofu has tofu making equipment that Eileen would like to sell; it has hardly been used. In about 1981 the company moved to a new location, 812 S.E. Stark St.; it had more than twice as many square feet as their previous location. When they moved Ko went to a soy conference and met Eddie Okita, who was selling tofu manufacturing equipment. Ko decided to buy new equipment. Eileen objected at the time, suggesting that he try it before he buys it–to be sure you get the product that you want. Ko said "No." He just wanted to buy it. Coincidentally, at the same time, a competitor (Dae Han Tofu) began making tofu in Portland. Before that, there was a small tofu maker in Salem that didn't last very long. Dae Han was planning to deliver their tofu, which Ota had never had to do before. So Ota lost a large portion of the Portland tofu market to Dae Han.

Ko used the new equipment for a while, but then it became apparent that the tofu and the agé were not coming out the same. He had less control over the more automated equipment. Their customers noticed the difference and did not like the change. Moreover, Ota no longer had the volume to support the new equipment. So they went back to their old machines.

One of the early tofu-makers was Saizo Ohta (not Seizo), but he was not one of the founders. Two brothers apparently started the company. At the time of the "Spanish

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flu" epidemic in 1918-19, one or both of them became ill and the business went to Saizo Ota, Matsuno Ota's father. Matsuno was an only child, and in those days there was the tradition of sending Japanese children in America back to Japan for education. So when she was 4-5 years old she went to Japan. She did not return to America until after World War II. During the war her father, Saizo, had died. Matsuno returned to the USA in the early 1950s. The Grandmother, Shina, had a stroke after they arrived in Portland. At that point, in about 1956-57, Ko's father (Matsuno's husband) took over the tofu business. Ko's father was trained as a medical technician in Japan, but he couldn't get a job in the USA because his certification didn't transfer. So he worked for a while as a janitor and then spent a lot of time helping the grandmother, Shina.

After Ota Tofu moved to its present location, there was a huge influx of Vietnamese people who wanted soymilk, so the company started making it.

Shurtleff tells Eileen of an early listing for Ota Tofu in Portland in a 1922 Japanese-language directory of Japanese in the United States.

11572. Smith, Sieglinda. 1998. Looking for the Ota family in the Polk's Portland city directories (Interview). *SoyaScan Notes.* Jan. 28. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In the 1915 city directory she finds: Ota Roy, student in dentistry and pharmacology. Also an Ohta F baths at 86½ 5th St. North. In 1916 the student appears again. In 1917 there is Ohta E restaurant at 67 6th North 6th North (which is today's 217 NW 6th St., between Davis and Everett on 6th). Also in 1917 there is "Ota Saijo (Shina) lndy [laundry] 266 Davis." In the 1918 city directory she finds: Ota E restaurant, 67 6th St. North. She called the city archives, but they have only a 6 year retention rate for business licenses. Then she called the Business Bureau which had a record for the Ota Family Tofu Co., founded in 1972. However in 1971 the city directory had Ota Soybean Cake Co. at the same address where they are now, on Stark.

The addresses in Portland changed in 1930. For example Ota baths at 86½ 5th North, which is now 322 NW 5th.

In the book *Issei,* by Kazuo Ito (1973) is an undated business map of oldtown Portland, 1915-1941. Below the map is handwritten: "90 Japanese business, 1935." On that Map Ohta Manufacturing appears on 5th between Everett and Flanders–which is where the family places it.

Siegfried just noticed that the name is spelled Ohta and she has been checking in the Polk's city directories under Ota. So she looks again: Nothing for Ohta in 1918. In the 1935 city directory there is an Oha Saizo baker wholesale 322 NW 5th Ave. Address: Reference Librarian, Oregon History Center, 1200 SW Park Ave., Portland, Oregon. Phone: 503-306-5240.

11573. *Badische Bauern Zeitung* (*BBZ, Germany*). 1998. Gentechnik fuehrt zu wachsender Nachfrage bei Oeko-Sojabohnen [Genetic engineering leads to growing demand for organic, non-GE soybeans]. Jan. 31. No. 5. p. 24. [Ger]

• ***Summary:*** Soybean cultivation in the upper Rhine valley received a strong impulse from the Freiburg tofu manufacturer "Life-Food Taifun," which, through domestic production of organic, non-GE, eco-soybeans (*Oeko-Sojabohnen*), would like to be independent of soybean imports from America.

The background for this is the rejection of transgenic [genetically engineered] soybeans by tofu consumers and therefore a new market potential for organic soybeans. The price of eco-soybeans in 1997 ranged from about 100 German marks per quintal (100 kg) for delivered raw soybeans to 125 marks per 100 kg for processed / prepared (*aufbereitete*) (dried and cleaned) soybeans.

With respect to the project "Ecological Soybean Cultivation 1997" the company Life Food, which took 90 metric tons, accounted for 20 percent of the total soybean demand in Germany.

In Germany each year 3,000 to 4,000 metric tons (tonnes) of soybeans are made into foods each year. Of this amount, 800 to 900 tonnes are used to make tofu. The demand for eco-soybeans lies in the range of 1,200 tonnes per year.

The demand for organic soybeans (*Bio-Soja*) in Switzerland amounts to about 2,000 tonnes and is made up almost entirely of imports.

11574. Becker, Diane. 1998. Easy-to-digest soyfoods are her salvation. *Soybean Digest.* Jan. p. S-22.

• ***Summary:*** Soyfoods are helping people eat without a feeding tube. Some 100,000 people in the USA suffer from a disease that prevents them from properly utilizing the foods they eat. At one center using soyfoods, 40% of the intravenously fed patients admitted to the center each year are taken off feeding tubes a month into the program. They eat six small meals a day, including soy beverage and tofu. Says dietitian Linda Veglia, "We use tofu a lot."

11575. Dworkin, Norine. 1998. Eat to win: Whether you're a champion athlete or a weekend warrior, eating a vegetarian diet can give you what it takes. *Vegetarian Times.* Jan. p. 60-64.

• ***Summary:*** This article profiles 3 vegetarian athletes and the daily diet of each: Dave Scott, Debbie Lawrence (5K racewalk), Robert Banner (rides a horse in steeplechase) and Diana McCabe (distance runner). Dave Scott is an Ironman Triathlon world champion. That means he has traveled to Kailua-Kona, Hawaii, to compete against 1,500 of the world's toughest endurance athletes in a 2.4 mile ocean swim, followed by a 112-mile bike race and a 26.2 mile marathon. This Ironman Triathlon is considered the

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ultimate test of athletic endurance. Dave Scott has competed in the event eight times and won six. He retired after this last triathlon in Sept. 1997. Scott turned to a vegetarian diet in college, partly for fitness reasons and partly for reasons related to the environment and world hunger. He found that his body functioned better on a vegetarian diet. While training, his diet consists of 60% carbohydrates, 20% protein, and 20% fat. Every week Scott, who is 6 feet tall and weighs 164 lb, would bicycle 340 miles, run 65 miles, and swim 25,000 yards. Plus, he lifted weights and stretched every day. "But even now, with his careers as a motivational speaker, coach and sports consultant, his diet remains the same. 'A vegetarian diet is the healthiest decision a person can make for longevity reasons. It's also an athletic diet. A healthy diet means performance.'"

Scott's daily diet includes: Wake Up: 8 to 12 ounces of water (8 oz = 1 cup). Early morning: PowerBar or a piece of whole-grain toast with sesame spread and a piece of fruit. Once cup of orange juice. Breakfast: Whole-grain raisin toast, 64-68 oz of protein drink (blend 3 bananas, 1-1½ cups of berries or grapes, 3/4 cup soy yogurt, a few ice cubes, ½ cup orange juice, 28-34 gm whey protein powder, and water). Midmorning: PowerBar. Lunch: 5 corn tortillas filled with a mixture of scrambled semi-hard tofu, spicy black-bean spread, yogurt and salsa; 2 pieces of fruit; and water. etc. A large color photo shows Dave Scott on a bicycle.

Note: According to an article in *Outside* magazine (Feb. 1998, p. 40-47) Mark Allen won the Hawaii Ironman race six times before retiring in Oct. 1996, at age 38. Paula Newby-Fraser has won the Hawaii Ironman eight times.

11576. Golbitz, Peter. 1998. Tofu & soyfoods cookery: Delicious foods for a healthy life. Summertown, Tennessee: Book Publishing Co. 176 p. Illust. (3 photos). Recipe index. General index. 21 cm.

• ***Summary:*** Contents: Preface and acknowledgments. The history of soyfoods. A closer look at soybeans. Soybeans and health: Introduction, malnutrition, cardiovascular disease, cancer, osteoporosis, menopause, more to come. Using soyfoods: Whole dry soybeans, tofu, soymilk, soy flour, textured soy protein, green vegetable soybeans, tempeh, miso, soy sauce, soy protein concentrate, soy protein isolates, natto, soybean oil, second generation soyfoods, meat alternatives, cheese alternatives, soy yogurt, nondairy frozen desserts, mayonnaise and dressings, instant soups and other dry mixes, margarine, lecithin, soynuts and soynut butter, soy sprouts, okara or soy pulp. Basic recipes. Breakfast. Bread. Salads & dressings. Soups & sandwiches. Main & side dishes. Desserts & drinks. Glossary. U.S. & Canadian soyfoods companies. Sources of information on soyfoods. Nutrients in soyfoods.

Contains 125 of Peter Golbitz's favorite recipes, selected from the works of some of "the world's leading soyfoods chefs." A list of these "leading vegetarian and soyfoods pioneers" (all of whose books have been published by The Book Publishing Co.) appears on the rear cover. Peter (born in 1952) lives with his wife, Sharyn Kingma, and son on a beautiful island off the coast of northern Maine. A color photo of the family appears on the rear cover. Twenty years ago (in 1978) Peter was "first introduced to tofu and the wonders of soyfoods." A photo of Peter with his book appears in the Book Publishing Catalog of Jan. 1999. Address: President and Founder, Soyatech, Inc., Bar Harbor, Maine. Phone: 207-288-4969.

11577. Greenberg, Patricia; Hartung, Helen Newton. 1998. The whole soy cookbook: 175 delicious, nutritious, easy-to-prepare recipes featuring tofu, tempeh, and various forms of nature's healthiest bean. New York, NY: Three Rivers Press (Crown Publishers / Random House). ix + 221 p. Illust. Index. 24 cm.

• ***Summary:*** Contents: Acknowledgments. Introduction. All about soy: Health benefits of soy (reduces the risk of heart disease, lowers the risk of breast cancer, eases the symptoms of menopause, protects against prostate cancer, prevents digestive disorders {when using whole soybeans or soy products containing high levels of fiber}, eliminates the problem of lactose intolerance, prevents the problems of milk allergy, beneficial in diabetic diets), cooking with soy products (meat analogs or meat substitutes {soy sausage, soy bacon, hamburgers and hot dogs}, miso, okara, soy cheese, soy milk, soy sour cream, soy yogurt, soy flour, whole soybeans, soybeans–green, soybeans–roasted, tempeh, textured vegetable protein (TVP), tofu & silken tofu; Soy-based foods (containing little or no protein): Egg replacers, soy margarine, soy mayonnaise, soybean oil, soy sauce) how to get optimum nutrition from soy (protein, carbohydrates, fat, cholesterol, fiber, sodium), nutrition information. Sample menus (for 3 meals a day, 7 days a week). Recipes: 1. Appetizers, dips, and spreads. 2. Salads and vegetables. 3. Brunch and breads. 4. Pizza and sandwiches. 5. Soups and stews. 6. Main dishes. 7. Pastas and grains. 8. Desserts.

This books contains almost 200 delicious and easy ways to add that essential 25 grams of soy protein to your diet. These recipes (each of which includes a nutritional analysis) are based on more than ten years of experience and experimenting (p. 2). Address: P.O. Box 10853, Beverly Hills, California 90213. Phone: (310) 474-4539.

11578. Holin, Fae. 1998. Adventures in soy consumption. *Soybean Digest.* Jan. p. S-22.

• ***Summary:*** The author, a farm wife, after researching a few stories on soyfoods, "started cooking with the stuff." Her husband equated the resulting meals with ancient Chinese torture. Now she sneaks a little soy into her recipes to make them more nutritious. "So they're not ready for tofu. So maybe if I snuck a little into a chocolate cake..."

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11579. Jacobi, Dana. 1998. Over-the-top desserts: Cooking with soy. *Veggie Life* (*Concord, California*). Jan. p. 18, 20, 86.
• ***Summary:*** Includes recipes for: Tiramisu (with pureed silken tofu). Cran apple crumble (with soy milk). A luscious chocolate bread pudding (with soy milk).

11580. Lehnert, Dick. 1998. Specialty soybean varieties bring premiums for a price: Markets for food-grade varieties are growing. *Soybean Digest.* Jan. p. 64-65, 68.
• ***Summary:*** About 120,000 tons of specialty soybeans are now shipped from the USA to Japan each year–about 10% of the food-grade soybeans the Japanese buy. The soybeans must always be kept separate–"identity preserved." Growers typically get more dollars per bushel, but sometimes get fewer bushels per acre. The soybeans are made into foods such as tofu, tempeh, natto, or miso.

Kim Nill, deputy director for international marketing at the American Soybean Association, keeps tabs on the growing opportunities for specialty soybeans. He says seed companies are finding niche markets for food-grade soybeans.

Last year, DuPont introduced a variety that produces oil high in oleic acid (naturally lower in saturated fats and more heat stable without hydrogenation). DuPont is now working on a low stachyose bean. Pioneer Hi-Bred International grew 7,000 acres of low-linolenic oil beans for a market similar to that of high-oleic acid beans.

A photo shows a combine harvesting specialty soybeans that will be made into tofu.

11581. Mitchell, Paulette. 1998. The complete soy cookbook: More than 150 simple recipes for good health and great taste. New York, NY: Macmillan Publishing (A Simon & Schuster Macmillan Co.). xlix + 270 p. Illust. Index. 24 cm.
• ***Summary:*** A very attractive vegetarian cookbook. Each recipe is marked with one of three symbols: V = vegan, lo = lacto-ovo vegetarian, and l = lacto vegetarian. Contents: Preface: An ancient Asian secret isn't a secret anymore. Introduction: The whys (cancer, heart disease, osteoporosis, menopause, diabetes), the hows, soy food ingredients (soybeans, sweet beans {edamame}, tofu, tempeh, texturized vegetable protein {TVP}, soy milk, soy flour, soy oil, soy sauce), other soybean products (soybean sprouts, okara, miso, roasted soynuts, isolated soy protein {ISP}, dairy and meat analogs), a note on food allergies. Soy success: Stocking your refrigerator and pantry, using the recipes, kitchen equipment. 1. Appetizers. 2. Soups. 3. Salads. 4. Entrees. 5. Desserts. Appendix: Recipes listed by soy food categories (and within each category by recipe type–such as salads, soups, desserts): Whole soybeans (32 recipes), sweet beans (green vegetable soybeans, 7 recipes), tofu (96), frozen and thawed tofu (14, all entrées), pressed tofu (12), tempeh (14), textured vegetable protein (TVP, 4), soy milk (14). Note that tofu was used in by far the most recipes (96), followed by whole soybeans (32).

Paulette, who lives in Minneapolis, Minnesota, is a cooking instructor, restaurant consultant, and lecturer. Paulette is the author of many Macmillan books, including *The 15-Minute Vegetarian Gourmet, The 15-Minute Single Gourmet,* and *The Complete Book of Dressings.* This book is dedicated to her 14-year-old son, Brett. Address: Minneapolis, Minnesota. Phone: 612-941-7576.

11582. Morinaga Nutritional Foods, Inc. 1998. Mori-Nu Tofu and the dinner bell (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.
• ***Summary:*** This color tear-off recipe pad (6½ by 4 inches), developed by Susan Bucher of Bucher & Russell in Los Angeles, were introduced in Jan. 1998. On the front is a color photo of three green peppers stuffed with tofu and vegetables, in a tomato sauce in a tureen–which is surrounded by uncut vegetables. In the background is a pack of Mori-Nu Firm Tofu. On a diagonal yellow band (snipe) in the lower right corner is written in black: "Delicious vegetarian recipe on back".

On the back is a recipe for Stuffed Cajun Bells, plus a nutritional analysis, facts about Mori-NU Tofu, and an offer for additional free recipes. Address: Torrance, California. Phone: 1-800-669-8638.

11583. Nash, Jonell. 1998. 7 super foods for women. *Essence* 28(9):108. Jan. *
• ***Summary:*** Foods discussed are kiwi fruit, brown rice, tofu, pinto beans, cabbage, sweet potato, and canned salmon. Includes recipes.

11584. Rella Good Cheese Co. 1998. Experts prefer TofuRella (Ad). *Natural Foods Merchandiser.* Nov. p. 58.
• ***Summary:*** This 8½ by 11 inch color ad (copyright 1997) shows the head of a white mouse looking out of a small hole in a tree. A package of Hickory Smoked TofuRella (with the label fully visible and easy to read) is hanging on a string from the hole. The text begins: "Try Rella's newest flavor: Hickory Smoked TofuRella. Smoked in a real cheese smokehouse in Wisconsin, it's as good as gouda. Since 1986, millions of folks have learned that the best cheese doesn't always come from cows! Made with organic tofu, the 6 flavors of TofuRella melt and taste like dairy cheese but with 2/3 less fat and no cholesterol or lactose." The company claims to be "the Number 1 alternative cheese brand around."

This ad also appeared in the Dec. 1997 the Jan. 1998 issues of this magazine. It also appeared in *Natural Health* in 1998 (Jan/Feb., p. 83). It also appeared in *Vegetarian Times* in the 1998 issues of Jan. (p. 81) and Feb. (inside rear cover). Address: Santa Rosa, California. Phone: 1-800-NJOY-NOW.

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11585. *Soybean Digest.* 1998. New tofu line produces bigger soybeans. Jan. p. 91.
• ***Summary:*** NTCPR92-40 is a new soybean breeding line that was developed for tofu production by USDA's Agricultural Research Service (ARS) breeders. It produces soybean three times bigger than Pearl, an earlier tofu breeding line. It also has high protein and yields 5% less than conventional varieties. It is grown est in southeastern U.S. NTCPR92-40 (one of four new lines) produces clear-hilum soybeans, an important selling point.

11586. Wendelstein, Lisa Irmgard. 1998. Discover tofu: A heart to heart cookbook. West Hills, California: Magic Wings. 64 p. Jan. Illust. Index by food category. 22 cm.
• ***Summary:*** Contents: Dedication (in loving memory of her mother). Acknowledgements. Prologue. Miscellaneous. Dips and spreads. Soups. Salads. Salad dressings. Fillings. Sauces. Main dish. Desserts. Soy facts. Tips. At the bottom of each page is a quotation, from many different sources.

Talk with Lisa Wendelstein Meriweather. 1998. Feb. 12. She was born in Germany and this book contains some German-style tofu recipes. Often when she buys tofu at the store, or is waiting in line to pay for it, people ask her how she prepares it; those many questions were the inspiration for this book, which was self-published in Jan. 1998–even though the copyright date is 1997. Spiral bound. Address: 23926 Hamilin St., West Hills, California 91307. Phone: 818-347-7486.

11587. [Nasoya Foods, Inc.]. 1998. Nasoya Tofu & NewMenu TofuMate: Now the benefits of soy are so easy to enjoy (Ad). *Natural Health.* May/June. p. 64.
• ***Summary:*** A full-page color ad. Shows 4 types of Nasoya certified organic tofu: Firm, Soft, Extra Firm, and Silken. And six packages of TofuMate (spice blends for seasoning tofu). "Call Nasoya Foods at 800-229-TOFU or visit our web site at http://www.nasoya.com."

11588. Rose, Richard. 1998. New developments at Rella Good Cheese Co. (Interview). *SoyaScan Notes.* Feb. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Richard renamed his company to Rella Good Cheese Co. in about Oct. 1997. Starting in Feb. of 1997, his company began enriching all of its cheese alternatives (except VeganRella) with a vitamin-mineral mix to make them nutritionally equal to dairy cheese. Consumers prefer enriched alternatives; it is not required.

To date, Richard's company has used its self-imposed "Green Tax" to give about $40,000 to environmental groups (EarthSave, Rainforest Action Network, etc.)–in addition to the more than $84,000 donated to the Second Harvest Food Bank. The largest single recipient group was EarthSave, but they are no longer a recipient. Right now the Hemp Industries Association is the major recipient among environmental groups. Remember that half the pesticides in the USA are used on cotton crops.

It is not very difficult to buy hemp seeds in the USA, but all of it is imported. Last year 1 million pounds was imported into the USA. You can order by phone from 1-800-buy-hemp. You can also buy it from bird stores, where it is used as bird feed. In addition, about 500,000 acres of feral / wild hemp (called "ditchweed") grow in the USA each year–mostly in the Midwest, but almost nobody harvests the seeds, since that is illegal. Since 1957 it has been illegal to cultivate hemp in the USA without a license. One group, the Research Inst. of Pharmaceutical Sciences, Univ. of Mississippi, has a license to grow hemp for the DEA (Drug Enforcement Administration) for the 7 patients the government gives 300 joints per month to.

The whole issue of decriminalizing drugs (including marijuana) is now being supported by a number of prominent public figures such as George Schultz (former Republican secretary of State), Milton Friedman (conservative Republican economist), a superior judge in Orange County, and the mayor of Baltimore, Maryland. They want to medicalize addiction. The Netherlands has decriminalized drugs and the results have been good.

So Richard's company imports its hemp seed from Germany; it is certified organic and dehulled. His is the first company to import dehulled seeds. Their flavor is delicious–like sunflower seeds. It is a complete protein and 65% of the protein is edestin–which is very high quality.

Trader Joe's now has its own brand of soy cheese, named Trader Joe's Soy Cheese in Jalapeño Jack flavor. For a while, Trader Joe's kicked TofuRella off their shelves. Then they had a big problem with a shipment of soy cheese from Soya Kaas, so they brought Richard's products back in–sheepishly.

The main ingredient in Richard's soy cheeses is actually spray-dried tofu. In Canada it must be shown as such on the label, but not in the United States. Richard has never been in the factory where his spray-dried tofu is made, but he has asked the owner point blank if they are coagulating it and they say they are. Nor does he have any statement in writing. They probably coagulate a large tank of soymilk with calcium sulfate (not GDL) to make it into thin silken tofu, then they slurry it and run it through a spray drier. At least three companies make tofu powder: Clofine Dairy & Food Products, Inc. (Linwood, New Jersey), SunRich Inc. (Hope, Minnesota), and Prosource, Inc. (Alexandria, Minnesota). Devansoy Farms, Inc. (Carroll, Iowa; Elmer Schettler, president) makes soymilk powder, but not tofu powder.

In May 1997 Richard incorporated a new company named The Hemp Corporation (THC). There is some fall-out from anti-help people in the industry.

In the near future, he plans to transfer all existing hemp products (HempRella, Hempeh Burger) to THC, which does not yet have any products on the market. Three new hemp

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products for 1998 will be the HempNut (dehulled hemp seeds), a chocolate, and an aseptic hemp milk (a world's first; tests show there will be no problems with trans fatty acids, which sometimes form at high temperatures). He was on the Jay Leno show 3 times, where they did skits with his foods–the cheese and the chocolate. This was related to the name change to Rella Good Cheese Co. which will license the "Rella" trademark.

Richard also plans to change his environmental policy pretty soon to "All profits go to charity."

Richard is now exporting some of his cheese alternatives to Italy. VeganRella has been made under license in England for several years.

Concerning the cheese alternatives market, in 1996 (according to data from SPINS, which covers most major natural foods distributors except for Tree of Life), Richard's company was the leader in units sold, Soya Kaas No. 1 in dollar sales, and Galaxy was a distant third in the natural foods market (but Galaxy's main market is supermarkets). There are only three major players in this market. Richard does not have the statistics for 1997. Richard expects White Wave to be dropping their soy cheese soon. Originally Richard made White Wave's soy cheese. Then there were problems, it went to litigation; arbitration awarded Richard $45,000 several years ago. Now Soya Kaas makes White Wave's soy cheese.

"The soul of the natural foods industry is being co-opted quickly." One example is Whole Foods Market (WFM). Richard is getting fed-up with the lack of integrity in the industry. WFM recently yanked all the Rellas from all their stores nationwide because sorbic acid (a completely harmless mold retardant/inhibitor) appears on the label. Richard's competitors use sorbic acid (or calcium propionate) as a mold retardant but do not list it on the label. Moreover, WFM carries other products that contain sorbic acid–which they say are "exempted." So WFM punishes the people who are being honest, and at the same time promotes itself as being socially responsible, ethical, members of Social Venture Network, the honest retailer of foods in America. Address: President, Rella Good Cheese Co., P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11589. *SoyaScan Notes.* 1998. Update on Nasoya (Interview). Feb. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Nasoya finally closed its plant at Leominster about 3 weeks ago. Everything is now consolidated at Ayer, which is a much larger plant. All is going well. The tofu market is growing so rapidly that Nasoya can't even keep up–which creates a whole new set of problems. Chinese New Year (which is very big for Nasoya) just finished, and they have yet to get the second tofu production line up and running; it just arrived from Leominster. So only the one new line is presently making tofu. There are still some bugs to work out but overall things are going well. Address: Nasoya Foods, Inc., One New England Way, Ayer, Massachusetts 01432. Phone: 978-772-6880.

11590. Tanaka, Wendy. 1998. The joy of soy: Consumer awareness of health benefits boosts Bay company [Vitasoy]. *San Francisco Examiner.* Feb. 17. p. C-1, C-2.
• ***Summary:*** Vitasoy USA Inc. "has become a powerhouse in the fast-growing soy foods industry." Yvonne Lo, president and CEO, worked as a city planner in Toronto (Ontario, Canada) before investing $10,000 to start the U.S. arm of her father's business in 1979. Company sales have grown at double-digit rates for the past 5 years, reaching an estimated $43 million for fiscal 1997. Today, the company's soy milk is the No. 2 brand in the USA, controlling 25% of the $150 million market (which has been growing at 10% a year since 1990), according to Soyatech Inc. Edensoy is first with 38% of the market.

Soyatech statistics show that U.S. tofu market sales have grown 5% a year for the last 5 years to $125 million a year last year.

The acquisition several years ago of Azumaya and Nasoya, two of America's largest tofu manufacturers, has made Vitasoy America's largest producer of tofu. Now Vitasoy is hoping to further increase its sales of tofu and soymilk with its $13.5 million state-of-the-art plant in Ayer, Massachusetts. Vitasoy can now deliver soymilk to retailers in 7-10 days, compared with 45-60 days during the years prior to fall 1997 when all of its soymilk was imported from Hong Kong. Moreover, the new plant will eventually have be able to produce 50% more soymilk than the company had been able to import. The plant at Ayer will also produce Nasoya brand tofu. "Vitasoy USA already has a tofu factory in China Basin [actually 1575 Burke Ave., San Francisco] to produce the Azumaya brand." Vitasoy now sells its products in mainstream retail markets such as Safeway, Lucky, Andronico's and Walmart. The vice president for produce merchandising at Walmart Superstores says they have had very good success with Vitasoy's tofu.

A color photo shows Yvonne Lo holding packages of Azumaya tofu and Vitasoy Light vanilla soymilk in front of pallets of product stacked 10 feet high at the company's Brisbane warehouse. Address: Examiner staff.

11591. Govea, Mariela. 1998. El alimento de los samuráis: Carlos Planes y su mujer, Silvia Solazzi, elaboran queso de soja, tofu, siguiendo una antigua receta oriental [Food of the samurai: Carlos Planes and his wife, Silvia Solazzi, make tofu, using an ancient Oriental recipe]. *Nacion* (*La*) (*Buenos Aires, Argentina*). Feb. 24. [Spa]
• ***Summary:*** A color photo shows Carlos and his wife, Silvia, each holding several plates of food, including tofu.

The article begins: In the ancient Orient, soya was

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considered a sacred food, reserved for the gods.

Note: Carlos says this was the first article about his company or work with tofu in Argentina. Address: Reporter, Argentina.

11592. Bishop, Jack. 1998. Deborah Madison: Mastering the new vegetarian cuisine. *Natural Health.* Jan/Feb. p. 106-09, 167-69.
• ***Summary:*** Deborah was the "founding chef at San Francisco's Greens [California], the most famous vegetarian restaurant in the country." Today she uses less butter, cheese, and cream in her cooking. Many of her recipes are dairy-free. The first recipe (p. 109) is for "Tofu in curry coconut sauce." A full-page color photo shows Deborah Madison, age 52; she now lives in Santa Fe, New Mexico. Address: 1416 S.E. 8th St., Portland, Oregon 97214. Phone: 503-796-0109.

11593. BUKO Agrar Koordination. 1998. Soja [Soya]. Stuttgart, Germany: Schmetterling Verlag. 106 p. Illust. 23 cm. Series: BUKO-Agrar-Dossier No. 19. [11 ref. Ger]
• ***Summary:*** This book consists of 13 chapters by various authors under four broad headings. The general themes are the craziness of the modern world's soybean industry and the search for local alternatives. Part I: Introduction. 1. Soya, a little seed of the mighty. 2. The world market for soya and grains. 3. The soybean–From cultivation to products. 4. What are livestock feeds? Part II: Soybean production and Brazil. 5. Help for development and agronomy. 6. Balsas–Capital of mechanized agriculture. 7. Soybean boom in northern Brazil.

Part III: Soya and genetic engineering. 8. Roundup Ready–Ready or not. 9. Transgenic oilseed plants as producers of raw materials. 10. Herbicide-resistant soybeans and ecological agriculture. Part IV: Soya in Germany. 11. Domestic soybean production for humans or animals?, by Mute Schimpf. 12. No pearls before swine. 13. Soybean production in Germany: The tofu maker "Taifun Naturkost" in southwest Germany goes in new directions, by Wolfgang Heck (founder of Taifun Naturkost in Freiburg). Glossary.

In Chapter 11, a table titled "Soybean production in Germany" (p. 90) shows the production by state and total from 1993 to 1997. In 1993 Baden-Wuerttemberg was the only state shown with 200 ha, total 580 ha. In 1997: Baden-Wuerttemberg 126 ha, Bayern 103 ha. Total: 270 ha. Source: *Geschaeftsbericht des Deutschen Soja-Foerderrings* (1997, Freiburg).

In Chapter 12, about Taifun, the company's motto is Ethics, Ecology, Economy, and Tradition. Its 35 workers produce 12 tons of tofu/week using whole soybeans. Their goal is to use only non-GE soybeans which have been grown in southern Germany. The company is working with local organic soybean farmers. Address: Nernstweg 32-34, D-22765 Hamburg, Germany. Phone: 040/39 25 26.

11594. Cuthbert, Lauren. 1998. Soyfood sales surge with more products and new customers: Research sparks soy craze. Soy popularity rising with boomers and their kids. *Natural Foods Merchandiser* 19(2):1, 63-64, 66. Feb.
• ***Summary:*** Second-hand statistics about the soyfoods industry and market. "Why the sudden increase craze? In a word, isoflavones." Address: Mill Valley, California.

11595. Indiana Soybean Board. 1998. Indiana soyfoods locator guide: A guide to finding soyfoods in the supermarket and health food store. Lebanon, Indiana: Indiana Soybean Development Council. 48 p. 28 cm.
• ***Summary:*** This is the first edition of this Guide. On the cover is a paper grocery bag resting on a bed of soybeans and chock full of foods: Veggie Slices (soy cheese), soynut butter, veggie burger, tofu, soymilk, soy flour, plus carrots, celery, and cooking oil. Contents: Food pyramid. Soyfoods descriptions–Meat the Bean: Introduction, green vegetable soybeans (edamame), hydrolyzed vegetable protein (HVP), infant formulas–soy based, lecithin, meat alternatives (meat analogs), miso, natto, nondairy soy frozen desserts, soy cheese, soy fiber (okara, soy bran, soy isolate fiber), soy flour, soy grits, soy protein concentrate, soy protein isolate (isolated soy protein), soy protein–textured (textured soy protein, textured soy flour), soy sauce (tamari, shoyu, teriyaki), soy yogurt, soybeans, soymilk–soy beverages, soynut butter, soynuts, soybean oil & products, sprouts–soy, tempeh, tofu & tofu products, whipped toppings–soy-based, yuba. A taste for health–Scientists are learning about soy's health benefits: Heart disease, osteoporosis, menopause, cancer, isoflavones. Soyfood icon chart. Soyfood facts & recipes: Meat alternatives, soybean oil, textured soy protein, whole soybeans, soy flour, soymilk, tofu. Composition and nutrient content of soyfoods. Soyfood conversion charts: description of one serving of soyfoods, guide to modifying recipes, soyfoods substitution chart. Mail order soyfood companies. Soyfoods Web site packed with information. Soy cookbooks. Soy resource books. 1-800-talksoy. Soyfoods market search map; where to find soyfoods in the supermarket (a two page color layout of a supermarket displaying where soyfoods are located). Soybeans... they're in almost everything. Finding soyfoods at the supermarket (store listings by county). Address: Indianapolis, Indiana 46205-1744. Phone: 1-800-275-7679.

11596. INTSOY. 1998. INTSOY course: Soybean processing and utilization. May 26 to June 19, 1998 (Brochure). Urbana, Illinois. 8 panels. 2 p. 22 x 10 cm each.
• ***Summary:*** Contents: Topics to be presented in the 1998 course: Basic processing concepts, nutrition and functionality, extrusion technology, oil extraction, soymilk and dairy analogs (soymilk, soy yogurt, soy ice cream), Oriental soybean foods (tofu, tempeh, etc.), animal feed applications, quality control, animal feed applications, overview of the soybean industry, economics and marketing

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of soy products. Cost and travel information (the course costs $4,300 plus about $1,600 for room, board, and other local living expenses. INTSOY is unable to offer scholarships).

The course time consists of 35% lectures, 45% hands-on exercises, and 20% industry visits. This is the 18th offering of the training program. Some 200 persons from 41 countries have attended the course. Danny Erickson is the training officer in charge. E-mail intsoy@uiuc.edu. Address: International Soybean Program, Univ. of Illinois, 35 Environmental and Agricultural Sciences Building, 1101 West Peabody Drive, Urbana, Illinois 61801. Phone: (217) 333-6422.

11597. Lindsay, Shirley H.; Claywell, Lora G. 1998. Considering soy: Its estrogenic effects may protect women. *Lifelines* (*Association of Women's Health, Obstetrics and Neonatal Nurses*) (*Hagerstown, Maryland*) 2(1):41-44. Feb. [14 ref]

• ***Summary:*** Contents: Introduction. Understanding soy. Soy and menopause. Effects on osteoporosis. Soy & breast cancer. Effects of cholesterol. One sidebar, titled "A look at popular soy foods," gives a brief definition of miso, soy cheese, soy fiber (okara, soy bran, soy isolate fiber), roasted soy flour, tempeh, tofu.

A second sidebar, titled "One woman's experience," states that author Shirley Lindsay has been a near vegetarian for two years, using soy protein as her main protein source, but also an occasional serving of fish. She consumes one 14-oz. glass of soymilk and 5-8 oz. of low-fat silken tofu daily. Her diet contains approximately 70 mg/day of isoflavones. She also eats a very low-fat diet that includes low-fat diary products, egg whites, fruits, vegetables, and olive oils. Lindsay also bakes with soy products and flax seed; the latter is rich in lignans.

"Lindsay has successfully eliminated 90 percent of her menopausal symptoms, as well as decreased her serum lipids. When she began the diet, she eliminated animal proteins except skim milk and egg whites, and within 10 days she noted a 90 percent decrease in hot flashes and night sweats. At one point, Lindsay only ate isolated soy protein powder supplements, but her menopausal symptoms returned because a significant amount of phytoestrogen is lost in the processing of powders." Address: 1. Asst. Prof. of Maternal-Newborn Nursing; 2. Director, Associate of Science in Nursing program. Both: Deaconess College of Nursing, St. Louis, Missouri.

11598. Messina, Mark. 1998. Estrogen, phytoestrogens and cognitive function: November 1-2, 1998, Four Seasons Olympic Seattle–Council Room, Seattle, Washington (Portfolio). Seattle, Washington: United Soybean Board. Four inserts.

• ***Summary:*** The four documents enclosed in this portfolio (which has no cover) are: (1) Conference program, including reception on Sunday evening, breakfast on Monday morning, opening remarks and introductions, seven papers, plus discussion and research recommendations. For each paper is given: Title, author, author's address, and presentation time (2 pages). (2) Contact information: Speakers and attendees (1 p. 12 people). (3) Speaker biographies (3 p.) (4) Speaker abstracts (5 p.).

The following seven papers were presented: Soybean phytoestrogens: An overview of health effects, by Mark Messina. Estrogen replacement therapy and cognition, by Madeline Murguia Rice. Estrogen, tofu consumption, and cognitive change in older Japanese American women: the kame project, by Madeline Murguia Rice. Tofu consumption and brain atrophy, by Lon White. Phytoestrogens in brain: analytical and cognitive studies, by Timothy J. Maher. Of rats and monkeys, the cognitive effects of soy phytoestrogens, by Jay R. Kaplan. Modulation of Alzheimer's disease markers by dietary soy phytoestrogens, by Helen Kim.

The key paper in this symposium, and the one which caused it to be convened, was by Lon White and colleagues. In the speaker abstracts it appears as follows: "Brain aging and midlife tofu consumption, by Lon White, Helen Petrovich, G. Webster Ross, Kamal Masaki, John Hardman, Daron Davis, James Nelson, and William Marksberv. In a population-based study of aging Japanese men in Hawaii, midlife tofu consumption was associated with cognitive impairment assessed two decades later, and with low brain weight at autopsy. An increasing prevalence of cognitive impairment with increasing tofu intake was consistently observed in each age stratum. An increased prevalence of low brain weight with greater midlife tofu intake was apparent in men both below and above mean body mass index. The associations remained statistically significant in multivariant regression models after controlling for internal skull diameter, age at death, midlife blood pressure, and midlife tofu intake. The findings may reflect long-standing sub-optimal plasticity and accelerated brain aging due to repeated exposure during midlife to soy isoflavone phytoestrogens, and to lower levels of endogenous estrogen generated in adipose tissue in leaner men. This interpretation implies that estrogen-dependent plasticity mechanisms may ameliorate the erosive effects of aging in men as well as in women."

Lon White has MD and MPH degrees. His biography reads: "Lon White completed his medical education at the University of Washington in 1963, his pediatric residency at the University of Washington affiliated hospitals in 1969, and his MPH in epidemiology at the Johns Hopkins University School of Hygiene and Public Health in 1980. From 1964 to 1997 he served in the United States Public Health Service as a researcher with the National Institutes of Health, initially at the National Institute for Child Health and Human Development, later at the National Institute for Neurological Diseases, and, since 1981, at the National Institute of

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Aging. Prior to 1981 he conducted virologic, immunologic, and biochemical research related to persistent virus infections in animals and man, and to neurological diseases of uncertain cause (as Guamanian P-D and ALS) in the laboratory of G. Carleton Gajdusek, NINCDS. At the NIA he initiated a series of epidemiological studies of cognitive functioning and dementia, including the East Boston study, the Framingham dementia study, and the Honolulu-Asia Aging Study (HAAS). He designed and served as the on site Scientific Director of the HAAS from its beginning in 1991 until his retirement from federal service in August, 1998. He is currently a member of the faculties of the Schools of Medicine and Nursing at the University of Hawaii, research consultant to the Honolulu, VA [Veterans Administration], and the Senior Neuroepidemiologist for both the HAAS and the allied Neurotoxins and Neurodegenerative Disorders Project, based at the Pacific Health Research Institute in Honolulu. His current research is focused on brain aging and the pathogenesis of Alzheimer's disease, vascular dementia, Parkinsonism, cerebrovascular disease, and aging-related cerebral atrophy."

11599. Morinaga Nutritional Foods, Inc. 1998. Celebrity tofu (Ad). *Vegetarian Times.* Feb. p. 51.
• ***Summary:*** This full-page color ad shows a package of Mori-Nu Firm Lite Tofu next to a round white bowl of Australian-Pumpkin Soup and a square glass bowl of creamy Asparagus Bisque, surrounded by squash, pumpkins and asparagus.

At the bottom of this ad, the reader is invited to order: *"The Art of Tofu,* by Akasha Richmond. She is "the Health Food Chef to the Stars." The book is filled with delicious vegetarian gourmet recipes from around the world. "Every recipe is made with Mori-Nu Tofu, the prefect tofu in the perfect package."

This ad also appeared in the Feb. (p. 51), March (p. 29) and April (p. 49) issues of this magazine.

Note: On page 50 (the left hand page facing this page) is a 1/3 page ad for *The Art of Tofu,* by Akasha Richmond. Containing 50 gourmet recipes, it is on sale at $9.95 for *Vegetarian Times* readers. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504.

11600. Shumaker, Susan; Saffel, Than. 1998. It's a veg world, after all: Even more surprising than a talking mouse is the bounty of delicious meatless meals at America's top tourist attraction. *Vegetarian Times.* Feb. p. 70-72, 74-79.
• ***Summary:*** "The revolution in Disney's attitude toward food actually began in 1988, when European chef and inveterate foodie Dieter Hannig was tapped to open 22 new restaurants at Disneyland Paris. The marathon runner and self-described "near-vegetarian" had spent the previous 14 years working for Hilton International.

"Hannig's first order of business was to change the way Disney went about preparing and serving food... Hannig believed that the food could become an attraction in itself... All but one of the chefs that worked with him in Paris followed him to Florida. That small team has been the force behind the change in food in Orlando... 'And I just love vegetarian food. My colleagues called me the Tofu King.'"

11601. **Product Name:** Organic Tofu (Flavored) [Vegetable].
Manufacturer's Name: Small Planet Soyfoods.
Manufacturer's Address: 330112 Hwy 2, Newport, WA 99156. Phone: 509-447-5146.
Date of Introduction: 1998. February.
How Stored: Refrigerated.
New Product–Documentation: Talk with Phil Spiegel. 1998. July 30. This product was introduced in Feb. 1998. He uses a deluxe dehydrated soup blend (of dry vegetables) and a vegetable broth powder; he mixes the two, then adds the mixture to the hot soymilk before he adds the nigari.

Leaflet (8½ by 11 inch, black-and-white) sent by Patricia Smith from Natural Products Expo West. 2000. March. "Small Planet. 'The micro-brew of tofu.' Certified organic tofu." Small Plant Tofu in Newport, Washington, is locally owned and operated by "Tofu Phil." They make five flavors of fresh tofu: Firm, Garlic & Herb, Curry, Hot, and Vegetable.

Letter (fax) from with Phil Spiegel. 2001. May 17. His website is www.smallplanettofu.com. A company named Small Planet Foods was founded after his company and the similarity company names has caused some confusion. So he uses two names, but his official name is Small Planet Soyfoods.

Labels for Vegetable Organic Tofu sent by Phil Spiegel. 2001. May 18. 3.75 by 5 inches. Self adhesive. "Non-GMO" logo. "Hand crafted in the Northwest by Penrith Farms, 330112 Hwy #2, Newport, WA 99156. Phone: (509) 447-5146. www.smallplanettofu.com." A large illustration shows a river with trees and mountains.

11602. Stevens & Associates, Inc. ed. and comp. 1998. U.S. 1998 soyfoods directory. Lebanon, Indiana: Indiana Soybean Development Council. 47 p. 28 cm. [33 ref]
• ***Summary:*** This third edition of the U.S. Soyfoods Directory was produced for the Indiana Soybean Board by Stevens & Associates. The color cover has a wide green and white checkered border.

Contents: Soybean facts. Welcome. How to use the soyfoods directory. Daily soyfood guide pyramid. One bean: a multitude of products.

Soyfood descriptions [alphabetical]: green vegetable soybeans (edamame), hydrolyzed vegetable protein (HVP), infant formulas–soy based, lecithin, meat alternatives (meat analogs), miso, natto, nondairy soy frozen desserts, soy cheese, soy fiber (okara, soy bran, soy isolate fiber),

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soy flour, soy grits, soy protein concentrate, soy protein isolate (isolated soy protein), soy protein–textured (textured soy protein, textured soy flour), soy sauce (tamari, shoyu, teriyaki), soy yogurt, soybeans, soymilk (soy beverages), soynut butter, soynuts, soybean oil and products, sprouts–soy, tamari (see soy sauce), tempeh, teriyaki sauce (see soy sauce), tofu & tofu products, whipped toppings–soy based, yuba.

A taste for health: Scientists are learning about soy's health benefits (heart disease, osteoporosis, menopause, cancer, isoflavones). Soybeans: health insurance in a pod. Approximate isoflavone content of selected soyfoods.

Fact sheet and recipes (1 or 2 pages each): Meat alternatives. Soybean oil. Textured soy protein. Whole soybeans. Soy flour. Soymilk. Tofu.

Composition and nutrient content of soyfoods (full-page table, p. 20). 1 serving of each soyfood. Guide to modifying recipes (substitutions). Soyfood substitution chart (½-page table). Soyfoods website packed with information (http://www.soyfoods.com). Soy cookbooks. Soy resource books. 1-800-Talksoy (for answers to your questions).

Soyfood companies by product (e.g., names of all companies that make meat alternatives; products listed alphabetically).

Soyfood companies (directory; p. 27-40. Alphabetical by company name; Each listing contains address, contact person, phone number, fax, e-mail, soy products, product names, distribution, how to locate product, classification). Soyfood mail order companies (p. 41-42). Soyfood companies by state (California has by far the Most). Soyfood promotion and research organizations (incl. state soybean boards / councils). Professional association and industry information resources.

Note: Nasoya Foods has its own listing but Azumaya does not. Azumaya is listed under Vitasoy USA Inc. as a brand. Address: Stevens & Associates, 4816 North Pennsylvania Street, Indianapolis, Indiana 46205. Phone: 317-926-6272.

11603. Wapner, Kenneth; Bates, Colleen Dunn. 1998. The magic bean. *Weight Watchers Magazine* 31(1):84. Jan/Feb. *
• ***Summary:*** Soybean Dishes. Includes recipes.

11604. Fischer, Bruno. 1998. Update on soymilk in Europe: Sojinal, Alpro and Nutrition et Soja (Interview). *SoyaScan Notes.* March 3. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In mid-1993 Sojinal (of Issenheim, France) was purchased by a Swiss group named B&K Industry Holdings. The heirs got much of their money from disinvesting in weapons and ammunitions. Then in December 1996 Alpro (in Belgium) bought Sojinal from B&K. They now make mostly sterilized pre-pack tofu patties and other related meat alternatives. In Bruno's opinion these products are not very good–they don't fit anywhere.

Alpro dominates the European market for soymilk and soymilk products. They do a lot of private label packaging in their factory, and they now make a little pudding in a cup with a peel-off lid. Bruno heard that in 1995 they had sales of 50 million German marks. Note: In March 1998 one German mark was worth about $0.55. So, very roughly, 50 million would be worth about $27 million.

Alpro now also makes rice drink, and in 1995 launched a rice beverage made by Alpro and packaged in glass bottles.

In about Feb. 1998 Vandemoortele, Alpro's parent company, sold all of its margarine manufacturing operations to Cargill. Now Vandemoortele has only Alpro and its oilseed crushing operations.

Nutrition et Soja (in Revel, near Toulouse, France) no longer sells their soymilk in Tetra Pak cartons–so they must be using it as an ingredient in their own products.

DE-VAU-GE (which made the Grano Vita line) no longer makes soymilk. Address: Im Auel 88, 53783 Aetorf, Germany. Phone: 49-2243-4021.

11605. Paolucci, Danny. 1998. How LEASA helped to build distribution for Swan Foods Corp. in Miami, Florida, then ended up destroying Sunshine Soy Co. and Swan Gardens (Interview). *SoyaScan Notes.* March 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** LEASA Industries Co. was (and still is) a food manufacturing and distribution company in Miami owned and run by a Korean-American family. They made and distributed [mung] bean sprouts and tofu. After Danny arrived at Swan Foods (in late 1977) they arranged to have LEASA distribute their products to grocery store chains. This was very beneficial for Swan Foods.

After Heartsong Tofu (run by Bob and Toni Heartsong in Miami) went out of business in about 1984, LEASA bought their equipment. Then they proceeded to put Swan Gardens out of business. Later they also killed Danny's company, Sunshine Soy Co. Address: 2219 S.W. 59th Ave., Miami, Florida 33155. Phone: 305-266-0830.

11606. Carrasquillo, Fausto. 1998. Masao's Kitchen in Cambridge, Massachusetts, wants to make fresh tofu (Interview). *SoyaScan Notes.* March 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Fausto was a soyfoods pioneer in Puerto Rico. Nature Foods Inc., a company he founded and ran in Santurce, Puerto Rico, started making Organic Tofu Rico in Sept. 1980 and Tempeh in Jan. 1981. For the last year, he has been in the United States, working at Masao's Kitchen (run by Masao Miyagi), a macrobiotic restaurant in Cambridge, Massachusetts. Now he and this restaurant would like to make fresh tofu, for in-house used and to distribute elsewhere. He plans to stay at Masao's Kitchen in the USA for at least several more years. Address: Masao's Kitchen,

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P.O. Box 3812375, Cambridge, Massachusetts 02238. Phone: 617-776-7198.

11607. Pejic, Zlatko. 1998. Learning how to make tofu in Croatia (Interview). *SoyaScan Notes.* March 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In September 1991, Bill Spear, who had just returned from a 1-week macrobiotic summer camp at Kumrovec, Croatia (then part of Yugoslavia), said: "The man who knows the most about soyfoods in Yugoslavia is Zlatko Pejic (pronounced like "Page," as in "the page in a book"), a peace activist who is president of the Society for the Improvement of the Quality of Life and head of the macrobiotic community in Zagreb. His wife is a cooking teacher. He invited Bill to Yugoslavia, has been to the USA, and lectures throughout Yugoslavia. He has visited most of the soyfoods companies in Yugoslavia..."

On 17 March 1998 Zlatko visited Soyfoods Center with Paul Sayre and described his many attempts to make tofu, starting in 1978. He knew that tofu was a good, healthy food made from soybeans, but he didn't have any idea how to make it. His first breakthrough was soaking whole dry soybeans. His next discovery was grinding the soaked beans using a meat grinder. But the resulting paste tasted very bad. Then he tried cooking this paste–but still no tofu. Then he tried adding water and cooking the paste, and the resulting soybean soup, if seasoned properly, was not bad–but it was not tofu. So he accidentally set it aside in a container in which he had some lemon juice and pickles. When he returned, he was astonished to find that it had curded. He put the curds in a cloth and hung them up to drain; the result was spoiled curds. After several months he tried the whole process again, but this time he steamed the curds after they had drained to prevent them from spoiling. The result was good-tasting tofu, first made in 1978. Zlatko may have been the first person to make tofu in Croatia. Address: MacroNova Center, P.O. Box 117, 10,000 Zagreb, Croatia. Phone: +385 1 4847 115.

11608. Liu, KeShun. 1998. Re: Profile. Letter to William Shurtleff at Soyfoods Center, March 18. 2 p.
• ***Summary:*** This profile is an autobiography of Dr. Liu. Soyfoods Center has divided the story into two parts. Most of it is told in our "About the author" section at Dr. Liu's excellent 1997 book titled *Soybeans: Chemistry, Technology, and Utilization.* The rest, which follows, is a description of his major responsibilities as Project Leader of the Soyfoods Laboratory at Hartz Seed in Stuttgart, Arkansas, where he works on breedings soybeans for food use. He oversees the laboratory and "collaborates with several plant breeders within Hartz Seed and scientists at Monsanto's Life Sciences Research Center, St. Louis [Missouri], to improve soybean quality for making both Oriental soyfoods and Western soy products (including soy oil and soy protein ingredients). His major responsibilities include: (1) conducting research on the factors that affect the quality of soyfoods (such as soymilk, tofu, natto & soy sprouts) and soy protein ingredients, (2) identifying relationships between raw soybean components and the quality and yields of soyfoods, (3) developing reliable laboratory methods for making soyfoods and evaluating their quality attributes, (4) developing rapid methods for screening chemical components of breeding lines (e.g. assay for fatty acid composition), (5) researching the nutritional and functional properties of soybean oil and exploring applications of modified soybean oil obtained through plant breeding, (6) and identifying new product concepts and areas for further improvements of soybeans as food." Address: Project Leader, Soyfoods Lab., Hartz Seed–A Unit of Monsanto Co., Inc., 901 N. Park Ave., Stuttgart, Arkansas 72160. Phone: (870) 673-8565.

11609. Thompson, Keith. 1998. Breeding food-grade soybeans at Hartz Seed Co. (Interview). *SoyaScan Notes.* March 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Hartz's natto breeding program is one of the best models for developing food grade soybeans with what are increasingly called "quality traits." Frank Orthoefer, a scientist with an MBA, is an expert in this field–especially in the area of proteins and oil. Frank used to work for Riceland Foods in Stuttgart, but now he works for Hartz / Monsanto. KeShun Liu was hired to work on tofu and natto. The work with tofu has not progressed well, but the work with natto has. From the Hartz viewpoint, Dr. Liu's three most important areas of research are breeding soybeans: (1) for natto (which accounts for 30% of Hartz's revenue), (2) that are high in saturated fat, allowing elimination or reduction of hydrogenation; and (3) that are high in total oil content. Address: Food and Export Manager, Hartz Seed, P.O. Box 946, Stuttgart, Arkansas 72160. Phone: 800-932-7333.

11610. Soyfoods Association of North America. 1998. Membership lists (as of March 1998). Washington, DC. 1 p. March 23. Unpublished typescript.
• ***Summary:*** The Association has 34 paid members; 7 past members have not yet paid for 1998. The paid members are: ADM, American Health & Nutrition, American Soy Products, Central Soya Co., Clofine Dairy & Food Products, Corn Belt Foods, Devansoy Farms, EMB Partners, ExSeed Genetics, Galaxy Foods, GeniSoy (MLO) Products, Highland Equipment, Iowa Soy Specialties, Iowa Soybean Assoc., Kentucky Soybean Assoc., Lightlife Foods, Monsanto, MYCAL, Natural Health Magazine (Boston Common Press), Natural Products, Inc., Nebraska Soybean Board, Nutrition Advantage, Optimum Quality Grains [DuPont], P.J. Lisac & Associates, Pacific Soybean & Grain, Sacramento Tofu (California), Soyatech, Sun Rich, Sunrise Markets, Tofu Shop Specialty, Vitasoy (USA), White Wave,

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Wildwood Natural Foods, Worthington Foods.

The biggest paid members are ADM, Central Soya Co., and Monsanto. Address: N. Chapman Associates, 1723 U. Street, N.W., Washington, DC 20009. Phone: 202-986-5600.

11611. Gonzalez-Watanabe, Yvonne; Watanabe, Joji. 1998. Update on introducing tofu to Hispanics in the Los Angeles area (Interview). *SoyaScan Notes.* Feb. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This summer the Little Tokyo Service Center will be organizing their third annual tofu festival in Los Angeles. Yvonne and Joji have reserved a double booth, where they will give away samples of food made with tofu, give lectures once an hour in Spanish on the nutritional benefits of tofu, and conduct cooking classes in Spanish at a demo area. Yvonne will talk in English and José will translate into Spanish. They have put together a pamphlet of tofu recipes including a coupon. They have gotten to know Pat Greenberg, who is on a festival committee.

Presently Yvonne is conducting tofu workshops (*tofu tajellar*), like cooking classes in Spanish at a community recreating center in Pasadena; only Spanish-speaking people attend, and they generally want to learn Asian-style (rather than traditional Hispanic) recipes. About 90% of the participants are women–of all ages, from 20 to 80. They come for health reasons–high blood pressure, elevated cholesterol levels, or overweight. An average class has about 12 people (range 4 to 30 people). Yvonne teaches them how to make tofu at home from whole soybeans, uses that tofu to prepare a number of Hispanic recipes, then gives them basic nutritional information. Miyuki, who is their contact at House Foods America Corp., plans to attend their next class. Yvonne greatly enjoys her work, but she needs some income and is planning to approach House Foods to ask for sponsorship of her workshops. Address: 6029 LaPrada St., Los Angeles, California 90042. Phone: 213-254-1712.

11612. Schweitzer, Peter. 1998. Plenty International (Interview). *SoyaScan Notes.* March 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Plenty International is now the official name of their organization. This is the named under which they are registered with the United Nations, Canadian International Development Agency, and other government organizations. But "it's a mouthful," so they usually call it just "Plenty" for short. In the past, however, Plenty has sometimes used two names at the same time. In about 1982-83, after the original Plenty split up, the U.S. half usually called itself Plenty USA vis a vis Plenty Canada. In early 1998 the Board officially changed the name to Plenty International, and the organization is incorporated under that name with the state of Tennessee. They had to re-do the by-laws.

There is now also a Plenty Spain in Barcelona started by a guy from Argentina who worked with Plenty in the USA and Lesotho for many years. They do many projects but none of them are soy-related.

Bisi Iderabdullah, the founder and director of the Imani House project and soy program in Liberia, is currently in Brooklyn, New York, trying to raise grant money for her program in Liberia. Plenty recently sent their clinical director to Senegal for medical training. The work is ongoing, run by their local staff people, in Liberia, and Bisi plans to return soon.

Plenty Canada has gone through major changes. They moved their headquarters to an Indian reservation for a while and their whole board of directors was Native Canadian for a while. Peter is trying to find out what is going on; he has heard that some of the original people are now coming back into the organization.

Of Plenty's various soy projects around the world, the one in Guatemala is currently by far the most successful and active. The soy dairy is now on a solid financial footing, managed by Agostine and Elena Xoquic (pronounced cho-KEEK), who have been actively involved since about 1995. Amada del Valle, who worked with Plenty Canada and was close fields with Laurie, is no longer involved. Laurie has worked with both Plenty Canada and Plenty USA. The soy dairy is under the auspices of the *Comité de San Bartolo,* which is the village committee. They have struggled and hung in there during the difficult times, and now things are going much better. Their biggest market is the tourist restaurants in Panajachel and Antigua (Guatemala), but they do have 3-4 outlets in Guatemala City. They now have an outlet right on the village square in Solola, where they sell soy ice cream, tofu, and a soymilk popsicle that is very popular. Suzi and Peter went down to offer assistance in recent years. Plenty bought them a truck so they could start doing deliveries instead of riding buses with their buckets of tofu, and also helped them with some Spanish-language publications. Suzi did many soy demos in restaurants in Panajachel. Chuck Haren has been going there several times a year. Plenty has gotten them grants of roughly $10,000 a year so they could upgrade broken equipment and refrigeration. They have developed some new products, and they are now making tempeh. The ongoing outside help has been essential to their survival, but they have learned how to operate–though they are not that ambitious. Chuck believes they could be much more successful. He feels they have an unlimited market. They earn enough money to pay the staff and put some back into the village. They operate a little nutritional outreach program.

Peter notes that the work with soy has always been very prominent through the history of Plenty's activities worldwide. "It's always been a part of the programs that people seem to like. I see a really healthy future for it."

Plenty had one 3-year period when Chuck was really well funded, with about $50,000 from three public welfare foundations. New programs started in many places, including

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Liberia. Address: Executive Director, Plenty International, P.O. Box 394, Summertown, Tennesse 38483. Phone: 931-964-4864.

11613. Rose, Richard. 1998. New developments at Rella Good Cheese Co. (Interview). *SoyaScan Notes.* March 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In the fall of 1997 Richard fired his national sales manager and his CEO (Janet Crolius, who was with the company two years). Galaxy Cheese Co. almost immediately hired the sales manager, then (according to Richard) they induced him to violate/breach two contracts he signed. Using the money he saved from paying salaries, Richard launched a large ad campaign featuring three ads: (1) A tie-dye ad with the slogan "When we first introduced tofu cheese, people said we must be smokin' something. Well, we are now," for hickory-smoked TofuRella, (2) The white mouse in a tree with the slogan "Experts prefer," and (3) "Not milk?"–See the current issue of Vegetarian Times. Plus the ad agency that put the campaign together took on Richard's company at cost–because they didn't have any clients from the food industry and they wanted to develop a creative campaign that they could use to win potential new clients. The agency designs the ads and Richard places them. The ad blitz started in Sept. 1997 and is costing $10,000 to $15,000 a month. The ads have run in three mainstream supermarket trade magazines (*Supermarket News, Produce Merchandising,* and *Produce Business*), and several natural food magazines (*Natural Food Merchandiser, Natural Health, Natural Health Shopper, Alive Canada, Veggie Life,* and *Healthy Living* (*New York City*)). Richard's products have been in Safeway–Canada for 11 years; the head buyer likes these products very much. "He thinks he can do a million dollars with our products this year." Most of the Richard's company's growth is coming from supermarkets and chains–A&P, Trader Joe's, Waldbaum's and Wegmans (back east).

Galaxy has introduced a new product named "Tofu Slices" which Richard believes is misnamed, since it appears to contain no tofu. It is made in Canada and contains "liquid soy mix" (and no casein). Address: President, Rella Good Cheese Co., P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11614. Kelly, Julia. 1998. Fond remembrances of Robert Brooks, co-founder of Swan Foods Corp. in Miami, Florida (Interview). *SoyaScan Notes.* March 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Julia first met Robert Brooks in late 1973 or early 1974 at a Premmie house out in the country near New Paltz, New York. "I met Robert because I wanted to receive knowledge. I found out about Maraji and I started going satsang in New Paltz, New York–where I was going to the state university. Robert was one of the first people who told me about Guru Maraji. The first time I saw him he was dressed in a tattered Divine Line Mission t-shirt with his head stuck inside of an old funky oven, cleaning it. He had been a devotee of Guru Maraji and a Premmie for about 1 year before I met him." Then Julia moved into the Premmie house, where she lived with Robert and two other guys. Robert was the "house father"; he rented the old 3-story house (there was a wood stove on each floor and an outdoor toilet), cooked all the food, collected the money, and inspired many of the young people who came there. Julia received "knowledge" in November 1974. Robert told her "Don't eat anything outside this house; just eat what I cook for you. So I went from eating roast beef, sugar, Coca-Cola, and chocolate, to hand-grinding my own toasted brown rice in the morning for cereal. Robert had a remarkable ability to talk about food and macrobiotics, tie it into the order of the universe, and make it all make sense. He was very clear–like a genius. At the time, Robert knew a great deal about tofu and soyfoods, and he talked about them a lot. Robert grew up in Poughkeepsie (pronounced puh-KIP-see), New York. His father owned a liquor store there." Robert had 2 or 3 brothers. One brother was an attorney. His younger brother, David, was also a "super-inspired, genius, spiritual very creative guy, who also liked to teach, and he did shiatsu, rapped about tofu, and other energy stuff." David is kind of nutty now. Robert believed that a vegetarian diet plus soyfoods could help keep a person healthy and filled with good energy. Julia's mother had died of cancer 5 years earlier and one of her brothers was schizophrenic, so she listened to what Robert said. He said that cancer and schizophrenia were caused by the same type of foods that Julia's family ate–so she quickly and completely changed her diet to a pure vegetarian [vegan] diet–free of eggs and dairy products–which he followed for the next 15 years. He taught that "soy was a clean source of protein." Robert was a natural-born teacher. He taught shiatsu, macrobiotics, tai-ch'i, and the Science of Mind. He was high and charismatic, though he was not out to become famous. He had a big circle of friends. Julia lived with Robert in the Premmie House in New York during 1974 and 1975. In late 1975 or early 1976, Robert went to Miami, Florida, to attend a massage school.

Robert met Mary Pung in Miami, Florida. After they founded Swan Foods, he loved to "turn people on to soy." In early November of 1977 and 1978 Guru Maraji held a huge 3-day festival in Kissimmee (located about 15 miles south of Orlando), the capital of Osceola County, Florida. This festival was named Hans Jiyanti, in honor of the birthday of Sri Hans, who was Maraji's father. More than 10,000 Premmies and other people came and camped out on this land by a nice little lake to see and hear Maraji. Julia was there, "hanging out with the musicians." Vegetarian foods from many different cultures were sold at booths at the festival. "Robert supplied the whole festival and Maraji with his soy products–he wanted to turn on the all these people from all over the world to soy–and he did. In 1977

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he brought mostly tofu and soymilk, but in 1978 he brought all of these delicious soy desserts, pies, etc. that he and Mary and Debbie Curran had developed at Swan Foods. He did all this as an offering for Guru Maraji. That was the vision behind all his creativity and production. Robert was definitely high and he deserves recognition."

"One reason that Swan was able to grow by leaps and bounds was that Robert has all these selfless Premmies doing service for Maraji by working for Robert. He had some of the best and the brightest minds in the country working together for a common cause–the highest good of all human beings. It was hard for any other business to compete with this. It was a very special time, with much remarkable talent–including many fine musicians."

Julia first met Mary in about 1978 in Miami. She knows a number of people who knew Robert well: (1) Mark and Pat Lewis (who are still married and have 2 kids) worked at Swan Foods making tofu; they did most of the hard work. Mark said the Premmies would come into the plant during the daytime (as part of their service to Maraji they worked for a pittance or for free), but none of them knew what to do and they'd all be spaced out, then Mark and Pat would go in every night and make 1,000 pounds of tofu. Mark was very close to Robert and he may know where Mary Pung or Robert's father or brother are now. (2) Debbie Curran (an extremely beautiful and creative girl–Phone: 305-667-7692) is now living with rock musician Fleet Starbuck, who has a blues band. Debbie was a good cook; she worked with Mary Pung to develop many tofu dessert recipes. For years after Swan Foods went out of business, on her own and to make a little money, Debbie would make recipes like tofu lasagna and sell them at places like Oak Feed store and 5-6 natural food stores in Coconut Grove. (3) Jerry Wiener–JD. He worked at Swan Foods for a couple of weeks when Danny Paolucci was there. He recalls big refrigerated trucks from Eastern Airlines pulling up in front of Swan Foods to load up on their soy products. (4) Michael Bo knew about tofu and taught Julia how to make her own. Julia does not know Jim Wilks.

Robert was not involved with hard drugs for most of his life, but he was a hippie who smoked (and later bought and sold) large amounts of pot (marijuana).

What caused Swan Foods to go out of business? Julia thinks it was more Robert's greed than his lack of business management skills. "He had both a high side and a greedy side. He switched from making tofu to dealing pot because he could make so much more money from the pot, and he was losing money making tofu. It was strictly a business decision. He told me that in 1978 in Miami as the company was going under. He didn't start selling pot in an attempt to save Swan Foods. He did it to make more money. He was a very good businessman. If he had been humble and gone more slowly in building Swan Foods, not tried to get so big so fast, just stuck with it without getting distracted by all the flashy Miami stuffing going on all around him, Swan Foods might be prospering today." Eventually Mary Pung gave her son, Aslan (who was about age 6-8), to one of Robert's brothers who was an attorney. Julia knew Aslan, who must be about 20 by now. Note: Aslan was named after one of the heroes in *The Chronicles of Narnia,* by C.S. Lewis–series of wonderful allegorical books that were very popular at the time. In the book, Aslan (a name coined by C.S. Lewis) was the great lion in the land of Narnia. Like the Lord, he was the epitome of goodness. He gave up his life to save children and was later resurrected.

Julia has heard from reliable sources that, after Swan Foods went out of business, Robert started hanging out with one really bad guy, who had a strong negative influence on him. He started smoking cigarettes and eating meat, and eventually involved with hard drugs (such as cocaine) for the last 1-2 years of his life–but Julia had lost touch with him by then.

Tatiana, his wife when he died, was a very big spender. "She'd spend thousands of dollars getting her body waxed and her hair done. She was going to testify against him before a grand jury. He became the key guy in a big investigation. She was part of the reason he died the way he did. If he hadn't committed suicide, he might have gotten murdered. He was in a really bad place.

Julia thinks Mary may have lived in Hawaii for a while after Swan Foods went under. Julia presently lives in her van outside a friend's house in Miami, under a sapodilla tree. She used to live in Hawaii. Address: Miami, Florida. Phone: 305-791-2370 or 305-663-0082.

11615. Demos, Steve. 1998. New developments with soymilk and other soyfoods at White Wave. Part II (Interview). *SoyaScan Notes.* March 30. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Sales of White Wave's baked tofu are growing at 38% a year, while plain tofu is growing at 18-21% a year. White Wave is the leader nationally in the baked tofu category, with more than 60% of the market share. Plain dairy yogurt in America still outsells dairy yogurt with fruits and flavors, but it was the fruit yogurts that introduced consumers to the plain product. Baked tofu seems to be playing the same role with respect to plain tofu. White Wave is about to invest very heavily in the automation of baked tofu. If a company's plant capacity is 250,000 units per week, it makes much more sense to produce baked tofu at $1.80/unit instead of block tofu at $0.70/unit. White Wave is trying to turn the tofu market from block to flavored, in order to gain market share and position–in exactly the same way the company has been trying to turn the soymilk market from aseptic to refrigerated.

One key question concerning baked tofu remains unanswered? How do consumers eat it? Steve thinks they are eating it in the car on the way home from the store as a salted

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snack food–or perhaps on sandwiches. Until White Wave can be sure of how it is used, they don't want to commit to positioning it against some other product–such as cheese or meat.

White Wave's first goal was to establish its products in the refrigerated dairy section. Whereas many companies still sell tofu to the produce section, White Wave never sells to the produce section any longer. Everything is refrigerated, controlled temperature during distribution and sale. Only rarely does a White Wave product end up being sold in any produce section; they are usually sold in the juice cooler or in the dairy section. 80% of White Wave's revenues come from the natural foods sector, and in natural foods stores all White Wave products are in the dairy section–as part of their shelf-set program, which has been very effective in establishing a beachhead in the refrigerated section. Around that now Lightlife and Yves each have their own sections. So the vegetarian category is emerging, usually located in the store around dairy cheeses, milk, yogurt, and eggs.

The most interesting insight Steve has gained in the last few years is the one that says consumers are picking four product categories that they want to see in supermarkets. So White Wave has been reducing the number of products it offers; it has dropped hot dogs, sausages, all burgers except tempeh burgers and lemon broil. The company is actively evaluating what consumers want and where they want to find it in the store. One new program will be to give consumers a free half-pint carton of Silk asking them to "Try this–It's the new milk."

Steve is very happy with Silk's sales performance over the past two years. "It's been exceptional, but it cost $400,000 just to launch the product." According to data from SPINS, during the May-June 1997 period, the market shares for soymilk brands in the U.S. natural foods market were as follows: Westbrae 34%, Edensoy 32%, Vitasoy 16%, and Silk 7%. Silk's share is now 10%. Sales of Silk grew by 170% during the past year. The soymilk market grew by 21% during the same period, Edensoy grew at 30%, Rice Dream dropped 0.4%, and the rice beverage market contracted by 0.2%.

Tree of Life (which does not share its sales figures with SPINS) is no longer the biggest natural foods distributor in the USA. United Naturals is now the biggest (after they bought Stow Mills) with sales last year of $650 million vs. $520 million for Tree. United Naturals also owns Mountain People's Warehouse, Mountain People's Northwest (which was NutriSource), Rainbow–Chicago (Illinois), Rainbow–Denver (Colorado), Cornucopia, and Cornucopia–Atlanta (Georgia).

ConAgra is trying again to get into the natural foods industry. They recently tried to buy one big privately owned natural foods manufacturer, and were turned down! ConAgra launched a new "Advantage 10" line of frozen entrees (many of which contain gluten products) that is backed by Dr. Dean Ornish. White Wave is supplying them with some of these gluten products. ConAgra had a huge presence at the Anaheim show–yet they don't understand how natural foods shoppers think and see the world. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11616. Bertran, Magda. 1998. Pioneros de la soja en España: Locos por la macrobiótica [Pioneers of soya in Spain: Crazy about macrobiotics]. *Vital.* March. p. 66-69. [Spa]
• ***Summary:*** This is the story of a community of about 20 adults and children who live in southeastern Spain, just north of Barcelona, in Moianés, near the towns of Castellerçol and Castellcir. Tofu, tempeh, veggie burgers, and other soyfoods (*derivados de la soja*) form an important part of their diet. Members of the community have created new food companies such as Vegetalia and Natursoy, and become pioneer soyfood processors in Spain. More recently, Luz de Vida has started to import high-quality natural products into Spain.

"The history of the production of soyfoods has diverse origins, according to the version of the protagonists. It can be said that it started about 20 years ago in the little village of Tavertet, due to the efforts of Josep M. Villagrasa, a person who was crazy about macrobiotics (*un "loco por la macrobiótica"*). We must also remember the pioneering work of Javier Arozena [sic. Arocena] and his company Zuaitzo (*Arbolito*) in Vasco region.

In addition, two couples who were also "crazy," Joan Mateu and Lluïsa Playà, and Josep Maria Clapés and Sandra Cano, came together to share a house and experiences in La Floresta (Barcelona). Lluïsa (along with others) was running the restaurant Macrobiótic Zen, the first macrobiotic restaurant in the city of Barcelona, while in the kitchen Joan was preparing tofu for the restaurant, helped by Sandra and Josep Maria. The latter also worked as a homeopathic doctor. Lluïsa maintains that the first tofu manufactured in Spain was made in 1978, in the kitchen of that house named La Floresta.

Little by little the production of tofu grew, and Joan started to make seitan for the first alternative food shops that were created in Barcelona, and then throughout Spain. Address: Spain.

11617. Book Publishing Co. 1998. Catalog–1998 (Mail order). Summertown, Tennessee. 48 p. 23 cm.
• ***Summary:*** This catalog has a glossy color cover with five books pictured on a gold background. In the center is Tofu Cookery. Contains many books about vegetarian cookery (p. 14-29), including books on TVP, gluten and seitan, tempeh, soyfoods, and tofu. Address: P.O. Box 99, 156 Drakes Lane, Summertown, Tennessee 38483. Phone: 1-888-260-8458.

11618. Franke, Adrian A.; Custer, L.J.; Wang, W.; Shi, C.Y. 1998. HPLC analysis of isoflavonoids and other phenolic

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agents from foods and from human fluids. *Proceedings of the Society for Experimental Biology and Medicine* [*PSEBM*] 217(3):263-73. March. [58 ref]
• ***Summary:*** Discusses: Soybeans (raw, dry, Singapore), soybeans (roasted), soybeans (toasted), green soybean pods, soy protein, soybean sprouts, tofu (raw), tofu (fermented, Singapore), curd (fermented), soy milk, soy cheese, Foo Jook (skimmed, dry supernatant [dried yuba sticks], raw, Singapore), Foo Jook (cooked), Tau Kwa, raw (pressed tofu, raw, Singapore), Tau Pok, raw (fried Tau Kwa, Singapore), bean curd (fried). Daidzein, genistein, glycitein. Address: 1-2. Cancer Research Center of Hawaii, 1236 Lauhala St., Honolulu, Hawaii 96813; 3-4. Dep. of Community, Occupational, and Family Medicine, National Univ. of Singapore, Singapore 0511, Republic of Singapore.

11619. **Product Name:** Tofu Slices (Cheese Alternative) [Original, Italian Garlic Herb, Savory, Hickory Smoked].
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1998. March.
Ingredients: Original: Soy beverage (filtered water, isolated soy protein, organic tofu*, calcium sulfate), unhydrogenated soybean oil, corn syrup solids, corn starch, maltodextrin, carrageenan (sea weed gum), sea salt, citric acid, calcium propionate (a source of calcium to control mold growth), natural flavor. * = Tofu is made with organically grown and processed soybeans in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 8 oz. for 8 slices.
How Stored: Refrigerated.
New Product–Documentation: Leaflet brought by Patricia Smith from Natural Products Expo at Anaheim. 1998. March. 8½ by 11 inches. Full color. "Turn over a new leaf... & discover new profits. Low fat. Organic. Delicious. Convenient." On the front, a photo shows 4 packages (including the front label of each) of the product against a bluish-gray stone tile background, surrounded by crackers with pieces of the tofu slices on top, whole soybeans, and fern leaves. On the back are ingredient listings, nutrition facts, and product specifications.

Monthly Insight (Galaxy Foods newsletter). 1998. April. "Another first from Galaxy." Tofu Slices come in four flavors and are made with organic tofu. Each pack contains eight 1-oz. slices.

11620. **Product Name:** Tofu Slices (Firm, Individually Wrapped Singles, Made with Organic Tofu) [Savory, Italian Garlic Herb, Hickory Smoked, Original].
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 1998. March.
Ingredients: Original: Liquid soy mix (water, organic tofu powder, isolated soy protein, calcium sulfate), unhydrogenated canola oil, corn syrup solids, corn starch, maltodextrin, carrageenan (sea weed gum), sea salt, natural flavour, carotenal color, citric acid, calcium propionate (a source of calcium, to control mold growth).
Wt/Vol., Packaging, Price: 336 gm. 16 x 21 oz slices per pack.
How Stored: Refrigerated.
New Product–Documentation: Ad in *Natural Foods Merchandiser.* 1998. March, p. 32-33. Leaflet sent by Patricia Smith from Natural Products West. 1998. March. On the front: The front panel of four packages is show; each is labeled in both English and French. For example: "16 Tofu Slices / Tranches. Firm / Ferme. Smoked Hickory / Fumée de Hickory." On the rear: The ingredients for each flavor is given in both English and French.

11621. Nasoya Foods, Inc. A subsidiary of Vitasoy USA Inc. 1998. Invitation: Cordially invites you to attend the grand opening of our new Ayer. MA facility... (Card). South San Francisco, California. 2 panels each side. Each panel: 13 x 18 cm.
• ***Summary:*** "Friday, April 24th, 1998. Ribbon cutting ceremony at eleven o'clock. Followed by celebration luncheon. One New England Way, Ayer, MA. RSVP by April 1." A stamped, self-addressed envelope in enclosed.

On the cover of the card is an illustration of the new plant. On the rear is a map showing how to get there from Logan Airport, Boston.

11622. Soyco Foods. Div. of Galaxy Foods Co. 1998. Thanks for making us the #1 brand! (1997 SPINS data). Build your healthy cheese section with Soyco Foods (Ad). *Natural Foods Merchandiser.* March. p. 32-33. 28 cm.
• ***Summary:*** A two-page color spread. A large photo shows six products divided into three categories: 1. Soy nutritious (Soyco brand): Lite & Less Grated Parmesan. Lite & Less Veggy Singles. 2. Soy free (made with rice): Rice Parmesan (made with organic brown rice). Rice Slice (American flavor). 3. Dairy free (Soymage brand): SoySingles. Grated Parmesan.

"Is there any wonder we lead the industry? Soyco Foods was the first company to introduce individually wrapped cheese slices to the industry and look how fast we've grown."

"Soyco Foods is also proud to introduce the hottest item of the year: Tofu Slices! Ask for them at Expo West."

nasdaq:GALX. www.galaxyfoods.com. Address: 2441 Viscount Row, Orlando, Florida 32809. Phone: (407) 855-5500.

11623. SunRich Inc. 1998. SunRich: Products for the 21st century (Leaflet). Hope, Minnesota. 3 panels each side. Each

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panel: 22 x 9 cm.
• ***Summary:*** The color photo on the front panel shows a field of mature soybeans with a farm and tall silo in the background. "SunRich Inc. was founded in 1978 as Minnesota Waxy Corn Growers for the purpose of marketing waxy corn. Business diversification and expansion of core markets prompted a name change to SunRich Inc. The major focus of SunRich's business remains bringing together growers and suppliers of specialty grains and ingredients for mutually beneficial business relationships."

"SunRich products include: Soymilk, soymilk powder, spray dried tofu, corn grits, corn cones, corn flower, corn masa, maltodextrins, corn syrup solids, sweet beans (green vegetable soybeans), vegetable powders."

"Our goal is to provide the best natural and organically grown and processed food ingredients. SunRich: the ultimate in value-added commodities." Color photos show: (1) The sun setting behind a combine. (2) A low aerial view of the company's facilities, mainly silos. Address: P.O. Box 128, Hope, Minnesota 56046. Phone: 1-800-342-6976.

11624. Wildwood Natural Foods. 1998. Trusted quality since 1980 (Leaflet). Santa Cruz, California. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Leaflet (green, yellow and red on beige) sent by Patricia Smith from Natural Products Expo West. 1998. March. On the front panel is a square illustration of green trees growing beside a lake and reflected in its placid water. "Responding to the community's need for fresh, organic, vegetable-based protein."

The inside 3 pages: Across the bottom half is the green silhouette of trees. "Wildwood roots (founded in 1980). California's soy dairy. Tofu: What is that stuff?, get your money's worth, know your tofu, Great, but what do I do with it? Fat from soy oil: Isn't tofu high in fat? Nutritional info for Nigari firm style tofu vs. Calcium fortified tofu, medium style.

Panel 5: Two recipes. Rear panel: Partial list of Wildwood products: Organic firm tofu. Organic medium low-fat tofu. Organic soymilk (plain or honey vanilla). [Tofu] Fillets and cutlets: Baked, smoked, or agé style, Teriyaki, Thai, Szechwan or Hawaiian flavors. Vegie burgers: Original, Mexican, or Wild West (Southwestern style). Tofu salads: Dill, Mediterranean, Antipasto, or Firenze. Mid-East Hummus. Address: 1560 Mansfield Ave., Santa Cruz, California 95062; 135 Bolinas Rd., Fairfax, CA 94930. Phone: 800-499-TOFU.

11625. Iderabdullah, Bisi. 1998. History of work with soybeans and soyfoods. Part I (Interview). *SoyaScan Notes.* April 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Bisi was born in Brooklyn right after World War II, and grew up there; her father was from Jamaica and her mother from the American South. After graduating from high school, Bisi's entrepreneurial spirit began to appear. She and her mother bought a Carvel ice cream franchise, and she began to make money. On her own initiative, she traveled to Europe three times–before she had even entered college! In 1968 she entered Brooklyn College in New York. During her first year as pre-med student, she was introduced to soyfoods and soybeans when she read Jethro Kloss' book *Back to Eden.* Her college friends were also exploring more natural lifestyles, including natural foods. Bisi liked to cook so she experimented with Kloss' recipes for soybean butter, soybean cheeses, etc. Also during her first year she met her husband-to-be. In 1970 he converted to Islam and changed his name to Mahmoud. As part of her medical program, she had to see an autopsy. "It really shook me up. When they peeled the person's skin back, it looked just like chicken. The only meat I could eat after that was hot dogs–and that got tiring after a while." She had taken the first steps to becoming a vegetarian.

In 1973, during her junior year at Brooklyn College, Bisi converted to formal Islam (she did not become a Black Muslim) and was married to Mahmoud in an Islamic wedding. "At that period in U.S. history Islam was strongly linked with Africa and African myths; many converted to Islam because they felt it was more African. It wasn't as much religion as it was traditional carriage." Mahmoud was a pre-med student studying to be a health educator. Three months later she won a scholarship to study abroad–anywhere in the world she wanted. She chose Africa. Bisi wanted to return to study her roots, to learn more about where she (as an African-American) had come from. So, leaving her husband studying in Brooklyn College, she flew to Zambia for 5 months and studied at the University of Zambia in Lusaka. When school was out there, she flew to Ghana, where she was joined by her husband. She studied archaeology at the University of Ghana in Legon for one year. When in Ghana, they tried unsuccessfully to study with a traditional natural healer.

Returning to the USA (Brooklyn), pregnant with their first child, she decided not to continue her pre-med education, because of its lack of emphasis on healthy lifestyles, nutrition, prevention, etc. They bought a house in Queens. Her husband was working at a clinic, but in 1974, one week before the birth of their first child, a boy, he lost his job. When the child was born, the delivery was extremely long, difficult and painful. In 1976, shortly after the birth of their second child. Bisi started making jewelry as a hobby, then professionally to earn money. They bought a camper, took their two kids, and began to travel all over America. "We became free spirits, traveling to wherever there was an art show, to enter our jewelry."

They ended up settling in an apartment in Fort Lauderdale, Florida. Expecting a third child in 1978, they decided to do the birth themselves–with a midwife. So they bought the book *Spiritual Midwifery,* by Ina Mae Gaskin,

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published by The Farm. They also bought one of the Farms' cookbooks. From these books Bisi learned about the many creative things done by The Farm–such as donating food and relief help to developing and poor countries.

They bought a house in Miami and decided, now with three kids, to end their itinerant life. First they opened a jewelry shop in Miami; soon it was thriving. Then they joined a co-op and many of their friends were Rastafarians–who are vegetarians. Soon they decided firmly to become vegetarians and soy became a large part of their diet. Bisi made her own tofu for her family, using *The Book of Tofu* by Shurtleff & Aoyagi. She also made her own whole-wheat breads and other natural foods. Bisi decided to start an alternative school in Miami to give her sons a better education. She incorporated the school and became the principal. Many Rastafarians sent their kids to the new school.

When she was in Ghana in 1973, Bisi decided that someday she definitely wanted to return to Ghana. Over the years she had worked hard to save her money for the return trip. One place in Africa she knew she didn't want to go was Liberia, where she heard the indigenous people were treated badly. Now she realized that if she waited any longer to return to Africa, their eldest son would resist the move. So they pulled up roots in Miami, rented their house in Queens, and Bisi flew to Africa to prepare the way for her family. She decided to settle–of all places–in Liberia, arriving in 1985. After finding a place to live, she returned to New York to bring her family back with her. Her goal was to do something to help the people of Liberia and to find a place where she and her family could pursue their own development.

In 1986 Bisi and her husband started the African Islamic Mission in Monrovia, Liberia, as a non-governmental organization (NGO). Its focus was to be on agriculture and education, helping the people of Liberia to feed themselves, and also on promoting Islam. Because of their lifestyle, they were very interested in organic, sustainable agriculture. But the local people became suspicious; who were these foreigners who were not connected with any known organization? When Bisi and Mahmoud finally got a permit to open their own school, they decided instead to teach at an existing Liberian school (pre-school to 9th grade) in Monrovia. Bisi taught there from late 1986 to 1990. Mahmoud taught there for one year, then got a private-sector job to earn needed money. In their spare time they started programs at their Mission–teaching literacy, English as a second language, and sex education for young girls. Their agricultural work was limited to a backyard garden.

In about 1985-86 Koreans started coming to Liberia to farm. They started selling small amounts of tofu in about 1989, and Bisi started buying it from them in Monrovia–but unfortunately the tofu didn't stay fresh very long. Bisi has no idea where they got the soybeans to make the tofu.

In about 1987 or 1988 the extension service at the University of Liberia in Monrovia tried to grow soybeans. They collected some statistics, but everything was lost during the civil war. Methodists in Liberia had experimented with growing soybeans just before the war, but the project was a total failure. A friend of Bisi's who is a vegan and a Methodist missionary, Bill Whitfield, convinced the Methodist Farm Project to grow soybeans, because he eats soyfoods in place of meat and dairy products–and he was having to import the soybeans. They did grow the soybeans successfully. Bisi bought a 50-lb bag from the Methodists, so that her African Islamic Mission could start making tofu again. But it was a failure because the farmers and the Liberian people weren't interested, and Bill Whitfield had left Liberia and didn't go to the extension service to show people how to use the soybeans. Continued. Address: Director, Imani House, 76A Fifth Ave., Brooklyn, New York 11217. Phone: (718) 638-2059.

11626. Iderabdullah, Bisi. 1998. History of work with soybeans and soyfoods in Liberia. Part II (Interview). *SoyaScan Notes.* April 6. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In December 1989 a bloody civil war began in Liberia in the countryside. By July 1990 it had reached Monrovia. Many orphaned and abandoned children were brought to the Mission, so an orphanage and clinic sprang into existence at a house next to their house, on an adjacent compound, and was soon caring for about 30 kids. Bisi and Mahmoud paid all expenses of the orphanage, clinic, and Mission from their personal funds.

Bisi and her family returned to the USA after a cease-fire in late November 1990 and tried to solicit support to help feed the many starving people in Liberia. She called CARE and many other organizations, but with little results. One day someone asked her: "What is the name of your organization?" She had previously lost their fifth child, named Imani, so she said spontaneously "Imani House." The name stuck. Then she called The Farm–getting the address from Ina Mae's book. She was told that they had a philanthropic arm named Plenty, but they no longer supplied relief foods. Then she called Peter Schweitzer's office in California to ask him what they could do to help–the situation was very urgent and the world wasn't paying much attention. They got to know one another over the phone and Peter said that Plenty would choose Imani House as a group that they would work with. When they talked about growing soybeans, Bisi thought it was "a little bit way out for Liberia."

Bisi and Chuck Haren (who had been sent by Plenty) went together to the International Institute of Tropical Agriculture (IITA) in Ibadan, Nigeria. Chuck had already taken their training program, but he wanted to introduce Bisi to it. IITA people showed them how to grow soybeans, gave them soybean varieties especially adapted to West Africa,

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demonstrated simple machinery for pressing oil from the soybeans, introduced them to the *bumbum* leaves they use with lemon as a coagulant in the lab to make tofu, prepared many different dishes from soybeans, and demonstrated different quick and simple ways of making soymilk for use as a beverage. They spent a lot of time with Dr. Sidi Osho, an expert in soybean utilization. Bisi and Chuck were given a tour of local businesses producing soyfoods, including one that made Soyvita soymilk in Lagos. One chemist had turned his distillery into a soymilk factory. In the market, they saw soybeans being fermented to make dawa-dawa, a seasoning. After seeing all these things at IITA, Bisi's skepticism about the potential of soyfoods in Liberia was largely overcome. She and Chuck returned to Liberia.

Returning to Liberia, Bisi and Mahmoud changed the name of their African Islamic Mission to "Imani House;" they didn't want to be killed because they were Muslims–which happened a lot in Liberia during the war. Their original mission, to teach agriculture and education, remained unchanged.

Originally Bisi had assumed that the agricultural work of Imani House would have to be done in the countryside, outside of Monrovia. But by 1990 she realized that urban agriculture was a real possibility.

Bisi and Chuck first planted soybeans in Liberia in about 1991. The seed came from two sources: They brought back about 6 kg of specially adapted seed from IITA, and the rest they bought in a local market in Liberia; the latter soybeans had come in to Liberia as a relief food and the people were rejecting them (they took too long to cook; the local people thought they were split peas), so they were selling at a very low price. They supervised the planting of these soybeans at 8 different sites, in small plots totaling about 1 acre, in and around Monrovia–no further than 25 miles away. The United Nations provided an agronomist (Mr. Sha of UNDP), who planted some of the seeds incorrectly; they were viable and they germinated. Imani House had 5 acres of land on which they planted one small plot. None of the 8 plots grew well. The war was going on and people grew the soybeans on poor soil that they would not ordinarily use. The plots did not yield enough soybeans to eat, but they did yield enough seeds to replant. The seeds from IITA did the best, but they never gave good yields. The bean beetle became the biggest plague, eating through the leaves. Bisi used compost and many organic methods. The farmers wanted to spray a lot and use chemical fertilizers. In about 1994 they had a very good yield one year at one site in a back-yard garden on virgin soil. The soybean plants were lush and the beans were large. There were big problems with seed storage, since there were heavy rains 6 months of the year.

Throughout this time, Bisi was doing trials with utilization. They would take a few pounds of soybeans to an orphanage and teach them how to make and use soymilk and okara fritters (seasoned patties of okara mixed with flour then, fried). "They loved these foods." They had a big demonstration for home economists from the Ministry of Agriculture, who work with the school feeding program. They developed a sheet of nutritional information on soybeans and soymilk (comparing soymilk with cow's milk) which they passed out to these nutritionists.

From September to December 1995, with help from the Trull Foundation of Texas, Plenty was able to send a soy/agricultural technician from Belize to Liberia to help Imani House with its soybean project. His name was Ignatius ("Gomier") Longville. A Caribbean native and a Rastafarian (Rasta = "Roots") farmer, he was skilled in ways of growing food under adverse conditions using the natural rhythms and resources. He had worked with Plenty on the island of St. Lucia from 1984 to 1990. Now he volunteered his services, providing hands-on assistance to help Imani House and the farming groups with which they were working in Liberia to grow soybeans and other crops in nutrient-deficient soils. He introduced organic methods of pest management and demonstrated composting techniques. They used a Rototiller to open the soil and control the bean beetle, and added small amounts of chemical fertilizers. The result was the most successful crop of soybeans ever. The Liberian farmers were impressed.

In October 1995 Imani House won first prize for food processing at a World Food Day Exposition in Monrovia. Gomier and the Imani House staff conducted soyfood demonstrations for 10,000 people. "We couldn't make food fast enough. We made pies, soymilk (mixed with cocoa), soy fritters, soynuts, and tofu on site. We just didn't have enough. It was amazing." They had plenty of soybeans (300-400 lb), which they bought from Ghana, with help from the Ghanaian Ministry of Agriculture.

Building on these successes, Bisi got FAO to agree to bring in a container of soybeans for planting and to provide a consultant (Delvin Walker) to help Imani House. Walker was an agronomist; before the war he had been a teacher of agriculture at Cuttington University, the Christian university in Liberia. Walker was already a member of the Imani House board of directors; he went with Bisi to talk with FAO and WFP (the World Food Program). They also got the World Food Program to agree to bring in soybeans for utilization. The Liberian government had agreed to give Imani House a memorandum of understanding that they would be the soybean growers and demonstrators in Liberia. The head of the Ministry of Agriculture believed that this agreement would help Imani House to get the funding that they needed so much. Work was underway using soybeans and cassavas to make an enriched *gari.*

Then in April 1996 factional fighting flared up again, devastating Monrovia. The civil war was on again. Bisi, too was devastated–just as her soybean program was finally about to take off. "Armed robbers took our Rototiller, all of our farming equipment. We lost everything. We left Liberia

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and stayed in Senegal for four months, waiting to go back. But it never got better." Then they went to Gambia. In English-speaking Gambia they were invited by a leading citizen to stay and work to introduce soybeans.

The civil war is now officially over, and Bisi is working to raise funds in the USA which are used to support her Liberian program. She is also trying to raise funds for the soybean, agricultural, and literacy programs. The clinic has been rebuilt and literacy programs have been re-started in English and Bassa. Benjamin Grant is administering the programs. The war has cooled down but anyone who buys equipment is at risk of visits from armed robbers. Because she is now in New York, Bisi is also developing Imani House's local program. She hopes eventually to return to Liberia. "The problem now is not to import soybean to Liberia but to grow it. We see it as a way of solving major problems of malnutrition in Liberia." Address: Director, Imani House, 76A Fifth Ave., Brooklyn, New York 11217. Phone: (718) 638-2059.

11627. Seemo (H. Shapira); Kairava (J. Spaelstra). 1998. Re: Exciting new developments at Dakini Health Foods Pvt. Ltd. in Pune/Puna, India. Letter (fax) to William Shurtleff at Soyfoods Center, April 10. 1 p. Typed, without signature on letterhead.

• ***Summary:*** "Hello Bill. Greetings from hot, hot India, and some gossips too. 3 months ago we managed to close a deal on a 17,000 square foot plot about 7-8 km from our present place.

"We dug a bore well and found a good spring!!! And yesterday we got our electricity connection–a Big story in India.

"We are trying now for building permits and planning to have 5,000 square feet ready by next year some time. About half of the space will be for our soy project–tofu, soy milk, soyogurt drink, tempeh–and hopefully more. We can get nearly all the equipment built locally–steam boiler, cooking pots, refrigeration, etc. We also want to fabricate a pressure cooker, an okara press, etc.

"For grinders some hammermills are available but I think we prefer to get a sanitary stone grinder so please if you have the address of some manufacturer / stocklist of these. Models sold without motors are best. We will be happy to know as this type of equipment has never evolved in India and importing is the only solution. Taiwan, Japan, or the U.S. are all OK. We may possibly buy a small one for hummus production as well.

"All the best, with love. Seemo & Kairava.

P.S. Tempeh production is running smoothly, 60-80 kg per month, 7-10 per batch for now. Address: Dakini Health Foods Pvt. Ltd., S.N. 33, Bhoiwasti, Keshavnagar, Mundhwa, Pune / Puna 411 036, India. Phone: +91 20-613985.

11628. *SoyaScan Notes.* 1998. The production of spray-dried tofu in America (Overview). April 21. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** The three major manufacturers of spray-dried or powdered soymilk are Clofine, Devansoy, and SunRich. Ed Pedrick started with Clofine, then moved to Devansoy. Most of these companies make their spray-dried tofu starting with finely milled soy flour. Some add calcium sulfate. They add water, and perhaps slurry it with water, but it is not known whether or not they actually have a coagulation step–which is necessary before the product can be called tofu. The process is highly secret.

11629. Krizstan, Jan. 1998. Update on work with tofu and soybeans in Slovenia (Interview). *SoyaScan Notes.* April 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jan has recently introduced several new soy products, types of pasta (vegetarian ravioli, and kapaleti) and a *jibanita* (like a country pie, a specialty in northeastern Slovenia) filled with tofu (made by Mirko Trampus) and spices. They are selling quite well, and some are starting to be exported to Reform Houses in Austria. They are promoted broadly as being "Good for all who care about cholesterol or their weight"–rather than an as vegetarian or made with tofu. The pasta is made using only durum wheat (hard winter wheat). Jan also plans to produce sausages made of gluten from Spelt (an ancestor of wheat). This may be the world's first Spelt seitan product.

Jan and Mirko are no longer working together. Mirko married Jan's sister and they have a child. Mirko is growing organic soybeans, focusing on one very old soybean variety from Novi Sad. This variety won first prize for protein content in a 1904 competition in Austria. Mirko is also still making tofu, and his is still No. 1 in all of Slovenia. It is the only variety curded with natural nigari, which makes it much easier to digest than all the other varieties which are curded with calcium sulfate.

Jan has started to publish his magazine again. Address: Mestni trg 22/1, 68330 Metlika, Republic of Slovenia. Phone: (386) 068 59 481.

11630. American Pride Soyfoods. 1998. American Pride tofu–Organic and proud of it. *Everybody's News: Fresh Thoughts on Health, Nutrition and Food* (*Fairfield, Iowa*) 2(2):6. March/April.

• ***Summary:*** Alex Green, the owner of American Pride, says that making tofu resembles a Zen experience. The company has made only organic tofu since 1986. "According to Alex, Fairfield may be the tofu capital of the western world in terms of pounds per person. The people of Fairfield consume 10 pounds of tofu per person per year. For the rest of the U.S. the average is ½ pound per person per year. For the community of meditators and sidhas the average is closer to 40 pounds of tofu per person per year, greater even than that

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of Japan."

"Why American Pride? Alex says he often wondered about that himself after he bought the company from its former owner Earl Kaplan. Earl inherited the name from the company's founder Fred Schaeffer after he started the business in 1978. 'One day it hit me that I had a very quiet but unmistakable feeling of pride about our business. We had kept going year after year, soybean after soybean, challenge after challenge, making the product in the best way we knew how and our American consumers were still appreciative.'"

Tony Lucchino, plant manager, has been with American Pride for the past eleven years, and tofu-maker David Newlon for the past 5 years. Photos show: (1) Tony Lucchino scoops soy curd for the tofu press. (2) David Newlon breaking up the curd for American Pride which makes up to 900 lbs/day of tofu.

Note: Many of American Pride's customers are affiliated with Maharishi International University in Fairfield.

11631. *Bluebook Update* (*Bar Harbor, Maine*). 1998. Barrels of hot soymilk move around on a carousel in tofu making process... (Photo with caption). 5(2):2. April/June.
• ***Summary:*** This black and white photo shows a carousel carrying heated steel barrels of soymilk from the location where coagulant is added to the location where the curds are put into tofu pressing boxes. The photo was taken in House Food America's soyfoods plant, located in Garden Grove, California. The factory produces 150,000 tofu packages per day. Photo by Peter Golbitz.

11632. Carlson (J.R.) Laboratories, Inc. 1998. Soyfoods: Fast & easy! (Ad). *Vegetarian Times.* April. p. 91.
• ***Summary:*** A half-page color ad for Carlson's EasySoy–isoflavone concentrate. "Four capsules provide more isoflavone content than ½ cup of tofu or soymilk!" Address: 15 West College Dr., Arlington Heights, Illinois 60004-1985. Phone: 800-323-4141.

11633. **Product Name:** Veggie Spread: Nature's Alternative to Butter or Margarine. Renamed "Veggie Margarine: Nature's Alternative to Butter" by 31 May 1998.
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1998. April.
Ingredients: Soy beverage (filtered water, organic tofu*, isolated soy protein), hydrogenated canola vegetable oil, casein (a dried skim milk protein), maltodextrins, organic food acidulants (lactic and citric acids), tricalcium and potassium phosphates, sea salt, carrageenan (sea weed gum), natural vegetetable locust bean gum, natural flavors, annatto and turmeric colors, vitamin E (antioxidant), vitamin A palmitate. *Tofu is made with organically grown and processed soybeans in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 8 oz. white plastic tub. Retails for $2.19 at Safeway supermarket (1997/05, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1998. April 12. Sold refrigerated from a large display next to the produce section. Tub is 3.75 inches in diameter and 2.375 inches high. Label on top of tub: 3 inches diameter. Yellow, white, red, and black on green. "New! Made with organic tofu." Label on side: Fat per serving: This product: 3 gm. Margarine or butter: 11 gm. Website: www.galaxyfoods.com. Soyfoods Center product evaluation: What is it? This nondescript product/spread somewhat resembles a soft tub margarine, but it doesn't taste very good when used in place of butter or margarine–as on toast. The flavor is unusual and somewhat rancid. The package design is excellent. If it contains any tofu, that must be so-called "spray-dried tofu," but it is not labeled as such. Price: $2.19–Very expensive.

Product with Label purchased at Safeway supermarket in Lafayette, California. 1998. May 31. The product is now named "Veggie Margarine: Nature's Alternative to Butter," however it appears to be the same product described above. The price is still $2.19. One ingredient has changed: Hydrogenated canola vegetable oil has been changed to "unhydrogenated canola vegetable oil."

11634. Green, Cindy. 1998. Just a spoonful of food makes the medicine go down. Nutraceuticals: the hottest trend in value added agriculture. *Ag Innovation News* (*AURI–Agricultural Utilization Research Inst., Waseca, Minnesota*) 7(2):1, 4-5. April.
• ***Summary:*** A "new wave is hitting America. Healing foods that can stifle a cold or even ward off cancer are all the buzz in value-added ag circles. Whatever name they go by–medicinal plants, nutraceuticals, functional foods, natural therapeutics–they're foods touted to prevent or cure health problems, and AURI is looking at them with an eye to opening up new crop and product markets for Minnesota agriculture." A variety of plants are now known to have medicinal value. "Even traditional crops like soybeans stand to gain. Soybeans are in the spotlight for the isoflavone 'genistein,' a cancer-fighting compound that could boost sales of Minnesota-made tofu, soy oil and soy patties."

"Medicinal foods are catching on fast with the 76 million baby boomers struggling to retain youthful vitality."

"'Consumers today are losing faith in modern medicine, and many are taking a holistic approach to life... treating and nourishing the body in order to improve health, rather than taking drugs to treat specific ailment,' writes Donna Gorski, senior editor of Dairy Foods, in the January 1998 edition of the magazine."

"Nutraceuticals can be whole foods or extracted

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components added to other foods."

"Isoflavones in soybeans may reduce the risk of certain cancers including breast, lung, colon, rectum, stomach and prostate cancer."

A color photo shows tofu served on a glass dish with a sprig of parsley on top.

11635. Haedrich, Ken. 1998. Feeding the healthy vegetarian family. New York, Toronto, London, Sydney, and Auckland: Bantam Books. 305 p. Index. 24 cm.
• ***Summary:*** A lovely vegetarian cookbook. Soy-related recipes include: Mom's hot soy milk (p. 13). Tempeh barbecue, avocado, and Monterey Jack burritos (p. 79). Oriental tofu Reuben (p. 80-81). Tempeh barbecued sandwich topped with coleslaw (p. 82). Baked or grilled vegetable packets (with tempeh, p. 129-30). Spaghetti with tempeh tomato sauce (p. 148-49). Tempeh, onion, and cheese enchiladas (p. 181-82).

We especially like p. 292, titled "Mindful eating, smiling grace." Ken Haedrich is a winner of the Julia Child Cookbook Award. Address: Rural New Hampshire.

11636. Ryan, Nancy Ross. 1998. Oh, boy! soy! Top chefs celebrate the diversity of soyfoods with 8 show-stopping dishes. *Vegetarian Times* No. 248. April. p. 36-43.
• ***Summary:*** Chefs from stylish restaurants sing the praises of tofu and offer their favorite recipes: Jump start smoothie (with soymilk). Veggie Peking 'Duck' (with frozen, dried sheets of yuba). Miso risotto. Curried tofu and sweet potato wakaya. Barbecued tofu. Sweet-and-sour tempeh with cucumber and cauliflower. Golden-fried bean curd with tomatoes. Sauteed eggplant with miso sauce. Note: The word "soyfoods" is misspelled as "soy foods" (two words) throughout this article. Address: Chicago.

11637. Sass, Lorna J. 1998. The new soy cookbook: Tempting recipes for tofu, tempeh, soybeans & soymilk. San Francisco, California: Chronicle Books. 120 p. Illust. (25 color photos by Jonelle Weaver). Index. 21 x 23 cm.
• ***Summary:*** Contents: Introduction–The soy of cooking (descriptions of soybeans, black soybeans, soymilk, tofu, tempeh, miso, soy sauce). Appetizers and soups. Entrées. Soy on the side: Vegetables and grains; Salads, slaws and dressings; Scones and a few desserts. Mail order sources. Table of equivalents. A black-and-white photo shows the author. Note: This is not a vegetarian cookbook. Ingredients include swordfish, shrimps, mussels, codfish, clam chowder, etc.

Letter (fax) from then talk with Lorna Sass. 1996. Sept. 8. This trade paperback book, with many full-page color photos, is scheduled to be published in the spring of 1998. Chronicle Books is now publishing a series of books titled *The Vegetarian Table,* with each book featuring the vegetarian cookery of a different country. Address: 46 West 83rd St., New York City, NY 10024. Phone: 212-799-1085.

11638. Sass, Lorna J. 1998. Sensational soyfoods. *Delicious!* (*Boulder, Colorado*) 14(4):50-52, 54-55. April.
• ***Summary:*** Contains recipes using tempeh, silken tofu, black soybeans, and soymilk–excerpted with permission from her latest book, *The New Soy Cookbook.*

Note: The Delicious! website address is written at the bottom of every other page. Readers are invited to visit this website at 7 p.m. Mountain Standard Time for an online chat with soyfoods expert Lorna Sass. Address: Culinary historian, New York.

11639. Soyfoods Association of America. 1998. Soyfoods once a day for life! (Special advertising section). *Vegetarian Times.* April. 12-page color insert after p. 58.
• ***Summary:*** Contains large color ads by Nasoya (tofu and TofuMate), Morningstar Farms (Chik Nuggets), Eden Foods (organic black soy beans) Vitasoy (creamy original natural soy drink), Westbrae (Westsoy soymilks), Westbrae (Vigoraid nutritional drink), Sno Pac (frozen Sweet Beans–organic green vegetable soybeans), and GeniSoy (soy protein bars). On the rear cover are additional small ads (each with a logo) for Lightlife Foods, Lisanatti, Monsanto, Soyco Foods–Div. of Galaxy Foods Co., Soyfoods Association of North America, and United Soybean Board.

Interspersed with the ads is advertorial text and "Soy facts." The text on page 1 begins: "Miracle food. Health insurance in a pod. Nutritional powerhouse. The bean supreme. Nutritionists, physicians, researchers, chefs, and food experts of all kinds are raving about the healthfulness and great taste of soyfoods, and it's no wonder; soy truly is a nutritional and culinary gift from nature.

"Soyfoods are delicious, convenient, and versatile. At breakfast, soy can make an appearance in the form of soymilk, scrambled tofu 'eggs,' or soy 'sausages.' A soy shake or veggie burger makes a great lunch. Try a tempeh stir-fry, or perhaps a creamy tofu dessert.

"So dig in... with the huge variety of soyfoods available at your local natural foods store, it's easy to get your daily intake of soy, and reap the many benefits of the bean supreme."

The inner contents: Food as medicine. Heart health. Fighting cancer. Menopause? What menopause? Strawberry smoothie. Protein punch.

Soy cooking tips (p. 4): Easy ways to incorporate soy into your baking: Use soy flour in your baking. Be aware that soy flour contains no gluten, and therefore yeast breads will not rise without the addition of some gluten-containing flour. About ¼ cup of soy flour per cup of unbleached white flour is recommended for breads, pastas, and pastries. In place of olive oil, try adding a few ounces of Nasoya Silken Tofu and a dash of lemon juice to mashed potatoes. Try mashing miso into your root vegetables in place of butter. When

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adding miso to dishes, add roughly 1 tablespoon per four servings. Add GeniSoy Natural Vanilla Soy Powder to your baked goods such as muffins or pancakes. Buy Eden Organic Soybeans in a can and use them the same way you would any other canned bean: over rice, with pasta, in stir-frys, etc.

It's not only what you eat; its also what you don't eat. Making healthy eating taste great. Soy fact: soybeans were traditionally considered one of five sacred crops in China.

No time to cook? Try these quick ways of getting soy in your diet.

Strong bones... a matter of calcium retention. Miso.

Soy fact: there is no word for "hot flash" in Japan. Soy beverage.

Miraculous tofu. So soy convenient. Soy fact: Western culture discovered tempeh through the Dutch colonization of Indonesia. Soy fact: tofu was unknown to most people in the United States until Chinese immigrants came to this country in the 1800's. Tofu.

Tempeh. By the handful. Soy fact: miso was developed in China about 2,500 years ago. Where to find it. Address: Washington, DC.

11640. Vitasoy USA, Inc. 1998. Do you know what to do with tofu? Let Azumaya tofu show you how to cook a great meal (Ad). *Vegetarian Times.* April. p. 19.
• ***Summary:*** This full-page color ad shows packages of five types of Azumaya tofu–before the labels were redesigned: Firm, extra firm, and silken tofu, fried tofu, and tofu puffs. Address: 400 Oyster Point Blvd., #201, San Francisco, California 94080. Phone: 800-EAT TOFU.

11641. *New York Times.* 1998. Queens welcomes big eaters: Good eating. May 3. p. CY32.
• ***Summary:*** Contains summaries of previous reviews of the Penang Cuisine Malaysia and the Taipei Wall Sea Street Taiwanese Restaurant, described in detail by Ruth Reichl in the 24 Feb. 1995 issue of this newspaper (p. C24). Mentions "fermented bean curd," tofu, and "fermented black beans."

11642. Gonzalez-Watanabe, Yvonne. 1998. Introducing tofu and soymilk to Costa Rica. Update on soyfoods work in the Los Angeles area (Interview). *SoyaScan Notes.* May 4. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Yvonne just returned from a month (March 29 to April 24) in her native country of Costa Rica, where she was teaching about and studying tofu and soymilk. She gave 8 classes in people's homes, where she taught them how to make and use soymilk and tofu; about 30-40 people attended, and about half the people attended more than one class. During these classes she developed a recipe for tofu seviché (pronounced say-VEE-chay), which is traditionally made with marinated raw fish but occasionally with green plantain or avocadoes substituted for the fish. Yvonne used tofu in place of the fish, and it was a big hit.

Vegetarianism is now quite popular in San Jose, the capital of Costa Rica, but it goes under the name of macrobiotics. There are a number of "macrobiotic" restaurants in the capital; all serve only vegetarian food.

When Yvonne tried to interview the one existing Chinese-run tofu company, they were very uncooperative. It seemed like they might be going out of business because tofu is now being made on a small scale in many other places. Yohan, the big chain of Japanese-run food stores, now makes fresh tofu each day in the store. Many small Chinese food markets and restaurants also make their own tofu. Kikkoman Tofu, sold in aseptic packages, is fairly widely available.

Yvonne's booth and tofu recipe brochure for the LA Tofu Festival are progressing nicely. Margaret Endo has found advertisers for the booklet, which will enable Yvonne to expand its size. She has also found a Costa Rican celebrity to be the host at her booth–Lily Melgar, a well-known actress and friend of her cousin. Yvonne went to Lily's home and prepared her favorite tofu recipes, which Lily liked very much.

Update: Talk with Yvonne. 1998. July 8. The Southern California Gas Co. will be sponsoring Yvonne's booth at the LA Tofu Fair–which is now set for Saturday and Sunday, August 15-16. They will pay for all the bands, the music, and a Spanish-language flyer–largely because they are interested in reaching the Hispanic population in the Los Angeles area. Yvonne has been meeting a large number of people who are interested in tofu–some of them local celebrities. One Puerto Rican lady who is a musician, goes by the name "La India." Ricky Martin from Mexico is a pop music star. Yvonne has cooked Hispanic vegan tofu recipes for both of them.

Update: Talk with Yvonne. 1998 Dec. 10. She is now the guest chef on a TV show in Los Angeles (KCET–Channel 52) twice a month teaching cooking–vegetarian and soyfoods. She receives no pay for this, but it is very interesting and good exposure. Address: 6029 LaPrada St., Los Angeles, California 90042. Phone: 213-254-1712.

11643. Rose, Richard. 1998. How so-called "spray-dried tofu" is made (Interview). *SoyaScan Notes.* May 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Richard makes a number of cheese alternatives (such as TofuRella) which contain a substance that is listed on the label as "Tofu" (not as "spray-dried tofu" or "tofu-reconstituted"), giving consumers the impression that it is fresh tofu. Although Richard has been using this substance in his products for more than 10 years, he has never seen it made and he is not sure how it is made. However he thinks it is made as follows.

The process begins with finely ground soy flour, not with whole soybeans. This soy flour is slurried with water and run into a continuous-process cheese-cooker, where it is moved along by an auger. Calcium sulfate (a tofu coagulant) is added and "continuous coagulation" takes

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place, although Richard thinks there is no separation of curds and whey. At the same time the slurry is cooked, probably by steam injection. Finally this slurry is spray dried. Address: President, Rella Good Cheese Co., P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11644. Cohen, Misha Ruth. 1998. Tofu as seen by traditional Chinese medicine (Interview). *SoyaScan Notes.* May 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** From the viewpoint of traditional Chinese medicine (TCM), tofu is a *yin* food with three main healing properties: It is a cooling food, it moistens dry conditions (increases fluids), and it is a *yin* tonic. To say that tofu is simply a *yin* food (as some followers of macrobiotics do) is an oversimplification in the view of TCM. A *yin* food such as tofu is good/healing for some people but not good for others, depending on the person's constitution and particular health condition or problems.

Yin is more the water element, as opposed to yang which is more the fire element. A yin tonic increases the yin effect on or aspects of the body–including coolness and fluid; likewise, a ch'i tonic increases the amount of energy in the body. A person might need a yin tonic if they had dryness, hot flashes, and night sweats or afternoon sweats. TCM uses yin (and tofu) to treat perimenopausal symptoms.

A healthy body has yin and yang in balance. At this point it is important to distinguish four states of yin/yang imbalance: Yin deficiency, yang excess, yang deficiency, and yin excess. The latter condition (yin excess) is rare, except in dampness, as manifested by a "slippery pulse" and too much fluid in the body. A person (such as one with liver fire) could have a large yang excess plus some yin deficiency, which in TCM is called "yin deficient–yang excess." Such a person might have dry skin and the tip of their tongue might be red. Tofu would be a good food for this person to eat.

Seen from the Western viewpoint, tofu contains phytoestrogens. That means it is a "yin tonic" because estrogens are yin substances, which create the female (yin) character. As people get older, they gradually lose all of their hormones. As a yin tonic, tofu is good for older people, both men and women.

Concerning heating and cooling foods: If a woman comes to Misha with menopausal symptoms, such as hot flashes and night sweats, she would first look at her digestion. People who have very poor digestion find it hard to eat tofu–because it is too cooling. Americans typically have "cold digestion"–which is not true of most Japanese. Children usually have hot digestion, and their diarrhea is "hot diarrhea." Older people are generally constipated–they have yin deficiency; they don't tend to get loose stools. People who have loose stools and cold stomach conditions should not, generally, eat plain tofu. As Paul Pitchford says: "Its yin cooling quality needs to be altered by thorough cooking; adding warming spices such as ginger is particularly helpful for "cold persons." A person can have heat in many areas of the body (such as the spleen or liver) and still have a cold center and cold digestion. So the cooling properties of tofu can be changed by heating it. "I see a lot of women who are eating a lot of tofu and other soyfoods, and they are having problems with their digestion, including a lot of gas. So I tell them how to cook it, with ginger or garlic or things that are more warming, and all of a sudden they can enjoy the tofu without the digestive problems. But if a person is very hot and has good digestion, they can make a tofu shake." Note that in Japan and Hawaii, chilled tofu is very popular during the summer–when the weather is quite warm (*yang*). So a practitioner of TCM must look at many things (tongue, pulse, environment, etc.) before recommending a specific food and method of preparing it.

Question: The concept of heating and cooling foods goes back to the T'ang dynasty in China (A.D. 618-906) and is widely understood by typical people throughout Asia. Do you think that this must be explainable in terms of Western biochemistry and medicine, or is it possible that this is a concept that Western science has overlooked? Most post-menopausal women in the USA and Europe who have hot flashes and night sweats never think about using a cooling food (such as tofu, watermelon, wild chrysanthemum tea, or cucumbers) to help relieve the problem.

Answer: Misha is not sure, but she does think that if perimenopausal women were aware of and consumed cooling foods and yin tonics in an intelligent way, it could save them much suffering. These foods are described in Misha's book titled *The Chinese Way to Healing: Many Paths to Wholeness* (1996, Berkeley Publishing Group/Perigee). Visiting an acupuncturist is a good way to deal with difficult menopausal problems (such as hot flashes and night sweats); the combination of acupuncture, herbs, and dietary recommendations often give surprisingly quick results. Hot flashes are usually a combination of yin deficiency and yang excess, but Misha has seen many kinds; some are more liver-heat hot flashes and others are more yin-deficient hot flashes. But tofu is one food that is almost always good for hot flashes because it tonifies yin, is cooling, and increases fluids. Historically, the Chinese have been extremely good at dealing with gynecological problems; women's health a major part of Chinese medicine. Address: O.M.D. (Doctor of Oriental Medicine), LAc, Chicken Soup Chinese Medicine, San Francisco. Phone: 415-861-1101.

11645. Demos, Steve. 1998. Thoughts on making good-tasting soymilk (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The process of making soymilk can be divided into two parts: Making the base, then formulating it before packaging. Many years of experience have taught Steve that the second part of the process is more important than the first

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in making top-quality soymilk. Ted Nordquist's expertise is in formulating the product more than in making the base. Most of the literature is focused on the first part, making the soymilk or base. Steve has also found that making soymilk is easier and takes much less space than making tofu.

The equipment traditionally used by Ted Nordquist traces its origins to Alfa-Laval. It was "an Alfa-Laval knockoff." Steve does not yet manufacture his own base concentrate; he buys it from several suppliers, formulates it himself, then uses dairies to pack it into ESL cartons. He is now planning to buy a standard soymilk system from one of the major equipment sellers–probably from the Tetra-Laval Group. A soymilk system–without the building, refrigeration, steam system, or packaging equipment–will cost him about $1.2 million. Steve no longer feels a need to economize. His main goal is to get a strong, reliable system from a dependable supplier, and to have it running in less than 1 year inside one of Steve's existing buildings in Boulder. It will take up very little space–something like 500-600 square feet of floor space. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11646. Fischer, Bruno. 1998. Leading soyfoods manufacturers in Germany (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The biggest soyfoods company in Germany is probably Noelke (Nölke), which is a big, private meat-processing company with four plants throughout Germany. Their headquarters is in the Osnabrueck area (Osnabrück, 30 miles northeast of Muenster). Their products, which are mostly meat alternatives (especially sausage alternatives) are marketed under the Eden brand in Reform Houses. No. 2, DE-VAU-GE (pronounced day-fau-GAY, whose Granovita brand is very popular), also makes many meat alternatives, such as links (sausages).

No. 3 is Life Food GmbH in Freiburg (Taifun brand). No. 4 may be Huegli, but they are not really a soyfoods manufacturer. They did buy Soyastern, Yamato, and Horst Heiler, and they sell products under those three brands–not under the Huegli brand.

No. 5 is Albert's Tofuhaus; he produces a lot of bulk tofu for other companies. No. 6 is Viana. The others are fairly small. Geestland started with soy then tried to introduce Lupino (made from Lupins), but the Lupins was not very successful. They are a regional tofu plant, a little bigger than Christian Nagel in Hamburg. Svadesha still exists, but they have been sold to non-soy people, who are fiddling around. They are quite regional and don't make very much soy at present.

TKW (pronounced TAY-kah-vay) has an unusual history. They are a branch of a machinery manufacturing company. They were asked to make a tofu plant, but their customer went bankrupt. So rather than letting the equipment just stand idle, they decided to make tofu. TKW was owned by two brothers who didn't get along very well with each other. So one went into making tofu and the other stayed with the making machinery. "They still seem to do something, somewhere, for somebody. I think they are more into the bulk tofu business."

Henselwerk in Switzerland is not a soyfoods manufacturer. In fact, they don't process any foods; they bottle lecithin, package texturized protein, etc. Soyastern doesn't exist any more; the factory was closed but Huegli still uses the Soyastern brand. Address: Im Auel 88, 53783 Aetorf, Germany. Phone: 49-2243-4021.

11647. Fischer, Bruno. 1998. Comparing quark and tofu (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** To make quark: Sour milk with lactic acid bacteria to pH 4.2–like yogurt this takes 6-8 hours. Remove any whey. Package plain or sweetened (with flavor if desired) in a plastic cup (typically 250 or 500 ml). Quark is richer, thicker, and firmer than yogurt; it has twice the solids content and more body. Quark is about half-way between yogurt and *Frischkaese* ("Fresh cheese"–which is quite like Philadelphia cream cheese). In olden times, it was considered the "cream cheese of the poor." Plain quark (about 20% of the total) is now used mostly to make cheese cake by food companies. Sweetened or flavored quark (80% of the total) is sold mostly direct to consumers, who use it primarily as a spread for breads. Soy quark would be somewhat different than tofu. Address: Im Auel 88, 53783 Aetorf, Germany. Phone: 49-2243-4021.

11648. Louie, Elaine. 1998. Vegetarian that's filling. *New York Times.* May 13. p. F8.

• ***Summary:*** Julie Sahni, cookbook author and teacher, says that vegetarianism has been an inextricable part of Indian culture since about 500 B.C., when Mahavira, a Hindu philosopher, developed the concept of ahimsa, or non killing. Although meat is scarce in Indian cookery, protein is not. A recipe for Indian chickpea ragout shows this.

A recipe for Bean curd sauté, adapted from Youngin Hyun, calls for "2 pounds extra-firm or firm bean curd" [tofu]. Hyun, a Manhattan [New York City] photographer and talented home cook, says that Koreans, which also have a long and rich tradition of vegetarian cookery, have used beans as a protein source since 107 B.C. In Korea, all beans, including soybeans, are called "the meat of the soil." Koreans began making bean curd (called *du bu*) during the late Koryo Dynasty (918-1392), according to Mrs. Hyun. Today bean curd comes in two consistencies, firm or silken. The silken type can be sliced then drizzled with a mixture of soy sauce, sesame oil, vinegar, sugar, and chopped scallions. The firm kind is used in stews and sautéed dishes. In the decade after the Korean war (which ended in 1953), Koreans

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ate lots of bean curd as the poor country rebuilt itself.

11649. Morgan, Miriam. 1998. Students says yes to school veggie burgers. *San Francisco Chronicle.* May 13. Food section. p. 2.
• ***Summary:*** In the Palo Alto Unified School District (California), food service officials are wondering if they should offer veggie burgers on next year's school lunch menu. So third graders sampled and rated four brands of burgers, chosen for their availability in institutional and retail packages. The winner: Wildwood Tofu Veggie Burgers! Followed by Green Giant Harvest Burger, Gardenburger, and Quong Hop Soy Deli Original. Address: Staff writer.

11650. Messina, Mark J.; Messina, Virginia. 1998. Does consumption of soy increase or decrease a woman's risk of breast cancer (Interview). *SoyaScan Notes.* May 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Mark: In the area of possible adverse effects of soy (especially soy isoflavones), Mark's greatest concern is with soy and breast cancer. "It still bothers me tremendously." There have been 3-4 animal studies in which soybeans or isoflavones have been fed to animals and then they have been given a breast carcinogen. In none of these studies have scientists found an increase in the number of tumors or in the incidence of breast cancer. Several of the studies show "modest protective effects" from soy. So this is good news. The epidemiologic studies are not that supportive of the hypothesis that soy reduces the risk of breast cancer, but none of them have suggested that soy increases breast cancer risk. There were one or two studies showing that fried tofu increased risk of breast cancer, but that nonfried tofu did not. So within an individual study, one soyfood might pop up as being problematic. "But overall, you would not look at those kinds of studies and conclude that soy is risk factor for breast cancer." The fact that Japanese women have about one-fourth the incidence and mortality of breast cancer compared with American women is worth noting. Several basic facts about soy must be kept in mind. (1) It is clearly estrogenic, containing phytoestrogens. (2) When you add genistein to cancer cells that are estrogen receptor positive, it will stimulate their growth over the typical physiologic concentration, but at higher levels it will inhibit their growth. In the range at which it stimulates growth, this is probably due to an estrogenic effect, but at the higher range, genistein is probably inhibiting one of the enzymes that cause the cancer sells to stop growing. At least ten scientific papers have raised the question of what is happening with these isoflavones, and they sound a little cautionary note. The criticism of these studies, where a little genistein is added to cells growing in a petri dish, is that there is absolutely no estrogen in the medium, and that even in post-menopausal women estrogen is present. So some people would say the petri dish does not represent a physiologic condition–you need to add some estrogen. Mark has heard that a researcher in Minnesota has added estrogen to the medium and she still gets a 20% increase in breast cancer cell growth. So genistein may still be an estrogen in that situation. One animal study showed that if you implant estrogen receptor positive cancer cells into rats who don't have ovaries, then you give them a significant amount of genistein, it will stimulate the growth of those cancer cells (tumors). But one criticism of this design is that there is very little estrogen in these rats and fairly high doses of genistein were used.

It is the three human studies (two of which have been published) which are troubling, and cannot be ignored. One is "Stimulatory Influence of Soy Protein," by Nicholas Petrakis at UCSF (1996) in *Cancer Epidemiology, Biomarkers, and Prevention* (5:785). A second is an abstract from the 1997 Brussels symposium by McMichael Phillips. Third, McMichael Phillips told Mark about a study in England that was 4 months in duration. They looked at nipple aspirate fluid and also got an increase in estrogen-regulated gene products. Mark has not seen the actual study and it is a long way from being published. These studies are troubling not because they are scary, but because they do not make sense. Malcolm Pike, from UCLA, a leading endocrinologist, said after studying McMichael Phillips' actual paper (not the abstract), that his must be a short-term effect, because that kind of stimulus would cause an increase in breast cancer, as (for example) in the Japanese population. Given that the other epidemiology does not suggest that soy increases risk, and given that the animal studies don't either, and given that the Japanese have a low breast cancer mortality rate, there is probably something else that could explain this phenomenon. Again, it could be a short-term effect that is actually preventive in the long run. But if it was a short-term effect, it still might be possible that soy should not be given to a person who already had estrogen-receptor positive cancer. So Mark is very reluctant to think that soy could increase risk of breast cancer risk; for one thing, it is very hard to identify any kind of food that increases or decreases breast cancer risk. And it is so unlikely that such a food would be soy, because there is very little supporting evidence. Nevertheless, Mark has about 25 scientific studies at the end of which the authors have expressed a cautionary note. The latter range from "Wow! These soy isoflavones are stimulatory; we've got to find out what is going on here," to "It's clear that we need to understand more about the estrogenic / antiestrogenic effects of these compounds before we recommend them to the public."

Mark does not differentiate between soyfoods such as tofu and isoflavone pills in terms of toxicity. He asks: "Would anyone use the above studies to recommend that people stop consuming tofu? No! When you look at the data collectively, it's hard to conclude that soy would increase the risk of breast cancer–especially for normal women. On the other hand, if it weren't for the low breast cancer

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mortality rate in Japan, and we just had the animal studies and the individual case control studies (neither of which show that soy increases breast cancer risk) plus the human studies, there would be more of a movement to look into this." When Nick Petrakis' study was published, it didn't get much attention; Mark thinks there is a built-in bias to assume that soy is either beneficial or (at the worst) has no effect. It will be interesting to see what the response will be when McMichael Phillips' paper is published as a full paper as part of the proceedings of the Brussels symposium (in Sept. in a supplement to the *American J. of Clinical Nutrition*). It is quite powerful; they actually took biopsies and found an increase in DNA synthesis.

Virginia: Ginny is well aware of the research showing possible adverse effects of soy (especially soy isoflavones) on breast cancer. She definitely thinks about this in planning her diet–in part because she has a fairly high risk for breast cancer; she has had two biopsies. "This is uppermost in my mind almost every day." Ginny wasn't eating a lot of soy products before this new research was published (she probably ate them 3-4 times a week), so she has not reduced her consumption based on the new information. Because of the concern with soy and breast cancer, Ginny would not eat soy products 2 or 3 times a day. "I certainly still eat soy products and I do not feel that I need to avoid them."

Ginny eats soyfoods because she is a vegetarian, because she likes them, they are easy to include in the diet, and they are generally good, healthy foods. Ginny has never calculated how may milligrams of isoflavones she is consuming per day. "I'm really into food, into good, healthy, whole food, with lots of fruits and vegetables, and whole grains. I don't think about things like isoflavones, vitamin C. I just figure I eat a really good diet." Address: 1. PhD; 2. MPH, RD. Both: Nutrition Matters, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

11651. Brody, Jane. 1998. What to serve for dinner, when dinner is on Mars: Menu is vegetarian only–if you can get a table. *New York Times.* May 19. p. F1.
• ***Summary:*** At Cornell Univ., Dr. Jean Hunter and other food scientists are working to develop "tasty, appealing, nutritious dishes for consumption on the Moon, Mars, Jupiter–anywhere the astronauts might set up long-term housekeeping." The foods are made from crops that can be grown hydroponically in space. The possible foods include amazake (from rice), seitan (from wheat), soymilk and soy nog, etc.

11652. Roblin, Lynn. 1998. Asian staple soy good for you. *Toronto Star* (*Ontario, Canada*). May 20.
• ***Summary:*** Discusses the health benefits of soyfoods, which may be caused by their rich content of isoflavones, soy sterols, and soy protein. Various soyfoods are discussed: Tofu, soy beverages (brands include So Good and ProSoya So Nice), soy cheese, texturized soy protein (TSP, such as So Soya made by Bay Hill Impex Ltd. and TVP Meatfree made by Health Haven: A Vegetarian Place), tempeh, and most soy flours.

11653. Hainer, Cathy. 1998. Oh, 'soy' wonderful! Shucking its hippie image, the bean goes mainstream. *USA Today.* May 29. p. 08.D. Final edition.
• ***Summary:*** "Over the years, soy products, particularly tofu, have been derided as weird hippie food. But now the soybean is a nutritional star, and baby boomers are integrating soy products such as miso and tempeh into their upscale cooking."

Also discusses miso, tempeh, soynut butter, tofu burgers and soy cheeses.

11654. **Product Name:** [Fresh Tofu, Marinated Tofu, Smoked Tofu, Fresh Seitan, Marinated Seitan].
Foreign Name: Svjezi Tofu, Marinirani Tofu, Dimljeni Tofu, Svjezi Seitan, Marinirani Seitan.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Poljanicki, Prilaz 12, 10000 Zagreb, Croatia.
Date of Introduction: 1998. May.
Ingredients: Marinated tofu: Soybeans, water, nigari, shoyu. Smoked tofu: Soybeans, water, nigari, natural smoke.
Wt/Vol., Packaging, Price: Marinated: 280-350 gm vacuum packed in plastic bags. Sells for 50kn/kg. Smoked: 200-250 gm in plastic bags. Sells for 60kn/kg.
How Stored: Refrigerated.
New Product–Documentation: Talk with Vlatka Kuzmic (see next page). 2001. Dec. 12. She and her husband started making tofu officially in Feb. 2001, but unofficially about 2-3 years earlier. They learned how from Susanna Ciceli, a macrobiotic friend.

Letter (fax) from Vlatka Kuzmic. 2001. Jan. 12. They started to sell Fresh Tofu, Marinated Tofu, and Fresh Seitan in May 1998. Marinated Seitan was introduced a month later. The tofu was made with regular soybeans (not organic) and nigari (white/refined flakes). Smoked tofu was introduced in Sept. 1998.

Kuzmic, Vlatka. 2002. "Brief history of Annapurna and work with tofu in Croatia." Letter to William Shurtleff at Soyfoods Center. 1 p. Gives key dates.

Labels sent by Vlatka. 2002. March.

Letter (e-mail) from Vlatka Kuzmic. 2006. July 11. This tofu was (and still is) smoked in a smoke house; no smoke flavor is added.

11655. Berry, Rynn. 1998. Tofu comes west: The spread of vegetarianism from Asia's religions. *Vegetarian Voice* (*NAVS, Dolgeville, New York*) 23(1):14-17, 26-27. Spring. [3 ref]
• ***Summary:*** Discusses: Asian religions in America, Asian

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Ahimsa-based beliefs, William Shurtleff and Akiko Aoyagi, roshi Philip Kapleau, Ron Pickarski, Rev. Prof. Dr. Andrew Linzey (Anglican priest and professor at Oxford University, the world's first to hold an academic post on the ethical and theological aspects of animal welfare; he has written or edited more than 13 books on the moral status of animals), Ellen G. White, The Bible Christian Church, the Order of the Cross (founded in 1904 in England by the Rev. John Todd Ferrier; would-be members must take a vegetarian vow).

Says Prof. Linzey: "From my perspective, it is not inconceivable that Jainism, in its care and respect for creation, has more understood the Christian doctrine of Love than the Christians have themselves."

Says Ron Pickarski: "It may not be in my lifetime, but someday the Western Church will adopt many of the features of Asian religions such as karmic doctrine, reincarnation, vegetarianism, and ahimsa."

Includes six recipes from Berry's book *Food for the Gods.* Address: 159 Eastern Parkway (2H), Brooklyn, New York 11238. Phone: 718-622-8002.

11656. Cai, Tiande; Chang, Kow-Ching. 1998. Characteristics of production-scale tofu as affected by soymilk coagulation method: propeller blade size, mixing time and coagulation concentration. *Food Research International* 31(4):289-95. May. *

• ***Summary:*** Proto and Vinton soybean varieties were used to make tofu using an automatic tofu machine. Stirring with a large three-blade propeller significantly reduced the amount of calcium sulfate and mixing time when compared to a small three-blade propeller. Address: Dep. of Food and Nutrition and Dep. of Cereal Science, North Dakota State Univ., Fargo, ND 58105.

11657. James, Richard F. 1998. Re: Answers to questions by William Shurtleff related to photocopies sent by James. Letter (fax) to William Shurtleff at Soyfoods Center. Handwritten. Undated.

• ***Summary:*** (1) Columbit (NZ) Ltd. is the sole importer of soy protein isolate. It is owned equally (50/50) by Protein Technologies International (PTI) and Bruce Kirk. Kirk is the heavy-breathing late night phone call expert who was handing out threats of hell fire, etc. to Prof. Irvine, Dr. Fitzpatrick and his employees, Bill Grayson, and us.

(2) "Tofu shop" at the top of a fax (with fax #631 0616) is a suburban health food shop in Penrose, Auckland, on the north island of New Zealand. It is a retail outlet for Trevor Johnston's business, Bean Supreme (Brings Happiness). Address: 1868 Whangarei Heads Road, Rural Delivery 4, Whangarei. Phone: +64 9 434 0564.

11658. *Spatz* (*Der*) (*Germany*). 1998. Gentechnikfreie Sojabohnen aus deutschem Anbau: Die Firma Taifun baut selbst an [Non-genetically engineered soybeans cultivated in Germany: The firm Taifun cultivates them itself (Ad)]. 9(2):12-13. April/May. [Ger]

• ***Summary:*** The first page of this 2-page ad is about Taifun's program to grow organic, non-GE soybeans in Germany. Page 2 is about Taifun's tofu.

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Note: This magazine is distributed free of charge. Address: Babelstrasse 8, 79108 Freiburg, Germany. Phone: 0761 / 15 2100.

11659. *Travelin' Light* (*Lightlife Foods, Greenfield, Massachusetts*). 1998. It was twenty years ago today... or thereabouts. Spring/Summer. p. 1-2.
• ***Summary:*** This is a nice history of the Tempehworks / Lightlife Foods. "In the late 1970s, in the hill towns of western Massachusetts, a unique mix of socially responsible, alternative lifestyle cottage industries were springing up. Frances Moore Lappé's influential book *Diet for a Small Planet* had just come out, articulating the benefits of a non-meat-based diet on both personal and planetary health. A founding partner in one of America's first natural foods tofu companies, Laughing Grasshopper Tofu, Michael was often asked by customers if anyone was producing tempeh. Sensing opportunity, Michael set out on his own to learn the craft of making tempeh and start a very small business. Initially called Tempehworks, the business was born in early 1979 in an abandoned car wash and soy tempeh was the sole product.

"When Chia Collins joined Tempehworks in 1980 there was no business plan and little structure to the organization. Chia's talents were an immediate asset to the upstart company."

"In the early years of the company, tempeh was still an unusual and unknown food and vegetarian diets were not common or well understood. Struggling to pay the bills, Chia and Michael suddenly realized that utilizing tempeh alone to accomplish their mission of converting people to a plant based, rather than meat based diet would take a tremendous amount of consumer education–far beyond the company's meager budget for such marketing activities. Their innovative solution to this dilemma was marketing products that were already familiar to their customers while still bearing the benefits of protein from plants. Enter, meatless alternatives to America's favorite foods: hot dogs and hamburgers.

"So, in 1984 the company changed its name to Lightlife Foods, moved to a larger location (this time a retired trucking terminal) and Tofu Pup hit the market. A delicious vegetarian hot dog made from tofu, Tofu Pups were an immediate success and Michael and Chia knew that they were onto something big. Vegetarian products were here to stay and the two soy entrepreneurs were more determined than ever to make Lightlife the leader in the field. In 1988 the company took a leap of faith, and with considerable support from the local community, received financing to expand its operations to meet the growing demand. Tofu Pups were soon followed by Smart Dogs, the first fat-free hot dog (and today, the country's best-selling meatless frank) and Smart Deli Slices, Lightburger and more."

Old black-and-white photos show: (1) Michael Cohen holding a jar of tempeh starter Culture, 1980. (2) Employees of the Tempehworks circa 1980. (3) Making tempeh at Tempehworks circa 1980. (4) Chia look over a tray of tempeh, 1981. (5) Chia Collins at her desk in 1985. (6) Michael Cohen on the phone at his desk, 1986. (7) The Tempehworks chorus line, 1987. (8) Three people Lightlife booth at Natural Products Expo, 1995. (9) Nine people Lightlife booth at Natural Products Expo, 1997. Address: Address on envelope: P.O. Box 870, 74 Fairview Ave., Greenfield, M 01302.

11660. Tree of Life, Inc. 1998. Looking for ways to use the ol' bean? (Ad). *Natural Health.* May/June. p. 77.
• ***Summary:*** This stylish, full-page color ad shows ten different packaged tofu products sold by Tree of Life, plus many dishes in which they are used. "And most are already seasoned, pre-cooked–and ready to serve."

The types are: Organic Firm Style, Reduced Fat Firm Style, Water Pack Firm Style, Baked, Savory Baked, Ready Ground, Savory Garlic Ready Ground, Hot 'N Spicy Ready Ground, Smoked, Hot 'N Spicy Smoked.

11661. **Product Name:** Tofurky Deli Slices [Hickory Smoked, Original Style, or Peppered].
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 1998. May.
Ingredients: Hickory Smoked: Water, vital wheat gluten, tofu (water, soybeans grown without herbicides, pesticides, or chemical fertilizers {and calcium sulfate coagulant}), white beans, garbanzo beans, natural vegetarian flavor, expeller pressed canola oil, shoyu (water, soy beans, wheat, salt), spices, lemon juice, calcium lactate from beets, salt. No nitrates or MSG.
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) vacuum pack. Retails for $2.49 (2002/03, Lafayette, California).
How Stored: Frozen or refrigerated.
Nutrition: Per 1.5 oz (43 gm) serving.: Calories 120, calories from fat 15, total fat 1.5 gm (2% daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 286 mg (12%), total carbohydrate 14 gm (dietary fiber 2 gm [8%], sugars 0 gm), protein 13 gm. Calcium 2%, iron 7%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Leaflet (8½ by 11 inches, color) sent by Seth Tibbott. 1998. Published in May. "The famous Tofurky. Now available in Deli Slices." The product comes in two flavors: Original and Hickory Smoked. The back contains information on ingredients, nutrition facts, and quotes from satisfied consumers.

Postcard (color, 4 by 6 inches) sent by Seth Tibbott. 1998. "New! Tofurky Deli Slices. 100% vegan. Low fat." The text on the back reads: "Now you can enjoy the great

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taste and texture of the Famous Tofurky all year long!" Talk with Seth Tibbott. 1998. Nov. 18. Original and Hickory Smoked were introduced in May 1998. The Hickory is smoked in a real smoke house. Product with Label sent by Seth Tibbott. 1998. Dec. 16. Both flavors. 5 by 8 inches. Hickory Smoked is black, yellow, red and white. Original style is Red, black, white, and yellow. At top of front panel: "Low fat. 100% vegan." At bottom: "Tastes great cold or hot."

Product (Hickory Smoked) with Label purchased at Safeway supermarket in Lafayette, California. 2002. March 11. Product evaluation: Excellent taste, texture, and packaging.

Letter (e-mail) from Seth Tibbott. 2009. Jan. 25. Peppered Deli Slices were first sold commercially in Sept. 1998.

11662. Lew, Audrey. 1998. Why you should give tofu a second try: The soy food goes with lots of recipes and is healthful. *Investor's Business Daily* 15(36):A1, A5. June 1.

11663. *SoyaScan Notes.* 1998. Vitasoy redesigns Azumaya tofu package, label, and the tofu itself (Overview). June 14. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** On June 14, Azumaya tofu with a new look appeared in Safeway supermarkets in California. Gone are the old, familiar red-label Chinese-style tofu and the green-label Japanese style. The new label no longer refers to tofu in ethnic terms; all words such as Chinese or Japanese are gone. The design on the package is vertical (portrait) rather than horizontal (landscape). The word Azumaya is written in a new, larger, and more jagged black typeface. It is now the largest and most prominent word on the package, whereas before the word "tofu" had been larger and more prominent. The words "All Natural" now appear at the very top of the package, above the word "Azumaya"; previously they had been located below the brand name.

Below "Azumaya" in rather small, light green pastel letters, is the word "Tofu," and below it, in black letters, "A Source of Soy Protein." On the next line in still smaller italic letters: "Best for Sautéing, Casseroles & Salads." And on the bottom line, in the same color and typeface and soft shade as the word tofu is the texture–"Firm."

In the lower right hand corner is a colorful photo of a tofu dish–cubes of fried tofu, with bits of broccoli, sliced carrots, and tomatoes on a bed of white rice on a while plate. To the left of that is stamped: "Best if used by 07 23 98," and below that a nine-digit lot code.

In the lower left corner in small black letters: "Pasteurized. No preservatives. Perishable. Keep refrigerated." Below that is the red American Heart Association Logo with a check through it: "Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

"While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease."

Net Wt. 14 oz (397 g). Then the Circle K Pareve Kosher symbol.

The product itself has been redesigned by leaving out the glucono delta lactone–that compromised the taste of earlier Azumaya tofu, but was used to get more tofu from a pound of soybeans.

A real innovation is two labels (each 2.62 by 3.75 inches, written in hard-to-read light-green ink on white) on the bottom of the package, one below the other. The first bottom label gives nutrition facts, ingredients, a UPC indicia, the manufacturer's name, plus: "See reverse side for recipes. For more recipes and product information, please write to us at: Vitasoy USA Inc.–Azumaya, P.O. Box 2012, S. San Francisco, CA 94083. If you are not completely satisfied with this product, notify our Customer Service Department toll free at 1-800-EAT-TOFU / 1-800-328-8638, or www.vitasoy.usa.com." In the lower left corner of this bottom label is a little arrow that says: "Peel here." On the back of the label just peeled off are two tofu recipes: Cannelloni, and Veggie pasta salad. On the label below that is written: "Azumaya. Try all of Azumaya's products: Azumaya tofu–Available in 5 varieties: silken, lite silken, firm, extra firm and lite extra firm. Azumaya Asian Style Noodles & Asian Style Noodle Soups... Azumaya Wrappers & Wraps–All natural pasta shells, available in square and round shapes, for egg rolls, won tons and potstickers. Azumaya–A Vitasoy brand of tofu."

Safeway now carries only three types of Azumaya tofu: Firm, Silken, and Extra Firm. Each sells for the same price as before: $1.39 for 14 oz.

11664. *SoyaScan Notes.* 1998. Tofu, Alzheimer's disease, and Lon White of Hawaii (Overview). June 16. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** On June 16 Trevor Johnston called from New Zealand to say that a big splash had been created by an article linking consumption of tofu and Alzheimer's disease. He phoned and talked with Lon White, who conducted an epidemiological study on this subject, in Hawaii.

Talk with Mark Messina. June 17. Lon White's study has never been published. Mark has traveled to Hawaii to talk with Lon about the study–which raises many interesting questions.

11665. Morinaga Nutritional Foods, Inc. 1998. Mori-Nu: Tofu land (Website printout–part). www.morinu.com Printed June 21.

• ***Summary:*** Contents: Home page. 1. Mori-Nu Low Fat Tofu product (Product nutritional value and 'Great Fat Debate' article; 2 p.). 2. Mori-Nu Mates (Desserts and nutritional information; 2 p.). 3. Soy nutrition information (Health

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benefits of soy products; 2 p.). 4. Recipes & sandwich ideas (Recipes with tofu; 8 p.). 5. Everything you wanted to know about Mori-Nu Tofu but were afraid to ask (Step-by-step explanation of tofu, order form for *Why Tofu?* and *The Art of Tofu*; 4 p.). Address: 2050 West 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.

11666. Nasoya Foods Inc. 1998. Nasoya Foods Inc: Today's natural choice for healthy eating (Website printout–part). www.nasoya.com Printed June 21.
• ***Summary:*** Contents: Home page. 1. Soy news (Praises soy foods; 2 p.). 2. Our products (Descriptions Vegi-Dressing, Vegi-Burger and VegiDogs, Nayonaise, Tofu, Homemade-style Noodles, TofuMate; total p. 15). 3. Nasoya Story (History of company and facts about soyfoods; 2 p.). 4. Retail Outlets (2 p.). 5. Recipes (Tofu recipes; 6 p.). 6. Frequently asked questions (About tofu; 2 p.). 7. Nutritional information (Nutritional labels; 6 p.).

History: 1978 April–John Paino and Bob Bergwall began producing tofu at Nasoya in a small (2,000 square foot) converted dairy barn in Leominster, Massachusetts. Their goal was to provide natural soyfoods (the root of the name "Nasoya"). 1984–As tofu production passed 25,000 lb/week, the company outgrew its original location and moved to a much larger facility in Leominster. 1987–Nasoya was making more than 60,000 lb/week of tofu. 1990–Nasoya was acquired by Vitasoy USA Inc. Address: One New England Way, Ayer, Massachusetts 01432. Phone: 1-800-229-8638 (TOFU).

11667. Vitasoy USA Inc. 1998. Vitasoy (Website printout–part). www.vitasoy-usa.com Printed June 21.
• ***Summary:*** Contents: Home page. 1. Company history (Different holdings; 2 p.). 2. Product Information (Links to each brand; 2 p.). 3. Recipes (Five recipes including one from Martin Yan's "Yan Can Cook"; p. 6). 4. Health information (Diabetes, kidney disorders, cholesterol, cancer, menopause, and how to get more information; 3 p.). 5. What's new (Company news, new faces, new customer service department; 2 p.). 6. Gifts & games (Under construction). 7. Azumaya (Info on products: Tofu, wraps; 5 p.). 8. Vitasoy (Soy drink suited for Western tastes; 2 p.). 9. Vitasoy & Vita (English and Chinese, Describes ethnic line: Vitasoy Tofu and Vita; 5 p.). 10. Vitasoy / Vita Beverages (Soy drinks, tea drinks, juice drinks; 4 p.). 11. New Menu (VegiBurger, VegiDog, TofuMate seasonings; 3 p.).

The section on company history begins as follows: "Vitasoy International Holdings was founded in 1937 by Mr. Kwee-Song Lo when he made his first batch of soymilk to feed Chinese refugees who were plagued and diseases like beri beri and pellagra."

Note: All accounts of Vitasoy's history, including many written by Mr. Lo himself, state that his company (originally named Hong Kong Soya Bean Products Co. Ltd.) was founded in March 1940 and first made commercial soymilk at that time. In 1939 he and a small group of volunteers made soymilk at a refugee camp set up in Argyle Street on Kowloon. They gave it away free of charge to Chinese refugees fleeing the Japanese invasion of China. The results of this volunteer effort gave him the full confidence to start a company. Address: 400 Oyster Point Blvd., Suite 201, S. San Francisco, California 94080. Phone: 1-800-VITASOY.

11668. White Wave, Inc. 1998. White Wave (Website printout–part). www.whitewave.com Printed June 21.
• ***Summary:*** Contents: Home page. 1. About White Wave (Mission statement, brief history; 1 p.). 2. About soy (Nutritional benefits; 1 p.). 3. Related sites/links (Vegetarian / soy / natural foods, sites about Boulder, Colorado; 1 p.). 4. What's new. 5. Product info, questions and answers (Name of all products with nutritional, ingredient, and package view information; Frequently asked questions; Questions about allergies; How do I cook with this stuff; 6 p. total). 6. Where to find our products (Directory of retail stores). 7. Special offers (Books and bumper stickers which can be ordered from White Wave; 1 p.). 8. Recipes (8 pages of recipes for tofu, tempeh, and Silk soymilk on 3 x 5-inch cards).

"White Wave's mission is to creatively lead the full integration of healthy, natural, vegetarian foods into the average American diet. 'Our interest is in promoting the use of foods we consider the world better off *with,* rather than without.' Steve Demos, president of White Wave.

"Founded 20 years ago in 1977 as a small tofu company, White Wave, Inc. has grown to become one of the largest soyfoods manufacturers in the United States and a leader in the vegetarian foods industry. White Wave's reputation for quality, consistency and innovation has led its sales to grow 20% annually over the last 6 years." Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

11669. Brown, Allan; Brown, Susan. 1998. Making tempeh and other natural foods at McDonalds Corners, Ontario, Canada (Interview). *SoyaScan Notes.* June 22-24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In June 1985, after about 5 years in Toronto, they bought ten acres of land near McDonalds Corners (not far from The Farm in Lanark, Ontario), and moved Noble Bean onto that land. There they started to make tempeh.

Throughout the 1980s, Allan and Susan trained Plenty volunteers at Noble Bean to make tempeh; these volunteers then took that knowledge abroad–mostly to developing countries. Maya Clarke took it to St. Lucia, Peter Dudding to Sri Lanka, a Canadian lady to Lesotho, and Mario and Laura Rimoldi [not Rimaldi] to Barcelona, Spain. Allan and Susan had met the Rimoldis on The Farm in Lanark in 1983; they later started making tofu as well in Barcelona.

Also during the 1980s, the Browns started some new businesses to bring in additional income. First came a natural

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cookie company named Casey's Cookies–after their firstborn son, Casey. Soon they were selling 40 to 60 dozen organic Casey's Maple Pecan and Honey Walnut cookies into the Ottawa market. In 1990 they sold the cookie company and took a trip/vacation to Mexico in their camper. On the way, they stopped by The Farm in Summertown, Tennessee, where they stayed with their old friends Cynthia and Albert Bates–who had taught them how to make tempeh and tempeh starter in 1974. Now the Bates were "deep into the Mushroom People trip. They were pumpin' the spores into logs out in front of their home with major rock and roll going on in the woods." Again the Bates taught the Browns a new occupation–how to grow shiitake mushrooms. Back home in Ontario, the Browns grew shiitake on about 25 logs outside their home–but mainly for their own consumption, because it was a very labor-intensive process. Soon, however, they were buying and re-selling shiitake–which they do to this day. Later, they started an incense import business named Soul Scents, which soon became the most profitable of all.

The Browns now make 600 lb/week of tempeh, working 3 days each week. It is still a very hands-on process. Allan and Susan are both active in the tempeh-making process (they also share child care), but now they have hired a woman who does much of the physical tempeh work. Most of Larry's time is focused on Soul Scents. Allan has always believed that vacuum packaging lowers the quality of tempeh. Their business has not grown in the last 5 years. He thinks it is because of the influx of meat analogs. Seth Tibbott did a survey before the Bali conference which showed that tempeh production in the USA peaked in 1989 or 1990. But several years ago Allan and Susan started an import business which has sales of $250,000 last year, so they are now in good shape financially. Two other tempeh companies in Canada are Soy City Foods in Toronto (they make mostly tofu; their tempeh is sold mostly in large cakes to foodservice) and Sooke Soyfoods in Vancouver, BC (owner Wayne Fatt gets plenty of competition from Seth Tibbott's Turtle Island Foods in nearby Oregon). Address: Founders, Noble Bean, R.R. #1, McDonalds Corners, ON K0G 1M0 Canada. Phone: 613-278-2305.

11670. Rose, Bruce. 1998. Update on Rosewood Products, Inc. and Tofu International Ltd. (Interview). *SoyaScan Notes.* June 23. Conducted by William Shurtleff of Soyfoods Center.
Address: Founder and President, Rosewood Products, Inc., 738 Airport Blvd., Suite 6, Ann Arbor, Michigan 48108. Phone: 734-665-2222.

11671. *SoyaScan Notes.* 1998. What ever happened to Legume, Inc. of New Jersey–Founded and run by Gary and Chandri Barat? (Overview). June 29. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyfoods Center last interviewed an owner of Legume, Inc. (Chandri Barat) on 6 Sept. 1995. At that time, the company was having difficulty because Celentano, the company that made their tofu entrees, had come out with a competing line.

On 3 June 1993, during a talk with John Belleme (of North Carolina), John mentioned that Gary Barat was no longer a major player in Legume; a big stockholder had bought him out. But John did not know when, who, or why.

In the *U.S. Soyfoods Directory,* published Feb. 1998, Legume, Inc. has a new address, phone number, and contact person: 420 Kent Ave., Brooklyn, New York 11211. Contact: Mitch Helpert. When Soyfoods Center phoned Mitch he said Legume is now a brand or label owned and distributed by HKS Marketing, Ltd. at 420 Kent Ave. HKS distributes various lines of foods, one of which is the Legume line–which HKS is responsible for having made and packaged. Legume, Inc. no longer exists as a corporation. The Legume line contains about 7 frozen items and 6 items in cans. The line hasn't changed much since the time HKS bought it from the Barats. Gary and Chandri left the company about 2 years ago. Mitch does not know where they are now or what they are doing.

11672. *Rafu Shimpo* (*Los Angeles, California*). 1998. TV host Huell Howser named Tofu Festival celebrity chair. June 30. [Eng]
• ***Summary:*** The L.A. Tofu Festival will kick off the 58th annual Nisei Week celebration. "No longer just an Asian mainstay, tofu is fast becoming a cross-cultural 'super' food, packed with antioxidants, protein and calcium. Made of soybean curd, tofu is finding it's way into enchiladas, chocolate cheesecakes and *ceviche / seviche*–some of which will be offered at the weekend festival." A photo shows Huell Howser enjoying a tofu dish at Jozu restaurant.

11673. **Product Name:** [Momen Tofu (Nigari), Okara, Oboro Tofu, Atsuagé (Deep Fried), Yaki Dofu (Grilled), Fresh Yuba].
Foreign Name: Momen Tofu (Nigari), Okara, Oboro-dofu, Atsuagé, Yaki Dofu, Fresh Yuba.
Manufacturer's Name: Awayuki.
Manufacturer's Address: Boerhaaveplein 2hs, 1091 AS Amsterdam, Netherlands. Phone: +31 (20) 468-5617.
Date of Introduction: 1998. June.
Nutrition: Tofu; SS-VA; USA; CSP; FibeOkIgûTofu; SS-VA; USA; CSP; FibeOkIg
New Product–Documentation: Letter from Mitsuo and Atsuko Kamada. 1998. Jan. 16. They plan to start a tofu shop making Japanese style momen tofu, yose-dofu, yaki-dofu, and atsuage. Present address: Gerrit van der Veenstraat 145/4, 1077 DZ Amsterdam. Company name: Awayuki–Japans Tofu en Delicatessen Produceren.

Letter from and form filled out by Mitsuo and Atsuko, husband and wife, founders and partners in Awayuki. 1999.

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Jan. 20. On 1 Jan. 1998 in Amsterdam they established a production and wholesale company named Awayuki. They began tofu production in June 1998. Their production is completely Japanese traditional style like Sangen-ya and uses nigari from Yoshikawa for curding. Equipment: Japanese stone mill, stainless steel cauldron 60 cm in diameter with gas cooking stove, Japanese hand press machine, and a deep forming box. They bought some equipment and special tools from Japan. All their products are now made from organic soybeans, which they buy from a Dutch company. Two books by Shurtleff & Aoyagi (*The Book of Tofu,* and *Tofu & Soymilk Production*) were very helpful to them. Everything they know they learned from these books, because now in Japan it is difficult to find traditional tofu production. They now make the following amounts of the following soy products: Nigari momen tofu, started June 1998, about 2,500 packs/month (each pack weighs 370 gm). Atsuagé (Deep Fried), started Sept. 1998, about 300 packs/month. Yaki Dofu (Grilled), started Nov. 1998, about 100 packs/month. Fresh Yuba, started Nov. 1998, by special order only. A letter to Akiko in Japanese says that her many detailed illustrations in the above books were very helpful. Everyone in Amsterdam says their tofu is the tastiest available.

Photos sent by Mitsuo and Atsuko. 1999. April 5. Eleven color photos show how they make traditional tofu in their shop in Amsterdam.

11674. Azumaya, Inc. 1998. All natural Azumaya fresh tofu and pasta: Take a second look... (Ad). *Vegetarian Times.* June. p. 31.
• ***Summary:*** Shows the new labels on five Azumaya-brand products, including extra firm and silken tofu.

11675. Dateline. 1998. Healthline: The joy of soy. Television broadcast. NBC. June 9.
• ***Summary:*** The announcer from Studio 3B in New York is Stone Phillips. He has four guests: Chief medical correspondent Dr. Bob Arnot, Bob McKeown, Keith Morrison, and chief consumer correspondent Lea Thompson. Mr. Phillips begins: "Most Americans don't know beans about soy, but that may soon change. The humble soybean is sprouting into the hottest new health food trend since oat bran, and for good reason. Scientists are learning that soy may help lower the risk of an amazing range of diseases."

Mr. Arnot then asks John Glaspy: "Which of these diseases could soy play a very positive preventive role? Heart disease?" Answer: Probably. Osteoporosis? Almost certainly. Menopause? Almost certainly. Breast cancer? Almost certainly.

Mr. Glaspy is most interested in breast cancer. He says that changing the way Americans eat could stop this killer. He believes that diet "could be a huge risk factor and could explain up to... 80 percent of breast cancer in the world."

Arnot adds that the first hint that soy may be a dietary factor begins in Japan. "Japanese women have one of the lowest breast cancer rates on earth. But when they move to Hawaii, leaving behind their native diet, their risk doubles. Doctors think the difference is soy."

Arnot says that "Debbie McCurdy is betting her future on soy. Diagnosed with breast cancer 2½ years ago, she has gone through surgery, chemotherapy, a bone marrow transplant and radiation. Now she's part of Dr. Glaspy's study to see if soy can protect her from a recurrence."

"Here's how doctors think soy works. In order for a breast cell to turn cancerous, it needs to be fed by strong hormones, like estroGen. But soy has what are called 'weak estrogens' that float through the blood and attach themselves to breast cells. That means, the strong, potentially harmful hormones have no place to attach to, and no way to turn a normal cell into a cancer cell."

"For the study, Debbie drank soy shakes three times a day and doctors took tissue samples to look for changes that might indicate the soy is working, but Debbie's not waiting for the results. Her family's menu has changed for good. They now eat lots of fruits and vegetables, as well as soy beans, miso soup, even tofu added to chili. And they seem to like it!"

11676. **Product Name:** [Tofu, Soymilk, Tofu Cheesecake, Tofu Cheesecake with Apples, Tofu Pie with Bananas, Tofu Mayonnaise, Mushroom Quiche with Tofu, Soymilk with Oats & Natural Sugar, and Tofu Burgers].
Foreign Name: Tofu, Leche de Soya, Cheesecake, Cheesecake de Manzana, Mayonesa de Soya, Torta de Championes con Tofu, Avena Helada con Leche de Soya, Hamburguesa de Tofu.
Manufacturer's Name: DeliSoya–Delikatessen.
Manufacturer's Address: Calle 78 No. 12-03, Santafe de Bogotá, Colombia. Phone: 346-2178 (OF) or 610-1210 (HM).
Date of Introduction: 1998. June.
How Stored: Refrigerated.
New Product–Documentation: Letter from Nestor and Cecilia Santacruz. 1998. Sept. 8. "We started on June 26 in Bogotá (Colombia) a small scale manufacture of soyfoods products, tofu and soymilk, that we distribute personally and sell in a place called 'Delisoya' (see address above). Your books are a permanent source of inspiration. We also prepare 'cheesecake,' *mayonesa de soya,* and *hamburguesa de soya.* Our shop is not located in a place of much public influence but the response to it has been very stimulating and we are very encouraged."

Letter and forms filled out by Nestor and Cecilia Santacruz. 1998. Oct. 14. They started and own Delisoya, which is located in northern Bogota. They do not have labels for their products. Each week they make, on average, 96 cakes of tofu (500 gm each) and 25 liters of soymilk. They used to deliver tofu to a store named *El integral* and to a

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restaurant named Caliz, but not they reserve all of their small production for their soya deli. Some Japanese housewives are starting to come to Delisoya to purchase tofu. Nestor and Ceci reserve one day each week to deliver tofu to others at their homes. The foods served each day at Delisoya are shown on a menu board. They occasionally make other foods besides those shown above, so that people can try them and see what can be done with tofu–for example *Torta de champioñ con tofu* (Mushroom quiche with tofu). Turnovers–Tofu, vegetables and spices wrapped in a crust. Sandwiches–Whole wheat bread, tofu, and vegetables. Soymilk with oat and natural sugar (*panela*).

Ingredients–Tofu burgers: Tofu, onion, carrot, parsley, oregano, salt & pepper. Whole wheat bread, lettuce, fresh vegetables. Price: $2.500 each. Source: Mrs. Bernadette Kikuchi (wife of Tomio Kikuchi). Cheesecake (plain or with fruits): Tofu, tahini, lemon, oil, raisins, brown sugar, vanilla, salt, okara granola. Price: $15.000 pesos each. Refrigerated. Source: *The Book of Tofu* (p. 150; Ten Speed Press ed.). Tofu mayonnaise: Soymilk, tofu, lemon, oil, salt. Price: $1500 pesos for 125 gm glass jar. Soymilk, tofu, lemon, oil, salt.

Letter from Cecilia and Nestor Santacruz. 2000. Sept. 12. "As for questions (Bill's letter of 16 Nov. 1999) about our products: 1. *Torta de Champiñoes con Tofu:* It is more like a quiche and can be named 'Mushroom quiche with tofu.' 2. In hot places in Colombia we like to drink *avena helada* which is a drink made of milk (dairy) with powdered (instant or cooked) oat, sugar and cinnamon in a blender and cooled for freshness. We make it with soy milk and it tastes as well. 3. It is Hamburguesa de Tofu. I was wrong saying Hamburguesa de Soya. 4. In 1998 we had plain Cheesecake and Cheesecake de manzana (Tofu cheesecake with apples) and Tofu pie with bananas. We still use apples a lot in pies, drinks with soymilk but have introduced other fruits that are easily available such as mulberry, agraz, guayaba, curuba etc. We make pumpkin pie with Tofu too. We like to vary the repertoire because the same people come to see us often. 5. Yes, we use okara granola in all the different types of pies. We love it instead of bread crumbs and crusts made of wheat, etc. We plan to increase using it in the near future. 6. It is $15,000.00 pesos (or 7.00 U.S. dollars approx.). One dollar is $2,200.00 approx. Our money is so devalued that the least coin is of 20 pesos but no one wants it because it doesn't have any commercial value. 7. It is 'Tofu mayonnaise'. In 1998 we referred a lot to soy because it is a much better known word than Tofu. A 125 gm [of Tofu Mayonnaise] used to cost 1,500 pesos but now it is 2,500 pesos."

11677. **Product Name:** Veggie SourCream: Nature's Alternative to Sour Cream.
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1998. June.
Ingredients: Soy beverage (filtered water, organic tofu powder*), unhydrogenated canola, calcium caseinate (a dried skim milk protein with calcium), maltodextrins, corn starch, calcium and sodium phosphates, sea salt, carrageenan (sea weed gum), natural vegetetable guar and locust bean gums, organic food acidulants (lactic & citric acids), sea salt, natural flavor, potassium sorbate (to preserve freshness), vitamin E (antioxidant), vitamin A palmitate. *Tofu is made with organically grown and processed soybeans in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 8 oz. white plastic tub. Retails for $1.89 at Safeway supermarket (1998/06, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1998. June 28. Sold refrigerated from a large display next to the produce section. Tub is 3.75 inches in diameter and 2.375 inches high. Label on top of tub: 3 inches diameter. Yellow, white, red, and black on green. "New! Low fat. Made with organic tofu."

11678. **Product Name:** Fresh Tofu.
Manufacturer's Name: Pacific Food Co.
Manufacturer's Address: Uptown Excellent Mall, Corner of Park and Frederick St., Port of Spain, Trinidad and Tobago, West Indies. Phone: 868-627-8370.
Date of Introduction: 1998. June.
Ingredients: Whole soybeans (grown in Georgia, USA), calcium sulphate coagulant.
Wt/Vol., Packaging, Price: 3 pieces in 1 lb cylindrical tub, shrink wrapped. Wholesale price is $10 TT (US$1.62); retail ranges from $14-17 TT (US$2.27-2.67).
How Stored: Refrigerated.
New Product–Documentation: Talk with (call from) Dennis Low of Pacific Food Co. in Trinidad. 2005. Oct. 19. His father, Stephen Low, started making and selling tofu in the summer of 1998. Dennis is from Toronto, Canada, where he worked in the insurance industry; he has been in Trinidad for only 1-2 weeks. The company makes only one product, tofu. He would like to know where to buy a tofu packaging machine. He would also like a copy of the "What is tofu?" brochure. Shurtleff will send him a copy and the rights to reproduce it free of charge in exchange for a history of his company, based on interviews with his father.

Low, Dennis. 2006. History of Pacific Food Co. Letter (e-mail) to Soyfoods Center. 2006. Jan. 18. Includes black-and-white scanned images (undated) of the company's Fresh Tofu and Firm Tofu. E-mail: pacific@tstt.net.tt.

11679. Shimbo-Beitchman, Hiroko. 1998. Magical miso. *Saveur* (*New York, NY*) No. 27. May/June. p. 100-08, 110, 112.
• ***Summary:*** A beautiful article, loaded with glossy color

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photographs (by Christopher Hirsheimer and Tom Wagner) and recipes. Photos show: (1) Shiromiso in a stylish bowl. (2) A Japanese worker, in clothing with traditional designs, stands on the rim of a miso vat and shovels what will become miso at Yamaki Jôzô, a miso brewery built in 1902 by the Kitani family, in Kamiizumi-mura, Honjô city, Saitama prefecture, 75 miles northwest of Tokyo, Japan (full page). *Yama* means "mountain, *ki* stands for Kitani, and *jôzô* means "brewery. Kazuhiko Morita is the brewery's director. The company has been making three basic types of miso, plus shoyu and tofu, since 1902. Yamaki partially automated in the mid-1980s and today makes about 400 tons of a miso a year; it is not pasteurized and no alcohol is added in packaging as a preservative. (3) Looking down into a bowl of miso soup with tofu and wakame (full page). (4) The exterior of Yamaki Jôzô; a tree bearing bright orange persimmons stands in front of several traditional wooden buildings. (4) Hiroko Shimbo-Beitchman. (5) Mr. Morita, in traditional clothing, smelling the koji in a large, automated, stainless-steel koji incubation room. (6) The man shoveling the finished koji out of the incubation room onto a conveyor belt. (7) Eggplant Dengaku (with red and white miso, full page). (8) Walnuts being ground to a paste in a suribachi. (9) Steaming the soybeans at Yamaki Jôzô; 5,300 pounds of whole soybeans are steamed at a time. The company has two giant steel pressure cookers. For akamiso, the beans are cooked for about 7 hours until soft and yellow. (10) Cooling the cooked soybean on a conveyor belt. Most of the miso's flavor comes from the beans; the aroma and sweetness come from the kôji. (11) Mixing the cooked soybeans and koji, with salt and a little spring water. Then the mixture is forced through a machine like a meat grinder to produce a smooth paste, which will ferment more easily than a chunky one. (12) Putting the ingredients for akamiso into 100-year-old cedar vats, which are covered with plastic sheeting then weighted. After several months it is moved to another set of barrels, then again a few months later. It can age for up to two years. (13) Three packages of commercial Japanese miso: akamiso, akadashi-miso, and shiro miso.

Recipes: Miso soup with tofu and wakame. Eggplant dengaku with two miso sauces. Green beans with miso dressing. Broiled miso-marinated black cod. Panfried miso-marinated beef. Steamed pork with mamemiso. A sidebar describes the different types of miso, with details on akamiso, mamemiso, and shiro miso. The company also makes brown rice miso (unpasteurized), and a kit (with koji and instructions) for making your own miso at home.

Traditionally miso made at home was the source of great family pride. *"Temae miso desu ga,"* one would say–meaning "I don't want to boast about my miso, *but..."* Today Japan's 50 largest miso manufacturers control about 90 percent of the market. But miso connoisseurs prefer miso made by smaller companies in the traditional way; these are painstakingly preserving old-fashioned techniques and regional miso styles. Address: Teacher of Japanese cooking, Hiroko's Kitchen, London, England. Phone: Fax: 44-171-289-0855.

11680. *Vegetarian Times.* 1998. I can't believe it's not turkey: The name Tofurky may be funny, but its taste sure isn't. June. p. 18.
• ***Summary:*** The name "Tofurky" was designed to be amusing. but the flavor is no laughing matter–it's great. Tibbott, age 46, donates 1% of the company's $1.2 million gross income to the Adopt-a-Turkey program run by Farm Sanctuary, an animal welfare group. Contains a brief history of Turtle Island Foods, which takes its name from Native American Folklore. During 1997 Turtle Island Foods saw a 196% increase in sales over the previous year. Color photos show: (1) Seth Tibbott, with beard and glasses. (2) Sliced Tofurky. Note: Seth Tibbott's name is misspelled as "Tibbot" throughout this article.

11681. *Vegetarian Times.* 1998. Space: The veg frontier. June. p. 19.
• ***Summary:*** NASA says that both tofu and seitan are good sources of protein.

11682. **Product Name:** Certified Organic Soymilk (Sold in Quart Pure-Pak / Gable Top Cartons) [Regular, and Chocolate].
Manufacturer's Name: Wildwood Natural Foods (Marketer-Distributor).
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1998. June.
Ingredients: Filtered water, whole non-genetically modified, certified organic soybeans*, certified organic brown rice syrup*, naturally occurring calcium carbonate, sea salt, carrageenan, xanthan gum, vitamin A palmitate, vitamin D-2, vitamin B-2 (riboflavin), vitamin B-12. * = Grown and processed without synthetically compounded herbicides or pesticides in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 32 fl. oz (1 quart). Pure Pak carton. Retails for $2.29 (1998/07 California).
How Stored: Refrigerated.
New Product–Documentation: Talk with Billy Bramblett of Wildwood Natural Foods. 1998. June 24. Wildwood recently introduced a new fresh soymilk, sold in gable-top quart cartons. The flavor is excellent. Two packages with Labels sent by Billy Bramblett. Green, red, blue, and orange on white. The front panel states: "1% of sales donated to the Breast Cancer Fund. Low fat. Non-dairy drink. Calcium and vitamin enriched. Naturally lactose free." One side panel states: "A diet rich in soy contains a variety of beneficial phytonutrients including*: Isoflavones. Genistein. Phytoestrogens. * = Consult your physician concerning the

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role soy may play in effecting specific chronic diseases. Trusted purity since 1980: Naturally antibiotic and hormone free. Vegan–No animal products. Enjoy other Wildwood soy foods: Organic tofu. Wild Dogs. Vegie Burgers. Meltables. Talk to us at 1-800-499-Tofu." A second side panel, titled "The fresh approach to healthy eating," states that "1% of sales of this product goes to researching environmental causes of breast cancer."

Talk with Bill Bramblett. 1998. June 9. Ted Nordquist and his company TAN Industries, Inc. have played a major role in developing and making this soymilk. Jeremiah and Ted have been friends for many years, and recently they have been working together very closely on this soymilk. They used to call it the "Ted and Wally Show." Jeremiah went to Ted 4-5 years ago; Ted had a new technology for making non-beany soy base. Jeremiah and Ted came up with a formulation for the final product made from Ted's soy base. They had dreams of building a plant together, where Wildwood would do the tofu side and Ted would do the milk side. But in the end, Wildwood didn't have the funds or energy to go that direction, so Ted went to White Wave and told them about his great soymilk. Then White Wave came up with their own formulation (which was different from Wildwood's formulation), resulting in Silk. Ted makes his soymilk at a plant in southern California [Soyfoods of America], then another California company [Morningstar, formerly called Avoset] finishes and packages the product for Wildwood. Ted is in the process of developing a new yogurt, which is not yet on the market. He would like to make it for Wildwood, but Billy doesn't think it is ready. Also Ted wants the yogurt package to bear the words "Made with TAN soy base."

Talk with Jeremiah Ridenour of Wildwood. 1998. Oct. 20. This product was first sold in June 1998. It may be the first soymilk in America to have the word "Soymilk" in the product name–to test the FDA. Wildwood has nothing to do with the manufacture of packaging of the product; It is made at one place and packaged in another. White Wave's Silk is this product's main competitor. Jeremiah believes that Wildwood's formula is better. See also Oct. 1998 interview with Jeremiah on the early history of this product. This product states in the ingredient listing that it is GMO free, but Jeremiah thinks that the term "organic" is still more important to consumers than "GMO free."

Product (chocolate, quart) with Label purchased at Safeway supermarket in Lafayette, California. 2001. April 1. Both real vanilla and chocolate quarts are sold refrigerated in the Odwalla cooler in gable-top cartons for $1.99/quart. One side panel reads: "Wildwood has been making soymilk for over 20 years. As a pioneer in American soyfoods Wildwood has learned to make great tasting nutritious soymilks." The certified organic chocolate is produced from beans grown in a bio-diversity preserve in Costa Rica and Panama.

The back panel states: "Wildwood Natural Foods. Affecting dietary and agricultural change. Wildwood owners Jeremiah Ridenour and Billy Bramblett both grew up in Michigan, then migrated to California and became evangelists for soy. Jeremiah comes from a soybean farming family. While he was studying tofu production in Japan, his future partner Billy was concocting tofu delectables at the legendary Sleeping Lady Cafe in Fairfax, California. Wildwood Natural Foods started producing organic Soymilk and Tofu in 1980. Today these two lead their company's production of thirty-five delicious, premium, organic soy products. More organic choice means less chemicals in your environment..."

11683. [Nasoya Foods, Inc.]. 1998. Taste the freshness! Nasoya tofu–the #1 brand in America (Ad). *Natural Health.* May/June. p. 64.
• ***Summary:*** A half-page color ad. Shows 4 types of Nasoya certified organic tofu: Firm, Soft, Extra Firm, and Silken. And six packages of TofuMate (spice blends for seasoning tofu). "Call us for more information at 1-800-229-TOFU."

11684. Bramblett, Billy. 1998. Early history of Wildwood Natural Foods (Interview). *SoyaScan Notes.* July 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Billy is presently a 25% owner of Wildwood Natural Foods and the corporate treasurer. He functions as the general manager of Wildwood's Fairfax plant, and is in charge of product development, in-store product demos (they do about 200 a year) and trade shows (they do about 2 a year and he has a full-time assistant), he helps with quality assurance and teaches employees how to make the products. He considers himself a chef.

Billy first got interested in tofu in about 1974. He was a musician who had been cooking at the Sleeping Lady since it started in 1972. The Sleeping Lady was a unique and creative cafe, restaurant, and night club that Billy and several other musicians, artists, poets, etc. had started. They had an alcohol license to sell beer and wine. At the time there was no legal way to be a worker cooperative, so it remained a sole proprietorship (with Billy as the owner and source of funding) for the first five years, until 1977. But they ran it as though every worker had a say in the business. They had a meeting every Tuesday, where they discussed and voted on issues–so it was run like a worker cooperative. In about 1976 they worked with a lawyer to create an association that owned all the shares in a corporation. The membership of the association was comprised of workers at the restaurant–if they worked at least 12 hours a week and attended two-thirds of the meetings–per quarter. Then Billy transferred the ownership to the corporation and he was eventually paid back nearly all the money he invested. This whole idea was a forerunner of today's Subchapter T corporation, which is strictly for worker-owned corporations, and allows members can come and go freely.

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In 1972 Billy spent about 50% of his time and energy being a musician and the other 50% running the Sleeping Lady; likewise, about half of his personal income came from each activity. He had been in the U.S. Navy until 1970. He got out of the navy, went to school at the Art Institute in San Francisco for a year, moved to Marin, was working as a musician (he plays guitar and keyboard, and he sings and composes music), then got involved with some guys who were working at a pizza place in San Anselmo and together they ended up opening the Sleeping Lady–which was a vegetarian [except from 1972-1975], non-smoking, cooperatively owned and operated restaurant and night club. They served breakfast and dinner 7 days a week and they had music (provided by Billy and many others) at night 7 days a week. He had graduated from the College of Marin music program in 1976 and by 1977 he was in four different bands that were playing all over the Bay Area: Fairfax Street Choir, Looking for Your Long Lost Mind Review, Duck Soup (a little comedy quarter), and Space City (his own band, which played and sang mostly folk music). Three of these four groups (except Long Lost Mind Review–which was a more high-powered band with bigger stars) played at the Sleeping Lady. Paul was a busy man, plus he had a wife and one child.

One of the musicians who was in both Space City and the Fairfax Street Choir was named Dennis Desjardin. Desjardin was a superb saxophone player and a master carpenter in the Japanese style. Later he abandoned all that, went back to school, got his PhD in mycology, and now he is a professor of biology at San Francisco State University, where he oversees their herbarium.

Back to 1972: One day, after they finished rehearsing at a house in Laguanitas (little town west of Fairfax, in west Marin County), Desjardin made the group some lunch, including tacos. He put tofu in the tacos. Soon after that, it 1974, Billy started cooking with tofu on a regular basis at the Sleeping Lady. He used tofu made by Quong Hop & Co. in South San Francisco. He invented several vegetarian tofu entrees: (1) Tofu cutlets. Cut the top off an entire cake of tofu, hollow it out, stuff it with a mixture of cooked rice, vegetables, and gravy (made with a dairyless roux plus soy sauce and fresh herbs); (2) Dairyless pesto cream sauce, with fresh basil and tofu, served over fresh fettuccine (introduced in about 1977-78). Billy may still have some of these recipes in boxes at his house.

Billy's restaurant, The Sleeping Lady, was the headquarters of Wildwood's sandwich assembly operations from Jan. 1978 until about 1980–when Wildwood built its own tofu shop at another location in Fairfax and began making tofu. During these years Billy was very interested in tofu. "I actively supported Paul Duchesne and his trip for several years before we really got involved as a business. I was his buddy. We would hang out. He'd give me a sandwich when he left to go out for deliveries. Paul Watson [sic, Chris Smith] coined the name Wildwood; he made and/or delivered tofu sandwiches after Paul Duchesne left for Boston, Massachusetts.

Doug Porter, who is now a main buyer for Wildwood, was involved with Wildwood from the very early days. He and Michael Pierce made sandwiches for Paul Duchesne before the company was incorporated–during the transition period. At one point Doug was Wildwood's kitchen manager, and he knows much of the early history. They talked about making a formal company in late 1979, then they incorporated in April 1980.

Wildwood first started making its own tofu on 8 August 1980. They rented the space in November 1979. It took at least 3-4 months to get through the permit process in Fairfax just to start renovating the space. Between about March and June of 1980 they were renovating the building, and also figuring out what type of equipment to use. They wanted to use stainless steel, but the Japanese tofu equipment wasn't stainless. So Wildwood had tofu equipment fabricated to its specifications by a stainless steel fabricator in San Francisco. The most incredible piece of equipment they had was that used for pressing the soymilk from the okara. It was a stainless steel table about the size of a card table. A dye-press operated by a long ratcheted handle did the pressing. Under the table was a pot with a long horizontal spigot at the bottom. The soymilk would flow out the spigot into a curding barrel.

Wildwood's first floor was made of a substance that was dissolved by the magnesium chloride which ended up in the tofu whey. So they had to replace the entire floor.

Changes in plant addresses at Fairfax: They started at 135 Bolinas Rd. in Aug. 1980, then moved to 31 Bolinas Rd. in about 1986. The primary phone number throughout has been 415-459-3919. Santa Cruz started in 1986. All vacuum packing of tofu has always been done at Santa Cruz. They moved baking operations to Santa Cruz in about 1994. All smoking of tofu is done at a specialty smokehouse in San Jose, using tofu made in Santa Cruz.

The original Wildwood shop at 135 Bolinas Road was only one door away from the Good Earth–a health food store. It was their first main outlet, and sometimes Wildwood would take products to Good Earth while they were still hot out of the ovens, and sell them on the counter.

Non-soy products introduced since 1987 that are still popular include: Mid-East Hummus (1987–Organic garbanzo beans & sesame tahini). Pesto Sauce (1988–Fresh basil & olive oil). Baba Ganooj (1995–Eggplant & tahini). Low-Fat Hummus (1995–Organic garbanzo beans, water & sesame tahini). Spicy Hummus (1996–Organic garbanzo beans, water & sesame tahini). Pesto Hummus (1997–Organic garbanzo beans, water, basil & sesame tahini). Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11685. Gorman, Christine. 1998. Sugar busters! *Time.* July 6.

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• ***Summary:*** Do you need to lose some weight. "Should you (a) swear off ice cream and take up bicycling; (b) eat raw spinach and tofu for breakfast, lunch and dinner, or (c) avoid sugar, carrots and potatoes?"

11686. Lang, Paul. 1998. Allan Routh of SunRich Inc. (Hope, Minnesota), current president of the Soyfoods Association, recently had a serious accident (Interview). *SoyaScan Notes.* July 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** About 3 weeks ago, in mid-June, Allan was with his son and they were moving a huge tree stump. It flipped over and more-or-less crushed him. He is still alive. The doctors put him in an induced coma for the past 3½ weeks. His skull is cracked and he broke every rib in his body. Paul just got an e-mail yesterday saying that he's just coming out of the induced coma and that he will live. For a while, we were not sure whether or not he would survive. If Allan is at the next NFM Expo at Anaheim, Paul would like to see members of the Soyfoods Association have a get-together to show our support for him. "I just appreciate Allan; he's a good man."

Yvonne Lo did not want the job of vice president at the last elections; but she took it because no one else would take it. Now she may have to shoulder additional responsibility. Basically nothing has happened since Allan was hurt. Peter Golbitz is also helping out. "He gives a lot of energy and time to the Association, and he has for many years. Even though he is no longer president, everyone still passes a lot of decisions and other things through Peter. He's sort of the Godfather, but now its becoming a problem for him because it takes a lot of time." Fortunately a lady from Nasoya has volunteered to spearhead the Soyfoods Month. "She's doing a great job." Address: Natural Products, Inc., 798 Hwy 6, Grinnell, Iowa 50112. Phone: 515-236-0852.

11687. Bramblett, Billy. 1998. Frank Stevens has just purchased Quong Hop & Co. (Interview). *SoyaScan Notes.* July 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** About a year ago Frank Stevens offered to buy Wildwood Natural Foods for $2 million–which the owners considered to be much too low an offer. But Frank liked Wildwood's basic plan, which was to build a new manufacturing plant, and maybe buy some other smaller soyfoods companies on the West Coast–such as San Diego Soy Dairy, Quong Hop, and Island Spring. Stevens wanted to fund the whole plan, keeping the present management structure in place, but he wasn't willing to pay enough for Wildwood. At the time, he had the "enlightened" investor group Swander-Pace (from San Francisco) along with him; they were going to do some kind of joint venture together, but apparently Swander-Pace lost interest.

So about 2 months ago, Stevens bought control of Quong Hop in South San Francisco. Frank is kind of a plump good ole' boy from North Carolina, with a "gosh and golly" manner and a North Carolina drawl. He wears a starched shirt and tie, is very personable, but a little too slick for some of Wildwood's owners. Stevens has spent many years in more conventional food businesses–perhaps dealing with varieties of salad dressing, jerky, sauces, etc. Now he is trying to be a venture capitalist. Apparently he thinks that soy is an industry with a bright future, so he decided to jump in. So far, Billy has seen no change in their products or management structure at Quong Hop.

Update: Talk with Martha Devine of Soy Devine in San Francisco. 1998. Aug. 21. She talked with one of Quong Hop's delivery truck drivers, who said that a new partner had joined the company, an American guy, who has invested a lot of money. It was a partner, not a buy-out. They are expanding their production facility in South San Francisco into the adjacent building, and they are adding many new products to their line. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11688. Cooley, Jim; Coral, Mary; Wickberg, Ellen. 1998. How smoked tofu came to America (Interview). *SoyaScan Notes.* July 14. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jim Cooley, founder and owner of Central Soyfoods, made the first commercial smoked tofu in the USA. The idea for this product came from Mary Carol, with whom he still lives. Mary (who was born in 1937) grew up in Venice, California. The grocery store near her home sold tofu, since there was a large Asian-American population working at the truck gardens in Venice. Mary's family was poor, and her mother would buy tofu regularly because it was inexpensive and nutritious. Mary is sure she had eaten tofu by the mid-1940s. After living for several years in New York City, Mary moved with her academic husband to Lawrence, Kansas. As a faculty wife with lots of spare time, Mary learned how to make tofu from Ellen Wickberg, whose husband, Ed (Edgar), was in the Department of History at the East Asian Center at Kansas University in Lawrence. Ellen had traveled with her husband to Taiwan for a year and learned how to make tofu (for her own use at home) by standing outside a tofu factory at the end of a lane and watching. Ellen and Ed had gone to college at the University of California in Berkeley during the 1950s–before they moved to Lawrence. Ellen used to buy tofu at the local co-op in Berkeley. Tofu was not available in 1962 in Lawrence, Kansas (where they lived from 1962-69), so Ellen decided to make her own. She went to the local pharmacist to buy some food-grade gypsum. He didn't want to sell it to her because he said it would set up in her stomach. Eventually Ellen made both tofu and doufu-gan (pressed) tofu in Lawrence; she recalls smoking the doufu-gan.

Mary loved to cook and she collected cookbooks. From

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one of her Chinese cookbooks (which she can't find), Mary Coral learned how to smoke tofu on a kitchen scale, as follows: Put a whole block of tofu between boards, outside, and press it gradually all day long, until it was about ½ inch thick and very firm. Paint it with soy sauce or a seasoned soy-sauce marinade. Arrange bricks in the back yard to make a stand for a wok. Put pine needles (not a lot; she used blue spruce needles from a tree in her back yard) in the bottom of a dry the wok. Over them place a metal grill or rack and on that arrange slices of the firm, marinated tofu. Light the needles with a match, then snuff the fire for a while by putting the lid on the wok. Steam for 45-60 minutes. "Ellen and I used to do these elaborate meals. We don't eat like that any more. We'd start eating early in the evening and go on for 10 or 12 courses. There wasn't a lot to do in this town!"

Jim learned how to make tofu and smoked tofu from Mary Coral, who was making her own tofu at home in Lawrence, Kansas, by about 1964-65, when Jim first met her. His first commercial smoked tofu was mas made as follows. One of his employees had a family-size backyard smoker on wheels named Mr. Meat Smoker. It was similar to a backyard barbecue grill, but taller and slim. Jim sliced cakes of tofu horizontally into halves, then put them on the grill in the smoker, with the lid on, and smoked them for 45-60 minutes. The smoke came from red-hot charcoal topped with hickory chips, which had been soaked overnight in water to make them smoke better and longer before they finally burned. He smoked 25 lb of tofu in each batch. But slicing the tofu took a lot of time and space, so he tried smoking whole, uncut cakes of tofu with liquid smoke in order to double to amount of tofu that could be smoked in one batch. The resulting flavor and texture were basically unchanged, and the tofu still had grill marks on it. As sales increased, Jim bought a larger smoker–a Sunbeam backyard grill (on wheels with a propane tank), which he adapted to smoking. After someone stole that, he tried having his tofu smoked in a commercial smokehouse that smoked ribs. They smoked the tofu for several years. The cost and flavor were about the same, but the process was inconvenient, because Jim had to deliver the tofu then pick up the finished product. Occasionally, they would not clean their smoker well, and some meat drippings would end up on the tofu–which made it unusable. After the smokehouse went out of business, Jim purchased an army field oven that had been converted to a smoker by the grandfather of one of his employees. He adapted it, by getting the right sized grills and putting in a pan of water so it did not get too hot. Now he can do 48 lb of tofu per batch. The cakes of tofu go in weighing a little more than 1 lb and they come out at about 14 ounces. Both smoking and liquid smoke are still used. People like the product very much. In 1986, shortly after he got his vacuum packing machines, Jim introduced smoked tofu in a larger salad bar pack containing 4 x 14 oz pieces weighing 3½ lb total. Address: 1-2. Central Soyfoods, 11 West 14th St., Lawrence, Kansas 66044; 3. Vancouver, BC, Canada. Phone: 785-843-0653 and 604-733-3602.

11689. *Rafu Shimpo* (*Los Angeles, California*). 1998. Tofu festival celebrates multicultural diversity. July 21. p. 1, 3. [Eng]

• ***Summary:*** A good preview of the festival, to be held Aug. 15-16. General Food tickets will be available for $1 each. Preferred seating will also be available for $25 per person. More than 30 Southern California restaurants will showcase an array of international cuisine ranging from tofu enchiladas and chocolate tofu cheesecakes to tofu ceviche / seviche. The new Children's Pavilion play area will offer face-painting, balloon-making, story-telling, break-dancing, puppet shows, arts and crafts, and many more activities.

"Proceeds from the L.A. Tofu Festival will benefit the Little Tokyo Service Center and the Japanese American Cultural and Community Center, two community-based nonprofit organizations." A photo shows participants in last year's Tofu Eating Contest.

11690. Mueller, Ed. 1998. Update on Takoma Soy Inc. and Potomac Whole Foods (Interview). *SoyaScan Notes.* July 22. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Takoma Soy has not yet started making tofu; they hope to be in production in a couple of years. They are short on capital and using what they have to work on the building, and to build a bakery and community kitchen. Jon Kessler is still at Twin Oaks; he works in the field of soy, but he no longer works at their tofu shop. Potomac Whole Foods (PWF), their wholesale and distribution business, brings in the money. Ed Talked with Yaron the other day. Yaron is at Olive Tree Works; they are the people who use Oak Tree's tofu to make other products, such as savory tofu. "If we started a tofu business, we'd go into partnership with Olive Tree Works."

Ed is quite sure that Bean Mountain Natural Foods (of Weaverville, North Carolina) is out of business. He thinks that some of their equipment ended up at Twin Oaks.

Ed now buys and distributes tofu from Spring Creek, which makes a firm nigari tofu and is located in a relatively depressed part of West Virginia. So this is an ethical and social issue; Ed does not want to put them out of business, or even really compete with them. If Ed started making tofu then, of course, PWF wouldn't distribute their tofu–and that would hurt them because PWF is their biggest distributor. So Ed is thinking of making a softer tofu curded with calcium tofu, then using that as a base for other tofu products such as tofu mayonnaise, tofu puddings, etc. He would also like to make a good soymilk. In that way, Ed would not compete with Spring Creek.

Ed is still interested in starting a tofu school as part of his tofu factory.

Update: Talk with Jon Kessler of Sunergia. 1999. March

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21. Ed is still working on his soy business. He hopes to be making commercial products by the end of 1999. Jon heard from Ed Mueller of Potomac Whole Foods and Bread of Life that Bud, Inc. of Baltimore has lost its lease and perhaps has ceased operations. Ed is hoping to move the Bud equipment up to Hancock, Maryland, and start a new tofu shop there. Address: 11 South Pennsylvania Ave., Hancock, Maryland 21750. Phone: 301-678-5283.

11691. Bramblett, Billy. 1998. Company history: Wildwood Natural Foods. Fairfax, California. 10 p. Unpublished typescript.

• ***Summary:*** Contents: The beginning (1978-1981). The evolution (1982 to 1998). \"The beginnings of Wildwood Natural Foods, Inc. evolved over 2 years starting in 1978 [or maybe 1977] and culminating with incorporation in April of 1980 and actual operations in August of 1980. "In 1978, Paul Duchesne was an employee of the Good Earth Natural Food Store in Fairfax, California. Among his duties were the squeezing and bottling of fresh beet and carrot juice and the making of fresh sandwiches, all of which would be sold in the store each day. During a routine inspection of the Good Earth by the Marin County Health Department inspectors, it was determined that this practice was illegal, since the Good Earth did not have a health department approved kitchen and, therefore, no license to produce these products on the premises. Mr. Duchesne approached the cooperative ownership of a neighboring vegetarian restaurant, The Sleeping Lady Cafe, to determine if space might be rented at their kitchen during the very early morning for the production of sandwiches and juices. The co-op agreed and soon Mr. Duchesne was producing these products each morning and then transporting them to the Good Earth for sale.

"After a few months, Mr. Duchesne started producing a sandwich of his own invention, the brown rice and tofu sandwich (BRT), at the Sleeping Lady, on his own and selling those sandwiches to the Good Earth and a few other local health food stores. By the late summer of 1978, Mr. Duchesne was producing hundreds of the sandwiches weekly and delivering them to seven locations in central Marin county.

"At that point Mr. Duchesne decided that he wanted to move to Boston, Massachusetts, to study macrobiotics with Michio Kushi and so he gave his fledgling, as yet unnamed, business to a fellow named Paul Watson [sic, Chris Smith]. This enterprising man expanded the business and was soon delivering to over fifteen locations in central and southern Marin County. During a routine inspection of one of the southern Marin locations, the health department inspector noticed that the labels on these sandwiches were in violation of the State of California's labeling laws and contacted Mr. Watson. One of the violations was that there was no company name on the label. Mr. Watson [sic, Chris Smith] came up with the name Wildwood Natural Foods. He asked the advice of Bill Bramblett, the founder and general manager of the Sleeping Lady, on the choice of that name. Mr. Bramblett looked up 'wildwood' in the dictionary and discovered the meaning to be 'natural or wild wood or forestland in its natural state.' Since this described the Fairfax area fairly accurately, Mr. Bramblett agreed that this was a good choice for Mr. Watson's company."

Note: Talk with Billy Bramblett. 1998. Oct. 14. Billy now agrees (after talking with several old-timers, and reading some old articles) that it was Chris Smith, not Paul Watson who took over the company when Paul Duchesne left for Boston and who coined the name Wildwood. Billy cannot recall what Chris Smith looked like. He clearly remembers Paul Watson, who made and/or delivered Wildwood sandwiches after Duchesne left for Boston.

"Sleeping Lady Cafe began in 1972 and served all kinds of food, including meat, for the first three years. In 1975 we stopped serving meat, but did serve eggs and dairy. We also went non-smoking at that time. This was in the days before "vegan." We made our own yogurt, and got the cleanest foods we could find back in those days.

"Our credo was good food from the best sources we could find at reasonable prices, a wide variety of music and performing arts each night (and sometimes during the daytime as well) and rotating local art on the walls. We made our own furniture, built everything ourselves. We were hippies having fun. We were able to last over 12 years because we paid cash for everything and paid ourselves last. An amazing adventure.

"By the spring of 1979, Mr. Duchesne had started his own version of the brown rice and tofu sandwich company in Boston, but had had a difficult winter and was weary of the East Coast. Mr. Watson longed to travel east and study macrobiotics with Mr. Kushi, and so the two traded places, Mr. Duchesne returning to Fairfax and Mr. Watson going to Boston. Since Mr. Duchesne had given Mr. Watson his business, Mr. Watson gave it right back to Mr. Duchesne. Suddenly Mr. Duchesne was an entrepreneur and was making 400 to 500 sandwiches each week and delivering them all over Marin County. He did most of the work himself, with his wife and children helping out on occasion. Each morning as Mr. Duchesne departed on his route, he would give a BRT sandwich to Mr. Bramblett, who was the breakfast cook at the Sleeping Lady. Mr. Bramblett loved these sandwiches and realized what a great potential there would be in the greater San Francisco Bay are for this product. One morning Mr. B mentioned to Mr. D that an investment of about $10K could likely put this product Bay Area wide. He outlined his plan for such a move, which included building a new kitchen somewhere else in Fairfax, hiring a few employees and getting another vehicle to use for the expanded delivery.

"Mr. D was astounded, He told Mr. B. that he had been

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chanting for just that amount, $10K, and that he had similar notions. After work, several days per week, Mr. B and Mr. D would smoke marijuana and plan for their business venture. They would be equal partners. Mr. B. would put in the $10K and Mr. D would put in his existing business. Then they decided if they were going to make brown rice and tofu sandwiches, why not make the tofu as well? So they got the *Book of Tofu, Volume II,* by Bill Shurtleff, and started making calculations. They figured they would need more like $30K to pull that one off, so Mr. D approached a couple of his macro-psychotic friends, Frank Rosenmayr, a developer, and Paul Orbuch, a photographer. Mr. B. approved of these two fellows and soon the four were talking to lawyers about incorporation. In the meanwhile a location in Fairfax had been found. While the partners went through the permit process with the town of Fairfax, the incorporation process ensued. In the meanwhile Mr. D continued to operate his sandwich business out of the Sleeping Lady.

"On August 8, 1980, Wildwood Natural Foods, Inc. officially began business at 135 Bolinas Road, Fairfax, California 94930, (415) 459-3919. Mr. B was the Tofu manager, Mr. D was the general manager, Mr. R had supervised and done most of the renovation of the property, and Mr. O was in charge of graphics and label art.

"During the first six months, several people were hired to make sandwiches, work in the kitchen during the daytime doing preparation work for the next night's sandwich shift as well as developing and producing various other products. Four other people also made tofu and there were three drivers/delivery person. But, alas, after six months this new little enterprise had lost over $16,000.00 and the owners were troubled. Each of the three money dudes kicked in an additional $2500 to keep things afloat and the Board of directors became the functional general manager. It was decided that the enormity of the job was too much for Mr. D and so the board go involved with all the day to day stuff. Mr. D remained in charge of the production and delivery, but was not happy about his demotion. It was soon clear that a divorce was in the air. One of the things that was being considered was the expansion of the business to deliver other small manufacturers products to help pay for the expense of delivery. At a BOD meeting in October of 1981, which was specifically called for the purpose of discussing this concept, Mr. D announced that he was leaving Wildwood and starting his own delivery service, called Cauldron Express. By early December, 1981, Mr. D was gone, as was his wife, the bookkeeper. Mr. B and Mr. O dropped what they were doing and jumped in, feet first to salvage the company." Continued. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11692. Bramblett, Billy. 1998. Company history: Wildwood Natural Foods (Continued–Document part II). Fairfax, California. 10 p. Unpublished typescript.

• ***Summary:*** "The evolution: On January 2, 1982, there was a major flood in Marin County." The company was hit hard. By February Bramblett and Rosenmayr had attended a computer seminar and were convinced the company had better get computerized. "By March the new structure was set. Mr. Orbuch was in charge of production and distribution; Mr. Bramblett was in charge of tofu production, accounting, and administration."

Meanwhile Orbuch and Bramblett continued toward their goal of building sales to $10,000 per week "and started looking into other small manufacturers that made similar products. Our first 'other distributed' product was the Solar Taco made by Rademacher/Worley Farms in Cotati. This product had been on the market for a year or two, but they did not have their distribution together. We also found some sub-distributors to take our products to West Marin and Sonoma County."

Bramblett "arranged for the purchase of an Apple computer along with accounting, spread sheet, and word processing software. The bookkeeping was transferred to the computer and soon Wildwood had timely financial reports that were used to analyze the operations. One of the main sources of financial loss were the returns. Wildwood had a policy from the get-go to guarantee sales. That meant that any product not sold by its 'pull-date' was credited to the store to which it had been sold. It was the job of the distribution department (Mr. Orbuch & the route drivers) to keep this return rate low by correctly estimating how many sandwiches (and other products) would sell before their respective pull dates and deliver that amount to each store on each delivery day. Unfortunately, this was a difficult task and the return rate was about 15%, which was way too high for WNF to make a profit. Mr. Bramblett tried using the spread sheet program to analyze old sales data in order to make accurate predictions for the future. The computer did not have enough memory to accomplish this task. Fortunately, we had a sandwich maker who was a computer programming school grad and who agreed to write a program for the computer which would do all our invoicing and sales tracking as well as predict future sales and help us lower the return rate. He did so and, although the prediction part was way too cumbersome to deal with, Wildwood soon had a billing and sales analysis tool that we still use today.

"Meanwhile, we increased our product line to include baked and vacuum packed tofu, broadened the sandwich line to include avocado and cheese sandwiches as well as bean and rice burritos, and varied flavors of the BRT. We also refined the salad line and expanded the routes into the peninsula and Santa Cruz areas. By 1984 we were profitable enough to have bought out Mr. Duchesne, return the extra $2500.000 that Mr. Bramblett, Mr. Orbuch, and Mr. Rosenmayr had kicked in, as well as pay a dividend of $12,000 to each remaining partner, effectively returning the entire investment in five years, which is equal to a 20% per

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year return on investment. The partners decided to form a new partnership to buy a piece of property in Fairfax, on which they could expand WNF. And so they did, right down the street, at 31 Bolinas Road.

"The property was a three lot parcel, which housed a funky car repair facility and which was a major eyesore. The actual purchase and all the trials and tribulations we went through with the town is a-whole-'nother story. Suffice it to say that, it was a major pain in the ass which is well documented in the local paper of the day *The Fax***.** We also endured major problems from Sherman Chickering, who lived in a neighboring house, but I won't bore you with that story either.

"Also during 1984 we met Jeremiah Ridenour, who owned a major piece of Santa Cruz Tempeh and who aspired to make 'local tofu' in Santa Cruz. He had seen our products and wanted to join up with us in creating a mid-size tofu operation in Santa Cruz to replace one that was about to fail. He had space for such a project in the building that housed the tempeh factory. The concept was also to be able to bolster tofu production output, which was nearing the limit in Fairfax.

"So a new corporation was formed which included Mr. Orbuch, Mr. Bramblett, Mr. Rosenmayer, and Mr. Ridenour. This was called Wildwood Natural Foods, Santa Cruz, Inc. So, while Frank was renovating 31 Bolinas in Fairfax, Jeremiah was renovating the Mansfield Ave., Santa Cruz, location to house a new, steam cooking, pump-moving, ass-kicking modern hi-tech, but still hand-made, tofu factory.

"We soon realized that the Santa Cruz location would also serve as a distribution point and so it did, and still does. WNF (or 'north') maintains an office and several employees in Santa Cruz and operates four routes from that location. The downside of this whole Santa Cruz trip was that it took twice as along and cost twice as much to get underway as originally planned. Wildwood Natural Foods, Santa Cruz, Inc. did not produce a profit until 1991. Since it was a 'Subchapter S' corporation, the partners were able to take a tax loss on this project, but the grim reality was that north supported south and gave away many things to help it along (e.g. the very profitable soymilk production). This became a bone of contention between the partners.

"Meanwhile, north flourished, saleswise. Taking on new product lines for its distribution line, willy-nilly, sales grew incredibly. Mrs. Wiggles Rocket Juice led the way. Solar Tacos extended their product line and several different salsa lines were tired, with varying success. We also started distributing Brightsong Tofu products, most notably various salads to Diet Centers and a new soy cheese product called Tofurella. We also picked up Grainaisannce's mochi and amazake products. These 'distributed' products or 'manu prods,' as we called them, yielded low margins, 15% to 20% and it became increasingly difficult to manage the inventory. Additional walk-in space was built and purchased. The philosophy was to fill up the trucks that were going to the stores already to maximize the delivery efficiency. The short sighted part of this was that it began to take the drivers much more additional time to drive the route. The upside was that we began to have more clout in the stores and could get more and better shelf space.

"Growth takes a toll on cash flow and, in fact, the lack of that foresight nearly wiped Wildwood out during this incredible growth period. Time and again short term, no interest loans were made by the partners to bolster cash flow while we grew sales to $100,000.00 per week. The administrative burden became much heavier during this period and the office space became cramped and unworkable. Mr. Bramblett left the company in early 1990 and Mr. Orbuch ran the north for the next two years. In 1990, the north suffered losses of nearly $100,000.00 and nearly failed. Mr. Orbuch tried to make the company appear profitable in 1991, by eliminating key positions and programs, e.g. product development and product control. This did effectively save money but the infrastructure was severely damaged." Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11693. Bramblett, Billy. 1998. Company history: Wildwood Natural Foods (Continued–Document part III). Fairfax, California. 10 p. Unpublished typescript.

• ***Summary:*** "Meanwhile, Mr. Ridenour had brought the Santa Cruz operation into the sunlight of profitability. He had developed systems and teams that worked together toward enlightened profitability. His workers worshipped him, called him 'Dad,' and became a family of which he was the head and patriarch. Wildwood Santa Cruz was profitable in 1991, and on a firm footing.

"After a Stanford MBA analysis indicated that both companies should be headed by the enlightened leadership of Mr. Ridenour, the BOD [board of directors] north elected Mr. Ridenour as president and Mr. Orbuch retired. Mr. Ridenour has set about cleaning up the north and installing those systems and procedures which have been proven effective and profitable in Santa Cruz."

"So as of February 1992, Mr. Ridenour was in charge of both companies... In August, 1992 Mr. Bramblett returned at Mr. Ridenour's request to help with product development and financial analysis (Mr. Bramblett had been the CFO of China Books and Periodicals in San Francisco for the past two years). The analysis determined that the company was losing money primarily due to distribution costs and the imbalance between the sales of Wildwood products and the sales of products made by other manufacturers, which at that time was 33% Wildwood and 67% other."

In 1993 Mr. Bramblett took over the accounting department; Wildwood returned to profitability and the owners decided to merge the two companies so they could sell off a small part of it to raise capital. In Nov. 1993 John

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Breen was hired as controller.

The corporate merger was accomplished in 1994 with each of the four shareholders owning 25% of the surviving corporation. "We then wrote a business plan in which we proposed to build a new tofu factory, bring all production under one roof (likely in Watsonville) and leave a cross dock in Marin County near the Hwy. 101/580 intersection."

"We finally lined up financing for the new factory, but the senior debt underwriters wanted to see more equity on the balance sheet... We have not yet been successful in this plan but have had much interest and several buy-out offers. We have joined the Social Venture Network and have made presentations to the Investor Circle (SVN spinoff) and have a few investment suitors at this time.

"Meanwhile the combined corporations became profitable in 1995, 1996 and 1997 and so far in 1998. We have strung together 13 consecutive profitable quarters and added to our equity thereby. While only growing total sales by about 10% over the past three plus years, we have flip flopped the products profile and are now at 69% Wildwood and only 31% other products, a much more profitable balance. We have also developed many new products and have several products private labeled for us.

"Most recently we have introduced a new private labeled [by Ted Nordquist and TAN Industries] organic soymilk in gable topped cartons which comes in two flavors, Plain and Chocolate. We expect to have this product in distribution in the western U.S. by September 1998.

"Wildwood is currently producing approximately 30,000 lbs, of tofu per week and bottling 2,000 quarts of Yo Soy traditional soymilk (in plastic quarts) in two flavors, Plain and Honey-Vanilla. We reprocess about 40% of the tofu and sell the rest as either 10 oz. vac pack, or 20 oz. vac pac, 16 oz. firm water pack, 16 oz. medium (low fat, calcium sulfate) water pack, or institutional vac pac in 8 lb. blocks or 7 lb. pre-cut. We also produce 20 oz. vac pac for Whole Foods with their label.

"In addition Wildwood produces Hummus in four styles, traditional Mid East, Low Fat, Spicy Low Fat, and Pesto. To complete our middle eastern line, we also produce Tabouli Salad and Baba Ganooj.

"Secondary tofu products include Baked Tofu in four flavors, Smoked Tofu in two flavors, Tofu Vegie Burgers in three flavors, and Tofu Cutlets (traditional Nama Age). We also make Braised Tofu Salad (cubes of tofu lightly grilled with fresh vegetable in exotic sauces) in five flavors and fresh tofu salads in two flavors as well as two tofu spreads. We have abandoned the sandwich market altogether.

"The retail side of the natural foods market has consolidated. Very rarely will you find the small neighborhood health food store or the little mom and pop place that would sell ready to eat products such as ours. Now its all big corporate up-scale super stores with coffee bars, juice bars, cookie bars, salad bars, sushi bars in 65,000 square feet of fancy, wide aisles, highly decorated and high prices.

"These stores also demand more margin, squeezing distributors and manufacturers and exhibit 'serve all our stores or serve none' ultimatums. We have countered by refining our DSD (direct store delivery) system. Wildwood is now Macintosh networked from orders through production, packing and delivery. The driver/sales reps now deliver to the stores with completed invoice in hand. We educate the store clerks and managers to understand that our full service distribution saves them over 5% in stocking and inventory management expense and have kept the stores margins below 30% in most cases. Also, since we have concentrated on developing products with longer shelf lives and have refined production methods to extend the shelf lives of existing products, the return rates have dropped dramatically to under 3% for the entire Wildwood product line."

"Quality is still our number one goal, but profitability is a close second."

"We have expanded our distribution to include several sub distributors. Rock Island Foods carries our longer shelf life products into stores in the SF Bay area which we opt not to serve, as well as into eighty Lucky Markets and any account which is outside of Wildwood's distribution area. In Los Angeles our products are distributed by California Day Fresh as well as Tree of Life and Nature's Best."

In Portland, we are carried into natural foods accounts by Zanya Trading, and we are preparing to open the Seattle market by the fall of 1998. Our new soymilk will be carried by Texas Health into Texas, Colorado and New Mexico and will pave the way for the rest of our product line into those markets.

"Wildwood will continue to seek financing in order to build a new production facility before the new millennium and we plan to be nationwide by 2005. Our products continue to gain critical acclaim and have won first place or best of show at three separate San Francisco Chronicle and American Tasting Institute events in 1998 alone.

"In case you missed the ownership / management lineup, here's a recap:

"Jeremiah Ridenour, President & CEO, Board of Directors, 25% shareholder.

"Billy Bramblett, Treasurer, BOD, 25%, GM in Fairfax, product development, demonstrations.

"Frank Rosenmayr, VP & Secretary, BOD, 25%.

"Paul Orbuch, 25%.

"Other key personnel include:

"John Breen, controller.

"Erik Todd, distribution manager.

"Dolly Gianni, human resources (and so much more).

"Doug Porter, purchasing manager, graphic design (and so much more).

"Maria Gonzales, production manager, Fairfax.

"Chris Spalaris, plant manager, tofu manager, Santa

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Cruz.

"Juan Macias, secondary production manager, Santa Cruz.

"Currently we run thirteen delivery routes which visit our accounts three times a week. We have 95 employees. 1998 sales are estimated to exceed $6.5 million of which about 70% will be Wildwood branded products." Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11694. *CaliforniaCare News* (*Blue Cross of California*). 1998. I'm soy excited: It's not just tofu anymore. Summer.
• ***Summary:*** "Soy foods come from the soybean." They are turning up everywhere in many forms: Vegetable oil, soy flour, "tofu (soybean curd), soynut butter–a peanut butter alternative that's lower in fat, soy milk, yogurt, cheese, and frozen desserts (good dairy substitutes for the lactose intolerant), meat substitutes, such as soy burgers and soy hot dogs (especially good for those trying to cut down on red meat).

"A healthy choice: Many soy foods are high in protein. Two exceptions are soybean oil, which is high in fat, and soy sauce, which is high in sodium.

"Soybeans also contain a chemical that is similar to the female hormone estrogen. Researchers say this chemical may help prevent and treat some cancers, heart disease, and osteoporosis. It can also relieve the hot flashes associated with menopause."

To learn more, call the United Soybean Board at 1-800-Talk-Soy (825-5769).

A color illustration (cartoon) shows a group of singing soy products: green vegetable soybeans in the pod, soy cheese, soy flour, and a soy hot dog in a bun. Address: 21555 Oxnard St., Woodland Hills, California 91367.

11695. **Product Name:** Veggie Cream Cheese: Nature's Alternative to Cream Cheese.
Manufacturer's Name: Galaxy Foods.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-441-9419.
Date of Introduction: 1998. July.
Ingredients: Soy beverage (filtered water, organic tofu powder*, isolated soy protein), unhydrogenated canola vegetable oil, casein (a dried skim milk protein), maltodextrins, organic food acidulants (lactic & citric acids), tricalcium and potassium phosphates, sea salt, carrageenan (sea weed gum), natural vegetetable locust bean gum, natural flavors, vitamin E (antioxidant), vitamin A palmitate. *Tofu is made with organically grown and processed soybeans in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 8 oz. white plastic tub. Retails for $2.19 at Safeway supermarket (1998/06, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1998. June 28. Sold refrigerated from a large display next to the produce section. Tub is 3.75 inches in diameter and 2.375 inches high. Label on top of tub: 3 inches diameter. Yellow, white, red, and black on green. "New! Low fat. Made with organic tofu." Label on side: "Fat per serving: This product: 3 gm. Regular cream cheese: 11 gm." Website: www.galaxyfoods.com.

11696. *Ladies' Home Journal*. 1998. Sesame tofu with noodles. 115(7):130. July. *
• ***Summary:*** A recipe.

11697. Leading Edge Group. 1998. The U.S. health and natural food market: Past performance, current trends, and strategies for the future. 2171 Jericho Turnpike, Suite 200, Commack, NY 11725. 330 p. July. Price $1,995.00. Illust. 29 cm. *
• ***Summary:*** Three past editions of this report have been published by Business Trends Analysts, Inc. (BTA), which is located at the same address as The Leading Edge Group. BTA is the parent company. Since it was founded 20 years ago, it had published reports under two brand names, each of which has a different style. Business Trends Analysts Reports tend to contain mostly secondary research, with an abundance of charts and graphs, and less text and analysis. Leading Edge Reports are conducted by a person with a specialty in that area. The report contains much more primary research and in-depth analysis, and is roughly twice as expensive. This report was conducted by Melina Laverty.

Chapter 5 of this report is titled "Soyfoods and alternative meat products: Market dynamics.

Overall report–Contents: 1. Executive summary. 2. Overall market dynamics (including Soyfoods). 3. The market for soy foods. 4. The market for herbal teas. 5. The market for dairy foods. 6. The market for grains and cereals. 7. The market for frozen foods. 8. The market for snack foods. 9. The market for groceries. 10. The health food consumer. 11. The health/natural food store industry. 12. Competitor profiles. 13. Industry directory. Address: Commack, New York. Phone: 516-462-2410.

11698. Morinaga Nutritional Foods, Inc. 1998. Surprise. It's Mori-Nu tofu (Tear-off recipe pad). 2050 W. 190th St., Suite 110, Torrance, California 90504.
Address: Torrance, California. Phone: 1-800-669-8638.

11699. Robertson, Robin. 1998. The soy gourmet: Improve your health the natural way with 75 delicious recipes. New York, NY: Penguin/Putnam/Dutton. xv + 191 p. July. Introduction by James W. Anderson, M.D. Index. 21 cm. A Plume book.
• ***Summary:*** Contents: Foreword. Introduction: Health

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benefits of soy protein, by James W. Anderson, M.D. 1. The soy solution. 2. Soy what? (soybeans, tofu, tempeh, textured soy protein or TVP, soy milk, miso, soy sauce, soy flour, dry-roasted soybeans or soy nuts, soy convenience foods, egg replacers). 3. Making soy protein work for you. 4. Breakfasts. 5. Let's do lunch. 6. What's for dinner? 7. Desserts. 8. Shakes and more. 9. Sample menus. Glossary (In addition to the soy foods described at Chapter 2: Gomasio, soy cheese, soy protein powder, and tamari soy sauce).

The author, who is a woman, worked as a professional chef during the 1980s, when she used large quantities of meat, eggs, and dairy products to prepare dishes in classic cuisines, such as French and Italian. In 1987 she made a dramatic change in her life, when she decided to stop working in professional kitchens, and start to pursue a healthier lifestyle, becoming a vegetarian, eliminating all meat and dairy products from her diet. Having lost both parents to heart disease and stroke, she had a personal interest in helping people learn how to cook and eat properly. Using soy products such as tofu, tempeh, and soy milk, she was able to recreate her favorite old recipes–sautéed dishes with cream sauces, rich pasta dishes, and even delicious cheesecakes–all without cholesterol. But these soy foods actually offered a double benefit, for recent scientific studies show that they actually reduce cholesterol levels.

11700. **Product Name:** Azumaya Fried Tofu.
Manufacturer's Name: Vitasoy USA Inc.
Manufacturer's Address: 1575 Burke Ave., San Francisco, CA 94124. Phone: 1-800-328-8638 (= Eat Tofu).
Date of Introduction: 1998. July.
Ingredients: Water, soybeans, soybean oil, calcium sulfate, calcium chloride.
Wt/Vol., Packaging, Price: 8 oz (227 gm) packed in poly pouch. Retails for $1.39 (1998/07, California).
How Stored: Refrigerated.
New Product–Documentation: This product, introduced in 1972, was originally named "NamaAge: Fried Soy Bean Cake." Product with Label purchased at Safeway supermarket in Lafayette, California. 1998. Dec. 7. 4 by 7.5 inches. Poly bag. Black and orange on white. A color photo in the lower right corner shows slices of fried tofu on a white paper plate, surrounded by vegetables. Below the product name is written: "Best for Stir-Fry, Sandwiches & Salads." At the top of the front panel: "No preservatives. Perishable. Keep refrigerated." Stamped in blue on the front panel: "Best if used by 7-24." The back panel, 3½ by 7 inches, made of paperboard and printed with orange-brown ink on white, contains nutrition facts and "Try all of Azumaya's products" with a listing. Text in upper left corner: "For recipes and product information please write to us at: Vitasoy USA Inc.–Azumaya, Post Office Box 2012, South San Francisco, California 94083. If you are not completely satisfied with this product, notify our Customer Service Department toll free at 1-800-EAT-TOFU/ 1-800-328-8638 or www.vitasoy-usa.com."

11701. *SoyaScan Notes.* 1998. Soya Clips receives 687 clips from Jan. 1 to June 31, 1998 (Overview). Aug. 1. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is an average of 114.5 clips per month for these six months, or the equivalent of 1,374 clips for the year. This compares with 2,105 clips in 1989–the peak year.

An invoice from Luce shows that one clip during the past year costs (on average) $2.74. The total bill for the 12 months from Aug. 1997 to July 1998 (inclusive) was $5,333.34.

11702. *SoyaScan Notes.* 1998. As of 1 Aug. 1998 there are 77 active tofu manufacturers in the USA and 55 in Canada (Overview). Aug. 2. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Firm confirmation was obtained by a mailing and phone calls for each of these companies. Note: This updated list was published in the Ten Speed Press edition of *The Book of Tofu* (Oct. 1998).

11703. *Rafu Shimpo* (*Los Angeles, California*). 1998. King's Hawaiian serves up Tofu Smoothie. Aug. 3. p. 5. [Eng]
• ***Summary:*** This is a profile of King's Hawaiian Bakery and Restaurant in Torrance, California–in conjunction with the L.A. Tofu Festival. The business has been in the Taira family for about 50 years. "Robert Taira began Robert's bakery in Hilo, Hawaii, where the Portuguese sweet bread became a local favorite. The business relocated to King Street in Honolulu and expanded to include a restaurant.

"In 1977, Taira made the bold move to bring his family to Torrance and brought his bakery and restaurant with him.

"Look for King's Hawaiian Tofu Smoothie at the L.A. Tofu Festival." A photo shows Robert Taira in front of his deli case.

11704. Little Tokyo Service Center. 1998. Presents the Third Annual 1998 LA Tofu Festival (Ad). *Rafu Shimpo* (*Los Angeles, California*). Aug. 7 and 12. p. 3. [Eng]
• ***Summary:*** "Tofu salads. Tofu desserts. Tofu main dishes. Title sponsor: House Foods America Corp. (Hinoichi Tofu). Gold sponsor: Sparkletts. Festival patrons: AT&T, Farmers Insurance Group, Inc., Pacific Bell. Festival supporters: The Gas Company, Vitasoy USA, Inc., Whole Foods Market, Yuasa, Inc. Official festival airline: Northwest Airlines. Celebrity co-chairs: Huell Howser of "California's Gold" and Lilly Melgar, International Actress. Media partner: KSCI–Channel 18.

"Saturday, August 15: 11 to 6. Sunday, August 16: 11 to 4. Plus: Entertainment, music, taiko, & children's performances. Health and information screening (free immunization for children on Saturday. Must present

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immunization card). New recipes and tofu samplers. Promotional and giveaway items. Cooking demonstrations. Drawing–(grand prize, trip for 2 to Japan). Children's pavilion with games and crafts. Cultural events of the 58th Nisei Week Festival, the Street Arts Festival and Grand Parade on Sunday. Come and experience an array of international tofu dishes prepared by top chefs in southern California."

Note: Other ads show: "Participating food providers include: Al Mercato, Aloha Food Factory, Bali Place, BCD Tofu, Berth55, Boxer, Cafe La Boheme, Chez Sateau, Citrus, Classic Catering, Coma Tofu, Curry House, Empress Pavilion, Feast from the East, Flowering Tree, Furaibo, Gadsby's, Galaxy Tea Corp., House Foods America Corporation, Hyatt Regency L.A., Pavan Pacifico, Indo Cafe, Inn of the Seventh Ray, Japan California Products, JFC / Tama Nishiki Rice, Jozu Restaurant, King's Hawaiian, Marina Mago Restaurant, Melissa's, Mother Earth, Papa Jon's Cafe, Southern California Cuisine, Suehiro Cafe, Tofu Cabin, Tofutti Brands, Trader Joe's, Union Center Cafe, Unique Catering, Vege-D'Lite, Vitasoy USA Inc., Whole Foods Market, Yujean Kang's, Zen Grill."

11705. Demos, Steve. 1998. Brief history of White Wave's use of organically grown soybeans (Interview). *SoyaScan Notes.* Aug. 10. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter of 18 Feb. 1999.

• ***Summary:*** White Wave started making tofu on 27 Sept. 1977. Steve was one of the tofu makers. That original batch of tofu was made using "organic soybeans," as stated clearly on the first tofu label. The original label was done in two colors (blue–with small amounts of black shading–printed on white), because the company could not afford to use more colors. The labels were supposed to be self-adhesive, but they came with no glue on the back, so for about 6 months the workers had to figure out how to glue the labels onto the top of the little Chinese paper carry-out pails which contained the tofu floating in water. Steve still has samples of the original art work because about five years ago Ginny, his ex-wife, gave him an album (8-10 pages, double-sided, for memory's sake) containing almost all of White Wave's early labels and advertisements, including the deli and nut butter business, plus some press clippings about the company.

The second version of the label, introduced in early 1978, is quite similar to the first except that the ingredients are listed across the top of the oval. The first ingredient is "Organically raised soybeans." The third version of the label, in about 1980, just after the company moved to Walnut Street, has a little more color (especially green). Steve still has the press sheet for that those horizontally oval labels framed on his office wall.

"When White Wave started, our first priority was the integration of vegetable-based foods; our second priority was organic raised products. Organic has always been very important to us–and to many of our customers." Steve had been in the natural foods industry before he started White Wave. In 1974, in between one of his trips to India he opened a store (in La Haska, Pennsylvania) that sold bulk organic food. He soon sold the store, took the money, and went back to India. It was while running this store that Steve first learned about buying organically grown foods. At the time that White Wave started business in Boulder, there was a small distribution company in town named the Green Mountain Grainery, run by Bruce Macdonald, that also had a distribution arm in Denver, and a retail outlet in Boulder. They were big on organics, so Steve bought his first organic soybeans from Green Mountain Grainery; the soybeans were grown by Living Farms in Tracy, Minnesota (Ardell Anderson). Within a very short time, White Wave began buying its organic soybeans directly from Living Farms. At the first nationwide soycrafters convention in Ann Arbor, Michigan (28-30 July 1978), Steve filled out a form titled "Bean Supplies." His supplier was "Living Farms, Tracy, Minnesota. Price: 17.5 cents/lb."

Once when Steve was on vacation, Pat Calhoun "had to make the tremendous decision of buying 2,000 lb of them at once. That was a huge amount, enough to last for a long time–in those days." After that, Steve drove to a meeting of the Organic Growers Association in Iowa. He spoke to solicit growers, saying: "This is the up and coming thing and we will pay a premium for these soybeans but we need reliable sources." One big problem in those days was that half the bag was soybeans and the other half was dirt. At the Iowa meeting Steve met Marvin Kurpkeweight, who was already growing soybeans organically in eastern Nebraska. Shortly after the meeting, in the fall of 1978, Steve visited Marvin's farm. He recalls walking out on his beautiful large farm, seeing how the crops and animals were nicely integrated, meeting his family, discussing crop rotation, etc. Steve contracted with him (at a price lower than he had to pay Green Mountain Grainery) for a certain amount of soybeans to be delivered at specified intervals throughout the year–in much the same way White Wave does today. Steve used Marvin as White Wave's sole supplier of soybeans for the next few years. Thus, all the soybeans White Wave used during this time were (to the best of Steve's knowledge) totally organic.

Why didn't Steve mention his work with organics during several long interviews on White Wave's early history in 1987? "There's only one bullet you ultimately get across. What are you? Are you the organic company? No, we're the vegetarian company. We always presented ourselves as the soy vegetarian company. We constantly tried to reinforce that basic identity." Nevertheless, every year except one, White Wave has made its products using organic soybeans–either third-party certified organic or transitional organic. The former are twice as expensive as the latter. On the transitional organic label they asterisk the soybeans and

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write: "Raised without the use of herbicides, chemicals, or pesticides." Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11706. Liu, Jeff; Tokumura, Megumi. 1998. Tofu geddon: When Stephen Fong, reigning bean-curd eating champion, licks his chops, watch out. It's over. *Rafu Shimpo* (*Los Angeles, California*). Aug. 11. p. 2. [Eng]
• ***Summary:*** A dialogue with Stephen Fong, age 14, a freshman at Schurr High School; he won one of two tofu-eating competitions last year, and hopes to win again this year. Contestants can't use their hands when eating the tofu; hands must be behind the back. The tofu is placed, unseasoned, in a dish on the table. Three photos show Stephen eating a cake of tofu.

11707. Duchesne, Paul. 1998. Reflections on the early history of Wildwood Natural Foods, and how Richard Rose got involved with tofu (Interview). *SoyaScan Notes.* Aug. 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul's company is now named "Mama Paul's." Paul Watson was a mutual friend of Paul Duchesne and Billy Bramblett who happened to work in the Good Earth Natural Foods store as a stock clerk. He started to study acupuncture with a person in Bolinas. He is a carpenter and licensed contractor now in Mill Valley. He had nothing to do with tofu. Chris Smith was last seen in or near St. Louis, Missouri, teaching macrobiotics.

Wildwood started making and bottling soymilk starting about 1-3 months after it began to make tofu in 8 Aug. 1980 in Fairfax.

The Tofumobile got Wildwood a lot of early publicity.

Paul has heard: When the people in Ukiah sold the tofu shop to Dik Rose, he agreed (it was written into the contract) not to move it out of Redwood Valley. But he did. He moved the whole thing to Petaluma. They were very upset. They broke in and stole all the equipment, then put it in a locker. They then threatened him that he was not going to get it back; this went on for a long time. Dik finally showed up with the sheriff and guns, and forced them to open the locker and give him back his equipment. Redwood Valley is 5 miles north of Ukiah. David Patton (who was in a partnership with something like 3 people) was one of the people whole sold the shop to Rose. David was the main tofumaker and they wanted fresh tofu in Ukiah. David wrote Paul a letter last year from Edinburgh, Scotland, studying. David has long been involved with interesting ecological things such as yurts, planting trees, and tofu. "They were very, very upset that Rose moved the shop out of Redwood Valley down to Petaluma. They felt he totally betrayed them." Address: Fairfax, California. Phone: 415-453-2360.

11708. Albano, Leilani. 1998. Nisei Week kicks off in Little Tokyo. *Daily News* (*Los Angeles, California*). Aug. 17. p. 4.
• ***Summary:*** "Second generation Japanese-Americans began Nisei Week in 1935 as a way to honor the issei, or first-generation Japanese immigrants to the United States.

"The festival was suspended for seven years when Japanese-Americans were interned in camps during World War II, and the celebrations resumed in 1949.

"'The festival is in honor of what the issei had gone through,' said Wendy Fujihara Anderson, a spokeswoman for the festival.

"Soybean lovers got a taste of their favorite cuisine Saturday and Sunday at the Nisei Week tofu festival, part of the overall event.

"Thirty Southland restaurants participated in the two-day celebration that became a blend of the old and the new, with traditional Japanese tofu plates served alongside contemporary dishes that included tofu enchiladas, tofu cheesecake and tofu seviche."

A photo shows vendors in tents serving tofu dishes along the street side in Little Tokyo (Los Angeles). Note: Nisei Week opened with a taiko drum festival, by the Daion Taiko drummers of Anaheim.

11709. Castillo, Joaquím; Dunn-Meyell, Catalina Mary. 1998. Re: Three pioneering soyfoods companies in and around Barcelona, Spain. Letter to William Shurtleff at Soyfoods Center, Aug. 17. 3 p. Handwritten, with signature. [Eng; Spa]
• ***Summary:*** This letter was written first in Spanish, then sent back with an English translation done by Joaquim's wife, Catalina, who is English. For the last ten years Joaquim has been involved in the sale of a variety of ecological products, such as recycled stationary. He is currently contemplating a change in career and is looking at production of organic foods, which appears to be a very promising field in Spain. The region of Catalunya, of which Barcelona is the capital, has always been the pioneer in Spain with respect to organic products.

The three companies are: (1) Vegetalia S.L., c/ Placa de l'era S/n. 08183 Castellcir (Barcelona). Phone: 93 866-6161. Fax: 93 866-8298. Sr. Salvador Sala. They make tofu, tempeh, seitan, tofu paté, tofu hamburgers. 20 workers. Products sold mostly in health food shops.

(2) Natursoy, c/ Josep Galles, No. 36-52, 08183 Castell Tercol (Barcelona). Phone: 93 866-6042. Fax: 93 866-6250. Sra. Carmen Ascension. Vegetalia and Natursoy used to be the same company, but they separated a few years ago. They make different types of tofu, seitan, hamburgers, etc. They also import organic products; cereals, biscuits, fruit juices, etc.

(3) La Sojeria–also situated in Barcelona. "I have been unable to obtain information about them, but their distributors are: Nutresco S.L., c/ Mossen Lluis David, No. 69. 08180 Moia (Barcelona). Phone: 93 830-0166. Fax: 93 820-8404. Sr. Dionis Guiteres.

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Macrobiotic community: Ecole Cuisine et Santé, Fondation Macrobiotique, Pont de Valentine, F. 31.800 St. Gaudens, France. Phone: 61 89-7514. Fax: 61 89-3607. Run by M. René Levy, disciple of G. Ohsawa. The organization continues Ohsawa's work and endeavours to make known the benefits of macrobiotics. Tofu is only produced for use within the community, which has been in existence for nearly 20 years. It is situated in a beautiful spot in the southeast of France. Address: Partida Rosers 26, E-03750 Pedreguer (Alicante) Spain.

11710. Castillo, Joaquím; Dunn-Meyell, Catalina Mary. 1998. Re: Ecole Cuisine et Santé, a macrobiotic community in France that makes its own tofu. Letter to William Shurtleff at Soyfoods Center, Aug. 17. 1 p. Handwritten, with signature. [Eng; Spa]

• ***Summary:*** *Ecole Cuisine et Santé* is located at: Fondation Macrobiotique, Pont de Valentine, F-31800, St. Gaudens, France. Phone: 61-897514. Fax: 61-893607. This macrobiotic community is run by René Levy, a disciple of George Ohsawa. It has been in existence for nearly 20 years, and is situated in a beautiful spot in southeastern France. The organization continues Ohsawa's work and endeavors to make known the benefits of macrobiotics. The community makes it own tofu, which is used entirely within the community. Address: Partida Rosers 26, E-03750 Pedreguer (Alicante) Spain.

11711. Liu, Jeff. 1998. Third Annual Tofu Festival dazzles: Thousands of tofu enthusiasts attend Nisei Week tribute to soy bean cake product at JACCC. *Rafu Shimpo* (*Los Angeles, California*). Aug. 18. p. 1, 5. [Eng]

• ***Summary:*** This is the best overview seen of the 1998 L.A. Tofu Festival. An "estimated crowd of between 40,000-50,000 hungry people streamed into Little Tokyo this past weekend for a tribute to all things tofu." Over 40 restaurants and food providers offered tofu dishes. This year's festival was the biggest ever, spilling from the Japanese American Cultural and Community Center (JACCC) Plaza into South San Pedro Street. Popular recipes included: Fried tofu with garlic (by Empress Pavilion). Tofu cheese mousse. Tofu cheesecake (Inn of the Seventh Ray), Iced mocha cappuccino with soy milk. Halo-halo and soy snowcones. Tofu coffee dessert (Jello-like). Tofutti Cuties. Hawaiian orange passion mango banana tofu smoothie (from King's Hawaiian; "a remarkable and refreshing fruit-soy shake that is a wonderment to the sense..."). Tofu curry. Smoked eel with tofu and soba. Tofu tuna poke salad. Mabo tofu. Tofu avocado seviche (by Coma Tofu, an outreach to the Latino community organized by Yvonne Gonzalez; "a potent blend of minced onions, chopped cilantro and lime in an all-vegetarian version that substitutes crumbled tofu for fish"). A photo shows an aerial view of one street, lined with tent-like booths and jammed with people. Address: Rafu staff writer.

11712. Endo, Margaret. 1998. The LA Tofu Festival of August 1998 (Interview). *SoyaScan Notes.* Aug. 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This year's Tofu Festival was the biggest and most successful yet. Since there is no admission fee to the Tofu Festival, the Little Tokyo Service Center raises its money by selling food scrip tickets. Each ticket costs $1.00 and can be used at any of the booths, for food, drinks, or novelty items. This year sales of those tickets was $69,000, almost double the $37,000 dollar figure last year. Saturday they sold $33,000 in tickets compared with $16,000 last year. Sunday they sold $36,00 in tickets compared with $20,000 last year. There were 40 food booths and 3 drink booths, including one selling soymilk snow cones. Most of the food booths were run by restaurants that served tofu dishes. One restaurant sold chilled edamamé. There was one tofu boutique selling t-shirts, polo shirts, shorts, etc. and on each was written LA Tofu Festival. This year there was a children's pavilion with really cute tofu-related games, soy coloring books sent by the United Soybean Board, and 300 soy-based crayons sent by Dixon-Ticonderoga. They also raise money by having corporate sponsors, and selling their tofu cookbook (which was only slightly changed from last year). There was also a program booklet, that contained a history of tofu.

Rafu Shimpo did lots of good English-language articles this year, including highlights of each restaurant that participated. The LA Times did nothing. The crowd was more racially diverse than last year, with a larger percentage of non-Japanese Americans and non-Asian-Americans, including a lot more Chinese-Americans, and Hispanics.

They did a lot of work with Yvonne Dreyfus of the Latino Outreach. She was on KBEA–the Latino station. It worked out pretty well but it was a little bit difficult for Yvonne. Because she wasn't a restaurant, she had much fewer resources as an individual, so LTSC had to help a lot with things like ordering the food products. A little more maintenance was required–but it was well worth it because of the outreach and exposure to the Latino community. Margaret is hoping she will stay involved next year. People liked her Tofu Seviche.

In Los Angeles there is a program on PBS (KCET-TV–channel 28) titled "Visiting... with Huell Howser." This coming Saturday at 6:00 p.m. and Sunday at 7:00 p.m. in Los Angeles (channel 28) a 1-hour documentary he filmed on Saturday about the Tofu Festival–All You Wanted to Know about Tofu will air on this channel. He first visited a tofu factory (American Foods) to show how tofu is made, then shot footage at the festival. The program will not be aired outside the Los Angeles area. The phone number of Huell Howser Productions is 213-953-5380. Note: They sent Soyfoods Center a free copy of the 1-hour video. A PR company volunteers their time each year and puts together

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a media packet of all the articles etc. about the Festival. Margaret will ask them to send one packet to Soyfoods Center. Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1613.

11713. **Product Name:** Tofu.
Manufacturer's Name: Clark Foods.
Manufacturer's Address: Unit 13, Manorpark Estate, Flint, Wales CH6 5UY, UK. Phone: 01352 735522.
Date of Introduction: 1998. August.
New Product–Documentation: Talk with (call from) John Clark, owner and founder of Clark Foods, a tofu manufacturing company. 1998. Oct. 12. Referred by Ray Pierce. His company started making tofu in Aug. 1998. They now make tofu as an ingredient in prepared meals, but they are working on selling their tofu in a retail pack of about 240 gm. The Ltd company is named Waterfront Corp. Ltd., but it trades as Clark Foods.

Letter (fax) from John Clark. Clark Foods now writes its address as: Unit 13, Manor Industrial Estate, Flint, Flintshire, CH6 5UY, UK [Wales].

11714. Galeaz, Kim. 1998. Build on better health with soyfood guide pyramid. *Soy Connection* (*The*) (*Jefferson City, Missouri*) 6(3):4-5. Summer. [4 ref]
• ***Summary:*** Page 4 shows the full-page "Daily Soyfood Guide Pyramid" containing six different food groups. Page 5 describes how soyfoods can be used in each group, including soy flour, green soybeans, soymilk, soy cheese, soy yogurt, tofu, meat alternatives (incl. soy burgers), roasted soynuts, soynut butter, and soy oil. Address: RD.

11715. Gonzalez, Yvonne. 1998. Coma tofu: El que y porque [Eat tofu: The what and why!]. Los Angeles, California: Little Tokyo Service Center. 8 p. Illust. 22 cm. Saddle stitched (stapled). [Spa]
• ***Summary:*** This Spanish-language introduction to tofu was distributed at the Third Annual LA [Los Angeles] Tofu Festival to educate Hispanic people in the Los Angeles area about tofu. It has a purple cover. Contents (in Spanish): What is tofu? Why eat tofu? Three vegetarian tofu recipes: Ceviche / ceviche de tofu y aguacate. Paella vegetariana con tofu. Chile con tofu. Address: Los Angeles, California 90042. Phone: 213-254-1712.

11716. Jessop, Doug. 1998. Update on tofu testing procedures. *Canadian Soybean Technical Bulletin* (*OSGMB, Chatham, Ontario, Canada*) 4(1):4. Aug.
• ***Summary:*** "As a result of the latest technical mission to Japan in September 1997, the Food Processing Lab at the Greenhouse and Processing Crops Research Centre (GPCRC) has made several changes in its tofu evaluation procedure." These three include temperature and time of soaking, use of the coagulant calcium sulphate dihydrate, and use of an 8 mm penetrometer to measure texture. Address: Food Processing Technologist, Harrow Research Centre, Harrow, Ontario, Canada.

11717. Little Tokyo Service Center. 1998. The Third Annual L.A. Tofu Festival, August 15-16. Los Angeles, California. 26 p. Illust. 26 cm. Saddle stitched (stapled).
• ***Summary:*** Contents: 1999 LA [Los Angeles] Tofu Festival committee. About Little Tokyo Service Center. Festival sponsors, by rank. Celebrity Co-chairs: Huell Howser and Lilly Melgar. Festival health providers. Schedule of events (orange insert). Map of events (pink insert). *Coma Tofu: El que y porque!* (Eat tofu: The what and why!) in Spanish, with 2 recipes by Yvonne Gonzalez. Tofu: A 2,000 year old health food miracle, compiled by William Shurtleff of Soyfoods Center. Tofu Q&A. 1997 LA Tofu Festival participant profiles (39 restaurants, p. 7-9). Advertisements (p. 13-26), including ads for Vitasoy (incl. Nasoya & Azumaya), Whole Foods Market (incl. White Wave–Vegetarian Cuisine), Yuasa, Inc., Patricia Greenberg and her *Whole Soy Cookbook,* the Indiana Soybean Council and Prang Fun Pro Soybean Crayons, House Foods America Corporation and its Hinoichi tofu (full page, inside rear cover). Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1600.

11718. Messina, Mark. 1998. Perceptions on soyfood–Past, present and future. *Soy Connection* (*The*) (*Jefferson City, Missouri*) 6(3):1, 8. Summer.
• ***Summary:*** Contents: Introduction (Dr. John Harvey Kellogg, USDA, *The Book of Tofu,* by Shurtleff & Aoyagi). Concerns about women's health. Functional foods. Interest in plant-based diets. Development of better tasting and more convenient soyfoods. Ethnic influences on meals (esp. Asian).

It is reported that 26 million Americans eat soyfoods. Address: PhD.

11719. Ndungi Khoto, Aubry. 1998. Contribution a l'avant-projet d'une usine de production de *lait de soja* en poudre a Lubumbashi [Contribution to the rough draft for a factory for the production of soymilk at Lubumbashi, Congo]. Civil Engineer thesis, University of Lubumbashi, Polytechnic Faculty, Dep. of Industrial Chemistry. v + 154 + 16 p. Illust. 30 cm. [73 ref. Fre]
• ***Summary:*** Preface and dedication. Introduction. Part I: Review of the literature. 1. General information about soya and proteins: 1.1. The soybean (Botanical, origin and history, soybean production and commerce worldwide, soya in the Democratic Republic Republic of the Congo {Congo, formerly Zaire}, structure and composition of soybean seeds, utilization of soybeans {with diagram}, food uses of

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soybeans {oil and meal, soy flour (4 types), soy concentrates and isolates, textured soy proteins {TVP, thermoplastic extrusion, spun fibers}, soymilk, tofu, other uses (shoyu, miso, tempeh, yuba)}, industrial uses of soybeans {linoleum, plastics, paints, varnishes, etc.}). 1.2. Proteins (in the human body, in foods), the structure of proteins (amino acids, ionization and acid-base properties of amino acids), protein bonds, denaturation. 1.3. Soya proteins (glycinin or globulin 11S, globulin 7S, hemagglutinins or lectins, protein inhibitors and other antinutritional factors, amino acid composition of soy protein). 1.4 Factors affecting the food value of soya: Acceptability problem (food value of raw soybeans), intolerance to soy proteins, off-flavors in soya and their source, inactivation of lipoxygenase, other treatments affecting the food value of soya: Alkalis.

2. Preparation and properties of soymilk. 2.1. Properties. 2.2. Advantages and disadvantages of soymilk compared with cow's milk. 2.3. Preparation. 2.4. Commercial / industrial production using the Alfa-Laval process.

3. Reminder of certain operations required for the preparation of soymilk powder: 3.1. Homogenization. 3.2. pasteurization and sterilization. 3.3. Concentration by evaporation. 3.4. Drying by atomization. 3.5. economies of energy in dewatering operations.

4. Some ideas on the methods of sensory evaluation: 4.1. The different methods. 4.2. Results and interpretations.

5. Important ideas in the study of the market, in determining the capacity of production, and in the economic evaluation of a project: 5.1. Study of the market. 5.2. Determining the capacity of production. 5.3. Economic evaluation of a project, incl. estimating fixed capital by adding capital costs.

Part II: Experimental, industrial calculations, economic calculations. Introduction. 6. Origin and characterization of the raw materials, trials for inactivation of lipoxygenase. 7. Determination of the optimal conditions for the preparation of soymilk. 8. Results of pilot plant trials. 9. Market study and determination of the capacity of production. 10. Description and calculations for the installation. 11. Economic evaluation of the project. General conclusion.

Tables show: (1) Number of people that can be supported for 1 year by the production from one acre devoted to certain crops and animals. Fewest: Beef 190. Pork 319. Poultry 457. Most: Potatoes 5,329. Split peas 6,901. Soybeans 9,075. Algae 43,200–154,000. Yeast 3,275,000. (1.1) Leading soya producing countries in 1985 (worldwide, with area, production, and yield; USA, Brazil, China, Argentina, India). (1.2) Leading soya producing continents in 1985 (North and Central America, South America, Asia, USSR, Europe, Africa, Oceania). (1.3) Leading soya trading countries in 1985. Importers: Japan, Netherlands, R.F.A. (Republique Federal Allemagne = Germany), Spain, Italy. Exporters: USA, Brazil, Argentina, China, Paraguay. (1.4) Production of soya in the Congo, by province 1970-1978 (the leading producer by far in 1978 was Western Kasai). (1.5) Production of soya in Katanga [formerly Shaba, before that Elisabethville] (1990-1994; by far the leading producer is Tanganyka). 1.6 Total production of soya in the Congo (1,000 metric tons) from 1970-1995 (increased from 1.7 in 1970-74 to 18 in 1995). (1.7) Average composition of different parts of the soybean seed. (1.8) Physico-chemical composition of soybean seed (ranges and average). (1.9). Mineral content of soybeans. (1.10). Vitamin content of mature soybean seeds and soybean meal. (1.11) Fatty acid composition of soybean oil. (1.11A) Enzymes in the soybean: Lipoxidase, urease, lipases, beta-amylase. (1.12) Properties and characteristics of the water-soluble fractions of soybean seeds. (1.12A) Variations in the solubility of proteins from defatted soy flour at various pH levels. (1.12B) Amino acid composition of soybean protein. Address: Lubumbashi, Katanga Province, Congo.

11720. *Ontario Soybean Growers' Marketing Board Newsletter.* 1998. Soybean processing and the Guelph Food Technology Centre. Aug. p. 4.

• ***Summary:*** "For a crop like soybeans, processing is the 'magic' that converts a hard little bean into a wide variety of high quality, nutritious foods and food ingredients. Whole soybeans can be processed into traditional soyfoods like soymilk or tofu, or they can be separated into their primary components: Protein, oil, lecithin and fibre.

"Consumer interest in foods containing soybeans is on the rise... many Canadian food processors have begun to develop new soyfood products for the marketplace. However, soyfood development is no simple task, so many have contracted the services of the Guelph Food Technology Centre," which is located on the main campus of the University of Guelph. The facilities and benefits are described. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11721. Rauchman, Steve. 1998. Look who's cookin' now: From chef to CEO–Yves Potvin is healthy, wealthy and wise. *Sales Promotion* (*Canada*) 2(4):28-32. Aug.

• ***Summary:*** The story of Yves Potvin and his company. Photos on the cover and in the article show Yves. Yves, age 42 (so born in about 1956), is married and has a daughter not yet a year old. At age 19, while studying to be an architect, he decided to switch to the two-year chef's course at the St. Hyacinthe Professional School of Cooking in Quebec.

He worked at a resort in the Laurentian Mountains in southern Quebec, at restaurants in Sherbrooke and later Vancouver, mainly French restaurants, working with French cuisine and nouvelle cuisine. He became an admirer of Paul Bocuse, who did something remarkable when he created *nouvelle cuisine* in the 1960s, and thereby changed French cuisine.

In 1985, at age 28, Yves started his own food

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manufacturing company, Yves Fine Foods, with $10,000 of his own money and $30,000 raised from family and friends. In 1992 the company was later renamed Yves Veggie Cuisine. His first product was a tofu wiener / hotdog.

11722. Sato, Satoru. 1998. Chef Sato's all-natural desserts: Delicious cakes, pies, pastries, and other irresistible sweets. Becket, Massachusetts: One Peaceful World Press. 96 p. Foreword by Aveline Kushi. Recipe index. 22 cm.
• ***Summary:*** This innovative little book contains "42 delicious, sugar-free, dairy free desserts." Soymilk is widely used in place of dairy milk (as in fillings), and tofu is used in many frostings. Maple syrup is used as the sweetener. Address: Great Barrington, Massachusetts.

11723. Warrick, Sheridan; Levin, Karen A. 1998. A garden on the grill. *Health* 12(5):102. July/Aug. *
• ***Summary:*** Includes international barbecuing recipes.

11724. Chou, Hsiao-Ching. 1998. Beans on branches: Fuzzy, green and sweet, they're full of nutrition. *Denver Post* (*Colorado*). Sept. 16. p. 1E, 5E.
• ***Summary:*** A good, very positive article about edamame (the Japanese name means "beans on branches"), also called *mao-doh* ("fuzzy beans") in Chinese. They taste good and they're good for you. Now, in the Denver and Boulder areas, natural food stores and farmer's markets offer green vegetable soybeans, freshly harvested from a local farm–for $5 to $6 per pound. Try the Boulder farmer's market, Whole Foods in Boulder, Wild Oats in Denver, Alfalfa's in Cherry Creek, or the Cherry Creek farmer's market. In Longmont, Colorado, Pachamama Organic Farm (38 acres) grows 1½ acres of the new crop. This is the second year that Ewell and Lauren Culbertson have grown edamame. Planted in August, they are expected to yield 10,000 pounds before the first frost arrives. Pachamama is the only known farm in Colorado that grows the green soybeans, partly because it's a labor intensive crop. Americans like these green soybeans, and so do kids. The Culbertson's 10-year-old son, Amos, packs them in his lunch and enjoys them with his schoolmates. Gives 3 recipes: Fried rice with green soybeans and mushrooms. Green soybean, corn, and artichoke salad. Tarragon sweet beans, onions, and potatoes.

Large color photos show: (1) Lauren Culbertson in the field with both arms filled with fresh soybean plants and edamamé. (2) Roasted light-green edamamé in the palm of a person's hand. (3) Ewell Culbertson inspecting an edamamé plant growing on his farm. A small black-and-white photo shows bundles of edamamé in a box, with a hangtag on each.

A sidebar titled "Soy hormones power tofu diet," by Cooking Light (p. 5E) discusses soy hormones and their medical benefits. "The real medicinal hero of tofu is the soybean... But even soybeans have an inner hero–a group of compounds called isoflavones. These plant hormones, with names such as genistein and daidzein, may help battle chronic illness on several fronts..." Stronger bones, lower cholesterol levels, relief from hot flashes, lower risk of cancer.

11725. Stipp, David. 1998. Nutraceuticals–Engineering the future of food: A revolutionary blurring of foods and drugs is transforming the industries that make them and promising to help us age gracefully. *Fortune* 138(6):128-30, 134, 136, 140, 144. Sept. 28. [1 ref]
• ***Summary:*** This is a very (perhaps overly) optimistic portrayal of the future of genetic engineering. In January 1998 Charles "Chad" Holliday was installed as the CEO of DuPont. A few months later he acquired Protein Technologies International (PTI), a subsidiary for Ralston Purina Co., for $1.5 billion. Analysts were puzzled by the deal, and the very high price that DuPont paid. On the day the deal was announced, DuPont's shares slipped $0.31 to close at $65.63, while Ralston's jumped $3.44 to $91.69.

This acquisition was part of the "life science" revolution, an example of how chemical and agribusiness companies are increasingly envisioning their future in biology, and especially biotechnology. Last year Monsanto (an old-line chemical firm) spent over $6 billion for seed companies, while DuPont paid $1.7 billion for a 20% stake in Pioneer Hi-Bred International. Yet the prize in the life-sciences revolution is seen as lying, not in seeds, but in food–and in the blurring of the distinction between food and drugs, between edibles and pharmaceuticals. For example, in 1996 there was the $29 billion merger of Sandoz and Ciba-Geigy to form Novartis.

These new health-enhancing foods go by several names. The food makers call them "functional foods" while the pharmaceutical companies prefer the name "nutraceuticals." A functional food might be spaghetti enriched with soy protein to prevent osteoporosis. Unfolding scientific research suggests that men with prostate cancer may be able to slow the progression of the disease "by eating lots of tofu and other soy-based foods." According to Clare Hasler, executive director of the interdisciplinary functional-foods program at the University of Illinois, the emphasis is shifting from removing the bad components from food (fat, cholesterol, salt) to enhancing the good. One example is the trend to fortify foods with calcium; it took off in 1995 when Tropicana started fortifying its orange juice with bone-building calcium. Today calcium is added to a host of foods to make them more nutritious.

Marketing these foods will be aided by FDA health claims (which can be printed on the front of each package) based on clinical studies. DuPont is working to gain FDA approval of a health claim for products containing soy protein–which is rich is isoflavones. Steven Potter, DuPont's Director of agriculture business development, believes that if this health claim is approved, the $1.5 billion DuPont paid

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for PTI will look like "chump change." People think of the U.S. pharmaceutical market as a huge one, but it is actually only about one-fifth as large at retail as the $500 billion food market.

The soul of the new life-sciences machine will probably turn out to be phytochemicals–such as the isoflavones found in soy protein foods or the lycopene found in tomatoes (which cold lower the risk of prostate cancer). Other popular fortifiers are fiber, antioxidants, and zinc.

The government has played an important role in drawing or blurring the line between foods and drugs. In 1976 Congress passed a law prohibiting the FDA from limiting the potencies of vitamins and minerals. Then in 1986 the National Cancer Institute worked with the Kellogg Co. (Battle Creek, Michigan; without consulting the FDA) to put the first health claim on a mainstream food–Kellogg's All Bran. The message on the front of each package stated that high-fiber foods may lower the risk of certain cancers. FDA officials were furious, but they decided not to take action against Kellogg, in part because the statement had been proven true by science and the food was a healthy one.

So in 1990 Congress created a legal basis for such claims when it passed the NLEA (Nutrition Labeling and Education Act). But the FDA got the last laugh by interpreting the law so strictly that only 11 claims, each very carefully worded, have been allowed to date. For example: "Diets low in sodium may reduce the risk of blood pressure, a disease associated with many factors."

Finally, in 1994 Congress passed the Dietary Supplements Health Education Act (DSHEA, also called the Hatch Act), a "bulldozer" of a law that allows companies selling dietary supplements to print health claims on their packages without seeking FDA approval. Although the law forbids claims that supplements can treat diseases, it does allow claims linking phytochemicals to good health. The law took away most of FDA's power to regulate supplements, according to Stephen DeFelice, who coined the word "nutraceuticals" and started the nonprofit Foundation for Innovation in Medicine (Cranford, New Jersey), which promotes natural remedies.

A sidebar is titled "Can soy cut cholesterol." Studies suggest it can. Our writer tries to replicate them using himself as a guinea pig." Before the experiment, his total cholesterol was 223 ("borderline high") and his LDL (bad cholesterol) was 165 ("dangerously high"). He added 30 gm/day of soy protein isolates to his diet and cut back on his "American soul food" such as hamburgers. After two weeks his total cholesterol was unchanged, but his LDL fell 5.5% to 156 ("high")–not bad in only two weeks.

Note: This study uncritically assumes that consumes will accept genetically engineered crops and foods.

11726. Ginsberg, Beth; Milken, Mike. 1998. The taste for living cookbook: Mike Milken's favorite recipes for fighting cancer. Santa Monica, California: CaP CURE. Distributed by Time-Life Books. 118 p. Illust. Index. 26 x 27 cm. [2 ref]
• ***Summary:*** This is a gorgeous, low-fat vegetarian cookbook in which about half the recipes use soy as a major ingredient. It is loaded with color photos (many full page), playful graphics, and good advice. Note: 100% of the proceeds from this book are used to fund prostate cancer research. The book is available at bookstores nationwide, or it can be ordered by dialing toll-free 1-877-884-5433 (LIFE). Contents: Introduction, by Michael Milken. Preface, by Beth Ginsberg. Four nutritional principles of CaP CURE to fight prostate cancer and other hormonal cancers: (1) Limit dietary fat to 15% of total energy intake (calories). (2) Eat 5 or more fruit and vegetable servings per day. (3) Consume 25 to 35 grams of dietary fiber a day. (4) Consume 40 to 60 grams of soy protein a day. "Americans have a five times higher incidence of prostate cancer than people living in Asia and eating a traditional diet. Soups. Exercise. Entrees. Soy and soybeans. Sandwiches and sides. Cruciferous vegetables. Breakfasts and shakes. Desserts. Healthy pantry. Afterword, by Donald S. Coffey, PhD, President of the American Assoc. for Cancer Research and Professor of Urology, Oncology, Pharmacology and Molecular Sciences, Johns Hopkins Hospital, Baltimore, Maryland: We are what we eat, how does food cause or protect us from cancer (ROS = reactive oxygen species), how did we lose our way?, how did our diet change ("The great apes were primarily vegetarian, consuming great quantities of vegetables that are high in fiber"), what should we do? About CaP CURE.

Soy-related recipes include: French onion soup (with soy cheese and soy sauce, p. 20). Broccoli potato soup (with grated nonfat cheddar-style soy cheese, p. 22). Shiitake miso soup (with silken tofu and low-sodium tamari sauce, p. 22). Taco salad with a chili lime dressing (with 1½ lb fat-free soy meat, p. 26). Chinese roasted tofu salad (p. 33).

Note. This is the earliest English-language document seen (April 2013) that contains the term "roasted tofu;" it refers to grilled tofu.

Orange ginger dressing (with white miso and tamari, p. 33). Chef's salad with miso shallot dressing (and Soy Deli Slices, p. 34-35). Thousand island dressing (with tofu, p. 34-35). Chopped vegetable salad (with 1 cup edamame, p. 36). Teriyaki tofu bowl with Chinese vegetables (p. 40). Tofu dog casserole with a pretzel crust (p. 42). Soy and Soybeans (with a sidebar on "understanding tofu," p. 44-45). Lasagne with "soysage" (with fat-free vegetarian sausage, silken tofu, and soy cheese, p. 46). Spinach cannelloni with fresh tomato sauce (plus soy milk and low-fat tofu, p. 48-49). Vegetable fritatta with roasted tomato salsa (and 2 lb tofu, p. 54-55). Enchilada pie with ranchero sauce (and 1 lb soy cheese). Greek spinach pie in a phyllo nest (with tofu, p. 61; remake of spanakopita). Homemade vegetable pizza with soy cheese (p. 62-63). Vegetable reuben (with tempeh bacon strips, p. 68). Tofu egg salad sandwich (p. 72). New

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Deli (fat-free hot dog, p. 75). VLT with herb mustard (and fat-free tofu bologna slices, p. 76). Broccoli in soy cheese sauce (p. 78-79). Fruit shake (with soy protein isolate, p. 84). Blueberry banana multi-grain pancakes (with soy milk, p. 87). Strawberry shortcake (with soy milk, p. 96). Carrot cake (with silken tofu, p. 100-01). Devil's "fool" cake with cocoa frosting (plus silken tofu, p. 104). Tofu cheesecake with fresh berry topping (p. 106-07). Banana cream pie (with 3 cups vanilla soy milk, p. 108). Old fashioned chocolate pudding (with 2 cups cocoa soy milk, p. 109). Maple flan (with 2 cups soy milk, p. 110). Address: CaP CURE, 1250 4th St., Suite 360, Santa Monica, California 90401. Phone: 310-458-2873.

11727. Goldbeck, Nikki; Goldbeck, David. 1998. The healthiest diet in the world: A cookbook and mentor. New York, NY: Dutton (Penguin/Putnam Inc.). xiii + 561 p. Sept. Illust. General index. Recipe index. 25 cm. [840+* ref]
• ***Summary:*** This is an excellent book, with a wonderful title that lives up to its promise. Both authors are real professionals, with 25 years in the field. Contains extensive information about the importance of a wholefoods, natural foods diet, with plenty of fresh fruits, vegetables, beans, and soyfoods as sources of the many recently-discovered phytochemicals, which offer promising health benefits. The authors are fans of soyfoods, which are featured in both the text and recipes throughout the book.

In Part I, "Goldbeck's Golden Guidelines," No. 5 is "Super Soy Foods" (p. 14-15) which encourages readers to "Make soy foods a regular part of your diet."

Part II is the recipe section, titled "In Nikki's kitchen: Healthiest diet recipes." The main soyfoods used in recipes are tofu (48 recipes!), tempeh (15), soy milk (14), miso (8), soybeans, whole dry (3), and soy flour (2). This book contains so many soy-related recipes that we cannot possibly list all of their names. So here are two samplers of such recipes to give a feeling of their diversity, extent, and inviting names. (1) Salad dressings and salads: Creamy miso-mustard coleslaw (p. 178). Tofu mayonnaise (p. 190). Creamy tofu Russian dressing (p. 191). Creamy tofu ranch dressing (p. 191). Lemon-tahini dressing (with soy sauce, p. 192). Creamy miso-mustard dressing (p. 193).

(2) Tempeh recipes: Tempeh strips (p. 31). Tempeh breakfast links (p. 32). Baked Italian tempeh (p. 38). Tempeh burgers (p. 39). Skewered tempeh with orange-nut crust (mini kebabs, p. 61). Maple-pecan tempeh (p. 98). Baked corn-tempeh hash (p. 98-99). Picadillo (Latin American sloppy Joes with tempeh, p. 99). Tempeh mushroom stew (p. 100). Asian grill (with marinated tempeh, p. 101). Tempeh kebabs (p. 102). Shish kebab in a bag (p. 103). Tempeh-bean chili (p. 114-15).

In Part III, "Mentor," one entire chapter is dedicated to soyfoods ("5. In praise of soybeans," p. 408-29). The contents of that chapter: Introduction. Soy's special assets. The phytochemical furor. Protein plus. Soy fiber. Vitamins and minerals. Soy concerns. Soy food selection (incl. Western-style dairy and meat alternatives; soy cheese, soy ice cream, "soy-based imitation meat"). Stick with traditional soy foods: Tofu, tempeh, soy milk, soy nuts, whole soybeans (incl. edamame or green soybeans), soy sprouts, soy flour, soy grits, soy sauce, miso, okara (soy fiber), natto. Soy for health: Introduction, cancer (breast, prostate, and other hormonally influenced cancers), heart disease, diabetes, osteoporosis, women and soy, infant feeding. Nikki's dialog boxes: Mixing and matching soy protein. Just because they call it "milk": Nondairy vs. dairy. The question of salt. How to acquire your anti-cancer soy intake. Twenty-five grams of soy protein a day?

Soybeans are also mentioned in Chapter 6, "The beauty of beans" (see p. 431, 434). The 43-page bibliography of current scientific information on the health benefits of foods is worth the price of the book.

In the chapter titled "Controversial carbohydrates" is a long section about the glycemic index of foods titled "G-Force: A new perspective on carbohydrates" (p. 280-89); it includes a 6-page table showing G-force [glycemic index] ratings for individual foods. "Foods with a high G-Force [55 and above, bad] raise blood sugar levels quickly; this is usually matched by a rapid rise in insulin. Foods with low G-Force cause blood sugar levels to rise gradually, in which case insulin is usually released more evenly." Foods that tend to have a high G-Force are: Desserts and sweets (doughnut 108, graham crackers 106), foods made from refined flours (baguette 136, bagel 103, white wheat bread 100), sweet and refined breakfast cereals (puffed rice 132, Cornflakes 119, Cheerios 106), sugars (maltose 150, glucose 137, sucrose 92). Foods groups that tend to have low G-force are: Fruits (apple 54, apple juice 58, orange juice 63, but watermelon 103), legumes (soybeans 25, chickpeas 47), dairy products (yogurt 20, milk 46). vegetables (non-starchy). Address: Woodstock, New York.

11728. Liebman, Bonnie. 1998. The soy story. *Nutrition Action Healthletter* 25(7):1, 3-7. Sept. [22 ref]
• ***Summary:*** A excellent debunking of the recent media hype about the health benefits of soyfoods, plus an accurate assessment of their real nutritional and health benefits. Contents: Introduction. Heart disease. Beyond cholesterol. Breast cancer. Prostate cancer. Osteoporosis. Menopausal symptoms. The waiting game: A surprising number of studies on soy are in progress.

There are three sidebars: (1) Shopping for soy: Look for isoflavones, take a powder, hit the bar (GeniSoy), don't forget tofu ("It may no longer be trendy, but tofu (soybean curd) tastes terrific in stir-fries, marinated and grilled... Tofu is a good source of protein that has no cholesterol and less saturated fat than meat or poultry"). (2) Soy, what's new: The amount of isoflavones and protein in 14 drinks and powders, 17 foods, and 6 pills. Two caveats accompany this table: (1)

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The isoflavone levels in soybeans and soyfoods vary widely. (2) Isoflavones are attached to a sugar-like compound that accounts for about 40% of their weight. Most companies can't say whether their isoflavone numbers include the sugar or not. (3) Baby soy: Concerns over the safety of soy-based infant formulas.

"The bottom line: (1) Roughly 25 grams of soy protein (with its naturally occurring isoflavones) is enough to lower LDL ("bad") cholesterol by about 10 percent in people who start out with an LDL level above 160. (2) It's too early to say whether soy or its isoflavones can reduce the risk of breast or prostate cancer, osteoporosis, or hot flashes. (3) To play it safe, women who have had breast cancer shouldn't load up on soy protein or take isoflavone pills."

Color photos show packages of: Iso-Soy powder, GeniSoy bar, Solgar genistein–soy isoflavone extract.

11729. Morinaga Nutritional Foods, Inc. 1998. "You don't have to be a vegetarian to love Mori-Nu Tofu" (Ad). *Vegetarian Times.* Sept. p. 27.

• ***Summary:*** This full-page color ad shows a lovely red-haired lady dressed in a chef's uniform, with her right elbow resting on a huge whisk. Below the photo we read: "Alex Hilebronner, Reel Foods Productions, Los Angeles, California / Chef, Caterer, Part-Time Vegetarian."

The text reads: "I'm a caterer. My company does parties, business luncheons, film crew feeds, and custom meals. I've been cooking with tofu for 10 years and every day I get requests for tofu dishes. Maybe my clients eat tofu to stay trim. Or they've hears about the benefits of tofu–like fighting cancer, heart disease, high cholesterol, and even reducing the hot flashes of menopause. Whatever the reason, healthy, good tasting food is always important. That's why I choose creamy smooth Mori-Nu Tofu. It purées, marinates, and grills like no other tofu to create delicious low-fat dishes like tomato soup, pad thai, or chocolate pie. The airtight package keeps Mori-Nu fresh and ready to use without refrigeration... But don't just take my word for it. Visit www.morinu.com and try one of the recipes yourself."

A color photo in the lower right corner shows two packages of Mori-Nu Tofu (from and extra firm) on a small wooden cutting board, surrounded by fresh vegetables. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

11730. Morinaga Nutritional Foods, Inc. 1998. Surprise. It's Mori-Nu Tofu (Ad). *Natural Foods Merchandiser.* Sept. p. 62.

• ***Summary:*** This full-page color ad shows a package of Mori-Nu Silken Style tofu on a wooden cutting board surrounded by strawberries, raspberries, tofu cubes, carrots, and mushrooms. At the top right is a bowl of Creamy pumpkin soup. At the top left a plate of Fiesta burritos. Top center: Chinese un-chicken salad. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638.

11731. Nakatomi & Associates. 1998. L.A. Tofu Festival media clips (Portfolio). Santa Monica, California. 53 inserts. 28 cm.

• ***Summary:*** This is a portfolio of 53 newspaper clippings, advertisements, news briefs, and articles related to the L.A. Tofu Festival, which took place in Los Angeles on 15-16 August 1998 (Saturday and Sunday). The dates range from August 7 to 21. The most popular source was *Rafu Shimpo* (an English-language newspaper for Japanese Americans) with 21 clips, followed by the Los Angeles Times (Food section, calendar section), with 6 clips, and the Daily News (incl. L.A. Life Weekend, 4). But clips from many other newspapers, spanning many ethnic groups, also appear: *Asian Journal, Chi-Am Daily News* (*3*), *Chinese Daily News, Downtown News, Gardena Valley News, KoreAm Journal, Korean Journal, La Opinion* (*Spanish*), *Lighthouse* (*2*), *Los Angeles Magazine* (*2*), *New Times Los Angeles, Pacific Asian Current, Pacific Citizen, Sing Tao Daily* (*Chinese*), *Vecinos del Valle* (*Spanish*), *and Viet Bao Kinhte* (*Vietnamese*).

These clips show how the Festival was promoted through and covered by the media in the greater Los Angeles area. Clearly the great success of this year's festival was due, in part, to the excellent public relations work of Nakatomi & Associates. A number of the clips in *Rafu Shimpo* featured individual restaurants that would be serving their favorite tofu dishes at the festival. This concept, starting on July 31, spotlighted 12 restaurants. Address: 1301 Montana Ave., Santa Monica, California 90403. Phone: 310-656-1616.

11732. Nasoya Foods, Inc. 1998. Nasoya: Making it easy for you to add soy protein to your diet! (Ad). *Vegetarian Times.* Sept. p. 79.

• ***Summary:*** A full-page color ad for Nasoya Nayonaise and Nasoya Veggie Dressing, which comes in 5 distinctive flavors: Sesame garlic, Creamy dill, Thousand island, Garden herb, and Creamy Italian. www.nasoya.com.

Note: This ad also appeared in the April 1999 issue (p. 7). Address: One New England Way, Ayer, Massachusetts 01432. Phone: (800) 4-NASOYA.

11733. **Product Name:** [Breaded Tofu Cutlets (With Spinach and Fine Herbs)].
Foreign Name: SOY Croustisoy (Épinards et Fines Herbes).
Manufacturer's Name: Nutrition & Santé S.A. (Formerly SOY / Société Soy).
Manufacturer's Address: B.P. 33, Z.I. de la Pomme, 31250 Revel (near Toulouse), France. Phone: +33 62 18 72 50.
Date of Introduction: 1998. September.
Ingredients: Fresh tofu* 69% (water, dehulled soybeans, coagulants: calcium sulfate, nigari), grated bread crumbs*, wheat flour*, spinach* 4%, flakes of whole oats, fine herbs*

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3.7% (basil*, parsley*, chives*), olive oil*, sea salt, garlic*, yeast extract, cider vinegar*, pepper*. * = Organically grown ingredients 89.8%. Certified by Ecocert F 32600 L'Isle Jourdain.
Wt/Vol., Packaging, Price: 200 gm paperboard box, 2 cutlets per pack.
How Stored: Refrigerated, store at 4ºC.
New Product–Documentation: Product with Label brought by Taro Mikuriya of the Nutrition & Santé Group (Revel, France). 2011. Dec. 14. Paperboard box. 4 by 6 by 1.5 inches. Dark green, light green and black on white. Color photo of a cutlet on greens on a plate. On the front panel are the Soy logo (white on dark green), the two organic certification symbols, and the company's logo / statement: Soybeans grown in France, not genetically engineered (*Soja français sans OGM*). On the back: SOY, tofu pioneer in France. The first French company to make tofu, starting about 30 years ago. Since 1998 Soy has created the first line of products in Europe guaranteed to be not genetically engineered. More than 200 organic farmers in southwest France (Haute-Garonne, Tarn, Gers,...) working in this way in close partnership with SOY. For recipes and more visit www.soy.fr.

Letter (e-mail) from Bernard Storup, founder of Nutrition & Nature (Revel, France). This product was first sold commercially in Sept. 1998.

11734. *Soya & Oilseed Bluebook.* 1998--. Serial/periodical. Bar Harbor, Maine: Soyatech, Inc. Peter Golbitz, publisher and editor. Frequency: Annual.
• ***Summary:*** Preceded by Soya Bluebook Plus. A directory and information book for the soybean processing and production industries. The first issue (shipped Sept. 1998) is subtitled "The annual directory of the world oilseed industry." On the cover, below a map of the world is printed the date "1999" in large letters, followed by "A Soyatech Publication." Crops featured on the front cover and inside are "soya, corn, cottonseed, canola, rapeseed, sunflowerseed, palm kernel, palm, coconut, and peanut."

Contents (the four main sections are marked with a fold-out tab): Translations of oilseed terminology (English, German, French, Spanish, and Portuguese). Organizations and government agencies: Complete listings by country. Oilseeds and oilseed products: White pages (Index, individual crops), catalog pages, yellow pages (complete company listing by country). Equipment supplies and services. Oilseed statistics. Oilseed reference: Oilseed glossary, standards and specifications, oilseed technical charts and tables. Indexes: Comprehensive index, internet address index, brand name index, advertiser index.

Soy-related terms appearing in the translation section (p. 9-15) are: (1) Oilseeds and products: dairy analogs, lecithin–edible, lecithin industrial, meat analogs, miso, organic soy products, soy distillate, soy fiber, soy flakes–defatted–edible, soy flakes–full fat, soy flour–defatted, soy flour–enzyme active, soy flour–full fat, soy flour–low fat, soy flour–roasted, soy flour–textured, soy grits, soy isoflavones, soy livestock feed, soy oil margarine, soy oil shortening, soy oil–crude, soy oil–edible, soy oil–hydrogenated, soy oil–industrial, soy oil–refined, soy oil-based fuel, soy protein concentrate, soy protein isolate, soy protein–hydrolyzed, soy protein–industrial, soy sauce, soy sterols & tocopherols, soy-based foods–other, soybean fatty acids, soybean hulls, soybean meal, soybean meal–full fat, soybean seed breeder, soybean seed (for planting), soybean soapstock, soybeans–food grade, soybeans genetically modified, soybeans–green vegetable, soybeans–identity preserved, soybeans–non-gmo, soybeans–organic, soybeans, whole dry, soymilk beverages, soymilk powder, soynuts, tempeh, tempeh starter cultures, textured vegetable protein, tofu & tofu products, tofu powder. (2) Equipment & services: Coagulants for tofu, soymilk & tofu processing equipment, sprouting equipment. Address: 318 Main St., P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207-288-4969.

11735. **Product Name:** Soymilk, Tofu, Soy Snacks.
Manufacturer's Name: Soytein, Inc.
Manufacturer's Address: 480 Douglas St., Mt. Gilead, OH 43338-1019. Phone: 614-766-0688.
Date of Introduction: 1998. September.
New Product–Documentation: U.S. Soyfoods Directory. 1999. p. 42-43. Talk with Bill Lui, founder and owner. 1999. May 3. He started making soymilk in Sept. 1998, then tofu in Dec. 1998. He designed and built all the equipment in his plant. He also sells custom made equipment; it is made in Taiwan to his specifications. A tofu maker will soon arrive to help him.

Letter from Bill Lui. 1999. May 10. A 1-page laser-printed leaflet describes "Soytein Inc." He has clipped and included two color photos of tofu equipment made in Taiwan to his specs.

11736. Stromnes, John. 1998. Zen among us: Former Seattle teacher finds a peaceful existence in western Montana. *Missoulian* (*Missoula, Montana*). Oct. 5. p. A1, A8.
• ***Summary:*** Genki Takabayashi, age 66, a Zen master born in Japan, is teaching authentic Rinzai Zen Buddhist meditation at a temple located in a rented farmhouse near Ronan, Montana. He is one of only three native Japanese teachers of the Rinzai Zen school in America. He is married to an American named Leslie Gannon. Genki Roshi likes to make his own tofu, using a primitive, 300 year old hand-turned stone mill. As part of his daily practice, he grinds ten pounds of dried soybeans (which have been soaked) at a time. Large color photos show: (1) Roshi grinding soybeans–with Montana scenery in the background. The stone mill is inside a large, shallow galvanized metal bucket. (2) Roshi dressed in his formal brown robes, sitting zazen near his

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home altar.

Also included with this newspaper article: (1) A letter from Leslie Gannon, dated 15 Oct. 1999. She hopes to start a small commercial tofu shop as a source of income. (2) The Newsletter of Zen No Ji Farm (March 1999, Vol. 2, Issue 1). (3) A color photo of Roshi standing in his robes. (4) The June/July 1999 issue of Inspiring Times (Helena, Montana), which contains an article about Genki Roshi titled "Mountain Clay," by Bill Halinan (p. 6, 10). Roshi was born in 1933 in Japan, and entered the monastery at age 11. He has practiced Rinzai Zen for 55 years, many at Daitokuji in Kyoto, but the most recent 20 years were with the Seattle Monastery in Seattle, Washington. He and his new wife Leslie moved from Seattle to the Flathead Valley in the summer of 1997, drawn by the mountains and rural farm setting. Photos show: (1) The roshi making tofu. (2) Leslie Gannon and Genki Roshi in robes. Address: Staff reporter.

11737. Harrigan, Brian. 1998. Update on the work of ASSOY and ProSoya Inc. in Russia and the former Soviet Union (Interview). *SoyaScan Notes.* Oct. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** ProSoya has a technology transfer agreement with ASSOY (Associatsiia "Assoya"), the Russian Soybean Association, which is their partner. Founded and run by the energetic Alexander Podobedov, ASSOY has made more than 250 of the small SoyaCows, and sold them within the former Soviet Union during the last 1½ to 2 years. In addition, ProSoya has sold about 100 of these small SoyaCows elsewhere. In Russia, most of these SoyaCows are in the shops of small entrepreneurs. They make soyfoods to retail to the general public. In Krasnodar alone, ASSOY has opened 7 shops which are called Soyushka, meaning "Little Soya." They sell only soyfoods–tofu, soymilk, soynuts, soy oil, soya flour, soy power and a variety of foods made from soya–such as soya breads. Outside of Russia, there are SoyaCows in the Ukraine, Moldova, Belarus (quite a few there). ASSOY is now actively running newspaper, radio, and TV ads in various countries of the former Soviet Union, and throughout this region Soyushkas are becoming well known and the people are becoming soya-conscious–largely through the efforts of ASSOY. Brian has the whole story, but in Russian, in marketing documents. On paper the story sounds better than it looks when you actually go there. Some of the plants are idle. Some employees haven't been paid in 6-8 months, so they don't work very hard. ASSOY keeps trying to get the Russian government to help them out. The government keeps saying that they will, and they have even signed decrees saying that the government will help send soyfoods to the prisons, schools, and hospitals–where there are dire shortages of protein. But the government never does what it says.

ASSOY provides spare parts for the soy shops, plus all the marketing, recipes and recipe books, everything. The man behind these remarkable developments is Alexander Podobedov, who is a real entrepreneur. But he has a style that is very rough and tough with people, which sometimes (especially in Russia) helps him and other times (especially with Westerners) limits his effectiveness. Address: Executive Vice-President, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

11738. Pasternack, Erin. 1998. Mike Milken, Beth Ginsberg, Cap Cure, and research on prostate cancer (Interview). *SoyaScan Notes.* Oct. 20. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** Michael Milken, once famous for junk bonds, was diagnosed as having advanced prostate cancer. It had spread from his prostate gland to his lymph nodes, so there was no simple treatment using surgery or radiation. He decided to research the subject on his own. He found that dietary changes, including soyfoods, can make a difference. Now his cancer is in remission and he has devoted his life to teaching people about and funding research on prostate cancer.

After he discovered the importance of diet in treating prostate cancer, Michael found a personal chef Beth Ginsberg, who lives in Los Angeles, graduated from the Culinary Institute of America (CIA, first in her class). She went into the Culinary Institute with an interest in healthy foods and came out with great skill in preparing such foods. She loves tofu, has been cooking with tofu for about 10 years, and developed the recipes in their new book on the subject, *The Taste for Living Cookbook: Mike Milken's Favorite Recipes for Fighting Cancer,* was published last month. It contains many soyfoods recipes. 100% of the proceeds from this book are used to fund prostate cancer research.

Michael established CaP Cure, a foundation and public charity that funds prostate cancer researchers; they fund specific studies, with a focus on advanced stage prostate cancer–since the earlier stages are quite curable with surgery or radiation. Last year they funded $15 million worth of such research. 100% of the proceeds from this book go to fund prostate cancer research. CaP Cure also gives nutritional advice, workshops, and cooking classes to people with prostate cancer–especially advanced prostate cancer. Erin talks at prostate cancer support meetings and groups. How often has she heard: "I tasted tofu and it was gross." They don't realize you can't just eat it plain. She has found that most people do not know how to cook tofu. Address: Cap Cure, 1250 4th St., Suite 360, Santa Monica, California 90401. Phone: 310-458-2873.

11739. Ridenour, Jeremiah. 1998. How Jeremiah Ridenour of Wildwood Natural Foods and Ted Nordquist of TAN Industries developed America's first soymilk in a gable-top carton (Interview). *SoyaScan Notes.* Oct. 20. Conducted by

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William Shurtleff of Soyfoods Center.

• ***Summary:*** Background: Ted Nordquist, a native of California, is perhaps the world's leading developer of soy base and dairylike products derived therefrom. He pioneered tofu, soymilk, and soy ice cream in Sweden, and eventually sold his company to one of Sweden's largest food manufacturers, before moving back to California in the early 1990s (1992-94). His family joined him in Sonoma in August 1994.

Jeremiah and Ted met not long after Ted moved from Sweden to California in about 1993-94. This was before his family came, when he was here by himself. Ted contacted Jeremiah. He wanted to make a soy ice cream in the USA–that was his main focus. He suggested that Jeremiah buy Woody Yeh's soymilk yogurt plant in Hayward, California, because Woody's company (Soyeh Natural, Inc.) was about to go out of business. Jeremiah did not do this and Woody went bankrupt then sold his equipment to an Asian American man [Jim Pong of Pure Land Co.] who is now producing tofu there. Woody is now running an import/export company.

Jeremiah liked Ted and thought his soy base was great, so he introduced him to the packaging company, and to Dreyer's (the ice cream company). They spent time together and talked about gable-top soymilk. On his own, Ted soon met Ken Lee of Soyfoods of America (where Ted's soymilk is now made). Not long after Ted got involved with the packaging company, in early 1995, Jeremiah started developing soymilk formulations using Ted's base, then together they started doing pilot runs (into gable-top pints), then larger tailing runs (into quarters) at the packaging plant. In a tailing run, you come in behind someone else's product run, clean out the system with a slug of cleaner, then run your product into the last 100 or so cases. A tailing run duplicates your pilot run on a larger scale to check that all of your assumptions about scaling up really work. They ran two 100-case runs into quarts–which was pretty expensive–but it proved that everything worked. The minimum soymilk run for Wildwood at this packaging plant would be 3,000 gallons (12,000 quarts). Jeremiah ran some calculations and quickly determined that making and packing that much soymilk would be overstretching the financial resources of Wildwood. The ESL carton will get you a 12-week shelf life, but some precipitation (formation of a little tofu on the bottom) takes place after you add calcium and the carton bulges slightly (which makes it look a little funny) around the 11th week due to some saturation of the packaging material. Therefore Wildwood decided to stamp on a conservative use-by date of 10-weeks. So Jeremiah would have to refrigerate and sell 12,000 quarts of a perishable soymilk in ten weeks. Actually he would have to sell it in 6 weeks, because most retailers won't take a perishable product that has less than 4 weeks (30 days) on it. Thus, Wildwood would have to produce a new batch every 6 weeks. That would be difficult, because it was a new product (the first of its kind in the USA) and no one knew how long it would take to catch on with retailers and consumers. Everyone with experience knew that Murphy's Law operates at full force with new, perishable products. But the cash flow problems were an even bigger problem. Before the first run of 12,000 quarts were sold, Wildwood would have to do a second run–and pay for it. The company was already out trying to raise money to finance expansion of its existing tofu business. Jeremiah finally concluded that he didn't have a big enough cash flow or line of credit to take on the soymilk; it was a great product but was just too risky–and a mistake could sink the company.

If money hadn't been an issue, this new soymilk product could have been on the market in late 1995 or early 1996. Finally Jeremiah had to tell Ted that he and Wildwood did not have the capital and were not willing to take the risk of going ahead on the project. Moreover, Ted's production process at Soyfoods of America had not yet been proven; he did not have the equipment there that he has today, and he had never made 3,000 gallons of soymilk in America–though he had made much more than this in Sweden. Also Jeremiah had questions about the reliability of Soyfoods of America.

Jeremiah's contributions toward developing the new product were choosing the type of sweetener and determining the sweetness level for each flavor. He wanted a sweetness that was very similar to that of dairy milk and that came from an organic ingredient. He eventually chose organic brown rice syrup over organic cane sugar; the former has a roundness of flavor but imparts a tan color to the soymilk. Titanium dioxide, a pigment or bleach, could be added to make the soymilk white, but it would have to be listed on the package as an ingredient and was inconsistent with the company's philosophy on using organic. Most important, Jeremiah introduced Ted to the ESL (extended shelf life) gable-top packaging system.

Ted argued that Wildwood should aim for a quart of soymilk that sold for the same price as a quart of dairy milk–and thus drop the expensive organic ingredients. Jeremiah responded: "That is not who Wildwood is." So Ted had no choice but to approach Wildwood's competitors. First he went to Westbrae (who was not interested), and then to White Wave–which was the first company to put this fresh, gable-top soymilk product on the market. Named Silk, it was an excellent product, well made and marketed, and it soon became the most successful product in White Wave's history. Many industry watchers were surprised at the response and sales volume. White Wave discontinued their burgers and hot dogs so they could focus on their soymilk and yogurt. Over the next few years, Wildwood's financials improved, and in June 1998 they were finally able to launch their gable-top soymilk–made by Ted Nordquist. Unfortunately, it was now a "me too" product, but moving into a proven market. One big challenge for Jeremiah is how to move his fresh soymilk out of the produce section and into the dairy case. Address: Wildwood Natural Foods of Santa Cruz, Inc., 1560

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Mansfield Dr., Suite D, Santa Cruz, California. Phone: 408-476-4448.

11740. Byrd, Deborah. 1998. Soy what? Once-bland products touted as tasty, hearty protein sources. *Contra Costa Times.* Oct. 21. p. G1, G9. [9 ref]
• ***Summary:*** Includes a brief review of nine new books that contain soy recipes, a discussion of the health benefits of soyfoods, a talk with William Shurtleff of Soyfoods Center, a glossary and brief description of several soyfoods (edamame, dry soybeans, tofu, tempeh, miso), and 5 recipes: Luscious lemon pie (with silken tofu). Tempeh simmered in red wine with *herbes de provence.* Tofu teriyaki. Chocolate velvet pudding (with silken tofu). Mushroom almond spread (with firm silken tofu). A huge color photo shows Chocolate velvet pudding in a stem glass with a sliced peach. Address: California.

11741. Lerner, Jane. 1998. Global Protein may be shut down: Valley Cottage tofu packager out of second chances, official says. *Journal News* (*The*) (*Valley Cottage, New York*). Oct. 25. p. 12A-13A.
• ***Summary:*** The article begins: "A Valley Cottage tofu-making company has one of the worst food safety and sanitation records in New York and could be shut down by the state any day because of its repeated failure to clean up.

"Global Protein Foods, which processes and packages tofu, bean sprouts and soy beans, has been charged with more violations–for roaches, rat droppings, dirty equipment–than any other establishment in Rockland, Westchester or Putnam counties.

"The company, which has been ordered to pay nearly $7,000 in fines since 1996, is among the worst offenders in the state, said Peter Gregg, spokesman for the state Department of Agriculture and Markets."

Records show that the company has failed 21 of 29 inspections by the Department since 1993. The company failed 8 of its last 10 inspections, the most recent of which took place on Oct. 14. "'Our file on them is as thick as the telephone book,' he said. 'This place continues and continues to ignore our laws and regulations.'"

Located at 707 Executive Blvd., in an otherwise spotless corporate park, the entrance to Global Protein Foods is heaped with garbage. The business has been in Valley Cottage for 7 years. Company president Haruhisa Tsuchitani, now on a business trip in Japan, was unavailable for comment.

11742. Black, Pam. 1998. Is soy the recipe for what ails you? *Business Week.* Oct. 26. p. 162-E18.
• ***Summary:*** The soybean gained prominence as a health food in the 1970s. Now even former junk-bond king Michael Milken is "promoting soy's potential to fight prostate cancer..." During the past decade, scientists have discovered estrogen-like active substances named isoflavones or phytoestrogens which may be responsible for "soy's health effects."

Researchers have proven that soy has cardiovascular benefits, primarily by lowering low-density lipoprotein, or LDL ("bad cholesterol"). The mechanism is not clear; the soy may keep LDL from being oxidized to form plaques that clog arteries. Soy increases flexibility of the arteries, which stiffen and harden with age. Thomas Clarkson, professor of comparative medicine at Wake Forest University School of Medicine (Winston Salem, North Carolina) emphasizes that some amount of soy protein must be consumed for the phytoestrogens to exert cardio-protective benefits. Isoflavone pills alone will not be effective. Scientists recommend consuming 30 to 60 mg of isoflavones per day with 7-10 gm of soy protein. A table shows good sources of soy protein, plus their content of isoflavones (mg) and protein (gm): Solgar Iso-Soy powder (1 oz) 103 / 12. GeniSoy natural protein powder (1 oz) 74 / 24. White Wave baked tofu (3 oz): 52 / 19. White Wave tempeh (3 oz) 47 / 18. Edensoy original drink (soymilk, 8 oz) 41 / 10. Soyboy Not Dogs (1.5 oz per dog) 35 / 7.

Soy's effects on cancer are less conclusive; most researchers doubt that soy is harmful. Soy has great appeal to women approaching or past menopause. Nutritionists think soy phytoestrogens may be safer than Premarin–which may increase the risk of breast cancer.

"And for those of you who've always turned up your noses at tofu, there is good news: Soy is available in such guises as hot dogs, burgers, cheeses, and ice cream."

11743. Abourezk, Sanaa. 1998. Oh boy! I can't believe it's not soy: Over 100 gourmet recipes that help prevent cancer, heart disease and alleviate menopause. Sioux Falls, South Dakota: Palmyra Publishing Co. xii + 123 p. Illust. Index. 23 cm.
• ***Summary:*** This is an attractive and unique spiral-bound cookbook, loaded with gorgeous full-page color photos. Most of the recipes are based on eastern Mediterranean or Middle East cuisine. The author, a woman, was born in Syria, is a nutritionist, and learned to cook in Italy and France. Contents: Appetizers. Salads. Soups. Main dishes. Desserts. Glossary.

Though it does not use red meat or poultry as an ingredient, it does contain at least 12 dishes made with salmon. Most of the recipes call for either boiled soy beans, "lite tofu," or "soy vegetable protein crumbles." A few use "nonfat soy milk."

Talk with Sanaa Abourezk. 1999. Feb. 1. This book was self-published in Oct. 1998. Her husband, James Abourezk, who was a Republican senator from South Dakota, has been a vegetarian for 27 years. This is all the more amazing since South Dakota is a cattle state. After they were married, she started developing recipes for him. When his meat-

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and-potatoes lawyer friends would come for dinner, they would say how much they loved her eastern Mediterranean cooking. She would reply: "There is no meat is these recipes; they are made with soy products." The guests could not believe it. They have quite a few elderly neighbors, with whom Sanaa shares any extra food; they soon started asking her for recipes. Her husband suggested she write a recipe book. Address: P.O. Box 88038, Sioux Falls, South Dakota 57109-1001. Phone: 1-888-351-3663.

11744. **Product Name:** Nate's Easy Tofu (Naturally Wood Smoked Tofu Cutlets) [Sweet Heat, Lemon Thai, Mesquite Grill].
Manufacturer's Name: Elite Foods.
Manufacturer's Address: 489 Cabot Road, South San Francisco, CA 94080. Phone: 1-800-376-5368.
Date of Introduction: 1998. October.
Ingredients: Lemon Thai: Tofu (water, soybeans, calcium sulfate), fructose, natural lemon flavor, basil, sweet red peppers, turmeric, salt.
Wt/Vol., Packaging, Price: 6 oz. vacuum pack. Retails for $2.59–$3.29 (California).
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo East (Baltimore, Maryland). 1998. Sept. 9-13.

Talk with Peter Sartorio, co-owner of Elite Foods. 1998. Sept. 16. This line of smoked tofu products was introduced at Baltimore and will be on the market in about 3 weeks (early October). The product concept is different from all other smoked tofus in that the ingredients are mixed in with the curds before they are presses to make tofu. This is done by an existing tofu manufacturer (not Wildwood, nor Quong Hop, nor Azumaya), with which Elite Foods has a contract. The tofu is smoked in a real smoke house in South San Francisco, owned by a Mexican-American age 72; Elite Foods plans to buy the 25,000 square foot facility next year. The least spicy flavor is Lemon Thai. Elite Foods tried at length to work with Hanan Onn of North Coast Distributors in Benicia as a co-packer. After the NFM Expo in March of this year, Elite Foods placed an order with Hanan, but he was unable to supply the quantity and quality they required. This company was started 7 years ago and now has national distribution, including to major supermarkets–such as Kroger, Safeway, Lucky, etc. Their most popular product is a Chub Polenta (vegetarian, 4 varieties) sold in the deli section of many supermarkets. They make 10,000 to 15,000 lb/day of their polenta alone. They also sell products to foodservice. The other owner is Nathan Steck. Robin Lucky is an employee.

11745. **Product Name:** Nate's Easy Tofu (Gourmet Spreads) [Fire Roasted Pepper, Mediterranean Olive, Slow Roasted Garlic].
Manufacturer's Name: Elite Foods.
Manufacturer's Address: 489 Cabot Road, South San Francisco, CA 94080. Phone: 1-800-376-5368.
Date of Introduction: 1998. October.
Ingredients: Slow Roasted Garlic: Tofu (water, soybeans, calcium sulfate), roasted garlic, soya lecithin, garlic powder, salt, citric acid, malic acid, parsley, modified food starch, spices.
Wt/Vol., Packaging, Price: 5 oz. plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Robin J. Lucky of Elite Foods. 1998. Oct. 14. A photo shows each of the lid labels.

11746. ProSoya Inc. 1998. Creating great opportunities in the health food industry: Advanced soymilk technology (Brochure). Ottawa, Ontario, Canada. 4 p. 28 cm.
• ***Summary:*** This 4-page black-and-white brochure (with green and yellow overlays), discusses the company, the technology, the equipment, our customers, business opportunity. "ProSoya technology is currently being used in more than 20 countries. There are large-scale processing plants in Canada, Russia, and Scotland. Over 250 small, to medium-scale plants are located on five continents around the world. ProSoya has technology transfer agreements with companies in Russia and India for the manufacture of smaller soymilk systems under license."

Photos show: (1) ProSoya's VS 7000 system. (2) ProSoya's VS 200 system. (3) ProSoya's VS 40 system. (4) ProSoya's VS 4000 system. (5) A sliced cake of tofu, a glass of soymilk, and scoop of soy ice cream on a cone. Address: 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

11747. Shurtleff, William; Aoyagi, Akiko. 1998. The book of tofu. 2nd ed. Revised. Berkeley, California: Ten Speed Press. 336 p. Oct. Illust. by Akiko Aoyagi Shurtleff. Index. 28 cm. [321 ref]
• ***Summary:*** This edition contains a completely new "Appendix B–Directory of Tofu Makers" (p. 313-316, updated to 1 Aug. 1998). The page "About the Authors" (autobiographical) has been updated, and the original photograph has been replaced with two more recent ones–reflecting the fact that Bill and Akiko separated in Nov. 1993 and their marriage ended in May 1995.

After the first printing in Oct. 1998, the Preface was quite extensively revised (but not updated) to include more about how this book came into being (early dates and names), including the important contributions on Jeffrey and Gretchen Broadbent, and of Nahum and Beverly Stiskin. These Preface changes first appeared in the second printing of May 1999.

On page 336 is "The Best of Vegetarian Cooking from Ten Speed Press" (descriptions of eight cookbooks, with

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price and ISBN).

The inside rear cover has been updated, and now includes current information about SoyaScan, the unique computerized database produced by Soyfoods Center. This database now contains more than 55,000 records from 1100 B.C. to the present, and more than 73% of all records have a summary / abstract averaging 128 words in length. A description of the four different types of records (published documents, commercial soy products, original interviews and overviews, and unpublished archival documents), and the number of each type, is given.

The front and rear covers, title page, table of contents, and the first page of each section have been redesigned to give the book a much more contemporary look. Still contains 500 vegetarian recipes–both Western and Eastern style.

Ten Speed Press gave this book a new ISBN: 1-58009-013-8. Yet despite the many changes described above, the authors preferred not to have this called a "new edition" or "revised edition." Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

11748. **Product Name:** Tofu, and Soymilk.
Manufacturer's Name: Tiltan HaArgaman
Manufacturer's Address: P.O. Box 76. Hofit 40295, Israel. Phone: +972 53-607435.
Date of Introduction: 1998. October.
New Product–Documentation: Form filled out by Asher Roy. 1998. Nov. 15. The company started to make and sell tofu and soymilk in Oct. 1998. They currently make 2 metric tons/month of tofu and 2,000 liters/month of soymilk.

Talk with (call from) Roy Grant from Israel. 1999. Feb. 26. His company, located in Kfar-Saba, Israel, started making tofu in late 1998. His company was named Tishrei.

11749. United Soybean Board. 1998. National report: Consumer attitudes about nutrition, 1998/1999. Seattle, Washington. 8 p. Oct. 28 cm.
• ***Summary:*** This fifth annual nationwide survey, commissioned by USB, was conducted in July 1997 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 1,028 consumers. The study's margin of error is ±3.2 percent and has a confidence level of 95%.

Contents: Nutrition concern and habits. Dietary changes in eating habits. Grocery and dining choices. Media sources and nutritional information. Nutrition terms and consumers' level of concern: Fat (73%), saturated fat (73%), trans fatty acids (42%). Concern about hydrogenation and trans fatty acids: 82% consider *trans* fatty acids to be either somewhat or very unhealthy. But only 28% consider margarine to be unacceptable. Consumer awareness and perception of soy products. Consumers' willingness to pay more for healthy foods. Consumer perceptions of genetically modified food and labeling. Consumer perceptions of cooking oil.

Consumer awareness and perception of soy products: 1. 67% of consumers believe soy products are healthy, up from 59% in 1997. Those with a college education are most likely to perceive soyfoods as healthy (75%). 2. 67% of consumers have tried soy products. 3. 15% of Americans eat soy products at least once a week. Although females are more health conscious that males, more males (19%) eat soy products once a week as compared to 13% of females. 4. Among soy products, tofu and soy veggie burgers continue to receive the highest level of trial among consumers (38%). 67% of consumers have tried a soy product. 5. Consumers most often include soy products in their diet of word-of-mouth (38%) from friends, family, or other acquaintances. Magazine and newspaper articles (23%) are also influential factors in deciding to include soy products in the diet. 6. The strongest factor driving trial of soy products is education level. Those with a college education are significantly more likely to have tried soy products than consumers with less than a college education. 7. While an increased number of consumers perceive soy products as healthy, usage is not increasing at the same rate. This may be a function of several factors: (a) Lack of understanding of different soy products available. (b) Lack of understanding of how one incorporates soy into cooking and the diet. (c) Lack of availability of soy products. (d) Negative attitudes and perceptions toward soy products due to factors such as taste and texture.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

11750. Ghiraldini, Maura. 1998. Biolab and Italy's other major tofu manufacturers (Interview). *SoyaScan Notes.* Nov. 9. Followed by a fax. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The two largest tofu manufacturers in Italy are Soyalab and La Fonte de la Vita, but they are both owned by The Key Group, which bought them 4-5 years ago. The Key Group is the largest in Italy in biological (organic) foods.

Biolab, which started in June 1992, is the third largest. The founder and owner is Massimo Santinelli, now age 34; they also make various types of seitan. Biolab is distributed by some of Italy's bigger distributors of biological (organic) food: Ecor, Probios, Baule Volante, Mustiola, and La Fenice. Biolab presently has 7 employees; all ingredients are from biological agriculture (organically grown).

The company now makes the following products: Seitan: Natural, with spices, smoked, and grilled. Tofu: Natural, smoked, "Mediterranean" (with carrots, olives, etc), erbe (with herbs), and grilled. Soymilk. Rice milk. Burgers with seitan: Rice & mushrooms, millet & carrots, millet & pepper, wheat (spelt/farro) & aubergine (eggplant). Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 481 533522.

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11751. Corliss, Richard. 1998. Sandler happens: Age or taste may keep you from grasping why, but the guy is a star. *Time.* Nov. 23.
• ***Summary:*** "Critics can snicker, but Hollywood may soon renounce Evian and tofu for an all-Sandler diet." Note: Adam Sandler is a movie star.

11752. Greenwald, John. 1998. Herbal healing. *Time.* Nov. 23.
• ***Summary:*** People can buy herbal supplements "not only at incense-scented tofu-and-sprouts shops but also at corner pharmacies and supermarkets, and from mail-order houses, websites and Amway distributors who rattle their pillboxes door to door."

11753. Watson, Traci. 1998. Vegetarians trade bird for the curd: Demand for tofu turkeys 'unbelievable,' creator says. *USA Today.* Nov. 25.
• ***Summary:*** About Seth Tibbott and Tofurky.

11754. Cowley, Geoffrey; Underwood, Anne; Springen, Karen; Davis, Alisha. 1998. Cancer & diet: Can you eat to beat malignancy? A controversial diet book is just one sign of the revolutionary new thinking about food and health. *Newsweek.* Nov. 30. p. 60-66. [3 ref]
• ***Summary:*** This cover story discusses the many phytochemicals in foods which may reduce risk of various cancers. On the cover is a huge fork piercing a piece of broccoli. The cover text reads: "Eating to beat the odds: What you need to know." On the top half of page 60 is a large color photo of a "low-risk dinner," ready to serve on a table. One of the three portions on the plate is a mixture of beans and tofu cubes. An arrow points to this portion; the caption reads: "The fiber in beans fights colon cancer. And the genistein in tofu appears to pack a disease-preventing wallop." On the facing page (61) is a "high-risk dinner" with advice to omit the grilled steak, french fries, cheesecake, soda, butter on white bread, and salad dressing. The article overstates the health benefits of soy and gives no scientific references for its many glowing assertions.

By 1986 laboratory researchers were already discovering many new chemicals in foods; in test tubes these obscure compounds were showing remarkable ability to disrupt the formation of tumors. Some expert oncologists believe that the future of cancer prevention is food. Yet the cancer death rate in America is roughly the same today as it was in 1970. Americans die of breast, colon, and prostate cancer at five to 30 times the rate of people in many parts of the world. Take breast cancer: The death rate in Thailand and Sri Lanka is 2-5 per 100,000 women; in the USA it is 30-40 per 100,000.

A comprehensive analysis published last year by leading cancer researchers concluded that "poor eating habits account for a third of all cancer–roughly the same proportion attributed to smoking." A spate of brash new books, some by physicians, argue that anyone can eat to reduce cancer risk. They offer specific advice, "from eating the right fats to upping your intake of soy." The best selling of these how-to books is *The Breast Cancer Prevention Diet,* by Dr. Bob Arnot, a nonpracticing physician who covers health and medicine for NBC. It now tops the *New York Times* best-seller list. But Fran Visco of the National Breast Cancer Coalition calls it "incredibly irresponsible." All these new books offer medical advice that is not backed by solid scientific evidence.–And so does this Newsweek article! But interesting questions arise: "Should we live on cheeseburgers until the case for soy burgers is seamless?" Most experts answer "no." If people who eat in accordance with what we know today, cancer rates would definitely drop.

A sidebar titled "Eating to beat the Big Four" gives three statistics on each of America's four leading malignancies: Estimated number of U.S. cases this year, percentage of Americans diagnosed during their lifetime, and potential reduction through diet and lifestyle. Prostate cancer: 184,500 / 17% / 10-20%. Breast cancer: 180,300 / 14% / 33-50%. Lung cancer: 171,500 / 7% / 90-95%. Colon/rectal cancer: 95,600 / 6% / 66-75%. "Breast cancer risk may be lowered by eating soy foods." "Weapons against colon cancer include calcium and fiber."

Tumors arise through a three-step process: initiation, promotion, and progression. Preliminary evidence suggests that compounds found in particular foods can interfere with each of these steps. A two-page sidebar shows each step graphically. (1) Initiation occurs when something alters a cell's genetic makeup, causing it to divide more than it should. The most common cause of such DNA damage is oxygen, from highly reactive oxygen molecules called free radicals. They steal electrons from other molecules, setting off a chain reaction that can damage DNA. Food tips: Antioxidants help neutralize free radicals. Garlic contains allyl sulfides which help limit the production of cancer-causing phase I enzymes, which are produced in the liver and break down procarcinogens. Cruciferous vegetables (such as broccoli) boost production of protective phase II enzymes that cart away chemical debris. (2) Promotion occurs when the damaged cell (a precancerous lesion) multiplies out of control to create a tumor. It soon sends out a network of blood vessels to deliver nutrients and oxygen necessary for further growth. Food tips: Tumor cells seem to grow less aggressively on low-fat diets than on high-fat. But Many experts now agree that, for cancer, the type of fat is as important as the amount. Some types of polyunsaturated fats are protective, others probably harmful. Omega-3 (alpha-linolenic) fatty acids may thwart tumor growth, whereas omega-6 (linoleic) fatty acids may promote it. "Trans fats: Artificially processed polyunsaturates, they are the worst for heart disease, and one study linked them to increased breast-cancer risk. Found in packaged snacks" [and many margarines]. "Soy products contain... isoflavones, which

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act as weak estrogens, and leave less room for strong ones. One color photo shows cubes of tofu, with the caption "Soy may protect reproductive tissues." Another shows estrogen receptors on the surface of a cell. (3) Progression occurs when the tumor (a mass of rapidly dividing cells) builds itself a blood supply and starts to invade surrounding tissues. The body's own estrogen promotes fast growth of breast cells in women. "Tumor cells release growth factors that promote the development of new blood vessels a process known as angiogenesis."

A sidebar shows four cancer survivors and their diets: Any Grove of Intel, a prostate cancer survivor, has a daily glass of orange juice with green-tea extract and soy protein. Mike Milken is also a prostate cancer survivor. "A soy fanatic, he eats tofu dogs, 'not-meat' loaf, and soy cheese," plus smoothies spiked with vitamins. Christine Pirello, hostess of PBS's 'Christina Cooks,' was diagnosed with leukemia in 1983. She went macrobiotic, loading up on brown rice, cabbage, tofu, and beans, with no dairy or animal products, except for fish.

On page 66 is a long section of text on soy: "Soy foods are another good bet, especially if you're worried about breast or prostate cancer. One of the strongest promoters of reproductive tumors is estrogen. Women exposed to high levels of the hormone–through early menstruation, late childbearing, late menopause, or obesity–suffer far more than their share of breast cancer. Soy contains weak estrogens, or isoflavones, which compete with the full-strength hormone for access to cells. Isoflavones bind with cell receptors that would normally attract the body's own estrogen, but the growth signal they deliver is only one thousandth as strong. That means less cell division and, presumably, less risk that a small lesion will become cancerous. No one has tested that assumption in a controlled clinical trial, but population studies suggest that tofu, tempeh, and soy milk could have some of the same benefits as the prescription drug tamoxifen, without the side effects. Chinese women on high-soy diets had only half the breast cancer incidence of women on low-soy diets." Soy also contains "compounds known as Cox-2 inhibitors, which can impede the growth of new blood vessels." At least in a test tube, tumor cells doused with Cox-2 inhibitors stop producing growth factors that trigger growth of blood vessels.

This is another article about "magic bullets." But the big, new message from Newsweek seems to be their realization that low-fat plant-based diets can reduce one's risk of cancer–as well as heart disease, stroke, and obesity. The article ends: "The real gamble is to stick with fast food [or a standard American diet] and assume you'll be all right."

Note: This is the earliest (and only) English-language document seen (April 2003) that uses the term "soy fanatic."

11755. *Newsweek.* 1998. Perspectives: Tofurky. Nov. 30. p. 23. Typed, without signature.

• ***Summary:*** This is a page of quotable quotes. "Since we didn't have the anatomy to limit us, we decided everyone can get a drumstick."

Source: "An unnamed employee at Turtle Island Foods, which makes Tofurky, a stuffed roast made from tofu and wheat gluten, with gravy and four drumsticks." Note: The drumsticks are made from tempeh.

11756. Fisher, Kate. 1998. Soy isoflavones charge onto supplement scene: Disease-preventing compounds are available in tablets. *Soybean Digest.* Nov. p. 24.

• ***Summary:*** Soy isoflavone tablets are now available from many supplement companies. Novasoy, a soy isoflavone compound made by Archer Daniels Midland Co., is the active ingredient in many of them. While many studies have shown the health benefits of soyfoods and soy protein products, few studies have been done using isoflavone tablets as supplements.

Soy isoflavones are fairly stable and able to withstand normal cooking without breaking down. There is presently no recommended daily allowance, but 30-50 mg per day seems to be beneficial, especially for post-menopausal women.

A bar chart from the University of Kentucky shows the isoflavone content of soybeans and various soyfoods (in mg per serving (svg)): Mature soybeans (170), roasted soybeans (165), green soybeans (70), tempeh (60), soy isolate (57), soy flour (45), tofu (35), textured soy protein (30), soy beverage (20), and soy concentrate (15).

11757. Monteiro, Longteine de; Neustadt, Katherine. 1998. The elephant walk cookbook: The exciting world of Cambodian cuisine from the nationally acclaimed restaurant. Boston: Houghton Mifflin Harcourt. 324 p. Illust. (some color). Index. 27 cm.

• ***Summary:*** Written by the chef-owner of Boston's renowned The Elephant Walk restaurant.

The word "soy" appears on 38 pages of this book, the word "tofu" on 10, the word "bean curd" on 9, the word "soy milk" on 7, etc.

Soy-related recipes include: Stir-fried pork with bean sprouts (*Cha samdaik bandos;* with "½ pound pressed bean curd or spiced dry tofu, cut into ¼-inch-thick slices," p. 129). Stir-fried pork with tofu and chive blossoms (*Cha p'ka kuchai;* with "½ pound spiced dry tofu or pressed bean curd, cut into ¼-inch cubes," p. 134). Pan-seared fish with pork and soybeans (*Chien chuoan;* with "2 tablespoons salted soybeans, and 2 teaspoons mushroom soy sauce," p. 160-61). Steamed fish with lilies (*Trey chamboy;* with "3 tablespoons salted soybeans, mashed slightly, and 2 tablespoons mushroom soy sauce," p. 170). Braised duck (*Hong tiah;* with "2 tablespoons salted soybeans, and 1 tablespoon mushroom soy sauce," p. 197-99).

The "Glossary" (p. 283-308) includes: Mushroom soy

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sauce (originates with Chinese cuisine). Peanuts. Pressed bean curd: See tofu.

"Salted soybeans [Fermented black soybeans] add complexity to a dish. They come in cans and jars in Asian markets (I usually use Yeo's brand), and they are often available in the Chinese section of mainstream supermarkets."

Soy sauce: See mushroom soy sauce. Spicy dry tofu: See tofu.

"Tofu... is used in moderation Cambodian cooking, primarily in stir-fries, which are Chinese in origin. The two kinds I recommend are Pressed bean curd and Spicy dry tofu, which are drier and firmer than the fresh tofu you buy in tubs in the supermarket and hold up well during vigorous stir-frying. Both are light to medium brown in color, and their flavors are mild enough not to compete with their companion ingredients. They can be found in the refrigerated section of any Asian market, usually vacuum packed... Fresh tofu–even extra-firm–tends to disintegrate when stir-fried..." About the author (p. 1): She was born into an upper-class Cambodian, or Khmer, family in the capital city of Phnom Penh. Her father, who had studied in Vietnam and received his advanced training under the French system of education there, returned to Cambodia to become the country's first veterinarian... which kept him in constant touch with foreign colleagues and new ideas. The family had many servants living with them as she was growing up. Her father was deeply influenced by French culture and he ate only French food–3 meals a day. She married a diplomat and was expected to entertain. But in April 1975, when the Khmer Rouge took power, her husband had no country to represent, so the family went into exile in France. In 1990 they moved to Boston and in Aug. 1991 they opened The Elephant Walk restaurant in Somerville, Massachusetts, right next to Cambridge. It thrived. Address: Boston, Massachusetts.

11758. Oser, Marie. 1998. Soy of cooking: Easy-to-make vegetarian, low-fat, fat-free, and antioxidant-rich gourmet recipes. New York, NY: John Wiley & Sons. xviii + 264 p. Nov. Illust. Index. 23 cm. [55 ref]
• ***Summary:*** The contents of this book is identical to that published by Chronimed in Oct. 1996. John Wiley & Sons began publishing it in Nov. 1998. Talk with Marie Oser. 2000. Oct. 4. The book is now in its 7th printing. John Wiley has excellent distribution and is doing a fine job with the book. Address: Agoura Hills, California 91391. Phone: 818-707-7353.

11759. Stepaniak, Joanne. 1998. The vegan sourcebook. Los Angeles, California: Lowell House. xvi + 352 p. Index. 24 cm. Special nutrition section by Virginia Messina. [196* ref]
• ***Summary:*** Contents: Preface. 1. Vegan roots. 2. The vegan identity. 3. The way the West was weaned. 4. Which came first? 5. Invisible oppression. 6. Environment in crisis. 7. Shooting the myths. 8. Animals and entertainment. 9. Science: Fact, fiction, or fantasy. 10. The compassionate consumer. 11. The body beautiful. 12. Ethics in action. 13. Of principle and practice. 14. Ascent and evolution. 15. Embracing the choice. 16. Reorienting the compass. 17. Challenges, gifts, and offerings. 18. The Vegan table. 19. Secret ingredients. 20. Vegan nutrition. Appendixes: 1. Vegan nutrition charts. 2. Menu planning using the Vegan food pyramid. 3. Special ingredients and Vegan recipes. 4. The Vegan lifeline: Resources and organizations. 5. Recommended reading. Bibliography.

Soy-related recipes or discussion: Soymilk (p. 188-89). Soy cheese, soy yogurt and sour cream (made from silken tofu), vegan cream, puddings, ice cream, and popsicles (p. 190-91). Use of tofu in place of eggs to bind or thicken (p. 192-93). Miso, tamari and shoyu (p. 256-57). Tofu, regular and silken (p. 258). Quinoa, seitan, tahini (p. 258). Sour cream and onion dip (with tofu, p. 275). Sesame-miso spread (p. 275). Tofu-vegetable spread (p. 277). Miso master dressing (p. 282). Curried tofu salad sandwiches (p. 290). Roasted vegetable pizza with tomato-tinged tofu (p. 300-01). Savory baked tofu (p. 302). Baked potatoes Florentine (with tofu, p. 305). Tofu ricotta (p. 308). Vegan mayonnaise (with tofu, p. 310). Tofu sour cream (p. 310). Creamy fudge frosting (with tofu, p. 315). Address: Swissvale, Pennsylvania.

11760. Ghiraldini, Maura; Santinelli, Masimo. 1998. Re: History of Biolab of Gorizia, Italy. Form filled out and returned to William Shurtleff at Soyfoods Center, Dec. 5. Form dated Nov. 20. 3 p.
• ***Summary:*** This company history form, sent by Soyfoods Center, was filled out by Maura who got the information by interviewing Massimo on Nov. 20. The company was founded in June 1992 by Massimo Santinelli. That same month they started to make and sell soyfoods commercially. The original purpose was contributing to the development of biologic (organic) agriculture and the production of good vegetable [plant-based] food so that a growing number of people are involved in consuming proteins from wheat or soy. The company address has not changed; the phone number was previously 0481-32261.

Milestones: 1992–Several months after opening, Biolab found its first distributor, Gea, from Treviso. 1994–Massimo's father, Piero, joined his son at Biolab. Now he has become essential to the company's work and is the "seitan master."

Firsts: "Unlike other companies, we aim at producing vegetarian food that tastes good to Italian consumers, who are not always vegetarian, and who like to use tofu or seitan in a Mediterranean diet. So a growing number of people will come closer to meatless diets, without losing the pleasure and health that the Italian way of cooking gives."

Reasons for success: "The good taste of our seitan. And,

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of course, the help of our distributor, which has grown bigger in the same way we have."

Soyfood products history: Introduced during 1992 and still sold–Tofu, Smoked tofu, Pickled tofu, seitan, smoked seitan. Discontinued: Pickled seitan, Sauce with seitan and tomato, Tomato sauce with olives and capers, Tomato sauce with mushrooms. Introduced in 1993 and still sold: Seitan burgers with millet and carrots, Seitan burger with rice & mushrooms. Discontinued: Tofu burgers, Tofu & seitan kebabs on skewers (very good but too laborious). Introduced in 1994: Grilled tofu, Grilled seitan, Tofu with herbs, Tofu Mediterraneo (carrots, capers, corn, olives), Seitan slices (for making sandwiches). Introduced in 1997: Risolight (rice milk), Roast of seitan. To be introduced in 1999: Seitan burgers with millet & pepper, Seitan burgers with wheat "farro" & aubergine [eggplant].

Present production of various product categories: Tofu (all types) total: 380 kg/week. Seitan (especially regular seitan and grilled seitan): 500 kg/week. Risolight (rice milk): 1,200 bottles/week. The company's three best-sell products in descending order of dollar value: Seitan Naturale 300 kg/week. Tofu Naturale 250 kg/week. Risolight 1,200 bottles.

The company now employs 7 people including the owners (including 2 in management and 5 in production). Last year net sales were 700 million lire. Over the past 2-3 years sales have grown at about 30% a year. The net worth of the business is about 105 million lire. The present building has about 100 square meters for production and 20 square meters for office space. Massimo is the sole owner of the business. Address: Via dei Grabizio 11, 34170 Gorizia, Italy. Phone: +39 0481 533522.

11761. Karp, Jonathan. 1998. Adding U.S. soybeans to India's spicy diet faces big roadblocks: Protein-loaded legume could help the hungry, if only they'd eat it. Hiding 'that beany taste.' Currying favor? *Wall Street Journal.* Dec. 8. p. A1, A6.

• ***Summary:*** Virgil Miedema, the American Soybean Association's director for South Asia, is the son of a soybean farmer from North Dakota and speaks near-fluent Hindi. He believes that adding American soybeans to Indian diets can do wonders for their health. But there are two problems: (1) India, the world's fifth largest soybean producer, already grows so many soybeans that it exports the soy protein, although the country has a shortage of dietary protein; (2) Indians dislike the beany taste of soy–according to food scientist V.D. Devdhara, who shares Mr. Miedema's mission. The population of India is now growing by 16 million people a year–devouring the gains of the 1960s Green Revolution. Some 53% of Indian children under age 5 are malnourished. Per capita availability of lentil protein is half what it was in 1947, so the Indian government is producing lentil alternatives made of soy protein and wheat flour. The brown pellets, designed to look and taste like dal, contain 60% more protein.

The American Soybean Association (ASA) opened an office in India in 1996. It hired Mr. Miedema who had spent 17 years in South Asia with the Peace Corps and the U.S. Agency for International Development (USAID). His mission is to repeat ASA's success in China, where in just 15 years it helped turn that soybean producer into a major importer. In 1997, China bought $657 million of U.S. soy products. "Of course, the Chinese have been eating soybeans–as soy sauce and tofu, among other things–for millennia." Mr. Miedema's approach is to encourage Indian companies to add soy to everyday Indian foods–such as the wheat flour used to make chapatis.

One company, AFM Foods, Mr. Miedema's first partner, is making soy-fortified flour for chapaties that contains 35% more protein than wheat–"and can reduce the risk of cancer and the aches of menopause."

But attempts to use soy as food in India have failed before. A decade ago the ASA backed three local companies that failed in trying to popularize soymilk. RJR Nabisco Inc. quit making soy oil and Nestle SA (the Swiss food giant) recently withdrew its soymilk powder and soy-based baby food because of poor sales.

Sanjeev Chaudhry (formerly involved with Nabisco's soy oil factory) is head of the India office for Protein Technologies International. He uses Supro brand soy protein isolate to develop turbocharged soy products. He sells about 100 tons a year to 25 customers, mostly food manufacturers.

Large-scale cultivation of soybeans in India began in the 1970s to reduce dependence on imported edible oils. Soy oil still is not popular, and for Indians see soybeans as an evil threat. Ms. Vandana Shiva believes that free trade in agriculture, inevitably controlled by multinational corporations selling expensive genetically engineered seeds, will destroy India's farmers and local foods.

Yet Mr. Verghese Kurien, a famous Indian nationalist from the western town of Anand, has decided to join the soybean forces. As head of India's National Dairy Development Board, he was largely responsible for making India self sufficient in milk and the world's largest producer of cow's milk–while thwarting foreign dairy firms. He then branched out into edible oils to help his country cut costly imports. Though he retired last month, his main project is now developing the lentil alternatives.

The idea has been simmering for a decade, starting with U.S.-funded soybean research at an Indian university. The dairy board, whose sister organization, Amul, is one of India's largest food marketers, accepted the challenge of developing an inexpensive, uniquely Indian protein alternative. Mr. Kurien argues that if soy can be made into chicken and bacon, why not into dal? After years of fine tuning, the product launch is at hand. If it succeeds, the ASA could try for a second wave of products (made from U.S. soybeans) such as "soymilk and tofu, which looks and

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feels like Indian cottage cheese, called paneer." Indians say that tofu does not taste as good as paneer, but Mr. Miedema responds that its better for you. An illustration (dot-style) shows Mr. Miedema. Address: Staff Reporter.

11762. Takai, Wataru. 1998. Re: Several manufacturers of tofu equipment have gone bankrupt in Japan during 1998. Letter (fax) to William Shurtleff at Soyfoods Center, Dec. 18. 1 p.
• ***Summary:*** These include: (1) Touffer Co., formerly named Takahashi Shoten (Nagoya). (2) Nakamuta Seisakujo (Kyushu). (3) Hoshitaka Co. The Japanese economy has been struggling for the past 8 years or so. Address: Takai Tofu & Soymilk Equipment Co., 1-1 Inari, Nonoichi-machi, Ishikawa-ken 921, Japan. Phone: 011-81-0762-48-1355.

11763. Calhoun, Pat. 1998. New developments at White Wave (Interview). *SoyaScan Notes.* Dec. 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** White Wave's capacity is always being pushed to the max nowadays. Baked Tofu has really taken off in popularity, and the company is also doing more with seitan; they will soon have a line of dinners containing seitan.

White Wave still makes basic tempeh but they have decided to discontinue their line of tempeh burgers, including their popular Lemon Broil Tempeh (introduced Oct. 1986), Veggie Life Burger (May 1993), and Chicken and Prime Burgers (Oct. 1995). They have to focus on their strongest products and make best use of their production capacity.

Pat is already looking for a new building, but they probably won't need it for another two years. Major issues are: Will it be in Boulder or not. Water quality and disposal.

Jonathan Gordon of England left the company after basically promising to stay. White Wave helped him prepare his papers so he could get a Green Card. Address: Chief Financial Officer, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11764. *SoyaScan Notes.* 1998. Chronology of major soy-related events and trends during 1998 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** June–Britain's Prince Charles, who practices organic farming and is a patron of the Soil Association, writes an article attacking genetically modified food that is published in Britain's *Daily Telegraph.* Explaining that he wouldn't eat such food or knowingly give it to his family or guests, he concludes, "I happen to believe that this kind of genetic engineering takes mankind into realms that belong to God and God alone." The prince's surprise article helped unleash a wave of anti-GMO activity and sentiment, that continued for weeks in the British press and carried over to the Continent.

Sept.–New European Union (EU) labeling laws, requiring labeling of genetically modified ingredients, go into effect. However the regulation exempts foods which contain no soy protein but do contain soy oil or soy lecithin.
Sept.–Imagine Foods of Palo Alto, California, the natural foods leader in nondairy beverages, launches Soy Dream, the company's first soy product. They support the product with an extensive and very creative advertising campaign.

Sept.–Protein Technologies International starts to offer certified non-GMO soy protein isolates.

Oct.–The Hain Food Group (which owns Westbrae) has announced that it will start to label some of its products as GMO-Free (i.e. free of genetically modified / engineered organisms). It has developed a "Pure Food" logo and a "Just Say No to GEOs" slogan.

Oct. 16–Worthington Foods purchases the Harvest Burger product line from ADM; by agreement, ADM will continue to make the Harvest Burgers at its Illinois plant.

Nov. 1-2–Conference titled "Estrogen, phytoestrogens and cognitive function" held in Seattle, Washington (organized by Mark Messina), largely to learn more about the research of Lon White on tofu and dementia/Alzheimer's disease.

1998 Dec. 31–DE-VAU-GE acquires Bruno Fischer GmbH, which sells bottled soymilk; both companies are located in Germany.

Major trends: (1) The steady expansion of genetically engineered Roundup Ready soybeans. This year an estimated 30% of America's soybean acreage was planted to genetically engineered soybeans. This is one of the hottest and most controversial stories in most countries of the world–except the United States, where it gets unbelievably little media coverage. (2) The hype about the health benefits of soyfoods continues to increase. There are definitely some health benefits, but the exaggerated statements that now routinely appear in articles and advertisements go far beyond what can be supported by scientific evidence. The media seems intent on making as much money as possible as it whips up the story of soy's health benefits. The bigger the story it becomes, the more money they can make later debunking it. (3) The natural foods industry is changing into a supplements industry because of the higher profit margin on supplements. Many consumers are being misled into thinking that supplements are more important than healthy foods in determining good health. (4) Among commercial soy products this year, the ratio of supplements to foods has increased sharply.

Areas of potential danger on the horizon: (1) Lon White of Hawaii and his data on tofu and dementia/Alzheimer's disease. (2) Young girls discovering that overdoses of soy isoflavones could be useful in growing breasts, then publicizing that information using the Internet and World Wide Web. (3) The danger that the media will start to debunk its own hyped story of the health benefits of soy. (4) The concern that the FDA health label claim for soy will not include traditional soy products–such as tofu and soymilk–

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which contain too much fat. Therefore manufacturers will be tempted to add soy protein isolates to raise the protein to a level that will trigger the health claim.

11765. *SoyaScan Notes.* 1998. Soya Clips receives 1,823 clips from Jan. 1 to Dec. 31, 1998 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is an average of 152 clips per month. This total of 1,823 compares with 2,105 clips in 1989–the peak year. An invoice from Luce shows the total bill for calendar year 1998 to be about $5,531. Thus, one clip costs (on average) $3.03.

Regen of Soyfoods Association says that clips from weekly newspapers will be eliminated in order to cut down on duplicates.

11766. Golbitz, Peter. 1998. Proposed labeling rule may turn soy to gold. *Newsletter of the Soyfoods Association of North America* (*Washington, DC*). Dec. p. 1-2.
• ***Summary:*** A proposed health claim for food labeling, now under review by the U.S. Food and Drug Administration (FDA), would authorize the use of a health claim on food products which contain soy protein. The rule, published for comment in the U.S. Federal Register on 10 Nov. 1998, resulted from a petition originally filed on 4 May 1998 by Protein Technologies International (PTI) of St. Louis, Missouri. This petition summarizes years of clinical studies related to the cholesterol-lowering effects of consuming products that contain a significant amount of soy protein. The comment period ends on 25 Jan. 1999.

According to FDA, "studies show 25 grams of soy protein per day have a cholesterol-lowering effect. Therefore, for a food to qualify for the health claim, each serving of the food must contain at least 6.25 grams of soy protein, of one-fourth of the 25 gram amount shown to have the cholesterol-lowering effect. The exact wording to be allowed on packages won't be finalized until after the comment period ends, but an example of how the health claim might be used on a package is: "Diets low in saturated fat and cholesterol that include 25 grams of soy protein per day may reduce the risk of heart disease. One serving of (name of food) supplies ___ grams of soy protein.

Since a typical serving of most soyfoods (such as tofu, soymilk, tempeh) etc. contain the required 6.25 grams of soy protein, manufacturers and marketers of these foods will clearly benefit if the rule is approved. But perhaps even more important, food processors will probably consider including soy protein products as an ingredient in a wide variety of foods ranging from breakfast cereals to pasta.

The last four proposed health claim rules were all approved by the FDA, which has up to 540 days from the original filing date to complete action on the proposal. So the two key dates to watch are January 25 and late October 1999.

11767. Quak, Seng Hock; Tan, Siew Pin. 1998. Use of soy-protein formulas and soyfood for feeding infants and children in Asia. *American J. of Clinical Nutrition* 68(6S):1444S-46S. Dec. Supplement. [16 ref]
• ***Summary:*** Table 1 shows the "Percentage of mothers breast-feeding infants at various ages in Singapore." The percentage has decreased, from 85% at birth in 1951, to 73% at birth in 1960, down to only 28% at birth in 1971 and only 4% at 3 months in 1971.

Whether breast- or bottle fed, infants in Singapore are weaned to solid foods from about 4 months of age onward. Soft rice cereal is the first solid food most Asian infants are fed. Tofu is commonly introduced at about the same time. "Many Asian mothers choose tofu for weaning because it is freely available at low cost. The soft consistency is also an important factor. Tofu can easily be mashed into a paste or gruel and mixed with rice cereal for feeding to babies. Asian infants accept tofu readily because it is highly palatable." The nutritional value of tofu is well established and it is highly recommended by dietitians for weaning as a good source of protein and calcium.

There are two main types of lactose intolerance: primary, late-onset intolerance and secondary lactose intolerance. "Lactose intolerance is a clinical syndrome characterized by abdominal distention, pain, flatulence, and explosive watery diarrhea after ingestion of lactose-containing products. It is due to a deficiency of the digestive enzyme lactase..."

Soy formulas (or soy protein) are better than cow's-milk formulas for infants and children with lactose intolerance (as shown by a bout of infantile gastroenteritis) and are recommended by family physicians and pediatricians. Asian children generally develop lactose intolerance after 2-5 years of age, and incidence generally increases with age. By age 10 about 80% of Asian children are lactose intolerant.

Figure 1 (a bar chart) shows "Percentage of healthy Asian children in Singapore who consume soymilk as their primary beverage." The percentage is about 5% from 1-5 years, then increases to 17% at 6 years, 42% at 7 years, and a peak of 56% at 8 years, falling slightly to 53% at 10 years. Thus (remarkably) about half of all children in Singapore consume soymilk as their primary beverage from age 8 to age 10.

"The incidence of intolerance to cow-milk protein has decreased over the years and intolerance is no longer a common cause of prolonged diarrhea." Address: 1. National University Hospital, Dep. of Pediatrics, Lower Kent Ridge Road, Singapore.

11768. Schlossberg, Suzanne. 1998. Shape achievement awards (1998). *Shape.* Dec.
• ***Summary:*** "Category I: Food and nutrition. Soy to the world. Award: Soy." The text begins: "Of course, there's no such thing as a wonder food, but to read the latest research, soy seems pretty darn close. It appears to protect against a

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whole host of cancers–including breast, uterine, stomach, colon and lung. Diets high in soy also seem to reduce total cholesterol and LDL cholesterol levels, thereby reducing the risk of heart disease. Among post-menopausal women, high doses of soy protein also have been linked with increased bone density–good news for the prevention of osteoporosis. Soy protein even appears to reduce the incidence of hot flashes. Experts recommend getting about 3O-5O grams of soy protein daily."

On the facing (right) page are three cakes of tofu, piled atop one another, with a green edamame pod and 3 beans on top. The caption: "Soy milk, tofu and soy cheeses are great sources of this wonder food, and we expect to see a number of new foods on the market, such as soy-fortified drinks and baked goods."

11769. **Product Name:** Soy Spread [Savory Tofu, or Fine Herb Tofu].
Manufacturer's Name: Sunergia Soyfoods.
Manufacturer's Address: P.O. Box 1186, Charlottesville, VA 22902. Phone: 804-970-2798.
Date of Introduction: 1998. December.
Ingredients: Savory Tofu: Organic tofu (water, organic soybeans, nigari), textured soy flour, organic shoyu (water, organic soybeans, organic wheat, salt, culture), organic whole oat flour, garlic flakes, onion flakes, yeast extract, portabella mushroom. Organic content: 97%.
Wt/Vol., Packaging, Price: 10 oz. (340 gm). Chub pack. Retails for $3.29.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Jon Kessler, founder and owner of Sunergia. 1999. March 16. Talk with Jon Kessler. 1999. March 21. These products were introduced in mid-December 1998.

11770. **Product Name:** More Than Tofu (Marinated) [Italian Herb, or Savory Portabella].
Manufacturer's Name: Sunergia Soyfoods.
Manufacturer's Address: P.O. Box 1186, Charlottesville, VA 22902. Phone: 804-970-2798.
Date of Introduction: 1998. December.
Ingredients: Italian Herb: Organic tofu (water, organic soybeans, nigari), okara soybean fiber (water, organic soybeans), textured soy flour, onion flakes, garlic flakes, basil, oregano, fennel seed, black pepper. Marinade: Shoyu soy sauce (water, soybeans, salt, wheat).
Wt/Vol., Packaging, Price: 8 oz. (340 gm). Reclosable square vacuum pouch about 3/4 inch thick. Retails for $2.99.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Jon Kessler, founder and owner of Sunergia. 1999. March 16. Talk with Jon Kessler. 1999. March 21. These products were introduced in mid-December 1998. They put the tofu in the pouch, pour in the marinade, then vacuum pack it. It retails for $2.99. These two products are the company's best-sellers, and the Savory Portabella outsells the Italian Herb.

11771. **Product Name:** [Meatless Diced Veal].
Foreign Name: Pfannen Geschnetzeltes: Vegetarisches Pfannengericht nach Kalbfleisch-Art gewuerzt.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: D-54578 Wiesbaum / Vulkaneifel, Germany.
Date of Introduction: 1998. December.
Ingredients: Tofu (Water, soybeans*) (32%), whole wheat flour*, wheat gluten* (24%), sunflowerseed oil*, soy sauce (water, soybeans*, wheat*), thickener (carob flour*, guar seed flour), seasonings*, sea salt. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm pack.
How Stored: Refrigerated.
New Product–Documentation: Color package sent by Bernd Drosihn. 2004. Nov. 15. Size: 10 by 17.5 by 3.5 cm. Paperboard box. Red, black, yellow, orange, and green on beige. Color photo of the dish, ready to eat, on a white plate. This meat alternative, ready to heat and serve, was introduced in Dec. 1998.

11772. Wildwood Natural Foods. 1998. The Joy of Soy to you from all of us at Wildwood: Happy holidays tofu facts (Folded card). Santa Cruz, California.
• ***Summary:*** This very creative and 100% original card arrived in mid-December, shortly before Christmas and after Hanukkah. It was packed in a sealed plastic pouch (like vacuum-packed tofu) with a "Greetings" postage stamp and a mailing label on the outside. Inside the pouch were sprinkled many little sequins in the form of holly leaves, snow flakes, circular red ornaments, and a small Magen David (symbol of Judaism). The front and back of the card itself were off-white and shaded to looked like a three-dimensional cake of tofu; only the two inside surfaces contained printed text. When opened, the top half contained the equivalent of a nutritional facts panel but with holiday content: "Total blessings 7 (11% daily value), saturated blessings 3 (7% daily value), love 1 (100% daily value), joy 2 (100% daily value), cheers 3 (15% daily value), happiness 7 (100% daily value), hallelujah (amen). Peace 100%, Nirvana 100%, Shalom 100%, Heaven 100%." On the back of the cake is a little sticker that reads: "Celebrate by 12.31."

Note 1. Talk with lady at Wildwood Foods in Santa Cruz. 1998. Dec. 18. The idea for this card came from Billy Bramblett and his wife of Wildwood–Fairfax. Billy says (May 1999) Wildwood got a great response from the card.

Note 2. Wildwood now makes about 7,000 lb/day of tofu in Santa Cruz using an open-top steam-injection cooking system. Still, they can't keep up with demand. Address: Wildwood Natural Foods of Santa Cruz, Inc., 1560 Mansfield Dr., Suite D, Santa Cruz, California. Phone: 408-476-4448.

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11773. Wu, Anna H.; Ziegler, R.G.; Nomura, A.M.; West, D.W.; Kolonel, L.N.; Horn-Ross, P.L.; Hoover, R.N.; Pike, M.C. 1998. Soy intake and risk of breast cancer in Asians and Asian Americans. *American J. of Clinical Nutrition* 68(6S):1437S-43S. Supplement. Dec. [46 ref]
• ***Summary:*** The risk of breast cancer varies significantly throughout the world. Rates are highest among whites in the USA and Europe, and lowest among native Japanese and Chinese and other Asians in their homelands. The risk among the first group (whites) has historically been about 6 times as high as that of the risk among Asians. Migration studies have proved that this large difference in risk is not caused by genetic differences. Evidence from case-control studies suggests, but not entirely consistently, that soy intake may protect against breast cancer.

Two of three epidemiologic studies published before the 1990s suggested that intake of soy may protect against breast cancer (See: Nomura et al. 1978; Hirayama 1986). Since 1990, four case-control studies have evaluated the association between self-reported soy intake and breast cancer: See Lee et al. 1991, and 1992 (Conducted among Chinese in Singapore); Yuan et al. 1995 (Chinese in Shanghai and Tianjin, China); Hirose et al. 1995 (Japanese in Nagoya, Japan); Wu et al. 1996 (Asian-Americans {Chinese-, Japanese-, and Filipino Americans} residing in the San Francisco-Oakland metropolitan statistical area, Los Angeles County, and Oahu, Hawaii). This article compares those studies very carefully.

In groups consuming similar amounts of tofu, the tofu was more protective in Asians who migrated to the USA, than to Asians born in the USA. Address: Dep. of Preventive Medicine, Univ. of Southern California, Los Angeles; Environmental Epidemiology Branch, Div. of Cancer Etiology, National Cancer Inst., Bethesda, Maryland; Epidemiology Program, Cancer Research Center of Hawaii, Univ. of Hawaii, Honolulu; Northern California Cancer Center, Union City.

11774. **Product Name:** Medium Tofu, Soymilk.
Manufacturer's Name: Bui Natural Tofu.
Manufacturer's Address: 520 NE 76th, Portland, Oregon.
Date of Introduction: 1998.
New Product–Documentation: Blog posted on the Web on 12 Jan. 2007 mentions this company. A Vietnamese-American enterprise. Talk with owner and tofu maker Bui Minh. 2008. July 2. This company started making tofu in about 1998. They make only medium tofu and soymilk. He is the owner, but it is a traditional family business run by four brothers; of course, all have the family name of Bui. They deliver to local Asian stores.

11775. IDRC (International Development Research Center). 1998. An effort to promote the production and consumption of soybeans as a means of improving nutrition in Nigeria (Web article). http://www.solutions -site.org /cat11_sol101.htm.
• ***Summary:*** "Summary: An International Development Research Centre (IDRC) program to encourage soybean cultivation and integrate soybean products into traditional food and commodity production is helping to alleviate malnutrition."

"Background: In 1987, the International Institute of Tropical Agriculture (IITA), under the guidance of Principal Researcher Dr. Kenton Dashiell, launched an ambitious effort in Nigeria to combat widespread malnutrition. With support from the International Development Research Centre, IITA embarked on a project to encourage using nutritious, economical soybeans in everyday food. Soybeans are about 40% protein–more protein-rich than any of the common vegetable or animal food sources found in Africa. With the addition of maize, sorghum, wheat, rice, or any other cereal to soybeans, the resulting protein meets the standards of the United Nations Food and Agriculture Organization (FAO). Soybeans also contain about 20% oil, which is 85% unsaturated and cholesterol free.

"Few Nigerians knew about soybeans until the IITA initiative provided information on everything from their nutritional benefits to how to plant, harvest, store, and prepare them. Since then, soybean production and consumption has increased dramatically, improving nutrition particularly among the urban poor and middle income groups. Soybean-fortified products not only have more protein and minerals than their non-fortified counterparts, they are considerably cheaper than other sources of high-quality protein such as fish, meat, milk, and other protein-rich legumes. The cost of protein, when purchased as soybean, is only about 10-20% of the cost of protein from fish, meat, eggs, or milk. Many Nigerians now incorporate soybeans into their diets, and the Nigerian government has declared soybean production and utilization a national priority."

"Impact: Production increased–Soybean production in Nigeria increased from about 28 tonnes (metric tons) in 1985 to about 200,000 tonnes in 1995. The 1995 crop was worth an estimated US $60 million, saving Nigerians an equivalent amount of foreign exchange in just one year of this project. Since then, soybean production and consumption have continued to increase.

"Number of soybean farmers increased–The number of soybean farmers in Nigeria has increased tenfold to about 500,000. All the soybeans they produce are being used domestically. The price of soybeans has also increased, improving incomes for growers.

"Training increased–As a direct result of the IDRC project, more than 47,000 Nigerians (30 000 of them women) have been trained in producing soybeans and how to incorporate them into their diets. They have, in turn, trained

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others. Some reasons given by individuals for incorporating soybean into their diet are that it is nutritious, versatile, tastes nice, and is a good substitute for expensive protein.

"New equipment developed–This project has led to developing soybean processing equipment, which has since been adopted for both home and commercial use.

"Industry increasing–The number of soybean-processing industries in Nigeria has increased from less than five to more than 65, including small-scale businesses and larger enterprises. Several large industries, including Nestle Foods and Cadbury, have incorporated soybeans into some of their products, which has proven to be very popular.

"New soybean use developed–The IDRC-sponsored project has been instrumental in encouraging the development of more than 140 soybean-based foods, including soya milk and yogurt, soya flour, biscuits, baby food, condiments, and breakfast cereals. The newest product that has become very popular in Northern Nigeria is tofu. Participating research institutions in Nigeria have developed recipes that incorporate soybeans into new and traditional foods."

11776. **Product Name:** [Tofu-yo fermented tofu].
Foreign Name: Awa Beni Dôfu.
Manufacturer's Name: Otsuka Foods Co., Ltd.
Manufacturer's Address: Osaka, Japan.
Date of Introduction: 1998.
Ingredients: Tofu (non-genetically engineered), ethyl alcohol, rice koji, red rice koji (*beni-koji*), salt, tofu solidifier (no specifics are given), spices, enzymes.
Wt/Vol., Packaging, Price: Glass jar.
How Stored: Refrigerated.
New Product–Documentation: Product with Label and outside paperboard box brought to Soyinfo Center. 2011. Dec. 14. by Taro Mikuriya of Otsuka Pharmaceutical Co., Nutrition & Sante Group. The outer, nearly-cubic box is 3 by 3 by 3¼ inches high (7.5 x 7.5 x 8.5 cm). Red and black on beige. The front panel, which appears on 3 sides of the box, shows a square of tofu-yo on a small white dish. The characters "Beni-dofu" appear large and bright red against the tan background. The product description appears on one panel. Contents: 6 pieces (no weight is given).

The fermented tofu itself comes in a glass jar, immersed in alcohol thickened by red rice koji. Atop the jar, inside the outer box is a small brochure, full color on glossy paper; with 4 panels on each side. Each panel is 6.5 cm square. The inside 4 panels describe different ways of serving the product. One outside panel gives a brief history of tofu-yo from Okinawa. Taro says (e-mail of 21 Dec. 2011) that the product was launched in 1998 by Otsuka Foods Co., Ltd.

Soyinfo Center taste test: Taste and texture: Delicious, almost like Okinawan tofu-yo. However use of the word "awa" in the product name, a possible hint at the word "awamori" (an expensive and traditional Okinawan alcoholic beverage) when there is none in the product, seems deceptive.

11777. **Product Name:** Aloha Baked Tofu.
Manufacturer's Name: Wildwood Natural Foods of Santa Cruz, Inc.
Manufacturer's Address: 1560 Mansfield Ave., Suite D, Santa Cruz, CA 95062. Phone: 408-476-4448.
Date of Introduction: 1998.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), unsweetened pineapple juice, soy sauce, fruitrim (fruit juice, natural grain dextrins), pineapple juice concentrate, ginger, orange juice concentrate, olive oil, molasses, ginger powder, spices.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1998, and made at Wildwood's plant in Santa Cruz.

11778. **Product Name:** Tofu Firenze: Spinach-Garlic Dip.
Manufacturer's Name: Wildwood Natural Foods.
Manufacturer's Address: 31 Bolinas Rd., Fairfax, CA 94930. Phone: 415-459-3919.
Date of Introduction: 1998.
Ingredients: Wildwood tofu [filtered water, organic soybeans (grown and processed in accordance with the California Organic Foods Act of 1990), Nigari (magnesium chloride, a natural firming agent)], spinach, olive oil, rice vinegar, garlic, dijon mustard, parsley, spices, guar gum.
Wt/Vol., Packaging, Price: 6.0 oz. Retails for $1.99.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Billy Bramblett. 1998. July. He says this product was introduced in 1998.

11779. Allison, Karen Hubert. 1998. The vegetarian compass: New directions in vegetarian cooking. Boston, Massachusetts: Little, Brown & Co. xiii + 383 p. Illust. Index. 24 x 20 cm.
• ***Summary:*** One chapter (p. 163-210) is titled "Tofu, tempeh, and seitan." The index contains 28 entries for tofu, 23 for tempeh, 17 for seitan, 2 each for miso and for texturized vegetable protein (TVP), and 1 each for milk–nondairy and for soy grits.

On the inside rear dust jacket is a portrait photo of the author and a brief biography. Karen "was the former owner, with her husband, Len Allison, of the three-star New York City restaurant Huberts. She taught at the Culinary Institute of America and was the author of the novel *How I Gave My Heart to the Restaurant Business* (1997). She lived in New York and Maui until her death in 1997." She is the mother of three children. Address: New York and Maui.

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11780. American Soybean Association. comp. 1998. Directory of growers of organically grown or food quality soybeans. St. Louis, Missouri. 10 p. Unpublished typescript. 28 cm.
• ***Summary:*** Part I–Organically grown soybeans: Name, address, phone number, and fax number of 11 growers or brokers, listed alphabetically by company name, in California, Illinois, Iowa, Michigan, Minnesota, New York, Oregon, and Texas.

Part II–Food quality soybeans: Name, address, phone number, and fax number, and type of soybean (tofu, general food use, certified organic, etc.) of growers or brokers, listed by state, in South Dakota (3 names), Indiana (6), Iowa (15), Minnesota (27), Wisconsin (1). Note: These names and addresses were compiled from *Soya & Oilseed Bluebook* then printed in mailing list format, so they can be photocopied and mailed to the growers. Address: ASA, 12125 Woodcrest Executive Drive, Suite 100, St. Louis, Missouri 63141-5009. Phone: (314) 576-1770.

11781. Burnham, Trudie. 1998. Innovative soy cooking. Freedom, California: The Crossing Press. 95 p. No index. 15 x 18 cm.
• ***Summary:*** Contents: Preface. Introduction. Appetizers, snacks, and side orders. Salads. Dressings and toppings. Main dishes. Beverages. Desserts and treats.

The introduction begins: "Let's face it. In a society like ours, obsessed with fast, low-fat food, tofu is the ultimate answer." This is a "user-friendly guide to a soya-based vegetarian diet. Many recipes are vegan, or use a minimum of dairy foods.

The glossary of ingredients includes kelp, kudzu, lecithin, mirin, miso, nutritional yeast, oils (use expeller pressed), sea vegetables, seeds (Sunflower, pumpkin, poppy and sesame are used for eating; alfalfa, radish, red clover, and fenugreek are for sprouting), slippery elm powder, soy milk, soy sauce, soysage, sweeteners, tahini, tempeh, tofu, umeboshi plums, vinegars.

"Missing egg salad: I invented this and word seemed to travel fast and wide, because I saw it in a California deli a year later with the same name." Address: New Zealand.

11782. Fike, Rupert. ed. 1998. Voices from The Farm: Adventures in community living. Summertown, Tennessee: Book Publishing Co. xii + 164 p. No index. 23 cm.
• ***Summary:*** This excellent book (a collection of short vignettes written by various Farm members) captures the spirit and essence of The Farm, a large spiritual in Summertown, Lewis Co., Tennessee–a community that has changed the world (for the better) in many areas.

The Farm traces its roots to the late 1970s with "Monday Night Class," which was led by Stephen Gaskin, an English teacher at San Francisco State College, in California. He held free, open meetings which focused on putting the shared psychedelic experiences of those who attended into the perspective of the world's major religions. He emphasized eternal spiritual values–compassion, self-reliance, development of personal character, and an awareness of the interconnectedness of all life. After talking, Stephen answered questions from the floor, and these sometimes led to broad-ranging discussions. At each meeting there was meditation and often chanting to quiet the mind and nourish the spirit. By 1969 several thousand people were regularly attending this weekly class, and a core group of them began to consider Stephen as their spiritual teacher.

In the winter of 1969 the American Academy of Religion held its meeting in San Francisco. A group of ministers and theologians happened to wander in; they stood at the back of the class and were moved by what they saw and heard. After the meeting several of them stepped forward to invite Stephen to speak at their own congregations and classrooms across America–believing that he might be able to help heal the rift between generations. Stephen agreed and a tour was arranged. Two hundred or so of his students asked if they could come along; any who could put together living quarters on wheels joined the tour. In brightly painted school buses, Volkswagen vans, trucks and campers they left San Francisco in 1970, following Stephen as he spoke on college campuses and in churches from coast to coast. Along the way the group attracted other young people who "were searching for identity, mission, and tribe." After four months and thousands of miles, the Caravan (as it was called) returned to San Francisco. But after their shared Odyssey, the group had become a tightly-knit community–a church. They agreed to pool their money, head back to Tennessee, and buy some land.

Thus, in May 1971, at the height of the counter-culture movement, several hundred young people drove their school buses into Lewis County, southern Tennessee. They had been given permission to park (free of charge) on the Martin Farm until they could find their own land. They stayed on the Martin Farm all that summer, then in the fall purchased the Black ranch (1,000 acres)–less than ¼ mile away. They founded America's largest modern-day intentional community–The Farm. It soon became known and admired by people around the world.

It is said that The Farm had two phases–the Letting Go, which was Monday Night Class, the Caravan, and the Martin Farm. Then there was the Taking Hold–everything after that.

Farm members organized themselves on a communal basis according to a passage in the Bible's *New Testament, Book of Acts,* 2:44-45, which says: "And all that believed were together and had all things in common; and sold their possessions and goods, and parted them to all as every man had need." Each member of the community had to sign this vow of personal poverty. They ate a vegetarian diet–in fact a vegan diet, which contained no animal products, and showed

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many others how such a diet could be healthful, delicious, and ethical. They started a "Soy Dairy" and used soyfoods (such as soymilk, tempeh, tofu, soy yogurt, soy flour, and whole cooked soybeans) as a key protein source in their diet. They generally used what extra money they had to help impoverished people around the world–both in Third World countries and in the USA. In the late 1970s they worked with people in the village of Solola, Guatemala, to build an innovative Soy Dairy (see p. 78-80, by Doug Stevenson), then helped others start soyfoods businesses in the Caribbean. They did pioneering work in spiritual midwifery, publishing, and many other areas.

By 1977, there were 1,100 farm members and 14,000 visitors–many of whom spent the night. At the peak of its population in 1982, The Farm was home to over 1,500 optimistic young people and the young at heart; about half of these were children, since The Farm offered to raise the child of any woman who was considering an abortion. The community received 20,000 visitors that year alone, as many as 200 on any given night.

But The Farm had one major problem: How to financially support its many members, visitors, and activities. By the late 1970s The Farm had a large and rising debt, and the interest on that debt was starting to get out of hand. By 1980 morale was definitely beginning to suffer. In 1983, after much soul-searching, The Farm decided that no longer would all things be held in common, except for the land. Many people left; it was a diaspora. Each family (or person) who remained would now be responsible for its own economic survival.

From its beginnings in San Francisco in 1970, The Farm has been an experiment in spiritual communal living. This book tells the story of that experiment (up to the early 1980s) in 66 short chapters, told by many different community members. Its a magnificent, moving story, told in an "energy-based" language invented by The Farm but easily understood by all. Some members recount more than one chapter. Note: This book could be greatly improved by an index. Address: P.O. Box 99, Summertown, Tennessee 38483. Phone: 1-888-260-8458.

11783. Hutcheon, Robin. 1998. High-rise society: the first 50 years of the Hong Kong Housing Society. Hong Kong: Chinese University Press; Hong Kong Housing Society. ix + 117 p. Illust. (some color). 22 x 30 cm. [8 ref]
• ***Summary:*** This is the story of a remarkable, pioneering experiment in affordable public housing designed to meet the needs of people. The idea can be traced back to a woman in Victorian England: Octavia Hill (p. 50-51). In 1945 Hong Kong emerged from 3½ years Japanese war-time occupation in a state of destitution, aggravated by damage caused by shelling and air-raids. Out of a population of 60,000, one in four were homeless." "With the end of World War II another followed on its heels–civil war in China. An influx of former residents and refugees flooded into Hong Kong, more than doubling its population in a few years. The impact this had on housing was devastating.

"Huge settlements of makeshift huts sprouted on the bare hillsides, stripped of trees for use as fuel. In the crowded tenements of the urban areas, large numbers of newcomers squeezed in. At night, streets were filled with shanties and shelters which were bundled up like parcels during the day. To accommodate the mass of humanity, Hong Kong landlords divided tenement floors into cubicles, most lacking windows or ventilation of any kind and having few basic amenities..." (p. 3).

The Housing Society in Hong Kong was proposed in 1948 by Bishop R.O. Hall (see timeline p. 82-90).

In Part II, "Snapshots," the section titled "The estates" notes (p. 63): "Hawkers also appreciated the open balconies of the older estates. They could trundle their carts of delicacies to the entrance and announce their presence and their snacks: red bean soup, grilled octopus, pigs' tripe, "tofu fa" (soyabean junket [curds made from soymilk]), "stinky tofu", dough sticks and special congee. Each hawker had his own special call which was sung or chanted rather than shouted. Tenants living in top floors would then call out their order, lower baskets on ropes with money, and collect their snacks without having to walk down six flights of stairs. Many hawkers made their fortunes from nightly visits to the estates."

Note: This is the earliest English-language document seen (Oct. 2011) that contains the term "stinky tofu."

11784. Ji, Manping. 1998. Tofu qualities and yields of various soybean cultivars as affected by ratios of 7S and 11S proteins. MSc thesis, North Dakota State University. xi + 115 leaves. Illust. 28 cm. *

11785. Keuneke, Robin. 1998. Total breast health: The power food solution for protection and wellness. New York: Kensington Publishing Corp. xxviii + 416 p. Foreword by Lendon Smith, M.D. Index. 24 cm. [200+* ref]
• ***Summary:*** The key to total breast health (and preventing breast cancer) is a healthy traditional diet and lifestyle. Chapter 7, "Soybeans protect against breast cancer," has these contents: Two pro-soy quotations. Introduction. Some phytochemicals in soy and their properties. Phytic acid. Other benefits of soy for women: Osteoporosis, symptoms of menopause, symptoms of PMS, heart disease, anti-aging benefits, gallstones. Update on the politics of soybeans: Will quality be sacrificed for commercial purposes? Fermented soy foods are especially beneficial. The magic of miso: Folklore was right. The National Cancer Institute is spreading the word about soy's ability to protect against breast (and prostate) cancer. Phytochemicals in soy: (1) Inhibit the growth of tumor cells. (2) Convert cancer cells back into normal cells. (3) Block the entry of estrogen into

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breast cells; this is beneficial in preventing cancer. "Research shows that soy isoflavones may protect against high levels of synthetic estrogen in the diet." Soy foods include: tofu, tempeh, miso, edamame, soy sauce, soymilk, natto (fermented soybeans), soybeans and second-generation soy foods such as cheese, textured vegetable protein, and meat alternatives such as soy breakfast links.

Contains over 125 internationally inspired recipes, incl. Tofu Cote D'Azur, and Dilled Salmon in Miso-Lemon Sauce.

A portrait photo of Robin (a woman) appears on the inside rear dust jacket. The last page of the book (unnumbered) is "About the author." Address: Norwalk, Connecticut.

11786. Ling, Kong Foong. 1998. Food of Asia: authentic recipes from China, India, Indonesia, Japan, Singapore, Malaysia, Thailand and Vietnam. Singapore: Periplus. 160 p. Illust (color). Index. 31 cm.
• ***Summary:*** A very attractive book printed on glossy paper with at least one color photo on almost every page. The introduction and essays are by Kong Foong Ling. The index, which is poor, makes the book hard to use if you are looking for particular foods found throughout Asia such as soybeans, soy sauce, miso, salted / fermented black beans, yuba [bean curd skin], etc.

Contents: The flavors of Asia. Ingredients. The Asian kitchen. China. India. Indonesia. Japan. Malaysia & Singapore. Thailand. Vietnam. Appendix.

The "Ingredients" section includes: Bean curd (incl. cotton or momen tofu, silken bean curd, deep-fried bean curd or aburage, grilled bean curd or yakidofu, fermented bean curd or nam yee). Bean curd skin [yuba]. Black beans, salted (and fermented). Hoisin sauce ("A sweet sauce made of soy beans, with spicy and garlicky overtones"). Miso (incl. red miso and white miso). Salted soy beans (incl. "yellow bean sauce"). Soy sauce (incl. light soy sauce, black soy sauce, red soy sauce, Kikkoman, tamari, thick sweet soy sauce (kecap manis–Indonesian)). Tempeh. Also: Red beans (dried azuki). Seaweed (incl. dried kelp, golden kelp, mozuku, salted dried kelp, laver or nori, wakame). Sesame (black and white seeds, tahina {tahini}). Sesame oil. Sesame rice crackers.

Beancurd or bean curd is mentioned on pages 12, 29-30, 34, 36, 88, 94, 101, 155.

Fermented bean curd: p. 25.

11787. Marcus, Erik. 1998. Vegan: The new ethics of eating. Ithaca, New York: McBooks Press. xi + 211 p. Illust. Index. 23 cm. [406 endnotes*]
• ***Summary:*** An excellent, very important book. The New Four Food Groups (p. 194-95) are vegetables, whole grains, fruit, and legumes. Legumes includes soy milk, tempeh, texturized vegetable protein, and tofu.

Dedicated to Henry Spira, a tireless defender of animals. Eric Marcus was born in 1966. Address: Bay Area, California.

11788. *Natural Athlete* (*Evanston, Illinois*). 1998. Cooking with Chef Tina: A natural power breakfast. p. 46, 48-49.
• ***Summary:*** Tina Martini is executive chef at the Franklin Quest Fitness Institute, where she is responsible for teaching some 200 guests a week about the benefits of healthy eating. Many of these guests call her the "Queen of Tofu." She says: "The latest research on soy is that it recruits lean body mass more effectively, than any kind of protein. So I'm a big fan of soy, because along with the increase in strength, you're also getting fiber, which animal protein doesn't offer."

Contains three recipes: Bread pudding (with soy milk). Apple crisp with cashew granola (with soy milk). Natural french toast (with soy milk and tofu). Address: 2859 Central St. #106, Evanston, Illinois.

11789. Northern California Community Loan Fund. 1998. Our first decade 1988-1998. San Francisco, California.
• ***Summary:*** The page titled "Cooking up a food industry in Humboldt County" (p. 10-11) gives a profile of The Tofu Shop Specialty Foods Company. Owner Matthew Schmit says: "We can produce 60 pounds of tofu per kettle, twelve kettles per day, six days per week,..." He distributes as far south as Santa Rosa. The economy of the area has been hurt by the fall of the timber and fishing industries. Address: 870 Market Street, Suite 677, San Francisco, California 94102. Phone: 415-392-8216.

11790. Olowoniyan, F.O.; Osho, S.M. 1998. Acceptability of different coagulation agents for soycheese [tofu] processing in Kaduna State, Nigeria. In: Ferris, R.S.B., ed. 1998. Postharvest Technology and Commodity Marketing in West Africa. Proceedings of a Conference... [vi] + 300 p. See p. 169-71. Held 27 Nov.-1 Dec. 1995 at Accra, Ghana. [3 ref]*
• ***Summary:*** In Nigeria, cheese is traditionally made by coagulating cow's milk with a coagulant such a the juice of bombon leaves (*Calotropis procera*). An alternative was made from soybean milk using three different coagulants: lemon juice, Epsom salt, and alum. The results showed no significant difference in the acceptance of fried soycheese (except in mouth feel) made from of soymilk coagulated with lemon juice or Epsom salt; however lemon juice was liked best of the two. Soycheese made from alum was ranked as being of significantly lower quality. Address: 1. National Agricultural Extension and Research Liaison Services, Ahmadu Bello Univ., Zaria, Nigeria; 2. IITA, Ibadan, Nigeria.

11791. Rinzler, Carol Ann. 1998. The healing power of soy: The enlightened person's guide to nature's wonder food. Rocklin, California: Prima Publishing. xiv + 194 p. Illust. Index. 24 cm. [119 endnotes]

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• ***Summary:*** Contents: Preface. Introduction: Not your ordinary bean, the first soybeans (history), how to talk soy (glossary of soyfoods–miso, soybean oil, soy concentrates, soy flour, soy isolates, soy milk, soy "nuts," soy sauce {shoyu, tamari, teriyaki}, tempeh, texturized soy protein {TSP}, tofu). 1. The nutritional wonder bean: Vitamins, minerals, proteins, fats, carbohydrates, fitting soy into your diet, summing up. 2. Something special in the bean: Hormones and people and plants, fabulous phytoestrogens, the safety of phytoestrogens, summing up. 3. Soy and your heart: Heart Disease and its victims, cholesterol and your heart, soy versus cholesterol, soy's cholesterol busters, beyond cholesterol, summing up. 4. Soy, the cancer fighter: The statistics of cancer, diet and hormone-related cancers, the Asian experience, how soy fights cancer, is soy safe?, a practical guide to your personal war on cancer, summing up. 5. Building better bones with soy: Your hormones and your bones, the hormone dilemma, soy and your bones, getting the calcium you need, summing up. 6. Hot news about hot flashes: What a hot flash is, soy and hot flashes, other plants that may relieve hot flashes, vitamins, minerals and hot flashes, simple lifestyle changes, summing up. 7. Cooking with soy: The joy of soy, whole soybeans, tofu, tempeh, texturized soy protein (TSP), soy flour, soy milk, soy sauces, soybean oil, miso. Appendix A: Shopping for soy through the mail. Appendix B: Directory of soy manufacturers. Appendix C: Directory of soy researchers whose studies are included in this book. Sources.

The author has written seventeen books, including *Nutrition for Dummies* (IDG) and *Estrogen and Breast Cancer* (Hunter House Books). A frequent contributor to publications such as *American Health, Woman's Day,* and the *New York Times,* she lives in New York.

Note: Another quick, generic book about soy and good health by one who is not very familiar with the subject–though the footnotes show that she consulted many publications; nothing new. The history chapter is full of errors. Address: New York.

11792. Sinclair, Charles Gordon. comp. 1998. International dictionary of food and cooking. Chicago: Fitzroy Dearborn. 594 p. See p. 234. 24 cm. *

• ***Summary:*** Vietnamese: dau hu: Bean curd. dau hu chien: Fried bean curd. dau hu chung: Bean curd. dau hu ki: Dried [sic, pressed] bean curd (p. 161).

fu jook pin (Chinese): Bean curd sticks [dried yuba sticks] (p. 219).

"*gochujang* (Korean): A chilli paste similar to sambal olek" (p. 234).

Indonesian: Kecap asin is thick, salty, dark colored soy sauce used for coloring and flavor. Kecap bentang manis: See kecap manis. Kecap manis: A sweet, thick, dark colored aromatic soy sauce used as a seasoning and condiment, and for satay. "Also called ketjap sauce, kecap bentang manis, sweet soya sauce" (p. 292).

Ketjap (Ho [Holland, Dutch]) Ketchup. Ketjap sauce. See kecap manis.

The word "soya" appears on 100 pages in this book. For example: Aburage (Japanese): Soya bean pouches made by deep-frying slices of pressed bean curd.

For "soy bean" see "soya bean." For "soy bean oil" see "soya bean oil." For "soy sauce" see "soya sauce."

"Sweet bean paste. A thick brown sauce made from ground fermented soya beans mixed with sugar and brine. Popular in Taiwan as a condiment or seasoning" (p. 530).

11793. Solomon, Charmaine; Solomon, Nina. 1998. Charmaine Solomon's encyclopedia of Asian food. Boston, Massachusetts: Periplus Editions. xiv + 480 p. Color illust. ([28] p. of plates). 29 cm. [67* ref]

• ***Summary:*** An outstanding book; the color illustrations of many ingredients are spectacular and very informative. The author has an insatiable curiosity.

Contents: List of illustrations. Introduction. How to use the *Encyclopedia of Asian Food.* Acknowledgements. A-Z of Asian Food. Bibliography. Illustrated index of selective ingredients. Index of recipes. Index of alternative words and main entries.

Soy related entries: Bean curd (p. 26-28, incl. all the different types, yuba, deep-fried tofu types, fermented tofu incl. ch'ou doufu [chou doufu]: "Despite its overpowering aroma, slimy texture, unappetizing color and the unfortunate odor it leaves on the breath, those brave enough to partake of it consider it a delicacy").

Bean paste, sweet (p. 29. The three colors and types are red {from adzuki beans}, yellow {from mung beans, husked and split}, or black {from black soy beans}. "The pastes are usually available ready-made sweetened in cans. It is possible to make your own, starting out with dried beans." Name in Chinese: dow sa, tau sa {sweet bean paste}).

Bean paste, yellow (p. 29. Despite what the label says, this thick, salty condiment is brown, not yellow, in color).

Bean sauces (p. 29. "Made from fermented soy beans," they range in color from yellow to brown to black [sweet black bean paste]. Their consistency is more like pastes that must be spooned from the jar than pourable tomato ketchup).

Beans, salted yellow (p. 31. Canned yellow soybeans which have been salted and fermented).

Beef (p. 31-37 incl. Teriyaki steak, Sukiyaki, Beef with black bean sauce, incl. "2 tablespoons canned salted black beans [fermented black soybeans]").

Black bean (p. 43-44. Black soy beans which are fermented and salted. "Some are sold in cans in a salty liquid, others in plastic bags, covered with salt crystals." Also called "preserved black beans").

Flours & starches (p. 157-61). Incl. soy flour. "A high protein, low starch flour... used mostly in Japan [where it is called kinako] and China. In Korea roasted soy bean flour

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and fermented soy bean flour are used to make a variety of bean pastes."

Note. This is the earliest English-language document seen (Nov. 2012) that uses the term "roasted soy bean flour" to refer to kinako.

Legumes & pulses (p. 206-18). A long and interesting section. All entries have a scientific name. Many have an illustration. Those found in many Asian countries (e.g., green bean, green pea) have the name in each country. Includes: Introduction, adzuki bean, asparagus bean (see winged bean), asparagus pea, black-eyed pea (a variety of cowpea), black gram, blue pea, broad bean, butter bean (see lima bean), chick pea, cowpea (see yard-long bean), fenugreek, green bean, green pea, hyacinth bean (see lablab bean), lablab bean, lentil, lima bean, long bean (see yard-long bean), moong bean (see mung bean), moth bean, mung bean, parkia, peanut, pigeon pea, red bean (see adzuki bean), red kidney bean, rice bean, sataw bean (see parkia), snow pea, soy bean (short entry), sugar snap pea, tamarind, white gram (see black gram), winged bean (China: su-ling dou; India: Goa bean; Indonesia: kecipir; Japan: shikakumame; Malaysia: kacang botor; Philippines: sigarilyas; Sri Lanka: dara-dhambala. Thailand: thua pu). Yard-long bean (this is the fresh bean known by a host of names). Recipes: Adzuki bean soup.

Master sauce (p. 232). "Also known as 'flavour pot' or 'lu,' this sauce has a base of soy sauce, water, sugar and Chinese wine or sherry, with a few variable additions..." Cooking with it is similar to 'red-cooking.'

Miso (see soy bean products). Mushrooms & fungi (p. 237-40, incl. recipe for Braised bean curd, cloud ear and vegetables, and Braised soy mushrooms). Natto (see soy bean products).

Oils (p. 258-59, incl. coconut oil, gingelly oil [sesame oil], mustard oil, palm oil, palm kernel oil, peanut oil, perilla oil, sesame oil). Note: Soy oil is not mentioned here! Okara (see soy bean products). Salads, incl. recipe for Indonesian vegetable salad (gado-gado), that calls for 4 oz. fried bean curd. Shoyu (see soy sauce).

Soy bean, dried (349). China: da dau, wong dau, hak dau, tai dau. Indonesia: kacang kedelai. Japan: daizu. Korea: jaa jang. Malaysia: kedelai. Philippines: utaw. Thailand: thua lueang.

Soy bean, fresh. China: mao dau. Indonesia: kacang soja. Japan: edamame. Malaysia: kacang soja. Recipe: Fresh soy beans with bean curd.

Soy bean products (p. 350): Miso (incl. recipe for miso soup). Natto. Soy bean paste (go). Soy milk. Tahuri (Philippine fermented tofu). Tokwa (tokwan; very firm square tofu).

Soy bean sprouts, with recipe for soy bean sprout salad. China: dai dau nga choi. India: bhat. Indonesia: kacang kedele, taugeh. Japan: daizu no moyashi. Korea: Kong namul. Malaysia: kacang soja, taugeh. Philippines: utaw. Thailand: thua-lueang.

Soy sauce (p. 351-52). Chinese soy sauce: Dark soy sauce. Light soy sauce ("Usually labeled 'superior soy'"). Mushroom soy sauce (Dark soy sauce that has been flavored with straw mushrooms). Japanese soy sauces: Koikuchi (regular shoyu), tamari, usukuchi. Korean soy sauce ("About the same colour as Chinese light soy sauce, but not as fiercely salty and with a sweet malted aroma"). Thick and flavoured soy sauces: Kecap asin ("A dark, salty soy sauce, from Indonesia, a little thicker than the dark soy of China"). Kecap manis (A thick, sweet soy sauce from Java, Indonesia). Kicap cair: "The Malaysian equivalent of light soy sauce." Kicap pekat: "The Malaysian equivalent of dark soy sauce, though thicker than the Chinese version, but not as thick as kecap manis." Ponzu shoyu. Toyo mansi (p. 352): "A soy sauce used in the Philippines soured with kalamansi juice."

Note: This is the earliest document seen (April 2012) that uses the term "Kicap cair" or the term "Kicap pekat" to refer to light and dark Malaysian soy sauces, respectively.

Tempeh (p. 386). Incl. recipes for Savoury Tempeh and Thai style tempeh. Tofu (see bean curd).

Also discusses: Adzuki bean, agar-agar (incl. almond bean curd, awayuki), almond, amaranth, cowpea, crab in black bean sauce (recipe at crab), daikon, millet, monosodium glutamate ("I would strongly recommend omitting it"), Nonya (pronounced 'Nyonya.' The unique cookery found in Malaysia and Singapore resulting from the fusion of Malay and Chinese cuisine during the last century), peanut, peanut sauce, sago (this palm flowers only once in its life, at about age 15. Just before flowering, it builds up a large reserve of starch in the pith. The tree is felled, the pith scooped out, ground and washed to make sago starch), seaweed (incl. agar-agar, hijiki, kombu / konbu, mozuku, nori / laver, wakame), sesame paste, sesame seed, vegetarian meals ("By far the most important vegetarian food in the Far East... is bean curd"). Address: Australia.

11794. Tokushû 1 Takikomi gohan. Tokushû 2 Tôfu yuba [Special edition 1. Rice cooked with other ingredients. Special edition 2. Tofu and yuba]. 1998. Tokyo: Shibata Shoten. 176 p. 26 cm. [Jap]*
Address: Aomori, Japan.

11795. Weil, Andrew. 1998. Eight weeks to optimum health: A proven program for taking full advantage of your body's natural healing power. New York, NY: Fawcett Columbine. *

11796. Wise, Victoria. 1998. The vegetarian table: Japan. San Francisco: Chronicle Books; London: Hi Marketing. 156 p. Illust. (color photos by Deborah Jones). 22 x 21 cm. Series: The Vegetarian Table.
• ***Summary:*** Contents: Introduction. Basic ingredients and seasonings for the Japanese table. 1. Appetizers and

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condiments. 2. Soups. 3. Rice. 4. Noodles. 5. Vegetables. 6. Sweets. Table of equivalents.

Ingredients include: Soybeans, soy sauce, tofu (incl. silken tofu, tofu puffs, grilled tofu), miso (red, white, yellow, brown, barley), fresh soybeans, dried soybeans (incl. black soybeans), soybean sprouts, freeze-dried tofu, soybean milk skin (yuba), and soybean curd pulp [okara]. Azuki beans, sea greens [sea vegetables incl. agar, kombu, nori, wakame], sesame seeds, umeboshi (pickled plums), wasabi, saké.

Contains too many soy-related recipes to list them all. The color photos and food styling are superb–perhaps the most beautiful we have ever seen in a cookbook.

Note: Other books in this series (all published by Chronicle Books) are: France, India, Italy, Mexico, and North Africa. Address: Oakland, California.

11797. Yeager, Selene. 1998. The doctor's book of food remedies: the newest discoveries in the power of food to cure and prevent health problems, from aging and diabetes to ulcers and yeast infections. Emmaus, Pennsylvania: Rodale Press. xiv + 610 p. Illust. Index. 24 cm.

• ***Summary:*** The chapter titled "Soy foods: Help for your hormones–Healing power" (p. 490-95) notes in the subtitle that these foods "Can help: Prevent heart disease, relieve menopause symptoms, reduce the risk of breast and prostate cancer." Contents: Introduction. In the kitchen (using tofu). Good for your heart. The joy of soy: Brief definitions of meat substitutes, soy flour (kinako–made from roasted, ground soybeans), soy milk, tempeh, texturized soy protein, tofu. Turning down the heat (hot flashes and menopause). Powerful breast protection. Protection for men (prostate cancer). Nutritional extras (Good sources of protein and other nutrients). Getting the most: Add soy products last when cooking, shop for power (it's best to eat soy foods in their unadulterated form), look for full-fat soy milk–which contains 50% more phytoestrogens than the low-fat kind. Two recipes: Soy fruit smoothie (with soymilk). Mocha tofu pudding.

Also contains chapters on sea vegetables (p. 477-81), and Thyroid disease: Foods for hormonal health (p. 528-31).

11798. Zipern, Elizabeth; Williams, Dar. comps. 1998. The tofu tollbooth. 2nd ed. Woodstock, New York: Ceres Press/ Ardwork Press. vi + 250 p. Illust. 21 cm.

• ***Summary:*** The title of this book is probably a take-off on "The Phantom Tollbooth," a classic by Norton Juster (1961). This is not a book about tofu–although most of the stores listed here probably offer tofu. Rather, it is a popular guide to more than 1,000 natural food stores and eating spots–with lots of other cool stops along the way. It was written especially for travelers. All stores have organic produce, unless otherwise indicated. The listings are alphabetically by state, and within each state alphabetically by city name. A good map appears at the start of each state, showing the major roads and numbered cities and towns where natural food stores and eating spots are to be found. For each store is given: Name, address, phone number, and business hours. How to get there by car. Up to 17 symbols indicating such things as: Deli, bakery, cafe, juice bar, salad bar, coffee to go, beer/wine, filtered water machine, nutritionist/herbalist, wheelchair access, bathroom, wheelchair accessible bathroom, independent retail, corporate, co-op, or collective. For many cities there are "hot tips" of places to go and things to see.

The authors strongly advocate organic farming and gardening. Scattered throughout the book are 27 interesting "Organic facts" such as: No. 1. "Support a true economy. Although organic foods might seem more expensive than conventional, conventional food prices do not reflect hidden costs borne by tax payers (as in federal farming subsidies). Other hidden costs include pesticide regulation and testing, hazardous waste disposal and clean up, and environmental damage. Consumers can pay now or pay later. Organic foods are priced for paying now for a more sustainable environment." A photo shows the two authors seated cross-legged by the roadside.

11799. Broadbent, Gretchen Priest. 1999. Pioneering work with tofu in the USA and Japan, 1946 to Aug. 1971. Part I (Interview). *SoyaScan Notes*. Jan. 6. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Gretchen Priest was born on 29 Oct. 1946 in Boston, Massachusetts. She grew up in Marblehead, Massachusetts–which is located on the Atlantic Ocean 15 miles northeast of Boston. While in high school there she decided (entirely on her own, for reasons she no longer remembers) to become a vegetarian–even though she had never heard the word "vegetarian." She also began a lifelong interest in art. In Sept. 1964 she started to attended Goddard College (in Plainfield, Vermont) for one semester and was almost immediately introduced to the teachings of Kirpal Singh, an Indian Sikh master. "I went through a spiritual revolution, along with many friends." She was very sensitive and began to have spiritual experiences. At Goddard she met her husband to be, Jeffrey Broadbent, in an art class. Art is Gretchen's passion. They both found the first day of class boring, so separately they snuck out. Gretchen found the paints in the back of the room and, before they had met or spoken to each other, they ended up painting each other faces. When the teacher saw them after the class he exclaimed, "Now that's art!" At that point, Jeffrey and Gretchen introduced themselves to one another.

After the 3 months, Goddard had a work term. Gretchen went to California and experimented with psychedelics. Now all she wanted was to live a spiritual life.

Returning to Vermont in the early summer of 1965, she entered the Kirpal Ashram in Calais (pronounced KAL-us), Vermont. Only one person was living and meditating there

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at the time, Nina Gitana, age 37, the caretaker. The ashram was part of land and a trust that had been donated to Kirpal Singh for use as a retreat for his practices and teaching. Vegetarianism was a very important part of Kirpal Singh's teachings, so Nina was a vegetarian. But she did not know much about preparing vegetarian foods; a diet of fruits and juices was not giving her the strength she needed. The day Gretchen arrived, Nina left to go to Boston, where she met Michio Kushi (and maybe George Ohsawa) and began to study macrobiotics. When she returned to the ashram, she taught Gretchen what she had learned and they both began to follow a vegetarian macrobiotic diet. It felt good, and Nina's strength returned. Gretchen soon became the cook. She did not use any macrobiotic recipe books, though she did study a book of macrobiotic principles. Their first basic foods included brown rice and miso, but Gretchen also prepared lots of chapatis and brown rice croquettes (regular or deep-fried). During the cold months she cooked for the two of them (and often a neighbor), but during the summer she cooked and cared for 15-20 people. It was very difficult to get macrobiotic or natural foods in those days, so they would periodically make the 5-hour drive to buy food in Boston. They would buy most of their foods at Michio's house (where they were stored in little bags on plain wooden shelves), and in this way Gretchen came to know Michio and Aveline. But they would go to Boston's Chinatown to buy tofu; it was considered a very special treat at the ashram, served only 3-4 times a year. Considered an excellent source of protein and easy to digest, it quickly disappeared–in part since it was very perishable, but also because it balanced the very *yang* daily diet. One winter Gretchen moved to Boston to earn money (odd jobs, including work at a hospital) and study macrobiotics while Nina stayed at the freezing cold ashram. Michio Kushi gave a special series of Sunday classes to teach macrobiotic philosophy to Anne Lynn, her husband, one other person, and Gretchen; these were not cooking classes. Michio and Aveline visited the ashram for a day several times. On one visit, Michio brought his father and mother.

In 1971, after 6 years at Kirpal Ashram, Gretchen left to marry Jeffrey Broadbent. Jeffrey had been practicing Zen meditation for several years as a disciple of Suzuki roshi at Tassajara Zen Mountain Center, deep in the Santa Lucia Mountains south of Carmel Valley, California. One of Jeffrey's close friends and roommate at Tassajara was William Shurtleff, who was also a disciple of Suzuki Roshi. While he was at Tassajara, Katagiri roshi encouraged Jeffrey to go back to college and finish his education. So he enrolled at the University of California at Berkeley, where he studied Chinese language. At some point he switched from Chinese to Japanese at Suzuki roshi's recommendation. Then Jeffrey applied for U.C. Berkeley's Junior Year Abroad program in Japan. Right after he was accepted, he wrote Gretchen at the Vermont ashram: "I'm going to Japan. Please marry me and let's go together." She accepted. Jeffrey and Gretchen stayed together for a month and a half at the Berkeley Zendo, then were married on 13 June 1971 at the San Francisco Zen Center by Shunryu Suzuki roshi in a large ceremony.

Ten days after the marriage ceremony, Jeffrey and Gretchen arrived in Japan. He had been enrolled in the intensive Japanese language coarse for foreigners at International Christian University (ICU) in Mitaka, just east of Tokyo. Before the school year started, they participated in the ICU summer program, where all the new students traveled to the Kumano-Nachi shrine and Nachi waterfall at the southeastern tip of the Wakayama peninsula. The program was designed to introduce the foreigners to Japanese language and culture.

Soon after arriving at Nachi, they wrote William Shurtleff, who was now taking an intensive Japanese language course at the *Nihongo Gakko* (Japanese Language School) in Kyoto and living in the home of one of his Japanese teachers. They invited him to visit them for a week at Nachi when his school semester was finished. On 1 August 1971 Shurtleff hitchhiked south and they had a nice reunion, practicing meditation together and enjoying the beautiful mountain scenery for about a week. Then Jeffrey and Gretchen went to ICU near Tokyo and Shurtleff returned to Kyoto.

At ICU, Jeffrey and Gretchen rented a small and austere Japanese-style apartment located just off campus, about 10 minutes walk away, c/o Yoda Yoshiko, Koganei-shi, Higashi-cho 1-25-13, Tokyo, 184. The two-room apartment consisted of a small kitchen (with two table-top propane burners and a sink, but no refrigerator), a minuscule toilet chamber, and a combination living room / bedroom (6-8 tatami mats in size). Outside the sliding window was a tiny porch for airing bedding and drying clothes. Jeffrey recalls that there was one small kerosene heater in the apartment; it was used only on very cold days–to save money. But Gretchen recalls that there was no heater at all. Continued. Address: RFD 1, Box 100, East Calais, Vermont 05650. Phone: 802-456-7091.

11800. Broadbent, Gretchen Priest. 1999. Pioneering work with tofu in the USA and Japan, Aug. 1971 to Dec. 1972. Part II (Interview). *SoyaScan Notes.* Jan. 6. Followed by a letter from Gretchen dated Jan. 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued: In the fall of 1971 the Broadbents invited Shurtleff to be a guest at their apartment at ICU if he wanted to continue his Japanese studies at the university level. Shurtleff's year-long language course at *Nihongo Gakko* finished in early December 1971. He immediately packed all his meager belongings and caught an all-night car ride to Tokyo where, on December 4, he joined the Broadbents at ICU, and moved into their small apartment. Note: That same day (there was a full moon), Bill and Jeffrey's teacher, Suzuki roshi, died of cancer in San

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Francisco, California.

Together Bill and Jeffrey took the intensive course in written and spoken Japanese, five days a week with five 70-minute periods a day. They led a very simple, rather monastic life, rising early, meditating twice each day (first thing in the morning and just before bedtime), and studying Japanese intensively. During the day, Gretchen taught English in and around Tokyo to earn money, studied Japanese language by herself while riding on trains and buses (using books and tapes), and did the laundry (by hand at home in the kitchen sink), food shopping, and cooking.

The man who made tofu in the local shop sold his tofu throughout the neighborhood on a bicycle. He blew a little horn to announce his presence. When he came in front of our apartment, we would run down and buy various kinds of tofu; it was a regular part of our diet. Shurtleff, who liked tofu very much and had eaten it almost daily while in Kyoto, continued this practice in Tokyo. Gretchen was especially fond of the deep-fried tofu, and because we had no refrigerator, she would often deep-fry left-over regular tofu during the warm months to preserve it and/or freshen it.

In about February or March 1972 Shurtleff moved out of the Broadbents' apartment and went to live for a while in a large house with Steve and Marty Caldwell on the ICU campus. Not long thereafter, Gretchen grew so interested in tofu that she sought out and began to visit the local tofu shop. She has always had a deep interest in traditional crafts and in making food. She visited the shop about six times, walking there alone in the early morning, when it was still dark. She took notes in a little notebook. The tofu maker explained quantities and times for making regular (*momen*) and silken (*kinugoshi*) tofu, and Gretchen recorded this information in her notebook. Eventually she had enough information to make tofu. The tofu maker gave her some nigari (traditional tofu coagulant) and two nylon straining bags (one for regular and one for silken tofu), which she later took back to America; she still uses the bags in Vermont to make crab apple jelly. Jeffrey Broadbent, her husband at the time, vaguely recalls visiting a very small local tofu shop–but he is not sure he ever went there.

After watching the tofu master at work Gretchen felt that there was a great need to introduce tofu and tofu shops to America. In mid-April Shurtleff returned to live with the Broadbents. Not long after that Gretchen recalls discussing her growing interest in tofu with Shurtleff and invited him to join her in a visit to the local tofu shop. At this time, Gretchen was much more interested in and knowledgeable about tofu than Shurtleff was. She recalls (Jan. 1999): "When you returned to our apartment, you were excited that I was studying tofu. We had lively conversations and I explained what I was doing. I had a notebook which I showed you. You wanted to go too. I thought we went together, but I don't have an absolute picture that I can rely on." Shurtleff likewise does not have a clear memory of going to a local tofu shop at this time, nor did he mention any such visit in his journals, yet he acknowledges that he might have gone with Gretchen and simply forgotten it. But Gretchen remembers clearly that she planted the seeds of Shurtleff's interest in tofu, which later resulted in his writing (with Akiko Aoyagi) *The Book of Tofu.*

On 22 March 1999, after thinking about these past events for more than two months, Gretchen wrote Shurtleff the following: "I have an ongoing persistent focused memory of being together at the tofu shop on one occasion. You were carrying a notebook. The tofu maker was busy with his daily work. You asked many questions and were writing down the new vocabulary. I was concerned that the questions were interfering with his work..." Continued. Address: RFD 1, Box 100, East Calais, Vermont 05650. Phone: 802-456-7091.

11801. Broadbent, Gretchen Priest. 1999. Pioneering work with tofu in the USA and Japan, Aug. 1971 to Dec. 1972. Part III (Interview). *SoyaScan Notes.* Jan. 6. Followed by a letter from Gretchen dated Jan. 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued:

On 25 December 1971 (Christmas eve) Shurtleff had met Kazuko Aoyagi, who was a student at ICU, through their mutual friend Travis Venters. Venters, an American from North Carolina, taught English at ICU and was Kazuko's English teacher. The next day Kazuko introduced Shurtleff to her sister, Akiko Aoyagi, and they soon became close friends. Kazuko likewise became very close to Travis, and soon they were engaged to be married.

Bill and Jeffrey's course in Japanese at ICU ended in June 1972. On June 11 Kazuko and Travis were married; their wedding ceremony was held at a hall on the ICU campus. Gretchen, a very creative cook interested in natural foods, volunteered to make all the food for the wedding party. The centerpiece of her creations, which everyone remembers clearly to this day (25 years later) was the wedding cake. It was a sensation. The icing / frosting was made of tofu! No one had ever seen anything like it. It was a round layered cake, with each layer being a fruitcake that was slightly smaller than the one below it. Made entirely of natural foods, it contained whole-wheat flour instead of white flour and honey or fruits instead of sugar. Thus, it was rather heavy. Gretchen made the frosting–her own invention–by whipping firmly pressed tofu in a blender with honey. The cake even had a theme–evolution. Gretchen formed many small creatures out of dough, then deep-fried them. There were little crabs and starfish on the bottom layer, then little animals on the second layer, and finally on the top–guess what–human beings. Because Gretchen did not have an oven in her apartment, she baked the cake on the ICU campus in an oven at the home of Steve and Marty Caldwell. She recalls: "I was really into that cake!"

After the wedding, Shurtleff and Aoyagi left Tokyo and

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traveled around Japan, visiting Zen masters at their temples and practicing meditation. Jeffrey and Gretchen went to practice Zen at the temple of Noiri roshi in central Japan. Gretchen was asked to stay at Suzuki roshi's temple not far away, but it didn't work out. In August 1972 Gretchen left to study with the Indian boy Guru Maraji at Yamaguni north of Kyoto (Shurtleff and Akiko Aoyagi were also there), and then with a sculptor named Fushigi Nangoku near Lake Biwa.

On 22 Oct. 1972 Shurtleff and Aoyagi visited tofu master Toshio Arai at this shop named Sangen-ya in Nerima-ku, several hundred yards from the Aoyagi's home. Mr. Arai later became Shurtleff's teacher. This is the first clear memory Shurtleff has of going inside a tofu shop and studying the process. Then on Oct. 28 Shurtleff & Aoyagi went to study Zen meditation at the temple of Noiri roshi where Broadbent was already studying. This did not work out, since Noiri roshi suddenly became very ill, so they returned to Tokyo and lived at Travis and Kazuko's apartment (while they were in America) in Pine Lodge at ICU.

In early December Shurtleff began to write a booklet on tofu for Americans; he probably realized that Nahum and Beverly Stiskin, who he had known in Tokyo and who had founded Autumn Press in Japan, might well be interested in publishing it. On 22 Dec. 22 Shurtleff and Jeffrey Broadbent were talking by phone. Shurtleff mentioned that he was writing a booklet on tofu, and Broadbent mentioned that he and Gretchen had recently visited the Stiskins. He gave Shurtleff the Stiskins' new address and phone number in Hayama, south of Tokyo. Shurtleff called Nahum Stiskin, who said he was very interested in discussing the book proposal, and invited Shurtleff and Aoyagi to his home to discuss the matter. A meeting was arranged for 13 Jan. 1973.

The visit went very well. Nahum was deeply interested in foods and Japanese culture, and was looking for books about Japan to publish; he and Beverly liked tofu and he liked Shurtleff's book idea. After Stiskin looked at the proposed table of contents and a brief introductory chapter, they signed a formal book contract. There was no negotiation of terms and no advance.

Gretchen is not certain how she and Jeffrey met the Stiskins. She recalled in January 1999 that she and Beverly Stiskin had met first; the initial connection was probably related to food and macrobiotics. She may have met Beverly at one of Lima Ohsawa's cooking classes in Tokyo. Then the Stiskins invited Jeffrey and Gretchen Broadbent to dinner at their attractive home in Hayama, south of Tokyo. After that Jeffrey Broadbent got the inspiration to introduce Bill Shurtleff to Nahum Stiskin. Jeffrey may have called Nahum to check out the idea before suggesting such a meeting to Shurtleff. Address: RFD 1, Box 100, East Calais, Vermont 05650. Phone: 802-456-7091.

11802. Nedomansky, Safi; Chin, Master Gabriel; Fiering, Steve. 1999. Master Chin played a role in starting the The Soy Plant in Ann Arbor, Michigan (Interview). *SoyaScan Notes.* Jan. 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Safi was born in the Czech Republic. She is a yoga therapist and practices *tai chi.* She is actively interested in helping to start a tofu company in either the Czech Republic or in Costa Rica. Her teacher is Master Gabriel Chin, who is a healer, about age 80, and who many years ago helped to start the tofu company in Ann Arbor that is now owned by Bruce Rose.

Talk with Master Chin. Jan. 21. In the mid-1970s he was both a student and a teacher in Ann Arbor at the University of Michigan. He has long been a vegetarian and his hobby is cooking. He also likes tofu and he enjoys making his own tofu at home. He likes Chinese tofu (curded with nigari) better than Japanese tofu; the two types are curded differently, and he always finds the texture of Japanese tofu (whether it is hard or soft) to be mushy–which he does not like. Chinese like to say jokingly that good tofu should have a somewhat springy quality; it should feel like a beautiful woman's breasts. In the mid-1970s he met three students in Ann Arbor who were trying to cook Chinese vegetarian food, and who were interested in tofu. Two of them had never had tofu, but the third one had. He invited all three of them to his home, where he served them his homemade tofu. Then he showed them how to make tofu and talked with them about how to start a tofu company. "That's how the idea started." He remembers two of their names: Steve Fiering and Sue. The third person was tall and he played a musical instrument.

Talk with Steve Fiering of Dartmouth College, New Hampshire. 1999. Jan. 24. Steve remembers Gabriel Chin, especially as a teacher of *tai chi* in Ann Arbor. In the mid-1970s he taught a tai chi class each morning at 7:00 a.m. at The Cube, a central plaza on campus about 2 blocks from his home; typically 3-7 people attended. Steve sometimes attended his classes, and Sue Kalen was one of his more regular students. He also taught an afternoon (5:00 p.m.) tai chi class two days a week where 10-15 people attended. Steve had no idea what Gabriel did other than teach tai chi and cooking; he was also a professional chef who catered meals. Steve also recalls going to master Chin's house for a vegetarian meal, which included some tofu dishes prepared from tofu that Master Chin had made himself; it was very hard to get any tofu in those days. Steve recalls that he went to Master Chin's home at about the same time he started making tofu commercially in the basement of the bakery, and that was only on Sundays. "We'd make 40-50 pounds, which would go into the co-op next door, and they'd be gone on Monday." Steve thinks that Sue Kalen had the idea of asking Gabriel to cook them some tofu. He recalls that the spark which got him making tofu was *The Book of Tofu*, by Shurtleff and Aoyagi–(published in Dec. 1975), followed

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by a pre-publication edition of *Tofu and Soymilk Production* (first available in August 1977). Another spark may have been the visit to Gabriel's home, but he is not sure whether that visit too place before or after they started making tofu commercially on Sundays on a small scale. "We might have visited Gabriel's home when we were trying to bring tofu into the co-op and it was hard to get. It is quite possible that we have never made tofu commercially at the point that Sue got us together with Gabriel." The last Steve heard–years ago–Sue was in New Mexico. The third person would have been Chris Coon–who Steve thinks still lives in the Ann Arbor area. The tall musician was Steve, who played mainly five-string banjo and some clarinet. Bruce Rose, who originally owned Rosewood Foods, a company that distributed cheese, bought The Soy Plant after it had pretty much collapsed and declared bankruptcy. Steve has noticed that tofu has become "very mainstream." Steve is still a part owner of Bean Machines, Inc.–together with Wally Rogers (Rogaczewski). Wally first got interested in tofu and soyfoods while he was working on a business degree at the University of Michigan. He joined the Soy Plant cooperative after they had moved to Ann Street (in late 1977 or 1978) and made tofu there regularly. He was about the sixth or seventh person to join, and he worked there for about 4 years. Wally and Dan Ecclestone were the two key people after Steve left. Later Steve and Wally learned that Larry Needleman was trying to sell Bean Machines, and Wally was looking for a new career–after being in real estate.

Note 1. The Sue would be Sue Kalen. Note 2. The Soy Plant started making tofu commercially in about January 1977 in Ann Arbor. Note 3. Bruce Rose has never heard this story. But he has met Master Chin who visited his factory, where he showed some Canadians (now Bruce's competitors) how to make tofu. Address: 1. 1940 Golf View Dr., Apt. 202, Troy, Michigan 48084; 2. Ann Arbor, Michigan. Phone: 248-643-7932.

11803. Lacina, Tom. 1999. Starting a tofu manufacturing company on his farm in Iowa, and making the tofu from soybeans he grows (Interview). *SoyaScan Notes.* Jan. 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Tom is the founder and owner of Midwest Harvest Corp. He began making and selling tofu this month. His company currently makes only one product, firm tofu. His distributor to the health food market is Blooming Prairie. He is both a lawyer and a farmer (he started as a lawyer then became a farmer) so he grows many of the soybeans used to make the tofu on his own farm–without chemicals. He grew up on this farm, and both his father and grandfather farmed this land.

He has been growing identity-preserved soybeans for the Japanese market for about 7 years. He started with the Pioneer Better-Life program (no chemicals were allowed), then that company was bought out by North Country Seeds in Ormsby, Minnesota. The varieties he grew were LS301, then HP204 (HP stands for "high protein"). Now he sub-contracts out the organic soybeans, which he also uses in making tofu, to small organic farmers in the area. He is considering growing organic soybeans himself in the future.

When selecting a soybean variety to grow organically or without the use of chemicals, its agronomic properties are much more important than its characteristics that effect the final tofu flavor, texture, or yield of tofu. Tom basically looks for a soybean variety that will form a canopy quickly to block growth of weeds; this becomes the key determinant of soybean yield. His taste tests show that the effect of different food-grade soybeans on the tofu flavor is very subtle.

Organic certification in Iowa is presently a mess; growers are having great difficulty get the certifications conducted. OCIA is having big problems; they are notorious for not getting out to the fields on time and not getting their paperwork done. It is very confusing. OCIA split with the central certification organization. The good news is that demand for organic soybeans is very strong.

Yet organic does not necessarily mean value added; remember that soybeans are part of a 3-year or 5-year rotation, and some of that time the fields are planted to cover crops that create little or no income. Moreover, most organic growers get 40 bu/acre compared with about 60 bu/acre for most regular commercial growers.

Tom's packaging is unique–a paperboard sleeve over a plastic tub. On the sleeve is the story of how the soybeans are grown and the tofu is made. He uses a Takai system, that was ordered and installed for him by Bar N.A.; he did not want to deal with the problems of importing equipment, and he wanted some expertise to come with it. He watched tofu being made at both INTSOY in Illinois and on the self-contained Takai system at Iowa State University. He was been in contact with Walt Fehr, a soybean breeder, and Dr. Lester Wilson, who is "Doctor Tofu"–both at Iowa State. Dr. Wilson has visited his tofu plant on his farm. "Quite a few people in the state of Iowa are fascinated by the idea of a farmer doing this kind of value-added agriculture." His wife and sister, who are called the "soy sisters" work at the end of the tofu production line, doing the curding and controlling the quality at that end; they are also developing tofu recipes for the Midwest. Tom's brother-in-law is the operations manager.

Tom continues to work as a lawyer (partly to pay the bills), and he works in the tofu factory several days a week. Tom has no doubt that his business will survive; the big questions are (1) How much do they want to grow; from day one they have not been able to keep up with demand. (2) What will they do if ConAgra decides to set up a big tofu plant in Iowa.

Update: Talk with company representative. 2000. May 22. The company is doing "extremely well." They are looking for a source of organic calcium sulfate. Address:

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Midwest Harvest Corp., 3635 Hwy 146, Grinnell, Iowa 50112. Phone: 515-236-5170.

11804. Golbitz, Peter. 1999. Re: Follow-up letter concerning FDA proposed health claim for soy protein. Letter (fax) to members of the Soyfoods Association of America, Jan. 25. 1 p.

• ***Summary:*** This fax is on Soyfoods Association letterhead. "It has been brought to our attention that the proposed rule would exclude soy products that don't fit FDA's definition of 'low fat,' which is equivalent to 3 grams of fat per serving. Unfortunately, this would exclude most tofu sold in the market today, as well as soymilks that have more than 6 or 7 grams of protein per serving. This is due to the soybean's natural ratio of approximately 2:1 for protein to fat. Naturally processed soyfood products that have the minimum 6.25 grams of soy protein per serving are likely to have at least 3 grams of fat per serving. Tofu, soymilk, tempeh and soy flour products that contain more than 7 grams of protein per serving might not be able to get the proposed health claim. I don't believe that this was the original intention of FDA in proposing this rule, as they actually used tofu and soymilk in their example of products that may qualify for the health claim."

"I urge all of you to carefully examine your product's nutritional profiles, and if you feel it is important to your company, please send a comment to FDA regarding this potential problem right away... today!" Address: Soyatech, P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207-288-4969.

11805. Sky, Beverly Stiskin. 1999. Recollections of years in Japan from June 1969, starting Autumn Press in Kyoto, and meeting William Shurtleff in Kyoto. Part II (Interview). *SoyaScan Notes.* Jan. 31. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The Stiskins arrived in Tokyo, Japan in June, 1969. Beverly, who was five months pregnant with her first child, Reuben, almost had a miscarriage from the airplane flight. They stayed for about a month in Tokyo and met Gary Peacock (who was a musician), and David and Cecile Levin–all of whom were interested in macrobiotics. Through David Levin, Nahum made a connection with the Takeda family in Kyoto. The Takedas allowed the Stiskins to live in their three-building compound, the *Higashiyama Sanso,* in eastern Kyoto, behind *Kiyomizu-dera.* They moved in in July, and Reuben was born in August. In September 1969 they both began to attend the *Nihongo Gakko* (Japanese language school) and Nahum began to study Shinto; he began to study with an esoteric Shinto sect that had preserved many old and beautiful rituals–and they were connected to Judaism. He also got involved with Japan-Israel Society whose aim was to teach Hebrew to Japanese.

After a year they moved to a small Japanese house in Uzumasa (near *Kitano-jinja*–Kitano Shrine), west of Kyoto. Ty Smith lived with the Stiskins for a while. Wally Gorell also lived in that part of Kyoto, but further west near Arashiyama.

Note: William Shurtleff arrived in Japan on 16 Jan. 1971, went straight to Kyoto and enrolled in the Japanese language school, the same one the Stiskins were already attending.

Beverly recalls that she and Nahum first met William Shurtleff at the *Nihongo Gakko.* Nahum and Beverly lived in Kyoto for 2 years. One night the Stiskins hosted an evening get-together and talk by Helen and Scott Nearing at their home near *Kitano-jinja.* Shurtleff was there, his first visit to their home. Beverly tells Shurtleff: "I remember you distinctly in Kyoto, and this will verify that that was where we met. First, we were macrobiotic and strictly vegetarian, so we were interested in tofu. You told us that you were very interested in tofu and you had just started or were about to start doing research on tofu–finding all the different ways that it is prepared, etc.

"You told us this because Nahum and I had already started Autumn Press in Kyoto. The Autumn Press logo, a sheaf of harvested brown rice, was symbolic of our mission which was to publish books to feed the mind and spirit. Erewhon was food for the body. Autumn Press was conceived of as harvesting the knowledge of Asian and American cultures to nourish the challenges of the new age. Our first book was Nahum's book, *The Looking-Glass God: Shinto, Ying-Yang, and a Cosmology for Today.* We published it ourselves because nobody else would. We borrowed $2,000 as 'seed money' from both our families (both sets of parents), did an initial printing in Japan of about 500 copies in 1971, and warehoused the books in our home west of Kyoto. Then we discovered that this book did not have copyright protection in the USA so in 1972 we published a much nicer hardcover edition with Weatherhill (New York and Tokyo). By 1972 we knew what we wanted to do in life–publish books. We had tapped into a very interesting resource for information–although none of the other publishing companies thought it was interesting. Who wants to know about Shinto? Brown rice? Forget it! Tofu? Are you crazy?

"You had a shaved head and a shoulder bag (for carrying books to school) that was made out of a big burlap bag and had the words "Kokomo Rice" [probably Kokuho Rose–a brand of short grain brown rice grown by Koda Bros. in Dos Palos, California] prominently on the side. I remember thinking that you were a unique character. I knew a little bit about you–that your family was fairly well off, but here you were living like a strict Buddhist monk, an itinerant monk from California. You wore very simple clothing, plus that rice bag–which I thought was the ultimate in humility. I think you were in Nahum's classes at the language school; you weren't in any of my classes.

"But the main point is this: Nahum and I had a

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publishing company and we were both interested in tofu–and potentially in a book about tofu. You knew this clearly when we were all in Kyoto in 1971, and we knew you were thinking about doing research and writing something about tofu. You might have first put pen a year or so later after you had moved to Tokyo, but the idea was already brewing while you were in Kyoto."

The Stiskins then left Kyoto and moved to Tokyo, where Nahum worked with a marketing company, turning their Japlish marketing studies into good English. Shurtleff left Kyoto on 4 Dec. 1971 to continue his Japanese language studies at International Christian University (ICU) on the outskirts of Tokyo. At ICU he stayed with Jeffrey and Gretchen Broadbent. Jeffrey and Bill took the same intensive Japanese language course. Gretchen was very interested in tofu, and by April 1972 was even studying tofu-making with a local tofu maker.

Beverly has no recollection of ever meeting Jeffrey or Gretchen Broadbent. "The Broadbents may have given you our new phone number in Hayama, south of Tokyo, but the important connection had already been established 6-9 months earlier in Kyoto."

"I remember the day you called Nahum, and I remember him getting off the phone and saying 'Guess who I just talked to.' We both remembered you from Kyoto, and I remember the call because we both liked the idea of a book on tofu very much. That was a turning point for us and Autumn Press."

Shurtleff then recalls that first meeting on 13 Jan. 1973 at the Stiskins' attractive home by the ocean in Hayama (2113 Isshiki, Hayama-shi, Kanagawa-ken, Japan 240-01). "I explained to Nahum that I thought a book about tofu would be interest to many people in America. He liked the idea immediately. I was astonished that anyone else shared my idea. He quickly looked over the table of contents and a few pages I had written by hand on the subject, then pulled a publishing contract out of his desk drawer and said 'please sign here.' I didn't even read the contract. There was no discussion of terms or of an advance–I didn't even know what an advance was. I signed, he signed it, we each took a copy and that was it. Before we left, Nahum showed me comments he had received from a professional cookbook editor who he had hired to edit the macrobiotic cookbook he was writing with Lima Ohsawa. I was very impressed that he would take such a professional approach. I remember him emphasizing that in a good cookbook, in the list of ingredients, the words 'teaspoon' and 'tablespoon' are always written out, never abbreviated as 't.' and 'T.' I found it remarkable that we had a meeting of the minds and signed a book contract in 1 or 2 hours."

This would be the sixth book that Autumn Press would publish: (1) *The Looking-Glass God,* by Nahum Stiskin (published in 1971 in Kyoto, revised ed. 1972). About Shinto–Japan's oldest religion. (2) *The Art of Just Cooking,* by Lima Ohsawa with Nahum Stiskin (1974, in Hayama, Kanagawa-ken, Japan). A macrobiotic cookbook. (3) *The Gayatri Mantra: Yoga for Beginners,* by Satyavan [S.K. Roy] (1974). A tiny, 50-page book. (4) *Cry of the People and Other Poems,* by Kim Chi-ha (1974). A translation into English of poems written from jail by a South Korean dissident poet, criticizing the country's dictator. (5) *Island of Dreams: Environmental Crisis in Japan,* by Norie Huddle, Michael Reich, and Nahum Stiskin (1975). A book about pollution in Japan. The Foreword was by Paul Ehrlich, and the Afterword by Ralph Nader.

Beverly continues: One of these books, *Cry of the People,* would later have a profound effect on both Autumn Press and *The Book of Tofu.* Bob Bernstein at Random House was well acquainted with Kim Chi-ha, his protest poetry and the fact the he was now in jail. Bob wanted to try to help him. When he heard that Kim's poems had been published, Bob said "I want to meet the publisher." When Nahum showed him Autumn Press' various books, Bob decided to include Autumn Press in Random House's small publishers distribution program. That quickly led to Ballantine Books (a Random House subsidiary) buying the mass market paperback rights to *The Book of Tofu* in 1978.

"Nahum was perfectionist–and so were you. This led to some problems and difficult compromises along the way, but in the end it led to a quality book... I remember one of the first times we met at Hayama, you showed up with Akiko and this box full of papers–which was supposed to be 'the manuscript.' It was very disorganized, with recipes and text all mixed up together. Nahum and I both remember that clearly and still laugh about it." Address: Boston, Massachusetts. Phone: 617-776-8749.

11806. Bidwell, Carol. 1999. Goodbye meat, hello tofu: Healthful soybean product deserves a closer look. *Daily News* (*Los Angeles, California*). Jan. Food section.
• ***Summary:*** Tina Ivie, program director of the Cardiac Fitness Center at Glendale Memorial Hospital, and a native of Vietnam, is a "lifelong tofu lover." Her first project was to convince the hospital staff. Her goal is to teach her cardiac patients to switch from meat to tofu, and to learn how to cook with tofu to make tasty recipes. Address: Daily News Staff Writer.

11807. Lacina, Alecia; Coons, Francine. 1999. Soy Sisters recipes. Grinnell, Iowa: Midwest-Harvest Corp. / Tofu Press. 24 p. 14 x 14 cm.
• ***Summary:*** The Soy Sisters, Alecia Lacina and Francine Coons, work with their husbands Tom and Dave, to make and distribute Midwest-Harvest Tofu. The introduction states: "When we are not in the factory making tofu, we are in our experimental kitchen, working together as the Soy Sisters. Our goal is to show that tofu is a kitchen staple which can be incorporated into many of our favorite

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Midwestern recipes."

Contains the following seven tofu recipes: Cream pie. Brownies. Tofu jello. Quiche. Lasagna. Chili. Pesto Pizza. Address: 3635 Hwy. 146, Grinnell, Iowa 50112. Phone: (515) 236-5170.

11808. **Product Name:** Firm Tofu, Soft Tofu.
Manufacturer's Name: Midwest-Harvest Corp.
Manufacturer's Address: 3635 Hwy 146, Grinnell, IA 50112. Phone: 515-236-5170.
Date of Introduction: 1999. January.
Ingredients: Water, soybeans (grown without the use of pesticides), natural coagulant (calcium sulfate).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray (No. 2 HDPE) with heat-sealed, peel-off plastic film lid. Around the tray is a paperboard sleeve.
How Stored: Refrigerated.
New Product–Documentation: Spot in *Bluebook Update.* 1999. Jan. p. 3. "Midwest-Harvest to supply tofu." Talk with Tom Lacina, founder and owner of Midwest Harvest Corp. 1999. Jan. 24. He began making and selling tofu this month (Jan. 1999). His company currently makes only one product, firm tofu. See Interview.

Package (including sleeve) sent by Tom Lacina. 1999. Feb. 16. he tray is white and the plastic film is white with the following printed in black: "Made from Iowa soybeans. Midwest-Harvest. Fine soybean products. Tofu. Keep refrigerated and change water daily. This unit not labeled for retail sale. The paperboard sleeve is printed on both the outside (color) and inside (black and white). The text on the sleeve is similar in content and placement to that on the film except: Near the top is an oval logo of a soybean plant. Behind the logo is a color painting or a farm landscape (rolling hills and trees plus small farmhouse), titled "Young Corn" painted in 1931 by Iowa artist Grant Wood. Under the word "Firm" is "Soy Sisters recipes inside." Under the large word "Tofu" is "Soybeans grown without pesticides." The back of the sleeve is quite similar to the front; it states that the company is "Operating from third generation farm near the center of Iowa..." On the inside of the sleeve are two meatless recipes: Chili with Tofu, and Quiche with Tofu. "The Soy Sisters, Alecia Lacina and Francine Coons, work with their husbands Tom and Dave, to make and distribute Midwest-Harvest Tofu. When not making tofu, the Sisters cook in their Soy Sisters kitchen, preparing recipes Midwesterners will enjoy. Give their recipes a try and make Midwest Tofu a staple in your kitchen. Visit the Midwest Harvest Website at www.midwestharvest.com. For more recipes and additional information. e-mail us at mharvest@pcpartner.com with your comments and questions or to share recipes or tofu tips." Accompanying the product is a leaflet (8½ by 11 inches, printed front and back) titled "Supplier Profile." It gives a history of the farm from 1927 and of the company.

Talk with Deb Kenealy of Midwest Harvest. 2000. Aug. 24. The company now makes Soft Tofu, which was introduced in about Feb. 1999. They make only organic tofu. They are expanding their operations, and are in the process of planning a new plant.

11809. ProSoya Inc. 1999. ProSoya VS30/VS40 SoyaCow systems: Operating manual. Ottawa, Ontario, Canada: ProSoya Inc. 28 p. 28 cm.
• ***Summary:*** Contents: 1. Technical description: Grinder/cooker, steam generator (boiler), mechanical filter press, tofu box. 2. Preparations for making soymilk: Bean soaking, checking and preparation of the system. 3. Making soymilk: Grinding and cooking, extracting the soymilk, boiler

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shutdown. 4. Making tofu. 5. Storage of soymilk and tofu. 6. Cleaning and sanitation of the machine and utensils. 7. Precautions. 8. Do's and don'ts. Packing List. Trouble Shooting Guide. Figures (4 figures).

Talk with Brian Harrigan. 1999. June 16. This booklet was published in Jan. 1999 by ProSoya Inc. Address: 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

11810. Wasserman, Debra; Mangels, Reed. 1999. Simply vegan: Quick vegetarian meals. 3rd ed. Baltimore, Maryland: Vegetarian Resource Group. 224 p. Illust. General index. Index of tables. Jan. 23 cm. 1st ed. March 1991. 2nd ed. June 1995. [29 ref]

• ***Summary:*** More than a cookbook (with over 160 vegan recipes that can be prepared quickly), this is a guide to a non-violent, environmentally sound, humane life-style. Contents: Acknowledgments. Definition of vegan. Foreword. Time-saving cooking suggestions: Microwave cooking. Introducing fat as a percentage of daily value. Sample menus: Menu analysis. Top recipes for calcium and vitamin C. Top recipes for iron. Recipes: Beverages, breakfasts, sandwiches, snacks, salads, soups, side dishes, main dishes (pasta dishes), soy products (tempeh dishes, tofu dishes), desserts. Food definitions. Herbs and spices. Vegan nutrition: Introduction, nutrition is a science, recommendations for vegans, calories, weight gain, and weight loss, protein, fat, calcium, iron, zinc, vitamin D, riboflavin and vitamin B-6, vitamin B-12, sources of vitamins and minerals, pregnancy and the vegan diet, lactation and the vegan diet, feeding vegan kids, nutrition glossary, recommended reading list. Cruelty-free shopping by mail: Vegan food through the mail, cruelty-free cosmetics, environmentally sound household products, clothing containing no animal products, personal care vegan products, educational materials, vegan books and cookbooks, vegetarian groups and internet resources. The vegetarian resource group. Address: Vegetarian Resource Group, P.O. Box 1463, Baltimore, Maryland 21203. Phone: 301-366-8343.

11811. White Wave, Inc. 1999. Soyfood recipes for the American table: Favorite dishes from the folks at White Wave–America's soyfood company since 1977. Summertown, Tennessee: The Book Publishing Co. 96 p. Illust. with full-page color photos. Index by product. General index. 23 cm. [13 ref]

• ***Summary:*** Contents: About White Wave: Brief company history ("Entrepreneur Steve Demos founded White Wave, Inc., in 1977..."), healthy soil means healthy food (White Wave has supported organic farming practices for over 20 years). About soy. About White Wave products: Tofu, tempeh, Silk soymilk, Silk dairyless soy yogurt, Soy A Melt (cheese alternative), Seitan. Breakfast. Appetizers. Soups. Salads. Main dishes. Desserts.

A very disappointing, overly commercial "quickie" book with two main problems. (1) Every recipe calls for the use of "White Wave" soy products. (2) Many of the recipes in this book are taken from other 11 other books published by The Book Publishing Company–but we are not told which recipes are copies and which are original, or (on each page) where a particular copy came from. The color photos are attractive. This book would be fine if it were given away by White Wave to promote its products. Address: Boulder, Colorado.

11812. Soyfoods Association of North America. 1999. Soyfoods Association of North America celebrates April as Soyfoods Month (News release). Washington, DC. 2 p. Feb. 15. 28 cm.

• ***Summary:*** According to HealthFocus, a research firm located in Des Moines, Iowa, that tracks consumer trends: (1) In 1998 some 16% of U.S. shoppers use soyfoods such as tofu, tempeh, tofu hot dogs, etc.–up from 13% in 1996. (2) 10% of shoppers in 1998 are eating more soy specifically because they believe it will reduce their risk of disease–this is an increase of 3% from 1996 data.

What forces are driving this increased interest in soyfoods? (1) The double-digit increase of Asians in America. (2) Baby boomers (now in their 50s and more interested in longevity and health) fighting death, disease, and aging. (3) More and more teens and young adults are vegetarians or partial vegetarians, choosing more plant-based foods. An ADM survey found that 97% of colleges and universities now offer meatless entrees on their menu. Address: 1723 U Street, N.W., Washington, DC 20009. Phone: 202-986-5600.

11813. Soyfoods Association of North America. 1999. Soyfoods sales soar with increased consumer acceptance (News release). Washington, DC. 2 p. Feb. 15. 28 cm.

• ***Summary:*** During the past year, sales of soymilk grew 53% in supermarkets and 24% in natural food stores, according to recent data from SPINS. Retail sales of soymilk reached $161 million in 1997, and are projected to reach $300 million by the year 2000 according to Soyatech, Inc. (Bar Harbor, Maine).

Sales of tofu last year reached $43 million in natural food stores and $37 million in supermarkets. This increase in tofu sales is being sparked by a variety of new baked, flavored, and smoked tofu products, and these categories are growing 12% faster than unflavored tofu products, according to SPINS data.

Meat alternatives are also experiencing very rapid growth, with sales last year growing 53% in supermarkets and 20% in natural food stores, according to SPINs. The fastest growing product in this category is the meatless deli slices, sales of which grew by more than 100% last year. Total sales of meat alternatives should reach $325 million this year, with an estimated 62% of that total coming from

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supermarkets–according to Soyatech. Address: 1723 U Street, N.W., Washington, DC 20009. Phone: 202-986-5600.

11814. Demos, Steve. 1999. The market for non-dairy yogurts and puddings in the United States (Interview). *SoyaScan Notes.* Feb. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** White Wave's soy yogurt used to be named "White Wave Dairyless." But in March 1998 the company reintroduced and repositioned the product as "Silk: Dairyless Soy"–still as a spoonable dessert. It had been reformulated, and a tamper-free sealed lid was added. Steve estimates that the U.S. market for non-dairy yogurts is about $3-$4 million wholesale or $6-$8 million at retail. It is definitely growing at a very healthy rate–more than 30% a year. Silk has about 80% of that market–based on adjusted SPINS data. SPINS gives a somewhat distorted view of reality because it includes only selected distributors (and omits many of the biggest distributors such as Tree of Life, Stow Mills, etc.), and selected natural food stores–from which the information is extrapolated. Today there is only one major competitor (Nancy's of Oregon), and one small competitor (he forgets the name) that sells mostly in the Boston and New England markets. Soy yogurt is a big, important product for White Wave, which sells 100,000 units or more of Silk soy yogurt per week. The company sells more units of tofu, but the tofu generates less profit per unit and requires a huge investment in money and factory space. Yet the company's flagship product is Silk Soymilk–which is number one in both units sold and revenues earned. "Silk is our grand slam."

Ted Nordquist is expected to introduce a new soy yogurt at the Anaheim show next month under the WholeSoy brand. Steve thinks it is being made at Brown Cow in Petaluma, California.

Jonathan Gordon reformulated White Wave's soy yogurt shortly before he left–and he did a good job except for the stabilization. When you make soy yogurt that is set in the cup, then you stir with a spoon, it doesn't fracture smoothly like dairy yogurt. Woody Yeh's SoyaLatté, for example, was an excellent product, but it didn't look that good when you ate it. Making a good soy yogurt is very difficult; there are many small tricks. Soy yogurts are almost always pre-mixed, what is called European-style. You first make the soy yogurt, then put it into huge blenders which effectively homogenizes the consistency, causing a loss of body in the product. So you must reconstitute the body. After Jonathan left, White Wave hired an outside firm to help reestablish the stabilization system. Now White Wave has a "nice, fluffy, reconstituted soy yogurt structure again."

White Wave has two sizes (SKUs) of plain (unflavored) soy yogurt: a quart and a 6-ounce cup. The quart sells phenomenally well. It provides strong support to the premise that flavored yogurts ultimately bring many people to plain. About 15-20% of all White Wave's soy yogurt (by volume) is sold unflavored–even though it is the same price as the flavored products, and it is premixed just like the flavored products. Many people like to use the plain quart in home cooking. They may sweeten it with maple syrup, etc. Every week, the plain sells as well as the most popular flavor

A close relative of soy yogurt is soy pudding (or soy custard). Both are basically spoonable desserts, but the pudding is not acidified, and therefore probably has to be sold in an aseptic package. Steve believes the soy pudding market is "about to explode" and this category will upstage soy yogurts in the future. Steve would bet that at least three new soy puddings (aseptically packaged) will be introduced within 60 days. Steuben Foods is coming out with one–probably in chocolate and vanilla flavors–probably at Anaheim in March. Jonathan Gordon would love to develop one but he has signed a non-compete agreement. The pudding is basically a co-packed product; nobody would put an aseptic system just for that–at least at the beginning. Finding low-acid aseptic packers is easy. White Wave is very focused on developing a Silk soy pudding that will be aseptically packaged but sold refrigerated–next to the other Silk products. "This product will be huge! It could be the biggest soy product–after you get acceptance of the word 'soy.' But it will be a long time before its sales could pass those of Silk Soymilk." Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11815. Demos, Steve. 1999. New developments with tofu at White Wave (Interview). *SoyaScan Notes.* Feb. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Last December White Wave finished installing truly automated equipment at their tofu factory. They finalized the Takai system that does the curding and pressing–using a boxless, clothless pressing system, with a matching carrousel, press table, and input feed. "Being the slow learner I am, it took me two decades to put this all together, but it now burps out 9 pounds of tofu every 17 seconds." The total tofu production system is made up of subsystem components built on American innovation. It combines pasteurization and cooling systems that White Wave invented, cooking and extraction systems that both Bean Machines and some other extractors put together, but the heart and soul of the tofu production system is the last part–from Takai. It is now a continuous-flow system where no person touches beans or any part of the process until they put the finished block of tofu in the package at the end. It runs at 1,000 pounds of dry beans per hour–just making tofu. "It rumbles and roars–I just love to get up out of my chair and watch it run." People watch the system but nobody touches or handles anything, or makes any adjustments. Starting with wet beans, they are automatically delivered, transferred, ground, cooked, extracted, curdled, pressed, cut, rinsed, leached of coagulant, and delivered to the packing machines. About 50% is vacuum packaged and 50% is water

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packed; this part has not yet been automated, but they are close. Eventually the only manual operation will be putting the sealed packages of tofu in a 12-pack carton.

Steve was recently given a tour of the House Foods tofu plant in southern California. The two companies don't compete with one another, and they are exploring some joint projects. "They sell a commercial variety of Asian-style tofu, and we sell what we call 'Honkey-Fu;' its just not Asian-style tofu–much firmer with a different mouthfeel. Steve took Shoan Yamauchi through White Wave 15 years ago. Mr. Yamauchi was able to ship his tofu nationally in part because most supermarket produce routes originate in California.

White Wave's identity and focus is presently on Silk Soymilk and Silk spoonable desserts (not only yogurt), and tofu under the White Wave brand. The company's major focus on tofu is baked flavored tofu–which has a much larger market than most people realize. The growth rate and the consumer acceptance of baked tofu is remarkable! We have a heavy commitment to developing this category. "We believe that tofu will be, to a large extent, a snack food. Dairy yogurt entered the U.S. market as a product that is eaten on a park bench at 11:30 in the morning. The consumer accepted this product as a lifestyle issue–we want to be healthy (eat healthy benefits foods), eat outdoors, and eat small meals. So yogurt kind of entered on that park bench. Even to this day, it's perceived as a light meal for health benefits. That's how White Wave would like to position baked tofu–as a grazer's food with very big potential." A closely related product is smoked tofu; White Wave is now installing smoke houses, and one will be fired up for the first time next week. According to SPINS data, White Wave has 60+ percent of the flavored tofu market in the USA and 31% of the total national block tofu + flavored tofu market–measured on a dollar basis. Even though Nasoya or Morinaga outsells White Wave in units, White Wave outproduces them in revenues. White Wave is the only company that has been willing or smart enough to make the large investment in equipment required to make baked or smoked tofu economically; the company has devoted almost $1 million to developing the flavored tofu category. Smoke and Fire, Wildwood, and Quong Hop all have good, innovative flavored tofu products, but none of them have devoted the capital to meet huge tonnage. White Wave will always make and sell block tofu, but Steve doesn't care if he never sells another block of tofu–except for his own consumption. He want to sell convenience-oriented, flavored tofu products. We want to sell value-added products–and "we will not be oversold! If your prices are higher than ours, we will raise ours to match or beat you! It's just good old American greed."

White Wave's total revenues and tonnage continue to grow a very healthy rate. "For us, a bad year is less than 30%. After 21 years, I've gotten used to riding on the back of a tiger." We are predicting 50% or more growth rate for the entire company in 1999. Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11816. Demos, Steve. 1999. New developments with Silk Soymilk and related products at White Wave. Company growth rates. Looking for one large investor (Interview). *SoyaScan Notes.* Feb. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Despite all the exciting new developments with tofu at White Wave, Silk Soymilk is the company's flagship product; it is number one in both units sold and revenues earned. "Silk is our grand slam." Silk is now labeled as "lactose-free soymilk." The word "milk" has a strong positive connotation and this makes it clear that Silk is an alternative for milk. "Silk has everything that milk has except for the 'milk' part. James Terman came up with that one!" White Wave tries to fortify Silk Soymilk to be nutritionally equivalent to cow's milk.

The FDA has under review (even though they have tabled it) a petition submitted by the Soyfoods Association to legalize the word "soymilk" on product labels. As long as the word "soymilk" is being reviewed by the FDA, White Wave can legally use that word on their products. The FDA cannot make White Wave drop the word unless and until they pass a negative ruling on it–and then White Wave would have a reasonable amount of time to change its labels. Steve is aware that Wildwood Natural Foods was the first to take advantage of this petition to use the word "soymilk" on its product.

White Wave is now looking for one large investor. This coming spring White Wave will be lining up with some very large national companies as distributors and manufacturers of Silk. The interest in Silk by large companies is unbelievable. The companies that are showing interest in working with and/or investing in White Wave are among the top 100 in the U.S.–and we don't have to do much of a sales job. "They'll take it on any level they can get it." All they want is an entry point, so they can look at it later. They also believe that Silk will attract some very, very large competitors. We think that the Silk brand, the product, the position, the price–everything is lined up for Silk right now. We want to see if we can get that in as a household term. If it becomes a household brand name, we can sell Silk anything. We can always line extend. So our focus is on filling up that dairy case with Silk brand beverage and beverage-like products."

White Wave's identity and focus is presently on Silk Soymilk and Silk spoonable desserts (not only yogurt), and tofu under the White Wave brand.

White Wave's total revenues and tonnage continue to grow a very healthy rate. "For us, a bad year is less than 30%. After 21 years, I've gotten used to riding on the back of a tiger." We are predicting 50% or more growth rate for the entire company in 1999.

James Terman was at Bowling Green College in Ohio for 3-4 years at the same time as Steve and Pat Calhoun.

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Then James went on to be the art director for the state of California's university system–including Berkeley, Santa Cruz–all those universities. Then he and Steve ran into one another in Boulder and now he works for White Wave. "We can honestly say that we have a lot of fun working together as a team." Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

11817. Bernard, Richard L. 1999. Summary of research & breeding programs for food type soybeans. Urbana, Illinois. 3 p. Feb. Unpublished typescript.
• ***Summary:*** This list excludes introductions and privately developed cultivars. Each entry includes: Originating organization and soybean breeder, food uses (mainly natto and tofu), and breeding objectives. For natto, 100 beans should usually weigh less than 10 gm, whereas for tofu, 100 beans should usually weigh more than 20 gm.

(1) Agriculture Canada, Ottawa–E.R. Cober: Natto and tofu. (2) Agriculture Canada, Harrow–V. Poysa: Natto and tofu. (3) Virginia Polytechnic and State Univ. (Blacksburg)–G.R. Buss: Natto and tofu. (4) North Carolina State Univ.–T. Carter: Natto and tofu. (5) South Carolina State Univ.–E. Shipe: Natto. (6) Georgia State Univ.–R. Boerma & R. Mian: Tofu. (7) Univ. of Minnesota–Orf: Natto and tofu. (8) North Dakota State Univ.–T. Helms: Natto, sprouts, and tofu. (9) Ohio State Univ.–S.K. St. Martin & R.J. Fioritto: Tofu. (10) Univ. of Illinois–R. Bernard: Natto and edamame. (11) Iowa State Univ. and Puerto Rico–W.R. Fehr: Natto, tofu & edamame. (12) Missouri–S. Anand & D. Sleper: Natto and tofu. (13) Univ. of Nebraska–G.L. Graef: Natto, sprouts, tofu, green vegetable [edamame]. (14) Washington State Univ., T. Lumpkin: Edamame.

Small-seeded parents: Camp, Chico, Chohakuzan, Jizuka, Kosuzu, Nattosan, Pearl, Pureunkong, Vance.

Large-seeded parents: Benning, Danbaekong, Enrei, Hyuga, Misuzu Daizu, Nakesennari, Saturn, Shiromeyutaka, Suzuyutaka, Tamahikari, Tanbaguro, Totoshirome.

Edamame parents: Disoy, Magna, Prize, Grande, Vinton 81, Verde, Emerald, LS201, LS301, Saturn. Address: Prof. of Plant Genetics (Retired), Dep. of Agronomy, Univ. of Illinois, Urbana, IL 61801.

11818. Cai, Tiande; Chang, Kow-Ching. 1999. Processing effect on soybean storage proteins and their relationship with tofu quality. *J. of Agricultural and Food Chemistry* 47(2):720-27. Feb. [41 ref]
• ***Summary:*** Tofu was made from 13 soybean varieties (both named and unnamed) using three different methods (bench, pilot, and commercial production). Beta-conglycinin (7S) and glycinin (11S) are the major "storage proteins" in soybeans and soy foods. Their content and ratio vary with soybean varieties and environment. Different soybean varieties had significantly different contents of storage proteins ranging, respectively, from 7.3 to 9.9% and from 14.1 to 22.9% on a dry matter basis. The ratio of 11S to 7S proteins ranged from 1.64 to 2.51 among the soybean varieties; thus 11S is more prevalent.

Making tofu involves a complex interaction of many factors, but the main ones are the chemical composition of the soybeans and the processing conditions / method. It is unclear how some of the factors related to chemical composition of the soybeans affect tofu yield and quality, and it is not uncommon to find conflicting results among studies. Two studies reported that soybean varieties high in protein content produced tofu with a high yield and firmer texture. However two other studies found no correlations between soybean protein content and tofu yield. One study reported that soybean protein content correlated negatively with tofu hardness and fracturability.

It was concluded that the processing method had a significant effect on the content of storage proteins in the finished tofu. Address: Dep. of Food and Nutrition and Dep. of Cereal Science, North Dakota State Univ., Fargo, ND 58105.

11819. Housez, Brita. 1999. Tofu mania: Add tofu to your favorite dishes for optimum health. Regina, Saskatchewan, Canada: Centax Books. A Div. of Publishing Solutions, PrintWest Group. 136 p. Illust. Index. 23 cm.
• ***Summary:*** Contents: Introduction. General tips on how to use and cook with tofu. At a glance: How to use tofu in your favorite recipes. Breakfast, brunch, & lunch. Appetizers, dips, spreads & sauces. Soups & salads. Vegetables & side dishes. Meatless main dishes. Fish & meat main dishes. Desserts.

On the rear cover is a color photo of Brita Housez with a biographical sketch. Address: 3 Evangelista Court, St. Catharines, ONT, L2N 7C3 Canada.

11820. Jack, Alex. 1999. Let food be thy medicine: 750 scientific studies, holistic reports, and personal accounts showing the physical, mental, and environmental benefits of whole foods. 3rd ed. Becket, Massachusetts: One Peaceful World Press. 304 p. Index. 23 cm. [8 ref]
• ***Summary:*** This book, organized alphabetically by subject, is a very original and creative source of information, with hundreds of interesting bibliographic references. The author believes in a natural, whole-foods diet. Includes the following subjects: Alternative medicine, amasake (amazake), Asia Diet Pyramid, azuki beans, bovine growth hormone, cancer, cholesterol, coffee, complex carbohydrates, dairy food, estrogen, evolution, exercise and fitness, fats, fiber, genetically engineered food, genetic model of health and disease, genistein, global warming, heart disease, hiziki, hunza diet, isoflavones, Japanese diet, kombu, kuzu, lignans, longevity, macrobiotics, Mad Cow Disease, meat, menopause, microwave cooking, miso, mochi, natto, nori, osteoporosis, Paleolithic diet, phytochemicals,

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phytoestrogens, polyps, potatoes, Price–Weston, prostate cancer, protein, rice, Schweitzer–Dr. Albert, sea vegetables, seitan, sesame, shoyu, soy foods, tempeh, tofu, umeboshi plum, vegans, vegetarians, wakame, wartime restricted (diets, incl. World War I and II), whole grains. Resources. About the author. Address: Box 10, Becket, Massachusetts 01223. Phone: (413) 623-5742.

11821. Lamp, Greg. 1999. Soyfoods health claim nears FDA okay: Heart-risk labeling should boost soybean demand. *Soybean Digest.* Feb. p. 68.
• ***Summary:*** Funds from the soybean checkoff helped generate the research and information that was submitted to the FDA. The process began in 1995 with financial assistance from the Illinois Checkoff Board and the United Soybean Board (USB). Roughly $1 million in soybean checkoff funds were invested in the project. "A coalition to develop the soy health claim involved ASA [American Soybean Association], USB, state checkoff boards and industry partners, such as Protein Technologies International, Central Soya and the Archer Daniels Midland Company."

An estimated 20% of all Americans (54.2 million adults) have high blood cholesterol levels–over 240. ASA predicts that if each of these people consumed 25 grams (less than 1 ounce) of soy protein each day, annual demand for soybeans would increase by more than 55.2 million bushels.

Consumption of U.S. soybeans in the United States now totals about 1.2 billion bushels a year.

A color photo shows two 3-shelf racks of American foods. Those on the left rack already contain soy protein: Mori-Nu Tofu, Take Care, GeniSoy bars, Harvest Burgers, Galaxy Veggie Slices, SoNice soymilk, Edensoy, Morningstar Farms [Worthington Foods] meat alternatives, etc. Those on the right rack are foods with potential to have soy protein added: Cream of Wheat, Raisin Bran, puddings, Snackwell's cookies, etc.

11822. Making tofu in the traditional way at Awayuki in Amsterdam, Netherlands (Photographs–color prints). 1999.
• ***Summary:*** These eleven color photos, taken in Feb. 1999 and sent by Mitsuo and Atsuko Kamada, show how they make traditional tofu at their shop in Amsterdam. (1) The inside of the shop, sparkling clean, at the beginning of work. (2) Mitsuo (husband) pouring the soaked soybeans into the hopper of the grinder. (3) Ladling the cooked puree from the caldron into a pressing sack hung above a curding vat. (4) Using a hand-turned screw press to press the soymilk from the okara. (5) Atsuko (wife) ladling the whey out of the curding vat into a bucket. (6) Scooping the curds into tall, cloth-lined aluminum forming boxes. (7) Slicing the finished box-sized block of tofu under cold water. (8) Mitsuo and Atsuko, both dressed in white aprons and looking happy. He is holding a cake of tofu in a white container; she is holding a ladle. (9) Mitsuo making deep-fried tofu cutlets in a large wok. (10) Cakes of grilled tofu and deep-fried tofu cutlets on a wooden cutting board. (11) Cakes of finished momen tofu on a wooden cutting board.

11823. Morinaga Nutritional Foods, Inc. 1999. Help! Help! My tofu needs help! Never fear–New Tofu Helper is here! (Ad). *Natural Foods Merchandiser.* Feb. p. 19.
• ***Summary:*** This full-page color ad shows (at lower left) packages of four new varieties of Mori-Nu Tofu Helper: Italian Herb Medley, Shanghai Stir Fry, Eggless Salad, and Garden Scrambler. Across the very top of the ad is written: "Location: Expo West–Booth 755. A desperate cry is heard from the crowd. There's a blinding flash. And suddenly..." A Superman-type figure, with red cape, red-gloved right hand held out, and green uniform, is flying through the air over a fair maid who is crying for help. Below the packages is written: "Able to create great meals in a single pan. Faster than a hungry family. Defender of great taste everywhere. Introducing new Tofu Helper from Mori-Nu. All natural. Dairy-free. Vegan. For more info about new Tofu Helper call 1-800 Now Tofu." Website: www.morinu.com.

Note: The first product of this type with the name Tofu Helper was introduced by Larry Needleman in about 1980–but it was never commercialized.

This ad also appeared in *Vegetarian Times* (March, p. 41 and June, p. 65). Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638 (NOW TOFU).

11824. **Product Name:** Mori-Nu Tofu Helper: Italian Herb Medley, Shanghai Stir Fry, Eggless Salad, or Garden Scrambler.
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St., Suite 110, Torrance, CA 90504. Phone: 310-787-0200.
Date of Introduction: 1999. February.
Ingredients: Garden Scrambler: Vegetable broth (maltodextrin, hydrolyzed soy, corn & wheat protein, soybean oil, soy lecithin), nutritional yeast, dehydrated sulphur-free vegetables (potatoes, carrots, tomatoes, garlic, mushrooms, onions, bell pepper, cabbage, chives), dehydrated soy sauce (wheat, soybeans, salt), unrefined cane sugar, herbs, spices, sea salt.
Wt/Vol., Packaging, Price: 0.92 to 1.10 oz (26 to 31.3 gm).
How Stored: Shelf stable.
New Product–Documentation: Ad (full-page color) in Natural Foods Merchandiser. 1999. Feb. p. 19. "Help! Help! My tofu needs help! Never fear–New Tofu Helper is here!" Each package contains a dry, all natural seasoning mix, meant to be mixed with tofu. The front of each of the four packages is shown in color. This ad also appeared in *Vegetarian Times* (March, p. 41). Samples (12-pack) of products with Labels sent by Art Mio of Morinaga. 1999. Feb. 26. 4.5 by 6.25 inches. On the front of each packet is a

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color photo of the prepared product on a white background, with a hole near the top center for hanging on a rack. "Ready in 15 minutes. All natural seasoning mix." For example: Garden Scrambler. "Preparation time: 15 minutes. Mix package with 1/3 cup boiling water. Set aside for 5 minutes. Mash one 12.3 oz. package of firm silken tofu (Footnote: For best results, use Mori-Nu Silken Firm or Silken Lite Firm Tofu) in a medium bowl with a potato masher or fork. Heat 2 teaspoons olive oil in a medium skillet and add tofu. Sauté 1 minute over medium high heat. Add the liquid spice mixture; cook, covered, over medium low heat for 5 minutes, stirring occasionally. Let stand a few minutes and serve. Serving suggestions: Serve with your favorite salsa, fresh fruit, and whole grain bread."

11825. Nutrisoy Pty. Ltd. 1999. Nutrisoy: Certified organic (Sell sheet). Banksmeadow, New South Wales, Australia. 1 p. Front and back.
• ***Summary:*** A large color photo on the top two-thirds of the front panel shows a young man and woman holding hands, walking in the woods, looking at each other. Below that, the text reads: One of the healthiest foods in the world. Across the bottom are three color photos, each 2½ inches square, showing the company's tofu, tofu dessert, and tempeh products.

On the back: "Nutrisoy: Fitness food." There is a brief history of the company and information about the health benefits of soyfoods. "Nutrisoy is an Australian family-owned company dedicated to producing high quality, good tasting, healthy foods. It was established in 1984." Color photos show: (1) The company's tofu and tempeh products. (2) The outside of the brick factory with three delivery vans. (3) Three stainless steel sinks containing cakes of tofu cooling in water. (4) Tofu being packaged in a heat-sealing machine. (5) A secretary typing at a computer.

Letter from Tony Wondal of Nutrisoy. 2007 Aug. 3. This leaflet was published in Feb. 1999. Address: Lot 1, 19a Baker St., Banksmeadow, NSW 2019, Australia. Phone: +61 2 9316 5171.

11826. Nutrisoy Pty. Ltd. 1999. Nutrisoy: Fitness food (Sell sheet). Botany, New South Wales, Australia. 1 p. Feb. Front and back. 30 cm.
• ***Summary:*** A large color photo on the bottom half of the front panel shows the company's tofu and tempeh products. Three paragraphs above that are titled: Nutrisoy. Tofu. Tempeh.

The back is titled "Nutrisoy products range." A color photo shows each of the company's products, by category. Plain and pre-marinated tofu: Plain Firm Tofu, Tofu Vegies, Tofu Tempeh, Tofu Herbs. Pre-cooked tofu and tofu burger: Tofu Spicy, Tofu Teriyaki, Tofu Vegies Burger, Tofu Tempeh Burger. Tofu deserts and silken tofu: Tofu cups in strawberry, apricot, mango, and tropical flavors. Silken tofu. Tempeh and tempeh burger: Plain Tempeh. Seasoned Tempeh. Mildly Spiced Tempeh. Tasty Tempeh (marinated in ginger and soy sauce). Tempeh Burger.

An attached, 1-page product list, gives the name and weight of all the company's products, including those under special or private labels such as Soyco, Nutal, and a few Indonesian names. They also sell hommus (hummus), chickpea veg. burger, spirulina juice, and berry juice.

Letter from Tony Wondal of Nutrisoy. 2007 Aug. 3. This leaflet was published in Feb. 1999. Address: 15 Hannon St., Botany NSW 2019, Australia. Phone: +61 2 9316 5171.

11827. Nutrisoy Pty. Ltd. 1999. Tofu & tempeh: For a high energy breakfast, quick lunch, or hearty main meal (Leaflet). 255 Forest Road, Arncliffe 2205, NSW, Australia. 3 panels each side. Each panel: 21 x 10 cm. Feb.
• ***Summary:*** This undated color leaflet contains recipes for tofu and tempeh, and shows color photos of the front panel of the company's products. One panel is dedicated to a short company history and descriptions of tofu and tempeh.

Letter from Tony Wondal of Nutrisoy. 2007 Aug. 3. This leaflet was published in Feb. 1999. Address: Arncliffe, NSW, Australia.

11828. Nutrisoy Pty. Ltd. 1999. Tofu & tempeh: The healthiest foods. Recipes (Leaflet). 15 Hannon St., Botany NSW 2019, Australia. 3 panels each side. Each panel: 21 x 10 cm. Feb.
• ***Summary:*** This undated color leaflet (Nutrisoy's 2nd) contains recipes for tofu and tempeh, and shows color photos of the front panel of the company's products. One panel is dedicated to a short company history and descriptions of tofu and tempeh. A color photo on the front panel shows a young man and woman holding hands, walking in the woods, looking at each other.

Letter from Tony Wondal of Nutrisoy. 2007 Aug. 3. This leaflet was published in Feb. 1999. Address: Arncliffe, NSW, Australia.

11829. *Ontario Soybean Growers' Marketing Board Newsletter.* 1999. OSGMB celebrates 50 years. Feb. p. 1.
• ***Summary:*** "Fifty years ago, soybeans were a new crop in Ontario. Soybean growers decided they needed an organization to represent their interests, and the Ontario Soybean Growers' Marketing Board was born.

"Today, soybeans are the largest acreage crop in Ontario, with expanding domestic and export markets. the OSGMB works on behalf of soybean producers in market development, research, lobbying, negotiating and communications.

"The Soybean Board is planning several special activities in 1999 to commemorate this milestone, including publishing a 50th Anniversary Magazine, launching a new tofu recipe brochure, holding special events at the Annual

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Meeting,..."

Note: This is the first issue of this newsletter seen that contains color photos or illustrations. A color illustration shows the 50th anniversary logo. A color photo shows the 1998 OSGMB directors, some seated at a table, some standing. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11830. Soyfoods Association of North America. 1999. Soyfoods Once a Day for Life (Portfolio). Washington, DC. 21 inserts. Feb. 15. 28 cm.

• ***Summary:*** The following eight news releases are from the Soyfoods Association: (1) Soyfoods Association of North America celebrates April as Soyfoods Month (2 p.). (2) Soyfoods sales soar with increased consumer acceptance (2 p.). (3) Soyfoods Association of North America–Industry insiders (ask the experts, 1 p.). (4) Start young enjoying soy (ideas for kids, 1 p.). (5) 1999 Soyfoods Month sponsors (a half-page profile of 11 companies: Archer Daniels Midland, Galaxy Foods Co., Hain Food Group, Lightlife Foods, Inc., P.J. Lisac & Associates, Inc., SunRich, Inc., Tetra Pak, Vitasoy USA Inc., White Wave, Inc., Worthington Foods, Inc., Yves Veggie Cuisine; 6 p.) (6) Soyfoods Association of North America product list (lists soyfood products of 15 companies, many of whom are sponsors of "April is Soyfoods Month," 11 p.). (7) Soyfoods Association of North America member list (52 companies, 1 p.). (8) Dear member of the press, from Allan Routh, President, SANA (1 p.).

Product brochures from the following companies are also included: (9) Sweet Soybeans–Hearty & Natural Edamame, from SunRich. (10) Vitasoy soymilk, (11) Fresh, ready to heat entrées, from Yves Veggie Cuisine. (12) Go Veggie (dairy alternatives), from Galaxy Foods. (13) Lisanatti–The good health cheese alternative, from P.J. Lisac & Associates (Clackamas, Oregon). (14) Trust the protein authority, from ADM. (15) Fact sheet, from White Wave. (16) Nasoya tofu. (17) Veggie recipes, from Galaxy Foods. (18) Westsoy recipes, from Westbrae Natural. (19) Eating healthy can be soy easy, from Lightlife. (20) The change will do you good, from Morningstar Farms. (21) Sweet beans–Vegetable soybeans, from Sno Pac. Address: 1723 U Street, N.W., Washington, DC 20009. Phone: 202-986-5600.

11831. Stevens & Associates, Inc. ed. and comp. 1999. U.S. 1999 soyfoods directory. Lebanon, Indiana: Indiana Soybean Development Council. 48 p. 28 cm. [23 ref]

• ***Summary:*** This is the fourth edition of the U.S. Soyfoods Directory. Page 2 states: "And a special thanks goes to the Soy Protein Partnership for sponsoring this project." For a list of farmers and companies that grow soybeans organically, see p. 28. This 1999 Soyfoods directory is now available online at www.talksoy.com. Address: Stevens & Associates, 4816 North Pennsylvania Street, Indianapolis, Indiana 46205. Phone: 317-926-6272.

11832. Tree of Life, Inc. 1999. We're always coming up with new ways to use the ol' bean (Ad). *Natural Foods Merchandiser.* Feb. p. 71.

• ***Summary:*** This full-page color ad shows (around the outside) photos of five different tofu dishes. The text begins: "If your customers are getting tired of tofu, perhaps you're not stocking the right brand! From traditional to reduced fat to baked and smoked varieties, you'll find more Tree of Life tofu choices than there are days of the week. And most are already seasoned and cooked. So all your customers have to add is a little imagination and voilà–dinner is served." At the center is one color photo showing 12 tofu products, each is attractive packages. Below that are the names: "Organic Firm Style, Reduced Fat Firm Style, Water Pack Firm Style, Baked, Savory Baked, Ready Ground, Savory Garlic Ready Ground, Hot 'N Spicy Ready Ground, Smoked, Hot 'N Spicy Smoked, Lemon Garlic Smoked (New), and Herbs & Spices Smoked." At the right center, in a circle, is written: "Congratulations NFM–20 years of excellence." Website: www.treeoflife.com.

Note: A similar ad, titled "Looking for ways to use the ol' bean?," appeared in May-June 1998 in *Natural Health.* The color photo showed 10 tofu products. Address: P.O. Box 410, St. Augustine, Florida. Phone: 1-800-260-2424.

11833. White Wave, Inc. 1999. Fact sheet (Leaflet). Boulder, Colorado. 1 p. 28 cm.

• ***Summary:*** Founded: 1977 in Boulder, Colorado by Steve Demos. Mission. Product lines. Ownership: Privately held. Management. Employees: 91 in White Wave's two Boulder facilities. Growth: More than 20% annual growth over the past 8 years. Sales: $14 million projected for fiscal 1998-99. Firsts: First company to introduce Reduced Fat Tofu in America. First company to introduce nationally distributed, fresh, refrigerated soymilk when it launched Silk in the United States.

Stats [Statistics]: Produces more than 40 soy products. Majority of products are organic, cholesterol-free and lactose-free, as well as certified Kosher-Parve by Star K. One of the largest producers of organic soyfoods in the United States. Commands over 30% of the market for tofu and baked tofu products, according to SPINS (Spence Information Services). Silk is ranked the fastest growing non-dairy beverage in the natural products industry, according to SPINS.

Organics: More than 90% of White Wave products are certified organic by QAI. GMOs: White Wave does not use genetically modified organisms and receives statements from all suppliers to guarantee no such ingredients are used. Media Contact: Susan Holden Walsh, Holden McClure PR 303-449-2526. Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: (303) 443-3952.

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11834. White Wave, Inc. 1999. America's soy food company (Ad). *Natural Foods Merchandiser.* Feb.
• ***Summary:*** A cartoon shows a boy with a baseball and four arms holding a different White Wave soy food product in each of his four hands: Silk Dairyless, Baked Tofu Oriental, Silk Vanilla Soymilk, and Organic Firm Style Tofu.

The text reads: "Organic Silk soymilk. Organic tofu. Organic baked tofu. Organic Silk yogurt.

The White Wave logo is at the top and the background is orange at the bottom of the ad fading to yellow at the top.

Note: A very similar ad appeared in the May 1999 issue except the title was now: "America's Organic Soyfoods Company." Address: 1990 N 57 Court, Boulder, Colorado 80301. Phone: 303-443-3470.

11835. Santacruz, Cecilia; Santacruz, Nestor. 1999. Re: Introducing Delisoya. Letter to Nohra Puyana de Pastrana (first lady and wife of the president of Colombia), Santafé de Bogota, Colombia, March 1. 2 p. Typed. [1 ref]
• ***Summary:*** The President and First Lady of Colombia have taken an active interest in promoting soyfoods in Colombia. This letter introduces Delisoy and its products.

Accompanying the letter is the response sent via Bienestar Familiar saying that they are working with soy in the Eje Cafetero where a recent earthquake killed thousands of people and destroyed three cities.

Letter from Nestor and Cecilia Santacruz. 1999. April. "They tell us they will invite us to participate in October in a program to be started in Bogotá. We'll try to keep in touch with them, but bureaucracy is tough!" Address: Founders and owners of Delisoya, Calle 78 No. 12-03, Santafe de Bogota, Colombia. Phone: 346-2178.

11836. Daniels, Nahum Stiskin. 1999. Recollections of publishing *The Book of Tofu* (Interview). *SoyaScan Notes.* March 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** *"The Book of Tofu* was one of those very special projects–almost timeless indeed. We did what we all set out to do, which was to communicate a very tangible idea to the West. It's very rare when people can get together and actually pull that off. It was a very exciting and very worthwhile project–something I'm always very proud of being involved in."

Nahum has always imagined [not true] that I [Shurtleff] went to speak to Weatherhill and Tuttle before coming to Autumn Press. "I thought you came to me as a last resort, after they rejected your idea... I remember the day that I took a phone call from you. We were living in Hayama. I remember picking up the phone and hearing your voice at the other end–much like to tonight. You said, "Hi Nahum, this is Bill Shurtleff." Yeah. "I'm thinking of doing a book on tofu" something like that. "I said to myself–it was just an instinctive 'Great!' I think I said 'I think that's a great idea.'" It triggered something–like a lightbulb went on in my mind. "As soon as I heard it, I thought it was a fabulous idea." We were struggling to get our own little publishing company going.

Bill recalls: I remember that phone call too. And I remember thinking 'Amazing–There's somebody else in the world who thinks this is a good idea."

Nahum continues: "I had an image of you as this waiflike creature who had been in my peripheral vision in Kyoto. You were a free spirit, doing interesting and bizarre things. I didn't know you, but I had an instinct that when you set your mind to something, you were going to do it. Only much later did learn about your family; I still remember that your grandfather had his own railroad car."

The Book of Tofu was the sixth book that Autumn Press published, but we had never done anything of its magnitude before. Lima Ohsawa's book was very helpful in preparing me to do *The Book of Tofu.* Through one of the editors at Weatherhill I was introduced to a woman cookbook editor in America. She taught me the high style in cookbook editing.

"I remember just before *The Book of Tofu* was published, that your mom, may she rest in peace, loaned Autumn Press some money–about $5,000–to help pay for the first printing. This loan was very important and helpful to Autumn Press, to get us over the hump."

Kim Chi Ha and *The Book of Tofu:* In 1974 Autumn Press published *Cry of the People,* by Kim Chi Ha–Poems written from jail by a South Korean dissident poet. Some years later Robert L. "Bob" Bernstein, the President and CEO of Random House, was in Japan. He had a strong personal interest in free speech, and he spoke up for oppressed writers around the world. He knew of Kim Chi Ha, and knew he was in a dungeon in South Korea because he wrote and spoke publicly against the country's dictator and tyrant. In Japan, Bernstein's translator, who was a friend of the Stiskins, gave him a copy of *Cry of the People.* He said that he wanted to meet the people who had published this book. Bernstein called Nahum just as Nahum was preparing to leave Japan after seven years. Nahum didn't know who Bernstein was and said he was sorry but he was too busy to meet with him. Back in the states, after realizing the opportunity he had missed, Nahum called Bernstein and accepted an invitation to visit his office in New York City. He took copies of each of Autumn Press' books, including *The Book of Tofu,* which had just been published. They talked about publishing and Bernstein was very interested to see what kind of books Autumn Press was publishing. Before they parted Bernstein said that Random House would like to distribute Autumn Press' books. This was a huge break for Autumn Press. Random House soon noted that *The Book of Tofu* was selling very well. Several years later at a sales conference, Dick Krinsley, in charge of Ballantine Books, approached Nahum and said he would like to buy the paperback rights to *The Book of Tofu.* Thank you Kim Chi

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Ha.

In 1978 Autumn Press published *Nuclear Madness: What You Can Do,* by Helen Caldicott, a physician and anti-nuclear activist from Australia. The book sold very well and was eventually very influential. However it led to the downfall of Autumn Press, in a process filled with conflict, in which Helen eventually sued Autumn Press. Address: Stanford, Connecticut.

11837. Stuttman, Len. 1999. What does the term "food-grade soybeans" really mean? (Interview). *SoyaScan Notes.* March 4. Conducted by William Shurtleff of Soyfoods Center. Followed by a fax of June 19.
• ***Summary:*** Len uses the term "food-grade soybeans" a lot. He may have learned it from people in Canada. For making soynuts, he needs special varieties of soybeans that are high in protein, low in fat, have good texture, good taste, and retain their integrity during processing (the seedcoat or hull stays on–does not slough off–during the entire soaking, cooking, and deep-frying process). A soybean with a thin seedcoat usually has poor integrity. Actually, he must try to find a variety in which he can get as many of these qualities or specifications as possible at a competitive price. This is complicated; the only way to test a particular variety is to put it through the process. Moreover, a variety (such as Sapphire) that works well one year may not work so well the next year. Or a variety grown at one latitude that works well may not work so well when grown at a much different latitude. Soybeans grown at northern latitudes generally work better than those grown to the south. Not all of Canada's "food-grade soybeans" work well for Len's particular application. For example, manufacturers of tofu and soymilk want high protein dispersibility in water. Len wants low protein dispersibility, so that protein is not lost during soaking and cooking.

Thus within this broad category of "food-grade soybeans" each food application has somewhat different requirements. Actually, it gets even more complicated. When most people say "food-grade soybeans" they are usually talking about large-seeded, clear-hilum soybeans–most of which have a Japanese pedigree. Yet makers of natto and soy sprouts want small-seeded soybeans.

Back in the days when public soy varieties predominated, one variety (such as Corsoy) might be around for years and years. But now that most varieties originate from private seed companies, they change more often and they are not generally bred for food use–except in Canada. W.G. Thompson & Sons has a young soybean breeder who is excellent; but they do not have a food laboratory. Address: President and CEO, Sycamore Creek Co., 200 State St., Mason, Michigan 48854. Phone: 517-676-3836.

11838. Rose, Richard. 1999. New developments at Rella Good Cheese Co. and HempNut, Inc. (Interview). *SoyaScan Notes.* March 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Richard has established a new company, HempNut, Inc., to handle all of his work with hemp in a variety of fields, including foods (HempNuts, HempRella {cheese alternative}, and Hempeh Burgers) and machinery. He has invented a machine that is better than any other for dehulling hempseeds. The Rella Good Cheese Co. is doing well; its main product is TofuRella, which accounts for 50% of the company's sales. VeganRella is back on the market in the form of a block–not a spread. The company's future lies in expansion into supermarkets. Richard is helping some supermarkets by creating a "Healthy Eating Center" which is the area where tofu, cheese alternatives, and some meat alternatives are sold.

Richard went to the last shareholders meeting of the Galaxy Food Company since they offered a free tour of the plant to all who attended. They knew who he was and kept their promise on the plant tour. The main thing he learned was that Galaxy sees its future in selling smoothies in aseptic cartons (not cheese alternatives); he thinks the product is made and packaged by Pacific Foods in Oregon. They have described it as a "psychotrophic, all-natural protein energy supplement." At Galaxy, he talked with Christopher Morini, who is Angelo's brother. Address: President, Rella Good Cheese Co., P.O. Box 5020 (616 Davis St.), Santa Rosa, California 95402-5020. Phone: 707-576-7050.

11839. Kessler, Jon. 1999. Re: Unisoya of Canada, and vacuum packaging bulk tofu hot. Letter to William Shurtleff at Soyfoods Center, March 16. 1 p. Typed, with signature.
• ***Summary:*** Note: According to the *Soya & Oilseed Bluebook* (1999, p. 144) Unisoya, Inc. is now an affiliate of Berero Inc. (Tonatur Foods Inc.) and located at 185 Voyer St., St. Isidore Co., Laprairie, Quebec J0L 2A0, Canada. Contact: Jill Renger. Plant manager: Real Beaulieu.

Jon recently met and talked with Gilles Ranger (sales manager) and Bernard Beaulieu were recently in Virginia looking at the BMI (Bean Machines Inc.) centrifuge at Twin Oaks Community Foods (where Jon was manager before starting his own business). Unisoya has an interesting product line (as described on the enclosed business cards). They are presently making about 4,000 lb/day of tofu, 7 days a week, and are planning on expanding their plant. They package their bulk tofu (which is their best seller) in bulk vacuum pouches of 5 lbs per pouch (20 lb per box). Jon was most interested in the fact that they vacuum pack this tofu hot; they do not cool the tofu after it is made before vacuum packing. Then they pasteurize the tofu in its pouch at 205ºF and get a 50 or 60 days shelf life! Jon is considering visiting them this summer.

The enclosed business card, written in both French and English, states that M. Réal and Bernard Beaulieu are the proprietors / owners. The company slogan is: "The true

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& original." They sell tofu as follows: (1) In boxes of 225 gm, in natural or fines herbs flavors. (2) In packages of 454 or 300 gm in natural, fines herbs, seaweeds, vegetables, soft, and organic. (3) In vacuum packed boxes of 20 lb. (4) In slices or cubes. They also sell soymilk, and do private labeling.

Update: Talk with Jon Kessler. 2000. Oct. 3. His company, Sunergia, now has all its tofu made by Unisoya in Quebec, Canada, and vacuum packed. Address: Founder and owner, Sunergia Soyfoods, P.O. Box 1186, Charlottesville, Virginia 22902. Phone: 804-970-2798.

11840. Murrils, Angela. 1999. Tofu can be both tasty and tantalizing: March is the month to celebrate one humble derivative of the soybean, which is exalted at a new Kits eatery. *Georgia Straight* (*Vancouver, BC, Canada*). March 11-18. p. 49.
• ***Summary:*** April is "Tofu Month" in Canada. At a dinner cohosted by the Pink Pearl Chinese Restaurant and Sunrise Soya Foods, the writer ate course after course of "terrific Chinese food–smoked mushroom roll, Rainbow seafood soup, and, the kicker, a satanic chocolate mousse–all of it based on tofu." She became a convert. When the Joe family began making tofu 43 years ago, their only market was Chinatown. Lifestream, which used to be at Bernard Street and West 4th Avenue, was the first non-Asian store to carry it. Now soy products are everywhere.

Now Yves Potvin, the chef from Quebec, has started a restaurant serving meatless food on West Fourth Avenue. The food is great. At the end of April, he plans to open a second restaurant, at Granville and West 11th Avenue.

11841. *SoyaScan Notes.* 1999. Update on Pulmuone (Overview). March 25. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Pulmuone U.S.A. Inc. is a tofu manufacturer in southern California located at 4585 Firestone Blvd., South Gate, California 90280. With the recent economic hard times in South Korea, where the mother company is located, there have been a few rumors that Pulmuone in both California and Korea may be having hard times. However a talk with a tofu industry expert from Southern California indicates that both companies are quite solid and strong. He says that both the U.S. company and the Korean mother company are still in business, but like everyone in Korea, times are somewhat difficult there. The California subsidiary is focused on the Korean-American market, but they have entered the Japanese-American markets and supermarkets in a small way, and they are doing some private labeling. They are also making noodles, and they may be going into fish cake products. So if they are expanding their line into different categories, they probably still have a pretty solid base.

A Japanese tofu expert who knows the founder in Korea says that he was a student activist during the years of Korean dictatorships, and thus was prevented from going to college. So instead he started Pulmuone, which became a very successful health food company.

11842. Delisoya in Colombia (Photographs–color slides). 1999.
• ***Summary:*** The color slides show: (1) The front window and door of Delisoya, taken from outside the shop. (2) The interior of Delisoya looking at the handsome wooden deli counter, behind which stands a man. Above the counter are written: *"Fuente de Proteina. Tofu." "Fuente de Proteina"* means "Source of Protein" in Spanish. The word tofu is written using two large black Chinese characters on a white background, and to the right of these in English–in large red letters. (3) A green blackboard, with a border of colorful flowers. The names of the various soy products and their prices are written with white chalk.

11843. Guo, Shun-Tang; Ono, Tomotada; Mikami, Masayuki. 1999. Incorporation of soy milk lipid into protein coagulum by addition of calcium chloride. *J. of Agricultural and Food Chemistry* 47(3):901-05. March. [20 ref]*

11844. **Product Name:** Xiao Mi Mi: Tofu Dessert (Sweet Tofu Curds; Tsing Xiang Tofu) [Plain, Almond Flavored, and Mango Flavored].
Manufacturer's Name: House Foods America Corporation.
Manufacturer's Address: 7351 Orangewood Ave., Garden Grove, California 92841. Phone: (714) 901-4350.
Date of Introduction: 1999. March.
Ingredients: Mango Flavored: Filtered water, soybeans, sugar, glucono delta lactone, nigari (sea water extract), natural mango extract, annatto.
Wt/Vol., Packaging, Price: Twin pack [5 oz each].
How Stored: Refrigerated.
Nutrition: Mango: Per 5 oz (142 gm): Calories 110, calories from fat 25, total fat 3 gm (4% daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 25 mg (1%), total carbohydrate 15 gm (dietary fiber 0 gm], sugars 14 gm), protein 5 gm. Calcium 2%, iron 6%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Talk with Yvonne Gonzalez. 1999. March 23. Sachiko of House Foods just showed her an interesting new product, like tofu curds in three flavors. Talk with Harry Tanikawa of House Foods. 1999. March 25. This new product, named Xiao Mi Mi (which means "Little Sweetheart"), was formally introduced last Monday (March 22) in a twin-pack form, with two 5-oz packs of the same flavor. The label is in both a Chinese and English, but it is targeted at Chinese because they have their dofu-hwa, which is the sweet tofu curds. Sunrise in Vancouver, BC, Canada, introduced the first such product (Tofu Dessert, in a 10-oz single pack; it sells quite well), and Vitasoy followed with a 16-oz pack–but House Foods found

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these large packages to be very unappealing as a dessert item. The product is made with thick soymilk (with high brix) so the product has more tofu flavor. Mango is a unique flavor (which Chinese and Hispanics like very much). It is being introduced to Chinese stores throughout California this week, and some demos are going on a Ninety-Nine markets this weekend.

Labels and Leaflets sent by Harry Tanikawa of House Foods. 1999. March 26. Labels: 6 by 4 inches. Printed on clear film. A color photo shows the product in a shallow stem glass, with the appropriate fruits in the background.

Leaflets: 8½ by 11 inches, full color, back to back. Written in both Chinese and English. On the front are the three products in short stemmed glasses. Written near the top: "The New Age tofu." On the back is information plus two color film clips directed at retailers and wholesalers. "With our aggressive advertising campaign, Xiao Mi Mi will be HOT! High-quality TV commercial will make Xiao Mi Mi a big hit. Aggressive PR activities at churches, nursery schools, and kindergartens to gain your customers' awareness. Active in-store promotion, free trials, and POPs will support sales."

11845. House Foods America Corporation. 1999. Hinoichi Tofu (Leaflet). [Garden Grove, California]. 1 p. Front and back. 28 cm. [Eng; Jap]
• ***Summary:*** Printed with black ink on light green paper. On the front is a half-page introduction to tofu in English (top half) and Japanese (bottom half). On the rear is a recipe (in English) for Stir-fry tofu and vegetable (with "2 {14 oz.} pkgs. Hinoichi Regular Tofu"). Address: [7351 Orangewood Ave., Garden Grove, CA 92841].

11846. House Foods America Corporation. 1999. Tofu: The joy of soy (Leaflet). Garden Grove, California. 1 p. Single sided. 28 cm.
• ***Summary:*** Glossy color (see next page). Shows photos of the front of the package of four different types of Hinoichi-brand tofu (Soft, regular, firm, and extra-firm) and four different types of House-brand tofu (Organic soft, organic regular, organic firm, and organic extra-firm). For all types: "65 days of freshness guaranteed." Address: 7351 Orangewood Ave., Garden Grove, CA 92841.

11847. Instituto Colombiano de Bienestar Familiar. 1999. Alimentación a base de soya y germinados [Foods based on soya and sprouts]. Bogota, Colombia. 51 p. 22 cm. [Spa]
• ***Summary:*** Contents: Full-page black-and-white photo of Andres Pastrana Arango (current president of Colombia) with his wife and three children. The family as the basis of development. The soybean (*El fríjol soya*). Recipes–each with basic nutritional information per serving. Dairylike products (*Lácteos*)*:* Basic homemade soymilk, homemade tofu (two methods, each curded with lemon juice), cream cheese, soy yogurt, soy kumis. Meatlike products (*Cárnicos*)*:* Soy burgers (made with ground cooked soybeans–masa de soya cocoda), etc. Baked goods (*Harinas*). Drinks, desserts, and salads (*Bebidas, postres y ensaladas*). Soups, special dishes, and others (*Sopas, especiales y otros*)*:* Incl. soy mayonnaise, pizza with soya.

Note 1. The color photo on the cover of this saddle-stitched book is copied from the Canadian Soyfoods Directory (Nov. 1997). Note 2. Letter from Cecilia and Nestor Santacruz of Delisoya, Bogota, Colombia. 1999. April. This booklet is the successor of one titled *El Cambio es Andres* [Andres stands for change] published in late 1997. They liked the earlier edition better because it contained recipes for whole foods such as brown rice and whole wheat flour, and no meat or dairy products. Quite a few of the recipes in this more recent book call for the use of meat. Address: Bogota, Colombia.

11848. Ionmag Corporation. 1999. Health tofu: Health tofu maker from Ionmag Corporation (Leaflet). Koyang Industrial Complex, 628, Siksa-Dong, Ilsan-Ku, Koyang City, Kyunggi-Do, Korea 1 p. Single sided. 30 cm.
• ***Summary:*** Leaflet (glossy color; see page after next page) sent by Patricia Smith from Natural Products Expo West. 1999. March. A large color photo shows this red and clear plastic home tofu maker against a circle of soybeans with an orange and red border. "Coming to fresh tofu, tasty tofu within short time." Specifications: Weight: 5.5 kg. Height: 370 mm [14.6 inches]. Diameter: 240 mm. Material: Polycarbonate ABS [Acrylonitrile Butadiene Styrene], Stainless steel. Voltage: 110/220 volts. World patent pending. Address: Koyang City, Kyunggi-Do, Korea. Phone: (82-344) 968-0051/4.

11849. Krautstein, Hans. 1999. Tofu und tempeh: Variationen in Soja [Tofu and tempeh: Variations in the key of soya]. *Schrot & Korn* (*Germany*). March. p. 17-18. [Ger]
• ***Summary:*** A photo shows many innovative tofu products. Note: This magazine describes itself as "The natural foods magazine" (*Das Naturkost magazin*).

11850. Kushi Institute. 1999. Kushi Institute store: Food, books, kitchenware, bodycare, video, audio. Spring/summer 1999 (Mail-order catalog). Becket, Massachusetts. 40 p. 28 cm. [8 ref]
• ***Summary:*** A good new source of macrobiotic supplies. Includes: Amazake (from Kendall Food Co.), arame (sea vegetable), azuki beans (from Hokkaido {Japan} and organic), barley malt, black soybeans (from Hokkaido and USA), dulse, fu (dried wheat gluten), hato mugi [hatomugi], hijiki, kanten flakes, koji, kombu, kuzu, mirin, miso, mochi (organic, Kendall), natto (organic, Kendall), natto miso, nori, rice syrup, sea palm, sea vegetable kit (8 varieties), shoyu, suribachi, tamari, tekka, tofu–dried, tofu kit, umeboshi,

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UPC :76371-01221
Pack & Size : 12/14oz.

House Foods America Corporation 7351 Orangewood Avenue, Garden Grove, CA 92841
Phone: 714-901-4350 Fax: 714-901-4235

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umeboshi concentrate, wakame, yuba. Address: P.O. Box 500, Becket, Massachusetts 01223-0500. Phone: 1-800-645-8744.

11851. Liu, KeShun. 1999. Oriental soyfoods. In: C.Y.W. Ang, K. Liu, and Y-W. Huang, eds. 1999. Asian Foods: Science & Technology. Lancaster, Pennsylvania: Technomic Publishing Co., Inc. 546 p. See p. 139-99. Chap. 6. March. [60 ref]

• ***Summary:*** Contents: Introduction: Soybeans as a crop, composition and nutritional quality of soybeans, soyfoods–from the east to the west, soyfood classification.

Soymilk: Introduction, traditional soymilk, modern soymilk (techniques for reducing beany flavors, commercial methods, formulation and fortification, homogenization, thermal processing, and packaging), concentrated and powdered soymilk, fermented soymilk (with lactic acid bacteria), soymilk composition and standardization.

Tofu: Introduction, methods of tofu preparation, factors involved in tofu making (soybean varieties, concentration of soymilk, heat process of soymilk, types of coagulants, concentration of coagulants, coagulation temperature, coagulation time, process automation, packaging), varieties of tofu (silken tofu, regular and firm tofu, Chinese semidry tofu {*doufu gan*}, Chinese tofu sheets and tofu noodles, lactone tofu), varieties of tofu products (deep-fried tofu, Japanese grilled tofu, frozen tofu {"Made almost exclusively in rural farmhouses and temples by putting tofu outdoors in the cold weather, frozen tofu was never sold as a commodity in the past"}, Japanese dried-frozen tofu, Chinese savory tofu {"In China there are many specially made tofu varieties known as savory tofu"}, fermented tofu {Sufu or Chinese cheese, varieties of sufu, preparation methods, preparation principle}).

Soymilk film (yuba). Soybean sprouts. Green vegetable soybeans. Other non-fermented soyfoods: Okara, roasted soy powder.

Fermented soy paste (Jiang and miso): Koji, koji starter, and inoculum (koji, koji starter, inoculum), Chinese jiang (traditional household method, pure culture method, enzymatic method), Japanese miso (preparing rice koji, treating soybeans, mixing and mashing, fermenting, pasteurizing and packaging), principles of making jiang or miso.

Soy sauce (Jiangyou or shoyu): Chinese jiangyou (traditional household method, modern methods), Japanese shoyu (treatment of raw materials, koji making, brine fermentation, pressing, refining), principles of making soy sauce, chemical soy sauce (made by acid hydrolysis; heat with 18% hydrochloric acid for 8-12 hours, then neutralize with sodium carbonate and filter to remove insoluble materials), proximate composition of soy sauce, quality attributes and grades.

Japanese natto: Methods of preparation, principles of preparation.

Indonesian tempeh: Traditional method, pilot plant method, principles of tempeh preparation. Fermented black soybeans (Douchi or Hamanatto): Chinese douchi, Japanese Hamanatto.

Tables: (1) Names (English, Chinese, Japanese, Korean, Indonesian, Malay, Filipino) general description, and utilization of nonfermented Oriental soyfoods.

Soy sprouts: Chinese: Huang dou ya, Da dou ya. Japanese: Daizu no moyashi. Korean: Kong no mool.

Yuba: Chinese: Dou fu pi, Fu zhu. Japanese: Yuba. Korean: Kong kook. Filipino: Fu chok.

Roasted soybeans (Soynuts): Chinese: Chao da dou. Japanese: Iri-mame. Korean: no name. Indonesian: no name

Roasted soy powder: Chinese: Chao dou fen, dou fen. Japanese: Kinako. Korean: Kong ka au. Indonesian: Bubuk kedelai. (2) Names (English, Chinese, Japanese, Korean, Indonesian, Malay, Filipino) general description, and utilization of fermented Oriental soyfoods. (3) Proximate composition (gm per 100 gm fresh weight) of some fermented soyfoods.

Figures show: (1) Flowchart: Traditional Chinese method for making soymilk and tofu (from whole soybeans). (2) A commercial processing method (Alfa Laval) for making soybase and a subsequent product–soymilk. (3) Photo of homemade firm tofu. (4) Photo of a dish of tofu and mushrooms. (5) Photo of cubes of sufu (Chinese cheese) on a white plate. (6) Flowchart for making sufu from firm tofu. (7) Photo of two packages of dried yuba sticks (Chinese). (8) Photo of a bowl of soy sprouts. (9) Photo of Chinese chiang, and Japanese red and white miso, each on one of three spoons in a shallow white bowl. (10) Flowchart of a common method for making Japanese rice miso [red miso]. (11) Photo of soy sauce in three different containers: dispenser, small bottle, and large Chinese can. (12) Flowchart of a common method for making Japanese koikuchi shoyu (soy sauce). (13) Photo of two chopsticks lifting some Japanese natto from a bowl full of natto; the thin strings connecting the natto above and below are clearly visible. (14) Flowchart of a common method for making Japanese natto from whole soybeans. (15) Photo of tempeh made in the USA in perforated plastic bags (Courtesy of Mr. Seth Tibbott, Turtle Island Foods, Inc., Hood River, Oregon). (16) Flowchart of traditional Indonesian method for making tempeh from whole soybeans. (17) Photo of Chinese *douchi* (fermented black soybeans) on a white plate.

Note: For a biography of KeShun Liu PhD see p. 544. Address: PhD, Soyfoods Lab., Hartz Seed, A Unit of Monsanto, Stuttgart, Arkansas.

11852. Mangels, Reed. 1999. *Vegetarian Journal's* guide to tofu and tempeh. *Vegetarian Journal* (*Baltimore, Maryland*) 18(2):20-21. March/April.

• ***Summary:*** A full-page table gives the nutritional

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composition of many different brands and products per 3 ounce serving. Data is given for calories, protein, fat, calcium, and iron. Tofu brands/makers include: Azumaya, Kikkoman, MoriNu. Nate's Easy Tofu (smoked), Nasoya, Smoke & Fire, SoyBoy Baked and seasoned (all varieties), White Wave, Whole Foods. The three tempeh makers are: Lightlife, SoyBoy, and White Wave.

For tofu: Calories range from 30 (MoriNu Lite) to 130 (Nate's). Protein ranges from 20 gm (White Wave baked) to 4 gm (MoriNu Soft). Fat ranges from 1 gm (MoriNu Lite) to 9 gm (White Wave baked). Calcium ranges from 600 gm (Nate's) to 20 gm (MoriNu–4 types). Iron ranges from 0.7 gm (MoriNu–4 types) to 9 gm (Nate's). Address: PhD, RD.

11853. McCarty, Meredith. 1999. Sweet & natural. New York, NY: St. Martin's Press. xii + 260 p. Illust. by Magué Calanché. Photographs by Jeanne Stack. Index. 24 cm. [60 ref]

• ***Summary:*** A macrobiotic cookbook containing "More that 120 naturally sweet and dairy-free desserts." The author's fascination with healthy desserts began in 1974, when she learned to make old-fashioned apple pie in a beginning macrobiotic cooking class. She was working as associate editor of the *East West Journal,* had been diagnosed with mononucleosis a couple of years before, and wanted to learn to satisfy her sweet tooth in a more healthy way.

The long chapter titled "Ingredients" (p. 11-56) gives details on the types of sugars, and commercial natural sweeteners, including brown rice syrup, barley malt syrup, FruitSource (Brown rice syrup and grape juice concentrate), Sucanat (evaporate sugar cane juice). A table (p. 26) gives source and composition of many sweeteners; for example, amazake is 80% glucose and 20% maltose; evaporated sugar cane juice is 89% sucrose, and 1% each fructose and glucose; brown sugar is 98% sucrose. The section on "Dairy and its alternatives" contains a table titled "Calcium sources" (30, incl. two types of fish), soy foods, soy milk, tofu (p. 31-33), amazake (p. 33-34), different vegetable oils, kuzu / kudzu root starch, and tofu as a binder.

Soy-related recipes include: Soymilk: Mango-Key Lime Pie with soy milk filling (130). In crisps and cobblers (p. 141). In cakes (160). In puddings (p. 225). Tofu: Pumpkin pie with tofu cream and soy milk filling (p. 132-33).

Other ingredients: Amaranth, koji, kuzu, peanut butter, sesame butter, sesame seeds. A color photo shows Meredith McCarty in her kitchen. Address: Tiburon, California: P.O. Box 2605, Mill Valley, CA 94942. Phone: 415-435-4102.

11854. Newman, Jacqueline M. 1999. Cultural aspects of Asian dietary habits. In: C.Y.W. Ang, K. Liu, and Y-W. Huang, eds. 1999. Asian Foods: Science & Technology. Lancaster, Pennsylvania: Technomic Publishing Co., Inc. 546 p. See p. 453-85. Chap. 15. [104 ref]

• ***Summary:*** Contents: Introduction. Foods of Bangladesh. Cambodian foods. Chinese foods: Food selection, eating behaviors, intracultural differences, feasts, holidays and special foods. Indian foods. Indonesian foods. Japanese foods. Korean foods. Laotian foods. Malaysian foods. Nepalese foods. Foods of Pakistan. Philippine foods. Thai foods. Vietnamese foods.

In each country and culture, the role and practice of vegetarianism is discussed.

Soyfoods are mentioned as follows: China (p. 458): "For breakfast, Northerners prefer warm soymilk and fried wheat-dough crullers." Vegetarians from both north and south get an important part of their protein "from a sophisticated cuisine based upon considerable use of gluten and tofu," made to look and taste like animal products.

Indonesia (p. 463): "... foods are preferred sweet; even the local soy sauce, kecap manis, is fermented sweetened."

Japan (p. 465): Mentions shoyu and tofu.

Korea (p. 468-69): Mentions tofu.

Malaysia (p. 472): Discusses Chinese who married Malay women (called Nonyas); "their families are called Peranakan or Straits Chinese and their cooking is called Nonya Cuisine. Straits Chinese live mostly in Penang, Malacca, and Singapore; practice Buddhism; and cook their Chinese food with a Malay influence. Their Nonya cuisine is eaten communally; all dishes are served at once,..."

Nepal (p. 473): "During Janai Purnima, a soup called *quantee* is essential; it is made from sprouted soy, chick pea, black beans,..."

Pakistan (p. 476): Pad Thai, a popular lunch dish, is made with tofu. Note: Pad Thai, based on rice noodles, is one of Thailand's national dishes. Address: PhD, R.D., Prof., the Dep. of Family, Nutrition and Exercise Sciences, Queens College-CUNY, Flushing, New York.

11855. **Product Name:** Nichimo Frozen Tofu [Dice Cutting, Stick Type, For Deep-Frying].
Manufacturer's Name: Nichimo (Importer Marketer). Made in Tanaba, Wakayama, Japan 646, by Tendre Co., Ltd.
Manufacturer's Address: USA: 1420 Princeton St., Santa Monica, CA 90404. Japan: Tokyo. Phone: 1-877-654-8638 (TOFU).
Date of Introduction: 1999. March.
Ingredients: Soy bean, water, gelatine, potato starch, calcium chloride.
Wt/Vol., Packaging, Price: 16 oz. foil Ziploc bag.
How Stored: Frozen.
New Product–Documentation: Talk with Mike Misawa of Nichimo. 1999. April 12. This new frozen tofu was introduced in March 1999. It comes in three forms, and each is individually quick frozen (IQF) and sold in a plastic bag. The dice cut comes in 300 gm or 450 gm, and the stick type in 80 gm. The third type is ready for deep frying. It was first sold at Trader Joe's. It is made by Tendre, a subsidiary of Nichimo, in Wakayama, Japan.

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Label and leaflet sent by Mike Misawa. 1998. April 13. 11.5 by 7 inches. On the front is a color photo printed on the foil pouch, which shows a bowl of tofu & egg-flower consomme soup in front of a baguette. "Very handy. The tasty bite size frozen tofu." The logo is a bear holding a globe sitting atop the world. On the back are six small color photos showing serving suggestions: Tofu hamburger. Tofu consomme soup. Tofu steak. Tofu pizza. Tofu scrambled egg. Tofu Italian salad.

Leaflet: "Tendre frozen tofu is a product like no other." Two sided, color. Shows many of the same photos as on the label. On the back: "Give us a chance to increase your business profit." Photocopy brochure. "Frozen tofu: Revolutionary product developed by Nichimo Co." 5 p. Nichimo Corporate Overview. 1998/04. "Towards a boundless future: Being a company which contributes to an affluent life." 12 p. For 80 years Nichimo has been a fisheries business. Website: www.nichimo.co.jp. Address in Japan: 10th Floor Nippon Building, 6-3 Otemachi, 2-chome, Chiyoda-ku, Tokyo 100-0004, Japan.

11856. ProSoya Inc. 1999. VS40 operation (Color videotape). 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. 14 minutes. March.
• ***Summary:*** This excellent color video (in NTSC video format), is professionally produced and narrated, with nice background music. Introduced in March 1999, it describes the operation of ProSoya's VS40 SoyaCow, which makes 40 liters of airless cold-grind soymilk per batch. Use of the soymilk to make tofu (using a forming box and cloths that come with the machine) is also described. The video narration begins: "The VS40 SoyaCow system is a small and economical batch processor for producing highly nutritious, non-beany soymilk with excellent soluble protein yield. Easy to operate and maintain, this system uses an airless cold-grinding process developed by ProSoya Incorporated, world leaders in advanced soymilk technology. The grinder-cooker is the heart of the system. Powered by a single-phase one-horsepower motor..."

Talk with Raj Gupta of ProSoya Inc. 1999. May 30. This color video was produced in-house by a man named Seth Gaurav, who is a native of Bombay, India, and who studied cinema at the Moscow Film School in Russia for nine years (1986-95); he won a scholarship from the Russian government. This is the first video Gaurav produced for ProSoya. ProSoya also has a Russian-language version and also videos for its larger soymilk systems. The company's first video was produced in late 1993 or early 1994. Address: Ottawa, Ontario, Canada.

11857. Quong Hop & Co. 1999. Soy for life: The benefits of eating soy products (Leaflet). South San Francisco, California. 5 panels each side. Each panel: 15.3 x 10.2 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo West. 1999. March. On the front panel is a tofu burger under a bun on a light orange plate. At the bottom; The Soy Deli.

Contents: The power of soy foods (anti-cancer, osteoporosis, coronary heart disease, menopausal symptoms, lactose intolerance). Tips for cooking with tofu. Additional recipes. Coupons for Soy Deli Baked Tofu and Nigari Tofu. A photo on the rear cover shows many of Quong Hop's soy products. Soymilk (2 flavors). Tempeh burgers. Tofu burgers. Baked tofu (4 flavors). Soy tempeh. Nigari tofu. Hot dogs.

"Master tofu makers since 1906: In 1906, Sing Hau Lee established Quong Hop, the oldest tofu shop in America. He brought with him his family's tofu-making secrets." Address: 161 Beacon St., South San Francisco, California 94080. Phone: 415-761-2022.

11858. Salmon, Margaret B. 1999. Soy expressions: Common-sense way to small food bills. 404 easy soy recipes. Demarest, New Jersey: Techkits, Inc. x + 160 p. Index. 22 cm.
• ***Summary:*** A quickie spiral-bound soy cookbook. It is not vegetarian; recipes call for the use of lean ground beef, chicken, turkey, frankfurters, turkey frankfurters, tuna, salmon, clams. The section at the back titled "Index" is not really an index. Some form of soy appears in every recipe; the main forms are tofu, soymilk, soybean sprouts, cooked soybeans, soy sauce, teriyaki sauce, soybean oil, "Smart Dogs," black soybeans, soybean flour, and soy bacon bits. Contents: Introduction. How safe are soybeans? Hundreds of soy recipes. Soy foods taste good. A new look at soybeans. Recipes: Soups. Salads and vegetables. Main dishes. Omelets. Breads, cookies, muffins and snacks. Sugar free soy desserts. Desserts: Pies & puddings. Shakes and pops.

Margaret is the author of many books on food and nutrition. She was "formerly Research Dietitian on the cystic fibrosis research team at Columbia-Presbyterian Medical Center in New York City, and Chief Dietitian and Director of the Dietetic Traineeship Program at St. Joseph's Hospital and Medical Center in New Jersey. She is President of Salmon Consultants, Consultants to physicians, hospitals, schools and federal nutrition programs, and lecturer for schools, colleges, radio and television.

"She received a degree in food chemistry and nutrition at the University of California at Berkeley, and degrees at Columbia University in the science of nutrition and nutrition education. She also has a Certificate of Hospital Dietetics from Duke University and is listed in Who's Who of American Women and World Who's Who of Women and is a Registered Dietitian." Address: R.D., L.D., P.D., Techkits, Inc., P.O. Box 105, Demarest, New Jersey 07627.

11859. **Product Name:** [Tofu, Soya Milk, Okara].
Manufacturer's Name: Svilen Lapakov Tofu.
Manufacturer's Address: 43/b Gabrovo Str., 9000 Varna,

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Bulgaria.
Date of Introduction: 1999. March.
New Product–Documentation: Letter from Svilen Lapakov. 2000. Jan. 3. "I live and work in Bulgaria, Europe. I have a workshop for soya milk products. I was the first to open and produce such healthy foods like tofu, okara, soya milk here, in Bulgaria. My small shop has been in existence for 9 months and for now I am the only one producer. I work with a ProSoya device, from Canada. Life in ex-Communist countries is extremely difficult now." Note: This is the earliest known commercial soy product made in Bulgaria.

11860. **Product Name:** Tofu.
Manufacturer's Name: Tasty Tofu.
Manufacturer's Address: Kannhai Hagalil 25, Jerusalem 93272, Israel.
Date of Introduction: 1999. March.
How Stored: Refrigerated.
New Product–Documentation: Talk with Eli Mor (he calls) calls from Israel. 1999 Nov. 22. Now he and his wife, Iris, are making tofu in their home, but they have reached capacity. They started selling tofu commercially 8-9 months ago–Say March 1999. Then got *The Book of Tofu* 3 months ago and that helped a lot. Their customers in Jerusalem say that theirs is the best quality tofu in the city.

Letter from Katherine Shelter, 2823 Quarry Heights Way, Baltimore, Maryland 21209-1058. 2000. Jan. 6. She orders the book *Tofu & Soymilk Production* to take to her friends Eli and Iris Mor in Israel.

11861. White Wave Inc. 1999. An introduction to our family of wholesome foods, with recipes and quick ideas for ever meal, every taste. Fast + easy. Healthy. Delicious (Leaflet). Boulder, Colorado. 5 panels each side. Each panel: 15.5 x 10 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo West. 1999. March. On the front panel is a photo of 3 flavors of Silk soymilk, two types of tofu, seitan and tempeh.

On the remaining panels are recipes (incl. one for Silk Dairyless Soy Yogurt), a mission statement ("Our mission is to creatively lead the full integration of natural, flavorful vegetarian foods into the American diet"), "Good news about soy" (nutritional information). More about White Wave's products (the company now has 13 flavors of Silk Dairyless Soy Yogurt, Silk Dairyless Coffee Creamer, etc.).

Note from James Terman, Vice President Pictures + Words, White Wave. 1999. March. This first appeared in March 1999. Address: 1990 North 57th Court, Boulder, Colorado 80301.

11862. **Product Name:** While Wave's Silk Soymilk and other soy products new certified 100% organic by QAI (News release).
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 6123 E. Arapahoe Rd., Boulder, CO 80303. Phone: 303-443-3470.
Date of Introduction: 1999. March.
New Product–Documentation: White Wave is pleased to announce that as of January 1, 1999, all of its Silk soymilk line of products and most of its other soy products are 100% Certified Organic by Quality Assurance International."

Only three White Wave products will continue to be made with a combination of transitional and organic soybeans: Reduced Fat Tofu, 12 oz. Extra Firm-Style Tofu, and its "Red Box: Firm Tofu.

Steve Demos says that White Wave has supported transitional and organic soybean farmers for the past two decades, and through their hard work the company has been able to develop a solid network of certified of certified organic suppliers.

11863. Santacruz, Cecilia; Santacruz, Nestor. 1999. Tofu and other soyfoods in Colombia (Interview). *SoyaScan Notes.* April 1. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** In June 1998 Cecilia and Nestor started the earliest known non-Asian tofu shop in Colombia that focused on traditional, hand-made tofu and made delicious products from tofu. Named Delisoya, it is located in a residential part of Bogota (the country's capital) high in the Andes mountains of Colombia at 8,500 feet altitude. They visited Soyfoods Center from Salinas, California, after being given an excellent tour of the Wildwood Natural Foods soyfoods plant in Santa Cruz. The main things they learned at Wildwood: (1) They can make a large amount of very tasty tofu using an open-top, stem-injection system (without pressure). Nestor would like to get this same kind of system. (3) Their many creative tofu products are delicious; the baked (not fried) tofu burgers were especially interesting. (3) The shop was very clean and sanitary.

Ceci speaks good English, since she lived for a year in Tennessee (with "Ami") during her high school years. This is the third time they have been to the USA.

Ceci and Nestor were both born in Colombia–Ceci on 3 December 1949 and Nestor on 28 Aug. 1955. They both attended the Colombian National University (*Universidad Nacional de Colombia*) where they studied chemistry and graduated in 1982. They were married that same year, shortly after graduation. Nestor got a job in Bogota with Canta Claro, a company that operates soybean crushing plant. They made animal nutrition products from the soybean meal and various foods from the soy oil. Ceci also worked for Canta Claro for 2-3 years in quality control, then she left and worked with her family who owns a small hotel about 150 km (93 miles, 4 hours by car) outside of Bogota. She also spent more time cooking and doing things she enjoyed, alone and with her mother (who has her own foundation and is a

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very civic-minded person). In 1992 Nestor and Ceci met a macrobiotic group named *Escuela de Educación Vitalicia* (The Life and Vitality Education School) run by students of Tomio Kikuchi, a well-known teacher of macrobiotics who lives mostly in Brazil; this group had been in Bogota since 1985. Later in 1992 Nestor left his job at the soybean crushing plant and began to work as an administrator in Ceci's family hotel. Slowly their lives began to change. In June 1993 they traveled to Brazil to attended the annual winter seminar by Tomio Kikuchi. They found him to be an excellent teacher and, at age 70, a man of remarkable vitality. Bernadette Kikuchi is Tomio's wife. Through her cooking lessons in Colombia and Brazil, in their school, they first made contact with Oriental cooking and foods. Through them they came to know about brown rice and tofu for the first time, 7 years ago. "They are remarkable human beings who left a deep impression on us."

In early 1996 Nestor and Ceci bought some tofu from a Chinese man in Bogota; it was quite hard and the flavor was not very good, so they started to make their own tofu. In late 1996 Nestor and Ceci began to pursue their interest in soyfoods more actively. They saw an article somewhere about Peter Golbitz of Soyatech in Maine, so they wrote him and he sent them a free copy of the 1996 *Soya Bluebook.* In that book they saw a Takai advertisement for tofu and soymilk equipment. Takai sent them a catalog and there they saw the address of Soyfoods Center–from which they ordered several books, including *The Book of Tofu* and *Tofu & Soymilk Production.*

They found that there were already two companies in Bogota that made tofu and other products. Named Hosanna and Sabyi, they each opened in about 1996-97, and were run by Colombians (non-Asians), but their focus was on products such as sausages made with tofu and soy flour, or pimento-flavored tofu, their tofu was not hand-made, and both Nestor and Ceci found the tofu to be very hard and not tasty. So in June 1998 Nestor and Ceci opened Delisoya. There they made traditional handmade tofu and soymilk, plus several tasty second generation soy products such as cheesecake, soy mayonnaise, and soy burgers. The interior is very attractive with a large deli case stretching across the room, and a list of products and prices written by hand on a blackboard on the wall. They gave Soyfoods Center three color slides showing the above views. This is a business with a philosophy and a social mission. They want to teach local people about the goodness of soyfoods and how to use them (including the okara), and they want the shop to eventually serve as a school where other Colombians can learn to make tofu, soymilk, and other soyfoods. Recently the International Monetary Fund (IMF) has demanded that Colombia quickly open its economy to foreign goods. The influx of cheap products has had a drastic effect, creating very high unemployment and widespread suffering. Nestor and Ceci are working to alleviate this crisis.

The soybeans used to make tofu at Delisoya are all grown in Colombia, at Cali, the capital of Valle de Cauca department at 3,327 ft, in western Colombia, bisected by the Cauca River. "Valle" is pronounced "Balle" in Spanish. There is a big Japanese community living in Cali, the area where the first Japanese settled in Colombia many years ago. Another center of soybean production in Colombia is Palmira, a city at altitude 3,000 feet, in Valle de Cauca department, in western Colombia, near the Cauca River. It is about 15 minutes by car from Cali, but 8 hours by car from Bogota.

Nestor now makes a little more 100 lb of tofu per week; more precisely, he makes about 100 cakes, each weighing 500 gm. He and Ceci are looking for a larger plant near their home in Bogota. He knows a lot about machines and mechanic, so he will make some of the equipment. At the plant they will hire people they know–who are simple and nice.

Ceci and Nestor are interested in translating *The Book of Tofu* into Spanish. They are trying to gain support for the project from Japanese cultural organizations in Colombia, such as JAICA (Japan International Cooperation Agency), and JETRO (Japan External Trade Organization). JAICA is Japanese governmental organization which assists developing countries, including financial support for some projects requested by local people. They send experts in various fields (such as agriculture, earthquakes, etc.) and also send local people to Japan for training. Ceci has a friend, Mrs. Tanaka, who is the wife of the president of JETRO in Bogota.

During the last presidential campaign in Colombia, soybeans were featured by the candidate who won (in June 1998), Pres. Andres Pastrana. In about Sept. 1997 his political campaign published a booklet titled "El Cambio" which means "Change!" It is said that the president's wife, Nohra Puyana de Pastrana, took the idea from people working with soyfoods in Caldas–a department in west central Colombia. Currently, soyfoods are promoted by the *Instituto Colombiano de Bienestar Familiar* (Columbian Institute for Family Well-Being). This institute, which has its headquarters in Bogota but branches in many Colombian cities, now offers free soyfoods cooking classes and printed information (incl. recipes and nutritional facts).

The Colombian government has been studying soyfoods for at least 20 years. The first major organization to do this was the *Instituto de Investigaciones Tecnologicas* (IIT–Institute for Technological Investigations). It existed 20 years ago but ceased operations about 10 years ago. Their purpose was to help industry develop and market new products. Their first soy product was Incaparina [production began in 1963], followed by Bienestarina [first manufactured in Jan. 1976]. IIT made soymilk and targeted local people.

One soy pioneer in Colombia was a man named Joaquin Molano, who was a chemist, is now age 90, and who

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founded Fundacion del Rio Magdalena. Address: Founders and owners of Delisoya, Calle 78 No. 12-03, Santafe de Bogota, Colombia. Phone: 346-2178.

11864. Paroda, R.S. 1999. Jai kisan, jai Vigyan [Interview with Inder Sawhney]. *Times of India* (*The*) (*Bombay*). April 3. p. 12.
• ***Summary:*** Jai means "hail." Kisan means "peasant or farmer." Vigyan refers to the Vigyan Parishad, an apex body for science popularization under the Department of Science and Technology of the Government of India.

Various agricultural revolutions have succeeded in India since the mid-1960s. These are: (1) Green Revolution; the introduction of high-yielding varieties of seeds after 1965 and the increased use of fertilizers and irrigation, which led to a dramatic increase in production of wheat and rice, making India self-sufficient in food grains and largely eradicating famine. The revolution slowed down in the early 1980s and began to be criticised for land degradation, loss of soil fertility, and excessive use of fertilizers and pesticides.

(2) White Revolution in milk production, led by Verghese Kurien, chairman of the Gujarat Co-operative Milk Marketing Federation Ltd., the man who developed the Amul brand. India is now the largest milk producing country in the world. (3) Yellow Revolution in oilseeds and oil production (including soyabeans) (1986-1990). (4) Blue Revolution in fishing (1973-2002).

In this interview, Dr. Paroda, director-general of ICAR, "exudes confidence that India will be a power to reckon with in the field of agriculture." Much of the interview concerns the work of ICAR. Sawnney says that, contrary to popular opinion, the green revolution has benefited the majority of India's farmers.

Question: Presently, almost all of the soyameal produce in India is being exported. "Why is it not being used for making soya products when we are facing a shortage of pulses?"

Answer: Soyabeans can be an effective alternative in helping to meet the shortage of protein and pulses. "Unfortunately our people are not used to soya products. They have to develop a taste for products like soya milk, tofu (soya cheese), soya paste (for using as bread-spread and fish preparations), biscuits, ice cream and soya flour. ICAR as generated technologies for all these products."

Note: India is ready for a soyfoods revolution / movement, based on low-technology, traditional soyfoods, similar to the movement that began in the United States and Europe starting in the mid-1970s. All that is missing is leadership and vision. Address: PhD, Director General of Indian Council of Agricultural Research (ICAR).

11865. Amazon.com. 1999. The Book of Tofu, by William Shurtleff and Akiko Aoyagi (Website printout–complete). www.amazon.com Printed April 8.
• ***Summary:*** Contents: Page 1 shows the cover of the book, title, and prices. The list price is $19.95 but amazon.com sells the book for $15.96, or 20% off. Sales rank: 3,894. Avg. customer review: Five stars. Number of reviews: 3. Customers who bought this book also bought: Lists four other books. The bottom third of page 1 and most of page 2 are devoted to a brief description of the book and excerpts from book reviews. Starting near the bottom of page 2 and continuing half way down page 3 are three Customer Comments, with the most recent (18 Feb. 1999) first and the oldest (7 Dec. 1997) last. The bottom half of page 3 contains two sections: (1) "Customers who bought titles by William Shurtleff also bought titles by these authors:" The names of five authors are listed. (2) "Look for similar books by subject: Tofu. Cookery (Tofu). Cooking. Cooking / Wine. Natural Foods. Vegetarian." Address: P.O. Box 80387, Seattle, Washington 98108-0387. Phone: 1-800-570-1454 x 7123.

11866. Szekely, Deborah. 1999. Re: Interest in making fresh tofu at Rancho La Puerta in Baja California, Mexico. Letter to William Shurtleff at Soyfoods Center, April 9. 1 p. Typed, with signature on letterhead. [1 ref]
• ***Summary:*** Deborah Madison has suggested that they incorporate more tofu and soy into the foods served to the guests at Rancho La Puerta. Deborah Szekely has already ordered a copy of *The Book of Tofu* and would like to make fresh tofu on site at Rancho La Puerta. Address: 3232 Dove St., San Diego, CA 92103.

11867. Turner, Kimberly. 1999. Pair produces 'animal-friendly' sausage. *Observer* (*Charlottesville, Virginia*). April 14-20. Business section.
• ***Summary:*** Jon Kessler and his partner, Janus Raphaelidis started Sunergia Soyfoods. They now make meat-free sausages. A photo shows the two.

Note. Jon says this article contains many mistakes.

11868. Conquergood, George. 1999. History of work with soyfoods and vegetarianism. Part I. 1976 to 1994 (Interview). *SoyaScan Notes*. April 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** George was born on 1 Dec. 1946 in Toronto, Ontario, Canada. He went to high school in Toronto but did not graduate, and he never attended college. "I attended the school of hard knocks." He dropped out of high school at age 15 he began to work full-time. At age 17 he went to work for a textile firm until he was age 20. Then he started his own business in the fields of textiles and clothing. In 1967 he married Wendy Lynn Richardson–who was born on 27 Sept. 1948. In 1973 he received knowledge from Guru Maraji (via Guru Charanan) in Toronto, became his disciple, traveled throughout the United States and (in 1973) to the Houston Astrodome [in Texas] with Guru Charanan, and

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started a vegetarian diet and vegetarian restaurant. In 1977 he was one of the founding partners of Jolly Green Garden, a vegetarian restaurant in Toronto. He called it "Guru Maraji's restaurant" because many of the employees and customers were disciples of Guru Maraji. There he first got involved with soyfoods. He bought tofu and used it to make various products, such as patties, dressings, etc., which were served in the restaurant. George has been involved with soyfoods for more than 20 years, starting in Toronto.

In early 1979 George and his family moved to southern Alberta. He went to work for the Canadian federal government helping a group of native Blackfeet people there. He set up a company named Pe-Kun-nee Garments that manufactured textiles (garments), put 300 women through a training program, and ran it (with the title of General Manager) for about 4 years. George still has the full-beaded outfit and feathers that he got from the Blackfeet people he helped.

In 1984 George and his family moved to Saskatoon, Saskatchewan, where he started a computerized embroidery business. His wife and three children still run this as a family business. Today his company is one of the top software development firms in North America for computerized embroidery. He worked for a company named Jeffrey E. McPherson, headquartered in Nottingham, England, with North American offices in Greensboro, North Carolina and in Canada; George worked for the North Carolina company. They held the worldwide distribution rights for an embroidery machine made by a Japanese company named Barudan (pronounced buh-ROO-dun) who pioneered the electronic embroidery machine from Japan. The ancient Jacquard looms, which were programmed with punch cards, originated in Switzerland [sic]–which is why we refer to "Swiss embroidery." [Note: The French inventor, Joseph-Marie Jacquard (lived 1752-1834) invented the Jacquard loom at Lyons, France, in 1801 and was awarded a patent and medal by Napoleon in 1804]. The Japanese copied these looms. George was a salesman for their equipment, and he developed a collection of baseball caps because he was one of the first people to sell caps–whether it be importers of blank caps or embroiders of finished caps. George even called himself Captain Capman. He went around and set up embroidery companies to whom he sold his embroidery equipment (from Barudan in Japan) all over western Canada. George was one of the first people to embroider a baseball team insignia direct onto the blank hat–replacing the old crest that was stuck on the hat. It was much classier, and now its the only way they do it.

In 1992 he started another gourmet vegetarian (actually vegan) restaurant, this time named Sweet Carrot Café, located at 702 14th St. East, Saskatoon, Saskatchewan S7N 0P7. Actually, George bought the building for his embroidery business, then opened up a corner of one building on the corner as a lunchroom for his staff. It was an historical building, with three buildings in one. George bought an espresso machine for his lunchroom. Passersby thought it should be a coffee shop. George lined the walls of his lunchroom with his collection of embroidered baseball caps. He soon converted the lunchroom into a coffee bar, which he named it Caps Coffee Bar. A popular menu item was Cappuccino! There was a grand piano in the dining room. It was probably the only vegetarian or vegan restaurant ever to be written up in *Where to Eat in Canada*–two years in a row. In those days most people thought of vegetarian restaurants as places where hippies with beards and long hair sat on picnic benches and ate granola bars. Most people were afraid to eat in such places, so George made his restaurant into a fine dining room. One of the main focuses of George's life since the 1970s has been vegetarianism; his wife is a vegan and teaches tai-chi. In the restaurant George made his own tofu, soymilk, and related products, such as spreads, dressings, etc. In the early days, he made these products in the old fashioned way. The firm nigari tofu was very good tasting but the soymilk had a pronounced beany flavor. He was so busy, and making all these foods was such a chore, that he began looking for other technologies to expand his production. One day in early 1992, at about the time Raj Gupta started publishing his *SoyaCow Newsletter,* a young lady from the United Way in Ottawa came into the restaurant and commented on his organic tofu sandwich. She also tried his soymilk and told him about a soymilk making machine named the SoyaCow, developed by a company named ProSoya in Ontario. George asked for more information and the lady sent him a copy of the newsletter. George immediately phoned Raj Gupta, the inventor of the machine, and was on the next airplane to Ottawa. He ended up buying the only small SoyaCow (SC-20) Raj had. Articles about George, his stylish restaurant, and his new SoyaCow appeared in two early issues of the *SoyaCow Newsletter* (Jan/March and April/June 1993–Vol. 2, Nos. 1 and 2). He used the SoyaCow to make soymilk, which he sold at his restaurant–starting in early 1993. This was the first commercial soymilk ever produced by a SoyaCow. He sold the soymilk in 1 liter glass bottles, with the SoyaCow logo printed directly on the glass on each bottle. He and Frank Daller developed the bottle. So the name of the soymilk was "SoyaCow" and it was sold in seven flavors–including maple, chocolate, vanilla, original, chocolate-peanut butter, and nog (a delicious eggnog alternative made only at Christmas). Dusty Cunningham and Lorne Broten were both patrons of George's vegetarian restaurant in Saskatoon. A romance soon developed and they were called the "love birds." George was thinking about opening a winery in his restaurant. Since Lorne was an accountant, George started working with him on a business plan for the winery in about 1994. George liked Lorne and hired him as his bookkeeper and accountant for his two businesses–embroidery and vegetarian restaurant.

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Soon, within his restaurant (which consisted of three buildings in one), George converted his Caps Coffee Bar into the SoyaCow Health Bar Deli, where he sold at least five soy products, both as part of the menu and for takeout: Soymilk (in six flavors), soy ice cream (many flavors, always changing), soy yogurt (several flavors), tofu, and Soyanaise. He also carried Yves Veggie Cuisine. He used his car to deliver some of the soymilk he made to three local stores; he never delivered his other soy products from the restaurant. He carried the glass bottles in milk crates. Continued. Address: Vice-president Operations, International ProSoya Corp., 312-19292 60th Ave., Surrey (Vancouver), BC, V3S 8E5 Canada. Phone: 604-541-8633.

11869. Conquergood, George. 1999. Re: International ProSoya Inc. Letter to William Shurtleff at Soyfoods Center, April 21. 1 p. Typed, with signature.
• ***Summary:*** "Dear Bill, It was a pleasure to finally talk to you. Your name has been a household word around my place for many years. My copy of *Tofu & Soymilk Production* is quite dog-eared. I am surprised that Raj never mentioned myself or Dusty and Lorne for that matter, but I was never in this for the glory. Like you I just wanted to make a difference.

"I will send you my historical story under separate cover later. For now I am enclosing some articles you may not have had on IPC, as well as sample packages of the products produced." This large box also included many samples of So-Nice soymilk in various flavors and sizes. Address: 15328 Columbia Ave., White Rock, BC, V4B 1J7 Canada. Phone: 604-541-8633.

11870. Werner, Suzanne. 1999. "Tofu fordert den ganzen Koch": In Freiburg gibt es eine grosse und eine kleine Tofufabrik ["Tofu demands the whole cook": In Freiburg there is one large and one small tofu shop]. *Badische Zeitung* (*Germany*). April 22. p. 31. Friday. [Ger]
• ***Summary:*** In the *Freiburger Zeitung* section (p. 31): When tofu is not delicious, then it has not been well prepared, says Wolfgang Heck–managing director of Life Food GmbH. In 1985 Life Food started production in a cellar. The weekly production of 4 kg of tofu was sold at the weekly market. Two years later, Wolfgang Heck started a separate company, Taifun Naturkost. In 1990 the two companies merged.

On April 25, from 11:00 to 4:00 all are invited to an open house at Life Foods GmbH, a Bebelstrasse 8, in Hochdorf.

A large photo shows two men making tofu at Life Foods.

11871. Park, Alice. 1999. Foods that fight cancer. *Time.* April 26.
• ***Summary:*** "Previous studies showed that women who eat soy products such as tofu and soy milk are less likely to develop breast cancer."

11872. **Product Name:** Rice Kaas (Non-Dairy Cheese Alternative) [Cheddar Style, or Mozzarella Style].
Manufacturer's Name: American Natural Snacks.
Manufacturer's Address: P.O. Box 1067, St. Augustine, FL 32085-1067. Phone: 904-825-2039.
Date of Introduction: 1999. April.
How Stored: Refrigerated.
New Product–Documentation: Ad in Natural Foods Merchandiser. 1999. April. p. 67. "Finally... Rice Kaas." "A delicious new alternative to real cheese made with whole brown rice. Soy free. No cholesterol. Lactose free. No sorbates or other artificial ingredients. Kosher (Dairy). Made with expeller-pressed non-hydrogenated canola oil. No saturated fat. From the makers of Soya Kaas."

Ad in Natural Foods Merchandiser. 1999. Dec. 10. "Our Soy (tofu) is organic ensuring it is 100% GMO free. Available in: Regular and Fat Free... Rice Kaas (TM) Now available: Mozzarella Style and Cheddar Style Rice Kaas."

11873. Foley, Jayni. 1999. How I became a vegetarian: Winner of VRG's 1998 essay contest for teens and kids. *Vegetarian Journal* (*Baltimore, Maryland*). March/April. p. 29-30.
• ***Summary:*** When Jayni was in fourth grade, her family took her to the Dupage County Fair where she realized that the pets being raised by kids for prizes would end up on the dinner table. First she went to the petting zoo, where she petted a baby cow. "Looking deep into its deep, brown eyes, I could see its soul and feelings... His fat, pink tongue felt coarse on my warm hands. His skin was as soft as velvet and I wondered why leather was said to come from cows."

After lunch she and her family visited another booth of interest. There she saw six children crying. One of them stood up, started screaming, and pointed to something behind her. It was a gigantic bloody cow carcass being hoisted into the meat chamber behind her. A loudspeaker nearby boomed out "First prize in the full grown division goes to Mr. and Mrs. John Horton of Plainfield. Congratulations to our winners. The beef will be for sale at the meat counter in the south east corner of the fairgrounds."

Now the kids were screaming with all their might: "Daisy! She was our cow! They can't just kill her for winning first prize! That ain't right... especially since she won!" Tears flowed like rivers from their eyes. They they were hushed by parents and others.

At this point Jayni suddenly understood what had happened. "I could do nothing but stare at this family. I wanted to run up to them and give them all hugs, but I could not move... That cow had been their friend and a member of their family. I wondered if they knew what the cow was in for if she won. Obviously not. More important, I found myself wondering why any parent would let their children be

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hurt in this way." She asked her parents this question, but the answers were unsatisfying. The rest of the day as she walked around the fair, her thoughts were with that cow.

She became a vegetarian and she often thinks of that experience at the fair at mealtimes. "Tofu is a perplexing substance, but it is my chosen source of protein. It is a small sacrifice I can make in order to spare the life of a young cow or any other animal. The drama of the fair will remain a part of me as long as I live... Most importantly, the eyes of the baby cow... The innocence of the cow was incredible to me. It knew not its fate or destiny, but only of steady meals, and kind hands that would pet it." Address: Age 15, Wheaton, Illinois. Phone: 630-665-9805.

11874. Jacobi, Dana. 1999. Buono appetito! Soy makes hearty Italian classics healthy. *Vegetarian Times.* April. p. 36, 38-40, 42. No. 260.
• ***Summary:*** Recipes using eight soyfoods to make one Italian dinner–a veritable soy feast. The recipes are: Herb pesto (with white miso, dairy-free). Soy minestrone (with edamame). Sicilian stuffed squash (with TVP flakes and grated soy Parmesan cheese). Pasta al forno (with fat-free Italian sausage, and white miso). Chocolate almondi biscotti (with soy flour). Italian 'cheese' pie (with extra-firm tofu and soy margarine). Address: Food writer, New York, NY.

11875. Jacobi, Dana. 1999. The ultimate scrambled tofu: The right tofu and cooking technique create a quick, satisfying breakfast dish. *Natural Health.* April. p. 78, 80, 82.
• ***Summary:*** Includes a sidebar (p. 82) titled "Like bacon with your eggs?"–which describes four brands of meatless bacon and sausage. Address: Food writer, New York, NY.

11876. Joyce, Marilyn. 1999. The magic of soyfoods. *Healthy & Natural Journal* (*Sarasota, Florida*) 6(2):56-61. April.
• ***Summary:*** Soyfoods are an easy, healthy addition to your diet.

11877. *Ontario Soybean Growers' Marketing Board Newsletter.* 1999. Tofu... Simply delicious. April. p. 5.
• ***Summary:*** The Agricultural Adaptation Council recently approved OSGMB's application for funding of a new tofu recipe brochure. To be titled "Tofu... Simply Delicious," it will feature 8 easy-to-prepare tofu recipes with color photos of each, plus nutritional analyses and tofu preparation tips. It is expected to be completed in June 1999 and will be sent free of charge to the over 650 dietitians who requested tofu recipes for their clients in 1998 and 1999. It will also be made available to anyone who contacts OSGMB requesting information on soyfoods. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11878. Santacruz, Cecilia; Santacruz, Nestor. 1999. Re: Searching for the roots of soya in Colombia. New developments at Delisoya. Letter to William Shurtleff at Soyfoods Center, April. 2 p. Typed, with signature. [1 ref]
• ***Summary:*** In searching for the earliest documents about the soybean in Colombia, Cecilia and Nestor have had the opportunity to talk with some interesting people, such as Victor Manuel Patiño (age 87) who wrote several early Bulletins, among them No. 4, titled *Plantas Introducidas* (Introduced Plants), which tells the complete story of how the soybean, and different varieties, were introduced to Colombia. It is being sent to them from Cali. Victor says that the *Estación Agrícola Experimental de Palmira* (Palmira Agricultural Experiment Station) still exists, and he will ask a friend who lives in Cali to search for the Bulletin No. 1, which mentions soybeans. The station started in 1929, and that same year the first 18 Japanese arrived in Colombia. They included agricultural mechanics and experts in the handling of tractors, etc. They started to plant soybeans and Victor, who was a student at the time, kept the seeds for future trials since no one wanted them besides the Japanese. Soybean production started on a fairly large scale in the 1940s with the manufacture of vegetable oil by Grasas SA.

ASEJA (*Asociación de Exbecarios del Japon*) is an association of Colombians to whom the Japanese government has given a scholarship or supported in some way. Ceci and Nestor know several members including Camilo Ruiz, who is Ceci's teacher of Japanese language. He also assists Japanese missions that come to Colombia through JICA (Japan International Cooperation Agency). Camilo belongs to ASEJA and next week is taking a course at JICA on how to structure a project proposal and project. He thinks that translation of *The Book of Tofu* into Spanish is a good idea and may interest JICA.

At her Japanese class, Ceci saw a nice poster celebrating the 70th anniversary of the arrival of the first Japanese emigrants to Colombia (1929-1999). It contained old photos of the early pioneers. Ceci hopes to be able to get information from the Japanese themselves through Camilo Ruiz who is going to Cali.

On April 27 Ceci and Nestor were on Colombian television for 3-5 minutes with all their products nicely displayed on a table. The program is called "En Vivo" with Adriano and Darío. Nestor spoke very well and many people saw it. Address: Founders and owners of Delisoya, Calle 78 No. 12-03, Santafe de Bogota, Colombia. Phone: 346-2178.

11879. Simonds, Nina. 1999. A spoonful of ginger: Irresistible, health-giving recipes from Asian kitchens. New York, NY: Alfred A. Knopf. xii + 322 p. April. Illust. Index. 24 x 21 cm. [53 ref]
• ***Summary:*** This beautiful hardcover book and cookbook, printed on glossy paper with many color and black-and-white photos, looks at food in two ways: As medicine, and as the source of delicious recipes. The Asian holistic

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approach is relaxed and non-rigid; it emphasizes balance. Soyfoods appear throughout. Tofu is used to "increase body energy, produce fluids, and lubricate the system. It is said to have yin, or cooling, properties" (p. 23). Miso chicken soup with snow peas and tofu (p. 34). Grilled miso fish fillets (p. 66). Pan-seared halibut with garlicky black bean sauce ("Seasonings: 3 tablespoons fermented or salted black beans, rinsed, drained, and minced, 2 tablespoons minced garlic, 2 tablespoons minced fresh ginger,... p. 71; "Black soybeans have been used by the Chinese for medicinal purposes for over 2,000 years"). Baked black bean shrimp (with "Seasonings: 2 tablespoons fermented black beans, rinsed and drained; 2 tablespoons minced scallions, white part only; 1 tablespoon minced fresh ginger; 1 tablespoon minced garlic; and 1 teaspoon dried chile [chili] flakes." When the oil in a wok is very hot: "Add the Seasonings and stir-fry for about 10 seconds with a slotted spoon or spatula until fragrant." A side note on this page: *The Chinese System of Food Cures,* by Dr. Henry Lu, says that "a regular diet of fermented black beans can relieve depression and stress and counteract any toxins," p. 75). Stir-fried saucy shrimp (with sweet bean sauce or *jiang,* one of the earliest Chinese seasonings; if unavailable, substitute hoisin sauce, p. 81). Grilled hoisin scallops (with ½ cup hoisin sauce, p. 83). Spicy grilled squid with warm greens (with ½ cup hoisin sauce, p. 86-87). Broccoli or cauliflower with a soy-lemon dressing (p. 173). Grilled leeks in a garlic-soy dressing (p. 174). Grilled wild mushrooms with a teriyaki dressing (p. 178). Black bean acorn squash (with "2 tablespoons fermented black beans, rinsed, drained, and minced." Describes how to make "black bean sauce," p. 179).

One chapter, titled "Soybeans and tofu" (p. 192-215), begins with a discussion of the work of Dr. Albert Leung, author of various books on Chinese herbs and food, and creator of a computerized database on Chinese herbal medicine for the National Cancer Institute. "Like a growing number of doctors, Dr. Leung feels strongly that an integrated approach should be taken in the treatment of many diseases, one that draws from the strengths of both conventional and alternative therapies. He also concurs with Henry Lu that fortifying the immune system is critical to good health. 'Our immune system is the key to health and longevity and there are many factors that throw off our yin/yang balance,' Dr. Leung says. 'When this happens, Traditional Chinese Medicine often uses herbal tonics and food to help restore the balance.'

"Tofu is such a food. Chinese doctors classify its nature as cool and sweet. It is credited with clearing heat from the body, detoxifying the system, and strengthening the spleen and stomach."

A full-page color photo (p. 192) shows tempeh being fried. Simonds notes that the earliest known recorded use of black soybeans dates back to the middle of the eighth century.

A table titled "Soybeans and their byproducts" (p. 196) lists ten products, how each is used, and how long they will stay fresh in a refrigerator. The foods are: Fresh soybeans [as a green vegetable appetizer], soybean sprouts, miso, soybean milk, silken tofu, soft tofu, firm tofu, extra-firm tofu, 5-spice pressed tofu, and tempeh.

Recipes are from many Asian countries": Japanese-style silken tofu. Soybean sprouts and leeks in hot chile sauce. Rainbow salad with spicy peanut dressing (and tofu). Spicy garlic bean curd noodles. Vegetarian roll-ups (with tofu). Fragrant steamed pearl balls (with tofu and glutinous rice). Spicy ma po tofu. Cantonese style tofu in black bean sauce (incl. fermented black beans, garlic, ginger and hot chile paste). Vegetarian kung pao with broccoli and peanuts (with tofu. Note: Kung pao is a style of food preparation associated with Szechuan and Hunan). Curried tofu. Braised cinnamon tofu. Simmered tofu with black mushrooms. Fried tempeh with sweet and sour sauce. Spicy stir-fried tempeh with basil. Ginger teriyaki tempeh.

Also: Chicken-black bean brown rice (with fermented black [soy] beans, garlic, and fresh ginger, p. 231; Dr. Albert Leung says that making fermented black beans is a complicated process, in which small black soybeans are first soaked in water with mulberry leaves and wormwood herb, then they are fermented with salt). Vegetarian pad thai (with tofu, p. 245). Almond soy jelly with litchees and melon (with soy milk, p. 266). Two-spice vanilla tapioca pudding (with soy milk, p. 269; Soy milk lubricates the body, clears the lungs, and is often prescribed for urinary disorders and constipation). Coconut rice pudding with berries (with soy milk, p. 272). Address: Salem, Massachusetts.

11880. Soyatech; Senechal, Jorgenson, Hale & Co. 1999. The North American soyfoods market: A multiclient study. 318 Main St., P.O. Box 84, Bar Harbor, ME 04609. April. *
• ***Summary:*** The price of this market study is $9,500 before 18 Dec. 1998 and $12,500 thereafter. The study will be completed in early April 1999 and presented shortly thereafter at the Marriott Camelback Resort in Scottsdale, Arizona.

Soyatech was founded in 1984 [sic, Jan. 1987]. Address: Bar Harbor, Maine. Phone: 207-288-4969.

11881. Warrick, Sheridan. 1999. From Asia with love: delicious soy dishes. *Health* 13(3):109. April. *
• ***Summary:*** Using tofu and soybeans. Includes recipes.

11882. Hornblower, Margot. 1999. Here's my marijuana card, officer: In the capital of legal pot, you don't need much of an excuse. *Time.* May 3.
• ***Summary:*** "It is not that Mel Brown, police chief of this tie-die-and-tofu town, set out to flout federal law."

11883. Conquergood, George. 1999. How Rajedra ("Raj")

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Gupta got into the soymilk business (Interview). *SoyaScan Notes.* May 10. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Raj is a research scientist and a physicist. He wanted to come up with something to feed hungry and starving people in Third World Countries. His native country is India and hunger has long been a major problem in India; he wanted to do something for his people. He focused on developing a low-cost protein source that was palatable. "He knew that soy was superior food, but people in Indian didn't like the taste." He wanted to develop good-tasting alternatives to cow's milk and paneer (fresh dairy cheese), which were quite expensive in India and came from the Holy Cow. Once he had a good soymilk, he wanted to use it as the base of puddings, yogurts, and other such foods which would be popular in India.

Raj went about this research scientifically, trying to understand what was causing the problem. He found that the oxidation of lipoxygenase enzyme led to off-flavors. To control that, he developed the concept and process of airless cold grinding. An associate of his, Grant Wood, who worked for the research council under him in the same department, is the person who actually designed the original SoyaCow.

Theoretically Raj was working in his home kitchen. But he was a government employee, working for the National Research of Canada, a huge organization in Ottawa. As a professor of physics, he had access to good scientific laboratories–but physics labs rather than food labs. He and Grant Wood did most of this work on their own time. He actually got a Canada Council award for designing the grinder.

Raj filed for two patents on his cold grind airless process. These patents are owned by a U.S. company, Micronics, in partnership with his brother, who is a university professor in the United States.

Note: According to Soyfoods Center records, in March 1985 Raj and his wife, Rashmi, applied for a Canadian patent titled "Process for making soymilk with no beany flavor" (No. 477,902). In 1986, Raj, his wife, and one other Gupta filed an international patent application titled "Food processing in oxygen-free environment" [Soymilk]. In April 1987 they filed for a U.S. equipment patent titled "Equipment for making no-beany flavor soymilk." They assigned the rights to ProSoya Corp. (Maryland Heights, Missouri).

In 1992, when George first met Raj in Ottawa, Raj was using his SoyaCow SC20 to make both soymilk and tofu. He even had a little tofu forming box that he shipped with each SoyaCow. The box would form one batch of soymilk from the SC20 into tofu. A filter press pressed the okara. You would coagulate the soymilk to make tofu. Today the SoyaCow SC20 is being made in both Russia and India.

Frank Daller, who was originally in media in Canada, was an important early figure in ProSoya. Before he met Raj, he was working with a charitable organization in Canada (probably Plenty Canada, or perhaps Child Haven). Frank met Raj shortly before George did, when Raj was busy making his first SC20s. Plenty had an SC20 at The Farm in Canada, and today Plenty has several SC20s in projects operating worldwide. The two main organizations that Raj started working with through a CIDA grant he obtained were Child Haven and Plenty. Frank Daller approached Raj and convinced Raj that he should become the president of the company–the man in charge of daily affairs at the office. He invested a little bit of money; with Raj, if you invest a little bit of money, you can do anything.

In early 1996, Frank Daller left ProSoya and set up his own charitable organization. One advantage of such a corporation is that it is not required to pay any taxes. He got a lot of cash by selling the shares he owned back to ProSoya and IPC. More importantly, he had rights to stock options–which he also sold. Somehow Frank and Loren Broten wound up in some difficulty. Today Frank is the president of Daller & Co. Ltd. in Ottawa, Ontario, Canada. He sells soymilk and tofu processing equipment. Address: Vice-president Operations, International ProSoya Corp., 312-19292 60th Ave., Surrey (Vancouver), BC, V3S 8E5 Canada. Phone: 604-541-8633.

11884. Harrigan, Brian. 1999. Update on the work of ProSoya Inc., especially in Russia (Interview). *SoyaScan Notes.* May 11 and June 7. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** ProSoya gives 10% of their revenue (not their profit) from the SC-20 to Child Haven, the charitable organization which purchased the very first SC-20 SoyaCow from ProSoya. Child Haven now has a SoyaCow Resource Center in India near New Delhi. The managing director [Ratan Sharma, PhD], a scientist, uses the Center to train people, and he goes on the road and shows the various places that have SoyaCows how to use them. SoyaCows are now also be purchased by private companies who make commercial soymilk; they are also assisted by a Child Haven scientist.

Actually, the name of the SC-20 has now been changed to VS-40. VS can stand for various things in various languages, such as *Vaca Soya* (in Spanish) or *Vache à Soya.* But the main reason for the name change was that ProSoya wanted to have a number that reflected the capacity of the machine in liters per hours. In the SC-20, the "20" referred to the size of the cooking vessel, which was 20 liters. The machine has always been able to produce about 40 liters/hour of soymilk, using a batch process–a little more 13 liters per batch and three batches per hour.

In Russian *EsKa Vacit* means "SC-20" and *Soya Karova* means "Soya Cow." A program called "Feed the Children," is an American charitable NGO headquartered in Oklahoma City, with branches in about 14 countries. They have bought

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200 SoyaCows (the VS-40) recently for Russia and they want to buy 800 more next year. There are now more than 500 SoyaCows in Russia–all over the country. Feed the Children buys these SoyaCows from a Russian company named ASSOY, in Krasnodar, run by Mr. Podobedov; these SoyaCows are made in by ASSOY in Russia under license from ProSoya in Canada–part of a technology transfer agreement signed about 3 years ago. The agreement says that ProSoya will get a small royalty on each system sold. ProSoya declined the offer to own part of the ASSOY business. Feed the Children buys the SoyaCows using money from USDA that was earmarked by Congress as part of the billion dollar U.S. Food Aid Program to Russia. This is the only non-food item in the program. Feed the Children got soybeans from USDA, monetized them by bartering them, then used the money to but SoyaCows from ASSOY in Russia. ProSoya in Canada receives nothing from the deal–except eventually (hopefully) its small royalty each machine sold.

Feed the Children, true to its name, places most of the SoyaCows it buys in social institutions, with the main objective of feeding kids. Brian would estimate the breakdown at 30% monasteries, 20% orphanages, 20% hospitals, 20% schools, and 10% prisons. Monasteries are one of the few social institutions that the Russian people still trust; they have generally remained honest and free of corruption. These monasteries include 50 Russian Orthodox Christian monasteries, which have long run soup kitchens and shelters to serve the hungry and homeless. The main monastery in Moscow, which is the home of the patriarch of the Orthodox Church, has a SoyaCow and now feeds soymilk and tofu (among other things) to more than 600 people a day–plus their own staff of 80 monks and 200 associates. The social institutions typically run their SoyaCows 20 hours/day and sell any excess soymilk to the public consumers. The SoyaCow comes with a cutter mechanism which transforms it into a SoupCow, and enables it to make a thick well-cooked vegetable soup in 20 minutes–starting with water and any mixture of raw vegetables (carrots and potatoes are popular). Okara is often added to these soups–to make them thicker and more nutritious.

This has also created competition. Four different companies are making machines similar to SoyaCows (some are *very* similar, which raises breach of patent issues). One of these competitors is the largest aerospace company in the ex-Soviet Union. They used to build fighter jets; now they make SoyaCow knock-offs.

In Russia, many SoyaCows are owned and operated by small entrepreneurs. They would read an article in a magazine or newspaper, or see the SoyaCow on TV, get the address of ASSOY in Krasnodar, and make contact. With Russia's current food shortages, this is one area rich with opportunities. An estimated 60% of the entrepreneurs bring the SoyaCow into an existing business (especially a food-related business) while the other 40% start a new business based on the SoyaCow. Entrepreneurs are looking for food sources that make them less dependent on food shortages and unreliable distributors.

About 95% of the SoyaCows in Russia make soymilk that is not packaged. Rather, it is sold hot, directly to consumers, either in little plastic cups or the consumers bring their own containers so they can take the soymilk home. Most SoyaCows are operated in the back of small fresh food stores, or in specialized little Soya Shops (Soyushka in Krasnodar). The fresh, hot soymilk is put into a large, clean metal container or drum. Typically two flavors are sold, each in its own large container: Dairylike contains granulated sugar and a little salt; chocolate is dairylike with added cocoa. In Russia, soymilk retails for about $0.12/liter; this is about one-third as much as cow's milk which costs $0.35/liter. Yet cow's milk is not readily available. A lady behind the counter uses a measuring cup to ladle out the hot soymilk (at about 70ºC) out of the pot and into the customer's container.

Through all of this, ProSoya in Ottawa is aiding Russia's transition to a market economy. Brian concludes: "This is a fantastic program! It's unique, has a bright future, and we love it." The presence of ProSoya as a partner in Canada gives important legitimacy and credibility to ASSOY, assuring organizations like Feed the Children that ASSOY is not a "fly-by-night" outfit. They have "milked that relationship to the fullest–which is fine with us." Indeed ASSOY provides soybeans, training, infrastructure, and marketing aid in addition to SoyaCows. Address: Executive Vice-President, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

11885. Inobe, Dean. 1999. Okara is becoming a bigger and bigger nuisance in Japan (Interview). *SoyaScan Notes.* May 13. Conducted by William Shurtleff of Soyfoods Center. [1 ref. Eng]

• ***Summary:*** An article about okara appeared in the March 13, 1999 issue of the *Nihon Ryûtsû Keizai Shinbun* (in Japanese) stating that the Japanese Supreme Court declared tofu to be a public nuisance. The defendant was a tofu manufacturer from Osaka, who was accused of dumping okara without a permit. The court noted that the entire tofu Japanese industry was struggling with the problem of okara disposal.

Miki is a Japanese prune company, but Mr. Inobe is working with an American company that has developed a powder which can be used, instead of whole soybeans, to make tofu which has no okara as a by-product. This product is not yet on the market. It contains some additives and the soymilk must be homogenized before it is made into tofu. Address: Managing Director, Miki USA, 1333 N. California St., Room 570, Walnut Creek, California 94596. Phone: 925-932-3994.

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11886. Klien, Gary. 1999. King of tofu getting ready to make a run: New Age meets the new millennium. *Marin Independent Journal* (*Novato, California*). May 14. p. 8. In special "Marin's 2000 Commerce" section.
• ***Summary:*** Wildwood Natural Foods produces about 30,000 lb/week of tofu, and sells it mostly along the West Coast. The company presently employs 65 workers at its plant in Fairfax, and 30 workers at its other plant in Santa Cruz. Billy Bramblett (president of Wildwood) and his three partners are planning to expand their business beyond the region. Bramblett, the tofu king of Marin County, is a longtime cooking enthusiast. He first started using tofu in 1974 and he founded Wildwood six years later.

In 1983 Bramblett composed and recorded "Tofunction," a song extolling the virtues of tofu. The recording can be heard at Wildwood's Web site, www.wildwoodnaturalfoods.com. The lyrics are given in full. Photos show: (1) Bramblett, at the Fairfax plant, stirring a vat of sweet and sour sauce to be poured over tofu cooked by employee Mario Marin. (2) Wildwood label for Organic Medium Tofu. Address: IJ Reporter.

11887. Seshan, Sekhar. 1999. No milk–we're veg! *Business India.* May 3-16. p. 158.
• ***Summary:*** Dakini Health Foods, run by Seemo (H. Shapira) and Kairava (J. Spaelstra), has a gleaming new plant on the outskirts of Pune [Puna], where they make vegan products–peanut butter, brown and white tahini, and the soy foods tempeh and tofu. All are high protein, natural and healthy. They also use none of the "Permitted Class II preservatives." Shapira notes that the unusual versatility of tempeh, which can be textured like any meat, enables it to be used as a meat substitute in a wide range of Indian, western, and oriental-style recipes. Dakini produces two tonnes per year (tpy) of tempeh, 5 tpy of peanut butter, and 6 tpy of tahini.

Shapira is an Israeli who was being groomed to be an admiral, "escaped" and got into catering, especially vegetarian foods, in Germany, before coming to India. There he tried his hand at making New Age jewelry, but got bored after a few years, and the "business got too serious." In 1995 he decided to get into the food business in India; he noticed that although India is a vegetarian country, many of the good vegetarian foods found in the West are not available in India. He started with tempeh, then expanded into peanut butter. Dakini is now expanding its tofu production capacity to be 100 tpy by June, and tempeh to be 12 tpy by the end of 1999. Dakini now also has a recipe book. Marketing is not a problem, insists Shapira. He sells mainly to the import substitution market, like "Osho-ites" [disciples of Rajneesh] and other transient foreigners who want vegetarian food but can't get the quality they are used to. Moreover, a network of hotels all over India contacts him for non-perishables. His perishable foods, like tempeh and tofu, he sells locally.

A photo shows Shapira and Spaelstra (his female partner) seated at a table behind samples of their many innovative products. The caption: "Health is a major commitment for Shapira (and Spaelstra)."

Note: Dakini does not yet have a recipe book.

11888. ProSoya Inc. 1999. SoyaWorld Inc. acquires So Nice soy beverage brand: Leading soy beverage company also secures a strategic interest in ProSoya Inc. (News release). ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. 2 p. May 17.
• ***Summary:*** "Vancouver-based SoyaWorld Inc., a leading manufacturer and marketer of fresh soy beverages, has acquired the So Nice soy beverage brand and a strategic interest in *ProSoya Inc.* Through this transaction the company has also acquired soymilk extraction plants and equipment in Ottawa and Vancouver. Terms of the acquisition were not disclosed.

"'So Nice is an organic soy beverage for health-conscious customers. SoyaWorld will re-launch the product in Canada and the United States as *So Nice Soyganic,* an organic soy beverage fortified with calcium and other essential nutrients. *So Nice Soyganic* will complement the company's successful flagship product So Good [based on soy protein isolates, licensed from Sanitarium Foods of Australia], the mainstream soy beverage and nutritional alternative to milk.

"'*So Nice Soyganic* is an organic beverage, that will be targeted to health conscious customers through distribution in the health food stores and natural food sections of major grocery stores nationwide," said Maheb Nathoo, general manager and chief executive officer of SoyaWorld Inc. 'The new *So Nice Soyganic* beverage is a natural extension of SoyaWorld's business and a quality addition to our portfolio of dairy-free beverages.'

"SoyaWorld will also assume the ownership of the licensor rights of So Nice brand for soy beverages that are currently marketed in the UK.

"SoyaWorld secures exclusive license to ProSoya soymilk technology: ProSoya Inc., an Ottawa-based soymilk technology company controlled by Dr. Raj Gupta, develops technology and equipment for production of 'non-beany' soymilk using a patented 'air-less cold grinding' process. The ProSoya technology, which provides the soy base used in the manufacture of *So Nice Soyganic*, will now be licensed exclusively to SoyaWorld Inc. in North America, with rights in certain other countries as well.

"In addition, SoyaWorld Inc. gains access to ProSoya's international patents and advanced technology used to extract soymilk from soybeans. A table top version of the ProSoya soy extraction technology was recently tested by the Johnson Space Centre and was determined to be suitable for use in soymilk production on NASA's first manned mission

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to Mars.

"Soy beverage industry grows: The soy beverage market is one of the fastest-growing beverage categories in Canada. Dollar volume growth for soy beverages increased 106 percent in 1998 over 1997 with Canadians consuming more than 10 million litres last year.

"SoyaWorld Inc. is jointly owned by Dairyworld Foods of Vancouver, one of Canada's leading dairies, and *Sunrise Soya Foods,* Canada's largest tofu company. Formed in 1996, SoyaWorld is Canada's largest manufacturer and marketer of dairy-free beverages, with production facilities in Vancouver, British Columbia; Brampton, and Ottawa, Ontario.

"Contact information: SoyaWorld Inc. Maheb Nathoo, general manager and chief executive officer. (604) 420-0162.

"ProSoya, Inc. Dr. Raj Gupta, President. (613) 745-9115." Address: 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

11889. Lee, Jenny. 1999. Burnaby-based SoyaWorld tightens grip on market: Patented technology acquired in purchase. *Vancouver Sun* (*British Columbia, Canada*). May 18. p. D1, D12. Business section.

• ***Summary:*** On Monday, May 17, SoyaWorld, based in Burnaby, British Columbia, tightened its grip on Canada's $25 million a year soy beverage market. From International ProSoya Corp. of Surrey (near Vancouver) the SoNice brand, and soymilk extraction plants in Vancouver and Ottawa.

SoyaWorld also acquired a strategic interest in ProSoya Inc., an Ottawa-based company which developed the technology and equipment for producing a good-tasting soymilk using a patented grinding process. Financial terms were not disclosed.

SoyaWorld is jointly owned by Dairyworld Foods–western Canada's largest food company–and Sunrise Soya Foods, one of Canada's largest tofu manufacturers. Both companies are located in Vancouver.

A photo shows Maheb Nathoo, general manager and CEO of SoyaWorld, as he holds up new packaging for SoNice.

Note 1. Talk with receptionist at Dairyfoods World. Their official name is Agrifoods International Cooperative Ltd. They are a cooperative owned by dairy farmers in Canada. Their address: 6800 Laugheed Hwy., Burnaby, BC, Canada V5A 1W2. Phone: 604-420-6611.

Talk with George Conquergood of IPC. 1999. May 28. The date that SoyaWorld officially finalized its deal with IPC was Monday, May 10. May 17 was the date that SoyaWorld sent out its news release.

11890. Byrd, Deborah. 1999. Tricks with tofu: Student's quest for vegetarian protein leads to bowls of chili, plates of pesto. *Contra Costa Times.* May 19. p. G1, G2. [1 ref] Address: Times Food Editor, California.

11891. Gupta, Rajendra ("Raj") P. 1999. Update on ProSoya Inc. Background on Raj Gupta (Interview). *SoyaScan Notes.* May 21. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Raj is very happy with the fact that Vancouver-based SoyaWorld Inc. has acquired the SoNice brand and a strategic interest in ProSoya Inc. Raj has 5-6 U.S. patents on his process and equipment. The first patent was issued in about 1990 and has a life of 18 years, so it will be valid until about 2008.

About 35 SoyaCows (VC-40s) are now in operation in India–most of them in private businesses making tofu (soya *paneer*) rather than soymilk. Three or four of these are in New Delhi.

Raj's formal name is Rajendra Prasad Gupta. He was born on 18 Oct. 1942 in Sahranpur, Uttar Pradesh, India. He received all of his formal education, including his PhD degree in India. He married Rashmi in 1975 and is still married; she is very interested in his work with soy.

Grant Wood is a Canadian mechanical technologist who was Raj's colleague at the National Research Council. Raj had approached many people, but they were unable to build the machine he wanted. He told Grant Wood that he was trying to make a small (SC-20 type) soymilk machine, and that he was doing this for humanitarian purposes and for Child Haven. He asked Grant if he could help. As soon as he heard "humanitarian" he immediately got interested. He volunteered all his time, and a great deal of it, with no offer or promise of any future reward. Raj paid all expenses for materials. He had an excellent workshop in the 2,500 square-foot basement of his home in Ottawa, and there he built the first prototype and assembled the first twenty SoyaCows in a workspace on which he paid no overhead. As ProSoya became more of a commercial establishment, in recognition of his generous and selfless work, Raj issued Grant about 10% of the company's shares. He still owns those shares, and he will benefit as the value of the company rises. He is not interested in cash now. He and his wife can get $1 million tax free.

It was not until 1994 that ProSoya outgrew the basement workshop and moved into the first commercial building on which the company had to pay rent.

ProSoya Inc. manufactures soymilk equipment and licenses technology. The brand "So Nice" cannot be registered as a trademark; it can be written as either "SoNice" (pre-1999) or "So Nice" (now). Address: President and CEO, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

11892. Bramblett, Billy. 1999. SunRich in Minnesota is now a major supplier of fresh soymilk base (Interview). *SoyaScan Notes.* May 27. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This liquid soy base is made from whole

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soybeans. Wildwood is starting to buy this base and use it to make their soymilk; their first run will be next week. According to the people that Wildwood has been talking to, SunRich is shipping 16 truckloads a week; each truck contains 6,000 gallons. Billy thinks the quality is excellent. He thinks SunRich may use the airless cold grind to make this soy base; it is his understanding that is the only way you can get the non-beany taste. He is not sure exactly what process SunRich uses, but he knows that the flavor is really good and very similar to that of the original White Wave Silk. White Wave now gets the soy base for their Silk soymilk from SunRich.

They can get up to 15% solids in the base using some kind of vacuum process; Wildwood then dilutes it back down to about 4% solids for their soymilk.

Wildwood sees soymilk as its "crossover" product–the one that will get the company into mainstream stores. They plan to follow behind the soymilk with their bakes and burgers. Wildwood has been meeting with people like Albertson's who want to take the company's products nationwide, but Wildwood is not quite ready to make that leap yet. Plus they want a free fill in ever store–a free case of product for each SKU introduced–and those freebees alone would cost Wildwood some $30,000 to $40,000. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11893. Bramblett, Billy. 1999. Wildwood's good, long-standing relationship with Safeway supermarkets in California (Interview). *SoyaScan Notes.* May 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wildwood first started selling its products in Safeway supermarkets in California in late 1987 or early 1988. Safeway was very nice to Wildwood. They allowed Wildwood to "cherry pick," meaning to pick 30 the stores they wanted to service themselves. Rock Island will service any other ones that Wildwood doesn't want to serve. Wildwood picked the stores based on their location and demographics, and on Wildwood's driving routes and schedules. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11894. Bramblett, Billy. 1999. Update on Wildwood Fairfax and Wildwood Santa Cruz (Interview). *SoyaScan Notes.* May 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Wildwood no longer makes any sandwiches. The 65 people employed at the Fairfax facility include all of Wildwood's driving staff, accounting staff, production staff, and support staff. Santa Cruz is basically a production facility, though three drivers and several administrators operate out of Santa Cruz. Santa Cruz produces all the tofu, and the YoSoy traditional soymilk. Second generation products made at Santa Cruz include the bakes, the burgers, and the tofu cutlets. If it comes in a vacuum-packed bag or a water-pack tub it is made in Santa Cruz. If it comes in a cup (as 18 products do), it is made in Fairfax–including 5 flavors of braised tofu, 2 tofu salads, etc.

Wildwood believes that it makes the best-tasting tofu on the West Coast. It has also been innovative in developing many delicious products, which some other companies are now trying to imitate.

Wildwood has long been in a big crunch making 30,000 lb/week of tofu; about half of this is sold as tofu and half goes into making second generation products. But they could sell twice that much tofu if they had the capacity to make it.

Last year Wildwood started making Baba Ganooj for Trader Joe's (TJ). The project started as a sort of side deal to the Hummus, making maybe 700 units a week. Within a month, Wildwood was making 5,000 units as week for TJ. Bill had to add two shifts and make many other arrangements. TJ liked it and asked what other products Wildwood had. They came and visited, and Wildwood showed them its various products. TJ then asked if Wildwood could make baked teriyaki tofu for them. Billy agreed on the condition that they not order more than 5,000 units/week; TJ agreed. Their buyer for that section is a really great person named Kimberly Sprinkle Kruell, who Wildwood trusts. She told Wildwood that she and TJ like Wildwood and their products, and want to work with the company.

So in an effort to make more "secondaries," Wildwood went to tofu makers it knows and trusts, and ordered a pallet (several thousand pounds) of tofu. They couldn't do it; they were unable to come up with the volume, the quality, and the shelf life that Wildwood needed. So Wildwood concluded that they have to make the tofu themselves.

Wildwood's fresh soymilk in gable top cartons is now selling well. It looks like they might be doing that for Trader Joe's too. "If that happens, it's gangbusters–outstanding!"

Wildwood was working with Ted Nordquist, who was making their soymilk base; he and Jeremiah have been friends for more than twenty years. But Wildwood "divorced" Ted and went to another supplier of soymilk base. He is very good at making non-dairy products, but he's a character, and working with him is very difficult. He is an enigma, and he doesn't seem to know what he wants. He and Wally Rogers were buddies and partners for many years, and all of a sudden they just split up. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11895. Bramblett, Billy. 1999. Thoughts on soy yogurts (Interview). *SoyaScan Notes.* May 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Of all the soy yogurts, Billy likes the one made by Nancy's in Oregon best–far better than White Wave's Silk, and also better than Ted Nordquist's product. Billy really likes the drinkable yogurt called "Yono" which is made by Soyfoods of America and was developed by Tim

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Huang. Jeremiah has been working with a younger Chinese man at Soyfoods of America–not Ken Lee–to develop a soy yogurt for Wildwood. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

11896. Gorman, Christine. 1999. It sure ain't butter: Two new spreads can lower your cholesterol–but you have to use them for the rest of you life. *Time.* May 31.
• ***Summary:*** In the "Personal time" section: "... more and more these days we're encouraged to view the grocery store as a medicine chest. There are tofu and yams for hot flashes."

11897. Nilsen, Laura. 1999. The best to soy. *Veggie Life* (*Concord, California*). May. p. 22-28.
• ***Summary:*** Their "Cooking with Soy" department debuted in May 1996. This article begins: "Soy is hot. Like a cult movie that eventually shows up on prime time TV, soy has become a mainstream American commodity, an ingredient in everything from hot dogs to apple pie... The boom goes on, and for good reasons–Nutrition and taste; versatility and economy... It's no fairy tale–soy is a magic bean worth swapping a cow for." This article is a collection of recipes from other sources, or from back issues of Veggie Life. Address: Food editor, Veggie Life.

11898. Schinner, Miyoko Nishimoto. 1999. Japanese cooking: Contemporary & traditional–Simple, delicious, and vegan. Summertown, Tennessee: Book Publishing Co. 176 p. Illust. Index. 21 cm.
• ***Summary:*** Contents: Introduction (incl. Japanese attitudes towards nutrition, vegetarianism and animal rights, the recipes, the Japanese meal). Sample menus (by season). Glossary: Ingredients, kitchen concepts, and tools. Rice dishes. Soups and stews. Cooking with tofu. Fried dishes. Salads and cold vegetables. Noodles. Meals in a pot. Stewed and braised dishes. Meals in a bowl. Everyday favorites. Nouvelle Japanese cuisine.

Terms in the Glossary include: Abura-age, agar agar, atsu-age, azuki, fu (made from wheat gluten), goma (sesame seeds), goma-dofu (a tofu-like cake made from sesame butter), hijiki, Inari-zushi (sushi), kanten, konbu, kuzu & kuzu-ko, miso, mochi, natto, nori, okara, sesame oil (goma abura), shoyu, soba, soy sauce, tofu ("Perhaps the most misunderstood food in Japan... Americans might call it bland; the Japanese prefer to think of it as delicate in flavor"), umeboshi, wakame, yaki-dofu, yuba.

This vegan cookbook is filled with many soy-related recipes, both traditional and new. Examples of new: "Fishy Tempura Tempeh. Crispy Fried Tempeh (Kara-Age).

"Trying to dine out in a strictly vegan fashion in Japan can present challenges. Although dairy products are not found in traditional Japanese cuisine, fish-based stocks appear in a range of dishes from appetizers to soups to entrees... My advice to vegan or vegetarian visitors to Japan: find a temple or restaurant that serves traditional *kaiseki*-style *shojin-ryori* (Buddhist vegetarian cooking)–and splurge big time. You won't regret it" (p. 10).

On the rear cover is a biographical sketch of Miyoko. "She was born in Yokohama, Japan, and graduated from St. John's college in Maryland. Her bilingual bicultural background has endowed her with the creativity and originality of the West and the aesthetic sense of the East." She has been a vegetarian since age 12. Address: Owner, Now and Zen Bakery and Vegetarian Restaurant, San Francisco.

11899. Tibbott, Seth. 1999. Adventures in tempehland: American tempeh maker visits the motherland [Indonesia]. *Vegetarian Journal* 18(3):8-9. May/June.
• ***Summary:*** Seth, who has been making tempeh professionally for 18 years, was invited to present a paper on the American tempeh market at a recent International Tempe Symposium in Bali. He traveled there with his wife, Sue, and 5-year-old son, Luke. The symposium was held at the Five-star Kartika Plaza Hotel on Kuta Beach, Bali. He learned that one-sixth of the world's languages are spoken in Indonesia, the world's fifth most populous country. Two factors distinguish Bali from the rest of Indonesia: (1) It's cultural roots are Hindu, whereas the rest of Indonesia is predominantly Muslim. (2) The impact of tourism is greater.

In the conference keynote address, Mr. Joop Ave, the Indonesian Minister of Telecommunications and Tourism, tried to create a new image for tempe "He told of a recent movement to 'Indonesianize' the presidential palace and proudly serve tempe to heads of state as an example of Indonesian ethnic food. He fervently extolled the virtues of eating tempe and tahu (tofu)."

While in Indonesia, Seth visited three different sized tempe shops. The smallest, in Ubud, Bali, makes about 100 lb/day of tempe. The middle-sized shop, Tempe Murni, in Denpassar, Bali, makes 1,650 lb/week (about 275 lb/day). The largest, Pak Pedro Sudjono's factory in Yogyakarta, Java, makes 5,000 lb/day in a 1,500 square foot area. Seth gives details on each shop he visited, and on the Pasar Bedang market in central Denpassar. He found that, on a per ounce basis, relative to average per capita income, tempe in Indonesia is about four times as expensive as it is in the USA.

At the symposium, Seth learned that Yogyakarta has the highest per capita consumption of tempe of any city in Indonesia–200 gm/week compared with only 75 gm/week on Bali. He found the local market in Yogyakarta to be "totally inundated" with a large variety of tempe products, but uncooked cakes of tempe and prepared tempe in various sauces. The main supplier of these products is Pedro Sudjono, a local actor and politician, as well as the owner of the most innovative tempe factory Seth visited. A unique

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barter system exists here. The main business is run by a paid staff of 24 people, but the filling of inoculated soybeans into small plastic bags is almost all done by local women who sit on the floor as they fill, then seal the bags–sometimes over an open flame. The women then load the packages onto their bicycles, pedal home, incubate them for several days, then take the finished tempe to market and sell it! Address: CEO, Turtle Island Foods [Hood River, Oregon].

11900. Mukherjee, Anjali. 1999. To your health: Soya beans, the elixir of youth. *Times of India* (*The*) (*Bombay*). June 3. p. A7.
• ***Summary:*** "A cup of soya milk a day can keep aging at bay." This might be the maxim of the new millennium. The humble soya bean has been found to contain enough properties and power that can retard aging, fight cancer, reduce blood cholesterol and sugar, and reduce the risk of osteoporosis–to name a few.

This article discusses each of these health claims, with emphasis on cancer prevention and its mechanism.

Although the soya bean has long been a part of diets throughout East Asia, it is relatively new to the Indian palate. "You can consume soya bean protein through various soya bean products like soya milk, soya bean flour, whole soya beans, soya bean chunks, soya bean granules [textured soy flour]. Sadly, soya bean sauce and soya oil, familiar to the Indian palate, do not offer the same benefits."

For best results, try to include in your daily diet a cup of soya milk or 80-100 grams of tofu or about 50 grams of soya flour. Encourage your children to eat soya beans.

The writer then gives ten specific suggestions for ways to adopt soya beans into a family's daily diet: (1) When making chappati [chapati] dough, use equal parts soy flour and wheat flour. (2) For tasty rotis, add a little soya flour to the dough. (3) When baking, replace about one-third of the regular flour with soya flour. (4) Use soya milk as often and in as many ways as possible. (5) Roasted soya nuts, which are sold in both salty or sweet flavours, are a delicious, nutritious snack for both children and adults. (6) When making a fruit shake, use either soya milk or tofu. (7) Use tofu in place of paneer in your favorite recipes. (8) Add soaked whole soya beans to soups, stews, or casseroles. (9) Make Soya khakras in place of regular khakras. (10). When making biscuits, substitute soya flour for part of the wheat flour. Address: Diet and obesity consultant. Runs the Obesity Centre in Colaba and Bandra [in Bombay].

11901. Gorman, Christine. 1999. The joy of soy: Worried about high cholesterol? This versatile bean may be just what the doctor ordered. *Time.* June 7. p. 68-69.
• ***Summary:*** Begins with the story of a woman, age 67, who volunteered for a study to determine whether or not drinking a soy protein shake could lower blood cholesterol. She was delighted when her cholesterol level fell from 245 mg/dl to 205 mg/dl, and her LDL or "bad cholesterol" level fell from 170 mg/dl to 130 mg/dl. Now that the study is over, she still sprinkled soy protein on her breakfast and continues to see results–as more than 25 scientific studies have shown. Every little bit counts; a 1% drop in total cholesterol leads to a 2% drop in the risk of developing heart disease. For best results consume soy in minimally processed forms. Many Americans find boiled soybeans (edamame) to be delicious. Tofu is good if you find the right seasoning. Soy milk is nice on cereal but will ruin a cup of coffee. Miso soup contains quite a bit of salt. Soy powders (soy protein isolates) can be added to shakes or sprinkled on cereal. Soy isoflavone supplements are best avoided.

Many Americans are discovering that soybeans aren't just for vegetarians and livestock anymore. They may be able to fight cancer and build healthy bones. Later this summer or fall the FDA is expected to put soy on its short list of foods (like whole grains, and fiber-containing fruits and vegetables) that may actually reduce one's risk of heart disease.

Scientists are still not sure why soy lowers cholesterol levels. It may be the isoflavones or the soy protein or a combination of both.

In Japan, the incidence of breast cancer is much lower than in the USA [about one-sixth] and other industrialized countries. One reason may be the soy in the Japanese diet; the isoflavones in soy may act as antihormones, like the drug tamoxifen. Yet this is not yet clear. In the worst case, soy might even negate the protective effects of tamoxifen.

Photos show: Two large pods of edamame. A cake of tofu which is "a great source of nutrients." Japanese consume more than 50 lb of tofu per person per year.

11902. Kantor, Roy. 1999. Re: The six largest tofu manufacturers in Israel. Letter (fax) to William Shurtleff at Soyfoods Center, June 8. 1 p. Typed, with signature on letterhead.
• ***Summary:*** The follow companies are listed in descending order of the amount of tofu they produce: 1. Shizen Tofu in Kfar Sava. 2. Jerusalem Tofu in Jerusalem. 3. Japanese Tofu in Natanya. 4. Kafri Bari (Healthy Countryside). 5. Ishuzuki Tofu in Ashdod. 6. Taam Ha Chaim (Taste of Life) in Dimona.

Note: Roy's company, Kanero, imports soymilk from Europe. They distribute the Distriborg line. Address: Kanero Group Ltd., 18, Hamelacha St., Solel-Bone Bldg., Suite 208, Raanana I.Z. 43661, Israel. Phone: 972-9-740-9398.

11903. Pierce, Michael. 1999. How Rolf Barthof (Prabuddha) learned to make tofu and founded Soto in Germany (Interview). *SoyaScan Notes.* June 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In March 1982, Peter Wiegand started an early German tofu company named Auenland Tofu und Soja Produkte located at Hub 2, 8210 Prien-Chiemsee, West

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Germany. He introduced seven tofu products the day he started. Within 2-3 months after Peter started, Rolf Barthof began to stop by about once a week to help out and watch the process. He became a friend, and Peter slowly taught him how to grind the beans, make tofu (with help from others) and to clean up the shop afterwards. Michael does not know what Rolf's main occupation was in those days; he might have been a musician. When Peter opened Auenland, it was already too small for the demand, so Peter may have been hoping that Rolf would go to work for him; there was no thought of him becoming a competitor.

Before Peter's business failed, Rolph started collecting some tofu-making equipment and making small batches of tofu. Michael visited him one day–it was about one hour away by car, on the other side of the Lake Chiem (Chiemsee–the largest lake in Bavaria), located about 40 miles east southeast of Munich. On an island in the middle of that lake is Herrn Chiemsee, the beautiful castle build by King Ludwig and modeled after Versailles. After Peter's business failed, Rolf apparently got some financiers and enlarged his shop. Today he has a big, mechanized plant.

Both Michael and Peter were followers of Taka Singh, the successor of Kirpal Singh; they wore regular clothes, no robes. Rolf was a follower of Rajneesh. Address: Graphic designer, P.O. Box 238, Farmington, Georgia 30638. Phone: 706-769-0558.

11904. *Times of India* (*The*) (*Bombay*). 1999. Off the shelf. June 21. p. A6.
• ***Summary:*** Three different cheeses were purchased for this column. The first, named Soyfit, was actually a type of soya paneer; 200 grams cost Rs. 20. It is said to be high in protein and low in fat, with zero cholesterol. It has an off-white colour and a much lighter texture than regular dairy paneer. Soyfit works quite well in sauces and gravies where spices camouflage the taste of soya. It holds its shape well in Paneer masala.

11905. Murphy, Patricia A. 1999. A new database on the isoflavone levels in foods, commercial ingredients, and soybeans (Interview). *SoyaScan Notes.* June 24. Conducted by William Shurtleff of Soyfoods Center. [1 ref]
• ***Summary:*** In April 1999 a new database became available on the Internet at www.NAL.USDA.gov/FNIC/FoodComp / Data/Isoflav/Isolfav.html. There are several files which are downloadable. Data are given for 160 foods, most of which are soy-related. Many individual branded products are included, such as Gimme Lean! or Lightlife Lean Links or Mead Johnson's Prosobee (infant formula). Soy oil is also included–just to show that it contains no isoflavones.

For each food, data may be given for daidzein, genistein, glycitein (pronounced gly-SEE-tun; if available), and total isoflavones. For each of these four information may be given on: Average, mean, and maximum, standard error, sample size, confidence code (A=best, C=least). of all published data. Finally a list of the numbers of all the references used to get this data. So there might be 7 references used to generate the mean value for tofu.

Soybeans themselves are also included, with data given for food-type soybeans, commodity-type soybeans, plus reports from Japan, Korea, Taiwan, etc. But there is no data on individual soybean varieties. Supplements are not included. For each food, some data is given on the isoflavone content The information in the database comes from published scientific studies and from work at Iowa State University's project on national sampling of foods. The food composition lab people will be updating the data as it is collected. There is also a separate file for items which are more typical of clover and alfalfa, which have different isoflavones.

The person in charge of the project is Gary Beecher, in the USDA Beltsville Lab. [Maryland], food composition group. David Haytowitz is the statistician. The funding came from the U.S. Army, Medical Branch, Breast Cancer Research Initiative. This year Congress, "in its wisdom," couldn't give any more money to HHS (the U.S. Department of Health and Human Services), so they gave a large amount of money to the Defense Department for work that would typically be done by NIH (National Institutes of Health). But the army has run this huge program very well–perhaps better than some NIH programs.

Note: NIH is under the Public Health Service, within HHS. Address: 2312 Food Sciences Building, Food Sciences and Human Nutrition Dep., Iowa State Univ., Ames, IA 50011.

11906. *Canadian Soybean Bulletin* (*OSG, Chatham, Ontario, Canada*). 1999. Services of the Canadian Grain Commission–Export soybeans. 13(1):1-3. June.
• ***Summary:*** Contents: Introduction to the CGC. Inspection services: Vessel shipments, truck, rail and container shipments. Special analyses. Oil and protein content. Monitoring services. Entomology services (insects). Verification/audit services. Genetic testing. Weighing services.

Concerning genetic testing: "The Chatham office is in the process of implementing test procedures aimed at the identification and certification of GMO/non-GMO (Roundup Ready) soybean shipments. Initially, testing will involve an ELIZA based method which, after internal evaluation is known to provide reliable detection at levels above 0.3%. In the longer term, the CGC will explore and move to alternative methods that will enhance its abilities in this area."

A photo shows Jim Lowe of the CGC as he shows samples of Canadian soybeans to members of the Japanese Tofu Association.

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11907. Messina, Virginia; Schumann, Kate. 1999. The convenient vegetarian: quick-and-easy meatless cooking. New York, NY: Macmillan USA. viii + 184 p. Illust. Index. 24 cm.
• ***Summary:*** This is a vegan cookbook. The index contains 9 entries for tofu, 9 for textured vegetable protein (TVP), 3 for soy food products (soy foods) 3 for soybeans, 2 for tempeh, 1 each for miso, soy cheese, soymilk, soynuts, and soy yogurt. Address: 1. MPH, RD, coauthor of *The Vegetarian Way.*.

11908. Morinaga Nutritional Foods, Inc. 1999. Input Mori-Nu :) (Ad). *Natural Foods Merchandiser.* June. p. 72.
• ***Summary:*** This full-page color ad shows many packages of Mori-Nu Tofu arranged to spell out "Y2K" against a large white background. The text reads: "Mori-Nu is the 'Perfect Tofu in the Perfect Package'–even for life's unexpected moments. With Y2K, your customers will be looking for convenient foods they can store in their cupboard. Mori-Nu is the answer." Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638 (NOW TOFU).

11909. *Natural Foods Merchandiser.* 1999. First family tastes joy of soy. June. p. 71.
• ***Summary:*** President Bill Clinton and First Lady Hillary, America's most famous baby boomers, are taking interest in the health benefits of soy. A White House executive chef recently contacted Fantastic Foods to order Tofu Scrambler for the First Family's breakfast table. Isoflavones in soy have been shown to have numerous health benefits.

11910. *Ontario Soybean Growers' Marketing Board Newsletter.* 1999. 1999 Project SOY winners announced. June. p. 8.
• ***Summary:*** Winner of the Diploma division was Ben Arnold with his Soyf's Up flutterboard [kickboard] made from soy-enhanced polyerethane. A photo shows Ben holding his board.

"Second place was awarded to the creator of Water Lily soy oil soaps. Spreadable butter made with soy oil captured third place.

"The undergraduate / graduate category was won by Valerio Primomo for his Soylight soybean candles. An edible soy protein coating used to protect foods from absorbing too much fat during deep frying, was awarded second prize. *SoyWorks,* a soybean research publication and SoYummy SoyPops, a tofu-based frozen fruit bar, tied for third place honors." Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

11911. Ontario Soybean Growers' Marketing Board. 1999. Tofu... Simply delicious (Brochure). Chatham, ONT, Canada. 12 panels. 21 x 10 cm each.
• ***Summary:*** This attractive color brochure features "8 simple and delicious recipes to tempt even the Tofu Timid." With each recipe is a color photo, a nutritional analysis, and a tofu preparation tips. Contents: Introduction. Buying and storing tofu. Choosing the right tofu. Tofu for your health. Tofu nutrition. Recipes: Tofu appetizer trio, Potato dill soup, Tofu & vegetable rice (with 2½ cups chicken broth), Tofu lasagna roll ups, Tofu tacos, Tofu chili, Tofu frosted chocolate cake, Peachy tofu pudding.

This brochure was created in partnership with Agriculture and Agri-Food Canada / Agriculture et Agroalimentaire Canada.

Note 1. A front-page article in the *Ontario Soybean Growers' Marketing Board Newsletter* (Aug. 1999), titled "New tofu brochure makes debut" states that this brochure "was completed in June, and mailed out to over 645 dietitians across Canada who had requested soy information from the Board in the past 18 months. The response has been phenomenal. These dietitians have already requested 30,000 brochures to hand out to their clients. That means that 30,000 more people will get ideas on how to use tofu, and they may come to appreciate this versatile product made from Ontario's number one cash crop." A black-and-white photo shows the cover of the tofu brochure.

Note 2. A second article in the *Ontario Soybean Growers Newsletter* (Oct. 2000, p. 9), titled "Soyfoods corner" states that since this popular recipe brochure was introduced in June 1999, over 85,000 have been distributed across Canada. A recipe for Peachy tofu pudding is given. Address: Box 1199, Chatham, ONT, Canada N7M 5L8. Phone: (519) 352-7730.

11912. *Soybean Digest.* 1999. Global Soy Forum: A roundup of the world's best soybean research. June. p. 5-7, 10-13, 16-17, 20, 22, 24-25, 28, 30, 32, 34, 36-37, 39-42.
• ***Summary:*** This special issue previews the forthcoming Global Soy Forum '99, to be held in Chicago August 4-7. It summarizes key papers to be presented. Contents: Let's face the challenge (p. 5). A special invitation to *Soybean Digest* readers, by co-chairs Dave Erickson and Long (p. 6). Program (p. 7). Genetic improvement (p. 10-13). Crop & soil management (p. 16-17, 20, 22). Pest management (p. 24-25, 28, 30). Processing and utilization (p. 32, 34, 36-37). Management & marketing (p. 39-42).

A pie chart (p. 5) shows world soybean production in 1997: USA 47%, Brazil 20%, Argentina 11%, China 10%, India 3%, Canada 2%, Paraguay 2%, EU [European Union] 1%, other 4%.

Note: This event is surrounded by an amount of hype usually not found with professional agricultural conferences. On page 6, co-chairs Erickson and Long state: "In August, you have an opportunity to be part of an event that soybean farmers will be talking about for years to come. Global Soy Forum '99–the first worldwide assembly of the soybean industry... this is truly the event of the century

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for our industry. We're expecting 1,000+ participants, representing more than 45 countries..."

Note: What nonsense! In fact, this is the sixth World Soybean Research Conference. The constitution of the World Soybean Research Conferences states that they will be held "about every five years to consider research progress since the previous conference." The first such conference was held on 3-8 Aug. 1975 at the Ramada Inn in Champaign, Illinois (USA), and sponsored by four U.S. organizations, including the University of Illinois; 622 people from 48 countries attended. The second was held in 1979 at North Carolina State University (USA). The third was held in Aug. 1985 at Iowa State University, Ames, Iowa (USA); 1,050 persons from 66 countries attended. The fourth was held in March 1989 in Buenos Aires, Argentina–for the first time outside the USA. The sixth was held in Feb. 1994 in Chiang Mai, Thailand.

Like most past World Soybean Research Conferences, this one focuses on soybean production, and has relatively little about soybean utilization or soyfoods. One paper in the Utilization section is titled "Is tofu safe to eat?"

11913. **Product Name:** Garlic & Dill Everyday Tofu Spread.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1999. June.
Ingredients: Tofu (filtered water, organic* soybeans, magnesium chloride), organic* canola oil, organic* cider vinegar, lemon juice, garlic, organic* dill, salt. * = Grown in accordance with the California Organic Food Act of 1990.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in June 1999. Label #1 of June 1999. "Garlic & Dill Everyday Tofu Spread." 3 inches diameter. Self adhesive. Dark green on beige. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead.

Label #2 of Oct. 2002. "Organic Garlic-Dill Tofu Spread." 3½ inches diameter. Self adhesive. Dark green and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Low in saturated fat. Cholesterol free. Contains 170 mg Omega 3 fatty acids per serving."

11914. **Product Name:** Hot Habañero Carrot Tofu Spread.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1999. June.
Ingredients: Tofu (filtered water, organic* soybeans, magnesium chloride), carrots, onions, organic* canola oil, organic* cider vinegar, lemon juice, habañero peppers, sugar, garlic, salt, xanthan gum, peppercorns. * = Grown in accordance with the California Organic Food Act of 1990. Featuring hot pickled carrots from Arcata Pickle Co.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in June 1999. Label #1 of June 1999. 3 inches diameter. Self adhesive. Reddish brown on light green. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead.

Label #2 of Oct. 2002. "Organic Habañero-Carrot Tofu Spread." 3½ inches diameter. Self adhesive. Orange, orange-yellow, and black on white. A handsome, impressionistic

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watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Low in saturated fat. Cholesterol free. Contains 170 mg Omega 3 fatty acids per serving."

11915. **Product Name:** Sweet Pickled Beet Tofu Dip.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1999. June.
Ingredients: Tofu (filtered water, organic* soybeans, magnesium chloride), organic* beets, canola oil, cider vinegar, lemon juice, sugar, garlic, salt, xanthan gum, allspice, clove. * = Grown in accordance with the California Organic Food Act of 1990. Featuring sweet pickled beets from Arcata Pickle Co.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Matthew Schmit. 2002. Sept. 9. The product was introduced in June 1999. 3 inches diameter. Self adhesive. Beet red on pink. Illustration shows a tofu shop on stilts near the ocean with a tree arching overhead. Discontinued Aug. 2002.

11916. U.S. Postal Service. 1999. We have more than 33,000 post offices to serve you (Postcard). Washington, DC. 1 p.
• ***Summary:*** This 4¼ by 6-inch card is printed blue on white. We cite it here to note that the number of tofu shops in Japan is approximately equal to the number of post offices in the USA. Address: Washington, DC.

11917. **Product Name:** [VeggieFresh Bratwurst, Mild Tofu Hot Dogs, Hot Veggie Hot Dogs, Mild Jumbo Smoked Hot Dogs].
Foreign Name: VeggieFrisch Bratwuerste, Tofu Knacker, Toscaninis, Real Jumbos.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: D-54578 TofuTown Wiesbaum, Germany. Phone: +496593 9967-0. Fax: 6593 9967-225.
Date of Introduction: 1999. June.
Wt/Vol., Packaging, Price: 250-300 gm pack.
How Stored: Refrigerated.
New Product–Documentation: Color packages sent by Bernd Drosihn. 2004. Nov. 15. Size: 9.5 by 11.5 by 2.3 cm. Paperboard boxes. Various colors. Color photo of the dish, ready to eat, on a white plate. Each of these Viana-brand products is a meat alternative, ready to heat and serve, introduced in June 1999. The packaging is very attractive. On the front panel: 100% made from plants. 0% cholesterol. 100% veggie power. 100% Organic. Ingredients are listed in 5 languages: German, French, English, Spanish, Italian. Nutritional facts are given in German and English. On the rear panel: "Good source of soy protein. 30 mg isoflavones per serving."

11918. Bender, Karen. 1999. Work with soybeans, tofu, and biotechnology (Interview). *SoyaScan Notes.* July 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Karen has done considerable research trying to find which compositional properties of soybeans contribute to tofu yield and organoleptic quality. Her research (like that conducted at Iowa State University) could find no variable or combination of variables that correlated positively with higher tofu yields.

She did considerable work with Korea, trying to find a way to get the Korean government to accept shiploads of special soybeans for tofu–but could not get them to make any changes in their strict rules. The cost of shipping identity preserved (IP) soybeans in containers is too high.

IFIC is a non-profit group based in Washington, DC, funded by large food and agribusiness companies, that tries be a source of accurate and fair information on biotech foods. Karen believes they do a good job.

This coming October, a potentially very interesting and important conference on biotechnology and food will be held in Chicago, Illinois. Sixty people have been invited to attend, representing agribusiness, academia, and consumers. It will closed to those not invited.

In one of its next 2-3 issues, Consumer Reports will publish an entire issue on genetically engineered foods. Address: Dep. of Agricultural and Consumer Economics, 1301 W. Gregory Drive, 304c Mumford Hall, Univ. of Illinois at Urbana-Champaign, IL 61801. Phone: 217-333-1694.

11919. Berkoff, Nancy. 1999. Why soy is hot: Appearing on more menus as a meat / dairy alternative. *Foodservice Director.* July 15.
• ***Summary:*** "Soy is in, it's hot, it's healthy, and your customers want it NOW!"

"Tofu is probably the most familiar soy product. It is nothing more than curded soy milk (think: cheese making)." Address: Rd, EdD, CCE.

11920. McLennan, Neil. 1999. Re: Upgrading tofu equipment at Clean Bean Tofu in London, England. Letter to William Shurtleff at Soyfoods Center, July 25. 1 p. Typed, with signature on letterhead.
• ***Summary:*** Neil is currently considering buying a ProSoya VS200 system made in Ottawa, Canada. Address: 37e Princelet St., London E1 5LP. Phone: 0171 247 8349.

11921. Seemo (H. Shapira). 1999. Re: Dakini Health Foods Pvt. Ltd. recently moved into a new factory in Pune/Puna, India. Letter to William Shurtleff at Soyfoods Center, July 29. 1 p. Typed, without signature on letterhead.
• ***Summary:*** Seemo (Mr. H. Shapira from Israel), Kairava (Mrs. J. Spaelstra from the Netherlands), and the "Dakini

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crew" have been "intensively busy setting up our factory." They raised money through loans, brought in a new partner, got all the required government approvals, bought a plot of land, "navigated between impossible contradicting rules and regulations and corrupt officials." Then, with the help of an architect, they put of a 6,000 square foot building. They dug the first foundation in May 1998 and moved in in Feb. 1999. The process has been frustrating at times. To get an electrical connection, for example, took months, involved hundreds of signed documents, and "thousands of dollars in baksheeshes" [bribes].

They set up a pressure cooker plant for making tofu, first tested it on 17 July 1999, and "got a huge fantastic delicious cake of tofu." They plan to do a "soft launch" on Aug. 2 to some hotels, restaurants, institutions, etc., while getting their packaging systems ready. They plan to start selling to the retail trade in about two months. Their tofu production capacity is now about 200-400 kg/day.

"All this time we kept our little incubator busy supplying a small but loyal and growing clientele about 10-30 kg of tempeh weekly." Their new incubation room (12 by 11 feet) started operation today, with the first 15 kg batch of tempeh. They estimate a capacity of 60-70 kg maximum and are planning to start with 20-25 kg batches. They also have new clients waiting. Le Meridian in Pune has already put tempeh on their buffet, and will soon include it on their menu; now they want tofu as well! "It's a great adventure." Address: Dakini Health Foods Pvt. Ltd., S.N. 33, Bhoiwasti, Keshavnagar, Mundhwa, Pune / Puna 411 036, India. Phone: +91 20-613985.

11922. Imhoff, Dan; Warshall, Peter. 1999. Soybean of happiness: A 3,000 year history of our most modern oilseed. *Whole Earth* (*San Rafael, California*) No. 97. Summer. p. 75-79.
• ***Summary:*** Contents: Introduction. Soy industrialism. The industrial products. Global soy fights. The most recent incarnation: Spliced soy. Contains six illustrations from *The Book of Tofu,* by Shurtleff and Aoyagi. Address: Editor, Whole Earth, California. Phone: 415/256-2800.

11923. Murphy, Patricia A.; Song, T.; Buseman, G.; Barua, K.; et al. 1999. Isoflavones in retail and institutional soy foods. *J. of Agricultural and Food Chemistry* 47(7):2697-2704. July. [27 ref]
• ***Summary:*** Gives the content of daidzein, genistein, glycitein. Isoflavone levels ranged from 1 microgram per gram in soy sauces to 540 micrograms per gram in tempeh. "Soymilk and tofu represented the major portion of the soy foods evaluated."

Also includes: Tofu (different kinds, raw and cooked), soy sauce, miso (white and red), tempeh (raw and cooked), FriChik (soy chicken, raw and cooked), meatless frank (raw and cooked), Harvest Burger (raw and cooked), Meatless links (raw and cooked), Soy/beef burgers (raw and cooked). Address: 1-4. 2312 Food Science Building, Food Science & Human Nutrition Dep., Iowa State Univ., Ames, Iowa 50011.

11924. *Vegetarian Times.* 1999. Ladies' choice–Delicious ways to get the five healthiest foods into your diet. July. p. 30, 33-34, 36.
• ***Summary:*** The five healthiest foods are broccoli, tofu, canned tomatoes, garlic, and flaxseeds. Tofu, the most versatile of all soyfoods, is a gold mine of phytonutrients. A recipe for Greek-style tofu salad is given. A color photo shows cubes of tofu.

11925. **Product Name:** Azumaya Tofu: Lite Extra Firm–Enriched.
Manufacturer's Name: Vitasoy USA Inc.
Manufacturer's Address: 1575 Burke Ave., San Francisco, CA 94124. Phone: 1-800-328-8638 (= Eat Tofu).
Date of Introduction: 1999. July.
Ingredients: Water, whole soybeans, isolated soy protein, tricalcium phosphate, calcium sulfate, magnesium chloride, vitamin E acetate, vitamin A acetate, vitamin D-2, vitamin B-12.
Wt/Vol., Packaging, Price: 14 oz (397 gm) packed in water in molded plastic tray (No. 2 HDPE) with heat-sealed, peel-off plastic film lid. Retails for $1.39 (1999/07, Lucky supermarket, Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 2.8 oz (79 gm): Calories 60, calories from fat 20, total fat 2 gm (4% daily value; saturated fat 0 gm),

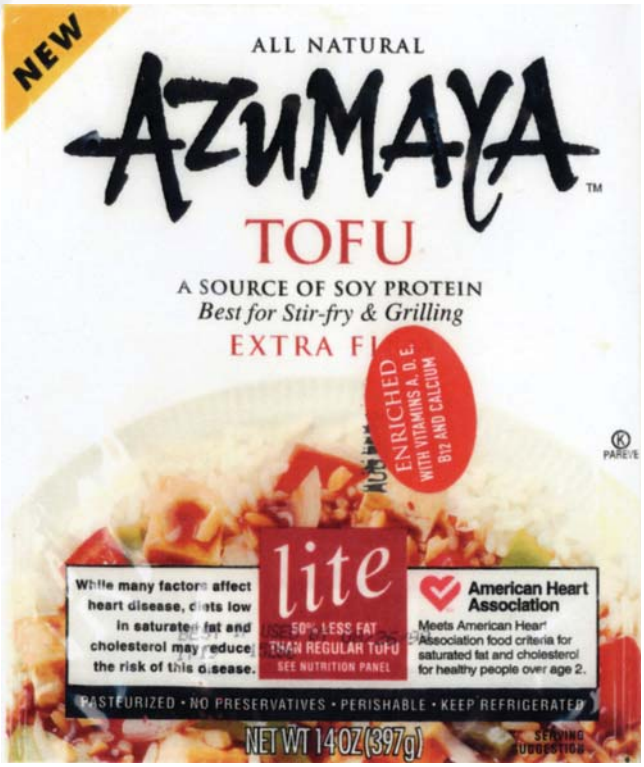

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cholesterol 0 mg, sodium 80 mg (3%), total carbohydrate 3 gm (dietary fiber 2 gm [8%], sugars 0 gm), protein 9 gm (17%). Vitamin A 30%, calcium 30%, vitamin D 30%, folate 6%, vitamin C 0%, iron 8%, vitamin E 30%, vitamin B-12 30%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Lucky supermarket in Lafayette, California. 1999. July 23. Red and black on white. Photo of a tofu stir-fry on white rice on a white plate on a white background.
The text on the from panels reads (from top to bottom): "All natural. Azumaya. Tofu. A source of soy protein. Best for stir-fry & grilling. Extra firm. Lite: 50% less fat than regular tofu–See nutrition panel. While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2." American Heart Association logo showing a white check on a red heart. "Pasteurized. No preservatives. Perishable. Keep refrigerated." An self-adhesive oval sticker (white letters on red) on the front panel states: "Enriched with vitamins A, D, E, B-12 and calcium."

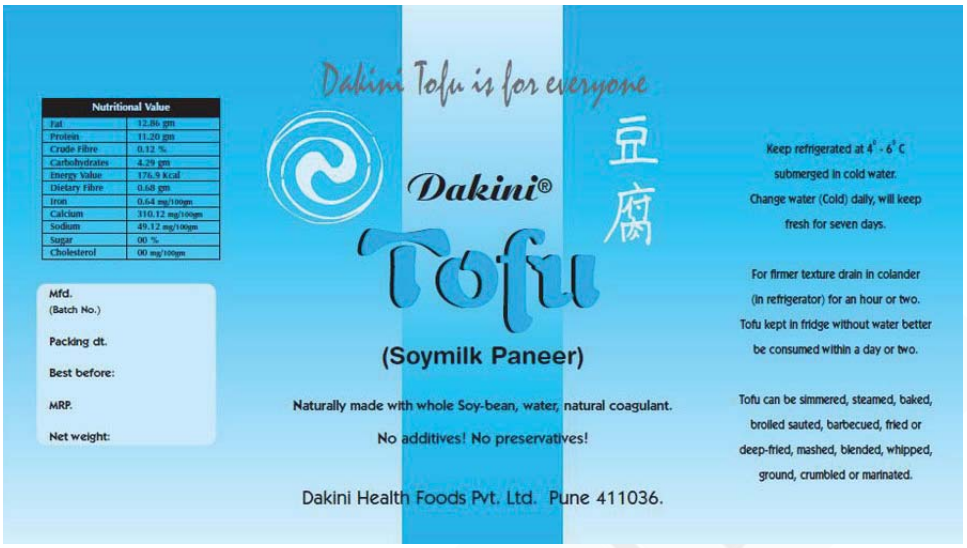

The back panel, attached to the bottom of the plastic tray, gives nutrition facts, ingredients, UPC / bar code, and additional information. Text in upper left corner: "For recipes and product information please write to us at: Vitasoy USA Inc.–Azumaya, Post Office Box 2012, South San Francisco, California 94083. Or visit our website www.vitasoy-usa.com. If you are not completely satisfied with this product, notify our Customer Service Department toll free at 1-800-EAT-TOFU / 1-800-328-8638. Unused portions: Add water and store covered in refrigerator. Change water daily and use within 5 days."

Product with Label purchased at Safeway supermarket in Lafayette. 2003. Dec. 3. A 14 oz pack retails for $1.79. Label is quite similar to 1999 label, however the word "Enriched" is gone and there is no back panel on bottom of HDPE plastic tray.

11926. Warshall, Peter. 1999. Leveraging the heartland: The agro-ecosystem of soy. *Whole Earth* (*San Rafael, California*) No. 97. Summer. p. 80-81.

11927. *Whole Earth* (*San Rafael, California*). 1999. Soy access. No. 97. Summer. p. 90.
• ***Summary:*** Contains a nice overview of and praise for *The Book of Tofu* and Soyfoods Center.

11928. **Product Name:** Tofu (Soymilk Paneer).
Manufacturer's Name: Dakini Health Foods Pvt. Ltd.
Manufacturer's Address: S.N. 33, Bhoiwastai, Keshavnagar, Mundhwa, Pune 411 036, India. Phone: 020-613985.
Date of Introduction: 1999. August.
Ingredients: Water, soybeans, calcium chloride coagulant.
Wt/Vol., Packaging, Price: Packaged in bulk in water-filled pails.
How Stored: Refrigerated.
New Product–Documentation: Letter from Seemo and the Dakini crew. 1999. July 29. They studied the book *Tofu & Soymilk Production* (by Shurtleff & Aoyagi) and are now setting up a new factory of about 6,000 square feet which includes a "pressure cooker plant" they made for producing tofu. It has a 200 liter cooker, a steam boiler (big story) with steam injection system, screw press, curding barrels, pressing boxes, a good water chilling unit, and a few cooling sinks. They got a 3 horsepower steel hammermill which does a great job but is terribly noisy. "We tested the system for real on 17 July 1999 and got a huge fantastic delicious cake of tofu. We are finishing up some details and planning to do a soft launch on August 2. At first we will supply hotels, restaurants, institutions, etc., while getting our packaging systems ready for the retail market." They should be ready in about 2 months. They now have tofu production capacity of about 200-400 kg/day. E-mail: dakini@vsnl.com.

Letter (fax) from Kairava and Seemo. 1999. Aug. 22. They started making and selling tofu on Aug. 2. Some technical hiccups are still being sorted out, and they are working on packaging equipment and containers. While improving their tofu-making skills, they have been getting a very good response to their tofu sold in bulk to restaurants, etc. They are also selling (very well) tofu in polyethylene bags (not so aesthetic) "in one selected shop frequented by Japanese customers and their response is absolutely

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flattering. In all we are producing now only 3-4 days a week a total of 250-300 kg. We could and are planning to produce and sell much more; soymilk is also on the list.

Letter (fax) from Seemo. 1999. Aug. 24. They coagulate their tofu with calcium chloride, which they buy from a chemical supply house in Mumbai (Bombay); they have never tried nigari as they have not been able to locate a reliable source. Nor have they ever tried sea water since the ocean is 200 km away. Getting soybeans has been very difficult, but now they have some good connections and in a few days they will be getting 3 tons of hopefully good quality soybeans (cleaned, size graded, and good yielding) sent from a good supplier they found in the Ratkan district of Madhya-Pradesh. Some soybeans are grown in the area of Pune, but the seeds are small and they are sometimes irrigated with sewage water, so they avoid them.

Letter and Label from Kairava, Seemo and the Dakiki crew. 2000. July 12. One week ago they got their new tofu package (in 250 gm and 500 gm sizes) on the market, after a year of selling tofu in polyethylene bags. Since starting production, they have sold 12 metric tons of tofu. "We went through a lot of technical problems (mainly boiler problems), improved our production techniques a lot, trained a small dedicated crew, and we feel very blessed doing it all. For the coming year we are determined to double sales. The people here love tofu!" The film label, 5 by 4.5 inches, is various shades of blue, and black, printed on clear film. In the upper left is a yin-yang spiral, in the upper right the word "tofu" written in Chinese characters. "Naturally made with whole Soy-been [bean], water, and natural coagulant. No additives! No preservatives! Keep refrigerated, water covered. Good for 10 days in original pack. When unpacked, changing water (cold) daily will keep Tofu good for two more weeks." The Dakini letterhead is also shown.

Letter (e-mail) from Seemo in Brazil. 2012. Feb. 11. We started making tofu in Pune, India, on 2 Aug. 1999. Some Tofu was always sold fresh on order... and a lot of it in 2003-2005 when we ran our own retail outlet in town–a very successful Soya milk bar and soya foods operation (see separate record). We did all our Tempeh and Tofu distribution ourselves so as to be sure the cold chain was maintained. We had a delivery van, a smaller vehicle and a small fleet of delivery motorcycles mounted with insulated boxes which were the most efficient in the anarchic Pune traffic situation! For coagulants since the year 2000 or 2001 we had a very good contact for excellent quality magnesium chloride, from a good company in the Indian state of Karnataka and for the equivalent of under US$1.50 per kilo including delivery at our gate!

11929. Schultz, Stacey; Chong, Jia-rui. 1999. You want gravy with that tofu? The road is full of fat, but savvy travelers can find ways to eat healthfully. *U.S. News and World Report.* Aug. 9. p. 63. [1 ref]

• ***Summary:*** *The Tofu Tollbooth* (Ceres Press/Ardwork Press; $14.95) is a guide to health food stores near major U.S. highways. Folk musician Dar Williams co-authored the book after a 1992 tour. Otherwise, tofu is not mentioned in this article.

11930. Bittman, Mark. 1999. Authentic Asian fare in L.A. [Los Angeles], with or without Formica. *New York Times.* Aug. 15. p. TR6.
• ***Summary:*** At Takao, a Japanese restaurant, he was served "dreamy tofu made with sesame paste" [often called "sesame tofu," or in Japanese, *goma-dofu*]. For a higher price, the sesame tofu was served with a sauce of sea urchin roe. Also: A raw spring roll of noodles, miso, shiso, crab, and vegetables. A dark miso soup that put the standard dish to shame.

At the Thai restaurant Talésai he enjoyed a plate of eggplant with black bean sauce, and fried tofu with a peanut dipping sauce.

The Chinese Islamic Restaurant served a tofu dish.

At the Empress Pavilion, a Chinese restaurant, he enjoyed "braised bean curd."

11931. Gorilla Foundation. 1999. Koko, the gorilla who has learned to communicate with humans using sign language, likes tofu (Interview). *SoyaScan Notes.* Aug. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Koko, who lives in Woodside, California, with Dr. Penny Patterson, needs protein in her diet. Her favorite source is tofu, seasoned with apricot sauce. Penny, who has been working with Koko since 1972, is not a vegetarian. In a typical gorilla family there is one male and 12-15 females. This male is the winner of many battles with other males. Address: Woodside, California. Phone: 650-851-8505.

11932. Weiss, Rick. 1999. Biotech food raises a crop of questions: Genetically modified food offers benefits, but is it safe for human consumption? *Washington Post.* Aug. 15. p. A1, A16. Sunday.
• ***Summary:*** A front-page story! Address: Staff Writer.

11933. Weiss, Rick. 1999. Next food fight brewing is over listing genes on labels: Processors, retailers resisting demand of some consumer groups. *Washington Post.* Aug. 15. p. A17. Sunday.
• ***Summary:*** A large photo shows the back of a carton of Mori-Nu Tofu. Address: Staff Writer.

11934. Mair, Amy Tyler. 1999. Appetizing growth: Profile–Yves Potvin. Yves Potvin's meatless cuisine is North America's best-seller. Now he's looking for the recipe for a winning, healthy fast-food restaurant. *Business in Vancouver* (*Canada*). Aug. 10-16. p. 23.
• ***Summary:*** Yves Potvin, age 43, never uses the word

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"vegetarian" in his speeches or marketing materials. He is a "semi-vegetarian," who eats little red meat and is looking for healthy food choices. He now runs a business that does an estimated $46 million per year in sales. Earlier this spring he opened fast food restaurants in Kitsilano and South Granville, Vancouver. There he serves only meatless foods, such as tofu hot dogs, soy burgers, meatless lasagna, and baked fries [French fries]. Fourteen years ago, the Quebec native, a chef and amateur cyclist, "was living in Vancouver and dishing up buttery sauces at former French restaurant Le Chef et Sa Femme. Disillusioned with the high-stress low-paying job," he looked for a way to be more independent. "With $10,000 of his own money and $30,000 borrowed from friends and family," Potvin developed a tasty meatless hot dog.

"The next several years were difficult after Potvin sold 40% of his company to finance growth." He later bought back the shares and today owns 100% of the company. The company also took a hit when it spent $600,000 in R&D for a new veggie burger that went nowhere. 1992 was the year of "take-off"–the "year they crossed a major threshold and really began to grow." In 1985, when Yves Fine Food opened, the company saw its first product, a tofu wiener, as a "fusion food and adopted a sun logo to symbolize the marriage of East and West." Last year the company adopted its current logo, which shows a "French chef sporting a red beret and holding a basket brimming with fresh vegetables."

A large photo shows Yves.

11935. Kairava (J. Spaelstra); Seemo (H. Shapira). 1999. Re: Update on Dakini Health Foods Pvt. Ltd. in Pune / Puna, India. Letter (fax) to William Shurtleff at Soyfoods Center, Aug. 22. 1 p. Typed, without signature on letterhead.
• ***Summary:*** Gives details on their work with tofu and tempeh. They do not yet have a recipe book nor do they vacuum pack their tempeh. They are, however, developing a nice label. They have contacted Raj Gupta of ProSoya by e-mail about soymilk equipment.

"The nutrition situation in this country and on all income levels is no good–from severe protein deficiency on the lower income rungs to fancy diseases for the rich. Developing soyfoods production here is most crucial, urgent, and possibly also a good investment!

"At a later stage, to avoid spreading ourselves too thin right now, we are interested in trying our hand at more fermentations such as Taucho, Miso, Soysauce. We are looking for more material to study." A copy of the recent article from *Citadel Pune* (full of errors) is attached. Address: Dakini Health Foods Pvt. Ltd., S.N. 33, Bhoiwasti, Keshavnagar, Mundhwa, Pune / Puna 411 036, India. Phone: +91 20-613985.

11936. Seemo (H. Shapira). 1999. Re: Another update on Dakini Health Foods Pvt. Ltd. in Pune / Puna, India. Letter (fax) to William Shurtleff at Soyfoods Center, Aug. 24. 1 p. Typed, without signature on letterhead.
• ***Summary:*** Their company started business in April 1996 making white tahini. Sometime later they introduced peanut butter.

The third partner in their business is Bodhi Yahaan; they call him Yahaan, and he has been with the company for nearly two years. Like Seemo, he is from Israel where his name was Mr. Natan-Ran Diamant; now he lives in Pune. He does not work in the factory, but he does get the computer to work. He brought in the much-needed finance and also organizes loans when the banks fail. "He owns 50% of the company's shares and a very good friendship is growing."

"Mr. Donnelly (our Indian partner) resigned near the end of 1996, and since last year we got all government permissions to run the company without any Indian partner."

In Goa, "a friends couple of ours, Lisa Camps and her French friend Richard, are making tofu and tempeh on a small but interesting scale. This year they are growing and opening their own retail outlet with a delicatessen counter and a salad bar. We managed to convince them to invest in a good grinder, a small screw press, and a simple dehulling device for their tempeh. Also, I am building them an incubation cabinet so they will no longer mysteriously lose so many cakes of tempeh. Also, since last year, we are supplying their tempeh starter, and, from this year, their soybeans. Their address: Lisa Camps, H.S. No. 1684 Ouneachem Baht, Anjuna Bardez, Goa, India." Address: Dakini Health Foods Pvt. Ltd., S.N. 33, Bhoiwasti, Keshavnagar, Mundhwa, Pune / Puna 411 036, India. Phone: +91 20-613985.

11937. Bernard, Richard L. 1999. Good tasting soybeans vs. large seeded soybeans (Interview). *SoyaScan Notes.* Aug. 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Not all good-tasting or "edible" soybeans are large seeded. Rather small seeded soybeans may make good tofu or soymilk.

Note: According to the SoyaScan database, the four largest-seeded soybeans are Hahto (1,250 seeds/pound), Hiro (1,312), Suru (1,320), and Hokkaido (1,328). By contrast, the four smallest-seeded vegetable type soybeans are Bansei (2,004 seeds/pound–the smallest), Higan (1,962), Toku (1,952), and Nanda (1,952). Address: USDA/ARS Soybean Germplasm Collection, Room 229 EASB, 1101 W. Peabody Drive, Univ. of Illinois, Urbana, IL 61801.

11938. Baruffi, Kathy. 1999. The other white food. *Valley Table* (*Middletown, New York*) No. 5. p. 33-34. Aug/Oct. [5 ref]
• ***Summary:*** About Sam Weinreb, owner of Local Tofu in Nyack, New York. Address: Freelance Writer, Piedmont, New York.

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11939. IITA. 1999. Annual report 1998. Ibadan, Nigeria: International Institute of Tropical Agriculture (IITA). 94 p. 28 cm.

• ***Summary:*** A color photo (p. 3) shows Lucas Brader, Director General of IITA; he writes the introduction. A color outline map of Africa shows the three main agroecological zones in tropical Africa: Humid forest, moist savannah, and midaltitude. The very interesting section titled "IITA and Japan bring tofu to sub-Saharan Africa" (p. 8-10) states that "Tofu... is on its way to becoming an indigenous food in Nigeria, Africa's most populous country. The soy cheese is replacing the traditional dairy product, *wara,* made from cow's milk, which has become increasingly costly, making it out of reach of many consumers... Tofu is inexpensive, nutritious, and versatile in use. Because of its bland taste and porous texture, it can be used with virtually any food."

"Before IITA's Soybean Utilization Research Project initiating research on tofu, there was little information on tofu making and use in Nigeria. *Wara,* which is similar, was produced by housewives in the northern states and in some southwestern states. *Wara* is a simple, soft, white, unripened cheese made by coagulating unpasteurized cow's milk with the juice from sodom apple leaves. The food is popular in the diets of the poor and low-income groups. With the rise in cost of fresh cow's milk–a major source of protein–IITA realized that intervention was required.

"IITA turned to the Japanese International Cooperation Agency (JICA) for assistance and funding. Dr. O. Nakayama, a food technologist and tofu expert, was sent to IITA by JICA to work on tofu. He began by developing a method to make tofu using local food processing technologies; specifically, finding an inexpensive coagulant. In Asia, tofu is traditionally made with calcium sulphate or magnesium chloride. These chemicals are expensive and not readily available in Nigeria; especially in rural areas.

"Nakayama developed a procedure for making tofu using the same local coagulant (juice extract from sodom apple leaves) that housewives were using for making *wara.* He also found that other coagulants can be used, such as lime/lemon juice. Having been exposed to the tofu making process through their ingenuity, Nigerian tofu makers discovered that the fermenting liquor from cereal (maize, millet, and sorghum) wet processing, formed when preparing a fermented gruel, could be used as a coagulant, tamarind extract, was also being used.

"These coagulants have become very popular and are regularly used in Nigeria for making tofu. Nakayama later helped to improve on the yield of tofu based on these new coagulants and developed an alternative procedure–hot milk extraction. Now an emerging market is developing side by side with *wara.* Today, tofu consumption has increased in many parts of Nigeria. Tofu making has become an income generator for many housewives. It is fried and hawked on the streets and consumed as a snack or as a meat substitute in stews and soups.

"IITA provides training in production of tofu in many villages. It is envisaged that tofu making will develop into a cottage industry in Nigeria. With the scarcity and high cost of dairy products in Nigeria, consumption will likely diversify and displace the traditional *wara.* The future of tofu in Nigeria is bright."

Color photos show: (1) A Nigerian woman in Kano State, in tradition dress, slicing tofu with a knife. "Tofu making has become an income generator for many housewives. IITA provides training in its production in many villages." (2) A woman and her child seated in an outdoor market selling fried tofu. (3) The home page of IITA's website: www.cgiar.org/iita (p. 11).

On p. 94 is a list of acronyms appearing in this report. Address: PMB 5320, Oyo Road, Ibadan, Nigeria.

11940. Little Tokyo Service Center. 1999. Fourth Annual Tofu Festival–1999 (T-shirt). 231 East 3rd St., Los Angeles, CA 90013.

• ***Summary:*** This blue-green large T-shirt is 100% heavyweight cotton. On the front, over the left breast, is written "Tofu: Little Tokyo Service Center" next to the Center's logo. Above and to the right of the word "Tofu" are three stylized cakes of tofu, one chartreuse, one orange, and one purple.

On the back is written in much larger black letters: "Fourth Annual Tofu Festival–1999." The same three colorful cakes of tofu appear inside a vertical black rectangle. On the right sleeve is written "House Foods," a major Festival sponsor. Address: Los Angeles, California. Phone: 213-473-1602.

11941. Photographs taken at Dakini Health Foods' new factory in Pune / Puna, India, showing steps in the tofu-making process, the inside of the factory, and the owners–Seemo and Kairava. 1999. Pune, India.

• ***Summary:*** Sixteen color photographs (each 4 by 6 inches) were sent to Soyfoods Center on 14 Aug. 1999 by Seemo and Kairava, owners of Dakini Health Foods. The photos were accompanied by a brief handwritten letter on Dakini's letterhead, and both were in a Dakini business envelope.

The photos themselves were all taken on 2 Aug. 1999–the company's first day of production. They show: (1) Seemo (a man, originally from Israel, wearing a white t-shirt, turban, and beard) watching as cold water runs into the soaked soybeans in the hopper of the stone mill. As they are ground by a stone mill, the white slurry falls into a stainless steel tank. The 2-story building has a white interior, with windows on both levels. (2) Kairava (a woman, originally from the Netherlands, dressed in a green dress with necklace) standing by the stone mill. An Indian man is standing behind the stone mill. (3) The boiler. (4) The hand-turned screw press and pressure cooker in the foreground, Seemo by the

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stone mill in the background. (6) A panoramic view of the interior of the shop showing two stainless steel vats for soymilk and Seemo by the cooling tanks to the far left. (6) A similar view but another man (Bodhi Yahaan, the company's third partner; in his native Israel his name was Natan-Ran Diamant) is turning the screw press as soymilk runs into a cloth-covered steel barrel. And Indian woman in a green sari is to the far left. Ordinarily Mr. Yahaan does not work in the plant, but he does help with the computer. (7) A close-up of soymilk running from the press into the cloth-covered barrel. (8) Another panoramic shot, with Seemo (looking very happy) standing by the cooker, Kairava (with arms folded looking very satisfied) standing to the left, and three Indian employees standing in the middle. (9) Seemo and Kairava standing by the press watching the soymilk come out of it. (10) Curds and whey in a metal curding barrel. (11) Kairava folding the white cloths over the curds in the shallow metal curding boxes. (12) Seemo ladling curds into a cloth-lined forming box. (13) Seemo (looking very happy), wearing rubber gloves, standing by a cooling tank, and holding up a large cake of tofu. (14) Seemo leaning against a cooling tank, in which is a large block of tofu under water with the cloths around it. In the background is a rack on which are many shining stainless steel pots. (15) Both halves of a cooling tank filled with cut cakes of tofu under water. (16) Kairava reaching one hand into a cooling tank. A blue pipe runs from a water chilling unit on one wall into one tank. Address: Dakini Health Foods Ltd., S.N. 33, Bhoiwastai, Keshavnagar, Mundwa, Pune / Puna 411 036 India. E-mail: dakini@vsnl.com. Phone: 020-613985.

11942. ProSoya Inc. 1999. Introduction to ProSoya (Color videotape). 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. 8 minutes. Aug.

• ***Summary:*** This excellent color video (in NTSC video format), is professionally produced and narrated, with nice background music. Introduced in August 1999, it begins: "The soybean is a powerhouse of high-quality protein and other nutrients. Soyfoods have been proven to reduce the risk of cancer, heart disease, and other ailments. These health advantages, coupled with relatively low infrastructure and production costs, make soybean processing a fast-growing industry–and we can help you make this a wonderful business opportunity in the 21st century. Welcome to ProSoya, a world leader in advanced soymilk technology.

"Dr. Raj Gupta, a scientist formerly with the National Research of Canada and McGill University, is the president and founder of ProSoya." He appears and says: "Our objective is to help you produce nutritional* soya foods and beverages that consumers will enjoy because they taste good."

"ProSoya creates innovative and cost-effective processing systems that produce an excellent soymilk base naturally from the raw soybean. The first soymilk systems were small, designed primarily for humanitarian aid, hospitals and small businesses. Today, ProSoya offers the widest range of soymilk production capacities, from modest 30 liters-per-hour batch processors to large, fully automated industrial plants with capacities up to 4,000 liters per hour. The smallest system is a 2-liter prototype that NASA tested for its manned space mission to Mars. ProSoya offers individual production components or complete turnkey plants, and can also assist in the formulation and packaging of soymilk beverages and foods.

"ProSoya's commitment to its customers is demonstrated by its vigorous research and development program. In addition to its own in-house R&D team, ProSoya engineers work closely with researchers in various government laboratories and other industry partners around the world. At the heart of all ProSoya systems is the patented airless cold-grinding process–a truly revolutionary technology invented by Dr. Gupta... The resulting soymilk is free from the beany flavor or chalky mouthfeel. Bill Shurtleff, world-renowned expert on soyfoods and author of over 50 books comments: 'I have no hesitation in saying that ProSoya's airless cold-grind process is one of the best for making soymilk.'

"The soymilk base can be used as is, or to create a whole range of healthy, nutritious, high-quality soyfoods, including beverages, tofu, yogurt, ice cream, soymilk powders, and

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mayonnaise."

There follows a list of systems designed and sold by ProSoya. "ProSoya delivers reliable equipment and prompt technical support." "Brian Harrigan, an engineer with an MBA degree, is the executive vice-president and director of marketing. 'At ProSoya we don't just sell equipment. We build relationships. Our pride is in the contribution we can make to the success of our clients.'"

"ProSoya technology is presently being used in more than 30 countries. There are large-scale processing plants in Canada, Russia, and Scotland. Over 500 other small to medium-scale plants are benefitting people on five continents. This is what some of our clients have to say." There follow three glowing testimonials.

"In Canada, the retail sales of soy beverages increased from $12.1 million in 1997 to $25 million in 1998, a growth rate of 106%. Are you ready to take advantage of the booming soyfoods industry? ProSoya, with its market-leading technology, continuing R&D, and highly trained personnel can be your ideal partner in pursuing the opportunities which await us in the new millennium." Address: Ottawa, Ontario, Canada.

11943. South Dakota Soybean Research & Promotion Council. 1999. Favorites from the heartland. Sioux Falls, South Dakota. 81 p. Illust. Recipe index. 22 cm. [1 ref]
• ***Summary:*** A full-color, glossy and very original spiral-bound cookbook–loaded with full-page color photos of dishes prepared from recipes. Contents: Why eat soy? Practical ways to incorporate soy into your diet. How to cook soybeans. Breads (incl. prize-winning Carrot tofu muffins, and Tofu herb bread). Soy flour tips. Main dishes. Green soybean (Sweet Bean [green vegetable soybean]) tips. Salads. Desserts (incl. prize-winning Glistening cheesecake, and Pineapple cake). Beverages and snacks (incl. prize-winning Tofu shake). Soy products: Dried soybeans, tofu, soy milk, soy flour, fresh green soybeans, textured vegetable protein (TVP). Soyfoods substitutions (from meat and animal products). For more information: 1-800-talk-soy, or www.soyfoods.com.

Talk with Betty Hansen at South Dakota Soybean Board. 2000. May 15. This cookbook (which is undated) was first published in the summer of 1999. Many of the recipes were adapted from local favorites, and all these were tested in the office. Some also came from the winners of a recipe contest sponsored by the South Dakota Soybean Board. Address: Sioux Falls, South Dakota. Phone: 605-330-9942.

11944. Tapuria, Nidhi. 1999. Nourishing, nutritious & natural. *Citadel Pune* (*India*). Aug. p. 76-78.
• ***Summary:*** The subtitle reads: "They are adding a new flavour to the Indian taste buds. Dedicated to manufacture quality natural foods, they propagate the healthy way of living that has taken the world by storm. 'Citadel' has a slice of the action at Dakini Health Foods."

Besides tahini, sesame butter, and peanut butter, Dakini manufactures a product range that includes soya foods like tempeh and tofu. Contains a brief description of tempeh.

Seemo tried his hand at everything before getting bitten by the vegetarian bug. He used to have the best-selling felafel shop in Israel, but he gave it up and moved to Germany where he finally got into catering vegetarian food. When he came to India he learned patience. The response from his customers has been very encouraging, especially from the Oshoites at Koregaon Park, who keep thanking him for making foods that are not available in India, and asking him to make more. In Pune, a restaurant named Zen has at least 20 items on their menu made from tempeh. Seemo wants to expand his tofu capacity to 100 tons per year; that will make big news. He believes that Indian food lacks the proteins which tofu can supply–in a vegetarian form. Five photos show Seemo, Kairava, and their new food factory.

11945. *Vending Times* (*New York City*). 1999. House Foods tofu meets demands of vegetarians. Aug.
• ***Summary:*** Garden Grove, California–House Foods America Corp. provides tofu for the foodservice market in an array of patron-pleasing varieties.

"The company's tofu is available in extra-soft, soft, regular, firm and extra-firm varieties. Also available to add a special touch to vegetarian dishes are Tofu Cutlets and Tofu Fritters."

A photo shows Frank Hsu and Mariko Shibata, who prepared recipes using House Foods' many tofu varieties at the JFC International booth during the Fancy Food Show.

11946. Harrigan, Brian. 1999. Re: Overview of utilization ProSoya's equipment abroad. Letter (fax) to William Shurtleff at Soyfoods Center, Sept. 22–in reply to inquiry. 1 p. .
• ***Summary:*** 1. Commercial vs. non-profit: Of the machines ProSoya has sold directly, about 80% were sold to commercial firms and the remaining 20% to non-profit organizations. If we include the machines that have been made and sold by the Russians and Indians under license from ProSoya (over 500 SoyaCows), these can be estimated at 70% commercial and 30% non-profit.

2. Type of product produced: Soymilk beverage production 50%. Tofu production 40%. Other soyfoods 10%.

Use in developing vs. developed countries: In terms of value, about 75% is in developing countries. In terms of number of liters, about 90% is in developing countries.

There are presently about 250 locations or clients using ProSoya's equipment worldwide, with about 175 of these in Russia alone. Address: Executive Vice-President, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

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11947. Froding, Joy. 1999. Key ingredient of success: Isoflavones are opening doors in the nutriceutical and food industries. *Bluebook Update* (*Bar Harbor, Maine*) 6(3):4-5. July/Sept.
• ***Summary:*** Schouten USA Inc. in Minneapolis, Minnesota, (a division of the Royal Schouten Group in the Netherlands) and ADM are major suppliers of soy isoflavones. Laurent Leduc, International Marketing Manager for Schouten USA, says his company was the first that saw an emerging market for isoflavones because of their health benefits. In the early 1990s a Schouten researcher perfected a unique method for capturing soy isoflavones to produce a 100% natural concentrate. Introduced in 1995 to the vitamin and supplement industry, SoyLife was the first product of its type. Schouten sells two different soy isoflavone products, each with a different concentration: SoyLife 25 (containing 3% isoflavones) and the more potent SoyLife 150 (containing 15% isoflavones). The latter product is presently used in about 300 supplement applications in Europe, North America, Asia, and Australia.

In Sept. 1998 ADM introduced NovaSoy isoflavone concentrate. It is made by washing soybean flakes with alcohol to give soy molasses and soy protein concentrate. The isoflavones are then extracted from the soy molasses. NovaSoy contains 40% isoflavones with the same proportions of genistein, daidzein, and glycitein as found in soybeans or soyfoods like tofu. A photo shows a bottle of NovaSoy soy isoflavones (30 tablets).

11948. Grogan, Bryanna Clark. 1999. Soyfoods cooking for a positive menopause. Summertown, Tennessee: Book Publishing Co. 192 p. Sept. Index. 23 cm. [31 + 49 websites ref]
• ***Summary:*** On the front cover: "Reduce the discomforts of menopause naturally. Lower your cholesterol. Reduce your risk of heart disease and cancer. Over 150 family pleasing recipes." Eating a diet rich in soyfoods may alleviate many of the discomforts of menopause.

Content: Introduction. Glossary. 1. The soy prescription. 2. Soy for strong bones and weight loss. 3. Preventing the number one killer of women-heart disease. 4. Can soy prevent cancer? 5. A soyfoods primer. 6. Baking and cooking with soyfoods. 7. Breakfast foods and beverages. 8. Condiments, sauces, dips, dressings, and spreads. 9. Appetizers, salads, and soups. 10. Lunch, supper, and side dishes. 11. Dinner entrees. 12. Desserts. Bibliography and websites. Sources for ingredients.

11949. Nasoya Foods, Inc. 1999. "Now he asks, 'Can I have tofu?'" (Ad). *Vegetarian Times.* Sept. p. 7.
• ***Summary:*** This full-page ad shows a black-and-white photo of a light-skinned African-American boy smiling above the title. Below the title is a recipe for Sloppy Joes a color photo of the prepared dish. "Nasoya: We're putting tofu on America's tables."

Note: This ad also appeared in the April 2000 (p. 63) issue. Address: One New England Way, Ayer, Massachusetts 01432.

11950. Ontario Soybean Growers. 1999. Canadian soybeans (Ad). *Soya & Oilseed Bluebook* 2000. p. 104.
• ***Summary:*** This one-third page black-and-white ad states: "High quality, food grade soybeans for the production of tofu, miso, natto, soymilk, soy sprouts, soy sauce, tempeh and other soya products. Soybeans for the crush market. Identify preserved (I.P.)–Specialty soybeans. Organic and transitional soybeans. Container–Bag/bulk. Bulk vessel.

"Trusted, reliable, supplier of soybeans to the world for over 25 years.

"For more information or a list of suppliers contact: Canadian Soybean Export Association." Address: P.O. Box 1199, Chatham, Ontario, Canada N7M 5L8. Phone: 519-352-7730.

11951. **Product Name:** More Than Tofu (Marinated) [Garlic Shiitake, Porcini Herb, Italian Herb, Savory Portabella].
Manufacturer's Name: Sunergia Soyfoods.
Manufacturer's Address: P.O. Box 1186, Charlottesville, VA 22902. Phone: 804-970-2798.
Date of Introduction: 1999. September.
Ingredients: Garlic Shiitake: Tofu (water, soybeans*, nigari), textured soy flour*, garlic flakes*, cracked black peppercorns. Marinade: Tamari soy sauce (water, soybeans*, salt), shiitake mushrooms, yeast extract. * = Certified organic by OCIA.
Wt/Vol., Packaging, Price: 10.5 oz. (300 gm). Reclosable square vacuum pouch about 3/4 inch thick. Retails for $2.99.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Jon Kessler. 2000. Oct. 5. These two products were in local retail stores on 1 Sept. 1999.

11952. **Product Name:** Frozen Tofu Cubes.
Manufacturer's Name: Tendore.
Manufacturer's Address: Wakayama prefecture, Japan.
Date of Introduction: 1999. September.
How Stored: Frozen.
New Product–Documentation: Talk with Christine, co-worker with Michio Kushi. 2000. Oct. 20. Tendore makes frozen tofu. They add starch, which enables it to stay soft when added to hot miso soup. Then they flash-freeze it for about 20 minutes. Trader Joe's has carried the product.

Talk with manager of Trader Joe's in Lafayette, California. 2000. Oct. 20. This product, imported from Japan, was sold on a one-time trial basis by Trader Joe's. They discontinued the product in about April 2000 because it did not sell very well.

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11953. Tree of Life, Inc. 1999. She's gotta have it. And she's gotta have it from you (Ad). *Natural Foods Merchandiser.* Sept. p. 61.
• ***Summary:*** This full-page color ad (see next page) shows a lovely young lady, photographed from above, dressed in blue jeans, holding a package of Tree of Life Baked Organic Tofu. Next to the Tree of Life Logo is the tagline: "Our brand is your brand."

This ad also appeared in the March 2000 (p. 97) issue of this magazine. Address: P.O. Box 410, St. Augustine, Florida. Phone: 1-800-260-2424.

11954. White Wave, Inc. 1999. Another evening in Tofutown (Card). Boulder, Colorado. 4 panels. 16 cm.
• ***Summary:*** On the cover of this printed, folded invitation card (each panel is 6¼ by 4½ inches) is written "Another evening in Tofutown," in red on the marquis of the historic Boulder theater.

On the inside left panel we read: "Join us on Saturday evening, October 16th, in the Boulder Theater, from 6:30 p.m. to 1:00 a.m. at 14th & Pearl (as if it could be anywhere else). On the right inside panel: "You are cordially invited to another evening in Tofutown with White Wave, in celebration of the nearly rabid success of the industry, and our fair town of Boulder, the hip-notic center of the Natural Foods Jujuniverse. Hors d'oeuvres & dancing, featuring the infectious Nigerian Juju-based rhythms of Kotoja. It'll happen this way: Doors open 6:30. Grub pops 7:00. Socks spin 8:30. Doors snap 1:00. 'Cause we're all old now. If the music don't move ya... you're probably dead."

On the back: "Hey, if we'd tried to do this thing anywhere but Boulder, we might still be making tofu in the bathtub." White Wave logo. TofuTown cards. "When you are enough to send the veggie-est!" Sent 25 Sept. 1999.

Note: This is in part to celebrate the recent alliance between White Wave and Dean Foods. Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: (303) 443-3952.

11955. Flagg, Michael. 1999. A local price war turns analysts sour on Vitasoy: U.S. prospects aren't enough to sway opinion. *Asian Wall Street Journal* (*Hong Kong*)**.** Oct. 20. [Eng]
• ***Summary:*** Vitasoy International Holdings sells soy milk in Hong Kong, the U.S. and China. In 1998, the company bungled the opening of its U.S. factory, a converted shrimp processing plant near Boston, Massachusetts [Nasoya]. The state-of-the-art production line for tofu experienced many start-up problems, which drove Vitasoy profits down 13%. In 1996 profits plunged 75% following a recall in Hong Kong. A graph shows that Vitasoy stock, selling at HK$3.4 in Nov. 1998, has plunged to a 52-week low of HK$2.15 today.

But there are grounds for optimism. In the USA soy milk sales, which were US$2 million 20 years ago, are expected to reach US$300 million this year. Yet Vitasoy's big problem is a price war in Hong Kong, where the company still gets two-thirds of its sales.

11956. Food and Drug Administration, U.S. Department of Health and Human Services. 1999. FDA Approves new health claim for soy protein and coronary heart disease. *FDA Talk Paper* T99-49. Oct. 20.
• ***Summary:*** "On October 26, 1999, the FDA will authorize use of health claims about the role of soy protein in reducing the risk of coronary heart disease (CHD) on labeling of foods containing soy protein. This final rule is based on the FDA's conclusion that foods containing soy protein included in a diet low in saturated fat and cholesterol may reduce the risk of CHD by lowering blood cholesterol levels.

"Coronary heart disease, one of the most common and serious forms of cardiovascular disease, is a major public health concern because it causes more deaths in the U.S. than any other disease. Risk factors for CHD include high total cholesterol levels and high levels of low density lipoprotein (LDL) cholesterol.

"This new health claim is based on evidence that including soy protein in a diet low in saturated fat and cholesterol may also help to reduce the risk of CHD. Recent clinical trials have shown that consumption of soy protein compared to other proteins such as those from milk or meat, can lower total and LDL-cholesterol levels.

"Foods that may be eligible for the health claim include soy beverages [soymilk], tofu, tempeh, soy-based meat alternatives, and possibly some baked goods. Foods that carry the claim must also meet the requirements for low fat, low saturated fat, and low cholesterol content except the foods made with the whole soybean may also qualify for the health claim if they contain no fat in addition to that present in the whole soybean.

"Scientific studies show that 25 grams of soy protein daily in the diet is needed to show a significant cholesterol lowering effect. In order to qualify for this health claim, a food must contain at least 6.25 grams of soy protein per serving, the amount that is one-fourth of the effective level of 25 grams per day. Because soy protein can be added to a variety of foods, it is possible for consumers to eat foods containing soy protein at all three meals and for snacks.

"An example of a health claim about the relationship between diet and the reduce risk of heart disease is:

"Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of (name of food) provides ____ grams of soy protein.

"This new health claim rule responds to a petition submitted to the FDA by Protein Technologies International. This rule is based on the proposed rule that was published in the Federal Register on November 10, 1998, and comments received by the FDA. Use of the claim in food labeling is

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authorized immediately." Address: Public Health Service, 5600 Fishers Lane, Rockville, Maryland 20857.

11957. Lin, Wendy. 1999. Have your soy and like it, too: Addictively delicious beans make it easy to swallow. *Newsday* (*Long Island, New York*)**.** Oct. 20.
• ***Summary:*** Soy contains much of what Americans need. Yet many Americans shun foods like tofu in droves. Now, however, a new product "stands a fighting chance of being welcomed into the American home. Green soybeans–called edamame in Japanese–are expanding out of the specialty and health food stores and into area supermarkets." Cookbook author Lorna Sass says she can't stop eating them; yet a year ago they were largely unavailable in New York City. Others describe them as "outrageously delicious." Soy cookbook author Dana Jacobi, adds that not only are they delicious, they have all the benefits of soy. She thinks they might win a prize as "the cutest vegetable."

In 1997 SunRich introduced frozen, shelled green soybeans under the trademarked name Sweet Beans, but the product didn't do very well. In the spring of 1999 they reintroduced it under a new name–Sweet Soybeans. SunRich also supplies Birds Eye with green soybeans for its Baby Broccoli Blend, a mix of frozen vegetables sold in supermarkets. A large photo shows shelled edamame. Address: Staff writer.

11958. Riccardi, Victoria Abbott. 1999. Enjoying soy: You know it's good for you. Now learn to like it. *Boston Globe.* Oct. 20.
• ***Summary:*** When people hear the word "soy," different images come to mind. "For devotees of sushi, it might be emerald green soybeans. For the Woodstock generation, it could be custardy blocks of tofu. And for juice bar addicts, it might be soy milk for smoothies." But whoever you are, soy has "likely crossed your radar screen. And pretty soon its going to be on every channel."

Peter Golbitz, president of Soyatech Inc. (Bar Harbor, Maine) has just completed a market study. In 1998 total soyfoods sales were $1.78 billion, up 18% from 1997. They are projected to be $2.6 billion by the year 2000.

Gives a good profile of two local mom-and-pop companies: Health-Trip Foods Inc. of Concord, owned by Eileen Moriarty and Dan Sanford, makes soynut butter. 21st Century Foods Inc. of Jamaica Plain, owned by Rudy and Lovin Canale, makes 800 lb/day of tofu. Before coming to the USA, Rudy ran a health food restaurant in Italy. He came here in 1977 to study macrobiotics at the Kushi Institute in Becket, Massachusetts. In 1981 he and an Italian friend started making tempeh in Brookline. Soon they added tofu products, using tofu made by another company. When the cost of the tofu became prohibitive, they started making their own. Now he and his wife, Lovin, do all the work and delivery. Last year they had $175,000 sales, and even with no advertising they make a profit.

11959. Jacobi, Dana. 1999. Impressions of the Natural Products Expo in Baltimore, Maryland (Interview). *SoyaScan Notes.* Oct. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Expo was great! There were an unusually larger number of new companies selling soy products; Dana picked up many sell sheets. The Soyfoods Association had a meeting at the Expo at which Peter Golbitz announced that the FDA health claim concerning soy protein and heart disease will allow traditional, whole soyfoods (such as tofu and soymilk) to bear the claim–even though they contain more fat than allowed under the claim. This was an unexpected development–and very good news. The claim says that 25 grams of soy protein in a low-fat diet may reduce the risk of heart disease. The Association also presented a new position paper on genetically engineered soybeans in soyfoods, stating that foods containing GMO ingredients should be so labeled. The Association did not oppose the use of GMO soybeans in soyfoods, noting that genetic modification will be used for many different purposes, some of which may have health benefits.

Two prepared soy puddings were debuted at the Expo–one from Westbrae and one from Zen Don. Both came in two flavors: chocolate and vanilla. The chocolates were both delicious; the vanillas were not so good. Zen Don is run by a young man age 30-32 who has introduced a soymilk under the brand Zen Don, which has a picture of a panda on the package, and which he has positioned for the mainstream market to compete with Silk. Dana believes that with this name and graphics, the product is mispositioned; moreover she finds it much too sweet.

White Wave debuted Silk eggnog in quarts. They were also dispensing Silk in four new flavors from a cooler and asking for comments: Lemon (which Dana found delicious), strawberry, chai, and cappuccino.

Abbott Laboratories (Chicago, Illinois) is now the mother company for HealthSource (formerly Health Source, from a subsidiary of Protein Technologies International–PTI), the protein powder drinks from Ross Products. This is not cleared stated on sales sheets.

Dana did not see the FDA health claim in today's (Tuesday's) *New York Times.* It will probably be in the Wednesday edition, which has a special food section–as do many other major newspapers. Address: New York City.

11960. Brasher, Philip. 1999. Soy becomes healthy option: Under new rules that allow health claims, the milk alternative is expected to find a wider audience despite its relative lack of flavor. *Contra Costa Times.* Oct. 27. p. C1, C4. Business/technology section. Wednesday.
• ***Summary:*** The U.S. government is now allowing food labels to tout soy's ability to lower cholesterol, so a new

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surge of interest is expected–and not just in traditional soy-based foods such as tofu and soy milk. To qualify for the label claim, a food must contain 6.25 gm of soy protein per serving; this is one-fourth of the 25 grams of soy protein daily that studies have shown is needed to have a significant cholesterol-lowering effect. Carlos Gutierrez, president of the Kellogg Co., says soy is a big food opportunity. Sales of soy-based foods are expected to reach $2.14 billion this year, up from $852 million in 1992, according to Soyatech. Address: Associated Press.

11961. *Denver Post.* 1999. Soy labels expected to boost sales. Oct. 27. *

11962. Egan, Jeanette Parsons. 1999. Soy! Soy! Soy! Enjoy soyfoods' benefits in delicious recipes. Tucson, Arizona: Fisher Books. xxx + 162 p. Oct. Illust. Index. 23 cm. Simply Healthy Series.
• ***Summary:*** This is a soyfoods cookbook. Contents: Dedication. Acknowledgments. Why I love soyfoods: Why eat soyfoods?, soy's health benefits, reduces heart disease, helps prevent cancer, soy for your bones (osteoporosis), to flash or not to flash (menopause), what about soyfoods allergies, how much soy should I eat? (soy protein, isoflavones), where to purchase soyfoods, how to add soy to your diet, important notes about eating soy. A soyfoods glossary: Black soybeans and yellow soybeans, green soybeans (edamamé), meat alternatives or analogs, miso, soy cheeses, soy cream cheese, soy flour, soy grits, soy milk (soy beverages), soybean oil, soynuts, soynut butter (roasted soybean butter), soy protein concentrates, soy protein isolates, soy sauces (tamari, shoyu), soy yogurt, tempeh, textured soy protein (TSP), tofu. Appetizers. Soups. Salads. Main dishes. Side dishes. Breads. Breakfast dishes. Desserts. Mail order sources for soyfoods. Other sources.

Contains 8 full-page color photos showing recipes. This is not a vegetarian cookbook. Recipes call for the use of chicken (4 recipes), ground beef, ham, crab meat, etc.

11963. Fallon, Sally; Enig, Mary G. 1999. Nourishing traditions: The cookbook that challenges politically correct nutrition and the diet dictocrats. 2nd ed. Washington, DC: New Trends Publishing Inc. xvi + 668 p. Illust. by Marion Dearth. Subject index. Recipe index. Menu index. 26 cm. [200* ref]
• ***Summary:*** Contains over 700 recipes. Contents: Preface. Introduction: Politically correct nutrition, fats, carbohydrates, proteins, milk & milk products, vitamins, minerals, enzymes, salt, spices & additives, beverages, about food allergies and special diets, parting words, guide to food selection (nourishing traditional foods, compromise foods {such as tofu}, newfangled foods {such as soy protein isolates and commercial soy milk}), a word on equipment, kitchen tips & hints, references (188). Mastering the basics. Great beginnings. The main course. A catalog of vegetables. Luncheon and supper foods. Grains & legumes. Snacks and finger foods. Desserts. Beverages. Feeding babies. Tonics and superfoods. Appendixes (A-F). About the authors.

Some of the basic recommendations in this book fly in the face of modern nutritional science: Eat more meat. Eat dairy products made from raw milk; pasteurization harms the milk. The worst fats are *trans* fatty acids, produced by hydrogenation; cholesterol and saturated fats do not cause heart disease. Consume plenty of enzymes. Meat should be eaten raw, rare, or braised in stock. Moreover, the authors propose a conspiracy in which doctors, researchers, nutritionists, and spokesmen of various government agencies are giving bad nutritional advice to the American public (p. 2). The authors wish, sentimentally, for the return of the small American farm. Moreover, they do not examine some the non-dietary issues related to a diet based on meat and dairy products: What is its impact on the environment? How would it affect the ability of the Earth to feed more than 6 billion people? What right do humans have to kill animals?

However the authors also make a number of recommendations that many people would agree with: Eat more natural, traditional, fresh, and unrefined foods instead of refined and processed foods. Avoid sugar and hydrogenated fats. This book is strongly influenced by the observations of Dr. Weston Price, a dentist, whose important book *Nutrition and physical degeneration: A comparison of primitive and modern diets and their effects,* was published in 1939.

Concerning soyfoods, the authors favor the use of small amounts of fermented soyfoods (such as traditionally fermented soy sauce and miso) but are strongly opposed to the use of non-fermented soyfoods such as tofu and soymilk.

Soy-related recipes and information: Commercial soy formulas are low in saturated fats and devoid of cholesterol (p. 6). Today most of the fats in the American diet are polyunsaturated and derived from vegetable oils such as soy (p. 10). The cheapest oils, such as soy oil, are often hydrogenated; this creates *trans* fatty acids (p. 14-15). Cows lose valuable Activator X when fed high-protein soy-based feeds. Lecithin is found in butter (soy, the main source of lecithin worldwide, is not mentioned). Mother's milk is high in cholesterol because it is essential for growth and development (p. 16-17).

Omega-6 (bad) and omega-3 (good) fatty acids in soybean oil (p. 19). Fermented soy foods contain compounds that resemble vitamin B-12 but they are not absorbed by humans (p. 28). Isolated protein powders made from soy are usually obtained by a high-temperature process that over-denatures the proteins to such an extent that they become essentially useless, while increasing nitrates and other carcinogens. These isolated soy proteins can cause osteoporosis (p. 29).

Beef should not be fed soy meal for protein, but rather

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animal parts (p. 31). Avoid farm raised fish [aquaculture] that have been fed soy meal (p. 32). Cultured soybean products from Asia, such as natto and miso, are a good source of food enzymes if they are eaten unheated (p. 47). The natural glutamic acid in soy sauce and miso gives these foods their rich, meat-like taste (p. 49). Many processed foods contain MSG or hydrolyzed protein, "especially soy-based concoctions" (p. 50).

Heavily yeasted foods, such as soy sauce and Worcestershire sauce, often exacerbate the symptoms of chronic yeast [candida] infection (p. 56). Beans cause digestive problems because they contain two complex sugars, farrinose [sic, raffinose] and stachyose (p. 60). The macrobiotic diet and soybeans: Use only as fermented products like miso, natto, and tempeh. Problems with tofu, soy milk, and phytoestrogens in soy (p. 62). The sickening effect of soy on ruminants (p. 87). In Japan, a typical meal contains miso, soy sauce, and pickles, all fermented products. In Indonesia, they eat tempeh (p. 94).

Ode to naturally brewed tamari soy sauce and teriyaki sauce (p. 147). Soy products increase the body's need for vitamin B-12 (p. 164). Soy in Chinese history. Miso soup. Tofu in fish stock and soy sauce broth (p. 201). Macrobiotic diets (p. 343). Soy foods block zinc absorption (p. 348). Eat natural salmon; farm-raised salmon are fed inappropriate soy meal (p. 418). Problems with soy flour and modern soy products: phytates, antinutrients, omega-3 fatty acids, disagreeable taste, phytoestrogens, phytic acid, enzyme inhibitors (p. 477, 495).

Soybeans are low in two essential amino acids (p. 496). Textured soy protein contains three antinutrients: Phytic acid, trypsin inhibitors, and isoflavones (p. 502). Person fed soybean milk as an infant had a spleen filled with ceroid (p. 546). Infants should not be fed soy-based formulas which contain phytic acid and estrogen compounds (p. 599, 603-04).

Note: The first edition was apparently published in 1995 by ProMotion Publishing (San Diego, California). Address: California. Phone: (877) 707-1776.

11964. Mans, Jack. 1999. Pacific Foods of Oregon–High-tech aseptic: At the forefront of the boom in soy-based and other nutritional beverages and packaging. *Dairy Foods.* Oct. p. 57-58, 60, 62, 64, 66.
• ***Summary:*** Pacific Foods was founded in 1987 to make tofu using a new, automated process. But they quickly found that soymilk was their main product, sold in aseptic cartons. Many of these are now packaged in one-quart aseptic cartons with resealable flip-top spouts.

The company, which recently expanded, now has nine buildings totalling 250,000 square feet on its 21-acre site. Three of the buildings are dedicated to processing, packaging, and office space; the rest are for warehousing, maintenance, etc.

This year Pacific Foods introduced a new type of soymilk in a new type of carton. Named Milk & Soy Blend, it is 100% lactose free and comes in plain and vanilla flavors, sold in a square aseptic carton with a screw-top cap. Even though the product does not require refrigeration, it is being marketed to supermarket dairy cases–to get more attention from consumers. Pacific Foods is the first company in the USA to use the new screw-top aseptic package. Address: Plant operations editor [Chicago, Illinois].

11965. Stewart, Kim. 1999. Dean Foods buys minority share in White Wave. *Natural Foods Merchandiser.* Oct. p. 21.
• ***Summary:*** Dean Foods (NTSE: DE), America's No. 1 producer and distributor of fluid dairy products, announced in August that it has purchased a minority share in privately held White Wave Inc. White Wave plans to place its Silk brand soymilk and yogurt, plus various tofu and baked tofu products, in the more than 17,000 supermarkets that Dean Foods presently supplies. During the year 2000 White Wave's goal is to reach 10,000 of those stores or "10K by 2K," according to Steve Demos.

Data from SPINS shows that Silk brand soymilk products are the most popular of the 10 leading brands, and that sales of the Silk brand grew 74.7% during the past year (June 1998 to Jun 1999). During that time, 70% of White Wave's income came from the natural foods marketplace. The company predicts that this will drop to 50-60% during fiscal year 2000 as Silk moves into the mass market.

White Wave's two plants in Boulder, Colorado, now have about 43,000 square feet in two locations; the company plans to increase that by 15,000 square feet or 34%. The existing facilities were designed to produce about 12 million units of product a year, but are now producing about 15 million.

A color photo shows Steve Demos smiling as a pours a glass of Silk brand soymilk. Note: Talk with Bob Gerner of Berkeley Natural Grocer. 1999. Oct. 18. White Wave often shorts Bob on his orders of Silk; he almost never gets as much as he orders.

11966. **Product Name:** Tofu (Curded with Calcium Sulfate) [Regular Organic, or Soft Organic].
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 1999. October.
Ingredients: Filtered water, organic* soybeans, calcium sulphate (gypsum from the earth). * = Grown in accordance with the California Organic Food Act of 1990.
Wt/Vol., Packaging, Price: 14 oz packed in water in molded plastic tray.
How Stored: Refrigerated.
New Product–Documentation: Two Labels sent by Matthew Schmit. 2002. Sept. 9. The product was introduced

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in Oct. 1999. 4½ by 3½ inches. Self adhesive. Red or green, black, and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Good source of calcium. Crafted in small batches from whole soybeans for a sweet, delicate flavor. Low in saturated fat. Cholesterol free. Contains 170 mg Omega 3 fatty acids per serving. Made in Humboldt."

11967. Tofu Shop Specialty Foods Inc. 1999. Tofu Shop: Organic Tofu Products (Signs). Arcata, California. 3 p.
• ***Summary:*** These three promotional signs on thick glossy white paper were sent by Matthew Schmit. 2002. Sept. 9. They were introduced in Oct. 1999–at the same time as the company's new label for firm organic nigari tofu. Sign #1 is vertical 8½ by 11 inches, #2 is horizontal 7.75 by 11 inches, and #3, designed as a little table tent, has two identical images, each 4¼ by 5¼ inches. Each sign uses the same colors: Blue, orange, and green on white. Down the left side of each is a handsome, impressionistic watercolor illustration showing a tofu shop on stilts on a cliff with a tree arching overhead. Across the bottom of each sign is printed in blue: Tofu Shop Specialty Foods, Inc., Arcata, California.

Sign #1 (large and vertical) text: "Tofu Shop: Organic Tofu Products. Quality: Crafted in small batches from the finest organic ingredients. Nutrition: Good protein, low saturated fat, cholesterol free. Variety: Available fresh, baked, smoked, or spreads."

Sign #2 (horizontal) text: "Tofu Shop: Organic Tofu Products. Crafted in small batches from the finest organic ingredients."

Sign #3 (table tent) text: "Tofu Shop: Fine Tofu Products. Crafted in small batches from whole, organic, GMO-free soybeans." Address: 100 Ericson Ct., Suite 150, Arcata, California 95521.

11968. **Product Name:** Smoked Tofu Flavors [Lemon Garlic, or Herbs & Spices].
Manufacturer's Name: Tree of Life, Inc. (Marketer-Distributor).
Manufacturer's Address: P.O. Box 410, St. Augustine, FL 32085-0410. Phone: (904) 825-2095.
Date of Introduction: 1999. October.
Wt/Vol., Packaging, Price: 18 oz (510 gm) plastic jar.
How Stored: Shelf stable.
New Product–Documentation: Short in *E–The Environmental Magazine*. 1999. "Tools for Green Living: New life to tofu." Sept/Oct. p. 52. Tree of Life offers tofu in "a new line of smoked flavors. Lemon Garlic and Herbs & Spices have been added to the Original and Hot & Spicy line."

11969. **Product Name:** Tofurky "Giblet" Gravy.
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031.
Date of Introduction: 1999. October.
Ingredients: Water, unbleached flour, expeller pressed non genetically engineered canola oil, Tofurky Giblets (water, vital wheat gluten, organic tofu...)... natural vegetarian flavor, spices, organic cane juice, sea salt, onion, garlic, autolyzed yeast, caramel color, non-dairy lactic acid culture.
Wt/Vol., Packaging, Price: 14 oz plastic tub. Retails for $3.29 (2003/12, Lafayette, California).
How Stored: Frozen or refrigerated.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 2003. Dec. 3. Paperboard sleeve has a round color photo of a boat of gravy on a wooden table surrounded by natural foods, against a blue background. "100% vegan. 'The world's best vegetarian gravy.'" Soyfoods Center taste test: Poor flavor and texture–especially compared with previous versions of this once-delicious gravy. Very bland. The "giblets" are very small. The texture is lumpy.

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Talk with Seth Tibbott of Turtle Island. 2003 Dec. 4. This product was introduced 4-5 years ago. It is very popular and many people have said how much they like it. This year Turtle Island has sold more than 8,000 cases, up from 6,700 cases last year.

11970. United Soybean Board. 1999. National report on consumer attitudes about nutrition–1999-2000. Seattle, Washington. 8 p. Oct. 22 cm.

• ***Summary:*** This sixth annual nationwide survey, commissioned by the United Soybean Board, was conducted in July 1999 by an independent research firm in Seattle, Washington. It included telephone interviews with 1,028 randomly selected consumers and primary household shoppers of all ages throughout the USA. They were asked a series of up to 23 questions. The standard margin of error for the study is ±3.1%.

Contents: Concern about nutritional content of food (1996-99). Americans changing eating habits due to concern about nutrition (1996-99). Specific dietary changes (Big changes: Reduce fat 49%, more vegetables 25%, more fruit 18%, less red meat 17%). Importance of nutrition in selecting groceries and restaurants. Americans recalling stories on health and nutrition issues.

Consumer perceptions of genetically modified food, biotechnology, and labeling: Aware of the term "genetically modified food"–42% in 1999 vs. 48% in 1998; aware of "biotechnology"–36% in 1999 vs. 41% in 1998. "Consumers continue to view biotechnology more favorably than genetically modified. When asked if they would continue to purchase a product with these terms on the label, 71% said yes or maybe to the term biotechnology, while 58% said yes or maybe to the term genetically modified."

Consumer perception of cooking oils: "More consumers (89%) perceive soybean oil as being healthier than any other oil"–followed by olive oil (87%) and canola (86%). "However most Americans (78%) are unaware that vegetable oil is often synonymous with soybean oil."

The healthiness of soy and soy products: "The number of consumers who perceive soy and soy products as very healthy increased significantly to 71% from 67% in 1998 and 59% in 1997.

"Forty percent of consumers are aware of specific health benefits of soy, such as reducing the risk of heart disease (14%), lowering cholesterol (10%), reducing the risk of breast cancer (8%) and prostate cancer (5%) and relieving or reducing the symptoms of menopause (7%)."

Consumer awareness and use of soy products: "Consumers report they are eating more soy products. Of those who have tried soy products, 68% report using them regularly. Twenty-four percent report using soy products once a week or more, compared to 15% in 1998. More consumers also report that they eat soy occasionally, about once a week.

"The three products that ranked highest in consumer awareness are tofu (78%), soy veggie burgers (72%) and soy milk (63%).

"Tofu and soy veggie burgers continue to receive the highest level of trial among consumers at 43% and 38%, respectively."

Consumer perceptions of *trans* fat and hydrogenation. "Over half of consumers are aware of *trans* fatty acids (58%) and hydrogenation (54%). Fifty-three percent understand what the term *trans* fatty acids represents and 64% are familiar with the term hydrogenation.

"Most consumers view hydrogenation either neutrally or positively (56%), while 44% view the term negatively.

"Consumers seem to be confused about the healthiness of *trans* fatty acids. Forty-five percent think of *trans* fatty acids as somewhat or very healthy while 55% view it as somewhat unhealthy or very unhealthy.

"Consumers are also split between their likeliness to purchase a product with *trans* fatty acids listed on the Nutrition Facts label. Forty-five percent are either very likely or somewhat likely to purchase a product with a *trans* fatty listing on the label and 55% would be somewhat or very unlikely to do so. This split also seems to indicate confusion among consumers about the term *trans* fatty acids."

Talk with Vicki M. Nesper of United Soybean Board / Publicis Dialog, in Seattle, Washington. 2002. May 2. This survey was conducted in July 1999, about 3 months before the FDA issued its health claim. The preliminary results were released at the IFT convention that summer. The report itself was published in October–as it is each year.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

11971. Houle, Barbara M. 1999. Oh boy, soy! *Telegram & Gazette* (*Worcester, Massachusetts*). Nov. 3.

• ***Summary:*** Elizabeth M. Ward of the American Dietetic Association discusses the new FDA heart health claim for soy. Food include whole dry soybeans, fresh immature soybeans [edamame], roasted soy nuts, tofu, and textured soy protein. Large photos show: Green soybeans in the pods, roasted and salted soy nuts, and many cartons of soymilk. Address: Food Editor.

11972. Kluger, Jeffrey. 1999. What's for dinner? Our chef whips up a tasty meatless meal that's good for you–and for nature. *Time.* Nov. 8.

• ***Summary:*** In the "health and environment" section: The article begins: "If the human race becomes vegetarian in the next century, animal-rights activists will be ecstatic. But what about the rest of us? Can we possibly enjoy a meat-free, dairy-free [sic] future when hunter-gatherer appetites will still be hard-wired into our genes?"

Time has chosen Louis Lanza, executive chef at and

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owner of Josie's Restaurant and Juice Bar in New York City, to prepare a dinner for the year "2025 that would be good for the body–and the planet. In his tasty menu, liver pate gives way to lentil pate, steak is replaced by tofu cutlet and a banana-and-ice-cream dessert is made with rice milk instead of cow's milk."

The dinner includes: "Soup and salad: Chick-pea miso soup with salad of organic baby greens, heirloom tomatoes and toasted soy nuts.

"Entree: Seared tofu cutlets in an orange chipotle glaze with mushrooms, butternut squash and wheatberries." For dessert is a sundae of rice "ice cream" [Rice Dream].

11973. Kawata, Ayumi. 1999. The LA Tofu Festival on 14-15 August 1999 (Interview). *SoyaScan Notes.* Nov. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This year's Tofu Festival was the biggest and most successful yet. More than 26,000 people came. The Little Tokyo Festival was part of the 59th Nisei Week Japanese Festival, the longest-running Japanese festival in the USA. Nisei Week began in 1934 during the Great Depression, when the Nisei (second-generation Japanese-American) community established the first festival to create goodwill in the local community and attract businesses to Little Tokyo. The festival continued until 1941, when West Coast Japanese were relocated to internment camps. Even though the Japanese community returned to the area in 1945, the festival didn't start again until 1949. It is now one of the leading ethnic festivals in the United States.

This year they created a lovely Tofu t-shirt. Ayumi will send the official program booklet and a packet of press clippings. Address: Little Tokyo Service Center (Resource Development Center), 231 East 3rd St., Los Angeles, California 90013. Phone: 213-473-1602.

11974. Bossert, René. 1999. Tofu-Absatz waechst weiter [Sales of tofu continue to grow]. *Badische Bauern Zeitung* (*BBZ, Germany*)**.** Nov. 20. No. 46. p. 20. [Ger]
• ***Summary:*** In 1999 Life Food purchased the organic, non-GE soybeans from 115 hectares (ha), mostly from the Rhine valley of southern Baden. In the year 2000 they plan to expand this to 140 ha. Sales of tofu are also growing. The company sells basic tofu and 30 products made from tofu such as patties, terrines, and smoked tofu. This year the company will produce about 800 metric tons of tofu.

The company now gets about half of its soybeans from Hungary and France. This year it paid its German contract farmers 1,250 German marks per metric ton for soybeans.

A portrait photo shows Wolfgang Heck, managing director (*Geschäftsführer*) of Life Food GmbH ("Taifun").

11975. Creamer, Beverly. 1999. Tofu linked to dementia, study says: 2 servings a week may be harmful. *Honolulu Advertiser.* Nov. 20. p. A1, A5. [1 ref]
• ***Summary:*** "Eating tofu more than twice a week in midlife may diminish brain function in old age, and lead to Alzheimer's disease, according to ground-breaking research by Hawaii scientists." Alzheimer's affects 2% of America's 65-year-olds and up to 16% of 80-year-olds; this is the first time scientists believe they have found a risk factor for the disease.

The team, led by Dr. Lon White, draws its findings from a database of long-term information (starting in 1965)–that of the 3,734 Japanese-American men in the Honolulu Heart Program. White, who was invited to speak, presented his findings at a recent conference in Washington, DC, sponsored by the nation's soy industry. With funds from the National Institute on Aging, White has been working on the tofu connection for several years as part of the Honolulu-Asia Aging Study and the Honolulu Heart Program.

White compared the dietary habits of 3,734 Japanese-American men whose tofu consumption ranged from zero to many servings a week. He found that those who ate the most scored lower than those who ate little on a standard cognitive function test for determining dementia.

Moreover, autopsies conducted on the brains of 300 members of the study who have died showed that the brains of those who consumed two or more servings of tofu a week weighed less than those who consumed fewer than two servings.

These cause of the problem is not yet known. Dr. Helen Petrovich, a co-investigator, theorizes that tofu might be slowing down production of estrogen in the brain, or interfering with its natural binding in the brain. Yet moderate amounts of tofu are still thought to bring health benefits.

Note: White has submitted his research to various scientific journals, but none have accepted or published it. The journals *Nature* and *Science* turned it down. Address: Dr., Pacific Health Research Inst., Kusinki Medical Center, Hawaii.

11976. Schultz, Stacey. 1999. Pass the tofu tacos: Soy-based foods are disease fighters, but they can taste pretty weird. *U.S. News and World Report.* Nov. 22. p. 77-78.
• ***Summary:*** Another typical soy article: Soy is healthy, sales are booming, the stuff tastes awful. During the past year, soyfood sales have increased 35% to $494 million, largely because of reports of soy's health benefits–many of which are caused by isoflavones. Studies show that older women who consume soyfoods are likely to benefit. In one recent study, post-menopausal women who ate 40 grams of isolated soy protein a day for 12 weeks experienced a 45% decrease in the number of hot flashes.

A sidebar titled "How to fit soy into your diet" gives short descriptions of some "whole soy foods" and the number of grams of protein per serving: Soy milk, whole soybeans (edamame or cooked dry soybeans), miso, textured soy protein, and tofu. A large photo soys many types of

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prepared soyfoods (not in packages). Contains several factual errors, e.g. soy nuts are high in cholesterol, etc.

11977. Greenfield, Beth. 1999. Yo! Soy! The road to enlightenment is easy to discover in India. Finding tofu is another matter. *Long Island Voice* (*New York*) 3(46):11. Nov. 18-24.
• ***Summary:*** The author, a vegetarian, hungered for tofu as she traveled in sun-drenched Goa on the southwestern coast of India. An Indian state since 1987, Goa used to be a Portuguese colony, and the capital of Portuguese India. Suddenly she discovered a new-looking restaurant named "Bean Me Up," started by Lisa Ann Camps (age 37) of Islip, Long Island.

In 1984 Lisa had come to Goa from Florida to take care of an ex-boyfriend who had broken his arms and legs in an accident. She never left. And the reason was Goa–not the ex-boyfriend. During the late 1960s, Goa had been made popular as India's southern beach resort by wandering Western hippies in search of enlightenment and sunny escapism. Always resourceful, Camps began by starting her own lingerie company named Ooh La La. But as a vegetarian, she missed tofu. So she learned how to make her own soymilk and tofu. Then last year (1998), at the urging of veggie tourists, she started her own tofu shop using soybeans imported from the northern state of Himachal Pradesh. Since local restaurants were reluctant to carry her tofu and since she had restaurant experience from Florida, she decided to start her own place to serve the tofu she made. Camps, now an apostle of tofu in India, hopes to introduce this vegetarian source of protein to rich and poor alike who come to enjoy India's Riviera.

Photos show: (1) The sign announcing Bean Me Up; the words are written across a large circle with a figure seated in meditation at the center. (2) Lisa Camps, in Indian-style dress, seated at a table in her restaurant. Address: New York.

11978. Savidge, Mariella. 1999. Bean curd bird: Allentown's Fresh Tofu Inc. says customers flock to its meatless Thanksgiving treat. *Call* (*Allentown, Pennsylvania*). Nov. 24.
• ***Summary:*** Gary Abramowitz, age 47, owner (with his wife, Andrea) of Fresh Tofu Inc. in Allentown, Pennsylvania, now makes Tofu Turkeys for Thanksgiving. A large color photo shows him and an employee with six of them. Gary has been a vegetarian since the early 1970s. He used to be head chef at the High Street Cafe, a vegetarian restaurant in Morristown, New Jersey; there he met Jeff Connerton, who owned a tofu company named Fresh Tofu Inc., which had started operation in Easton, Pennsylvania, in Nov. 1984. In March 1985 he bought half of Connerton's tofu Company. The two worked together until Oct. 1988, when Abramowitz bought out Connerton's shares and became sole owner.

In about 1990, while still enjoying the meatless side-dishes at his family's Thanksgiving dinners, he began to think about an alternative. That year he created the prototype Tofu Turkey; it weighed about 14 pounds and measured 14 inches across. Fresh Tofu started producing the tofu-based Turkeys in 1992. The number sold grew steadily each year. In April 1999, to support the new growth, the company moved into an 18,000-square-foot building, part of the Bridgeworks business incubator [at 1101 Harrison St. in Allentown. Phone: 610-433-4711] Fresh Tofu now has 17 employees. Address: Food Editor. Phone: 610-433-4711.

11979. Duke, James A. 1999. Isoflavones in kudzu, soybeans, and other plants (Interview). *SoyaScan Notes.* Nov. 25. Conducted by William Shurtleff of Soyfoods Center. [2 ref]
• ***Summary:*** In a recent search of his FNF (Father Nature's Farmacy) database, which is now available free of charge at the USDA website, Dr. Duke found that kudzu ("the plant that ate Alabama") is *the* richest known source of daidzein, a key isoflavone, which could be used to treat osteoporosis. Ipriflavone, a synthetic compound widely used for osteoporosis in Europe, turns into daidzein in the gut. Dr. Duke has kudzu growing on his hillside in Maryland–which his neighbors don't appreciate. "I think if we could find yet another use for kudzu, we might harvest it for estrogenic isoflavones instead of spraying it with estrogenic pesticides. That's been a theme of mine for five years. It also rich in genistein." Dr. Duke and his coworker Peter Calhoun recently looked at 75 legumes in the FNF database for their content of genistein plus daidzein. *Psoralea* is the richest source of daidzein–50 times richer than the soybean–though it is not normally eaten; yet it is used in Indian and Chinese medicine. The soybean is roughly in the middle in terms of total genistein plus daidzein. The statements that the soybean is "the richest source of isoflavones" or "a unique source of genistein, are simply not true.

Nowadays kudzu's scientific name is most widely given as *Pueraria montana* (formerly *Pueraria lobata*). Shortly he will be analyzing an Asian species of *Pueraria* that is also rich in isoflavones.

Fermentation can raise the level of isoflavones. If an alfalfa sprout is inoculated with or attacked by a fungus, it's genistein content will rise 100-fold. The attack makes the living sprout defend itself by producing or eliciting fungicidal compounds (primarily isoflavones) that protect the plant. This response of a plant producing protective / defensive compounds of various sorts is called "fungal elicitation." Most of the genistein data in his FNF database was based on this "fungal elicitation." A stressed plant naturally produces defensive compounds–not just isoflavones. Many legumes do not have a high genistein content until the are "hit with a fungus." Dr. Duke thinks that Asians might get more estrogenic isoflavones from sprouted legumes (such as mung bean or soybean sprouts) than from tofu or miso.

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Dr. Duke's favorite soy product is miso; he invariably orders miso soup when he goes to a Japanese restaurant, but he never uses miso at home.

Dr. Duke is considering filing for a patent on use of the daidzein or isoflavones in kudzu to treat osteoporosis. Such a patent might enable him to interest an entrepreneur in battling kudzu productively rather than destructively. Any royalties would revert to an Amazon foundation with which he works.

Jim knows a lactation consultant who firmly believes that longer lactation and breast feeding is one of the best ways of preventing osteoporosis. She thinks that is more important than estrogenic isoflavones in the prevention of osteoporosis. Traditionally, women breast fed longer than they do today. Address: 8210 Murphy Rd., Fulton, Maryland 20759. Phone: 301-498-1175.

11980. Buell, Paul D.; Anderson, Eugene N. trans. and ed. 1999. A soup for the Qan: Chinese dietary medicine of the Mongol era as seen in Hu Szu-hui's *Yin-shan Chêng-yao.* London: Kegan Paul International. 715 p. 25 cm. 2nd ed. 2010. [Eng]*

• ***Summary:*** The book of which this is a translation, published in 1330, is about the food and medicine of the Yuan (Mongol) dynasty (A.D. 1279-1368) court in Peking. During this dynasty, China was ruled by Mongols who had invaded China from the north. Contains a good introduction plus one reference to soybeans and tofu, and many references to jiang (though none of them are indexed under chiang, jiang, or sauce)–some of which were probably soybean jiang (for example, see p. 423; Bream gruel with sauce).

Section 3 (p. 515-17) states: "Soybeans are sweetish in flavor and neutral and lack poison. They decrease demon *qi,* control pain, and drive out water. They expel heat of the stomach, bring down blood stasis, and counteract the poisons of various drugs. They are made into tofu. Tofu is cooling and moves the *qi."* Address: 1. Seattle, Washington; 2. Dep. of Anthropology, Univ. of California, Riverside, CA 92521-0418.

11981. GeniSoy Products. 1999. The magic of soy: Healthy cooking with soy protein. Summertown, Tennessee: The Book Publishing Co. 128 p. Index. 23 cm. [18 ref]

• ***Summary:*** Contents: Introduction–Experience the magic of soy, about GeniSoy, about soy, soy and heart disease, prevention with soy, soy and cancer, soy and osteoporosis, soy and menopause, choosing soy products, make room for soy. Smoothies and shakes. Breakfast. Breads and baked goods. Sauces, gravies, dips, dressings, and spreads. Soups, salads, and sandwich fillings. Entrees. Desserts.

Contains many vegan recipes for using soy protein isolate, named GeniSoy Soy Protein Powder, made by GeniSoy. GeniSoy was founded in 1997 after its parent company (MLO Products) began to manufacture isolated soy protein products for use in institutional research studies. Address: Fairfield, California.

11982. Morinaga Nutritional Foods, Inc. 1999. Lite'n your holidays with Mori-Nu Tofu (Ad). *Vegetarian Times.* Nov. p. 29.

• ***Summary:*** The top half of the ad is a color photo of the tofu pumpkin pie, surrounded by pumpkins and vegetables and one package of Mori-Nu Silken Firm Tofu.

The recipe for "Dairy-free, low-fat pumpkin pie" is given in the lower right quarter of the ad. In the lower left quarter is a color photo of 5 different packages of Mori-Nu Tofu. Plus an invitation to: "Create delicious, low-fat, dairy-free holiday dishes with Mori-Nu Lite Tofu. Creamy-smooth Mori-Nu Lite has only 1 gram of fat per serving, 50% less calories than regular tofu and it's an excellent source of cholesterol-free protein." Address: 2150 W. 190th St., Suite 110, Torrance, CA 90504.

11983. Nasoya Foods, Inc. 1999. It's enriched, It's light. It's delicious. It's a whole new tofu (Ad). *Vegetarian Times.* Nov. p. 7.

• ***Summary:*** This full-page color ad shows a photo of salad with cubes of marinated tofu in a white bowl. To the left of the photo is the recipe. Photos at the bottom of the ad show the upper two-thirds of two packages of Nasoya Enriched Tofu (Firm and Silken). The text states that these products are fortified with calcium and vitamins A, D, E, and B-12–and contain 50% less fat than regular tofu. Address: One New England Way, Ayer, Massachusetts 01432. Phone: www.nasoya.com.

11984. Nasoya Foods, Inc. 1999. Its enriched. Its light. It's delicious. Its a whole new tofu (Ad). *Natural Foods Merchandiser.* Nov. p. 40.

• ***Summary:*** A full-page color ad for Nasoya Enriched Tofu, which comes in two types: Firm and Silken. A true functional food. www.nasoya.com. Address: One New England Way, Ayer, Massachusetts 01432. Phone: (800) 4-NASOYA.

11985. *Nutrition Business Journal* (*San Diego, California*). 1999. Soy protein is big news for suppliers. 4(10/11):5-6. Oct/Nov.

• ***Summary:*** The health claim for soy protein, approved Oct. 26, was granted under the Nutritional Labeling and Education Act (NLEA). The claim was submitted in 1998 by Protein Technologies International (PTI), a company of DuPont. On the day the claim was approved, PTI ran full-page ads in the *New York Times* and *Wall Street Journal*–a good idea since neither paper ran the story. Both Kellogg and General Mills are rumored to be developing a breakfast cereal containing soy protein.

In 1998 sales of soyfoods totaled an estimated $1.7 billion and should reach over $2 billion in 1999. During 1998

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sales of soy milk grew to almost $200 million (up 20%), tofu to $200 million (up 15%), and tempeh $17 million (up 5%)–according to Peter Golbitz of Soyatech Inc. In 1999, with interest in soyfoods skyrocketing, Golbitz predicts overall growth of 20%, with soymilk up nearly 40%, and meat alternatives, tofu, and other prepared foods containing soy gaining between 20% and 50%, depending on the product.

11986. Sando, Shirleen. 1999. Beyond low-fat baking: Cancer-fighting foods for the millennium. Dallas, Texas: Skyward Publishing, Inc. ix + 288 p. Illust. Recipe index. 22 cm. [12 ref]
• ***Summary:*** Contains reduced-fat recipes fortified with soy. Contents. Acknowledgments. Introduction, by Stephen A. Smith, M.D. Message from the author. Tofu for good health. Eat more grains. 1. No-fuss machine breads. 2. Those scrumptious breads. 3. Quick and easy breads. 4. Biscuits and scones. 5. Old time corn bread. 6. Healthy pancakes and waffles. 7. Pizza, flatbread, and focaccia. 8. Glorious cakes. 9. Special occasion cakes. 10. Fabulous pies. 11. Ever lovin' cookies. Appendix: More about soy. Address: President and Founder, Living Healthy Foods.

11987. Turtle Island Foods, Inc. 1999. Tofurky: America's #1 turkey alternative. Now with Wishstix and Tofurky "Giblet" Gravy (Ad). *Vegetarian Times.* Nov. p. 52.
• ***Summary:*** This one-third page vertical color ad introduces Tofurky with new features. Color photos show: (1) Tofurky sliced and served on a silver platter. (2) Three hands holding Wishstix. (3) Three packages of Tofurky Deli Slices in Original, Hickory Smoked, and Peppered flavors.

Note: The word "giblets" (pronounced JIB-luts), a word first used in the 15th century, refers to the edible viscera or entrails of a fowl / bird. Address: Hood River, Oregon. Phone: 888-TOFURKY or tofurky.com.

11988. **Product Name:** Nasoya Enriched Tofu [Firm, or Silken].
Manufacturer's Name: Vitasoy USA Inc.
Manufacturer's Address: One New England Way, Ayer, MA 01432.
Date of Introduction: 1999. November.
How Stored: Refrigerated.
New Product–Documentation: Ad in *Natural Foods Merchandiser.* 1999. Nov. p. 48. "Its enriched. Its light. It's delicious. Its a whole new tofu." Enriched with vitamins A, D, E, B12 and calcium. Spot in Health Products Business. Dec. 1999. "Rich Tofu."

11989. Tibbott, Seth. 1999. Update on Tofurky (Interview). *SoyaScan Notes.* Dec. 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Sales of Tofurky (vegetarian turkey alternative) are up about 20-23% over last year. Seth expects to sell about 56,000 to 58,000 by the end of the year, up from about 45% last year.

His new product, Tofurky Deli Slices, are doing surprisingly well, with total sales almost equal to those of Tofurky. His slices are based on tofu, whereas most competing products are based on soy protein isolates, which is not as natural an ingredient.

The "slow roast" is new way to cook Tofurky for the best flavor. Seth learned this from a customer. Put diced potatoes and carrots inside, and baste them with the Tofurky. Wrap in foil, then bake at 300ºF for 2 hours.

Seth gets lots of e-mail about Tofurky. Hot issues: (1) I've been a vegetarian for 15 years and I don't like it because it tastes too much like turkey. (2) Its too expensive. Seth's response: Ounce for ounce it is less expensive than Gardenburgers. (3) Does it contain genetically-engineered soybeans? (4) I like the new gravy. Address: Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: 541-386-7766 OF.

11990. Boreham, Simon. 1999. The tofu market in the United Kingdom (Interview). *SoyaScan Notes.* Dec. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The biggest tofu maker in the UK is Cauldron Foods, which has a turnover (sales) of about £4 million/ year. Address: Owner, Dragonfly Foods, 2A Mardle Way, Buckfastleigh, Devon TQ11 ONR, UK. Phone: +44 1364 642700.

11991. Israel, Cocavatiyah Baht. 1999. Re: Update on "Eternity" and Taste of Life vegetarian restaurants in Israel. Letters to William Shurtleff at Soyfoods Center, Dec. 12 and 10 Jan. 2000. 2 p. + 2 p. Handwritten, with signature. Plus leaflet. [1 ref. Eng; Heb]
• ***Summary:*** This group used to be known as "Eternity," an all vegetable ice cream parlor. Now they serve their vegetarian ice cream plus a menu "consisting of many various dishes (vegetable) that include tofu and the vegetable protein product seitan. We are vegan–no animal by-products, no artificial food coloring, no cholesterol. Kosher." They now have a second restaurant at Hakishon St. (across from Magen David), Tiberias, Israel. Phone: 06 671 2133. They also have a factory that produces the ice cream, tofu, and most of the take-out products and carob candies. The main dishes (entrees) and some vegetarian products are made in the restaurant daily. They make tofu at: Nature's Gate Ltd., Mivne Taaseya Haradash 76, Box 029, Dimona, Israel 86000. Phone: 972-7-655-7774. Fax: 972-7-655-7769. In 1986 they started to make and sell tofu as tofu. They sell their tofu at about 30 different places outside their two restaurants. Nature's Gate Ltd. own the factory and L'Haiem owns the restaurants.

They also make their own soymilk at Nature's Gate Ltd. Presently they produce the soymilk only for their own use,

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but in the future they hope to expand.

Enclosed is a one page recipe in Hebrew and English. The 12 food categories are: Desserts (incl. 9 flavors of non-dairy ice cream), candies, beverages (incl. soya milk), dressings, salads, breads, breakfast (incl. tofu links, scrambled tofu), sandwiches (incl. tofu cheese, marinated tofu, okara sticks, tofu falafel, tofu burger, tofu vege burger, stir-fry with tofu, stir-fry with seitan), steamed vegetables, take away (take-out), main entrees (incl. tofu teriyaki, tofu with gravy, tofu medley), a la carte (incl. tofu medley). Address: 60 Ben Yehuda St., Tel Aviv, Israel. Phone: 03 620 3151.

11992. Gaiser, Klaus. 1999. Update on soyfoods and seitan in Germany (Interview). *SoyaScan Notes.* Dec. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyfoods have been stagnant in Germany over the past 1-2 years because of concerns with the genetically engineered soybeans (*gen-soya*). The only company that seems to be growing is Taifun, in large part because they are exporting quite a bit. Klaus still makes some tofu spreads, but most of his products are based on seitan.

He has done a great deal of research and development with seitan, and has invented an original and unique line of seitan meat alternatives. He began developing products with seitan in late 1996, then really began moving forward during 1997. By fiscal 1998 his company, Topas, had doubled its turnover, based mostly on seitan products, from DM 450,000 in 1997 to DM 850,000 in 1998. This is projected to reach DM 1.1 million in 1999.

Klaus is deeply interested in a remarkable 19th century Christian prophet named Jacob Lorber, who lived in Austria in about 1815-1875. Address: Founder and owner, Topas GmbH, Bollbergstr. 41, 72116 Öschingen [near Tuebingen], Germany. Phone: 07473/25515. Fax: 07473/8320.

11993. Jones, Chad. 1999. Hold the burgers: Teens try to lead families into a life of vegetarianism. *Oakland Tribune.* Dec. 19.
• ***Summary:*** A recent Teenage Research Unlimited poll of young Americans ages 12-19 found that 29% of the girls and 15% of the boys say being a vegetarian is "in." These figures are nearly double what they were 10 years ago. Many teens become vegetarian because they care about animals or the environment; they are often motivated by compassion and positive reasons. The increase in teen vegetarians mirrors the increase in adult vegetarians in the USA.

A color photo shows two packages of tofu, a popular meat alternative for vegetarians. Address: Staff writer.

11994. August, Melissa; Castronovo, Val; Dan, Chen; Gray, Tam; Martens, Ellin; Orecklin, Michele; Rawe, Julie; Tyrangiel, Josh. 1999. Pie of the week. *Time.* Dec. 20.
• ***Summary:*** In the "Notebook" section: "Miss Rodeo America 2000, got smacked with a chocolate-tofu pie by Dawn Carr."

11995. Skiff, James. 1999. New Japanese law concerning labeling of foods made with genetically engineered ingredients (Interview). *SoyaScan Notes.* Dec. 22. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jim is aware of this Japanese law, which was passed in Oct. 1999 but does not take effect until 1 April 2001. Jim Echle, head of the American Soybean Association office in Tokyo, told Jim about the law; Echle is extremely receptive to the needs of his Japanese customers, such as tofu makers. ASA is also getting more involved with issues involving identity preserved (IP) soybeans; they are organizing an IP conference on Jan. 17 in St. Louis, Missouri.

Skiff then faxes Shurtleff a provisional translation of the labeling guidelines, in the form of a 1-page table. The translation was done by ASA-Tokyo and sent to Skiff by Jim Echle. There are three columns: (1) Classification of food: A. Not equivalent to conventional foods with regard to composition, nutrients, or intended use. B. Equivalent to conventional foods, but modified DNA or protein produced therefrom remains after the manufacturing process. C. Equivalent to conventional foods, but modified DNA or protein produced therefrom is removed or decomposed and no longer exists in the in the final food. (2) Examples of the three types of foods: A. High oleic acid soybean oil. B. Tofu and tofu products, soybean sprouts, natto, soymilk, miso, soybean flour, roasted soybeans, corn, popcorn, potatoes, etc. C. Soy sauce, soybean oil, high fructose corn syrup. (3) Method of labeling: "Soybean (genetically modified),..." Address: US Soy, 2808 Thomason Dr., Mattoon, Illinois 61938. Phone: 217-235-1020.

11996. Brasher, Philip. 1999. USDA wants soy in schools (News release). Washington, DC. 2 p. Dec. 23.
• ***Summary:*** Federal officials, worried about the fat content of kid's school meals, want to start letting schools and day care centers serve tofu, veggieburgers, and other soy products as alternatives to meat in federally subsidized lunches–now consumed by 26 million children. In 1994 the USDA decided to start requiring schools to meet the government's dietary guidelines for fat and nutrients. That means that the average fat content in school meals cannot exceed 30% each week. The USDA is considering dropping its restrictions on how much soy can be used in meals. Currently soy can only be used as a food additive in amounts of less than 30 percent.

Of course, the meat industry is fighting the proposal. They believe, for good reason, that schools will probably use more soy and less meat in their standard dishes, such as burgers and tacos. Carol Tucker Foreman, Director of the Consumer Federation of America's Food Policy Institute,

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believes that allowing a higher soy content will make it easier for schools to keep meat on their menus. So the proposal could be a mixed victory for vegetarians. A final ruling is expected by Feb. 2000. Address: The Associated Press.

11997. *SoyaScan Notes.* 1999. Chronology of major soy-related events and trends during 1999 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** April–Kevin Cross sells Soy Power Co., Inc. in Santa Monica, California, to Nature's Best.

May 10–SoyaWorld Inc. of Burnaby, British Columbia, Canada, purchases the SoNice brand and two soymilk extraction plants from International ProSoya Corp. (IPC). SoyaWorld is jointly owned by Dairyworld Foods (the largest dairy and food company in western Canada) and Sunrise Soya Foods (Canada's largest tofu manufacturer). SoyaWorld plans to (and has the ability to–because of Dairyworld Foods) put fresh and Aseptic soymilk in every supermarket and grocery store in Canada. Then they will move into the USA. This is a very big story!

July 12–Deutsche Bank, one of its strongest advocates of ag biotechnology, issues a report in which it reverses its previous "buy signals" on many of the companies commercializing ag biotech (such as Monsanto and Pioneer Hi-Bred). It now urges caution, and signals the beginning of trouble for the ag biotech industry.

Aug. 18–White Wave (Boulder, Colorado) and Dean Foods (Franklin Park, Illinois) jointly announce that Dean Foods has created an alliance with White Wave by becoming a minority shareholder in White Wave. The two companies will work together to place Silk soymilk into the refrigerated dairy case of supermarkets across America–and try to get there before SoyaWorld of Canada. A very big story for soymilk in the USA.

Sept. 1–Stake Technology Ltd. (Norval, Ontario, Canada) acquires SunRich Inc. (Hope, Minnesota) in a stock-for-stock deal.

Sept.–In this month's issue of *Consumer Reports,* a 6-page article on genetically engineered (transgenic) foods titled "Seeds of Change" recommends that "federal officials should require that all foods containing genetically engineered ingredients be labeled as such, including milk with recombinant bovine growth hormone."

Oct. 1–DuPont (a large chemical company) buys the 80% share of Pioneer Hi-Bred International Inc. that it doesn't already own–a major move into biotechnology.

Oct. 4–The Kellogg Co., maker of breakfast cereals in Battle Creek, Michigan, agrees to buy Worthington Foods for $307 million. Worthington makes vegetarian meat alternatives.

Oct. 7–The *Wall Street Journal* runs a major front-page story on concern about and opposition to genetically engineered foods in the USA and Europe. Runs two more such stories on Nov. 30 and Dec. 14. Dec.–During the last 6 months of 1999 consumer awareness of and concern about genetically engineered food issues in the United States has increased dramatically. It has moved from a counter-culture to a mainstream concern, and fairly large amounts of money are now flowing into antibiotech organizations. GMO was a widely discussed issue in the breakdown of and mass demonstrations against the World Trade Organization talks in Seattle, Washington.

Oct. 20–The U.S. Food and Drug Administration (FDA) announces its approval of a health claim for soy protein and coronary heart disease. The claim, which goes into effect Oct. 26, can be used on food labels in either of two formats, the first of which is: "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of (name of food) supplies ___ grams of soy protein." This promises to have a huge, positive impact on the soyfoods market.

Dec.–General Mills acquires Small Planet Foods (Cascadian, Muir Glen) for $60 million.

Dec.–Kellogg Co. purchases Worthington Foods.

In 1999, for the first time in history, more acres were planted to soybeans in the USA than to any other crop. U.S. soybean acreage exceeded that of corn by 3% and that of wheat by 34%. Worldwide, the acreage planted to soybeans has increased fivefold since 1950.

11998. *SoyaScan Notes.* 1999. Soya Clips receives about 2,592 clips from Jan. 1 to Dec. 31, 1999 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** According to Scott Bynum, customer relations rep. at Luce Press Clippings, figures are available only for the last 7 months of 1999, as follows: June 164. July 188. Aug. 322. Sept. 140. Oct. 177. Nov. 233. Dec. 288. This is a total of 1,512 clips for 7 months, or an average of 216 clips per month. The equivalent for 12 months would be 12 x 216 = 2,592. This is a new record, topping the old record of 2,105 clips in 1989.

11999. *ASA Today* (*St. Louis, Missouri*). 1999. ASA supports growers' penchant for biotechnology. 6(2):2. Dec.
• ***Summary:*** Marc Curtis, president of the American Soybean Assoc., presented to the U.S. Senate Agriculture Committee a list of suggestions of what the federal government can do to "strengthen the commercial environment for biotechnology [genetically engineered] crops and products." U.S. soybean growers have lost sales in Europe this year.

"In Japan, a labeling law approved this year could affect up to 700,000 metric tons of soybeans shipped in bulk to the tofu market." Curtis believes it is "good news" that Japanese buyers are lining up Identity Preserved (IP) contracts with U.S. farmers.

Six suggestions are given. A video of Curtis' testimony is available at www.oilseeds.org.asa.video/.

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Note: See interview with Jim Skiff, president of US Soy. Dec. 22.

12000. Carroll, Allison. 1999. Soybean curd, anyone? *Backpacker* 28(9):35. Dec. *
• ***Summary:*** Purchasing and preparing tofu, and using it as a trail food. Includes recipes.

12001. Fisher, Kate. 1999. Varieties yield big business: Food-grade soybeans fuel new enterprises. *Soybean Digest.* Dec. p. 16-17.
• ***Summary:*** About soybean breeder Jerry Lorenzen of Oskaloosa, Iowa. He started researching and breeding food-grade soybeans after he graduated from Iowa State University fifteen years ago.

Earlier this year Lorenzen, now president of FTE Genetics, joined with growers and processors in several new projects, which include a processing plant to make fine soy powder (FSP). FTE is looking for about 100,000 acres of soybeans, according to John Pape, director of specialty operations.

Lorenzen and FTE partnered with Japanese businessman Zentaro Iwamoto and a small group of investors to create a 56-acre industrial park near Oskaloosa named the World Food Park. It will be home to a $4 million state-of-the art soybean conditioning and processing facility named World Food Processing. Two separate facilities will take up about 23 acres of the site. Some of the beans from the WFP conditioning facility will be made into tofu by Midwest Harvest at Grinnell, Iowa. The tofu will be used in Bratos, a tofu-pork bratwurst. Bratos, which are healthier than regular bratwurst, "will be served in 400 schools in Iowa."

Talk with soybean industry insider. 1999. Dec. 13. This looks to him like a scam. FTE says they can make a 1,000 mesh soy flour which is impossible. There is no way to sell soy flour from 100,000 acres of soybeans. FTE seems to have gotten some money from Iowa Economic Development.

12002. Key, T.J.; Sharp, G.B.; Appleby, P.N.; Beral, V.; Goodman, M.T.; Soda, M.; Mabuchi, K. 1999. Soya foods and breast cancer risk: a prospective study in Hiroshima and Nagasaki, Japan. *British J. of Cancer* 81(7):1248-56. Dec. [35 ref]
• ***Summary:*** The association between soya foods and breast cancer risk was investigated in a prospective study of 34,759 women in Hiroshima and Nagasaki, Japan. Women completed dietary questionnaires in 1969-1970 and/or in 1979-1981 and were followed for incident breast cancer until 1993. For miso soup, relative risks were 1.03 (0.81-1.31) for consumption two to four times per week and 0.87 (0.68-1.12) for consumption five or more times per week, relative to consumption once a week or less. Thus, women who consumed miso soup five or more times a week were 13% less likely to get breast cancer than those who consumed it once a week or less. The reason for this protective effect is not known. Address: 1. Imperial Cancer Research Fund Cancer Epidemiology Unit, Gibson Building, Radcliffe Informary, Oxford, OX2 6HE, UK.

12003. *SoyaScan Notes.* 1999. Major soy-related company acquisitions and mergers worldwide 1990-1999 (Overview). Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1990 Jan.–Worthington Foods acquires La Loma Foods of Riverside, California (formerly Loma Linda Foods, owned by the Seventh-day Adventist Church).

1990 (early)–Daniel Gevaert purchases the Lima Andiran site at Andiran (near Mezin) in southern France from Lima Foods–but not the Lima trademark. In June 1990 Daniel and his wife, Valerie, established Danival.

1990 Aug. 3–Hong Kong Soya Bean Products Co. Ltd. (makers of Vitasoy soymilk) acquires Nasoya Foods of Leominster, Massachusetts.

1990 Dec. 21–The Haldane Foods Group (a subsidiary of British Arkady Ltd., which is in turn owned by ADM) acquires Unisoy Milk 'n' By-Products Ltd. of Cheshire, England.

1991 Jan. 1–The Haldane Foods Group acquires Granose Foods Ltd. of Watford, Hertfordshire, England (formerly owned by the Seventh-day Adventist Church).

1991 Jan. 28–Tetra Pak International acquires Alfa-Laval AB.

1991 April–Huegli Naehrmittel A.G. acquires Soyastern Naturkost GmbH / Dorstener Tofu Produktions GmbH.

1991 Dec.–Specialty Food Ingredients (SFI) Europe BV acquires Solnuts BV (Netherlands) and Solnuts Inc. (Hudson, Iowa).

1992 Oct.–Central Soya Co. acquires the Protein Division of Aarhus Oliefabrik in Denmark.

1993 June–Vitasoy purchases Azumaya Inc. (America's largest tofu manufacturer, and the low-price leader) in California, for an estimated $4-$5 million. Vitasoy is now in the tofu business.

1993 June–21st Century Foods acquires Farm Foods from Barricini Foods.

1993–House Foods of Japan purchases the remaining 50% of House Foods & Yamauchi, Inc. from Mr. Shoan Yamauchi. The new company is named House Foods American Corporation.

1993 July–Nutrition et Santé (part of the Sandoz Group) acquires Société Soy of Saint-Chamond, France. The latter company was renamed Nutrition et Soja, and on 15 Oct. 1994 it moved into a new factory at Revel (near Toulouse), France.

1993 (mid)–B & K Holdings of Switzerland acquires Sojinal of Issenheim, France.

1993?–Kineret (pronounced kuh-NAIR-et) Acquisition Group acquires Farm Foods from 21st Century Foods, then in Nov. 1993 the Hain Food Group acquires Kineret plus

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some assets of Barricini Foods Inc.

1996 April 22–Alpro (Belgium) purchases Sojinal (France).

1995 April 21–Irene and Len Stuttman buy back control of their company, INARI Ltd. (dba. Sycamore Creek) from J. Charles Follett (former CEO) and Peter L. Pairitz (accountant).

1995 April–Quest International, a unit of Unilever, acquires A.E. Staley's Gunther Products Division.

1997 Feb. 3–Monsanto purchases Asgrow Seed Co. from Seminis Inc., a subsidiary of Empresas La Moderna, S.A. (ELM).

1997 Aug. 24–DuPont signs a letter of intent to acquire Protein Technologies International, a wholly-owned subsidiary of Ralston Purina Co.

1997 Oct. 14–The Hain Food Group acquires Westbrae Natural, Inc., makers of soymilk. Westbrae's new name becomes Hain Food Group–Westbrae. 1997 Dec. 3–DuPont finalizes its purchase of Protein Technologies International (PTI–the world's leading manufacturer of soy protein isolates).

1998 Oct. 16–Worthington Foods purchases the Harvest Burger product line from ADM; by agreement, ADM will continue to make the Harvest Burgers at its Illinois plant.

1998 Dec. 31–DE-VAU-GE acquires Bruno Fischer GmbH, which sells bottled soymilk; both companies are located in Germany.

1999 Jan. 4–W.G. Thompson & Sons Ltd. of Blenheim, Ontario, Canada, purchases Sycamore Creek Co., a maker of soynuts and soynut butter (located in Mason, Michigan).

1999 Oct. 4–The Kellogg Co. (famous maker of breakfast cereals, Battle Creek, Michigan) buys Worthington Foods Inc., America's leading maker of meat alternatives.

12004. **Product Name:** Soyco Tofu [Hi-Protein Firm].
Manufacturer's Name: Soyco Soyfood Product [Nutrisoy Pty. Ltd.].
Manufacturer's Address: 15 Hannon St., Botany NSW 2019, Australia. Phone: 02-9695-7755.
Date of Introduction: 1999. December.
Ingredients: Organic soybean, water, natural coagulant (magnesium chloride).
Wt/Vol., Packaging, Price: 750 gm.
How Stored: Refrigerated.
New Product–Documentation: Label with date sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in December 1999. Red, green, orange, yellow and black on pale white.

12005. *Whole Foods.* 1999. U.S. FDA authorizes soy protein health claim. Dec.
• ***Summary:*** During the 12 months ending June 1999, overall sales of soyfoods reached $494.4 million, up 34% over the previous year–according to statistics compiled by Spence Information Service (SPINS, San Francisco, California) and AC Nielsen. This included $117.9 in sales at natural foods stores (a 31.4% rise) and 376.5 million at supermarkets and mainstream food/drug/mass merchandise outlets (a 35.2% increase). Note that this growth took place *before* announcement of the FDA health claim.

A table (based on figures provided by SPINS) gives growth rates for selected soy subcategories and (in parentheses the growth rate for the entire subcategory): Soy supplements 120.8% (27.0%). Soy-based frozen desserts 98.4% (11.4%). Soy beverages (non-dairy) 45.7% (25.9%). Tofu 42.4% (all tofu is soy). Soy-based meat alternatives 16.4% (15.8%). Address: South Plainfield, New Jersey.

12006. Wildwood Natural Foods. 1999. Joymilk soyful holidays (Folded card). Santa Cruz, California.
• ***Summary:*** This very creative card arrived on December 16, shortly before Christmas and after Hanukkah–in a red plastic card with a "Greetings" stamp. It is in the shape of a two-dimensional Wildwood soymilk carton, with an identical front and back. In place of the typical Wildwood trees and birds motif are decorated Christmas trees. A sort of spout sticks out to one side near the top, and near it is written: "Pull festively to open." When you pull the tab, which is one point of a star, out pops a a white paperboard streamer, like the tail behind a shooting star. On one side is written: "Soyfoods–the protein source of the new millennium." On the other side: "Merry protein and happy isoflavones." Address: Wildwood Natural Foods, 135 Bolinas Road, Fairfax, California 94930.

12007. **Product Name:** Organic Veggie Bowl [Teriyaki Rice].
Manufacturer's Name: Cascadian Farm, Inc. (Marketer-Distributor).
Manufacturer's Address: Rockport, Washington 98283.
Date of Introduction: 1999.
Ingredients: Organic brown basmati rice, organic sauce (pineapple juice, water, organic soy sauce, organic sesame oil, organic sugar, organic rice vinegar, corn starch, garlic powder, spice, xanthan gum), organic peas, organic broccoli, organic baked tofu (organic soybeans, water, nigari, natural calcium sulfate, organic soy sauce, soy oil, spices, dehydrated garlic), organic carrots, organic mushrooms.
Wt/Vol., Packaging, Price: 9 oz tray in paperboard box. Retails for $3.69 at Safeway supermarket (1999/06, Lafayette, California).
How Stored: Frozen.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 1999. June 14. 6 by 5 by 1.75 inch paperboard box. Red, brown, green, and yellow on white a light orange. Cascadian Farm logo–"Since 1972." A color photo shows a dark orange bowl of the product. Front panel text: "A tasty entree

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with basmati rice, peas, baked tofu, broccoli, carrots and mushrooms in a teriyaki-ginger sauce. Microwavable."

12008. **Product Name:** Hip Whip [Dairy Free Whipped Topping].
Manufacturer's Name: Now & Zen, Inc.
Manufacturer's Address: San Francisco, California. Phone: (415) 695-2805.
Date of Introduction: 1999.
Ingredients: Water, grape juice concentrate, expeller pressed high oleic canola oil, cocoa butter, tofu (soybeans, calcium sulfate), brown rice syrup, cashew butter, pure vanilla extract.
Wt/Vol., Packaging, Price: 7.5 oz tub.
How Stored: Frozen.
New Product–Documentation: Leaflet (glossy, color, two-sided; see next page) sent by Patricia Smith from Natural Products Expo in Baltimore, Maryland. 2000. Sept. Copyright 1999. "It's cooler than cool. The first real food dairy free whipped topping. 100% dairy free and vegan. All natural and delicious. Fruit juice sweetened–no hydrogenated oil." A color photo shows a tub of Hip Whip next to two desserts in stem glasses topped with Hip Whip. www.nowandzen.net.

12009. Soy City Foods. 1999. Soy City Foods: Specializing in great vegetarian burgers. Serving your vegetarian foodservice and retail needs since 1980 (Leaflet). Toronto, Ontario, Canada. 1 p. Front and back.
• ***Summary:*** On the front of this glossy color leaflet (see page after next page) are photos of the following products–with both the English and the French panels showing: (1) Veggie Burgers / Végé burgers (soy-based). (2) Super Soy Burgers / Super burgers au soja. (3) Falafels (chickpea and soy-based). (4) Grain burgers / Burgers aux grains.

On the rear, in addition to these four, tofu and tempeh are also described. All of these products are vegan.

Across the bottom: "Health is the most precious thing you have–Sustain it by eating good food!"Also: www.soycityfoods.com. e-mail: sales@soycityfoods.com.

Talk with Lorraine Guardino of Sol Cuisine, who sent this leaflet. 2013. March 13. Her best guess is that the leaflet was printed in about 1999, shortly before Dror Balshine bought Soy City Foods. The photography and artwork was done by Joan Burdette (later Joan Ness). Address: 2847 Dundas Street West, Toronto, Ontario, M6P 1Y9 Canada. Phone: 416-762-1257.

12010. Soy City Foods. 1999. Soy City Foods: Specializing in great vegetarian burgers. Veggie Burgers. Super Soy Burgers. Grain Burgers. Falafels (Leaflet). Toronto, Ontario, Canada. 1 p. Front and back.
• ***Summary:*** On the front of this glossy color leaflet are photos of each of the flour products described above.

On the rear, in addition to these four, tofu and tempeh are also described. All of these products are vegan.

Across the bottom: "Health is the most precious thing you have–Sustain it by eating good food!" Also: www.soycityfoods.com. e-mail: sales@soycityfoods.com.

Talk with Lorraine Guardino of Sol Cuisine, who sent this leaflet. 2013. March 13. Her best guess is that the leaflet was printed in about 1999, shortly before Dror Balshine bought Soy City Foods. The photography and artwork was done by Joan Burdette (later Joan Ness). Address: 2847 Dundas Street West, Toronto, Ontario, M6P 1Y9 Canada. Phone: 416-762-1257.

12011. Soy City Foods. 1999. Soy City Foods: Manufacturers of quality vegetarian foods since 1980 (Leaflet). Toronto, Ontario, Canada. 3 panels each side. Each panel: 21.5 x 9.4 cm.
• ***Summary:*** Printed with green ink on beige paper. Across the bottom of the front panel: "Health is the most precious thing you have–Sustain it by eating good food!" Also: e-mail: sales@soycityfoods.com www.soycityfoods.com.

On the remaining panels are descriptions of Falafels, Veggie Burgers, tofu, and frozen tofu.

Talk with Lorraine Guardino of Sol Cuisine, who sent this leaflet. 2013. March 13. Her best guess is that the leaflet was printed in about 1999, shortly before Dror Balshine bought Soy City Foods.

Note: Soy City Foods started making tofu at this address in 1980, making the company an early tofu manufacturer in Canada. The artwork was done by Joan Burdette (later Joan Ness). Address: 2847 Dundas Street West, Toronto, Ontario, M6P 1Y9 Canada. Phone: 416-762-1257.

12012. American Soybean Association. 1999. Soya: El rey de los frijoles [Soya: The king of beans (Leaflet)]. [Mexico City, Mexico]. 2 panels each side. Each panel: 21.5 x 14 cm. Undated. [Spa]
• ***Summary:*** Printed with black ink on glossy white paper. The front panel begins: "We live in a difficult moment, in a critical situation. Foods are very expensive. There is not enough education and information about good sources of nutrition..." The inside left panel describes how to make soymilk at home from whole soybeans. The inside right panel gives recipes for *Pericos de tofu* and for *Sorbete de soya,* sorbet made from soymilk and fruits. The back panel gives a recipe for soybean stew [*guisado*] using whole soybeans, plus the slogan "Grain for grain, more protein at less cost."

12013. Ang, Catharina Yung-Kang Wang; Liu, KeShun; Huang, Yao-Wen. 1999. Asian foods: Science & technology. Lancaster, Pennsylvania: Technomic Publishing Co. 546 p. See p. 468. Illust. 24 cm.
• ***Summary:*** Contains 16 chapters by various authors.

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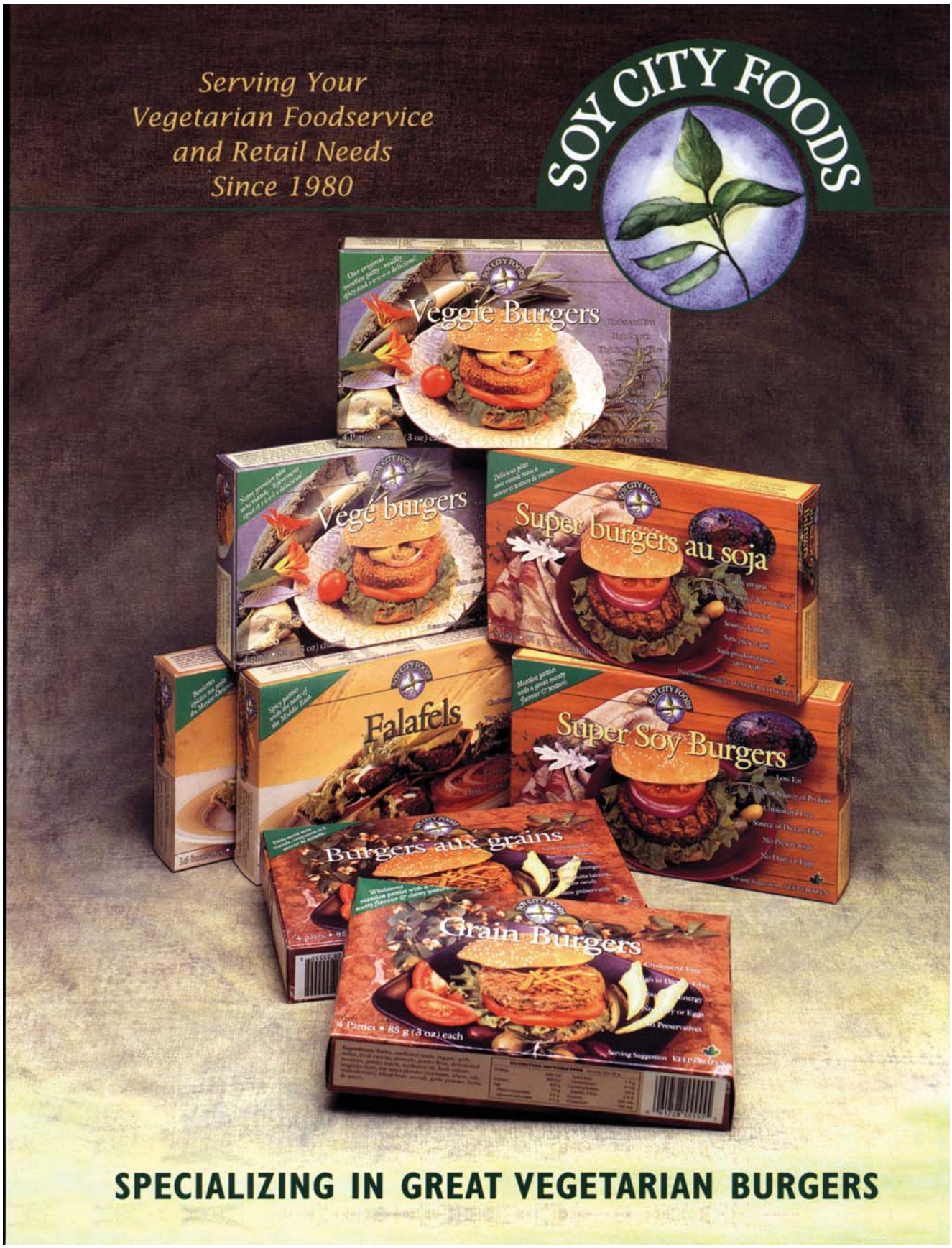

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Chapters 6, 15 and 16 are cited separately.

Page 234: In Korea, meats are often flavored with *denjang,* a fermented soybean paste. *Gochu jang,* is a very hot fermented chili paste. Tofu is called *tobu.* Address: PhD, R.D., Research Chemist, National Center for Toxicological Research, U.S. Food and Drug Administration, Jefferson, Arkansas.

12014. Astuti, Mary. 1999. History of the development of tempeh. In: Sapuan, Noer Sutrisno, and Jonathan Agranoff, compilers and translator. 1999. The Complete Handbook of Tempe: The Unique Fermented Soyfood of Indonesia. Singapore: American Soybean Association. xiv + 186 p. See p. 2-15. [17 ref. Eng]

• ***Summary:*** A superb, landmark history of tempeh in Indonesia. The best seen to date! Contents: Introduction. The origin of soybeans in Indonesia. The origin of tempe. Origin of the tempe inoculum. Consumers and producers of tempe. The development of tempe processing technology. Development of tempe inoculum: Leaf inoculum, semi-pure powdered tempe inoculum, pure strain *Rhizopus oligosporus.* Conclusion.

The origin of soybeans in Indonesia: "The modern Indonesian name for soybean is *kedelai,* but according to Winstedt's (1960) dictionary, *kedelai* comes from the Tamil language in southern India. Similarly Wilkinson's (1955) dictionary cites *kedelai,* to mean soybean or mung bean (Tamil)."

"In Javanese literature, the word *kedelai,* (written as *kadele* in Javanese), was first recorded in the Serat Sri Tanjung manuscript, believed to have been written in the 12th or 13th centuries. The manuscript describes the story of Sri Tanjung, wife of Ki Sidapaksa. In the story, Sri Tanjung was accused of committing adultery and, to prove her innocence, she threw herself into the river, from whence rose a beautiful fragrance, proving her innocence. As a reminder, the place where Sri Tanjung lived was given the name Banyuwangi, which means 'fragrant water.' The Sri Tanjung Manuscript (*Serat Sri Tanjung*) represents a legend of the town of Banyuwangi, and includes the mention of soybeans as illustrated in the excerpt below (in ancient Javanese):" A 3-line excerpt, which includes the word *"kadele,"* is given.

"A rough translation of the above is as follows: "The dwelling place of the teachers and the hermits was very beautiful, as were the gardens that were planted with peanuts, taro and sugarcane, soybeans and beans. There were tubers and ivory bananas beside them and 'cintamani' sugarcane as well as 'gunting' bananas that were also laid out in rows."

The word for "soybeans" is also found "in the Serat Centhini manuscript. This manuscript tells the story of Tambangraras, daughter of the king of Giri (a region of East Java near Surabaya), who fled with her brother from Giri when it was threatened by the armies of Mataram under Sultan Agung Anyakraksuma in the 16th century. They traveled with their servant, Centhini, throughout Java. Tambangraras told stories of their experiences and observations on the philosophy and culture of the Javanese which were recorded by Centhini. These stories, or Serat Centhini are also known as Suluk Tambangraras (after the daughter of Sunan Giri) and contain highly detailed analyses of the Javanese people, now regarded as reference works for the basis of Javanese knowledge and culture. In these accounts, they describe not only the regional cultures they came across in different parts of Java, but also the wide range of different foods that they were presented with. Although very little information was documented about how these foods were prepared, the ingredients are described in detail. As skills are largely handed down from generation to generation in Javanese society rather than being formally written down, it would not have been usual for a detailed recipe to be described. The original manuscripts were transcribed by Ronggo Sutrasno of the Palace of Surakarta by the order of Sultan Amengkunagara III. It was quite common at the time for such stories to be recorded by royal families in different areas and this one was also transcribed into verse in the Javanese calendar year 1724, (1814 AD).

"The word for soybeans appears first in section two of the Serat Centhini. This section describes the travels of Cebolang, son of Seh Akadiyat, from Purbalingga to Mataram, stopping at the home of Ki Amongtrustha. Here he was served dinner that consisted of a selection of foods including soybean porridge. In Mataram, Cebolang also obtained information about a special offering that was prepared by parents about to marry off a child. One such ceremony, witnessed by Sriyanto was about the *kacar-kucur.* Kacar-kucur contained kawak beans and mature soybeans, yellow rice, aromatic flowers and shiny metal coins. According to this well preserved ceremony, soybeans had been used in the kacar-kucur for traditional ceremonial purposes for a long time. It also reveals that the savory rice dish *nasi udeg* cooked with coconut for serving with chicken, was also served with fried black soybeans. Black soybeans evidently have a deep significance in Javanese culture."

"Etymology may also hold a clue for us." In Chinese (Cantonese), beans are called *tau* or *tao.* Therefore, in Indonesia, many foods made from beans have names with the prefix *tau* (or *ta*) such as: (1) *tauci / taosi / tau-dji* (modern and former spellings) (salted black soybeans). (2) *tauco / taucho / tautjo* (Indonesian-style miso). (3) *taugé* (bean sprouts). (4) *taujiong / tau-jiong* (soybean jiang). (5) *tahu* (tofu, by shortening *tau-hu*). (6) *tahua* (a by-product of tofu similar to yogurt in consistency). (7) *takua* (firm spiced tofu). Another fermented Indonesian soybean product is *kecap / ketjap* (soy sauce) which is *ke tsiap* in its native China. Notice that tempe, whose name is not derived from Chinese, does not start with the prefix *tau / tao.*

"The origin of tempe: The earliest written record of the word *tempe* comes from the Serat Centhini manuscript,

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Chapter 3. The excerpt of the manuscript describes the journey of Mas Cebolang when he traveled between Prambanan temple and Pajang, via Tembayat in Klaten regency (in Central Java). Here, Cebolang was served a hefty lunch by the prince of Bayat, which is described in its entirety, to include: *jae santen tempe,* a dish of tempe in coconut cream, and *asem sambel lethokan,* the main ingredient of which is over-fermented *tempe lethokan. Sambel lethok,* also known as sambel *tumpang* is nowadays still frequently made by the Javanese.

"Tempe made from soybeans was again mentioned in the Serat Centhini in chapter 12, which describes the journey of Jayengresmi and his group at Bustam village. Here they were hosted by Ki Arsengbudi, who served them a banquet which included *Kadhele tempe srundengan.*

"From the descriptions of the travels through Java of the Giri children and Cebolang, plus the numerous banquets served by their hosts, it can be seen that soybeans and tempe only appeared in Central Java. This was in the region of Mataram which includes the villages of Mataram, Mbayat and Bustam. In West Java (Bogor) fish was largely served as it was also in Surabaya (East Java)."

Origin of tempe inoculum: "The method of making ragi tempe was first described by Widagdo in a local magazine called *Guru Desa* (The Village Teacher), published in 1915, from Kulon Progo. According to Widagdo, making ragi tempe was easier than making ragi tape, and that one had to use pre-existing ragi tempe to make more ragi tempe. How the first ragi tempeh came to be is still a mystery..." Continued. Address: Gadjah Mada Univ., Faculty of Agricultural Technology, Jalan Socio Yusticia, Bulaksumur, Yogyakarta, Indonesia.

12015. Bladholm, Linda. 1999. The Asian grocery store demystified: A food lover's guide to all the best ingredients. Los Angeles, California: Renaissance Books. 234 p. Foreword by Jonathan Eismann. Illust. Index. 23 x 13 cm. Series: A Take it With You Guide.

• ***Summary:*** An original, well-researched and well-written book–though some of the terminology (such as "beancurd") is outdated. Soyfood products include: Beancurd noodles (p. 38). Kinako (p. 47. "A Japanese soybean flour, that is a light tan powder made by roasting and grinding soybeans. This flour is mixed with sugar and used to coat mochi (pounded rice cakes), ohagi (rice balls), and wagashi (a type of confection [Japanese confections]). Look for the Shirakiku brand and Assi roasted soybean flour, both in 1-pound bags"). Soy sauce, mushroom soy sauce, kecap manis (p. 53). Hoisin sauce (p. 54).

Chapter 10, titled "Soybean products" (p. 93-99) includes: Black bean sauce, dried soybeans, tempeh, beancurd (pressed beancurd, deep-fried beancurd, savory grilled beancurd {yaki-tofu}, freeze-dried beancurd [sic] {koyadofu}, bean curd sheets {fu pei, yuba, fu jook; the latter are "rolled-up, long, rumpled, cream-colored sticks of bean curd skin, bent in two"}), fermented beans (preserved black beans {fermented black beans, tau see}, bean sauce, toen-jang, chili/hot bean sauce, fermented beancurd), okara, edamame, soybean sprouts, soy milk.

Note: This is the earliest English-language document seen (March 2009) that uses the word "toen-jang" (or "toen jang") to refer to Korean-style soybean jang (miso).

Concerning preserved black beans: "Also called salted or fermented black beans or 'tau see,' this is made by steaming small black soybeans, then fermenting them with salt and spices. Used in a variety of dishes to add a pleasant rich aroma and salty taste... Crush or mash beans slightly to release more flavor or mix with garlic, fresh ginger, or chilies. Available in small glass jars, cans, and plastic bags. They should feel soft and not be dried out... Look for Pearl River Bridge brand labeled 'Yang Jiang Preserved Beans' in a 1-pound yellow canister, and Koon Chun Sauce Factory, Double Parrot, and Zu Miao Trademark brands all in 8-ounce bags." Note: This is the earliest English-language document seen (Nov. 2011) that uses the term "tau see" to refer to Chinese-style fermented black soybeans (preserved black beans).

Concerning bean sauce: "Varieties of this Asian staple include yellow bean sauce, brown bean sauce, bean paste (tau jeong), or sweet bean condiment. All are made from yellow or black soybeans, fermented with salt and in the sweet Northern Chinese type, with sugar-sweetened crushed yellow [soy] beans. Two forms are found: whole beans in a thick sauce and bean paste, which is mashed, ground or pureed beans. The whole bean type has a rounder flavor and adds texture, while the pastes are very salty and should be used sparingly... The yellow bean paste is tau cheo... Sold in glass jars and cans. Look for Koon Chun Sauce Factory, Kon Yick Wah Kee bean sauce, Amoy, or Yeo's.

Chapter 18, titled "Japanese food products" (p. 168-81) includes: Tsukemono (pickled in miso), miso paste, shiromiso, akamiso, mamemiso, natto, miso soup, noodle dipping sauce base (memmi), tamari sauce, teriyaki sauce, tonkatsu sauce.

Interesting non-soy products include: Sesame paste (p. 57). Satay sauce (with peanuts), gado-gado-dressing (p. 58). Peanut oil (p. 64). Sesame oil (p. 65). Amaranth (vegetable, p. 72). Winged beans (p. 76). Pickled wheat gluten (p. 108). Sesame seeds, peanuts, roasted peanuts (p. 118). Red/azuki beans, agar-agar (p. 121). Wheat gluten (p. 127). Sesame candy, peanut roll (p. 136). Sesame seed and peanut cookies (p. 137). Sweet red bean paste (azuki *an,* p. 139). Coix seed (Job's tears, p. 165). Japanese seaweed and kelp (p. 169-70). Umeboshi (p. 171). Fu (dried wheat gluten cakes), mochi (p. 177).

Note: Although angkak / ang-kak is not mentioned by name, under "red yeast rice" part of the description is "Did you ever admire those glowing red ducks and spare ribs in

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Chinese restaurants? The red color comes from powdered red yeast rice which is an ingredient in the marinade and barbecue sauce." Since this product is made with a mold (*Monascus purpureus*) and not a yeast, we prefer the term "red rice koji" in English. Address: Writer, designer, illustrator and photographer, Miami Beach, Florida.

12016. Choi, Yangsook. 1999. New cat. New York, NY: Farrar, Straus and Giroux. Frances Foster Books. 32 p. Illust. (color). 29 cm.
• ***Summary:*** "Shortly after coming to America, Mr. Kim, owner of a tofu factory in the Bronx, gets a fluffy silver cat that makes her home in his factory." He found the cat at an animal shelter and named her New Cat. One night, while chasing a mouse in the tofu production room, the cat accidentally knocks over a bucket of tofu and thus saves the factory from burning down. Contains many full page color illustrations. Address: New York City.

12017. Coppin, Clayton A.; High, Jack. 1999. The politics of purity: Harvey Washington Wiley and the origins of federal food regulation. Ann Arbor, Michigan: University of Michigan Press. ix + 219 p. Index. 24 cm. [250+* ref]
• ***Summary:*** Contents: Acknowledgments. Introduction. 1. The theory of economic regulation. 2. The way we ate (before 1906 in the USA). 3. Competition and entrepreneurship in bureaucracy: Harvey Wiley's Bureau of Chemistry, 1883-1903. 4. The struggle for legislative dominance, 1903-4. 5. The struggle for legislative dominance, 1904-6. 6. Setting food standards by government regulation. 7. The whiskey wars. 8. Sulphur and benzoate of soda. 9. Corn syrup and Coca-Cola. 10. Administrative dominance under President Taft. Conclusion. Notes.

The Introduction states: "A study by the National Academy of Science found that most people ignore advice to eat healthier foods. People eat what is familiar, such as meat and potatoes, even when they know that bean sprouts and tofu are healthier." This book contains a detailed discussion of "The Pure Food and Drugs Act, which was passed by Congress and signed into law on 30 June 1906." The central figure in its passage was Harvey Washington Wiley, Chief of the Bureau of Chemistry at USDA. "He drafted most of the law, gave extensive testimony to Congress on its behalf, lectured tirelessly of its virtues, and built a coalition of businesses, bureaucrats, and politicians to support it. His influence was so great that the law was frequently called the Wiley Act." Wiley is the centerpiece of this book, but it is not a biography of him.

The book also analyzes food and drug laws as the "regulation of competition." In 1910 the White Cross was an organization whose purpose was to promote purity in foods.

Chapter 2, titled "The way we ate," begins: "The Pure Food and Drugs Act of 1906 reflected two broad trends of American life at the turn of the century: the move toward urban life and the increasing federal regulation of the economy." A "wave of creative destruction" swept through the U.S. economy after the Civil War. Despite the fact that margarine never posed a health problem, more laws were passed against it than any other food product in American history. There was also a battle between farm butter and creamery butter. Discusses "the revolution at the table," Sylvester Graham and his idea of bread, Auguste Escoffier and rationalization of the hotel kitchen, attempts to Americanize the diets of immigrants, W.O. Atwater, Mark Sullivan, scientific cooking and home economists (p. 28; new professionals in the late 1800s; food was given to people "primarily for the strengthening of their bodies, not for the gratification of their palates"), The Pure Food Movement and Harvey W. Wiley (p. 30-33). Adulteration often lowered the price of food for the working classes without lowering its nutritional value. However, like the scientific cooks of the period, pure food advocates "argued that the consumer was cheated when a cheap ingredient was added to a product." The pure food movement was populated largely by professionals and middle-class women who demanded "pure food for the mass consumer." But the mass-consumer was generally more interested in price than purity. The margarine vs. butter controversy is a good example. Margarine was popular among lower-income, working-class, urban Americans. The call to ban it came mainly from states and organizations that produced butter and saw margarine as competitor.

12018. Davidson, Alan. 1999. The Oxford companion to food. New York, NY and Oxford, England: Oxford University Press. xviii + 892 p. Illust. by Soun Vannithone. Index. 29 cm. [1500+* ref]
• ***Summary:*** The 2,650 alphabetical entries in this excellent encyclopedia and cornucopia represent 20 years of Davidson's work. The 175 illustrations by Laotian artist Soun Vannithone are superb. There are 39 longer entries about staple foods such as rice, noodles, and apples. A comprehensive bibliography provides access to further information. The book does not contain recipes.

Soy-related entries include: Bean sprouts (p. 64). Black beans, fermented (*chi,* p. 79). Kecap (Indonesian soy sauce, made "basically from soya beans and palm sugar only." "The word 'kecap' has passed into the English language as catchup or catsup and then as Ketchup, which now means something quite different." p. 429). Ketchup ("probably via the Malay word *kechap,* now spelled *kecap,* which means soy sauce. The word was brought back to Europe by Dutch traders who also brought the oriental sauce itself. The sauce has changed far more than has the word, although the name has appeared in a large number of variations such as catchup and catsup."

Tomato ketchup is now the best known and widely used–in fact almost the only ketchup left. Whereas tomato ketchup contains much sugar and vinegar, mushroom

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ketchup contains neither, and is basically a salted mushroom extract with a liquid, transparent consistency. The British food historian, C. Anne Wilson (1973), believes that mushroom ketchup was the first kind of ketchup in Britain; she argues that people used to pickle mushrooms, intending to use the mushrooms, but then started using the pickle too, and finally began using the pickle by itself.

"Oysters, mussels, walnuts, and many other ingredients have been used to make ketchup, and cold be blended with spices, garlic or onions, wines and spirits to vary the flavour" p. 430-31). Koji (p. 435). Lecithin (p. 447). Miso (p. 509). Natto (p. 530). Soybean (p. 739). Soy milk (p. 739-40). Soy sauce (p. 740). Tempe (or tempeh, p. 788). Tofu (p. 798-99), including plain tofu (doufu in Chinese), pressed tofu (*doufu-kan,* sic, *doufu-gan*)*, wu-hsiang kan,* cotton tofu or momendofu, kinugoshi or silk tofu, sui-doufu, freeze-dried tofu [dried frozen tofu], smoked tofu. Cooked forms of tofu: Deep-fried tofu, doufu pok, cha-dofu, abura agé or deep-fried thin slices which can be opened to make Inari-zushi, ganmodoki or deep-fried tofu balls, yaki-dofu or tofu which has been grilled. Fermented tofu: The generic term is doufu-ru. The most popular type is white doufu-ru, and there is red doufu-ru, tsao-doufu, ch'ou doufu [chou doufu], chiang doufu. In the Philippines fermented tofu is called tausi [sic, tahuri, tahuli; tausi is fermented black soybeans]. Miscellaneous: A specialty of Japan is *umesutsuke,* "tofu pickled in plum vinegar with a purple exterior." Note: As of Oct. 2011 not one hit / result for umesutsuke can be found on Google. Nor have we ever heard of such a Japanese tofu product.

Dofu nao (literally "bean brain") or smooth curds, yuba or "bean curd skin" or "tofu skin," okara or "presscake" (pulped skins of soya beans) (p. 798-99). Yuba (p. 860-61).

Also discusses: Alfalfa (p. 10). Almond (p. 12-13, incl. "almond milk"). Amaranth (p. 13). American cookbooks, history (p. 15-17). Azuki beans (p. 44-45). Barley, barley breads, and barley sugar (p. 58-60). Beef–BSE (mad cow disease, p. 68). Chia (p. 166). Cowpea (p. 230-31). Chufa (p. 185). English cookery books, history (p. 276-80). Five grains of China (p. 305). Gluten (p. 341). Groundnuts (or peanuts, p. 356-57). Hemp (p. 377-78). Hydrogenation (p. 391). Japanese culinary terms (p. 415-17). Kudzu (p. 437). Linseed (p. 454-55). Lupin (p. 463). Margarine (p. 478-79). Mung bean (p. 518). Nori (p. 534). Noodles of China (p. 537, incl. "Gan si {soya bean noodles}" and "Fen si {also fen-szu} {mung bean vermicelli})." Oncom (p. 553-54). Quark (p. 644). Quinoa (p. 645). Seaweeds (incl. hijiki, kombu/konbu, nori, wakame, etc., p. 712). Sesame (p. 713). Shortening (p. 721-22). Sprouts (no listing). Tahini (p. 779). Toast (p. 797, incl. Melba toast). Ume and umeboshi (p. 817). Winged bean (p. 849).

The entry for "Fermentation" states that the two main reasons for subjecting a food to fermentation are: (1) To "convert it from a form that will not keep, such a milk, to one which will, such as cheese." (2) To "make foods which are indigestible in their original state, such as wheat or soya beans, digestible by turning them into products such as bread or tempe." Other benefits include improvements in flavour. Many do not realize that fermentation is part of the process of making coffee, cocoa, vanilla, and many kinds of sausage. A brief biography and nice portrait photo of Alan Davidson, a man of extraordinary knowledge in the world of food, appear on the rear dust jacket.

Note: The paperback edition of this book (2002) is titled *The Penguin companion to food.* Address: World's End, Chelsea, London, England.

12019. Hagler, Louise. 1999. Meatless burgers: Over 50 quick and easy recipes for America's favorite food. Summertown, Tennessee: Book Publishing Co. 94 p. Illust. Index. 23 cm.
• ***Summary:*** A vegetarian cookbook. Contents: Introduction. Glossary of ingredients: Incl. (with a definition and description of each): Almond milk, arame, flaxseeds, hemp seeds, hulled, millet, miso, oat milk, quinoa, rice milk, shiitake, silken tofu, soy flour, soymilk, soy yogurt, tempeh, textured soy protein, tofu, vital wheat gluten.

Bean & grain burgers. Soyfood burgers: Tofu, tempeh, textured soy protein & soybeans. Vegetable burgers. Burgers with an ethnic flair. Accompaniments. Buns. Side dishes. Nondairy shakes. Address: Summertown, Tennessee.

12020. Hanamaruki Foods Inc. 1999. International cooking with miso (Leaflet). Nagano Prefecture, Japan. 1 p. Front and back. 30 cm. [Jap]
• ***Summary:*** The front of this color brochure is in English and the back is in Japanese. On each side are four recipes: Miso soup with nameko mushrooms and tofu bean curd. Tonjiru. Eggplant and pork fried in miso. Miso-flavored bouillabaisse. Address: Hirade 1560, Tatsuno-cho, Kamiina-gun, Nagano-ken 399-0422 Japan. Phone: 0266-41-1321.

12021. House Foods America Corp. 1999. Hinoichi Tofu: America's favorite tofu recipes. 4 vols. (Recipe cards). Garden Grove, California. 3 panels each side. Each panel: 7.6 x 12.6 cm. [Eng]
• ***Summary:*** These dated, glossy color cards each contain 3 recipes. The front three panels of each set are approximately the same: (1) Cover: "Hinoichi Tofu: California's number one tofu." (2) Our family of tofu varieties (7 SKUs): Organic soft. Organic regular. Organic firm. Organic extra firm. Soft. Regular. Firm. Extra firm. Tofu cutlets. (3) Hinoichi is California's number one tofu.

The recipes in Vol. 3 are: Soy-sational guacamole. Spicy tofu burritos. Peach sunshine smoothie.

The recipes in Vol. 4 are: Picante bean dip. Spinach fettucine alfredo. Tropical fruit pudding.

To the left of each recipe is a color photo of the ready-

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to-eat dish and nutritional information per serving. Address: 7351 Orangewood Ave., Garden Grove, CA 92841.

12022. Klingel, Brigitta. 1999. Gesundheit fuer die Zellen–Soja-Lezithin [Health for the cells–Soya lecithin]. Munich, Germany: Suedwest Verlag GmbH. 96 p. Illust. (color photos). Subject index. Recipe index. 21 cm. [9 ref. Ger]
• ***Summary:*** A popular introduction to lecithin, with basic information about other soyfoods and vegetarian recipes. Contents: Lecithin–The multitalented. Soya lecithin. Help for the heart. Lecithin lowers blood cholesterol. Mental and bodily top fitness. Beauty thanks to lecithin. Soyfood products: Dry soybeans, soymilk, yuba, okara, tofu, tempeh, miso, soy sauce, soy sprouts. Recipes with lecithin. Address: Germany.

12023. Kramer, Heather Lynn. 1999. Evaluation of physical and chemical properties of soybean cheese. MSc thesis, University of Missouri-Columbia. x + 152 leaves. Illust. (some color). 29 cm. *

12024. **Product Name:** [Sombreros].
Foreign Name: Sombreros.
Manufacturer's Name: Life Food GmbH.
Manufacturer's Address: D-7800 Freiburg, West Germany.
Date of Introduction: 1999. January.
Ingredients: Water, soybeans cold-pressed sunflowerseed oil, oats, vegetable mixture, spices, sea salt, tomatoes, herbs, guar gum thickener. All ingredients organically grown except guar. Note: No tofu coagulant is listed.
Wt/Vol., Packaging, Price: 250 gm.
How Stored: Refrigerated.
New Product–Documentation: Color photocopy of label brought to Soyinfo Center by Wolfgang R. Heck. 2011. Nov. 25. The top one-third of the label is the colorful Taifun logo with the red and yellow sun. Below the product name in bold letters: Pure soya product from the plant kingdom (*Rein pflanzliches Sojaprodukt*).

12025. Lwin, Claudia Saw. 1999. The food of Burma: authentic recipes from the land of the golden pagodas. Boston, Massachusetts: Periplus; North Clarendon, VT: [Distributed by] Tuttle Pub. 120 p. Introductory articles by Wendy Hutton, San Lwin and Win Pe. Illust. (color photos by Luca Invernizzi Tettoni). Index. 21 x 23 cm.
• ***Summary:*** Contains 75 recipes collected from all over Myanmar. A glossy, full-page photo is on every other page. The most populated "upcountry" region of Myanmar is the Shan Plateau. One of the main foods grown here is soya beans. The soups from this area are often "thickened with powdered soya bean. One example of this is a Shan version of Burmese noodles (*kyaukswe*), which is based on pork in a soup thickened with powdered soya bean..." (p. 12-13).

"The Shan tribes also make a fermented soya bean product similar to the Indonesian *tempe,* which is often dried, pounded and used as a seasoning" (p. 13).

"The soya bean, a native of China, appears in many guises in Myanmar: soy sauce, fermented soya beans (sometimes pressed into a cake and dried) and beancurd [tofu]." The Shan people also make a unique type of tofu from chickpeas. Sprouts are made from several types of beans, including soya beans and mung beans (p. 15).

In Part II, "Cooking in Myanmar," the section on "Burmese ingredients" has three soy-related entries (p. 35): "Soya bean cake (*pè bya*)*:* Dried soya beans are steamed, fermented, and made into cakes or wafers, which are roasted or pounded to a powder. This powder is added to curries and soups, or mixed with tomatoes to make a dish similar to Myanmar curried *ngapi."* A small color illustration shows soya bean cake. "Soy bean preserve (*pè ngapi*)*:* Fermented soya beans are made into a paste and used as a condiment. Tinned soya bean paste is sold outside Myanmar and can sometimes be used as a substitute for the fermented soya bean products.

"Soy Sauce (*pe nganpya yay*)*:"* Light and dark soy sauce are both used in Burmese recipes; the light sauce is saltier and paler in colour.

Soy related recipes: Khayanchinthee pantwepyaw (Tomato sauce, with "2 slices dried fermented soya bean cake, 7 cm (3 inches) in diameter," p. 37). Wether ahchochet (Pork balls cooked in sweet soya bean sauce, with "2 tablespoons sweet soya bean sauce," p. 96-97). Kailun gyaw (Stir-fried kailan, with "1 tablespoon light soy sauce," p. 108).

12026. Mowe, Rosalind. ed. 1999. Southeast Asian specialties: A culinary journey through Singapore, Malaysia, and Indonesia. Cologne, Germany: Culinaria Koenemann. 319 p. Illust. (color photos by Günter Beer). Index. 26 x 22 cm.
• ***Summary:*** Translated from the German. Includes headings in Chinese. This book is a feast for the eyes, printed on glossy paper with informative color photos on almost ever page. The structure and content are also creative and very interesting; it has caught the heart and spirit and nuances of the culture. On some pages, however, the type is too small to read. The name of most recipes and ingredients is given in their native language. A 2-page map of Southeast Asia appears near the front. The basic structure: Singapore (p. 12-109). Malaysia (p. 110-215). Indonesia (p. 216-301). Glossary (p. 302-04). Introduction to Chinese nutritional theory, by Andrea Fülling (p. 305-06): Introduction, yin and yang, the three warmers, the warming effect of foods (the five energy states are hot, warm, neutral, refreshing, and cold), the five elements. Acknowledgements. Photo credits. Index.

The contents includes: Healing herbs (p. 26-29). Soup as medicine (p. 30-33). Soybean (in Singapore, p. 40-47):

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Introduction (familiar forms are sprouts, soy sauce, beancurd, tempeh; new disguises are "vegetable protein," emulsifier," "lecithin," "vegetable oil" which are found in dairy products, canned fish, candies, desserts, and much more), in the West soybeans are "often grown as monocultures, with the disadvantages that this entails, such as the use of chemical fertilizers and pesticides," and genetically engineered soybeans, great nutritional value yet rarely used as whole dry soybeans, most of the harvest in SE Asia is processed into beancurd and tempeh, importance of fermentation, soy milk resembles cow's milk and is an excellent substitute, soy sauce is used throughout this cuisine. Photo of green soybean plants with green pods.

Soybean sprouts: "Black soybeans are imported from Thailand and Myanmar (Burma)." After washing, the beans are spread out in deep baskets and kept in the dark for 6 days. "Before the baskets of sprouts can be sold, the top layer if green leaves is trimmed off. They are used as feed for chickens and ducks. One basket yields 154 lb (70 kg) and the output of a medium-sized business is 60 baskets a day." Soybean "sprouts should never be eaten raw, nor should they be cooked for too long." Mung bean sprouts are better known than soy sprouts, but both can be bought fresh.

Dou ban jiang ("Salted soya bean sauce." Photo of jar and Sinsin label). Dou chi ("Black bean sauce." Photo of jar and Sinsin label). Note 1. Typically Dou chi are named "Salted black beans." Photo of five glasses showing how dry soybeans are transformed into soymilk, then curds.

Tofu: Meat from the fields (p. 42-44). The best tofu is made from special types of soybeans that are different from those that are crushed to make oil and meal. Most of the tofu in Singapore is made from soybeans imported from Canada. Describes the basic process for making commercial pressed tofu or soft tofu, with 7 photos showing the steps. Implies that making yuba is part of the process for making tofu; it "is eventually sold as dried beancurd sticks (*fu chok*).

Soy milk products: Fu pei–dried tofu skin [yuba]. Fu chok–dried tofu sticks [dried yuba sticks]. Tim chok–sweet tofu pieces [sic, sweet dried yuba / ama-yuba].

Note 2. This is the earliest English-language document seen (Feb. 2012) that uses the term "Tim chok" to refer to sweet dried yuba, or that uses the term "dried tofu sticks" to refer to dried yuba sticks.

Tofu fa–soft tofu as a dessert [tofu curds]; a little tapioca flour may be added. "Served warm or cold with a syrup flavored with almond extract." Color photo shows yellow yuba atop hot soymilk, and a woman removing a slab pressed tofu from its mold.

Tofu recipes for every taste (p. 44-45): "Tofu on its own is rather bland in taste, but this is precisely its strength, since when it is combined with different ingredients and condiments it tastes new and different every time. Recipes: Niang dou fu (Fried beancurd pockets). Xia ren dou fu (Stir-fried beancurd with jumbo shrimp). Hong shao dou fu (Braised beancurd). Sui rou zheng dou fu (Steamed soft beancurd with ground pork). Dou hua (Sweet beancurd dessert). Zha fu pi juan (fried beancurd skin [yuba] roll). Color photos show the 2nd and last recipes.

Soy sauce (p. 46-47): A naturally fermented product made with mold cultures of *Aspergillus oryzae.* Describes the process for both light and dark soy sauce; the koji is made in shallow round trays, ready after 4 days. It is "then transferred into fiberglass tanks [or earthenware jars], covered with brine, and left to ferment for 3 months," after which the 1st extraction of crude soy sauce takes place [but not through pressure]. More brine is added and a second extraction takes place 1 month later; this process is repeated for the third extraction. "At this point, the paths of the different soy sauces diverge." The saltier, light-colored soy sauce is mixed with a preservative, pasteurized, "and stored in tanks to clarify before bottling." The dark soy sauce is mixed with both a preservative and caramel coloring, is allowed to mature for an additional 4 weeks, then is pasteurized and bottled. Note 3. What happens to the 2nd and third extractions? Color photos show five steps in the process, but a traditional earthenware vat is shown instead of the fiberglass tanks. Dark soy sauce is thicker than light. Recipes: Jiang you ji (Chicken in soy sauce, with marinade). Hong shao niu nan (Braised shoulder of beef).

Oyster sauce (contains no soy). Sesame oil (p. 49, with 7 photos).

Condiments (p. 50-51): Color photos show the front and label of 15 separate jars and bottles with a substantial description under each. Those containing soy are: Hoisin sauce. Dou chi (Fermented bean dried). Dou ban jiang (Tou cheong). Fu ru (Beancurd preserved). Jang qing (light soy sauce). Hei jiang you (Dark soy sauce). Tian jiang (Sweet sauce).

Peking duck (p. 62-65; soybean paste {no Chinese name is given} and Hoisin sauce are ingredients in the sauce). One key is the crisp skin. It is served in thin Mandarin pancakes.

Suckling pig (p. 86-87): Piglets are bred in Hunan province. Slaughtered at the age of 3-4 months. After a dead piglet has been patted dry, it is brushed with soy sauce, then coated with a marinade that includes fermented red bean curd and light soy sauce. As with Peking Duck, suckling pig is prized for its crisp, tasty skin. Six photos show the skewered baby pig.

Symbolic foods (p. 98-101): One of these is Moon Cakes from the mid-autumn festival (15th day of the 8th lunar month). "Traditional fillings include sweet black bean or lotus paste." Is the sweet black bean filling made from soy beans?

Instant cup noodles [instant ramen] (p. 48): Note 4. Wikipedia says at Momofuku Ando: ORS [Order of the Rising Sun], (lived March 5, 1910–Jan. 5, 2007) was the Taiwanese-Japanese businessman who founded Nissin Food Products Co., Ltd. He is famed as the inventor of instant

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noodles and cup noodles, which he launched on 25 Aug. 1958 (at age 48) under the name Chikin Ramen–after months of trial and error experimentation to perfect his flash-frying method. On 18 Sept. 1981 he launched his most famous product, Cup Noodle.

Beansprouts (p. 154-57): With a long introduction, a description of the process, beautiful photos, and recipes: Taugeh goreng kucai (Fried beansprouts with chives). Taugeh masak kerang (Fried beansprouts with baby clams). Tahu goreng (Fried tofu with beansprouts). Bihun goreng (Fried rice noodles). Urap taugeh (Fried beansprouts with grated coconut).

Nasi tumpeng (rice cone) (p. 220). Served with sambal goreng tempe (crisp-fried marinated strips of tempeh). Gudeg (rice with green jackfruit cooked in a sweet sauce, p. 221) is served with a side dish of tahu goreng bacem (tofu cooked with spices, then fried).

Tempeh (p. 228-29), soybeans fermented with *Rhizopus oligosporus* mold. Indonesians consume more tempeh than tofu. The process is described, with 4 color photos: Recipe: Tempe goreng (fried tempeh).

Glossary (p. 302-04) includes: Fermentation. Soy sauce ("Probably the best-known Asian seasoning agent,..."). Sticky rice (also known as glutinous rice). Tahu (Indonesian; tofu). Tempeh. Tofu (beancurd, incl. hard, soft, and smoked).

12027. Murti, Tri Hesti; Nasution, Haris. 1999. KOPTI: The tempe and tofu co-operative. In: Sapuan, Noer Sutrisno, and Jonathan Agranoff, compilers and translator. 1999. The Complete Handbook of Tempe: The Unique Fermented Soyfood of Indonesia. Singapore: American Soybean Association. xiv + 186 p. See p. 144-55. [Eng]

• ***Summary:*** A very interesting chapter about two key organizations. Contents: Introduction. History of KOPTI. The role of BULOG (National Logistics Office) in the development of Kopti. Pusat KOPTI or PUSKOPTI. Contributions of Kopti to the tempeh industry: Institutional aspects, business and capital, the managerial position, social welfare for its members. Achievements of Kopti in tempe development: Quality improvement, processing of waste products and environmental constraints, soybeans, tempe marketing. Challenges of Kopti and future prospects: Organizational targets, business challenges, industrial and technological challenges, investment capital challenges, challenges for human resource management ("to improve the image of and respect for the tempe industry as a skilled profession and to develop managerial skills").

"One of the key institutions involved with the tempe industry is KOPTI, the Co-operative of tempe and tahu makers of Indonesia. After a difficult start in the early 1980s, KOPTI has been successful in bringing the tempe industry into the cooperative structure it is in today."

"Kopti began its origins in 1975 in Jakarta, in response to the difficulties met by the tempe and tofu makers in obtaining soybeans. At that time they had to purchase soybeans from the open market which had unstable prices and supplies were temperamental, having to be bought from the only wholesale market in Jatinegara [a subdistrict {*kecamatan*} of East Jakarta, at the far western end of Java] which had a monopoly. In essence, there was no guaranteed soybean supply at a stable price. Those manufacturers who lived far from Jatinegara found it very inconvenient and incurred great expense to transport beans back to their factories. There was also a great variety of soybean grades; Ampenan, Lampung, Medan, Hijau, Balong, Argentina, America, China, Burma, Sumbawa and Aceh.

"In 1975/76, a group of leading tempe makers decided to form a body that would resolve the problems in obtaining their raw materials, and between 1976-1978 plans were made to put this into effect. Tempe makers from Pekalongan, Central Java joined together to devise a way by which soybean supply could be improved and also so that they could communicate their ideas and exchange information on tempe more readily.

"This first organization they formed was called the Federation of Indonesian Tempe and Tahu makers (HIPTI). However, in December 1978, HIPTI was disbanded, largely for legal purposes as it was necessary to re-form the organization in an official capacity as a co-operative that was recognized by the government. In the beginning of January 1979, a new co-operative of tempe and tahu members was created. The aims of the co-operative were primarily to serve the needs of the tempe and tahu makers and at that time it was represented only in the four districts of Jakarta. At that time, KOPTI was based in Utan Panjang II, Kemayoran, Jakarta Pusat [central Jakarta] with Achmad Rouzi Noor as its head, a man who was also director of the company P.T. Sangga Buana.

"The objectives of KOPTI were assigned as follows:

"a. To facilitate the supply of soybeans.

"b. To avoid extortion by middlemen.

"c. To obtain government assistance for legal protection and advice.

"d. To improve the poor image and status of tempe makers so that they may become respected members of society and their profession regarded as a craft passed on down the generations.

"e. Increase product quality and productivity.

"f. To aim to produce tempe and tahu at a price easily affordable by the general population.

"The Role of BULOG (National Logistics Office) in the Development of Kopti: Officially, Kopti was inaugurated on 11th March 1979 in Jakarta. Since 1977, however, the National Logistics Office (BULOG) had the responsibility for the procurement and supply of soybeans, which was to become the responsibility of Kopti, to the tempe and tahu manufacturers, KOPTI activities really only took off between 1979-1980, when 29 primary Kopti units were set up as

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its first offices and membership totaled 9,387. Although BULOG had a monopoly on soybean procurement, there were several reasons why they were interested in supporting the formation of Kopti.

"The tempe making technology employed by almost all the tempe makers was largely traditional and static in nature. The product also was well below any standard for quality and safety, and there was little regard for using clean water or a modern industrial environment.

"Tempe makers had a very weak position with regard to capital or collateral. As a result, they had a very poor bargaining position over the price of soybeans. This was because the soybeans available at that time were sold on the free market where the price fluctuated widely. Ultimately, the tempe maker was always in a loss making position with minimal profit on each transaction.

"In general, the capital available for use in the production process was very limited. The very poor were at the mercy of their creditors to lend them money to continue their businesses, which were largely unsuccessful. This situation continued for quite a long time and created a bad impression of the tempe industry. Moreover, the conditions under which the tempe makers themselves lived had a lot to be desired, living, as many of them did, in slums that were highly inappropriate for a food industry with a high risk of contamination."

"To become a member of Kopti, one has to fulfill the requirements of being a tempe or tahu maker as well as to adhere to the statutes of the primary co-operatives.

"Both social and economic benefits have been realized, including training and welfare programs, savings schemes and subsidized housing for its members."

Tables: (1) Growth in human resources of Kopti (until April 1993). The table is divided into 5 columns: Region. Total Primkopti, total members, total worker members, total Kopti employees. Kopti is now composed of 73 Primkopti, with 40,621 members, 117,487 worker members, and 1,473 Kopti employees. The largest (by far) of the six regions into which Indonesia is divided is Central Java which has 35 Primkopti, 21,360 members, 64,017 worker members, and 375 Kopti employees. It is followed by West Java (10,572 total members), Jakarta (4,450 total members), Yogyakarta (2,750 total members), etc. Palembang is by far the smallest of the six regions.

(2) Total capital belonging to KOPTI in Indonesia (up to April 1993). In the same six regions, KOPTI has Rp 23.031 billion of total working capital, R 44.554 billion of total investment capital, and Rp 71.575 total capital.

(3) Housing funds. In the same 6 regions, Kopti as a total of Rp 14.731 billion in housing funds in 10,465 housing units.

A photo shows the inside of a tempe shop in Indonesia where Kopti members are processing tempe. Address: Director of PT Soya Briket Niagatama, Indonesia.

12028. Sanginga, P.C.; Adesina, A.A.; Manyong, V.M.; Otite, O.; Dashiell, K.E. 1999. Social impact of soybean in Nigeria's southern Guinea savanna. Ibadan, Nigeria: International Institute of Tropical Agriculture. 34 p. http://www.hubrural.org/ IMG/pdf/ iita_soybean.pdf [52 ref]

• ***Summary:*** This case study surveyed 203 households in Benue State to determine the level of adoption of soybean using social impact assessment (SIA). The results showed soybean adoption rates rose from 9% of farmers in 1989 to 75% in 1997. The high adoption rates are attributed to improved material welfare, household income generation, and human capital development. This study also showed that soybeans were an acceptable substitute in traditional foods. Virtually all the farmers used soybean dawadawa, 90% used soybean akpupa, a steamed bean flour cake, and 60% used soybean akwese, fried bean cakes. Innovative soybean utilization, such as soymilk, and a local `tofu' were moderately adopted at 25% utilization (Summary by Shao 2002, p. 87). Address: 1, 3, 5. IITA, Ibadan, Nigeria.

12029. *SoyaScan Notes.* 1999. Hot soy-related topics in 1999 (Overview). Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** 1. Genetic engineering of soybeans. This is now a major issue in Europe, and starting to become one in the USA. Will "non-GMO soybeans" ever become as important to some consumers as "Organically grown soybeans"?

2. What will be the effect of the FDA announcement concerning health claims for soyfoods on small producers of traditional soyfoods? Will they benefit from the claim without changing their formulations? Should they mentions "With natural isoflavones" on their labels? Should they state how many grams of isoflavones per serving. 3. Beware the dangers of the media hype of the health benefits of soyfoods. Don't overdo your own advertising claims. The media may later start to debunk all the hype. 4. Beware the potential dangers to the soyfoods industry of concentrated isoflavones, such as the pills made by ADM. These could be marketed (over the Internet, for example) as pills to give small girls big breasts.

5. Take advantage of the publicity that will be created by big dairy companies getting into the soymilk market.

6. Lon White's cardiac research in Hawaii which indicate that tofu consumption is correlated with cognitive disorders.

12030. Tofu Shop Specialty Foods, Inc. 1999. Tofu Shop, Arcata, CA (T-shirt). Arcata, California.

• ***Summary:*** This beige T-shirt (large size), made by Ecoweave, is recycled fiber 100% cotton. On the front left, in 1 inch high bluish-green letters, is written "Tofu Shop, Arcata, CA" [California]. On the back, in a yellow bamboo frame, is printed in blue letters: "Tofu Shop: Fine Tofu

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Products. Crafted in small batches from whole, organic, GMO-free soybeans. Made in Humboldt County." Inside the frame, across the bottom, in yellow letters on a blue background: "Tofu Shop Specialty Foods, Inc., Arcata, CA. www.tofushop.com."

A large illustration in the lower left corner of the frame A handsome, impressionistic watercolor shows a tofu shop on stilts, with a yellow roof having an Oriental curve, on a cliff overlooking the ocean with a tree arching overhead.

Talk with Matthew Schmit of Tofu Shop Specialty Foods, Inc. 2002. Sept. 20. This T-shirt was introduced in 1999. Address: 65 Frank Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

12031. Wakai, Kenji; Ohno, Yoshiyuki; Genka, Keiichiro; et al. 1999. Risk modification in lung cancer by a dietary intake of preserved foods and soyfoods: findings from a case-control study in Okinawa, Japan. *Lung Cancer* (*Amsterdam, Netherlands*) 25:147-59. [32 ref]

• ***Summary:*** Data were analyzed from 1988 to 1991 based on 333 cases and 666 age-, sex- and residence matched controls. Findings: The greater the intake of miso soup, the higher the risk (test for trend: P = 0.001 for males; = 0.043 for females).

Frequent consumption of soybeans was associated with a decreased risk in men (adjusted odds ratio {OR} 0.63, 95% CI [confidence interval]: 0.40-0.98 for once or twice a week or more, relative to less than once a month). Daily consumers of tofu were at a reduced risk, particularly for squamous cell carcinoma [a type of nonmelanoma skin cancer]; the OR (95% CI) is 0.55 (0.34 to 0.89) in males and 0.14 in females. These findings suggest deleterious effects of preserved foods and protective effects of soyfoods rich in isoflavones.

Isoflavones could well be another relevant dietary factor. They have been considered to exert anti-estrogenic effects in premenopausal women and estrogenic effects in postmenopausal women and in men. Thereby, they reduce the risk of some hormone-related cancers such as those of the breast and prostate.

Yet isoflavones also have non-estrogenic biological activities that may inhibit carcinogenesis. These include inhibition of tyrosine protein kinases, DNA topoisomerases and ribosomal S6 kinase activity, inhibition of angiogenesis, antioxidative properties and induction of malignant cell differentiation. Therefore it seems reasonable to hypothesize that isoflavones could be protective against not only hormone-related cancers, but also a wider ranger of malignancies including lung cancer. Address: 1. Dep. of Preventive Medicine, Nagoya Univ. School of Medicine, 65 Tsuramai-cho, Showa-ku, Nagoya 466-8550, Japan.

12032. Wakai, Kenji; Egami, Isuzu; Kato, Kumiko; et al. 1999. Dietary intake and sources of isoflavones among Japanese. *Nutrition and Cancer* 33(2):139-45. [35 ref]

• ***Summary:*** The dietary intake and sources of isoflavones (daidzein and genistein) among Japanese subjects were examined based on dietary records (DRs). The subjects comprised two groups: 1,232 who completed one-day DRs (Group 1) and 88 men and women who kept four four-day (16-day) DRs. For quantitative data on the level of daidzein and genistein in soy foods, the literature was thoroughly examined, particularly for Japanese soy foods, and adopted the median value for each food. The median intake of daidzein was 12.1 and 9.5 mg/day among Groups 1 and 2, respectively, while the corresponding values for genistein were 19.6 and 14.9 mg/day. About 90% of the daidzein and genistein in the Japanese diet comes from 3 soyfoods–tofu (including fried tofu), miso, and natto.

Table 2, titled "Estimated total daidzein and genistein contents of soy foods: Median values among results of food" lists these foods: Soybeans, dry. Soybeans, green [edamame]. Soybeans, boiled. Kinako (roasted and ground soybeans). Soybean sprouts. Tofu. Tofu, freeze dried ("kohri tofu"). Fried tofu, thin ("abura-age," deep-fried). Fried tofu, thick ("nama-age," fried briefly). Fried tofu and minced vegetables / seaweed ("ganmodoki"). Soy milk. Okara (tofu lees). Yuba (dried soy milk skim). Natto (fermented soybeans). Miso. Soy sauce. Address: Dep. of Preventive Medicine, Nagoya Univ. School of Medicine, 65 Tsuramai-cho, Showa-ku, Nagoya 466-8550, Japan.

12033. Wise, Victoria. 1999. Gardeners' community cookbook. New York, NY: Workman Pub. xii + 468 p. See p. 62-63. Illust. (Photography by Alison Miksch). Index. 24 cm.

• ***Summary:*** Contains a recipe for Warm honey-mustard tofu salad, and a sidebar titled "About tofu, cotton to silken."

12034. Yasa Boga. 1999. Tempe & tahu [Tempeh & tofu]. Jakarta, Indonesia: Gramedia Pustaka Utama. 24 p. Series: Seri resep praktis. [Ind]*

12035. Young, Grace. 1999. The wisdom of the Chinese kitchen: Classic family recipes for celebration and healing. New York, NY: Simon & Schuster. xxii + 282 p. Illust. (some color photos by Alan Richardson). Index. 24 cm.

• ***Summary:*** On the front cover is a large color photo of the three generations of women Grace's grandmother, Fung Tong Lai Lan, her mother (Mama), and Grace herself. On the first page of every chapter is an old family photo. The food and their names are Cantonese. Both of her parents were born in China. Growing up in San Francisco, Grace "observed that the principles of yin and yang–a balance of opposites–were integrated into our everyday fare. For example, vegetables considered cooling, such as bean sprouts, were stir-fried with ginger, which is warming" (p. xii). And she "ate Cantonese home-style food every day" (p. xiii).

The name of each recipe is written three ways: (1) In English. (2) In light-orange Chinese characters, vertically to the left of the English name. (3) In Cantonese phonetics (in

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small black letters).

Soy related recipes: Stir-fried asparagus with shrimp (and black bean sauce, p. 29). Beef chow fun (with black bean sauce, p. 31). Steamed spareribs with black bean sauce (p. 41). Steamed sole with black bean sauce (p. 43). Sandpot braised lamb (with dried yuba sticks {foo jook}, p. 42-43).

Sprouting soybeans (gives a good introduction to bean sprouts and describes how to make soybean sprouts at home) (p. 80-81). Includes many recipes for soybean sprouts: Grandfather's stir-fried soybean sprouts (p. 82). Soybean and spareribs soup (p. 212).

Stir fried clams in black bean sauce (p. 111). Buddha's delight (with fried tofu, dried yuba and red fermented tofu, p. 126-27). Soy sauce chicken (p. 174-75). Foxnut soup (with dried yuba sheets, p. 198). Homemade soymilk (from ½ cup dried soybeans, p. 209). Savory soy milk (p. 210). Gingko nut porridge (with dried yuba sticks, p. 222-23).

The excellent Glossary (p. 246-68) includes entries for: Adzuki beans (*zeck siu dul*). Barley, Job's tear (*ye mai*)*:* A different variety than Western barley. Bean curd: *See* Fried bean curd, Sheet dried bean curd, Stick dried bean curd, Tofu, and Wet bean curd [fermented tofu].

Bean sprouts (*gna choy*)*:* The two varieties of Chinese sprouts are mung bean sprouts (*gna choy*), which are more commonly available, and soybean sprouts (*dai dul gna choy*), which are more nutritious, being rich in protein. The head is the most nutritious part of the sprout. "Don't eat raw soybean sprouts, as they are toxic."

Chinese dried black beans (*dul see*)*:* Also known as salted black beans, fermented black beans, or preserved beans. Note: These are soybeans. "Before being used, the beans must always be rinsed in several changes of cold water." They are usually crushed with the handle of a cleaver or a wooden spoon and combined with soy sauce, garlic, or ginger before cooking. Her favorite brand is Yang Jiang Preserved Beans.

Fried bean curd (*dul foo gock*)*:* Also known as bean curd puffs, or fried tofu. "They are triangles, squares, or cubes of tofu that have been deep-fried." Sold refrigerated. Green mung beans, dried (*look dul*)*:*

Ground bean sauce (*meen see*)*:* "This chocolate-colored sauce is also known as brown bean sauce, bean sauce, brown bean paste, or yellow bean sauce." It is sold in cans and jars. She prefers the Lee Kum Kee brand. It is made from naturally fermented soybeans, flour and sugar. Refrigerate.

Hoisin sauce (*hoisin zheung*)*:* Made from sugar, soybeans, garlic, sesame seeds, chili peppers, and spices. A chocolate-brown sauce, mildly sweet and smoky. She prefers the Lee Kum Kee brand.

Red beans, dried (*hoong dul*)*:* Not to be confused with the elongated adzuki beans. These red beans are used in soups, red bean paste, and desserts.

Seaweed (*see choy*)*:* Also known as nori, roasted seaweed, or kizunori. Note: Many other types of seaweed / sea vegetables are used as food in East Asia.

Sheet dried bean curd (*bien foo jook*)*:* Also known as dehydrated bean curd, dried bean thread [or dried yuba].

Soybeans, dried (*wong dul*)*:* Also known as yellow soybeans.

Soy milk (*dul cheung*)*:* Although it looks like dairy milk, it has a completely different taste and consistency. To learn how to make it at home, see p. 208. The soy milk sold in Western health-food stores is generally different from that sold in Chinatown (which is available sweetened or plain).

Soy sauce (*see yul*)*:* Of the many varieties, the two are most essential for cooking are: (1) Black soy (*low zul*)*:* Also known as soy superior sauce or dark soy sauce. It is darker, thicker, richer in color, and slightly sweeter in taste. (2) Thin soy (*sang zul*)*:* Also known as superior soy, premium soy sauce, or light soy sauce. It has the most flavor but is saltier than Black soy. This soy is most often used in cooking. "The soy sauce sold in Western markets is generally thin."

Stick dried bean curd (*foo jook*)*:* Also known as dehydrated bean curd, dried bean thread [or dried yuba sticks]. The pieces are "ivory colored, about 12 inches long, and shaped like a giant horseshoe."

Sweetened red bean paste (*dul sah*)*:* To make it at home, see p. 139.

Tofu (*dul foo*)*:* Also known as bean curd. "Tofu is high in protein, cholesterol free, low in saturated fats, and rich in phytochemicals." The important types of tofu are: (1) Firm tofu (*dul foo*)*:* Comes in 3-inch squares, ½-inch thick. (2) Five spice tofu (*nmm hueng gul foo gawn*)*:* Also known as spiced tofu or flavored bean curd. (3) Silken tofu (*wat dul foo*)*:* "This is custardlike and more delicate"

Wet bean curd (*fu yu*)*:* Also known as fermented bean curd [or fermented tofu]. Sold in a brining liquor in jars (typically 1 pint). A favorite brand is Chan Moon Kee. The two basic types are (1) Wet bean curd, white (*bock fu yu*)*:* Often spiced with dried red chilies. (2) Wet bean curd, red (*nom yu*)*:* One-inch red cubes fermented in a thick red sauce.

Yellow mung beans, dried (*look dul hoy pay*)*:* "Also known as peeled mung beans," these look like small yellow split peas. "They are green mung beans that have been hulled." They are used in Savory rice tamales.

()*:* Address: A native of San Francisco, she currently lives in Manhattan with her husband Michael. For 16 years she has been the Test Kitchen Director and Director of Food Photography for Rebus, Inc., a New York Publishing Company.

12036. Asimov, Eric. 2000. Chinese cuisine with something old, something new: $25 and under. *New York Times*. Jan. 5. p. F9.

• ***Summary:*** This is a review of the Chinese restaurant Our Place Shanghai Tea Garden (141 East 55th Street, Manhattan, New York). This restaurant excels at tofu dishes: Recommended dishes include "the rich and delicious braised

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bean curd with crab meat and spinach," knots of bean curd skin tossed with fresh soybeans and chopped mustard greens, and fresh bacon with bean curd skin.

This same information, in condensed form, appears in the 4 Feb. 2002 edition (p. E42) of this newspaper.

12037. Wild Oats Community Market; Alfalfa's Markets. 2000. The joy of soy: Resolve to evolve. This millennium, pick up a good habit. Your guide to soyfoods–True health food. Colorado. 8 panels. [10 ref]
• ***Summary:*** This is a chain store newspaper (published from time to time; copyrighted 1998), with this issue devoted to soyfoods. It contains ads for many soy products sold at the store, many of them on sale. "Soy strategy: 3 New Year's resolutions. 1. Get healthy. 2. Lose weight / cut down on bad fats. 3. Help protect the environment.

A sidebar titled "Cool beans! Top ten reasons to enjoy soy" states: "1. Soy protein helps reduce cholesterol levels, thereby reducing the risk of coronary heart disease, which accounts for more than 500,000 deaths in the U.S. per year.

"2. The soybean is the only vegetable to offer a complete protein profile, equal to both meat and eggs in its protein content.

"3. As a complete protein, soy contains all nine essential amino acids. (The human body needs twenty amino acids, only eleven of which are produced by our bodies).

"4. Soybeans are higher in essential, healthful fats than most vegetable foods.

"5. Soybeans are a good source of several vitamins and minerals, including calcium, zinc, copper, magnesium, iron and many of the B vitamins.

"6. One acre of soybeans provides about 30 times more protein than one acre devoted to raising beef.

"7. Soy is also the richest dietary source of isoflavones, which act as phytoestrogens that may help protect against cancer, osteoporosis and menopause.

"8. Soy may increase bone density and reduce the risk of osteoporosis.

"9. Soy may reduce menopausal hot flashes in women–good news for those women who do not wish to take hormone replacement therapy.

"10. Other heart-healthy benefits of soy include low saturated fat, high calcium content, high essential fatty acid (EFA) content, high vitamin E content and no cholesterol."

There are definitions of and information about: Miso, shoyu, tamari, tofu, tempeh, soy milk, soy yogurt, soy cheese, soy desserts, soy oil, soy flour, texturized soy protein, soy grits, soy nuts, edamame (soy in the pod), and meat alternatives.

12038. Wright, Allison. 2000. FDA health claim about soy will grow tofu category, says Mori-Nu's Mio. *Produce News* (*Fort Lee, New Jersey*). Jan. 10.
• ***Summary:*** "Recent approval by the Food & Drug Administration of a health claim linking consumption of soy protein to a reduced risk of heart disease will being increased awareness to the health benefits of tofu and will grow the category, according to Art Mio, national sales manager for Morinaga Nutritional Foods Inc. of Japan.

"The FDA health claim is permitted on foods that contain at least 6.25 grams of soy protein per serving." Mori-Nu Extra Firm Tofu contains enough soy protein to carry the new health claim. Several other Mori-Nu tofu products contain 6 grams of soy protein per serving, just barely missing the 6.25 gram mark set by the agency.

12039. Deane, Donna. 2000. Get more soy in your life: Doctors say soy is good for you. So come on, get started. *Los Angeles Times.* Jan. 12. p. H1, H3. Food section.
• ***Summary:*** Discusses tofu, miso, edamame, soy sprouts, and roasted soybeans, with recipes for each. *Edamame,* or soybeans in the shell, are becoming popular, partly because they are fun to eat, tasty, and rich in protein. They are showing up in Asian restaurants and appetizer menus, and can be found in specialty and health food stores, and in the produce section of some supermarkets and farmers markets. A photo shows edamame. Address: Times Test Kitchen Director.

12040. Schultz, Kevin. 2000. Soybean research may lead to a better tofu. *Land* (*The*) (*Mankato, Minnesota*). Jan. 21.
• ***Summary:*** Galena Genetics is a joint venture between Pioneer Hi-Bred Japan and North Country Seed (Ormsby, Minnesota; President, Joel Rabbe). Research director Steven Schnebly says the goal is to breed better soybeans for making tofu. Address: Land editor.

12041. Burros, Marian. 2000. Eating well: Doubts cloud rosy news about soy. *New York Times.* Jan. 26. p. F1, F11.
• ***Summary:*** Sales of soyfoods have been skyrocketing recently because preliminary research suggests that soy has many health benefits, from reducing loss of bone density to easing some menopausal symptoms. In October the FDA "put its imprimatur on soy" when it granted food companies the right to claim that soy protein reduces cholesterol and the risk of heart disease. Although other claims are unproven, soy is strongly promoted by its marketers as a panacea, and the U.S. media has been "almost unanimous in praising its safety and efficacy."

"Against the backdrop of widespread praise, however, there is growing suspicion that soy–despite its undisputed benefits, may pose some health hazards. The scientific world is still divided over many of the claims for efficacy [is it really effective] and over some safety issues." There is agreement on two points: (1) Soy can reduce cholesterol, and (2) There may be an increased risk of cancer when consuming soy isoflavones in pill form–especially for post-menopausal women; and for these women there may also

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be hazards in adding soyfoods to their diets. The two main isoflavones, genistein and daidzein, are phytoestrogens, or weak plant estrogens. They act in much the same way as regular estrogens in that they can both inhibit and stimulate the growth of certain cells.

"Not one of the 18 scientists interviewed for this column was willing to say that taking isoflavones was risk free." There is a big difference between consuming soyfoods and components of the soybeans, like isoflavone supplements.

During the 12 months ending October 1999, sales of soyfoods in supermarket chains were $420 million, up 45% from the previous year, according to SPINS scanner data. The biggest increase was in soy isoflavone pills, whose sales were up 246% during the same 12-month period. These supplements, which can contain more than 85 mg of isoflavones in a single pill, have much higher levels of isoflavones than occur naturally in foods. And some makers advise taking two pills a day. Some soy protein concentrate powders have up to 160 mg of isoflavones per serving. Scientists are concerned that typical consumers don't distinguish isoflavones from soy protein, and that they will overdose on the isoflavones. For this reason, Dr. Daniel Sheehan of the FDA's National Center for Toxicological Research (in Jefferson, Arkansas) opposed the FDA's soy health claim. No one knows what the maximum safe dosage of isoflavones is, because no human studies have been conducted. However, if people consume soyfoods instead of supplements, they will not overdose on isoflavones. In Japan, for example [where women's breast cancer rates are one-forth to one-sixth of those in the USA] the typical daily consumption of isoflavones is 25-50 mg, and most people consume soyfoods throughout their lives.

Dr. William Helfreich, associate professor of nutrition at the University of Illinois who specializes in diet and breast cancer, is concerned about the risk of soy isoflavones for post-menopausal women with estrogen-dependent breast cancer. Given early in life, he notes, they will prevent, but given late they may promote. Unfortunately the research in this area is very limited and the results are unclear and far from definitive. Fortunately, a number of studies that answer these questions are now being underwritten by the National Cancer Institute.

Many large companies are developing new soy products in response to the growing soy demand: Kellogg's, General Mills, Campbell's Soup, and ConAgra.

This article was reprinted, under the title "Rush to embrace soy products raises warnings about downside," in the *Oregonian* (Portland, Oregon; Feb. 8, p. FD10). On the same page was a recipe for a "creamy, dreamy" Tofu Cheesecake.

12042. **Product Name:** [Tofu Mayonnaise].
Foreign Name: Tofu Majoneza.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Poljanicki, Prilaz 12, 10000 Zagreb, Croatia.
Date of Introduction: 2000. January.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Vlatka Kuzmic. 2001. Jan. 12. They started to sell tofu mayonnaise in Jan. 2000. Label sent by Vlatka. 2002. March.

12043. Annapurna. 2000. Annapurna: zdrava hrana [Annapurna: Healthy food (Leaflet)]. Zagreb, Croatia. 1 p. Front and back. Each panel 13.5 x 10.5 cm. [Cro]
• ***Summary:*** This small leaflet is printed in black ink on light green paper. On the front panel, the name of the company, Annapurna, is printed in yellow and orange. Below that are listed four tofu products and 3 seitan products, with the name, weight, and price given for each.

On the back panel are explanations of "What is tofu?" and "What is seitan?"

Note: This is the 2nd leaflet printed by Annapurna; the first one has been lost.

12044. Ashton, E.; Ball, M. 2000. Effects of soy as tofu *vs* meat on lipoprotein concentrations. *European J. of Clinical Nutrition* 54(1):14-19. Jan. [53 ref]
Address: School of Biological Sciences, Deakin Univ., Victoria, Australia.

12045. Bender, Karen; Hill, Lowell. 2000. Producer alternatives in growing specialty corn and soybeans. *Department of Agricultural and Consumer Economics, University of Illinois at Urbana-Champaign* AE-4732. 16 p. Jan.
• ***Summary:*** Includes results of a 1998 survey on growing tofu or clear-hilum soybeans, STS soybeans, and organic or pesticide free soybeans. Address: 1. Senior Research Specialist; 2. L.J. Norton Prof. Emeritus of Agricultural Marketing. Both: Dep. of Agricultural and Consumer Economics, College of Agricultural, Consumer and Environmental Sciences, 1301 W. Gregory Drive, 304c Mumford Hall, Univ. of Illinois at Urbana-Champaign, IL 61801. Phone: 217-333-1694.

12046. King, Paul E.; King, Gail J. 2000. All World Exploration's joy of soy recipe book. Methuen, Massachusetts. 104 p. Recipe name index. 28 cm.
• ***Summary:*** Paul and Gail are travel consultants; their travel company is named All World Exploration. This is a book of international tofu recipes, grouped by country (American, Chinese, French, Italian, Mexican, etc.) featuring great sauces. The book comes on CD-ROM and also spiral bound.

Note 1. This is the earliest document seen (Nov. 2011) concerning the work of Paul and Gail King, or *The Soy Daily.*

Note 2. This is the earliest soy cookbook seen (Nov.

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2011) that comes on CD-ROM. Address: 42 Conrad St., Methuen, Massachusetts 01844-2712. Phone: 978-681-6606.

12047. **Product Name:** Mori-Nu Tofu Hero (Seasoning mixes for making...) [Eggless Salad, Italian Herb Medley, Garden Scrambler, or Shanghai Stir-Fry].
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St., Suite 110, Torrance, CA 90504. Phone: 310-787-0200.
Date of Introduction: 2000. January.
Wt/Vol., Packaging, Price: 1.1 oz (31.3 gm).
How Stored: Shelf stable.
New Product–Documentation: Ad (full-page color carton) in *Vegetarian Times.* 2000. Jan. p. 33. In the top horizontal panel of the cartoon a distraught blonde lady asks: "What do I do with my Mori-Nu Tofu?" A Superman-like character with a green mask replies: "Never fear! Tofu Hero is here."

In the middle horizontal panel the lady kisses the masked man saying, "Thank yooo. You are my Tofu Hero!"

In the bottom panel is a photo of the four different Tofu Hero seasoning packages and two cartons of Mori-Nu Silken Tofu. A box of text states: "Able to create great meals in a single pan. Faster than a hungry family. Vegan. All natural. Dairy-free. Tofu Hero and aseptically packaged Mori-Nu Tofu. Defenders of good taste." Below that is praise for Tetra Pak.

12048. **Product Name:** Trader Joe San Marinated Tofu: Tofu in a Soy Sauce and Red Wine Vinegar Marinade.
Manufacturer's Name: Trader Joe's (Marketer-Distributor). Made in El Cajon, California, by San Diego Soy Dairy.
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 2000. January.
Ingredients: Tofu (water, soybeans, nigari), marinade (water, soy sauce [water, soybeans, salt, wheat * alcohol], red wine vinegar {contains sulfites}, evaporated cane juice [natural milled sugar], granulated garlic, powdered ginger, red pepper flakes, sesame oil).
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray, with heat-sealed, peel-off plastic film top. Retails for $1.59 (2000/03, Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 130, calories from fat 60, total fat 7gm (11% daily value; saturated fat 1 gm), cholesterol 0 mg, sodium 300 mg (13%), total carbohydrate 2 gm (dietary fiber 1 gm, sugars 0 gm), protein 13 gm. Vitamin A 0%. Vitamin C 0%. Calcium 6%. Iron 10%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2000. March 24. 5.75 by 4.75 inches. Black, white, dark red, and yellow on clear plastic film. "Perishable. Keep refrigerated. SKU# 032448.

Soyfoods Center taste test: Quite good. Talk with Gary Stein. 2000. March 28. He says this product was introduced in Jan. 2000.

12049. *Hawaii Hoichi* (*Honolulu*). 2000. Wakayama a health-food hotbed. Feb. 1.
• ***Summary:*** Hiroaki Iwamoto is president of Tendre Corp., Tanabe City, Wakayama prefecture. He obtained a patent on his frozen tofu in 1995. Tendre now makes about 2,500 tons/year of frozen tofu, worth 700 million yen.

12050. *Los Angeles Times.* 2000. Azumaya Tofu is healthy addition to variety of recipes. Feb. 2. Los Angeles–Long Beach Metro Area.
• ***Summary:*** "Azumaya has been producing top quality tofu in the United States for more than 60 years. All varieties of Azumaya Tofu are produced and pasteurized mechanically and monitored by an experienced quality-control team for increased sanitation."

12051. Mueller, Ray. 2000. 'Food grade' soybeans earn premiums for grower group. *Wisconsin State Farmer* (*Waupaca, Wisconsin*). Feb. 11.
• ***Summary:*** In 1999 the roughly 150 members of the Rock County Grain Co. shared the $2.4 million worth of premiums from the "identity preserved" or "food grade" soybeans they grew and sold largely to overseas buyers in Japan, Germany, Italy, and some other Asian countries. These soybeans are used to make foods like tofu.

12052. Purvis, Kathleen. 2000. Say soy! New foods and drinks keep sprouting from these magic beans. *Post-Dispatch* (*St. Louis, Missouri*). Feb. 14.
• ***Summary:*** Perhaps the tastiest form of soy is edamame. These green soybeans, boiled, salted, and served chilled, are the "latest craze in the chi-chi ["chic"] cocktail set." In Japan they are served as snacks with beer or sake.

In the six months before June 1999, sales of soyfoods have grown 34.4%, according to data from SPINS. Sue Havala notes that soymilk is now available at mainstream food stores / supermarkets. A full-page color photo shows bright green edamame, with the pods both opened and closed. Contains four recipes and a glossary of the following: Green soybeans, soymilk, soy flour, soy nuts, canned soybeans, soynut butter, miso, tofu, tempeh, soy sauce. Address: Knight Ridder Newspapers.

12053. Erickson, Marsha. 2000. Soy foods may lower cholesterol: In season. *News-Tribune* (*Duluth, Minnesota*). Feb. 17.
• ***Summary:*** "Editor's note: The American Heart Association has designated February as American Heart Month. Throughout the month, In Season is focusing on the 'right

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stuff' to feed your heart. Today the spotlight is on soy foods. Coming next week: Whole grains."

Soyfoods are good for the heart. They "are rich in special plant chemicals called isoflavones. These isoflavones may directly lower blood cholesterol. In addition, soy foods are low in saturated fat, high in soluble fiber, cholesterol-free and contain high quality protein.

"Food sources of soy include soynut butter, roasted soynuts, soy flour, miso, tofu, tempeh, textured soy protein and soymilk."

A black and white photo has a border of "green soybeans," both in the pods and shelled. The text, titled "Great soy sources," states: The FDA now allows products that contain at least 6.25 grams of soy protein per serving to say on the label that the product may reduce the risk of heart disease. Products that are good sources of soy protein per serving are:

4 ounces of firm tofu contains 12 grams of soy protein. 4 ounces of soft tofu contains 9 grams. 1 soy burger contains 10-12 grams. 8 ounces [1 cup] soymilk contains 10 grams. ½ cup cooked soybeans contains 16 grams. ½ cup green soybeans [shelled edamame] contains 10 grams. ½ cup tempeh contains 19 grams. ½ cup roasted soy nuts contains 39 grams. Address: Registered Dietitian, Miller-Dwan Medical Center; Duluth representative of the Minnesota Dietetic Assoc.

12054. O'Hara, Pam Smith. 2000. The soybean goes SoBe: Latest craze is edamame. *Miami Herald.* Feb. 27. Food section.

• ***Summary:*** Sitting in her favorite Japanese restaurant eating fresh green soybeans and tofu, the writer (a vegetarian for many years) reflected on how much things have changed since her favorite childhood dinners of baked beans and wieners. Called *edamame* in Japanese, these soybeans in the pods are "sweet, nutty, and irresistibly rich." They are an excellent source of both protein and fiber.

Note: SoBe refers to the South Beach Beverage Co. based in Norwalk, Connecticut. Started in about 1995, they make soft drinks such as Lizard Fuel, Karma, and Zen Blend. SoBe was purchased by PepsiCo in late 2000.

12055. **Product Name:** Regular Tofu, Savory Tofu, Almond Tofu, Mushroom Onion Tofu, Lemon Grass Tofu, Sweet Ginger Tofu, Soy Noodles, Soymilk [Unsweetened, or Sweetened], and Tofu Skins.
Manufacturer's Name: Ahimsa Gourmet.
Manufacturer's Address: 1520 International Marketplace, San Pablo, California 94806. Phone: 510-235-8343.
Date of Introduction: 2000. February.
New Product–Documentation: Talk with George Weissmann, founder of Veat Gourmet. 2000. April 12. About two months ago his partner, Van Thi Dang, who is Vietnamese, started a small business named Ahimsa Gourmet in San Pablo, California, where they make tofu, soymilk, and many other soyfood products.

Talk with Van Thi Dang. 2000. April 12. She and her business partner, Tony Tieu (who is Chinese-Vietnamese), founded this business in mid-Feb. of this year. Tony makes all of the soy products. Even though she and Tony are Vietnamese, they produce their soyfoods for everyone, without targeting any particular ethnic group.

12056. *Country Living's Healthy Living.* 2000. Soy solutions. Jan/Feb.

• ***Summary:*** A recent FDA ruling concerning heart-health claims allows soy product manufacturers to proclaim on labels that 25 grams of soy protein daily–as part of a diet that is low in saturated fat and cholesterol–may reduce one's risk of coronary heart disease.

A table shows the number of grams of soy protein per serving in nine popular soy products. For example: ½ cup edamame (fresh soybeans) 10 gm. One soy hot dog such as Lightlife Smart Deli Jumbos 16 gm. One GeniSoy Soy Protein Bar 14 gm. 4 oz firm or extra firm tofu–such as Nasoya 9 gm. A color photo shows many edamame–green vegetable soybeans in the pods. Address: New York, NY.

12057. Golbitz, Peter. 2000. Health claim to boost soy sales. *Bluebook Update* (*Bar Harbor, Maine*) 7(1):1-2. Jan/March.

• ***Summary:*** A study of the soyfoods market in the USA, conducted jointly by Soyatech and SJH & Co., shows that overall, sales of soyfoods have been growing at more than 20% a year for the past three years; some categories, such as meat alternatives and dairy alternatives are growing at more than 40% a year. Lightlife Foods has seen sales increase 33% during 1999. Nasoya also plans to use the health claim prominently on their tofu.

The U.S. claim may even help soyfoods in Europe–especially England. Peter Fitch, Director of the Haldane Foods Group in England, says that if the claim is properly handled, it could help restore the tarnished image of soyfoods–tarnished in the minds of UK consumers by problems related to genetic engineering of soybeans–and help get them back on the menu.

12058. Jaret, Peter. 2000. The joy of soy: Hailed as the king of all health foods, the mighty soybean has been touted as a weapon against heart disease and cancer. *Harper's Bazaar.* Feb. p. 152, 156.

• ***Summary:*** "Wonder foods come and go... But the new superfood of the moment promises to be different. Eventually it's going to get everyone's attention, because the health claims being made for it are just too big to ignore." "A stream of scientific papers have shown evidence that it can fight heart disease and cancer." Even those who hate tofu are finding that soy can taste pretty good. Many like edamame–those slightly furry green pods served at Japanese

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restaurants. You run them through your lips and suck out the smooth, slightly salty soybeans inside. "Edamame have become so popular, they're being sold in bulk stores from New York to California." At Trader Joe's, a nationwide retail chain, sales of frozen edamame now rival those of frozen corn and broccoli. Even soymilk is poised to go mainstream. A key reason for the health benefits of soybeans is that they are rich in isoflavones–substances that resemble the natural hormone estrogen. Isoflavones are also powerful antioxidants.

Color photos show: (1) Two large red chopsticks holding one cooked yellow soybean. The caption: "The soybean, Asian staple, may be a big reason why cancers of the breast and prostate are uncommon in Japan and China." (2) Edamame in the pods, topped with a sprinkling of coarse white salt, on a square bamboo tray. The caption: "Edamame, the salty finger food served at sushi bars, is so popular, specialty food markets are beginning to sell it by the pound."

12059. Sojafarm. 2000. Tofu: Meister der Verwandlung. Land des Ursprungs [Tofu: Master of transformation. Land of its origin]. Trechtingshausen, Germany. 16 p. 21 cm. Catalog and list of products. [Ger]

• ***Summary:*** This catalog has an attractive, glossy color front and rear cover. On the inside front cover is an introduction to tofu in Japan–the land of its origin. [Note: Tofu originated in China]. The inside, titled "Information, products, prices," consists of photocopied sheets. The company logo, on p. 1., consists of the Chinese character for "bean" over the company name. Below that is written in German: "High-quality, natural-food specialty products, made with pure spring water." In the catalog, each product is described with a list of the ingredients.

The products are listed in the following order on the price list (* = label enclosed): Tofu Natur*. Tofu mariniert. Tofu mit Kräutern (Kräuter-Tofu*). Gemüsetofu*. Tofu geräuchert (Geräucherter Tofu*). Tofu Frülingssterrine*. Tofu-Reisburger*. Tofu-Bratschnitte*. Nusstofu (tofu with hazelnuts)*.

Smoked specialties: Räuchertofu mit Champignon (Champignon Räucher-Tofu*). Räuchertofu mit Algen (Algen Räucher-Tofu*). Räuchertofu mit Rotwein.

Tofu Würstchen: Piccolino's (Frankfurter Art). Barbecue's (Thüringer Art). Gourmet Scheiben. Brotaufstriche. Tofu-Kräutercreme. Tofu-Edelcreme.

Fermate (Soy cheese): Fermate Pfeffer. Fermate mit Kräuter. Sauce Bolognese.

Frischware: Gemüserollen. Asia-Rolle. Tofu Burger. Tofu Lauchburger. Grünkernburger.

Seitan: Seitan. Seitangulasch.

Pasta de Tofu: Spiralen. Gabelmakkaroni. Bandnudeln. Mischkiste. Tofu Kochbuch.

Also enclosed is a letter and two business cards. Address: Im Paradis, D-55413 Trechtingshausen, Germany. Phone: 06721-6470.

12060. *SoyaScan Notes.* 2000. Chronology of soy sprouts worldwide. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 100 A.D.–Soy sprouts are first mentioned in China in the *Shen-nung Pen-tsao Ching* [Classical pharmacopoeia of Shen Nung, the Heavenly Husbandman]. Four Chinese characters [yellow + curls + big + bean] are used to refer to soy sprouts, whose use is mentioned only as a medicine, not as a food. The use of soy sprouts as a food in China did not become popular until the Sung dynasty (A.D. 960-1127). This pharmacopoeia was compiled starting in the Early/Western Han Dynasty [206 B.C. to A.D. 8] from material that had existed long before. Today it is considered by Chinese authorities as a genuine work.

1767–Soy sprouts are first mentioned in an English-language publication or in the American colonies by Henry Yonge of Savannah, Georgia. Yonge got his information from Samuel Bowen, for whom he grew the first soybeans [called Chinese vetches] ever cultivated in North America in 1765. Bowen got his soybeans while traveling in China. Yonge writes:

"They put about two quarts of the vetches into a coarse bag, or hair-cloth bag, that will hold about a peck [2 gallons], and after keeping them in it a little time in warm water, they lay the bag on [a] flat grating, or a wooden lattice, placed about half way down a tub; then every four hours they pour water on them, and in about 36 or 40 hours they will have sprouted about three inches in length; they are then taken out and dressed with oil and vinegar, or boiled as other vegetables..." Mr. *Flint* and Mr. *Bowen* having found them an excellent antiscorbutic prepared in this manner, was a principal reason for his introducing them in *America,* as it would be a most valuable remedy to prevent or cure the scurvy amongst the seamen on board his majesty's ships." Note that in America, as in China, soy sprouts are first recommended for use as a medicine; It is their vitamin C that prevents or cures scurvy.

1830–Soy sprouts are first mentioned in Europe by Philipp Franz von Siebold, an early traveler in Japan, in his book on the economic plants of Japan. In a large fold-out table, he states that soybeans (*Sooja Japonica,* Sieb.) can be artificially germinated to make "Mogasi" [sic, Moyashi]. He includes the word *moyashi* written in both katakana and Chinese characters.

1871–Frederick Porter Smith, a medical missionary from England living in China, states in his book *Contributions toward the Materia Medica and Natural History of China,* that soy bean sprouts (*Tau-ya*) are "artificially raised in large quantities for food in the winter" when green vegetables are scarce in China. This is the second earliest English-language publication that mentions soy sprouts.

1905-06–Soy sprouts are first produced commercially

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in the United States by two Chinese food companies in California: Wing Chung Long in Los Angeles, and Quong Hop & Co. in San Francisco.

1911–Soy sprouts are first produced commercially in Europe by Li Yu-ying, a Chinese scholar and soybean expert, at his plant *Usine de la Caseo-Sojaine* at Valles, Colombes, northwest of Paris, France.

1914–D. Bois in France publishes the earliest illustration seen of a soy bean sprout.

1917-1918–During World War I, interest in soy sprouts in the United States grows. Yamei Kin, a Chinese-American woman with an M.D. degree from an American college, is sent to China in June 1917 to study and report back on soyfoods–including soy sprouts, which she says can be used in a nutritious salad with fermented tofu.

Writing in *Country Gentleman* (28 Sept. 1918), Sam Jordan of Missouri states: "Another dish which tastes as good as it looks or sounds is soy-bean sprouts. The smaller beans, of some yellow or green variety, are usually used." They are excellent because of "their use in the winter, acting as a green vegetable, and the fact that the vegetable can be had whenever wanted."

William Morse, the USDA's soybean expert, writes in the *Yearbook of the U.S. Department of Agriculture* (1918) in a special section titled "Soy-bean sprouts" that in China soy beans are widely used for sprouting. "Bean sprouts can be used as a home winter vegetable, for the dried beans are sprouted easily in a short time under proper conditions of heat and moisture. It is quite possible that sprouted soy beans utilized in various vegetable dishes would appeal to the American taste." A full-page photo shows a large basket of sprouted soy beans. Taken by Frank N. Meyer, it is the first photo of soy sprouts ever published.

1921–Dr. John Harvey Kellogg, in his book *The New Dietetics,* has a special section titled "Soy bean sprouts" in which he is the first to use the word "vitamins" in describing the nutritional benefits of soy sprouts, and the first to note that "Sprouted soy beans is one of the constituents of the famous chop suey."

1941-45–During World War II, awareness of soy sprouts again increases. Their champion is Prof. Clive McCay of Cornell University. His first brochure on the subject (April 1943) begins: "Our daily paper would surprise us if it carried an ad: 'WANTED: a vegetable that will grow in any climate, rivals meat in nutritive value, matures in 3 to 5 days, may be planted any day in the year, requires neither soil nor sunshine, rivals in vitamin C, has no waste (in preparation), can be cooked with as little fuel and as quickly as pork chop.' The Chinese discovered this vegetable centuries ago in sprouted soy beans."

Prof. McCay and his wife, Jeanette, worked closely with the New York State Emergency Food Commission, to publicize soy sprouts and other soyfoods during the war years. Governor Thomas E. Dewey hosted a famous "soy bean lunch" at the governor's mansion in Albany, New York, to demonstrate the value of mean substitutes. Soy sprouts were in two of the dishes served to the 67 media representatives.

1960s-2000–Soy sprouts benefit from the rapid growth of interest in all kinds of sprouts in the USA and Europe, and from the growing number of Asian-Americans.

12061. *To Your Health* (*Dr. John McDougall's Newsletter, Baltimore, Maryland*). 2000. Is the doctor in... Can soy make you sick? Feb. p. 6.

• ***Summary:*** This article begins with a question, apparently from a reader: "I read recently that studies have found a link between soy products and dementia. I thought tofu and other soy products were good for me. What's going on?" The response (from the unknown writer) discusses an article in the *Honolulu Advertiser* (Hawaii) on 26 Nov. 1999 (p. A1) discussing the work of Dr. Lon White of the Pacific Health Research Institute. While studying 3,734 Japanese-American men in the Honolulu Heart Study, he found that those age 45 or older were more likely to suffer cognitive loss if they ate tofu more than twice a week. White's study has not yet been published in a scientific journal.

White theorizes that the phytoestrogens in tofu may be interfering with the brain's ability to use human estrogen. Typically, human estrogen binds to brain cells. Estrogen has long been thought to improve brain function. White suggests that phytoestrogens may be clogging the brain's receptor sites, preventing human estrogen from attaching.

The writer adds that another possible reason for the association is the high aluminum content of soybeans. "Aluminum is the only known controllable source of Alzheimer's disease." Aluminum from the soil attaches to substances in the soybean, such as phytates, to make unabsorbable complexes. "However, the heating and processing of soybeans to make tofu may free up the aluminum so that it can be readily absorbed."

Readers are advised to go easy on soy products and use them only as condiments. One reason is that "tofu is 45 percent fat." Note: The writer intended to say that 54% of the calories in tofu come from fat. Tofu actually contains 4.3 to 5.3% fat, depending on the firmness. Thus, a 100 gm serving of tofu contains 4.3 to 5.3 gm of fat; this fat is vegetable oil, which is largely unsaturated.

12062. **Product Name:** [Chili with Veggie Minced Meat, Veggie Chicken Nuggets, Meatless Tofu Schnitzel, Bonanza Meatless Minced Meat Steaks, Greek-Style Pan-Fried Veggie Strips].
Foreign Name: Chili con Veggie Hack, Chickin Nuggets, Tofu Gemueseschnitzel, Bonanza Hacksteaks, Pfannen Gyros,.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: D-54578 TofuTown Wiesbaum,

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Germany. Phone: +496593 9967-0. Fax: 6593 9967-225.
Date of Introduction: 2000. February.
Wt/Vol., Packaging, Price: 200-250 gm pack.
How Stored: Refrigerated.
New Product–Documentation: Color packages sent by Bernd Drosihn. 2004. Nov. 15. Size: 10 by 18 by 3.5 cm. Paperboard boxes. Red, light green, dark green and black on beige. Color photo of the dish, ready to eat, on a white plate. Each of these Viana-brand products is a meat alternative, ready to heat, introduced in Feb. 2000. The packaging is very attractive.

12063. Schweitzer, Peter. 2000. Re: The Farm's two major contributions to American culture. Letter accompanying spring *Plenty Bulletin,* March 1. 1 p. Typed, with signature on letterhead.
• ***Summary:*** "Dear Plenty Friends: When the history of the Farm community (where Plenty was founded in 1974) is written, two achievements will stand out as having a significant impact on American society, and no, I'm not talking about tie-dyes and longer hair: (1) Instigating and spreading the use of soybean foods, including milk, tofu and ice-bean; and (2) helping to propel the homebirth movement into the mainstream of US healthcare."

Website: www.plenty.org.

"Since 1985 Plenty has been engaged in the promotion of soy food technology in Belize. Soy is beneficial in areas where diets are lacking in good proteins and tillable land is scarce." Address: Executive Director, Plenty, P.O. Box 394, Summertown, Tennessee 38483. Phone: (931) 964-4864.

12064. Horowitz, Janice M. 2000. Organic Update. *Time.* March 20.
• ***Summary:*** In the "Your Health" section: "Today there are more meanings of the word organic than there are decent ways to prepare tofu."

12065. Essoyan, Susan. 2000. Trouble for titan tofu: A study in Hawaii finds that the health food favorite may accelerate aging of the brain. But critics note that the research creates more questions than answers, and no causal connection has been made. *Los Angeles Times.* March 23. p. B2. Metro section.
• ***Summary:*** Results from the Honolulu-Asia Aging Study, some of which were presented by chief investigator Dr. Lon White (of the Pacific Health Research Inst.) at a symposium in Washington, DC, in Nov. 1999, are scheduled for publication in the April issue of the *Journal of the American College of Nutrition.*

The vice president of medical and scientific affairs for the National Alzheimer's Assn. in Chicago (Illinois), Bill Theis, "considers the findings too preliminary to support any conclusions."

A clinical trial is underway to examine the connection between estrogen and Alzheimer's; it follows a survey which showed that women who took hormone replacement therapy after menopause were at lower risk for getting Alzheimer's. Dr. Kenneth Setchell, prof. of pediatrics at the Univ. of Cincinnati's Children's Hospital Medical Center (Ohio), disputed White's conclusions. His research shows that isoflavones have a positive effect on the brain. He asked: If soy is so bad, why are there not high rates of Alzheimer's disease in Japan and China? And why is there no association with any other soyfood? And why don't vegetarians, who typically consume plenty of tofu, get Alzheimer's?

"In stark contrast to White's findings, a 1993 study of 272 Californians enrolled in the Adventist Health Study, matched for age, sex and ZIP Code, found that those who ate meat were more than twice as likely to become demented as their vegetarian counterparts."

This article concludes with some market statistics from a study titled "The U.S. Soyfoods Industry," by Soyatech Inc. and Senechal, Jorgensen & Hale Co. U.S. tofu sales have grown from $108 million in 1992 to $238 million (forecast) in 1999. U.S. sales of all types of soyfoods have grown from $852 million in 1992 to $2,140 million (forecast) in 1999. Address: Special to Times.

12066. Mestel, Rosie. 2000. In light of troubling study on soy, moderation seen as key. *Los Angeles Times.* March 27. p. S1, S6.
• ***Summary:*** The "troubling study" is Dr. Lon White's study in Hawaii showing a correlation between tofu consumption and Alzheimer's–but no proof of causality. Address: Times Health Writer.

12067. Bittman, Mark. 2000. Faster than you can say soup: The minimalist. *New York Times.* March 29. p. F3, or p. B12 (National ed.).
• ***Summary:*** "It would be hard to find a more powerfully complex natural convenience food than miso." Miso, which is more intense than soy sauce, but not saltier, can be used to make dressings and sauces, or toppings for tofu. "But miso's most amazing feat is turning a cup of hot water into soup in about 30 seconds." Contains a recipe for "Nearly instant miso soup," with tofu, carrots and scallions.

12068. Messina, Mark J. 2000. Update on soy and nutrition (Interview). *SoyaScan Notes.* March 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Even though ABC's TV program 20/20 did a positive story about soymilk, they will soon be airing a very negative program on soy. They started by focusing on Lon White's study associating tofu and Alzheimer's in Hawaii. They then added the idea that there is a conspiracy between the soy industry and the FDA for the health claim. Mark has spent six hours on the phone with the 20/20 people, and he expects the program to be very negative. He is concerned.

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Another important negative article titled "Eating well: Doubts cloud rosy news on soy," by Marian Burros (*New York Times,* 26 Jan. 2000) concerns soy and breast cancer. She argues that soy may be contraindicated for breast cancer and quotes Steve Barnes as saying that women with ER-positive tumors (that means the estrogen receptors respond to estrogen) tumors should not consume soy. There was a second article on tofu and Alzheimer's by Rosie Mestel in the *Los Angeles Times* that was much more negative than the first article by Susan Essoyan. Moreover, Rosie is confused about what constitutes "moderation," because Lon White's study indicated that 2-4 servings of tofu per week caused brain problems, whereas most studies show that you must consume at least 1½ servings of tofu a day to get any benefits. In short, Mark believes that the media is and will be increasingly running negative stories on soy. Ken Setchell feels like "everybody has now jumped the soy ship and he's the only one still promoting it." "It's now hitting the fan right and left–so that we have gone to the other extreme." In July of this year, a panel on soy and safety is scheduled for the NNFA (National Nutritional Foods Association) show. The toxicity issues are now starting to take center stage–as Mark has been warning for several years. Mark does not see how any food company could consider coming out with a new soy product in the current atmosphere–with all the controversies being raised." The newspapers are carrying the negative stores because the magazine stories that are running now were written 6 months ago.

Over the past few years, many people in the soy industry have accused Mark of being an alarmist for presenting the whole truth–both sides of the issue. For example, Mark was telling dietitians that soy might be contraindicated for women with ER-positive breast tumors. Steve Barnes did not agree with Mark on this point. David Heber (a "big shot," M.D., PhD at UCLA) was hosting a soy meeting at UCLA on Jan. 20th 1998, in cooperation with PTI, to try to calm any concerns that some UCLA endocrinologists had about soy and breast cancer. It was a sort of "one-day dog and pony show" with five positive talks on soy by UCLA-associated people. He was very critical of Mark's position on the subject and even shouted at Mark on the phone for 10 minutes for scaring women away from soy when soy was so wonderful.

The last four studies on the ability of soy protein to lower blood cholesterol levels have shown no effect. We must be clear that there are two separate issues in these studies: (1) Does it work? and (2) Does it matter? If it does work, it probably doesn't matter, because those people with very high cholesterol levels would probably be put on drugs anyway.

In a recent position paper on women's health, the American Dietetic Association recommended that women avoid phytoestrogen supplements. Address: PhD, 1543 Lincoln St., Port Townsend, Washington 98368. Phone: 360-379-9544.

12069. Annapurna. 2000. Annapurna: zdrava hrana [Annapurna: Healthy food (Leaflet)]. Zagreb, Croatia. 1 p. Front and back. Each panel 15 x 10.5 cm. [Cro]
• ***Summary:*** This small leaflet is printed in black ink on light peach-colored paper. On the front panel, below the name of the company, Annapurna, are listed four tofu products and 3 seitan products, with the name, weight, and price given for each.

On the back panel are explanations of "What is tofu?" and "What is seitan?" Note: This is the 3rd leaflet printed by Annapurna.

12070. CNN-FN (Financial News). 2000. Business unusual. Television broadcast. CNN. March 1. 4 minutes, 50 seconds.
• ***Summary:*** This interview with Steve Demos begins: "Well, it certainly isn't the usual path to business success. My guest was a '60s hippie who dropped out of American society, moved to India, and practiced yoga in the Himalayas–and lived in a cave, by the way. And when he finally dropped back in, he did so by practicing a philosophy of 'Wealth without guilt,' and launched White Wave, a multi-million-dollar enterprise built on, of all things, soy!"

Steve says that he realized that he wanted to contribute to our society, and to do so he had to keep score by "extracting wealth." He wanted to make a positive contribution, "Something the world was better off with, rather than without." He chose soy because it was a "nonviolent contribution that is nutritional." He started making tofu in 1977. The host (a woman) notes that "its really just sort of catching on more mainstream now in the U.S." Demos agrees: "This is how to get rich slow... Not the overnight success."

The host asks again about the route that he took, "back from a cave in India, doing yoga for days and meditating." Then: "What does your family think of you now?" Answer: They are much more approving. Steve notes that business for him is a philosophy, and he has a great passion for what he is trying to accomplish. White Wave had sales of $30 million last year and the company is forecasting $60 million this year. They expect sales to double for the next three years as a result of the FDA endorsement stating that soy is a "healthy benefits food." The host says she hopes that one day all Americans will be dunking their Oreo cookies in soymilk, then closes with "Keep up your principles."

12071. *Food Trade Journal U.S.A.* (*Ikegawa Food Specialists*). 2000. FDA as well as media help Japanese food industry: Soy products and green tea are highlighted. 10(2):1, 3-4. March. [Eng; Jap]
• ***Summary:*** Each article in this newspaper is published in both English and Japanese. Last October, the FDA gave its approval for U.S. companies to begin using a health claim on foods containing at least 6.25 gm of protein per

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serving. Except for traditional soy products (such as tofu), each serving must contain no more than 3 gm of fat, 20 mg of cholesterol, and 480 mg of sodium. The FDA believes that adults who consume 25 gm/day of soy protein could experience a decrease in their blood cholesterol, which reduces their risk of heart disease. The mainstream soyfoods that benefited from this announcement are veggie burgers, soymilk, tofu, and soy cheese. But now edamame has emerged as a big seller at supermarkets since a few years ago. A Japanese-style cartoon shows two blonde girls seated at a table. A boy, who is standing, says "I show you how to eat Edamame." Holding a pod of edamame in his right hand, he is popping the beans into his mouth. A circular inset, showing how his fingers hold the pod, is titled "Squeeze." Another cartoon shows Takuji Kimura [Mr. edamame in America], drawn by his son.

The article gives lengthy excerpts from two recent American articles: (1) Hesser, Amanda. 1999. "Bet you can't eat just one soybean." *New York Times.* Sept. 8. p. F3. (2) Deane, Donna. 2000. "Get more soy in your life." *Los Angeles Times.* Jan. 12. p. H1, H3. Food section.

According to Shigeru Shirasaka, president of House Foods (a leading U.S. tofu maker), his company shipped 29 million pieces of tofu in 1999, which is a 70% increase over 1995.

The last page of this article is about edamame, by Takuji Kimura, America's leading edamame broker, Concord, California. Japanese restaurants have been the showrooms for edamame, and they are part of the reason for its growing popularity. Tak Kimura started trying to sell edamame in 1994 at several natural food stores, but nobody seemed interested. He contacted the produce manager of Whole Foods in Berkeley–a woman–without an appointment. When he asked her to try his edamame, she said that she knew what it was–an appetizer at sushi bars! She liked it very much and had tried to find a source, but the restaurants would not disclose their sources. During his first demo day at Whole Foods he sold only 8 packs in 8 hours. But after 2 weeks sales started to increase. Then he got permission to sell edamame at other Whole Foods Markets, and then at the Wild Oats chain of natural food stores. In 1998 sales started to increase rapidly. Now the FDA is supporting edamame and major newspapers are doing stories, so sales continue to grown.

12072. **Product Name:** Wholesome Valley (Organic Dairy Cheeses), Chunks [Cheddar, Mozzarella]. Slices [American, Mozzarella, Swiss, Pepper Jack].
Manufacturer's Name: Galaxy Foods Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 2000. March.
Ingredients: American: Organic cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), water, organic butter, organic non at milk. sodium phosphate, etc.
Wt/Vol., Packaging, Price: Slices: 8 oz (224 gm) 12 slices per pack.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) from Natural Products Expo West. 2000. March. A photo shows the front panel of six Wholesome Valley Organic nondairy cheeses on a cutting board, with potted herbs and fresh vegetables in the background. 12 slices in each sliced variety. "Reduced fat. Pasteurized process cheese food. 1/3 less fat than process cheese food." "Good source of calcium & protein. No artificial ingredients. No rBST hormones or antibiotics."

On the rear we learn that these are dairy cheeses, made with organic cheese and organic milk.

12073. Good, Darrel; Bender, Karen; Hill, Lowell. 2000. Marketing of specialty corn and soybean crops. *Department of Agricultural and Consumer Economics, University of Illinois at Urbana-Champaign* AE-4733. 28 p. March.
• ***Summary:*** Includes results of a 1998 survey on marketing STS soybeans, tofu or clear-hilum soybeans, non-GMO soybeans, and organic or pesticide free soybeans. Address: 1. Prof.; 2. Senior Research Specialist; 2. L.J. Norton Prof. Emeritus of Agricultural Marketing. All: Dep. of Agricultural and Consumer Economics, College of Agricultural, Consumer and Environmental Sciences, 1301 W. Gregory Drive, 304c Mumford Hall, Univ. of Illinois at Urbana-Champaign, IL 61801. Phone: 217-333-1694.

12074. Nasoya Foods, Inc. 2000. "I'm eating tofu now because I *like* it" (Ad). *Vegetarian Times.* March. p. 7.
• ***Summary:*** This full-page ad shows a black-and-white photo of a lady of middle age smiling above the title. Below the title is a recipe for Salad with marinated tofu and a color photo of the prepared dish. "Nasoya: We're putting tofu on America's tables." Address: One New England Way, Ayer, Massachusetts 01432.

12075. Northland Seed & Grain Corp. Northland Organic Foods 2000. Northland Seed & Grain Corp. Northland Organic Foods (Portfolio). 462 Holly Ave., St. Paul, MN 55102. 11 inserts. 30 cm.
• ***Summary:*** On the front and back of this portfolio is a color photo of a large field of soybeans on rolling hills in picture-perfect, weed-free rows. The company's two logos appear on each cover. On the left side, inside, are five inserts describing the seed and grain corporation: (1) Specialty seed breeding program. The firm is a "specialty grain trading company that was developed a decade ago by president and owner Peter Shortridge. (2) Feb. 1995 "Soybean sample data" for soybean varieties Toyopro and Vinton 81, incl. yields of tofu and okara, and sensory analysis of tofu. (3) Press release: Non-GMO verification/certification program. (4) Northland:

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Leading the way naturally. (5) Ditto, but in color and 5 languages, incl. German, French, Italian, and Japanese.

Several of the inserts for Northland Organic Foods Corp. are for individual commodities, incl. soybeans, cereal grains, flours, meals & feeds, and edible oils; each is written in five languages. Address: St. Paul, Minnesota. Phone: 621-221-0855.

12076. Quong Hop & Co. 2000. Soy for life: The benefits of eating soy products (Brochure). South San Francisco, California. 5 panels each side. Each panel: 15 x 10 cm.
• ***Summary:*** Contents: The power of soy foods: Introduction, anti-cancer, osteoporosis, coronary heart disease, menopausal symptoms, lactose intolerance. Tips for cooking with tofu. Additional recipes. A half-page color photo shows many products made by Quong Hop & Co.–"Master tofu-makers since 1906." Address: 161 Beacon St., South San Francisco, California 94080. Phone: 650-553-9900.

12077. **Product Name:** Soy Deli Baked Tofu [Teriyaki, Hickory, Honey Sesame].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 171 Beacon St., South San Francisco, CA 94080. Phone: 650-553-9900.
Date of Introduction: 2000. March.
Wt/Vol., Packaging, Price: 6 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (glossy, color, two-sided) sent by Patricia Smith from Natural Products Expo (Anaheim, California). 2000. March. "The Soy Deli–Hand crafted by tofumasters since 1906." The front shows the labels of 20 Soy Deli brand products made by Quong Hop & Co., including five types of baked tofu. The back gives product specifications for each. Each product is organic.

12078. **Product Name:** Soy Deli Smoked Tofu [Mesquite], and Fried Tofu [Hawaiian Style].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 171 Beacon St., South San Francisco, CA 94080. Phone: 650-553-9900.
Date of Introduction: 2000. March.
Wt/Vol., Packaging, Price: 7 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (glossy, color, two-sided) sent by Patricia Smith from Natural Products Expo (Anaheim, California). 2000. March. "The Soy Deli–Hand crafted by tofumasters since 1906." The front shows the labels of 20 Soy Deli brand products made by Quong Hop & Co., including these two types of tofu. The back gives product specifications for each. Each product is organic.

12079. Quong Hop & Co. 2000. The Soy Deli: Hand crafted by tofumasters since 1906 (Leaflet). South San Francisco, California. 1 p. Printed front and back. 28 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo West. 2000. March. On the front is the front of all Soy Deli brand products. Five flavors of vacuum packed tofu burgers (Garden, Mesquite Smoked, Original, Teriyaki, and Barbecue).

Five flavors of baked tofu (Teriyaki, Five Spice, Savory, Hickory, Honey Sesame), smoked tofu (Mesquite), and fried tofu (Hawaiian Style).

Four ready-to-eat soy entrees (Sweet & Sour, Tex Mex, Homestyle, Italian).

Tofu (Soft, Firm, Nigari Firm). Low-fat nigari tofu (two sizes).

On the rear is "Product specifications"–but no listing of ingredients. Address: 161 Beacon St., South San Francisco, California 94080. Phone: 650-553-9900.

12080. Quong Hop & Co. 2000. Smoked & Hawaiian Style Tofu: Good tasting & high protein (Leaflet). South San Francisco, California. 1 p. Printed front and back. 28 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo West. 2000. March. On the front is the front of these two new Soy Deli-brand products, with product information about each.

On the rear is Product specifications plus ingredients these and many other Soy Deli-brand products. Address: 161 Beacon St., South San Francisco, California 94080. Phone: 650-553-9900.

12081. Rice, M.M.; Graves, A.B.; McMurry, S.M.; et al. 2000. Tofu consumption and cognition in older Japanese American men and women. *J. of Nutrition* 130(3S):676S. March. Supplement.
• ***Summary:*** This study of older Japanese living in the Seattle, Washington, area found that tofu intake over a two-year period did not affect cognitive function. However two years may be too short a time to observe a significant effect on function. Address: Depts. of Epidemiology, Medicine, Psychosocial and Community Health, Environmental Health, and Neurology, Univ. of Washington, Seattle, WA.

12082. **Product Name:** Vegan Spinach Florentine Ravioli.
Manufacturer's Name: Rising Moon Organics.
Manufacturer's Address: 1695 Elkay Drive, Eugene, OR 97404. Phone: (541) 461-1122.
Date of Introduction: 2000. March.
Ingredients: Organic semolina flour, firm tofu, chopped spinach, Dijon mustard, fresh organic garlic, extra virgin olive oil, fresh organic basil, lemon juice concentrate, curry, parsley, dry onion, sea salt & turmeric.
Wt/Vol., Packaging, Price: 9 oz.
How Stored: Frozen.
New Product–Documentation: Leaflet (8½ by 11 inches, glossy color) sent by Patricia Smith from Natural Products Expo (Anaheim, California). 2000. March. The front is filled

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with colorful labels. The back, titled "Distributor pricing & spec sheet," gives product information and ingredients. A second, one sided, black-and-white photocopy leaflet, titled "Why Rising Moon Organics?" gives five reasons why.

Label sent by Kirk Giudici. 2003. Dec. 22. "Spinach Florentine Ravioli with Tofu." 4 by 4.5 inches. Self-adhesive. Front panel: Black and yellow on light green. Logo: Rising Moon Organics with illustration of half moon. USDA Organic logo. "100% organic. Lowfat. Vegan." Back panel: "Proponents of the ravioli revolution." Cooking instructions. Nutrition facts. Barcode.

12083. **Product Name:** Vegan Italian Garden Ravioli. Renamed Garlic & Roasted Veggies Ravioli in 2001.
Manufacturer's Name: Rising Moon Organics.
Manufacturer's Address: 1695 Elkay Drive, Eugene, OR 97404. Phone: (541) 461-1122.
Date of Introduction: 2000. March.
Ingredients: Organic semolina flour, organic tofu, spinach, mushroom, organic squash, tomato, potato flakes, organic garlic, fennel seed, sea salt, onion, black pepper, turmeric.
Wt/Vol., Packaging, Price: 9 oz.
How Stored: Frozen.
New Product–Documentation: Leaflet (8½ by 11 inches, glossy color) sent by Patricia Smith from Natural Products Expo (Anaheim, California). 2000. March. The front is filled with colorful labels. The back, titled "Distributor pricing & spec sheet," gives product information and ingredients. "New!" A second, one sided, black-and-white photocopy leaflet, titled "Why Rising Moon Organics?" gives five reasons why.

Talk with Kirk Giudici. 2003. Dec. 19. This product was renamed in 2001. It is still vegan. Label sent by Kirk. 2003. Dec. 22. 4 by 4.5 inches. Self-adhesive. Front panel: Black and yellow on blue. Logo: Rising Moon Organics with illustration of half moon. USDA Organic logo. "100% organic. Lowfat. Vegan." Back panel: "World peace begins in the kitchen." Cooking instructions. Nutrition facts. Barcode.

12084. Rosenberg, Monda. 2000. Quick and healthy. *Chatelaine* 73(3):103. March. *

12085. **Product Name:** Soymage Low Fat Cream Cheese (Vegan).
Manufacturer's Name: Soyco Foods. Div. of Galaxy Foods Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 2000. March.
Ingredients: Soy beverage (filtered water, isolated soy protein, organic tofu), unhydrogenated canola oil, corn starch, food stabilizers (xanthan, natural vegetable guar & locust bean gums), tricalcium phosphate, sodium phosphate, organic food acidulants (citric acid and gluconic acid), natural flavors, sea salt, vitamin E (antioxidant), vitamin A palmitate.
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West. 2000. March. "Build your healthy cheese section with Soyco Foods: The Dairy Free Vegan Alternative." A photo shows the front panel of five nondairy Soymage brand nondairy foods on a bed of soybeans with tomatoes and lettuce in the background: Vegan Chunk (Made with organic tofu). Low Fat Cream Cheese. Low Fat Sour Cream. Vegan Singles (Made with Organic Tofu). Vegan Parmesan (Made with organic tofu). "Lactose free. Cholesterol free. Saturated fat free. Preservative free."

12086. **Product Name:** Soymage Low Fat Sour Cream (Vegan).
Manufacturer's Name: Soyco Foods. Div. of Galaxy Foods Co.
Manufacturer's Address: 2441 Viscount Row, Orlando, FL 32809. Phone: 800-808-2325.
Date of Introduction: 2000. March.
Ingredients: Soy beverage (filtered water, isolated soy protein, organic tofu), unhydrogenated canola oil, corn starch, sea salt, food stabilizers (xanthan, natural vegetable guar & locust bean gums), sodium phosphate, citric acid, natural flavors, vitamin E (antioxidant), vitamin A palmitate.
Wt/Vol., Packaging, Price: 8 oz plastic tub.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West. 2000. March. "Build your healthy cheese section with Soyco Foods: The Dairy Free Vegan Alternative." A photo shows the front panel of five nondairy Soymage brand nondairy foods on a bed of soybeans with tomatoes and lettuce in the background: Vegan Chunk (Made with organic tofu). Low Fat Cream Cheese. Low Fat Sour Cream. Vegan Singles (Made with Organic Tofu). Vegan Parmesan (Made with organic tofu). "Lactose free. Cholesterol free. Saturated fat free. Preservative free."

12087. Stephens, Roger; Stephens, Jane Ade. ed. and comp. 2000. Soyfoods guide 2000: Helpful tips and information for using soyfoods. Indianapolis, Indiana: Stevens & Associates, Inc. Distributed by the Soy Protein Partners. 24 p. Illust. No index. 28 cm. [23 ref]
• ***Summary:*** This guide is available only on a limited basis to dietitians and health professionals. Contents: Health: Add soy to diet to reduce heart disease (FDA recommends 25 grams of soy protein a day to reduce blood cholesterol levels), sample day soy meal planner (easy ways to add 25 grams of soy protein). Daily soyfood guide pyramid. Soy and your health–Scientists are learning about soy's

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health benefits: Isoflavones, heart disease, menopause & osteoporosis, cancer, allergies, diabetes & kidney disease, fat. Soyfood Descriptions: Meet the bean: Green vegetable soybeans (edamame), hydrolyzed vegetable protein (HVP), infant formulas, soy-based, lecithin, meat alternatives (meat analogs), miso, natto, nondairy soy frozen desserts, soy cheese, soy fiber (okara, soy bran, soy isolate fiber), soy flour (50% protein), soy grits, soy protein concentrate, soy protein isolate (isolated soy protein, 90% protein), soy protein, textured (flour or concentrate), soy sauce (tamari, shoyu, teriyaki), soy yogurt, soybeans, soymilk, soy beverages, soynut butter, soynuts, soybean oil & products, sprouts (soy), tamari (see soy sauce), tempeh, Teriyaki sauce (see soy sauce), tofu & tofu products, whipped toppings, soy-based, yuba. Helpful charts: Soyfood substitutions, soyfood isoflavone content. Soyfoods web site. Soyfood composition. Recipes using: Meat alternatives, textured soy protein, whole soybeans, soy flour, soynut butter, soymilk, tofu. Address: 4816 North Pennsylvania Street, Indianapolis, Indiana 46205. Phone: 317-926-6272.

12088. Miller, Wiley. 2000. Non sequitur: Tofu in hell (Cartoon). *San Diego Union Tribune.* April 6. Nationally syndicated.
• ***Summary:*** This cartoon shows hordes of gloomy, naked ghostlike people wandering along the cliffs of Hell. Several devils with long tridents sit atop tall pillars just offshore, ready to prod any who try to escape. In the foreground, where several skulls litter the ground, is a large sign that reads: "Eternal menu. Everything is caffeine-free, sugar-free, fat-free and made of tofu." One naked man with protruding belly says to another: "I knew it was going to be bad here, but I didn't think it would be this bad."

Distributed by Universal Press Syndicate.

12089. Weissman, George. 2000. Founding Veat Gourmet (Interview). *SoyaScan Notes.* April 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** George founded this company in 1998; he was the sole founder. He came across the Taiwanese technology to make this very unique textured soy protein because his partner (Van Thi Dang) is Vietnamese, and she brought it home from a Chinese grocery store. He ran across something similar, but gluten-based in a Chinese monastery, where he was doing a Chan [Chinese Zen] Buddhist retreat. He is a practicing Buddhist. He was in academia at the time; he as a physicist having earned his PhD degree from Cal Berkeley. He worked on the foundations of quantum theory/paradigm. He started a group at the Lawrence Berkeley Lab in 1974 to discuss physics and spirituality. Fritjof Capra (Austrian by birth) was a member of the group, as was Gary Zukoff. After that he went to the Swiss Polytechnical University where he did a post-doctorate program. George is a vegetarian and is also very interested in issues related to world water usage and water as a limiting resource in food production.

About two months ago his partner, Van, started a small business named Ahimsa Gourmet in San Pablo, California, where they make tofu, soymilk, and many other soyfood products. Address: 4690 East 2nd St. #9, Benicia, California 94510. Phone: 1-888-321-8328 (toll free).

12090. *Oregonian* (*Portland, Oregon*). 2000. Tofu consumption linked to mental decline in later years, study says. April 19. p. A17. [1 ref]
• ***Summary:*** A study by Dr. Lon White (of the Hawaii Center for Health Research), published in the April issue of the *Journal of the American College of Nutrition,* found that men who ate the most tofu during their mid-40s to mid-60s showed the most signs of mental deterioration 30 years later. Consuming tofu two or more times a week was said to be detrimental to brain function. The more tofu eaten, the greater the likelihood of mental decline.

White and his co-workers believe that the link between eating tofu and decline of brain function is isoflavones. They affect an enzyme in the body called tyrosine kinase, which may block learning-related changes in the brain.

12091. Shaw, Ann. 2000. History of Avoset Foods, Morningstar Foods, and Suiza (Interview). *SoyaScan Notes.* March 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The plant in Gustine (where Ann has worked in research for 26 years) used to be called Avoset Food Corp. Avoset has been a pioneer in ESL products since the company started; this plant is almost 90 years old. Originally it was a creamery, owned by Foremost, then by Smith-Kline (a pharmaceutical company). In the 1940s, during World War II, Avoset pioneered ultra-pasteurized products for the U.S. military–such as whipping cream in little glass jars for use on submarines. In the 1950s they pioneered whipped toppings in pressurized squirt cans. In the mid-1960s Avoset was the first U.S. company to install a gable-top ESL (extended shelf-life) packaging machine, which packaged long-life whipping cream, and half-and-half. The non-ESL products had a shelf-life of 10-14 days and were considered "nuisance items" by fluid dairies and retailers. In about 1975 Smith-Kline sold Avoset to Anderson Clayton, which broke up the company and sold it to Quaker Foods, which sold it in June 1987 to Kraft, which sold it in about 1988 Morningstar–which was basically a group of venture capitalists from the Southland Dairies in Texas which bought specialty dairies (such as Bancroft Dairy) making value-added dairy products such as cultured foods, coffee creamers, whipping cream, half-and-half, etc.–products other than just fluid milk. Other branded Morningstar products included Second Nature (cholesterol-free eggs), International Delight (coffee creamers), etc.

In about 1997 (3 years ago) Suiza Foods Corp. purchased Morningstar. Suiza started with one dairy in

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Puerto Rico in the 1980s; then they started to buy other dairies, and became a major "dairy consolidator," putting together these many dairies under umbrella. Suiza was basically an acquisitions firm, which did not have any corporate structure beyond the people in the main office who were involved in acquiring new companies. One of the reasons they purchased Morningstar was for the corporate structure–human resources, research labs, etc. So all the research work for Suiza is done by Morningstar. After Morningstar bought Avoset, the technology, packaging, and formulations improved, but the basic business remained unchanged–until 5-6 years ago when Ted Nordquist arrived and Morningstar first began to work with soy. The first development of formulation for Silk soymilk was done at Gustine. Ann knows Ted extremely well.

On the front of the building where Ann works is written "Morningstar Foods" in large letters; below that in smaller letters is written "Avoset." Gustine is near Merced, California. Morningstar and Suiza have their corporate headquarters in the same building in Dallas, Texas. For information on Sun Soy (which is sold at Ralph's supermarkets in southern California), contact Patty Herbeck (phone: 214-303-3400) in Dallas. Wildwood soymilk is also made at the Gustine plant. They also package products for Trader Joe's. At Morningstar's yogurt plant in Fullerton, they package soy yogurts for Ted Nordquist and Trader Joe's. Address: Research Dep., Morningstar Foods (a Suiza Company), 299 Fifth Ave., Gustine, California 95322. Phone: 209-854-6461.

12092. Chen, Ingfei. 2000. Diet wisdom from the East: New research confirms it. The simple, mouthwatering meals that Asians have eaten for centuries hold disease-fighting secrets that we should all take to heart. *Health.* April. p. 126-31, 177-78.

• ***Summary:*** With recipes by Nina Simonds. Photos by Brooke Slezak. Nina, age 47, lives in a cozy brick home in Salem, Massachusetts. An author and expert on Asian cuisine, she has just prepared a small feast for her husband and a few guests. Walter Willett, head of the nutrition department at the Harvard School of Public Health, is "nibbling on boiled *edamame,* or soybeans. Nina's passion is the health benefits of Asian cuisines, which use less meat, more veggies, and less artery-clogging fat–with meals that are quick, simple, and delicious. These health benefits of an "almost-vegetarian" diet are being proven by the Cornell-Oxford-China study, directed by T. Colin Campbell, with vital assistance from Chen Junshi, a nutritionist from Beijing. They conducted huge studies in 1983 and 1989. The first study showed that the Chinese get only 15% of their calories from fat, compared with 34% in America. Moreover, the Chinese consume three times as much fiber and a third less protein. But 89% of their protein is from plant sources, whereas 70% of U.S. protein is from animal sources other than fish–such as meat, poultry, eggs, and dairy products. The conclusion: Americans out to be eating more plant foods.

In 1994 Willett and his colleagues at Harvard teamed up with the Oldways Preservation and exchange trust in Boston to introduce the traditional Mediterranean diet pyramid. A year letter, in 1995, a rival Asian diet pyramid based largely on Campbell's work, made its debut. They agree on several key points. Eat plenty of grains (ideally whole grains) and veggies, and cut way back on red meat.

Nina Simonds, hoping to ease her passage through perimenopause, has been adding "extra tofu and soy" to her meals. Soy-related recipes include: Wild mushrooms with ginger-soy dressing [with soy sauce]. Photos show: (1) Nina Simonds smiling. (2) Walter Willett nibbling on edamame. (3) A close-up of edamame in the pods.

A sidebar titled "Foods for lifelong health: From the Asian pantry" (p. 129) discusses the importance of balancing the body's yin and yang. One part states: "Soy–Ancient wisdom: Fermented black soybeans are used to treat lung and digestive problems. Tofu is said to boost energy, lubricate the intestines, detoxify the body," and prevent vomiting, intoxication, and high blood pressure. Modern research shows that soy protein can lower high blood cholesterol levels. Generous servings of isoflavone-rich soy may partly explain why prostate and breast cancer rates are so low in Asia. These isoflavones also appear to bolster bone density and may ease menopausal symptoms.

12093. Green, Cindy. 2000. It's official: soybeans are good medicine. With FDA-approved heart-healthy claim, soy foods are becoming more popular with aging Baby Boomers. *Ag Innovation News* (*AURI–Agricultural Utilization Research Inst., Waseca, Minnesota*) 9(2):16, 12. April.

• ***Summary:*** About the booming market for nutraceuticals. A photo shows a cake of tofu, cut into quarters, in a glass bowl.

12094. Grodstein, Francine; Mayeux, Richard; Stampfer, Meir J. 2000. Editorial–Tofu and cognitive function: Food for thought. *J. of the American College of Nutrition* 19(2):207-09. April. [13 ref]

• ***Summary:*** The report by White and co-workers in this issue (p. 242-55) that "high tofu intake may be associated with cognitive impairment and brain atrophy is an important reminder that it is time to move beyond antioxidants and investigate additional dietary factors which could be associated with cognitive impairment, among the most common problems of aging.

"Soy-based foods, with high levels of phytoestrogens, are certainly a good place for initiating such research." Address: 1. ScD, Channing Lab., Dep. of Medicine, Brigham and Women's Hospital, Harvard Medical School, and Dep. of Epidemiology, Harvard School of Public Health, Boston, Massachusetts.

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12095. Jonas, Steven; Gordon, Sandra J. 2000. 30 secrets of the world's healthiest cuisines: Global eating tips and recipes from China, France, Japan, the Mediterranean, Africa, and Scandinavia. New York, Chichester, Weinheim, Brisbane, Singapore, Toronto: John Wiley & Sons, Inc. ix + 261 p. Index. 24 cm. [80* ref]
• ***Summary:*** This book contains numerous recipes for beef, pork, lamb, chicken, shrimp, salmon, and other meats. Soy-related recipes and topics include: Isoflavones (p. 77, 85-86). Miso (p. 83-84, 86, 186). Soy sauce (p. 36, 51-52, 85, 138). Soyfoods (p. 37, 77, 103, 137). Soyfoods in Japan (p. 83-86). Tofu (p. 83-86, 137). Tofu recipes (150, 173, 182, 185, 188). Vegetarian eating (p. 44-45, 106), Vegetarian recipes (p. 181-97).

Dr. Steven Jonas is a veteran triathlete, a certified professional ski instructor, and a longtime author of books on healthy eating and exercise (he has written 8 books of his own). Address: 1. Prof. of Preventive Medicine, State Univ. of New York, Stony Brook; 2. Freelance health and nutrition writer, Weston, Connecticut.

12096. Madison, Deborah. 2000. This can't be tofu! 75 recipes to cook something you never thought you would–and love every bite. New York, NY: Broadway Books. xi + 132 p. Illust. Index. 21 x 21 cm. [14 ref]
• ***Summary:*** Contents: Acknowledgments. Anecdote. Introduction. Yikes, its tofu! Types of tofu. Techniques for using tofu. Simple, basic tofu. Appetizers: tofu up front. Salads, sandwiches, and sauces. Soups. Stir-fries and sautés. Curries and braises. Pasta and noodles. Tofu for breakfast: "sausage" and eggs. Smoothies and shakes. Accompaniments. Inspired reading.

Also published as a Bantam Doubleday Dell trade paperback. Address: Santa Fe, New Mexico.

12097. Manson, JoAnn E. 2000. By the way, doctor... *Harvard Health Letter.* April. p. 8.
• ***Summary:*** Soy, a staple of the traditional Asian diet, is rich in two phytoestrogens, daidzein and genistein. Although the research is limited, there is no research that these–in the amounts consumed in soymilk, tofu, or other soy-based foods–are harmful to breast, uterine, or prostate tissue. "The jury is still out, however, on what will happen if people take large doses of these phytoestrogens as pills or supplements over long periods of time."

Soy has beneficial effects on cholesterol levels, which is good for the heart; it lowers harmful LDL cholesterol and raises protective HDL cholesterol. It has shown some promise in relieving the hot flashes of menopause. Conclusion: "Our understanding of soy is still very much a work in progress." Address: M.D., Dr.P.H., Chief of Preventive Medicine, Brigham and Women's Hospital.

12098. Morinaga Nutritional Foods, Inc. 2000. Anecdote. Antidote (Ad). *Vegetarian Times.* April p. 35.
• ***Summary:*** Below the big bold word "Antidote" is a photo of a shiny red apple. Below that, and below the equally large word "Antidote" is a package of Mori-Nu Extra-Firm Silken Tofu (Non-GMO).

The text across the bottom reads: "Update the 'apple-a-day' anecdote to 'a box of Mori-Nu Tofu a day keeps the doctor away.'

"The FDA agrees–'diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease...' One box of Mori-Nu Extra-Firm Tofu contains exactly 25 grams of soy protein. Cholesterol free Mori-Nu has only 1.5 grams of fat per serving. And now, Mori-Nu is made with Non-GMO soybeans. The aseptic package * means Mori-Nu doesn't need refrigeration until opened. All of which is why Mori-Nu Tofu may just be the antidote for heart disease, menopause and even cancer. Visit www.morinu.com for the latest information about the healthy benefits of Mori-Nu Tofu.

"For recipe suggestions, visit www.morinu.com or send a SASE to Mori-Nu, 2050 W. 190th St. #110, Torrance, CA 90504.

"Tetra Pak * In 1996, received the Presidential Award for Sustainable Development, the White House's highest environmental prize, Also named 'the most significant food science innovation of the last 50 years' by the prestigious Institute of Food Technologists (IFT) for increasing nutrient retention and flavor while ensuring safety. For more information, visit www.tetrapak.com."

This ad also appeared in *Natural Health,* in April 2000. Address: 2150 W. 190th St., Suite 110, Torrance, CA 90504.

12099. Myers, Steve. 2000. The soy boom. *Organic & Natural News* (*Phoenix, Arizona*) 3(4):24-25. April.
• ***Summary:*** The decision in Oct. 1999 by the U.S. FDA to allow a heart health claim for soy has boosted sales and growth rates, but the real key to the growing interest has been the ongoing scientific research on the health benefits of soy. The combination of the two is impressive. According to SPINS, which collects scanner data from natural foods stores, sales of soy products were $184.3 million, up 37% over the previous six months. In mainstream stores, sales for the 12 months ended Oct. 1999 were $418.7 million, up 45% over the previous year. This mass market data was supplied in conjunction with ACNielsen.

Ranked by sales in natural products supermarkets, the top five soy products are (in million dollars for the 6 months ended Oct. 1999) are: (1) Soy beverages $58.7. (2) Meat alternatives $31.9. (3) Energy bars $25.5. (4) Tofu $32.1. (6) Frozen entrees $6.2.

Ranked by growth rate in natural products supermarkets, the top five soy products (for the 6 months ended Oct. 1999) are: (1) Energy bars 56%. (2) Soy beverages 34%. (3) Meat

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alternatives 28%. (4) Tofu 26%. (5) Frozen entrees 26%. Source: SPINS.

Ranked by sales in mainstream stores, the top five soy products are (in million dollars for the 12 months ended Oct. 1999) are: (1) Meat alternatives $176.2. (2) Energy bars $81.6. (3) Soy beverages $77.4. (4) Tofu $46.0. (6) Frozen entrees $3.2.

Ranked by growth rate in natural products supermarkets, the top five soy products (for the 12 months ended Oct. 1999) are: (1) Energy bars 93%. (2) Soy beverages 85%. (3) Frozen entrees 45%. (4) Meat alternatives 26%. (4) Tofu 19%. Source: SPINS/ACNielsen.

12100. **Product Name:** Tofu [Regular, Soft, or Firm].
Manufacturer's Name: Nature Jim's.
Manufacturer's Address: 2119 W. Alexander St., Salt Lake City, UT 84104. Phone: 801-972-9767.
Date of Introduction: 2000. April.
New Product–Documentation: Talk with George Reynolds, owner. 2000. June 28. His company started growing sprouts, although they do not grow soy sprouts. In April 2000 he began making and selling three types of tofu. He attended the Takai tofu school in Japan, but ended up buying his equipment from ProSoya in Canada.

12101. *Ontario Soybean Growers Newsletter.* 2000. Soyfoods corner. April. p. 6.
• ***Summary:*** Contains a quick and easy recipe for Tofu tacos. Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

12102. Potter, Susan. 2000. Soy: Good news for the heart. *Healthy & Natural Journal* 7(2):68-71. April.
• ***Summary:*** While experts are not sure exactly how soy protein works, they are convinced that a significant improvement in America's cardiovascular health can be achieved by the consumption of as little as 25 grams/day of soy protein. A large color photo shows a tall glass of soymilk, a white bowl of dry soybeans, a cake of tempeh broken in half, and a cake of tofu–all on a wooden cutting board, placed on a woven cloth mat.

Note: Until recently, Dr. Potter was with the Dep. of Food Science and Human Nutrition, University of Illinois, Urbana, Illinois. Address: PhD, Research Scientist, Director of Nutrition Science, Protein Technologies International.

12103. Schlieske, Ingrid. 2000. Soja, Tofu & Co.: Vom Fleisch, das auf dem Felde waechst [Soya, tofu & company: From meat that grows in the fields]. Bietigheim, Germany: Turm Verlag. 231 p. April. Illust. Recipe index. 25 cm. [Ger]
• ***Summary:*** A very handsome book, with a full-page color photo on almost every other page, printed on glossy paper. Contents: Foreword. General information: What is healthful eating?, vegetarian diets taste good and are good for you, making food look attractive, textured soy protein, introduction to ingredients (incl. azuki beans, seitan), which fats are suitable for cooking, vegetables, sea vegetables, herbs and salt, pumpkins and squash, nuts, avocadoes, and mushrooms, brief glossary of foods.

Recipes: Tofu (p. 30-105). Textured soy protein (Soja-Hack, p. 106-31). Soja-Ragout (p. 132-65). Soja-Schnetzel (p. 166-71). Sojetten (p. 172-85). Chickpea meal (Kichererbsenmehl, p. 188-209). Azuki beans and mung beans (210-19). Seitan (*Saitan,* p. 220-21). Tempeh (p. 222-23). Salad dressings (p. 224-25). Address: Germany.

12104. Tezuka, Masanori; Taira, Hideharu; Igarashi, Yasuo; Yagasaki, Kazuhiro; Ono, Tomotada. 2000. Properties of tofus and soymilks prepared from soybeans having different subunits of glycinin. *J. of Agricultural and Food Chemistry* 48(4):1111-17. April. [20 ref]*

12105. *Vegetarian Times.* 2000. Glossary. April. p. 119.
• ***Summary:*** Five of the seven entries are for soyfoods: Hoisin sauce, edamame, miso, tempeh, and tofu. The pronunciation of each is given.

12106. White, Lon R.; Petrovich, Helen; Ross, Webster; et al. 2000. Brain aging and midlife tofu consumption. *J. of the American College of Nutrition* 19(2):242-55. April. [56 ref]
• ***Summary:*** This study of Japanese men living in Hawaii found that those who ate tofu 2-4 times per week when they were around 45-65 years old had higher rates of mental deterioration (low brain weight, Alzheimer's disease, poorer cognitive function) in their later years when compared with men who ate less tofu. The authors speculate that isoflavones were responsible for the apparent adverse effect of tofu consumption.

Note 1. The statistical association or correlation found in this study does not prove cause and effect. In other words, this epidemiological study shows no causal relationship between soy and cognitive function, only a positive association or correlation. Even the director of the Alzheimer's Association (Chicago) was quoted as saying that the study does not warrant dietary changes. It is possible that other unknown factors affected brain function and that tofu consumption was associated with those factors and was not itself the risk factor.

Note 2. Lon White's study was rejected by two major journals before being published here. White was formerly employed by the National Institute on Aging, part of the National Institutes of Health. For more balance and perspective, see the editorial by Grodstein et al. published in this same issue. Address: 1-2. Pacific Health Research Inst., Hawaii.

12107. Goldman, Lea; Post, Tom. 2000. A cry in the wilderness: Steve Demos is selling something that's good for you–and tasty, too. Too bad a lot of people think its the

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yuckiest food in America. *Forbes* 165(11):322-24. May 15.
• ***Summary:*** About Steve Demos, White Wave, and Silk soymilk–with much incorrect information and a negative bias toward soymilk. Examples of incorrect information: (1) Demos learned to make tofu in India during the early 1970s while on a spiritual retreat. (2) Since then "he has been convinced he's found the path to entrepreneurial nirvana." (3) It's been a lonely quest.

On the right-hand page is an excellent full-page color photo of Demos holding up a half-gallon gable-top carton of Silk against a background of blue sky.

A graph shows annual sales (in dollars) of soymilk versus cow's milk from 1990 to 1999. Sales of cow's milk have been almost flat, rising from about $17 billion to $20 billion during the decade. Sales of soymilk have risen from $82 million in 1992 to $300 million in 1999.

Founded by Demos in 1977 with only $500 in startup, White Wave seemed in danger of crashing by 1986. The company had $200,000 in bank debt with sales stalled at $5 million.

White Wave launched Silk in 1996, packed in typical milk carton and sold refrigerated in the dairy case. But consumers didn't think to look for it there. As a result, White Wave lost $400,000 in six months. But consumers liked the product when they tasted it, so this year White Wave will give away 4 million half-pints of Silk to shoppers in 5,000 stores at a cost of $2.5 million.

Last year White Wave had profits of $1 million on sales of $30 million. This year Demos hopes to double revenues. He is also trying to block competitors like Suiza by signing exclusive agreements with his manufacturers.

Last summer Dean Foods, one of America's largest dairy companies, bought a 25% share in White Wave that is now worth $17 million. Demos' goal is to have a national brand of soymilk–a goal that has eluded dairy milk producers so far. "That would indeed be a triumph of tenacity over taste."

12108. Chiat, Jay. 2000. How will advertisers reach us? In every way, and in every place possible, says one of America's great ad creators. But here's his soft sell: you may even like it. *Time*. May 22.
• ***Summary:*** "That way you will be shown commercials for minivans, cheeseburgers and replacement dishwashers, all in Spanish, and not for roadsters, tofu and refrigerators, in English."

12109. Fort, Matthew. 2000. Braised or roasted, sir: France is shocked by the news that a man has been caught eating his dogs. But why are we so horrified by the idea of cooking our pets? *Guardian* (*England*). May 26. p. A6.
• ***Summary:*** Earlier this week a man in France was fined £300 for eating an unknown number of dogs in his care. Unfortunately, we were told nothing about how he cooked them.

"Did he, for example, braise them with soy sauce, sugar, fermented bean curd, dried bean curd [probably *doufu-gan,* which is pressed tofu], water and white wine to make the classic Chinese dish of *hon tsao go zo* (red cooked dog)? Or did he favor the Hawaiian style spatchcocking them and grilling them on the barbecue with sweet potatoes?"

12110. Ebel, Holly. 2000. Magic beans: People are discovering what nutritionists have known for years. *Post-Bulletin* (*Rochester, Minnesota*). May 31.
• ***Summary:*** Color photos of green vegetable soybeans (in and out of the pods) are scattered throughout the article. Includes recipes for: Roasted soy nuts. Soybean casserole (with dry soybeans). Marinated green soybeans and vegetables (with Baby Broccoli Blend). Roasted red pepper dip (with silken tofu). Three bean chili (with pre-cooked, canned black soybeans). Address: Freelance writer.

12111. Fallon, Sally W.; Enig, Mary G. 2000. Tragedy and hype: The Third International Soy Symposium. *Nexus* (*New Zealand*). April/May. p. 15-20, 69.
• ***Summary:*** Contents: Introduction. Marketing the 'perfect food.' Cinderella's dark side. Soy protein isolate: Not so friendly. FDA health claim challenged. Soy consumption and cancer. Phytoestrogens: Panacea or poison? Birth control pills for babies. Dissension in the ranks (Dr. Lon White of Hawaii on soy and Alzheimer's). Questions over GRAS status. The next asbestos?

The authors are highly critical of soyfoods. This 4-day [actually 2-day] symposium took place in Washington, DC, in Nov. 1999 [Nov. 12-13]. Several weeks earlier, on Oct. 25, the U.S. Food and Drug Administration announced a health claim for soy products which were low in saturated fat and cholesterol and 6.25 gm of soy protein per serving. Among the surprising statements in this article: Isolated soy protein is made from what was once considered a waste product–the defatted, high protein soy chips–which look and smell terrible. "Flavourings, preservatives, sweeteners, emulsifiers and synthetic nutrients have turned soy protein isolate, the food processors' ugly duckling, into a New Age Cinderella" (p. 15).

"The propaganda that has created the soy sales miracle is all the more remarkable because, only a few decades ago, the soybean was considered unfit to eat–even in Asia." Note: This is a preposterous and completely false statement. Read any Japanese or Chinese cookbook and you will find many tofu recipes. In the 1970s there were approximately 30,000 tofu manufacturers in Japan alone, plus many more in China, Korea, and Indonesia. In 1976 in Indonesia there were 41,201 tempeh manufacturers and 10,986 tofu manufacturers in Indonesia (Winarno 1976).

Note: No references appear with the printed version of this article, but 72 references are found with the article on the authors' website. Address: 1. M.A.; 2. PhD. Phone: 619-574-

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7763.

12112. Jacobi, Dana. 2000. The joy of soy: 75 delicious ways to enjoy nature's miracle food. Roseville, California: Prima Publishing. xii + 244 p. May. Illust. Index. 22 cm. Series: The natural kitchen. [16 ref]
• ***Summary:*** This is basically a reprint of Dana's 1996 book titled *Soy! 75 Delicious Ways to Enjoy Nature's Miracle Food,* also published by Prima Publishing. It contains no new text and no new recipes; a few small errors have been corrected and the design of both covers and the title page is new. Address: Food writer, New York, NY.

12113. Kato, Hiroko. 2000. How to eat at a Japanese restaurant the vegan way. *Vegetarian Journal* (*Baltimore, Maryland*). May/June. p. 20-23.
• ***Summary:*** Describes how to avoid fish and bonito extract and flakes. Traditional Japanese vegan cuisine, called *shojin ryori,* was created by Zen Buddhists; it is very easy to enjoy beautiful and delicious Japanese vegan dishes at such restaurants. Sushi can include *natto maki, yuba maki,* or *inari-zushi* (rice wrapped in season aburage). Tofu dishes may include *yu-dofu, hiya yakko, tofu dengaku, agedashi-dofu,* and *goma-dofu* (made of sesame seeds; no soy). Other dishes: Edamame, miso soup, vegetable tempura, or *gyoza.*

12114. Lear, Jane Daniels. 2000. Kitchen notebook: Behind the scenes with *Gourmet's* cooks. *Gourmet* 60(5):255-58, 261. May.
• ***Summary:*** The title page announces that in this article you will learn "How to work soy into your everyday culinary repertoire." The full-page section titled "Toying with soy" (p. 256) observes that there has recently been an "explosion of soy." It's no longer limited to natural foods stores and Asian markets. In a typical grocery store or supermarket, you'll find tubs of tofu in the produce section, soy milk next to the cow's milk in the dairy case, and *edamame* soybeans in the frozen foods section.

"Well, the stuff is good for you." So Americans are learning how to cook with it and make it delicious–as many people in East Asia have long known how to do. Focuses on four foods: Edamame ("better than beer nuts"), miso, tofu, and Chinese fermented black beans (actually fermented black soybeans, sold in Asian markets and sometimes labeled "Preserved beans"). A large photo shows these four foods; the edamame are in a metal Japanese-style strainer.

"Perhaps the most irresistible, and nutritious, cocktail nibble going these days is edamame–young, tender soybeans usually eaten straight from the pod. (Gently suck the beans into your mouth, and when serving them, don't forget to provide a bowl for the pods.)"

One recipe is given: Kemp Minifie's panfried tofu with Chinese black bean sauce (with "2 tablespoons Chinese fermented black beans"–which is standard fare at her Sunday night suppers. "Her ten-year-old daughter loves it so much that she's requested it as her birthday meal for several years").

12115. Mangels, Reed. 2000. *Vegetarian Journal's* guide to burgers and dogs. *Vegetarian Journal* (*Baltimore, Maryland*) 19(3):27-29. May/June.
• ***Summary:*** When this magazine first looked at these foods 7 years ago, they found 7 veggie burgers and 6 veggie dogs. This year they found nearly 50 veggie burgers and more than 10 dogs. Both the quality and the nutritional value have gone up. These burgers and dogs are generally lower in calories fat, and sodium, and richer in protein, iron, and fiber, than their meat-based counterparts.

A two-page table gives the nutritional composition of many different brands and products per serving. Data is given for calories, protein, fat, and sodium. The products are ranked from lowest to highest fat, then from lowest to highest sodium. The taster's burger favorites were: Boca Burger Vegan Original, Whole Foods Vegan Burger, Gardenburger Roasted Garlic, Garden Vegan, Amy's California Veggie Burger, Nature's Chef Fajita Burger, and Soyboy Okara Courage Burger. Many of these products contain soy. Address: PhD, RD.

12116. Sears, Barry. 2000. The soy zone. New York, NY: HarperCollins (ReganBooks). x + 338 p. Index. 25 cm. [216 ref]
• ***Summary:*** Contents: Acknowledgments. Introduction. 1. The health benefits of soy. 2. Enter the soy zone. 3. Zoning your kitchen. 4. Soy zone cooking tips. 5. Soy zone meals. 6. Modifying your favorite recipes. 7. Fine-tuning the soy zone diet. 8. Your longevity report card: The tests you want to pass. 9. Insulin: Your body's Dr. Jekyll and Mr. Hyde. 10. Soy science. 11. How the soy zone diet stacks up against the traditional vegetarian diet. 12. Frequently asked questions. 13. World health implications for the soy zone diet. Appendixes. A. Technical support. B. Zone validation studies. C. Calculation of lean body mass. D. Zone food blocks for making soy zone meals. E. Synthesis of DHA. F. Glossary of terms. G. Resources. H. References.

Note: This book has all the hallmarks of a "quickie" written by a person who does not know his subject. Moreover, we believe the nutritional science and dietary philosophy are seriously flawed. Address: Ph.D., Swampscott, Massachusetts.

12117. **Product Name:** Melissa's Soy Easy Gourmet Spread & Dip (Made with Smoked Tofu) [Mediterranean Olive, Roasted Red Pepper, Slow Roasted Garlic].
Manufacturer's Name: World Variety Produce Inc. (Marketer-Distributor).
Manufacturer's Address: 5325 S. Soto St., Vernon, CA 90021. Phone: 323-588-0151.

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Date of Introduction: 2000. May.
Wt/Vol., Packaging, Price: 7.5 oz tubs.
How Stored: Refrigerated.
New Product–Documentation: Wright, Allison. 2000. "Melissa's / World Variety Produce introduces new soy products." *Produce News* (Fort Lee, New Jersey). Sept. 11. The Spread and Dip, which was introduced in May, makes it easier for consumers to incorporate soyfoods into their diets. It is ready to serve, and is ideal for parties and picnics.

12118. Skiff, James. 2000. Non-GMO and organic foods in British supermarket chains. US Soy offers a new service (Interview). *SoyaScan Notes.* June 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jim just returned from a business trip to Europe. Britain is far ahead of the USA on issues related to GMO-free and organic foods. Iceland Frozen Foods was the first British supermarket chain to guarantee that all of their foods would be GMO-free. This move sent the company's stock sky high. The owner of the chain coined the term "Frankenfoods" in a media interview. Jim's contact is Bill Wadsworth, head of technical issues and marketing. Jim also met with the British Retail Consortium. Iceland is much smaller than the big-three British supermarket chains which are Tesco, Sainsbury's, and Safeway. Iceland recently said that all produce sold at its stores would be organically grown.

Jim has met a number of tofu makers in Europe who are not even aware of the concept of soybean varieties. So Jim is working with them to choose the best varieties for making tofu. One of his favorites is Proto, a small-seeded public soybean developed at the University of Minnesota specifically for making tofu. Another good variety is Stein.

Jim's company is now making and selling oil-roasted soynuts. Address: US Soy, 2808 Thomason Dr., Mattoon, Illinois 61938. Phone: 217-235-1020.

12119. Berkoff, Nancy. 2000. Mommy, get me edamame! Fresh soybeans are the healthful snack du jour. Getting fresh. *Orange County Register* (*Santa Ana, California*). June 25.
• ***Summary:*** "Fun to snack on, easy to eat, edamame are nature's answer to chips." It seems like everyone has "jumped on the joy-of-soy bandwagon. Coffee chains offer soy lattes, ballparks soy dogs and grocery stores stack the smoked tofu right next to the imported cheeses." Tells where to buy them, price, nutritional value, and how to cook them. A large color photo shows the bright green beans in and out of their pods. Address: Register columnist.

12120. *Camera* (*Boulder, Colorado*). 2000. White Wave achieves water compliance: Environment. June 30.
• ***Summary:*** A maker of organic soy foods including tofu, White Wave received "perfect compliance" with the city of Boulder's industrial pretreatment water program for 1999. This is not easy since making tofu requires a lot of water. "The city requires some manufacturing companies [including White Wave] to treat their water before it goes to the municipal waste water treatment plant."

The privately held company employs 91 and has annual sales of nearly $30 million.

12121. **Product Name:** Soy Deli (Tofu Entrees) [Tex Mex, Sweet & Sour, Italian, or Homestyle].
Manufacturer's Name: Quong Hop & Co.
Manufacturer's Address: 171 Beacon St., South San Francisco, CA 94080. Phone: 650-553-9900.
Date of Introduction: 2000. June.
Wt/Vol., Packaging, Price: Sold at Safeway supermarkets.
How Stored: Refrigerated.
New Product–Documentation: Two leaflets (glossy, color, two-sided) sent by Patricia Smith from Natural Products Expo (Anaheim, California). 2000. March. (1) "Presenting soy entrees." The front shows color photos of each entree. The back gives details and ingredients. Organic tofu is the main ingredient in each. (2) "The Soy Deli–Hand crafted by tofumasters since 1906." The front shows the labels of 20 Soy Deli brand products made by Quong Hop & Co. The back gives product specifications for each.

Vegetarian Journal. 2000 Sept/Oct. p. 29. "Wondersoys." These four new products, which contain chunks of tofu, are vegan and made with non-GMO soybeans. Talk with lady at Quong Hop. 2000. Sept. 8. These products were introduced in about June 2000 and are sold at most Safeway supermarkets. The company's mailing address is now 171 Beacon Street.

12122. Ross, Brain; Allyn, Richard D. 2000. 20/20–Soy: The untold story. Television broadcast. Friday, June 9. Channel 7. 10:00 p.m. ABC (American Broadcasting Co.). (California). 10:00 p.m.
• ***Summary:*** This program segment was divided into several parts, all on the theme that soy may not be great for everyone: (1) FDA scientists Daniel Doerge and Daniel Sheehan have stepped forward to criticize their own agency's heart health claim. Their long, well documented letter is available on the 20/20 website. The two explain that while soy may be beneficial to the heart, excess consumption could be harmful to people with thyroid disorders, or women who are at risk for breast cancer, or babies consuming infant formula (they are concerned that phytoestrogens in soy could interfere with normal human sexual development).

(2) Debate over phytoestrogen levels in soy-based infant formulas: Dr. Claude Hughes, director of the Women's Health Center at Cedars-Sinai Medical Center in Los Angeles, recommends that mothers who don't breast feed, should use as milk-based formula, and chose soy as a last resort. But Dr. Kenneth Setchell, a pediatrics professor at Children's Hospital in Cincinnati, Ohio, contends that hundreds of thousands of infants have been raised on soy

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infant formula and many are now adults, yet few problems have been observed. (3) Soy and breast cancer: Dr. Hughes notes that some studies show soy protects against breast cancer. But other studies indicated that, for certain women, the phytoestrogens found in soy may enhance a widely-found kind of estrogen-feeding breast cancer. It can speed up division of those estrogen-dependent cells that are already cancer cells.

(3) Lon White's study on tofu and brain aging and shrinking among elderly Japanese-American men in Hawaii. The soy industry counters that White's study shows only an association between tofu consumption and brain aging, does not prove that tofu causes this aging, and is in conflict with other studies on Asian populations and animals.

The report concludes: "While the scientific research on soy is still emerging and is often contradictory, there are now some serious questions being raised about this miracle food, and some of its staunchest defenders acknowledge that these questions need to be answered."

12123. **Product Name:** Kami Bento Box (Ready to Eat).
Manufacturer's Name: Trader Joe's (Distributor-Retailer). Made by Okami, Inc., Sun Valley, CA 91352.
Manufacturer's Address: South Pasadena, CA 91031.
Date of Introduction: 2000. June.
Ingredients: Soba noodles topped with sesame seeds, soba sauce, edamame (peel & eat), tofu pouches filled with vinegared rice [Inari-zushi], thinly sliced fresh gingerroot, shiitake mushroom rolls, Kikkoman lite soy sauce packet, "wasabi" (horseradish, water, artificial food coloring), etc.
Wt/Vol., Packaging, Price: 15 oz (424 gm) on formed plastic tray with clear plastic cover. Retails for $4.29 (2000/07, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Talk with Patricia Smith of Trader Joe's. 2000. June 20. She says this is an excellent new product. Product with Label purchased at Trader Joe's in Lafayette, California. 2000. July 6. Soyfoods Center evaluation. All parts of this Japanese-style Bento Box lunch (8.75 by 7.25 by 1.5 inches, with four compartments) are authentic and delicious, except for the tofu pouches, which have some extremely fiery "blow-your-head-off" spice inside. This is not authentic, and we find it almost inedible. The so-called "wasabi" contains no wasabi at all; thus it is mislabeled. The edamame are wonderful, as are the soba noodles, their sauce, and the mushroom rolls.

12124. **Product Name:** Trader Joe's Organic Baked Tofu [Teriyaki, or Savory].
Manufacturer's Name: Trader Joe's (Marketer-Distributor). Made by Wildwood Natural Foods in California.
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 2000. June.
Ingredients: Organic tofu (filtered water, organic soybeans*, nigari {magnesium chloride, a natural firming agent}), soy sauce (water, wheat soybeans, salt), rice vinegar, tomato paste, rice wine, Fruitrim (fruit juice, natural grain dextrins), brown rice syrup, garlic ginger, garlic powder, safflower oil, ginger powder, arrowroot. * = Organically grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: Teriyaki: 7 oz (198 gm) vacuum pack. Retails for $2.99 at Trader Joe's (2001/01, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2001. Jan. 25. 4 by 6 inches. Self-adhesive label on plastic bag. Black and white on orange and gray. "Marinated and ready to eat. Perishable. Keep refrigerated." Contains two servings. Soyfoods Center taste test: Delicious!

12125. **Product Name:** Tofurky Jurky (Hickory Smoked) [Original, or Peppered].
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 2000. June.
Ingredients: Water, vital wheat gluten, tofu (water, soybeans grown without herbicides, pesticides, or chemical fertilizers {and calcium sulfate coagulant}), white beans, garbanzo beans, lemon juice from concentrate, expeller pressed canola oil (GMO free), shoyu (water, non-GMO soybeans, wheat, salt), evaporated cane juice, granulated garlic, natural vegetarian flavors, spices, calcium lactate from beets. Peppered includes cracked peppercorns.
How Stored: Shelf stable.
New Product–Documentation: Product (Peppered) seen at Trader Joe's in Lafayette, California. 2000. Aug. 7. Retails for $3.09. Talk with Seth Tibbott, owner of Turtle Island. 2000. Sept. 5. This product was first sold in June 2000. It comes in two flavors: Original and Peppered (black pepper, not chili pepper). The product is doing well. Only the Peppered flavor is presently sold at Trader Joe's. Both products with Labels sent by Seth Tibbott. 2000. Oct. 12.

12126. Uhland, Vicky. 2000. New organic rules flawed, OTA says. *Natural Business* (*Colorado*) No. 49. June. p. 1, 10.
• ***Summary:*** According to Steve Demos, CEO of White Wave, the new organic standards do not include calcium sulfate, a naturally occurring coagulant used to make tofu. Many tofu makers also use synthetic defoamers, which are among the many synthetics excluded. Demos says these synthetics are accepted in the European organic standards, and hopes that USDA will follow suit.

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12127. Wollner, Joel. 2000. Mr. Kitani of Yamaki Co. in Japan has a huge new shoyu and miso factory that uses 100% organically grown ingredients (Interview). *SoyaScan Notes.* July 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In June 2000, on a trip to Japan and China, Joel (together with translator and guide Yoshi Nanabayashi) visited Mr. Tomio Kitani, owner of Yamaki Jôzô K.K. in Saitama prefecture, Japan. He is about age 60 and very healthy and vital. Several years ago he moved from the nearby town into the mountains, where he built a huge new factory where he makes miso, shoyu, tofu (fresh and instant), and pickles. The company's address is (written Japanese-style): Saitama prefecture, Kodama-gun, Kamiizumi Mura, Oaza Shimo, Akuhara 955. Phone: 0274-52-7000. Fax: 0274-52-7001. Plant manager: Morikawa Kazuhiko. The nearest railroad stop is Kodama station.

The company has about 80 huge shoyu vats filled with moromi. Most of his miso is short-term–1 to 3 months. His koji rooms are fully automated. Yamaki Co. is extremely important in the world of organic miso and shoyu in Japan. Joel thinks they make more of these products than Sendai Miso Shoyu, and may be the biggest such manufacturer in Japan. He also bottles and sells water from a spring he owns. His company is flourishing, and growing very rapidly. Some 90-95% of his market is in Japan; the rest is miso and shoyu exported to the USA. He is the 4th of 5th generation owner, and he hopes his son will take over from him within the next ten years or so. The main ingredient he uses is soybeans, but all of his ingredients are organically grown in Japan by MOA (Mokichi Okada International Association), a quasi-religious, quasi-cooperative organic farmers organization and movement. MOA is one of the pioneering and most important organic organizations in Japan.

Joel first visited Yamaki in 1985 when he, Bob Kennedy, and Herman Aihara were setting up Ohsawa America (after Kennedy had sold Chico-San to Heinz). Joel later brought in Martin Roth–who is now married, lives in Berkeley, and is head of a marketing company with Kristin Brun (who lives in El Cerrito). Ohsawa America, which traded with Ohsawa Japan, no longer exists. Address: 76 Florida Ave., Berkeley, California 94707. Phone: 510-524-4420.

12128. Cooper, Matthew. 2000. Watching a gadfly create a buzz: With Ralph Nader as leader, the Green Party hopes to affect Campaign 2000. *Time.* July 3.
• ***Summary:*** Ralph Nader, the leader of the Green Party, is "... more into fighting tort reform than promoting tofu, less into supporting animal rights than ending tax abatements from business."

12129. *New York Daily Challenge* (*Brooklyn, New York*). 2000. Menopausal women should eat tofu. July 11.
• ***Summary:*** The North American Menopause Society, a professional organization consisting of doctors and other health care providers, said its is a good idea to add some tofu to the diet but its too early to recommend taking soy supplements containing phytoestrogens.

12130. Associated Press and the Gazette Staff. 2000. Agribiz giant buys Lightlife Foods. *Hampshire Gazette* (*Northampton, Massachusetts*). July 18.
• ***Summary:*** "Lightlife Foods Inc., a 20-year-old homegrown vegetarian foods company that found greatest success packaging and marketing soybean derivatives in the familiar forms of hot dogs and burgers, as been bought by one of the world's largest food companies, ConAgra Inc."

In 1985 Lightlife borrowed $250,000 in order to move to a larger location in Greenfield. The company's name was changed to Lightlife Foods (from Tempehworks) and "it introduced the first vegetarian hot dog in the country, the Tofu Pup."

Note: Many vegetarian hot dogs had been launched before the Tofu Pup, including one made by Lightlife.

Two years ago [in 1998] the company relocated in a 60,000 square foot building on a 13 acre lot. Address: Staff writer.

12131. Bloomberg, Marcia. 2000. Lightlife Foods sold to ConAgra: Tofu Pups will join the stable of companies that includes Butterball turkeys and Healthy Choice frozen dinners. *Union News* (*Springfield, Massachusetts*). July 18.
• ***Summary:*** A long article. "Lightlife Foods, maker of Tofu Pups and Fakin' Bacon, has been acquired by ConAgra, Inc., one of the nation's largest food companies. The price was not disclosed."

Michael Cohen, Lightlife's CEO, said "the deal calls for Lightlife to remain at its new facility in the Turner Falls section of Montague [Massachusetts], to retain its 145 employees, and to preserve Lightlife's social mission."

Lightlife, which has annual sales of about $25 million, is the leading refrigerated brand of meat alternatives in the United States.

ConAgra, which is publicly traded, has $25 billion in sales in fiscal 2000; these sales were mainly to retail and foodservice companies.

A large photo shows Michael Cohen, CEO of Lightlife, and Chia Collins, president. Says Chia: "We were just two hippies in the 1970s. We did not plan on building this size of a company. That was not our objective at all. We were just into vegetarian eating, the wonders of the soybean, and we started out with tempeh.

Cohen says this acquisition is a really big deal for a company that started in 1979 in a 1,000-square-foot carwash. Address: Staff writer.

12132. Santacruz, Cecilia; Santacruz, Nestor. 2000. Re: More searching for the roots of soya in Colombia. New

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developments at Delisoya. Letter to William Shurtleff at Soyfoods Center, July 19. 2 p. Typed, with signature. [1 ref]
• ***Summary:*** Cecilia traveled to Corpoica but was unable to obtain the 1930 Boletin by Durán Castro: Molina Garcés. All records of the Granja Experimental de Palmira were sent to ICA, and the ICA can't find them.

"Our small business demands a lot of time and we are not integrated; we make and sell the tofu in different places. We started a new activity (see the yellow paper) in Delisoya–making lunches. Gloria, my new partner, a young girl and I. Nestor keeps making tofu and soymilk."

Accompanying the letter is Deli Soya's daily lunch menu (black on yellow background) which includes: Brown rice mixed with tofu. Whole-grain lasagna with Italian tomato sauce, tofu and spinach.

In a handwritten note at the end, Cecilia says that she is studying Japanese, and has been invited to stay at the home of Japanese friends. Address: Founders and owners of Delisoya, Calle 78 No. 12-03, Santafe de Bogota, Colombia. Phone: 346-2178.

12133. Sim, John. 2000. Update on Pulmuone (Interview). *SoyaScan Notes.* July 24. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter dated 14 July 1997.
• ***Summary:*** John Sim recently returned to Pulmuone as marketing director. His company sells 95% of its tofu to the Korean-American market. Their factory in Southern California now makes 24,000 18-ounce blocks/cakes of tofu a day. They sell these through a distributor and they retail for $1.05 per cake, which is a very low price.

Pulmuone's tofu is now in the Ralph's supermarket chain in Southern California, and they have been advertising it regularly with Ralph's and doing promotions where the tofu retails for $0.79 for an 18 ounce cake. This has shaken up the competition (such as House Foods), causing competitors to lower prices and start advertising as well.

In late May of this year Pulmuone introduced their first nigari tofu. Their customers love the great, fresh flavor. The label reads simply "Premium Tofu" but soon they plan the add the word "nigari"–a work that many Koreans understand.

Pulmuone has also developed a marketing innovation–a disposable [resealable] lid. They place this next to the pack of tofu, and give it away free of charge. A message will be printed on it.

John would like to get his tofu into more supermarket chains over a wider geographical area. Go works with a broker, who has access to the buyers and who makes the presentation; John goes along to supply expertise on tofu.

John is looking for statistics on the tofu market in the USA. Peter Golbitz has lowered the price of his report to $4,000. SPINS wants $12,000 for their data. Address: Marketing Director, Pulmuone, 4585 Firestone Blvd., Southgate, California 90280. Phone: 213-564-2000.

12134. Bawa, Ravinder. 2000. Straight answers: Jason Baker, Coordinator, People for Ethical Treatment of Animals (PETA), India. *Times of India* (*The*) (*Bombay*). July 26. p. A1.
• ***Summary:*** Baker answers four questions posed by Bawa. The third question is: "What are the alternatives to milk consumption?" Answer: You don't need to drink milk. However delicious alternatives, which are easy to make, include soya milk and nut milks. "Tofu (bean curd) makes great soya paneer."

12135. Davis, Richie. 2000. Local businesses profit from change in eating habits. *Recorder* (*Greenfield, Massachusetts*). July 31.
• ***Summary:*** About Tom Timmins of Laughing Grasshopper. And Michael Cohen, who began as a partner in Laughing Grasshopper, then started the company that became Lightlife Foods.

The giant distributor, United Natural Foods Inc. [UNFI], now in West Chesterfield, New Hampshire, "also got its start in Greenfield, in what had earlier in the century been a food warehouse on Bank Row. From there, Llama, Toucan and Crow grew to an Olive Street space [30 Olive St.], then to Brattleboro, Vermont, then back again to 33 Riddell St." [Greenfield, Massachusetts].

President Richard Youngman recalled that when he joined the distribution company at 33 Riddell St., in about 1980, it had sales of around $4 million. By the time Stow Mills merged with Llama, Toucan and Crow to form United Naturals 2½ years ago, sales were $250 million. This year Youngman expects sales to reach $900 million.

Note: Llama, Toucan and Crow, Inc. was apparently formed on 20 March 1974 in Greenfield, Massachusetts.

Last year South River Miso Co. produced about 36,000 pounds of miso. That is about 3 times what the company produced in 1981, when Christian and Gaella Elwell helped to move it to Conway, Massachusetts, from Ohio. Address: Staff reporter.

12136. House Foods America Corporation. 2000. Hinoichi and House Foods products: Tofu, age, konnyaku, natto (Leaflet). Garden Grove, California. 1 p. Front and back. 28 cm.
• ***Summary:*** Glossy color and dated. Appears to show a photo of the front of the package of all the different types of Hinoichi-brand and House-brand soy products made at this time.

(1) Tofu. Hinoichi brand: Soft tofu 14 oz, regular tofu 14 oz, firm tofu 14 oz, and extra-firm tofu 14 oz. Soft tofu 19 oz, regular tofu 19 oz, firm tofu 19 oz, and extra-firm tofu 19 oz. House brand: Tokusen kinugoshi tofu (Soft tofu) 10 oz, Sukui tofu (Extra soft tofu) 12 oz, Spoon tofu (Extra soft tofu) 12 oz.

(2) Organic tofu: House brand: Organic tofu soft 14

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oz, organic tofu regular 14 oz, organic tofu firm 14 oz, and organic tofu extra-firm 14 oz.

(3) Flavored tofu. House brand: Chef tofu original 19 oz, Chef tofu herb & garlic 19 oz, Chef tofu chili & vegie 19 oz.

(4) Tofu dessert. House brand: Shao mi tofu dessert (mango) 10 oz, Shao mi tofu dessert (lychee) 10 oz, Shao mi tofu dessert (tangerine) 10 oz.

(5) Age. Hinoichi brand: Agé (tofu pouches) 6 pieces = 1.5 oz total, Oagesan (tofu pouches) 2 pieces, Oagesan (tofu pouches) 4 pieces, Oagesan (tofu pouches) 100 pieces (institutional), Atsu-agé (tofu cutlets) 5 oz, jumbo atsu-agé (tofu cutlets) 9 oz, ganmodoki large (tofu fritters) 3 pieces = 5.4 oz total, ganmodoki small (tofu fritters) 8 pieces = 4.3 oz total.

(6) Konnyaku. Hinoichi brand: White ita konnyaku (yam cake) 10.5 oz, black ita konnyaku (yam cake) 10.5 oz, white shirataki bag (yam noodle) 8 oz, black shirataki bag (yam noodle) 8 oz, konnyaku (yam cake) 11 oz, shirataki (yam noodle) 9 oz.

(7) Natto. Hinoichi brand: Mamekozo natto (fermented soybeans) 5.4 oz, natto (fermented soybeans) 4 oz. Address: 7351 Orangewood Ave., Garden Grove, CA 92841.

12137. **Product Name:** Bratos [Bratwurst Made of Tofu & Pork–the Size of Hot Dogs].
Manufacturer's Name: Midwest-Harvest Corp.
Manufacturer's Address: 3635 Hwy 146, Grinnell, IA 50112. Phone: 515-236-5170.
Date of Introduction: 2000. July.
Ingredients: Incl. tofu & ground pork.
How Stored: Refrigerated.
New Product–Documentation: Talk with Deb Kenealy of Midwest Harvest Corp. 2000. Aug. 24. They now make Bratos, jointly with another company. A Brato is like Bratwurst made of pork and tofu. Each one is about 5 inches long–but it looks slightly bigger than a hot dog.

12138. Nasoya Foods, Inc. 2000. "Tofu? I don't know what they do with it but my customers keep buying it" (Ad). *Vegetarian Times.* July. p. 46.
• ***Summary:*** This 8½ by 11 inch ad shows a black-and-white photo of a grocer, wearing a grocer's apron, laughing above the title. Below the title is a photo showing all of Nasoya's soy-related products: Five dressings. Two Nayonaise. Six types of tofu. Six TofuMate flavors. "Nasoya: We're putting tofu on America's tables." Address: One New England Way, Ayer, Massachusetts 01432.

12139. *Ontario Soybean Growers Newsletter.* 2000. 2000 Project Soy winners. July. p. 8.
• ***Summary:*** "Judging for the Soybean Opportunities for Youth Contest, better known as Project SOY, took place last month. The annual contest requires students to develop new uses and markets for soybeans. There are two categories, one for undergraduate and graduate students, and one for diploma students." First place and $2,500 in the Undergraduate/graduate category went to three young ladies from the University of Guelph; they created Whole Hearted Bagels, which are loaded with soy protein. Second prize in this category went to "Soy Images," a line of lipstick and lip balms made from 100% soybean oil. There was a tie for third place with the developers of soynut butter cookies and tofu-based crackers.

In the diploma category, first place went to two ladies from Kemptvile College who created Equi-Soy, an equine [horse] shampoo, made with soy oil and enhanced with tea tree and lavender oils. A photo shows the three inventors of the soy-enriched bagels, flanked by Dr. Rob McLaughlin (Dean of Ontario Agricultural College), and Peter Hannam, President of First Line Seeds (a contest sponsor). Address: Box 1199, Chatham, ONT, Canada N7M 5L8.

12140. **Product Name:** [Tofu Mayonnaise, Miso].
Foreign Name: Tofunesa, Miso.
Manufacturer's Name: Organica-ecotienda.
Manufacturer's Address: Xicotencatl 653-18, Col. Centro, Veracruz, VER 91700, Mexico. Phone: 29-31-30-83.
Date of Introduction: 2000. July.
New Product–Documentation: Letter and form filled out by Pat Hayward. 2000. Aug. 25. This company is managed by Pat Hayward and Claudia Gutierrez. In July 2000 they introduced Tofunesa and are now making about 4 kg/month. "My first ever miso was packaged yesterday and although it's not perfect yet, I was very excited that it turned out so well. It served to straighten out some kinks in the process (e.g., the problem here is not keeping the koji hot but how to keep it cool. Room temperature is about 31-34º C so I had to use my hair drier on cold blow to lower the temperature of the bundle). That batch was Red Miso, and now I'm set for the first trial of Mellow White. Will keep you posted!"

They are now developing shoyu, which they hope to start selling in Sept. 2000.

12141. Snyder, Kristie. 2000. The soy of living: A Charlottesville company brings healthy, tasty products to a growing number of consumers. *Health Beat* (*Charlottesville, Virginia*). June/July. p. 10-11.
• ***Summary:*** Jon Kessler and his partner, Janus Raphaelidis started Sunergia Soyfoods in early 1998 in Charlottesville. At the time, both lived at the Twin Oaks Community in Louisa County, Virginia, where they were involved in tofu manufacturing. Their tofu is made by a company in Quebec, Canada.

12142. Taira, Ele; Taira, Terry; et al. 2000. Auntie Aloha's–A taste of soy. Honolulu, Hawaii: Independent Distributors of Nutrition for Life. 92 p. Recipe index. 22 cm.
• ***Summary:*** These are Hawaiian-style recipes that use

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various NFLI (Nutrition for Life International) meatless soy products made from whole soy flour, such as: Harvest Beanuts, Heartful Gourmet Beef Chunks, Heartful Gourmet Beef Strips, Heartful Gourmet Chicken Chunks, Heartful Gourmet Chicken Strips, Heartful Gourmet Ground Beef, Heartful Gourmet Ground Turkey, Nutri-Flour Blend, Powdered Soymilk, or Vegetable Curls. Recipes also include traditional soyfoods such as shoyu, tofu. The name of the person who developed and submitted each recipe appears below the recipe title.

Contents: Salads. Soups. Pupus. Pasta & rice. Main dishes. Desserts and breads.

Proceeds (less costs) from the book go to HopeLine, the advice line for young people sponsored by Karing for Kids, a Christian charity. The HopeLine currently operates 8 hours/day on average. Its budget will enable 65,000 youths to call and receive help each year. Yet the goal is to make HopeLine available 24 hours a day, every day, year-round.

Letter (fax) from Ele Taira. 2002. Aug. 6. All the NFLI Healthful gourmet product are meatless and made from soy. For details visit the website at www.nutritionforlife.com. Address: Ele Taira, 1015 Ala Napunani Street #701, Honolulu, Hawaii 96818. Phone: 808-836-4994.

12143. Wolf, Walter. 2000. Soy-related documents–Business records (Archival collection). Peoria, Illinois.

• ***Summary:*** In July 2000 Dr. Walter Wolf, as he was preparing to retire from the Northern Center for Agricultural Utilization Research in Peoria, Illinois, sent to Soyfoods Center many file folders of soy-related documents that he had collected between about 1968 and the present. Most are in the field of soy protein, and none are confidential / proprietary. Each one is neatly dated, and the documents are in reverse chronological order in each manila file folder.

Dr. Wolf earned his PhD degree at the University of Minnesota, where he studied soy proteins. He began work at NCAUR in 1956; at that time it was named the Northern Regional Research Center. He worked as a chemist in the Meal Products Research Group. He did mostly pure research, rather than applied. At the time there was little interest in food uses of soy protein. One of his main contributions was collecting and publishing statistics on the annual production and price of soy flour, soy protein isolates, soy protein concentrates, and textured soy protein products.

The following files (listed alphabetically) were received by Soyfoods Center. Unless otherwise stated, only one file on each company or subject was received. A thin file contains less than about 20 sheets of paper; a thick one contains more than 20 sheets: ADM (Archer Daniels Midland Co.; 2 thick files 1970-2000). Anderson Clayton (thin, 1971-81). Cargill (thin, 1970-2000). Central Soya (4 thick files, 1959-1999). Dawson Mills (thick, 1974-1983). Edible Soy Products, Inc. (Hudson, Iowa; Maker of Pronuts; thin, 1971-78). EMI Corp. (Des Plaines, Illinois, thin, 1971-74). Erie Casein Co. (thin, 1966-73). Fuji Oil Co. Ltd. and Fuji Purina Protein Ltd. (of Japan, thick, 1972-1993). Farmland Industries and Far-Mar-Co (thin, 1970-1993). Food Ingredients–Dale Johnson (thick, 1964-1998). Garrison Products (extrusion, thin, 1977-78). General Foods (thin, 1974-1981). General Mills (thick, 1965-1976). Gerber Products (thin, 1969). Grain Processing Corp. (1968-1976). Griffith Laboratories (thick, 1968-1986). Gunther Products (purchased by A.E. Staley, thick, 1963-1975). Honeymead Products (Mankato, Minnesota, thin, 1978-1986). Industrial Grain Products (Montreal, Canada, thin, 1973-1975). Kikkoman (thick, 1972-1997). Kraft, Inc. (1965-1984). Lauhoff Grain (1 thin, 1973-86). Loma Linda Foods (thin, 1969-1986). Miles Laboratories (thick, 1970-83). Nabisco (1974-81). Meals for Millions Foundation (1 thin file, 1976). Protein Advisory Group of the United Nations, PAG Guidelines (thin, 1969-1978). Quaker Oats (thin, 1970-97). Joe Rakosky, consultant (1979-83). Ralston Purina Co. (4 files, very thick, 1962-1999). Soy protein products (2 files, thick, 1970-1986). Soy protein production statistics and estimates (two thick files, 1970-1996). Staley (A.E., 1 thick, 1969-1986). Swift & Co. (thin, 1961-1971). Takeda Chemical Industries (thin, 1970-1984). Textured soy proteins (1 thin, 1969-71). Tofu equipment (thin, 1970s). Tokuji Watanabe tofu studies at Peoria, Illinois (thick, 1960-61). United Nations Industrial Development Organization (UNIDO, thick, proceedings of Nov. 1969 meeting at Peoria, Illinois), Unilever (thin, 1974-79). Wenger Manufacturing Co. (thin, 1975-76). Worthington Foods (thick, 1965-1998). Address: NCAUR, Peoria, Illinois.

12144. White Wave, Inc. 2000. Five new leaflets from White Wave (Leaflet). Boulder, Colorado. 1 p. each Single sided. 19 x 14 cm.

• ***Summary:*** These playful, glossy color leaflet (or post cards) were sent to Soyfoods Center by Steve Demos on 1 Aug. 2000. Each contains a beige plate with a design on it against a different background color. On the bottom of each is a color photo of a ½-gallon carton of Silk Soymilk with the tag-line "Get your soy with Silk." (1) "Think globally. Spoon locally" (green). (2) "Its one of those soy meets girl love stories" (dark pink). (3) "Taste and nutrition co-habitate harmoniously" (dark red). (4) "A taste bud lovefest." (5) "Have a good life span."

An identical set of five cards is smaller (15 x 11 cm).

12145. Associated Press; State News Reports. 2000. Ann Arbor company recalls baked tofu: Possible salmonella threat detected during routine testing. *Ann Arbor News* (*Michigan*). Aug. 16.

• ***Summary:*** Rosewood Products Inc. is voluntarily recalling some of its 8-ounce packages of Savory Baked Tofu because of the possibility that they are contaminated with salmonella bacteria, which can cause food poisoning.

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12146. Katibah, Tyler. 2000. Sales of tofu in Hawaii (Interview). *SoyaScan Notes.* Aug. 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Dec. 1999 Ty, a maker of tofu and soymilk, and a distributor of natural foods, called to say that sales of his tofu in Hawaii dropped about 15% after publication of Dr. Lon White's research. Two other tofu makers in Hawaii have told him that their tofu sales have decreased 30-40%–for the same reason. He moved to his present new address in July 1999.

Recently he and other tofu makers in Hawaii have gone on the offensive. They developed some tofu commercials for television (they may be the first ever), bought some air time, and promoted tofu. The ads were very positive. Local celebrities talked about why they like tofu and how they prepare it. Several doctors discussed tofu as a heart-healthy food. The ads did not refer to the issues raised by Lon White. Address: Owner, Natural Pacific Tofu, 15-205 Wiliama Place, Keaau (near Hilo), Island of Hawaii, HI 96749. Phone: 808-966-9579.

12147. Holland, Norman. 2000. Update on Northern Soy, Inc. (Interview). *SoyaScan Notes.* Aug. 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Northern Soy, still run by Norman and Andy Schecter, has outgrown its present plant in Rochester, New York. They recently purchased 6½ acres of land, where they hope to break ground with a new tofu manufacturing facility in late-September. Eventually the new plant is scheduled to be 85,000 square feet, but phase one will be about one-third of that area. They have hired an engineer (who has designed food plant for General Foods, Cadbury-Schweppes, etc.) to work with Norman and Andy to design the plant and equipment. They plan to have a state-of-the-art facility. Up until now Norman and Andy have done all of the equipment design–and they have "rigged up" a very original and efficient system. They are considering building their own tofu equipment (with local tool-and-die makers) to get to the next level; if they buy a tofu system like Nasoya has, they believe it would sacrifice the quality of their tofu.

They have survived as tofu manufacturers while many other pioneers have gone into marketing or out of business. They now make 1,200 lb/hour or 60,000 lb/week of tofu. But their old plant is bursting at the seams. The new plant will eventually able to make 5,000 lb/hour or 250,000 lb/week of tofu.

Northern Soy has survived and prospered in three areas: (1) By making private-label tofu–marketed by other companies. They make all or most of the tofu for Whole Foods Markets (East Coast, Midwest, Colorado), UNFI (United Natural Foods–Stow Mills label), Trader Joe's (East Coast), Tree of Life, etc. They also have their own SoyBoy label. (2) By making baked and flavored tofu–in four flavors: Italian, Caribbean, Tofulin (Oriental), and Baked-Seasoned-and-Smoked. They probably outsell White Wave 4 or 5 to 1 on these products east of the Mississippi River. And (3) by making tofu-filled ravioli. They just bought a new $90,000 ravioli machine. They hired a fellow who had been for 20 years the vice president at Rosetto Foods–the largest ravioli maker in the world. They are very committed to ravioli since tofu and ricotta cheese are almost identical–but tofu has better health benefits.

Northern Soy pays and treats all of its workers very well, and has a superb benefits package. The workforce is extremely diverse–Jamaicans, Vietnamese, Hispanics, etc.–and loyal. There is almost no turnover. They have always worked toward being a company where work is respected in every sense. One recent record was when the first Jamaican person in world history curded tofu at Northern Soy.

Norman is still a vegetarian and he continues to believe that tofu has immense "planetary benefits." These benefits show up in ways that people just can't understand. It's like what the Buddha said about karma–"Don't ask me to explain it; it just works." Norman and Andy haven't been involved with the Rochester Zen Center for about 10 years.

Rich Products of Buffalo, New York, has visited Northern Soy and is interested in working together. Address: 545 West Ave., Rochester, New York 14611. Phone: 716-235-8970.

12148. Lee, Ken. 2000. New developments with yuba, soymilk, and tofu at Soyfoods of America (Interview). *SoyaScan Notes.* Aug. 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Soyfoods of America still makes yuba and, in fact, cannot keep up with the demand. The fresh frozen sheets is their best selling yuba product; it is sold mostly to restaurants, where it is used like an egg-roll wrapper. The dried yuba sticks are used in soups. Ken is developing the equipment and a process for automating the yuba-making process.

The company's best selling product of all is Furama soymilk, sold in both the Oriental and Caucasian markets in the USA. Ken no longer makes tofu; he has House Foods make it for him under his label, since they are the lowest-cost manufacturer.

Two weeks ago Ken's company introduced a cultured soy beverage under the Trader Joe's label, in peach and strawberry flavors. It was developed by Tim Huang. Ken will soon introduce a similar product under his SoyWise brand. Address: President, 1091 E. Hamilton Rd., Duarte, California 91010. Phone: 626-358-3836.

12149. Cooper, Kim. 2000. Growing identity preserved (IP) soybeans in Canada (Interview). *SoyaScan Notes.* Aug. 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Canada has been "IPing" (growing identity preserved soybeans) for about 15 years (i.e., since about

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1985). The pioneers in growing IP soybeans were Paul King (age 50-55) and his father (who founded King Grain, and who is now in his 90s) and W.G. Thompson & Sons Limited (Blenheim, Ontario). Kim worked for King Grain for about 9 years. During his travels, Paul saw the need for consistent soybeans. He realized there was no way that Canada could compete with the USA for bulk shipments, so he proposed that Canada start to develop niche markets. He got very interested in soyfoods, because he believed there was a real opportunity for Canada to supply tofu makers with soybeans of consistently high quality year after year. Today Canada has the largest and most sophisticated IP system for soybeans of any country in the world.

When genetically engineered soybeans started to be sold, the Ontario Soybean Growers (OSG) got chastised by the American Soybean Association for growing non-GMO soybeans and for not helping the advancement of GMO soybeans. When the ASA suggested that Canada stop this, they responded that they were simply trying to fill a need in the market.

When customers started asking for non-GMO soybeans, they simply became another of Canada's IP products; the infrastructure was in place. OSG is basically selling a process, which they show to their customers–from seed to grower to elevator. The customers are quite satisfied that they will get the soybeans they want, whether it is 0.1% non-GMO or 1% non-GMO or whatever. For customers in Japan and the UK, non-GMO is very important; for those in Hong Kong, only about 50% want non-GMO. Ontario's IP production and exports have been increasing. This growth is hard to measure because the acreage is grown by individual companies. Kim has been doing some informal surveys, which show that 30-35% of the larger farmers are growing IP soybeans, which are also a value-added crop. Throughout Ontario province, Kim would estimate that IP acreage accounts for about 20-25% of total soybean acreage, compared with less than 5% of America's total soybean acreage. So Canada is way ahead of the USA in growing IP soybeans. Address: Marketing Specialist, OSGMB, Chatham, Ontario, Canada N7M 5L8. Phone: (519) 352-7730.

12150. Skiff, James. 2000. Seminars on identity preserved (IP) soybeans and non-GE soybeans organized by the American Soybean Association in Tokyo, Japan (Interview). *SoyaScan Notes.* Aug. 25. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** A Japanese law requiring selective labeling of genetically engineered (GE) soybean ingredients was passed in Oct. 1999 but does not take effect until 1 April 2001. Jim Echle, head of the ASA office in Tokyo, is extremely receptive to the needs of his Japanese customers, such as tofu makers.

The first conference on this subject was held in April 1999 in Tokyo; it was Jim Echle's idea. In about Jan. 1999 Echle visited Jim Skiff's non-GE soybean facility in Mattoon, Illinois. He told Skiff that he was thinking about having a seminar on Identity Preserved and non-GE soybeans in Tokyo and asked Skiff if he would be willing to participate; Skiff said he would like to. He did not yet have a date or place, but he had the idea before he visited with Skiff, because he had been approached in Japan by trade associations and manufacturers who were interested in obtaining non-GE soybeans. Skiff then suggested that Echle talk with Dr. Dennis Thompson of the Illinois Crop Improvement Association, who Jim relied on to test for and verify non-GE soybeans. Skiff took Echle to meet Thompson. Echle subsequently scheduled Thompson to be the keynote speaker at the seminar in Tokyo. It was held in April 1999 in the afternoon in a university auditorium near the ASA offices. Several Japanese also spoke. An interpreter was present. The ASA went out of its way to make the subject of the seminar Identity Preserved (IP) soybeans and seed certification rather than non-GE soybeans, since ASA has pushed so hard to try to make GE soybeans acceptable. In fact, Echle told Skiff not to mention non-GE soybeans and not to have any signs that mentioned them. About 150-200 people attended the seminar, which lasted approximately 4 hours.

After the seminar, the attendees went to a larger meeting room down one story in the same building where there was a two-hour informal expo and social hour with snacks. About 7-8 American companies, such as Jim's, had tables or booths. Most were selling specific IP soybean varieties. Only Skiff was focused on non-GE soybeans. Peter Shortridge from Northland Organic had a both next to Skiff's. Sandra, the USDA Officer in Tokyo, gave a little introductory talk, followed by the president of the Japanese Tofu Association. Because of his position with the ASA, Echle had to downplay non-GE soybeans but he also knew genetic engineering was a big issue in Japan. Skiff feels that he has developed a good relationship with Jim Echle.

The second such seminar was held in early June of this year (2000) in Tokyo. Dan Burke of Pacific Grain and Soy was the keynote speaker. Jim was unable to attend because he had to be at a show in Europe; he is not aware of a third seminar. Jim thinks that the Tokyo office of ASA has been the most responsive of all ASA offices worldwide to the needs of its customers for non-GE soybeans. In Europe, ASA has lost many customers. The last ASA director in ASA's Brussels office lasted less than a year.

ASA has done a great disservice to soybean growers by presenting a one-sided and slanted view, and by not keeping them informed of anti-GE sentiments and legislation worldwide. With better information, more American farmers would have started growing IP or non-GE soybeans–and probably profited thereby. The Ontario Soybean Growers in Canada have done a much better job of following a two-track policy. ASA still argues that there are only a few nuts like

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Greenpeace who oppose GE soybeans for no good reason, and that all rational people believe genetic engineering is a boon to soybean farmers and the inevitable wave of the future. But how about the Japanese and their law requiring labeling of GE ingredients? ASA should have followed a two-track, customer oriented policy. You want non-GE soybeans? Buy 'em from us. You don't care if the soybeans are genetically engineered? Buy 'em from us. Address: US Soy, 2808 Thomason Dr., Mattoon, Illinois 61938. Phone: 217-235-1020.

12151. *SoyaScan Notes.* 2000. Vacuum packaging tofu: Potential problems (Overview). Aug. 29-31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Quite a few brands of tofu and tofu products are currently vacuum packed in the USA. For example, Wildwood Natural Foods, Inc. in California makes about 43,000 lb/week of tofu products, of which about 20,000 lb/week (47%) are vacuum packed, including its plain tofu, smoked tofu, baked tofu, tofu burgers, and tofu cutlets. White Wave, Inc., in Boulder, Colorado, makes more than 120,000 lb/week of tofu and other soy products, of which approximately 40% are vacuum packaged. Lightlife Foods, Inc. in Massachusetts, makes over 150,000 lb/week of soy products, 100% of which are vacuum packed. There are many more regional and local producers in the USA. In Europe, even more tofu and tofu products are vacuum packed.

One U.S. tofu manufacturer has been asked by his state health department to discontinue production and sale of vacuum packed tofu until he can prove that it is safe. This state has seven rules for "reduced-oxygen packaging" (including vacuum packaging) of foods. Rule 2 is the most difficult for regular tofu to pass: "Potentially hazardous and perishable foods shall not be packaged in a reduced-oxygen atmosphere unless it possesses one or more of the following characteristics:

(a) A water activity (A_w) below 0.91. (b) An acidity of less than 4.6 pH. (c) High levels of competing, non-pathogenic microorganisms that prohibit the growth of pathogenic organisms, such as in raw beef, raw poultry, hard and semi-soft cheese... (e) Kept frozen at 0 degrees Fahrenheit (-18 degrees Celsius) or colder. (f) Another method of preservation approved by and on file with the department."

Rule 4 states that the "recommended last date of sale" (the "sell-by" date) "shall not exceed 14 days from processing..."

Rule 7 says that foods such as vacuum-packed tofu "shall be kept refrigerated at 40 degrees Fahrenheit or below."

At the annual Soyfoods Association Conference held 7-11 July 1982 at the University of Washington in Seattle, Dr. York (of the University of California at Davis) and Dr. Clifford W. Hesseltine (a world-famous microbiologist at the USDA Northern Regional Research Lab, Peoria, Illinois) gave a class on tofu packaging. According to William Shurtleff's notes, vacuum packaging of tofu was discussed at length and many questions were asked by participants. These notes state: "The growth of gram-negative oxidative bacteria is greatly slowed by vacuum packaging, but lactic acid bacteria grow faster; they are the main spoilage organisms for tofu. For tofu, a vacuum package is not really a vacuum package; it is just a negative pressure environment. Facultative anaerobes can grow in this environment. Botulism bacteria have great heat resistance, but they are poor competitors. They only grow well when no lactic acid producers are present. There is no need to worry about botulism in vacuum packed tofu unless you try to pasteurize the tofu after it is vacuum packed; that can kill the competing bacteria. Tofu has an average pH of about 6.2 (neutral) and water activity of about 0.95 (high). The foods that are potentially the most hazardous are those that are rich in protein and have a high natural water activity. In the long history of tofu, East and West, there are no known reports problems from or outbreaks of botulism. Water packed tofu that has been pasteurized is potentially more dangerous than vacuum packed tofu; the manufacturer should probably add a little lactic acid inoculation.

The book *Food Microbiology,* by W.C. Frazier and D.C. Westhoff (1978) states: "Botulism is a disease caused by the ingestion of food containing the neurotoxin produced by *Clostridium botulinium.* Between 1899 and 1972 there were 672 recorded outbreaks in the United States, involving 1,731 cases and 963 deaths." None of these was from tofu. The organism, a rod-shaped soil bacterium, is saprophytic, spore-forming, gas-forming, and anaerobic. Seven types are distinguished on the basis of the serological specificity of their toxins. Note that an anaerobic bacterium lives in an oxygen-free environment. Vacuum-packed tofu is not such an environment.

12152. *ASA Today* (*St. Louis, Missouri*). 2000. Food grade soybeans in Japan: The market for high quality, non-biotech soybeans. 6(9):4-page insert after p. 4. July/Aug.

• ***Summary:*** Across the top of each page this insert: "Demand for identity preserved soybeans grows in Japan." In a colored box on the lower right corner: "A special guide to profit opportunities, from the American Soybean Association, August, 2000." A color photo in the lower left corner shows a huge soybean with the words "non GMO" branded on it in brown, against a blue sky with white clouds. The caption (in both English and Japanese): "The Tokyo Grain Exchange launched the world's first Non-GMO soybean contract on May 18, 2000." Across the bottom of page one: "This publication is sponsored by Bayer Corporation."

The article begins: "Japan, the single largest customer for U.S. soybeans, and the world's largest importer of food

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grade soybeans, has passed a biotech food labeling law that will affect foods containing soy protein. Beginning April 1, 2001, foods containing biotech ingredients will be required to display a label informing consumers that the product includes genetically modified materials.

"Rather than marketing a consumer product with a GMO ingredient label, Japanese importers are already sourcing from the United States Identity Preserved (IP), non-biotech soybeans for use in tofu, and other soy foods, in anticipation of the new labeling law."

A sidebar on p. 2 titled "Market size" states: "ASA estimates that demand for identity preserved non-biotech soybeans for the tofu market in 2000 will equal about 500,000-700,000 metric tons (18-26 million bushels)– around 15-20 percent of total U.S. exports to Japan. This does not include about 300,000 metric tons (MT) of organic and premium grade soybeans, which have been grown for the Japanese market under high-value IP systems by U.S. farmers for many years."

A color photo on page 3 shows seven people standing together at "ASA's 3rd Annual Food Soybean Conference" which was held in Tokyo on June 13. One of the seven is Dan Burke of Pacific Soybean and Grain (San Francisco, California).

Note: Throughout this article the term "food grade soybeans" is used.

12153. Elliott, Julia. 2000. Simply soy: Nature's own antidote. Clifton, Virginia: Pocol Press. xiv + 112 p. Aug. Index. 22 cm. [37 ref]

• ***Summary:*** Contents: Prologue. The problem: Menopause–a natural event, causes... and effects, my own changing. The solution: The soybean–a little bean with a big history, soy–nature's own alternative, the benefits of soy. The program: Soy food products, cooking with soy, soy recipes, cooking with tofu, tofu recipes. Guideposts for the journey: Warning, risks, and wisdoms, vitamins, minerals, and water, herbal alternatives, meditation, massage, and acupuncture. Epilogue. Appendices: Readings and resources (women's health resources, books about menopause, menopause web sites, books about soy and tofu, general information sources, soy product sources, soybean web sites), source notes, bibliography. About the author. Address: 10 Guyton St., Kingston, New York 12401. Phone: 914-338-6368.

12154. Ernst, Mathew. 2000. Profiles in agricultural entrepreneurship: Iowa Soy Specialties, LLC, Vinton, Iowa. Lexington, Kentucky: University of Kentucky, Cooperative Extension Service. 12 p. Agricultural Economics-Extension Series No. AEC-2001-01. [13 ref]

• ***Summary:*** Contents: Introduction. The idea: Gathering information. Financing: Business formation. Process development: A different process. Market development: A new product and a new company, first customers, educating the brokers. Regulations: Non-GMO, certified Kosher. Managing growth: Forming partnerships and new companies, Hy-Vee alliance, sales and service expertise, research and development (Flour / TSP, soy oil). Conclusion. Acknowledgments.

"More than five years of efforts seeking to add value to the agricultural production in Benton County, Iowa, resulted in the formation of Iowa Soy Specialties, LLC, in 1997. Today, Iowa Soy is housed in three buildings with over 18,000 square feet under roof on the north side of Vinton, Iowa. The company is actively expanding its soy product line around the globe, enjoying the burgeoning market for soy food products.

"Three Benton County farmers are the principal investors and serve as the company's officers: Dave Van Steenhuyse (President), Homer Showman (Vice President), and Marlyn Jorgensen (Vice President)." "They wanted people to 'realize the health benefits of soy without having to eat tofu,' and their original goal was to make and sell soy flour as a baking ingredient and provide soy oil for use by large companies. They would use a mechanical process to extrude the oil from the soybeans." "Iowa Soy's initial stock offering was bought by 33 local investors."

"Iowa Soy became a half partner is Specialty Proteins, LLC, a company which manufactures the line of textured soy proteins sold by Iowa Soy. The other partner in Specialty Proteins, LLC, is the company which makes the equipment used in producing textured soy protein. Production is presently well underway. To enter the soy milk market, Iowa Soy aligned itself with a Minnesota company and soy milk producer [SunRich]. Production there has not yet begun due to a buyout and restructuring of the Minnesota company. Most recently [spring 2000], Iowa Soy has formed an alliance with WholeSoy Foods," an LLC headquartered in Des Moines; it will market the new soyfood products under the Heartland Fields brand name.

Sidebars: (1) Iowa Soy Specialties products. (2) Industry focus: The soy foods explosion. (3) Industry focus: Natural and health food markets. (4) Program focus: REVAMP (Rural Economic Value-Added Mentoring Program) and VAAPFAP (Value Added Agricultural Products and Processes Financial Assistance Program). Both trace their existence back to 1991, the year that the Office of Renewable Fuels and Co-Products (ORFAC) was established by the Iowa Department of Agriculture and Land Stewardship. (5) Program focus: REVAMP. Directed by Pat Paustian. (6) Program focus: VAAPFAP. Directed by Joe Jones. (7) Process focus: Dry extrusion. (8) New organic product introduction. (9) The organic audit process. (10). Non-GMO food claims. (11) "Spin-ff" companies from Iowa Soy: Specialty Proteins, LLC (formed in 1999 in partnership with company [Triple "F" / Insta-Pro] that manufactures equipment used to make textured soy protein. Startup operating budget: $900,000). WholeSoy Foods (Formed in

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the spring of 2000 to market new soy foods under the brand name "Heartland Fields." Startup operating budget: $3.9 million). (11) Chronology of Iowa Soy Specialties growth (1991 to Summer 2000; 10 entries).

Note: As of 2006, Specialty Proteins appears (by a Web search) to be located at 1601 West D St., Vinton, Iowa. Phone: (319) 472-4555. However the Nutriant R&D Center is actually located there. Address: Extension Associate, Cooperative Extension Service, College of Agriculture, Univ. of Kentucky, Lexington, KY 40546.

12155. Jaret, Peter. 2000. Sumptuous soy: If you think it still means bland cubes of tofu, you're in for a surprise. New products make it a pleasure to add just the right amount of this potent disease-fighter to your meals. *Health.* July/Aug. p. 112-17.

• ***Summary:*** About the health benefits of soy, with many wise comments from expert soy cook Dana Jacobi. The first page contains a full-page color photo of edamame, with the caption: "Japan's favorite finger food is becoming an American fad."

A sidebar titled "Should anyone take soy pills?," by Jaret, argues that consuming soy in concentrated form–such as isoflavone pills–is not a smart idea. Experts agree. Address: Contributing editor.

12156. Pence, Joanne. 2000. Die Tofu-Connection [The tofu connection]. Munich, Germany: Ullstein Taschenbuchverlag. 338 p. 18 cm. [Ger]

• ***Summary:*** This detective novel is a German-language translation of *Cooking up Trouble* (HarperCollins Publishers, New York). Spending a week at an exclusive vegetarian restaurant in picturesque northern California with her friend Paavo Smith, food writer Angie Amalfi starts to feel romantic. But instead of tofu, the two find themselves surrounded by trouble. Address: California.

12157. Sigler, Josie. 2000. Controversy over soy and health builds. *Bluebook Update* (*Bar Harbor, Maine*) 7(3):4-5. July/Sept.

• ***Summary:*** Begins by discussing the "Special investigation" news story aired on 9 June 2000 by ABC News' 20/20 which questioned whether there was any danger in consuming too much soy. Dr. Kenneth Setchell expressed frustration over the way that the safety of soyfoods was depicted, arguing that there isn't any evidence to support the claims put forth. But Sheehan and Doerge cite many animal studies using rats and monkeys. Sheehan disagrees, arguing that we cannot extrapolate animal studies to humans. He adds that 18 million infants are consuming soy formula in the USA alone. If there was a problem, surely pediatricians would have noticed it.

Then discusses Dr. Lon White's study on "Brain aging and midlife tofu consumption."

12158. Seemo (H. Shapira); Kairava (J. Spaelstra). 2000. Re: Photos of the new Dakini Health Foods Pvt. Ltd. food processing facility in Pune / Puna, India. Letter to William Shurtleff at Soyfoods Center, Sept. 2. 1 p.

• ***Summary:*** This packet contains no letter, only 13 color photos of the new food plant. Most of these photos show the Indian employees working with the modern- and very sanitary-looking equipment, making tofu and soy tempeh, in a clean plant with white walls, a high roof, and a tile floor.

Four of the photos show: (1) Two Indian men cooling the soybeans on a tray before inoculation to make tempeh. (2) Joined by a woman, they measure the inoculated soybeans into plastic bags. (3) A list of products sold by the company: White tahini paste. Sesame butter. Peanut butter. Soy-tempeh. Tofu. (3) Kairava (J. Spaelstra) standing by a sink with a glass in her hand. Address: Dakini Health Foods Pvt. Ltd., S.N. 33, Bhoiwasti, Keshavnagar, Mundhwa, Pune / Puna 411 036, Maharashtra, India.

12159. DiMartino, Christina. 2000. Mori-Nu seeks to educate consumers about the benefits of tofu. *Produce News* (*Fort Lee, New Jersey*). Sept. 11.

• ***Summary:*** The article begins: "One sure way to take advantage of what interests consumers today is for a company to focus on the health benefits of its products." Morinaga Nutritional Foods is doing just that.

A photo shows 4 types of Mori-Nu organic tofu "packaged in aseptic boxes," which assures consumers that the tofu will be fresh.

12160. Wright, Allison. 2000. Melissa's/World Variety Produce introduces new soy products. *Produce News* (*Fort Lee, New Jersey*). Sept. 11.

• ***Summary:*** World Variety Produce Inc. is the company name and Melissa's is their brand name. The latest soy products to hit retail market shelves are: (1) Melissa's Soy Slices (American, Jalapeño, or Mozzarella flavors). (2) Melissa's Organic Tofu (Soft, Firm, or Extra Firm). (3) In May the company introduced: Melissa's Soy Easy Gourmet Spread & Dip (Mediterranean Olive, Roasted Red Pepper, Slow Roasted Garlic–all are made with natural smoked tofu). (4) Soy Loaf.

Since last year, Melissa's has doubled its organic line from 40 items to 80. The number one trend in American foods is organic.

12161. Wright, Allison. 2000. Vitasoy to take 'Azumaya' and 'Nasoya' brands mainstream. *Produce News* (*Fort Lee, New Jersey*). Sept. 11.

• ***Summary:*** Vitasoy USA Inc. is taking tofu to new levels according to Executive Marketing Director Denise Garbinski. Vitasoy will have two new launches for both the organic (Nasoya) and conventional (Azumaya) brands. Also

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each brand will have seven new SKUs. Garbinski said the Nasoya brand commands over 30% of the tofu market and remains the best-selling tofu in America, according to AC Nielsen data for the 12 months ending Dec. 1999. Vitasoy is also coming out with new packaging for many of its Nasoya and Azumaya products. The new packaging will be fresher, brighter, and more mainstream.

12162. Jaret, Peter. 2000. Sumptuous soy: If you think it still means bland cubes of tofu, you're in for a surprise. New products make it easy to add this disease-fighter to your meals (Ad). *People.* Sept. 27.
• ***Summary:*** This 2-page article was reprinted–as a special advertising supplement–from the July/August issue of *Health* magazine (p. 112-17). Photos show: Edamame. Veggie burgers. A tall glass of chocolate soy milk.

12163. Business Communications Co. 2000. Soyfoods: Trends and developments. Norwalk, Connecticut. 137 p. Sept. *
• ***Summary:*** This study of the soyfoods market, No. R2-419, retails for $3,450. One section is titled "Whole soybean products." By type of product: Largest share and fastest growth–Soymilk. Next largest share and fastest growth–Tofu. Good share: Soy sauce. By application: Largest share–Substitute meat products. Fastest growth–Substitute dairy products. Industry structure: Market influences–Consumers, age/gender, media messages, health benefits, retailing outlets. Driving forces–Regulations, technology, price, niche marketing. Most active manufacturers–Market leaders, industry environment.

The second section is titled "Soyfoods as ingredients–Soy protein, soy fiber, soy isoflavones. By type of product: Largest share–Soy flour (defatted). Fastest growth–Soy protein concentrates. Next fastest growth–TSP [Textured Soy Proteins] Good growth: Soy protein isolates. Slow growth–Soy grits, soy fiber. Soy isoflavones. By application: Largest share–Substitute meat products. Fast growth–Substitute dairy products.

The third section is "Soyoil products–Soybean oil and lecithin." Address: Norwalk, Connecticut.

12164. Dean Foods Co. 2000. 75th anniversary annual report: 1925-2000. Franklin Park, Illinois. 42 p. 28 cm.
• ***Summary:*** Net sales in 1999 was $4,065 million ($4.065 billion). Net income after taxes was $106.118 million. This annual report contains an excellent history and chronology of the company, and also a list of its "firsts."

1925 June–Dean Foods begins as Sam Dean, Sr. purchased the Pecatonica Marketing Co., an evaporated milk processing facility in northwestern Illinois.

1927 Jan.–The company name was changed to Dean Evaporated Milk Company. During 1927 Dean purchased dairy plants in Belvidere and Chemung, Illinois. 1929–The company name was changed to Dean Milk Company. 1936–The last horse-drawn milk wagon was replaced by a Dean milk truck.

1940–Dean introduced fluid milk, packaged in waxed paper cartons.

1993 Dec.–Dean acquired its first national brand label, *Birds Eye* frozen vegetables. But then Dean vegetable operations were sold in Sept. 1998.

1998–Dean introduced its innovative Chug packaging, providing single-serve containers for on-the-go consumers with the "Milk Where You Want It" slogan.

2000 July–Dean completed its largest dairy acquisition with the purchase of the Land O' Lakes Upper Midwest fluid Dairy operations, expanding Dean's marketing area.

Accompanying the annual report is an announcement of the Annual Meeting of Shareholders and Proxy Statement (26 p.). Howard M. Dean is chairman of the board and CEO. This year (2000) his salary was $700,000 and his bonus $677,408. He was also granted 86,000 shares of company stock, with each share worth $37.31 = $3,208,660.

Under "Specialty Products" (p. 15) we read: "Another promising relationship was established in fiscal 2000 with an equity investment in Colorado-based White Wave, Inc., a producer of soy-based products. White Wave sells its refrigerated soymilk products under the brand name *Silk.* Other products include soy-based yogurt and tofu products. Recent focus on the value of soy-based products and the related health benefits has increased consumer awareness in this area and contributed to White Wave's strong sales growth. We are encouraged by the long-term prospects in this exciting functional food area." Color photos show a half-gallon carton of Silk Vanilla Soymilk, and a pint carton of Silk Soymilk Creamer. Address: 3600 North River Rd., Franklin Park, Illinois 60131. Phone: 847-678-1680.

12165. Hagler, Louise. 2000. Soja: Wandelbarste Bohne der Welt. Eine 'coole' Proteinquelle [Soya: The most versatile bean in the world. A 'cool' source of protein]. Aitrang, Germany: Windpferd. 140 p. Illust. Index. 18 cm. [Ger]
• ***Summary:*** Foreword by Peter Golbitz. Foreword by Louise Hagler. Introduction by Dr. Mark and Virginia Messina. Basic soyfoods. Feeding babies and children soyfoods. Breakfast, brunch & bread. Whole soybeans. Sauces, spreads, dips & dressings. Soup & salad. Main dishes. Desserts. Drinks & yogurt.

No dairy products or eggs are used; honey is called for in some recipes. Address: The Farm, Summertown, Tennessee.

12166. **Product Name:** ChefTofu [Original, Herb & Garlic, Chili & Veggie].
Manufacturer's Name: House Foods America Corporation.
Manufacturer's Address: 7351 Orangewood Ave., Garden Grove, California 92841. Phone: (714) 901-4350.

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Date of Introduction: 2000. September.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (glossy, color, single-sided) sent by Patricia Smith from Natural Products Expo (Baltimore, Maryland). 2000. Sept. "House ChefTofu. Terrific new firm texture. Hurrah!! Here it comes. A new revolutionary tofu. It's flavored." Photos show: (1) Two pieces of grilled tofu on a plate with trimmings and a pocket or burger. (2) The front panel labels of the three flavors.

12167. Mangels, Reed. 2000. Nutrition hotline: The phytate component of soy products. *Vegetarian Journal* (*Baltimore, Maryland*) 19(5):2. Sept/Oct.
• ***Summary:*** "Phytates interfere with the absorption of minerals, but do not completely prevent us from absorbing minerals like calcium and iron. The presence of phytates is not a good reason for avoiding soy products. Whole grains and other dried beans also contain phytates."

"Fermented soy products, including tempeh and miso, have a lower phytate content so that zinc from these foods is better absorbed than from unfermented soy products like tofu and soymilk." Address: PhD, R.D., Baltimore, Maryland.

12168. Morinaga Nutritional Foods, Inc. 2000. Made with non-GMO soybeans: Mori-Nu Tofu, the perfect tofu in the perfect package is made with perfect soybeans (Ad). *Natural Foods Merchandiser* 21(9):2. Sept.
• ***Summary:*** This full-page color ad shows a large circular logo that reads "Made with Non-GMO Soybeans against a background of soybeans in green pods. Below the titled is printed: "See Mori-Nu at Expo East Booth 1208-1210. The text at the bottom of the ad reads: "Mori-Nu uses only Non-GMO soybeans in its great tasting tofu. We think that what is natural and good should be left that way. Mori-Nu Tofu is made without preservatives and never irradiated. Mori-Nu tastes "first day fresh" from its long-life aseptic * package.

Below the ad are small color photos of five Mori-Nu Tofu products, each with the "Non-GMO" logo near the upper right corner. Below that is a Tetra Pak logo, after which we read: "* In 1996 [the aseptic package] received the Presidential Award for Sustainable Development, the White House's highest environmental prize..."For more information visit www.tetrapak.com and www.morinu.com. Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638 (NOW TOFU).

12169. **Product Name:** [Tofinelle Tofu Sausages (Spinach and Pine Nuts).
Foreign Name: SOY Tofinelle (Épinards et pignons de pin).
Manufacturer's Name: Nutrition & Santé S.A. (Formerly SOY / Société Soy).
Manufacturer's Address: B.P. 33, Z.I. de la Pomme, 31250 Revel (near Toulouse), France. Phone: +33 62 18 72 50.
Date of Introduction: 2000. September.
Ingredients: Tofu* 70.5% (water, dehulled soybeans* 17.6%, coagulants: calcium sulfate, nigari), spinach* 16.6%, rice flour*, powdered egg white*, sea salt, pine nuts* 1.1%, non-deodorized sunflower seed oil*, garlic*, nutmeg*, pepper*. * = Organically grown ingredients Certified by Ecocert F 32600 L'Isle Jourdain.
Wt/Vol., Packaging, Price: 200 gm paperboard box, 2 sausages per pack.
How Stored: Refrigerated, store at 4ºC.
New Product–Documentation: Product with Label brought by Taro Mikuriya of the Nutrition & Santé Group (Revel, France). 2011. Dec. 14. Paperboard box. 4 by 6 by 1.5 inches. Dark green, light green, dark blue and black on white. Color photo of a cut sausage on a plate. On the front panel are the Soy logo (white on dark green), two organic certification symbols.

Letter (e-mail) from Bernard Storup, founder of Nutrition & Nature (Revel, France). This product was first sold commercially in Sept. 2000.

12170. *Nutrition Business Journal* (*San Diego, California*). 2000. Pacific Foods targets $50 million sales: Soymilk manufacturer scrambles to expand production, expects 35% growth to continue. 5(7/8):12. Annual Industry Overview 2000.
• ***Summary:*** Pacific Foods Inc. of Tualatin, Oregon, was established in 1987 to make shelf-stable tofu in aseptic packaging. After buying expensive manufacturing equipment, made in Europe, the tofu business failed.

The company had to scramble in order to stay in business and put its large capital investment to work, so they found clients for private-label soymilk–the main product that is made into tofu. In 1989, after watching the category grow rapidly, Pacific Foods began producing its own brand of soymilk. The company has been growing at more than 35% a year and in calendar year 2000 expects to exceed $50 million in sales.

In 1998 Pacific Foods expanded to 250,000 square feet, doubling its production capacity. It now also makes soymilk and rice milk under the Trader Joe's and Fred Meyer brands.

Pacific Foods is not for sale, but it has recently entered into a marketing alliance with a major company to help it enter the mass market via Albertson's and other supermarkets in the Pacific Northwest. Martell of Pacific Foods declined to reveal the name of the partner, but it is a non-U.S. company with "a big name worldwide."

Pacific Foods has changed its soymilk packaging design quite frequently, each time based on reformulation of the products. The company conducts many taste panels and focus groups. Most of its advertising is in trade publications, but in the last few months it began advertising in *Vegetarian Times* and a few other consumer magazines. It has recently done a cross-promotion with cereal maker Nature's Path. One innovative product introduced last year was named

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Soy Synergy, a functional food designed to be mixed with soymilk or rice milk. In March 1999 Pacific launched several products targeted to the mass market, including a blend of lactose-free cow's milk and soymilk; the products are moving slowly.

12171. Sunergia Soyfoods. 2000. Company story (Leaflet). Charlottesville, Virginia. 1 p. Sept. 15. Single sided. 28 cm.
• ***Summary:*** A 1-page history of Sunergia Soyfoods, started in late 1997 by Jon Kessler and Janus Raphaelidis. Address: P.O. Box 1186, Charlottesville, Virginia 22902. Phone: 877-336-8973.

12172. **Product Name:** Melissa's Organic Tofu [Soft, Firm, or Extra Firm].
Manufacturer's Name: World Variety Produce Inc. (Marketer-Distributor).
Manufacturer's Address: 5325 S. Soto St., Vernon, CA 90021. Phone: 323-588-0151.
Date of Introduction: 2000. September.
How Stored: Refrigerated.
New Product–Documentation: Wright, Allison. 2000. "Melissa's/World Variety Produce introduces new soy products." *Produce News* (Fort Lee, New Jersey). Sept. 11. These organic tofu products are made with soybeans that have been certified by the Organic Crop Improvement Association (OCIA) and Quality Assurance International (QAI).

12173. Singh, J. 2000. Re: Making tofu and soymilk in Belgium, and tempeh in The Netherlands. Letter (fax) to William Shurtleff at Soyfoods Center, Oct. 2. 1 p. Handwritten with signature on letterhead. [Eng]
• ***Summary:*** This company makes tofu and soya milk in Belgium, and they also own a tempeh factory (the biggest in Europe) in The Netherlands. They make about 20,000 kg/week of tofu and 8,000 kg/week of tempeh.

The tempeh company is: Tempé Produkten B.V., Tunnelweg 107, 6468 EJ Kerkrade, Netherlands. Another name of the company is YIP Soya Products (Bolda, Holland). Mr. Singh purchased the tofu company in Belgium in 1986, and the tempeh company in Holland in 1990. Address: Benelux Soya N.V. Factory: Industrieweg 3, 2320 Hoogstraten, Belgium. Phone: 03-314-5632.

12174. Severson, Kim. 2000. Soy hops from pod to pan: The young green soybean called edamame is moving from appetizer menus at sushi bars to innovative dishes at high-end Bay Area restaurants. *San Francisco Chronicle.* Oct. 4. Food section.
• ***Summary:*** In San Francisco: At Gary Danko, edamame is pureed in soup with fennel or used to add texture to fall vegetable risottos. At Jianna, edamame are used in a salsa with tempura-fried shrimp. At Ponzu, hot steamed edamame are set out as an *amuse bouche* [appetizer], or folded into tuna tartare sauce, or used in fish and vegetable stir-fried. In Sausalito, at Ondine, edamame are a staple in a sort of hash of brown rice, chanterelle mushrooms, and jicama, tossed with vinaigrette on a bed of salmon. Chef Seiji Wakabayashi occasionally chops edamame, tofu, and shiitake mushrooms, then uses the mixture as a garnish. And, the FDA says, they are good for you! Address: Staff writer.

12175. Efron, Sonni. 2000. Japanese company tries making tofu trendy. *Daily Journal* (*Orem, Utah*). Oct. 11.
• ***Summary:*** Kyo Tofu Fujino, a famous Kyoto tofu shop, is trying to survive by reinventing itself as an upscale, designer chain selling European-style tofu confections. Seiji Fujino, the company's second-generation president, says he wants to teach kids, who are growing up on McDonald's and Mr. Donut, how to eat tofu. The company already has outlets in fancy department stores in Kyoto, Osaka, and Tokyo, plus its own specialty stores and a tofu restaurant. It opened the latter, Tofu Kaho, in April at Fujino, a quiet neighborhood of northern Kyoto. Its offerings: Tofu doughnuts, chocolate peach soy-cream layer cake, tofu cream fig shortcake, or a pastry filled with shipped soy cream and purple sweet potato. In addition to many types of cakes and puddings made with tofu, the sweet shop also offers four flavors of tofu ice cream–ginger, white sesame, vanilla, and black bean coffee. And it bakes cookies using the left-over okara. Then there are traditional dishes: Oboro-dofu (served cold), tofu flavored with yuzu (a citrus-like lime), sesame tofu, black bean tofu, and deep-fried tofu with lotus root.

Recently, some 500-600 neighborhood tofu shops across Japan have gone bankrupt each year, although there are still some 16,500 shops in Japan–according to the Japan Tofu Association. In 1967 the average Japanese household consumed 72 pounds of tofu; by 1999 that figure had fallen to 59 pounds–an 18% decline in 32 years. During the same period, consumption of rice and fish also fell, which meat consumption rose sharply.

Fujino tofu, like many other brands, carries a label stating that it contains no genetically modified soybeans. Address: Los Angeles Times.

12176. Rose, Bruce. 2000. How Bruce got involved with natural foods, soyfoods, Rosewood Products, Inc. and Tofu International Ltd. (Interview). *SoyaScan Notes.* Oct. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In 1967, while enrolled at Wayne State University in Detroit, Michigan, Bruce got involved with macrobiotics. His main education came from "street school." He would drive to Ann Arbor for the fun of it, and there he discovered Eden Foods, a little upstairs co-op that was the first he found that sold brown rice. He would buy foods, and take them back to the little center which was in Detroit. Michio Kushi visited their center several times and gave

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lectures.

One of his childhood friends was Tim Redmond, whom he later met during his college years and then at Eden Foods. Redmond's dad invested money in Eden Foods on the condition that they cease to be a co-op. Michael Potter later contributed money "from spurious sources in tune with the times." Potter's attitude has long been "It's Mike against the world."

Many of the food co-ops were started by potheads; most were in university towns and part of the counterculture–a mix of politics and natural foods.

From time to time, usually when some problem or opportunity arose, Eden Foods would run out of money and call on Bruce. He loaned them money (once $12,000) and they paid it back each time. In 1978 Bruce started to work for Eden Foods at their warehouse on Platt Road in Ann Arbor. They were already a fairly big food distribution company with large semi trucks [semitrailers]. Soon Bruce learned about the Soy Plant, which was a co-operative on Ann Street in Ann Arbor. He started to visit their deli. In 1979, Bruce and his family moved to a town about 20 miles north of Ann Arbor–before the fire.

Then in Nov. 1979 the Eden warehouse at 4601 Platt Road was destroyed by a large fire. Bruce was a manager at the time. He is quite sure that the fire was *not* caused by arson. If it was arson, it certainly was not done by the owners. They definitely didn't burn down the company to collect on the insurance. The main reason is that Eden was greatly underinsured; they lost a lot more than they got back or than could ever have gotten back. In the best case, insurance pays you 80% of what you're insured for. To this day, nobody knows for sure what caused the fire. The fire almost put Eden out of business; they lost a lot of money. They were able to stay in business because of the help of their friends. Before the fire, the insurance companies were always trying to get Eden to buy more insurance coverage–but they never did.

The fire was devastating for Bruce as well. He had been working on some automatic packaging equipment for Eden; it all melted. So after the fire, he decided to leave the company. They owed him $15-30,000 at the time. He sat down with Potter and his good friend Redmond and made them an offer. You can forget the debt if you will give me just 15% of the stock in Eden Foods. Potter said "Yes" and Redmond said "No."

Cliff Adler, who had joined the company before the fire, had a profound effect on its recovery. After the fire, he converted a $100,000 loan into stock so that in 1980 he owned 34% of the company. "Cliff was great. He was an upper management mover and shaker and eased the company's debt burden. He moved the company forward."

At one point Bruce considered starting a company to make tofu, but he didn't want to compete with the Soy Plant. Then he happened to meet Ben Wenzel who was delivering (by contract) the Soy Plant's tofu out of the Ann Arbor area and outside of Michigan. "He was delivering cider and tofu in his old hippie van." So Bruce decided to go into the raw milk cheese business. He got into it by accident by misunderstanding the difference between markup and profit margin. "Had I known the difference, I never would have gone into the business." So in Aug. 1980 he started a distribution company named Rosewood Products, Inc. After about a year, he started to distribute the Soy Plant's products along with his cheese. Then the Soy Plant got into trouble financially. Bruce tried to help them. He said: "I had a long history with the Soy Plant and this looked easy. Making tofu sounds exciting. East meets West type products was the reason I went in. I never dreamed I'd be packing tofu for 20 years. You never know what life has to offer you."

Bruce ran the Soy Plant for 3 months before they went bankrupt. Then he bid on the company when they were in bankruptcy, and won the bid. He tried to keep all the employees but they came from a co-op background. "I was a pretty traditional business guy. I wasn't smoking dope any more, had short hair, hard working. A lot of the co-opers wouldn't work for me. I found the best workers were good old meat-eaters. The idealists would do great for three months, and then peter out."

For years after he took over the company, people who had loaned the Soy Plant $100 or so, came to Bruce and said they wanted their money back. He tried to explain that the Soy Plant had declared bankruptcy and their debts were not his. But that didn't satisfy most of them. Bruce estimates that The Soy Plant paid back about half of the roughly $10,000 they borrowed from members of the community.

In the end, Bruce merged the Soy Plant, a pioneer soy company, into his Rosewood Products, then later renamed it Tofu International Inc.

Update: Letter (fax) from Bruce Rose. 2001. May 22. Bruce says Rosewood Products no longer makes tempeh. They bought from White Wave from 1990-1998, but now buy their tempeh from Lightlife. They sell mostly bulk tempeh burgers. The Soy Plant started making tempeh in 1977. Rosewood started in 1987, stopped about 1995. Address: Founder and President, Rosewood Products, Inc., 738 Airport Blvd., Suite 6, Ann Arbor, Michigan 48108. Phone: 734-665-2222.

12177. Barovick, Harriet. 2000. I was a teen vegetarian. *Time.* Oct. 16.

• ***Summary:*** TV-cartoon heroine Lisa Simpson is a vocal vegetarian. "With mainstream groceries carrying products like Boca Burgers, soy milk and tofu, and fast-food restaurants like Wendy's offering veggie pitas, meat-eating meat-eating parents are having an easier time accommodating their kids and, in some cases, are following suit."

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12178. Cleland, Nora T. 2000. Couple takes unique approach to farming. *Farm Talk* (*Parsons, Kansas*). Oct. 18.
• ***Summary:*** Innovation is the watchword for Lee and Cindy Quaintance who farm near Edgerton, Kansas, close to Olathe.

Their main crop is organic soybeans, especially those varieties made into tofu. This year they are trying another variety named "Nato" [for making natto], which is smaller than most soybeans. Whereas the count of typical soybeans is about 3,500 per pound, "the little Nato beans run about 6,500 beans per pound."

They have found a company in Garden City, Missouri, which will buy the Nato beans and export them directly to Japan. They expect to be paid about $15 a bushel, but that isn't quite as lucrative as it sounds because Nato yields only about 35 bushels per acre.

When growing soybeans organically, they have found that it is easier when they are planted in rows 36 inches apart rather than 30 inches. The beans rapidly grow and shade a 10-inch space on both sides of the row–which eliminates the need for herbicides. Still he cultivates the area between the rows once each season to eliminate weeds.

12179. Adie, M. Muchlish; Widowati, S.; Soedarjo, M. 2000. The characteristics of Indonesian soybean varieties, and its importance to the soybean processing. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 79-80. [6 ref]
• ***Summary:*** A survey by Indrasari (1991) showed that consumption of tempeh and tofu in Indonesia were 1,065 gm per capita per month, and 866 gm per capita per month, respectively. Address: 1,3. Research Inst. for Legume and Tuber Crops, PO Box 66 Malang, Indonesia; 2. Research Inst. for Food Crops Biotechnology, Jalan Tentara Pelajar 3A Bogor, Indonesia.

12180. Akiyama, Yoshinobu; Kawamura, Y.; Yoshiki, Y.; Okubo, K. 2000. Rice-tofu, its reactive oxygen scavenging activity and the making system. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 183-184. [1 ref]
Address: 1-2. Akita Research Inst. of Food and Brewing; 1, 3-4. Graduate School of Agricultural Science, Tohoku Univ.

12181. Cheng, Yongqiang; Shimizu, N.; Kimura, T. 2000. Improvement of tofu production in China–texture evaluation of different tofu (soybean curd). In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 148-149. [4 ref]
• ***Summary:*** Generally speaking, Chinese prefer hard tofu. Today in China, tofu is considered to be a promising food for solving the problem of inadequate protein intake. Tofu made from soy protein isolates (made by Fuji Oil Co. Ltd., Osaka, Japan) and coagulated with GDL (glucono delta-lactone) are investigated. Address: Inst. of Agricultural and Forestry Engineering, Univ. of Tsukuba.

12182. Gai, Junyi; Qian, Hujun. 2000. A study of the inheritance of dried tofu output of soybeans. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 47-48. [5 ref]
• ***Summary:*** "Dried tofu output" refers to yield of tofu on a dry-weight or moisture-free basis. Address: Soybean Research Inst., Nanjing Agricultural Univ.; National Center of Soybean Improvement, Ministry of Agriculture, Nanjing, Jiangsu 210095, China.

12183. Greenberg, Patricia. 2000. Soy desserts: 101 fresh, fun & fabulously healthy recipes. New York, NY: ReganBooks (Imprint of HarperCollins). ix + 166 p. Oct. Illust. Index. 24 cm.
• ***Summary:*** This is a book about how to make delicious soy desserts that are actually good for you! Contents: Introduction. Cakes and frostings. Pies and tarts. Quickbreads, muffins, brownies, bars and scones. Candy and cookies. Parfaits, custards, mousses, puddings, and soy ice creams. Soy source index. Contains 8 full-page color photos in the middle of the book. These recipes call for soymilk, soy cream cheese, soy yogurt, tofu, soy flour, and soy margarine. Contains four recipes for Tofu cheesecake. On the inside back dust jacket is a photo and brief biography of Patricia Greenberg. Address: P.O. Box 10853, Beverly Hills, California 90213. Phone: (323) 938-3975.

12184. Ihara, K.; Briggs, J.; Wilson, L.A. 2000. Evaluation of various coagulants for optimizing the coagulation of tofu. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 146-147. [3 ref]
Address: Iowa State Univ.

12185. Ishigami, Takashi. 2000. Contract grow and IP [identity preserved] handling systems for the Japanese food soybean market. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 117-120.
• ***Summary:*** Japan is the world's largest soybean importer. Of the 4.9 million tonnes (metric tons) imported, about one million tons (actually 960,000 tonnes or 19.6%, called "food soybeans") are used for making tofu, miso, natto, soysauce, etc. The rest are crushed to make soybean oil and meal.

A table (p. 118) shows the quantity of soybeans obtained

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from various sources to make each of the major Japanese soyfoods in 1998, 1999, and 2000. In the year 2000, some 512,000 tonnes were used to make tofu, 168,000 tonnes for miso, 125,000 tonnes for natto, 40,000 tonnes to make soy protein and products, 30,000 tonnes to make soysauce (from whole soybeans), 6,000 tons to make soymilk, and 79,000 tons to make other products. Grand total 960,000 tonnes. Address: Marubeni Corp., Japan.

12186. James, A.T.; Bumstead, E.E.; Grant, T.J. 2000. Development of fast small-scale tests to measure tofu potential in raw beans. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 157-158. [1 ref]
• ***Summary:*** To produce soymilk, the researchers used 80 gm samples of the grain of each of 3 soybean varieties and applied four treatments. The first two treatments involved soaking the beans overnight in 485 ml water at either 4ºC or 20ºC before grinding into a slurry. The second two treatments were to pre-grind dry beans or to grind dry beans into a slurry using a kitchen blender and 485 ml added water. The samples were then heated in a microwave oven, stirring after each 30 seconds until the mean temperature of the slurry reached 75ºC. Samples were then transferred to a water bath held at 98ºC, and removed 4 minutes after the temperature of the slurry reached 98ºC. The slurry was then poured slowly through a centrifugal juice extractor... Address: CSIRO Tropical Agriculture, 120 Meiers Rd., Indooroopilly 4068, Qld, Australia.

12187. Kumar, Vineet; Rani, Anita; Karmakar, P.G.; Tiwari, S.P. 2000. Development of varieties suitable for food and feed uses: A challenge to augment soybean utilisation in India. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 31-32. [3 ref]
• ***Summary:*** Promising soybean varieties for food and feed uses have been identified, and may well lead to breakthroughs to increase soybean utilization in India. The varieties Shilajeet and KhSb2 have low levels of lipoxygenases. The variety Hardee, followed by JS335 had the lowest levels of trypsin inhibitor of all varieities tested to date. The varieties Punjab1 [Punjab-1] and PK 472 were found to be especially well suited for making soypaneer [tofu]. Harit Soya has been released for consumption at the green pod stage. "Work with renewed thrust to enhance utilisation of soybean in India is underway to benefit millions of under-nourished country-persons and to open new avenues for domestic market of Indian deoiled cake (DOC)." Address: National Research Centre for Soybeans (ICAR), Khandwa Road, Indore-452017, India.

12188. **Product Name:** Mori-Nu Silken Tofu (Made with non-GMO Organic Soybeans) [Soft, Firm, Extra Firm, Lite Extra Firm].
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 9960 S.W. Potano, Tualatin, OR 97062. Phone: 503-692-3498.
Date of Introduction: 2000. October.
Ingredients: Firm: Filtered water, organic soybeans*, isolated soy protein, gluconolactone**, calcium chloride. * = Organically grown and processed in accordance with the California Organic Foods Act of 1990. ** = Gluconolactone is a non-dairy coagulant derived from food starch.
Wt/Vol., Packaging, Price: 12.3 oz (349 gm) Tetra Brik Aseptic carton. Retails for $1.69 (2000/10, California).
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Samples of the four new products with leaflet sent by Art Mio of Morinaga. 2000. Oct. 17. These four products will be available in retail stores by the end of October. Each product is made with non-GMO organic soybeans. On the right front of each package are two green vegetable soybeans and two green vegetable soybean pods. On the lower left corner are whole dry (yellow) soybeans. Each texture is color coded: Soft = red. Firm = blue. Extra firm = green. Lite Extra Firm = purple. On one side of the package for each texture is a different recipe, suited to that texture: Soft: Strawberry banana shake. Firm: Savory spinach dip. Extra firm: Mixed medley stir fry. Lite extra firm: Chocolate dream pie. On the top of each package we read: "Non-GMO soybeans. No preservatives. No irradiation. No cholesterol. Non-dairy. Low-fat soy protein. Aseptic package locks out bacteria and protects from spoilage; keeps Mori-Nu fresh without refrigeration until opened."

Leaflet (glossy color; see next page): "New from Mori-Nu. Made with organic soybeans." Shows the front of each package. "Mori-Nu uses only O.C.I.A. certified organic soybeans in its newest tofu." On the back are details about each product. Lite extra firm has the "Highest protein to fat ratio of any tofu." 6 gm of protein and 0.5 gm of fat per 3 oz serving.

Talk with Art Mio. 2000. Oct. 20. Morinaga has been under pressure for a long time from its customers to introduce organic tofu. These four new products are not intended to replace the previous five non-organic tofu products, but the market will decided which ones do best and survive. Art thinks that health food stores will prefer the organic but Asian-Americans will prefer the less expensive ($1.69 vs. $1.49) non-organic. It is not yet clear which supermarkets will prefer, but they will probably not carry 9 SKUs.

12189. Nakagawa, Yoshihisa. 2000. Effect of storage temperature on tofu-processing property and phytic acid in soybean. In: Kyoko Saio, ed. 2000. Proceedings–

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New from Mori-Nu.

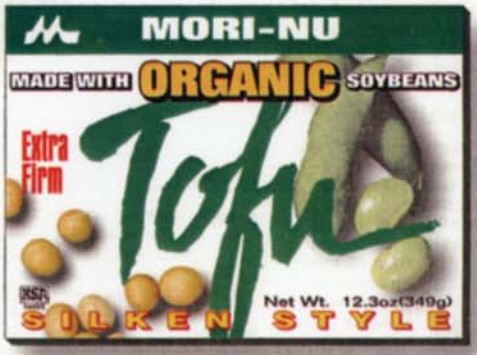

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Mori-Nu uses only O.C.I.A. Certified Organic Soybeans in its Newest Tofu. 4 NEW varieties of our great tasting tofu that you can now offer your customers. We think that what is natural and good should be kept that way. And so do a lot of your customers. Mori-Nu Tofu is made without preservatives and is never irradiated. Mori-Nu tastes "first day fresh" from its long-life aseptic* package...whether Mori-Nu is used on the day it's brought home from the store, or if kept in the cupboard for several months. Trust Mori-Nu Tofu.

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* In 1996, received the Presidential Award for Sustainable Development, the White House's highest environmental prize. Also named "the most significant food science innovation of the last 50 years" by the prestigious Institute of Food Technologists (IFT) for increasing nutrient retention and flavor while ensuring safety. For more information, visit www.tetrapak.com.

Circle Reply #124

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Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 142-143. [7 ref]
Address: Toyama Prefectural Food Research Inst.

12190. *Nikkei Shinbun* (*Tokyo*). 2000. Bei ni reitô tôfu kôjô: Genchi meekaa baishu mo suishin. Tendore [Frozen tofu factory in America: Also push to buy local tofu makers. Tendre]. [Jap]
• ***Summary:*** The American Soy & Tofu Co. has been incorporated in Massachusetts by Michio Kushi. They hope to raise $15 million and are now raising venture capital. They plan to purchase 18 local tofu makers. The four prospective partners are: American farmers $2.6 million. East West Foundation (Kushi) $2.0 million. Tendre, a maker of frozen tofu from Wakayama prefecture, Japan $1.0 million. Michio Kushi $1.0 million. The company is planning to build a factory in Macon, Georgia, and to make tofu, margarine, and cheese.

Talk with Christine Akbar, who works with Michio Kushi at his home. 2000. Nov. 20. Macon, Georgia is the center for Japanese cherry trees in America; some 200,000 to 300,000 cherry trees now grow there. Mr. Kato who is head of the International Cherry Park Commission in Japan wants to disseminate Japanese cherry trees all over the world. His dream is to buy several hundred acres of land in Macon, Georgia, and to plant cherry trees in the form of a huge American flag: Red blossoms for the red stripes, white blossoms for the white stripes, and a 40-acre reflecting pond for the field of blue, with sprinklers coming out for the 50 stars. Each tree will have a donor/sponsor, whose name will appear on a plaque on or by the tree. Mr. Kato is from Wakayama, and he established a connection with the Tendre company which makes frozen tofu there. On the part of this land not used for cherry trees, Mr. Kato and Michio Kushi would like to build a factory to make soy products for the company he has started–American Soy and Tofu Co. Mr. Kato discovered Tendre; they could make frozen tofu in the factory. Aveline discovered the Okinawan fermented tofu named *Tofuyo,* which she loves; she would like to learn how to make it at the factory. Fred Sternau, who lives and works in New York state, (phone: 914-763-3662) is an old friend of Michio's, and has a background in the investment banking business with Dean-Witter, is working now to raise the money from venture capitalists in America for the new corporation, and to develop a business plan. Christine thinks that someone else is working to raise money in Japan. Christine thinks that some money has been committed but she does not think that any of it has been "transferred." "We should know more in one month. It's just getting started."

Note: Hiroaki Iwamoto is president of Tendre, Tanabe City, Wakayama prefecture. He holds a patent on his frozen tofu.

12191. Omura, Yoshimasa; Ozaki, Masahiro. 2000. Simple evaluation of soybeans for processing tofu. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 151-152. [4 ref]
Address: 1. Tokushima Prefectural Industrial Technology Center, Tokushima 7700-8021, Japan; 2. Shikoku Kakoki Co., Ltd., Tokushima 772-0035, Japan.

12192. Onishi, Yoshihisa. 2000. Adapting HACCP to Japanese traditional soybean food. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 138-141.
• ***Summary:*** In 1996 Japan was hit by a series of intestinal hemorrhagic E. coli O157 cases nationwide. The Japanese are working to adopt HACCP (Hazard Analysis and Critical Control Points) to the soy sauce, miso, and tofu industries. Each food has its unique CCP. Address: Japan Food Industry Centre.

12193. Ono, Tomotada. 2000. The mechanisms of curd formation from soybean milk to make a stable lipid food. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 51-52. [6 ref]
• ***Summary:*** The lipids / fats in tofu are stable and no subject to oxidation. During the curd formation, first protein particles (80 nm = nanometers in size) combine with an oil globule (300 nm) because of the addition of magnesium or calcium ions [in the coagulant]. Then the bound globules aggregate with one another to hold water. The curd is formed as soluble proteins are combined with a decrease in the pH. The oil is packed in triple layers of protein, that is oleosin (oil body protein), protein particles, and soluble proteins.

Figures show: (1) Scanning electron micrograph of the floating fraction of soymilk. (2) Formation of tofu-curd from soymilk (speculation). Address: Dep. of Agro-Bioscience, Faculty of Agriculture, Iwate Univ. Ueda 3-18-8, Morioka, Japan.

12194. Oser, Marie. 2000. More soy cooking: Healthful renditions of classic traditional meals. New York, NY: John Wiley & Sons, Inc. xi + 307 p. Foreword by John A. McDougall, M.D. Oct. Index. 23 cm. [61 ref]
• ***Summary:*** Contents: Foreword, by John A. McDougall, M.D. Acknowledgments. Introduction. The need for a plant-based diet: The protein question, the dairy myth, the international connection, what's eating North America?, soy: Food of the future, Functional foods. Soy-centered cuisine: Soyfoods and more: a glossary, beyond soyfoods. Kitchen tools, techniques, and tofu: Tools, techniques, tofu, cooking

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with spirit! The recipes: Amazing appetizers, the skinny on soups and salads, enlightened entrées, pasta and pizza, select sides, delightful desserts. Resource guide. Recommended reading.

On the rear cover is a small color photo of the author and a biographical sketch. Address: P.O. Box 3021, Thousand Oaks, California 91359-0021.

12195. Poysa, V.; Woodrow, L.; Anderson, D. 2000. Effect of soy protein composition on soymilk and tofu yield and quality. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 53-54.
• ***Summary:*** Genotype and year effects were found to be significantly greater than location effects on protein content, its sub-unit profile, and seed composition; soymilk and tofu yields, solids levels, and pH; and tofu color, and hardness and firmness in ten soybean lines grown at three locations for two years. Individual protein fractions (such as 7S and 11S) expressed as a percentage of the total detected, all showed significant genotype effects. The 7S fraction, especially alpha and alpha prime content, and the glycoprotein fraction were positively correlated with tofu yield. Address: Agriculture and Agri-Food Canada, Greenhouse and Processing Crops Research Centre, Harrow, Ontario, Canada, NOR 1G0.

12196. Saio, Kyoko. ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference: Dawn of the innovative era for soybeans. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. Held 15-20 Oct. 2000, Tsukuba, Ibaraki, Japan. Illust. Author index. 30 cm. [Eng]
• ***Summary:*** The first international conference of this type was held in Jilin, China, in 1990. The second was held in January 1996 in Bangkok, Thailand. Foreword. Program committee for ISPUC-III. Contents: Keynote session (3 papers). Session 1: Production for processing and utilization (20 oral presentations/papers, 22 poster presentations). Session 2: Quality control (13 oral, 7 poster). Session 3: Nutrition and physiological functionality (23 oral, 25 poster). Session 4: Traditional products (23 oral, 19 poster). Session 5: Modern processing and utilization of foods (32 oral, 20 poster). Session 6: Edible oil and feeds (9 oral, 5 poster). Session 7: Innovative non-food uses (10 oral, 4 poster). Session 8: Strategies for dissemination (18 oral, 4 poster). Satellite session: Monodisperse microspheres and microchannel technologies (12 oral, 15 poster). Public symposium: The miracle of Asia–Marvelous fermented soyfoods (6 oral presentations/papers). Author index. Sponsors: Organizations/companies (55), individuals (33), others (8). Within each category, listed in order of date contributed. Exhibitors (29; an exhibition was held with the Conference). Advertisers (6 companies purchased full-page black-and-white ads). Address: Chair of the Program Committee, ISPUC-III, Tsukuba, Japan.

12197. Suehara, Ken-ichiro; Shimizu, S.; Toshimori, D.; Koda, M.; Nakano, Y.; Yano, T. 2000. Quality evaluation of soybean with germination percentage and protein content of soybean for tofu production. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 144-145.
Address: Dep. of Information Machines and Interfaces, Faculty of Information Sciences, Hiroshima City Univ., Ohzukahigashi, 3-4-1, Asaminami-ku, Hiroshima 731-3194, Japan.

12198. Sumarno, -. 2000. Soybean grain sizes, tofu recovery and its quality. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 49-50. [3 ref]
Address: Former Director Central Research Inst. for Food Crops, Bogor, Indonesia.

12199. **Product Name:** More Than Tofu (Marinated) [Indian Masala, Peanut & Ginger, Soy and Sea, Spinach Jalapeño].
Manufacturer's Name: Sunergia Soyfoods.
Manufacturer's Address: P.O. Box 1186, Charlottesville, VA 22902. Phone: 804-970-2798.
Date of Introduction: 2000. October.
Ingredients: Peanut & Ginger: Tofu (water, soybeans*, nigari), textured soy flour*, roasted peanuts, fresh chopped ginger, garlic flakes*. Marinade: Tamari soy sauce (water, soybeans*, salt). * = Certified organic by OCIA.
Wt/Vol., Packaging, Price: 10.5 oz. (300 gm). Reclosable square vacuum pouch about 3/4 inch thick. Retails for $2.99.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) sent by Jon Kessler, founder and owner of Sunergia. 2000. Sept. 28. "More than Tofu–New flavors, fall 2000." Shows labels of four new products, with ingredients and Nutrition Facts. Tofu is the first ingredient in each product. Made with non-GMO soybeans. Talk with then Labels sent by Jon Kessler. 2000. Oct. 5. These four new products were in local retail stores on Oct. 1.

12200. **Product Name:** Trader Joe San Herb & Garlic Firm Tofu.
Manufacturer's Name: Trader Joe's (Marketer-Distributor). Made in El Cajon, California, by San Diego Soy Dairy.
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 2000. October.

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Ingredients: Water, soybeans, oregano, garlic, nigari (sea water extract).
Wt/Vol., Packaging, Price: 14 oz packed in water in molded plastic tray, with heat-sealed, peel-off plastic film top. Retails for $1.09 (2000/11, Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 3 oz.: Calories 110, calories from fat 60, total fat 6 gm (10% daily value; saturated fat 1 gm), cholesterol 0 mg, sodium 15 mg (0%), total carbohydrate 2 gm (dietary fiber 1 gm, sugars 0 gm), protein 12 gm. Calcium 10%. Iron 8%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2000. Nov. 16. 5.75 by 4.75 inches. Brown, white, dark green, and gold on plastic film. "No preservatives. Perishable. Keep refrigerated." Talk with employee at Trader Joe's. 2000. Nov. 20. This product was introduced in Oct. 2000.

12201. United Soybean Board. 2000. 7th annual national report: Consumer attitudes about nutrition, 2000/2001. Seattle, Washington. 8 p. Oct. 28 cm.
• ***Summary:*** This seventh annual nationwide survey, commissioned by USB, was conducted in July 2000 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 800 consumers. The study's margin of error is ±3.5 percent and has a confidence level of 95%.

Contents: Nutritional concern and habits. Dietary changes in eating habits. Consumer awareness of nutrition terms and information. Media sources and nutritional information. Consumer perceptions of genetically modified food, biotechnology, and labeling. Consumer perceptions of *trans* fat and hydrogenation. Consumer perceptions of cooking oils. Consumer awareness and perception of soy products. Consumer perceptions of the healthiness of soy.

Consumer awareness and perception of soy products: 1. The number of consumers eating soy products once a week or more continues to rise, up to 27% in 2000. 2. The top 3 soy products that consumers are aware of are tofu (86%), soy veggie burgers (79%), and soymilk (79%). Other products that received a high level of awareness include soybean oil (78%), soy infant formula (67%), soy protein bars (50%), and soy supplements (49%). 3. Tofu and soy veggie burgers are the top two products consumers have tried, at 45% and 41% respectively. 4. There was a significant increase in the number of consumers who have tried soymilk, from 18% in 1999 to 25% in 2000.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12202. Vijayalakshmi, P.; Mercy, Paul. 2000. Supplementation of energy, protein rich mix to expectant mothers. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 187-188.
• ***Summary:*** In 1997 the U.S. Food and Drug Administration (FDA) allowed a health claim for soluble oat beta-glucan when consumed at a level of 3 gm per day. Since soybeans and oats both have promising futures in nutraceutical foods, the combination of both materials is being studied. Soy protein foods included in the study are soy flour, soy protein concentrates and isolates, tofu, and soymilk. Address: Avinashiligam Deemed Univ., Coimbatore, India.

12203. Watanabe, Shaw; Uesugi, S.; Zhuo, X. G.; Uehara, M.; Takamatsu, K. 2000. Effects of soy rich diet and isoflavone supplement on healthy women. In: Kyoko Saio, ed. 2000. Proceedings–Third International Soybean Processing and Utilization Conference. Tokyo, Japan: Korin Publishing Co., Ltd. [xxiv] + 728 + 8 p. See p. 203-206. [8 ref]
• ***Summary:*** Japanese consume 20-30 mg/day of isoflavones on average. This isoflavone intake is mostly attributable to tofu, natto, and miso. Address: 1-4. Dep. of Nutritional Science, Tokyo Univ. of Agriculture, Tokyo 156-8502, Japan; 5. Research Inst. of New Materials, Fuji Oil Company.

12204. Reynolds, Jonathan. 2000. Do you tofu? Soybean curd isn't just for health-food nuts anymore. *New York Times.* Nov. 5. p. SM181.
• ***Summary:*** The author used to be an overweight steak and potatoes guy, who despised the taste of "health foods." "Until recently, I couldn't stand to even *look* at tofu. Cold and uncooked, it's squeaky, with the texture and disposition of a particularly upbeat sponge. In the mouth, it's so darned watery and perky, it feels as though it will clean the enamel off your teeth, suck all the saliva from your mouth, and then bounce right onto the street to do some more good somewhere else."

"Processed foods made from tofu are, by and large, dreadful. The 'hot dogs' are weird, soy cheese is nasty, and Tofutti ice cream is downright punitive. Tofu yogurt is nearly as wretched as the food at Shea Stadium"–which is probably the worst in the world.

"But that's just my cranky Western palate. Worldwide, tofu is more popular than pasta, potatoes and poi, the staples of other cuisines." He found, to his surprise, that when tofu is cooked and used in a good recipe, it can be delicious–as is the "bean curd" served at most Chinese restaurants. Includes three tofu recipes.

12205. Chiang, Cecilia Sun Yun. 2000. Maodou (green vegetable soybeans) in Chinese food culture (Interview). *SoyaScan Notes.* Nov. 6. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** *Maodou* (characters: hair + beans) are widely

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used in two types of Chinese cooking: (1) As a seasonal vegetable in the cooking of Jiangsu province (Wade-Giles: Kiangsu; southeastern China), whose major culinary cities are Shanghai (now an independent municipality), Nanjing (Nanking), Wuxi (Wu-hsi), and Changzhou; (2) Chinese Buddhist vegetarian cookery (*su-tsai*). *Maodou* is rarely used in northern Chinese cooking, where the people eat a lot of flours. In Shanghai they eat a lot of beans, including *maodou.* Yet *maodou* is almost never found in the cookery of neighboring Guangdong province or in the famous cookery of its capital, Canton.

Cecilia was born in Wu-hsi near Shanghai, one of 13 children in a family of great wealth. Her father was a high government official. When she was age 4, she moved with her family to Peking, where she was raised in luxury (their famous house had been an old palace) and educated from grammar school to university graduate. Her mother cooked only on special occasions. Among the 14 servants and maids, her family had two chefs; one cooked northern Chinese food and the other cooked Shanghai food. Cecilia learned nothing from these two cooks, since she was not allowed to go into the kitchen! In 1943, when the Japanese marched on Beijing (Peking), her family fled south to Chongqing (Chungking / Ch'ung-ch'ing; capital of "Free China" from 1937-1945); there she was married. It was not until 1945, V-J Day, that she first saw the remains of her parents' house at Wuxi. It had been destroyed by Japanese bombings. She and her husband (plus a cook and a few servants) lived near Shanghai for four years, then in April 1949 they fled to Japan when the Communists arrived, eager to confiscate the property of the wealthy. They lived in Japan for 8 years, until 1957, during the hard, lean years after World War II. Then they came to America. Cecilia learned to cook after she came to America.

In the Shanghai area during the summer months *maodou* are as widely found as edamamé in Japan. They are used in many different dishes. For example, shelled, they are cooked with shrimp, or with shrimp, pickled vegetables, and *pai-yeh* (sliced, pressed tofu sheets). A very large number of Buddhist vegetarian dishes contain *maodou*–such as "Vegetable Delight" which Cecilia used to serve at The Mandarin restaurant. When served in the pods, the pods are first boiled in unsalted water, then sesame oil and soy sauce are sprinkled on the pods, and the *maodou* are served in the pods.

Because they are available fresh for only about two months each year, *maodou* are very expensive. Thus, they are certainly not a poor-man's food. Some people (such as her mother) would dry *maodou* during the summer for use as a vegetable during the snowy winter when vegetables are scarce. The dried *maodou* are washed, soaked, then cooked–often with meat.

Cecilia is aware that edamamé are now starting to become quite popular in the USA. She thinks "the Japanese did something very good. Many Japanese restaurants give you a little edamamé to start with."

Cecilia knows nothing about the history of *maodou,* but she is quite sure these characters have been used in Chinese cooking for at least several hundred years.

Today, lots of edamamé are grown in Taiwan but Cecilia thinks this is not a result of the Japanese occupation of Formosa. Rather, the Japanese used Formosa mainly to grow sugar cane and pineapples. Address: Former owner, The Mandarin restaurant, Ghirardelli Square, San Francisco, California.

12206. *Rafu Shimpo* (*Los Angeles, California*). 2000. House Foods introduces new Chef Tofu. Nov. 6. [Eng]
• ***Summary:*** This new product helps consumers save time but costs a little more. Chef Tofu is firm textured and comes in three flavors–Original, Herb & Garlic, and Chili & Vege. Already sliced into four pieces, it is easy to prepare.

"House Foods America Corporation is based in Japan, where it was founded in 1913 under the name of House Foods Corporation." The largest spice processor in Japan, it is also one of the largest food conglomerates.

"In 1981, the Los Angeles office was established to introduce through importing, Yoshoku–Japanese style western food–to the United States, Canada, and Mexico. In 1983, the Curry House Restaurant chain was opened in Little Tokyo [Los Angeles]. There are now four Curry House Restaurants in Los Angeles County (Beverly Hills, Gardena, Little Tokyo, Torrance), and two in Orange County (Cypress and Irvine.)

"The U.S. Company also started manufacturing tofu in the early 1980s. Shortly after this, House Foods merged with the Hinoichi Tofu Company. Hinoichi is an over 50-year-old firm with long-established ties in the Los Angeles market. Today, House Foods America Corporation not only sells various Japanese style flavored mixes but such traditional Japanese food products, Some of their better-known brands are Hinoichi Tofu, House Foods Organic Tofu and Shao Mi Mi Tofu dessert.

"In 1997, all three divisions were combined to become House Foods America Corporation."

12207. *Time.* 2000. Numbers. Nov. 6.
• ***Summary:*** "4: Years of protest by a vegan prisoner in Lewisburg, Pennsylvania, before a judge ordered the facility to serve soy milk.

"145,000: Total number of federal prisoners, now offered meatless cuisine like veggie burgers and barbecued tofu."

12208. Ito-Peterson, Yoko. 2000. House Foods betting on spiced-up tofu. *Orange County Business Journal* (*Newport Beach, California*) 23(46):1-2. Nov. 13.
• ***Summary:*** The House Foods tofu plant in Garden Grove, California, opened in 1997, replacing an old plant in

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downtown Los Angeles that began making tofu in 1981. A unit of Japan's House Foods Corp., the Garden Grove plant is believed to be the largest in the USA, making more than 100,000 packages of tofu a day, and is 128,700 square feet–compared to the 120,000 square foot East Coast Nasoya plant owned by rival Vitasoy USA. The California plant employs about 140 workers, mostly Hispanic.

In May House Foods added two new production lines, bringing their total to five, and their capacity to 220,000 packages per day. Yet Toshifumi Nomura, the company's marketing manager, says Americans have "tofu-phobia."

The U.S. tofu market was estimated at $238 million last year by Peter Golbitz of Soyatech Inc. Southern California is the largest U.S. center of soyfoods production according to William Shurtleff of Soyfoods Center (Lafayette, California). A photo shows Kazumi Kuniyasu, the business administration manager of House Foods America.

12209. Ito-Peterson, Yoko. 2000. Protein play: House Foods betting on spiced-up tofu. *Orange County Business Journal* 23(46):1, 73. Nov. 13-19.
• ***Summary:*** House Foods America Corp. is a unit of House Foods Corp. of Japan. Kazumi Kuniyasu, the company's business administration manager, says that his modern tofu plant, located in an industrial corner of Garden Grove, California, is the biggest one in America; it is 128,700 square feet, whereas the next largest plant (owned by Nasoya in Massachusetts) is only 120,000 square feet. His 140 workers, mostly Hispanic, produce more than 100,000 packs of tofu a day from about 15 tons of soybeans. Last year House Foods America sold $17 million worth of tofu and other soy products, up 15% over 1999. In May the company added two new tofu production lines, bringing their total to five and more than doubling the plant's capacity–to 220,000 packages per day.

In 1997, when the Garden Grove plant opened, it replaced an older factory in downtown Los Angeles that had been set up in 1981. The 1997 move enable the company to double production.

Last year the U.S. tofu market was estimated at $238 million by Peter Golbitz of Bar Harbor, Maine–up 15% over 1998. The largest single company is Vitasoy USA, which claims to make about half of all tofu sold in U.S. supermarkets at their two large plants in California (Azumaya) and Massachusetts (Nasoya). The Osaka-based parent company, House Foods, doesn't make tofu in Japan. To protect small tofu shops, a Japanese law prevents big corporations for entering the tofu manufacturing industry. House is Japan's largest spice manufacturer, selling curry powder and snack foods. In Southern California, the company also operates five Curry House restaurants.

A large color photo shows Kazumi Kuniyasu, wearing a sanitary hair net, standing next to two soybean washing machines in his plant. Five small black-and-white photos show: Three shots of the conveyorized packaging line, curding vats and tofu forming boxes, various packaged tofu products.

12210. Corliss, Richard; Sachs, A.; Luscombe, B. 2000. Treats that speak volumes: Save precious shopping time with our guide to the best reading for kids, cooks and that fussy aunt in Dubuque. *Time.* Nov. 20.
• ***Summary:*** A review of cookbooks. For the Gen X cook: Runner-up: "*Joy of Cooking: All About Vegetarian Cooking* (Scribner; $19.95). It's hard to imagine Irma Rombauer cooking up a skillet of tofu. But 21st century palates will appreciate this creative tome."

12211. *SoyaScan Notes.* 2000. How genetically engineered soybeans took over the soybean storage and distribution system and led to increased use of organic soybeans (Overview). Nov. 27. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** In the mid-1990s U.S. farmers began to deliver the first crop of genetically engineered (GE) soybeans to their local elevators. There they were accepted without question and mixed in with the traditional non-GE soybeans. They had entered the "stream" and taken over the system with no notification of soybean users, no discussion with consumers, no debate in Congress. It was a silent coup d'état. But the impact of this "non-decision" and "non-issue" was immense.

Soyfoods manufacturers that for decades had purchased their soybeans from the "stream" now suddenly found that, like it or not, they were buying GE soybeans mixed in with their regular soybeans. Magazines and newspapers began to analyze foods and report that certain brands of tofu, veggie burgers, or soymilk contained GE soybeans–even though there was no mention of this on the labels. Consumers began to call the companies that made their favorite soyfoods and ask if those foods now contained GE soybeans. The honest answer was a simple "Yes." Many companies fudged by saying that they were buying soybeans from the same source they always had.

As consumer concern rose (starting in 1999 and 2000) many company felt compelled to make products that were free of GE soybeans. They had two choices: (1). Buy non-GE soybeans, or (2) Buy organic soybeans. Many chose the organic approach. In this way GE soybeans helped the organic movement to prosper.

12212. Abramowitz, Gary. 2000. Update on work with Fresh Tofu, Inc and Tofu Turkeys (Interview). *SoyaScan Notes.* Nov. 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The full story of Gary's work can be found on his website at www.freshtofu.com. His first step into the world of vegetarian cooking was in 1980 when he

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created a vegetarian lunch truck named Wok 'n Roll, parked at Douglas College, part of Rutgers University in New Brunswick, New Jersey. He did that for 2-3 years. Then he became the chef-manager at High Street Cafe from 1983-85. In 1998 Fresh Tofu, Inc. outgrew its original location at 900 Line St., Allentown, Pennsylvania. Using savings and a bank loan, with funding from Allentown Economic Development Corp., he purchased a building at 1101 Harrison St. in Allentown, Pennsylvania. After gutting and renovating it to allow for future expansion, he moved the company in April 1998. He moved into a building with 18,000 square feet from one in Easton that had 3,700 square feet. He did *not* move into a business incubator (as an article of 24 Nov. 1999 in the local newspaper says). Fresh Tofu Inc. now has 18 employees and is growing at a rate that is too fast to handle. The new building is now full and bursting at the seams.

In 1992 he began commercial production of Tofu Turkey. It has become a major product, and sales this year will top 2,000 by the end of the year. Each year before Thanksgiving things become hectic as they try to make enough "turkeys" to fill the growing demand.

At Gary's 20th high school reunion in 1990 he was given the award for the "most unusual occupation." During its early history the company had to struggle to make ends meet. Some people would laugh at what he was doing. But now all that has changed–in part because people realize you can make money making tofu. So a different kind a person is now coming into the industry–the person who is mainly interested in the money rather than the product. Many of these make second-generation soyfoods using tofu, rather than making the tofu itself. Making tofu is now "valid." It's okay. For the last 5 years sales have grown at 20-25% a year. He can't keep up with the demand. Since 1988 he has not pursued sales through advertising or in any other way–by word of mouth the customers come to him. And he's still turning business away. He would prefer a little slower growth. He could do a second shift, but he doesn't want that kind of life. Still, he finds it very difficult to say "no" to potential customers. Address: 1101 Harrison St., Allentown, Pennsylvania 18103. Phone: 610-433-4711.

12213. *Canadian Soybean Bulletin* (*OSG, Chatham, Ontario, Canada*). 2000. Incoming Japan soybean mission. 14(2):1. Nov.
• ***Summary:*** Japan imports 5 million tonnes (metric tons) or 184 million bushels soybeans each year. Of that, about 1 million tonnes (20%, or 37 million bushels) are used to make soyfoods such as tofu, miso, natto, soy sauce, etc. Of the 1 million tons, 500,000 tonnes (50%) are for tofu, 160,000 tonnes (16%) are for miso, and 130,000 tonnes for natto.

Exports of Canadian soybeans have been increasing rapidly, from 36,000 tonnes in 1995, to 75,000 tonnes in 1998, to 175,000 tonnes in 2000.

In Sept. 2000, the Canadian Soybean Export Association and the Ontario Soybean Growers hosted ten Japanese from the soyfoods industry and showed them the Canadian soybean industry. These Japanese were most appreciative "of our efforts to segregate GMO and non-GMO varieties of soybeans using our Identity-Preserved, or IP program."

12214. Woodrow, Lorna; Poysa, Vaino; Anderson, Dale. 2000. Effects of soy protein composition on soymilk and tofu yield and quality. *Canadian Soybean Bulletin* (*OSG, Chatham, Ontario, Canada*) 14(2):4. Nov.
• ***Summary:*** For these studies, five large-seeded, food-grade soybean cultivars with acceptable agronomic performance were used. 100 seeds averaged 25 gm in weight and his protein contents, averaging 46% on a dry matter basis (range 44-48.4%). They were used to make silken (kinugoshi) tofu, using two different coagulants: glucono-delta lactone (GDL) or calcium sulfate dihydrate (CS).

There was a significant positive correlation between seed protein content and tofu yield, tofu hardness, and tofu firmness. The 11S and 7S proteins represent 70% of the total protein in the soybean and form the gel when soymilk is coagulated to make tofu. "They are considered to be the key proteins in determining tofu quality." They are extracted then separated by electrophoresis. These cultivars demonstrated a wide range in their content of 11S and 7S proteins. The seed protein profile also changed very significantly from year to year. The 7S content was positively correlated with tofu yield, whereas the 11S content was not. Address: Greenhouse and Processing Crops Research Centre (GPCRC), Highway 18 East, Harrow, ON N0R 1G0, Canada.

12215. Fresh Tofu Inc. 2000. Home page and all links (Website printout–complete). www.freshtofu.com Printed Dec. 2.
• ***Summary:*** Links: (1) Home page (1 p.). (2) History: Fresh Tofu Inc. (2 p.). Incorporated in Nov. 1983 by Jeffrey Connerton. In 1984 he met Gary Abramowitz. (3) Our products (1 p.). Color photos of 9 products. (4) Nutritional information (1 p.). (5) Tofu Turkey. Introduced commercially in 1992. Address: 1101 Harrison St., Allentown, Pennsylvania 18103. Phone: 610-433-4711.

12216. Corliss, Richard. 2000. Master of the flying somersault. *Time.* Dec. 4.
• ***Summary:*** "To fans of Eastern action epics, Yuen is revered as the deviser of artful torture for Asia's top actor-athlete: Jackie Chan... Sammo Hung... Jet Li... and Michelle Yeoh (*Wing Chun,* with its amazing battle over a plate of tofu)."

12217. *SoyaScan Notes.* 2000. Soymilk and cow's milk prices in California, December 2000 (Overview). Dec. 10. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Since Dec. 1983, approximately every other year, Soyfoods Center has conducted a survey of the prices

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of soymilk and cow's milk in California. In Dec. 2000 at Berkeley Natural Grocery Co. (Berkeley, California), Cindy La reports the following retail prices. (Note: oz = fluid ounces; 32 fl oz = 1 quart; 33.8 fl oz = 1 liter. 2 quarts = one half gallon. All soymilk products at Berkeley Natural Grocery Co. are now organic).

Shelf-stable / Aseptic soymilks: Westsoy Light and Plus all flavors $2.39/quart (but $1.89 when on special). Westsoy original creamy $2.59/quart. Westsoy 3 x 8.45 oz packs all flavors $2.79.

Vitasoy all flavors $1.99/quart. Note: This is the price for half the year. The other half it rises to $2.39. Vitasoy enriched all flavors $1.99/quart (on special). Vitasoy Light all flavors $2.39/quart. Vitasoy 3 x 8.45 oz packs all flavors $2.39.

Soy Dream (Imagine Foods) all flavors $2.15/quart. Soy Dream Enriched all flavors $2.25/quart.

Pacific Foods–Select all flavors $1.99/quart. Pacific Foods–Enriched all flavors $2.25/quart. Pacific Foods–Fat Free all flavors $2.39/quart.

Edensoy and Edensoy Enriched all flavors $2.29/liter. Edensoy and Edensoy Enriched 3 x 8.45 oz packs all flavors $2.29. Health Valley Soy Moo plain $2.59/quart.

Refrigerated / Fresh soymilks (in gable-top cartons) at Berkeley Natural Grocery Co. White Wave Silk $1.79/quart or $2.99/half gallon. Westsoy Plus $3.59/half gallon. Wildwood all flavors $1.99/quart or $3.89/half gallon.

Berkeley Natural Grocery Co. also carries dairy milk: Horizon organic milk $1.89/quart. Clover Stornetta milk (free of BGH–Bovine Growth Hormone) $0.95/quart.

Safeway: Cow's milk (fortified with vitamins A and D) sells for the following prices at the Safeway supermarket in Lafayette, California: (1) Fat free: $0.99/quart or $1.84/half gallon or $3.25/gallon; (2) Low fat (1% fat, protein fortified): $1.07/quart or $2.02/half gallon or $3.39/gallon; (3) Reduced fat (2% fat, protein fortified): $1.07/quart or $2.02/half gallon or $3.39/gallon; (4) Whole (homogenized, fortified with vitamin D only): $1.09/quart or $2.05/half gallon or $3.45/gallon. (5) Acidophilus Plus Bifidus–Low Fat (1% fat): $1.07/quart or $2.13/half gallon. (6) Horizon Organic $2.99/half gallon. (7) Lactaid: $1.89/quart or $3.35 per half gallon. The best-seller among these is Fat free in half gallons or gallons.

Thus, during the past two years, the price of cow's milk has generally decreased slightly for the first time in at least 15 years. Soymilk prices have largely remained unchanged. Therefore the gap between soymilk and cow's milk prices has increased slightly.

12218. *SoyaScan Notes.* 2000. Chronology of major soy-related events and trends during 2000 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jan. 8–The Kerry Group (of Wisconsin and Iowa) purchases Solnuts, a pioneer manufacturer of dry-roasted soynuts, in Hudson, Iowa.

Jan.–Kraft Foods Inc. (Illinois) purchases Boca Burger Inc., America's third largest maker of veggie burgers, after Worthington Foods and Gardenburger.

March 6–The Hain Food Group announces that it will acquire the Celestial Seasonings tea company to become the largest natural foods company in the USA.

March 9–The USDA formally approves a rule change allowing soy protein products to completely replace meat products in the Federal School Lunch Program.

March 31–Monsanto, the world's leading agricultural biotech company, merges with Pharmacia & Upjohn (a large pharmaceutical company), and the new company is renamed Pharmacia Corporation.

April–An article by Lon White on tofu and brain aging is published in *J. of the American College of Nutrition.*

June 9–20/20 (ABC) television program, titled "Soy–The untold story," airs on Friday at 10:00 p.m. discusses many of the shortcomings of soyfoods, but in a very fair way.

June 13–Martha Stewart, on her popular nationwide TV program *Living,* has a very positive segment on edamamé.

July 14–Lightlife Foods Inc. (of Turners Falls, Massachusetts) is purchased by ConAgra, Inc., a $25 billion food company based in Omaha, Nebraska–for an undisclosed amount. Lightlife's plant, employees, and management team will stay in place. Lightlife is a leading maker of vegetarian meat alternatives, with 150 employees and about $25 million in annual sales.

July–At a joint meeting of ASA and USB, the International Soy Protein Program (ISPP) was born as ASA and the Illinois Soybean Program Operating Board (ISPOB) formalized their joint commitment to "Increase the international consumption of soy protein by humans in new markets–developing countries–and thereby create new opportunities for disappearance of soybeans and provide higher economic returns to U.S. soybean producers." ISPOB and its Executive Director Lyle Roberts were instrumental in conceiving the program and raising its initial funding. This program was later renamed WISHH.

Sept.–Monsanto's patent on glyphosate expires. Glyphosate is the active ingredient in *Roundup,* the world's best-selling herbicide.

Dec.–Sanitarium Foods of Australia acquires the 47% of SoyaWorld owned by Sunrise Soya Foods (Vancouver, BC, Canada).

Trends: 1. This year, the momentum created by the FDA health claim in Oct. 1999 has propelled the soyfoods industry to new heights. Existing companies are growing rapidly, and many new companies (including some of America's biggest food companies) are entering the market with new products.

2. This year, for the first time, soymilk has become a mainstream American beverage. As of May, White Wave Silk soymilk is sold in 24,000 supermarkets nationwide.

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Edamamé (green vegetable soybeans) have gone mainstream in California, and are rapidly becoming popular on both coasts of the USA.

3. In the United States and Europe, the tide seems to be flowing increasingly against genetic engineering of foods and food plants. More and more companies in the natural foods industry are labeling their products as "non-GMO" or "GMO-free" or "No GMOs." Monsanto has stopped its efforts to develop genetically engineered soybeans for food use and focused its attention instead on livestock feeds. It now seems likely the genetic engineering of plants has a future, but not in the area of foods–at least in developed countries.

4. Interest in "food-grade soybeans" continues to grow in the USA and has increased substantially this year. Canada began focusing on identity-preserved food-grade soybeans 10-15 years before the USA. U.S. interest began to grow in about 1995 with the introduction of genetically engineered soybeans and with the accelerating interest in food uses of soybeans.

5. While pro-soy articles (mostly about health benefits) continue to increase, so do anti-soy articles and Internet sites. The loudest anti-soy voices are those of Sally Fallon and Mary Enig of the USA (they believe traditional fermented soyfoods–such as miso, shoyu, natto, and tempeh–are good, traditional non-fermented soyfoods–such as tofu, soymilk, and edamamé–are not very good, and modern soy protein products–such as soy protein isolates, concentrates, and textured soy flour–are the worst of all, being highly processed with chemicals such as hexane solvent). Also: Richard and Valerie James of New Zealand, and Lon White of Hawaii. Some of the concerns they raise are legitimate and deserve further research, but the majority (we believe) are not. Nevertheless, many of the health claims made for soy in popular articles are exaggerated or somewhat sensational, and not firmly supported by scientific evidence.

6. As we are about to enter a new century and a new millennium on 1 Jan. 2001, soyfoods appear to have a bright future, worldwide. This past year has seen more activity and interest in, and media coverage of, soyfoods than at any time in the history of the United States.

12219. *SoyaScan Notes.* 2000. Soya Clips receives 1,975 clips from Jan. 1 to Dec. 31, 2000 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** This is an average of 165 clips per month. This total of 1,975 compares with 2,105 clips in 1989–the peak year. An invoice from Luce shows the total bill (before returns) for calendar year 2000 to be about $6,351. Thus, one clip costs (on average) $3.21.

12220. Fisher, Kate. 2000. Using the old bean: Commodity soybeans aren't left out of soyfoods surge. *Soybean Digest.* Dec. p. 12, 16.
• ***Summary:*** Walt Fehr says that in the soyfood market there are two types of beans: Specialty beans (premium market) and commodity beans (general market). Low-cost commodity beans are used for such things as soy oil plus some soy protein concentrates, soy isolates and soy flour.

Until recently, Japanese food processors bought large amounts of what they call IOM (Indiana, Ohio, Michigan) soybeans. These are commodity beans that the Japanese believe have higher protein content and are better for food uses than commodity beans grown in other parts of the USA. But biotech issues [concerning genetic engineering] have caused IOM soybeans to lose considerable market share to identity-preserved soybeans–most of which are non-GMO.

The premium food-grade market consists of many soybeans: (1) Small seeded types for natto and soy sprouts. (2) Large-seeded soybeans for edamame, miso, and tofu. (3) Other soybeans with special traits for food use, such as high protein, lipoxygenase free, low saturated fat, low linoleic acid, etc.

Note: This article is bizarre. The words "organic" and "non-GMO" are barely mentioned.

12221. Huang, H.T. (Hsing-Tsung). 2000. Science and civilisation in China. Vol. 6, Biology and biological technology. Part V: Fermentations and food science. Joseph Needham series. Cambridge, England: Cambridge University Press. xxviii + 741 p. Illust. Index. 26 cm. [200+ soy ref]
• ***Summary:*** This is the most important book on soyfoods in China ever written, and it is especially good on their origins and early history in China. It is also one of the best books seen on food in Chinese culture and history.

The section titled "Soybean processing and fermentation" (p. 292-378) comprises 14.3% of the book's text, and has the following contents: Introduction. Soybean sprouts. Soybean curd and related products: The origin of bean curd, transmission of *tou fu* to Japan, products associated with *tou fu* (soymilk {*tou fu chiang*}, tofu curds {*tou fu hua* or *tou fu nao*}, pressed tofu sheets {*ch'ien chang* or *pai yeh*}, yuba {*tou fu i* or *tou fu p'i*}, deep-fried tofu {*yu tou fu* or *tou fu p'ao*}, pressed tofu {*tou fu kan*}, five-spice pressed tofu {*wu hsiang tou fu kan*}, plain dried tofu [pressed tofu] {*pai tou fu gan*}, smoked tofu {*hsün tou fu*}, dried tofu soaked in brine and fermented {*ch'ou tou fu kan*}, frozen tofu {*tung tou fu*}), making fermented tofu {*fu ju*}, comparison of *tou fu* and cheese, addendum. Fermented soybeans, soy paste, and soy sauce: *Ferments* for food processing, fermented soybeans–*shih,* fermented soy paste–*chiang,* fermented soy sauce–*chiang yu,* soy fermentations in China and Japan.

There are also long sections on the history koji (*qu*) and of red rice koji (*hong qu*) in China (p. 192-203).

Note: This is the earliest English-language document seen (April 2013) that uses the term "hsün tou fu" [pinyin: *xun doufu*] to refer to smoked tofu. Soy is also discussed in

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other parts of the book. Address: Alexandria, Virginia.

12222. Huang, H.T. (Hsing-Tsung). 2000. Soybean curd and related products: Introduction (Document part). In: H.T. Huang. 2000. Science and Civilisation in China. Vol. 6, Biology and Biological Technology. Part V: Fermentations and Food Science. Joseph Needham series. Cambridge, England: Cambridge University Press. xxviii + 741 p. See p. 299-302. [20 ref]
• ***Summary:*** Tofu (*doufu*) is "the most significant gift to the world from the Chinese food system." It represents a unique way of enhancing the nutritional value of the soybean through mechanical and chemical treatment. Early names of tofu were *li ch'i* (pinyin: *liqi*) or *lai ch'i* (pinyin: *laiqi*). Address: Alexandria, Virginia.

12223. Huang, H.T. (Hsing-Tsung). 2000. Soybean curd and related products: The origin of bean curd (Document part). In: H.T. Huang. 2000. Science and Civilisation in China. Vol. 6, Biology and Biological Technology. Part V: Fermentations and Food Science. Joseph Needham series. Cambridge, England: Cambridge University Press. xxviii + 741 p. See p. 302-16. [34 ref]
• ***Summary:*** It is unclear when tofu originated in China. It is also unclear whether or not the engraved mural in Eastern Han Tomb No. 1 (at Da-hu-ting, Mixian, Henan province, China), sealed about AD 50, depicts the making of tofu, or "proto tofu," or something else. The omission of a step showing any cooking is very puzzling. When Dr. Huang tried to make tofu following the steps in the mural, with no cooking, he found it "inedible."

Moreover, there is no mention of tofu in that very important and comprehensive work, Qimin yaoshu [Important arts for the people's welfare], by Jia Sixie (AD 544).

Not until the late Ming dynasty are we given a clear recipe–six steps–for the process of making tofu by Li Shizhen in the *Bencao Gangmu* [The great pharmacopoeia] (1596). Address: Alexandria, Virginia.

12224. Huang, H.T. (Hsing-Tsung). 2000. Soybean curd and related products: Transmission of *tou fu* to Japan (Document part). In: H.T. Huang. 2000. Science and Civilisation in China. Vol. 6, Biology and Biological Technology. Part V: Fermentations and Food Science. Joseph Needham series. Cambridge, England: Cambridge University Press. xxviii + 741 p. See p. 317-19. [10 ref]
• ***Summary:*** There is general agreement that tofu originated in China, but considerable uncertainty as to when and how it arrived in Japan. In recent years, the subject has attracted much interest among food historians in China; they hoped that an answer to these questions might help answer questions about the origin of tofu in China.

Two theories about the transmission of tofu to Japan have been proposed. The first follows the popular Japanese tradition which says that tofu was brought from China by a delegation of Buddhist monks headed by the master Kanshin (Jian Zhen; W.-G. Chien Chên) in A.D. 754. The second holds that tofu came to Japan with the Zen master Ingen (Yin Yuan; W.-G. Yin Yüan) in A.D. 1654. Both theories are probably unfounded.

When Ingen arrived in Japan, tofu was already a common food, and he was surprised to see varieties that were different from those he knew from China. After he established the well-known Mampuku-ji temple south of Kyoto, he taught the monks and local tofu masters how to make Chinese-style pressed tofu. According to *The Book of Tofu,* by Shurtleff and Aoyagi, "although this very firm variety became quite popular in Japan in the next century, it is now made by only one tofu shop in Japan and is featured in Zen Temple Cuisine only in restaurants near Mampuku-ji" (p. 115). Address: Alexandria, Virginia.

12225. Huang, H.T. (Hsing-Tsung). 2000. Processing of wheat flour: Production and usage of gluten (Document part). In: H.T. Huang. 2000. Science and Civilisation in China. Vol. 6, Biology and Biological Technology. Part V: Fermentations and Food Science. Joseph Needham series. Cambridge, England: Cambridge University Press. xxviii + 741 p. See p. 497-502. [20 ref]
• ***Summary:*** Even today in China, in Buddhist monasteries and gourmet vegetarian restaurants, gluten (and tofu) are used to make a remarkable variety of vegetarian dishes–with names such as sweet and sour fish, chicken slices with mushrooms, fried shrimps, etc.–that closely resemble counterparts based on animal products. Yet no animal products are used in these dishes. Until the 1950s, good-quality vegetarian dishes based on gluten were found mostly in Buddhist monasteries and a few gourmet restaurants. However thereafter, a great deal has been done to make such processed foods available to the general population. Address: Alexandria, Virginia.

12226. Huang, H.T. (Hsing-Tsung). 2000. Soybean curd and related products: *Douhu* or Doufu-hua [Curds made from soymilk] (Document part). In: H.T. Huang. 2000. Science and Civilisation in China. Vol. 6, Biology and Biological Technology. Part V: Fermentations and Food Science. Joseph Needham series. Cambridge, England: Cambridge University Press. xxviii + 741 p. See p. 323-24. [2 ref]
• ***Summary:*** *Douhua* (2 Cc = Chinese characters given) (bean flower) or *doufu-hua* (3 Cc) [tofu flowers] is simply the freshly coagulated soymilk curds without additional treatment–such as pressing. It is also called doufu-nao (3 Cc) or funao (2 Cc) (bean curd brain). The earliest reference we have to this delicate food is in the *Suiyuan Shidan* [Recipes from the Sui Garden] (4 Cc), by the famous Chinese Qing dynasty gastronome Yuan Mei in about 1790.

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The recipe for *Fu yong doufu* (4 Cc) (hibiscus tofu) states (p. 100): Place *funao* (2 Cc) in well water and heat to boiling three times to remove the beany flavor. Suspend the curds in chicken soup and bring to a boil. Before serving, garnish with laver [the sea vegetable used to make nori] and pieces of shrimp.

It is significant that the *funao* is first boiled to remove the beany flavor, as well as to dilute the indigestible oligosaccharides in the whey, indicating that the raw *funao* needed additional processing to make it wholly attractive. Today, *doufu-hua* is usually drained as much as possible to remove the whey, and it is frequently suspended in a sugar syrup and served as a refreshing cold dessert. Address: Alexandria, Virginia.

12227. Kansas Soybean Association. 2000. Its soy easy to cook with soy: A cookbook of simply delicious, easy recipes to incorporate soy protein into a heart healthy diet. Topeka, Kansas. 20 p. No index. 24 cm.
• ***Summary:*** A full-color cookbooklet on glossy paper. Address: 2930 S.W. Wanamaker Dr., Topeka, Kansas 66614. Phone: 1-800-328-7390.

12228. Larson, Stephanie. 2000. The soyfoods boom: What's driving the explosion? First in a series. *Soybean Digest.* Dec. p. 10-11.
• ***Summary:*** Mark Messina says the whole market is driven by consumer demand because of health effects. Sales of soyfoods and soy protein products was $2.1 billion in 1999. Of that total, soymilk sales accounted for $300 million, up 38% from 1998. A graph shows soymilk sales (in million dollars) from 1992 to 1999, with projection to 2002. These sales rose from $100 million in 1993 to $300 million in 1999, projected to reach $500 million in 2001.

The United Soybean Board calculated that last year Americans consumed 37 million bushels of soybeans via soyfoods. A color photo shows many commercial soyfood products with colorful labels: Bergin Nut Company Soynuts (no salt), Fantastic Foods Tofu Scrambler, MCOA Brown Rice Miso, Spectrum Soy Oil, Health Trip Soynut Butter, Midwest Harvest Textured Soy Protein, Low-Fat Soy Flour, and Firm Tofu, Country Choice Soy Cocoa, Eden Organic Black Soy Beans, and Whole Foods Soy Ginger Sauce.

12229. Shurtleff, William; Aoyagi, Akiko. 2000. Tofu & soymilk production. 3rd ed. Lafayette, California: Soyfoods Center. 336 p. Illust. by Akiko Aoyagi Shurtleff. Index. Dec. 28 cm. [223 ref]
• ***Summary:*** Contains many new advertisements, plus changes on the title page, copyright page, and rear cover of both paperback and hardcover editions (new ISBN for each). Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

12230. Vitasoy USA, Inc. 2000. Nasoya: This could be the filet mignon of baked tofu! (Ad). *Natural Foods Merchandiser.* Dec. p. 16.
• ***Summary:*** This half-page color ad shows the labels of four new types of Nasoya baked tofu: Mesquite Smoke Flavored, Teriyaki, Thai Peanut, and Tex Mex. Each is made with whole organic soybeans and ready to serve. "Offer your customers an exciting new meat alternative with Nasoya Baked Tofu." Address: One New England Way, Ayer, Massachusetts 01432. Phone: 1-800-4-Nasoya or www.viatsoy-usa.com.

12231. **Product Name:** Nasoya Baked Tofu: Mesquite Smoke Flavored, Teriyaki, Thai Peanut, and Tex Mex.
Manufacturer's Name: Vitasoy USA, Inc.
Manufacturer's Address: Ayer, Massachusetts. Phone: 1-800-4-Nasoya or www.viatsoy-usa.com.
Date of Introduction: 2000. December.
Wt/Vol., Packaging, Price: 8 oz (227 gm).
How Stored: Refrigerated.
New Product–Documentation: Leaflet (dated 2000, 8½ by 11 inch, color; see next page) sent by Patricia Smith from Natural Products Expo West. 2001. March. "This could be the filet mignon of baked tofu!" Shows packages of four different flavors. No ingredients are listed.

Ad (8½ by 11 inch, color) in *Natural Foods Merchandiser.* Dec. p. 16. "Nasoya: This could be the filet mignon of baked tofu!" "Offer your customers an exciting new meat alternative with Nasoya Baked Tofu." Also appeared in the June 2001 issue of this magazine (p. 40). *

12232. **Product Name:** Baked Tofu [Zesty Lemon Pepper Style, Hickory Smoke Barbeque Style, Roma Tomato Basil Style].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: 1990 N. 57th Ct., Boulder, CO 80301. Phone: 303-443-3470.
Date of Introduction: 2000. December.
Ingredients: Lemon pepper: Tofu (water, soybeans, nigari {magnesium chloride}, gypsum), expeller pressed canola oil, soy sauce (water, soybeans, wheat, salt), lemon sauce concentrate garlic, onion, black pepper, xanthan gum.
Wt/Vol., Packaging, Price: 8 oz (227 gm) plastic container.
How Stored: Refrigerated or frozen.
New Product–Documentation: Leaflet (13.5 cm x 20.5 cm, glossy color) sent by White Wave. 2000. Dec. "America's favorite way to eat tofu. Three new flavors." On the front is a color photo of the front of the three packages. On the rear: Information about each of six types of White Wave Baked Tofu.

12233. **Product Name:** Fried soybean Wara / Fried tofu.
Manufacturer's Name: Hausa women.

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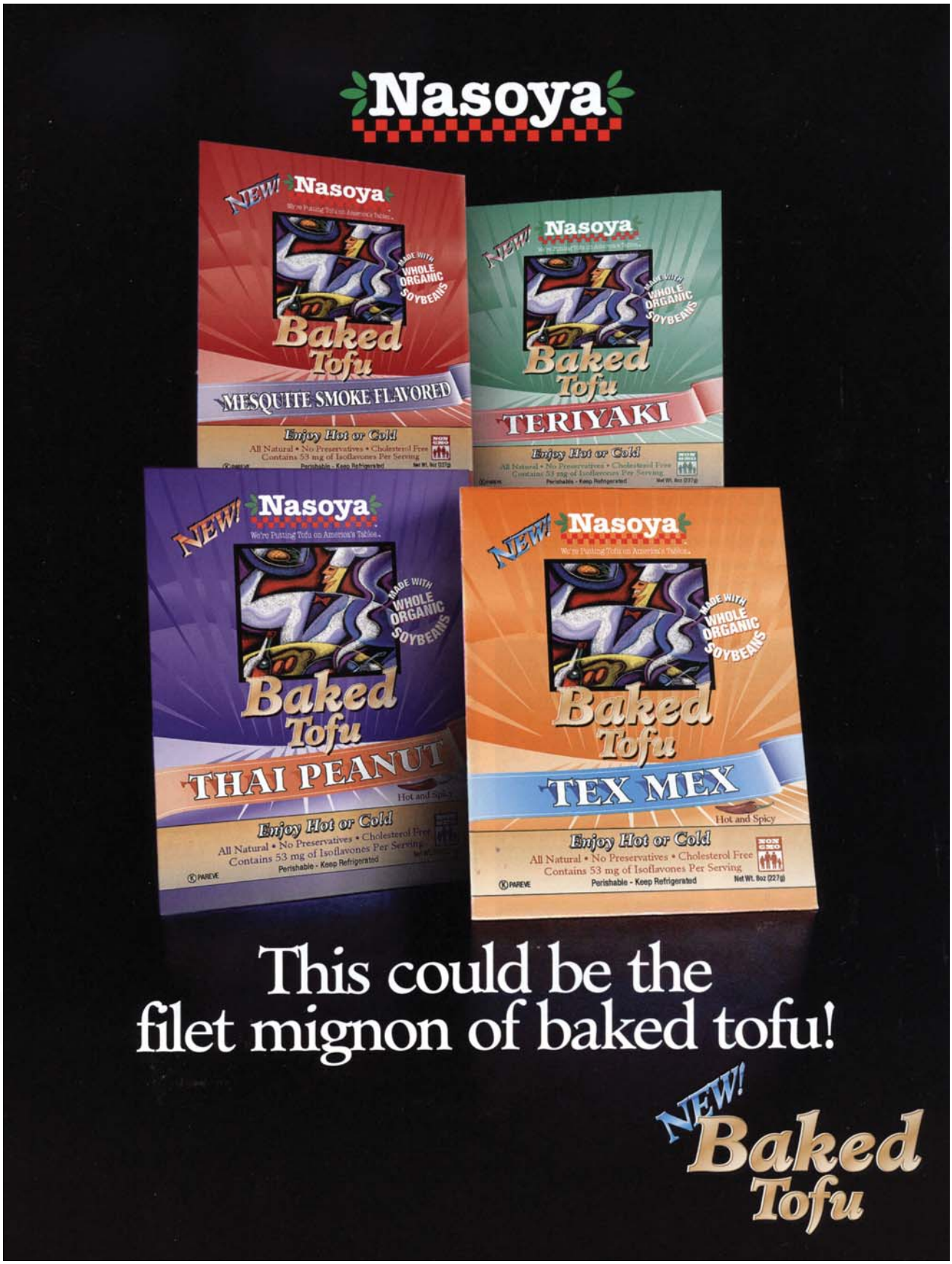

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Manufacturer's Address: Northern Nigeria or Southern Niger.
Date of Introduction: 2000.
Ingredients: Soybeans, coagulant.
Wt/Vol., Packaging, Price: -
How Stored: Unrefrigerated.
Nutrition: -
New Product–Documentation: Osborn, Donald Z. 2008. "Soybeans and soybean products in West Africa: Adoption by farmers and adaptation to foodways." In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois Press. viii + 337 p. See p. 282-85. According to American Peace Corps volunteers, tofu started to be made in about the year 2000 in the southern parts of the Zinder and Maradi regions of Niger. Since that time, tofu has been made and marketed in Niger using soybeans brought in from Nigeria, in many villages, towns, and markets, mainly in the Hausa-speaking north-central part of Niger. In 2001 it was possible to find tofu in the weekly markets of local villages in these areas, fried and sold with hot red pepper spice. "By 2002 it was more ready available in the cities of Zinder and Maradi and was produced in Birnin'Konni in the Tahoua region. By 2003 it was available in Gaya, and by midyear it was also available in Dosso town in the Dosso region."

12234. Alam, Anwar; Tandon, S.K.; Himanshu, -. comp. and ed. 2000. Technologies from ICAR: for industrial liaison. New Delhi, India: Indian Council of Agricultural Research (ICAR). 353 p. Index. 28 cm. *
• ***Summary:*** In the chapter on "Crop sciences" (p. 1-63), the section on "Seed" (p. 5-12) contains the following subsections related to soybeans: Quality seeds of improved varieties of crops (p. 7-8). Technology for boosting soybean production (p. 11-12). Packaging and storage of seeds for maintaining germination and vigor (p. 25). Improved storability of seeds through better packaging (p. 26).

In the chapter on "Agricultural engineering" (p. 109-242), the section on "Plant machinery and equipment" (p. 111-70) contains the following subsections related to soybeans: Power tiller-operated sweep cultivator (p. 113) Power tiller-operated till plant machine (p. 116). Animal-drawn Jyoti multicrop planter (p. 121). Three-row animal-drawn seed-cum-fertilizer drill (p. 122). Two-row animal-drawn seed-cum-fertilizer drill (p. 123). Tractor-drawn pneumatic precision planter (p. 124). Power tiller-operated Jyoti multicrop planter (p. 126). Power tiller-operated multicrop planter (p. 127). Tractor-mounted cultivator seed planter (p. 128). Tractor front-mounted vertical conveyor-reaper windrower (p. 143). Semi-axial flow multicrop thresher (p. 148). Multicrop thresher (p. 149). High-capacity multicrop thresher (p. 150). Soypaneer [tofu] (p. 191-192). Soyfortified biscuit (p. 193). Full-fat soyflour (p. 194).

In the chapter on "Animal sciences" (p. 243-338), the section on "Animal husbandry" (p. 245-55) contains a subsection titled "Soya pulp–A highly nutritious soya by-product (p. 253).

For Technology adaption [adoption] contact Dr. J.P. Mishra, ADG, (Intellectual Property Rights), ICAR, Krishi Bhavan, New Delhi 110 001.

12235. Chen, Yong. 2000. Chinese San Francisco, 1850-1943: a trans-Pacific community. Stanford, California: Stanford University Press. xvi + 392 p. Plus 16 unnumbered pages of plates. Illust. Index. 24 cm. Series: Asian America. [357* + 771 endnotes]
• ***Summary:*** Page 64: "In 1878 a greater variety of goods and services were available in comparison to what could be had in the 1850s. For lovers of tofu products, for example, the two 'bean cake' shops must have been a special blessing."

Note: The source of the information above is Wells Fargo and Co's the 1882 *Directory of Principal Chinese Business Firms* (in San Francisco...).

12236. Corum, Ann Kondo. 2000. Ethnic foods of Hawai'i. Revised ed. Honolulu, Hawai'i: The Bess Press. vi + 234 p. See p. 53-54, 74, 88. Illust. Recipe index by category. Recipe index by ethnic group. 23 cm. 1st ed. 1984. [73 ref]
• ***Summary:*** The semi-Japanese recipe for Microwave azuki mochi (p. 74) concludes: "Roll in katakuriko (potato starch) or kinako (soybean flour)."

The Okinawan recipe for "Nantu: Steamed Okinawan mochi" (p. 88) calls for "kinako (soybean flour) as an ingredient.

The ethnic groups whose recipes are represented in this collection are (listed alphabetically): Chinese, Filipino, Hawaiian, Japanese, Korean, Okinawan, Portuguese, Puerto Rican, Samoan, Thai, and Vietnamese.

The section titled "Soybean and bean products" (p. 53-54) discusses miso, tofu, and shoyu, sukiyaki, aburage, okara, miso soup, teriyaki, and kuromame (black soybeans).

About the author: On the rear cover, with a portrait photo, we read: "Ann Condo Corum was born in Honolulu and graduated from Punahou School. She has a degree in English from California State University at Long Beach and a Master of Science degree from the University of Southern California." Address: Author.

12237. Davis, Brenda; Melina, Vesanto. 2000. Becoming vegan: The complete guide to adopting a healthy plant-based diet. Summertown, Tennessee: The Book Publishing Co. v + 281 p. Index. 25 cm. [153 ref]
• ***Summary:*** An excellent vegan sourcebook (not a cookbook) by two registered dietitians. Contains perhaps the most up-to-date, accurate, and concise yet complete information in vegan nutrition.

Contents: Acknowledgements. From the authors. 1. Vegan roots. 2. Perspectives on vegan health. 3. Plant

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protein. 4. Big fat lies. 5. The two faces of carbohydrates. 6. Prospecting for minerals. 7. Vitamins for vegan vigor. 8. Phytochemicals. 9. The vegan food guide. 10. Building vegan dynamos. 11. Growing vegans. 12. The prime of life. 13. Overweight. 14. Eating disorders. 15. Underweight. 16. The vegan athlete. 17. Vegan diplomacy.

This book begins with a good history of veganism and contains (throughout the book) a wealth of accurate, positive information about many different types of soyfoods (especially tofu) and related subjects, including tofu, soymilk, tempeh, soy yogurt, soy cheese, soy sauce, tamari, and soy oil (incl. omega-3 fatty acids). Plus Adventist Health Studies, dietary fiber, phytochemicals and sea vegetables. Address: 1. Kelowna, British Columbia; 2. Langley, British Columbia. Both: Canada.

12238. Evans, K. Lee; Rankin, Chris. 2000. Giant book of tofu cooking. New York, NY: Sterling Publishing Co., Inc. 256 p. Illust. (color photos). Index. 28 cm.
• ***Summary:*** A beautiful vegetarian cookbook, with many color photos on glossy paper, excellent use of standard terminology (except for "freeze-dried tofu"), and 350 healthful, delicious recipes. Contents: Introduction. Tofu basics and techniques: Getting started (buying tofu {soft tofu, firm tofu, extra-firm tofu, silken tofu, marinated tofu, smoked tofu, freeze-dried tofu, fermented tofu}, storing tofu, preparing tofu for your recipes {draining and blotting, pressing, freezing and thawing, blending, cubing and dicing, crumbling, shredding / grating, marinating, boiling slightly sour tofu, frying, deep-frying}), other soy products (edamame, meat alternatives, miso, soy cheese, soy flour, soy ice cream, soy milk, soy sauce, soy sprouts, soy "yogurt," soynut butter, soynuts, tempeh, textured soy protein, whole dry soybeans), tofu and a healthier you (introduction, protein, heart disease, cancer, menopause, osteoporosis, our planet), simple ingredient substitutions (eggs, milk, cheese, butter, salt, sugar {honey, molasses, maple syrup, rice syrup, barley malt syrup}). Ingredient glossary: Incl. arrowroot, balsamic vinegar, bamboo shoots, barley malt syrup, fermented Chinese black beans, filé powder, galangal, garam masala, garbanzo beans, Hoisin sauce, liquid smoke, mirin, miso, nutritional yeast, phylo or filo, pickled ginger, quinoa, rice noodles, rice papers, rice syrup, sake, shoyu, tahini, toasted sesame oil, vegetarian gelatin, vegetarian Worcestershire sauce ("Just like the original, it is made of soy, vinegar, and spices, but without the anchovies"), wakame, wheat germ. Breakfast. Appetizers. Soups. Salads. Lunch and dinner. Dressings, sauces, and spreads. Desserts. Metric conversion chart. Acknowledgments.

12239. Fruehschuetz, Leo. 2000. Soja [Soya]. Schaafheim, Germany: Bio Verlag. 144 p. With recipes by Judith Braun. Illust. Index. 15 cm. [12 ref. Ger]
• ***Summary:*** Contents: Forward: Portrait of the soybean: From China to the entire world, the composition of whole beans, does soya help with cancer?, protein and oil for the world economy. The original soybean and what followed: Introduction (there is not much to improve on in the soybean), the "labor-bean" (Monsanto and Roundup-Ready soybeans), the results for farmers, for the environment, for health, politics without results, for trade and the end-users, the forgotten results, soya in animal feeds. Organically grown soya–without genetic engineering and pesticides. Versatile: Soya in the wholefoods kitchen: Soybeans: whole, ground, and sprouted, the fluid bean–milk, yogurt (fermented), and oil, tofu–the meat without bones, tempeh–the noble cultured food from Indonesia, soy sauce–aged in wooden vats, miso–soya for soups, soyameat–saved from the wolf. Recipes: Soymilk, soy flour and flakes, tofu, tempeh, soy meat and granules, miso, soy sprouts. Address: News journalist for natural foods and long-lived people, co-worker with Schrot&Korn.

12240. Holtzman, Rachel. 2000. Trader Joe's soy foods: Answers to commonly asked questions. Nutrition information (Leaflet). Needham Heights, Massachusetts: Trader Joe's. 3 panels each side. Each panel: 21.5 x 9 cm.
• ***Summary:*** Question and answer format: Contents: What is soy anyway? Why should I include soy in my diet? Does soy have fat? Some soy products say soy wards off heart disease. What does this mean? Ans: The FDA "recently approved a new health claim linking soy protein to a reduced risk of coronary heart disease. Studies show that foods with soy may help stave off heart attacks and other complications of heart disease by lowering cholesterol. The FDA says it takes 25 grams of soy protein a day to have this desired effect (as long as you also follow a diet that's low in saturated fat and cholesterol.) The product needs to meet the strict criteria to bear the new claim, but it will soon be appearing on more labels."

What are isoflavones and where can I find them? Ans: "Soybeans contain a unique compound called isoflavones, which are phyto (plant-based) estrogens. There are three isoflavones: genistein, daidzein and glycitein. Some research suggests that isoflavones are responsible for soy's health properties. One half cup of tofu has an average of 40 milligrams (mg) of isoflavones; one cup of regular soy milk has about 20 mg; one serving of Trader Joe' Soy Protein Powder has 43 mg. Lower fat products have fewer isoflavones. Soy protein concentrates lose isoflavones during processing. Isolated soy protein (ISP) and textured soy protein (TVP) are good sources of isoflavones. Heat treatment does not appear to significantly affect isoflavone content." What is the difference between isoflavones and soy protein? How can I include soyfoods in my diet? Ans: Trader Joe's carries soymilk, tofu, tempeh, soy nuts, edamame (soybeans), soy protein powder, meat substitutes, soybean butter. What is tofu and how can I use it? How

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much soy should I eat? Ans: About 25-50 grams per day. Address: R.D., Trader Joe's Nutritionist, Needham Heights, Massachusetts.

12241. Hosking, Richard. 2000. At the Japanese table. New York: Oxford University Press. x + 70 p. Illust. (some color). Index. 20 cm. Series: Images of Asia. [19 ref]
• ***Summary:*** Contents: Acknowledgements (thanks to Dr. Naomichi Ishige). The Japanese and food. Food: the raw and the cooked. Seasonal foods and drinks. Appearance, texture, and flavour. The dining room and kitchen. Meals and menus.

Briefly mentions: Soy sauce (p. 2, 12, 20), bean curd (2), tamari (p. 20), Japanese Worcester sauce (p. 20), other soy bean products (p. 20-21), tofu (p. 21, 25), yuba (p. 21, 36), deep-fried tofu–aburaage, agedofu (p. 21), miso (p. 21), green vegetable soybeans (p. 21), teriyaki sauce (p. 28), miso soup (p. 35).

12242. Hsu, Madeline Yuan-yin. 2000. Dreaming of gold, dreaming of home: Transnationalism and migration between the United States and South China, 1882-1943. Stanford, California: Stanford University Press. xx + 271 p. See p. 34. Illust. Maps. Index. 24 cm. Series: Asian America. [309* + 563 endnotes]
• ***Summary:*** This is a history of migration from Taishan (in southern China) to the United States. Taishan County is a county in Guangdong province in southwest China, in the Pearl River Delta, 170 km (105 miles) west of Hong Kong and 130 km (81 miles) south of Guangzhou (Canton; see map facing p. 1). It is famous for the many who left China from there, especially to go the California {Gold Mountain} starting at the time of the gold rush (during the Qing / Manchu dynasty) and the Pacific Coast. With 587 km (364 miles) of shoreline, "Taishan seems advantageously situated for travel across the ocean" (p. 20).

Why did they leave? (1) Overpopulation. (2) For economic reasons; both local poverty and the lure of fortune abroad. "Up to 1960, well over half of all Chinese in the United States came from this single county" (p. 3).

Chapter 2, "California Dreaming: Migration and Dependency" (p. 16+) traces the history of migration to and from Taishan. The Taiping Rebellion (1851-1864), which began only two years after the start of California's gold rush, greatly increased the number of men departing from Taishan. By 1860, some 73,890 Chinese had entered the United States through the San Francisco Customs House (p. 32), yet many others entered without being counted. In 1868 Qing dynasty China legalized the emigration of Chinese laborers by signing the Burlingame Treaty with the United States. In 1893, in recognition of the financial potential of overseas remittances, the Qing officially lifted the already defunct ban against those wishing to return (p. 24).

Chinese who traveled overseas clung to the Chinese way of life. Their demand for food and other things Chinese produced a thriving export trade. "The businesses that handled this new demand for Chinese groceries in foreign places were called *jinshanzhuang,* or Gold Mountain firms. They supplied such things as "dried oysters, shrimps, cuttlefish, mushrooms, dried bean curd, bamboo shoots, sweetmeats, duck liver and kidneys, [and] water chestnut flour" to Chinese in the United States. "Preserved ginger was another popular item" (p. 34).

Villagers back in Taishan could use the money sent to them from California to buy soy sauce, tofu, and the like (p. 105). Address: Prof. of Asian American Studies, San Francisco State Univ.

12243. Kiple, Kenneth F.; Ornelas, Kriemhild Coneè. eds. 2000. The Cambridge world history of food. 2 vols. Cambridge, England: Cambridge University Press. See vol. 1, p. 422-27. Vol. 2, p. 1855. [48 soy ref]
• ***Summary:*** In volume one, the chapter titled "Soybean," by Thomas Sorosiak (p. 422-27) is poorly written by a man who is not well-known in this field and does not know the subject well. The following are two examples of incorrect statements: The "ancient Chinese name for the bean was *sou"* (p. 422). Actually it was *shu,* then *dou,* later *dadou.*

For the last paragraph on p. 422, which is about famine in China and *conjee* or gruel, the source is cited as Flannery 1969. However this conference paper by Flannery, titled "Origins and ecological effects of early domestication in Iran and the Near East," does not mention China or Conjee, and the page numbers in the citation are incorrect.

"Soybeans, paradoxically, have a bland taste, which probably inspired the development of flavorful fermented soy products" (p. 425). Actually soybeans are widely considered to have an unpleasant, beany flavor. That is why they are made into tofu (*doufu*), which has an insipid or bland flavor. This chapter contains a fairly good bibliography, but unfortunately few of the references are cited in the text, and some of the references are incomplete.

Includes a food-plant dictionary, which contains more than 1,000 entries and 4,000 synonyms for the names of food plants.

For a scathing (and very fair) review of this book see: Wilkinson, Endymion. 2001. "Chinese culinary history." *China Review International* (Hawaii). 8(2):285-302. Fall.

12244. Kornfeld, Myra. 2000. The voluptuous vegan: more than 200 sinfully delicious recipes for meatless, eggless, and dairy-free meals. New York, NY: Three Rivers Press. [xi] + 305 p. Illust. (by Sheila Hamanaka). Index. 24 cm.
• ***Summary:*** A vegan cookbook with some macrobiotic flavor. The excellent glossary includes: adzuki beans, agar-agar. almond butter, barley malt, barley miso, carob powder, edamame, gluten, haricots verts, Hass avocado, hijiki, Hokkaido pumpkin (kabocha squash), kanten, koji, kombu, kudzu, maple sugar (crystallized maple syrup), mirin,

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miso, MSG, nori, oden, Rice Dream, rice syrup, sambal (Indonesian word for chutney), sea salt, seitan, shiitake, shoyu, soybean, soy milk, Sucanat, tahini, tempeh, umeboshi paste, wakame, wheat gluten, Yannoh coffee. The index contains 29 entries for tofu, 9 for seitan, 5 for tempeh, 2 for miso, 1 for "Cheese"–tofu (p. 214), "Sour cream"–tofu (p. 25), and teriyaki vegetables. Note: Soy milk is called for in many recipes. Address: Professional Chef, New York City.

12245. Kouwenhoven, Arlette; Forrer, Matthi. 2000. Siebold and Japan: His life and work. Leiden, Netherlands: Hotei Publishing. 111 p. Illust. (Incl. color). No index. 27 cm. [40* ref. Eng]

• ***Summary:*** An excellent biography of Philipp Franz von Siebold (1796-1866), a German physician and naturalist who was one of the first Europeans to live in Japan. In 1823 Siebold wrote a letter to the Governor of Batavia requesting professional help at Deshima. In 1825 two men were finally dispatched: (1) Dr. Heinrich Bürger (1804-1858), a scholar, who worked as a pharmacist in Batavia, and who was to assist with scientific research, chemistry and mineralogy; and (2) Carel Hubert von Villeneuve, an auditor and artist.

On 15 Feb. 1826, Siebold departed from Deshima, accompanying the court journey to Edo (today's Tokyo) of *Opperhoofd* Johan Willem de Sturler; Siebold was joined by Dr. Bürger in the role of secretary, although Bürger's true purpose was to assist Siebold in his scientific research. These were the only three Dutchmen allowed to make the long journey. Siebold and Bürger were well prepared for the trip; they had gathered all sorts of equipment to take with them, including barometers, thermometers, hygrometers, sextants, chronometers, microscopes, crockery, furniture, silver, fine glassware, and even a piano. Some of these items were intended as gifts. En route, the inquisitive Siebold observed and wrote about practically everything. They arrived in Edo on 10 April 1826, about 2 months after leaving Nagasaki, a trip of about 1,400 km. On 1 May 1826 the three Dutchmen had an audience with the shogun. The delegation finally left Edo on 18 May 1826 and arrived at Deshima on July 7. Note: It was almost certainly on this trip that Siebold and Bürger observed soybeans and recorded their observations in the trip's log.

A 3-page chronology of Siebold (p. 100-02) includes: 1796 Feb. 17. Philipp Franz von Siebold born in Würzburg [in today's Germany]. 1815–Starts study of medicine at the University of Würzburg; subjects include chemistry, botany, and physics. 1820–Completes his studies in medicine, surgery, and anatomy, obtains his doctorate, and establishes himself as a physician in Heidingsfeld. 1822 June 21–Appointed Surgeon-Major in the Dutch East-Indies Army. 1823 Feb. 13–Arrives in Batavia. On April 18 he is appointed to the post of physician at the trading post on Deshima, near Nagasaki, Japan. He also receives instructions to conduct research into Japanese natural history, laws, and politics.

1823 Aug. 12. Arrives on Deshima and starts teaching almost immediately. That same year he "married" Kusumoto Sonogi, also known as Otaki (1807-1865); she is 11-12 years younger than he. 1824. Starts a botanical garden on Deshima at the request of the government in Batavia. Opens his school in Narutaki, just outside Nagasaki. 1825. Dr. Heinrich Bürger arrives from Batavia to help Siebold with his geological research, accompanied by C.H. Villeneuve, the illustrator.

1826 Feb. 15 to July 7. He accompanies *Opperhoofd* De Sturler on the court journey to Edo. Bürger, Keiga and several of his Japanese students join the delegation. 1827. The government in Batavia requests his return there, with the possibility that he may have to return to Holland. Also in 1827 Von Siebold's daughter, Oine (1827-1903) is born.

1828 Sept. 18. A severe storm causes the ship, with 89 crates containing Siebold's collection, to run aground on the coast at Nagasaki. The discovery of forbidden objects leads to the detainment of Siebold, Takahashi, and many others. Siebold is placed under house arrest.

1829 Oct. 22. After being subjected to lengthy cross-examination, Siebold is banished from Japan. On Dec. 30 he leaves Japan.

1830 Jan. 18. Arrives in Batavia, then travels to Holland where he arrives on July 7. In Antwerp he meets Dr. Hoffmann, who is later to become the first professor at Leiden University.

Note: 1830. Siebold's first publication on Japanese plants appears (largely in Latin, but with many Japanese characters) in *Verhandelingen van het Bataviaasch Genootschap van Kunsten en Wetenschappen* 12:1-74. See p. 54-57, plus first table at end. He mentions two species of soybeans: *Sooja Japonica,* the cultivated soybean, and *Sooja nomame,* the wild soybean; he says he has seen a living plant specimen of the latter. Soybeans are used to make shoyu, miso, and tofu. A note at the end of table I states that he drafted it at Deshima in November 1827.

1831 April 20. King Willem I agrees to buy Siebold's ethnographic collection and to pay an advance of 12,000 guilders. 1832. Hires a house at 19 Rapenburg in Leiden, Netherlands, where he organises his collection and opens it to the public. He maintains contact with Bürger, who still lives on Deshima. Travels to Germany in the autumn. 1833. Returns to The Netherlands in the summer. Presents the first copy of his opus *Nippon* to the Society of Dutch Letters on 26 Nov.

1835. Travels in Germany and Austria. Meets Zuccarini and others. 1836 Aug. 22. Buys the house at 19 Rapenburg. 1839. From now on he spends winters in Germany, where he meets his future wife, Helene von Gagern.

1840. Buys a piece of land at Leiderdorp, where he builds the villa, 'Nippon' and starts a nursery. 1842. Establishes the plant and seed company, Siebold & Co. with Blume and Rodbard. 1845 July 10. He marries the Lady

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Helene von Gagern (1820-1877) in Berlin; she is 24 years younger than he. Soon four children are born. 1859. Returns to Japan. Arrives in Nagasaki on Aug. 4. 1861 Oct. He is banished from Edo, and Japan itself. 1866 Oct. 18. Von Siebold dies in Munich, Germany; he is buried in the Alten Südlichen graveyard on the Thalkirchner Strasse.

12246. Kulp, Karel; Ponte, Joseph G., Jr. eds. 2000. Handbook of cereal science and technology. 2nd ed., revised and expanded. New York, NY: Marcel Dekker. ix + 790 p. Illust. Index. 29 cm. Series: Food Science and Technology, No. 99.

• ***Summary:*** Chapter 26, "Fermentation and microbiological processes in cereal foods," by Pierre Gélinas and Carole McKinnon (of Food Research and Development Centre, Agriculture and Agri-Food Canada, St. Hyacinthe, Quebec, Canada) (39 refs) (p. 741-54) contains a long table (p. 742-46) titled "List of foods prepared from fermented cereals." The four columns are: (1) Food name (synonym or related food). (2) Food type (characteristics). (3) Area (country or continent). (4) Main microorganisms.

Under "Soybeans" the following foods are listed: Chee-fan. Chinese yeast. Hama-natto. Kenima. Ketjap. Meitauza. Meju. Miso (chiang, doenjang, kochujang, tauco). Natto. Soy sauce (kanjang, kecap, kicap, shoyu, taosi [sic]). Sufu (tahuri, taokoan tao-hu-yi). Tairu (taire–fermented soybean milk, like yogurt, from Malaysia). Taotjo. Tempe (tempeh).

"Chee-fan" is described as "Curd-like" [fermented tofu] from China. Main microorganisms: *Mucor* spp., *Aspergillus glaucus.*

Note 1. Taokoan (listed under Sufu, above) is not a fermented food. It is the Filipino equivalent of Chinese *doufu-gan* or "pressed tofu." Filipino fermented tofu is *tahuri* (also spelled *tahuli*).

Table 2, "List of representative microorganisms associated with fermented cereal foods" (p. 74-48) contains two columns: (1) Type of microorganism (and within type, genus and species, listed alphabetically by genus). (2) Food produced.

Under "Bacteria" are: *Bacillus natto*–Hama-natto [sic], natto. *Lactobacillus delbrueckii*–Miso, soy sauce. *Pediococcus* spp.–Hamanatto. *Pediococcus halophilus*–Soy sauce. *Streptococcus* spp.–Hama-natto.

Under "Bacteria" are: *Actinomucor elegans*–Meitauza, sufu. *Aspergillus glaucus*–Chee-fan. *Aspergillus oryzae*–Hama-natto, ketjap, meju, miso, saké, soy sauce. *Monascus purpureus*–Anka (ang-kak, beni-koji, red rice), hong-ru (lao-hong). *Mucor* spp.–Chee-fan, ruhi, sufu. *Mucor hiemalis*–Sufu. *Rhizopus oligosporus*–Tempe.

Under "Yeasts" are: *Candida* spp.–Soy sauce. *Zygosaccharomyces rouxii*–Miso, soy sauce.

The section on "Major commercial fermentation processes" includes (p. 752-53) soy sauce (from wheat and soybeans) and miso (from rice and soybeans).

Note 2. Koji, the basis of soy sauce, miso, and saké fermentations, is not mentioned in either of the first two tables. However it is mentioned by name on p. 753. Address: 1. American Inst. of Baking; 2. Prof. Emeritus, Kansas State Univ. Both: Manhattan, Kansas.

12247. Landgrebe, Gary. 2000. Everyday tofu: From pancakes to pizza. Freedom, California: The Crossing Press. 110 p. Illust. Index. 21 cm.

• ***Summary:*** Contents: Dedication. Foreword by Sharon Elliot. Tofu main dishes. Frozen tofu main dishes. Tofu breads. Tofu desserts.

Note: The chapter titles, the recipes, and their order in this book are almost identical to those in a 1978 book by Gary Landgrebe, published by Fresh Press–a company owned by Sharon Elliot. Unfortunately, none of this is mentioned in the present edition, which does have a completely new look–a different size, a new color cover photo, and new interior monocolor photos.

12248. Liberty, Anne. 2000. Super soy! Protect yourself against bone loss, heart disease, cancer, menopause, high cholesterol. Boca Raton, Florida: American Media Mini Mags Inc. 66 p. 14 cm. [1 ref]

• ***Summary:*** This mini-book (only 5½ inches high) was sold (for $1.19) next to the tabloid magazines at the checkout stand at Longs Drug Store in Lafayette, California. On the little cover is a color photo of a grey-haired and healthy-looking lady holding a glass of soymilk. Contents: All about soy: Inside the soybean (phytoestrogen, isoflavones, genistein, protease inhibitors), eight of soy's top health benefits (antioxidant protection from free radicals, breast cancer protection, cholesterol control, colon cancer protection, strong bones, hot flash reduction, a strong immune system, and kidney disease prevention), different soy products (green soybeans, hydrolyzed vegetable protein {HVP}, infant formula {soy-based}, lecithin, meat alternatives, miso, non-dairy frozen soy ("soy ice cream"), soy cheese, soy flour, soy grits, soy protein (incl. TSP = textured soy protein = textured soy flour), soy sauce, soy yogurt, whole soybeans, soy nut butter, soy nuts, soy oil, soy sprouts, tempeh, tofu, whipped soy-based topping, yuba), nutritional value, how much do you need? Bone loss. Heart disease and cancer: Heart disease, cancer (genistein, isoflavones, phenolic acids, phytates, protease inhibitors). Menopause. Cholesterol. Cooking with soy products: Soy flour, miso, soy milk, soy protein, tofu, tempeh. Delicious soy recipes.

The author frequently refers to Earl Mindell, PhD, but has no real scientific references. Many of the recipes were provided by the United Soybean Board. On the last page are two sources of more information and recipes: The United Soybean Board website www.talksoy.com and the Indiana Soybean Board website www.soyfoods.com.

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12249. McCullough, Fran [Frances Monson]. 2000. Living low-carb: The complete guide to long-term low-carb dieting. Boston, New York, London: Little, Brown and Co. xiv + 370 p. Index. 22 cm.
• ***Summary:*** 175 new recipes from the author of the bestselling *The Low-Carb Cookbook.* Soy-related recipes: Tuna salad with beans and broccoli (with "15-ounce can Eden black soybeans, rinsed and drained" p. 159). Border beanburgers (with "15-ounce can Eden black soybeans," p. 190). Buffalo Boys Chili (with "½ cup Eden canned black soybeans, including some liquid" p. 214). Refried beans (with "15-ounce can Eden black soybeans, rinsed and drained" p. 233). Bean breakthrough (sidebar, p. 236; A half page in praise and promotion of Eden canned black soybeans). Scrambled tofu (with "10-ounce box silken tofu, drained," p. 338). Quick black soybean salsa (with "15-ounce can Eden black soybeans, drained" p. 348). Address: Culinary Inst. of America at Greystone (in St. Helena, California).

12250. McMann, Mary Carol. 2000. Soy protein: What you need to know. New York, NY: Penguin Putnam Inc. (Avery). 60 p. Index. 22 cm. Avery's Nutrition Discovery Series. [74 ref]
• ***Summary:*** Contents: Introduction. 1. What makes soy so special? 2. Cardiovascular disease. 3. Cancer. 4. Osteoporosis. 5. Menopause and menopausal symptoms. 6. Incorporating soy (protein) into your diet. Conclusion. Glossary. References. About the author.

Note: This book is copyrighted by Protein Technologies International. Address: MPH, RD, LD [Licensed Dietitian], Houston, Texas.

12251. Rose, Robert. ed. 2000. Beans, lentil & tofu gourmet. Toronto, Ontario, Canada: Robert Rose, Inc. 192 p. Illust. Index. 26 cm.
• ***Summary:*** This is an unusual but attractive book, with no real author or publisher. It was written by "The editors of Robert Rose" and published by Robert Rose Inc., with financial support of the government of Canada. Basically, it is a collection of recipes from other cookbooks. Except in the chapter titled "Meatless" (p. 145-62), many recipes contain meat, poultry, fish, or seafood. The section titled "Contributing authors" lists eight authors, with photos and descriptions of their cookbooks, and statements such as "Recipes from this book are found on pages 23, 38, 69, and 180." The book contains 12 full-page color photos of dishes prepared from the recipes.

Contains 13 tofu recipes and one tempeh recipe: Malay vegetable-stuffed fried bean curd with spicy sweet-and-sour sauce. Bak choy noodle and tofu chicken soup. Curry-fried tofu soup with vegetables and udon noodles. Mixed vegetable herb broth with soft tofu. Chickpea tofu stew. Braised stuffed bean curd. Braised roasted pork with tofu and green onions. Steamed shrimp-stuffed tofu with broccoli. Hoisin stir-fried vegetables and tofu over rice noodles. Barbecued tempeh with basil, hyssop and ginger. Chickpea tofu burgers with coriander mayonnaise. Thai dry vegetable curry (with tofu, p. 162). Pea tops with pancetta and tofu. Soy-braised tofu, cabbage and ginger with cellophane noodles (with soya sauce, p. 172-73). Address: 120 Eglington Ave. E., Suite 1000, Toronto, ONT Canada. Phone: (416) 322-6522.

12252. Salmon, Margaret Belais. 2000. Soy discoveries: Recipes for life. Over 700 quick soy recipes. Philadelphia, Pennsylvania: XLibris Corp. 474 p. Recipe index. 22 cm. [60 ref]
• ***Summary:*** Contents: Acknowledgments. Introduction: The truth about food additives and chemicals in food, approximate measurements. Recipes: Soups. Salads and vegetables. Main dishes and appetizers. Omelets. Breads, muffins, pancakes / waffles, cookies. Desserts. Sugar-free desserts. Drinks. Appendix: Food safety.

The rear cover contains a portrait photo and a brief biography of Margaret Salmon with a list of other books she has written. She received a degree in food chemistry and nutrition at the University of California at Berkeley, and degrees at Columbia University in the science of nutrition and nutrition education. She has a certificate of Hospital Dietetics from Duke University. She was formerly research dietitian on the cystic fibrosis research team at Columbia-Presbyterian Medical Center, New York City, and chief dietitian and director of the dietetic traineeship program at St. Joseph's Hospital and Medical center in New Jersey. Address: R.D., L.D. [Licensed Dietician], P.D. [Professional Diploma, Columbia Univ., specialist in nutrition education], Salmon Consultants, 435 Lynn St., Harrington Park, New Jersey 07640. Phone: 201-768-4457.

12253. Sharma, Ratan. 2000. Soymilk and tofu: An update in Indian context. Technical Bulletin. Haryana, India: American Soybean Association (ASA) / United Soybean Board. 10 p. 28 cm. [7 ref]
• ***Summary:*** Contents: Introduction and history. Future of soy products in India. Soymilk, Tofu, Okara. Soymilk powder. Nutritional value. SoyaCow Project. SoyaCow. Cost of SoyaCow component pieces of equipment. ASA International Offices.

Color bar charts show: (1) Protein yield from cultivation of different crops (in kg/ha). The soya bean gives by far the highest protein yield, 509 kg/ha. (2) Percentage of protein in common foods. Soya bean is by far the highest at 40%. (3) Essential amino acids in soya milk and cow's milk as compared to the ideal protein source. (4) Essential amino acids in soya milk and cow's milk as compared to the recommended daily intake by an adolescent. (5) A

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comparison of nutrients in mother's milk, cow's milk & soya milk, normalised to the same water level. (6) Flow chart of the many different products that can be made from 1 kg of soya beans. (7) Cost benefit analysis for SoyaCow SC20 system, with net cost of production, monthly income, net profit per month, and payback period for four products: Soy milk (plain), flavoured soya milk, curd, tofu. All values are in Indian Rupees. Photo of SoyaCow SC20.

Pages 6-7: The SoyaCow project was started in India in 1991 by Child Haven International (CHI), a Canadian based NGO (non-governmental organization, and follower of Gandhian philosophy) "working in India and Nepal, and ProSoya Inc. of Canada, a leading name in soymilk technology. Initially the project was granted substantial funding by CIDA (Canadian International Development Agency). Its main objective is to provide low cost nutrition to the general Indian population in the form of soymilk and its derivatives.

The "SoyaCow Centre was established in India jointly by Child Haven International and ProSoya in the year 1993, and the patented technology of manufacturing table top soymilk machines suitable for the cottage industry in India was transferred to SSP Ltd., a Faridabad (Haryana) based well known dairy, food processing and pharmaceutical equipment manufacturing company. Now these machines are being manufactured at SSP under the guidance of the SoyaCow Centre. This centre is providing all kinds of assistance" from making business plans to installation of the machines, operator's training, developing recipes suitable to the local taste, helping the users of the machines in marketing soy products, and providing all the know-how on soymilk to the general population. In association with the American Soybean Association this center has developed the technology to give 4-6 months shelf life to soymilk in bottles without any refrigeration. Also, vacuum packaging technology is provided to pack tofu for a longer shelf life. This technology is given free to SoyaCow users. Sites using this technology are doing very well. Address: PhD, The Child Haven International, SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad–201002, UP, India; American Soybean Assoc., Asia Subcontinent, 168 Jor Bagh, New Delhi–110 003, India.

12254. Shimbo, Hiroko. 2000. The Japanese kitchen: 250 recipes in a traditional spirit. Boston, Massachusetts: Harvard Common Press. xiii + 512 p. Foreword by Ming Tsai. Illust. (by Rodica Prato). Index. 23 cm.

• ***Summary:*** An excellent book with exquisite illustrations. The index contains 46 entries for miso, 20 for tofu, 12 for shoyu, 10 for teriyaki, 7 for edamame, 6 for natto (fermented soybeans), 6 for soybeans, 5 for koji ("a fermentation starter"), 3 for koyadofu (freeze-dried tofu), 2 for soy milk, soy sauce dressing, soybean lover's soybean rice, soybean miso, soybean pulp, 1 each for kinu dofu, moyashi (incl. soybean sprouts; "Until recently, moyashi used for cooking in Japan were predominantly soybean sprouts," p. 42), nama-age, nama-miso, nama-shoyu, okara (soybean pulp), saikyo miso, and tamari.

In the section on *Daizu* "(Dried soybeans)" (p. 96-97) both roasted soybean flour and *kinako* are mentioned. Dried green soybeans, are toasted then ground to a flour (*kinako*) which "is mixed with sugar and used to coat moist or sticky Japanese sweets." During the summertime, edamame (fresh green soybeans) are boiled and served in the pods.

The section on "Koyadofu" recounts the story of its origin: "The dried form of tofu, koyadofu, was invented by accident around the twelfth century, when, it is said, a priest at Mt. Koya Temple left freshly made tofu as an offering on the altar one snowy night. The next morning the tofu was frozen, so he threw it away in the back garden." After several sunny days of melting and evaporation, the tofu was found completely dried. It was found that this dried form can be kept for a long time.

The section on *Tofu seihin*–"Cooked tofu products" (p. 139-41) includes *Abura-age*–"Fried thin tofu." "One type of *abura-age,* called *sushi-age,* is sold specially for the preparation of *inarizushi,* a small barrel-shaped brown sushi, *Sushi-age* comes slit to make a pocket into which sushi rice can be stuffed."

Note: This is the earliest English-language document seen (April 2013) that uses the term *Sushi-age* to refer deep-fried tofu pouches used to make inari-zushi.

Atsuage–"Fried tofu." *Ganmodoki*–"Fried tofu dumplings." *Yakidofu*–"Lightly broiled tofu." *Yuba*–"Soy milk sheet."

The latter section states nicely: "Because freshly collected yuba is soft and fragile, many sheets may be piled together and rolled into a 1-inch-thick stick. The stick is chilled, cut into bite-sized pieces, and eaten with a little shoyu (soy sauce) and grated wasabi. Fresh yuba has a wonderful creamy texture and a sweet, nutty taste."

"Because fresh yuba is perishable, most yuba found in stores is in the form of a dried sheet." It must be reconstituted in water, but after it has regained its flexibility it makes an excellent wrapper for other foods in fried or simmered dishes.

Shimbo-Beitchman is a knowledgeable and talented Japanese cooking teacher who ran a cooking school in Tokyo for eight years and in London for two; she now teaches in New York City. Address: Teacher of Japanese cooking, Hiroko's Kitchen, London, England. Phone: Fax: 44-171-289-0855.

12255. Soy Sisters. 2000. A tofu cookbook: From Soy Sisters and friends. Grinnell, Iowa: Midwest Harvest Corp. 61 p. No index. 21 x 21 cm.

• ***Summary:*** Contents: Introduction to tofu: Three basic types of tofu, tofu nutrition, buying and keeping tofu, tofu

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preparation. Appetizers–dips–sauces. Breakfast. Main dishes. Salads. Desserts.

For more information, visit the web site at www.midwestharvest.com. Address: Midwest Harvest Corp., 3635 Hwy 146, Grinnell, Iowa 50112. Phone: 515-236-5170.

12256. Wilkinson, Endymion Porter. comp. 2000. Chinese history: A manual. Revised and enlarged. Cambridge, Massachusetts: Harvard University Press / Harvard Yenching Institute. xxiv + 1181 p. Index. 23 cm. Harvard Yenching Institute Monograph Series, 52. 1st ed. 1998. [500+* ref]

• ***Summary:*** A remarkable and extremely valuable book. Partial contents: Introduction: Recent historiographical trends, center and periphery, periodization, the dynasties. I: Basics. 1. Language. 2. Dictionaries. 3. People. 4. Geography. 5. Chronology. 6. Telling the time. 7. Statistics: Numbers and order of magnitude, population, weights and measures, money, prices. 8. Guides and encyclopedias. 9. Locating books. 10. Locating secondary sources. 11. Libraries.

II: Pre-Qin sources. 12. Archaeology. 13. Pre-Qin archaeology. 14. Prehistoric signs and symbols. 15. Oracle bone inscriptions. 16. The characters: Evolution and structure. 17. Epigraphy. 18. From bamboo strips to printed books. 19. Excavated and transmitted texts.

III: Historical genres. 20. Primary and secondary sources. 21. Annals. 22. Standard histories. 23. Topically arranged histories. 24. Miscellaneous histories. 25. Government institutions. 26. Official communications. 27. Law. 28. War.

IV: Other primary sources... 35. Agriculture, food and the environment. 36. Medicine. 37. Technology and science... 42. Foreign accounts of China.

V: Primary sources by period.

In the chapter titled "Agriculture, food and the environment," section 35.2.2 on "Pre-Qin foodstuffs and cooking" (the Qin dynasty, 221-206 B.C., came just before the Han) states that the staple dishes, cooked mainly by boiling or steaming, were typically "accompanied by a savory paste (*jiang, miso* in Japanese) made from hydrolyzed (fermented) meat, fish, crustaceans, or, most important of all, soybeans" (Footnote 8). "The soybean is indigenous to northeast China. Its cultivation began in the Zhou period. It was a major source of protein, especially for peasants and laborers. Starting in the Yangzi valley, it was brined and hydrolyzed into the characteristic Chinese flavoring, soy sauce (*jiangyou*) (9). By the Han, a new process had been discovered; if the production was interrupted half way and the beans dried, they became blackened and delicious. Along with savory pastes (*jiang*) and pickles (*zu*), these fermented soybeans (*chi*) were immensely popular (10)."

Footnote 8: See *Zhongguo shiqian yinshishi* (A history of Chinese prehistoric food and drink), Wang Renxiang, ed. in chief, Qingdao, 1997.

Footnote 9 (p. 638): "The origin of 'soya' in European and other languages is from either *xiyao* [fermented black soybean sauce] or *shôyu* (the Cantonese and Japanese for *jiangyou* [soy sauce] respectively). The early generic word was *shu* (*Glycine max*), later *dou,* and later still *dadou* to distinguish it from post-Han imported pulses."

Footnote 10: *"Chi* used to be pronounced *shi.* Other names for *chi* were *douchi, daku,* and *nadou* (*nattô* in Japanese)."

Section 35.2.3 on "New foodstuffs and cooking" covers the period from the beginning of the Han dynasty in 202 B.C. Noodles (*bing*) were introduced. Soybeans (in the forms of jiang and fermented black soybeans {*chi*}) remained an important source of protein. Alfalfa (*musu* or *mushu*), peas (*hudou,* modern *wandou*), and sesame (*huma,* modern *zhima* or *mazi*) are said to have been introduced by Zhang Qian, the emissary from the Former / Western Han dynasty. By the Tang "bitter fermented blackened soy beans" (*huchi*) had been introduced; *hu* means "barbarian." Tofu (*doufu*) is first mentioned in the early Song dynasty. It was imported into Japan and first appeared there in a document dated 1183. "It was used as a substitute for meat and fish in Buddhist vegetarian cooking." New World crops which made their way into China from the 16th century include peanuts (*fandou,* modern *huasheng*), chili, corn, sweet potatoes, and tomato (p. 643).

Note: The author was educated in England. Address: Head of Delegation and Ambassador to China for the European Commission.

12257. Yurgionas, Sasha. 2001. Garbanzo bean tofu is made at the Rangoon Restaurant in Philadelphia (Interview). *SoyaScan Notes.* Jan. 8. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This tofu is made by George (phone: 215-829-8939) from chickpea flour. It is good for people who are allergic to soybeans. The concept of garbanzo bean tofu comes from Burma. Address: Oberlin Student Co-op, Oberlin College, Oberlin, Ohio 44070.

12258. Sievin, Colleen. 2001. Company built on a blender. *Journal* (*Rapid City, South Dakota*). Jan. 14.

• ***Summary:*** Steve Demos, age 51, founder and president of White Wave, "likens his success to the fairy tale, 'Jack and the Beanstalk,' where the main character trades in his cow for magical beans."

A photo shows Demos holding a carton of Silk soymilk. Address: Associated Press.

12259. Coon, Chris. 2001. Memories of the early days at the Soy Plant in Ann Arbor, Michigan (Interview). *SoyaScan Notes.* Jan. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Three people formed the core group that started

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The Soy Plant in Ann Arbor: Steve Fiering, Sue Kalen, and Chris Coon. They all lived together in a house in Pleasant Lake, a little burg (town) about 15 miles southwest of Ann Arbor. Of these three, Chris was the first to leave the company–in 1980.

He has kept in touch with a number of the members including Ann Elder (who lives near Ann Arbor), Sue Kalen (who lives near Santa Fe, New Mexico), Michael Mazzie, Gaya Kile (formerly David Michaelthon), Leslie Brown, Jean Robars, and Kerrie Sanford. Address: Manchester, Michigan. Phone: 734-428-9249.

12260. Heijdra, Martin. 2001. Books on the history of tofu in Chinese. *Mao-doufu* (Interview). *SoyaScan Notes.* Jan. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Princeton's Gest Oriental Library are at least four good Chinese-language books on the history of tofu in China–all published after 1983.

Martin found a word *mao-doufu* ("hairy tofu"), which refers to a type of fermented tofu covered with the hairs of a mold mycelium. Address: PhD, Chinese bibliographer, Gest Oriental Library, 317 Palmer Hall, Princeton Univ., Princeton, New Jersey 08544-1005.

12261. G.T.B. Group of Japan, Inc. 2001. Questionnaire [concerning edamame]. Denver, Colorado. 6 p. Jan. 31. Unpublished typescript.
• ***Summary:*** This research was conducted over a 2 month period from 1 Dec. 1999 to 31 Jan. 2000. The questionnaire was administered by an in-store demonstrator. The GTB is the edamame vender for Whole Foods, Wild Oats, and King Sooper. The questionnaire consists of 11 questions, with about 4-5 choices after each question. The number of respondents to each question varies from 59 to 132.

1. How long have you known about Edamame? More than 1 year: 49%. First time: 22%.

2. How often do you purchase Edamame? 1-2 times per month: 44%. Once every 2 weeks: 22%.

3. How often do you eat soy products? (Tofu, Dried soybeans, Soymilk etc.). 1-2 times per week: 51%. 2-3 times per week: 22%. 1-2 times per month: 18%. 2-3 times per month: 9%.

4. Reasons for purchasing our Edamame. Good Taste: 37%. Great health benefit: 33%.

5. Price. Reasonable: 59%. Expensive: 38%.

6. How do you like the flavor of our Edamame? Just Right: 88%. Do not need any salt at all: 7%. Not Enough Salt: 4%. Too Salty: 1%.

7. How do you eat Edamame? By Itself: 81%. Put them into salad: 13%. Put them into stir fry: 5%.

8. How do you feel about the person doing the demonstration? Very friendly: 59%. Provides great information: 23%. Answers customers' questions clearly: 17%.

9. How did you find out about Edamame? By shopping grocery: 53%. At restaurant: 26%.

10. What are other food products you would prefer to eat as snack or quick-preparation meal? Sushi: 37%. Miso soup: 29%. Noodle soup: 28%.

11. If you have any other comments or suggestions, please feel free to give us anything! Address: Denver, Colorado.

12262. Glenville, Marilyn. 2001. Natural alternatives to HRT* (* hormone replacement therapy) cookbook: Understanding estrogen and foods that benefit your health. Berkeley, California: Ten Speed Press. 192 p. Illust. Index. 24 x 21 cm. [37* ref]
• ***Summary:*** Every woman who experiences menopause has probably experienced unpleasant symptoms such as joint pains, mood swings, weight gain, hot flashes, etc. Yet these symptoms can be avoided, or at least alleviated–by simple and safe changes in diet to include more phytoestrogens and isoflavones. This books tells and shows you how. Already a best-seller in the U.K. with over 20,000 copies in print.

Although this is not a vegetarian cookbook (recipes call for the use of fish and shellfish such as crab, mussels, salmon, tuna, etc.), there is extensive discussion of the benefits of soyfoods in a diet for menopausal women and many recipes that use soy (especially tofu). The chapter titled "What you need to eat at menopause" contains a good discussion (p. 17-18) of the benefits of isoflavones / phytoestrogens and natural soyfoods. It is known that "legumes contain good levels of isoflavones, and soy ranks the highest." Phytoestrogens are also good for bone health, and soy protein helps to reduce cholesterol (p. 25).

In the "Introduction to the recipes" is a section on "Soy products" (p. 47) that discusses miso, soy milk, soy sauce, tempeh, and tofu (which is "wonderfully versatile"). Soy-related recipes include: Scrambled tofu (p. 71). Tofu vegetable quiche (p. 90). Russian salad deluxe with tofu dressing (p. 96). Vegetable, bean sprout and tofu stir-fry (p. 104-06). Tofu and mushroom stroganoff (p. 106-07). Herby tofu and oat sausages with nutty mash (p. 112). Austrian bean salad with tofu dressing (p. 130-132). Deluxe kebabs (p. 136). Apricot tofu ice-cream (p. 156). Tofu cheesecake (p. 157). Mixed berry fool (p. 159). Miso broth (p. 176). Soy mayonnaise (p. 179). Sesame tofu dressing (p. 180). Tofu dip for raw vegetables (p. 180). Mocha tofu cream (p. 183). Tofu cream (p. 183).

Marilyn Glenville, PhD, earned her doctorate at Cambridge University and is Chair of the Governing Council for the British Association of Nutritional Therapists. She has practiced nutritional therapy in the U.K.and U.S. for more than twenty years, and specializes in the natural approach to female hormone problems. She practices from three private clinics in London and Kent, including the prestigious Hale Clinic. Address: PhD, nutritional therapist, UK.

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12263. Hagler, Louise. 2001. Miso cookery. Summertown, Tennessee: The Book Publishing Co. 96 p. Illust. Index. 23 cm.
• ***Summary:*** Contains 70 recipes (each with a nutritional analysis) that use miso as an ingredient, and four full-page color photographs. Contents: Introduction. It's alive!!!! (visit to American Miso Co. in North Carolina). Soups. Spreads. Salads and dressings. Sauces and gravies. Vegetables. Main dishes. Side dishes. Sweet things.

Many recipes call for the use of tofu as an ingredient, and some call for the use of edamame, gluten, soymilk, soy yogurt, tempeh,

On the rear cover is a color photo of Louise Hagler; her vegetarian cookbooks have sold over 750,000 (or 742,000) copies worldwide. Address: Summertown, Tennessee.

12264. Okamura, Ao. 2001. Korede wakatta Mito nattô no nazo: Shizen shokuhin [Now I've understood the mystery of Mito nattô: Its a natural food]. Tokyo: Tokyo Shinbun Shuppan Kyoku. 159 p. 19 cm. [Jap]*
Address: Japan.

12265. **Product Name:** Sea-fu (Tofu with Sea Vegetables).
Manufacturer's Name: Silverking Soyafoods.
Manufacturer's Address: 508-C Latimer Street, Nelson, BC, V1L 4T9, Canada. Phone: 250-352-5897.
Date of Introduction: 2001. January.
Ingredients: Incl. water, soybeans, four types of sea vegetables, coagulant.
How Stored: Refrigerated.
New Product–Documentation: Talk with Jeff Mock, owner. 2001. May 18. He introduced this product on 22 Jan. 2001. He stirs four types of sea vegetables (hijiki, dulse, arame, and bull kelp) into the hot soymilk before adding the coagulant to make the tofu.

12266. **Product Name:** Tofutti Super Soy Supreme (Nondairy Ice Cream) [Bella Vanilla, New York New York Chocolate, Cool Cappuccino, and Plum Krazy].
Manufacturer's Name: Tofutti Brands Inc. (Marketer).
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 2001. January.
Ingredients: Water, organic evaporated sugar cane juice, maltodextrin, corn oil cocoa butter, non-GMO isolated soy protein, tofu, mono- and di-glycerides, plus four types of gums, etc.
Wt/Vol., Packaging, Price: 17 fl oz (500 ml) carton.
How Stored: Frozen.
New Product–Documentation: Talk with Dana Jacobi. 2001. Feb. 25. This new product has a purple container with the text in both English and French. It has less fat than the Tofutti Premium. Dana bought a carton of the vanilla and thought it tasted terrible–greasy.

12267. **Product Name:** Azumaya Firm Tofu (Made with Non-GMO Ingredients).
Manufacturer's Name: Vitasoy USA Inc.
Manufacturer's Address: 1575 Burke Ave., San Francisco, CA 94124. Phone: 1-800-328-8638 (= Eat Tofu).
Date of Introduction: 2001. January.
Ingredients: Water, whole non-genetically modified soybeans, calcium sulfate.
Wt/Vol., Packaging, Price: 14 oz (397 gm) packed in water in molded plastic tray (No. 2 HDPE) with heat-sealed, peel-off plastic film lid. Retails for $1.69 (2001/03, Safeway supermarket, Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 2.8 oz (79 gm): Calories 70, calories from fat 35, total fat 4 gm (6% daily value; saturated fat 0 gm), cholesterol 0 mg, sodium 0 mg, potassium 105 mg (3%), total carbohydrate 2 gm (dietary fiber 0 gm, sugars 0 gm), protein 7 gm (12%). Calcium 15%, iron 6%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 2001. March 4. The text on the front panel reads (from top to bottom): "All natural. Azumaya. Tofu. A good source of soy protein. Best for sautéing, casseroles, and salads. Firm." In the lower left corner is a red heart followed by this statement: "Diets low in saturated fat and cholesterol that include 25 grams of soy protein may reduce the risk of heart disease. One serving of Azumaya Firm Tofu provides at least 30% of the daily soy needed." In the lower right corner is a color photo of strips of deep-fried tofu with sesame seeds, green pasta, and sliced tomatoes in a white bowl.

The back panel, attached to the bottom of the plastic tray, gives nutrition facts, ingredients, UPC / bar code, and additional information. Text in upper left corner: "Contains 25 mg of total isoflavones per serving. Copyright 2000, but dated "1/01" (Jan. 2001). 1-800-Vitasoy (848-2769). Visit us at www.vitasoy-usa.com.

Talk with consumer affairs rep. at Vitasoy in San Francisco. 2001. March 20. This product was introduced in Jan. 2001.

12268. Schmoll, Heike. 2001. Dank BSE zum Bestseller: Die steigende Nachfrage nach Tofu laesst sich kaum noch [Thank BSE for a best-seller: The rising demand for tofu leaves it scarcely feeling self-satisfied]. *Frankfurter Allgemeine Zeitung* (*Germany*). Feb. 10. p. 11. [Ger]
• ***Summary:*** BSE is bovine spongiform encephalopathy = mad cow disease. In Freiburg, they work six days a week, three shifts a day, and even then they are able to deliver only 60-7% of the demand. The BSE crisis has left tofu, a good source of plant protein, occupying the high ground. Germany's largest tofu manufacturer, the Freiburg tofu

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company Taifun (Life Food), in November of last year, made 15-20 metric tons (tonnes) of tofu a week. In December and January of this year, production rose to 25 tonnes a week. But they would like to be able to make 40 tons a week.

12269. Shinde, V.N.; Kadam, P.S.; Pawar, V.D.; Kshirsagar, R.B. 2001. Studies of effects of pre-treatments on quality of soypaneer: Research note. *J. of Food Science and Technology* (*Mysore*) 38(1):54-55. Jan/Feb. [11 ref]
• ***Summary:*** The soaking pre-treatment of Pooja variety soybeans in a 1% solution of sodium bicarbonate (baking soda) was found to give the best results in terms of the contents of protein, fat, total solids, and the yield of soypaneer (tofu). The organoleptic qualities of this tofu were also found to be superior to the tofu prepared by other pre-treatments, but inferior to regular paneer made from buffalo milk.

Note: The word "soypaneer" appears 12 times on page 54 and twice on page 55. Address: College of Food Technology, Marathwada Agricultural Univ., Parbhani–431 042, India.

12270. **Product Name:** Soymilk [Natural Unflavored, Vanilla, Chocolate, or Ginger].
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 2001. February.
Ingredients: Vanilla: Filtered water, organic* soybeans, organic* brown rice syrup, organic* cane sugar, vanilla, calcium carbonate, salt. * = Grown in accordance with the California Organic Food Act of 1990.
Wt/Vol., Packaging, Price: Pint and quart plastic bottles.
How Stored: Refrigerated.
New Product–Documentation: Four Labels sent by Matthew Schmit. 2002. Sept. 9. The Vanilla was introduced in 1980, the other three flavors (and their labels) in Feb. 2001. 2.37 by 4 inches. Self adhesive. Red, brown, or green and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff near the ocean with a tree arching overhead.

12271. **Product Name:** Azumaya Baked Tofu: Mesquite Smoke Flavored, Teriyaki, Spicy Thai Peanut, and Chile Picante.
Manufacturer's Name: Vitasoy USA, Inc.
Manufacturer's Address: 400 Oyster Point Blvd., Suite 201, South San Francisco, Califronia 94080.
Date of Introduction: 2001. February.
Ingredients: Teriyaki: Tofu (water, whole non-genetically modified soybeans, magnesium chloride), soy sauce (water, whole non-genetically modified soybeans, sea salt, whole wheat, alcohol to preserve freshness), cane juice (dried), sea salt, ginger, natural flavors, garlic (dried), caramel color, carrageenan, sesame seeds.
Wt/Vol., Packaging, Price: 2 pieces in 8 oz (227 gm) shrink pack. Teriyaki retails for $1.29 (2001/08, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Products with Labels purchased at Safeway in Lafayette, California. 2001. Aug. 15. Teriyaki retails for $1.29 but Mesquite retails for $2.69. Teriyaki Label: 3 by 4¼ inches. Red, black, white, and blue. A color illustration shows a large red Japanese Shinto torii arch standing in water with snow-capped Mt. Fuji in the background. In the right front is a Japanese woman in a kimono holding a fan in one hand and a paper umbrella in the other. On the front panel: "Ready-to-Eat. All natural. No preservatives. Cholesterol free. Pasteurized." On the back of the Teriyaki is written: "Soy protein claim: Azumaya Baked Tofu is an excellent source of soy protein. One 4-ounce serving of Azumaya Baked Tofu contains 19 grams of soy protein." A date code: 11/00 (Nov. 2000) is printed in the lower left corner. Soyfoods Center taste test: Mesquite has grill marks on the outside. Not much flavor penetration: 7. Teriyaki has somewhat better flavor. Label design: Okay.

12272. Evers, Marco. 2001. Steaks vom Weizenacker [Steaks from the wheat field]. *Spiegel* (*Der*) (*Germany*). March 12. p. 200-03. [3 ref. Ger]
• ***Summary:*** To deal with the world food crisis, people must get more of their protein from the plant kingdom. But actually they are making plant-based foods that imitate meats–one might say pseudo-meats.

Mentions De-Vau-Ge of Lüneburg, Klaus Gaiser of Topas, and "Life Food Taifun-Produkte," in Freiburg, Germany's largest tofu manufacturer. Last year Life Food made 15 metric tons (tonnes) a week of tasteless tofu. Now they are making 25 tonnes a week, but are hoping to make 45 tones a week.

12273. Horowitz, Janice M. 2001. Good news. *Time.* March 12.
• ***Summary:*** "To get 1.5 oz. of protein from soybeans, you would need to consume 4 oz. of beans, and of tofu–get those taste buds ready–more than a pound."

12274. Morinaga Nutritional Foods, Inc. 2001. Organic beauty. Aahh! The wonder of nature. 100% pure. Unadulterated (Ad). *Natural Foods Merchandiser.* March. p. 57.
• ***Summary:*** This full-page color ad is divided into equal-size quarters, each with a title (see above). In each square is the front of a package of a different type of Mori-Nu Silken Tofu "Made with organic soybeans." The four types are soft, extra firm, extra firm lite, and firm.

Note: This is NOT "Mori-Nu organic tofu." But rather "Mori-Nu 'Made with Organic soybeans' tofu." What's the

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difference? Each type of Mori-Nu tofu contains isolated soy protein, which is not presently available as an organic ingredient. Address: 2050 West 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638 (NOW TOFU).

12275. *Soyfoods Canada Newsletter.* 2001. Founding members of Soyfoods Canada. March. p. 1.
• ***Summary:*** Soyfoods Canada was started just 4 months ago. The eighteen founding member companies are: ADM Protein Specialties, C&M Seeds, Galaxy Foods, Momo's Kitchen, Nutri-Passion Foods Inc., Ontario Soybean Growers, SoyaWorld Inc., Sunrise Soya Foods, Tofutti-Cholac Foods, Art Allen Consulting, Flamaglo Food Consultants Ltd., Meatless Gourmet, Moulin Aux Abenakis Inc., OntarBio, Snobelen Farms Ltd., St. Clair Agri Services Ltd., Superior Tofu Ltd., W.G. Thompson & Sons Ltd.

Note: Membership costs $500 per year. Address: Soyfoods Canada, Box 1927, Blenheim, Ontario N0P 1A0, Canada.

12276. Stephens, Roger; Stephens, Jane Ade. ed. and comp. 2001. Soyfoods guide 2001: Helpful tips and information for using soyfoods. Indianapolis, Indiana: Stevens & Associates, Inc. Distributed by the Soy Protein Partners. 24 p. Illust. No index. 28 cm. [23 ref]
• ***Summary:*** This guide is available only on a limited basis to dietitians and health professionals. Contents: Foreword. Keep your heart healthy: Super soy protein smoothie. Beans, beans, good for the heart: The more you eat, the better your chances of lowering your blood cholesterol levels. Cholesterol: What's in a claim. Sample soy meal planner (4 meals a day for 5 days, to get 25+ grams/day of soy protein). Dietary guidelines for Americans. Composition of soyfoods (table). The healthy bean: Isoflavones, heart disease, menopause and osteoporosis, allergies, diabetes and kidney disease, fat. Isoflavone content of soyfoods (table). The state of soy research. Protein content of soyfoods (table). Soy resources: Web sites, books. Soyfood substitution chart. Descriptions of soyfoods: Traditional soyfoods, soy-based products, soy ingredients. Recipes: Meat alternatives. Textured soy protein. Soy flour. Whole soybeans. Soymilk. Tofu. Soy snacks and smoothies. Soy–Good for your heart.

The Foreword (p. 2) states: "The *2001 Soyfoods Guide* is distributed by the Soy Protein Partners. Partners include state soybean boards from: Alabama, Arkansas, Delaware, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Maryland, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, North Carolina, South Dakota, Tennessee, Texas, Virginia, and Wisconsin. Industry partners include: American Soybean Association, Archer Daniels Midland Company, Central Soya Co., Minnesota Soyfoods Association, Protein Technologies International, Soy Protein Council, Soyfoods Association of North America, Soyfoods Council and the United Soybean Board." Address: 4816 North Pennsylvania Street, Indianapolis, Indiana 46205. Phone: 317-926-6272.

12277. SunRich. 2001. SunRich: Recipe ideas (Recipes cards–Leaflet). Hope, Minnesota. 5 panels each side. Each panel: 10 x 15 cm.
• ***Summary:*** A glossy color leaflet sent by Patricia Smith from Natural Products Expo West. 2001. March. All recipes call for Sweet Beans (SunRich's green vegetable soybeans). Address: P.O. Box 128, 3824 S.W. 93rd St., Hope, Minnesota 56046. Phone: 800-297-5997.

12278. SunRich. 2001. SunRich: Premium whole soybeans. Your direct link to nature (Leaflet). Hope, Minnesota. 1 p. Front and back. 28 cm.
• ***Summary:*** A glossy color leaflet sent by Patricia Smith from Natural Products Expo West. 2001. March. On the cover is a large photo of wooden bowl filled with whole dry soybeans, next to soy sauce and cubes of tofu. "At Sunrich we produce and supply Identity Preserved (IP), Non Genetically Modified (Non-GMO) and Organic soybeans."

Soybean varieties for all food applications: Soymilk, tofu, soysauce, miso & natto, nimame, edamame. Address: P.O. Box 128, 3824 S.W. 93rd St., Hope, Minnesota 56046. Phone: 800-297-5997.

12279. Wildwood Natural Foods. 2001. The premier supplier of organic vegetable protein since 1980 (Leaflet). Santa Cruz, California. 3 panels each side. Each panel: 22 x 9 cm.
• ***Summary:*** Leaflet (green, yellow and red on beige) sent by Patricia Smith from Natural Products Expo West. 2001. March. Similar in design to a leaflet released in 1998. On the front panel is a square illustration of green trees growing beside a lake and reflected in its placid water. "our mission is to nourish health and well-being through the promotion of dietary and agricultural change."

The inside 3 pages: Across the bottom half is the light green silhouette of trees. "Wildwood roots (founded in 1980). The westcoast's soy dairy. Tofu: What is that stuff?, get your money's worth, know your tofu, Great, but what do I do with it? Fat from soy oil: Isn't tofu high in fat? Nutritional info for Wildwood Nigari firm style tofu vs. Calcium fortified tofu, medium style.

Panel 5: One recipes plus 18 recipe ideas. Rear panel: Partial list of Wildwood products: Organic firm tofu. Organic medium low-fat tofu. Organic soymilk (plain or honey vanilla). Braised and grilled entrees. [Tofu] Fillets and cutlets: Baked, Smoked, or Agé style, Savory, Teriyaki, Thai, Szechwan, BBQ, or Hawaiian flavors. Vegie burgers: Original, Mexican, or Wild West (Southwestern style). Tofu salads: Dill, Mediterranean, Antipasto, or Firenze. Mid-East Hummus & Baba Ganooj. "For a complete list of Wildwood products, visit our website, www.wildwoodnaturalfoods.com." Address: 1560 Mansfield Ave., Santa Cruz, California

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95062; 135 Bolinas Rd., Fairfax, CA 94930. Phone: 800-499-TOFU.

12280. Andoh, Elizabeth. 2001. Sampling seasonal delicacies, at reasonable prices, in Osaka. *New York Times.* April 1. p. TR6, TR18 (Sunday).
• ***Summary:*** Contains reviews of restaurants in Osaka. Yoshino Sushi offers "plump vegetable rolls stuffed with broth- and soy-simmered koya-dofu (dried tofu).

Shiru Yoshi offers "one tofu kaiseki; each menu is $100 a person. Throughout Japan tofu is not synonymous with vegetarian cuisine. At Shiru Yoshi, it means two of the many courses that feature silky bean curd [kinugoshi; silken tofu]: in the winter a hot pot of tofu and mushrooms with a soy-based dip... and agedashi, a deep-fried block of tofu..." A "succulent chunk of miso-marinated fish was also served" to those who ordered the kobachi kaiseki dinner (literally "feast of small dishes"). Address: Tokyo, Japan.

12281. Ehrenreich, Barbara. 2001. Libation as liberation? Going toe to toe with men is a feminist act; going drink for drink with them isn't. *Time.* April 1.
• ***Summary:*** "Second-wave feminists, meaning those who forged the movement in the 1970s, were, as third wavers never tire of pointing out, just a wee bit on the puritanical side–washing down their tofu with Celestial Seasonings and constantly harping on the danger of date rape."

12282. *SoyaScan Notes.* 2001. Safeway supermarket in California is now carrying many brands and flavors of refrigerated soymilk and rice beverage (Overview). April 2. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Before March 2001 Safeway supermarket in Lafayette, California, had never carried refrigerated soymilk; they did carry 1-2 flavors of soymilk in aseptic cartons, always unrefrigerated and shelved in an unlikely place. Suddenly in March 2001, as part of a major expansion program, Safeway began carrying the following products in two refrigerated locations. (1) In the dairy case next to cow's milk, all in gable-top cartons: Westsoy Plus, vanilla, organic, $3.19/half gallon (equivalent to $1.60/quart). White Wave Silk (calcium enriched), chocolate, vanilla, or plain, organic, $1.89/quart, or $3.29/half gallon vanilla. Rice Dream (rice beverage), vanilla or original, organic, $3.59/half gallon (equivalent to $1.80/quart).

(2) In the Odwalla cooler at the opposite corner of the store near the produce section: Odwallamilk, original, organic in plastic bottles $1.69/15.2 oz, or $1.99/quart, or $3.49/half gallon (equivalent to $1.75/quart). Odwallamilk, chocolate, non-organic, $1.69/15.2 oz. Wildwood Soymilk, real vanilla or chocolate, organic, gable-top cartons, $1.99/quart.

By comparison: Lactaid is shelved next to soymilk in the refrigerated dairy case. Lactaid quarts are $1.99–the same price as Silk. Lactaid half gallons (fat free, low fat, or fat free) are each $3.59–$0.30 more expensive than Silk half gallons and $0.40 more expensive than Westsoy Plus.

12283. King, Paul E. 2001. Work with soyfoods. Founding *The Soy Daily* (Interview). *SoyaScan Notes.* April 24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Paul was born in Hawaii of parents who are Theosophists and vegetarians. His father was a sculptor. Raised a vegetarian, he lived in Hawaii until age 10. Then went to law school but never passed the bar. He worked for 17 years as an administrator at Massachusetts General Hospital–the hospital for Harvard University–so it was very rigorous and professional work.

He is still largely a vegetarian, but now eats seafood. His wife, Gail, is a meat eater = omnivore.

Paul and has wife, Gail (married for about 4 years) are very excited about soy; they published a soy recipe book in Jan. 2000 (also available as an e-book that people can download from their website, or on CD-ROM). On 25 Aug. 2000 they started a website named The Soy Fan Club's Drive-in (www.thesoyfanclub.com). The same website is now also named www.thesoydailyclub.com.

On 13 Nov. 2000 they published the first issue of a bi-weekly e-zine (Web magazine that people pay to download) named *The Soy Daily;* back issues can be found at their website. Membership in the Club, which includes the e-zine, costs $21/year. Before long, *The Soy Daily* was sent out free of charge, and began to be published once a week.

The content of the original *Soy Daily* issues covered research into the soybean itself, and use of soy in a variety of ways including food and biodiesel. Some content about soy farming was always part of *The Soy Daily.*

On 22 Oct. 2000 they began to teaching classes at Northern Essex Community College–Timothy School in Methuen, Massachusetts. They taught two classes a week on Wednesday evenings from 7 to 9 p.m. in this non-credit, adult education, special interest course. They gave soy information, taught recipes for breakfast, lunch, and dinner, and had many soy products to taste. Their first class brought in 6 students. Their largest class was 10 students beginning on 25 March 2001. The class is presently held on 3 Wednesday nights each week.

Paul and Gail got a "scholarship" (free admission) to the Natural Products Expo at Anaheim in March 2001. There they first met many people in the natural foods industry, the most memorable and impressive of whom were: (1) Brenda Oswalt of Dixie USA; formerly an anthropologist, she worked on the "Lucy" dig in Africa. (2) Peter Murry of Iowa Soy in Vinton, Iowa–very friendly.

The second generation of SunSoy soymilk is much better than the first; it has been reformulated. Their four favorite soymilks are: Sunsoy Vanilla, Vendon Cappuccino, Pacific Strawberry, and (as a plain soymilk for cooking)

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Vitasoy Creamy. Address: The Soy Fan Club's Drive-in, 42 Conrad St., Methuen, Massachusetts 01844-2712. Phone: 978-681-6606.

12284. Drosihn, Bernd. 2001. Miso manufacturers in Europe. Changes at Viana (Interview). *SoyaScan Notes*. April 30. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Hiroshi Kozaki and Karl Selgmann who once founded and ran a miso company named Kanta Kozaki have split up. Hiroshi left the company and tried to do some importing and run a wholesale company and Japanese restaurants. Karl still makes miso in a small way, but he never returns phone calls. His company named has changed to Noka Sojamanufaktur GmbH. Bernd tries to buy miso from Noka but they are an unreliable source. He also used to buy from Paul Chapman in England, but he stopped 6-12 months ago. Paul had business troubles, so now he is planning to go to Thailand and to make miso there. Danival in Andiran, France, is now a good source of miso. Bernd is not sure whether or not Sojvita in Austria still makes miso. They are a macrobiotic company. Günter Ebner, who knows a lot about the soy market in central Europe, would certainly know. Yakso has been sold numerous times. Bernd does not know the present owner, but he thinks they no longer makes miso or any other foods; they are now just a brand name.

Bernd is now moving his business to a new location, about 45 km away near Wiesbaum. The move will be completed early next week. The arrival of mad-cow disease in Germany has been a big help to Bernd's company, Viana. The increased demand forced him to construct a new building with greater capacity during the last two years. He is now making both tofu and meat alternatives in the new building. This weekend snack production will start. His fastest growing product line is meat alternatives, followed by tofu and smoked tofu. All over, the demand for tofu is much bigger than the supply–thanks to mad-cow disease. Bernd has doubled his tofu-making capacity and purchased new tofu-making equipment. Address: Founder and president, Viana Naturkost GmbH, Cologne, Germany. Phone: (02233) 41323 or 221-121175.

12285. Bartelme, Hans. 2001. Anruf genügt [One call is enough]. *Bioland* (*Germany*). April. p. 17. [Ger]
• ***Summary:*** If Life Food GmbH, known by its brand Taifun, needs some organic soybeans in a hurry, all they have to do is phone or fax Reinhard and Lebrecht Schneider, who grow their soybeans 10 km west of Freiburg. The beans will be there in 630 kg sacks in a day or so. A small photo shows the two brothers out standing in a field of soybeans. They own a 120 ha farm and belong to the *Richtlinien des Bioland-Verbandes*.

12286. *Bioland* (*Germany*). 2001. Auf Expansionskurs [New expansions]. April. p. 16. [Ger]
• ***Summary:*** Life Food GmbH, known by its brand Taifun, is managed Günter Klein and Wolfgang Heck. The company employs 75 people and makes about 30 products. Because of rising demand, in part from the BSE crisis, the company is now expanding.

Small photos show: (1) The outside front of the company; a sign says "Deliveries." (2) A man and a machine making tofu. (3) Some Taifun products.

12287. Hauck, Stefan. 2001. Soja-Producte: Tofu-Herstellung bei Life Food Taifun [Soy products: Tofu products at Life Food Taifun]. *Natuerlich Vegetarisch* (*Germany*). April. p. 10-11. [3 ref. Ger]
• ***Summary:*** This is an attempt to rebut claims in the previous article in this same issue. Discusses phytic acid, phytoestrogens, and isolated soy proteins. Address: Life Food GmbH, Bebelstr. 8, 79108 Freiburg [Germany].

12288. Mussmann, Regina. 2001. Das vegane Wunder? Soja [The vegan Wonder? Soja]. *Natuerlich Vegetarisch* (*Germany*). April. p. 6-9. [21 ref. Ger]
• ***Summary:*** For some years an international symposium on the "Role of Soy in the Prevention and Treatment of Chronic Diseases" has been held. The 3rd soya symposium took place on 31 Oct. to 3 Nov. 1999 in Washington, DC. This year it will be held in Belgium. This article discusses what it thinks are the dangers of consuming soyfoods based largely on information from the website www.nexusmagazine.com/soydangers.htm.

12289. Tedjasukmana, Jason. 2001. Fatigue in the league. *Time* (*Asia*). May 14.
• ***Summary:*** About soccer in Indonesia: "As long as the generals can entertain friends and snack on fried tofu (a spectator favorite) during matches, why should they change anything?"

12290. Nielsen (A.C.) (IRI). 2001. Nielsen data on tofu in supermarkets, 52 weeks ending May 19, 2001. Chicago, Illinois. 8 p.
• ***Summary:*** Total selected tofu products: $46.214 million. Total units sold: 27.690 million.

Note: We find it very hard to interpret the data in this table. How is it sorted? How does one find or calculate the total tofu sales of a particular company? For some companies (Azumaya) this is clear but for others (Hinoichi) it is not. For those that are clear (in descending order by total tofu sales):

Nasoya $16,016,000. Mori-Nu $8,187,000. Azumaya $6,760,000. Hinoichi $4,164,949. White Wave $1,459,000. Wildwood Natural Foods $881,000. Marjon $877,000. The Soy Deli (Quong Hop) $830,487. Frieda's Finest $824,000 + $209,046. Denver Tofu $551,000. House Tofu $489,000. Kikkoman $393,000. Sun Luck $338,439. LEASA $330,000. Happy Tofu $271,000 + $111,468. Melissa's $245,000.

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Pacific Tofu $222,000. Soy Shop $213,900. Pulmuone $199,000. Mu-Tofu $181,000 Quong Hop & Co. $161,000. Island Spring $154,000. Surata Soyfoods $125,151. Farm Soy Dairy $108,000. Ctl Br. $107,000. Bountiful Bean $92,100. Vitasoy $89,871. Pacific Soy $81,100. Stow Mills $78,526. Banyan Tofu $77,600. Wo Chong $73,189. Harvest Light $70,000. Golden Gate $64,700. Cleveland Tofu $58,200. Panda Farms $54,000. Sacramento Tofu $52,900. China Rose $47,400. Fuji $47,000. Midwest Harvest, $44,000. Fresh Tofu Inc. $39,100. Furama $38,800. Spring Creek $24,400. Calco $7,700. Address: Chicago, Illinois.

12291. Severson, Kim. 2001. Jury is out on benefits of soy. *San Francisco Chronicle.* May 23. Food section. p. 1, 7.
• ***Summary:*** Expresses concern that some Americans may be overdosing on soy. People are going way overboard since the FDA announced that soy reduces the risk of heart disease. Address: Staff writer.

12292. Terman, James. 2001. Update on White Wave's Silk soymilk (Interview). *SoyaScan Notes.* May 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Vanilla Silk was introduced in quart and half-gallon cartons in Jan. 1996; but the word "Vanilla" did not appear on the carton until "Plain" was introduced in July 1998. Chocolate Silk was introduced in quart cartons in April 1996 and half gallon cartons in April 1998. Plain Silk [dairylike, only two-thirds as sweet as vanilla] was introduced in quart cartons in July 1998 and half gallon cartons in April 1999.

Today, half-gallons are outselling quarts; quarts are more of an introductory size. Plain [dairylike] is now the best-selling flavor. White Wave has never sold just plain soymilk with nothing added; moreover, James is not aware of any other major soymilk company that offers such a product.

Silk is doing very well financially; it is quite profitable. White Wave is working to bring their margins up by bringing their costs down, now that they have their own soymilk extraction facility, which will pay for itself quickly. Silk just got into Walmart, which is a huge nationwide account.

General Mills is planning to introduce a soymilk named 8th Continent in July or August. It will be based on soy protein isolates from DuPont's Protein Technologies International and will be sold in quarts (32 oz) and 8 oz plastic (PET) bottles. James has heard that General Mills plans to spend a lot of money putting this new product in dairy cases nationwide.

White Wave plans to introduce Silk in an 11-ounce single-serve PET bottle (chocolate and vanilla) in July 2001.

James is very excited about the future of White Wave's baked tofu; it will be repackaged, it will be cubed to make it more convenient, and new flavors will be introduced. When America really starts to consume tofu, it will be as a baked, flavored, ready-to-eat product–that is very convenient. "We're only one Mad-Cow outbreak away from having tofu sales shoot for the stars." The sleeper is baked tofu; James thinks it could be as big as or bigger than Silk, in part because America consumes more meat than dairy products.

James has just read a very interesting book, *The Cultural Creatives,* by marketing expert Paul Ray. His premise is that these people are not connected or part of any network. Its 55 million people who all think they are unique individuals and mavericks, and don't think there is anyone else like them out there. Its a psychographic, not a demographic, profile. Financially they range from just below the very poor to just below the very wealthy. But they are not materialists and they do not subscribe to the consumer society or worldview. They are careful consumers. Address: Vice President–Marketing, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301. Phone: 303-443-3470.

12293. FutureHarvest. 2001. Research gives birth to Nigerian soybean industry: Tofu becomes a hunger fighter and cash earner for women farmers and entrepreneurs (Web printout). *www.scienceinafrica. co.za /may /tofu.htm.* May. Printed 27 Aug. 2009.
• ***Summary:*** The article begins: "Ask any farmer in central Nigeria which local food crop is good for her children, puts cash in her pocket, and enriches the soil, and she'll probably say 'soybean.' Then ask her how she prepares it, and she'll likely say 'as tofu.'

In just over two decades, Nigeria–the continent's most populous country (est. 148 million in 2007)–has become Africa's largest producer of soybeans and soy products. In the year 2000 Nigeria harvested about 500,000 tons of soybeans, a 20-fold increase in just over 20 years. That crop, which was valued at US$85 million, "was used to produce a variety of traditional dishes, as well as processed foods such as soymilk and specially formulated foods to help malnourished infants and children."

"A near-perfect crop: 'Soybeans are a near-perfect crop for a country like Nigeria,' says Lukas Brader, director general of the International Institute of Tropical Agriculture, IITA, one of the 16 Future Harvest centers. 'Nutritionally, they carry twice the protein of meat or poultry and contain all eight essential amino acids needed for childhood development. Soybeans are also good for the environment,' Brader says. 'Because they evolved in Asia, they are far less vulnerable to local insects than African bean crops and require fewer insecticide sprays. They also fix atmospheric nitrogen, which reduces the need for farmers to purchase fertilizer.'

"Best of all, they are affordable. In Nigerian markets, soybeans cost about one-fifth as much as other forms of protein, including dairy and fish, and are easier to store and transport. "'Those are big advantages for a crop,' Brader says. 'But to get to that stage, our researchers had to produce an entirely new plant type that could cope with high disease

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pressure, compete with parasitic weeds, and grow in African soils.'

"'Basically, our plant breeders had to redesign the crop,' he says. IITA soybeans, he notes, are two to three times more productive under Nigerian conditions than U.S. and Asian varieties.

"Funding for the research, some US$20 million, was provided by the members of the Consultative Group on International Agricultural Research (CGIAR), building on seed money provided by Canada's International Development Research Centre (IDRC)."

"My Second Husband: 'Soybean has been a godsend for Nigeria,' says Professor Dele Fakorede, an agricultural expert based at Nigeria's Obafemi Awolowo University. 'Our farmers are earning good money, our small industries are prospering, and our children and young mothers are benefiting from a locally-made, protein-rich food.'

"Nigerian women would seem to agree. In Benue State, a major soybean producing area in the central part of the country, women farmers often describe the crop as their 'second husband' because it helps to pay school fees and medical bills.

"'Soybeans are making it possible for a lot of women to earn their own way and achieve a greater degree of independence than ever before,' says Fakorede.

"While the new plant types have made it possible to expand soybean farming across large parts of the country, most observers agree that what sparked production was the development of soy-based food products, including a West African version of tofu. It was a Japanese researcher, Osamu Nakayama, who got the idea to use tofu as a substitute for *wara,* a traditional but expensive kind of local cheese, says Brader. 'And, of course, there were skeptics.'

"'A lot of people had doubts that we would succeed or that tofu would ever be accepted by Nigerian consumers,' Nakayama says, 'but eventually we succeeded in making a good *wara* substitute using soymilk and local plant extracts.' Nakayama worked at IITA as part of a scientific exchange program sponsored by the Japan International Cooperation Agency (JICA).

"The idea, Nakayama says, came from watching what local village women did to prepare food for their families. 'We learned a lot through simple observation and by asking questions about traditional methods, he says.' Nakayama's 'wara-tofu' is similar in appearance to farmers' cheese or firm yogurt and has a taste and texture that's only slightly different than Asian-style tofu. Local cooks say that it is easily incorporated into traditional recipes and costs about a third as much as wara made from cow's milk.

"Today, the demand for tofu and other processed soy foods is growing at an annual rate of 20 percent, fueling a major cottage industry in rural Nigeria. A follow-up report by researchers at Nigeria's University of Ibadan points out that children who grow up in soybean-producing communities are generally healthier and suffer less malnutrition than the average Nigerian child. Improved nutrition, researchers believe, also helps to limit the spread of HIV/AIDS.

"In the places where soybeans are grown, roughly 40 percent of the income earned by women is thought to be derived from soybean production or processing. Thus far, nearly 100,000 Nigerians, three-fifths of them women, have been trained in soybean production and in the preparation of soy products by local NGOs, hospitals, and church groups working in cooperation with IITA and various government agencies.

"Currently, about 140 soy-based food products have been developed for use in Nigeria."

A color photo shows a Nigerian woman, in traditional dress, holding a plate filled with pieces of fried "wara-tofu."

12294. **Product Name:** Spinach Tofu Pastry Pockets.
Manufacturer's Name: Gindi Gourmet Foods, Inc.
Manufacturer's Address: 1845 Range St., Boulder, CO 80301. Phone: (303) 472-9177.
Date of Introduction: 2001. May.
Ingredients: Incl. tofu, spinach.
How Stored: Shelf stable.
New Product–Documentation: Spot in Vegetarian Journal. 2001. May/June. p. 24. "Tasty pastries."

12295. JICA (Japanese International Cooperation Agency). 2001. Tofu production in Nigeria. *Japan Close-Up.* May. *
• ***Summary:*** Describes how Osamu Nakayama (a Japanese) in Nigeria learned how to use the process for making *wara* (unripened Nigerian dairy cheese) to make tofu.

12296. May, Thomas Garvey. 2001. Chef to the stars: Akasha Richmond's entrees have been served at Hollywood's most exclusive events. And now they are available at frozen food sections at naturals stores everywhere. *New Product Review* (*Boulder, Colorado–A Penton Publication*) Spring. p. 1, 3, 20.
• ***Summary:*** Akasha has been called a chef to the stars who eat healthy. She met Michael Jackson in 1982, while working at the Golden Temple, a well-known restaurant. The two just clicked from the day they met. She describes the pop star as a "real person." When she traveled with Jackson, she was part of his inner circle. His personal jet would whisk them away right after the show and fly them to the next town. At the hotel, she'd find the kitchen and see what kind of work needed to be done. It wasn't easy making enchiladas in Czechoslovakia. She always took along plenty of aseptic packages of tofu, masa, and a tortilla press. She loved to cook in Asia, where she'd get up at 6 o'clock to be at the local produce market early. She learned from chefs everywhere she went and was very impressed with Chinese cooks who could create delicious medicinal food–when needed. Going on several tours and working as a private chef

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for Jackson opened a lot of doors for Akasha. She has catered dinners for Al Pacino, Penny Marshal, Michael J. Fox and Madonna. She has been the tour chef for Barbara Streisand and for Rick Springfield.

She is in the process of developing a line of premium frozen foods–"Chef Akasha's Entrees."

Akasha grew up in a "food-obsessed family" in Miami, Florida. She learned from both her grandmothers, and her mother grew sprouts in the kitchen and made her own bread. Akasha was working in a health food store by the time she was in high school. By age 17 she was baking cakes with honey instead of sugar.

She moved to California for better beaches, better health food stores, and an opportunity to study art in college. During college, she took a semester off to work at a vegetarian restaurant. Since then, her passion has changed from painting to food. She believes strongly that "healthy food should never have to taste bad."

A sidebar shows her four favorites: Food, meal to cook (vegetarian Thanksgiving dinner), great-tasting healthy recipe, and client (Captain Kangaroo). A large color photo shows Akasha. Address: Palo Alto, California.

12297. Shurtleff, William; Aoyagi, Akiko. 2001. The book of tofu. 2nd ed. Revised. Berkeley, California: Ten Speed Press. 336 p. May. Illust. by Akiko Aoyagi Shurtleff. Index. 28 cm. [321 ref]

• ***Summary:*** The spine has a new look, with dark brown letters on a beige background. At the base of the spine is the Ten Speed Press logo in orange.

This edition contains an updated "Appendix B–Directory of Tofu Makers" (p. 313-316, updated to 22 Feb. 2001). The copyright page and inside rear cover have also been updated; the SoyaScan database now contains 62,000 records. The preface has been expanded. Numerous other small changes have been made throughout the book. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

12298. Vitasoy USA, Inc. 2001. What does the #1 selling tofu do for an encore? (Ad). *Natural Foods Merchandiser.* May. p. 30.

• ***Summary:*** This 8½ by 11 inch color ad shows creamy dressing being spooned over a salad. Plus bottles of five flavors of Nasoya Vegi-Dressing and 3 types of Nayonaise. "Nasoya: We're putting tofu on America's tables." Address: One New England Way, Ayer, Massachusetts 01432. Phone: 1-800-4-Nasoya or www.viatsoy-usa.com.

12299. Kanai, Atsuko. 2001. Working with Fuji Seiyu to introduce new Japanese-style frozen tofu products to the USA (Interview). *SoyaScan Notes.* June 11. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Fuji Seiyu is a Japanese oil milling company that got interested in soy protein products in the 1970s. They have strong research on soy protein and on developing soy protein products, but they do not have strong marketing or distribution in the USA; that is Mutual Trading Company's forte. So Mutual began working with Fuji Seiyu to bring their ready-to-eat frozen tofu products to the USA, introducing them first to Japanese restaurants in Dec. 2000. Her concept was to sell "authentically Japanese" tofu products that were not easily replicated by American manufacturers. Fuji Seiyu has dozens of such products; Mutual is test marketing only a few. This is one of Mutual's priority food lines in 2001. Eventually Atsuko would like to get one or more of those items into large natural foods retailers.

Atsuko sends two leaflets which describe eleven products in this "Miyako Tofu Course Series." For each is given: A photo of the finished product, the item number, pack size, product name and description in English and in Japanese (*hiragana*), and price per case, pack, and serving. The following products are sold: (1) Fukkura Ogon Tofu: Golden fried tofu puff. (2) Veggie-Fish Tsutsumi: Tofu stuffed squares patty. (3) Gomoku Inari: Vegetable medley squares patty. (4) Yuba to Yasai no Cabbage Tsutsumi: Yuba and tofu stuffed cabbage. (5) Ajitsuke Inari: Inari sushi pocket. (6) Yawaraka Ganmo: Tofu vegetable patty. (7) Yuba Shumai: Yuba and tofu shumai. (8) Vegetable Kinchaku: Tofu vegetable pouch. (9) Koimo Kinchaku: Tofu taro pouch. (10) Shrimp Yubamaki: Tofu shrimp roll. (11) Vegetable Yubamaki: Tofu vegetable roll. Address: Mutual Trading Co., Inc., 431 Crocker St., Los Angeles, California 90013. Phone: (213) 626-9458.

12300. SPINS. 2001. SPINscan data on tofu in the natural / health food market, 12 months ending April 2001. San Francisco, California. 32 p.

• ***Summary:*** (1) Top ten brands–Natural products supermarkets. Tofu–Ranked by dollar sales. Total US. 1. White Wave ($6.7 million). 2, Nasoya, 3. Wildwood Natural Foods. 4. Mori-Nu (Morinaga). 5. Soy Deli (Quong Hop). 6. Smoke. 7. Soy Boy (Northern Soy). 8. Dae Han. 9. Tree of Life. 10. Island Spring ($421,642). Note: The top ten tofu brands have total annual sales of $22.76 million.

(2) Top ten items–Natural products supermarkets. Tofu–ranked by dollar sales. Total US. 1. Nasoya tofu extra-firm organic 16 oz. ($1.96 million). 2. White Wave Tidal Wave tofu organic 16 oz. 3. Nasoya tofu firm organic 16 oz. 4. White Wave baked tofu Italian organic 8 oz. 5. White Wave baked tofu Sesame Peanut Thai Style organic 8 oz. 6. White Wave baked tofu Oriental Style organic 8 oz. 7. Wildwood tofu organic 20 oz. 8. Mori-Nu Tofu Lite Extra Firm 12.3 oz. 9. White Wave tofu WP hard organic 16 oz. 10. Mori-Nu Tofu Lite Firm 12.3 oz. ($531,257).

(3) Dollar share by subcategory. Tofu–Natural products supermarkets. Total US. Unseasoned tofu: 62.4%. Seasoned

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tofu 37.6%. Seasoned tofu has grown by 6.3% over the past year compared with the previous year; unseasoned has grown by 1.5%.

Seasoned tofu subcategory–12 months ending April 2001.

(4) Top ten brands–Natural products supermarkets. Seasoned tofu–Ranked by dollar sales. Total US. 1. White Wave ($3.878 million). 2. Wildwood Natural Foods, Inc. 3. Soy Deli. 4. Smoke. 5. Soy Boy. 6. Tree of Life. 7. Small Planet. 8. Sunergia. 9. Dae Han. 10. Nasoya.

Unseasoned tofu subcategory–12 months ending April 2001.

(6) Top ten brands–Natural products supermarkets. Unseasoned tofu–Ranked by dollar sales. Total US. 1. Nasoya ($4.77 million). 2. White Wave. 3. Mori-Nu. 4. Wildwood Natural Foods. 5. Soy Deli. 6. Island Spring. 7. Dae Han. 8. Hinoichi. 9. Spring Creek. 10. Pulmuone.

(7) Brand within total tofu category rank. Total US projected data. 1. White Wave ($6.69 million). 2. Nasoya. 3. Wildwood Natural Foods. 4. Mori-Nu. 5. Soy Deli. 6. Smoke. 7. Soy Boy. 8. Dae Han. 9. Tree of Life. 10. Island Spring. 11. Hinoichi. 12. Spring Creek. 13. Small Planet. 14. Pulmuone. 15. Soy Power. 16. San Diego Soy Dairy. 17. Fresh Tofu. 18. Rosewood. 19. Sunergia. 20. Surata Soyfoods. 21. Ota 22. Denver Tofu. 23. Central Soy Foods. 24. Jack and the Beanstalk. Address: San Francisco, California.

12301. Kanai, Atsuko. 2001. How sushi came to California, and how edamamé came to be served there with the sushi (Interview). *SoyaScan Notes*. June 14. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Mutual Trading Company (MTC) was started in 1926 in Los Angeles (LA), as a co-op for Japanese immigrants who wanted to consolidate their purchases. It was located at 803 East 1st St., three blocks east of central Little Tokyo. During the 1950s, Noritoshi Kanai, Atsuko's father, exported to MTC from Japan. Then in 1964 he came to America and joined the company. Since that time MTC's forte has been the restaurant trade. Back in the 1960s, Mr. Kanai, thinking about how to best introduce Japanese foods to Caucasian Americans, realized that the retail channel was too difficult; it takes too long (25+ years), makes it hard to introduce authentic Japanese food without "Americanizing" it, and cooking authentic Japanese foods is too challenging for average Americans. It would be much easier and faster to introduce Japanese foods through the restaurant trade because then the Americans could taste the foods that had already been prepared and served, in the way they were intended to be, by Japanese chefs.

The story goes back to the 1960s and a man named Harry Wolff, Jr. Harry was a huge man ("He looked like Santa Claus."), Jewish, and a confectionery food broker. Mr. Kanai and Mr. Wolff met at a fancy food show. Mr. Wolff asked Mr. Kanai what he sold. The answer: Rice crackers, and thin honey & sesame biscuits. Mr. Wolff observed: "To be successful in the United States, you have to have a good doctor, a good lawyer, and a good Jewish friend. I am a Jewish broker and I know all the distribution channels, so I'll become your friend and team up with you." He helped Mr. Kanai to sell his high-quality honey & sesame "Harvest Cookies" imported from Japan. Together, they made a little fortune. Then competing American companies, such as Nabisco, got smart and started importing cheaper versions from Taiwan–which ruined Mutual's cookie sales.

So in 1966 Mr. Kanai and Harry Wolff decided to take a trip together to Japan to look for something else to sell. They stayed at a hotel in Tokyo and one day they went to a sushi bar across the street. Mr. Kanai explained that most Americans don't like the raw fish in sushi, but Mr. Wolff was intrigued by both the sushi and the rapport that he built with the sushi chef. In typical American restaurants, you never even see the chef. At the end of the week, as they were preparing to leave Tokyo, Mr. Kanai was surprised to receive a bill for 100,000 yen, which was a lot of money in those days. Mr. Wolff had returned to the sushi bar every day, fell in love with sushi (including the raw fish), and learned a lot about it. The 100,000 yen turned out to be an excellent investment for Mr. Kanai; it confirmed his belief that Americans could be taught to love sushi.

Returning to America, Mr. Kanai worked to expand the sushi restaurant trade, geared to both Japanese and Caucasian Americans. The first sushi bar in Southern California was Kawafuku restaurant, started in 1966 in Little Tokyo, Los Angeles. It was owned by Mr. Nakajima and the chefs were Mr. and Mrs. Shigeo Saito. They made a fortune of $30,000. Upon returning to Tokyo, they started a sushi restaurant in Ginza. Word of Kawafuku's success spread quickly in Japan, starting a flood of young Japanese sushi chefs to the USA.

Soon a second sushi bar opened on mid-Wilshire Boulevard, then a third in Santa Monica. Mr. Kanai worked on the sushi retail trade–which took longer to reach takeoff.

Why did sushi spread so quickly in the USA? From the consumers viewpoint, it's a novel cultural experience which is both interesting and fun–rapport with the chef. The food tastes great, is not easy to make at home, and is healthy. From the business viewpoint, it is profitable and requires special skills which are difficult for others to copy.

To make sushi, a restaurant needs three types of things: Hardware (special knives, graters, mats, etc.), food ingredients (nori, wasabi, shoyu), and a sushi master. Mr. Kanai began to imported these from Japan. Originally, only the special sushi rice was available in the USA; Kokuho Rice was developed in 1963 for Koda Farms by Dr. Williams of the University of California at Davis.

Company records show that on 30 July 1966 Mutual Trading imported its first edamamé (2 cases) from Japan as a test, for sale to Japanese restaurants. However there was

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no connection between the 1966 trip to Japan for sushi and the 1966 test import of edamamé. On 1 July 1970 edamamé first appeared in Mutual's restaurant catalog. In 1977 Mutual started to import edamamé from Taiwan, in addition to Japan.

The popularity of edamamé in the U.S. is directly related to the rise in popularity of Japanese food–especially sushi. Many Asian cultures eat soy products, but only the Japanese eat soy as a snack in the vegetable form–as edamamé.

In general, Americans regard sushi as a unique food genre, separate from Japanese food. Before the 1970s, Japanese restaurants in America were visited by Japanese-Americans who were familiar mostly with Kansai/Kyoto style sushi such as Inari-zushi, maki-zushi, and oshi-zushi. They were not familiar with the Edo/Tokyo sushi-bar style of raw-fish sushi. During the 1970s sushi bars in America grew as Japanese businesses in various fields set up offices in Southern California. The Japanese businessmen brought Americans into sushi bars and Japanese-Americans began to become familiar with raw fish.

America's sushi boom began in California in Sept. 1980, when the very popular TV miniseries and epic drama *Shogun,* based on the novel by James Clavell, sparked a great interest in traditional Japanese culture among Americans. With the sushi, they drank Japanese beer (especially Sapporo big bottle) and saké. In America, beer is usually served with peanuts. But, true to tradition, Japanese restaurants served edamamé, free of charge, with the beer. "It was a mass sampling of the edamamé without people having ordered it! So the success of sushi, Japanese beers, Japanese saké, and edamamé, are all tied in together."

In 1985 in the White House, sushi was served as hors d'oeuvres at an official presidential dinner; Ronald Regan was president.

On 27 May 1993 Mutual began to distribute its first edamamé grown in the United States–from Minnesota Edamamé. But there were two big problems with this Minnesota product: (1) the soybeans were the wrong kind, grown for oil extraction and feed, rather than the large-seeded vegetable types; and (2) the harvesting equipment damaged the pods, and some of the beans evens fell out. So the edamamé that Mutual received from Minnesota were not very good quality. After 3-4 shipments, MTC discontinued the product.

Another very important issue is the varieties; today Mutual carries only two edamamé varieties, imported from Taiwan and China. The beans are sweeter, bigger, prettier than most other varieties. Moreover, the flavor changes from one soil type to another, and from year to year.

Another issue is freshness. In Japan, edamamé have traditionally been harvested at their peak of flavor (the whole soybean plant is pulled up by the roots), and sold fresh, with the pods still on the branches/stems, and the plants bundled together, roots and all. Edamamé in Japan is always served in the pods because the pods (1) seal in flavor, otherwise lost during the boiling process, and (2) seal in nutrients, also lost in boiling. In fact, some high-class restaurants in Japan serve boiled edamamé, still on the branches–emphasizing their "very fresh" status. Today, during the summer season, most edamamé consumed in Japan are still sold fresh. But during the other three seasons, virtually all are imported frozen.

Commercialization of *fresh* (not frozen) edamamé is impossible in such a large country as the USA because edamamé has only a 3-day window during which it must be picked to be at the peak of flavor–according to MTC's edamamé purchasing manager. If picked before that time, the beans are too small; after that time they start to lose their tenderness and sweetness.

Of the three types of things needed to make sushi, the hardest to find was good sushi masters, so several years ago a Sushi Academy was started in Venice, California, near LA, by Mr. Toshi Sugiura, who owns Hama, a very successful sushi restaurant next door. The California Sushi Academy (phone: 310-581-5272) has courses for both professionals (6 months) and amateurs (weekends) and is very successful. Address: Mutual Trading Co., Inc., 431 Crocker St., Los Angeles, California 90013. Phone: (213) 626-9458.

12302. Vitasoy USA Inc. 2001. Announcement of Yvonne Lo's retirement (News release). 400 Oyster Point Blvd., Suite 201, South San Francisco, CA 94080. 1 p. June 14.
• ***Summary:*** "Vitasoy USA President and CEO Yvonne Lo has resigned effective June 30, 2001. Yvonne's brother, Winston Lo, executive chairman of Vitasoy International Holdings, Ltd., will assume Yvonne's position and responsibilities until a new CEO is selected." Address: South San Francisco, California. Phone: (650) 583-9888.

12303. Tofu Shop Specialty Foods, Inc. 2001. Wholesale price list. Arcata, California. 1 p. June 15. Front and back. 28 cm.
• ***Summary:*** Contents: Fresh tofu, water-pac tubs (firm nigari, regular calcium [sulfate], soft calcium). Fresh bulk tofu–institutional (firm nigari, regular calcium). Baked tofu–retail or institutional (marinated cutlets, sausage patties, Mexi patties, vegie patties). Smoked tofu–Smoked Stiks (original, BBQ, spicy). Fresh soymilk (natural, chocolate, ginger, vanilla). Tofu salad and spreads (eggless egg, basic everyday spread, garlic 'n dill everyday spread, sweet pickled beet dip, hot habañero carrot dip, smoked tofu spread).

Accompanying this price list are the following new and colorful self-adhesive labels: Organic Tofu (Regular, Firm, or Soft). Soymilk (Vanilla or Chocolate). Tofu Shop: Fine tofu products. Crafted in small batches from whole, organic, GMO-free soybeans. Also the following numbered vegetarian "Favorite seasonal tofu recipes": 1. Wild mushroom and asparagus frittata. 2. Tofu egg foo young.

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3. Tofu 'ricotta' salad. 4. Creamy miso vinaigrette (with tofu). 5. Hunan style tofu. 6. Tofu turkey with herbed bread stuffing. 7. Almond orange cake (one layer). 8. Tofu apple sausage. Address: 65 Frank Martin Court, Arcata, California 95521. Phone: 707-822-7401.

12304. Slater, Niger. 2001. Tofu at the top. *Observer* (*London*). June 17. p. F50.
• ***Summary:*** Nigel Slater does not like tofu, but he's willing to give it a try. "Tofu, dou fu, bean curd, call the stuff what you will, has never exactly been on my shopping list." Slater quotes from a new book titled *Sichuan Cookery,* by Fuchsia Dunlop, the BBC's East Asia specialist. Note: Chengdu is the capital of Sichuan province.

"In most Chengdu markets the standard white bean curd is available in several consistencies; there is also smoked bean curd in thin, firm slabs with a honey-brown surface, glossy chunks of firm bean curd which have been simmered in five-spice broth, large squares of 'bean curd skin' [probably yuba], sausage-shaped rolls of bean curd with an Edam-like texture, tender flower bean curd and ripe-smelling fermented bean curd in chilli sauce."

Slater notes that in Chinese grocery shops in England, one can generally find three kinds of tofu: Firm tofu, smoked tofu, and silken tofu (slithery, "with the texture of a gently quivering custard, and the non-flavour of spring water").

He gives two recipes from two different books: Fuchsia Dunlop's home-style bean curd (with "500g block of bean curd"), and Vatcharian Bhumichitr's tahu goreng (with "4 blocks soft bean curd, each about 5cm square"). The latter recipe comes from *Vatch's Southeast Asian Salads.*

12305. Bauer, Michael. 2001. Terrific tofu: Greens' skewers banish bland from the menu. *San Francisco Chronicle.* June 20. p. B1-B8. Living / Health & Fitness section.
• ***Summary:*** Tofu brochettes have been on the menu at Greens (Fort Mason, California) since it opened more than 20 years ago. Gives the recipe and secrets of success.

12306. *Bild am Sonntag* (*Germany*). 2001. Aufsteiger Soja: Jetz steckt die Bohne schon in Wurst, Schinken, Aufstrich und Desserts [Social climber soya: It is now found in sausages, ham, spreads and desserts]. June 24. p. 38. [3 ref. Ger]
• ***Summary:*** This is the Sunday edition of the German photo tabloid "Bild." A photo shows 15 different food products in which soy (usually soy protein isolates) are found. One sidebar is titled: "Tastes delicious and goes fast: Tofu burger with tomato relish." A second titled "Recipes and many tips" introduces the cookbook *Soja, Tofu & Co.,* by Ingrid Schlieske.

12307. *ADM Nutrition & Health Update* (*Decatur, Illinois*). 2001. Health effects of phytosterols. 3(1):1-4, 6. June. [35 ref]
• ***Summary:*** Plant sterols or phytosterols are to plants what cholesterol is to animals; they are both key components of plant cell membranes. More than 40 different phytosterols are known to science, but relatively few are found in significant amounts in foods (incl. sitosterol, campesterol, stigmasterol) and all have a chemical structure similar to that of the cholesterol. This structural similarity is probably the reason that plant sterols lower serum cholesterol in humans, with the added advantage of "demedicalizing" the reduction.

Phytosterols are found mainly in oilseeds, nuts, and vegetable oils. Soybeans and whole soyfoods are good sources of phytosterols; 1 cup of tofu has about 40 mg of phytosterols. Yet only a small percentage of that ingested is absorbed. Whereas 40-60% of dietary cholesterol is absorbed, less that 5% of dietary phytosterols is absorbed by most individuals.

12308. *Soyfoods Canada Newsletter.* 2001. Who is buying soyfoods in Canada? June. p. 3.
• ***Summary:*** In Sept. 2000 Flamaglo Food Consultants commissioned a study by Omnitel on the market for soy products. The study was basically a national telephone interview with 2,000 Canadians, randomly selected. The data was provided by Francis Lo.

Findings: Tofu was the most popular soy product; about 25% of the sample had tried it during the past 12 months. About 18% of the sample had tried soymilk and less than 7% had tried soy-based meatless patties or sausages. Only a small percentage had tried soy ice cream.

In general: About 40% of the sample had consumed one of the above four products in the last 12 months. Most current users live in metropolitan areas with a population over 500,000. The higher the person's income and/or the higher their income, the greater their use of soyfoods. Current users tend to be female.

12309. Drosihn, Bernd. 2001. Genetically engineered soybeans and soyfoods in Europe (Interview). *SoyaScan Notes.* July 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In Europe, soybeans are still not familiar and not many are grown in Europe, so no European government would say to the population that they should eat more soy protein or make a health claim like that from the FDA in late 1999. Most of the soybeans now used to make foods in Europe come from South America or China; no more than 10-15% are grown in Europe. Imports from the USA and Canada have dropped dramatically because of the issue of genetically engineered (GE) soybeans.

For consumers, it has become a question of image; the image of North American soybeans is very bad in Europe. "Our customers ask us, 'What kind of soybeans do you use?' If we say that we use American or Canadian soybeans,

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then they will not trust our tofu." Even though Bernd makes his tofu from organic soybeans, he regularly tests all the soybeans he uses. He generally finds less than 1.01% are GE. Europe is definitely ahead of the USA in their awareness of GE issues.

Note: Since President George W. Bush took office, Europeans seem to be increasingly upset with U.S. unilateralism on a wide range of issues, from global warming to missile defense. They seem to be venting their frustration in the way they buy soybeans as well.

Talk with Jim Skiff, President of U.S. Soy, LLC. 2001. July 23. Jim has repeatedly observed exactly what Bernd described above. European consumers are upset with and distrust the USA; they reflect that in the way they buy soybeans. The U.S. government continues to try to force the Europeans to purchase our soybeans, which just makes matters worse. They don't understand the basic law of marketing–you have to give consumers what they want.

Christian Nagel no longer makes soyfoods; he now buys his tofu from Sojafarm (Lothar Stassen, Trechtingshausen, in central Germany). Tempeh is a very, very small product in Europe; not many companies currently make it.

In September Bernd plans to visit White Wave in Colorado. Address: Founder and president, Viana Naturkost GmbH, 54578 Wiesbaum / Vulkaneifel, Germany. Phone: +49 06593-99670.

12310. Dillman, Erika. 2001. The little soy book. New York, NY: Time Warner. xiii + 190 p. Index. 15 x 16 cm. [58 ref]
• ***Summary:*** Contents: Introduction. 1. It's soy time. 2. Why eat soy? Health benefits of soy? Soy foods: Soy milk, soybean oil, soy sauce, soy meat alternatives, tofu, tempeh, miso, whole soybeans, edamame, soy nuts, soy nut butter, soy sprouts, soy ice cream, soy yogurt, soy cheese, soy flour and grits, textured soy protein (TSP), soy protein concentrate, soy protein isolate, hydrolyzed vegetable protein, infant formula, lecithin, natto, yuba, soy fiber, Cooking with soy (recipes). Notes [references]. Resources [Directory]. Glossary. Address: Seattle, Washington.

12311. Stein, Joel. 2001. Millions of women weep. *Time.* Aug. 6.
• ***Summary:*** Joel Stein wanted to propose to his girlfriend over a casual dinner, so he "made her a big tofu dinner in our studio apartment." Then he woke her up.

12312. Gonzalez, Yvonne. 2001. The L.A. Tofu Festival in Aug. 2001 (Interview). *SoyaScan Notes.* Aug. 23. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** At this year's Los Angeles Tofu Festival, Yvonne was the only non-Asian on the Festival Planning Committee. At least 25,000 tickets were sold, which was an all-time record. At the Festival, she ran the cooking demonstration and she spoke on the stage about the benefits of tofu and the different ways that tofu can be served. Jane Valdez, the Anchor woman for news on Channel 9 TV in Los Angeles, is Mexican-American, bi-lingual, and a vegetarian. She encouraged viewers to attend this year's L.A. Tofu Festival in both English and Spanish. She later went on the Hispanic TV stations and again encouraged viewers to attend. She told people they could eat healthy hot dogs, tacos, burritos, even Chorizo burritos, everyone's favorite. This year more Hispanic food was served at the Festival. El Burrito, a restaurant served a very popular soy chorizo, called Soyrizo. Also, several tofu manufacturers and restaurants offered burritos, tacos, tostadas, quesadillas, and a salsa with tofu. People buy scrip tickets for $1.00 (which benefit Little Tokyo Service Center) then use them to pay for the foods. At the cooking demo, for one scrip ticket you get to taste the dish, to watch the chef, and to take home a copy of the recipe. Manufactures give free samples of tofu and tofu products. Tofutti is also given away free of charge.

Each year, more and more Hispanics and Spanish-speaking people come to the festival. Each year more and more bilingual Spanish-speaking volunteers sign up. For example, Mr. Olympic, who is from Chile, was a Master of Ceremonies one of the two stages at the Festival for the third year. He eats lots of tofu every day. Literature goes out in both languages saying that he is going to be at the Festival.

What was Yvonne's feeling about her participation in the Festival this year? "It's wonderful. Each year it gives me an opportunity to reach out to more people, and I also learn so much. I love the service to others. That's what it's all about."

Next month Yvonne will be going to Costa Rica where she will translate for a spiritual teacher and teach people on the Caribbean side of the country about tofu. Address: 6029 LaPrada St., Los Angeles, California 90042. Phone: 213-254-1712.

12313. Nordquist, Ted. 2001. Making tofu the hard way in Cheboksary, Russia (Interview). *SoyaScan Notes.* Aug. 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Ted has just returned from two weeks (Aug. 4-18) in Russia working as a volunteer consultant to Soya-Ch [pronounced SOYA-chee], a small tofu company in Cheboksary, which is a city of about 340,000 people situated on the Volga River about 650 km east of Moscow–a 14-hour train ride from Moscow. "They were great people and I had a wonderful time." He was sent there by ACDI/VOCA, a volunteer overseas organization that uses American tax dollars to send American consultants overseas to help businesses that apply to VOCA for help. VOCA stands for "Volunteers in Overseas Cooperative Assistance." Website: www.acdivoca.org.

The tofu company is: Soya-Ch Closed Joint Stock Company, 42800 Chuvashia Republic, Cheboksary, Kanashskoe shosse, 19, Russia. Phone: 8352/66-93-78 or 66-92-69. Director: Alexeeva Anna Alexandrovna.

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This tofu company was started in 1998 by Alexeeva, a woman who had previously been hospitalized with severe digestive problems. The doctors couldn't figure out what her problem was; she was near death. Fortunately, her closest friend had read about soy, so in the hospital she stopped consuming dairy products and started eating soyfoods. Her symptoms quickly disappeared, which proved that she was lactose intolerant. As soon as she got out of the hospital, she started a company making tofu. She is now director and she hired her husband, Alexeev Vaycheslav Konstantinovich, as deputy director, and the son of her closest friend as marketing director. They have 32 employees and make about 17 tonnes (metric tons) of tofu a year–which is not very much.

They have two Russian-made SoyaCow USM-150 semi-continuous systems. Each SoyaCow produces 150 liters/hour of soymilk, so the two lines produce about 300 liters/hour. The equipment is very poor quality (it does not use the airless cold grind process so the soymilk has a beany flavor) and the process by which they make tofu is extremely slow and inefficient because their instruction manuals are so poorly written. Each line makes only about 16 kg/hour of tofu. The equipment is made illegally in Russia with no supervision or license from ProSoya Inc., Raj Gupta's company in Canada.

Soya-Ch produces plain tofu and five types of flavored or seasoned tofu (with raisins, dried apricots, caraway, sea tangle or laminaria {*konbu,* a type of sea vegetable}, or salt). They call their tofu "soy cheese" and consumers buy it and use it like cheese. They typically slice it and serve it on bread; it is never pan-fried, deep-fried, sauteed, stir-fried, etc. It retails for about 30% less than dairy cheese–which is its most important selling point in Russia.

The company's total tofu production is about 15,000 kg/month; over 80% of this is plain tofu, which is sold in bulk to a dairy which uses the tofu as an extender for their low-fat dairy cheese. Of the remaining 20%: (1) About 30% is sold as plain tofu 125 gm packs; (2) About 50% is sold as flavored tofu (five flavors) in 125 gm packs; and (3) About 20% is sold as flavored soy cottage cheese dessert in 125 gm round cups.

To make the soy dessert: Place whole raisins or bits of pre-chopped dried apricots in the bottom of a curding vat. Run hot soymilk into the vat in three stages, adding one-third of the total nigari coagulant at each stage. The soymilk flowing into the vat stirs both the fruits and the nigari; no paddle is used for stirring. The fruit distributes itself evenly distributed throughout the curds–naturally! While the soymilk is finishing its coagulation, line a second perforated vat with a cloth pressing sack. Ladle the curd-fruit mixture into the pressing sack; whey will begin to drain out through the holes in the vat. When the sack (and vat) is full, lift the sack out of the barrel and hang it in a cold place over a drain or basin to catch the dripping whey. For best results, hang the sack in a walk-in cooler with a strong fan to hasten cooling and extend the shelf-life of the finished product. Package the fruit-sweetened curds in 125 mg cups. Serve cold as a ready-to-eat dessert. No added sweetener is needed. Ted found this latter product to be very innovative and interesting.

The company sells its tofu at all 42 supermarkets in Cheboksary, and they deliver it in their own refrigerated trucks. They do not make any soymilk for sale as such because of the expense of packaging; however they may sell a small amount in bulk. Financially, they are doing quite well.

It was very easy for Ted to show them how to make tofu correctly, and how to make many additional new products such as flavored tofu, soy yogurt, and soymilk. After Ted's visit, they plan to make soy yogurt using a 140 liter/hour yogurt plant from Israel. They expect to be able to make and sell soy yogurt for 25% less than dairy yogurt. Ted advised them to price the soy yogurt at the same price as dairy yogurt, but to periodically put it on sale at 20-25% off–a Western marketing trick! When they introduce the product, or introduce it to a new store or chain, have it on sale for one month. Then, 2-3 times per year, for one month at a time, have it on sale for 25% off; at those times, try to have demo in as many stores or chains as possible. When introducing new flavors, have the product on sale.

One big problem in Russia is the Sanitation Board. Each new product a company makes must get a permit from this department, but only after they have started to make the product. The product is then sent to Moscow where a bureaucrat must give it his stamp. "The one thing they seem to like most in Russia is stamps." Address: TAN Industries, Inc., 49 Stevenson St., Suite 1075, San Francisco, California 94105-2975; 660 Vischer Ct., Sonoma, CA 95476. Phone: 415-495-2870.

12314. Jacobi, Dana. 2001. Amazing soy: A complete guide to buying and cooking this nutritional powerhouse, with 240 recipes. New York, NY: William Morrow. An imprint of HarperCollins Publishers. xiv + 364 p. Aug. Index. 24 cm. [50 ref]

• ***Summary:*** Contents: Introduction. Ingredients and techniques. Breakfast. Smoothies and drinks. Dips and starters. Soups and breads. Salads and dressings. Wraps, burgers, and savory pies. Pizzas and pastas. Stews, casseroles, and chilis. Steaks, chops, skewers, and meat loaf. Stir-fries and curries. Seafood. Mainly vegetables. Desserts. Sources. Bibliography.

Kinako (roasted soybean powder) is called for in the recipe for Cinnamon toast (p. 59). Address: Food writer, New York, NY.

12315. Kimura, Takuji "Tak." 2001. Change in edamame sales trend. In: T. Lumpkin, ed. 2001. Second International Vegetable Soybean Conference. Pullman, Washington:

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Washington State University. 202 p. See p. 67-70.
• ***Summary:*** This is the outline of a speech that edamame pioneer "Tak" Kimura presented at the Second International Vegetable Soybean Conference. It begins with a brief history of his work to introduce edamame to the USA.

Contents. How and why I was forced to sell precooked edamame. Difficult start. One person made a big difference. Defining two types of processors (1. Buys fresh from domestic growers. 2. Buys frozen, uncooked from importers). Sales performance. Different forms of edamame (4 basic forms {in the pods–regular or organic; shelled–regular or organic}, 16 SKUs). Four different types of packaging. Choosing processors who import frozen edamame–the people that I represent. Advantages of edamame processor over restaurant or catering. Types of accounts to serve (7). Types of freezers and coolers (3). Which department to promote edamame to. Competitive situation. Future of edamame.

Twelve years ago, sushi was becoming popular on the West Coast of the USA. As a food broker, Tak gained a majority of the major accounts, such as Club type accounts, Cash 'n Carry, and wholesalers. They sold sushi in the cooler section. Tak was always afraid of what would happen if these food sellers started to make fresh sushi on their premises. But that is exactly what happened–so he lost the majority of his accounts.

He then began to search for a substitute product or products. He spent the next 4 months doing library research, where he found: Sales at natural and health food stores had been growing on average at 25% a year since 1989. Foods made from soybeans (especially tofu and soymilk) made a big contribution to these sales. Many of the larger companies in this industry were not nationally recognized. The new product that Tak was looking to introduce must meet seven criteria: 1. No identical product on the market. 2. No big companies can get involved. 3. No preservatives, additives, chemical additives, or artificial coloring. 4. No irradiation or ozone. 5. No big investment required. 6. Quick and easy to prepare at home. 7. Delicious, and good for one's health.

Precooked edamame (green vegetable soybeans in the pods) could meet all the criteria.

Sales performance: Sales of edamame from 1994 to 1999 were double that of the previous year (100% increase). This was due to additional distributors, to the introduction of imported products, and to sales in new regions. In 1999 there was a tremendous increase in sales after the FDA announced that soybeans can help prevent heart disease. Not only were there even more distributors, but sales per square foot at existing retailers jumped tremendously. In Oct. 2000 organic edamame from China arrived on the U.S. market; this also contributed to an up-swing in sales. In early 2001 shelled edamame (podless) arrived on the market, again causing sales to increase, but at the same time causing some market swings. Sales of edamame (in the pods) decreased, while sales of shelled edamame increased at existing retailers. This yo-yo phenomenon lasted for about 6 months until the market share stabilized at about 60% for edamame and 40% for shelled edamame–yet total sales were still increasing. With the 2001 crop, organic edamame (both in the pods and shelled) have come to market; this will cause another sales increase, yet they will compete with U.S. grown edamame. In short, there has been a tremendous increase in edamame sales and consumption since 1999–yet the same has been true for other soyfoods, and especially for soymilk. That will continue as new sizes and new products are introduced. Address: Kimura & Associates, Food Broker, Concord, California. Phone: 925 687 2422. Fax: 925 687 5279 e-mail: kimura@astound.net.

12316. Mai, Pham. 2001. Pleasures of the Vietnamese table: Recipes and reminiscences from Vietnam's best market kitchens, street cafés, and home cooks. New York, NY: HarperCollins Publishers. xii + 242 p. Aug. Illust. (Photos by Martin Jacobs, some color). Index. 24 cm.
• ***Summary:*** This is a marvelous, very original book, with real passion for food and cookery and a deep curiosity on this subject and desire to learn. It overflows with warmth, devotion, and kindness, and is full of insights about Vietnam, its food, and most of its best cooks–street food cooks. Here we see the origin of the modern restaurant and its chefs. Contains more than 100 authentic recipes and many black-and-white photos.

The Vietnamese eat fresh herbs like vegetables. The Hmong are one of Vietnam's ethnic groups.

The ancestors of today's Vietnamese migrated south from southern China in about 1500 BC. By the 2nd century BC they had annexed the country and introduced their system of government, Confucianism, and Buddhism. Over the centuries they introduced their food traditions–stir-frying, eating with chopsticks, steaming, and such ingredients as soy sauce, tofu, noodles, and ginger.

Vietnam is often divided into three culinary regions: the fertile south, the cooler central region, and the harsh, mountainous north–which suffered most from recent American war.

Important ingredients include: Bean sauce (tuong hot). Hoisin sauce (sot tuong). Soy sauce (nuoc tuong {liquid}; Brands–Pearl River Bridge, Kikkoman. Although not used as widely as fish sauce, soy sauce is a common seasoning in vegetarian and stir-fried dishes).

Soy related recipes: Vietnamese bean dipping sauce (tuong goi cuon, with ¼ cup fermented whole soybeans {tuong hot}, p. 28). Soy-lime dipping sauce (nuoc tuong pha, with 1/3 cup soy sauce, preferably light Chinese style sold under the brands Kim Lan, Bo De, or Pearl River Bridge, p. 29). Sweet soy sauce with chilies and ginger (nuoc tuong den ot, with 3 tablespoons sweet soy sauce, p. 30, 37). About soy sauces (light, dark, and sweet, p. 37. Kikkoman is considered

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light. There are two types of dark soy: One, also called "black soy," contains molasses and is thick. The other, called sweet soy sauce, is even thicker and sweeter).

Tofu, tomato and chive soup (canh dau hu he, with 6 ounces soft or medium tofu, p. 74). About fermented black beans [fermented black soybeans] (tau xi, an ancient Chinese seasoning, also called salted black beans, are sold in 1-pound plastic bags, paper cartons, or earthenware jars. The author prefers Yang Jiang Preserved Beans with Ginger by Pearl River Bridge).

Chapter 7 is "Return to the grandmotherland: Vegetarian favorites and meatless recipes." Of her beloved grandmother (now age 102) she writes: "When my grandfather died years ago at an early age, my grandmother was forced to raise seven kids by herself while running the family plantation. That twist of fate turned her into a vegetarian, in part because vegetarianism is a form of merit-making" (gaining merit, duoc phuoc). "In doing so, one's wishes would be granted. In my grandmother's case she prayed for the well-being of her children." "Many Vietnamese are vegetarians who practice vegetarianism on one level or another... With the shortage of animal protein and the pervasiveness of the Buddhist influence in the culture, it is not uncommon to find many Vietnamese dishes eaten in two ways–*man* (with meat) and *lat* (without meat). Indeed almost every meat dish in this book can be made vegetarian."

Vegetarian recipes (p. 185-99, with tofu unless stated): Salad rolls with jicama, peanuts and basil (bo bia chay, with 1 {6 ounce} piece tofu and 1 tablespoon soy sauce). Salad rolls with tofu and mushrooms. About tofu and *tau hu ky* [yuba or dried yuba sticks]. Cucumber and tofu salad (goi chay). Vegetarian pho noodle soup (pho chay). Vegetable curry (ca ri chay, with 2 pieces dried bean curd skin [yuba]). Spicy lemongrass tofu (dau hu xa ot). Rice noodles with stir-fried vegetables (bun chay). Vegetarian claypot rice with ginger (com tay cam chay). Black mushrooms with bean threads in claypot (nam kho). Water spinach with tofu (rau muong xao). Twice-cooked eggplant with garlic and basil (ca tim xao rau que).

Warm soymilk with pandanus leaf (sua dau nanh, with 1 pound dried soybeans made into fresh soymilk, p. 220-21). The headnote to this interesting recipe begins: "I grew up on soy milk, but never thought of making it fresh until I started going back to Vietnam. There, fresh soy milk is sold at markets and on street corners early in the morning and late at night. Sometimes I can walk into a market and just sniff my way to a soy milk vendor. I definitely have a nose for *sua dau nanh,* especially if its been flavored with pandanus leaf."

Glossary (p. 223-32) includes: Bean sauce (*tuong*). Fermented black beans (*tau xi*). Fermented soybeans (*tuong hot*). Hoisin sauce (*sot hoisin,* incl. soybean purée). Peanuts (*dau phong*). Tofu (*dau hu*).

About the author (with portrait photo on inside rear dust jacket): She was born in Vietnam and raised in both Vietnam and Thailand. She fled Vietnam "just days before Saigon fell to Communist rule on April 30, 1975. We left with the clothes on our backs, fighting our way through the pandemonium at the airport before climbing aboard a plane that would fly us to safety." Six years ago she ventured back to Vietnam for the first time–to be with her grandmother (and give her a modern wheelchair) and to eat *pho.* Her inaugural tour to Vietnam in 2000 was televised internationally by CNN, and was frequently rebroadcast on United and Delta airlines. She has returned about once a year since then, for the same reasons but also to learn about the food and cookery from the best cooks in the country–at market stalls, not fancy restaurants. She is now chef and owner of the acclaimed Lemongrass Restaurant in Sacramento, California. She also writes and teaches. Her first book, *The Best of Vietnamese and Thai Cooking* was published in 1996. Address: Chef and owner, Lemon Grass Restaurant, Sacramento, California.

12317. *Nutrition Business Journal* (*San Diego, California*). 2001. Regional distribution depth proves key to success for Wildwood Natural Foods: Organic Growth in San Francisco Bay Area sets up a next stage of national distribution in soy and tofu. 6(5/6):25-26. Industry Overview [Aug.].
• ***Summary:*** Wildwood, which reached $8 million in revenues last year, has continued to grow at 18-20% a year. The company (incorporated in 1980) become the third largest selling tofu through the natural foods channel in the USA. This is remarkable since Wildwood products are distributed only on the West Coast.

Wildwood presently operated 13 direct distribution routes that run 3 days a week throughout the Bay Area. All of the company's products are fresh, refrigerated, and ready to eat. Most are also organic. About 70% of Wildwood's sales are natural foods stores but the remaining 30% are to some mainstream markets in the Bay Area to which it also distributes, such as Andronico's, Molly Stone's, and 30 Safeway supermarkets. A sub-distributor, Rock Island Foods, distributes Wildwood products as far north as Medford, Oregon. Additional sub-distributors in Portland (Oregon), Seattle (Washington state), and Southern California, expand Wildwood's reach to include most of the West Coast.

Wildwood is now in the process of raising money to build a new and larger factory in the South Bay to expand production and enable the company to expand eastward–with the eventual goal of going nationwide.

Soymilk is the company's best-selling product, followed by plain tofu. Soymilk also shows the fastest growth.

12318. Saia, Rob; Cook, Byron; Terry, Michelle. 2001. The joys of soy: Recipes from the heartland. Topeka, Kansas: Kansas Soybean Association. 39 p. No index. 22 cm.
• ***Summary:*** Contents: Appetizers & dips. Marinades and sauces. Salads & dressings. Entrees. Breads. Breakfast/brunch. Vegetables. Desserts & drinks. Address: Kansas

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Soybean Assoc., 2930 S.W. Wanamaker Dr., Topeka, Kansas 66614. Phone: (785) 271-1030.

12319. Shurtleff, William; Aoyagi, Akiko. 2001. The book of tempeh: A cultured soyfood. 2nd ed. Revised. Berkeley, California: Ten Speed Press. 176 p. Aug. Illust. by Akiko Aoyagi Shurtleff. Index. 28 cm. [374 ref]
• ***Summary:*** This revision has completely new front and rear covers, designed and illustrated by Akiko. It contains a completely new "Appendix B–Directory of Tempeh Makers" (p. 157-58, updated to 16 June 2001). The page "About the Authors" (autobiographical) has been updated, and the original photographs have been replaced with more recent ones–reflecting the fact that Bill and Akiko separated in Nov. 1993 and their marriage ended in May 1995.

The last page, "Soyfoods Center," has been updated.

On page 176 is "The Best of Vegetarian Cooking from Ten Speed Press" (descriptions of eight cookbooks, with price and ISBN).

The inside rear cover has been updated, and now includes current information about: (1) *Tempeh Production,* a book published by Soyfoods Center about how to start and run a company making tempeh on any of four scales and budgets in North America, and on either of two scales in tropical developing countries. (2) *Tempeh and Tempeh Products: Bibliography and Sourcebook,* published by Soyfoods Center. (3) SoyaScan, the unique computerized database produced by Soyfoods Center. This database now contains more than 62,000 records from 1100 B.C. to the present, and more than 76% of all records have a summary / abstract averaging 146 words in length. A description of the four different types of records (published documents, commercial soy products, original interviews and overviews, and unpublished archival documents), and the number of each type, is given.

The title page, copyright page, and table of contents have been redesigned and updated to give the book a much more contemporary look. Other small changes have been made throughout the book. Still contains 130 vegetarian recipes–both western and Indonesian.

Ten Speed Press gave this book a new ISBN: 1-58008-335-8. Yet despite the many changes described above, the authors preferred not to have this called a "new edition" or "revised edition." Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

12320. Shurtleff, William; Aoyagi, Akiko. 2001. The book of miso: Savory, high-protein seasoning. 2nd ed. Revised. Berkeley, California: Ten Speed Press. 278 p. Illust. by Akiko Aoyagi Shurtleff. Index. Aug. 28 cm. [223 ref]
• ***Summary:*** This revision has completely new front and rear covers, designed and illustrated by Akiko. It contains a completely new "Appendix D–Miso Manufacturers in the West" (p. 255, updated to 10 May 2001). The page "About the Authors" (autobiographical) has been updated, and the original photographs have been replaced with more recent ones–reflecting the fact that Bill and Akiko separated in Nov. 1993 and their marriage ended in May 1995.

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12321. **Product Name:** Soyco Tofu [Malaysian Peanut Satay, Chinese Honey Soy].
Manufacturer's Name: Soyco Soyfood Product [Nutrisoy Pty. Ltd.].
Manufacturer's Address: 15 Hannon St., Botany NSW 2019, Australia. Phone: 02-9695-7755.
Date of Introduction: 2001. August.
Ingredients: Malaysian: Organic soybean (55%) (non genetically modified), water, peanut sauce (peanut, onion, chilli, lemon grass, coconut cream, vinegar, garlic, ginger, spices, sugar, salt, modified maize starch), soysauce, sunflower oil, natural coagulant (magnesium chloride).
Wt/Vol., Packaging, Price: 200 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in Aug. 2001. Malaysian: Brown, green, red, orange, yellow and black on beige. "Rich new flavour. Ready to serve hot or cold."

12322. Sweetser, Wendy. 2001. The tofu for health cookbook: Recipes with style and taste. Alexandria, Virginia: Time-Life Books. 144 p. Illust. (color). Index. 25 x 24 cm.
• ***Summary:*** Mostly recipes with lots of full-page color

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photos. Little information about the health benefits of tofu. Not vegetarian. Contents: Introduction: Why tofu? How is it made? Are there different types of tofu? Extra firm or regular tofu, firm tofu, soft tofu, silken tofu. More unusual types of tofu available: Smoked tofu, marinated tofu, deep-fried tofu, do-it-yourself tofu. Buying and preparing tofu. Cooking with tofu. Nutrition and health. 1. Soups and salads. 2. Appetizers. 3. Main dishes. 4. Side dishes and snacks. 5. Drinks and desserts.

Produced and typeset in London by Quintet Publishing Ltd. Manufactured in Hong Kong by Regent Publishing Services Ltd. Printed in China by Leefung Asco Printers Ltd. Address: London, England.

12323. Thym, Jolene. 2001. A twist on tofu: New, tastier food products put the joy in soy. *Oakland Tribune.* Sept. 5. Bay Area Living section. p. 1, 6.
• ***Summary:*** This front-page story contains a long interview with Dana Jacobi, author of *Amazing Soy,* plus a large color photo showing ten different types of soyfoods. The writer has discovered that "there's a whole lot more to soy than plain tofu." A sidebar titled "Name that food" is a glossary including: Edamame, silken tofu, miso, tempeh, fermented bean curd, fried tofu balls, yakidofu, yuba, soynuts, soy sauce, soy milk. Contains four recipes from Jacobi's book. Address: Staff writer.

12324. Lacina, Tom. 2001. Wildwood Harvest Foods, Inc. (News release). Grinnell, Iowa. 1 p. Sept. 20.
• ***Summary:*** "Midwest Harvest Corporation has changed its name to Wildwood Harvest Foods, Inc. as a result of the merger of Wildwood Natural Foods into Midwest Harvest. The resulting corporation remains an Iowa corporation.

"The officers of the corporation are Jeremiah Ridenour–CEO, Tom Lacina–President, Billy Bramblett–Treasurer, and Bill Olson–Secretary.

"Besides Billy Bramblett, Tom Lacina and Jeremiah Ridenour, board members include Dr. Sam Lacina (past Grinnellian and pediatric cardiologist in Grand Rapids, Michigan), Ned Skinner (President of Skinner Agri Products and past CEO of Tone Spices), Van Tunstall (President of The Central Coast Groups and past CEO of a division of McCormick Spices) and Rachel Windsor (Principal of Cybus Capital).

"The Grinnell facility will be built by Septagon.

"Bill Olson will serve as the corporate Secretary and will also maintain a full time practice of law at the Brierly-Charnetski Law Office in Grinnell.

"Francene Coons and Alesia Lacina will sharpen their focus on their educational work as the Soy Sisters. Dave Coons will focus on plant management and new products in the new Grinnell facility.

"Tom states, 'This alliance is a tremendous opportunity for Midwest Harvest as a company. Wildwood brings with it a host of products and a deep understanding of the soyfood industry developed over the past 20 years. Of course, this is also an important step toward developing a strong soyfood industry in the Grinnell area.'

"Get more information at www.MidwestHarvest.com and www.WildwoodNaturalFoods.com." Address: Grinnell, Iowa.

12325. Cybus Capital Markets, LLC. 2001. tecTERRA Fund and Iowa Farm Bureau invest in soy foods venture (News release). Des Moines, Iowa. 3 p. Sept. 21.
• ***Summary:*** "Iowa Agricultural Finance Corporation (IAFC) announces the investment of $3.3 million by its tecTERRA Food Capital Fund in Wildwood Harvest, Inc., a soy foods company created on August 24, 2001 by the merger of Wildwood Natural Foods (Fairfax and Santa Cruz, California) and Midwest Harvest, Inc. (Grinnell, Iowa). Iowa Farm Bureau Federation will make a concurrent investment of $700,000 in Wildwood Harvest.

"According to Cybus Capital, the investment manager for the tecTERRA Fund, proceeds of this investment will be used to build and equip a new 20,000 sq. ft. soy food manufacturing facility in Watsonville, California, into which all California operation will be consolidated. The new enterprise combines the operation of a leading West Coast brand of organic tofu and other soy foods with Midwest organic soybean supplies and a fast growing Midwest tofu line, under the Midwest Harvest brand name. The new company plans to add a complete array of dairy analogs to its product line and is dedicating the Grinnell production to those new line additions.

"This transition marks the tecTERRA Fund's first investment in rapidly growing functional foods sector–the soy foods market. Industry analysts suggest that annual soy food sales will exceed $6 billion by 2005. Wildwood Harvest expects to more than triple its annual soybean usage from the present 30,000 bushels. After completion of the initial expansion plans, the company will employ about 75 people in the California division and 25 people in the Iowa division.

"'We have created a business that will link the growers of highly valued, organic soybeans directly to an exciting retail market,' said Jeremiah Ridenour, CEO of Wildwood Harvest. Ridenour, who along with Billy Bramblett was instrumental in the formation and growth of Wildwood Natural Foods in Santa Cruz and Fairfax, California, and Tom Lacina, the founder of Midwest Harvest, an Iowa farmer and President of Wildwood Harvest, decided to pool their companies' interests and merge in order to take advantage of the strengths of each firm in capturing a share of the national market for organic soy-based foods.

"'We already have access to high quality genetics, the best soil and climate for soy cultivation, central location and the space to expand our food production here in Iowa. It just made sense to work together to reach a larger market,'

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commented Lacina.

"Ridenour, Bramblett and Lacina noted an immediate match between the companies through their shared mission to nourish human health and well being through the promotion of dietary and agricultural change. The merged company will continue the use of the Wildwood Natural and Midwest Harvest trademarks.

"Duane Acker, Chairman of the IAFC, noted that this first soy foods investment by the tecTERRA Fund demonstrates Iowa's leading position in the changing face of American agriculture. 'Iowa's annual soy harvest is second to none in quality and volume. This new venture draws attention to Iowa's commitment of remaining a leading agricultural state and creating the opportunities for Iowa farmers to participate in fast growing markets.'

"The IAFC is a farmer-owned investor in Iowa-based, value added agricultural business, especially ventures involving agricultural producers in ownership or other benefits of growth. IAFC was started with a $25 million load from the state of Iowa and created the tecTERRA Food Capital Fund to invest in value-added processing and biotechnology business.

"The tecTERRA Food Capital Fund is a unique blend of public and private capital providing growth capital for value-added agricultural processors and biotechnology. Its current portfolio consists of Rudi's Bakery (Boulder, Colorado), now operating the first commercial, organic bakery in North Liberty, Iowa; Sioux-Preme Packing Co. (Sioux Center, Iowa), a specialty pork processor and Stauffer Seeds (Omaha, Nebraska), a leading developer of transgenic corn hybrids for recombinant protein production with plans to build a parent seed facility in Iowa, tecTERRA is dedicated to investing a high-growth, consumer driven, food processing and biotechnology businesses for the benefit of both agriucultral producers and equity stakeholders.

"The Iowa Farm Bureau Federation in an Iowa non-profit corporation organized on March 15, 1921. It is a limited partner of tecTERRA and has a strong history of providing capital to support Iowa-based agricultural companies. The Iowa Farm Bureau is associated with the American Farm Bureau Federation. The primary goal of the American Farm Bureau Federation is to improve net farm income and the quality of life of farmers, ranchers, and other rural residents through education and representation with respect to public policy issues.

"Cybus Capital, a leading Midwest merchant-banking firm with a focus on the food chain, value-added agriculture and allied industries, is the general manager of the tecTERRA Food Capital Fund. Headquartered in Des Moines, Cybus maintains offices in Denver, Colorado, Sacramento, California, and Portland, Oregon."

For more information, contact William A. Summers.

Note 1. IAFC is a farmer-owned investor in Iowa-based, value-added agricultural businesses, especially ventures involving agricultural producers in ownership or other benefits of growth. IAFC was started with a $25 million loan from the state of Iowa and created the tecTERRA Food Capital Fund to invest in value-added processing and biotechnology businesses.

Note 2. The tecTERRA Food Capital Fund is a unique blend of public and private capital for value-added agricultural processors and biotechnology. The Fund is dedicated to investing in high-growth, consumer-driven, food processing and biotechnology businesses for the benefit of both agricultural producers and equity stakeholders.

Note 3. The Iowa Farm Bureau Federation in an Iowa non-profit corporation organized on 15 March 1921. It is a limited partner of tecTERRA and has a history of providing capital to support Iowa-based agricultural companies. The Iowa Farm Bureau is associated with the American Farm Bureau Federation.

Note 4. Cybus Capital is a leading Midwest merchant-banking firm with a focus on the food chain, value-added agriculture, and allied industries. The general manager of the tecTERRA Food Capital Fund, Cybus, is headquartered in Des Moines, Iowa, and also has offices in Denver, Colorado, Sacramento, California, and Portland, Oregon. Address: Des Moines, Iowa.

12326. Jacobi, Dana. 2001. The new Soyfoods Council (Interview). *SoyaScan Notes.* Sept. 22. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Dana will know more about this new organization after next week, when she attends the Soyfoods Council's one-day seminar at Kendall College in Evanston, Illinois, near Chicago. The seminar is intended to attract chefs, foodservice personnel, and some registered dietitians. The emphasis will be on sensory education of different soyfoods for professionals. Dana's impression is that the United Soybean Board has woken up and realized that they don't really understand how to pitch soyfoods to the press/public. So they hired Linda Funk, a smart woman who was head of public relations (PR) for the Wisconsin Milk Marketing Board, which is one of the best of the commodity boards. She is now installed as executive director working out of the offices of the Iowa Soybean Promotion Board in Urbandale, near Des Moines, Iowa. She has been working since last January to create an organization from the ground up, that would be like the California potato board or the pork council, etc. They will have a mission, and programs. But they do not have a real budget. The Iowa Board pays Linda's salary but does not fund her programs; so she has to do the fund-raising one program at a time.

In December Linda plans to do a program at the Culinary Institute of America (CIA) in St. Helena, California, about soy targeting chefs.

At Kendall College, Toni Sakaguchi, an Asian-American woman from the CIA in St. Helena, gave an excellent

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demonstration and used tofu in several recipes. Address: New York City.

12327. Bramblett, Billy. 2001. Wildwood Natural Foods and Midwest Harvest merge to form Wildwood Harvest Foods, Inc. (Interview). *SoyaScan Notes.* Sept. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** On 24 Aug. 2001 Wildwood merged with Midwest Harvest, a small tofu company in Iowa. The new company is named Wildwood Harvest Foods, Inc. but they don't plan to "pump up that new name very much." They are an Iowa corporation, and as a result they got some investment from the state of Iowa, from a fund that is managed by the tecTERRA fund. Iowa is the biggest soybean producing state in America, and also the biggest commodity state. That's a problem, because they are on "the low end of the food chain" as it were. So the mandate of this fund is to help Iowa companies turn Iowa commodities into value-added products. Cybus Capital Markets manages the tecTERRA fund. Thus Wildwood was able to obtain Iowa public money because they agreed to make this an Iowa corporation, located in Iowa, and because Tom Lacina is an Iowa farmer, and because the company was doing at least $5 million in sales–which is why Midwest Harvest needed Wildwood.

Farm Bureaus now do a lot of investing, with the goal of giving their member farmers shares of companies that use the state's farm crops. "We're really trying to live our mission statement." Tom Lacina, who runs Midwest Harvest, is very sharp, and he has a very sharp brother, Dr. Sam Lacina, who is a pediatric cardiologist in Grand Rapids, Michigan. Billy will send a news release by an investment firm that also came into the deal. Paul Orbuch and Frank Rosenmayr are no longer with the company; their shares were purchased for cash by Tom Lacina and his brother, Sam, so that there are now still four shareholders, each owning 25% of the company.

The new company will retain both the existing brand names (Wildwood Natural Foods and Midwest Harvest–they are still "brand building") and the existing products. Tom Lacina built his tofu factory on his organic soybean farm. The new company plans to build another tofu-making facility on 10 acres they bought at the Grinnell Industrial Park, located south of Grinnell, Iowa–about 3-4 miles from the Lacina farm. Zoning and other issues prevented the larger tofu plant from being built on the Lacina farm.

Last week from California (Billy, Jeremiah, and their wives) went to Iowa for the initial board meeting. The wives went because "this is really a family deal." The new board of directors consists of several investment people, the four principals/owners (Jeremiah Ridenour, Billy Bramblett, Tom Lacina, Dr. Sam Lacina), Van Tunstall (former CEO of McCormick Shilling, who is also on the board of Monterey Pasta and Organic Food Products), plus several other people whose names appear in a second new release. Van Tunstall, who has his own consulting firm, has been helping Wildwood with its strategic planning for the past three years. "He's been around the block many times, and he's a great guy."

There was also a ground breaking in Grinnell, Iowa, last week. The mayor of Grinnell and 65 people showed up. They had stainless steel shovels and construction hats that said "Wildwood Harvest" across the front.

Wildwood has already purchased a building in Watsonville, California. It was originally Ken Miller's Meats, then it was Alfaro's Bakery for many years.

Presently both firms are maintaining their own separate websites, but by the end of this year they will probably have a Wildwood Harvest website, which will link the two separate websites.

Tom Lacina's wife, one of the Soy Sisters, will be part of the company's marketing strategy; they have their own website.

This is how the two groups met: Tom e-mailed Billy about 18 months ago and said that he had seen Wildwood's website and heard about the company. He asked for some advice, since he was just an Iowa farmer who had built a tofu factory on his farm. Wildwood has often wished that it had built its tofu factory on the farm that produced its organic soybeans to eliminate freight bills. Billy e-mailed him back: "You're a genius for doing that; we should have done that a long time ago." Tom responded: "My wife, Alesia, probably wouldn't agree with the 'genius' part." Billy answered: "Hey, my wife's also named Alicia–but spelled differently." Tom answered: "My wife is really a graphic artist." Billy answered: "So is my wife." Tom responded: "I'm really a musician." Billy e-mailed back: "Wait a minute here, I'm really a musician too."

Billy continues: "We knew we had something going at that point, so we traded cookbooks, and aprons. He and his brother-in-law, and her wife (Francene Coons, the other Soy Sister) live on the farm in the other house. All four work on their 320-acre farm and in the tofu factory together. They are all incredibly wonderful people. Tom is an 'A-Type' who can do a thousand things and keep it all going. I have many interests but I've got to take a rest every once in a while. Tom is also a practicing attorney, formally trained in music, plays in church every week. Tom's brother, the cardiologist, had a heart attack at age 40, so now he is an expert on heart health and heart nutrition, and a great admirer of Dr. Dean Ornish. We all had a great time together."

They have been working on the merger since May of this year. The new plant in Iowa should be in operation by early 2001, at which time Wildwood's line of products will start being made and distributed from the Midwest. The distributor will be Blooming Prairie, which is Midwest Harvest's distributor to nine Midwestern states. Wildwood is also looking at wider distribution on the West Coast. They

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have a new sales and marketing person named Pat Deveau; she has been with Nature's Best for the past 8-10 years, is very well connected, and is working on building Wildwood's distribution and broker network.

White Wave will soon become Wildwood's competitor. Billy has known Steve Demos for years. Steve's girlfriend, Cheryl, used to work for Wildwood years ago, before she went to Mountain People's Warehouse.

Wildwood has its soymilk base made in two places: SunRich Northern and Soyfoods of America. Wildwood used to have its soymilk base formulated and packaged at the Morningstar plant (formerly Avocet) in Gustine. Morningstar kicked out Wildwood (for reasons that are not clear) so Wildwood found another co-packer–Heritage Foods, in Santa Ana. Address: Wildwood Natural Foods, 135 Bolinas Rd., Fairfax California 94930. Phone: 415-485-3940 X-47.

12328. NewsEdge Corporation. 2001. Soyfoods companies merge in venture by Iowa Farm Bureau and tecTERRA (News release). Des Moines, Iowa. 3 p. Sept. 24.
• ***Summary:*** Wildwood Natural Foods (Fairfax and Santa Cruz, California) and Midwest Harvest (Grinnell, Iowa) merged on 24 Aug. 2001 to form Wildwood Harvest, Inc. Address: Des Moines, Iowa.

12329. **Product Name:** [Tofu with Vegetables, Tofu Spread with Garlic, Tofu Spread with Sweet Dry Red Peppers].
Foreign Name: Tofu s Povrcem, Tofu Namaz Cesnjak, Tofu Namaz Paprika.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Poljanicki, Prilaz 12, 10000 Zagreb, Croatia.
Date of Introduction: 2001. September.
Wt/Vol., Packaging, Price: Vacuum packed in plastic bags.
How Stored: Refrigerated.
New Product–Documentation: Letter (fax) from Vlatka Kuzmic. 2002. Jan. 12. They started to sell these three tofu products in Sept. 2001. Labels sent by Vlatka. 2002. March.

12330. Carter, Rachel; Kistner, Stephanie. eds. 2001. The soy alternative. Vancouver, BC, Canada: Whitecap Books Ltd. 240 p. Illust. (color). Index. 26 cm.
• ***Summary:*** This is an attractive book, with a full-color photo on almost every other page. However it is edited by a team of people who apparently don't know much about the subject, since it contains many factual errors. It has no real author and many publishers, the main one being Murdoch Books, a division of Murdoch Magazines Pty. Ltd. (Sydney, Australia).

Contents: The soy story. Glossary of ingredients. Soy for breakfast. Breakfast in a glass. Soy for lunch. Soy for Sunday lunch. Soy for vegetarians. Note: The rest of the book is not vegetarian, containing recipes for beef, lamb, chicken, pork, etc. Soy for dinner. Soy for parties. Soy for dessert. Soy at teatime. Cookery terms. Address: 351 Lynn Ave., North Vancouver, BC, Canada V7J 2C4.

12331. **Product Name:** Mori-Nu Creamy Soup Made with Organic Soy [Garden Pea, Corn, Tomato, Butternut Squash]. Renamed Creamy Soy Soup by Oct. 2002.

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Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St. #110, Torrance, CA 90504. Phone: 1-800-669-8638.
Date of Introduction: 2001. September.
Ingredients: Garden Pea: Silken tofu puree (water, whole organic soybeans*, magnesium chloride, calcium chloride), pea puree, celery juice, raw washed sugar, onion powder, salt, carrot puree, corn starch, carrageenan (thickener), garlic powder, sodium citrate, natural flavor, spice.
Wt/Vol., Packaging, Price: 32 fl oz (1 qt) Tetra Brik Aseptic Liter Square carton with reclosable cap and foil pull tab.
How Stored: Refrigerate after opening.
New Product–Documentation: Ad (full-page, color; see next page) in Natural Foods Merchandiser. 2001. "New rich, creamy soups from Mori-Nu. Made with organic soy." Aug. p. 26. "Dairy free. All natural. Available soon." A photo shows the front panel of the four packages. Products (all 4) with Labels and leaflet (color) sent by Morinaga. 2001. Aug. Leaflet: The front is the same as the ad. The back contains Nutrition Facts, ingredients, and bar codes. 4 gm of protein per serving.

Products (4 flavors) with Labels sent by Morinaga. 2001. Aug. Talk with Art Mio of Morinaga. 2001. Aug. 14. This product will first be available in stores in Sept. 2001. The most popular flavor is butternut, and the least popular is pea. The recommended retail price is $3.79/liter, which is higher than that of a similar product made by Imagine Foods. Trader Joe's says that they are cutting back on Imagine Foods' soups because they are not selling well.

Leaflet (glossy color, single sided). "Get rich. Quick. (With Mori-Nu creamy soups made with organic soy)." A photo shows the four flavors and two sizes–1 quart (32 oz) and single-serving 11 oz.

Ad (full-page, color) in Natural Foods Merchandiser. 2002. p. 13. "Super soups." They now come in four flavors: Butternut Squash, Corn, Tomato, and Garden Pea. "4 grams of soy protein per serving. 2 sizes–1 quart and 11 oz single serving. All natural. Non-GMO ingredients. Call 1-800-Now Tofu."

12332. Funk, Linda. 2001. The Soyfoods Council (Interview). *SoyaScan Notes.* Oct. 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The Soyfoods Council was created by the Iowa Soybean Association. Linda began work on 24 Sept. 2000 and she is managing the "edible budget" of the Iowa Soybean Promotion Board (the one with checkoff funds). The "edible budget" comes under the Marketing Committee. She reported to them every time they meet.

Her first soy event was when the Wisconsin Soybean Association asked her to do a foodservice training event, in June or July of this year. She had Toni Sakaguchi come out from Culinary Institute of America (CIA) in St. Helena, California; they have refined the presentation since then. People absolutely love Toni; she is warm, she knows the products and the principles of cooking, and she is a real professional. She is credible and chefs really like learning from her. She had some wonderful beef dishes and fish dishes. She can answer all their questions. "She's been fabulous."

Linda has finished her mission statement, objectives, etc. and is about ready to send out membership letters. When she has members, mostly soy processors and soyfoods manufacturers, then she will figure out how to structure the new organization.

She gets some funding from the Iowa Board and some from the Iowa Economic Development Group–which is interested in adding value to Iowa commodities. Linda has worked with Midwest Harvest (Tom Lacina and the Soy Sisters). One of her missions is to find ways to introduce soyfoods to mainstream America. She hopes to use specific, fun ways, that don't make the foods weird or strange or scary. "Plunking a pound of tofu in front of a soybean farmer won't get you anywhere. We have to find ways to introduce soyfoods by combing them with foods that people know and love. It doesn't have to be vegetarian. It can be a 'combo,' such as tofu and cream cheese; it doesn't have to be 'all or nothing.' For the farmers who are the Iowa Board, I've started making desserts. They have to be believers before they will approve and fund new projects. We've done some very interesting, fun stuff and people are starting to go 'Wow. This can taste good.'" But a few farmers on the board have told her that what she's doing is all fine and cute, but "Don't you dare take the meat off the center of the plate!"

Linda plans to do a seminar at the CIA in St. Helena on December 3-5. Thirty hand-picked chefs from across the USA will attend, and the Soyfoods Institute will pay all their expenses. United Soybean Board will fund that program. Linda has to raise the funds for each event; she had never been a fund-raiser before she accepted this job.

Linda has a two-pronged approach: (1) Mainstream consumers–Figuring out how to help them start introducing soy into their diets. (2) The foodservice channel–including restaurants, onsite (such as corporate dining rooms). She will start by working with the "fine dining chefs," the ones that people look up to for trends and ideas. Then have it be a trickle-down effect. She believes that getting the foodservice industry involved with help in introducing soyfoods to mainstream Americans.

The most recent seminar was at Kendall College in Evanston, Illinois, near Chicago. Toni Sakaguchi of the CIA did a great job. She demonstrated fun ways to start adding soy flour to recipes chefs were already using–to batters and breads, for example. Toni also used tofu in various recipes. The CIA has developed what they call their "flavor principle package" which enables you to apply flavor principles to whatever recipes you are developing.

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Linda is well aware of edamamé; she talked about it this morning on a radio show. She believes in serving edamamé in the Midwest mixed with familiar foods. She served edamamé in the pods to a farmer's group and "they were fascinated by it and thought it was quite delicious." But they are not going to use it as a new type of snack.

Linda grew up on a farm in Wisconsin. Her dad is a farmer. She understands the mentality of farmers. She worked on Wisconsin Cheese for many years. She started with the Wisconsin Milk Marketing Board in 1988 and headed up the foodservice area. One of her main projects was to get American chefs and mainstream Americans to believe that Wisconsin cheese-makers could make specialty cheese that were as good as their imported counterparts.

One discussion with chefs is "Do you scream it on your menu or do you soft-sell it?" Linda strongly favors the soft-sell approach–until people are really comfortable with it. Many people she talks to, from consumers to food professionals, still turn up their nose at soy. If you start probing as to why they think this way, many of them go back to soy in a school lunch program or with hippies.

Linda has been writing a column for the *Iowa Soybean Review,* a publication of the Iowa Soybean Association. She includes recipes, and advises cooks not to tell their family what they are doing until they say "Wow, was this good!" Then you can tell them.

Linda eats Harmony cereal each morning, and finds that many others also like it. Her favorite recipes: (1) Molasses glazed pork tenderloin, with edamame. (2) A combo tofu cheesecake or dessert, with about half cream cheese; it is lower in calories, saturated fat, and cholesterol plus other soy health benefits. (3) Pizza with edamame in the topping; she is working with a commercial frozen pizza company on this. (4) A seven-layer bar with TVP layered and baked (like a granola bar, developed by the Soy Sisters).

Linda has to dispel those preconceptions. Anderson-Erickson in Des Moines came out with the first dairy yogurt that contains soy protein; it's wonderful! The woman who is president of this family-owned business, Merriam Erickson-Brown, is very forward thinking. Linda has done a lot of press on her. The product has been very successful. *Cooking Light* magazine (Birmingham, Alabama) has published many excellent articles and recipes on soy–especially tofu. Jill Melton, their senior food editor, is Linda's friend, and they talk a lot about introducing people to soy. They had a chocolate mousse on the cover of a recent issue. One issue is taking soy out of the "Asian only" category and introducing it into French or Mexican recipes–without making it appear weird or contrived.

A year ago Linda never ate soy; she came from the dairy industry and it was the arch-enemy. She now tells the dairy industry that these two industries can and should work together.

Marv Wilson, who is a fine actor, does an impersonation of Henry Ford, focusing on Ford's work with soybeans. He does this for soybeans farmers, and anyone who asks him. "It's fascinating." Address: Des Moines, Iowa.

12333. Krizstan, Jan. 2001. Update on work with tofu and soybeans in Slovenia (Interview). *SoyaScan Notes.* Oct. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan and Mirko live about 100 km apart in Slovenia. Jan presently earns his living in desktop publishing, working with computers. Mirko lives with his wife, Jan's sister, on a farm, where he makes the best tofu in Slovenia; he has about 75% of the Slovenian tofu market. All his tofu is still made with nigari, which he buys from Natur Garten, located just across the border in Gamlitz, Austria.

Jan plans to move to Croatia (where his girlfriend lives) and start a new company there making tofu and tempeh. There are already several tofu makers in Croatia but Jan thinks the quality of their tofu is not very good; they grind their soybeans with blenders, which is very slow and inefficient.

It is now illegal to import kombu into Slovenia because of the high arsenic levels it contains. Jan believes there are two types of arsenic–good and bad. He thinks kombu has the good type. Kombu is an important ingredient in making seitan. Address: Mestni trg 22/1, 68330 Metlika, Republic of Slovenia. Phone: (386) 068 59 481.

12334. Gonzalez, Yvonne. 2001. Teaching a tofu class in Costa Rica (Interview). *SoyaScan Notes.* Oct. 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** While visiting Costa Rica with a devotee of the Indian guru, Ammachi, Yvonne was invited to teach a tofu class on Oct. 3 at the only public school in the small town of Puerto Viejo, on the Caribbean coast of Costa Rica. The class was a great success. Some of the 43 people who attended were Seventh-day Adventists.

Yvonne began her preparations the day before the class. Her friend, Gia, went to a firm named Earth, located in Limón province. One of the companies that grows organic soybeans in Costa Rica on a large scale, they export large amounts of the soybeans they grow. Gia purchased 100 kg of soybeans from them. Yvonne went to the nearby ocean, got a container full of seawater, filtered it, boiled it until only the solids remained, then used the solids as nigari to make tofu the next day. At Gia's home where she was staying, Yvonne made a batch of tofu and a batch of soymilk. She then used this tofu to make Tofu Ceviché (her favorite tofu recipe, where tofu takes the place of fish; it requires no cooking). She added freshly ground cacao beans to the soymilk to make chocolate soymilk. Then she used the okara in a stir-fried dish.

The next day, she made tofu and soymilk again for the class, using a two-burner electric stove and nigari from the ocean. While the little stove was heating the soymilk, she

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served the three dishes she had prepared the day before. Also Margo, a friend who flew down with Yvonne from Los Angeles, demonstrated (in both Spanish and English) how to sprout and grow soybeans. She grows them in her back yard in Los Angeles. Then Yvonne passed out (free of charge) one kg of soybeans to each of the 30 adults who took the class. The next day, at least four of these adults planted some of the soybeans in their back yards. "The ground is so fertile there that everything grows." They kept the rest for making tofu or cooking.

A number of important local people came to Yvonne's class. First was the mayor's wife. After the class "she wept with happiness–it was so beautiful." She knew what tofu was but she didn't know how to make it. She was so happy to learn that she could feed so many people for so little money using tofu made at their home or congregation. She and her family and many friends are vegetarian, so previously they had to drive 4 hours to the capital, San Jose, to buy their tofu. Of course they also had to pay for the gas and spend all that time.

Second was Carter, a Canadian man who owned the local health food store. Third was Michael, an advanced French chef who owned the local gourmet restaurant named Michael's–as well as a restaurant in Paris. These two businesses cater mostly to European and Canadian customers–who are predominantly vegetarian. These two men drive to San Jose, the capital, once every three weeks to buy tofu–and they often run out of it, as when the local electricity goes out. Fourth was a man who owns a Filipino-Chinese restaurant in town. He hadn't used tofu in any of his dishes because he didn't want to drive to San Jose to buy it. He bought a tofu kit from Yvonne and now he has started to make tofu.

Three people invented and prepared their own dishes at home and brought them to show Yvonne the day after the class. (1) A Costa Rican man of Jamaican descent made a delicious Jamaican hummus using cooked and blended whole soybeans rather than tofu. (2) Carter made his own soymilk, added finely grated coconut to it, then sold it as coconut soymilk shakes; it was delicious, without any added any sweetener. (3) Michael cooked and blended soybeans, then added some other ingredients to make a patty. He fried it then topped it with a creamy garlic sauce to make a "soy steak." He served it to Yvonne, along with other great food, at his restaurant.

Within one week, various people who attended Yvonne's class were selling organic soybeans and chocolate soymilk at the local farmers' market. Some men went to Earth, purchased 100 kg of organic soybeans, divided them up into 1-kg plastic bags, and began to sell them at the farmers' market. One of the ladies who took Yvonne's class (Rachel, an American who is a devotee of Ammachi and has lived in Puerto Viejo for 3 years) decided to make chocolate soymilk and sell it at the market.

In the capital, San Jose, organic soybeans retail for $1.30/kg and wholesale for $1.00. At least three companies make tofu there: Yohann, the well-known Japanese supermarket chain, makes it twice a week in their butcher shop. At least two Chinese markets in Chinatown make 10 kg maximum at least once a week. They sell some of at their markets (stored in cold water in a bucket) and the rest to local restaurants. People known which day each company makes tofu, so they can buy it fresh.

Many foreign tourists travel to Costa Rica. The Japanese go for the deep-sea fish and the bird watching. The most expensive establishments in the capital (restaurants, hotels, the country club) are all owned by Japanese. The Europeans and Canadians go to surf and to party. They fall in love with the country and its virgin natural beauty.

Sam Zaoui, who wants to start a tofu shop in Costa Rica, is a Frenchman presently living in Miami Beach, Florida. A year ago he visited Costa Rica, fell in love with the country, and decided to move there and try to earn his living making tofu. He recently purchased the book *Tofu & Soymilk Production* from Soyfoods Center. William Shurtleff gave Yvonne's phone number to Sam. Sam was unable to locate a source of soybeans; he especially wanted organic soybeans. So Sam called Yvonne after she returned from Costa Rica and was delighted to learn that Earth First grows organic soybeans on a large scale in Costa Rica. Sam also owns a record company in Miami and manages a very popular "roots reggae" band named Johnny Dred; the musicians are Rastafarians who do not eat meat. So when they travel, Sam has to try to find tofu and vegetarian meals for them.

Note: During the last two decades, soyfoods have made major strides in the United States. But they have not begun to realize their great potential in developing countries–such as Costa Rica. Address: 6029 LaPrada St., Los Angeles, California 90042. Phone: 213-254-1712.

12335. Zaoui, Sam. 2001. Plans to start a tofu shop in Costa Rica (Interview). *SoyaScan Notes.* Oct. 20. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Sam was born on 11 Oct. 1972 in France, south of Paris. He came to the USA in late 1989 and has lived in Florida since that time. He owns a record company in Miami Beach and has his own label. He manages a 9-piece band named Johnny Dred (after the lead artist), which plays traditional "roots reggae" music–music with a message, in the Bob Marley style. He distributes his records in Costa Rica.

Sam is planning move from Miami to Costa Rica and to start a tofu shop in Costa Rica. He is thinking of calling it *La Casa de Soya.* He just loves Costa Rica. The people are so nice and the country is so beautiful–like the Garden of Eden. He plans to move his record company and band to Costa Rica with him, so he will then have two occupations and, hopefully, two sources of income. Address: Sam's Family

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Records Inc., P.O. Box 403398, Miami-Beach, Florida 33140. Phone: 305-673-8977.

12336. Brooks, Patricia. 2001. A Japanese cuisine with style & spark. *New York Times.* Oct. 28. p. CT16.
• ***Summary:*** A restaurant review of Yooki Yama ("snow-capped mountain"), 1018 Main St., Branford, Connecticut. The "silk tofu casserole, a Korean dish whose contents were steamy hot and included "custard-soft bean curd cakes" which "floated in a batch of red-hot pepper sauce that made our eyes smart. The tofu was like a sponge, absorbing all the fire of the peppery broth. Wow!" Yooki Yama's owner is Japanese Korean, which explains the spicy hot dishes on the menu.

One of the "recommended dishes" is "Age-dashi tofu" [age-dashi-dofu]–"deep-fried soy bean cakes [tofu] served with a perky ginger scallion dip."

Note: Branford is a seaside town with many lively restaurants just east of New Haven, Connecticut, midway between New York City and Providence, Rhode Island.

12337. Funk, Linda. 2001. Soyfoods: Catch the wave of excitement with soyfoods. Investing checkoff dollars. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 13(1):9. Oct.

• ***Summary:*** Contains a recipe for Creamy lemon-lime tofu cheesecake. A color portrait photo shows Linda Funk dressed in white. Address: Executive Director, The Soyfoods Council, Iowa.

12338. Goldbeck, Nikki; Goldbeck, David. 2001. Eat well the YoChee way: The delicious and easy way to cut fat and calories with natural YoChee (Yogurt Cheese). Woodstock New York: Ceres Press. xviii + 309 p. Oct. Illust. Index. 23 x 19 cm.
• ***Summary:*** This very interesting and original book is about dairy "yogurt cheese," which has a smooth, creamy texture and is easily made by draining fat-free yogurt in a sieve or colander in the refrigerator overnight. For best results, use a yogurt that contains no thickeners or stabilizers, including modified starch, gelatin, or gums, and which has not been pasteurized or heat treated after processing. "YoChee can help you overcome many of today's most pressing dietary concerns–particularly those linked to calcium, fat, and calories.

Though the full-fat product is an ancient one among nomadic people who make yogurt, the name was coined by the authors to refer to its modern nonfat counterpart. Contains 275 recipes. Soy-related recipes include: Mushroom-tofu paprikash (p. 146). A blurb advising use of "genuine soy sauce" appears on pages where soy sauce is called for as an ingredient (p. 53, 85, 111, 146, 186). Address: P.O. Box 87, Woodstock, New York 12498. Phone: (845) 679-5573.

12339. Kohns, Jennifer. 2001. Soy chic in New York City. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 13(1):10-11. Oct.
• ***Summary:*** A visit to chic restaurants in New York City that feature soy on the menu. The name, address, and phone number of 6 restaurants is given. Address: Chef and owner of Lunchbox Catering, Inc.

12340. **Product Name:** Organic Silken Tofu, or Soft Tofu.
Manufacturer's Name: Nutrisoy Pty. Ltd.
Manufacturer's Address: 15 Hannon St., Botany NSW 2019, Australia.
Date of Introduction: 2001. October.
Ingredients: Silken Tofu: Organic soybean (non genetically modified), filtered water, natural calcium sulphate, glucono delta lactone.
Wt/Vol., Packaging, Price: 300 gm pack.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling these products in Oct. 2001. Silken: Orange, purple, green, yellow and red on salmon pink. A color photo shows three slices of silken tofu in a bowl with a white sauce and cut vegetables. Nutrition information is given.

12341. Soyfoods Council and Mushroom Council. 2001. When mushrooms and soy get together–Delicious meals are on the way (Poster). 4554 N.W. 114th St., Urbandale, IA 50032-5410. 1 p. 37 x 57 cm.
• ***Summary:*** A large, attractive poster with recipes for soy and mushrooms, plus one large color photo of Nut-crusted tofu with Szechuan vegetables. Address: Urbandale, Iowa. Phone: 515-727-0796.

12342. United Soybean Board. 2001. National report 2001-2002: Consumer attitudes about nutrition. Seattle, Washington. 8 p. Oct. 28 cm.

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• ***Summary:*** This eighth annual nationwide survey, commissioned by USB, was conducted in July 2001 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 800 consumers. The study's margin of error is ±3.5 percent and has a confidence level of 95%.

Contents: Consumer perceptions of cooking oils. Nutritional concern and habits. Consumer awareness of nutrition terms and information. Consumers on soyfoods and health: Awareness that soy reduces risk of heart disease, where consumers get information on soy and health. Consumers consumption of soyfoods. Media sources and nutritional information. Consumer attitudes about *trans* fatty acids. Consumer perception and knowledge of organic foods. Consumer perceptions of genetically modified food, political and activist organizations, and price increases for labeled foods.

Awareness that soy reduces risk of heart disease: 28% in 1999, 35% in 2000, 39% in 2001.

Percentage of consumers who have tried various soyfoods in 2000/2001: Tofu 45%45%. Soy veggie burgers 41%/40%. Soymilk 25%/28%. Soy nuts 14%/20%. Soy protein bars 11%/18%.

Percentage of Americans that consume soyfoods weekly: 24% in 1999, 27% in 2000, and 27% in 2001. And 42% of Americans consume soyfoods once a month or more.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12343. Watanabe, Koichi. 2001. Re: History of La Soyarie Inc. and list of current products. Letter to William Shurtleff at Soyfoods Center, Nov. 7. 5 p. Typed, with signature on letterhead. [Eng; Fre]

• ***Summary:*** Each page, except the cover letter, has a color heading and is written in two columns, the left one in French, the right one in English. "About us: La Soyarie produces many food products with soya: Tofu (firm, regular, silk), Tofu burger, Soy Nuts, Tofu Nuggets, Vegetarian Pate. We also distribute other products under the following brand names: Yves Veggie Cuisine, Fontaine Sante Foods Ltd., Nutrisoya, Noble Bean. Address, phone, and fax numbers." Mme. Jeanne d'Arc d'Astous is chief administrator.

"Company history: From very modest beginnings, La Soyarie produced its first Tofu in 1978, right in our founder's [Koichi Watanabe's] home kitchen. This product was supplied only to small local health food stores and friends.

"In 1979, we moved into our first real production facility at 25 St. Etienne St., Hull (Quebec). During this period, our production consisted of only 7 batches of tofu a week. Our company had 20 customers, and produced bulk tofu blocks for total sales of $1600 a week.

"La Soyarie was incorporated on the 31st of March, 1982.

"In 1823, La Soyarie Inc. launched new product lines derived from traditional Japanese recipes, and made with tofu: the burgers and nuggets.

"On October, 1st, 1989, the business and offices moved to a brand new location, with 6000 square feet, at 94 Adrien-Robert St. in Hull. From then, the company began to prosper and grow rapidly. We now own the building and use all of its space that is 12000 square feet.

"Today, La Soyarie contracts 13 distributors that serve the regions of Montreal, Quebec and Toronto. We sell to some supermarkets chains and we supply 'Fontaine Sante Foods Ltd', on a weekly basis, for them to make their tofu based products.

"We serve more than 70 other businesses in the Ottawa region: Supermarkets, natural food stores, and some restaurants.

"We use more than 400,000 kg of organically grown Canadian soya beans per year.

"We currently employ 24 persons.

"The name for our company, 'La Soyarie' was selected from the entries in a 'name the business' contest. The winner received a year's supply of tofu.

"The logo represents a soya leaf."

A 1-page list of products shows that the company makes the following: Tofu–Regular water pack, 500 gm. Tofu–Regular vacuum pack, 454 gm. Tofu–Herb vacuum pack, 454 gm. Tofu–Vegetable vacuum pack, 454 gm. Tofu–Silk water pack, 500 gm. Tofu burger fried 300 gm. Miso burger fried 300 gm. Teriyaki burger fried 300 gm. Ganmo burger fried 300 gm. Tofu burger baked 280 gm. Miso burger baked 280 gm. Teriyaki burger baked 280 gm. Ganmo burger baked 280 gm. Imperial burger 150 gm. Oriental burger 150 gm. Nut burger 300 gm (no soya). Pinto burger 300 gm (no soya). Regular tofu nuggets 150 gm. BBQ tofu nuggets 150 gm. Soynuts 250 gm (regular, BBQ, plain, no salt). Tofu cutlets (150 gm, or 300 gm). Vege pate 220 gm (yeast free, no soya). Address: President & plant manager, 94 Adrien-Robert St., Hull, Quebec, Canada J8Y 3S2. Phone: (819) 777-6716.

12344. Golbitz, Peter. 2001. Soyfoods sales experience strong growth in 2000. *Bluebook Update* (*Bar Harbor, Maine*) 8(2):1-2. Fall.

• ***Summary:*** A new report, titled "Soyfoods: The U.S. Market 2001," by SPINS and Soyatech, Inc., in association with Arthur D. Little, Inc., gives data for the year 2000. It shows that the category grew by 21.1% to reach $2.77 billion during the year 2000; sales are projected to grow by 15-25% during the year 2001. Since 1995, dollar volume for the category has grown 250%, with double-digit increases every year. The top five soyfoods categories, accounting for 86.5% of total U.S. soyfoods sales, were: (1) Meal replacement beverages and powders. (2) Energy bars. (3) Soymilk. (4) Meat alternatives. (5) Tofu.

New trends: (1) Consumers are now buying more

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soyfoods products at supermarkets and other mass-market stores than at any other channel; sales here grew more than 30% in 2000. Refrigerated soymilk sales grew more than 500% during 2000, reflecting their new positioning in the dairy case next to dairy milk.

For more information on the report contact SPINS at phone 415-957-4410.

12345. Morinaga Nutritional Foods, Inc. 2001. Get rich. Quick (With Mori-Nu Creamy Soups made with organic soy) (Ad). *Natural Foods Merchandiser.* Nov. p. 13.
• ***Summary:*** This full-page color ad shows a four flavors of Mori-Nu soups (butternut squash, corn, tomato, garden pea) in two sizes (1 quart and 11 oz). "Just heat and serve for 4 to 6 grams of soy protein per serving."

This ad also appeared in the Jan. 2002 (p. 21) issue. Address: 2050 West 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-669-8638 (NOW TOFU).

12346. Wilkinson, Endymion. 2001. Chinese culinary history. *China Review International* (*Hawaii*) 8(2):285-302. Fall. [49 ref]
• ***Summary:*** This article consists of reviews of three books. The first book (p. 285-91) is: H.T. Huang (Huang Hsing-Tsung). *Fermentations and Food Science.* Part 5 of *Biology and Biological Technology,* volume 6 of *Science and Civilization in China,* edited by Joseph Needham. Cambridge: Cambridge University Press, 2000. xxviii, 741 pp. Hardcover. £90. ISBN 521-65270-0. This is an excellent, positive review by a man who is deeply knowledgeable and interested in both Chinese history and Chinese food history. He was European Union Ambassador to China from 1994 to 2001 and author of one of the best books on Chinese history. He begins by noting that this book "goes to the very heart of what makes Chinese food Chinese by tracing the historical development of the chemical basis of the fermentations used in Chinese food processing. Dr. Huang is deeply qualified to write such a study..." He discusses each chapter in order. Concerning chapter (d) on soybean processing and fermentation, he observes: "From the Han to the Tang soybeans were normally cooked into granules (*doufan*) or congees (*douzhou*) and eaten as a staple (*zhushi*). By the Tang, wheat was replacing soybeans, which were increasingly used as a supplemental food (*fushi*)." Because soybeans had an unpleasant beany flavor and required a long time to cook by boiling, the Chinese experimented with other ways of processing them. Sprouting beans (*dadou huangjuan*) had been used as a medicine since at least the Han; soybean sprouts emerged as a foodstuff in the Song. "A form of soybean curd (*doufu* in Chinese, pronounced *tofu* in Japanese) may have been discovered in the Han but it only became a popular foodstuff in the Song (at which time it was imported to Japan by Buddhist monks, who at first called it Chinese curd, *Tôfu*)." Note: The first character, when pronounced *Tô* in Japanese means "China," but when pronounced Tang refers to that Chinese dynasty (618-907) shortly before the Song (960-1279).

"By the Former Han, salted or semi-fermented black beans (*shi;* modern pronunciation, *chi, douchi*) were produced by stopping the fermentation process halfway..." Huang believes that soy sauce made from jiang began to emerge during the Han dynasty but did not acquire its modern name of *jiangyou* (soy sauce) until the Song "(it is only from the Qing [1644-1912] that it became the main condiment and seasoning in Chinese cooking)."

Wilkinson is critical of the series editor for the continued use of Needham's obsolete system of romanization.

The second work is: Xu Hairong, editor in chief. *Zhongguo yinshi shi* (The history of Chinese food and drink). 6 volumes. Beijing: Huaxia Chubanshe, 1999, 4,067 pp. Hardcover. ISBN: 7-5080-1958-X. Since the 1980s, much excellent research has been done on Chinese culinary history, and this 6-volume Chinese-language work sums up much of this scholarship. More than 4,000 pages long (with plenty of illustrations), it is by far the largest history of Chinese food and drink available. Most of the authors are professional historians and several have already made important contributions in this field. A brief analysis of each volume is given. Unfortunately, the absence of an index makes this large work difficult to use as a reference. It is followed by an overview of other valuable works (mostly in Chinese) in the field.

The third book is *The Cambridge World History of Food,* 2 vols. (2000). Wilkinson is sharply critical of this work, both because so little material on Chinese culinary history is presented, and because that material contains so many errors and inconsistencies–examples of which he presents one by one for 4 pages! Address: Harvard Univ. [Cambridge, Massachusetts].

12347. *SoyaScan Notes.* 2001. Chronology of major soy-related events and trends during 2001 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** April 12–Bill Bolduc, founder of Eden Foods and natural foods pioneer, dies in Southern California.

April 17–Martha Stewart, on her popular nationwide TV program *Living,* has a very positive segment on South River Miso Co.

April 18–Richard Rose, a soyfoods pioneer, sells Rella Good Cheese Co. to Tree of Life. He retains his company HempNut, Inc. in Santa Rosa, California. His Hempeh (hempseed tempeh) still contains soy.

May 11–The Kerry Group (of Wisconsin and Iowa) purchases Iowa Soy Specialties, LLC of Vinton, Iowa.

June 12–The Hain Celestial Group acquires Yves Veggie Cuisine (Vancouver, BC, Canada).

Aug. 24–Wildwood Natural Foods (Fairfax and Santa Cruz, California) and Midwest Harvest, Inc. (Grinnell, Iowa)

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merge to form Wildwood Harvest, Inc. Iowa Agricultural Finance Corporation (IAFC) invests $3.3 million in the new company, and the Iowa Farm Bureau Federation (IFBF) invests an additional $700,000. This investment will be used to build and equip a 20,000 square foot soyfoods plant in Grinnell and to remodel and equip another 20,000 square foot soyfoods plant in Watsonville, California.

Aug. 3–Bunge, in its initial public offering (IPO), raises $278 million by floating 23% of its shares on the New York Stock Exchange. Bunge his been a private grain trading company since it was founded in 1818 in the Netherlands by Johann Peter Gottlieb Bunge.

Sept.–SunRich's new soymilk plant in Wyoming starts production. By Nov. the plant is at full capacity and expansion begins.

Oct.–The Coca-Cola Co. acquires Odwalla, Inc. of California for $181 million. Odwalla has annual sales of about $130 million, mostly in fresh, refrigerated juices plus some delectable soy beverages.

Oct. 21–The U.S. National Organic Program and its standards take effect.

Nov. 4-7–Fourth International Symposium on the Role of Soy in Preventing and Treating Chronic Disease held at San Diego, California. General chairpersons and proceedings editors: Stephen Barnes and Mark Messina.

Dec. 10–The Hain Celestial Group, Inc. acquires Lima NV, the leading Belgian natural and organic foods manufacturer and marketer, and its Biomarché operations. Hain appoints Lima's Chairman, Philippe Woitrin, as Managing Director of Hail Celestial Europe. Lima is also a European pioneer in macrobiotic foods and soyfoods.

Dec. 11–Ralston Purina Co. (St. Louis, Missouri, a soy pioneer) is acquired by Nestle SA for $10.1 billion cash; on this date the deal is approved by the U.S. Federal Trade Commission. The new company is named Nestlé Purina. The merger brings together such household names as Ralston's Dog and Cat Chow and Nestle's Friskies cat food and Mighty Dog brands.

Dec. 24–The Federal Trade Commission approves the merger of Dean Foods and Suiza Foods Corp. (which owns 14% of Horizon Organic Dairy). A federal judge throws out White Wave's lawsuit arguing that White Wave has the right to buy back its own stock at the market price before the merger.

In 2001, for the first time in modern history, the USA lost the distinction of supplying more soybeans and soybean products (oil and meal) than all other countries combined. This year it supplied about 46% of the world's soybean exports. South America (mainly Brazil and Argentina) now supply more than 50%. Devalued currencies in Brazil (the *real*) and Argentina (the *peso*), plus the strong U.S. dollar, make it difficult for U.S. exporters to compete based solely on price. To compete in the future, U.S. growers must find a new strategy, which will focus on soybean quality.

12348. *ADM Health & Nutrition Update* (*Decatur, Illinois*). 2001. Continued interest in soy products, according to a recent survey. 3(3):5. Dec. [1 ref]

• ***Summary:*** The following are results from a survey conducted for the United Soybean Board, based upon a nationwide telephone of 800 adults 18 years and older.

Consumers who believe soy oil is healthy 88%.

Consumers who are aware of tofu 82%.

Consumers who are aware of soymilk 78%.

Consumers who use soy products at least once a week 27%.

Consumers who believe soy products are healthy 69%.

Consumers who are aware of specific health benefits of soy 39%.

12349. *SoyaScan Notes*. 2001. Brief history of Swan Gardens, Inc. of Montana and Florida. Part I (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** This history was compiled from talks with various people who worked for Swan Gardens. Dick and Jocelyn declined (May 1994) our offer to answer questions about this history.

Swan Gardens was founded by Dick and Jocelyn ("Joci") McIntyre. Dick was born and raised in Great Falls, Montana. Though he never graduated from college, he was very bright and entrepreneurial. Joci grew up in Seattle, Washington. Dick had received knowledge from one of Guru Maraji's teachers, started to practice meditation, ended up in Seattle at about age 21, and first met Joci, who was already a devotee of Guru Maraji. She was about age 27-29, had 4 children, and was in the process of or had just finished getting a divorce. Not long after they met, Dick and Joci were married, Dick for the first time. They may have lived in a Divine Light Mission community house. In about 1972 Guru Maraji was coming up the coast from Los Angeles to Seattle and his devotees in Seattle were preparing for his arrival and remodeling one of the houses. After Maraji left Seattle, in about 1973 or 1974, Dick and Joci went together to live in St. Ignatius in western Montana. A small town, it is located about 40 miles north of Missoula in the Flathead Valley, which extends from Flathead Lake (south of Glacier Park) on the north down to Missoula in the south. This valley lies parallel to and southeast of the Swan Valley, which is and about 80 miles away by road and over the Mission Range of mountains. Their goal was go back to the land and to start an organic farm. Land was relatively inexpensive there, Dick's father was a dentist or doctor, his parents had a house to the north near Flathead Lake, and they may have helped them buy the land–about 5-6 acres, located in the country about a mile from St. Ignatius (population: 1,500 to 2,000).

Dick and Joci worked hard to get their organic vegetable truck farm started. They also had two children together, making Joci the mother of six. Gradually others who were

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involved with Guru Maraji joined them: Brenda Wood with her husband and three kids; Chris Taney arrived in Nov. 1977; Bob and Alma Johnson.

The community, which was called Swan Gardens, needed money. Dick got a day job in a hospital in St. Ignatius; he worked his way up from custodian (he mopped the floors) to purchasing agent of the hospital. Brenda's husband, Mike, made very good money as a cabinet maker. Others would pick up seasonal work, as farm workers, grave diggers, etc. Eventually, as income from the farm increased, Dick and others were able to leave their off-farm jobs.

Joci was the one who originally learned to make the tofu at a time when very few Caucasian Americans knew how to do so. In Dick and Joci's home was a 1920s wood stove, and in the beginning Jocelyn made tofu on top of this stove. They had a cauldron and blender, and a little wooden press that made about 1 pound of tofu at a time, so it was pretty simple and small. She learned using *The Book of Tofu* and other sources. Many local people contacted Joci and asked her to make tofu for them. So in early 1976 she started selling this tofu to local people. After a while, Joci was making several dozen pounds of tofu a day on this stove.

Joci got interested in tofu and organic foods largely because she had a medical condition that doctors did not now how to treat–spinal meningitis. While in Seattle, she was in the hospital for a while, and said that she was very near death. But she had so many children that she didn't want to die. A friend came to the hospital and gave her some books on Oriental medicine. One of them recommended a ten-day brown rice fast. She asked the nurses to cook her brown rice but they said no, and wanted to feed her 7-Up and Jello. So she cooked the brown rice herself on a hot plate in the hospital, even though it was extremely difficult for her to get out of bed. It worked. Joci felt the brown rice fast had saved her life. She was soon deeply involved with macrobiotics.

Dick and Joci invited others in the community to live in their house. Some lived upstairs. Brenda and her husband lived in a trailer behind the house. The communal diet was strongly macrobiotic, with only organic, natural foods. Dick would often buy in bulk from a distributor to save money; 50 lb bags of brown rice, sunflower seeds, etc. Apples and vegetables grown on the farm yielded delicious pies, etc.

There was another larger Guru Maraji community in Missoula. Everyone in the community helped with both the organic farm (they sold most of their vegetables from their stand at an organic vegetable market in Missoula) and the tofu shop.

There were a number of buildings on the McIntyre's property, built in about the 1940s: the main house, a simple garage, a sort of bunkhouse, etc.

Then they built their own tofu factory on their land in St. Ignatius. Dick and Joci were the "brains" and a lot of the "muscle." Most of the other people were just "muscle" and they admired and wanted to support Dick and Joci. "It was a lot of hard work." When one of the community members became age 21, he inherited some money from a trust fund (about $8,000), which he donated to the cause–with no strings attached. It formed the seed money for remodeling the building (a bunkhouse, boathouse, or large shed that was in good repair) that became the tofu shop. Dick and Joci designed the tofu shop, including the plumbing and choosing the equipment; it was renovated entirely by members of the community. To get the equipment, Dick and Joci took their van and a U-Haul trailer and went to San Francisco, California, where they bought it from several Japanese companies–probably tofu factories. They got a fire-heated caldron. In Montana they purchased an excellent diaphragm-type soymilk pump (approx. 12-inch diameter diaphragm) from a local dairy. Joci used the occasion to visit an acupuncturist. Dick worked very hard with the other community members to complete the shop. The first tofu was made in the shop in about Jan. 1978. The soybeans were almost certainly organic. Dick and Joci felt very strongly about the importance of organic foods, and they would have ordered the soybeans.

The tofu factory produced large amounts of okara, which they would use as natural fertilizer, distributing it under the straw mulch on their organic farm. Joci's daughter, Ceci, age 16, worked in the tofu factory a lot. Eventually Swan Gardens got the Safeway supermarket account, which was very important. Continued.

12350. *SoyaScan Notes.* 2001. Brief history of Swan Gardens, Inc. of Montana and Florida. Part II (Overview). Dec. Compiled by William Shurtleff of Soyfoods Center. • ***Summary:*** Continued: Move to Florida: The community (about 6 adults and many kids) packed up two vans and U-Haul trailers, left St. Ignatius in August 1979 and moved to Miami, Florida. They sold the organic farm, tofu company, other buildings, and property to Gerald Minsk, who changed the name of the company to The Tofu Factory. Minsk was with a community of people who lived together in Denver, then in Boulder, Colorado, before moving to Montana.

In Florida, the McIntyres and community members lived together in a large house at 940 17th St., Miami Beach, FL 33139. It took a while to find a good factory site, but eventually the company relocated on the second floor of a very old warehouse next to a railroad siding at 1111 N.W. 22nd., Miami, Florida 33127. Immediately below the tofu shop was a large fruit and vegetable wholesaler. Getting the building ready for food manufacturing, moving in existing equipment, and constructing new facilities was a big job. Joci's mom and dad came down to help build the tofu shop. Her dad was a retired steam fitter or plumber, and he helped a lot. In addition to the group from Montana, many people from the large surrounding Maraji community who had specialized skills helped the name company to get started–free of charge. A man with framing and dry-wall skills

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built a storage room for the soybeans, which the company ordered by the tractor-trailer load. A plumber built a water chilling system to accept the hot tofu. An engineer helped to develop the cooking system. An auger pump, usually used for maraschino cherries, was used to pump the delicate curds. Dick found many used 200-gallon dairy tanks in south Florida; they were used for curding the tofu. Some of these skilled people were also working in Miami to prepare a Boeing-707 at the airport for Maraji. In those day, Guru Maraji and his family spent a lot of time in Miami; many of disciples lived in Miami in ashrams.

Shortly after Swan Gardens started making tofu in Miami, Tree of Life began to distribute their tofu; this was a major breakthrough. Swan had a large vacuum packaging machine and they packed much tofu under the attractive Tree of Life label.

A man named Jim Emmerson (who was probably in his mid-60s at the time) worked very closely with Swan Gardens as a financial and business advisor; he had a great deal of experience running businesses and served as a chief financial officer (CFO) for other organizations. Guru Maraji was very active in the Miami area, and very big events were hosted in his honor. At such events, Swan Gardens would often provide bulk tofu for the vegetarian meals.

Swan Gardens had its tofu distributed as far north as Washington, DC, through Tree of Life, and into the Midwest to Rainstar (Columbus, Ohio). Some of their tofu was even distributed to the Caribbean–probably to the Virgin Islands or the Bahamas. Dick used to say that the company became the largest soyfoods manufacturer in the southeastern USA at the time.

While in Miami, Swan Gardens had a problem, which lasted for about one year, with yellow spots appearing on their tofu. At one point about one-third of their tofu was being returned because of yellow spots on the surface; nobody wanted to buy it. It was borderline disaster. Tests showed that it was caused by a harmless bacterium and the tofu makers came to believe that the bacteria came in on the soybeans.

For the first few years the company struggled to break even or turn a profit. Dick and Joci had a house and earned a salary. The employees either lived with them or in another group house / ashram. Everyone lived simply and worked extremely hard–usually 7 days a week. At the end of each day, the workers had to clean the plant, pipes, etc.

In 1980 Swan Gardens rode out the nearby violent riots in Miami caused when police shot an unarmed black man on the back of a motorcycle.

During December 1985 and Jan. 1986 Swan Gardens launched Soya Kaas, a meltable cheese alternative that contained both tofu and casein (a protein from cow's milk). They developed and manufactured the product in Georgia. Shortly after the product was launched they established Soya Kaas, Inc. as a subsidiary of Swan Gardens Inc.

By Jan. 1986 Swan Gardens had moved from Florida to Georgia, settling in Decatur, a suburb of Atlanta. There are various theories about why Swan Gardens left Miami. Jim Emmerson had a piece of property in or near Decatur; that may have been an attraction, but they would have had to build a new factory. Soya Kass was Dick and Joci's most important and valuable product.

Gradually Swan Gardens became profitable; Dick and Joci kept the financial records. Dick and Joci are truly remarkable people, admired or even revered by most who worked with them at Swan Gardens. But they are also "fiercely private people and quite strong willed. It was a waste of time to argue with Joci; she knew she was right, and she ran the show. It was sort of a brown-shirt mentality. Everyone had to work hard and toe the line for the greater spiritual cause."

At some point Dick and Jocelyn sold Swan Gardens and Soya Kaas. They probably gave a generous portion of the profits to Guru Maraji.

Maraji now does satellite broadcasts twice a week which appear on regular television such as Dish Network. He is also actively traveling and teaching worldwide. He often flies a large jet, which he leases.

12351. Tale of tofu (Continued). 2001. Television broadcast. Canadian TV, Channel 1, The Body, Mind, and Spirit Channel. 1 hour. Dec. 2001.

• ***Summary:*** Continued: Chinese civilization, which is 5,000 years old, has an epic culinary legacy. The numerous tofu recipes and types of special tofu are based on the landscape, environment, and history of this singular nation. Four types of special tofu include iced bean curd, moldy bean curd, blood bean curd, and cured (smoked) bean curd.

Emei mountain (*Emeishan*) in southwest Sichuan province is sacred to Buddhists, with numerous temples throughout the mountain range. A 3-day supply of food is carried up the hill to the monasteries each day. Iced bean curd, found in this remote area, is made when snowy winter conditions make it difficult to transport food up the hill. An old monk tells of a very nutritious wild plant called the "magic taro." The taro is mixed with rice flour and cooked into a porridge–a process similar to making soyamilk from soyabeans. The monks developed the ingenious idea of preserving the taro porridge by ladling it in a layer about 2 inches thick over firm, level snow, then letting it freeze for over a month. Finally they dry the frozen taro in the sun to produce "iced bean curd." Each brown piece (which is about 7 inches square and 1.5 inches thick) can be stored for up to 5 years. It looks like a little honeycomb and has a neutral taste. However it has the capacity to absorb the flavors of myriad spices, herbs, and sauces, from soya and chili, to sweet and sour. Its versatility gives it a place at every meal. Note: This type of tofu is apparently made without the use of soybeans.

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The town of Tanko, set against the northern slopes of Huangshan or "Yellow Mountain (Anhui Province), is revered for its moldy bean curd, which is said to have been a favorite of emperor Zhu Yuanzhang, founder of the Ming dynasty and the first Ming emperor [lived 1328-1398; ruled 1368-1398]. Born into a peasant family, in 1344 he became a mendicant Buddhist monk. While begging for alms, he was sometimes rewarded with moldy tofu. When he became emperor [in 1368], he declared moldy tofu a royal dish. Today this Huangshan delicacy is fermented by using the excess water from the initial process of making tofu. The acidic nature of the water [whey] helps to raise the temperature and humidity of the container. Each piece of moldy tofu is about 3 by 2 by 1 inches, covered with a white mold mycelium, is incubated in large, stacked wooden trays. Since wet and humid weather are naturally conducive to fermentation, moldy tofu is best made during the summer, when the process takes only a few days; in winter it takes twice as long. At the end of the fermentation process, moldy tofu is firmer that regular tofu. "It is, in effect, tofu that has gone bad." Famous dishes in Huangshan are well known for various tofu specialties, such as Braised moldy tofu–in which the tofu, with its fluffy white mycelium intact, is stir-fried in a wok. But moldy tofu is an acquired taste and, despite its fame, not everyone appreciates its heady, strong flavor.

In the verdant plateau north of Huangshan (Yellow Mountain) is the age-old town of Xidi. Behind the ancient memorial archway is a tofu specialty that marks an agricultural festival. The palm-sized innovation looks like a Western doughnut, but in place of the hole, the tofu is indented at the center on both sides. At the end of the lunar year, the townspeople prepare for the agricultural festival that marks the end of the agricultural year. For this festival, celebrated on the 8th day of the last lunar month, the community preserves the harvest for the months ahead. Meat would be preserved in salt. In Xidi, the same technique has been adopted to the preservation of tofu. Historically these people have traded and traveled by sea over long distances. So they developed a kind of tofu that can keep for days after being cured over woodsmoke. Many small cylindrical cups made of woven bamboo are each lined with a filter cloth. Fresh curds are ladled in until the cup us full. The ends of the cloth are twisted tightly around the top as the whey begins to drain. A weight is then placed on top to press the curds into very firm tofu. Spices like peppercorn, anise, and cinnamon are added to the soyamilk before it is boiled. Then common salt is used as the coagulant!

Across China, the methods of tofu preparation reflect the availability of ingredients in that locale. In Xidi, salt is added to the tofu in a cloth filter; it quickly absorbs the liquid in the tofu. This tofu is left outdoors, where it is dried by the sun and wind is a week's time, leaving behind a yellowish-brown mass. It is now ready to eat. Regular tofu is soft, smooth, and tender; it must be eaten fresh. Cured tofu is hard and old; it can keep for up to 2 years. This method of curing tofu has been handed down for centuries. The people of Xidi (in Zhouxi) are keepers of a rich and ancient heritage.

China has sovereignty over many ethnic minorities, each with its own history and culture–which each has managed to keep alive. The Miao tribe lives across the Guizhou region. They work hard, love to dance, and have a strong tradition of ancestral worship. Every new year the Miao worship their ancestors and gods by offering sacrifices, at a very important ceremony. They kill a chicken (which is considered a luxury among the hill tribes) and a pig (which they have been fattening for a year). Blood tofu is made only once a year, at the time of the spring festival. The pig is slaughtered and fresh blood is drawn from it. Most of the meat is preserved with salt. Cooking blood tofu is a long and complicated process. First the tofu is crumbled in a large bowl, then ingredients such as lard, peppercorn, and finally fresh pig's blood are mixed in them kneaded together by hand to form a ball about 5 inches in diameter and pink in color.

The technique of smoking food has special significance in China. In ancient times, the preparation of a royal feast of smoked dishes ranked among the highest tributes paid to royal guests. Using firewood and withered grass, the process of smoking blood tofu, which takes about 20 days, will cause each ball to shrink to about 3 inches in diameter and become dark brown in color, but will preserve it for a long time. After being smoked, it is boiled with cured meat for 40 minutes to add a spicy, hot flavor. This Miao delicacy is used to greet and honor their guests. The villagers have waited a year for this feast.

"Eaten in every corner of China, tofu is inexpensive, nutritious, and readily available... Tofu cannot claim the celestial role of manna from heaven. If anything, it is as down to earth and mediocre as the people who have made tofu throughout the millennia. Yet the unassuming masses cannot deny that bean curd has given them sustenance through hardship. Indeed, it has brought with it a certain taste of pleasure and satisfaction in their lives."

12352. Tale of tofu. 2001. Television broadcast. Canadian TV, Channel 1, The Body, Mind, and Spirit Channel. 1 hour. Dec. 2001.

• ***Summary:*** This is a unique color documentary about tofu in China, narrated by John Culkin (with a few English subtitles when Chinese are speaking), written by Zoe Siu Moi Yee and Lo Wing Yi, directed and executive produced by Tely Fung Wing Chuen, with photography by Ko Chiu Lem. Copyright 2000, it was broadcast in Canada in Dec. 2001. The cinematography is very well done, interesting, and often beautiful. Although the narrative contains many errors and much strange and condescending language, it also contains some new information, especially about unusual types of ethnic or regional tofu varieties. However tofu is presented as an ancient, exotic, foreign food, with no

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suggestion that it might become part of Western diets.

The story begins: In the "epic struggle for survival, one food has emerged the champion of the poor during the centuries of hardship. Inexpensive and yet nutritional, it is the humble bean curd–tofu." It is "rich in amino acids and anticarcinogens." "At once a much-needed protein supplement and a veritable health food for the poor, bean curd is an oddity in its own right. And if legend has it right, then maybe tofu is a manna from heaven for the Chinese.

"The mythology of tofu begins with the diminutive and unimpressive soya bean." In Guizhou province (in southwest China), despite the harsh weather and rough terrain, soybeans grow well. In the village of Shenlin "soyabean constitutes the staple food of the people." All the families in Shenlin know how to make tofu but only 4 make and sell it (for 1 yuan/catty) to earn a living. One "old woman has devoted her life to the art of tofu-making, not so much for the income as for the pleasure of keeping up an old tradition." As pasta is to the Italians, so where you find Chinese you will find tofu. Today most of the tofu in China is made from soybeans imported from the USA and South America.

The Chinese greatly enjoy cooking; more than 30 products are derived from tofu. For example, crispy bean curd is used in Chinese hot pots. Pressed tofu is eaten during Chinese New Year in Nanjing.

Two sisters of the Miao minority hill tribe make tofu starting at 8:00 each evening. The first step is to make soyamilk, which can provide a "valuable nutrition supplement to children in poverty-stricken areas." Soymilk must first be boiled thoroughly (usually in a large wok-shaped container) before it is sold at the market. In rural communities, where central heating is a rare luxury, "many Chinese start the day by warming up with hot soymilk and Chinese-style fried doughnuts." The Miao sisters sell soymilk in plastic bags to make it easier to handle. They make 600 packs each night; it is ready for distribution to retailers at dawn.

When hot soymilk cools, a thin layer forms on its surface. This "looks like a pale wrinkled pancake" and is called "bean curd skin" [yuba]. It is one of the most expensive soya products and only a few good-quality (transparent) pieces can be obtained per batch of soymilk. The rest is considered a lower grade product due to color deterioration which causes the lower layers to gradually turn opaque. Though it is an extravagance, those who love its flavor and texture find it well worth the expense. Modern technology now makes it possible to mass-produce bean curd skin.

"In the half-forgotten village" of Kaili, in Guizhou province, the art of making pressed bean curd still thrives. "Plaster of Paris catalyzes the ingredients and coagulates the soyamilk. Surprisingly, the process has no adverse side-effects." Various local flavoring agents are added, resulting in a line of "dried of products." Regular flavors include marinated bean curd and pungent bean curd. Exotic varieties include cowhide bean curd and tea-flavored bean curd. These are sold as snacks in local markets.

Curing the tofu with woodsmoke enables it to be preserved for 7 more days. Since the smoking process is time consuming, it is fast becoming obsolete, and it costs an extra 4 cents per catty of tofu. Making pressed bean curd requires "back-breaking labor. Each day these girls must stand in the sweltering heat of the smokehouse for 13 hours in order to make 500 catties of pressed bean curd." No effort is spared in making these "edible little bricks of bean curd.

We can try to preserve tofu "or we can let it rot" to make fermented bean curd. The tofu is left to mold for several days is a process "not unlike that of making cheese. The workers spread a kind of mold onto the surface of the bean curd, which is then stored at a temperature of 25-30ºC for 3 days. A layer of thin white hair begins to sprout on top of the bean curd." This tofu is then stored in large jars for 3 months while fermentation takes place, breaking the protein in the tofu down into amino acids. "Sometimes the bean curd is wrapped in mustard leaves and stored for 12 months" to create a special product. In China "it is believed it was not human beings, but apes, that first discovered the joys of fermented food"–according to legends in ancient literature. Chinese greatly enjoy wine, as well as bean curd. "It adds a certain flavor to otherwise harsh rural lifestyles. Here, to make poverty bearable, the saying goes, 'All you need is one piece of fermented tofu for one meal and a bottle of fermented tofu to last the year.'"

In its heyday, a little village in Anhui province (eastern China) was home to about 200 families "solely engaged in making tofu." "It is famed for producing the best and most sought-after in China." Concerning the origin of tofu, "most Chinese generally subscribe to the legend of a certain feudal lord, Liu-An of Huai-Nan. Two thousand years ago, during the Han dynasty, Liu-An searched far and wide for the fountain of youth. He believed he could discover the secret of immortality and turn it into a magic pill. When his valiant efforts failed, he threw his half-finished potion into a river in disgust. Natural plaster in the river chemically reacted with the mythical ingredients. And so it was that the first block of bean curd was bestowed upon humanity." The legendary location of his famous experiment is where the "tofu village" stands today. The little stream of historic fame still runs through the village. In its water, the people "wash their clothes, clean their shoes, and prepare the beans that will be made into tofu." One catty of soybeans will yield as much as 3-5 catties of tofu. "The people of this village are content that theirs is the original and authentic recipe for tofu. They have inherited a gift from history." The myth of Liu-An has secured this obscure little village its place in Chinese history.

Many Chinese use bicycles or walk with a shoulder pole to carry their tofu to the nearest market. Some leave home as early as 5:00 in the morning and walk for 2 hours. Today,

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mass-produced tofu in China is driving village tofu makers out of business.

Freshness is tofu's strength, but also its weakness. "Tofu has a short shelf life and cannot be taken on longer journeys. Even the highly pungent preserved bean curd needs to be eaten fresh. This bean curd, with its forbidding coloring and pungent aroma, can only be found in Nanjing. This brown, smoked bean curd is a "dry" variety with a special, and no less enticing smell."

To make pungent black tofu, the beans are ground in a mechanical grinder, the soya mixture is first placed in a U-shaped rattan mold, immersed in a large pot, then marinated in a special sauce (made from a centuries-old recipe including anise, cinnamon, peppercorn, and black sesame seeds, in wide-mouth earthenware vats, 3 feet in diameter) to produce its unique color and flavor. This tofu is part of the famous Qinghai cuisine of Nanjing, named after the Qinghai River. To preserve its unique flavor, it must be steamed before it is rinsed. Aficionados of pungent black tofu "agree with most visitors that its bold smell evokes the odor of football [soccer] shirts after a tough game." Continued.

12353. Weed, Susun S. 2001. New menopausal years: The wise woman way. Woodstock, New York: Ash Tree Publishing. xxiii + 280 p. Dec. Illust. Index. 22 cm. [102* ref]

• ***Summary:*** Soy is discussed throughout this book but sources are rarely cited. When they are cited, we insert them below. For heavy bleeding (flooding) during the menopausal years: To nourish and tonify, avoid tofu, soy drinks, and soy protein powders (p. 9-10). For uterine fibroids: Consume lignans, which are anti-estrogenic phytoestrogens, found in all whole grains and beans–including soy (p. 15). Building better bones: Exercise regularly, eat calcium-rich foods, and avoid calcium-leaching foods such as soy "milk," tofu, coffee, alcohol, and white flour products (p. 24). Calcium: Caution–"Unfermented soy (e.g. tofu) is especially detrimental to bone health being protein-rich, naturally deficient in calcium, and a calcium antagonist to boot (p. 28). Beware of calcium antagonists, foods that interfere with calcium utilization. Avoid consistent use of unfermented soy products, including tofu, soy beverages, and soy burgers (p. 29; see p. 163).

Phytosterolic, phytoestrogenic foods: Whole grains and beans are good sources. "Caution: Beans must be cooked or fermented to remove anti-nutritional substances. Tofu and soy 'milk' are not recommended" (p. 70).

Red clover has ten times more phytoestrogens than soy, as well as much more bone-building minerals, such as calcium and magnesium (p. 71). Sea vegetables are second only to flax in concentration of lignans. Seaweeds, not soy, are the real secret of health in the Japanese diet (p. 72). "The phytoestrogens in *dong quai,* like those in soy, promote the growth of cancer cells in petri dishes" (p. 73). Phytoestrogenic herbs: Fermented soy products (miso, tamari, tempeh), ground flax seeds, whole grains, etc. are rich in hormonal precursors and phytoestrogens. Use daily to ease menopausal symptoms, prevent cancer, and lower heart disease risk (p. 94). Lack of vitamin B-12 doubles the risk of severe depression for older women; tofu and soy beverages interfere with its absorption (Fallon 1999) (p. 114).

Preventing breast cancer: 75% of all breast cancers occur in women over age 50. Reduce use of seed oils, such as soy oil. For each 5 gm of polyunsaturated fat (from vegetable oils), risk of breast cancer rose by 70% (Wolk 1997 [sic, 1998]) (p. 145). Eat more beans: "There is a relationship between the large amount of *fermented* soy products (miso and tamari) in the Japanese diet and low incidence of breast cancer. But no relationship has ever been shown between the consumption of processed, fake, imitation soy foods, and breast cancer reduction. Soy beverage is used moderately, or not at all, depending on the specific Asian country" (p. 146).

Herbal allies: Red clover is everything you thought soy would be with none of soy's drawbacks. It contributes to bone health, normalizes the thyroid, and prevents and counters breast cancer. "So do miso and tamari, but not other soy foods. Red clover contains more active phytoestrogens in greater quantity than soy... Red clover contains all four of the major estrogenic isoflavones; soy has only two of them. A cup of red clover infusion (not tea) contains ten times more phytoestrogens than a cup of soy beverage, is richer in calcium, has less calories, and contains no added sugars" (p. 161).

The section titled "Soy" (p. 163-64) praises fermented soy foods (miso, tamari, tempeh, natto) but is quite critical of tofu, soy milk, and "fake soy foods" (burgers, hot dogs, soy cheese, etc.). Soy can reduce hot flashes and prevent heart disease; fermented soy foods can protect against breast cancer. Soy is not a good source of calcium and it is deficient in fats needed for healthy brain/memory functioning. "Soy protein isolate, textured vegetable protein, isolated isoflavones–processed soy foods come in more forms than I can list. I eat miso and tamari freely, tofu and tempeh occasionally, and other soy products not at all. Dosage: 50-200 grams of isoflavones per day, preferably from food. Caution: Excess soy can cause liver damage and is said to feminize men. Soy may be difficult to digest, may cause allergic reactions."

Interstitial cystitis: Tofu may cause problems (Ford 1999).

Heart healthy: Soy, whole grains, vitamin E (from foods), essential fatty acids, and seaweeds are helpful (p. 210).

Osteoporosis risk factors: Being a vegetarian or vegan who eats a lot of tofu or soy beverage (p. 218). "Eliminate soy products except tamari and miso. (Unfermented soy prevents you from utilizing calcium.)" (p. 220).

Aching joints: A tofu poultice may help (p. 229).

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Vitamins and minerals for the menopausal years: Vitamin B-12, calcium, and iron are depleted by unfermented soy products (p. 248, 250-51).

Note: The author does not cite a single scientific publication to support her many criticisms of soyfoods. In fact, the scientific literature does not support her criticisms. It is well known that the author is an admirer of Sally Fallon. Address: P.O. Box 64, Woodstock, New York 12498-0064.

12354. Frost & Sullivan Inc. 2001. U.S. soy-based meat alternatives market. New York, NY: F&S. *
• ***Summary:*** Contents: Market overview. Overview and definitions. Market drivers. Market restraints. Challenges. Forecasts and trends. Revenue forecasts. Demand analysis. Market and technology trends. Pricing trends. Competitive analysis. Competitive structure. Market share analysis. Product analysis. Recommendations and evaluation. Meat analogs market. Tofu market. Tempeh market.

12355. Hutabarat, L.S.; Greenfield, H.; Mulholland, M. 2001. Isoflavones and coumestrol in soybeans and soybean products from Australia and Indonesia. *J. of Food Composition and Analysis* 14:43-58. *
• ***Summary:*** Gives levels of daidzein, genistein, and coumestrol for the following soybeans and commercial soyfood products: Soybeans (USA, Indonesia, Australia: McKenzie's, Bowyer Riverina NSW), Fresh soybeans [edamame] (Indonesia, Imported from China), Canned soybeans (Australia), Soymilk products Australia (So-Good, So-Good lite, Good Life, Soy drinks No Frills, Soy drink Sungold, Vitalife Natural foods, Vitasoy Vitasoy Int., Natures, So Natural, Soya drink, Instant soy powder), Soymilk from Indonesia (Susu Kedalai Mony, Soya bean milk, Susu Kedalai traditional), Tofu products from Australia (Hard, Silken, Smoked, Firm, with tempeh, Cutlets, Nigari, Organic), Tofu from Indonesia (Traditional, Silken, Tahu Tau Kwa, Skake).

12356. **Product Name:** Pizza Ravioli with Tofu.
Manufacturer's Name: Rising Moon Organics.
Manufacturer's Address: 1695 Elkay Drive, Eugene, OR 97404. Phone: (541) 461-1122.
Date of Introduction: 2001.
Ingredients: Pasta: Organic semolina, water, sea salt, organic turmeric. Filling: Organic tofu (organic soybeans, filtered water, nigari), organic carrots, organic dried tomatoes, organic lemon juice, organic potato flakes, organic garlic, sea salt, organic onion, organic parsley.
Wt/Vol., Packaging, Price: 8 oz (227 gm) plastic tray with sealed lid. Retails for $3.59–$3.99 in Oregon (2003/12).
How Stored: Frozen.
New Product–Documentation: Talk with Kirk Giudici of Rising Moon. 2003. Dec. 19. This product was renamed in 2001. It is made with organic tofu. Label sent by Kirk. 2003. Dec. 22. 4 by 4.5 inches. Self-adhesive. Front panel: Black and yellow on red. Logo: Rising Moon Organics with illustration of half moon. USDA Organic logo. "100% organic. Lowfat. Vegan." Back panel: "Proponents of the ravioli revolution" Tells of the journal of Michaelangelo Gitoni, Kirk's great grandcousin, who sailed from Italy to North America in 1875. "The story tells how the daring and eccentric Michaelangelo created a Pizza Ravioli with tofu." Note: This story is pure fantasy. "Cooking instructions: Never, never cook ravioli in rapidly boiling water. Always bring water to a boil first. Lower heat and gently place frozen ravioli in pot. Let simmer for 8-10 minutes, stirring occasionally until they float and look pillowy. [Remove with a slotted spoon. Let the boiling down cool before pouring it down the drain lest you damage your plumbing]. Toss with olive oil or serve with your favorite Rising Moon sauce." Talk with Kirk. 2004. Jan. 12. The palm with a spiral drawn on it has no significance. Most typical ravioli today contain cheese; traditionally, many contained meat (such as sausage) and cheese.

12357. **Product Name:** Tonzu Organic Tofu [Teriyaki].
Manufacturer's Name: The Organic Soy Company, Ltd.
Manufacturer's Address: Unit A, 2 Corban Ave., Henderson, Waitakere City, Auckland 0612, New Zealand.
Date of Introduction: 2001.
Ingredients: Certified organic soybeans (guaranteed to be non-genetically modified), filtered water, natural coagulant nigari (511). Teriyaki flavour sachet: Fermented soy beans, sea salt, cider vinegar, honey, ginger, garlic.
Wt/Vol., Packaging, Price: 275 gm, vacuum packed inside paperboard box.
How Stored: Refrigerate at 4ºC or less.

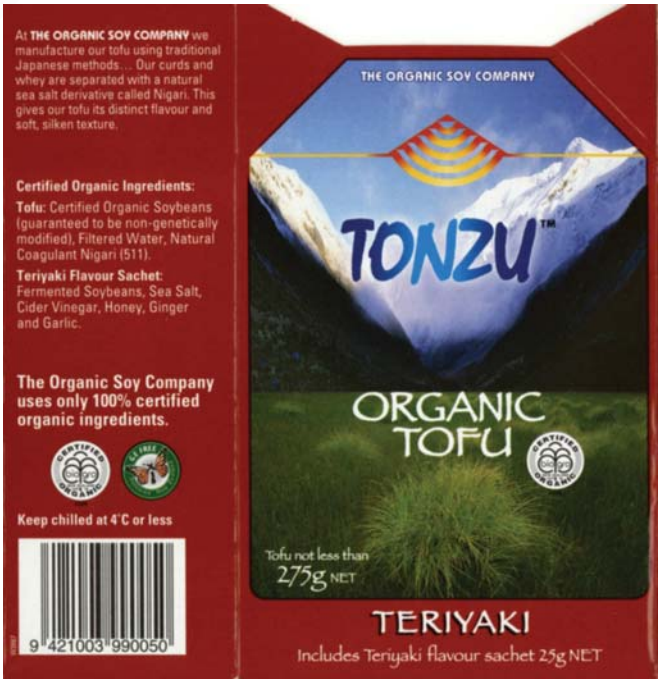

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New Product–Documentation: Label sent by Elizabeth Chalmers, owner. 2007. Jan. 22. The product was introduced by this company in 1996, but it was first sold in this paperboard box in 2001. They started using the Tonzu brand name in 2002. Color photo of snowy mountains beyond a deep green valley, on deep blue background. Superb label design. GE [Genetically Engineered] Free logo. Certified Organic logo.

12358. **Product Name:** Zenzo Organic Burger Patties.
Manufacturer's Name: The Organic Soy Company, Ltd.
Manufacturer's Address: Unit A, 2 Corban Ave., Henderson, Waitakere City, Auckland 0612, New Zealand.
Date of Introduction: 2001.
Ingredients: Certified organic ingredients: Soybeans, onions, palm kernel shortening, rice flour, pea flour, sugar, salt, spices, nigari.
Wt/Vol., Packaging, Price: 220 gm, vacuum packed inside paperboard box. 4 x vegetarian patties.
How Stored: Refrigerate at 4ºC or less.
New Product–Documentation: Label sent by Elizabeth Chalmers, owner. 2007. Jan. 22. The product was introduced by this company in 2001, but it was first sold in this paperboard box in 2006. They started using the Zenzo brand name (for second generation soy products) in 2002. 4 by 4 by 1½ inches. Color photo of waves, surf, and ocean under a blue sky, beyond sand, green grass and a few yellow flowers, on a green background. Superb label design. Certified Organic logo. On side panel: "Consume within 24 hours once opened. Can be frozen." On one side is a list, with each item followed by a white box inside of which is a red check (= yes): Vegetarian. Vegan. Dairy free. Gluten free. Cholesterol free. Certified organic. High protein. High energy.

12359. Berkoff, Nancy. 2001. Vegan meals for one or two: Your own personal recipes. Baltimore, Maryland: The Vegetarian Resource Group. 216 p. Illust. Index by subject. Index to recipes. Index by major ingredients. 23 cm.
• ***Summary:*** Contents: It's all about you. Meal planning and shopping. Breakfast. One-pot wonders. Freeze or refrigerate now, eat later. Grab-and-go. Desserts and snacks. Every day and special day cooking. Glossary: Definitions of vegan products and details of less common cooking, measurements, soy substitutes. Resources from the Vegetarian Resource Group. Address: R.D.

12360. Bittman, Mark. 2001. The minimalist cooks dinner: More than 100 recipes for fast weeknight meals and casual entertaining. New York, NY: Broadway Books. 211 p. Plus 12 unnumbered pages of color plates. Index. 24 cm.
• ***Summary:*** This book collects two years of recipes from Bittman's popular *New York Times* column "The Minimalist," which cleverly caters to the modern gourmet whose expectations are high but whose time is limited. Includes a recipe for miso soup.

Soy-related recipes: Nearly instant miso soup with tofu (p. 4-5). Curried tofu with soy sauce (with "1 block tofu (about 1 pound) cut into 3/4-inch cubes, p. 18-19). Fish simmered in spicy soy sauce (with "1/3 to ½ cup good soy sauce," p. 102-03). Roast salmon with spicy soy oil (p. 106-07). Salmon with soy and black beans (with "1 tablespoon preserved (Chinese) black beans," p. 107). Soy poached chicken (p. 140-41). Horseradish (or wasabi) and ginger butter with soy [sauce] (p. 157). Pork cutlet with miso-red wine sauce (with "2 tablespoons red miso," p. 178-79). Green salad with soy vinaigrette (p. 197). Rice salad with peas and soy [sauce] ("Substitute shelled *edamame* {fresh or frozen soybeans} for the peas if you like, p. 200).

Note the interesting use / revival of the word "soy" to refer to soy sauce. Address: New York Times food writer.

12361. Boyte, Frances. 2001. Le tofu international: Délicieuses recettes des quatre coins du monde [Tofu–International: Delicious recipes from the four corners of the world]. Montreal and Paris: Les Éditions internationales Alain Stanké. 247 p. Recipe index. 22 cm. [Fre]
• ***Summary:*** Most of the recipes in this book were developed by four professional restaurant chefs; the name of the chef is given below each recipe name: Éric Boutin, Sébastien Leblond, Benoît Paquet, and José Trottier. The name of the foreign country, a symbolic map, a quotation, and symbols for the degree of difficulty and cost are also given for each.

Contents: Foreword. Preface. A word from the author. Part I: Tofu. Introduction. What is tofu. Tofu and health. Part II: Tofu recipes. Entrées. Soups. Main dishes. Pâtes. Salads. Sauces. Side dishes / accompaniments. Breads and scones. Desserts. Iced drinks. The 3 chefs. About the author. Acknowledgments / appreciations. Recipe index (Alphabetical list of recipe names). Table of contents. Words of praise for the book and a color photo of the author appear on the rear cover. Address: Les Ateliers diététiques de Frances Boyte, 825, avenue Beauregard, Bureau 117, Sainte-Foy (Quebec), Canada G1V 4L7.

12362. Breier, Davida Gypsy; Mangels, Reed. comps. 2001. Vegetarian & vegan FAQ: Answers to your frequently asked questions. Baltimore, Maryland: The Vegetarian Resource Group. 272 p. Illust. Index. 23 cm. [69 ref]
• ***Summary:*** Contents: 1. Most frequently asked questions (incl. How many people are vegetarian? Detailed results of polls conducted in 1994, 1997, 2000). 2. Vegetarianism in daily life (incl. How do you pronounce "vegan?" Ans: VEE-gun. Who are some famous vegetarians? What is the history of vegetarianism?). 3. Nutrition (incl. I need impartial, major scientific studies that show a correlation between a vegetarian diet and disease prevention? Gas caused by eating soy). 4. Food ingredients (incl. Soy cheeses, soy lecithin). 5. Recipes (incl. many recipes for tofu, tempeh, soy whipped

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cream, chocolate pudding with soymilk, soy yogurt, wheat gluten / seitan, TVP). 6. Vegetarian products (incl. What is seitan? Where can I buy seitan? What is tempeh? What is TVP? Where can I buy TVP? What is tofu? What do I do with it? Alternatives to dairy products. Vegan eggnog. Soy candles). 7. Cooking and baking (Tofu, draining tofu, tofu cream cheese, Tofutti). 8. Travel and restaurants. 9. Veggie kids (Soy-based infant formula. Phytoestrogens in and safety of soy infant formula). 10. Soy (p. 168-76; contains good, balanced responses to the anti-soy articles by Fallon and Enig, p. 173-76). 11. Vegan concerns. 12. Unique questions. 13. Questions about VRG. 14. Appendix: Quick guide to fast food. Quick guide to helpful websites. Protein content of selected vegan foods. Calcium content of selected vegan foods. Iron content of selected vegan foods. Daily values. A senior's guide to good nutrition. Eat better, perform better, sports nutrition guidelines for the vegetarian. Why is wine so fined? Handy guide to food ingredients. List of suggested reading: Vegetarian cookbooks, vegetarian families, vegetarian travel. School foods information. Feeding plans for infants and toddlers. VRG publications, resources, and tabling materials.

Soy-related questions and answers outside of Chapter 10: Gas and bloating after eating soy (p. 64). Casein found in many soy cheeses (p. 80). Soy lecithin (p. 85). Recipes: Tofu dill dip (p. 88). Spinach pie (with tofu, p. 93). Tempeh stuffed potatoes (p. 94-95). Spicy sautéed tofu with peas (p. 98). Quick sloppy joes (with tempeh, p. 98). Sweet potato slaw (with tofu). Tofu balls (p. 100). Pad Thai (p. 102-03). Davida's spicy garlic noodles and tofu (p. 105). Soy whipped cream (with soymilk, p. 106-07). Chocolate pudding (with soymilk, p. 107). Heavenly chocolate cupcakes (with soymilk, p. 109). Tofu cheesecake (p. 112). Homemade soymilk, rice milk, almond milk (p. 115). Homemade tofu (p. 115). Tofu recipes on the Web (p. 116). Homemade soy yogurt (p. 116). Homemade wheat gluten & seitan (p. 116). What is tempeh? What is TVP (p. 119). Vegetarian mince or meatless ground beef (p. 120-21). vegetarian and soy cheeses (p. 121). Tofurky (meatless turkey, p. 122-23). Tofutti (non-dairy soy ice cream) and vegan eggnog (p. 125). Soy-based vegan candles (p. 126). Using tofu (p. 129-31). Tofu cream cheese (p. 131). Soymilk and soy creamer (p. 132). Soy buttermilk and soy mayonnaise (p. 133). Feeding an infant with soy formula (p. 154). Are the phytoestrogens in soy formula safe? (p. 155). Helping kinds to switch to soymilk from cow's milk (p. 156). Address: 1. Baltimore, Maryland; 2. R.D.

12363. Davis, Brenda; Grogan, Bryanna Clark; Stepaniak, Joanne. 2001. Dairy-free & delicious. Summertown, Tennessee: The Book Publishing Co. 160 p. Index. 21 x 18 cm.

• ***Summary:*** Contains over 100 creative vegan recipes for managing milk allergy and lactose intolerance. Nutritional information by Brenda Davis, R.D. Recipes by Grogan and Stepaniak. Contents: Introduction. 1. Lactose intolerance. 2. Milk allergy. 3. Building strong, milk-free bodies. 4. Superb substitutes. 5. Dairy-free dining: Travel tips. Natural foods for dairy-free cooking [glossary]: Agar, arrowroot, brown rice syrup, liquid smoke, mirin, miso, nutritional yeast, seitan, soy flour, soy protein isolate powder, soy sauce (tamari), tahini, tempeh, tofu. Dairy-free & delicious recipes: Homemade dairy-free spreads, uncheeses, and milk. Sauces. Breakfast. Salads and dressings. Soups. Main dishes. Desserts.

With this book, you can make any "dairy product" you can imagine without using dairy. The most widely used ingredients are: Tofu (used in more than 70 recipes!). Soymilk, rice milk, and other dairy-free milks. Nutritional yeast.

12364. Dunlop, Fuchsia. 2001. Sichuan cookery. London: Michael Joseph. lxxv + 276 p. Color illust. [24] p. of plates. 22 cm. *

• ***Summary:*** Chengdu is the capital of Sichuan province. "In most Chengdu markets the standard white bean curd is available in several consistencies; there is also smoked bean curd in thin, firm slabs with a honey-brown surface, glossy chunks of firm bean curd which have been simmered in five-spice broth, large squares of 'bean curd skin' [probably yuba], sausage-shaped rolls of bean curd with an Edam-like texture, tender flower bean curd and ripe-smelling fermented bean curd in chilli sauce."

12365. Geiskopf-Hadler, Susan; Toomay, Mindy. 2001. The complete vegan cookbook: Over 200 tantalizing recipes plus plenty of kitchen wisdom for beginners and experienced cooks. Rocklin, California: Prima Publishing. xvi + 318 p. Illust. Index. 22 cm.

• ***Summary:*** Contains more than 200 vegan recipes, including many recipes for miso (3 recipes), soy cheese (9), tempeh (7), tofu (regular, 22), tofu (silken, 6), and soy yogurt (2). The "Glossary of special ingredients" contains definitions of miso, soy mayonnaise, soy milk, tempeh, and tofu. For nutritional information about soy foods, see p. 20-21. Tamari soy sauce is frequently used as a seasoning.

Contents: Acknowledgements. Introduction. 1. Cooking fundamentals. 2. Stocking the vegan pantry. 3. Menus for entertaining and everyday meals. 4. Appetizers. 5. Salads. 6. Soups and stews. 7. Vegetable side dishes. 8. Pasta dishes. 9. Grain and bean dishes. 10. Sautés and stir fries. 11. Baked and grilled entrées. 12. Sandwiches and wraps. 13. Morning meals. 14. Deserts. 15. Frequently used ingredients. Appendix: Nutrition fundamentals. Glossary of Specialty ingredients. Address: Northern California.

12366. Hayter, Kurumi. 2001. The soy for health cookbook: Recipes with style and taste. Alexandria, Virginia: Time-Life

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Books. 144 p. Illust. (color). Index. 25 x 19 cm.
• ***Summary:*** This is a beautiful and strange book, designed and produced by Quintet Publishing Ltd. (London). Beautiful in that almost every other page is a stylish full-color photo of a recipe. Strange in that: (1) Tofu is probably the most common soy ingredient used, yet it does not even appear in the index. Nor does tempeh which is also called for. Yet miso is in the index. (2) A number of the soyfood terms are bizarre and unconventional–such as "beancurd pouches" [abura-age or deep-fried tofu pouches], "sticky beans (natto)." (3) On the inside front cover, the book's title is given as "The Tofu for Health Cookbook."

Contents: Introduction: Nutrition and health, lactose (dairy intolerance), prevention against heart disease, prevention against cancer, prevention of other disorders. How to use this book. Glossary of soyfoods and other ingredients. Basic recipes. 1. Soups and stews. 2. Salads and appetizers. 3. Main dishes. 4. Snacks and side dishes. 5. Desserts.

This book is not vegetarian; some recipes call for beef, pork, chicken, fish, etc.–but none call for dairy products.

12367. Hepinstall, Hi So Shin. 2001. Growing up in a Korean kitchen: A cookbook. Berkeley, California: Ten Speed Press. 254 p. Illust. Index. 26 cm.
• ***Summary:*** The best book seen to date for information and recipes on soyfoods in Korea. The author grew up in Cheongju, South Korea, in her ancestral home. Families made sauces in earthenware crocks (p. 7). A list of ingredients with descriptions includes: Bean curd (Tubu [tofu]). Beans, dried (K'ong, incl. yellow and black soybeans, mung beans and red [azuki] beans). Koch'ujang (Korean hot red pepper paste [with soybeans]). Kudzu (Ch'ik). Meju (Korean fermented soybean paste block [soybean koji]). Piji (Bean curd dregs [okara]). Red bean paste (P'at komul). Soy sauce (Kanjang). Soybean powder (K'ong karu; a yellow powder sold in 1-lb plastic bags). Soybean sprouts (K'ong namul). Toenjang (Korean fermented soybean paste).

Essential sauces and pastes: Recipe for: "Homemade soy sauce and fermented soybean paste: Kanjang and toenjang." It makes 10 gallons and takes about 2 months to prepare. Unusual ingredients include: 3 pieces oak wood charcoal, 1 gallon white grain syrup (choch'ung), 10 toasted jujubes, and 5 dried hot red peppers. For about 60 days, let the crock stand in the open without a lid; cover when it rains. At the end of 60 days the mash is filtered through a bamboo basket lined with a fine-mesh cloth into a crock to yield two products: The fermented soybean paste (toenjang) remains in the strainer, whereas the soy sauce filters through into the crock. Store the paste in a sterilized crock; sprinkle a thin layer of coarse salt on top. "Pour the soy sauce liquid into a caldron, bring to a boil, and allow to simmer over low heat until it is reduced to one-third of its original volume." Adjust saltiness. The paste and the sauce or now ready to be aged, but we are not told for how long.

Soy sauce at this stage (unaged) is called *ch'ongjang* (clear soy sauce) or *Choson* kanjang (Korean soy sauce). A plain and somewhat salty brown sauce, it is used mostly in base seasonings and clear soups. To make *chin kanjang,* a superior thin, syrupy, jet-black soy sauce, similar to the dark soy sauce sold in today's markets, submerge a large-mesh cloth pouch containing black soybeans, p'yogo mushrooms, and strips of kelp (*Miyok*) in the clear, unaged soy sauce and simmer over low heat for about an hour. The longer it is aged, the mellower it becomes, and the more intense the flavor.

Homemade hot red pepper paste (*Koch'ujang,* with 1 cup fine meju powder and ½ cup soy sauce). Instant fermented soybean paste (*Makjang;* uses 5 cups powdered meju and takes 10 days to mature). Vinegar soy sauce (*Ch'o kanjang*). T'ang soybean paste (*T'anggukjang;* "the best tasting soybean paste among all toenjang). Fermented soybean paste with garlic and bean curd (*Ssamjang;* "Probably the tastiest soybean paste made in the Korean kitchen," p. 32).

Main dishes: Five grain rice (*Ogkpap or Chapgokbap,* with ½ cup dried black soybeans, p. 41. Koreans traditionally eat this dish on the 15th day of the 1st month of the lunar year). Soybean sprouts with steamed rice (*K'ongnamulbap,* p. 44). Ceremonial soup (*T'ang,* with medium firm tofu, p. 62). Seaweed soup (*Miyokguk,* with tofu, p. 65). Kimchi soup (*Kimchiguk,* with tofu and soybean sprouts, p. 67). Soybean porridge (*K'ongjuk,* with 1 cup soybean powder, p. 78). Noodles in chilled soybean milk (*K'ong kuksu,* with 1 quart soy milk, p. 86). Stuffed dumplings (*Mandu,* with medium-firm tofu, p. 90-91). Soy sauce kimchi (*Chang kimchi,* p. 103).

Side dishes: Seasoned soybean sprouts (*K'ong namul,* p. 122, incl. Chilled soybean sprouts, and Soybean sprout soup). Sauteed cabbage kimchi with beancurd and pork (p. 130). Bean curd and vegetable stew with fermented soybean paste (*Tubu toenjang tchigae,* p. 138). Bean curd and vegetable hot pot (p. 152). Soybean pancakes (p. 163). Stuffed pan-fried bean curd (p. 167). Stuffed pan-fried p'yogo mushrooms (with bean curd, p. 168). Stuffed pan-fried peppers (with bean curd, p. 169).

More tofu recipes are on pages 170, 171, 172, 196-97, 199, 200, 204-05, 217. Many recipes call for kelp, kim (laver, nori) or seaweed (see index). Address: Washington, DC.

12368. Hsiung, Deh-Ta. 2001. The Chinese kitchen. New York, NY: St. Martin's Press. 240 p. Foreword by Ken Hom. Illust. (color). 29 cm. [30 ref]
• ***Summary:*** This book focuses on ingredients and essential kitchen tools used in Chinese cooking. For each it gives all or most of the following: Name romanized in Mandarin

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Chinese and Chinese characters. A glossy color photo of the item. A basic description. Appearance and taste. Method of manufacture. Buying and storing. Culinary uses. 1-2 recipes. The many color photos are very useful, but the index is hard to use

Soy related: Black bean sauce recipe (p. 33). Soy (soy sauce; *jiang you,* p. 64-67; Recipes are Soy chicken and Soy duck. Mushroom soy sauce is a Cantonese specialty. Chili soy sauce is sold in small bottles).

Seasonings section: Oyster sauce (*haoyou,* p. 79. Soy sauce is a typical ingredient).

Salted black beans (*douchi,* p. 88-89. "They are very popular all over China, especially in rural households in the South." They are also the oldest recorded soy food in Chinese history, and the ancestor of soy sauce. Indeed the water in which salted black beans has been soaked is often used as a substitute for soy sauce by low-income people, to save money. To make douchi: Boil black soybeans until soft, then soak in water overnight. Steam them for 3 hours the next morning. Inoculate them with *Aspergillus oryzae* mold and ferment for 15-21 days. Then cover beans with a brine solution and alcohol, and allow to mature for at least six months. Then spread them out to dry in the sun. Steam them again until soft and spread in the sun to dry. Repeat the last step one more time. The product is, at last, ready to use).

Black bean sauce (*chizhiang,* p. 90-91. "I have a strong suspicion that commercial black bean sauce {liquidized, salted black beans seasoned with soy sauce, salt, sugar and spice} is a Hong Kong invention concocted mainly for the convenience of Westerners. I cannot remember ever seeing it in China, nor can I find any mention of its existence in any Chinese publication, past or present." "Commercial black bean sauce is less aromatic that the fresh paste one makes oneself... Some varieties also include added orange peel, ginger, chilies or garlic." A number of different brands are available. The author uses this only for convenience. "One of the most popular variations is black bean and garlic sauce." Recipes include: Steamed spareribs with black bean sauce).

Yellow bean sauce (*huang jiang,* p. 92-93. "Sometimes labeled brown bean sauce or ground bean sauce {*mochi jiang*}, this is the soybean paste made from crushed or ground, salted and fermented yellow soybeans, which are sweeter and less salty than black beans." Spices and other seasonings can be added to this basic bean sauce giving many varieties. In different regions of China, seasonings and spices are added in different proportions. Hoi Sin sauce {p. 94} is one example. Guilin chili sauce {p. 95} and Peking Duck sauce {p. 93} are others. To make: Soak soybeans for 16 hours. Then steam until soft. Ferment beans for about 5 days, stirring and turning every other day. Blend into beans salt, sweet glutinous rice wine, and dark brown sugar. Fill a pottery jar with them–not too tightly, nor too loosely. Seal opening tightly then let jar stand for 2 days. Turn jar upside down in a cool, dry place and ferment beans for 3 more months. The beans are now ready to be used as is, or to be ground and blended with additional seasonings).

Hoi Sin Sauce (*haixian jiang* in Mandarin or *hoisin jaing* in Cantonese, p. 95. This very popular Cantonese specialty, also known as "barbecue sauce," has become almost as popular as soy sauce in most households. To make: Season yellow soybeans with sugar, vinegar, salt, chili, garlic, sesame oil, and red coloring; thicken with flour and water. The author believes that Hoi Sin sauce should not be used with Peking Duck).

Guilin Chili sauce (*Guilin lajiao jiang,* p. 95. Guilin is the capital of Guangxi, located just north of Guangdong {Canton}. To make: Mix fermented and salted beans with fresh red chilies. Then stir in the lesser ingredients: garlic, salt, sugar, and starch. The author's favorite authentic brand, Mount Elephant, is sold in a rustic brown earthenware pot. Recipe: Chicken cubes with chili bean sauce).

Chu Hou bean paste (*chuhou jiang,* p. 96. To make: Use yellow soybeans, wheat flour, sugar, lard or vegetable oil, and sesame. Recipe: Chu Hou chicken).

Sweet bean paste (*dousha,* p. 97. Although there are red and black sweet bean pastes, they are both made from red beans [azuki beans]. "I discovered this unexpected fact only very recently, while researching this book." To make basic red bean paste: Gently boil red [azuki] beans in water until soft. Grind to a pulp, then clean and strain them to get rid of the hull / skin; filter and press. To this basic unsweetened paste, mix in crushed rock sugar. For "sweet black bean paste, add additional sugar with lard or vegetable oil, then heat while stirring until the color turns black. Essence of fragrant flowers, such as roses or sweet-scented osmanthus {*Osmanthus fragrans;* cassia} is usually blended with the black paste, which is shiny black. Sweet bean paste is widely used as a filling for steamed buns {*baozi*}, cakes and other desserts. "In China, sweet black bean paste is far more popular than the red variety, and as a child, I always preferred the sweeter taste of the former." Recipe {served in most non-Cantonese restaurants}: Red bean paste pancakes).

Chili bean paste (*toban jiang,* p. 98. This is distinguished from other thick seasonings in that is made from broad beans rather than soybeans. The most delicious product comes from Pixian County, in the Chengdu Plains near Chengdu–the capital of Sichuan province. Recipe: Home-style braised bean curd).

Fermented bean curd (*doufu nai,* literally "bean-curd milk," p. 102-03. It has often been compared with a strong cheese and is definitely an acquired taste: "you either love it {as does almost everyone in China} or hate it {as does almost everyone else}. But everyone loves it when it is disguised as a seasoning. Also called *jiang doufu.* A legend of its origin states that two immortals told a street bean-curd seller how to make it, starting with molded bean curd. "Since the 15th century Fengdu fermented bean curd has held an excellent reputation." Today the two leading brands are The

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Immortals and The Two Immortals. To make it: (1) Make bean curd [tofu]. (2) Lay cubes of bean curd on beds of rice straw for about 5 days in spring or 7 days in winter. (3) Dry the mouldy [moldy] bean curd in the sun, then marinate with salt, sorghum spirit and spices. Mature in brine in sealed earthenware urns for at least 6 months. The two basic types are red and white. The red type, which has the milder flavor of the two, has ground red rice added to it instead of spice. In China, it is most widely consumed for breakfast with rice congee. Recipes: Pork chops with red fermented bean curd. Sichuan-style fried green beans).

Vegetables section: Soybean sprouts (*Huang douya, Glycine hispida,* p. 150-51. Soybean sprouts are much more widely used in China than mung bean sprouts. For how to grow at home, see p. 148. Soybean sprouts are almost twice as large as mung bean sprouts both in length and diameter. Soybean sprouts are the main ingredient in Vegetarian stock {p. 71}. Neither soybeans nor their sprouts should ever be eaten raw. Recipes: Soybean sprouts salad {with parboiled soybeans}. Assorted vegetable soup).

Note. This is the earliest English-language document seen (Jan. 2013) that uses the term "Huang douya" (regardless of capitalization) to refer to soy sprouts.

Under Lotus root (p. 144) is a recipe for Braised pork with lotus root that calls for "dried bean curd sticks."

Under Ginkgo nut (p. 167) is a recipe for Vegetarian casserole (A slightly simplified version of Buddha's Delight, p. 193) that calls for "3 8 inch long pieces (1 oz.) dried bean curd sticks, soaked."

Note 1. This is the earliest English-language document seen (June 2011) that uses the term "dried bean curd skin sticks" to refer to dried yuba sticks. The recipe intends to call for "Three 8-inch long dried bean curd sticks." Later, we are instructed to "Cut the bean curd sticks into short sections,..."

Preserved and processed foods section: Pickles (*Jiang cai,* p. 185, are vegetables pickled in soy sauce-based hydrolysate).

Bean curd (tofu, doufu, p. 196-99. Bean curd was invented in China "and is regarded as the country's national dish..." Proof exists that bean curd, made from soybeans, was sold in markets during the Tang dynasty {618-907}. Until the 17th century, bean curd was eaten exclusively by the poor until Kung Xi {1662-1722}, a Qing dynasty emperor, "discovered it while visiting Suzhou in Jiangsu province when he ventured out incognito to mingle with the people in the streets. When he returned to Peking, the Emperor ordered the chefs of the Palace kitchen to produce bean curd dishes. Overnight, humble bean curd became nobleman's fare and is now popular worldwide." It is off-white in color. Under "Medicinal uses: The nutritional benefits of bean curd cannot be exaggerated." Free of cholesterol, it is ideal for combating heart disease and high blood pressure. It is also extremely easy to digest, so it is very good for infants, the elderly and invalids. Recipe: Sichuan spicy bean curd {*Ma po doufu*}. Fish and bean curd casserole. Stir-fried shrimp with bean curd. Stuffed bean curd {Popular in Canton and with the Hakka people}).

Deep-fried bean curd (*youzha doufu,* p. 200. Sold in the form of small cubes, large squares, or triangles. Used in soups, stews, casseroles, braised dishes or stuffed triangles).

Pressed bean curd (*doufu-gan,* p. 201. After being pressed it is typically seasoned with soy sauce and a little five-spice, or star anise, or cinnamon).

Dried bean curd skins (*fuzhu, fupi,* p. 202-03. One kind is a thin flat sheet; the other is rolled into a stick. The sticks require much more soaking before use–several hours or overnight. Recipes: Bean curd skin and asparagus soup. Vegetarian bean curd skin roll).

Tofu (in recipes only): p. 75, 139, 189.

Non-soy: Gluten (p. 34). Cooking oils (p. 58; soy oil is not mentioned). Sesame seed oil (p. 60). Sesame paste (p. 61). Peanut (p. 164-65).

Note 2. This book was first published in Great Britain in 1999 by Kyle Cathie Limited. This is the first U.S. edition. Address: Author and chef, London.

12369. Hsiung, Deh-Ta; Simonds, Nina. 2001. Food of China. Sydney, NSW, Australia: Bay Books, an imprint of Murdoch Books Pty Ltd. 296 p. Illust. (color photos by Jason Lowe). Index. 31 cm. [25 ref]

• ***Summary:*** A gorgeous book with many fine color photos on glossy paper. One section titled "Tofu" (p. 184-91) has recipes for: Braised tofu with Chinese mushrooms. Fermented tofu with Asian greens. Ma Po tofu ("A quintessential Sichuanese dish). Braised tofu. Soft tofu with chilli and spring onion.

The next section, titled "Soy" (p. 192-95) discusses: Introduction. Soy sauce. Tofu. Tofu products: Fermented tofu, mouldy tofu, tofu skin [yuba]. Recipes: Northern-style tofu. Stuffed tofu. Stir-fried tofu in yellow bean sauce.

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Braised gluten. Mock duck (made with gluten). Buddha's delight (vegetarian, with gluten and tofu). Bean sprouts stir-fry ("Bean sprouts can mean either soya bean sprouts or mung bean sprouts and both are used in this recipe. Soya bean sprouts are slightly bigger and more robust for cooking, as well as being more commonly found in China").

Fermented tofu is mentioned on pages 9, 164 (1 tablespoon red fermented tofu), 167, 193. More soy recipes: Tofu rolls (with yuba. An alternative to spring rolls, often served as dim sum, p. 35). Salted soya bean pods ([green vegetable soybeans], p. 53). Tofu and spinach soup (p. 60). Hot-and-sour soup (with tofu, p. 68). Steamed mussels with black bean sauce (p. 76). Clams in yellow bean sauce (p. 76). Scallops with black bean sauce (p. 114). Soy chicken (with dark soy sauce, p. 140). Shanghai soy duck (similar to Cantonese soy chicken, with light soy sauce and dark soy sauce, p. 148). Beef with capsicum and black bean sauce (p. 172). Stuffed bitter melon in black bean sauce (p. 219). Chinese broccoli with soy sauce (p. 220). Soy and vinegar dipping sauce (p. 282). Soy, vinegar and chilli dipping sauce (p. 282). Soy, chilli and sesame dipping sauce (p. 282).

Contains a good glossary of Chinese food and cooking (p. 288-91) which includes entries for: Bean sprouts (incl. soya bean sprouts). Chilli bean paste: Substitute Hot or Sichuan bean pastes. Fermented tofu, which is sometimes called "preserved tofu or tofu cheese and is used as a condiment or flavoring." Hoisin sauce. Master sauce (incl. soy sauce). Salted, fermented black beans. Soy sauce. Soya beans (fresh, "cooked in their fuzzy pods and served as a snack." Or dried, yellow or black). Tofu (called *doufu* in China). Tofu puffs ("Deep-fried squares of tofu, crispy on the outside and spongy in the middle." Can be frozen). Tofu skins [yuba]. Yellow bean sauce (It is actually brown in color).

Photos show: Kung Wo Bean Curd factory in Hong Kong. A soy sauce factory and its canned "Premium Soy Sauce."

12370. Ishige, Naomichi. 2001. The history and culture of Japanese food. London, New York, Bahrain: Kegan Paul. x + 273 p. Illust. Maps. No index. 24 cm. [59 ref. Eng]
• ***Summary:*** This book is crippled by the lack of an index. Moreover, the sources of most of the interesting material in the text are not cited. Otherwise it is very well researched and well written.

Contents: Introduction–The historical framework. Part I: The dietary history of Japan. 1. The prehistoric era: The Paleolithic age, the advent of earthenware, Jômon society and dietary culture. 2. Establishment of a rice-growing society: A crop held in special regard, the dissemination and development of rice, rice cooking, sake brewing, fermented fish and flavourings. 3. The formative period of Japanese dietary culture: Historical setting, the taboo on meat eating, the lack of a dairy industry, annual observances and rites of passage, place settings and table settings, cooking and banquet styles, the roles of the monasteries, the popularization of noodles.

4. The age of change: Historical setting, the diffusion of tea, the impact of the 'Southern Barbarians' (*nanban;* first came the Portuguese and Spaniards, Catholics from Iberia, then the Dutch and English, Protestants from northwest Europe called *kômôjin* {"redheads"} to distinguish them from the Iberians, Saint Francis Xavier, introduction of meat eating {beef} by Catholics by 1557 in the town of Oita in northwest Kyushu, expansion of meat eating by non-Christians in Nagasaki and Hirado island {northeast Kyushu}, in 1612 Christianity and meat eating are prohibited by the Tokugawa shogunate but the Chinese colony in Nagasaki is exempted, Dutch traders are the only Europeans allowed to remain in Japan after the country is closed but they are isolated on a tiny island in Nagasaki harbor and barred from contact with ordinary citizens, dishes with nanban influence include fried tofu patties {called *ganmodoki* in the east of Japan, or *hirôsu* or *hiryôzu* in the west}, tempura, nanban confectionary {such as *kasutera*} is especially popular, introduction of new crops by Europeans {incl. sweet potato, two types of pumpkin squash, cayenne pepper, kidney beans, peanuts}), formation of a new style (banquet-style meals {*honzen ryôri*}, *kaiseki*), change in the frequency of meals (from two to three).

Note 1. This is the earliest (and only) English-language document seen (April 2013) that contains the word *hirôso;* it refers to Kyoto-style deep-fried tofu balls.

5. The maturing of traditional Japanese cuisine: Historical setting town and country, the spread of soy sauce, the emergence of the restaurant, snack shops, books on cooking and restaurants, the Ainu, the Ryukyu Islanders. 6. Changes in the modern age: Historical setting, the resumption of meat eating, milk and dairy products, entry of foreign foods, zenith and nadir, new meal patterns, integration of foreign foods–a model.

Part II: The dietary culture of the Japanese. 7. At the table: Gohan–framework of the meal, the rise of the table, the tabletop as landscape, chopsticks and table manners, etiquette–as you like it. 8. In the kitchen: The secularization of fire and water, from wood fire to electric rice cooker, the knife–a sword in the kitchen, restaurants–the public kitchen. 9. On the menu: Soup and umami flavouring. Sashimi–Cuisine that isn't cooked, Sushi–from preserved food to fast food, sukiyaki and nabemono, tofu and nattô–meat for vegetarians, vegetarian temple food, tempura and oil, noodles and regional tastes, pickled and preserved seafood, mochi, confectionery and tea, the dynamics of sake and tea.

Teriyaki developed during the Edo / Tokugawa period (1600-1867) (p. 116; However no citation for the source of this information is given).

During the Edo period, most commoners living in Japan's cities ate plain and repetitive meals. In Edo (later

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Tokyo) most had a breakfast of rice, miso soup, and pickles; for lunch and dinner they ate approximately the same thing "with the addition of one dish of simmered vegetables or tofu, or simmered or grilled fish" (p. 113). Address: National Museum of Ethnology, Osaka, Japan.

12371. Jaivin, Linda. 2001. The monkey and the dragon: a true story about friendship, music, politics and life on the edge. Melbourne, VIC, Australia: Text Publishing Co. 438 p. Illust. Index. 24 cm.
• ***Summary:*** About the author's friendship with Taiwanese rock star Hou Dejian. Page 398: "Some things about Taipei were exactly the same as when I'd lived there twenty years earlier: the smells wafting from the ubiquitous snack carts offering egg-wrapped pancakes with chilli sauce, the aptly named 'stinky beancurd' and betelnut wrapped in vine leaves. Open-fronted restaurants served up steaming bowls of soy milk, sweet or savoury, as well as bubbling soups of puffed beancurd [probably fried tofu squares] and stewed meats." Address: Sydney, Australia.

12372. Kang, In-hui. 2001. Kankoku shoku bunkashi: genshi kara gendai made [History of Korean food culture: from the past to the present]. Tokyo: Fujiwara Shoten. [Jap]*

12373. Lemlin, Jeanne. 2001. Vegetarian classics: 300 essential recipes for every course and every meal. New York, NY: HarperCollins. ix + 294 p. 25 cm. Index. Reprinted in 2003 by Quill (New York).
• ***Summary:*** One chapter is titled "Tofu and tempeh" (p. 189-202). Soy related recipes include: Edamame (p. 41). Miso (p. 10-11, 55-56, 73-74).

Jeanne Lemlin, who has been writing about vegetarian food for more than a decade, has won a prestigious James Beard Cookbook Award. Address: Great Barrington, Massachusetts.

12374. Marcus, Erik. 2001. Vegan: The new ethics of eating. Revised ed. Ithaca, New York: McBooks Press. xi + 211 p. Illust. Index. 23 cm. [432 endnotes*]
• ***Summary:*** Very well researched and written. Widely considered to be the best current introduction to Veganism. Contents: Foreword, by Howard Lyman. Introduction. I. Part I: To your health. 1. The beat goes on. 2. Cutting your cancer risks. 3. Eat well to weigh less. 4. The perfect food isn't. 5. How now, mad cow. II. Part II: The truth about food animals. 6. Rescued! 7. Chickens and eggs. 8. Pigs. 9. Milk and beef. 10. The killing business. III. Part III: Beyond the dinner table. 11. World hunger. 12. American rangeland. 13. Awakening. Appendix A: The new four food groups.

The New Four Food Groups (p. 194-95) are vegetables, whole grains, fruit, and legumes. Legumes includes soy milk, tempeh, texturized vegetable protein, and tofu.

On the cover is written boldly: "Urgent. What we eat has devastating effects. Heal our planet and your body."

The chapter on mad cow disease gives a brief but good history of the problem. In Jan. 1997 the U.S. Foods and Drug Administration proposed regulations to prohibit the feeding of cattle parts back to food and dairy cattle. In June 1997, the proposal was passed into law. "If the resultant ban is seriously enforced, it could essentially eliminate the possibility of a British-style mad cow epidemic." However the new legislation still allows livestock producers to take risks with America's food supply by feeding other animal by-products back to farm animals. Pig and chickens have been shown to have developed spongiform diseases. Yet the new law exempts rendered pigs, chickens, horses, milk, blood, and gelatin from the ban.

British BSE researcher Stephen Dealler has tried to calculate how many Britons may actually die from Creutzfeldt-Jakob disease–the human form of mad cow disease. He has calculated 21 scenarios, each of which he considers equally likely. Fifteen of these show at least 140,000 people at high risk of developing the disease, and the six worse predict that over 32 million people in Britain have already been exposed to a potentially fatal dose. The wide range of numbers results from several unknowns: (1) The rate of transmission from infected of beef to humans that eat it; the issue of crossing the species barrier. (2) The human body's resistance to BSE prions. (3) The incubation time and distribution of the infection in humans. A closely related question is how many humans will die from spongiform encephalopathies contracted from infected animals other than cattle–such as pigs, chicken, etc.

Eric Marcus was born in 1966. Address: Vegan.com, P.O. Box 432, Albion, California 95410.

12375. Matsumoto, Miwa. 2001. Tôfu, nattô [Tofu and natto]. Tokyo: Kin no Hoshi Sha. 47 p. Illust. (color). Index. 30 cm. Series: "Shoko" de Sogo Gakushu Minna de Shirabete Tsukette Tabeyo, no. 4. [Jap]*
• ***Summary:*** A children's book. Address: Japan.

12376. Namkoong, Joan. 2001. Go home, cook rice: A guide to buying and cooking the fresh foods of Hawai'i. Honolulu, Hawaii: Namkoong Publishing. 104 p. Illust. (color photos by Rae Huo). Index. 28 cm. [28 ref]
• ***Summary:*** "A collection of food stories that appeared in the *Honolulu Advertiser* from 1994 to 2001 and information about food products." "Guide to buying and cooking the fresh foods of Hawai'i" (from the publisher).

The Foreword begins: "'Go home, cook rice' is what we say at the end of the day when we're heading home;..."

The section titled "Soy" (p. 67-71) begins with brief definitions of tofu, fresh soybeans [edamame], soy sprouts, miso, natto, and "fermented black beans." Then come recipes: Basic miso sauce (with "white or red miso"). Spicy soy beans (with "1 pound soybeans"). Soy bean sprouts

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(*kong na mul* in Korean, with "1 {8-ounce} package soy bean sprouts"). Page 69 titled "Soybean curd," with a sidebar of "Tofu tips" describes more soyfoods: Tofu (incl. okara and silken tofu). Aburage (thicker, denser slabs of fried tofu are called *Dau hu chien* in Vietnamese). Then we read this unusual statement: "Before a coagulant is added to form tofu, a thin skin forms on the surface of soybean milk as it stands. This skin is lifted off and allowed to dry, forming a product that has a firm, chewy texture when reconstituted in water. Known in Chinese as *fu jook* [dried yuba sticks], bean curd skin is used as an edible wrapper, and in braised and vegetarian dishes. They come in large flat sheets or in 'bamboo' sticks that are pleated."

Tempeh. Fermented bean curd (which can be red or white in color. Fermentation in rice wine and salt produces a pungent flavor). A color photo shows 3 forms of tofu: fresh tofu, aburage, and *dau hu chien* [which resembles Japanese deep-fried tofu cutlets–*atsuage / namaage*]. Then a recipe for Lemon grass tofu (Vietnamese). Page 71 discusses "Soy bean sauces" such as hoisin, bean sauce, and shoyu (made with koji). Page 72: "The flavors of soy sauces." Chinese soy sauces (tend to be saltier than Japanese shoyu). Tamari. Kecap manis. Light or sodium reduced soy sauces. Dashi soys. How to use soy sauces. This section ends with recipes for: Basic Korean sauce (with "1 cup soy sauce"). Basic teriyaki sauce (with "1 cup soy sauce, mirin, sake, raw white sugar, smashed garlic, and a piece of smashed ginger). Basic hoisin sauce (with "6 tablespoons hoisin, 2 tablespoons soy sauce, brown sugar, sesame oil, minced garlic, minced ginger, and Sriracha sauce {a Thai, Vietnamese, or Chinese hot sauce}). Address: Former *Honolulu Advertiser* food editor, Hawaii.

12377. Natsume, Michiko. 2001. Tôfu, nattô, aburage no okazu: Shunka shûtô teiban menyuu [Side dishes made from tofu, natto, and deep-fried tofu pouches: spring, summer, fall, winter, a standard / definitive menu]. Tokyo: Ikeda Shoten. 143 p. 21 cm. [Jap]
Address: Japan.

12378. Northrup, Christiane. 2001. The wisdom of menopause: Creating physical and emotional health and healing during the change. New York, NY: Bantam Books. xi + 589 p. Illust. Index. 28 cm. Revised and expanded in 2006.
• ***Summary:*** "This book is dedicated to the pioneering spirit embodied in the women of the baby boom generation." The stories in this book reflect authentic situations in the lives of the thousands of perimenopausal women Dr. Northrup has seen in her practice. She has "integrated advanced medical techniques with the best natural remedies, offering readers specific guidance on choosing the right approach for themselves."

In this book "Dr. Northrup once again challenges convention. 'The change' is not simply a collection of physical problems to be 'fixed'–whether with hormones or herbs–but a body-mind revolution that brings the greatest opportunity for growth since adolescence... [This] book examines the connection between menopause and a woman's emotional and spiritual life And it stresses how the choices a woman makes now–from the quality of her relationships to the quality of her diet–either secure her health and well-being for the rest of her life, or put her at future risk."

Candid and reassuring, [this book] elucidates the changes women should expect from ages 40 to 55, and how these changes can be wonderfully life-affirming. Instead dreading menopause as a time of loss, women will hear the real message their bodies are sending–that this is a time of personal empowerment and positive energy... and a time for women to break free and thrive." Contains a very positive and accurate section on the ability of soyfoods to relieve menopausal symptoms. But the benefits are dose-dependent. Discusses: Soy and menopause (p. 125). Bone loss (p. 164). Soy capsules or pills (p. 173). Soy and menopausal symptoms, dose dependency, genetic engineering (p. 179-84). Vaginal resiliency / moisture (p. 286). Alzheimer's and dementia (p. 321). Skin and wrinkles (p. 345). Breast health (p. 422). Summary (p. 548-49).

About the author: "Christiane Northrup M.D., trained at Dartmouth Medical School and Tufts New England Medical Center before cofounding the Women to Women health care center in Yarmouth, Maine... Board certified in obstetrics and gynecology, she is past president of the American Holistic Medical Association." Address: M.D. (gynecologist), Women to Women, Yarmouth, Maine.

12379. Plante, Colombe. 2001. Le soja, le tofu et le seitan [Soya, tofu, and seitan]. Varennes, Quebec: AdA. 154 p. Illust. Index. 23 cm. [Fre]*
Address: Quebec, Canada.

12380. Ramnarine, Angela Usha. 2001. The manufacture of tofu, okara and derived products. MSc thesis, University of the West Indies, St. Augustine, Trinidad and Tobago, Dep. of Chemical Engineering, Food Science and Technology. xiii + 229 p. Illust. 29 cm. *

12381. Richmond, Akasha. 2001. The art of tofu: Celebrated vegetarian recipes from around the world. Deluxe edition with colour photographs. Torrance, California: Morinaga Publications; London, England: Cross Media Ltd. 119 p. Illust. (39 color photos by Jonathan Pollock). No index. 24 x 19 cm.
• ***Summary:*** The contents are the same as those of the original 1997 edition. But the beautiful color photos, many of them full-page, make this a deluxe edition. Address: Los Angeles, California.

12382. Robertson, Robin. 2001. Vegetarian meat & potatoes

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cookbook. Boston, Massachusetts: The Harvard Common Press. xii + 356 p. Illust. (by Paul Hoffman). Index. 23 cm.
• ***Summary:*** Another outstanding book from Robin Robertson. From the front cover below the title: "275 hearty and healthy meat-free recipes for burgers, steaks, stews, chilis, casseroles, pot pies, curries, pizza, pasta, and other stick-to-your-ribs favorites."

The Introduction begins: "When I married him in 1971, my husband, Jon, was a 'meat and potatoes' kind of guy. He remains so today, even though he has been a vegetarian since 1986. The answer to this seeming paradox can be found in the pages of this book." Chapter 5, "Steaks, vegetarian style" (p. 123-63) is packed with "meaty" main dishes featuring seitan (home made), tempeh, tofu and yuba.

A half-page sidebar titled "All about tofu" (p. 140) gives a basic description and lists the different types.

Another sidebar titled "A brief bean bio" (p. 266) states: "The most useful and versatile bean of all is the soybean. For years, the soybean has been hailed as one of humanity's greatest nutritional treasures, because there are a number of high-protein foods derived from it, such as tofu, tempeh, and miso. Roasted soy 'nuts' and edamame, boiled fresh soybeans in the pod, are other delicious ways to enjoy soy... Beans and grains are like the 'meat and potatoes' of vegetarian cuisine. Add some steamed or stir-fried vegetables for a complete, well-balanced meal."

The word "tofu" appears on 84 pages of this book, "tamari" on 58 pages (she uses the fixed phrase "tamari or other soy sauce"), "soy sauce" on 50 pages, "seitan" on 41 pages, "tempeh" on 35 pages, "hoisin" on 15 pages, "teriyaki" on 8 pages, "yuba" on 9 pages, "soybeans" on 6 pages, "miso" on 5 pages, "soy yogurt" on 4 pages, "shoyu" on 1 page, "edamame" and "soybean" on 1 page each.

12383. Sabaté, Joan; Ratzin-Turner, Rosemary. ed. 2001. Vegetarian nutrition. Boca Raton, Florida: CRC Press. [xxiv] + 551 p. Index. 24 cm. CRC Series in Modern Nutrition. [1732 ref]
• ***Summary:*** The best scholarly book seen to date on this subject. Consists of a Prologue (by Mervyn Hardinge) plus 21 chapters, in five sections, by various authors.

This book contains extensive information on soyfoods as follows: Vitamin B-12, homocysteine, meat analogues and soya milks (p. 47). Summary of epidemiologic studies of soy / tofu intake and breast cancer risk (p. 80-81). Vegetarian diets and soy in the prevention of osteoporosis, diabetes, and neurological disorders (p. 120-21, 125). Iron and soy (p. 202-03). Guidelines to achieve an optimal ratio of essential fatty acids in the diet (p. 203; soy is rich in α-linolenic acid). Zinc, calcium and soy (p. 206). Women's reproductive function, menopausal symptoms, phytoestrogens and soy (p. 232-34, 244). Health advantages of a vegetarian diet for the elderly–and soy (p. 254-55). Vegan children, protein and soy (p. 302). Iron and soy (p. 304; "While the percentage of iron absorbed from soy may be low, the total amount of iron absorbed is adequate, because soy beans naturally contain relatively large amounts of iron" (p. 304-05)). Phytoestrogens and soy (p. 312-13). Macrobiotic diets (p. 313-15). Calcium and soy (p. 316). Vitamin B-12, miso and tempeh (p. 319-22). Iodine and soy (p. 323). Health-promoting phytochemicals beyond the traditional nutrients–soyfoods and isoflavones (p. 342-45; One table shows the isoflavone content (genistein, daidzein, and glycitein) of soybeans, roasted soyflour, roasted soynuts, TVP, tofu, tempeh, miso, and soy milk). Another shows the isoflavone content of commercial soy products by the weight of a typical serving, in descending order of isoflavone content (cooked soybeans, dry TVP, dry roasted soy nuts, tofu, soy flour, soy protein isolate, soymilk, SoyBoy Breakfast Links, soybean chips, tempeh, miso, soy cheese, Ice Bean, Green Giant Harvest Burger, soy noodles, Tofutti, soy sauce, soy oil). Protection against cancer and soy (p. 346-47). Help for menopause and bone loss (p. 347-48). Protective substances and soy foods (p. 397-98). Calcium fortified products such as soy (p. 421). Consuming a wide range of vegetable oils from intact plants–soy (p. 421). Developing a vegetarian food guide–Legumes, lentils and peas (p. 428-29; "Among legumes, the soybean possesses unique nutrient characteristics." Many food guides place soy beverages in the milk-dairy category). Table: Comparison criteria for evaluating soy and grain-based beverages (p. 430). The water efficiency of food production–and soy (p. 449; "The water intensity of animal production is much larger than the water intensity of crops. For instance, per gram dry weight, soybeans require about 0.75 liters of water" compared with about 20 liters for cattle). Note: Joan Sabaté is a man. The series editor is Ira Wolinsky, PhD, Univ. of Houston, Texas. Address: 1. Prof. of Chair, Dep. of Nutrition, and Prof. of Epidemiology, Loma Linda Univ., Loma Linda, California.

12384. Shrewsbury, Ailene. 2001. Alaine's tofoolery (Color videotape). Westminster, California: Mimosa Productions. 6 minutes. VHS. Produced by Hazel Newsom, directed by Richard Fain *
• ***Summary:*** Alaine Shrewsbury demonstrates how to use tofu to replace meat, dairy products, and eggs in cooking.

12385. Singleton, Paul; Sainsbury, Diana. 2001. Dictionary of microbiology and molecular biology. 3rd ed. Chichester, New York, Weinheim, Brisbane, Singapore & Toronto: John Wiley & Sons, Ltd. xi + 895 p. Illust. 25 cm.
• ***Summary:*** Contains entries for: fermentation, fermented foods, fermenter (fermentor), fungi, miso, natto, ogi, oncom, shoyu (see Soy sauce), soy paste (see Miso), soy sauce (shoyu), sufu, tempeh, tofu (an intermediate in Sufu production). Address: London.

12386. Stevanon, Margrit. 2001. Tofu–fantastisch [Tofu–

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Fantastic]. Darmstadt, Germany: Pala-Verlag. 155 p. Illust. (Carmen Luz Dominguez Rocha). Recipe index. 18 cm. [Ger]
• ***Summary:*** Contents: Dear reader, dear reader. Homemade tofu. Buying tofu. Glossary and explanation of the recipes (tamari, tahini, gomashio, okara, etc.). Bread spreads. Soups. Main dishes. Baked dishes. Picant baked dishes. Sweet baked dishes. Salads. Dishes for special occasions. About the author. About the illustrator (with a photo of each). Address: La Palma, Germany.

12387. Trinh, Dianne Thuy. 2001. Using developed laboratory procedures for discriminating potential of selected Michigan-grown soybean varieties for soymilk and tofu production. MSc thesis, Michigan State University, Dep. of Food Science and Nutrition. xi + 105 leaves. Illust. 29 cm. *

12388. Viana Naturkost GmbH. 2001. Listen to your heart: mit vielen Leckeren wohlfuehlrezepten [Listen to your heart: With many delicious, wholesome recipes (Brochure)]. Wiesbaum, Germany: Viana. 24 p. 17 cm. [Ger]
• ***Summary:*** On the cover of this colorful brochure are red, green, and yellow stripes. Contents: Listen to your heart. Do you know the secret of Viana tofu? How does Viana make delicious meat alternatives from tofu? What does nutritional science say about plant-based products. Why are Viana products useful for you? Enjoy quick and easy with Viana: Products and wholesome recipes. Tofu. Smoked tofu. Tofu burrito wraps. Little sausages (*Würstchen,* incl. and hot dogs). Menu for the chancellor and children: Curried sausages. Main dishes (*Pfannengerichte*). Meatless minced meat. Lasagna–Dangerous Italian. Crisp breaded cutlets. Colorful spring salad, with roasted, tart chicken filets. Vital tips from Viana. Color photos of 6 packaged products: Tofu vegetable cutlets (*Tofu Gemüseschnitzel*), Tofu Crisp Sticks (*Tofu Knusperstäbchen*), Bonanza Hacksteaks, and 3 types of rice milk (plain, chocolate, vanilla). Address: D-54578 Wiesbaum / Vulkaneifel, Germany. Phone: +49 06593-9967-0.

12389. Willcox, Bradley J.; Willcox, D. Craig; Suzuki, Makoto. 2001. The Okinawa Program: How the world's longest-lived people achieve everlasting health–and how you can too. New York, NY: Clarkson Potter. x + 484 p. Index. 24 cm. Foreword by Andrew Weil, M.D. [41 + 474 endnotes]
• ***Summary:*** A remarkable book! Written by a team of internationally renowned experts, it is based on the landmark, scientifically documented 25-year Okinawa Centenarian Study. Okinawans have the world's longest disability-free life expectancy. Their occurrence of heart disease is only one fifth that of Americans. Their rate of breast, ovarian, and prostate cancer is less than one quarter of American levels. And the number of centenarians per 100,000 is six times that of the USA. This is a book with plenty of solid, practical scientific advice. Address: 1. M.D., Div. of Aging, Harvard Medical School; 2. PhD, medical anthropologist and gerontologist, Asst. Prof., Okinawa Prefectural Univ.–College of Nursing; 3. M.D., PhD, cardiologist and geriatrician, Prof. Emeritus of Community Medicine, Univ. of the Ryukyus, and Prof. and Chair, Dep. of Gerontology, Okinawa International Univ.

12390. Source Family (The). 2001? The Source: Source restaurant "recipes" & Source family. Los Angeles, California. 157 + [20] p. Undated. Illust. No index. 22 cm.
• ***Summary:*** This photocopied, comb-bound book was made for Jim Baker's Source Family / community, and was never sold in bookstores. It is undated and with no copyright page. Most of the pages are numbered, but about 20 (here and there, often containing photos) are not; they were apparently inserted at the last minute. Contents: 1. The Source recipes (p. 1-17) and other family favorites (p. 18-48). 2. Alternative lifestyle choices, for the well being of body, mind and soul (p. 49-93). 3. Father / Yahowha and The Source Family: Truth behind the legends, an epic and never-ending saga (p. 94-157). All photos are courtesy of "the Source Archives." This book emphasizes on the importance of food, community, and a teacher in spiritual practice.

On the rear cover (and on p. v) is a color photo of The Source restaurant taken from across the street, above the following text: "Jim Baker opened The 'Source Restaurant' in 1969, on Sunset Blvd. One of the country's first health food restaurants. Jim's 'Spiritual Family' grew from those who worked at the Source and soon became 'The Brotherhood of the Source' and later 'The Source Family,' living communally in the Hollywood Hills. We called Jim Father, then Father Yod and later Yahowha. We sold The Source in 1974 and moved to Hawaii, where Father left his body in August of 1975. The new owners recently closed the Source doors after 31 years, bringing a Hollywood legend and tradition to an end. We are printing the 'Source Recipes' in honor of our 'Earthly Spiritual Father' and The Family that was created."

In Section 1, recipes used at The Source restaurant include: Hi protein cereal (ground fresh from whole grains and seeds not cooked–like muesli, the raw breakfast cereal). The Source dressing (a version was later sold as Cardini Lemon Herb). Ice cream. Cheese cakes. Source special. Guacamole. Vegetable salads. Entrees: Too much crunch. Magic mushroom.

Section 2 discusses: Fish (recipes for ahi / tuna and salmon). Refined foods to avoid. Good foods (brown rice, miso, tofu, nuts, sesame seeds; p. 57-58). Fasting, enemas and elimination diets (p. 65-66). Tofu (p. 74-75). Miso (p. 75-77). Raw foods.

Section 3, the life story of Jim Baker (1922-1975), mentions: His mother, Cora. The Tarzan audition in Los Angeles. Dora Baker (of France), his second wife. His birth

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on July 4 in Ohio, parents, childhood, great-grandfather, growth of interest in natural healing and foods, Paul Bragg, weight training and competitive sports, University of Chicago (Illinois), graduation from Swedish School of Massage in Chicago, first big job at the Wright plant, married the boss's daughter Margaret; they had a daughter named Peggy, opened Bakers Gym, joined the Marines in World War II, received Medal of Gallantry and Silver Star, ardent archer and champion swimmer, heavyweight wrestler, and judo expert, etc. Lived in Topanga Canyon and became a Vedantic Monk, met Elaine Baker and they were married, part of Nature Boys which lead into the Hippie movement (Jack LaLanne, Gypsy Boots). Elaine and Jim had three sons and opened two famous restaurants on Sunset Blvd. They were divorced and he married Dora, a French girl who was with him at The Old World. Dora started The Source with Jim. "He finally found His Spiritual Father in a very powerful and famous Yogi Bhajan from the East who was living and teaching in L.A. Jim became a Sikh... Jim then married Robin, who was 20 and he was 47. She supported him on all levels and was a devoted wife. Slowly the small group of people who were working at the Source started to become more of a communal and family energy. Jim went to India with the Yogi and while there realized "Neither Hindu or Sikh shall I be, for my soul is universal and free!"... Jim came back to L.A. and started to teach meditation and spiritual knowledge at the restaurant on Sundays. He became known as Father. "Most of us were living in vans or other rentals but wanted to live more communally. The Mother House was rented and this was the beginning of the Source Family. Father and Robin / Ahom lived above the Source, while the family lived at our mansion on Inverness St. (p. 98-99).

12391. Kuzmic, Vlatka. 2002. Re: Brief history of Annapurna, and work with tofu and seitan in Croatia. Letter (fax) to William Shurtleff at Soyfoods Center, Jan. 11. Followed by letter (e-mail) of 11 July 2006. 1 p. Typed, on letterhead. Followed by a brief interview later the same day.
• ***Summary:*** 1997 March–Vlatka and Miroslav "Miro" Kuzmic (later her husband) started cooking and delivering vegetarian meals to some friends and acquaintances. In order to improve the quality of the meals, they became interested in macrobiotics and tofu.

1998 Feb.–They tried to make tofu, for the first time, from soy flour as described in the book *Super Soy,* by Ruth Winter. They were not successful. So they started reading *The Great Macrobiotic Cookbook,* by Aveline Kushi (in Croatian) and studying a recipe for tofu in that book. At about the same time they asked Suzana Ciceli, a macrobiotic friend, to help them improve their tofu-making process. She gave them her recipe, but after trying it a few times, they made big changes. Suzana suggested that they grind the soybeans, cook the slurry, then press the hot soymilk from the okara. But they decided to do it in the traditional Chinese way, grinding the soybeans, pressing the cold soymilk from the okara, then cooking only the soymilk. The results–firm, Chinese-style tofu–were excellent. At first the tofu was flat and round. They discussed their achievements with their friend Gordana Sibila. She supported them and convinced them to sell tofu and seitan to their friends.

At that time Maca, and his vegetarian restaurant *Vegeterra,* became interested in tofu. But of course they wanted nice square tofu. At first they had a tofu forming box made from a plastic box that could contain about 500 gm of tofu. But this wasn't a very good idea, so their fathers came to help them. Their next forming box was made of stainless steel; it had three compartments that each held about 0.8 kg of tofu, and it had removable sides so that when the tofu was ready they would just remove the sides and have nice squares. They made a mechanical screw press (rather than using a weight) to press the tofu.

They could produce about 5 kg/day of tofu in their small kitchen located at Poljanicki Prilaz 12, 10000 Zagreb, Croatia.

1998 May–They started selling their tofu and seitan to their friends, then to their friends' friends, and soon to many other people they didn't even know. At the same time they began using the business name "Annapurna" with the tag line *"zdrava hrana.* Annapurna is the name of the second highest peak in the Himalayas–but unlike the others, which are covered with snow, it is covered with greenery and flowers. Annapurna is also an Indian goddess of food and wealth (*anna* means "food" and *purna* means "wealth"); *"zdrava hrana* means "healthy food." Their first three products, each introduced in May 1998, were Fresh Tofu, Marinated Tofu, and Fresh Seitan. Marinated Seitan was introduced a month later, and Smoked Tofu in Sept. 1998. The ingredients in their first commercial tofu were soybeans (non-organic, grown in Croatia near the city of Kutina) and refined nigari (in small flakes; they bought it in Croatia at a shop named Biovega).

At the start, they bought a new vacuum packaging machine from Multivac, the best European manufacturer. It packs two bags at a time; you just have to close the lid. After the bag is sealed, the lid opens automatically. Eventually they stopped cooking meals and devoted themselves totally to making tofu and seitan–but still in their small home kitchen. They developed some Croatian-language flyers which they used to help sell their tofu.

1999 April–They start making smoked tofu.

1999 Dec.–They decided to start their tofu and seitan making business officially.

2000 Jan.–They introduced Tofu Mayonnaise.

2000 May–They rented a workplace at Petrinjska 2, bought the necessary equipment, and moved out of their home kitchen. Now their business became serious and really started to grow.

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2001 Jan.–They moved their business into a larger space at Zumberacka 42.

2001 Feb.–They began to sell their tofu in health food stores.

2001 Feb. 12–Vlatka and Miroslav are married. She writes: "I think Miroslav deserves most of the credit for our business. Most of the ideas were his. It was his idea that we should start making tofu in the first place, and he has always been very enthusiastic about making tofu."

2001 March–They start using natural (unrefined) nigari to coagulate their tofu; they buy it from Austria.

2001 Sept.–They introduce Tofu with Vegetables, Tofu Spread with Garlic, and Tofu Spread with Sweet Dry Red Peppers.

2001 Oct.–They start using organically grown, non-GE (not genetically engineered) soybeans, which are now grown near Pozega, a small town in eastern Croatia, by Zeljko Mavrovic, a very famous Croatian ex-boxer and world champion.

2001 Dec.–They move their business into a larger rented space at Nehajska 42, 10000 Zagreb, Croatia. On Dec. 18 they sold the first tofu made at that location.

2002 Jan.–Today they make about 700 kg/month of tofu, including Fresh Tofu, Marinated Tofu, Smoked Tofu, Tofu with Vegetables, Tofu Mayonnaise, and Tofu Spread (With Garlic and Parsley, or With Red Peppers). They use organically-grown, GMO free soybeans.

But the demand for tofu in Croatia is much larger than they expected. Their equipment is too slow to keep up with the demand, which is increasing every day. Their biggest problems are grinding the beans and draining the okara. Address: Nehajska 42, 10000 Zagreb, Croatia. Phone: +385 1-3639-092.

12392. Carter, Jeffrey. 2002. More research dollars needed to breed export soybeans: There's less focus on producing new lines of foodgrade soybeans than on herbicide resistant beans. *Ontario Farmer* (*Canada*) 34(47):16. Jan. 15.
• ***Summary:*** This was the message of soybean exporter Michael Loh to farmers at the Southwest Agricultural Conference at Ridgetown. Loh emphasized that the Ontario soybean industry must respond to the needs of its customers. "My vision for southwestern Ontario and Canada is for us to have the image as being the place to go for the best foodgrade soybeans."

Roundup Ready varieties tend to produce a smaller sized bean, yet many Japanese customers want larger-seeded varieties–according to Morris Sagriff, a Lambton County farmer. A photo shows Michael Loh.

12393. **Product Name:** Soyco Silken Tofu [Smooth, or Silky Firm].
Manufacturer's Name: Soyco Soyfood Product [Nutrisoy Pty. Ltd.].
Manufacturer's Address: 15 Hannon St., Botany NSW 2019, Australia. Phone: 02-9695-7755.
Date of Introduction: 2002. January.
Ingredients: Soybean (non genetically modified), water, natural calcium sulfate, glucono delta lactone.
Wt/Vol., Packaging, Price: 300 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in Jan. 2002. Smooth: Red, green, yellow and black on brown.

12394. **Product Name:** Soyco Regular Tofu [Original, or Firm].
Manufacturer's Name: Soyco Soyfood Product [Nutrisoy Pty. Ltd.].
Manufacturer's Address: 15 Hannon St., Botany NSW 2019, Australia. Phone: 02-9695-7755.
Date of Introduction: 2002. January.
Ingredients: Soybean (non genetically modified), water, natural calcium sulfate.
Wt/Vol., Packaging, Price: 300 gm.
How Stored: Refrigerated.
New Product–Documentation: Labels with dates sent by Tony Wondal of Nutrisoy. 2005. April 26. He started making and selling this product in Jan. 2002. Original: Red, green, yellow, white and black on blue.

12395. The Mail Order Catalog for healthy eating. Winter 2002. 2002. P.O. Box 180, Summertown, TN 38483. 36 p.
• ***Summary:*** The book section of this mail order catalog contains listings for an excellent selection of vegetarian and vegan cookbooks, vegetarian soyfood cookbooks, plus books on food nutrition & health, alternative healthcare, women's healthcare, native Americans and their cultures, animal rights, and sustainability.

The vegetarian food products section offers TVP granules and chunks, Response textured soy protein concentrates (misleadingly called "Response TVP flakes"), miso soup mixes, wheat free soy pasta, soy & rice pudding mixes, soy & nondairy beverages and beverage mixes, soy protein powders & shake mixes, soynut butters, sea vegetables, vegetarian jerky, soynuts, plus foods from Worthington and Loma Linda, Jyoti India Cuisine, and Dr. John McDougall. Address: Summertown, Tennessee. Phone: 800-695-2241.

12396. **Product Name:** [Viana Life Paté Fine (Delicately Smoked Vegetarian Sandwich Paté), Life Paté Coarse (Delicately Smoked Vegetarian Sandwich Paté), Country Vegetarian Slicing Sausage for Sandwiches, Velami Vegetarian Slicing Sausage for Sandwiches, Veggie Tuna (Chunky Style Paté), VeggieDelight Supreme (Non-Dairy Cream Cheese), VeggieDelight Cheesy (Non-Dairy Cream

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Cheese)].
Foreign Name: Lebenswurst Fein, Lebenswurst Gross, Prima Wurst, Velami, Veggie Tuna, VeggieDelight Supreme, VeggieDelight Cheesy.
Manufacturer's Name: Tofutown.com
Manufacturer's Address: D-54578 TofuTown Wiesbaum, Germany. Phone: +496593 9967-0. Fax: 6593 9967-225.
Date of Introduction: 2002. January.
Wt/Vol., Packaging, Price: 200-250 gm pack.
How Stored: Refrigerated.
New Product–Documentation: Color packages sent by Bernd Drosihn. 2004. Nov. 15. Size: 5 by 17.5 by 3.5 cm. Paperboard boxes. Various colors. Color photo of the dish, ready to eat, on round wooden board. Each of these Viana-brand products is a meat alternative, ready to serve introduced in Jan. 2002. The packaging is very attractive, with all information given in 6 languages for the expanded European market: German, Dutch, Spanish, English, French, and Italian.

12397. Sims, Cody. 2002. Arcata tofu-makers going strong in new plant. *Independent* (*South Humboldt Co., California*) 6(6):2. Feb. 5.
• ***Summary:*** Matthew Schmidt has been making tofu for 22 years. In 1980 he moved to California and, with a partner, opened the Tofu Shop in downtown Arcata. It began as a retail store, with the tofu made in the back and products sold out of the front. In 1992 the Tofu Shop moved into the Foodworks building in Arcata. About two years ago, after research found health benefits in tofu, sales jumped and have continued high. After obtaining a bank loan to buy a neighboring building, the company began 2002 in its own building–a custom designed tofu plant. Today The Tofu Shop, his business, makes almost 1,000 lb/day and employs 23 people. Some 80-85% of the company's tofu is eaten in Humboldt County, but some is distributed as far south as Santa Rosa.

A detailed description of the tofu-making process is given. Photos show: (1) Josh Sandler ladling steaming curds into a cloth-lined metal forming box. (2) Ahma Ebu weighing and packaging the Tofu Shop's ready-to-eat flavored snak sticks in the company's own smokehouse.

12398. Huang, Timothy; Krueger, Carol Ann. 2002. Chronology of work with soyfoods (1972-1980) (Interview). *SoyaScan Notes.* Feb. 15-24. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1950 Dec. 25–Born in Detroit, Michigan. Growing up in a Chinese-American family, Tim naturally ate tofu (mostly at restaurants) and other soyfoods. At college in Michigan he started to prepare some of his own meals and began to cook with store-bought tofu.

1972–Tim leaves the University of Michigan (he studied architecture, then natural resources/ecology) to join "The Farm," an intentional community in Summertown, Tennessee, where he is exposed to vegetarianism and new uses of soybeans as food. Tim becomes a complete vegetarian (vegan). On The Farm, all of the soybeans were eaten as pressure cooked soybeans; a little oil was added to keep the hulls from clogging up the pressure valve. Stephen Gaskin, The Farm's teacher, expresses an interest in learning more about tofu.

1953 July 5–Carol Ann is born in Medford, Wisconsin. In the fall of 1973, at age 19 and after graduating from high school, she first visits The Farm in Tennessee. In Jan. 1974 she moves there to live.

1973–Tim researches how to make tofu for The Farm by interviewing family acquaintances. He built a forming box, got some cheesecloth, bought all the ingredients necessary to make tofu and made a batch in his family kitchen (West Bloomfield, Michigan–a suburb of Detroit) using soybeans from an Asian food store (in Royal Oak, Michigan), and lemon juice as a coagulant. His parents laughed. However neither Tim nor anyone at The Farm used this information to actually make tofu.

1974 spring–Tim and Carol Ann meet at The Farm in Tennessee. Approximately 600 people are living on The Farm at that time. Tim is a woodcutter and chain saw mechanic. Carol Ann works in the community kitchen and soy dairy–where she learns (briefly) how to make tofu and soymilk.

1974 fall–Tim and Carol Ann move to the "Wisconsin Farm," a sister community of The Farm. The Wisconsin Farm was smaller and better organized than the Tennessee Farm. James Taft is a key person there.

1975 March 9–Tim and Carol Ann are at the Wisconsin Farm; Stephen Gaskin comes up from the Tennessee Farm to marry six couples in one ceremony. Tim's parents are distraught; his father barely escaped from Communist China and now he was losing his son to a commune. Carol Ann (who is a good cook and likes to cook) works with the canning and freezing crew, and becomes involved in making soymilk and tofu regularly for that community; Tim, who is on the wood-cutting crew, helps her occasionally.

1976 Nov. 1–Ethan, the Huang's first child, is born on the Wisconsin Farm.

1977 fall–Tim and Carol Ann leave the Wisconsin Farm and move to Detroit, Michigan, to establish their own business. When they leave, Tim's parents give them some money with which they purchase a Dodge Caravan van. They move into a rented apartment. After several months (with financial help from Tim's parents), they buy and start to make payments on a house on the east side of Detroit.

1977 fall–Tim enrolls in an EMT (Emergency Medical Technician) training program associated with Wayne State University, at Detroit General Hospital; this would qualify him to drive an ambulance. Carol Ann wants to start a business making tofu and/or tempeh.

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While looking for work on the side, Tim meets a Mr. James Coleman, a wheeler-dealer, who wants Tim to distribute his breads to Detroit from Ann Arbor. Tim begins distributing the bread but quickly realizes he needs a line of products if his route is to be profitable. He soon adds breads from Wildflour Community Bakery. One night at dinner Coleman tells Tim that he should meet Steve Fiering who is part of the 4th Avenue Food Co-op and who started (in about the spring of 1977) a worker's cooperative making tofu next door in the Wildflour Community Bakery in Ann Arbor.

1978 Feb. or March–Tim and Carol Ann meet Steve Fiering of The Soy Plant worker's cooperative making tofu in Ann Arbor, Michigan. Steve's co-op is now located in the small room in the basement of Eden Foods' restaurant in Ann Arbor. It is agreed that rather than create a competing soyfoods production business, that a cooperative business arrangement between the two companies be formed. The Yellow Bean Trading Co. is established by Tim and Carol Ann in Detroit to distribute soy products for The Soy Plant in the metropolitan Detroit area. In Chinese, *Huangdou* or "yellow bean" means soybean.

1978 July–Tim and Carol Ann attend the first meeting of the Soycrafters Association of North America in Ann Arbor, Michigan, hosted by The Soy Plant. They sign the register as: Yellow Bean Trading Co., 4414 Buckingham, Detroit, Michigan 48224. The conference boosts their interest making a business out of soyfoods. Tim, who is now taking some science classes at Wayne State University, has to decide between two careers: A medical technician or doctor, or a soyfoods entrepreneur. He chooses the latter.

1978 Sept.–Tim starts to distribute refrigerated soy products (tofu, tempeh, soymilk, etc.) made by The Soy Plant in Ann Arbor. He would drive the 40 miles from Detroit to Ann Arbor, would pick up the soy products at about noon, drive them to his home in Detroit in his unrefrigerated van, pack them into a refrigerator in the garage for overnight storage, then deliver them to stores along a distribution route he created in Detroit the next morning. The lack of refrigerated storage space and of a refrigerated van becomes an immediate problem. So Tim soon buys an inexpensive second van, insulates the back, and installs a refrigeration unit. He gradually adds more natural-food products to his line.

1978 late–With Tim realizing the need for a walk-in cooler and Carol Ann wanting to start a soy deli, the Huangs begin to rent a storefront at 15309 Mack Ave. in Detroit–a former natural foods restaurant. Tim borrows some money from his parents to make the rental payments

1978 Nov. 17–The Huang's second child and first daughter, Eva, is born.

1979 March–The deli named Yellow Bean Vegetarian Foods opens at 15309 Mack Ave in Detroit. Yellow Bean also bought tofu from The Soy Plant and used it to create "secondary soy products" including tofu eggless salad, tofu cream pies, and vegetable-tofu pockets.

1980 July 19–The Huang's third child, Emma, is born.

1980–Tim helps The Soy Plant relocate to a larger plant on Airport Blvd. in Ann Arbor.

1981–The Huangs sell the distribution route and trucks to The Soy Plant and sell the store to a private party. Tim decides to finish his undergraduate degree, working in food science and technology. They move to Davis, California.

1982–They separate in California. Carol moves to a ranch in Pima, Arizona; their divorce is finalized. She continues living in Arizona and raises their kids. She starts making jewelry. Address: 1. 155 Ridge Grove Rd., Kerrville, Texas 78028; 2. 438 South Star Ave., Tucson, Arizona 85719. Phone: Tim–830-792-3797; Carol Ann–520-740-0393.

12399. Huang, Timothy. 2002. Chronology of work in the soyfoods industry (1981-2001). Kerrville, Texas. 3 p. Unpublished typescript. Feb. 15.
• ***Summary:*** Part I of this chronology (which see) covers the period from 1972 to 1981. 1982–Tom and Carol Ann are divorced. After the divorce and unconnected to it (except that he was feeling lots of stress), Tim suffered a serious spinal cord injury and was paralyzed from the chest down.

1983–He enters the University of California at Davis food science program in a wheelchair. Gradually he regains the ability to walk. Address: 155 Ridge Grove Rd., Kerrville, Texas 78028. Phone: 830-792-3797.

12400. Hirsch, J.M. 2002. Tofu not the only way to get benefits of soy; try using miso. *Advocate* (*Baton Rouge, Louisiana*). Feb. 21.
• ***Summary:*** "The vegetarian love affair with tofu has done as much harm as good for the reputation of the rather mild-mannered soybean." But tofu is not the only source of healthy soy protein. Miso is another tasty source, best known as the primary ingredient in Japanese miso soups. Contains a recipe for "Shish kebabs with miso sauce" from The Book of Miso, by Shurtleff and Aoyagi (Ten Speed Press).

Other soy products besides tofu include: Tempeh, toasted and salted soy nuts, soy milk, breakfast cereals and breads that contain soy, soy flours, soy protein powders, and edamame (fresh soybeans still in the pods; often served at Asian restaurants).

Also appeared in the Press (Ashbury Park, New Jersey). Address: Associated Press.

12401. Tibbott, Seth. 2002. Update on Tofurky (Interview). *SoyaScan Notes.* Feb. 26. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Sales of Tofurky roasts grew nicely during the past year from 82,000 in 2000 to 105,000 in 2001–an increase of 28% during a recession year in the American economy. The product is sold in two forms: Tofurky Roast, and Tofurky Feast (the 26-ounce stuffed roast plus four

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Tempeh Drumettes, 14 oz. Tofurky "Giblet" Gravy, and Tofurky Jurky Wishstixs). In recent years, Tofurky has been made for Turtle Island in California. Now Seth is planning to move production in-house, which should enable him to reduce production costs dramatically. Address: Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: 541-386-7766 OF.

12402. Praskin, Laurie Sythe. 2002. How tofu came to The Farm in Tennessee, and how Laurie got interested in tofu and vegetarianism (Interview). *SoyaScan Notes.* Feb. 27. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** When The Farm was first settled in 1971, one of the really popular books was *Ten Talents,* by Frank and Rosalie Hurd (1968). They were Seventh-day Adventists and the book was a vegan cookbook that contained two recipes for homemade soybean curd (tofu, p. 195-96). The first used whole soybeans, with Epsom salt as a coagulant; the second used soy flour, with lemon juice as a coagulant. During the first 2-3 years of The Farm, before any tofu was made at a central location, people at home in their buses were using soy flour, with vinegar as a coagulant. The soymilk was never filtered so the okara remained in the tofu.

Alexander Lyon, because he had a PhD degree, was put in charge of learning more about soyfoods and developing soyfoods production at a central facility. In 1972 he started The Farm Soy Dairy.

In 1974 when Laurie arrived at The Farm, quite a bit of this tofu was being made by individuals. She recalls: "It was actually quite tasty. I liked it. It was a nice relief from eating whole soybeans all the time." However the Soy Dairy was making mostly soymilk; occasionally they made "soy cheese" by allowing soymilk to stand until it fermented; the resulting acid caused the separation of curds and whey. The curds were then hung in a sack until firm; the resulting product was quite similar to tofu, even though it was made without use of a coagulant or forming box.

In 1974 Laurie wrote Bill Shurtleff in Japan requesting information on making tofu, and sent him the book *Hey beatnik! This is The Farm book,* published in 1974. Bill sent Laurie pre-publication information on homemade tofu from *The Book of Tofu,* which was published in Dec. 1975. Laurie recalls: "That book was a great help, and a key turning point in The Farm's starting to manufacture tofu on a large scale. I remember just eatin' that book up, and saying 'We've got to do this. You don't need a lot to make it work.'" In early 1975, Alexander Left the soy dairy and Laurie took over managing production.

Laurie (whose maiden name was Sythe) grew up in Los Gatos, California, during the 1960s. She became a vegetarian when she was a teenager (age 15-16), living at home with her parents. The main influence came from her elder brother, Dan Sythe, who was living on Haight Street in San Francisco and was a vegetarian–in fact a fruitarian. She did a lot of vegetarian cooking while in high school, and eventually had her whole family eating vegetarian before she went to The Farm. She recalls buying and cooking with tofu several times during this time–perhaps directly from small tofu makers in nearby San Jose. Dan had a bus, which he drove to Tennessee, arriving on The Farm in 1971 or 1972, shortly after the main caravan of buses arrived in May 1971 on the Martin Farm. He lived on that first Martin Farm. He started "Solar Electronics" on The Farm. Address: 17969 Oak Dr., Los Gatos, California 95030.

12403. Amy's Kitchen Inc. 2002. Amy's bowls: Life is just a bowl of... Amy's good food (Ad). *Natural Foods Merchandiser.* Feb. p. 55.
• ***Summary:*** The top two-thirds of the full-page color ad shows Amy's Teriyaki Bowl, with tofu and vegetables in a sauce on top of white rice. The bottom one-third shows the front panel of four new Amy's Bowls: Stuffed Pasta Shells, Santa Fe Enchilada, Brown Rice and Vegetables, and Teriyaki. All but the Stuffed Pasta Shells contain tofu as a major ingredient. Address: P.O. Box 449, Petaluma, California 94953. Phone: 707-578-7188.

12404. Kopf, L.J. 2002. Tofutons (Cartoon). *Funny Times* (*Cleveland Heights, Ohio*). Feb. p. 2.
• ***Summary:*** A salesman is giving his sales pitch to two customers who are standing in front of a couch and chairs. "All of our furniture is made out of the best soybean curd. We have soft, firm, extra firm, silky, and five spice." Address: 84 Williams Hill Rd., Richmond, Vermont 05477.

12405. *Soybean Digest.* 2002. Healthy growth in soyfoods. Mid-Feb. p. 34-35.
• ***Summary:*** This article is part of a special pull-out insert on "New Uses." Notes that soyfoods have reached a new level of acceptance during the past year with the purchase of Kashi Co. (a natural cereal manufacturer) by the Kellogg Co. Kashi already made lines of soy-enriched cereal and the company recently expanded its line to include GoLean soy-based diet drinks and cereals. Founded in 1984 by Philip and Gayle Tauber, Kashi grew by more than 100% during the fiscal year before Kellogg's purchase–for an estimated $30 to $50 million. In the year 2000 Kashi had sales of about $25 million, compared with $7 billion for Kellogg. But Kellogg sees a continuing trend toward healthier eating.

Color photos show: (1) Packages of Kashi GoLean and Westsoy Soy Smoothie. (2) Various unpackaged soy products including textured soy protein, soymilk, silken tofu, edamamé, soy cheese, soy hot dogs, breaded soy cutlets, and soy powder. (3) Tortillas filled with cooked whole soybeans and trimmings, a package of Soy Fusion (Berry), and a soy burger between buns. (4) Cover of the 2001 Soyfoods Guide.

12406. Branaugh, Matt. 2002. Smooth as Silk: White Wave

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projects huge growth, despite legal matter. *Daily Camera* (*Boulder, Colorado*). March 18. Business plus section. p. 10-11.

• ***Summary:*** In 1977, 25 years ago, entrepreneur Steve Demos founded White Wave in Boulder, Colorado, making tofu by hand in a bathtub. White Wave, for its 2001 fiscal year (ending March 31) expects sales of $136 million. The company has 150 employees and next year expects sales just under $200 million. But in 1996 the company's annual sales were only about $8 million. The growth in sales is largely due to Silk soymilk, which is now found in 94% of America's supermarkets. Yet only about 6% of Americans consistently buy Silk.

Last year Suiza Foods Corp. acquired Dean Foods for $2.5 billion, including $1 billion of debt. Suiza changed its name to Dean Foods and made its headquarters in Dallas, Texas. A color photo shows Steve Demos seated at his office desk. "William Shurtleff, whose 'Book of Tofu' inspired Demos nearly 30 years ago, said Silk created the refrigerated soy milk category... Grocery store officials tell Shurtleff, founder and president of the Soyfoods Center in Lafayette, California, that Silk may be the fastest growing new product in the last 50 years." Silk made its way into 30,000 supermarkets nationwide in only 30 months. Yet few consumers knew the new products was there. White Wave quickly lost $600,000 and came near bankruptcy. Address: Daily Camera business reporter. Phone: (303) 473-1363.

12407. **Product Name:** [Tofu Ravioli, from Whole Wheat Flour, Tofu Sausage].
Foreign Name: Integralni Ravioli od Tofua, Tofu Kobasica.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Nehajska 42, 10000 Zagreb, Croatia. Phone: 01 3639 092.
Date of Introduction: 2002. March.
Ingredients: Durum flour, 850 flour, whole wheat flour: Filling: Tofu, soya, breadcrumbs, onion, spices.
Wt/Vol., Packaging, Price: 150 gm vacuum packed. Sells for 15kn/pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Vlatka Kuzmic. 2005. June 6. She wrote the introduction date and English translation of the product name on the back of 6¼ by 6 inch label (folded in half). Dark green, red, white and tan against a light green background. Color illustration of ravioli shells, tofu, red bell pepper, carrots, and greens.

12408. Annapurna. 2002. Annapurna: zdrava hrana [Annapurna: Healthy food (Leaflet)]. Zagreb, Croatia. 1 p. Front only. 29.5 x 21 cm. [Cro]

• ***Summary:*** This leaflet is printed in black ink on beige paper. On the front panel, the company name, Annapurna, is printed in gray ink, the two phone numbers are in red ink, and a stylized tree at the bottom center has a brown trunk and green leaves. Below the company name are listed four tofu products and 3 seitan products; the weight and price of each is given. Note: This is the 4th leaflet printed by Annapurna.

12409. **Product Name:** House Tofu Steak [Garlic & Pepper].
Manufacturer's Name: House Foods America Corporation.
Manufacturer's Address: 7351 Orangewood Ave., Garden Grove, California 92841. Phone: (714) 901-4350.
Date of Introduction: 2002. March.
Ingredients: Original: Filtered water, soybeans, salt, calcium chloride.
Wt/Vol., Packaging, Price: 19 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (glossy, color, back and front; see next page) sent by Patricia Smith from Natural Products Expo (Baltimore, Maryland). 2002. March. "House Tofu Steak." "Nutritious. Easy to prepare. Extra firm texture. Specially seasoned." Photos on the front show: (1) Three tofu steaks (grilled tofu) on a plate, surrounded by mushrooms, vegetables and rice, ready to serve. (2) The front panel of each of the two flavors.

On the rear: "House Tofu Steak launching campaign, starting April 2002." Magazine advertisement in Bon Appetit. TCM Broadcasting. FSI coupon. For more: www.housetofusteak.com.

12410. **Product Name:** House Tofulicious: A Creamy Tofu Dessert [Mango, Vanilla Orange, Chocolate].
Manufacturer's Name: House Foods America Corporation.
Manufacturer's Address: 7351 Orangewood Ave., Garden Grove, California 92841. Phone: (714) 901-4350.
Date of Introduction: 2002. March.
Wt/Vol., Packaging, Price: 8 oz.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (glossy, color, single sided; see page after next page) sent by Patricia Smith from Natural Products West (Anaheim, California). 2002. March. "Everything you always wanted a dessert to be." This dessert is presented more like a parfait or pudding than an ice cream.

12411. **Product Name:** SoYummi: Soya Dessert [Chocolate, Raspberry, Lime, Banana-Coconut].
Foreign Name: SoYummi: Dessert de Soya.
Manufacturer's Name: Les Aliments SoYummi.
Manufacturer's Address: 3655 Redpath, Montreal, Quebec, Canada H3G 2W8.
Date of Introduction: 2002. March.
Ingredients: Soy drink (80%; not subjected to UHT), sugar, soy oil (later changed to high oleic sunflower oil), modified cornstarch, modified rice starch, lactic acid (to lower the pH for longer shelf life), modified vegetable gums, xanthan gum, salt, agar, natural flavors, yucca extract (rich in saponins).
Wt/Vol., Packaging, Price: 125 gm in a low plastic

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House®

Tofu STEAK

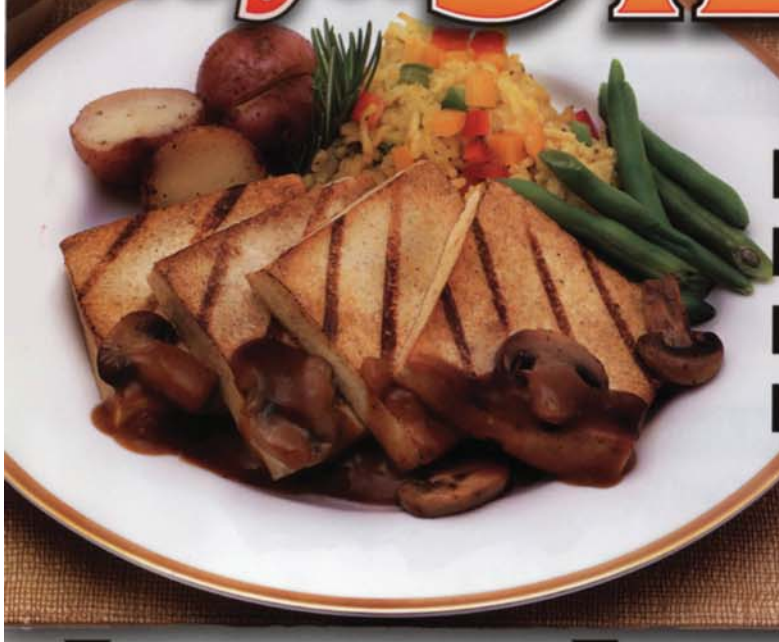

- Nutritious
- Easy to prepare
- Extra-firm texture
- Specially seasoned

▼ Tofu Steak/Original

▼ Tofu Steak/Garlic & Pepper

Healthy
- 320 ~ 350 Calories (per 1/2 package)
- No Cholesterol
- 38 ~ 40g Soy Protein (per 1/2 package)

Easy to Prepare
- 4 minutes prep. time

Quick preparation guide on package

2 Varieties
- Original
- Garlic & Pepper

Varieties	Original	Garlic & Pepper
UPC	076371 014045	076371 014052
Net Weight	19 oz. (538g)	19 oz. (538g)
Quantity / Case	12 units / case	12 units / case
Gross Weight	22 lb.	22 lb.
Case Size	15" x 12" x 6"	15" x 12" x 6"
Code Date	65 days	65 days

Research Data (Purchase Interest)

▼ **Concept Test**

Definitely + probably would buy

68%

N=100

▼ **After Sampling**

Definitely + probably would buy

Original	Garlic & Pepper
72%	**73%**
N=58	N=60

Source: MMR, Oct. 2001

House Foods America Corporation

7351 Orangewood Ave., Garden Grove, CA 92841 Phone: 714-901-4350 Fax: 714-901-4235 www.house-foods.com

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House

Tofulicious

A Creamy Tofu Dessert

Mango Blueberry Crème Brulee

Everything you always wanted a tofu dessert to be:

Vanilla Orange Dipping Sauce

- **CREAMY** - Brand new smooth texture
- **TASTY** - 3 Delicious Flavors: Mango, Vanilla Orange, Chocolate
- **QUICK & EASY** - Eat right out of the package
- **HEALTHY** - 6 grams of soy protein • No Fat • No Cholesterol

Double Chocolate Raspberry Parfait

Mango

Vanilla Orange

Chocolate

Flavors	Mango	Vanilla Orange	Chocolate
UPC	0 76371 01372 7	0 76371 01373 4	0 76371 01371 0
Net Weight	8 oz. (226g)	8 oz. (226g)	8 oz. (226g)
Quantity/Case	12 units/case	12 units/case	12 units/case
Gross Weight	7 lbs.	7 lbs.	7 lbs.
Case Size	12"x12"x4 1/2"	12"x12"x4 1/2"	12"x12"x4 1/2"
Code Date	65 days	65 days	65 days

7351 Orangewood Avenue, Garden Grove, CA 92841 • Tel: 714-901-4350 • Fax: 714-901-4235 • www.house-foods.com • 1-800-TRY TOFU (879-8638)

House Foods America Corporation

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(polypropylene) cup, with flat lid and individual sleeve. Retails for Canadian $1.39.
How Stored: Refrigerated, 35-40 day shelf life.
New Product–Documentation: Cardwell, Mark. 2002. "As good as it gets." Food in Canada. May, p. 38.

Talk with Joanne Hollander. 2008. May 29. They introduced the first four products on 8 March 2002 at a food festival in Montreal; they were available for sale in stores about 2 weeks later. She has product labels in front of her. The products have always been made at the Food Research and Development Center (CRDA) in Saint-Hyacinthe, and the main office has always been at 3655 Redpath in Montreal. She started the research using tofu, but later switched to soymilk. She is a purist, and spent years trying to find the right tofu. Then she found that soymilk sold in ESL gable-top cartons has been subjected to UHT sterilization (up to 123ºC), which destroys 80% of the isoflavones and all of the vitamins–it ends up being a dead, inert food. She has read "many, many papers by Asian scientists about this destruction of isoflavones" and Dr. Ming (who she visited) at the University of Vermont has written about the destruction of vitamins. The process also kills all the enzymes and the bad bacteria–but it also kills the good bacteria. "The whole point of consuming soymilk is to get the isoflavones, the phytoestrogens." Her biggest obstacle to making healthy products is Health Canada; they won't let her use natural sweeteners. Stevia sold off the shelf but not allowed in commercial products. They push Splenda, Aspartame, and all those things that end in the letters "tol" (such an mannitol, sorbitol, glycerol, arabitol, erythritol), all the sugar-alcohols that acidify the body. "It's just a nightmare trying to develop a really healthy product in Canada." Her products has a shelf life of 40 days without using UHT soymilk. Joanne regards sugar (organic or not, including "cane crystals") as poison. "Its the worst thing; I don't think there is a good sugar. They are all acid-forming and terrible." "Soy oil is a omega-6 and it oxidizes quickly, so she doesn't like it, which is why she took it out of her first product. Yucca extract is a good source of saponins, which adhere to cholesterol molecules in the intestines so they can't get reabsorbed into the bloodstream, and are therefore excreted. Saponins are also foaming agents, so they help make a light mousse–which is the same consistency all the way through–no crust or topping. Its basically a pudding that is whipped and set. Her website is www.soyummi.ca. There is also a SoYummi (a different company) in New Jersey; URL: www.soyummi.com.

Because Joanne has done most of her research at the Center for Research and Development in Saint-Hyacinthe, she has access to many very smart food scientists and lots or reliable information about foods, food ingredients, and food processing.

Joanne's original product still contains sugar, but Joanne wanted to develop a product with no sugar, which led to her 2nd product, SoYummi GoLite.

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12412. Pulmuone USA Inc. 2002. Pulmuone, a plate full of nature. South Gate, California. 16 p. Each page: 18.3 x 26 cm.
• ***Summary:*** Brochure (glossy color) sent by Patricia Smith from Natural Products Expo West. 2002. March. On the cover are five small rectangular photos of foods (including whole dry soybeans) against a white background.

Contents: 1. An Asian approach to natural food. 2. Pulmuone foods bring out the nature to your meals. 4-5. Tofu: Better protein source than meats. A photo shows the company's tofu products: Four types of basic tofu (each 18 oz. / 510 gm, regular, firm, silken, and soft). Two types of extra soft (10 oz / 300 gm) in round tubes. Tofu broth seasoning (1.6 oz / 45 gm). Two private label types of tofu for Japanese markets (firm and soft). Egg tofu (4.3 oz / 122 gm).

6-7. Fresh noodles (uncooked). Ten different types, incl. 2 Ramen and 1 udon.

8-9. Dry noodles / Instant rice noodles. Twelve different types (5 cup type, 3 bowl type, and 4 traditional straight types).

10-11. Traditionals. 4 sizes of hot pepper paste, 3 sizes of soybean paste, 2 sizes of hot bean sauce, 1 cho jang (sashimi sauce), 1 chungkukjang, 9 types of grains and beans, including soybean, red bean, black soy bean, mung bean, sweet brown rice, brown rice, etc.

12-13. Other. Three types of tea, 4 flavors of farm pudding, 2 types of sauce (black bean sauce, and curry sauce mix). Three types of vinegar. 3 types of pickled radish. Imitation crab meat [vegetarian]. Sesame oil.

14. Frozen foods. Beef dumpling and Kimchi dumpling. Frozen udon in tubs (3 types). Buns & pancakes (5 types).

Page 16. Important dates in the history of Pulmuone: (actually chronology).

1981 May–Pulmuone Organic Foods opened to sell organic vegetables from its own farm.

1984 May–Pulmuone Foods Co., Ltd. incorporated.

1984 June–Tofu and Bean Sprout Plant: Yangju, east of Seoul.

1986 Nov.–Mineral spring water plant opened in Chungju, South of Seoul.

1987 May–Pulmuone Kimchi Museum opened in Seoul.

1988 Dec.–Natural House opened (Natural foods chain stores) in Korea.

1989 Jan.–Pulmuone Food Standards Committee started to work (To set up standards for food formulas, ingredients and manufacturing processes): Korea.

1990 Jan.–Soybean paste [jang] plant opened in Doan, south of Seoul.

1991 Jan.–Pulmuone USA Inc. founded.

1991 June–Fresh noodle plant opened in Chuncheon, northeast of Seoul.

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1993 Aug.–Ilsongjung Foods Ltd., Korean-Chinese joint venture, opened in China.

1995 June–Tofu Plant opened in Los Angeles.

1995 Sept.–ISO 9002 certificate obtained.

1997 Sept.–Fresh Noodle Plant opened in Los Angeles, USA.

1999 Sept.–Tofu plant opened in Shanghai, China.

Below the chronology small photos show: (1) Inside of the Pulmuone Tofu Plant in Los Angeles. (2) Inside the Pulmuone Fresh Noodle Plant in Los Angeles.

"Pulmuone was founded in 1981 with 40 employees. It has grown to become a multinational company of 2,000 employees with annual sales volume of $250 million." "The secret to success lies in uncompromising commitment to better foods and better life." Address: 4567 Firestone Blvd., South Gate, California.

12413. Pulmuone USA Inc. 2002. Pulmuone. Soga (so good!!) (Portfolio). South Gate, California. 12 inserts. 31 cm. Inserts 28 cm.

• ***Summary:*** Portfolio (glossy color) sent by Patricia Smith from Natural Products Expo West. 2002. March. On the cover are the Pulmuone and Soga logos plus various scattered stylized green leaves against a white background.

Inserts: (1) Soga Organic Tofu (firm, soft, or silken). (2) Quick and handy tofu cookbook (15 x 9 cm, 16 p., mostly recipes). (3) Soga Non-dairy Soy Smoothie Base (in a round plastic tube). (4) Non-GMO Nigari Tofu, firm or silken.

(5) Katsuo [dried, shaved fish] udon noodle soup and Katsuo tempura udon. (6) Star-K Kosher certification, for 9 tofu products. (7) OCIO organic transaction certificate, for soybeans. (8) Pulmuone to open 2nd tofu plant in New York (in Tappan, New York, on March 16, 2002. News release, dated 26 Feb. 2002). (9) Overview of company. "We will have a production capacity of 20 million units per year from our new plant facility in New York, opening in March 2002."

(10) Industry facts on soyfoods and health. 69% of Americans recognize soyfoods as healthy, 22% have no opinion and only 9% feel soy is unhealthy. 42% of Americans report that they consume soyfoods once a month or more. 27% consume soyfoods weekly. During the year 2000 the soyfoods category as a whole grew by 21.1% to reach $2.77 billion; during the year 2001 sales are expected to grow by 15-15%, Since 1995 dollar volume has grown by 250% for the category, hitting double digit increases in each year. (11) A natural tofu (firm, soft, or silken). (12) "Pulmuone, a plate full of nature" (color booklet, 16 p.). Address: 4567 Firestone Blvd., South Gate, California.

12414. **Product Name:** Soga Organic Twin-Pack Tofu.
Manufacturer's Name: Soga Soyfoods [Pulmuone U.S.A.].
Manufacturer's Address: 4585 Firestone Blvd., South Gate, CA 90280. Phone: 866-356-2800.
Date of Introduction: 2002. March.
Ingredients: Feb. 2007: Water, organic soybeans, calcium sulfate, glucono delta lactone, magnesium chloride. Certified by Quality Assurance International.
Wt/Vol., Packaging, Price: 15.5 oz (439 gm) packed in molded plastic tray with heat-sealed, peel-off plastic film lid. Retails for $0.99 (2007/02 Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 3 oz (85 gm): Calories 80, calories from fat 45, total fat 5 gm (8% daily value; saturated fat 1 gm), cholesterol 0 mg, sodium 5 mg (<1%), total carbohydrate 2 gm (dietary fiber <1 gm [3%], sugars 0 gm), protein 9 gm. Vitamin A 0%, vitamin C 0%, calcium 15%, iron 6%.. Percent daily values are based on a 2,000 calorie diet.

New Product–Documentation: Talk with John Sim, head of sales at Pulmuone. 2003. Nov. 10. This product was introduced in March 2002 at the Natural Products Expo West, at Anaheim, California.

Product with Label purchased at Trader Joe's in Lafayette, California. 2007. Feb. 4. "Organic Extra Firm Twin Pack Tofu." This packaging innovation is one of the most original and important since water-packed tofu started to be packaged in plastic tubs with a heat-sealed film lid. The front panel is red, white, pink, blue, black and green. The product name is in both English and Korean. The ingredients (black on pink) are in English, French, and German. In the upper right corner is a color photo of diced tofu served with veggies on a blue dish. An illustration shows the twin packs, with large arrows on each pointing in opposite directions: (1) "Enjoy now." (2) "Enjoy later." Logo: USDA organic. Each

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No. 5 PP plastic tub is 5.5 by 11 by 5 cm deep.

12415. **Product Name:** Soga Healthy Toppers, and Tenders (Meat Alternatives).
Manufacturer's Name: Soga Soyfoods [Pulmuone U.S.A.].
Manufacturer's Address: 4585 Firestone Blvd., South Gate, CA 90280. Phone: 866-356-2800.
Date of Introduction: 2002. March.
New Product–Documentation: Talk with John Sim, head of sales at Pulmuone. 2003. Nov. 10. This product was introduced in March 2002 at the Natural Products Expo West, at Anaheim, California.

12416. Sunrise Soya Foods. 2002. Pete's Tofu: Nothing beats Pete's–Taking the guesswork out of tofu (Leaflet). Vancouver, BC Canada. 3 panels each side. Each panel: 28 x 21.6 cm.
• ***Summary:*** Leaflet (color) sent by Patricia Smith from Natural Products Expo West. 2002. March. On the front panel are six colorful bags of Pete's Tofu (they look like bags of potato chips) against a golden yellow background. They types are: Super firm for dicing. Super firm Italian herb. Tofu2go: Lemon pepper with mango chipotle sauce. Soft for blending. Very berry dessert tofu. Medium firm for mixing.

Page 2. Pete's taking tofu to a whole new level! Pete's tofu: more turns = more profits. Customers want tofu to be simple. All natural ingredients: Made with only organic soybeans. On-pack recipes. Uniquely color-coded packaging. Innovative overwrap packaging. Handy on-pack storage and usage tips.

Page 3. Pete's super firm regular (2 x 6 oz) and Pete's super firm Italian herb (2 x 6 oz). Pete's medium firm tofu (16 oz). Pete's soft tofu (10.5 oz) and Ready-to-eat dessert tofu (2 x 6 oz). Color photos show each bag.

Page 4. Pete's health benefits promote healthy sales. Pete's "Tofu 101" Marketing support.

Page 5. Pete's Tofu2go: A whole new way to enjoy tofu. An on-the-go snack food; tofu triangles with a zesty dipping sauce. New shape and fun flavors = Unique sales appeal. Three flavors: Sesame Ginger, Santa Fe Sizzle, and Thai tango.

Rear panel. Take tofu to a whole new level. www.petestofu.com.

Note: As of Feb. 2013 this URL and website no longer exist. The information is a www.sunrise-soya.com. Address: 729 Powell St., Vancouver, BC Canada V6A 1H5.

12417. Sunrise Soya Foods. 2002. Pete's Tofu: Three round, colorful and playful adhesive graphics. Vancouver, BC Canada. Each graphic: 6 cm diameter on a white 7 cm square card.
• ***Summary:*** Graphics sent by Patricia Smith from Natural Products Expo West. 2002. March. (1) "Just try it for pete's sake!" (2) "All we are saying is–give pete's a chance. Tofu for the people." (3) Are you ready for–T2G? (Its read you!). Address: 729 Powell St., Vancouver, BC Canada V6A 1H5.

12418. **Product Name:** Nasoya Dijon-Style Nayonaise: Soy-Based Sandwich Spread.
Manufacturer's Name: Vitasoy USA Inc.
Manufacturer's Address: One New England Way, Ayer, MA 01432.
Date of Introduction: 2002. March.
Ingredients: Italian-Garlic: Tofu, unrefined safflower oil, apple cider vinegar, honey, sea salt, vegetable gum, citric acid, natural spices, herbs, flavorings.
Wt/Vol., Packaging, Price: 8 oz plastic tubs.
How Stored: Refrigerated, 30 day shelf life.
New Product–Documentation: Spot in Natural Foods Merchandiser. 2002. March. p. 140. "Vitasoy USA Inc." This product, introduced in December 1982, has been repackaged. It and original Nayonaise are "cholesterol-free, dairy-free, tofu-based mayonnaise alternatives. The spreads are made with whole, certified organic, non-GMO soybeans."

12419. White Wave, Inc. 2002. Tofu with an attitude. (Packed with flavor and ready to eat) (Leaflet). Boulder, Colorado. 2 panels each side. Each panel: 28 x 21.5 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 2002. March. On the front: The front of a package of White Wave Baked Tofu on a red background. Below that, in small white letters: "When it comes to good food, we use our beans." Address: 1990 N. 57th Court, Boulder, Colorado 80301. Phone: 1-800-488-9283.

12420. **Product Name:** Wildwood Soyogurt (Cultured Soymilk) [Precocious Peach, Vivacious Vanilla, Razzmatazz Raspberry, Blue Moon Blueberry, Strawberry Patch].
Manufacturer's Name: Wildwood Harvest Foods, Inc.
Manufacturer's Address: 416 E. Riverside Dr., Watsonville, CA 95076. Phone: 1-800-499-8638.
Date of Introduction: 2002. March.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), unsweetened pineapple juice, soy sauce, fruitrim (fruit juice, natural grain dextrins), pineapple juice concentrate, ginger, orange juice concentrate, olive oil, molasses, ginger powder, spices.
Wt/Vol., Packaging, Price: 6 oz. plastic cups.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo in Anaheim, California. 2002. March. "Wildwood introduces SoYogurt." Certified organic. Five flavors.

12421. Wildwood Harvest Foods, Inc. 2002. Wildwood–from

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the wildwoods of California & Midwest-Harvest–to the sea of soybeans of Iowa (Leaflet). Grinnell, Iowa; Watsonville, California. 3 panels each side. Each panel: 22 x 9.3 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo West. 2002. March. "In 1980 Wildwood Natural Foods began producing organic soymilk and tofu."

"In 1988 an Iowa farmer's decision to make tofu from Midwestern soybeans resulted in the formation of a family business and the building of a factory on the farmer's third generation farm. Midwest-Harvest Tofu is now on natural food shelves throughout the Midwest."

"In the spring of 2000, a small tofu company located on a farm in Iowa contact a well established soyfood company in California. The resulting dialogue between the leaders of the two companies... culminated in the creation of Wildwood Harvest Foods in August 2001." Address: 1810 Blakely Circle, Grinnell, Iowa 50112; 416 E. Riverside Dr., Watsonville, California 95076. Phone: 1-800-499-8638.

12422. Krueger, Carol Ann. 2002. Re: History of work with soyfoods, 1982-2004. Letter to William Shurtleff at Soyfoods Center, April 4. 5 p. + 2 menus. Handwritten, with signature.
• ***Summary:*** 1982–After Carol Ann and Timothy Huang were divorced, Carol Ann lived in Arizona with her kids and started making jewelry. She was director of the Graham County Food Buying Club, grew a huge organic garden, and began traveling to craft fairs, Grateful Dead shows, and festivals where she sold her jewelry. Dealing with rheumatoid arthritis put her on the path of natural healing and interest in diet and nutrition. She found that stress, overwork, lack of sleep, lack of water, lack of green leafy vegetables, and a poor, non-organic diet all made her arthritis worse (it flared up), while their opposite made it better. From 1982 to 1989 she lived on a ranch in Pima, Arizona. In 1982 she met and married Richard Sansom.

1989–Carol Ann and Richard are divorced; she moved to Boulder Creek, California, where she lived for the next 4 years.

1990 June–She met her third life partner, Wild Bill, at the Health and Harmony Festival. He was part of the original Renaissance Festival in Northern California, and he played for a belly dance troupe. They began to co-create the Casbah Tea House. He had created a Bedouin-style tent–40 by 32 feet; he would set it up and serve tea, coffee, and treats. Musicians would play and belly-dancers perform. Carol, who now had a long history of feeding people, began to add more food. Soon they became a traveling tea house on the summer festival circuit, serving an organic vegetarian menu based on the foods she had been involved with for the past 20 years. They served a Middle East type menu–hummus, tabouli, pita sandwiches, Greek salads, etc.–which were very refreshing at a hot festival. However many regular meat-eating Americans couldn't relate to the food. So they added tempeh burgers, vegetarian chili and chili cheese soup, veggie dogs, organic french fries, and tempeh fries–which could serve a wider array of people. Carol bought her basic foods in bulk (e.g., 24 pounds of tempeh) from Mountain People's Warehouse, a natural foods distributor.

1995–They rented a building on 4th Avenue in the university district of Tucson. They put their crafts/imports into a shop in front called the Creative Spirit Gallery. In the back they developed the tea house concept. Over the past six years they have become a full service restaurant with evening entertainment of music and belly dance. "It is a beautiful international scene that embraces many cultures from around the world. It is decorated with low hand carved chairs from Afghanistan, brass trays from India, a bronze gong and carved wooden statues from Bali, and carpets from Persia. The tea house comes into fruition during the International Gem and Mineral Show when Buddhist, Muslim, Hindu, Christian, and pagan people from around the world come together and be at peace drinking tea and sharing a meal... It is a vision of the beauty and diversity of this world in its fullness."

1997–Carol and Bill split up. He went into retirement and she had a new tent made from hemp fabric and ropes. She continued to travel with the Casbah Tea House on the festival circuit each summer, serving a menu based largely on soy.

1999–The hand-written Casbah Tea House Festival Menu includes Middle Eastern favorites plus: Veggie Dog, Veggie Chili Cheese Dog, Vegetarian Chili, Tempeh (Soy) Burgers, and Tempeh Reuben.

2001 Feb.–The typeset Casbah Teahouse Tour Menu includes some new Middle Eastern favorites plus: Tofu Veggie Stir Fry, Vegetarian Chili, Tempeh Pita, and three types of soy burgers served with blue corn chips and a dill pickle: Tempeh Burger, Tempeh Cheese Burger, and Tempeh Reuben Burger. Veggie Hot Dogs (made from soy and seitan). Veggie Chili Cheese Dogs, and Tempeh Fries. A color photo (8 by 4½ inches) shows the colorful Casbah Tea House tent outdoors at the 2001 Seattle Hemp Fest (Washington state).

2002 spring–Carol Ann expanded, moving the gallery down the street to 549 N. 4th Ave., where it has three times as much space–the fullness to be a real store. The teahouse is now expanding into being a deli, bakery, and cafe in the front of the building. They make a lot of desserts that are vegan and sugar free, using tofu in their frostings. "We struggle with being a commercial operation trying to survive and holding to our values of providing as much organic high quality ingredients as we can.

"All three of my kids are now grown up, ages 21, 23, and 25. Emma attends the University of Arizona in the art department; she is our main baker and cake decorator. Eva is attending Pima College in graphic computer arts and is our main cook. Ethan is a part-time cook. Today I walked in here

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and there were nine gorgeous girls running around. They're all in their 20s, all vivacious and healthy and beautiful. Emma's assistant in the bakery is Rebecca, who is making tofu cheesecakes; her parents worked with us at Yellow Bean in Detroit, Michigan, when Rebecca was 5 years old. It's pretty neat how everything has come around.

"We are developing are wholesale aspect slowly, providing the co-op with packaged food items that we make. We'll see how it all evolves. What a long strange trip its been. One love." Address: 438 South Star Ave., Tucson, Arizona 85719. Phone: 520-740-0393.

12423. Daimler-Chrysler. 2002. Its a big fat juicy cheeseburger in a land of tofu (Ad). *Time***.** April 8. Inside front cover and page 1.

• ***Summary:*** This ad, a two-page color spread, shows a Dodge Durango SUV pulling a trailer home up a steep grade. The title (a put-down of tofu, see above) is written in big white letters across the bottom of the left page. Across the top of the right page is: "Grab life by the horns: Dodge." The smaller text atop the left page says that Dodge Durango is much better than other SUVs, which are "wimpy wanna-bes."

12424. Asimov, Eric. 2002. $25 and under: Japanese noodles make you forget sushi. *New York Times***.** April 10. p. F10.

• ***Summary:*** This is a review of the Japanese restaurant Onyi (330 Avenue of the Americas, near West Forth St., Greenwich Village–in downtown {southern} Manhattan in New York City). Menchanko means foods mixed together in one huge bowl. "The oyster Menchanko ($12.50), a miso broth with ramen noodles, is thick with fat, tender oysters, chunks of tofu, vegetables and billowy sheets of soy-milk skin [yuba] that look like handkerchiefs but are soft as bean curd."

"The already spicy miso Menchanko ($9.75) is... crammed with shrimp. chicken and balls of salmon along with tofu, soy-milk skin and vegetables."

After 5 p.m. you can supplement noodle dishes with "simple edamame ($3.75), boiled green soybeans that are the Japanese equivalent of salted peanuts, to complex yuba chakin ($6.75), crisp tofu [sic, yuba] purses stuffed with vegetables and crab meat."

Note: The word "Oni" means devil in Japanese.

12425. Vaidya, Achutananda. 2002. Re: Answers to questions on soyfoods in Nepal. Letter to William Shurtleff at Soyfoods Center, April 12. 3 p.

• ***Summary:*** On 19 Jan. 1993 William Shurtleff, founder of Soyfoods Center, wrote Mr. Vaidya a series of questions based Mr. Vaidya's last letter. Mr. Vaidya and his uncle seem to be the first people to make tofu in Nepal, so details of their work are very interesting from an historical point of view.

"First, questions about the work of your uncle, Raghubir Baidya. (1) Did he ever sell any of his tofu? Even a few cakes? He Must have sold a few cakes if he tried for several months?" Answer: "First he made Tofu for his own consumption only." He did not sell that tofu. At that time none of the Nepali people understood what tofu was, so he had no idea of selling it.

(2) "At what address did he make his tofu at his residence in Kathmandu?" Ans: The address of his residence in Kathmandu was Tripureswar, Kathmandu, Nepal. Now his family address has changed.

(3) "Did your uncle ever mention that tofu was made commercially (= for sale) in Tibet? Have you ever heard that it is?" Ans: "No I never heard my uncle mentioning that Tofu was made commercially in Tibet. He had no idea about it." I heard he had only one Tibetan friend.

(4) "You said he started making tofu for 'domestic consumption.' Does that mean he made it, free of charge (of course) for members of his immediate family? How did they cook and serve it (what kind of recipes?). Did he also give it to members of his extended family such as brothers, nephews? Did you ever taste it? What did you think of it? How was it prepared when you tasted it?" Ans: Yes, at first when he started making Tofu he made it free of charge for members of his family. At first Tofu is fried in oil. And then it is used with vegetables as a delicious food," like pickles etc. "Yes he gave it to his extended family members. Yes, I've tasted it. I think Tofu is an excellent food for helping to solve world food crisis because it is a high quality nutrition food and the cost is very low. I tested it; I thought it was like a vegetable." I studied your book, *The Book of Tofu***.**

(4a). "How often did you watch your uncle making tofu?" Ans: "Sometimes I watched him making tofu."

(5) "Did he do a special demonstration just for you to teach you the process or did you just watch him while he was making tofu as usual?" Ans: "He never did a special demonstration to teach me but I learned by watching him as usual."

"My uncle was not interested in Tofu because the Nepalese people were not interested because it was a new product for them." The Nepalese concept of the soybean is that it is very cheap and used only by low-class people. "But I was very interested because it was of high quality nutrition and the cost was very low.

"At first no one knew that Tofu was soybean cakes. My uncle's family also didn't know it. They just called it using the Nepali words *Bhatamass Ko Paneer."* But when my friend Mr. Akifumi Nakamura came to Nepal from Kobe, Japan, in 1972, he suggested to me that I call this product Tofu. "Mr. Nakamura was the one who saw my interest in Tofu and taught me to make tofu. He came to Nepal in 1972" to work with Japan Overseas Cooperation Volunteers (JOCV) for two years. He worked at the Central Food Research Laboratory in Kathmandu. During this time he taught me to make Tofu during his after office hours.

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Then I learned how to make tofu. I started making tofu commercially in Dec. 1974, first at my own residence to keep my expenses low. I started by selling it to small shops and many other places. Then I developed recipes and sold it to even more people. And slowly the people of my country came to understand it as well. At times Mr. Nakamura would help me and we imported some machines from Japan. Then I started commercially.

"Now I want to ask about your company, Nepal Soya Industries. I think you were a pioneer in Nepal not only with tofu, but also with other soyfoods! (7) In what month and year did you start to SELL each of the following soyfoods commercially in Nepal. And approximately what percentage of your total sales does each account for now? Ans: (7a) Shree Akita Miso = Akadashi Miso. Started Oct. 1986. I made miso and sold it in Japanese hotels and restaurants. Even now no Nepalese people know about miso. It accounted for 15% of total sales. Now it is named Akita Miso.

(7b) Soya sauce. Started in March 1982. When I started to make soy sauce nobody knew what it was. Nowadays some people in the cities know about it. And also some local restaurants used soya sauce. It accounted for about 25% of total sales.

(7c) Dry Tofu. I tried making it but never sold it commercially because there was no interest.

(7d) Soya Milk. At first the Nepalese people had not heard of soya milk, but after a few years one International company started it. They named it Indreni Soyamilk. But after some years they stopped selling it. (7e) Soya Curd. I started making it in 1985. It is a part of Yogurt we used. It is sold commercially. But now lots of dairy companies make it commercially, so I stopped producing it. During the period 1985-1990 it accounted for about 10% of sales.

(7f) Vita Tofu. It started making it Dec. 1974. I stopped making it during 1983-185 because at that time I went to Japan and could not manage my factory. My children could not do the work for me. From 1986 to 2000 we again made Vita Tofu, but last year our country had a crisis–the Royal Family accident. Nowadays Maoists are attacking most parts of our country. And now the Nepalese Government has issued an Emergency. Because of this, tourists have stopped visiting Nepal. My business fully depends on tourists. So last year I had to stop making tofu. It once accounted for 40%. "I am interested in working with soyfoods in any country. If you will arrange it I am always ready for it."

(8) "Please circle each product for which you were the first person in Nepal to make that product commercially." Ans: He is not sure, so he circles only Tofu in 1974.

(9) "Are you making all these products commercially now? Are you making any others? Is making soyfoods your main source of income now?" Ans: Nowadays I produce it on a very small scale and this is my main source of income. But now I am retired from my job also [on 15 March 2001 at the Central Food Research Laboratory in Kathmandu and as a food inspector].

(13) "You said that in Japan you learned to make moyashi. Were these soybean sprouts or sprouts from other kinds of seeds?" Ans: They were not soybean sprouts but rather sprouts from some kind of black seeds [probably black mappe].

Mr. Vaidya attaches his business card and a 2-page curriculum vitae with a portrait photo attached. He was born on 28 Dec. 1947. Address: Founder and owner, Nepal Soya Industries, 9/374 Bhedashing, Jamaguthi, Kathmandu, Nepal.

12426. Beyer, Lisa. 2002. The happiest runaway. *Time.* April 22.
• ***Summary:*** Bonnie Raitt describes herself as frugal. "After the band's post-concert meal, she tries to persuade the road manager to pack up the leftover tofu and brown rice. 'Otherwise,' she laments, 'they're just going to throw it out.'"

12427. Klein, Barbara P.; Cadwallader, Keith R.; Chen, Dejun; Khanna, Pradeep; Weingartner, Karl E. 2002. Tofu in the American kitchen. Champaign-Urbana, Illinois: Illinois Center for Soy Foods. 42 p. Illust. No index. 24 cm.
• ***Summary:*** Contents: Introduction: Bringing soy foods to the America table, Illinois Center for Soy Foods, why eat soy?, what is tofu?, types of tofu, storing & buying tofu, tips for using tofu. Recipes (28 recipes). Every right-hand page contains an elegant full-page color photo of the recipe to its left. Most of the recipes are meatless, but a few (such as Tofu-enhanced meatballs, with 2 lb ground beef or turkey) call for the use of meat.

Talk with Barbara Klein. 2002. Aug. 1. This book, the Center's first, was published in April 2002. Each of the recipes was graded, and only those with top grades were included in the book. The Center hopes to publish at least one cookbook a year in the future. Address: 1. PhD, editor, Director, Illinois Center for Soy Foods, 170 National Soybean Research Center, 1101 Peabody Dr., Univ. of Illinois, Urbana, IL 61801. Phone: (212) 244-1706 or www.soyfoodsillinois.uiuc.edu.

12428. **Product Name:** Mori-Nu CalipSoy Smoothie [Wild Berries & Soy, Tropical Fruit & Soy, Strawberry Banana & Soy].
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St. #110, Torrance, CA 90504. Phone: 1-800-669-8638.
Date of Introduction: 2002. April.
Ingredients: Wild Berries & Soy: Silken tofu puree (water, whole organic soybeans*, magnesium chloride, calcium

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chloride), chicory syrup, white grape juice concentrate, red raspberry puree, blackberry juice concentrate, natural flavors, pectin, citric acid, gum arabic, red cabbage color. * = Grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 11 fl oz (325 ml) Tetra Brik Aseptic carton with foil pull tab.
How Stored: Refrigerate after opening.
Nutrition: Per package: Calories 270, calories from fat 50, total fat 6 gm (9% daily value; saturated fat 1.0 gm), cholesterol 0 mg, sodium 35 mg (1%), total carbohydrate 43 gm (dietary fiber 1 gm [4%], sugars 39 gm), protein 10 gm. Calcium 10%, iron 8%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Products (all 3) with Labels and leaflet (color) sent by Morinaga. 2002. April. 4 by 3 by 1.8 inches. Purple, red, or pink on white. Color photo of a glass filled with smoothie; two straws are inserted, a berry is wedged on the rim, and berries are clustered around one side of the base. "Dairy free. All natural. Refrigerate for quality. 9 gm non-GMO soy protein." The back panel states: "CalipSoy Smoothies from Mori-Nu satisfy your body's thirst for sun-ripened fruits picked at their peak of perfection blended with our creamy tofu puree." In the lower right is the heart health claim. One side states: "33% pure juice. 54% tofu puree. No preservatives. No irradiation. 9 gm soy protein per serving... Lactose free. Kid-friendly."

12429. Treloar, Brigid. 2002. Tofu. Singapore: Periplus Editions (HK) Ltd. Printed in Singapore. 112 p. Illust. (color). Index. 25 x 24 cm. Series: The Essential Kitchen.
• ***Summary:*** This is a beautiful book, with stylish and informative full-page glossy color photos on every other page. It is well researched, comprehensive, and generally uses standard tofu and soyfoods terminology. It is also strange: We are not told in which country the publisher is located (perhaps Hong Kong or Singapore) or where the author lives. It is distributed in North America, Japan and Korea by Tuttle Publishing. On the inside rear dust jacket: www.tuttlepublishing.com. It is clearly targeted at a world market.

Contents: Introduction. Tofu glossary (introduction, firm and soft tofu, firm and regular tofu, fresh tofu, silken tofu, soft tofu, extra firm tofu, powdered tofu {or instant tofu or soy milk powder}, nigari tofu, flavored or dessert tofu, grilled tofu {yaki-dofu}, deep-fried tofu {age}, freeze-dried tofu {koya-dofu}, thin deep-fried tofu {aburaage or usuage}, thick deep-fried tofu {atsuage or namaage}, seasoned tofu pouches {for *inari-zushi*}, tempeh). Creating texture and flavor. How to use tofu: How to cut tofu, making a chrysanthemum flower, how to remove excess moisture, how to change soft tofu into firm, how to prepare tofu for cooking (marinating, grilling, pureeing or blending, parboiling / braising, panfrying / stir-frying, scrambling, steaming, deep-frying, smoking, how to reconstitute freeze-dried tofu, how to prepare deep-fried tofu for cooking, substituting tofu in recipes). Appetizers Snacks and light meals. Soups. Baked dishes. Stir-fries. Grilled dishes. Noodles, couscous and rice. Vegetables. Salads. Desserts. Glossary (of general ingredients, incl. soy sauce, Teriyaki sauce). Guide to weights and measures.

Note: This is not a vegetarian cookbook. Some recipes call for pork, chicken, fish (salmon, trout, tuna), etc.

Talk with representative of Tuttle Publishing, Vermont. 2004. May 8. Brigid lives in Australia. Periplus, created in 1997 by Tuttle, is located in Singapore and a sister company of Tuttle. Address: Food writer, stylist, consultant, and cooking instructor [Australia].

12430. *SoyaScan Notes.* 2002. The American Tasting Institute (ATI/AOTA) and their Gold Taste Awards (Overview). May. 18. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** The following information comes mostly from the company's website: www.awardsamericas.com. The American Tasting Institute is a private organization, founded in 1985, comprised of about 35,000 professional chefs. They are headquartered at 211 Sutter St., 5th Floor, San Francisco, California 94108. Phone: 415-982-0781. The organization is also called AOTA = Awards of the Americas.

In awarding gold medals, at least six leading chefs conduct a double-blind test on products in a specific category. The highest scoring product in each category is offered the Institute's Commercial Gold Medal Endorsement Program. It is offered to only one company in each category. Acceptance requires payment of an annual fee.

The following companies have accepted gold medal awards in soy-related categories (mostly in the natural-foods category): Soybean milk–Vitasoy. Soy chips/crisps–Snackie Jack. Soy protein drink: Next Nutrition, Inc. Yogurt, soy–Silk Cultured Soy (White Wave). Tofu–Nasoya. Veggie Burgers–Worthington Foods / Morningstar Farms.

12431. Asimov, Eric. 2002. $25 and under: A Sichuan place that puts its name on the line. *New York Times.* May 29. p. F7.
• ***Summary:*** This is a review of the Chinese restaurant Spicy and Tasty, located at 133-43 Roosevelt Ave., Flushing, Queens. Among the "Best dishes" are Lamb with bean sauce, and Ma-po bean curd.

In Sichuan cookery, "la" refers to the spiciness imparted by chili peppers or oil, whereas "ma" refers to a flowery, tingly sensation imparted by Sichuan peppercorns.

The writer loved "the hot bean paste sauce that encased a whole fish." "But the spiciness of ma-po bean curd, made with ground pork, gave shape to this otherwise bland dish."

"But nothing poses a more difficult obstacle than what is disguised on the menu as ma-la fried tofu. This benign name

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conceals a fermented bean curd dish that, in Taiwan, where it is prized, is known more accurately as 'foul-smelling tofu'" [probably *ch'ou toufu*].

12432. Annapurna. 2002. Annapurna: zdrava hrana [Annapurna: Healthy food (Leaflet)]. Zagreb, Croatia. 1 p. Front only. Each panel 15 x 10.5 cm. [Cro]
• ***Summary:*** This small leaflet is printed in dark green ink on beige paper. On the front panel, below the name of the company, Annapurna, are listed four tofu products, tempeh, and 3 seitan products; no weights or prices are given. Address: Zumberacka 36, Zagreb. Phone: (01) 3010 915.

12433. **Product Name:** Tofutti Mintz's Blintzes: Dairy-free Cheese Filled Crepes.
Manufacturer's Name: Tofutti Brands Inc.
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 201-272-2400.
Date of Introduction: 2002. May.
Ingredients: Crepe: Water, enriched wheat flour (niacin, iron, thiamine mononitrate, riboflavin), starch, egg whites, canola, lecithin, salt. Filling: Tofutti Better Than Cream Cheese (water, partially hydrogenated soybean oil, tofu, isolated soy protein, maltodextrin, salt, guar seed gum, carob bean gum, mono and diglycerides, carrageenan, natural flavors), matzo meal, seasonings.
Wt/Vol., Packaging, Price: 6 pre-baked crepes (12 oz, 340 gm) in paperboard box. Retails for $2.29 (2002/05 Lafayette, California).
How Stored: Frozen.
Nutrition: CheeIngr
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2002. June 2. 7.75 by 5 by 1 inch. Paperboard box. Red, yellow, white, and black on purple. A color photo on the lower right front panel shows two blintzes (one cut open), surrounded by strawberries on a white plate. Front panel text: "Tofutti: Living dairy free. Wow! Taste me please. Dairy free. Cholesterol free. Lactose free. No butterfat." On the back panel is a small photo of David Mintz with his signature. "Enjoy in best of health. Since 1981." Soyfoods Center taste test. 2002. June 3. Delicious; slightly sweet. Good flavor, texture, and packaging.

12434. Willems, Nadine. 2002. Tofu: The taste of a hundred things. *Winds* (*JAL Group–Japan Airlines*) 22(12):19-25. May. [1 ref]
• ***Summary:*** "As versatile as eggs or potatoes, but far better for you, tofu–or bean curd–left the specialist health stores in the West long ago and is now a familiar sight on the menus of fashionable restaurants." Starts with a description of making tofu at 5:00 a.m. one morning at Futaba tofu shop in Tokyo's downtown Ningyocho area. A one-page sidebar discusses the *Tofu Hyakuchin* (One Hundred Tofu Delicacies), published in Osaka in 1782 during "The Golden Age of Tofu."

Superb color photos show: (1) A Yokohama tofu maker at work early one morning. (2) Soymilk being poured into a wooden forming box to make silken tofu. (3) Dried yellow soybeans with a wooden measuring box (*masu*). (4) Freshly made silken tofu being cut away from the sides of a forming box. (5) Large block of tofu, held with one hand, being sliced into cakes under cold water. (6) Deep-fried tofu (Ganmodoki and aburage) draining on a bamboo mat (*sudare*). (7) Many tofu dishes served at Ume no Hana chain restaurant. (8) Tofu dengaku. (9) A cake of tofu being held out in one hand.

12435. Rayner, Jay. 2002. Shanghai surprise. *Observer* (*London*). June 9. p. G57.
• ***Summary:*** This is a review of the Shanghai-style Chinese restaurant The Capital (8 Gerrard St., London, W1). A Shanghai-style cold plate combination was served. On one side was "a pile of braised bean curd." "The bean curd was dense and dark and sweet and, oddly, a little like very tender beef."

12436. United Soybean Board. 2002. National report 2002-2003: Consumer attitudes about nutrition. Seattle, Washington. 8 p. June. 22 x 21 cm.
• ***Summary:*** This ninth annual nationwide survey, commissioned by USB, was conducted in early 2002 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 1,000 consumers. The study's margin of error is ±3.1 percent and has a confidence level of 95%.

Contents: Introduction and methodology. Nutrition concerns and habits. Consumer awareness of nutrition terms and information. Consumer perceptions of cooking oils. Consumer attitudes about fats. Consumers on soyfoods and health: Perceived healthfulness of soy products (74% healthy, 19% neutral, 7% unhealthy), awareness of health benefits of soy (heart health 39%, menopause relief 18%, cancer prevention 16%, osteoporosis prevention 4%, good source of protein 4%, other 19%), where consumers get information on soy and health (magazines 42%, TV news 22%, newspapers 20%, friends/family 20%, etc.). Soyfoods: Consumption and trial (42% of Americans report they consume soyfoods once a month or more, while 28% consume soyfoods weekly, up from 27% last year. 30% of consumers say they never use soyfoods, down from 35% in 2001). Consumer perceptions of genetically modified food. Consumer perceptions and knowledge of organic foods (42% of consumers buy organic food products either frequently or sometimes. On an unaided basis, 48% know that organic foods can't contain genetically modified ingredients and 64% know that organics must be grown without pesticides and herbicides).

Percentage of American consumers who have tried various soy products in 2000, 2001, and 2002: Tofu 45%,

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45%, 48%. Soy veggie burgers 25%, 28%, 35%. Soymilk 25%, 28%, 35%. Soy nuts 14%, 20%, 26%.

Percentage of Americans who consume soyfoods weekly: 24% in 1999, 27% in 2000, 27% in 2001, and 28% in 2002.

Percentage of Americans who are aware of the term "genetically modified": 48% in 1998, 42% in 1999, 58% in 2000, 62% in 2001, and 68% in 2002.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12437. Corliss, Richard. 2002. Should we all be vegetarians? Would we be healthier? Would the planet? The risks and benefits of a meat-free life. *Time.* July 15.
• ***Summary:*** In reference to athlete vegetarians, Time magazine says, "Don't eat meat? Better learn to love tofu and lentils." TV's favorite vegetarian is cartoon character Lisa Simpson [of The Simpsons], age 8; she once had a crush on a guy who described himself as "a Level Five vegan–I don't eat anything that casts a shadow." Ohio Congressman and vegan celebrity Dennis Kucinich says he "feels much better starting his day with miso soup, brown rice or oat groats."

12438. Sachs, Andrea. 2002. Late bloomer. *Time.* July 22.
• ***Summary:*** "She is addicted to junk food, never mind that tofu is de rigeur."

12439. Booth, Greg. 2002. Grown to taste: Researchers test soybeans for Minnesota climates and Asian palates. *Ag Innovation News* (*AURI–Agricultural Utilization Research Inst., Waseca, Minnesota*) 12(3):16. July/Sept.
• ***Summary:*** With AURI's support, Jim Orf (Prof. of Agronomy and Plant Genetics, Univ. of Minnesota) is growing more than 40 lines of food-grade soybeans for testing by Sam Chang (Prof. of Cereals and Food Science, North Dakota State Univ.). Varieties now available for Minnesota growers include Proto and Toyopro. "A self-professed tofu connoisseur," Chang will make the soybeans into tofu, then test the tofu for processing yield (grams of tofu per 100 gm of soybeans), color, protein content, and texture. Chang thinks "tofu is a health food." His research has show that tofu has antioxidant characteristics, and that storage has a big effect on the quality of the final tofu. "For good tofu, smoothness and firmness are desirable, but not too soft, not too firm."

12440. Schwartz, Randy K. 2002. Henry Ford cranks up the soy industry. *Repast: Quarterly Newsletter of the Culinary Historians of Ann Arbor* (*Michigan*) 18(3):8-9. Summer. [23 ref]
• ***Summary:*** A good overview, with some new information. "Chinese immigration to the Midwest also spurred the use of soyfoods there. When anti-Chinese sentiment erupted in California in 1875, groups of Chinese immigrants began fleeing to cities like St. Louis [Missouri], and Chicago [Illinois]. By 1891, there was a community of some 500 Chinese living on South Clark Street in Chicago. In 1911, the Chinese community there moved to 22nd Place and became the anchor of a Chicago Chinatown that still exists. That same year the Chino-American Publishing Co. in Chicago came out with one of the first Chinese cookbooks in the U.S., Jessie Louis Nolton's *Chinese Cookery in the Home Kitchen* (the book was actually published in Detroit)."

A photo (taken in 1998 by Randy Schwartz) shows the main building of the Ford Soybean Mill in Saline, Michigan. "In 1937, Ford dammed the Saline River and built his water powered mill there. Soybeans, purchased from hundreds of local farms, were cleaned and stored in this building, which featured two large hydroturbines. The beans were processed into meal in an adjacent one-story plant. After U.S. entry into World War II, the property was refurbished to produce aircraft bearings. Following the war, the company sold the property and it was run by Soybrands, Inc. Today it is a restaurant called Weller's Carriage House, at 555 W. Michigan Ave."

12441. Shurtleff, William. 2002. Tofu from China to America: Episodes in global diffusion. *Repast: Quarterly Newsletter of the Culinary Historians of Ann Arbor* (*Michigan*) 18(3):4-7. Summer. [23 ref]
• ***Summary:*** A chronology of tofu from 220 AD to the present. Contains 3 illustrations by Akiko Aoyagi from *The Book of Tofu.* Photos show: (1) Portrait of Li Yu-ying. (2) House Foods America Corporation's ceremonial opening in Garden Grove, California. (3) Seventh Annual Tofu Festival in Los Angeles. Address: Founder, Soyfoods Center, Lafayette, California.

12442. *Vegetarian Journal* (*Baltimore, Maryland*). 2002. It's the 20th anniversary of the Vegetarian Resource Group! 21(3):16-20.
• ***Summary:*** A good history and chronology of an important organization, whose guiding lights and coordinators have been Debra Wasserman, Charles Stahler, and Reed Mangels. Contents: Introduction: Thanks to volunteers and supporters. In the beginning. VRG becomes a publisher. Ingredient and restaurant information. The environment. Outreach to health professionals. Educating educators. Every day is busy but volunteers are especially appreciated. Its our business. The VRG in cyberspace. Food service becomes healthier. Thank you.

"The beginning: In Sept. 1982, The Vegetarian Resource Group was founded by a vegan doctor, vegetarian nurse, a Master's swimmer, and two activists. Our goals have always been to: (1) Provide scientific and practical information; (2) Go beyond those who are already vegan and reach the various segments of the community; and (3) Reduce the

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barriers to becoming a vegetarian.

"The first incarnation of the *Vegetarian Journal* was a 4-page newsletter produced on a typewriter... Early in 1983 we were surprised when people from all over Baltimore jammed our tofu cooking demonstration... How many of you had heard of tofu back then?" That year they also had kids prepare their own healthful snacks at a Children's Fair, "spoke at a high school, sponsored a World Vegetarian Day Conference, gave a cooking demonstration in the plaza next to city hall, donated food to a local soup kitchen, performed cooking demos at local health foods stores, hosted camping trips, organized booths at the Baltimore City Fair, and distributed information at a community college. Another great success was when, on October 1, 1983, our local mayor proclaimed World Vegetarian Day in Baltimore." Read on for more.

12443. White Wave, Inc. 2002. Beyond Tofutown (Card). Boulder, Colorado. 10 panels plus insert. 16 cm.
• ***Summary:*** On the cover of this printed, folded invitation card (each panel is 6¼ by 4½ inches) is a color illustration of the top front of the Boulder theater. On the next three front panels are written (on the Marquis of the theater against an orange background): "An evening in Tofutown," "Another evening in Tofutown," and "Yet another evening in Tofutown," referring to three past celebrations hosted by White Wave at the Boulder theater. On the fourth panel is the large number "25" against an orange background on a yellow field, representing White Wave's 25th anniversary. And on the sixth front panel is "Beyond Tofutown" written in red on the marquis of the Boulder theater.

On the middle back panel we read: "Three things that make our hearts go thump: The ring of the grocery register. The smell of soymilk in the morning. The joy of bringing Texans to Tofutown." "An evening in TofuTown–August 24, 2002 is brought to you by White Wave. The party, like its host, is a testament to sheer persistence. Details from the Boulder Theater, an Art Deco Historic Landmark in downtown Boulder, Colorado. RSVP by August 2nd. 720-565-2301 or Swynegar@whitewave.com." The logo (with a blue and white breaking wave in an oval) reads: White Wave–TofuTown Cards. Illustrations copyright Spark, dutiful servants to the Bean Curd family since 1980.

An insert (black ink on translucent white paper) states: "You are heartily invited to join us in an all new White Wave adventure–A 25th anniversary evening–Beyond Tofutown. In recognition of a job well done and one whale of a ride. Saturday evening, 6:00 p.m. on the 24th of August 2002 at the historic Boulder Theater, on 14th & Pearl.

"The 4th and perhaps most outrageous event along the Silk Road–Indeed, a quantum wiggle in the tofu timeline–So come prepared to shake, rattle & roll to the stylings of Cabaret Diosa.

"Exemplary organic fare offered at 7:00 p.m. A grudging return to real life occurs at 1:00 a.m. No suit. No tie. No problem."

Note: This is to celebrate both the 25th anniversary and the purchase of White Wave by Dean Foods for $180 million. On August 23, the day before this celebration, Steve Demos and his long-time close friend, Sheryl Lamb, were married in Boulder. Tim Redmond (of American Soy Products), who attended the wedding, said it was a beautiful and joyous occasion. Address: 1990 North 57th Court, Boulder, Colorado 80301. Phone: (303) 443-3952.

12444. Friedrich, Kristin. 2002. Soy you like tofu? Little Tokyo festival celebrates the miracle bean. *L.A. Downtown News* (*Los Angeles*). Aug. 5. p. 16.
• ***Summary:*** The festival, part of Nisei Week festivities, will be held on San Pedro between Second and Third Streets in Little Tokyo. General admission is $2, and food prices range for $1-$4 per serving. See www.tofufest.org or www.niseiweek.org.

12445. Fonda, Daren. 2002. Organic growth. *Time.* Aug. 12.
• ***Summary:*** "Whole Foods has transformed the granola-and-tofu lifestyle into a 'supernatural' gourmet chain with delicious profits."

12446. Smith, Craig S. 2002. A Chinese crematory's work is a matter of life: Shanghai journal. *New York Times.* Aug. 12. p. A4 (Natl).
• ***Summary:*** Describes a visit to a crematorium in Shanghai, China. Until recently at Baoxing, the funeral center and former crematory north of Shanghai, mourners ate their ritual "tofu meal," a vegetarian repast in honor of the dead.

12447. Shamin, Brandon. 2002. L.A. Tofu Festival a success. *AsiaWeek* (*USA*) 23(52):13. Aug. 15.
• ***Summary:*** More than 30,000 people attended the seventh annual L.A. Tofu Festival Aug. 10 and 11 in Los Angeles' Little Tokyo. The weekend event, which benefited the Little Tokyo Service Center (LTSC), focused on the health benefits of tofu and soy. The theme this year was "Good for the Heart, Good for the Community." The festival included the third annual Health and Fitness Expo. Sharon Davis, wife of Governor Gray Davis, served as honorary chairperson and made a special appearance to honor LTSC's commitment to the community since 1979. APA = Asian and Pacific Americans. A photo shows Sharon Davis trying tofu goodies in Los Angeles.

12448. American Soybean Assoc. 2002. Cocinando con soya [Cooking with soya]. Mexico City, Mexico: Asociación Americana de Soya. 96 p. Aug. 28 Illust. 28 cm. Spiral bound, [Spa]
• ***Summary:*** A very attractive, colorful and useful book, published on glossy paper. In July 2001 the first national

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"Cooking with Soya" contest was held at the Institute of Gastronomy in the University Anáhuac del Sur–sponsored by the American Soybean Association. These recipes are the result of that contest. Each page of the book is devoted to one recipe, with the name of the recipe and its creator, the ingredients, method, nutritional content of 6 portions and of one, symbols, and a color photo (6 cm on a side) of each recipe. Main ingredients used: Tofu, whole dry soybeans, textured soy protein, soy sauce, soy sprouts, okara, soy oil,

Contents: About the contest. Editorial. About the Institute of Gastronomy. Color photos showing: (1) A portrait photo of each participant. (2) Each of the many finalists standing behind his or her recipe. (3) The three winners. Symbols. Salads. Main dish. Desserts. Traditional recipes. Address: Jaime Balmes 8–2º piso, Colonia Los Morales Polanco 11510. Phone: +52 5821 0120/6150.

12449. Arnold, Chris. 2002. The Scoular Company (Portfolio). Omaha, Nebraska. Four inserts. 28 cm.
• ***Summary:*** The inserts are: (1) Cover letter, typed with signature on letterhead. Scoular's IP food grain division is comprised primarily of five people, incl. Greg Lickteig and Chris. Greg is the senior manager of the group with 10-12 years of experience in the IP food grade industry. Their main focus is IP soybeans. Scoular works with several private and public seed varieties to provide its customers with a wide selection of soybean varieties, with uses ranging from tofu, soymilk, miso, natto, and textured soy products. IP and Non-GMO certificates are provided upon demand to customers. Scoular's annual volume is about 45,000 metric tons/year of food soybeans; 80% of these are exported to Asia, and the remaining 20% are consumed in the USA. Scoular is QAI, OCIA, and JAS certified. Web: www.scoular.com.

(2) Twelve pages from the company's website. Contents: Welcome to The Scoular Company. Markets: Introduction, producer markets division, processor markets division, flourmill markets division, industrial markets division. Special company capabilities: Foreign subsidiaries (Scoular Canada, Scoular de Mexico, risk management services, alliance & partnership opportunities). Locations: Regional map of North America, incl. Canada and Mexico.

(3) Company history (3 p. card): "For 110 years The Scoular Company has been serving people in Agriculture. It is our past, our present, and our future." 1892–A grain and lumber company was founded by George Scoular in Superior, Nebraska. 1927–George Scoular Grain & Lumber Company was incorporated in Nebraska and Missouri. 1967–A group of grain industry executives headed by Marshall Faith led the company into a new era. These "Young Turks" were hired by Bob Scoular, the new chairman of the board. 1985–The company diversified from grain warehousing to merchandising and distribution. 1998–The Company acquired International Protein Corporation and Industrial Food Ingredients. 2000–The company restructured to address specific market segments.

(4) Issue of *Scoular Connections* newsletter on company history (2002 vol. 7, no. 2). "Scoular celebrates 110 years of serving people in agriculture." 1898–George Scoular invites Dennis Bishop to become his partner. 1926–Bob Scoular was a traveling salesman. 1930–George Scoular died. That year over half of all farms had cars, about a third had telephones, and a little over 10% had electricity. 1954. George Scoular's widow and her two sons bought out the Bishop family interest. That year just over 70% of all farms had cars, a little less than 50% had telephones, and 93% had electricity. 1979–The Young Turks were successful. The company had sprouted in 12 years from a "ramshackle three-elevator operation into a flourishing Nebraska giant of grain, operating 27 elevators and terminals and merchandising 70 to 80 million bushels of corn, wheat, milo, soybeans, and oats each year to buyers all over the world." At the helm was Marshall Faith. Address: 2027 Dodge St., Omaha, Nebraska 68102. Phone: 1-800-488-3500.

12450. Chang, Irving Beilin. 2002. Fuyu: China's fermented soy bean cheese. *Flavor & Fortune* 9(2):9-10. Summer. [5 ref]
• ***Summary:*** The writer grew up in China. His mother was American born and his father (of Chinese ancestry) was a graduate of Yale Univ. [New Haven, Connecticut]. Describes how his family cook made fuyu [fermented tofu] from fresh tofu at home in China. His wife, Wonona, has selected some recipes using this typical Chinese fermented product: Fried bean curd with chili ("with 2 squares fuyu, also known as fermented soy bean cubes, mashed" and "1 square firm bean cube, cut into 1-inch pieces"). Stewed bean curd with dried fish (with "1 pound silken bean curd, cut into ten pieces," "½ square fermented red fuyu, mashed," "½ square fermented white fuyu with chili," and 1 tablespoon fuyu liquid). Chicken with fuyu flavor. Address: Kings Park, New York 11754.

12451. *Natural Foods Merchandiser.* 2002. Organic trends. Aug. p. 7.
• ***Summary:*** Gives two tables from SPINS and AC Nielsen.

(1) Growth of top 10 categories: The top category is "Nondairy beverages." Dollar volume (natural and mainstream): $325,627,220. Year ago dollars: $252,275,334. Growth vs. year ago: 29.1%.

The 10th category is Tofu. Dollar volume (natural and mainstream): $46,381,125. Year ago dollars: $42,971,416. Growth vs. year ago: 7.9%.

Total organic sales: Dollar volume (natural and mainstream): $2,010,633,349. Year ago dollars: $1,637,033,305. Growth vs. year ago: 22.8%.

Table (2) % of dollar sales by channel. For nondairy beverages: Natural product supermarkets: 22.20% Mainstream food stores: 77.17%. Mainstream drug stores:

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0.21%. Mass merchandisers: 0.42%.

For tofu: Natural product supermarkets: 44.04% Mainstream food stores: 55.94%. Mainstream drug stores: 0.00%. Mass merchandisers: 0.02%.

Total organic sales: Natural product supermarkets: 45.77% Mainstream food stores: 53.78%. Mainstream drug stores: 0.10%. Mass merchandisers: 0.30%.

Note 1. What about natural food stores that are not supermarkets?

Note 2. Each of the above dollar figures seems to us to be 1,000 times too large.

12452. Lukoskie, Luke. 2002. How Luke and Sylvia Nogaki got involved in making tofu (Interview). *SoyaScan Notes.* Sept. 8. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Luke once "lived in a commune and ate tofu and believed in it as the protein source that could reshape the planet. But it never crossed my mind to got into business, making tofu to sell until *The Book of Tofu, Volume II* was available." Sylvia was his girlfriend and she owned a little house on Vashon Island. In Feb. 1976, he and Slyvia had been in Winslow, Arizona, where his friend Dudley Beck would bring him each year; there they first made the commitment to start a company making tofu. Sylvia must have bought one of the first copies of *The Book of Tofu* [which first went on sale in Dec. 1975]; she read it first then gave it to Luke. In Winslow they liked to buy tortillas. He noticed, after reading *The Book of Tofu,* that the stone grinder that this Mexican man used to make his tortillas was exactly like the pictures in the book. "I tried to buy that grinder off him, but of course it was the heart of his business. However he let me in his back room and I thought, 'Gee what a nice guy. He's sharin' information with me.' I think his initial act of giving, telling me that his stone grinder came from J.C. Ford in Los Angeles, California, was what generated and blossomed into the Soycrafters Apprenticeship Program and my personal desire to make a business and to change the world, to educate people, to give information away, and to teach.

"So after Winslow, Sylvia and I went to Los Angeles and we each had a Visa Card. We borrowed $500 apiece. We each had 100 bucks in our pocket and we put every penny down we could scratch up, and for $1,200 we got J.C. Ford to ship the stone grinder freight collect to Vashon, Washington. That was the key, the first step. We went home to Vashon, borrowed money, and started remodeling her house and the little adjacent building. We had a stone grinder coming, we were in business, and we'd better get our tails in gear."

In Sept. 1976 Sylvia Nogaki (Island Spring, Rt. 1, Box 624, Vashon, Washington 98070) ordered two copies of *The Book of Tofu Volume II.* The next month, W.M. Luke Lukoskie (Island Spring, Rt. 1 Box 625A, Vashon, Washington 98070) ordered another copy. In mid-November 1976 they began commercial production of tofu. Address: P.O. Box 747, Vashon, Washington 98070. Phone: 206-622-6448.

12453. Stunkard, Jamie. 2002. Soy pioneers: Where are they now? (Interview). *SoyaScan Notes.* Sept. 12. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jamie first got involved with soyfoods in early 1976, when he was working at a vegetarian restaurant named Prasad Kitchen in Minneapolis. At the time he was also doing spiritual practice with the Meditation Center, a branch of the Himalayan Institute in Minneapolis–which had was not connected with Prasad. He was also a member of the large and very prosperous Minneapolis Food Co-op system.

In early 1976 Jamie saw and bought a copy of *The Book of Tofu,* probably at the Co-op. Using the recipe in that book, he started making tofu on the stove at Prasad Kitchen for use only in the restaurant. He used Epsom salts as a coagulant since he could find no source of nigari.

On 14 Oct. 1976 Shurtleff and Aoyagi came through Minneapolis on their Tofu & Miso America Tour. They did a program for about 300 people sponsored by Wedge Community Co-op and Ananda Marga. The host was Georgie Yiannias, a woman from the Co-op. After the talk and slide show, there was a large dinner followed by folk dancing. At Prasad, Jamie prepared the tofu for that dinner. He ground the soybeans in a Hobart extruder at Prasad that had just been used to grind walnuts for baklava (a dessert). Because of the walnuts, the tofu came out purple. Jamie recalls that someone at the dinner asked why it was purple. Shurtleff, who had no idea why, ad-libbed in jest that it was "probably contaminated with some cancerous mold." The problem disappeared.

That program inspired Jamie to start a tofu shop. He knew he had a ready market at the Food Co-op system. At the time, Jamie approached Pat Aylward, who was involved with the meditation center as well, who was unemployed, and was not sure what he wanted to do next. He invited Pat to join him in starting a tofu company. "There's a ready market for it right now; this is the time." So they both worked on it together. Their business, named Joy of Soy, opened for business in July 1978 at 510 Kasota Ave. in Minneapolis, Minnesota 55414. Their first two products were Organic Tofu: Soybean Curd (Regular, or Spiced). That same month they both attended the foundation meeting of the Soycrafters Association of North America, held 28-30 July 1978, in Ann Arbor, Michigan. Not long after that, Jamie met his wife Nancy.

On May 25 1980 Shurtleff and Aoyagi visited Pat Aylward and Jamie Stunkard at Joy of Soy Tofu in Minneapolis.

Today Jamie still owns and runs a small tofu shop, Liberty Soyfoods, at R.R. 1 Box 400, Honesdale, Pennsylvania 18431; it is located in the basement of the Himalayan Institute. There he makes about 180 lb/week of

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tofu. He and his wife Nancy also run a health food store named Nature's Grace.

Jamie last head of Pat Aylward about 10 years ago. Pat has long been a real estate agent; a top seller in the Minneapolis area, he has became very successful and quite wealthy. "He always had dreams of making a lot of money." Address: R.R. 1 Box 400, Honesdale, Pennsylvania 18431. Phone: 570-253-3469.

12454. Schmit, Matthew. 2002. Soy pioneers: Where are they now? (Interview). *SoyaScan Notes.* Sept. 19. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** September 2002 will mark the 25th anniversary of The Tofu Shop, which began in the fall of 1977 in Telluride, Colorado.

Matthew was born on 13 Sept. 1950 in Duluth, Minnesota. His family moved to Florida when he was in high school. In 1972 he received a degree in social work from Florida State University. Upon graduation, he started working for the state of Florida in its drug prevention social work program. Through training programs, he was exposed to healthy alternatives to a drug-oriented lifestyle–vegetarian food, yoga, etc. He became very absorbed with those new philosophies–like many people in the early 1970s. In 1973 he stopped eating red meat and poultry.

He left his job in late 1973, stopped eating fish, became a vegetarian, and traveled to the West Coast, visiting yoga centers, intentional communities, etc. He visited his sister, Marna, in Arcata, where she was about to have a child. She had married Jack Hice from Florida, where she became pregnant. They wanted to have a natural childbirth–which was against the law in Florida–so they loaded up their possessions in a van and headed west. When they got to Arcata, she was so pregnant they couldn't go any further. Arcata had a great free clinic and midwives, so they settled in Arcata and invited Matthew to attend the birth. Aaron was born in late December 1973.

Shortly after the birth, Matthew traveled with Marna and Jack's family to a remote ranch on the Smith River near Crescent City, California, just south of the California-Oregon border; there they visited Jack's high-school friend, Jackson Hollomon (and his wife, Valerie, and brother, Henry) who were caretaking the ranch for the winter. Matthew stayed for several "magical" weeks, enjoying the wild scenic beauty, crystal-clear air and water, and whole natural foods. One morning he was introduced tofu, purchased fresh locally, and served on homemade whole-wheat bread (made from freshly ground grains) over a bed of sprouts; the tofu was sliced thick, browned in a cast-iron skillet with a little oil, and had soy sauce sprinkled on top. It was good–no big deal.

After that, Matthew traveled to Jackson Hole, Wyoming, to visit some friends from Florida. Together they formed a food-buying club named Body and Soul; they bought bulk natural foods from a company in Salt Lake City, Utah, had them shipped in, then divided them up. Matthew stayed only for the winter of 1973-74. "I was very young and moving fast." That spring, he traveled southward through Colorado, visiting and Naropa Institute in Boulder during its exciting first summer (Ram Dass and Bhagawan Dass and many other spiritual figures were there), and visiting an aunt in Denver. One of her sons, Matthew's close cousin, was in Telluride (located to the southwest), an old mining town with a 3-year-old ski resort. Matthew visited him in the summer of 1974 and ended up staying. The country was spectacular and young city kids were moving in. Matthew was a member of the group that started the food co-op in Telluride, first as a little food-buying club that grew into a store-front co-op called "Winterstash," located in a mini-mall of five tiny shops below the classical old refurbished Sheridan opera house–built in the 1800s. He was very active in the co-op and was on the board of directors. The co-op was also active in leasing land and growing food using sustainable agriculture; the word "natural" was widely used, and the word "organic" was starting to be used. Matthew was practicing yoga regularly, and making part of his living from teaching yoga classes. Eventually he organized and sponsored a woman named Ma Yogashakti Saraswati to come from India to Telluride to lead a week-long yoga workshop and retreat. She eventually came three times, and each visit was very successful. Matthew became very involved with her and her organization. In about 1976 he moved back to Florida to help her buy some property there and to establish and incorporate a meditative community and business office; it is still there and is very successful. Through such activities, Matthew was developing organizational and business experience. After a year, missing the West and the mountains, he decided to move back to Telluride, arriving in the summer of 1977.

While he was gone, Olof Brentmar and his wife had moved to town. They had learned how to make tofu from *The Book of Tofu,* and they started making it in Telluride at The Upper Crust Bakery–at night after the bakery and restaurant had closed. They sold their tofu at the local co-op–perhaps in little plastic bags; Matthew doubts they had a name for their small business. The Brentmars taught the process to a fellow named Timothy Mecke, and Tim taught Matthew. Just as Matthew arrived in Telluride, Olof was bowing out of the scene, and Tim was making the tofu by himself–about 25 lb.–from about 10:00 night until 3:00 in the morning in the restaurant kitchen. Tim and Matthew made tofu together several times in the restaurant, then found a little shop space near the co-op that was for rent–at 116 North Oak Street; they decided to rent the space, increase production, and "make something out of it." They called it "The Tofu Shop"–a humble name that was a basic description of what they did. Nobody coined the name; people just started calling it that–until it stuck. Matthew and Timothy each invested $500. At the time, Matthew had only $65 to his name. However he was able to borrow $250 from

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each of two friends, Craig Boykin and Gary Lewin. One of the main reasons Matthew started making tofu was because of his interest in vegetarianism; his yoga teacher was also a vegetarian. The basic idea originally was to make tofu and sell it in Telluride; the restaurant idea came later.

The equipment they inherited from Olof included a wooden pressing box (they put rocks on the lid to press the tofu), a 10-gallon ceramic pot for curding the soymilk, a primitive cedar bucket with holes drilled in (that was lined with cheesecloth for pressing the soymilk from the okara). They borrowed a refrigerator and a typical home kitchen stove. They built the entire kitchen out of wood, including counters, sprout racks above sinks, work tables, etc. They had a handyman make a lever press, hinged to the wall; it had a plunger that fit down into the cedar bucket to press the soymilk from the okara. Address: Tofu Shop Specialty Foods, Inc., 65 Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

12455. Schmit, Matthew. 2002. Soy pioneers: Where are they now? Part II (Interview). *SoyaScan Notes.* Sept. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Continued: Initially, they sold all their tofu to the co-op next door. Then people began to come into the little shop to ask what to do with the tofu; for recipes, they referred them to *The Book of Tofu.* Within a month, they decided to build a little wooden counter (so people couldn't walk into the production area) and began selling tofu directly to consumers out of the shop. The co-op didn't mind. "We were all in it together."

Their original logo was a dragon; a woman artist in Telluride had painted it (copying a Chinese vase), and fired it on four tiles, then framed. Matthew and her husband taught Yoga classes together, and he knew their family very well. Matthew traveled with the husband to Durango; he opened the back door of his van and a box of the finished tiles fell out and were damaged. He picked one up and gave it to Matthew; it was a dragon. Matthew liked it, drew a circle around it, and decided to use it as the new company's logo. He hung the four tiles outside the shop door; she then painted "The Tofu Shop" on some new tiles, which were framed and hung below the dragon. The nearest alternative community was in Boulder, about 4 hours by car. They visited The Spinning Kitchen and White Wave, two early tofu shops in Boulder. Once they bought soybeans from Steve Demos of White Wave.

On 8 Dec. 1977 the earliest known article about the little company appeared in the *Telluride Times* on page 11. Titled "Tofu prepared daily in Telluride shop." It gave a brief history of tofu and described the new company; a photo shows Matthew, Susie Imbarrato, and Tim Mecke–all holding a tray of sprouts.

In late 1977 or early 1978, Tim Mecke left the business. Matthew changed the ownership of The Tofu Shop to a worker-owned collective (legally a co-op, if he remembers correctly), although his name was on all legal documents.

About 3 months after the company started, they decided to install a take-out food window. The daily schedule now changed; they made tofu starting at 3:00 in the morning then cleaned and were out by 10:00 a.m.–when the people who made the restaurant products would show up. They developed a nice little two-sided vegan menu–no animal products. Their first deli items were 3-4 tofu sandwiches. Spinning Kitchen in Boulder made a "Kung Fu" open-face tofu sandwich; Matthew's cousin loved it and brought him the recipe; it was a slab of tofu grilled in a skillet with soy sauce and maybe some sesame seeds on top–very simple. Another was a mock tuna salad sandwich. They also made and sold tofu salads, and a tofu dressing, and soyburgers–made with cooked soybeans rather than tofu. Once a month they would boil big pots of soybeans and of rice, then add carrots, spices, etc., mash it all together, run part of it through a Champion Juicer, shape into patties, fry hundreds and hundreds on a skillet, then freeze them. One year the smoke from frying disrupted the fledgling film festival in the opera upstairs. "We filled the opera house with smoke." The guy who organized the festival rushed down to ask "What are you guys doing?"

Note: This is the earliest English-language document seen (June 2006) that mentions the "Champion Juicer."

In 1978, about 6 months after starting The Tofu Shop, Tim, Matthew's partner, decided that making tofu was not the work for him; he was more of a carpenter. He gave Matthew his half of the company, but Matthew insisted on paying him for it. Years later, Tim popped into Arcata and was pleased to see Matthew making tofu there.

Matthew now started to run the business alone; he quickly felt overwhelmed, having no employees. He needed help. He hired a few people to help him make the tofu. But soon a little group formed around the shop–4-5 people who were loyal to the shop, very interested in tofu, and wanted to come in and learn and work. Matthew has always considered what he is doing as teaching, but he still preferred to pay people in exchange for their work.

The little group of loyal people decided to make The Tofu Shop a worker-owned business. People owned shares, and there was a constitution and by-laws based on a worker-owned restaurant in Santa Fe, New Mexico, that Matthew had learned about; he obtained copies of their documents. Telluride is located on the Uncompahgre Plateau of the Rockies; there is also an Uncompahgre River and an Uncompahgre Peak. So the little group decided to create a new organization named Uncompahgre Natural Foods; it was a legal holding company "that ran The Tofu Shop as a vehicle for its mission, which was developing sustainable vegetarian foods."

Matthew was the "mover and shaker" of the group; he had his name on all the legal and tax documents. He was

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working full time and putting in lots of hours; most of the others were working part time and were less involved. The new ownership structure worked well. They would have business meeting every Sunday and make decisions based on consensus. Matthew made enough money to live in a nice rented stand-alone home–not an apartment.

At about the same time The Tofu Shop rented first one and then another shop space on both sides to their original space. The co-op also expanded into a second space, so between them they filled the entire mini-mall. The Tofu Shop's three rooms were used for: (1) Production of tofu and deli items. (2) A restaurant in the front space, which they remodeled themselves–with all wood and sit-down tables. (3) Sprout production–alfalfa, mung beans, radish seeds (no soybeans). Initially they grew the sprouts only for use in their sandwiches, but soon they began selling them in the co-op in plastic bags.

Also at about that time they started distributing tofu and sprouts beyond the co-op–starting with a small supermarket in Telluride. Red Hat produce company, which brought the only fresh produce up from Grand Junction once a week, took The Tofu Shop's products back down the mountains, and distributed them to health food stores and co-ops in Montrose, Durango, and Grand Junction. They also flew tofu up to Aspen where they competed with White Wave. "We had the western slope of the Colorado Rockies; White Wave had the eastern slope." Address: Tofu Shop Specialty Foods, Inc., 65 Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

12456. Schmit, Matthew. 2002. Soy pioneers: Where are they now? Part III (Interview). *SoyaScan Notes.* Sept. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Continued: In late July 1978 tofu makers from across America met for the first time in Ann Arbor, Michigan, and formed the Soycrafters Association of North America. Those announcing the meeting were unaware of The Tofu Shop in Telluride so–unfortunately–no one from Matthew's group attended, although Catherine Peterson and one other person did attend the second meeting in 1979 at Amherst College in Massachusetts.

In 1978, as an expression of their abundant energy, the group published a booklet titled "Peaking out on tofu." It was handwritten with brown ink on beige paper and contained 20 recipes. On the rear cover was the logo (dragon in a circle) and these words: "these original recipes sprouted in the kitchen of the tofu shop and are prepared with care by the telluride tofool family using our own homemade soy products. Special thanks to: Catherine Peterson, Kathy Greene, Barton Coffman, Becca Smith, and Sharyn." The booklet was for education and publicity. There was no price on it and Matthew thinks they probably gave it away. Other key people in the "core group" were Joel Rosenbloom (Matthew's right-hand man), Christie and Laurie Mather, and Andy Kahn (who ran the sprout operation).

In Nov. 1978, Craig Boyken sculpted a Tofu Turkey from a large block of tofu made by The Tofu Shop. About 30-40 people, including all workers from The Tofu Shop, gathered in his artist's studio for a potluck vegetarian Tofu Turkey Thanksgiving dinner–probably the first in American history.

One day after Catherine Peterson arrived, the group was invited to the Navajo reservation in the four corners area and to do a tofu-making workshop. It was organized by the farm extension, home economics folks. There was a room full of traditional Navajo women and one social worker. After showing the women how to make tofu and passing out samples, a Navajo woman suggested using fine-weave Nylon paint straining bags (which are inexpensive and widely available at hardware stores) for straining the soymilk. Matthew has used that idea for years.

One day in April 1979 the president of the Bank of Telluride brought Matthew a front-page article from the *Wall Street Journal* titled "Good old bean curd is suddenly popular, but you call it tofu" (April 12). Matthew learned more about other tofu makers across America.

In the spring of 1979 Matthew and Christie Mather, a member of The Tofu Shop group, took a trip to California. In about 1977 Matthew's sister, Marna Utman, has relocated to Arcata, California (where her first child had been born) so her husband could attend Humboldt State University. They had become involved with a small group that was interested in buying land together and forming an intentional community. They had been meeting once a week for several years. They had reached the point where they want to establish a business, which would help them raise the money needed to buy the land. Marna mentioned that she had a brother who making tofu as a business. So the group invited Matthew to come to Arcata (at his own expense) and teach them how to make tofu (free of charge). So Matthew and Christie hitchhiked to California from Telluride–a sort of spring vacation, but teaching people how to make tofu on a home scale wherever they stopped–first in Arcata, then in Ashland, Oregon (where they had friends). and finally in the Dalles, Oregon. Typical attendance at each of their three "tofu workshops" was about 12 people. Each class was a combination of hands-on tofu-making and viewing the color slides that Matthew carried in his backpack–along with some nigari and booklets that he passed out at each workshop. Their efforts planted seeds. In Arcata, the group of people trying to form a community, continued for several years to make tofu and tofu burgers in people's kitchens then sell these from a booth at fairs to raise money. In the kitchen of the Ashland Co-op, people soon began to make tofu; they were still making it several years later when Matthew returned to visit.

Matthew and Christie then hitchhiked north to Vancouver Island, then east to Glacier Park, and back home

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to Telluride–where they returned to their work at The Tofu Shop.

One of the small group of people who owned The Tofu Shop was Suzanne Kosciolek (pronounced kos-ee-OH-lek). In late 1978 she had moved to Telluride as a sort of tourist from Albuquerque, where she had been involved with a small yogurt business–so she came into the group with food processing and business knowledge. Matthew met her one day on the street, and she was soon involved with The Tofu Shop. Suzanne had a van; Matthew didn't.

Telluride was a beautiful town, but the population was small and it fluctuated during the year, from a low of about 1,200 permanent residents during the early spring and early fall, to perhaps triple that amount during the ski season (starting with the snows in the late fall) and the summer season of hiking, camping, enjoying the spectacular scenery, and attending various festivals such as the Bluegrass Festival, the Jazz Festival, and Film Festival. The Tofu Shop and co-op had food booths at some of these festivals.

Four interesting ads from the *Telluride Times* (1979) survive. All have a large illustration of the dragon and "Traditional vegetarian cuisine" as part of the company logo. The Tofu Shop is still located in Telluride at "116 N. Oak–on the Sheridan Mall." One from March 1979 states: "Menus from different nationalities every night. Whatever you're in the mood for, we can probably help you out. Thurs. 3/15 [Thursday, March 15]. Tofu Turkey, Vegetable stuffing, baked potatoes, fruit salad." Note: The Tofu Shop in Telluride is now selling "Tofu Turkey" commercially, with all the trimmings–even though it was out of season.

Fri. 3/16. Pizza, Minestrone soup, Tossed green salad.

Sat. 3/17. Ganmo (Mock Goose), Stir-fried vegetables, miso soup, etc.

A second ad from April 1979 reads: "Thank you Telluride for a successful winter season. We will be closed for a week of remodeling beginning Monday, April 9, reopening Monday, April 16. During this week, Tofu and Sprouts will be available at Winterstash and Roses."

A full-page typed sheet titled "Our favorite tofu recipes," undated but probably from 1979, has as its 1st recipe "Tofu Turkey with Mushroom Gravy (serves 12-16)." There are also recipes for Tofuburgers, Spicy tofu and rice burritos, and Creamy tofu salad dressing. Address: Tofu Shop Specialty Foods, Inc., 65 Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

12457. Schmit, Matthew. 2002. Soy pioneers: Where are they now? Part IV (Interview). *SoyaScan Notes.* Sept. 19. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Continued: Matthew and Suzanne had developed a close personal relationship. In favor of their continuing relationship, they decided to get Matthew out of tofu-making because it was burning him out. So, in late 1979, they decided to leave Telluride together–for where they did not know–to set up another, better-organized tofu shop in a larger community. There were big meetings with the other owners about how to make the transition. Mathew encouraged the members of the cooperative to sell it in order to pay off debts and dissolve the business. Finally the business was split into three parts and each part sold separately, with one group (Catherine Peterson) getting the restaurant (which she renamed Far Pavilions), another the tofu-making and other food production (Joel Rosenbloom was very disappointed he did not get this part), and a third the sprout growing. The New owners of the sprout business renamed it Mt. Sprouts. They hired an attorney and it was all done carefully and legally. The Tofu Shop had been profitable since almost the first day. Each worker was paid the same rate per hour–but Matthew worked many more hours than the others. This enabled Matthew to live off his share of the profits. The new owners took over all existing debt. Both the tofu and sprout companies folded from poor management shortly after Matthew left, but Far Pavilions continued for many years. A woman named Sharon (about age 40) and her two sons ended up owning the tofu production company.

In 1978 Matthew heard that Spinning Kitchen in Boulder had stopped making tofu. Their shop had been upstairs in a building, and water had leaked through the floor into the restaurant downstairs. A couple had bought their classic tofu equipment, moved it to Carbondale, Colorado (near Aspen), started a small tofu shop, and began making tofu–the reincarnation of The Spinning Kitchen. Matthew also heard that this couple had decided to stop making tofu and that their equipment was for sale.

So in about Oct. 1979 Matthew and Suzanne drove to Carbondale and met the two people, who took them to a storage unit where they had all their possessions (both tofu equipment and personal) in storage: A big cast-iron pot on three legs, capacity about 25 gallons; a hand-made cedar curding barrel (which Matthew still uses as an end table in his living room); an old apple-cider press that was used to press soymilk from the okara; and a great old grinder with metal plates, a hopper on top, a fan belt and an electric motor below, made by C.W. Bell Co. in Ohio. Matthew ended up buying this classic old equipment for several hundred dollars. He brought it back to Telluride. Note: Matthew may have a receipt on which he can verify names of people & Co.

By the fall of 1979 Matthew and Suzanne were looking for a larger community in Colorado–preferably on the east slope of the Rockies. They had obtained a 4-level pizza oven from the Upper Crust Bakery Telluride, and a 6-foot-square walk-in cooler; they hoped to eventually start a small bakery and soy deli–somewhere.

In Oct. 1979 they drove to Durango–which is about 2 hours by car south of Telluride. One of Matthew's customers was there and the city had a great co-op. Matthew and Suzanne actually rented a space to start a tofu shop there,

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made a deposit, and began converting the building. Then they realized that Durango is surrounded by huge mounds of toxic "mill tailings" from the old mining days. No plants will grow on them. One day they decided that, for their health, they didn't want to stay there. So they lost their deposit and headed back to Telluride. They never settled in Durango and never moved their tofu equipment there.

In Telluride, Matthew helped out at the tofu shop and at the co-op–where he was on the board of directors. But winter was coming on, and he and Suzanne were living in a small travel trailer in the town campground. They had some friends, the Boykins, in Telluride who were planning to go to Point Area, California, located just south of Mendocino. Craig Boykin and his wife, Anne, had rented a U-Haul truck; the tofu equipment, pizza oven, and cooler were loaded onto this truck and Craig drove it to Point Arena, California.

In Nov. 1979, in the midst of a snowstorm, Matthew and Suzanne, now very close, said their farewells, left Telluride in Suuzanne's van, and headed west for California. Arriving in Point Arena, they visited with Craig Boykin, and talked about setting up a tofu shop in Point Arena, but decided they weren't ready yet. They continued up the Pacific Coast looking for a community or town in which to settle, arrived in Arcata and visited Matthew's sister, then continued up the coast to Ashland (Oregon) and on into Washington state. Returning to Arcata in early 1980, they began looking for a job. Suzanne quickly found one with United Naturals, a natural foods distributor in Eureka run by Jethren Phillips–who later founded Spectrum Naturals–the vegetable oil company. Again, Matthew had faith that the universe would take him to where he was supposed to be–a style of decision making not much approved of by his father, a conservative Republican. However his dad, who was executive vice-president for Jeno Palucci (who founded Chun King in 1945), has been in the food business since the family lived in Duluth, and has long been Matthew's "greatest business advisor." His mom has also been very supportive.

Suzanne and Matthew rented an old farm house on the edge of tofu; their tofu equipment was on the front porch under tarps, but they were no longer pursuing a tofu business. However, when Matthew arrived in Arcata, he joined the group of people he had taught to make tofu–they were still making it. They were new considering renting a shop space. But when it got to the point of signing a lease and making real commitments, "the group just fell apart."

So Matthew got a job as a carpenter for 6-8 weeks remodeling a house. The whole north coast of California was considered a "depressed area," dragged down by the timber industry. Matthew advertised for a job, but was unable to find work. "I became very depressed for several months. I didn't know what to do with myself. On the drive to California I had sworn to myself I was going to try not to get into tofu-making and/or cooking food. But actually, I was straddling two dreams. So I marshaled my enthusiasm and decided that I was going to start working on a new tofu company–apart from the group in Arcata. It was just something to keep me busy." Matthew decided to develop a new way to market tofu. The product, called "Tofu Helper," came in a divided plastic tub, with a cake of tofu in the large compartment and a various sauces/marinades in the smaller one. Suzanne said she had seen packaging like that in Europe.

In August 1980 Matthew and Suzanne and Suzanne were married in Arcata; the marriage lasted less than a year.

At about this time Matthew found a job as a cook at The Sprouted Seed, a vegetarian restaurant in Arcata–in part because the owner's cousin was the wife of the guy who owned the Upper Crust Bakery in Telluride, where Matthew started making tofu. Matthew's depression vanished; it was a good experience. The founders of the restaurant, Brain and Debbie, developed a superb Tofu-Tahini Dressing recipe which is still being made for use at the restaurant and also sold refrigerated in glass jars at local natural food stores.

One day in the summer of 1980 a man who sold carrot juice to the vegetarian restaurant told Matthew that the shop space next to his little juice operation had just come up for rent. It was just two blocks from The Sprouted Seed. Matthew looked at the space, thought about it, and talked to Suzanne–who was positive. So they started thinking seriously about setting up a soy deli, bakery, and tofu shop like they had planned in Durango. The focus was on the deli, but Matthew knew he could also sell his tofu at the Arcata Co-op–which was then selling tofu made by Quong Hop & Co. in South San Francisco. The Tofu Shop, located right next to Humboldt State University, opened on 12 December 1980. For his tofu, Matthew used the same label (blue on white with a blue dragon in the middle) he had used in Telluride. He initially bought organic soybeans from United Naturals, then switched to Living Farms in Tracy, Minnesota–his source for many years. Address: Tofu Shop Specialty Foods, Inc., 65 Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

12458. Redfield, Linda. 2002. Early work with tofu (Interview). *SoyaScan Notes*. Sept. 23. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Linda graduated from the University of California at Davis in 1972 in science, and stayed on the work as a research assistant in a biochemistry lab at U.C. Davis–but she did not like the work, which ended up being used for development of pharmaceuticals. "I have a deep interest in how things work at a deep level. I reached a dead end; it didn't seem very ethical to me." Also in 1972 she became a vegetarian. Then she became a potter and a gardener for a few years, and eventually found her way into whole foods and cooking. She worked for a few years at the Natural Food Works, a natural foods store, in Davis; she was assistant manager there for a while. Gradually she learned about tofu; she loved experimenting with it and making it.

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She began making tofu for friends in the area and teaching tofu cooking classes at the extended education program at U.C. Davis and at the Experimental College at Davis. She liked to help people replace meat in their diets with tofu–in dishes that were familiar to people such as tofu burgers or tofu in spaghetti sauce.

On 2 Feb. 1977 Shurtleff & Aoyagi gave a tofu class in Sacramento for the Sacramento Natural Foods Coop. Linda was there, and that class changed her life. "It was the spark that ignited the whole thing. It totally changed my life. It was an inspirational moment."

In about 1980 Linda wrote a booklet, based on recipes she had developed, titled "Vegetarian cooking with tofu." It was typewritten, not typeset, and was never published. She made it available to at her tofu classes and sold copies to friends.

In early 1982 Linda was looking to move away from the Central Valley and the heat of Davis. While visiting friends in Arcata she visited The Tofu Shop, learned that there was a job opening, and applied for it. She got the job. She sold her pottery business in Davis and arrived in Arcata and began to work for The Tofu Shop in May 1982. She brought two recipes with her: Tofu Egg(less) Salad and Tofu Sausage. As far as she knows, both were her original idea. The salad started to be sold commercially in about July 1982 and the sausage in about August.

Also in 1982 she met Patrick and Meredith McCarty in Arcata and began practicing macrobiotics. She worked with them at their center until they left in about 1996.

Linda worked at The Tofu Shop for about a year, then returned to school at Humboldt State Univ. (studied philosophy and art), then returned to work at The Tofu Shop.

She is now a nutrition consultant and she teaches people about whole foods and vegan cooking classes. She does individual nutritional counseling, and she believes some people need to eat fish–especially those who have depleted their health and energy. Linda still lives in the same farmhouse that she moved to when she started living in Arcata; it has a ¼-acre vegetable garden that she loves. Address: Arcata, California. Phone: 707-822-6425.

12459. Schmit, Matthew. 2002. Notes on Tofu Shop, Arcata, California 1980 on. Overview. 65 Frank Martin Ct., Arcata, CA 95521. 2 p. Handwritten on lined paper.

• ***Summary:*** 1980-85: Tofu Shop "Soy Deli and Wholegrain Bakery." 768 18th St.

1980–Rented front half of address initially. 1981–Rented remainder of building, initially for storage.

1982–Subleased back portion to Tofu Shop's baker, Melanie Patrick, who started own business, "18th St. Bakery."

1983–Purchased used equipment from Surata Soyfoods (Eugene, Oregon) (Shivak).

1985-92: Tofu Shop "Special Grocery and Deli." 768 18th St.

1985–18th St. Bakery vacates and Tofu Shop moves tofu production and wholesale into entire back of building. 18th St. Bakery owner Melanie Patrick eventually buys "Sprouted Seed" restaurant and renames it "Wildflower Cafe and Bakery.

Purchased more used equipment from Surata and from Richard Rose (Petaluma, California).

Matthew visits Ashland Soy Works and Alvin Kunishi at Sacramento Tofu Co.

Tofu Shop remodels deli with limited "Bar" seating. Tofu equipment upgrade to include Bean Machines' (BMI) grinder and forming box table, Groen jacketed kettle, and custom made hydraulic soymilk press.

1992 July–Tofu Shop "Specialty Foods (manufacturing & wholesale) moves to new Foodworks Culinary Center at 100 Ericson Ct. (2,000 square feet). One of ten companies–and the largest!

Tofu Shop "Specialty Grocery and Deli" is then remodeled into a full sit-down restaurant (seating 50) with a full-service take-out deli counter. Still located at 768 18th St.

1993–Tofu Shop "Specialty Grocery and Deli" is closed and sold, emerging as Daybreak Cafe.

Tofu Shop "Specialty Foods" incorporates with Ronald Horn investing in company in exchange for 40% ownership of the company. In 1995 Ron sells shares to two Tofu Shop employees and moves to Oregon. These shares are eventually bought back by Matthew Schmit except for 10.25% owned by Tim Payer, a supportive community member, brother of former employee, and computer instructor at Humboldt State University.

2001 June to December–Tofu Shop Specialty Food Inc. purchases property and builds own building. Relocated in Jan. 2002 to 65 Frank Martin Ct. (adjacent to Foodworks Culinary Center). Address: Arcata, California.

12460. Meeks, Bob. 2002. Daybreak Cafe: A successful restaurant featuring soyfoods in Arcata, California (Interview). *SoyaScan Notes.* Sept. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bob purchased The Tofu Shop, a soy deli and restaurant, from Matthew Schmit, in 1993. It is an alternative restaurant that features soyfoods, all organic ingredients, and mostly local foods. Approximately 75% of his customers are vegetarians. Bob went to culinary school and has spent his life in the restaurant business. He has owned and run his own restaurants for almost 25 years, and has worked in restaurants for almost 32 years.

More than 20 items on his menu include soyfoods or soy substitutions–not including soymilk as a beverage, in coffee, or in smoothies. His most popular menu items that include soyfoods (in descending order of popularity) are: Vegan Florentine (with cashew gravy). Tofu Scrambler (Bob also sells the a packaged dry seasoning mix for Tofu

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Scrambler). Omelets with tofu instead of eggs. Other specials include Tofu Veggie Scrambler, stir fries with tofu, and curry rice with tofu. He also serves a number of tempeh recipes. Some local farmers that grow organically are too small to be certified. This restaurant is doing very well as a business. An important part of its success is the energy that Matthew put into it before Bob arrived–even though Matthew wasn't really a restaurateur–but rather an excellent tofu-maker. Bob gets all of his tofu from Matthew. After people read his menu they are free to color it!

Bob continues to make a new version of the Tofu Turkey that Matthew used to make in Arcata. Bob blends the tofu with seasonings, then stuffs it with bread, and bakes it in a bowl shape in large, medium, and small sizes. It comes with either cashew gravy or a mushroom-miso gravy. It comes out of the oven ready to go, then customers bake it again at home and baste it. "Tofu Turkeys are a pretty big thing in Arcata." He sells it at the restaurant and also wholesales it to a few food outlets in Arcata. He likes keeping it small and local. "With Matthew's tofu its just awesome." His best year he sold about 1,200 Tofu Turkeys from Thanksgiving to Christmas; last year the number was about 300-400. Tofurky changed so that it was more similar to Bob's product; they now have it in a bowl shape, blended and its stuffed. Bob thinks he saw Tofurky spies some years ago at his restaurant trying to steal his secrets. Address: Owner, Daybreak Cafe, 768 18th St., Arcata, California 95521. Phone: 707-826-7543.

12461. Schmit, Matthew. 2002. Tofu turkey in Telluride, Colorado, and Arcata, California (Interview). *SoyaScan Notes.* Sept. 24. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** The first tofu turkey that Matthew is aware of was made in Telluride, Colorado, in 1978 at Thanksgiving by Craig Boyken, a longtime close friend of Matthew's who loaned him $250 to help start The Tofu Shop in Telluride in the fall of 1977. Craig is an amazing, sort of Renaissance man–an artist, mountain climber, musician–among other things. 1978 Craig and his wife, Anne, were living in Telluride in a studio they had built inside an old deserted brick school building. He used to have big banquets in his studio. Shortly before Thanksgiving of 1978 Matthew brought Craig two large blocks of firm nigari tofu, which he sculpted into the shape of a turkey, basted it with soy sauce and oil, baked it in an oven, and continued to baste it from time to time. He probably fashioned some kind of drumsticks on the side. Matthew does not recall any stuffing inside the turkey. As the turkey baked, it shrunk/contracted and lost its distinctive turkey features. It was carved and served with a vegetarian gravy and probably cranberry sauce and stuffing on the side. It was a potluck Thanksgiving vegetarian banquet, with about 30-40 people present, including all people who worked at The Tofu Shop. It was probably the first "Tofu Turkey Thanksgiving" in American history.

After starting The Tofu Shop in Arcata, California, Matthew continued the turkey tradition each year from Thanksgiving to Christmas, starting in about 1982 or 1983. It was a major event. They started carving the turkey from two large blocks of tofu; they would hollow each out, fill the space with stuffing, then put them together and bake them. It would come out like a loaf; when you sliced it you would get a combination of the white meat plus the stuffing inside. The Tofu Turkey came in three sizes (small, medium, and large–which fed 24 people) and was sold as a special-order product via the deli–either for take-home or as a hot plate (sliced, with gravy, stuffing, and cranberry sauce) to eat at the deli; it was not sold to other retail stores. Their record year, they sold $4,000 worth of Tofu Turkeys including mushroom gravy, and a custom stuffing with okara and miso. People could also special-order tofu pumpkin pies, cranberry sauce, etc.–a full meal. The product was last sold by The Tofu Shop in 1993. Bob Meeks now makes it at the Daybreak Cafe in Arcata, but he has improved the recipe. Also, the Arcata Co-op, which has a service deli named Spoons, has for many years made their own Tofu Turkeys in house.

Matthew met Seth Tibbott of Turtle Island Foods (home of Tofurky) years ago when he came down through Arcata doing in-store food demos for his tempeh products, and Matthew has talked with him periodically over the years.

To this day, Matthew is asked to bring Tofu Turkey to his extended family's get-together on Thanksgiving in Arcata–for the vegetarians in the family. Address: Tofu Shop Specialty Foods Inc., 65 Frank Martin Court, Arcata, California 95521. Phone: 707-822-7401.

12462. Murphy, Patricia A.; Barua, Kobita; Hauck, Catherine C. 2002. Solvent extraction selection in the determination of isoflavones in soy foods. *J. of Chromatography. B, Analytical Technologies in the Biomedical and Life Sciences* 777(1-2):129-38. Sept. 25. [21 ref]

• ***Summary:*** Acetonitrile is better than acetone, ethanol or methanol in extracting the 12 phytoestrogenic soy isoflavone forms found in foods.

Gives the content of daidzein, genistein, and glycitein for soy flour, tempeh, tofu, TVP [textured soy flour], and soy germ. Address: Dep. of Food Science and Human Nutrition, Iowa State Univ., 2312 Food Science Building, Ames, Iowa 50011, USA. pmurphy@iastate.edu.

12463. Schmit, Matthew. 2002. Soy pioneers: Where are they now? Part V (Interview). *SoyaScan Notes.* Aug. 28. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued: In about 1983 Tom Nawrocki was hired by The Tofu Shop as a tofu maker, but he arrived with an interest in tempeh. Later he asked Matthew if he could rent a portion of the space to make tempeh; Matthew liked the idea. Tom built an incubator, founded Arcata Soyfoods

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Co., and made tempeh at the shop for 2-3 years. He may also have made a tempeh salad. After leaving Arcata, he lived in Japan for several years. The last Matthew heard, Tom was working in a bike shop in Santa Cruz, California.

The company's logo has always been a small tofu shop on stilts, with an Oriental-style roof with the ends of the rafters curving upward, facing westward on a cliff above the Pacific Ocean, with a tree arching overhead. It was Matthew's dream of the perfect tofu shop and location. In 1999 Matthew met Yevonne Reynolds, a local watercolor painter and graphic artist, who designed their present colorful and impressionistic watercolor logo–based on her interpretation of their earlier logo.

That earlier three-color illustration (blue, green, gold) was done by Bernice Kagan in about 1983 based upon some prints and drawings that Matthew gave her, which he felt captured the essence of the Tofu Shop. "When Bernice Kagan and I were discussing the new logo, I requested that it include those classic Japanese waves, as symbolic of tofu arriving on our shores from across 'the big lake.' In reality, much of the coastline up here is exactly like that, steep, rocky cliffs with moss and pine. I think it was Bernice's idea to put it on stilts. Do we have tsunamis in Humboldt (our county) and Mendocino? Absolutely. A sizeable tsunami wrecked the Crescent City harbor (80 miles north); it was the Alaska tsunami of March 27, 1964. We have in Humboldt a tsunami warning system and hold periodic tsunami drills." Note: A real tofu shop built that close to the ocean could be destroyed by a tsunami, but this illustration was of an idealized tofu shop.

In Oct. 1999 The Tofu Shop introduced its first new labels plus a series of three promotional signs; across the bottom of each is printed: "Tofu Shop Specialty Foods. The company conducted a major signage campaign in all of their accounts to inform customers of the new labels.

A series of recipe cards began with two spring recipes in the spring of 2001. Two more were added each season.

They owned the Tofu Shop deli until 1992; they were manufacturing tofu and other products in the back. In July 1992 they moved the tofu-manufacturing part of the business from 768 18th St. to a small business food incubator (an economic development project), joining about ten other small local companies. The company's new name and address were: Tofu Shop Specialty Foods, Inc., 100 Ericson Ct., Suite 150, Arcata, CA 95521. At that time they remodeled the vegan deli into more of a sit-down restaurant, called The Tofu Shop. Matthew tried to manage both places for about a year and was unable to keep up with it. So he ended up selling the restaurant in 1993. It was on sale for a while, then he had to shut it down, which lowered the sale price quite a bit. It was purchased by experienced local restaurateurs–a husband, a wife, and a partner. The partner, Bob Meeks, ended up buying out the other two. They reopened on the same location (768 18th St. in Arcata) as the Daybreak Cafe. They used a lot of the Japanese decor and kept the theme. They added some fish and a little chicken to the menu but they feature local, organic ingredients. They offer a vegan alternative to just about everything from eggs to meat. They advertise heavily and are very successful. They use a lot of Matthew's soy products in their recipes. The new owner is Bob Meeks (phone: 707-826-7543).

Talk with Linda Redfield. 2002. Sept. 23. She admires Matthew a lot. "He is very disciplined, determined, and focused. The Tofu Shop takes most of his life, energy and time." Address: Tofu Shop Specialty Foods Inc., 65 Frank Martin Court, Arcata, California 95521. Phone: 707-822-7401.

12464. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*). 2002. ISU keeps consumer in mind when developing food-grade soybeans. 13(8):17. Summer.
• ***Summary:*** Dr. Walter Fehr, distinguished professor of agriculture at Iowa State University (ISU) and head of the university's breeding program, has as his motto: "The consumer is always right." The university's involvement in breeding soybean varieties for food uses has been driven by the Asian market. In 1978 ISU developed a variety named Vinton; after 20 years it remains the standard of quality in the Japanese tofu industry.

In 1979 Fehr took his first trip to Japan to understand that market. Since that time he has worked closely with Asian food manufacturers and buyers. ISU has also developed large-seeded soybeans tailor-made for miso, vegetable soybeans (edamame), lipoxygenase-free soybeans with no "beany flavor," soybeans with reduced saturated fat content to eliminate the need for partial hydrogenation, varieties that are low in phytate to reduce the amount of phosphorus in animal waste.

12465. Lafond, Jacques. 2002. Las mejores recetas con sojas [The best recipes with soya]. Buenos Aires, Argentina: Imaginador / Gamma. 96 p. Sept. No index. 20 cm. [Spa]
• ***Summary:*** Contents: Recipes with soy sprouts. With soy flour. With soy milk. With whole soybeans. With tofu.

12466. Bauch, Hubert. 2002. Obituaries–Hartland Molson: Senator presided over Molson dynasty. *National Post* (*Canada*). Oct. 1. p. S7.
• ***Summary:*** Molson (who died Sept. 28 at age 95) was "perhaps the Canadian establishment's quintessential figure" in his time. "He was a business visionary; he saw the potential of soya beans decades before tofu became a household word in the Western world."

Note: Talk with Jim Zavitz of Canada. 2002. Oct. 1. Jim has a book about the Molson family, but it does not mention soy. The Molson family was one of Canada's oldest, wealthiest, and most influential families. Hartland Molson was a pilot in the Oct. 1941 Battle of Britain (he was shot

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down but survived), in 1955 (at age 48) he was appointed to the Canadian senate by Canada's Prime Minister, and in 1957 he became long-time owner of the Montreal Canadiens hockey team as they were in the midst of their unequalled run of five consecutive Stanley Cup championships. In 1995 he received the Order of Canada and in 2000 was made a member of the Order of Quebec. A portrait photo shows Hartland Molson.

12467. Corliss, Richard. 2002. Blood bath and beyond: Guerilla filmmaker Michael Moore takes aim at American gun culture, and makes a terrific movie. *Time.* Oct. 7.
• ***Summary:*** "The director is a little spooked by James Nichols, tofu farmer and brother of Oklahoma City bomber Terry, who shows Moore the loaded Magnum .44 under his pillow and points it at his own temple."

12468. *Observer* (*London*). 2002. Om: Top ten tips to beat high cholesterol. Oct. 13. p. G64.
• ***Summary:*** Tip #3 is "Eat soya products. Studies suggest that soya helps to reduce low density lipoproteins (LDL) cholesterol. Try portions of tofu, tempeh (fermented tofu [sic]), and soya milk."

Note: Tempeh and fermented tofu are two completely different foods made from soybeans.

12469. Lukoskie v. Kim. 2002. Court of Appeals, Division 1, State of Washington. Docket No. 49544-5-I. File date: Oct. 28. 5 p. http://caselaw.lp.findlaw.com. [1 ref]
• ***Summary:*** Appellant: William M. Lukoskie, Jr. Respondent: Soon Kim. 1977–Lukoskie and Kim began living together.

1978 May–They were married.

1999 March–They separated. They have three children, two of whom are "emancipated."

2001 Oct.–An order dissolving their marriage was entered.

This appeal is a challenge to the trial court's division and distribution of the couple's property and liabilities. Many monetary statistics are given. The trial court awarded property, including the business, Island Spring, with an approximate value of $712,224 to Lukoskie.

The trial court found that that the net cash flow from Island Spring would be at least $230,000 a year, even assuming that Lukoskie hired a person to replace Kim as production manager at the business.

12470. Wu, Olivia. 2002. The hidden world of tofu: Local producers offer a boggling array–from delicate and custardlike to chewy and crisp. *San Francisco Chronicle.* Oct. 30. p. E1, E4. Food & Wine section.
• ***Summary:*** About Chinese tofu, with recipes. Color photos show: 1. Yuba. 2. Soymilk. 3. Moist yuba. 4. Vegetarian duck. 5. Pressed tofu. 6. Tofu threads. 7. Fermented tofu. 8. Tofu puffs. 9. Dried yuba sticks. 10. Deep-fried tofu triangles. 11. Fried tofu knots (bayie knots). 12. Sheets of fresh yuba hanging above pans of steaming soymilk at China Tofu factory in Hayward. 12. Fresh, hot soymilk pouring from a spigot into a barrel, where it will be made into tofu. 13. At China Tofu, Hayward, one worker unwraps cloths from a tray of freshly-pressed tofu which another pours steaming curds into a nearby cloth-lined tray. 14. Chef Nei Chia Ji, of restaurant Jai Yun (933 Pacific Ave. at Mason, San Francisco) offers 6-7 delicious tofu dishes.

A tofu glossary, gives for each of 16 entries: Chinese characters, pinyin transliteration, English term, how sold and used. Soymilk (doufu, doujiang), tofu flowers (doufu hua, douhua, doufu nao), silken tofu (nun doufu), soft tofu (ruan doufu), firm tofu (ying doufu), pressed tofu (doufu gan), five-spice pressed tofu (wuxiang doufu gan), pressed tofu sheets (baiye, qianzhang), pressed tofu loops (baiye jie), pressed tofu noodles (gansi, doufusi), yuba (doufu pi, fuye), fermented tofu (furu, doufuru), vegetarian chicken, cuck (suji, suyia), stinky tofu (cho doufu), tofu puffs {deep-fried} (you doufu), deep-fried tofu (zha doufu). Address: Staff writer.

12471. American Soybean Assoc. 2002. Bean beat: ASA activities increase market for soy products in India. *Soybean Digest.* Oct. p. 26.
• ***Summary:*** Suresh Itapu, ASA/India Technical Director of Soy Food Marketing, says that as a result of ASA promotion work, 55 Indian entrepreneurs are now making soymilk and tofu using the Canadian SoyaCow technology. Last year at this time only 31 such entrepreneurs were in business. In addition, with strong support from the ASA-managed World Initiative for Soy in Human Health (WISHH) program, three medium-sized SoyaCow units (53 gallons/hour capacity) have been installed in India alone. And Godrej, a major Indian food manufacturer which failed in the late 1980s in its efforts to launch soymilk, has entered the market again after extensive trials and test marketing.

As a result of all this activity, soymilk production in India during the past year has increased from 290,000 gallons to 924,000 gallons. And Itapu believes that the future looks bright. Soyfoods look like an idea whose time has finally come in South Asia.

12472. Battaglia, Evelyn. 2002. Cooking with soy products. *Martha Stewart Living.* Oct. p. 278, 280, 282, 284.
• ***Summary:*** Introduces fresh soybeans (edamame), tofu, soy milk, miso, soy sauce. Includes recipes for: Miso soup with tofu, spinach, and carrots. Sesame marinated tofu with vegetables. Chai tea with soy milk. Edamame succotash.

12473. Marking, Syl. 2002. IP grain imprints the future: But identity preserved has plenty of hoops to jump through. *Soybean Digest.* Oct. p. 6-7.

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• ***Summary:*** Lester Kroeger and neighbor Jerry Stencel from Waseca, Minnesota, are pioneers in growing identity-preserved (IP) crops. They've been doing it for nearly 25 years. In 1978 they helped to form the Minnesota Waxy Corn Growers as farmer owners. Their company later became SunRich, located in Hope, Minnesota, and their main crop became IP soybeans for export to Japan to make tofu. LaVerne Klecker is grain manager for SunRich. A large proportion of SunRich's production is certified organic, and non-genetically modified soybeans and corn, which they contract from 15 states. The key to the company's success has been good leadership.

In a sidebar, Bill Wicke, University of Minnesota extension ag engineer, offers a checklist of pointers for growing, storing, and marketing IP crops.

12474. Morinaga Nutritional Foods, Inc. 2002. Powered by soy (Ad). *Vegetarian Times.* Oct. p. 31.
• ***Summary:*** A full-page color ad. In the top half of the ad, a large photo shows two young women walking briskly for exercise. Below that is the ad title. The ad is for Mori-Nu Creamy Soy Soup, which is available in three flavors (tomato, butternut squash, and corn) and two sizes (1 quart and 11 oz). The text concludes: "Rev up your day with a kick of soy." Address: 2150 W. 190th St., Suite 110, Torrance, CA 90504.

12475. *Plenty Bulletin* (*Summertown, Tennessee*). 2002. Soy Huichol: Integrated soy project develops in Mexico. 18(3):4. Fall.
• ***Summary:*** Mexico's Huichol people have maintained their traditional culture, language, and spiritual way of life for centuries in their homeland, the rugged and remote mountain terrain in the Mexican states of Jalisco and Nayarit. There an estimated 7,000 of these remaining Aztec descendants reside.

But the Huichol are poor, and are being exposed to the outside world. Over the past year Plenty has been developing a soy food and nutrition project with the Huichol Center for Cultural Survival and Traditional Arts (HCCSTA). Louise Hagler, soy cooking expert and Plenty advisor, visited the Huichol Center in late July. She took 35 soybean varieties to conduct trials. She did a little demo at the Huichol Center with TVP (textured vegetable protein) and also made soymilk, which she turned into tofu, and prepared okara hash.

Chapingo University is the largest and oldest agricultural university in Mexico, located just outside Mexico City in Texcoco. There she met with Dr. José de Jesús Loyola, who is head of the soybean projects at Chapingo University and his compadre Ing. Ciriaco Ayalo Sanchez. Ciriaco has written a 40-page book on how to grow soybeans in Mexico, the only such book available. They told Louise that soybeans were first planted in Mexico in 1909, and that in the 1950s President Diaz started a project to replace indigenous beans with the soybean, but the project failed. "The people did not accept the soybean, most likely because they did not know what to do with it."

Louise had a very encouraging meeting with the American Soybean Assoc. (ASA) in Mexico City. ASA promotes soybeans as both feed for animals and food for humans, and works with DIF (*Departamento Infantes y Familias*) in Jalisco and other states. DIF does nutritional outreach. ASA works to provide good prices for their "soya seca" (dry soy–TVP) which is part of the food baskets DIF distributes to needy families. They have found that the women who cook the soyfoods prefer the whole soybean to the processed products like TVP because the beans are a more familiar form.

12476. Stacey, Michelle. 2002. Weighing the health benefits of soy. *Martha Stewart Living.* Oct. p. 90, 92, 94, 96.
• ***Summary:*** Under "the good news" and "the bad news" discusses the benefits and possible (but unclear) disadvantages.

12477. Vitasoy (USA) Inc. 2002. Savor the goodness: Nasoya (Ad). *Natural Foods Merchandiser.* Oct. p. 41.
• ***Summary:*** This 8½ by 11 inch color ad shows a large fork against a yellowish-beige background. On the fork are four cubes of a special Nasoya tofu on some lettuce and onion rings with a little dressing over the top. Below the glass is the Nasoya logo in black, red and green. Below the fork, on the background is printed: "Compelling new messaging. Exciting new packaging. New consumer awareness. All that plus unexpected great taste. There's a whole new vitality at Vitasoy USA. Booth I 453. Natural Products Expo East." Address: New England Way, Ayer, Massachusetts 01432.

12478. Kadokura, Tania. 2002. Sumo stew: Japan's famed wrestlers have been bulking up on chanko-nabe, a hearty, protein-rich one-pot meal, for more than a century. *Saveur* (*New York, NY*) No. 62. p. 68-75. Nov.
• ***Summary:*** Ingredients include tofu and miso. Contains recipes and color photos of sumo wrestlers and chanko-nabe. Address: Tokyo-based cooking teacher.

12479. Kadokura, Tania. 2002. In the *Saveur* kitchen: The beef behind sukiyaki. *Saveur* (*New York, NY*) No. 62. p. 89. Nov.
• ***Summary:*** Sukiyaki is thin slices of meat or seafood with tofu and vegetables, simmered in a sweetened soy sauce base; it is Japan's best-known nabe. Contains a recipe and color photo. Address: Tokyo-based cooking teacher.

12480. *SoyaScan Notes.* 2002. Cow's milk prices at Safeway supermarket in Lafayette, California (Overview). Dec. 12. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Since Dec. 1983, approximately every other

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year, Soyfoods Center has conducted a survey of the prices of soymilk and cow's milk in California.

Safeway: Cow's milk (fortified with vitamins A and D) sells for the following prices at the Safeway supermarket in Lafayette, California: (1) Fat free: $1.07/quart or $1.99/half gallon or $3.09/gallon; (2) Low fat (1% fat, protein fortified): $1.18/quart or $2.35/half gallon or $3.22/gallon; (3) Reduced fat (2% fat, protein fortified): $1.18/quart or $2.35/half gallon or $3.12/gallon; (4) Whole (homogenized, fortified with vitamin D only): $1.24/quart or $2.19/half gallon or No gallon. (5) Acidophilus Plus Bifidus–Low Fat (1% fat): No quart or $2.39/half gallon. (6) Horizon Organic $3.69/half gallon. (7) Lactaid: $1.89/quart or $3.35 per half gallon. The best-seller among these is Fat free in gallons.

12481. *SoyaScan Notes.* 2002. Chronology of major soy-related events and trends during 2002 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 1–The Kerry Group (of Wisconsin and Iowa) creates Nutriant as its new nutritional division; into Nutriant it merges Solnuts and Iowa Soy Specialties, LLC.

March–Proceedings of the Fourth International Symposium on the Role of Soy in Preventing and Treating Chronic Disease held at San Diego, California, published as a supplement to the *Journal of Nutrition,* 132(3):545S-619S. General chairpersons and Supplement editors: Stephen Barnes and Mark Messina.

March–A new tofu plant owned by Sunrise Soya Foods of Vancouver, starts operation in Toronto, Canada. This is the company's first plant in eastern Canada.

March 15–Minnesota becomes the first U.S. state to pass legislation requiring diesel fuels sold in their state to contain a 2% blend of biodiesel (B2). By 1 July 2002 nearly every gallon of diesel fuel sold in Minnesota must contain a 2% blend of biodiesel.

May 8–Dean Foods announces that it has signed a definitive agreement to acquire the 64% equity interest in White Wave, Inc. it does not currently own. The price of this 64% was approximately $189 million, bringing Dean's total investment to approximately $204 million. White Wave had total sales of approximately $125 million during the 12 months ending 31 March 2002.

May (late)–Central Soya Co. acquires CanAmera, Canada's largest producer of edible oil products. Central Soya had owned 50% of CanAmera since it was established in 1992.

July 22–Bunge Ltd., North America's leading soybean processor, announces an agreement to acquire a majority stake in Cereol S.A., the Paris-based parent of Central Soya Co., headquartered in Fort Wayne, Indiana.

Aug. 13. Pharmacia spins-off Monsanto; as a result, Pharmacia no longer owns any equity interest in Monsanto. During fiscal 2002 Monsanto suffered huge financial losses. Net income showed a *loss* of $1,693 million–down dramatically from +$295 million in 2001.

Oct. 1–Bunge acquires Cereol S.A. (based in Paris), which includes Central Soya (a U.S. soybean processing pioneer and leading manufacturer of soy protein concentrates and soy lecithins) and CanAmera Foods (in Canada).

Oct. 4–Mr. Shoan Yamauchi, the most important tofu pioneer in the United States and Hawaii, dies in Torrance, California. He began making tofu in Hawaii in 1939 at a company that was started in 1923. In 1947 he and his wife came to Los Angeles, where in late 1947 they purchased the Hinode Tofu Co. at 6th St. and Towne Ave. This company, which is now named House Foods America Corporation (still in Los Angeles), is the oldest existing Japanese-American tofu manufacturer in the United States.

Oct. 21–The National Organic Standards take effect.

Sept. (late)–U.S. Food & Agribusiness Exhibition in Havana, Cuba. Some 290 U.S. companies take the rare opportunity to present their products to over 16,000 visitors.

Nov. 14–Biodegradable hydraulic fluid made from soy oil is first used in the elevator inside the Statue of Liberty. Its advantages over the petroleum-based oils previously used are its environmental friendliness and improved safety–says the National Park Service and USDA.

Dec.–Hain-Celestial buys Imagine Foods (maker of Soy Dream and Rice Dream) for $52 million. Imagine has annual sales of about $70 million.

12482. Abiatte, Mabel. 2002. Cocinando soja y adelgazando [Cooking soya and slimming]. Argentina: Acquatint. 52 p. Illust. No index. 22 x 17 cm. [Spa]
• ***Summary:*** Contents: Prologue. Thanks and acknowledgments. Notes and advice. Especially for sportsmen and women. Recipes. Something sweet / sweets. Diets. Basic recipes: Soymilk, soymilk from soy flour, white sauce with soymilk, soy yogurt, tofu or *queso de soja* (like ricota / ricotta cheese), tofu mayonnaise, bread with soy bran (*salvado de soja*). If you don't have balance. About the author. Farewell and contact information.

The author received her degree in soil science (*Edafologia*) from the Catholic University of Santa Fe, Argentina. Address: Argentina.

12483. Huang, H.T. (Hsing-Tsung). 2002. Hypolactasia and the Chinese diet. *Current Anthropology* 43(5):809-19. Dec. [72 ref]
• ***Summary:*** Hypolactasia is the scientific term for lactose intolerance. Gives a good history of the uncommon use of animal milk throughout Chinese history. As early as 400 B.C. Hippocrates is reported to have observed that milk was bad for patients with fever whole bellies were "distended and full of rumbling." In A.D. 200 Galen noted that milk should be consumed only by those who digest it well. It was only in the 1960s that the reason that humans had problems digesting cow's milk was understood; many adults lacked the enzyme

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lactase needed to digest lactose, the main sugar in milk.

"It is now known that the occurrence of hypolactasia is genetically controlled. It cannot be reversed or ameliorated by adaptation; if an individual is lacking in the lactase-persistence gene, he will lose the ability to produce lactase as an adult no matter how vigorously and for how long he continues to drink milk after weaning."

Extensive population studies have shown that hypolactasia is lowest in Northwest Europe, Australia and New Zealand.

It turns out that that main barrier to the adoption on milk and dairy products in the Chinese diet was economic; land was too scarce to raise dairy cows. With the rise in the standard of living in China during the past 20 years, production and consumption of dairy foods has increased dramatically. "In 1979 the total production of milk was 100,000 tons. In 2,000 in was nearly 7 million tons" or about 6.9 kg per capita per year.

Understanding hypolactasia may help to solve another puzzle in food history in China. Soybeans have been made into soymilk since the astern Han Dynasty (AD 25 to 220) and tofu has been widely made from it since the late Tang (ended in AD 906), "yet nowhere in the Chinese literature before 1800 is there any mention of the consumption of soymilk itself. The reason is now clear." The soybean contains two complex sugars (the oligosaccharides raffinose and stachyose) and the human digestive system lacks enzymes capable of hydrolyzing / breaking down either of these. The effect of consuming these sugars would be similar to consuming lactose! The Chinese soon discovered, no doubt, that whereas soymilk was hard to digest, tofu (pressed curds made from soymilk) was not. Not until the late Qing dynasty (ended in 1912) did Chinese find that prolonged heating of soymilk improved its digestibility; it soon became an accepted item in the food system (Huang 2000, p. 322-23) and is now widely consumed as a breakfast food throughout China. Address: 4800 Fillmore Ave., Alexandria, Virginia 22311.

12484. Jenkins, D.J.; Kendall, C.W.; Faulkner, D.; et al. 2002. A dietary portfolio approach to cholesterol reduction: Combined effects of plant sterols, vegetable proteins, and viscous fibers in hypercholesterolemia. *Metabolism* 51(12):1596-604. Dec. *

• ***Summary:*** Plant sterols, soy proteins, and viscous fibers are known to reduce cholesterol, but their combined effect has never been tested. In this study, 13 subjects were provided with pre-measured quantities of foods and were told what and when to eat for a one-month period. The diet, composed of a variety of foods each known to be moderately effective in combating cholesterol levels, cut bad cholesterol by close to 30% among study participants.

Soy products used in the study included soymilk, margarine, soy deli meats, and tofu. Address: Clinical Nutrition and Risk Factor Modification Center, Division of Endocrinology and Metabolism, St. Michael's Hospital, Toronto, Ontario, Canada..

12485. Jost, Amber. 2002. Grants to spark soy in America: VADG will aid soyfoods and alternative fuels projects. *Bluebook Update* (*Bar Harbor, Maine*) 9(4):1. Dec.

• ***Summary:*** The USDA recently announced more than $37 million in grants awarded to 231 recipients, to fund Value-Added Agricultural Product Development. These value-added development grants (VADG) were authorized by the Agriculture Risk Protection Act of 2000 and later amended by the Farm Bill of 2002. The six-year VADG program provides $30 million in grants each year. This year USDA received 713 applications; of these $7 million went to soy-related projects and businesses. For example, the Ohio Soybean Council received a $50,000 grant to evaluate the feasibility of making and marketing frozen tofu.

12486. Kaplan, J. Kim. 2002. For you, the consumer. *Agricultural Research* 50(12):4-9. Dec.

• ***Summary:*** A color photo on the top half of the first page shows many soy products, both foods and Industrial products, including: Kaukauna Nacho Cheese, Yves Veggie Tofu Wieners, ProSobee soy formula, NutriGrain energy bars, Betty Crocker Creamy deluxe, Wish-Bone salad dressing, Edensoy soymilk, Mori-Nu Tofu, Ken & Robert's Veggie Burgers, SoyGold industrial solvent, Natural Touch Okara Pattie, soy ink and a newspaper printed with it.

Many "products that people use every day could justifiably carry the stamp 'Courtesy of ARS Research.'" Omaha Steaks began offering irradiated hamburger patties and ground beef in November 2000–to be sure it is free of *Escherichia coli* O157:H7, bacteria that can cause serious, even life-threatening illness. Today all the 6.5 million pounds of ground beef they sell is irradiated, which means it is treated with "ionizing radiation produced by cobalt and cesium atoms, machine-produced X-rays, or electron beams. Treated meat in no way becomes radioactive." Final FDA approval for irradiation treatment of meat came in Feb. 2000.

Nutrim, a product similar to Oatrim developed by USDA's Agricultural Research Service (ARS), is now being used to make vegan, organic chocolate truffles. Mrs. Mudd's Inc. (Oceanside, California) makes the delicious products; Nutrim flows like heavy dairy cream or coconut cream.

Tifsport is a variety of bermuda grass developed for football and soccer fields, and golf courses. Address: USDA-ARS Information Staff, 55601 Sunnyside Ave., Beltsville, Maryland 20705-5128. Phone: 301-504-1637.

12487. Woods, David. 2002. Magic soy desserts: 125 delicious and healthy recipes. Lincoln, Nebraska: iUniverse, Inc. Writer's Club Press imprint. xxix + 153 p. Recipe index. 23 cm.

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• ***Summary:*** The author is an experienced African-American cook, who has written two other cookbooks. Contents: About the author. Introduction. Dessert ingredients (Soybeans, dried soybeans, soy flakes cereal, soyflour, soybean margarine, soymilk, soynuts, soynut butter, Soymage sour cream, tempeh, tofu, soybean oil, soy yogurt). The soy food alternatives: A basic guide to substituting with traditional soy products (incl. soy milk, soy flour, silken tofu). Ingredients and techniques (incl. many fruits, coconut milk, craisin [sweet dried cranberries], tahini). Breakfast. Breads and muffins. Puddings. Pies. Soups. Cookies and bars. Ice creams and frozen desserts. Beverages. Side dish desserts. Address: 2501-D Cobble Hill Court, Woodbury, Minnesota 55125. Phone: 651-734-0379.

12488. Jackson, C.J.C.; Dini, J.P.; Lavandier, C.; Rupasinghe, H.P.; Faulkner, H.; Poysa, V.; Buzzell, D.; DeGrandis, S. 2002. Effect of processing on the content and composition of isoflavones during manufacturing of soy beverage and tofu. *Process Biochemistry* 37:1117-23. *

12489. **Product Name:** Tofu Life Naturally Smoked Tofu [Herbal, or Lemon Garlic].
Manufacturer's Name: North Coast Distributors.
Manufacturer's Address: 4860 East 2nd St., Benicia, CA 94510. Phone: 707-747-0410.
Date of Introduction: 2002.
Wt/Vol., Packaging, Price: 6 oz vacuum packed. Retails for $2.99 at Whole Foods.
How Stored: Refrigerated.
New Product–Documentation: Products and leaflet brought to Soyfoods Center by Hanan Onn. 2006. Feb. 14. He says both were introduced in 2002. The Lemon Garlic has his new label, with both front and back.

12490. **Product Name:** Tofu Life Naturally Smoked Tofu Paté [Olives Tomatoes, or Garlic Teriyaki].
Manufacturer's Name: North Coast Distributors.
Manufacturer's Address: 4860 East 2nd St., Benicia, CA 94510. Phone: 707-747-0410.
Date of Introduction: 2002.
Ingredients: Organically grown soybeans, water, natural calcium sulfate (as hardener), shoyu (water, wheat, soybeans, salt). All fresh: Onions, ginger, hot pepper, garlic green onions, citric acid, herbs & spices.
Wt/Vol., Packaging, Price: 7.5 oz plastic tub, vacuum packed with nitrogen flush. Retails for $3.49.
How Stored: Refrigerated, 35-40 day shelf life.
New Product–Documentation: Product with Label brought by Marina Li of Moraga. 2005. June. It retails for $3.59 at the Natural Grocery Co. in Berkeley. Products with labels and leaflet brought to Soyfoods Center by Hanan Onn. 2006. Feb. 14. He says both were introduced in 2002. His best-selling paté is Olives Tomatoes.

12491. Sol Cuisine. 2002. Second Nature has found its Sol Mate! We are pleased to announce that Second Nature has merged with Soy City Foods and our products will be sold under the brand name Sol Cuisine (Leaflet). Mississauga, Ontario, Canada. 2 panels each side. Each panel: 28 x 21.5 cm. [Eng; Fre]
• ***Summary:*** On the front panel of this glossy, color leaflet, the text continues: "Together we have 28 years if experience serving the health and foodservice industries. Feed your Body, Mind and Sol." At the top of the cover is the Sol Cuisine logo in blue and green, above a yellow stylized sun, all on a variegated brown background. One the two inside panels is given information about the company's ten products: Meatless Burger, Meatless Chili, Meatless Taco Filling (Dry Mixes). Vegetable Burger, Original Burger, Spicy Bean Burger (Frozen). Organic Tofu. Grain Burgers. Falafels. Veggie Burgers. For each product is given: A color photo of the front of the package, nutritional information, the ingredients in English and French. On the back panel is a large photo of a veggie burger on a sesame bun, with this text: "With our expanded new facility, we plan to introduce a variety of healthy, vegetarian products, to better meet the needs of your busy lifestyle. We will continue to focus on exceptional vegan, gluten free and organic ingredients that are good for body, mind and sol." Across the bottom is the company's contact information, plus logos for Soy City Foods and Second Nature (above a yellow stylized sun). Address: 5715 Coopers Avenue, Unit 1, Mississauga, Ontario, Canada L4Z 2C7. Phone: 905-502-8500.

12492. Batmanglij, Najmieh. 2002. Silk Road cooking: A vegetarian journey. Washington, DC: Mage Publishers. 336 p. Illust. (color). 30 cm.
• ***Summary:*** This vegetarian cookbook contains beautiful color photos and an extensive glossary. The Glossary includes entries for agar-agar, almond milk, almonds–sweet, hoisin sauce ("made from fermented soybean paste"), soy sauce (Chinese), sprouts (alfalfa, wheat, mung bean, or lentil; no soy), tahini paste, tempeh, tofu. Yet the Index shows the soyfoods appearing only in the Glossary, not in the recipes or elsewhere.

However the soybean, bean curd and soy sauce are mentioned on page 41. On page 43 is a magnificent full-page color photo of a Chinese bean-curd seller displaying her wares on a Shanghai street; many different varieties of doufu are shown.

The remarkable story of the Silk Road pioneer, Zhang Qian, is told on pages 24-28. The Han dynasty court (under Emperor Wu Di) dispatched Zhang Qian, a military officer who was familiar with the Xiongnu, to the Western Regions in 138 BCE with a group of ninety-nine members to make contact and build an alliance with the Yuezhi against the Xiongnu. He was accompanied by a guide named Ganfu,

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a Xiongnu who had been captured in war. The objective of Zhang Qian's first mission was to seek a military alliance with the Yuezhi, in modern Tajikistan. No one knows what route Zhang followed. However to get to the territory of the Yuezhi he was forced to pass through land controlled by the Xiongnu who captured him (as well as Ganfu) and enslaved him for ten years. During this time he married a Xiongnu wife, who bore him a son, and gained the trust of the Xiongnu leader.

On the inside front cover and facing page is a 2-page map of the Silk Road region from Shanghai, China, to Genoa, Italy. The author, a woman, has a brief biography and large color photo on the inside rear dust jacket. Born and raised in Iran, "she received her master's degree in education and art in the United States and France. During the past 25 years she has traveled across much of the ancient Silk Road region, working with regional chefs and home cooks along the way. She is a leading authority on Persian cuisine and the author of the best-selling *New Food of Life,* described by the *Los Angeles Times* as the definitive Iranian cookbook..." Address: Washington, DC.

12493. Batt, Eva. 2002. Eva Batt's vegan cookery. London: Thorsons. An imprint of HarperCollins Publishers Ltd. 144 p. Illust. (55 line drawings). Index. 22 cm.
• ***Summary:*** This book, which is deceptively marketed / promoted, is actually identical to Eva Batt's vegan cookery (1985) except that the title has been changed slightly and the design of the front and back cover are different, and with a different photograph. The copyright page states: "First published by Thorsons 1985. This edition published by Thorsons 2002."

Note: We believe there ought to be a law against this sort of deceptive practice. Address: UK.

12494. Challem, Jack; Toews, Victoria Dolby; Knittel, Linda. 2002. The soy sensation: How this incredible food protects against cancer, heart disease, osteoporosis, and other health conditions. Chicago, Illinois: Contemporary Books. A division of The McGraw Hill Companies. xi + 132 p. Foreword by Marcus Laux, M.D. Index. 23 cm. [155 ref]
• ***Summary:*** Contents: Foreword. Introduction. 1. The soy story: The history of the soybean, a look inside the soybean, isoflavones, other phytonutrients, soy antioxidants, estrogen, phytoestrogens and health. 2. How soy prevents cancer. 3. How soy promotes women's health. 4. How soy prevents osteoporosis. 5. How soy fights heart disease.

6. Other health benefits of soy: Soy and diabetes, soy and kidney disorders, soy and gallstones, soy and hearing problems, soy and obesity and fatigue.

7. Does soy have a dark side? Excess estrogen in soy-based infant formula, soy allergy, soy and hormone dependent cancers, soy and the thyroid gland, soy and the brain, soy and digestion, soy and copper / zinc balance, genetically modified soybeans.

Note: The authors show that most or all of these "dark side" problems are of little or no practical importance.

8. Recommendations and guidelines: Whole soybeans, tofu, soymilk, tempeh, soy flour, soy protein powder, textured vegetable protein, meat analogs, soy cheese, soy yogurt, and soy sour cream, soy nuts, okara, miso, soy sauce, natto, soy supplements versus soy foods.

9. Recipes (14 recipes using mostly tofu, miso, tempeh). Resources and readings. Address: 1. Writer and publisher of *The Nutrition Reporter* newsletter; 2. M.P.H.; 3. M.A.

12495. Charney, Ken. 2002. The bold vegetarian chef: Adventures in flavor with soy, beans, vegetables, and grains. New York, NY: John Wiley & Sons. vi + 313 p. Illust. Index. 23 x 19 cm.
• ***Summary:*** Contents: Acknowledgments. Introduction: Vegetarian delights. 1. Starting off right: Appetizers and snacks. 2. Soups and stocks: Warm beginnings. 3. Breakfast, lunch, and brunch: From scrambles to sandwiches. 4. Burgers, fritters, and loaves: Stars of vegetarian cuisine. 5. Outrageous soy: Tempting tofu and tempeh. 6. A bold way with beans: Powerhouse dishes. 7. Pasta, risotto, and polenta: Comfort carbos. 8. Seitan: The power of wheat meat. 9. Vegetables and grains on the side: All the best accompaniments. 10. Green salads: Crisp and well dressed. 11. Just desserts: Sweetness and light.

On the rear cover is a brief bio of Ken Charney; on the front cover is a color portrait photo. Address: Seattle, Washington.

12496. Dragonwagon, Crescent. 2002. Passionate vegetarian. New York, NY: Workman Publishing. x + 1110 p. Illust. (by Robbin Gourley). Index. 23 cm. [10 ref]
• ***Summary:*** A superb, massive book, "with more than 1,000 robust recipes with notes on cooking, eating, loving, and living fearlessly"–as the cover proclaims. Very nicely designed, with many delicious recipes. The author is an outstanding writer with a deep knowledge of ingredients–including soyfoods.

Chapter 10, "Celebrating soyfoods" (p. 623-78) begins: "As a soy-loving girl from way back I invite you to enter an ever-expanding universe of foods: not merely extraordinarily healthful, but delectable and diverse–great ingredients for a passionate cook." This chapter's contents: Introduction. Innecdote. Whole soybeans. Green soybeans (edamame). Canned soybeans. Cooked dry soybeans. Milled soybeans (soy flour and soy grits). Soynuts and soynut butter. Tempeh. Miso. Natto. Okara. Soy protein isolates. Textured soy protein (TSP or TVP). Soy sauces. Soy milk & soy milk products (soy yogurt, soy cheeses). Tofu & tofu products (fresh perishable tofus, classic traditional, seasoned tofus {savory baked tofu, other seasoned baked tofus}, ready-made tofu dips and spreads, ready ground tofu). Dry or packaged

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tofus (cupboard, like silken tofu). Other miscellaneous tofus (tofu burgers and sausages, deep-fried tofu, freeze-dried tofu [dried frozen tofu], tofu hot dogs, yuba).

Concerning yuba the author writes (p. 656): "I believe this traditional Asian product will explode onto the American soy-scene soon because it is so versatile and delicious and has a long and honorable history as a meat alternative. It is the unique thin-chewy texture of yuba sheets, when layered with seasonings and shaped, stacked, cut, and prepared in certain ways, that gives such a convincingly 'meaty' feeling to such dishes."

The word "tofu" appears on 100 pages in this book, "tamari" on 100 pages (she uses the phrase "tamari or shoyu soy sauce"), "soy sauce" on 100 pages, "shoyu" on 98 pages, "tempeh" on 88 pages, "seitan" on 72 pages, "miso" on 58 pages, "soy milk" on 47 pages, "tofu sour cream" on 40 pages, "silken tofu" on 30 pages, "soybeans" on 25 pages, "baked tofu" on 22 pages, "savory baked tofu" on 16 pages, "firm tofu" on 10 pages, "green soybeans" and "edamame" each on 8 pages, "soy flour" on 6 pages, "soy ice cream" and "TVP" each on 5 pages, "dairy free" on 4 pages, "firm silken tofu," "teriyaki," "textured vegetable protein," "yuba" and "whole soybeans" each on 2 pages, "Silk Soymilk Creamer" and "meat alternatives" each on 1 page.

12497. Emi, Kazuko. 2002. Japanese cooking: The traditions, techniques, ingredients and recipes. London and New York: Hermes House. 256 p. Illust. (color). Index. 31 cm.
• ***Summary:*** A beautiful book, with many old color woodblock prints and creative color photos. With recipes by Yasuko Fukuoka. Contents: Introduction. The development of Japanese cuisine. Foreign influences. The impact of isolation. Sushi: a national favourite. The tea ceremony. Traditions and festivals. Seasonal and regional foods. Cooking and eating. Equipment and utensils. Utensils for cooking with rice. Cooking at the table. Crockery and cutlery. Drinking vessels. The Japanese kitchen: Rice and rice products,... dried beans (incl. soya beans, boiled soya beans, dried yellow beans, dried green beans, black soya bean, soya bean products, kinako, natto), fresh beans (incl. eda-mame), tofu and tofu products (incl. fresh tofu, okara, silken tofu, koya-dofu, yuba, fried tofu, abura-age, atsu-age, ganmodoki, home-made ganmodoki), gluten products, mushrooms, seaweeds, fish, shellfish, fish roes, fish products, fish pastes, meat and chicken, sauces for flavouring and dipping, ready made sauces,... Japanese cooking (recipes). Glossary. Acknowledgements. Shopping information.

The index mentions: Abura-age (tofu), atsu-age (tofu), azuki beans (incl. *an* {sweet bean paste}), eda-mame, gammodoki, kinako (yellow soya bean flour), koya-dofu, miso, miso soup, shoyu (soy sauce), soya beans, silken tofu, sukiyaki (with tofu), tofu, yuba, vegetarian tempura.

Concerning kinako [roasted whole soy flour]: A photo (p. 65) shows kinako made from soybeans with three different color seedcoats: black, yellow, and green. The kinako made from the black soybeans is the darkest of the three–a medium brown–but not at all black. The kinako made from the yellow soybeans is the lightest of the three–yellowish brown. The kinako made from the green-coated soybeans is intermediate between the other two in darkness–light brown–but with no trace of green in its color. When kinako is mixed with an equal volume of sugar and a pinch of salt, it is rolled in lightly-boiled, soft mochi cakes which make tasty confection. Kinako, which is also used to make *wagashi* (Japanese cakes / confections), is sold at most Japanese grocery stores or supermarkets. Address: Japan.

12498. Grant, Amanda. 2002. Fresh & fast vegan pleasures: More than 140 delicious, creative recipes to nourish aspiring and devoted vegans. New York, NY: Marlowe & Company. ix + 230 p. Index. 23 cm.
• ***Summary:*** This vegan cookbook from the UK uses much less soyfoods than its typical counterpart from the USA. The index contains 1 entry each for soy milk/cream and tofu. Soy sauce appears in the title of one recipe. In the headnote to the tofu recipe (p. 114-15) we read: "There are many health benefits to eating this soybean product, not the least of which is its high percentage of protein. It is eaten in vast quantities in Japan, along with other products of the bean such as shoyu and miso." Address: Author and food editor, London.

12499. Katzen, Mollie. 2002. Mollie Katzen's sunlight cafe: breakfast served all day. New York, NY: Hyperion. xvii + 302 p. Illust. (by Mollie Katzen, color). Index. 27 cm.
• ***Summary:*** Offers over 350 easy recipes for vegetarian breakfasts. The index contains 9 entries for soy (incl. soy nuts {p. 67}, soy protein powder {p. 98}, pressed tofu or smoked tofu or savory baked tofu {p. 147}, soy milk {p. 11, 229}), 6 for tofu, 6 for tempeh, and 2 for miso. Address: California.

12500. Kissel, Renate. 2002. Soja & Tofu: Die neue Vitalkueche [Soya & tofu: The new vital cookery]. Frankfurt am Main, Germany: Umschau Buchverlag. 128 p. Illust. (color photos). Recipe index. 24 cm. [Ger]
• ***Summary:*** Contents: Soya–the powerbean for nutrition. 1 Salads and appetizers. 2. Sauces, dips, garnishes, and spreads for bread. 3. Soups. 4. Main dishes. 5. Desserts, baked goods, and drinks. 6. Asian dishes. Glossary. Note: The majority of recipes in this cookbook use tofu.

12501. Kyô-tôfu kyô-yuba kyô-miso: Kyôto de tabeyô herushii Kyôto [Kyoto's tofu, yuba and miso: Let's eat Kyoto's healthy foods]. 2002. Kyoto: Kyoto Shinbun Shupan Senta. 80 p. 26 cm. [Jap]*
• ***Summary:*** A book promoting soyfoods made in Kyoto. Address: Japan.

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12502. Ling, Kong Foong. 2002. Food of Asia: authentic recipes from China, India, Indonesia, Japan, Singapore, Malaysia, Thailand and Vietnam. Singapore: Periplus. 192 p. Illust. (color photos). Index. 31 cm.

• ***Summary:*** This oversized paperback book, loaded with glossy color photos, is an expanded version of the original 1998 edition. The introduction and essays are by Kong Foong Ling. The index, which is poor, makes the book hard to use if you are looking for particular foods found throughout Asia such as soybeans, soy sauce, miso, salted / fermented black beans, yuba [bean curd skin], etc.

Contents: The flavors of Asia. Ingredients. The Asian kitchen. Burma. China. India. Indonesia. Japan. Korea. Malaysia & Singapore. The Philippines. Sri Lanka. Thailand. Vietnam. Appendix.

The "Ingredients" section (p. 10-17) includes: Bean curd (incl. cotton or momen tofu, silken bean curd, deep-fried bean curd or aburage, grilled bean curd or yakidofu, fermented bean curd or nam yee). Bean curd skin [yuba]. Black beans, salted (and fermented). Hoisin sauce ("A sweet sauce made of soy beans, with spicy and garlicky overtones"). Miso (incl. red miso and white miso). Salted soy beans (incl. "yellow bean sauce"). Soy sauce (incl. light soy sauce, black soy sauce, red soy sauce, Kikkoman, tamari, thick sweet soy sauce (kecap manis–Indonesian)). Tempeh. Also: Red beans (dried azuki). Seaweed (incl. dried kelp, golden kelp, mozuku, salted dried kelp, laver or nori, wakame). Sesame (black and white seeds, tahina {tahini}). Sesame oil. Sesame rice crackers.

Korea (p. 109+). Page 110: There are also many fermented pastes and sauces for dipping, called *chang.* Every restaurant and home has its own formula for making chang. Based on a fermented mash of soy beans, the three most common varieties are *kan chang* (dark and liquid), *daen chang* (thick and pungent), and *gochu chang* (fiery and hot).

Soybean is mentioned on pages 8, 11, 68, 89.

Beancurd or bean curd is mentioned on pages 8, 10, 11, 26, 32, 33, 35, 36, 40-42, 68, 70-71, 74, 89, 90, 92, 93, 94, 96, 100, 102, 104, 107, 111, 112, 113, 119, 120, 127, 133, 158, 172, 175, 185, 189, 190, 191, 192.

Bean curd skin [yuba] is mentioned on pages 11, 35, 36.

Bean paste and bean paste sauces, p. 8, 32.

Fragrant soy sauce is mentioned on page 128.

Also: Red bean paste, p. 46 (canned, azuki).

12503. Nguyen, Chi; Monroe, Judy. 2002. Cooking the Vietnamese way. Revised and expanded to include new low-fat and vegetarian recipes. Minneapolis, Minnesota: Lerner Publications. 72 p. Illust. Index. 23 x 20 cm. Series: Easy Menu Ethnic Cookbooks.

• ***Summary:*** This thin hardcover book is an introduction to Vietnamese cooking, but not a vegetarian cookbook–though it contains some vegetarian recipes. Contains many color photos. The section titled "Special ingredients" includes cellophane noodles (made from mung beans), coconut milk, fish sauce (nuoc mam), ginger root, lumpia, mung beans, sesame seeds, soy sauce, and tofu. The Vietnamese use nuoc cham (p. 33) the way diners in many countries use salt: The main ingredients are fish sauce, garlic, red pepper flakes, sugar, vinegar and water. Soy sauce is also widely used as a seasoning–as in fried rice, grilled lemon-grass beef Soy-related recipes include: Steamed tofu (Dau hui hap, p. 59).

12504. Price, David Clive; Kawana, Masano. 2002. Food of Korea: authentic recipes from the land of morning calm. Singapore: Periplus; North Clarendon, Vermont: Distributed by Tuttle Pub. 120 p. Illust. (Color). 21 cm.

• ***Summary:*** In this attractive book, almost every recipe is accompanied by a glossy, full-page photo (usually of a prepared dish in an attractive table setting) on the facing page. The 60+ recipes were created by the chefs of the Sarabol Restaurant in The Shilla Hotel, Seoul.

Page 16: There are also many fermented pastes and sauces for dipping, called *chang.* Every restaurant and home has its own formula for making chang. Based on a fermented mash of soy beans, the three most common varieties are *kan chang* (dark and liquid), *daen chang* (thick and pungent), and *gochu chang* (fiery and hot).

Note: Soy sauce is also spelled *ganjang* (p. 23, 72). Korean-style miso (thick and pungent) is also spelled *doenjang* (p. 30, 60). Korean chili paste (fiery and hot) is also spelled *gochujang* (p. 23, 26, 31, 82, 106).

Bean curd [tofu] is mentioned on pages 9, 19, 24, 30, 44, 50, 56, 58, 60, 66, 68, 70, and 74.

Soybean sprouts (or bean sprouts) are mentioned on pages 6, 10, 11, 24, 40, 46, 64, 106.

Soy beans are mentioned on pages 6, 9-12, 19, 23-26, 30, 31, 44, 46, 50, 62, 106, and 120.

Fermented soybean paste (doenjang) is mentioned on pages 23, 25.

Soy sauce is mentioned on 27 pages (definition on p. 27). The two main types are light and dark.

12505. Reddy, Kavitha. 2002. The Indian soy cookbook. New Delhi, India: Rupa & Co. xiii + 106 p. Illust. color). No index. 28 cm. [11 ref]

• ***Summary:*** A beautiful hardcover book with glossy color photos and superb food styling throughout. Contents: Acknowledgements. Contents. Foreword, by Virgil Miedema, Regional Director, American Soybean Association, Asia Subcontinent. Introduction: Soybeans in India, health benefits of soybeans (lactose intolerance, cholesterol and heart disease, cancer, menopausal symptoms, osteoporosis, diabetes). Soybeans: Introduction, composition of the soybean, soybean oil, soy flour, texturised soy protein (TSP, soy chunks & granules), soymilk, tofu. 1. Appetizers. 2. Soups and salads. 3. Rice and paranthas. 4. Chunks and granules. 5. Tofu treasures. 6. A few more. 7. Delicious

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drinks. 8. Dessert selection. Weights and measures. Glossary.

Near the front of the book is a full-page color photo of some soy products (46) available on the Indian market. The product names are: Rasoya blended besan. Rasoya blended jowar atta. Gensoy protein plus atta. Gensoy premium soya flour. Mealmaker protein shake. KPFM paushtika atta. Vigor new protein rich soyabean flour. Vital pure refined soya oil. SoyaLife soya bean atta. Soy-flour. MisTura hi-proteen. Golden Harvest 99% fat free high protein soya flour. Allegro defatted soya flour. Soyfit. Elpro. Rasoya nuggets–granular. Kailora: The big tasty soybean. Rangoli nuggets. Alegro Nutri Nuggets. MDH Soyatein. Ruchi's Nutrela (chunks, granules). Mealmaker. Rasoya nuggets. Jeeo veg meat. A-1 protein. Elpro soyabean. Giant value standard. Allegro soya granules. Soya Sakthi. Soya Bite flakes. Soya oil (in plastic bottle with Hindi name). Soyfresh tofu. Mahakosh refined soyabean oil (in a plastic bag). Sweekar. Mealmaker refined cooking oil (in a plastic bag). Ruchi's Soyumn. Fortune refined soybean oil (in a plastic bag). Priya refined vegetable oil (in a plastic bag). Mahakosh refined soyabean oil (in a plastic bottle).

Note: The American Soybean Association (ASA) office in India is now dedicated to teaching Indians about the various soyfoods mentioned above, how to use them in Indian-style recipes, how to start small businesses making soyfoods in India, the health benefits of soyfoods, etc. It invests significantly in these projects using soybean checkoff dollars paid by U.S. soybean farmers.

But why is ASA doing this? First, to grow the demand for soybeans inside India, so that India will eventually become a customer for U.S. soybeans. ASA did the same thing in China starting in about 1982 and today China is the world's biggest and fastest growing customer for U.S. soybeans. Second, ASA would like to keep as much Indian soybean meal (made by crushing soybeans grown in India into oil and meal) off the international market–where it competes with U.S. soybean meal and depresses the price of both. Address: PhD, New Delhi, India.

12506. Sasaki, Sanmi. 2002. Chado: the way of tea. A Japanese tea master's almanac. Translated from the Japanese *Saijiki* by Shaun McCabe and Iwasaki Satoko. Boston, Massachusetts: Tuttle Publishing, an imprint of Periplus Editions (HK). xli + 742 p. Foreword by Sen Sôshitsu XV. Illust. Index. 24 cm. [Eng; jap]

• ***Summary:*** This book, originally in 1960 in Japanese, is widely regarded as a classic. And this is a superb translation.

Text in English with captions and quotations in Japanese. One page 78, footnote 14, referring to *kitsune-zushi* states: "Also called *inari-zushi. Kitsune-zushi* is sushi in *abura-age* (deep-fried tôfu) pouches. *Abura-age* is considered to be the favorite food of the fox (*kitsune*).

Tofu is mentioned on 10 pages: In the glossary: Dengaku is tofu coated with sweetened miso and grilled on skewers (p. xxii).

Tofu (soybean curd): The two main types are *momen-dôfu* (cotton-like) and *kinugoshi-dôfu* (silk-like) (p. xxxvii).

In the month of February: Footnote explaining *kitsune-zushi* (p. 78). Koori-dôfu (dried-frozen) is an ingredient in one course (p. 92).

For the month of April: Tofu dengaku (p. 171, 207– served as part of *Kaiseki,* meals for tea / tea ceremony meals). A section titled "Tofu dengaku" (p. 212) explains that this dish is "one of the symbols of spring." Gives details on how to prepare it using skewers of green bamboo and a coating of *ki no me miso.* Kenzan, Oribe and other tea masters have designed containers made exclusively for dengaku. However a lacquer or plain wood container is fine. "Nakamura-rô at Gion, Kyoto, is famous for its dengaku."

For the month of May: kinugoshi-dôfu is an ingredient in a course (p. 262).

For the month of August: Shin-tofu ("New tofu") is made from the first soybeans of the year. A poem by Kikaku states: "Just as we were admiring the fine points of the pottery, *shin-dôfu* was served" (p. 427).

Daizu (soybeans) are a major ingredient for making miso, soy sauce, yuba, tofu, natto, and *mame-ko* (roasted soy flour). "A behind-the-scenes contributor for *kaiseki* (p. 431).

For the month of September: The section on "Ochiayu" explains that *ayu* holds the first place among all the fish for summer. Ochi-ayu, those caught in the autumn, taste good when cooked with tofu, but may not be a good choice for kaiseki (p. 469).

For the month of October: Yu-miso (p. 494), also called *yuzu-miso,* is the subject of a section (p. 524). Yuzu is a green Japanese citrus fruit. The top is cut off, the inside is hollowed out, it is packed with a mixture of miso and sugar then grilled. Only the miso is eaten–filled with the fragrance of yuzu. "It is suitable for vegetarian *mukô.* A second way of making yu-miso is described which can be used for dengaku in April. A poem that mentions yu-miso is included.

For the month of November, broiled tofu and kuro-mame (black soybeans) are mentioned (p. 552).

Kuro-mame [black soybeans] are mentioned on 2 pages (p. 42, 552), miso on 33 pages, soy [sauce] on 35 pages, soybean or roasted soybean flour on 6 pages (Uguisu-mochi, p. 87; warabi-mochi, p. 134; hagi no mochi, p. 460), soybeans on 8 pages. Yuba (p. 621). Natto (p. 71, 621-22). Eda-mame (green soybean, p. 701).

Vegetarian: "During the week of the spring equinox a vegetarian meal in vermillion utensils is expected" (p. 139). *Shôjin* means vegetarian (p. 655). Address: Tea master, Japan.

12507. Sass, Lorna J. 2002. Lorna Sass' complete vegetarian kitchen: Where good flavors and good health meet. New York, NY: William Morrow. An imprint of HarperCollins Publishers. xiv + 494 p. Index. 26 cm. [35+* ref]

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• ***Summary:*** First published in 1992 as *An Ecological Kitchen: Healthy Meals for You and the Planet* (William Morrow). This innovative vegan cookbook offers 250 cholesterol-free recipes. It features a complete glossary of wholesome ingredients for stocking the vegan pantry (no meat, dairy, or eggs). Address: New York City.

12508. Stevanon, Margarita. 2002. Cocinar con tofu: recetas sabrosas y nutritivas para todos los gustos [Cooking with tofu: Savory, nutritious recipes for every taste]. Barcelona, Spain: Integral. 171 p. Illust. (by Carmen Luz Domiñguez Rocha). 21 cm. [Spa]*
• ***Summary:*** Margarita Stevanon was born in 1938.

12509. Sugimoto, Takashi; Iwatate, Marcia. 2002. Shunju: new Japanese cuisine. Sensational recipes from Tokyo's most famous restaurant. Singapore: Periplus Editions. 271 p. Foreword by Charlie Trotter. Illust. (chiefly color, by Masano Kawana). Index. 26 x 23 cm.
• ***Summary:*** Contents: Foreword. The Shunju way: The Shunju philosophy (history, architecture, bar, lighting, *zashiki* {dining room floor}, *chashitsu* {tea room}, hospitality {*motenashi*}). The seasonal kitchen. Spring. Summer. Autumn. Winter. Appendixes: Step by step preparation techniques (incl. Fresh soymilk, Green bean soymilk yuba {*Ryokuto nama yuba*}). Chefs (profile of head chef at each restaurant). Glossary of ingredients. Mail-order sources of ingredients. Acknowledgments.

"The history of Shunju began in 1986 in Mishuku, Tokyo." Today, Shunju has five different outlets in Tokyo–Mishuki, Hiroo, Torizaka, Bunkamura Dori, and Tameiki Sanno (p. 14).

"The most important element in Shunju's cuisine is to be able to truly appreciate the four seasons and the abundant blessings which mother nature has bestowed upon us...–Marcia Iwatate" (p. 24).

At the recipe for Green and lavender tofu squares (*Masu-dofu*) we read (p. 53): Tofu is undoubtedly one of the most representative dishes of Shunju. Our tofu is made daily–soymilk is curdled with *nigari* (bittern)–in different ware unique to each of our five restaurants; in this case in *masu* (traditional square, wooden measuring boxes)." To make green soymilk, see p. 255.

The glossary of ingredients (p. 258+) includes azuki (*koshi an, ogura an*), edamame, miso (many types), okara, sake (incl. koji {molded steamed rice}), shoyu (incl. koikuchi shoyu, usukuchi shoyu, shiro shoyu, tamari shoyu), tofu, ume, umeboshi, wasabi, yuba (famous as a Kyoto delicacy).

Tamari is mentioned on 98 pages of this book, miso on 67 pages, soy sauce on 54 pages, shoyu on 51 pages (incl. "koikuchi shoyu" on 34 pages, "usukuchi shoyu" on 13 pages and "shiro shoyu" and "tamari shoyu" on 2 pages each), tofu on 18 pages, soymilk on 14 pages, yuba on 7 pages, koji on 5 pages, nigari and edamame on 4 pages each, black soybeans on 2 pages (p. 53 and 84).

Natto and kinako are not mentioned. Address: Creators and founders, Shunju restaurants, Japan.

12510. Thompson, David. 2002. Thai food (Aharn Thai). Berkeley, California: Ten Speed Press. xiii + 673 p. Illust. Index. 25 cm. [218 ref]
• ***Summary:*** This is a superb, massive, beautiful and unique book–a wholistic study of food in Thai culture overflowing with lovely and expressive color photos by Earl Carter.

Contents: Acknowledgements. Introduction, by David Thompson, and author's notes. Part one: Thailand and food. 1. A history. 2. Culture and society. 3. Regions of Thailand. 4. Rice.

Part two: Fundamentals of Thai cooking. 5. The Thai kitchen. 6. Ingredients and basic preparations. 7. Relishes. 8. Soups. 9. Curries. 10. Salads. 11. Side dishes and accompaniments. 12. Menus.

Part three: Food 'outside' the meal. 13. Snacks. 14. Desserts. Select bibliography (Books in English: Primary sources 23. Secondary sources 65. Cookbooks 18. Total English: 106. Thai sources: Cookbooks 46. Memorial books: 66. Total Thai: 112. Grand total: 218).

Introduction: The author has written this book, in part, to describe this ancient cuisine which "reached an apex in the last decades of the 19th century," and "before it is eroded, altered and modernised." The transliteration is phonetic; it is not the official system devised by King Rama VI.

The section titled "The importance of Buddhism" (p. 38-40) in Thai cookery and culture states: "It is the obligation of every Thai male to become a monk for at least three months, usually around the age of 20,..." This is a rite of passage from childhood to adulthood; it acquaints each young man with the basics of Buddhism and meditation. Strict Buddhists abstain from eating meat and "there is a strong tradition of vegetarianism in Thailand." Meat does not have a primary role in the Thai diet and most Thai believe that forgoing meat earns merit for themselves or another. Some give up meat once a week, or for a prolonged period, or even for an entire year.

Chapter 6, "Ingredients and basic preparations," discusses the following: Bean curd (*dtor huu*)*:* There are several types, from firm to soft. The author prefers the softest kind, sometimes called "silken bean curd."

Fermented bean curd (*dtor huu yii*)*:* Of Chinese origin and fermented with a red mold, it is sold in small jars and comes in two types: "very red, or creamy white veined with pink. The author prefers the latter, which is more versatile and subtle."

Fermented soy bean (*tua nao*)*:* This ancient fermented product was once used extensively in Thai cookery. But it has largely been replaced by shrimp paste, so it is not so common now. "Before *tua nao* is used in a recipe, it is grilled

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or toasted, then ground."

Soy sauce (*nahm siu uu*)*:* A lighter-style soy sauce is generally preferred by Thai cooks. "Sweet Indonesian soy sauce (*kecap manis*) is used only occasionally."

Yellow bean sauce (*dtow jiaw*)*:* "This is a sauce based on yellow soy beans, which are salted and then fermented with rice mould... [it] tastes delicious, very much like Japanese miso." Its use usually indicates a dish of Chinese influence. There are two basic types: "the first, and more traditional is creamy white; the more common one is honey brown."

Peanuts and wing beans [winged beans] are also discussed in chapter 6.

Soy-related recipes: Murray perch and mushroom soup with yellow beans (*dtom het dtow jiaw;* p. 249). Light soy sauce (p. 341). Fermented bean curd simmered in coconut cream (*lon dtor huu yii;* p. 430-31). Deep-fried bean curd with crab, pork and spring onions. (*tor huu yord sai tort;* p. 440-42). Prawns and yellow beans simmered in coconut cream (*lon dtao jiaw;* p. 444-46). Pickled ginger with yellow beans (*king dong dtow jiaw;* p. 457). Bean curd stir-fried with bean sprouts (*tor huu pat tua nork;* p. 462). Bean curd and bean sprout soup (*tgeng jeut or huu orn;* p. 469-70). Stir-fried Siamese watercress with yellow beans, garlic and chillies (*pak bung fai dtaeng;* p. 532-33). Yellow bean and ginger sauce (*nam jim dtow jiaw;* p. 545). Spicy yellow bean sauce (*nam jim dtow jiaw;* p. 558).

Note: Although three recipes in this book call for "bean sprouts," no mention is made of the type of bean to be sprouted. In the "Ingredients" section, the entry for "Mung beans (*tua leuang*)*"* says they are used mostly in desserts but makes no mention of sprouting them. There is no "Ingredients" entry for "Sprouts." Address: Chef, restaurateur, cookery writer, and preserver of traditional Thai culture, Sydney, Australia.

12511. Treloar, Brigid; Inge, Karen. 2002. Healthy soy: Cooking with soybeans for health and vitality. Hong Kong: Periplus Editions (HK) Ltd. Printed in Singapore. 112 p. Illust. (color). Index. 24 x 22 cm.

• ***Summary:*** This is a beautiful book, with stylish and informative full-page glossy color photos on every other page. It is well researched, comprehensive, and generally uses standard soyfoods terminology. It is also strange: We are not told in which country the publisher is located (perhaps Hong Kong or Singapore) or where the authors live. It is distributed in North America, Japan and Korea by Tuttle Publishing. On the inside rear dust jacket: www.tuttlepublishing.com. It is clearly targeted at a world market.

Contents: Introduction. The health benefits of soy: The heart, cancer, menopause, osteoporosis, weight control, allergies, lactose intolerance, the nutritional value of soy, protein, phytoestrogens, fats, calcium, soluble fiber, vitamins and minerals, energy, carbohydrates, how much soy do we need? (as an exchange for meat), how to use the nutrition table. Nutrition table (for various soyfoods). Soybeans: Green soybeans–fresh and frozen, dried soybeans, how to buy and prepare soybeans (selecting and storing dried soybeans, preparing dried soybeans, soaking, pan-roasting, boiling, pressure cooking, canned). Soy foods: Tofu (selecting and using, storing, freezing), bean curd sheets (yuba), deep-fried tofu (age; seasoned tofu), miso, tempeh, soya sauce (shoyu; regular, low-salt, light, tamari, ketjap manis), soy milk, soy flour, soy nuts, soy germ powder, soy oil, soybean sprouts, soybean paste (fermented), natto, soy dairy products (soy butter, soy spread {margarine}, soy cheese {plain or flavored}, cream cheese, yogurt, mayonnaise), soy meats (meat alternatives), others (soy breads, cereals, pasta, chocolate, chips, health bars, desserts, tofu ice creams), soy grits, tips (tofu, soy dairy products). Compatible soy flavors. Preparation and cooking techniques: Draining and pressing tofu, cutting tofu, deep-frying tofu, how to reconstitute yuba, how to use deep-fried tofu pouches, how to use miso, miso tips. Soups. Appetizers and dips. Light meals and snacks. Main dishes. Seafood. Vegetables. Salads. Desserts. Soy drinks. Glossary. Guide to weights and measures.

Note: This is not a vegetarian cookbook. Some recipes call for chicken, fish (swordfish, tuna, salmon), shrimp, etc. Address: 1. Food writer, stylist, consultant, and cooking instructor [Australia]; 2. Nutritionist and nutrition correspondent for *Good Morning Australia*.

12512. Weil, Andrew; Daley, Rosie. 2002. The healthy kitchen: Recipes for a better body, life, and spirit. New York: Alfred A. Knopf; London: Ebury. xxviii + 325 p. Illust. (color photos by Sang An, Amy Haskell, and Eric Studer). Ports. Index. 24 cm.

• ***Summary:*** Lifelong good health starts in the kitchen. Includes 135 recipes; none require red meat, but not vegetarian. Rosie's introduction encourages: "Don't be afraid to work with new ingredients, such as... using tofu,..." The section on "Nutrition and health" contains useful information on the glycemic index (p. xx-xxi), the main sources of fat (p. xxi) and protein (p. xxiv) in the American diet. Eat more vegetable protein, especially from soybeans, "and less animal protein, especially from fish and reduced-fat dairy products. The section on "Stocking the pantry" includes Asian foods–soy sauce or tamari, and "miso paste "Made from soybeans" (p. xxxiii-iv).

Soy related recipes include: "A soy shake," with silken tofu (p. 3, for breakfast). The section "Got (too much) milk?" (p. 34-35) recommends soymilk as a healthful alternative. And in the "Poultry" section (p. 54), Weil suggests substituting baked tofu. Weil has a full page (p. 58) about "Soy sauce: Shoyu and tamari," which also mentions "rice starter (koji)." There are recipes for: "Vegetable nori rolls" with natural soy sauce (p. 72-73). Miso pâté (p. 80). Miso

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soup (p. 125). Meat and meat substitutes (incl. tofu and gluten) (p. 149-50). Greens with tangy miso dressing (p. 244-45). Address: 1. M.D., Clinical Prof. of Medicine, Univ. of Arizona and Director of its Program of Integrative Medicine; 2. Chef trained at the Cal-a-Vie spa near San Diego, former Oprah Winfrey chef.

12513. Menzies, Gavin. 2003. 1421: The year China discovered America. New York, NY: William Morrow & Co. (Imprint of HarperCollins). xix + 552 p. Illust. Index. 25 cm. [850* ref]
• ***Summary:*** Chapter 3, "The fleets set sail," is describing the events in March 1421, when a Chinese fleet sailed from Tianjin near Beijing across the Yellow Sea. On board was an historian, Ma Huan, to document the voyage. His diaries, *The Overall Survey of the Ocean Shores,* were published in 1433. "The staple foods–soya bean, wheat, millet and rice–were carried in separate grain ships, enabling a fleet to stay at sea for several months without replenishing supplies... Soya beans, grown in tubs all year round, were used in several ways. Soaked in water, they sprouted 'yellow curls' from the green bean. The sprouting process increased the content of ascorbic acid, riboflavin and nicotinic acid, the basis of vitamin C, and protected the crew from the deficiency disease scurvy. The Chinese knew well the dangers of scurvy and the remedies to prevent it" (p. 65).

Note: This is the earliest English-language document seen (Jan. 2013) that uses the term "yellow curls" to refer to soybean sprouts.

When they ran out of fresh vegetables, "the sprouting soya beans were particularly valuable. Soya beans also produced 'milk'. When boiled, it became curd, or tofu, rich in vitamin D, and the fermentation of soya produced soy sauce. Tofu and vegetables were flavored from a sauce made from fermented fish, soy, dried herbs and spices, or glutamate made by chewing wheat flour." Address: London, England.

12514. Nasoya Foods, Inc. 2003. It's so easy. It's so delicious. It's so soy (Ad). *Vegetarian Times.* Jan. p. 7.
• ***Summary:*** This full-page color ad shows a photo of salad with cubes of marinated tofu on a fork. Near the bottom are photos of the front of Nasoya the bottom of the ad show the upper two-thirds of two packages of Nasoya Organic Seasoned Tofu, Organic Tofu, and Lite Tofu. "From stir fries to salads to soups and smoothies, trust Nasoya to make it perfectly delicious. For tantalizing, easy recipes, visit www.nasoya.com today." The red and white checkerboard logo reads: "Nasoya: Savor the goodness." Address: One New England Way, Ayer, Massachusetts 01432. Phone: 1-800-848-2769 or www.nasoya.com.

12515. Robertson, Robin. 2003. Vegan planet: 400 irresistible recipes with fantastic flavors from home and around the world. Boston, Massachusetts: Harvard Common Press. xvi + 576 p. Illust. Index. 23 cm. [15 ref]
• ***Summary:*** An outstanding, hefty vegan cookbook by an author who knows her ingredients well and uses a rich and pleasing variety of them. She is also an expert on soyfoods, and the book contains many useful insights about them.

We find the graphic design of the book to be weak to poor; the typeface in the recipe titles is hard to read, the ingredients in the recipes printed in gold on white are hard to read, and the many pages of white ink on a gold or other such background are hard to read.

The word "tofu" appears on 91 pages in this book, "tamari" on 67 pages (she uses the phrase "tamari or other soy sauce"), "soy sauce" on 62 pages, "soy milk" on 56 pages, "dairy-free" on 55 pages, "seitan" on 47 pages, "tempeh" on 46 pages, "silken tofu" on 33 pages, "firm tofu" on 29 pages, "miso" on 28 pages, "soft silken tofu" on 23 pages, "extra-firm tofu on 13 pages, "teriyaki" on 6 pages, "soybeans" on 13 pages, "soy ice cream" and "meat alternatives" each on 10 pages, "TVP" on 8 pages, "baked tofu" on 7 pages, "textured vegetable protein" on 6 pages, "firm silken tofu" on 5 pages, "soy flour" on 4 pages, "soy nuts" and "soft tofu" and "dairy alternatives" each on 3 pages, "edamame" ("fresh soybeans in the pod") on 2 pages, "soy yogurt" and "frozen tofu" each on 1 page (p. 72),

Yuba is mentioned on pages 182, 350-51 (definition and description), 389, 410-11, 414.

Page 29 states that soy flour is "Made from finely ground roasted soybeans" [i.e., kinako].

"Humans are the only animals that drink the milk of another species and the only animals that drink milk after childhood" (p. 9). Address: Virginia Beach, Virginia.

12516. Rose, Bruce. 2003. Soy & bulghur tofu: The best tofu Bruce ever tasted (Interview). *SoyaScan Notes.* Feb. 21. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** In about 1988 Bruce (who was interested in macrobiotics) was looking for a way to make tofu more of a balanced food / meal by adding some whole grains. He tried various combinations and found that bulghur wheat was by far the tastiest. His tofu maker developed the actual formula and process, as follows: Soak then steam bulghur wheat. Prepare firm tofu. As you are ladling the tofu curds into the forming box, sprinkle on about 4 parts of cooked bulghur wheat to every 6 parts of tofu. Try to have the layers of bulghur distributed as evenly as possible throughout the tofu. Fold over the pressing box cloths and press well. The resulting tofu is delicious and balanced. Address: Founder and President, Rosewood Products, Inc., 738 Airport Blvd., Suite 6, Ann Arbor, Michigan 48108. Phone: 734-665-2222.

12517. Abiatte, Mabel. 2003. Cocinando soja [Cooking soya]. Argentina: Acquatint. 49 p. Illust. No index. 22 x 17 cm. [Spa]

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• ***Summary:*** Contents: Prologue. Generalities. Soymilk & recipes. Soy butter (from fermented soymilk). Tofu & recipes. Okara (*salvado de soja* {soy bran}) & recipes. Whole boiled soybeans (*porotos hervidos enteros*) & recipes. Ground boiled soybeans (*porotos hervidos molidos*) & recipes. Soy flour (*harina de soja*) & recipes. Soaked soybeans (*porotos remojados*) & recipes. Soy sprouts (*brotes de soja*) and recipes. Address: Argentina.

12518. Abiatte, Mabel. 2003. Cocinando soja en la cocina vegetariana [Cooking soya in the vegetarian kitchen]. Argentina: Acquatint. 52 p. Illust. No index. 22 x 17 cm. [Spa]
• ***Summary:*** Contents: Prologue. Miscellaneous. Some recipes (only samples). Why vegetarianism. Ricota and yogurt (from cow's milk and soymilk). Sweet bread fritters. Recipes with bread dough. Recipes with sprouts (incl. soy sprouts). Tortillas. Souffles. Recipes with potatoes (*papas*). Dressings, seasonings, and condiments (*Aderezos*). Recipes with whole soybeans (*con porotos enteros*). Basic recipes. Some useful advice. Address: Argentina.

12519. *Ontario Soybean Growers Newsletter.* 2003. Profiles: Peter Joe, President of Sunrise Soya-Foods, says that with soy, "Tasting is Believing." Feb. p. 7.
• ***Summary:*** "Sunrise Soya Foods is the success story created by Leslie and Susan Joe, who came to Canada from China in 1955. Two years later, they began producing tofu for customers in Vancouver's Japantown and Chinatown. Sunrise Soya Foods grew out of its original location in 1963; the Joe family continues to operate this location as a food store, serving the local community. The tofu manufacturing plant expanded again in 1983 to its current manufacturing and head office location. According to current president Peter Joe, this was the most significant move in the company's 26 year history. "'With the new facility, "pasteurized, packaged" tofu was produced. This allowed the company to open markets in other provinces in Canada, including Ontario and Quebec, and helped build the company into the largest tofu processor in Canada–and fifth in North America,' explains Peter, the eldest of four children, all of whom are involved in the Sunrise Soya Foods business. Peter holds an MBA from the University of British Columbia and has managed the business full-time since 1984.

"Besides running his own business, Peter is helping to improve consumer acceptance of all soy products through his involvement in Soyfoods Canada. This national soy industry group has been working for the last 3 years to show consumers the benefits of adding soy to their diets through in-store promotions, a new soy information / recipe brochure, displays at consumer shows and a website (www.soyfoodscanada.com). Peter is currently President of the association."

A portrait photo shows Peter Joe, looking very happy. Address: Chatham, ONT, Canada N7M 5L8.

12520. *Soyfoods Canada Newsletter.* 2003. Soyfoods Canada member profile–Nutrisoya Foods. Winter. p. 3.
• ***Summary:*** "Nutrisoya Foods Inc. first commenced operations in 1988 as a manufacturer of pasteurized, high protein tofu for sale in supermarkets under the Nutrisoya brand. Its production facilities are ideally located in St. Hyacinthe, Quebec, 30 miles east of Montreal, in the agricultural heartland of Eastern Canada, and is immediately adjacent to the most advanced food research centre in North America.

"In 1992 Nutrisoya Foods made its first foray into the aseptically packaged, dairy alternative beverage market with the launching of its *natur-a* brand of soy beverages.

"Today Nutrisoya Foods operates out of an altra-modern, fully automated, computer driven plant..."

Contact: Nick Feldman, President, Nutrisoya Foods Inc., 4050 Pinard, Saint-Hyacinthe, QC J25 8K4, Canada. www.nutrisoya.com.

12521. **Product Name:** Trader Joe's Organic Baked Thai Tofu.
Manufacturer's Name: Trader Joe's (Marketer-Distributor). Made by Wildwood Natural Foods in California.
Manufacturer's Address: Monrovia, CA 91016.
Date of Introduction: 2003. February.
Ingredients: Organic tofu (filtered water, organic soybeans, nigari {magnesium chloride, a natural firming agent}), organic soy sauce (water, organic soybeans, sea salt, organic whole wheat, alcohol {to preserve freshness}), organic lemon juice, Fruitrim (fruit juice, natural grain dextrins), rice wine, organic garlic, organic ginger, organic brown rice syrup, organic cilantro, organic toasted sesame oil, peanut oil, jalapeno peppers, organic cayenne pepper, Thai curry paste (garlic, red chili, lemon grass, galangal, salt, ginger root, onion, pepper), organic lemon grass. Certified organic by Quality Assurance International (QAI). Manufactured in a facility that processes peanuts.
Wt/Vol., Packaging, Price: 7 oz (198 gm) vacuum pack. Retails for $2.99 at Trader Joe's (2003/02, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Trader Joe's Fearless Flyer. 2003. Feb. p. 5. "One of the greatest things about tofu, aside from its obvious health benefits, is its ability to absorb the flavors of the marinades and spices with which it's cooked. We have two Organic Baked Tofus that will cause you to seriously reconsider how you view tofu."

Product with Label purchased at Trader Joe's in Lafayette, California. 2003. Feb. 16. 4 by 2 inches. Self-adhesive label on plastic bag. Red, purple, black, and white on greenish yellow. "Perishable. Keep refrigerated. Ready to

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eat." USDA Organic logo. QAI logo. 2 servings. Soyfoods Center taste test. 2003. Feb. 16. Delicious. Not too spicy.

12522. *SoyaScan Notes.* 2003. Chronology of the pioneering work of Ms. Frances Boyte of Quebec with vegetarianism and soyfoods in Canada (Overview). March 7. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Frances, who now lives in Quebec City, Canada, is a registered dietitian, and is currently working with a Metro, a chain of 300 supermarkets, to introduce organic foods.

1980–She starts Club Vegetarien (C.P. 8953, Ste-Foy, Quebec G1V 4N8), which at its peak in about 1982 had 100 members. The club held dinners at a restaurant with guest speakers. It was discontinued in about 1987.

1982–*La Magie du Tofu,* which she co-authored with chef Yvonne Tremblay, is published. As of 2003, it has sold 60,000 copies. She developed and started to sell a tofu kit at the time of publication of the book.

1984–She sends her detailed Curriculum Vitae (4 typed pages) to William Shurtleff at Soyfoods Center in California.

1985–She visits Soyfoods Center in California. Shortly thereafter she has the idea for and establishes the Soyfoods Assoc. of Quebec–the first soyfoods association in Canada; however it never really got off the ground.

2001 April 7–Her latest book titled *Le Tofu Internationale* published. An English-language edition will be published in Dec. 2003.

12523. Wilhelm, Steve. 2003. The tofu tycoon of Vashon Island. *Portland Business Journal.* March 21.

12524. Burke, Dan. 2003. The origins of Pacific Soybean & Grain in San Francisco (Interview). *SoyaScan Notes.* March 28. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dan founded Pacific Soybean & Grain in 1973 in San Francisco. A number of circumstances led him to establish the company; it was not very intentional. His first soybean customers were all in San Francisco: Wo Chong (tofu manufacturer), Quong Hop (tofu manufacturer), and Wing Nien (maker of both traditional Chinese-style fermented soy sauce and HVP soy sauce).

In July 1978 Dan attended the foundation meeting of the Soycrafters Association of North America, in Ann Arbor, Michigan. He flew to the event with Jack Mizono of Azumaya. In Feb. 1993 his company moved from their address at 495 De Haro St., San Francisco, to their present address. Address: Founder, Pacific Soybean & Grain, One Sutter St., Suite 300, San Francisco, California 94104. Phone: 415-433-0867.

12525. *SoyaScan Notes.* 2003. Chronology of the work of Jerry Maynard at Vitasoy (Overview). March 28. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** 1988–Jerry joins the Vitasoy group in San Francisco. 1993 Sept. John Paino resigns from Nasoya (which is owned by Vitasoy). Jerry Maynard from Vitasoy becomes the new president; he moves from California to Massachusetts.

1994 March–Vitasoy International Holdings Ltd. annual report states: Senior management includes: Mr. Jerry Maynard, age 43, who is president of Nasoya. He joined the group in 1988 and became president of Nasoya in Sept. 1993.

1996 March–With Jerry Maynard as president, Nasoya has just had the two best months, back to back, for tofu production in the company's history. One big impetus to growth was the widespread publicity generated by the article by Dr. James Anderson in the *New England Journal of Medicine* on 3 Aug. 1995 stating that soy protein can help reduce cholesterol and reduce risk of heart attacks. In one month in late 1995 Nasoya sold over one million dollars worth of tofu.

1996 August–Jerry Maynard has been moved back to California, where he is director at Azumaya. Fred Eaton, who has an accounting background, has taken his place as president of Nasoya. Nasoya is considered the best performer when compared with Azumaya.

1997 July–Vitasoy International Holdings Ltd. annual report states: Two Americans are on the board of directors: Mr. Jerry Maynard (age 47, Chief Operating Officer of Vitasoy USA, joined the Group in 1988) and Mr. Alfred H. Eaton (age 41, President of Nasoya Foods, joined the Group in 1990).

2001 Dec.–Vitasoy starts moving its corporate headquarters (about 140 people) out of South San Francisco and consolidating it with the 130 people in Ayre, Massachusetts. The move is finished by June 2002. Many jobs are eliminated.

2002 March–Jerry joins with Bob Bergwall and Jan Remak to start a new company named Nutrition Kitchen (www.nutrikitchen).

2002 June–Jerry leaves Vitasoy. In August he starts to work for Dan Burke at Pacific Soybean & Grain (PSG) in San Francisco–as director of sales and marketing. Dan has long been Vitasoy's soybean supplier. PSG, now more than 20 years old, is moving into branding and selling soy ingredients.

2003 March–Nutrition Kitchen introduces a dry pasta made of 100% whole soybeans at the Natural Products Expo in Anaheim, California. Although they did not serve samples of the product, the response from distributors and retailers was excellent. They have three SKUs made from black, green, and yellow soybeans. The product is good for use in diabetic diets. It should be in retail stores in early May.

12526. *Bluebook Update* (*Bar Harbor, Maine*). 2003. Frank celebrates 250 years. 10(1):3. Jan/March.

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• ***Summary:*** Frank has produced soy flours, isolates, lecithins and Serimpiestremming since the 1950s. Serimpiestremming is used in the production of tofu as a curdling product [coagulant].

12527. **Product Name:** Mori-Nu Silken Firm Tofu (Made with non-GMO Organic Soybeans).
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 9960 S.W. Potano, Tualatin, OR 97062. Phone: 503-692-3498.
Date of Introduction: 2003. March.
Ingredients: Filtered water, organic soybeans, gluconolactone*, calcium chloride. * = Gluconolactone is a non-dairy coagulant derived from food starch.
Wt/Vol., Packaging, Price: 12.3 oz (349 gm) Tetra Brik Aseptic carton.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: New product and package with leaflet sent by Art Mio of Morinaga. 2003. March 25. This product no longer contains isolated soy protein. The packaged has been redesigned to conform with the new USDA organic regulations. Red, white, grayish-purple, green, and black on light yellow. On the front panel: "Made with organic soybeans. Great for entrées and desserts." Non-GMO logo. A color photo shows the wide end of a slice of pizza. On a side panel is a recipe for Fresh spinach lasagna.

12528. **Product Name:** Pete's Tofu 2 Go [Sesame Ginger Tofu with Jazzed Ginger Soy Sauce, Lemon-Pepper with Mango Chipotle Sauce, Santa Fe Sizzle with Pineapple Mango Fusion Sauce, Thai Tango with Mango Wasabi Sauce].
Manufacturer's Name: Sunrise Soya Foods.
Manufacturer's Address: 729 Powell St., Vancouver, BC Canada V6A 1H5. Phone: 1-800-661-2326.
Date of Introduction: 2003. March.
Ingredients: Sesame Ginger: Tofu (water, certified organic soybeans, calcium sulfate), whole sesame seeds, dehydrated ginger, dehydrated garlic, spices, soybean oil, soy sauce (water, wheat, soybeans, salt), vinegar, brown sugar, salt. Jazzed ginger soy sauce: water, soy sauce (water, wheat, soybeans, salt), brown sugar, dehydrated organic ginger, sesame seeds, sesame oil, vinegar, lemon juice, dehydrated onion, dehydrated garlic, citric acid, xanthan gum.
Wt/Vol., Packaging, Price: 14.4 oz (206 gm) in tray inside plastic bag. Retails for $2.79 (2004/03, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 2003. March. "Pete's Tofu: Taking the guesswork out of tofu!" "Pete's Tofu: A whole new way to enjoy tofu."

Product (Sesame Ginger) with Label purchased at Trader Joe's in Lafayette, California. 2004. March 13. 4¼ by 8½ by 2 inches deep. Brown, green, black, and white on tan. Color photo shows four triangles of tofu around a square pan of the sesame ginger sauce with mint leaves on a red plate. "Made from organic soybeans. Cholesterol free, High in soy protein. High in calcium. No preservatives added. Ready-to-eat tofu with sauce for snacking and more." Contains two 6.2 oz pouches of tofu plus two 1 oz packets of sauce. Logo: "Certified organic by Quality Assurance International (QAI)." Soyfoods Center evaluation: This product comes in innovative packaging. Four tofu triangles (which have been marinated and baked, or deep-fried) are packed two-deep in each of two vacuum pack cubes. These cubes are placed in the two compartments (2½ inches square by 3/8 inch deep) of a plastic tray. The sesame ginger sauce comes in small plastic pouches. These three items are invisible inside the outer plastic bag. To serve. Cut open the vacuum pack cubes. Place tofu triangles in compartments of plastic tray. Cut open pouches and pour sauce over tofu. Eat as a finger food or with a food. Product concept: Excellent. Flavor and texture: Very good, but there is too much liquid in the two vacuum pack cubes; it must be drained off when they are opened.

12529. **Product Name:** Pete's Tofu [Medium Firm for Mixing, Super Firm for Dicing, Italian Herb Super Firm Tofu, Very Berry Dessert Tofu, Peach Mango, Soft for Blending, Lemon-Pepper with Mango Chipotle Sauce, Santa Fe Sizzle with Pineapple Mango Fusion Sauce, Thai Tango with Mango Wasabi Sauce].
Manufacturer's Name: Sunrise Soya Foods.
Manufacturer's Address: 729 Powell St., Vancouver, BC Canada V6A 1H5. Phone: 1-800-661-2326.
Date of Introduction: 2003. March.
Wt/Vol., Packaging, Price: 12-16 oz (206 gm) inside plastic bag.
How Stored: Refrigerated.
New Product–Documentation: Leaflets (8½ by 11 inch, color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 2003. March. (1) "Pete's Tofu: Taking the guesswork out of tofu!" Color photos show 5 of the packages. "Innovative overwrap packaging–now to the tofu category. Unique color-coded packaging. Eye-catching colors." (2) "Pete's Tofu: A whole new way to enjoy tofu."

12530. Sunrise Soya Foods. 2003. Pete's Tofu: Passport to health and fitness. Healthy eating guide. Nutrition & fitness reference guide. Vancouver, BC Canada. 44 p. 14 cm.
• ***Summary:*** Color booklet sent by Patricia Smith from Natural Products Expo West. 2003. March. Contains 12 tofu recipes. Features (with 2 photos) Canadian soy-powered vegan triathlete Brendan Brazier. Color photos on the rear cover show 9 Pete's Tofu products. Address: 729 Powell St., Vancouver, BC Canada V6A 1H5.

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12531. **Product Name:** Organic Chorizo: Spicy Spanish Tofu Sausage.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 65 Frank Martin Court, Arcata, CA 95521. Phone: 707-822-7401.
Date of Introduction: 2003. March.
Ingredients: Tofu (filtered water, organic soybeans, magnesium chloride), organic garlic, organic cider vinegar, organic herbs and spices, roasted chilies, cayenne, organic sugar, sea salt.
Wt/Vol., Packaging, Price: 8 oz (226 gm) vacuum pack. Retails for $3.99.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Matthew Schmit. 2003. Sept. 8. 2½ by 3½ inches. Self adhesive. Multi-colored on white. A stylish illustration shows a female flamenco dancer. "Ready to slice for sandwiches, or dice into your favorite Latin dishes."

12532. **Product Name:** Organic Tandoori: Savory Indian-Spiced Tofu.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 65 Frank Martin Court, Arcata, CA 95521. Phone: 707-822-7401.
Date of Introduction: 2003. March.
Ingredients: Tofu (filtered water, organic soybeans, magnesium chloride), organic tomato paste, organic lime juice, organic herbs and spices, cayenne, sea salt.
Wt/Vol., Packaging, Price: 8 oz (226 gm) vacuum pack. Retails for $3.99.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Matthew Schmit. 2003. Sept. 8. 2½ by 3½ inches. Self adhesive. Multi-colored on white. A stylish illustration shows a female Indian dancer. "Dice it into your favorite South Asian dishes, or steam it to bring out the flavor!"

12533. **Product Name:** Organic Thai: Zesty Thai Green Curry Tofu.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 65 Frank Martin Court, Arcata, CA 95521. Phone: 707-822-7401.
Date of Introduction: 2003. March.
Ingredients: Tofu (filtered water, organic soybeans, magnesium chloride), organic peanuts, organic coconut, organic cilantro, organic jalapeños, organic herbs and spices, sea salt.
Wt/Vol., Packaging, Price: 8 oz (226 gm) vacuum pack. Retails for $3.99.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Matthew Schmit. 2003. Sept. 8. 2½ by 3½ inches. Self adhesive. Multi-colored on white. A stylish illustration shows a female Thai dancer. "Dice it into your veggies, or steam it to bring out the flavor!"

12534. University of California, Berkeley WellnessLetter. 2003. Healthy eating: How to tell the latest news from the old news (Leaflet). Berkeley, California. 1 p. Single sided. 56 x 21 cm.
• ***Summary:*** This glossy color leaflet has a section on "Soy futures." "Latest news: Soy is a good food, well worth adding to your diet–as soybeans, tofu, soy flour, or soy milk. Soy protein may help lower cholesterol and have anti-cancer effects... But while it's a good food, it's not a magic bullet. Like all plants, soybeans are a mixture of complex substances with many potential effects in the body, some beneficial, some not."

12535. *ASA Today* (*St. Louis, Missouri*). 2003. Soyfoods enjoy growing popularity. 9(6):4-page insert after p. 2. April.
• ***Summary:*** Attractive (with 5 color photos), interesting, and original. This is the first such insert in this 4-page newsletter, and the first time this newsletter has contained a significant amount of information about soyfoods. Below the title is printed: "A special publication from the American Soybean Association." On the back page we read: "ASA thanks the sponsors of this publication...: Solae [DuPont & Bunge], Soyatech, and White Wave. Below the logo of each company is 4½-inch-long column describing the company, its history and activities.

Contents of the insert: Introduction. Soyfoods become mainstream. The most common [widely used] soyfoods. U.S. consumers more aware of soyfoods. The push for soymilk in schools. Soyfoods for the future. Export demand for food ingredient beans.

It begins: "No longer are soyfoods considered unusual or hard to find. No longer are they considered the kind of foods only eaten by so-called 'granola-crunchers' or 'health fanatics'... The menu at the recent American Soybean Association (ASA) awards banquet featured a serving of delicious edamame (sweet green soybeans) that soybean growers and guests alike enjoyed with enthusiasm."

12536. Berkoff, Nancy. 2003. Terrific tofu. *Vegetarian Journal* (*Baltimore, Maryland*) 22(2):8.
• ***Summary:*** Six tips for using extra-firm tofu. Address: RD, EdD, CCE.

12537. Dunnington, Jacqueline. 2003. Tofu toppings. *Vegetarian Journal* (*Baltimore, Maryland*) 22(2):6-7.
• ***Summary:*** Contains 7 recipes. Address: Freelance writer, Santa Fe, New Mexico.

12538. Hobbs, Suzanne Havala. 2003. Nutrition hotline: Alternate Protein Products (vegetarian) in the government's Child & Adult Care Food Program. *Vegetarian Journal* (*Baltimore, Maryland*) 22(2):2, 5.

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• ***Summary:*** Federal funding of the Child & Adult Care Food Program (CACFP) supports daily meals and snacks for 2.6 million children and 74,000 adults at home day care programs, day care centers, after-school care programs, and shelters. USDA's Food and Nutrition Service (FNS) administers the program at the federal level; at the state level it is administered by state education and health departments. Modifications to the "Vegetable Protein Products" requirements were finalized in March 2000. With the latest group of changes, "Vegetable Protein Products" were renamed "Alternate Protein Products" (APP). The cap on the amount of APPs that can be used in menus was removed, and the new regulations no longer require that APPs be fortified. Tofu and tempeh don't qualify as APPs because they don't meet the requirement in Appendix A that APPs must contain at least 18% protein by weight when fully hydrated or formulated. Soymilk and soy yogurt don't count as APPs either–even though dairy yogurt does.

12539. Morinaga Nutritional Foods, Inc. 2003. Mori-Nu. The tofu created for royalty. Now available for your table (Ad). *Vegetarian Times.* April.
• ***Summary:*** This attractive color ad (8½ by 11 inches) shows a large black-and-white photo of a former emperor of Japan and his wife. In front of it is a large color package of Mori-Nu Extra Firm Silken Lite Tofu–with a new label design. Across the bottom are small photos of the six types of Mori-Nu tofu–each with a new label design. The tofu that is "Made with Organic Soybeans" also has new ingredients–it no longer contains isolated soy protein. All should be available in stores by late April.

This ad also appeared in *Natural Foods Merchandiser* (March 2003, p. 15). Address: 2050 W. 190th St., Suite 110, Torrance, California 90504. Phone: 1-800-NOW-TOFU or 310-787-0200.

12540. Petrie, Susan. 2003. Maryland State Fair Soyfoods Cooking Contest. *Vegetarian Journal* (*Baltimore, Maryland*) 22(2):35.
• ***Summary:*** The second annual Soyfoods Cooking Contest was held last year at the Montgomery County Agricultural Fair in Gaithersburg, Maryland. The "Oh Boy, It's Soy" event, developed to promote good health and nutritional awareness in Maryland, was a state-wide competition that drew 34 entries (twice as many as the previous year) in three divisions: vegan, adult, and youth. More than $500 in prize money was awarded, and some of the winners were under age 18!

Cyndi Reeser, RD, MPH, the contest organizer and a nutritionist based in Washington, DC, received a grant in 2001 from the Maryland Soybean Board for a soyfoods education program, which included the cooking contest and nutrition outreach among 4H youth. The first year's success enabled the contest to return with new sponsors–Morinaga Nutritional Foods (Mori-Nu Tofu) and the Soynut Butter Company. This years contest will be held on 16 Aug. 2003 (Sat.). A winning recipe for Tofu salad is given. A color photo shows 3 winners of the youth division (2 girls, one boy), each holding his or her dish.

12541. Aoyagi, Akiko. 2003. McDonalds in Japan plans to launch a fried tofu burger (Interview). *SoyaScan Notes.* May 2. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Akiko recently saw a program on Japanese TV stating that McDonalds Holdings Co. (Japan) Ltd., the American burger giant, is experiencing lagging sales and decreasing profits for the first time in 29 years in Japan. In response they have decided to start selling a fried tofu burger as a healthy alternative in their Japanese restaurants, and to make other healthy additions to its Japanese menu. The new tofu burger will come with a ginger-flavored soy sauce and sell for $1.91. McDonalds' problems include youth savvy competition from the Freshness Burger chain and fears about Bovine Spongiform Encephalopathy (BSE).

Note: An article in *Bluebook Update* (May 2003, p. 1) stated that On April 23, McDonalds Holdings Co. (Japan) Ltd., a mainstream foodservice company, is adding "tofu hamburgers" to its menu. Address: Walnut Creek, California.

12542. Morey, Jennifer. 2003. Tofu Shop honored as 'super recyclers.' *Times-Standard* (*Eureka, California*). May 2. p. B3.
• ***Summary:*** Out of the hundreds of thousands of businesses in California, only ten received the top award, "WRAP of the Year," from the state's Waste Reduction Awards Program. Tofu Shop Specialty Foods was one of those ten. Owner Matthew Schmit says his company (which has about 22 employees) now recycles 99.7% of its waste. The biggest recycled item is 240,000 lb/year of soybean pulp (okara), which goes into a local farm's feeding trough. The current owner picks it up every day free of charge; he is grateful for the excellent free feed. The pulp isn't for all farm animals because of its very high content of cellulose fiber.

12543. Miller, Wiley. 2003. Non sequitur: When things go from bad to worse (Cartoon). *San Diego Union Tribune.* May 13. Nationally syndicated.
• ***Summary:*** This cartoon shows a large devil with a long pronged tail and a white napkin draped over one arm serving as a waiter. A small, befuddled man is sitting at a restaurant table reading a menu titled "Tofu List." The devil says: "Our special today, as it is *every* day, and for all eternity, is tofu."

Distributed by Universal Press Syndicate.

12544. Jones, Christina. 2003. Making tofu in Australia (Interview). *SoyaScan Notes.* May 15. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** She and her partner have been making tofu for a

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short time and selling a little of it. But they were not the first ones in Tasmania to make tofu commercially. The pioneers were people who made and sold tofu in their restaurant. She plans to order *Tofu & Soymilk Production* and *Tempeh Production* published by Soyfoods Center.

Update. Talk with Christina. 2003. June 11. She first sold tempeh in May 2003. Address: 124 Fourfoot Rd., Geeveston, Tasmania 7116, Australia. Phone: (3) 6297 1293.

12545. Thottam, Jyoti. 2003. Houston's silk road cuisine. *Time.* May 19.
• ***Summary:*** Ocean Palace, a huge banquet hall in Houston's Chinatown [Texas], is frequented by Asians and non-Asians alike. "The steamed buns filled with barbecued pork are as light as clouds; slivers of custard-soft tofu are immersed in a light ginger syrup; and the chili oil at every table is made by the chef."

12546. *Ontario Soybean Growers Newsletter.* 2003. The Australian soybean industry. May. p. 5.
• ***Summary:*** "This article was written by Dr. Malcolm Morrison, an Oilseed Physiologist with Ag Canada. He is currently on a study leave in Australia.

"In 2002, Australia produced 70,000 tonnes (metric tons) of soybean on 30,000 ha (74,000 acres) of land. Major production areas are in southern Queensland and northern New South Wales, with pockets in other irrigated regions of the country. Soybeans are planted during summer and most production is irrigated. Soybeans are used as a green manure crop in sugar cane, returning 40 to 300 kg/ha (35- 267 pounds / acre) of nitrogen, depending on whether the seeds are harvested or the crop ploughed in green.

"Annual Australian demand for soybeans far outstrips national production. The crushing industry imports about 40,000 tonnes of seed and the livestock industry imports up to 360,000 tonnes of solvent extracted meal, mostly from the United States. The baking industry uses another 14,000 tonnes of Australian grown, full-fat soy flour.

"With the drought of 2002-2003, production has dropped by 50%. Farmers have only planted the crops that they could afford to irrigate. This year it was almost as profitable to sell stored water as it was to plant and harvest a field of soybeans. In the irrigated cash crop regions, soybeans are last on the list of preferred crops after cotton, corn, grain sorghum, and sunflowers.

"Phytophthora, white mold, mildew, and soybean rust are major diseases, while insect pests are silverleaf whitefly, green veggie bug, aphids, scale bugs and mites. Plant breeders are developing disease resistant varieties and pest specialists are releasing parasitic insects, and creating viral and fungal biopesticides. Plant breeders are selecting white hilum varieties with good yield, agronomics and natto and tofu characteristics. Many of the new varieties have Canadian parents and are being tested in Asia with favourable results.

"The Australian soybean industry is beginning to target the same high value soyfood markets in Asia that Canada has been focusing on for years. Australia has a 'clean/green' reputation since they do not produce GMO food crops. They intend to capitalize on this image to capture food grade soybean niche markets in the near future. Producing an assured supply of high quality, non-GMO soybeans will be a challenge in the Australian environment." Address: Chatham, ONT, Canada N7M 5L8.

12547. **Product Name:** Tofurky Gourmet Meatless Sausages [Beer Brats with Micro Brewed Amber Ale, Sweet Italian Sausage with Sun Dried Tomatoes and Basil, or Kielbasa–Great Sandwich or Dinner].
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 2003. May.
Ingredients: Beer Brats: Tofu (non genetically modified soybeans, water, magnesium chloride or nigari), vital wheat gluten, expeller pressed non genetically modified canola oil, shoyu soy sauce (water, soybeans, wheat, salt, culture), Full Sail Amber Ale, herbs and spices, water.
Wt/Vol., Packaging, Price: Four vegan hot dogs in 14 oz pack. Suggested retail price: $3.89 to 4.29.
How Stored: Frozen or refrigerated.
New Product–Documentation: Color leaflet and news release from Turtle Island. 2003. May 1. "The liberation of the summer grill: No longer meat only." "Turtle Island Foods today announces the first Line of Vegetarian Sausages that Sizzle on the backyard barbeque... 'We hope that these Gourmet Sausages will do for the Vegetarian Grilling experience what the Tofurky Roast did for the Vegetarian Holiday Table...' says Seth Tibbott, founder and company president."

There are 3 sausages in the line. "Turtle Island is the first US company to be certified Vegan by the United Kingdom's Vegan Society. Each pack contain 4, three and one half ounce sausages." In the upper right corner of the front panel of each label is the colorful vegan logo, which is a yellow quarter circle with the words "Certified Vegan" around a sunflower.

Talk with Seth Tibbott of Turtle Island. 2003. May 14. These sausages will be available in early June in retail stores. They were introduced at the Anaheim trade show (March 2003) and attracted long lines of people. Even a janitor at the show kept coming back for more and said they were his favorite product at the show. They barbecue better than all other products for two reasons: (1) They have a little higher fat content; and (2) The main ingredient is tofu, rather than soy protein isolates. In fact, each type of sausage contains more than 50% tofu! The microbrew ale (beer) is made by one of Seth's next-door neighbors. Jean Greenfield, in charge

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of quality control for Whole Foods Market in San Francisco, California, told Seth that her company plans to phase out products made with hexane-solvent extracted soy protein isolates.

Seth had these sausages certified by the Vegan Society in Jan. 2003. His company has always made only vegan products, but they generally positioned the products as meatless or vegetarian rather than vegan; now that may change. He is now developing a line of Tofurky hot dogs, and may also produce them as private label brands for other companies.

Products (all three) with Labels sent by Turtle Island. 2003. Nov. 19. On the front panel of each label, a color photo shows the product served in a dish (as between bunds or sliced over pasta) against a single-color background. Text: "Meatless & Delicious." "Keep frozen or refrigerated." Logo: "Outdoor Grill Approved." Turtle Island Foods, Inc. logo of turtle with a planet-shaped shell inside of a circle of soybean stem and leaves. Soyfoods Center taste test: We liked the Kielbasa best and found the Sweet Italian Sausage too spicy.

Color leaflet sent by Seth Tibbott of Turtle Island. 2003. Nov. "There's 3 big new dogs in the house." Note: Seth says this was printed in about June 2003.

12548. Huang, H.T. (Hsing-Tsung). 2003. The chemistry and biochemistry of the process of tofu coagulation (Interview). *SoyaScan Notes.* June 14. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This interview was conducted to try to answer questions from Adrian Chang of Hawaii about the safety of calcium sulfate and its possible contribution to osteoporosis.

If we use calcium sulfate (Ca_2So_4) as a coagulant, we are using a chemical compound containing two positively charged calcium ions (ca++) and a sulfate ion with a negative charge of minus 2. The first step is to dissolve the calcium sulfate (a white powder) in water.

Coagulation or curding takes place when we add a coagulant to hot soymilk. From a chemical viewpoint, the protein molecules in the soymilk react with and become bound to the calcium ions to form a matrix (called soymilk curds) and become insoluble. Most of the sulfate ions go into solution in the whey. When the curds are pressed, they become tofu. Tofu curded with calcium sulfate has a higher calcium content than that curded with nigari or magnesium chloride; this is one of its main benefits.

When we eat this tofu, the digestive process (both enzymes and acids) liberates the calcium from the amino acids in the protein molecules to which it is bound; this process also hydrolyzes the complex protein molecules into simpler peptides or amino acids. The calcium, now called "free calcium" is digested and assimilated into the body and sent to the various places where it is needed (such as bones, blood, etc.); calcium is involved in many of the body's metabolic processes. When the pH is very low, as in the stomach, the calcium will probably be in the form of free calcium ions. When the calcium goes into the small intestine, where the pH is not as low (it is fairly neutral, and not as acidic), the calcium will probably still be soluble and remain in the free form.

Dr. Huang's wife was taking calcium supplements in the form of calcium phosphate–which is very insoluble. He was wondering how effective it is; does it get absorbed. The same would be true of calcium sulfate supplements.

To summarize: Dr. Huang believes that tofu coagulated with calcium sulfate is an excellent source of dietary calcium and should help to prevent osteoporosis. Address: Goodwin House, 4800 Fillmore Ave., Alexandria, Virginia 22311.

12549. Ness, Carol. 2003. Best of fresh soy milks: Taster's choice. *San Francisco Chronicle.* June 18. p. E2. Food section.

• ***Summary:*** Five brands were tasted and rated in descending order of preference as follows: 1. Sun Soy Creamy Original (79 points, $1.99/qt). 2. Silk Organic (76 points, $2.29/qt). 3. 365 Organic Original (67, $2.99/half gallon at Whole Foods). 4. 8th Continent (61, $4.49/half gallon). 5. Wildwood Certified Organic (49 points, $1.99/qt at Safeway). Address: Staff writer.

12550. Yamamoto, Seiichiro; Sobue, T.; Kobayashi, M.; Sasaki, S.; Tsugane, S. 2003. Soy, isoflavones, and breast cancer risk in Japan. *J. of the National Cancer Institute* 95(12):906-13. June 18. [44 ref]

• ***Summary:*** Breast cancer risk was reduced by one half in Japanese women who ate three or more bowls of miso soup on an almost daily basis. The report monitored 21,852 women from 1990 to 2000. Post-menopausal women showed the greatest reduction of risk.

"In Japan, soy is consumed in various forms, including dried or green soybeans, tofu (soybean curd), natto (fermented soybeans), miso (fermented soybean paste), okara (tofu lees), soybean sprouts, soymilk, yuba (soy milk skin), kinako (soy flour), and soy sauce." Address: Cancer Information and Epidemiology Div., National Cancer Center Research Institute, Tokyo, Japan.

12551. Davis, Robert. 2003. Early interest in spiritual development and soyfoods (Interview). *SoyaScan Notes.* June 23. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Bob went to Goddard College and wrote his thesis in "Planetary Development." He still has a copy. He focused on the work of Pierre Teilhard de Chardin (1881-1955; French Jesuit paleontologist and philosopher) and Rudolf Steiner (1861-1925; Austrian social philosopher and mystic). Steiner was a deeply influenced by Goethe, developed biodynamic gardening, and wrote about lost

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civilizations such as Atlantis (a fabled Island in the Atlantic that, according to legend, sank beneath the sea; Atlantis was first described by the Greek philosopher Plato in the 4th century BC), and Lemuria. Address: Founder, Good Karma Foods (GKF), 4527 Hilltop Drive, Clinton, Washington 98236.

12552. *ASA Today* (*St. Louis, Missouri*). 2003. ASA/India spurs major growth in soy consumption. 9(8):6. June.
• ***Summary:*** In March, the American Soybean Association had a booth at the premier food and beverage trade show in India, the 18th International Food Exhibition, called AAHAR 2003, in New Delhi. "Aahar" means food in Hindi. Eight companies participated in ASA's Soy Pavilion: (1) General Food Ltd. (maker of soy nuts, soy oil, soy flour). (2) M.P. State Oilfed (soy biscuits, soy nuggets [TVP]). (3) Protein Technologies International (soy protein isolates). (4) Ruchi Soya Industries (soy flour, soy chunks, soy oil). (5) Soy Appetite (Soy milk, soy rusk, tofu). (6) Sonic Biochem Indore (Full fat soy flour, defatted soy flour). (7) S.S. Agro Industries (fermented black soybeans, soy chunks, soy granules). (8) S.S.P. Ltd. (SSP, soy milk equipment / machinery).

12553. Morinaga Nutritional Foods, Inc. 2003. We have moved (Card). 2441 West 205th St., Suite C102, Torrance, CA 90501. 1 p.
• ***Summary:*** This 4¼ by 5½-inch card, printed black and red on white, announces that, effective June 1, Morinaga, maker of Mori-Nu Silken Tofu, has moved its corporate headquarters to 2441 West 205th St., Suite C102, Torrance, California 90501. Telephone, fax, and website remain unchanged. The new address is quite near its old one: 2050 W. 190th St., Suite 110, Torrance 90504-6230. Address: Torrance, California. Phone: (415) 583-9888.

12554. Turtle Island Foods, Inc. 2003. There's 3 big new dogs in the house (Leaflet). P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. 1 p. Front and back. 28 cm.
• ***Summary:*** On the front in the foreground is a huge Tofurky sausage (grilled, between two buns, with all the trimmings) with a sort of brand / logo burned / stamped onto the center of it: "Approved–Outdoor grill." In the background are packages of the three meatless sausage products in the background: Tofurky Gourmet Meatless Sausages (Beer Brats with Micro Brewed Amber Ale, Sweet Italian Sausage with Sun Dried Tomatoes and Basil, or Kielbasa–Great Sandwich or Dinner). Over

On the back are the three product labels with ingredients and Nutrition Facts. SRP (Suggested Retail Price): $3.89 to $4.29 per 14 oz. A sidebar reads: "Our premise: Up till now, the backyard barbeque has primarily been the domain of the carnivore. While the past 20 years have seen many great meat alternatives introduced that cook fine in the microwave, nearly all fall way short when placed on the outdoor grill. Some tofu wieners even say, 'Not recommended for barbeques'... Unlike the smaller dogs on the street, these dogs are not made from soy powders or concentrates. Real tofu is our soy protein! Finally there is a product vegetarians can Sizzle on an outdoor grill or cook in the comfort of your kitchen! We want these sausages to change the vegetarian grilling experience just like the Tofurky Roast changed the holiday dining experience!" Address: Hood River, Oregon.

12555. Wang, June. 2003. Pioneering work of Tau Wang, founder of First Vegetarian Foods Co., in introducing Chinese vegetarian foods to California (Interview). *SoyaScan Notes.* July 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** June's father, Tau Wang, was born in 1935 in Shandong province, China. With his elder brother, he moved to Taiwan at age 11, became a veterinarian, married, and started a family. He was a Buddhist and a vegetarian. In 19?? he decided to emigrate to the USA. He knew it would take too much time and money to get another veterinarian's degree in America, so he went through culinary training and cooking school in Taiwan. In the mid-1970s (what year??), while in his 40s, he came to the United States and established what June believes is the first Chinese company to make vegetarian products in California–perhaps in the United States. While his family waited in Taiwan as he created a place for them, he began by working at a Chinese restaurant in Maryland for 1-2 years until he obtained his resident status. Then in the late 1970s (what year??) he moved to Southern California; he liked the semitropical climate and wanted to get away from the cold East Coast climate. In those days, most Chinese still lived in Chinatown in downtown Los Angeles. There he met some Buddhist friends from Buddhist temples. He soon realized that there were almost no Chinese vegetarian foods for them to choose from–other than tofu and vegetables. So he decided to start a company named First Food to make vegetarian foods to supply first the Buddhist temples in Los Angeles, with the hope of soon expanding. His first product was steamed Chinese buns (*mantou*), followed by "Vegetarian Duck" or *Suya* (made by simmering wheat gluten; pinyin: *mianjin;* W.-G. *mien chin*), and steamed and lightly salted wheat gluten (*kaofu*). He experimented with many different vegetarian foods that were not available in Los Angeles. One new product was konnyaku.

June (age 11) and her brother left Taiwan joined their father in Los Angeles in 1979. Mrs. Wang and three more daughters came 6 months later (summer 1980). Soon the whole family was working in the business after school. June recalls: "After school, we kinds would go to work. After work, we would all go home and eat together as a family. Then we'd do our homework. We knew that our life had changed and we all had to pitch in and do whatever we

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could." When June arrived, she spoke no English. But she learned and graduated from California State Polytechnic University, Pomona, with a degree in accounting.

In about the mid-1980s Mr. Wang introduced his first soy product which was "Vegetarian chicken" called "Suchee" (pinyin: *siji;* Wade-Giles: *ssu-chi*), made out of extra-firm pressed tofu. It was cooked in water seasoned with a little salt, then the water was pressed out and it was sold in the shape of a half-cylinder. When this product was successful, he extended the line with Mushroom Suchee and Savory Suchee (seasoned with soy sauce and his own blend of seasonings). In 1985 he incorporated the company.

Gradually his business expanded to Chinese restaurants, supermarkets, northern California, then to distributors servicing other states. Because of the language barrier, and because it was family-run sole proprietorship where he pretty-much ran the whole show, with the help of his family and a few other workers.

June's father was concerned about what would happen to his business when he retired. Their foods were sold, packaged, and distributed only to the Chinese market. He also hoped it would expand beyond the Chinese market. After working outside the family business for a few years, June bought the business from him on 31 Aug. 1999, with the goal of helping her dad to realize his dream of expanding the business beyond the Chinese community. She invited her younger sister, Saline, to join her as a manager–and a potential shareholder. She soon launched a new line of Hispanic / Mexican hand-held meatless snack products named Starlite Cuisine, including 3 flavors each of Soy Taquitos (rolled in corn tortillas) and Soy Rolled Tacos (rolled in wheat flour tortillas)–both filled with textured soy protein concentrates. She hoped to sell these through Trader Joe's, but after sending many samples to the frozen foods buyer, he stole the product name and idea, and now Trader Joe's has its own Taquitos–Ugh!

A brief biography of Tau Wang's work has been written in Chinese. The company also makes make an abalone alternative based on konnyaku; it contains no soy ingredients. Address: 1429 Virginia Ave., Suite F, Baldwin Park, CA 91706. Phone: 626-338-8233.

12556. Parsons, Tony. 2003. What's in your basket? *Observer* (*London*). July 13. p. 158.
• ***Summary:*** "I snack on tons of Inarizushi–its white rice stuffed inside sweetened tofu wrapping."

12557. Elegant, Simon. 2003. Long lives well lived. *Time.* July 16.
• ***Summary:*** "Okinawa's national dish is a stir-fry called chample." "The exact recipe varies from house to house but the basic ingredients are always there: tofu, soya beans and goya [a local variety of bitter gourd]. Those three are all very high in flavonoids as well as other compounds like isoflavones, saponins and vitamins B and C that provide protection against free radicals." Address: Okinawa.

12558. Toscano, Dawn. 2003. Work with tofu in Japan and Spain (Interview). *SoyaScan Notes.* July 16. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Dawn has been living in Spain since 1988–for the last 15 years. Now she wants to start making tofu in Valencia, Spain, where it is available only at high prices, vacuum packed in plastic, at trendy herb stores or via Chinese distributors.

She knew Nahum & Bev Stiskin, whose fledgling publishing company, Autumn Press, published *The Book of Tofu* in late 1975. In March 1974, when she went to Japan (because she could not find a job in USA), she lived in Minami-ku, Yokohama, and worked at the YMCA. Then, during her yearly gynecological visit, she met a gynecologist at the Yamate Hospital who was a Lt. Commander in the U.S. Navy. He lived on the navy base in Yokohama. Later in 1974 she moved to Hayama and got into paper-making then into weaving. Beverly Stiskin was selling one of her looms, but Bev needed to see a gynecologist, so Dawn took Bev to the Yamate Hospital and Dawn's boyfriend helped her, free of charge. Dawn ended up not buying the loom. But she did talk to Nahum and showed him a newspaper article she had about tofu. He was interested. She may have given Shurtleff's phone number to Nahum or she may suggested to Shurtleff that he call Nahum.

In the 1970s she called Shurtleff at least 3 times in Japan and once in ca. 1980-81 from a phone box in Lafayette, California; her future ex-husband lived in Walnut Creek. In Japan she sent Shurtleff a draft of an article she wrote about tofu and wanted to submit to *Mother Earth News.* Shurtleff suggested some corrections, but it was never published. She used to make tofu all the time at home in Japan, and she has continued since she arrived in Spain. She bought a first edition of *The Book of Tofu,* then wrote a letter to *Mother Earth News* and urged them to review the book. They wrote back saying "no, the timing is not right," because they had never heard of tofu. She still has both letters *Mother Earth News* wrote to her. The second says "Thanks so much for bringing this book to our attention." She was a *Mother Earth News* lifetime subscriber ("Lifer," for $250) #447 or #449. Address: Calle Uruguay 59, pta 13, 46007 Valencia, Spain. Phone: +34 96 380 2129.

12559. Demos, Steve. 2003. Developments at White Wave during the past year since sale of the company to Dean Foods (Interview). *SoyaScan Notes.* July 18. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** The most important thing is that "we have successfully gotten ourselves into serious corporate America, and we have the opportunity to influence not the consumer world, but now we can also influence the business world.

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The mission on the consumer is really a matter of momentum now; any corporation could push Silk and keep it going as a pure product. The question is: Can you establish a business model that is socially responsible, environmentally responsible, consumer responsible, and fiscally responsible (make a handsome profit)–all at the same time. That is the opportunity that is being handed to us. This alignment with Dean Foods, and in particular with CEO Gregg Engles, has been remarkable.

"About two weeks ago Dean Foods announced the purchase of Horizon Organic, another company in Boulder, Colorado. The world's largest commodity dairy processor just sent a very clear signal to Wall Street: 'We are going to invest in wellness, health, and environmental businesses.' They paid about $250 million for Horizon, so they have put almost $500 million on the table for these two soy and organic milk businesses. This is all about Wall Street and large profits. It is not about saving the planet–even though they may well do that. The joke between me and Gregg Engles is 'My green is gonna meet your green on Wall Street!' Gregg has really endorsed this. This is not just an arm's length relationship. White Wave is the focus of Dean Foods' strategy going forward."

Steve has created what he calls the "Wellness Division" of Dean Foods–but he would not be surprised if this concept appears in the Dean's next annual report. Dean's price-to-earnings (P/E) ratio has been up. When Dean acquired White Wave, Dean was trading at a P/E of 16. They are now trading at 18–not because of better earnings but because of the sex appeal and opportunities of this wellness. Gregg told me he will give me anything I want if I focus on his P/E ratio–because that's what his stockholders want to see. If we position the company as a commodity business that is now invested in wellness consumer packaged goods, Dean could become the latest and greatest Procter & Gamble–if you will. There hasn't been the emergence of a serious branded company in the U.S. for quite a while. This is an unusual opportunity for Engles and Dean.

"Dean Foods is remarkably supportive of White Wave. They never interfere with anything that we're doing. Why would they? We're more profitable than any of their other divisions.

"We are now building three new extraction factories in the U.S. White Wave is producing Silk in Jacksonville, Florida, now. We invested the money in the processors and the fillers. The extraction part of that will be up and operational by mid-September of this year. We're putting in spin flash-dryers for our okara to turn it into further eco-products. Remember, now that we have an organic dairy inside Dean Foods, the okara goes to Horizon's cows producing organic milk–a nice fit and inexpensive solution, because drying okara does not cost that much. But we're going to go further than that, by turning it into an actual eco-value product, mixing it with other ingredients so that the Silk story is complete–even our waste stream. So everything is used.

"In Mt. Crawford, Virginia, we are putting in another extractor as we speak. It won't be open until Jan. 2004. Then we are installing a second extractor that will start producing later. So we will have two extraction lines in the same building. That is the major investment center for Dean on the East Coast, where all the plastic bottles are run, etc. Soon we will have facilities up and down the East Coast from Buffalo down to Jacksonville. Presently White Wave extracts soymilk for Silk from whole soybeans in two plants, in New Jersey and Utah. Soymilk for tofu, not Silk, is made in Boulder, Colorado. The dairy White Wave works with in New Jersey put up a $12 million facility next door to White Wave's extraction facility, with a pipe right through the wall; it takes up the entire capacity for this factory, about 16 million gallons a year.

In New York City, Silk soymilk has 4.2% of the dollar share of the entire milk market (including dairy milk), and in Miami 4.3%. Those are White Wave's top markets. In the entire U.S., Silk has from 3.2 to 4.4% of the milk market. One year ago, Silk had about 40% less of those markets–remarkable growth. No wonder Dean Foods likes us so much. We took their factory [in Jacksonville] and increased its value.

"It's a great game out there. It's heating up because we now have some giants gorillas that are chasing us. We figure 8th Continent has spent $40 million chasing us and they don't have much business to show for it. They are planning to spend another $40 million because DuPont owns a patent on a soybean [Synchrony resistant] and if then can establish an American market for products which use that bean, they can expand it into a worldwide market over the next few decades."

Steve has been trying to make an issue out of hexane solvent and extraction but nobody will talk with him about it. Steve refuses to use soy protein isolates in his products because they are currently made using hexane [a petroleum derivative]. He is looking for isolates or isolate-like products that are made using a more natural solvent, ideally from organic soybeans.

A new motto is being used within the company: "A brand that covers you from diaper to diaper." White Wave is developing new Silk products that fit the tastes and nutritional (especially protein) needs of different age groups–such as children, school kids / teens, soccer moms, and geriatrics. "This is the diaper to diaper approach and the direction we are going to try to take Silk. A person needs much different nutrients at age 8 than at age 70. If Silk is organic and natural soy, we can begin to act like the orange juice and the milk people and enhance that delivery, only we can customize more than they ever thought about."

Steve always used to tell people "I'm working for my grandkids." He thought things in the soyfoods industry

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would eventually turn out the way they have–but not in his lifetime. "That was okay. It has been very exciting to watch things accelerate in the direction we always hoped they would go." Address: President, White Wave Inc., 1990 North 57th Court, Boulder, Colorado 80301.

12560. Egan, Anne. 2003. Edamame (eh-dah-MAH-meh): 60 tempting recipes featuring America's hottest new vegetable. Emmaus, Pennsylvania: Rodale Press. 144 p. Illust. (25 color photos by Mitch Mandel). Index. 24 cm.
• ***Summary:*** Contents: Introduction: Name game, history (of soybeans), the hottest health food today, selection, preparation, grow your own, sources for edamame seeds. Appetizers. Salads. Soups. Main dishes. Side dishes. Conversion chart. An attractive non-vegetarian cookbook. Address: Executive Editor of Cookbooks, Rodale Press, 33 East Minor St., Emmaus, Pennsylvania 18049.

12561. *Plenty Bulletin* (*Summertown, Tennessee*). 2003. Soy Huichol [in Mexico]. 19(2):1-3. Summer.
• ***Summary:*** "Louise Hagler, culinary educator whose expertise is cooking with soyfoods, author of seven cookbooks, and Plenty advisor, recently returned from a six week technical assistance and training visit to the Huichol Center for Cultural Survival and Traditional Arts. The Center is located in the town of Huejuquilla, Jalisco, a frontier town in the Sierra Madre Occidental mountain range, which extends along the Pacific side of Mexico. Since Louise's research visit last July, (see Plenty Bulletin: Fall 2002), Plenty staff and Susana Valadez, founder and director of the Huichol Center, have developed a collaborative project called, Huichol Nutrition Education & Food Supplementation Project. Phase I of the project was funded by Onaway Trust and the AMB Foundation. Plenty is working in partnership with the Huichol Center, the regional DIF, (Departamento Infantes y Familias-a Mexican government Social Welfare Agency), and Chapingo University (the largest and oldest agricultural university in Mexico) to develop and maintain a sustainable program of nutrition education and soy food supplementation for Huichol families."

"Louise worked with Huichol Center staff to develop recipes utilizing soybeans, soymilk, tofu and texturized vegetable protein (*soya seca*) that local Huichol and urban and rural Mexican families would readily integrate into their traditional meals. Malnutrition is a serious problem in rural Mexico, especially among indigenous populations like the Huichols. Soybeans are noteworthy for producing a high-quality protein from limited tillable acreage–ten times more usable protein from an acre than if that same acre were used to raise livestock."

Photos show: (1) A DIF soyfoods class. Louise Hagler (center), with Susana Valadez to her right and Yolanda Ramirez Cordoba to Susana's right. (2) Mexican women squeezing out the soymilk at the soy processing demonstration at the Huicol village of Nueva Colonia.

12562. McCarthy, Terry; Tumulty, Karen. 2003. Davis vs. Davis. *Time.* Aug. 4.
• ***Summary:*** "Governor Gray Davis may have a 22% approval rating and the personality of the tofu shakes he drinks every morning, but he has always been a tough campaigner."

12563. Mangels, Reed. 2003. Nutrition hotline: Omega-3 fatty acids and DHA. *Vegetarian Journal* (*Baltimore, Maryland*) 25(3):2, 23. [43 ref]
• ***Summary:*** The omega-3 fatty acid that Kellogg may be adding to its products is DHA (docosahexaenoic acid), which is usually found in fatty fish. The fish get it by eating microalgae. Martek Biosciences Corp. has skipped the fish and developed a vegetarian (and probably vegan) DHA directly from the microalgae. The health benefits of DHA and omega-3 fatty acids are discussed. "Our bodies are able to produce some DHA from alpha-linolenic acid, another omega-3 fatty acid, but we are not very efficient at this production. To maximize DHA production, vegetarians are encouraged to include good sources of alpha-linolenic acid" in their diet–flaxseed, tofu, soybeans, etc. Address: PhD, RD.

12564. **Product Name:** Soga Puree Soy Smoothie.
Manufacturer's Name: Soga Soyfoods [Pulmuone U.S.A.].
Manufacturer's Address: 4585 Firestone Blvd., South Gate, CA 90280. Phone: 866-356-2800.
Date of Introduction: 2003. August.
How Stored: Refrigerated.
New Product–Documentation: Talk with John Sim, head of sales at Pulmuone. 2003. Nov. 10. This product was introduced in Aug. 2003. It is still being test marketed.

12565. Song, Sora. 2003. Going soy crazy. *Time.* Sept. 1.
• ***Summary:*** If even half the claims being made on behalf of the soybean are true, "it may be the closest thing on earth to a magic bean." "'I think eating soy foods–tofu, soy milk or miso–in moderation, a couple of times a week, should be fine,'" says Anna Wu, professor of preventive medicine at USC's medical school.

12566. Welters, Sjon. 2003. Re: Soyfoods in Russia. Letter to William Shurtleff at Soyfoods Center, Sept. 25. 1 p. Typed, with signature.
• ***Summary:*** Sjon found tofu in only one store in Russia, in a supermarket in Moscow, in the dairy case. He encloses the label. "We ate it. It tasted rather salty, and was like an extra-firm calcium chloride tofu, I would say. Not bad... The only other soyfoods (not counting Maggi by Nestle) we saw were an Alpro (who else!) soymilk carton in the dairy section of a Moscow supermarket. This particular aseptic one-liter

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pack was made in Austria. The price was about 60 rubles (30 rubles = $1). The other soyfood was Kikkoman soy sauce, a sweetened and an unsweetened variety, in small 12 fl. oz bottles. The price was 90 rubles each. That we saw on the way to Samara."

In Russia, the situation concerning soy is "definitely at ground level. Soy is getting bad press in Russia, according to my hostess, as being bad for you. Specifics they could not give me, but it came up whenever they were promoting soy. Genetically engineered soybeans are not liked. That is a plus in my opinion."

Sjon encloses a number of articles and the title pages of several books related to soy; he found them in the ACDI/VOCA office in Moscow.

12567. Welters, Sjon. 2003. Re: Visit to Malakhova SP soyfoods manufacturer in Russia as a consultant for ACDI/VOCA and Winrock International. Letter to William Shurtleff at Soyfoods Center, Sept. 25. 5 p. Typed, with signature.

12568. *ASA Today* (*St. Louis, Missouri*). 2003. Grower opportunities for identity preserved value-added soybeans. 9(10):8-page insert after p. 4. Sept.
• ***Summary:*** Contents: Front: Introduction. What are specialty soybeans? The rewards of IP production. Cooperative efforts pay dividends. The importance of contract flexibility. Defining identity preservation vs. segregation vs. channeling.

Back: Value-added soybean varieties: Certified seed, clear hilum tofu, high sucrose, low saturated fat / low linolenic, "non-GMO" soybeans, organic food grade, natto, high oleic, high protein. IP soybeans: Production contracts: Introduction, delivery and payment, delivery specifications, developing relationships, other legal considerations, a final word. Sponsored by BASF, makers of Prowl, Pursuit, and Raptor herbicides.

12569. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*). 2003. Soyfoods: New products equal new markets. 14(8):14-15. Summer.
• ***Summary:*** Discusses Wildwood Natural Foods and ADM's Soy-& products.

12570. Small Planet Tofu. 2003. Handcrafted Organic Savory Baked Tofu (Leaflet). 330112 Hwy 2, Newport, WA 99156. 3 panels each side. Each panel: 22 x 9 cm. Sept.
• ***Summary:*** On the front panel of this color photocopied leaflet is: The Small Planet logo, with a green and blue Planet Earth at the center. Below that an illustration of a lake, mountains and a waterfall. Below that: "'The Micro-Brew of Tofu.' (TM). Handcrafted Organic Savory Baked Tofu." www.smallplanettofu.com.

The rear panel is titled "Small Plant Tofu history." "Owned and operated by Tofu-Phil, Small Planet Tofu started as a dream back in 1981. The tofu-bug bit Phil hard when introduced to Bill Shurtleff, author of The Book of Tofu, while attending a lecture in Boulder, Colorado. That year Phil moved to the Northwest with aspirations of starting a tofu shop, but it seemed that the Inland Northwest wasn't quite ready; neither was Phil.

"Twelve years later, reality struck Phil, Tofu-reality that is. It was time to do it. So in 1992 Small Planet Tofu started production on a part time basis. Located in an old sprout shop in Spokane, Washington, Tofu-Phil began making tofu at night, while working full-time as an engineer by day.

"Since then, Small Planet Tofu has constructed a fully certified facility, Phil quit his day job, and we are growing every day. With a 20+ state distribution and innovative flavors, Small Planet is providing consumers the finest, *fresh* and *baked,* organic tofu available.

"Our *fresh* and *baked* Tofu is available in Firm, Garlic & Herb, Spicy, Curry, and Vegetable flavors.

"We believe that fresh-baked tofu, handcrafted in small batches, makes all the difference. We hope you'll agree and discover what tofu is really supposed to taste like."

Accompanying this leaflet are enclosed the following recipe cards (single sided, each 2.75 by 5 inches wide): Tofu-tabouli salad (Tofuli). Simple tofu stir-fry. Small Planet tofu dips. Tofu pineapple banana smoothie. Deviled tofu. Vegetable tofu pot pie. Tofu pumpkin pie. Marinated tofu salad. Address: Newport, Washington. Phone: 888 401-Tofu (8638).

12571. **Product Name:** Organic Savory Baked Tofu [Firm, Garlic & Herb, Spicy, Curry, or Vegetable].
Manufacturer's Name: Small Planet Tofu.
Manufacturer's Address: 330112 Hwy 2, Newport, WA 99156. Phone: 509-447-5146.
Date of Introduction: 2003. September.
Ingredients: Curry: Small Planet Organic Curry Tofu, filtered water, organic wheat-free tamari, organic apple cider vinegar, organic toasted sesame oil, organic garlic, organic ginger.
Wt/Vol., Packaging, Price: 7.5 oz vacuum pack. 6 count per case.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Phil Spiegel. 2004. March. "Handcrafted Organic Savory Baked Tofu." 3 panels each side.

12572. United Soybean Board. 2003. National report 2003-2004: Consumer attitudes about nutrition–Insights into nutrition, health & soyfoods. Seattle, Washington. 6 p. Sept. 22 x 21 cm.
• ***Summary:*** This tenth annual nationwide survey, commissioned by USB, was conducted in early 2003 by an independent research firm in Seattle, Washington. Random

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telephone interviews were completed with 1,000 consumers. The study's margin of error is ±3.1 percent and has a confidence level of 95%.

Contents: Introduction and methodology. Consumer nutritional habits and concerns. Healthy food decisions. Consumer knowledge of cooking oils. Consumer attitudes about fats. Awareness, usage, and trial of soy products. Soyfoods and health: Perceived healthfulness of soy products (74% healthy, 21% neutral, 5% unhealthy), awareness of health benefits of soy (heart health 29%, menopause relief 19%, prevent obesity / promote weight loss 14%, cancer prevention 10%, good protein source 5%, reduced risk of osteoporosis 3%, prevent arthritis 2%, other 14%). Consumer perceptions of biotech [genetically engineered] food. Consumer awareness and usage organic products (45% of consumers regularly purchase organic food products. Unaided basis, 47% know that organic foods can't contain genetically modified ingredients and 60% know that organics must be grown without pesticides and herbicides).

Percentage of American consumers who have tried various soy products in 2001, 2002, and 2003: Tofu 45%, 48%, 48%. Soy [veggie] burgers 40%, 43%, 44%. Soymilk 28%, 35%, 39%. Soy nuts 20%, 26%, 26%. Soy protein bars 18%, 20%, 22%.

Awareness of soyfoods: "Overall consumer awareness of soy products increased significantly this year. Soymilk achieved an 89% awareness rating. One in six [16.7%] Americans consume soyfoods or soy beverages once a week or more. Among those who do not, 47% report that nothing in particular prevents them from including soy in their diet."

Genetically modified foods: Consumer awareness dropped to 60%, an 8% decrease from 2002. Awareness is higher among men (66%) than women (57%). Those aged 35-54 had the highest awareness (66%) compared to those 18-34% (57%), and those 55 and older (57%). Negative attitude: 20%, down from 24% last year. Positive attitude: 13%. But 67% feel neutral or don't known enough about biotech foods to form positive or negative feelings. 23% of consumers are willing to pay a premium for foods without biotech ingredients, down sharply from 32% last year.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12573. Welters, Sjon. 2003. Final report for Project RUS 211: Malakhova Sole Proprietorship (MSP), a soyfoods manufacturer in Russia. Cabot: Vermont. 8 p. 28 cm. • ***Summary:*** Sjon served as a consultant to this small company from 10-16 Sept. 2003 for ACDI/VOCA and Winrock International. He submitted this report to Winrock International Inst. for Agricultural Development. (Morrilton, Arkansas 72110-9370). Contents: 1. Scope of work. 2. About Malakhova sole proprietorship. 3. Project approach. 4. Activities completed. 5. Recommendations to MSP. 6. General observations on business, marketing, processing and product improvement, and new products. 7. Notes for ACDI/VOCA and recommended follow-up survey.

Irina Malakhova and a friend started this company in Sept. 2001 in Chapayevsk, Samara Region, Russia. The company presently makes soymilk using a Russian-made SoyaCow capable of producing up to 20 liters/hour.

12574. Hymowitz, Ted. 2003. Position on genetically engineered soybeans–a position which has evolved over many years as a plant geneticist (Interview). *SoyaScan Notes.* Oct. 1. Conducted by William Shurtleff of Soyfoods Center. • ***Summary:*** Why do intelligent soybean farmers in northern U.S. states grow genetically engineered (GE) soybeans? Answer: (1) The information is extremely confusing. There are so many variables and choices for farmers. (2) For GE soybeans, the yields are now generally higher and the total production costs are generally lower than for non-GE soybeans. Breeding is a numbers game and the big seed companies can afford to have huge numbers of plots. (2) They want to simplify the number of variables and unknowns, such as price of fuel (3) Fewer and fewer non-GE varieties are available from seed companies to farmers. Today Monsanto and Pioneer Hi-Bred still offer a few non-GE lines. And a few seed companies cater to organic farmers and non-GE farmers who sell their soybeans, for example, to tofu companies in Japan. But for most farmers, it takes too much effort to try to evaluate many varieties.

The future of GE soybeans is partly a political issue. It started in the Clinton administration when Monsanto put tremendous on the government to push GE soybeans. The U.S. government should be in the business of helping to market U.S. crops, but it should try to provide foreign markets with whatever they want, rather than trying to push certain commodities or crops on them. For example, Russians like the dark meat from chickens and turkeys, whereas Americans like the white meat. So the U.S. sells Russia large amounts of dark meat–which is almost a waste product in the USA. "It is a match made in heaven." Shapiro lost his job at Monsanto; he severely hurt the company with his pushy attitude.

Ted believes that if GE crops had been allowed to evolve naturally, they would have won out in the long run. For example, GE cotton is working extremely well in China. People don't eat cotton and the herbicide saves Chinese farmers the back-breaking labor of hoeing. Moreover, glyphosate is one of the least toxic herbicides to animals; it breaks down quickly into carbon dioxide and water.

Monsanto's patent on glyphosate has expired. But they have many factories and much know-how in place to keep producing it. So Dow and DuPont each negotiate with Monsanto for the best price they can get for glyphosate, which is now a commodity. China and Israel are now making low-cost glyphosate, which costs about $0.35/gallon. The

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free market is working nicely.

The position of non-believers on GE crops is that they need to be tested more, and that we have to be careful not to let the genie out of the bottle, for it can never be put back in. Ted disagrees; he sees no troubling health or environmental risks. First, soybeans will not cross-pollinate with wild species in the USA and most other major soybean producing areas; the only countries where there is concern are China and Australia. Even if GE corn crosses with its wild ancestors, there is no guarantee that the hybrid will have a selective advantage. If it has none, the trait will fade away in time. As soybean yields rise, the extra land could be set aside for useful or natural purposes. There will be changes in weed populations, but that has happened throughout history as new agricultural technologies (such as the moldboard plow and the herbicide 2,4-D) have been introduced. Moreover, Roundup is not 100% effective on all weeds; so the other weeds will gain an advantage and require herbicide blends–which are already available. There are so many checks and balances, that if a problem arises, it will probably be caught at an early stage and eliminated. Address: Prof. of Plant Genetics, Dep. of Crop Sciences, Univ. of Illinois, Urbana, Illinois.

12575. Bjerklie, David. 2003. What you need to know about... fruits & vegetables. *Time* (*Asia*). Oct. 20.
• ***Summary:*** Fruits and vegetables are so good for you they could save your life. "Don't like tofu? Soybeans–roasted–make a good snack. Or try cooking green soybeans (edamame) like lima beans. Soy milk makes a delicious milk shake."

12576. Turtle Island Foods, Inc. 2003. No holiday guest left behind–Tofurky and Dumplings set for 2003 (Press release). P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. 1 p. Oct. 21.
• ***Summary:*** "Hood River, Oregon–Turtle Island Foods, Inc. announced today the introduction of a New and Improved version of its flagship product, Tofurky Vegetarian Feast. This year's changes include: the addition of a full pound of Cranberry-Apple, Potato Dumplings, a new 'Tofu Tender' Stuffed Tofu Roast, a new box with beautiful photos and graphics and a larger, 3.5 lb size for the entire package which retails in natural foods and grocery stores for around $20.

"Tofurky was first introduced in the USA during the Thanksgiving Holiday season in 1995 when 500 Tofurky Feasts were sold. It was the first product that had been marketed to fill the need of what to serve vegetarian guests at one's holiday table. The product has been wildly successful providing an alternative to Turkey for people who otherwise were left out of holiday celebrations. Last year, the company sold 120,000 Tofurkys in the U.S., Canada, and UK. This year, the products are to be offered to such major grocery chains as Safeway on a national level as well as in the natural foods supermarkets where it was the #4 overall selling meat alternative in 2002 despite only being sold in the 4th quarter of the year." Address: Hood River, Oregon.

12577. Book Publishing Co. 2003. Fall 2003 fall catalog (Mail order). Summertown, Tennessee. 64 p. 25 cm.
• ***Summary:*** Contains sections titled Soyfoods Cooking (p. 14-17, including books on tofu, miso, tempeh, soyfoods, meatless burgers, meat substitutes, and TVP), Healthy World Cuisine (Chinese, Japanese, Korean, Indian), Vegan Cooking (p. 24-32), Vegetarian Cooking (p. 33-36), Native Voices (Native American books and authors) (p. 45-61). Address: P.O. Box 99, 415 Farm Road, Summertown, Tennessee 38483. Phone: 1-888-260-8458 or 931-964-3571.

12578. Funk, Linda. 2003. Fall: Baking with soyfoods. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 15(1):6. Oct.
• ***Summary:*** Describes two different types of soy flour sold in retail stores (full-fat and defatted), offers hints and quick tips, plus a recipe for "Chocolate chip soy flour and tofu cookies" (with 1 cup white sugar). Photos show: (1) Linda Funk. (2) A package of soy flour. Address: Executive Director, The Soyfoods Council, Iowa.

12579. HeartHealth Partnership. 2003. Turning over a new leaf: Your heart-healthy living guide (Vol. 4, No. 2). Health Drivers Publishing. 29 p. Illust. No index. 19 cm. [26 ref]
• ***Summary:*** This booklet gives basic information is for people who want to reduce their blood cholesterol levels. It contains ads and touts specific brands. The National Cholesterol Education Program (NCEP) estimates that 52 million Americans are being treated for high cholesterol levels.

"Cholesterol is a soft fat-like substance, which in moderate amounts is essential for good health. It is part of the makeup of all cell membranes, is found in body tissue, and can be made into various hormones. Cholesterol comes from two sources. Your body produces it naturally, mostly in the liver (about 1,000 milligrams a day). The other source is the food you eat, such as meat, poultry, fish, egg yolks, and dairy products. Fruits, vegetables, nuts, seeds, and other plant-based foods do not contain cholesterol and, in fact, some of these foods have been shown to actually reduce blood cholesterol" (p. 2).

HDL (High Density Lipoprotein) is "good" cholesterol. It contains very little cholesterol in its core, but as it travels through the bloodstream it carries LDL or "bad" cholesterol away from the arteries to the liver, where it is either recycled or excreted.

LDL (Low Density Lipoprotein) is "bad" cholesterol. Its makeup is the opposite of HDL cholesterol; its core is almost all cholesterol. "If LDL levels are abnormally high, as it travels through the bloodstream it builds up on the

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artery walls. When LDL cholesterol combines with other substances, a plaque-like substance is produced that can clog the arteries.

"The ugly: Triglyceride is a form of fat found in food, body fat, and is also carried in the blood as part of the cholesterol molecule. The visible fat on chicken or steak is actually triglyceride. If you are overweight, your body stores the extra calories you eat as triglycerides. People with high triglyceride levels often have low HDL or 'good' cholesterol levels and this combination is considered by many experts to be associated with an increased risk of heart disease."

Fats in your diet and the role they play. Saturated fats, which are higher in meat, dairy products, palm and coconut oils, tend to contribute to LDL (bad) cholesterol levels. Monounsaturated fats are liquid at room temperature but will start to become solid when refrigerated. They can be found in almond, canola, olive, and peanut oils, and seem to have the effect of lowering bad LDL without lowering protective HDL cholesterol. Polyunsaturated fats are found in corn, soybean, safflower, and sunflower oils. They are liquid at room temperature and remain liquid when refrigerated. They may lower bad LDL cholesterol levels and, if used in large enough quantities, they may also reduce protective HDL levels as well. Trans fatty acids "are fats that do not occur naturally in other words, they are created" by hydrogenation. "Hydrogenated fats act like saturated fats." Look for them on labels; effective Jan. 1, 2006, the FDA will be putting trans-fats content on nutrition labels.

Consider substituting healthier alternatives for the following: Mayonnaise, sour cream (use fat-free), milk (try "soy-milk"), cream, cheese ("many varieties of low-fat soy cheese"), egg yolks, meat (switch to extra lean cuts), butter, and cooking oils ("Almond, canola, olive, and peanut are considered best").

Glossary of label terms related to calories, fats, and cholesterol: Example–"Fat free" means less than ½ gram of fat per serving. Plant sterols and stanols actually help lower LDL (bad) cholesterol.

Fiber (also called roughage or bulk) is the "part of plant foods that cannot be digested or absorbed by the body, yet it plays an important role in promoting good health and protecting against some diseases–such as heart disease. Men consuming 29 grams of protein a day have been shown to have a 40% reduction in heart attacks compared to men with the lowest fiber intake. The National Academy of Sciences recommends the following daily fiber consumption: Women ages 19-50 = 25 gm. Women over age 50 = 21 gm. Men ages 19-50 = 38 gm. Men over age 50 = 30 gm. More than 90% of Americans don't meet these recommendations; they average only about 15 gm of fiber a day (p. 12).

Physical exercise "is very likely to lower your risk of heart disease and enhance your overall sense of health and well being." Almonds can help lower blood cholesterol. In July 2003 almonds received a qualified health claim from FDA (p. 16).

"Soy-anara cholesterol: Research has shown that consuming soy protein, rather than animal protein (meat, poultry, milk, cheese, eggs) can decrease your overall LDL (bad) cholesterol." In 1999 the FDA ruled in favor of "heart healthy" labeling for certain soy products. "The most familiar forms of soy protein are those found in Asian cuisine; tofu, tempeh, and miso. To make soy proteins more familiar to Americans, products have been developed that closely resemble meat, poultry, and fish, in taste and texture. One of the great things about soy is that it can be flavored and shaped in an infinite number of ways." On the facing page is a full-page color ad for Boca Burgers and other "Boca meatless products."

12580. Klein, Barbara P.; Cadwallader, Keith R.; Chen, Dejun; Khanna, Pradeep; Sullivan, Cheryl L.; Weingartner, Karl E. 2003. Baking with soy in the American kitchen. Champaign-Urbana, Illinois: Illinois Center for Soy Foods. 63 p. Illust. No index. 24 cm. Series: Soy in the American Kitchen.

• ***Summary:*** Contents: Illinois Center for Soy Foods. Bringing soy foods to the American table. Why eat soy? Baking with soy. Soy flour. Soy protein isolate. Soymilk. Tofu. Textured vegetable protein. Soy nuts. Soy analogs (soy sour cream, soy cream cheese). Nutrient information,

Recipes (42 recipes). Every right-hand page contains an elegant full-page color photo of the recipe to its left. All of the recipes are meatless.

On page 5 we read: "Soy analogs: Soy products that have been made to look and taste like meat or dairy products are known as soy analogs."

Note: This is the earliest English-language publication seen (Dec. 2007) that uses the term "soy analogs" to refer to both meat analogs and dairy analogs. Yet this term is almost never used! The typical terms were "meat analogs" and "dairy analogs"–terms that are probably best avoided in the state of Illinois. Address: 1. PhD, editor, Director, Illinois Center for Soy Foods, 170 National Soybean Research Center, 1101 Peabody Dr., Univ. of Illinois, Urbana, IL 61801. Phone: (212) 244-1706 or www.soyfoodsillinois.uiuc.edu.

12581. Turtle Island Foods, Inc. 2003. Record Tofurky sales reported (Press release). P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. 1 p. Nov. 4.

• ***Summary:*** "Hood River, Oregon–Turtle Island Foods, Inc. announced that 4th Quarter Tofurky sales have already exceeded the 116,120 Tofurkys sold in the 4th quarter of 2002. With orders for over 118,000 Tofurkys already, the company projects sales could approach 150,000 units by year's end. This would represent a 23% increase over last fall's record-breaking sales.

"Tofurky is seen by many to be a 'bellwether' product

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reflecting overall strength of the vegetarian category. Each Tofurky Roast weighs 26 oz." A bar chart shows the number of Tofurkys sold each year from 1995 to 2003.

Talk with Seth Tibbott. 2003. Dec. 3. The total for each year equals the number of Tofurky Feasts plus the number of Tofurky Roasts. In 2002 Turtle Island sold 48,230 feasts and 67,890 roasts for a total of 116,120. So far in 2003 Turtle Island has sold 78,868 feasts and 65,214 roasts for a total of 144,082 (up 24%)–and more will be sold before the year's end. Address: Hood River, Oregon. Phone: 1-800-508-8100.

12582. Sim, John. 2003. Update on Pulmuone & Soga (Interview). *SoyaScan Notes.* Nov. 10. Conducted by William Shurtleff of Soyfoods Center. Followed by a letter dated 14 July 1997.

• ***Summary:*** About 3½ years ago T.J. Song, a native Korean who graduated with an MBA from Stanford Business School, joined the company and is now vice president and CEO. It had been an uphill battle to try to get Caucasian American consumers to recognize, pronounce, and buy Pulmuone. Late 2001 he proposed that Pulmuone start to develop tofu products that would be marketed to mainstream American consumers. All the sales and marketing people agreed with his idea. "It was a no-brainer." So Mr. Song spearheaded the idea to expand Pulmuone's focus beyond the Korean ethnic market and to keep the corporate office's basic philosophy of caring for the environment, caring for neighbors. The company motto is: "We do not sell products that we would not serve to our own family." They decided to use the name "Soga"–which has various association: Soy + garden, yoga, etc. The first products (Organic Twin-Pack Tofu) were introduced in March 2002 at the Natural Products Expo at Anaheim. They outsource their graphic design to RAP Communications. Pulmuone's full-time marketing director is Michael Bylinken. Several weeks ago there was a major article about Pulmuone in the Los Angeles Times business section. Address: Marketing Director, Pulmuone, 4585 Firestone Blvd., Southgate, California 90280. Phone: 866-356-2800.

12583. **Product Name:** Annie Chun's Miso Soup: FreshPak Noodle Bowl with Tofu and Scallion.
Manufacturer's Name: Annie Chun's, Inc.
Manufacturer's Address: P.O. Box 2418, San Rafael, CA 94901.
Date of Introduction: 2003. November.
Ingredients: Noodles: Wheat flour [white], water, tapioca starch, lactic acid, salt. Soup: Soybean paste (water, soybean, rice, salt), sugar, rice wine, sea vegetable, yeast extract, onion, shiitake mushroom. Toppings: Tofu*, green onion*, spinach*. * = dehydrated.
Wt/Vol., Packaging, Price: 5.4 oz "biodegradable bowl. Retails for $1.99 (2003/11, Lafayette, California).
How Stored: Shelf stable.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2003. Nov. 16. Paperboard sleeve has a color photo of the noodles and soup in a white bowl. To the left are three Chinese characters. "All natural Asian cuisine." "Microwave 1 minute." A small round portrait photo shows Annie Chun, a working mom. www.anniechun.com. Soyfoods Center taste test: Very unsatisfying because of the refined white noodles–which are *not* natural.

New label purchased in June 2010 at Trader Joe's. Annie Chun's All Natural Asian Cuisine: Soup Bowl (Miso). Still contains unsatisfying white udon noodles.

12584. Bloch, Benjamin. 2003. All the trimmings. *Los Angeles Confidential.* Nov. p. 254-56.

• ***Summary:*** About Chef Akasha and Chef Beth Ginsberg–color photos show each (with Akasha wearing a White Wave "Silk" cap). Akasha is the national spokesperson for White Wave's Silk soymilk. Her favorite experiences include: Traveling the world as Michael Jackson's private chef, catering Pierce Brosnan's 50th birthday party–a luau on Malibu beach, and cooking for Billy Bob Thornton and Barbara Streisand. She likes to shop for organic produce at Santa Monica Farmers Market, Hollywood Farmers Market, and Whole Foods–which has a remarkable selection of organic artisan cheeses. She is typically booked 4-6 weeks in advance. For details: Chefakasha.com.

Beth has written two cookbooks: *The Taste for Living* and *The Taste for Living World Cookbook.* In 1990 she was a chef in a restaurant on Fairfax named "442." The health food cuisine included many tofu dishes. They developed a big celebrity clientele. Now she works for Michael Milken and does all of his events, plus those of some business professionals. Funny stories: She had to cook tofu products for the ABC staff for Barbara Walters *20/20* special. They weren't told what it was. Some said they tasted great, others said they were terrible.

12585. Boyte, Frances. 2003. Tofu gourmet cuisine: Delicious recipes from the four corners of the world. Translation of Le Tofu International, by Ed and Marilyn Bell. Burlington, Ontario, Canada: Dillon Publishing Co. 119 p. Illust. (color photos). Recipe index. 27 cm.

• ***Summary:*** Most of the recipes (more than 100) in this book were developed by four professional restaurant chefs; the name of the chef is given below each recipe name: Éric Boutin, Sébastien Leblond, Benoît Paquet, and José Trottier. The name of the country, a quotation, and symbols for the degree of difficulty and cost are also given for each.

Contents: Acknowledgements: One great book–One great team. A note from the author. Part I: Tofu gourmet cuisine. The art and tools of making tofu. How to make homemade tofu. What is tofu? Its history, varieties, ready to eat tofu, where do we got tofu, how to store tofu. Tofu

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and health: The soybean, and now–tofu, you should be aware that..., what to make of those nutritional values, fat and cholesterol, minerals and vitamins, calories, other characteristics of tofu, one last word! The chefs and Francis Boyte: Biographies.

Part II: Tofu: Gourmet cuisine. The appetizers. The soups. The salads. The main dishes. The sauces and accompaniments. The breads and scones. The desserts and chilled drinks. Acknowledgments / appreciations. Recipe index (Alphabetical list of recipe names). Words of praise for the book and a color photo of the author appear on the rear cover. Address: Les Ateliers diététiques de Frances Boyte, 825, avenue Beauregard, Bureau 117, Sainte-Foy (Quebec), Canada G1V 4L7.

12586. Jenkins, D.J.; Kendall, C.W.; et al. 2003. The effects of combining plant sterols, soy protein, viscous fibers, and almonds in treating hypercholesterolemia. *Metabolism* 52(11):1478-83. Nov. *

• ***Summary:*** Jenkins' team has found new ways of achieving dramatic cholesterol-lowering effects through diet. In this study, 25 healthy hyperlipidemic individuals were put on a dietary plan (Portfolio eating plan) which included 30 gm of almonds, 2 gm of plant sterols (from enriched margarine), 15 gm of viscous fibre (from foods such as oats, barley, eggplant, or okra), and 35 gm of soy protein (from foods such as tofu, soymilk, or soy meat alternatives). The diet reduced their LDL cholesterol by 35% in two weeks. Address: Univ. of Toronto, Canada.

12587. Morinaga Nutritional Foods, Inc. 2003. This is not merely a cookie (Ad). *Natural Foods Merchandiser.* Nov.

• ***Summary:*** This full-page color ad shows a huge cookie, then pieces of another nearby. "This is a dairy-free, eggless, guilt-free, cholesterol-free, made with made with Mori-Nu Silken Tofu surprise. This is a 'let's mix up a batch for the kids' treat. This is a fresh, hot from the oven, 'betcha can't eat just one' reward. This is a Mori-Nu Silken Tofu great idea."

This ad also appeared in Vegetarian Times, April 2004 (p. 26). Address: 2441 West 250th St., Suite C-102, Torrance, California 90501. Phone: 1-800-669-8638 (NOW TOFU).

12588. Soga Soyfoods [Pulmuone U.S.A.]. 2003. New grilled and marinated Soga Gourmet Tofu: You'll never think of tofu the same way again (Ad). *Natural Foods Merchandiser.* Nov. p. 11.

• ***Summary:*** This 8½ by 11-inch color ad shows four products in this line: Santa Fe Chili & Lime, Sicilian Tomato Basil, Ginza Ginger Miso, and Korean Barbecue. "Ready to eat! Pre-diced. Pre-seasoned. Pre-grilled."

Talk with John Sim, head of sales at Pulmuone. 2003. Nov. 10. This product should be available in retail stores by Dec. 1.

12589. **Product Name:** Grilled and Marinated Tofu [Santa Fe Chili & Lime, Sicilian Tomato Basil, Ginza Ginger Miso, and Korean Barbecue].
Manufacturer's Name: Soga Soyfoods [Pulmuone U.S.A.].
Manufacturer's Address: 4585 Firestone Blvd., South Gate, CA 90280. Phone: 866-356-2800.
Date of Introduction: 2003. November.
Ingredients: Incl. tofu. miso.
How Stored: Refrigerated.
New Product–Documentation: Ad (8½ by 11-inch color) in Natural Foods Merchandiser. 2003. Nov. p. 11. "New grilled and marinated Soga Gourmet Tofu: You'll never think of tofu the same way again" (Ad). Shows the labels of four products in this line: "Ready to eat! Pre-diced. Pre-seasoned. Pre-grilled."

Talk with John Sim, head of sales at Pulmuone. 2003. Nov. 10. This product should be available in retail stores by Dec. 1. Note: The company answers the phone: Pulmuone USA and Soga Soyfoods R&D Center.

Product [Ginger Miso–"Ginza" is not mentioned] with Label purchased at Trader Joe's in Lafayette, California. 2004. July 11. 3.75 by 6 inches. Vacuum packed. White, red, dark blue, green and yellow on blue. Retails for $2.49.

12590. **Product Name:** Tofurky: A Delicious Vegetarian Holiday Feast.
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 2003. November.
Ingredients: Roast: Water, vital wheat gluten, tofu (water, non genetically engineered soybeans grown without chemical fertilizers, pesticides, or herbicides, magnesium chloride and/or nigari), white beans, garbanzo beans, non-GE corn starch natural vegetarian flavor, expeller pressed non-GE canola oil, shoyu soy sauce, spices, lemon juice, calcium lactate from beets. Stuffing: Water, organic brown rice, bread cubes...
Wt/Vol., Packaging, Price: 3 lb 8 oz (serves 4).
How Stored: Frozen. But can be kept refrigerated for 30 days.
New Product–Documentation: Product (in box) sent by Seth Tibbott. 2003. Nov. 27. This is a very attractive and well-designed box / label. 8.5 by 6.5 by 4 inches deep. The top is covered with a color photo of Tofurky, sliced in half, served on a white plate with salad. A gold and black seal, ensuring that the box has not been opened, states: "100% vegan. vegansociety.com." Below the product name: "New & improved." Below the product name: "Feast includes a tender, juicy stuffed tofu roast, 8 delicious cranberry-apple dumplings, rich Tofurky "giblet" gravy, and our signature Tofurky Jurky Wishstixs. Net weight 3 lbs. 8 oz. (1.59 kg).

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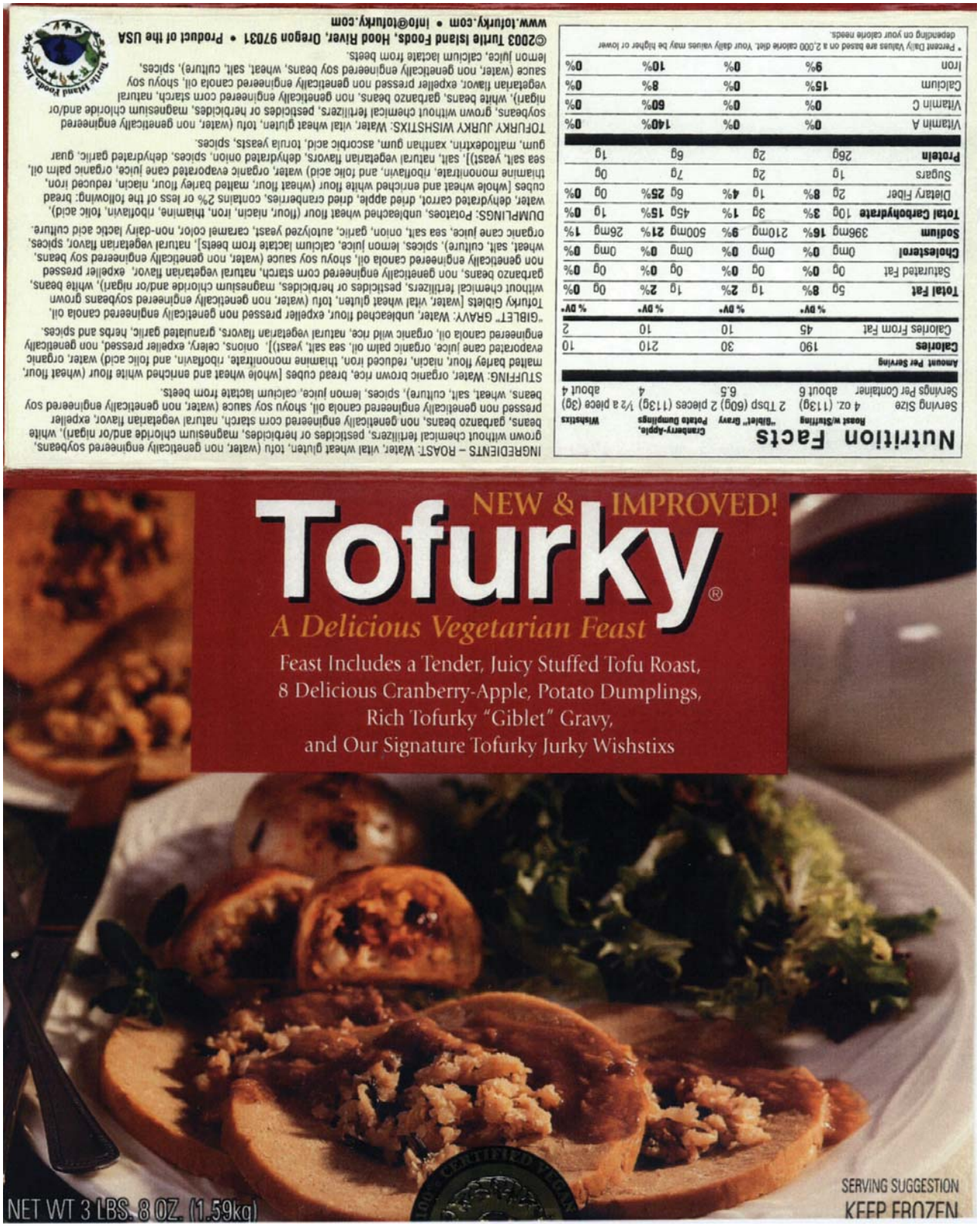

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Keep frozen. diameter. On the front of the box: "America's #1 turkey alternative since 1995." On the right end panel is a brief company history and a section titled "Travels with Tofurky" showing 3 color photos of Tofurky in Minnesota, India, and above Niagara Falls, Canada. On the back panel are Nutrition Facts and a large panel giving ingredients. On the left end panel are "Preparation Instructions"–quite complex.

Talk with Seth Tibbott. 2003. Dec. 3. The Tofurky is designed to be put into the oven next to a regular turkey on Thanksgiving or Christmas. The Drumettes were not included in this years Tofurky Feast for 3 reasons: (1) They contained isolated soy protein which is made using hexane (a volatile petroleum derivative); Turtle Island has a goal of using only natural ingredients. "The hypocrameter was getting a little too high," says Seth. (2) They took a lot of time to make at a time when Turtle Island is very busy. (3) The dumplings are delicious and could be made by another company. However Seth is getting feedback on the company Website that quite a few people like the tempeh from which the Drumettes were made, so he is looking for a more natural way to make them.

12591. Turtle Island Foods, Inc. 2003. Discovered! Tofurky seed pods. Introducing the new & improved Tofurky Vegetarian Feast with Cranberry-Apple Potato Dumplings (Leaflet). P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. 1 p. Front and back. 28 cm.
• ***Summary:*** In the middle third of the front of this full-color leaflet is a photo of a box (the packaging) of Tofurky. In the bottom third is a bar chart titled "Meatless poultry subcategory natural food supermarkets. We're #1." Source: SPINS Company, San Francisco, California. 52 weeks ending 30 Nov. 2002." (1) Turtle Tofurky Feast Vegan, 52 oz. $19.22. $843,354. (2) Boca Origina Nuggets Chicken Nat. 10 oz. $3.70. $819,132. (3) Boca Original Patties Chicken Nat. 10 oz. $3.65. $736,161. (4) Boca Spicy Patties Nat. Chicken, 10 oz. $3.64. $648,005. (5) Health Is With Chicken Free Ff Nugget, 12 oz. $4.23. $607,112. (6) Quorn Chicken Style Nuggets, 10.6 oz. $3.71. $592,718. (7) Turtle Tofurky Roast Vegan, 26 oz. $9.91. $487, 092. (8) Veat Veg. Bites, 7 oz. $3.69. $455,658.

The back, titled "What's new" shows new products, Nutrition Facts, and Tofurky ingredients. Address: Hood River, Oregon.

12592. Koh, Joan. 2003. Youth centers. *Time* (*Asia*). Dec. 1.
• ***Summary:*** Singapore shops are getting a makeover. "Across the street at Cathay Cineleisure Orchard, you'll find 21 shops offering everything from animé comics to beauty products made of tofu."

12593. *Time* (*Europe*). 2003. It's a mall world. Dec. 8.
• ***Summary:*** Singapore shops are getting a makeover. "Across the street at Cathay Cineleisure Orchard, you'll find 21 shops offering everything from animé comics to beauty products made of tofu."

12594. Jacobi, Dana. 2003. Serving soyfoods on Capitol Hill (Interview). *SoyaScan Notes.* Dec. 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Each year the American Soybean Assoc. (ASA) has a board meeting in Washington, DC. At that time they have an event for Congress. This year ASA decided to "host its first Soyfoods Luncheon," which they announced in a 2-page news release. Representative Jo Ann Emerson (R-MO) served as the Congressional host of the event. White Wave, Solae, Soyatech, and SANA sponsored the event but it (incl. Dana and her food) was paid for by ASA.

Apparently Nancy Chapman of the Soyfoods Association told ASA that Dana was a professional chef with expertise in soyfoods. So Dana got a call from Anna Pavolva of ASA inviting her take responsibility for catering this event. Dana ended up hiring a local caterer, because she lives in New York City and could not make all the preparations at such a long distance. Dana supplied the recipes and supervised the food preparation.

The event took place at lunchtime on Tuesday, 1 April 2003 at the Rayburn Building in Washington, DC. Dana was told to prepare for 200 people, but about 250-350 showed up–most of them staffers, but there were a few members of Congress. The room (29 by 52 feet, or 1,508 square feet) was packed, with standing room only. Food was served on four draped tables, buffet style like a real catered party, with real China plates (no paper plates), and spoons and forks. The attendees ate *all* the food. Dana's meatless recipes (the majority of which came out of her latest cookbook), all on one long table were: Sweet & sour meatballs. Beans and franks (Using Bratos for the franks). Macaroni salad (using ADM's Soy-7 macaroni). Honey mustard with tofu (served 3 kinds of donated soyburgers from Boca and Morningstar Farms). Chocolate velvet mousse. Edamamé. Finger sandwiches with soynut butter and jelly.

ASA hired a chef (Tod Schiller) from one of Washington, DC's premier restaurants, Kinkead's, and he conducted a cooking demonstration at the luncheon; at a second table he served a very elegant soyfoods recipe that included edamamé.

White Wave / Dean Foods had a 3rd table at which they served Silk Cappuccino soymilk out of a cooling machine. On a 4th table at the end of the room was Solae 8th Continent soymilk and Luna Bars (cut into pieces for finger foods). ASA and United Soybean Board had a 5th long table on which was information (leaflet, pamphlets) and exhibits about soybeans and soyfoods.

Dana mingled anonymously and talked with many of the staffers. "They were astounded by all the good food. This sort of event helps greatly to dispel the negative image

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that soy still has in terms of how it tastes and looks." Dana notes: "My interest in not in preaching to the converted, it is in introducing soyfoods to the rest of the people." Address: New York City.

12595. FBX. 2003. Soyfoods Summit: February 18-20, 2004. Hyatt Regency La Jolla, San Diego, California. www.foodbevx.com (Brochure). Little Falls, New Jersey: IQPC. 12 p. 28 cm.

• ***Summary:*** This brochure begins: "The Food & Beverage Exchange is proud to present its 7th Annual Soyfoods Summit." In association with Soyatech. Media partners: Nutrition Business Journal, The Soy Daily, Nutraceuticals World. The conference, which is being organized by The Food & Beverage Xchange, a division of IQPC (London, England), will have two separate tracks of presentations: (A) Technology & applications, and (A) Health benefits of soy. Summit chairs: Peter Golbitz, president, Soyatech, is chair of track A. Geri Berdak, Director, Public Affairs, The Solae Company, is chair of track B.

The facts: (1) "The US Soyfoods market has grown at an average annual rate of 14% per year for the past ten years and hit $3.65 billion in 2002." (2) "Per capita soy consumption will rise by 50% in the next 5 years." The main speakers, with their organization, track, an outline of their talk, and a small photo are given. Track A: Dr. Jonathan F. Gordon, Firmenich Inc. Hiraoki Iwamoto, Tendre Corp., Japan (frozen tofu). Phil Fass, ADM. Dr. Michael Shemer, Tivall Corp., Israel. Motohiko Hirotsuka, Fuji Oil Co Ltd, Japan. Brad Strohm, Wenger Manufacturing Inc. Mian Riaz, Texas A&M University. KeShun Liu, Univ. of Missouri at Columbia. Victor Braverman, Braverman & Associates, Mexico. Jorge Arturo Canas Diaz, Central Heledra Diaz, Costa Rica.

Track B: Milagros Virginia C. Lim, Nestle Philippines Inc, Philippines. Mark Messina, Nutrition Matters Inc. John L. Williams PhD, Univ. of South Dakota. Prof. Fujian Yang Zhenhua 851 Bio-Science Co Ltd, China. Omer Kucuk M.D., FACN, Wayne State Univ., Karmanos Cancer Inst. Helen Kim PhD, Univ. of Alabama at Birmingham. Prof. Mindy S. Kurzer, Univ. of Minnesota. Dr. Ari Babaknia, DrSoy. Wendy Barrett, Eat Smart. Deborah Miller, The Solae Group.

Day 1–General session at end of day: John A. Schillinger, PhD, Heartland Fields, LLC. Peter Hannam, First Line Seeds.

Day 2–General session running all day: Paul Lang, Natural Products Inc. Seth Tibbott, Turtle Island Foods. Tom Woodward, Tetra Pak, Singapore. Ted Nordquist, WholeSoy Co. Hsien-Hsin Chang, Lightlife Foods. Gerard Klen Essink, Prosoy Research & Strategy, The Netherlands. Frank Daller, Soyadairy, Canada. Daniel Burke, Pacific Soybean & Grain. Garnet Pigden, The Solae Company. Gerry Amantea, Hain Celestial Group Inc. Johanna McCoy, Soy Happy. Kim C. Kristoff, Gemtek.

Post-conference interactive workshops: Tim Redmond, formerly with American Soy Products. Patricia Godfrey & Danielle Karleskind, Cargill Soy Protein Solutions. Peter Golbitz, Soyatech.

For those who register and pay in full by Dec. 5, the Gold Package of conference plus three workshops the price is $2,999. By Dec. 31 it rises to $3,099. By Jan. 9 it rises to $3,199. After Jan. 9 the full price is $3,299. This does not include lodging and food. The price is $1,299 for those who register by Aug. 1, but $1,599 after Sept. 15.

Note: Talk with two people who will speak at this conference. They are paid no honorarium for speaking, and they must pay their own transportation both ways and all room and board expenses while at the conference. Why do they go? Both say this gives them an opportunity to attend the conference free of charge, to have a nice vacation in a warm and beautiful part of California, and to meet now people and promote their ideas and (informally) their products.

12596. Funk, Linda. 2003. Cookies for the holidays. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 15(3):6. Dec.

• ***Summary:*** Gives recipes for: Frosted apricot cookies (with soy cream cheese, soy flour, and 1 cup white sugar). Wonderful sour cream cookies (soft tofu, soy sour cream, soft tofu, and 1.3 cups sugar). Color photos show: (1) Linda Funk. (2) Baked cookies on a serving tray. Address: Executive Director, The Soyfoods Council, Iowa.

12597. Mescher, Kelly. 2003. Gift giving for the holidays can include soy: Investing Checkoff dollars. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 15(3):22-23. Dec.

• ***Summary:*** Midwest Bakery in Charles City, Iowa, uses soy flour as a top ingredient to bake a variety of soy cookies and soy protein bars sold under the Soy Fields (TM) label. IM Healthy SoyNut Butter "is another great way to add both the nutrition and great taste of soy to the holidays." It contains about 30% less fat than regular peanut butter. The Low Carb SoyNut butter has no sugar added.

The Original Well-Bean Coffee Co. Inc. founded by certified nutritionist / dietitian Claudia Delvecchio [Del Vecchio], uses equal parts premium Columbian coffee and locally grown organic soybeans, which are roasted and ground together. They sell 100 different flavors. Claudia developed the product when her mother-in-law was advised by doctors to consume soy after she was diagnosed with non-estrogen receptor breast cancer. Her body became sensitive to the coffee's acidity; soy acts as a buffer, "mellowing" the coffee and making it less acidic. "She loved the soy coffee and brought it to the cancer center, and they all started drinking it."

ADM makes Soy 7 pastas and textured soy proteins.

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Other gifts include cookbooks, such as those published by the Illinois Center for Soyfoods.

"Checkoff dollars have been invested in the Soyfoods Council to increase awareness and demand for soyfoods, thereby increasing demand for U.S. soybeans. (www.thesoyfoodscouncil.com) Checkoff dollars were also invested in an educational campaign targeting school foodservice professionals to take an active, positive response to the national overweight epidemic (www.solveobesity.com)."

Note: Filling the cover of this month's issue is a color photo of soy dishes and candles with the title "A soy season: New ideas for the holiday." On the title page, under "About the cover" we read: "It's easy to add a little soy to your holiday meal this year. Try some tofu in your mashed potatoes. Maybe some edamame in your mixed vegetables. Add some soynuts and a soy-based dressing to your green salad. And don't forget... soy-based candles. For recipes and other ideas on how to include soy in your meal, contact Linda Funk, The Soyfoods Council, at lfunk@ iasoybeans. com or call her at 1-800-383-1423."

12598. **Product Name:** Tofu (Vacuum Packed; Curded with Calcium Sulfate) [Regular Organic].
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 2003. December.
Ingredients: Filtered water, organic* soybeans, calcium sulphate (gypsum from the earth).
Wt/Vol., Packaging, Price: 10 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Matthew Schmit. 2004. March 8. The product was introduced in Dec. 2003. This is the company's first vacuum-packed tofu curded with calcium sulfate, and also one of the first to feature information about the omega-3 fatty acid content. 4 by 2.75 inches. Self adhesive. Green, black, and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Good source of calcium. Contains 540 mg Omega-3 fatty acids per serving. Contains 10g Protein per serving. Low in saturated fat." Logo: "Certified by California Certified Organic Farmers."

12599. **Product Name:** Tofu (Vacuum Packed; Curded with Nigari) [Firm Organic].
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 100 Ericson Ct., Suite 150, Arcata, CA 95521. Phone: 707-822-7409.
Date of Introduction: 2003. December.
Ingredients: Filtered water, organic* soybeans, magnesium chloride (nigari from the sea).
Wt/Vol., Packaging, Price: 10 oz vacuum pack.
How Stored: Refrigerated.

New Product–Documentation: Labels sent by Matthew Schmit. 2004. March 8. The product was introduced in Dec. 2003. This is the company's first vacuum-packed tofu curded with nigari, and also one of the first to feature information about the omega-3 fatty acid content. 4 by 2.75 inches. Self adhesive. Blue, black, and orange-yellow on white. A handsome, impressionistic watercolor illustration shows a tofu shop on stilts on a cliff with a tree arching overhead. "Good source of calcium. Contains 540 mg Omega-3 fatty acids per serving. Contains 10g Protein per serving. Low in saturated fat." Logo: "Certified by California Certified Organic Farmers."

12600. Choe, Ji Sook; Moriyama, Yukiko. 2003. Korean cooking for everyone. Tokyo, Japan: Joie, Inc. 112 p. Illust. (many color). Index. 26 cm.
• ***Summary:*** A cookbook of "quick & easy recipes," each step of which is illustrated by numerous color photos. The Korean name of each recipe is given, written in both Korean characters and Roman letters. Many recipes are seasoned with soy sauce.

Soy related recipes: Assorted vegetables (Namool, with soybean sprouts and toasted sesame seeds, p. 44-45). Stuffed cabbage rolls (Cabbage sam, with firm tofu, p. 54-55). Seafood and vegetable omelet (Cheon, with firm tofu, p. 56-57). Tofu steak (Tuboo steak, with firm tofu, p. 60). Braised tofu (Tuboo chorim, with firm tofu, p. 61). Tofu hot pot (Tuboo cheongol, with firm tofu, p. 62). Tofu casserole with miso (Tuboo toenjang chige, with tofu, red miso and

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white miso, p. 63). Vegetables and beef on rice (Bibimpap, with soybean sprouts, p. 64). Rice with soybean sprouts (Kongnamul bap, and with light soy sauce, p. 68). Stir-fried rice (Bokkumbap, with soybean sprouts and kochu jang, p. 69).

In the section titled "Preparation" is a subsection on "How to make kochu jang (hot sauce)" (p. 95). The major soy ingredient is "meju [soybean koji] powder." "No one-pot dish, rice dishes, salads or stews are Korean without this sauce. Each Korean family has its own recipe, but the common method is the 'slow and steady' maturation to form a good harmony of hot, sweet and sour flavors. "Born from the severe weather and environment, *kochu jang* became the Korean's masterpiece of seasonings. Make a large amount and store as it keeps well."

The word "jang" is found in seasonings such as *kan jang* (soy sauce), *toen jang* (miso, soy bean paste), and kochu jang (hot fermented soy bean paste).

Koreans believe that "Food is a medicine." When there is any disorder, the first thing to do is to take revitalizing food, rather than medicine (p. 102).

The glossary of "Ingredients" (p. 107-09) describes miso, nori seaweed, sesame oil, sesame seeds, soybean sprouts, soy sauce, tofu, and wakame seaweed.

12601. Dillman, Erika. 2003. La Soja, un tesoro nutritivo: Sus numeros beneficios para la salud [The soybean, a nutritive treasure: Its numerous health benefits]. Barcelona, Spain: Ediciones Oniro, S.A. 125 p. No index. 21 cm. Series: Terapias Naturales. [Spa]
• ***Summary:*** A Spanish-language translation of the following book: Dillman, Erika. 2001. *The little soy book.* New York, NY: Time Warner. 190 p. Address: [Seattle, Washington].

12602. Emmons, Didi. 2003. Entertaining for a veggie planet: 250 down-to-earth recipes. Boston, Massachusetts: Houghton Mifflin. viii + 470 p. Illust. Index. 23 cm.
• ***Summary:*** A friendly vegetarian cookbook. The index contains 35 entries for tofu, 19 for tempeh, 5 for edamame, 4 for seitan, 3 for miso

Recipes also call for: Adzuki beans, sesame seeds, and tahini.

The section titled "A friendly guide to unfamiliar ingredients" is a glossary with entries including: Adzuki beans. Asian fish sauce (not vegetarian; usually made of an extract of fermented anchovies. Can be replaced by Lee Kum Kee's Vegetarian Stir-Fry Sauce). Barley miso (See Miso). Black beans, Chinese fermented (See Chinese fermented black beans). Black sesame seeds. Brown miso (See Miso). Chinese fermented black beans ("They are often very salty; do not rinse them, just salt your dish less... They keep indefinitely in the fridge"). Edamame ("Young, blanched soybeans." They are commonly eaten in the pods as a snack; the pod is inedible. Also sold podless for cooking). Hatcho miso (See Miso). Miso: The five types are: Barley miso (*mugi miso*), Brown miso (*genmai miso*), *Hatcho miso* (made from soybeans only), Red miso (*aka miso*), White miso (*shiro miso*). Sesame seeds. Sesame tahini. Tempeh (see also p. 231, "Tempeh: the next great frontier"). Tofu (see also p. 217, "Tofu: the other white meat"). TVP (texturized vegetable protein). Vegetarian oyster sauce (Amoy brand). Vegetarian stir-fry sauce (not as sweet as vegetarian oyster sauce. Look for the Lee Kum Kee brand). Address: Author of the book Vegetarian Planet and the chef of Veggie Planet, a restaurant in Cambridge, Massachusetts.

12603. Fukuoka, Yasuko. 2003. Sushi!: 55 authentic and innovative recipes for nigiri, nori-maki, chirashi and more! Philadelphia: Courage Books. London: Salamander Books. 96 p. Illust. (color photos by Paul David Ellis). Index. 29 cm.
• ***Summary:*** Contents: Introduction. Nigiri. Maki-mono. Chirashi. Oshi-zushi. Other sushi.

The ingredients section includes entries for Abura-age (p. 9): "This is thin tofu fried in oil and essential for 'shojin ryori,' vegetarian cooking developed from the diet of Buddhist monks. It is also used opened as a bag to be stuffed with sumeshi rice (see inari, page 89)." Miso paste. Shoyu ("This is the Japanese variety of soy sauce and has quite a different flavor from the Chinese type"). Seaweed (ao-nori, konbu seaweed, nori dried seaweed, tororo or oboro konbu).

Soy-related recipes:

Futo-maki (p. 33) calls for "1 pack pre-seasoned abura-age (thin fried tofu: use 3 or 4 pieces, layered and cut into ½ inch wide strips)."

Shojin oshi (Beets and tofu sushi, with "1 pack {10 ounces} tofu," p. 75).

Inari (Sushi in fried tofu bags, with "10 abura-age {fried thin tofu}," p. 89).

Note: This is the earliest English-language document seen (April 2013) that contains the term "fried thin tofu." It refers to deep-fried tofu pouches. Address: Musician, composer, food writer, England.

12604. Gusman, Jill. 2003. Vegetables from the sea: Everyday cooking with sea greens. New York, NY: William Morrow. ix + 131 p. Illust. (color). Index. 24 x 22 cm.
• ***Summary:*** Learn to identify, buy and prepare sea vegetables. Contents: Introduction: How to use this book, for time-conscious cooks, deep-sea treasures, the history of sea vegetables in world cuisines, how seaweed is cultivated and harvested, sea vegetables in your kitchen. Meet the sea vegetables: Agar, alaria, arame, bullwhip kelp, dulse, fucus tips, grapestone, hijiki, Irish moss, kombu, laver, nori, sea lettuce, sea palm, wakame. Appetizers and meal starters. Soups and stews. Salads, Entrees. Side dishes. Rolls, wraps and sandwiches. Condiments. Sweets and treats. Beauty secrets from the sea. Mail-order sources.

Soy-related recipes include: Soy sauce and tamari (p.

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21). Classic miso soup (with wakame and silken tofu, p. 40). Sweet-and-sour tofu stir-fry (with arame, p. 70-71). Age tofu [aburage] in sea palm (p. 77). Hijiki with deep-fried tempeh (p. 82). Contain a large color photos of each of the sea vegetables and each of the recipes. Address: Teacher, Chef's Training Program, Natural Gourmet Cooking School, New York City.

12605. Hirahara, Naomi. 2003. Distinguished Asian American business leaders. Westport, Connecticut: Greenwood Press. viii + 242 p. See p. 216-19. Illust. (portraits). Index. 26 cm. [3 ref]
• ***Summary:*** One of these leaders is Tsuru Yamauchi, mother of Shoan Yamauchi, whose story is told on pages 216-19. Born on 25 Dec. 1890, in Shuri, Okinawa, Japan, her full name at birth was Tsuru Kamigawa. She died in 1900 in Hawaii. She was cofounder of the Aala Tofu Co., Honolulu, Hawaii (1940-1958). A "picture bride from Okinawa, she helped her husband, Shokin, establish Aala Tofu Co. in Honolulu, Hawaii, in 1940. This tofu manufacturing company, which traces its roots back to 1923, eventually made its way to Los Angeles, California, where it became Hinode Tofu Co. It eventually merged with a Japanese Spice manufacturer, House Foods, to create Hinoichi Tofu." Address: Independent writer and editor.

12606. Hosoi, Tomohiro; Kiuchi, Kan. 2003. Natto–A food made by fermenting cooked soybeans with *Bacillus subtilis* (*natto*). In: Edward R. Farnworth. 2003. Handbook of Fermented Functional Foods. Boca Raton, Florida: CRC Press. 390 p. See p. 227-50. [111 ref]
• ***Summary:*** Contents: Fermented soybean foods in Asia. Ingredients of natto: *Bacillus subtilis* (*natto*) spores, soybeans (color, size, protein content, sugar content, washing and storage methods). Natto processing: Washing and soaking of soybeans, steaming of soybeans, inoculation with *Bacillus subtilis* (*natto*) spores, packaging, fermentation, packing for shipment, changes in packages. Assessment of quality: Chemical composition, sensory tests (8 criteria), changes in consumers' preferences (growing preference for larger soybeans and natto with markedly weaker odors and strings). Health benefits: *Bacillus subtilis* (*natto*) cells (effects on intestinal microflora and feed efficiency, effects on the immune system, anti-allergy effect of subtilisin, fibrinolytic activity of subtilisin, role of vitamin K-2 (menaquinoe-7) in the prevention of osteoporosis), phytoestrogens–effects on cancer and osteoporosis. Conclusions.

Natto and related foods are all made by fermentation with the bacterium *Bacillus subtilis* (*natto*). These include sweet dou chi (*xian doushi*) in China (where it is used as a seasoning for Beijing duck [Peking duck]), kinema in Nepal and Myanmar, *tua nao* in Thailand, and *chungkuk-jang* in Korea.

In the year 2000 a total of 10.1 million metric tons of soybeans in Japan were converted directly into foods; more than 80% of these soybeans were imported. Between 1991 and 2000 there was a 13% increase in soybean consumption for natto products.

Natto makers prefer to use certain soybean varieties such as Suzuhime and Suzumaru which are grown in Hokkaido, Kosuzu in Iwate, Miyagi, and Akita Prefectures, and Natto-Shoryo in Ibaraki Prefecture.

Natto makers generally desire the following qualities in soybeans: 1. Extra small or small size (for consumers from Tokyo northward). 2. Easily washable. 3. Yellow surfaces and hila. 4. A suitable degree of stickiness when made into natto. 5. Relatively sweet taste. 5. Minimal changes in constituents and appearance during storage.

In Japan, soybeans are classified by diameter into four groups: (1) Extra small is less than 5.5 mm diameter. (2) Small is 5.5 mm to 7.3 mm. (3) Medium is 7.3 mm to 7.9 mm. (4) Large is greater than 7.9 mm in diameter.

Japan's leading natto trade association is called the "Federation of Japan Natto Manufacturers Cooperative Society."

A soybean allergen has been identified as *Gly m* d 28K. This allergen is found in high concentrations in various nonfermented soybean products such as soy protein isolate, tofu, dried frozen tofu, and yuba. However fermented soybean products such as natto, soy sauce and miso do not contain this allergen. "*Bacillus subtilis* (*natto*) produces a serine protease [proteolytic enzyme] of subtilisin NAT during its growth. Subtilisin NAT appears to degrade *Gly m* d 28K."

"Circulating platelets and blood-derived proteins (fibrin) are essential for the formation of blood clots, which prevent bleeding long enough for healing to occur. However, excess coagulation prevents normal physiologic blood flow, which causes thrombotic disorders Thrombolytic therapy is the most direct means of restoring blood flow. *Bacillus* spp. produce serine proteases called subtilisins, which are known to have fibrinolytic activity" [8 references cited]. Address: 1. PhD, Tokyo Metropolitan Food Research Centre; 2. PhD, Dep. of Food Science and Nutrition, Kyoritsu Women's Univ. Both: Tokyo, Japan.

12607. Johnson, Becky. 2003. Tofu: making the most of this low-fat high-protein ingredient, with over 60 deliciously varied recipes from around the world. London: Southwater. 96 p. Illust. (color). Index. 30 cm.
• ***Summary:*** Buyer beware! This book is sold under two different titles but with exactly the same contents, copyright date, and number of pages. This one has a paperback binding, the other is hardcover.

The 2nd title is "The Tofu Cookbook: an essential cook's guide with over 50 enticing recipes" (published by Lorenz Books, an imprint of Anness Publishing Ltd.). Both books contain many large color photos on glossy paper. with color

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photos on every page.

Contents of both titles: Introduction. Types of tofu (firm tofu, silken tofu, marinated tofu, smoked tofu, frozen tofu, deep-fried tofu, other soya bean products–bean curd skins [yuba], bean curd sticks [dried yuba sticks], tempeh, textured vegetable protein, shoyu, tamari, miso, soya dairy substitutes {soya "milk," "cream," "yogurt" and "cheese"}). Preparation and cooking techniques (includes draining, marinating, and cutting tempeh). Soups and appetizers. Salads and side dishes. Vegetarian main meals. Meat, chicken and fish dishes. Desserts (incl. homemade Strawberry and vanilla tofu ice cream and Tofu berry cheesecake).

On page 43 is a recipe for Twice-cooked tempeh which contains no tofu. Address: Chef, England.

12608. Johnson, Becky. 2003. "The tofu cookbook: an essential cook's guide with over 50 enticing recipes." London: Southwater. 96 p. Illust. (color). Index. 30 cm.
• ***Summary:*** Buyer beware! This book is sold under two different titles but with exactly the same contents, copyright date, and number of pages. This one has a hardcover binding, the other is paperback. The other title is "Tofu: making the most of this low-fat high-protein ingredient, with over 60 deliciously varied recipes from around the world." (published by Southwater, an imprint of Anness Publishing Ltd.).

See other title for details. Address: Chef, England.

12609. Kingsley, Farina Wong. 2003. Asian. New York, NY: Simon & Schuster–Source. 119 p. Illust. (color photos by Maren Caruso). Index. 24 cm. Series: Williams-Sonoma collection.
• ***Summary:*** Facing each recipe is a full-page glossy photo. Soy-related recipes: Udon with tofu and egg (with "4 blocks deep-fried tofu (page 107) each 3 inches (7.5 cm) square," p. 14-15). Miso soup with tofu and seaweed (with "3 by 3 by 5-inch (7.5 by 7.5 by 13-cm) block soft tofu" and "6 tablespoons (3 oz / 90 gm) white miso paste," p. 40-41).

Stir-fried pork in black bean sauce (with "1½ tablespoons fermented black beans, well rinsed," p. 65) has a sidebar titled "Fermented black beans" which states: "Sometimes called salted or preserved black beans, fermented black beans are soybeans that have been dried, salted, and allowed to ferment until they turn black. They are distinctly pungent, have an almost smoky character, and are used mainly in Chinese cooking such as in this simple pork stir-fry. Before using the beans, gently rinse them in a fine-mesh sieve to remove excess salt... Sold in plastic bags, fermented black beans will keep for a year in a cool, dry place."

The "Ingredients" section (p. 106-08) has an entry for tofu. The "Basic recipes" section has a recipe (p. 110) for Ginger-soy dipping sauce.

The Glossary (p. 112-15) contains entries for azuki beans, hoisin sauce, soy sauce, white miso paste.

Note: Recipes and text by Farina Wong Kingsley. General editor: Chuck Williams.

12610. Locricchio, Matthew. 2003. The cooking of China. Tarrytown, New York: Marshall Cavendish–Benchmarks Books. 71 p. Illust. (By Janet Hamlin; photos by Jack McConnell). Index. 26 cm. Series: Superchef.
• ***Summary:*** This thin hardcover book, an introduction to the regional cooking of China for young cooks, contains many color photos and illustrations. Soy-related recipes include: Hot and sour soup (*Suan La Tang,* with firm tofu and soy sauce, p. 28-29). Sweet and sour tofu stir-fry (*Tian Suan Dou Fu,* p. 42-43). Stir-fried beef wraps with smoked tofu (*Niu Rou Dou Fu Bao,* p. 52-53).

The section titled "Essential ingredients in the Chinese kitchen" (p. 68-69) includes Hoisin sauce, sesame seeds, shiitake mushrooms, soybeans, soy sauce, and tofu.

12611. Miso, tôfu, nattô [Miso, tofu and natto]. 2003. Tokyo: Nosan Gyoson Bunka Kyokai (Agricultural and Fishing Village Cultural Organization). 249 p. 22 cm. Series: Kikigaki Furusato no Katei Ryori (Written as Heard Home Cooking of the Homeland), no. 16. [Jap]*
Address: Japan.

12612. Purti, Iona. 2003. El libre del tofu [The book of tofu]. Oceano Ambar. 136 p. [Spa]*

12613. Shurtleff, William. 2003. World Book Encyclopedia: Tofu. Chicago, Illinois: World Book, Inc. A Scott Fetzer Co. 22 volumes. See Vol. 19, p. 308-09.
• ***Summary:*** A brief overview. Address: Lafayette, California.

12614. Somerville, Annie. 2003. Everyday Greens: Home cooking from Greens, the celebrated vegetarian restaurant. New York, London, Toronto, Sydney, Singapore: Scribner / Simon & Schuster. xix + 395 p. Illust. by Mayumi Oda. Index. 24 x 19 cm. [30+ ref]
• ***Summary:*** A delightful and lovely vegetarian cookbook, filled with the spirit of Greens and Zen Center in San Francisco, California. Soy-related recipes: Crispy spring rolls with spicy dipping sauce (with ½ lb firm tofu brushed with tamari or soy sauce. The refreshing dipping sauce contains ¼ cup tamari or soy sauce, p. 5-6). Vietnamese spring rolls with peanut-hoisin sauce (with 14 oz firm tofu, p. 7-9). Tai's Vietnamese tofu sandwich (with 1 package regular tofu, 14 to 16 oz, fried, p. 129-30. "This warm, braised tofu sandwich is reminiscent of sandwiches sold by street vendors in the cities of Vietnam"). Spring stir-fry with peanut sauce and Thai basil (with ½ lb firm tofu, p. 210-11. For the sauce: "Be sure to use high-quality nonhydrogenated peanut butter; it makes all the difference here"). Udon with miso, shiitake

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mushrooms, and bok choy (with ½ lb firm tofu, p. 246-48).

"The Asian pantry" (p. 358-60) includes entries for ginger, and "tofu or bean curd" (including silken tofu). "Condiments and seasonings" (p. 360-62) includes coconut milk, hoisin sauce ("This dark, intensely flavored sauce has a perfect balance of sweet and salt; that's what makes it so deliciously addictive"), miso, mushroom soy sauce, tamari, and toasted sesame oil. "The dessert pantry" (p. 363-66) includes various types of chocolate, soy milk ("For desserts and pastries, we prefer vanilla soy milk to plain soy milk; with its smooth vanilla flavor, it's especially good with chocolate"), almond paste ("just plain almonds ground with sugar"). Address: USA.

12615. Vergne, Elisa. 2003. Chinese pavilion: Casual Chinese cooking at home. San Francisco, California: Silverback Books. 119 p. Illust. (color photos by Yves Bagros). Recipe index. 23 cm.
• ***Summary:*** A collection of 78 simple recipes. Soy related: Cucumber stuffed with tofu (p. 53). Tofu fritters (p. 79). Chicken with black beans (with "1 tablespoon fermented black bean sauce," p. 101). Spinach and tofu (with "2 tablespoons spicy fermented tofu," p. 106).

Glossary: Hoisin sauce (substitute heated ketchup mixed with a little soy sauce). Oyster sauce (made from oyster extract, soy sauce, etc.), Soy sauce. Tofu (incl. fried tofu).

12616. Toscano, Dawn. 2004. Re: Translating *The Book of Tofu* into Spanish. Three Spanish-language books on tofu. Updating lists of tofu makers in Spain and Israel. Letter to William Shurtleff at Soyfoods Center, Jan. 1. 3 p. Typed, with signature.
• ***Summary:*** Dawn is working each day to translate *The Book of Tofu,* by Shurtleff and Aoyagi, into Spanish; she has not yet found a publisher. She has found three Spanish-language cookbooks dedicated to tofu, which she cites and will send to Soyfoods Center. She then updates information about 5 tofu makers in Spain and adds new listings for 3 tofu makers in Israel. She and a friend visited Zuaitzo Proteinas Vegetales (legal name: Ekosal-Luz, S.L.) in Vitoria. The founder, Javier Arocena Arumburu, is now a major "stock holder." The director is José Ignacio Orlando. Address: Calle Uruguay 59, pta 13, 46007 Valencia, Spain. Phone: +34 96 380 2129.

12617. Fresh Tofu Inc. 2004. Home page and all links (Website printout–complete). www.freshtofu.com Printed Jan. 19.
• ***Summary:*** Links: (1) About us (1 p.). (2) The history of Fresh Tofu (2 p.). Incorporated in Nov. 1983 by Jeffrey Connerton. In 1984 he met Gary Abramowitz. (3) Our products (1 p.). Color photos of 9 products. (3) Tofu Turkey. Introduced in 1992. Address: 1101 Harrison St., Allentown, Pennsylvania 18103. Phone: 610-433-4711.

12618. Takayama, Hideko. 2004. The latest homegrown diet craze. *Newsweek International.* Jan. 26. p. 48. *
• ***Summary:*** About the Okinawan diet.

12619. **Product Name:** [Non-dairy Philadelphia Cream Cheese (Supreme, Fine Herbs and Pepper, Cheesy)].
Foreign Name: Veggiedelphia (Supreme, Fine Herbs and Pepper, Cheesy).
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: D-54578 TofuTown Wiesbaum, Germany. Phone: +496593 9967-0. Fax: 6593 9967-225.
Date of Introduction: 2004. January.
Ingredients: Supreme: Real nigari tofu (pure Eifel water, soybeans*) (32%), sunflower seed oil*, palm oil*, almonds*, spices*, yeast*, lemon juice*, sea salt, carrageenan, carob flour*, ascorbic acid, rice flour*, cane sugar* (0.4%), herbs*, natural vanilla extract*. * = Organically grown.
Wt/Vol., Packaging, Price: 150 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Color leaflet brought by Bernd Drosihn. 2004. March 15.

12620. **Product Name:** [Veggie Tuna].
Foreign Name: Veggie Tuna.
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: D-54578 TofuTown Wiesbaum, Germany. Phone: +496593 9967-0. Fax: 6593 9967-225.
Date of Introduction: 2004. January.
Ingredients: Real nigari tofu (pure Eifel water, soybeans*) (25%), wheat gluten, Viana real smoked tofu (pure Eifel water, soybeans*, smoke), sunflower seed oil*, almonds*, tomato pulp*, spices*, yeast*, red beets*, sea salt, sea vegetables, carrageenan, carob flour*, rice flour*, cane sugar* (0.4%), herbs*. * = Organically grown.
Wt/Vol., Packaging, Price: 150 gm vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Color leaflet brought by Bernd Drosihn. 2004. March 15.

12621. Wais, Asmat. 2004. Tofu and soybeans in Uzbekistan (Interview). *SoyaScan Notes.* Feb. 11. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Mr. Wais, a native of Afghanistan and an experienced businessman, is thinking about starting a tofu manufacturing plant in Uzbekistan. There is presently only one such plant in Uzbekistan; it is run by a Korean man and it serves a population of about 250,000 Koreans now living in Afghanistan. He thinks that Stalin forcibly removed them from North Korea to do forced labor in Uzbekistan. He would like to buy a tofu shop that makes 1 ton/hour. He would prefer to buy tofu equipment made in the USA since OPAC, a U.S. government agency, finances 80% of U.S. made equipment purchased for use overseas.

Mr. Wais speaks good English and is an experienced

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businessman. He earned a degree in business administration at Michigan State University. Then he returned to Afghanistan, where he eventually owned 3 businesses, including a raisin processing plant.

Soybeans have been grown on a fairly small scale in Uzbekistan since 1991, when the country declared its independence from the Soviet Union. All land is still owned by the government; the people lease it from the government.

He travels frequently to Afghanistan and Central Asia. Most people in Afghanistan–except warlords, a few Taliban supporters, and criminals–are extremely grateful to the USA for liberating them from the Taliban. But life in Afghanistan is still difficult and dangerous. Address: 6309 Barnsdale Path, Centerville, Virginia 20120. Phone: 703-815-1360.

12622. **Product Name:** [Fresh Tofu, Smoked Tofu].
Foreign Name: Tofu Svjezi, Tofu Dimljeni.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Nehajska 42, 10000 Zagreb, Croatia. Phone: 01 3385 533.
Date of Introduction: 2004. February.
Ingredients: Fresh: Soybeans, water, nigari. Smoked: Soybeans, water, nigari, natural smoke.
Wt/Vol., Packaging, Price: Fresh: 280-350 gm vacuum packed, 35 kn/kg. Smoked: 200-250 gm vacuum packed, 55 kn/kg.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Vlatka Kuzmic. 2005. June 6. She wrote the introduction date and English translation of the product name on the back of each 2½ by 3¼ inch label. Self adhesive. Blue, green, and orange. Color photo of yellow soybeans against a blue background. Product name in white letters on light green background.

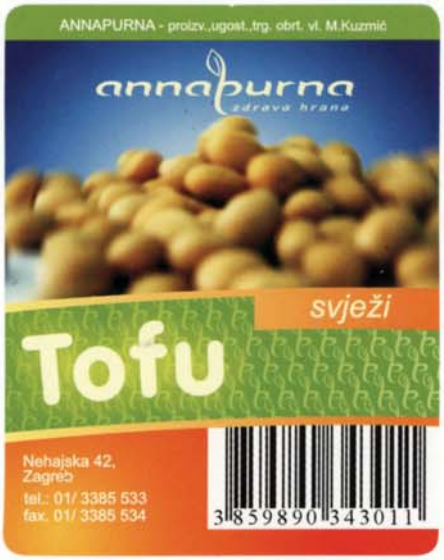

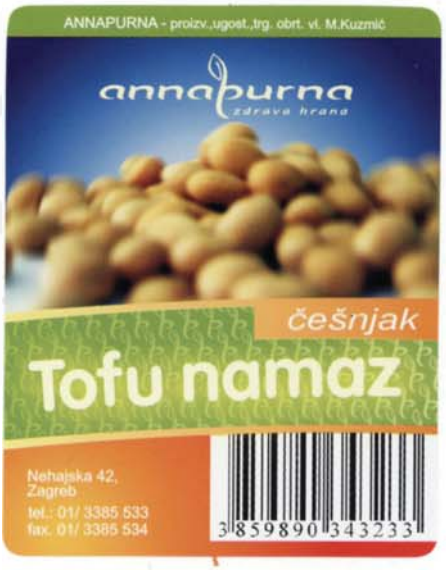

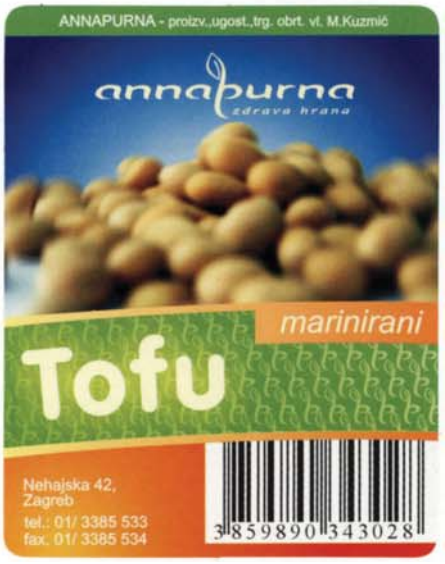

12623. Shida, Yasuyo. 2004. Soymilk desserts: Quick & easy. Tokyo: Joie, Inc. 92 p. Feb. Illust. (color). No index. 26 cm.
• ***Summary:*** A handsome book loaded with glossy color photos. Contents: About the author. Baked desserts. Steamed / fried desserts. Fruit desserts. Chilled desserts. Drinks & shakes. Nutrition and health benefits of soybean products. Kitchen utensils for making sweets. Glossary: Meringue, mousse, okara, parchment, puree, sesame seeds, sieve, skimmed milk, souffle, syrup, tofu, *tonyu* (the Japanese word for soymilk), whisk, *yuzu* (a sour and fragrant citrus fruit from Japan).

The author has studied confectionary art at both L'Ecole Lenotre in Paris, France, and at Richmond Bakery School in Luzern (Lucerne), Switzerland. A portrait photo shows the author.

12624. *The Non-GMO Source* (*Fairfield, Iowa*). 2004. More global competition seen in organic soybean market. 4(2):1-2. Feb.

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• ***Summary:*** "Demand for organic soybeans remains strong, increasing 20% per year, driven by the growing consumer demand for soyfood products such as soymilk, tofu, and meat alternatives.

In the USA organic soybeans are grown on nearly 200,000 acres, making them the most widely grown organic crop in the country; their acreage has increased 112% since 1997, according to USDA statistics. The leading states producing organic soybeans are Minnesota, Iowa, and Wisconsin; together they produce almost 45% of the total crop. Yet organic soybeans accounted for only 0.24% of the total U.S. crop in 2001.

Last year the crop of organic soybeans in the US was 25-50% smaller than anticipated, so today there is a huge shortage of organic soybeans in the USA.

Brazil and China are starting to compete with the USA as growers of organic soybeans.

A sidebar is titled "Difficult to gauge market for organic soybeans." There are many players but no reporting requirements, so everything is done in secret.

12625. *The Non-GMO Source* (*Fairfield, Iowa*). 2004. Taiwan's demand for non-GM and organic soybeans increasing. 4(2):3. Feb.

• ***Summary:*** Taiwan has a large market for soybeans for food use, estimated at 225,000 tons. Most of the soybeans are used to make tofu and soymilk. In 2002/03 about 7,500 tonnes (metric tons) of the food-use soybeans came as identity preserved, non-GM "food grade," and organic. Of this total the USA supplied an estimated 4,500 tonnes, Australia 2,000 tonnes, Canada 500 tonnes, and all other countries combined 500 tonnes.

12626. Shurtleff, William. 2004. Why do we in the USA use the Japanese word "tofu" rather than the Chinese word "doufu" to refer to this soyfood product? (Editorial). *SoyaScan Notes.* March 4.

• ***Summary:*** Several important trends would favor the use of the Chinese term "doufu": (1) During the period 1920 to 1960, Chinese cooking was much better known in the USA than Japanese cooking. There were many more Chinese restaurants, Chinese cookbooks, and Chinese recipes in American cookbooks (See *Cooking with a Foreign Accent,* 1952; *Helen Brown's West Coast Cook Book,* 1952, etc.). (2) In 1975, there were also more Chinese-American tofu manufacturers. See list in *The Book of Tofu,* by Shurtleff and Aoyagi–although no list is complete because many were small and sold their products mostly to the local Chinese community. (3) Americans generally prefer Chinese-style firm tofu to Japanese-style soft tofu.

But: (1) The influence of confusing Chinese terminology and spelling due to dialects and lack of standard system of romanization. For example, Cantonese is the main dialect of Chinese spoken in the United States, whereas Mandarin is the standard in China.

(2) Influence of Japanese macrobiotic movement: 1. In the 1950s, George Ohsawa, a Japanese teacher, started the macrobiotic movement in the United States. He and his teachers (Michio and Aveline Kushi; Herman and Cornellia Aihara) developed a great popular interest in Japanese foods. 2. Tofu used as an ingredient in many macrobiotic cookbooks. 3. The macrobiotic movement played a major role in starting the natural foods industry in America, especially with the pioneer company Erewhon–started by Aveline and Michio Kushi, Japanese teachers of macrobiotics. The first Erewhon retail store opened in Boston, Massachusetts, in April 1966. Soon Erewhon became the most important distributor of natural foods in the USA. Tofu was sold at most natural food stores, where it was almost always called "tofu."

(3) Influence of William Shurtleff: He became interested in both macrobiotics and Japanese culture in the mid-1960s. 1967 spring–He took a course in Japanese Art, taught by Michael Sullivan, at Stanford University; that summer he lived in Kyoto, Japan, studying art and architecture and practicing Zen meditation. 1968 May–the Esalen at Stanford program (of which he was director), hosted Michio Kushi, a Japanese teacher of macrobiotics, in a 1-week workshop. At about this time Shurtleff and the members of the commune in which he lived near Stanford University decided to stop eating meat and become vegetarians. 1968 June 10–Shurtleff entered Tassajara Zen Mountain Center south of Carmel, California, where he practiced meditation as a student of Japanese Zen master Shunryu Suzuki, roshi for 2½ years. The delicious vegetarian diet included tofu, miso, and whole soybeans. 1969 Dec.–A photocopied book titled *The Tassajara Food Trip,* which he wrote, was distributed to friends at Christmas. It contained many Japanese and macrobiotic recipes served at Tassajara–including 4 recipes calling for "tofu"–the word that was used by everybody at Tassajara to refer to this food. 1971 Jan. 16–Shurtleff arrives in Japan to study Japanese language and culture, and Zen meditation. He becomes increasingly interested in Japanese foods and especially tofu. 1971 Dec. 26–He meets Akiko Aoyagi in Tokyo. She is an excellent cook and artist, and begins to serve him many Japanese-style vegetarian recipes–often including tofu. 1972 Dec.–He begins to write a booklet about tofu, for friends. But after meeting Nahum and Beverly Stiskin, founders of Autumn Press, the booklet is transformed into a book project. In Dec. 1975 *The Book of Tofu,* by Shurtleff and Aoyagi, was published in Japan by Autumn Press. It was the first popular book about tofu in the Western world, and it quickly became a best-seller–selling more than 500,000 copies by the year 2002. The Preface to the 2001 editions gives details about how the book was written.

(4) Influence of Library of Congress. In the USA the Library of Congress has long been the organization that

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decides which terms will be used to describe important subjects. The results are published in the well-known Library of Congress Subject Headings (LCSH), which is updated each year as new terms are added or outdated terms change. On 6 June 1977 the term "Bean Curd" was approved by the Library of Congress Subject Headings committee. On the same day they approved "Bean Curd, Dried" and "Cookery (Bean Curd)." So starting at this time, "bean curd" became the official, authoritative name for tofu. According to Tom Yee of the Library of Congress, these headings were probably established as a result of cataloging *The Book of Tofu,* by Shurtleff & Aoyagi. Any books about tofu published in the USA would thereafter be given the subject heading "bean curd" by the Library of Congress and libraries across America in their cataloging and card catalogs. New editions of *The Book of Tofu* published after June 1977 were given the subject heading "bean curd." In May 1985 Shurtleff wrote the Library of Congress, Cataloging in Publication Div., recommending that its subject heading be changed from "bean curd" to "tofu." He gave three carefully researched reasons for recommending the change. The Library of Congress made the change from "bean curd" to "tofu" in their subject headings. Address: Lafayette, California.

12627. Drosihn, Bernd. 2004. Update on soyfoods in Europe. Part I (Interview). *SoyaScan Notes.* March 15. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This interview was conducted during Bernd's visit to Soyfoods Center. The biggest development for soyfoods in Europe during the past 5-7 years is that soymilk has entered the mainstream market in several countries, driven mainly by Alpro (whose brand was changed to AlproSoya from Alpro 2-3 years ago), the main soymilk maker in Europe. AlproSoya is spending lots of money promoting soymilk and educating consumers about the health benefits of soyfoods. And although there are no health claims in Europe (there is sort of one in the UK) and no FDA, there is a great deal of information available about the health benefits of soy. Women, especially those in their 40s and 50s near the age of menopause, are the target of much advertising and educational material. AlproSoya uses brochures, Internet and TV advertising to educate these people. However Bernd feels that Alpro's style is a little old-fashioned.

Meat alternatives and dairy alternatives are also growing rapidly, but they are still niche products. The organic movement in Europe has long been bigger and stronger than its American counterpart, and it continues to grow at a healthy rate. In Germany, the government greatly helps the organic movement–which is also strong in France, Italy, and Spain in both mainstream and health food sectors. The organic and soyfoods movements have generally worked closely together to help one another, although not all soyfoods companies (especially those based in the Asian market) use organic ingredients. Sojaxa, the former European soyfoods association, is now named Ensa. Ensa is still based in France and it gets some money from the department of agriculture in France because some soybeans are grown in southern France. Since soybeans are not an important European crop (most are imported), they are not promoted by European governments.

The discovery of mad cow disease in about the year 2000 in many European countries outside of the UK had a very positive effect on soyfoods. It was a rising tide that lifted all ships (soyfoods companies). From that time on soyfoods gradually started to be recognized in mainstream markets.

Bernd buys all his soybeans (specific desired varieties at a specified price) under a "Fair Trade" contract from a specific organization in southern Brazil; all are certified non-GE (genetically engineered).

Many European companies now state in their brochures that the FDA has given a heart-healthy claim for soy protein in the USA. But American food has a bad reputation in Europe, being strongly linked with McDonalds, Coca-Cola, Burger King, etc. So Europeans tend to be skeptical of American claims related to food. Instead European companies prefer to cite the original research articles and summarize their findings.

Bernd is not aware of any negative information about soy on the Internet–probably because most of it is in English.

The three largest soyfoods markets in Europe (in total sales) are probably the UK, France, and Germany–in that order. But in terms of per capita consumption, the largest are probably the UK, Netherlands, Belgium, France, and Germany–in that order.

Alpro, which has a very close connection to France, has done a great deal to develop the market there. Bernard Storup's company, Nutrition et Soja S.A., now owned by Novartis, is doing well and is also strong in France. Bernd just saw Bernard (and his business partner Jean de Preneuf) at the Nuremberg show in Germany. Bernard would like to get out of his relationship with Novartis (formerly Sandoz), because they no longer get funding and Novartis has no interest in Nutrition et Soja. Note: Sandoz AG (Basel, Switzerland) merged with Ciba-Geigy in March 1996 to become Novartis. Jean is "the Steve Demos of Europe"–very creative and very crazy. He has an old farmhouse in the south of France and he also has another business that makes sunglasses.

The creation of the EU (European Union) and the euro as a currency has helped Viana and most other soyfoods companies in Europe by greatly facilitating exports and imports across country borders. As a result of its move to a new and larger factory, the creation of the EU, and the advent of mad cow disease, Viana's exports now 35-40% of total sales, and are growing faster than sales in Germany. Viana exports outside the EU (to Croatia, Czechoslovakia, Israel, Morocco, Bahrain, etc.) account for about 1.5% of sales. The

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economies of eastern Europe are developing very slowly. Bernd knows of 2-3 tofu makers in Poland (incl. Polsoja; tofu is sold in supermarkets) and at least 2 in Czechoslovakia (one employs 60-80 people). In Austria, Guenter Ebner works for Viana, sells Viana products, knows the eastern European market very well, provides much information to Bernd about this market. The founder of Sojarei Vollwertkost GmbH, Guenter had his company taken over by the major shareholder in an unfriendly way; they kicked Guenter out.

The boundaries between eastern and western Europe are slowly breaking down. The move toward a unified greater Europe will be accelerated on May 1 of this year when 10 eastern European countries are scheduled to join the EU: Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Slovakia, and Slovenia.

Bernd estimates that only about 10% of Germans consume soyfoods at least once a month; this figure is much lower than in the USA. Viana's exports have grown. Continued. Address: Founder and president, Viana Naturkost GmbH, 54578 Wiesbaum / Vulkaneifel, Germany. Phone: +49 06593-99670.

12628. Drosihn, Bernd. 2004. Update on soyfoods in Europe. Part II (Interview). *SoyaScan Notes.* March 15. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Soymilk: A major new soymilk maker in Europe is named Wild (www.wild.de), an old German food company that specializes in fruits and ingredients; their retail soymilk is named Soy and Joy. Their most famous brand is Caprisun, a non-soy drink in a foil pouch, well known in the USA. They and So Good, the Australian soymilk now made with Solae, are both strong competitors of Alpro.

Several weeks ago Hain-Celestial of New York purchased two German soymilk makers, both owned by Bruno Fischer, Jr.: Natumi and Gut Honneroth. He sold both companies at a low price–probably because he had to. Bruno had gotten his soymilk into Aldi, the mother company of Trader Joe's and the No. 1 discounter in Germany–and maybe in all of Europe, and he developed a large soymilk business with Aldi–perhaps so large he could no longer handle it himself. Bruno also made a lot of private label soymilk. With Hain, Bruno found a large German dairy to make soymilk for Aldi under a new Aldi brand. The new European CEO of Hain-Celestial is Philippe Woitrin, who was CEO of Lima Foods when Hain acquired it.

Triballat makes the best soy yogurts (Sojasun brand) in the world–in Bernd's opinion. They have a new brand, Sojadé, which are delicious creamy yogurt drinks–maybe organic. The Japanese Yakult concept of drinking live beneficial probiotic bacteria each morning has now caught on in a big way in Europe. Yakult is one of the best entries into the European food market in years. Bernd just saw White Wave's Silk Alive [the name was soon changed; it was sold commercially only under the name "Silk Live"], a similar product, at the Anaheim Natural Products Expo. But he liked the Wildwood smoothie even better, and the WholeSoy fermented soymilk best of all American products.

In France a small company named Sojami (pronounced so-zha-MEE), which started about 10 years ago, makes very creative, unique, and interesting soy cheeses and cultured soy yogurts. The founder has a university research background and is a very nice guy.

Tofu: Tofu consumption in Europe has expanded steadily over the past 5-7 years, but it is still a very small product. The largest maker of the tofu and tofu products sold in Germany is Life Food GmbH / Taifun Produkte, run by Wolfgang Heck and Guenter Klein. Heuschen-Schrouff B.V. (Landgraaf, Netherlands) and Viana are tied for second place. About 10 years ago, Heuschen-Schrouff started selling their tofu under the organic So Fine brand (www.sofine.nl). An Indian-run company in Kerkrade, Netherlands, run by the brothers Singh (both Sikhs), makes tofu mostly for the Asian (Indonesian) market. In 2001 Viana started selling its tofu to the mainstream market under the Veggie Life brand; this English-language brand name communicates well to people speaking many different languages throughout the EU (European Union)–though distribution is still limited to Germany and Austria. Soto Tofu, formerly run by Rolf Barthof has been sold to a very large dairy company, Algäuland. Viana's main products are tofu and tofu products–such as meat and cheese alternatives. Viana is #1 in Germany in meat alternatives. Germans buy soyfoods for three main reasons: They are good for one's health, they taste good, and good for the environment. Bernd is a vegan, but about 90% of Viana's products are sold to non-vegetarians.

Early tofu companies still active in Europe include Sojafarm (founded and still run by Lothar Stassen), Albert's Tofuhaus (Albert Hess; exports lots of his products to France). A basic problem with the smaller, early tofumakers in Germany is that they didn't have the creativity or power to put a brand on the market. So both these companies produce a lot of tofu under private labels. Lothar bought the Svadesha brand (Svadesha was the first German tofu company) and produces tofu under the Svadesha brand. About 2-3 years ago he also purchased the Nagel's Tofu brand from Christian Nagel, who now markets the tofu under his former brand. So Lothar makes tofu under 3 brands. Berief Feinkost (in Beckum, northern Germany), started 10-15 years ago, tries to cover the mainstream tofu market, but not very successfully. Kassel Tofu Kato (started by Gyoergy / Yuri Debrecini, who was at Soyastern). Thomas Karas is no longer involved with soyfoods; he tried to enter the computer business but Bernd does not know what he is doing now. In Spain, the market leader is Natursoy near Barcelona. Nearby is Salvador Sala of Vegetalia. In Spain, there is a lot of interest in and rapid growth of soyfoods and organic foods. In Italy the Ki Group (Schenker) owns a tofu company–fairly old but not very creative.

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In the United States, Pulmuone now has three U.S. factories; their first one in Southgate, southern California, a new one at Fullerton, California, and a 3rd one in New York. The Fullerton factory is the most modern Bernd has ever seen. There they make Gourmet Tofu, introduced in about Jan. 2004, which is presliced and marinated, in 4 flavors / styles: Baked, Sliced, and Marinated.

Meat alternatives: Nestle now owns Osem which owns Tivall, the Israeli maker of meat alternatives. Since all of Tivall's products are held together by eggs or egg whites, none of them are vegan–and none are organic. Quorn, which also contains lots of egg protein, is owned by AstraZeneca [Marlow Foods]–which wants to sell the company because growth and profits have been lower than expected. DE-VAU-GE in Germany is a very big company, they make large amounts of meat alternatives (incl. burgers), and they do a lot of business with Aldi in breakfast cereals–not in soyfoods. Bernd thinks they are good, and very economical manufacturers, but they are not very creative and they have no USP (unique sales point); moreover, many of their products contain egg protein, but their quality is lower than that of Tivall. Bernd believes his meat alternatives are as good as Tivall's, but more expensive, in part because of organic ingredients. Tivall makes its raw materials in Israel, then exports these to Europe for cutting and flavoring.

Klaus Gaiser owns Topas which sells Viti brand meat alternatives based on wheat gluten, with no soy; he owns the brand and markets the products, but he has meat companies manufacture them. However, when his typically 3-year contract with the manufacturer expires, he has to find a new manufacturer, but the previous one keeps making his products under their own brand. In the USA: At Turtle Island Foods (Hood River, Oregon), Bernd met Hans Wrobel, a German who does product development. Note: Hans and Rhonda Wrobel of The Higher Taste developed Tofurky in Portland, Oregon. Bernd makes Pizzarella, a tofu-based cheese alternative. Address: Founder and president, Viana Naturkost GmbH, 54578 Wiesbaum / Vulkaneifel, Germany. Phone: +49 06593-99670.

12629. Bittman, Mark. 2004. The minimalist: Tofu without a grimace. *New York Times.* March 17. p. F3(L), col. 1.
• ***Summary:*** "Like almost everyone I know, I think I should eat tofu more often. It is cheap, easy to prepare and convenient, and its health benefits are close to overwhelming." Includes a classical Vietnamese recipe for Tofu and onions in caramel sauce.

12630. Brown, Allan; Brown, Susan. 2004. Tempeh tofu and other new developments (Interview). *SoyaScan Notes.* March 20. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** They recently had a visitor who makes "tempeh tofu" commercially in Australia. Tempeh is probably pasteurized then crumbled and added to the tofu curds before they are pressed into tofu. When you slice the tofu, there is a marbled effect with tempeh in the middle. The visitor is sending Allan the labels. "What a great, original idea! It is widely distributed and Australians love it because it has more flavor than tofu and it is not as heavy as tempeh."

In Vancouver, BC, a company named Gaia Enterprises Inc. makes natto and sells the spores. Noble Bean has been thinking about making natto, but Shurtleff warns against letting natto spores (a strong contaminant) get near tempeh.

Two years ago, Soy City Foods joined with another company, Second Nature, to become Sol Cuisine. They still make lots of good tofu but they have stopped making tempeh; they made only okara tempeh (to add value to the okara left over from making tofu) and only for the institutional market (mostly university cafeterias). The nutritional profile and consistency were both poor. Sol Cuisine is using certified organic soy isolates to make meat alternatives (incl. ground round, hot dogs, etc.), thereby challenging Yves, which uses regular isolates–perhaps made using hexane. The sales manager at Sol Cuisine is a close friend of Allan and Susan's from The Farm. Sol Cuisine wanted Noble Bean to private label tempeh for them. Allan now wants to talk with them about making "tempeh tofu."

The Farm in Summertown, Tennessee, is now a good, reliable source of tempeh spores. Noble Bean gets all its tempeh spores from the Farm.

Sooke Soyfoods has become Green Cuisine in British Columbia; established in 1989, they have a vegan restaurant and also make a line of soyfood products. Address: Founders, Noble Bean, R.R. #1, McDonalds Corners, ON K0G 1M0 Canada. Phone: 613-278-2305.

12631. **Product Name:** Tofu.
Manufacturer's Name: Lotus Organics.
Manufacturer's Address: 36B New England Rd., Brighton, UK BN1 4GG. Phone: 01273-819-756.
Date of Introduction: 2004. March.
How Stored: Refrigerated.
New Product–Documentation: Call from Louis Auton, founder and owner of Lotus Organics. 2004. June 7. He does a lot of catering and he has been making fresh tofu for about 2 years, but he first started selling it commercially, vacuum packed, about 3 months ago. He now makes about 100 kg/ week. He also makes a deep-fried, marinated Tofu Steak for his catering business. His main competitors in selling fresh tofu are: (1) Clean Bean, N. Yorkshire. (2) Full of Beans, Lewis. (3) Dragonfly (Devon). (4) Paul's Tofu (Leicester). Clear Spot (London).
*

12632. Morinaga Nutritional Foods, Inc. 2004. Mori-Nu–Refreshing new package design: Tantalizing new recipes (Leaflet). Torrance, California. 1 p. Front and back. 28 cm.
• ***Summary:*** This color leaflet (sent by Patricia Smith from

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MORI-NU

Refreshing New Package Design...

Tantalizing New Recipes...

THE SAME GREAT MORI-NU SILKEN TOFU now in a new package. So appetizing your customers will absolutely eat it up. There are even new recipes and serving suggestions. Our extended shelf-life means Mori-Nu Silken Tofu stays first-day fresh without preservatives or refrigeration. The silken-smooth texture and just-made taste are still the same. Only the look of the package has changed. Call your distributor or 1-800 NOW TOFU (669-8638) and see our new look for yourself.

MORI-NU Morinaga Nutritional Foods, Inc., 2050 West 190th Street, Suite 110, Torrance, CA 90504. Visit our website at www.morinu.com.

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Natural Products Expo West, March 2004) contains a color photo of each of the six different types and textures of Mori-Nu Silken Tofu: Soft, Firm (Made with organic soybeans), Firm, Lite Firm, Extra Firm, Lite Extra Firm. The writing and graphics are now in "landscape" mode, with the package horizontally rather than vertically. "The same great Mori-Nu Silken Tofu now in a new package."

On the rear is detailed information about each product, including ingredients. The coagulant in each is "gluconolactone" plus either calcium sulfate or calcium chloride. Address: 2050 West 190th St., Suite 110, Torrance, California 90504.

12633. **Product Name:** Trader Joe's Greek Style Tofu Veggie Burger.
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: Monrovia, CA 91016.
Date of Introduction: 2004. March.
Ingredients: Organic tofu (filtered water, organic soybeans, nigari–magnesium chloride, a natural firming agent), organic spinach, feta cheese (goat milk, salt, vegetable rennet cultures), organic onions, organic red bell peppers, organic garlic, black olives, organic bread crumbs (organic whole wheat flour, filtered water, organic rosemary, organic garlic, olive oil, sea salt, yeast), organic olive oil, organic dried tomato, tapioca flour, potato starch, nutritional yeast, organic onion powder, organic spices, organic black pepper, sea salt.
Wt/Vol., Packaging, Price: 2 burgers in 6 oz (170 gm) vacuum pack. Retails for $2.69 (2004/03, Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2004. March 13. Label is 2.1 x 2.75 inches. Orange, red, black, green, and light green. "Made with organic tofu, spinach & peppers." Logo: "Certified organic by Quality Assurance International (QAI)."

12634. **Product Name:** [Veggie Chick'n Nuggets, Veggie Gyro, Veggie Bratwurst Sausages, Veggie Bolognese].
Foreign Name: Chick'n Nuggets, Veggie Gyros, Veggie Bratnacker, Veggie Bolognese.
Manufacturer's Name: Veggie Life.
Manufacturer's Address: Postfach 1154, D-54576 Hillesheim, Germany.
Date of Introduction: 2004. March.
Wt/Vol., Packaging, Price: 200-250 gm pack.
How Stored: Refrigerated.
New Product–Documentation: Color packages sent by Bernd Drosihn. 2004. Nov. 15. Size: 10 by 18 by 3.5 cm. Paperboard boxes. Red, blue, green, and black on light yellow. Color photo of the dish, ready to eat, on a white plate. Each of these Veggie-Life-brand products is a meat alternative, ready to heat, introduced in Feb. 2000. The packaging is very attractive. However the relationship between the two companies Viana and Veggie Life (located in different places) is confusing. We believe that Veggie Life is a brand owned by Viana, but sold at supermarkets.

12635. Viana Naturkost GmbH. 2004. Tofumaker at work: Listen to your heart (T-shirt). Wiesbaum / Vulkaneifel, Germany. Undated.
• ***Summary:*** This t-shirt has a vertical rectangular design (red, green, and purple) on a beige background. Address: 54578 Wiesbaum / Vulkaneifel, Germany. Phone: +49 06593-99670.

12636. **Product Name:** Azumaya Firm Tofu.
Manufacturer's Name: Vitasoy USA, Inc.
Manufacturer's Address: Ayer, MA 01432. Phone: 1-800-VITASOY (848-2769).
Date of Introduction: 2004. March.
Ingredients: Water, whole soybeans, calcium sulfate, magnesium chloride.
Wt/Vol., Packaging, Price: 14 oz (397 gm) packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Safeway supermarket in Lafayette, California. 2004. March 6. 5.75 by 4.75 inches. Dark green, light green, black, and red on white. Front panel: "All natural. Best for sautéing, casseroles & Salads. A good source of soy protein. Contains 25 mg of total isoflavones per serving." A very prominent black on yellow circular sticker near the top of the front panel reads: "2g Carbs per serving"–in response to America's "low-carb" diet craze. A color photo on the front panel shows stir-fried rice with tofu on a white paper plate.

12637. **Product Name:** Nasoya Super Firm Cubed Organic Tofu.
Manufacturer's Name: Vitasoy USA, Inc.
Manufacturer's Address: Ayer, Massachusetts. Phone: 1-800-4-Nasoya or www.viatsoy-usa.com.
Date of Introduction: 2004. March.
Ingredients: Water, organic whole soybeans, calcium sulfate, magnesium chloride.
Wt/Vol., Packaging, Price: 8 oz (227 gm).
How Stored: Refrigerated.
New Product–Documentation: Leaflet (dated 2004, 8½ by 11 inch, glossy color) sent by Patricia Smith from Natural Products Expo West. 2004. March. "Straight from the package to the pan." On the front are photos of the package and of the product being stir fried with noodles and veggies in a wok, On the rear is nutrition information and product specifications for Nasoya's 15 tofu products.

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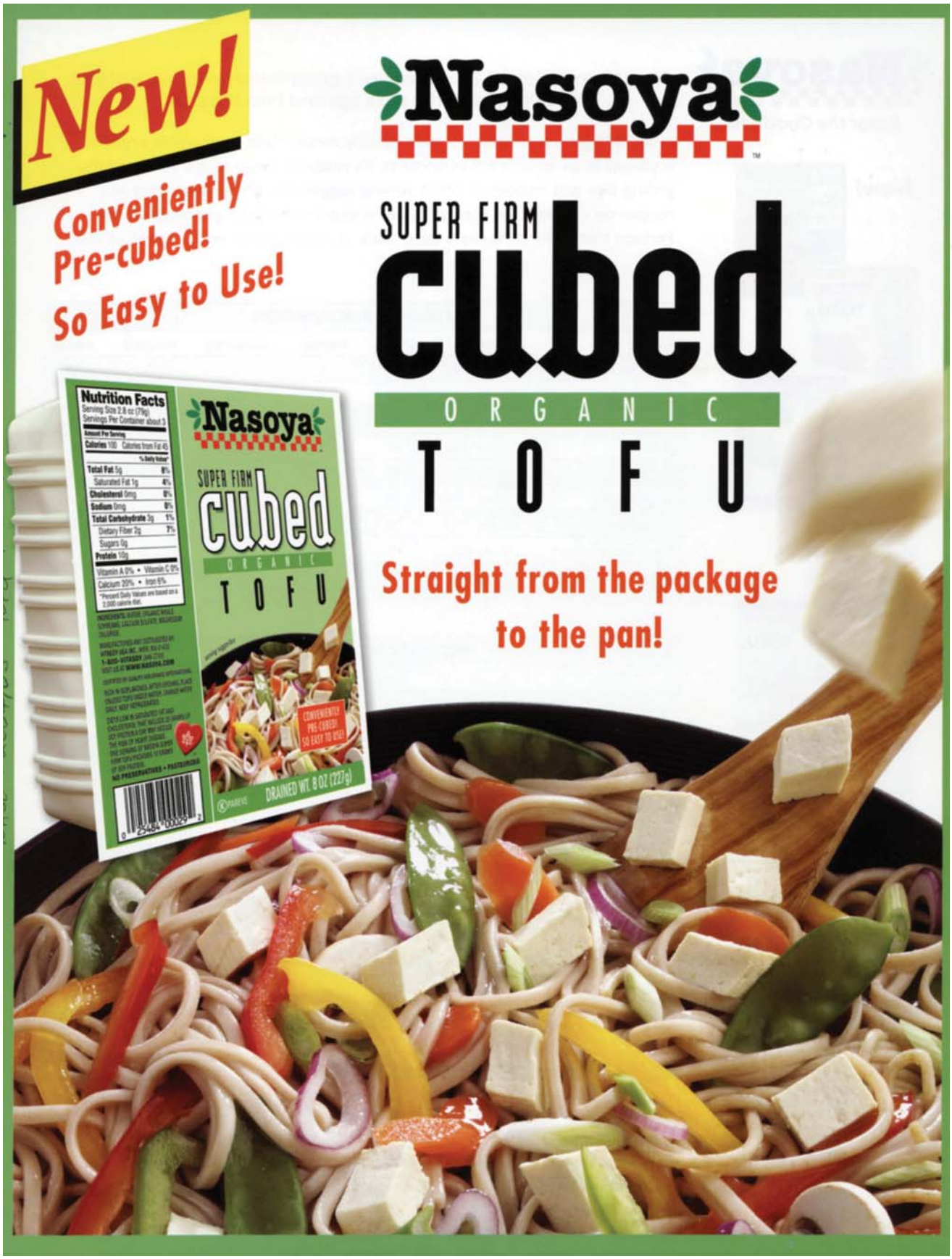

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12638. Kanner, Ellen. 2004. The joy of soy: tasty *and* beneficial. *Contra Costa Times.* April 28. p. G4.
• ***Summary:*** T.S. Eliot tells us that April is the cruelest month. It is also National Soyfoods Month. A coincidence? Only in part. Although "soy is Superman, a powerhouse of protein, fiber, amino acids, and isoflavones, most people reject a jiggling block of tofu as boring Clark Kent."

Gives positive reviews to soy ice cream, soynut butter, soynuts, and "Vegan-chic edamame (steamed baby soybeans)." Tofu is the "other white meat, the perfect culinary blank canvas."

Note: This is the earliest English-language document seen (May 2004) that uses the term "baby soybeans" to refer to edamame–nice, though not quite accurate. Address: Knight Ridder Newspapers.

12639. Ness, Carol. 2004. Kikkoman voted top vanilla soy milk: Taster's choice. *San Francisco Chronicle.* April 28. p. F2. Food section.
• ***Summary:*** Five brands of organic soymilk were tasted and rated in descending order of preference as follows: 1. Kikkoman Pearl (73 points, $2.29/qt at Rainbow). 2. Silk fresh (70 points, $1.99/qt). 3. Pacific Select Low Fat (68, $1.89/qt). 4. Vitasoy Smooth (66, $2.09/qt). 5. Vitasoy Vanilla Delight (58 points, $2.09/qt).

"Also tasted but unranked were Safeway Select Organic, WestSoy Plus, Soy Dream, Silk (boxed), Clover Stornetta, Trader Joe's, Pacific Ultra, Wildwood, 8th Continent, Edensoy, and 365." Address: Staff writer.

12640. Cooke, Bronwyn. 2004. Tantalizing tofu. *E magazine* 15(2):58. March/April. *

12641. **Product Name:** Tofutti Cuties [Blueberry Wave, Chocolate Wave, Strawberry Wave, Jazzy Vanilla].
Manufacturer's Name: Tofutti Brands Inc.
Manufacturer's Address: 50 Jackson Dr. (P.O. Box 786), Cranford, NJ 07016. Phone: 908-272-2400.
Date of Introduction: 2004. April.
Wt/Vol., Packaging, Price: 8 Snack-Size sandwiches (12 fl oz + 16 wafers) in paperboard box.
How Stored: Frozen.
New Product–Documentation: Ad (full page, color) in Whole Foods magazine. 2004. April. p. 25. "Ride the wave of our new Cutie Waves!" Milk free. Bite-sized frozen dessert sandwiches. Email: tofuttibrands@aol.com. www.tofutti.com.

12642. Xu, Wang Hong; Zheng, W.; Xiang, Y.B.; Ruan, Z.Y.; et al. 2004. Soya food intake and risk of endometrial cancer among Chinese women in Shanghai: population based case-control study. *BMJ* 328(7451):1285-91. May 29. [24 ref]
• ***Summary:*** Regular consumption of soya foods, a rich source of phytoestrogens, is associated with a reduced risk of endometrial cancer. Table 2 lists various soya foods including soya milk, tofu, dry soya bean seeds, fresh soya beans, soya bean sprouts, plus soya protein, and isoflavones from these foods. Address: Dep. of Epidemiology, Shanghai Cancer Institute, 2200 Xie Tu Road #25, Shanghai 200032, China.

12643. Aoyagi, Akiko. 2004. Radio ad for a grill on which one can barbecue everything from "tofu to T-bone steaks" (Interview). *SoyaScan Notes.* May 31. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Akiko heard this advertisement today on her car radio, but she was unable to catch any more details. Address: Walnut Creek, California.

12644. Frederick, Jim. 2004. Japan's terror threat. *Time* (*Asia*). May 31.
• ***Summary:*** Tsuneo Taya, a tofu-shop owner in Japan, often saw a well-dressed al-Queda suspect on the street talking on his cell phone.

12645. **Product Name:** [Soy Spread (Garlic), Tempeh, Tofu Mayonnaise].
Foreign Name: Tofu Namaz (Cesnjak), Tempeh, Tofu Majoneza.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Nehajska 42, 10000 Zagreb, Croatia. Phone: 01 3385 533.
Date of Introduction: 2004. May.
Ingredients: Garlic spread: Tofu, water, oil, vinegar, salt, garlic, herbs. Tempeh: Soybeans, water, tempeh starter. Mayo: Tofu, water, oil, vinegar, salt, spices.
Wt/Vol., Packaging, Price: Spread: 150 gm vacuum packed. Sells for 8 kn. Tempeh: 300 gm vacuum packed. Sells for 52kn/kg. Mayo: 200 gm vacuum packed. Sells for 8 kn.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Vlatka Kuzmic. 2005. June 6. She wrote the introduction date and English translation of the product name on the back of each 2½ by 3¼ inch label. Self adhesive. Blue, green, and orange. Color photo of yellow soybeans against a blue background. Product name in white letters on light green background. The dates of introduction in 2004 are: Soy Spread (Garlic)–April. Tempeh–May. Tofu Mayonnaise–June.

12646. **Product Name:** [Grilled Tofu, Soy Burger, Marinated Tofu, Tofu Spread (Mediterranean, or Red Pepper / Paprika), Tofu with Vegetables].
Foreign Name: Tofu Grill, Burger Soja, Tofu Marinirani, Tofu Namaz (Mediterano, or Paprika), Tofu s Povrcem.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Nehajska 42, 10000 Zagreb, Croatia. Phone: 01 3385 533.

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Date of Introduction: 2004. May.
Ingredients: Grilled: Tofu, soy sauce, salt, oil. Burger: Soybeans, carrots, onion, oak flakes, breadcrumbs, salt, spices, herbs, oil.
Wt/Vol., Packaging, Price: Grilled: 250 gm vacuum packed. Sells for 56kn/kg. Burger: 148 gm vacuum packed. Sells for 54kn/kg.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Vlatka Kuzmic. 2005. June 6. She wrote the introduction date and English translation of the product name on the back of each 2½ by 3¼ inch label. Self adhesive. Blue, green, and orange. Color photo of yellow soybeans against a blue background. Product name in white letters on light green background. The dates of introduction in 2005 are: Grilled Tofu–Feb. Soy Burger–March. Marinated Tofu, Tofu Spread (Mediterranean, or Red Pepper / Paprika), and Tofu with Vegetables–April. The soy burger contains okara.

12647. **Product Name:** Whole Soymilk, Tofu Blocks, Soy Custard, Braised Tofu, Tofu Puffs, Tofu Noodles, Soy Omelette (with Yuba), Yuba (Tofu Skin), Poached Yuba Loaf.
Manufacturer's Name: Basic Soy Beanery (renamed Hodo Soy Beanery in Sept. 2005).
Manufacturer's Address: 1600 S. De Anza Blvd., San Jose, CA 95106. Phone: 408-517-8958.
Date of Introduction: 2004. May.
Ingredients: See below.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Labels by brought to Soyinfo Center by Minh Tsai on 2009. Sept. 16. Ingredients:

Whole Soymilk: Soybeans, filtered water (cane sugar is added to our sweetened soymilk).

Tofu Blocks: Soybeans, filtered water, calcium sulfate.

Soy Custard: Soybeans filtered water, calcium sulfate. Ginger syrup: Filtered water, rock sugar, fresh ginger.

Braised Tofu: Soybeans, filtered water, soy sauce, cinnamon, anise, calcium sulfate.

Tofu Puffs: Soybeans, filtered water, soybean oil, calcium sulfate.

Tofu Noodles: Soybeans, filtered water, calcium sulfate.

Soy Omelette: Soybeans [made into yuba], filtered water, soy sauce, sugar, soybean oil.

Yuba (Tofu Skin): Soybeans, filtered water.

Poached Yuba Loaf: Soybeans [made into yuba], filtered water, soy sauce, white pepper, anise.

12648. **Product Name:** Trader Joe's Organic Firm Tofu.
Manufacturer's Name: Trader Joe's (Marketer-Distributor). Made by Wildwood Natural Foods in California.
Manufacturer's Address: P.O. Box 3270, South Pasadena, CA 91031-6270. Phone: 818-441-1177.
Date of Introduction: 2004. May.
Ingredients: Organic soybeans*, filtered water, nigari (an extract of sea water). * = Organically grown and processed in accordance with the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 16 oz packed in water in molded plastic tray with heat-sealed, peel-off plastic film lid.
How Stored: Refrigerated.

New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2004. Brown, black, yellow, and white.

12649. **Product Name:** TofuTown Grilled Tofu Tenders (Organic Frozen Entrees) [Tamari, Sesame Ginger Teriyaki, Mediterranean Tahini, Havana Black Bean].
Manufacturer's Name: White Wave, Inc.
Manufacturer's Address: Boulder, Colorado.
Date of Introduction: 2004. May.
Ingredients: Sesame Ginger Teriyaki: Organic tofu (water, organic soybeans, nigari {magnesium chloride], gypsum), water, tamari soy sauce (water, soybeans, wheat, salt), organic evaporated cane juice, apple juice, ginger, sesame seeds, autolyzed yeast extract, caramel color, molasses, xanthan gum, garlic, lime, orange peel, salt, citric acid. No more, no less.
Wt/Vol., Packaging, Price: 9 oz.
How Stored: Refrigerated.
New Product–Documentation: Akasha Richmond. 2004. *Vegetarian Times.* March. p. 31. "Trends." Shows the cover of a package. Below the title: "Add vegetables, pasta, or grains." Talk with Akasha Richmond. 2004. Feb. 11. This product will be demoed at the Anaheim show, but will not be in stores until a few months after that. Article in *Natural Foods Merchandiser.* 2004. Sept. p. 1, 9. "Demos to lead combined brands." White Wave has launched its TofuTown line of prepared "tofu tenders."

Leaflet (glossy color, front and back, 8½ by 11 inches) sent by Patricia Smith from Natural Products Expo West

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(Anaheim, California). 2005. March. "TofuTown Grilled Tofu Tenders: Marinated. Baked. Grilled. Delicious." Comes in four flavors: Tamari, Sesame Ginger Teriyaki, Mediterranean Tahini, Havana Black Bean.

12650. Schweitzer, Peter. 2004. Re: Soybeans and soyfoods in Nicaragua, at the Huichol Center in Mexico, and in Iraq. Letter sent to *Plenty Bulletin* subscribers, June 21. 2 p. Typed, with signature on letterhead.
• ***Summary:*** "We're not doing a full Bulletin this time, just an update about what's happening with Plenty." After 30 years, "I have come to recognize that what we do together might be described, very simply, as ordinary magic. Where people are connected by their love for each other, miracles are commonplace."

"As you know from the most recent Bulletins, we are working on a new project involving four different organizations–two in Guatemala, one in Managua, Nicaragua and the Huichol Center in Mexico, which have requested Plenty's assistance for their soyfoods and nutrition education efforts. We call it CAFSI (Centra American Food Security Initiative). Through CAFSI we will be purchasing soy processing equipment, and we will help the groups install it, and do trainings in the use and maintenance of the equipment and different ways of preparing soyfoods and making soyfood products for sale. Two of the organizations will be growing soybeans, so seed variety trials have to happen and growing and harvesting techniques learned."

"Thanks to another grant from the Better World Fund, we were able to help the Mayan Soy Dairy operated by ADIBE in San Bartolo near Solola, Guatemala open a shop in a near-by town where they can sell their products. Remember, the ADIBE Soy Dairy is the original Mayan Soy Dairy built by Plenty and the Cakchiquel Maya of San Bartolo in 1979. That Mayan Soy Dairy is 25 years old this year, and they're still making soymilk, tofu, soy ice cream and tempeh using mostly the same equipment we took down in '79. Using your individual donations to Plenty, we were able to provide the funding to upgrade the dairy floor and roof. Now we're raising money to upgrade the equipment."

"The purpose of the Iraq Soy Food Group (ISFG) is to assist economically disenfranchised families improve their access to good planting seed and high nutrient, low cost foods. Plenty is acting as the fiscal sponsor for ISFG. Long-time Plenty soy technician, Charles Haren, is overseeing the project, and Lou Morgan, a Plenty donor for 25 years, has been providing start-up funding. ISFG is working to help families and communities in Iraq improve nutrition intake and financial income by increasing local production, processing, marketing and consumption of soybeans, other dry legumes. Beginning in March ISFG representatives Martin Edwards and Salam Onibi started working with a few farming families and agriculture scientists to re-establish soybean production capabilities (most planting seed has been lost due to the war). The Iraq Soy Foods Group is now seeking funding to establish a Soy Foods Center that will help address immediate and long-term food needs for impoverished populations in Iraq." Address: Executive Director, Plenty, P.O. Box 394, Summertown, Tennessee 38483. Phone: (931) 964-4864.

12651. *SoyaScan Notes.* 2004. Vitamin E: Forms, best sources, function, and value of supplements (Overview). June 23. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Forms: Vitamin E comes in many forms. Various foods contain the alpha-tocopherol, gamma-tocopherol, and delta-tocopherol forms.

Best sources: Foods such as nuts, vegetable oils, whole grains, tomatoes and tomato products, and leafy green vegetables. Soy oil and traditional soy products (such as tofu, soymilk, edamame) made from whole soybeans are excellent sources.

Vitamin E is a powerful antioxidant. Research suggests that the natural forms found in foods may reduce the risk of cardiovascular disease (heart disease, stroke, etc.) and certain types of cancer.

Are supplements as beneficial as foods: Alpha-tocopherol is the form of vitamin E typically found in supplements. Studies have *not* consistently shown that these supplements provide the same risk reducing effects (such as prevention of heart disease and cancer) as does vitamin E found in foods. The high amounts of alpha-tocopherol in supplements may actually reduce levels of the beneficial forms of vitamin E. However supplements containing natural mixed tocopherols (see the 3 forms above) may provide better health benefits. Read the label to determine what a supplement contains.

An additional benefit of dietary vitamin E is that certain foods rich in vitamin E are also rich sources of other compounds that can protect against disease. Unfortunately, many Americans don't get enough vitamin E.

12652. Pulmuone Co., Ltd. 2004. Pulmuone 2003 annual report. Chungcheongbukdo, Korea. 43 p. 28 cm.
• ***Summary:*** Contents: Corporate profile. To our shareholders, customers and employees. Pulmuone values and strategy. History: Staying the 20 years progress. How Pulmuone puts its values into action. Pulmuone people: Won Kyung Sun. Overview–Pulmuone packaged-fresh foods businesses. Pulmuone brand–Soy protein business unit. Pulmuone brand–HMR [Home meal replacement, esp. noodles, dumplings, desserts] business unit. Pulmuone brand–Sojae business unit [incl. bean sprouts, mushrooms, kimchi, fresh eggs, nori seaweed]. Pulmuone brand–Green vegetable juice. Pulmuone global brand (Soga)–Pulmuone USA, Inc. EMCD–Food service. Foodmerce–General food distribution, Financial section. Board of directors. Pulmuone network. Corporate information.

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"Corporate profile: Pulmuone Co. Ltd. is one of the world's leading providers of fresh, close-to-nature products with shelf lives of fewer than 15 days." This unique business model, and the foresight to realize in 1984 what consumers want, stems from: "(1) The special Korean culinary style of cooking, with a heavy dependence on fresh, close-to-nature products. Traditional Korean foods are considered on of the world's healthiest diets, with a heavy dependence on soybean-related ingredients. (2) The Pulmuone founder's vision that emphasizes a 'love for our neighbors' and a 'respect for all living beings.' (3) The mixing of corporate values with strong results..." The heavy emphasis on innovation. "May 2004 marks Pulmuone's 20th anniversary... We'll offer the best Asian-type tofu and related products for Asian consumers, and at the same time provide the best alternative soybean protein-protein based food sources for the rest of the globe." Seung-Woo Nam is chairman of the board and CEO. Last year Pulmuone's revenues increased by 30.2%. Net income (profit) however decreased slightly.

A timeline (p. 8-9) shows 35 important milestones in Pulmuone's history from 12 May 1981 to 2004. Of these, 26 are for Pulmuone companies and 9 are for "affiliates."

Values into action: "Since 1993, our company has donated 0.1% of sales on products bearing the 'Love Earth' seal to needy neighbors and to environmental causes." Examples of projects are shown.

Pages 12-13: "Won Kyung Sun: The founder of Pulmuone Cooperative Farm. A true teacher: Born into an indigent farm family in the southern part of Pyong Yang province in 1914, Won Kyung Sun began raising silkworms at the age of six to support his family after the death of his debt-ridden father. The Korean war [June 1950 to July 1953] had a grave impact on him when his eldest son died at age six. In 1955 [when post-war hunger and starvation were widespread in South Korea], Mr. Won organized Pulmuone on 33,058 square meters [8 acres] of usable land to provide a 'rebirth' for those who had been struggling with Christian values. The land was formed into a cooperative farming community. In 1976, Pulmuone adopted an organic farming approach by using organic fertilizers. In the late 1970s Mr. Won solidified his Pulmuone values to be these: Love for our neighbors, because when our neighbors are not happy, we can never be happy, and Respect for all living beings, because everything is interdependent with each other. When we do not protect nature, which in turns supports all living beings, the well being of our future is jeopardized. The top leaders in Korea regard Mr. Won as one of the most profound teachers in 20th-century Korea."

Five small color photos show Mr. Won. A full-page black-and-white photo shows him walking on a road, carrying a hoe over one shoulder. "In 1995 Mr. Won received the UN's 500 Award for Environmental Achievement."

Soy protein: "A key impetus that drives the domestic market (KRW 490 billion) is the switch by consumers from unpackaged to packaged tofu products. Further, the recent mad cow disease scare... A major concern for Korean consumers is whether soybeans are produced in Korea and if these soybeans are genetically modified (GMO). That our tofu products are free from any GMO–meaning their GMO Level tests less than 1%–has won widespread trust among consumers. As a result, our company gained nearly 75% of the national tofu market with a nationwide, chilled supply-chain system capable of delivering products on a daily basis to maintain freshness. In 2003, we completed the world's largest state-of-the-art automated tofu plant at Eum Sung. It is capable to producing 200,000 pieces of tofu daily.

Soga: In 2003 Pulmuone USA's tofu sales increased by 22% to over $250 million. Color photos show the company's tofu plants at South Gate, California, Fullerton, California, and Tappan, New Jersey. Homepage: www.pulmuone.co.kr. Address: 80-1, Samhori, Daesomyun, Eumsunggun, Chungcheongbukdo, Korea. Phone: 82-043-879-4500.

12653. **Product Name:** Tofurky Deli Slices [Italian Deli, Cranberry & Stuffing, or "Philly Style" Steak].
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031. Phone: 1-888-TOFURKY (863-8759).
Date of Introduction: 2004. June.
Ingredients: Philly Style Steak: Water, wheat protein, tofu (water, organic soybeans, magnesium chloride, calcium chloride), natural vegetarian flavors, non genetically engineered canola oil, non genetically engineered corn starch, white beans, garbanzo beans, spices, lemon juice from concentrate, calcium lactate from beets, autolysed yeast.
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Glossy color sell sheet for Tofurky Deli Slices sent by Seth Tibbott. 2008. Jan. 1. "New look!" Photos show the front and back panels for six flavors. "Oven Roasted" was introduced in 1998 as "Original." Hickory Smoked was also introduced in 1998.

Letter (e-mail) from Seth Tibbott. 2009. Jan. 25. These three products were first sold commercially in June 2004.

12654. Pulmuone USA, Inc. 2004. Pulmuone USA, Inc. proudly announces their new strategic alliance with Wildwood Natural Foods Inc. (News release). Fullerton, California. 1 p. July 20.
• ***Summary:*** "Pulmuone USA, Inc., the largest tofu company in the world, is proud to announce their strategic alliance with Wildwood Natural Foods, Inc. By joining forces, both companies will collaborate on research, production, marketing, and sales to build an even stronger presence in the United States."

T.J. Song, executive vice president of Pulmuone USA

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is "proud and very excited to have Wildwood join the Pulmuone family... This alliance will make both companies leaders in the natural foods market."

Pulmuone, Inc., founded in 1981, has worldwide annual revenues of more than $400 million. "With an ever-expanding American market base, Pulmuone South Korea established Pulmuone USA in 1991, to distribute natural food products from South Korea to the American market. The company is the leading manufacturer of tofu, fresh noodles, meatless products, and soy milk-based items.

Pulmuone, with manufacturing facilities in California and New York, makes products under the Pulmuone, Kimbo, Nigari, and Soga brands, with Pulmuone, Kimbo and Nigari catering to the ethnic market and the Soga brand focusing on developing and making quality soy products for the mainstream American market. Address: Fullerton, California.

12655. Wildwood Natural Foods, Inc. 2004. Wildwood Natural Foods enters into a strategic alliance with Pulmuone U.S.A., Inc. (News release). Watsonville, California. 1 p. July 20.
• ***Summary:*** "Wildwood Natural Foods, Inc. ('Wildwood'), formerly known as Wildwood Harvest Foods, Inc., is pleased to announce that it has entered into a strategic alliance with Pulmuone U.S.A., Inc. The relationship provides for significant equity investments into Wildwood as well as a broad collaboration on research, production, marketing, and sales."

Billy Bramblett and Jeremiah Ridenour (founders of Wildwood) and Tom Lacina (COO of Wildwood) express enthusiasm for the alliance. Dan Winegarden, President of the Iowa Agricultural Finance Corporation, supports the alliance. "Separately, Wildwood announces the appointment of Paul S-U Kang as President and CEO. Paul's experience includes brand management at Procter & Gamble Co. in Cincinnati, Ohio, and mergers and private equity at Goldman Sachs & Co. in New York. He received his A.B. from Harvard Univ. in Massachusetts and his M.B.A. from Stanford Univ. in California.

Other investors in Wildwood include the tecTerra Food Equity Fund I, the Iowa Farm Bureau, soybean farmers, and over a dozen physicians interested in the health benefits of soy.

"Wildwood was founded some 25 years ago and has been a pioneer in the natural and organic food category. Pulmuone U.S.A., Inc., with three factories in the U.S., is a subsidiary of the publicly-listed Pulmuone Co., Ltd., with revenues of $250 million. Pulmuone Co. Ltd. is the largest player in the global tofu industry and is a part of the Pulmuone Group with businesses in fresh juices, bottled water, fresh noodles, food supplements, and food services." Address: Watsonville, California.

12656. Gorman, Christine. 2004. How low can you go? New guidelines call for heart patients to cut their cholesterol levels even further. *Time.* July 26.
• ***Summary:*** A sidebar titled "Soy sorry" states that even though a study found that soy-protein powder did not improve "bone density, cognitive function or cholesterol levels" for women 60-75 years old, people should not "give up tofu just yet."

12657. *Consumer Reports.* 2004. Soy: Cutting through the confusion. July. p. 28-31.
• ***Summary:*** An excellent, very helpful article. Growing evidence suggests that soy protein and isoflavones may provide health benefits to most people. However, it is often impossible to tell how much of these are in a given product. *Consumer Reports* analyzed 42 foods for the content per serving of aglycone isoflavones, soy protein, and calories. Cost (per serving), organic or not, non-GMO or not is also indicated. Only 6 of these labeled the isoflavone content, but various definitions of "isoflavones" were used–which is very confusing for consumers. A table shows the results of the analysis with the foods grouped in the following categories: Cereals and snacks. Energy bars. Other drinks. Tofu. Non-dairy desserts (soy ice cream). Cultured soy (yogurt). Veggie burgers. Supplements. Soymilk.

Should you limit your intake of soy? (sidebar): Infants, breast-cancer patients, people on thyroid medication, people with a history of kidney stones, people allergic to soy.

Health benefits: Soy and heart health, soy and menopause, soy and bones, soy and cancer. Behind the labels. How to choose. Photos show many soyfood products.

12658. Shurtleff, William; Aoyagi, Akiko. comps. 2004. Marketing tofu: Labels, ads, posters & other graphics–1922-1985. Lafayette, California: Soyfoods Center. 241 leaves. July. Illust. (some color). No index. 28 cm. Series: Marketing soyfoods.
• ***Summary:*** This book is a collection of 128 color and 113 black-and-white photocopies of materials ranging in date from 1922 to 1985. Only basic tofu graphics are included, not those for second-generation products (i.e., those in which tofu is used an ingredient).

The books in this series, each a unique collection of graphic materials, are designed for a number of purposes: (1) To serve as a source of ideas, ingredients, inspiration, legal specifications, and basic guidelines for companies in the process of developing their own products, designing their own graphic materials, and conceiving their own marketing strategies. (2) To document the tremendous diversity of soyfoods products and the way that each is presented and marketed. (3) By arranging the materials in chronological sequence, to help document the development and history of new product categories and soyfood types, and with them the rise of the soyfoods industry and market in the Western World. Address: Soyfoods Center, P.O. Box 234, Lafayette,

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California 94549.

12659. Vitasoy International Holdings Ltd. 2004. Annual report 2003/04. New Territories, Hong Kong. 128 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** "At Vitasoy, promoting consumer well-being is our number one priority. This is achieved through the provision of high-quality, nutritious food and beverages. Vitasoy is an innovative company, a reliable employer, a responsible corporate citizen and is dedicated to creating value for our shareholders" (p. 1).

Turnover (sales) rose 1.8% to HK$2,269 million. Gross profit rose 3.5% to HK$1,288 million. EBITDA (earnings before minority interest, interest expense, income taxes, depreciation, and amortization) fell 6.1% to HK$261 million. Basic earnings per share fell 17.5% to 11.8 Hong Kong cents (p. 4).

Sales analysis by product categories: Soymilk 39%. Tea 25%. Tofu 9%. Lunch boxes and snacks 7%. Water 6%. Milk [dairy] 6%. Juice drinks 4%. Others 4%.

Sales analysis by location of customers: Hong Kong 64%. North America 22%. Mainland China 6%. Australia and New Zealand 5%. Others 3%.

A five-year financial summary (from 2000 to 2004), expressed in Hong Kong dollars, appears on page 127. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

12660. Kanner, Ellen. 2004. Final verdict is still not in on the benefits of soy. *Contra Costa Times.* Aug. 11. p. G7.
• ***Summary:*** Some of the suggested health benefits of soy include relief of the unpleasant symptoms of menopause and improved bone mass in older women. However, a year-long study published on July 7 in the *Journal of the American Medical Association* found that soy powder did not "increase bone density, lower cholesterol or improve memory in 175 post-menopausal women."

The article suggests that the conditions of the study may not have been optimal; a longer study on younger women might have different results. Additionally, whole soy foods provide a better dose of isoflavones than soy pills or powder. The author seconds Andrew Weil's recommendation of a daily helping of whole soy foods such as tofu, edamame, soy milk, miso, or soy nuts. Even if the isoflavones in soy don't have miraculous health benefits, soy is still an excellent low-fat, affordable source of protein. Soy can also lower cholesterol and thus reduce the risk of heart disease. Address: Knight Ridder Newspapers.

12661. Corliss, Richard; Lemonick, Michael D. 2004. How to live to be 100: New research suggests that a long life is no accident. So what are the secrets of the world's centenarians? *Time.* Aug. 30.
• ***Summary:*** Okinawans live long and healthy lives. Take Seiryu Toguchi, age 103. He wakes at 6 a.m. For breakfast, he enjoys whole-grain rice [brown rice] and miso soup with vegetables. Then he works for 2 hours weeding his fields. For lunch, he has "goya stir-fry with egg and tofu," then naps for an hour or so and spends several hours in the field.

12662. Newman, Jacqueline M. 2004. Food culture in China. Westport, Connecticut: Greenwood Press. xviii + 230 p. Illust. (color). Index. 24 cm. Series: Food Culture Around the World. [80* ref]
• ***Summary:*** Contents: Series foreword. Introduction. Timeline. Historical overview. Major foods and ingredients. Cooking. Regional and provincial foods. Meals. Eating Out Special occasions. Diet and health. Glossary. Bibliography Resource guide.

Dr. Newman was born in 1932. The following soyfoods are mentioned in the Glossary: dadao [sic, dadou]: Soybeans, which she says were domesticated in north China about 3000 B.C.E. doufu. fuyu. hoisin. mapo doufu.

Concerning doufu [tofu]. Its popularity increased during the Tang dynasty (618-907 C.E.), especially among Buddhists and other vegetarians. Yet it had been known before Tang times (p. 17). It is not known when bean curd was first made. One legend has it that Prince Liu An (lived 179 to 122 B.C.E., during the Western Han, invented bean curd). The Chinese word for soy sauce first appeared in print around the Song dynasty (p. 30-32). Fuyu is fermented bean curd (p. 34). Bean sprouts include those grown from the mung bean and the soybean (p. 52). Hakka-style stuffed bean curd is filled with meat (p. 100). "Dried bean curd wishes personal fulfillment" (p. 161).

Concerning soybeans: The *Qimin Yaoshu* describes how to make "black bean mash," which may have been the earliest known soybean-related condiment (p. 16). Soy sauce, its varieties and bean sauces are described in detail (p. 40-43). A "mother sauce" is a soy sauce mixture used and reused from one similar meat to another (p. 59). Boiling in soy sauce is called *chiang;* it is known in English as red cooking (p. 70). The word "wok" is Cantonese (p. 72-73). Soy milk (p. 52, 99). Steamed sea bass with black bean sauce (p. 151). Address: Food historian and scholar, Former prof., Dep. of Home Economics, Queens College of the City Univ. of New York, 65-30 Kissena Blvd., Flushing, NY 11367.

12663. Parker, James N.; Parker, Philip M. 2004. Tofu: A medical dictionary, bibliography, and annotated guide to Internet references (Internet resource). San Diego, California: ICON Health. *

12664. Tofutown.com. 2004. Brief portrait (Website printout–part). www.tofutown.com Printed in August.
• ***Summary:*** At the top of the page in orange: Network of activities. To do list for a sustainable world. Contents: Introduction. Brand names and marketing. Youth researches.

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Quality. Customer relations. Animal welfare, environmental protection, health. Sustainability. Very big numbers.

Introduction: "The company Tofutown.com GmbH was founded in 1988 in Cologne under the name Viana Naturkost by a group of experienced food producers, brave tofu makers and young musicians. Since then the company has practised 'Business without Guilt" (e.g. the use of purely vegetable organic raw materials, in part from Fair Trade). Even after 15 years the company sees itself as a dynamic "Veggie Start Up Company." Tofutown.com has grown to become a renowned producer of entirely vegetable foods such as meat alternatives and dairy free milk and cream products within Europe. It is part of the Tofutown.com philosophy to produce using one's one know how and not simply "bring into circulation" (i.e. have others produce), which is commonplace in such marketplace niches as organic foodstuffs.

"More than 60 vegetarian products are made in the middle of the beautiful natural countryside of the Volcanic Eifel region, in the town Wiesbaum, which has earned itself the description 'Tofutown.' Tofutown.com is known for its excellent, tasty 'Viana Real Smoked Tofu,' the vegetable drinks 'SoActiv' and ReisActiv, the meat alternatives 'Velami,' 'Vegetarian Kebab' or '½ Pound Veggie Mince,' the dairy free cheese 'Pizzarella,' and the 'Viana Soya Coffee Creamer.' The exquisitely fine 'Country Mild Smoked' from the product range 'Classic Veggie Carpaccio' won the German Vegetarian Union's Trend Prize 2004. The export share of turnover is about 30%. Tofutown products can be found throughout Europe and even in the Kingdom of Bahrain.

"Brand names and marketing: The company produces some 60 items for the European organic market under the traditional label 'Viana' as well as a soy drink under the quality label 'demeter' (Tofutown.com is a licensed demeter producer).

"In 2003 Tofutown.com was able to introduce a new brand name into German foods retail (supermarkets, warehouses, Cash&Carry, discounters, etc.). This new label is called VeggieLife (slogan: 'happy without meat'), encompasses at present some 15 products and has made its way into 500 supermarkets within just 9 months."

As many as 15,000 users visit the company's websites each week. "We believe in Food Democracy. The Tofutown.com philosophy is that every human should have the opportunity to get an entirely vegetarian product whenever and wherever he or she is hungry or thirsty. If it comes from Tofutown, it's much more delicious and far healthier than something similar containing meat or dairy products. Today's consumers know that they shape their own future with their purchases."

Tofutown.com makes "500,000 tofu burgers and 1,000,000 real vegetarian sausages per year." There are "500,000 faithful and enthusiastic Viana customers... and approximately 35 employees." Address: Wiesbaum, Germany.

12665. Soymilk and tofu: A healthy delight (Leaflet). 2004. New Delhi, India: American Soybean Association (ASA) / United Soybean Board. 2 p. Front and back. 28 cm.
• ***Summary:*** Contents: Introduction. Soymilk. Tofu (soy paneer). Health benefits of using soymilk and tofu. Lactose intolerance. Heart disease. Osteoporosis and menopause. Cancer. Now soymilk and tofu is available in your city. Try this wonderful food and feel the difference.

This leaflet is printed in black ink on glassy green paper. Two color photos show soymilk and tofu. Ten thousand copies were printed in Sept. 2004. An additional 10,000 copies were printed in Hindi in Jan. 2007. Address: American Soybean Assoc., Asia Subcontinent, 149 Jor Bagh, New Delhi–110 003, India. Phone: (91) (11) 2465-1611.

12666. United Soybean Board 2004. Great health, great taste, everyday (Compact disc–CD-ROM). Jefferson City, Missouri. 50 p.
• ***Summary:*** "The United Soybean Board (USB) is pleased to share with you this 52-page meal-planning tool full of recipes ad helpful tips for including soyfoods in your everyday diet. USB is dedicated to helping consumers learn more about the health and nutrition of soyfoods... On this CD-ROM, you'll find an interactive version of USB's *Great Health, Great Taste, Everyday* meal-planning tool."

Contains 21 recipes, most accompanied by a color photo. Includes: Corn and soy muffins. Miso marinade. Layered tofu salad. Oven roasted tofu. Tofu satay. Lemon miso dressing. Lemon tofu cheesecake. Strawberry smoothie. Tofu jalapeno poppers.

12667. United Soybean Board. 2004. Consumer attitudes about nutrition–Insights into nutrition, health & soyfoods: National report 2004-2005. Seattle, Washington. 8 p. Sept.
• ***Summary:*** This 11th annual nationwide survey, commissioned by USB, was conducted in early 2004 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 1,000 consumers, "providing a sample that is consistent with the total American population. The study's margin of error is ±1.9 to 3.1 percentage points and has a confidence level of 95%."

Contents: Introduction and methodology. Nutritional habits and obesity concerns. Healthy food decisions. Cooking oil impressions. Consumer attitudes about fats. Awareness, usage, and trial of soy products. Soyfoods and health: Perceived healthfulness of soy products (74% say healthy, 19% neutral, 7% unhealthy), awareness of health benefits of soy (heart health 29%, prevent obesity / promote weight loss 17%, menopause relief 16%, cancer prevention 8%, good protein source 6%, reduced risk of osteoporosis 2%). Consumer perceptions of biotech [genetically

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engineered] food. Soy meets beef? Note: This section replaced the section on Consumer awareness and usage organic products.

Awareness of soyfoods: "Overall consumer awareness of soy products increased this year. Soymilks awareness rating stepped up to 90%, while regular use of soymilk held fairly steady at 16%. "One-quarter [25%] of Americans consume soyfoods or soy beverages once a week or more." However 38% of respondents never consume soy, up 5 points since last year. Among these non-consumers of soy, 37% (down 10 points since last year) report that that nothing in particular prevents them from including soy in their diet, and another 18% say that taste prevents them from incorporating soy in their diet.

Genetically modified foods: The focus of these questions has changed from food to agriculture. 39% "of consumers consider themselves at least somewhat familiar with biotechnology and, of this group, 65% carry a positive perception of its role in agriculture." Awareness is slightly higher among men (66%) than women (64%). Of this group: 34% believe biotech improves the nutritional make-up of crops, 24% don't know enough about biotech to say what role it plays, 13% think that biotech enables farmers to use fewer pesticides, herbicides, and toxins. Other: 29%.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12668. **Product Name:** [Tofu Spread (Horseradish), Soy Sausage].
Foreign Name: Tofu Namaz (Hren), Sojina Kobasica.
Manufacturer's Name: Annapurna.
Manufacturer's Address: Nehajska 42, 10000 Zagreb, Croatia. Phone: 01 3385 533.
Date of Introduction: 2004. October.
Ingredients: Spread: Tofu, water, oil, vinegar, salt, horseradish. Sausage: Soybeans, soy flour, soy sauce, wheat germ, spices, salt, oil, palm fat.
Wt/Vol., Packaging, Price: Spread: 150 gm vacuum packed. Sells for 8kn. Sausage: 130 gm vacuum packed. Sells for 60kn/kg.
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Vlatka Kuzmic. 2005. June 6. She wrote the introduction date and English translation of the product name on the back of each 2½ by 3¼-inch label. Okara is the main ingredient in the Soy Sausage; it does not contain any cooked soybeans.

12669. Boyte, Frances. 2004. Tofu: Tout flamme [Tofu: On fire]. Outrement, Quebec, Canada: Éditions de Trécarré. 94 p. Illust. (color photos). No index. 26 cm. [Fre]
• ***Summary:*** A very attractive book, printed on glossy paper, with many stylish full-page color photos. Many of the recipes in this book were developed by professional restaurant chefs incl. Éric Boutin, Sébastien Leblond, Benoît Paquet, and José Trottier. The name of the recipe creator is given below each recipe.

Contents: Acknowledgments. A word about the author. Tips for cooking with tofu. How to make tofu at home. Entrees, soups, and potages. Main dishes. Desserts. On the rear cover is a color photo and some words about the author. Address: Les Ateliers diététiques de Frances Boyte, 825, avenue Beauregard, Bureau 117, Sainte-Foy (Quebec), Canada G1V 4L7.

12670. Cui, Zhanglin; James, A.T.; Miyazaki, Shoji; Wilson, Richard F.; Carter, Thomas E., Jr. 2004. Breeding specialty soybeans for traditional and new soyfoods. In: KeShun Liu, ed. 2004. Soybeans as Functional Foods and Ingredients. Champaign, Illinois: AOCS Press. xii + 331 p. See p. 264-322. [217 ref]
• ***Summary:*** Contents: Introduction. Soybean and soyfoods in China: Domestication of soybean, ancient utilization and processing, traditional soyfoods cultivars, current soyfoods markets, modern soyfoods cultivars (cultivars for bean curd {tofu} and soymilk, cultivars for small-seeded soybeans {sprouts, natto}, cultivars for vegetable soybeans {*maodou*}, cultivars for soy sauce, *doujiang, douchi,* and medicine, cultivars with improved seed composition).

Soybean and soyfoods in North America: Introduction of soybean, current soyfoods markets, modern soyfoods cultivars, genetic base and diversity of soyfoods cultivars. Soybean and soyfoods in Japan: Introduction of soybean to Japan, traditional soyfoods in Japan, current soyfoods markets, modern soyfoods cultivars (cultivars for tofu {bean curd} and soymilk, cultivars for *miso* {soybean paste}, cultivars for natto {fermented soybean; Japanese cultivars registered with the Ministry of Agriculture, Forestry and Fisheries (MAFF) include Suzumaru, Kosuzu, Natto-shoryu = Natto-Kotsubu}, cultivars for *nimame* {boiled soybean}, cultivars with low allergenic properties).

Soybean and soyfoods in Australia: Current soyfoods markets, modern soyfoods cultivars. Breeding for the soyfoods market: Tofu (environmental influences on tofu yield and solubility of seed dry matter, genotypic effects on tofu yield, seed protein and gelling properties of tofu, seed color, sugar content, undesirable flavors in tofu), natto, *edamame* or *maodou,* soymilk. Designing future soyfoods cultivars: Increasing protein and oil concentration, soybean protein composition (potential for altering protein composition, mutations in 7S storage-protein genes, mutations in 11S storage protein genes, influence of nutrition on storage protein gene expression, association with protein functionality), soybean carbohydrate composition (genetic regulation of oligosaccharide content), soybean fatty acid composition (genetic modification to reduce saturated fatty acid composition, genetic modification to alter unsaturated fatty acid composition, influence of multiple

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gene combinations on oil composition), Tocopherols and isoflavones in soybean seed (tocopherols, isoflavones). Summary. Acknowledgments.

Figures: (1) Diagram of two-dimensional representation of genetic relationships among 89 soyfood cultivars derived from a two-dimensional multidimensional scaling (MDS) analysis based on coefficient of parentage. (2) Bar chart of distribution of protein concentration among accessions of the USDA soybean germplasm collection. (3) Bar chart of distribution of oil concentration among accessions of the USDA soybean germplasm collection. (4) Diagram of the stachyose and phytic acid synthetic pathways in soybean. (5) Graph of relation of tocopherol concentrations to C18:3 concentration in mature seed of soybean germplasm with altered linolenic acid concentration, based on germplasm from the population N93-194 x N85-2176. (6) Graph of relation of total isoflavone and protein concentration among soybean cultivars.

Tables: (1) Distribution of releases of 193 public soyfood cultivars developed in China from 1923 to 1995. (2) Origin and description of 193 soyfood cultivars released in China from 1923 to 1995. (3) Distribution of releases of 123 public soyfood cultivars developed in North America from 1956 to 2000. (4) Origin and description of 123 public soyfood cultivars released in North America from 1956 to 2000. (5) Ancestors of North American soybean that contribute to soyfood cultivars but do not contribute significantly to commodity cultivars. (6) Distribution of release of 97 specialty-use public soyfoods cultivars developed in Japan from 1950 to 1995. (7) Origin and description of 97 public soyfood cultivars developed and released in Japan from 1950 to 1995. (8) Cultivars used for soyfood purposes in Australia. (9) Cultivars of Asian origin currently being employed in soyfood breeding in Australia. (10) Desired breeding traits for traditional soyfood cultivars. (11) Ratio of 11S to 7S proteins in seeds of soybean cultivars. (12) Genetic manipulation of soluble carbohydrate concentration in soybeans. Address: 1. North Carolina State Univ., Crop Science Dep., 3127 Ligon St., Raleigh, North Carolina, 27607, USA.

12671. Liu, KeShun. 2004. Edible soybean products in the current market. In: KeShun Liu, ed. 2004. Soybeans as Functional Foods and Ingredients. Champaign, Illinois: AOCS Press. xii + 331 p. See p. 23-51. [76 ref]

• ***Summary:*** Contents: Introduction. Soybean oil. Traditional soyfoods: Nonfermented soyfoods (soymilk, tofu, variety and current market, nutritional value and health benefits, general processing, soymilk film {yuba}, okara, soybean sprouts, vegetable soybeans, roasted {soynuts} or cooked whole soybeans), fermented soyfoods (fermented soy paste {jiang and miso}, soy sauce, Japanese natto, tempeh, sufu or Chinese cheese, fermented black soybeans {douchi or Hamanatto}). Soy protein products: Soy flour, soy protein concentrated, soy protein isolate, textured soy proteins. Modern soyfoods. Soy-enriched products. Functional soy ingredients / dietary supplements: Soy lecithin, oligosaccharides, isoflavones, tocopherols, phytosterols, trypsin inhibitors.

Figures: (1) Photo of traditional soyfoods. (2) Photo of soy flour and defatted meal after crushing. (3) Bar chart of U.S. soyfood sales since 1992. (4) General flow chart of processing soybeans into various edible products. (5) Flow chart of a traditional Chinese method for making soymilk and tofu. (6) Bar chart of U.S. tofu sales since 1980.

(7) Photo of natto, a fermented Japanese soyfood. (8) Flow chart of natto production outline. (9) Photo of soy protein products. (10) Photo of meat analog made by high-moisture extrusion of soybean protein. (11) Photo of new generation of soyfoods in the market. (12) Photo of soy-enriched bakery products. (13) Photo of concentrated soy isoflavone product.

Tables: (1) Classification of various edible soy products in the current market. Address: Univ. of Missouri, Columbia, Missouri.

12672. **Product Name:** Wildwood Soyogurt Smoothie [Wildly Berry, Mango Apricot Tango, Orange Orange, Kickin' Key Lime, or Vivacious Vanilla].
Manufacturer's Name: Wildwood Harvest Foods, Inc.
Manufacturer's Address: 416 E. Riverside Dr., Watsonville, CA 95076. Phone: 1-800-459-TOFU or 813-728-4448.
Date of Introduction: 2004. October.
Ingredients: 1998: Wildwood Tofu (filtered water, organic soybeans grown in accordance with the California Organic Foods Act of 1990, nigari {magnesium chloride, a natural firming agent}), unsweetened pineapple juice, soy sauce, fruitrim (fruit juice, natural grain dextrins), pineapple juice concentrate, ginger, orange juice concentrate, olive oil, molasses, ginger powder, spices.
How Stored: Refrigerated.
New Product–Documentation: Spot in *Natural Foods Merchandiser.* 2004. Oct. p. 142.

12673. Drosihn, Bernd. 2004. Re: Viana Naturkost GmbH has been renamed Tofutown.com GmbH and has moved to the village of Wiesbaum. Letter to William Shurtleff at Soyfoods Center, Nov. 5. 2 p. Typed, with signature on letterhead.

• ***Summary:*** Tofutown.com is the company's new name; it is not a consumer brand. Wiesbaum, a village too small to appear on most maps of Germany, is located in southwest Germany, south of Bonn, south of Cologne, and west of Koblenz. The major business in town is Vukcan Electronic, and a map and directions can be found on their website www.vulcanelectronic.com. The name "tofutown" was given to Bernd by the village of Wiesbaum. Bernd registered

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the "Tofutown" name in Europe's and Germany's brand registries–prior to White Wave registering it in the United States,

A major reason for the change of name is that the company's new and very successful mainstream supermarket brand "Veggielife" is becoming more and more important. Viana is still the company's traditional brand for health food stores in Europe; the new name is helpful to consumers in making a clear separation between the company name and brand names. The company also now makes a lot of private labelled products.

Two tofu makers in Eastern Europe are Veto in the Czech Republic and Polsoja in Poland.

Bernd's company now has many websites: www.tofu.de, www.ernaehrung- nahhhaltigkeit.de, www.tofutown.com, www.veggielife.de, and www.viana.com.

Follow-up e-mail from Bernd. 2004. Dec. 17. In 2001 Bernd moved his food factory from Euskirchen-Kuchenheim to Wiesbaum and started making soy products there in the summer of 2001. He moved because the company had grown and they needed a "state of the art building and machinery" to attract new professional customers–who did come. Bernd now lives in Bonn (the capital of Germany, on the Rhine River near Cologne) and enjoys the drive to Wiesbaum which is in very beautiful and rural surroundings. It is a hillside area with pure water and air, near Belgium and Luxembourg.

In the autumn of 2003 Bernd changed his company name from Viana Naturkost GmbH to Tofutown.com. Address: Founder and president, Tofutown.com GmbH, Industrie und Gewerbe Park, D 54578 Tofutown Wiesbaum, Germany. Phone: 06593 9967-0.

12674. Bruni, Frank. 2004. Restaurants: A paean to tofu in a Japanese pub. *New York Times.* Nov. 24. p. F8.
• ***Summary:*** This is a review of En Japanese Brasserie, a restaurant in Greenwich Village, New York City, which features artisanal tofu–as well as "its dynamic cousin yuba, which is the skimmed skin of heated soy milk, omelet-esque in texture. Yuba arguably has more character than plain tofu..." It also serves house-made miso pastes. Address: Japan.

12675. Funk, Linda. 2004. Simply Soy: Recipes celebrating nature's perfect bean. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 16(2):12. Nov.
• ***Summary:*** This article announces The Soyfoods Council's first cookbook titled *Simply Soy: Recipes Celebrating Nature's Perfect Bean,* which "has soyfood product information, numerous scrumptious recipes, and many eye appealing color pictures." "It is one of the first soyfoods cookbooks that demystifies soy and has easy, delectable recipes..." Recipes for Pumpkin Cheesecake (with tofu) and Edamame Walnut Salad are given. Ordered from the Council, the book costs $15.00 plus $4 shipping and handling. Color photos show: (1) Linda Funk. (2) The color of the book. (3) A slice of pumpkin cheesecake on a white plate with a silver fork. Address: Executive Director, The Soyfoods Council.

12676. Lanki, Colleen; Tsuneda, Keiko; Sadakari, Lei. 2004. Moral: A play by Kisaragi Koharu. *Asian Theatre Journal* (*ATJ*) 21(2):119-76. Autumn. See p. 174.
• ***Summary:*** This is a long translation and review of the play *Moral.* Introduction by Colleen Lanki; script translated by Tsuneda Keiko and Colleen Lanki; original director's notes translated by Colleen Lanki and Lei Sadakari. Kisagari Koharu is a Tokyo woman playwright.

In the "Notes" section at the end of the translation, note 14 (p. 174) states: *"Inari-zushi* is a small ball of rice covered by *aburage,* a thin fried tofu skin soaked in a sweet vinegar sauce."

Note: This is the earliest document seen (April 2013) that contains the term "thin fried tofu skin."

12677. Burlison, Susan. 2004. Recollections of W.L. Burlison, her grandfather (Interview). *SoyaScan Notes.* Dec. 7. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** This interview was preceded by an e-mail after Susan read an unpublished book chapter titled "History of Soybeans in Illinois," by Shurtleff and Aoyagi on *The Soy Daily* website. She sent the URL to W.L. Burlison's grandchildren, great-grandchildren, and a great-great nephew. She attached a photo of her grandfather in 1936 eating a piece of soybean cake, from the University of Illinois Archives.

A soybean variety was named after W.L. Burlison. According to Cecil D. Nickell, who retired in 2001 from the University of Illinois: "Burlison was developed in our research program at the University of Illinois and released in 1988. Burlison has multiple race resistance to phytophthora rot and higher seed protein [content] (3.2% higher) can conventional soybean varieties. Therefore, Burlison is being used in the tofu market in Japan. Susan has very warm memories of her grandfather; she was about ten years old when he died. His wife, Flossie Bell Lewis, was a strong woman, but not as warm as W.L. Susan is aware of two things that were on the wall of W.L.'s office: (1) A framed saying: "There is no limit to what you can accomplish as long as you don't care who gets the credit." (2) A picture of Christ.

Susan's father was a man who treated everyone equally, regardless of their race, social class, ethnicity, religion, etc. She imagines that he learned this from his parents.

Susan is a vegetarian, the only one in the family. She has some of his published documents, and quite a few photographs of him. Her cousin, Michael Burlison, is very active in researching the Burlison family genealogy. W.L. appears in a mural in the new ACES Library at the

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University of Illinois. There is a Burlison Street in Urbana–4 blocks long. W.L. lived in a house on Michigan Ave., where her father grew up. There is an annual grant in his name from the Illinois Crop Improvement Association. Only one of W.L.'s children is living–Ruth, who is advanced in years. Five of his grandchildren are living, including Susan and her sister. Susan has a son, age 31. An uncle, Dr. Lawrence Hannah, has lots of information on W.L.; Susan will contact him. W.L. was buried in Urbana.

Susan is very interested in helping Soyfoods Center to compile a more complete biography of her grandfather; she will send a packet of information within the next few weeks. Address: Desired data & design, Inc., 1425 Broadway, Suite 7, Burlingame, California 94010. Phone: 650-344-5165.

12678. Tofutown.com. 2004. Home page and all four links (Website printout–complete). www.tofutown.com Printed Dec. 14.

• ***Summary:*** Across the bottom of the home page are four numbers, which are links to "Our brand sites." When you click each one, a small box of information at the far right side of the screen pops up. They are: (1) Viana purely vegetarian specialties (in German). (2) Same as #1 but in English. (3) Veggie Life meat alternatives (in German). (4) Listen to your heart (in German).

When Soyfoods Center tried to print each page, the right side (1 cm) was cut off. Although each page contained very little information, two pages printed where one would have been more than enough. Poor website design. Address: Wiesbaum, Germany.

12679. Kuzmic, Vlatka. 2004. Update on Annapurna's work with tofu and seitan in Croatia (Interview). *SoyaScan Notes.* Dec. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** In Dec. 2001 their company, Annapurna, moved in Zagreb from Zumberacka 36 to Nehajska 42, and into a larger plant (100 square meters; formerly 40 square meters). Then in January 2004 they moved again from Nehajska 42, Zagreb, to their present address Klanjec 30a, 1047 Rakitje-Bestovje–about 20 km west of Zagreb. However they kept their shop at Nehajska 42 as a 2nd shop.

Last year they purchased a Takai tofu system and as soon as it arrived, the demand for tofu started to grow dramatically. This year's sales were about 50% higher than last year's. They make tofu only two days a week, so they have plenty of room for growth.

Their tofu and other products are very high in price compared with meat and other typical foods. Their main customers are vegetarians, affluent people, and sick people (such as those with heart disease).

They now have their products in a few supermarkets. However meat and Coca-Cola account for 90% of the sales in supermarkets; they are lucky if they sell 5 cakes of tofu a day. Yet they have gotten a toehold early. They were the third tofu maker in Croatia; now there are six.

Update: Letter (e-mail) from Vlatka. 2006. July 11. Most of their okara they throw away for use as pig feed. In May 2006 they bought a new vacuum packaging machine from Multivac; it can pack with inert gas in 3 bags at the same time. Address: Klanjec 30a, Rakitje, 10437 Bestovje, Croatia. Phone: +385 1-3639-092.

12680. *SoyaScan Notes.* 2004. Chronology of major soy-related events and trends during 2004 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jan/Feb.–Biodiesel magazine starts publication in the USA. Feb. The excellent European periodical *Soyafoods,* edited by Heather Paine of England, changes its title to Soy & Health, when the American Soybean Association stopped funding. Past and current issues can be downloaded from the Soy Conference website www.soyconference.com.

April–Yamasa Corporation purchases San-J International (Richmond, Virginia).

April–Pulmuone U.S.A. makes a significant financial investment in Wildwood Harvest Foods, Inc. In July the two companies announce their merger. Both tofu companies are based in California.

April–The Food and Drug Administration (FDA) confirms that it is in the process of reviewing a petition for a health claim that suggests the consumption of soy protein-based foods may reduce the risk of certain types of cancer, including breast, prostate, and colon cancer. The Solae Company submitted the petition.

June–"The Whole Soy Story: The Dark Side of America's Favorite Health Food," an article by Kaayla T. Daniel is published in *Mothering* magazine. Her unbalanced approach is to collect, often misinterpret, and publish in one place all the negative information she can find about soy.

July 20–Wildwood Natural Foods, Inc. and Pulmuone U.S.A. announce their merger.

July–Soyfoods Center "publishes" on its Internet website (www.soyfoodscenter.com) the entire (previously unpublished) manuscript of its book *History of Soybeans and Soyfoods,* by William Shurtleff & Akiko Aoyagi (2,500 pages). It is now available worldwide for all to use free of charge. Research and writing of this book began in Oct. 1980.

Nov. 10–USDA's Animal and Plant Health Inspection Service [APHIS] confirms the presence of soybean rust on soybean leaf samples taken from two plots associated with a Louisiana State University research farm.

World Wildlife Fund establishes the Roundtable on Responsible Soy to address the impacts of soy production [as on the Amazon rainforest] and identify solutions.

Trends: (1) The low-carb diet continues its popularity and upward trend in the USA. Soy protein is being used to

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replace carbohydrates is a wide array of products from taco chips to bread, from healthy soft drinks (Snapple-A-Day) to vegetable juice (V8 Splash Smoothies). Consumption of meat, which is also low in carbohydrates, is now coming back into popularity. Few, if any, nutritionists, think that low-carb diets are healthful. (2) The anti-soy faction continues to have an active and one-sided web presence–an an negative effect on the growing interest in soyfoods. Leaders are Sally Fallon, Kaayla T. Daniel, Richard and Valerie James, and others. (3) Ten million more people were hungry in 2004 than in 2003, according to Bread for the World Institute's 2004 Hunger Report. At the same time the World Food Program announced that food aid has decreased every year since 1999. Hunger is a growing issue. Hunger and poverty are inextricably linked; if there are no resources, there is no food.

12681. **Product Name:** Spicy Braised Tofu, Kung Pao Tofu Salad, Spicy Yuba Strips.
Manufacturer's Name: Basic Soy Beanery (renamed Hodo Soy Beanery in Sept. 2005).
Manufacturer's Address: 1600 S. De Anza Blvd., San Jose, CA 95106. Phone: 408-517-8958.
Date of Introduction: 2004. December.
Ingredients: See below.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Labels by brought to Soyinfo Center by Minh Tsai on 2009. Sept. 16. Ingredients:

Spicy Braised Tofu: Soybeans, water, calcium sulfate, star anise, teriyaki sauce, vinegar, chili oil.

Kung Pao Tofu Salad: Soybeans, water, calcium sulfate, soy sauce, tea infusion (loaf is smoked over tea leaves), teriyaki sauce, chili oil, vinegar, peanut, cilantro.

Spicy Yuba Strips: Soybeans water, soy sauce, sugar, soybean oil, teriyaki sauce, vinegar, chili oil.

12682. GEM Cultures. 2004. Catalog [Mail order]. 30301 Sherwood Rd., Fort Bragg, CA 95437-4127. 10 p. Undated. [4 ref]
• ***Summary:*** Contents: Greetings from Northern California. Soycrafters section: Powdered tempeh starter, natto starter, koji starters, fresh koji, seed miso, tofu boxes [kit], coagulants. Bread and crepe cultures: Cultured crepes, cool rise natural leaven, rice or rye sourdough. Dairy cultures: Fil mjolk (subs for piima), viili, kefir. Tea fungus–kombucha. Kitchen items: cheesecloth, super sealers. Ordering information. Address: Fort Bragg, California. Phone: 707-964-2922.

12683. Iowa Soybean Promotion Board. 2004. Simply soy: Recipes celebrating nature's perfect bean. Urbandale, Iowa: Iowa Soybean Promotion Board. 151 p. Illust. Index. 23 cm.
• ***Summary:*** A gorgeous book, filled with elegant, mouth-watering full-page color photos of prepared recipes. Contents: Introduction, by Linda Funk, Executive Director, The Soyfoods Council. 1. The magical bean: Soy to the world, soy and health, the soyfoods pantry (glossary incl. soybean oil, soymilk, tofu, tempeh, edamame, soynuts, soy flour, textured soy protein, canned soybeans, miso, soy protein powder {soy protein isolates}, dried soy flakes {MicroSoy}, soy yogurt and smoothies, soy pasta {ADM}). Soyfood nutrient chart. 2. Start it up with soy: Appetizers and nibbles. 3. On the sidelines: Sides and salads. 4. Spoon fed: Comforting soups and stews. 5. Vegetarian anyone? 6. Teamwork: Pork, beef, chicken, seafood and soy. 7. The bread box: Breads and muffins. 8. Desserts: Soy and spice and everything nice. 9. Cooking with kids. Resources (Directory of members of The Soyfoods Council and their soy products; Directory of state and national soybean boards).

A smoothie (p. 133) is made at home by combining 1 cup soymilk (plain or vanilla), ½ medium banana (may be frozen, if desired), and optional nondairy ingredients, such as chocolate syrup, peanut butter, fruit juice concentrate, or frozen fruits (alone or in combinations–pineapple, orange, cranberry, raspberry, etc.). "Many of the soy smoothies and soy yogurts on the market today are probiotic, meaning they contain active, live cultures that are beneficial to intestinal health." Address: 4554 N.W. 114th Street, Urbandale, Iowa 50322-5410. Phone: 866-431-9814.

12684. **Product Name:** Vegan Gourmet Cheese Alternative [Nacho].
Manufacturer's Name: Follow Your Heart (Product Developer-Distributor). Made in Canoga Park by Earth Island.
Manufacturer's Address: Canoga Park, CA 91304. Phone: 818-348-3240.
Date of Introduction: 2004.
Ingredients: Filtered water, expeller-pressed canola oil, jalapeño peppers, soy protein, tofu (soybeans, calcium sulfate), inulin (a natural extract of chicory), pimiento, spices, agar agar, sea salt, carrageenan, brewer's yeast, calcium lactate (vegan), lactic acid (vegan), annatto.
Wt/Vol., Packaging, Price: 10 oz vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Product with Label brought by Bernd Drosihn. 2004. March 15. Purple, orange, black, white, black, and red on blue and white cloudy sky. 3 inches square front and back. "Dairy free. All natural. It melts." Logo: Non-GMO. Note: This vegan cheese alternative contains no casein. When the various gelling agents (agar, carrageenan) are heated, they melt–sort of.

12685. Kao, T.H.; Lu, Y.F.; Hsieh, H.C.; Chen, B.H. 2004. Stability of isoflavone glucosides during processing of soymilk and tofu. *Food Research International* 37:891-900.

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12686. Abrams, Maribeth; Lewis, Carl. 2004. Tofu 1-2-3 (DVD): Taking the mystery out of the "big white blob." Glastonbury, Connecticut: Delicious Adventures LLC. 48 minutes. [2 ref]
• ***Summary:*** "Adding tofu to your diet has never been easier! It's easy to make scrumptious dishes using tofu–if you know how! With great enthusiasm, Maribeth of Delicious Adventures leads you through recipes so easy and tempting that you'll be whipping up new favorites right away. Kid-tested, Family-approved. All recipes are free of cholesterol, dairy, eggs, wheat, gluten and nuts."

"Includes 17 minutes of bonus footage in which Carl Lewis talks about his new career, his family, and his Olympic Games experience.

Note: This is the earliest document seen (May 2006) in DVD format related to soy. Address: 52 Lenti Terrace, Glastonbury, Connecticut 06033.

12687. Atlas, Nava. 2004. The vegetarian family cookbook. New York, NY: Broadway Books. 339 p. Illust. Index. 23 x 21 cm. [15 ref]
• ***Summary:*** Contains 275 vegetarian recipes, many of which are vegan; a vegan option is provided for almost all of the recipes that are vegetarian.

The index contains 47 entries for tofu (incl. silken, soft, firm, extra firm), 13 for seitan, 4 each for tempeh, soy mayonnaise, and soy milk, 3 for soy yogurt, 2 each for edamame and miso, 2 each for soy nut butter, soy allergy, soy products, and 1 each for soy Canadian bacon, soy cheese, soy cream cheese, soy hot dogs, and soy pasta.

About the author: Nava Atlas is the author of eight previous vegetarian cookbooks. Her website, www.vegankitchen.com, is one of the most widely visited culinary websites on the Internet. She lives in the Hudson Valley with her husband of 25 years (Chaim "Rocky" Tabak) and their two sons, Adam and Evan. A photo (p. 339) shows Nava Atlas. Address: Author and illustrator, New Paltz, New York.

12688. Broihier, Kitty; Mayone, Kimberly. 2004. The everyday low-carb slow-cooker cookbook: over 120 delicious low-carb recipes that cook themselves. Da Capo Press / Lifelong Books. A member of the Perseus Books Group. xv + 224 p. Index. 23 cm.
• ***Summary:*** Soy related recipes. Miso-rubbed salmon (p. 133). Miso soup with tofu and scallions (p. 142). Crunchy toppings (incl. "Soy nut topping–7-ounce bag roasted, salted soy nuts," p. 181. The Soy Nut Topping is also great on salads). Sesame-soy dressing for green vegetables (p. 185. This dressing is "also great over pan-fried tofu").

Soy sauce is in ingredient in many recipes. Address: 1. M.S., R.D., president of NutriComm, a food and nutrition communications consulting corp.; 2. Owner of Wow Delicious, a recipe development company.

12689. Elliot, Rose. 2004. New vegetarian cooking: 120 fast, fresh, and fabulous recipes. New York, London, Toronto, Sydney: Simon & Schuster. 192 p. Illust. (color). 28 cm. Index.
• ***Summary:*** Contains many full-page color photos, mostly of dishes prepared from recipes. Chapter 1: Why I'm a vegetarian: Being a healthy vegetarian or vegan, get slim and stay slim, eating for two, nurturing the next generation, look younger, live longer. Chapter 6 is titled "Tofu, tempeh, and seitan" (p. 138-61). Other soy-related recipes and info include: Soy milk (p. 13, 20, 21, 23, 188). Green soybeans [frozen edamame] (with soba, p. 60, 61). Tofu mayonnaise (p. 66). Breakfast smoothie (p. 118, with soy milk, rice milk, or almond milk). Soy yogurt (p. 119, 188). Soy sauce (p. 153, 188). Soy creamer (p. 169, 188). Also discusses: Sea vegetables (arame, hijiki). Quinoa.

12690. Fu, Peimei. 2004. Peimei shi dan: Yong yuan da shi dian shi shi pu. 1 [Pei Mei's T.V. program cook book. Vol. I]. Taipei, Taiwan: Ju zi wen hua shi ye you xian gong si. 119 p. Illust. (color). 22 cm. [Chi]
• ***Summary:*** On the title page, the title of this book is given in both Chinese and English. The rest of the book is entirely in Chinese. At the beginning is a glossary, with 3 large numbered color photos of ingredients and the numbered name of each ingredient below the photo. On the right hand page of every 2-page spread are (typically) 5 recipes. On the left hand page is a color photo of showing the 5 finished dishes, each served on a plate, bowl etc.

Recipes call for the various soy related ingredients, including soy sauce, deep-fried tofu, fermented black soybeans, tofu, etc. Address: Cooking teacher, Taipei, Taiwan.

12691. Grimaldi, Polly. 2004. Quick and easy soy and tofu recipes. Hayward, California: Bristol Publishing Enterprises. (A Nitty Gritty book). iv + 155 p. Illust. Index. 14 x 21 cm.
• ***Summary:*** Contents: 1. An introduction to tofu and soy. 2. Breakfast. 3. Entrees. 4. Side dishes. 5. Salads. 6. Soups. 7. Sauces, spreads, dips and snacks. 8. Breads. 9. Drinks. 10. Desserts. Address: Hayward, California.

12692. Iacobbo, Karen; Iacobbo, Michael. 2004. Vegetarian America: A history. Westport, Connecticut, and London: Praeger Publishers. xvi + 267 p. Illust. Index. 25 cm. [447 ref]
• ***Summary:*** An excellent history of the vegetarian movement in the United States from the late 1700s to the present–extremely well researched, well documented, and original. There have been three major waves of interest in vegetarianism, each beginning about 70 years apart. The first was in the 1830s and 1840s, and included Sylvester Graham

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and William Alcott. The second was from about 1900 to 1930. And the third and current period began in about 1970.

Contents: 1. Seeds are sown: Native Americans, Benjamin Franklin, Johann Conrad Biessel (1691-1768; founded Seventh-Day Baptists, Ephrata Cloister in Pennsylvania), vegetarian Dunkers, William Dorrell and The Dorrellites (Leyden, Vermont), John Wollman (Quaker) and his journal, Herman Daggett, L. Du Pre, Johnny Appleseed (John Chapman, follower of teachings of 18th century Christian mystic and vegetarian Emmanuel Swedenborg), Joshua Evans. 2. Abstinence from fleshfoods: Christian vegetarians, and the English connection: Percy Bysshe Shelley, George Nicholson, Joseph Ritson, Rev. William Cowherd and the Bible Christian Church of Salford, William Metcalfe comes to the Philadelphia 1817 and establishes the Bible-Christian Church.

3. Sylvester Graham, Grahamism, and the Grahamites: Cholera epidemic, Graham's preventive medicine, why vegetarian?, Jacksonian era dining habits, Graham bread, Jacksonian era medicine, Isaac Jennings, Asenath Hatch Nicholson, Dr. John Burdell, Graham in the press, William Andrus Alcott and *The Moral Reformer,* American Physiological Society (APS) in Boston, founded in 1837, Mary Gove Nichols, *The Graham Journal of Health and Longevity,* the vegetable diet, Dr. Luther V. Bell and his prize-winning essay, Dr. Milo L. North, Asa Mahan and Charles Finney of Oberlin College [Ohio], Dr. Reuben Mussey, Grahamites and anti-Grahamites, J.J. Flournoy, abolitionists and transcendentalists, A. Bronson Alcott (father of Louisa May) of Concord, Massachusetts, nonviolence and Thoreau, James Pierrepont Greaves, Ham Common, Alcott House, William Lambe and the Physiological and Health Association, Fruitlands, abolitionist-vegetarians, Orson S. Murray, Horace Greeley and Mary Youngs Cheney (his wife), Graham's teachings on physiology and anatomy, William Metcalfe's book *Bible Testimony on Abstinence from the Flesh of Animals as Food...* (June 1840), Larkin B. Coles.

4. The American Vegetarian Society (AVS, organized in 1850 by William Metcalfe): First convention on 15 May 1850 in New York City, the society's periodical *The American Vegetarian and Health Journal* (Nov. 1850–Oct. 1854), Joel Shew and water cure / hydropathy, John Grimes and the first Vegetarian Festival in New York City (Christmas, 1851), feminism, Anne Denton, Charles Lane, death of Sylvester Graham, Dr. Russell Trall, Graham's legacy, front-page headlines in 1853 at the Vegetarian Festival (guests incl. Trall, Greeley, James Caleb Jackson, Frances Dana Gage, Lucy Stone, Susan B. Anthony, and Emilia Bloomer), New York Vegetarian Society (est. 1852), decline of AVS, Henry Stephen Clubb, Fowler & Wells, *The Water Cure Journal,* Quaker Jeremiah Hacker, Thomas Low Nichols.

5. The water cures, Seventh-day Adventists, and the Civil War: Henry Clubb, Octagon Settlement in Kansas (1856), Dr. James E. Spencer and the Harmonial Vegetarian Society in Arkansas (1857), James Caleb Jackson, Our Home on the Hillside, Dr. Harriet N. Austin, Seventh-day Adventists, Millerites, Ellen G. White, drugless medicine, Dr. Russell Thacher Trall, end of AVS with the death of Wm. Metcalfe.

6. The Civil War to the end of the century: Dr. Mussey, Rev. Henry Ward Beecher, Henry Clubb keeps vegetarianism alive in America (though its lacks a national organization), John Harvey Kellogg, Isaac and Susan Rumford and Joyful News, California, Victoria Woodhull, Clubb founds the Vegetarian Society of America (VSA) in 1886, the VSA cookbook, and its periodical *Food, Home and Garden,* Chicago Vegetarian Society, Rev. A.T. De Learsey, Annie Besant, the New Thought movement, Charles and Myrtle Fillmore found the Unity School of Christianity in Missouri, Ralph Waldo Trine, Chicago World Exposition of 1892 (Illinois), William Axon is secretary of the Vegetarian Federal Union, vegetarian society formed in Washington, DC, vegetarian lectures at the Chicago World Expo, Alice Stockham, Dr. Susana Way Dodds, Dr. Martin Luther Holbrook, *The Herald of Health* magazine (Trall), vegetarianism and Christianity, J. Howard Moore, Lawrence Grunland, Henry Perky and his New Era Cooking School, 1895 gathering of vegetarians to celebrate Thanksgiving at University of Chicago, the animal question and ethical vegetarianism, antivivisection movement.

7. The Progressive Era and the rise of vegetarianism: It followed the Gilded Age and the Victorian Era, women's suffrage and vegetarianism, refrigeration expands food choices, vegetarian foods developed at the Battle Creek Sanitarium and Sanitas Nut Food Co. (Michigan), peanuts and meat substitutes, Dr. John Harvey Kellogg, Lena Francis Cooper, vegetarianism in the media, George Bernard Shaw, Sarah Bernhardt, General William Booth and the Salvation Army, athletes and showmen, Eustace Miles, Karl Mann, walking and cycling, Bernarr Macfadden and his *Physical Culture,* his chain of vegetarian restaurants in New York City, scientific evidence in favor of vegetarianism, M.E. Jaffa, Dabney, E.V. McCollum, Russell H. Chittenden of Yale, Nicola Tesla, Kellogg's *Good Health* magazine, Upton Sinclair and *The Jungle,* passage of the 1906 Pure Food and Drug Act and the Meat Inspection Act, Hereward Carrington, Ernest H. Crosby, glamorous socialite Mrs. Maude R.L. Hammer Sharpe, the Millennium Guild (1912), M.R.L. Freshel, Benedict Lust and naturopathy, Kellogg battles the meat industry, the *Vegetarian Magazine.*

8. The Depression to the sixties: The lean years: Eat more meat, the soybean, Jethro Kloss, Henry Ford, World War II, Symon Gould, John Maxwell, Dr. Christopher Gian-Cursio, Herbert Shelton and natural hygiene, Dr. Jesse Mercer Gehman, *Recovery of Culture,* by Henry Bailey Stevens, the American Vegetarian Party found in 1948 by Symon Gould, its first presidential candidate was

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John Maxwell, Dr. Mervyn G. Hardinge, H. Jay and Freya Dinshah, American Vegan Society.

7. Peace, love, and vegetarianism: The counterculture of the 1960s and 1970s: Socialites Pageen and Ed Fitzgerald, the California scene, Gypsy Boots, drugless doctor Pietro Rotundi, Los Angeles Vegetarian Society, Bianca Leonardo, Woodstock, Hog Farm commune of New Mexico, Wavy Gravy, Lewis B. Marvin, Lisa Laws, Yogi Bhajan, Golden Temple restaurant, Haight-Ashbury, hippies, The Farm and Stephen Gaskin in Tennessee, the soy dairy, *The Book of Tofu,* by Shurtleff & Aoyagi, Helen & Scott Nearing, *Diet for a Small Planet,* Nellie Shriver and Connie Salamone, *Vegetarian Times,* PETA, Isaac Bashevis Singer, North American Vegetarian Society, the press, William Blanchard and *Vegetarian World,* McGovern Report.

10. Vegetarianism has arrived: Animal rights, popular vegetarian cookbooks, vegetarianism and the environment, John Robbins and *Diet for a New America,* new scientific evidence, Dr. Neal Barnard and PCRM, Suzanne Havala, Howard Lyman, the movies and television, new vegetarian foods, the Internet, the Atkins Diet attack.

Photos show: (1) William Metcalfe. (2) Sylvester Graham (illust.). (3) William Alcott. (4) Front page of *Graham Journal of Health and Longevity* (16 Feb. 1839). (5) Reuben Mussey, M.D. (6) A. Bronson Alcott in top hat and cape. (6) Henry S. Clubb. (7) James Caleb Jackson. (8) Ellen G. White. (9) Russell T. Trall. (10) John Harvey Kellogg, M.D., dressed in white, riding a bicycle. (11) Menu cover of The First Vegetarian Restaurant, Carl Rasmussen, proprietor. (12) Battle Creek Sanitarium. (13) Bernarr MacFadden on the cover of *Physical Culture* magazine (Sept. 1902). (13) Cover of *Good Health* magazine (Aug. 1898). (14) M.R.L. Freshel. (15) Cover of *The Vegetarian Magazine* (July 1924). (16) Constantina "Connie" Salamone. (17) Ingrid Newkirk of PETA. (18) PETA poster "Does your food have a face? Go vegetarian." (19) Neal Barnard, M.D. of PCRM. (20) Suzanne Havala Hobbs. (21) Howard Lyman. (22) VivaVegie's Penelo Pea Pod. (23) Two PETA spokeswomen with signs outside Rhode Island State House. (24) Bruce Friedrich of PETA.

Note: This book has several weak points: (1) The authors repeatedly confuse a vegetarian diet with a "plant-based" (vegan) diet. (2) The history focuses too much on the story of individuals and not enough on the great historical forces by which those individuals are shaped. Address: 1. Journalist, researcher, and Adjunct Prof. of English at Johnson and Wales, Univ., Rhode Island; 2. Journalist who has worked for the Associated Press, the Providence Phoenix, and other publications.

12693. Law, Eugene. 2004. Intercontinental's best of China. Beijing, China: Intercontinental Press. 543 p. Illust. Maps. Index. 22 cm.
• ***Summary:*** This is a guidebook to 53 of China's most popular destinations. Each Chinese word, term or phrase is written in both pinyin (with tones included) and Chinese characters (Cc).

The section on "Shaoxing" discusses Chinese wine, spirits, and food at length. Under "Food and restaurants" (p. 343-44) we read: "Shaoxing's preserved tofu (*shaoxing furu* + 4 Cc) takes tofu and preserves it in Shaoxing wine, giving it a mellow flavor... Shaoxing stinky tofu (*shaoxing youzha choudoufu* + 6 Cc) tastes better than it sounds or smells; it's particularly good deep fried."

12694. Lebow, Susan. 2004. Tofu now: A National Organization for Women cookbook. Washington, DC: National Organization for Women. 74 p. Index. 23 cm.
• ***Summary:*** On the cover: 50 quick, easy, delicious everyday Tofu main dishes, For those who want so tofu in their diet and are not and never want to be vegetarian or gourmet.

Contents: A few things to keep in mind. Types of tofu: extra-firm, firm, regular to firm, soft, silken tofu. Purchasing and storage. Freezing ("Only free regular and firm tofu–never soft or silken"). To thaw ("When a recipe calls for frozen tofu–we put it in the microwave as soon as we get home").

Recipes (the quickest recipes begin each of the following categories): Basic everyday tofu. American. Italian. Asian. Mexican. Soups and stews. Address: NOW, 733 15th Street NW, 2nd Floor, Washington, DC 20005.

12695. Petrovna, Tanya. 2004. The Native Foods Restaurant cookbook. Boston, Massachusetts: Shambhala Publications, Inc. xxiv + 328 p. Foreword by Deborah Madison. Illust. by Stephen Brogdon. Index. 23 x 19 cm.
• ***Summary:*** The author is co-owner of this chain of four restaurant in southern California. All the recipes are vegan. The index contains 22 entries for soy, 18 for tofu, 17 for tempeh, 16 for seitan, 7 for cheese–nondairy, 6 for soybeans, 5 each for edamame and soy cream cheese, 4 each for meat alternatives and miso, 2 each for soy milk, soy protein textured, soy sour cream, and textured soy protein, 1 each for milk–soy and soy sauce.

On the color cover is a fine photo of Tanya holding out a shallow basket of vegetables. Address: Co-owner and head chef, four Native Foods Restaurants in southern California (in Los Angeles, Palm Springs, Desert Springs, and Costa Mesa).

12696. Phillips, Kathleen B. 2004. The impact of deep-frying on fat, protein and isoflavone content of tofu with sensory evaluation of five types of tofu. MSc thesis, Texas Woman's University. x + 84 leaves. Illust. 28 cm. *

12697. Raymond, Jennifer. 2004. The peaceful palate: Fine vegetarian cuisine. Revised ed. Honeydew, California: Heart & Soul Publications. 158 p. Illust. Index. 28 cm. *

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• ***Summary:*** A vegan cookbook, with a substantial section on vegan nutrition. Contains 11 tofu recipes and 1 recipe for tempeh sandwich.

12698. Rubin, Jordan. 2004. The Maker's diet. Lake Mary, Florida: Siloam. xiv + 304 p. Illust. Index. 24 cm. [191 endnotes]
• ***Summary:*** The subtitle (on the cover only): "The 40-day health experience that will change your life forever." Another anti-vegetarian, occasionally anti-soy, pro-meat book. He states that soy is "an inferior protein" and calls vegetarian eating "The Hallelujah Diet." Mr. Rubin claims that phytic acid in soy is toxic, and that only fermented forms of soy are safe. He claims that Asians eat tofu mostly in the form of fermented tofu (a preposterous claim) and that this is the only way to consume it, because the phytic acid is toxic and has to be destroyed in the fermentation process. He attacks vegetarians as well as vegans because of an "anemic history of health."

Note: The author lists his credentials on the book's title page and cover as "N.M.D., Ph.D." According to the website "Quackwatch," his NMD (naturopathic medical doctor) is from the School of Natural Medicine at the Peoples University of the Americas (link), a nonaccredited school with no campus. His Ph.D. is from the Academy of Natural Therapies (link), a nonaccredited correspondence school that the State of Hawaii ordered to close last year (link).

In addition, his CNC (Certified Nutritional Consultant) comes from the American Association of Nutritional Consultants, whose only requirement for a "professional member" status has been payment of a $50 or $60 fee. "The CNC requires passage of a test based mainly on the contents of books that promote nutrition quackery. Rubin's book, 'The Maker's Diet,' is number 14 on the *New York Times* list of hardcover advice books." Address: Palm Beach, Florida.

12699. Sammons, Sandra Wallus. 2004. John and William Bartram: Travelers in early America. Flagler Beach, Florida: Ocean Publishing. xx + 117 p. Illust. Index. 21 cm. [80 endnotes]
• ***Summary:*** This excellent book was written for "young readers" at 8th grade reading level. Contents: Foreword, by Joel T. Fry. Preface. 1. Beginnings in a new land. 2. Growing gardens and friendships. 3. "All in a flame." 4. William, "my little botanist." The King's Botanist. 6. Endings and beginnings. 7. Peace–and a revolution. 8. "Pac Puggy." 9. Safe and sound, 10. *Travels.* 11. A fruitful garden.

Photos show: (1) The Bartram House in Philadelphia, Pennsylvania. (2) A page from John Bartram's journal. (3) Title page and frontispiece of the book *Travels,* by William Bartram. Illustrations show: (1) Peter Collinson (1770). (2) William Bartram's drawing of alligators. (3) Portrait of William Bartram by Charles Wilson Peale. (4) Entrance to Historic Bartram's Garden. (5) William Bartram Trail sign in Florida. Maps show: (1) One the cover, routes traveled by John and William Bartram–now called the Bartram Trail. (2) A plan of the city of Philadelphia (1777) showing the Bartram land in Darby. Address: Edgewater, Florida.

12700. Seo, Yukiko. 2004. Ketteiban tôfu, nattô aburaage [Definitive recipes for tofu, natto, deep-fried tofu pouches]. Tokyo: Shufu no Tomosha. 207 p. Illust. (color). 24 cm. [Jap]*

12701. Smith, Fiona. 2004. Easy sushi rolls and miso soup. London and New York: Ryland Peters & Small, Inc. 64 p. Illust. (Color photos by Diana Miller). Index. 20 x 20 cm.
• ***Summary:*** Contents: Serving sushi rolls. Cooking rice. Vegetarian. Fish and seafood. Meat and poultry. Miso soups. Accompaniments.

The page facing each recipe is a full-page color photo. Nori is used to wrap or roll most of sushi. Contains a selection of miso soup recipes that traditionally end a sushi meal: Dashi and combination miso soup. White miso soup with wakame, tofu and lettuce. Red miso soup with pork and noodles. Red miso soup with scallions and tempura croutons.

The vegetarian sushi recipes include: Miso-marinated asparagus roll. Broiled tofu roll. Address: Food writer and food stylist, New Zealand.

12702. Sol Cuisine. 2004. Côtes de tofu biologique à saveur BBQ Organic BBQ Tofu Ribs. Mississauga, Ontario, Canada. 30.5 x 22.8 cm. [Eng; Fre]
• ***Summary:*** Label (see next page) sent by Lorraine Guardino of Sol Cuisine. 2013. March 11. She ads a note that this product was introduced in 2004 by Sol Cuisine. Address: Mississauga, Ontario, Canada. Phone: 905-502-8500.

12703. Stevens, Alan M.; Schmidgall Tellings, A. Ed. 2004. A comprehensive Indonesian-English dictionary. Athens, Ohio: Ohio University Press. xviii + 1103 p. 27 cm. [Ind; Eng]*

12704. Takagi, Junko. 2004. The best of tofu. Translated from the Japanese by Kazuko Nagai and Karen Sandness. Tokyo: Japan Publications Trading. Distributed by Kodansha America through Oxford University Press. 112 p. Illust. (color). Index. 26 cm.
• ***Summary:*** Contents: Cooking regular tofu (Simmered tofu. Chilled tofu. Mapo tofu). Hiya-yakko and salad-yakko. Homemade tofu. Okara recipes. Tofu as a main dish. Varieties of tofu (momen tofu, soft tofu, juten tofu, yose tofu, oboro tofu, zaru tofu, silken tofu). A brief history of tofu. The nutritional value of tofu. Homemade aburage and atsuage. Simple accompaniments to drinks. Preserved. Draining tofu. Preserving tofu. Cutting techniques. Homemade frozen tofu. Soup and one-pot dishes. Homemade yuba. Desserts (incl. soymilk pudding).

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The section titled "Preserved tofu" includes: Tofu preserved in soy sauce with garlic (p. 82). Tofu preserved in miso (p. 82). Tofu preserved in herb oil (p. 83). Tofu preserved in kochujang (p. 82).

A small portrait photo shows Junko Takagi. Address: Japan.

12705. Yamasaki López, Martha Elena. 2004. Tofu [Tofu]. Madrid, Spain: Editorial Edaf. 233 p. Illust. 18 cm. Series: Vida Natural. [Spa]

• ***Summary:*** Content: 1. Soybeans and soyfoods (*alimentos a base de soja*)*:* Nutritive value of soybeans, health benefits of soybeans. 2. Tofu. 3. The balanced diet. 4. Food guide: The good dish to eat, the food pyramid, the new food pyramid (the healthy food pyramid), other food guides. 5. Tofu and food guides.

6. Cooking with tofu: Basic culinary techniques with tofu. 7. Diet, the energy value of the food and weight: Advice for a healthy diet and maintaining the ideal weight. 8. Our physique and the food: Hair, skin, and nails, brain and nervous system, bones and teeth, heart and circulatory system (cholesterol, what's important for your heart's health), hormonal system, hormonal regulators, the phytoestrogens (*fitoestrógenos*) in tofu, soybeans and hormonal replacement therapy, cardiovascular protection, osteoporosis, phytoestrogens and cancer, food allergies, lactose intolerance.

9. Nutrition throughout life: Food habits and diet, breastfeeding, soymilk as an alternative, soymilk for infants, women at the time of breastfeeding, weaning and food habits, preschool (integrating the familiar diet), growth and development, elementary school, puberty and adolescence, eating disorders (anorexia and bulimia), the ten commandments of healthy nutrition for kids and teens, adulthood, healthy lifestyle, pregnancy, climacterium / menopause, andropause (male menopause), the elderly, nutrition for the elderly, general recommendations, factors that influence the nutritional status of the elderly, evaluative questionnaire about the risk of unhealthy eating in old age, importance of sleep; tofu in light dinners for sleep, growth, and maintaining oneself, the food and mood, food and coexistence, Mexican synonyms / variants of Spanish words (*variantes léxicas mexicanas*)**.** Address: Spain.

12706. Herring, Sandy. 2005. The Solae Branded Products program (Interview). *SoyaScan Notes***.** Jan. 5. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** For a product to become part of the Solae Branded Partners program, the manufacturer must agree to two things: (1) To put the Solae logo (of at least a minimum size) on the product. (2) To include a minimum amount of Solae brand isolated soy protein (ISP) in the product. Usually Solae's advertising program ("Protein in Unexpected Places") promotes some of the Branded Partners' products.

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The makers of some products that do contain Solae might decide not be part of the Branded Partners program because (for example), the package might be too small to include the logo, the amount of protein that gives the maximum acceptability and profitability might be less than Solae requires.

In the past, many products contained ISP for its functional properties, such as being a good binder or emulsifier. The new program is designed to add value to consumer products by making Solae a "characterizing ingredient" and by advertising that the product contains Solae. Before Solae approaches a potential new customer about "a co-branding opportunity," they do a great deal of consumer research and market research about the concept of a product that contains Solae–its acceptability and how the new product or product concept "would resonate with their consumers." Solae presents their ideas of how the ad might look, the packaging might look, etc.

A media release (faxed by Sandy to Soyfoods Center) lists the following 16 branded products: 8th Continent Soymilk (www.8thcontinent.com), Snapple-A-Day Meal Replacement Beverages (www.snappleaday.com), V8 Splash Smoothies (www.v8juice.com), Gardenburger Meat Alternatives (www.gardenburger.com), Mori-Nu Tofu (www.morinu.com), Yves Veggie Cuisine (www.yvesveggie.com), NuGo Bars (www.nugonutrition.com), DelightFull Meal Replacement & Snack Bars (www.affinta.com), DelightFull Smart Snax (www.delight-full.com), Hormel Health Labs Great Shake & Great Shake Plus (www.hormelhealthlabs.com), Perky's 100% Natural Nutty Grains & Soy Cereal (www.pacgrain.com), Natural Harmony Foods SoyLean (www.soylean.com), So Good Soymilk (available in Canada) (www.so-good.com), Linda McCartney Spicy Peanut Pasta with Vegetarian Chicken (www.linda-mccartney.com), Body Choice Premium High Protein Cookies (www.bodychoicenutrition.com), El Burrito Meat Alternatives (www.elburrito.com).

Note: The Solae Company Logo and Solae* are trademarks or registered trademarks of Solae LLC. Address: The Solae Co., P.O. Box 88940, St. Louis, Missouri 63102. Phone: 314-982-2680.

12707. Moskin, Julia. 2005. Artisanal, creamy, sweet tofu? Fresh bean curd is still misunderstood in America. *New York Times.* Jan. 5. p. F1, F5.

• ***Summary:*** A song of praise to fresh tofu! A new generation of New York City restaurants are serving fresh, natural tofu (often made locally or in-house the same day it is served). That old, unappealing term "coagulated bean curd" "doesn't begin to convey the pleasures of silken tofu–tender mouthfuls of freshly made kinugoshi-dofu (in Japanese), sundubu (Korean), or doufu (Chinese)."

And customers are coming to appreciate "the simple virtues of fresh tofu." Some restaurants known for their tofu (addresses and phone numbers are also given) are: Book Chang Dong, Cho Dang Gol, En Japanese Brasserie, Honmura An, Kasadela, Li Hua, Megu, Seoul Garden, Spicy and Tasty, and Temple.

Tofu is made in much the same way as cheese, except from puréed soybeans instead of cow, sheep, or goat milk as its raw material. "Because of its ability to produce so many different forms of nourishment, the soybean has long been called 'the cow of China,' and tofu was first developed there by Buddhist monks about 2,000 years ago" [doubtful; no citation given].

Chinese names for tofu, that indicate the esteem in which it is held, include "meat without bones" and "meat from the fields."

12708. Daniel, Kaayla. 2005. Anti-soy work and The Whole Nutritionist (Interview). *SoyaScan Notes.* Jan. 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Personal history: Kaayla grew up on a farm in the Hudson Valley, New York. Her father died in his 40s of a heart attack; their family consumed quite a bit of margarine. She went to college at the University of Rochester, and somewhere got a master's degree in the humanities. She has a PhD in nutrition from the Union Institute of Cincinnati [Ohio], via distance learning. She designed her own program and Ira Fritz (PhD in nutrition) was her advisor, with a committee of 4 PhDs she chose. She now has two adopted kids and lives in Santa Fe, New Mexico.

Her book will be published by Sally Fallon's company, New Trends, in Washington, DC. Mary Enig was her editor and Prof. Irvin Liener (pronounced LAI-nur) read her manuscript.

I (William Shurtleff) made a mistake in saying that Mary Enig was funded by the dairy industry; Kaayla says she was not.

Coconut oil is a good fat. Lard contains about 50% monounsaturated fats and 40% saturated; see Mary Enig's book *Know Your Fats.* The cholesterol theory of heart disease is unproven: Half of all people who die of heart attacks have normal cholesterol levels. Her favorite soy books are the many published by Soyfoods Center she got via interlibrary loan. *The Simple Soybean,* by Messina, is full of errors.

She is a clinician and she sees people who are eating too much soy and of the wrong types. She advises them to cut back. When she goes to pot-lucks she eats small amounts of tofu. She used to be a vegetarian and a macrobiotic and was never healthy. Now that she has started to eat more fresh goat's milk, eggs, and meat she is much healthier. Her vision of the future: Where people return to traditional farming with goats, chickens, and a non-hybrid cow giving raw milk.

About Sally Fallon: She lives in Washington, DC. One of her big things is her raw milk campaign. She gets raw milk from the Amish. The protein is less denatured. The fats

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are in good shape. Go to her website Westonaprice.org. See campaign for real milk. Address: PhD, CCN, The Whole Nutritionist, 2162 Candelero St., Santa Fe, New Mexico 87505. Phone: 505-984-2093.

12709. Cadwallader, Keith R.; Klein, Barbara P.; Sullivan, Cheryl L.; Nash, Marilyn; Khanna, Pradeep; Weingartner, Karl E. 2005. Soy for the last minute chef. Champaign-Urbana, Illinois: Illinois Center for Soy Foods. 63 p. Illust. No index. 24 cm. Series: Soy in the American Kitchen.
• ***Summary:*** Contents: Illinois Center for Soy Foods. Bringing soy foods to the American table, the international way. Why eat soy? Soy foods: Soy flour, soy protein isolate, soymilk, tofu (sidebar: What can you do with half a carton of tofu?), textured vegetable protein, edamame, black soybeans, soy nuts, tempeh, miso, soy analogs. Nutrient information. Purchasing soy foods. Recipes. One recipe per page. Contains many excellent full-page color photos (by David Riecks) of prepared dishes. Photos (p. 57) show: Marilyn Nash, Barbara Klein, Cheryl Sullivan, Megan Puzey, and David Riecks. Address: 1. PhD, Director, Illinois Center for Soy Foods, 170 National Soybean Research Center, 1101 Peabody Dr., Univ. of Illinois, Urbana, IL 61801. Phone: (212) 244-1706 or www.soyfoodsillinois.uiuc.edu.

12710. *Los Angeles Magazine.* 2005. Small bites. Jan. p. 128.
• ***Summary:*** "Umenohana, a Japanese import, has opened on Canon Drive in Beverly Hills and is serving tofu and yuba (soy milk skin) *kaiseki* style."

Note: Umenohana is apparently a Japanese-style restaurant.

12711. Pulmuone U.S.A. Inc. 2005. Pulmuone USA Inc. (Website printout–part). www.pulmuone-usa.com Printed Feb. 13.
• ***Summary:*** Contents: Home page. 1. Company. 2. Products. 3. Recipes. 4. Food Library. 5. Community. Atop the home page is the Pulmuone logo and the Soga logo. In large letters below the menu bar: "Welcome to Pulmuone. A plate full of nature." Below that in smaller letters: "Pulmuone brings out the nature to your meals: We at Pulmuone believe in bringing the foods as close to nature's way as possible, instead of making foods. To do so, Pulmuone adheres to the following principles; 1. Use only the very best grade raw materials. 2. Never use any artificial ingredients, flavors such as MSG or preservatives. 3. Maintain immaculate, state-of-the-art manufacturing processes." Below that, under the banner "New products," are color photos of the labels of a new line of Soga products in four flavors: Grilled & Marinated Tofu in Tomato Basil, Santa Fe Chili & Lime, Korean Barbecue, and Ginger Miso. Below that: "Pulmuone donates part of its profit to various environment preservation organizations." A window shows four "Pulmuone downloads: Pulmuone Annual Report 2002, Pulmuone IR, Pulmuone Group IR, Daewoo Security Analyst Report.

Under Company is a "Pulmuone History" (actually chronology). 1981 May–Pulmuone Organic Foods opened to sell organic vegetables from its own farm. 1984 May–Pulmuone Foods Co., Ltd. incorporated. 1984 June–Tofu and Bean Sprout Plant: Yangju, east of Seoul. 1986 Nov. Mineral spring water plant: Chungju, South of Seoul. 1987 May–Pulmuone Kimchi Museum, Seoul. 1988 Dec.–Natural House opened (Natural retail chain): Korea. 1989 Jan.–Pulmuone Food Standards Committee (Establish standards for food formula, ingredients and manufacturing process): Korea.

1990 Jan.–Soybean paste plant [jang] opened in Doan, south of Seoul. 1991 Jan.–Pulmuone U.S.A. Inc. founded. 1991 June–Fresh noodle plant: Chuncheon, northeast of Seoul. 1993 Aug.–Ilsongjung Foods Ltd., Korean-Chinese joint venture: China. 1995 June–Tofu Plant #1: South Gate, California, USA. 1995 Sept.–ISO 9002 certificate obtained. 1995 Oct. IPO at KASEC. 2002 March–Tofu Plant #2: Tappan, New York, USA. 2002 Oct.–Soga Soy Foods Center (Research & development of soy foods). 2003 Aug. Tofu Plant #3: Fullerton, California, USA. A photo shows Pulmuone's headquarters in Fullerton, California. Caption: Pulmuone was founded in 1981 with 40 employees. It has grown to become a multinational company of 2,000 employees with annual sales of $450 [sic] million. "The secret to success lies in uncompromising commitment to better foods and better life." Address: 4567 Firestone Blvd., South Gate, California.

12712. Ridenour, Jeremiah. 2005. Pulmuone first invests in Wildwood Natural Foods in April 2004 (Interview). *SoyaScan Notes.* Feb. 13. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jeremiah met Tom Lacina and his partner / brother-in-law one day when they showed up at the Wildwood plant in Santa Cruz. Jeremiah took them on a tour of the plant, then they went out to lunch. Tom was one of those rare people who was both an attorney and a farmer. He owned a farm and had built a small tofu shop on his land. He was selling about $50,000/year worth of soy products at the most. They said they were struggling in Iowa trying to make their tofu plant work, and they were losing tons of money. Somebody (Shurtleff) told Lacina that if he wanted to be successful, he should model his company after Wildwood. After visiting Wildwood, they visited San Diego Soy Dairy and Luke Lukoskie. He then called Jeremiah and said that if he was ever in the Midwest, he was welcome to stop by for a visit. On a trip to the East, Jeremiah stopped in to see Tom, who introduced him to venture capitalists (VCs) in Des Moines who scouted for companies potentially suited for Iowa state money. The VCs grilled Jeremiah about his business. To get money from the state of Iowa, a company had to have more than $5 million/year in sales. Jeremiah

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really liked Tom and the Soy Sisters (Tom's wife and sister). Wildwood had run out of capacity, working around the clock 7 days a week, so it was "grow or else." Wildwood and Midwest Harvest Corp. (Tom's company) ended up merging, becoming an Iowa corporation and getting money from the state of Iowa for job creation in Iowa and value-added products made in Iowa from Iowa farm crops. A certain percentage of that money had to be spent in Iowa, but Jeremiah was able to get enough to buy a used meat-packing plant in Watsonville, about 25 miles southeast of Santa Cruz. First the new corporation bought 10 acres of land in Grinnell, Iowa, 1½ miles down the road from Tom Lacina's farm and in 2001 built a state-of-the art plant (22,000 square feet) where only soymilk and cultured foods (such as soy yogurt) were made–the only such plant in the USA. Jeremiah has long had a strong commitment to organic farming and the use of organic ingredients wherever possible in his products. On his 320-acre farm, Tom Lacina grows some of the organic soybeans that Wildwood makes into cultured soyfoods in Iowa. This is the type of vertical integration that Jeremiah had long sought. Jeremiah used to contract with various organic farmers, but he gradually found problems keeping the protein levels of his two select varieties high enough and ensuring the cleanliness of the soybeans he wanted. So 5-6 years ago he started to buy his soybeans through a broker, and giving very clear specifications–such as at least 43% protein in the soybeans to be used in making tofu. That system has proven to be much better.

While building his first factory in Iowa, Jeremiah bought an old meat-packing plant in Watsonville, California and began to renovate it for food processing. Building two plants at once turned out to be a big mistake. The usual cost overruns occurred. After building plans had been approved by the inspectors and the meat-packing plant renovation was almost finished, inspectors came back in and said that about $1 million worth of earthquake retrofitting would have to be done. Jeremiah did the work and finished the plant. But now he needed the last million dollars of marketing money that he had been promised by Iowa. But Iowa refused to pay that money, arguing that it would take more than that amount for the company to reach the break-even point. What Wildwood couldn't see, was that politics was at work behind the scenes; Iowa wanted to get out. The money guys told Jeremiah he would have to find a strategic partner. Jeremiah suddenly found himself short of cash and in a financial crisis.

So he made a short list of potential partners who might invest money. House Foods America Corporation (Los Angeles) showed some interest then backed off. Jeremiah had first met Pulmuone in the spring of 2003 at the Natural Products Expo West in Anaheim; their booths happened to be across the aisle from one another. They had a smoothie product and Wildwood had introduced a smoothie the year before; Jeremiah thought that Pulmuone's wasn't very good. Some people from the Pulmuone booth came over to visit. They said that their CEO was coming from Korea and invited Jeremiah to meet him. But for some reason it never happened. So Jeremiah never thought of putting Pulmuone on his short list of potential partners.

Meanwhile, the Iowa cultured products plant was not doing well. "This discipline required to make cultured soyfoods is like that in an operating room." Jeremiah's basic concept was to make these cultured soy products probiotic, which would give them functional value. At his first meeting with the employees he asked how many people had heard of "probiotics," Nobody. Woops. How many had heard of "antibiotic." Everybody. He knew from that moment he would have marketing problems. Jeremiah and a PhD in microbiology had traveled to the plant, established the sanitation protocols, and trained the workers. But soon after he left, the quality control problems returned. Tom Lacina was more interested in having the paperwork done well than in enforcing the sanitation rules. This led to a loss of business and of money.

There was another factor. Jeremiah has come to believe that many, if not most, Midwesterners see anyone from California as a hippie. Hippies don't know how to run businesses and don't understand most Midwesterners. At one point the VCs put their foot down and told Jeremiah, "Too much travel. We don't want you to come here anymore." At that point things got out of control.

Stonyfield Farms was planning to have their soy yogurt made at Wildwood's Iowa plant–a huge potential account. But the people in Iowa could not produce the quality that was required. They missed a huge opportunity to make the Iowa plant successful. Jeremiah's wishes he had waited until the Iowa plant was making good quality products before bringing in Stonyfield.

Today, the Iowa plant is doing very well in every way; sales grew 400% last year. Pulmuone sent their R&D experts there and turned things around in short order. (8) In April 2004 Wildwood sold a controlling interest to Pulmuone. It was a matter of economic survival. So Wildwood has become an international company, with Korean partners. To celebrate the deal, Jeremiah went on a tour of Pulmuone's facilities in Korea. (9) Origins of Pulmuone in 1955 in Korea as a Christian Farming Cooperative. Their mission is "Love Thy Neighbor" and they are deeply committed to pure foods, organic agriculture, and no artificial ingredients. The saintly Mr. Won. Alex Nam went to college with Mr. Won's son. Pulmuone now has 12 organic food products.

In the early days, the Soyfoods Association was unable to attract any Asian soyfoods companies. Today both Asian companies, huge American food processors (Kellogg, ADM, DuPont, Kraft), and even state soybean boards are members. Address: 412 E. Riverside Drive., Watsonville, California 95076.

12713. Wildwood Natural Foods. 2005. Wildwood Natural

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Foods (Website printout–part). www.wildwoodnaturalfoods.com Printed Feb. 13.

• ***Summary:*** Contents: Home page. 1. Our products. 2. Wildly healthy! 3. About Wildwood. Atop the home page is a new Wildwood logo: "Organic since 1978." "Our mission is to nourish health & well being through supporting dietary & agricultural change." "Founded in 1978 on the edge of Marin County's wild watershed, Wildwood Natural Foods' first goal was to provide fresh vegetarian food to local communities. Today, Wildwood is famous for producing the best tasting, freshest organic tofu, vegetarian products, and soy milk you can buy. Ask a tofu eater which tofu is best. We're confident that they will say 'Wildwood!' because we've heard that response for over 2 decades.

"In shepherding the products from the farmers' fields to your table, we've discovered a variety of non-GMO higher-protein low-fat soybeans. We contract directly with organic family farmers to grow these beans. Wildwood further ensures the freshness of our products by delivering to your store several times per week. Our commitment is to your health and well-being, while emphasizing great taste, because our reputation is in your next bite."

2. About Wildwood. One page gives 5 Wildwood locations (addresses but no phone numbers or e-mails). Another gives a ½-page company history, starting in 1978. "2001–Focusing on unique products that nourish the body & protect the environment, Wildwood builds two new state-of-the-art certified organic plants–one in Watsonville, California, and one in Grinnell, Iowa. Under Tom Lacina's guidance, the Iowa plant becomes the first dedicated cultured soy plant in the US.

"2004–Wildwood teams up with Pulmuone, a respected leader and innovator in the organic and soy food industry. A fourth team member, Paul Kang, joins Billy, Jeremiah & Tom to continue the wildwood mission born over 25 years earlier; to bring Wildwood's wildly delicious and healthful products to every table in America." Address: 412 E. Riverside Dr., Watsonville, California 95076.

12714. Bernard, Richard L. 2005. New garden-type soybean varieties. Urbana, Illinois. 2 p. Unpublished typescript. Feb. 28 cm.

• ***Summary:*** "Because of their high nutritional value and health benefits there has been considerable recent interest in soyfoods. Most of this attention has focused on soybean products such as tofu, soy milk, soy-protein fortified flour, or meat analogs constructed from extracted soy protein, and it is not generally recognized that soybeans are an excellent vegetable and may be eaten directly much as other beans or peas. The mature dried soybean may be used just as other beans except that to avoid rancidity they should not be pre-soaked but put directly into boiling water for about 40 minutes at which point they are ready to eat. Probably the best way to use vegetable soybeans is to pick the immature pods (after the seeds have reached full size but before any yellowing begins) and boil them for only 4 to 5 minutes (in lightly salted water if your taste prefers) after which the seeds may be easily squeezed out (the shells are inedible) and eaten as a 'finger food' or added to soups, salads, fried rice, or other dishes of your choice. They taste good cold or hot, and the attractive bright green color enhances the appearance of the food. After cooking they may be frozen in or out of the pod for later or out-of-season use. The advantage of eating the immature seeds over the ripe seeds besides the better taste and appearance and much shorter cooking time is that they are more digestible since the complex carbohydrates (oligosaccharides) of the mature seeds have not yet formed.

"While all soybeans are edible, certain soybean varieties with larger seeds and milder taste have been developed for human food usages especially in Japan and Korea. These Asian food varieties have desirable seed traits but are not well adapted to our climate, insects, and diseases. US soybean breeders have crossed some of these large-seeded Asian varieties with adapted US grain varieties and developed some better adapted vegetable types. At the University of Illinois we have made selections from hybrid populations involving these large-seeded soybeans and now have a number of promising vegetable-type lines adapted to Illinois. Thirteen varieties have been released, named with the prefix Gardensoy, ranging from early maturing (maturity group 0) to late (group IV). They have seeds from about 50% larger to twice as large as the common grain types grown in Illinois but yield only about 80 to 60% as well and therefore are not competitive for production for processing.

Any one variety will have an optimum harvest period for green pods of just a few days since all the pods on a soybean plant tend to develop together. The advantage of growing several varieties with different maturity dates is a longer time of harvest. This may also be accomplished by having several planting dates (estimate 3 days delay in planting for one day delay in harvest but this will vary widely). Like all soybeans these varieties are self-pollinating and true-breeding, and therefore you may let a few plants ripen without picking and use these seeds for next year's planting.

"Because of their bigger seed size and better taste the Gardensoy varieties are being offered to home gardeners for small scale production and hand harvest. As harvest machinery and techniques are developed larger scale commercial production may become practical. We will provide 30 to 50-seed packets of these varieties (free of charge) to anyone wishing to try them.

"The table below provides some data based on tests at Urbana in 2000 to 2004 on average yield of ripe seeds, mature seed size (centigrams per seed), date of maturity (plus maturity group), stem type, plant height, and mature seed composition (protein and oil).

"We will be interested in any taste preference,

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observations, or comments that you wish to send to us after trying them. Please send comments and requests for seeds to the address below.

"Richard L. Barnett, Dep. of Crop Sciences, Univ. of Illinois, 1101 Peabody Dr., Urbana, IL 61801." Tel. 217-333-7279. Address: Dr., Illinois Agric. Exp. Station, Univ. of Illinois, Urbana, IL 61801.

12715. Harwell, Sophia. 2005. Producer profile: Island Spring Tofu, Vashon Island, Washington. *Sound Consumer* (*PCC, Puget Consumer Cooperative*). Feb.
• ***Summary:*** In late 1975 Luke Lukoskie took his belongings from the Montlake neighborhood commune where he had been living, and moved to Vashon Island, Washington.

In Nov. 1976 Island Spring Inc. started as a collaborative effort between Lukoskie and a friend, Sylvia Nogaki. The first Island Spring tofu was made in 14 by 14 foot utility shed on Nogaki's piece of Vashon land. "Ten days after opening, Nogaki pulled out and Lukoskie continued alone. It wasn't an easy start."

But the small tofu-making company filled a significant void for consumers in the Northwest. It soon became a success. Lukoskie, who had been following a macrobiotic diet for more than 6 years, knew how hard it was to find protein-rich tofu in Seattle–especially tofu produced organically.

As a board member of the PCC, he also realized that demand for quality natural foods was growing explosively.

In 1976 Lukoskie read *The Book of Tofu* by William Shurtleff and Akiko Aoyagi. "'I looked everywhere for an idea of how best to contribute to the world,' Lukoskie said. 'It wasn't until the idea of tofu that I knew what I would invest my life in.'"

As the company's sole employee, "Lukoskie began each workday at 11 p.m. and worked through the night, finally finishing at 5 a.m. 'It was hell,' Lukoskie said. 'You have to be crazy passionate to make your own business work.'"

In 1986 a fire destroyed Island Spring's first tofu factory. "Lukoskie purchased another plot of land and put his tofu production staff to work as carpenters. In a mere 58 days, they built a new 4,000 square foot plant, where Island Spring is housed today."

Presently, 28 years later, the company has 18 employees and makes up to 1 million pounds of tofu a year. Sales are just under $1 annually. Lukoskie, age 58, believes strongly in the healthfulness and goodness of his tofu.

12716. Morinaga Nutritional Foods, Inc. 2005. Changing tofu attitudes. One chocolatey slice at a time (Ad). *Vegetarian Times.* Feb. p. 15.
• ***Summary:*** A full-page color ad. Below the title is a large color photo of a slice of "Chocolate Dream Dessert." Below the photo is the recipe which calls for "2 pkgs. Mori-Nu Silken Lite Extra Firm Tofu." "Mmmm, Chocolate Dream Pie. Quick and easy, cholesterol-free, guilt free. Made rich and creamy with Mori-Nu Silken Tofu... This slice of heaven will change your attitude about heaven." Across the bottom of the ad are photos of each of six types of Mori-Nu Silken Tofu. Address: 2441 W. 205th St., Suite C-102, Torrance, CA 90501.

12717. Pueppke, Steven. 2005. From the director's desk. *NSRL Bulletin* (*National Soybean Research Laboratory, Urbana, Illinois*) 12(1):7. Feb.
• ***Summary:*** Pueppke likes to put plenty of soy milk on his granola. And he loves edamame served in the pods, unshelled. He likes tofu too, all kinds, but especially the textured kind that can be fried and served under a dollop of sauce.

"Through the Illinois Center for Soy Foods, we at NSRL continue to explore the potential of our growers in Illinois to take better advantage of what some think is a real trend–healthy, good-tasty soy in human nutrition." A portrait photo shows Pueppke. Address: Director, NSRL, Univ. of Illinois, Urbana.

12718. Lloyd, Paula. 2005. Tofu tradition: Fujie Robesky makes her tofu in old-fashioned small batches. *Bee* (*Fresno, California*). March 4.
• ***Summary:*** Fujie, age 65, makes 360 lb of fresh nigari tofu one day a week (Wednesday). Because she has a degree in microbiology, she is able to extend the tofu's shelf life–naturally. She sells her fresh tofu at Central Fish Co. (at G and Kern streets) and at R-N Market (at Herndon and Cedar avenues).

Robesky estimates that the company she bought in 1994 (then known as Fresno Tofu Co.) began in 1900, making tofu for Chinese and Japanese immigrants in Fresno's Chinatown. "It was apparently one of the oldest tofu manufacturers in California."

When she bought it in 1994, the factory was at E Street and Fagin Aley in Chinatown, But Robesky (and her husband Bob) moved it to a bigger brick building (that once housed a Japanese laundry) a few blocks away, at F and Mono streets.

12719. Johnson, Kimberly S.; Arellano, Kristi. 2005. White Wave founder departs: Tofu visionary plans to travel, may start a new company upon his return. *Denver Post* (*Colorado*). March 15. p. 1C, 4C.
• ***Summary:*** A small color photo shows Steve Demos. Address: Staff writers.

12720. Green Cuisine. 2005. Green Cuisine (Website printout–part). www.greencuisine.com 2 p. Printed March 20.
• ***Summary:*** Home: The Restaurant. The Products. On the home page two signs flash alternatively: (1) Green Cuisine. (2) Your vegan lifestyle source since 1989.

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If you click "The Products:" Ask Andy. Contact us. Links. Where to buy. Wholesale info. Products: Amasake, Super Shake, Super Soy, Mochi, Tofu (Firm or Medium), Baked Tofu, Tempeh, Marinated Tempeh, Tempeh Burgers, Wheat Cutlets.

Note: No address, phone number, or company history is given. Address: #5–560 Johnson St., Market Square, Victoria, BC, Canada. Phone: 250-385-1809.

12721. Sol Cuisine. 2005. Sol Cuisine (Website printout–part). www.solcuisine.com Printed March 20.
• ***Summary:*** Home: Where to buy. Products. Food service. Contact. Recipes. GMO. Links. Products (2 p. of color photos): Burger (Original, Vegetable, Spicy Bean). Falafel & Sauce. T-Nugget. T-Ribz. Sol Shakes (Vanilla, Tropical, Berry). Solgurt (soy yogurt; Strawberry, Blueberry, Natural). Tempeh (Rice, or Quinoa). Organic Tofu.

Note: No company history is given. Address: 5715 Coopers Ave., Unit 1, Mississauga, ONT L4Z 2C7 Canada. Phone: 905-502-8500.

12722. Hikari Miso Co., Ltd. 2005. Shinshu miso: Hikari Miso (Brochure). 4848-1, Shimosuwa-machi, Suwa-gun, Nagano-ken 393-0041, Japan. 4 p. 30 cm.
• ***Summary:*** This handsome color brochure has a photo of a bowl of miso soup with tofu and snow peas on the cover. Contents: About the company and its location. Types and classification of miso. How miso is made. Miso's value as a health food.

Hikari Miso was founded in 1932. Their organic miso was introduced in 1988. The Shinshu area is currently known as Nagano prefecture. The company makes light miso (Shinshu miso), dark red miso, and kome-koji miso.

Photos show: (1) The 3 types of miso made by the company. (2) Inside of the automatic koji-making machine. (3) Multi-level automated warehouse. (4) The head office and the Iijima Green Plant. An outline map shows the location of Nagano Prefecture in Japan. Address: Shimosuwa-machi, Suwa-gun, Nagano-ken, Japan. Phone: +81 266-27-8848.

12723. **Product Name:** [Tofu Burgers (Curry and Poppy Seeds].
Foreign Name: SOY Croque Tofou (Curry et Pavot).
Manufacturer's Name: Nutrition & Santé S.A. (Formerly SOY / Société Soy).
Manufacturer's Address: B.P. 33, Z.I. de la Pomme, 31250 Revel (near Toulouse), France. Phone: +33 62 18 72 50.
Date of Introduction: 2005. March.
Ingredients: Fresh tofu* 72.8% (water, dehulled soybeans* 19.7%, coagulants: calcium sulfate, nigari), marrow squash*, onions, capsicum / hot red peppers*, rice flour*, millet flakes*, whole maize semolina*, parsley*, tomato concentrate*, non-deodorized sunflower seed oil*, chestnut flour*, sea salt, garlic*, textured soy proteins*, poppy seeds (0.55%), curry* (0.6%) (coriander*, cumin*, turmeric / curcuma*, paprika*, cinnamon*), yeast extract*, dehydrated black mushrooms*. * = Organically grown ingredients Certified by Ecocert F 32600 L'Isle Jourdain.
Wt/Vol., Packaging, Price: 200 gm paperboard box, 2 burgers per pack.
How Stored: Refrigerated, store at 4ºC.

New Product–Documentation: Product with Label brought by Taro Mikuriya of the Nutrition & Santé Group (Revel, France). 2011. Dec. 14. Paperboard box. 4 by 6 by 1.5 inches. Dark green, purple and black on white. Color photo of a burger on a plate, with a wedge partially removed on a fork. On the front panel are the Soy logo (white on dark green), two organic certification symbols, and the company's logo / statement: Organic soybeans guaranteed not genetically engineered (*Soja Bio garanti sans OGM*). Origin:

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100% from southwest France. On the back: Since 1998 Soy has created the first line of products in Europe guaranteed to be not genetically engineered. For recipes and more visit www.soy.fr.

Letter (e-mail) from Bernard Storup, founder of Nutrition & Nature (Revel, France). This product was first sold commercially in Sept. 1998.

12724. White Wave, Inc. 2005. Foodservice catalog: America's soyfood company since 1977. Boulder, Colorado. 20 p. 28 cm.

• ***Summary:*** Catalog (glossy color) sent by Patricia Smith from Natural Products Expo West (Anaheim, California). 2007. March. Bound with a black comb. ach page is printed, single sided, in color. Each page is devoted to basics and details about one subject or line of products. At the top of each page is the word "Silk" in white on a blue background. On the cover, a photo shows diced baked tofu on a cutting board and in a skillet against a black background. Below the photo is the White Wave logo.

Contents: When it comes to good food, we use our beans! Soyfoods are good for your health (with 6 scientific references). How does organic labeling work? (And: What is the organic status of White Wave products?) What does Kosher mean? (Scroll-K Kosher DE products and Star-K Kosher products). Silk half pints (4 flavors). Silk Soymilk (8.25 oz aseptic, 2 flavors, with straw attached; good for kids K-12). Silk Soymilk single serves (11 oz PET bottles, 5 flavors). Silk Aseptic Soymilk (shelf-stable quarts, 5 flavors). Silk Soymilk Quarts (7 flavors). Silk Soymilk Half Gallons (6 flavors). Silk Bag-in-a-Box (5 gallon capacity, for foodservice or vending machines, 1 flavor). Silk Creamer (3 flavors–1 quart and 3 pints; to smooth out your coffee). Silk Cultured Soy (Just like yogurt, without the dairy; 7 flavors–2 quart and 5 x 6 oz). Silk Live (The drinkable cultured soy smoothie, 4 flavors, 10 oz). TofuTown Tofu Tenders (4 flavors, 9 oz). TofuTown bulk tofu (1 flavor, 5 lb). White Wave block tofu (5 lb or 16 oz). White Wave Baked Tofu (4 flavors, 8 oz). White Wave Seitan and Tempeh (2 seitan in 5-6 lb; 4 tempeh in 5 lb or 8 oz). Nutritional information: Current White Wave products. Address: 1990 N. 57 Court, Boulder, Colorado 80301. Phone: 1-800-488-9283 X-885.

12725. Nutrisoy Pty. Ltd. 2005. Home page and four links (Website printout–part). www.nutrisoy.com.au 9 p. Printed April 12.

• ***Summary:*** Contents: Home (2 p.). About us (1 p.). Product information (1 p.; tofu and tempeh). Nutrisoy products (2 p.). Soyco products. Where to buy. Recipes. Contact us. Privacy policy. email: info@nutrisoy.com.au.

About us: Nutrisoy is a family owned company established in 1984. "In 1992 Nutrisoy attained the standards set down by Biological Farmers of Australia to become a certified processor of organic tofu and tempeh.

"Nutrisoy uses only the finest Australian Grown Soybean (free from genetically engineered soybean) which is a rich source of isoflavones / phytoestrogens, a substance that could offer protection against and help reduce the risk of a wide range of disease in men and women including prostate, breast and skin cancer, osteoporosis, hot flushes, and heart diseases." A large color photo shows Nutrisoy's many products.

Nutrisoy products: The colorful front panel of each of the following is shown: Plain firm tofu. Tofu vegies [sic]. Tofu tempeh (This tofu has chunky tempeh in it and has been marinated in shoyu and ginger). Tofu herbs. Tofu spicy. Tofu teriyaki. Tofu vegies burger. Tofu tempeh burger. Strawberry tofu (dessert in a cup, with real fruit sauce on top). Apricot tofu (dessert in a cup).

Note: Nutrisoy is the inventor of Tofu tempeh, and Tofu tempeh burger. Address: 15 Hannon St., Botany (suburb), Sydney, NSW 2019 Australia. Phone: +61 2 9316 5171.

12726. Chajuss, Daniel. 2005. History of his work with soy in Israel (Interview). *SoyaScan Notes.* April 13. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** ADM made acid-wash soy protein concentrate, which cannot be texturized. Daniel thinks they did this after they bought Central Soya's soy protein isolate plant in Chicago, and brought it to Decatur, Illinois. This inability to texturize was one of the reasons ADM asked for Daniel's assistance in establishing a plant to make aqueous alcohol wash soy protein concentrate.

Central Soya made very good soy products–such as Response [textured soy protein concentrate, launched in July 1975]. Daniel has always had very good personal and business relations with Central Soya.

Hayes Ashdod was sold in 1987 and is now named Solbar. It is still in the same location as before, with much of the equipment. After the sale, Daniel; used to work there almost every day, but he no longer works with that company.

Daniel helped Finnsoypro Oy (Finnsoy) in Finland to start a plant by giving them know-how; however they bought equipment from a company that is the daughter company of Wenger. Finnsoypro is a small factory that makes about 300 kg/hour of textured soy protein concentrate. The owner (who is very smart) is a neighbor and friend of Daniel is Israel.

Daniel really loves his work at Hayes General Technology (HGT), which he still owns; he is the managing director. He works to install new plants around the world based on the unique technology that the and HGT have developed. He sold Hayes Ashdod Ltd. in part so that he could focus more on his work at HGT. He is now working on a plant in Haifa for a company named Soyprotec; it belongs to Shemen Industries, which is also making soy protein concentrate.

Daniel drinks Alpro soymilk. "Now in Israel tofu and soymilk and other soy products are very, very popular."

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Israel's largest producer of dairy milk, Tnuva, now makes soymilk. They generate a lot of okara, which is transformed into a health food product by another company. It contains about 30% protein, 60% fiber, plus some oil, minerals, etc. Address: Managing Director, Hayes General Technology Company Ltd., Misgav Dov 19, Mobile Post Emek Sorek, 76867 Israel. Phone: (972) 8 592925.

12727. Wondal, Tony. 2005. Major events of Nutrisoy Pty. Ltd. (Chronology). Letter to William Shurtleff at Soyinfo Center, April 26. 1 p. On color letterhead.
• ***Summary:*** 1984 March–Nutrisoy Pty Ltd is incorporated. The address is 225 Forest Road, Arncliffe, NSW 2205, Australia.

1984 Nov.–Starts making and selling tempeh.

1986 Aug.–Starts making and selling flavoured tempeh.

1989 Dec.–Starts making and selling tofu.

1990 June–Starts making and selling pre-cooked tofu.

1992–Attains the standards set down by Biological [Organic] Farmers of Australia to become a certified processor of tofu and tempeh.

1993 Sept.–Starts making and selling tofu dessert.

1994 July–Starts selling tofu and tempeh to supermarket chain stores.

1994 Nov.–Moves to a larger factory (1,000 square meters). The address is 15 Hannon St., Botany NSW 2019, Australia.

1999 Dec.–Starts making and selling tofu dip.

2002 Jan.–Starts making and selling silken tofu.

2003 March.–Starts exporting soyfoods to New Zealand.

2004 July.–Starts exporting soyfoods to New Caledonia.

2005 Feb.–Moves to a larger factory (3,000 square meters). The address is Lot 1, 19a Baker St., Banksmeadow, NSW 2019, Australia. Address: Founder and President, Nutrisoy, New South Wales, Australia. Phone: +61 2 9316 5171.

12728. Jacobi, Dana. 2005. 12 best foods cookbook: Over 200 delicious recipes featuring the 12 healthiest foods. Emmaus, Pennsylvania: Rodale Press. xv + 336 p. April. Illust. (color photos). Index. 23 cm. [2 soy ref]
• ***Summary:*** Among these 12 foods rich in nutrients and phytonutrients, the author considers soy the best of all. 28 of the 200 recipes include soyfoods.

In Chapter 1 is a section on Soy (p. 17-24) which includes: Introduction. Everyday ways ("Soy is the easiest Best Food to enjoy every day..."). Benefits at a glance. Soy protein in selected foods (Tofu, miso, edamame, soybeans, soynuts, tempeh, soymilk, cultured soy yogurt, soynut butter, soy flour, soy pasta, soy protein powder, soy drink mixes). Guide to soy products: Soymilk, soymilk cooking secrets, more soy dairy (soy cream cheese, soy sour cream, soy cheese, frozen dessert), terrific tofu (regular tofu, silken tofu, baked or smoked tofu), tofu cooking secrets, other soyfoods (black and yellow soybeans, edamame, meat analogs, miso, soy flour, soynuts, soynut butter, soy protein powder and soy drink mixes, soy sauce and tamari, tempeh), baking with soy, cooking with soy.

Chapter 8, titled "Eggs, beans, and soy," contains recipes (p. 196-203). for: Black soybean and butternut squash stew. Black soybeans. Braised black beans with red wine. Braised tofu with kohlrabi and pears. Broccoli, black mushrooms, and edamame with black bean sauce. Asparagus, red pepper, and curried tofu.

Other soy-related recipes: Finger lickin' edamame (p. 50-51). Black bean hummus (with tofu, p. 57). Mushroom crostini (with tempeh, p. 61). Black bean soup (with dried black soybeans, p. 79). Mushroom consommé with sake (and tofu, p. 88). Double miso soup (p. 89). Nine a day salad (with soynuts, p. 100). Southwestern three bean salad (with canned black soybeans, p. 107). Curry dressing (with silken tofu, p. 115-16). Pepper ranch dressing (with soft silken or regular tofu, p. 116-17). Creamy herb dressing (with tofu, p. 118-19). Blue cheese dressing (with tofu, p. 118). Cracked mustard dressing (with tofu, p. 119). Citrus miso splash (p. 119). Soy and honey drizzle (with reduced-sodium soy sauce, p. 151). Whole wheat linguine with arugula and edamame (p. 164-65). Dirty rice (with tempeh, p. 194). Tempeh, lettuce, and tomato sandwich on rye (p. 207). Honey soynut butter sandwich (p. 208). Grilled pizza (with tofu, p. 210). Soycotash (with shelled edamame, p. 238-39). BBQ collard greens with edamame (p. 240). Miso mashed potatoes (p. 241). Key lime tartlets (with tofu, p. 250-51). Blueberry-lemon trifle (with lemon soy yogurt and soy cream cheese, p. 252-53). Brown rice crisp treats (with salted, roasted soynuts, p. 282). Wild blueberry trail mix (with salted soynuts, p. 283).

On the rear cover is a photo of the author and a brief bio. "After apprenticing at three-star restaurants in France, Dana Jacobi opened a catering business and marketed her own line of gourmet sauces. She has since authored five cookbooks..." Address: Food writer, New York, NY.

12729. Stewart, Kimberly Lord. 2005. Soy good for you: It could be the perfect plant-based protein. *Better Nutrition* 67(4):24-26. April.
• ***Summary:*** Soy "is perhaps one of nature's most perfect foods." Food and health journalists rarely use the word "perfect"–except with soy.

"Despite the perfect nutrient profile of soy, the one flaw has been taste. Soy used to taste, well, too soy-like, too bean-like. Now, however, farmers are growing new varieties that taste much better than the beans of the past."

A table shows the amount of protein contained in various "soy foods."

Four ounces of firm tofu–13 grams.

One soy "sausage" link–6 grams.

One soy "burger"–10-12 grams.

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One 8-ounce glass of plain soymilk–10 grams.
One soy protein bar–14 grams.
½ cup of tempeh–19.5 grams
½ cup of roasted soy nuts–19 grams.
½ cup of edamame–10 grams.

12730. Vita-Mix. 2005. Vita-Mix is the easiest way to cook heart healthy (Ad). *Better Nutrition* 67(4):31. April.
• ***Summary:*** Features a recipe titled "Vita-Mix carrot ginger tofu soup" (with "1/3 cup lite silken tofu"). Color photos show: (1) The finished carrot-colored soup in a bowl. (2) A Vita-Mix with the jar loaded with chopped fruits.

12731. Wenger, Greg. 2005. Spring surprise: Healthful and delicious soy dishes. *Better Nutrition* 67(4):28, 30-31. April.
• ***Summary:*** "Soy got a new burst of life in 1999 when the US Food and Drug Administration (FDA) approved a health claim that can be used on labels for soy-based foods."

Recipes include: Corn chowder (with "32 oz. Mori-Nu creamy corn chowder soup"). Edamame spread with browned garlic. Golden sautéed tofu with yogurt dill sauce (with "1 lb extra-firm tofu, 1 cup soy yogurt"). Tofu chocolate chip pine nuts muffins (with "12 oz. silken tofu"). Super smoothie (with "½ cup soymilk" plus apple juice, pomegranate juice, banana, kiwi, frozen mango chunks, and frozen cranberries).

A portrait photo shows Greg Weaver, who is "a Certified Executive Chef with the American Culinary Federation." He "hails from Chicago and is a graduate of the prestigious Culinary Institute of America (CIA) in New York State." Address: Chef, Catalina Island, California.

12732. Wolf, Miriam. 2005. Meatless: Soy basically. *San Francisco Bay Guardian.* May 4-10. Vol. 39, No. 31.
• ***Summary:*** "At the Ferry Plaza and Berkeley Farmers Markets, you'll find Basic Soy, a local company that has been bringing its products to market for about a year. It sells some of the freshest soy milk around, along with toothsome savory tofu and creamy soy custard. All of its foods are made with organic, non-GMO soybeans.

"The soy custard is delicate enough to dissolve on the tongue. It comes in a small container of sweet ginger syrup to drizzle over the top, making for a light-tasting dessert or snack. In the next few weeks Basic Soy will ad a densely delicious chocolate soy custard to the lineup. The spicy tofu is firm and meaty, accented with just the right amount of hot oil and sesame seeds. Braised tofu is good enough to eat on its own or in a sandwich but would be the perfect ingredient to slice up and throw into a stir-fry.

"At $5 to $6 a container (at Ferry Plaza) these products aren't cheap. But the freshness and quality trump the prices–people seem to be eating the stuff up. There's always a buzz around Basic Soy's booth." Basic Soy's "soy layer omelette" features yuba.

"Basic Soy is a young company–all of the people behind it are in their early 30s. It has a hip design sensibility and a mission to bring soy foods to a wider audience." There follows an interview with Minh Tsai, head of Basic Soy. He said that their products are presently sold only at farmers markets. Fresh tofu and soy milk taste better. Go to www.basicsoy.com for more information.

Minh Tsai: "In the United States, soy has been somewhat stigmatized as the 'white block' of tofu that nobody knows what to do with and only a very small segment of the people consume. Basic Soy was formed with the mission of making soy accessible to the public. We wanted to showcase a line of delicious fresh and ready-to-eat soy products that change people's mind about soy." "Most of our recipes are traditional Chinese recipes. The soy custard with ginger syrup, for example..." "Based on our research, the trend of interest in soy is growing." "I believe our customer base is quite mixed [not mostly vegetarians]; we have plenty of carnivores who normally wouldn't touch soy but love our products... We are not vegetarians. But we do eat soy quite a bit."

"Basic Soy is at the San Francisco Ferry Plaza Farmers Market, Embarcadero and Market, Sat., 8 a.m.–2 p.m.; and the Berkeley Farmers Markets: Derby at MLK Jr. Way, Tues., 2-7 p.m.; Shattuck at Rose, Thurs., 3-7 p.m.; and Center at MLK Jr. Way, Sat. 10 a.m.–3 p.m. (beginning mid-May)."

12733. Camps, Lisa. 2005. Re: History of work with soyfoods in Goa, India. Letter (e-mail) to William Shurtleff at Soyfoods Center, May 15. 2 p.
• ***Summary:*** 1984–Lisa came to Goa to nurse a friend back to health; he was a vegetarian. While in India she discovered so many alternative styles of life, so many people from all over the world with a similar consciousness related to healthy body, mind, and spirituality. All "seemed to care about the planet, nature, peace, yoga, natural healing, vegetarianism, etc. India is a whole country of vegetarians, but in Goa, a former Portuguese colony, the inhabitants are mostly Christians who eat meat." That year, Lisa became a vegetarian.

She returned to America, only to yearn to come back to India. So she spent 7-8 years coming and going, whenever finances permitted. When in the USA, she worked with food, in restaurants, hotels, night clubs, made good money, then left again. She took many courses in the health and nutrition at community colleges. She had seen many unhealthy vegetarians and wanted to learn how to be a healthy, vigorous vegetarian. Having helped to deliver 4 children by natural child birth in Goa, she was interested vegetarian diets for children and natural healing.

1982–While in Goa, Lisa met an Australian woman, Diane [Froggatt], who was making her own tofu, because it was not available, and all were tired of Dal (lentils). "I asked

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her to teach me, and she did... I happily made it for myself to fill the protein gap. Along with Tofu also comes Soy Milk and Okara! A bonus! Made soysausage, soya burgers, etc., but only at home at that time."

1986-87–Lisa attended a Michio Kushi Institute in Switzerland; she learned macrobiotics and shiatsu, which she practiced for about a year, then decided that macrobiotics was "excellent for healing purposes, but not for daily life, simply because any diet so extreme and tasteless is doomed to opposite extremes." She observed that most people who regularly ate a macrobiotic diet "craved massive amounts of Chocolate, or some other form of 'naughtiness.'"

1989-90. Lisa decided to settle in Goa. It had really become her home and it was too expensive to fly back and forth. But how to make money in India? Her many Indian women friends adored lingerie. So she did all the necessary paperwork and started a business named Ooh-La-La-Lingerie Pvt. Ltd., importing undergarments from Europe and traveling all over India to sell them to major department stores. The business went well for 2-3 years until the suppliers and buyers connected–leaving her out.

At the same time, Lisa was selling soya burgers, hummus brown bread, and 4 flavors of soy milk in the Flea market [in Anjuna], where she had a food stall; she made these in her home kitchen. "Then a few people started asking me if I could make them some Tofu! So, I thought why not, since I'm doing it for myself anyway." "All our production started in a small room (in my house), which I converted into a special tofu room, with ventilation above a false ceiling, a sink, stainless steel tables, and extreme hygiene. It was about 3 meters on a side with white tiles. We used (and still use) Aqua Guard water filter systems for all production and packing. So I started by making 2-3 kg at a time, squeezing the milk through a cloth by hand, actually burning my hands on a regular basis, until I decided to build a press. Made some wooden tofu boxes, and did the grinding on a grinding stone. Ouch, too much time and labor! We were selling only to shops and Five-Star hotels.

"As time passed and orders got bigger, my friend and now partner, Richard Chabin, helped me get some machinery, Then, I wanted to learn about Tempeh, and how to make it. There was an American fellow named Joseph Papa who had a book and an interest, so I traded him my shiatsu massages for the method on how to make Tempeh. My interest in Tempeh was the vitamin B's only found in Tempeh. Important if you don't eat beef liver.

"So now I knew many soy foods, and was happily cooking for many friends daily. I enjoy cooking, and they enjoyed eating.

"Then I tried to market the tofu to the local market and restaurants, but as they were not familiar with it, they were afraid, even after I gave them many recipes" and even showed them how to prepare it Indian style–like paneer. "That's when I decided to open a small sandwich shop."

1999–The sandwich shop, named Bean Me Up, Soya Station, Salad Bar, was a "raging success from the beginning." It became too big for the original premises, and there were long lines at peak season. Note: The restaurant name derives from a famous catchphrase from the movie *Star Trek,* "Beam Me Up, Scotty!"

2004 Oct. 31–Lisa took on large premises with 14 rooms to rent and a small health food shop and restaurant. The commercial foods (tofu, tempeh, soymilk, etc.) are made in a separate building (a small factory) on the compound. It opened on Halloween with a costume party. The "real point is the restaurant" (which kept the same name); it is a unit of Ooh-La-La Ling. When people discover that they can get fresh safe salads, Tofu, Tempeh, Seitan, soya ice cream, Tofunaise, etc. after traveling in India, they are so Appreciative. That is a reward in itself! I truly believe that to introduce people to a more healthy diet, and to given up meat, the alternative must taste good, or why would they consider changing? Hence, our theme is 'The Tasty Alternative.' Lisa, now an established businesswoman, has a new source of income from her 14-room hotel!

Two months later, on 24 Dec. 2004 (Christmas eve), a mob of 150 people, escorted by two policemen (for the mob's protection!) went to the Anjuna-Chopra beach belt and rudely demanded that certain restaurants and shops close down. Why? Because their owners were of foreign origin. No matter that Lisa, of American origin with an Indian passport, had lived in Goa for 23 years and had all the legal papers required to run her business. The agitation was probably initiated by indigenous restaurant / shop owners who resented the foreigners' success and had the blessings of local politicians–a familiar theme worldwide. Fortunately, Lisa had some friends with the National Press, *Times of India,* so she and her fellow foreigners showed no fear, followed the procedures, and made a big noise; the actions of the mob were clearly illegal. Her restaurant was never shut down and the problem appears to have gone away.

Lisa is a member of the Vegetarian Society of India, and occasionally they call on her to give seminars for the members.

Note: Diane Frogatt died a few years ago from cancer.

Photos sent by Ratan Sharma in 2010 and taken by him in Jan. 2005 show the entrance to and the inside of this remarkable soy restaurant and salad bar. They serve only soy-based recipes. They also have a branch in Hyderabad. Note: Lisa does not own a SoyaCow. Address: Owner, Bean Me Up, 1629 Deulvaddo, Anjuna / Vagator, Goa, India 403-509. Phone: 0091-(0)832-227349.

12734. Bean Me Up, Soya Station, Salad Bar. 2005. Welcome to the Soya Station (Menu). Anjuna/Vagator, Goa, India. 10 p.

• ***Summary:*** Contents: Welcome. Starters: Side dishes (incl. Spiced tofu {deep fried} with peanut or chilly sauce. Tofu or

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tempeh {pan fried} with peanut or tahini. Baked potato with sour cream, butter, or tofu cream cheese). Just for kids: 12 years and under (incl. Tofu bolognese, served over spaghetti. Tempeh sandwich with tortilla chips). New York Pizza (incl. Indonesian special {tempeh & pineapple}. Veg. special {tofu, onion, capsicum, mushroom & olives}, Additional toppings–tofu, tempeh). Salad bar (Tofu salad–Beet root, carrots, onions, cucumber, tofu cubes & tofunaise {vegan}, Side order of tofu or tempeh, with choice of tahini, peanut, or tomato sauce).

Good morning–Breakfast (incl. Tofu {scrambled w/ onion capsicum or butter fried w/soya sauce}, Soysage {4 pieces}, Add 10 rupees for soymilk with any breakfast dish). Desserts: Vegan (non-dairy) or dairy. Vegan includes: Soya ice cream in coconut, chocolate, banana, coffee, or berry (seasonal) flavors. Tofu brownie. All desserts served with soya whipped cream. Beverages (incl. soy milk {hot or cold}–Plain unsweetened, vanilla, chocolate, cardamom). Sandwiches (incl. Soya burger, Tofu burger, Tofu (butter fried), Tofu cream cheese {made with garlic & Herbes de Provence}, Tofu scrambled, Tofulafel. Tempeh {fried} in sesame oil & soy sauce. Seitan fried in onion). Dinner menu: All dinners are served with choice of brown rice, baked potato, or spaghetti, and vegetables of the day. Three broad choices (each with one or more of three symbols by it–vegan, dairy, hot 'n' spicy): (1) Tofu–Khadi tofu, Tofu bolognaise, Tofu lasagne, Tofu nori roll, Vegetable tofu quiche. (2) Tempeh–Tempeh potato patties, Thai style tempeh with cashew nuts, Indonesian sampler. (3) Seitan–Seitan scallopini in cream sauce (served over spaghetti). Address: 1629 Deulvaddo, Anjuna / Vagator, Goa, India 403-509. Phone: 0091-(0)832-227349.

12735. House Foods America Corporation. 2005. House Foods: Tofu and other soy products (Leaflet). Garden Grove, California. 2 panels each side. Each panel: 28 x 21.5 cm. Dated May 2005.

• ***Summary:*** Glossy color and dated. Appears to show a photo of the front of the package of all the different types of House-brand soy products made at this time.

(1) Tofu: 12 types / SKUs. (2) Organic tofu: 4 types. (3) Seasoned tofu (tofu steak): 2 types. (4) Soy snack (Tofulicious): 3 types. (5) Soy milk: 6 types. (6) Age [Fried tofu]: 11 types. (7) Natto: 3 types. (8) Konnyaku (8 types, 2 of which contain tofu). Address: 7351 Orangewood Ave., Garden Grove, CA 92841.

12736. Berdy, Lauren. 2005. The Vinton 81 soybean variety gives the best yields of yuba (Interview). *SoyaScan Notes.* June 16. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Vinton is a "vegetable-type" soybean, widely used to make tofu. Lauren is working with researchers at Ohio State Univ. to bring value-added soy products to the state. She is a French-trained chef, is very interested in yuba, and hopes to help start a yuba factory in Ohio. Address: 615 South 6 St., Columbus, Ohio 43206. Phone: 614-224-7827.

12737. Loma Linda Wholesome Foods. 2005. Try our three new vegan products: 7-Grain Cutlet, Vege-Steak, and Super Frank (Ad). *Vibrant Life.* May/June. p. 26.

• ***Summary:*** "Faithful to its mission, to serve a worldwide community by promoting healthful living, Loma Linda University has joined *Vibrant Life* magazine (a Review and Herald Publication) in the development of a vegetarian product line under the brand name Vibrant Life that meets the highest standards for health and nutrition." "Shop for the Vibrant Life products at your local Adventist Book and Nutrition Centers, college markets, or on the web at www.vibrantlife.info."

A color photo shows many meat alternatives in cans, boxes (frozen), or refrigerated packs, all under the Vibrant Life brand. These include: In boxes (frozen): Chik Bits. Chik Burger. Sliced Vegetarian Bologna. Sliced Vegetarian Chicken. Sliced Vegetarian Salami. Sliced Vegetarian Turkey.

Cans: 7-Grain Cutlet. Nut-Loaf. Super Frank. Vegeburger. Vege-Cuts. Vege-Franks Vegelets. Vege-Steak.

Refrigerated packs: Breakfast Sausage. Tofu Links. Vege-Links. Address: Loma Linda, California 92350. Phone: 888-893-2002.

12738. *Ontario Soybean Growers Soybean Report.* 2005. CAFTA campaign stresses importance of international markets. June. p. 1.

• ***Summary:*** "OSG Director and Bruce County farmer Jim Gowland is among the six Canadians to be featured with his family in the 'My Future is Global' campaign from the Canadian Agri-Food Trade Alliance (CAFTA).

"The 'My Future is Global' campaign is designed to highlight the importance of international markets to Canada's agriculture and agrifood sector. Canada is the world's third largest exporter of agriculture and food products. More than 90% of Canada's farmers, representing 80% of farm cash receipts, rely on international markets. And more than a million Canadian jobs depend on trade.

"Yet the sector continues to be forced to compete in a market that is severely distorted by subsidies and access barriers."

"'We are really happy to be telling the positive story of trade to Canada's decision makers,' says CAFTA President Liam McCreery. 'We want Canada's decision makers and negotiators to understand how important trade is to the Canadian agriculture and food sector, and how innovative and competitive our industry is. But we also want them to understand that this very vibrant industry is relying on them to negotiate aggressively at the World Trade Organization to remove market distortions. Our future is global, and it's in

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their hands.'"

A photo shows Jim Gowland and his family. "Jim's specialty soybeans are found in tofu in Japan. They are also considered special health foods in Europe." Address: Guelph, ONT, Canada.

12739. Brown, Samantha. 2005. Cambodia's first soya milk factory aims to nourish nation's children (News release). Agence France-Presse English Wire via NewsEdge Corporation. 2 p. July 8.
• ***Summary:*** In 1998–the year peace finally arrived in Cambodia–Pierre Tami established Hagar Soya, a micro-enterprise making fresh soy milk in Cambodia. The small business started out selling about 500 liters of soya milk and tofu locally; this gave both work and hope to dozens of poor local women. But Tami, the executive director, wanted to do more. He was successful in raising $1.3 in investment capital from an array of sources, including the World Bank's Mekong Private Sector Development Facility. He used the funds to build a state-of-the art long-life [aseptically packed] soymilk plant in Phnom Penh, Cambodia's capital.

By 2003 the expanded plant began commercial production and today it has a daily production capacity of 12,000 liters (more than 3,000 U.S. gallons). It employs 50 people, mostly poor women, who earn a decent salary. The company's flagship product, So! Soya, is now sold to more than 500 wholesalers and retailers. Plans are for 8 new soymilk products to be introduced next year.

12740. Asociacion Soya de Nicaragua (La). 2005. [Soynica (Website printout–part)]. www.sdnicc.ni/soynica Printed July 12. [Spa]
• ***Summary:*** Home: Inicio (Introduction). Sobre Soynica (About Soynica, incl. a list of commercial products, a history of the company, and a mission statement). Programas (Programs). Boletin (Bulletin). Contacto (Contact information). Enlaces (links).

Soynica is a small company that makes foods derived from soymilk and other sources that it sells under the Nutrem brand. It was established on 16 October 1994.

Nutrem products: 11 fresh, incl. 4 flavors of soymilk and 4 types of tofu; 11 dry, incl. Soyavena and soy flour; and 11 alternative meals–incl. tempeh.

History of Soynica: In Nov. 1979 Dr. Arturo Aldama and his wife, Dulce, representative of the organization Friends of the Earth (*Amigos de la Tierra*) in Mexico, and Luci Morren, a Belgian woman, organized a group of 8 volunteers who arrive in Nicaragua with the only mission of sharing their knowledge of home preparation of soyfoods. They brought with them only 20 kg of soybeans, because they had been told that soybeans were widely grown in Nicaragua.

But it was not so. So the engineer Alexander Fernandez helped to find about 60 quintals of soybeans with a producer in Esteli, and demonstration plots were started. And so it began. Address: Managua, Nicaragua.

12741. Crain, Liz. 2005. City's soy wranglers offer a totally tofu experience. *Portland Tribune* (*Oregon*). July 15. p. B3.
• ***Summary:*** About Ota Tofu and Dae Han Tofu, both in Portland. At Ota Tofu in southeast Portland, there are 13 workers on a work floor of just over 900 square feet. "Since 1918, the family business has focused on the local market, never expanding outside Portland." Ota tofu is fresh and unpasteurized, curded with a refined form of nigari.

Ota Tofu doesn't deliver or advertise; it doesn't have to. People and businesses who want Ota Tofu come to the shop to pick it up. Today, the restaurants Sweet Basil, the Farm Café, Old Wives' Tales, Fong Chong, and Curry in a Hurry have all stopped by to pick up buckets or water-filled bags of fresh tofu. All day long, vans and trucks from catering services, Asian markets and other restaurants from as far away as northern Washington drive to the front of Ota to load up on tofu.

A large color photo shows Ota employee Wai Yang as she uses long chopsticks to deep-fry tofu pouches (agé) in a rectangular stainless steel fryer.

Dae Han Tofu, owned by Calvin Chun, started in 1993 and now has four employees. Chun, who moved to Portland from South Korea in 1989, rolls up his sleeves and helps with all parts of the work. Dae Han's work space is a bit larger than Ota's and streamlined for higher volume. In addition to regular types of tofu, the company produces specialty tofus such as teriyaki, hot and spicy, extra firm, and low fat (made from dehulled soybeans).

Contact information: Ota Tofu, 812 S.E. Stark St. Phone: 503-232-8947. Dae Han Tofu, 3340 N.W. Yeon Ave. Phone: 503-223-0044.

12742. Garger, Ilya. 2005. "I'll have a soya on the rocks". *Time* (*Europe*). July 31.
• ***Summary:*** "Given its unglamorous associations with tofu burgers, vegetarian sausages and lactose-free dairy substitutes, the soybean has long been seen as a food for the abstemious."

12743. Cadwallader, Keith R.; Klein, Barbara P.; Khanna, Pradeep; Chen, Dejun; Nash, Marilyn; Puzey, Megan; Sullivan, Cheryl L. 2005. Around the world with soy. Champaign-Urbana, Illinois: Illinois Center for Soy Foods. 62 p. Illust. No index. 24 cm. Series: Soy in the American Kitchen.
• ***Summary:*** Contents: Illinois Center for Soy Foods. Bringing soy foods to the American table, the international way. Why eat soy? Soy foods: Soy flour, soy protein isolate, soymilk, tofu, textured vegetable protein, edamame, black soybeans, soy nuts, tempeh, miso, soy analogs. Nutrient information. Purchasing soy foods. Recipes. One recipe per page. Contains many excellent full-page color photos (by

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David Riecks) of prepared dishes.

Photos (p. 61) show: Marilyn Nash, Dejun Chen, Megan Puzey, and David Riecks. Address: 1. PhD, Director, Illinois Center for Soy Foods, 170 National Soybean Research Center, 1101 Peabody Dr., Univ. of Illinois, Urbana, IL 61801. Phone: (217) 244-1706 or www.soyfoodsillinois.uiuc.edu.

12744. Haren, Chuck. 2005. Sustainable community food production: Central American Food Security Initiative (CAFSI). *Plenty Bulletin* (*Summertown, Tennessee*) 21(2):1-2. Summer.

• ***Summary:*** On the cover (p. 1) of this issue are large photos showing people and modern sanitary equipment producing soymilk at four locations in Latin America: (1) ADIBE, Molino Belen, Solola, Guatemala. Agostin Xoquic. (2) UPAVIM, Guatemala City, Guatemala. (3) Huichol Center, Huejuquilla, Mexico. (4) Soynica, Managua, Nicaragua.

Molino Belen is a Mayan village near Solola. "Soynica has become widely known for its work with mothers and children and for promoting use of locally produced soy foods to help address nutrition and economic development issues. During March and April of this year Plenty representatives worked for five weeks helping staff managing Casa Nutrem (Soynica's food processing facility) to purchase, install, and learn to use new cooking, packaging, and refrigeration equipment." A photo (p. 2) shows Elena Xoqic pouring soymilk into a bottle. She and her husband, Agostin, both Cakchiquel Maya, "have been managing the Mayan 'Soyaria' near Solola, Guatemala since Plenty set it up in 1980."

A cover letter from Peter Schweitzer, executive director of Plenty International, notes that Louise Hagler has been working with the Huichol people of Mexico, helping them integrate soy-based foods into their diet. The "Soyaria" near Solola, Guatemala, makes "soymilk, tofu, tempeh and soy ice cream using the very same stainless steel equipment we brought down in an old school bus in 1980! Plenty is helping them renovate the original building and upgrade the equipment. Profits from the Soyaria have been used to fund community development projects such as a new water system and an outdoor basketball court for the school."

Note from Chuck Haren (via Lisa Wartinger, Programs Manager, Plenty International). 2005. Oct. 1. Average weekly sales for the Soyaria at Molino Belen are: Soymilk 400 half-liters. Tofu 260 lb. Tempeh 70 lb. Pinole (dry corn and soy drink mix) 50 lb. Soy ice cream cones 300. Okara 200 lb.

"Plenty has stepped up its technical support to the four CAFSI partner organizations in 2005, and that support will continue in 2006." Address: CAFSI Program Director.

12745. Garger, Ilya. 2005. Amuse bouche. *Time* (*Asia*). Aug. 1.

• ***Summary:*** "Given its unglamorous associations with tofu burgers, vegetarian sausages and lactose-free dairy substitutes, the soybean has long been seen as a food for the abstemious." But the bean is now ready for an "image makeover thanks to its new role as a source of hard liquor."

12746. Little Tokyo Service Center. 2005. Tofuzilla: Giant tofu takes over Little Tokyo at the LA Tofu Festival (Ad). *Los Angeles Times Magazine.* Aug. 7. p. 29.

• ***Summary:*** A 4 color ad, 5½ inches square. The 10th annual festival will take place on Aug. 13-14 at 237 S. Pedro St., Los Angeles, California 90012. Address: Los Angeles, California. Phone: 213-473-3030.

12747. Squires, Sally. 2005. Soy: Not just tofu anymore. *Washington Post.* Aug. 16. p. HE1.

• ***Summary:*** For a summary, see her article of Aug. 22 in the *Los Angeles Times* (p. F3). Address: Special to The Times.

12748. Soyatech.com. 2005. U.S. soyfoods market shows signs of maturity with slow growth in 2004, says new report. http://www.soyatech.com/bluebook/news/viewarticle.ldml?a=20050829-1. 3 p. Posted 29 Aug. 2005. [6 ref]

• ***Summary:*** *Soyfoods: The U.S. market 2005,* a new market study, shows that total sales of soyfoods hit $4.0 billion in 2004, but "showed the slowest year-over-year growth (2.1%) for the industry as a whole since the early 1980s, when the category began its climb."–according to Peter Golbitz, president of Soyatech, Inc. In 2004, 4 of the 5 top soyfoods categories (meat alternatives, tofu, energy bars, and meal replacements) showed decreased sales; only soymilk posted increased–but modest gains. Up and coming categories include snack foods and other dairy replacements.

In recent years, a number of articles and reports have questioned the health benefits of consuming soyfoods and products containing soy ingredients. "If you look at the top 10 companies in the soyfoods market today, virtually all of the original founders and visionaries are gone," observes Golbitz. During the boom years of the late 1990s and early 2000s, they were bought out by bigger food companies, such as Dean Foods, Kraft, Kellogg, General Mills, ConAgra and Hain-Celestial. These are solid companies but are less willing to take risks and are driven more by "market data than by vision."

The report, the 5th in a series by information partners Soyatech, Inc. and SPINS, is sold in parts. The "macro section" [80-page executive summary] costs $2,900. The more specialized sections are available for about $1,500 each. You can download the prospectus at: http://www.soyatech.com/ pdf/soyfoods05.pds. Soyatech was founded in 1985 and SPINS in 1995. Address: Bar Harbor, Maine.

12749. Balk, Ethan; Chung, M.; Chew, P.; Ip, S.; Raman, G.; Kupelnick, B.; Tatsioni, A.; Sun, Y.; Wolk, B.; DeVine, D.; Lau, J. 2005. Effects of Soy on Health Outcomes. Evidence Report / Technology Assessment No. 126. (Prepared by

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Tufts-New England Medical Center Evidence-based Practice Center under Contract No. 290-02-0022.) AHRQ Publication No. 05-E024-2. Rockville, MD: Agency for Healthcare Research and Quality. xiii + 223 p. Aug. 28 cm. [239 ref]
• ***Summary:*** This report is a review of the scientific literature, limited to human subjects. It basically says that in none of the claims about soy having health benefits is the evidence conclusive.

In the Summary, in the section on "Results" (p. 4-6) conclusions were given concerning the effects of soy supplements (used in about 75% of all trials analyzed) and soy foods on different health outcomes. In this report, soy milk was categorized as a soy supplement. Among the soy supplement trials, 57% used soy protein with isoflavones, 36% used isoflavones alone, and 6% used soy protein without isoflavones. In about one-half of the soy foods trials, textured soy protein was used. Soy flour was used in about one-quarter of the soy foods trials. "Across studies, the total isoflavones ranged from 0 mg to 185 mg per day, and the total protein intake from soy ranged from 0 g to 154 g per day. It is notable that the median soy product dose across studies (36 g soy protein per day) was equivalent to over a pound of tofu daily or about 3 soy protein shakes daily."

The health outcomes investigated were: Cardiovascular endpoints. Menopausal symptoms (21 studies). Endocrine function (50 trials in 47 articles). Cancer and tumor-related biomarkers (24 studies). Bone endpoints (31 studies). Kidney function, neurocognitive function, and glucose metabolism (11 studies). Adverse events. Limitations: "Despite the large number of trials that have been performed, the health effects of soy for many conditions that have been studied remain uncertain. The methodological quality of over half the studies (about 55 percent) evaluated in this report was poor (Grade C). One-third of the poor-quality studies were either uncontrolled single-cohort studies, nonrandomized comparative studies, or comparative studies for which it was unclear whether they were randomized..." Conclusions: "Most of the studies evaluated the effects of soy on various biomarkers or measures, not clinical outcomes, although several of the endpoints, such as blood pressure, LDL, and bone mineral density, do have known meaningful correlations with clinical outcomes." Address: 1. M.D., MPH, Project Leader, Tufts-New England Medical Center Evidence-based Practice Center, Boston, Massachusetts.

12750. **Product Name:** Mori-Nu Enriched Silken (Made with non-GMO Organic Soybeans).
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 9960 S.W. Potano, Tualatin, OR 97062. Phone: 503-692-3498.
Date of Introduction: 2005. August.
Wt/Vol., Packaging, Price: 12.0 oz (340 gm) Tetra Brik Aseptic carton. Retails for $1.89.
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: New release. 2005. Aug. 15. "Mori-Nu introduces silken tofu with added nutrients: Mori-Nu Enriched Silken Tofu offers key nutrients, including fiber and calcium." A photo shows the front panel of the aseptic package.

12751. Thurman, Judith. 2005. Night kitchens: Where making bean curd is an ancient art. *New Yorker.* Sept. 5. p. 66, 68-70, 73-74.
• ***Summary:*** One of the most insightful articles about tofu ever seen. An American goes in search of the heart of tofu in Japan, and the place of tofu in the Japanese diet and psyche; in the process, she finds the heart and soul of Japan. At Daisen-in, a Zen temple in Kyoto, she discovers "workshops where tofu is handmade by artisans faithful to the old tradition." Tofu was imported to Japan from China and Korea, along with Buddhism; it has been a mainstay of the monastic diet in Japan for about 1,000 years. But it "has never lost the soulful, exalted aura of its provenance."

At Okutan, the oldest tofu restaurant in Japan (established about 400 years ago within the walls of Nanzenji temple) she enjoys tofu at its best. She meets Mr. Ishii, whose tofu kitchens and private museum of beans are housed beneath the restaurant; he gives her a detailed history and gastronomy of the soybean. The shop where Okutan's tofu is made uses only traditional equipment–much of it made of cedar. Nigari is made here, dripped from sea salt. Shima-dofu is made with pure seawater–not with nigari–gathered off the tiny island of Hateruma.

She spends the night at a lovely old traditional Japanese Inn (*ryokan*) named Yoyokaku, near the beach in Karatsu, Saga Prefecture, on the west coast of Kyushu, about 4 hours by train south of Kyoto. Biking to a tiny nearby restaurant named Kyomachi, she finds that "its cuisine consists almost entirely of artisanal tofu made nightly, on the premises, by Yoshimasa Kawashima... whose family has been making tofu in Karatsu for nine generations." Age 58, he has created a unique new product named *zaru-dofu,* curded with nigari and eaten as curds. He also serves the okara as a dish in its own right.

Finally she visits Kashiwajima, an rocky island off the coast of Karatsu, where she experiences–and learns the history of–its legendary *ishiwari-dofu* ("stone-breaking tofu"), which is pressed until it is quite hard. Address: Correspondent, Japan.

12752. Lemonick, Michael. 2005. Daily Rx: soy protein may reduce bone fractures. *Time.* Sept. 12.
• ***Summary:*** "Now, a new study suggests that soy protein, such as the Asian vegetarian staple tofu, may offer an effective alternative hedge against bone loss." See the current issue of the Archives of Internal Medicine.

12753. House Foods America Corporation. 2005. House

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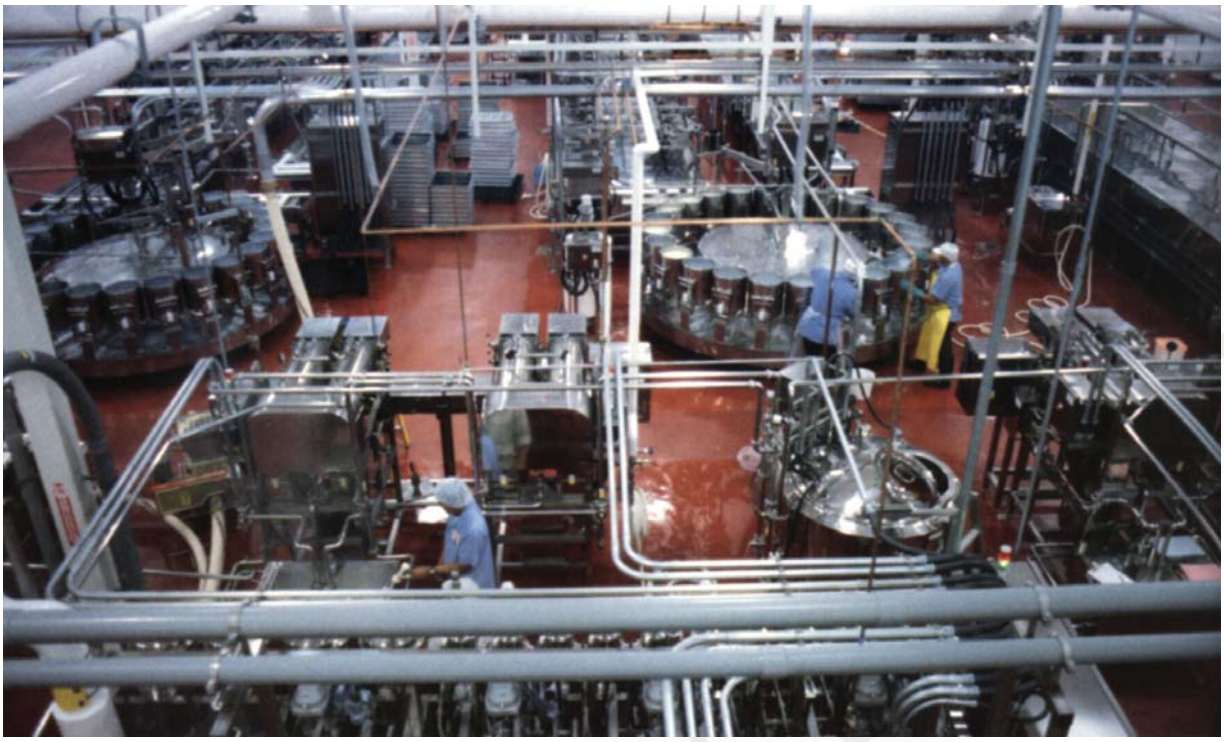

Foods America Corporation (Brochure). 7351 Orangewood Ave., Garden Grove, California 92841. 12 p. 28 cm. [Eng; Kor; Jap; Chin]

• ***Summary:*** Brochure (glossy color, written in 4 languages on each 2-page spread: English, Korean, Japanese, Chinese) sent by Patricia Smith from Natural Products Expo (Baltimore, Maryland). 2005. Sept. Contents: Introduction. Tofu & tofu products (In 2004 House Foods American Corporation building its second tofu factory in Franklin Township, Somerset County, New Jersey). House Foods products. Restaurant Curry House. Tofu factory (Garden Grove, four photos). Other photos of the company's products are scattered throughout the brochure. Address: Garden Grove, California. Phone: (714) 901-4350.

12754. Nature Soy, Inc. 2005. Healthier living, healthier life (Brochure and Portfolio). 713 North 10th St., Philadelphia, PA 19123. 10 p. + 3 inserts. 28 cm.

• ***Summary:*** Brochure (glossy color; see next page) sent by Patricia Smith from Natural Products Expo East (Baltimore, Maryland). 2005. Sept. Contents: Nature's Soy: Healthy, convenient, Our company. Our facilities (Large and very modern). Our R&D. Our philosophy (We take soy products seriously!). Our products.

"Based in Philadelphia, Pennsylvania, Nature Soy, Inc. is a major supplier of healthy soy and vegetarian products on the East coast. We have been manufacturing fresh soy products since l99l and have well established our brand name among our customers. As one of the largest Chinese-owned and operated soy food companies in the USA, Nature Soy, Inc. was featured in a television documentary about successful overseas Chinese entrepreneurs by a Chinese television station.

"Our Nature's Soy brand of tofu and soymilk products is in almost all major Asian grocery stores and supermarkets from New Jersey to North Carolina, reaching as far south as Georgia and Florida."

This company specializes in soy products. The two basic types are organic and conventional. The two basic types of organic are plain and flavored.

There are four organic plain products: (1) Silken tofu, 20 oz. (2) Soft tofu, 20 oz. (3) Firm tofu, 16 oz. (4) Extra firm tofu, 12 oz. "Using a cheese or deli slicer, this extra firm tofu can be sliced to about 1/16 inch thin slices, yet still maintains its integrity."

There are four organic flavored products: (1) Five spice flavored tofu, 12 oz. (2) 5 minute tofu, 11.5 oz. (3) Tofu-Deli, pre-diced, 12 oz. (4) Tofu-Deli, pre-sliced, 12 oz.

There are four conventional plain products: (1) Silken tofu, 20 oz. (2) Soft tofu, 20 oz. (3) Firm tofu, 16 oz. (4) Extra firm tofu, 10 oz.

There are four conventional flavored products: (1) Flavored tofu, 12 oz. (2) Hot & spicy flavored tofu, 8 oz. (3) Curry flavored tofu, 10 oz. (4) Oriental sauce tofu, 10 oz.

There are 3 types of soymilk: (1) Plain, ½ gallon. (2) Sweetened, 16 oz. (3) Sweetened, ½ gallon.

There are two other products: (1) Soy puffs (deep-fried tofu), 14 pieces per pack of about 4 oz. (2) Fried tofu, 8 oz.

In addition the company makes two gluten-based products (somewhat like seitan) called "Protein Wise Meat Substitutes." They come in Chicken Style and Beef Style, 8 oz per pack.

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They also make Cantonese rice noodles and rice noodle rolls.

The business card of Fenjin (Gee) He, PhD, is attached to the cut-out space in the portfolio. Mr. He designed this brochure. Address: Philadelphia, Pennsylvania. Phone: 215-.

12755. Shurtleff, William; Aoyagi, Akiko. 2005. Doufu zhi shu [The book of tofu]. Taipei, Taiwan: Persimmon Cultural Enterprise Co., Ltd. viii + 270 p. Sept. 1. Illust. by Akiko Aoyagi. No index. 26 cm. [Chi]
• ***Summary:*** A very attractive, complex character, Chinese-language edition of *The Book of Tofu* (2nd ed. Ten Speed Press). A slightly revised edition (different color cover) was published in mid-2012. Address: 1. Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

12756. Sol Cuisine. 2005. Delicious and nutritious vegetarian cuisine: Body, mind and sol (Leaflet). Mississauga, Ontario, Canada. 1 p. Front and back. 28 cm.
• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo East. 2005. Sept. On the cover is large color photo of T-Nuggets (Tofu Nuggets), cubed, marinated, and baked tofu on brochettes with veggies. The company sells ten vegetarian products: Sol-Dog & Grounds, Falafel & Sauce, T-Ribz, T-Nuggets, Veggie Burgers, Tofu.

Contact: Tel: 905-502-8500. Toll free: 1-800-370-8004. www.solcuisine.com. sales@solcuisine.com.

Note: This company traces its roots back to Soy City Foods, which started making tofu in 1980 in Toronto, Ontario, Canada. See Feb. 2013 letter from and interview with Lorraine Guardino. Address: Norman Ayerst, 5715 Coopers Ave., Unit 1, Mississauga, Ontario, Canada L4 2C7.

12757. Soyatech, Inc. 2005. Soya & Oilseed Bluebook 2006: The annual directory of the world oilseed industry. Bar Harbor, Maine: Soyatech. 416 p. Sept. Comprehensive index. Brand name index. Advertiser index. Statistical conversions. 28 cm.
• ***Summary:*** On the cover is color photo of two cupped hands holding a very small soybean plant rooted in soil–against a greenish black background. On the inside front cover is a color ad from Natural Products Inc. (Grinnell, Iowa) titled "Always unique, always innovative, always natural." Color photos show ready to eat products made with Scotsman's Mill whole egg extender, egg white extender, and enzyme active low fat soy flour, plus roasted soy grits, bakery ingredients, and soymilk powders. On the first page is a full page color ad from Bunge North America (St. Louis, Missouri) titled "The shortest distance from harvest to market." On the rear cover is a full page color ADM ad ADM showing a Chinese teenager eating tofu from a plate, using chopsticks. The text is the same as that of one of ADM's current TV ads: "Somewhere west of Shenyang, a teenager is stopping for dinner... A dinner rich in soy protein. As one of the world's largest soy processors, we like the idea that there will be no stopping him now."

On the title page of the book is a bright green self-adhesive label containing "Your access code," which expires in a year.

In the Foreword, Peter Golbitz of Soyatech compares the world of today with that of 1947, when the *Soybean Bluebook* was first published. The year 1947 marked a dramatic turning point; "it was the last year that China led the world in soybean production... The U.S. produced 183.6 million bushels (5 million metric tons) [of soybeans] that year, around 34% of the world's total. And the price for a bushel of U.S. soybeans averaged $3.34." In 1948, the U.S. passed China to become the world's leading producer of soybeans. Today, it looks like Brazil will soon pass the USA as the world's largest producer of soybeans. Note: In 2005/06 the U.S. produced 78.789 million metric tons of soybeans, followed by Brazil which produced 62.000 million. Address: 1369 State Hwy 102, P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207.288.4969.

12758. United Soybean Board. 2005. Consumer attitudes about nutrition–Insights into nutrition, health and soyfoods: 12th annual national report. Seattle, Washington. 8 p. Sept.

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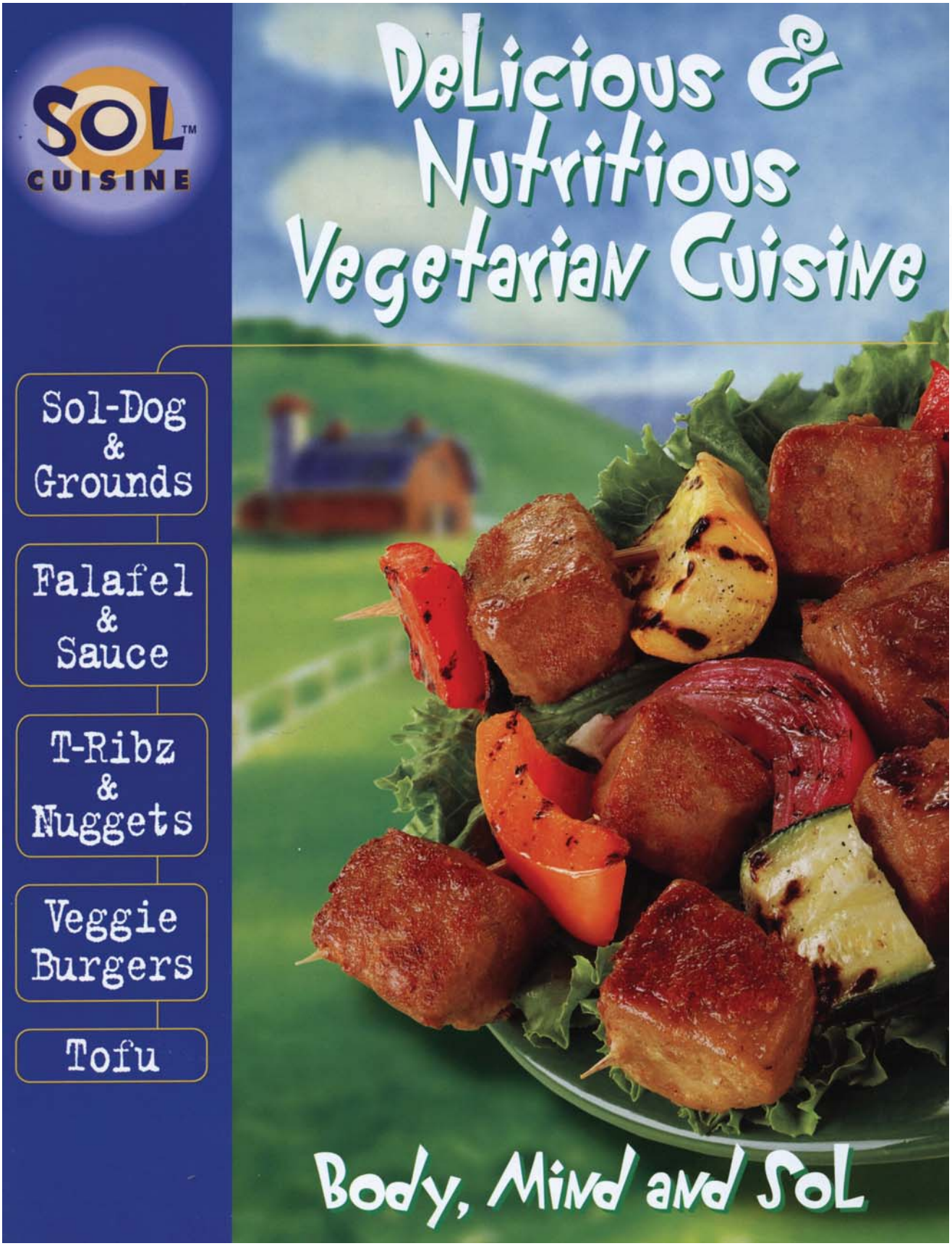

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• ***Summary:*** This 12th annual nationwide survey, commissioned by USB, was conducted in early 2005 by an independent research firm in Seattle, Washington. Random telephone interviews were completed with 1,000 consumers, "providing a sample that is consistent with the total American population. The study's margin of error is ±1.9 to 3.1 percentage points and has a confidence interval of 95%."

Contents: Introduction and methodology. Nutritional habits and obesity concerns. Healthy food decisions. Cooking oil impressions. Consumer attitudes about fats. Awareness, usage, and trial of soy products. Occasion preferences for consuming soy (Of consumers who use soy products at least once a month: Dinner 40%, breakfast 27%, lunch 23%, other times 10%). Soyfoods and health: Perceived healthfulness of soy products (78% say healthy, 17% neutral, 5% unhealthy), unaided awareness of health benefits of soy (prevent obesity / promote weight loss 17%, heart health 14%, menopause relief 12%, good protein source 11%, cancer prevention 10%, reduced risk of osteoporosis 2%). Biotechnology [genetic engineering] in food and agriculture. Restaurants and soy products.

Perceptions of biotech and food: 46% (up from 39% last year) of consumers consider themselves at least somewhat familiar with biotechnology." Of this group, 62% "report a positive perception of its role in food production."

Perceptions of biotech in agriculture: Of that 46% who are at least somewhat familiar with biotechnology: 33% feel that its role within agriculture is to improve the nutritional make-up of crops, 25% don't know enough about biotech to say what role it plays, 13% think that biotech enables farmers to use fewer pesticides, herbicides, and toxins, 13% have a negative perception, other 4%.

Restaurants and soy: A new question added to the survey this year shows that 20% of consumers would order soy products in restaurants if they were available. Types of soy actually ordered in restaurants: Plain white tofu 37%, veggie burger 28%, soymilk 11%, miso 11%, edamame 10%, other products 19%.

Note 1. As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_ nutrition /pdf/.

Note 2. This is the earliest English-language document seen (April 2013) that contains the term "Plain white tofu."

12759. Barrett, Walter. 2005. Work with soybeans in Central Asia (Interview). *SoyaScan Notes.* Oct. 4 and 6. Conducted by William Shurtleff of Soyfoods Center. Preceded by letter (e-mail) of Oct. 3.

• ***Summary:*** Walter has worked with soybeans in 4 Central Asian nations: Kazakhstan, Uzbekistan, Turkmenistan, and Tajikistan. Kazakhstan and Georgia have the most history with commercial soybean production, because Soviet planners made it happen there. They designated other Central Asian countries for cotton production, in part because cotton needs less water. Latitude is part of the reason. The climate is also very dry, so that all soybeans (and almost all crops) in these countries must be irrigated, but with river water carried by gravity. Of all the Central Asian countries, Kazakhstan has been the most successful at understanding a market economy and making it work.

Walter has many contacts in these countries. He is willing to help Shurtleff try to get a better history of soybeans in each of these countries. First, Shurtleff will send Walter an e-mail containing a table showing the dates he has for the earliest document seen showing soybeans in each in each country, and soybean cultivation in each country. Then the earliest date seen for soybean cultivation in each country. Walter will forward this e-mail to an intermediary (Winrock International or Mercy Corps), who will then mail or phone or hand deliver the message to the network of indigenous researchers Walter has developed over the years. The message will encourage them to contact other researchers who might be interested; then Walter will wait for replies.

Walter believes that Korean communities in at least four of these countries (Turkmenistan, Uzbekistan, southern Kazakhstan, and Tajikistan) were growing soybeans for their own use at an early date–probably since the early 1900s and using them almost entirely for food–such as tofu, soy sprouts, Korean-style miso and soy sauce, green vegetable soybeans, etc. The Koreans raise chickens, for example, but they forage for food and are not fed soybeans. Walter has no idea when, or, why, or how these many Korean communities came to be established in Central Asia. He has no idea where the soybean varieties they grow came from. These Korean communities are all found within a horizontal oval that cuts across national boundaries, and includes the cities of Almaty [Alma-Ata] (in southwest Kazakhstan), Toshkent [Tashkent] (capital of Kyrgyzstan), Dushanbe (capital of Tajikistan), and Ashgabat (capital of Turkmenistan). In this area are numerous Korean restaurants where Walter has eaten; but he has no idea how many Koreans live in this area. Most individual Korean communities grew only one variety, but each Korean community had its own variety. By contrast, there are not many Chinese communities in these areas.

Walter expects his next trip to Central Asia to be in the spring of 2006–probably Uzbekistan and possibly Turkmenistan or Tajikistan. He is given drivers and interpreters by the NGO sponsoring his trip. One of the ongoing problems he faces is the limited abilities of interpreters; communication is often difficult, and it is hard to pursue agricultural or academic questions with farmers. It is less difficult with educated researchers or academicians (best is Tajikistan, followed by Turkmenistan–who might help find others). The researchers in these countries don't talk much with each other, either within a country or among countries. They have few opportunities to travel, and little access to the Internet or e-mail. This is because of government restrictions, difficulty of getting visas or money,

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etc. Researchers are lucky if they have a working computer, but most have a telephone and some have a cell-phone.

Of all Central Asian countries, Kazakhstan is the one in which the soybean is the most important as a commercial crop–by far. They probably have at least several thousand hectares planted to soybeans. The soybeans in Kazakhstan are run through an extruder (extrusion cooker) to make soybean oil and meal. These same extruders are also used to process cottonseed. Soybeans are grown in Central Asia largely because of the demand for meal by the local poultry industry for use in chicken feeds. Poultry is the driving force, and Central Asia is a "protein-poor" region. Walter's main reason for being there is because of poultry and (to a lesser extent) livestock; it is to help educate them about the soybean, its value for producing soybean meal and oil, and about the importance of protein. He helps farmers to grow soybeans and to develop markets for their beans. Actually, there is a ready-made market from poultry growers–who now have to pay a lot of freight to import their soybeans from Kazakhstan, Iran, Turkey, or India. The key is for Walter to serve as the bridge–to help bring the poultry growers and the potential soybean farmers together, to discover that they have a common interest, and then to work out agreements.

NGOs do lots of impact studies; they want their volunteers to work on projects that will have economic impact. They believe that increasing poultry production will have a positive impact on the economy and the people. The oil is also appreciated, and refined using modern technology within each country for use as a high-quality edible oil, sold in bottles at retail stores. Kazakhstan is about one-half the size of the United States, and is quite a progressive country with a market economy, fairly advanced education and technology. Soybeans are grown mostly in the very south. They were major crop during Soviet times (Russia was a major market for the oil and meal), but after Kazakhstan became independent in 1990, soybean production fell off to near zero. The economies off Central Asian countries plunged at about the same time (1989-91). They are now slowing getting back to where they once were.

The second most important country for soybeans (a very distant second, with maybe 300-500 hectares planted to soybeans) is the Republic of Georgia, where the western half is quite moist and the eastern half is very dry. They have a long history of growing soybeans. Walter knows of one company there that is processing soybeans using an extrusion cooker (similar to that made by Insta-Pro).

In third place might be Uzbekistan, followed by Turkmenistan, and Tajikistan–but all with only about several hundred hectares in soybeans.

Walter believes that soybeans could become a valuable double crop in Central Asia, planted after the wheat harvest in June. That would earn farmers more income, improve the soil, and break various insect and disease cycles. They need a legume in the rotation. The government does not help. They seem interested only in short term profit, keeping the status quo, and staying in power, not in innovation or long-term thinking.

In Tajikistan, he met a village farmer, Mr. Mahmadullo, who had the ability to build machines. He already had a small business making wheat flour using two motor-powered millstones. He worked with Walter to build a revolving soybean drum roaster; the outside was heated by natural-gas flames. After roasting a batch of about 20-25 kg of soybeans, he ground them into flour.

In Turkmenistan, Dr. Ashraf spent quite a bit of time working with a Korean community in the town of Dashoguz in making tofu. She also worked a lot with Peace Corps Volunteers (PCVs) in that same town; one of the PCVs was a Korean-American. Walter has not heard of any TVP being made in Central Asia; if its is made, it must be in very small quantity. In Uzbekistan, technologically the most developed, soybeans are being grown–often spread by volunteers. Address: 2804 Trent Drive, Fort Wayne, Indiana 46815. Phone: 260-484-7493.

12760. Stein, Joel. 2005. What's next... with the Amish. *Time.* Oct. 17.
• ***Summary:*** Stein panicked when his editor asked him to write a article for the What's New issue. He imagined spending long hours trying to "create a tofu that fails in its attempt to taste like yet another kind of meat."

12761. Hirayama, Tadao. 2005. Shôyu hattatsu shoshi: Sho kara shôyu e [Brief history of shoyu development: From *sho* to shoyu]. Tokyo: Printed by Hokazu Hachibori. 66 p. 26 cm. [47 ref. Jap]
• ***Summary:*** This excellent history, with many illustrations, is available from the Kikkoman International Institute for Food Culture (KIIFC), Noda, Japan.

Contents: Preface I. Chinese jiang: 1. Jiang was called different names by the raw materials which were used to make various types (p. 1). 2. How to make doujiang ("bean jiang") (p. 2). 3. Doujiang might have been a side dish and had a consistency like moromi (p. 4).

II. Japanese sho (hishio?): 1. From the "fish jiang" (*gyosho*) period to the "grain jiang (*kokusho*) period (p. 5). 2. *Sho* and *misho* were differentiated in the very early period (p. 5). 3. *Sho* was used having a consistency like moromi [quite like applesauce]. (p. 7).

III. The birth of shoyu: 1. Various types of *sho* and *misho* as seasonings (p. 9). 2. Characters used to write the word *shoyu* in Chinese documents (p. 10). 3. Kinzanji miso and shoyu (p. 11). 4. Popularization of Zen Buddhism and Tea Ceremony culture (p. 12). 5. *Tare miso* and *To Miso* (p. 13) 6. The birth of shoyu (p. 15).

IV. The path / road to becoming true shoyu: 1. Shoyu and tamari (p. 17). 2. The making of shoyu at Tatsuno: The birth of *sumi shoyu* (p. 18). 3. The process for becoming true

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shoyu (p. 20). 4. San koji (Scattered means not clustered Koji) and *mochi koji* (p. 21). 5. The birth of the true shoyu after the mid-17th century (p. 22).

V. Shi (kuki) or sho: 1. Shi (kuki) to shoyu (p. 24). 2. Fermentation in solid form and fermentation in liquid form (p. 25). 3. Research in recent years (p. 27 4). From simplicity to complexity; from only one to more varieties (p. 28). 5. Purpose of the production of sho (hishio) (p. 30). 6. Arrival of new technology made sho into Shoyu (p. 31).

VI. Production of shoyu in Edo period: 1. Production methods of shoyu from mid- to late 17th century (p. 33). *Ryori Monogatari* (Cooking Story) (p. 33). *Yoshu Fushi* (p. 34). *Honcho Shokkan* (*Honcho Shokukan*) (p. 34). 2. Things we cannot afford not to have in the kitchen *Wakan Sansai Zukan* (p. 35). 3. The best way is; Prepare (*shikomi*) shoyu in summer (during Doyo) and finish (harvest) in fall Bankin Sangyotai (Mankin sangyo bukuro) (p. 37). 4. Shoyu making at home Koekikokusanko (Translator's guess at meaning: Wide profit domestic products ideas?) (p. 39).

VII. Kudari shoyu and Kanto Jimawari Shoyu: 1. Kudari shoyu (p. 41). 2. Ama's (Nuns') namaage shoyu (p. 43). 3. Favorite flavor of people of Edo (p. 44). 4. Kamigata's (Kyoto Kansai area) Dashi (stock) and Edo's Dashi (stock) (p. 47). 5. Edo's Honkobushi (Honkare bushi? Honkosetsu?) (p. 47). 6. Kanto's jimawari shoyu (p. 48). 7. The method in Shinsen Hochotei (Shinsen Hocho Hashigo) (means Newly Selected Knife Ladder) (p. 51). 8. Making shoyu into a commercial product (p. 53).

VIII. Shoyu production in Kansai area: 1. Shoyu production on Shodoshima Island (p. 55). 2. Shoyu production in Tatsuno (p. 56). 3. Adding amazake to moromi to create Tatsuno shoyu's unique flavor (p. 57). 4. In Tatsuno they strongly believed in using Kohamaen (Kohama salt) (p. 59). 5. To make large production of shoyu, they used Ako's Saen (salt) (p. 61).

Conclusions (Summary). Main sources (Bibliography). Address: Japan.

12762. Ta Ti Hsing Machinery Co., Ltd. 2005. Soyfood processing machinery and equipment (Catalog). No. 8, Alley 13, Lane 183, Yu San St., Taoyuan, Taiwan, R.O.C. 6 panels. 30 cm. [Eng; Chi]

• ***Summary:*** The full color catalog of tofu and soymilk equipment contains 3 panels of photos and name (in English and Chinese) of different production systems. One panels shows an elaborate flow chart for making filled lactone silken tofu, firm / soft / or silken tofu, spiced tofu (tokan), Long life soymilk, and fresh soymilk. The last panel gives a company profile. This company, established by Mr. Cho in 1961, specializes in the development of soybean processing equipment and technology. For details: www.tati.com.tw.

Brief chronology: 1961–Ta Ti Hsing Machinery Co., Ltd. founded by Cong-Qian Cho at No. 27 Chung San North Road, Taoyuan, Taiwan. He develops the No. 1 Grinder and a replacement for traditional hand-turned stone mills. He soon develops the semi-automatic steam boiler, cooker, filter machine, and manual press.

1980–The company moves to No. 8, Alley 13, Lane 183, Yu San St., Taoyuan, Taiwan. Mr. Cho is still the owner, president and general managing.

1990–Mr. Cho retires and his son, Chien-Wang Cho takes his place as president and general manager.

2005–Mr. Cho is starting to research an automatic production line with PLC human touch system to improve equipment for the international market. Since the company has the reputation of being No. 1 in Taiwan, they are going to focus on the international market. Address: Taoyuan, Taiwan. Phone: 866-3-362-1848.

12763. *Daily Post* (*Liverpool, England*). 2005. Premier swallows up another healthy eating company. Nov. 2. Business section.

• ***Summary:*** Premier Foods, owner of Quorn, purchased Cauldron Foods yesterday for £27 million. Cauldron Foods sells its vegetarian sausages, falafel, tofu, and other meatless products from its factory at Portishead, near Bristol. Cauldron employs 215 people, generates 92% of its annual sales of £14.7 million from sales of its own brand, and had pre-tax profits last year of £1.3 million.

With the acquisition, Premier Foods has added to its portfolio of manufacturers of meat-free products and captured a larger share of the growing British market for healthy foods and meals.

In June, Premier Foods paid £172 million to acquire the maker of Quorn, which is now the largest brand in its portfolio that includes Ambrosia custard, Branston Pickle, Cadbury Hot Chocolate, and Sarson's vinegar.

Robert Schofield, Premier's CEO, said Cauldron was attractive because of its focus on the UK market.

12764. Shurtleff, William; Aoyagi, Akiko. 2005. Wei ceng zhi shu [The book of miso]. Taipei, Taiwan: Persimmon Cultural Enterprise Co., Ltd. 280 p. Nov. 14. Illust. by Akiko Aoyagi. No index. 26 cm. [Chi]

• ***Summary:*** A very attractive, complex character, Chinese-language edition of *The Book of Miso*. A slightly revised edition (different color cover) was published in mid-2012. Address: 1. Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

12765. *SoyaScan Notes*. 2005. Chronology of John Bartram (1699-1777), early American botanist of Philadelphia, Pennsylvania. Compiled by William Shurtleff of Soyfoods Center.

• ***Summary:*** John Bartram (1699-1777) was America's first great botanist, naturalist, and plant explorer.

1699 May 23–John Bartram is born into a poor Quaker family in Darby, about 5-6 mile southwest of the center of

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Philadelphia. He looses his parents at an early age and is raised by his grandparents on a farm in Darby. He receives a good basic education until age 12 at Darby Meeting School. Then he becomes a farmer.

1723 April 25. At age 23, he marries Mary Maris; they have two sons, Richard and Isaac.

1727–His wife, Mary Morris, possibly from complications at childbirth. Their first son, Richard, died soon afterward. At about this time he begins his botanical exploration and collection.

1728–He buys a small stone house and 102 acres of land in the rural township of Kingessing on the banks of the Schuylkill River (pronounced SKU-kul), about 3 miles from Philadelphia. The house had been built in 1684 by Swedish settler Peter Yocum.

1729 Dec.–John, now age 30, marries a second time to Anne Mendenhall and begins a major expansion of his house. In a 5-acre plot between his new house and the river, he begins his famous botanical garden, frequently (though incorrectly) cited as "the first in America." However it certainly was among the first, and quickly surpassed all others in the Philadelphia area. It is also the oldest botanical garden in the USA to have remained intact until the present.

1730-31–John begins the construction of his stone house, incorporating the earlier building as a kitchen on the first floor, and a bedroom on the second. Over the years he added to the house. The outbuildings, all built by the Bartrams out of stone, consist of a seedhouse (1737), a stable and carriage shed (1743), and the barn built by John, Jr. (1775).

1732–Bartram begins to correspond with Peter Collinson (about 5 years older than John), a wealthy London cloth merchant and fellow Quaker with a keen interest in botany. The connection was mutually beneficial. Collinson wanted seeds, bulbs, and cuttings of American plants and was willing to pay for them. He benefited greatly from Bartram's excellent field work. Bartram, in turn, received advice, encouragement, money, and (most important) a steady supply of books about natural history. Although they never met, the 2 men carried on a lively correspondence for more than 36 years until Collinson's death.

1742–Bartram is one of the co-founders of the American Philosophical Society with Benjamin Franklin.

1739 April 20–William Bartram is born to John and Ann, the fifth of nine children. John is almost 40 years old. William later received an excellent formal education, showed an early interest in drawing and natural sciences, and accompanied his father on numerous collecting trips. John called him "Billy, my little botanist."

1765–He is appointed Royal Botanist by George III, with help from Collinson; he held the post until his death. The appointment is accompanied by an annual stipend of 50 pounds sterling; this enables Bartram and his son, William, to make a long-hoped-for collecting expedition to "the Floridas." His specimens were sent to Collinson and to the King of England.

1769 Jan. 16–"Sample of Chinese Vetches [soybeans], six bottles of Soy [sauce] and six pounds of powdered sago presented with a letter from S. Bowen of Georgia" to the American Philosophical Society (APS).

1768 April 11–John Collinson dies in England. He had been the most important man in furthering Bartram's career and botanical business. Dr. John Fothergill, also a Quaker, became John's main contact person in England and Europe.

1769 March 3–At a meeting of the APS, the soybeans sent by Samuel Bowen are distributed to John Bartram and his son, and 7 other farmers. They are asked to report back on their results.

1770 Jan. 11–Benjamin Franklin, now in London, writes a Letter to John Bartram in Philadelphia, describing the enclosed Chinese Garavances / Caravances (soy beans) and how they are used to make tofu.

1773–After several unsuccessful attempts at business and farming, William sets forth on a four-year solitary journey through 8 southern colonies. He makes scores of drawings and takes meticulous notes on the flora, fauna, and native American Indians.

1777 Sept. 22–John Bartram, age 78, dies in Darby near Philadelphia. He had been married twice and fathered 11 children, two of whom had died in infancy. British soldiers are occupying the city during the American Revolution.

1780 Dec. 26–Dr. John Fothergill dies in England.

1789–Ann Bartram dies. With the revolutionary war over, William Bartram helps his brother, Johnny, to re-start the nursery business.

1783–The first printed plant catalog in America is issued for Bartram's Botanical Garden. Over the years, these catalogs continues to grow.

1791–William Bartram's journals are published as *Travels.* The book went into several foreign editions and today is regarded as a classic of American natural history.

Under the leadership of John Bartram's son, John Jr., his granddaughter, Ann, and her husband, Robert Carr, Bartram's Garden becomes a flourishing commercial nursery, which supplied plants for many famous places and people. In their botanic garden and greenhouses, the Bartrams eventually propagated more than 4,000 species of native and exotic plants.

1804–James Mease writes in *The Domestic Encyclopedia:* "The Soy-bean bears the climate of Pennsylvania very well. The bean ought therefore to be cultivated."

1807–The catalog for Bartram's botanical garden is now 33 pages long, includes 1,500 plants, and includes a history of the garden written by William.

1823 July 22–William Bartram, age 84, dies at the family home.

1849–The book *Memorials of John Bartram and*

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Humphrey Marshall, by William Darlington published (facsimile edition 1967).

1850–Andrew Eastwick buys Bartram's garden to preserve it for posterity. John Bartram's garden, which stretches from the house down to the river, was maintained until 1850; then it was abandoned until 1923, when active restoration was begun. Replanting was strictly confined to the plants grown by John and William Bartram.

1891–The garden becomes part of Philadelphia's public park system.

1893–The descendants of John Bartram form the John Bartram Association to assist the City of Philadelphia with preservation of the site.

1965–The Bartram House is designated a National Historic Landmark.

1999–The John Bartram Association hosts a Tercentennial Celebration to commemorate the 300th anniversary of John Bartram's birth. Today (2005) it is operated as a museum and public garden, centered on Bartram's original house and garden.

12766. Richmond, Akasha. 2005. Hollywood dish: More than 150 delicious, healthy recipes from Hollywood's Chef to the Stars. New York, NY: Avery–A member of the Penguin Group (USA) Inc. xi + 310 p. Illust. Index. 25 x 20 cm. [125 ref]

• ***Summary:*** One of the most original and interesting cookbooks seen in decades. This book, originally titled *Healthy Hollywood,* is much more than just a collection of superb recipes and stories about Hollywood celebrities and glitterati. In carefully researched and well-written sidebars, it documents the history of health foods in Hollywood and southern California. The introduction to each chapter tells the history of that type of food, and every recipe has a long and interesting historical headnote. The acknowledgments show vividly Chef Akasha's high and wide circle of Hollywood friends. The introduction–"The Road to Hollywood" tells the story of how Akasha got interested in and researched this subject. History is woven into every page of this book–in the most palatable way. In short, this is a cookbook with a remarkable tale to tell–one to read and study–as well as one to cook from.

Sidebars and illustrations: (1): "The stars and the Hollywood Diet"–Sue Carol (lovely future wife of Alan Ladd) on the cover of *Motion Picture* magazine, Oct. 1929. (2) Mildred Lager (1908-1960). (3) Harry Chandler (1864-1944). (4) Granola (Layton Gentry, Adelle Davis, Dorothea Van Gundy Jones). (5) Photo of silent film star Anita King eating Sun Maid Raisin Pie, 1916. (6) Adelle Davis (1904-1974). (7) Clarke Irvine, 1892-1975. (8) Photo of Radiant Radish health food store, owned by Beach Boy Brian Wilson, Los Angeles, 1969. (9) Otto Carque, 1867-1935, with a photo of his health wagon, around 1912. (10) Gayelord Hauser (1895-1984). (11) "Nature Boy"–Bill Pester and the 1948 hit song by Eden Ahbez. (12) The Ashram–Hollywood restaurant founded by Anne-Marie Bennstrom. (13) The Hollywood diet, with a photo of page 1 of the "18-Day Diet" from *Motion Picture* magazine, Oct. 1929. The sidebar begins: "The first best-selling diet book in America, *Diet and Health, with a Key to the Calories,* was written by Los Angeles-based Dr. Lulu Hunt Peters in 1918, and sold over 2 million copies. The book introduced the concept of counting calories." (14) Alan Hooker (1902-1993). The grandfather of California cuisine, he opened the Ranch House restaurant in 1956 in Ojai, California. (15) Gloria Swanson–Hollywood's Green Goddess. She "was the highest paid and most popular, influential star of the 1920s." (16) Jim Baker (1922-1975). A pioneering organic restaurateur, he Opened the Aware Inn in 1957, then the Source restaurant in 1969. (17) Raw, raw, raw (Arnold Ehret, Vera and John Richter, and raw foods). (18) Photo of silent film star Mary Pickford drinking orange juice made with Sunkist fruit and juicer. (19) The godfather of fitness–Jack LaLanne. Master chef Danny Kaye (1913-1987). (20) The Farmer's Market in Los Angeles, started in 1934. (21) Paul Bragg (1881-1976), with photo of Rita Hayworth on the cover of his *Health Builder* magazine. (22) Books and cooks–"150 Recipes of the Stars (1928), Helen Evans Brown. (23) Health foods–Dr. John Harvey Kellogg, the rise of health food sections in the late 1800s in L.A. department stores, the rise of health food stores, Sandy Gooch. (24) Mae West (1893-1980). Gypsy Boots (1914-2004). Photo of Boots and Paul Bragg. (25) Food and film. (25) Photo of Donna Reed and Paul Bragg, sometime in the 1950s. (26) Bernarr Macfadden (1868-1955). (27) Celebrity stew and Leo Pearlstein. (28) Vegetables, fruits, and nuts (incl. Frieda Caplan, Albert's Organics). (28) Rancho La Puerta and the Golden Door. Photo of young Burt Lancaster baking bread at La Puerta. (29) Fred Waring (1900-1984), the blender, and smoothies. (30) Hain Pure Foods. "Harold Hain opened his first health food store in downtown Los Angeles on October 17, 1926." (31) Swamis and yogis. Paramahansa Yogananda arrived in L.A. in 1925; he advocated a healthy vegetarian diet, including in his magazine *East West,* first issued in 1926. On 8 April 1951 he opened SRF India Café at his India House compound on Sunset Boulevard. "Yogi Bhajan (1930-2004) came to Los Angeles in 1969, bringing the teachings of Kundalini Yoga and his own unique style of Indian and Ayurvedic cooking. In 1974 his students opened Golden Temple Conscious Cookery in Los Angeles. I [Akasha] was a cook there from 1979 to 1984..."

Soyfoods are used in recipes (and recipe titles) throughout this book: Edamame or fresh green soybeans (used in 2 recipes), miso (1 recipe), soymilk (many, especially in place of milk in desserts, incl. "Chocolate Jack Daniel's soy gelato" and "Soya chocolate" milk), soy flour (1, Bill Baker's bread), soybeans (whole, 1, "Soybean casserole"), tofu (10), and tempeh (4).

Also discusses: Sophie and Harry Cubbison (p. 47), El

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Molino Mills (p. 106). Early veggie burgers (p. 106). Silk soymilk and Steve Demos (of White Wave, p. 266).

The recipes in this book are largely vegetarian (including 17 vegetarian main dishes), all call for organically grown ingredients, and many are dairy-free (using soymilk instead of cow's milk). However: Beef (used in 2 recipes, incl. "Fillet mignon Japanese"). Pork (used in 1 recipe, "Citrus roasted pork chops with rosemary potatoes"). Chicken (used in 6 recipes, incl. "Endive petals with curried chicken salad"). Turkey and duck (3 recipes). Fish (many recipes as for cod, halibut, salmon, whitefish). Shellfish (crab, scallops, shrimp).

Talk with Akasha Richmond, who calls. 2005. Dec. 7. Her favorite parts of the book are: The smoothie story. Otto Carque. Gloria Swanson. Yogis and Swamis, Granola. She is very happy with everything about the way the book and its promotion turned out ("It looks great")–except she wishes she could have included more photos. Address: Los Angeles, California.

12767. **Product Name:** Soyettes [Teriyaki, Barbecue, Jamaican Jerked].
Manufacturer's Name: Soya Foods.
Manufacturer's Address: 8 Frontenac St., Dorchester, MA 02124-3902. Phone: 617-282-1000.
Date of Introduction: 2005.
Ingredients: Tofu.
New Product–Documentation: Gavin, Robert. 2006. "Meat-like qualities whet the US appetite for tofu: Biologist tackles taste, texture issues." *Boston Globe.* Jan. 2. Xiang F. Kong has developed a new tofu product named Tofettes, in flavors such as teriyaki, barbecue, and Jamaican jerked.

12768. Andoh, Elizabeth. 2005. Washoku: Recipes from the Japanese home kitchen. Berkeley, California: Ten Speed Press. vii + 320 p. Illust. (many color). Index. 25 x 25 cm.
• ***Summary:*** A beautiful book. Contains a section titled "Tofu and eggs" (p. 268-93), plus many recipes that use miso, shoyu, edamame, kinako ("toasted soy flour"), and amazake. Address: Japan.

12769. Bennett, Beverly Lynn; Sammartano, Ray. 2005. The complete idiot's guide to vegan living. New York, NY: Alpha. 360 p.
• ***Summary:*** "It's not a diet–it's a lifestyle." The vegan lifestyle means compassion for all living things. It means eliminating animal foods and animal products from one's diet. True vegans avoid the use of honey, and don't wear animal skin (leather, suede) or fur. Many avoid silk, made by suffocating silkworms inside their cocoons.

Contents: Part 1: Compassion for all. 1. Why be vegan? 2. Vegan 101 (incl. famous vegetarians and vegans, the Vegetarian Society of the UK, the Vegan Society emerges, Donald Watson, coming to America–Dr. Catherine Nimmo and Rubin Abramowitz, Jay Dinshah, ahimsa). 3. Key to good health. 4. Starting your vegan transition. Part 2: Clearing up misconceptions. 5. But you need meat for protein. 6. But you need dairy for calcium. 7. But carbohydrates make you fat. 8. Vegans are all weak and sickly.

Part 3: A vegan survival guide. 9. Nourishing yourself. 10. Seeking supplementation. 11. Raw foodists: Raw and uncut. 12. Oh baby! Bringing up baby. Part 4: Veggin' it; Tips for maintaining a vegan lifestyle. 13. Handling family and friends. 14. Dining, vegan style. 15. Supporting your ideals. 16. Buying your vegan eats.

Part 5: Substitution is the mother of invention. 17. Using protein alternatives (incl. Demistifying soy products: soy sauce, the incredible tofu, tempting with tempeh, playing tricks with TVP). 18. Doing without dairy and cheese. 19. Vegan baking substitutions. Part 6: Vegan food for the soul. 20. Breakfast ideas. 21. Lunch and lighter fare. 22. Main and side dishes. 23. Baked goods and desserts.

Part 7: Vegan lifestyle choices. 24. Body care and personal items. 25. Dressing to impress. 26. Other things to consider. Appendixes: Glossary, resources.

The index contains 17 entries for tofu, 16 for soybeans, 7 for tempeh, 3 for seitan, 2 for TVP, and 1 each for edamame, nondairy milk substitutes, shoyu, soy milk, tahini, tamari, and tofurky.

"This book offers a vegan food pyramid, fifty vegan recipes, tips on finding animal-free products and hints for reading ingredient lists and other labels to find 'hidden' animal ingredients or byproducts" (publisher's statement). Address: 1. Vegan chef and author, Eugene, Oregon; 2. Musician, web developer, and Beverly's life partner.

12770. Brackett, Sylvan; Moore, Sue; Downing, Wendy. eds. 2005. The slow food guide to San Francisco and the Bay Area: Restaurants, markets, and bars. White River Junction, Vermont: Chelsea Green Publishing. x + 335 p. Illust. Maps. Index. 22 cm.
• ***Summary:*** Tainan Restaurant, 218 Barber Court, Milpitas (p. 61) is a Taiwanese street-food cafe that offers "deep-fried 'stinky' tofu."

At Sunset Super (p. 254-55), located in Outer Sunset (2425 Irving Street, between 25th and 26th Avenues in San Francisco. Phone: {415} 682-3738) the aisles are packed with preserved foods of every variety, some identified only by Chinese characters. Among these you will find "jars of preserved tofu [probably fermented tofu] in a whole range of treatments."

The word "tofu" appears on 15 pages in this book: 52 ("cold tofu salads." "Spicy Bean Curd Beef"), 57 ("classic Preserved Egg with Tofu plate"), 58 ("a variety of lamb, beef, seafood, and tofu selections"), 105 ("fried tofu {*aburage*}), 110 ("a delicious tofu soup"), 111 ("bean sprouts, tofu,...". Pyung Chang Tofu House, 4701 Telegraph

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Ave., at 47th St., Oakland... "silky tofu"), 112 ("Yoo devotes great care and attention to everything that arrives at your table, from the house-made kimchee to the locally produced tofu in the *soon doo boo"*), 113 (*"kimchee jigae* {spicy tofu soup}"), 262 ("freshly made tofu" at San Jose Tofu Co., 175 Jackson St., San Jose. Phone: {408} 292-7026), 291 ("Amidst the smoked tofu dip").

Clams with black bean sauce (p. 51). Address: San Francisco Bay Area, California.

12771. Brand-Miller, Jennie; Wolever, Thomas M.S.; Colagiuri, Stephen; Foster-Powell, Kate. 2005. The new glucose revolution: The authoritative guide to the Glycemic Index–The dietary solution for permanent weight loss. Emmaus, Pennsylvania: Rodale Press. xvii + 382 p. Subject index. Recipe index. 24 cm. [32 ref]

• ***Summary:*** Contents: Introduction. Part I: What is the glycemic index? 1. What's wrong with today's diet? 2. Why we all need carbohydrate? 3. All about the glycemic index. 4. Fats: Facts and fallacies. 5. The most frequently asked questions–Answered. Part II: Your guide to low-GI eating. 6. Making the change to a low-GI diet. 7. Cooking the low-GI way. 8. Recipes–Breakfasts, light meals, main meals, desserts, snacks.

Part III: The glycemic index and you. 9. The glycemic index and weight control. 10. The glycemic index and diabetes. 11. The glycemic index and hypoglycemia. 12. The glycemic index and heart health: The insulin resistance syndrome. 13. Children and the glycemic index. 14. The glycemic index and peak sports performance. Part IV: The glycemic index tables. The tables: An introduction and how to use them. Condensed tables. Comprehensive tables. Further reading: Sources and references. Glossary. Acknowledgments. About the authors.

Carbohydrates are digested and absorbed into the bloodstream as glucose, sometimes called blood sugar. When glucose levels rise, the hormone insulin is released into the blood. Insulin helps cells absorb fat and glucose from the blood, allowing the cells to use the nutrients for energy. Some carbohydrates are converted to glucose more gradually than others. The glycemic index (GI) is a measure of how quickly carbohydrates are broken down and absorbed into the blood. A meal with high a GI causes a surge in the release of insulin, which is associated with increased risk for CVD, diabetes, and possible cancer.

"The right kind of carbohydrate can make an important contribution to the quality of your life." That is the essential message of this book, which is about the glycemic index, a physiologically based measure of carbohydrate quality, and the degree to which the carbohydrates in different foods will raise blood glucose levels. The newer idea of glycemic load is also relevant for everyone. The first book about the glycemic index (GI), titled *The Glucose Revolution* (1996) was written by these same authors. Carbohydrates that break down quickly during digestion have high GI values, and they raise blood glucose rapidly to a high level. Carbohydrates that break down slowly, releasing glucose slowly into the blood stream, have low GI values. Glucose is blood sugar. Low fat diets are automatically high in carbohydrate, But not all carbohydrates are the same. Are all starches good for health? Are all sugars bad? We all must look at carbohydrates in a whole new way!

A healthy diet leads to neither too much nor too little blood sugar. Extreme #1: Too much blood sugar. The typical American diet, which is high in refined carbohydrates (such as table sugar and white flour), results in too much blood sugar. This causes your pancreas to flood your body with the hormone insulin and makes it difficult for your body's cells to burn fat.

Extreme #2. Too little blood sugar. Diets low in carbohydrates cause blood sugars to plunge, which also makes your body stop burning fat. Instead it begins burning muscle tissue and converting it into blood sugar. You quickly begin to crave carbohydrates.

Low GI is less than or equal to 55. Moderate GI is 56-69. High GI is 70+.

Prevention says that "high-GI foods" (those with a GI of 70 or above) are bad. "Forget total carbs; its total GI that matters." There are good carbs (low-GI) and bad carbs. A low-GI diet is generally a healthy diet, a weight loss diet, and a diet with low risk of diabetes. A large and growing body of research now reveals that the real issue isn't how much fat or carbohydrate you are eating, but how that food affects your blood sugar. Eating high-GI foods causes sharp spikes in blood sugar. Since blood sugar is a readily available energy source, your body chooses to burn it as fuel, in place of fat. This means you are not burning fat, no matter how hard you exercise.

The Glycemic Index (GI) is a precise scientific ranking of foods based on how much they increase blood sugar levels during a 2-hour period after eating. Current methods of measuring GI use glucose (blood sugar) as the reference food, giving it a GI value of 100 by definition. The GI was first created as an aid to diabetics.

Low-GI foods: Fruits: Apples 40, banana 51, blueberries 40, cherries 22, grapefruit 25, orange 51. Vegetables: Asparagus, beans (all), broccoli, cabbage, lettuce, mushrooms, onions. Breads: Pumpernickel, rye, sourdough, whole wheat. Dairy products. Eggs. Nuts. Seeds.

Soyfoods are not discussed much in this book since they are low in carbohydrates. However: Recommendation 3 (p. 112-13): "Eat more legumes (beans, peas, and lentils) and use nuts (in small amounts) more frequently." Legumes, including soybeans, are inexpensive, low in calories, free of unsaturated fat and cholesterol, filling. "Soybeans are particularly rich in ALA [alpha-linolenic acid, the plant form of polyunsaturated omega-3 fat] (the plant precursor of omega-3s) and also contain genistein–an anti-cancer

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phytochemical. Tofu (soy bean curd) is an easy way of using soy. It has a mild flavor itself but absorbs the flavors of other foods, making it delicious when its been marinated in soy sauce, ginger and garlic and tossed in a stir-fry."

The section on the GI values of different food types states, under legumes (p. 129): "Soy beans (GI value of 14-20). These have one of the lowest GI values, possibly due to their higher protein and fat content. Their viscous [soluble] fiber, as in other legumes, reduces physical availability of starch to digestive enzymes."

On p. 329 is a table showing the GI value and glucose load per serving of various soy milks and soy yogurts (mostly from Australia). Similar values are given for soy beans (p. 337).

Concerning ALA (p. 115): "Our bodies can convert this plant-based omega-3 fat to EPA [eicosapentanoic acid, an essential omega-3 fatty acid found in fatty fish and shellfish] and DHA [docosahexanoic acid, another essential omega-3 fatty acid found in fatty fish], but it takes about 10 grams of ALA to yield 1 gram of DHA and EPA."

Is this a weight-loss book that does not mention calories? No, although calories and energy are considered less important than GI (see p. 133, 202, 205). Address: PhD, Prof. of Nutrition, Univ. of Sydney, Australia; 2. M.D., PhD, Prof., Dep. of Nutritional Sciences, Univ. of Toronto, Canada.

12772. Broihier, Kitty; Mayone, Kimberly. 2005. The big book of low-carb: 250 simple, delicious, nutritious recipes. San Francisco, California: Chronicle Books, LLC. 368 p. Index. 21 x 21 cm.

• ***Summary:*** In this book, soy is mentioned on 33 pages, soy sauce on 18 pages, edamame on 8 pages, "soy nuts" on 8 pages, tofu on 7 pages, black soybeans on 4 pages, "soy crumbles" (textured defatted soy flour) on 5 pages, tamari on 5 pages, tempeh and miso on 4 pages each, "vanilla soy chiller" on one page (327), and "soy protein" powder on 1 page (60). Neither "soy milk" nor soymilk is mentioned.

For black soybeans: Weeknight pork and soybean chili (p. 124). A "Note" on p. 124 states: "Black soybeans are perfect for low-carb cooking because of their low-carb, high-protein nutritional profile. They're a good stand-in for black beans in any favorite, too." Seasoned black soybeans (p. 285).

Vegetable and bean soup (with "One 15-ounce can white soybeans, rinsed and drained," p. 111). The headnote states: "Vegetable soup is one of Kim's all-time favorites." Feel free to use your favorite seasonal vegetables. "If you haven't tried canned white soybeans yet, seek them out at your natural-foods store; they give the soup added protein, fiber, and texture." Address: 1. M.S., R.D.

12773. Feral, Priscilla; Hall, Lee. 2005. Dining with friends: The art of North American vegan cuisine. Darien, Connecticut: Friends of Animals, Inc. iii + 164 p. Foreword by John Robbins. Illust. (some color). No index. 21 x 23 cm.

• ***Summary:*** The Foreword, by John Robbins, contains this lovely prayer from the Buddhist teacher Thich Nhat Hanh.

"Let us fill our hearts with compassion
"towards ourselves and towards all living beings.
"Let us pray that all living beings realize
"that they are brothers and sisters,
"all nourished from the same source of life.
"Let us pray the we ourselves cease to be
"the cause of suffering to each other.
"Let us plead with ourselves to live in a way
"which will not deprive other beings
"of air, water, food, shelter, or the chance to live.
"With humility,
"with awareness of the existence of life,
"and of the sufferings that are going on around us,
"let us pray for the establishment of peace
"in our hearts and on the earth."

This vegan cookbook contains many soy recipes, for example: Scrambled tofu. Believable bacon (with "8 ounces firm tofu, drained, p. 12). Spinach dip for raw vegetables (with "1 cup Tofutti brand Imitation Sour Cream, p. 19). Veggiessoise (with "1 cup soy creamer {such as White Wave's 'Silk' creamer}," p. 36). Tofu spinach lasagne (p. 60). Tofu hummos with toasted cumin seed (with "12 ounces soft tofu," p. 109). Sweet dessert cream (with "1 package {12.3 ounces} Mori-Nu Silken Firm Tofu," p. 126). Key lime pie (with "1 package {12.3 ounces} Mori-Nu Silken Lite Firm Tofu," p. 130). Soy milk is called for in many recipes.

The Glossary (p. 153-61) includes: Antioxidants (steaming causes minimal loss of antioxidants; microwaving causes much loss). Brown rice syrup. Butter substitutes: See vegan margarine. Cheese (Added casein makes most commercial cheese alternative non-vegan; presently, however, Tofutti, Vegan-Rella, and Soymage Grated Soy Parmesan are vegan). Chocolate ("Both Ecco Bella and Paul Newman's brands offer vegan chocolate"). Cholesterol. Egg replacers (Ener-G Egg Replacer). Fruitarian. Gelatin. Genetically modified organisms ("GMO"); genetic engineering ("GE"). Lightlife. Linolenic acid. Miso. Nama shoyu. Nayonaise. Nutritional yeasts. Organics. Ovo-lacto vegetarian. Pareve (parve). Pesco-vegetarian. Protein. Soy milk. Stevia. Tamari. Tempeh. Tofu. Tofutti. Vegan (VEE-gun). Vegan society (www.vegansociety.com).

The Shopping guide" (p. 161-63) describes companies that make or sell vegan products,

On the rear cover we read: "Friends of Animals is an international, non-profit, animal advocacy organization, incorporated in the State of New York in 1957. We work to cultivate a respectful view of nonhuman animals, free-living and domestic. Our goal is to free animals from cruelty and institutionalized exploitation around the world."

On the inside rear cover are portrait photos and

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biographical sketches of Priscilla Feral, president of Friends of Animals, and Lee Hall, legal director for Friends of Animals. Address: 1. President; 2. Legal director. Both: Friends of Animals, New York.

12774. Fu, Peimei. 2005. Peimei shi pu. Di er ce [Pei Mei's Chinese cook book. Vol. II]. Taipei, Taiwan: Ju zi wen hua shi ye you xian gong si. 386 p. Illust. (color). No index. 22 cm. [Chi; Eng]

• ***Summary:*** Fu Pei Mei is considered by many Chinese to be one of the best Chinese chefs alive today. This book, which first appeared in July 1974, contains 110 recipes categorized by ingredients under 11 separate headings, such as chicken, duck, pork, beef, fish, shrimp and seafood. The majority of the recipes in this book are based on meat, poultry, fish or eggs (animal products). Contents: Foreword. Introduction. About the Chinese menu. About Chinese condiments and spices: Glossary includes: 1. Soysauce (made from fermented soybeans, comes in light, medium, and dark colors. Kikkoman is a good example of medium). 9. Hot bean paste ("Made from red hot peppers, flour, soybeans, salt, and other condiments"). 11. MSG. 18. Bean curd. 19. Dried bean curd sheets (skin). 20. Bean sprouts (mung or soy). 21. Bean pastes ("Thick brown pastes prepared from soy bean flour and flavorings. Sweet types have sugar added and resemble pureed dates"). 22. Sweet red bean paste ("Made from red [azuki] beans. Almost all Chinese desserts use this for the filling. Mash the cooked beans in a strainer. The paste will come out leaving the skin"). Contents of recipes. Abbreviations, weights & measures. Contents of color photos. Index of recipes Vol. I. English-Chinese list of foodstuffs. About the author. Copyright.

Seating: The guest of honor sits in the seat at the inner side of the room, facing the entrance, while the seats on the serving side are for the host and hostess. The guest of honor always sits facing the host (p. 10).

After the "abbreviations" page are 4 full-page numbered color photos of Chinese tableware, vegetables, special ingredients, and Chinese individual place setting used in this book, and the numbered name of each item, in both Chinese and English, facing the photo. Among the vegetables is: 27. Fresh soybean (*maodou*). Among the special ingredients is: 2. Beancurd sheet (*doufu-pi*). 14. Bean curd threads (*gansi*). 21. Bean curd (doufu). 26. Fermented black [soy] beans [fermented black soybeans].

For every recipe there is a large (often full-page) color photo with the recipe name in Chinese and English, and the page number of the recipe. All the recipe photos come in a block before the recipes themselves. Each Chinese recipe is on the left page of the 2-page spread, and its English counterpart is on the right page. The ingredients for each recipe are in two rows at the top, in exactly the same relative place, to make finding the Chinese characters easy.

Recipes include: Braised soysauce duck (p. 157). Spareribs with fermented black beans (*Shih chih p'ai ku,* p. 177). Shredded pork with bean sauce (*Ching chiang jou szu,* with 2 tablespoons "sweet bean paste," *t'ien mien chiang* [pinyin: *tian mian jiang*], and soysauce, p. 186-87). Diced fish with fermented black beans (*Shih chih yü ch'iu,* p. 216-17). Steamed fish with fermented black beans and hot pepper (*Tou shih la chiao cheng yu,* with 2 tablespoons *dou shih* / fermented dried black beans," p. 226-27).

The chapter titled "Egg and bean curd" (p. 256-75) contains 10 recipes. Examples of the descriptions of bean curd in the ingredients listing are: "6 squares bean curd (3" x 3")." "8 pcs. [pieces] bean curd (1" x 2" x 1")." "4 pcs. tender bean curd (3" x 3"). "10 oz. thin dried bean curd strips" (*gansi*). On p. 276 is a half-page description of bean curd and related products.

More recipes: Assorted vegetarian dish (*Lo han chai,* with "1 bean curd stick," *fu chu / fuzhu* [dried yuba sticks], p. 289). Spinach and bean curd soup (*Po ts'ai tou fu keng,* p. 317). Chicken, ham and shrimp with bean curd shreds soup (*San hsien kan szu t'ang,* p. 319). Yu-T'iau ([crullers] p. 335). Noodles with minced pork and bean sauce (*Pei fan cha chiang mien,* with *maodou* / green beans, p. 339). Fried taro dumplings with sweet bean filling (*Tou sha yü tsao,* with "sweet [azuki] bean paste," p. 349).

A good portrait photo of Miss Fu appears on p. 371. Taiwan's popular T.V. chef, she "is also a producer and director. She has demonstrated over 600 different recipes from 1964 to the present. In 1955 Pei Mei's Chinese Cooking Institute was founded, In 1962 Taiwan's first television station was established. She accepted an offer to teach a demonstration cooking program once a week, starting in 1967. In 1969 she wrote her first volume, *Pei Mei's Chinese Cookbook.* The dishes were divided according to the geographical areas of China–North, East, South, and West. In 1977 Miss Fu began a weekly program on Japanese television.

The copyright page states that this book was published in the 80th year, 9th month of the Chinese calendar. Address: Cooking teacher, Taipei, Taiwan.

12775. Fu, Peimei. 2005. Peimei shi pu. Di san ce [Pei Mei's Chinese cook book. Vol. III]. Taipei, Taiwan: Ju zi wen hua shi ye you xian gong si. 388 p. Illust. (color). 22 cm. [Chi; Eng]

• ***Summary:*** Chinese cooking can be divided clearly into five major schools or branches: Shanghainese, Cantonese, Szechuanese, Peking-style, and Hunanese. These correspond roughly to Eastern, Southern, Western, Northern, and Central China. This 3rd volume, containing 130 recipes, consists of nine complete formal Chinese banquet dinners from different provinces: Kiangche (Shanghai style), Canton, Szuchuan [Szechwan], Peiping, Hunan, Fuk-ien, Taiwan, Vegetarian style, and Buffet dinner.

The number of special ingredients in the numbered color

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photo has been increased to 47 from 32. Interesting new ingredients include: 29. Sweet red bean paste [azuki]. 31. Green sea weed. 32. Laver [sheets of nori]. 34. Fresh bean curd skin. 35. Dried bean stick [dried yuba sticks, fuzhu]. 36. Bean curd sheets [dried yuba]. 37. Bean curd, dried [doufu-gan]. 39. Wheat gluten. 40. Steamed wheat gluten. 41. Fried gluten puff.

The basic format of this book is quite similar to that of Vol. II, but the color photos of recipes are arranged together in a group of about 12 pages at the beginning of each of the nine sections, and quite a few pages have two recipes per page.

Recipes include: Sauteed black mushrooms with soy sauce (p. 35). Stir-fried crab with bean sauce (*Chiang pao ch'ing shieh,* with 1 tablespoon "sweet soy bean paste" / *t'ien mien chiang / tian mian jiang,* p. 46-47). Stewed beef with hot bean sauce (*Yu hsiang nyu nan,* with 1 tablespoon "hot bean paste," (*la dou ban jiang*), p. 122-23).

The introduction to the section on vegetarian dishes notes: "Centuries ago in China, devout Buddhists and Taoists followed a strictly vegetarian diet, in keeping with their religious sanctions against the killing of sentient beings." The recipes in this section call for: Soy sauce (almost all). Soy bean soup stock (p. 313). Wheat gluten sticks (*su chang*) (each of which is made by rolling up a big sheet of wheat gluten, p. 315). Pieces of steamed wheat gluten and Pressed bean curd (*dou fu gan*) (p. 317). Cooked green vegetable soybeans (*shu mao dou,* p. 323). Sheets of bean curd skin, fresh or dried [yuba] (*toufu p'i / dou fu pi,* p. 323, 325, 331). Shredded dried bean curd (p. 327). Bean curd (p. 328).

More recipes: Braised beef with brown sauce (with 1 tablespoon "hot bean paste" (*la dou ban jiang*) and ½ tablespoon "soybean paste" (*tian mian jiang*), p. 360-61). Sautéed bean curd balls (p. 369). Two good portrait photos of Fu Pei Mei appear on page 296. Address: Cooking teacher, Taipei, Taiwan.

12776. Fujii, Mari. 2005. The enlightened kitchen: fresh vegetable dishes from the temples of Japan. Translated by Richard Jeffrey. Tokyo, New York, London: Kodansha International. 107 p. Illust. (photos by Tae Hamamura). Index. 26 cm.

• ***Summary:*** This is a lovely Japanese vegan (and vegetarian) cookbook filled with the spirit of kindness and of Zen–and with color photos on almost every page. It discusses and describes the ancient tradition of *shojin ryori,* the plant-based diet which originated in Japan's Buddhist temples. The author, who is the wife of a Buddhist monk, has taught temple cuisine for over 20 years. Her husband, Sotetsu, lived as a monk for ten years in various Buddhist temples; he also trained as the tenzo (head cook).

In this book she presents 60 beautiful, delicious, health-giving, and heart-warming recipes, many adapted to Western kitchens but all true to their roots. A majority of the recipes contain soyfoods in one form or another.

The helpful glossary includes descriptions of edamame beans, hijiki, karashi mustard, konbu, Koyadofu ("freeze-dried tofu"), miso, natto, nori seaweed, pickled plum paste, saké, sesame paste, sesame seeds, shiso (perilla), soy sauce, soybeans, sukikonbu, tofu, umeboshi pickled plum, usu-age tofu, wakame seaweed, wasabi, yuba, yuzu.

The index contains 20 entries for miso, 15 for tofu (p. 15, 24, 29, 32, 39, 41, 42, 48, 51, 53, 56, 62, 71, 100, 104), 6 for soymilk (p. 17, 45, 47, 94, 99, 104) 4 for edamame (p. 16, 35, 68, 99), 3 for deep-fried tofu (p. 32, 42, 71, 104), 3 for natto (p. 44, 50, 100), 2 for teriyaki (p. 48, 62), 2 for Koyadofu (p. 48, 100), 2 for usa-age (thin slices of deep-fried tofu; p. 32, 104). 2 for yuba (p. 47, 104). A small color photo on the inside rear dust jacket shows Mari Fujii. Address: Cooking teacher, Kamakura, Japan.

12777. Hellmiss, Margot. 2005. Mit Soja durch die Wechseljahre [Using soy through the menopause years]. Munich, Germany: Suedwest Verlag. 96 p. Illust. (color). Index. 20 x 18 cm. [Ger]

• ***Summary:*** An attractive book, with many fine color photos on glossy paper. Contents: Soybeans–Tradition and history (Healing plant from China): Productive source of protein, tofu–quark with a longer tradition, triumphal procession around the world, great economic significance, soya and genetic engineering. Fundamental changes of the menopause years (What happens during these years?): Hormonal changes, the right attitude helps, the new understanding of women, many hormones influence the body, men also experience menopause, questionable preparations, Hormone Replacement Therapy–Pros and cons. Natural help from soy isoflavones (remarkable phytoestrogens): The active agent of plant hormones, the effectiveness of isoflavones, natural SERMs, safeguard against osteoporosis, estrogen protects the circulatory system, soy hormones as free-radical catchers, the end of hot flashes, strong powers of resistance and smooth skin, isoflavones will take good care of you.

Soyfoods that contain isoflavones (A great variety): Whole dry soybeans, soymilk, tofu, soy oil, soy flour (*Sojamehl*), soy flakes (*Sojaflocken*), soy bran (*Sojakleie*), tempeh, natto, soy granules, soy sauce, shoyu and tamari, miso, lignans. Soybeans: A powerful package for your health (Plant protein as an alternative): Indispensable protein, lecithin, minerals, B vitamins for strong nerves, vitamin E–the fountain of youth. Recipes for enjoying soya (Basic recipes): Hors d'oeuvres and salads, soups, pasta, main dishes, sauces, dips, and bread spreads, mueslis, desserts, and baked goods, beverages.

12778. Hu, Shiu-ying. 2005. Food plants of China. Hong Kong: Chinese University Press. xvi + 844 p. Illust. Index. 26 cm. [350+ ref]

• ***Summary:*** This is a truly remarkable book–the most

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original and comprehensive book seen to date on the food plants, plant foods, and the economic botany of China. It is the author's supremely valuable life's work.

Contents: Foreword by Richard Evans Schultes (Director, Botanical Museum of Harvard University, Emeritus). Foreword by George W. Staples, III (Bernice P. Bishop Museum, Honolulu, Hawaii). Introduction: Why the book and to whom is it addressed. Illustrations (numbered but on unnumbered pages).

Part I: Cultural aspects of Chinese foods. 1. The sources and nature of information. 2. The production and preparation of Chinese plant food. 3. Selected Chinese food plants with instruction for preparation. 4. Spices and flavoring materials. 5. Health food (*bupin*) and herbal tea (*liangcha*).

Part II: Botanical aspects of Chinese food plants. 6. Nonvascular plants. 7. Vascular plants (incl. spermatophytes {seed-bearing plants} and angiospermae {flowering plants}, incl. monocotyledons and dicotyledons). Bibliography. Latin name index. Chinese name index. English name index.

On the inside front cover and facing right-hand page is a large map of China, with each province shown, and the localities of Shiu-Ying Hu's botanical activities in China clearly show in symbols: white triangle = before and white circle = after 1950. A black triangle or circle = staying 8 or more years. In each triangle or circle is a number, keyed to a list of the names of 65 localities. She did more research in southern China than in northern.

There is no country in the world today "where the value of useful plants is more thoroughly appreciated than in contemporary China" (p. vii, Foreword 1).

Dr. Hu is an expert taxonomist and economic botanist. She "draws on the fields of plant taxonomy, morphology, economic botany, pharmacognosy, and phytochemistry to name a few, yet the text is far from a dry recitation of facts and statistics. What brings the work to life are the numerous anecdotes and personal experiences she shares. Indeed, this latter element gives the book the aspect of a personal memoir." "The major divisions... are taxonomic and within each division the plants are arranged alphabetically by scientific name. Also provided are the names in Chinese characters, the transliteration in English of both the Putonghua and Cantonese pronunciations for the Chinese names, common names in English, and a brief commentary" (p. ix-x, Foreword 2).

"The food plants of an area provide the material basis for the survival of its population" and furnish inspiration for its cultural development. "In China, 1,156 species and 274 varieties and/or cultivars of food plants have been recorded and are used" by the people. The preparation of this work began in 1957 and a compilation was distributed at the Ninth Pacific Science Congress. Born in 1908, the author entered a boarding school in Xuzhou, Mary Stevens Girls' High School, run by Presbyterian missionaries. In like manner she went to Ginling College, a small liberal college of arts and sciences in Nanjing. After college she entered Lingnan University (formerly Canton Christian College) in Guangzhou, from which she graduated with the master of science degree in June 1937–a month before the Marco Polo Bridge Incident on July 7, 1937, when the Sino-Japanese War broke out in Beijing. She fled to Chengdu, Sichuan, where in Jan. 1938 she accepted a teaching position in the Department of Biology, West China Union University–also a missionary college. In the late 1930s and early 1940s, Hu had botanized in western Sichuan at a time when only a few men (notably Armand David, Joseph Rock, and E. Wilson) had explored that region. During summer vacations, she took students to botanize around Muping. At West China Union University, Hu continued her field studies, taught courses in botany, and was elected president of the International Women's Club. The vice president of the club, who was a Radcliffe graduate, applied to Radcliffe for a fellowship for Hu.

She left China on 2 Aug. 1946 for graduate work at Radcliffe College; it was like a metamorphosis–the United States was a completely new world. In 1946 she was offered a graduate fellowship for a doctorate (PhD) program at Radcliffe College under Prof. E.D. Merrill, then Director of the Arnold Arboretum (Harvard Univ.) from 1935-1946. Her doctoral dissertation on the genus *Ilex* (Aquifoliaceae) was carried out at the Arnold Arboretum under the direction of E.D. Merrill. After completing the requirements and finishing the dissertation for a doctorate degree at Harvard, in April 1949, she became the herbarium assistant at the Arnold Arboretum. From 1953 to 1957 she worked on the Flora of China Project at Arnold Arboretum. Among other things, she became famous for her Chinese dinners with staff and students alike. She officially retired from the Arnold Arboretum on 30 June 1976.

Dr. Hu returned to China in July 1975, after 29 years abroad. Since the normalization of diplomatic relations between the USA and China in 1978, she has made many trips to China, and travelled studied extensively (p. xi-xii, 12-14). As of Aug. 2011 Dr. Hu resides in Hong Kong and is closely associated with the Chinese University of Hong Kong.

A photo (Fig. 1) shows the author in 1941 as a young lady in Tibetan attire; she spent summers in the area formerly called "Eastern Tibet."

Fig. 34, an illustration composed of seven superb line drawings (each with a scale) showing the soybean plant, a flowering branch, the front view of a flower, a lateral (side) view of the same, a fruit (pod with 2 seeds) with one side of the pericarp (outer pod) removed–showing the seeds, a soybean seed showing the acentric hilum, the micropyle and the hypocotyl ridge, soybean sprouts from a market showing the smooth fleshy cotyledons, the hypocotyl and the very small plumule.

Fig. 35. Four black and white photos showing: (1) Two

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round trays of koji, made of cooked soybeans, roasted wheat flour, and fungal spores, in shelves, to be used for making soy sauce. (2) Large earthen jars with convenient hat-like covers, containing the koji, salt and water, placed in the yard of the *jiang-yuan* (2 Cc = Chinese characters given) ("jiang garden"), exposed to the sun during the day and dew at night, covered only when it rains and stirred occasionally. (3) A man stirring hot soymilk in a large shallow cauldron before adding pulverized calcium sulfate for precipitation of the soybean protein, used to make tofu. (4) A wooden frame [curding box], lined with cloth for filtering the coagulated protein and solidifying the mass (under small pressure) to make bean curd.

Soybeans (*Huang-dou*, 2 Cc). Before World War II, the United States was a net importer of soybeans; now she is a net exporter. "Although soybean products have entered American supermarkets, several Chinese uses of soybean can introduce more variety and tastier food into many homes (Figure 35). Included... are: green immature soybean, soybean curd, soybean sheets [pressed tofu sheets], firm bean curd squares [pressed tofu], soybean skin [yuba], and soybean sprouts." With the exception of soybean sheets, all these items are available in Chinese American grocery stores. "The Food Plants Research Institute, Amherst, Massachusetts, is in the process of introducing soybean sheets (3 Cc) to American markets (p. 118-19).

Hordeum vulgare L. var. *vulgare*–Barley *Da-mai* (W.-G. *Ta-mai*) (2 Cc, 'big grain'). "... also ground with sorghum and soybean for a coarse, healthy, fiber bread flour."

Glycine max (L.) Merrill–Soybean. *Da-dou* (W.-G.: *Ta-tou*). (2 Cc) ('giant bean'). *Huang-dou* (W.-G.: *Huang-tou*). (2 Cc) ('yellow bean'). "Seed mixed with *gao-liang* (kaoliang) and barley, ground together for flour, used to be the staple of the rural population in the Yellow River Region; soaked, cooked with salt, served as tidbits in northern China; used as source for all the following forms of Chinese food" (p. 474).

Dou-you (W.-G.: *Tou-yu*). (2 Cc) ('soybean oil'). Cooking oil extracted from the soybean. (p. 474). Address: Botanist, Arnold Arboretum, Harvard Univ.; Honorary Prof. of Chinese Medicine, The Chinese Univ. of Hong Kong.

12779. Hu, Shiu-ying. 2005. Food plants of China (Continued–Document part). Hong Kong: Chinese University Press. xvi + 844 p.

• ***Summary:*** This is a truly remarkable, original and comprehensive book. "Angiosperms (p. 106): Every great civilization has developed its special angiosperms for food. Accounts are given below of the seeds of seven species" including Job's tears (p. 108), lotus seeds, mung bean (p. 111), red bean (Adsuki), soybean, and watermelon seeds."

Note: The great revolution in plants was the appearance of angiosperms. Definition: An angiosperm is a plant that has flowers and produces seeds enclosed within a carpel. There was an explosion of diversity with this new strategy.

Hordeum vulgare L. var. *nudum* J.D. Hooker–Jade Barley [Naked barley?].

Hordeum vulgare L. var. *trifurcatum* (Schlechter) Alefield–Tibetan Barley. (p. 290-91).

Sorghum bicolor (L.) Moench–Sorghum, Kaoliang. Used for its seeds. The tallest crop plant known in China. "Used to be extensively cultivated in northern and northeastern China; today it is replaced by rice or maize in these areas" (p. 296-97).

From *Amorphallus rivieri* Durieu–Devil's tongue, leopard palm, snake palm, is made *Mo-dou-fu* (W.-G. *Mo-tou-fu*) (3 Cc), 'black bean curd' (p. 304).

Arachis hypogaea L.–Peanut, ground nut. *Hua-sheng* (W.-G. *Hua-sheng*) (2 Cc). Seeds are cooked with "dry bean curd" (3 Cc *dou-fu-gan*) or used as a source of vegetable oil (p. 465-66).

Glycine soja Siebold et Zuccarini. *Lao-dou* (W.-G. *Lao-tou*) (2 Cc) ('wild soybean'). *Wu-dou* (W.-G. *Wu-tou*) (2 Cc) ('black bean'). "Seed gathered and used locally." Both are annual climbers. (p. 474).

Also discusses: Algae (sea vegetables). Lablab purpureus (Syn. Dolichos lablab). The hyacinth bean or lablab bean (p. 475-76). *Pueraria lobata* (kudzu). *Ge-gen* is Pueraria root. *Ye-ge* is Wild kudzu. The root is cooked with Chinese dates, and sliced yams for a soup. *Ge-hua* is pueraria flower. *Pueraria montana*. *Ge-ma-mu* (3 Cc) ('mother of kudzu') is starch from the root. *Pueraria thomsonii*. Sweet kudzu, cultivated pueraria. *Gan-ge-teng* (3 Cc) ('sweet kudzu'). Cultivated like a potato (p. 482).

From *Stizolobium capitatum* (Sweet) O. Kuntze (Synonym: Mucuna capitata). *Li-dou* (2 Cc) ('wild cat bean') or *Gou-zhua-dou* (3 Cc) ('dog's paw bean'). "Seeds used for making bean curd; very rare in China. Rarely cultivated" (p. 485).

Buchanania latiflia Roxburgh. *Dou-fu-guo* (W.-G,: *Tou-fu-kuo*) (3 Cc) ('beancurd fruit'). "Seed, ground, used for making beancurd in Yunnan... Native to southeastern Asia, growing in deciduous forests in valleys at altitudes of 750-900 meters in Yunnan, Hainan Island and Guangdong [province] (p. 515).

Coriandrum sativum L. Coriander, Chinese parsley, cilantro (Spanish). *Yuan-sui* (W.-G,: *Yuan-sui*) (2 Cc) ('coriander'). "Young or full-grown plants harvested before flowering, in villages of northern China leaves are washed, chopped small, mixed with cooked and salted soya bean [*dou-chi*] and sprinkled over cooled fish or meat;..." Address: Botanist, Arnold Arboretum, Harvard Univ.; Honorary Prof. of Chinese Medicine, The Chinese Univ. of Hong Kong.

12780. Hu, Shiu-ying. 2005. Fermented soybean foods: Fermented black soybean (Document part). In: Shiu-ying Hu. 2005. Food Plants of China. Hong Kong: Chinese University Press. xvi + 844 p. See p. 35.

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• ***Summary:*** This is a truly remarkable, original and comprehensive book. The section on "The use of microbes in Chinese plant food" (p. 32+) contains a subsection, titled "Fermented leguminous products" (p. 33+), where we read (p. 35): "To my knowledge, three types of Chinese black soybeans are available in American Chinese stores. The very large and medium-sized beans are used as special health food, primarily for medicinal purposes and sold in one-pound packages."

Note 1. Do black soybeans contain substances that give them medicinal properties? If so, what are these substances and in what amounts are they found?

The small, oblong black soybeans appear only in the form of *dou-chi* (*tou-ch'ih*) (2 Cc = Chinese characters given) ("fermented black bean"); "they are used as a condiment and/or in prescriptions.

"The large and intermediate black soybeans are the seeds of erect plants. The small black soybean is the seed of a semiclimber, which matures one or two weeks later than the erect varieties.

"Dou-chi (2 Cc) ('fermented black soybean') is very popular in the warmer regions of China, used as a seasoning for steamed fish" and many vegetable dishes. In Chinese cookbooks published in America, it is called for as an ingredient in many regional cuisines–Mandarin, Cantonese, Sichuan, etc. In southern China, it is sold in open containers in market-places or grocery stores. *Dou-chi* is imported to the United States in plastic bags or cans. It looks like a small, oval, shriveled, charcoal black bean with a [salty] spicy piquant flavor.

To make *dou-chi* obtain the black seeds of the proper semiclimbing soybean. Clean, then soak the seeds "in a decoction prepared with various herbs, including green mugwort (*Artemesia apiacea* Hance), licorice, mulberry leaves, perilla shoots, and water smartweed." Steam the soaked beans, allow to cool, then place in a container covered with the residue of the boiled herbs and allow to ferment until a layer of yellow mold appears. Mix the beans with salt and dry in the sun. *Dou-chi* keeps well at room temperature.

Note 2. This is one of many different ways used to make *douchi.*

A recipe for "Bitter melon pork" calls for "1½ Tbsp dou-chi" (2 Cc) "People in Guangzhou [Canton] and Hong Kong like bitter melon for its cooling effect and cook it with meat or bean curd, with or without fish" (p. 82.)

A recipe for "Bitter melon bean curd fish" calls for "1 pkg bean curd (cut into 4 by 3 by 1 cm sections)" add "2 Tbsp *dou-chi* (washed, drained, and minced)" (p. 83).

Fungi–Ascomycetes (pronunciation as-ko-my-SEE-teez)–*Aspergillus oryzae* (Ahlburg) Cohn and *A. soyae* (Sakaguchi & Yamada et Yamada). This is a blue mold. Grows on cooked cracked wheat, rice, and soybeans, such as: (1) *Jiang-you* (W.-G. *Chiang-yu*) (2 Cc, soy sauce). Made with yellow soybean and cracked wheat. (2) *Dou-chi* (W.-G. *Tou-ch'ih*) (2 Cc, spiced soybean preserve). Made with black soybean and various herbs. (3) *Dou-ban-jiang* (W.-G. *Tou-pan-chiang*) (3 Cc, fermented soybean). (p. 262).

Dou-chi (W.-G.: *Tou-chi*)*.* (3 Cc) ('fermented and seasoned black soybean'). "A dry and soft product used as spice" (p. 474).

Note 3. This is the earliest English-language document seen (Nov. 2011) that clearly uses the term "fermented black soybean" or the term "spiced soybean preserve" or the term "fermented and seasoned black soybean" to refer to *dou-chi / douchi* (fermented black soybeans). Address: Botanist, Arnold Arboretum, Harvard Univ.; Honorary Prof. of Chinese Medicine, The Chinese Univ. of Hong Kong.

12781. Hu, Shiu-ying. 2005. Nonfermented foods: Bean curd and whole soybeans (Document part). In: Shiu-ying Hu. 2005. Food Plants of China. Hong Kong: Chinese University Press. xvi + 844 p.

• ***Summary:*** This is a truly remarkable, original and comprehensive book. Basic bean curd (dou-fu [tofu]) is mentioned on 21 different pages.

A recipe for "Bean curd with Swatow mustard" calls for "1 pkg (supermarket style) bean curd" (p. 55).

A recipe for "Farmers' mustard salad" calls for "½ cup soybean (cleaned, soaked overnight)" (p. 56).

A recipe for "Huo-guo (Fire pot)" calls for "3 squares bean curd (sliced 5 x 3 by 1 cm..."), "9 Tbsp soy sauce" and "3 Tbsp hot soybean sauce, *la-dou-ban-jiang* (Sichuan style)" (optional) (p. 64-65).

"A recipe for "Buddha disciples' delight (*Luo-han-zai*)*"* calls for "3 pieces of bean curd (sliced into 4 cm square..."), 1 can wheat gluten (cut into 3 cm square by 1 cm pieces), "2 oz Laminaria [kombu] (revived [reconstituted], cut into 4 by 3 cm pieces, washed)," and "1 lb fried bean curd squares (cut lengthwise once)," and "4 oz bean curd bamboo (soaked in cold water to revive it, cut into 4 cm sections." This is a vegetarian dish, often served in Buddhist temples. In the Chinese tradition, it is often said that Buddha had 18 close disciples called *Shi-ba-luo-han,* p. 69).

A recipe for "Hot and sour soup" calls for "1 piece bean curd (sliced into 3 cm x 5 mm x 5 mm shreds)" and "1 Tbsp soy sauce" (p. 71).

A recipe for "Vegetarians' delight (*Su-shi-jin*)*"* calls for "6-8 pieces fried bean curd cubes (diagonally quartered, available in Chinese groceries)" and "four young fruits of luffa" (p. 90).

A recipe for "Bean curd fish (*Dou-fu yu*)*"* (p. 120) calls for "1 box of bean curd" and "3 Tbsp *dou-chi* (fermented black soybean)." This recipe is a modification of a dish called "Earthenware fish-head bean curd (*Sha-guo you-tou dou-fu*)*"* popular at sidewalk cafes and food stalls of Guangzhou [Canton] and Hong Kong. Most Chinese recipes for cooking fish call for frying the fish first, which gives a

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fish smell throughout the house, more so in an apartment" (p. 120-21).

"Bean curd is solidified protein with hardly any taste of its own. One of the important principles of cooking a good bean curd dish is to cook it for a long time with meat, fish, or poultry. Recently, with the introduction of the Sichuan food, *Ma-po dou-fu* (4 Cc = Chinese characters given) ('pockmarked wife's bean curd'), cooked with very hot pepper and powdered zanthoxylum [Sichuan peppercorns; fagara pepper] (much of both), has become increasingly popular among graduate students, for example, Harvard Biology doctoral candidates. Not all people can tolerate hot dishes" (p. 121).

There follows a recipe for "Soybean sprout soup (*Dou-ya-tang*)" which calls for "2 lbs fresh soybean sprouts" (p. 121-22).

"soybean sprouts and bean curd are the salvation of the Chinese people, as they are the most common and widespread foods for all, particularly for farmers, working people, and young students of boarding schools. In a boarding school at Xuzhou (Map 16) in the 1920s, soybean sprouts alternating with bean curd were the daily main dish during the school year."

There follows a recipe for "Soybean sprouts with bacon (*Dou-ya shao-rou*)" which calls for 5 lbs soybean sprouts (p. 122).

Following that is a recipe for "Bean curd hors d'oeuvre (*dou-fu-gan jiu-yao*)" which calls for "10 pieces of *dou-fu-gan* (firm bean curd squares, available in Chinese stores" and "1 cup soy sauce," p. 122-23).

Note: This is the earliest English-language document seen (Aug. 2011) that contains the term "firm bean curd squares" or the term "spiced bean curd squares (see below), or that uses those terms to refer to Chinese-style pressed tofu.

"Bean curd squares are a more refined product made in small molds and drained under heavy pressure, as compared with bean curd in supermarkets which is prepared in large molds and drained under little pressure. The squares of the former are much firmer. This recipe is a modification is a modification of hors d'oeuvres served in Chinese bars or taverns. In taverns, large numbers of spiced bean curd squares are prepared ready for people with tight purse-strings, who may enjoy their drinks with *dou-fu-gan* (spicy bean curd) and peanuts," while the more affluent customers may savor spicy pork liver and chicken or duck gizzards as hors d'oeuvre.

There follows a recipe for "Bean curd sheet pork (*Qian-zang-pi chao-ru*)" which calls for "3 pieces of *Qian-zang-pi* (3 Cc, 'thousand sheets skin' = bean curd in the form of sheets [pressed tofu sheets]; cut into 5 cm strips and then slice into 3 mm shreds; or use one can of the material, available at American Chinese stores) (p. 123-24).

The next recipe is for "Black soybean oxtail soup" (*Hei dou hui Niu wei*) which calls for "1½ cups black soybeans (the larger the bean, the better)." "This is a special Cantonese dish. Like yellow soybean, the black soybean is rich in protein, CHO [carbohydrates], fats, carotene, vitamins... flavones which become daizin [daidzin] and genisten [genistein] on hydrolyzation, soyasapogenol A, B, C, D, E, choline, and organic acids... The broth is especially good for senior citizens who suffer from dizziness and swollen ankles" (p. 123).

A recipe for "Vegetarians' three treasures" (*Su-san-xian*)" calls for "1 lb firm bean curd (1 box, available in supermarkets)." "Luo-bo [giant white radish; daikon], celery cabbage [Chinese cabbage], and bean curd [tofu] are the most common vegetables of the Chinese people. They have been praised by a leading Chinese Buddhist monk, Tai-xu Fa-shi (4 Cc) as the three treasures that keep the Chinese people alive" (p. 135).

Chapter 4, "Spices and flavoring materials" (p. 147+) begins: "All good food depends on the proper use of spices and flavoring materials... 'Plants and Human Affairs' has always been a popular course in the department of Biology at Harvard University. In the late 1940s, while Professor Paul C. Mangelsdorf was teaching the subject, a classmate asked for my help to complete her required term paper. Her project was on the Chinese invention of using pure plant protein precipitated from the soybean. At the time relatively few Americans knew the term *dou-fu* (2 Cc) ('bean curd')... For the project we went together to Chinatown [in Boston] where I showed her the only production center of dou-fu available at the time. It was a dim one-room area of a basement. There we watched the simple procedure of precipitating solid protein from soaked soybean. She recorded her observations and brought some samples, both *dou-fu* and *dou-fu-zha* (3 Cc) ('bean curd residue'). Returning to the laboratory, I cooked a few dishes with the product and the by-product" (p. 147).

A recipe for "Fire pot with broomrape stock" calls for "2 oz dried laminaria (2 Cc) (*hai-dai*)," "2 boxes bean curd (doufu, 2 Cc); cut lengthwise once, then slice into 1 cm thick pieces of ca. 3-5-cm square," "2 tsp fermented soybean hot sauce (la-dou ban-jiang, optional) with ¼ of the sesame oil placed in a separate dish, for people who like spicy taste" (p. 203-04). *Huang-dou-ya* (W.-G. *Huang-tou-ya*). (3 Cc) ('soybean sprout'). "Soaked, sprouted under cover with daily wash, prepared at home in villages or as a simple industry in cities; available in American Chinese groceries, used as a vegetable or for making soup with bone and onion" (p. 474).

Dou-fu (W.-G. *Tou-fu*). (2 Cc) ('bean curd'). *Dou-jiang* (W.-G. *Tou-chiang*). (2 Cc) ('soybean milk'). *Dou-fu-nao* (W.-G. *Tou-fu-nao*). (3 Cc) ('soft soybean curd' [curds made from soymilk]). *Dou-fu-gan* (W.-G. *Tou-fu-kan*). (3 Cc) ('dry bean curd,' 5 cm firm squares). *Qian-zhang-pi* (W.-G. *Ch'ien-chang-p'i*). (3 Cc) ('thousand sheet' thin sheets of firm bean curd). (p. 474).

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Gardenia angusta (L.) Merrill. Common gardenia. *Huang-zhi* (W.-G. *Huang-chih*) (2 Cc) ('yellow gardenia'). "Fruit, from which an orange dye is obtained for coloring bean curd in Guangzhou [Canton]; animal assay indicating that the dyed yellow bean curd enhances the life span of mice; tea for people suffering from hepatitis" (p. 680-81). Address: Botanist, Arnold Arboretum, Harvard Univ.; Honorary Prof. of Chinese Medicine, The Chinese Univ. of Hong Kong.

12782. Ikezawa, Yasushi. 2005. America Nihonshoku wozu: Sushi, tôfu, edamame, Nihonshu. Ima Amerika de wa Nihonshoku ga daibumu. Bijinesu ni, kanko ni, shitte oku to zettai yakudatsu "Beishoku gaishoku saishin jijo" [Japanese food wars in America: Sushi, tofu, edamame, saké. There is now a big boom of Japanese foods in the USA! The newest guide book to eating out in America is very useful for your business and sightseeing trips]. Tokyo: Asahi Shuppan. 253 p. Illust. Maps. 21 cm. [Jap]*
Address: Japan.

12783. Ishige, Naomichi; Otsuka, Shigeru; Asakura, Toshio. 2005. Kankoku [Korea]. Tokyo: Nô-san Gyoson Bunka Kyôkai. Series: Sekai no Shokubunka, No. 1. [Jap]*

12784. Lee, Jeyseon; Lee, Kangjin. 2005. Korean dictionary and phrasebook. New York: Hippocrene Books. 311 p. [17 ref]
• ***Summary:*** This is both a Korean-English and an English-Korean dictionary. Korean characters are given for each word in both parts.

Page 21: *gan-jang* means soy sauce.

Note: This is the earliest English-language document seen (April 2012) that uses the term *gan-jang* to refer to Korean soy sauce.

Page 35: *doen-jang* means soybean paste. *doen-jang jji-gae* means soybean paste stew.

Page 80: *kong-na-mul* means [soy] bean sprouts.

English-Korean–Page 93: The Korean word for "bean" is *kong* and for bean sprout is *kong-na-mul.*

Page 135: The Korean word for "pea" is *kong.*

Page 151: The Korean word "soy sauce" is *gan-jang* and for "soybean" is *kong.*

Page 260: The Korean word for "bean sprout soup" is *kong-na mul-kkuk* and for "boiled tofu" is *du-bu jo-rim.*

Page 263: The Korean word for "red-pepper paste" is *go-chu-jang,* for "soybean paste" is *doen-jang,* and for soy sauce (again) is *gan-jang.*

Also (p. 263): The Korean word for "sesame oil" is *cham-gi-reum* and for "sesame seed" is *kkae-so-geum.*
Address: 1. Lecturer in Korean and supervisor of Korean language courses, Univ. of California at San Diego.

12785. Lowry, Dave. 2005. The connoisseur's guide to sushi: everything you need to know about sushi varieties and accompaniments, etiquette and dining tips and more. Boston, Massachusetts: Harvard Common Press. xxii + 297 p. Index. 27 cm.
• ***Summary:*** The section titled "Inari Sushi" states (p. 20): "Inari; usually pictured as a old man with a pair of sacks and accompanied by a pair of foxes, is the god of rice in Japan. Because pockets of abura-age, or fried tofu, stuffed with *sushi-meshi* look like the rice bags carried by Inari, they're called *inari sushi.* They are also known as *age sushi* (*age* means "fried," referring to tofu pouches), *o-inari sushi* or *o-inaribukuro* (inari stuffed in a sack) or *kitsune sushi* (fox sushi)."

Popular with Japanese children, inari sushi makes a fine snack or light lunch, but it isn't common in sushi-ya [sushi shops]. They are most widely found in prepackaged lunch-box type sushi.

Note 1. This is the earliest English-language document seen (April 2013) that uses the term *age sushi* or the term *kitsune sushi* or the term *o-inari sushi* to refer to inari sushi, made with deep-fried tofu pouches.

Almost all of the sushi terms in this book are presented and used in their original Japanese; they are not translated into English. Thus, this book contains a wealth of real sushi terminology and vocabulary. The writing style mixes both humor and serious admiration. Address: Restaurant critic for *St. Louis* magazine, Missouri.

12786. Lund, JoAnna M.; Alpert, Barbara. 2005. Cooking healthy with soy. New York, NY: Perigee. Published by the Penguin Group. viii + 368 p. Index. 21 cm. Series: A Healthy Exchanges (R) Cookbook.
• ***Summary:*** Contains 220 recipes. On the cover: "No trouble and no tofu." The author admits in the Acknowledgments (p. vii): When I first started this project, almost all my helpers were a bit hesitant. After all, they really hadn't tried soy products before–even though they had lived all their lives here in eastern Iowa (a state where, no matter which direction you look, you'll see soybean fields everywhere). But after our first 'taste-testing lunch, they all agreed that these soy recipes sure tasted good!

This comb-bound book, which is not vegetarian, calls a commercial branded product (usually available nationwide in supermarkets) in every recipe. These are grouped into five categories: Dairy alternatives (milk-, cheese-, sour cream-, margarine-, yogurt- and ice cream- alternatives), meat alternatives, nut alternatives, pasta alternatives, and miscellaneous (such as Eden Organic Black Soy Beans, or GeniSoy Mountain Medley Soy Nut Trail Mix).

For example: Milk alternatives: Silk Light Plain Soymilk. Silk French Vanilla Soymilk Creamer. 8th Continent Light Original Soymilk. 8th Continent Light Chocolate Soymilk.

This unusual approach raises several questions: Did the

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author request a kickback for promoting these products? Why does one need recipes for soymilk? Or for Tofutti Mozzarella Soy-Cheese Slices? Or Tofutti America Soy-Cheese Slices? Or for Boca Meatless Cheeseburgers? Or Morningstar Farms Veggie Breakfast Bacon Strips? How about all the people who don't shop at supermarkets?

In the first section, titled "Main street American is cooking with soy–because its good for your health," the author states: "If you are a health-food store 'purist,' then this book probably isn't for you. But if you are willing to try new recipes that taste the same as your old favorites but feature soy products, then I think you'll be mighty pleased with the results. I want to 'bring to the table' all those men, women, and children who aren't necessarily vegetarians or already consuming lots of soy foods and food products." Address: Author and speaker, DeWitt, Iowa.

12787. Marcus, Erik. 2005. Meat market: Animals, ethics, and money. Boston, Massachusetts: Brio Press. ix + 273 p. Index. 23 cm. [432* endnotes]

• ***Summary:*** Contents: Introduction. Part I: Animal agriculture. 1. The economics of animal agriculture. 2. Farmed animal lives. 3. Possibilities of reform in animal agriculture.

Part II: Dismantlement. 4. The movement's scorecard. 5. The three existing movements for animal protection. 6. Creating a dismantlement movement. 7. Organizing for dismantlement. 8. The first steps to dismantlement. 9. The militancy question. 10. Personal action. Epilogue: The unluckiest ones.

Supplementary material: Introduction to the supplementary material.

Activist essays: Leafleting for vegan outreach. The FaunaVision approach. Starting a local vegetarian society. Promoting vegetarian diets as a nutrition expert. The activist chef. Becoming a medical doctor. Making food-service operations vegan friendly. Working for school lunch reform.

Appendixes: A. The health argument. B. The environmental argument. d. The environmental costs of cattle ranching. D. The consequences of fishing. E. The ethics of hunting. F. Why red meat can't compete. G. Animal testing. H. Back to The Jungle–Meatpacking in America.

I. Recommended reading. Acknowledgments. Endnotes. Address: Vegan.com, P.O. Box 432, Albion, California 95410.

12788. Moriyama, Naomi; Doyle, William. 2005. Japanese women don't get old or fat: Secrets of my mother's Tokyo kitchen. New York, NY: Delacorte Press. 274 p. Illust. Index. 22 cm. [50+ ref]

• ***Summary:*** From the publisher's description: "Japanese-born Moriyama reveals the key to the enduring health and beauty of Japanese women. The Japanese eat one of the most delicious, nutritious, and naturally satisfying cuisines in the world without denial, without guilt, and, yes, without getting fat or looking old. If you think you've eaten Japanese food, you haven't tasted anything yet. Japanese home-style cooking isn't just about sushi and raw fish but good, old-fashioned everyday-Japanese-mom's cooking that's stood the test of time–and waistlines–for decades. Reflected in this are the age-old traditional values of family and the abiding Japanese love of simplicity, nature, and good health. It's the food that millions of Japanese women eat every day to stay healthy, slim, and youthful. Even better, it's fast and easy. If you're tired of counting calories, counting carbs, and counting on diets that don't work and don't satisfy, it's time to discover this."

Traditional Japanese soyfoods are mentioned throughout this book, always in a very positive way and in recipes. Japanese generally eat soyfoods in their more natural and less processed forms such as tofu, miso, natto, and edamame–and rarely in the forms of soy supplements, soy shakes, soy burgers, soy energy bars, etc. that are so popular in the West.

Chapter 5, "The seven pillars of Japanese home cooking," states (p. 122) that they are: "fish, vegetables, rice, soy, noodles, tea and fruit." Soy, "The fourth pillar," is discussed very nicely on pages 181+.

Here is the number of pages on which various foods are mentioned: Tofu 56 (incl. silken tofu {kinugoshi}, cotton tofu {momen, regular}, atsu-age {deep-fried tofu cutlets}, usu-age {deep-fried tofu pouches}, yakidofu or broiled tofu). Miso 50 (incl. p. 91-92. 99-100). Soy sauce 50. Edamame 12. Shoyu 3 (p. 75, 114, 121). Natto 2 (p. 184, 188). Okara 1 (p. 184). Yuba 1 (p. 184). Also many reference to sea vegetables (hijiki, kombu, nori). A photo on the inside rear dust jacket shows the authors; she was born in Tokyo, and he is an American who has written or cowritten five books.

Note: The paperback edition of this book (only) mentions "The Japanese Skincare Revolution: How to Have the Most Beautiful Skin" in connection with tofu. Address: Wife and husband live in New York City.

12789. Moskowitz, Isa Chandra. 2005. Vegan with a vengeance: Over 150 delicious, cheap, animal-free recipes that rock. New York, NY: Marlowe & Co. 258 p. Illust. (color photos). Index. 23 x 18 cm.

• ***Summary:*** The praise for this innovative book is almost as interesting to read as the book itself. The book is great fun to read–a really fine writer. The index contains 1 entry for edamame (in samosas with coconut-mint chutney), 1 entry for miso (Stewed tofu and potatoes in miso gravy), 6 entries for seitan (incl. homemade), 8 entries for tempeh, 22 entries for firm tofu and 7 for silken tofu, and 3 entries for textured vegetable protein (TVP).

The section titled "Get rid of eggs–Veganize it!" (p. 195-97) begins: "Replacing eggs is the most challenging aspect of vegan baking. Those suckers bind, they leaven,

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and they give structure to our baked goods. However, like a bad boyfriend, they can be replaced, and with pleasing results." The first replacer discussed is flaxseeds. Second is silken tofu. "How to use it. ¼ cup blended silken tofu = 1 egg. Whiz in a blender until completely smooth and creamy, leaving no graininess or chunks. You will want to add other wet ingredients, to this mixture to get it to blend properly. I recommend... extra-firm silken tofu, such as Mori-Nu." Another egg replacer is soy yogurt. ¼ cup soy yogurt = 1 egg. "Soy yogurt works a lot like whizzed tofu as an egg replacer. It makes things moist and yummy."

She uses the creative word "sammiches" instead of "sandwiches." Address: Co-host of The Post Punk Kitchen, New York City.

12790. Tobing, Hayatinufus A.L.; Hadibroto, Cherry; Kartohadiprodjo, Nies. 2005. Tahu & tempe plus susu kedelai [Tofu and tempeh plus soymilk]. Jakarta, Indonesia: Gramedia Pustaka Utama. 97 p. Illust. (color). 24 cm. [Ind]*
• ***Summary:*** A cookbook of practical yet delicious recipes.

12791. Trieu, Thi Choi; Isaak, Marcel. 2005. Authentic recipes from Vietnam. Singapore: Periplus Editions. 112 p. Illust. (photos by Heinz von Holzen). Recipe index. 28 cm. Introduction by Annabel Jackson-Doling.
• ***Summary:*** This book often reads as if it were a written to attract tourists to Vietnam. Contents: Food in Vietnam. The imperial cuisine. The ascending dragon. Homestyle Vietnamese cooking. Cooking methods. Authentic Vietnamese ingredients (incl. tofu {p. 23}, pressed tofu {tau kwa or tou gan}, and firm tofu). Recipes.

Vietnam is in the shape of an "S" with the eastern coastline 1,600 miles long from north to south, yet only 30 miles across at the narrowest point. The country fades from cool in the north to tropical in the south. The two main deltas are the Red River Delta in the north and the Mekong Delta in the south. Vietnam is the 3rd largest rice exporter in the world after Thailand and the USA. About 60% of the arable land is devoted to rice production. Hue, in central Vietnam, was the capital of Vietnam from 1802-1945. Today Ho Chi Minh City (formerly Saigon) is the largest city in Vietnam (p. 5-8).

The section titled "The Imperial cuisine" (p. 11) is about Hue, on the banks of the Perfume River in central Vietnam. Now a rather small and sleepy place, Hue traditionally served as a cultural, educational, and religious center. It "is the site of the country's most important Buddhist monasteries and temples. It was also the political capital of Vietnam under the thirteen emperors of the Nguyen Dynasty." Hue "once inspired the creation of the most sophisticated Vietnamese cuisine [under Tu Doc (1848-1883)] and took vegetarian cuisine to even higher heights than those reached by masterful Chinese chefs."

Soy related recipes include: Yellow bean sauce (Nuoc tuong, with "3/4 cup {4 oz / 120 gm} dried yellow soy beans, boiled and drained," p. 26). Soy sauce dip (Nuoc tuong toi ot, with "¼ cup {60 ml} soy sauce," p. 26). Braised mushrooms with soy sauce (Nam xao nuoc tuong, with "2 tablespoons soy sauce," p. 49). Crab soup with tofu and rice noodles (Bun rieu, with "1 cake pressed tofu {about 7 oz / 200 gm}," p. 57). Fried tofu with lemongrass and five spice (with "4 cakes pressed tofu {about 18 oz / 600 gm in total}, halved and pressed between paper towels to remove moisture," p. 64). Stir fried water spinach with yellow bean sauce (Rau muong xao tuong, with "2 tablespoons Yellow Bean Sauce," p. 67).

The word "soy" is mentioned on pages 3, 13, 20, 26, 36, 39, 49, 72, 75, 81, 82, 88, 99, and 111.

12792. Gavin, Robert. 2006. Meat-like qualities whet the US appetite for tofu: Biologist tackles taste, texture issues. *Boston Globe.* Jan. 2.
• ***Summary:*** Xiang F. Kong has developed a new tofu product named Tofettes, in flavors such as teriyaki, barbecue, and Jamaican jerked. He starts by making tofu. To achieve a meat-like texture, he employs a press that uses "precise heat and pressure," established through a long process of trial and error. The extra firm tofu is then cut into small pieces and fried briefly in vegetable oil. The resulting tofu has a unique texture and ability to take on new flavors. Address: Globe staff.

12793. Low, Dennis. 2006. Re: Tofu in Trinidad and Tobago: History of Pacific Food Co. Letter (e-mail) to William Shurtleff at Soyfoods Center, Jan. 17 and 18. 2 p.
• ***Summary:*** "Stephen Low was born in 1937 in Kwangtung (Guangdong), southern China. His father was an established businessman in Trinidad and Tobago. Stephen remained in China until 1960, when he decided to move to Trinidad to do business with his father. He arrived in Trinidad in 1962. Theresa Low, his wife, was born in 1946 in Hong Kong and arrived in Trinidad in 1965. In 1965 the Stephen Low Watch Company was born.

"After 30 years in the watch business, Stephen and his wife Theresa's business was established and they were looking for new opportunities to explore. They belonged to a local Chinese club and they would gather weekly to socialize, eat, and play majong.

"One day a friend of theirs brought in a traditional Chinese dessert, "Tofu fah [soymilk curds]," better known as silken tofu. Theresa has always enjoyed this dessert growing up and was very impressed with the way her friend had made it. She asked her friend for the recipe and started making it at home almost on a daily basis. Cooking for a family of 5 kids, cooking was one of Theresa's favorite hobbies. One day she decided that she wanted to make tofu at home. She used the same recipe as the silken tofu and began to press it. Using a variety of methods, whether it was to use hot or cold water,

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how much beans to water ratio, even types of cloth to wrap it in, how much weight to press it with, and how long to press it for. It took them about 1 month of trial and error to perfect the art of making tofu.

"They then told their friends about her success and having a business background naturally started talking about selling it. They talked about great health benefits from tofu, soy milk and knew this would be a great opportunity. After some initial research, they realized that all tofu sold within Trinidad was imported. They felt that she can make tofu at a fraction of the cost of the competitor. This was their opportunity, so they jumped on it. In 1998 the Pacific Food Company was born. Their hobby officially has turned into a career. They bought beans locally, and soaked them. They invested in some grinding machines, pressing equipment, designed their own label and packaging equipment. Now in 2006 Pacific foods tofu is sold everywhere to major supermarkets, restaurants and local merchants. Fresh tofu is now widely accepted across Trinidad. Currently we are doing homework on soy products to expand our business. This year we will be launching firm tofu, flavored tofu and tofu puffs.

"One of our goals this year is to educate more people on what tofu is and what great benefits it has towards your health and feel that this "What is Tofu" pamphlet that we talked about will help dramatically.

"Your book has provided us with a wealth of information and we look forward to working with you to develop more soy products in the near future."

Note: Letter (e-mail) from Dennis Low, Manager, Pacific Trading Co., Uptown Excellent Mall, Corner of Park and Frederick Street, Port of Spain, Trinidad, West Indies. 2006. Jan. 18. Dennis is the son of Stephen and Theresa Low. He interviewed his parents just before writing this story. Their company's only product is "Fresh Tofu." Address: Manager, Pacific Food Co., Uptown Excellent Mall, Corner of Park and Frederick St., Port of Spain, Trinidad and Tobago, West Indies.

12794. Soyfoods Association of North America. 2006. Soyfoods sales and trends (Website printout–all). www.soyfoods.org/press/FAQ_sales.htm 2 p. Printed Jan. 19.
• ***Summary:*** Contents: What are the recent trends in soy consumption in the U.S.? Soy sales by category: Introduction, soy-based energy bars, soymilk sales, meat alternative sales, tofu sales, other soyfoods sales. 2003 Consumer Trends Report. Sources.

"The number of new soy-based products has increased 13.2% per year for the past 3 years. In 2000, approximately 2,295 soy-based SKU's were offered; by 2002 the number hit 3,399. In 2002 there were: 580 soy-based energy bars, with 24.1% of sales [i.e. accounting for 24.1% of sales of soyfoods from all categories]. 366 soy-based meal replacements & powders with 18.5% of sales. 328 soymilk beverages with 16.3% of sales. 318 meat alternatives with 14.5% of sales. 236 tofu products with 6.8% of sales. [Other: 19.8% of total sales].

Soy-based energy bars: Sales reached $880 million in 2002.

"Soymilk sales have grown from $100 million in 1995 to nearly $600 million in 2002. Soymilk has 87.3% of the nondairy beverage sales in mainstream markets. Sales of refrigerated soymilk grew over 100% per year for the past three years.

"Meat alternative sales have grown from $114 million in 1992 to over $530 million in 2002.

"Tofu sales have grown from 108 million in 1992 to $250 million in 2002.

Other soyfoods sales: Soy [fortified] breakfast cereals grew to over $150 million in 2001. Soy yogurt sales grew by 66.9% in 2001 to reach $23.7 million. Soy-based cheese alternatives grew at 11.6% in 2001 to reach $57.6 million. Sales of soy-based frozen desserts rose 39.9% in 2001 to reach $42.2 million. Address: 1001 Connecticut Ave., NW, Suite 1120, Washington, DC 20036. Phone: 202-659-3520.

12795. Huang, H.T. (Hsing-Tsung). 2006. My life across three continents: A memoir. Alexandria, Virginia: Published by the author. viii + 282 p. Illust. No index. 22 cm.
• ***Summary:*** The three continents are East Asia, Europe, and North America. H.T. Huang was born on 2 Nov. 1919 in Fuzhou, the capital city of Fujian province, China. He was baptized John (*Yuehan*) with Hsing Tsung as his official Chinese name. At this time, his father was a teacher of mathematics at Trinity College Fuzhou (TCF).

Contents: List of illustrations. Acknowledgment. Foreword. 1. My childhood years. 2. Transition, Fuzhou to Malacca. 3. Growing up in Malacca. 4. Hong Kong University. 5. China interlude 1942-44. 6. Oxford and beyond. 7. Rochester, New York, and Pasadena, California. 8. Rohm & Haas. 9. Pfizer. 10. IMC, Baxter. 11. National Science Foundation. 12. Retirement years. Appendix I: China, 1979. Appendix II. China, 1982. Bibliography. Address: Goodwin House, 4800 Fillmore Ave., Alexandria, Virginia 22311.

12796. **Product Name:** Mori-Nu Seasoned Tofu [Chinese Spice, or Japanese Miso].
Manufacturer's Name: Morinaga Nutritional Foods, Inc.
Manufacturer's Address: 2050 W. 190th St. #110, Torrance, CA 90504. Phone: 1-800-669-8638.
Date of Introduction: 2006. January.
Wt/Vol., Packaging, Price: 12 oz (340 gm) Tetra Brik Aseptic carton. Recommended retail price $1.89.
How Stored: Refrigerate after opening.
New Product–Documentation: New release. 2006. Jan. 16. "Mori-Nu introduces seasoned in two varieties."

12797. Bramblett, Billy. 2006. The real history of Wildwood

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Natural Foods after its merger with Midwest Harvest to become Wildwood Harvest in 2001 (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This history in quite different from the one told by Jeremiah Ridenour in Feb. 2005 when everything looked bright. Both Billy and Jeremiah have left Wildwood / Pulmuone and have each started new businesses–although Billy has a contract to serve as a consultant for 3 years. Jeremiah took severance on 30 June 2006. Billy is working with his wife on a rug company that imports Tibetan-style rugs from Kathmandu, Nepal. Jeremiah has started Wise Decisions and does work with soy diesel.

Pulmuone's founder, Mr. Won [full name: Won Kyung Sun], who had started a farmers' cooperative after the Korean war, has been honored by the United Nations for organic agriculture. He founded Pulmuone on Christian principles: "Love your neighbor" and "Respect the environment." Years later, Mr. Won's son tried to develop a company out of this cooperative. He started by opening some stores, but eventually he fell upon hard times and was about to lose it all. But by great good fortune his roommate was a law student named Seung-Woo Alex Nam. Alex said, "I'll bail you out, but I want control." So Mr. Nam took control of what became Pulmuone and built it into a billion dollar company.

Tom Lacina has a brother named Sam Lacina who is a physician in Grand Rapids, Michigan. They have a third generation soybean farm in Iowa and Tom converted to organic. Tom is a musician (concert pianist) and an attorney. Tom and Sam Lacina bought out Paul Rosenmayr and Paul Orbuch of Wildwood.

Wildwood reincorporated in Iowa, then got money from Iowa through tecTerra (which is managing the fund for the state of Iowa). They put in a lot of money, then Wildwood leveraged that to borrow more money and they built two plants, one in Iowa and in one Watsonville, California. The financial status of the Watsonville plant depends on who you ask. Wildwood thought it was doing quite well since it was generating quite a bit of margin–although not as good as it used to when Wildwood was in Fairfax or Santa Cruz. The overhead now costs much more.

In 2002 Wildwood moved all the value-added production, which had been in both Fairfax and Santa Cruz, to Watsonville. We started making these value-added products in October 2002. Tofu production didn't move until Feb. or March 2003 because Jeremiah built a tofu system that didn't work; it never worked properly although it partially works. That was a big problem for the first year or so. Wildwood had to go back to making tofu by hand. It has computer generated and controlled grinding and cooking. Then there are four 250 gallon vats on a second level that hold the soymilk at a specific temperature. Theoretically the nigari (magnesium chloride) coagulant is injected into these tanks then mixed into the soymilk mechanically; blades inside spin around. That part of the plant all worked pretty well. But getting the curds down to the forming boxes was the problem; they could never figure it out. But Wildwood had to get out of its Santa Cruz plant. So Rick Loncarich, the plant manager in Santa Cruz, finalized the move.

So at this point the soymilk is just pumped down to the curding vats, the coagulant is stirred in and curding is done by hand. Then the curds are run through a conveyorized process. Billy thinks this is the best way. He has watched the Pulmuone style which is all mechanical, with injection of coagulant (mostly calcium sulfate and GDL) and little fingers stirring the mixture. Wildwood has long believed that nigari is the best coagulant because it makes the firmest tofu and you can handle it and reprocess it without any crumbling. It also makes tofu with the best flavor.

But in the end Wildwood ran out of money; always a big problem–long before Pulmuone came along. Basically, tecTerra in Iowa kept Wildwood afloat, but in exchange, tecTerra wanted control of the company and said that Wildwood had to find a buyer. That was a dark day; tecTerra ran Wildwood for over a year, and they really messed things up. They were using taxpayer money and they had been sharply criticized in the newspapers many times. So they were under a lot of pressure to make a success out of something. Their basic approach was to lay off lots of people to stop the financial bleeding; that is sensible from a strictly financial point of view but sort of stupid in terms longer-term thinking about what's going to happen in the future.

Then tecTerra said. "We're not going to put any more money in, and you have to sell the company." Then a Japanese man was CEO of Wildwood Harvest for about 3 months. Jeremiah's main work was helping to run the plant and doing some sales work too. Jeremiah had been CEO when Wildwood failed, so it was felt that he had had his chance.

The major problem was the plant in Iowa, not the plant in Watsonville, California. In Iowa, it took them a year build a new plant and to get quality that was consistent, and they still have problems. Leading the project were Jeremiah Ridenour, Tom Lacina, and Doctor Gandhi (who comes from India, had been making dairy yogurt for years, then sold that and started working with soy. He has a huge facility up north–perhaps Minnesota). Using Gandhi's technology, the three planned to make a cultured soy product. It took them almost 18 months, after the plant was built, to work through all the quality and microbial problems. Wildwood was burning through money faster than they had it to burn. The plant in Watsonville was late and over budget. The plant in Iowa was on time and on budget, but it took them more than a year to get the product going. Tom Lacina kept making tofu at his original tofu shop; the new facility was only for cultured soy products. The new plant is still running, but they have very low volume and very high overhead. The cost of

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making a product is more than the sale price. The cultured products plant in Iowa is still losing money hand over fist.

Meanwhile, Wildwood had already met Pulmuone U.S.A. (founded in Jan. 1991, a subsidiary of Pulmuone Co., Ltd. of Korea). at expos. Pulmuone began to take an interest in Wildwood, Wildwood told them everything and showed them everything–complete transparency. The first important thing Pulmuone did, in April 2004, as part of a strategic alliance, was to make an equity investment in Wildwood; they purchased shares of stock, but they ended up owning less than 50% of the shares.

At Yansei University Pulmuone has 85 PhDs doing everything you can think of all the time. So they send their people over and those people make reports and complete a very detailed analysis of the situation. Billy thinks they spend way too much time analyzing everything.

To celebrate the Pulmuone's 25th anniversary, Pulmuone took Jeremiah, Tom Lacina and Billy to Korea for 4-5 days first class. Also on the trip were Rachel Stauffer, of Cybus Capital (that ran the tecTerra fund for the state of Iowa) and Paul Kang, who would soon be CEO of the merged company.

Tom Lacina's records show (e-mail of 21 March and 2 April 2013): "April 19, 2004 is the date of acquisition by Pulmuone U.S.A. of controlling interest in Wildwood Natural Foods (there was a name change at that time from Wildwood Harvest to Wildwood Natural Foods).

"We arrived in Seoul the eve of May 10, 2004 and left Seoul on the morning of May 14, 2004. While there we joined in celebrating Pulmuone's 25th Anniversary and toured its largest plant, distribution center, R&D center, and stores. We visited the founder of Pulmuone and met some of the Board of Pulmuone.

"The first meeting of the Board of Directors of Wildwood Natural Foods, Inc., after the acquisition by Pulmuone occurred on May 12, 2004, at Seoul, South Korea.

"Billy stole all the attention because he looked like a rock and roll star!

"The next step was that Wildwood Natural Foods exchanged stock for the assets of Pulmuone U.S.A. in order to have Wildwood Natural Foods serve as the operating entity and Pulmuone U.S.A. serve as the holding company. This was an Asset Purchase Transaction, not a statutory merger. The documentation became messy during this transition at the end of 2004, but a reasonable date to use is December 16, 2004. I reference December 16, 2004, because that is the date when Wildwood Natural Foods resolved to use a fictitious name–PMO Wildwood–which was later adopted as the corporate name on October 6, 2005, and then changed to Pulmuone Wildwood on December 1, 2005. In fact, the process of collecting all the signatures on the asset purchase document took a couple weeks.

"We've re-purposed the tofu facility on my farm into an artist residency–GrinCityCollective.org. I continue to work for Pulmuone, but just as general counsel in the USA."

Returning to Billy's recollections: In Korea (May 2004) Pulmuone showed them everything, treated them with great respect, included them in everything. Billy clearly remembers mandated boilermakers and karaoke performances. Aside from that, Billy, Jeremiah, and Tom thought things looked very promising. "We were very upbeat about it" (Continued). Address: Pulmuone Wildwood.

12798. Bramblett, Billy. 2006. The real history of Wildwood Natural Foods after its merger with Midwest Harvest to become Wildwood Harvest in 2001 (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Continued: They had the official first board meeting of the newly merged company at a high-class restaurant owned Pulmuone in Korea; the five board members were Paul Kang, Mr. Seung-Woo Alex Nam, Jeremiah, Tom Lacina, and Billy. Pulmuone also owns a chain of natural food retail stores (like Whole Foods) in Korea, and three tofu factories in Seoul.

It seemed like a good fit. In mid-2004 the decision was made to merge Wildwood Harvest Foods Inc. and Pulmuone U.S.A. On 20 July 2004 each company issued a news release announcing the new merger. The deal was struck by a man named Paul Kang, who was an investment banker, who was a Korean-American, and who speaks English very well and has a good relationship with the Korean company; he had already done some other deals with Pulmuone. Wildwood Harvest Foods, Inc. was renamed Wildwood Natural Foods and Pulmuone U.S.A. was give two seats on Wildwood's board. Pulmuone decided to make Paul Kang the CEO of the new, combined company. He many various changes to the logo.

"Pulmuone's plan was to go public in a few years, and we were all going to be able to cash in our chips." Billy and Jeremiah both owned shares in Wildwood which, over the years through hard work and good management (up to a point) had become a valuable company.

In the USA, Pulmuone was doing very well in the Korean market but they were struggling in the mainstream and natural foods markets. Paul Kang was a very smart person but he had never been a CEO before–especially of a food manufacturing company. Paul Kang went to Korea with Billy, Jeremiah, etc. Then they all went to Natural Products Expo East in the fall of 2004 and to Expo West in the spring of 2005. After about 8 months with him at the helm, Pulmuone realized they had made a mistake, so by June 2005 they sort of demoted him to COO (chief operating officer) of Pulmuone U.S.A. and brought in another person Y.C. Kang; they are not related. Y.C.'s first title was CRO (chief reorganization officer). He tried to reorganize things and put a whole new program into place. It got really crazy. It was a wild year; Mr. Nam would come over every couple

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of months and have personal meetings with Billy, Jeremiah, and Tom. It is kind of a hit and miss style. After doing all this analysis, they say "OK, let's do this." They try it for some time and if it is not working they say, "OK, let's change everything."

Billy and Wildwood have a deep understanding of their customers and the natural foods market, which has enabled them to stay ahead of the curve all these years.

At the time of the merger: Since Wildwood didn't have any money, they gave Pulmuone stock–so that Pulmuone has almost all the stock. Then they made Jeremiah and Billy into executive sales persons, who would manage different sales in different geographical areas. Jeremiah was in charge of Northern California. Paul Kang took southern California. Tom Lacina took everything out of California. Billy took ingredient, foodservice, and private label. Billy had already been doing this kind of work for a number of years, in part because nobody else was covering that particular channel. The ingredient people would come to Billy and tell him they needed a particular ingredient. He would work with them to develop their products, etc. Trader Joe's had been Billy's account from the beginning; they came onto the scene because Wildwood won the *San Francisco Chronicle* Baba Ganooj tasting contest many years ago. So Wildwood started making soy products (such as baked tofu–teriyaki and Thai–and burgers under the Wildwood label) for them over the years. For a while Wildwood did Soy Sour Cream made in Iowa for Trader Joe's. So in about Feb. 2005 Pulmuone gave all the new salespeople budgets and said, "OK, you make your top line and your contribution margin goals and we're going to promote you and give you money, bonuses, and stuff like that." Paul Kang didn't do very well, so they moved him back to the Korean company to do investment work. Jeremiah didn't do so well so they put him in public relations. Tom Lacina didn't do very well either in the East, although he has a really great guy working for there named Jim Williams. They company is in a lot of Whole Foods and UNFI warehouses east of the Mississippi. But he wasn't making his goals–so that put him in charge of all sales and marketing. Billy did very well–110% of the goals he was given. But they wouldn't give him credit for it (later they ended up giving him the bonus they had committed to). Billy still does not understand why. Then they took the Trader Joe's account away from him–an account where he had long, positive experience and good contacts. "They said they had a guy in southern California who would call on Trader Joe's. OK, whatever. So things got a little scratchy there." All this happened in the fall of 2005. Right now, Billy's share is not worth much. However if Pulmuone is successful in turning Wildwood around, the value will return and Pulmuone has given Billy and Jeremiah even more options. Billy owns shares in the new corporation which is named Pulmuone Wildwood Inc.; that's a U.S. corporation. Originally the corporate name was PMO Wildwood–because so many Americans can't pronounce Pulmuone. That was perceptive. But then Mr. Alex Nam who is really the head honcho of the whole shebang (CEO of Pulmuone Co., Ltd. Korea), as soon as they fired Paul Kang, decided to change the name back to Pulmuone Wildwood. Remember–every time you change a company name you have to change your labels, letterhead, etc. It's a huge job. Bill's told them he thought the best name was "Wild One." Nobody got it. But they did allow Billy to develop a few more products, so that was nice, until he came up with "Sloppy Jofu"–which has been selling very well since 2004. Last year he developed a chili, which they marketing department had trouble launching. Wildwood had been selling tofu to the organic division of Seeds of Change for about 7 years; they have used it in their rice bowls and noodle bowls. They wanted a flavored cube, so he just developed a product for them named "Tofu Barbecubes." He makes the tofu, cuts it into 3/4-inch cubes, marinates the cubes and then bakes them in shallow hotel pans in a conveyorized oven. Wildwood has been baking tofu for 20 years, but never in cubes before this. He just made 8,000 pounds of it for them and sent it to them. They liked it and soon ordered 8,185 pounds more. That was kind of his swan song.

Pulmuone's positive attitude started to decrease about a year ago. Pulmuone offered him a pretty good deal, which he took. But Billy is a consultant for three years; they are paying him about two-thirds of his salary and he doesn't really have to do anything. There is a non-compete clause concerning soyfoods that are the same or similar to those of Pulmuone-Wildwood in form and function; now he has two other clients, one of which is Seth Tibbott of Turtle Island. Billy is going with him to Anaheim in March. Billy is a guitar player. His latest project is with some folks who have a little campaign to get organic foods into school lunch programs in southern California. They call it "The Organic Rebellion." Billy told them he'd write a theme song for them. He just finished it and has recorded the basics. He's now getting kids lined up to do the vocals with him. It starts: "Sign me up for the organic rebellion."

Jeremiah just took a severance pay package; his last day was Jan. 30, 2006. Jeremiah started a new business, Wise Solutions, developing plant-based industrial products. He has several soy-diesel cars and he has been involved in the promotion of soy diesel for a number of years. Address: Pulmuone Wildwood.

12799. Van Gessel, Ike. 2006. Update on work with tempeh in the Netherlands, and sale of company (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** A far-ranging interview on his remarkable innovations and success making and marketing tempeh in the Netherlands. Address: Director, Quality, Pulmuone USA, southern California.

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12800. **Product Name:** Re: Ethnic Koreans growing soybeans in Tajikistan or Turkmenistan, and her work introducing soyfoods to these countries.
Manufacturer's Address: Letter (e-mail) to William Shurtleff at Soyfoods Center, Feb. 18.
Date of Introduction: 2006. February.
New Product–Documentation: In Tajikistan she met a couple who lived near Dushanbe. The husband, Victor, was planning to grow soybeans. She gave him some seed grade soybeans to grow, although she had the impression that he hadn't grown soybeans before. She sensed that he wanted to grow them because of increased interest in soybeans–for reasons she does not understand. She gave him the seeds that Walter Barrett had given her, because the soybeans she had found in Tajikistan were not of good quality.

Victor led her to a Korean tofu maker, a woman who didn't speak Korean. She supplied tofu to a Chinese restaurant in Dushanbe. She told Helen that she bought her soybeans from Uzbekistan, and said they were expensive. Helen did not ask the woman when she had started to make tofu commercially or what the name of her small business was. Helen does not recall exactly where it was located.

Vera, Victor's wife, sold Korean salads at a green bazaar in Dushanbe. She and other Korean salad vendors at the green markets sold a type of dish made from Chinese TVP, which is white in color and imported from China.

At an import supermarket called Holland Market in Dushanbe, Helen found several Russian-made TVP products and soymilk powder. She also saw soymilk sold in Tetra Pak cartons.

In Ashgabat, Turkmenistan, two Korean men came to talk with Helen at the Winrock office about a soymilk machine.

In the Dashoguz region of Turkmenistan, Helen met two different groups of Koreans (a least 30 people total) who wanted to see her presentation and demonstration of soymilk and tofu production using a SoyJoy machine, along with a display of soy products such as tofu (in a Tetra Pak carton), TVP, soynuts, soy flour, soy protein isolates, energy bars, soy sauce, etc. In some presentations at farms or for women's groups (including the Korean groups), she also prepared soyfoods or Turkmen foods that included whole soybeans.

In Tajikistan, she gave 3 presentations / demonstrations: One at "Salsa Restaurant" in downtown Dushanbe, and two at a cafeteria and at the meat processing lab of the Khujand branch of the Technical College of Tajikistan. She usually ended her presentations with a meal with the participants. Her menu included Pulov [pilaf] (rice with some meat, soybeans, carrots, and onions), soup, salad, and a crepe (using a mixture of wheat flour, soy flour, and some type of local jam).

At the Agricultural University of Tajikistan in Dushanbe, and at the Khujand branch of the Technical College of Tajikistan, she gave technical presentations using an overhead projector with PowerPoint slides showing the nutritional composition of soybeans, and techniques for the preparation of traditional soyfoods and commercial products such as soy oil, soy protein, lecithin, etc.

In Turkmenistan: She gave food preparation presentations: (1) At a farm in the Mary district. (2) At apartment style homes in the cities (Mary district, and Dashoguz). (3) At the Winrock office in Dashoguz for different groups of women. (4) For 2 groups of Peace Corps volunteers in Dashoguz. "Peace Corps was interested in soyfoods because it was suspected that the protein intake of PCVs in that country was not sufficient."

While in Tajikistan and Turkmenistan, Helen did not see any soybeans being cultivated, nor any bundles of soybean plants harvested for green vegetable soybeans.

After her visit: (1) Her soy recipes were translated into the Turkmen language by Winrock staff, but (as far as she knows) they were not printed or reproduced. (2) A 30-page Russian-language brochure on soybeans was created (using desktop publishing) by a group of Peace Corps volunteers in the Dashoguz area. It included planting information and recipes, with colorful pictures and diagrams; about 200 to 300 copies were printed. The produced was funded by the Peace Corps and Helen, however Helen does not have a copy with her in Mexico. (3) Helen prepared a trip report, which is now the property of Winrock International. She did not write much about Koreans in that report.

She includes a Russian-language article on soya from the newspaper *Asia-Plus* (23 Sept. 2004, p. 4).

Note: This document mentions the earliest known commercial soy products in both Tajikistan and Turkmenistan.

12801. Gorman, Christine. 2006. Do calcium pills work? *Time* (*Europe and Asia*). March 20.
• ***Summary:*** Food sources of calcium "(1,000 mg to 1,500 mg needed daily): Atlantic sardines (108 mg per oz. [28 g]), canned salmon (68), low-fat plain yogurt (52), tofu (30), canned white beans (21) and regular skim milk (35 per fl. oz. [30 ml])."

12802. Illinois Center for Soy Foods. 2006. U of I center sponsors events to celebrate Soy Foods Month (News release). Urbana, Illinois. 1 p. March 22.
• ***Summary:*** "The Illinois Center for Soy Foods at the University of Illinois has scheduled several events to help celebrate National Soy Foods Month this April. A free cooking demonstration and taste test to help consumers become familiar with tofu, soy flour, soy milk, and textured vegetable protein (TVP) will be held on Saturday, April 22, from 9 to 11 a.m. in the test kitchen at the National Soybean Research Center [NSCR] in Urbana." Participants "will return home with recipes that they can try in their own

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kitchens." Space is limited and pre-registration is required.

"The center will also provide free soy-enhanced cookies on campus during the lunch hour each Tuesday in April. The cookies will be available at" 4 convenient locations on campus. The 5 soyfoods cookbooks published by the center will also be on sale for 50% off.

"In addition, the Center will host a soy-tasting event with the theme "Around the World with Soy" on Wednesday, April 19. The tasting will feature international cuisine with a soy twist." Address: Urbana, Illinois.

12803. **Product Name:** Soga All Natural Twin-Pack Tofu [Extra Firm, Firm, Soft].
Manufacturer's Name: Soga Soyfoods [Pulmuone U.S.A.].
Manufacturer's Address: 4585 Firestone Blvd., South Gate, CA 90280. Phone: 866-356-2800.
Date of Introduction: 2006. March.
Ingredients: Feb. 2007: Water, organic soybeans, calcium sulfate, glucono delta lactone, magnesium chloride. Certified by Quality Assurance International.
Wt/Vol., Packaging, Price: 15.5 oz (439 gm) packed in molded plastic tray with heat-sealed, peel-off plastic film lid. Retails for $0.99 (2007/02 Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 3 oz (85 gm): Calories 80, calories from fat 45, total fat 5 gm (8% daily value; saturated fat 1 gm), cholesterol 0 mg, sodium 5 mg (<1%), total carbohydrate 2 gm (dietary fiber <1 gm [3%], sugars 0 gm), protein 9 gm. Vitamin A 0%, vitamin C 0%, calcium 15%, iron 6%.. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Letter (e-mail) from John Sim, head of sales at Pulmuone. 2007. April 5. These three products were introduced in about March 2006 at the Natural Products Expo West, at Anaheim, California. Their innovative package was first introduced in Oct. 2002 with their Organic Twin Pack.

12804. Soybean, a miracle bean (Leaflet). 2006. New Delhi, India: American Soybean Association (ASA) / United Soybean Board. 2 p. Front and back. 28 cm. [7 ref]
• ***Summary:*** Contents: Soybean a miracle bean. Soybean and health benefits. How to use soy daily: Soybeans ("...can be used like lobia. They can also be added up to 20% in dosas, pesarutta, dahi bhalla and vadas etc. where whole legumes are used... can be added up to 20% in recipes such as chole, rajma and dal makhani"), defatted soy flour (contains 50% protein), wheat-soy flour (1 kg defatted soy flour mixed with 10 kg wheat flour), besan-soy flour ("Add 20% defatted soy flour to besan [chickpea flour] and use to make products such as pakora, chilla, kadhi, etc.") nuggets and granules (soy bari), soymilk, soy paneer (tofu), soy papad, soy nuts (whole soybeans that have been soaked in water and then baked until browned), soybean oil.

Note: Printed in four colors on glossy white paper with a green border. Ten thousand copies were printed in April 2006. A color illustration shows a cute cartoon of a soybean character seated next to a meal tray with "thumbs up." Address: American Soybean Assoc., Asia Subcontinent, 149 Jor Bagh, New Delhi–110 003, India. Phone: (91) (11) 2465-1611.

12805. Nordquist, Ted; Webster, Robin. 2006. New developments making dairylike soyfoods in America (Interview). *SoyaScan Notes.* May 9. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** WholeSoy & Co. is a wholly-owned subsidiary of TAN Industries; Ted now prefers to used the former name instead of the latter. Modesto WholeSoy Co. is its own entity. Ted and his business partner, Henry, now own 85% of the stock.

Silk soymilk was launched in Jan. 1996. Ted was having a lot of problems with the soy base made by Pacific ProSoya in British Columbia. About a year later [probably in about March 1997] Ted installed a soy base plant at Soyfoods of America in Duarte, California. He did this together with Wally Rogers, owner of Bean Machine Inc. (BMI–using a stainless steel grinder / disintegrator made for BMI by Corenco, owned by Chris Cory). Wally took Ted to Chris and together they designed the grinders to be installed at Soyfoods of America. In about Sept. 1997 Ted started producing soy base for Silk soymilk at the plant in Duarte. This soy base was sent in tankers from Duarte to Gustine, where Ted and coworkers formulated the Silk soymilk.

Ted's next product was made together with Gary Stein. Gary (of San Diego) called Ted and said that Trader Joe's wanted a soymilk. Ted said to Gary, "That's fine, but I have a contract with Steve Demos, so I can't do that." So Ted set up Gary. He told Gary that Ann Shaw and Laura Tewnion knew how to formulate soymilk. He and Gary talked a lot about it but he told Gary, "I can't touch it with a ten foot pole, but I'm happy to ship the soy base to you." So Ted shipped the soy base from Duarte to Gustine, then Gary Stein formulated the soymilk for Trader Joe's and sold it to Trader Joe's.

Ted's next product was Certified Organic Soymilk, made for Wildwood Natural Foods and launched in July 1998.

Next, in 1999, Ted and Henry came up with the WholeSoy name. So they had cups designed for WholeSoy but, of course, they had no sales volume, so they sent that idea to Trader Joe's, which agreed for Ted to private label the product for Trader Joe's. So Ted launched both the WholeSoy and the Trader Joe's private label at exactly the same time. They were exactly the same products but in different cups.

In about May 2004 changed the name of his company to WholeSoy & Co. from TAN Industries, and his brand to WholeSoy & Co. from The WholeSoy Co. The words "WholeSoy & Co." first appeared on their Lite Smoothies in September 2004. Ted did a focus group in which he put

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out packaging from products made by Silk [White Wave], Stonyfield, Wildwood, and TAN Industries. The members of the focus group were asked to describe what they understood by looking at the different packages. "They thought that WholeSoy was a generic name, that companies like Safeway and Albertsons were making. They thought WholeSoy was a really big corporation, and that therefore its products should sell for the lowest price." Ted recalls: "It was unbelievable. I was just speechless. I wanted to go in there and tell them how wrong they were!" They knew the Stonyfield brand and thought that product was worth the money. The Wildwood product attracted them because it had a real good appearance."

In about Jan. 2006 Ted started printing "Soy Yogurt" in large letters on the front of his yogurt cups–which previously said only "Cultured Soy." It happened like this. Ted's soy yogurt is made by SSI (Super Store Industries), which is owned by Raley's and Save Mart (both supermarket chains). Ted was going into new packaging and he asked them: "Do you have any problem using the terms "Soy Yogurt" or "Soy Frozen Yogurt" on the cups? They said they would check. They checked all of their contacts then told Ted that there was no objection to using those terms.

In Jan. 2006 Ted started using the term "Soy Yogurt" in large letter at the top front panel of his yogurt cups. He gradually phased it in to all flavors as new cups had to be printed.

In Sweden, Ted had only one plant in the county of Enkoeping (pronounced en-CHUR-ping) where he made soyfoods. He built (together with Mark Jungstrum of Trensusms Musteri) a soybase plant in the commune and city of Tingsryd near Karlshamn; it produced 3,000 to 3,500 liters/hour of soybase. And he had a test plant at Alfa-Laval in Lund.

WholeSoy's Soy Cream Cheese was introduced in Feb. 2005 in two flavors: Original and Garlic & Herb. It had a 90-day shelf life with 12 packs per case. Both are still on the market but Ted is in the process of discontinuing the product by letting them "sell through" until they are all off the shelves. He got them into all the natural food stores, but the total market for this product category is too small, so sales were too slow.

In about Sept. 2004 Ted also launched a WholeSoy Smoothie Light, but discontinued it in about Nov. 2005. it. It contained very little sugar and used Lo Han fruit concentrate as the natural sweetener. Address: WholeSoy & Co., 49 Stevenson St., Suite 1075, San Francisco, California 94105-2975; 660 Vischer Ct., Sonoma, CA 95476. Phone: 415-495-2870.

12806. Kanner, Ellen. 2006. Enjoy the soy beyond the tofu: Edgy veggie. *Contra Costa Times.* May 10. p. G6.
• ***Summary:*** "Eating soy need not turn you as pale and quivery as a block of tofu. Three excellent new products provide painless, nay, downright pleasing ways to get the benefits of soy (cholesterol-free protein, fab phytochemicals)." (1) Crum Creek Mills Breathtaking Buttermilk Pancake Mix. (2) House Foods Tofu Noodles. (3) Nayonaise (made by Nasoya). Address: Knight Ridder.

12807. Annapurna. 2006. Annapurna: zdrava hrana (Website printout–part). www.annapurna.hr 4 p. Printed May 22.
• ***Summary:*** A very creative and lovely website–in Croatian. The company makes tofu, seitan, soy yogurt, tempeh, and 5 tofu dips or spreads. Color slides show each of the company's soyfoods products in a large window. Clouds in a blue sky move from left to right. An orange lady bird beetle flies and walks over the homepage. As one's cursor hovers over a new button, it makes a soft "bong" sound. Address: Klanjec 30a, Rakitje, 10437 Bestovje [Croatia]. Phone: +385 (0) 1 3385 533.

12808. Bakhshandeh, Ehsan. 2006. Soya health benefits underlined. *Iran Daily.* May 31.
• ***Summary:*** Tehran, May 30. A man who distributes equipment for making soyfoods stressed their health benefits and the role they can play in the prevention of cancer and in reducing the risk of heart disease.

At the 13th International Food, Drink and Packaging Technology Trade Fair in Tehran, Firouz Zanjani, managing director of Assoy (Middle East Div.) said that in Iran, soybeans are classified as vegetables. From them, using his equipment, soyfoods such as soymilk, tofu, soyyogurt, and soycheese can be made. All have important health benefits. Soymilk, from which the other soy products are made, contains no lactose, cholesterol, or side effects, and therefore can be consumed by people of all ages.

Soybeans have been cultivated in Iran for the past three years. They are grown only in the north, in Gorgan, Golestan province. The climate in other parts of Iran is not suited for soybean cultivation. In 2007, according to Zanjani, 240,000 tons of soybeans will be produced in Iran, "while 130,000 hectares will be brought under soybean cultivation in the next two years."

Zanjani said there is only one large factory in Iran that processes soybeans. It was established 9 years ago, however its products began to be marked only 18 months ago. Yet the high price of these products is the main reason for their low per-capita consumption in Iran. Zanjani further blamed poor dissemination of information about the health benefits of soy products. Despite the publicity campaign, using advertisements in newspapers and on billboards, only 5-10% of Iranians know what soymilk is. He added that two other soyfoods factories equipped with the state-of-the-art technology will be launched in 2007 in Tehran and Mashhad.

A color photo shows Firouz Zanjani.

12809. **Product Name:** Satay Noodle Salad.

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Manufacturer's Name: Hodo Soy Beanery.
Manufacturer's Address: 1600 S. De Anza Blvd., San Jose, CA 95106. Phone: 408-517-8958.
Date of Introduction: 2006. May.
Ingredients: Soybeans, filtered water, carrots, wood-ear mushrooms, peanut sauce, sesame paste, sesame oil, sugar, soy sauce, calcium sulfate.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Labels by brought to Soyinfo Center by Minh Tsai on 2009. Sept. 16.

12810. **Product Name:** Tofu Jerky.
Manufacturer's Name: Hodo Soy Beanery.
Manufacturer's Address: 1600 S. De Anza Blvd., San Jose, CA 95106. Phone: 408-517-8958.
Date of Introduction: 2006. May.
Ingredients: Soybeans, filtered water, soybean oil, soy sauce, sugar, Chinese five-spice powder (fennel, clove, cinnamon, anise, peppercorn), calcium sulfate.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Labels by brought to Soyinfo Center by Minh Tsai on 2009. Sept. 16.

12811. Mescher, Kelly. 2006. Indonesia: Aquaculture and soyfoods are key selling points. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 17(7):14. Spring.
• ***Summary:*** "In Indonesia, the aquaculture industry is huge and growing. And aquaculture's No. 1 source of protein is soybean meal." In fact, "aquaculture is the fastest growing use of soybean meal right now."

The market for soyfoods in Indonesia is also huge and growing. They consume 2 million tons a year of soybeans. Since they have no soybean crushing plants, the soybeans are imported largely for food use. "Tempeh producers are the biggest customer of whole soybeans in Indonesia." No. 2 is tofu makers. Both tempeh and tofu are basic foods in the Indonesian diet.

Photos show: (1) Directors of the Nebraska Soybean Association observing undersea aquaculture cages. (2) Many cakes of tempeh produced in the backyard of a small mom and pop shop in Indonesia.

12812. Caplan, Jeremy. 2006. A healthier trip to the supermarket. *Time.* June 15.
• ***Summary:*** Phil Lempert, supermarket guru, writes about healthy foods. He says: "Tofu, which has long been popular in Asia, is becoming more common in American supermarkets." Generally sold in the produce section, either in rectangular tubs or vacuum packs, "tofu is healthy, easy to prepare and relatively inexpensive."

12813. Gilbert, Daniel. 2006. Does fatherhood make you happy? *Time.* June 19.
• ***Summary:*** "... when something makes us happy we are willing to pay a lot for it, which is why the worst Belgian chocolate is more expensive than the best Belgian tofu."

12814. Vandemoortele Group 2006. Vandemoortele Group takes over SoFine Foods (News release). Ghent, Belgium. 2 p. June 23.
• ***Summary:*** "The boards of Vandemoortele and Heuschen & Schrouff Foods Group confirm the takeover of SoFine Foods, a subsidiary of Heuschen & Schrouff, by Vandemoortele. SoFine Foods is a leading manufacturer of tofu, a soy-based alternative to meat products.

"Via its Alpro soya division, Vandemoortele is the European market leader in the segment of 100% natural soy products. The Heuschen & Schrouff Foods Group is through its subsidiary, Heuschen & Schrouff Oriental Foods Trading, one of the most important players in Europe in the field of import & export of authentic Asian products." Bernard Deryckere is Managing Director of Alpro. Frits Schrouff is General Director of Heuschen & Schrouff Foods Group.

"SoFine, situated in Landgraaf [Netherlands], has more than 70 employees. Set up in 1963, this organisation was the first in Europe to produce tofu on an industrial scale. Through the ensuing years SoFine Foods has grown to become a leading player in the field of tofu products. Tofu is a 100% vegetable alternative for meat products on the basis of soy and has been part of the usual diet of people in China and Japan for centuries. SoFine Foods is active, with an extensive range of tofu products (Tofu strips, Tofu mince, Tofu Balls, Tofu Burgers), in various European countries, with the focus on Belgium, the Netherlands, France and Germany. Alongside its main brand name, SoFine also owns the brand De Morgenstond, which is mainly distributed in organic food shops in Belgium and the Netherlands.

"About Heuschen & Schrouff Foods Group: The Dutch company Heuschen & Schrouff has specialised for the last 45 years in the import & export of authentic Asian products. More than 2000 articles are imported directly from countries such as Thailand, the Philippines, Singapore, Malaysia, Vietnam, Japan, China, etc. The family-run company has its own bean sprout nursery and until recently a tofu factory. The company markets its assortment in some 10 European countries. With 225 employees the group turnover is in the region of 55 million euro. SoFine realises a turnover of 8.2 million euro."

Note: Ghent, located in the Flemish region of Belgium, is the country's 2nd largest municipality by number of inhabitants.

12815. Loma Linda Wholesome Foods. 2006. Meatless never tasted so good! Vibrant Life (Ad). *Vibrant Life* (*Hagerstown, Maryland*). Special issue on Taming Stress. p. 26. Undated.

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• ***Summary:*** A full-page color ad. "Loma Linda University has joined *Vibrant Life* magazine (a Review and Herald Publication) in the development of a vegetarian product line under the brand name Vibrant Life..."

"Vibrant Life products are sold exclusively in Adventist Book and Nutrition Centers, college markets and selected web sites." Photos show: (1) Five plates of prepared dishes. (2) The various products in the Vibrant Life line. Canned products (19 or 48 oz.) include: 7-Grain Cutlets, Vege Steak, Super Franks, Vegeburger, Vege-Franks, Vegelets, and Vege-Cuts.

Frozen products in paperboard cartons (8 oz. to 15 lb) include: Sizzl'n Burger, Chick Burger, Chik Bits, Chik Nuggets, Vege-Link, Tofu Links, Breakfast Sausage, Vege-Chick'n Slices, Vege-Turkey Slices, Vege-Salami Slices, Vege-Boloni Slices, Vege-Chick'n Rolls, Vege-Turkey Rolls, Vege-Salami Rolls, Vege-Boloni Rolls, Breakfast Links, Tofu Franks, Vege-Dogs, Jumbo Vege-BBQ Franks.

For more information visit www.vibrantlife.info. Address: Loma Linda, California. Phone: 888-893-2002.

12816. Sylva, Bob. 2006. Sacramento Tofu Co. soon to celebrate 60th anniversary. *Sacramento Bee.* Aug. 2.
• ***Summary:*** Alvin Kunishi, 62, owner (with his wife Dorothy) of the Sacramento Tofu Co., has been making tofu since he was a boy. Alvin says the company was founded in 1947 by his father, Hiroshi "Tom" Kunishi, a gregarious man, fresh from an internment camp, who knew a little about making tofu. Today the company makes about 6,000 pounds a week.

Azumaya, another early tofu company, was purchased in the early 1990s by Vitasoy, which shut down the Azumaya tofu factory in South San Francisco and moved the operation to Ayer, Massachusetts.

12817. Patterson, Daniel. 2006. The way we eat: I can't believe its tofu. *New York Times Magazine.* Aug. 6. Sunday.
• ***Summary:*** The writer never thought he could love a soy product. He could probably muster admiration, certainly respect, but never infatuation. So he was quite surprised when dining at Kappo Sakamoto in Kyoto, Japan, that he swooned over a dish of yuba. It was served in a handmade box, simmering in water over a piece of glowing charcoal. He lifted the opaque sheets from the bubbling water, dipped them into a sauce (made from soy sauce, dashi, mirin, and fresh wasabi) and wow! A mildly sweet flavor and tender texture he had never experienced before. Here was tofu's "sexy and elegant cousin." He returned to the USA in search of yuba.

By good fortune, Ryuta Sakamoto, the son of Kappo Sakamoto's chef, was a partner in a San Francisco restaurant name "Medicine," that served (among other things) yuba! He explained that "yuba is one of the purest expressions of Kyoto cuisine. It is exquisitely simple, so its magic lies in the quality of the ingredients and the skill with which they are handled." Just as a film forms atop milk when it is heated, so yuba forms atop soymilk. Each batch of soymilk will yield about 7-8 layers of yuba. The first 4-5 are the best quality; the last 2-3 sheets are generally dried. "Yuba is best just after it is made" and will keep for only about 5 days.

Can you make yuba at home? Yes, but not with commercial soymilk. The protein content is too low.

Then Sakamoto directed the writer to Minh Tsai, the owner of Hodo Soy Beanery, a Bay Area company that makes soyfoods using only organic ingredients that are not genetically engineered. Tsai sells his yuba and other soy products at farmer's markets around the Bay Area and will also ship yuba in the U.S. The writer bought some and rushed back to his restaurant to try it. Modest success. But when he deep fried the yuba it was pure bliss.

12818. Kunishi, Alvin. 2006. Early history of Sacramento Tofu Co. (Interview). *SoyaScan Notes.* Aug. 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Alvin's mother, Michiko Kunishi, who is still alive and whose husband (Hiroshi "Tom" Kunishi) founded the Sacramento Tofu Co., has always told Alvin that the company was started in 1947 in Sacramento. She helped her husband with the company as much as she was able to while raising a family. Four men founded the company: (1) Hiroshi, Alvin's father. (2) Takeo Hiroshige, a friend of Hiroshi's who is still alive. (3) George Shimada, Alvin's uncle (his mother's brother), and (4) Mr. Tsumura, who taught Hiroshi Kunishi how to make tofu. Alvin thinks that Mr. Tsumura may have owned a tofu company before World War II began. Alvin thinks there were 2-3 tofu manufacturers in Sacramento before the war. All four men worked at the company from day to day for about the first 1-2 years. Takeo Hiroshige told Alvin several times that the company was founded in 1947. Other than this, Alvin has no written or documentary proof of the date the company was founded.

Sacramento State College collects materials on the history of Japanese Americans in Sacramento.

Note: Japanese American Directories show that at least 19 different tofu manufacturers existed in Sacramento from about 1895 to 1941. Address: Owner, Sacramento Tofu Mfg. Co., 8300 Belvedere Ave., Sacramento, California 95826.

12819. Kunishi, Michiko Shimada. 2006. Origin and early history of Sacramento Tofu Co. (Interview). *SoyaScan Notes.* Aug. 10. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Michiko Shimada grew up in Sacramento. Her father owned and ran a grocery store. When Japanese-Americans living on the West Coast of the USA were told to leave home and report for internment camps, he boarded up his grocery store and left. He ended up losing everything during the war. Michiko was sent to the Tule Lake camp,

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where she married Hiroshi "Tom" Kunishi. Kunishi, who is still alive and whose husband (Hiroshi "Tom" Kunishi) founded the Sacramento Tofu Co., has always told Alvin that the company was started in 1947 in Sacramento. She helped her husband with the company as much as she was able to while raising a family. Four men founded the company: (1) Hiroshi, Alvin's father. (2) Takeo Hiroshige, a friend of Hiroshi's who is still alive. (3) George Shimada, Alvin's uncle (his mother's brother), and (4) Mr. Tsumura, who taught Hiroshi Kunishi how to make tofu. Alvin thinks that Mr. Tsumura may have owned a tofu company before World War II began. Alvin thinks there were 2-3 tofu manufacturers in Sacramento before the war. All four men worked at the company from day to day for about the first 1-2 years. Takeo Hiroshige told Alvin several times that the company was founded in 1947. Other than this, Alvin has no written or documentary proof of the date the company was founded.

Sacramento State College collects materials on the history of Japanese in Sacramento. Address: Owner, Sacramento Tofu Mfg. Co., 8300 Belvedere Ave., Sacramento, California 95826.

12820. United Soybean Board (USB). 2006. Consumer attitudes about nutrition: Insights into nutrition, health, and soyfoods. 13th annual national report. Seattle, Washington. 8 p. Oct. 28 cm.

• ***Summary:*** The methodology used in this survey changed significantly in 2006. Previously, random telephone interviews were completed with 1,000 consumers. This year an online self-administered survey was used. "Conducted by an independent research firm [in Seattle, Washington] in February and March 2006, the study includes 1,000 random surveys, providing a sample that is consistent with the total American population. The study's margin of error remains ± 1.9 to 3.1%, with a confidence interval of 95 percent."

Contents: Introduction. Methodology. About USB. Nutritional habits and obesity concerns. Healthy food decisions. Cooking oil impressions. Consumer attitudes about fats. Awareness and usage of soy products. Occasion preferences for consuming soy. Restaurants and soy products. Soyfoods in health.

Awareness and usage: 30% of Americans consume soyfoods or soy beverages once a month or more. A table shows the "Top 20 soy products by awareness." Soymilk 87%. Soybean oil 61%. Soy veggie burger 60%. Plain white tofu 59%. Soy infant formula 44%. Soy nuts 43%. Soy latte 35% (Soymilk in espresso coffee drinks [as at Starbucks]). Soy protein bars 32%. Soy hot dogs 30%. Soy yogurt 29%. Dried or canned soybeans 29%. Soy flour 28%. Soy ice cream / cheese 28%. Cereal bar / Energy bar 28%. Flavored / Marinated tofu 26%. Miso 24%. Soy supplements 23%. Soy breakfast cereal 23%. Textured soy protein. Edamame 17%. All others mentioned 12% or less.

Occasion preferences for consuming soy (in descending order of preference): dinner 40%, breakfast 29%, lunch 22%, mid-morning snack 16%, mid-afternoon snack 16%, etc.

Soy products ordered in restaurants: Soy veggie burger 29%. Tofu 29%. Soymilk 28%. Miso 14%. Edamame 8%. Tofu (prepared) 6%, etc.

"In 2006, 82% of consumers rate soy products as healthy, significantly more than in previous years" (78% in 2005, 74% in 2004, 67% in 1998). Why? Low-fat profile 20%. Protein content 15%. Heart health 15%. Cholesterol-lowering properties 12%. "Being good for you" 10%. "A lactose-free option 10%."

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12821. Hymowitz, Ted. 2006. Why did the West (Europe and the Middle East) know so little about China in the 12th and 13th centuries? (Interview). *SoyaScan Notes.* Sept. 1. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Because the Arabs blocked most European travel over the Silk Road / Route from about the 7th century until the 12th or 13th century. The Arab conquest blocked the overland route, in part to control the trade. There were actually two phases in the history of the Silk Road. The first phase ended in about the 6th or 7th century, before the origin of Islam.

Note: Both of these "Silk Roads" was actually a series of interconnected routes that ran from about Xian (Chang'an) in eastern China, along the northern part of China, branching into today's Central Asia, south of the Caspian Sea, through today's Turkmenistan, Iran (formerly Persia), and Iraq, to Damascus (today's Syria) and Antioch (in today's Turkey). The first famous and documented Chinese traveler, Zhang Qian (W.-G. Chang Ch'ien) led two expeditions to the Western Regions in the 2nd century BC, during the Former / Western Han dynasty.

As early as the 1st century AD, there were already some oceanic routes that were part of the "Silk Road." They hugged the coast from central China, around India, into the Persian Gulf and the Red Sea, then on to Italy!

This Arab blockade was one of the reasons for the search for a water route to China. The blockade began to fail as sea routes were developed. For example, in May 1498, Vasco da Gama was the first European to discover a sea route to India.

Another reason it took so long for information about the soybean to reach Europe from China was that the soybean is unlike rice, wheat, and maize / corn, where the product of the crop is associated very closely with what is growing in the field; everyone knows what rice, wheat and corn look like because they are so widely consumed as food. The main products of the soybean, especially those in commerce (such as soy sauce), bear no resemblance to the seed or plant from which they are made. It took a long time before Europeans realized that soy sauce (for example), which was known in

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Europe by the late 1600s, was made from the soybean–which did not arrive in Europe until the late 1730s. Even in Asia, the various names of the soybean were very different from the names of its major products. For example in China: Soybean is *dadou* or *huangdou,* soy sauce is *jiangyou,* tofu is *doufu,* and soymilk is *dounai* or *doujiang.* In Japan: Soybean is *daizu,* soy sauce is shoyu, tofu is tofu, soymilk is *tonyu,* miso is miso, natto is natto, and green vegetable soybeans are edamamé. In Indonesia, tempé is tempeh. Even in the Western World today, many of these traditional foods and condiments do not have "soy" as part of their name. Moreover, the foods look totally different from the seed / bean from which they are made.

The first European to understand the connection between the soybean and its products was Engelbert Kaempfer; he made this clear in his book *Amoenitatum exoticarum...* vol. 5. Yet most Westerners did not understand this connection until more than a century later, and quite a few even today don't realize that tofu (for example) is made from soybeans.

Ted is convinced that Marco Polo and the various early Western missionaries who traveled to China probably tasted soyfoods over and over again–but they didn't realize they were made from soybeans. A good example is milk. The early Western travelers in China often mentioned that Chinese drank milk; in some cases they were probably drinking soymilk. Address: Prof. of Plant Genetics (retired), Dep. of Crop Sciences, Univ. of Illinois, Urbana, Illinois.

12822. Tisdale, Kevin. 2006. Has Pacific Foods of Oregon, Inc. (Tualatin, Oregon) changed its name to Pacific Natural Foods (Interview). *SoyaScan Notes.* Sept. 18. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** This question arose because, on the company's website, the space at the top of each page where the company name usually appears, bears the prominent name "Pacific Natural Foods: The Delicious Taste of Nature." Only at the very bottom of each page, in very small, almost inconspicuous letters, do we read: Copyright 2006, Pacific Foods of Oregon, Inc.

On the "Contact us" page, is the company's address, phone number and fax number, but no company name above those–as usual.

Under "About us," the page titled "History" begins: "Pacific Natural Foods was founded in 1987. When the co-founders began building the company, their idea was to start by making tofu."

Kevin says that Pacific Foods of Oregon, Inc. is still the company's legal name. The company's main brand used to be "Pacific Foods," but about 1½ years ago that was changed to "Pacific Natural Foods."

The company is doing well. Since it does not have refrigerated distribution, its soymilk line has been hurt by the trend (started by White Wave's Silk) toward refrigerated sales in the dairy case. The company's Almond Milk and Oat Milk now sell almost as well as the soymilk, although there are many more SKU's of soymilk. Address: Pacific Foods of Oregon.

12823. **Product Name:** CrèmSo [Peach, Raspberry, Strawberry, Tropical Fruit].
Manufacturer's Name: Bloom Foods Co.
Manufacturer's Address: 3100 Mill St., Suite 206, Reno, Nevada 89502. Phone: 775-324-2005.
Date of Introduction: 2006. September.
Ingredients: Peach: Peaches, organic soy puree (water, organic USDA #1 soybeans, magnesium chloride), pears, evaporated cane juice, corn starch, natural flavors, inulin, annatto extract (for color), lemon juice, carrageenan, guar gum, vanilla.
Wt/Vol., Packaging, Price: 4 cups per unit, 4 oz per cup.
How Stored: Refrigerated.
New Product–Documentation: Leaflet sent by Patricia Smith from Natural Products Expo East. 1996. Sept. "CrèmSo–All Natural Fruit & Soy Crème." www.cremso.com. An illustration shows the four different packages.

12824. Helen's Kitchen. 2006. Helen's Kitchen: Simple health (Leaflet). Irvine, California. 1 p. Front and back. 28 cm.

• ***Summary:*** Leaflet (glossy color) sent by Patricia Smith from Natural Products Expo East. 2006. Sept. This company sells frozen vegetarian entrees, many of which contain tofu or soybeans. On the front: "Our story: For over 20 years Helen Moore has cooked her famous full-flavored Tofu Steaks for family & friends. After college, Helen's son, Stephen, asked if he could take Helen's Tofu Steaks from her kitchen to the world–creating Helen's Foods Inc." Only organic soybeans.

On the rear are shown 8 meals, with the name ingredients, and product information for each. These include: Mexican meals: Cheese Enchiladas with Tofu Steaks in Spicy Red Sauce. Italian Meals: Farfalle & Basil Pesto with Tofu Steaks. Indian Meals: Indian Curry with Tofu Steaks over Rice. Asian Meals: Thai Yellow Curry with Tofu Steaks & Vegetables over Rice.

Basics: GardenSteak. Basics: Vegetarian Chicken Tofu Steaks. Basics: Italian Parmesan Tofu Meatballs. Basics: Italian Spiced Tofu Meatballs.

For more: www.helensfoods.com. Address: 1882 McGaw Ave., Suite A, Irvine, CA 92614.

12825. **Product Name:** Soyboy Round Ravioli (With Organic Tofu Filling) [Original, Verde, Rosa].
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 345 Paul Rd., Rochester, NY 14624. Phone: 585-235-8970.
Date of Introduction: 2006. September.
Ingredients: Ravioli Verde: Pasta: Enriched durum flour,

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filtered water, wheat gluten, spinach. Filling: Organic tofu, tomato paste, fresh onion, tapioca, onion and garlic powder, non-irradiated herbs and spices, vegetable gum, sea salt. honey, sea salt.
Wt/Vol., Packaging, Price: 10 oz package.
How Stored: Frozen.
New Product–Documentation: Leaflet (8½ by 11 inch, front and back, glossy color) sent by Patricia Smith from Natural Products Expo East. 2000. Sept. "SoyBoy artisan round ravioli. Filling made with organic tofu. Non-dairy, No cholesterol. Low fat."

From www.soyboy.com: "Original Tofu Ravioli is made with superior durum flour for a light texture and is filled with a deliciously seasoned organic tofu filling. It's perfect for lactose-intolerant people and a great way to introduce a friend to organic tofu!

"Ravioli Rosa combines the light taste of tomato pasta with a roasted sweet red pepper and organic tofu filling. Enjoy it with a light sauce or a simple vinaigrette dressing.

"Ravioli Verde starts with the subtle taste of spinach pasta and adds to it a garden herb-seasoned organic tofu–great with your favorite veggie sauce!"

12826. **Product Name:** Soyboy Baked and Seasoned Organic Tofu [Italian Tofu, Tofu Lin, Caribbean Tofu, Smoked Tofu].
Manufacturer's Name: Northern Soy, Inc.
Manufacturer's Address: 345 Paul Rd., Rochester, NY 14624. Phone: 585-235-8970.
Date of Introduction: 2006. September.
Ingredients: Caribbean Tofu: Organic Tofu, non-GMO soy sauce, barley malt, onion powder, apple cider vinegar, non-irradiated spices.
Wt/Vol., Packaging, Price: 8 oz package.
How Stored: Refrigerated.
New Product–Documentation: Leaflet (8½ by 11 inch, front and back, glossy color) sent by Patricia Smith from Natural Products Expo East. 2000. Sept. On the front: "Enjoy the goodness of organic tofu in great tasting flavors." Each of the four products is shown on a green tiled background. On the rear is given the ingredients, nutrition facts, and product information for each product.

From www.soyboy.com/baked.htm:

"Tofu Lin is our SoyBoy Organic Tofu marinated with traditional oriental flavorings and baked so it is ready to eat right out of the package. Low in saturated fat and cholesterol free, it is a great substitute for meat in oriental stir-fries and in salads and soups.

"Italian Tofu is SoyBoy Organic Tofu tastefully seasoned with Italian flavorings. Great in salads, pasta dishes, or in any casserole where you choose to add healthful, organic soy in a unique, tasty form.

"Our Caribbean Tofu recipe is SoyBoy Organic Tofu that has been marinated and baked according to a Jamaican family recipe. Combine Caribbean Tofu with other ingredients to add a delicious, exotic zest to your meal, or enjoy it as a snack, straight from the package.

"Smoked Tofu is SoyBoy Organic Tofu that has been baked, seasoned and smoked. Ready to eat right out of the package. It's great in sandwiches, hors d'oeuvres and split pea soup. It also makes a great substitute for smoked cheese."

12827. **Product Name:** Voluptuous veggie delights! Discover six unique meat alternatives from Europe's premier tofu innovator (Sell sheet).
Manufacturer's Name: Viana. Made in Germany by Tofutown.com.
Manufacturer's Address: Wiesbaum, Germany D-54578.
Date of Introduction: 2006. September.
Ingredients: Viana Veggie Turkish Roast: Water, Tofu* (soybeans, water, nigari), wheat protein*, sunflower oil*, roasted onion (onions, palm oil, wheat flour, salt), soy sauce* (water, soybeans*, sea salt, wheat*), spices, sea salt, raw cane sugar, tomato paste, locust bean gum, herbs, yeast. * = Certified USDA Organic.
Wt/Vol., Packaging, Price: 7.05 oz (200 gm).
How Stored: Refrigerated.
New Product–Documentation: The following are "Now available in the U.S." Import and distribution: Ceres Organics, 2121 30th St., Boulder, Colorado 80301. Tel. +1 866 542 1559. www.ceresorganic.com." Viana Cowgirl Veggie Steaks (Holzfäller Hacksteaks), Viana Chicken Fillets, Viana Veggie Gyros, Viana Veggie Turkish Roast, Viana Veggie Cevapcici, Viana Veggie Kebab (Veggie Dönner / Donner Kebab).

All are vegan with 0% lactose and 0% cholesterol. Heart healthy. Very low in saturated fatty acids. Savory and flavorful. Authentic texture in each variety. Ready in five minutes. Made with organic ingredients. High quality sources of protein. GMO free.

On the rear side of this sell sheet are nutrition facts and ingredients for each of the six products.

12828. Rowe, Simon. 2006. A heavenly night's rest. *Time* (*Europe and Asia*). Oct. 10 and 16.
• ***Summary:*** Rengejo-in is a beautiful temple located atop Mount Koya, famous among Buddhists in Japan. "... a cable-car ascent. The 48-room *shukubo* is famous for its tofu and lavish temple altar." Meditation is offered twice daily.

12829. Ressner, Jeffrey. 2006. A dotcom for the dinner table? *Time.* Nov. 2.
• ***Summary:*** On Yahoo! Food: "The local dining guide for Los Angeles called a cheap Vietnamese veggie joint in Reseda named Vinh Loi Tofu its highest rated restaurant, based upon a single review." Whose ever heard of Vinh Loi Tofu?

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12830. Morrison, Don. 2006. Hungry for more. *Time* (*Europe*)**.** Nov. 5.
• ***Summary:*** "... 'minced pigeon breasts with mashed tofu molded into tiny snowballs, sprinkled with tiny tender green scallion flakes.'"

12831. Itoi, Lydia. 2006. A Zen palette. *Time* (*Europe and Asia*)**.** Nov. 20 and 27.
• ***Summary:*** Umu is London's most ambitious kaiseki restaurant. Executive chef Ichiro Kubota goes to great lengths to bring the refined taste of Kyoto to the land of fish and chips. "Dishes like sesame tofu are nods to Kyoto's Buddhist vegetarian cuisine. At the end comes the spiritual heart of the meal: rice, pickles and the best miso soup around."

12832. Weil, Andrew. 2006. How foods can affect cancer. *Time***.** Nov. 20.
• ***Summary:*** The article begins: "What do steak, tofu and sushi have to do with cancer? Plenty, it seems, if several" new studies are to be believed. One study found a disturbing association between red meat consumption and cancer. A epidemiological study showed that Asian women consuming diets rich in soy have significantly lower rates of breast cancer than Western women have.

The report that interested Dr. Weil most examined the association between breast cancer and "soy-based foods" [soyfoods]. This has become a controversial subject because "soy contains isoflavones;" some of these, in an "isolated form, can stimulate the growth of estrogen-receptor-positive breast-cancer cells. That's why many Western doctors warn women against eating soy." Yet the epidemiological evidence looks promising: Asian women who consume "diets rich in soy have significantly lower rates of breast cancer than Western women have."

Dr. Weil was particularly pleased to see a new study of Asian-American women done by the National Cancer Institute. It studied women who ate a lot of soy-based foods as children, adolescents and adults. "The strongest and most consistent association was among women who ate the most soy-based foods from ages 5 to 11." Their risk of developing hormone-fueled breast cancer was only 58% as much as the women who ate the least soy-based foods. Women who ate a lot of soy as adolescents or adults reduced their risk by 25%. "Regular, moderate consumption of whole-soy foods (such as soynuts, edamame, soymilk, tofu and tempeh) probably affects the development of breast tissue in young females, possibly making it more resistant to carcinogens, including estrogenic agents in the environment."

Dr. Weil believes that women who have a history of breast cancer should be introducing their kids to soy foods at as early an age as possible. "Substituting soy milk for cow's milk is one way to start." He believes the same thing will be shown to hold true for boys; a diet that includes soy foods may reduce their future risk of prostate cancer.

A large color photo shows a white bowl filled with edamamé (green vegetable soybeans in the pods). A sidebar across bottom of article, titled "What we eat," states: (1) In 2004, U.S. per capita consumption of red meat was nearly 120 lbs. (2) In 2005 Americans ate, on average, 5 oz. of soy protein (equivalent to 12 oz. of soybeans), including ½ gallon of soy milk and 7 oz. of tofu. (3) In 2004 the average American ate 16½ lbs. of fish and shellfish.

Note: This is the 2nd earliest known article in *Time* magazine that mentions tempeh. Address: M.D.

12833. Endô, Orie. 2006. A cultural history of Japanese women's language. *Michigan Monograph Series in Japanese Studies***.** No. 57. vii + 129 p. Nov. See p. 38. [415+* ref]
• ***Summary:*** In the section titled "Women's language in the Kamakura [1185-1333] and Muromachi [1336-1573] periods" we learn (p. 37) that *mushi* is the women's word (*nyôbô-kotoba*) for miso; it appears in *Senjimono* (The Decoction).

The word "mame no ko" (meaning *kinako* or "roasted soy flour") appears on page 38–in the very interesting context of women's words created during the Edo period. We read: "Some expressions came into use among the men of the samurai class as well, a fact lamented in *Kagomimi* [a book published during the Edo period, 1600-1867]. 'It is unpleasant to hear samurai, tradesmen, and artisans use words that are women's. Examples such as... *okawa* for *kawamesha,* 'glutinous steamed rice for red beans,' *akanomeshi* for *sekihan,* 'festive red rice, *kinako* for *mame no ko,* 'soybean flour,' are all too frequently used.' There are also examples of men using words such as *murasaki, himojii,* and *okabe* in a collection of popular common stories called *Seisuishô* (1623).

Note: This series is published by the Center for Japanese Studies, University of Michigan, Ann Arbor, Michigan. Address: Dep. of Cultural Linguistics, Koshigaya campus, Bunkyô University, Japan.

12834. Funk, Linda. 2006. Happy food memories. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 18(2):8. Nov.
• ***Summary:*** Contains recipes for Creamy edamame soup, Tofu banana bread. Address: Executive Director, The Soyfoods Council.

12835. Northrup, Christiane. 2006. The wisdom of menopause: Creating physical and emotional health and healing during the change. Revised ed. New York, NY: Bantam Books. xvii + 631 p. Illust. Index. 24 cm. [36 soy ref]
• ***Summary:*** This revised edition contains a very positive and accurate section on the ability of soyfoods to relieve

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menopausal symptoms. But the benefits are dose-dependent. Discusses: Soy and menopause (p. 188-93; "Each of the following servings contains approximately 35-50 mg of soy isoflavones: 1 cup soy milk, ½ cup tofu, ½ cup tempeh, ½ cup green soybeans (edamame), available fresh or frozen, 3 handfuls roasted soy nuts"). Brain foods: Omega-3 fats [fatty acids], and DHA, soy and Japan (p. 337-38). Beautiful skin and soy (p. 364-66). Bone building and soy (p. 407-08). Eating for breast health and soy; Why soy is safe for breast tissue (p. 450-53). Heart health and soy (p. 524-25). Resources–Soy (incl. Revival Soy, p. 549).

At least 36 scientific studies on soy and women's health are cited, each with a full bibliographic record in the notes, chapter by chapter.

"Is there a soy-thyroid connection?" (p. 189-90). "Here's the bottom line: there is no convincing evidence that soy intake increases the risk of hypothyroidism during perimenopause. However, women often begin increasing their intake of soy during perimenopause, a time when they often get their thyroid function checked for the first time as well. And given that fully 25 percent of perimenopausal women have a thyroid problem, many believe that soy is responsible. If you have any doubt about your thyroid function, get it tested. Make sure you test for TSH (thyroid-stimulating hormone) along with T3 and T4, the two thyroid hormones. Its a simple blood test, and it will put your mind at ease." Address: M.D. (gynecologist), Women to Women, Yarmouth, Maine.

12836. **Product Name:** Organic Pesto Sausage Patties, Curried Potato Patties, Original Breakfast Sausage (Replaces Tofu Sausage Patties, launched Aug. 1982).
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 65 Frank Martin Court, Arcata, CA 95521. Phone: 707-822-7401.
Date of Introduction: 2006. November.
Wt/Vol., Packaging, Price: 6.5 oz (184 gm).
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Matthew Schmit. 2009. March 18. 3 by 3 inches. Self adhesive. Multi-colored on white. A stylish water-color illustration shows a tofu shop on stilts by the edge of the sea. All three products are "Certified organic. Seasoned and baked. Perishable–Keep refrigerated." (1) Pesto: "Dice into pasta or add to pizza!"(2) Curried: "Add to falafel, wrap, or toast." (3) Original: "Delicious sausage alternative."

12837. Vitasoy International Holdings Ltd. 2006. Interim report 2006. New Territories, Hong Kong. 40 p. Nov. 30 cm. [Eng; Chi]
• ***Summary:*** For the six months ended 30 Sept. 2006, group turnover (sales) was HK$1,326 million, up 5.1% over the same period last year. Gross profit was HK$779 million, up 5.0% over the same period last year. "In view of the Group's strong balance sheet, the Board of Directors has declared an interim dividend of HK$2.8 cents per share." Sales performance was very encouraging in Mainland China (53.8%) and Australia and New Zealand (12.5%); it was steady in Hong Kong (5.9%), but lacklustre in North America (0.5%).

Market performance in North America: After years of rapid growth, the U.S. soyfoods market overall has begun to shrink. For the first 6 months of fiscal 2006/07 the tofu category decreased by 2.2% and aseptic soymilk by 1.8%. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

12838. *SoyaScan Notes.* 2006. Soymilk, non-dairy beverages, and cow's milk prices at The Natural Grocery Co., Berkeley, California (Overview). Dec. 14. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Since Dec. 1983, approximately every other year, Soyfoods Center has conducted a survey of the prices of soymilk and cow's milk in California. Cindy La reports the following retail prices. (Note: oz = fluid ounces; 32 fl oz = 1 quart; 33.8 fl oz = 1 liter. 2 quarts = one half gallon). All soymilk products at Berkeley Natural Grocery Co. are now organic or largely organic = Org. MOS = Made with organic soybeans. NON ORG = Non Organic.

Shelf-stable / Aseptic soymilks: Westsoy Light and Plus all flavors (MOS) $2.39/quart. Westsoy Nonfat (MOS) $1.99/quart. Westsoy original creamy (95% Org) $2.29/quart or $1.79 on special. Westsoy shakes (MOS) $2.49/quart.

Edensoy Original (95% Org) $2.79/liter. Edensoy Enriched (95% Org) $2.89/liter. Eden Blend Rice & Soy (95% Org) $2.65/liter. Edensoy Dream 3-pack (75-95% Org) $2.89/3 x 8 oz.

Vitasoy Original (75-95% Org) $2.65/quart or $2.09 on special. Vitasoy Light (75-95% Org) $2.65/quart or $2.09 on special. Vitasoy Enriched (75-95% Org) $2.65/quart or $2.09 on special. Vitasoy Holiday Drinks (95% Org) $2.99/quart or $2.19 on special.

Soy Dream Regular or Enriched (Hain) (75-95% Org) $2.65/quart. Soy Dream 3-pack (75-95% Org) $3.09/3 x 8 oz. Pacific Foods (95% Org) $2.89. Kikkoman Pearl (75-95% Org) $2.59. White Wave Silk (95% Org) $2.49. Silk 3-pack (75-95% Org) $3.39/3 x 8 oz.

Refrigerated / Fresh soymilks (in gable-top cartons): Wildwood (95% Org) $2.39/quart or $3.99/half gallon. White Wave Silk Plain (95% Org) $1.99/quart or $3.69/half gallon. White Wave Silk Vanilla (75-95% Org) $3.69/half gallon. Soy Dream Enriched (75-95% Org) $3.89/half gallon.

Rice drinks: Rice Dream (75-95% Org) $2.59/quart. Lundberg (75-95% Org) $2.69/quart. Pacific Foods (75-95% Org) $2.19/quart.

Refrigerated cow's milk. Clover Stornetta $1.29/quart. or $2.19/half gallon or $3.99/gallon. Clover Stornetta 100% Organic $1.99/quart. or $3.49/half gallon or $6.39/

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gallon. Straus 100% Organic in glass bottle $2.49/quart or $3.99/half gallon. Claravale Raw Milk non-organic $3.99/quart. Organic Valley 100% Organic $1.99/quart or $3.99/half gallon. Meyenber Goat Milk non-organic $3.49/quart. Lactaid Milk non-organic $2.19//quart.

12839. Kuzmic, Vlatka. 2006. Update on Annapurna's work in Croatia (Interview). *SoyaScan Notes.* Nov. 29. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Annapurna now has 27-29 products. They are the biggest tempeh maker in Croatia; there is one other maker, which is smaller. Seven people working at Annapurna, plus Vlatka's husband who is the owner. Six of them work in production and one person is in their shop in Nehajska 42, Zagreb, which opened in June 2006. The biggest chain of health food stores in Croatia says that they sell more of Annapurna's products than those of any other Croatian manufacturer, and that Annapurna is among the top 15 suppliers worldwide in terms of sales. All is going well. Address: Klanjec 30a, Rakitje, 10437 Bestovje, Croatia. Phone: +385 1-3639-092.

12840. *SoyaScan Notes.* 2006. Chronology of major soy-related events and trends during 2006 (Overview). Dec. 31. Compiled by William Shurtleff of Soyfoods Center.
• ***Summary:*** Jan. 17–Soyatech (founded and owned by Peter Golbitz) is sold to HighQuest Partners, a management consulting firm headquartered in Boston, Massachusetts.

March 15-17–CERHR expert panel meets in Virginia to discuss soy-based infant formula safety. They issue an important report.

May–The Soy Nutrition Institute is founded. Mark Messina is executive director. The founding members (each of whom paid $10,000 to join) are: ADM, Solae, Cargill, White Wave, Revival, Monsanto, SANA, and the Soyfoods Council (Linda Funk, Iowa).

June 23. Vandemoortele Group, a large oilseed crusher of Ghent and the parent company of Alpro, Belgium, acquires SoFine Foods, a subsidiary of Heuschen & Schrouff and the largest tofu manufacturer in Europe.

July 15–The National Nutritional Foods Association (NNFA) changes its name to the Natural Products Association (NPA); it hopes to attract more members from the natural foods industry which is not represented by a trade association.

Sept.–*The Soya and Oilseed Bluebook*, published by Soyatech, migrates to the Web. Some bound paper copies will still be published. For the first time in decades, copies are sent free of charge to qualified industry members.

Oct.–House Foods (which owns and operates America's largest tofu plant in Garden Grove, California), opens a huge, brand new tofu manufacturing facility in Somerset, New Jersey. This enables them to deliver fresh, high quality, low cost tofu to the East Coast, Midwest, and Southeast markets.

Dec. 11–Hain Celestial Group (Melville, New York) acquires the assets of Haldane Foods Ltd. (Newport Pagnell, Bucks., UK) and its meat-free and non-dairy beverage business from Archer Daniels Midland Co. (ADM).

This year biofuels, including soy biodiesel, get new recognition for the important part that they can play in the U.S. energy economy.

12841. Cwiertka, Katarzyna Joanna. 2006. Modern Japanese cuisine: Food, power and national identity. London: Reaktion Books. 240 p. Illust. Index. 22 cm. [525* ref. Eng]
• ***Summary:*** The author is a recognized expert on the subject of Japanese cuisine and its modern history. This book is the result of more than a decade of research. Since 1950, the popularity of Japanese food in the West has greatly increased, contributing to the continuing diversification of Western eating patterns. This book examines the origins of Japanese cuisine as we know it today, exploring the transformations and developments food culture in Japan has undergone since the late 19th century. "Among the key factors in the shift in Japanese eating habits were the dietary effects of imperialism, reforms in military catering and home cooking, wartime food management and the rise of urban gastronomy. Japan's patchwork of diverse regional cuisines became homogenized over time and was replaced by a set of foods and practices with which the majority of Japanese today ardently identify. This book demonstrates that Japanese cuisine as it is currently understood and valued, in spite of certain inevitable historical influences, is primarily a modern invention concocted in the midst of the turbulent events of the late 19th and the 20th centuries."

Miso, miso soup, tofu, tofu lees [okara] and "simmered thin-sliced deep-fried tofu" are mentioned on pages 104-05–suggestions for dishes to be served in 1915 and July 1920. Address: Researcher, Centre for Japanese and Korean Studies, Leiden Univ.

12842. Mescher, Kelly. 2006. Stuffed Soysilk animals hit market: Response is outstanding. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 18(2):28-29. Dec. Cover story.
• ***Summary:*** "Jonelle Raffino has been designing and selling yarns made of soy for years.

"But she took yarn to the next level when she started exploring plush fabric made from soy for ready-to-wear items. 'The plush fabric was one of our first and most exciting fabrics,' Raffino says.

"Little did she know that she and her team at Southwest Trading Company would soon be expanding into the toy market. 'While I was thinking about coats and blankets, my daughter Sophia immediately grabbed the fabric in her arms and purred, 'Mommy, I want a teddy bear out of this.' Leave it to a child–an idea was born.

"'It was just such an obvious suggestion,' Raffino

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continues. 'The fiber is so soft and plush. We just knew that there was a lot of magic in what she was saying. We started designing the plush toys and introduced them at the International Play Fair in February. it's an entire trade show for toys.'" The response was outstanding and also led to a lot of private label work. "The Soysilk Pals line includes Tofu Bear, Buzz Cut Tofu Bear, Soynia Bunny, Edamame Bear, and they will be offering a stuffed goat named Soyphia for the holidays."

A sidebar titled "Soysilk Panda makes an international presence" states: "Tai Shan, the panda bear living at the Smithsonian National Zoo in Washington D.C. recently turned one-year old. The Smithsonian National Zoo wanted to celebrate the momentous occasion, so they asked Southwest Trading Company to create stuffed panda bears to sell at the zoo's gift shop.

"'We just created 2,000 stuffed pandas for the National Zoo to celebrate Tai Shan,' Raffino says. 'It's the first panda born in captivity to survive that long. They threw a massive party and more than 30,000 attended. It was really exciting and we're hoping to create more pieces for them."

The cover title: "Soy teddy bears: A cuddly alternative." Several color photos show babies and little children with toys made of Soysilk.

12843. **Product Name:** Trader Joe's High Protein Organic Tofu: Super Firm (Vacuum Packed).
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: Monrovia, CA 91016.
Date of Introduction: 2006. December.
Ingredients: Filtered water, organic soybeans, nigari (magnesium chloride, a natural firming agent). Certified organic by Quality Assurance International (QAI).
Wt/Vol., Packaging, Price: 16 oz (1 lb) vacuum packed. Retails for $1.99 (2006/12 Lafayette, California).
How Stored: Refrigerated.
Nutrition: Per 85 gm.: Calories 100, calories from fat 35, total fat 4 gm (6% daily value; saturated fat 1 gm), cholesterol 0 mg, sodium 45 mg (2%), total carbohydrate 5 gm (dietary fiber 1 gm [3%], sugars 0 gm), protein 24 gm (28%). Vitamin A 0%, calcium 6%, vitamin C 0%, iron 10%. Percent daily values are based on a 2,000 calorie diet.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2006. Dec. 31. Green, black, red, and white. Front panel: "14 grams soy * protein per serving." "* Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Trader Joe's High Protein Organic Tofu provides 14 grams of soy protein per serving." QAI logo. USDA Organic logo. Back panel: "Made in a facility that processes peanuts, wheat, milk & tree nuts."

12844. Qualitäts Initiative am Oberrhein: Lebensmittel ohne Gentechnik 2006. [Quality initiative on the upper Rhine: Foods without genetic engineering (Leaflet)]. Freiburg, Germany. 3 panels each side. Each panel: 23 x 10 cm. Undated. [Ger]
• ***Summary:*** Elisabeth Huber of Taifun writes (1 Dec. 2011): "In the German Bürgerliches Gesetzbuch (BGB [People's Book of Laws]) you find an organizational form called 'Gesellschaft des Bürgerlichen Rechts'–pretty difficult to translate. It means that the organization is obliged to follow the rules of the BGB. There was no contract only some meetings in 2006 of different companies which all had an interest in a GMO-free region [in the upper Rhine valley].

"In February 2007 we sent an 'Entwurf für ein Landesgesetz Baden-Württemberg zur Ausweisung von geschlossenen Anbaugebieten am Oberrhein für bestimmte landwirtschaftliche Kulturen zur Erzeugung von Lebens- und Futtermitteln ohne Gentechnik' via Hans-Peter Schmidt (a lawyer who engages himself in the organic business and works a lot with AlnaturA). Hans-Peter Schmidt was also a member of the meetings and represented AlnaturA.

"The organization no longer exists. AlnaturA started an intiative together with some other companies called: Vielfalt erleben (http://www.vielfalterleben. info/) which lead to a petition in 2010." Address: Freiburg, Germany. Phone: 0761 / 15210-0.

12845. **Product Name:** Woo Fu (Nondairy Frozen Dessert) [Chocolate].
Manufacturer's Name: Woo City Ice Cream Mfg. Co.
Manufacturer's Address: 7630 Freedom Ave., NW, North Canton, OH 44720.
Date of Introduction: 2006.
New Product–Documentation: Interview with David Steele, president, published in The Soy Daily. 2006. Aug. 23. And visit to www.woocity.com. Totally vegan, with no dairy or eggs. Lactose free. Basic ingredient is organic silken tofu. One flavor is chocolate.

12846. Basu, Debashis; Kulirani, B. Francis; Datta-Ray, B. 2006. Agriculture, food security, nutrition and health in North-East India. New Delhi, India: Mittal Publications. xxvi + 422 p. See p. 299-300. 23 cm.
• ***Summary:*** Chapter 28 (p. 295-307) is titled "Opportunities for processing and utilization of soybean to increase nutritional security in north-east India, by R.K.P. Singh and K.K. Satapathy. Contents: Introduction. Nutritional profile of soybean. Soybean cultivation in north-east India. Present status of soybean utilization in north-east. Technologies for the soybean utilization as food uses: Soy milk, soy paneer (tofu), full fat soy flour, soy fortified biscuits. By-product utilization of soybean: Okara, soya pulp. Conclusion.

In India, the area under soybean cultivation has increased from about 32,000 ha in 1970-71 to about 6.00

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million ha today. During this same time period, soybean production has risen from about 140,000 tonnes to approximately 6,000,000 tonnes, and soybean yield has increased from 438 kg/ha to about 1,000 kg/ha.

Madhya Pradesh is by far India's leading soybean producing state, accounting for 72-80% of total production, followed by Maharashtra, Rajasthan, and Uttar Pradesh.

In India's seven north-eastern states, although soybean area and production are very low, soybean yields are higher than the average for all of India–especially in Arunachal Pradesh, Mizoram and Sikkim. This shows that expansion of soybean production has promise in these states.

In the late 1960s and 1970s, soybean was introduced into India primarily as a source of food protein, but this goal has not been met. Today soybean is used primarily as a source of oil for domestic use and protein for export.

In the north-eastern states, however, soybean is used mainly as a pulse crop and as a source of indigenous fermented foods, such as *tungrymbai* (in Meghalaya; it is consumed mainly in the form of chutney along with rice and vegetable curry) and *kinema* (in Sikkim, eaten with boiled rice). Other soybean food products eaten in north-east India are *hawaijar* (Manipur), *bekang-um* (Mizoram), and *akhoni* [*aakhone, akhuni*] (Nagaland), etc.

These soybean foods are all prepared in approximately the same way. Rinse the soybeans then soak overnight in water. Drain, then cook in excess water in an open vessel until each soybean is soft enough to be crushed when pressed between the thumb and one finger. Wrap the warm soybeans in a lamet leaf, place in a bamboo basket, and set the basket above an earthen oven in the kitchen. Leave the soybeans to ferment for 2-3 days until the resulting product shows long, stringy threads when beans are pulled apart, has a sticky texture and the typical strong flavor. To make *tungrymbai* (for example), add green chili, garlic, sesamum / sesame, ginger and salt, then cook in mustard-seed oil for 15-20 minutes.

In May 1984 the Soybean Processing and Utilization Center was established at Central Institute of Agricultural Engineering, at Bhopal. After steady efforts for the past 17 years, the Center has developed equipment and processes for preparing homemade soymilk, soypaneer (tofu), full fat soy flour, soy fortified biscuits, soy dal, etc. (p. 300-01). A detailed discussion each of these products is then given, including its cultural background in Asia, how to make it at home, its nutritional benefits, and ways of adding it to one's daily meals (p. 301-06). A similar discussion is given for the by-products okara and soya pulp.

On page 307 are 4 interesting references.

12847. Ben Ounis, Wassef. 2006. Séparation des fractions du phytosérum de tofu par électrotechnologies membranaires et sa valorisation comme milieu de culture [Separation of the fractions of the phytoserum of tofu membrane electrotechnologies and its evaluation as a culture medium]. Thesis (M.Sc.), Université Laval (Laval University), Quebec, Canada. [Fre]*
Address: Laval University, Quebec City, Quebec, Canada.

12848. Brown, Sabrina L. 2006. The effect of environment on seed composition of tofu and natto soybean cultivars. MSc thesis, University of Missouri-Columbia. 76 p. Internet resource. *
• ***Summary:*** "The effect of environment on seed composition of tofu and natto soybean cultivars was measured in Missouri in 2004 and 2005. The environment was altered by varying the planting date and by planting at 7 to 10 locations in four soybean-producing regions in Missouri. The carbohydrates sucrose, raffinose, and stachyose were measured..." Address: Missouri.

12849. Chia, Chew-Ling. 2006. The influence of radiation encountered on Mars missions on the yield and quality of soymilk and tofu from bulk soybeans. Thesis (M.S.), Iowa State University. 131 leaves. Illust. 29 cm. *
Address: Iowa State Univ., Ames, Iowa.

12850. Clarkson, Lynn. 2006. Selecting soybeans for food applications. In: Mian A. Riaz, ed. 2006. Soy Applications in Food. Boca Raton, Florida, London, New York: CRC Press (Taylor & Francis Group). [x] + 288 p. See p. 249-65.
• ***Summary:*** Contents: Introduction. Soybeans differ. Commodity beans. Variety holds the key. Selection guide. Consumer values. Processor values. Farmer values. Seed suppliers. Supply systems compared. Logistics comparison. Contract manager. Third-party verification. Transgenic sensitivity. Process verification. Layered sampling and testing. Summary.

Photos show: (1) Healthy soybeans growing in the pod on their way to becoming tofu. (2) Various varieties of soybeans showing the different sizes, shapes, colors, and qualities of the beans. (3) Soybeans from Paraguay being loaded onto a barge at Asuncion. (4) A field of organic food soybeans growing on the Illinois prairie. (5) Allen Williams, an organic farmer, inspects the plant health of organic food soybeans. (6) Typical farm storage units in the Midwest can contain about 435 metric tons of soybeans and are climate controlled. (7) Ag bag on the Argentine pampas stores soybeans. (8) Inspection tray holds some of the physical features of soybean varieties held in the U.S. soy germ plasm collection. Address: Clarkson Grain Company, Inc., Cerro Gordo, Illinois.

12851. Davidson, Alan; Jaine, Tom. 2006. The Oxford companion to food. New York, NY and Oxford, England: Oxford University Press. xxviii + 907 p. Illust. by Soun Vannithone. Index. 29 cm. [1500+* ref]
• ***Summary:*** The first edition of this remarkable book (1999)

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is already a "classic." "Alan Davidson famously wrote eighty percent of the first edition, which was praised for its wit as well as its wisdom. Tom Jaine, editor of the second edition, worked closely with Jane Davidson and Helen Saberi to ensure that new contributions continue in the same style... The text has been updated where necessary" and there are many new entries. The front matter, which is 10 pages longer, begins with "Alan Davidson: A tribute" (p. vii; he died in 2003) followed by a "Preface to the Second edition" by Tom Jaine. Entries in the 1st edition are generally on a different page in this edition. Tofu, for example, formerly on pages 798-99, is now on pages 801-02; however the information is the same. The marvelous illustrations in both editions are by the same artist. The last page of this edition is page 907 compared with page 902 in the 1st edition. Address: World's End, Chelsea, London, England.

12852. Fromartz, Samuel. 2006. Organic, Inc.: Natural foods and how they grew. New York, NY: Harcourt, Inc. xx + 294 p. No illust. No index. 24 cm. [270 ref]
• ***Summary:*** Contents: Introduction (the case of Arthur Harvey, a small organic blueberry farmer from Maine). 1. Humus worshippers: The origins of organic food. 2. The organic method: Strawberries in two versions. 3. A Local initiative: From farm to market. 4. A spring mix: Growing organic salad. 5. Mythic manufacturing: Health, spirituality, and breakfast (very interesting, largely about Steve Demos, White Wave Silk soymilk and Dean Foods / Suiza, plus Sylvester Graham, Dr. James Caleb Jackson, Dr. John Harvey Kellogg and his brother Will K. Kellogg, Jeremiah Ridenour, Ted Nordquist, *The Book of Tofu* by Shurtleff and Aoyagi, *Diet for a Small Planet* by Frances Moore Lappe). 6. Backlash: The meaning of organic. 7. Consuming organic: Why we buy. Acknowledgments. Notes.

A history (sort of) of the organic food industry in the United States, and how the movement has gone from fringe, to commercial, to mainstream. This is a niche or underdog food culture involving many issues of morality– the relationship of humans to agriculture and nature, and specifically how a principled person or business can thrive in the modern world without compromising ideals.

The author, a business writer, says in the introduction: "I was particularly interested in the people who sought to manifest their values in business... The intersection of idealism and business was not an easy place to stand, since one usually trumped the other."

"Sales of organic food had shot up about 20% per year since 1990, reaching $11 billion by 2003." This industry, which has its roots in utopian ideologies, will surely have an interesting future.

A great deal of the book is devoted to the recent history, and the early history of the organic food industry in the United States is (unfortunately) extremely weak. The book is hurt first by the lack of an index, second by the lack of endnote reference numbers in the text (the 254 endnotes themselves are excellent), and third by the lack of complete references to key books cited in the endnotes (he gives the author and title, but no year of publication or publisher; so one who wishes to cite these books must take the time to look up the missing information). Address: Business writer, Washington, DC.

12853. Golbitz, Peter; Jordan, Joe. 2006. Soyfoods: Market and products. In: Mian A. Riaz, ed. 2006. Soy Applications in Food. Boca Raton, Florida, London, New York: CRC Press (Taylor & Francis Group). [x] + 288 p. See p. 1-21.
• ***Summary:*** Contents: History of soyfoods: Growth and development in the Western world, soybean industry blossoms in the United States, soybeans grow around the world. Soybean production and utilization for food: Soyfoods in Asia, soyfoods in Europe, soyfoods in Africa, soyfoods in the United States: Development of the U.S. soyfoods industry, Americanization of soyfoods. Soybean nutritional components: Soy protein, soy oil, carbohydrates and fiber, vitamins and minerals, isoflavones. Soyfoods and protein ingredients: Whole dry soybeans, tofu, soymilk, tempeh, soymilk yogurt, miso, soy sauce, okara, natto, soynuts, meat alternatives, cheese alternatives, nondairy frozen desserts, green vegetable soybeans (edamame), soy sprouts, full-fat soy flour, defatted soy flour, textured soy flour, soy protein concentrate, soy protein isolate. Conclusions.

Tables: (1) World soybean production by major producers. (2) Annual per capita consumption (2001) of soybeans for direct food. (3) U.S. soyfoods market (1996 to 2005).

This chapter suffers from a lack of references, and contains several basic errors concerning the early history of the soybean. Contrary to what Mr. Golbitz says: (1) The Chinese have not considered the soybean a basic source of nutrition for almost 5000 years (see Hymowitz 1970, "On the domestication of the soybean"). For "a little more than 3000 years" would be much more accurate. (2) The first reference to soybeans in Chinese literature does not date back to 2853 B.C. (see Hymowitz 1970, and Hymowitz and Shurtleff 2005, "Debunking soybean myths and legends in the historical and popular literature"). It dates back to about 1100 B.C. (3) Natto was not developed at least 3000 years ago in Japan (the earliest known document that mentions natto dates from 1450 CE–or about 560 years ago). Address: Soyatech, Inc., Bar Harbor, Maine.

12854. Iacobbo, Karen; Iacobbo, Michael. 2006. Vegetarian and vegans in America today. Westport, Connecticut, and London: Praeger Publishers. xxiv + 201 p. Foreword by Jeffrey Moussaieff Masson and Leila Masson. Illust. Index. 24 cm. [65+* ref]
• ***Summary:*** Contents: Series Foreword by Bruce Jackson. Preface. List of interviewees. Acknowledgements.

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Introduction. Part I: Vegetarian world. 1. Transformation: Former meat eaters tell their stories. 2. Food, hospitality, and business. 3. Culture. 4. Body and soul: Motivations for abstaining from animal flesh, from physical to profound. 5. Spreading the good news. Part II: Vegetarians in a meat-eating country. 6. Paradox. 7. Vegudice. 8. Life, liberty, and the pursuit of vegetarian rights. Part III: The future of vegetarianism in the United States. 9. Brave new world: Genetically engineered vegetables, laboratory-grown meat, humane slaughter, and "vegetarians" who eat meat. 10. Hope springs eternal.

Tofu is mentioned on p. 50; "soy" does not appear in the index. Address: 1. Journalist, researcher, and Adjunct Prof. of English at Johnson and Wales, Univ., Rhode Island; 2. Journalist who has worked for the Associated Press, the Providence Phoenix, and other publications.

12855. Kumoda, Yasuo. 2006. Tôfu baka sekai ni idomu [They call me "Mr. Tofu"]. Tokyo: Kôbunsha. 285 p. Illust. 19 cm. [Jap]*

• ***Summary:*** Yasuo Kumoda, born in 1941, was the head of Morinaga Nutritional Foods in the USA.

12856. Ministry of Agriculture, Forestry and Fisheries [MAFF], Japan. 2006. Tofu, nattô no genjô [The present status of tofu and natto in Japan]. Tokyo: MAFF, Government of Japan [Jap]*

• ***Summary:*** Natto: In 2004 in Japan, total production of natto was about 250,000 metric tons (tonnes), requiring the use of 139,000 tonnes of soybeans. The retail value of this natto was 111.4 billion yen. Address: Japan.

12857. Nguyen, Andrea Quynhgiao. 2006. Into the Vietnamese kitchen: Treasured foodways, modern flavors. Berkeley, California: Ten Speed Press. vii + 344 p. Foreword by Bruce Cost. Illust. (color photos by Leigh Beisch). Index. 25 x 24 cm. [58 ref]

• ***Summary:*** This is a very attractive book, well written and very engaging. Soy related recipes include: Baguette sandwich (with seared or grilled firm tofu, p. 34-35). Mock turtle stew of pork, plantain, and fried tofu (p. 153-55). Panfried stuffed tofu with fresh tomato sauce (Dau hu nhoi thit xot ca, p. 188-90). Deep-fried tofu simmered with scallion (Dau hu chien tam hanh la, p. 191).

In the "Guide to ingredients" chapter are substantial entries for: Hoisin sauce (tuong hoi xin, made from soybeans, p. 329). Soy sauce (nuoc tuong, xi dau, p. 333. "Soy sauces are not all the same. There are many kinds and they all taste different." The author prefers Pearl River Bridge, dark, golden label).

From the publisher's description: "When author Andrea Nguyen's family was airlifted out of Saigon in 1975, one of the few belongings that her mother hurriedly packed for the journey was her small orange notebook of recipes." The family fled together by air in April 1975. Andrea was only six years old. Seven days later Saigon fell to the communist North Vietnamese / Viet Cong. Her father had many connections: he was a former military governor in the administration of President Ngo Dinh Diem (1901-1963; his family name is Ngo), the first president of South Vietnam. They arrived in Camp Pendleton (the Marine Corps base) in southern California and were soon living in San Clemente. Of the 58 recipes, 39 are in English and 19 in Vietnamese. Address: Food writer, Santa Cruz, California.

12858. Null, Gary. 2006. Gary Null's power foods: the 15 best foods for your health. New York, NY: New American Library. 327 p. Plus 8 unnumbered pages of color plates. Illust. No index. 24 cm.

• ***Summary:*** A vegan cookbook. Gary has eaten a vegan diet for more than 30 years. He owns a juice bar named Gary Null's Uptown Whole Foods in New York City. He advocates eating soybeans and soy products; because of their "extensive and well researched health benefits" and because they come in such a wide variety of forms, from "tofu and tempeh, to nondairy products like milks, cottage cheese, cheese, yogurt and ice creams. No other legume can be used in so many delicious ways" (p. 10, 24-25). One of his 15 "power foods" is soy (p. 13). He likes juicing and raw foods; in the chapter on beverages he sometimes adds 1-2 tablespoons soy protein powder, or a cup or so of soymilk or rice milk, or soy yogurt. For dips, he likes silken tofu. The chapter on "Entrees" (p. 240-88) includes 13 recipes that call for tofu, and 8 that call for tempeh. Edamame, whole soybeans, tamari, and soy cheese are included. His daughter, Shelly Null, is a gourmet chef. The book has no index. Address: Author of more than 70 books, New York City.

12859. Oseland, James. 2006. Cradle of flavor: home cooking from the spice islands of Indonesia, Malaysia, and Singapore. New York and London: W.W. Norton & Co. 384 p. + 16 unnumbered pages of plates. Illust. (some color). Maps. Index. 26 x 21 cm. [41 ref]

• ***Summary:*** Lavishly praised. "James Beard Foundation Book Award Winner: Asian Cooking."

In Chapter 3, "At the market, ingredients" (which has many fine color photos) is a long, interesting entry for "Indonesian sweet soy sauce (*kecap manis,* p. 72). "Sweet soy sauce is hugely popular in the cooking of Indonesia and, to a lesser extent, Malaysia and Singapore. (The word *kecap,* by the way, is derived from the Cantonese *koe-chiap,* or 'sauce,' from which we get the word *ketchup.* It was probably handed over by traders from southern China who long ago traveled extensively to the Indonesian islands.)" Its main use is as a table condiment or dipping sauce, although cooks also use it in marinades and to flavor stews. When Indonesian sweet soy sauce is mixed with sliced red chiles and lime juice, it becomes the widely used *sos kecap rawit.*

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In the U.S., the two most widely available brands, both imported from Indonesia, are Cap Bango (which the author prefers) and ABC.

There are also entries for "Soy sauce (*kecap,* p. 87. Of the two types, the first is called simply soy sauce, whereas the second "is double-black soy sauce, which has been aged longer and mixed with a small quantity of molasses." It has a more robust flavor than regular soy sauce). Sweet soybean paste (*tauco* or *taucheo,* p. 88-89, a Hokkien word. A "thick, golden brown, misolike condiment made of fermented soybeans, rice flour, sugar, and salt). Tempeh (p. 90-91, "one of Indonesia's great gifts to the culinary world"). Tofu (*tahu,* p. 91-92).

Chapter 13 (p. 318-35), titled: "Tempeh, tofu, eggs," has a long and very interesting introduction about the author's visit to Rahmat, a traditional tempeh maker and his shop in Yogyakarta, Java; he wanted to learn how tempeh is made. Recipes: Garlic-marinated tempeh (*Tempe goreng, Indonesia*). Tempeh sambal with lemon basil (*Sambal tempe, Bali, Indonesia*). Caramelized tempeh with chiles (*Tempe kering, Central Java, Indonesia*). Tofu and summer vegetables in coconut milk (*Sayur lodeh, Malaysia*). Twice cooked tofu with coriander (*Tahu goreng bacem, Central Java, Indonesia*).

Tempeh, tofu, soy sauce, and sweet soy sauce are also discussed in many places throughout the book. Address: Executive editor of *Saveur,* New York City.

12860. Packaged Facts. 2006. Market trends: food flavors and ingredients outlook 2006. Rockville, Maryland: Packaged Facts. Digital PDF file. *

• ***Summary:*** This report contains sections on: Protein. Seaweed. Nori. Miso. White soy sauce. Organic ingredients. Kosher ingredients. Heirloom vegetables. Tofu. Edamame. Omega 3. Whole grains. Probiotics. Glycemic index. Quinoa.

12861. Planck, Nina. 2006. Real food: What to eat and why. New York and London: Bloomsbury Publishing. [viii] + 343 p. Index. 22 cm. [30+ ref]

• ***Summary:*** This book is carefully researched and very well, thoughtfully and fairly written; the author has written for *Time* magazine and comes with very good credentials for this book. Born in 1971 in Buffalo, New York. "She was a speechwriter to the U.S. ambassador to Britain when she opened the first farmers' market in London on June 6, 1999. Six months later she quit her job to open ten more markets, write *The Farmers' Market Cookbook,* and host a British television series on local food. In 2003 Nina created the Mount Pleasant Local Food Market in Washington, D.C. In New York City she ran Greenmarket, the largest network of farmers' markets in the United States. Nina's new company, Real Food, runs markets for farmers and purveyors of regional and traditional foods" ("About the author," p. 344).

The author advocates the following: (1) Eat real, traditional foods rather than more modern "industrial foods." These real foods include plenty of meat, fish, poultry, eggs, and dairy products made from whole raw (unpasteurized) milk from cows grazed outdoors on grass (rather than corn and soybeans, which cows were not designed to eat by nature) without synthetic hormones–plus real, organically grown fruits, vegetables, whole grains and legumes (including traditional soy foods), real salt, and dark chocolate.

(2) Eat real fats–including butter, beef fat, coconut oil, lard, and extra-virgin olive oil, including saturated fats and cholesterol. Avoid industrial fats–such as margarine, polyunsaturated vegetable oils (including soybean, corn, and sunflower oil), and shortening. (3) Go beyond and disregard the cholesterol myth; the evidence supporting it is weak. (4) Stop eating a vegetarian diet, and especially a vegan diet (which no traditional society has ever practiced).

To start with the section on soy foods: In the Chapter 8, titled "Other real foods," the section on soy foods is titled "Traditional and industrial soy are different" (p. 225-34). Traditional soy foods are those that have a long history in the diet, and are still made in pretty much the way they used to be. Her information on the early history of the soybean and soy foods (p. 225-26) contains many errors, as well as some interesting observations. Some of the earliest soyfoods were fermented (starting with fermented black soybeans and jiang in China). She lists five health benefits of fermentation. Fermentation (along with cooking) helps to reduce the phytic acid in soybeans. Soy foods do not contain reliable vitamin B-12. The author states several times that soy protein is not complete protein. Most nutritionists for the past 50 years have correctly avoided this "is" vs. "is not" labeling and instead have listed all foods along a continuum from high quality to low quality. By the latest measures of protein quality, soy protein (by itself, without supplementation by cereal grains) has about the same quality as beef, but lower than that of eggs or milk. While noting that about 85% of all soybeans are genetically engineered, she fails to mention that most traditional soyfoods in the USA are made from organic, non-GE soybeans. She discusses the important part that soy plays in the Okinawan diet, where the people have the highest longevity in the world. Yet soy "should be viewed as part of a diverse diet, not as a nutritional silver bullet." We heartily agree. She lists the many traditional soyfoods (p. 231-32), made in basically the traditional way, including: Bean sauce (jiang), miso, natto, soy milk (non-industrial), soy sauce. sufu (fermented tofu, incl. Filipino tahuri), tofuyo (fermented tofu from Okinawa), tamari (liquid left after miso is made), tempeh, tofu, and edamame. She recommends that we avoid modern soy protein products made from defatted soybean meal (typically extracted with hexane solvent), including soy protein isolate, "industrial soy milk," soy based infant formula, and soy sauce which uses defatted soybean meal instead of whole soybeans. But what would

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she do with all the oil left over after using whole soybeans?

Concerning a diet rich in fish, meat, and poultry. She partly ignores the ethical issues involved in killing billions of those animals each year and the environmental issues involved in raising them. These are both huge issues. Several complex issues that she addresses head-on and in a fair, interesting way: (1) Is milk good for humans (p. 39-86).

One of the basic hopes / agendas behind this book is that people will start to leave cities, buy a piece of land (as the author's own family did when she was age 2), grow their own food and raise their own animals for milk, meat, and eggs. There is a steadily growing number of books advocating this traditional way of life.

The Glossary (p. 306-15) contains many good definitions that most people will be able to understand. The bibliography (p. 316-21) is substantial, and there are also endnotes (p. 290-303) but the book would be better if more of its controversial or historical statements cited authoritative sources. Address: USA.

12862. Sugano, Michihiro. 2006. Nutritional implications of soy. In: Michihiro Sugano, ed. 2006. Soy in Health and Disease Prevention. Boca Raton, Florida: Taylor & Francis. [xii] + 313 p. See p. 1-16. [10 ref]

• ***Summary:*** Contents: Introduction. Structure of soybean. Components of soybean: Proteins, oil, carbohydrates, minerals, vitamins. Composition of soy products. Nutritional aspects of soy products: Protein, peptide, oil, oligosaccharide, vitamins, other components. From "A Meat in the Field" to "A Treasure Box of Functionality."

Tables: (1) Major soybean components and their health effects. Two columns: Components and functions. (2) Nutrient contents of dried soybean (incl. minerals and vitamins). (3) Nutrient contents of soybean products (gm per 100 gm): Kinako (parched soybean flour, full-fat). Tofu (bean curd). Abura-age (fried bean curd). Kori-tofu (frozen bean curd). Natto (fermented soybean). Okara (Tofu refuse). Tonyu (soymilk). Yuba (Soymilk skin). Tempe. Miso (bean paste). Shoyu (soy sauce). Soy protein isolate. (4) Mineral contents of soybean products (sodium, potassium, calcium, magnesium, phosphorus, iron, zinc, copper, manganese; same products as in Table 3). (5) Vitamin contents of soybean products (retinol, carotene, D, E, K, B-1, B-2, niacin, B-6, B-12, folic, pantothenic, C; same products as in Table 3). (6) Amino acid and protein composition of Japanese soybean products. (7) Proposed patterns for essential amino acid requirements and composition of soybean proteins (soy protein concentrates and isolates). (8) Fatty acid composition of soybean oils (% of total fatty acids) (Products: Refined soybean oil, genetically modified oils, low linolenic, high oleic, low palmitic, low saturated fatty acid, high palmitic, high stearic).

Figures: (1) Pie chart of intake of soybean and its products in Japan (gm per day of tofu {38.2 gm}, fried tofu {7.9 gm}, natto {6.9 gm}, whole soybeans {2.0 gm}, other {2.3 gm}; Total 57.3 gm per day). (2) Bar chart: Amino acid score of dietary proteins in humans (casein 1.0, egg white 1.0, soy protein concentrate 9.9, soy protein isolate 9.5, beef 9.5). (3) Graph and bar chart: Soybean protein lowers liver delta-6 desaturase activity and liver phospholipid delta-6 desaturation index in rats–relative to casein. Address: Director, Fuji Foundation for Protein Research, Japan; Prof. Emeritus Kyushu Univer. and President, Prefectural Univ. of Kumamoto, Japan.

12863. Sweetser, Wendy. 2006. The tofu for health cookbook: Recipes with style and taste. Leicester, UK: Silversale Books. 144 p. Illust. (color). Index. 25 x 24 cm. * Address: London, England.

12864. The beans, lentils & tofu gourmet. 2006. Don Mills, Ontario, Canada: Robert Rose. 191 p. Illust. (color). 26 cm. * Address: Canada.

12865. Yamori, Yukio. 2006. Soy for "Health for All": Message from WHO CARDIAC study and dietary intervention studies. and proposal for future studies. In: Michihiro Sugano, ed. 2006. Soy in Health and Disease Prevention. Boca Raton, Florida: Taylor & Francis. [xii] + 313 p. See p. 107-121. [34 ref]

• ***Summary:*** Contents: Introduction. Experimental evidence for CVD prevention by soy intakes. Major CVD risk factors and gender differences. Women's health and soy isoflavones with estrogenic activity. Soy diets and CVD risks in immigrants studies and life-style-related diseases. Nutritional intervention by soy protein and isoflavones. Conclusions.

Figures: (1) Map of study sites of the WHO CARDIAC study. The first surveys were carried out in 1985-1995. (2) Graphs of gender difference in the association between age-adjusted mortality rates from stroke and 24-hr urinary sodium (Na) excretion. Men are most salt-sensitive than women. (3) Graphs of gender difference in the association between coronary heart diseases (CHD) and serum total cholesterol. Men are more vulnerable to CHD than women even when serum cholesterol levels are similar. (4) Bar chart of menopausal changes in systolic blood pressure (SBP) or CARDIAC Study population where soy food is common (+) or not (-). (5) Pie chart of food sources of isoflavones and the average daily isoflavone intake of the Japanese (1992) and chemical structure of isoflavones compared with estrogen. The Japanese get about 18 mg of isoflavones per day on average from bean curd, fermented soy bean, soy bean paste, etc. (6) Bar chart of twenty-four-hour urinary isoflavone excretion in relation to the frequency of soy product intake in the Japanese. (7) Graph of association between age-adjusted coronary heart disease (CHD) mortality and 24-h urinary excretion of isoflavones. The CHD mortality rates are low in Japan and China, where soybean products are

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commonly eaten and urinary isoflavone excretion exceeds 10 μ mol/d. (8) Bar chart of effect of daily intake of DHA (2 g) and soy protein (25 g) in breads on atherogenic index (AI). AI is calculated as the ratio of non-HDL cholesterol (total cholesterol–HDL cholesterol) divided by HDL cholesterol, high in men, reduced down to the lower women's level after an 8-week intervention. Address: WHO Collaborating Center for Research on Primary Prevention of Cardiovascular Diseases, Kyoto, Japan.

12866. Yan, Like. 2006. Shelf life of toasted soyflakes and their application in breadmaking, tofu: Color prediction from the soybeans and soyflakes color. Thesis (M.S.), Iowa State University. 95 leaves. Illust. 29 cm. *
• ***Summary:*** Used MicroSoy toasted soyflakes. Address: Iowa State Univ., Ames, Iowa.

12867. Chalmers, Elizabeth. 2007. Business history of the Chalmers family: Making soyfoods in New Zealand (Interview). *SoyaScan Notes.* Jan. 16. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** On Easter 1980 Rick & Elizabeth Chalmers, together with Rick's brother Greg (his formal name is "Stephen"), opened Harvest Wholefoods, 403 Richmond Road, Grey Lynn, Auckland. They borrowed the money from Elizabeth's mother, and were all equal owners. It was New Zealand's first wholefoods / natural foods store as well as the country's first macrobiotic foods retail store. They were idealists and purists, refusing to sell any vitamins, or minerals, or dairy products.

They started the store partly as a result of becoming interested in macrobiotics, and partly because Elizabeth and Rick had a 3 year old son (Daniel) who could not tolerate dairy products. As the Chalmers could not get the food they wanted anywhere, they thought that they would open a shop to also provide it to others. Moreover, Greg, who had been overseas in London (where he had worked in a restaurant) and the USA, was a pioneer in bringing macrobiotics to New Zealand. "He brought home miso and some seaweeds–foods we had never seen before."

After about six months, in Oct. 1980, in order to attract customers to the shop, they started to make nigari tofu (for their own store only) in a small room at the back of the store, designated just for that purpose. They made the simple equipment themselves, and they learned the process from *The Book of Tofu,* by Shurtleff and Aoyagi.

After another six months they were inundated with other store owners, and cafe & restaurant owners from all over New Zealand wanting to buy their tofu. "It was just amazing." The tofu was completely unpackaged and they sold it under water in bulk buckets only. So in about April 1981 they started to sell their tofu outside of Harvest Whole Foods. "Sometimes they would pick it up, and sometimes we would deliver it."

Sanitarium Health Food Co. was making many kinds of breakfast cereals and canned nut meats, but no soyfoods. Several Chinese restaurants were making tofu (they called it "bean curd"), but only for use in their own restaurants; they did not sell it elsewhere. One of these was named Sun Sun, located in Khyber Pass, Auckland.

Their daughter, Jesse, was born on 1st October 1981, and by this time it was becoming difficult to manage both the shop and making tofu. So they sold the shop and with the capital gained they brought in special tofu making equipment from Japan, moved to new premises at 1 Wallingford St., Auckland, and started Harvest Soyfoods. Harvest Whole Foods is still at its same original location today; it is going strong and doing well financially.

Harvest Soyfoods' first product was nigari tofu; to this they soon added Tofu Spreads (Feb. 1981) then Tempeh (April 1981). The business grew very rapidly, and during this period Greg also had a child, so they all had very young children and were trying to manage their lives as well as an extremely rapidly increasing business.

Greg's partner decided that she wanted to leave Auckland, and as they could not picture another partner in his place and were feeling very overloaded anyway they decided in 1983 to sell the business to Paul and Trevor Johnston, who renamed it Bean Supreme. The Johnstons paid half the money at the time of sale and the remainder a year later; Elizabeth and Rick Chalmers worked for the Johnstons during that year. This business is also still in existence, although it was bought out by Sanitarium Health Food Co. in about Aug. 1986. Note: Trevor is no longer with the company; Paul sold the company to Sanitarium Health Foods.

From 1983 to 1986 Rick and Elizabeth had a commercial cleaning business, which suited the family structure very well, but was very unsatisfying workwise and environmentally.

In about 1980 or 1981 Austin Holden had started a largely macrobiotic import and wholesale business, Kiaora Naturals, at 374 West Coast Road, Glen Eden, in west Auckland. Holden soon started a very small shop in the corner of his warehouse and called it East West Wholefoods. For the first few years, his only customer was Harvest Wholefoods. "We kept him going."

Then in 1986 Rick and Elizabeth started East West Organics, taking over the building (and business) formerly occupied by Austin Holden and Kiaora Naturals. They knocked out all the walls, resulting in a much larger shop that specialised in organic food, with a big emphasis on fruit and vegetables.

They had no intention of making soyfoods. However there was suddenly an influx of Asian immigrants to New Zealand and Asian Tofu (usually made with calcium sulfate in aluminum pots) became widely available. By this time organics was really growing in New Zealand. Elizabeth and

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Rick wanted to stock organic tofu in their store, but they couldn't find a source. They talked with Trevor and Paul Johnston about making it for them, but the brothers felt there was no future in it, so they declined to do it.

So in 1996 Elizabeth and Rick started The Organic Soy Company, again in a small food factory out the back of East West Organics. They started making nigari tofu again–for their own store only. For the first time, they started to use organic soybeans, and as many other organic ingredients as they needed and could get. "We were right back where we started. And then exactly the same thing happened again. Once the word got out that organic nigari tofu was available again, people started coming from everywhere to buy it. It was not our intention to get back into the soyfoods business; we'd already sold our company. But we wanted the quality, so we had to make it ourselves." East West Organics is still operating today, although out of new premises (outgrew old one), and has just moved up the road slightly.

Their son Daniel joined them in January 1998, and in October of 1998, they sold East West Organics and moved the Organic Soy Company to their current premises at Unit A, 2 Corban Avenue, Henderson, Auckland.

Elizabeth and Rick separated the same year, but continued on in the family business together. In 2001 their daughter Jesse returned from Europe and also joined us in the business. Later that same year Rick left the business to go to University and currently, Elizabeth, Daniel and Jesse are in joint ownership, with Rick still having a 10% share. They started using the brand names (the first being Tonzu) in 2002.

The business is growing slowly, currently producing tofu, tempeh, soy yoghurt, tofu burgers and teriyaki sauce, all 100% organic. Elizabeth has moved to part time as the younger generation are taking on the responsibility for the business. They currently have 3 full time employees as well as themselves, so are still reasonably small.

"We see a great future for the business and will probably outgrow our current premises within the next few years. We love making traditional soy products, and eventually hope to make miso and tamari, which will be export products as well as for the domestic market."

First sold commercially by the organic soy company: Tofu (1996), Teriyaki Tofu (1999), Tempeh (1999), Tofu Burgers (2001), Teriyaki sauce (2003).

All current labels and packaging are new, and have changed very much from the original. They once made two tofu spreads, one teriyaki and the other curry flavour. However it was hard to get a good enough shelf life out of them to make them viable, so reluctantly they discontinued them. They have also changed their burgers significantly. When they first produced a burger in 2001, they had 3 varieties: Garlic and Cheese, Sundried Tomato, and Feta, and Vegan. They have discontinued them all and now just make one that is actually Vegan, although they do not call it that. The burgers did not sell well; they are not certain why that was, maybe they were too expensive with all the organic ingredients and very labour intensive. So they have simplified and streamlined our current burger making the whole process more viable.

As the population of the whole of New Zealand is around 4 million and only 15% of them are vegetarian, they are playing to quite a small market, this can sometimes be quite a challenge. In the long term it will be sensible to develop products that they can export. Address: Founder and owner, The Organic Soy Company, Ltd., Unit A, 2 Corban Ave., Henderson, Waitakere, Auckland 0612, New Zealand. Phone: +64 9 835 3617.

12868. Tibbott, Seth. comp. 2007. Tofurky brand products overview: Natural foods segment. Hood River, Oregon: Turtle Island Foods, Inc. [36] p. 28 cm. [1 ref]

• ***Summary:*** A full-color booklet bound with a handsome, black ProClick plastic spine. On the front cover: "1980-2006: 26th anniversary Turtle Island Foods, Inc." "Sales data from: SPINscan Natural and SPINscan Conventional. 52 weeks ending December 30, 2006. All statistics are for the total U.S. market.

Contents (unnumbered pages): (1) "Turtle Island Foods honored by Inc. magazine: 2,240th fastest growing small business in the USA (of 6 million total). 159.7% growth rate over last 4 years. 57th fastest growing food and beverage company in the USA. 19th fastest growing food processor.

(2) About Tofurky products: 100% vegan. Based on organic soy products. Use non hexane extracted proteins. VejNews. Winner veggie awards–Best meat substitute.

(3) Natural foods market without Whole Foods (which no longer shares sales info with the industry). Growth of top ten brands ranked by dollar volume. Frozen and refrigerated meat alternatives. 52 weeks ended Feb. 24, 2007. Category: $35.5 million. Growth: 4.7%. Turtle Island is the fastest-growing brand: 16.1%, followed by Quorn, Nates, Amys Kitchen, Morningstar Farms, Gardenburger, and Yves. Lightlife, Boca Foods, and White Wave all have negative growth.

(4) Natural foods market. Frozen and refrigerated meat alternatives. Top ten of 478 items by dollar volume. 52 weeks ending Dec. 30, 2006. #1. Quorn Chicken Style Nuggets. 10.6 oz. $1,507,537. 5.6%. #2. Turtle Island Tofurky Italian Sausage (organic) 14 oz. $1,262,616. 25.7%. #3. Quorn Chicken Style Patties. #4. Lightlife Gimme Lean Sausage. #5. Quorn Veg. Naked Chicken Cutlet. #6. Turtle Island Tofurky Deli Slices, Hickory Smoked. 5.5 oz. $1,131,760. 19.2%. #7. Lightlife Smart Dogs. #8. Boca Original Patties Chicken Natural (4-pack). #9. Amys Burger California Veggie. #10. Quorn Meat Free Chicken Tenders.

(5) Natural foods market. Refrigerated meat alternatives, Top 10 of 260 items by dollar volume. 52 weeks ending Dec. 30, 2006. Turtle Island currently as the #1, #3, #9 and #10 best selling items among the 260. They are: Tofurky Italian

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Sausage. Tofurky Deli Slices Hickory Smoked. Tofurky Deli Slices Oven Roasted. Tofurky Kielbasa (sausages).

(6) Tofurky deli slices: Six features, incl. "Organic tofu based." The six types of deli slices are: Oven roasted, Hickory smoked, Peppered, Italian deli, Cranberry & Stuffing, "Philly-style" steak.

(7) Tofurky deli slices. Bar charts of refrigerated meatless deli sales, 2001-2006. For each year are given: Competitor #1. Competitor #2. Turtle Island. Overall category. "While the competition sales have been flat, Turtle Island has grown the subcategory 72 and has become the #1 brand.

(8) Deli slice standings. (9) Tofurky gourmet sausages. (10) Frozen and refrigerated meat alternatives. (11) Tofurky Jurky: 5 features.

(12) Top 10 jerky items (meat and meatless)–SPINscan natural channel. 52 weeks ending Feb. 24, 2007. The category is $8.3 million. There are three vegetarian jerkys among the top 10. Tofurky Jurky Original is the #2 seller and Tofurky Jurky Peppered is #7. The other vegetarian brand (#6 seller) is Primal Strips Seitan Teriyaki.

(13) Tofurky "foot long" veggie dogs: 5 features, incl. organic tofu based. (14) "Open mouth, insert foot."

(15-17) Turtle Island tempeh: Five features.

(18-22) Happy Tofurky Day: Five features.

(23-35) Glossy color sell sheets, printed on both sides, with the following titles: (23-24) Happy Tofurky Day! (25-26) Brave New Tempeh. (27-28) Tofurky Jurkey. (29-30) Frankly speaking Tofurky Franks & Links are the best! (31-32) There's 3 big new dogs in the house. (33-34) Go beyond the bun: Introducing Tofurky 'foot long' veggie dogs. (35-36) Tofurky deli slices: New look. Other Turtle Island glossy color sell sheets. Address: Founder and President, Turtle Island Foods, P.O. Box 176, Hood River, Oregon 97031.

12869. Pulmuone USA Inc. 2007. Soga foods (Website printout–part). www.sogafoods.com Printed Jan. 26.
• ***Summary:*** Contents (across the top): Home: The new tofu family. What's new. Tofu tips. Coupons. Site map. Contact us. (Left nav bar): Our products. Recipe collection. Meet chef Joseph. Soga wellness. Club So Good!! Where to buy. About us (Our history). Press pass.

"Founded in 1991 [sic], Soga Foods, a division of Pulmuone U.S.A. Inc, was established to manufacture superior tofu products for the Asian American market along with developing products for the mainstream American market.

Soga Foods has been built upon the philosophy of Won Kyung Sun, who founded Pulmuone 48 years ago as a quasi-Christian cooperative farm. His ideas held two key principles we still use today: "love thy neighbor" and have "respect for all living beings."

Note: As of 16 Feb. 2013 this URL and website no longer exist. The URL www.pmo.com (which used to lead to Pulmuone Wildwood, Inc.) now takes you to www.wildwoodfoods.com–which has no history of wildwood natural foods. Address: 4567 Firestone Blvd., South Gate, California.

12870. [Soymilk and tofu: A healthy delight (Leaflet)]. 2007. New Delhi, India: American Soybean Association (ASA) / United Soybean Board. 2 p. Front and back. 28 cm.
• ***Summary:*** Contents: Introduction. Soymilk. Tofu (soy paneer). Health benefits of using soymilk and tofu. Lactose intolerance. Heart disease. Osteoporosis and menopause. Cancer. Now soymilk and tofu is available in your city. Try this wonderful food and feel the difference.

This leaflet is printed in black ink on glassy green paper. Two color photos show soymilk and tofu. Ten thousand copies were printed in Jan. 2007. Address: American Soybean Assoc. (ASA-International Marketing), Asia Subcontinent, 149 Jor Bagh, New Delhi–110 003, India. Phone: (91) (11) 2465-1611.

12871. Johnston, Paul. 2007. Re: Bean Supreme–Sale to Sanitarium Foods. Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 7. 1 p.
• ***Summary:*** In 1999 Paul sold his very successful soy ice cream, brand-named "LiteLicks" to "Movenpick" in New Zealand.

In Feb. 2006, Paul sold Bean Supreme to "Lisa's Healthy Foods Ltd." (which is owned by the Seventh-day Adventist Church of New Zealand, as is Sanitarium Foods). He remains on a 3-year management contract. The sale has enabled Bean Supreme to pursue a broad new product development plan and to commission a new mid-sized tofu plant from Takai in Japan. "Our intention is to double the sales of vegetarian chilled products in New Zealand and from our year together we are well above target, so some export to Australia will follow in late 2007." Address: New Zealand.

12872. Wiegand, Peter. 2007. Helping to start a new tofu shop in Glasgow, Scotland (Interview). *SoyaScan Notes.* Feb. 12. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Peter has just returned from a one-week visit (his second) to Glasgow, Scotland, where Craig Tannoch (about age 45-50) owns and runs two very attractive vegetarian restaurants. One has a platform for musicians and live music, one has a CD shop, and both serve very good food. Craig has decided on the location for a third veggie restaurant which he will open this year in the middle of Glasgow, in connection with a very nice performing stage and concert place, and a bar; directly across the small lane he has rented space (formerly a barber shop) for a small, traditional tofu shop, like the Wildwood shop were Peter first made tofu in California. In the front of the tofu shop will be a large window, so everyone can look inside and see the tofu being made. All the tofu served at the veggie restaurant

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across the street will be as fresh as can be. This will be the first tofu shop in Glasgow and probably the first traditional tofu shop of the Wildwood type in Scotland.

Craig is connected to a lot of artists, who will now start to learn about tofu. Peter is now working on a floor-plan for the shop, including water and drainage, and preparing to order equipment. The next time Peter flies there he plans to stay for 4 weeks, to help the tofu shop get up and running, and to help train the tofu maker, Tom Worthington, who is now working as a theater hand. Michael Pierce, Peter's friend from Wildwood days who now lives in Georgia, said he would to go to Scotland to help establish the new tofu shop. Peter learned how to make tofu from Michael, and Michael was present in Germany when Peter started his own tofu shop (Auenland) there.

Each time Peter goes to Glasgow he also performs as a musician (he is the singer / vocalist) and thus is able to pay his way. He has two bands; one with two other musicians, and the other with six others. Address: Germany.

12873. Yamamura, Koichi. 2007. Soy brothers: John Paino and Bob Bergwall, and the history of Nasoya. Brookline, Massachusetts. 8 p. Unpublished typescript. 28 cm.
• ***Summary:*** A good history written as part of the requirement for an MS degree at Boston University in public relations. The author visited and interviewed both Paino and Bergwall. Today John and Bob still live on the same street in Concord, Massachusetts. Address: 50 Longwood Ave. #1018, Brookline, Massachusetts 02446. Phone: 617-734-2490.

12874. Shurtleff, William. 2007. Re: Fermented tofu: Etymology of related terms. Letter to Oxford University Press, Oxford English Dictionary, Great Clarendon St., Oxford OX2 6DP, United Kingdom, March 8. 2 p. Typed, without signature.
• ***Summary:*** Of all the words and terms for foods or seasonings made from soybeans, this one has taken the longest to become standardized. Forty different names appear in 400+ English-language records in our SoyaScan database from 1902 to the present. Some of these are foreign words, such as tahuri, tahuli, or tajure, from the Philippines. The standard term is now "fermented tofu," however several other terms still appear in the literature. Column 1 shows the number of records in the SoyaScan database that mention this word or term:

122–Fermented tofu. 89–Sufu. 32–Bean cheese. 24–Soybean cheese. 20–Chinese Cheese. 19–Pickled bean curd. 14–Soy cheese. 14–Fermented soybean curd.

The large number of names can be accounted for by four main factors: (1) Fermented tofu is made in many different countries in East- and Southeast Asia, and in each country it has a different name. (2) In China, where this food originated, many different varieties are made in different parts of the country, leading to a surprising proliferation of names and ways of Romanizing those names. (3) Fermented tofu is used more as a seasoning than a food. In Asia, it is typically used as a seasoning placed atop a bowl of rice. Thus, it is not as conspicuous as a typical food, such as tofu. (4) Fermented Tofu has never been widely used as a food (or widely available) in English-speaking countries, so the demand for a standard name (like yogurt) has been weak. Yet most Americans who try this food, like it very much, and some say the various wine-fermented varieties are among the most delicious seasonings they have ever tasted.

Etymology: Fermented tofu first appeared in June 1946, just as the word "tofu" was starting to replace "bean curd" in English.

Definition: There are two basic types of fermented tofu: Molded and unmolded–brined. The former is by far the most popular worldwide. The molded varieties are made using an unusual two-part fermentation, as follows: (1) Firm tofu is drained, dried, diced, inoculated with spores of an Actinomucor or Mucor mold. The cubes are incubated until each cube is covered with a fragrant white mycelium of mold. These molded cubes are called pehtzes. This mold is the source of enzymes for the next part. (2) The pehtzes are placed in glass jars and covered with a brining solution consisting of water plus about 12% table salt (NaCl) and about 10% ethanol (typically from rice wine). Various seasonings are often also mixed into in the brining solution, or covered with sake lees. The jars are sealed and the fermented tofu will be ready to eat in 2-6 weeks. I have chosen only the 12 most widely used English-language terms, but am also including a short list of the other 40. Address: Soyfoods Center, P.O. Box 234, Lafayette, California 94549.

12875. Huang, H.T. (Hsing-Tsung). 2007. Re: First and second drawing of soy sauce in China. Name and use of the residue or dregs. Letter (e-mail) to William Shurtleff at Soyinfo Center, March 10. 1 p.
• ***Summary:*** The first batch of soy sauce drawn from the large earthenware jars (where it collected in a finely-woven deep cylindrical bamboo tube or basket and was ladled out) is known as *xianchou* ("early draw"); the first batch drawn from the old mash, after addition of salt water and further incubation, is known as *laochou* ("old draw").

Dr. Huang does not know the Chinese word for the residue or dregs left over after making soy sauce. In China, the latter may be used to marinate tofu and other foods, or may be fed to pigs (or other animals). Address: PhD, Alexandria, Virginia.

12876. McLaughlin, Lisa. 2007. Apparel takes root. *Time.* March 12.
• ***Summary:*** Scientists at the University of Nebraska–Lincoln are creating new ways of using farm leftovers to make textiles. "Beanie Babies Soy textiles are made from

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the dregs left over from producing soybean oil and tofu"–soybean meal and okara. From those humble origins are made high-end silky tops, dresses and especially soft baby blankets and clothes.

12877. Conklin, Dave. 2007. History of Japanese food in Portland, Oregon until 1941 (Interview). *SoyaScan Notes.* March 23. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Dave is writing his master's thesis at Portland State University on the social history of Japanese food in Oregon; it looks at the Japanese culture through the lens of food. He has been reading Japanese-language newspapers in Portland and he found an ad that mentioned Ota Tofu (at 86½ N. 5th Street, Portland) on 1 Jan. 1915 in the *Oshû Nippô* (*The Oregon News*). It mentions "Ota Kyodai" (Ota brothers), as if they owned the shop at that time. The newspaper started about 1908 and was published in Portland 6 days a week, usually 6 pages per issue, and he found the 1915 issues on a roll of microfilm from the University of Washington. This special New Year's Day issue was about 30 pages long. He has most issues of the *Oshu Nippo* printed between 1917 and 1928. Using a grant, they were recently put on a CD for the Oregon Nikkei Legacy Center in Portland (NW 2nd St.); they are not digitized. The center is open most weekdays. Becky Patchett is the archivist.

After the Japanese invaded Manchuria and China in the 1930s, there was a great deal of conflict between Japanese and Chinese in Portland. The children would have to walk to school on opposite sides of the street. They weren't allowed to play with each other. However certain Chinese grocers would still sell particular foods, such as bean sprouts, to Japanese customers. The Japanese wouldn't eat at the Chinese restaurants–maybe because they wouldn't be served. So Japanese restaurants started serving Chinese food. In the 1920s *Shina udon* ("China noodles," which we now call "ramen noodles") was common in all the Japanese restaurants–as shown by ads. But by the late 1930s this food was no longer mentioned in ads by Japanese restaurants.

Dave is also interested in how American anti-Japanese racism played out through food. In 1924 Congress passed the National Origins Act (also known as the Immigration Act of 1924, the Asian Exclusion Act, or the Johnson-Reed Act). A sweeping law to keep out "undesirables," it limited the number of immigrants who could be admitted from any country in any given year to 2% of the number of people from that country living in the United States in 1890, according to the 1890 U.S. census. Essentially, it put an end to all immigration from Asia. Moreover, all Asians were forbidden from being naturalized as citizens, and it had the effect of preventing Japanese Americans from legally owning land. From 1924 on anti-Japanese racism rose steadily in the USA even though Japanese were making huge contributions to American life and the economy in areas such as farming. They also paid taxes. The Seattle City Council [in Washington state], for example, passed laws attempting to put Chinese hog farmers out of existence. Other laws made it illegal for Japanese to fish for salmon in the Columbia River, or to obtain hunting licenses. The whole Pacific oyster industry came from Japan; laws shut it down. Dave is not sure why they did this. It could have been resentment that they were successful, or it could have been harassment.

Nobuo Harada is a leading Japanese food scholar, who writes mostly in Japanese; his focus is the mid-Edo period. He has one article in English titled "Culinary Culture and its Transmission in the Late Edo Period," in *Written Texts–Visual Texts: Woodblock-Printed Media in Early Modern Japan,* edited by Susanne Formanek and Sepp Linhart (2005, p. 141-158).

Dave has studied numerous editions of *Zaibei Nippon-jin Kan* (*Directory of Japanese in the USA*), published by Shin Sekai-sha. The 1912 edition is at Waseda University in Tokyo. The 1916, 1928, and 1936 editions are at University of Washington (Seattle). Several other universities (UCLA, Univ. of Oregon) also have the 1936 edition. He has not seen the 1922 ed.

Another interesting source of information are the old guide books for coming to the USA; they were published in Japan, mostly in Japanese but with some English-language ads from hotels, food suppliers and importers, and labor contractors in the USA. Until 1912 the rice consumed in Oregon was grown in either Hawaii or Japan; then in 1912 Japanese-style rice started to be grown in commercial quantities in and around Sacramento, California. Rice had been milled in California since about the 1860s.

Hood River is a city on the Columbia River about 60 miles east of Portland. The Yasui Brothers Store (a general store) existed in Hood River from about 1907 until the internment in 1941. The store was the center of the Japanese community. Masuo Yasui, who owned the store with his brother, never threw any documents away for his entire life. He kept order sheets, cancelled checks, letters, telegrams–everything. These documents are now at the Oregon Historical Society, but they are just starting to be cataloged. Several scholarly books about this Yasui family have been published in English, such as *Stubborn Twig: Three Generations in the Life of a Japanese American Family,* by Lauren Kessler (1993).

Early soyfoods manufacturers in Portland that David has found include: (1) Asahi Tofu, 52 North 3rd St. Source: Oshû Nippo. 1922. May 4. p. 5. (2) Sanyo Co., which advertised miso (from Jan. 1915) and shoyu, and probably made them. (3) Kuge Tofu in the late 1930s and early 1940s until the internment.

Good books on Japanese rice in America are: (1) *A History of the American Rice Industry, 1685-1985* by Henry C. Dethloff (1988). (2) *Rice in California,* by Jack H. Willson (1979). Address: Portland, Oregon.

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12878. Chow, Cheryl; Chow, James. 2007. Hypoglycemia for dummies. 2nd ed. Hoboken, New Jersey: John Wiley & Sons. xii + 274 p. Illust. Index. 24 cm.
• ***Summary:*** Hypoglycemia (low blood sugar) is difficult to diagnose and to treat; it may be linked to or confused with other health problems.

Soyfoods are a good source of protein in the diets of those suffering from hypoglycemia (low blood sugar). Soy is mentioned on pages 37 (Soy is one of 8 foods to which people are most often allergic), 38 (if you have a food reaction, try eliminating one of these 8 potential allergens from your diet. Go on an elimination diet for 2 weeks and keep a food journal), 41 (If you think you have candidiasis, try going on a hypoglycemic diet. In addition, avoid fermented foods or those that contain yeast, including soy sauce), 91 (MSG is also called hydrolyzed protein, soy extract, meat tenderizer, Accent, Ajinomoto), 104, 106 (milk substitutes, including soy milk, should not contain added sweetener), 107 (Foods such as tofu {bean curd}, tempeh and natto are good sources of protein, but intake should be limited to 2-3 servings of whole soy foods a day), 196, (unsweetened soy milk is good to drink), 250 (soy products make good meat substitutes), and 258 ("Noshing on nourishment": Vegetables such as edamame make excellent, nutrient-packed snacks).

Concerning natto (p. 250): "These sticky, fermented [soy] beans are a great vegetarian source of protein... In Japan natto is often eaten over rice for breakfast." However natto has a strong odor which takes some time to get used to. Address: 1. Writer and editor; 2. MD, Practicing physician, Director, Nihon Clinic [with branches in Manhattan, New York, Atlanta, Chicago and San Diego].

12879. *Vanity Fair.* 2007. Sex, drugs, and soybeans: And click here for rock 'n' roll. April 5.
• ***Summary:*** In the late 1950s, Stephen Gaskin joined the U.S. Marines; he saw combat in Korea as part of the Fifth Regiment. Then the veteran turned Beatnik and Hippie as he made his way through San Francisco State College, California. on the G.I. Bill and other scholarships. In 1964 he earned a master's degree, then for the next two years taught English, creative writing, and general semantics at his alma mater. In 1967 he started an informal philosophy seminar that would transform itself into "Monday Night Class." His teachings drew on many spiritual traditions from East and West, plus his personal experiences with psychedelics. Up to 1,500 people eventually attended each class.

The American Academy of Religion [founded in 1909, headquartered in Atlanta, Georgia, and today "the world's largest association of academics who research or teach religion or related topics"] sponsored Stephen in 1970 on a speaking tour of churches in 42 states. Some 300 of his acolytes accompanied him in a colorful parade of roughly 80 buses, trucks, and vans. It became a famous, "mystic trip out of San Francisco and into the American heartland." Above the windshield of Gaskin's bush was written: "Out to save the world."

They ended up in Summertown, Tennessee, at a 1,750 acre spread they called The Farm. The 200 people who live there today haven't given up the hippie spirit. But over the past 36 years, the spiritual commune has morphed "into a high-tech eco-think tank." They still meditate, hug one another, eat tofu, drink soy coffee, and sometimes call themselves "Farmies." The Farm is also home to 10 nonprofit organizations and 20 private businesses. And they "haven't given up on the half-forgotten, laughable-seeming notion of making the world a better place."

The farm started, in 1971, as a religious commune and a place where the members worked. To join, you had a sign a vow of poverty, turn over your cash and other possessions to the group, and accept Stephen Gaskin as your teacher. Stephen, now age 72, is married to Ina May Gaskin, author of *Spiritual Midwifery.*

"The long-haired Farmies adhered to vegan diets and worked the land. For protein, they ate soybeans in countless permutations." Between 1971 and the early 1980s the Farm's population grew from 300 to 1,500.

Then 1983, deeply in debt, they held a vote; the communal way of life lost out. Many people left.

Farm residents believe the way the rest of us live now–in an oil-dependent culture of cars, central heating, air conditioning, etc.–"is not only soul-deadening but doomed."

12880. Ross, Julia. 2007. Making tracks. *Time* (*Asia*). April 12.
• ***Summary:*** In Tainan, Taiwan, a "crowd converges on weekends to inhale the aroma of *xiao chi,* or street snacks: fermented tofu, fried wontons, grilled mushrooms and 'coffin cakes,' the local version of pot pies."

12881. Heydari, Farhad. 2007. Rock around the dock. *Time* (*Europe*). April 18.
• ***Summary:*** In the early 1990s, Düsseldorf began to shift from a strategic shipping hub to a media center. At the restaurant Meerbar, "chef Wong Zhen Kun keeps up with the architect's venue by creating interesting seafood dishes like red snapper with smoked tofu wrapped in a banana leaf."

12882. Yoshiba Restaurant. 2007. Best food of champions. *Time.* April 24.
• ***Summary:*** For centuries, for sumo wrestlers, the main course "has been *chankonabe,* a protein-rich stew containing beef, chicken, pork, seafood, tofu, vegetables and just about anything else the stable master can find." Traditionally sumo wrestlers abstained from meat such as beef or pork that came from four-legged animals. Address: Tokyo, Japan.

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12883. Sullivan, Cheryl L.; Nash, Marilyn. 2007. Soy on the menu: Recipes for foodservice. Champaign-Urbana, Illinois: Illinois Center for Soy Foods. 52 p. Illust. No index. 26 cm. Series: Soy in the American Kitchen.
• ***Summary:*** This book has a creative format: (1) An outer color cover folds over the white spiral binding. (2) The pages are spiral bound across the top. (3) The bottom unfolds like a gusset so the book stands up by itself on a table with the pages angled slightly back on a table. (4) A CD-ROM comes with the book. Remarkably, the whole package sells for only $3.00!

Contents: Bringing soy foods to the American table: Soy in foodservice, why choose soy?, soy foods, vegetarian and vegan recipes [in this book], recipe information, nutrient information, acknowledgements. Recipes: Appetizers. Breakfast. Breads. Salads. Soups. Side dishes. Main dishes. Desserts.

The recipes in this book use: Soy flour, soymilk, tofu, textured vegetable protein / TVP [texture soy flour], edamame, black soybeans, soy analogs [meat and dairy analogs].

Sidebars include: Biodiesel (p. 10). Research shows kids like soy in school lunches (p. 11). Uncommon soy foods: Tempeh, miso, okara, natto. Are you soy savvy?: Why is soy flour added to baked goods? (p. 14). U.S. soybean production, yield, exports, and domestic usage (1979 vs. 2004) (p. 16). Industrial uses of soybeans: Soy candles, ink, biodiesel, soy cleaners, waterproofing sealants, soy silk (fabric). Are you soy savvy? Edamame (p. 19). INTSOY (p. 22). NSRL (p. 24). What is the soybean checkoff? (p. 27). WISHH initiative for soy in human health (p. 29, 30). Illinois Soybean Association (p. 34). What is okara? Why should you shake up a carton of soymilk? (p. 39). Make your own tofu (p. 47). Address: 1. M.A., R.D., Research Dietitian; 2. Ph.D., Project coordinator. Both: 170 National Soybean Research Center, 1101 W. Peabody Dr., Urbana, Illinois 61801. Phone: (217) 244-1706 or www.soyfoodsillinois.uiuc.edu.

12884. **Product Name:** Organic BBQ Burgers, Mexi Burgers (Replaces Tofu-Mexi Patties, launched June 1997), Vegie Burgers (Replaces Tofu Veggie Patties, launched 1981), Breakfast Sausage 12-Pack, Marinated Tofu Cutlets 12-Pack, Alder Smoked Tofu 12-Pack, Original Tofu Cutlets (Replaces Tofu Cutlets: Marinated and Baked, launched 1982).
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 65 Frank Martin Court, Arcata, CA 95521. Phone: 707-822-7401.
Date of Introduction: 2007. April.
Wt/Vol., Packaging, Price: 6.5 oz (184 gm).
How Stored: Refrigerated.
New Product–Documentation: Labels sent by Matthew Schmit. 2009. March 18. Self adhesive. Products 1-3: 3 inches diameter. Multi-colored on white. A stylish water-color illustration shows a tofu shop on stilts by the edge of the sea. All three products weigh 7.5 oz (211 gm) and are "Organic. Baked tofu. Perishable–Keep refrigerated. Good source of calcium. Rich in vitamin C and iron. Cholesterol free."

Products 4-6. Label is one color on white. 4 by 3 inches. No illustration. Product name, ingredients, nutrition facts (all information) is on front panel. Product 7: 3.5 by 2.5 inches. Multi-colored on white. A stylish water-color illustration shows a tofu shop on stilts by the edge of the sea. 6 oz. Certified organic. Marinated and baked. Enjoy our classic marinade rich with organic soy sauce, garlic, and a hint of lemon. Perfect for sandwiches, salads, stir-fry, and sushi rolls. Perishable–Keep refrigerated.

12885. **Product Name:** Organic Soymilk (Unsweetened, Chocolate, Vanilla, Original), and Organic Nigari Firm Tofu (in Bulk, or Vacuum Packed).
Manufacturer's Name: Vermont Soy LLC.
Manufacturer's Address: 180 Junction Rd. (P.O. Box 401), Hardwick, VT 05843. Phone: (802) 472-8500.
Date of Introduction: 2007. April.
How Stored: Refrigerated.
New Product–Documentation: Talk with (call from) Todd Pinkham, founder and owner of Vermont Soy. 2007. Dec. 10. In April he started to make and sell the four types of soymilk and two types of tofu show above. He uses a ProSoya VS-200 system. Todd used to make tempeh.

Outer package for Vermont Soy Artisan Tofu sent by Sjon Welters. 2008. Dec. 26. 4 by 4.75 by 2 inches. Paperboard box. Light green, dark green, black, white, purple, and red. 14 oz. retails for $3.99. Fresh. "Hand-crafted with Vermont-grown beans." "Sell by 11 31 08." The tofu is vacuum-packed in a plastic pouch inside the box. "Ingredients: Vermont-grown organic non-GMO soybeans, nigari (magnesium chloride), calcium sulphate, pure Vermont water." Phone: 802.472.8500. Note the USDA Organic seal at the lower right.

12886. Golbitz, Peter. 2007. Color photos of the soymilk processing short course held 22 May 2007 at the SoyCow Training Center in Bergville, KwaZulu-Natal, South Africa. Bar Harbor, Maine.
• ***Summary:*** Peter Golbitz took these color photos and wrote the captions. For background see interview with Peter Golbitz on 22 Jan. 2009. The short course workshop on 22 May 2007 took place at the training center located on property owned by Henry Davies adjacent to his Eden Manufacturing plant. This workshop (including the travel and other expenses of the African participants) was paid for mostly by WISHH; other contributors were USAID, Solae, Silk, Soyatech, and others.

(1) Peter Golbitz leading a strategic planning discussion at a meeting of the Soy Southern Africa association, held in

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Bergville on May 22.

(2) Ratan Sharma from the American Soybean Association's office in New Delhi, explaining the equipment and processing steps for the SoyCow system. These SoyCows are made in India using the ProSoya process developed and patented by Raj Gupta (Ottawa, Canada).

(3) Henry Davies of Eden Manufacturing and the Eden Social Development Foundation demonstrating the VitaGoat soymilk processor. At this stage, the soymilk and pulp have been pressure cooked with steam and the mixture is being strained before manual pressing to separate the okara from the fresh soymilk.

(4) A participant grinding soaked soybeans on a pedal-powered VitaGoat grinder while a helper feeds fresh beans into the grinder hopper.

(5) Ratan Sharma explaining how to make soymilk yogurt from fresh soymilk produced with the VitaGoat or the SoyCow. (6) Ratan Sharma demonstrating how to make tofu using freshly produced soymilk curds from the VitaGoat. (7) Ratan Sharma cutting freshly pressed tofu for participants at the short course. Onlookers include Henry Davies (right) and Mrs. Mchunu (center in blue), a member of the South African National Government, Inkatha Party, also known as "Mama Soya" for her long time and personal support of the expanded use of soy in Southern Africa.

(8) Participants at the short course taste and evaluate different soymilk and soymilk yogurt formulations using different flavors and levels of sweeteners. Address: Director of International Business Development, SunOpta Grains and Food Group.

12887. Hain Celestial Group, Inc. (The). 2007. The Hain Celestial Group announces an agreement to acquire the tofu and meat-alternative business of WhiteWave Foods (News release). Melville, New York. 2 p. May 30. 28 cm.

• ***Summary:*** "The Hain Celestial Group, Inc. (Nasdaq: HAIN), a leading natural and organic food and personal care products company, today announced an agreement to acquire the tofu and meat-alternative business of WhiteWave Foods Company, a subsidiary of Dean Foods Company (NYSE: DF). These products are sold under the brand names TofuTown (R) and WhiteWave (R) and are currently manufactured in Boulder, Colorado.

"'Adding the tofu and meat-alternative business from WhiteWave Foods complements our existing Yves Veggie Cuisine (R) product line, strengthening and expanding our fresh, meat-free alternative product offerings to further support this sector of the growing natural and organic market,' commented Irwin D. Simon, President and Chief Executive Officer of The Hain Celestial Group. 'Purchasing this business will better position the Company to increase our meat-free alternative product sales in Canada and the United States, as we integrate the sales and marketing into our existing Yves operation,' concluded Irwin Simon.

"The product line includes baked and grilled tofu, seitan, tempeh and other traditional tofu items sold through natural and conventional grocery stores as well as in foodservice outlets. The tofu business generated sales of approximately $8 million in the last fiscal year. The transaction excludes the WhiteWave trademark; however, Hain Celestial will continue to market existing products under the WhiteWave brand for a transitional period under license. Other terms of the acquisition, which is expected to close in June, were not disclosed. The transaction is expected to be accretive to Hain Celestial's earnings during its fiscal year 2008."

Note: The acquisition actually took place on 8 June 2007. Hain Celestial acquired all products sold under the TofuTown or WhiteWave brand under a 12-month license. Address: 58 South Service Road, Melville, New York 11747-2342.

12888. *Soy Connection for the Food Industry* (*Seattle, Washington–United Soybean Board*). 2007. Soybean oil. 1(2):1-8. Spring.

• ***Summary:*** Contents: 1. Low-linolenic soybean oil growing rapidly. 2. Extending the variety of soyfoods to meet consumer needs. 3. Blind taste test reveals consumer taste preferences. 4. Tofu Fingers prototype. 5. Calendar of events.

12889. Wexler, Geoffrey. 2007. Re: Documenting the early history of Ota Tofu Co. (Portland, Oregon). Letter to Roy Yotsuuye, 16003 N.E. 25th Ave., Ridgefield, Washington 98642, June 1. 1 p. Typed, on letterhead. [8 ref]

• ***Summary:*** "To answer your first question, the two addresses (226 [sic] Davis Street and 96 N. 5th St.) were not the same location. The [first] major street renaming took place around 1892, when the 'alphabet' streets (A, B, C, etc.) were given the names of Portland pioneers (Ankeny, Burnside, Couch, Davis, etc.). The next major change was between 1931 and 1933, when all the house numbers in the city were changed and many street names were altered too. At that time North Fifth Street became Northwest Fifth Avenue, and Davis Street became Northwest Davis Street.

"As to the founding of the Ota Tofu Company, the city directories do not help with this. I spot checked the directories from 1908 through 1934 and found no listing at all for Ota (or Ohta) Tofu. However, I did find the following:

1910: Charles Ota listed as a "cook" with residence at 352 Oak Street.

S. Ota listed as "baths" with business and residence at 86½ 5th Street North.

1913: E. Ota listed as "cook."

1915: S. Ota listed as "baths," same addresses as 1912.

1921-1922: H. Ohta listed as "baker."

1924: H. Ota listed as "restaurant" with address at 86½ 5th Street North.

1933: Saizo Ohta listed as "wholesale baker" at 86½ 5th Street North.

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1934: Same as 1933.

"Of course, the directories are not always accurate, especially for the Japanese and Chinese communities in the area that is now called Old Town / Chinatown in downtown Portland (where the above addresses were located).

"There may be more detailed information here at OHS, perhaps in census records or books on the Japanese community. It may be worth a trip here to our research library to conduct further research." Address: Senior Archivist, The Oregon Historical Society, 1200 SW Park Ave., Portland, Oregon 97205. Phone: 503.222.1741.

12890. Okazaki, Noriko Ota. 2007. Re: Ota family history. Letter (e-mail) to Eileen Ota, Ota Tofu, Portland, Oregon, June 3. 1 p.

• ***Summary:*** "Hi Eileen: Hope everything is going well for you and the Tofu shop.

"I've been trying to answer your e-mail regarding the history of the Ota Tofu Shop and this is what I think I know:

"Saizo and Shina's last name was OHTA and whoever reported Matsuno's birth certificate made a mistake on her last name and was recorded as OTA. The Japanese character is the same.

"I don't know how many brothers and sisters Saizo had. At least one brother was here in the United States. I have no idea when he arrived in United States. I know for sure one brother was here because he married Mits' grandmother at one time. (she was married to Okazaki and had a son, Shizuo, in Japan before she was remarried to Saizo's brother).

"Saizo may have had a brother (I guess could be a sister also) in Japan since my mother talked about her cousin (no idea how many). Had tuberculosis and died.

"Like I had told you earlier, I don't know or have not met one single person with a name of Ota in Japan when I was growing up.

"The oldest relative who might know anything would be Matsuno's cousin, Matasuda since she grew up with them but he is at least 10 years younger and the time I saw him last year, he was not in any condition to remember anything.

"I think Grandma Shina was a picture bride and she moved into Ota family in Japan prior to coming U.S. No idea how long or what year. I don't think she had any occupation, just to a training to be a bride.

"Ohta family (I think) lived in Shiraishi, Okayama but no idea of their occupation. I don't think they were any way connected to the Tofu business. (this is my guess)

"There may be sources in Japan to help or the temple Ohta family belong to may help but I have no idea where to start. It is also possible everything was destroyed during the war when Okayama was bombed; no idea how extensive damages were.

"This is all I can think of now. If I get any more information, I will let you know.

"Take care and say hello to everybody, Noriko." Address: Japan.

12891. Walsh, Bryan. 2007. Lamenting the decline of the home-cooked meal in Japan. *Time.* June 6.

• ***Summary:*** About Etsuko Shiobu teaching at her home in Tokyo: "As commuter trains rumble outside the window of Shinobu's crowded kitchen, we prepare tuna sushi cake, tofu, a carrot and radish soup and a vinaigrette salad."

12892. Gupta, Rajendra ("Raj") P. 2007. New developments at ProSoya worldwide (Interview). *SoyaScan Notes.* June 27. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** A very interesting and far-reaching discussion including: (1) Assoy in Russia, Firouz Zanjani and Alexander Podobedov. (2) Soymilk factory in Iran, Andre Ladoucer (he commissioned the plant but is no longer active in the soymilk business), and the ProSoya agent in Iran. (3) People in the Middle East have a palate very similar to that of people living in India; both like soy yogurt. (4) ProSoya's best small machine for making soymilk is the one that makes 2,000 liters/hour and has a vacuum deodorizer. The basic plant without packaging equipment costs $60,000. A chiller costs an additional $15-20,000. Yogurt incubation tanks are extra. (5) ProSoya's continuous curding machine which makes 1,000 kg/hour of tofu; it costs about $135,000. (6) ProSoya's plant in New York is still in operation. It makes 2 tankers a week of soymilk, all of which is sold in Canada. (6) Many taste tests show that ProSoya's SoNice is the best tasting soymilk in the world. The most important thing for soymilk to become a mainstream product is to improve its taste. (7) Raj Gupta has had discussions and negotiations with major companies that sell soymilk: Unilever (Ades, Adez), Coca Cola and Odwalla. All these companies agree that ProSoya's soymilk is the best tasting. It is very frustrating that marketing is of top importance to all, while product quality is much or relatively low importance. (8) The soymilk market in North America is now worth about S1,000 million, with 90% of the sales in the USA and 10% in Canada, where SoyaWorld is the leading player, with about 40% of the market. Address: President and CEO, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

12893. Gorn, Heather. 2007. 25 years of vegetarianism and a look into the future. *Vegetarian Journal* (*Baltimore, Maryland*) 26(3):6-13.

• ***Summary:*** This issue celebrates the Vegetarian Resource Group's 25th (silver) anniversary. The article contains interviews with and a photo of each of the following vegetarian pioneers: Frances Moore Lappe (author of Diet for a Small Planet), Seth Tibbott (inventor of Tofurky and owner of Turtle Island Foods), Laurel Robertson (author of Laurel's Kitchen), Jim Rosen (founder of Fantastic Foods),

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William Shurtleff (author of The Book of Tofu), Andy Berliner and Rachel Berliner (co-founders of Amy's), Ingrid Newkirk (co-founder and President of People for the Ethical Treatment of Animals (PETA)), Tom Reagan (professor emeritus of philosophy, North Carolina State Univ. His most recent book is Empty Cages: Facing the Challenge of Animal Rights), Michael Jacobson (co-founder of Center for Science in the Public Interest (CSPI)), and Nanci Alexander (founder of Sublime Restaurant and the Animal Rights Foundation of Florida). Address: Undergraduate, Univ. of Pennsylvania and longtime volunteer with the VRG.

12894. Gorn, Heather. 2007. William Shurtleff–The soy king. *Vegetarian Journal* (*Baltimore, Maryland*) 26(3):35.
• ***Summary:*** The article begins: "If you've ever eaten soy, William Shurtleff has probably played a role in your life. The soybean has proven to be his life's calling, beginning with his penning of *The Book of Tofu,* the seminal book on soy in this country, more than 30 years ago.

"Shurtleff traces the beginning of his journey toward vegetarianism to 1964, when he taught [sic, worked] with Dr. Albert Schweitzer in Gabon. There was no discussion of vegetarianism nor was Dr. Schweitzer; however at the age of 23 Shurtleff had learned a valuable lesson from Schweitzer's article, 'The Ethics of Reverence for Life,' and decided to live by this philosophy."

"Upon returning to the U.S. to continue his studies at Stanford University [California], Shurtleff moved into the... Peace and Liberation Commune. In 1968, the commune went vegetarian." Address: Undergraduate, Univ. of Pennsylvania and longtime volunteer with the VRG.

12895. **Product Name:** [Savory Herbed Tofu, Sliced and Stir-Fried].
Foreign Name: Tofu roerbakreepjes pittig gekruid.
Manufacturer's Name: Heijn (Albert).
Manufacturer's Address: Netherlands.
Date of Introduction: 2007. June.
Ingredients: Water, soybeans, vegetable oil, salt, herbs and spices, yeast extract...
Wt/Vol., Packaging, Price: 180 gm. paperboard tray.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Sjon Welters from the Netherlands. 2007. June. Reddish brown, purple, blue and white on light pink. A color photo shows the prepared dish in a shallow purple bowl. 6.5 x 5 x 1.5 inches.

12896. Rommelmann, Nancy. 2007. The food chain: The Ota family turns out 6,000 pounds of the Japanese staple a week, selling to the public and stores. *Oregonian* (*The*) (*Portland, Oregon*). July 3. p. FD1, FD5.
• ***Summary:*** A good snapshot of life at Ota Tofu Co. in Portland, Oregon. Koichi Ota is the 3rd generation tofu maker,–"a man short on words and long on skill." He makes soft, medium, and firm tofu (and agé) from a high-protein non-GE soybean variety named Vinton, which is trucked from the Midwest.

Eileen Ota says they no longer run ads, nor does she do deliveries. They sell fresh tofu over the counter like a traditional tofu shop in Japan. Although the retail area is small, she sells 1,000 pounds of tofu a day, six days a week. She says there are a lot of vegetarians in Portland. Non-Asian customers may use soft tofu for salad dressings or smoothies. "Fresh tofu is $1.50 per pound, or $1.25 per pound if you bring your own container. Agé is $1.30 per piece. Soy milk is $2.25 per half gallon."

A large color photo shows Koichi Ota in a steamy tofu shop, holding a nylon sack full of okara. Address: Freelance writer; Special to the Oregonian.

12897. Owens, Daniel. 2007. Inbox: Eating around the world. *Time* (*Europe, Asia*). July 12.
• ***Summary:*** "When I was 18, I became a vegan and tried tofu for the first time, but I was not put off by its strangeness." Address: Paris.

12898. Beech, Hannah. 2007. The mountain is high, and Beijing is far away. *Time.* July 17.
• ***Summary:*** How the writer interviews a Chinese source about a sensitive subject: "Once the interviewee has expounded on a particular kind of tofu, or their son who's now studying international trade, or the prowess of China's table-tennis team, I segue to the real topic at hand." This approach seems to work surprisingly well.

12899. Joe, Peter. 2007. Sale of Sunrise's share of SoyaWorld Inc. and starting a new tofu plant in Toronto, Canada (Interview). *SoyaScan Notes.* July 24. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** In Dec. 2000 Peter Joe sold his 47% share of SoyaWorld to Sanitarium Foods of Australia.

He recently built a new tofu manufacturing plant in Toronto, Ontario. It began production in March 2002. All is well for Peter and Sunrise. The market for tofu in Canada is growing. Address: General Manager, Sunrise Soya Foods, 729 Powell St., Vancouver, BC, V6A 1H5 Canada.

12900. Vitasoy International Holdings Ltd. 2007. Annual report 2006/07. New Territories, Hong Kong. 148 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** Inside front cover: "For over 65 years, Vitasoy has grown and multiplied its success from a little bean–and is still growing strong." A cartoon shows a team of "Beanies" (soybeans) pulling together on a rope in a tug-of-war.

For the fiscal year ended 31 March 2007, group turnover (sales) was HK$2,693 million, up 6.9% over the previous year. Of these sales, 62% came from Hong Kong, 16% from North America, 10% from Australia and New Zealand, 9%

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from Mainland China, and 3% from the rest of the world.

Gross profit was HK$1,563 million, up 5.5% from the previous year. Basic earnings per share were 17.3 HK cents, up 0.6%. Dividends per share were 15.5 HK cents, the same as the previous year.

At "Chairman's statement," a photo shows Winston Yau-lai LO, age 66. His resume is found on p. 40. He has two sisters, both married, Myrna and Yvonne. Total dividends for the year are 19.5 cents.

During the year the plant in Massachusetts [Nasoya] generated HK$379 million in revenue a decline of 1.8% from last year. "Operating loss increased to HK$49 million due mainly to the costs associated with the new product launches, declining tofu sales, and additional trade expenses to drive aseptic soymilk sales" (p. 24).

A five-year summary (2003 to 2007; p. 147) shows that, during this entire period, sales increased 20.9% and annual profit increased by 45.7%. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

12901. Yu, Jonathan; Yu, Beth. 2007. Re: History of Cherry Food Industry / APY Food Processing in Quezon City, Philippines. Letter (e-mail) to William Shurtleff at Soyinfo Center, Aug. 24. 1 p.

• ***Summary:*** Cherry Food Industry operated as a soy processing company in 1976. In January 1985 the company was registered as APY Food Processing. APY signifies the initials of Mrs. Adelaida Pua Yu, the owner, who had the first factory running at # 74 Speaker Perez St., Barangay Lourdes, Quezon City with 10 employees. From its initial operations until January 1995, Mrs. Yu successfully maintained the factory. In 1993, Jonathan Yu and wife Beth participated in the family business operations. Since the other siblings of Jonathan were engaged in other concerns, the management and operations of the company was transferred to the youngest Jonathan Pua Yu in 1995.

The company now makes the following soy products: Nippon Tofu. Toho. Tokwa. Taohue. Soymilk. Address: Quezon City, Philippines. Phone: (632) 365-0835.

12902. Pirello, Christina. 2007. Cooking the whole foods way: Your complete, everyday guide to healthy, delicious eating with 500 vegan recipes, menus, techniques, meal planning, buying tips, wit & wisdom. Revised and updated edition. New York, NY: Home Books. xiii + 354 p. Aug. Illust. (by Christina Pirello). Index. 24 cm. [38 ref]

• ***Summary:*** On the cover: "Includes 80 new recipes. Revised and updated–Now 100% vegan." This is basically a macrobiotic cookbook with 500 vegan recipes. One long chapter is titled "Tasty tofu, tempeh and seitan" (p. 115-40). Other soy-related recipes include: Basic miso soup (p. 35). Miso millet stew (p. 64). Minute miso soup (p. 82). Black soybean relish (p. 101; as black soybeans are simmered, they create their own gravy). Baked beans with miso & apple butter (p. 109). Tofu cheese (with miso, p. 118-19). Lemon miso sauce (p. 276). Also contains recipes for amasake, azuki beans, mochi, and sea vegetables.

The recipe for "Tofu cheese" (p. 118-19) is very creative and delicious.

About the author: A brief biography is on the rear cover; a color portrait photo is on the front cover. Address: Emmy Award-winning host of national public television's *Christina Cooks*.

12903. United Soybean Board (USB). 2007. Consumer attitudes about nutrition: Insights into nutrition, health, and soyfoods. 14th annual national report. Seattle, Washington: USB. 12 p. Oct. 28 cm.

• ***Summary:*** Methodology: "This year represents the second year we have adopted an online self-administered survey as our methodology, a significant change from random telephone interviews. The survey, conducted by an independent research firm [in Seattle, Washington] in February and March 2007, includes 1,000 random surveys, providing a sample that is consistent with the total American population. The study's margin of error remains ± 1.9 to 3.1%, with a confidence interval of 95 percent."

Contents: Introduction. Methodology. About USB. Nutritional habits & obesity concerns. Healthy food decisions. Improving overall health. Cooking oil impressions. Consumer attitudes about fats. Awareness and usage of soy products. Occasion preferences for consuming soy. Restaurants and soy products. Soyfoods and health. Special health benefits of soy

Awareness and usage: 33% of Americans consume soyfoods or soy beverages once a month or more. "For the fourth year in a row, consumers reported the most familiarity with soymilk, soybean oil, soy veggie burgers and tofu."

A table shows the "Top 20 soy products by awareness." Soymilk 90%. Soybean oil 66%. Soy veggie burger 63%. Tofu (unspecified) 60%. Soy infant formula 51%. Soy nuts 47%. Soy latte / soymilk in espresso coffee drinks [as at Starbucks] 41%. Soy protein bars 34%. Dried or canned soybeans 34%. Soy yogurt 32%. Soy flour 31%. Soy ice cream / cheese 30%. Soy hot dogs 29%. Flavored / marinated tofu 28%. Miso 28%. Soy supplements 28%. Cereal bar / Energy bar 28%. Edamame 23%. Soy breakfast cereal 21%. Textured soy protein 21%. All others mentioned 14% or less.

Occasion preferences for consuming soy (in descending order of preference): dinner 41%, breakfast 28%, lunch 27%, mid-afternoon snacking 19%, late evening snacking 14%, mid-morning snacking 10%, desserts 6%.

Restaurants and soy products: "Over half of consumers have tried soyfoods in restaurants." Tofu 25%. Soymilk 24%. Veggie burgers 22%. "Over one-third would order soy products in restaurants... if they could find soy on their restaurant's menu."

"In 2007, 85% of consumers rate soy products as

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healthy, up three percentage points from 2006." A graph (p. 7) shows this increase in awareness (82% in 2006, 78% in 2005, 74% in 2004, 74% in 2003, 74% in 2002, 69% in 2001, 76% in 2000, 71% in 1999, 67% in 1998).

Why? Low-fat profile 18%. Protein content 17%. Heart health function 16%. Cholesterol-lowering properties 11%. "Being good for you" 11%. Potentially providing relief for menopause symptoms 10%.

Note: As of Aug. 2008 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

12904. Berne, Amanda. 2007. Meaty alternatives: The accidental vegetarian. Chefs find winning ways to cook seitan, tempeh and tofu. *San Francisco Chronicle.* Sept. 19. p. F1, F4-F5. Food section.

• ***Summary:*** Many Bay Area restaurants cater to vegetarians and vegans. "It's all about fake meat." While tofu has become well known, chefs are now experimenting with tempeh and seitan. Contains many tempeh and seitan recipes. Address: Chronicle staff writer.

12905. Fitzpatrick, Liam. 2007. Hong Kong's Zuma nights. *Time* (*Asia*). Sept. 20.

• ***Summary:*** Zuma, a large and fancy restaurant in Hong Kong, serves "baby chicken marinated in barley miso and roasted on cedar wood, or fresh cold tofu with grated wasabi and other condiments."

12906. Mahr, Krista. 2007. Why some countries feast and others famine. *Time* (*Asia*). Sept. 27.

• ***Summary:*** In the 1930s Henry Ford used to wear a suit made from soybean fiber. He became extremely interested in the many possible uses of the soybean. He served gala dinners in which all the dishes contained soy, and he made great efforts to incorporate soy products into Ford cars, using it for things such as upholstery fabric and experimental panels. The potential that Ford saw in soybeans has today be come a reality.

In his new book *Stuffed and Starved,* Raj Patel takes a sweeping look at the international food system in which 800 million people are malnourished, while over a billion eat so much that a high percentage become overweight or obese. Patel has a good sense of world food history. He includes a story of how Ellen G. White, long head of the Seventh-Day Adventist church, had a vision showing that a vegetarian diet was the key to longevity. Thus Seventh-day Adventists were "the first white people in the United States to make tofu."

12907. Kingsbury, Kathleen. 2007. The changing face of breast cancer. *Time* (*Asia*). Oct. 4.

• ***Summary:*** As U.S. and European lifestyles spread, so do their unhealthy diets. Last July, scientists released a study that examined the eating habits of 3,000 Chinese women, ranging in age from 25 to 64. Half of the women ate a "meat sweet" Western diet, rich in red meat, shrimp, fish, candy, desserts, bread and milk. The others consumed "more traditional Asian fare of tofu, vegetables, sprouts, beans, fish and soy milk. Postmenopausal women in the meat-sweet group showed a 60% greater risk of developing the most common kind of breast cancer."

12908. Dorff, Erik. 2007. The soybean, agriculture's jack-of-all-trades, is gaining ground across Canada (Web article). http://www.statcan.gc.ca/ pub/ 96-325-x/ 2007000/ article/10369-eng.pdf. 14 p. Oct. 26. Printed 28 Jan. 2010. [7 ref]

• ***Summary:*** An outstanding overview and description of the current status of soybeans in Canada.

Contents: Introduction. Development of the soybean sector in Canada. Growth in soybean area across the country. The soybean–an international super-crop. Soybean dollars make sense to farmers. One crop, many uses. Food for human consumption. Animal feed. Industrial products. Soybean not a "has-bean" crop in Canada. The gift of the bean (a brief early history of the soybean in the USA and Canada).

Figures: (1) Gains in soybean area reflect crop development efforts (1951-2006; 000 hectares). (2) One crop many uses. Diagram showing uses as: Food for human consumption, animal feed, industrial products. (3) Bred in Canada: soybeans of prominence. AC Proteus, Toki (for tofu), Nattawa (for natto), Maple Arrow (expanded soybean range out of southern Ontario), Maple Presto (the fastest maturing soybean). (4) Traditional soy foods: a brief guide (with a description of each). Edamame, miso, natto, soy sauce, soy milk, tempeh, tofu.

Tables: (1) Census of agriculture tracks growth in soybean area. Gives the area planted in Canada, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, and Alberta in the census years of 1976, 1981, 1986, 1991, 1996, 2001, and 2006. Soybeans were planted in each of these provinces in the three most recent census years. (2) Top 10 soybean producing nations (Average 2000 to 2005): After the USA, Brazil, and Argentina, China is 4th, India 5th, Paraguay 6th, Canada 7th, Bolivia 8th, Indonesia 9th. and Italy 10th. (3) Average soybean composition. Columns: Characteristic, oil, feed and meal beans, soy milk / tofu soybeans. For the latter: 100 seeds should weigh more than 20 gm. Colour very light with clear hilum, oil content 17-19%, protein content 44-47%, soluble sugar content 11-13%, insoluble sugar content 21-25%, minerals 5%. (4) Nutritional comparisons: Tofu and soy milk with ground beef and cow's milk.

Maps: (1) Soybeans in Canada (3 maps on one page). Map A shows that quite a bit of Quebec's soybean acreage lies south of the Saint Lawrence River, in the region named "Southern Quebec" (which includes the Eastern Townships

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at its southernmost area–its south-western end).

"Until the mid-1970s, soybeans were restricted by climate primarily to southern Ontario. Intensive breeding programs have since opened up more widespread growing possibilities across Canada for this incredibly versatile crop: The 1.2 million hectares of soybeans reported on the Census of Agriculture in 2006 marked a near eightfold increase in area since 1976, the year the ground-breaking varieties that perform well in Canada's shorter growing season were introduced" (p. 1).

"For years, soybeans were being grown in Canada but it wasn't until the Second World War that Statistics Canada began to collect data showing the significance of the soybean crop, with 4,400 hectares being reported in 1941. In fact, one year later the area had jumped nearly fourfold, to 17,000 hectares. In 1943 a program aimed at actively breeding soybeans suitable for southern Ontario was initiated.

"During the Second World War, North American manufacturers used oil from soybeans not only as a food but also to produce a wide number of industrial products including glycerine for the manufacture of nitroglycerine used for explosives and ammunition.

"By 1951, 62,967 hectares had been planted with soybeans (Figure 1), but they were still mostly confined to southern Ontario, the region with the longest and warmest growing season in Canada" (p. 2).

"It wasn't until varieties with earlier maturity and improved tolerance of cooler climates were successfully developed–the 'Maple' series of soybean cultivars–that significant soybean production was pushed beyond southern Ontario. The 1976 release of the Maple Arrow variety in particular is credited with expanding the range of soybean production into eastern Ontario (Table 1)."

The "growth between 2001 and 2006 was particularly notable in the Prairie provinces, with Manitoba's soybean area increasing sevenfold to over 141,869 hectares and its more western neighbours, Saskatchewan and Alberta, beginning to actively pursue soybean production. These gains in area were the payoff from research aimed at finding and breeding soybean varieties suited to the Prairies as well as from crop promotion and market development" (p. 5).

"In the 2006 calendar year, farm cash receipts from soybeans amounted to $680 million in Canada, making it the fifth most valuable field crop, trailing canola ($2.5 billion), wheat ($1.8 billion excluding durum), potatoes ($899 million) and corn ($753 million). In Ontario, where it was also the most planted crop, it was the top crop in terms of farm cash receipts, at $547 million, eclipsing the receipts from corn ($449 million) and wheat ($275 million)" (p. 6).

"International trade contributed to the value of soybean receipts. Preliminary figures place soybean exports at over 40% (1.5 million tonnes) of the soybeans grown in Canada in the 2006 crop year (3.5 million tonnes).

"Of the four top buyers in 2006, Japan led the list, importing $138 million in Canadian soybeans, followed by Malaysia ($52 million), the Netherlands ($49 million) and Iran ($43 million). At the same time, Canada imported about 302,000 tonnes of soybeans valued at approximately $81 million, 99% of which came from the United States" (p. 7). Address: Statistics Canada.

12909. Anbarasu, K.; Vijayalakshmi, G. 2007. Improved shelf life of protein-rich tofu using *Ocimum sanctum* (*tulsi*) to benefit Indian rural population. *J. of Food Science* 72(8):M300-05. Oct. [35 ref]
• ***Summary:*** Tofu, a nonfermented soyfood rich in high-quality protein, B-vitamins, and isoflavones, could be an excellent substitute for meat in Indian recipes. Being rich in protein, tofu has a very short shelf life. Thus, an attempt was made to extend the shelf life using extracts of *tulsi,* which is commonly available in rural areas. Tofu was made using magnesium chloride and magnesium sulfate as coagulants. An aqueous extract of tulsi (commonly available in rural India) was added during the preparation and storage of tofu. This extended the unrefrigerated shelf life of tofu from its usual 3-4 days to 7-8 days. Address: Dep. of Food Microbiology, Central Food Technological Research Inst., Mysore 570020, India.

12910. *Furrow* (*The*) (*John Deere Co., Moline, Illinois*). 2007. Laugh at high feed prices: Cattle feeder Ken Ulrich focuses on "recycled" ingredients. 112(6):7-8. Sept/Oct.
• ***Summary:*** A color photo shows Ulrich (of Platteville, Colorado) with various feeds in piles on a white table and cattle in a feedlot in the background. One of the feeds is okara, obtained from a tofu maker.

12911. Sharma, Ratan. 2007. Traditional sweets (Powerpoint presentation). Haryana, India: American Soybean Association (ASA)–International Marketing. 5 p.
• ***Summary:*** (1) Traditional sweets: Excellent quality Rasogolla and Sandesh can be made. Fermented soymilk can be used to make delicious sweets popular in the north east, and to make paysam and puddings. A photo shows Soya Rossogolla (a commercial product).

(2) Large color photo of a 200 liters per hour soymilk plant (taken March 2004).

(3) Large photo of a "Soymilk and Tofu Booth" in Ludhiana, in the Indian state of Punjab. A sign out in front reads "SoFine Soy Foods" above the words "Silly Point" (taken April 2003).

(4) Another view of a "Soymilk and Tofu Booth" in Ludhiana. The sign over this boutique reads "Soya Fresh Point."

(5) A large color photo of a soymilk canteen / booth in a railroad station, with the title "Want to Buy Soymilk at a Railway Station?" A sign reads: "Soyfresh. Cold & refreshing soy milk. With a lip-smacking each flavour.

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Patented technology from ProSoya Inc., Canada. Brought to you by Fresh & Honest Cafe Ltd." A soymilk cooler and an Indian woman are visible inside the booth. Address: PhD, ASA International Marketing, Spanish Court, 3rd Floor (301A), Block C1, Palam Vihar, Gurgaon–122017, Haryana, India.

12912. Sharma, Ratan. 2007. Tofu promotion in India (Powerpoint presentation). Haryana, India: American Soybean Association (ASA)–International Marketing. 5 p.
• ***Summary:*** (1) Tofu promotion In India. Photos show a Mickey Mouse balloon character and a Tofu / Milk delivery truck. (2) Women's Employment. (3) A woman entrepreneur in soymilk business. (4) Training. (5) Women's employment. Address: PhD, ASA International Marketing, Spanish Court, 3rd Floor (301A), Block C1, Palam Vihar, Gurgaon–122017, Haryana, India.

12913. Sharma, Ratan. 2007. Soymilk and tofu in India (Powerpoint presentation). Haryana, India: American Soybean Association (ASA)–International Marketing. 5 p.
• ***Summary:*** (1) Cover. (2) Soya Cow–A family business. A color photo shows a man and his son milking a SoyaCow.

(3) A large color photo titled Palak Tofu, showing the prepared dish on a colorful background. Cubes of paneer and tofu are in the foreground.

(4) Soy drink is sold in bulk, pouches, plastic & glass bottles and in Tetra Pak cartons. Four color photos show soymilk in different presentations.

(5) Soymilk and tofu. A large color photo shows Shakti soymilk in plastic pouches, glass bottles, plus rounds of tofu on a bed of yellow soybeans. Address: PhD, ASA International Marketing, Spanish Court, 3rd Floor (301A), Block C1, Palam Vihar, Gurgaon–122017, Haryana, India.

12914. Soyatech, Inc. 2007. Soya & Oilseed Bluebook 2008. Bar Harbor, Maine: Soyatech. 446 p. Nov. Comprehensive index. Brand name index. Advertiser index. Statistical conversions. 28 cm.
• ***Summary:*** This is the 2nd year in a row that the *Bluebook* (a $95 value) has been sent free of charge to qualified industry members. On the cover are color photos of seven different crops (mostly growing in fields) covered in this book. The oilseeds covered in this book are (alphabetically): Canola, coconut, corn, cottonseed, flaxseed, hempseed, jatropha, linseed, palm, peanut, rapeseed, safflower, soya, sunflowerseed. Note that hempseed, jatropha, linseed, and safflower have been added this year.

On the inside front cover is a color ad from Natural Products Inc. (Grinnell, Iowa) titled "Technology doesn't have to be complicated to be effective." Photos show applications of some of the company's products: soymilk ingredients, tofu ingredients, bakery ingredients, and egg replacers. On the first page is a full page color ad from Bunge North America (St. Louis, Missouri). On the rear cover is a full page color ADM ad titled "Where does healthy begin?" showing a mother talking with her young daughter in the back of a pickup, on a farm. The tag line is "Meeting today's demands. Envisioning tomorrow's needs."

In the Foreword, Peter Golbitz writes: "We no longer determine the price of oilseeds and grains based solely upon their value as a food or feedstock–we now factor in what their value may be as an alternative source of energy. The rise in commodity prices that we have seen over the past year... has been primarily driven by the use of, or the anticipated use of, agricultural crops for energy. Whether or not we can ever grow enough crops to make a substantial contribution to our energy supply is now being debated..." "The continuing removal of trans-fats from food applications has created a boom market for oils, other than those that are hydrogenated,..."

"Soyatech's role in all of this has been to provide as much information as possible to the players throughout the value chain... Soyatech's seminal reference, the *Soya & Oilseed Bluebook,* will continue to evolve... and provide the best information available on the industry." Address: 1369 State Hwy 102, P.O. Box 84, Bar Harbor, Maine 04609. Phone: 207.288.4969.

12915. Cullen, Lisa Takeuchi. 2007. Find the bad protein; then, fix it. *Time.* Nov. 14.
• ***Summary:*** "Since the mid-1990s, the words mad-cow disease had turned beef eaters around the world to tofu tasters as people began to die of the human variant of the disease."

12916. *SoyaScan Notes.* 2007. Chronology of major soy-related events and trends during 2007 (Overview). Dec. 31. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** Jan. 1–Soyfoods Center changes its name to Soyinfo Center.

Feb.–The Soy Connection for the Food Industry (Vol. 1, No. 1) starts to be published by United Soybean Board as a free e-newsletter. The subject of the first issue is Qualisoy soy oil.

March 6–8 International Soy Utilization conference in Bangkok, Thailand. It is organized by: The Institute of Nutrition, Mahidol University (INMU), ASA International Marketing (ASA IM), and the Soy Food Forum Southeast Asia (SFF).

April 4–Organizations listed in the Soya & Oilseed Bluebook are invited and enabled to update their own listings online. The update listing will appear as soon as the Bluebook editors review it and in the print edition in the fall. The Bluebook will continue to be printed as a bound book. Preferred customers will receive a free copy. Qualified people or organizations in the industry who request a copy pay shipping and handling. Those outside the industry must

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pay for shipping and handling plus a $95 fee.

June 11–The Hain Celestial Group completes its acquisition of the tofu and meat-alternatives business of WhiteWave Foods Co., a subsidiary of Dean Foods. The product line includes grilled and baked tofu, seitan, tempeh, etc. These products are expected to complement Hain Celestial's existing meat alternatives under the Yves brand in Canada and the United States. The White Wave tofu business generated sales of approximately $8 million in the last financial year.

July 11–Solae announces that it has completed its purchase of Cargill's Prolisse line of isolated soy proteins (ISP; soy protein isolates), including the patented membrane technology for processing ISP.

Aug. 7–SunOpta (incl. SunRich), headquartered in Canada, announces that it has acquired a soymilk plant in Heuvelton, New York, from ProSoya Corporation (Ottawa, Ontario). Allan Routh is president of the SunOpta Grains and Foods Group.

Aug. 16–CPM (Waterloo, Iowa) acquires Crown Iron Works (Minneapolis, Minnesota). CPM is owned by Golbert Global, a private equity group. The acquisition doubles the size of CPM.

Sept. 11–Hain Celestial Group announces it will delay filing its annual report with the U.S. Securities and Exchange Commission (SEC) pending a review of its practices in granting stock options. Thus, the annual report was received by shareholders in April 2008, rather than the typical Nov. 2007.

Nov 5–Symington's, a major U.K. food manufacturer, has acquired the dry-mix products from Hain Celestial (formerly known as Haldane Foods) for an undisclosed sum. In the purchase of Hain Celestial's dry mix operation, Symington will take over the Barrow based production centre from Hain Celestial and will enable the company to increase its stake in the growing health food and vegetarian sector. Main products in the acquisition are couscous, sport nutrition, snack pots and vegetarian meals. Brands acquired include Granose, Realeat, Direct Foods, Organic and Amazing Grains. Granose was owned by Haldane Foods which also owned Direct Foods and Realeat. So you will also find Sosmix and Burgamix have disappeared as well–but they have returned under the Granose brand. We now have the Granose Sausage Mix, Burger Mix and others that have replaced the Realeat and Direct Foods Sosmix and Banger Mix as well as the Burgamix. Popular products like Nut Roast, Cashew Nut Roast and Chicken Style Bake were discontinued following the sale of the Realeat, Granose and Direct Foods brands.

12917. Belleme, John; Belleme, Jan. 2007. Japanese foods that heal: Using traditional ingredients to promote health, longevity, and well-being. Tokyo, Rutland, Vermont, Singapore: Tuttle Publishing. 224 p. Illust. Index. 26 cm.

• ***Summary:*** On the dedication page is a portrait photo of Takamichi Onozaki. Contents: Pronunciation guide. Foreword, by Christina Pirela. Preface, by John and Jan Belleme. Introduction: Food is medicine. 1. Miso: A health secret to savor. 2. Toasted sesame oil: The cooking oil supreme. 3. Shoyu: King of condiments. 4. Tamari: Wheat-free soy sauce. 5. Amazake: Sweet ambrosia. 6. Kuzu: The wonder root. 7. Brown rice vinegar. 8. Shiitake: Miracle mushroom. 9. Brown rice malt syrup: Heavenly sweet water. 10. Umeboshi: Venerable pickled plumbs. 11. Mochi: Sweet rice cakes. 12. Noodles. 13. Tofu: The square egg. 14. Seitan: The vegetarian alternative. 15. Sea vegetables: Underwater harvest. 16. Mirin: Sweet rice wine. 17. Maitake: The king of mushrooms. 18. Japanese tea: A healthy tonic. Acknowledgments. Shopping resources. Glossary. Recipe index.

Note: Tuttle Publishing is an imprint of Periplus Editions (HK) Ltd., with editorial offices at 364 Innovation Dr., North Clarendon, Vermont, 05759. Address: P.O. Box 457, Saluda, North Carolina 28773.

12918. **Product Name:** Sesame Yuba Strips, Cilantro Tofu Salad.
Manufacturer's Name: Hodo Soy Beanery.
Manufacturer's Address: 1600 S. De Anza Blvd., San Jose, CA 95106. Phone: 408-517-8958.
Date of Introduction: 2007. December.
Ingredients: See below.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Labels by brought to Soyinfo Center by Minh Tsai on 2009. Sept. 16. Ingredients: Sesame Yuba Strips: Soybeans, filtered water, teriyaki sauce, rice vinegar, sesame paste, soy sauce, sugar, soybean oil, black sesame seeds.

Cilantro Tofu Salad: Soybeans, water, calcium sulfate, rice vinegar, mushroom powder, sesame oil, cilantro, sugar, salt, black pepper.

12919. Life Food GmbH. 2007. Glaubt Ihr wirklich, das wir die Kontrolle ueber die Gentechnik behalten? [Do you really believe that we can control genetically engineered crops? (Brochure)]. Freiburg, Germany. 4 p. 30 cm. and 21 cm. [Ger]
• ***Summary:*** A colorful brochure (in large and small sizes) on glossy paper. Explains the dangers of genetically engineered crops and monoculture. On the back panel: Do you really believe that genetic engineering can deliver us a healthy life? Stop! For more information contact info@taifun- gegen-gentechnik.de. Address: 8 Bebelstrasse, 79108 Freiburg, Germany. Phone: +49 (0)761 / 15210-0.

12920. Mota, M.; Gargavu, S.; Popa, S.; Schiopu, S.; Panduru, N.M.; Mota, E. 2007. Soya–The medicine food

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product. *Romanian J. of Internal Medicine* 45(1):113-21. *
• ***Summary:*** Cultivated for more than 3,000 years, soya is both a drug and a food product, with numerous nutritional and health benefits. These are discussed one by one. Among the most popular soyfoods are soymilk, tofu (soy cheese), and soy meat (pie, salami, textured soy in granule form). Address: Clinic of Diabetes, Nutrition and Metabolic Diseases, Univ. of Medicine and Pharmacy, Craiova, Romania.

12921. Sol Cuisine. 2007. Organic Tofu [Sesame Ginger, or Herb]. Mississauga, Ontario, Canada L4Z 2C7. [Eng; Fre]

• ***Summary:*** Two labels sent by Lorraine Guardino of Sol Cuisine. 2013. March 11. She ads a note that these two products were introduced in 2007 and sold only in Ontario. Address: Mississauga, Ontario, Canada. Phone: 905-502-8500.

12922. Berley, Peter; Singer, Zoe. 2007. The flexitarian table: Inspired, flexible meals for vegetarians, meat lovers, and everyone in between. Boston, Massachusetts: Houghton Mifflin. viii + 342 p. Illust. (color photos by Quentin Bacon). 25 cm.
• ***Summary:*** A "flexitarian" (noun) is: "1. A person who is mainly a vegetarian but who occasionally eats fish or meat. 2. Someone who is not a vegetarian but enjoys meatless meals."

Provides menus and recipes for the "flexitarian," or "flexible vegetarian" family, offering ideas for how to prepare vegetarian and meat versions of entrees simultaneously without extra effort and menus based on seasonally available foods (Publishers blurb).

Contents: Introduction: What's a flexitarian? How to use this book. About the ingredients. Poultry. Meat. Fish and Seafood Vegetables. Tofu, tempeh, and seitan. Dairy. Eggs. Beans. Seeds and nuts. Spices. Cooking with the Seasons: Chapter 1: Spring menus. Chapter 2: Summer menus. Chapter 3: Fall menus. Chapter 4: Winter menus.

Ingredients include miso, tempeh, tofu, sea vegetables, and seitan.

Note: This is the earliest book seen (June 2010) with the word "Flexitarian" in the title. Address: Author and former chef of the all-vegan Angelica Kitchen in New York City.

12923. Bittman, Mark. 2007. How to cook everything vegetarian: simple meatless recipes for great food. Hoboken, New Jersey: John Wiley & Sons, Inc. xii + 996 p. Illust. Index. 24 cm.
• ***Summary:*** The chapter titled "Tofu, vegetable burgers, and other high-protein foods" (p. 637-78) has this contents: Introduction. The umami factor (savory-ness). The basics of tofu: The tofu lexicon (regular tofu, silken tofu, pressed or extra-firm tofu, smoked tofu, fried tofu, baked tofu, fermented or pickled tofu, tofu skins {dried bean stick, yuba, bean curd sheets or skins}). Buying and storing tofu. Preparing tofu (freezing, squeezing, puréeing,...); then come a wealth of recipes.

The index contains 129 entries for tofu, 32 for miso, 26 for tempeh, 25 for soy sauce, 24 for edamame, 23 for seitan, 11 for soybeans, 7 for black beans (fermented [fermented black soybeans]), 4 for teriyaki sauce, 6 for tofu skins (yuba and dried yuba sticks), 3 for milk substitutes, 2 each for meatballs (vegetarian), and 1 each for bean sprouts (soy), black soybeans, meatless meat sauce, soybean oil, soy flour, soy milk, soy nuts, soy pasta, soy protein isolate, textured vegetable protein, tofu noodles, and Worcestershire sauce (hold the anchovies).

There are also recipes for adzuki beans [sic], tahini, vegan cookery–and much more. Address: New York Times food writer.

12924. Bittman, Mark. 2007. Mark Bittman's quick and easy recipes from the New York Times. New York, NY: Broadway Books... An imprint of Random House. x + 340 p. Index. 23 x 20 cm.
• ***Summary:*** This book collects 350 recipes from Bittman's

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popular *New York Times* column "The Minimalist," which cleverly caters to the modern gourmet whose expectations are high but whose time is limited.

Soy related recipes: Nearly instant miso soup with tofu (p. 7). Soy vinaigrette (with soy sauce, p. 44). Rice salad with peas and soy (with soy sauce, p. 58). Steamed clams with soy (sauce, p. 65). Soy-dipped shrimp (p. 78-79). Miso-broiled scallops (p. 80). Simplest steamed fish with soy (p. 95). Salmon with soy and black beans (with "1 tablespoon preserved (Chinese) black beans," p. 110-11). Soy duck (p. 142). Soy poached chicken (p. 154-55). Grilled soy-and-ginger boneless lamb leg (p. 193). Pork chops with miso-red wine sauce ("Miso is a superb thickener, adding a rich, creamy consistency," p. 201). Roast asparagus with soy and sesame (p. 217). Grilled asparagus with soy-ginger dressing (p. 218). Curried tofu with soy sauce (p. 243). Simmered tofu with ground pork (Ma-Po tofu, p. 244). Address: New York Times food writer.

12925. Blereau, Jude. 2007. Wholefood: heal–nourish–delight. Philadelphia, Pennsylvania: Running Press. 332 p. Illust. Index. 23 x 19 cm. [8 ref]

• ***Summary:*** This cookbook is not vegetarian. Vegan recipes are so labeled. One chapter, titled "Soy" (p. 92-110) is divided into two parts: Tofu and tempeh The index contains 18 entries for tofu, 14 for tempeh, 3 each for miso and tamari, 2 each for miso soup, soy beans, 2 and soy milk, and 1 each for soy flour, teriyaki marinade, and textured vegetable protein.

"Jude Blereau is a natural foods chef, food coach, and cooking teacher who has been involved with the organic and wholefoods industry for more than 15 years. She first became involved in the natural food industry while living in the U.S. in the late 1980s. In 1997, Jude co-founded The Earth Market, a much loved wholefood store and cafe; in Perth, Western Australia. Her focus is on helping people learn about good food-what it truly is, where to get it, how to use it-and to give them the tools and information to make healthy eating a part of their everyday lives. Blereau lives in Australia." From publisher's description. Address: Natural Foods Chef, Australia.

12926. Compestine, Ying Chang. 2007. Revolution is not a dinner party: A novel. New York, NY: Henry Holt and Co. 248 p. Illust. Map. 21 cm.

• ***Summary:*** An outstanding, extremely well written and interesting book. "Although this is a work of fiction, many of the scenes and characters in the book are based on or inspired by real places, actual events, and people from my childhood" (p. 245).

This first-hand account of the Cultural Revolution in China, starting in 1972 when the author was a girl, age 9, in Wuhan, gives an excellent sense of what it was like to be there in the midst of the conflict. In 1966 Mao Zedong launched the Cultural Revolution for several reasons: First, he hoped to use it to ensure his victory in a power struggle among China's new Communist leaders. Second, he hoped to "re-educate" the anti-Communists who existed in China before the revolution. Third, he hoped it would draw attention away from the economic hardships in China at this time."

On Oct. 1966 Chairman Mao's *Little Red Book* was published. The title of this novel comes from the following quotation by Mao:

"A revolution is not a dinner party, or writing an essay, or painting a picture, or doing embroidery; it cannot be so refined, so leisurely and gentle, so temperate, kind, courteous, restrained and magnanimous. A revolution is an insurrection, an act of violence by which one class overthrows another."

"Mao's power reached its peak during the middle of the Cultural Revolution." "Although it officially ended in 1969 and the worst abuses stopped, the politically charged atmosphere continued until Mao's death on September 9, 1976" (p. 247-48, "Historical Background").

The author, whose name in the novel is "Ling," did not like tofu. "Mother set a small blue bowl and matching soup-spoon in front of me. 'Ling, your hair is as dry as dead grass. Eat your soup.' It was filled with tofu, spinach, and seaweed. I didn't want it but I knew better than to say so. I picked up a bit of tofu, hoping that would be enough. I had already stuffed myself on my favorites: pan-fried dumplings, egg-fried rice, and steamed fish with mother's tasty black bean sauce" (p. 6).

"To celebrate Christmas Eve, Mother made dumplings stuffed with onions and soybeans" (p. 137).

Buying from old women in a village at the edge of the city: "The first time I eagerly filled by basket with rice cakes, tofu, and carrots" (p. 175).

A photo on the cover and facing the title page shows the author as a girl in China.

Note: Modern historians agree with the author's dates; they give the dates of China's Cultural Revolution as 1966-1976, but say that it was in decline from 1969 to 1976 (the year of Mao's death). Address: Author (California).

12927. Esselstyn, Caldwell B., Jr. 2007. Prevent and reverse heart disease: the revolutionary, scientifically proven, nutrition-based cure. New York, NY: Avery. A member of the Penguin Group (USA) Inc. xii + 308 p. Plus 8 unnumbered pages of plates. Foreword by T. Colin Campbell, Ph.D. Illust. (some color). Index. 24 cm. [27 ref]

• ***Summary:*** A remarkable, milestone book! Every person with a heart should read this book. Advocates a plant-based diet with no oil or nuts. On the cover: "Based on the findings of a now 20-year study first published in the *American Journal of Cardiology* [in Dec. 1995]. With more than 150 great-tasting recipes."

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Contents: Foreword, by T. Colin Campbell. Introduction. Part I: The heart of the matter. 1. Eating to live. 2. "Someday, well have to get smarter." 3. Seeking the cure. 4. A primer on heart disease. 5. Moderation kills. 6. Living, breathing proof. 7. Why didn't anyone tell me? 8. Simple steps. 9. Frequently asked questions. 10. Why can't I have "heart healthy" oils? 11. Kindred spirits. 12. Brave new world. 13. You are in control.

Part II: The joy of eating. 14. Simple strategies. 15. Advice from Ann Crile Esselstyn. 16. Breaking the fast. 17. Feasting on salads. 18. Sauces, dips, dressings and gravies. 19. Vegetables, plain and fancy. 20. Soups, thick and delicious. 21. Sandwiches for all occasions. 22. The main course. 23. Wonderful, easy desserts.

This book is based on a 20 plus year study of coronary artery disease using diet and lifestyle modifications; it reports the results of that study. President Bill Clinton has spoken (in public and on TV) very highly of this book and of Dr. Esselstyn (pronounced ES-sul-stun, not ES-sul-stine); the name is Dutch.

The dietary rules (p. 120-21): 1. Don't eat any meat, chicken or fish. 2. Do not eat *any* dairy products. 3. Do not eat eggs; that includes egg whites and even egg substitutes that include egg whites. 4. Do not consume any oil at all–Not even virgin olive oil or canola oil. 5. Use only whole grain products, including brown rice. That means no white flour products. 6. Do not drink fruit juice–but its fine to eat fruit. 7. Do not eat any nuts. 8. Do not eat avocadoes (or guacamole). 9. Do not eat coconut. 10. "Eat soy products cautiously. Many are highly processed and high in fat. Use 'light' tofu. Avoid soy cheese, which almost always contains oil and casein." 11. Read *The China Study,* by T. Colin Campbell.

After having cautioned the reader to "Eat soy products cautiously," the plant-based recipe section of the book (p. 119-286), by Ann Crile Esselstyn, calls for soyfoods in many recipes. Some of the breakfast cereals call for plantmilk using a standard format: "2 cups oat, multigrain, almond, or nonfat soymilk" (p. 129-32, 162, 231, 276, 283). A comparison of the caloric, fat, sodium, and sugar content of nine plantmilks (six of them containing soy) is given on pages 136-37. "Low-sodium tamari" and Bragg Liquid Aminos (which contain sodium by no salt) are widely used in small amounts for seasoning (p. 128, 158-59, 165-66, 168, 170-72, 177, 179, 184, 251, etc.). White miso is used occasionally as a combination seasoning and sweetener (p. 163, 191). Seitan (made from wheat gluten) is occasionally used as a meat substitute (p. 213, 250-51). Light silken tofu or light extra-firm tofu (often one 12.3-ounce package) is used as a dairy alternative in dessert recipes such as: Chocolate mousse (p. 272-73). Blueberry purple passion (p. 273). Pineapple paradise (p. 274). Lemon whipped topping (p. 275). Pineapple frosting (p. 278). Creamy fudge frosting (p. 279).

Sweeteners are used in moderation and the chapter on "Desserts" begins: "Its best not to eat dessert every night. Make it a rare treat, when there are lots of people around–and no temptation to eat too much." Many fruits are naturally sweet and make good desserts. One format is: "3 tablespoons maple syrup, honey, agar nectar, or sugar."

Acknowledgments (p. 287): "Kindred spirits in the transition to healthier living have my gratitude for their own inspiring work. Among them: Neal Barnard, Colin Campbell, Antonia Demas, Hans Diehl, Joel Fuhrman, Mladen Galubic, Alan Holdhamer, William Harris, Michael Jacobson, Michael Klaper, Robert Kradjian, Doug Lisle, Howard Lyman, John McDougall, Jeff Nelson, Dean Ornish, John Robbins."

"My late father, Caldwell B. Esseltyn, M.D... And long before it became fashionable, he argued that the only way out of the impossible health-care burden that confronts the United States is to teach people how to live healthier lives" (p. 288).

Publisher's summary: "Heart disease remains the leading cause of death in this country for men and women. And while we spend millions of dollars each year developing treatments, traditional procedures fail patients by focusing only on the symptoms of the disease, not the underlying causes. In *Prevent and Reverse Heart Disease,* Dr. Caldwell B. Esselstyn, Jr., a former surgeon, researcher, and clinician at the Cleveland Clinic, challenges conventional cardiology by posing a compelling, revolutionary idea–that we can, in fact, abolish the heart disease epidemic by changing our diets.

"The proof is in the incredible results of the patients who have followed Dr. Esselstyn's ground-breaking program. The men and women in his twenty-year nutritional study–the most comprehensive study of its kind–came to him with advanced coronary disease. Despite the aggressive traditional treatment they received-including bypasses and angioplasties–a number had been told by their cardiologists that they had less than a year to live. Within months of following a plant based, oil free diet, their angina symptoms eased, their cholesterol levels dropped significantly and they experienced a marked improvement in blood flow to the heart. Twenty years later they remain free of symptoms. Drawing on the results of this revolutionary study and his ongoing work with patients all over the country, Dr. Esselstyn convincingly argues that plant based, oil free nutrition can not only prevent and stop the progression of heart disease, but also reverse its effects.

"Furthermore, it can eliminate the need for expensive and invasive surgical intervention except in acute emergencies, no matter how far the disease has progressed. Prevent and Reverse Heart Disease explains the science behind these dramatic results, and offers readers the same, simple plan that has changed the lives of Dr. Esselstyn's patients forever. In addition, the book offers more than 150 delicious recipes developed by Ann Crile Esselstyn, that the Esselstyns and their patients have enjoyed for years.

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Clearly written and backed by irrefutable scientific evidence, startling photos of angiograms and inspiring personal stories, this book will empower readers to take charge of their heart health. It is an important call for a paradigm shift in heart disease therapy."

About the author: Caldwell Blakeman Esselstyn Jr., M.D., (born December 12, 1933) is an American physician, author, and former Olympic rowing champion. His color portrait photo appears on the front dust jacket. Esselstyn graduated from Deerfield Academy and in 1956 graduated from Yale University, where he was a member of Skull and Bones. Caldwell Esselstyn competed at the 1956 Summer Olympics in Melbourne, where he won a gold medal in eights with the American team. On 1 May 1961 his engagement to Ann Crile was announced by the *New York Times;* they were married on 18 June 1961. 1961–He received his M.D. from Western Reserve University. 1985–He began his famous study at the Cleveland Clinic of 22 patients who had previously had heart attacks. 1988–He and his family began to move toward a plant-based diet. Dr. Esselstyn and his wife, Ann Crile Esselstyn, have mostly followed a vegan diet since the mid-1980s. He attributes the success of his 12 year trial with heart patients to low mean levels of both total cholesterol (145 mg/dl) and LDL cholesterol (82 mg/dl). In 2010 after cardiac surgery, former U.S. president Bill Clinton mostly adopted the plant-based diet recommended by Caldwell Esselstyn, Dean Ornish and T. Colin Campbell. Source: Wikipedia, at Caldwell Esselstyn. May 2011.

Dr. Esselstyne and Ann Krile were married on 18 June 1961 in Cleveland, Ohio. They have four grown children: Rip (born in 1963), Ted (1964), Jane (1965), and Zeb (1967). Three are married, and Dr. Esselstyn and Ann have six grandchildren (p. 288). In 1988 the Esselstyn family joined together in moving toward eliminating dairy products, meats, and oils from their diet. Their eldest son, Rip, became an all-American swimmer at the University of Texas at Austin; after graduating he was a professional triathlete for 11 years. Today (2011) he is a teacher and writer about diet and health–advocating a "plant-strong diet." Their second son, Ted, set a 200-yard backstroke record at Yale University, and their daughter, Jane, won the Big Ten 200-yard backstroke championship while attending the university of Michigan. Their youngest son, Zeb, as an Ohio high school junior, was the state butterfly swimming champion. And Ann, now in her early seventies, runs for 40 to 70 minutes almost every day. Clearly their plant-based diet provides them with plenty of strength and energy (p. 78-79). Address: M.D., former surgeon, researcher and clinician, Cleveland Clinic, Ohio–for 35+ years.

12928. Esselstyn, Caldwell B., Jr. 2007. Prevent and reverse heart disease: the revolutionary, scientifically proven, nutrition-based cure (Continued, Part II). New York, NY: Avery. A member of the Penguin Group (USA) Inc. xii + 308 p. Plus 8 unnumbered pages of plates. Foreword by T. Colin Campbell, Ph.D. Illust. (some color). Index. 24 cm. [27 ref]
• ***Summary:*** Continued: Basic biography: Caldwell Esselstyn, M.D., received his B.A. from Yale University and his M.D. from Western Reserve University. In 1956 he received a gold medal as a member of the Olympic rowing team. He trained as a surgeon at the Cleveland Clinic and at St. George's Hospital in London. In 1968 as an army surgeon in Vietnam he was awarded the Bronze Star. Dr. Esselstyn has been associated with the Cleveland Clinic since 1968, having served as staff president and on its board of governors. He chaired the Clinic's Breast Cancer Task Force. In 1991 Dr. Esselstyn served as president of the American Association of Endocrine Surgeons, and in the fall of 1991 he organized "The First National Conference on the Elimination of Coronary Artery Disease" in Tucson, Arizona. He invited Dr. T. Colin Campbell to speak at this conference. In 2005 Dr. Esselstyn became the first recipient of the Benjamin Spock award for compassion in medicine. His website is heartattackproof.com.

Heart disease is the leading cause of death of men and women the United States, with more than 500,000 deaths each year. Three times that number suffer a known heart attack and 3 million more have a "silent heart attack." Dr. Esselstyn believes this is all unnecessary. There doesn't have to be any heart disease at all. He calls it a "toothless paper tiger that need never ever exist. And should it exist, it need never ever progress." His views are based on the global epidemiology of this disease and also on his research. When you look globally, there are still cultures on this planet where heart disease is virtually unknown–the rural Chinese, the Papua Highlanders in Papua New Guinea, the people in Central Africa, and the Tarahumara Indians of northern Mexico (known for their long-distance running). This is largely because, by culture, heritage, and tradition, they consume a largely plant-based diet that does not contain any of the "atherosclerotic lynchpins," which are dairy products, meat, and processed oils. By contrast, in the USA, by age 12 our children begin to have thickening of those major carotid arteries which go to our brain. If they live until age 20 and they happen to die in combat, as was known in Korea and Vietnam 40-50 years ago, roughly 80% of these young G.I.s already have gross evidence of coronary artery disease–visible even without a microscope. A more recent study, done in 1999, of those who happened to die of accidents, homicides, and suicides, between the ages of 16 and 34, found that 100% of these people have coronary artery disease. This is the background of why Dr. Esselstyn wanted to do research in this area. His research started in about 1985 and he has concluded that the major cause of coronary artery disease is the standard American diet.

A sampling of the many priceless gems in this book: "Can I change?" It is difficult, but "The key is to remember

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that the rewards are greater than the frustration... after 12 weeks of eating no animal foods, dairy, or added oils, you lose your craving for fat" (p. 76).

The typical Western diet gets 37% of its calories from fat. This diet recommends about 10% of the calories from fat–which is ideal for good health (both heart disease and cancer). And this diet provides about 50-70 gm of protein a day (p. 77).

"Will I have enough strength and energy?" "The truth is that excessive consumption of animal protein badly weakens our bodies. Among other things, it accelerates the loss of calcium through the kidneys, leading to the brittle, porous bone condition called osteoporosis." "And look at the examples that nature offers." The elephant, the bull, etc. They eat a plant-based diet–as do many great athletes, such as Carl Lewis (1991) and many others.

"What if my cholesterol won't go below 150 mg/dL? A tiny minority of the population, no more than 5% of all Americans, has an inherited cholesterol disorder that makes it impossible for them to reduce total cholesterol below 400 to 500 mg/dL, even with careful nutrition. Such patients need to be monitored by highly qualified cholesterol specialists" (p. 79).

A plant-based diet should contain "large quantities of natural antioxidants, which prevent the body from oxidizing LDL cholesterol into its most dangerous, artery-clogging form."

"Don't my genes predetermine whether or not I'll get heart disease?" The "answer is an emphatic NO. If you maintain a cholesterol level under 150 mg/dL, or LDL under 80 mg/dL, you–and all other relatives who inherited these genes–will be free of heart disease" (p. 80).

"Why can't I have 'heart-healthy oils?" The idea of heart-healthy oils and the Mediterranean Diet was based on the Lyon Diet Heart Study, and was widely praised by the media and in books. But: "By the end of the study, nearly four years after its start, fully 25% of the subjects on the Mediterranean diet–one out of four–had either died or experienced a new cardiovascular event. I feel these are wretched results for a nonmalignant disease. We can do much better." "In fact the medical literature is filled with evidence of the harmful effects of monounsaturated oils" as is Dr. Esselstyn's personal experience (p. 84-86).

"T. Colin Campbell, the Cornell University professor who directed and cowrote *The China Study,* observes that there are 'two worlds' of medicine–two radically different visions of how to approach health. 'One consensus favors drugs as the cure, the other favors food,' he explains; Western medicine, for the most part, has chosen drugs. As I see it, we got it wrong.' I agree."

Chapter 11, "Kindred spirits," summarizes the pioneering work of some mentioned previously in the "Acknowledgments" section of this book: T. Colin Campbell, Nathan Pritikin, Hans Diehl, John McDougall, Dean Ornish (whose program is most similar to Esselstyn's. "Among the wide variety of programs promoting cardiovascular health, his and mine are the only ones I am aware of that are based on peer-reviewed research that demonstrates arrest and reversal of heart disease." Dr. Esselstyn's 12-year study started in 1985; Dr. Ornish's study started in 1986. Dr. Ornish "did not use cholesterol-lowering medication. Like mine, Dr. Ornish's patients had three-vessel coronary heart disease. And Dr. Ornish insisted that, in addition to adopting a plant-based diet, his patients must use relaxation and meditation techniques and participate in a structured exercise program. Finally Dr. Ornish had a control group of patients with similar disease severity, but who followed a traditional program of cardiac care"), Dr. Charles Atwood (a longtime pediatrician with an extremely busy practice, his focus on children was very important [not to be confused with Dr. Robert Atkins of low-carb diet fame]), and Antonia Demas.

"And yet with all the research that demonstrates the wisdom and benefits of plant-based nutrition, its growing ranks of opponents still face a formidable array of opponents from the titans of the animal food industry to the medical establishment itself. My colleague Dean Ornish succinctly sums up the dilemma faced by those of us who believe in this healthy way of eating. 'I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open.' Well said" (p. 93). Address: M.D. former surgeon, researcher and clinician, Cleveland Clinic, Ohio–for 35+ years.

12929. Fouillet, Gérard. 2007. Le tofu santé. 2nd ed. Outremont, Quebec: Quebecor. 153 p. 23 cm. Series: Collection Santé naturelle. *

12930. Freedman, Rory; Barnouin, Kim. 2007. Skinny bitch in the kitch: kick-ass recipes for hungry girls who want to stop cooking crap (and start looking hot!). Philadelphia, Pennsylvania: Running Press. 192 p. Illust. Index. 20 cm.
• ***Summary:*** This vegan cookbook contains over 100 recipes. Both authors are women and both previously wrote the best-selling manifesto *Skinny Bitch,* a foul-mouthed book that "exposed the horrors of the food industry while inspiring people to eat well and enjoy food."

The index contains 26 entries for tofu, and 1 each for seitan, tempeh, and textured soy protein.

12931. Government of Sikkim, Food Security & Agriculture Development Department. 2007. Annual progress report, 2006-2007. Tadong, Sikkim, India: Government of Sikkim. 64 p.
• ***Summary:*** Page 7: "D. Farm machinery." "Some innovative machinery like soy-paneer [tofu] plants have also been introduced during this year and distributed to the group of farmers particularly to the self help groups. Page 7: "D. Farm mechanization."

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Page 10: A table titled "Yield of field crops in Sikkim during 2006/07" has a category titled "Oilseeds" containing two crops: Soybean–Area: 3,690 hectares. Production: 3,230 tonnes (metric tons). Yield: 875.33 kg/ha. Rape & mustard–Area: 5,280 hectares. Production: 4,060 tonnes (metric tons). Yield: 768.94 kg/ha.

Page 12. Shows the area, production and yield of soybean in the four districts of Sikkim. In descending order of production: West 1,160 tonnes. South 1,020 tonnes. East 740 tonnes. North 310 tonnes.

Page 15. All of Sikkim's soybean production takes places in the kharif (rainy season); none in the rabi (dry season).

Page 18: "Improved varieties coverage in Sikkim during 2004-2005" (kharif, by district, in hectares). East: 195. West 108.45. North 45. Total 348.45 ha.

Page 20: "Government farm seed production in Sikkim during 2006-2007." Crop: Soybean. Variety: J.S.–335. Total 36,887 kg. A breakdown is also given by the four districts.

Page 23-24: Progress report 2006-2007, Seed testing laboratory. 1. Certified seed processing and distribution. A. Certified farmers fields 521 kg. B. Government farms 2,163 kg. Total 2,680 kg.

Non-soy information–Page 6: "C. Manures and fertilizers: (1) The chemical fertilizer consumption has been reduced by tapering off of subsidy by 10% every year on fertilizers. The subsidy during this year is nil (2006-07). The Department is putting efforts to supplement the nutrient requirements of the crop plants by organic sources only and making the State chemical-free.

Note 1. This is part of the "Organic Sikkim Project," which is starting by focusing on 100 villages and working to make them "model villages" for others to follow (p. 31).

Note 1. The term "EM Technology" is often used in this report. "EM" stands for "effective microorganisms. "EM Technology" is a trademarked term now commonly used to describe a proprietary blend of 3 or more types of predominantly anaerobic organisms that was originally marketed as EM-1 Microbial Inoculant but is now marketed by a plethora of companies under various names, each with their own proprietary blend. "EM Technology" uses a laboratory cultured mixture of microorganisms consisting mainly of lactic acid bacteria, purple bacteria, and yeast which co-exist for the benefit of whichever environment they are introduced, as has been claimed by the various em-like culture purveyors" (Source: Wikipedia, Oct. 2010). Address: Krishi Bhawan, Tadong–737102 (Sikkim), India.

12932. Jones, Russell. 2007. Loan-words in Indonesian and Malay. Compiled by the Indonesian Etymological Project. Russell Jones, general editor. Leiden, Netherlands: KITLV Press. xxxix + 360 p. Map. 25 cm. + 1 DVD-ROM (4 3/4 inches). Reprinted in 2008 by University of Washington Press. [70 ref]

• ***Summary:*** The entry for soy sauce states: "kecap [a sauce] Chin. Cc ke chiap (var. kicap)."

Note 1. Cc refers to the Hokkien Chinese sub-dialect Chiangchiu / Chiang-chiu, Changchow. Two Chinese characters are shown: The first refers to a type of fish; the second means juice, liquid or soup.

Note 2. Today this sub-dialect is romanized in pinyin as "Zhangzhou dialect." It is a Hokkien dialect originating from southern Fujian province (in southeast China), in the area centered around the city of Zhangzhou. Among the Taiwanese who migrated from Fujian province starting in the 17th century, 35.1% were originally from Zhangzhou whereas 44.8% were from Quanzhou. The Zhangzhou dialect has an intelligibility of over 90% with other dialects of Hokkien such as Amoy and Quanzhou. The Zhangzhou dialect is often simply called Hokkien or Minnan (Source: Wikipedia at Zhangzhou dialect, July 2012).

Note 3. The DVD-ROM contains a facsimile edition of: *A Chinese-English dictionary of the vernacular or spoken language of Amoy...,* by Rev. Carstairs Douglas, together with: *Supplement to dictionary of the vernacular or spoken language of Amoy,* by Thomas Barclay. Published in 1899.

Note 4. KITLV stands for Koninklijk Instituut vor Taal-, Land- en Volkenkunde.

12933. Jones, Russell. 2007. Loan-words in Indonesian and Malay. Compiled by the Indonesian Etymological Project. Russell Jones, general editor. Leiden, Netherlands: KITLV Press. xxxix + 360 p. Map. 25 cm. + 1 DVD-ROM (4 3/4 inches). Reprinted in 2008 by University of Washington Press. [70 ref]

• ***Summary:*** *Tahu,* the Indonesian word for bean-curd / tofu (2 Chinese characters are given) comes from the Chinese Amoy dialect *tau hu* (See also *taofu;* variant *tauhu*).

Tahu pong, the Indonesian word for "soybean cake" [sic, okara], comes from the Chinese Amoy dialect *tau hu phong.*

Taoci, the Indonesian word for fermented black soybeans (two Chinese characters are given) comes from the Chinese Cantonese dialect *tau shi.*

Taoco, the Indonesian word for Indonesian-style miso (two Chinese characters are given) comes from the Chinese Chiangchiu, Changchow [Hokkien] dialect *tau chio* (variant *taucio, tauco*).

Taofu, the Indonesian word for bean-curd / tofu (2 Chinese characters are given) comes from the Chinese Cantonese dialect *tau foo.* (See also *tahu;* variant *tofu*).

Taogé, the Indonesian word for bean sprouts (of the *Phaseolus radiatus*) [mung bean] (2 Chinese characters are given) comes from the Chinese Chiangchiu, Changchow [Hokkien] dialect *tau ge* (var. *taugé, togé*).

Taohupoi, the Indonesian word for dried bean curd sheets [dried yuba] (three Chinese characters are given) comes from the Chinese Chiangchiu, Changchow [Hokkien] dialect *tau hu phoe.*

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Taoki, the Indonesian word for deep fried bean curd strips [deep fried tofu strips] (two Chinese characters are given) comes from the Chinese Amoy dialect *tau ki* (var. *tauki*).

Taokua, the Indonesian word for dried bean curd [pressed tofu] (two Chinese characters are given) comes from the Chinese Amoy dialect *tau koa* (var. *takua*, *taukua*).

Taoni, the Indonesian word for soya bean milk [soymilk] (two Chinese characters are given) comes from the Chinese Amoy dialect *tau ni.*

Taosi, the Indonesian word for salted soya bean paste [fermented black soybeans] (two Chinese characters are given) comes from the Chinese Amoy dialect *tau si.*

Taoyu, the Indonesian word for soy sauce (two Chinese characters are given) comes from the Chinese Amoy dialect *tau iu* (var. *tauyu*).

12934. Kelly, Donna; Tegtmeier, Anne. 2007. 101 things to do with tofu. Layton, Utah: Gibbs Smith, Publisher. [8] + 9-125 + [3] p. No index. 19 cm. Spiral bound.
• ***Summary:*** Helpful hints. Appetizers. Sauces, dressings & spreads. Soups & salads. Breakfast. Kids' favorites. Main dishes. International entrees. Desserts. Metric conversion chart. Temperature conversion chart. About the authors. Address: Provo, Utah.

12935. Kurihara, Harumi. 2007. Harumi's Japanese home cooking. 1st American ed. New York, NY: Home Books. A division of the Penguin Group (USA) Inc. 160 p. Illust. (color). No index. 26 cm.
• ***Summary:*** A translation of *Kurihara Harumi no japaniizu hoomu kukkingu.* One chapter is titled "Soup, eggs & tofu." The book (which is crippled by the lack of an index) contains 7 recipes for miso, 5 for tofu, 2 for teriyaki sauce, and 1 for edamame. Soy sauce is used as an ingredient in many recipes such as Chicken with soy and balsamic dressing. The short glossary mentions Kochujan (Korean miso).

Harumi Kurihara, a housewife, is Japan's most popular cooking expert. Her first book in English, *Harumi's Japanese Cooking* won the Gourmand World Cookbook award in 2004. Address: Japan.

12936. Moskowitz, Isa Chandra; Romero, Terry Hope. 2007. Veganomicon: the ultimate vegan cookbook. New York, NY: Marlowe & Co. Distributed by Publishers Group West. xvii + 298 p. + [16] unnumbered pages of plates. Illust. (some color). 26 cm
• ***Summary:*** A hefty collection of 250 recipes, with a good glossary. Both authors are young women. One section is titled "Tofu, tempeh, and seitan" (p. 125-33) with these recipes: Chile cornmeal crusted tofu. Basic broiled tofu. Tangerine baked tofu. Curried tofu. Baked BBQ tofu. Marinated Italian tofu. Marinated Asian tofu. Hot sauce glazed tempeh. Smoky grilled tempeh. Simple seitan [homemade]. Seitan cutlets. Chickpea cutlets.

Tempeh is mentioned on 21 pages, tofu on 21, seitan on 20, miso on 7, and edamame on 1 page.

Five icons are used with the appropriate recipes in this book: (1) Soy-free. (2) Gluten free. (3) Low fat / reduced fat. (4) Under 45 minutes. (5) Supermarket friendly. Address: Brooklyn & Queens, New York.

12937. Oliveira, Karla. 2007. Tassajara cookbook: lunches, picnics & appetizers. Layton, Utah: Gibbs Smith. 224 p. Illust. (color). Index. 26 cm. [1 ref]
• ***Summary:*** From the Tassajara Zen Mountain Center, a beautiful Buddhist monastery north of the Carmel Valley, in California's Ventana Wilderness of Los Padres National Forest in the Santa Lucia Mountains. Full-page color photos accompany many recipes. On page 15 is a color photo of the lovely Tassajara kitchen building with natural stone walls 18 inches thick and entire trees for rafters.

Soy related recipes: Artichoke Walnut Spread (with ½ cup firm silken tofu, or ricotta cheese, p. 25). Creamy tempeh [spread] with garlic and dill (p. 62). Tempeh spread with capers and onions (p. 66). Western-style shira-ae (with 6 ounces soft tofu, mashed, p. 65). Creamy tofu dip (p. 66). Pâté tempeh (p. 76).

One chapter is titled "Tofu, tempeh & egg salad sandwich fillings" (p. 85-95): Herb-crusted tofu. Happy tuna salad (with tempeh). Eggless egg salad (with tofu). No egg salad (with tofu). Tofu salad sandwich spread. Mexican tempeh salad. Tofu mayonnaise. Tempeh salad (p. 94).

Tofu "bits" in Kosho's secret tenzo sauce (p. 95). Miso sauce (p. 109).

Another chapter is "Marinades for tofu, tempeh & vegetables" (p. 117-26; speaks of a "block" of tofu): Orange balsamic marinated tofu. The Tassajara marinated tofu. Tofu teriyaki. Tofu marinated with parsley and olive oil. Honey-mustard tofu. Hoisin marinade (with soy sauce).

Edamame salad (p. 132). Cabbage salad with miso "floating cloud" dressing (p. 140). Japanese marinated salad with diced tofu (p. 141).

In the Index is a long entry for "Vegan cookies" and another for "Vegan spreads." Address: M.S., R.D., Nutritionist and professional chef, San Francisco Bay Area.

12938. Reinfeld, Mark; Rinaldi, Bo. 2007. Vegan fusion world cuisine: extraordinary recipes & timeless wisdom from the celebrated Blossoming Lotus restaurants. New York, NY: Beaufort Books. 243 p. Foreword by Dr. Jane Goodall. Illust. (color photos). Index. 26 cm.
• ***Summary:*** A beautiful, inspirational book. Chapter 8 is titled "Tempeh, tofu & seitan" (p. 114-33). The index contains 28 entries for tofu, 13 for tempeh, 4 for seitan, 3 for soymilk, and 2 for miso.

Includes a resource guide, a good glossary with entries for miso, nama shoyu, seitan, shoyu, soy milk, tamari,

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tempeh, textured vegetable protein, and tofu.

Note: Unfortunately the quotation near the beginning, supposedly by Albert Einstein, is a mish-mash by various wise writers including Albert Schweitzer. Address: 1. Founding chef, Blossoming Lotus Restaurant (Kaua'i, Hawaii), and author; 2. Author and teacher. Both: Kaua'i, Hawaii.

12939. Robinson, Martin; Bartlett, Ray; Whyte, Rob. 2007. Korea. 7th ed. Footscray, Victoria, Australia; London: Lonely Planet. 440 p. Illust. (some color). Maps (some color). Index. 20 cm. [30+ ref]

• ***Summary:*** This is a travel guidebook to Korea, including North Korea (p. 344+). Many maps. Page 23: The Korean word *doenjang* means "soybean paste;" it is used as a base for soups.

Page 62: In Korea, chili pepper usually takes the form of *gochujang* (red pepper paste). It is a popular topping for Bibampap

Page 71-72: Soups and stews–haejangguk = bean sprout soup. doenjang jjigae = soybean paste stew. dubu jjigae = tofu stew. sundubu jjigae = spicy uncurdled tofu stew [sic, tofu / soymilk curds in spicy stew]. sundubu = uncurdled tofu [sic, soymilk curds]

Page 177: "Tofu lovers and vegetarians will want to head for 'Tofu Village,' a cluster of restaurants that feature tofu."

Page 180: The Korean word for soymilk curds (or unset tofu) is *sundubu.*

Page 181: In Gang-Won-Do a restaurant named Yujeong Cheonggukjang serves a superb spicy soup that resembles miso soup but is actually made with Korean natto (*cheonggukjang*).

Note: This is the earliest English-language document seen (Jan. 2012) that uses the word "cheonggukjang" to refer to Korean-style natto.

Page 222. The Korean word for tofu is *dubu.*

The interesting section on North Korea starts on page 344.

Page 389: In the box titled "Unusual festivals" [in North Korea]–Chodang's Uncurdled Tofu Festival; exciting only for vegetarians.

Also: Tofu (dubu) is mentioned on pages 63-66, 71-72, 90, 125, 151, 170, 174, 175, 177, 180, 185, 192, 222, 283, 288, 321, 326, 389.

12940. Sweetser, Wendy. 2007. Les meilleures recettes au tofu: une cuisine santé réinventée [The tofu for health cookbook: Recipes with style and taste]. Laval, Quebec, Canada: Guy Saint-Jean. 144 p. Illust. (color). Index. 25 cm. [Fre]*

• ***Summary:*** Translated from the English by Michel Chevrier. Address: London, England.

12941. Yeager, Selene. 2007. The doctor's book of food remedies: the latest findings on the power of food to treat and prevent health problems–from aging and diabetes to ulcers and yeast infections. Fully revised and updated. [Emmaus, Pennsylvania]: Rodale Inc. Distributed to the trade by Macmillan. xii + 707 p. Index. 24 cm. 1st ed. 1998.

• ***Summary:*** The chapter titled "Soy foods: Help for weight loss" (p. 579-83) explains that in the late 1990s the media strongly promoted soy, made it into a sort of miracle food or cure, and rode the wave up, then after about 2005 when scientists found that soy was not a miracle food, the media decided that "The party's over," and they rode the wave down. In 2005 soy foods faced big setbacks, when a U.S. government panel said there wasn't clear evidence that soy could guard against heart disease, ease menopause, or protect bones from osteoporosis. "In response the National Institutes of Health (NIH) said it would stop paying for new soy studies." That fall, the soyfoods industry withdrew a petition that asked the FDA to permit food labels that claim that soy protein helps prevent cancer.

This chapter explains: "But flash forward to 2006, where one dour headline–'Soyonara–tells the sad tale. Has this promised [by the media] superfood become a has-bean?" Maybe not."

It proceeds to give a fair assessment of what current science says can and cannot be expected of soyfoods. Cannot (by itself): Significantly reduce cholesterol. Protect against breast or prostate cancer. Build bones or reduce osteoporosis. Cool hot flashes or reduce menopause symptoms. This is followed by a long list of its many well-known health benefits. "That's good news because soy seems to be here to stay." It has gone mainstream, and sales of soy foods in the United States rose dramatically from $300 million in 1992 to $3.9 billion by 2004–a 13-fold increase in 13 years.

The section titled "The joy of soy" gives brief definitions of some of the most popular soyfoods: Edamame, soy nuts, meat substitutes [sic, alternatives], soy flour (made from roasted, ground soybeans), soy milk, tempeh, and texturized soy protein.

A sidebar titled "Doctor's top tip" recommends eating soy (such as edamame, tofu, soy nuts, and some soy burgers) in place of foods high in animal fats. The head of the American Heart Association's nutrition committee reminds us: "Heart disease is a major problem–using soy protein instead of animal protein is still a win."

Dr. Mark Messina, a prominent soy researcher, says there are many reasons to add soy to your diet from just a basic nutritional point of view: (1) Soyfoods such as tofu or tempeh are high quality, low-cost, versatile sources of protein. (2) A half cup of tofu, curded with calcium sulfate, can provide more than 25% of the Daily Value (DV), plus a significant amount of iron. (3) Soyfoods contain little of the artery clogging saturated fats found in meat and many dairy products.

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Contains recipes for: Soy fruit smoothie (with vanilla-flavored soy beverage, p. 583). Mocha Tofu Pudding (with 2 packages {10½ ounces each} silken tofu and 2/3 cop packed light brown sugar).

The index contains 34 entries for soy, 13 for tofu, 4 for tempeh, 3 entries for miso, 2 entries each for edamame and for soy milk, 1 entry each for soy nuts, soy yogurt, and textured soy protein.

Note: This book is not vegetarian.

12942. **Product Name:** [Soy Milanesas].
Foreign Name: Milanesas de Soja.
Manufacturer's Name: Soyana.
Manufacturer's Address: M.T. de Alvear 1754, San Martin, Provincia de Buenos Aires, Argentina.
Date of Introduction: 2007?
Ingredients: Organic soybeans, texturized soy protein, wheat flour, wheat gluten, batter (rebozador; pan rallado), salt, garlic powder, dehydrated parsley, soy sauce, natural flavors.
Wt/Vol., Packaging, Price: 350 gm.
How Stored: Refrigerated.
New Product–Documentation: Visit with Carlos Planes at Soyinfo Center in Lafayette, California. 2012. Feb. 23. Documents related to this tofu product he brought and gave to Soyinfo Center: Label for this soy product. 12 x 16 cm. Red, white and black on green. Carlos says: Milanesas is the single most popular food in Argentina–like burgers in the United States. "Mila" comes from Milan–the city in northern Italy. The traditional main ingredient in Milanesas is beef. Soy Milanesas have been on the market in Argentina since the 1970s. A very big Argentinian food company named Vegelex now makes soy milanesas, and may have been making them since the 1970s. Not long after Carlos launched his product, he switched to making and private labeling it for a company named Molinos Rio de la Plata. It is sold as part of their "Granja del Sol" line of products. Containing defatted soy flour, corn meal and wheat, it is fried. This company is very good at selling this product. Their basic business is making noodles, like Vegelex; so the two companies have competing soy Milansas products. Today there are hundreds of different makers of "Milansas de soja" in Argentina! But many are small companies.

12943. Brown, Lester R. 2008. Feeding eight billion well (Document part). In: Lester R. Brown. 2008. Plan B 3.0: Mobilizing to Save Civilization. New York and London: W.W. Norton & Co. xiv + 400 p. See p. 175-191. Chap. 9. Jan. 16. [65 endnotes]
• ***Summary:*** The section titled "Producing protein more efficiently" (p. 183-89) notes that about 37% of the world's grain harvest is used to produce animal protein. World meat consumption has increased from 44 million tons in 1950 to about 240 million tons in 2005; average yearly consumption per person has more than doubled from 17 kg to 39 kg (86 lb). "In every society where incomes have risen, meat consumption has too, perhaps reflecting a taste that evolved over 4 million years of hunting and gathering."

Fortunately consumers are shifting from beef and pork to poultry and fish, "sources that convert grain into protein more efficiently." Health concerns among more affluent consumers are reinforcing this shift.

The efficiency with various animals convert grain into live weight varies widely. "With cattle in feedlots, it takes roughly 7 kilograms of grain to produce a 1-kilogram gain in live weight." For pork the figure is over 3 kg, and for poultry its just over 2. There are two main types of farmed fish: carnivores (salmon, shrimp) and herbivores (carp, tilapia, catfish, which dominate worldwide aquaculture). For herbivorous farmed fish, the figure is less than 2.

Pork (most of it produced in China) is now the most popular meat worldwide; it passed beef in 1979. In 1995 poultry passed beef worldwide to move into second place behind pork. From 1990 to 2006, pork production worldwide has grown by 2.6% a year, poultry by nearly 5% a year, and aquaculture by more than 9% a year. In aquaculture lies "the great growth potential for efficient animal protein production..." China, the world leader in aquaculture, "accounts for an astounding two-thirds of global fish farm output." "Over time, China has also developed a fish polyculture using four types of carp that feed at different levels of the food chain... These four species thus form a small ecosystem, with each filling a particular niche" (p. 184). China is the first major country where production of fish and shellfish by aquaculture has surpassed poultry production. "China's aquaculture is often integrated with agriculture, enabling farmers to use agricultural wastes, such as pig or duck manure, to fertilize ponds, this stimulating the growth of plankton on which the fish feed."

"When we think of soybeans in our daily diet, it is typically as tofu, veggie burgers, or other meat substitutes. But most of the world's fast-growing soybean harvest is consumed indirectly in the beef, pork, poultry, milk, eggs, and farmed fish that we eat. Although not a visible part of our diets, the incorporation of soybean meal into feed rations has revolutionized the world feed industry, greatly increasing the efficiency with which grain is converted into animal protein.

"In 2007, the world's farmers produced 222 million tons of soybeans–1 ton for every 9 tons of grain produced. Of this, some 20 million tons [9%] were consumed directly as tofu or meat substitutes. The bulk of the remaining 202 million tons [91%], after some was saved for seed, was crushed in order to extract 37 million tons of soybean oil, separating it from the highly valued, high-protein meal."

"The world's three largest meat producers–China, the United States, and Brazil–now all rely heavily on soybean meal as a protein supplement in feed rations." This use of

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soybean meal in animal feeds "helps explain why the share of the world grain harvest used for feed has not increased over the last 20 years even though production of meat, milk, eggs, and farmed fish has climbed. It also explains why world soybean production has increased nearly 14-fold since 1950" (p. 186).

"Moving down the food chain (p. 188-89):... In every society where incomes rise, people move up the food chain, eating more animal protein as beef, pork, poultry, milk, eggs, and seafood... The shift to more livestock products as purchasing power increases appears to be universal."

We use less energy when we move down the food chain. A "plant-based diet requires roughly one-fourth as much energy as a diet rich in red meat. Shifting from a diet rich in red meat to a plant-based diet cuts greenhouse gas emissions as much as shifting from a [Chevrolet] Suburban SUV to a [Toyota] Prius." Address: President, Earth Policy Inst., 1350 Connecticut Ave., N.W., Suite 403, Washington, DC 20036. Phone: 202-496-9290.

12944. Agranoff, Jonathan. 2008. What has happened to the 'Tempeh Nation'? Special report. *Jakarta Post* (*The*) (*Indonesia*). Jan. 18. p. 21.
• ***Summary:*** It has been a long time since President Soekarno try to rally support among the poor "with his slogan *Kita bangsa Indonesia, jangan mau menjadi bangsa tempe* (We are the nation of Indonesia, don't let us be a tempeh nation), referring to tempeh as the food of the poor.

"However, Soekarno ate it. Soeharto ate it and nearly 200 million people eat it daily."

On Monday the tempeh and tofu makers of Indonesia demonstrated (mainly in Jakarta, but also in parts of Java) then subsequently stopped production. This important demonstration must be taken seriously.

For "a short period canned tempeh was exported to the U.K."

There are two sidebars with this article: (1) "Tempeh facts," includes a brief "History of tempeh" in Indonesia, Europe, the United States, and developing countries. A flow chart shows 8 main steps in the tempeh production process. And a table gives the nutritional composition of tempeh. (2) "Improving nutrition through tempeh" discusses the importance of tempeh to nutrition and health in Indonesia.

A large photo shows a long line of vehicles, carrying and tempeh and tofu their banners, as they demonstrate on Jan. 14. in Jakarta in front of the Presidential Palace against the high price of soybeans in Indonesia. Address: Contributor, Jakarta.

12945. Ness, Carol. 2008. House organic crowned top tofu: Taster's choice. *San Francisco Chronicle.* Jan. 23. p. F2.
• ***Summary:*** For tasting they chose 15 brands of firm tofu, served plain. The ranking was: House organic 79 ($2.49 for 14 oz at Andronico's). House 74 (non-organic, $1.69 for 14 oz). Soy Deli organic 73 ($1.99 for 12 oz). Whole Foods 385 67 ($0.99 for 14 oz), Azumaya 66 ($1.79 for 14 oz). Trader Joe's organic 64. Wo Chong 57. White Wave 55. Soy Fresh 40. Golden Gate 38. Soga (extra firm) 38. Mori Nu (box, silken) 36. Nasoya 21. Wildwood 20. Small Planet 2. Address: Chronicle staff writer.

12946. **Product Name:** Wildwood Tofu-Veggie Burgers (Organic) [Original].
Manufacturer's Name: Pulmuone Wildwood, Inc.
Manufacturer's Address: Fullerton, CA 92833.
Date of Introduction: 2008. January.
Ingredients: Jan. 2008: Tofu* (filtered water, soybeans*, nigari {magnesium chloride, a natural firming agent}), vegetable oil* (sunflower or canola), yellow onion*, carrot*, kale*, tapioca starch*, sea salt, garlic powder*. * = Organic.
Wt/Vol., Packaging, Price: 6.5 oz (184 gm) vacuum packed. Package of two retails for $2.69 (2008/01 Lafayette, California).
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Trader Joe's, Lafayette, California. 2008. Jan. 16. Green, tan, red, orange, and blue. Front panel: "2 ready-to-enjoy burgers. 25% organic vegetables." "100% U.S. grown organic soybeans." USDA Organic logo. Certified organic by Oregon Tilth. www.wildwoodfoods.com. "Dairy free, gluten-free & soy-isolate free, organic, vegan."

12947. **Product Name:** Liquid nigari (Bittern).
Manufacturer's Name: Natural Import Co. (Importer). From Japan.
Manufacturer's Address: 9 Reed Street, Biltmore Village, NC 28803. Phone: 828-277-8870 or 1-800-324-1878.
Date of Introduction: 2008. February.
Ingredients: Seawater.
Wt/Vol., Packaging, Price: 5 oz plastic bottle or ½-gallon container.
How Stored: Shelf stable.
New Product–Documentation: Talk with Bruce Macdonald. 2008. July 1. His company began selling this product in Feb. 2008. They import it from Ishigaki Island, located 430 km southeast of Okinawa, Japan. The entire island, surrounded by pristine coral reefs, is a natural sanctuary and protected from development. It is registered for a "Ramsar Convention on Wetlands"–signed in Ramsar, Iran in 1971 for the conservation and wise use of wetlands. The company started making natural seasalt in 1996 with 5 staff members. They now have a staff of 20 people, all professional salt-masters. They pipe up the sea water in bamboo pipes from 20 meters depth in the midst of the coral reefs. Then they boil it slowly for 3 days until the density is 28%, which Ishigaki Seasalt starts to appear. During the drying process, which is patented, the temperature never exceeds 90ºC (below boiling). No refined salt or chemicals

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are added. From this the liquid nigari (called bittern) is made–but Bruce is not sure how. They are a environmental activist company. Long ago Bruce visited Robert Salazar, who made Muramoto seasalt; he put natural salt in a sack and let the nigari drip off.

A diagram from the company shows that the following steps are used in making sea salt and nigari: Sea water > filter > concentration > separation > natural sea salt goes off. Check density of liquid > Filter 100 mesh > weighing > packing in bottles. Note: This process could be reverse osmosis or ultrafiltration.

12948. Shurtleff, William; Aoyagi, Akiko. 2008. Le livre du tofu: La source de protéines de l'avenir–dès maintenant! [The book of tofu: Protein source of the future–now! Translated from the English by Nathalie Tremblay]. Varennes, Quebec, Canada: Éditions AdA Inc. 430 p. Illust. by Akiko Aoyagi. Index. Feb. 28 cm. [53 ref. Fre]

• ***Summary:*** Contents: Preface. Acknowledgements. Part I. Tofu: Food for mankind. 1. Protein East and West. 2. Tofu as a food. 3. Getting started. Our favorite tofu recipes (lists about 80 recipe names for each of the different types of tofu, plus soymilk, yuba, whole soybeans, gô, okara, and curds; very favorites that are also quick and easy to prepare are preceded by an asterisk).

Part II. Cooking with tofu: Recipes from East and West (500 recipes). 4. Soybeans: History, cooking with whole dry soybeans, roasted soybeans (*iri-mame*), fresh green soybeans (*edamame*), kinako (roasted full-fat soy flour), soybean sprouts (*daizu no moyashi*), natto (sticky fermented whole soybeans, with "gossamer threads"), tempeh (fermented soybean cakes), Hamanatto and Daitokuji natto (raisin-like natto), modern western soybean foods (natural soy flour [full-fat], soy granules, defatted soy flour and grits, soy protein concentrates, soy protein isolates, spun protein fibers, textured vegetable protein (TVP), soy oil products). 5. Gô (*purée de fèves de soya fraîches;* a thick white puree of well-soaked uncooked soybeans). 6. Okara or Unohana. 7. Curds and whey (*Caillé et petit-lait*). 8. Tofu (includes history, and preparatory techniques: Parboiling, draining, pressing {towel and fridge method, slanting press method, sliced tofu method}, squeezing, scrambling, reshaping, crumbling, grinding).

9. Deep-fried tofu (*Tofu frit*)*:* Thick agé or nama agé (*Agé épais {côtelettes de tofu frit}*), ganmo or ganmodoki (*burgers de tofu frit;* incl. *hiryozu / hirosu*), agé or aburagé (*pochettes de tofu frit;* incl. "Smoked tofu," p. 197). 10. Soymilk (*Lait de soya*). 11. Silken tofu (Kinugoshi ou tofu soyeux) ("*Kinu* means 'silk'; *kosu* means 'to strain'; well named, kinugoshi tofu has a texture so smooth that it seems to have been strained through silk"). 12. Grilled tofu (*Tofu grillé*). 13. Frozen and dried-frozen tofu (*Tofu surgelé et tofu surgelé séche*). 14. Yuba (incl. many meat alternatives such as Yuba mock broiled eels, Buddha's chicken, Buddha's ham, sausage). 15. Tofu and yuba in China, Taiwan, and Korea (incl. Savory tofu {*wu-hsiang kan*}*;* see p. 258 for illustrations of many meat alternatives, incl. Buddha's fish, chicken, drumsticks, and duck, plus vegetarian liver and tripe, molded pig's head, and molded ham). 16. Special tofu (*Tofu particuliers*).

Part III–Japanese farmhouse tofu: Making tofu for more and more people. 17. The quest. 18. Making community tofu. 19. The traditional craftsman. 20. Making tofu in the traditional way. Appendices: A. Tofu restaurants in Japan (many are vegetarian). B. Tofu shops in the West (Directory of 43 shops in the USA, 3 in Europe {Germany, Austria, Belgium, Denmark, Finland, France, Ireland, Italy, Netherlands, Portugal, Spain, Switzerland, UK, Wales}, and 3 in Latin America {Brazil, Colombia, El Salvador, Guatemala, Mexico}). C. People and institutions connected with tofu. D. Table of equivalents. Bibliography. Glossary. Index. About the authors (autobiographical sketches; a photo shows Shurtleff and Aoyagi, and gives their address as New-Age Foods Study Center, 278-28 Higashi Oizumi, Nerima-ku, Tokyo, Japan 177). Sending tofu in the four directions.

Pudding recipes include: Rice pudding with gô and apple (p. 76, incl. 2 cups soymilk). Tofu chawan-mushi (p. 147; Steamed egg-vegetable custard with tofu). Tofu fruit whips (p. 148). Tofu rice pudding (p. 150, incl. 1 cup soymilk). Tofu custard pudding (p. 152). Soymilk custard pudding (p. 208). Brown rice pudding (p. 208, with 2 cups soymilk). Soymilk chawan-mushi (p. 209). Chawan-mushi with yuba (p. 249).

Dessert recipes include: Tofu whipped cream or yogurt (p. 148; resembles a pudding or parfait). Tofu ice cream (p. 149, with chilled tofu, honey, vanilla extract and salt). Banana-tofu milkshake (p. 149). Tofu cream cheese dessert balls (p. 149). Tofu icing (for cake, p. 149). Tofu cheesecake (p. 150). Tofu-pineapple sherbet (p. 151). Also: Soymilk yogurt (cultured, p. 205). Healthy banana milkshake (p. 206). On p. 160 is a recipe for "Mock tuna salad with deep fried tofu." Address: Soyinfo Center, P.O. Box 234, Lafayette, California 94549 USA. Phone: 925-283-2991.

12949. Ishige, Naomichi. 2008. Re: Early history of tataki natto, itohiki natto, and natto-jiro in Edo city, Japan. Letter (e-mail) to William Shurtleff at Soyinfo Center, March 16. 2 p. [Eng]

• ***Summary:*** "Tataki natto is minced itohiki natto, chopped with a cooking knife.

"In about the 1830s, eating granulated [regular] itohiki natto started to become popular in central Edo city (today's Tokyo). When people had granulated itohiki natto, they stirred it and put it on hot rice with soy sauce. Before that period, itohiki natto was commonly eaten as natto-jiru, which was a kind of miso soup with tataki natto, greens, and tofu. Because of this eating style, peddlers started to sell tataki natto with greens and tofu so that people could make their

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own natto jiru more easily and inexpensively.

Note: This is the earliest English-language document seen (Jan. 2012) that mentions or describes "Tataki natto."

"Natto-jiru was the soup for the winter season. Starting in about the 1830s in Edo city, granulated [regular] itohiki natto began to be sold instead of tataki natto. Once people got familiar with eating granulated itohiki natto with soy sauce, peddlers started to sell itohiki natto even in the summer.

"In the well-known book *Morisada Mankô,* the author, KITAGAWA Morisada, compared the way of life in Edo, Kyoto, and Osaka in the late Edo period. He wrote that natto sellers disappeared from Kyoto and Osaka in the late Edo period. Thus, people who wanted to eat natto in the region needed to make it by themselves. Even now, although natto is popular in Kanto region, which developed around Edo city, people in Kansai region, to which Kyoto and Osaka belong, do not eat natto so much.

"I do not know any record by which the origin of tataki natto can be traced. However, it is thought that tataki natto was made from olden times as one of the basic ways of eating natto.

"Today, natto-jiru is not popular for Japanese, so tataki natto is usually not sold. If you want to have natto-jiru, you need to mince natto by yourself." Address: National Museum of Ethnology, Osaka, Japan.

12950. *SoyaScan Notes.* 2008. Dates of earliest documents seen that mention non-fermented soyfoods used as human food (Overview). March 17. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Whole dry soybeans, ground or mashed to a paste after boiling, or ground raw with water to a fresh puree or slurry (Including Japanese *gô*)*:* 636 BCE–China.

Whole Dry Soybeans (Boiled): 360 BCE, China.

Soy sprouts: 100 CE (AD) China.

Tofu: 965 CE China.

Green vegetable soybeans or edamame: 1275 Japan.

Roasted soy flour: 1301 China.

Soymilk: 1866 France.

12951. Golbitz, Peter. 2008. Sale of Soyatech, major contributions, future plans. Part II (Interview). *SoyaScan Notes.* March 24. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Continued: (1b) Soyatech's electronic newsletter is a way for the company to have a presence with its customers every day. The last printed, mailed issue of *Bluebook Update,* Soyatech's quarterly newsletter, appeared in Dec. 2003 (Vol. 10, No. 4). Thereafter the newsletter moved to an electronic online format and was renamed eNews Daily and Weekly.

(1c) Soyfoods conferences: Soyatech did a series of about ten of these jointly with IQPC and IBC. Peter was asked by the organizers to helped design the agenda, made sure the topics were relevant, and help promote the event (make mailing lists etc. available) to ensure satisfactory attendance. It was a contract for services agreement; Soyatech was paid a flat fee and/or a "piece of the gate" (percentage of income from attendance).

(1d) Market studies: These were a way for Soyatech to benchmark where the soy industry was in any particular year, and measure the value being added. For Soyatech it was a great way to promote the company's expertise in a particular area. Soyatech has done about 10 syndicated studies–7 soyfood reports, one on whole soybeans for food use and another on soy protein. They are currently in production with 2 more. (1e) Proprietary consulting: For one customer such as an equipment supplier, a technology provider, a seed supplier, a processor, a food company, etc. It crossed the whole value chain. People who wanted to understand what they had or what the size of the market was. Today Soyatech does 15-20 medium- to large-size projects a year. For example, in April 2006, the sixth report produced by a partnership of Soyatech and SPINS was released. Having a good staff is one key to doing all this.

Peter resigned as president of Soyatech on 17 Jan. 2008 and it became effective on March 7; his role is now "Founder and Senior Advisor." Peter is actively working with the company; he has three projects on which he is consulting with HighQuest Partners, helping to find and provide information. The Soyatech office in Bar Harbor, Maine, is fully staffed and more active than ever. Keri Hayes is now publisher of the Bluebook and Joe Jordan is general manager of content and events. So HighQuest has promoted the people at Soyatech rather than bringing HighQuest people into the Bar Harbor office. Peter believes that this is the best arrangement for both Soyatech and HighQuest. He is extremely happy with the way things have worked out, and he has a tremendous amount of respect for the vision that they had and for their respect for what Soyatech was and is. "They've done a great job. More than anything else, I am grateful." People from Boston come up regularly, and are working very effectively with the Soyatech staff. Soyatech has more of a horizontal / egalitarian management chart than most companies. In short, the merger seems to be working out really well. Peter plans to meet Keri and Joe today to discuss upcoming events and Bluebook layout issues. Peter thinks that it is unlikely that HighQuest will shut down the Bar Harbor office and consolidate it into any of their other offices. The Boston office is also headquarters for a number of other businesses that HighQuest operates. HighQuest has five consultants in their Boston office.

(2) Peter's work with the Soyfoods Association of North America (SANA): When Peter left as president of Soyatech, he resigned his seat on the SANA board, because it is a company board seat. Although he could stay on because he is still an advisor to Soyatech, he decided to let Philippe de

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Lapérouse take the seat. Another reason for the decision to step down is that, during the past 4-5 months, Peter's work with the World Soy Foundation, has taken quite a bit of his time.

(3) Peter's work with WISHH (the World Initiative for Soy in Human Health). Peter became involved with WISHH in 2003 after Soyatech considering forming its own foundation; Peter realized that it made more sense to work with an established group. WISHH is now a committee of the American Soybean Association (ASA); it no longer has its own board. That is a recent change; for more information contact Jim Hershey, who is executive director of WISHH. Peter works with WISHH as a volunteer and ex officio member. He has been to Africa (South Africa, for 1 week each trip) 3 times so far, in 2005, 2006 and 2007. Soyatech helped to raise the $750,000 needed to establish the "Soy in Southern Africa Alliance"; Sarah Day from Soyatech's office just recently went to Ghana and Nigeria for WISHH as a researcher / consultant.

On the first several trips to South Africa, Peter met with companies to advise them on their soy sourcing, processing, marketing, and to generally help them solve their problems and improve their operations. On the most recent trip, when he visited the SoyaCow and SoyaGoat training center in KwaZulu-Natal, the easternmost province of South Africa, he helped them process soymilk using these two mechanical soymilk making machines, and gave several lectures on soymilk processing, flavorings, the types of technologies available, and to help develop that industry further. WISHH, whose objective is market development for foods and ingredients made from U.S. soybeans, is working to create fertile ground through education of the benefits of soy products in the human diet. The focus is on foods, but soy oil and meal are not excluded. WISHH is trying to get the SoyaGoats into communities such as orphanages, feeding kitchens, etc. and to train people to make soymilk using this technology. There are a number of large soymilk companies in South Africa; they generally sell soymilk in Tetra Pak cartons that is too expensive for most people. By using a SoyCow or VitaGoat the people drink fresh soymilk and omit the packaging, which is more than half of the cost. In 2007 Malnutrition Matters of Ottawa, Canada, (Frank Daller, president) got a grant from the World Bank to place about 16 VitaGoats in India; they hope to feed 4,000 to 5,000 children. Daller developed the VitaGoat using simple, inexpensive parts suited for Third World villages without electricity. "We're still just beginning in developing countries but there is a tremendous amount of interest." WISHH is also working with a Rotary group, and together they are sending SoyCows and soybeans, to Guatemala. In Peter's experience, the people in Africa loved the fresh soymilk made using relatively inexpensive technology. He found there was very little difference in the taste and appearance of the soymilk made by the low-tech bicycle-powered VitaGoat and the electric high-tech cold-water-grind SoyCow. "We just sent Sarah Day, research analyst in the Bar Harbor Office, to Nigeria and Ghana for a week in February." Two years ago Peter helped to raise $250,000 from industry for WISHH; WhiteWave and Solait were the two largest contributors. WISHH added $100,000, and that $350,000 was matched by USAID making a total of $700,000 for the South African project, which including establishing the center and running short courses in soymilk processing and teaching seminars.

A remarkable gentleman named Henry Davies (a white Afrikaner businessman) has set up this training center in Bergville, KwaZulu-Natal. It is dedicated to teaching and training people about soyfoods. There is a full SoyaCow in the tiled processing room, which is really a pilot plant. There is also a meeting and lecture room. There was an extrusion plant that made pet food and textured soy flour.

(4) Peter's work with the World Soy Foundation (WSF): In March 2007 Peter was elected to the board of directors of WSF; he is also chair of their fundraising committee. WISHH could not be a foundation or a nonprofit organization–such as 501(c)(3)–because part of its agenda was market development. So in late 2006 the Internal Revenue Service (IRS) gave ASA and USB permission to create the World Soy Foundation as a 501(c)(3) charitable foundation, which would disperse funds to various kinds of organizations related to U.S. soybeans. Presently WISHH is their primary beneficiary, but WSF can only give to certain types of WISHH projects. So WISHH is expected to get some of its funding through the American Soybean Association (ASA) and some through the World Soy Foundation. ASA, as well as the big state soybean boards such as Illinois, Iowa and Indiana, are all major contributors to WISHH. The board is comprised of soybean farmers, who provide great leadership, and each of whom sits on their state soybean board. Ellen Feeney from White Wave Foods and Peter have provided some soyfoods industry perspective. White Wave has been a great supporter of both WISHH and the World Soy Foundation.

Future plans: Peter is putting the finishing touches on a home office. He is thinking about some travel ideas, book ideas, and writing projects. He's trying to keep his time open. He cannot consult for the next few years with companies outside of Soyatech and HighQuest Partners–being restricted by a non-compete clause in his contract with HighQuest. Looking at the big picture, Peter says: "If there's some way I can do more for promotion of soy in the world–bring it on!"

Peter recently took a trip to visit Nasoya, Lightlife, and South River Miso Co. "It was wonderful. It was really nice to be welcomed with open arms into all those companies." Their original vision is still alive. So is his.

Peter remarried in 2004 to Mary Cline Golbitz, a lawyer, who has also become a certified yoga teacher. They have three sons; two are Peter's stepsons. Peter has two kids in college (one at Middlebury College in Vermont and one at

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Northeastern in Boston) and a third about to start college, so he can't afford to retire. He needs a source of income to pay for the kids in college. Peter lives on Mount Desert Island, which is several hundred yards off shore and is connected by one road to the mainland. It is the largest island off the coast of Maine (with a permanent population of about 10,000) and the 2nd largest (after Long Island) on the Eastern Seaboard of the USA. Bar Harbor is on the island. Half the island is occupied by Acadia National Park. Address: Founder and Senior Advisor, Soyatech, Bar Harbor, Maine. Phone: (503) 386-7766.

12952. Welters, Sjon. 2008. Re: Soyfoods in western Europe. Letter to William Shurtleff at Soyinfo Center, March 24. 2 p. Handwritten.

• ***Summary:*** Sjon just returned from a trip to Europe (to visit parents and inlaws) where he collected some soyfoods labels. He "noticed a proliferation of soyfoods, especially of tofu products."

Rinatura is a brand he had not seen before. Also: Rinatura.de, and Rila. They sell tofu sterilized in a glass jar for 2.29 euros for 130 gm drained weight.

Some prices: Yakso Tempeh 1.95 euros for 350 gm. Viana Tempeh 3.49 euros for 200 gm. Viana tofu (nigari) 1.99 euros for 300 gm. Demeter tofu (nigari, calcium sulfate) 2.29 euros for 300 gm in Germany or 2.45 euros for 300 gm in the Netherlands. Provamel tofu (nigari, calcium sulfate) 1.99 euros for 400 gm in Germany or 2.20 euros for 400 gm in the Netherlands. These are both packaged 2 x 200 gm in one box. Taifun tofu (nigari) 1.49 euros for 225 gm in Germany. Taifun tofu (calcium sulfate) 1.99 euros for 400 gm in Germany. Taifun silken tofu (*seiden tofu,* nigari only) 2.59 euros for 400 gm in Germany.

Svadesha.de in Munich is another new name, yet apparently the oldest tofumaker in Germany.

Alpro and Provamel are all over with their soymilk.

12953. Johnson, Katherine Quimby. 2008. Fresh and full of beans: Vermont Soy. From the good earth. *Green Edible Mountains* No. 2. Winter. p. 18-21.

• ***Summary:*** About Vermont Soy, which makes four flavors of soy milk and a firm tofu in Hardwick, Vermont. Their products debuted in the summer of 2007 at the Hardwick and Waitsfield farmers markets. The company grew from the desire of co-owner Todd Pinkham to turn the tempeh he made at home into a commercial venture. Todd's partner is Andrew Meyer. With support and technical assistance from the Innovative Agricultural Initiative developed by the University of Vermont (UVM), about 6 farmers around the state (in Alburh, Highgate, Bridport, Orwell, Glover, and Hardwick) have begun growing food-grade soybeans organically. Extra-firm tofu, Vermont Soy's newest product, is curded with nigari. The soy plant in Hardwick is located next to Meyer's other venture, Vermont Natural Coatings; tofu is made there every Thursday. Tofu recipes are given for: Chinese noodle soup. Pumpkin pie.

Color photos show: (1) James Lewinsky, Sophia Smith, Andrew Meyer, and Todd Pinkham holding a Vermont Soy sign. For more: www.vermontsoy.com. (2) Bright yellow soaked soybeans in a large metal bowl. (3) A thermometer held above hot soymilk. (4) Yoshikawa Maruzen nigari, for curding tofu.

12954. Nutrition & Soja. 2008. Soy: Die pflanzliche Alternative. Tofu, seitan, getreide [Soy: The plant-based alternative. Tofu, seitan, cereal grains (Leaflet)]. Revel, France. 3 panels each side. Each panel: 21 x 10 cm. [Ger]

• ***Summary:*** This stylish German-language color leaflet is from an early French soyfoods company. Front panel: For almost 25 years we have offered a complete line of heat and serve or ready to eat products based on tofu and seitan. They use only organic soybeans grown in southwest France.

The three inner panels start with a vertical cartoon showing how soybeans are made into soymilk and then tofu. From the soymilk comes four lines of eleven products: (1) Biosoy soymilk (aseptically packed) in natural, vanilla, and calcium-enriched flavors. (2) Biosoy desserts (Hazelnut, Vanilla, and Chocolate). (3) Biosoy drinks in Chocolate (2 sizes), Tchai, and Moka. (4) Biosoy creme (like cream but with fewer calories).

From the tofu comes two lines of eight products: (1) Tofinelle meatless sausages in Sesame & Curry, and Mushroom flavors. (2) Six types of *Croque Tofu* (Tofu Croquettes / Burgers) in Provencale, Garlic & Fines Herbes, Mushrooms, Sea Vegetables, Chop Suey, Curry and Poppyseed.

Back left panel: Tofu: The highest form of nutrition. Unique plant protein, unsaturated fatty acids, essential fiber and minerals, virtues for good health. Back middle panel: The delicious art of eating vegetables. Croc' Seitan (Indian Style). Cereal Grains: Grinioc Patties in Quinoa-Tomato, Millet-Mushroom, or Rice, Delicate Vegetables & Saffron. www.soy.tm.fr. Address: Chemin de l'Horte, 31250 Revel (near Toulouse), France.

12955. Nutrition & Soja. 2008. 100 recettes au tofou [100 tofu recipes]. Revel, France. 72 p. Illust. 20 x 17 cm. [Ger]

• ***Summary:*** At top of color cover: Soy: The plant-based alternative (*L'alternative végétal*). Below the title is a photo brochette with a cube of tofu, wedge of tomato, etc. Across the bottom: Delectable and easy to prepare throughout the four seasons.

Contents: The plant-based alternative: the soybeans is an ecological plant. Full-page cartoon showing how soymilk, tofu, and second-generation tofu products are made. Ideas for using tofu from day to day. Recipes for spring. For summer. For autumn. For winter. Soy: A complete line of products based on tofu and soymilk. The brand name of all these soy

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products is SOY (p. 70-71, with color photos of the front panel of 29 products). Soy: A new line based on seitan. With every confidence in soy. Address: Chemin de l'Horte, 31250 Revel (near Toulouse), France. Phone: Web: www.soy.tm.fr.

12956. Koblin, Seymour. 2008. Food for life: Applying Macrobiotic principles and practices to create vital health for body, mind, and spirit. Bloomington, Indiana: AuthorHouse. 180 p. Illust. (photos by Tyllie Barbosa).
• ***Summary:*** Miso is mentioned on 23 pages. Natto is mentioned on pages 92-103, 127, 130, 137. Tofu is mentioned on pages 114, 126, 127. Address: HHP, PhD, School of Healing Arts, San Diego, California.

12957. Kong, F.; Chang, S.K.; Wilson. L.A. 2008. Changes of soybean quality during storage as related to soymilk and tofu making. *J. of Food Science* 73(3):S133-44. April. *
• ***Summary:*** Soybeans to be used for making tofu should be stored in a cool, dark place. Soybeans stored at high temperatures can produce a drastic loss in tofu yield. Address: Dep. of Biological and Agricultural Engineering, Univ. of California at Davis, Davis, CA 95616.

12958. Winchester, Simon. 2008. The man who loved China: The fantastic story of the eccentric scientist who unlocked the mysteries of the Middle Kingdom. New York, NY: HarperCollins. xii + 316 p. May 6. Illust. Maps. Index. 24 cm. [150 ref]
• ***Summary:*** This biography of Joseph Needham (1900-1995) focuses on his early years, his long-term relationship with his Chinese biochemistry student, Lu Gwei-djen (1904-1991), his years in China during World War II, from 1943 to 1946, and his work there with his secretary H.T. Huang. A British biochemist best known for his magnum opus, *Science and Civilisation in China,* Needham was elected a fellow of both the Royal Society and the British Academy. In China, he is known mainly by his Chinese name Li Yuese (Pinyin: Li Yuesè: Wade-Giles: Li Yüeh-Sê).

Page 159: In late 1945, when Lu returned with Needham to China, she wished that China could import "the right kind of soybean," not the low-fat variety that some foreign companies were trying to sell China.

Appendix I is titled "Chinese inventions and discoveries with dates of first mention (p. 267-77). There are about 260 entries, almost all predating a similar discovery in the Western world. The list includes many important subjects, such as: "Antimalaria drugs" (3rd century BC), "Ball bearings" (2nd century BC), "Beriberi, recognition of" (AD 1330), "Book, printed, first to be dated (AD 868), "Book, scientific, printed (AD 847), "Coal as a fuel" (1st century AD), "Compass, magnetic needle" (AD 1088), etc. The entry for "Bean curd" gives the earliest date as "100 AD." Dr. H.T. Huang (expert on the early history of food in China; personal communication 2008 Feb. 13) says this date is much too early; the earliest reliable evidence comes from the early Song dynasty (AD 960-1279), and specifically from the *Qing Yilu* (AD 965). Of course, tofu was probably made for some time before it was mentioned the literature.

The entry for "Soybean, fermented" is given as "200 BC." This date seems reliable, based on the archaeological finding of fermented black soybeans in Han dynasty tombs, which were sealed in 165 BC.

Contents: Prologue. The barbarian and the celestial. Bringing fuel in snowy weather. The discovering of China. The rewards of restlessness. The making of his masterpiece. Persona non grata: the certain fall from grace. The passage to the gate.

From the publisher's description: "The extraordinary story of Joseph Needham, the brilliant Cambridge scientist who unlocked the most closely held secrets of China–long the world's most technologically advanced country. This married Englishman, a freethinking intellectual, while working at Cambridge University in 1937, fell in love with a visiting Chinese student, with whom he began a lifelong affair. He became fascinated with China, and embarked on a series of extraordinary expeditions to the farthest frontiers of this ancient empire. He searched everywhere for evidence to bolster his conviction that the Chinese were responsible for hundreds of mankind's most familiar innovations–including printing, the compass, explosives, suspension bridges, even toilet paper–often centuries before the rest of the world (see Appendix 1). His dangerous journeys took him across war-torn China to far-flung outposts, consolidating his deep admiration for the Chinese people. After the war, Needham began writing what became a seventeen-volume encyclopedia, Science and Civilisation in China."

A map (the frontispiece) shows the line of the Japanese westward advance in China; Needham stayed far to the west of this advancing line. Address: Author, western Massachusetts.

12959. Sojami (Le). 2008. Le Sojami: Balancing nutrition & flavor (Website printout–part). www.lesojami.com Printed May 13.
• ***Summary:*** This website has both French and English editions; the French one is more complete. Contents: The company. Product range. Nutrition. Points of view. Sojami was founded in 1997 by Jean-James Garreau, who has a PhD degree in biology and is an independent researcher in human ecology at the University of Science at Bordeaux, France. In 1996 Dr. Garreau won the Agropole prize for Innovation in the Food Processing Industry as a result of his development of a lactic fermentation process for soymilk. Soyami's products are made from soybeans grown in the southwest of France; they are 100% organic and of plant origin (vegan). They include: (1) Tartimi (cream cheese alternative) in Basil, Cumin & Tarragon, Chives & Shallot, Garlic & Mixed Herbs flavors. (2) Accompaniment (incl. Marinated Lactofermented

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Tofu, Provençale Sauce {with tofu}, Lactofermented Tofu). (3) Sauces (Plain Sojami, Mayomi). (4) Frozen Dessert (made from Lactofermented Soymilk, Rice Milk, or Almond Milk).

Soyami makes all its own soymilk. Address: Agropole–BP 109, Estillac, 47931 Agen (Cedex 9), France. Phone: +33 5 5377 2488.

12960. Liu, KeShun. 2008. Food use of whole soybeans. In: Lawrence A. Johnson et al. eds. 2008. Soybeans: Chemistry, Production, Processing, and Utilization. Urbana, Illinois: AOCS Press. viii + 842 p. See p. 441-481. Chap. 14. [85 ref]
• ***Summary:*** Contents: Introduction. Non-fermented soyfoods: Soymilk (traditional soymilk, modern soymilk {techniques to reduce beany flavors, formulation and fortification, homogenization, thermal processing, and packaging}), tofu (preparation methods, factors involved in tofu-making {soybean varieties, storage and pretreatment, solids concentration, heating, type of coagulants, coagulant concentration, coagulation temperature, coagulation time, process automation, packaging}, varieties of tofu {silken tofu, regular and firm tofus, varieties of tofu products}), green vegetable soybeans, soybean sprouts, yuba, okara, roasted or cooked soybeans. Fermented soyfoods: Terms (Koji {fermentation, koji starter, inoculum}), fermented soy paste (preparation method {preparing rice koji, treating soybeans, mixing and mashing, fermenting, pasteurizing and packaging}, processing principles), soy sauce (preparation method {treating raw materials, koji making, brine fermentation, pressing, refining}, processing principles, chemical soy sauce), Japanese natto (preparation method, processing principles), Indonesia tempeh (processing method, processing principles), fermented soymilk, fermented tofu (preparation method, processing principles), fermented black soybeans (Chinese douchi, Japanese hamanatto). Conclusion.

Figures show: (1) Flowchart of a traditional Chinese method for making soymilk and tofu. (2) Photo of savory tofu dices. (3) Photo of soy sprouts. (4) Photo of yuba (soymilk film). (5) Photo of Chinese jiang and Japanese white and red miso. (6) Flow chart of a common method for making Japanese rice miso. (7) Photo of Japanese natto. (8) Flow chart of a traditional Indonesian method for making tempeh. (9) Photo of Chinese douchi (fermented black soybeans or fermented whole soybeans). Address: Research Chemist, U.S. Dep. of Agriculture, Agricultural Research Service, Grain Chemistry and Utilization Lab., Aberdeen, Idaho 83210.

12961. **Product Name:** Viana Veggie Turkish Roast, Viana Veggie Gyros, Viana Cowgirl Veggie Steaks, Viana Mediterranean Veggie Sausages, (Non-Dairy, Vegan).
Manufacturer's Name: Tofutown North America (Importer / Marketer). Made in Germany by Tofutown.com.
Manufacturer's Address: P.O. Box 1186, Charlottesville, Virginia 22902. Phone: www.viana-usa.com.
Date of Introduction: 2008. May.
Ingredients: Viana Veggie Turkish Roast: Water, Tofu* (soybeans, water, nigari), wheat protein*, sunflower oil*, roasted onion (onions, palm oil, wheat flour, salt), soy sauce* (water, soybeans*, sea salt, wheat*), spices, sea salt, raw cane sugar, tomato paste, locust bean gum, herbs, yeast. * = Certified USDA Organic.
Wt/Vol., Packaging, Price: 7.05 oz (200 gm).
How Stored: Refrigerated.
New Product–Documentation: One sample of each (product with Label) with sales sheet and business card sent by Jon Kessler, Sales and Marketing Director, Tofutown North America. 2012. July 30. Front panel of Veggie Turkish Roast: Color photo of product ready to eat. USDA Organic. "Listen to your heart. 0% cholesterol. GMO free. Kebap style. Gourmet vegan meat alternative. Heat and serve!" Inside each paperboard box is the brown, often amorphous product vacuum-packed in thick plastic film. Letter (e-mail) from Jon Kessler. 2012. Aug. 10. Gives the date each product was first sold commercially. The labels were changed to the present more American and less European labels in April 2012.

12962. Drosihn, Bernd. 2008. Re: Update on Tofutown.com GmbH. Letter to William Shurtleff at Soyinfo Center, June 16. 1 p. Typed, on letterhead.
• ***Summary:*** Bernd just returned from Shanghai, China, where he visited a tofu machine manufacturer as well as two tofu manufacturers. It was a very big adventure.

He encloses some "tofu music," a CD titled "Viana on Mars," a special edition by the Mars Allstars published

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by Viana. A color brochure, titled "The Sound of Viana, Volume 1," contains (in German and English): List of songs, with credits for music and lyrics. An aerial view of three lakes. Introduction to Viana and to Mars, a vegetarian music commune. Photos of musicians. Photos of inside and outside the Viana tofu factory. A collage of Viana labels. An article and interview with Bernd of Viana from OX fanzine no. 70 (Punk magazine), 2007; includes: How is tofu made. Brief history of Viana (founded just before Xmas 1988 as Viana Naturkost GmbH in Nippes, Cologne. Bernd learned how to make tofu in a lively tofu collective in the early 1980s; its members were vegetarians). Are you vegetarians or vegans? How is tofu made? They use organic GM-free soybeans, mostly from China and Brazil. What is the nutritional value of tofu? What advantages do you see in vegan food? The worldwide trend to vegetarian and healthy food. Business without guilt. Is it easier to sell veggie food as alternatives to meat and dairy products? Bernd went from musician to tofumaker. The importance of good nutrition and delicious food. Bernd's three favorite tofu recipes. Address: Founder and president, Tofutown.com GmbH, Industrie und Gewerbe Park, D 54578 Tofutown Wiesbaum, Germany. Phone: 06593 9967-0.

12963. Heather. 2008. Heading for a tofu-making workshop in Niger, West Africa (Web blog printout). *http://peacecorpsniger.blogspot.com.* June 19.
• ***Summary:*** "Next week, I'm planning on heading to Maradi for a women's tofu-making workshop. As of now, cooking and selling tofu is practiced more in the Eastern (ethnically Hausa) region of the country. I'm very excited at having the opportunity to learn more about the process and share that with my village women. Besides being a good source of protein (in a land where meat is difficult and expensive to get) it's also a really good way for women to generate more household revenue."

12964. Ota, Eileen. 2008. Update on history of Ota Family Tofu in Portland, Oregon (Interview). *SoyaScan Notes.* June 30. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Koichi "Ko" Ota is still the head tofu maker at Ota Family Tofu. He and Eileen were married in 1976, which is how Eileen got involved with and became an owner of this business, but later divorced. Ko's sister, who goes to Japan fairly often and keeps in touch with her father's part of the family (Isoshima), is interested in the history of Ota Tofu Co. She said that they never kept in contact with half of the family; that was the Ota family. She thought that maybe there was some kind of a stigma attached to them; maybe they had tuberculosis. She recalled to Eileen that after her mother (Matsuno) and father (Sokichi) came to the United States in the early 1950s, she remembers her parents in Japan renting an automobile and driving around to say farewell to everybody. The children got out everywhere except at the Ota residence; the children at that stop were made to stay in the car. She thought it may have been because they had tuberculosis.

Elsewhere Eileen has heard the story about someone connected with Ota Tofu dying or getting sick, one of the brothers went back to Japan.

Matsuno Ota was sent back to Japan for her education; she ended up getting a college education there. She married Sokichi Isoshima, who changed his name to Ota, in order to carry on the family name.

Who were the Ota brothers and when did they start to work at or own the tofu shop? In the *Hokubei Nenkan–North American Yearbook* (1913, p. 43) the names of the Ota brothers, Saizô and Heiji, are written in Japanese characters. No address is given, but the entry says they came from Okayama. A census record shows that Saizô came to the USA in 1905 from Okayama. It is clear from an ad dated 1 Jan. 1915 in *Oshû Nippô* (*The Oregon News*) (Portland, Oregon) that the Ota brothers owned the tofu shop at this time. But Eileen does not know when or why they left. It is also not clear who Saizo's parents were.

At some point Saizô and his wife, Shina, began to own and operate Ota Tofu Co.

Eileen's maiden name was Nishimoto. She was born in Portland after World War II, in 1949. She avoided the internment but her parents and elder brother did not. She finished college at the University of Oregon, majoring in Japanese language. However today she cannot read Japanese.

When Bill Shurtleff first contacted Eileen many years ago, he sent her three genealogy charts to fill out. At that point Eileen went to Ko's sister; they were unable to fill out all three charts, which stopped (going backwards) with Saizo's parents and with the two brothers who either started or owned the Ota Tofu Co.

The two places most interested in the history of Ota Tofu Co. are The Oregon Historical Society and the Oregon Nikkei Legacy Center. The legacy center may have interviewed Ko's mother, Matsuno Ota.

12965. Hogervorst, E.; Sadjimin, T.; Yesufu, A.; Kreager, P.; Rahardjo, T.B. 2008. High tofu intake is associated with worse memory in elderly Indonesian men and women. *Dementia and Geriatric Cognitive Disorders* 26(1):50-57. June. [28 ref]
• ***Summary:*** High consumption of tofu was associated with worse memory, while high consumption of tempeh was independently associated with better memory. Tempeh contains high levels of phytoestrogens, but (due to fermentation) also contains high folate levels which may exert protective effects. But some of the tofu was made using formaldehyde as a preservative. Address: 1. Dep. of Human Sciences, Brockington Building, Loughborough Univ., Loughborough LE11 3TU, UK; 2. Univ. of Respati Health Inst., Yogyakarta, Indonesia; 3. Oxford Inst. of Ageing,

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Oxford, Somerville College Woodstock Road, Univ. of Oxford, Oxford, UK; 4. Center for Health Research, Univ. of Indonesia, Jakarta, Indonesia.

12966. Lauterbach, Christiane. 2008. The joy of soy: The city's first Korean tofu house still sizzles. *Atlanta Magazine.* June. p. 54. *
• ***Summary:*** A rediscovery of 88 Tofu House, which opened in 2000 and has now achieved cult classic status. It is located at 5490 Buford Highway. Phone: 770-457-8811.

"... spicy bowls of kimchi, pickled tofu, daikon, salted fish, sprouts and more–helps focus one's attention."

12967. Conklin, Dave. 2008. Re: More details about Ota Tofu Co. in Portland, Oregon. Letter (e-mail) to William Shurtleff at Soyinfo Center, July 4. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** "I found the names of the Ota brothers Saizou and Heiji on page 43 of the 1913 Hokubei Nenkan–North American Yearbook. Everything was in kanji. There was no address given, but it did say they came from Okayama.

"I have a copy of a 1928 Oregon census of Nikkei that adds a bit of information to that. Heiji is not around anymore, but it gives birthdates and dates of immigration for Saizô and his wife Shina." Note: Shina Masuda (a woman, born 31 Jan. 1895 in Okayama) and Saizo Ota (born 13 April 1881) immigrated separately to Oregon from Okayama, Japan. Saizo arrived in the USA first in March 1905; Shina arrived later, in June 1913.

"I found an ad in the 1916 Hokubei Nenkan for Ota Tofu that lists Heiji as the proprietor, and also says they offer Western baths *furo* and tobacco. There is kanji on the side saying dou/ona(ji) (same), with kanji for rhino (*sai*) and elephant (*zô*) below, apparently referring to Saizô. I think Saizô was in Japan at that time getting married. There are no page numbers in that section of the book." Address: Tokyo, Japan.

12968. Ito, Eiichi. 2008. Re: Looking for the Ota family Portland, Oregon, directories at the Library of Congress. Letter (e-mail) to William Shurtleff at Soyinfo Center, July 11. 1 p.
• ***Summary:*** Shurtleff asked Mr. Ito if he would look for the names Ota, Oha, and Nagoro in the *Japanese American Yearbook* (*Nichibei Nenkan*) and *Japanese American Directory* (*Nichibei Jushoroku*) in the section on Portland, Oregon, residential listings, for the years 1919, 1926, 1932, 1936, and 1941.

Mr. Ito writes that there are residential listings in Portland, Oregon, in all five editions (1919-1941) requested. However he did not find entries for Ota or Nagoro in any of these.

In addition, The Library of Congress' collection of the *Japanese American Yearbook* (*Nichibei Nenkan*) includes 1909-1910, and 1912-1916.

12969. Ota, Eileen. 2008. Re: More history of Ota Family Tofu in Portland, Oregon. Letter (e-mail) to William Shurtleff at Soyinfo Center, July 11. 1 p.
• ***Summary:*** "In answer to the question of the marriage of Saizo and Shina, Noriko Ota Okazaki, seemed quite certain that Saizo and Shina were married in Japan, as she recalled that Shina went to live with the Ohta family in Japan for a period of time. Perhaps Shina was not a "picture bride" as I would define it, but went through the traditional Japanese match-making process. Shina Ota and Saizo Ota are listed on a passenger list sailing from Yokohama, Japan on June 11, 1913. Her name is no longer Masuda, but Ota. From this, I would guess that Saizo may have returned to Japan to marry, and then returned to the US with his bride."

I do not know if the ONLC [Oregon Nikkei Legacy Center, in Portland] has Polk's [Portland directory], but they also sent me a page of the 1928 Census of the Japanese Population in Oregon. Please let me know if you are interested in receiving any of the pages the ONLC sent to me.

Amy Peterson works at the ONLC and is a subscriber to Ancestry.com. Amy, who provided the documents from Ancestry.com, said that Saizo and Shina may or may not have been married at the time of the 1913 ship's listing. According to her, in some cases women changed their names prior to boarding ships to come to the US. Amy also said that it was a common practice for marriages to take place in Seattle. So we are not yet sure where or when the marriage of Saizo and Shina took place.

12970. Messina, Mark J. 2008. Update on research on the health benefits and risks of soy (Interview). *SoyaScan Notes.* July 26. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Analysis of the strengths and weaknesses of the Harvard study showing an association between isoflavone intake and sperm counts, by Cavarro et al., and of the Indonesian study showing an association between tofu consumption (but not tempeh consumption) and mental function. In the latter study formaldehyde used as a preservative in tofu may have caused the problem.

Different basic types of scientific studies involving humans: Epidemiologic studies, case control, cross sectional, prospective (Framingham), intervention, in vitro, in vivo, food frequency questionnaires. Pilot studies vs. full studies.

Second incarnation of the Harvard study. Biological basis for the Harvard study. Effect more pronounced on overweight people. Four biggest weaknesses in the Harvard study: (1) Only looked at 15 different soyfoods but not at other foods consumed, nor at exercise. (2) Four quartiles based on soy intake did not show a dose response. (3) In the 2nd group soy intake was too low to be significant. (4) Ejaculate volume increased.

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Another very important study by J.H. Mitchell in 2001 was titled "Effect of a phytoestrogen food supplement on reproductive health in normal males" (Clinical Science (London)). Involved 12 men

Vittorio Unfer has done important research and a case study on use of soy isoflavones to increase sperm count and fertility. A five-year study on endometrial hyperplasia is of long-term concern.

Feminizing effect is a big unknown. What kind of study could be designed. Two cups of Silk contains 50 mg of phytoestrogens.

Mark is organizing a soy symposium in Japan in November. At least 12 of the papers are good enough to be the subject of news coverage.

The scientific health evidence in favor of a vegetarian diet over a prudent diet that contains meat is no longer impressive. The evidence in favor of fruits and vegetables has grown weaker.

The evidence that soy is good for health is stronger now than 5-10 years ago, but in a more modest way. But the industry has gotten so small: ADM, Solait, and Silk ($400 million retail sales). Revival Soy has reformulated many of its products so that they no longer contain soy. Address: PhD, 439 Calhoun St., Port Townsend, Washington 98368. Phone: 360-379-9544.

12971. *Melton Times* (*UK*). 2008. Soy soldiers: A Melton business is fighting a war against junk food and appeared on a new healthy eating TV show. July 27.
• ***Summary:*** "Paul's Tofu, run by Paul Jones, was the UK's first [sic] producer of tofu and the team is nicknamed the Soy Soldiers in their battle to get people eating healthily." He has been in Melton for 30 years. Earlier this month, the company was featured on the BBC cookery programme Chinese Food Made Easy when Ching-He Huang used Paul's tofu to make cheap, healthy food. In addition to soy products, Paul also sells bread (which he bakes), fresh organic fruit, vegetables.

Note: Melton Mowbray is northeast of Birmingham, in northern England.

12972. Law, Bridget Murray. 2008. More joy for soy. *Diabetes Forecast* 61(7):19. July.
• ***Summary:*** Describes how tofu, edamame, and soy burgers are not only "trendy good-for-you foods" but also beneficial to those with type 2 diabetes, as they are good for the heart and kidneys.

12973. Vitasoy International Holdings Ltd. 2008. Annual report 2007/08. New Territories, Hong Kong. 164 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** This is a year of discontinuity of sales and gross profit figures, for complex reasons explained on page 7. We will use the new, adjusted numbers below. For the fiscal year ended 31 March 2008, adjusted group turnover (sales) was HK$2,416 million, up 15% over the previous year. Of these sales, 52% came from Hong Kong, 17% from North America, 15% from Mainland China, 12% from Australia and New Zealand, and 4% from the rest of the world.

Gross profit was HK$1,131 million, up 16% from the previous year. Basic earnings per share were 20.9 HK cents, up 21%. Dividends per share were 21.5 HK cents, up 10%.

At "Chairman's statement," a photo shows Winston Yau-lai LO, age 67. His resume is on p. 46. Total dividends for the year are 21.5 cents per share.

In North America, Vitasoy USA grew by 8%, reversing the negative growth trend since 2002/03. Although Vitasoy USA still lost money, this loss was 53% less than in the previous year.

A five-year summary (2004 to 2008; p. 163) shows that, during this entire period, sales increased 26.5% and annual profit more than doubled, increasing by 115%. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

12974. Yoshihara, Susan-Marie ["Lulu"]; Yoshihara, Yasuo ["Yoshi"]. 2008. Re: History of Shin-Mei-Do Miso Company. Letter to William Shurtleff at Soyinfo Center, Aug. 12. 3 p. Typed, with signature.
• ***Summary:*** "Dear Bill, In 1977 I met you and Akiko in Tokyo. Our miso making journey began a year before when I found "The Book of Miso" in Uwajima-ya department store in Seattle [Washington]. Your book, "The Book of Tofu," was already my favourite cookbook and I was looking forward to new culinary adventures. It may sound trite but what I found in the "The Book of Miso" literally changed my life.

"Inside the book was not only a wealth of miso lore and recipes, complete and detailed instructions for making miso at home and on a commercial scale were there in the back of the book, too. With this information I knew that our family could set up our own miso business.

"In 1976 we had just moved to rural Denman Island but still had no idea of how we would make our living. My husband, Yoshi, was from a Japanese farm family and he remembered how his family had made miso at home every fall. But he was only a child then and knew only some of the details involved. Nevertheless, we were interested and in the fall of 1977, accompanied by our 4 year old son, I went to Japan.

"Thanks to an amazing bit of luck I received an introduction to Yaeko Nakata, sister of the president of Maruman Miso Company in Nagano prefecture. Ms. Nakata was in charge of the hand-made division of the company. She and miso maker Chisato Kobayashi allowed me to observe and participate in the koji making process. Because I was able to experience the making of koji, so crucial to the making of good miso, I felt that Yoshi and I would be able to succeed in miso making.

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Note: Susan-Marie arrived in Japan in Oct. 1977 and was there until the end of February 1978–about 5 months. Thus, she was the first Caucasian and the first Westerner to travel to Japan with the specific goal of making miso commercially in the North America or Europe. She got very little support from anyone in the beginning. The trip was funded in part by money she had earned from planting trees for two weeks on Vancouver Island. "Most folks in Japan and Canada probably thought I was out of my mind to try to make miso in Canada." Yet without her struggle and her hands-on experience, the miso business in Canada could never have existed. On this trip she was accompanied by the now famous Japanese photographer, Mr. Ryuji Miyamoto.

"With very little capital but with youth and enthusiasm on our side we started work. It was 1979 and we had a 5 year old and a new baby boy. We made our first few batches in a woodshed. Our beans and grains were steamed in ½ whiskey barrels over a wood fire in a maple syrup cooker that we found in an antiques store. The upper part of our 10 acre property had been clear-cut some years before we bought it, so Yoshi used the logging slash to stoke the fires.

"That summer we built a new building. About once a month Yoshi drove our little red Datsun pickup truck to Vancouver where he bought sea salt and organically grown rice and soybeans. He also bought large oak barrels from Sweeney Cooperage in Vancouver. Two of the barrels could just squeeze into the back of the pickup and the bags of salt and grains and soybeans fit inside the barrels.

"We had no machines–no grinder, no mixer. Using a ½ barrel and a special pair of clean new gum boots, Yoshi and I took turns smashing cooked soybeans while the other poured in the salted koji and turned the miso-to-be with an extra large rice paddle that Yoshi carved from Douglas fir. Often one of us was carrying the baby on our back. Our elder son played in the shop while we worked. Over about 3 years we made 22 tons of miso that way.

"Did I tell you that Yoshi's first carpentry project ever was to build the koji incubation room in the woodshed? Our neighbours made the koji boxes from red alder wood and those boxes are still in good condition, nearly 30 years later.

"It is amazing what you can do when you are young, healthy, idealistic and ignorant! Even so, we realized soon enough that we'd have to have mechanical help to make a living. In 1982 we built an addition to the building and added 8 large wooden tanks from Arrow Tank Company of Buffalo, New York. By that time Sweeney Cooperage had already been torn down for Expo 86 in Vancouver. We also imported a miso mixing machine from Japan and bought a used grinder. A neighbour helped us set up a low pressure steam boiler by adapting a wood-fired house furnace. Used stainless steel steam kettles completed the production equipment.

"Every summer Yoshi bucked, split and stacked firewood for the boiler. He made an extra long wooden spoon to harvest the finished miso from the large tanks. He packed the miso by hand no matter how hot or cold the weather was. Only the koji incubation room was heated, yet even in mid-winter Yoshi stood there at the packaging table for hours in the freezing cold. Yoshi is very strong and fit for a man his age.

"In September of 2006 Yoshi broke his collarbone in a bicycle accident. It never healed properly. In the meantime the cost of doing business had gone up incredibly. Ferry fares to the islands more than doubled. In 2008 we decided to retire and shut down our business after producing 220 tons of miso in nearly 30 years of business.

"If you would like to know more about how we made miso please don't hesitate to contact us. We are enclosing newspaper articles, 9 photographs and captions that explain them. Please keep these copies as we have backup copies of them.

"Sincerely,..."

Photos (mostly black and white) accompanying this letter show: (1) Susan-Marie learning koji making at Maruman Miso in Iida, City, Nagano prefecture, Japan. Feb. 1978. Photo by Mori Akiko of Sankei Shinbun.

(2) Susan-Marie helping Mr. Chisato Kobayashi carry grain to the steamer. Same date, place, and photographer as No. 1.

(3) Susan-Marie crushing cooked soybeans underfoot to make miso, 1979, Denman Island, at Shin-Mei-Do Miso Co. Photo by Yasuo Yoshihara.

(4) Steaming soybeans using an old cast-iron, wood-fired, maple-syrup boiler, April 1979. Photo by Yasuo.

(5) Yasuo and baby Tomoe by the steamer, April 1970. Photo by Susan-Marie.

(6) Yasuo and Susan-Marie in the new miso shop, on their same property, 1983, Denman Island.

(7) The new miso shop and new equipment, 1983.

(8) Miso license plate, 1984, Denman Island.

(9) Yasuo and Susan-Marie with Arrow Tanks, 1986, Denman Island (color).

(10) Yasuo moving a large stone. Address: Shin-Mei-Do Miso Co., 3906 Wren Rd., Denman Island, BC, Canada, V0R 1T0. Phone: 250-335-0253.

12975. Rufus, Anneli. 2008. Soy oh soy: Tofu Yu pushes the bean curd envelope. *East Bay Express* (*Berkeley, California*). Aug. 20.

• ***Summary:*** About Tofu Yu, which is co-owned by He Hua Yu (who ran two tofu companies in Manchuria before emigrating in 1996) and Kevin Strong (a Berkeley architect). Their plant is now in West Berkeley; it was formerly in El Cerrito. The company is dedicated to a vegetarian and vegan diet. Their Berkeley takeout restaurant opened in July and their larger El Cerrito restaurant is expected to open any day now.

Stuart Reiter (who was born in the East Bay, graduated from UC Berkeley, and served for two years in the Peace

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Corps, Nigeria) is a chef who has worked at Greens and Millennium in San Francisco. Now he creates tofu desserts such as Tofu Mousse, Tofu Cheeseless Cheesecake, fried ToVegie Balls, etc.

12976. *SoyaScan Notes.* 2008. Brief biography of Dr. Frank McCoy of Los Angeles, California (Overview). Aug. 24. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1923–*The Fast Way to Health,* by Dr. Frank McCoy is published in Los Angeles by Times-Mirror Press. It contains 333 pages and a portrait of Dr. McCoy, but has no biographical information. It recommends fasting as the quickest and best way to restore health.

1924 April 20–Health Food Products Co. (946 W. 7th St., above Figueroa, Los Angeles), announces in an ad in the *Los Angeles Times* that Dr. Frank McCoy, in a return engagement, will continue his Wednesday evening lectures at 8 o'clock P.M. Subject: Diet.

1924 Nov. 20-22–McCoy speaks at the Twenty-Eighth Annual Convention of the American Naturopathic Association. Los Angeles, California.

1925 May 25–Health Food Products Co. announces in another ad in the *Los Angeles Times* another free lecture Dr. McCoy, who will "deliver his famous lecture that has started thousands on the road to regained health and happiness."

1926 Aug. 23–Rudolph Valentino's estate (on this date) included at least three pieces of property. One of these was unimproved acreage on Beverly Terrace, consisting of approximately 6.8 acres of scenic hill-top property, beautifully situated, overlooking Beverly Hills, located in Los Angeles County, adjacent to the estates of Francis Marion and Fred Niblo. It was sold to Dr. Frank McCoy of Hollywood for $21,000.

1927 July 4–Dr. Frank McCoy's first column titled "Health and Diet Advice" appears in the *Los Angeles Times.* The subject: "A new kind of health service." A small photo showing his head and shoulders is at the top of each column. His column of July 17, titled "Ice cream: It's what's for dinner," argued that ice cream "should at all times be considered a real food and not a delicacy." Was he caught in a bootlegging scandal the previous week? In his column dated 1928 Aug. 8, in the section "Cheese without pie," he discusses tofu. Another column dated 1928 Nov. 29 contains a recipe for "Soy bean muffins with peanut butter." His column of 1930 May 9 contained a recipe for "Muffins made of soy bean flour." Another column of 1931 April 7 gave a detailed discussion of the many foods made from soybeans in Japan.

In 1932 Dr. Frank McCoy had a radio program in Los Angeles.

Dr. Frank McCoy has a health institute in Los Angeles (see 1938, below).

1938 May 27–An article in the *Evening Telegram* (Superior, Wisconsin; p. 4) explains that Mildred Lager was once a student of Dr. McCoy and that he had an institute, which she attended. It states "As a result of intensive study of foods and their value to health, she became a demonstrator for Dr. Frank McCoy, noted health specialist whose health talks appear daily in *The Evening Telegram* [Wisconsin] in the column, 'How to keep well.'

"Four years ago, Miss Lager left the McCoy institute to go into business for herself, opening a health food store [named The House of Better Living, on 25 Oct. 1933] in Los Angeles, the largest of its kind in the United States. Note: Therefore Lager must have left McCoy's institute in 1933.

1948 Aug. 1–Dr. Frank McCoy's business ("McCoy Health System") is now owned and run by Dr. R.L. McMaster at 1151 West 6th St. in L.A.

1954 Jan. 2–Last mention of "Dr. Frank McCoy" in the *L.A. Times.* His business is now owned and run by Dr. R.J. Simon at 1233 W. 6th St. in L.A.

12977. Heather. 2008. Tofu training workshop in Niger, West Africa (Web blog printout). *http://peacecorpsniger.blogspot.com.* Aug. 26.
• ***Summary:*** "In my June post, I wrote about going to Maradi for a tofu training workshop. I returned from it at the beginning of July and am happy to report it was a great success! A group of volunteers from all regions of the country (Tillaberi, Tahoua, Maradi, Dosso, Zinder) gathered in Maradi with their "counterparts" (Nigerian co-workers) to learn about growing soy, making tofu, and marketing and selling it. Although most of the training was done in Hausa, some of the volunteers from Hausaland were very helpful in translating for the Zarma speakers and we were able to learn a lot.

"Since rainy season planting has ended and the harvest is about to begin in a couple months, it is too late to implement the soy planting techniques we learned at the training in our local villages. However, a group of Zarma volunteers (myself included) are in the process of planning another tofu training for Zarma speaking volunteers and their counterparts in the Falmey sub-region this coming Cold Season (Oct.–Dec.)."

12978. **Product Name:** Humboldt Organic–Vegan Sloppy Joe.
Manufacturer's Name: Tofu Shop Specialty Foods Inc.
Manufacturer's Address: 65 Frank Martin Court, Arcata, CA 95521. Phone: 707-822-7401.
Date of Introduction: 2008. August.
Wt/Vol., Packaging, Price: 12 oz (339 gm).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Matthew Schmit. 2009. March 18. Self adhesive. 3.5 inches diameter. Red, yellow, blue, and black. An illustration (black on blue) at top of label shows a small tofu shop, with an Oriental-style roof, on stilts atop a small island, with a wind-blown tree

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arching over over its roof. Text: "Healthy. Hearty. Easy to serve. Cholesterol free. Low in saturated fat. Great for tacos, chili, spaghetti, casseroles, burgers, or chips. Perishable–Keep refrigerated."

12979. Cwiertka, Katarzyna J.; Moriya, Akiko. 2008. Fermented soyfoods in South Korea: The industrialization of tradition. In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois Press. viii + 337 p. See p. 161-181. [47 ref]
• ***Summary:*** Contents: Introduction. The soul of Korean cuisine. The industrialization of *Chang* manufacture. Conclusion–*Chang* and Korean identity. Notes.

Photos show: (1) One of the Starbucks outlets in Korea's capital. (2) Industrially produced soybean paste and hot red pepper paste on shelves in a modern retail store. (3) A traditional home in the Hahoe Folk Village near Andong. Meju [soybean koji] is hanging under the eaves and sauce pots stand in the courtyard. Liquid soy sauce is *kanjang.* Korean miso is *toenjang* or *doen jang.* Hot red pepper miso is *koch'ujang,* which was first mentioned in the 2nd half of the 17th century.

Although foreign foods are widely consumed in Korea today, soybeans and soyfoods remain a fundamental part of the Korean diet, and appear in a wide range for forms. Whole soybeans are boiled with other beans, rice, and other cereals to make *k'ongbap* [*kongbap*]. Whole soybeans are also mashed or ground into a creamy soup called *k'ongguksu* [*kongguksu*] which is served in the summer with noodles, soymilk, and julienned cucumber. Soybean sprouts (*k'ongnamul*), long a favorite in Korea, are used as an ingredient in a variety of soups, stews, and stir-fried. Seasoned soy sprouts (*k'ongnamul much'im* [*kongnamul muchim*]), a popular dish at many Korean meals, is made with blanched soybean sprouts seasoned with green onions, garlic, salt (or sometimes soy sauce), sesame oil, and crushed sesame seeds. Several kinds of tofu (*tubu*) are used in Korean cooking; they can be fried, braised, or simmered. To make Tofu kimchi (*tubu kimch'i*), cut fresh tofu into squares and arrange with pieces of kimchi; it serves as a popular snack with alcoholic beverages. Minced or mashed tofu mixed with minced meat can be used as a filling for dumplings called *mandu* [like Japanese manju], which are then fried or steamed. Roasted soybeans (*pokkun k'ong*) and roasted soybean flour (*k'ongaru*) are indispensable ingredients in many traditional desserts such as *kwaja* and *ttok.* During the last two decades, soymilk has become a popular product in Korea.

Footnote 16 describes the four basic types of Korean soy sauce: *ch'ong kanjan, chung kanjan, chin kanjang,* and *chin kanjang* (written with a different ideogram than no. 3). There is also *honhap kanjang* (a mixture of Japanese soy sauce and its chemical counterpart) and *choson kanjang* (a product manufactured on the basis of traditional Korean methods) (p. 172-73). Address: 1. Leiden Univ., Netherlands, lecturer at the Centre for Japanese and Korean Studies.

12980. Du Bois, Christine M.; Tan, Chee-Beng; Mintz, Sidney Wilfred. eds. 2008. The world of soy. Urbana, Illinois: University of Illinois Press. viii + 337 p. Illust. Index. 24 cm. Food Series, edited by Andrew F. Smith. [644 + 212 endnotes]
• ***Summary:*** Contains an introduction, 14 chapters by various authors, and a conclusion; each chapter is cited separately.

Contents: Acknowledgments. Introduction. Section I: Acceptance of soy in global and historical context (4 chapters). Section II: Ethnographic studies of soy's acceptance (10 chapters). Conclusion. Appendixes: A. Scientific names of plants and edible fungi. B. More on the tofu of Chengdu [capital of Sichuan province, southwest China]. Contributors. Address: 1. Anthropologist and manager for the Johns Hopkins Project on Soybeans; 2. Chair, Dep. of Anthropology, Chinese Univ. of Hong Kong; 3. Emeritus Prof. of Anthropology, Johns Hopkins Univ.

12981. Mao, Jianhua. 2008. Tofu feasts in Sichuan cuisine. In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois Press. viii + 337 p. See p. 121-143. [8 ref]
• ***Summary:*** Contents: Introduction. A survey of contemporary tofu dishes and feasts: Tofu courses at the Chen Mapo Tofu Restaurant, a tofu feast in Wenshu Temple. Cultural packaging of Sichuan's dishes and feasts: Old Chengdu Gongguancai Restaurant, Baguo Buyi Restaurant, Lianzhentang Cultural Collector's Restaurant, Tutao Village (earthenware village), Jianmen tofu, Chen Mapo Tofu Feast. Conclusion and Recommendations: Complex cooking techniques may curb tofu's popularization, problems with the cultural packaging of tofu, problems of standardization and internationalization of Sichuan's tofu dishes. Address: Sichuan Univ., Sichuan Province, Chengdu, China, deputy dean of the Faculty of Literature and Mass Communication.

12982. Nguyen, Can Van. 2008. Tofu in Vietnamese life. Translated by Duong Thanh Nguyen. In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois Press. viii + 337 p. See p. 182-194. [7 ref]
• ***Summary:*** Contents: The origins of tofu in Vietnam: Oral history and direct documentary evidence, evidence for the earlier diffusion of tofu. The role of tofu in Vietnamese life. Tofu in Vietnamese cuisine. Other soybean uses. A photo shows a man making tofu in Hanoi, Vietnam.

Tofu is a popular daily food throughout Vietnam. It would be difficult to find anyone who eats rice but never eats tofu. "Most Vietnamese consider tofu a traditional, cheap, and well-liked dish."

In Vietnam, certain villages have long specialized in tofu

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production. "Elderly informants told us that it is a hereditary trade, handed down from generation to generation for a long time." But these elders do not know when or how this skill came to Vietnam.

In Vietnam, it is hard to find early documents that mention tofu or soybeans, for after so many decades of war, many of the old scripts and documents have been lost. For example, the *Dai Viet Su Ky Toan Thu* (*Complete Set of Dai Viet History*) is thought to be the most reliable history of Vietnam. The introductory chapter of the 1983 edition states that it was written by Le Van Huu (lived AD 1230-1322), finished in 1272, and consisted of thirty volumes. But no original is known to exist today, and some scholars doubt that there ever were 30 volumes. The original of the 1983 version was edited and printed in 1697 by historians who lived some 400 years after the original edition was first printed.

Two early Vietnamese books that mention soybeans and tofu have been found. Both are available in modern editions: (1) *Van Dai Loai Ngu,* by Le Quy Don (lived AD 1723-1783); modern edition published 1962. In his discussion of grains, he mentions soybean (*dai dau*). (2) *Nu Cong Thank Lam,* by Le Huu Trac (lived AD 1720-1791); modern edition 1971. He stated that the soybean (*dau nanh*) has a sweet and warm nature, and "is good for recovery after an injury, for the beauty of women, for bone marrow, for vitality, and as an antidote for ingested toxins. He noted the tofu contains nourishing substances (known today as amino acids and vitamins)." He described two methods of separating liquid soymilk from the solid residue and then of curding the soymilk to make tofu, and he gave eight vegetarian dishes made with tofu–including: Tofu soaked in soy sauce; Wine fermented tofu. Grilled vegetarian tofu chao.

Le Quy Don and Le Hu Trac are two famous 18th century Vietnamese polymaths. Since both men were born in the early 1700s, it seems quite likely that tofu existed in Vietnam during the 1600s.

However, some scholars believe that tofu arrived in Vietnam much earlier, in the 10th to 11th centuries. These scholars given four reasons for their belief–all based on circumstantial evidence.

(1) Early relations and mass migrations: China and Vietnam have had relations for more than 2,000 years. Chinese imperial envoys imparted cultural information to small groups of Vietnamese leaders. Moreover, there were many wars between China and Vietnam throughout their ancient history. The migration of thousands of people during these times also spread cultural knowledge–such as (perhaps) how to make tofu.

(2) Migrations of Chinese and Vietnamese Buddhists: Because Buddhists have traditionally been vegetarians, they have long been interested in soybeans and soyfoods. A book titled *Thien Uyen Tap Anh,* considered to have first appeared in the 13th to 14th centuries AD, states that "the Buddhist master Vo Ngon Thong (?-AD 826) came from Quang Dong (Guangdong [Canton]), China... In December 1820 he came to Kien So temple (now in Gia Lam district, Hanoi) to meditate and founded the 'Vo Ngon Thong' sect in Vietnam" (Vietnam Buddhist Church 1990). Elsewhere the book describes how two other Chinese Buddhist masters came to Vietnam during the periods 1054-1071 and 1091-1170. In addition, the monks who were students of these masters went to China during this period to meditate. The Vietnamese may well have learned how to make and use tofu during this time either in Vietnam or in China.

(3) Exchanges between the imperial governments of China and Vietnam: There were frequent high-level exchanges. The *Complete Set of Dai Viet History* mentions that in the year 1007 the Vietnamese emperor sent two envoys to Song dynasty China; they returned in 1009. In the year 1020 another envoy went to China and returned. These envoys may have eaten tofu while in China, and they may have asked for training in how to make it.

(4) Vietnamese folk songs and sayings: "These suggest an ancient origin for tofu in Vietnam." The words to one song say: "If you want to enjoy tofu with traditional Chinese soy sauce, sharpen your knife and scissors, shave your head, and become a monk." This suggests that tofu first appeared in Vietnam in Buddhist temples–during the Northern Song dynasty in China, and the Ly and Tran dynasties in Vietnam. Nevertheless, these are only theories.

Since ancient times, Vietnamese have eaten "vegetarian dishes every day, including tofu, in accord with their beliefs that vegetarian food is clean and promotes tranquility."

In Vietnam today, various types of tofu are sold including: Firm tofu, grilled tofu, deep-fried tofu, fermented tofu, and soft tofu. It is used in four basic categories of dishes: vegetarian, nonvegetarian, vegetarian soups, and nonvegetarian soups. The two most popular dishes cooked in Vietnamese homes are: Boiled tofu with sauce (*dau phu luoc*). Tofu cooked with tomatoes and ginger (*dau phu sot ca chua*).

Other foods made from soybeans: (1) Soymilk, served sweetened with sugar. Before carbonated beverages / soft drinks became popular, during the hot summer months, soymilk was the favorite drink in Vietnam. Today some families still make soymilk at home. (2) Soy sauce (dau tuong). (3) Sweet silken tofu, curded with calcium sulfate (*tao pho*). (4) Meat alternatives made from tofu. Address: National Academy of Social Sciences and Humanities, Hanoi, Vietnam, researcher at Chinese Studies Institute.

12983. Osborn, Donald Z. 2008. Soybeans and soybean products in West Africa: Adoption by farmers and adaptation to foodways. In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois Press. viii + 337 p. See p. 276-297. [48 ref]

• ***Summary:*** Contents: Introduction. History. Growing

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soybeans in Africa. Soybeans as food. Soybeans for *Daddawa.* Bean curd. Soybeans and bean curd in Niger. Other local uses. Conclusion. Notes.

A table (p. 277) shows the earliest documentation of soyfoods in West African countries. For each country is given the year first noted and the source. The countries (listed alphabetically) are: Benin, Burkina Faso (former Upper Volta), Cameroon, Côte d'Ivoire, Gambia, Ghana, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Nigeria, Senegal, Sierra Leone, and Togo. Note: Most of these dates and sources are identical to those published earlier in: Shurtleff, W.; Aoyagi, A. 1997. *Soy in Africa: Bibliography and Sourcebook, 1857-1997.* Lafayette, California. Soyfoods Center.

The section on "daddawa" is very interesting and well annotated. "One relatively early and by now fairly common adaptation of soybeans to local foodways in West Africa has been its use as a substitute for seeds of the *nèrè,* or African locust bean tree (*Parkia biglobosa*)*."* The resulting condiment is known as daddawa (or dawa-dawa) in Hausa, *sumbala* in the Mande languages, and *iru* in Yoruba. The physical form of daddawa may appear as a small ball, a patty, or a cluster of ripened beans, "but it is always black in color and has a very pungent odor." The product is traded widely from the areas of production. For example, some of the daddawa sold in markets in Niger was made in Nigeria. Making daddawa is traditionally a woman's work; it is relatively labor intensive and consumes significant amounts firewood [which in many areas is increasingly scarce].

The section titled "Bean curd" notes that a milestone in the effort to introduce tofu to West Africa took place when Osamu Nakayama, a soyfoods expert, was brought to Nigeria by the Japanese International Cooperation Agency (JICA) in 1989-91 to work with IITA in Ibadan. Working with local people, he saw the potential for making *wagashi* (also called *wara* in Yoruba [or *warangashi* in northern Benin]) the West African name of a soft unripened dairy cheese, from soybeans, curded with the traditional coagulant–the sap of the giant milkweed or Sodom apple tree (*Calotropis procera*). It took Nakayama six months of research to figure out how best to use the traditional African coagulant with soymilk. The resulting product is said to resemble the West African dairy cheese more than Asian tofu, yet it readily found its place as a substitute for the former. "It compared well with the cheese in flavor and texture, but had the important advantage of being much less expensive to produce."

In the decade that followed, the making of African-style tofu spread largely on its own through the north of Nigeria and across the border into Niger, becoming an important new source of income for many women. As it spread, new soymilk coagulants "were identified by local producers, notably water in which tamarind fruit had been left to soak and water from rinsing pounded pearl millet, left overnight" to sour.

The section titled "Soybeans and bean curd in Niger" begins: "Soybeans have been subject to a limited amount of agronomic research in Niger and are not produced in any significant amount." Note: This implies that soybeans have been cultivated in Niger, although in small amounts. Endnote 14 states that there have been some ongoing soybean trials in the southern part of the Dosso region.

According to American Peace Corps volunteers, tofu started to be made in about the year 2000 in the southern parts of the Zinder and Maradi regions. Since that time, tofu has been made and marketed in Niger using soybeans brought in from Nigeria, in many villages, towns, and markets, mainly in the Hausa-speaking north-central part of Niger. In 2001 it was possible to find tofu in the weekly markets of local villages in these areas, fried and sold with hot red pepper spice. "By 2002 it was more ready available in the cities of Zinder and Maradi and was produced in Birnin'Konni in the Tahoua region. By 2003 it was available in Gaya, and by midyear it was also available in Dosso town in the Dosso region."

Like the soybean used, tofu making clearly spread along the Hausa networks that cross the border. It seems significant that the Hausa names for tofu differ between Zinder and Maradi [in south central Niger] on the one hand, where a loanword from Yoruba–*awara*–is used, and Birnin'Konni [in southwestern Niger] on the other hand, where the term used is *kwai-da-kwai,* suggesting a comparison with the texture of eggs. This suggests that different networks within the larger Hausaphone area were involved the transmitting the process for making tofu.

In Niger, making tofu is a small home-scale activity. The women who make it usually do so to coincide with weekly rural markets or, if in larger towns, several times a week or even daily to fill the demand. Three curding agents are used. Four photos show tofu being made by an African woman in the village Guiddan Iddar, Niger, West Africa. Address: Former assoc. director for agriculture with the Peace Corps in Niger.

12984. Sidharta, Myra. 2008. Soyfoods in Indonesia. In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois Press. viii + 337 p. See p. 195-207. [17 ref]
• ***Summary:*** Contents: Introduction. The promotion of soybeans. The story of tofu in Indonesia. Indonesia's *Oncom. Tempe*–what is it, and how is it made? The story of *Tempe.* Other soyfoods. Soy products as a source of proteins. Conclusion. Notes. Address: Univ. of Indonesia, lecturer of Faculty of Letters.

12985. Tan, Chee-beng. 2008. Tofu and related products in Chinese foodways. In: Christine M. Du Bois, C.-B. Tan, and S.W. Mintz, eds. 2008. Urbana, Illinois: University of Illinois

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Press. viii + 337 p. See p. 99-120. [39 ref]
• ***Summary:*** Contents: Introduction. Historical background. Production and marketing of tofu. Consumption–tofu and Chinese foodways. Tofu's symbolic associations. Conclusion.

Tofu and related foods consumed in China include: (1) Tofu. It is called *doufu* in Standard Chinese or Mandarin (*Putonghua*), *dauh-fu* in Cantonese, and *tauhu* in Minnahua or Hokkien (2) *Doufujiang,* more commonly known as *doujiang,* which is soymilk. (3) *Doufu hua* (soybean custard), or more commonly *douhua.* (3) *Doufu pi* (tofu skin [yuba]). (4) *Zhizhu* [*fuzhu;* dried yuba sticks].

(5) *Doufu pao* (small blocks of deep-fried tofu puff). (6) *Dong doufu* (frozen tofu). (7) *Doufugan* or *dougan*–fresh tofu that has been firmly pressed to partly dehydrate it, and then is air dried. Chinese-style pressed tofu can be further processed to make... (8) *Xun doufu* (smoked tofu).

(9) *Wuxiang doufu* [also called *wuxiang doufugan*] (five-spiced tofu). (10) Pressed tofu can be soaked in brine and fermented to make *chou doufu,* which is usually referred to as "smelly tofu" but which Hsu and Hsu (1977, p. 301) translate as "molded beancurd." (11) Tofu can also be fermented to make *doufuru,* or simply *furu.* (12) Okara is described (p. 106) as "leavings" or "soybean dregs," or "tofu lees."

Note: This is the earliest English-language document seen (April 2013) that contains the term "smelly tofu" or the term *Doufu pao.*

Photos show: (1) Person making tofu in a Yongchun village, Fujian–filtering. (2) Grinding unripe soybeans (*maodou*) for sale at a morning market in Kunming, Yunnan. (3) Soybean plants in between rice plots in a village in Ganluo Country, Sichuan. (4) Selling bean curd custard in Chengdu, Sichuan. Address: Chinese Univ. of Hong Kong, chair of the Dep. of Anthropology.

12986. Burros, Marian. 2008. Uniting around food to save an ailing town. *New York Times.* Oct. 8. p. D1, D2 (Natl).
• ***Summary:*** In January, Vermont Soy, in Hardwick, Vermont, owned by Andrew Meyers, was selling tofu from locally grown soybeans to five customers; today he has 350.

12987. McMullen, Michelle. 2008. Needed: Consistent non-GM soybean supply from Canada. *Ontario Soybean Growers' Update.* Oct. p. 1.
• ***Summary:*** "The Canadian Soybean Council's (CSC) 2008 incoming mission of Japanese buyers emphasized the importance of Canada's continued commitment to producing quality non-GM soybeans. Tsuento Sasaki, Trade Commissioner from the Canadian Embassy in Tokyo, joined the mission. Japan is Canada's largest market for food-grade soybeans.

"The group unanimously said that Japan's consumers will continue to demand non-GM food products. This presents a tremendous opportunity for Canada to increase its share of the Japanese market, as other non-GM soybean producing countries are unable to meet the demand.

"'The Japanese market is confident in Canada's ability to produce a quality, segregated non-GM soybean product,' says Jim Gowland, CSC Chair. 'Japanese soyfood manufacturers are now looking to Canada to be a consistent supplier of non-GM soybeans.'

"Japan continues to be Canada's largest importer of IP (identity preserved) non-GM soybeans. Nearly 100% of Canada's exports are non-GM for the food market. In 2007, Japan's total soybean imports totaled 4.16 million tonnes (metric tons), and Canada accounted for 7% of that amount. Of that 2007 total, approximately 1 million tonnes were for food uses.

"'Companies from across Japan are concerned about their ability to source non-GM soybeans in the future and are offering attractive premiums to producers for the extra work associated with growing IP soybeans,' says Gowland. 'Skilled, innovative Canadian soybean producers are needed to help meet the demand of markets such as Japan.'"

A photo shows a team of about five Japanese soy food manufacturers examining Ontario soybeans growing on a farm in September. "Ontario soybeans are the basis for Japan's highest quality tofu and miso products." Address: Canadian Soybean Council Manager.

12988. *Organic and Non-GMO Report* (*The*) (*Fairfield, Iowa*). 2008. Japanese company to triple non-GMO soy production in Canada: Market news. 8(9):9. Oct.
• ***Summary:*** In a few years, Kanematsu Corporation (Japan) plans to triple planting of non-GMO (not genetically engineered) soybeans for food use on 50,000 acres on Prince Edward Island, Canada.

Next year, PEI's soybean production is expected to be 15,000 metric tons grown on 15,000 acres–all for shipment to Japan. PEI farmers are shifting to growing organic soybeans from potatoes, which require high pesticide use and are less profitable due to falling demand.

Japanese makers of tofu, soy sauce, and other food processors use about 1 million tons a year of non-GE soybeans from overseas in addition to domestic organic soybeans. Kanematsu provides about 10% of those non-GE imports.

12989. *Restaurant Hospitality.* 2008. Serving up soy. 92(10):62. Oct.
• ***Summary:*** Describes a survey conducted by the United Soybean Board in which veggie burgers, tofu, soymilk, and edamame were the top soyfoods preferred by consumers and one in five consumers said they would order soyfoods from restaurant menus. To "demonstrate the versatility of soy," contains recipes for Edamame-tofu croquettes and Tofu gratin.

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12990. Associated Press 2008. As prices for U.S. soybeans rise, so does hunger in Indonesia: The country relies on imports to produce staples such as tempeh and tofu. But with costs soaring, producers and vendors are cutting back or going out of business. *Los Angeles Times.* Nov. 2.
• ***Summary:*** Many of Indonesia's poor have long relied on tempeh and tofu and tasty, nutritious, low-cost sources of protein and basic food. But now the cost of the two foods has doubled, driven by the soaring price of soybeans imported from the United States.

The same problem is found in countries worldwide. During the past 10 years, Indonesia–a nation of 220 million people–went from growing more than half its soybeans, to importing 70% of its needs from the USA. This is the negative side of globalization. Address: Los Angeles Times.

12991. Kim, Vitali. 2008. Yuba in Russia (Interview). *SoyaScan Notes.* Nov. 11. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Quite a bit of dried yuba (fu-ju; dried bean curd sticks) is now consumed in Russia, especially in salads. Most of it is imported from China and Vietnam. The Russian people eat yuba because they like the flavor. The price of dried yuba (fu-ju) is now about 190 rubles ($7.00) per kg.

Vitali has purchased equipment for making tofu and called (and e-mailed) to ask about "technology for fu-ju production."

Note: Elista is located between the Black Sea and the Caspian Sea, not far north of the Caucasus mountains. Address: Elista, Republic of Kalmykia, Russia.

12992. Malaki Nik, A.; Tosh, S.M.; Poysa, V.; Woodrow, L.; Corredig, M. 2008. Protein recovery in soymilk and various soluble fractions as a function of genotype differences, changes during heating, and homogenization. *J. of Agricultural and Food Chemistry* 56(22):10893-900. Nov. 26. *
• ***Summary:*** Harovinton, a soybean variety widely used to make tofu, and 11 derived null soybean genotypes lacking specific glycinin (11S) and beta-conglycinin (7S) protein subunits were investigated to determine whether changes in protein composition affected the protein recovery in soymilk and its soluble fractions after various centrifugation steps. Address: Dep. of Food Science, Univ. of Guelph, Guelph, ONT, Canada.

12993. **Product Name:** [Provamel Tofu (Natural, Organic)].
Foreign Name: Provamel Tofu.
Manufacturer's Name: Alpro NV.
Manufacturer's Address: Vlamingstraat 28, B-8560 Wevelgem, Belgium.
Date of Introduction: 2008. November.
Ingredients: Water, organic soya beans* (35%), coagulants–calcium sulfate and calcium chloride. + = Organically grown. Certified by CERTISYS-BE-1.
Wt/Vol., Packaging, Price: 2 x 200 gm = 400 gm in paperboard sleeve. Price: 2.19 euros.
How Stored: Refrigerated.

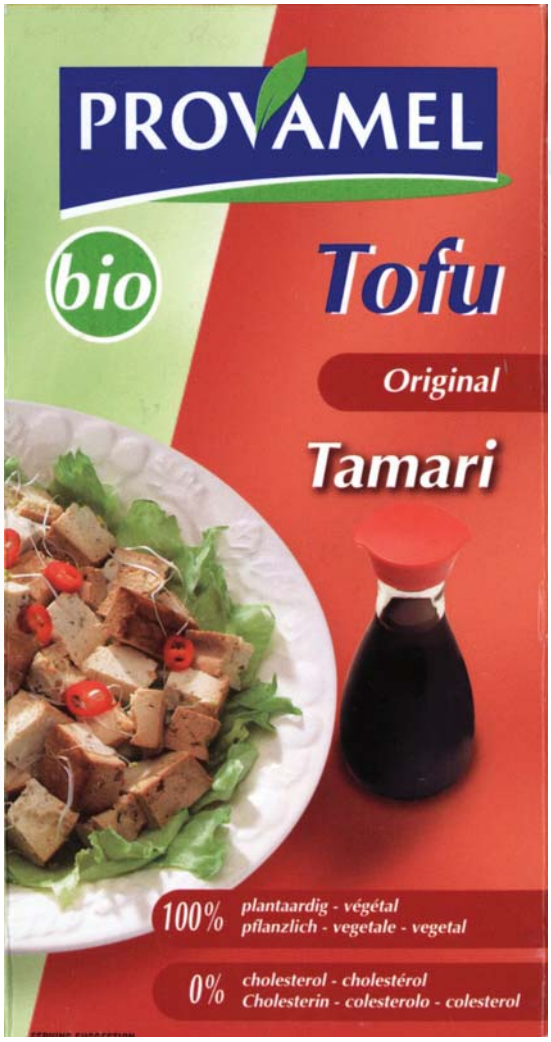

New Product–Documentation: Label sent by Sjon Welters from the Netherlands. 2008. Nov. 15. Front panel: Color photo of tofu cubes in a salad. Also: A few scattered dry soybeans against a blue background. Text: Duopack. Bio organic. Pasteurized. Paperboard sleeve is 8 by 15 by 7.4 cm. Blue, green, white and red. www.provamel.com. Left side: Preparation guidelines, storage instructions, and ingredients are given in English, Spanish, Italian, Portuguese, Danish, Dutch, French, and German (Funny!). A recipe for Tofu and avocado spread is given in four languages inside (after you cut it open) the paperboard sleeve. No other way to do it all in 4-7 languages!

12994. Golbitz, Peter. 2008. Color photos of the soymilk processing short course held Nov. 2008 at the SoyCow

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Training Center in Bergville, KwaZulu-Natal, South Africa. Bar Harbor, Maine.
• ***Summary:*** Peter Golbitz took these color photos and wrote the captions. For background see interview with Peter Golbitz on 22 Jan. 2009. This short course workshop in Nov. 2008 took place at the SoyCow Training Center which was now located a short distance from the site of the May 2007 workshop on the personal property of Henry Davies on the edge of the town of Bergville.

(1) William "Rocky" Fenske, VP of R&D for the SunOpta Grains & Foods Group and Peter Golbitz, SunOpta's Director of International Business Development, at the Sandford Park Country Hotel in Bergville, KwaZulu-Natal, near the Drakensburg mountain range, on a visit to the SoyCow Training Center in November, 2008.

(2) Henry Davies with some fresh tofu made using the VitaGoat processor along with Rocky Fenske from SunOpta, at the SoyCow Training Center in Bergville, November, 2008.

(3) The Soy Shake line produced by Good Hope International Beverages in Cape Town, South Africa.

(4) A display of soymilk products on the shelf at a supermarket in Johannesburg, South Africa in November, 2008. Products include Simply Soy, So Good and Nutri-Bev, made with isolated soy proteins, as well as Good Hope's Soymilk and Shakes processed from whole soybeans. In addition, there are some imported products from Alpro and a line of powdered soymilk drinks, So Fresh. At this time, over 95% of the soymilk sold in South Africa is aseptically packaged. Address: Director of International Business Development, SunOpta Grains and Food Group.

12995. **Product Name:** [Taifun Demeter Tofu Fillets (Japanese-style)].
Foreign Name: Taifun Demeter Tofu-filets (Japans Aard).
Manufacturer's Name: Life Food GmbH.
Manufacturer's Address: D-79108 Freiburg, Germany. Phone: (+49) 761-15210-0.
Date of Introduction: 2008. November.
Ingredients: Tofu 97% (water, *soybeans, coagulants: nigari {magnesium chloride}, calcium sulfate), *vegetable bouillon (sea salt, yeast extract, potato flour, *leek, *carrots, *sunflower seed oil, *mace (from nutmeg), *parsley, *celery), lemon juice, * sunflower seed oil.
Wt/Vol., Packaging, Price: 160 gm vacuum pack with 2 pockets.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Sjon Welter from the Netherlands. 2008. Nov. 15. Orange, green and black on beige. Full color photo of two tofu filets [cutlets] in a skillet with veggies. 100% from plants. Preparation tip.

12996. **Product Name:** [Healthy Planet Knacks–Hearty Smoked Sausages].
Foreign Name: Healthy Planet Knacks.
Manufacturer's Name: Udea BV.
Manufacturer's Address: Postbus 244, 5460 AE Veghel, Netherlands.
Date of Introduction: 2008. November.
Ingredients: Tofu* (water, soybeans*, nigari) (38%), water, wheat protein* (22%), sunflower oil*, spices*, sea salt, raw cane sugar*, thickener, carob powder, celeriac. * = organically grown.
Wt/Vol., Packaging, Price: 7 pieces. Price: 3.35 euros.
New Product–Documentation: Label sent by Sjon Welter from the Netherlands. 2008. Nov. 15. Front panel: Color photo of a long "hot dog" in a hot dog bun, with lettuce, mustard, pickles, etc. on a white plate: Text: "The world of tasty convenience products." Paperboard sleeve is 10 by 18 by 3.5 cm. Red, black, orange, and white. www.udea.com.

12997. **Product Name:** [Oriental Mild Burger: Middle Eastern Tofu Snack].
Manufacturer's Name: Viana Naturkost GmbH.
Manufacturer's Address: D-54578 TofuTown Wiesbaum, Germany. Phone: +496593 9967-0. Fax: 6593 9967-225.
Date of Introduction: 2008. November.
Ingredients: Tofu (water, soy beans*, nigari) (20%), water, wheat protein* (15%), chick peas* (14%), carrots*, spanish onions*, sunflower oil*. sea salt, spices*, rolled oats*, yeast extract, rice flour*, palm butter*. * = organically grown. flour*, cane sugar* (0.4%), herbs*. * = Organically grown.
Wt/Vol., Packaging, Price: 200 gm vacuum pack in paperboard sleeve. Retails for 2.39 euros (Nov. 2008).
How Stored: Refrigerated.
New Product–Documentation: Label sent by Sjon Welter from the Netherlands. 2008. Nov. 15. Paperboard sleeve is 9 by 13.5 by 1.75 cm. Red, black, orange, and blue on beige. Front panel: A full-color photo shows the tofu burger between buns. "2 burgers. 2 minutes. 100% vegetal. 0% cholesterol. Bio soya power / Bio organic. Try it cold too." Rear panel: "Tofuism No. 17. Earth to mankind: Take global warming seriously. Stop eating animals... Made with pure volcanic Eifel water. Good source of soy protein. Suitable for vegetarians and vegans. www.viana.com."

12998. Vitasoy International Holdings Ltd. 2008. Interim report 2008. Where healthy life begins. New Territories, Hong Kong. 48 p. Nov. 30 cm. [Eng; Chi]
• ***Summary:*** For the six months ended 30 Sept. 2008, group turnover (sales) was HK$1,425 million, up 20% over the same period last year. Gross profit was HK$637 million, up 12% over the same period last year. "In view of the Group's strong financial position and satisfactory operating performance, the Board of Directors has declared an interim dividend of HK$2.8 cents per ordinary share." Sales performance was very encouraging in Mainland China (60%) and in Australia and New Zealand (23%); it was healthy in

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Hong Kong (5%) and in North America (5%).

North America production efficiency: During the 1st half of fiscal 2008/09 the Group's production plant in Ayers, Massachusetts [Nasoya] had sales of HK$175 million, an increase of 11% over the same period last year. "Operating loss narrowed to HK$9 million, versus HK$10 million for the corresponding period in fiscal 2007/08" (p. 12).

North America market performance: In 2007, retail sales of soyfoods grew by only 1%. Tofu sales decreased by 2% whereas soymilk sales grew by 3%, of which refrigerated soymilk was up 6% and ambient [Aseptic] soymilk was down 8%. "Total tofu sales grew by a healthy 12% while pasta sales were up by an even more impressive 34%. However soymilk and imported products were down by 16% and 33% respectively" (p. 12-13).

In April 2008 the Vitasoy Group acquired the entire equity of Unicurd Food Co., (Private) Ltd. ("Unicurd"), which is a leading manufacturer and marketer of soyfoods in Singapore. "This acquisition is aimed at expanding the Group's market presence in the Asia Pacific Region." The Unicurd production plant "at Senoko South Road, Singapore, supports the Singaporean market and exports to Europe, New Zealand, South Africa, Dubai and other parts of Asia. In the six months to 30 Sept. 2008 Unicurd recorded total sales revenue of HK$31 million..." (p. 13).

In Hong Kong, Vitasoy has a new logo and package design (p. 15). Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

12999. Welters, Sjon. 2008. Re: History of work with amazake. Letter (e-mail) to William Shurtleff at Soyinfo Center, Dec. 17–in reply to specific questions. 4 p. 28 cm.
• ***Summary:*** "When I started to study macrobiotics in 1973 in The Netherlands I became aware of a product called amazake. It was not for sale at the time in The Netherlands. I learned how to make it, using koji, from cooking classes at the [macrobiotic] East West Center in Amsterdam. We always used Cold Mountain Koji, made and sold by Miyako Oriental Foods (owned by Mutual Trading Co.) in Los Angeles. We made a few gallons of amazake a week initially. I did not do much with it, aside from teaching how to make it during cooking classes I gave all over the Netherlands from 1977-1983. When I went to the USA in 1980 I saw the Mitoku pouch pack amazake from Japan."

Q: When and where and why did you start making and selling amazake? Ans: "In Alkmaar [a city in The Netherlands in the province of Noord Holland] we had a natural food store and restaurant between 1977 and 1983, and made amazake from koji imported from Japan. We made desserts with it and experimented with making our own sake and miso with the koji. It was just a fascinating sweetener and food that I loved from the first day I tasted it.

"In late 1982 I started to experiment with making my own domestic kind of amazake. But I did not use koji because it was expensive, foreign, and hard to get. So I used sprouted wheat and barley at first, but did not like the aftertaste the hulls of the grains gave. I then started to work with pure enzymes that I got from a European enzyme company; bacterial and fungal amylase and other enzymes, that worked well. I continued to make it off and on, with koji or enzymes, for home use but did not sell the koji-made amazake commercially until many years later.

"I took this knowledge and the enzymes to the USA when we emigrated to Fayetteville, Arkansas, in October of 1983, where I continued to experiment using enzymes from American companies. I told Joel Wollner, an old friend of mine and the reason we ended up in Arkansas, about my work with amazake and enzymes. During the winter of 1983-84 we came up with a plan to start a company that would produce (among other things) seitan, of which we would use its by-product, the starch, as the raw ingredient for an amazake-like product. Bob Kennedy, owner of the Chico-San rice cake company, who's company was also making rice syrup using enzymes at the time, was approached as a possible financier. He came to Fayetteville to talk and I eventually ended up at his rice syrup plant looking at ways to improve the process and see if we could work together. Nothing came of this however, as Chico-San got sold to Heinz shortly thereafter and I moved to Massachusetts and became a partner in Nasoya [a company that made tofu].

"(Note on the side: Joel took Bob to a facility of the University of Arkansas where they were shown UA's work on a "pounded sweet glutinous rice food," they, according to Joel, being totally oblivious to the fact that such a product already existed in Japan.)

"However, during our time in Arkansas, the founders of Rice Dream (Robert Nissenbaum and Ken Becker) were running experiments while they were living at an intentional community [Moniteau Farm] north of us in Jamestown, Missouri, trying to figure out how to make amazake ice cream. They were stuck with koji as being an ineffective and expensive way of turning this big kettle full of cooked brown rice into a sweet base for their rice ice cream. Joel and I visited them there and saw what they were doing. Afterward Joel continued his contact with Chico-San and spoke to Peter Milbury (who after Chico-San's sale, started to to work for Lundberg Farms) there about my experiments with enzymes. The word was out and no sooner Robert and Ken started to experiment with enzymes, too. They eventually developed what we now know as Rice Dream, the non dairy ice cream, and Rice Dream the drink, both amazake-inspired products widely available in the US.

"In about 1993, while working in Aveline Kushi's sushi restaurant in Stockbridge, Massachusetts, I learned that Mutual Trading Company had a branch in New York, and that they sold Cold Mountain koji–although I think it was still made in California.

"In 1997 we started our restaurant in the back of State

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Street Market at 20 State Street, Montpelier, Vermont. It was named 'The Wrap' until April 2002, when the name was changed to 'Rhapsody,' the present name. We started making and selling amazake at the same time we opened the restaurant. Although this amazake was unflavored it was naturally fortified with kombu–just like Eden soymilk. It was sold in 12 fl. oz. plastic bottles in the natural food store cooler, without a label on the bottle; the label or sign was on the shelf just below the bottles.

On 3 May 2002 we expanded into our own restaurant at 28 Main Street in Montpelier, and changed our name to "Rhapsody" from "The Wrap." In early 2003 we introduced three flavors of amazake in larger (16 fl. oz.) plastic bottles and discontinued the original amazake fortified with kombu. These had nice color labels and were sold in our cooler.

"Currently one of our people at Rhapsody makes about 80 pints per week in our restaurant kitchen, but the demand is much higher. We are just not set up yet to produce more. We cook the amazake and bottle it hot and freeze it to give it its shelf life of one year (at least). Refrigerated it lasts about 3 weeks. Hopefully somewhere in 2009 we will be able to produce at least enough for the New England market.

"Our restaurant, Rhapsody, is self-serve. Therefore, our amazake is not on our menu (we have no menu) and we do not serve it (hot or cold) in cups to people as they are dining. Rather, we sell it as a drink from our beverage cooler (three flavors: I will send you the labels) for $3.50 per pint, and to stores in Central Vermont. Recently Associated Buyers of Barrington, New Hampshire, has started to distribute the products, too. It is a special, yet exclusive product that deserves wider acceptance, which will come over time as people will start to embrace a more natural diet. I'd be happy to assist the regional development of amazake production.

"The Bridge of Connecticut sells their original amazake in Whole Foods in the Boston area. Charlie Kendall stopped making it as far as I know quite a while ago."

Note: Sjon has never learned how to make koji starter, so he has always had to buy ready-made koji for his amazake. Address: Founder and owner, Rhapsody, 28 Main St., Montpelier, Vermont 05062. Phone: 802-229-6112.

13000. Hurd, Frank J.; Hurd, Rosalie. 2008. A good cook–Ten talents. New updated, expanded pictorial ed. Grants Pass, Oregon: Published by the authors. Printed by The College Press, Collegedale, Tennessee 37315. 668 p. Illust. Color plates. No index. 22 x 15 cm. Spiral bound. [1 ref]
• ***Summary:*** A feast for the eyes, the mind, and the palate. Filled with more than 1,300 beautiful color photos; many of them accompany over 1,000 healthful, natural recipes, but others show the great variety of natural foods, from colorful fruits to basic whole grains. Brimming with sound advice on diet, lifestyle, and health.

This is the new edition of a very important, pioneering, indeed classic American vegan cookbook. On the front and back covers is an idyllic painting of the Garden of Eden. Author Rosalie Hurd is seated under The Tree, reading the Bible–Genesis 1:29, which describes God's original diet for men and women. The book uses no animal products (except in one chapter at the end titled "Recipes Using Milk and Eggs," "for those who are in the transitional period. However, we encourage all those who still cling to milk and eggs to become acquainted with the facts concerning their use, and become weaned through this process"). Some recipes also use honey.

Contains even more innovative soy recipes than the original 1968 edition. A minor point: some of the soy terminology is inconsistent and/or outdated. Address: 1. D.C. [Doctor of Chiropractic], M.D.; 2. B.S. Both: P.O. Box 5209, Grants Pass, Oregon 97527. Phone: 541-472-1113.

13001. Marzini, Devita Ivone. 2008. Tofu and tempeh recipes. Australia. *

13002. Atlas, Nava. 2008. Vegan express. New York, NY: Broadway Books. viii + 247 p. + 8 unnumbered pages of plates. Foreword by Neil Barnard, M.D. Illust. (some color). Index. 23 x 20 cm.
• ***Summary:*** On the cover: "Featuring 160 recipes for quick, delicious and healthy meals." Chapter 2 is titled: "The protein trio: tofu, tempeh, seitan." This book contains: About 37 recipes using tofu (she says, for example, "Cut each block of tofu into six slabs"). 10 recipes using seitan. 9 recipes using vegan cheese. 9 recipes using tempeh. 5 recipes using Tofurky sausage. 4 recipes using miso. 3 recipes using edamame. Address: Hudson Valley, New York.

13003. Bennett, Beverly Lynn; Sammartano, Ray. 2008. The complete idiot's guide to vegan cooking. New York, NY: Alpha Books. Published by the Penguin Group. xix + 328 p. Illust. Index. 23 x 19 cm.
• ***Summary:*** Dedicated: "To those who are guided by the open heart and open mind of compassion."

Being vegan is "not about being on some trendy new diet; it is a lifestyle" (p. 85).

The index contains 48 entries for tofu, 37 for tamari, 30 for soymilk, 8 for tempeh, 6 for TVP, 4 each for miso, soy yogurt, tofu cream cheese, and seitan, 2 for silken tofu and Soyrizo, and 1 each for edamame, soynut butter, and Soyatoo (natural nondairy whipped topping).

"There are so many reasons to go vegan-health and nutrition, weight loss, green and sustainable living, and prevention of cruelty to animals. With over 200 mouth-watering recipes and tips for converting meat- and dairybased dishes into vegan ones, The Complete Idiot's Guide to Vegan Cooking will help readers enjoy a healthy vegan diet without sacrificing taste" (publisher's description). Address: 1. Vegan chef, author, and host of veganchef.com since 1999; 2. Long-time vegan cook and

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"foodie".

13004. Chiang, Cecilia; Weiss, Lisa. 2008. Seventh daughter: My culinary journey from Beijing to San Francisco. Berkeley, California: Ten Speed Press. x + 246 p. Foreword by Alice Waters. Introduction by Lisa Weiss. Illust. (mostly color photos). Index. 24 x 20 cm. [1 ref]

• ***Summary:*** Cecilia (Sun Yun) was born on 18 September 1920 in Wuxi, near Shanghai, China–when her mother was age 38 and 17 years after the birth of her oldest sister. Cecilia was the 7th daughter in a family of ten children. In China, everyone considers themselves a year older on New Year's day. Her mother, Sun Shueh Yun Hui, gave birth to twelve children–nine girls and three boys–over the course of 24 years, but two did not survive. Her father, Sun Long Guang ("unofficial" or familiar name Yung Xiao), born in 1878, was a gentle, progressive, scholarly man who had been schooled in France in the early 20th century, after the overthrow of the Qing Dynasty in 1911. Like many intellectuals in his generation, he worked to bring Western liberal ideas and modernization to China. He retired from his engineering job with the railway at age 50 so he could tend the gardens he loved, listen to music, and read. He was unusual in having no concubines, and all in his family were proud of him for that.

Her mother (whom she called "Um-ma") had tiny, four-inch-long bound feet, which were very painful to her. Between ages 5 and 7, when her foot bones were still fairly sift and malleable, they were broken. "The toes were folded down under the ball of the and the arch folded in half, then the whole food was wrapped tightly in gauze bandages so that it would essentially stop growing. The smaller the foot, the more desirable the woman, and thus the more marriageable she would be. It was an unbelievably lengthy and painful process, and often girls died from the resulting infection" (p. 49). Cecilia's father absolutely forbade the binding of his daughters' feet. So they grew up being able to run, dance, play tennis and ice skate. Cecelia rode her bicycle daily to the Fu-Jen Catholic University. Cecilia's mother tottered around the family home, overseeing the servants, nannies, and cooks. By the late 1930s in China, "in all but the most rural areas, the custom of foot binding became a thing of the past" (p. 50).

When Cecilia was age 4, the whole family moved from Wuxi to Beijing, the capital of China. In those days it was very unusual for a family to move such a long distance, from one province to another. However, her parents were "drawn to the capital because of its intellectual and cultural offerings." They moved into a huge walled compound with enormous red gates. It was "an actual palace that took up an entire city block and had been built in the 16th century for a minister to one of the last emperors of the Ming dynasty. It had 52 rooms and six bathrooms in seven parallel buildings" (p. 50). The dining room was the most important room in their home that was where their family life took place. Her "mother was so short, she needed to stand on a stool to see into the pots on the stove." Yet she ran the kitchen with absolute authority. "Like all upper-class Chinese women of her time, she did not actually cook." "She instructed her chefs as to how she wanted things done." This included "making her own soy sauce, a few bottles of which contained shrimp roe–though those are the ones she brought out only for special occasions" (p. 51). Her mother was a perfectionist.

They were served breakfast, typically rice congee–a kind of rice porridge–with assorted condiments including sausage, dried fish, thousand-year eggs, vegetables pickled in jiang, and fermented bean curd [stinky tofu; *chou doufu*].

In 1937 the Japanese finally arrived at Beijing; the city had been bracing for their arrival since 1931 when they had invaded Manchuria. Almost overnight, food (including soy sauce and fresh dofu / tofu) became scarce and life became difficult. In 1940 the Japanese moved in and occupied their home, but let them stay in a small part of the building. Soon Cecilia and Teresa (sister #5, Qin) began to think about leaving Beijing for Chongqing (W.-G. Chungking, in Sichuan province), where Chiang Kai-shek had moved the nationalist government headquarters after the fall of Nanjing, his previous capital. In Jan. 1942 they fled in disguise for Free China, calling their adventure "The Long Walk." After many amazing adventures, they arrived in Chongqing in June 1942. Soon she was seriously dating two men. She decided to marry the businessman, Chiang Liang. They were married in May 1945 in Chongqing. China was still divided by war. In China, the groom's family pays for the wedding. A few days after the Japanese surrender to the Allies on 15 Aug. 1945, her husband announced that he wanted them to move to Shanghai, so they took the scenic 1,500 mile trip down the Yangtze from Chongqing to Shanghai; it took them 2 weeks.

1946 June–Their first child, a daughter named May, was born in Shanghai. At about this time, Chiang Kai-Shek moved the Nationalist capital back to Nanjing, which is close to Shanghai. The civil war with the Communists resumed.

1949 Jan.–Communist forces capture Beijing.

1949 May 25–Communist forces capture Shanghai, shortly after Cecilia, her husband, and the eldest of their two children have flown to Tokyo (April 29), where they stayed at the Chinese Mission. But Cecilia was soon homesick for Chinese food.

1951 fall–She (with a small group of Chinese friends) opens a large (400-seat) Chinese restaurant in Tokyo named The Forbidden City; it was a huge success from the very beginning.

1960–Cecilia moves to San Francisco from Tokyo and opens The Mandarin (for details see Chapter 1). 1961–Her husband comes to check out her restaurant, then dismisses The Mandarin as insignificant; he had expected something much grander. She realized right then their marriage was over.

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1962–Her two children, Philip and May, come to live with her in San Francisco. The restaurant prospers and grows.

1968–She moves The Mandarin to larger quarters at Ghirardelli Square; to do so she takes out a $750,000 personal loan. It opens in June 1968 with "special little round cruets for soy sauce that looked like perfume bottles" (p. 22).

1974–Cecilia open The Mandarin in Beverly Hills.

1975 July–Cecilia travels to Beijing to visit her ailing father; it is their last visit.

Cecilia's Pantry (p. 5-7); soy-related items. "Bean sauce–Made from ground, salted, and fermented yellow soybeans mixed with seasonings." "Black bean sauce: A prepared sauce sold in a jar and made from salted black [soy] beans mixed with soy [sauce], salt, sugar,..." "Hoisin sauce–This thick, sweet-spicy sauce, made from ground soybeans mixed with sugar, flour, and vinegar,..." Soy sauce: Cecilia likes the Lee Kum Kee brand, but also uses Pearl River Bridge mushroom soy sauce. "which has a nice, rich, earthy flavor." Tofu–Also called dofu or bean curd. Of the various kinds, pressed tofu is often called "seasoned." If you are unable to buy seasoned tofu [also called five-spice pressed tofu, *wu-xiang doufu-gan*], it's easy to make your own at home; a recipe is given (p. 7).

Soy-related recipes: Hot and sour soup (with firm tofu, *suan la tang,* p. 43). Tofu and spinach soup (*bo cai dou fu tang,* p. 58-59). Mapo dofu (p. 142). California congee with condiments (inc. fermented tofu; *xi fan he xiao cai,* p. 160-61). Clams in black bean sauce (*dou chi chao xian,* p. 210-11). Shrimp with edamame (*mao dou chao xia ren,* p. 235). Spinach with bean curd (*bo cai ban dou fu,* p. 237).

Photos show: (A) Cecilia at The Mandarin at Ghirardelli Square (San Francisco, 1972, p. 8). (B) Cecilia and Number Six sister, Sophie, (Shanghai, China, 1947, p. 10). (C) Cecilia and husband, Chiang Liang (1945, p. 13). (D) Cecilia at The Mandarin on Polk Street, (San Francisco, 1964, p. 14). (1) Cecilia, age 12 (Beijing, 1932, p. 46). (2) A family photo [in 1942], with her mother, father, and all their children at their home in Beijing (p. 48). (3) Cecilia's parents in 1928 in the courtyard of their home in Beijing (p. 68). This photo was found after Mao's Red Guards destroyed the house. (4) Cecilia at The Mandarin at Ghirardelli Square, San Francisco, 1972. (4a) Cecelia [front row center] with two sisters and one brother (Beijing, 1928 [actually 1926]. p. 92. In back row left is sister no. 1; in back row right is a cousin). (5) Six sisters (numbers 3-8) at home in Beijing, 1940. (6) Cecilia and her sister, Teresa, 1940. (7) Cecilia and friend in 1944. (8) Wedding photo, Cecilia and Chiang Liang, Chongqing, China, 1945. (9) Cecilia and her husband at Nara National Park, Kyoto, Japan, 1952. (10) Cecilia's father standing at doorway of Beijing home, late 1930s. (11) Cecilia with her father during her last visit with him in Beijing, 1975. (12) Cecilia and Alice Waters, Oct. 1981. (13) Cecilia and Julia Child, Italy, 1994. Address: San Francisco, California.

13005. Chin, Woon Ping. 2008. Hakka soul: memories, migrations, and meals. Singapore: NUS Press (National University of Singapore); Hawaii: University of Hawaii Press. x + 199 p. Illust. No index. 22 cm. [12 ref]

• ***Summary:*** In China, the Hakkas are known as the "Guest People." They speak Hokkien and their cuisine is highly praised.

The first chapter, titled "Sugar water," begins (p. 3): "When Ah Por awoke from the stupors of her deathbed and asked for food, everyone thought she had recovered. 'I want to eat *fu jook tong sui,'* she croaked, her thin white hair streaming down her chest, her face sagging and sad. Sitting up in her four-poster bed with its mosquito net gathered behind her, she looked like a haggard ghost." When the bowl of fragrant soup was brought to Grandmother, she sat up and ate, delicately at first, then with gusto.

At the end of the chapter (p. 9) is a recipe for "Sugar water with dried tofu strips [dried yuba sticks] (*Fu jook tong sui*)*."* It says: "Add five or six strips of dried tofu [yuba] that have been soaked in warm water and drained... Boil for another 15 minutes, uncovered."

The 2nd chapter, titled "Stuffed tofu," is about her parents and grandparents. Her mother, had been given away as a young girl (no more than 4 or 5 years old) to another family as a little daughter-in-law, to be raised as a bride for their young son. There was no dowry, only a token bride-price, and no wedding feast. The girl was raised, according to Hakka custom, by her mother-in-law along with her "husband." She hated being away from her real mother and family, so at age 10 she ran away to her true home. Her mother turned out to be a an excellent cook. "Without doubt, the most sought after of mother's dishes was *nyong teo fu,* stuffed tofu and vegetables." At the end of the chapter (p. 21-22) is the recipe, which calls for "ten squares of hard tofu."

The author was born in Malaysia. She now lives in Vermont. Address: Teacher of English and Women's and Gender Studies, Dartmouth College, Hanover, New Hampshire.

13006. Chung, Taekyung; Samuels, Debra. 2008. The Korean table: from barbecue to bibimbap. 100 easy-to-prepare recipes. North Clarendon, Vermont: Tuttle Publishing. 159 p. Illust. (color photos by Heath Robbins). Index. 27 x 24 cm. [4 ref]

• ***Summary:*** This stylish book is printed in Singapore entirely on glossy paper with many large color photos. The section titled "The ingredients: Stocking your Korean pantry." includes information about: Miso (Korean miso is doenjang). Seaweed (*Miyeok*). Sesame paste (*Chamkkae anggeum*). Sesame seeds (*Chamkkae anggeum*). Soy sauce (*Ganjang*). Soybean sprouts and mung bean sprouts (*Kongnamul and Sookjoo namul*). Tofu (*Dubu or tubu*).

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In Chapter 1, "Starters and snacks," we find Sweet and salty glazed soybeans (with edamame) (*Kong jorim*) (p. 45).

Chapter 6 (p. 121-29) titled "Vegetables & tofu," includes: Braised tofu (*Dubu jorim*). Pan-fried tofu with mushrooms (*Dubu jeon*). Vegetable and miso porridge (*Kongnamul sigeumchi doenjang jook*). Another tofu recipe is a dessert: Crusty tofu sherbet (with soymilk) (*Yooja dubu sherbet*).

Many recipes call for soy-based sauces such as: Soy dipping sauce (*Cho ganjang*) (p. 30). Sweet soy sauce base (*Jomi Ganjang*) (p. 31) The main ingredient is soy sauce, to which is added water, garlic, sliced fresh gingerroot, crushed black peppercorns, light brown sugar, and wine. Soy scallion dipping sauce (*Yangnyum ganjang*) (p. 32). Spicy miso dip (*Ssam jang*) (p. 33).

13007. Fiore, Toni. 2008. Totally vegetarian: easy, fast, comforting food for every kind of vegetarian. Philadelphia, Pennsylvania: Da Capo / Life Long. xi + 273 p. + 16 pages of unnumbered plates. Illust. (some color). Index. 24 cm.
• ***Summary:*** A mostly vegan cookbook; each recipe that calls for milk as an ingredient gives soy milk as an alternative. Rarely, if ever, have we seen such a dazzling and delicious variety of vegetarian soy recipes and information in one book. One purpose of this book is to demystify the world of vegetarian cookery and vegetarianism–especially for non-vegetarians.

The Introduction tells the story of the author's gradual transition from typical meat eater (living in Europe), to animal rights activist in Maine, to vegetarian. She advises: Buy locally, eat seasonally, buy organic, use your intuition (and imagination).

The chapter "Stocking the pantry" contains basic information (p. 39-42, 45-46) about sea vegetables, seitan, and soy products, including edamame, miso, tempeh, textured vegetable protein (TVP), tofu, and soy sauce (Light Chinese soy sauce, shoyu, and tamari), and Worcestershire sauce (vegetarian; without anchovies)

Soy related: Golden tofu bites (with one 14-ounce package firm tofu, frozen, then thawed... p. 50). Red pepper tofu dip (p. 67). Vegetarian Caesar salad (with "silken soft tofu, p. 76). Edamame and apple salad (p. 81; kids love edamame). Boiled edamame pods. Curried lima bean and rice salad with tempeh (p. 92). Tofu lime dressing (with silken tofu, p. 102). Spinach and tofu soup (p. 108). Miso soup. Hot and sour soup (with firm tofu, p. 109). Roasted pumpkin bisque (with soy milk, p. 114). Corn bread (with soy milk, p. 130).

One chapter is titled "Tofu" (p. 145-53): Seared tofu. Tofu sour cream. Baked tofu meatballs. Tofu with parsley sauce. Tofu kebabs with tamari-ginger sauce. Tofu pot pie.

The next chapter is "Tempeh and seitan" (p. 155-69): Best braised tempeh (with sweet and spicy marinade, p. 197). Tamari tempeh. Barbequed tempeh. Jamaican jerk tempeh. Malaysian curried tempeh. Greek stuffed cabbage (with lemon cream sauce and tempeh). Tempeh and cabbage. Moroccan stew. Tempeh cacciatore. Tempeh fajitas. Tempeh marsala. Homemade seitan (from bulk vital wheat gluten). Penne with onions and vegetarian bacon (p. 175). Spaghetti tofunese (p. 176). Tofu ravioli with butter and sage (p. 181-82). Bechamel (with soy milk, p. 184). Tofu lasagna (p. 185-86). Vegetable lasagna (with tofu filling, p. 187). No-egg salad sandwiches (with tofu). Mock fish salad sandwiches (with tempeh). Mock Maryland crab cakes (with tofu, p. 196). Tempeh club sandwiches (p. 197). Cornhusker's reubens (with tempeh, p. 198). New York hot dogs and onions (with vegetarian hot dogs, p. 199). Soysage-pepper sandwiches (with Italian-style vegetarian sausage links, p. 200). Eggplant meatballs (with tofu, p. 214). Stuffed sugar pumpkins (with tempeh, p. 215). Fluffy mashed potatoes (with soy milk, p. 219). Spinach tortillas with potatoes (and seitan, p. 228). Pfannkuchen (with soy milk, p. 239). Rye bread French toast (with soy milk, p. 240). Loaded bagel (with tofu cream cheese, p. 243). Tofu cannoli (p. 250). Tofu coconut cream pie (p. 251). Basmati rice pudding (with soy milk, p. 252). Banana chocolate chip cake (with soy milk, p. 256).

About the author: "A vegetarian for over 20 years, Fiore is a self-taught chef who first embraced Mediterranean culinary techniques and philosophy while growing up in Italy." But she spent the first six years of her life in Germany. Address: Portland, Maine. Host of the national public television show Delicious TV's Totally Vegetarian.

13008. Gower, Eric. 2008. The breakaway cook: recipes that break away from the ordinary. New York, NY: William Morrow. xii + 224 p. Illust. (color). Index. 24 cm.
• ***Summary:*** One chapter (p. 88-109) titled "Eggs & tofu" contains five tofu recipes. Gower observes that eggs and tofu "are blank canvases that take on what ever flavors you choose... With eggs and tofu in my fridge at all times, I know a quick tasty meal is just minutes away." The index also contains 5 entries for miso, 2 for edamame, and 1 for soy sauce.

An interesting innovation is the use of flavored salts, including "macca [matcha] salt which is "Powdered green tea plus salt."

This book, printed entirely on glossy paper, contains many full-page color photos.

About the author (inside rear dust jacket): "Eric Gower lived in Japan for fifteen years, working for the prime minister's office as an editor and writer on political economy before turning his interest to food. Currently a private chef and author of two previous cookbooks, *Eric's Kitchen* and *The Breakaway Japanese Kitchen,* he lives and works in San Francisco." A color portrait photo shows Eric Gower. Address: San Francisco.

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13009. Kim, Emily. 2008. Cooking Korean food with Maangchi. Scotts Valley, California: CreateSpace. 50 p. See p. 83. Illust. (color). 20 cm. *
• ***Summary:*** Page 25: A recipe for "Doenjangjjigae (bean paste vegetable stew)" calls for "100–150 grams of tofu. Soybean paste ("doen jang")..."

13010. Newman, Jacqueline M. 2008. Cooking from China's Fujian province: One of China's eight great cuisines. New York, NY: Hippocrene Books. 258 p. Illust. (color). Index. 24 cm. [16 ref]
• ***Summary:*** Fujian province, in southeastern China, enjoys a distinct culinary tradition with a thousand year old recorded history–yet it is barely known in the Western world. In addition to carefully researched cultural and historical notes, this book features a collection of 200 authentic recipes.

Dr. Newman was born in 1932. She lives on Long Island, New York.

Bean curd [tofu] appears in the index 24 times, bean curd sheets / skins [yuba and dried yuba sticks] 6 times, fuyu (Fermented bean curd [fermented tofu]) 5 times, black bean sauce / fermented black beans [fermented black soybeans] 3 times.

\ In the Glossary, the section titled "Milk and nondairy milk products" (p. 229-30) states: "Soy milk is the most common nondairy milk used;" it is made into many doufu / tofu products. Nut milks are also popular. Bean curd and pastes are also known in English as Doufu or Tofu. Some of the varieties are: Brown bean curd. Bean curd cheese–correctly called fuyu. Doufu–Called tofu in Japanese. Fermented bean curd–see Fuyu below. Fuyu–the common Chinese name for "fermented bean curd squares." They are mostly widely used as a seasoning. Some fuyu is seasoned with leeks or chili peppers or both. Bean curd skin. Also called bean curd sheet. It is dried. Doufu: See Bean curd and pastes. Tofu: See Bean curd and pastes. Soymilk is called "Bean curd milk" (p. 230). Address: Food historian and scholar, Former prof., Dep. of Home Economics, Queens College of the City Univ. of New York, 65-30 Kissena Blvd., Flushing, NY 11367.

13011. Packaged Facts. 2008. Soy foods and beverages in the U.S. Rockville, Maryland: Packaged Facts. ix + 210 p. Digital PDF file. *
• ***Summary:*** Contents: Market overview. Two classifications: foods and beverages. Market size and composition. Snack bars and soymilk post solid gains in 2007. Soy mainstreams from natural channel. Market outlook. Consumer awareness of soy's health benefits on the ups. Soy / meat combination maximizes potential. Soy allergies a growing U.S. concern. Supermarketing soy. Teaming up with other functional foods. Kids and soy. Soy prices on the rise? The global picture. Competitive overview. Marketer and brand shares. Clif Bar takes the lead in nutrition bars. Kellogg the clear frontrunner in frozen meat substitutes. Turtle Mountain is tops in frozen treats. Silk leads in yogurt category. GeniSoy dominates faltering salted snacks category. Loma Linda leads shelf-stable meat substitutes. Marketing and advertising trends. New product trends. Natural / organic introductions abound. Also coming on the strong: Omega-3 fatty acids. snack bars cover all bases. Meat substitutes going over for real meat flavor. All-in-one meals a convenient choice. Cereals start the day with soy. Baked goods add soy goodness. Soy chips / crackers make for familiar snacking. Edamame becoming more mainstream. Frozen treats: new kid-tested flavors spell success. Soy and chocolate: a healthy combination. Competitor profile: Amy's Kitchen. Competitor profile: Kellogg's Company. Competitor profile: Kraft Foods. Competitor profile: Physicians Laboratories / Revival Soy. Soy beverage marketing and competitive trends. Soymilk types. Competitive overview. Competition from traditional dairy. Marketer and brand shares. Marketing and advertising trends. New product trends. Soymilk: making healthy even healthier with other functional ingredients. Soy smoothies mix fruit and soy. Nutritional and weight-control beverages. Soy chai tea and coffee. Competitor profile: Dean Foods. Competitor profile: The Hain Celestial Group. Consumer trends. IFIC data on attitudes toward health foods and soy. Meat alternatives and soymilk are top categories. Alternative America style vs. classic tofu. Minority and regional patterns. Socio-economic diverse demographics.

13012. Pettid, Michael J. 2008. Korean cuisine: An illustrated history. London: Reaktion Books. 223 p. Illust. (color). Maps. Index. 23 cm. [118 + 110 endnotes]
• ***Summary:*** This is the best book seen to date on this subject. "Korean words are transliterated into English using the McCune-Reischauer system and Chinese words by the Pinyin system." The book uses Korean words liberally, which we find very helpful. The many color photos on glossy paper also help to clarify the text. Contents: Daily foods. Ritual and seasonal foods. Regional specialties. Drinks. Foods of the royal palace. The kitchen space and utensils. Food in contemporary Korea.

Page 36: Rice mixed with beans (*k'ong pap*) was another way to stretch the rice supply; today it is common in many homes and restaurants. Black [soy] beans were generally used to make this dish. They were soaked overnight before being cooked with the rice. However, on the Harvest Festival (*Ch'usok*), the 15th day of the 8th lunar month, beans that are not quite fully ripened are added to the rice and cooked as is–to make the special holiday dish named *ch'ongdae k'ong pap.*

Pages 38-39, 101: The popular rice dish, Pipim pap [Bibim pap], probably developed from foods eaten by farmers when cooked rice (or other grains) was mixed with whatever vegetables were at hand. Nowadays, soybean sprouts (*k'ong namul*) are an essential ingredient.

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Page 107, 109: In Pyongyang Province of today's North Korea, one of the most famous foods is *mandu* dumplings; in this area they are stuffed with beef, pork, kimch'i, [soy] bean sprouts, and the like.

Page 109: In Hamgyong Province, which occupies the northernmost reaches of the Korean Peninsula, the climate is harsh and the winter are long and cold. Rice is rarely grown here, but dry-field crops such as soybeans, millet and potatoes are grown in abundance.

The foods of northern Korea tend to be less spicy than those grown in the south. "Perhaps most important to the flavour of Korean foods are the seasonings made from soybeans: toenjang (soybean paste) and kanjang (soy sauce). Sprouts from soybeans (*k'ong namul*) are eaten as a side-dish or added to soups and stews..." (p. 40).

Note: We find it interesting that in this detailed book on Korean cuisine, no mention is made of *chungkukjang / chongkukjang* (Korean natto). This is probably an indication that this food is no longer of much importance in Korean culture. Address: Asst. Prof. of Korean, Dep. of German, Russian, and East Asian Languages, Binghampton Univ., England.

13013. Pettid, Michael J. 2008. Korean cuisine: An illustrated history. Tofu (Document part). London: Reaktion Books. 223 p. [118 + 110 endnotes]

• ***Summary:*** This is the best book seen to date on this subject. Tofu is mentioned as follows:

Pages 41-42: Tofu (Korean: *tubu*) arrived relatively late in Korea, first becoming widely used during the early part of the Choson dynasty (1392-1897, i.e. late 1300s or early 1400s). The earliest Korean document seen that mentions tofu is the literary collection of Yi Saek, who lived 1328-1396.

Endnote 16 (p. 202): This collection is titled *Mogun-jip* [*Collected Writings of Mogun*] after his pen name, Mogun. "Yi was one of the leading Confucian literati of the late Koryo period and is appraised as one of the exemplary literary talents of the Koryo dynasty."

In Korea's dynastic records, an entry from 1434 states that an emperor from China's Ming dynasty (1368-1644) sent some serving women to the Choson court to prepare various foods; one of these was tofu. "The account states that all the dishes were harmonious and served beautifully and the means of preparing the tofu was even more exquisite."

Endnote 17 (p. 202): *Sejong Sillok* (*Veritable Records of King Sejong*), p. 66, 27b-28a (1434-12-24).

Note: This document contains the earliest date seen (1434) for tofu in Korea.

Of the many foods that the women brought to the Choson court from the Ming court, only tofu was singled out for praise in this particular entry. After this time, it is thought that dishes featuring tofu became common at the palace and then were disseminated throughout Korean society.

Pages 57-58: Korean soups can be classified into four broad categories. Stews, known as *tchigae* are thicker than regular soups, and are a common part of Korean meals. They are generally served as a shared side dish, rather than in individual bowls as soups typically are. "In general, *tchigae* are cooked and served in the same vessel, a glazed earthenware pot (*ttukpaegi*)." This earthenware pot, compared to a regular metal cooking pot, retains heat much better and enables the stew to continue cooking after it has been removed from the heat source.

One of the most popular Korean stews, *Toenjang tchigae,* is made with Korean miso (*toenjang*). Historically, there have been many different ways of preparing this stew throughout Korea and it remains a staple in Korean homes today. Basically, *toenjang* is added to water and boiled with one's choice of seasonal vegetables, seafoods, and often tofu, resulting in a thick, hearty stew that nicely complements rice and side dishes.

Page 107: In the chapter on "Regional specialties," under Pyongyang province (in North Korea) we read that special foods include a type of sausage named *sundae,* which "is made with pork entrails, clotted cattle blood, tofu, glutinous rice, and various seasonings." The contents are put into a casing, which is "tied at both ends before it is boiled. The sausage is then sliced and eaten with a seasoning of salt, chilli pepper, and black pepper."

Pages 113-14, 122, 124: The chapter on "Drinks" describes unfiltered rice wine (*makkolli* [like Japanese *doboroku*]) which was milky white, simple to make, and hence the drink of farmers and the common people. It was by far the most representative alcoholic drink of Korea, and was enjoyed by all classes at various times. Moreover, it goes well with warmed tofu topped with kimch'i [kimchi] and sesame seeds (*tubu kimch'i*)–a color photo of which is shown on p. 124.

Pages 130-31: The chapter on "Foods of the royal palace" states that great attention was given to foods and their preparation at the royal places of Choson (1392-1897) and Koryo (918-1392). There were many official boards and related positions. "For example, attached to the Board of Personnel (*Ijo*) were positions charged with the procurement of rice and the preparation of meals for the royal family." In addition, beyond the official posts, there were hundreds of palace women and slaves who actually prepared and served food to the royals. Indeed there were positions responsible for very specific tasks such as the preparation of tofu, liquor, tea and *ttok* (rice cakes [like mochi]; see photo of pounding rice, p. 36).

Page 171: The section on "Food in Korea today" discusses *pudae tchigae,* or military camp stew, which originated during the period after the Korean War. A color photo shows this hodge-podge of ingredients, which may include Spam, hot dogs, ramen noodles, tofu, rice cakes (*ttok*), vegetables and noodles in a spicy broth.

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The "Recipes" section includes recipes for *Tubu chorim* (Spicy braised tofu, with "210 gm firm tofu {extra firm is even better}, sliced into pieces about 1 cm thick") and *Tubu kimch'i* (Tofu with kimchi, with 420 gm firm {or extra firm} tofu {1 block}, sliced into pieces about 1 cm thick, p. 196-97). Address: Asst. Prof. of Korean, Dep. of German, Russian, and East Asian Languages, Binghampton Univ., England.

13014. Rayner, Jay. 2008. The man who ate the world: In search of the perfect dinner. New York, NY: Henry Holt and Co. 273 p. See p. 125. No index. 24 cm.
• ***Summary:*** Chapter 4, "Tokyo," states (p. 125): "I am served some greaseless tempura, and a refreshing salad of mushrooms and greens and a steaming bowl of soup with silky bean curd [silken tofu?] and the sudden, nose-tickling hit of horseradish." Address: A judge on the TV show Top Chef Masters; Restaurant critic for the *London Observer*.

13015. Soyana. 2008. Que es el tofu? [What is tofu? (Leaflet)]. Buenos Aires, Argentina. 1 p. [Spa]
• ***Summary:*** Printed with a color laser printer. Contains four color photos and four blocks of text. Company e-mail: info@soyanaalimentos.com.ar. Company website: www.soyanaalimentos.com.ar. Address: Av. Libertador 2690 8ºB, Olivos 1636, Buenos Aires, Argentina.

13016. Young, Jin Song. 2008. The food and cooking of Korea: Discover the great tastes of one of the world's great cuisines... Leicestershire, England: Hermes House, and imprint of Anness Publishing. 256 p. Illust. (color photos by Martin Brigdale). Index. 30 x 23 cm.
• ***Summary:*** An elegant book, with more than 800 color photos on glossy paper–plus 150 authentic recipes.

Doenjang (soya bean paste, p. 21, 38-41, 97, 174, 181, 213). Soy sauce (includes both dark and light, p. 21, 38, 41). Wheat noodles in soya bean soup (with "1 cup [whole] soya beans," p. 100). Soyabean sprouts (p. 53, 99, 126, 142, 194, 225). Soya bean paste (see *doenjang*).

One chapter is titled "Vegetables, salads & tofu" (p. 201+). Tofu (p. 53, 201). Tofu recipes: Tofu and stir-fried kimchi (p. 75). Pan-fried kimchi fritters (with "2 oz. firm tofu," p. 79). Steamed tofu and chive dumplings (p. 80). Braised tofu (with "1 block firm tofu, diced," p. 211). Spicy soft tofu stew (with "1 block soft tofu," p. 212). Soya bean paste stew (with ½ block firm tofu, p. 213). Vegetable and tofu cake with mustard dip (p. 214-15). Blanched tofu with soy dressing (p. 216). Stuffed pan-fried tofu (p. 217). Address: Owner of several Korean restaurants in Asia.

13017. Golbitz, Peter. 2009. Update on work with soyfoods in Africa (Interview). *SoyaScan Notes.* Jan. 28. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Peter finds his new work with SunOpta to be very interesting and exciting. He has long had a great deal of respect for Allan Routh, who is a superb entrepreneur. This work has enabled him to travel worldwide–South Africa, Bangkok [Thailand], Paris, etc. SunOpta sales continue to grow–one billion dollars last year–despite the economic downturn. New developments related to soymilk expansion (in the USA and worldwide) will be announced in a few months.

Henry Davies, an white Afrikaner, is with the SoyCow Center in Bergville, KwaZulu-Natal, South Africa. Henry is a wonderful, amazing man, who has a passion for this work that is rare. He is married to Stella. He has stories of people who work on his farm who have reversed their low metric count for HIV by consuming soyfoods. He is a strong believer of the importance of soy in the diet, particularly in South Africa. He is sometimes hard to reach by e-mail, so he might be easier to reach on his mobile phone. He has been working with soy for about 4-7 years. He was part of the Soy in Southern Africa Alliance. He was with a company named Eden Manufacturing Pty. He had an extrusion plant that made pet food and feed. He now manufactures a high-protein, flavored porridge drink named Redi that is a combination of ground maize and soybeans. For details see his website www.edenman.co.za. Now he is importing and rebuilding VitaGoats from India and installing them with the WISHH program and some other programs around southern Africa. The VitaGoats produce soymilk (and a little tofu) using a bicycle-powered grinder and a simple cooker. The soymilk and tofu are being enjoyed by hundreds of kids every day. Henry also runs the Eden Manufacturing Pty Ltd. Training Centre for VitaGoat and SoyCow Food Processing Systems, with Malnutrition Matters (Frank Daller) and WISHH as sponsors. The first training centre was established by WISHH in Pretoria at the Council for Science and Industrial Research (CSIR) in Pretoria. After a few months the CSIR realized they didn't have the resources to do this. So Henry took it over and established the center on his farm; at that time Peter thinks he was director of the Soyfoods Association of South Africa. The first pictures in Peter's color photo album show the old SoyCow training center, which was adjacent to his old manufacturing facility. The more recent photos at the end of the slide show are in his new (still under construction) training center on his property. WISHH helped to fund the costs of constructing the new center. Henry started running short courses on making soymilk and tofu, which WISHH funded. Peter taught several classes at these short courses–as did other people from Europe, India, Solait, Ted Nordquist, etc. Short courses typically last 2-5 days, and 50-60 people attend each course. There have been Zulu chiefs, people from Parliament–its really happening!

Henry has been traveling on behalf of WISHH, installing SoyCows and VitaGoats in various countries in southern Africa, including Mozambique and South Africa.

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Recently Paul Lang cleaned, donated and sent Henry two oil expellers–which can be seen in Peter's photo album. Henry also has a solar dryer, a prototype set up by Malnutrition Matters (Frank Daller's group).

Much of this story can be found on the WISHH website. WISHH has more than one mission. The basic one is market development worldwide for U.S. soy edible protein products such as textured soy flour, soy protein isolates and concentrates to improve human health. WISHH does not promote specific products or particular companies; its work is more generic. However WISHH can ask a U.S. company such as ADM or Bunge or Cargill to donate a certain amount of a particular product to a specific WISHH project–such as a school feeding program in Guatemala that needs a container of TVP. ADM typically makes the donation to create goodwill and perhaps in hopes of a long-term business relationship, but it is ADM's responsibility to follow up. Peter has come to realize that he (Peter) has his agenda (to teach people about soy) and Jim Hershey (the executive director of WISHH) has his agenda. Jim's agenda is to take U.S. soy protein ingredients and soyfoods to the Third World. Even though SoyCows and VitaGoats do not lead to the sale of any U.S. soy protein products, this is no problem for Jim Hershey. Jim and his wife are great people. ASA is so lucky to have someone like Jim, because he is so deeply committed to his work and he works so hard, long hours, traveling a lot, and he has put so many great relationships together. He has done an incredible job. He deserves a Medal of Honor. He is a hard to reach but once he's on the phone he is very generous with his time.

Peter is now working with the World Soy Foundation (WSF), whose work is not limited to U.S. soy protein products. This enables him to help develop soybean production in South Africa–which could become self sufficient in soybeans because there is so much wonderful land and water resources, plus a First World agricultural infrastructure and food processing plants. South Africa is pretty much self-sufficient on corn, and they could be growing corn and soybeans in rotation. The country is in transition. Many white farmers are leaving for a variety of reasons that are more covert than in Zimbabwe. When black farmers move onto the vacated land, the productivity of the land often drops–due to lack of experience. People suffer and the land is not used to its full capacity. But Peter thinks the country will recover. An opposition party is finally forming to counter and balance the ANC's policies. Democracy is coming alive; the parties will have competing agendas. For white Afrikaners it may look like shambles, and there is presently a high degree of unemployment, but for Peter (who has been there 6-8 times) the long term view looks very promising.

Peter has a color photo album and slide show (of digital photos he took) that shows some of the workshops and the whole process for making soymilk and tofu using VitaGoats and Soy Cows, with Henry Davies shown (in a red shirt) in many of the slides; he will send Soyinfo Center (SC) the whole show by e-mail, and SC is free to use a few of the slides if proper credit is given to Peter. If SC lets Peter know which ones we want, he will provide the captions. It is a wonderful story. Peter is also considering putting this slide show on the Web (on an appropriate website such as WISHH or Malnutrition Matters), so anyone can see it.

Peter recommends that Shurtleff talk with Jim Hershey; Peter feels that he and Jim share a common view. Peter often talks with Jim, who has just left Guatemala and is on his way to Haiti. Jim is working on getting SoyCows (the small ProSoya systems made in India that produce several hundred liters per hour of soymilk) installed in Guatemala, sponsored by the Rotary. WISHH would not provide money to have SoyCows installed, but they would supply the beans. Before Jim went to work for ASA, he had spent a lot of time in Africa, in Cote d'Ivoire, working for the Rice Board, so he had experience in international commodity market development work. Then he went to work for ASA International Marketing, before WISHH was created.

Peter has found his work with the World Soy Foundation to be extremely gratifying. Jim and Peter put together the Soy in Southern Africa Alliance (SISA) 2-3 years ago and they raised $275,000 in about a month. From that they got matching funds from USAID and ended up with a $750,000 project. That is how a lot of the activity in South Africa got elevated to a much more productive level. Address: Director of International Business Development, SunOpta Grains and Food Group. Phone: (507) 573-5276.

13018. Fish, Peter. 2009. Tofu: The staple of hippie cuisine goes mainstream. Sunset new essential No. 5. *Sunset* (*Menlo Park, California*). Jan. p. 108.

• ***Summary:*** Many will remember their first encounter with tofu, "a tremulous white cube doused in soy sauce." Your mother probably said it was good for you.

"Cut to 2009, and the low-calorie, high-protein soybean curd is as mainstream here as the Quarter Pounder"–for tofu is deeply Western. Tofu was being made in San Francisco as early as 1878. Today, House Foods of Garden Grove, California, makes 150,000 packages of tofu each day. "And tofu has vaulted from health food to haute cuisine... Like mom, we always know a good thing (eventually) when we see one."

A large color photo shows four pieces of tofu, each a different size and shape.

13019. UPAVIM. 2009. UPA-SOYA–UPAVIM soy food marketing program, processing and nutrition education program (2006) (Website printout–part). www.upavim.pursuantgroup.net/english/upasoya.htm Printed Feb. 5.

• ***Summary:*** The work of UPAVIM, a woman's cooperative in Guatemala City, Guatemala, is available at various places

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on the Web. UPAVIM's homepage begins: "We are a group of approximately 66 women who live in the marginalized communities of La Esperanza, El Mezquital and Villa Lobos I and II, in Zone 12 of Guatemala City. We are all mothers and homemakers. Some of us are widows, abandoned by our husbands or we confront alcoholism in our families. Many of us are the sole providers of economic support for our families." The group started in 1988 with the Healthy Baby Program in the parish of La Esperanza.

The idea for a soy program began in 1999, when "the women of UPAVIM began talking with longtime friend and advisor Barbara Lorraine about how they could expand UPAVIM in order to create more job opportunities and build long term sustainability for their community service programs." "Barbara and UPAVIM established a partnership with Plenty International, an international NGO specializing in soy foods for assistance in designing the space and acquiring the necessary equipment." "In April 2005, UPAVIM initiated production and chose the name UPA-SOYA for their young business enterprise."

As of 2006: "Five women at UPAVIM have completed 40 hours of soy food processing and quality control education activities during 2005. These women are now making soy milk and cheese [tofu] twice each week, and including the remaining soy masa [soy pulp, okara] in bread that is made at their bakery."

Talk with Lisa Wartinger of Plenty International. 2009. Feb. 5. Among the many Plenty volunteers who contributed to the soy project, Louise Hagler helped with technical support and Chuck Haren helped to provide the equipment. Much (if not all) of the soymilk produced has been used to feed kids in daycare. The tofu they make is quite soft; some of it may have been sold.

Letter (e-mail) from Jorge Gonzales. 209. Feb. 13. He worked in the soy dairy for two years making soymilk and tofu. His salary was paid by Plenty International. The soymilk came in strawberry, chocolate, and vanilla flavors. Jorge has not worked for Upa-Soya for 2½ years, since Aug. 2006, when he had surgery on his leg. He writes that Upa-soya stopped making soymilk at the end of November, 2008, mainly because the children got out of school; the soy dairy sells their soymilk to the school twice a week. Another reason that Upa-Soya closed is because sales of soyfoods had been low in the area. Besides soymilk, the ladies at the soy dairy have been making different flavors of soy yogurt, granola, and soft tofu. Their main task now is to focus on finishing three buildings that are being constructed now.

Photos (undated) show:

(1) UPA-SOYA's soy dairy, with modern stainless steel equipment, including a steam jacketed cooker, making soymilk or tofu.

(2) A well designed pouch of UPA-SOYA strawberry soymilk. The front panel text reads: "Fresa UPA-SOYA Leche de Soya. Ingredientes: Extracto de soya (50%), agua purificada, azucar, saborizante artificial de fresa. Agitar antes de tomar. Consérvese en refrigeración bajo 4ºC. Cont. Neto 450 ml." [UPA-SOYA Strawberry Soymilk. Ingredients: Extract of soya (50%), purified water, sugar, artificial strawberry flavoring. Shake before using. Keep refrigerated below 4ºC. 450 ml net]. Address: Calle Principal, Sector D-1, Colonia La Esperanza, Zona 12, 01012, Guatemala.

13020. Viavant, Suzi Jenkins. 2009. Re: Introducing soyfoods to the highlands of Guatemala. I. Letter to William Shurtleff at Soyinfo Center, Feb. 5. 6 p. 28 cm.
• ***Summary:*** A cry for help on the ham radio: On February 4, 1976, a devastating earthquake hit Guatemala at 3:01 a.m. local time, while most people were asleep, taking at least 23,000 lives. Approximately 76,000 were injured, and many thousands left homeless. Some areas went without electricity and communication for days, but a desperate cry for help on the ham radio managed to reach "The Farm," a self-sufficient spiritual community in Summertown, Tennessee, founded by Stephen Gaskin. In response, Plenty, The Farm's community outreach program, chose three carpenters to help with the reconstruction efforts. Dennis Martin, Pedro Grey and Melvyn Stiriss were soon flying to Guatemala armed with only their skills, a backpack full of tools and a desire to help rebuild.

Reconstruction Project: Dennis Martin, a natural at networking, was quick to forge strong connections with members of the Canadian Embassy, Clive Carruthers, acting as the Canadian Chargé d'Affaires, and Rick Bronson, administrator of funds for the Canadian International Development Agencies (CIDA). Martin soon discovered that CIDA had a shipment of prefab housing materials and funds on the way for the reconstruction of Guatemalan towns that had been destroyed in the earthquake. Martin pledged to CIDA that if they were to grant him funds and these materials, Plenty would aid in the reconstruction of the town of San Andres Itzapa, in the municipality of Chimaltenango, and build thirteen schools. CIDA agreed, and thus began Plenty's Guatemalan Project.

The Clinic Program: With a few months, many carpenters from The Farm had volunteered for the reconstruction effort, and the Project was quickly underway. However, as they began clearing debris and rubble, a new crisis emerged. They were horrified to find infants, many orphaned, in dire need of medical attention. The Project urgently requested volunteers with medical knowledge to come and provide assistance. Mary Louise Perkins and her medical and public health crew from The Farm answered that call and soon set up a medical clinic in the Plenty camp, which at that time was no more than one kitchen structure, a few platformed tents surrounded by a coffee plantation and corn field. The clinic was later joined by Thomas Wartinger acting as site physician.

The Orphanage: The number of infants and children

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orphaned by the earthquake had reached a critical point. The Farm sent out request to its members for single female volunteers to help establish an orphanage. In June 10, 1977, I volunteered along with five other women to go to Guatemala and help set up the orphanage. We became known as the Angel Crew. Our responsibilities involved one-on-one parenting of a single infant, collectively caring for 37 children, and preparing three meals a day for around 90 people consisting of orphans, patients at the clinic, and volunteers involved in the Project. Along with the orphans, many locals joined our team, including several teenagers who had been living on the streets of Guatemala, who we helped recover from drug addictions. My baby was Maria Cruz who was severely malnourished. After several months of nursing her back to health using primarily diluted soy formula she regained her health and was later adopted by Alan and Jane Graf, one of the Plenty couples.

At that time the infant mortality rate was around 50%. Some of the infants came to us extremely malnourished and underweight–at an age of eight months some weighed a mere eight pounds (the weight of most infants at birth!). We fed these babies diluted soy formula through an eyedropper, but in some cases it was simply too late. The only thing that made the heart-breaking experience of losing a child bearable was that we were able to save others. Some returned home if they had one, and others were adopted. However, many of the children we treated went home only to return to us again in a short time, again malnourished. Most of the children in Guatemala were given only tortillas to eat, and it became increasingly clear to me that many Guatemalan mothers needed to be educated about how to provide for their children's basic nutritional needs.

Soy Agriculture & Demonstration Program: Aware of the undernourishment of the people of Itzapa and the high nutritional benefits of soybeans and soy products, we forged a plan to introduce soybeans as a new crop to the local farmers. Our goal was to supplement the diet of the local villagers with high-quality protein while also providing a source of income to the farmers. Soybeans seemed like a viable solution since the farmers had only small plots of land and soybeans can yield high amounts of protein per acre.

In October of 1978, Darryl Jordan, a member of the Plenty team who specialized in agriculture, initiated the soy program. He contacted INTSOY at the University of Illinois and asked if he could conduct one of their international soybean variety trials; he was sent 20 soybean varieties, written procedures to follow, and forms showing results to fill out and return to INTSOY. Itzapa sits at an elevation of 5,860 feet, which at that time, was the highest growing elevation ever tested. Darryl was joined later by Craig Bialick, another team member, who planted and tested the different varieties of which Cobb, Bosier & Davis proved to yield well. As the interest in the new crop increased among the passing farmers, they wanted to know about the new bean and how could they grow it. Since I had a background in producing tempeh for The Farm, Darryl approached me with the idea of teaching the locals about soy products and how to prepare them.

I began by writing a proposal which I submitted to UNICEF Guatemala requesting $6,000.00 to fund in-home soy cooking classes in the area of Itzapa. They gave me the funds I requested along with a two-gallon stainless steel pot and The Soy Demo Project was born. The first classes were held with the wives of the farmers that were involved in growing the soybeans which had proven to grow well at the 5,860 ft. elevation. I taught them using the same utensils that they used themselves, such as a rock grinding stone and cooking on a wood fire; this way every woman who took the class would be able to use the same methods in her own home.

The class size averaged 6-8 neighborhood women along with about 15 children. I would teach the class in Spanish (which I learned informally after arriving in Guatemala), and Maria Sal, a local Indian mother of five who joined our team, would translate in Cakchiquel (a Mayan dialect). The children loved eating the soyfoods and news traveled fast; at the end of each class I would find myself surrounded by 20-30 children, all waiting eagerly for a sample. Interest among the women grew quickly as well. Word spread throughout the area and the requests for classes became overwhelming. I was soon teaching soy demo classes not only in Itzapa, but in many of the neighboring villages as well. By June 1979 approximately 200 women were taught.

The Soy Promoters Program: In one of Itzapa's neighboring villages, San Jose Poaquil, a Guatemalan agency named World Neighbors had set-up a cooperative that held classes in agriculture. While performing a class there, I met a Latino Guatemalan named Amado del Valle, who was the director of the program. (Note: In this context, "Latino," refers to one whose ancestry is largely Spanish rather than indigenous Mayan; for centuries there has been both conflict and intermarriage between these two groups). With his background in agriculture he was very interested in what the soybean had to offer for Guatemala's protein crisis. I realized I needed help spreading the word, so he offered 8 women from his cooperative to become teachers.

In August 1979, we wrote a proposal requesting funding from CIDA to provide the equipment, supplies and training for the cooperative promoters, who would in turn train others in the preparation of soyfoods. I donated my salary as a volunteer and UNICEF donated several thousand dollars towards the project, the total amount of which would then be matched by CIDA. Previously CIDA was able to contribute matching funds through Plenty USA. However at this time, to continue their funding, Plenty needed to obtain a Canadian NGO nonprofit status; we did this through our sister Farm in Canada and we received $11,000.00 for the program. There was good acceptance in Poaquil, especially in the low parts

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of the municipality. Each promoter had about five groups, some of them walked 15 miles and approximately four hours to get to their groups. We trained them at their cooperative and later went with them to their villages to observe one class. We left them with soybeans, supplies, and funding to continue teaching on their own, visiting them occasionally checking in on their books, and charts, which they kept on all classes. Continued. Address: Salt Lake City, Utah.

13021. Viavant, Suzi Jenkins. 2009. Re: Introducing soyfoods to the highlands of Guatemala. II. Continued. Letter to William Shurtleff at Soyinfo Center, Feb. 5. 6 p. 28 cm.

• ***Summary:*** Continued: In September 1979 the immediate food and housing crisis in the area had been solved, so we began to focus on long-term developments in agriculture and nutrition. As we moved from that area of Guatemala we began to realize the town had grown accustomed to our medical assistance and were growing dependent upon our charity. It became apparent that we needed to develop a means to allow the indigenous community to help themselves. We moved our camp from Itzapa to Solola, where we had built a Mayan municipality building and several schools. Darryl and his wife Leslie returned to the Farm with their adopted baby named Irma, one of the recovered babies that had been abandoned. Since our project focus changed, as we moved to Solola most of the medical crew returned to the USA after adopting (and taking with them) most of the rest of the 7-10 children in our orphanage; most of these children grew up in the USA and never returned to Guatemala to stay.

The Soy Dairy Project: Although the soyfoods were very popular and classes were available, many women in Guatemala did not consistently have time to make their own soy products at home. To address this need, Plenty wrote another proposal to CIDA for $31,000.00 to build a soy dairy that would operate as a cottage industry. Building the dairy would enable us to produce soyfoods on a large scale, create job opportunities, and make soy products available for purchase to the people of Guatemala. Soy ice cream seemed to be a good product choice to focus on. Its production required less education and ice cream was very popular throughout Guatemala.

We decided to build the dairy in the community of San Bartolo, Solola, where we had moved our camp. We had established a good rapport with the community's reconstruction committee. We had already built a school and installed a water system for them which featured a water spigot in every home. The water system had improved the quality of life immensely in San Bartolo, as before they had to carry water for several miles to their homes. My knowledge of large scale soymilk production was limited so Plenty approached Laurie Praskin, the soyfoods expert who for years was in charge of producing soy milk and tofu on a large scale for The Farm community in Tennessee. Laurie accepted and I returned to the United States to help her purchase the equipment needed. We traveled across the country educating people about our cause. We were able to get some of the equipment donated and purchased the rest with the funding we had received–including two 50 gallon stainless steel pots that Laurie acquired from the Boy Scouts of America.

In the summer of 1979 we shipped the equipment to Guatemala along with seven tons of soybeans, and I returned to Guatemala with Laurie as my partner. Laurie's husband, Alan Praskin, was also an agriculture specialist who joined with Craig Bialick to continue doing more soybean variety trials at different altitudes. They did one trial with 16 different varieties in San Martin Jilotepecque, where they partnered with Amado del Valle, the director of the World Neighbors Cooperative where we trained the eight soy promoters. They also did a trial in the Solola area which at 7,200 ft. was the highest elevation ever tested at that time using INTSOY varieties.

On February 19, 1980 the facility was finished, and the Soy Dairy was inaugurated. Our long-term plan was to turn over full operation of the dairy to the people of San Bartolo so our first task was to choose and train a local to oversee the project. We chose Agustin Xoquic. He had been head of the reconstruction committee in San Bartolo at the time we had installed the water system, and we had developed a very strong bond with him and his family. We lived in the Mayan community, training Agustin and his wife Elena to oversee the dairy. The Soy Demo Promoter's project continued while also operating the soy factory project.

As of August 31, 1980, there had been 117 promoter classes and 1,013 men and women were taught how to make soymilk and tofu in their homes through the Soy Promoter program. Small women's groups had collectively grown their own plot of soybeans. This program was similarly implemented in San Martin Jilotepecque, Chimaltenango, with another World Neighbors Cooperative. Eight women were approved as soy promoters and taught 307 men and women. Over 100 people in San Martin planted soybeans that year. Between all the cooperatives, they harvested approximately 8,000 pounds of soybeans for their own needs and the remaining amount was sold to the *Fabrica de Soya* (Soy Dairy) in Solola.

In Solola, Laurie and I held cooking classes in the town, teaching Latino women, how to prepare fancier dishes such as lasagna, blended tofu dishes, fried and scrambled tofu. These ladies had electric blenders, ovens, and tofu, which was now available in the local market produced by the Fabrica de Soya in Solola. We also continued our classes with the Indigenous people in the surrounding villages of Solola.

We also began working with Berhorst Hospital in Chimaltenango, where we had often taken some of our

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patients. They were very enthusiastic about soy technology and asked us if we could get them enough soybeans to supply soymilk and tofu for their patient's daily consumption. They also asked us if we could get them an ice cream machine for making soy ice cream for sales to their patients. The current practice is for the patients to go to the local store and get junk food without much nutritional value. They wanted a high quality protein product such as soy ice cream, to be available for their patients. We began holding demonstrations at the hospital with 35 volunteer promoters from the surrounding villages of Chimaltenango.

After eight months of training the employees at the soy factory, the political climate in Guatemala became violent. People we worked with on our water projects were put on "hit lists," and since we did not want to jeopardize anyone's safety we were forced to prematurely leave the soy factory project in the hands of people in San Bartolo.

On September 22, 1980 we returned to the U.S. Since Darryl Jordan returned earlier he had published an article about the soy project in a development newsletter titled *League for Food Education* (*L.I.F.E.*). We received responses from fifty different countries requesting advice on how to set up similar projects. We then published the *Plenty Agricultural Program: Guatemala* booklet (1980, 46 p.) and the *Plenty Integrated Soy Program, Guatemala* (1982, 48 p.) booklet to help educate the many people from whom we had received inquiries, along with those from other interested organizations.

After we left Guatemala, Amado Del Valle worked with Food for the Hungry in efforts to set up two more soy dairies in Zacapa, but the political violence from Guatemala's civil war made it too dangerous to complete. It had also become too dangerous for the Soy Factory in Solola to operate, so it closed as well.

On May 27, 1981, Amado left Guatemala and arrived at The Farm in Tennessee, to study large scale production of soyfoods; he later went on to the Canada Farm. In September of 1985, he returned to Guatemala with funding from Plenty Canada at which time he helped Agustin reopen the soy factory and become the Director for three years. It was reborn as Alimentos San Bartolo, community owned and managed, although Agustin and Elena were still in charge of production, and remain so to this day.

On March 7, 1991 the soy project land was officially turned over to the committee of San Bartolo. Chuck Haren and other members of Plenty periodically traveled to Guatemala to help with funding and equipment upgrades.

In June of 1995 with help from Plenty USA and funding from Food for the Hungry, I returned to Guatemala to do a marketing upgrade which I completed in three months. I wrote a Spanish-language booklet with local recipes titled *Recetas de Soya* (*Soyfoods Recipes*), had 1,000 copies printed, and used it at soyfoods classes, some of which were held at local restaurants.

In August of 2006, each household in San Bartolo was bought out for an amount of money equal to their share of the project. The project was restructured from a community owned business to an association named *Asociacion de Desarrollo Integral Belen* (*ADIBE*), but it is still directed by the committee of San Bartolo, which is elected every 4 years by the community. Address: Salt Lake City, Utah.

13022. Viavant, Suzi Jenkins. 2009. Re: Introducing soyfoods to the highlands of Guatemala. III. Continued. Letter to William Shurtleff at Soyinfo Center, Feb. 5. 6 p. 28 cm.

• ***Summary:*** Continued: In July of 2008 the members of ADIBE traveled to Guatemala City to compete and present all of their products at a National Rural Development contest; they were recognized as one of ten winners and were awarded 46,000 quetzals.

The project has become a model project worldwide. The soy dairy has operated as a self-sufficient business for twenty-nine years. It employs seven members of the Mayan community full-time and perhaps most importantly, continues to supplement the protein intake of the Mayan children.

As of August 21, 2008: The current items produced and sold weekly are: 40 gallons of soymilk, 110 pounds of tofu, 15 gallons of soy ice cream, 20 pounds of tempeh, and 20 pounds of soy flour.

In October of 2007, Amado del Valle developed several new products which the soy factory now produces; shampoo, face cream and hand soap (all made from tofu whey, which was previously discarded).

As it is becoming increasingly more popular to be "green," we, the people of this planet, should harness this global consciousness and set up more projects of this kind, which has proven to make the most of our world's resources and provide quality nutrition and education to people who would otherwise not have them. With more funding, education and organization of the planet's resources, there would be plenty of protein to go around, and malnutrition could be a thing of the past–this is my dream. My experience has taught me that small donations, desire, grass roots commitment and organization can change and save lives.

Note: This article is written from the memory of my experience setting up the Soy Demonstration Programs in Guatemala. However I would like to acknowledge that the success of the soy program involved many Plenty volunteers and Farm members, who have contributed or supported the project directly or indirectly over many years. I apologize if I missed mentioning anybody.

Even though I am no longer a member of Plenty, I have still consistently returned to Guatemala to check-up on the project and bring them supplies.

For more information please contact: Suzi at soysolutions@gmail.com or Plenty International, P.O. Box

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394, Summertown, Tennessee 38483. Phone: (931) 964-4323. www.plenty.org. plenty@plenty.org. Address: Salt Lake City, Utah.

13023. Fiala, Nathan. 2009. The greenhouse hamburger: Producing beef for the table has a surprising environmental cost; it releases prodigious amounts of heat-trapping greenhouse gases. *Scientific American* 300(2):72-75. Feb. [3 ref]
• ***Summary:*** A very interesting article. The writer's research focuses on the environmental impacts of dietary habits. Our dietary choices have an important impact on the health of our environment. A vegetarian diet, using local foods in season, has a much smaller negative impact than the standard American diet, and beef is particularly harmful to the environment. A half-page map of the world is titled "Burgers or tofu?" Address: Doctoral candidate in economics, Univ. of California, Irvine, California.

13024. Alpro. 2009. History of Alpro (Website printout–part). corporate.alpro.com/en/organic-food-production-belgium/history.html Printed March 3. [Eng]
• ***Summary:*** "Back in 1934, the founder of the Vandemoortele Group, Constant Vandemoortele, was already aware of the benefits of soya. 40 years later, his grandson Philippe Vandemoortele was so convinced of the soya bean's nutritious power that he perfected a unique and natural process for making soya milk.

"Philippe had a vision to tackle the nutrition problem in the Third World. An early project saw the construction of a soya plant on the island of Madagascar in 1980. Unfortunately, for logistical reasons, the project had to be discontinued.

"But increased awareness of food issues and concerns meant that creating a soya-based business in Europe was a very real possibility.

"To this end, the Vandemoortele Group set up a separate division specialising in natural soya-based food and in 1980 Alpro was born.

"In 1989 Alpro built Europe's largest and most modern production unit for soya food based on the UHT process, situated in Wevelgem, Belgium.

"In 1996, Alpro took over Sojinal and thereby acquired an extra soya milk production unit in Issenheim, France.

"In 2000 Alpro built a brand new soya milk factory in Kettering, UK.

In 2006, to complete Alpro's range of soya products, we took over the Tofu producer SoFine Foods (Landgraaf, The Netherlands).

"To this day Alpro continues to grow as a European market leader and as a fair food partner." Address: Wevelgem, Belgium.

13025. Schmit, Matthew. 2009. New developments at The Tofu Shop (Interview). *SoyaScan Notes.* March 6. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** On 1 Jan. 2002 Matthew opened for business again after moving The Tofu Shop out of the food incubator (at 100 Ericson Ct., Suite 150, Arcata, California 95521) into the first building he had ever owned at 65 Frank Martin Court, Arcata 95521.

The people who used to make Tofu Turkey stopped the fall of 2008; they were splitting up and the restaurant got caught up in the legal battle. In the fall of 2008, The Tofu Shop made a fledgling effort to start making these product again, but they made the decision so late that they were unable to refine the recipe as they had wished so they could really market the product. The Tofu Shop made several dozen Tofu Turkeys, sold some to old friends, and provided other for the community dinner. It was not really a commercial product in fall 2008, but is now definitely at the top of Matthew's list for 2009.

Matthew is still very much involved in his business on a daily basis. He is not currently involved in the actual production; he helps his local delivery driver prepare shipments to be sure they arrive fresh and in good condition. He helps to supervise and coordinates the preparation schedules. About 80% of the company's sales are in Humboldt County; most of the rest are to the south. As a specialty foods company, they have quite a complex production process. They make 18 batches, of 60 lbs. of tofu each. About 1/3 of those batches are made into regular 1-lb. blocks of tofu. All the rest and treated differently. Some are pressed with greater pressure for a longer time to give extra-firm tofu for certain customers. For others, seasonings and spices are stirred into the curds before they are pressed to make International Spice Tofu. Matthew will send dated labels for the four new products launched since 2002, and he relabeled and slightly changed the names of three earlier products.

The food incubator (25,000 square feet) attracted economic development groups and celebrities from all over the world. The basic concept was very interesting, and Matthew invested 12 years of hard work into the project, but in the end it did not work out as originally conceived–a vehicle to help small food manufacturers get into an equity ownership position in their own facilities; that was combined with the older business incubator concept, which would provide basic services and facilitate the growth of each business. Each business was to own its part of the incubator–quite like a condominium. Cindy Copple, executive director of AEDC, put the two ideas together to create the new idea of a non-graduating incubator. It had a large central warehouse, common restrooms and a development kitchen, water, electricity, drainage, etc. At the last minute, the "equity" language was excluded from the written agreements, but with the verbal understanding that nothing had changed. The ten companies all moved in during the same week;

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very exciting. But instead of the vision, the AEDC just became landlords and each business was a "tenant." All progress toward owning in the facility died–immediately. The original vision was lost. Matthew eventually organized the ten tenant companies to fight the landlord; they won a monetary settlement. At that moment, Matthew decided to leave the food incubator as soon as possible. Address: Tofu Shop Specialty Foods Inc., 65 Frank Martin Court, Arcata, California 95521. Phone: 707-822-7401.

13026. Sunrise Soya Foods (Website printout–part). 2009. www.sunrise-soya.com/ Printed March 7.
• ***Summary:*** "Sunrise Soya Foods humbly began in 1956 when founder Leslie Joe and his wife Susan, newly immigrated from China, realized that there was a demand for tofu in the Chinese community of Vancouver. Leslie began by making small batches of creamy tofu at the back of his grocery store, Sunrise Market, now a well-known Vancouver landmark with its masses of fresh produce and bustling market enticing shoppers from around the city.

"The tofu making operation continued to grow in size throughout the 1960s and the 1970s, as demand increased and consumer awareness of the importance of a healthy diet grew. Sunrise tofu quickly developed a loyal following in the community. 1983–The current Sunrise Soya manufacturing plant is purchased.

"1985–Sunrise ships their first packaged tofu out of British Columbia to outlets in Alberta, Ontario and Washington."

1994–Sunrise acquires Mandarin Soya Foods. Mandarin offers a complementary line of soy products.

By 1995 Sunrise tofu is available in more than 1,000 stores across Canada.

Sunrise produces its first organic tofu with the introduction of the Soyganic brand.

In 1999, Sunrise responds to consumer demand by restating its commitment to the use of non-GMO soy beans in all its products.

That same year, the Union of Orthodox Jewish Congregations of America grants Sunrise kosher certification, including permission to use the Circle-U symbol on all packaging.

In April 2002, expanding markets in Eastern Canada prompt Sunrise to open a 65,000 square foot manufacturing and warehousing facility in Toronto, from which the company will service the Ontario, Quebec, and eastern United States markets.

May 2002 sees Sunrise's newest brand, Pete's Tofu, launched. Pete's Tofu is aimed at tofu novices and experts alike. 'Taking the guesswork out of tofu,' Pete's line-up includes convenient, ready-to-eat products such as savory tofu triangles and tofu desserts.

Sunrise launches Coconut and Banana flavours in twin packs.

Presenting sponsor of the 2006 season of CityCooks, a popular TV show. sunrise Soya Foods will be featured through on set product displays, 30 second promos and a special tofu week.

Feb. 2006 Sunrise releases its Vancouver Chefs Take on Tofu Cookbook, featuring 21 different Vancouver restaurants and 42 wonderful tofu recipes. Half of all sales go to the Canadian Diabetes Association.

"Sunrise Soya Foods celebrates its 50th Anniversary in May 2006!" Address: 729 Powell St., Vancouver, BC V6A 1H5, Canada.

13027. Davies, Henry. 2009. Re: Forthcoming trip to Democratic Republic of the Congo (DRC, formerly Zaire). Letter (e-mail) to William Shurtleff at Soyinfo Center, March 23. 1 p.
• ***Summary:*** "I will be travelling to the DRC [Congo] in 3 weeks time to install and train a group of UMCOR [United Methodist Committee on Relief] on VitaGoat food processing equipment. They have attended a previous workshop and has by far proven to be the best and most attentive group ever. I look forward to meeting up with them again."

Concerning commercial soy products in South Africa: Soy Mince has been around for at least 30-40 years. Most of the products available contain soy protein isolate as their protein source. Eden Manufacturing has been the first company in South Africa to use the whole soybean to manufacture soy products (i.e., soymilk, yoghurt, tofu etc).

Concerning the Humana VitaGoat project in Zimbabwe: "The constant availability of soybeans at this project is the core of its success. We are looking into the establishment of a NGO [non-governmental organization] that will assist with funding of new VitaGoat and SoyCow projects incorporating both equipment, training and sufficient raw material to keep the project going until such time that they have generated an income to either plant their own soybeans or purchase proper soybeans." Address: P.O. Box 206, Bergville 3350, KwaZulu-Natal, South Africa. Phone: +27 36 448-1605.

13028. Kaiser Permanente. 2009. Eat well, spend less. *Partners in Health: Quarterly News to Help You Thrive.* Spring. p. 9. [1 ref]
• ***Summary:*** "Snack smart: Avoid fast food, value meals and processed snack foods. They may seem cheap, but you could pay for them later with poor health. Try beans and tofu as a substitute for meat and cheese..."

This newsletter is sent to customers in the Diablo and Napa / Solano areas. Address: 300 Lakeside Dr., Oakland, California 94612.

13029. Soyatech.com. 2009. Soyfoods sales reach all-time high, says new report. But what is the next growth strategy? http: //www.soyatech.com /sponsor.php?id=283. 1 p. [6 ref]

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• ***Summary:*** *"Soyfoods: The U.S. Market 2009,* a newly released report by Soyatech, LLC and SPINS, Inc., retail sales of soyfoods products have surpassed $4 billion for the first time in history. The report, which examines soyfoods sales and industry trends during 2008, points out that the market for soyfoods in the U.S. has continued to develop despite the overall economic downturn. The study's authors note that consumer awareness of the health benefits associated with soy and its expanded presence in multiple distribution channels are leading factors in soyfoods' continued success.

"Interestingly, the sales growth of soy is highest in a channel other than conventional supermarkets or natural retailers, according to the report. Sales growth of 1.8% in supermarkets and natural food stores was outpaced by the 'other channels' category of retail outlets for soyfoods including Wal-Mart, club stores and foodservice operations where sales grew by 3%.

"Leading categories driving this growth include soymilk, meat alternatives, tofu and snack bars. Refrigerated soy-based entrees and sushi, tracked for the first time this year, also fared well and debuted in the top 25 largest soyfoods categories, with $11.5 million in sales.

"Soyfoods: The U.S. Market 2009 is the eighth report produced by Soyatech and SPINS, and it provides detailed information on the U.S. market by category, sub-category, brand and distribution channel.

"The report covers such topics as:

"Opportunities for further growth in this healthful food sector. Major players impacting the marketplace and driving growth. Future developments in soyfoods.

"'With soyfoods now a $4 billion industry, Soyatech and SPINS anticipate that opportunities for innovation will enable the industry to continue to grow,' said Philippe de Lapérouse, director of Soyatech's Global Food and Agribusiness Practice.

"For more information or to order the report, please contact Laiza Martinez at lmartinez@spins.com or 847.902.1200 ext. 1254." Address: Bar Harbor, Maine.

13030. Tofu Shop Specialty Foods, Inc. 2009. Tofu Shop: Made in Humboldt (T-shirt). Arcata, California.
• ***Summary:*** This dark-blue T-shirt (extra-large size), made by Anvil Knitwear, Inc. under the registered trademark Anvil Organic, is 100% organic cotton. On the front left, in 2 inch high yellow letters, is printed "Tofu Shop. Below that in smaller yellow letters is "Made in Humboldt" and an illustration (also in yellow) of a tofu shop on stilts, with an Oriental roof, on a cliff by the ocean.

On the back, printed all in yellow: "Tofu Shop: Certified organic. Made in Humboldt. www.TofuShop.com." Below the illustration of the tofu shop on stilts on the cliff by the ocean: "Nourishing the neighborhood since 1980." Address: 65 Frank Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

13031. *Travelin' Light* (*Lightlife Foods, Greenfield, Massachusetts*). 2009. Looking back: Lightlife veggie goodness hits its stride at 30. Spring/Summer. p. 1-2.
• ***Summary:*** This is a brief but insightful 30th anniversary history of the Lightlife Foods / Tempehworks. It begins: "Veggie meals are cool. It's official. Stop by any one of a million suburban dinner tables and you'll see everything from Smart Pretzel Dogs to pan-fried tofu drizzled with olive oil.

"So why have veggie meals evolved from trendy tidbits–impossible to find except in natural food specialty stores–into a mainstream phenomenon as popular with suburban moms as they are with LA hipsters?

"News has been one driving force, from traditional reporting to social networking and the blogosphere. But this is only the tip of the soybean. The ascent of the veggie meal isn't entirely the work of CNN or celebrity word of mouth. A good portion of the credit can be traced to the year 1979 and a car wash in western Massachusetts turned tempeh capital of the U.S.

1979: It was a *veggie* good year: His name is Michael Cohen. He's an original partner of the New England Soy Dairy in Greenfield, MA, and an early pioneer in the popularization of tofu in America. Michael, a man with a ponytail and a mission, sensed an opportunity in the mass production of tempeh that he could build into his own veggie domain. The humble soybean was about to change from being an Indonesian novelty to an increasingly popular entrée on the American dinner plate.

"Within a year, Michael had partnered with Chia Collins and launched Tempeh Works at a start-up facility that had been a car wash in its previous incarnation. From the beginning, both were committed to promoting people's health and well-being, as well as the overall health of the planet.

"At the time, their goal had all the markings of a pipe dream. Fried bologna was a middle-America mainstay from Maine to Modesto, and 'veggie protein' had yet to enter the dietary lexicon. Then innovation, ironically in the form of a healthier good old American hot dog, stepped in.

"In 1985, the company was transformed into Lightlife Foods, Tofu Pups were launched, and the veggie revolution began–spreading to grocery stores throughout the land.

"Smart rules the day: Today, as healthy eating plays a significant role in the American lifestyle, Lightlife's breadth of all-veggie products is enabling more people than ever to realize the benefits of high-protein, cholesterol-free, veggie meals."

Color photos show: (1) Founders Michael Cohen, Chia Collins and their daughter Chiana. (2) Our humble beginnings in a building that was once a car wash.

On the bottom half of page 5 of this issue of the

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newsletter is this statement: "Greening our newsletter. This is your last paper newsletter–if you choose." To receive the newsletter via e-mail, visit www.lightlife.com, click on newsletter to sign up. Don't own a computer? Not to worry, we will continue to print our newsletter for you!"

On the top half of page 5 is a list of all Lightlife's products, divided into Refrigerated and Frozen.

Refrigerated: New Tempehtations Classic BBQ. New Tempehtations Zesty Lemon. New Tempehtations Ginger Teriyaki. Smart Dogs. Tofu Pups. Smart Dog Jumbos. Smart Links Breakfast. Smart Bacon. Light Burgers. Smart Deli Pepperoni. Smart Deli Turkey. Smart Deli Ham. Smart Deli Bologna. Gimme Lean Sausage. Gimme Lean Beef. Smart Ground Original. Smart Ground Mexican. Smart Strips Chick'n. Smart Strips Steak. Organic Fakin' Bacon. Organic Soy Tempeh. Organic Three Grain Tempeh. Organic Flax Tempeh. Organic Wild Rice Tempeh. Garden Veggie Tempeh. Smart BBQ. Smart Tex Mex. Smart Chili. Smart Sausage Italian. Smart Sausage Chorizo. Smart Tenders Lemon Chick'n. Smart Tenders Savory Chick'n. Veggie Burgers. Mushroom Burgers.

Frozen: New Smart Stuffers Chick'n Parm. New Smart Cutlet Chick'n Fillet. Smart Pretzel Dog. Smart Stuffers Chick'n Cordon Melt. Smart Stuffers Chick' Broccoli Melt. Smart Stuffers Turk'y w/ Cranberry Stuffing.

13032. Lam, Alex. 2009. Update on The Soy Shop, Atlanta, Georgia (Interview). *SoyaScan Notes.* April 14. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** His father, Kich Lam bought The Soy Shop (which started in July 1979) from Steve and Sarah Yurman in April 1985; he bought it mostly for the equipment. But before he bought the company, he had been making tofu in the basement of his home in Decatur, near Atlanta.

The Yurmans left the keys to the shop with their employees; one reason the Yurmans sold their company was because of employee theft. The employees came in in the middle of the night and made tofu, then delivered it the next morning. But the quality was not very good. After the Lams bought the company, Alex's mom scared the employees away and the Lams began to make better quality tofu. But in the mid-1980s, there were not many Asians in the southeastern USA–so it was pretty tough times. And there was competition from Calco and Jimmy Wang, both of whom were better capitalized and were ahead of the Lams. But the Lams worked harder and harder, then eventually took the whole market from them. Alex's father passed away in the year 2000. Up that time, his father had been the tofu maker and Alex had handled the business side of things–billing, logistics, etc. In Jan. 2008 the company moved from Decatur to Atlanta. The company has had great growth for the past 10 years. Today, Alex thinks, The Soy Shop is the biggest tofu manufacturer in the southeastern USA (Florida, Georgia, North Carolina, South Carolina, Tennessee, and Alabama).

Today the company makes only two products: firm and soft tofu. Ten years ago he used to make tempeh, soysage, and soymilk. But tofu, the company's bread and butter, grew so fast that he had to discontinue the other soyfood products.

Now growth has begun to slow, because of the economic downturn and new competition. This has been his company's slowest year in the last ten years. In Oct. 2006 House Foods opened a brand new tofu factory in Somerset, New Jersey. They are now flooding the market with low-cost tofu. Alex is slowly seeing the products come into his market. Address: 5289 McCall Dr., Atlanta, GA 30367. Phone: 770-458-7808.

13033. House Foods America Corporation (HFAC). 2009. House Foods America Corporation (Website printout–part). www.house-foods.com Printed April 15.

• ***Summary:*** Contents: Welcome to House Foods America (dynamic banner): We are engaged in three operations: Curry & More, Tofu & More, Curry Restaurant. If you click tofu: Dynamic page & video of products–Taste & Comfort. Contents: About us. All about tofu. Products. Recipes. Production process. FAQ. What's new.

At "About us" is a brief corporate chronology / history: 1981–House Foods, Japan opens a sales office in Los Angeles. 1983–Acquires a fifty percent stake in the Hinode Tofu manufacturing company, one of the most respected brands in the country and enters into the Tofu business. 1983–The first Curry House restaurant opens in Little Tokyo (Los Angeles), introducing local Californians to Japanese cuisine with a contemporary atmosphere. 1997–A new state-of-the-art Tofu manufacturing facility opens in Garden Grove, California. All HFAC operations are consolidated at the facility. 2000–To expand business on the East Coast, HFAC opens New York office. 2006–HFAC opens its second plant, a new state-of-the-art tofu manufacturing facility in Franklin Township, Somerset, New Jersey. 2007-2008–With two major plants servicing the country, House Foods America Corporation becomes nationwide. Address: Garden City, California.

13034. Tibbott, Seth. 2009. Recent trip to The Netherlands to study tempeh. Tempeh in the USA (Interview). *SoyaScan Notes.* April 24. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** In April Seth traveled to The Netherlands to study tempeh. By good fortune he met Angelo Croci (an Italian), who owns The Soybean Company in Kerkrade. Angelo speaks Italian and Dutch but very little English. Second in command there is Keyes Van Puten. Seth's driver translated from Dutch to English. Angelo took Seth through his tempeh plant. Seth thinks he did this because he would like to visit Seth's plant in Oregon. Seth also showed Angelo his new Tempeh 2.0, regular and marinated. Seth thinks that Angelo is making about 15,000 lb/week of tempeh–about

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the same as Seth is–but of only soy tempeh, no other styles or second generation products. One 400 gm cake sells for 2 euros and has an 18-day refrigerated shelf life.

Lots of tempeh is sold at Indonesian and Surinamese restaurants throughout Amsterdam, which Seth found to be one of world's truly great cities. A week before Seth was there, Sinta Santoso, founder and co-owner of Primasoy (Victoria, Australia), had visited Angelo's company.

The plant is of medium size and has no large machines. Angelo soaks his soybeans for 2 days [perhaps to acidify the soak water] rather than the typical one and incubates his tempeh for 3 days–relatively long. The most interesting thing is the tempeh culture, which does not produce black spores. Seth believes that this is a variety of *Rhizopus oryzae* rather than *Rhizopus oligosporus.* Seth brought some of this tempeh home and it still had not sporulated black.

But even though the tempeh does stay white, it requires a two-day incubation process and the resulting tempeh is not as flavorful as Seth's current product. So Turtle Island still buys its tempeh starter from the Tempeh Lab on The Farm (Summertown, Tennessee).

As far as Seth knows, no patents have been issued to this starter or the process for making from it. Seth thinks that a company selling tempeh starter on the Web as "Shining White Tempeh Starter" (http://tempehonline. com/products. htm) may be selling this same starter.

Note: According to Ike Van Gessel, this tempeh company used to be owned by Robert Van Dappern. Its name was Tempé Produkten B.V. Robert sold it to Mr. J. Singh. a Sikh, who bought the Belgian tofu business in 1986 and the Netherlands tempeh business in 1990. The address is unchanged.

Seth saw products from three tempeh makers in Europe: (1) The Soybean Company in Kerkrade, Netherlands. (2) FZ Organic Food (Yakso brand) in Wolvega, Netherlands. (3) De Hobbit in Maldegem, Belgium. He sent all 3 labels to Shurtleff at Soyinfo Center.

While in the Netherlands Seth met Bernard Faber, on introduction from Sjon Welters; they had a beer together. Bernard has a macrobiotic background, used to be involved in food, and is now a journalist.

In the United States sales of tempeh have recently been increasing–unexpectedly. Seth buys market statistics from SPINS (Natural) and others, for tempeh, Tofurky, and related products; he thinks that Lightlife is now the largest tempeh manufacturer in the USA. Seth thinks that tempeh has saved Lightlife and Conagra; their products made with soy protein isolates and other modern soy proteins are not doing very well. Seth demoed his tempeh 2.0 at several Natural Products trade shows, and it was even blogged about on the web before Seth officially launched it. Shortly afterward Lightlife introduced very similar products. In fact, Lightlife may be the biggest tempeh maker in the world.

Frankly, Seth is glad that Lightlife is taking part of this new market because he doubts that he could meet the demand alone. Even the supermarkets are looking at his marinated tempeh strips. Either a Turtle Island or a Lightlife line of these products may well show up in Safeway before long. Seth already has his in Raley's and other similar chains. Its not easy for him to expand tempeh production because of the incubator. Seth is also starting to use more tempeh starter culture than is available. He continues to grow out the spores on rice, but does keep it going generation after generation. He is looking for an industrial culture lab to make the basic starter culture for him. Address: President and Founder, Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: (503) 386-7766.

13035. Yan, Lin; Spitznagel, Edward L. 2009. Soy consumption and prostate cancer risk in men: a revisit of a meta-analysis. *American J. of Clinical Nutrition* 89(4):1155-63. April. [53 ref]

• ***Summary:*** The researchers found a 26% reduction in risk of prostate cancer for men with the highest soy food intake, compared to those with the lowest soy food intake. This was increased to a 30% reduction when the reported intake was of non fermented soy products (e.g. tofu, soymilk). However, intake of fermented soy products (e.g., natto) were not associated with reduced risk. The authors concluded that consumption of soy foods is associated with a reduction in prostate cancer risk in men. This protection may be associated with the type and quantity of soy foods consumed. Address: 1. Grand Forks Human Nutrition Research Center, Agricultural Research Service, USDA, Grand Forks, North Dakota; 2. Dep. of Mathematics, Washington Univ., St Louis, Missouri.

13036. Andrews, Roger. 2009. Re: History of Spinning Kitchen (early tofu shop in Boulder, Colorado). Letter (e-mail) to William Shurtleff at Soyinfo Center, May 9. 3 p.

• ***Summary:*** "This is the account of my Spinning Kitchen enterprise, with the erstwhile partner, Beverly Migliori, from 1977-79. In preparing the outline and draft, I began to pass through memories that, though vivid, I would rather leave unvisited. I have one good instance from that time and I keep it dearly. My recollection of that time (Corn Mother, Spinning Kitchen) is not unlike the story of The Frog and the Scorpion. Lesson taken, no desire to repeat.

"I had eaten tofu in Japanese restaurants before coming to the Carnival Café. I was intrigued by the ways that tofu was used there in a vegetarian conversion style- tofu 'egg salad', etc. As the interest in tofu for an important vegetarian nutrient source was peaking, it seemed that deliveries of tofu to the restaurant might have been becoming more sporadic. We needed to know more about this wonderful substance.

"Three of us took an early spring ('75?) field trip to 'Denver Tofu' in hopes of cultivating greater interest with our supplier. The cursory tour lasted about 20 minutes.

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We were shown some of the equipment but none of the processes.

"Some months later, myself, Gene Casternovia & Ann Ford left the 'Carnival Café' to start the 'Corn Mother Restaurant' in an older house where Boulder People's Food Co-op was also located. We each gave time and effort to the planning, development and acquisition for that venture. Service was the buzzword and I was 'in for a pound' on that theme. I did not feel like a third wheel in the business though time proved that was indeed the case. A sad condition became ever more apparent when I asked for some measure as they were taking and none came forth.

"I had met my partner, Beverly, while I was working at the Carnival Café, in Boulder. After my time at the Corn Mother, we were both suddenly unemployed and sought to begin a joint venture. We had The Book of Tofu and a related commercial production manual. With these and the 'mother of invention', we formulated a business outline and set to work. In my mind, I could again hear the admonition that "anything worth doing is worth doing well".

"We took three small loans with Beverly's delightful landlady, once for the beginning expenses, once to import a Japanese tofu grinder and two stainless steel tofu forms, and again for a used telephone company truck as the delivery van. These loans had a great effect on Beverly, as each time that we would borrow money, she would disappear for a few days. All monies were gratefully paid back.

"We used some of the crocks from my childhood, one smaller for the 1st stage of the nigari solution and another larger to soak the two to three daily batches of soy beans. The various stainless steel vessels were found at local restaurant supply stores.

"The Cumberland General Store carried an impressive inventory of cast-iron ware as might have been found in common use in a 19th century farmstead. I asked about larger vessels and they said that the foundry would occasionally cast larger kettles for rendering and so forth. It was a few long months until a 17½ gallon kettle was ready. It was delivered by truck. It took some time to prepare it for our use, chasing the roughcast, cleaning it and seasoning with several runs of beans that were then respectfully disposed. A corn/feed grinder was crudely adapted to make the *go* [fresh soybean puree]. It was later replaced with a proper machine.

"I fashioned a stock-pot heater from some steel channel and the burner from a large water heater. Such heaters were not so easily found then as now and there was more ingenuity than cash. Tested outdoors first, it was then placed in a fireboard installation beneath a vent in the ceiling. I still have the fire extinguisher that was purchased for the room.

"The Honduran man, Albert, who had been the juice maker for the restaurant had upgraded to a more modern press for his operation and we bought the heavy wood and iron screw press. I fashioned a stainless steel sieve and collar that fit it to the purpose.

"The chemistry and oceanography classes at university came in handy to make good sense of the specific gravity of the saline solutions and ratios for the sizes and optimal temperature of the batches. A woodworker from Arvada, Colorado made the cedar barrels and redwood forms to my specifications. A sheer voile fabric was used for the liners in the tofu forms.

"A local farmer heard of our enterprise and offered to plow virgin soil to plant a few acres of soybeans. He stored the beans there and we would fly them out a ton at a time. He generously tried several varieties until we found one that was best in flavor, texture and tofu yield. Our research had shown us the variables for fine and soft tofu or the more firm varieties. We fixed the process to produce a tofu that was just slightly on the softer side of firm, to include the smooth texture with the firmness to withstand transport. Within a year, the ratio was of a consistent quality at about a 4.25:1 yield, tofu to soaked beans, with the Westbrae nigari. Pushing the chemistry or methods beyond that and the tofu would not stand properly.

"For a short time, we had the good help of very modestly paid assistants. Properly cleaning the equipment was nearly half the day's work. Upon instruction from the local health department, we used boiling water to clean the wooden vessels, a practice that would not likely pass these many years later.

"Beverly and I paid ourselves after business costs to cover our personal expenses. Hopes were to one day expand into something more viable. We sold our products locally in Boulder and Denver and by air to Aspen and Rapid City.

"We also made soymilk in the quart size, vanilla and carob flavors. Beverly printed a brochure with some of her tested recipes using our soymilk and tofu. A graphic artist, somewhat in the style of R. Crumb, nicely drew up our labels and signs.

"After almost two years, Beverly suddenly abandoned our project and I continued for a couple of months solo. The already early, long and hard work became too much and I was forced to close up shop. (This put our dear farmer at a great disadvantage. Hoping to help recoup his losses, I steered him to the new venture in town, White Wave.) She then absconded with the truck, all of the equipment and one other item. I have not seen or heard of her since.

"Steve Demos and White Wave had no influence on the Spinning Kitchen; he was doing good factory production and we did traditional hand-made style. No conflict. (I have read that White Wave was sold for some millions. I miss the tofu.)

"Gene Casternovia seemed to enjoy having a tofu shop above his restaurant as if it were part in parcel. Annie seemed increasingly annoyed with our activity upstairs.

"About a year after the demise of The Spinning Kitchen, I received a call from a couple in Safford, Arizona who were putting together a lovely vegetarian restaurant called

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Desert Gardens. I gave a shopping list over the phone. When I arrived, in fact not a thing had been done. We drove around southern Arizona and northern Mexico for a few days looking for a masa grinder or something that might be made to work and other kitchen implements. I left after a week or so with little having been accomplished. They had my production notes and later I heard that they had indeed gotten something going.

"Further levels of detail and I might have a book of my own. I am very recently aware that there are other varying accounts of this time and activity." Address: P.O. Box 21128, Cheyenne, Wyoming 82003. Phone: 307-214-9510.

13037. Kastel, Mark. 2009. Cornucopia Institute provides further clarification on Silk importation of soybeans from China. http://www.organicconsumers.org/articles/article_18064.cfm#. 2 p.

• ***Summary:*** "1. Silk, a pioneering brand [of soymilk] in the organic marketplace, used 100% organic soybeans in their products prior to their acquisition by Dean Foods.

"2. Dean Foods is an $11 billion agribusiness giant and the largest milk processor in the United States. They own over 50 milk labels around the country, including Horizon Organic, a brand that heavily depends on factory farms each milking thousands of cows.

"3. According to reports by farmers and farmer-owned cooperatives, after Dean Foods purchased the company, they discontinued buying some or all of their organic soybeans from domestic organic producers and told the farmers that their decision was based on price–a price that American farmers could not match.

"4. Dean Foods gradually started introducing additional varieties and flavors [of Silk], many made with 'natural' soybeans. These are conventional soybeans. The percentage of their products manufactured with organic soybeans declined steadily over the years, and recently plummeted.

"5. Dean Foods' statement about buying all North American soybeans was recently put up, presumably, since we had announced the imminent release of our report. We have no way of verifying whether the information is accurate. Unlike their two competitors in the refrigerated dairy case (Organic Valley and Wildwood), Dean Foods refused to transparently participate in Cornucopia's study–depriving their customers of an independently verified review of their practices.

"6. In terms of Dean Foods buying a 'small portion' of their soybeans from China in the past, that seems to contradict the reports from organic growers in the United States, and the company has never released any hard data on their purchases.

"7. Recently, Dean Foods reformulated their Silk product line changing almost all their products over to 'natural' (conventional) soybeans. They did this, quietly, without telling retailers or changing the UPC code numbers on the products. Many retailers reported that they didn't find out until their customers noticed and complained.

"8. To add insult to injury, not only did the price of Silk products not go down when they converted to cheaper conventional soybeans, but they now reintroduced three products with organic soybeans and raised the price on those. Greedy profiteering plain and simple.

"On a recent visit to Whole Foods in Milwaukee (May, 2009) the store was offering 25 different Silk soy milk products, in different sizes and flavors, including creamers, of which only one (1) was organic. So much for Dean Foods and their WhiteWave division's commitment to the environment, consumer health and the hard-working family farmers that produce certified organic soybeans in this country." Address: The Cornucopia Institute, P.O. Box 126, Cornucopia, Wisconsin 54827.

13038. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*). 2009. Farmer vision credited for soyfoods industry growth. 20(7):10-11. Spring.

• ***Summary:*** "The soyfoods industry experienced considerable growth in the past two decades. It started with just a few small companies selling tofu or soymilk to a small, niche market. Today, soy protein is included in thousands of food products, and soyfoods can be found in nearly every grocery store.

"Soybean farmers in Iowa and Illinois can be credited for the advancement of the soyfoods industry. It was their vision to use checkoff dollars to fund soyfoods research, education and promotions, which resulted in much of the industry success we see today.

"Started in the 1990s: In the mid-1990s, the former Iowa Soybean Promotion Board (ISPB) funded an industry study that showed the market potential for soyfoods. From there, the board allocated funds to help promote and grow the market.

"One of their first programs included educating women on the West Coast about soyfoods by using Iowa soybean farmer Yvonne Wente, of Waverly, as a spokesperson.

"'To support the rollout a new soyfoods beverage in southern California, we created a supporting ad and public relations program for ISPB using Wente as the spokesperson,' says Dee Munson, a nationally recognized food expert and veteran food marketer who worked on several of the early projects for ISPB.

"'A print ad promoting soyfoods ran in *Sunset, San Diego Magazine, Los Angeles Time,* along with radio commercials in L.A. and San Diego,' says Munson, who currently owns The Food Professionals based in Seattle, Washington. 'We also conducted numerous media interviews with Yvonne Wente as the spokesperson in the area.

"'The ads and interviews offered a booklet of information about the benefits of soyfoods for women,' Munson continues. 'More than 10,000 were requested, and

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the promotion board had to open an additional 800-number to handle the requests. A very special extension of the program was sponsorship of Dr. Andrew Weil as a speaker for a fundraiser of the Wellness Group, a cancer service organization.

"'It was ISPB's vision to fund this program and raise awareness about soyfoods, and it really got the Iowa soyfoods program jump-started,' Munson says."

"The Soyfoods Council: To show its commitment to this industry, ISPB created The Soyfoods Council in 2000 and hired food industry expert Linda Funk to head the organization as executive director."

"Under Funk's direction, The Soyfoods Council has published a cookbook called *Simply Soy,* implemented promotional programs, educated chefs throughout the United States about using soyfoods, increased the use of soyfoods in the food service industry, worked with editors from national food publications and created soy recipe contests with adults and kids.

"'We continue to educate food service personnel, chefs and consumers about ways to increase soyfoods in their diets and dishes,' Funk says. 'It's been great to see such huge advancements in the use of soy on restaurant menus.'"

For more, go to www.thesoyfoodscouncil.com.

Note: This might be generously described as an "alternative" view of what caused the growth and development of the soyfoods industry.

13039. *Soyfoods Canada Newsletter.* 2009. Canadian soybeans–a sustainable crop. Spring. p. 4.
• ***Summary:*** "Canada accounts for almost 2% of the world's soybean production. In 2007, approximately 2,700,000 tonnes [metric tons] were produced in Canada, on 2,870,657 acres (1,161,755 hectares). Soybeans are grown in three provinces: 215,006 acres in Manitoba, 434,715 acres in Quebec, and 2,224,936 acres in Ontario.

"Canadian soybean producers are known for innovative and sustainable production practices... Canada's soybean industry is known for its superior ability to segregate and trace soybean crops from seed through to end user, referred to as Identity Preservation (IP).

"Over 40%, or about 1.7 million tonnes of Canadian-grown soybeans are exported to markets such as Japan, Malaysia, Singapore, Hong Kong and Taiwan. They are used to make Asian food staples such as tofu, miso, natto, and soymilk. Japan only produces about 12% of its own country's food grade soybean requirements, and their consumers demand non-genetically modified product. Japanese buyers value Canadian soybeans because of our industry's IP ability.

"Growing soybeans leaves a relatively small carbon footprint. As a legume, the soybean plant's ability to 'fix' its own nitrogen virtually eliminates the need for petroleum-based nitrogen fertilizer. The wide canopy of leaves formed by soybean plants helps to minimize the need for herbicide sprays."

13040. Soyafarm USA Inc. 2009. Soyafarm (Website printout–part). www.soyafarmusa.com Printed June 28.
• ***Summary:*** Contents: Home page. Retail (Soyafarm Bistro Burger {meatless}, Edamame Shumai, Gourmet Tofu Delights). Food service (Soyafarm Edamame Yuba Shumai, Edamame Yuba Sticks {available since Nov. 2004}), Tofu & Yuba Patties, Baked Tofu, Tofu Nuggets, Soya-Up R CSP (fine white powder, water-soluble soy polysaccharides, made from okara). Profile (Soyafarm USA is a division of Japan's Fuji Oil Group. "Fuji Oil Group has been a world leader in the creation of innovative and delicious soy foods for over 50 years. With headquarters in Japan, where delicious, healthy soy foods are a honored tradition, Fuji Oil Group operates in Asia, Europe, South America and USA"). Contact us. Links. Address: 20675 S. Western Ave., Suite #210, Torrance, California 90501. Phone: Fax: 310-781-9293.

13041. INTSOY. 2009. Processing and marketing of soybeans for meat, dairy and baking applications. May 31–June 5. http://intsoy.nsrl.uiuc.edu/courses/processing_marketing/bios/sharma.html. 1 p. Printed 29 Aug. 2010.
• ***Summary:*** "Speakers: R.K. Sharma, American Soybean Association International Marketing.

Dr. Ratan Sharma has a Ph.D. in soymilk and tofu technology from Banaras Hindu University, Varanasi, India. He is an international expert in soymilk and tofu production technology. He is credited with transferring the soymilk machine (SoyaCow) technology from Canada to India on behalf of the Child Haven International and ProSoya Inc. Dr. Sharma has been duly trained in Canada and USA on the soymilk production and utilization. He has the privilege to train the soymilk and the tofu course trainees from all over the world at the University of Illinois, USA. Dr. Sharma has been to Canada, USA, Egypt, Singapore, Uganda, Tanzania, Sri Lanka, South Africa, Nepal and Bangladesh to help the soymilk programs in these countries. Dr. Sharma has more than 15 years experience into the soymilk and tofu commercialization. The efforts of Dr. Sharma for transferring this SoyaCow technology are really remarkable as it has created lots of employment opportunities and low cost nutrition in India and in many other countries. Dr. Sharma has established more than 375 soy food manufacturers in India and many other countries and is helping them on a regular basis in product development, marketing etc.

"The overall objective of ASA-International Marketing's (ASA-IM) activities is to increase soybean consumption in the SAARC countries and, thereby, to create larger markets for U.S. soybeans and soybean products." Address: NSRL, Univ. of Illinois at Urbana-Champaign, Room 170 NSRC, 1101 W. Peabody Dr., Urbana, Illinois.

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13042. Reinfeld, Mark; Murray, Jennifer. 2009. The 30-minute vegan: Over 175 quick, delicious, and healthy recipes for everyday cooking. New York, NY: Perseus Books Group (print). xx + 348 p. Foreword by Deborah Madison. Illust. Index. 21 cm. [25 ref]
• ***Summary:*** Published as both a printed, bound book and as an e-book. The index contains 31 entries for tofu, 19 for tempeh, 15 for soy milk, 5 for miso, 4 for seitan, 3 for edamame, and 1 for meat substitutes.

Includes recipes for: Tempeh bacon (p. 57). Tofu scramble (p. 62). Seitan curry bowl (p. 119). BBQ tempeh sandwich (p. 123). Sea vegetable salad with edamame and wasabi (p. 142). Tofu garden vegetable salad (p. 148). Tuna-free tempeh salad (p. 149). Tofu satay (p. 193). Tofu saag (p. 209). Asian shiitake tofu (p. 223). Macadamia nut-crusted tofu (p. 224). Chipotle chile-rubbed southwest tempeh (p. 226). Tempeh vegetable enchiladas (p. 237).

Facing page 3 is a photo of Mark and Jennifer. Address: 1. Founding Chef, Blossoming Lotus Restaurant; 2. Co-author (with Reinfeld) of *The Complete Idiot's Guide to Eating Raw.* Both: Kaua'i, Hawaii.

13043. Febrina, Anissa S. 2009. The making of a staple food. *Jakarta Post* (*The*) (*Indonesia*). July 27. www.thejakartapost.com /news/2009/07/27/ the-making-a- staple-food.htm
• ***Summary:*** Production of tempeh has long been the domain of cottage or home industries. At one kampung (village; or neighborhood, or district in a city) in Tegal Parang, South Jakarta, you can see how tempeh is made at home. About 90% of the 300-plus inhabitants of Tegal Parang ("city of soy") make tempeh and/or tofu for a living. For more than 30 years, Muhammad Bintoro, age 56, has been living in this kampung and making tempeh. His tempeh shop is in his kitchen plus living room inside his home of 20 square meters that he has called home for the past 15 years.

Each day Muhammad buys 40 kg of soybeans, which his son washes and soaks overnight. The next morning Muhammad pours the softened soybeans into a machine that he built himself. He used to tread the soaked beans underfoot to remove the hulls, but now he simply runs them through this machine. The process for making tempeh is then described. Tempeh that is started on Thursday will be ready to sell on Sunday.

A color photo shows soaked soybeans being poured (with their soak water) into a square wooden box atop a soybean dehuller. Address: Staff writer, Japan.

13044. **Product Name:** Hijiki Tofu Salad.
Manufacturer's Name: Basic Soy Beanery (renamed Hodo Soy Beanery in Sept. 2005).
Manufacturer's Address: 1600 S. De Anza Blvd., San Jose, CA 95106. Phone: 408-517-8958.
Date of Introduction: 2009. July.
Ingredients: Soybeans, water, calcium sulfate, hijiki, shiitake mushrooms, cilantro, miso, soy sauce, sesame oil, brown rice syrup, sesame seeds.
Wt/Vol., Packaging, Price: -
How Stored: Refrigerated.
New Product–Documentation: Labels by brought to Soyinfo Center by Minh Tsai on 2009. Sept. 16.

13045. Vitasoy International Holdings Ltd. 2009. Annual report 2008/09: Where healthy life begins. New Territories, Hong Kong. 184 p. July. 30 cm. [Eng; Chi]
• ***Summary:*** For the fiscal year ended 31 March 2009, adjusted group turnover (sales) was HK$2,783 million, up 14.3% over the previous year. Of these sales, 53% came from Hong Kong and Macau, 20% from Mainland China, 15% from North America, 10% from Australia and New Zealand, and 2% from Singapore.

Gross profit was HK$1,279 million, up 13.1% from the previous year. Sales analysis by product categories: Soymilk 44%, tea 20%, tofu 10%, lunch boxes and snacks 8%, dairy milk 5%, etc.

At "Chairman's statement," a large color photo shows Winston Yau-lai LO, age 68. His resume is on p. 49. The resume of Ms. Yvonne Mo-ling LO, aged 61 (who is on the board of directors), is on page 51. Total dividends for the year are 21.5 cents per share.

In North America, Vitasoy USA lost money but, "in terms of profit from operation, it continued to achieve improvement by narrowing its operating loss further to HK$6 million, versus HK$11 million for the fiscal year 2007/2008. Tofu sales in North America grew by 11% "and pasta / wrap sales by an even stronger 29%. However, the sales of soymilk and imported products were down by 18% and 20% respectively." "In the last quarter of 2008, it was decided that Vitasoy USA should exit the loss-making aseptic soymilk business and concentrate on the tofu and Asian market businesses which were making positive contributions to the Group" (p. 33-34).

Singapore: "In early April 2008 we acquired the entire equity of Unicurd–a leading soyfood manufacturer and marketer in Singapore." Details on Unicurd's sales are given as are color photos of 8 of its products.

A five-year summary (2005 to 2009; p. 4) shows that, during this entire period, sales (turnover) increased 50.5% and annual profit increased 52.8%. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: (852) 2466 0333.

13046. Bibliothèque municipale de Lyon. 2009. Le mouvement travail-études [The work-study movement (Website printout–all)]. fr.wikipedia.org/wiki/Mouvement_Travail-%C3%89tudes Printed Aug. 17. [Fre]
• ***Summary:*** The 3rd photo from the top on the first page shows the outside of the building housing La Caséo-Sojaine. A large sign atop the near end of the building displays the

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company's name. Six people (who appear very small) are standing in front of the huge building. The photo is taken from *Lü Ou jiaoyu yundong* (The Movement for Education in Europe) (published in Tours, France, in 1916).

The text (in French) states: The work-study movement (*Qingong jianxue yundong*) takes its direct place in the history of the movement for education abroad that involved several thousand young Chinese, starting at the end of the 19th century. Studies abroad had, as their first goal, the creation of an intelligentsia necessary to enable China to gain access into modernity. These students of a new mold first went to study in Japan, then in the United States and in Europe.

The approximately two thousand students who took part in the work-study in France are alive at a crucial moment in the history of China. The passage between the end of the Manchu dynasty and a start of the Republican era generates confusion and instability; it is followed by combats among the war lords and their exactions. To these disorders and to great uncertainty, is added the enormous difficulty of building a new country paralyzed by a disastrous economic situation.

The core idea of the work-study movement is conceived by Li Shizeng (1881-1973) who knows France well, having completed his studies there as early as 1902, first at the *Ecole Pratique d'Agriculture,* on the outskirts of Paris at Montargis, then in the Paris capital, at the Pasteur Institute. The influence of anarchist ideals well disseminated in France at the time and his deep admiration for the French culture, next to the vast network of relationship that he created among important representatives of the political, cultural, economic and diplomatic circles, can easily explain that he was able to bring to fruition his plan to enable a large number of his compatriots to achieve studying in France all the while working to pay for their studies.

In 1908 in La Garenne Colombes (in the Paris suburbs), Li started a factory for processing soybeans into tofu and other soyfoods; this factory provided work to about thirty persons from his village of origin in China. In 1909 Li returned to China to plead his cause with the General Governor of the province of Zhili. Indeed the experience of the factory at La Garene illustrates well the principle of *qingong jianxue*–a school is opened not far from the factory for the benefit of the workers where Li Shizeng and Wu Zhihui (1864-1953; this movement's other founder) teach courses in Chinese, French and scientific subjects.

In a very frugal framework, there is also a very strict moral code (with, among others, the following prohibitions): no alcohol, no tobacco, no gambling, no prostitutes, etc. This framework provides rhythm to the life of the student-workers who share their daily life between laborious work and applied studies during their free time. According to the vision of the founding members of this movement, such a principle thus divided between work and study would permit the building of a new man: a citizen devoted to work and of an irreproachable moral rectitude. Similarly, this formula would have enabled to release, in the social life of each person, values of mutual help, cooperation and equality among men–which recalls the values advocated by certain anarchists.

At the fall of the Manchu dynasty, Li Shizeng creates in France in 1912 the Association for Work-Study (*Liu Fa jianxuehui*) with the support of Cai Yuanpei (1868-1940), at the time Minister of Education, and Wang Jingwei (1883-1944). A preparatory school is opened in Peking, where students, paying a very small enrollment fee, receive courses in French and general culture for six months with the goal in mind to continue their studies in France thanks to the arrangements made by Li so that they would be received in the schools and lycees of Montargis, Paris and Fontainebleau. Within two years, about 140 Chinese students will have come to France.

13047. Pasteur Institute, France. 2009. Repères chronologiques Li Yu Ying (Li Shizeng) 1881-1973 [Chronological milestones for Li Yu-ying (Li Shizeng) 1881-1973 (Website printout–all)]. www.pasteur.fr/infosci/archives/liy0.html Printed Aug. 17. [Fre]

• ***Summary:*** In the upper left corner is a small portrait of Li Yu-ying. We are not told when or where it was taken. The text reads:

1881 May 29–Chinese agronomist and pedagogue born on this date at Goayang (in China). His father was a dignitary at the Imperial Court of Manchuria [Manchu dynasty].

Li studies in China in a milieu open to Western / Occidental culture.

1903–Accompanies the Chinese Empire Ambassador to France.

1903-1906–Abandons his intention of becoming a Mandarin in order to undertake studies in agronomy at the Chesnoy School of Practical Agriculture (*Ecole pratique d'agriculture du Chesnoy*) at Montargis, located about 60 miles southwest of Paris. Drawing inspiration from the thought of Kropotkin and Proudhon, he creates the "Society for Moral Advancement" and takes part at the publication of the journal 'Xin Shiji" (The New Century).

1906-1910–Leaves Montargis for Paris where he enrolls in courses in chemistry and biology at the Sorbonne and works as an intern in the laboratory of Gabriel Bertrand at the Pasteur Institute.

1907–Joins the Tongmenghui, a clandestine resistance movement founded by Sun Yat Sen that aims at "giving back China to the Chinese (people), establishing a Republic and equally redistributing the land."

1908–Creates at La-Garenne-Colombes the "Caséo-Sojaine," a soya processing factory, thinking that soya could indeed help China meet its dietary needs. He will provide there work for about thirty worker-students that he brings from China to whom he provides additional intellectual

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training by setting up evening classes.

1909–Welcomes his friend Sun Yat Sen, on a visit to Paris, to his "Caseo-Sojaine" factory at La-Garenne-Colombes.

1911–Returns to China as the revolution puts an end to the Qing dynasty

1912–Publishes with L. Grandvoinnet: "Soya–Its Cultivation, Dietary, Therapeutic, Agricultural and Industrial uses."

1912–With the support of the Minister of Education, Cai Yuanpei, creates the Association for Work-Study in France. And thus, through 1914, one hundred and forty young Chinese, having undergone an introduction to the French language in a preparatory school in Peking will travel to France to study there.

1914–Opens the first Chinese restaurant in Paris.

1915–Creates in China the Society for Diligent Work and Frugal Studies.

1916–Creates in Paris, in collaboration with Yuanpei, the Franco-Chinese Society for Education in order to promote cultural exchanges between France and China.

1920–Takes part in the creation of the Franco-Chinese University in Peking.

1921–Takes part in the creation of the Franco-Chinese University in Lyon, France.

1922–On the occasion of Louis Pasteur centenary, Li favors the idea of a Pasteur Institute in Shanghai. The project is postponed for lack of funds. L. Boëz / Boez will take up the idea again in 1929 and the project will finally see the light of day in 1937.

1925–Becomes the first President of the administrative council for the Peking Imperial Palace Museum.

1929–Creates the Peking National Academy.

1932–In Peking meets Paul Langevin, entrusted by the League of Nations with a mission to reorganize public schooling in China.

1933–Under his (Li Yu-Ying's), as well as Zhihui's and Cai Yuanpei's initiative, a permanent Chinese delegation to the international organizations for intellectual cooperation sees the light of day as well as the Sino-International Library installed in Geneva, Switzerland.

1937-1944–Travels back and forth between China and Europe to aid in the fight against totalitarian powers and promote cultural exchanges.

1948–Travels for the last time to Peking to organize the 19th anniversary of the Peking National Academy.

1949–Leaves China to settle in Uruguay, where he lives until 1955.

1954–Creates and manages the International Chinese Library of Montevideo.

1956–Settles in Taiwan where he becomes the first General Manager for the National Palace Museum.

1966–Travels to France to try to restart again the Franco-Chinese Institute of Lyon. 1973–Li dies in Taiwan.

Bibliographical references and sources:

Zhu Min Da, Chronological notes on the life of his grandfather Li Shizeng (at Pasteur Archives).

Ministry for Foreign Affairs website, "Archives and Patrimony." "France-Diplomacy".

Lyon Municipal Library website, "Lyon Franco-Chinese Institute".

60 Years of UNESCO History, colloquy proceedings, Nov. 2005.

This is a service of the Archives of the Pasteur Institute.

13048. Malnutrition Matters. 2009. Food technology solutions (Website printout–part). www.malnutrition.org 1 p. Printed Aug. 30.

• ***Summary:*** This is one of the most interesting and innovative organizations working with soyfoods in the world today. Low-tech and appropriate technology systems, that operate with or without electricity, make soymilk, tofu, soy yogurt, soy coffee, peanut butter, and related foods at very low cost and high efficiency. Congratulations to Frank Daller, his team, and his overseas partners.

Contents: Home. Partners and sponsors. Background: Foods and malnutrition. Technology / expertise. Personnel / Associates. VitaGoat. SoyCow. SolarFlex Dryer. Projects: VitaGoat projects in Africa: KwaZula Natal, South Africa, Uganda, Zambia, Kenya, Tanzania, Namibia, Guinea, Chad, Mozambique; Also India, North Korea. Contact us. Address: 48 Rivershore Crescent, Ottawa, ON K1J 7Y7, Canada. Phone: 1-613-742-6888.

13049. Pfoutz, Arianne. 2009. Vermont soy focuses on local, organic soyfood production. *Organic and Non-GMO Report* (*The*) (*Fairfield, Iowa*) 9(7):8-10. July/Aug.

• ***Summary:*** "The buzz phrase 'fresh, organic, local' has found its perfect expression at Vermont Soy, a manufacturer of fresh soymilk and artisanal tofu at Hardwick, Vermont. Recently rated one of the top five most trustworthy soy companies in the US by the Cornucopia Institute, Vermont Soy is a key player in the transformation of this small, former granite mining town of 3,000 into an impressive model for sustainable agriculture and community economy."

13050. Tsai, Minh. 2009. Biography including work with tofu (Interview). *SoyaScan Notes.* Sept. 16. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Minh was born on 10 Jan. 1971 in Saigon, the capital of South Vietnam (later renamed Ho Chi Minh City). His name at birth was Minh Thai and he was the first child in the family. A younger brother was born later, followed by a sister. His parents and grandparents were all of Chinese ancestry. At the time of his birth, his parents were both teachers. His father taught history and music at a private high school and elementary school. His mother taught 1st grade at a private elementary school.

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The Vietnamese war, which had started in Aug. 1964 was raging and Richard M. Nixon was president in the USA.

His formal education began when he attended first grade at the school taught by his mother. She was a strict teacher–especially with her own son.

1975 April 30–The Vietnam war comes to an end as the Vietnamese National Liberation Front takes control of Saigon and the Saigon regime surrenders. The day before a helicopter had lifted the last fleeing people off the roof of the U.S. embassy in Saigon. North Vietnamese now begin transforming South Vietnam along Communist lines.

In 1977 he was pulled out of school by his parents, who stopped teaching at about the same time–before they were branded intellectuals and forced to stop. His parents took odd jobs to try and earn a living. Minh was sent to a tutoring system, but he escaped and thoroughly enjoyed himself from 1977 to 1980 doing what he wanted to and becoming a little entrepreneur to help the family earn money. He has fond memories shopping for food in the neighborhood with his grandparents.

In 1980 his family of five became one of the boat people who fled Vietnam. Their boat landed in Malaysia, where they lived on an island in a refugee camp run by the United Nations. They began to seek political asylum, which was finally granted to them by the U.S. government. They were put on an airplane and flown to the United States.

On 16 July 1981 the family of five landed at San Francisco International Airport. At immigration, the family surname was changed from Thai to Tsai (their correct Chinese surname). Minh was age 11 and spoke no English. They settled in San Francisco and were placed on the general welfare system of food stamps, etc. Minh entered 5th grade at the E.R. Taylor Elementary School, a public school near their home. With the help of an ESL (English as a Second Language) program, he was fluent in English within a year.

In 1985, after graduating from elementary school, he entered a private high school in San Francisco–University High School in Pacific Heights. Taking college preparatory courses, he graduated in June 1989.

In the fall of 1989 he enrolled in Columbia University with a scholarship. Studying economics and Asian studies, he graduated in 1993 with a BA in economics.

He then entered graduate school at Columbia Univ. in School of International and Public Affairs (SIPA). He graduated in 1994 in an accelerated course with an MA degree.

He went to Hong Kong and went to work for J.P. Morgan as an investment banker. There, in 1995, he met the young lady (Jean Ku) who would later become his wife. Hong Kong was not transferred by the British to Chinese control until 1 July 1997.

In 1996 he left J.P. Morgan to live in Costa Rica for 3 months; he worked as a chef in a vegetarian restaurant, read and wrote. Then he returned to San Francisco where he worked for the management consulting firm of Arthur D. Little.

In 1998 he left the world of high finance and worked for one year for a small Web software company named Phoenix Pop. He was paid well in both real money and stock options.

In 1999 he returned to the world of finance, starting work at Charles Schwab Corp., the brokerage firm. Both his parents were still living. Also in 1999 he reconnected with his wife-to-be when she enrolled in the University of California at Berkeley as a graduate student. They began dating and soon became close.

In 2002 he left Schwab and decided to take some time off; he worked part time as an independent contractor / consultant for Wells Fargo.

In 2003 Minh decided to drop out. He and his girlfriend enjoyed fine food and traveled the world, to Vietnam, China, Burma, France, Italy, etc.

After a year or so, he and his girlfriend returned to San Francisco. With four cousins on her side (all entrepreneurs and all very interested in food) they decided to meet once a week or so to cook and enjoy the meal together. Right from the beginning they began talk about how it would be interesting for them to start a food business. Their first idea was a high end / upscale Asian supermarket, but they concluded it was an idea ahead of its time.

They also chose a theme for each meal–Chinese, Italian,... and tofu. But they had a problem finding good, fresh tofu. So they decided to try making fresh tofu themselves. They found a place in San Jose (Sogo Tofu, 1600 S. De Anza Blvd., San Jose, CA 95106) that would let them use its facilities on weekends. Since everyone but Minh worked during the week, the six met there on weekends and learned to make tofu.

In the fall of 2003 they were ready to go. They called their company "Basic Soy Beanery." They began to sell their unique line of tofu and related products (all made from soymilk) that fall at a farmers' market in Palo Alto on Saturdays. Their first day, sales were $120. So for the next few months they met Friday evening to make their soyfood products at Sogo Tofu, sold the food on Saturday at the same farmers' market, then met in San Francisco each Sunday to have a meal and "debrief."

The Palo Alto farmers' market closed for the winter in December 2003. By now they felt they had tested and proved their concept, so they were ready to start a real company. In the spring of 2004 they all formed Basic Soy LLC; today the company traces its origin back to May 2004.

Before May 2004 the company sold the following products: Soy Milk. Silken Tofu. Medium Tofu. Braised Tofu (firm, grilled). Yuba. Soy Omelette (with yuba). Soy Croquettes (meatless meatballs). Poached Yuba Loaf.

The cousins returned to selling their fresh soy products at farmers markets.

But by the fall of 2004 it had ceased to be fun for many.

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There may have been some viability in the business, but no one but Minh wanted to continue. The others told him to do what he wanted with the idea; there was no talk of ownership, a buyout, or anything like that.

So Minh and Sogo employees started to make tofu and related soy products once a week. Minh would sell the products at a farmers market, expanding to the one in San Francisco and then the one in Berkeley. The first article about Minh's enterprise appeared in the *San Francisco Bay Guardian* (May 4-10, 2005). He did that solo for one year. His girlfriend (Jean Y. Ku) had a good job and she paid his way–proof to him that she was a solid, reliable person.

They were married on 15 Oct. 2005 at the Brazilian Room in Tilden Park.

That same fall, he decided that the time had arrived to look for financing to grow the business. It was already breaking even. He called the cousins together and told them they each owned one sixth of the company–but only if they were willing to invest in it would they be paid dividends. None of them wanted to invest and since none of them had done any work for the past year or ever before claimed any ownership, he felt that he owned them nothing. But now they decided to insist on owning one-sixth. And since they were close relatives, in the name of family harmony, he said he was willing to buy them out. They hired a lawyer and the negotiations went on for two months in the summer of 2005.

Now Minh would have to go looking for outside investors. But that's not how things worked out. A local man named John Notz had read the article in the Bay Guardian, phoned Minh and offered to invest money. Minh turned him down, in part because John was not interested in selling tofu at the farmers' markets. A few months later John called Minh again and said he would like to meet Minh at his space at the Berkeley farmers' market on Thursday. They got along well and soon John was selling the soyfoods at farmers markets, first with Minh and then by himself. Before long they hired a lawyer and formed a corporation.

On 7 Sept. 2005 the name of the business was officially changed to Hodo Soy Beanery. In Cantonese Ho means "good" and "do" (actually dow or dou) means "bean." Address: Founder, Hodo Soy Beanery, 2923 Adeline Street, Oakland, California 94608. Phone: 510-735-4587.

13051. Clark, Marler. 2009. Quong Hop & Co. ordered to pay $90,000 for violating food-safety laws (Web article). http://www.uslaw.com/ law_blogs/?item=654241. 1 p. Printed 2 Oct. 2010.

• ***Summary:*** "Quong Hop & Co. failed to maintain its Airport Boulevard plant in a sanitary condition, didn't stop pests from entering food-processing areas and didn't ensure that food was protected from contamination, said John Wilson, a San Mateo County deputy district attorney." However there is no evidence that anyone got sick from the long-time tofu maker's products.

13052. Lee, Henry K. 2009. $90K food-safety fine for South S.F. tofu maker. *San Francisco Chronicle.* Oct. 17.

• ***Summary:*** Quong Hop & Co., a tofu maker on Airport Blvd. in south San Francisco, has been fined $90,000 for violating food-safety laws. According to John Wilson, a San Mateo County deputy district attorney, the company failed to maintain its plant in "sanitary condition, didn't stop pests from entering food-processing areas, and didn't ensure that food was protected from contamination.

However there was no evidence that anyone got sick from eating the products made by Quong Hop, whose brands include Soy Deli, Soy Fresh, and Raquel's.

In 2007 Quong Hop recalled a number of tofu products after detecting a bacterium, *Listeria monocytogenes,* in them. This bacterium "can cause serious, sometimes fatal infections, in young children, frail or elderly people," and those with weakened immune systems. Address: Chronicle staff writer.

13053. Color photographs of modern hand-turned stone mill (quern). 2009.

• ***Summary:***

Top view showing stone grooves (see next page).

Side view of whole mill, assembled.

Side view showing upper and lower grooved surfaces.

13054. Sharma, Ratan. 2009. Bio-Data [Resumé]. India. 2 p. Oct.

• ***Summary:*** Note: Ratan Sharma, PhD, is a humble man, dedicated to helping others. He prepared this in Oct. 2009 at the request of one of the Members of Parliament in India, who used it in recommending Dr. Sharma for a high level award. Soyinfo Center had to make a special request to include it here.

"Name: Ratan Sharma. Date of birth: 1 March 1961.

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Place of birth: Ram Nagar, Allahabad [in the north Indian state of Uttar Pradesh (UP)]. Native address: V&PO [Village and Post Office]: Ram Nagar (Sirsa), Distt. Allahabad (UP). Present address: KH-177, Kavi Nagar, Ghaziabad–201 002 (UP).

"Qualification: Ph.D. from Banaras Hindu University in Soya Technology.

"Additional qualification: Short term courses on Soya food processing and Nutrition from the University of Illinois, and Texas A&M University, USA.

"Special achievements: Transferred a patented soymilk processing technology from Canada to India and helped the entrepreneurs to start the soy food business very successfully. Initiated and developed approx. 364 such entrepreneurs in India. This created a substantial employment opportunity and low cost affordable quality nutrition in general.

"Countries visited: Upon the success of this technology in India I was invited by many other countries to implement such technology in those countries for the better nutrition and employment generation especially in the African countries. With the help of this technology I worked to improve the nutritional status of the people who are suffering from HIV and AIDS. In this connection I visited Canada, Egypt, Singapore, Uganda, Tanzania, South Africa, Thailand, Nepal, Bangladesh, Sri Lanka and USA for training, demonstration and delivering lectures.

"Special Features: Since my childhood I had the compassion of doing some thing for the people of my country. I realized that a large number of our population is suffering from the malnutrition problem, and the regular protein sources are almost unaffordable for most of the people. This situation forced me to develop some low cost protein source which any one can afford. After completing my masters from the Banaras Hindu University I decided to do my Ph.D. for developing low cost nutrition through soybean. Also, I was influenced by Mahatma Gandhi who realized soybeans as a low cost nutritional source for this country. He tried a lot to introduce soy in the Indian diet in the year 1935 but because the processing technologies and systems were not very good during those days so Soya products could not get acceptance in the Indian diet at that time. I completed my Ph.D. on developing the low cost Soya products and started working to find some suitable processing system to process the soybeans into the soymilk and its derivatives on a cottage industry level at a very low cost. In the mean time I came to know about such technology developed by a Canadian company in Canada. I contacted them and with the help of another Canadian NGO (Child Haven International) I started working on the process of the technology transfer. I coordinated between all three organizations and finally transferred this Patented Canadian Technology successfully to an Indian company (SSP Pvt. Ltd) in the year 1995. I helped SSP Pvt. Ltd. to develop the Indian soymilk processing system based on that Canadian technology and helped hundreds of the unemployed people to use these machines as a cottage scale business for their employment and to produce a better quality low cost nutrition for the people of India. I worked very closely with the entrepreneurs using this technology and helped them to develop as a very successful entrepreneur. This technology was so successful that many govt. organizations and universities installed this processing system to promote this technology with the same objective. ICAR [Indian Council of Agricultural Research], CSIR, Indian army, Army Rehabilitation Centers, National Research Development Corporation (NRDC), Khadi and Village Industry Commission (KVIC), Ministry of Small and Medium Entrepreneurs (MSME), marketing corporations of a few state, industry departments of the Government of India (GOI) promoted and supported this processing technology for the same purpose of employment generation and promoting the low cost nutrition as well. Government of India included this machine under the Prime Minister's Employment Scheme and providing subsidized loan to the unemployed people interested to buy this system. I transferred this technology when there were no such low cost soymilk producing technology available in India and rarely in the world.

"This technology got its way to many developing countries under human feeding programs all over the world. In this connection I visited many countries and implemented this technology in those countries also for promoting the low cost high quality protein through this technology. Also, I got chances to train the group of people from all over the world on this technology under such training programs in USA and Canada.

"While working with US and Canadian organizations in India I got enough opportunity to migrate to USA or Canada but I decided to live and work in India only to work for my fellow Indians who need me and my expertise most.

"Although I did not publish any research papers in the scientific journals but established more than three hundred and fifty such soymilk processing units based on this technology. All of these machines are running successfully and employed a large number of people in their business and selling low cost nutritional soy products to the Indian population.

"India is facing a high incidence of protein calorie malnutrition problem. Through this successful development I am trying to improve the nutritional status of the country by providing low cost affordable and quality nutrition to all my fellow Indians. My overall goal is to eliminate the malnutrition problem from India by developing low cost nutritious products which every one can afford. I am continuously and diligently working on this.

"Ratan Sharma, Ph.D."

Note: The number 350 soymilk processing machines is a conservative number; it is the number of machines that Dr. Sharma introduced to India that were in operation at the time

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this document as written. This number includes about 325 SoyaCows (SC20 model), four SoyaCow plants with 200 liters per hour capacity, some non-SoyaCow plants made in India, and the rest VitaGoat plants from Malnutrition Matters (MM) in Canada. Ratan says that MM has not had significant commercial success in India. VitaGoat is used mostly by NGOs with very little production.

The total number of soymilk and tofu machines that Dr. Sharma has sold up to Oct. 2010 is actually close to 500. In the beginning, many small soy businesses failed, and sold their machines to someone else.

Quite often ProSoya orders larger capacity soymilk plants from SSP but not the complete plant. They source the other parts elsewhere, either in India or near the place where they are going to supply the plant.

SSP still manufactures the 100 liter/hour and 200 liter/hour capacity soymilk plant. They decided it almost a year back. After they transferred the SoyaCow business to Pristine Plants (PPI) on 9 Sept. 2006, they didn't manufacture any SoyaCows. SSP is a very big and technically sound company. They improved the SoyaCow somewhat from its original model. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13055. Yollin, Patricia. 2009. New factory to help unravel mystery that's tofu. *San Francisco Chronicle.* Nov. 12. p. E-1.

• ***Summary:*** When the subject is tofu, some people say things like: "Too bland. Too rubbery. Too spongy. Too puzzling." Minh Tsai, age 38 and a resident of Albany, has heard it all; he makes tofu and sells it directly to shoppers at 10 Bay Area farmers' markets., and to top restaurants such as Greens, Coi, and the Slanted Door. His goal is to educate people about tofu and demystify it.

In mid-October his soy company, Hodo Soy Beanery, began making tofu and yuba at a 12,000-square-foot state-of-the-art factory in West Oakland–almost five times the size of the old plant in San Jose. Next month, he hopes to start public tours and tastings.

Minh Tsai grew up in Vietnam and arrived in the United States at age 11. Dean Ku is Hodo co-founder and John Notz is the company's co-founder. Address: Special to the Chronicle.

13056. Huang, H.T. (Hsing-Tsung). 2009. Re: Braised bean curd in China. Letter (e-mail) to William Shurtleff at Soyinfo Center, Nov. 20. 1 p.

• ***Summary:*** The term used for "grilled tofu" in the *Mengliang Lu* of 1275 is (Chinese characters) which is: (a) pinyin: Jian dou fu, (b) W.-G.: Chien dou fu, (c) Cantonese: Jian dao fu.

In my experience "grilled toufu" is usually prepared in a restaurant or at home and used to make a dish for immediate consumption. Address: PhD, Alexandria, Virginia.

13057. Shu, Xiao Ou; Zheng, Ying; Cai, Hui; et al. 2009. Soy food intake and breast cancer survival. *J. of the American Medical Association* 302(22):2437-43. Dec. 9. [37 ref]

• ***Summary:*** Soyfoods improve breast cancer survival rates, in part because they are rich in phytoestrogens which resemble the human hormone, estrogen. Since estrogen appears to play a role in breast cancer development and progression, is it safe for women with breast cancer to consume soy? A recent large study examined soy food intake in women in China with breast cancer and evaluated the association of soyfoods with cancer recurrence and with death. More than 5,000 women who had been diagnosed with breast cancer were studied for an average of four years after diagnosis. Women who ate the most soy foods had almost a 30 percent lower risk of death during the period studied and were significantly less likely to have a recurrence of breast cancer compared to women eating the lowest amount (5 grams of soy protein or less per day) of soyfoods. These results were similar for both estrogen-receptor positive and estrogen-receptor negative cancer. The use of a common breast cancer drug, Tamoxifen, did not change results. Intakes of more than 11 grams of soy protein, or more than 40 milligrams of soy isoflavones, did not appear to offer additional protection. Women in this study mainly ate traditional soyfoods, such as tofu, miso, soybeans, and soymilk, rather than using soy supplements, fake meats, or isoflavone supplements. In other words, it looks as if a moderate intake of traditional soyfoods is both safe and beneficial for women with breast cancer. "Conclusion: Among women with breast cancer, soy food consumption was significantly associated with decreased risk of death and recurrence."

"Soy food intake, as measured by either soy protein or soy isoflavone intake, was inversely associated with mortality and recurrence."

From a review by Reed Mangels in *Vegetarian Journal,* 2010, Vol. 29, No. 3, p. 12. Address: 1. M.D., PhD, Div. of Epidemiology, Dep. of Medicine, Vanderbilt Epidemiology Center and Vanderbilt Cancer Center, Vanderbilt Univ. Medical Center, Nashville, Tennessee 37203.

13058. Nordquist, Ted A. 2009. The WholeSoy story. Paper presented (Powerpoint presentation) at North California Institute of Food Technologists, Alamo, California, Dec. 10. 7-8 p.m. 84 p.

• ***Summary:*** A good history of two companies: Aros Sojaprodukter in Sweden, and The WholeSoy Co. in California, both of which were founded by Ted Nordquist. Address: PhD, TAN Industries, Inc., 49 Stevenson St., Suite 1075, San Francisco, California 94105-2975; 660 Vischer Ct., Sonoma, CA 95476. Phone: 415-495-2870. Fax: 415-495-3060, Email tedalan@sirius.com.

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13059. Moncrieff, Scott. 2009. What the Sam's Chicken? The true story of the man behind the meat. *Focus* (*The Andrews University Magazine*) 45(4):20-23. Fall.
• ***Summary:*** "You go through the serving line at Dining Services, picking up mashed potatoes and gravy, salad, and a drink. Oh, and you add a portion of Sam's Chicken, along with two tablespoons of tartar sauce. It's pricey, at $3.79 a serving–and 25 cents for the tartar sauce–but it has been an irresistible favorite at Andrews University for 40 years. As you work through your five ounces of wheat gluten, soybean oil, soy flour, yeast extract, sea salt and top secret spices, you have no idea of the history of Sam's Chicken, or who Sam is, if indeed there is such a person. But as those 400 calories hurtle past your taste buds and into your bloodstream, sit back and maintain consciousness. I'm going to tell you.

"Our story starts about 6,000 miles away from Berrien Springs, Michigan, near the city of Obihiro, on the island of Hokkaido, in Japan. That is where Michihisa Yoshimura was born on March 4, 1915. His father, a well-to-do businessman, owned a coal mine and raced horses for fun. In some ways, Michihisa was a lot like your average American kid of the Post World War I era. He liked to snow ski, ice skate and play baseball (catcher and left field). As Michihisa got into his teens his mother, a Christian (his father was an atheist), wanted her son to attend a Christian school, so she sent him way down south to Saniku Gakuin, the Adventist college about 50 miles east of Tokyo on the other side of Tokyo Bay.

"There Michihisa providentially–for purposes of our story and title product–worked in the food department, helping manufacture peanut butter, grape juice and bakery products. During summer vacations he worked with his grandfather's flax company, further extending his knowledge of food production. When Michihisa turned 18, in 1933, he was required by law to apply to join the federal army. However, he was rejected because of flat feet–Japan was not yet in a large-scale war and its military was selective. This rejection prepared the way for him to gain permission to leave Japan to attend Madison College, just outside Nashville, Tenn., where he began further studies in 1937. He had been encouraged to go to Madison by Perry Webber (Emmanuel Missionary College class of 1911), a PhD in chemistry who had a special interest in soyfoods, and had spent much time at Madison College as well as in Japan. As Michihisa set off for Madison, Webber suggested he adopt the name 'Sam,' after the biblical Samuel. Thus Webber unwittingly saved us from 40 years of 'Michihisa's Chicken.' Incidentally, Sam's younger brother Zenzaburo, who remained in Japan, trained as a kamikaze pilot, and had given away his clothes preparatory to his final mission–and then, mercifully, the war ended.

"In entering Madison College, Sam had come to the school most suited to enhance his work as a food technologist with soy products. In 1904, E.A. Sutherland, having resigned as president of Emmanuel Missionary College, embarked with his colaborer Percy Magan to open a new school in the South. This institution, originally the Nashville Agricultural and Normal Institute, became Madison College (in 1937), and Sutherland served as president there for over 50 years. This school, like Andrews and Saniku Gakuin, focused on the harmonious development of body, mind and spirit. As part of the plan, students were to work off half or more of their expenses each year. Among the industries which developed on campus was a food factory which, in 1918, became Madison Foods. By the time Sam arrived in 1937, Madison Foods was a leading–probably the leading–developer of soy-based products in the United States, including soymilk, soy meat substitutes and tofu products.

However, times were hard and wages were pennies per hour. Sam's classmate Shirou Kunihira worked in the soymilk production plant, while Sam worked at the bakery, where his duties included running the bread loaves through the slicer. Shirou would get an allotment of soymilk at the end of his shift and Sam would collect the crumbs from the pan under the slicer. With these ingredients the friends would share a humble evening meal. For Japanese and Japanese-American students, there was the added challenge of the United States being at war with Japan. Despite these challenges, Sam graduated from Madison College in 1941 and worked an additional two years for Madison Foods, but now his passion for soy was balanced with a new passion for she.

Sumiko Yano, a.k.a. Sumi, was born in Japan, but grew up in Southern California. At the time the U.S. declared war on Japan, in December of 1941, her family was living in El Centro, California. Her father made his livelihood by arranging for cantaloupes and other valley produce to be shipped to market. In 1942, her family was given a one-month notice that they would be placed in a 'War Relocation Camp' in Poston, Arizona. (After relocation started, Sam and the other Japanese or Japanese-Americans at Madison would hide in the cornfields whenever immigration officials came looking for Japanese persons.) For approximately one year Sumi lived with her parents in an army barracks at the camp, eating in the communal dining area, using a latrine, and working every day in the agriculture department as a secretary, for $19 per month. One day, Sumi received a box of home-baked peanut-butter cookies from someone named Sam. Sam had sent the cookies as part of a thank you to Sumi's family, who had helped Sam's family with a financial transaction at a time when Japanese bank assets were frozen. Sumi wrote back asking for more cookies. Sam, in turn, helped arrange for Sumi to get early release from camp, in order to attend Emmanuel Missionary College, through the auspices of A.N. Nelson, then dean at EMC, but formerly president of Saniku Gakuin when Sam was a student there. Sumi, in turn, decided to pass through Madison on her train

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trip to EMC, to meet Sam. They met and got acquainted in the home of Perry Webber, and that fall of 1943 found Sam as well as Sumi enrolled for classes at EMC. Sumi worked as a reader in the home economics area for Mrs. Holquist, while Sam worked at the farm and the greenhouse.

The young couple was married on June 12, 1944, at a friend's house in Chicago, and lived in an apartment until Sam's graduation on August 1, 1945, with a BS in agriculture. Their first child, Steve, was born in June of that year. Sumi remembers that a friend drove her to Watervliet, Michigan, where the doctor, sympathizing with her state as a poor student, delivered her baby for free. Sam returned to Japan in 1947 (Sumi and infant Steve followed six months later), and spent ten years helping build up the food factory at Saniku Gakuin. The Yoshimuras returned to Tennessee in 1957, where Sam became production manager at Madison Foods. Continued. Address: M.A., Prof. of English, Andrews Univ., Berrien Springs, Michigan 49104.

13060. Moncrieff, Scott. 2009. What the Sam's Chicken? The true story of the man behind the meat. Part II. *Focus* (*The Andrews University Magazine*) 45(4):20-23. Fall.
• ***Summary:*** Continued: "Near the end of the time he worked there, he began developing Sam's Chicken '1.0,' a canned product. In 1963, Sam resigned from Madison Foods and began work as an independent consultant for Madison Hospital. He also did independent research using the hospital's facilities at night, working on, among other things, improving Sam's Chicken. As far as Sam knows, it was the first product to mix wheat gluten with soy or tofu. Sam says the product was made 'by blending tofu, wheat gluten, and other ingredients; the mixture was whipped, shaped into a loaf, baked briefly to sterilize it, torn into chunks, dipped into batter, then deep-fried to yield a delectable "meatless chicken"' (soyinfo.com).

"Sumi, who had gone on to get her BS in dietetics from Loma Linda University, was working as director of the Madison Hospital cafeteria, and used Sam's Chicken in the cafeteria with great success. What couldn't be consumed by the hospital was sent on to local self-supporting schools like Little Creek and Fountain Head.

"Around 1966, Sam went to work at Harding Hospital for Worthington Foods. While there, he developed Sam's Chicken as a frozen product, and further tinkered with the recipe, which included soaking it in a buttermilk and egg batter overnight, prior to dipping it in a bread-crumb and spice mixture and deep-fat frying it. It was shortly after this time, probably 1969 or 1970, when the Andrews cafeteria, under the leadership of Clinton Wall, began using Sam's Chicken, according to Ruth Roberts, who worked with Wall.

"Of his many accomplishments in the food technology industry, however, Sam himself was especially pleased to be loaned by Worthington Foods to help the country of Uganda with improving its food supplies for school children and women. Over a six-month period in 1969, he and his team, along with workers from UNICEF, developed porridge, roasted soybeans, and soyflour-enhanced bread for more nutritious school lunches.

"Sam and Sumi, now long retired, live in a suburb of Sacramento, California. And it appears that the ever-popular Sam's Chicken will tantalize the taste buds of new generations of Andrews students. As you wash down your last morsel with some grape juice, here are two last bits of the story to chew on. First, 'Sam's Chicken' has always been an unofficial name. The official Worthington product from which it is made is called 'Chic-ketts.' Second, Sam depended heavily on Sumi to give him feedback on the 'meaty' taste of his product. She ate real chicken, while the only meat occasionally eaten by Sam, the Sultan of Soy and illustrious innovator in a long line of meatless meat products, was fish."

Photos show: (1) Sam Yoshimura in 1941, when he graduated from Madison College. (2) Sam and his wife in 1963 seated on a couch in Madison, Tennessee.

(3) Sam standing in Kobe, Japan, in 1976.

(4) Tearing the mixture of baked tofu and wheat gluten into chunks.

(5) Sam's Chicken, ready to eat at Andrews University, after chunks have been deep-fried in breaded batter. Address: M.A., Prof. of English, Andrews Univ., Berrien Springs, Michigan 49104.

13061. Soyatech, LLC. 2009. Soya & Oilseed Bluebook 2010: The annual directory of the world oilseed industry. Bar Harbor, Maine: Soyatech. 356 p. Dec. Comprehensive index. Advertiser index. Statistical conversions. 28 cm.

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• ***Summary:*** This is the 4th year in a row that the *Bluebook* (a $95 value) has been sent free of charge to qualified industry members. On the cover are six color photos, including a heavily loaded tanker moving through a blue sea, and a farmer standing in a field of soybeans, bending over to examine one of the plants.

Soyatech has moved to a new part of Maine during the past year. This edition of the *Bluebook* contains 74 fewer pages than it did last year. The oilseeds covered in this book are (alphabetically): Canola, coconut, corn, cottonseed, flaxseed, hempseed, jatropha, linseed, palm, peanut, rapeseed, safflower, soya, sunflowerseed–the same as last year.

On the inside front cover is a color ad from Natural Products Inc. (Grinnell, Iowa), makers of innovative ingredients for bakery, soymilk and tofu. On the first page is a full page color ad from Louis Dreyfus Commodities; on the next page a full page color ad from desmet ballestra–which supplies healthy technologies for oils containing zero trans fat. SunOpta has a full-page color ad on page 4.

On the rear cover is a full page color ad from ADM titled "Trailblazing" showing a man on a mountain bike riding through muddy water. The text: "ADM constantly finds new paths for functional foods with NutriSoy soy isolates."

Chris Erickson is CEO. Keri Hayes is publisher and events director. In the Foreword, Joe Jordan (General manager and *Bluebook* content director) writes about the now popular word "sustainability" and its various definitions. He asks many questions about sustainability. Address: P.O. Box 1307, 19 Clark Point Rd., Suite 112, Southwest Harbor, Maine 04679. Phone: 207.244.9544.

13062. Wiley, Mary. 2009. Soy for life: The soy food industry is poised for growth. *Ontario Grain Farmer* 1(3):10-11. Dec.
• ***Summary:*** "Soy for Life" is the name of a new communications campaign launched by Soyfoods Canada (a trade association composed of Canada's leading soy food and beverage manufacturers) to help boost sales. "Their products represent a $340 million business in Canada," making soy foods and beverages part of Canada's grocery mainstream.

"This mainstream presence came as a result of... a 1999 US government labeling claim for soy, but sales have slowed somewhat in the past couple of years."

Peter Joe, President of Sunrise Soya Foods and head of Soyfoods Canada's board of directors says that his association has been "focusing on encouraging a labeling health claim for Canadian soy food and beverage products similar to the one that exists in the US." But recently the association "has shifted its attention back to marketing and communications activities targeted to consumers and consumer influencers." The campaign is designed to re-introduce Canadians of all ages to the benefits of soy.

"Dr. Brian Wansink of Cornell University's Food and Brand Lab was the keynote speaker at Soyfoods Canada's Soy Symposium, held recently [Oct. 5] in Toronto. He advised the gathering of marketers, retailers, distributors, and other soy industry stakeholders to target young women in the 18 to 35 age group, using an incremental usage approach." Dr. Wansink sees a bright future for soyfoods in Canada.

"Results of an Angus Reid September 2009 online survey of 1,000 Canadians about soy foods... showed that consumption of soy food products is highest among young Canadians, higher income households and women. It also showed that women in the 18 to 34 age group, who tend to be more frequent soy consumers, are particularly attuned to messaging about soy, both positively and negatively.

"Nutritional benefits: Dr. Allison Duncan, Canada's leading soy nutrition researcher, provided a thorough update at the symposium. Duncan and her human nutrition team at the University of Guelph recently released results of a study showing soy protein helps lower cholesterol and reduces the risk of heart disease in adults with type 2 diabetes."

"Market leaders in the tofu and soy beverage categories are using identity preserved [IP] non-GMO and organic soybeans in response to consumer demand."

A photo shows the Soyfoods Canada booth at The Journey to Your Good Health area of the Royal Agricultural Winter Fair. Some 150,000 visitors attended the fair.

13063. Astuti, Susi. 2009. Hidangan special tahu tempe [Special tofu and tempeh dishes]. Depok, Indonesia: Kriya Pustaka. iii + 72 p. [Ind]*
• ***Summary:*** Contains many tofu and tempeh recipes.

13064. Blatner, Dawn Jackson. 2009. The flexitarian diet–The mostly vegetarian way to lose weight, be healthier, prevent disease, and add years to your life. New York, NY: McGraw-Hill. xvii + 285 p. 24 cm. [116* ref]
• ***Summary:*** The author says she tries not to use the word "tofu"–even though she likes and recommends it. Instead she uses a longer term she coined–"veggie white meat." Tofu contains the taste "umami" also found in meat.

Soy is mentioned throughout this book, including (see index): Edamame, tofu, tempeh, vegetarian meats, vegetarian white meat. For definitions and a 'tofu tutorial" see p. 24-29.

The author, Dawn Jackson Blatner, RD, LDN, is a registered and licensed dietitian and a national spokesperson for the American Dietetic Association. She is the online nutritionist for Lifetime Television's MyLifetime.com; writes a food and nutrition blog for USA Today; teaches cooking classes; and appears regularly in print and television outlets such as CNN and RED magazine. Address: RD, LDN.

13065. Brackman, Agnes de Keijzer; Brackman, Cathay. 2009. The complete Indonesian cookbook. Singapore: Marshall Cavendish Cuisine. 184 p. Illust. (color). 24 cm. *

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13066. Bryant, Terry. 2009. Vegan soul kitchen: fresh, healthy, and creative African-American cuisine. Cambridge, Massachusetts: Da Capo Press. xxvii + 223 p. + 8 unnumbered pages of plates. Illust. (some color). Index. 24 cm. [25 ref]

• ***Summary:*** A unique and pioneering book with 150 recipes! Terry is an African-American man with many distinctions and awards. Accompanying each recipe is the name of a musical soundtrack the author likes and would like to share. Each recipe also has headnotes.

Soy-related: Cajun Creole-spiced tempeh pieces with creamy grits (p. 10-11). Open-faced BBQ tempeh sandwich with carrot cayenne coleslaw (p. 12-13, incl. a brief introduction to tempeh). Pan-fried coconut tempeh cubes with creamy celeriac sauce (p. 50). Spice mafé tempeh (p. 95-96). Tempeh, shiitake mushroom and cornmeal dumpling stew (p. 97-98).

One chapter (p. 139-53) is titled: "Protein routine: beans, tofu, tempeh, seitan." Red beans [azuki] and brown rice with red wine-simmered seitan. Rosemary toasted tofu cubes. Blackened tofu slabs with succotash salsa (with a brief introduction to tofu. "Think of tofu as a blank canvas on which you can creatively arrange colors to make a beautiful work of art"). Tempeh-stuffed bell peppers. Good green tempeh packet. Whole-grain mustard and cornmeal crusted seitan. Smothered seitan medallions in mixed mushroom gravy.

On the front cover is a photo of the author cooking. For one page about the author, see p. 217 or www.bryant-terry.com. Address: Eco-chef, food justice activist, and author, Oakland, California.

13067. Esselstyn, Rip. 2009. The Engine 2 diet: the Texas firefighter's 28-day save-your-life plan that lowers cholesterol and burns away the pounds. New York, NY: Wellness Central. xiii + 273 p. Foreword by T. Colin Campbell, PhD. Illust. Index. 24 cm.

• ***Summary:*** A very interesting, readable, and innovative book that advocates a sound, healthy diet that can last a lifetime. "Rip managed to convert a firehouse full of committed firefighters to a plant-based diet. Rip (born in 1963) is the eldest son of Caldwell B. Esselstyn, Jr., M.D., who has become famous for his ground-breaking book *How to Prevent and Reverse Heart Disease.* This book is both similar and different. It is similar in that the basic whole foods, plant-based diets advocated by father and son are 98% the same (and please focus on practicing that 98% and not squabbling about the 2%). It is different in that Rip is from a younger generation, is not a physician but an athlete and firefighter, and is trying to help people who want help in lowering their high cholesterol levels and their weight. He is not primarily trying to help people who have had at least one heart attack, are a death's door, and are (generally) willing to do almost anything to save their lives.

In Chapter 2, "My story," we read that while in school, Rip was an outstanding athlete. He set many high school swimming records (he still holds a national record in the 200 meter medley relay); he was a top player in his high school tennis team and co-captain of the water polo team.

At the University of Texas at Austin, he was a three-time All American swimmer and an Olympic trials qualifier in the 100- and 200-meter backstroke and freestyle events. In 1986 he graduated from the University of Texas and within six months he was competing as a professional triathlete–which required a 1-mile swim, a 24.9 mile bike ride, and a 6.2 mile run. In the Hawaii Ironman Triathlon he competed against six-time Ironman Champion Dave Scott, who was powered by a plant-based diet–Rip lost. So in 1987, because of the influence of his father and of Dave Scott, Rip changed to a healthy, whole foods, plant-based diet. In 1997 he decided to become a fire fighter in Austin, Texas. He continued to compete and won many events and set many records. For example, in May 2008 he set the National Record at the U.S. Masters Swimming Championship in the 200 yard backstroke (1:56:55). Rip is married to Jill Kolasinski, and they have a son, Kole.

Rip's commitment to a healthy plant-based diet has resulted in many people asking him to help them with their diets. So in 2007, he devised the six-week Engine 2 Pilot Study in which 62 people agreed to eat a plant-strong diet; he put them through a gauntlet of tests before and after study to quantify the results–which were spectacular. Then in May 2008 he initiated a similar 4-week (28 day) study in which 15 people participated, 13 Engine 2 firefighters and two civilians. Again careful before and after records were kept. The average participant saw his total cholesterol drop 62 points (from 197 to 135), his average LDL (bad) cholesterol fall 50 points (from 125 to 74), and his weight drop 14 pounds (from 203 to 189). And all this in only 4 weeks! This book is based on the latter plan.

Rip makes much more use of soyfoods in his plant-based diet than does his father. The index contains 16 entries for tofu, 4 for tempeh, 4 for seitan, 2 for milk substitutes ("soy, rice, almond, and oat milk, for example"), 1 each tofu sour cream (p. 239), soy milk, soy yogurt (Silk or WholeSoy).

Soy related recipes include: Migas especiales (with 1 lb firm tofu, p. 154). Breakfast tacos (with "½ tube vegetarian breakfast sausage {we like Gimme Lean}}," or use scrambled tofu (p. 155). E2 omelet (with "12 ounces Silken Lite Firm Tofu," p. 156). Lemon cornmeal pancakes (with "2 cups soy milk" and "½ cup soy yogurt, p. 157). Tofu steaks and mushrooms with mashed potatoes and green peas (with "1 pound extra-firm tofu," p. 180).

Linguine and creamy alfredo sauce (with "1 package Silken Lite firm tofu" and "2 cups unsweetened soy milk," p. 195). Lynn's meatloaf (with "10 ounces firm tofu," p. 204).

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Vegetable stir-fry with brown rice (with "1 pound seitan" and "two tablespoons low-sodium tamari," p. 208). Tempeh-mushroom stir-fry and soba noodles (with "1 package tempeh," and "3 tablespoons low-sodium tamari," p. 209). Red vegetable curry and brown rice (with "1 pound extra-firm tofu," p. 210).

Pad Thai (with "1 pound broiled tofu cubes {see p. 210}," p. 211). The great wooden bowl salad (with "1 pound extra-firm tofu," p. 214-15). Tofu vegetable spread (with "½ pound extra-firm tofu," p. 238). E2 sour cream (with "1 package Silken Lite firm tofu," p. 239). Asian marinade (with "3 tablespoons soy sauce, p. 241). Island marinade (with "4 tablespoons soy sauce," p. 241). Add tofu and allow to marinate refrigerated for 30 minutes to 4 hours (p. 241). Rip's favorite snacks include "4. Soy yogurt: I'm particularly fond of the Westsoy... cherry" (p. 243). E2 Basics chocolate pudding (with "1 package Silken Lite tofu," p. 245). Fruit bowl with soy drizzle (with "4-6 ounce container of soy yogurt," p. 249). Fruit mousse (with "1 package extra-firm Silken Lite tofu," p. 255). Maple sour cream dream (with "1 vanilla soy yogurt," p. 256).

Many recipes call for "Bragg Liquid Aminos" which are simply HVP (hydrolyzed vegetable protein) made by a quick and unnatural / artificial process; soybeans, wheat, and/or corn are immersed in hydrochloric acid until, after 1-3 days, the acid has broken down the protein into its constituent amino acids. Fermentation (as of soy sauce) can do the same thing naturally in 4-6 months. HVP is a source of flavor without salt, but that flavor is generally considered to not nearly as good as the flavor of soy sauce.

Rip has an exercise component to his "Engine 2" 28 day plan.

And Rip gives people a choice as they start the 28 day plan; one can be a Fire Cadet or a Firefighter (p. 22). The "Fire Cadet option is for those who prefer a more gradual approach." In week 1 Cadets must stop eating dairy products and processed / refined foods (such as refined sugar, white flour, etc.). In week 2 Cadets must stop eating meat, poultry, fish and eggs. In week 3 Cadets must do without added or extracted oils–even vegetable oils such as olive oil. In week 4 Cadets and Firefighters eat the total E2 diet, a healthy, whole-foods, plant-based diet. A Firefighter (the plan Rip recommends) requires that a give up all of these unhealthy foods from the start of the program. "Americans consume a staggering 50 percent of their calories from refined and processed foods."

Cholesterol-lowering drugs (such as statins: Rip, who is not a physician, does not use them).

Salt and sodium: Rip advocates a low-sodium diet.

Support groups after the 4-week program: Optional. People who wish to can create or find one themselves (p. 92).

Meditation and relaxation to reduce stress: Not part of the program.

Sugar and sweets. Avoid refined sugars, high fructose corn syrups, and things such as sodas, candy to which they are added. Instead choose natural sugars such as those in whole naturally-sweet fruits (p. 114-15, 134). In desserts, Rip often calls for up to 3-4 tablespoons maple syrup or agave nectar, yet a recipe for Brownies (p. 247) calls for "½ cup light brown sugar, packed" and "½ cup raw sugar." And a recipe for "Oatmeal raisin cookies" (p. 253) calls for even more refined sugar. Rip admits he has a sweet tooth. Some of his desserts violate the basic principles of the Engine 2 diet; they contain large amounts of refined sugars–unlike the recipes (developed by his mother) in his father's book. Moreover, his mother strongly suggests that desserts be saved for special occasions.

This is a sound, healthy diet and anyone who stays on it for 28 days will see dramatic improvements in their overall health and weight.

The Engine 2 diet is a good, practical diet for the rest of your life. But go easy on the desserts and try to avoid the ones with refined sugar. Address: Austin, Texas.

13068. Lewis, Lynn. ed. 2009. The food of Asia: a journey for food lovers through China, India, Japan & Thailand. Sydney, Australia: Murdoch Books Pty Ltd. 504 p. Illust. (color). Index. 30 cm.

• ***Summary:*** A gorgeous, artistically designed book, printed on glossy paper, with spectacular color photos on every page.

Contents: The food of Asia: China, India, Japan, Thailand. Snacks. Starters and salads. Soups. Seafood. Poultry. Meat. Tofu, legumes & vegetables. Noodles & rice. Accompaniments & side dishes. Desserts. Breads, rice & basics. Glossary.

"China has one of the great cuisines of the world." Japan: "... combines delicate, subtle tastes ands textures, always prepared with a light hand and sublimely presented to appeal to the eye as well as the tastebuds."

Soy-related: Inari sushi (p. 22-23). Tofu rolls (from China, with firm tofu and tofu skins [yuba], p. 76-77). Chilled tofu with ginger and spring onion (from Japan, with "600 gm block silken firm tofu," p. 78-79). Tofu dengaku (from Japan, with "700 gm firm {cotton} tofu" and "100 gm red or white miso paste," p. 94-95). Tofu and spinach soup (from China, with "120 gm soft tofu, drained," p. 100-01). Stuffed tofu soup with prawns (from Thailand, p. 102-03). Ramen noodles with soy broth (from Japan, p. 104-05). Agedashi tofu (from Japan, p. 110-11). Fragrant tofu and tomato soup (from Thailand, p. 124-25). Ten-treasure soup (from China, with 450 gm firm tofu, p, 126-27). Salmon and tofu balls (from Japan, p. 150-51). Steamed mussels with black bean sauce (from China, with "1 tablespoon salted, fermented black beans, rinsed and mashed," p. 178-79). Clams in yellow bean sauce (from China, with "2 tablespoons yellow bean sauce," p, 178-79). Soy chicken (from China, with dark soy sauce and light soy sauce, p. 214-15). Shanghai soy duck (with light and dark soy sauce,

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p. 236-37). Shabu shabu (from Japan, with "150 gm firm {cotton} tofu," p. 258-59).

Tofu, legumes & vegetables: Ma Po tofu (from China, "A quintessential Sichuan dish... Soft tofu is traditionally used," p. 298-99). Braised tofu with Chinese mushrooms (from China, p. 304-05). Fermented tofu with Asian greens (from China, with "3 tablespoons fermented white tofu," p. 304-05). Mushrooms with tofu (from Thailand, p. 308-09). Miso tofu sticks with cucumber and wakame salad (from Japan, with "500 gm silken firm tofu, well drained" and "3 tablespoons white miso paste," p. 310-11). Stuffed tofu (from China, p. 314-15). Stir-fried tofu in yellow bean sauce (from China, p. 314-15). Buddha's delight (from China, with "50 gm tofu puffs {deep-fried cubes of tofu}," p. 322-23). Soft tofu with chilli and spring onion (from China, p. 328-29). Braised tofu (from China, p. 328-29). Mock duck (from China, with homemade wheat gluten, p. 338-39). Beans with sesame miso dressing (from Japan, p. 392-93). Shiitake simmered in soy [sauce] (from Japan, p. 408-09). Three ways with sauces (from Japan, Ponzu, Sesame seed sauce, and Tempura dipping sauce, with soy sauce, p. 484-85). Three sauces (from China, Soy and vinegar dipping sauce, Soy, vinegar and chilli dipping sauce, Soy, chilli and sesame dipping sauce, with soy sauce, p. 487-88).

Glossary of Asian food and cooking (p. 492+): Aburage, dal (dhal), edamame, fermented tofu ("It is sometimes called preserved tofu or tofu cheese and is used as a condiment or flavouring"), hoisin sauce, inari abura-age (used to make inarizushi), Japanese mustard, Japanese soy sauce (shoyu), ketchap manis ([kecap manis] "A thick, sweet soy sauce used as a flavouring"), kuzu, mirin, miso, nori, paneer, ponzu, red bean paste ("Made from crushed adzuki beans and sugar..."), salted, fermented black beans (soya beans), sesame paste, sesame seeds, Shaoxing rice wine, soya beans, tofu, wakame, yellow bean sauce.

13069. Moskowitz, Isa Chandra. 2009. Vegan brunch: homestyle recipes worth waking up for–from asparagus omelets to pumpkin pancakes. Cambridge, Massachusetts: Da Capo Life Long. xiv + 240 p. Illust. (color photos). Index. 23 x 18 cm.
• ***Summary:*** What a great writer! Another fine book; her middle name, Chandra, is Indian, and her last name, Moskowitz is Russian Jewish. "Dedicated to vegan hash slingers everywhere. Scrambled tofu saves lives!"

The index contains 30 entries for tofu, 8 for tempeh, 5 for seitan, and 1 each for miso and soy. Address: Brooklyn, New York.

13070. Nguyen, Andrea Quynhgiao. 2009. Asian dumplings: Mastering gyôza, spring rolls, samosas, and more. Berkeley, California: Ten Speed Press. 234 p. Illust. (color photos by Penny De Los Santos). Index. 28 x 19 cm. [38 ref]
• ***Summary:*** Another very attractive book and well-written book by Andrea Nguyen. In the Introduction, the section titled "Ingredients" (p. 8+) discusses soy sauce (p. 16) and tofu (p. 16-17).

Soy related recipes include: Steamed vegetable dumplings [vegetarian] (Zhengjiao, Chinese, with 3 oz. brown pressed tofu filling, and light (regular) soy sauce, p. 35-36). Kimchi dumplings (Kimchi mandu, Korean, with 10 oz firm tofu, p. 44-45). Korean meat and vegetable dumplings (Gun mandu, with 6 oz firm tofu, p. 46-47). Steamed filled buns (Zheng bao, Chinese, with Vegetable and tofu bun filling {p. 101}, p. 95-96). Baked filled buns (Ju bao, or Guk bao in Cantonese, Chinese, with Vegetable and tofu bun filling {p. 101}, p. 97-99). Vegetable and tofu bun filling (Cai bao, Chinese, p. 101).

Chapter 9, "Sauces, Seasonings,..." contains several soy dipping sauces: Tangy soy dipping sauce (great with Chinese jiaozi or Japanese gyôza, p. 215). Korean dipping sauce (for Korean Mandu, p. 215). Sweet soy sauce (good with Cantonese steamed rice rolls {p. 156-60}, p. 217). Address: Food writer, Santa Cruz, California.

13071. Ronnen, Tal. 2009. The conscious cook: delicious meatless recipes that will change the way you eat. New York, NY: William Morrow, an imprint of HarperCollins Publishers. 239 p. Illust. (Color). Index. 26 x 20 cm.
• ***Summary:*** A full-color vegan cookbook. The index contains 21 entries for tofu (including tofu ricotta, p. 82-83), 15 for Gardein, 11 for tempeh, 5 for soy milk, 3 for seitan, 2 each for miso and for soy cheese, and 1 each for soy creamer and soy yogurt. Includes interviews with: Yves Potvin, maker of Gardein (p. 157-59). Seth Tibbott, founder and president of Turtle Island Foods (p. 192-93). Address: Vegan chef, lives in Los Angeles and Vancouver, BC.

13072. Russell, Ching Yeung. 2009. Tofu quilt. New York, NY: Lee & Low Books. 125 p. 21 cm.
• ***Summary:*** The title of this book is puzzling. The dedication page includes: "to the memory of my father, whose tofu quilt gave me inspiration."

One poem (p. 35-37) titled "Tofu quilt," describes how her father, when he had free time from is work as a tailor, would cut scraps of leftover fabric into pieces as big as her palm "and as square as chunks of tofu." Then he would sew them, one by one, into a big quilt, with different colors and textures. She called it a "tofu quilt."

Tofu is rarely mentioned in these free-verse poems for the author's childhood and there is no index to see where else it might be mentioned. In the glossary, "Tofu" (p. 125) is defined as a "soft cheeselike food made from soybean milk."

"Growing up in 1960s Hong Kong, a young girl dreams of becoming a writer in spite of conventional limits placed on her by society and family" (Publisher's summary).

The "Author's note" (p. 113) explains: "This free verse poetry collection reflects my writer's journey. It is based on

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my childhood in mainland China and Hong Kong in the late 1950s through the 1960s." She married an American in Hong Kong and now lives in South Carolina. They have two grown sons. Address: Writer, South Carolina.

13073. Silverstone, Alicia. 2009. The kind diet: a simple guide to feeling great, losing weight, and saving the planet. Emmaus, Pennsylvania: Rodale Press. Distributed to the trade by Macmillan. xi + 308 p. Foreword by Neal Barnard. Illust. (color photos by Victoria Pearson). Index. 24 cm. [17 + 71 endnotes*]

• ***Summary:*** On the cover: "New York Times Bestseller." A powerful, very popular book about a plant-based (vegan) lifestyle and diet, which calls for only "real food," with some nice macrobiotic flavor–A whole grain dish should be at the center of every meal, use of seasonal foods organically grown, azuki beans, daikon, kuzu, kabocha, miso, mochi, nori, sea vegetables, seitan, shoyu, no white or cane sugar (a "crazy making" food), tamari, umeboshi, etc.

By a well known actress who first became widely known for the film *Clueless,* a 1995 American comedy film loosely based on Jane Austen's 1815 novel, Emma.

She dedicates the book to Sampson, a stray dog she picked up on the streets of Los Angeles, to all animals who suffer needlessly, and to all "who do their best to tread lightly on the earth."

The index contains 16 entries for tofu, 14 for miso, 11 for seitan, 4 for soybeans (whole dry), 3 for soy milk, 2 each for edamame and tempeh, 1 each for butter substitute (soy-based margarine, p. 142-43), cheesecake–tofu, cheese–vegan (p. 143), shoyu (p. 142), sour cream–soy (p. 143), soy candles (p. 134), and tamari (p. 142).

Some good quotations from a fine writer: "And what about your health?... What if I told you that, by eating a plant-based diet, you will strengthen your immune system, beautify your skin, increase your energy, and reduce your risk (significantly) of cancer, heart disease, diabetes, arthritis, osteoporosis, allergies, asthma, and almost every other disease? What if I said that I feel myself getting younger, more powerful, and more beautiful as I age simply because of *what I eat?...* If you want to lose weight, you've come to the right place (p. 1).

"Eating a plant-based diet is the most ecologically friendly thing you can do... Every time you purchase organic plant-based food, you are protecting the quality of the soil and participating in a more equitable distribution of resources. Conversely, every time you buy a mass-produced steak–packaged in Styrofoam and plastic–you are feeding a huge, unsustainable, toxic death machine. This may sound harsh, but its the truth! There's a whole world of consequences behind every decision we make" (p. 131).

A large color photo on the cover shows lovely Alicia Silverstone, seated, with a bowl of food in one hand. The book contains many fine color photos on glossy paper. Address: Actress, activist, and committed conservationist, Los Angeles, California.

13074. Vallaeys, Charlote; Kastel, Mark; Fantle, Will; Christianson, Lynn; Hannah, Margaret. 2009. Behind the bean: The heroes and charlatans of the natural and organic soy foods industry. The social, environmental, and health impacts of soy. Cornucopia, Wisconsin: The Cornucopia Institute. 54 p. Illust. Index. 28 cm. Available free of charge at www.cornucopia.org/ soysurvey/ OrganicSoyReport/ behindthebean_color_final.pdf. [109 ref]

• ***Summary:*** Contents: Executive summary. Introduction. Part I: The organic soy scorecard. Commitment to organics. Commitment to transparency and openness. Commitment to stakeholders, in addition to shareholders. Commitment to avoiding genetically engineered organism contamination. Commitment to supporting North American organic family farmers. Company ratings in the organic soy scorecard. Private labels.

Part II: Unmasking the natural" soy industry. Isolating nutrients: Soy protein. Hexane: The processing of "natural" soy with a neurotoxic pollutant.

Conclusion. Appendix A: Scorecard ratings. Endnotes.

Pacific Foods [Oregon]: "On their packages, they have a "Certified to the Source" (TM) seal, and their web site explains that this program is "an ambitious endeavor to want to trace the origin of every single ingredient we use in our foods..." On the web page for its organic soymilk, Pacific Natural Foods writes that "We are very picky about our soybeans." "Cornucopia's research indicates that Pacific Natural Foods purchased close to half a million kilograms of organic soybeans from China in the past year. When asked simply to name the organic certifier of the farms where their Chinese organic soybeans are grown, Pacific Natural Foods did not respond. When asked if Pacific Natural Foods would share with us the name of the third-party certifier for their 'Certified to the Source' program, they were silent. This raises the question of whether this program is in fact third-party certified, or simply a marketing gimmick" (p. 26-27).

Vitasoy, USA: "Our research indicates that they purchase organic soybeans directly from American organic farmers in the Midwest, but they also purchased approximately 200,000 kilograms of organic soybeans and 100,000 kilograms of organic tofu from China" (p. 27).

"Another brand of soymilk that chose not to participate in our scorecard project was the industry's largest producer of soymilk, in addition to other soy products, Silk. WhiteWave, which markets Silk soymilk, is a subsidiary of Dean Foods. Dean Foods is the largest processor and distributor of dairy products in the United States, with $11 billion in sales in 2007."

"Since Dean Foods acquired WhiteWave, its founder, Steve Demos, has left the company [he was fired], along with almost all of the pioneering management–those who believed

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in 'green' values. According to Demos, the company is now all about 'green, with the dead presidents on it.'

"In January 2009, the familiar Silk soymilk cartons lost the green 'USDA Organic' seal and now state 'natural' where they once said 'organic.' The carton's design is the same, and many loyal Silk customers who associate the brand with organics may not be aware that they are now buying a nonorganic product. Silk's organic soymilk is now in a newly designed carton. Most Silk products are no longer certified organic or 'made with organic soybeans.' It also appears that Dean Foods / White Wave raised the price of their few new organic soymilk offerings, a very small percentage of their product line. They kept the same pricing for the majority of their product line, even though they switched to cheaper conventional soybeans and introduced their new organic offerings at a higher price point–a radical departure from the origins of the company. Before Dean Foods acquired White Wave and Silk, they were considered one of the true pioneers in the organic foods industry" (p. 27-28).

Hexane residues in food: "The FDA does not set a maximum residue level in soy foods for hexane, and does not require that food manufacturers test for hexane residues. Very little research has been conducted concerning the potential effects of consuming hexane residues in edible oils and other processed foods that contain soy protein, such as infant formula, energy bars, protein powders, and meat analogs. Food processors that use hexane tend to assume that nearly all hexane residues evaporate before reaching the consumer, but this may not be the case."

"Moreover, residue testing has tended to focus on the oil, but the protein and fiber that are left after extraction have also come in contact with hexane. To test for the possibility of hexane residues on these other soy components and products, The Cornucopia Institute sent a sample of hexane-extracted soy oil, soy meal, and soy grits to an independent analytical laboratory (registered with the FDA and USDA). While there was less than 10 ppm hexane residue in the oil, both the soy meal and soy grits contained higher levels of hexane residues. The soy meal contained 21 ppm hexane and the grits contained 14 ppm. These tests raise important questions regarding the presence of hexane residues in everyday foods."

"The Cornucopia Institute is petitioning the FDA to examine the effects of hexane in foods. First, Cornucopia is asking the FDA to test commonly consumed soy derivatives, such as soy protein isolate, for hexane residues. Second, if residues are indeed found to be common in foods, the FDA should provide information to consumers regarding the effects of these chemical residues on consumers, including infants and children.

"We believe that this research is especially important given the fact that most soy-based infant formulas contain ingredients that have been hexane extracted. In fact, nearly every major ingredient in conventional soy-based infant formula is hexane extracted. Infants consume much greater quantities of food compared to their body weight than adults, and formula-fed infants consume the same foods day after day, for many months. If hexane residues are present in conventional soy-based infant formula, their effects on infants should be investigated" (p. 36). Address: 1. Farm and Food Policy Analyst, principal author; 2. Senior Farm and Food Policy Analyst; 3. Research Director; 4. Research Assistant; 5. Board President, Scientific Editor. All: The Cornucopia Institute, P.O. Box 126, Cornucopia, Wisconsin 54827.

13075. Walters, Terry. 2009. Clean food: a seasonal guide to eating close to the source, with more than 200 recipes for a healthy and sustainable you. New York, NY: Sterling. 290 p. Illust. (Color). Index. 24 cm.
• ***Summary:*** This vegan cookbook, with a strong macrobiotic flavor and 223 recipes (arranged by season), shows you how to eat seasonal, unprocessed, and locally-grown foods that are good for people and the environment.

On pages 17-18 is a section titled "Soy" in which the author describes her belief that "there is so much information about whether soy is healthy or not." We have rarely seen a short section on soy containing so many clearly false or misleading statements as this one–too many to list. Clearly she gets her information about the nutritional value of soy from the Web rather than from scientific journals. Nevertheless she recommends and uses miso, tempeh, tamari / shoyu, and tofu.

The glossary of foods likewise contains many errors. For example: Aduki beans: Misspelled. Fermented black beans: She fails to mention that these are soybeans. Gomasio: Misspelled. Tempeh: "Made from pressed and fermented soybeans." Tofu: "Made from soybean curd."

The index contains 23 recipes for tofu, 9 each for miso, and tempeh, 3 for shoyu, and 4 for tamari. Address: Connecticut.

13076. Yagihashi, Takashi; Salat, Harris. 2009. Takashi's noodles. Berkeley, California: Ten Speed Press. An imprint of Crown Publishing Group, a division of Random House. vii + 168 p. Illust. (photos by Tyllie Barbosa). Index. 25 cm.
• ***Summary:*** A very original, beautifully designed book. "A collection of 75 recipes from James Beard Award-winning chef Takashi Yagihashi for both traditional and inventive hot and cold Japanese noodle dishes" (from the publisher).

Contents: Acknowledgments. Introduction. 1. Ramen. 2. Soba. 3. Udon. 4, Somen. 5. Asian noodles. 6. Pasta. 7. Appetizers. Ingredients glossary.

The cover photo shows a photo of "Natto soba." The headnotes to the recipe for "Natto soba" (p. 46-47) state: "My hometown of Mito is known throughout Japan as 'Natto City' in recognition of our devotion to these fermented soybeans. Natto has a wonderful nutty flavor and aroma,

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and I've loved it since I was a kid. Serving it with soba is a terrific introduction to this nutritious and ancient naturally preserved ingredient. When you open a packet of natto, the beans will be sticky and thready, but don't let that put you off. This dish makes a beautiful presentation when it's served. Just make sure you mix together all the ingredients very well before you eat to combine the flavors." On the facing page is a full-page color photo of the dish with cold soba broth being poured over the top.

The brief Glossary (p. 161-63) includes: Abura-age, goma paste, hoisin sauce, kombu, mirin, miso (red, white, or brown), natto, nori, soy sauce, sunchang kochujang, tobanjan, tofu, umeboshi, wakame, wasabi, yamaimo, and yuzu.

The word "soy" appears on 51 pages in this book, "soy sauce" on 43 pages, "Japanese soy sauce" on 39 pages, "miso" on 15 pages, "tofu" on 14 pages, "abura-age" on 7 pages, "natto" on 6 pages, "soybeans" on 2 pages, and "soybean" on 1 page. "Japanese soy sauce" is called for in dashi, in all other noodle broths, and in most recipes. Meat, poultry, fish, shellfish, and eggs are used throughout the book.

Several portrait photos show youthful, handsome Takashi. Harris Salat writes about food and culture. Address: USA.

13077. Cooper, Kim. 2010. Main developments leading to Grain Farmers of Ontario (GFO) (Interview). *SoyaScan Notes.* Jan. 6. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Of the three organizations that recently merged to form Grain Farmers of Ontario, the Ontario Soybean Growers (OSG) was clearly the strongest financially and generally otherwise. The corn growers had spent a lot of money on legal costs arguing before the World Trade Organization (WTO) that U.S. corn was being dumped into Canada. It was partially for this reason that, about three years ago, OSG suddenly backed out of the merger negotiations for a while. Kim attended a meeting in Chatham on the subject. The soybean growers were getting a little antsy because the other two groups didn't have much money; the soybean growers were concerned that they would be paying more than their share of the expenses in the new organization.

But the three groups talked some more and did more political maneuvering and before long resumed the negotiations. Farmers were not at these merger negotiations; rather, they were represented by about 2 top executives for each of the three organizations at any given time. But over the years many of the negotiators changed–which caused even more problems as far as continuity. The meetings were not open to the public and not a lot of information came out–although a sincere effort was made to keep the soybean growers informed. So growers were informed, but there wasn't a lot to tell them, because the talks were going slowly and the content was not yet for public knowledge. Thus, the growers were not aware of the details of the negotiations. There was no attempt to conceal anything from the growers.

Remember that the farmers were a major reason for the original idea that the three organizations should merge–to avoid paying duplicate checkoff fees and duplicating activities. They could see that each of the three groups were doing many of the same things. So things started out based on good ideas, but (as often happens) politics gets mixed in and things start to go off track.

Finally each of the three groups of growers voted on the merger plan. To pass, the vote had to be favored by a certain percentage of the growers and of the production. Some soybean growers still think that the results of that vote were not accurate, that "the numbers just don't add up," but that the Ontario minister okayed them anyway. One of the objectors to the results was a former director of OSG, Dave McClary (District 5–Middlesex). He was quite upset. He wrote a number of letters to the farm newspapers detailing his objections. He went to the Ontario Farm Marketing Products group, which oversees the whole process, and again explained his objections.

Kim has been concerned for a number of years that all the soybean growers hear about is asking the government for more money. When OSG was planning its move from Chatham to Guelph, Kim was offered a position at Guelph. He turned down the offer (in April 2004) for various reasons. One reason was that he thought the leadership was getting too political while moving away from the grass-roots level. Instead of focusing on how growers could make more profit from growing soybeans, there was a huge push toward trying to get more money from the government. "I just didn't agree with where they were heading."

OSG was the last of the three groups to move to Guelph, into the same big building with the wheat and corn growers. Much politics surrounded the decision to move into that building.

From 1989 to Dec. 2003 OSG had published a very interesting and content-rich 8-page monthly periodical, *Ontario Soybean Growers Newsletter.* All of a sudden it disappeared. In its place, a 1-page monthly color insert was placed in the *Ontario Farmer.* Kim thought it was basically a way to cut costs. "It was a huge change. It also went overseas to all of our customers"–such as tofu and miso makers in Asia. "I think it was another shift away from meeting the needs of your customers, which included the growers and overseas customers, and putting more focus on lobbying. That's my reading on things. The thrust and focus of OSG has changed dramatically over the past 10 years. I addressed the board of directors before I left. I said: "I think you're moving away from serving the needs of your growers. You are becoming a little bureaucracy of your own, moving to Guelph.' The feeling was: All the other agri organizations are in Guelph, so we'd better be there too. A lot of politics were

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involved, a lot of back-room maneuvering.

OSG originally chose to locate in Chatham because the location was central to Essex, Kent, and Lambton, the main three soybean growing areas. Guelph is not the center of soybean growing in Ontario, but it is the center of Ontario ag organizations. The capital of Ontario is Toronto." Guelph is between Chatham and Toronto, about 85% of the way to Toronto, and far to the northeast of Chatham.

Kim thinks the main reason for the big changes in OSG was a change in the leadership. At the annual meeting, the directors are elected by the soybean growers in each district, and an executive is elected from within the directors. Kim believes that the leadership has deteriorated greatly over the last 5-8 years. Their top priority has shifted to politics and lobbying–rather than the farmers.

One of the "buzz words" or basic ideas during this time has been that Ontario soybean growers were not on a level playing field with their competitors, and especially with farmers in the USA who were given big federal subsidies in the farm bills. Canadian farmers came to expect the same subsidies per capita that U.S. farmers were given by their government–even though they knew it wasn't going to happen, in part because Canada's government was trying to reduce its spending and deficits, be fiscally responsible and balance its books. "So the farmers are still asking for more money, even though they realize the government is giving out less money in subsidies to agriculture." Kim is a city guy and all year he hears the criticism from non-farmers: "Farmers are always whining for more money." That's a real knock against Ontario's farmers.

The growers launched a big campaign: "Farmers feed cities." It started out as a good idea, to make the public more aware of the importance of farmers in their daily lives. But it soon became political, and the idea was implied, "Therefore we need your subsidies." It was a way to get the public to pressure the government to give farmers more money. "It was never going to happen and the growers knew it as never going to happen."

Kim agrees with this basic idea that the playing field was not level. American farmers are much better represented in their federal government than Ontario or Canadian farmers. And federal subsidies to U.S. farmers makes it hard for Canadian farmers to complete with their American counterparts.

When Kim was at OSG, there was great focus on breeding soybeans which were as close as possible to what Asian soyfood makers said they wanted, then shipping them identity preserved (IP) overseas. There were both incoming and outgoing missions to serve these soyfood makers. The key group became the Canadian Soybean Export Association (CSEA) which did these trips. In recent years the executives of OSG felt that CSEA was not performing as well as they could. So they formed their own organization named the Canadian Soybean Council (CSC), which in the beginning was a farmer-to-farmer group working on various research projects such as disease resistance. Originally it was not designed to compete with CSEA, but it evolved into that and now there is conflict between CSC and CSEA and quite a bit of duplication of effort. "Now two groups going to Asia and our soybean customers there asking 'What's going on here?' They are confused and the grass-root soybean growers are not aware of what is happening in this area. "With OSG's main focus on lobbying, this sort of thing gets shuffled to the sidelines or back pages. Yet it is a real issue; the overlap doesn't help Ontario soybean farmers and it doesn't help our customers overseas. People have stood before the OSG board and explained this problem, and they are still doing it. Representatives from CSEA have also met with representatives of CSC.

Victory Soya Mills didn't really shut down and disappear; it was basically moved to Hamilton, Ontario. Ontario now has two soybean crushers, but it used to have three. There were many reasons that Victory Soya Mills was shut down and demolished–from environmental issues (it stunk), to high taxes, to terrible traffic jams when trucks filled with soybeans tried to go to and from the plant, to the rising value of the property for condominiums.

Fred Brandenburg is fine. He now works full-time for Agriculture and Agrifood Canada in Guelph. Kim keeps in touch with him. He was the perfect man for the job while he was at OSG and a great man to work for.

Does Kim think the new organization, Grain Farmers of Ontario, will work? Yes, he thinks it will work because the farmers want it to work. Obviously, as with any new organization, they will have to go through some bumps and obstacles.

Dale Petrie is an import to the soybean industry; his background was in seed corn. Kim worked for him when he worked at King Grain.

None of what Kim has said above is confidential; he has said it before and people know his position. Kim's grandfather was part of OSG in the early days. Address: Agricultural Coordinator, Economic Development Services, Municipality of Catham-Kent, Chatham, Ontario, Canada.

13078. Nordquist, Ted. 2010. Re: Early work with health foods, sour dough bread, and tofu in Sweden. Letter (e-mail) to William Shurtleff at Soyinfo Center, Jan. 6. 1 p.

• ***Summary:*** "You may not know this, but while studying for my PhD I worked part time at the Mental Hospital and also at Sweden's largest and first Health Food Store in Uppsala, founded and run by Birgitta Åkerheden and her husband. I introduced to this store a sandwich / soup café section and introduced sour dough whole grain bread by bringing sour dough starter from San Francisco and working with the local Skuttunge Bagari to manufacture the sour dough bread for the sandwiches. I then introduced to the store 'alfalfa sprouts' showing them how to grow these and sell them in

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the store.

"When I then tried to introduce tofu at the store the owner asked me why I did not start my own tofu factory. It was a good question. You know the rest.

"I actually made about 12 different foods from tofu and invited the investment banks to this store to get start up money. Birgitta and I worked all day and had a huge demo ready for the bankers at closing time 6:00 PM. Of the 5 banks invited, none of them showed up!

"I was able to borrow $10,000 from my mother and $10,000 from my Korean neighbor, Professor Ki Yong Kim, head of Seoul University Computer Department. Eleven years later I paid Kim back at 18% interest (We continue to share Christmas cards). (Like most children, I never paid my Mother back, but I have 'loaned' a lot more than that amount to my children, so I think my Mom is OK with the final result)." Address: TAN Industries, Inc., 351 California St., Suite 1330, San Francisco, California 94104; 660 Vischer Ct., Sonoma, CA 95476.

13079. Roseboro, Ken. 2010. The 2010 non-GMO sourcebook: A buyers guide to global suppliers of non-GMO and organic seeds, grains, ingredients, and foods. Fairfield, Iowa: Evergreen Publishing, Inc. 106 p. Illust. (both color, and blue and white photos). Index. 28 cm.
• ***Summary:*** Contents: Editor's introduction (by Ken Roseboro, publisher and editor). Suppliers of non-GMO products: United States, Canada, Europe, Africa / Middle East, Asia / Australia, Latin / South America. The Non-GMO Project special section (includes comments by Michael Potter and Nature's Path {in Canada}). Related products, services, and organizations. rBGH-free dairy processors in the US. Index of non-GMO suppliers by product category: Seeds (corn, soybeans), canola / rapeseed, processed canola / rapeseed products, corn / maize, processed corn / maize products, soybeans (identity preserved, specialty, organic), processed soy products (flakes, flour, germ concentrate, grits, lecithin, meal, nuts, oil, low linolenic oil, phytosterols, protein, textured protein, soymilk, soymilk powder, soy sauce, tofu, vitamin E / tocopherols), other grains / oilseeds and processed products (alfalfa / hay, barley, cotton,...), other ingredients and processing aids (citric acid, dairy ingredients...), sweeteners, food products, food supplements, animal feed. Index of related products, services and organizations. Complete index of listings. Index of advertisers.

Note 1. In the Suppliers section, many company entries have the Non-GMO Project logo (with an orange and black butterfly on a green leaf) next to their company name (e.g., Eden Foods, p. 17; WholeSoy & Company, p. 42).

This comprehensive book gives the single best picture of the growing industry, worldwide, opposed to genetic engineering. Address: Editor / Publisher, P.O. Box 436, Fairfield, Iowa 52556. Phone: 1-800-854-0586.

13080. Spoelstra, Johanna. 2010. Re: Notice to Dakini Foods clients. Letter to all clients in India, Feb. 1. 1 p. Typewritten.
• ***Summary:*** "Thank you for the privilege and honor of working with you all these years.

"Note that we are forced to close our business as now the Indian government is without explanations denying us our business Visas.

"Our managing director since 14 years, after more then 3 years of waiting for a visa extension approval. got a leave India notice! He traveled with all company documents to Delhi to inquire and ask for the reason for that notice. The section officer at the Ministry of Home Affairs in charge of his visa extension after running him from table to table for 5 hours and misbehaving with him, finally demanded a big / fat / obscene large bribe ("special tax") in order to even look at the files. Mr. Shapira, our MD [managing director] pulled out the company check book and offered to write him by check and pay this "tax" at once visibly enraged and annoyed the officer said "you just go to your country." By the time Mr. Shapira returned to Pune he was detained by DCP [Deputy Commissioner of Police] Sengaonkar, harassed in appalling conditions for more then two weeks for being detrimental to India's National security!

"Its seems all it takes these days in India is one disgruntled middle level desk officer at the MHA [Ministry of Home Affairs] Delhi, irritated for not getting his bribes on time and some collaborating local corrupt police officers, to overrule all these approvals!!! And also harass and extort and break the law With impunity.

"Senior Lawyer Mr. Ram Jethmalani who got disgusted with the kind of treatment and perverted practices, personally went and met Home minister Mr. Chidambaram to bring to his attention the situation. The Home Minister has promised Mr. Ram Jethmalani to look into the case and get back to him in a day or two. This was in September and nothing was heard from him as yet. Apparently Mr. Chidambaram rather breaks his promise to Mr. Ram Jethmalani than tackles the rot in his own Ministry. My own 5 years visa extension which already got approved has now been revoked and I was asked to leave India, no reason given.

"Thank you for Dakini Health Foods Pvt. Ltd." Address: Director (Administration), Pune, India.

13081. Shurtleff, William. 2010. Thoughts about George Ohsawa. *SoyaScan Notes.* Feb. 5. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** There are six things I greatly admire about George Ohsawa: (1) He had a tremendous sense of gratitude for life itself and for all things. (2) He emphasized the oneness of all things (nonduality) and showed that the pairs of opposites are more deeply one. (3) He had a marvelous love of life and sense of humor. People remember him as a deeply happy and charismatic man. (4) He had a very

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original and creative mind–especially for a Japanese man of his time. (5) He introduced many fine Japanese foods into Western diets that Caucasians now actually eat on a regular basis–miso, tofu, shoyu / tamari, umeboshi, kuzu, sea vegetables, seitan, natto, and many more–and in doing so played a major role in starting the natural foods movement in America. (6) He played a leading role in introducing brown rice into American food culture, starting in the 1960s. Address: Founder and owner, Soyinfo Center, Lafayette, California. Phone: 925-283-2991.

13082. Malnutrition Matters. 2010. Improved, sustainable nutrition and community development: With the VitaGoat & SoyCow systems and other technologies. Ottawa, Ontario, Canada. 18 p. Printed 27 Oct. 2010.
• ***Summary:*** The company's tagline is "Food Technology Solutions." This PowerPoint presentation, consisting of 18 graphics / frames, was presented in about Jan. or Feb. 2010. Contents: 1. Title page. 2. MM: Sustainable nutrition & community development. 3. Why are soyfoods ideal for development? 4. Today (number of units installed in different nations worldwide). 5. Site status–December 2009 (map of Africa and Asia shows number of installations {142} + committed {40} in specific nations worldwide. Includes 17 in India). 6. The VitaGoat system (shows the six different pieces of equipment: Hydraulic pump, boiler with chimney, cooker, above filter press, cycle grinder, tofu box). 7. Why the VitaGoat? Manual (non-electric) operation to enable rural micro-enterprise [small business]. Wood, coal, gas or other fuel options. Lower cost and more versatile. 8. The VitaGoat–Food production chart (soymilk, tofu, okara). 9. Why a SoyCow? Electric processing of soy foods. Two models (hybrid and fully electric). 10. Comparison of systems: SoyCow E, SoyCow M, VitaGoat. 11. The VitaGoat / SoyCow: Applications & economics. 12. Orissa project: Achieve a positive health outcome for over 5,000 students. 13. Strategy and priorities. 14-15. Innovations: VitaGoat canning module, SolarFlex fruit and vegetable dryer. 16. SolarFlex Dryer–Small farm model. 17. PedalPro–cycle innovation. 18. Thanks to our sponsors: Africare, Alpro, Child Haven, First Steps, Rotary, WISHH, World Bank.

There is a color photo or illustration on most pages. Address: 48 Rivershore Crescent, Ottawa, ON K1J 7Y7, Canada. Phone: 1-613-742-6888.

13083. Wartinger, Lisa; Haren, Chuck. 2010. Plenty in Guatemala. *Plenty Bulletin* (*Summertown, Tennessee*) 25(4):1-2. Winter.
• ***Summary:*** "In early November several Plenty representatives visited our long time CAFSI (Central American Food Security Initiative) project partners in the rural Mayan community of Molino Belen, Guatemala, and the women's association Unidas Para Vivir Mejor (UPAVIM) in Guatemala City.

"Out first destination was Barrio San Bartolo and the Mayan community of Molinio Belen, home to about 1200 people. This community overlooks world-renowned Lake Atitlan, a timeless source of food, water, and spiritual significance for the Mayan people.

"How good it was...to visit the Asociacion de Desarollo Integral Belen (ADIBE), to see how they are addressing these issues.

"ADIBE is a non-profit association dedicated to improving the lives of people living in Molino Belen. ADIBE manages the soy dairy (Soy Center) that was established by the community and Plenty in 1979. The community elects their board of directors every two years. meeting with the current "directiva," we were impressed by their earnest efforts to benefit the residents of Molino Belen. Edyn (Eddy) Chalcu, at the age of 21, is ADIBE's current administrator. The Soy Center produces plain and flavored soymilk, tofu, soy ice cream, and flour and sells these products in Guatemala City and several large towns, as it has done for 30 years. In July 2008 ADIBE participated in a national competition for small rural producers. Out of 180 groups, they were one of the final 12 selected, and received an award of 45,000 quetzales or about $6,000. Using the award as an impetus, in November 2008, they made a formal request to the Agricultural Technical Mission of China (Taiwan) in Guatemala for help to expand their production, sales, and markets. In January 2009 the Taiwanese agreed to provide two years of consistent technical support, which has been a real boost to ADIBE. It has enabled them to expand their product line to include toasted soy flour, soy coffee, and even shampoo and moisturizing cream made from the whey remaining from the tofu making process (very nice products, as we tested while in the field!).

"The UPA-SOYA project: After our visit to ADIBE, we spent a few days with members of the Unidas Para Vivir Mejor (UPAVIM), an association of eighty-four women in urban Zona 12, La Esperanza, Guatemala City. In late 2003 UPAVIM requested help from Plenty to design a floor plan and set up a small-scale soy food-processing kitchen next to their small bakery. With Plenty's assistance, the equipment was installed and, by the end of 2008, more than twenty women had received instruction in commercial food preparation and handling, sanitation procedures, and adapting soy foods to traditional meals. Soymilk and other foods were sold in the neighborhood, as well as distributed to children attending UPAVIM's pre and primary school.

"The years 2008 and 2009 have been very difficult for UPAVIM. Sales of their artisan items, income that sustains their social service activities, have fallen with the downturn of the world economy, and UPAVIM was not able to keep up with the costs of operating the soy processing room. The women decided to stop soy production, and then restart UPA-SOYA when they could secure the resources needed to make a sustainable venture."

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Photos show: (1) ADIBE staff and Board representatives with Plenty representatives. (2) Inside view of the soy processing room showing its equipment and visitors. (3) Amado del Valle demonstrates how to use the new soymilk press donated by Plenty. (4) UPAVIM staff and volunteers pose with Plenty representatives. Address: Plenty representatives.

13084. Culture Codec. 2010. Pune health-food company Dakini Foods forced to leave (Web article). http://www.culturecodec.com/post/440492747/dakini-foods-pune-closed. March 11. Posted.
• ***Summary:*** "It is a sad day here in Pune, as I have received word from our favorite health-food producers in town that they have been forced to leave for bogus visa reasons.

"Dakini Foods produced the best natural food products we could find in town–including all natural and fresh peanut butter, tofu, tempeh, and rice cakes. Ah, what a sad, sad day.

"What is more, it seems that corruption and abuse of power were the rule in the government's under-handed dealings with Hillel Shapira, the proprietor of Dakini Foods, even to the extent of imprisoning him and making him pay bribes to use the bathroom.

"We clearly live in uncertain times when the emerging leaders of the 'free' world act indiscriminately with impunity.

"We wish Hillel and the others the best, and hope they find prosperity in their next ventures. Good bye, Dakini!"

Note: Three links are given to newspaper articles; two of these are to the *Times of India.* Address: Pune, India.

13085. **Product Name:** Amy's Teriyaki Wrap (With Organic Tofu, Brown Rice & Vegetables).
Manufacturer's Name: Amy's Kitchen Inc.
Manufacturer's Address: P.O. Box 449, Petaluma, CA 94953. Phone: 707-762-6194.
Date of Introduction: 2010. March.
Ingredients: (Vegan): Organic brown rice, filtered water, organic wheat and whole wheat flour, organic tofu (filtered water, organic soybeans, nigari {magnesium chloride, a natural firming agent}), organic broccoli, pineapple juice, organic tamari...
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) in plastic bag. Retails for $3.29.
How Stored: Frozen.
New Product–Documentation: Product with Label purchased at Diablo Foods in Lafayette. 2010. March 7 by 3 inch plastic bag. Dark blue, green, white and red. On front panel: "Non-dairy. Keep frozen. Non GMOs."

13086. **Product Name:** Amy's Indian Spinach Tofu Wrap (With Organic Spinach and Tofu).
Manufacturer's Name: Amy's Kitchen Inc.
Manufacturer's Address: P.O. Box 449, Petaluma, CA 94953. Phone: 707-762-6194.
Date of Introduction: 2010. March.
Ingredients: (Vegan): Organic spinach, organic onions, organic wheat and whole wheat flour, organic tofu (filtered water, organic soybeans, nigari {magnesium chloride, a natural firming agent}), filtered water, expeller pressed high oleic safflower oil, sea salt, organic garlic. spices*, organic jalapeño peppers, turmeric. Contains wheat and soy. * = 100% pure herbs & spices (no hidden ingredients).
Wt/Vol., Packaging, Price: 5.5 oz (156 gm) in plastic bag. Retails for $3.29.
How Stored: Frozen.

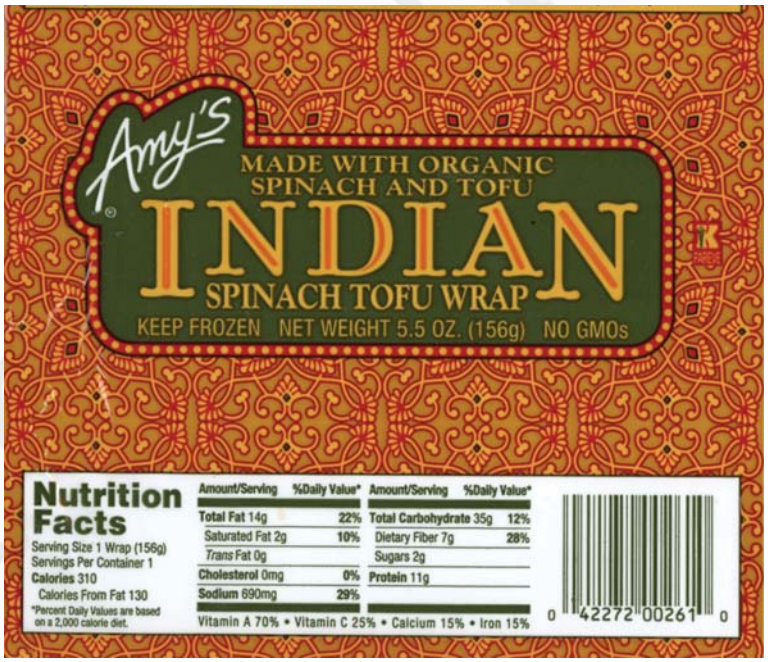

New Product–Documentation: Product with Label purchased at Diablo Foods in Lafayette. 2010. March 7 by 3 inch plastic bag. Lentil green, red, yellow, orange and white. On front panel: "Keep frozen. Non GMOs."

13087. Malnutrition Matters. 2010. Improved food security with local processing of soy: Using VitaGoat & SoyCow systems. Ottawa, Ontario, Canada. 20 p. Printed 27 Oct. 2010.
• ***Summary:*** The company's tagline is "Food Technology Solutions." This PowerPoint presentation, consisting of 20 graphics / frames, was presented at the WISHH workshop on Africa in March 2010. Contents: 1. Title page. 2. MM: Improved security with local processing of soy. 3. Why are soyfoods ideal for development? 4. Energy efficiency in production. It takes 20 times as much energy to produce

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100 calories in the form of soybeans as in the form of milk, which is the most efficient of all animal food sources. 5. Water efficiency in production: "Soy uses far less water than other forms of 'quality' or 'complete' proteins. 6. Environmental sustainability & increased income: Local cultivation of soybeans. 7. Site status–February 2010 (map of Africa and Asia shows number of installations {144} + committed {42} in specific nations worldwide). 8. The VitaGoat system (shows the six different pieces of equipment: Hydraulic pump, boiler with chimney, cooker, above filter press, cycle grinder, tofu box). 9. The VitaGoat vs. rural dairy in Africa (11 dairy cows vs. 1 VitaGoat; VitaGoat gives twice the profit per month). 10. Real VitaGoat–Eldoret, Kenya. 11. Today (number of units installed in different nations worldwide). 12. The VitaGoat–Food production chart (soymilk, tofu, okara). 13. Why a SoyCow? Electric processing of soy foods. Two models (hybrid and fully electric). 14. Comparison of systems: SoyCow E, SoyCow M, VitaGoat. 15. The VitaGoat / SoyCow: Applications & economics. 16. PedalPro–cycle innovation. 17-18. Innovations: VitaGoat canning module, SolarFlex fruit and vegetable dryer. 19. SolarFlex Dryer–Small farm model. 20. Thanks to our sponsors: Africare, Alpro, Child Haven / Donner Canadian Foundation, First Steps, Rotary, WISHH, World Bank.

There is a color photo or illustration on most pages. Address: 48 Rivershore Crescent, Ottawa, ON K1J 7Y7, Canada. Phone: 1-613-742-6888.

13088. *SoyaScan Notes.* 2010. The life and work of Minami Satoh, natto maker in Sebastopol, California (Overview). April 11. Compiled by William Shurtleff of Soyinfo Center. • ***Summary:*** 1957 April 2–Minami Satoh was born in Japan to father Fumio Satoh and mother Hisae Okazaki. Fumio Satoh, was founder and President of Satoh Steel Pipe Co. Ltd, a wholesaler of steel pipes and tubes.

1981 March–Minami graduated from Keio University, Law department in Tokyo, Japan, with a Bachelor of Arts degree. Minami had an interest in becoming an international business person. So in late March, 1981, while awaiting admission to American Graduate School of International Management, (Thunderbird), in Glendale, Arizona, he arrived in the USA and began to attended the Economic Institute in Boulder, Colorado; he took English classes, which helped to prepare him to study business.

1981 Sept.–Minami officially began studies at Thunderbird.

1983 Jan.–He graduated from Thunderbird. Minami lived in the U.S. for one and a half years earning his degree, Master's International Management.

1983-1988–Minami worked for DuPont in Japan, as a marketing representative, marketing Corian (artificial marble).

1989-2006–He worked for his father's company Satoh Steel Pipe Co., Ltd. wholesaling steel pipes and tubes. While successful, this work was not of much interest to him, thus he pursued diversifying the company.

2003–during this research phase, he met a Japanese American who was planning to import natto snacks to the U.S. at a trade show in Tokyo, Japan. Minami had interest in a business that had multi-cultural dynamics. However this particular project did not succeed financially.

2005–Minami then had the opportunity to purchase majority shares of a small natto-making company named Yaguchi Natto Manufacturing Company, now Yaguchi Foods Co., Ltd. in Japan. Shortly after this time, the owner died; and his relatives sold the company to Minami.

The company address is 1-30-29 Numakage, Nimai-ku, Saitama City, Saitama prefecture, Japan. Yaguchi Foods makes only natto, however they sell other soybean related foods such as tofu. The company has 35 people on the payroll including part-time employees.

Minami believed fresh and hand-made natto would have the opportunity to sell in the U.S. with its milder aroma and taste compared to frozen imported natto–and that it could become popular like other soyfoods such as tofu, edamame, miso, soy sauce, soymilk and tempeh.

2005–Minami came to the United States to meet Malcolm Clark (The great grandson of Dr. William Smith Clark {graduated Amherst College, 1848}, who was the first chairman of the agricultural college in Hokkaido, Japan, and is still quite famous.)

Malcolm Clark, founder of Gourmet Mushrooms, Inc. has since retired. While studying in Japan, he was chosen to be one of two principal students of Dr. T. Yoshii, the innovator of the use of sawdust as a substrate for growing mushrooms. With this knowledge, Malcolm returned to North America and collaborated with a group of Japanese-Canadians to start the cultivation of shiitake mushrooms. During this period, he met David Law and in 1976 the idea of Gourmet Mushrooms, Inc. was hatched.

In 1977, he and David (now CEO) founded Gourmet Mushrooms Inc. and began building their dream of commercial cultivation of exotic mushrooms in Sebastopol, Sonoma County, California.

Malcolm Clark now lives in Occidental, California.

Minami hoped that Malcolm Clark would give him some good advice about how to market natto in the USA. When he met Mr. Clark, the latter was thinking of retiring.

Minami chose to buy some shares of Gourmet Mushrooms, to share resources and create synergies between his Natto company and Gourmet Mushrooms.

2006 Feb. 24–Minami founded Japan Traditional Foods, as a corporation in Sebastopol, California for the production and sale of foods, namely natto.

2008 June–Minami moves to the United States from Tokyo, Japan to manage Japan Traditional Foods. The company presently has two employees, Minami Satoh and

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Dallas Akimoto. In the beginning Shun Takahashi, joined him from his natto company in Japan. Shun made the natto and Minami was in charge of running the company and marketing the natto until 2009, November.

2008 Nov.–Japan Traditional Foods starts selling its first natto product, Tezukuri Natto (Tezukuri means "hand made" in Japanese), through a Japanese distributor in Los Angeles. The first important retail outlet was Nijiya Japanese Grocery Market.

2008 Nov. 15–Natto Preview Party held at Deloache Vineyard in Santa Rosa.

2009 June 27-28–Tezukuri Natto Demonstration at Mitsuwa Market Place in San Jose, California.

2009 Aug. 8-9–Tezukuri Natto Demonstration at Mitsuwa Market Place in Costa Mesa, California.

2009 May 12–Seth Roberts, in his Wellsphere blog, writes a good history of Minami Satoh's work to date.

2010 Jan. 18–Japan Traditional Foods introduces organic Megumi Natto at Fancy Food Show in San Francisco, California.

2010 April 20–Launch celebration event for organic Megumi Natto at Ozumo Restaurant in San Francisco, California.

Note: Mr. Satoh lives in Santa Rosa, California, with his wife and daughter and travels regularly to Japan. As owner of Yaguchi Foods, he continues to oversee production and sales of natto in Japan.

13089. Kimura, Takuji "Tak." 2010. Visit to event promoting the launch of Megumi Natto in San Francisco (Interview). *SoyaScan Notes.* April 21. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Tak and his wife arrived a little late last night at the stylish, upscale Japanese restaurant "Ozumo" in San Francisco where the Megumi Natto promotion was already underway. The place was jam packed with more than 50 media reporters, about half being Japanese and half Caucasian. Tak thinks there were no consumers–only mass media people. All the action was at a small bar (where alcoholic beverages are usually served) in the restaurant, where Mr. Minami Sato, founder and president of Japan Traditional Foods, rented the space.

Four natto dishes were served, each brought around on trays by waitresses. These five included: (1) Cooked egg (*dashimaki tamago*) topped with natto. (2) Nori-wrapped sushi with natto plus a dab of *umeboshi* (salt-pickled plum) on top. (3) Fried tofu stuffed with natto. (4) Cucumber and asparagus sushi roll (large) topped with diced (*hikiwari*) natto. Tak could hardly hear anything that was said, the noise was so loud. The bar was small and no microphones were used. However the response was very, very good. Everyone seemed to be enjoying the prepared natto dishes.

After the sampling Tak and his wife went to the sushi bar in Ozumo and enjoyed six pieces of sushi each–for $100. A very, very expensive restaurant.

At the event, Tak purchased one case (12 x 3 oz cups) for $32.28. On refrigerated products, wholesalers usually take a 30% margin and retailers usually take a 30-40% margin. Address: 3616 Delancey Lane, Concord, California 94519-2357. Phone: (925) 687-2422.

13090. Nguyen, Andrea. 2010. Re: Types of tofu and yuba in Vietnam. Letter (e-mail) to William Shurtleff at Soyinfo Center, May 1. 1 p.

• ***Summary:*** If you go to a Lo Dau Hu (Viet tofu shop) in the United States, the most common types of tofu you'd find are: (1) Dau hu / dau phu: block / regular tofu (2) Dau hu chien: fried regular tofu (in pieces). (3) Fried tofu with stuff suspended in it (e.g., wood ear mushroom and glass noodles) that's similar to the Japanese approach to making gomoku dofu. (4) Che dau hu: Soft tofu to be served with sugar and ginger syrup.

Yuba (tofu skin): At Vietnamese restaurants, you sometimes get a side dish of tofu skin rolls made from Tau hu ky [pronounced tau hu kay; dried yuba sticks], the Vietnamese name of yuba.

In Vietnam, fermented tofu is named "chao."

Note: One popular Vietnamese yuba recipe is Com tam tau hu ky suon bi (Broken rice with yuba wrapped shrimp, pork chop, and pork skin). A detailed recipe can be found on the Web under its Vietnamese name. "Even though this dish originally arose from a culture of poverty–the Vietnamese rice farmers couldn't sell the broken grains of rice so they kept them for their own use. Today, you can find this dish served in almost every Vietnamese restaurant due to the simplicity as well as the variety of toppings available,..."

Other Vietnamese yuba recipes on the Web include: (1) Tom tau hu ky (Vietnamese shrimp paste wrapped in yuba). Fresh yuba is wrapped around a spoonful of shrimp paste, then the packet is deep fried. (2) Com tam suong nuong tau hu ky (Broken rice with pork and shrimp cake wrapped in yuba). Address: vietworldkitchen.com, California.

13091. Nguyen, Hoang Quoc. 2010. Re: Soyfoods and soybeans in Vietnam. Letters (e-mails) to William Shurtleff at Soyinfo Center, May 4-12. 1 p. each.

• ***Summary:*** Mr. Nguyen is the father of Andrea Nguyen, author of *Into the Vietnamese Kitchen* (2006, Ten Speed Press) and was kindly introduced to Soyinfo Center by Andrea, who is now writing a book about tofu in Asia.

Mr. Nguyen was born and raised in Vietnam, and lived there with his wife and family until April 1975 when he fled to the USA just before the fall of Saigon and the American defeat in what Vietnamese call the "American War."

He was governor and military sector commander of two provinces in the Mekong Delta of Vietnam (Vinh Binh {now called Tra Vinh} from 1956, and Kien Phong {now called Dong Thap Muoi} from 1956-1960), and of Binh Thuan, in

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the south of central Vietnam, from 1960-1963. While he is not a specialist in Vietnamese food, he knows as much about it (or more) as the typical person born and raised in that country.

Question: Do Vietnamese eat soybeans as a green vegetable (green vegetable soybeans, edamamé)? Ans: No, and there is no specific name for them.

Question: Please tell me about soymilk in Vietnam. Ans: Its name in Vietnamese is *sua dau nanh* (with diacritical marks). It was very popular, but mostly in the cities (as we were in Viet Nam before 1975). Don't know exactly at the present time. Use it at breakfast or at any time during the day as a beverage. It is sold in a plastic container, at tofu shops or at marketplaces. Nobody made it at home at our time in Viet Nam (before 1975). But soybean milk machines are now on the market at non-expensive prices. Probably some people are making it at home for freshness. It is typically served sweetened or plain; not salty. It has a fairly long history. Its popularity is increasing with the propagation of the soybean's benefits.

Question: Please tell me about yuba (the film that forms atop soymilk when it is heated) in Vietnam. It is often called beancurd skin or (when dried) beancurd sticks in Vietnamese cookbooks. Ans: It is called *phu chuc* (dried rolled yuba; dried yuba sticks) in north Viet Nam, and *tau hu ky* in south Viet Nam. [Called Fuchu or fuzhu in Chinese]. Fresh dry yuba is *tau hu ky tuoi* (it needs to be frozen or refrigerated and thawed before using) and regular dry yuba is *tau hu ky kho.*

All Vietnamese (north, center, and south) use only one language but there are differences in tone and accent in pronunciation, and also in the naming of some things and objects. The phonetic adaptation from Chinese or French words are also different, it may be the reason of Tau Hu Ky for Fu Pi and Phu Chuc for Fu Zu.

Yuba is very popular, used in households, market stalls, and restaurants–especially in place of meat in vegetarian dishes and diets (influenced by Buddhism). It is sold in dry form, either unfried or fried, in a package at any market place. It is made only by special factories of Chinese origin. It is served as a wrapper for shrimp or meat, then fried. Also in soup–fried and served with broken steamed rice, and many other dishes at home and restaurants from selected to street corners. It is especially useful in the preparation of vegetarian dishes as a substitute for real meat. In one popular dish (called *Chan Thien Ky*), *tau hu ky* [yuba] is wrapped around minced shrimp to make a little packet, which is deep-fried; it is somewhat like the Cantonese dim sum item of shrimp in "tofu skin" but Viet people commonly serve it as a side dish on rice plates. Another popular yuba recipe in Vietnam is *Com Tam Tau Hu Ky Suon Bi* (Broken rice with yuba wrapped around shrimp, pork chop, and pork skin). Note: A Google search for "tau hu ky" will bring up many other recipes, images, and videos in Vietnamese and English. Yuba has a long history in Viet Nam, being introduced along with Chinese cuisine. Today its use is increasing along with the demand for new recipes and awareness of the benefits of consuming foods made from soybeans. Yet it is still not an item in everyday meals, but is reserved for special occasions, whether at home, in a restaurant, or at parties.

Question: When the French divided today's Vietnam into Tonkin (north), Annam (middle) and Cochinchina (south), were there any cultural or language differences between the three? Were the divisions based on these cultural and language differences or not? Ans: No major difference in culture or language existed between the three regions at that time. The French made the division just for more efficiency and convenience in their colonization of Viet Nam. The French split Viet Nam up into many areas with different administrative systems so as to maintain the division, in order to make their occupation more efficient [and to try to prevent or limit the growth of nationalist or resistance movements].

Question: Please tell me about soybean cultivation in Vietnam. Ans: At this present time, because of the huge demand of soybean for edible oil and meal or cake for animal feeds, milk for human consumption, large areas in the South (east and west parts) are being used for cultivation of soybean. Production in the North and Central regions, due to limitation of available lands, may be sufficient only for regional production of Tuong and Tofu. Five different kinds of seeds are being introduced and tested and yield/ha are much better. Areas in the south-west (Mekong delta) will produce 3 crops per year.

For centuries soybeans have been cultivated in Viet Nam. Before the vegetable oil from soybean was introduced, each region produced what people need for daily consumption. This has been changed completely because of the demand for soybean oil, milk, sub-products for animal feeds.

Soybeans are cultivated along the hillsides or high level areas not submerged by water, or in between the rice crops seasons. In the south western region (Mekong delta) where the field is submerged under the water every year for 4 months, farmers can now plant soybean after the rice crop harvest. They burn the hay, make holes and put the seeds down, cover with hay, let it grow, fertilize (chemical), use pesticides and herbicides. After 75-82 days they can harvest (still by hand), or use a machine to pull out the beans, then dry them. Viet Nam is presently divided into 62 provinces and towns; soybean is planted in 43 of them. At the present time, no information is available about large size farms using complete machinery like in the USA, but an area like the Mekong Delta may open up and introduce this kind of large farming process. The highlands in Viet Nam offer tremendous opportunities for development of modern farming (mechanized) but require enormous investments in knowledge, experience, and quick flexibility of action

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and funds. A state economy system cannot afford to let that happen, I would say.

Viet Nam still has to import 400,000 to 500,000 tons of soybean every year from China, Kampuchea [Cambodia], Thailand, Canada and the USA.

Today, soybeans are most widely used as a food in the south of Vietnam. My estimate of the amount of soybeans used in traditional foods (in descending order of popularity) is: Tofu, soy milk, tuong (a thick fermented soy sauce), chao (fermented tofu), soy sauce (liquid), tau hu ky (yuba).

Additional remarks: Tuong should be considered in this study, as tuong is a sauce made and used only in Viet Nam. It is made from rice and soybean, plus salt, in a very delicate way, serving as sauce for eating and cooking. Long ago the northern Viet term for soybeans was "dou," as in Chinese. But soybeans were also called "dou tuong" because they were so widely used in Vietnam to produce the popular fermented sauce "tuong." That's why today the Vietnamese term for soy sauce is either "nuoc tuong" [sauce + tuong; a lingering reference] or "xi dau," from the Cantonese phonetic.

All the Vietnamese (old generation, of north and center origin) living in the US, miss "tuong" very much as the Tuong Cu Da being sold in the market places here is not the real thing–in terms of composition, taste and flavor. The three best kinds of Tuong are: (1) Tuong Cu Da. (2) Tuong Ban, in north Viet Nam, and (3) Tuong Nam Dan, in Nghe An (central Viet Nam).

Note: Andrea adds: "These are really cool tuong sauces!" Address: San Clemente, California.

13092. Peters, Erica J. 2010. Re: The long view of Vietnamese history, language, and culture. Letters (e-mails) to William Shurtleff at Soyinfo Center, May 4-8–in reply to specific questions. 1 p.

• ***Summary:*** "The long view of Vietnamese history represents a conquest of the southern regions by ethnic Viet people coming from the Red River valley in the north. The Viet effort to control these regions was long, messy, and uneven, from about the tenth century CE until the twentieth century. From at least around 1800, Vietnam existed as a country that covered roughly the area we now think of as Vietnam.

"In the 1860s, the French conquered the far-south, what they called Lower-Cochinchina. The French gradually expanded their control eastward, until they controlled all of what they called Cochinchina. Wanting access to China, in the 1880s the French took over the northern and central regions as well, the regions they called Tonkin and Annam. Tonkin, Annam and Cochinchina were treated as three separate regions by the French, but less for linguistic or cultural reasons than for administrative convenience and to defuse any emerging Vietnamese nationalism.

"During the Vietnam War, the country was divided in two at the 17th parallel (then known as the DMZ, the Demilitarized Zone). Since reunification in 1976, the country has been administered again as three regions, where the division between North & Central is roughly the 19th parallel north, and the division between Central & South is roughly the 11th parallel. Historically and up to the present day, the northern part of the country has had a higher concentration of ethnic Viet than the southern part, although the Viet, who are also called Kinh, are the majority ethnic group throughout the country.

"In Vietnam, the ethnic Viet people all speak dialects of Vietnamese. There are differences between the Vietnamese dialects spoken in the north and in the south, but it is the same language. There are, however, many other languages spoken in Vietnam. The various minorities living in Vietnam have historically spoken their own languages, often in addition to Vietnamese or Chinese.

"Modern Vietnamese is written in romanized letters. Tofu is primarily 'dau phu' in Vietnamese (with diacritical marks: -dâ.u ph.u). Historically one also sees the use of dau-hu (-dâ.u hu~) and tau-hu (tàu hu~), sometimes alongside dau phu. The terms may have referred to slightly different textures, or simply marked a difference of pronunciation. A large Chinese minority community lived in southern Vietnam, so Cantonese may also have influenced the pronunciation of the word for tofu in Vietnamese."

About the author: Ph.D. thesis: Peters, Erica J. 2000. "Negotiating Power Through Everyday Practices in French Vietnam, 1880-1924." University of Chicago dissertation, 373 pages, Accepted in December, 2000.

Academic Credentials: Ph.D. in Modern European History, University of Chicago, December 2000.

M.A. in Modern European History, University of Chicago, August 1994.

A.B. magna cum laude in French History and Literature, Harvard University, June 1991.

Academic Experience:

Stanford University Lecturer: Winter 1998, Spring 2003, Spring 2005.

University of Maryland University College Adjunct Assistant Professor: 2001-2004

Portland State University Lecturer: Spring 2004.

Santa Clara University Lecturer: Winter 2004.

San Francisco State University Lecturer: Fall 2001.

Experience living and studying in Vietnam:

"I traveled to Hanoi, Vietnam for three weeks in March 1997. In January 2006 I spent another three weeks traveling across Vietnam from Ho Chi Minh City to the Mekong Delta, up to Dalat and then to Hanoi and Ha Long Bay. I spent a year (1996-1997) doing dissertation research in France, based primarily in Aix-en-Provence where the archives from colonial Indochina (Vietnam) now reside. I learned basic Vietnamese at the SEASSI program in Madison, Wisconsin, in the summer of 1994.

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Food history experience:

"Research in Paris and at Stanford University has provided more information about Vietnamese food. Together with the research I did for my dissertation, this enabled me to write my manuscript. This manuscript, entitled 'Food and Drink, Appetites and Aspirations in Nineteenth-Century Vietnam,' is currently under consideration by University of California Press. As Director of the Culinary Historians of Northern California I have welcomed many speakers on various topics in food history around the world." Address: Ph.D., Director of the Culinary Historians of Northern California, ejpeters@chonc.com.

13093. *SoyaScan Notes.* 2010. The Jakarta Post: The best source of current English-language information on soybeans and soyfoods in Indonesia (Overview). May 16. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Indonesia is the largest producer and user of soybeans in Southeast Asia. *The Jakarta Post* has digital archives of its daily issues going back to 1999. A search for soybeans or soybean gets hundreds of hits, as do searches for tempe, tempeh, tahu, tofu, kecap, soy sauce, kecap manis, etc.

The Jakarta Post, an English-language daily, is Indonesia's largest English-circulation, with an average circulation of about 50,000 copies. Launched on 25 April 1983, its head office is in Jakarta. The Jakarta Post is a small but influential newspaper oriented towards local English-speaking expatriates and the diplomatic community. In many ways, it acts as an unofficial mouthpiece of the Indonesian government into the international community. Go to: www.thejakartapost.com.

13094. Messina, Mark J. 2010. The war has been lost: Update on research on the health benefits and risks of soy (Interview). *SoyaScan Notes.* May 31. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** The image of the safety or healthfulness of soyfoods, primarily on the Web, in large part due to the Weston A. Price Foundation, is getting worse and worse. Mark fears that the future of soy as a human food looks bleak, and that sales of soyfoods and ingredients will decline over the next 20 years–even though the nutritional science is making soy look better and better.

For example, the research on the safety of soy for people with thyroid problems is now solid. Soy does not cause thyroid problems in humans. Soy does cause thyroid problems in rats but rats are a bad model to use for studying this problem. Even for people living in a goiter belt–a place with iodine depleted soil–consuming soy is not a problem.

The research on the safety of soy for women with breast cancer is becoming more solid. The paper by Shu et al. is the most important development although the Guha paper is also basically supportive of safety. The paper by Messina and Wood discusses the clinical work. Add to this the fact that there is another paper albeit smaller in size that will be published soon that supports the paper by Shu and that it is now known that the animal studies aren't very relevant to humans because the amount of biologically active genistein in circulation is much higher in mice than in humans makes a pretty strong case. The editorial by Messina, Abrams and Hardy that makes the case succinctly.

It is quite clear that if a young girl has one serving of soymilk a day for life, that will reduce her risk of breast cancer. Likewise for women with breast cancer. However, nothing is clear when it comes to chronic disease and diet. The hypothesis is quite intriguing and has epidemiologic and animal data in support of it. However, without clinical data it will remain speculative. Nevertheless, because the potential benefit is so great, the amount of soy need for protection so small (one serving) and that in my view there is no disadvantage to consuming soy, it seems like a no brainer to make a recommendation for girls to consume one serving per day.

The area where we have the fewest good studies and the biggest knowledge gap is in safety of soy for young children. Seventh-day Adventist children have been consuming soymilk for more than 60 years with no reported problems, yet this needs to be studied scientifically. A good two-year study has been designed but has yet to be funded.

There has been a big decrease is sales of soy infant formulae over the past ten years due to uncertainty in this area.

The main are of concern today is with isoflavones / phytoestrogens (such as genistein), which are classified as endocrine disruptors. The anti-soy faction likes to talk about "estrogens in soy" as being risky and about feminization.

The Weston A. Price Foundation (WAPF) recently had their 10th annual conference / meeting in Chicago; 1,000 people attended. Their focus was not anti-soy, although a few such comments were made.

Note: According to Wikipedia, the organization was founded in 1999 by Sally Fallon and Mary G. Enig, PhD. Headquartered in Washington, DC, it is a "501(c)(3) non-profit organization dedicated to 'restoring nutrient-dense foods to the American diet through education, research and activism.' Its goals include disseminating the research and dietary advice of dentist and nutritional researcher Weston A. Price, who studied the foods and health of isolated non-industrialized peoples around the world, and supporting the scientific validation of traditional diets." Their anti-soy program is named "Soy Alert!" and they repeatedly refer to soy as "toxic." "In 2010 its membership numbered 13,000 and was growing at an annual rate of 10%, according to The Washington Post (6 Aug. 2008). It has more than 450 community-driven chapters across the United States, and international chapters in Australia, Canada, Finland, Germany, Pakistan, New Zealand, the United Kingdom and

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various other countries."

Mark regrets that he agreed to debate Sally Fallon. She made a number of false claims, such as Illinois prison inmates were being fed 100 gm of soy protein a day.

Alpro Soya recently released an excellent cartoon video commercial titled "Great Ideas Often Take a Long Time to Sink in" as part of its "Join the movement now" campaign. It encourages people to change their diet by replacing meat and dairy by an alternative just once a week.

White Wave [Dean Foods] is no longer funding scientific studies on soy–as they were a year ago. They have turned all their soy activities over to a PR firm. Mark finds this very disappointing. However the Silk Soy Nutrition Center has a good website (soynutrition.com) which focuses on the health benefits of soy.

The next soy conference will be in October. Kaayla Daniel is writing a new book of anecdotes about how she has helped people who had nutritional problems with soy.

What evidence does Mark have that people are concerned about the safety of soyfoods? (1) The United Soybean Board (USB) has sponsored a booth at the annual meeting of the American Dietetic Association each year for at least the last 15 years. The booth is organized by Publicis, the USB's PR agency. The purpose is to provide information about soy oil and soyfoods. Materials are provided and usually a soy-related product served or handed out. It could be edamame or soynuts or chap stick made with soy oil. The ADA show attracts about 10,000 dietitians. Mark has staffed the booth every year (except one when he was unavailable) to answer questions about soy nutrition. He answers about 50 questions during the 3-day meeting. Most of the questions are about soyfoods (rather than soy oil). He has watched the nature of these questions change over the years. Initially they were about ways to incorporate more soy into the diet. Now they are about the safety of soyfoods and soy formula, and about isoflavones.

(2) He is often contacted by non-scientific journalists who want to interview him for radio, TV, or the Web / blogs. Here again he is now hearing the same safety concerns. (3) Mark gives many talks about soy nutrition each year. After a typical talk, he opens it up for questions. Here, also, he gets mostly questions about the safety of soy. (4) Mark's wife, Ginny, does a great deal of work promoting vegetarian and vegan diets. She says that support for soy is weakening among vegetarians. (5) On the Web, the number of negative stories about soy nutrition is growing. Almost all are based on hearsay rather than on science. (6) Mark increasingly hears negative comments about soy at random. In short, the climate has changed dramatically since 1990, when the trend was "straight up," to today when things are looking down. Mark has no reason to believe that this downward trend will not continue.

Twenty years ago they soy industry should have developed a long-term strategy, with adequate funding, to respond to the anti-soy faction disinformation campaign with science-based facts. But the industry was unwilling to do this. They thought it would go away, that it was just a passing fad, or that it was not important and would not have any significant effect on the market, which was growing rapidly at the time. Mark did everything he could to try to convince the soy industry that this was a real concern and that they should take action. There is still no interest in a long-term strategy, but now it is probably too late. Address: PhD, 429 Calhoun St., Port Townsend, Washington 98368. Phone: 360-379-9544.

13095. Funk, Linda. 2010. The start of grilling season. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 21(7):7. Spring.

• ***Summary:*** Contains recipes for: Cauliflower salad (with soft silken tofu). Crisp edamame, corn and tomato salad. Marinated four-bean salad (with 2 cups frozen shelled edamame). A color portrait photo shows Linda Funk dressed in blue. Address: Executive Director, The Soyfoods Council, Iowa.

13096. Cober, Elroy. 2010. How important have day-neutral

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/ photoperiod insensitive soybean varieties been in the movement of soybeans northward in Ontario? (Interview). *SoyaScan Notes.* June 11. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Day-neutral (also called photoperiod insensitive) varieties and their genes have played a supporting role but not the leading role in helping soybeans to move northward. The leading role has been played by earliness traits and genes. Actually, the two are interconnected.

There is a series of 8-15 maturity genes in soybean; at each one of those maturity genes you can have a late version or an early version. It's like two-way switch that is switched to either late or early. As you accumulate genes that have early versions, you get earlier and earlier. The day-neutral genes are a subset of the maturity genes. Some of these genes we recognize because they provide day neutrality. It's different language but it refers to the same thing. Day neutral is early. We talk about "day neutral" because it is something that we can see, and it is dramatic. It was talked about before we had a clear understanding of the individual genes. We breeders still talk about it some because it's easy to characterize. We grow the soybean plants in a place where they receive 20-hours a day of sunlight. If they flower and mature normally, we call them "day neutral" or "photoperiod insensitive." Twenty hours is a recognized cut-off point because it is so extreme. That concept of 20 hours started to be used in the early 1980s. Harvey Voldeng and Richard Buzzell (at the Harrow Research Station) did work on that. There are two genes that are important for the trait of day neutrality, and both must be switched to early. It gets complicated. Examples of important soybean varieties that are day neutral in Ontario are Maple Presto (the first such variety released) and Maple Ridge. Maple Presto and Maple Ridge are now grandparents of the varieties widely grown today. The leading soybean varieties today are recognized for their earliness and not so much for their day neutrality. Today "day neutrality" is sort of trick that breeders use to get an easy handle on earliness. If a soybean variety has day neutrality, then its offspring are going to have a better chance of maturing early.

Most farmers have switched over to Roundup-Ready soybeans from publicly-bred soybeans so it's hard for Dr. Cober to know what is going on in the genetics of these privately bred soybeans. The Roundup Ready traits have nothing to do with earliness. In Canada today, privately bred Roundup Ready soybeans have about 50% of the market and publicly bred soybeans have the other 50%. Roland is publicly bred and adapted for Manitoba but it does not play such an important role because Manitoba farmers grow mostly Roundup Ready soybeans rather than "conventional soybeans." Two of Dr. Cober's new natto varieties that are very early and well adapted to Mannitoba are also daylength insensitive. He breeds these natto soybeans to give farmers in the north the option of participating in that premium market in Japan.

Dr. Cober's focus as a soybean breeder in Ottawa is on specialty type soybeans–meaning natto, high protein, and tofu. They have a tofu lab in Ottawa that tests their tofu soybeans. The grain quality person at Ottawa, Judith Frégeau-Reid, contacted Soyinfo Center recently to ask questions about evaluating tofu quality.

Dr. Harvey Voldeng, former soybean breeder at Ottawa adds (June 11): Of the old varieties, either Portage (from B. Stefansson in Manitoba) or the variety Acme (from Ottawa) were probably photoperiod insensitive. This was not known at the time the varieties were released; but when they were tested later, they were found to be insensitive. Address: Soybean Breeder, Agriculture Canada, Central Experimental Farm (CEF), Building #110, Ottawa, ONT K1A 0C6, Canada. Phone: 613-759-1610.

13097. Hodo Soy Beanery. 2010. Hodo Soy Beanery names John Scharffenberger chief executive officer (News release). Oakland, California. 1 p. June 14.
• ***Summary:*** "Oakland, Calif.–Hodo Soy Beanery, the Bay Area's only maker of artisan organic soymilk, tofu, yuba, and ready-to-eat soy products, announced today that food and wine entrepreneur John Scharffenberger has joined the company as its CEO. Scharffenberger brings extensive knowledge and experience in launching and building successful gourmet food and wine companies to this new position, where he will oversee Hodo's growth, build the sales team and distribution network, drive strategic planning, and raise awareness of the distinctive soy products coming from the company's state of the art facility.

"Scharffenberger discovered Hodo Soy Beanery at the Berkeley Farmers' Market, and he subsequently joined as an advisor and board director. John Notz, CFO of Hodo, comments, 'As John got more involved as an investor and Hodo board member, we realized that he would be a great fit for CEO. Ironically, when we were first crafting our vision for the company, we talked about Hodo as the "Scharffenberger of Soy." We are very lucky to have him.'

"Scharffenberger admits that he didn't particularly love tofu, 'but Minh Tsai, Hodo's founder and tofu master, had me hooked with the first bite. I'm definitely looking forward to joining the team and expanding awareness of how amazing and innovative Hodo's tofu products are. This new appointment also frees up Minh to focus on his passion for making great tofu and sharing his enthusiasm for the tofumaking process.'

"Throughout his career, Scharffenberger has energized under-appreciated food and wine categories such as sparkling wine and gourmet chocolate with the successful launches of Scharffenberger Cellars and Scharffen Berger Chocolate Maker. More recently, he has traveled the world as a chocolate expert and served as consultant to the farming

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and food production industry, helping private for-profit and nonprofit producers analyze, develop and achieve sustainably higher returns. According to Scharffenberger, 'Hodo Soy Beanery is ready to move to the next level. The creative work of Minh and his crew is converting tofu skeptics with their fresh, locally made products. Our factory tours and production transparency reminds me of when Scharffen Berger was at the same stage.'

"Scharffenberger begins work at Hodo Soy Beanery on June 14th, 2010.

"Hodo Soy Beanery is an organic bean-to-block tofu and yuba maker in Oakland, California. Their products are made fresh daily with whole organic, non-GMO soybeans sourced from a Midwest farmers' cooperative. Hodo Soy Beanery's products are available at Bay Area farmers' markets, specialty grocers like Whole Foods and on the menus of notable restaurants, including The Slanted Door and COI. For more information or to reserve a tour, please visit http://www. hodosoy.com."

Note: In Aug. 2005 Scharffen Berger Chocolate Maker was purchased by The Hershey Co. Hershey purchased Scharffen Berger for about two times the company's annual revenue, which was approximately $10 million a year at the time of the 2005 acquisition (Source: Wikipedia).

Previously, John founded Scharffenberger Cellars, an ultra-premium sparkling wine producer, which he sold to LVMH in 1995.

13098. Demetriou, Danielle. 2010. Grain of wisdom: Madonna's former personal chef (Web article). *http://www.thenational.ae/lifestyle/house-home/grain-of-wisdom-madonnas-former-personal-chef.* June 16.

• ***Summary:*** Mayumi Nishimura of Tokyo (age 53), a world-famous practitioner of macrobiotic cookery, was Madonna's personal chef for 7 years, cooking for the singer and her family, as well as providing most meals during four of Madonna's world tours. Madonna (who is not a vegetarian) also avoids dairy products, enjoys tofu, miso and soymilk, is adept at using chopsticks, and speaks pretty good Japanese.

While in high school, Mayumi began to see clearly the connection between her diet and her health and spiritual wellbeing. She changed her diet and became a vegetarian and began to eat brown rice. At age 21 Mayumi was introduced to the writings of George Ohsawa. So she packed her bags and went to study at the Kushi Institute in Boston, Massachusetts. It worked very well for her and she ended up running a branch of the Kushi Institute in Beckett, Massachusetts.

Then 9 years ago she was asked if she wanted to try out as Madonna's personal chef. She got the job and became part of Madonna's extended family. Madonna later wrote her in the book *Mayumi's Kitchen:* "Not only are you the best chef in the world, you are part of our family... In the seven years you lived with us and cooked for us, your amazing food helped me to be a happier, healthier person, balanced in body and mind. I feel better than I did 20 years ago. I am very grateful to you for this."

Note: As of April 2011, Madonna lives in New York City, in the fashionable Upper East Side at 152 East 81st St. She lives in a gated community, said to be worth $32 million.

13099. **Product Name:** Tofu (Soymilk Paneer).
Manufacturer's Name: Rainbow Foods.
Manufacturer's Address: Pune, India.
Date of Introduction: 2010. June.
Ingredients: Whole soy-bean, water, natural coagulant [calcium chloride].

New Product–Documentation: Letter (e-mail) from Hillel Shapira. 2012. Feb. He and Kairava gave part of Dakini Foods to Wahid. Photos show: Rainbow Foods' original tofu Label. (2) Wahid standing in the Dakini Foods plant.

13100. Facial Care Guide. 2010. Skin problems and soy: Facts and myths (Web article). http://facialcareguide.com/skin-problems-and-soyfacts-and-myths. 2 p. Printed July 19.

• ***Summary:*** "Posted by admin June 21st, 2010.

"The commonest skin disorder in the us is acne. A massive 85% of most teens will discover themselves coping with acne in the course of their young life, and 20% of adults will keep having active acne.

"There exists a studied link between the foodstuffs we consume and acne. Refined carbohydrates and sugar both cause a surge in insulin; this, in turn, contributes to an increase in hormone levels. This will then cause a surplus in sebum or oil production within the glands. Another culprit is caffeine, that may increase stress hormones and, subsequently, increase sebum and bacteria growth.

"However, one of the most compelling evidence regarding diet and skin problems, and more specifically,

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acne, is the consumption of dairy and red meats. Have you ever heard the old saying, 'you are what you eat?' Well, the disorder of the skin can ultimately be determined by the problem of your internal organs. Studies have shown that among the easiest ways for your body to relieve itself of harmful substances is with the skin. It's the body's technique of saying, 'Yuck!' Harmful animal proteins and fats which have been tough to digest are basically discarded over the body's defense mechanism resulting in acne.

"Soybeans and soy products are foods that are healthy and contain no cholesterol and very little fat. The plant proteins in soy foods are very digestible and have been proven to actually aid the body in digestion, rather than prohibit it. Many people may experience a soy reaction when they first start eating soy foods and as a result sometimes acne or skin rashes may occur. This is a natural reaction in people's bodies and must not be confused with soy actually causing acne; just the contrary. When soy is taken for the first time, the body will activate its immune system and antibodies will be formed. Therefore, the next time you eat soy, you will most likely not experience skin irritation.

"In old Chinese folklore it was said that the women workers in the tofu industries always had the most beautiful skin, shiny and radiant, giving them their porcelain glow. Even in the 'Traditional Chinese Medicine Encyclopedia,' a naturalistic book of healing that is used in many countries; soybeans' therapeutic benefits include smooth and healthy skin appearance.

"Today, many cosmetic companies use soybean proteins, soybean oils, and soy lecithin in their skin care products. These soybean compounds have been proven to condition the skin. Studies show that the proteins and isoflavones found in soybeans help in inhibiting milanosome transfer, which is a direct cause of pigment reduction.

"The health properties of the soybean seem to be boundless. Whether you choose to eat soy foods for their healthy benefits or use a skin care line with soy proteins for the added glow, most evidence does support the fact that soy products are great for long-term health, and even your skin."

13101. *San Jose Mercury News.* 2010. San Francisco company recalls hummus products. July 26.
• ***Summary:*** Quong Hop & Co. of South San Francisco is recalling its Raquel's brand hummus products after an inspection by the state Department of Public Health found bacteria (*Listeria monocytogenes*) in them that could make people sick. No illnesses have been reported in connection with this problem.

On about Sept. 8, Quong Hop was reprimanded once again by the U.S. Food and Drug Administration (FDA) for failing to appropriately sanitize its manufacturing facility.

Note: on 22 Sept. 2010 Quong Hop & Co. filed a voluntary petition for Chapter 7 bankruptcy. Chapter 7 is a complete liquidation, and is relatively rare. Since the petition for Chapter 7 was filed voluntarily it means the present owners have no hope of continuing operations. Chapter 11 (by contrast) is a reorganization, and is more common.

13102. Heck, Wolfgang Rainer. 2010. Re: Brief history of Life Food GmbH–Taifun Tofurei. Letter (e-mail) to William Shurtleff at Soyinfo Center, Aug. 14. Updated on 18 Nov. 2011. 2 p.
• ***Summary:*** I have looked again at the early documents which show that Life Food was officially started on 10 April 1985. At that time the company only made sprouts. As you know, Klaus Kempff (who was born in 1935) started the first steps in producing Tofu in a cellar. At this time he grew sprouts and he sold a small range of sprout varieties at the big cathedral-market in Freiburg. He named his business Life Food.

In 1986 he first began experiments making tofu and after getting good results (your book helped him) he produced a few kilos of tofu and sold it to his sprout clients. He produced it together with the members of his "patchwork-family."

I first met Klaus in the summer of 1986 at a [drumming] workshop in Greece. After this workshop we went together to the Netherlands to have a look at a bigger soyfood production operation initiated by sanyassins [Disciples of Sri Rajneesh / Osho]; they made burgers and rolls with tofu and vegetables. When we came home he had trouble with the official bureau for hygiene in Freiburg. They did not allow production of food in a cellar.

Klaus was really shocked by this information and he had two options–to cancel everything or to move to a new location. At this time I found an empty store and proposed to Klaus that we use it together as the new production place. He invited me to go to work with him and his growing tofu business. Together with the people of his family we renovated the old store by ourselves. So we became partners. Now the tofu became legal and we could develop our equipment and process / technology.

In the beginning of 1987 I founded the enterprise Taifun (that was the exact name) as a personal company. I rented a small place in a market-hall in Freiburg, and sold tofu made by Klaus at the new production place. He delivered it to me every morning. I sold part of it as fresh tofu (stored in fresh, cold water in an aquarium), and I prepared salads and meals using the rest. For two years everyday I cooked a fresh tofu meal for about 50 people.

Note: When people tasted plain, unseasoned tofu they didn't like it at all. But when they tasted pan-fried tofu, seasoned with a little shoyu / soy sauce, almost all of them liked it very much.

Klaus and his crew produced the tofu for me and for other gastronomic businesses. He developed the smoked- and the sprouted soy-tofu. The big idea was to bring Life Food and Taifun together some day as a GmbH (this is typical

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German and maybe similar to a corporation).

In 1989 the space for the production became too small and we had some trouble with the neighbours. The smell of the tofu and the fried tofu products was very intense. So we decided to relocate again; we rented a new production-hall in the industrial area of Freiburg. Now we had a good place and we were able to process 111 kg (244 lb; 4.5 sacks) of soybeans a day. This means about 190-200 kg tofu a day. So we produced 1,000 kg a week. I quit my job in the market hall. We tried to produce for the organic shops in our region. Taifun became the brand name and Life Food the name of the organization. On 29 December 1989 we [Wolfgang, Klaus Kempff, and Silvia Notbohm-Kempff] integrated the brand name Taifun into our organisation name–as a result we created the corporation Life Food GmbH / Taifun-Tofuprodukte.

At this time we had 400 square meters of floor space and we developed a big range of different tofu specialties. There was also a change in the crew. Klaus' "family people" [including Silvia Notbohm-Kempff] stopped working for the company and in Feb. 1990 Günter Klein joined Life Food.

Now we started to work more professionally and we built up an efficient organisation for all the departments.

In 1991 at age 56, Klaus Kempff told us that he also wanted to realize other things in his life, in part because the speed of development in Life Food was very fast. He worked on the development of his own awareness and of healing methods. He soon focused on healing work.

On 9 Dec. 1991 Klaus quit has job as managing director of the corporation (*Geschäftsführer*). At this time Günter Klein and I became equal full partners (*Gesellschafter*); we made a contract with Klaus and bought his shares of the corporation. Klaus went on to do some social projects with older people.

At the end of 1994 we moved into Bebelstrasse 8, which is our present location–in Freiburg's Hochdorf Industrial Estate. Here we found a big production place with more than 2,600 square meters of floor space. First we rented it and 4 years later we had the chance to buy the land. We started in the Bebelstrasse making about 1,200 kg per day of tofu.

In January 1995 Alfons Graf entered the company.

In 2004 Günter Klein asked for a sabbatical year and went for this time to the Amazon to experience shamanism. One year later, he came back with new ideas.

In 2007 we invested in a Logistic Center for our cool products 400 meters from the production place. Our own shuttle bus is running there 10 times a day with the products and other things.

In October 2009 Günter Klein left the company; he decided to follow his interests related to shamanism totally.

2010 Aug. 14–We now make about 14,400 kg/day of tofu–about have 12 times more than we made in 1994. Günter Klein is the plant manager–in charge of production and equipment. I develop the organisation and products, and manage the sales activities.

This year Klaus Kempff visited us two or three times. He is really proud of the present situation, because his former vision of less meat and more vegetable protein has became much more a reality. Klaus is now 74 years old and always engaged in social action and very active against genetically engineered plants and animals–GMO.

Update: 18 Nov. 2011–Until November 2011 I worked together with 3 heads of the business units. Each one of them is responsible for some departments. In early November 2011 we arranged the first step of changing the organisation once more. Since 1 November 2011 Alfons Graf has worked together with me as co-managing director (Geschäftsführung). Meanwhile we have about more than 160 employers with 35 different Tofu-specialities. We need about 2000-2200 metric tons of soybeans a year and we produce about 70 tons of tofu a week and 40 different tofu specialty products. This year we had 1,400 tons of soybeans from Germany, France and Austria. We are expanding this time and next year is the 25th birthday of the brand Taifun.

I hope this information will help you to answer your questions. Thank you for the Rilke words. By the way: I like Rainer Maria Rilke very much and maybe you can understand the words which are written down in my office: \... *es handelt sich darum, alles zu leben.*

Wenn man die Fragen lebt,
lebt man sich allmählich,
ohne es zu merken, eines fremden Tages
in die Antwort hinein. Address: Managing Director, Life Food GmbH.

13103. Pristine Plants India Pvt. Limited (Website printout–part). 2010. www.ppi.co.in Printed Aug. 29.

• ***Summary:*** Contents: Home page. About ourself. Connect us @. Soymilk system -> Contact us. Moving words at top of each page: "It's a matter of taste." Moving words below company name near top of each page: "Perfection–Performance–Innovation."

Address of works: 16, Gurukul Industrial Area, 12/6, Mathura Road, Faridabad, Haryana (India)–121 003. Tel. / Fax +91 129 413 6901-05 (Five numbers). Email: info@ppi.co.in.

The section titled "Soymilk system" states: "This is a tabletop plant for producing soy milk / soy paneer. 'Soya Cow' SC-20 is a Table-top machine that makes high quality soy milk at the cottage industry level using a break-through Canadian technology.

"An SC-20 produces 14 liters of soymilk every half an hour (using 2 kg of soybeans). This milk could be converted into 2.5-3 Kg of tofu (Soy Paneer). The machine includes accessories for making Tofu also.

"The machine requires 5-10 sq.m [square metres] area with domestic power supply for its installation (1 HP single phase 220 V).

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"This machine is equipped with the deodorizer which removes the off flavour from the soymilk."

Note: Letter (e-mail) from Raj Gupta of ProSoya Inc., Ottawa, Ontario, Canada. 2010. Aug. 29. SSP started building small soymilk machines in 1994-95 under license from us. In about 2006 this manufacturing was then transferred by SSP to Pristine Plants (<http://www.ppi.co.in/>). SSP's Managing Director transferred the technology to his brother-in-law, who created Pristine just to focus on the SoyaCow and nothing else. Ask Dr. Ratan Sharma for details. They have sold several hundred SC20 machines in India and abroad. An SC20 is a Soya Cow made in a 20 litre vessel; the soymilk capacity is 15 litres per batch, 2 to 3 batches per hour depending on the boiler capacity. This soymilk and tofu equipment is based on the designs of Raj Gupta and ProSoya Inc. of Canada. Address: Registered office: 124-B, Pocket-A, Mayur Vihar Ph-II, Delhi, India 110 091. Phone: +91 22 77 5335.

13104. ProSoya Inc. (Website printout–all). 2010. www.prosoya.ca Printed Aug. 29.

• ***Summary:*** A very stylish website. Contents: Home page. About us: Welcome to ProSoya, what we offer, our technology, soymilk systems, products know-how, our customers.

Solutions: Solutions at your fingertips, the ProSoya advantage, soymilk systems (ASC 50, VS 200, VS 1000-4000. AVS 1000 / 2000 / 4000 / 8000 / 10000 / 20000). Other solutions: Tofu production (tofu boxes, pressing tables, cooling tanks, ConTofu–a patented continuous curding system), soy yogurt production, existing system upgrading, UHT sterilizers & HTST pasteurizers, homogenizers, aseptic and ESL form-fill-seal fillers, formulation systems, mixing tanks, chilled soymilk storage tanks, CIP systems, aseptic puffer tanks.

Products: Soy beverage know-how, soymilk extract and powder, private labels, product development (we can develop products for you). What's new. Contacts. Updates: Four printed pages of updates (former news releases, most recent first; from 11 Nov. 2009 back to 1 July 1998). FAQs: Frequently asked questions are grouped into these categories: Related to soybeans, related to soymilk, related to soy beverage, related to soymilk & beverage packaging, related to tofu production, related to soy yogurt production, related to okara (fibrous residue), miscellaneous (What books are available to learn production of soymilk, etc.?). Contacts, map, and driving directions. Main website (Home).

Note: Each page has a Yahoo! Babel Fish translation engine. Address: 2-5310 Canotek Road, Ottawa, Canada K1J 9N5. Phone: +1 613 745 9115.

13105. Drosihn, Bernd. 2010. Tofutown.com: Network of activities. To do list for a sustainable world. Portrait [Tofutown.com: Network of activities. To do list for a sustainable world. Portrait]. Tofutown Wiesbaum, Germany: Tofutown.com. 12 p. Illust. (all color). 30 cm. [Ger]

• ***Summary:*** Contents: Tofu is coming: In 1980 tofu was sold in about 100 Reform Houses, Bioläden, and vegetarian restaurants in Germany. In 2010 it is sold at more than 40,000 locations in a great variety of forms. Tofutown is there: Making it easy for people to eat and drink without going through the detour of animals.

After 30 years of making tofu in Germany, all is well. Photos show and earlier and present view of the company's plant.

Brands: Viana: Listen to your heart. Veggie life. Demeter (First soya sprout drink). Soyatoo whipped soy cream. Private labels. Tofu Musick.

Marketing. To youth. Quality. Customer relations.

Protecting animals and the environment, health. We believe in food democracy. Tofuismus No. 6. "In a Tofu Body lives a Tofu Spirit."

Tofu Fact No. 4. Four photos inside and outside the company's headquarters.

Nine website URLs and four photos. Very big numbers. Awards and prizes.

Milestones in the company's history / chronology: 1981/82–Founding of the tofu collective Soyastern, at the time the 3rd so-called "Tofurei" in Germany. In the 1970s and 1980s many small tofu projects were based on vegetarianism.

1988–Founding of Viana Naturkost GmbH on Cologne.

1990–Move to a larger building in Cologne.

1992.–Move to a former dairy in Euskirchen Kuchenheim.

1995. Expansion. 1997 Expansion.

1999–Move into a new building in Wiesbaum / Vulkaneifel.

2001. Detour to Wiesbaum.

2002–Develop the "Veggie Life" brand.

2003–Rename the company Tofutown GmbH.

2004–Development of the "Soyatoo!" brand.

2005–Major expansion of the cold storage area and the final packing area.

2007–Expansion of production.

2008–Start-up a Spaceshuttle Tofu- and Soymilk plant.

2009–Establish Tofutown North America LLC in San Francisco, California, for marketing the company's products in North America and Canada.

Note: During the years 2008 (*Inbetriebname*) and 2010 (Take over a modern production facility formerly owned by De-Vau-Ge Gesundkostwerk in Lueneberg) the story gets very complex, so Shurtleff writes Drosihn to please explain what it means. He kindly explains the 2010 entry in an e-mail dated 1 Nov. 2010: "I'll try to answer your questions. It is a little Gordian [knot] and complex: De-Vau-Ge in Lüneburg is a 'big city' and we did take over a 'small garage' (a small but separate building including about 60 employees)

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where the home of the 'vegetarian production' has been situated for years. The present owners of the 'De-Vau-Ge Dailycer Group' (50% is owned by 'One Private Equity' a Chase Manhattan Bank PE Company and 50% is owned by the Seventh-day Adventist Foundation 'MSP') focused the company strictly to the core business 'breakfast cereals' and carved out everything else to spin off. (Vegetarian Products) to Tofutown, Baby Food (to Sunval Company) and so on.

Already in 2007 all the health food businesses (brands for so called 'Reform Häuser' and natural food stores and supermarkets) owned by De-Vau-Ge has been carved out to a daughter company named 'Prima Vita' and moved to 'Heimertingen' in the South of Germany. So they did concentrate on the health food brands (most important one is 'Granovita,' the other ones are 'Eden,' 'Linusit,' 'Granovital' and also the smaller ones 'Martin Evers' and 'Bruno Fischer,' in total maybe 10 to 15 health food brands). Nowadays also the other European businesses are consolidated into the newly developed 'Bio Herba Group' which is beside the 'Prima Vita' in Heimertingen also Granovita UK and Granovita Spain. This health food business in total is, compared to the De-Vau-Ge Dailycer Group, of almost no economic importance and is still owned by Seventh-day Adventist money. The De-Vau-Ge Dailycer Group is a competitor of the Kellogg Co. and Nestlé in breakfast cereals and makes about 500 billion Euro turnover [sales] per year. They have several locations in Europe (France, Netherlands, UK, Switzerland).

"Tofutown is still very small compared to this big business; it has two production locations in Germany (Wiesbaum and Lüneburg) and a small bureau in San Francisco.

"A complex story and this is only the short version. Good to hear that you are well and still interested in companies and soy foods and the developments on the market.

Follow-up e-mail (Nov. 2): "There is a SoyaCow (made by ProSoya) grazing and giving milk in Tofutown. Frank Daller and Raj Gupta are both very credible people in the soy market.

"Yes, you are right with the mad accountants and also with mad consultants.

"I do use Google Books and Wikipedia as you do. In my Tofugraphy there is a scene where I tried to register a 'Tofu company' at the city hall somewhere in the beginning of the nineties and the two guys in the line before me tried to register a 'search engine.' Both were completely unknown and therefore nearly impossible to register. Now we have Tofu in every supermarket and we have Google on every computer." Address: Founder and president, Tofutown.com GmbH, Industrie und Gewerbe Park, D 54578 Tofutown Wiesbaum, Germany. Phone: 06593 9967-0.

13106. United Soybean Board (USB). 2010. Consumer attitudes about nutrition: Insights into nutrition, health, and soyfoods. 17th annual national report. Seattle, Washington: USB. 12 p. Oct. 28 cm.

• ***Summary:*** Methodology: "This year represents the fifth year we have adopted an online self-administered survey as our methodology, a significant change from random telephone interviews. The survey, conducted by an independent research firm [in Seattle, Washington] in February 2010, includes 1,000 random surveys, providing a sample that is consistent with the total U.S. population. The study's margin of error remains ± 1.9 to 3.1%, with a confidence interval of 95 percent."

Contents: Introduction. Methodology. About USB. General nutritional attitudes and concerns. Examining the nutritional facts panel. Obesity concerns. Strategies for improving overall health. Soyfoods and health perceptions. Health reasons for seeking soy. Cooking and salad oil impressions. Soy in the media. FDA-approved health claim. Opinions on biotechnology. Spotlight on biotechnology. Trans fat awareness and opinion. Awareness and usage of soy products. Restaurants and soy products. Occasion preferences for consuming soy.

Awareness and usage: "37% percent of Americans consume soyfoods or soy beverages once a month or more, approximately five percentage points higher than during the period between 2006 and 2008. Conversely, 35% indicate that they never consume soy, which has decreased steadily since 2006 (then at 43%). For the seventh year in a row, consumers reported the most familiarity with soymilk, soybean oil, tofu and soy veggie burgers.

"Soymilk continues to be the most regularly consumed soy product, with nearly one-quarter of Americans reporting that they drink it regularly. For comparison, in 1999, 18% of consumers reported that they had tried soymilk. By 2010, the number of consumers who have tried soymilk has more than doubled to 45% of all consumers.

Edamame holds the number two spot and has surpassed veggie burgers among the top three most consumed soyfoods for the past two years. In fact, it has more than tripled in popularity since 2005 (then at 4% and now at 13%). Plain white tofu follows in third place, on par with 2009 at 9%."

A table shows the "Top 20 soy products by awareness." Soymilk 90%. Soybean oil 56%. Plain white tofu 56%. Soy veggie burger 54%. Soynuts 40%. Soy protein bars 37%. Soy infant formula 36%. Soy latte / soymilk in espresso coffee drinks [as at Starbucks] 36%. Edamame 34%. Dried or canned soybeans 33%. Cereal bar / energy bar 32%. Miso 29%. Soy ice cream / cheese 28%. Soy yogurt 27%. Soy hot dogs 26%. Flavored / marinated tofu 24%. Soy supplements 21%. Soy flour 21%. Soy breakfast cereal 18%. Textured soy protein 16%. All others mentioned 14% or less.

Occasion preferences for consuming soy (in descending order of preference): dinner 39%, breakfast 30%, lunch 22%, mid-afternoon snacking 19%, late evening snacking 13%,

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mid-morning snacking 9%, desserts 5%.

"In 2010, 84% of consumers rate soy products as healthy, down one percentage points from 2009." A graph (p. 6) shows this increase in awareness (82% in 2006, 78% in 2005, 74% in 2004, 74% in 2003, 74% in 2002, 69% in 2001, 76% in 2000, 71% in 1999, 67% in 1998).

Note: As of Oct. 2010 this full survey is available gratis in PDF format at www.soyconnection.com /health_nutrition / pdf/.

13107. Sharma, Ratan. 2010. Re: Work with soymilk and tofu in India and worldwide. Letter (e-mail) to William Shurtleff at Soyinfo Center, Sept. 21. 2 p.

• ***Summary:*** "After completing my Ph.D. on soymilk and tofu in 1993 at Banares Hindu University in India, I started working for a Canadian non-governmental organization (NGO) named Child Haven International (CHI). Please see www.childhaven.ca. I was introduced to them by Dr. Raj Gupta of ProSoya. ProSoya had developed the SoyaCow technology and through CHI they wanted to introduce this technology to benefit the people of India and other developing countries. I started working for CHI in India after receiving intensive training in Canada on the SoyaCow technology (which was in the developing stage at that time), project formulation and other related subjects. CHI was supported by some funding from the Canadian International Development Agency (CIDA) for this project. The main objective of this project was to create employment opportunities and to provide low cost nutrition to the Indian masses. In 1994, on behalf of CHI and ProSoya, I transferred this technology to SSP Private Ltd., Faridabad, India. SSP is based near Delhi.

"It is important to mention here that in the latter part of the 1980s a few companies had tried introducing soymilk in the Indian market through large scale production (Tetra Pak, poly pack, etc.) but failed for many different reasons, so they stopped their operations. I worked hard to establish this technology in India, helping SSP in manufacturing quality machines and helping the users of this machine in product development, packaging, shelf life, marketing etc. I helped them in developing the products suited Indian tastes. Because of the previous failure of soymilk in the Indian market, I had to work very hard to introduce this product again in the Indian market and I tried to do it successfully.

"All the organisations involved in the promotion and establishment of this technology, considering its usefulness and the need for it in India and other developing countries, had no intention of making money. This was just for a noble cause and was done very successfully. We approached the Indian government and this machine was included under the Prime Minister's Employment Scheme where one can apply for a subsidised bank loan. In the meantime this machine was upgraded by ProSoya and SSP. I was involved from both the ends, coordinating between CHI, SSP and ProSoya. In the meantime SSP sold many machines to Russia and later Russians developed their own machine similar to this.

"It took time but this technology grew in many folds and Indian entrepreneurs started earning handsome money. Through this technology I promoted the small-scale soy food business in India and now close to four hundred such small factories are operating in India, producing soymilk, tofu, soy nuts, re-packaging defatted soy flour, making soy based noodles and other products. I am helping all of them. Based on the success of these small entrepreneurs a few companies started producing and selling the soymilk in Tetra Pack in India. From India these machines were sold to Nepal, Bangladesh, Pakistan, Sri Lanka and many other neighbouring countries.

"Besides this I promoted this small scale soymilk and tofu business in Uganda, Tanzania, Kenya, South Africa, Egypt and in some other African countries with the help of Malnutrition Matters, CHI, WISHH etc. Also, I helped Dr. Steven Kwon in getting the soymilk machines from India and using them in Afghanistan. Now there are many such machines working in Afghanistan successfully.

"On average, Indian entrepreneurs are making tofu in a range of 100 to 500 kg per day. Some are making 50-100 kg per day. Large scale soymilk business is also growing in India."

Ratan visited Spicer Memorial College in Pune in about 1999 to learn about and perhaps help with their soymilk production. He recalls that they were making very sweet bottled soymilk in various flavors, as well as tofu (which was certainly not canned in a tin). They sold these products at a canteen inside the college and they had two outlets in the city of Pune; he visited one of these which was on a narrow street and was not fancy.

Ratan remembers a company that started making tofu and soymilk in Ghaziabad using a large new plant from Takai (of Japan); he does not remember the company name, but it was not Amrit Protein Foods. When he arrived in Ghaziabad, he lived with the owners of this company for a month. They had recently closed the plant and did not take him there. Later all of their equipment was sold at auction by the bank as they were not able to repay their loan. They had a very nice tofu tray packing system and were selling the tofu in water-filled tray packing only. The owner of the company was a chartered accountant by qualification.

Ratan also remembers a company in Allahabad (both he and Rajendra Gupta of ProSoya are natives of Allahabad) that purchased a large plant from Takai through an agent based in Hyderabad. This plant was purchased by a cigarette manufacturing company named Shyam Bidi. The owner of the company was a politician, who had earned lot of money from his tobacco business. They had just launched the product, which they continued for less than a month, then closed down the business before the product had a chance to become known. This company may possibly have been

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related to Mishra Soya Food Products, which definitely had a Takai system and which either introduced or was about to introduce "soyabean based paneer" [tofu] in the Bombay market. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13108. Sharma, Ratan. 2010. Re: Work with the American Soybean Association (International Marketing), soymilk and tofu in India and worldwide. Letter (e-mail) to William Shurtleff at Soyinfo Center, Sept. 22. 2 p.

• ***Summary:*** "I joined the American Soybean Association (ASA) in 1997 as a soymilk and tofu expert and since then I have been in touch with the ASA's International Marketing (ASA-IM) activities worldwide. Soybean and soy meal utilization in the animal sector is the first priority of ASA-IM as it consumes most of the soybean and soybean meal (utilised in poultry, animals, aquaculture, etc). But they also have a full-fledged food program in almost all their international offices and they have a substantial budget for this. I know these soy food promotion and utilization programs in India, Japan, China, Mexico, Middle East, etc. And we have these programs in Sri Lanka, Pakistan and Bangladesh through our India office.

"ASA-IM sends teams of potential and prospective entrepreneurs to the US and other countries for advance training on the soy food production and utilization. I have lead such teams to attend the advance courses on the soymilk, tofu, TVP and other products at INTSOY, Texas A&M and Kansas State University courses separately. These courses were attended by Pakistan, Bangladesh and Sri Lanka based soy entrepreneurs also. ASA-IM paid all their hefty course fee, hotel stay, as well as meals and other incidental expenses. The participants paid only for their international air fare. I also visited Bangladesh, Sri Lanka, Nepal and Pakistan so many times to help the soymilk and other soy food manufacturers in these countries.

"ASA-IM spends lot of money on the promotion of soy for the food uses all over the world. I may try to send you some pictures of these activities. These help in creating the market for the small, medium and large scale soy food producers. We do it for the soymilk, tofu, soy nuts, soy flour, TVP and all other soy food products manufactured and sold by the Indian soy food manufacturers.

"ASA-IM promotes the soy food business through the trade fairs, industry visits, helping them in attending government training programs etc. The Indian Government also helps in promoting the soy food business and products. Once they provided huge funds for the generic campaign of the soy food products in India and the advertisement program ran on the popular TV channels, radio, print media etc. for a few months. We coordinate the entrepreneur development programs through the government departments and they have run exclusive training programs on the soy food business in which hundreds of prospective and existing soy entrepreneurs participated.

"Soy fortified products are also popular in India. One of the Indian states, Gujarat, recently introduced wheat flour fortified with soy flour for public distribution system (a subsidised ration for the poor people). All this is run by government programs. The Government of India (GOI) feeds approximately 250 million children, women and men under various feeding programs and soy is the main protein source in most of these. They use other protein options also based on the price and the availability but soy is preferred by the government in these programs. We help them in the product formulation, recipe development etc.

"I introduced the soymilk, tofu and other small scale soy food production business to the Indian army, also for their soldiers who retire at an early age and go for low profile business. I gave them the option of the soy food business on a small scale after their retirement from the army. At one of the army rehabilitation centres they have installed soymilk, tofu and other soy food processing units to train their retiring soldiers. I go there from time to time and impart training to them also when the new lot of soldiers come for this program.

India has made an excellent progress in the soy food business on small, medium and large sale production and there continues to be tremendous growth in this field, especially the soymilk, tofu, soy flour, TVP, soy protein based products etc.; you can see a lot of these products in the super stores. One thing that is remarkable here is that besides selling there products in the rural and urban areas, the soymilk and other soy product manufacturers sell a substantial quantity of their product through the super stores and other organised marketing channels. I help them in making the good quality packaging with the proper shelf life, giving all the nutritional and commercial information on labels, following the rules and regulatory norms framed by the GOI, getting a bar code, taxation, industry licensing, etc.

More later, Ratan. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13109. Sharma, Ratan. 2010. Re: Work with soymilk and tofu in India and worldwide. Letter (e-mail) to William Shurtleff at Soyinfo Center, Sept. 26. 2 p.

• ***Summary:*** "There are close to 400 soymilk machines that I established in India after transferring the SoyaCow technology to SSP Ltd. in Faridabad.

"The first SoyaCow machine was sold in 1995 to a rural entrepreneur who ran this machine in an engineering college's canteen in Karnal (Haryana state). I kept track on his business for some time but then I lost touch when he moved to a new location. His son contacted me for some help after four years but since then I have no record of them. I don't think they are still in this business. Anyway, that was the first machine and I could recall that person sitting in front

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of the machine at SSP's floor and observing the trial of the machine before this was dispatched to him. He was amazed to see a machine producing milk.

"A few points for your information:

"In 1996 SSP Pvt. Ltd. (India) started to make SoyaCow machines.

"Punjab state has the highest number of soymilk machines and are number one in the soymilk and tofu production India.

"About 65% of the total soymilk produced in India is converted into tofu.

"Some of the soymilk producers prepare soy ice-cream, yogurt, mayonnaise, shrikhand (a local yogurt based sweet), rasogolla (a heat desiccation based Bengali sweet).

"On the small scale about 70% of the entrepreneurs make tofu and 30% sell their soymilk as flavoured soymilk.

"Flavoured soymilk is sold in Poly packs [sealed plastic bags], sterilised in the glass bottles, and also in cans which are distributed to schools for consumption at lunch.

"What kind of people and organizations use SoyaCows to make soymilk and tofu: Commercial entrepreneurs approximately 85%. Non-governmental organizations (NGOs) 5%. Homes for destitute children and women 4%. Schools 5%. Cafeterias and business foodservice where they serve the soymilk on a subsidised price to their factory employees, hospitals 2%. These commercial entrepreneurs serve all the above sectors separately.

"Please let me know if you have any questions about the above. I am attaching the list of some successful entrepreneurs. The actual list is long, so I have sent just a few."

Ratan attaches a 4-page table, titled "A few successful soymilk and tofu entrepreneurs," showing: (1) Company name. (2) Contact person, address, and phone number. (3) Products and quantity made per day. For example, for Rubal Soya in Punjab (which owns 3 SoyaCows)–the largest soymilk manufacturer shown: Flavoured soymilk 1,200 L (liters) per day. Tofu 200 kg. Soy nuts 25 kg.

Auroville Soya is run by Mr. Frederic Cordonnier and his wife, Catia. Samara Soy Products in Ludhiana, Punjab, makes 1,400 L of flavoured soymilk. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13110. Sharma, Ratan. 2010. Re: Work with soymilk and tofu in India and worldwide. Letter (e-mail) to William Shurtleff at Soyinfo Center, Sept. 26. 2 p.

• ***Summary:*** "The present price of the SoyaCow in India is as follows (Indian Rupees):

"SC20 without deodoriser–Rs. 175,000 (you really don't need a deodoriser if just planning to produce tofu only) but deodoriser is really effective for the flavoured soymilk business.

"SC20 with deodoriser–275,000.

"Tax: 4% on the total value.

"I have worked with the government and have had very good success in introducing soymilk, tofu and other soy products in the government-run residential / boarding schools (600 schools all over India). Although not all of them are using the soy products (for many different reasons), they all have the advice from their headquarters to use soy in their school menus.

"The Government of India (GOI) feeds approximately 120 million school going children by providing them lunch and at most of the schools they include soy products depending on its availability, price suitability, product quality etc. This program is called Mid Day Meal (MDM).

"Simultaneously GOI feeds approx. 130 million women and children by proving them the nutritious diet which is mostly soy based. This is called Integrated Child Development Services (ICDS). In both these programs they have certain norms of protein and calorific requirements.

"SSP manufactured and promoted the soymilk machine (SoyaCow). They did it for so many years without any monetary interest. After everything was established they transferred this business [on 9 Sept. 2006] to one of their fellow associates, Pristine Plants (PPI). SSP is a big Indian Food and pharmaceutical equipment manufacturing company. This was a very small business for them and at later stage they realised that because they were not earning anything from this machine through their Indian business so the interest of the company in after sales service was not up to the mark and they thought that this was not justified, so they transferred this business to Pristine Plants (PPI), which is a full-fledged company involved only this business including manufacturing, marketing, after sales service etc. SSP supplied so many machines to Russia and all over the world through ProSoya. SSP is still into this business and they manufacture and sell soymilk processing plants above 100 litres per hour capacity. Also, they manufacture and sell evaporators and driers for making the soymilk powder. They have good collaboration with the ProSoya. Evaporators and driers are their core competence." Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13111. Child Haven International (Website printout–part). 2010. www.childhaven.ca Printed Sept. 28.

• ***Summary:*** Contents: Who we are (Our story, Gandhian ideals, directors, Fred & Bonnie, Patrons, Financial. The first ten years. The Cappuccinos. View video about Child Haven). What we do (Our Child Haven homes–India: Delhi, Gandhinagar, Hyderabad, Kaliyampoondi, Savarsai. Bangladesh: Chittagong. Nepal: Kathmandu. Tibet: Lhasa. A map of the Indian Subcontinent shows the location of each home. SoyaCow project. Literacy. Women's program). How you can help (Donating. Volunteering. Sponsorship. Support groups. Corporate support. Supplies. Wall of honour). Intern

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(Since 1985 about 1,000 interns have volunteered for 3+ months in India or Nepal).

"Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven International is a registered charity founded in 1985. We assist children and women in developing countries, who are in need of food, education, health care, shelter and clothing, emotional and moral support."

Gandhian ideals: 1. No recognition of caste. 2. Equality of the sexes. 3. Non-violence (toward both humans and animals). 4. Vegetarian meals (The meals are rice and lentils and vegetables, with some soya milk and yoghurt from our SoyaCow machines, which were invented by Raj and Rashmi Gupta of Ottawa, Canada). 5. Respect for religious background. 6. Simple living (Each child has a little metal suitcase. All their worldly goods have to fit inside, and they do–very nicely).

Child Haven's SoyaCow project: "The SoyaCow machine is capable of making three gallons of soya milk in 30 minutes from 1.7 kg. of raw soybeans. The technology was developed by ProSoya Foods Ltd., a group of Ottawa scientists and entrepreneurs. The SoyaCow machine is used in Child Haven homes to produce Soya milk and Soya products for the children. It's also sold to economically disadvantaged women for their use as a cottage industry.

"In 1988 a SoyaCow Support Group was formed and by 1992 Child Haven International had purchased six SoyaCow machines. Child Haven received funding for this environmentally friendly project from The Canadian International Development Agency (CIDA). There are now 400 SoyaCow machines in India and it is being promoted in Africa. Charitable donations and fundraising events provided Child Haven's contribution to the promotion of the SoyaCow.

"SoyaCow technology produces a palatable, highly nutritious, cereal or almond flavoured milk without cholesterol. The milk and okara mash can then be used to produce other soya products such as yogurt, tofu and vada. One machine can produce sixteen-three gallon batches in an eight hour day–equivalent of a herd of 16 cows in India.

"SoyaCow machines are used in Child Haven homes in Kathmandu, Bangladesh, Hyderabad and Kaliyampoondi because soy milk is a low cost, high protein product which is cheaper to produce than cow's milk. From a given acreage, ten times as much soy milk can be produced at one third to one half the price of cow's milk. Soy milk made on the premises of schools and homes is safe from contamination by dilution with water. It is also free from the danger of transmitting tuberculosis or other diseases from infected cows.

"In addition to the health benefits of soya milk, Child Haven's SoyaCow Project has generated employment for women. These women are trained to operate the SoyaCow machines and sell the soya milk products, thereby achieving some economic self sufficiency and generating revenue which can be used for the benefit of their children." Address: Farmhouse, Maxwell, Ontario, Canada.

13112. Sharma, Ratan. 2010. Re: Work with soymilk and tofu in India and worldwide. Letter (e-mail) to William Shurtleff at Soyinfo Center, Sept. 28. 2 p.

• ***Summary:*** Under what name is tofu sold in India? About 35% is sold under the name of "tofu," 40% is "Tofu (soya paneer)" and 25% is sold as "Soya paneer." Because of regulatory issues in India, people are switching over to the name "Tofu" only.

How is tofu packaged when it is sold? About 50% is sold fresh and loose, 20% is sold in poly packs, and 30% is sold vacuum packed through the super stores. Poly packed tofu is also available in the super stores. Tofu is available in water filled pouches also but the percentage is very small. Fresh tofu is sold in local markets, vegetable markets and in stores that sell house hold supplies.

After the success of SoyaCow in India a few local companies also started producing these machines. This is quite unorganised in comparison to the PPI or SSP who have technically sound teams and are very professional for such business, are professionally marketing the machine and providing excellent after sales service. PPI sells approx. 60 machines in a year, twenty machines are sold by other companies and approximately 10-12 machines are imported from China and Taiwan. There are dealers of imported machines also. On an average 100 machines are sold every year in the Indian market. Not all users of these machine make it to a successful business and 30-35% of them close down their business within a year.

"The most popular soymilk flavours are vanilla, mango, rose flavour, pineapple, almond, and banana. In south India rose flavoured soymilk is very popular. Choice of flavours varies from place to place but the above flavours are standard and popular. Keshar-pista (blend) is also popular. At some parts of the country like Tami Nadu, Punjab, Haryana, etc., people like very sweet soymilk.

"Tofu is cooked in various ways like Indian Paneer, i.e., Matar Paneer, Palak Paneer, Kofta, Oofu Tikka Masala, etc. Tofu Bhurji (scrambled tofu) is also prepared and popular. In the Punjab area many people use spicy tofu as a salad with their alcoholic drinks. Tofu is used as filler material in the Indian snacks like Samosa, patties etc.

Work in Africa: I have visited South Africa five times and tried to establish cottage scale soy food businesses in that country as well. I have worked with Eden Manufacturing and many other companies in South Africa and imparted training also to interested people at Eden Manufacturing at Berg Village and Pretoria with CSIR (Council of Scientific and Industrial Research). Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

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13113. Drosihn, Bernd. 2010. Tofu–Vom skurrilen Kampf um ein unscheinbares Weltnahrungsmittel [Tofu–From a ludicrous struggle to an unpretentious world-class food]. Mainz, Germany: Ventil Verlag, KG. 158 p. Illust. (many black and white photos). No index. 20 cm. [Ger]

• ***Summary:*** A very nice, informative book written in a very creative, humorous, light and playful tone. But lightly serious throughout about the importance of vegetarianism and of not eating animals.

One example of this creative playfulness is the numbered "Tufuismus" ("Tofuisms" = tofu sayings) which appear, in random numerical order, throughout the book. Here is a sampling–from the many that are in English: "On the 8th day God created Tofu." "Earth to Mankind: Take global warming seriously–stop eating animals." "Tofu is a doorway to the sunny side of life." "Tofu is a love letter to your body." "Tofu gives you choices you never thought you had before." "Tofu loves you." "Take tofu–because how we eat is how we manage planet Earth." "Tofu talks to your body and mind." "Your Body is a Cathedral–don't litter it." "Tofu is easy on the only world we have." "Tofu helps you stay young and hot." "Tofu simplifies your life." "Tofu is Al Gore's best friend." "Share Tofu's vision of friendliness toward the environment and the animals on our planet." "Legalize Tofu!" "Tofu hurts NoBody." "Less meat–More Plants–More Planet." "Tofu gives rhythm to the sound of your life." "Tofu is meat 2.0."

The book also contains many numbered "tofu fact" boxes, a few with titles such "Fidel Castro Tofu Fact"

Happily, the book contains only a few pages of recipes using tofu, smoked tofu, and soymilk (p. 142-157)–as many as anyone needs.

The section titled "Addresses" (p. 158-59) contains names, addresses, and websites of "beloved tofumakers from the first generation" in Germany and the USA. A photo shows Bernd Drosihn, founder and president of Tofutown.com GmbH. Address: Founder and president, Tofutown.com GmbH, Industrie und Gewerbe Park, D 54578 Tofutown Wiesbaum, Germany. Phone: 06593 9967-0.

13114. Sharma, Ratan. 2010. Re: Color photos of soymilk, tofu, and SoyaCows in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 1. 4 p.

• ***Summary:*** Photos (see next page) taken by Ratan Sharma 2003-2007 show: (1) (6) A SoyaCow SC20 with each of the 7 main pieces of equipment labeled. The first SoyaCow was developed for Child Haven International (CHI) in India and shipped in 1992. Although, the Canadian International Development Agency (CIDA) helped with funding in the beginning, they later stopped funding and CHI carried it forward through its own funding. Today SoyaCows are installed at all Child Haven homes in India, Bangladesh, Nepal and Tibet.

(2) This 200 liter per hour plant was made by SSP in India and supplied to a company in Chennai (formerly known as Madras, in southeast India) through ProSoya. Dr. Ratan Sharma standing in blue shirt.

(3) This soy restaurant named AIWO (meaning unknown) was started in 2003 by the Fresh and Honest Café (a coffee company selling the coffee beans, powder and leasing the coffee vending machines). They were using a big SoyaCow by in India by SSP (model VS200; capacity 200 liters per hour). The restaurant served more than 20 kinds of soy food dishes, each at a fixed price. The dishes were served on a conveyer belt that ran around to each of the tables. It was developed by a big group called Sterling Group. They offered some discount to their employees. Some Singapore based company prepared this restaurant and developed the modalities.

(4) Bottled soymilk (in crates ready to be loaded in the truck) was produced by Fresh and Honest Café. Their brand name was Soyfresh. They sold the soymilk and tofu through super stores (supermarkets). Soymilk was sold in glass bottles (sterilised) and poly bags. Tofu was sold only vacuum packed. I helped all these companies from the procurement of the soymilk machines, product development, packaging, shelf life, marketing, etc.

(5) Uncut tofu in India. These SoyaCow users, after making the tofu, put it in water for cooling before cutting it into pieces and packing. Each block of tofu weighs about 3 kg (6.6 lb).

(6) A herd of six SoyaCows, each with a tall stainless-steel deodoriser to improve the taste of soymilk, is ready for dispatch at the SSP factory. Ratan Sharma inspected each machine before it was shipped.

(7) Vakratund Pharmaceuticals (VF) which, despite its name, made only soymilk and tofu at Udaipur, in the state of Rajasthan in western India. (8) They purchased a 200 soymilk plant with a capacity of 200 liters per hour made by SSP. Because of the huge initial investment this company wasn't able to survive. Their product quality was excellent and they were supplying it to many states. They eventually sold their machinery to other company.

(9) A mobile soy kitchen selling soymilk and tofu.

(10) The advertisement used by the mobile soy kitchen.

(11-13) Various soy products on the shelves of Dorab Ji, a very famous super store (supermarket) in Pune (formerly Poona). The same products are in other area super stores: Food World in Pune, Spencer's in Bombay, etc. Chetran Foods in Pune is well known. Note Silk brand soymilk from the USA along with the Indian Sofit and Staeta in Tetra Pak cartons, made in India by ProSoya, headquartered in Ottawa, Canada. At the bottom of the shelf is sterilised soymilk in 200ml, 500 and 1,000 ml glass bottles. These soy products are in the soft drink cooler, so soy products have been accepted in the leading super stores and are as visible as Coca-Cola. Pepsi, etc. (14) Two brands of tofu

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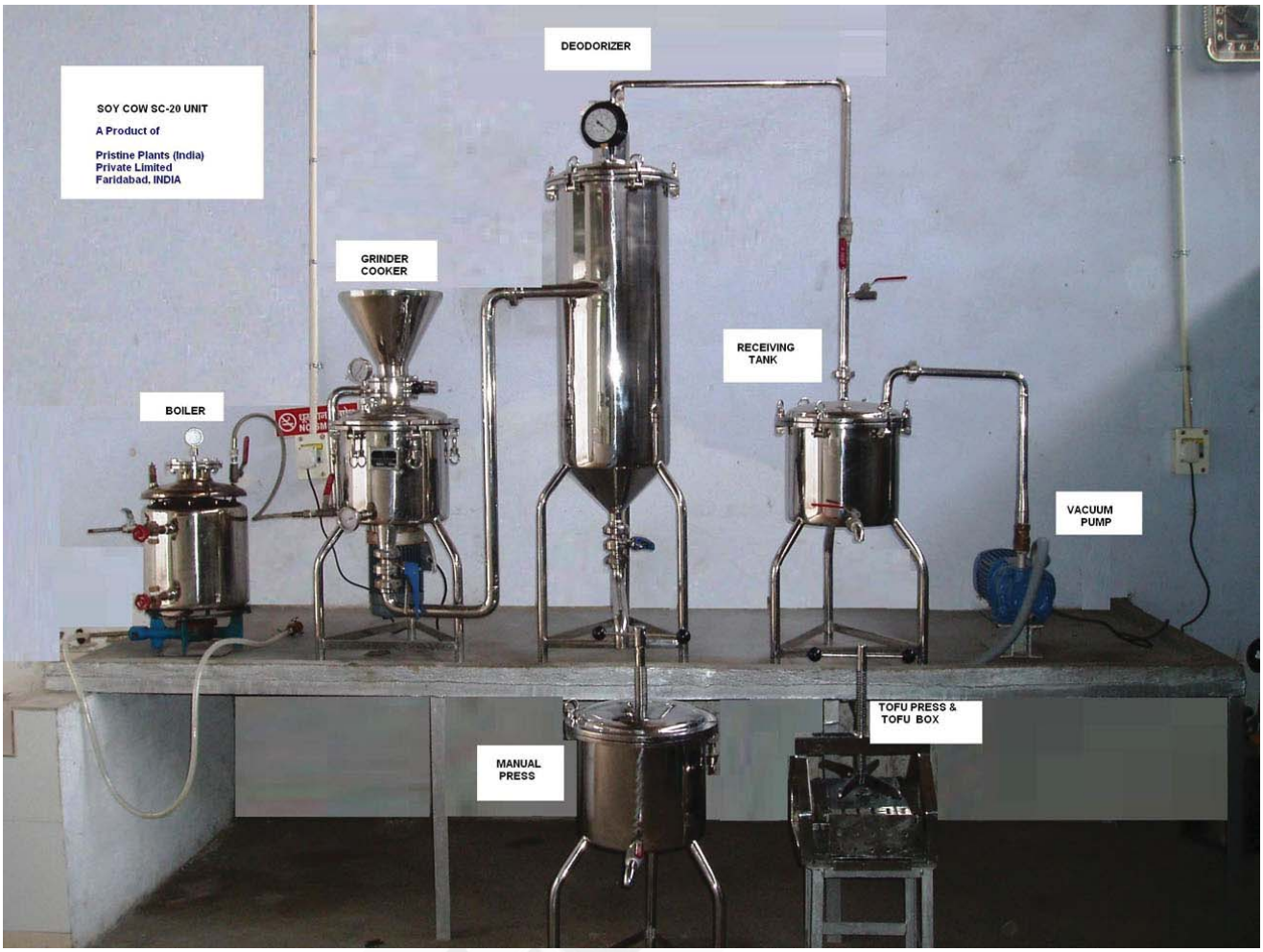

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in the dairy section (refrigerated) of a super store: Soyace Soya Paneer and Soyfit Soya Paneer (Tofu). The Sofit tofu is made by Wega Industries in Bombay; they have their own large-capacity tofu factory. Fifty percent of tofu and soymilk manufacturers sell their products on their own; the rest sell them through super stores or malls or exclusive restaurants. In the Punjab soyfood makers have developed some special soy retail outlets. A few manufacturers use bicycle rickshaws–somewhat like traditional tofu makers in Japan who carry their wares on a bicycle and sell directly to people in their homes.

(15) Women's employment: Making tofu at a soymilk site in a remote area of Hyderabad.

(16) A SoyaCow SC20 with tall stainless steel deodoriser (for better soymilk flavor) in the center.

(17-18) Training entrepreneurs to make soymilk on a SoyaCow SC20.

(19) Ratan Sharma cutting tofu at a soymilk and tofu training program in the tribal areas of Orissa state.

(20) School children waiting for or drinking soymilk at the same training program.

(21-22) The VitaGoat from Malnutrition Matters (MM) of Canada requires no electricity. The soaked soybeans are ground with a bicycle powered grinder. The soymilk is heated using a very efficient wood-fired boiler. Here is a VitaGoat training program in the tribal areas of Orissa. Malnutrition Matters is associated with Child Haven International (CHI). "Frank Daller is a volunteer of CHI and is one who was involved in the SoyaCow technology transfer from Canada to India in coordination with me. He was working for ProSoya at that time. We have very good relations. I helped MM also in transferring their VitaGoat (VG) technology to GD Machines (a subsidiary of SSP which later merged with SSP) almost two years ago. I help MM also. Their machines are manufactured by GD and sold in India and other countries. These machines are marketed by MM only. Off course, I help their clients in the way I help the SoyaCow users."

(23) Fresh soymilk is prepared by an NGO and served fresh to children at a school in Orissa, which has no electricity or refrigeration.

(24-25) At some of the army rehabilitation centers soymilk and tofu processing systems (SoyaCow) have been installed to impart training to retiring solders (who retire before age 30) so that they could choose soy foods business as a career option after retirement rather than entering low-profile jobs such as guards, drivers, electricians, etc. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13115. Sharma, Ratan. 2010. Re: Color photos of soya flour, soya nuts, and soya oil made in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 1. 2 p.

• ***Summary:*** Photos taken by Ratan Sharma 2003-2007 show: (1) Soya Shakti soya flour in a super store (supermarket). (2) On the top shelf is Chetran's Soya Aata. Two other brands of soya flour are in the photo.

(3) Salt roasting of soynuts for a commercial scale production; the soybeans and salt are roasted together in the hot metal pan. This product is excellent in taste. This company Bansal Nuts based in Punjab feels that their products are better than the mechanically roasted soynuts.

In English, we say "roasted peanuts" or "roasted soybeans," but in Hindi all roasted legumes and/or grains are simply called "roasteds" (*bhuna*).

In stores, roasted soybeans are usually sold labeled (in English or Hindi or both) in plastic bags–unmixed with other roasted grains or legumes. However a small percentage of products sold in stores or markets contain a roasted mixture of soybeans, wheat, rice, and/or chickpeas (garbanzo beans).

In India, roasted soynuts are usually sold through the direct outlets of the manufacturer and through super stores. Roasted soynuts are sold all over India. At some places they are also included in the school lunch program, which is paid for by the Indian Government.

In India, soyabean is mostly dry roasted. Many small scale soymilk and tofu manufacturers make soy nuts by roasting whole dry soybeans in sand. In India ground nuts (peanuts) and chick peas (garbanzo beans), rice and other grains are roasted in the sand. This job has been done by some communities from centuries. They charge some money, or a little portion of the material to be roasted, and do it for any one. These roasted legumes and grains used for the snacks in the rural and urban areas from centuries. Street vendors in the cities near the courts, hospitals, schools, bus stops, etc. roast and sell these grains or a multigrain mixture. It is not common to roast soybeans (except indigenous black soybeans called *bhatt*) for home consumption. Roasted soybeans are usually sold in super stores in plastic bags. The Hindi name for soybeans dry roasted in sand is *bhuna,* but most people just call it "roasted" (in English). The name for dry roasted soybeans sold in plastic bags in stores is "Packet" or *thaila* (in Hindi).

Some small soymilk and tofu makers sell fried soy nuts as well but percentage of these is very low compared to the dry roasted soy nuts. The soybeans are first soaked in water about 2 hours; then they are roasted in salt. After the sand is removed (by a sieve), a small amount of oil, salt, and some spices are applied to the soybeans. Very little oil is used so that salt and spices could stick on the roasted beans. Soybeans prepared with oil, salt, and spices are called *masaledar.* But in general in India, whole soybeans are not fried.

In Jammu and Kashmir (J&K, the northernmost state of India) and some other places soy nuts are sold by the street vendors also in the way they sell other roasted grains. In hilly areas also they grow black soybean called *Bhat / Bhatt* (in Hindi) and roast it for their consumption especially in the

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winter. This indigenous black soybean is grown mostly in the Himalayan range, especially in the Kumau and Garwal regions.

In the villages they use dry leaves to fire their hearths for roasting. They store these dry leaves during the fall / autumn and use them year round for the roasting of the legumes and grains brought by the farmers and other villagers.

(4) Soy-fortified pasta, which is made by small entrepreneurs.

(5) Roasted soybeans coated with jaggery–traditional unrefined sugar. It is a concentrated product of cane juice without separation of the molasses and crystals, brown in color.

(6) A few companies in India use expellers (a mechanical process) to crush soybeans, yielding soy oil and low-fat soy meal. The meal is ground finely to make soy flour. Both are sold at premium prices compared to the oil and flour from solvent extraction (a chemical process, using hexane solvent, a volatile petroleum fraction). Here are bags of the flour.

(7) And the oil. Note the word "Natural" on the label. Note: Even though the manufacturer of this oil and flour is named "S.P. Solvent (Pvt.) Ltd." (which sounds big and modern) they use only expellers and mechanical processing.

(8) A small, single serving packet of soya nuts (soynuts), nicely packaged. Anjali Mukherjee is a diet therapist and well known food and health writer for *Times of India.*

(9) Allegro Soya Nuts from Taj Majal.

(10) Coca-Cola and soyfoods get equal billing in India.

(11) Soya Nuts packaged in plastic bags. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13116. Sharma, Ratan. 2010. Re: Color photos of soymilk, tofu, and SoyaCows in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 1. 4 p.

• ***Summary:*** Photos (see next page) taken by Ratan Sharma 2003-2007 show: (1) Training of the prospective soymilk and tofu entrepreneurs (men's group).

(2) In the training program: By using a curding agent / coagulant, soymilk is curded to make soft white curds floating in yellow whey. In India, the most widely used curding agent is citric acid, followed by calcium sulphate, then magnesium chloride. (3) The curds are now ready for pressing to make tofu. This group is part of the Soy Entrepreneur Development Program (EDP). This program was conducted in coordination with the American Soybean Association–International Marketing (ASA-IM) and the Government of India (GOI).

(4) A collage showing the labels of well-known soyfood products made in India. Note Ruchi's Nutrela (chunks of textured soy flour) along the top. Soya Sakthi in the lower right, Sofit soy milk in the lower left. Soyfoods now have a good, healthy image in India–as they do throughout Asia.

(5) SoyCow 'M' developed by Malnutrition Matters in Canada; the five main pieces of equipment are labeled: Electric grinder, water pump, multi-fuel boiler, pressure cooker, and filter press. A simpler unit, called the VitaGoat, comes with a bicycle powered grinder (which requires no electricity). Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13117. Sharma, Ratan; Shurtleff, William. 2010. How soymilk came to India after 1970; fragments of a long and interesting story. Part II (Overview). *SoyaScan Notes.* Oct. 7. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Ratan notes: These larger plants do not compete with similar plants that ProSoya Inc. of Canada would like to sell to some larger customers in India. SSP and ProSoya Inc. have a very good understanding. Some times there is a conflict of interest but they sort it out. Occasionally SSP makes a plant for ProSoya on their demand. They have very good business and personal relations and I try to equilibrate between them to avoid any such problems which could create any hurdle in this business. Fortunately SSP and ProSoya are run by the people with very high ethical and moral values.

As the demand for soymilk and tofu has increased in India, people thought of going for the bigger capacity plants and PPI made slightly larger plants. The earlier plants were 30 L (litres) per hour capacity but they recently made 50 L per hour capacity also. The most popular model is SC20 which produces 30 L of soymilk in an hour. The larger versions of the SoyaCow are not sold much.

Approximately how many SoyaCows has Ratan sold each year in India? Here is a sampling of statistics he has kept: 1995–approximately 12 units. 1996–approx. 20. 1997-1999–approx. 27 each year. 2000–approx. 35. 2001-2003–Approx. 18 per year. 2004–approx. 40. 2005–approx. 43. 2006–approx. 45. 2007–approx. 38. 2008–approx. 45. 2009–approx. 65. 2010–approx. 65 as of Oct. 1. If you plot these numbers on a graph, the result is, on average, fairly rapid, linear growth, with the curve rising rapidly starting in 2009.

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As of Oct. 2010, there are two brands of soymilk are made in India and sold in Tetra Pak cartons: Staeta and Sofit. Both are made in the same plant, owned by Godrej, at Mandideep, near Bhopal, Madhya Pradesh, in central India. Godrej (now named Godrej Hershey) is the biggest food and consumer goods company in India.

Total UHT (Tetra Pak) soymilk production (for Godrej and ProSoya) is about 4 to 4.5 million liters annually. Godrej has about 60% of the market and ProSoya about 40%. The product quality is almost the same but Godrej sells more because of its well-established network of retail stores to which they distribute a wide variety of consumer products.

"The SC20 comes with the electrical grinder only whereas the VitaGoat developed by Malnutrition Matters (MM), Canada runs without electricity. They have the option of the electrical and gas fired boiler also. This machine was being manufactured by GD Machines in India. GD is a subsidiary unit of SSP and two years back they merged with SSP so now these machines are being made through SSP. Here I would like to mention that these VitaGoats are mainly sold through the MM in India and other countries. I am helping MM also in their VitaGoat business development and helping the users of their machines in product development, marketing etc. These machines have been sold to big NGOS also who run these machines through the shelf help groups (SHGs) and supply the soymilk in schools. One such big project was supported by World Bank in a tribal area of Orissa. I was also involved in that program.

"SSP manufactured and sold VS-200 plants also in India. These could produce 200 L of soymilk in a hour. They just sold 5-6 such machines in India. Also, SSP manufactured and sold so many such systems for ProSoya in other countries; they even produced 500 L and 1,000 L per hour soymilk processing plants for ProSoya along with the evaporators and driers. Some of these were installed in Russia also.

The three companies that make low-quality 'rip-off' soymilk equipment have, on average, sold a total of about 15-20 machines a year during each of the past two years. They are quite unorganised in comparison to PPI or SSP who have technically sound teams and are very professional in this business of making and marketing the machines and providing excellent after sales service. PPI sells approximately 60 machines per year, twenty machines are sold by other companies and approximately 10-12 machines are imported from China and Taiwan. There are dealers of imported machines also. On an average 100 machines are sold every year in the Indian market. Not all users of these machine make it to a successful business and 30-35% of them close down their business within a year.

"The most popular soymilk flavours are vanilla, mango, rose flavour, pineapple, almond, and banana. In south India rose flavoured soymilk is very popular. Choice of flavours varies from place to place but the above flavours are standard and popular. Keshar-pista (blend) is also popular. At some parts of the country like Tami Nadu, Punjab, Haryana, etc., people like very sweet soymilk." Address: 1. PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13118. Sharma, Ratan. 2010. Re: Development of soy foods in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 10. 2 p.

• ***Summary:*** "We worked to develop specific soy food recipes to make these products popular across the country.

"Sometime in the 1980s there was a semi-larger capacity of soymilk plant was installed at G.B. Pant University of Agriculture and Technology, Pant Nagar, Nainital in India. This was a donation from USAID and was based on the old Illinois technology. The okara was not separated from the soymilk. This university use to sell the flavoured soymilk during the farmer fairs and to their teaching staff. There was no commercial development through this machine in India.

"There are few government organisations promoting the soy products and the soy food based entrepreneurship in India: 1. Indian Council of Agricultural Research: They run all the agricultural universities and institutes where they run some soybean farming and soy food promotion kind of work in addition to varietal development of the soybeans and their work on the other agricultural products. It's a huge establishment of the Government of India under the Ministry of Agriculture.

"2. Central Institute of Agricultural Engineering, Bhopal (MP): They have a Soybean Processing and Utilisation Centre where they have an old version of the SoyaCow and train the prospective entrepreneurs on this. Also, they provide training in the preparation of other soy food products. This institute runs week-long courses on the soy food products.

"3. National Soybean Research Centre, Indore: This is mainly to develop the soybean varieties. They also do some training and extension work on soy food promotion.

"4. The Government of India (GOI) did a generic campaign for the soy food promotion in India about 4-5 years ago. Many government organisations in India are involved in promoting soy foods and businesses.

"5. The Ministry of Women and Child Development, Food and Nutrition Board recommends using soy food products in various feeding programs. GOI feeds more than 240 million of women and children in various feeing programs under Integrated Child Development Services (ICDS) and Mid-Day Meal programs.

"6. Many non-governmental organisations (NGOs) and religious organisations use tofu to feed the people of their targeted area, their devotees, employees, etc." Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

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13119. Sharma, Ratan. 2010. Re: Work with soy foods in India and Africa. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 12. 2 p.

• ***Summary:*** "I really feel blessed and fortunate having the opportunity to be associated with Soy which is a wonderful food for the people of my country and all over the world. After my masters [degree] I thought to go for a Ph.D. in soymilk and tofu technology. Soy was not a lucrative topic for a Ph.D. those days. My friends asked me to choose some other topic but I had finally decided and determined for this. When doing a Ph.D., the students want to choose some topic on which they can get enough reference and information on the subject they have chosen. We had a very little information on soy products in our library (everything was on its animal utilization side) but I was determined to go for Soy only.

"What inspired me to go for Soy: I am basically from a village. We have had one retired and old school principal (named Shri Janardan Prasad Sharma) in our neighbouring village. He used to be the school principal of my father and his elder brother and quite often use to visit my family. He was a very simple and great person. During his youth he was associated with Mahatma Gandhi, Vinoba Bhave and others. After his retirement he started educating people on the inner development, simplicity and Karma, and choosing a suitable Guru who could help you develop your inside. All the people in my area had high regards for him.

"He was very vigilant on my studies. Those days very few people go for the higher studies. Once he told me that Mahatma Gandhi tried to introduce soymilk and some soy based products but couldn't make it acceptable to the people. Somehow he was also associated in Mahatma Gandhi's soy program. He was always curious to know if something is happening or some technological advancement to make this product acceptable for the Indians. I thought I should try to work on soymilk and tofu and to develop the techniques to make a better and more acceptable product. That's what brought me into the soy and later my association with Child Haven International and ProSoya was a predetermined thing by God to help me into this noble venture.

"After my Ph.D. and commercial association with soy I became very busy in its promotion and helping the soy food entrepreneurs in many ways. Many things developed in the soy food industry and soymilk, tofu and other soy food product's business. I was excitedly and carelessly so busy that I couldn't show the packaged soy food products, bottled soymilk, vacuum packed tofu to our well respected old school principal who had been lying on bed after breaking his back. Although I kept on talking about these developments which made him very pleased especially the wide acceptability of the soymilk and other soy food products and the technological developments to make the soy food products acceptable in the general masses. I couldn't show him the products and he passed away after a long illness at a very old age.

"Also, my grandfather (named Shri Harihar Prasad Singh) who was a farmer and very brilliant horticulturist was a real fan of soy. He had a book which was published by the G.B. Pant University of Agriculture and Technology, Pant Nagar more than 32 years ago. In that book, lots of soy recipes were given. My grandfather use to try those. That's how I was exposed to soy; otherwise soy was not a common word known to many people.

"My grandfather and that school principal were not in favour of me pursuing a job in the U.S. or Canada but to live in India and to develop some soy based low cost nutrition and to serve the country. This really influenced me and I determined to work on soy and stay in India. When I see many families growing through this soy food business I feel a little satisfaction of my work which is helping the people in many ways.

"When one of these people working with soy calls on the phone to ask for help, I usually know who it is just by the sound of their voice.

"I really feel blessed that I got this opportunity to serve mankind this way. During my travels to Africa I trained many of the groups/NGOs etc. in the soymilk and tofu production and utilization and delivered lecture on the soy nutrition. These were the programs to help people suffering from HIV/AIDS to get better nutrition through soy. I could still recall those large gatherings of the people suffering with HIV/AIDS at the community centres in Uganda, Tanzania, Kenya, etc. God helped me to develop some products of their interest with the soymilk which they liked." Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13120. Gupta, Rajendra ("Raj") P. 2010. Overview and current status of soymilk in India. Part I (Interview). *SoyaScan Notes.* Oct. 13. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Soymilk in India: ProSoya never received any royalties from the sale of SoyaCows in India because ProSoya donated all those royalties to Child Haven International (CHI, a charity), that purchased many of ProSoya's earliest machines with significant funding from the Canadian International Development Agency (CIDA).

Some of ProSoya's potential customers for small equipment didn't want to buy that equipment from India because of quality issues. So, for a while, ProSoya in Canada imported small SoyaCows made in India to Ontario, upgraded certain parts (such as motors), then exported them to countries worldwide. ProSoya paid a royalty to Child Haven on those machines. Later ProSoya found that this business in small SoyaCows was taking too much of the company's time and energy, and it was actually unprofitable. So they discontinued that service. But later, because of continued demand (especially from Europe),

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they built a slightly larger SoyaCow, SC50, which has many new features, such as a cooking vessel with insulation on the outside. All SoyaCows, even those made in India and Russia, are now 100% stainless steel. The only machines that contained aluminum were made by ProSoya at the very beginning, before SSP started making SoyaCows.

One problem is that these small SoyaCows in India do not make very good tasting soymilk–compared to the flavor of soymilk sold in Tetra Pak. The latter "is a very outstanding product; everybody loves it. We developed that taste especially for India, because in India they sometimes drink it hot, sometimes drink it cold. We developed a soymilk that is good whether it is hot or cold. We sell plain soymilk (made from soybeans and water, widely sold to diabetic people), original soymilk (with just a hint of cooked dairy milk flavor purchased from a flavor house), and flavored soymilks (made by using the original soymilk as the base). The best-seller of types three is saffron & pistachio, followed by plain. One key point is that freshly made tasty soymilk does not taste as good as soymilk that has been aged for 2-4 days in the package. The flavors "marry"–as they say in French. However beany flavored soymilk tastes worse and worse, the longer it is aged. In India, law requires Tetra Pak products to be quarantined in the plant for 7 days before they can go to market. The consumer buys it about 15 days after it was made, but it has a shelf life of 6-12 months.

There are only two companies in India that make and sell soymilk in Tetra Pak cartons. They both make their soymilk in the same plant at Mandideep, near Bhopal, Madhya Pradesh. They are Godrej (Sofit brand) and ProSoya India (owned by SoyaWorld, brand name Staeta, pronounced STET-uh). This market is growing by about 8-10% a year, but it would grow much faster if the product were less expensive. The retail price in an aseptic pouch would be about 50-60% as much but the shelf life would be the same.

There are many manufacturers of aseptic pouches. ProSoya owns one in Canada for demonstration and experimental purposes. In about 18 months, when his non-compete agreement with SoyaWorld expires, Raj hopes to start making soymilk using his large SoyaCows in a location unrelated to Godrej, packaging it in aseptic pouches. Rather than competing with Godrej and ProSoya India (who make soymilk for the elite), he will complement them, and may simply expand the market without taking any market from them–by reaching out to the sub-elite.

There may be a potential in India for extending dairy milk with soymilk as long as it is done with full, open disclosure–with no sense that the milk has been adulterated. It would bring down the price and expand the supply. Most of the milk in India is buffalo milk, which is also much whiter than cow's milk due to its higher fat content.

ProSoya has developed new technology for a new generation of better tasting soymilk; it is incorporated into all ProSoya except the smallest machine.

Although there are 350-400 small soymilk companies in India and two large companies selling soymilk in Tetra Pak cartons, the volume of soymilk produced is very small. "I think Indians still do not like any of the soya products." Raj has been working intimately with his nephew (his sister's son) in one of the smaller cities in India who owns and operates a company making tofu and soymilk. He knows, day to day, what problems he faces. Raj believes that soya paneer would be perfect for India, but the problem is that people are still "soyaphobic." The most promising project in Raj's mind is to sell good-tasting soymilk in inexpensive aseptic pouches–the kind that are very popular in Latin America. The retail products are priced at about half or just over half of Tetra Pak. You cannot see the soymilk in an aseptic pouch; it is an opaque film with an oxygen barrier liner. Such a pouch would greatly increases soymilk sales in India because many more people could afford the product. Total sales of aseptic Tetra Pak soymilk is about $3-5 million and maybe 10 million liters, with only two brands competing: Staeta (ProSoya of India, Inc.) and Sofit (Godrej). America Soybean Association says soymilk sales are much larger, but Raj does not know where they get their numbers from. Both companies make their Tetra Pak soymilk in the same plant at Mandideep, an industrial area just south of Bhopal, in Madhya Pradesh. Raj is still bound by a 5-year non-compete agreement with SoyaWorld at that scale.

Concerning Godrej and the factory at Mandideep: ProSoya India asked Godrej to distribute their Staeta soymilk. "We thought they were not interested in soymilk any more [after the failure of Great Shake, launched in 1987]. When our man asked them to distribute the product, they started thinking 'Why not make our own, instead of distributing Staeta?' So ProSoya ended up distributing its own product; SoyaWorld has continued that–because in India they don't have good distribution channels. We did try partnering with H.J. Heinz Co. for about 1½ years and they spoiled our market completely–not that they wanted to but the corporate culture didn't exist. The top management was very interested in working with ProSoya, but the middle and lower management thought of it as an external product and made no effort to promote it. By contrast, Godrej has the best distribution system in India for foods and basic consumer goods; and they distribute to stores they own. That's the reason their sales are so much more than ours. They distribute even to smaller cities. But in the cities or shops where ProSoya's Staeta is present, Sofit (which is always on discount) hardly sells at all–even though Staeta's price is slightly higher. Consumers strongly prefer Staeta's flavor. Godrej makes ProSoya's soymilk, you might say, so how can we compete with their Sofit on price? We compete on quality. It is very unusual for two competitors to make the same product in the same plant." Continued. Address: President and CEO, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

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13121. Gupta, Rajendra ("Raj") P. 2010. Overview and current status of soyfoods in India (Interview). *SoyaScan Notes.* Oct. 13. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Raj's nephew (his sister's son) earned a degree in physics in India, then a master's degree from a university in Boston in semiconductors, but never finished his PhD degree from Boston University. Then he worked in the semiconductor industry in Scottsdale, Arizona, for many years. Then he moved to Ottawa, Canada, for 10 years. Finally (in 2004, at about age 35) he decided to return to his native India, to do something to help the people of India. When Raj started his original tofu plant in Kanpur in 1985, his nephew had worked at the plant for one summer as a student. He wanted to start a similar plant in Allahabad, a city in the north Indian state of Uttar Pradesh. In about 2007 he bought the smallest SoyaCow system, the SC20, and started a business making soymilk and tofu. He learned how to make these products from a book, *Tofu and Soymilk Production.* He did a lot of innovative research. His business is doing well, but he has not yet reached the break-even point. The volume is pretty low and local people do not really like either soymilk or tofu (soya paneer). He is making only about 5-6 batches per day, which is 200 to 400 liters of soymilk per day. But he located his business in a more challenging part of India. If you go to the western part of India, people are more affluent and more inclined to eat foods which improve their health. The same is true in south India. But in Allahabad and points east, it is somewhat more challenging to try to introduce soyfoods. So his location is part of his problem, but he wants to work where there are challenges rather than where things are easier.

Indians are still not very excited about tofu as a high-quality, low cost alternative to paneer (fresh dairy cheese). Part of the problem is that tofu makers in India try to sell tofu as imitation paneer, rather than as a healthier alternative. So he calls his product "tofu." In Kanpur, where Raj started his work with tofu, he never called it "soya paneer." But the problem is that even if you call it tofu, Indian consumers still think of it generically as "soya paneer"–probably because paneer is so popular and it looks so much like paneer.

In Kanpur, way back in 1985-86, we realized that India requires very small machines (smaller than a small Takai system) that will make soyafoods where needed when needed, decentralized to avoid distribution. Machines that can be used in institutions or very small shops. In many places, this is the way it is done today and they have been successful. "We demonstrated in various schools that this is a concept which will work."

But today per capita consumption of soyfoods is still extremely small. "We expected that it would double every year or more, but its growing at the rate of 8-10% and from a very small base."

Of the various soyafoods in India, by far the most popular is textured soy flour / flakes (such as Ruchi's Nutrela in chunks, nuggets and granules). Ruchi is the market leader, but many local companies use extruders to make similar products from very inexpensive defatted soybean meal or flakes. Number 2 is probably soymilk, with tofu a distant third.

India is a very milk oriented country; it is the largest producer of dairy milk in the world–especially since the cooperative "white revolution." Indians have always loved milk. Despite the fact that 70% of Indians are lactose intolerant, they consume it anyway in one form or another–such as paneer, yogurt, lassi (a popular and traditional Punjabi yogurt-based drink). In the northwestern states of India (such as Punjab), there is no lactose intolerance, so they can drink dairy milk without problems. This may be because of a long history of dairying and / or because they are descended from Aryans who name from further northwest. Many of them drink it hot. In the south of India there is a high incidence of lactose intolerance. This is the main cause of their "soyaphobia."

If Raj had to make a prediction 25 years into the future, he would definitely predict that soyfoods in India will definitely be more important and a bigger part of the diet than they are today. One reason for this is the declining per capita consumption of pulses, a major source of protein, especially for the poor. This is due to rising prices and static production over the past several decades. Soy is replacing pulses in one form or another–and will continue to do so. In terms of the soy beverage market, they key is to find a good tasting product sold in inexpensive packaging and retailing at the right price point. Do get the price low, you need large volume, fast turnover, good distribution, and lower retail margins. Today soymilk margins in India are 30-35% compared with about 5% for dairy milk–because the volumes are huge.

The traditional Chinese and Japanese model of the consumer buying directly from the tofu or soymilk maker (to ensure freshness, no packaging, lower price to the consumer, higher price to the manufacturer, no middleman) is starting to happen in India among SoyaCow owners. Raj has seen this working nicely in Russia. To support such a model, you need a high density of consumers. Some SoyaCow owners have tried successfully to sell their products using bicycles.

Raj estimates that the market for soymilk in Tetra Pak is $2-3 million ex-factory. Multiply by 2.5 to get the retail value = $5 to $7.5 million retail. The retail price of Tetra Pak soymilk is about $1.50 per liter. That works out to about 3-5 million liters per year. Looking at the whole soymilk market in India, what percentage is sold by the small soymilk makers using SoyaCow SC20 machines (which have a capacity of 60 litres per hour)? This estimate is very hard to make. If we estimate 400 machines in India and each is selling on average 500 liters a day of soymilk, that is 200,000

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liters a day times 300 days per year = 60 million liters per year. This is 12 to 20 times as much as is sold in Tetra Pak. Therefore the small makers control 92-95% of the market–a very interesting conclusion–even if the small makers have an output of only 10 to 30 million liters a year. Raj thinks the growth potential for small soymilk machines is bigger than for large Tetra Pak machines.

There are many reasons to believe that food prices will rise faster in the coming decades than during the past few decades, and the price of most animal products will rise faster than soybean prices, so people will consume what they can afford, which means increasing consumption of soy in many developing countries. Address: President and CEO, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

13122. Gupta, Rajendra ("Raj") P. 2010. Biography and early work with soymilk and tofu in India and Canada Part I (1942-May 1985) (Interview). *SoyaScan Notes.* Oct. 14. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Raj was born on 8 Oct. 1942 in Saharanpur, a city in the northwest corner of the state of Uttar Pradesh, India, the son of Meena Gupta [her maiden name] and Shiva Prasad Gupta. His father was in government service in the food department. He was the 1st son and 2nd child of four children. He had two brothers and one sister. Raj received all of his education in India. He graduated from high school at Government Inter College (Allahabad, Uttar Pradesh). He graduated from college at the University of Allahabad, with a major in physics, then went on to earn his PhD degree in physics in 1966 from this same university, focusing on lattice dynamics of solids / solid-state physics.

He first traveled to Canada in 1967 to do post-doctoral work. First he was a research associate, then he worked at the National Research Council of Canada in Ottawa, earning a permanent position in 1978. During these years he went back and forth between Canada and India. He was not sure whether he wanted to live in Canada, USA, or India. This happens to a lot of people. He initially spent two years in Canada, then went back to India for three years, then began coming to Canada every summer for 2-3 years. He finally decided to live in Canada.

Raj met his wife, Rashmi, in 1975 in India, on a trip back to India from Canada. She was working toward her PhD degree in physics from Banaras Hindu University (BHU) in Varanasi, India; they were married in 1975. Back in Canada, Raj did research and taught some classes at the University of Winnipeg (Manitoba) and the University of Western Ontario (London, Ontario). He and his wife lived near the university in both places.

Raj's early interest in soy was more like a hobby. He and his wife knew that there was widespread malnutrition in India and in many developing countries. And they realized that soyabean is the best source of high-quality low-cost nutrition. In about 1977-78 they met some Chinese friends (at the University of Western Ontario, in London, Ontario) who introduced the Guptas to soymilk. They had heard about soymilk but never had tasted it. They did not like the taste. They said: "Perhaps we can get used to the taste by drinking it every day, for several weeks. But after drinking it religiously for some time, we still did not get used to the taste." The soymilk, which had a beany flavor, was made at a local Chinese shop in Canada. "We realized we couldn't hack it, even though we knew it was nutritious. So we gave it up."

In 1978 they arrived in Ottawa, Canada, where Raj had earned a position as an associate research officer at the National Research Council (NRC)–the top government laboratory / campus in Canada. NRC, where both basic and applied research is conducted, is similar to the U.S. laboratories (such as the Lawrence Livermore National Laboratory) that are part of the Federally Funded Research and Development Center (FFRDC) network. His wife also leveraged her PhD degree into a job at the National Research Council, but in the information technology (IT) sector.

From 1983-1995 Raj was adjunct professor at McGill University in electrical engineering, and a visiting professor there during 1986-1987.

In about 1981-82 Raj and Rashmi came across some soymilk products in Tetra Pak made by Vitasoy; it was sold in Chinese grocery stores. They liked the taste and knew it was a good source of protein, so they began drinking it every day. Raj and his wife do not have any lactose intolerance, so they did not drink it for that reason.

In about 1983, when they went to India, they took a case of Vitasoy Tetra Pak soymilk with them; it was nice to be able to have something to drink while traveling. Then (in December 1983) they met Mr. T.N. Agarwal in Kanpur. He was professor at an engineering college there. He and Raj had been friends before Raj got married. He tasted the Vitasoy, liked it, and asked why it could not be made in India. He was in business, doing some electronic and semiconductor business. Agarwal is also a more generic name, describing a group of related people who have a long history of being outstanding entrepreneurs. The Guptas, to which Raj's family belongs, is in the same group or class in India. So after the interesting question from Prof. Agarwal, in early 1984 Raj began to explore and do research to find out what could be done. In Jan/Feb. 1984 he first phoned William Shurtleff at Soyfoods Center in California to discuss the problem. Shurtleff recommended that Raj order the book *Tofu & Soymilk Production,* which he did–and he read it from cover to cover. This book discussed the principles of soymilk production and various methods that had been used to eliminate the beany flavor. This book's bibliography introduced Raj to the large body of literature on the subject. As he studied the basic principles of the subject, he realized that one approach to eliminating the beany flavor had not been tried–eliminating oxygen. He and his wife discussed the

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problem repeatedly and she also read some of the literature–but not to the extent that Raj did. Before long, they began doing experiments at home and she became very involved. Their work with soymilk was still a hobby; their main work continued to be at the National Research Council. But behind their hobby was a long-term vision. "It originated from the fact that, if we could produce the kind of milk we tasted, at very low cost, we might be able to take it to the masses of India. This would be very helpful. So it was mainly a philanthropic and humanitarian interest to begin with. As a hobby, that's what we wanted to do. But later, when the invention was issued, we realised our discovery was very significant and could be the basis of a business."

In 1984 Raj and Rashmi coined the name for their new business: ProSoya. The word "SoyaCow" was coined in 1985 or 1986, before they met Child Haven (see below).

In March 1985 Raj and his wife, the co-inventors, applied for a Canadian patent on a "Process for making soymilk with no beany flavor." It was soon issued. In 1986 they submitted a PCT International Patent Application for "Food processing in oxygen-free environment" [Soymilk]. This too was issued, and was followed by similar patents in the USA.

They were now ready to use their discovery as the basis for a business. It would be in Kanpur, India, run by T.N. Agarwal, making tofu for the poor. Initially, they hoped to raise start-up capital by taking the company public to set up a Tetra Pak type line there. They were ready to start a fairly large operation, but then they learned (from Tetra Pak) that Godrej was about to launch a soymilk product in Tetra Pak. Raj said: "If Godrej is already going to do this, then we don't have to do it. Let them do it at their level, since they have more resources. Why should we try to do the same thing. So we backed off. By the way, Godrej's intention was also similar to ours–to make a nutritional product for the masses. Of course, they knew that to do that it also had to succeed as a business."

On 23 May 1985 Soy Food Centre. A Unit of Networks Pvt. Ltd., started making Boon Tofu using a system imported from Takai in Japan. T.N. Agarwal did the bulk of the work. Raj provided most of the financing for the project, but Raj never moved to India. He and his wife would go to Kanpur for 15-30 days at a time, then return to their jobs in Ottawa, Ontario, Canada. The company lasted for less than two years, and Raj learned many hard lessons about introducing a new food to India, and especially a new food intended to help the poor. Continued. Address: President and CEO, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

13123. Gupta, Rajendra ("Raj") P. 2010. Biography and early work with soymilk and tofu in India and Canada Part II (Interview). *SoyaScan Notes.* Oct. 14. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Continued: "We learned the key lesson the hard way: If you try to promote any product as being good for the poor, the poor don't want to buy it. In Kanpur, we wanted to sell it very very cheap. We did that and it failed in less than 18 months. We couldn't make any money since our margins were so small. The people who bought the product were from the health-conscious middle class." There were also problems with packaging, distribution, and spoilage. "We realized that India requires very small machines (smaller than a small Takai system) that will make soyafoods where needed, when needed, decentralized to avoid distribution. So we began to think about how to make very inexpensive, very small machines, that could be used to make soymilk where needed, when needed, so that packaging and distribution would not be required." Raj and his wife both kept thinking about how to solve this problem and actually design and build the first machines. They contacted a lot of fabricators in India and some initial machines were even fabricated in Mumbai (formerly Bombay) India, but they were too cumbersome and not really very good. But at NRC I met Grant Wood, one of my colleagues who worked as a mechanical technician and draftsman. We were working on the same NRC project and I found that he was very good at designing. So I started discussing this concept and problem with him. I told him it was still just a hobby, so Grant Wood decided to get involved. He designed some small soymilk manufacturing machines according to my directions. He had a small machine shop in the basement of his home, and he and I built the very first machines there. Initially, a lot of prototypes were made but they were not good enough to sell."

The first big breakthrough came when Raj learned about a new organization named Child Haven International (CHI) of Maxville, Ontario, Canada. "They didn't come to us, we went to them." In about Oct. 1986 Raj met them in Ottawa when they were talking about their activities in India and elsewhere on the Indian Subcontinent. He explained that he and his co-workers had been doing something which might be useful to them. They were looking for something like what Raj was doing. They knew that the Canadian International Development Agency (CIDA) usually helps NGOs with funding for this type of venture. CHI thought that this could be a good project for them to get funding from CIDA as well as financial support from their own donors. CHI got the money from CIDA, then in about 1990 asked ProSoya to produce one trial machine for them to make soymilk in India.

On 19 June 1991 an article by Marion Kane appeared in the *Toronto Star* (p. D2) titled "Nifty Canadian invention a boon to the Third World." It explained that the Soya Cow [SoyaCow], invented by Raj Gupta, is a machine that makes palatable, low-cost, high-protein soymilk. One was in operation in Hyderabad, India, at one of the homes for poor children run by Child Haven International.

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Another similar article appeared on 24 Nov. 1991 in the *Ottawa Citizen.*

ProSoya contracted with various local machine shops to fabricate the various parts, then these parts were assembled into a working SoyaCow in Raj's basement at 9 Veery Lane. Initially they operated their new business out of their home. The next 6-10 SoyaCows were also assembled in Raj's basement. By March 1992 Child Haven had sent six SoyaCows, made by ProSoya in Ontario, to India–with financial aid from CIDA.

Question: "Is there any religious dimension to this work for you? Is this part of your religious life as well? Ans: "No. Nothing to do with religion. Of course it is spiritually very satisfying to do something like this. But it is more selfish, too. You don't really do it for others; you do it for yourself. You think you are helping others, but really you are helping yourself. It is also an intellectual challenge with many very interesting problems to be solved–almost every day."

Raj has had an interest in being a businessman and running his own business since his earliest days. "I came from that kind of family. A lot of my relatives on both sides of the family were in business." Raj comes from a culture that has a long history of entrepreneurship. "But, I'm not totally for business. If something doesn't have an intellectual component, I'm not interested. It has to be something novel, something new. Even now I spend a lot of time with physics; that's my first passion."

In April 1992 ProSoya published the first issue of *The SoyaCow Newsletter,* which appeared quarterly, from 9 Veery Lane, Ottawa, Canada. Even though it was initially only 2 pages long (filling the front and back of one sheet) it contains excellent, detailed information about the early history of the new company, plus some good photographs in each issue. The first article in the first issue is titled "Child Haven Sends Six SoyaCows to India with CIDA's Help." A photo shows Child Haven's directors, Fred and Bonnie Cappuccino, as they take delivery of six SoyaCows from ProSoya's president, Rashmi Gupta [Raj Gupta's wife]. We also learn that a SoyaCow system has been operating for over six months [i.e., since about mid-1991] at the Candlestick restaurant in Alexandria, Ontario.

In Aug. 1995 Raj stopped working for the National Research Council, so he could devote more of his time to his former hobby, that was rapidly becoming a full-time business. However he was allowed to keep his original office at NRC and he did research there, when he had time, in an honorary capacity, for the next five years. At the time he left NRC, has wife had already left to work as a consultant in private industry, for Anderson Consulting.

Raj and his wife have one child, a son, who is now about age 32. He graduated from college, earned an MBA degree in France, and was recently married. He lives in Chicago and works as a business consultant.

In 2002 Raj (the Renaissance man) entered a feature film (90 minutes) titled *A Passage to Ottawa* in the famous Cannes Film Festival. Directed by Guarav Seth and written by Jameel Khaja, it was produced by Raj and his wife, Rashmi.

Rashmi is Director of Marketing at ProSoya. Her involvement lately has been on product development and marketing rather than on technology. For her work, Indo Canada Chamber of Commerce gave her the "Business Woman of the Year" award in 2006 which she got from the hands of the prime minister of Canada, Steven Harper. Address: President and CEO, ProSoya Inc., 2-5350 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

13124. Sharma, Ratan. 2010. Re: Statistics on production of soymilk in India in 2008. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 15. 2 p.

• ***Summary:*** As an attachment to an e-mail, Ratan sends an Excel spreadsheet titled "Soya milk production in India," which he developed in Sept. 2008. The purpose was to estimate the amount of soymilk produced in India at that time. Most of the companies are small, independent commercial producers, however at least 6 Child Haven International (CHI) centers and several university and governmental research centers have been included. Moreover, 4 of the producers are in Nepal (an independent country just north of India), and the last entry under "Companies" is "Other soymilk producers." This figure for soymilk includes soymilk that is transformed into tofu or soy yogurt.

The spreadsheet has the following columns: (1) Company name and city. (2-4) Number of batches per day, month and year. (5-7) Soya milk production (in liters) per day, month, and year. (8-10) Soyabean utilization per day and month (in kg) and per year (in 1,000 metric tons).

A total of 167 specific companies are listed, including two large companies (ProSoya Foods, and Godrej Foods) that sell their soymilk in aseptic Terabrik cartons.

The estimated total soymilk production in India (and Nepal) is 63,767 liters per day, 1.91 million liters per month, and 22.95 million liters per year.

Of this total, ProSoya Foods makes 4.789 million liters per year, and Godrej Foods makes 5.086 million liters per year. Together, these two large Tetra Pak companies make 9.875 million liters or 42.6% of the total.

The "Other soymilk producers" make a total of 810,000 liters per year, which is 3.5% of the grand total.

The total estimated soybean utilization is 255,060 kg (255 metric tons) per month, and 3.060 million metric tons per year. The single largest non-Tetra Pak soymilk maker on this table is Dr. Pathak (in Meerut, Uttar Pradesh, in northern India). His company uses 5 SoyaCows to make 255 batches of soymilk per day. That works out to 3,825 liters per day, and 1.377 million liters per year.

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The #2 largest non-Tetra Pak soymilk maker on this table is Rubal Soya (in Distt. Sangroor, Ludhiana, Punjab); contact person Kuldeep Singh Cheema. They use 3 SoyaCows to make 125 batches per day. That works out to 1,875 liters per day (of flavored soymilk), and 675,000 liters per year. Plus 200 kg of tofu, and 25 kg of soy nuts.

Letter (e-mail) from Ratan Sharma. 2010. Oct. 27. He didn't mention many of the machines whose production he was not very sure about at that time. Also, at the end, under "Other soymilk producers," he estimated and summarised their production of most of the rest, but this gives lower number for the total number of soymilk producers. Also: soymilk that is made into tofu is included in this chart as only as soymilk. Ratan would estimate that about 50% of the total soymilk manufactured is immediately transformed into tofu. The volume used to make soy yogurt, soy ice cream ice, and soy sweets is minimal and insignificant. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13125. Duggan, Tara. 2010. Tofu breaks a big barrier: Artisans craft better soybean product to share table with chicken and beef. *San Francisco Chronicle.* Oct. 24. p. K1, K4.

• ***Summary:*** Tofu's image as a bland source of protein that's good for you is quickly changing. Some Bay Area chefs are making their own tofu and local companies are starting to make it in the traditional Asian way–for daily consumption, rather than packed floating in water or vacuum packed for consumption days or weeks later.

Tofu companies include Hodo Soy, founded by Minh Tsai (Oakland). Tofu-yu, founded by Kevin Strong (Berkeley). Restaurants: Cyrus (Healdsburg). Morimoto (Napa). Plum (Oakland). Hodo Soy also makes Yuba.

Soyatech says the period of greatest growth for soyfoods was 1999 to 2004, when overall sales increased by 12%.

A detailed description is given of how tofu and yuba are made at Hodo Soy's 12,000 square foot Oakland facility.

Three recipes are given. A large color photo shows Jeffrey Lunak, executive chef at Morimoto Napa, adding nigari to hot soymilk as he prepares the restaurant's fresh tofu. Address: Special to the Chronicle, Chronicle columnist, San Francisco.

13126. Boswell, April. 2010. Re: Work at the Erewhon retail store on Newbury Street in Boston. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 13 and 24. 1 p.

• ***Summary:*** "On a whim yesterday I googled Erewhon, the natural foods store on Ellery St. in Boston for whom I worked a few months in early 1971. As I scanned through what came across, memories began slipping back. So I thought I'd send on to you what I remember although you probably have plenty of information, and my memories are not very clear. Nevertheless...

"As a 20 year-old (my name was April Deborah Van Outrive in those days) I moved from California to Cambridge, Massachusetts in January 1971, and into a third-floor walk-up apartment with my boyfriend at the time Rory Ingalls (he might have been working at Tao Books), and two other roommates, a South American fellow, Manuel Manga (who was obsessed with geodesic domes) and Fern Weiner. They were all eating and living macrobiotically and I was learning from them. Fern did all the cooking for the house. She taught me how to make an authentic Japanese futon and some basics of macrobiotic cooking.

"After only a month or so for reasons I don't recall, we moved again into a lovely old macrobiotic house on Ellery St., around the corner from the Orson Wells theater and down the street from Harvard Square. There were eighteen to twenty people living in this house which was run by Bruce and Melinda Gardner. Melinda was pregnant and subsequently had her baby, David, that spring or summer. The house was three stories and had been built in the early eighteen hundreds. I remember Melinda making tofu from scratch in the big kitchen there with a number of us women. My memories of Bruce and Melinda are that they were both calm, gentle people. Melinda called their baby 'Davie-cha.'

"I went to work for Erewhon on Newbury St. and rode the bus from Cambridge, past MIT and over the bridge into Boston. Russell Desmarais (spelling?) was managing the store as I recall. We had large open barrels of grains, seeds and nuts as well as nut butter grinders, and I recall estimating amounts when helping customers with their grains. One time the famous singer Odetta came in and I waited on her. I didn't know who she was at the time. I also recall a young man who worked at Erewhon, he played the flute and would sit outside the back door on a ledge or a stairway during his breaks; I was charmed by his haunting tunes.

"Some of us Erewhon employees took a bus one weekend up to Vermont, to donate our time to work on a farm there. We worked in the fields digging stones out of the soil. The stones were as numerous as potatoes in the ground but less satisfying to unearth. I recall wondering if they just continued to rise to the surface over time. Another memory of that weekend is that along the way there, we stopped and swam in the bend of a clear cold river. The idyllic nature of that swim and that time remains with me today.

"On another occasion there was a big party at what may have been the Kushi's house that we all attended. I recall it as being a gracious home. It might have been Aveline or Michio Kushi's birthday celebration.

"We attended lectures given by Michio Kushi in Boston, I think this was downtown at a church, close to the Boston Commons.

"Bruce and Melinda were offered the opportunity to run a big house and farm in the countryside outside of Boston, where we had also visited as a group. I think they did leave the Ellery St. house to do that.

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"In June or July of 1971, I decided to catch a ride back home and put up a sign to that effect on the bulletin board at Erewhon. A girl name Dulcie answered my ad; she was heading to California in her little VW and could use a traveling companion. She arrived bright and early one fine summer day, I packed my things in her car and off we went. Life made its usual twists and turns and I did not return to Boston.

"I was the girl on the cover one month of the little publication put out by Erewhon, might have been the East-West Journal. I think I was holding a big basket of fresh produce.

"So that's my little story! Thanks for allowing me to reminisce." Address: Clayton, California.

13127. Cappuccino, Bonnie; Cappuccino, Fred. 2010. Child Haven International, a herd of SoyaCows, and soymilk on the Indian Subcontinent (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** "Our story: Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven International is a registered charity founded in 1985. We assist children and women in four countries, who are in need of food, education, health care, shelter and clothing, emotional and moral support.

"Child Haven has five homes in India, one in Nepal, one in Tibet and one in Bangladesh. Our homes accept children who are disabled, parentless, or from socially disadvantaged situations–and who are destitute, i.e. do not receive even one good meal a day" (from the Child Haven website).

One evening [in about Oct. 1986], as Fred was giving a talk about Gandhi to a small group at a Hindu temple in Ottawa, he mentioned that Child Haven was totally vegetarian. Fred also explained that he had been in Selma, Alabama, in March 1965, for five days with Martin Luther King and with a minister colleague who was killed there. That day converted President Johnson. He knew he would lose the South if he went ahead with the voting rights bill; but he did it anyway. The march for the right to vote by black people in Selma was a purely Gandhian demonstration; the marchers were completely nonviolent in the spirit of Gandhian nonviolence.

After his talk at the temple, Raj Gupta and his wife, Rashmi, from ProSoya came up and told Fred and Bonnie about a small machine for making soymilk that they had developed and that was now in use in their home kitchen. Raj said he hoped to use something like that in India, but hadn't had any luck so far. He asked if Child Haven might like to collaborate with him. Fred and Bonnie had always been interested in soya–primarily because Fred spent 3 years in Japan (1948-1951) as a Methodist missionary before he met Bonnie (so he was very familiar with tofu), and because of books about soyfoods by Shurtleff and Aoyagi they had read. And they had both become vegetarians in 1985. Raj said his machine made soymilk with no rancid flavor but with some beany flavor. There was sincere interest from both sides. Bonnie thinks that Raj had the idea before CHI did of applying to CIDA. Raj could not get money from CIDA unless he went through a charity–such as CHI. Bonnie and Fred had heard about CIDA but Raj knew in a more specific way what the possibilities were. So CHI decided to go to CIDA as an NGO to apply for funds. First they put together a committee of Child Haven people and people recommended by Raj who had some technical experience and interest. The committee wrote a grant funding proposal. The main person was Hart Jansson, who was one of CHI's supporters. The initial proposal was submitted in about 1989.

One early document shows that the soymilk project was originally proposed to CIDA in 1988 as a 2-year endeavour with a total budgetary requirement of under $20,000 Canadian.

It was a complicated process and the money didn't come right away. The CHI committee had to tweak their proposal, adding some things and removing others. Eventually they got about $100,000 for the SoyaCow program (CIDA does not fund orphanages) but only as a matching grant; CHI had to raise about 37.5% of CIDA's amount (in cash or kind) before they could get the money from CIDA. This was very difficult because CHI, a very small organization, is always struggling to raise enough money. Fred recalls that there were subsequently at least three more phases to the grant application process, and for each one they had do a great deal of committee work and planning to make the submission. Raj and his technical people had to come up with a prototype machine, which was a big challenge for Raj and a big opportunity–to make the first real SoyaCow for Child Haven. The first prototype he made was too labor intensive, so he had to change parts of his design.

In about Nov. 1990 the first SoyaCow, made in Bombay, India, arrived at the Child Haven home in Hyderabad. Fred describes it as a "big monster." Child Haven had thought the project was so important that they ordered the first machine from India (with Raj Gupta's approval and designs) before they had secured funding from CIDA. Raj made many trips to India, before and after the first SoyaCow was built, to be sure that all the work would be and had been well done. He met with the proposed manufacturer, examined their fabrication facilities, discussed technical details of the design, etc. Also in Nov. 1990, CIDA approved in principle the first matching grant.

After the first SoyaCow arrived, Raj Gupta traveled to India to see it in action. He spent a lot of time studying how it was being used and how it worked. Some of the older kids at Child Haven were helping out to make soymilk with the SoyaCow. Fred and Bonnie got the feeling that was not appropriate; it was too dangerous, since it utilized steam. "You need mature people, not kids, to run such a machine. However now the machine is much safer and in some of the

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homes the older children are helping."

Raj made many design changes and improvements on the first few SoyaCow machines that were made in India, and decided that the first few Indian manufacturers were not adequately equipped to do the very fine tuning that the SoyaCow required. This eventually led him to SSP, which was a very experienced and competent equipment manufacturer. Pristine (PPI), the present manufacturer of the SoyaCows, is doing very good work.

Child Haven has never used any of the non-electrical machines made by Frank Daller and Hart Jansson of Malnutrition Matters; he and Frank run the company together, and they are both still strong supporters of Child Haven.

From the outset, there was one basic problem between CHI and CIDA. CIDA was interested helping to develop cottage industries that women could take advantage of. CHI was very interested in teaching women how to use the SoyaCow as well, but in reality it was hard for a woman to make soymilk using that SoyaCow, with the steam, all those pipes and the complexity. That became a problem for CIDA. The number of kids in any Child Haven home has always been about half boys and half girls. But it was the staff that was the problem. There are a lot more women on the staff because CHI needed caregivers, but it was difficult to try to get a woman who was a caregiver to try to get into the mode of making soymilk with an unfamiliar machine; it was a big jump for them.

It is not clear where the 2nd SoyaCow to be used in India was made; it may well have been made by ProSoya in Canada.

One organization in Ghaziabad clamored for a SoyaCow until they finally got one. They then stated in their publicity that they had gotten a SoyaCow from CIDA (which looked good) but they never actually used it. So Child Haven eventually went to them and repossessed the machine.

It took a while before SoyaCows were accepted in the two Child Haven homes. Making soymilk using a SoyaCow was hard work, so sometimes Fred and Bonnie found that the machine wasn't being used for 2-3 days. Perhaps the gasket broke and nobody took the time to find another gasket. It was an uphill struggle with some of the staff people who worked with the machines. It is less that way now; Bonnie thinks the staff women now have much more appreciation for the value of the nutrition from the soymilk. The children generally liked the soymilk, especially the small ones. "The staff, basically, didn't like the soymilk and we have had trouble getting them to use the okara. I think they're doing the best job using the okara in Bangladesh, where they are working hard to develop new recipes to use the okara, as well as the tofu and soymilk."

At the two CHI homes that had SoyaCows, not much tofu was made in the early days and years because they had trouble getting the coagulant–so they made mostly soymilk. They liked tofu (soya paneer); certainly they are using it much, much more now. Its a good source of protein for the children, so new the staff is required to make tofu three times a week. At some of the homes the staff makes soymilk twice a day and at others they make it once a day. There is a problem because of the erratic supply of electricity required to run the SoyaCows; its a big problem in Nepal. When serving soymilk, they all add some sweetener–sugar. In some of the homes they always use some flavoring. They usually serve each child 1 cup (8-oz. tumbler) of hot soymilk, early in the morning, often before breakfast. In the homes where they make soymilk twice a day, one cup each is usually served in the mid-afternoon, after they get home from school. If there is any extra, some of the children will come back for a second and third cup. It's an uphill battle to get the staff to drink soymilk; they are kind of set in their ways. At the Kaliyampoondi home, near Madras, are about six "senior orphans"–elderly people who have no children to care for them in their old age. They wanted to have a few dairy cows to make milk for their tea. Bonnie and Fred have a commitment to the soymilk. Continued. Address: Founders, Child Haven International.

13128. Cappuccino, Bonnie; Cappuccino, Fred. 2010. Child Haven International, a herd of SoyaCows, and soymilk on the Indian Subcontinent. Part II (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyinfo Center. • ***Summary:*** Continued: Child Haven has a number of volunteers, Westerners who go for 6-12 months to help at one of the homes in Asia. Before going, they are given a 1-2 day orientation in Ontario. Fred notes: "One of things we tell them is that anything they can do to encourage the use of the SoyaCow machines would be beneficial–such as praising and encouraging the staff who are making the soymilk. Most of the Westerners really do like the SoyaCow program and most of them enjoy that hot cup of soymilk early in the morning." Bonnie adds: "I really enjoy and appreciate that hot morning soymilk. For me, it has a better flavor than cold soymilk. I guess its just what you get used to." Because of the dark-skinned children Bonnie adopted, Fred was kicked out of one Methodist church and invited to another, where he served for four years. "During the time we were there the congregation changed from almost totally white to almost totally black." Then they moved out to the country where Fred served as minister to three churches; 9:00, 10:00, and 11:00–Fred made the circuit every Sunday. "It was fun. After that we were able to make the transfer to a Unitarian congregation." Fred has always been a Unitarian at heart.

Frank Daller was living in Toronto, in what he called "the rat race," when he heard about Child Haven and about Bonnie and Fred. He learned that Bonnie had adopted a lot of kids and that Fred was an anxious spectator. Frank was in the music business, but he was not a musician. He might have been a promoter or a manager. On the wall of

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his office in Toronto he had a "Juno Award." These are presented annually to Canadian musical artists and bands to acknowledge their artistic and technical achievements. Frank wanted to get out of that "rat race" life, so he and his wife moved from Toronto to be near where Fred and Bonnie lived in Maxville. Frank had skills as a carpenter, so he earned his living doing carpentry and he also worked at ProSoya. Frank and his wife had one child born to them; they then adopted a kid from Mexico.

In early 1993 CHI ordered six more SoyaCows. One of these went to their largest home, in Kaliyampoondi (near Madras, in Tamil Nadu state of southwestern India). The others went elsewhere in India–perhaps to early SoyaCow entrepreneurs.

Importing anything into India at this time was a huge hassle and extremely difficult. Getting those six SoyaCows through customs was fraught with problems–mostly bureaucratic. They didn't assume Child Haven was a charity; they took it to be a money making venture. How would they monitor how much money was made from these six machines, and are the taxes properly paid, etc.

In 1993 CIDA sent a man [Dan Thakur, PhD] to India to evaluate the SoyaCow project. This was the first program he had evaluated a program for CIDA. CIDA does not give funding for children's homes, so CIDA had no interest and no involvement in the main program of Child Haven–the children's homes. His evaluation of the SoyaCow program was totally negative. For example, CHI had hired a woman named Sandiya Rani to be in charge of the SoyaCow program. She was never a caregiver. They hired a woman because CIDA wanted to help women gain employment. She didn't work out very well. She did not know how to fix equipment that was not working properly and she was prohibited (as an unmarried woman, probably by her family) from traveling unless accompanied by a male relative or chaperone–as to other SoyaCow sites. This lack over supervision was an example of a criticism. The main criticism was that Child Haven was not able, at that time, to get the SoyaCow out into the Indian community with people who wanted to use it to make a living. The 53-page report was submitted on 24 Sept. 1993, after CHI owned at least six SoyaCows. After this evaluation, Child Haven received no more funding from CIDA (except for on-site funding for a school building in Nepal). Child Haven had to raise all future funds for the soya program–almost entirely from donors in Canada.

At about the same time as the negative CIDA report was issued Child Haven hired Dr. Ratan Sharma (his PhD is in soy and dairy paneer) full time to be in charge of the SoyaCow program (replacing the woman) and to monitor the roughly six SoyaCows. He was paid a fixed annual salary, to promote soyfoods and SoyaCows, teach new potential entrepreneurs how to use the SoyaCow and start a business with it, and to maintain existing SoyaCows if they develop problems. Child Haven found Ratan through Raj Gupta and they think Ratan is an outstanding person who is doing a very good job.

Shortly after hiring Dr. Sharma, Child Haven opened the SoyaCow Centre. Here Child Haven also pays the rent on his home and office. At Centre there is no SoyaCow and no space for training people. Ratan has to go to an existing site to train people.

Dr. Sharma is still employed full time by Child Haven, which is not able to pay him as much as he could earn elsewhere with his PhD degree. But he also is paid for part-time consulting with the American Soybean Association, with ProSoya, with Malnutrition Matters, and with some Indian government programs.

At least once or twice, Frank Daller traveled to India with Bonnie. On a trip in early 1995, Daller went to India to see if the herd of SoyaCows were being used properly. When he found that many were not, basic changes in the program were made.

"Part of our reason for developing the SoyaCow was not just for our children's homes but the idea of getting across the whole possibility of low-cost, high-protein food for a society that is basically vegetarian and is gradually losing one important traditional source of protein–dal. But it takes a long time to introduce a new food to a traditional culture, unless you start with the children. The SoyaCow is going out to new places in India and I think Ratan is largely responsible for that. He is still an employee of Child Haven, paid from money that is donated to Child Haven.

After Child Haven got paid staff at the office of its headquarters in Maxville, they became much better about keeping and organizing all important documents so they could be quickly and easily located. Two people presently work at the office in Maxville.

"For Child Haven, over the years, The SoyaCow program has meant much better health for the children and better teeth. Occasionally doctors from other countries offer to come in and do a dental clinic or health check. They usually say that our children have much better health and much better teeth than other children in that area or than children at other children's homes that don't have a SoyaCow. Also the whole idea of trying to spread the concept of this basically very good food for a society that needs a good source of protein because they are largely vegetarian. The SoyaCow provides a good-tasting soymilk. Using soybeans in the form of soymilk or tofu is much better than trying to use them as dal. Ratan has done good work in India, Bangladesh and Nepal to help small entrepreneurs start a new business based on soymilk and tofu made by the SoyaCow. Child Haven has a SoyaCow at its home in Nepal (where electricity is a problem) and at Chittagong, the 2nd largest city in Bangladesh.

"Raj Gupta has been a good supporter over the years of the basic program at Child Haven. Certainly the whole idea

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of this Soya Cow would never have started without him. Its a mutual admiration society between Raj and Rashmi and the two of us. We admire him and his wife so much for what they have been doing. We saw them often during the early years of the SoyaCow program and the committee that worked to get funding from CIDA. We still see them 2-4 times a year and they have helped us with the Indian High Commissioner to Canada (like an ambassador who lives in Canada) to get visas for our volunteers going to India from Canada. They come to our annual fundraising dinners in Ottawa. We have annual fundraising dinners across Canada at about 18 different places. Child Haven's annual budget from donors in Canada (plus a little from the U.S.) is about $1.5 million.

Question: How would you describe what you have done since you started Child Haven? Ans: "I don't know. I don't try to analyse it. We just do what seems to make sense and hope it works. I calculated one time that 75% of what Bonnie and I have tried to do in terms of new projects, etc. was a total flop. And then something clicks. Child Haven is one thing that clicked. I don't know that it means that we have any special talents or skills."

Fred adds: "When I was in Japan I had the Methodist missionary mindset. But instead of converting people, I accidentally got converted, and came to feel that the Japanese are all right the way they are. That's pretty much my story. I'm a Unitarian minister now. We don't convert people. I tell the congregation that I was 36% Buddhist, until I heard the Dalai Lama. Then I became 48% Buddhist. I'm 81% Unitarian. There's overlapping there" [Laughter]. Address: Founders, Child Haven International.

13129. Cappuccino, Bonnie; Cappuccino, Fred. 2010. Child Haven International, a herd of SoyaCows, and soymilk on the Indian Subcontinent. Part III (Interview). *SoyaScan Notes.* Oct. 25. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Continued: Fred has had an idea about a new way of using and marketing soymilk in India. He has talked about this with Ratan Sharma, but (so far as Fred knows) nothing has been done to implement it. "I was suggesting to Ratan that he look into utilizing the small clay pots to sell fresh curds made from soymilk." Buffalo milk curd (called *dahi* in Hindi) is sold mostly in small clay pots in India; it is a popular fermented food resembling yogurt. "In India they make small clay pots which are disposable. After each use, they crush them and they may re-use them. It seemed to me that this would be a new way to promote the use of soymilk. Such curds (made from dairy milk) are already part of Indian food culture and the sales could be a dependable, growing product for entrepreneurs who own a SoyaCow. The small clay pots are readily available and very, very inexpensive. We also haven't been very successful in promoting the idea of making curds. For some reason that has not caught on or been popularized–not even at the Child Haven homes, with the exception of Bangladesh. Indians generally prefer curds from Buffalo or cow's milk–but of course many people cannot afford them.

Fred adds with a chuckle: "Ratan has not yet caught this fantastic vision of mine."

Another problem is to get more of the okara used in Child Haven homes. They are now using it in some of the curries at Child Haven in Bangladesh. There are so many ways to use it, the quality of the protein is higher than that in tofu or soymilk, and it is a valuable source of bulk and dietary fiber.

Hart Jansson is a person Shurtleff should talk with (Fred gives contact information). He lives in Oakville, near Toronto. "He is retired. He and his wife also adopted a child, in addition to one born to them. We were and are very close to that family. His wife, Daniella, is the main person who organizes the annual Oakville Child Haven fundraising dinner. He now works with Frank Daller at Malnutrition Matters. Their VitaGoat has the big advantage that it doesn't need electricity." Hart was the main person who wrote the CIDA grant application.

One of the eight Child Haven homes is the Maitreya Foundation in Delhi. All of the 21 refugee children are Tibetan and they have a SoyaCow. The founder and person in charge is a Dakpa Rinpoche, but he is busy and travels a lot. Bonnie goes to visit them. Child Haven provides all the funding. He is also the hereditary head of some 17 monasteries in Tibet, but has never been there having been born in India. He is trying to obtain a visa to visit Tibet. A photo of Rinpoche and the Tibetan children is on the Child Haven website. Address: Founders, Child Haven International.

13130. Gupta, Rashmi Rekha. 2010. Re: Paneer in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 27. 1 p.

• ***Summary:*** William Shurtleff wrote Rashmi questions and she replied to each. Rashmi was born and raised in India and has a PhD degree from an Indian university. But she starts by noting that she has "very limited knowledge on this subject."

Q1. In which states and parts of India is dairy paneer made and eaten most, and in which parts is it made and eaten least–in terms of per capita (per person) consumption?

Ans: "Today paneer is made and consumed all over India. Minimum consumption would be in South India. Maximum use of paneer in olden days was in Northern India and Bengal. Most of the desserts (*mithai*) from Bengal are made with paneer."

Q2. Was it traditionally always made at home? If yes, when (approximately) did it start being made in shops or factories and sold in stores?

Ans: "Traditionally it was made at home but was also sold in bulk in shops called Halvai. Halvai shops specialized

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in desserts (*mithai*), snacks and yogurt."

Q3. What are the three most common ways of using dairy paneer in the areas where it is consumed most. Please give recipe name in Hindi and English.

Ans: "(1) Desserts, i.e. Rasogulla [Rasgulla], Saundesh; (2) Hot dishes such as Sahi Paneer and Palak Paneer; (3) Snacks such as Paneer Tikka and paneer stuffed bread or pastries like Samosa and Kachori, Pakodi."

Q4. Do you have any idea of the total amount of dairy paneer consumed in India?

Ans: "Not really. I remember reading somewhere that about 100,000 tons of chhena per year is consumed in India. Chhena is a softer form of paneer which is mainly used to make desserts i.e. Rasogullas and Sandesh etc. Then there is a significant consumption of the hard form of paneer in making curries and snacks etc."

Q5. In what other neighboring countries (such as Sri Lanka, Nepal, Pakistan, Bangladesh) is paneer consumed most–in terms of per capita consumption. Please tell me the top 3 in descending order.

Ans: "I can only guess–Bangladesh, Nepal, Pakistan."

Reply to follow-up question: Both chhenna and paneer are made by boiling milk and separating the curd from the whey [by coagulation with an acid, such as lemon juice]. In Bengal [and Orissa], where the softer form is used (mostly to make desserts), it is called chhena [or chhana]. In the rest of India and Pakistan, where the firmer type is used, it is called paneer. Address: Director Marketing, ProSoya Inc., 2-5310 Canotek Road, Ottawa, ONT, K1J 9N5, Canada. Phone: 613-745-9115.

13131. Jansson, Hart. 2010. The work of Malnutrition Matters in India (Interview). *SoyaScan Notes*. Oct. 28. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Hart first got involved with Malnutrition Matters (MM) in 2002; he started working for them part-time. Early in the year 2000 he finished his career as a full-time salaried person in the telecom (telecommunications) software industry in. Then he did some consulting stints and several other things for a couple of years before he started with Malnutrition Matters, while he was still living in Ottawa. He left the telecom job in part because he had enough money that he had the leisure to not be so concerned about money. Hart is paid for his work at Malnutrition Matters. It's much less than he could earn in the private sector, but no complaints. He now lives Oakville, a suburb of Toronto, Ontario.

Malnutrition Matters was founded in the year 2000. When Hart started working at Malnutrition Matters, Brian Harrigan was still there. Their office was in Ottawa, very close to the National Research Council offices where Raj Gupta worked and lived nearby. The office was in a small rented house near where Frank Daller lived. Frank and Brian worked full time and Hart worked part time on partnership development and writing grant proposals. Hart and Frank had kept in close contact since they first met in 1987. They had gone to Nepal together (in about 1998-99) on a trip unrelated to work with soy. Frank invited Hart to work with Malnutrition Matters and Hart was quite eager to give it a try.

Malnutrition Matters is presently very active with soy in India. They have 20 VitaGoats in India. Ten are in the state of Orissa, and almost all of those are part of a school feeding project that for which Malnutrition Matters got funding from the Word Bank. The machines are located in small buildings in various villages, run by women's cooperatives supervised by a local NGO named Biswa. It's working OK, and there is no problem with the children accepting soymilk, but there is some resistance from women to using the pedal-powered grinder (they should call it a spinning class). Most important, it could have been a bigger project. The big hurdle was government approvals. They know about rice, wheat, lentils, but soy is a new thing so it is a years-long process in India to get approval for soymilk in a school lunch program. So its a very limited pilot project. Its an inevitable and rather painful part of introducing soyfoods to a traditional culture. Multiple levels of government have to be convinced, and there is some corruption. "Everybody knows how to say 'no.'"

Hart had noticed a huge change in India's government and economic policies, especially since about 1996. "It's like night and day. Really amazing in terms of modernization–even going through customs is much easier. Even though the buzzword today in India is 'entrepreneur,' if you look in the rural areas, there are more malnourished people than in all of Africa–according to the World Health Organization. India made progress reducing malnutrition through the 1990s, but basically during the past decade that progress has stalled, and even begun to slide back. Its really inexcusable given their overall economic progress. Even India's prime minister, in an address to parliament, has admitted that people in the rural areas are suffering from malnutrition and have been left behind. He has stressed the need to solve these huge problems but it is not happening. In a good number of African countries you see really substantial progress. In some of the Indian states, such as Karnataka and Kerala (which has a Communist government) the rural population is doing well.

The other ten VitaGoats are scattered all over India from Deli to rural Maharashtra, Rajasthan, Punjab, Bihar, etc.

How does Malnutrition Matters monitor that each of these 20 machines is being used as intended? "We basically do that indirectly through the NGO partners we work with, such as Biswa, and some really small grass-roots organizations. We don't have staff in India, and only three of us at the headquarters in Ottawa. Malnutrition Matters now has 170 VitaGoats and SoyCows operating around the world. Burma and Belize are our latest countries.

"Malnutrition Matters has had three projects funded largely by the Donner Canadian Foundation–in amounts

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under $100,000. They have provided funds to Child Haven, which has enabled us to do projects under the auspices of Child Haven in India, which is the implementing organization. The machines do not go into Child Haven homes.

"Ratan Sharma presently works only as a subcontractor for Malnutrition Matters, as when we have training or other such work for him to do. We pay him on a per diem basis." The VitaGoats are made by an affiliate of SSP in India, but not by Pristine (PPI). "We have found that it is less expensive and more reliable (with less maintenance and repair) to have the grinder 'off board'–as a separate component. Pristine does good work, but the machines they make are more expensive and more complex than ours. If you're a small guy in a village just trying to make tofu for same-day sales, you would look at a less expensive VitaGoat or SoyCow from us."

Any VitaGoat system has the option of using either a multifuel boiler (which operates with firewood, coal, or other types of biomass, and has an all stainless steel core) or an electric steam boiler (which has a soft steel core–not stainless). The electric boilers are purchased from Reimers Electra Steam, Inc. in Clear Brook, Virginia, USA.

As far a Hart knows, Pristine makes only SoyaCows–of the next to latest generation. Pristine also buys its electric boilers from Reimers in the USA. Address: Oakville, Ontario, Canada.

13132. **Product Name:** Wildwood Probiotic Soyogurt [Unsweetened Plain].
Manufacturer's Name: Pulmuone Wildwood, Inc.
Manufacturer's Address: Grinnell, IA 50112.
Date of Introduction: 2010. October.
Ingredients: Soymilk* (filtered water, soybeans*), water, rice starch*, chicory fiber (inulin). Contains 2% or less of each of: Flaxseed oil*, calcium carbonate, tricalcium phosphate, choline, dextrose*, tapioca starch*, guar gum*, sodium citrate, agar, non-dairy active live cultures (S. thermophilus, L. bulgaricus, L. acidophilus, L. casei, L. rhamnosus, B. bifidum, L. lactis). * = Organic. Contains soy.
Wt/Vol., Packaging, Price: 24 oz (680 gm) in plastic cup.
How Stored: Refrigerated.
New Product–Documentation: Product with Label purchased at Whole Foods in Lafayette, California. 2010. Oct.

13133. Sharma, Ratan. 2010. Re: Paneer and channa [chhana, chhena] in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Nov. 1. 1 p.
• ***Summary:*** William Shurtleff wrote Ratan questions and he replied to each. Ratan was born and raised in India and has a PhD degree from an Indian university in soya and dairy paneer–so he knows a great deal about this subject.

Q1. In which states and parts of India is dairy paneer made and eaten most, and in which parts is it made and eaten least–in terms of per capita (per person) consumption?

Ans: Paneer is mostly used across north India (where it is very popular), much less in the south, and very little in the northern east part of the country. In my view, West Bengal consumes very little paneer because of their fish-eating habits; it is almost the same in Orissa. In my childhood [in northern India] paneer was a rarely available, but now it is very commonly used because of an increase in the disposable income, an increase in the milk production and supply, and the increased availability of paneer.

Q2. Was it traditionally always made at home? If yes, when (approximately) did it start being made in shops or factories and sold in stores?

Ans: Channa and paneer are well established and highly commercialised products in India. It is so common and popular that sometimes during Indian festivals some synthetic and adulterated product also comes into the market despite great care from the food and drug authorities.

Q2A. What is the difference between channa [chhana, chhena] and paneer?

Ans: "Channa is a traditional Indian milk product, obtained by acid coagulation of hot milk. It is mainly used as a base / filler material for the preparation of large variety of Indian sweets. Channa is made from cow milk only (with 4% fat). Sometimes cow and buffalo milk are mixed to make channa. India's total production of channa is estimated to be 200,000 tonnes per annum (Ghosh 2009). After the milk is coagulated the curds are hung in a cheesecloth.

I consider channa and paneer to be two different textures of the same food (like firm tofu and soft tofu), but some people consider them to be two different foods. There are five main differences between channa and paneer. (1) Water content and form: Channa is softer than paneer (not as firm) and it has no form; therefore it cannot be cut into cubes or slices. (2) Process: For paneer, after coagulation, the whey is drained from the curd and it is pressed (just like tofu is pressed) to give it shape and to further lower its water content. Channa can't be used without kneading. To make rasogolla, the channa balls are boiled in two combinations of sugar syrup. (3) Basic raw material and nutritional composition: Channa is made from cow's milk (4% fat) whereas paneer is made from buffalo milk (5% fat). (4) Curding / coagulating agent: Channa is made with the lactic acid whereas paneer is made mostly with the citric or tartaric acid–and from naturally acidified whey. (5) Geographical area of manufacture and use: Channa is made all over India. The largest amount of channa in any Indian state (in tonnes per year) is made in Uttar Pradesh, but the per capita consumption of channa is highest in West Bengal. The largest amount of paneer in any Indian state is also made in Uttar Pradesh, but the per capita consumption is highest in Punjab. (6) Food use: Channa is used as the base material for Bengali sweets, such as rasogolla [rasgulla, rasagolla,

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roshogolla], rasmalai, sandesh, chamcham, rajbhog, channa murki, channa podo, etc., whereas paneer is not much used in sweets; it is used more to make vegetables dishes, often with gravy. In the remote areas of the West Bengal they have developed special recipes for sandesh which is really a wonderful sweet. It has been estimated that annual production of sandesh in West Bengal alone is 30,000 tonnes (Bandopadhya 2006). Rasogolla is the most popular channa-based sweet. I have very good contact with the family whose great grandfather invented rasogolla; the inventor's name was K.C. Naveen Chandra Das, and he invented this sweet in the year 1860, accidentally, in frustration. You will still find special channa trains in West Bengal coming from its remote areas to the main city of Calcutta.

Paneer is made from buffalo milk containing 5% fat. The coagulation and other preparation process are similar to tofu. The interesting thing is that the *halwai* (*halvai,* the name of a sweet maker in Hindi) don't use acids for coagulation again and again; they just use the acidified whey again and again.

Q3. What are the most common ways of using dairy paneer in the areas where it is consumed most. Please give recipe name in Hindi and English.

Ans: The main paneer dishes in India are mutar paneer (pea paneer), palak paneer (spinach paneer), shahi paneer (royal dish of paneer), paneer kofta (paneer balls cooked with gravy), paneer bhurgy (scrambled paneer) etc. Besides, this paneer is used to make paneer pakora (paneer pieces coated with the batter of chick pea flour and fried). Paneer paratha (a kind of chapati in layers, stuffed with paneer and oiled with ghee or butter) is very popular in north India.

Q4. Do you have any idea of the total amount of dairy paneer consumed in India?

Ans: The total milk production in India in the year 2000 was approximately 110 million metric tons (tonnes). Approximately 5% of this milk (thus 5.5 million tonnes, or 5,500 million kg) was converted into paneer (Indian Council of Medical Research 2000). From 1 kg of milk you can make approximately 210 grams of paneer (or 245 grams of channa). If the population of India in the year 2000 was 1,001 million, then the per capita consumption of paneer that year in all of India was about 1.03 kg or 1,030 grams.

Q5. In what other neighboring countries (such as Sri Lanka, Nepal, Pakistan, Bangladesh) is paneer or channa consumed most–in terms of per capita consumption. Please tell me the top 3 in descending order.

Ans: Bangladesh (because of the influence of Bengali culture), Nepal, and Pakistan. Sri Lanka produces and uses very little paneer or channa. Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13134. *Tibetan Nuns Project* (*Dist. Kangra, Himchal Pradesh, India*). 2010. Sustainable nunneries. Fall. p. 3.

• ***Summary:*** "Dolma Ling Nunnery was constructed by the Tibetan Nuns Project with sustainability in mind. There is a solar powered bathhouse with nine shower units. "Solar panels have been placed above the kitchen, making hot water available for cooking.

"Alongside a commitment to the environment, Dolma Ling is also devoted to providing a healthy lifestyle for the nuns. The kitchen prepares wholesome vegetarian meals on a daily basis, and some nuns make tofu. They often take orders for their tofu from neighbouring businesses."

A photo shows a nun making tofu in a small but modern shop.

Note: "Established in 1987, the Tibetan Nuns Project provides education and support to more than 700 nuns in northern India."

13135. *SoyaScan Notes.* 2010. Did the Chinese or Japanese or Koreans traditionally feed soymilk to infants or to recently-weaned children? No! (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** A personal view by William Shurtleff:

I have lived in Japan with a Japanese family for 6½ years, spoke fluent Japanese, traveled all over China, and read huge amounts of literature about soy in China and Japan.

I would say that the Japanese and Chinese do NOT feed soymilk to infants or even to weaned infants. Rather they DO feed tofu as one of the earliest weaning foods. They mash it with rice gruel, so both are very soft. Remember that traditional Asian soymilk causes infants intestinal gas which tofu generally does not, or at least much, much less.

Of course it depends partly on what age you mean by "infants." At what age does an infant cease to be an infant? Wikipedia says of "infant": "It is typically applied to children between the ages of 1 month and 12 months; however, definitions vary between birth and 3 years of age."

I have never seen or heard of soymilk used as an infant food or a weaning food, except in a few early French-language articles such as: Labbé 1911, and Beltzer 1911–and maybe a few other articles.

The statements in these two articles that soymilk is fed to infants are rare exceptions. I imagine that Beltzer learned it from Labbé and that Labbe did not know much about the subject.

Read the writings of Dr. Harry Miller (M.D., on our website, www. soyinfocenter.com) who established the first soy dairy in China in 1936, who lived in China as a missionary in China for many decades, and who introduced soymilk for infants (Soyalac) to the United States. He wrote a great deal and has a biography written about him yet I do not recall that he ever said that Chinese feed soymilk to infants. Address: Soyinfo Center.

13136. Nordquist, Ted. 2010. Making concentrated soymilk

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or soybase–with a high solids content (Interview). *SoyaScan Notes.* Dec. 6. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** It is not difficult or expensive to make soymilk with a high solids content; that is exactly what traditional Japanese tofu makers did when they made the soymilk to be used for making silken tofu (*kinugoshi*). To make soybase, you simply add less water than when making a more dilute product. There are no special tricks.

Note: Concentrated soymilk was also used traditionally to make yuba in China and Japan.

Ever since he was in Sweden in the 1980s, Ted has used the word "soybase" to refer to this concentrated soymilk. He first developed soybase in Sweden for use in making soy ice cream–which is typically made from cream and thus requires a high solids content (11½% solids). Later he continued to make it as the base for other products because it cost less to ship (as in a milk tanker) or store. Today his typical soybase contains 12½% solids–which is the concentration that has the highest yield of solids from the soybean in the soybase. From one gallon of soybase one can get about 2½ gallons of soymilk (containing 5½% solids). For soy yogurt it is diluted down to about 8½% solids.

SunOpta makes a soybase that contains 13½ to 14% solids. But if one wanted to make a soybase with an even higher protein content (16-18% solids), there are only two ways: Using ultrafiltration (UF) or reverse osmosis (RO). Both of these ways are very expensive (they require a large initial investment) and the process can only be run for about a short period of time (6-8 hours) before the equipment must be cleaned–at great expense for chemicals and time (10-12 hours of cleaning time). Ted will produce soybase for 50-60 hours before he stops to clean the equipment. Ted has never heard of using a vacuum to reduce the water content of soymilk. And there is another problem–called "the curve." As you reduce the water, and your soybase solids get higher and higher, but the protein and oil in your okara also get higher and higher, so you are losing / wasting a lot of nutrients. You soon begin losing money because your water-soluble protein and oil, at a certain point, start going down, even though you are adding more soybeans and less water. Address: WholeSoy & Co., 49 Stevenson St., Suite 1075, San Francisco, California 94105-2975; 660 Vischer Ct., Sonoma, CA 95476. Phone: 415-495-2870.

13137. Shurtleff, William. 2010. Re: Work of the American Soybean Association to support or promote soyfoods or soy protein ingredients. Letter (e-mail) to Hervé Berbille, Paris, France, Dec. 6. 1 p.

• ***Summary:*** "In the early days, certain high-up people in the ASA told me that they strongly disliked what I was writing, and doing, and saying. They even did a few things to try to hinder my work. That was in the mid-1970s. But over the years that has changed quite a bit, largely because of women who hold high positions in ASA's state soybean boards, who are interested in food, cooking, soyfoods and the potential of soy to do more to relieve hunger and malnutrition.

"The big change came in 1999 when the U.S. Food and Drug Administration issued a health claim for soy protein. This created huge interest in soyfoods in the USA and many new products, by both very large and very small companies. ASA proudly joined the crowd and really began to support soyfoods as one of its 'new' products.

"Another major change came in early 2001 when ASA created WISHH–the World Initiative for Soy in Human Health. This organization, and its outstanding, deeply-devoted head, Jim Hershey, are now taking soyfoods to the four corners of the world, promoting soymilk, tofu, cottage industries–as well as TVP, isolates and concentrates. I applaud their work.

"I could give you many examples of the things that ASA is now doing that are very favorable and helpful for soyfoods. They sponsor conferences, publish newsletters, conduct market surveys on attitudes towards soy, sponsor fairs and cooking contests, etc.

"Today, I cannot think of a single person in ASA with whom I have a bad or negative or uncomfortable relationship. They either respect my work and my position and simply disagree with it, or they positively like what I am doing and have been doing without stop since Oct. 1972 when I began devoting all my working time to teaching people worldwide about soyfoods.

"ASA is basically in the business of selling vegetable oil and meat. Developing countries (such as India and China) desire more of these two commodities, but in the developed countries they are steadily becoming less popular. Increasingly people want to reduce their consumption of all fats and of meat. So ASA finds itself with a somewhat unclear mission. Nevertheless, in both India and China, ASA is very actively promoting soyfoods and domestic utilization of soy protein.

"This is my analysis of the situation as it now stands. I think ASA is doing a great deal to help the cause of soyfoods. They must flow with the great tides of history–or be left behind. Fortunately they are the keepers of a truly remarkably crop with an ancient, illustrious history–the soybean!" Address: Founder and Director, Soyinfo Center, P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

13138. Gorell, Wallace. 2010. Re: Brief memoir–Interest in and involvement with macrobiotics (Continued–Part III). Letter (e-mail) to William Shurtleff at Soyinfo Center, 27 Dec. 2010 and 6 March 2011. 5 p.

• ***Summary:*** "Michio and Aveline Kushi saw business, saw Erewhon, as a way of advancing the macrobiotic campaign (and/or their own ends). They asked us, the troops in that campaign, to help make Erewhon successful. We tried,

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telling ourselves we were creating a new business paradigm, although, week after week, the discord Paul created made it harder to swallow that line. Would Erewhon have been peachy without Paul? It seemed so to me at the time, but perhaps that was more youthful naiveté. Bill Tara, Jean Allison, Beverly Sky, Roger Hillyard, Judy Coates, Nancy Lesourd and I–others too, perhaps even Paul–were artists who, trying to change ourselves, trying to change the world, found our way to Boston to study a new technique. We were counter-culturists, mostly strangers to the world of business. The way things were at Erewhon, it was a very uncomfortable world to spend time in. Ill at ease there, disenchanted, some of us migrated away from the scene–although not necessarily away from macrobiotics–trying to find a personal path, to further a personal vision, to walk peacefully forward. Some have been kind of successful, some–not so much. But no doubt all, like me, have found it an interesting passage."

Note: After reading an earlier draft of this memoir, Shurtleff asked Gorell several specific questions, whose answers are given below. Please excuse any of this information that is now repetitive.

Although the Grateful Dead and The Quicksilver Messenger Service never played at The Firehouse, Wally assumes they did play at the dance his group organized at California Hall.

Wally says he hardly knew Paul Hawken in San Francisco. When asked: "How did Paul, Jean, Bill Tara, etc. support themselves for 2-3 years in San Francisco? How did they pay for food, rent, psychedelics, etc." Wally replies: "I have no recollection. I worked at the post office for a while and then after the Firehouse / Calliope Company folded I worked as an actor with the New Shakespeare Company which has become today's Shakespeare in the Park."

"I don't believe I ever knew Erewhon to have a head other than Paul Hawken when I was in Boston. I was there for three different stays. Searching back through my journals I find that... I first arrived in Boston in mid-September of 1967. I remained there for the academic year, studying with Michio and Aveline, co-editing 'The Order of the Universe' and cooking for the University Road study house. In June of 1968 I returned to San Francisco to share what I had learned.

"In late summer of 1968, I went back to Boston to continue my studies with Michio and Aveline, to continue to work with Jim Ledbetter on editing 'The Order of the Universe' and to try to rationalize the yin-yang classification system for foodstuffs, and again I cooked for our study house on University Road.

"In August of 1969 I traveled to Japan for the first time. I expected I would have enough trouble getting along there without the problems created by having long hair at that time, so I cut it off short before I left.

"I returned to the USA in early 1971, worked for my father in Pennsylvania for about nine months, and then was offered the position of Director of Imports with Erewhon. To be perfectly frank, I can't recall ever having performed any of the duties that title would suggest, although I suppose I must have. I developed recipes for our packaged line of foods, designed the labels, illustrated (I think) and hand-lettered them. In my free time, I edited some of the recipes for a cookbook Aveline was producing, I painted the signs for Sanae restaurant."

"I first studied cooking with Aveline and helped her when I could, particularly after returning from Japan when I was living on Gardner Road. In Japan I studied with Lima Ohsawa a few times and took regular weekly classes from Darbin Yamaguchi during the latter part of 1969. I also learned a lot from teaching cooking classes which I began to do in 1968 and continued for some time as a way of repaying the obligation I felt toward my teachers.

"Names [of people studying macrobiotics in Boston during Wally's first year]: Connie Frank, Beverly Sewerski, Nahum Stiskin, Paul Hawken, Martin Russell (ran the retail store), Rebecca Dubowsky, Anne Harkless, Georgeanne Coffee, Richard Sandler, Bill Tara, Renée Gremore (that's her name now, can't recall her name then), Jean Allison, Evan Root, Jim Ledbetter, Joe Leis, Nancy Lesourd, Judy Coates, Dora Coates, Peggy __ (she became a Druid nun)...

"I'm afraid I can't tell you who came first and who came later. Just don't remember except for Jimmy and Susan Silver who I believe came in my second year."

When asked if he remembered an early tofu "cheesecake" developed in the macrobiotic community in Boston: "There was a lot of experimentation attempting to make foods that people missed–tofu 'cheesecake,' seitan 'chicken,' etc. I was never much interested in those efforts. I liked food that could be appreciated for what it was and cuisine that presented that food as simply and honestly as possible. But then I didn't have wild cravings for 'forbidden' foods the way many of my fellow macros did. Brown rice was (and continues to be) one of my favorite foods. There were times in those days when I seemed to be the only person I knew–including Michio–who was actually *following* a sensible macrobiotic diet. Everyone else seemed to lurch between bingeing and making penance. This tendency was, I felt, instigated by Ohsawa's extremism. Japanese macrobiotic adherents paid little or no attention to his edicts about drinking as little as possible, avoiding yin foods entirely, never picking up your child except for feeding, etc.; while many of his American adherents, to their detriment, strictly followed his advice."

When asked when and where he learned to write formal Japanese (*keigo*)*:* "After all three stints in Boston, and not really knowing what I was getting myself into, I decided to go back to school to study Japanese formally. (I had done a seven week crash course at Harvard before going to Japan for the first time, but had not, otherwise, done any formal coursework.) I didn't want to study in a big city so The

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Monterey Institute of Foreign Studies (as it was then called) was the only place to go. I spent a year there, then transferred to U.C. Berkeley where I completed my B.A. degree. I then went off to study for a year at the Inter-University Center for Japanese Language Studies in Tokyo, where they put us through a *lot* of *keigo* paces. And then I did three more years of graduate study in the rhetoric department at UCB, working on rhetorical analyses of Japanese language materials, mostly the poems of a 20th century symbolist poet by the name of Nishiwaki Junzaburo–six years of formal study in all.

"Sad to say, my reading skills are now back to the level of decoding and my writing skills are next to non-existent, but I can still carry on everyday conversation fairly well and I understand most of what it is said at my tea ceremony lessons."

Martin ran the Erewhon retail store most of the time Wally was around. He was a "key figure who, as I recall, ran the retail store pretty much by himself for some years. He had a limp from childhood malady and always seemed to feel a bit one down because of it, but was a really good man and quite capable." Address: Berkeley, California, and Flinders Island, Tasmania.

13139. *SoyaScan Notes.* 2010. Chronology of major soy-related events and trends during 2010 (Overview). Dec. 31. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** Jan. 21–Alpro releases an excellent cartoon video commercial titled "Great Ideas Often Take a Long Time to Sink in" as part of its "Join the movement now" campaign. It encourages people to change their diet by replacing meat and dairy by an alternative just once a week. If everyone in Europe did this, it would reduce global carbon emissions by 40 million tonnes (metric tons). That is more than the carbon emissions produced by a line of cars going around the world. Soy is not mentioned in the voiceover, but on the last panel we read that this video (lasting less than 2 minutes) was sponsored by the World Wildlife Fund and Alpro Soya. Note: Alpro Soya is now owned by Dean Foods.

Sept. 22–Quong Hop & Co. files voluntarily for Chapter 7 bankruptcy. The last U.S. maker of wine-fermented tofu no longer exists–opening up a business opportunity. Quong Hop's president at the time of bankruptcy is James Stephens.

Oct. 24–South River Miso Co. stops sending their 4-page quarterly printed newsletter; invites people to sign up for e-newsletter.

13140. Andoh, Elizabeth. 2010. Kansha: Celebrating Japan's vegan and vegetarian traditions. Berkeley, California: Ten Speed Press. vii + 296 p. Illust. (color photos by Leigh Beisch). Index. 25 x 25 cm.
• ***Summary:*** A beautiful book, and a major contribution toward understanding Japanese cuisine, culture, and the pervasive spirit of gratitude / appreciation. In Japanese, *kansha* means appreciation or gratitude. Contents: Acknowledgments. Introduction: A historical perspective on kansha (*shojin ryori* is vegan), recent developments, putting theory into practice, practicing kansha, meal planning, some final thoughts, a note about language. Rice. Noodles. Stocks and soups. Fresh from the market. The well-stocked pantry. Mostly soy. Tuskémono [pickles]. Desserts. A guide to the kansha kitchen. A catalog of tools and techniques. A catalog of ingredients [glossary]–with entries that include the following: daikon, edamame, flours (kinako), kudzu, herbs, spices and seasonings (ao nori, sansho, shiso, togarashi, wasabi), kabocha, dried beans (adzuki [sic], daizu {dried soybeans–the most important legumes in the Japanese pantry}), dried soy foods [sic] (hoshi yuba {dried yuba}, koya-dofu / kori-dofu). Dried vegetables from the land (dried shiitake mushrooms). Dried vegetables from the sea (arame, hijiki, kanten, kombu [konbu]). Dried wheat gluten. Kasu (sake dregs). Konnyaku and shirataki. Matcha. Miso (red miso, white miso, genmai miso). Mushrooms. Natto. Nigari. Nuka. Okara. Pickles. Rice. Roots and tubers. Saké. Salt. Sesame (seeds, sesame paste, sesame oil). Soy milk. Soy sauce. Sweeteners (ama-zaké, kuro-zato, mirin, mizu amé). Tofu (firm tofu, silken tofu, grilled tofu, thin fried tofu {abura agé}, thick fried tofu {atsu agé}).

Tsukemono (pickles). Umeboshi (pickled plums). Vinegar. Yuzu. Yuba.

Note: This is the earliest English-language document seen (April 2013) that uses the term "thick fried tofu" to refer to atsu agé / deep-fried tofu cutlets.

Contains many recipes that use tofu, miso, soy sauce, edamame, natto, etc. Address: Japan.

13141. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*). 2010. Outstanding contributions in promoting soyfoods. 22(5):18. Dec.
• ***Summary:*** In the section about investing soybean checkoff dollars we read: "Food enthusiasts who enjoy edamame, tofu or soymilk may have Linda Funk to thank. As executive director of the Soyfoods Council, Funk has been successfully promoting the flavor, nutrition benefits and healthful aspects of soyfoods for over 10 years." The Soyfoods Council is headquartered in the office of the Iowa Soybean Association.

A large color photo shows Linda Funk accepting an award "For Outstanding Contributions in Promoting Awareness of the Nutritional and Health Aspects of Soyfoods" from Mark Messina, PhD at the 9th International Symposium on the Role of Soy in Health Promotion and Chronic Disease Prevention and Treatment, held Oct. 16-19 in Washington, DC.

13142. Soyatech, LLC. 2010. Soya & Oilseed Bluebook 2011: The annual directory of the world oilseed industry. Bar Harbor, Maine: Soyatech. 348 p. Dec. Comprehensive index. Advertiser index. Statistical conversions. 28 cm.

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• ***Summary:*** This is the 5th year in a row that the *Bluebook* (a $95 value) has been sent free of charge to qualified industry members. On the cover are six color photos, and a black and white photo of a farmer leaning against a huge rubber tire that is almost as tall as he is.

This edition of the *Bluebook* contains 4 fewer pages than it did last year. The oilseeds covered in this book are (alphabetically): Canola, coconut, corn, cottonseed, flaxseed, hempseed, jatropha, linseed, palm, peanut, rapeseed, safflower, soya, sunflowerseed–the same as last year.

On the inside front cover is a color ad from Natural Products Inc. (Grinnell, Iowa), makers of innovative ingredients for bakery, soymilk and tofu. On the first page is a full page color ad from SunOpta, processors of identity preserved, natural and organic soy products, including whole soybeans, soymilk, soy flours, edamame, oils and more.

On the rear cover is a full page color ad from ADM titled "We see potential" which shows a growing soybean plant with pods and leaves. A table shows the many products that can be made from soybeans.

Chris Erickson is CEO. Mark Dineen is president. Keri Hayes is publisher and operations director. In the Foreword, Joe Jordan (General manager and content director) leads with a question: "What could possibly have increased sales by 1274% between 2008 and 2010? The e-Book." He appears to be talking about the entire e-book industry in the USA or perhaps even worldwide. He then writes about Amazon's Kindle and hints that the printed and bound *Bluebook* may soon be available in digital form only. "Sure the Bluebook is changing. It always has." Address: P.O. Box 1307, 19 Clark Point Rd., Suite 112, Southwest Harbor, Maine 04679. Phone: 207.244.9544.

13143. Life Food GmbH. 2010. [Tofu assortment (Brochure)]. Freiburg, West Germany. 6 p. 30 cm. [Ger]
• ***Summary:*** This colorful brochure on glossy paper, with many photos, shows all of Life Foods' food products, grouped by category. Natural tofu: Natural tofu, Demeter tofu, silken tofu. Japanese tofu: Nigari tofu, kinugoshi tofu. Tofu terrine: Tofu terrine: Graffiti." Tofu cutlets: Spelt-sunflower cutlets [spelt is an ancient species of wheat], greenspelt-hazelnut cutlets, tofu-rice cutlets with corn-pepper.

Smoked tofu: Smoked tofu, smoked tofu with almonds and sesame seeds, Demeter smoked tofu with herbs and sunflower seeds. Mediterranean: Tofu rosso, Tofu basil, Tofu olive. Tofu snacks: Japanese tofu filets, pizza-pizza tofu filets, wild garlic tofu filets.

Sausages for cooking (vegan): Tofu wiener, Puszta wiener (Hungarian style), Tofu cocktail sausages. Sausages for frying (vegan): Tofu grillsausages, Tofu grill herb sausages, Sombreros (hot tofu sausage for drying and grilling), Tofu-herb grill sausage. Falafel: Falafel traditional, Falafel curry-kokos ["cocos" refers to the coconut], Falafel paprika-harissa ["Harissa" is a Tunisian hot chili sauce commonly eaten in North Africa]. Chilled spreads: Paté "Verdi," Paté Rossini." Cold cuts: Papillon, Rondo.

Taifun bestsellers for 2010: 1. Tofu-wiener. 2. Smoked tofu with almonds and sesame seeds. 3. Natural tofu 200 gm. 4. Basil tofu. 5. Grillsausages. 6. Tofu rosso. 7. Grill help sausages. 8. Tofu filets wild garlic. 9. Spelt sunflower cutlets. 10. Tofu filets Japanese style.

Note 1. "Rosso" is the Italian word for "red." The Taifun website says of its Tofu Rosso (which is part of its "Mediterranean Tofu" line): "This little Italian, with olives, tomatoes and pepperoni has conquered the hearts of tofu fans everywhere, and was awarded the "Bestseller of the Year" prize at the 2005 BioFach trade fair in Nuremberg.

"Fresh fruity taste, ideal for Mediterranean cuisine. Cold with bread, in salads or steeped in olive oil. Sautéed with pasta, rice and potatoes."

Note 2. Demeter is a certification for biodynamic agriculture–as originally developed by Rudolf Steiner (lived 1861-1925). Demeter certification is the oldest traditional organic certification in Europe and is regarded by many as the highest grade of organic farming in the world. Certification is difficult to come by and must be renewed annually. Demeter's "biodynamic" certification requires biodiversity and ecosystem preservation, soil husbandry, livestock integration, prohibition of genetically engineered organisms and viewing the farm as a living "holistic organism" (Source: Wikipedia). Address: Bebelstrasse 8, D-79108 Freiburg, Germany. Phone: +49 761 / 15210-0.

13144. Buell, Paul D.; Anderson, Eugene N. trans. and ed. 2010. A soup for the Qan: Chinese dietary medicine of the Mongol era as seen in Hu Sihui's *Yinshan Zhengyao.* 2nd ed., revised and expanded. Leiden: Brill. xiv + 661 p. Appendix by Charles Perry. 25 cm. Series: Sir Henry Wellcome Asian series, 1570-1484, v. 9 [Eng]*
• ***Summary:*** The book of which this is a translation, published in 1330, is about the food and medicine of the Yuan (Mongol) dynasty (A.D. 1279-1368) court in Peking. During this dynasty, China was ruled by Mongols who had invaded China from the north. Contains a good introduction plus one reference to soybeans and tofu, and many references to jiang (though none of them are indexed under chiang, jiang, or sauce)–some of which were probably soybean jiang (for example, see p. 423; Bream gruel with sauce).

Section 3 (p. 515-17) states: "Soybeans are sweetish in flavor and neutral and lack poison. They decrease demon *qi,* control pain, and drive out water. They expel heat of the stomach, bring down blood stasis, and counteract the poisons of various drugs. They are made into tofu. Tofu is cooling and moves the *qi."* Address: 1. Seattle, Washington; 2. Dep. of Anthropology, Univ. of California, Riverside, CA 92521-0418.

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13145. Chappell, Mary Margaret. ed. 2010. Vegetarian Times everything vegan. Hoboken, New Jersey: John Wiley & Sons. 352 p. Foreword by Neal Bernard, M.D. Illust. (full-page color photos). Index. 24 cm.
• ***Summary:*** Recipes from *Vegetarian Times* magazine. Chapter 7 (p. 131-64) is titled "Tofu, tempeh, and seitan." The index to the book contains 36 entries for tofu (divided into different types such as extra firm, firm, flavored and processed, silken; plus lots of basic information), 17 for seitan, 15 for tempeh, 7 for miso, 5 for soy crumbles and textured soy protein, 4 for meat alternatives, 4 for edamame, 2 for smoothies, and 1 for soymilk–although many recipes call for soymilk.

This book frequently includes alcoholic beverages with recipes and in photos.

13146. Compestine, Ying Chang. 2010. A banquet for hungry ghosts: a collection of deliciously frightening tales. New York, NY: Christy Ottaviano Books / Henry Holt and Co. xi + 180 p. Illust. 22 cm.
• ***Summary:*** This is a book of ghost stories. One chapter (p. 72+) is titled "Tofu with chili-garlic sauce." It is a chilling tale in which a neurosurgeon (brain surgeon) saws off the top of the head of a live monkey, immobilized, his head only sticking up through a hole in the center of the restaurant table–terrified. Slightly nauseated, the man then eats the live monkey's brains.

An essay follows about mental illness and eating live animals in modern China. At the end is a recipe for Tofu with chili-garlic sauce (with "1 package (18 ounces) water-packed soft or silken tofu," p. 104-05).

A photo of the author and a brief biography is on the inside rear dust jacket. She grew up in China and now lives in California with her husband and son. Address: Author (California).

13147. Finlayson, Judith. 2010. The vegetarian slow cooker: over 200 delicious recipes. Toronto, Ontario, Canada: Robert Rose Inc. 304 p. Illust. (color). Index. 27 cm.
• ***Summary:*** A "slow cooker" is an electric (100 watt) kitchen appliance. One chapter (p. 187-239) is titled "Beans, lentils, tempeh and tofu." The index contains 11 entries for tofu, 5 for miso, and 4 for tempeh. Recipes are prominently marked as "Vegan friendly" when appropriate. Address: Food writer, journalist and author.

13148. Hackett, Jolinda; Bull, Lorena Novak. 2010. The everything vegan cookbook: 300 recipes for any occasion! Avon, Massachusetts: Adams Media. x + 294 p. Index. 24 x 21 cm.
• ***Summary:*** The book begins: "Dear Reader: When I decided to give up eggs and dairy, I asked every vegan I knew for their advice. One sentiment always stood out: 'Learn to cook.'"

Chapter 11, titled "Tofu" (p. 219-42) contains 26 tofu recipes of great variety and creativity. Chapter 12, "Seitan, TVP, and tempeh" (p. 243-65) contains 23 recipes, including homemade seitan.

Other soy related recipes: Vegan mayonnaise (with "1 12-ounce block silken tofu," p. 23). Vegan "pigs" in a blanket (with vegan hot dogs, p. 24). Vegan tzatziki (with soy yogurt, p. 30). Chili masala tofu scramble (p. 38). Quick tofu breakfast burrito (p. 42). Strawberry protein smoothie (with silken tofu, p. 43). Granola breakfast parfait (with soy yogurt, p. 46). Baked "sausage" and mushroom frittata (with vegetarian sausage or "beef" crumbles, p. 53). Creamy miso sesame dressing (p. 61). Tempeh dill "chicken" salad (p. 64). Edamame salad (p. 73). Winter seitan stew (p. 88). Saucy Chinese vegetables with seitan or tempeh (p. 105). Barley pilaf with edamame and roasted red peppers (p. 185). Cheesy macaroni and "hamburger" casserole (with veggie burgers, p. 210). TVP taco "meat" (taco filling, p. 250). Homemade baked seitan (p. 251).

Many other recipes call for soy milk or soy cream. Jolinda Hackett has been a vegetarian for nearly 20 years and a "plant-based vegan" for nearly ten. Address: 1. Santa Barbara, California; 2. RD [Registered Dietitian], Riverside, California.

13149. Hughes, Holly. ed. 2010. Best food writing 2010. Cambridge, Massachusetts: Da Capo; London: Perseus Running (Distributor). xii + 352 p. Recipe index. 21 cm.
• ***Summary:*** One story (p. 76-80) is titled "Kyoto's tofu obsession," by Adam Sachs–from *Bon Appetit* magazine. The writer strives to understand the heart of fresh tofu. Did he use *The Book of Tofu* as his guide?

Fresh tofu restaurants in New York City: EN Japanese Brasserie. In Kyoto: Kinki. Tousuiro (also serves okara, yuba, oboro-dofu, and soy-milk ice cream). Okutan. Kichisen (*yu-dofu*). A tofu maker is Morioka. A yuba maker is Yuba-han.

13150. Miyamoto, Tsuneichi. 2010. The forgotten Japanese: Encounters with rural life and folklore. Translated by Jeffrey Irish. Berkeley, California: Stone Bridge Press. 315 p. Illust. Maps. 23 cm.
• ***Summary:*** "Described by translator Jeffrey S. Irish as a man of 'rare energy and practical insight,' Miyamoto Tsuneichi [1907-1981] was a leading Japanese folklorist of the mid-twentieth century. In this lifetime he walked 100,000 miles along the backroads and throughout the hill and island villages of Japan, conducting interviews, taking photographs, and capturing a vanishing way of life. Miyamoto's descriptions of these meetings are presented here–in the villagers' own words, in narratives, and in vignettes. The collection is as revealing as it is poignant (from the publisher).

Page 167: "Many in Takihata had learned to make Kôya

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tofu at Mt. Koya, and a lot of these people were originally from Tajima." "When I got well, because my family was also making Kôya tofu, I went to Awa to buy soybeans, from which tofu is made."

"Meanwhile, people said there was no profit to be made in Kôya tofu and they left" (p. 176).

Concerning the village of Kawame, Aomori prefecture (p. 248): Millet was planted in the first year of a 3-year crop rotation, soybeans in the second year, and daikon radish in the third. "Millet was the staple food, soybeans were used to make miso, and daikon radish was pickled."

Miso is mentioned on pages 50, 65, 66, 187, 248, and 315.

Soy sauce is mentioned on pages 43, 65, and 315. Address: Ethnologist, Japan.

13151. Nishimura, Mayumi. 2010. Mayumi's kitchen: Macrobiotic cooking for body and soul. Tokyo, New York: Kodansha International. 157 p. Illust. (mainly color). Index. 26 cm. [15 ref]

• ***Summary:*** This is Mayumi's first English-language book. Madonna (of worldwide musical fame) wrote her a letter that appears in this book (p. 7): "Dear Mayumi, Congratulations on your fabulous book!... Not only are you the best chef in the world, you are part of our family, and we thank you for your love and warmth.

"In the seven years you lived with us and cooked for us, your amazing food helped me to be a happier, healthier person, balanced in body and mind. I feel better than I did 20 years ago. I am very grateful to you for this."

The index of this stylish book contains 24 entries for tofu (some in the chapter titled "Protein dishes"–p. 97-104), 20 for miso, 14 for seitan, and 11 for tempeh. How nice to find a Japanese cookbook that calls for the use of brown rice (basic recipe, p. 67).

The centerpiece of Mayumi's book is her 10-day detox diet.

Also contains specific recipes for: Nabe (with "2 pieces abura-age {deep-fried tofu skins}, halved or cut open on one side to form pouches," p. 67). Soybean and millet croquettes with beet sauce (with "15 oz {425 gm} canned soybeans, drained," p. 84). Seitan pot stickers (with seitan and tofu, p. 113). Smoked tofu salad (with "7 oz {200 gm} firm tofu," p. 104). Black soybean tea (p. 113).

The Glossary (p. 140-49) includes entries for: abura-age, adzuki beans, brown rice, brown rice mochi, edamame, hijiki, kombu, koyadofu, kuzu, mirin, miso, nori, rice milk, rice syrup, seitan, sesame oil, shiso, shoyu (incl. soy sauce and tamari), soba, soy meat nuggets (TVP), soymilk, tahini, tempeh, tofu, umeboshi plum, umeboshi plum paste, wakame, wasabi, whole-wheat flour.

About the author (inside rear dust jacket): "Mayumi Nishimura was born on the small island of Shinojima in Aichi Prefecture [in Mikawa Bay Quasi-National Park]. In 1982 she moved to the U.S. and began studying macrobiotics under Michio Kushi–the leading authority in the field–at the Kushi Institute. Later she worked at the school as head cooking instructor. In 2001 Mayumi became Madonna's private macrobiotic chef, joining her on her Drowned World Tour. Between 2001 and 2008 she cooked for the superstar full-time. Currently Mayumi travels between Japan, where she writes and lectures on macrobiotics, and the U.S." She has written four books published in Japanese. A large color photo of Mayumi appears on the front dust jacket.

The book is dedicated to Mayumi's children, Lisa and Norihiko, to her parents, and to Michio Kushi and his wife, Midori.

13152. Qiu, Xiaolong. 2010. Years of red dust: stories of Shanghai. New York, NY: St. Martin's Press. 227 p. No index. 22 cm. [Eng]

• ***Summary:*** "These stories trace the changes in modern China over fifty years–from the early days of the Communist revolution in 1949 to the modernization movement of the late nineties [1990s]–all from the perspective of one small street in Shanghai, Red Dust Lane. From the early optimism of the end of the Chinese Civil War, through the brutality and upheaval of the Cultural Revolution, to the death of Mao, the pro-democracy movement and the riots in Tiananmen Square–through the bulletins posted and the lives lived in this one lane, this one corner of Shanghai" (from the publisher).

One short chapter "(Tofu) Worker Poet Bao I (1958)" tells how, in the mid-1950s, Bao Hong moved into Red Dust Lane from Ningbo, where he had apprenticed to a tofu maker. He intended to pursue his craft in Shanghai. However in 1958, after Chairman Mao called for major development in the steel industry as part of "the Great Leap Forward," Bao end up working in Shanghai No. 3 Steel Plant instead.

That same year there was a call for peasants and workers to come to the forefront as writers and artists. A chance encounter while he complained about the tofu he had bought led Bao to be proclaimed a great writer. A poem, only partially his was printed with his name on the front page of the *Liberation Daily.* He was selected to be a worker poet and given a special room and nice pay.

The second half of this story, titled "(Tofu) Worker Poet Bao II (1996)" tells how he built a little tofu shop near Red Dust Lane. At his shop, Bao made and displayed a colorful array of soybean products–"white tofu, soft and hard tofu, frozen tofu for hot pot, golden tofu skin [yuba], gray tofu dredges [okara?], milky soybean drink [soymilk?], brown vegetable chicken, yellow fried gluten–all of which were far more delicious than those sold at the state-run market. In the afternoon Bao also started selling stinking tofu, which was fried in a wok over a tiny stove." Most who came to his shop did so to buy his delicious products. But some came out of curiosity to see how a famous worker poet had become a tofu

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maker. "It was a metamorphosis beyond their imagining." Address: Raised in Shanghai, he is now a poet, professor and author who lives with his family in St. Louis, Missouri.

13153. Quinlivan, Rachel. 2010. Cooking light: Way to cook vegetarian. Birmingham, Alabama: Oxmoor House. 424 p. Illust. (color). 24 cm.
• ***Summary:*** An excellent, gorgeous vegetarian cookbook, printed entirely on semi-gloss paper with many color photos.

One very creative chapter (p. 206-43) is titled "Tofu & tempeh." The contents (not including recipes): Tofu (description). Tofu varieties: Silken tofu, water-packed tofu, flavored tofu. Tempeh. Tempeh varieties (with a good color photo of each): Wild rice, soy, flax, garden vegetable, multigrain, original. How to press tofu. How to bread and pan-fry tofu. How to fry in a healthier way. How to saute tofu. How to marinate tofu. How to broil tofu. How to prepare lemongrass. How to peel and grate gingerroot.

The index contains 18 entries for tofu, 9 for tempeh, 2 for edamame, 2 for soy and 1 each for soy sauce (low-sodium tamari), black bean garlic sauce (such as Lee Kum Kee) and seitan. Address: R.D., editor.

13154. Reinfeld, Mark; Murray, Jennifer. 2010. The 30 minute vegan's taste of the East: 150 Asian-inspired recipes–from soba noodles to summer rolls. Cambridge, Massachusetts: Da Capo Press. xix + 266 p. Plus 16 unnumbered pages of color plates. Illust. (color photos). Index. 24 x 18 cm. [28 ref]
• ***Summary:*** The index contains 22 entries for tofu, 8 each for tempeh and for seitan, 3 for miso, 2 for edamame, and 1 each for tamari and for soy sauce (Noodles with sweet soybean sauce, pad siew).

Includes a good glossary with entries for miso, nama shoyu, seitan, shoyu, soy milk, soy sauce, tamari, tempeh, tofu. Address: 1. Founding chef, Blossoming Lotus Restaurant, and author; 2. Author and teacher. Both: Kaua'i, Hawaii.

13155. Richmond, Simon. 2010. Lonely Planet Korea. 8th ed. Footscray, Victoria, Australia; Oakland, California: Lonely Planet. 440 p. See p. 188. Illust. (some color). Maps (some color). Index. 20 cm.
• ***Summary:*** This is a guidebook to Korea. including North Korea. 110 maps. Korean characters are given for the names of most places and foods–which we find very helpful. "In the year 2000 the Korean government adopted a new method of romaising the Korean language. Most of the old romanisation system was retained. The new system is used throughout this book (p. 411)

Ganjang (soy sauce) is mentioned on pages 68, 69, 70, 75, 178 and 188.

Page 188: In Gangwon-do, "Gangneung's prized specialty is *sundubu* (3 Kc = Korean characters given), soft or uncurdled tofu [soymilk curds] made with sea water in Chodang, the 'tofu village.' At its plainest, *sundubu* is served warm in a bowl, with *ganjang* (soy sauce) on the side. It can also be prepared in *jjigae* (5 Kc; stew) or *jeongol* (5 Kc; casserole)."

In Chodang, there are about 20 restaurants, one of the best-known of which is Chodang Halmeoni.

Sundubu (soymilk curds or soft uncurdled tofu) is mentioned on pages 72, 78, 186, 188 and 189.

Doenjang (fermented soybean paste) is mentioned on pages 56, 68, 70, 78, 134, 188, 246, 257 (spelled *twenjang*) and 346.

Doenjang jjigae (soybean paste stew) is mentioned on pages 78, 134, 188, and 246.

Tofu (*dubu*) is mentioned on pages 70-74, 78, 127, 134, 136, 179, 188, 294, and 388.

Soft tofu is mentioned on pages 204, 257, 299.

13156. Tom, Lawrence; Tom, Brian. 2010. Sacramento's Chinatown. Charleston, South Carolina; Chicago, Illinois; Portsmouth, New Hampshire; San Francisco, California: Arcadia Publishing. 128 p. Illust. Map. No index. 24 cm.
• ***Summary:*** This is mostly a book of beautiful old photographs with captions. There is an insightful introduction and each of the 8 chapters has a good introduction; one especially interesting section (p. 8-9) is "Chinese-American history–myths.

On page 33 is an "English version of the menu for the Sun Sun Café [at 307 J St., Sacramento] in the 1950s. Since Sacramento had a relatively large Chinese-speaking community, there was also a Chinese version of the menu available."

Under "Special suggestions," the menu includes "Fried spare ribs with black bean sauce." "Fried spare ribs with Chinese cheese" [probably fermented tofu]. "Bean cake [probably tofu] with pork." Address: American Museum of Northern California Chinese.

13157. Vegetarian and Vegan Foundation. 2010. The soya story: Everything you wanted to know about soya. The truth about how it impacts our health and the environment. Bristol, England. 60 p. Illust. 21.5 x 28 cm. [50+ ref]
• ***Summary:*** An very nice online digital book. Contents: Introduction. History. Soya: the superbean! The nutritional power of soya (by Juliet Gellatley) (7 refs).

Soya: the health protector (by Dr. Justine Butler): The health effects of soya, phytoestrogens, heart health, blood pressure, diabetes and CVD, diabetes, menopausal symptoms, bone health, breast cancer, prostate cancer, endometrial cancer, colon cancer, brain power, soya-based infant formula, thyroid function, allergies, soya production, summary, references (35 refs).

Soya: a global threat? How soya impacts the environment. Bean cuisine! An introduction to cooking with

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soya (by Jane Easton): Ingredients, stocklists (which soyfood products are available at the following British supermarkets: Asda, Sainsbury, Tesco, Waitrose, Independent health food shops and Oriental food markets. A good online source of soyfoods is Goodness Direct {www.goodnessdirect.co.uk}).

Soya recipes (p. 35-60).

The section on ingredients includes: Soya beans, edamame (fresh soya beans), tofu (silken tofu, firm tofu, flavored tofu {marinated, smoked, deep-fried, Tofu Rosso, Tofu Basil}), miso, soya sauce, soya dairy alternatives (soya milk, soy yoghurt).

Tofu manufacturers: Cauldron Foods (www.cauldronfoods.co.uk). Dragonfly (www.tofu.co.uk). Clear Spot [R & R Tofu] (www.clearspottofu.co.uk; Clearspot is the brand). Mori-Nu (www.morinu.com). Blue Dragon (www.bluedragon.com). Taifun (www.taifun-tofu.de/en).

Makers of soyfood dairy alternatives: Alpro (www.alprosoya.co.uk). Provamel (www.provamel.com). Sojasun (http://en.sojasun.com). Sojade [Triballat] (www.sojade.fr). Granovita (www.granovita.co.uk). Soyatoo [Tofutown.com] (www.soyatoo.de/us). Address: 8 York Court, Wilder Street, Bristol BS2 8QH, UK.

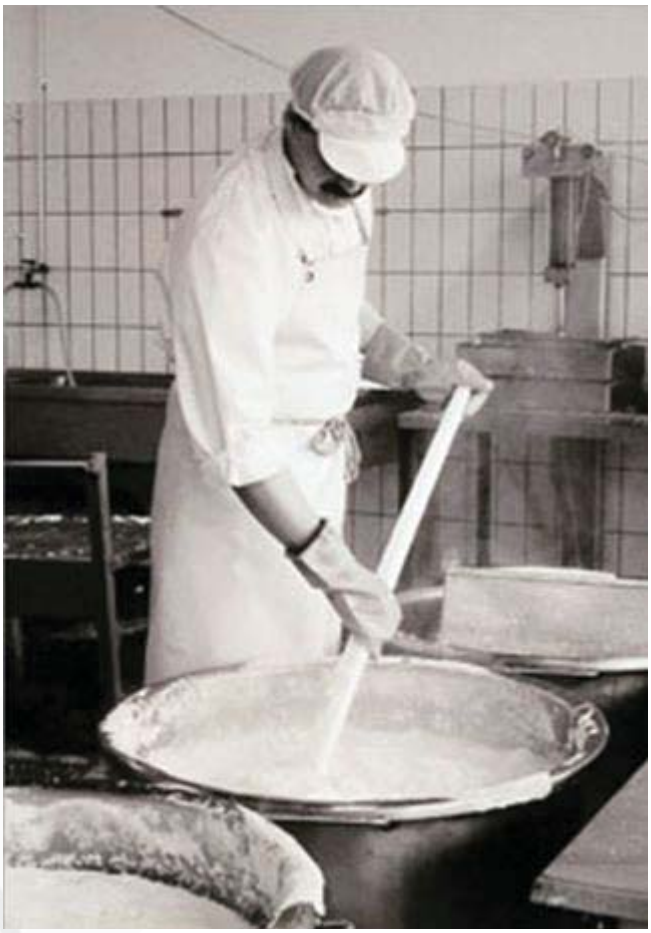

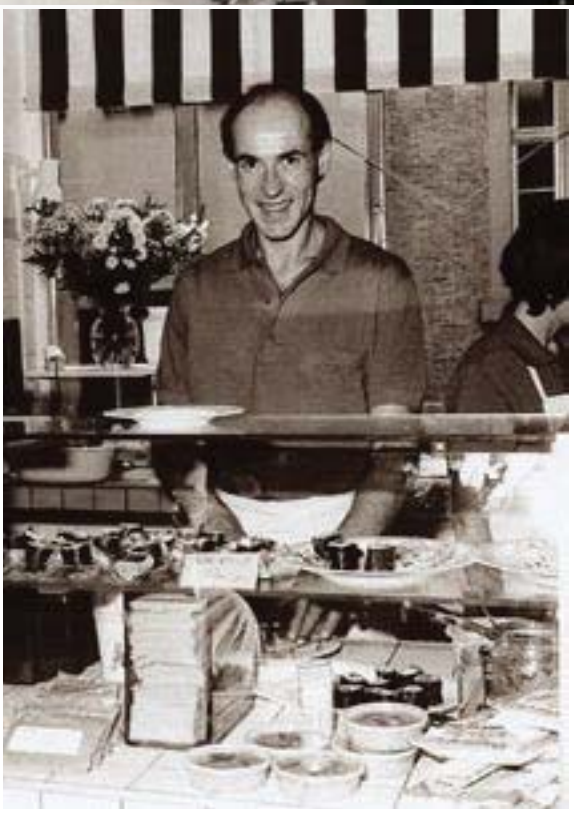

13158. Life Food GmbH. 2011. History (Leaflet). Freiburg, West Germany. 1 p. Front and back. 30 cm. [Ger; Eng]

• ***Summary:*** "1985–It all started back in 1985 with the cultivation of shoots and seedlings, and a weekly tofu production of 4 kilograms under the company name Life Food. The tofu was hand produced using simple equipment in rented cellar space and sold fresh at the weekly market in Freiburg. Note: The company was started by Klaus Kempff, who started making tofu in July 1985.

"1987–Tofu production has now reached 80 kilograms a Week. Using the Taifun brand name, a stall is rented in the newly opened Freiburg 'Markthalle' (Market Hall) offering a changing daily menu of tofu dishes. A photo shows Wolfgang Hess in the Freiburg "Markthalle."

"1990–Fresh tofu production has gradually increased to include the first vacuum-packed tofu products. Life Food is now able to introduce Taifun tofu products into the specialist natural food retail market. Weekly production has now reached 700 kilos. A photo shows the headquarters of Life Food GmbH in the early 1990s at Robert Bunsen Strasse in Freiburg's Industrial Estate North.

"1995–The company now has 20 employees, and the weekly tofu production has risen to five tons. The new, 2,500 square metre production area provides the basis for further expansion. Note: In 1995 Life Food GmbH moved into Freiburg's Hochdorf Industrial Estate.

"1996–Organic cultivation of soybeans is initiated in the southern Upper Rhine region to ensure a source of supply free of genetically modified soybeans. What started as a pilot project is now not just an enrichment of their agricultural range of products for almost 40 organic farmers, but also a

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sensible addition of the crop rotation.

"1997–40 employees now produce 13 tons of tofu a week. For the first time it is now possible to set up an apprenticeship. As the first tofu manufacturer in Europe, Taifun becomes a member of the Demeter Association. Note: In 1997, Life Food GmbH is the first Freiburg company certified on the basis of an organic audit.

"2001–Weekly production has now grown to 30 tons. A European sales network now enables customers to buy over thirty different tofu specialities. The constantly increasing demand for Taifun tofu products leads to the decision to further expand the site. This secures around 70 jobs and more jobs will be created in the coming years.

"2002–Life Food's Taifun tofu products are honoured as the company is declared one of the 100 most innovative medium-sized businesses in Germany. Soy cultivation in South Baden reaches record levels. Life Food builds new cold rooms and dispatch rooms to create more capacity.

"2003–The year of consolidation. By increasing the existing building by 500 square metres it was possible to extend the social and office areas. We decided to change our energy supplier for one that is heedful of both resources and the environment.

"2005–The year of awards. At the February 2005 Biofach trade fair in Nuremberg, Life Food was awarded the 'Fast Seller of 2005' for its Tofu Rosso product. In October, Life Food received the 'Innovation Prize 2005–1st Prize in the medium-sized business category' at the Anuga trade fair in Cologne. Domestic soy cultivation brings in a new record harvest of 600 tons.

"2006–... and once again we will be increasing our capacity with two building projects currently in planning. There is still a great demand for Taifun tofu products. A topic still dear to our hearts and which we still focus on is ensuring that our products remain free of genetically modified raw materials. We see how important it is to create standards that will enable subsequent generations to develop and grow. We are open for new challenges and look forward to any changes associated therewith.

"2007–Our 20th anniversary year!!!

"2008–2011–acquisition of a new area and construction of our Taifun logistic center. Creation of our new Taifun Gastro line. 170 employees are working at Taifun right now." Address: Bebelstrasse, 79108 Freiburg, West Germany. Phone: 0761 / 15210-0.

13159. Wells, Ron. 2011. A brief history of Footprint Foods, dba Green Cuisine (Interview). *SoyaScan Notes.* Jan. 3. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** "We are Footprint Foods. We purchased the manufacturing part of Green Cuisine brand from Andy Cunningham in May 2008. We are in our third year now as owners of Footprint Foods. Andy still owns Green Cuisine." In June 2008 Rony reintroduced two brands of tofu and 5 brands of tempeh (fresh and frozen).

His product line is: 95% and above organic ingredients. Certification by PACD. Tofu (medium and extra firm), Tempeh, frozen (soybean, herb 7 grain) and fresh Tempeh (Indonesian, Original burger, BBQ burger, Marinated, Smoked, Simply Soybean), Mochi (brown rice, raisin cinnamon, sesame), Wheat Cutlets (plain, Ginger and Garlic), and Amasake (Plain, Hazelnut, Almond, Banana Mango).

Ron has five distributors in Canada, but none in the

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USA. The big chains in Canada are squeezing him and he doubts he will be in business in one year. Ron's e-mail: ron.footprintfoods@shaw.ca. Address: 712 Discovery St., Victoria, BC, V8T 1H2, Canada. Phone: 250 381 8638.

13160. Tibbott, Seth. 2011. Update on tempeh, Tofurky and Turtle Island (Interview). *SoyaScan Notes.* Jan. 19. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** Tempeh sales constituted about 10.7% of Turtle Island's total sales last year; the remaining 89.3% was Tofurky products. "The various types of Tofurky have steadily become our dominant products by far. Yet sales of all our tempeh products increased 39.8% during calendar year 2010. The increase was in two areas: In March 2009 we launched tempeh strips [Marinated Tempeh] in 3 flavors (Lemon Pepper, Coconut Curry, and Sesame Garlic), and packaged each in a nice box. In June 2010 we added a fourth flavor–Smoky Maple Bacon." The 39.8% sales increase figure refers to sales of these tempeh strips (4 SKUs, in a 12-pack to the natural food market and a 6-pack to the mass market) and sales of cake tempeh and tempeh strips to the mass market. Last year, Seth sold 27,000 cases of tempeh strips and 29,000 cases of tempeh cakes (of various types) in the natural foods market. Seth has been selling tempeh in cakes for about 30 years, but in strips for less than 2 years. So the strips (which weigh 7 oz per individual package) have caught on very rapidly and are almost at the level of the cakes (which weigh 8 oz per individual). In short, natural foods customers like flavored, heat-and-serve, 2nd generation tempeh products. But here's the kicker; sales of the strips are growing fastest in the mass market (supermarkets), where Seth sells about 10 times as many cases of strips as he does cakes. And its just getting started. In places like North Carolina and South Carolina they just can't get enough of these 6-pack cases of marinated strips.

Turtle Island was already in mass supermarkets in the southeastern United States, but by mid-2011 the tempeh products were added as line extensions in those accounts–especially in Florida, North Carolina, South Carolina, and Georgia, in that order. The Sesame Garlic and the Smoky Maple flavors are the best sellers in the line.

There are a growing number of voices in America talking about the health and flavor benefits of fermented foods.

Seth's tempeh sales (all cakes) (all types) were $472,000 in calendar year 2002, rising to $1.3 million in 2009. So sales of tempeh cakes are way up compared with 10 years ago.

The biggest tempeh maker in the USA by far is Lightlife Foods (in Massachusetts); they make about 10 times as much tempeh (Fakin' Bacon and cake tempeh) as Turtle Island. No. 2 is Turtle Island, followed by Hain ("Where good brands go to die"–which now makes Westsoy Tempeh, which was originally made by Steve Demos of White Wave and is probably still made at the former White Wave plant in Boulder, Colorado), then (in the natural foods market) Surata Soyfoods (Oregon), Northern Soy / Soy Boy (Rochester, New York), Rhapsody (Vermont), Wildwood Natural Foods (Pulmuone, southern California, made by Turtle Island), Bountiful Bean (Madison, Wisconsin), Central Soyfoods (Lawrence, Kansas), 21st Century Foods (Jamaica Plain, Massachusetts), Sweet Earth (Birmingham, Alabama), M Café, and Hearty Vegan (Texas).

In the SPINS data there is no category for tempeh alone; rather the category is "Tempeh and Seitan." That category was $6.1 million in 2006, increasing to $6.5 million in 2009–but those numbers are inaccurate because Whole Foods recently stopped selling its data to SPINS.

How long will Seth continue to be in charge of his business? Good question. His stepson, Jaime Athos, who is extremely bright, has a PhD in neurobiology from the University of Washington (Seattle), is a vegetarian, and has good business sense, is "chomping at the bit" to take over the business from Seth. Seth wants to continue working there, but perhaps in an emeritus position and as chairman of the board. Seth's 60th birthday is coming up on April 20, 2011, so he has to start thinking about succession and what else he wants to do. He is considering starting a foundation.

Yet his basic financial situation is "rags to better rags; it's not rags to riches." Seth does not have a big attraction to money. "It's never been about money for me. In 1980 when I was first starting Turtle Island on my 2,500 bucks, I had never taken a class in business, but there were these free classes from the SBA [Small Business Administration] on how to start and run a business. So I figured, well, its free and I don't have any money, so I'd better go there and learn about business. So I go the first class and this guy stands up there and his first question to this room-full of entrepreneurs is: 'How many of you people are out there to save the world?' And my hand shot up. I looked around and no one else's hand was up. And I go, 'Oh god. Its a rhetorical question. I just flunked my first business exam.' And then he goes, 'How many of you are out there to make money?' Every hand shot up. The place went wild. I was embarrassed–but... I see myself as the cosmic goof–the least likely person to succeed in business. Anyone with a good work ethic, little luck, a good product–so long has she doesn't take herself too seriously–can succeed in business.

"When I was younger, I was always this humorous guy. But when I started a business making tempeh I suddenly transformed into this serious guy. The conventional wisdom was–you don't want to make this funny; just play it straight. You don't wanna upset the middle class with a joke. And I lost tons of money. It was only when I came out with this wacky Tofurky product, that people thought was a joke, did I start making money. Humor started creeping into the way Turtle Island presented itself at that time. The subject lent itself naturally to humor. "I could feel I was letting my true self come through in the business."

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One important development: Pasteurizing tempeh by using vacuum sealing for longer refrigerated shelf life. This has been taking place since the mid-1990s, but it has been steadily improved. Refrigerated tempeh has a better texture and flavor than frozen, and requires much less energy use.

Also: People are increasingly becoming aware of the many important benefits of fermented foods and fermented soyfoods.

There has been a shakeup at Lightlife Foods. Top management has been asked to leave Turner Falls and move to Conagra Headquarters in Omaha, Nebraska. At least one top manager has quit.

In June 2010 Turtle Island launched a new product which has, so far, been extremely successful–Tofurky Pizza (vegan), in 3 SKUs. The cheese they use is the remarkable new tapioca-based Daiya Vegan Cheese, made by Daiya Foods, a relatively small start-up company in Vancouver, Canada (www.daiyafoods.com) that was founded in mid-2007 by Andre Kroecher and Greg Blake. They have taken the cheese-alternative category by storm. You can find shredded pieces of Daiya at any Whole Foods Market in the non-dairy cheese section.

Seth asks:

"Have you heard the joke about the fire in the vegetarian cheese factory? Everything melted except the cheese!" This non-dairy cheese really melts and stretches, is gooey and tastes great. Amy's owns the natural foods pizza category but Seth's 3 vegan pizzas are moving up fast on the charts. They started to be sold commercially in June 2010.

Sales of the three Tofurky products (Roast & Gravy, Feast, and Roast) reached 353,250 units in calendar year 2010. Sales have increased every year since Turtle Island started making the product in about 1995. The number sold has increased every year as follows (numbers prior to 2002 were rounded off to the nearest thousand): 1995–500. 1996–1,500. 1997–18,000. 1998–45,000. 2000–84,000. 2002–118,000. 2004–152,070. 2006–201,108 (one millionth Tofurky roast sold!). 2008–308,436. 2009–339,996 (two millionth Tofurky roast sold!). 2010–353,250. Total: 2,360,734.

Tofurky Feast (3.5 lbs): First sold in November 1995. Gone through several incarnations of size and product offerings. Current pack holds: two pound Tofurky Stuffed Roast, 14 oz Savory Tofurky Gravy, 11 oz Amy's Vegan Chocolate Cake, one set of Tofurky Jurky Wishstixs, Happy Tofurky Day card, coupons for Tofurky products. Sold Frozen, mainly in Natural Foods stores like Whole Foods, Berkley Bowl, etc.

The Tofurky Roast has always had tofu in it; the first two years it was all tofu, no wheat gluten. In 1997 wheat gluten was added to give more turkey-like texture and to aid in freeze/thaw process. Tempeh Drumettes were part of the original Tofurky Feast but were replaced with Cranberry Apple Potato Dumplings in 2003, which were in turn replaced with Amy's Vegan Chocolate Cake in 2010.

Tofurky Roast (26 oz): First sold in October 2002. Only the Tofurky Stuffed Roast. Sold Frozen, mainly in Natural Foods market.

Tofurky Roast and Gravy (2.5 lbs): First sold in October 2005. Includes one 26 oz Tofurky Stuffed Roast and 14 oz of Savory Tofurky Gravy. Sold Refrigerated in Mass Market accounts like Trader Joes, Publix, Safeway, etc. Address: President and Founder, Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: (503) 386-7766.

13161. Amador-Toro, Diana. 2011. Re: Warning letter. Insanitary conditions. Letter to Mr. Shoji Ihara, Acting Vice President, Global Protein Foods, Inc., 170 Avenue L. Newark, New Jersey 07105-3831, Feb. 10. 2 p. Typed, on letterhead.

• ***Summary:*** Some of the more blatant findings include: "Floor drains throughout the facility were clogged with product such as soybeans and soybean sprouts. Water was pooling in the clogged drains near wooden water tanks in the soybean sprouting area, and in the soybean sprout production area. Pooling water with organic matter fosters the growth of pathogens which may be transferred through splashing onto food or food contact surfaces."

"You must take effective measures to exclude pests from the processing areas and protect against the contamination of food on the premises by pests, as required by 21 CFR 110.35(c). However, our investigator observed the following:

"A dead mouse on the floor near an unused fryer unit stored in the tofu fryer room.

"Live flies, too numerous to count throughout the facility, including in production areas. The flies were landing on equipment and packaging materials.

"Live roach-like insects, too numerous to count, in an unused damaged vacuum sealer stored next to the label packaging table, which is near the sprout and tofu packaging tables.

"Rodent excreta-like pellets, too numerous to count, in the walk-in refrigerator next to finished tofu product, in the receiving area where soybeans used for tofu and soymilk are washed, behind pallets of bags of soybean seeds along the walls in the warehouse area, near stored unused pallets in the receiving area, on and next to bags of citric acid in the refrigerator room, and on the floor near the hand-washing sink in the production area.

"Spider webs were throughout the facility, including in the receiving area on the overhead pipes, and a web containing a live spider was directly above the tofu production line." Address: District Director, New Jersey District. Phone: (973) 331.4900.

13162. Moura, Paula. 2011. Quem disse que tofu é tudo igual? Mil gostos do queijo sem gosto [Who says that all tofu is the same? The thousand flavors of the cheese without

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flavor]. *Paladar* (*Sao Paulo, Brazil*). March 10-16. No. 286. p. 1, 4-5. [1 ref. Por]
• ***Summary:*** Focuses on the 30 different varieties of tofu in Japan and China, including *tofu defumado* (smoked tofu), *tofu seco* (pressed tofu), *tezukuri* (handmade tofu), *momengari* (regular, Japanese-style tofu), *aguedofu* (deep-fried tofu), and *kinugoshi* (silken tofu).

Includes 8 color photos of different types of tofu plus three sidebars: (1) Interview with William Shurtleff and discussion of *The Book of Tofu.* (with photos of each). (2) Did tofu originate in Japan or China? China! (3) Sasa-no-yuki restaurant in Tokyo, Japan.

Note. This is the earliest Portuguese-language document seen (April 2013) that mentions silken tofu, which it calls *kinogoshi.* Address: Sao Paulo, Brazil.

13163. Shurtleff, William. 2011. Results of searches for the word "tempeh" in books or magazines on Google Books published worldwide in any language from 1975 to 2011 (Overview). *SoyaScan Notes.* March 22. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** This is a search in the "Google Books" database for the word "tempeh" anywhere in books or magazines published worldwide in any language after Jan. 1, 1975.

(1) The word "tempeh" anywhere in the document plus the word "vegetarian" or "vegetarians" in the title of the document: 3,301 hits (results).

(2) The word "tempeh" anywhere in the document plus the word "vegan" or "vegans" in the title of the document: 2,053 hits (results).

(3) The word "tempeh" in the title of the document: 971 hits.

(4) The word "tempeh" anywhere in the document and the word "soy" in the title of the document: 846 hits (results). (5) The word "tempeh" anywhere in the document and the word "soybean" or "soybeans" in the title of the document: 39 hits (results). (6) The word "tempeh" anywhere in the document and the word "soyfood" or "soyfoods" in the title of the document: 17 hits (results).

(7) The words "tempeh" and "tofu" in the document: 22,000 hits.

(8) The words "tempeh" and "miso" in the document: 9,760 hits.

(9) The words "tempeh" and "seitan" in the document: 3,590 hits.

(10) The word "tempeh" in the document every five years: 1970-1974 = 567 hits. 1975-1979 = 999 hits. 1980-1984 = 1,760 hits. 1985-1989 = 2,670 hits. 1990-1994 = 2,740 hits. 1995-1999 = 5,390 hits. 2000-2004 = 8,520 hits. 2005-2009 = 10,700 hits. Address: Soyinfo Center, P.O. Box 234, Lafayette, California 94549.

13164. Nabozny, James. 2011. Tofuyo, Okinawan fermented tofu (Interview). *SoyaScan Notes.* April 13. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** James lived on Okinawa Island for a total of 14 years as a U.S. Marine. Tofuyo is made on many of the Okinawa Islands and the Ryukyu Islands of Japan. He has tasted several different varieties of tofuyo on the island of Ishikawa, a tiny inhabited island south of Okinawa in the archipelago, which almost no outsiders visit. The people and culture there are very traditional–as from a bygone era. The tofu there is curded using seawater and is very delicious–as is the unique tofuyo. Address: Tucson, Arizona.

13165. *SoyaScan Notes.* 2011. Chronology of Vitasoy, worldwide (Overview). April 13. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1940–Establishment of Hong Kong Soya Bean Products Co. Ltd. in Hong Kong. Launch of healthy Vitasoy soymilk in Hong Kong (a color photo in the 2009/10 annual report shows the original glass bottle).

1975 The Group introduces the first Tetra Brik Aseptic packaging for beverage products in Hong Kong.

1976–Launch of new VITA line of juice drinks in Hong Kong.

1979–Launch of VITA Lemon Tea. It was the world's first ready-to-drink lemon tea.

1984–Launch of the world's first 375 ml paper-pack drink.

1987–Official opening of the new HK$100 million headquarters and plant building in Tuen Mun, Hong Kong.

1990–Acquisition of a tofu plant on the East Coast of the US.

1994–The Group is listed on the Stock Exchange of Hong Kong. Official opening of Shenzhen plant in Mainland China.

1998–Official opening of a wholly-owned plant in Shanghai, Mainland China. Official opening of the new Nasoya Foods plant in Ayer, Massachusetts in the USA.

2001–Official opening of the Company's first plant in Australia–at Wodonga. 2002–Vitasoy International Holdings Ltd. receives the Caring Company logo from the Hong Kong Council of Social Services for the first time, which demonstrated the Company's efforts in giving to the community.

2006–Selected VITA tea and juice products are launched in Mainland China–imported from Hong Kong under the Closer Economic Partnership Arrangement (CEPA).

2007–San Sui [literally "mountain water"] tofu series is launched in Hong Kong.

2008–Acquisition of Unicurd Food in Singapore.

13166. *SoyaScan Notes.* 2011. Updated USDA database on the isoflavone levels in foods, commercial ingredients, soybeans and soyfoods (Overview). April 23. Compiled by William Shurtleff of Soyinfo Center. [1 ref]
• ***Summary:*** The link is now http://www.ars. usda.gov/

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SP2UserFiles/ Place/12354500/ Data/isoflav/ Isoflav_ R2.pdf. "Legumes and legume products" starts on p. 16. Start by going to page 24, which is where the soy section begins. Then you can do a PDF search for fermented soyfoods such as: Tempeh, miso, soy sauce, natto, or Sufu (fermented tofu)–and you will see that they are NOT lower in total (or specific isoflavones) than nonfermented soyfoods such as: Tofu, soymilk, soybeans (immature), soybeans (mature), etc.

13167. *SoyaScan Notes.* 2011. What ever happened to the LA Tofu Festival, held from 1996 to 2007 in Los Angeles, sponsored as a fundraiser for the Little Tokyo Service Center? (Overview). May 4. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** In 2008 the Tofu Festival was replaced by "La Vida Sake," a sake and food tasting event held at the Petersen Automotive Museum in Los Angeles, California, on May 22.

13168. Timberlake, Sean. 2011. SFoodies 92: No. 10. Oboro Tofu at Eiji (Web article). http://blogs.sfweekly.com/foodie/2011/05/eiji_oboro_tofu_ sfoodies_92_favorite_dishes_2011.php. May 4.
• ***Summary:*** This blog is: "SFoodie's countdown of our 92 favorite things to eat and drink in San Francisco, 2011 edition." A large color photo shows Oboro tofu in a ceramic bowl (with garnishes on top); $9.25 for two. The blog describes the experience of being served. The curds are apparently made by stirring nigari (a coagulant) into hot soymilk at the table. "The texture is otherworldly." The garnishes, in a second bowl, are: sesame seeds, sliced scallions, fresh and pickled ginger, shaved bonito flakes, a chiffonade of shiso leaf. But as she spoons a wedge of the tofu into your bowl, she suggests you try it first–plain. A little real tamari (made without wheat) is also served.

On the table is a quote (titled "Home made tofu") about oboro from *The Book of Tofu,* by Shurtleff and Aoyagi. "Like the clouds it resembles in so many other ways, *oboro* is transient; in a few moments it will be gone, only to reappear as tofu. But before it vanishes or changes form, it may be tasted. As soft as the most delicate custard, warm fresh curds have the richness of cream and a wonderful subtle sweetness."

Eiji is at 317 Sanchez (at 16th St.), San Francisco. Phone: 415-558-8149. They have been serving oboro since at least Jan. 2007. On 13 May 2008 the *San Francisco Bay Guardian* did an online video a story titled "Heavenly oboro: SFBG goes to Eiji." The restaurant opened in mid-June 2006. Address: San Francisco blogger.

13169. Lochhead, Carolyn. 2011. Farming method gaining ground in nation. *San Francisco Chronicle.* May 16. p. A1, A7.
• ***Summary:*** About organic farming vs. large scale monoculture. Address: Special to the Chronicle, Chronicle columnist, San Francisco.

13170. Williams, Bruce. 2011. Background information on Li Yü-ying (Li Shizeng) (Interview). *SoyaScan Notes.* May 28. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** In China a child gets his or her "original" name at the naming ceremony when the child is one month old.

When does a person get their "Courtesy name"? Traditionally there used to be a thing called a "capping ceremony," which was a coming-of-age rite. It generally happened when the young man of a literate family of means reached the age of adulthood / majority (around 18-20 years of age). The person did not have to be famous, and in the early 1900s only about 1-2% of all young men in China went through such a ceremony. The parents usually give the young man his name; only rarely did he choose it for himself.

A "courtesy name" should be used by ones peer or those who are younger. A person can decide when they wish to use which name. Note: Li Yü-ying chose to use only that name in all of his writings about soy.

The situation with Li Yü-ying (who is generally known to the world by his "courtesy name" or "style," *Zi*), Li Shizeng, is a little tricky because he was born and first educated in the old educational system.

If Li was born in 1881, then he turned 20 in 1901, which was before the educational reform edict was officially announced in 1906–and before the Republican revolution of 1911-12. The reform basically disenfranchised an entire generation of people who were preparing for the exams and careers as government officials.

Note: In China's educational reform, the ancient system of literary examinations was completely abolished and replaced by a more modern and more Western system based on universities, libraries and museums. Previously there had been no school system in China, with the exception of Buddhist schools (from about 900 A.D. to the present) and Christian schools and colleges (more recently). Families of means had their own libraries and tutors for their children. China made literary attainment a condition of office holding.

After 1906, prominent families who had libraries but no longer needed them for their children, were often forced by circumstances those libraries. Western Libraries (e.g., Harvard, Yale, Princeton, Colombia, Chicago, Berkeley) picked up huge numbers of valuable old books, at very low prices, to add to their libraries. Why didn't Chinese Libraries buy these books? The concept of building libraries took time to develop; they just didn't have the concept. But also, as the Boxer Indemnity money came in (it could only be used for cultural and educational projects), starting in the 1910s, the Chinese used this money to build libraries, museums, and universities.

The fact that Li was considered one of the "four elder statesmen of the Kuomintang" is of pivotal importance. That

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is how most Chinese know him; they don't generally know of his involvement with tofu (*doufu*) or soy. These four elder statesmen were Wu Zhihui (Wu Chih-hui), Cai Yuanpei (Ts'ai Yuan-p'ei), Zhang Renjie (Chang Jen-chieh), and Li Shizeng (Li Shih-tseng).

Li was not an unproblematic person–in part because he had power. Given the modern state of the debates, a lot of the stuff he did was very incorrect–politically. So they don't want to talk about this side of him.

Understanding Li is essential for understanding early Kuomintang (pinyin: Guomindang) and Communist politics in the 1910s and 1920s, which is where most Taiwanese and mainland Chinese historians don't go; its too sensitive. They don't want to deal with that 10-15 year period where a lot of the most important issues really take shape. They start their research in the mid- to late-1920s. Both sides were involved in a lot of skullduggery (underhanded dealing) back in the good old days.

Bruce's wife has done some work on Li because he was the major strategist for the Kuomintang in the early days. He's the one who made the decision to have Puyi (the last Emperor of China) kicked out of the Imperial Palace, and negotiated the deal to get the inventory / treasures out of the Imperial Palace / City. People suspect that he is largely responsible for allowing it to be looted of its treasures, and the allowing the money to be used to finance the Kuomintang. Its very likely that a significant proportion of China's treasures actually went through antique dealers in Paris, London, etc. Many good duplicates / forgeries of originals were made, and it is now unclear which of the two great national museums in Taipei and Beijing, if any, has legitimate treasures. Neither side wants to raise the debate because the public documentation on this is rather appalling.

Li developed the Work-Study Program in France, but many people accused the program of being a sham. Many students, after arriving in France, had to work as "slave labor" in the French labor market; he didn't have a support network for them. Not all the Chinese who participated in this program came out of it with good experiences.

However Li met many high French officials, and in fact when the Boxer Indemnity money started to be returned to China he was the funnel through which all of the French-speaking (French and Belgian) money went. That was probably his major basis for power; he never gave that up–at least not until World War II. So when China consolidated a lot of the indemnity funds under the ministry of education in the 1930s, he was not part of that. He eventually got pushed aside. One of the big debates is whether Li used any of this money for his own projects, and if so, how much. Among officials, it's always okay (it's "official corruption" but its a standard form of corruption, even today) to use public money for private purposes–such as setting up your own businesses. If it makes money, you take the money; if it loses money, you write it off to the government.

Note: Hu Shi maintained control over the British and American Boxer Indemnity money all the way through World War II.

Because of his political background, and his scholarly tendency to collect documents, and the Sino-International library that he owned, he had a lot of really sensitive political documents. Very shortly after he died there was a very suspicious fire in his office. The debate is: Were the documents actually burned or were they taken by the Kuomintang and deposited in some archive. Li had access to a lot of the old state secrets and he knew where all the skeletons were buried. They were concerned that if these documents ever got out, the early history of the Kuomintang would have to be totally rewritten.

Li was an entrepreneur; he just thought like one. He was a risk taker. Because he came from a wealthy family, he had the resources, for example, to set up a tofu factory near Paris while he was still young. Address: PhD, Librarian, East Asian Library, Univ. of California, Berkeley. Phone: (510) 642-2556.

13171. Lukoskie, W.M. Luke. 2011. Re: Update on Island Spring in Vashon, Washington. Letter (e-mail) to William Shurtleff at Soyinfo Center, May 30. 1 p.
• ***Summary:*** "I work mostly from home these days, dealing by phone and email with the management team at Island Spring which as of last year became Island Spring Organics.

"A year ago last February [i.e., in Feb. 2010] Small Planet Organics moved their entire operation into our plant. We, Phil Spiegel and I, are working together while we maintain the separate identities of our brands. Phil is now the operations manager of Island Spring."

Luke now works with Lois Schwennensen managing the business of her business (multi party environmental mediation). They both seem to be working full time. Address: P.O. Box 747, Vashon, Washington 98070. Phone: (206) 622-6448.

13172. Re: Names of soyfoods around the world: Korean. 2011. Form filled out and returned to William Shurtleff at Soyfoods Center, May. 1 p. Handwritten. [Eng; kor]
• ***Summary:*** Soybean: me ju kong. Soymilk: duyu, du-u, or du yu. Tofu: dubu or du bu. Soymilk curds (uncurded / uncurdled tofu): sundubu.

13173. *SoyaScan Notes.* 2011. History of early Japanese tofu shops in the United States (Overview). June 1. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** In 1905 there were 6 Japanese tofu shops in the United States; 2 in Los Angeles, and 1 each in San Francisco, Sacramento, San Jose, and Isleton–all in California.

By 1910 at least 61 Japanese tofu shops had been established in the USA, by 1920 at least 166, by 1930 at least 293, by 1940 at least 392, and by 1950 at least 425.

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The first Japanese tofu shop in Washington state was in operation by 1906 (in Seattle); in Utah by 1907 (Ogden); in Nevada by 1908 (Reno); in New York by 1911 (Brooklyn, NYC), and in Idaho by 1913 (Sugar City). Thus, almost all of the earliest known tofu shops in the United States were started by people of Japanese ancestry–most of them in small communities in California, Oregon and Washington.

How do we know all this? Largely because of two remarkable public directories published in San Francisco by the *Nichibei Shinbun-sha* (*Japanese American News Inc.*). The first, published from 1905 to 1916, was titled *Zaibei Nihonjin Nenkan,* retitled *Nichi-Bei Nenkan* in 1909 (*Japanese-American Yearbook*). The second, published from 1919 to 1941, was titled *Nichibei Jûshoroku* (The Japanese American Directory).

There is, unfortunately, no known corresponding directory listing Chinese businesses in the United States. Address: Founder & Director, Soyinfo Center, P.O. Box 234, Lafayette, California 94549.

13174. Spiegel, Phil. 2011. Update on Small Planet Soyfoods (Interview). *SoyaScan Notes.* June 1. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** The official, legal name of the company is still Small Planet Soyfoods. The company began making tofu, part time, in 1992. In 1993 it began doing business as Small Planet Tofu. Then in 1998 as Small Planet Organic Tofu, and finally in 2010 as Small Planet Organics.

In Oct. 2007 the company had a major "bacterial event," which forced Phil to pull all of his tofu products from every store where they were sold until the problem was solved. After consulting with various experts, over many months, he found that one short length of rubber hose had a crack on the inside which was harboring spoilage bacteria and which was not being cleaned regularly on schedule. He replaced the former hosing with stainless steel and the problem quickly disappeared. By June 2008 a U.S. Army testing lab gave his tofu a clean bill of health. However Sept. 2008 was the beginning of the "great recession" in the United States and Phil experienced great difficulty in getting his high quality, organic tofu products back into the stores that had previously carried them. He quickly realized that he had to either find a creative solution or perish.

After unsuccessful negotiations with Lighthouse Foods (a big maker of salad dressings that was very interested in his tofu dips), he got a call from Luke Lukoskie, founder and owner of Island Spring (a competitor, located about 300 miles to the west on Vashon Island, Washington) who said they might be able to work together. Luke visited Phil's tofu plant and was impressed. He invited Phil to make his tofu in Luke's plant. From Dec. 2009 to Jan. 2010 Phil made the move (including all his tofu-making equipment) from his scenically beautiful location to Vashon. On 15 Feb. 2010 he stopped making tofu at his previous location and on 22 Feb. 2010 he began to make tofu in Luke's tofu plant. Phil makes only nigari tofu whereas Luke makes a mixture of nigari and calcium sulfate; and Luke also makes GDL silken tofu. So they use the same soymilk, made from organic soybeans, but after that their processes diverge. Things seem to be working out well. Basically Phil contracts with Island Spring to make his tofu, which allows Phil to focus more on marketing.

Luke is now the oldest existing Caucasian tofu maker in the United States. Address: P.O. Box 773, Vashon, Washington 98070.

13175. Jones, Paul. 2011. Re: Early history of Paul's work with tofu. Letter (e-mail) to William Shurtleff at Soyinfo Center, June 6. 1 p.

• ***Summary:*** Q1. On what date did you make your first commercial tofu?

Ans: It must have been 1977/78–I was already in production when we came to 'Soyfoods Comes West' in 1979. Peter Bradford might remember for it was he who gave us the Chinese stone grinder to make the 'Go.'

Q2. Was the address at that time you started commercial production: 155 Archway Rd., Highgate, London, N6 4NA, England? Ans: Yes.

Q3. Do you remember the date when you left that address and moved to St. Albans, Hertfordshire, England? Ans: 1980/81? We moved to the old brewery, Wheathampstead House, Wheathampstead, Herts.

Note: Current website: www.soyfoods.co.uk. Paul Jones now works with Peter 'Tempeh' Efemey. On the website is a nice video (6:50 minutes) of Paul making tofu on BBC Two "Chinese Food Made Easy" for Ching-He Huang, who uses that fresh tofu to make a Chinese dish. In his baking, Paul is pleased to use flours milled by Miller Nigel Moon, who helps fly the flag for sustainability and the local food economy by restoring Whissendine Windmill to its original power source. The final pair of sails were fitted on 7th September, 2006 with major funding from English Heritage. The grain is locally grown and organic.

Note: As of March 2013 the official, registered name of Paul's company is "Soyfoods Ltd." The address is given above. "Soyfoods Ltd. trades as Pauls; Paul's; Paul's Tofu; Paul's Organics and Paul's Bakery." Address: Founder, Soyfoods Ltd., 66 Snow Hill, Melton Mowbray, Leics., LE13 1PD. Phone: 01664 560572.

13176. *Nichi Bei Weekly.* 2011. Northern California Soy & Tofu Festival: Come discover the joy of soy. June 2-8. p. 5-7. Cover story.

• ***Summary:*** This issue announces the first Northern California Soy & Tofu Festival to be held on June 11, in San Francisco Japantown, Peace Plaza, 11 am–4 pm. It is sponsored by the Nichi Bei Foundation and many large corporate sponsors. Gold sponsor: Pacific Gas and Electric Company. Silver sponsors: Kikkoman, Union Bank.

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The main article on page 6 is titled "Soy to the world: Small businesses explore varied tastes, textures," by Akiko Minaga (Nichi Bei Weekly Contributor). It discusses Megumi Natto, Hodo Soy Beanery, San Jose Tofu, and Sacramento Tofu.

A second article by her (on the same page) titled "Soy, the magic bean: The many benefits of soy" discusses tofu, soymilk, beauty treatments, soy clothing, soy ink, etc.

A sidebar is titled "Tofu: A brief 2,000 year history," by William Shurtleff of Soyinfo Center.

Photos show: (1) Chester Nozaki and his wife, Amy, owners of San Jose Tofu. (2) Alvin and Dorothy Kunishi, owners of Sacramento Tofu. (3) Minh Tsai, owner of Hodo Soy Beanery. Address: P.O. Box 15693, San Francisco, California 94115. Phone: (415) 673-1009.

13177. *SoyaScan Notes.* 2011. Chronology of early U.S. commercial soymilk products with the word "soy milk" or "soymilk" in the product name. June 10. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** As of today, our SoyaScan database contains 434 records for commercial soymilk products launched in the USA from 1917 to the present. Most have fanciful brand names such as VitaSoy, Soy Lac, Soya-Lac, Kreme-O-Soy, etc.

Here are the early commercial products with soymilk or soy milk in the product name as it appears on the label. Most were sold in interstate commerce. Date, product name, company name, location, number of clear documents describing product.

1929–La Sierra Soy Milk, La Sierra Industries, Arlington, California, 3 documents.

1931–Madison Soy Milk, Madison Foods, Madison, Tennessee, 5 documents.

1934–Loma Linda Soy Milk (canned), Loma Linda, California, 3 documents.

1936–Soy Milk (Canned), Battle Creek Food Co., Battle Creek, Michigan, 4 documents.

1936–Soy Milk, Soybean Health Products Co., Oakland, California, 1 document.

1937–Radcliffe's Soya Milk, Radcliffe Soya Products, San Francisco, Calif., 3 documents,... etc.

1975–Soymilk, Welcome Home Bakery and Tofu Shop, Corvallis, Oregon, 2 documents.

1975–Soymilk, American Food Co., Alhambra, California, 2 documents. incl. label.

1976–Carob Soymilk, Farm Food Co., San Rafael, Calif., 1 document (label).

1977–Laughing Grasshopper Soymilk, Laughing Grasshopper Tofu Shop, Millers Falls, Mass., 2 documents including poster.

1977–Soymilk [Honey & Vanilla, or Plain], The Soy Plant, Ann Arbor, Michigan, 4 documents including label.

1977–Fresh Joy o' Soy Soymilk, The Tofu Shop, Telluride, Colorado, 2 documents including label.

1978–Island Spring Plain Soymilk, Island Spring, Inc., Vashon, Washington, 3 documents incl. label, etc.

13178. Taguma, Kenji G. 2011. Re: The First Northern California Soy and Tofu Festival: Discover the Joy of Soy. Letter (e-mail) to William Shurtleff at Soyinfo Center, June 21. 1 p.

• ***Summary:*** In reply to an e-mail asking about the Festival, which was held Saturday, June 11, from 11 a.m. to 4 p.m. in San Francisco Japantown's Peace Plaza, Post and Buchanan streets.

"The festival was a huge success. While we were expecting maybe 1,000 to 2,000 people, we estimate that we had some 3,500 people in and out of the Peace Plaza during the Festival. There was much positive feedback–for the food, our two mascots Tofu Ninja and Tofu Panda, the emcees, the entertainment, the audience participation games and the Tofu Dessert Competition–that encourages us to do it again next year. The trick is to maximize our fundraising efforts. However, we put this together in only two months, so with more lead time, I'm sure we can get more sponsors."

"Thanks again for all of your help. There certainly is the potential to make this festival grow in the years to come, and some definite excitement for it." Address: President, Nichi Bei Foundation, 1832 Buchanan St., Suite 207, San Francisco, California 94115. Phone: (415) 573-1009.

13179. *Nichi Bei Weekly.* 2011. For the joy of soy: Highlights from the festival. June 23-29. p. 6-7. Cover story.

• ***Summary:*** The title above appears on the cover. The title on page 6 is "Northern California Soy & Tofu Festival." It contains: (1) Twenty color photos from the festival–with a caption for each. (2) "A culinary tour of the Soy and Tofu Festival," by Pauline Fujita. (3) Winning recipes. (4) List of all sponsors with thanks. (5) Organizing committee of the festival. (5) Special thanks to raffle prize donors. Address: P.O. Box 15693, San Francisco, California 94115. Phone: (415) 673-1009.

13180. **Product Name:** Tofurky Slices [Pepperoni].
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031.
Date of Introduction: 2011. June.
Ingredients: Vital wheat gluten, water, organic tofu (filtered water, organic whole soybeans, magnesium chloride, calcium chloride), expeller pressed non-genetically engineered canola oil, organic brown rice, soy sauce (water, non-genetically engineered soybeans, wheat, salt, culture), non-GMO corn starch, annatto, garbanzo bean flour, white bean flour, lemon juice concentrate, salt, vegan natural flavor, yeast extract, liquid smoke, garlic, fennel seed, red pepper flakes, black pepper, lycopene from tomatoes, calcium lactate from beets,

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purple carrot juice, vegetable glycerin. Contains: Wheat and soy.
Wt/Vol., Packaging, Price: 4 oz (113 gm) vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Label sent by Seth Tibbott, founder of Turtle Island, 2011. July. 5 by 5.5 inches. Paperboard box. White, green, gold and black on red. Color photo shows a slice of the pizza. Front panel: "Family owned and independent since 1980." "Meatless, Gourmet and Delicious. Vegan. KSA Parve." On the rear panel is a serving suggestions. And: www.Tofurky.com.

Letter (e-mail) from Seth. 2012. Nov. 13. "Pepperoni Deli Slices first shipped June 1, 2011 according to my records."

13181. Shurtleff, William. 2011. Comparison of the macrobiotic diet and Dr. Caldwell Esselstyn's whole foods, plant-based diet (Editorial). *SoyaScan Notes.* July 2.
• ***Summary:*** Meat: Macrobiotic diets allow consumption of fish, shellfish, and other seafoods, whereas the Esselstyn diet (which is designed to prevent and reverse coronary artery disease / heart disease) allows no animal products.

Dairy: The Esselstyn diet prohibits consumption of dairy products; the macrobiotic diet discourages their consumption. Note: Actually nothing is prohibited by macrobiotic diets; as taught by George Ohsawa, they are broad, flexible, and nondogmatic.

Refined carbohydrates, such as white sugar, white rice, and white flour. Both diets discourage their use except that the Esselstyn diet uses white sugar (in large amounts) in a small percentage of desserts. For example, in the book *Prevent and Reverse Heart Disease* (2007), the recipe for Birthday Cake (p. 276) calls for "1 cup (or less) sugar." Chocolate Red Devil Cake (p. 278) calls for "1 cup sugar." Luscious Lemon Cake (p. 280) calls for "3/4 cup (or less) brown sugar plus granulated sugar sprinkled over the cake."

Salt: The salt content of the macrobiotic diet (like the traditional Japanese diet) is high, provided by such condiments as miso, soy sauce (tamari), and gomashio, whereas the Esselstyn diet aims to use as little salt as possible–since many of the patients have both cardiovascular disease and hypertension. "If you *still* miss salt, try adding a little Bragg Liquid Aminos" (a salt alternative) or small amounts of "South River Sweet White Miso or low-sodium tamari. Try to limit sodium consumption to 2,000 mg a day." A table shows the amount of sodium in salt and four condiments (p. 122).

Soyfoods: Macrobiotic diets uses soyfoods abundantly; in addition to miso and tamari, they enjoy tempeh, natto, and small amounts of tofu. The Esselstyn diet advises: "Eat soy products cautiously. Many are highly processed and high in fat" (p. 121).

Fruits: Macrobiotic diets use fruits sparingly, since most are classified as very "yin." However apples (the most yang fruit) are used quite freely. The Esselstyn diet encourages the use of all fresh, whole fruits except avocadoes (which are high in fat).

Grain vs. vegetables. The macrobiotic diet is based on the central idea of a primary food (such as brown rice or other whole grains) and secondary foods (such as cooked vegetables). The Esselstyn diet encourages the use of all fresh, whole vegetables. One might say that the center of the Esselstyn diet is fresh fruits and vegetables.

Macrobiotic diets strongly discourages consumption of foods which are members of the nightshade family–potatoes, tomatoes, and eggplants. The Esselstyn diet encourages the consumption of whole (unpeeled) potatoes and tomatoes.

Macrobiotic diets resembles a Japanese diet, whereas the Esselstyn diet resembles an American diet.

Use of local, seasonal foods: Macrobiotic diets emphasizes this somewhat more than the Esselstyn diet.

Use of added oil: The Esselstyn diet strongly discourages this, whereas the macrobiotic diet focuses more on the quality of the oil, but while still advising moderation in quantity, includes recipes for deep-fried foods (such as tempura).

The term "macrobiotic diets" is short, whereas the term "whole-foods, plant based diet" is descriptive but too long, and in need of a shorter name. Address: Founder and owner, Soyfoods Center, Lafayette, California. Phone: 925-283-2991.

13182. Shurtleff, William; Aoyagi, Akiko. comps. 2011. How Japanese and Japanese-Americans brought soyfoods to the United States and the Hawaiian Islands–A history (1851-2011): Extensively annotated bibliography and sourcebook. Lafayette, California: Soyinfo Center. 328 p. Subject/geographical index. Printed 12 July 2011. 28 cm. [1259 ref]
• ***Summary:*** Begins with a chronology of how Japanese and Japanese-Americans brought soyfoods to the United States and the Hawaiian Islands. Contains 110 historical photos and illustrations (some in color), graphs, and tables. http://www.soyinfocenter. com/books/146. Address: Soyinfo Center, P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

13183. Shurtleff, William. 2011. A band named The Mountain Goats made a CD titled "Protein Source of the Future... Now!" with Akiko Aoyagi's illustration of a tofu maker on the cover (Editorial). *SoyaScan Notes.* July 17.
• ***Summary:*** This CD, released on 25 Sept. 2007, is a compilation 23 of their singles which were previously recorded, including "Going to Tennessee," and "3 Beads of Sweat" (2002). The illustration was taken, without permission, from page 299 of *The Book of Tofu: Protein Source of the Future... Now!* by Shurtleff and Aoyagi. But it was changed slightly so as (hopefully) not to violate copyright laws. "Imitation is the highest form of flattery" (Barbara Yechton, 1900, in "A Lovable Crank"). Address:

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Founder and owner, Soyfoods Center, Lafayette, California. Phone: 925-283-2991.

13184. Salen, Patricia; de Lorgeril, Michel. 2011. The Okinawan diet: A modern view of an ancestral healthy lifestyle. *World Review of Nutrition and Dietetics* 102:114-23. Epub 2011 Aug. 5. In: A.P. Simopoulos, ed. 2011. Healthy Agriculture, Healthy Nutrition, Healthy People. [53 ref]

• ***Summary:*** Contents: Introduction. Social interconnections in Okinawa ("everyone must share and help each other"). The traditional Okinawan diet. Caloric restriction. High carbohydrate intake associated with low fat and low protein intake. A rather low sodium intake (as compared with Japan). High consumption of plant foods. Low to moderate consumption of sea foods. Traditional herbs and spices. Okinawa beverages (the people drink a lot of tea–green and jasmine–which is very rich in flavonoids). The main source of alcohol in Okinawa used to be *awamori,* a distilled sake made from rice, which typically contains 30-43% alcohol compared with less than 10% for sake.

In the section on "High carbohydrate intake..." are three paragraphs (p. 118) on the place of soyfoods in the Okinawan diet. Okinawans consume soy mostly in the form of tofu and miso. Their longevity has been attributed in part to their high intake of soyfoods (Willcox, Willcox & Suzuki 2001; Willcox, Willcox, Todoriki & Suzuki 2009).

Soy is a rich source of polyphenols (isoflavonoids). Okinawan tofu (the most widely eaten type being called *shimadofu*) contains less water / moisture than typical Japanese tofu and more healthy polyphenols, fat and protein. Tofu is often made at home in Okinawa and used in many different recipes.

The high intake of soy isoflavones has been associated with the very low rates of breast and prostate cancers in Okinawa (references 36-38), whereas the low rate of dementia, including Alzheimer's disease, in Okinawa may be related to the high consumption of natto, a traditional Japanese fermented food that is typically eaten on rice at breakfast. Address: Laboratoire Cour & Nutrition, TIMC-IMAG CNRS 5525, Université Joseph Fourier, Faculté de Médecine, Grenoble, France..

13185. Weng, Jun. 2011. Re: Brief history of Shanghai Wangxin Bean Products Equipment Co., Ltd. Letter (e-mail) to William Shurtleff at Soyinfo Center, Aug. 5. 1 p.

• ***Summary:*** Our company was first founded in 1994 in Pudong New Area, a district of Shanghai and a New Open Economic Development Zone, which has emerged as China's financial and commercial hub. Our company's original name was Shanghai Wangde Food Packing Machine Factory; it specialized in manufacturing food packing machine. However in the year 2000 our company changed its name to Shanghai Wangxin Bean Products Equipment Co., Ltd.; now it mainly produces a series of mechanical and electrical equipment for making [soy] bean products. It is a starting unit of all-China federation of industry and commerce, an executive member of China Bean Products Council of China food industry council, a permanent member of Shanghai Bean Products Council and passed ISO9001: 2008 in 2009, meanwhile we got the honors of "Shanghai High Technology Company," "National Bean Action Plan model unit."

In total, we have gotten "76 patented equipments until 2011. Our company has more than 200 employees, including 12 engineers, 5 senior engineers and 42 machinists. We mainly produce series of bean products equipments, assembly lines to produce lactone bean curd, soft bean curd, firm tofu, soybean milk, bean curd sheets (thousand sheets), dried bean curd, soft bean curd and so on. On the basis of the management strategy of "Quality, Service, Management, Credibility," and along with the expert devise, high quality products and perfect service after sale, we have enjoyed a high reputation at home and abroad. Our equipments have been sold well all over the China and exported to America, Canada, Japan, Vietnam and other countries.

Mr. Weng sends digital color photos of the following machines stainless steel made by his company: (1) Machine for vacuuming beans (to move 1,000 to 2,000 dried beans from one place to another). (2) Soybean fixed amount distributor (rolls on wheels on a track, for example, over grinder hoppers or cookers). (3) Grinder, 5.5 kw, output: 300 kg soybean per hour. (4) Grinder, 1.5 kw, output: 400 kg soybean per hour. (5) Grinder, 15 kw, output: 600 kg soybean per hour. (6) Centrifugal machine. Power: 5.5 kw. Output: 600 kg soybean/hour. (7) Automatic continuous soymilk cooking machine with 8 pots. Weight: 1,000 kg. Output: 7 tons of boiled soymilk per hour. (8) Automatic intelligent continuous soymilk cooking machine. Weight: 670 kg. Output: 5 to 6 tons boiled soymilk/hour. (9) Boiled soybean milk griddle. Output: 500 kg soymilk per hour. Address: Foreign Trade Manager, No. 4633 Sansan Road, Shuyuan Town, PuDong New District, Shanghai, China.

13186. Sharp, Carolyn Heidenry. 2011. Re: Gung Ho!: Aveline Kushi and macrobiotics. (Continued–Part II). Letter to William Shurtleff at Soyinfo Center, Aug. 15. 11 p.

• ***Summary:*** Continued. Perspective: As to the why of Aveline's unbalanced diet, again as with Michio, I think there were many reasons that contributed to her unusual way of eating. Thinking back to when she first arrived in this country, around 1951, at her destination, New York City, one can easily imagine some of what she experienced. Gone from her life were all the little shops she had frequented in Japan, filled with what she was used to cooking, and had grown up eating. The many varieties of vegetables, the extremely fresh fish on display everywhere, the noodle shops, different types of delicious pickles, various kinds of mochi and gelatins that girls and young women ate so frequently in little shops,

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tofu dishes, roasted sweet potatoes and chestnuts, and all the other little niceties to which she had been accustomed. In their place was an alien world with an alien cuisine-steaks and ham, hot dogs and donuts, pizza and hamburgers. Small vegetable selections, unlike now, that didn't include much of what she was used to cooking, and that also lacked the sea vegetables she liked so much.

"Many of the foods that she would have enjoyed and that would have contributed to a more balanced diet simply weren't available. This was long before Erewhon, Infinity, Chico-San, Eden, Ohsawa, Great Eastern Sun, Natural Import Co., and all the other high quality natural food wholesalers and retailers that developed in later years. And though New York had a Chinatown, I doubt whether it had the variety and abundance available there now, and what there was was not all of good quality. In addition, Michio and Aveline had no car for a long time, and it's unlikely that Aveline would have lugged groceries home on the subway from Chinatown more than just occasionally. Not with an infant in one arm, and then later an infant in one arm and a toddler in tow. Then two toddlers, then three. Even with a car this would have been a difficult expedition. She probably shopped as locally in her neighborhood as she possibly could. And that meant many limitations.

"She was also away from all the support she would have had at home in Japan, not only culinary, but also the support of and interaction with friends, family members, neighbors, and teachers (another kind of "food"–for the soul and heart) especially Lima Ohsawa who would have continued to be a very good influence on her. Then, too, she was away from all the charm and graciousness and quaint little ways and ancient traditions of her native land, which would have been still another form of nourishment. Away from the musical language that would have surrounded her daily. Away from the wonderful calligraphy on display in the shops and streets. So though she was now living in an interesting and powerful city, there were many things missing from her life to which she had been accustomed.

"She had to have been a rather headstrong person to live without all that and then, as well, to eat in a way that was so completely different from the way the people in her new country did, a way that was also, to a significant degree, somewhat inaccessible to her given the few stores where she could buy the relatively inferior products with which she was at least familiar. Had she come here as part of a large family, probably it would have been somewhat easier. But she came alone, and joined one man. So for the first 20 to 30 years there weren't all the hundreds of natural, organic, quality products we now take for granted. It made a macrobiotic diet quite limited. Still, she made very good meals, but it was quite different and less varied than it is now.

"Homesick: She once told me that when living in New York in the early years, she happened to eat some fruit one day, and then started weeping because she was so homesick for Japan. After that she avoided eating fruit for a long time, not wanting to feel that sadness and longing for Japan which she thought had been induced by the fruit she had eaten. It was a lesson in how food affects psychology, but it also ultimately led to a too-yang condition. However, she wanted to stay yang, so she would be strong, and not pining away for Japan. There was not a trace of self pity in her when she spoke of this. Rather, she was kind of laughing about it. She knew she had chosen to come here, and that in some ways she had had a very good life. But apparently there was an undercurrent sometimes when memories tugged at her heart. It gradually faded over the years, I think, the longing for, though not the memories of, Japan. The trips back and forth to Japan in later years probably helped.

"It wasn't until the mid-to-late sixties that the first developments in the natural food industry (as we know it today) came about, all very well detailed in Bill Shurtleff's "History of Erewhon" which covers so much more than just Erewhon. But for a long time, for years and years, Aveline was somewhat isolated from all that she knew and remembered about food, and was usually without many of the products she would have enjoyed and used in Japan. Michio, too. How much he would have enjoyed all the neighborhood sushi restaurants and noodle shops if he wanted to go out, as Japanese men so often do with each other, had he and Aveline returned to, or never left, Japan. All he had here and all he could usually afford were coffee shops, which had very different menu selections, to say the least.

"So Aveline had a somewhat imbalanced and impoverished diet right from the start in America, as did Michio, and for a very long time after that. Instead of living in a country, city and neighborhood enriched by a wide variety of wonderful vegetable, grain and fish dishes, she made do with a lot less for a long time. I think this was a very big factor in contributing to her imbalanced diet and condition.

"Another factor was that she had done so much cooking for so many years, first for the family when the children were younger, then for so many parties and special occasions for the students, as well as making lunches for employees when Erewhon first started up in Los Angeles, and also all the cooking classes–so many over the years in so many countries. On top of all that there were the dinners for a crowd every night when the students began staying with them. And so, eventually, she delegated the preparation of daily meals at home to others, to student cooks, though she continued to give many cooking classes, both in Boston and wherever she and Michio travelled. After so much intense cooking for so many years, she understandably wanted a change.

"Too yang: Having first learned from George Ohsawa, Aveline leaned towards a rather restricted version of a macrobiotic diet, like her teacher. I think most people who

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have used the macrobiotic eating plan for any length of time, however much they might appreciate Ohsawa's insights, life and wisdom, feel nevertheless that his dietary approach was too restrictive to be healthful and balanced in the long run. While his recommendations might be helpful as a cleansing diet for certain people for short periods of time, they can produce a tight mental state and even nutritional deficiencies over time. George Ohsawa was an extraordinary man and an extraordinary teacher, and it would be challenging to encapsulate all that he contributed to our understanding of the impact of food on individuals and societies. However, his approach was lacking in sufficient vegetables, variety and sweets, at least for the average American accustomed to a diet heavy in meat, dairy foods, and sugar. Yet something in Aveline responded to his overly yang style and recommendations, (perhaps that was simply all she knew) and though having children loosened and broadened her views, there was still this tendency towards an overly restrictive approach to her own diet for a long time.

"Aveline was not really a student and teacher of macrobiotic principles in the way Michio was. But she had a strong interest in sharing the traditional cooking and food customs of her native land, and she balanced Michio's theoretical teachings with the daily practicalities of feeding her family and teaching her students. She also enjoyed teaching the traditional ways of caring for infants, and sharing the happy sounds and sights of her childhood and adolescence, some of which are included in her books." Continued. Address: P.O. Box 125, Hinsdale, Massachusetts 01235.

13187. **Product Name:** Trader Joe's Organic Soyonaise Salad Dressing [Thousand Island].
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: Monrovia, CA 91016.
Date of Introduction: 2011. August.
Ingredients: Water, organic soybean oil*, organic sugar*, organic white wine vinegar, organic tofu powder*, organic tomato paste*, salt, miso paste (organic fermented soybeans, salt), organic dehydrated bell peppers", guar gum, organic onion powder*, xanthan gum, organic garlic powder, natural tomato flavor, organic dehydrated garlic, spice. * = Organically grown and processed according to the California Organic Foods Act of 1990.
Wt/Vol., Packaging, Price: 12 fl oz (354 ml) glass bottle. Retails for $1.99 at Trader Joe's (2011/08, Lafayette, California).
How Stored: Refrigerate after opening.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2011. Aug. 29 Bottle is 8 inches high with a black neck wrapper. Product is tan in color. Label is light green, black, and white on beige. "Contains no eggs, dairy, or preservatives. " "Best by 26 July 01."

13188. *SoyaScan Notes.* 2011. What ever happened to Global Protein Foods of Valley Cottage, New York, then Newark, New Jersey? (Overview). Sept. 12. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** Talk with Sam Weinreb, founder of Local Tofu, West Nyack, New York. 2011. Aug. 31. Global Protein Foods had been a competitor of his, so he kept track of what they were doing. They were in Newark, New Jersey and they were shut down about 6 months ago for some violations of water and/or health codes. They never went back into business, in part (Sam thinks) because of the earthquake and tsunami in Japan on March 11, 2001. Sam has a daughter who lived in Japan, where she learned how to make kimonos.

Letter (e-mail) from Katie Karkheck, history librarian, Valley Cottage Library, New York. 2011. Sept. 12. "Your question was forwarded to me from the reference desk since I have been keeping the records of local happenings. I first searched our local history clipping files, but found nothing about this company. I did find one OSHA citation from 2001, which can be found here:

http://www.osha.gov/ pls/oshaweb/ owadisp.show_ document? p_table= NEWS_RELEASES&p_id=238.

"It seems that Global Protein Foods' factory moved to Newark, NJ in 2002 or 2003. There seems to be a plethora of citations and an FDA warning letter from Feb. 10, 2011 citing them for lots of health code violations, including dead rodents and droppings near foods. After reading this letter, I have a feeling that this many violations would shut down any food producing company, though I have found nothing confirming this. Here is the link to that 2011 letter: http:// www.fda.gov/ICECI/ EnforcementActions/ WarningLetters/ ucm243397.htm.

"Unfortunately, I have not found a single article stating what happened, and the warning letter was the only thing I found that was recent. It seems that their closing was very quiet. They were not included in the search of over 100 newspapers and journals, nor were they in any of our business directories. I'm sorry I couldn't come up with more info than that."

Note: On 30 Sept. 2011 Katie did find a local newspaper (*Journal News*) article titled "Global Protein may be shut down," dated 25 Oct. 1998. She kindly scanned it and sent it to Soy Infocenter. See separate 1998 record.

13189. Astuti, Mary. 2011. Re: Yayasan Tempe Indonesia (Indonesian Tempe Foundation). Researching a book on black soybeans. Letter (e-mail) to William Shurtleff at Soyinfo Center, Sept. 19. [Eng]
• ***Summary:*** "Yayasan Tempe Indonesia (Indonesian Tempe Foundation) was established at Jakarta on April 11, 1995 and the book of 'Bunga Rampai Tempe' [Anthology of Indonesian tempeh]. was published in 1996 in Indonesian.

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Indonesian Tempe Foundation was supported by Indonesia's Ministry of Food. I am sorry to tell you that the Indonesian Tempe Foundation is no longer active because (1) there is no support from the government and (2) Dr. Sapuan, the head of this foundation, has retired.

"Through the support of the American Soybean Association (ASA) there is Forum Tempe Indonesia (Indonesian Tempe Forum). I have been involved in Yayasan Tempe Indonesia and Tempe Forum Indonesia.

"I am in the process of researching and writing a book about black soybeans, including the black soybean products such as sweet soysauce, tempe, tofu and crackers. I hope it will be finished by the end of this year." Address: Indonesia.

13190. *Oxygen magazine* (*Shanghai*). 2011. [The work of William Shurtleff and Soyinfo Center with tofu]. Sept. p. 38-41. [1 ref. Chi]

• ***Summary:*** Cover story. This issues contains many articles about tofu. This particular article contains many illustrations by Akiko Aoyagi. A round photo shows Shurtleff and Aoyagi.

13191. Lukoskie, W.M. Luke. 2011. Re: A 2nd update this year on Island Spring in Vashon, Washington. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 10. 1 p.

• ***Summary:*** "All is super here. Lois and I are buying a small farm on Vashon to feed into Island Spring Organics. Plan to start a marketing org to market Vashon Island produce under the Island Spring Organics label. Another long row to hoe but a fun direction.

"We are bringing a third tofu operation under our roof, Sunrice. She takes our flash fried cubes and simmers them in her sauces and markets them to the retail outlets as well as ready to eat meals with tofu cubes and brown rice, chop chae, and kim bop. Started her move in three weeks ago and will be done in December.

"Spent almost a month this year on the crew building and then taking down the airport at Burning Man, my fifth year on that crew." Address: P.O. Box 747, Vashon, Washington 98070. Phone: (206) 622-6448.

13192. Bramblett, Billy. 2011. Re: Work with Seth Tibbott of Turtle Island. Wildwood tofu and soymilk. Letter (e-mail) to William Shurtleff at Soyinfo Center, Nov. 22. 1 p.

• ***Summary:*** Shurtleff suggests that Billy create a version of his song "Tofunction" for "Tofurky." He asks if Billy knows Seth Tibbott, founder and owner of Turtle Island Foods, Inc.

Reply: "Seth is one of my best friends. I first met him back in the early 1990's when we shared a booth at Natural Products Expo West the 1st time Wildwood exhibited there.

"After I departed Wildwood, I worked as a consultant for Seth and helped conceptualize and develop a few products (marinated tempeh strips). I worked at the Turtle Island booth at both Expo West and Expo East for several years, where we won Best New Product of Show three of five years at the West show.

"And, I have also been 'grillmeister' at the Oregon Country Fair's Soyworld Booth (which Seth started 25 years ago) for the past five years.

"Anyway, I will consider a Tofurky song, by the way, do you know why the Tofurky crossed the road? "To prove he wasn't Chicken!! ha ha."

"Yes, brother Seth is an amazing dude, and I visit him in Trout Lake every year or so. We also make sure to play golf, along with his brother, Bob, on the Monday after Expo West each year.

"On the old label issue... You are probably talking about the one that says, "UFO TOFU," yes? Boy, I would love to have a mint condition copy of that as well. As you may remember I am a palindrome freak and named our tofu "UFO TOFU." (and our soymilk was called "YO SOY").

"I still have a Michael Pierce designed t-shirt somewhere that has a whole depiction of our original tofu set up, including the grinder, cauldron, paddle, press and curding tank along with cubes of tofu floating about, and says "UFOTOFU" with the old Wildwood logo at the bottom. I will make a copy and send it to you unless you already have one."

"Its great trading soy stories with you.–B-Love." Address: Marin County, California.

13193. Heck, Wolfgang Rainer. 2011. The organic tofu industry and market in Germany (Interview). *SoyaScan Notes.* Nov. 25. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** On 25 Nov. 2011 four of the leaders of Life Food GmbH visited Soyinfo Center to discuss tofu. They were: (1) Wolfgang Rainer Heck, managing director and shareholder. (2) Alfons Graf, co-managing director. (3) Stefan Hauck, General Manager Research & Development (4) Lukas Heck, son of Wolfgang; he works part-time for the company and has just passed his Abitur in Germany. He plans to continue his studies.

Biovista is the organization in Germany that gathers and sells statistics on the general organic market.

The organic soyfoods industry is the one that Life Food GmbH is in and the one that Wolfgang knows best; it does not include all tofu makers in Germany, such as Firma Berief (in Bochum). The largest firms in the industry, in descending order of number of tonnes of tofu made per year, are: (1) Life Food GmbH (Freiburg). (2) Tofutown.com / Viana. (3) Firma Kato (Kassler Tofu, in Kassler. They sell to 60 big supermarkets; a brand of Annatura). (4) Albert's Tofu Haus. (5) Sojafarm (Lothar Stassen; also makes for Christian Nagel). (6) Lots of Tofu (located near Freiburg; they coagulate their tofu with the Kombucha, a culture which contains a symbiosis of Acetobacter (acetic acid bacteria) and one or more yeasts.

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All the companies in the organic tofu market make about 6,000 metric tons (tonnes) of plain tofu. Life Food GmbH (Taifun brand) makes about 70% of this tofu. They buy about 2,000 tonnes of organic soybeans that are not genetically engineered and from this make about 4,200 tons of plain tofu. 25% of this tofu is sold as plain tofu and 75% is sold as specialty tofu products (*Tofu specialitaeten; weiter verarbeitet*) [prepared soyfood products]. Where is their tofu sold? 48-52% is sold in Germany, followed by 14-15% in France, 12% in Italy, 10% in the U.K., 4-5% in Switzerland, and 6% in 11 other countries. They started to sell their tofu outside of Germany in about 1996, starting in France followed by the U.K.; now they sell their tofu to 11 countries outside of Germany.

Life Food's turnover (sales) has been growing at the rate of 10-12% a year for the past 15 years (i.e. since 1996). After the BSE [mad-cow syndrome] crisis, the demand for their tofu was so high they could not fill it.

On 25 Nov. 2011 Wolfgang R. Heck, Stefan, Alfonse, and Wolfgang's son Lukas, who has just completed his Abitur), visited Soyinfo Center from 9 a.m. to 4 p.m. Address: Managing Director, Life Food GmbH.

13194. *SoyaScan Notes.* 2011. Chronology of Soyfoods Center's summer intern and employment program, with photos (Overview). Nov. 29. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** * = Workers but not college summer interns.

1. 1984 Irene Yen $4.50/hr. She called to ask if we had any job openings. We said "no," having never considered the idea. After we met her and saw such a fine person and extraordinary talent, we changed our minds. She began work on June 21. Two color photos writing at desks in Aug. 1984. (a) Upstairs plywood desk with curtains drawn to show back hillside and 8 file-card boxes (each 5½ by 12 by 4 inches deep) filled with 3 by 5 inch lined white file cards. (b) In downstairs guest rooms editing chapters and checking bibliographic references in *History of Soybeans and Soyfoods* book. Later photo, Oct. 1990, cooking at stove in Atlanta, Georgia.

2. 1985 Tony Jenkins $6.00 + incentives up to $11.50. Two color photos: (a) Typing on keyboard with computer at Bill's main desk; turning around to look at camera. (b) Standing with his younger brother at their home; Tony wearing a Stanford, brother wearing a Cal T-shirt.

3. 1985-86 Sarah Chang (fall & winter) $5/hr. *Claire Wickens, 1985-87, 1989. Color photos show: (a) 1990 June 21. Sitting at desk with electric typewriter in Office #2; file cabinets and scale in background. (b) 1991 April 19. With kids Tina and Tim Wickens; birthday cake on table. (c) 1991 April 26. Standing with Kazuko Aoyagi in kitchen of Shurtleff home, each holding a glass, with fridge and hallway bookshelf in background. (d) 1994 Dec. Black and white photo of Claire and husband Jim with backpacks in New Zealand. They backpacked around the world.

4. 1986 Laurie Wilmore $5/hr.

5. 1987 Alice Whealey $5/hr.

6. 1988 Simon Beaven $6/hr. Two color photos. (a) Portrait photo in 1987 wearing tuxedo at Northgate High School in Walnut Creek. (b) 1993 Sept. 5 in living room in living room of Shurtleff home in Lafayette with Joey Shurtleff leaning on Simon's knee and Matthew Rowley in foreground.

7. 1989 *Elinor McCoy (Jan-April, $12.00). *Pat McKelvey (April 24, $12.00).

8. 1990 Ron Perry $9.50. Color photo of summer 1990 dressed in tuxedo.

9. 1991 Walter Lin $9.50. One color photo of 16 Nov. 1989, dressed in v-neck sweater, white shirt and tie, leaning against tree. Two color photos of 30 Aug. 1991 showing Walter and Bill Shurtleff standing in front of white Dodge van in Soyfoods Center's driveway.

10. 1992 *Dana Scott Jan-July. Ron Perry, June (prep for NAL trip). Two color photos of June 1992 showing Bill and Ron Perry seated on bench in back yard of Soyfoods Center having lunch together, with wall and ivy-covered hill in background. *Alex Lerman Oct. 1992.

11. 1993 Jeremy Longinotti.

12. 1994 John Edelen (May-Aug). Color portrait photo (1994) of John in coat and tie. Christmas photo of John's parents, brothers and sister, and 2 grandparents. Page from 1994 California Water Polo brochure with photo and description of John–a great athlete.

13. 1995 John Edelen (Jan-Oct).

14. 1996 Lydia Lam $9->$10. *Gretchen Muller.

15. 1997 Joyce Mao $9->$10. *Luna Oxenberg $9.50 (Oct. 1 to Dec. 31, Krishna). *Joelle Bouchard.

16. 1998 Justine Lam. Hurdler. Freshman at Cal. Start May 26. $9.50 -> $12.00. Works 4 days/week, Mon. off. 9 to 4:30. 30 min lunch. She accomplished a lot and taught me a lot. Main project: Creating a keyword for each soybean variety (SBV) introduced before 1924, then designing a keyword check, running it, finding the earliest record containing that keyword, and filling in a form for each variety. We now have 109 SBV- keywords. The earliest is 1891. Justine is the first Soyfoods Center intern who looks first to the Internet/Web for the information she desires. She is very skilled at using it, and does some nice projects for SC at her home.

16A. Cheryl Ishida (mother), Christopher, and Catherine do volunteer work at Soyfoods Center and Cal Library from time to time. Two color photos (May 1998) show the three standing by trunk of liquid amber tree near Soyfoods Center driveway.

17. 1999 Justin Hildebrandt. Cal. Start June 1. $10.50.

18. 2000 Michelle Chun. Start June 21. $13.00. Worked 3 hours/week since Sept. 30, 1999. Excellent typist. Summer: Started June 1 at two days/week. From Aug. 1, after DVC

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class, 3 days, Tues., Wed., and Thurs.

19. 2000/09. Alison Fruman. Last day 2001 Jan. 18. Checking all books in SC bookshelves–only.

20. 2000/10. Olga Kochan. Campolinda. A wonderful person. Start Oct. 7. One day/week (Sun.) for 3 hours, 11-2:00. During summer 2001 works Sat. and Sun. 3 hours each. 2001 Jan. 1, rate increase to: $10.50. 2001 Sept. 1. Rate increase to $12.00. After 2001 Sept. 11 attack I am unable to find her replacement, so she very kindly continues on for 9 more months, until 26 May 2002, start of summer.

21. 2001/01. Michelle Leung. Takes Alison's place checking SC books.

22. 2001/05 Ryan Browne, Freshman at Harvard Univ. Works one day/week. Extremely talented and nice. $12/hour. Earns most money teaching tennis each day. Mom is Lydia.

22a. 2001/09 to 2002/05. Olga Kochan–see above. Then from May 2002 to Aug. 2003 she helps SC greatly and generously to find early Russian-language documents and to translate them into English. Then she enters college as a freshman at U.C. Berkeley (Cal).

23. 2002/05. Loren Clive. Speaks good French. Works one day a week, 3 hours a day. Then first summer with no intern.

24. 2002/09. Marina Li. She called to volunteer the very day I was about to send out Help Wanted ads. Works one day a week. Last day 2003 May 23. Very creative, fine values. Has difficulty with computer work. For rest of 2003 helps from time to time with sorting, then have lunch together. Color photos: (a) On Mills College brochure (Oct. 2001) of Marina and 4 other students in Institute for Civic Leadership. (b) With Bill Shurtleff (April 2003), with Soyfoods Center in background. (c) With coworkers in Berkeley gardening project.

25. 2003/10. Loren Clive. One day a week for 7 hours/day. $13/hour. First 90 min is clearing Bill's soy in-box. Rest of time is for entering records and abstracts from *Vegetarian Messenger,* Jan. 1887-March 1889.

26. Rowyn McDonald, a Stanford student. 2004 June 15 to Sept. 3. Rowyn transformed our business. She was instrumental in our starting to publish books on the Web and in starting to learn Adobe PageMaker. She reformatted all the chapters in our History of Soybeans and Soyfoods book and sent them to Paul and Gail King, who put them on the Web. Her work this summer has been outstanding. She has an extraordinary intellect, is a fast learner, has excellent focus and concentration, is a fast typist, accomplishes a great deal each day, makes few mistakes, and has become very skilled at asking questions and receiving the answers in a selfless, clear way. She was a gift from God, the perfect match for the job. Also, I learned more from her about using computers (esp. the Web and WinWord) than I have from any other intern.

27. Casey Brodsky. 2007 Oct. 26 to 2008 June 6. Sophomore at Campolinda. Four main projects: (1) Make a record for every article in *Time* magazine that mentions tofu. I notice how *Time* has mostly negative things to say about this new, healthy food; protecting the status quo. (2) Add the exact date (to the nearest day) to thousands of records of various types. Upgrading the YR field is the main reason we changed a record number of BIBLIO records (22,159) this year. (3) Add info to the Abstract field for about an hour each Friday. (4) Complete the AD field for hundreds of letters in our library; e.g., "Typed, with signature on letterhead." She also found that many letters have been misplaced.

28. Hanna Woodman. 2008 June 17 to July 16. Sophomore at Acalanes. She is a fast and accurate typist, and likes typing projects, so (1) She typed in many abstracts and contents. (2) Completed the AD field for hundreds of letters in our library; e.g., "Typed, with signature on letterhead." She also found that many letters have been misplaced. (3) Entered every chapter with heads for the AOCS monograph on the soybean. (4) Added missing exact dates in the AD field. (5) Sorted documents in boxes for WRS to file. (6) Highlighted reference sheets in preparation for Bill's trips to Cal libraries.

29. Elizabeth Hawkins. 2008 July 22 to Aug. 21. Senior at Campolinda. Main projects–to enter: (1) Natto book bibliography by Hesseltine and Kato. (2) Lots of abstracts and quotations. (3) Soybean in Asia proceedings + A and B level heads. (4) All unentered articles from *Bluebook Update* (Golbitz). (5) Mian Riaz book on soy. (5) Oak Smith's letters. When I am gone she always works on my computer.

30. Michelle So. 2008 Oct. 9.

31. Talat Mirmalek 2009 Jan/Feb. Sorting. "Talat" in Farsi means "rays of the sun." Being a young Muslim lady, she was not allowed to work here unless her sister (Taliah) or father were in the same room with her.

32. Molly Howland. 2009 June 15 to July 31. Senior at Campo.

33. Jacqueline Tao. 2009 Aug. 3-25. Biosciences library at Cal. Then Sept. 10 to Oct. 14. Boudewijn Aasman 2009 Oct. 28 to 30 Dec. Unfit for the job.

33. Jacqueline Tao. 2010 Jan. 21 to June 10.

34. Jessie Kathan 2010 June 14-Aug. 24. Biosciences libe. Campo.

35. Jacqueline Tao. 2011 Jan. 2 to June 3.

36. Lynn Hsu, 2011 June 11 to July 20.

33. Jacqueline Tao. 2011 Sept. 9-15.

37. Brooke Vittimberga 2012 Feb. 19 to present.

13195. Gong, Sasha; Seligman, Scott D. 2011. The Cultural Revolution cookbook: simple, healthy recipes from China's countryside. Hong Kong: Earnshaw Books. 157 p. Illust. Photos (by Charles Cohan Fischl). Portraits. 25 cm.
• ***Summary:*** China's "Great Proletarian Cultural Revolution" started on 16 May 1966 when Mao Zedong urged students to rebel against a "repressive" educational system. The true targets, however, were so-called "capitalist-roaders" in the

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Communist Party such as Liu Shaoqi and Deng Xiaoping, whom Mao believed still harbored capitalist ideas.

"In 1969, millions of Chinese teenagers were forced from their homes in the city in order to live and work in the countryside as part of China's Cultural Revolution [1966-1976]. The work was backbreaking and rations were tight, but Sasha Gong has fond memories of learning to make simple, delicious country cooking" (from the publisher).

This colorful book is packed with authentic colorful illustrations (each titled and dated) created during the Cultural Revolution and sidebar stories (usually with a photo) about events that happened during this time. It is also an honest retrospective about one of the most disastrous chapters in China's post-1949 history.

Contents: "A revolution is not a dinner party" (overview of the Revolution and the book). A personal story (about Sasha's memories of the Cultural Revolution; a biography). The Cultural Revolution: A culinary history (there was almost never enough food to go around). A chronology of the Cultural Revolution (1966-1978). Some utensils you'll need. On portions, menus and table settings. Chapters of recipes– starting with "Vegetables and tofu" (p. 18-41).

On pages 39-40 is a recipe for "Old pockmarked granny's tofu" (Mapo Doufu) with the story in a sidebar of a Beijing restaurant by that name.

On page 40-41 is the story of Mao's beloved [stinky fermented] tofu with this story: "In 1958 Mao returned to his native Hunan province and visited Huongongdian, a famous restaurant in the city of Changsha. He ordered an infamous bean curd dish he had enjoyed there as a young man, discovered that it was as tasty as ever, and happily proclaimed it so. The staff recognized a good opportunity when they saw it. After Mao's visit they painted his quote on the wall. The strong-smelling bean curd at Huongongdian smells foul, but tastes delicious." Address: Washington, D.C.

13196. Iino, Maki. 2011. O-tofuya-san [A tofu maker / shop]. *Kagaku no Tomo.* Nov. 28 p. [Jap]

• ***Summary:*** This monthly magazine, titled "Friend of Science," is published for Japanese school children. This delightful November issue, written and illustrated by Maki Iino, follows a mother and her son as they visit the neighborhood tofu shop early in the morning and see the fresh tofu products in the window where the wife is selling them. The tofu maker kindly shows the boy every step in the process of making soymilk, then tofu, and preparing deep-fried tofu pouches (aburagé), cutlets (atsuagé) and tofu burgers (ganmodoki). The text is written entirely in hiragana (no Chinese characters) so young students can read along as they look at the large, charming color illustrations.

A smaller 8-page insert gives additional details. Address: Japan. Phone: 05 62 18 72 78. E-mail: info@soy.fr.

13197. Nordquist, Ted. 2011. Re: Trip to Mchinji, Malawi, to learn and teach about making tofu and soymilk. Letter (e-mail) to William Shurtleff at Soyinfo Center, Dec. 7. 1 p.

• ***Summary:*** "From November 12-26 Anne-Marie [Ted's wife] and I volunteered to visit a 'soy plant' in Mchinji, Malawi that used a soy cow to produce soymilk. We instructed them in the proper way of cleaning and soaking the soybeans, the time to cook, sterilizing the bottles and hot filling to extend the shelf life of the soymilk (which was going bad the day after production). We also showed them how to make tofu, mix the tofu with the okara, vegetables and spices and then deep fry 'tofu balls' in cooking oil for sale the same day.

"Unfortunately I had only 500 grams of calcium sulfate with me from California and this was used in the demonstrations. Now we are looking for a good source of calcium sulfate and or magnesium chloride in Africa, hopefully South Africa that they can buy. Even if they make one batch of tofu per day they will only need about 12 to 15 kg of coagulant per year. So one 25 kg bag will last them a long time.

If you have a contact for buying calcium sulfate or magnesium chloride in Africa, please send this information to:

Lauren Day, Southern Africa Program Coordinator, Farmer to Farmer Program.

CNFA, 1828 L Street NW, Suite 710, Washington, DC 20036. Phone 202.296-3920 ext #55. lday@cnfa.org. www.

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cnfa.org.

Photos show: (1) Soy Cow processing plant in Malawi. (2) The boiler outside the plant. Address: TAN Industries, Inc., 351 California St., Suite 1330, San Francisco, California 94104; 660 Vischer Ct., Sonoma, CA 95476.

13198. *SoyaScan Notes.* 2011. Why seitan has not become as popular as tofu as a source of plant protein in the USA (Overview). Dec. 21. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1. Historical: Tofu has been a basic food in all countries of East Asia for at least 1,000 years. This includes China, Japan, Korea, Vietnam, and Indonesia. So wherever people with ancestry from these countries live, tofu is made. It has no class affiliation and is inexpensive, so it is eaten by people of all classes and income levels from these countries. And it appears in virtually all cookbooks for these cultures. So there has long been a large demand for tofu in the USA.

2. Tofu manufacturers in the USA: Since 1900 there have been plenty of tofu shops to supply the demand. Between 1905 and 1975 at least 528 different Japanese-owned tofu manufacturers were established in the USA. Probably at least that many Chinese-owned tofu makers also started.

3. Seitan historical: It was invented in about 1962 by George Ohsawa, the macrobiotic teacher, together with Mr. Kiyoshi Mokutani, the owner of a small soy sauce company (Marushima shoyu) in Japan. So it has a very short history. And originally (starting in 1969) it was all imported from Japan.

4. Macrobiotics: Seitan has been limited mostly to macrobiotic community. Wikipedia says incorrectly that seitan is another name for wheat gluten. Not true. Seitan is a product made from wheat gluten just like tofu burgers are made from tofu.

5. Evolution of the meaning of the word: Seitan was originally a salty seasoning, not a protein source. But over the years the meaning of the word gradually changed; it came to refer to any wheat gluten seasoned with soy sauce.

6. Not widely made in the USA since not much demand.

7. Very expensive compared with tofu, in part because not widely available so had to be sent by UPS or mail.

8. Wasteful process. It is made from wheat by discarding all but about 14% of the original wheat and using only the protein. Or, if you start with "vital wheat gluten" (a powder) the quality of the seitan is not nearly as good as if you start with whole wheat flour.

9. Process causes pollution: Dumping all of that starch into any sewage system pollutes the system and usually leads to either a fixed fee or a fine on the manufacturer.

10. Few books about seitan, and no much press coverage or information. Only 3 books about seitan (with "seitan" in the title) have ever been published in English: Jacobs 1987, Wingate 1988, and Bates 1993. Just the opposite with tofu.

13199. *SoyaScan Notes.* 2011. Chronology of major soy-related events and trends during 2011 (Overview). Dec. 31. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** June 27–William R. Shurtleff, founder and director of the Soyinfo Center (Lafayette, Calif.), is selected as the 2011 recipient of the Association of College and Research Libraries (ACRL) Science and Technology Section (STS) Oberly Award for Bibliography in the Agricultural or Natural Sciences for his bibliography "History of Soybeans and Soyfoods in Africa (1857-2009): Extensively Annotated Bibliography and Sourcebook."

July–Sprouted tofu starts to become more popular. Sprouting soybeans, among other things, before grinding them to make tofu, inactivates phytic acid.

Note. This is the earliest English-language document seen (Jan. 2013) that mentions sprouted tofu.

Almonds milks become increasingly in both supermarkets and natural- and health food stores.

Aug. 1–Lightlife Foods (owned by ConAgra Foods, Inc.; Omaha, Nebraska) fires all of its brokers. A week later they fire the sales people who managed these brokers. This is consistent with their moves over the past 3 years to consolidate management of the brand in Omaha.

The budget of the Weston A. Price Foundation (run by Sally Fallon) has increased 10-fold over the past decade. This gives them more power to criticize soy and to promote their agenda which includes raising and eating animals. All this information and their funding sources are on the website.

13200. Nutrition & Nature. 2011. Faire le choix du végétal. Pour chacun, pour demain [Choose plant-based nutrition. For each one, for tomorrow]. Revel, France. 16 p. Illust. 18 x 18 cm. [Fre]

• ***Summary:*** One the cover is a lovely young lady, looking upwards, with her eyes closed. Behind here are rows of trees growing in green grass. In 2008 Soy acquired Céréalpes [Cerealpes]. In 2011 they both became Nutrition & Nature. Websites: www.soy.fr. www.cerealpes.fr. Contents: More of plant-based, more of life. Eat better and live better. Good for people, good for the planet. A table shows: To produce 1 kg of protein. (1) Tofu compared to beef. 5 times less water. 15 times less agricultural surface. 10 times less carbon dioxide emissions. (2) Soymilk compared with cow's milk: 3 times less water, 7 times less agricultural surface, 5 times less carbon dioxide emissions. Source: ENSA [European Natural Soyfoods Association].

To grow soybeans in southwest France is not the end of the world. Our "Tofu in Africa" project. With Céréalpes, organic takes the accent of Provence (accent provençal). A path without a trace toward quality. To be engaged for the environment on all levels. Address: Chemin de l'Horte, 31250 Revel (near Toulouse), France. Phone: 05 62 18 72 78. E-mail: info@soy.fr.

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13201. Giblin, Karen; Seibel, Mache. 2011. Eat to defeat menopause: The essential nutrition guide for a healthy midlife–with more than 130 recipes. Cambridge, Massachusetts: Da Capo Press. xviii + 237 p. Foreword by Dean Ornish, M.D. Illust. Index. 23 cm. [26 ref]
• ***Summary:*** An excellent book for the lay reader by a woman and a man with top credentials in the field. Includes 130 recipes. On page 3 is an "Ode to Soy and Hot Flashes," by Mache Seibel, M.D.; it says that soyfoods reduce hot flashes and allow women to sleep at night.

Chapter 4 (p. 23-28) is "Understanding soy foods: The perfect food for menopause." Its contents: Introduction. Soybeans and foods made directly from them (gives a basic description of each): Soybeans (incl. edamame, dry soybeans, canned soybeans), soy flour, soy powder (very similar to soy flour except the soybeans are cooked before they are ground), soy protein isolates, textured vegetable protein (TVP), soy grits, soy sprouts. Soy milk and products made from it: Soy milk, okara, yuba, soy cheese. soy yogurt, tofu. Fermented forms of soy: Tempeh, natto, miso, soy sauce.

Most of these soyfoods are used in the recipes in this book. Tofu is used the most frequently.

Dr. Ornish's remarkable Foreword begins: "Many people tend to think of breakthroughs in medicine as a new drug, laser, or high-tech surgical procedure. They often have a hard time believing that the simple choices we make in our lifestyle–what we eat, how we respond to stress, whether or not we smoke, how much exercise we get, and the quality of our relationships and social support–can be as powerful as drugs and surgery, but they often are. Often, even better.

"For more than thirty years, I have directed a series of studies showing what a powerful difference changes in diet and lifestyle can make. My colleagues and I at the nonprofit Preventive Medicine Research Institute showed, for the first time, that many diseases, including heart disease, prostate cancer, diabetes, and hypertension, are often reversible, and thus largely preventable.

"We used high-tech, state-of-the-art measures to prove the power of simple, low-tech, and low-cost interventions. We showed that integrative medicine approaches may stop or even reverse the progression of coronary heart disease, diabetes, hypertension, obesity, hypercholesterolemia, and other chronic conditions. We also published the first randomized controlled trial showing that these lifestyle changes may slow, stop, or even reverse the progression of prostate cancer, and may affect breast cancer as well.

"Our latest research shows that changing lifestyle changes our genes in only three months–turning on hundreds of genes that prevent disease and turning off genes and oncogenes associated with breast cancer and prostate cancer, as well as genes that cause heart disease, oxidative stress, and inflammation. We also found that these lifestyle changes increase telomerase, the enzyme that lengthens telomeres, the ends of our chromosomes that control how long we live. Even drugs have not been shown to do this." Address: 1. President and founder of the Red Hot Mamas, Bridgewater, New Jersey; 2. M.D., Prof. of Obstetrics and Gynecology and Director of the Complicated Menopause Program, Univ. of Massachusetts Medical School. He lives in Boston, MA.

13202. Hester, Kathy. 2011. The vegan slow cooker: simply set it and go with 150 recipes for intensely flavorful, fuss-free fare everyone (vegan or not!) will devour. Beverly, Massachusetts: Fair Winds. 224 p. Illust. (color photos). Index. 24 cm.
• ***Summary:*** The index contains 24 entries for tofu, 9 for tempeh, two for seitan (p. 21-22, using homemade seitan), and one each for Soy chorizo black beans stew (with "½ package {6 ounces, or 170 gm} soy chorizo, p. 62), and for soy or coconut creamer (nondairy creamer and milk, p. 15).

A "slow cooker" is exactly the same as a "Crock Pot"–but the latter is a brand name. For many recipes, below the recipe name is printed "Soy-free. Gluten-free." Address: Durham, North Carolina.

13203. Hever, Julieanna. 2011. The complete idiot's guide to plant-based nutrition. New York, NY: Alpha. A member of Penguin Group (USA) Inc. xiv + 338 p. Index. 24 cm. [35 ref]
• ***Summary:*** This is a book about "eating a whole-food, plant-based diet." This diet is described and compared with a vegan diet, vegetarian diet, and plant-based diet (p. 4-5). The author concludes this section with this interesting observation: "When you think about it, although veganism and vegetarianism are plant-based diets for the most part, they're defined on what they *exclude* from your diet. Part of what makes the plant-based diet unique is that it defines the composition of what *is* included instead of what *isn't."*

The author discusses soy in Chapter 7, "Controversy clarified" in several sections (p. 93-95): "Soy confusing," "Is soy safe?" and "Are genetically modified organisms okay?" She lists the various soyfoods and then gives the following advice: "Soy can be part of a plant-based diet. For safe soy consumption:

"1. Consume soy from whole-food or minimally processed sources–soybeans, tofu, tempeh, miso, soybean sprouts, and soy milk.

"2. Use soy in moderation–less than 3 servings pr day, where a serving is 1 cup soy milk or ½ cup soybeans, tofu, or tempeh.

"3. Avoid processed soy products, like soy protein isolates (found in protein drinks and bars, meat analogues, cereals, meat replacement products, and other processed items).

"Consume only organic" soy products or those that have not been genetically engineered.

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We agree.

Plenty of basic information about soyfoods is given in Chapter 18, "The plant-based kitchen"–especially in the section "Plant-based substitutions" (p. 226-32) which includes subsections about: "Egg replacements," "plant milks," "Mock meats" (many are highly processed), "Tofu, tempeh, seitan" (good, nutritionally rich, alternatives), "Un-cheeses" (most are highly processed), miso (a versatile source of meaty flavors, but use in moderation since it has a high salt content).

The word "tofu" appears on 33 pages in this book, "miso" on 20 pages, "soybeans" on 19 pages, "tempeh" on 18 pages, "soy milk" on 11 pages, "edamame" on 5 pages. "soybean sprouts" on 1 page.

Examples of tofu recipes: Plant-based sour cream (with "14 oz. silken tofu." p. 241). Veggie tofu scramble (with "1 {12-oz} pkg. firm or extra-firm tofu, drained and crumbled," p. 248). Marinara corn cakes (with "3 oz. extra-firm tofu, thinly sliced," p. 275). Sweet cream dip (p. 280).

The book contains a good Glossary (p. 291-301) which includes definitions of miso, phytoestrogens, plant-based milks, prebiotics, protein combining, tamari, tempeh, tofu, umami, vegan, vegetarians, whole grains, whole-food, plant-based diet. Address: M.S., R.D., C.P.T. [Certified Personal Trainer], Los Angeles, California.

13204. Jamieson, Alexandra. 2011. Vegan cooking for dummies. Hoboken, New Jersey: Wiley Publishing, Inc. xx + 364 p. Illust. (some color). Index. 24 cm.

• ***Summary:*** A fun, well written, and very informative book. Contains more than 160 healthy vegan recipes. The index contains 22 entries for tofu, 14 for tempeh, 11 for soy foods, 5 for seitan, 3 for edamame, 2 each for milk replacements (soy milk), miso, soy sauce, soy yogurt, and 1 for TVP (textured vegetable protein).

Also mentions macrobiotics, mochi, raw foods diet, sea vegetables, sesame oil, sesame seeds, etc. Address: Professionally trained vegan chef and board certified holistic health counselor (CHHC), and member American Assoc. of Drugless Practitioners (AADP), New York City.

13205. Mangels, Reed; Messina, Virginia; Messina, Mark. 2011. The dietitian's guide to vegetarian diets: Issues and applications. 3rd ed. Sudbury, Massachusetts: Jones & Bartlett Learning. xi + 596 p. Illust. Index. 23 cm. 1st ed. 1996. 2nd ed. 2004. [342 soy ref]

• ***Summary:*** Chapter 9, "Soyfoods" (p. 249-89) is excellent. Its contents: Introduction. Isoflavones: Isoflavone content of soyfoods, isoflavone absorption and metabolism. physiologic properties of isoflavones. Asian soy intake. Nutritional composition of soybeans and soyfoods: Protein, fat, carbohydrate, vitamins, minerals (iron, zinc, calcium). Chronic disease prevention and treatment: Coronary heart disease (cholesterol reduction, lipid-independent effects), cancer (breast cancer, prostate cancer), osteoporosis, alleviation of menopausal symptoms, renal function. Controversies: Soy infant formula, cognitive function, thyroid function, fertility and feminization, breast cancer patients, allergy. Intake recommendations.

Table 9-1 (p. 251-52), "Chemical and common names and molecular weights (MW) of the 12 isoflavone isomers found in soybeans" includes the following foods and USDA IDN: Tofu: Firm, firm #2, regular, silken firm, extra firm, extra firm #2. Natto. Soymilk, Miso, Tempeh. Soybeans, raw, US food grade. Soybeans, cooked. Soybeans, raw, Japan. Soybeans, raw, Korea. Soybeans, raw, Taiwan. Soybeans, green, cooked. Soybean curd, fermented. Soymilk skin (foo jook / yuba, cooked). Soymilk skin (foo jook / yuba, raw). Isolated soy protein. Soy protein concentrate: Water washed, alcohol washed. Soyflour: Full fat, defatted.

The Glossary of vegetarian foods (p. 447+) includes: Soyfoods: Edamame, soybeans, soy flour, soymilk, soy nuts, tempeh, textured vegetable protein (TVP, a brand name), tofu. Meat analogs: Commercial meat substitutes, seitan. Milks and dairy analogs: Nondairy cheese, nondairy frozen desserts, nondairy milks, sour cream substitute, yogurt. Address: 1. PhD, RD, LDN, The Vegetarian Resource Group, Maryland; Univ. of Massachusetts, Amherst, Mass.; 2-3. Nutrition Matters, Port Townsend, Washington; Loma Linda University, Loma Linda, California.

13206. Norris, Jack; Messina, Virginia. 2011. Vegan for life: everything you need to know to be healthy and fit on a plant-based diet. Cambridge, Massachusetts: Da Capo Press. xix + 283 p. 23 cm. Index. [219 ref]

• ***Summary:*** Perhaps the single best book on the subject. Very well written by two experts in the field, concise, and carefully documented.

"The practical companion to Eating Animals: a definitive nutrition guide for vegans, including everything from guidelines for making a healthy transition to a vegan diet to kickstart plans, nutrient-dense menus and essential information hot-button issues like soy, protein, and B vitamins"- Provided by publisher.

Contents: Introduction: Going vegan for life. 1. Understanding vegan nutrient needs. 2. Protein from plants. 3. Vitamin B-12: The gorilla in the room. 4. Calcium, vitamin D, and bone health. 5. Fats: Making the best choices. 6. Iron, zinc, iodine, and vitamin A: Maximizing vegan sources. 7. The vegan food guide. 8. Making the transition to a vegan diet. 9. A healthy start: Vegan diets in pregnancy and breast-feeding. 10. Raising vegan children and teens. 11. Vegan diets for people over fifty. 12. Plant food advantages: Health benefits of a vegan diet. 13. Managing weight, heart disease, and diabetes. 14. Sports nutrition. 15. Is it safe to eat soy?: Introduction, soy nutrition, soy isoflavones, soy and health (heart disease, soy and bone health, hot flashes, breast cancer, prostate cancer, cognitive function, thyroid function,

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reproductive health and feminization), how much and what kind of soy to eat. Table: Isoflavone, protein, and calorie content of soyfoods. 26. Why vegan? Vegan resources. A quick guide to cooking grains, beans, and vegetables. Metric conversion chart. Acknowledgments.

In Chapter 8, "Making the transition to a vegan diet," a section titled "Soyfoods primer" has the following contents: Introduction, soybeans, edamame, soynuts, soymilk, tofu, okara. Fermented soyfoods: Tempeh, miso, natto. Western soyfoods: Textured vegetable protein (TVP (R), made from defatted soy flour), isolated soy protein.

Concerning soyfoods throughout the book: The word tofu is mentioned on 52 pages in this book, soymilk on 47 pages, soyfoods on 45 pages, tempeh on 33 pages, soybeans on 25 pages, isoflavones on 11 pages, miso, soynuts, and soy sauce on 10 pages each, soy flour and textured vegetable protein on 7 pages each, isolated soy protein on 4 pages, edamame, natto and TVP on 3 pages each, okara on 2 pages, and soy protein concentrate on 1 page. Address: 1. RD, cofounder and president, Vegan Outreach, San Francisco Bay Area, California; 2. MPH, RD, Port Townsend, Washington.

13207. Soyana. 2011. Elegí diariamente una vida sana [Daily guide to a healthy life (Leaflet)]. Buenos Aires, Argentina. 2 p. 20 cm. [Spa]

• ***Summary:*** Printed front and back with a color laser printer. Contains many color photos. On the front is a photo of the company's three products sold under the Soyana brand: Tofu, deep-fried tofu cutlets, and Strawberry soy yogurt. Discusses: What is tofu? Organic products. How to store tofu. Plus several tofu recipes.

Company e-mail: info@soyanaalimentos.com.ar. Company website: www.soyanaalimentos.com.ar. Address: Av. Libertador 2690 8ºB, Olivos 1636, Buenos Aires, Argentina.

13208. Vos, Heidemarie. 2011. Passions of a foodie: An international kitchen companion, A to Z. Durham, Connecticut: Eloquent Books. An imprint of Strategic Book Group. 598 p. 26 cm.

• ***Summary:*** Best-selling author Heidemarie Vos recounts a fascinating story and her journey of putting together the world's first cross-referenced book regarding food-using more than five languages. This cookbook [which contains no recipes] will become an invaluable resource for your kitchen (from the publisher).

The Introduction states: "There are 7922 entries, 300,017 words... based on my own travels to 6 continents and over 40 countries." Note: This is somewhere between a dictionary (in 5+ languages) or brief encyclopedia of food names. It immediately sets the language and cultural context for each word, and ends with broader or narrower terms. For example: "Aburage: Japanese cooking = A fried bean curd... Also see Bean Curd." It contains more than its share of errors and outdated terminology and spellings. It is a "print on demand" book.

It includes: Aburage. Adzuki beans [sic], Agé. Aji Nomoto [sic], see monosodium glutamate. Aka miso–red bean paste. See Miso. Almond milk. Almond oil. Arachide / Arachis. See Peanut. Arachide oil. See Peanut oil. Bean cake, fermented: Chinese cooking, "fu yu" [fermented tofu]. Bean curd, pickled: Chinese cooking. [What is it?]. Bean curd cheese, red: Chinese cooking, "nam yu" or "nan yu" [red fermented tofu]. Bean curd: Oriental cooking. Known as "tofu" in Japanese or "dow fu" in Chinese. Pressed bean curd is "dow fu kon" [doufu-gan, pressed tofu].

"Bean curd, dried [yuba]: Chinese cooking = Known as 'tiem jook' [sweet yuba] / 'fu jook pei', other dialects are 't'ien ch'u' and 'fu pi chi'. It is soybean milk residue, which comes in a thin rectangular sheet or is curled into round sticks. They are usually tan- or cream-coloured with a shiny, glossy smooth texture."

Bean paste, red: Chinese cooking. "Made from soybeans and sugar mashed together then fried and dried out until it resembles sand." Used to fill Chinese moon cakes. Bean sauce, Chinese: Chinese and Asian cookery. Many types including "min see jiong" or "do bahn jiang." Incl. "Black bean sauce." Beans, black: Chinese cooking. "A pulse [sic] known as 'wu dow' / 'wu do' [Black soybeans].

"Beans, black salted fermented: Chinese cooking = Known as 'dow si / dou shih,' used as a vegetable or spice. Known as 'wu dow' dried and salted. They are dull, wrinkled, moist and tender and have an appetising fragrance, yet are pungent with a tangy salty flavor. Used as a flavor enhancer in dark sauces." Keep covered so they do not dry out... "Must be rinsed prior to use to avoid over-salting. Store in a closed jar in the refrigerator after opening."

Bean sprouts: Asian cooking [small green are mung bean sprouts, large yellow soybean sprouts]. Benne seeds: Sesame seeds are used to make sesame oil and tahini (sesame paste). Black beans, Chinese. Also known as 'salted black beans' or 'fermented black beans' and as 'dow si' (Chinese). China beans: See Soya / soy bean. Earth nut: See Peanut. Edamame: Japanese cooking. "Fresh soybean in or out of the pod." Firm tofu. Fried tofu puffs. Ground nut: See peanut. Hard tofu. Hydrogenated fats. See fats. Miso. Naahm yu: Chinese term. "A cheesy-looking bright red bean curd sauce" [Red fermented tofu]. Nam yu / Nan yu: See Bean curd cheese, red. Shoyu: Japanese cooking. Japanese soy sauce. Soy bean / Soya bean. *Glycine soja,* also known as "'China beans,' 'Butter Beans' and 'Haricot de Java' (French)." Soy bean jam / condiment. See Main see. Silken tofu. Silken firm tofu. Soya oil. Soya sauce. Soy sauce. Tamari soy sauce. Tofu. Tofu tempeh [sic].

Not listed: Amazake. Lecithin. Daitokuji natto. Fermented black beans. Hamanatto. Kudzu. Kuzu. Meat alternatives. Meat substitutes. Milk alternatives or substitutes. Milk, nondairy. Milk, soy. Natto. Seitan. Soy

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milk. Soy protein concentrate. Soy protein isolate. Soy protein, textured. Tempeh. Teriyaki sauce. Yuba.

Errors: Arame is not also known as "Hijiki." Address: Port Elizabeth, South Africa.

13209. Shapira, Hillel. 2012. Re: Update on work with soyfoods. Letter to William Shurtleff at Soyinfo Center, Jan. 5. 1 p. Typed, with signature.

• ***Summary:*** "Greetings from the Beautiful Mantiqueira mountains, S.E. Brazil. It's been maybe 12 years since I wrote you from Pune.

"We are now busy setting up our new company, Sabias Comidas Comércio e Industria Ltda. We are planning to soon start production of Tempeh, Tofu and rice cakes."

In 2009-2010 we experienced our own private tsunami of sorts. Our flourishing, fast-growing business in Pune, India is now abandoned, run over by an utterly head to toe corrupt government and administration, I have been thrown out of India, 'black-listed' and am unable to return (detrimental to national security!) and Kairava had to leave soon afterward as well while trying to sell our property–now grabbed by some real estate goon with political support.

"We managed to sell (at a "fire sale") most of our equipment and gifted some of our smaller production systems to Wahid, our loyal production supervisor who dared to take on the challenge and now proudly produces on a smaller scale Tofu and Tempeh and salted vegetable pickles sold under the name of Rainbow-Foods (the Dakini brand has been stolen by some north India based business group).

"It seems arrogance is the rule in India these days–and despite being officially invited in the 1990s to start our business in India. It seems the Indian government is now hoping to attract bigger businesses, and are busying brushing out (by denying visas) by the back door the smaller investors. My own government, whose ambassador to India had promised to help, refused eventually... There was a billion dollar weapons deal about to be signed.

"So we ended up penniless refugees. After two months in Bangkok's Chinatown [Thailand], I managed to walk across the India-Nepal border, to get secretly to Pune to sell some equipment, find new homes for the cats and dogs, and ship out 500 kg of books and personal stuff. We were hoping to ship out a container of equipment but under the circumstances that was not possible! I have been told we could write a book about it all, but we prefer to practice our food production arts. So here we are starting from near scratch again, waiting (for 8 months) for the Brazilian customs to release some small scale equipment we imported from China and Korea. We've already got our Brazilian visa's in order!

"We made a down-payment on a long-abandoned property on the edge of Itamonte town, right on the federal road BR-354. We fixed up a semi-ruined house, and renovated the 110 square meter structure (it was a bar before) at one corner of our compound to be ready as a production hall. It now has a well insulated incubation room (1.80 meters tall x 280 meters square) and tiles all around.

"30 minutes ago we received a 500 kg consignment of very good looking, vegetable type organic soybeans from the south of Brazil. We still have a long way to go to furnish our new place–prices for equipment here are stupidly expensive and we are out of funds by now. But the views are fantastic, the air clean and peoples friendly. And we've got a good organic garden coming up in our large back yard.

"We observed the incredible meat / dairy / sugar diet in Brazil and we are sensing that many people are looking for alternative. Good Tofu is available in the Japanese centers in Sao Paulo but nowhere else. We are located 3 hours from both Rio and Sao Paulo and are hoping to send there Tempeh and Rice cakes while Tofu, being perishable, we will market only in the towns nearby.

Update: Feb. 21. "We are having hard time finding magnesium chloride in Brazil–with its 7000+ km coast line and numerous salt producers. Most of them just pump the bittern back to sea. There is one producer in the State of Bahia who supplies in 40% concentration tanker loads for industrial purpose. We are not sure about the grade of his product and are not set to store large tanks. Based on our research to date and to our surprise, we have not been able to locate any solid / flaked producers in Brazil and I suspect all of the (very expensive) magnesium chloride that is available here is imported from China. The cheapest magnesium chloride we managed to find to date from a supplier to the veterinary and dairy industries (they sell good soaps and disinfectants too); it is selling at (wholesale) about r$14 (US$8.00) for half a kg pack. We now have a good stock of clean food-grade calcium chloride to get us started until we sort out the magnesium chloride supply. We may one day need to import it.

"Here in Brazil we are waiting for our equipment still laying in customs–mills and small customized steam injected 50 litters cookers system, stainless steel and pressurized! from China and rice waffle machines from Korea. Maybe after carnival, they say. Also our industrial electric connection is still due.

"We still paint and paint and clean and fix, at the very end of our bank balance we just do it mostly our selves. We are a bit cut of from the world so to speak–learning Portuguese slowly.

"We make two batches a week of nice magnesium chloride coagulated Tofu, 1.1 kg Soya, small blender two 5 liter pots for cooking and one 10 liter pot for collecting the milk and coagulating, cold filtration of the pulp–some of which goes into our gluten-free breads and cakes and the rest for garden fertilizing. 2 to 2.3 kg Tofu and two large cups soya milk for our two workers (us) all in 2-3 hours–cleaning included. Good and down-to-earth experience for us who got accustomed to 100 kg an hour production by a well trained

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crew. And these two pots are Zen masters in disguise–just waiting for the mind to drift... and then (ZEN) they boil over! Only full attention works here."

"Yours always, Seemo ++ Greetings from Kairava."

A photo shows the front of the Dakini Foods compound in Pune, India. On this spot, in April 1997, commercial tempeh production was first introduced to India. Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13210. Barber, Linda. 2012. Re: Work with tofu and natto in Japan. Letter (e-mail) to William Shurtleff at Soyinfo Center, Jan. 9. 3 p.

• ***Summary:*** Introduction: Linda Barber Pike was born and raised in Milwaukee, Wisconsin. She graduated from the University of Wisconsin-Stout with a bachelor of science degree in Home Economics Education, specializing in urban education (1971). After teaching for 6 years in Milwaukee, she accepted a position at Kobe College teaching Oral English and Home Management. It was during this time that she became interested in Japanese cuisine and indigenous foods, especially tofu, and natto. After returning to the United States in 1982, Ms. Pike earned a Master of Science degree in Vocational Education from the University of Wisconsin-Stout. Her thesis, "Development, presentation, and evaluation of an instruction package on tofu for high school students" provided a model for introducing tofu to teenagers in a family consumer class setting.

Linda started a family with Marvin Pike in 1985 and moved to Indianapolis, Indiana. She returned to teaching in 1991 as a preschool teacher where her son, Dallis, was attending. In 1996 she accepted a position at Carmel High School, Carmel, Indiana in the Family and Consumer Science Department. She enjoyed teaching Foods and Nutrition, Foreign Foods, Child Development, and directed the on-site preschool that offered high school seniors the opportunity to teach 3 and 4 year olds. From 2005-07, Linda also enjoyed being an adjunct instructor for Ivy Tech Community College, Indianapolis, teaching child care licensure classes. Ms. Pike retired from all teaching in 2010, except for mentoring Dallis while he is earning a PhD in educational studies. Linda still enjoys reading books on tofu, sampling soy foods at Trader Joes, and serving her friends healthy snacks that contain tofu hidden in some form.

For most foreigners living in Japan, an English-Japanese dictionary was the most used book and carried everywhere. For me, it was *The Book of Tofu.* It wasn't long after I arrived in Kobe in 1977 to teach home management skills to the young women of Kobe College, that I discovered tofu. A low teacher's salary, and lack of western food stuff prompted me to shop in neighborhood markets. Tofu was always there. And it was always cheap. But, I had no idea how to prepare

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it. I needed a book in English that would help me use this food stuff.

Lucky for me, I discovered *The Book of Tofu.* I was drawn to the illustrations and recipes that used just a few ingredients. But what really sold me was the recipe for Tofu Ice Cream. A Wisconsin girl had to have her ice cream, but in Japan, it was expensive and not readily available.

My Japanese students and friends were amazed when I put tofu in a blender and added sugar and cocoa. They were amazed when I pulled it out of the freezer and scooped it into bowls. The were delighted with the taste. For me, it was the beginning of a soy food journey that continues to this day.

My students and I had faculty teas with tofu cookies, cheesecake and quiche. Soon these parties became news and I was asked to do short cooking segments at various T.V. networks. Making western-style recipes from a Japanese food such as tofu or natto was considered an oddity. I traveled all over Japan making T.V. appearances. For a tofu and natto company I developed recipes for their products and starred in their commercials to promote these products. I designed food layouts and recipes for their company's brochure. Various printed media companies were also expressing interest in recipes and ideas that used tofu and natto in western ways. I began giving magazine interviews about western ways to use Japanese soy foods. It was after I learned how to make tofu in my kitchen, that the Kobe YWCA asked that I teach classes to their Japanese members. My adult Japanese students did not know how to do this, as they purchased their tofu from supermarkets and small markets, much like Americans would buy bread from the grocery store and not know how to make bread from scratch.

I had fun creating western style recipes for tofu and natto and found it easy because of my background in food science. I simply used tofu in recipes where a protein like eggs was included. Because natto tasted like aged Wisconsin cheese to me, I included natto in dishes that used cheddar. One of my last projects included co-authoring a cook book, *The Tofu Gourmet* (in English), published in Japan. It is still available all over the world.

Besides recipes, *The Book of Tofu* became a travel guide for me. I wanted to visit the places, restaurants, and shops that were highlighted in the book. Mentioning *The Book of Tofu* and its author, Bill Shurtleff, I was welcomed in these shops and allowed to photograph how the foods were made. When asked to develop recipes for a company, I asked for a tour of the company and documented the manufacturing process. The photos of the natto factory are examples of such a tour.

I enjoyed meeting other Americans who were discovering the joys of tofu and natto. During one of these visits, Richard Leviton from Soy food magazine asked me to write an article for the journal. *Natto: The Taste of Japan* was written and printed in 1982. Natto was everywhere in Japan, but because of it's unusual texture was not liked by many Westerners. There was a lack of ideas on how to use it in recipes that might appeal to Americans. The article was my attempt to inspire Americans to incorporate natto in their meals.

I learned about the tofu making process by working alongside a tofu master in a small neighborhood tofu shop in Kyoto. This experience was arranged by the soy food trade newspaper, *Toyo Shinpo.* During my short apprenticeship I was intrigued by the meditative experience of making tofu. I carried that feeling of being present in my daily chores. Washing dishes were never the same for me. Seeing the craftsman's tools, many handed down from father to son, were honored and cared for. Today, my mother's well worn wooden spoon looks different to me. It is not just an old spoon, but something that holds a family spirit and it imparts that spirit into everything I stir.

I left Japan in 1982 to go back to school. I wrote my master's thesis on introducing tofu to high school students. Tofu ice cream and tofu spice cookies were the first ways my students experienced tofu.

When I taught preschool in the 1990s, I put my tofu making tools in the home making center, and served tofu carrot cake at snack time. The little ones learned how to say "Ohiyo" [Ohayô = "Good morning" in Japanese] and how to use chopsticks. They folded origami, and made fish kites. They dressed up in mama-san aprons and walked in tabi socks.

I returned to the high school classroom, this time in Carmel, Indiana, to teach foods classes. It was fun to expose young people to new tastes, culture and soy foods. For a special experience, the Japanese language teacher and I divided our classes. She taught my cooking class some Japanese phrases, and I taught her students how to prepare something with tofu.

The "way of tofu" changed my life, career, and my student's lives. Tofu not only nourished my body, but it nourished my spirit and experiences. And yes, *The Book of Tofu* is still on my bookshelf, complete with scribbles, and stains, right next to the not so worn English-Japanese dictionary. Address: 10868 North Cornell St., Indianapolis, Indiana 46280.

13211. Schmit, Matthew. 2012. Re: Tofu Shop Specialty Foods, Inc. Letter to William Shurtleff at Soyinfo Center, Jan. 23–in reply to inquiry. 1 p.
• ***Summary:*** "The shop is going well, although business is down some. We've branched out a bit, making sauerkraut and pickles. Yes, I'm very involved in the day-to-day. Loving it still." Address: Founder and Owner, Tofu Shop Specialty Foods, Inc., 65 Frank Martin Ct., Arcata, California 95521. Phone: 707-822-7401.

13212. INTSOY. 2012. 2012 INTSOY Processing and marketing soybeans for meat, dairy, baking and snack

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applications, June 3-8: A unique opportunity to gain hands-on experience & practical knowledge about soybeans (Leaflet). Urbana, Illinois. 8 leaves. 28 cm.
• ***Summary:*** Announces a 5-day course ($1,500 of 1 attendee). The program now has 26 corporate sponsors (listed alphabetically): ADM, Clarkson Grain, Clextral Group, Crown, Devansoy, French, General Mills, Harvest Innovations, House Foods America Corporation, Illinois Soybean Association, Insta-Pro, NEI–Natural Enrichment Industries, NPI = Natural Products, Inc. ProSoya. SavInd (formerly Bar N.A.). Silk. The Solae Co., Soyatech, Soyfoods Association of North America. Soyjoy. SunOpta. USB. USSEC. Wenger. WISHH. World Soy Foundation. Course highlights. Who should attend? Course schedule (preliminary agenda). Sponsors. Address: National Soybean Research Lab. (NSRL), 1101 W. Peabody Dr., Urbana, Illinois 61801. Phone: (217) 244-1706.

13213. Soyatech, LLC. 2012. Soya & Oilseed Bluebook 2012: The annual directory of the world oilseed industry, online at www.soyatech.com. Bar Harbor, Maine: Soyatech. 332 p. Jan. Comprehensive index. Advertiser index. Statistical conversions. 28 cm.
• ***Summary:*** This is the 6th year in a row that the *Bluebook* (a $95 value) has been sent free of charge to qualified industry members. On the cover is a large color photo of two cupped Caucasian hands holding yellow soybeans against background of rows of green soybean plants. Above this main large photo are six small color photos related to various other oilseeds such as sunflowers and palm oil kernels.

This edition of the *Bluebook* contains 16 fewer pages than it did last year. The oilseeds covered in this book are (alphabetically): Canola, coconut, corn, cottonseed, flaxseed, hemp seed, jatropha, linseed, palm, peanut, rapeseed, safflower, soya, sunflowerseed–the same as last year.

On the inside front cover is a color ad from Omega-9 Oils. On the first page is a full page color ad from SunOpta with this title: "Can you tell the difference between a bean that's best for soymilk versus a bean that's best for miso? We can." Other full-page color ads in the front are from Intertek, Loders Croklaan North America, Anderson Internal Corp. (expeller press), AOCS, French Oil Mill Machinery Co. and Insta-Pro International.

On the rear cover is a full page color ad from Natural Products Inc. (NPI, Grinnell, Iowa), makers of innovative ingredients for soymilk and tofu to cakes and cookies. They are the makers of Scotsman's Mill ingredients.

Chris Erickson is CEO. Mark Dineen is president. Keri Hayes is publisher and events director. In the Foreword, Joe Jordan (General manager and *Bluebook* content director) writes about how work began this year to expand the Panama Canal–"the most critical 48 miles in international trade." Its freight-carrying capacity is scheduled to be doubled by the year 2014. Address: P.O. Box 1307, 19 Clark Point Rd., Suite 112, Southwest Harbor, Maine 04679. Phone: 207.244.9544.

13214. Shapira, Hillel. 2012. Re: Hello from Brazil. Wet dehulling of soybeans for tempeh. Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 8. 1 p.
• ***Summary:*** "Yes, Kairava is here in Itamonte. Actually she is now making the tofu spread for the breakfast–with fresh cilantro, mustard, olive oil and miso. Decent miso is available in Brazil and we are getting it whole sale from a company called 'Sakura,' both Shiro miso and Aka miso.

"We still make Tofu twice a week with our little 'Electrolux' blender, survival situation!! We hope to get our Chinese mills out of customs soon. I like the book [*History of Soy in South Asia / Indian Subcontinent*] very much. I read pages 13-14 last night. Note that indeed in the first few months of our Tempeh production [in Pune, India] we used to dry hull the Soya but soon after we shifted to the wet hulling method that was producing nicer and easier to digest Tempeh. We will do wet hulling here in Brazil as well. We will keep you posted.

Shurtleff asked in a previous e-mail if Hillel understood his question about what Hillel and the Dalai Lama had in common–"like two milkweed seeds blown by the high Gulf-stream winds, to land in a far-off country." Hillel replies:

"And yes, I did understand your question about the Dalai Lama, only that I did not have an answer. My injustices are rather small in comparison. And yes, I was born on the very year he was forced to leave Tibet. Last 2 year we were experiencing injustice and betrayal and were facing our fears, rage, sadness and loss–moving within, practicing all the observation power that we could manage we can see that so many millions of peoples (and even animals too) suffer too and worse. So we took the opportunity and all this energy to try and go beyond our limits, not fall back on a predictable pattern and settle for security. And here we are, in spite of all our doubts and fears. It has not always been easy and there are the rough times too, yet we always found the way and been provided and guided. The mystery of life and–we feel great gratitude. in Indian mythology the god of destruction Shiva is destroying the old to make way for the new creation."

"Yours always, Seemo." Photos show: (1) A dinner celebrating one year in Brazil. Hillel is the man on the left and Kairava is the woman in the middle. Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13215. Planes, Carlos. 2012. Re: History of Soyana, June 1987-2011 (Part I). Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 17. 4 p. [Spa]
• ***Summary:*** This is a chronology and history of Carlos' work with tofu in Argentina. Carlos was born in 1955.

June 1987: First production of tofu at home for family consumption. Carlos' wife gave birth to their first child, a

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daughter named Vata, in 1987. They went to the countryside (outskirts of Buenos Aires) so they could have a natural childbirth. At that time he first started to make tofu for his wife and himself. He tried to buy tofu in this part of Argentina but he couldn't find any.

Carlos has no idea how many companies made tofu in Argentina before he did, but there have been Japanese communities in Argentina for a long time, there have been Chinese communities for the last 20 years, there are lots of Chinese restaurants in Buenos Aires and they serve tofu.

August 1987: Construction of the first production system in Tortugitas, a suburb of Buenos Aires (40 miles from downtown Buenos Aires), Argentina. The equipment included an adapted manual rice mill, a pot, a colander with cotton cloth and a small wooden forming box.

As a coagulant, I tried lemon juice, magnesium sulphate or magnesium chloride. I began to offer the tofu to some friends and a few natural health stores, mainly specialized in macrobiotic foods. I made from 10 to 20 units of 300 g per week.

Note: Carlos first got interested in macrobiotics in about 1984. In 1983 he had been in San Francisco and Oregon, where he visited a lot of organic farms and even one tofu shop–Sunbow Farms, in Corvallis, Oregon, owned and run by Mia Posner and Harry McCormick. He was an economist by training and several friends with whom he traveled were ecologists. Carlos got interested in tofu through macrobiotics and through the influence of Tomio Kikuchi, a Japanese macrobiotic teacher from Sao Paulo, Brazil. When Mr. Kikuchi was in Argentina there was a big lunch and Carlos' tofu was served for lunch. For these original tofu products, Carlos didn't even have labels; he sold the tofu in bulk in a pail filled with chilled water. He would deliver it to the store, which would put up a sign that said "Tofu (Queso de Soja)."

January-March 1988: I made the decision to devote full time to this activity, which meant leaving my previous profession. I associated myself with a colleague who was already making rice bread. We designed and built a bakery and tofu system on his property facilities. The manufacturing technique remained the same, only it had a slightly larger scale: we built a hand press for filtration and a larger forming box, adapted an engine to the grain mill and purchased an aluminum pot of 50 liters.

June 1989: We started the legal part of the venture, almost a Kafkian story. When the settlement was approved for food production, I started the approval of tofu as a food, which at this time (and still today) was not included in the Argentine Food Code.

In the nearly three years of work, sales reached 200 units per week, which were marketed in health food stores in Buenos Aires. In those days the word "tofu" was quite exotic. Many store's owners learned of their existence when we got to offer. The only widely known soy product was (and still is) 'milanesas de soja,' a vegetable version of the most popular meal in Argentina.

We try to market it in the chain Carrefour, which allows us to offer and do a tasting at one of its stores. Silvia, my wife, along with a renowned chef who was teaching a few courses in the store, made a great tasting. But we could not sell our products.

We tried a 'tofu pate' (tofu, oil, soy sauce and spices). He had some acceptance, but its weakness was that it stayed fresh only a week, and it became very difficult to sell because of the little time. Mainly it was sold to individual customers who came to the factory.

In those years I could access some literature on the subject, among which was a photocopy of *Tofu & Soymilk Production,* which became my bedside book, and consulting book for years. All these readings substantially changed my perspective on the potential of soy products.

Note: 30 July 1990–Carlos received certificate from the Ministry of Health of Buenos Aires. The product was "Pasta de soja" [Tofu]. The brand was "Soyal" (a brand which Carlos never used). The address was Libertad 4576, Florida, Vicente Lopez (a suburb of Buenos Aires).

December 1990: I made the decision to transform the expreiment I was doing into a venture, and work toward the creation of a company. Because society does not work properly, rent a deposit on my own dedicated exclusively to the production of tofu.

The first goal was to change the production system. All the literature, along my little experience, convinced me that the most appropriate system was a continuous process, at least to obtain soy milk, hot grinding and avoid soaking the soybeans.

"I intended for a second stage vacuum packed tofu. Along with the necessary equipment, I added the replacement of aluminum pots, plastic pipes and wooden forms for stainless steel fittings.

First drawings of the system included two colloid mills in tandem, a small horizontal decanter centrifuge, and a stainless steel pot for cooking.

I got a family loan that allowed me to rent a warehouse and build the necessary equipment.

1991/1994: By March 1991 most of the equipment that I had designed was incomplete or inadequate. The stark reality was that the money was gone, and I decided to restart production in conditions very similar to the previous period.

I remember this stage as full of difficulties and challenges: without financial resources, with long working hours and with a very low level of sales that were not enough to sustain the venture, most decisions were made with the view of the minor damage.

I can rescue from this period significant progress:

* Finally it was accepted the request for approval of tofu, which must be marketed as "Soybean Paste". (Nelly, my mother, chemistry profession and at that time worked at the National Institute of Industrial Technology, presented

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a paper with all the historical and nutritional background of tofu (much information was taken from your book) to get accepted into the Food Code. The request was never considered.) Years later, the formation of Mercosur led to the creation of a regional food code, where the tofu is listed.

* The actual registration of the mark "Soyana".

* It is made the first work on tofu in the Association of Nutritionists, concluding that its main virtue is to be a functional food.

In an attempt to improve sales, I developed 'Tofu en escabeche' (fried tofu, carrots, onions, vinegar, oil, salt and spices) packed in glass jars. Sales were very low and could not sustain the effort of processing, so finally stop elaborate.

I continued with the construction of equipment and early 1994 came into operation two colloid mills and a continuous mill, so the system can be operated as a successive batch process.

It was also a period in which, by trial and error, I learned some skills especially the coagulation of milk (start to use calcium chloride) and how to manage the consistency of the final product.

In mid-1994 I can buy a small vacuum packer. I had to adjust the consistency of tofu for stability in the packaging, but in late 1994 I was selling vacuum-packed tofu. The sales, that were stable in these years, begin to slowly improve.
1995/1996: I changed manual for pneumatic presses, plastic forming boxes for stainless steel.

I made the first purchase of certified organic soybeans. Unfortunately I was rarely able to find the most appropriate varieties, particularly in protein content, which brought many difficulties in coagulation, yield and clogging the fabric.

As the number of customers grew, I could gradually delegate the distribution of the products. I worked on several new product alternatives and finally decided to launch 'Milanesas de soja,' with the expectation of reaching new markets. Continued. Address: Av. Libertador 2690 8ºB, Olivos 1636, Buenos Aires, Argentina.

13216. Planes, Carlos. 2012. Re: History of Soyana, June 1987-2011 (Continued–Document part II). Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 17. 4 p. [Spa]
• ***Summary:*** Continued: I designed some basic equipment and did some legal procedures.

1997/1998: I hired the first employee. We worked 3 days a week on tofu and the remaining 2 making Milanesas, most of it private labeled under another brand.

1999/2002: These years were difficult for the country as well as personal, which I do not remember much change. Those were times of survival. The company for which we produce Milanesas stopped marketing his product. Therefore, we interrupted the production of Milanesas.

Only made a 350 gm tofu pack and another 2.2 kg tofu pack for some restaurants.

We started making Tofu Fileteado (spicy fried tofu sheets, marinated in soy sauce).

2002/2004: I was able to incorporate some important advances in equipment, so we started working using a continuous process. Some improvements in the mills allowed the crushing of the soybeans without soaking; this improved the taste of our tofu.

I hired a second employee.

With the support of local universities that made the analysis of okara and whey, we confirmed that the process properly removed trypsin inhibitors.

We started selling two new products: Breaded tofu (sliced breaded tofu) and a okara pudding. Both were on the market only for a short time, because of the same problem: short shelf life.

We built a website (www.soyanaalimentos.com.ar)

2005: A fresh pasta maker was seeking to develop a ravioli filling with tofu and seaweed, with organic certification for export. To provide the raw material we got organic certification of the factory and tofu. The project failed and they could send only one container, but since then I have continued under organic certification.

Our sales now have an upward trend, which has been maintained with some fluctuations to the present. We incorporated new customers (some restaurants, health food stores outside Buenos Aires, stores in Chinatown).

I hired a third employee.

2006/2008: During these years new equipment was incorporated that changed the way we produce:

* A special boiler injected direct steam, so that the cooking was done in stainless steel pots.

* An automatic coagulation system, which standardized times, temperatures and coagulant dosing enabled us to get a more standardized product.

I started developing a yogurt based on soy milk, including legal proceedings. But still I did not feel confident to market the yogurt.

* Our company started participating in some exhibitions and events, generally related to the organic world.

* We began to be suppliers to Wal-Mart.

* We exchanged our packaging machine for a larger one.

2009: I hired our fourth employee.

The soybean harvest of 2008 was very bad, and the very poor quality soybeans brought us big problems in production and shelf life. We began to develop a product with a high protein soybean, non-GMO. We decided to discontinue it when the following year we got acceptable quality organic soybeans.

2010/2011: Vata, my daughter who was born in 1987, began working in our office.

In mid-2011 we closed a contract with a local supplier of organic soybeans, especially made for soy milk and tofu factories worldwide. For the first time since the beginning we had the right raw material.

We started working toward production of soy yogurt:

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We constructed a minimal equipment, including a cup filling and sealing machine, we increased floor space, an incubation chamber and began small batches of strawberry soymilk yogurt in late 2011. The product was released in November 2011.

My son Benjamin, born in 1991, created a Facebook page to get better communication with consumers.

Note: On 23 Feb. 2012 Carlos visited Soyinfo Center for about four hours. He brought with him a scrapbook full of labels, articles, photos, and other graphics which he gave to the Center. He asked questions about soyfoods in America and William Shurtleff asked him questions about each product, photo, and article shown in the scrapbook. Near the rear are the following large (5 by 7 inches) color photos: (1) Many packages of Soyana Tofu in a plastic delivery container. (2) Many containers of Soyana Strawberry Yogurt in a plastic delivery container. (3) Two large and modern pieces of stainless steel equipment for making soymilk, including a vibrating screen for separating okara from soymilk and a holding tank for soymilk. (4) The soymilk cooker with many pipes. (5) The front of three packages of tofu (regular, firm, and extra firm) made by Sanfu S.A. in a supermarket in Chinatown, Buenos Aires. Taken Feb. 2012. (6) The front of three more (and different) types of tofu made by Sanfu S.A. at the same Chinatown in Buenos Aires. One is named "Tokan" [Pressed Tofu]. Address: Av. Libertador 2690 8ºB, Olivos 1636, Buenos Aires, Argentina.

13217. Shurtleff, William. 2012. Madonna and her macrobiotic diet (Editorial). *SoyaScan Notes.* Feb. 17.
• ***Summary:*** Madonna, the famous singer, has followed a macrobiotic diet for at least the past 7 years. Address: Founder and owner, Soyfoods Center, Lafayette, California. Phone: 925-283-2991.

13218. Shapira, Hillel. 2012. Re: About Wahid Bhandhari and Rainbow Foods in Pune, India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 21. 1 p.
• ***Summary:*** When Dakini Foods was forced to shut down and Seemo was forced to leave India, he and Kairava gave some of their smaller production systems to Wahid, their loyal production supervisor.

"Wahid started making Tofu (first) and then Tempeh at his new shop (Rainbow Foods) in June 2010. His full name is Wahid Bhandahri and he came to our factory as the daily wage helper of the electrician who was wiring our tempeh incubation room. He was maybe 17 at the time, dropped out of school yet displayed good intelligence, natural curiosity and willingness to learn. It took him time to adjust to our way of working, but he got to really love the work and its challenges. Eventually he was (as you say) my 'right hand' on the production floors.

"I talked with him by phone last Sunday; his wife gave birth to her first child, a baby girl, and he is was very happy. His production is growing slowly and his tempeh is selling real well. He also manages very well tempeh starter production. And he is very proud of his Tofu yields. He does the deliveries mostly himself on his motorbike.

"For his exact production figures I will inquire. I can estimate it at maybe 1,000 kg tofu, 150 kg tempeh and 200 kg salted vegetable pickles a month–not much yet but sufficient to decently maintain him and his family and still keep some savings.

"His address: Rainbow Foods, S.N. 32 Lonkar Vasti, 1st floor, Mundwa Manjri Road, Keshavnagar, Pune 411036 India.

"Is he an experienced businessman? Not at all–but he is fast catching on and his wife is more educated than he so they make a good team.

"What will keep corrupt bribe-seekers from going after him? The corruption in India now runs deep and wide. The system by now is 100% corrupt and he is surely having his share of troubles with all kind of sale taxes and weird health officials; I guess he pays some of them and others he just ignores." Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13219. Shapira, Hillel. 2012. Re: Dakini Health Foods' retail outlet in Pune, in operation from March 2004 to April 2005. Letter to William Shurtleff at Soyinfo Center, Feb. 21. 1 p. Typed, with signature.
• ***Summary:*** A business card from the time shows: The retail outlet was named Dakini's Soymilk Bar & Foods (Sapphire Apartment shop no. 1, Cosmos Bank Lane, Off North Koregaon Park Road, Pune 411 001 India). A venture by Dakini Health Foods Pvt. Ltd. Open from 10 am to 7 pm. Thursday–closed!

"We rented the space near Koregaon Park (Pune) in 2003 and after 8 month preparations we opened around March 2004. We closed for a month holiday in April 2005 (we literally physically collapsed). Not finding the right management for it and electrical and water supply problems getting worse, we decided not to continue, sold the furniture and focused our full attention on the factory. Sales were growing rapidly by then and it was a good decision. But we did miss feeding so many people directly. We felt we gained so much insight from our year in operation that, afterward, business was never the same again–in the best sense!

"The place had a table and 4 chairs inside and 24 seats in the front open space. The place was totally vegan except for one type of very good organic cheese made by a friend in the Himalayas. All milk drinks were soy milk and all yogurt preparations (lassi) were made from soy yogurt. We were producing soya-milk on our pressure cooker system in the factory, but not having a plate heat exchanger, we were cooling it to room temperature in a special jacketed stainless steel tank, then packed it in polyethylene bags which then were put on ice for fast chilling. This worked well and we

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managed to get a long shelf life. For yogurt production we were inoculating soymilk at room temperature and then incubating it at 45C. The year we were running the shop we were producing 60-80 kg soy yogurt a week, 200-300 liters of soymilk a week, and about 50 kg tempeh. Tofu production at the time was about 600-800 kg a week and these figures include the supply to all the regular clients except soya milk and soyogurt which were for produced for our retail shop use only.

I attach the regular menu. Beside this menu we had a good changing daily menu on the board. The retail shop had about 300-350 square feet inside and 400 square feet of outside area.

"Opening the place (with bank loans) and running it was very challenging yet we got to meet so many people that we got many very good insights. Indians love soyfoods and the place become kind of a cult meeting place with families driving from Bombay and other cities for lunch at Dakini. The place was run as self-service and takeout.

"The most popular drink was the banana date milkshake and second was the papaya lassi; most popular sandwich was the Tofu Sandwich followed by Tempeh Sandwich. Most popular plate was the Falafel Plate followed by the Humus Plate and Tofu Plate. Soya milk Chai was selling real well at all times and the soy-milk ice coffee was a big favorite on hot afternoons. There was no refined sugar on the premises and sweetening was done with tasty organic liquid cane molasses.

A photo (taken 15 Feb. 2005) shows a waitress in red dress carrying a plate of food. Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13220. Long, Cynthia. 2012. Re: Crediting tofu and soy yogurt products. Memo Code: SP 16–2012. Letter (e-mail) to (1) Regional Directors, Special Nutrition Programs, All Regions; (2) State Directors, Child Nutrition Programs, All States, Feb. 22. 3 p.

• ***Summary:*** "The *Nutrition Standards in the National School Lunch and School Breakfast Programs* final rule was published on January 26, 2012. The final rule gives schools the option to offer commercially prepared tofu as a meat alternate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This provision, which is codified under 7 C.F.R. 2l0.l0(c)(2)(i)(D) of the regulatory text for the NSLP and 220.8(c)(2)(i)(D) for the SBP, allows schools to further diversify the sources of meat alternates available to students and better meet the dietary needs of vegetarians and culturally diverse groups in schools. The provision is effective July 1, 2012.

This memorandum informs State agencies how to credit tofu and soy yogurt products as a meat / meat alternate component in meal planning.

"While tofu does not currently have a Federal standard of identity, the current Dietary Guidelines for Americans (DGA) encourage plant-based sources of protein such as tofu. According to the DGA, consumption of a balanced variety of protein foods can contribute to improved nutrient intake and health benefits. Tofu must be commercially prepared and meet the following definition, established in 7 CFR 210.2 for purposes of the school meal programs as 'a soybean-derived food... basic ingredients [in tofu] are whole soybeans, one or more food-grade coagulants (typically a salt or an acid), and water.' Noncommercial tofu and soy products are not creditable.

"In the school meal programs, 2.2 ounces (¼ cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the DGA recommended serving size for tofu, and provides protein and nutrients of concern at levels similar to other Child Nutrition (CN)-credited meat alternate foods.

"Additionally, ½ cup (4.0 fluid ounces) of soy yogurt is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the crediting of dairy yogurt while allowing schools to provide a non-dairy alternative.

"Since school meals are an opportunity for children to learn to eat healthy and balanced meals, foods served should be easily recognized by children as part of a food group that contributes to a healthy meal. Tofu is widely recognized as a meat substitute and can easily be included in the school meal. We recognize that tofu is being used to produce other meat substitute products such as links and sausages made from tofu, which are easily recognizable as meat substitutes and can be credited as such. However, products made with tofu that are not easily recognized as meat substitutes, would not contribute to any component of the reimbursable meal and do not meet the customary and usual function of the meat / meat alternate component. Soft tofu for example, blended into a recipe so that it is not recognizable (i.e. in a soup) or does not represent a meat substitute (i.e. tofu noodles) does not qualify as a meat alternate.

"When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal, the tofu ingredient must contain the required 5 grams of protein, which is not shown on a nutrition facts panel. Therefore, the most appropriate way to ensure that the product meets Food and Nutrition Service (FNS) requirements is to request that the product be manufactured under the CN Labeling Program following a Federally approved quality control program.

"Until the Food Buying Guide for Child Nutrition Programs is updated, the following yield information can be used for purchasing and crediting (table attached):

"l pound of tofu with 37 grams of protein will have 7.28 quarter-cup servings per pound and provide 7.25 ounces of equivalent meat alternate for Food-based Menu Planning requirements.

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"State agencies should direct any questions concerning this guidance to the appropriate FNS Regional Office. Regional Offices with questions should contact the Child Nutrition Division."

The attached table, titled "Food Buying Guide Specifications for Tofu and Soy Yogurt" contains six columns: (1) Food as purchased. (2) Purchase unit. (3) Servings per purchase unit. (4) Serving size per meal contribution. (4) Purchase units for 100 servings. (5) Additional information. Address: Director, Child Nutrition Div., USDA Food and Nutrition Service, 3101 Park Center Drive, Alexandria, Virginia 22302-1500.

13221. Gay, Jason. 2012. Manny Pacquiao vs. the vegan. *Wall Street Journal.* Feb. 27. p. B10. Sports.
• ***Summary:*** In Las Vegas, Nevada, on June 9, after months of training on a strict vegan diet, the undefeated African-American boxer Timothy Bradley Jr., age 28, will try to defeat the world-renowned boxing champion Manny Pacquiao–now a Congressman from the Philippines.

The challenger enjoys the spinach, the tofu, and the $7.95 organic smoothie that bears his name–which is not yet a household word.

Bradley, whose nickname is "Desert Storm," who lives and trains in Palm Springs, first exeprimented with a vegan diet in 2008. He stuck by the diet as he became junior welterweight champion and compiled an unblemished record of 28-0. During the 3 months leading up to the fight, he will eat a vegan diet, with no exceptions.

Others who have successfully tried a vegan diet during training are Tony Gonzales (NFL tight end), David Zabriskie (cyclist who raced in the Tour de France; he supplemented his near-vegan diet with small amounts of fish), and Mike Tyson (ex-boxing champion).

13222. Seemo (Hillel Shapira). 2012. Re: First two batches of tofu made in Brazil. Letter (e-mail) to William Shurtleff at Soyinfo Center, March 31. 1 p.
• ***Summary:*** "Some impressions of the first 2 batches [of tofu] this morning. 4 kg [soy] beans each, been stretching the cooker capacity a bit. We plan to reduce batch size to 3.5 kg for more comfortable handling and better yield. The mini boiler can easy do 2 batches per hour and we've got another one in standby.

"We get some more equipment next week, cooling tanks and work tables and sealing, machines start then to go out and do some sales. No labels yet. Yours always,..."

Four photos show Seemo and Kairava making tofu at their plant near Pune / Puna, India (see next page).

Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13223. Cui, Xuebo. 2012. Hokkien Chinese borrowings on cookery in Tagalog. *Theory and Practice in Language Studies* 2(3):566-71. March. [19 ref]
• ***Summary:*** "This paper attempts to examine the Tagalog loanwords of Hokkien origin in the domain of cookery through the semantic analyses."

The word *angkak,* which means "red-colored grains of rice used as coloring for food," is originally a Hokkien word that has been borrowed (more correctly, copied) into Tagalog.

A major category of words borrowed from Hokkien into Tagalog is soybeans and soy products. Here are some pairs of Hokkien original words followed by the present word in Tagalog:

tauhu (soy bean curd that is uncooked)–taho (soybean curd that is cooked and is eaten with brown syrup).
tahuri (fermented salted soybean curd) -
tau-koa (soybean curd)–tokwa.
tau-iu (soy sauce)–toyo.
tausi (fermented black soybeans)–tausi.
tokuwa (tofu)–tokwa.

About the author: Xuebo Cui was born in Yanji, China in 1974. She received her PhD degree in Applied Linguistics from De La Salle University, the Philippines in 2007. Dr. Cui currently heads the Department of English at Yanbian University, Yanji, China. Address: Head, Dep. of English, Yanbian Univ., Yanji, China.

13224. Nguyen, Andrea Quynhgiao. 2012. Asian tofu: Discover the best, make your own, and cook it at home. Berkeley, California: Ten Speed Press. [viii] + 232 p. Illust. (color photos by Maren Caruso). Index. 24 x 24 cm. [21 ref]
• ***Summary:*** Another very attractive book and well-written book by Andrea Nguyen. In researching this book, Andrea traveled to many countries in East- and Southeast Asia. The color photos and the book design are both superb.

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Contents: Introduction: East Asian stronghold (China, Japan, Korea), wavering Southeast Asia (Vietnam, Thailand, Cambodia, Laos, Singapore, Malaysia, Indonesia, Philippines, Myanmar / Burma), South Asian newcomer (India), tofu in America (Samuel Bowen, Benjamin Franklin, Commodore Matthew Perry, Civil War soldiers, Piper & Morse, George Washington Carver, Mildred Lager, World War II), alternative to mainstream (Boys Market in Los Angeles, *Diet for a Small Planet, The Book of Tofu,* Jeremiah Ridenour, Los Angeles Tofu Festival), tofu today (United Soybean Board Survey, Hodo Soy, Dong Phuong Tofu [Westminster, Orange County, California]).

Tofu buying guide: Tofu types (tofu blocks {silken, medium, medium firm, firm, extra firm, super firm}, pressed tofu, tofu noodles, tofu skin [yuba; an unfortunate term since yuba has nothing to do with tofu] {fresh tofu skin packets = dou fu bao, tofu skin rounds = dou fu pi or fu pi, dried tofu sticks [dried yuba sticks] = fu zhu or "tofu bamboo"}, fried tofu {fried tofu slices}, tofu pudding, fermented tofu {red or white}, soy milk).

Note: This is the earliest English-language document seen (Oct. 2012) that uses the term "fresh tofu skin packets" or the term *dou fu bao* in connection with yuba.

Tofu cooking tips: Cutting, draining, frying.

Homemade tofu tutorial (incl. homemade soy milk, soy milk lees, homemade silken tofu, homemade tofu pudding, block tofu, confetti tofu, oboro tofu, zaru tofu, seasoned pressed tofu, tea-smoked pressed tofu, white fermented tofu, frozen tofu, fresh tofu skin, soy-simmered fried tofu).

Recipes–Fresh and satisfying: Snacks and starters. Soothing and soft: Soups and hot pots. Homey and wholesome: Main dishes. Versatile and delicious: Salads and sides. Religion and artistry: Mock meats. Building on traditions: Buns, dumplings, crepes, noodles and rice. Amazing transformations: Sweets and desserts. Basics. Ingredients (glossary). Acknowledgments. Measurement conversion charts.

Note 1. This book contains many recipes that use meat, poultry, or fish as ingredients.

Note 2. The Vietnamese term for tofu is *dau phu.*
Address: Food writer, Santa Cruz, California.

13225. United Soybean Board (USB). 2012. Consumer attitudes about nutrition: Insights into nutrition, health, and soyfoods. 18th annual. 2011 edition. Seattle, Washington: USB. [12] p. March. 28 cm.

• ***Summary:*** Methodology: "This year represents the sixth year we have adopted an online self-administered survey as our methodology, a significant change from random telephone interviews. The survey, conducted by an independent research firm [in Seattle, Washington] in January 2011, includes 1,000 random surveys, providing a sample that is consistent with the total U.S. population. The study's margin of error remains ± 1.9 to 3.1%, with a confidence interval of 95 percent."

Note about the methodology of this survey from Mark Messina, PhD, who asked one of the survey's designers. 2012. May 29. "The participants in the consumer survey represent US demographics. The only difference with this survey compared to previous ones is that rather than interviewing the consumers by phone, once contacted, the consumers are directed to a web site where they fill out the survey."

Contents: Introduction. Methodology. About USB. Consumers aim to choose healthier foods. Consumers examine the good and bad of nutrition facts. Effective strategies in improving overall health [about choice of amounts and types of fats; does not mention exercise]. Who is to blame for obesity? (Individuals 28%, the fast-food industry 18%). Soyfoods receive healthy rating (In 2011 81% of consumers rated soy products as healthy, with only 5% rating them as unhealthy. A graph shows "Awareness of soy as healthy" from 1998 (67%), to a peek of 85% in 2007 and 2008, falling to 81% in 2011). General nutritional attitudes and concerns. Examining the nutritional facts panel. Obesity concerns. Strategies for improving overall health. Soyfoods and health perceptions. Health reasons for seeking soy. Cooking and salad oil impressions. Soy in the media. FDA-approved health claim. Opinions on biotechnology. Spotlight on biotechnology. Trans fat awareness and opinion. Awareness and usage of soy products. Restaurants and soy products. Occasion preferences for consuming soy.

Awareness and usage: "37% percent of Americans consume soyfoods or soy beverages once a month or more, approximately five percentage points higher than during the period between 2006 and 2008. Conversely, 35% indicate that they never consume soy, which has decreased steadily since 2006 (then at 43%). For the seventh year in a row, consumers reported the most familiarity with soymilk, soybean oil, tofu and soy veggie burgers.

"Soymilk continues to be the most regularly consumed soy product, with nearly one-quarter of Americans reporting that they drink it regularly. For comparison, in 1999, 18% of consumers reported that they had tried soymilk. By 2010, the number of consumers who have tried soymilk has more than doubled to 45% of all consumers.

Edamame holds the number two spot and has surpassed veggie burgers among the top three most consumed soyfoods for the past two years. In fact, it has more than tripled in popularity since 2005 (then at 4% and now at 13%). "Plain white tofu" follows in third place, on par with 2009 at 9%."

A table shows the "Top 20 soy products by awareness." Soymilk 90%. Soybean oil 56%. Plain white tofu 56%. Soy veggie burger 54%. Soynuts 40%. Soy protein bars 37%. Soy infant formula 36%. Soy latte / soymilk in espresso coffee drinks [as at Starbucks] 36%. Edamame 34%. Dried or canned soybeans 33%. Cereal bar / energy bar 32%. Miso 29%. Soy ice cream / cheese 28%. Soy yogurt 27%. Soy hot

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dogs 26%. Flavored / marinated tofu 24%. Soy supplements 21%. Soy flour 21%. Soy breakfast cereal 18%. Textured soy protein 16%. All others mentioned 14% or less.

Occasion preferences for consuming soy (in descending order of preference): dinner 39%, breakfast 30%, lunch 22%, mid-afternoon snacking 19%, late evening snacking 13%, mid-morning snacking 9%, desserts 5%.

"In 2010, 84% of consumers rate soy products as healthy, down one percentage points from 2009." A graph (p. 6) shows this increase in awareness (82% in 2006, 78% in 2005, 74% in 2004, 74% in 2003, 74% in 2002, 69% in 2001, 76% in 2000, 71% in 1999, 67% in 1998).

Note 1. As of March 2012 this full survey is available gratis in PDF format at www.soyconnection.com /health_ nutrition /pdf/.

Note 2. This survey is hard to cite and to use because it has no page numbers. It is hard to read when printed since much of the type is too light / pale. We appreciate the correct spelling (as one word) of the words soyfoods and soymilk.

13226. Seemo (Hillel Shapira). 2012. Re: Company name. Life in Brazil. Letter (e-mail) to William Shurtleff at Soyinfo Center, April 1. 1 p.

• ***Summary:*** "Its always my pleasure writing to you and I will do my best to answer your questions. Wise Foods, Sábias Comidas is the trade name of our private limited company–in full Sábias Comidas Comércio e Industria Ltda, now owned by Kairava and me. We had to choose the limited company format in order to process our immigration papers to Brazil. We chose the name while doing our first step learning this great language (in which we are still utter beginners) and we were playing with words trying to combine conscious, well being, natural etc. and foods and after some trail and error we zoomed on this name and it proves to be very catching. We were lucky in India too with the name choosing [Dakini Health Foods].

"I didn't have to deal with corruption directly but we've been 'cleaned' by a rotten system that is very corrupt. I will narrate parts of the story so you can 'get the Picture.'

"Our equipment has been stopped at the gates for nearly a year while the official was running us in circles for US$5,000 worth of machines for tofu production. We ended up with US$17,000 in parking fees, and another US$8,000 in other fees–and these guys know what they are doing.

"So Oooops goes all the money meant to equip the production halls, make nice packaging, etc.–as well as our living reserves.

"For our Korean rice equipment–similar games. For example as these machines operate in high stress, there were some spare iron nuts and bolts put in by the manufacturer which he entered in the invoice as free. But here they said 'free' is not allowed so a new invoice valuing the bolts at $20 had to be currier-ed in from Seoul but the signature was done in other than the permitted blue pen. So another invoice sent. Then after sixty days deliberations (while very high storage fee ticks on!) they asked for the technical specifications for the machines which we gave in detail. 45 days later they want some clarification on this and that. We comply. Then they asked for catalog's–which don't exist. So I made one on the computer...! then 60 days later they came back to the iron bolts. What the specs, because specifying them as iron bolts is not enough information. I told them they can keep the bolts... on and on. Friday: at last our agent managed to get the clearances and in few days time we will get them. We had to use the money put aside for the second half payment for our property. Luckily the sellers of this property was their father's place are negotiating the courts' maze to get the required stamps–and if before we were hoping they will get it ready fast... we are now praying for a slow bureaucratic procedure which as we hear is the case in inheritance cases in Brazil. Meanwhile we have undisputed possession on the place. It is looking good now after 6 month renovation work.

"We plan to start and make Tofu available for sale by the second week of April. Our packaging is going to be very very basic, polyethylene bags with the date and weight–Hot-Stamp only. We plan to reach to hotel resorts and a few small towns around. No long-haul distribution. We have some spare equipment and we are open to franchise a small regional Tofu shop format under the Sabias Comidas name in due time. Could be a good solution to the vast distances of Brazil and a good self employment option. But first we have to float again financially and get a bit more rooted.

"We both love this patch of heaven we been thrown into and enjoying our life in Brazil.

"I appreciate my life more and more these days, just the simple beauty around me–fresh air, tasty water. The mountains and the southern sky and the periods of utter silence. Bliss.

"I have not much 'spiritual' practice these days. Some days when I wake up at 3 or 4 in the morning, I like to sneak out of bed and go sit for a bit of vipasana–kind of sit in meditation doing nothing, in the small room. I find it very refreshing. Some days when there has been lots going on, I like to do it before going to bed just to digest and to distance my self from it all before sleep." Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13227. Seemo (Hillel Shapira). 2012. Re: Our first commercial tofu in Brazil. Skewered barbecued tofu. Letter (e-mail) to William Shurtleff at Soyinfo Center, April 1. 1 p.

• ***Summary:*** "Greetings from beautiful Brazil. We are now shifting into commercial production [of tofu]; yesterday we did the first sale (2 kg) to a local pousada, (hotel) and tommorow we produce again some 16-18 kg, 2 batches. Got the stainless-steel sinks and a table now, and it is time to get some income again. Its a long way to go until the business will float well and yet we like this journey very much.

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"Last Tuesday we received our rice cake machines. It will be few weeks before we are ready with labels and packaging, yet today we popped a few kg organic rice for our friends and us. The evening we celebrated the Brazilian way with a nice BBQ [barbecue]–Tofu, vegetables, Brazilian pine nuts, salads and more. Tofu price we now fixed at 8 reais per kilo (organic). Some pictures attached."

Photos show: (1) Seemo working at machine with Kairava kneeling at back right. (2) Skewered, barbecued tofu. (3) Table filled with colorful dishes, including tofu. Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.

13228. **Product Name:** [Tofu].
Foreign Name: Tofu.
Manufacturer's Name: Sábias Comidas Comércio e Industria Ltda.
Manufacturer's Address: RD BR-354, Coqueiros (CX Postal 13), Itamonte, MG C.E.P. 37466000 Brazil.
Date of Introduction: 2012. April.
Ingredients: Organically grown soybeans, water, calcium chloride coagulant.
Wt/Vol., Packaging, Price: 2 kg in polyethylene bag. 8 reais per kg.
How Stored: Refrigerated.
New Product–Documentation: Letter (e-mail) from Seemo. 2012. April 15. Yesterday we did the first sale (2 kg) [of our tofu] to a local Pousada (hotel) and tomorrow we will produce again some 16-18 kg–two batches.

April 16: "At the moment we do not have any label and we are selling the tofu in polyethylene bags with water–both the bulk and the retail. We will decide the type of label after meeting some packaging suppliers–Printed polyethylene bags or stick-on labels. I am also checking around for suitable tubs but that will take time.

"We got the message from the hotel that they need tofu, that we should open them an account page, and that we can send the tofu with the masseuse who was going there. The tofu was packed with water in a polyethylene bag and put in a Styrofoam box, which was returned to us. We relaying on freshness and strict cold chain."

13229. **Product Name:** Viana Smoked Veggie Frankfurters, Viana Veggie Bratwurst.
Manufacturer's Name: Tofutown North America (Importer / Marketer). Made in Germany by Tofutown.com.
Manufacturer's Address: P.O. Box 1186, Charlottesville, Virginia 22902. Phone: www.viana-usa.com.
Date of Introduction: 2012. April.
Ingredients: Viana Smoked Veggie Frankfurters: Tofu* (soybeans*, water, nigari), water, wheat protein*, sunflower oil*, tomato paste, spices, sea salt, raw cane sugar, garlic, yeast, locust bean gum, almond flour, celeriac, onion, mustard * = Certified USDA Organic. Contains almonds, soy and wheat.
Wt/Vol., Packaging, Price: 9.7 oz (275 gm).
How Stored: Refrigerated.
New Product–Documentation: One sample of each (product with Label) with sales sheet and business card sent by Jon Kessler, Sales and Marketing Director, Tofutown North America. 2012. July 30. Front panel of Smoked Veggie Frankfurters: Color photo of product ready to eat in a bun with mustard and all the traditional garnishes / trimmings. USDA Organic. "Kids love it. Listen to your heart. 0% cholesterol. GMO free. Traditional German smokehouse. Gourmet vegan meat alternative. Heat and serve!" Inside each paperboard box is the brown, product vacuum-packed in thick plastic film. Letter (e-mail) from Jon Kessler. 2012. Aug. 10. Gives the date each product was first sold commercially.

13230. **Product Name:** Tofurky Hot Dogs, Tofurky Jumbo Hot Dogs.
Manufacturer's Name: Turtle Island Foods, Inc.
Manufacturer's Address: P.O. Box 176, 601 Industrial Ave., Hood River, OR 97031.
Date of Introduction: 2012. April.
Ingredients: Jumbo: Water, vital wheat gluten, expeller pressed non-GMO canola oil, pea protein, organic tofu (water, organic soybeans, magnesium chloride, calcium chloride), spices, sea salt, onion powder, organic cane sugar, natural vegetarian flavors, oat fiber, carrageenan, konjac flour, natural smoke flavor, granulated garlic, wheat starch, paprika, and annatto. Contains wheat and soy.
Wt/Vol., Packaging, Price: 12 oz (340 gm) vacuum pack.
How Stored: Refrigerated.
New Product–Documentation: Both labels sent by Seth Tibbott, founder of Turtle Island, 2012. Nov. 19. Seth says these two products were both first shipped in April 2012.

13231. Tibbott, Seth. 2012. Re: Getting out the word about use of hexane (Interview). Letter (e-mail) to William Shurtleff at Soyinfo Center, May 9. 1 p.
• ***Summary:*** Seth sent Soyinfo Center the rough draft of a 2012 sell sheet in PDF format. It is promoting Tofurky Hot Dogs and Tofurky Jumbo Hot Dogs. The front panel is titled "Everybody loves a good dog."

On the back across the top we read: "New Tofurky hot dogs. Gourmet, meatless and delicious. Organic tofu based. Non GMO. No hexane extracted soy."

On the back left is a list of bulleted points: "Independent & family owned. 100% vegan. Kosher certified (KSA Parve). Hexane free organic soy. Non-GMO ingredients." Address: President and Founder, Turtle Island Foods, Inc., P.O. Box 176, Hood River, Oregon 97031. Phone: (503) 386-7766.

13232. Zaineddin, Aida Karina; Buck, Katharina; Vrieling, Alina; et al. 2012. The association between dietary

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lignans, phytoestrogen-rich foods, and fiber intake and postmenopausal breast cancer risk: A German case-control study. *Nutrition and Cancer* DOI:10.1080/01635581.2012.683227. 14 p. Available online 16 May 2012. [46 ref]

• ***Summary:*** "Phytoestrogens are structurally similar to estrogens and may affect breast cancer risk by mimicking estrogenic / antiestrogenic properties." Phytoestrogens, which are found only in plants, are able to bind to mammalian estrogen receptors. There are several mechanisms that have been proposed to explain how phytoestrogens reduce breast cancer risk: (1) Their weak inhibitory effect on aromatase may lower the amount of circulating estrogen; as a result, breast tumor proliferation may be decreased. (2) Inhibition of tumor growth. (3) Angiogenesis. (4) Stimulation of apoptosis.

In Western societies, whole grains, soybeans, and traditional soy foods are rich sources of phytoestrogens.

The three main classes of phytoestrogens are isoflavones, lignans, and coumestans. Isoflavones, which are found in high levels in soybeans and many soyfoods, have received the most scientific attention because of their possible effects on human health, including the prevention of cancers.

"Meta-analyses have shown that isoflavones may slightly reduce the risk of breast cancer, and that this inverse association was somewhat stronger among premenopausal women than among postmenopausal women. However, associations were only significant in high soy-consuming Asian populations, and no significant associations were found in low soy-consuming Western populations."

The results of this study provide evidence for a reduced menopausal breast cancer risk associated with increased consumption of soybeans and soyfoods, sunflower and pumpkin seeds.

Table 6, titled "Adjusted odds ratios and 95% confidence intervals for the association of phytoestrogen-rich foods with postmenopausal breast cancer risk by estrogen receptor (ER) status," contains data concerning soy milk, soybeans, tofu, soy spread, sunflower / pumpkin seeds, sesame / flax seeds, etc. Address: 1-2. Unit of Genetic Epidemiology, Div. of Cancer Epidemiology, German Cancer Research Center, Heidelberg, Germany.

13233. Soyfoods Council (The). 2012. Soyfood myths: Get the facts. *Iowa Soybean Review* (*Iowa Soybean Association, Urbandale, Iowa*) 23(7):7. Spring.

• ***Summary:*** "Myth #1: Anybody who has had breast cancer should avoid traditional soyfoods such as tofu and soymilk.

"Actuality: The American Cancer Society says breast cancer patients can safely consume up to three servings of traditional soyfoods per day.

"Myth #2: People in Japan and other Asian countries consume only small amounts of soyfoods and use them primarily as condiments.

"Actuality: The results from large surveys indicate, on average, Japanese and Shanghai adults consume 1 1/2 servings of soyfoods per day.

"Myth #3: Soyfoods cause mineral deficiencies or imbalances.

"Actuality: Evidence unequivocally shows calcium absorption from soymilk and cow's milk are similar.

"Myth #4: Soyfoods contain estrogen and men who eat them may experience feminization or even impairment of their fertility

"Actuality: Soyfoods do not contain estrogen and evidence indicates soyfoods do not feminize men. Soy doesn't lower testosterone levels or sperm concentration.

"Myth #5: Soyfoods should be avoided because they are harmful to the thyroid.

"Actuality: More than 20 clinical studies have shown neither eating soyfoods nor using soybean extracts cause thyroid problems."

13234. Shurtleff, William. 2012. The global value chain for soybeans (Editorial). *SoyaScan Notes.* June 12.

• ***Summary:*** "The value chain is a concept from business management that was first described and popularized by Michael Porter in his 1985 best-seller, *Competitive Advantage: Creating and Sustaining Superior Performance"* The value chain concept can be applied to at various levels of activity, such as a worldwide level, an industry-wide level in a particular country, or at the level of a particular company operating in a specific industry. The key links in a value chain are those points at which value is added to products. Quantitative data are necessary to analyze the amount of value added (Source: Wikipedia at value chain, June 2012).

In the global soybean chain we have identified four major links or points: (1) Soybean production: This is highly fragmented, with hundreds of thousands of farmers, both large and small, growing soybeans. However some of those farmers are organized into groups, often cooperatives (such as AGP in the United States).

(2) Crushing and other soybean processing. Crushing soybeans to make crude soy oil and defatted soybean meal is main way that soybeans are processed. However in East Asia, whole soybeans are also processed into human foods, such as tofu, miso, soymilk, tempeh, etc. Large soybean crushers which operate worldwide include Cargill, ADM, Bunge, AGP, Sanbra (Brazil) etc. Defatted soybean meal is further processed to make animal feeds, soy sauce, etc. Crude soy oil is further refined to make edible vegetable oil biodiesel, etc.

(3) Transportation / distribution of soybeans and/or soybean products. Major firms (which are vertically integrated) include Cargill, ADM, Bunge, Dreyfus, the Noble Group of Hong Kong, etc.

(4) End use / retail: The main end uses for soybeans are: From whole soybeans–human foods, often divided into four

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types: (a) Traditional East Asian fermented soyfoods, such as miso, tempeh, natto and its relatives. The largest makers are miso makers and natto makers in Japan. (b) Traditional East Asian non-fermented soyfoods, such as tofu, soymilk, edamame, roasted soy flour, yuba. The largest makers are tofu makers and soymilk makers in Japan, Hong Kong, and USA. From defatted soybean meal: animal feeds, soy sauce, modern Western soy protein ingredients: textured soy flour / textured vegetable protein (TVP in ad ADM trademark), soy protein concentrates, textured soy protein concentrates, soy protein isolates, and textured soy protein isolates. The largest makers of animal feeds are the same as the major soybean crushers: Cargill, ADM, Bunge, etc. From crude soybean oil: Refined soybean oil and biodiesel. The largest refiners of soybean oil are the major soybean crushers. From refined soybean oil: Edible vegetable oil, salad dressings, margarine, etc. Address: Founder and owner, Soyfoods Center, Lafayette, California. Phone: 925-283-2991.

13235. Shurtleff, William. 2012. Thoughts about tofu and sexual desire (Editorial). *SoyaScan Notes.* June 20.
• ***Summary:*** This line of though began with an e-mail (on June 19) from Mark Messina:

"Have you ever come across in your reading of original texts anything that makes reference to the kinds of statements below that are very prevalent on the net? The source on the net is the Weston A. Price Foundation, yet there are no citations to the original source documents.

"In fact, a popular tradition in Japan is for wives to feed their husbands tofu when they want to prevent pregnancy! Buddhist monks traditionally eat tofu to lower their libido."

"It is widely known throughout Asia that when a woman does not want to have sexual relations with her husband any more, she feeds him more and more tofu! Monks in monasteries needing to be celibate are urged to eat more tofu and soy products. In Asia, it is common knowledge that soy reduces sexual urge and ability."

Mark then adds: "I just checked another 20 comments about the monks and only found one referenced.

"Ancient monks used to eat extra tofu to help them to easily maintain their vows of celibacy." (2).

"Reference 2 is to Kaayla Daniels' book, *The Whole Soy Story.*–Thanks, Mark.

I (Shurtleff) look for this quote in Daniels' book and soon find it on page 11. It states:

"Liu-An's initial reason for turning soybean dross into tofu gold was his desire to add a low-cost protein to the vegetarian monastic diet (19-21; see Shurtleff & Aoyagi twice + Keshun Liu). Over time the monks may have noticed that randy behavior declined when tofu consumption went up. The aptly named "meat without a bone" soon appeared regularly on monastery menus as an aid to spiritual development and sexual abstinence, a dietary strategy validated by recent studies showing that the plant-form of estrogens (called phytoestrogens) in soy can lower testosterone levels (22; see Fallon and Enig, 'Tragedy and Hype') (See Chapters 28 and 29).

Shurtleff adds: "I'll bet that bit of speculation is the origin of all the information you found on the Web."

When Messina sees this quotation and comment he asks Shurtleff: "To be clear, as far as you know, the above statement has no basis in fact. It wasn't added to the menu as an aid to sexual abstinence? I understand selectively citing studies and misinterpreting data but making something up is quite weird."

Shurtleff then repeats that, so far as he knows, the above statement has no basis in fact.

Shurtleff then shows the two initial statements / quotations that Messina sent to Akiko Aoyagi and asked her to take 10-20 minutes reading and thinking about them, then to see if she could find any similar information in Japanese on the Web.

She was born and raised in Japan, and graduated from college there. She obviously has spent more time thinking about and working with tofu than most Japanese–except tofu makers.

She said: 1. She has never heard anything like either of these two statements. So far as she knows they have no basis in fact.

2. She could not find anything like either of these two statements in Japanese on the Web.

In short, she has the same opinion about the two statements that Shurtleff does. They were invented, probably (at least the first) by Kaayla Daniels on page 11 of her book *The Whole Soy Story.* Address: Founder and owner, Soyfoods Center, Lafayette, California. Phone: 925-283-2991.

13236. Tsai, Minh. 2012. Making and marketing yuba at Hodo Soy Beanery (Interview). *SoyaScan Notes.* July 4. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** During the past 8 years Hodo Soy has been very effective and innovative in introducing yuba to people in the Bay Area of California. Part of this success has been through effort and part has been (Minh modestly admits) through timing and luck. "We are very fortunate to be in the Bay Area. The only two other places it might work are Los Angeles and Manhattan, New York."

Yuba is now an important and profitable product for Hodo Soy, accounting for about 20% of total sales. However the yuba tables take up about half of all Hodo Soy's manufacturing space.

What are the key's to yuba's success for Hodo Soy? First, education. We have worked to educate our customers who are chefs at restaurants about the large amount of labor that goes into making yuba and contributes to its high price (about $15 a pound). We have also met with chefs in restaurants and explained that 1 ounce of yuba is quite a good serving size; so each serving costs less than $1.00.

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And it looks great on the menu and on the dish." Minh also educates chefs about yuba's versatility (use it as a wrap, put it in soups, etc.) which enables them to develop recipes. The chefs have developed innovative recipes using yuba and their customers seem to enjoy their creations. Most people really love the taste of yuba. "People think of it as a starch-free, gluten-free noodle. It's always al-dente; it doesn't fall apart."

"I believe that we have been doing more education on tofu and yuba than all the big tofu-makers combined." Minh does 95% of this education himself–in person. He enjoys this teaching quite a bit, and he knows these chefs personally.

Yuba has brought a lot of positive publicity to Hodo Soy. It has been called everything from "the lingerie of tofu" to "the sashimi of tofu." Daniel Patterson, chef at Coi restaurant described yuba as tofu's "elegant and sexy cousin" (New York Times, 6 Aug. 2006). This is important in terms of branding, as the company is known to be the introducer and maker of this new product.

Minh (who has Chinese ancestry) was smart (and innovative) to call the product "yuba" instead of "bean-curd skin"–like most Chinese restaurants. But there was another reason he called it yuba. "Our research shows that, as far as willingness to pay for food at a premium price, the Japanese are at the top of the list. They know what it is and they realize it is expensive. And the majority of our Asian customers are actually Japanese." But Hodo Soy's Asian customer base is still relatively small; Minh mission is to introduce high-quality soyfoods to mainstream America.

Hodo Soy sells mostly "mature yuba" (plain fresh yuba) and value-added yuba products, such as Spicy Yuba Strips. From time to time he has requests from high-end restaurants for "nama yuba," which is soft, formless yuba that is not yet mature and fully formed. Each chef wants a particular texture, so Minh sells it to them on a customized basis–and requires that the chef come to Hodo Soy the first time to make exactly the texture of yuba they want.

Hodo Soy delivers all its own yuba and tofu products; they have four delivery vehicles that deliver to 50-60 accounts in the Bay Area–both restaurants and natural grocery stores; Rainbow Grocery in SF, Tokyo Fish Market, and Berkeley Bowl all carry Hodo Soy's fresh yuba. They have a "make to order approach" and a restaurant must order 4-5 days in advance. Value added products are sold through chains such as Costco, Whole Foods Markets in Northern California, Andronico's, and Molly Stone's.

The two Bay Area restaurants that have done the most to introduce yuba are Coi (Daniel Patterson, in SF's North Beach) and The Slanted Door (Charles Phan; modern Vietnamese cooking near the Ferry Building). Other restaurants that offer may serve yuba include Cyrus (Healdsburg), The French Laundry (Yountville, California), and Ozumo (Oakland and San Francisco).

Hodo Soy has never done focus groups or taste panels with yuba.

Minh first made yuba in about May 2004 when he was tinkering with Sogo Tofu in San Jose. They had a yuba table (with 10-12 frames) that they weren't using. Sogo Tofu was initially built as an adjunct to a large Chinese health grocery store–sort of a Chinese Whole Foods. This store (named Sogo) was part of a chain named Marina Foods, which has a handful of stores in the Bay Area. Sogo, the grocery store, has since closed down but the tofu shop continued to operate. Minh asked Sogo Tofu to make yuba for him, then he experimented using this yuba in recipes, and introduced these dishes to his customers at farmers' markets. The people who owned and operated Sogo Tofu were relatives of Minh's wife. The three yuba dishes, starting in May 2004, were Soy Omelette, Yuba (Fresh), and Poached Yuba Loaf. Minh quickly learned the people at farmers' markets really liked these products. They learned about yuba from him, and he learned from them. The first soy product gave them was the Poached Yuba Loaf, followed by Soy Omelette (yuba marinated in soy sauce and a little brown sugar, then pan fried in a little oil). People were generally surprised at the texture and taste, but they found it to be delicious and asked, "What is it?" He replied, "It's yuba." They asked back, "What's yuba?" So he explained. Eventually they came to want the plain fresh yuba so they could experiment with their own recipes. Another early yuba product was Spicy Yuba Strips (made at Sogo Tofu starting in Dec. 2004); this is still a best-seller at retail outlets for Hodo Soy Minh's 5th yuba product was Sesame Yuba Strips (made at Sogo Tofu and discovered by accident; the other ingredients were toasted sesame paste / butter, a little brown sugar and soy sauce).

To take a step back: Minh approached tofu-making very much from a Western food processing and food science point of view. He wanted to leave the basic traditional methods (as shown for example, in a flow chart) unchanged but introduce modern equipment to do the work of lifting, pressing, scooping, and slicing, and modern methods for measuring temperatures, times, and Brix, etc. Minh soon realized (in about 2004-05) that he needed to supervise the making of tofu at Sogo Tofu. But he was just a beginner. How can a beginner, in a traditional Chinese family and craft, tell his experiences aunts and uncles to change. "It was an impossible situation. After about 2 years Sogo had reached saturation–in terms of quality, sanitation, good manufacturing practices, and traceability of ingredients. Starting at the end of 2005, our sales for the next 2-3 years basically remained static. In 2006 we decided to build a plant in Oakland, and that took about 2 years." Minh traveled a lot, learned a lot, visited some tofu companies, and made some mistakes. As Minh prepared to open his tofu plant in Oakland, he realized that he "did not want to hire anyone with legacy tofu experience. I wanted to teach them from the very beginning."

Minh's wife, Jean Ku, was not directly involved with the tofu and yuba business at all. But she has been a tremendous

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supporter by bringing home the income to support the family during the early years. Jean is a top executive at the Energy Foundation–Program Manager for the China Sustainable Energy Program. Although it has been in existence for only 20 years, the Energy Foundation is the biggest contributor to the reduction of carbon dioxide in China. The foundation began with the sole mission of reducing carbon dioxide, and it identified China as the biggest potential culprit. Its founder decided to focus all of its resources on China. So a foundation based in San Francisco has been focused on China's CO2 problems for 20 years! Amazing. It is responsible for the very progressive energy policy in China today–which is more progressive than that of the U.S. One of the advantages of a dictatorship is that it can move policy much more quickly than is possible in a democracy. The Energy Foundation has learned a great deal about problem solving during these 2 decades and the model has now been expanded to Brazil and India. She is doing exactly what she finds most interesting and important–critical to the future of the planet. "She loves what she does, and she is very grateful, just like I am, that we have work that we love." Continued. Address: Founder, Hodo Soy Beanery, 2923 Adeline Street, Oakland, California 94608. Phone: 510-735-4587.

13237. Tsai, Minh. 2012. Making and marketing yuba at Hodo Soy Beanery (Continued–Part II) (Interview). *SoyaScan Notes.* July 4. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Continued. How is Jean Ku related to Sogo Tofu? Sogo Tofu was operated by the Huang family. Jean's father's family name is (of course) Ku and her mother's maiden name is Huang. Her mother's brother, Steve, is one of the partners of Sogo Tofu; he is an investor only. His wife's sister runs Sogo Tofu–to this day. They are still the same size (2,500 square feet) as when Minh knew them 8 years ago.

Hodo Soy makes sweet yuba (*ama-yuba,* which is rich in natural sugars, but often comes in broken sheets) only at the end of each day. They use this sweet yuba to make a Poached Yuba Loaf. Hodo Soy now makes fresh yuba every day.

Hodo Soy began making soyfoods (mainly tofu and yuba) in Oakland in Aug. 2009. The company moved into an existing building but basically had to gut it in order to install 8,000 square feet of floors, drains, walls, ceilings, etc. for food processing. That took 18 months to finish, and the business didn't grow at all during this time. The equipment / machinery was expensive; but it is not computerized.

John Scharffenberger is only active as the chairman of the board of Hodo Soy; but his association with the company is very important and he brings ideas to the table and helps to determine the direction of the company.

Billy Bramblett comes to work two days a week, six hours a day. He is much more operational. He brought with him a vast experience from his Wildwood days in how to grow a company, and what infrastructures and operational structures need to be put in place. He works with labeling, pricing.

Hodo Soy employs about 30 people; 20 people are in production, and of these, about 45% are hispanic and 45% Asian ancestry. Ten people work in distribution, administration, sales, accounting, etc. Some sell tofu and yuba at farmers' markets. "We will always do farmers markets." "Our most popular yuba product is Spicy Yuba Strips; about 50% of all the yuba we make goes into Spicy Yuba Strips." "We do not have a layer of true managers here. Moreover, we promote internally."

Hodo Soy still has the Google account; they buy a lot of tofu and some fresh yuba. "They can afford it."

We talk about Ken Lee and Soyfoods of America as a different business model selling three types of yuba to Chinese restaurants all over the United States. But a look at their website shows that today they sell only frozen yuba. Address: Founder, Hodo Soy Beanery, 2923 Adeline Street, Oakland, California 94608. Phone: 510-735-4587.

13238. Kessler, Jon. 2012. Re: How Jon started to work with Tofutown.com (Bernd Drosihn and Viana). Letter (e-mail) to William Shurtleff at Soyinfo Center, July 11. 1 p.

• ***Summary:*** On 8 April 1996 Jon visited Bernd Drosihn and Viana in Germany (at Shurtleff's request) and wrote a report for Shurtleff. Today, more than 15 years later Jon is head of Tofutown.com's sales and marketing operations in the USA. He writes (in answer to a question from Shurtleff): "I had managed Soyatoo for Ceres before Ceres went out of business.

"I started working with Soyatoo [Bernd Drosihn's soy-based whip topping in a pressurized can] while I still owned and managed Sunergia Soyfoods. It was a joint venture to share marketing expenses with Ceres; we called it 'Progressive Formulations,' and that was about fall of 2007. Then in early 2009, Ceres had no more funds to purchase containers of Soyatoo from Tofutown, and could not get any credit anywhere. They soon ceased operations all together (their main operations were in selling organic wheat for pasta I believe) and sold their off their assets.

"So, Tofutown.com–Bernd's company, decided to start a subsidiary here in North America, called Tofutown North America. Originally it was managed by Conscious Co, Jaclyn Cardozo and Steven Kern, who lived in SF and had been trying to sell the Viana for a couple years. They became operations managers for the subsidiary and I was the sales manager. The company officially was incorporated on 17 April 2009 in Delaware.

"More recently, Steven and Jaclyn resigned, in the late fall of last year, and I became the chief operating officer 'COO.' At that time we moved the 'headquarters' from San

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Francisco to here in Charlottesville, and the whole thing was good timing for me.

"I sold Sunergia to Twin Oaks Community Foods [Louisa, Virginia; founded in 1967] on Aug. 20, 2010; I invented the products, and brand name, after I left the community. I sold the two cheese alternatives (Soy Feta and Soy Bleu) to Secenario International (Elke Heitmeyer who also owns 'The Organic Gourmet' line of veggie bouillon etc.; Sherman Oaks, California), on Jan. 15, 2011, and later (Feb. 3, 2012) the brand name, vegcusine.net, was sold to Scenario as well." Address: Virginia. Phone: 540-894-5126.

13239. Palmer, Sharon. 2012. The plant-powered diet: The lifelong eating plan for achieving optimal health, beginning today. New York, NY: The Experiment. xx + 412 p. Foreword by David L. Katz, MD, MPH. [228 ref]
• ***Summary:*** A positive attitude toward traditional soyfoods is found throughout this excellent book. The traditional Japanese diet (p. 19-20)–one of the healthiest–leads to an average life expectancy of 80 years for men and 85 years for women. The Japanese diet is characterized by a "Focus on soy foods. Whole soyfoods such as edamame, tofu, and miso are regular features of the diet.

The section titled "Soy, the superfood" (p. 58-59) describes the basic types of soyfoods and their benefits. The next section is "A word about soy meat alternatives" (p. 60-61) including veggie burgers, soy meat crumbles, and vegetarian hot dogs.

The "Plant-based dairy alternatives guide" (p. 72-76) includes various types of soy milk, soy milk yogurt, and soy ice cream.

The word "soy" appears on 55 pages of this book, the word "tofu" on 54 pages, "tempeh" on 18 pages, "soy foods" on 17 pages, "seitan" on 15 pages, "edamame" on 10 pages, "soybeans" on 10 pages, "soy milk" on 8 pages, "soy sauce" on 6 pages, "miso" on 6 pages "soy milk yogurt," "soy ice cream" and "soybean oil" on 2 pages each, and "soy cheese" and "soy cream cheese" on 1 page each.

Includes "75 original plant-based recipes for every meal–all with nutritional data." "A 14-day meal plan with action alerts to get you started." "Essential information on the healthiest plant food–whole grains, vegetables, fruits, nuts, legumes, and even herbs, spices, dark chocolate (rich in polyphenol antioxidants), coffee (contains many beneficial antioxidants), tea (rich in polyphenol antioxidants, and takes the place of high-calorie, high-sugar drinks), and wine.

Virginia Messina, in her blog The Vegan RD, says this: "It's a book that makes the scientific case for eating fewer animal products and more plant foods while admitting that there is no precise definition for 'plant-based diet.' The information in the book is balanced, honest, and practical, and the recipes–which appear to all be vegan–look really nice. In the forward to the book, Dr. David Katz, of the Yale University Prevention Research Center says this about Sharon's book: 'So much of modern health advice is about marketing a particular perspective that such a balanced and moderate approach is a truly surprising and welcome departure.'

"I agree, and it's the thing that made this book stand out for me. Admittedly, I wish the book had included more perspective on making compassionate food choices. When animals are part of the discussion (and I think they should always be part of the discussion) a vegan diet is the one and only best way to eat. When the focus moves away from animals, then diet-related issues become somewhat less clear. So far, no one has proven that a vegan diet is healthier than other plant-based ways of eating, and it's unlikely that they ever will. So, this isn't a book I would use to promote veganism–it presents a vegan option, but not a vegan imperative–but, it is one I would use to promote healthy plant-based eating for those who are looking for that type of information."

About the author: "Sharon received her Bachelor of Sciences Degree with Honors from Loma Linda University, California. She enjoyed a diverse 16-year dietetics career with experiences as a clinical dietitian, wellness dietitian, chief clinical dietitian, food and nutrition services director, and consultant dietitian." Address: RD (Registered Dietitian), P.O. Box 1052, Duarte, California 91009.

13240. Tsai, Minh. 2012. Re: What is *soi dau-foo* / *sui doufu* ? Letter (e-mail) to William Shurtleff at Soyinfo Center, July 18–in reply to inquiry. 1 p.
• ***Summary:*** Question: In Chinese there is a type of tofu named "sui doufu" (Cantonese "soi dau-foo"). Is this the same as Japanese silken tofu (which has NOT been pressed and has NO separation of curds and whey)? Or is it basically soft Chinese tofu (with a high water content; it has been pressed–but not as firmly as most Chinese tofu–and there is separation of curds and whey)?

Answer: "There are 2 definitions I know of for these terms:

"(1) medium tofu–this is likely the case as Chinese don't generally use plain firm tofu, and the term is often used in Taiwan to be associated with medium textured tofu.

"(2) any tofu that resides in water (generally firm or medium–not silken as GDL is often used and the whole container is filled and there is no space for water). I have heard Chinese referred to getting tofu in tubs that has water as 'sui tofu.'

"Hope that helped! Minh." Address: Founder, Hodo Soy Beanery, 2923 Adeline Street, Oakland, California 94608. Phone: 510-735-4587.

13241. Agranoff, Jonathan. 2012. Re: Tempeh crisis in Indonesia. Letter (e-mail) to William Shurtleff at Soyinfo Center, July 29. 1 p.
• ***Summary:*** "Just thought you might be interested, the whole

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of Indonesia experienced a 3 day strike by tempe and tofu makers that ended today and brought the country and the government to it's feet. The sudden price increase of US and other foreign soybeans to Indonesia dependant on imported soybeans lead to panic and daily headline attention to the collapse of the tempe industry in Indonesia.

"I happen to be in Jakarta at the moment and have found myself involved in a storm of interviews and media, radio and TV from my current research on local soybean varieties for tempe so I've extended my stay in Jakarta. Most of the interesting media features are in Indonesian, but there's a lot in *The Jakarta Post* and *Jakarta Globe* about this too." Address: M.D., London, England.

13242. Subejo. 2012. Tempeh crisis in a tempeh country. *Jakarta Post* (*The*) (*Indonesia*). July 31. p. 4. http://www.thejakartapost.com/news/2012/07/31/tempeh-crisis-a-tempeh-country.html

• ***Summary:*** "The soaring international price of soybean's, which has been triggered by severe drought in the US, has triggered a significant increase in the domestic price of soybeans, especially at the retailer level. The retail price has exceeded Rp 8,000 (84 US cents) per kilogram, almost double the price of Rp 5,000 one or two months ago.

"Complaints about the skyrocketing price of soybeans have come from tempeh and tofu producers across the nation. There have been reports of the collapse of small-scale tempeh and tofu businesses. The producers are facing a dilemma: on one side the price of soybeans is very high, but on the other side it is almost impossible to significantly increase the price of tempeh and tofu, which are both popular side dishes." Address: Lecturer, Dep. of Socioeconomic Agriculture, School of Agriculture; Researcher at the Center for Economic and Public Policy Studies (CEPPS), Gadjah Mada Univ., Yogyakarta.

13243. Vitasoy International Holdings Ltd. 2012. Annual report 2011/12. Focusing on growth. New Territories, Hong Kong. 182 p. Aug. 30 cm. [Eng; Chi]

• ***Summary:*** All values are in million Hong Kong dollars. The fiscal year ends on 31 March 2010. A graph (p. 4) shows that turnover (sales) has risen steadily each year from 2,441 in 2008 to 3,727 in 2012 (up 12% from 2011).

Gross profit has risen steadily each year from 1,156 in 2008 to 1,651 in 1,760 in 2012 (up 10% from 2012).

EBITDA (Earnings before minority interest, interest expense, income taxes, depreciation, and amortization) has also risen steadily each year from 391 in 2008 to 553 in 2012 (up 3.17% from 2011).

A chart (p. 5) shows that 51% of Vitasoy's sales come from soymilk, followed by 19% from tea and 9% from tofu. By location, 45% of the sales are from Hong Kong and Macao, 27% from Mainland China, and 12% from north America.

A full-page color photo (p. 9) shows Winston Lo, laughing. Address: No. 1, Kin Wong Street, Tuen Mun, New Territories, Hong Kong. Phone: 466 0333.

13244. Nordquist, Ted. 2012. Talking about soy yogurt in the USA (Interview). *SoyaScan Notes.* Sept. 17. Conducted by William Shurtleff of Soyinfo Center.

• ***Summary:*** Market shares of the U.S. soy yogurt market: WholeSoy (75%), White Wave Silk (12-17%), Wildwood, then Stonyfield O-Soy, then Nancy's Yogurt.

Market shares in the U.S. non-dairy yogurt market: WholeSoy, Almond yogurt, and So Delicious coconut yogurt. The So Delicious plant is located in Junction City, Oregon, headed by Mark Brawerman, whose office is in Los Angeles; since they got Nestle as a distributor their sales have increased dramatically. He kind of abandoned soy when his coconut milk products (beverages, ice creams, yogurts, and creamers) went so well. Formerly named Turtle Mountain, they have long made So Delicious and Purely Decadent soymilk Ice Creams. So Delicious Coconut Yogurt (6 oz cup) retails for $1.99 compared with $1.19 for WholeSoy; a lot less money for a lot less nutrition, plus saturated fat.

Up until about 3 years ago, Silk Soy Yogurt was the main competitor to WholeSoy Soy Yogurt; they never sold more units than WholeSoy. The about 3 years ago Silk started losing enormous market share. Ted thinks it was part of the scheme whereby Silk tried to change from certified organic ingredients to so-called "natural" ingredients without changing the UPC codes; it gave them such a bad name that they lost a lot of market share, both in their soymilk and in their yogurts.

Today WholeSoy has about 75% of the soy yogurt market (in cups, not liquid in bottles).

In about 2007 when Ted moved his manufacturing plant from SSI in Turlock, northern California, to the Safeway / Lucerne plant at City of Commerce, southern California, he had to abandon his smoothies because the plant did not have the necessary filling or bottling equipment. First Ted dropped the smoothies, then he had to drop his frozen yogurt–and focused on just the soy yogurt, which is where he is now.

Over the past year or so, WholeSoy has invested a lot in social media by updating their website (www.wholesoyco.com), hiring a woman, Yessica, who does nothing but social media (blogging, Facebook, Twitter, etc.). WholeSoy has gotten a large number of hits on that site. They give people information (such as where they can buy WholeSoy), they can fill out a form so if their store doesn't have it they can request it, they have free coupons, etc.

It is absolutely NOT true (and is never true) that the organisms used to culture yogurt get killed by the acidity of the yogurt. For example, Ted puts 20 billion CFUs (colony forming units, equal to 6-7 quarts of culture) into a 10,000 gallon tank of soymilk. In 9-10 hours those will multiply in the soymilk (they like it so much) to where they are 140

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billion CFUs in an 8 oz cup. Even at the end of code, after 30 days, there are still about 70 billion per 8 oz cup.

What is the acidity (pH) of yogurt? In most countries outside the United States, the pH ranges from 3.5 to 5, where low is more acidic and where plain milk or soymilk is about 6.8. In the USA the yogurt is less acidic because it is so sweet. The way to sell yogurt (and) food is to add sugar.

Do the organisms that culture yogurt survive in the gastrointestinal tract? Yes. That is what "probiotics" means. A probiotic food benefits the host. Thus the Japanese have eaten little containers of Yakult since the 1935. In the early 1970s doctors at the Karolinska Institute in Stockholm found that *Lactobacillus acidophilus* and *Bifidobacterium bifidus* were essential to good digestion of food, especially after people went off intravenous feeding. In Sweden one can buy A Yogurt (acidophilus) and B Yogurt (bifidus). One is most important in the large intestine and the other is most important in the small intestine. Yet they stop short of saying that one of these bacteria consumed as food survive and live in the intestinal tract.

One should be a skeptic about the benefits of probiotics, says Ted. He has been a member of and on the board of the International Probiotic Association (IPA) since the day it started. The members are mostly big companies such as Danone / Dannon, Chr. Hansen (Milwaukee), Yakult, etc. They have held three world congresses (once every other year), where they invite people to speak. "The science around probiotics is *very* nebulous." In Canada and Europe no health claims are allowed for probiotics. WholeSoy makes no health claims. Address: WholeSoy & Co., 49 Stevenson St., Suite 1075, San Francisco, California 94105-2975; 660 Vischer Ct., Sonoma, CA 95476. Phone: 415-495-2870.

13245. Nordquist, Ted; 2012. Re: Bio of Jonathan Gordon. Letter (e-mail) sent to Henry L. Glasser; Robin Webster; Bill Shurtleff; Jeremiah Ridenour; Laura Tewnion, Sept. 28. 1 p.
• ***Summary:*** Dr. Jonathan Gordon posted a bio / resumé for the IFT symposium. Nancy Chapman (director of SANA) sent a copy of it to Ted Nordquist, with a note ("Reading through the Bios, I have a problem with this Bio") and with the following part of Jonathan's bio highlighted in yellow: "After travelling the globe for two years working with every multinational food manufacturer and many major national brands, he moved to White Wave Inc., where he was in charge of all production and R&D (and invented 'Silk' soymilk)."

Ted replied to Nancy as follows:

"Jonathan was hired by Steve Demos after we started manufacturing the Silk soymilk for Steve in Gustine, California in the Morningstar plant, beginning in January, 1996. In 1994-95 I developed the Silk soymilk using formulations I brought from Sweden, using the Morningstar pilot plant and the help of Laura Tewnion and Ann Shaw. We produced the Silk soymilk for White Wave from January 1996 to March 1998. Then Steve began producing Silk in the then Ador plant in Cedar City, Utah. Jonathan was the QC [quality control] manager [at White Wave] during the last phase of our making Silk and was then involved in the product from that time on. For him to publish in his Bio that he "invented Silk soymilk" is very far from the truth. To get confirmation of this you can contact Laura Tewnion who still works now for Dean Foods" (her e-dress of Laura Tewnion and Jeremiah Ridenour are given).

"Bill Shurtleff and Henry Glasser can also testify to these facts.

"Jeremiah Ridenour, then President of Wildwood Natural Foods can also testify to these facts. Jeremiah took me to Gary Veuve, then Manager of the Morningstar, Gustine plant and we agreed that I would develop the first ESL gable-top soymilk for Wildwood Natural Foods. For the record, it is important to note that the 'first ESL gable-top soymilk' idea was that of Jeremiah Ridenour! I developed soymilk formulations in Sweden, but with Tetra Pak cartons. ESL is exactly the same pasteurization techniques as aseptic Tetra Pak, but in a less stable carton. It requires refrigeration, but with up to 80 days shelf life, making it a 'refrigerated product' and sold in the dairy case. This introduced 'soymilk' in ESL cartons into the dairy case in the US. I believe the good flavor and being in the dairy case is what made soymilk successful in the USA. I would also give Steve Demos credit for his devotion to marketing this product and Jonathan for keeping the flavor good and developing additional variations. The original Silk soymilk had 5 grams of protein per serving, but when the FDA 'Heart Healthy' seal came along, all the soymilks were increased to 6.25g or 7g of protein per serving (just a little less water in the formulation). It is still sold almost exclusively in aseptic Tetra Pak in Europe. Once the product was developed (Morningstar was manufacturing Lactaid in ESL gable top), Jeremiah could not take it to market because of the minimum volumes required. I was running out of money so I took the ESL soymilk to Myron Cooper of Westbrae and Steve Demos. Steve signed onto the ESL soymilk and then developed the 'Silk' brand name. We made the product in the Silk ESL cartons for Steve for two years, selling it to him FOB Gustine, California, before he left us (abruptly)."

"Thanks, Ted.

"P.S. If you would like to forward this email to Jonathan, please do. I would like to see his response!" Address: Boulder, Colorado.

13246. Kessler, Jon. 2012. Re: Early dates for shipping Soyatoo whip topping. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 5. 1 p.
• ***Summary:*** "Bill, I came across an old spreadsheet, with the original shipping data on Soyatoo. I don't think I had sent you the exact dates Soyatoo sales started in North America before.

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"The first Soyatoo Soy Whip (7 oz pressurized can) was shipped to the US and arrived in the port of New York on Jan. 23, 2006.

"The first Soyatoo Whippable Soy Topping (the aseptic box 10.14 oz): Arrived October 19, 2007.

"The first Soyatoo Rice Whip (7 oz can): Arrived July 13, 2009." Address: Virginia.

13247. Berbille, Hervé. 2012. Re: Current developments with soy yogurt in France. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 10. 2 p.
• ***Summary:*** Missing in your excellent book on History of Soy Yogurts: (1) Senja, a Danone soyourt which was launched after Sévéa failure, but Senja did not work either; it failed in challenging its competitor and leader on this market, Sojasun.

In my opinion, both Danone soyourts (Sévéa and latest Senja) were better than Sojasun's one. The failure of these two products, still in my opinion, can not be assigned to their poor or lowest organoleptic qualities.

I believe that Danone gave up on these two products because they did not reach the expected volume and/or they could not be leader on this segment of market as they use and want to be (at least in France).

Note about Sojade: It is also an (100%) organic soyourt. This brand (also from Triballat as you note it) is dedicated to organic shops only and never sold in supermarket (Sojasun territory). Nutrition & Nature, its competitor, does the same for its product. For example, Soy tofu is sold under the brand "SOY" in organic shops and "Céréal" in supermarkets.

Surprisingly, even if Sojade comes from the same workshop as Sojasun, Sojade, still in my opinion, is significantly better than Sojasun, probably because according to organic settlement, they have to use organic fruits and natural flavouring which probably leads to a more accomplished product. However, more recently, I also notice a significant improvement in the last Sojasun soyourt.

Note: Valles, Colombes (near Asnieres, Seine) -> Vallées, Colombes (near Asnières, Seine) (today: La Garenne-Colombes).

I hope this will help you. Address: Bordeaux, France.

13248. Berbille, Hervé. 2012. Re: Terminology used for tofu, soybeans, and dried yuba sticks in France. Letter (e-mail) to William Shurtleff at Soyinfo Center, Oct. 22. 2 p.
• ***Summary:*** For tofu, Hervé (like Paul Claudel) prefers the spelling *tofou* rather than tofu in French.

For soybeans, he prefers *soja* rather than "soya," which is used in Quebec and other parts of French-speaking Canada. For "yuba" he prefers either yuba or *peau de lait de soja* which resembles *la peau de lait* for the film which appears on the top of dairy milk when it is cooked.

For "dried yuba stick" he believes the best translation would be *baguette de yuba séché.* Address: Bordeaux, France.

13249. Heang, Rany. 2012. Soyfoods in Cambodia (Table).
• ***Summary:*** This table (see next page), created by Rany free of charge at the request of Soyinfo Center, has three columns: (1) The English name. (2) The Cambodian name in Khmer script. (3) Romanization of the Cambodian name.

Black bean sauce: Tirk sondek kmao khab.
Dried yuba sticks: Por pous sondek sngout.
Edamame: Sondek seang sros.
Fermented black soybeans: Sondek seang kmao kream.
Fermented soybeans: Seang.
Fermented tofu: Tao hu keo.
Soybean: Sondek seang.
Soybean sprout: Sondek bondos.
Soymilk: Tirk sondek.
Soy sauce: Tirk se eve.
Tofu: Tao hu. Yuba: Pour pous sondek Toun. Address: Lafayette, California.

13250. Nespoto, Massimo. 2012. Le soja au Japon: mythe ou réalité? [Soy in Japan: myth or reality?] *Alternatives Végétariennes* No. 109. Sept/Nov. p. 20-22. [Fre]
• ***Summary:*** The Japanese consume soy in many forms: The main fermented soyfoods are miso, shoyu, and natto. The main nonfermented soyfoods are tofu, soymilk, yuba, okara, Koyadofu, edamame, daizu [whole soybeans], and moyashi [soy sprouts]. A brief description of each is given.

There follows and interview with a traditional tofu maker, Shuji Uemura, owner of Uemura Tofu, who arises each morning at 3:30 a.m. Color photos show: (1) The outside front of Uemura Tofu shop with blue and white norens hanging. (2) Mr. Uemura standing inside his shop. (3-4) Freshly made tofu in a cooling tank and in individual tubs. (5) Many packaged soyfoods in Japan. Address: Prof., Univ. of Lorraine.

13251. **Product Name:** Trader Joe's Nigari Silken Tofu.
Manufacturer's Name: Trader Joe's (Marketer-Distributor).
Manufacturer's Address: Monrovia, CA 91016.
Date of Introduction: 2012. December.
Ingredients: Water, soybeans, isolated soy protein, magnesium chloride (nigari*), sodium citrate, sodium chloride. * Nigari is a natural component of sea water. Contains soy.
Wt/Vol., Packaging, Price: 11.5 oz. (325 gm). Retails for $1.49 at Trader Joe's (2012/12, Lafayette, California).
How Stored: Shelf stable; refrigerate after opening.
New Product–Documentation: Product with Label purchased at Trader Joe's in Lafayette, California. 2012. Dec. 3 x 4 by 1.81 inches wide. Aseptic carton Light green, black, and red on white. On one side panel: "Using nigari, a naturally occurring component of seawater to 'firm' the tofu,

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Soyfoods in Cambodia

English	Cambodian/Khmer	Romanization
Bean Sprout	សណ្តែកបណ្តុះ	Sondek bondos
Black bean sauce	ទឹកសណ្តែកខ្មៅខាប់	Tirk sondek kmao khab
Dried yuba sticks	ពពុះសណ្តែកស្ងួត	Por pous sondek sngout
Edamame	សណ្តែកសៀងស្រស់	Sondek seang sros
Fermented black soybeans	សណ្តែកសៀងខ្មៅគ្រាម	Sondek seang kmao kream
Fermented soybean	សៀង	Seang
Fermented tofu	តៅហ៊ូផ្អាប់	Tao hu pha up
Soybean	សណ្តែកសៀង	Sondek seang
Soymilk	ទឹកសណ្តែក	Tirk sondek
Soy sauce	ទឹកស៊ីអ៊ីវ	Tirk si eve
Tofu	តៅហ៊ូ	Tao hu
Yuba	ពពុះសណ្តែកទន់	Por pous sondek toun

(Arranged alphabetically in English)

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Trader Joe's Nigari Silken Tofu is smooth, soft & sweet, easy to use for all kinds of preparations. And because it doesn't require refrigeration until after its been opened, you can keep it in the pantry for when the inevitable tofu craving strikes." Use by: Oct. 11, 2013.

Soyinfo Center product evaluation. Flavor: Average. Texture: Does not meet expectation. Label design: Drab, uninspired.

13252. Shurtleff, William; Aoyagi, Akiko. 2012. The book of tofu: Protein source of the future–Now! 2nd ed. Revised. Lafayette, California: Soyinfo Center / www.createspace.com. 344 p. Dec. 22. Illust. by Akiko Aoyagi Shurtleff. Index. 28 cm. [321 ref]

• ***Summary:*** This edition, published as a print-on-demand book by www.createspace.com, is 8 pages longer than any previous edition. The entire Glossary (with all illustrations) from the original 1975 edition is included, as is the updated Preface, the complete "Directory of Tofu Manufacturers" in the Western world (as of Feb. 2001), and the complete bibliography of 321 entries. After the Index is an updated full page of information about Soyinfo Center, then the original photo of Shurtleff and Aoyagi in 1975 from the original edition, and updated page "About the Authors," with new photos of Bill and his son Joey at Yosemite in 1994 and Akiko Aoyagi Shurtleff at the Lafayette Reservoir in 1999.

Then comes the section "Sending Tofu in the Four Directions," with a new photo of William Shurtleff with his tofu master's family at Sangen-ya Tofu Shop during his apprenticeship period, Tokyo, circa 1974. On the last page is (1) Information about the book *Tofu & Soymilk Production* and (2) about the SoyaScan database, which now contains more than 90,000 records from 1100 B.C. to the present. To order a customized search of this remarkable database, contact Soyinfo Center at 925-283-2991 or www.soyinfocenter.com.

Thanks to Akiko for redesigning the front and rear covers, and for skillfully and artistically integrating all the pieces into this newly revised edition. Address: P.O. Box 234, Lafayette, California 94549. Phone: 925-283-2991.

13253. Palmer, Tamara. 2012. Hodo Soy Beanery's 5-Spice Nuggets transcend tofu concerns: Food find. *SF Weekly* (*blog*). Dec. 26.

• ***Summary:*** Hodo's 5-Spice Tofu Nuggets are a substantial and versatile product that carry a surprising amount of flavor. The wrinkled cubes are good hot in a stir-fry as an egg substitute, cold cut up in a salad, or just straight out of the container. They're reminiscent of the wrapper found on Japanese inari (tofu skin pouches stuffed with rice), only more dense.

"The complete collection of tofu nuggetry (which also includes curry flavor) can be found at local retailers such as Rainbow Grocery as well as the Hodo Soy kiosk in the Ferry Building."

"Oakland's Hodo Soy Beanery has single-handedly transformed our opinion about tofu being nothing more than a placeholder in a dish. Founder Minh Tsai left a life in finance to start this company after having a deep inspiration to create the kind of soft and versatile tofu he'd get regularly with his grandfather when growing up in Vietnam. This is the gateway company to help tofu skeptics open their minds."

A large color photo by Tamara Palmer shows 8-10 "Five Spice Tofu Nuggets" in the plastic container in which they are sold.

13254. Sharma, Ratan. 2012. Re: Soymilk and tofu in India. Letter (e-mail) to William Shurtleff at Soyinfo Center, Dec. 26. 1 p.

• ***Summary:*** "Soymilk and tofu business has been growing in India like anything [rapidly]. Soy is really picking up." Address: PhD, Manager, the SoyaCow Centre, KH-177 Kavi Nagar, Ghaziabad 201 002 UP, India.

13255. Kelly, Carla. 2012. Quick and easy vegan slow cooking: more than 150 tasty, nourishing recipes that practically make themselves. New York, NY: The Experiment. xii + 275 p. Illust. (color photos). Index. 24 cm.

• ***Summary:*** Tofu is mentioned on 29 pages in this book, seitan on 29 pages, soy sauce on 28 pages, soymilk on 23 pages, miso on 18 pages, tempeh on 17 pages, fermented black soybeans on 1 page (p. 114), and cooked black soybeans on 1 page (p. 141).

The section on "Soy foods" (p. 26-29) has subsections on: Regular (water-packed, Chinese-style) tofu. Silken (vacuum packed, Japanese-style) tofu, smoked tofu, tempeh, soy curls (or TVP chunks), soy sauce, miso paste, soy creamer. Also: Seitan and vital wheat gluten, Marmite.

What are soy curls? Defatted soy flour extruded in the shape of curls. "I know not everyone has access to soy curls, but they are available online so try to get them if you can. They cook so wonderfully tender and absorb flavor so well. They do not need to be reconstituted prior to use because of the long cooking time. My first preference for a substitute is TVP chunks, then extra-firm tofu or seitan cut into ½-inch cubes."

Special soy recipes: Black bean beans ("I have a container of black bean sauce, a pungent paste made from fermented black soybeans, in my fridge that I often use for sautéing tofu or green beans," p. 114). Soy curl and soybean chili (with "1 cup soy curls" and "Two 15-ounce cans cooked black soybeans, drained and rinsed," p. 141). Address: British Columbia, Canada (born in New Zealand).

13256. McDougall, John A.; McDougall, Mary A. 2012. The starch solution: Eat the foods you love, regain your health, and lose the weight for good! Emmaus, Pennsylvania: Rodale Press. xx + 348 p. [374 ref]

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• ***Summary:*** This book presents the case against the "Paleo Diet." Dr. McDougall defines starches as follows (p. 7): (1) Grains: Barley, buckwheat, corn, millet, oats, rye, sorghum, wheat, and wild rice. (2) Legumes: Beans, lentils, and peas. (3) Starchy vegetables: Carrots, Jerusalem artichokes, parsnips, potatoes, salsify, sweet potatoes, winter squashes (acorn, banana, butternut), yams. The least processed starches are the best; brown rice is better than white.

"You've probably heard about the benefits of a plant-based diet–one that reduces or eliminates animal foods like meat, dairy, and eggs. This concept does not go far enough. Without the addition of starch, a diet of low-calorie leafy greens like lettuce and kale, crucifers like broccoli and cauliflower, and fruits like oranges and apples will leave you feeling hungry and fatigued" (p. 8).

The Glycemic Index idea is incorrect (p. 160-63).

Soy foods in Asian diets (p. 141). Not all soy foods are the same: The fake ones and the highly refined ones are not eaten in traditional East Asia diets. Those which are eaten are edamame (green vegetable soybeans boiled in their pods), soy milk, soybean sprouts, soy sauce, soy flour, tempeh, tofu, yuba, okara, miso, and natto. "A traditional family in Japan or China gets fewer than 5% of their daily calories from soy." Fake soy foods (highly processed) cause harm (p. 142-44). The most highly processed soy ingredient is soy protein isolates–to be avoided. Concerns over soy lead to changing recommendations–especially for infants (p. 144-45). Which soy foods are healthiest (p. 196). Address: 1. M.D,. Both: Santa Rosa, California. Phone: (707) 538-8609.

13257. Rushford, Jaime Salas; Benno, Yoshimi. 2012. Morinaga BB536: Japan's leading clinically proven probiotic. Salt Lake City, Utah: Woodland Publishing. 52 p. Illust. 22 cm.
• ***Summary:*** Morinaga BB536 is a probiotic, a proprietary strain of *Bifidobacterium longum* named *Bifidobacterium longum* BB536. It is highly stable and does not cause adverse effects.

Contents: Probiotics: What are probiotics?, It's about balance, why we need probiotics. types of probiotics, how probiotics work, the life and times of BB536.

Introducing Bifidobacteria and BB536: Bifidobacteria and intestinal health, what Bifidobacteria don't do, Bifidobacteria in the intestinal tract.

Benefits of *Bifidobacterium longum* BB536: Bifidobacteria, BB536 and intestinal health, gastrointestinal disorders, BB536 maintains intestinal health, diarrhea, constipation, probiotics and irritable bowel syndrome, probiotics and ulcerative colitis, probiotics and Chron's Disease, BB536 and allergies, BB536 and cholesterol, probiotics, BB536 and cancer, Bifidobacteria and infections in premature infants BB536 and bone strength.

Prebiotics: Feed your beneficial bacteria: Fructooligosaccharides, inulins, other prebiotics, benefits of prebiotics, *Bifidobacterium longum* BB536 and safety, is BB536 safe?, BB536 in functional foods.

References: General, intestinal health and gastrointestinal disorders, allergies, cholesterol, cancer, influenza, premature infants, osteoporosis, safety and stability, prebiotics.

Glossary. Appendix: Directory of leading organizations. About the authors. Address: 1. M.D.; 2. DVM, PhD.

13258. Shuldiner, Joseph. 2012. Pure vegan: 70 recipes for beautiful meals and clean living. San Francisco, California: Chronicle Books. 224 p. Illust. (color photos by Emily Brooke Sandor and Joseph Shuldiner). Index. 28 x 23 cm.
• ***Summary:*** Exquisite! Wonderful writing. Superb photography. Get this book–now! "The only vegan cookbook that celebrates eating and enjoyment rather than emphasizing the politics of a vegan lifestyle,..."

The word "tofu" appears on 38 pages in this book, "soy" on 13 pages, "soy sauce" on 5 pages, and "yuba" on 3 pages. The headnotes to Yuba spring rolls (p. 128-30) states: "Most Westerners aren't familiar with yuba, but I have a feeling that's about to change. A traditional food from China and Japan, yuba is the skin the forms on the surface of heated soymilk. It is gently lifted off the simmering soymilk in sheets and either used fresh or dried and then reconstituted. It has a slightly nutty flavor and a chewy texture." It is available at most larger Asian groceries. If unavailable, packaged egg roll wrappers make an acceptable substitute.

A full-page color photo (p. 129) shows sheets of yuba, a whole gingerroot, and several bottles of soy sauce. Address: Graphic designer, photographer, writer, and cook with a passion, Los Angeles.

13259. Brown, Lester R. 2013. China's rising soybean culture reshaping Western agriculture. *www.earthpolicy.org.* Jan. 8. www.earth-policy.org/ data_highlights/ 2013/ highlights34. [1 ref]
• ***Summary:*** "The soybean was domesticated some 3,000 years ago by farmers in eastern China. But it wasn't until well after World War II that the crop gained agricultural prominence, enabling it to join wheat, rice, and corn as one of the world's four leading crops.

"This rise in the demand for soybeans reflected the discovery by animal nutritionists that combining 1 part soybean meal with 4 parts grain, usually corn, in feed rations would sharply boost the efficiency with which livestock and poultry converted grain into animal protein. As China's appetite for meat, milk, and eggs has soared, so too has its use of soybean meal. And since nearly half the world's pigs are in China, the lion's share of soy use is in pig feed. Its fast-growing poultry industry is also dependent on soybean meal. In addition, China now uses large quantities of soy in feed for farmed fish.

"Four numbers tell the story of the explosive growth

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of soybean consumption in China. In 1995, China was producing 14 million tons of soybeans and it was consuming 14 million tons. In 2011, it was still producing 14 million tons of soybeans–but it was consuming 70 million tons, meaning that 56 million tons had to be imported."

Graph #1 (source USDA) shows "Soybean production, consumption, and imports in China, 1964-2011." Significant imports began in about 1995 and have increased steadily and dramatically since then.

"China's neglect of soybean production reflects a political decision made in Beijing in 1995 to focus on being self-sufficient in grain. For the Chinese people, many of them survivors of the Great Famine of 1959-61, this was paramount. They did not want to be dependent on the outside world for their food staples. By strongly supporting grain production with generous subsidies and essentially ignoring soybean production, China increased its grain harvest rapidly while its soybean harvest languished."

Graph #2 (source USDA) shows "Grain and soybean production in China, 1960-2011." Grain has increased steadily–although it decreased sharply during the period 1998-2005. Soybean production has remained small and static. Production peaked at 17.4 million tons in 2004.

"Hypothetically, if China had chosen to produce all of the 70 million tons of soybeans it consumed in 2011, it would have had to shift one third of its grainland to soybeans, forcing it to import 160 million tons of grain–more than a third of its total grain consumption. Because of this failure to expand soybean production over the last 15 years or so, close to 60 percent of all soybeans entering international trade today go to China, making it far and away the world's largest importer. As more and more of China's 1.35 billion people move up the food chain [eat more meat], its soybean imports will almost certainly continue to climb.

"Only one tenth of the soybeans used in China is consumed directly as food such as tofu and soy sauce. The other 90 percent is crushed, separating the oil and meal. In China, as elsewhere, the oil is a highly valued cooking oil and the meal is widely used in animal feed rations.

"For the world as a whole the pattern of soybean consumption is similar. To most consumers, the soybean is an invisible food, one that is embodied in many of the products found in any refrigerator. Clearly, the soybean is far more pervasive in the human diet than the visual evidence would indicate.

"The world demand for soybeans is increasing by some 7 million tons per year. It is being driven primarily by the 3 billion people who are moving up the food chain, consuming more grain- and soybean-intensive livestock products. Population growth is also driving up the demand for soybeans, either indirectly through the consumption of livestock products or directly through the consumption of tofu, miso, and tempeh. In the two leading consumers of soybeans, the United States and China, populations are growing by 3 million and 6 million per year, respectively And finally, an increasing demand for soy oil for biodiesel is also ramping up soybean use.

"The principal effect of skyrocketing world soybean consumption has been a restructuring of agriculture in the western hemisphere. In the United States there is now more land in soybeans than in wheat. In Brazil, the area in soybeans exceeds that of all grains combined. Argentina's soybean area is now close to double that of all grains combined, putting the country dangerously close to becoming a soybean monoculture. Together they account for over four fifths of world soybean production. For six decades, the United States was both the leading producer and exporter of soybeans, but in 2011 Brazil's exports narrowly eclipsed those from the United States."

Graph #3 (source USDA) shows "Area harvested for wheat, corn, and soybeans in the Western hemisphere, 1960-2011."

"Although most of the growth in the world grain harvest since the mid-twentieth century is from the tripling of grain yield per acre, the 16-fold increase in the global soybean harvest has come overwhelmingly from expanding the cultivated area. While the area expanded nearly sevenfold, the yield scarcely doubled. The world gets more soybeans primarily by planting more soybeans. Therein lies the problem.

"The question then becomes, Where will the soybeans be planted? The United States is now using all of its available cropland and has no additional land that can be planted to soybeans. The only way to expand soybean acreage is by shifting land from other crops, such as corn or wheat. In Brazil, new land for soybean production comes from the Amazon Basin or the cerrado, the savannah-like region to the south.

"Put simply, saving the Amazon rainforest now depends on curbing the growth in demand for soybeans by stabilizing population worldwide as soon as possible. And for the world's more affluent people, it means eating less meat and thus slowing the growth in demand for soybeans. Against this backdrop, the recent downturn in U.S. meat consumption is welcome news.

For further reading on the global food situation, see *Full Planet, Empty Plates: The New Geopolitics of Food Scarcity,* by Lester R. Brown (W.W. Norton: October 2012). See particularly Chapter 9: "China and the soybean challenge." Supporting data sets and PowerPoint presentations are online at www.earth-policy.org/books/fpep. Address: President, Earth Policy Inst., 1350 Connecticut Ave., N.W., Suite 403, Washington, DC 20036. Phone: 202-496-9290.

13260. Sunrise Soya Foods (Website printout–part). 2013. www.sunrise-soya.com/ Jan. 10.

• ***Summary:*** "Our history: Sunrise Soya Foods humbly began in 1956 when founder Leslie Joe and his wife Susan,

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newly immigrated from China, realized that there was a demand for tofu in the Chinese community of Vancouver. Leslie began by making small batches of creamy tofu at the back of his grocery store, Sunrise Market, now a well-known Vancouver landmark with its masses of fresh produce and bustling market enticing shoppers from around the city. The tofu making operation continued to grow in size throughout the 60s and the 70s, as demand increased and consumer awareness of the importance of a healthy diet grew. Sunrise tofu quickly developed a loyal following in the community.

"The current Sunrise Soya manufacturing plant was purchased in 1983, with 5,000 square feet of factory space and in 1985, the first packaged Sunrise tofu products were available at supermarket chains throughout Western Canada. In the 1990s, with an expanding product portfolio, the factory and warehouse space grew to 35,000 square feet. In 1999, Sunrise became one of the first companies to promise exclusively non-GMO soybeans in its products. A new manufacturing plant opened in Toronto in 2000, to meet the growing demands of the North American market. The Sunrise lineup expanded to meet this burgeoning consumer demand, introducing organic products (Soyganic), a vast range of traditional ethnic varieties and a quick, ready to eat tofu line (Pete's Tofu).

"From a small, one-man operation to the largest tofu manufacturer in Canada employing over 200 Canadians, Sunrise Soya Foods has changed a lot over the years. What hasn't changed is the approach to business and the commitment to the community. Despite the company's success, Peter Joe, the founder's son, tofu production hand (in his teenage years) and current CEO, still applies a small business approach to running the family company. Little did Leslie Joe realize, as he was carting buckets of tofu around Vancouver's Chinatown in the 1950s, that he was sowing the seeds for a true Canadian success story." Address: 729 Powell St., Vancouver, BC V6A 1H5, Canada.

13261. Roth, Anna. 2013. Soon you'll be able to get tofu burritos at Chipotle: Vegetarian. *SF Weekly* (*blog*). Feb. 20.
• ***Summary:*** Wikipedia says: "Chipotle Mexican Grill, Inc. is a chain of restaurants located in the United States, United Kingdom, Canada, and France, specializing in burritos and tacos. Its name derives from chipotle, the Mexican Spanish name for a smoked and dried jalapeño chili pepper.

"The restaurant is known for its large burritos, assembly-line production, and use of natural ingredients." The company was founded by Steve Ellis in 1993. "With more than 1400 locations in 43 states, Washington, D.C., 2 Canadian provinces, England, and France, the chain had net income in 2012 of US $278 million and a staff of 37,310 employees."

Anna Roth writes: "In what we can only assume is a bid to take a bigger share of the fast-casual dining market, Chipotle has announced a tentative new vegetarian entree option. Beginning February 12, the chain will begin testing tofu 'sofritas' burritos in seven of its Bay Area restaurants. The organic, GMO-free tofu will come from Oakland's Hodo Soy Beanery and will be shredded and braised with chipotles, roasted poblanos and other spices for a filling the fast-casual chain hopes will appeal to both vegetarians and vegans. Sofritas will be available in burritos, tacos, burrito bowls and salads.

"Sofritas is the spice blend used to season the shredded tofu, and the dishes are braised with chipotle chilies, roasted poblano peppers, and a blend of aromatic spices. In Spanish cuisine, sofrito is created via a sauté of garlic, onion, peppers and tomatoes. The sofritas tofu is made in Oakland and is free of any GMOs."

A follow-up blog on this same site, "Taste testing Chipotle's new Hodo Soy Tofu Burrito," by Mary Ladd (Feb. 20) states: "This month in the Bay Area, Chipotle is testing a sofritas Hodo Soy tofu-based menu of burritos, tacos, burrito bowls and salads that is vegetarian- and vegan-friendly."

Update: As of May 7 Sofritas vegan protein made from Hodo Soy's tofu is available in all Chipotle's Northern California stores. Chipotle is actually advertising this in print and on the radio, and naming Hodo as their tofu supplier. Apparently the new product has been a success, which is also good news for Hodo Soy.

13262. Roseboro, Ken. 2013. The 2013 non-GMO sourcebook: A buyers guide to global suppliers of non-GMO and organic seeds, grains, ingredients, feed and foods. Fairfield, Iowa: Evergreen Publishing, Inc. 106 p. Illust. (both color, and blue and white photos). Index. 28 cm.
• ***Summary:*** Contents: Editor's introduction (by Ken Roseboro, publisher and editor). Suppliers of non-GMO products: United States, Canada, Europe, Africa / Middle East, Asia / Australia, Latin / South America. The Non-GMO Project special section (p. 51+). Non-GMO shopping guide. Related products, services, and organizations. rBGH-free dairy processors in the US. Index of non-GMO suppliers by product category: Seeds (corn, soybean, edamame), canola / rapeseed, processed canola / rapeseed products, corn / maize, processed corn / maize products, soybeans (identity preserved, specialty, organic), processed soy products (flakes, flour, germ concentrate, grits, lecithin, meal, nuts, oil, low linolenic oil, phytosterols, protein, textured protein, soymilk, soymilk powder, soy sauce, tofu, vitamin E / tocopherols), other grains / oilseeds and processed products (alfalfa / hay, barley, cotton,...), other ingredients and processing aids (citric acid, dairy ingredients...), sweeteners, food products, food supplements, animal feed. Index of related products, services and organizations. Complete index of listings. Index of advertisers.

Note 1. In the Suppliers section, many company entries have the Non-GMO Project logo (with an orange and black butterfly on a green leaf) next to their company name

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This comprehensive book gives the single best picture of the growing industry, worldwide, opposed to genetic engineering. Address: Editor / Publisher, P.O. Box 436, Fairfield, Iowa 52556. Phone: 1-800-854-0586.

13263. Soyatech, LLC. 2013. Soya & Oilseed Bluebook 2013: The annual directory of the world oilseed industry, online at www.soyatech.com. Bar Harbor, Maine: Soyatech. 336 p. Jan. Comprehensive index. Advertiser index. Statistical conversions. 28 cm.
• ***Summary:*** This is the 7th year in a row that the *Bluebook* (a $95 value) has been sent free of charge to qualified industry members. On the front cover is a large round color photo collage of four of the major oilseeds, plus harvesting with a combine and shipping in containers.

The 14 oilseeds covered in this book are (alphabetically): Canola, coconut, corn, cottonseed, flaxseed, hemp seed, jatropha, linseed, palm, peanut, rapeseed, safflower, soya, sunflowerseed–the same as last year.

On the inside front cover is a color ad for Omega-9 Oils (from Dow Agrosciences). Other full-page ads related to soyfoods are: ADM, AOCS, French Oil Mill Machinery Co. and Insta-Pro International.

On the rear cover is a full page color ad from Natural Products Inc. (NPI, Grinnell, Iowa), makers of innovative ingredients for soymilk and tofu to cakes and cookies. They are the makers of Scotsman's Mill ingredients.

Chris Erickson is CEO. Mark Dineen is president. Keri Hayes is publisher and operations director. Address: P.O. Box 1307, 19 Clark Point Rd., Suite 112, Southwest Harbor, Maine 04679. Phone: 207.244.9544.

13264. Liptak, Adam. 2013. Supreme Court appears to defend patent on soybean. *New York Times.* Feb. 19.
• ***Summary:*** "The question in the case, Bowman v. Monsanto Company, No. 11-796, was whether patent rights to seeds and other things that can replicate themselves extend beyond the first generation." Monsanto had sued Bowman, a farmer age 75, for buying seed from an elevator filled with a mix of seeds (some of which were almost sure to be Roundup Ready) then planted them.

Justice Stephen G. Breyer said that among the things Mr. Bowman could do with the seed he had bought from the grain elevator was to feed it to animals, feed it to his family, or "make tofu turkeys." However he could not make copies of a patented invention. The U.S. Attorney General's office (i.e., the U.S. government) filed a brief in support of Monsanto.

Note: This may be the first time that tofu was mentioned during oral arguments at the Supreme Court.

13265. Warner, Melanie. 2013. Pandora's lunchbox: How processed food took over the American meal. New York, NY: Scribner. 267 p. *
• ***Summary:*** The author started researching this book when she discovered that a piece of individually wrapped cheese retains its shape, color and texture for years. Processed foods account for roughly 70% of our nation's calories.

Fermented foods made from whole soybeans include tempeh, natto, and some kinds of soy sauce. Nonfermented foods made from whole soybeans include edamame. There's nothing wrong with a little soybean oil–if it's unhydrogenated and unheated. Highly processed creations include soy protein isolates and concentrates.

Soy is mentioned on pages ix, xiv, 11, 102, 115, 119, 120, 124-26, 128-49, 151, 153-54, 156, 158-62, 171-74, 186, 236-38, 240-41.

Edamame (unprocessed): p. 159-60. Tempeh (a whole food): p. 159-60. Natto (a whole food): p. 159-60. Address: Former New York Times business reporter.

13266. He, Gene. 2013. Re: Nature Soy, Inc.: Its history and products 713 North 10th St., Philadelphia, PA 19123. 10 p. + 3 inserts. 28 cm.
• ***Summary:*** In 1990 Sunkee Tofu Food Company (*Xinji Doufu Shipin Gongsi* in pinyin) started in Pennsylvania, located at 448 North 12th St., Philadelphia, a few blocks from their present location. The founder was Wen Yatsun, who was born and raised in China but had been educated in the USA; he previously been an electrician and had owned and operated a restaurant in Philadelphia. Being in the restaurant business, he saw that there was a demand for tofu but no local manufacturers. His business thrived and grew very nicely. Sunkee mostly served customers in Philadelphia, especially restaurant customers.

The company's original products, sold under the Sunkee brand, were basic tofu products–the types popular in the Asian-American market: Soft tofu, firm tofu, silken tofu, extra firm tofu, and five-spice extra firm. Also: Soymilk (plain or sweetened, ½ gallon), soymilk (sweetened, 16 oz = 1 pint). In about 1992 the company introduced soy puffs (deep fried tofu puffs).

In 1998 Mr. Wen decided to establish a new company, Nature Soy, Inc. (*Datian Doupin Chang,* in pinyin) and two new brands: "Nature's Soy" and "Datian" (two Chinese characters meaning "Nature Soy"). Production of tofu was moved into the current location (713 North 10th Street in Philadelphia), with about ten times as much square footage and with a very modern, advanced tofu production line. A space in the new building was constructed for an R&D laboratory; it began operation in late 1998. That laboratory improved the sanitation of the entire production facility.

In 2002 the following specialty flavored products were introduced to the market: (1) Hot & spicy flavored tofu, 8 oz. (2) Curry flavored tofu, 10 oz. (3) Oriental sauce tofu, 10 oz.).

In 2003 Gene joined the company as a partner with Mr. Wen. They both own the company and work there every

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day. Gene developed the company philosophy: "We take soy products seriously!" and "Healthier living, healthier life." At this time the company began to do a little bit of marketing to reach outside the Asian-American community. It was also for this reason that the company began to develop various pre-marinated types of tofu, sliced tofu, 5-minute tofu (a cake of tofu with a packet of seasoning that takes about 5 minutes to cook), etc. Gene joined the company in large part to make sure the company meets all sanitation and modern food processing regulations. Born and raised in China, his educational background is in dairy products in the USA. He was one of the few Chinese cheese makers. He earned his PhD degree from Utah State University, and was especially interested in fermented dairy products. After that, he went into the fermentation industry.

In about 2004 the R&D lab developed tofu that could be sliced as thin as 1/16 of an inch, and from this they developed a new product: organic deli-style pre-sliced tofu (see photo from 2005 company brochure). The product was pre-seasoned like a lunch meat. As far as we know, this was the world's first product of this type. They supplied it to Giant (a supermarket chain) and also to Walmart. Gene's original intention was to replace those lunch slices which contain a lot of low-grade materials–as well as cholesterol, saturated fat, etc. One big problem at the time was that the company did not have enough marketing money. Unfortunately, the demand for this product was not very great and it had to be discontinued

Maybe the product was ahead of its time. Gene has developed a related product that is even more interesting than the original thinly sliced tofu. It is like a block of cheese, where a deli or restaurant can put it on their own cheese slicer to make fresh tofu slices to any thinness they desire. The company did a focus group on that product with a group of vegetarians and the loved it, but it is not yet on the market.

Competitors: The biggest are House Tofu (which has a new plant in New Jersey), Vitasoy / Nasoya, and Pulmuone [which has a relatively new plant in Tappan, New York]. Nature Soy's product line is much bigger than that of House, which is various forms of water-packed tofu.

Nature Soy has been growing every year, without one year in which sales decreased, even during the Great Recession that started in 2008 and even during the anti-soy campaign on the Web. Of the latter Gene says simply, "They are crazy."

In about 2004 the wheat gluten based vegetarian meat substitutes were produced for commercial sales. Also in 2004 fried tofu (8 oz was introduced).

Mr. He knows and likes fermented tofu. He says that if you blend it with other ingredients (such as garlic) to make a fermented tofu spread, where it serves as the source of flavor, it makes a great spread–as for crackers. A lot of fermented tofu is sold in the USA at Asian food stores, but essentially all of it is imported. It is almost impossible for a domestic manufacturer to compete with the low imported prices.

Gene believes that Nature Soy has a bright future. Address: 713 North 10th St., Philadelphia, Pennsylvania. Phone: 215-.

13267. Tien, Jessica. 2013. Re: Update on the history of Rosewood Products, Ann Arbor, Michigan. Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 27–in reply to questions.. 1 p.

• ***Summary:*** "On Oct. 24, 2006, Bruce G. Rose sold the company to Rodney Dean, doing business as Rosewood Products at the same location (738 Airport Blvd. Ann Arbor, Michigan 48108). No article announcing the sale could be found.

"Bruce G. Rose passed away on March 15, 2007 (according to one employee who still working here at Rosewood). See attached document.

"On Feb 20, 2009, Rodney Dean sold the company to Phil Ye; it was still doing business as Rosewood Products at the same location. No article announcing the sale could be found.

The attached document (online) reads: "Local farewells: Bruce G. Rose, Pinckney, Michigan (1946-2007): Bruce was a loving husband for 35 years, father to 3 children, entrepreneur and founder of Rosewood Products and Tofu International in Ann Arbor since 1976.

"His Family: Bruce is the loving husband of Ruth (Gonynor) whom he married on February 4, 1972 in Windsor, Ontario. They raised three sons who survive. Demian (Christina) of San Francisco, California, Scott of Ft. Myers, Florida, and Jeff (Denise) of Raleigh, North Carolina. Also surviving is his brother Douglas of Denver, Colorado.

"A simple farewell will be held at 12:00 Noon, Tuesday, March 20, 2007 at Borek Jennings Funeral Home, Hamburg Chapel." Address: Secretary, Rosewood Products, 738 Airport Blvd., Ann Arbor, Michigan 48108.

13268. Guardino, Lorraine. 2013. How Soy City Foods in Toronto, Ontario, Canada, became Sol Cuisine? (Interview). Letter (e-mail) to William Shurtleff at Soyinfo Center, Feb. 28. 1 p.

• ***Summary:*** In 2002 Dror Balshine bought Soy City Foods (of Toronto, which had been founded in 1980) and four of people remained with Sol Cuisine for a two year period: John Esquivel, Production Manager; Lorraine Guardino, Sales Manager; Charlie Lund, Production; Peter Ness, Production; Of these only John and Lorraine remain working for Sol Cuisine. Lorraine is still in Sales and John is still Production Manager. Len Bugyra now runs a successful insurance benefits company. Paul Whitehead passed away several years ago and I have no idea what Jon Cloud is up to. Patrick Lorraine's husband of 30 years but he has not been with Soy City since 1980. Lorraine started working part

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time (while our children were young) in 1983 at the front of the "Soyateria" as it was called and then began working in production, moved on to sales and have been doing that ever since. John Esquivel has been our Production Manager ever since Jon Cloud left Soy City. Golden Age Foods which was Soy City Foods and the Vegetarian Restaurant, closed its doors when we were purchased from Sol Cuisine.

"Patrick was the first Manager. He was also a welder which came in handy when he built the first tofu shop we had. Wow are we going back! Funny, Lorraine just recently was going through some old files here and found your book, Patrick used it as a bible when he built the first tofu shop and his notations are all through the very weathered copy we have. Lorraine took it home for him.

"Do you know Haro Wehrmann? He grows our Certified Organic soybean for us here in Ontario."

All of the products that Sol Cuisine presently sells contain soy, and many have soy as the main ingredient. All are vegetarian. They sell to both retail and foodservice. They sell in Whole Foods and Raleys in California, People's Co-op in San Francisco. Their three most popular products are tofu, burgers (various types), and breakfast patties. www.solcuisine.com. Address: Sales Manager, Sol Cuisine, 3249 Lenworth Drive, Mississauga, ONT L4X 2G6 Canada. Phone: 905-502-8500 x 221.

13269. Guardino, Lorraine. 2013. How Soy City Foods (in Toronto, Ontario, Canada) was transformed into Sol Cuisine by Dror Balshine (Interview). *SoyaScan Notes.* Feb. 28. Conducted by William Shurtleff of Soyinfo Center.
• ***Summary:*** During the 1970s Lorraine was part of a meditation group–and doing other "weird" things; she was not on the scene until 1983, but she is familiar with the early history of Soy City Foods and Sol Cuisine.

In 1980 Soy City Foods started as a tofu company (at 2847 Dundas Street West), in order to supply their very successful restaurant, named The Vegetarian Restaurant, which had opened in 1976 at 542 Yonge Street by Wellesly; that was their first little company. It was one of the first vegetarian restaurants in Toronto; Annapurna was the other. However, the restaurant simply couldn't find a source of good tofu.

The Vegetarian Restaurant was established by Golden Age, Inc., a group of 28-30 like-minded young friends. Each person invested about $1,000 to get it started. Being young, everyone had a lot of energy. The Vegetarian Restaurant was very profitable–initially–and that money enabled it to start Soy City Foods. It was worker owned–a cooperative. The only original restaurant manager Lorraine knows of and can confirm was Paul Dunlop.

Pat Guardino was hired to build the tofu shop because he was a welder. Pat went down to New Hampshire and apprenticed / studied with Jay and Pat Gibbons, owners and operators of Crystal Springs Tofu Shop (renamed North Country Soyfoods by summer 1980) in Bethlehem, New Hampshire; during the week he was there, he learned the basics of making tofu and tofu equipment.

The goal of Soy City Foods shop was to bring Toronto a "clean protein." The main owners of the shop ended up being Pat Guardino & Paul Whitehead. However everyone who worked at the Soy City Foods owned it, and all the capital came from these workers.

Also in 1980 a second The Vegetarian Restaurant was opened on Dundonald Street (which is just off of Wellesly Street) along side of Soy City Foods. The owners / workers called the new restaurant the "West End" and the original one the "Downtown." Both restaurants operated together for about 15 years–from 1980 until about 1995 or 1996, when the Downtown closed, because of dwindling profits and aging staff. When this restaurant had opened at its original downtown location in the mid-1970s there were lots of profits, because the restaurant was very unique. But as the years went on, almost every restaurant in Toronto began to offer good vegetarian food. So the uniqueness dwindled quite a bit as vegetarian food became more widely available. Moreover, leasing and renting rates skyrocketed in the downtown Toronto area. Soy City developed an excellent distribution network and several of their veggie burgers had gone into the larger grocery store chain in Ontario. They were also selling across Canada in foodservice, which ended up being Soy City's largest market. In Canada, in the university market, it was a requirement that each university provide two vegetarian options for breakfast, lunch, and dinner. That became the driver for Soy City's growth at the time. They ended up selling their tofu in bulk to the university market, and one of the contract catering companies sent their chefs to the west end Vegetarian Restaurant for a week and learned how to cook vegetarian cuisine. Soy City developed two veggie burgers for them and they chose which one they preferred–which was called the Soy City Veggie Burger and which contained both soybeans and okara. That is still sold by Sol Cuisine, but it is now called the Almond Grain Burger. Soy City made an ongoing effort to use okara in foods. "It was very difficult for all of us who worked there to see such a beautiful protein and fiber be thrown away. So our Soysage used a lot of okara, as did a falafel and the veggie burger."

Why did Soy City Foods want to sell? The worker population was aging and they were outgrowing the very small facility as the demand for tofu and veggie burgers steadily grew. Basically the worker-owners made the decision to sell rather than to invest more money and continue on at low wages and personal sacrifice. By 2002 two-thirds of the company's sales were via foodservice. Yet total sales were just under $1 million (Canadian).

In 2002 Dror Balshine bought Soy City Foods, He was a young entrepreneur, in his early '30s. He already had a business in Toronto named Second Nature that sold

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veggie burgers and dry veggie burger mix. He did not have a manufacturing facility; his products were co-packed for him. He was already dedicated to vegetarianism and he used textured soy protein concentrate in his burgers. Lorraine, who was the sales manager of Soy City Foods, already knew Dror who she often met at food shows. She called him and discussed the possibility of his buying the company. He was interested and before long he decided to buy it.

One of the first things Dror did was to change the name to Sol Cuisine. The tofu continued to be sold under the brand / banner of Soy City Foods, and it is only now that the Soy City Foods name is being phased out. This tofu began to be made with organic soybeans in about 1985 and that tradition continued under Sol Cuisine. Shortly after buying Soy City Foods, Dror moved it to Mississauga (5715 Coopers Ave., Unit 1), just west of Toronto. Shortly after this move was completed, Soy City Foods' food manufacturing plant at 2847 Dundas Street West in Toronto, was closed. They made tofu, tempeh, veggie burgers, falafel, etc. at the new, lower-rent and lower-tax location. Later, the company needed a larger facility, so in Feb. 2008 they moved to their present address at 3249 Lenworth Drive, Mississauga (about 10 minutes drive south of 5715 Coopers Ave.). All foods that Sol Cuisine now sells (except the Sol-Dog, a veggie hot dog) are made at the plant on Lenworth Drive. The Sol-Dog is sold only to foodservice. When they moved to Lenworth Drive, they became a HACCP facility and also stopped making tempeh; the cross contamination of the tempeh spores was too strong. Dror is committed to making only vegan foods and to verification by the non-GMO Project (they are very thorough) and to organic when possible. And, all but one of their products are now gluten-free.

Foods shown on a 2005 leaflet include T-Ribz (now called Organic Barbecued Ribz; made from their own tofu, sliced put in a package with their own sauce on top; sold fresh in Canada and frozen in the USA for about 18 months). Organic T-Nuggets (cubed tofu that was marinated, breaded and baked; never sold as a retail product, no longer made). Organic Sol-Ground (now the Veggie Crumble), 3 vegetarian burgers (they now make a total of 5 soy burgers in the retail market; the main ingredient is verified non-GMO TVP, made by ADM).

What was the Soyateria? It was Soy City's soy deli in Toronto that opened in April 1981. The public could come in and have a pita bread sandwich, or buy bulk tofu. There was a little menu. One popular dish was tofu, coated in Engivita nutritional yeast, then sauteed on the grill with sauteed onions and mushrooms and a sauce. The Soyateria did a lot of experimentation to learn what recipes and products people liked. They made tofu cheesecakes, tofu pumpkin pie, bulk soymilk, soft soy ice cream, etc. Lorraine began working there part time in 1983 (it was a short walk from her home) while raising a family. She left her good-paying job at the Royal Bank to work at the Soyateria! It was a lot of fun. But after 5-6 years it went out of business.

John Escavel, who is still production manager at Sol Cuisine, started working at Soy City Foods in about 1980 or 1981. He has an excellent memory, so he is a good person to talk with about the company's history. Address: Sales Manager, Sol Cuisine, 3249 Lenworth Drive, Mississauga, ONT L4X 2G6 Canada. Phone: 905-502-8500 x 221.

13270. Cloud, Jon. 2013. How John got involved with Soy City Foods in Toronto, Ontario, Canada (Interview). *SoyaScan Notes.* March 6. Conducted by William Shurtleff of Soyfoods Center.

• ***Summary:*** Jon was first introduced to tofu in the 1960s in Southeast Asia. Golden Age Foods–a religious organization and a collective–was the parent company of Soy City Foods, and eventually owned 2 restaurants and a deli. Soy City Foods was started in 1980 as part of the religious group. Pat Guardino, a welder, built the tofu-making equipment. Jon arranged for Pat to be trained in making tofu by Jay and Pat Gibbons, founders and owners of Crystal Hills Tofu Shop in Bethlehem, New Hampshire. Jon had previously learned how to make tofu at that same tofu shop, and at that time he became very interested in okara. Later in 1980, when Jon arrived in Toronto, Canada, Soy City Foods was "having a terrible time financially, as well as from a tofu product standpoint." Trying to build your own tofu equipment is very difficult and this equipment did not work well. Pat struggled with the shop for about 4 months. The cycle time (to make one batch of tofu) was much too long–2 to 3 hours to cook the soymilk. "It was a fiasco." The long, low-temperature cooking of the soymilk to deactivate the trypsin inhibitor caused the proteins to stick to the side of the cooker, which produced a substance very similar to Naugahyde–an American brand of artificial leather. People used to ask Jon how many Naugas it took to make a Naugahyde jacket.

Throughout this time Jon was still in the United States; he knew of these problems because he talked to people at Soy City Foods by phone. In 1972 Jon bought a farm in Vermont; that same year he started a natural food distribution company which he named Cloud Mountain. Jon was farming organically (on about 40 acres as a side job) in Vermont and he had his own health food distribution company. Jon also grew some short-season soybeans. At one point he went to the University of Illinois at Urbana-Champaign and studied agronomy and how farmers grew crops before 1938–when the application of nitrate fertilizers started. Jon did not want to use any chemicals on his land. He was also one of the founders of Community College of Vermont, which became State College of Vermont.

In 1980 Jon's wife decided to join Golden Age in Toronto, so the two decided to move with their daughter to Canada. Jon never returned to his beautiful farm in Vermont. He and his family spent two months in Buffalo waiting for their application for a visa to reside in Canada was

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approved. During this time he distributed Soysage (whose main ingredient was okara, made at Crystal Hills in New Hampshire), honeys, apple juice / cider, etc. When Jon and his family arrived in Toronto, he went to Soy City Foods. Things were still not going well. "They were getting killed financially, and people were just standing around waiting for soymilk to boil." They had a meeting and asked him if he would like to "take over" Soy City Foods. He said that he would, since he could see that someone needed to. He and Pat Guardino are really good friends; "I love him dearly and he has a Mentat (brilliant) mind." At that time Pat, who was really a welder at heart, bowed out, and let Jon take over. Jon streamlined the tofu-making operation until they had a cycle time of about 23½ minutes. But it was hard work. "You couldn't fire anyone; it was a guaranteed job."

After things began to run more smoothly, Jon spent more and more of his time in the fields recruiting soybean growers, contracting with them, and training them how to grow soybeans organically–and also how to grow all of the crops (including soybeans, wheat, open-pollinated corn, winter rye, buckwheat, and spelt) in the 7-year rotation he had developed. Crop rotation is essential, he has learned, for organic farming to really work. Everyone wanted Soy City Foods to use organic soybeans. Jon loved this organic work, and it enabled him to apply everything that he had learned in Illinois and Vermont. He organized 32 workshops, developed 80 slides, and 82 fact sheets. Jon also contracted to buy all the various crops these farmers grew. Out of that came Cloud Mountain (of Canada), his company that sold organic crops; he sold that company in 1992 to SunOpta. Jon contributed heavily to the financial construction of Soy City Foods.

At one point the Seed Breeders of Canada asked Jon to join their registration committee, named the Ontario Oil and Protein Seed Crop Committee; he was on it for 8 years. There he met Dr. Harvey Voldeng (a plant breeder at Agriculture Canada, Central Experimental Farm, Ottawa) and Gary Ablett (a soybean breeder at Ridgetown College) who became his mentors and friends.

Jon left Soy City in about 1993, shortly after his divorce in 1992. He took Cloud Mountain with him.

Jon has earned three masters degrees and is now working on a 4th at the University of Guelph. Address: Cloud Holding Inc., 342 Indian Rd. Cres., Toronto, ONT M6P 2H1 Canada. Phone: (905) 939 2962 or (416) 762-0940.

13271. Malarkey, Ron. 2013. Re: History of R&R Foods and their Clear Spot products Letter (e-mail) to William Shurtleff at Soyinfo Center, March 12. 1 p.
• ***Summary:*** "I began making Tofu in 1984 in the premises of Gillygate Wholefood Bakery in York. At first I made 10 Kilo on a Sunday. I rented the space on an hourly basis and stayed for approximately four years. Working after bakery hours.

"Around 1989 I moved to a unit attached to the York Steiner School, Danesdmead, Fulford, York. That was approximately 500 sq. foot.

"This was until around 1994 when I relocated to Fold Court, Buttercrake, York [Full address from 1994 form he filled out: Fold Court, Home Farm, Buttercrambe, York YO4 1AU, England, UK] Approximately 1500 sq. foot of converted farm buildings. Here I used a second hand pressure cooker purchased from Beanmachine. I resided there for 4-5 years then moved to Sheepfoot Hill, Malton, into 2500 sq. foot.

"Then to my present premises in 1998 Approximately 5000 sq. foot. "My first product was Plain Non Organic Tofu, and then Marinated Baked Tofu (Firstly Tamari, Ginger and Cider Vinegar). Then Sesame Burgers, Sea cakes, and Quiche. Five years later I tried Tofu Pasties with Seaweed, Carrot, Onion, Tamari and Ginger.

"We are now 7 full time and 1 part time staff, who presently produce 4-5 metric tons of hand made tofu per week using Nigari and Organically certified Chinese bean, as are our small range of products. We also pack by hand.

"We now sell for retail, Plain Tofu, Smoked Tofu, Marinated Tofu, Sesame Burgers, and Sea Cakes. We also supply Catering sized Plain and Smoked Tofu and Catering Basil Tofu.

"We have a lot of info on the web site. www.clearspottofu.co.uk

"Our present status would be a Private Ltd. Company, £500K per annum. With a single shareholder." Address: Unit 5 Rye Close, York Road Industrial Park, Malton, North Yorkshire YO18 7YD, UK. Phone: 01653 690235.

13272. Bramblett, Billy. 2013. More history of Wildwood Natural Foods (Interview). *SoyaScan Notes.* Feb. 17. Conducted by William Shurtleff of Soyfoods Center.
• ***Summary:*** Pulmuone Wildwood Inc. now has a plant on the East Coast at 30 Rockland Park Ave., Tappan, New York 10983. Phone: (845) 365-3300.

Pulmuone has purchased the Monterey Pasta plant. John Breen, who had been Wildwood's CFO, is now running the Monterey Pasta plant. Billy has just returned from Expo West, where he worked at the Hodo Soy Booth and where he had a nice talk with John Breen and with various Pulmuone people. They were very nice to him. Y.C. Kang was there; he and Billy play golf together and they are friends. Doug Porter still works for Pulmuone; he was Wildwood's first employee back in the days when they were making sandwiches at the Sleeping Lady. Then Pulmuone sent some beautiful women over to take the origin and early history of how Wildwood. Billy had already written that history and given it to them, but they said they wanted to hear it from him directly. So he told it to them. In the USA, Pulmuone at one time had a factory in the Los Angeles (LA) area (in South Gate). That plant was closed sometime in 2003 or early 2004. The main factory in the LA area is now in Fullerton; it was newly

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opened in late 2003 or early 2004. Pulmuone no longer owns plants in Watsonville (Tom Lacina and his brother owned the property) or Santa Cruz (California), or Grinnell, Iowa.

The company was first named "Wildwood" under Chris Smith's tutelage. So Paul Duchesne was making sandwiches. He gave the business to Chris Smith then went to Boston. Chris Smith ran into the health department who said "You need to have a name on your label." Chris came to Billy and said, "What do you think I should do? I'm thinking 'Wildwood.' They walked out the back door of the Sleeping Lady and from there they could see redwood trees all the way up to Mount Tamalpais." Billy said, "Wildwood." They looked it up in a dictionary and found: "A wooded area in its natural state." Billy said, "Perfect." So Chris started putting on these little paper labels that he put on his Brown Rice and Tofu Sandwiches–"Wildwood Natural Foods."

Wildwood started making its sandwiches from organic ingredients in 1978 in The Sleeping Lady.

Chris Smith went to Boston. Paul Duchesne returned to Fairfax and started making sandwiches again. One day after work we decided, "Let's make tofu." Before that time, Paul, Chris, and Billy had gotten all the tofu they used from Quong Hop. They found a place at 135 Bolinas Rd. (across from the town hall), about a block away and across the street; The Sleeping Lady was at 58 Bolinas Rd. 135 Bolinas Rd. was a little storefront with a big picture window in the front. They incorporated the company there in April or May 1980, started to make tofu in August 1980. It was a tiny tofu shop, about 15 by 15 feet, with a walled-off kitchen behind it. They made tofu there until about 1993–because by that time they had already built the Santa Cruz plant.

It started when Paul Duchesne was an employee of Good Earth Natural Foods (founded in 1969; Mark Squire is one of the heavy organic hitters, and one of the most gentle, beautiful people in the world) a very early natural food store near The Sleeping Lady (TSL). The Good Earth asked TSL if they could use TSL's kitchen to make sandwiches, squeeze carrot juice, beet juice, and orange juice. So Paul came into TSL to make sandwiches for the Good Earth, then he dreamed up this Fried Rice and Tofu Sandwich (FRTS). He started making them, as well, at The Sleeping Lady, and then going and selling them at other natural food stores–in addition to The Good Earth. That's when he started his enterprise, that later came to be named Wildwood Natural Foods. Address: Pulmuone Wildwood.

13273. Breen, John. 2013. Re: Some key dates in the history of Pulmuone. Letter (e-mail) to William Shurtleff at Soyinfo Center, March 20. 1 p.
• ***Summary:*** 2002 May–Pulmuone's tofu plant in Tappan, New York starts operations.

2003 Aug.–Pulmuone's tofu plant in Fullerton, California, starts operations. The plant in South Gate closes shortly after Fullerton starts operations. Address: Executive Vice President of Manufacturing, 2315 Moore Ave., Fullerton, California.

13274. Breen, John. 2013. Re: What does the word "Pulmuone" mean? Letter (e-mail) to William Shurtleff at Soyinfo Center, March 21. 1 p.
• ***Summary:*** "It is actually not a word in Korean, it is a combination of two words 'Pulmu' and 'one.' And 'Pulmu' is not actually a word either but is a kind of contraction of the word that means 'the bellows' as used in a forge. The name was constructed by Mr. Won the spiritual founder of Pulmuone. See below web site for more info on Mr. Won and a photograph of him,

http://www.csulb.edu/~jlee6/PMO/html/story.html

"The story is that after the Korean war Mr. Won saw that a lot of the destroyed war materials where being melted down and reforged to be used for reconstruction. He recognized that many of the human beings that had been effected by the war also needed to be 'reforged' into productive members of society. Hence the term 'Pulmu' or 'bellows' and paired with 'one' as in 'we are all one' or forged together as one. It is not easy to translate. As you can see from the website he started a cooperative organic farm to bring together people who had been damaged by the war and help them to become productive members of society once again." Address: Executive Vice President of Manufacturing, 2315 Moore Ave., Fullerton, California.

13275. *SoyaScan Notes.* 2013. What is the difference between *tokwa / tokua* and *taho / tajo / tojo* in the Philippines? (Overview). March 21. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** Philippine tofu (*tokwa / tokua*) is identical to Chinese firm tofu (*doufu*).

Soymilk curds (*taho / tajo / tojo,* pronounced ta-HO or to-HO) are typically made by Chinese and sold as a dessert, topped with a little brown sugar syrup. *Taho* can also refer to soft silken tofu, yet always served with a sweet syrup, often by street vendors.

13276. Tutanathorn, Han. 2013. Re: Tofu in Thailand today. Letter (e-mail) to William Shurtleff at Soyfoods Center, April 3–in reply to questions. 1 p.
• ***Summary:*** Q: How many tofu makers in Thailand? Ans: There are 3-4 major tofu manufacturers in Thailand with distribution into supermarkets, but there are several small regional producers that that supply to traditional fresh markets in their areas.

Q: Are they mostly of Chinese ancestry? Ans: Yes, mostly Chinese ancestry.

Q: In which parts of the country are they located? Ans: Major producers are located around Bangkok suburbs.

Q: What different kinds of tofu are made and sold in Thailand (with the Thai name for each plus a description in

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English) There are 3 common types: soft tofu (*taohu-nim*) in tray, hard tofu (*taohu-kaeng*) in tray, and egg tofu (*taohu-kai*) in tube

Q: What are the 3-4 most popular ways of using tofu in Thailand? Fried tofu, tofu stir-fry with minced pork, egg tofu in clear soups

Q: Do you know anything about the history of tofu in Thailand. I am not knowledgeable in this area but it should have been brought to Thailand by Chinese several generations back.

Q: Are there any books in Thai entirely or mainly about tofu? Most Thai books about tofu are just recipe books or those that discuss about the health benefit of soy products. I have not seen any technical books on tofu in Thai, but there are several university research papers on tofu. Address: 17/9 Windmill Park, Bangna-Trad Rd. KM 10.5, Bangpleeyai, Bangplee, Samutprakarn 10540. Phone: 6689-133-8818.

13277. *SoyaScan Notes.* 2013. Three early students of soyfoods in Japan after World War II: A.K. Smith, William Brandemuhl, and William Shurtleff (Overview). April 15. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Dr. A.K. Smith, had a strong academic background, having earned MA and PhD degrees from Columbia University. His interest in East Asian soyfoods began in about April 1948 when he began to write questions about fermented soyfoods to Lewis B. Lockwood, PhD and microbiologist. By June 1948 he had departed from the United States on a 3-month study tour that would take him to China, Japan and Korea. He collected samples of 100 microorganisms used in fermenting soyfoods. His articles on "Oriental use of soybeans as food" began appearing in *Soybean Digest* in Feb. 1949. He was mainly interested in fermented soyfoods; his articles about each food were accurate but relatively short.

William Brandemuhl studied soyfoods only in Japan. He arrived in Kyoto, Japan in Jan. 1963 and became a research fellow at the Department of Agricultural Economics, Kyoto University, Kyoto, Japan. Between Feb. 1963 and May 1964 (15 months) he conducted field research on soybean utilization in Japan. In June 1963 (after William had been in Japan for 4 months), Tomoko completed her graduate studies, graduated from the University of Wisconsin, and (since her scholarship was finished), returned to Japan–to be with William and to help him with his research in Japanese, which he spoke only moderately well. She traveled with him throughout Japan and translated for him during the many interviews he conducted. William's monthly check from Honeymead paid for his room and board–but not for his travel and research, so he had to work part time doing English translation for a Japanese company. On trips, he took many photos using his expensive Nikon camera. Tomoko's family lived near Kobe, where she and William were married on 8 Aug. 1964–three months after he finished his field research.

William's primary interests were: (1) To describe in detail, with photos, how each of different Japanese soyfoods were made. He was extremely thorough. (2) The place of each food in Japanese culture. (3) The industry of which each food was a part and its trade associations (if any). (4) The future of that food in Japan. He was not particularly interested in transmitting these foods and their technology to the United States, and he took almost no interest in carefully selecting names for these foods (or the equipment used to make them) which would give them the best chance of catching on in the best chance of catching on in the United States.

William Shurtleff first visited Japan for 3 months in the summer of 1967 while a student at Stanford University; he lived in a Zen temple in Kyoto, practiced meditation each evening, and studied Japanese language and culture. After graduating from Stanford and living for 2½ years at Tassajara Zen Mountain Center, he arrived in Japan on 16 Jan. 1971 with the intent of becoming fluent in Japanese so he could translate the writings of Dogen Zenji, an early Soto Zen master. For the first year he lived with a Japanese family in Kyoto and became a full-time student at the *Nihongo Gakko,* a Japanese language school in Kyoto. At the end of that year he moved to Kyoto, where he entered a university to continue his Japanese language studies. While in Tokyo, he became close friends with Akiko Aoyagi, a Japanese artist and cook. In Oct. 1972 he first visited and met Mr. Toshio Arai, a Japanese tofu master under whose guidance Shurtleff would later become an apprentice. In Dec. 1972 he started to write a booklet for Americans about tofu; he believed that tofu could be a very positive addition to the American diet and that young Americans would enjoy making tofu as a new occupation. On 13 Jan. 1973 he signed a contract with Autumn Press, a small publishing company in Japan owned by Americans Nahum and Beverly Stiskin. For the next 2½ Shurtleff and Aoyagi researched and wrote *The Book of Tofu,* which was published in Dec. 1975. Shurtleff made enough money to live in Japan by working as an interpreter, translator and researcher for his father's tool company. The story of this adventure is told in the Preface to *The Book of Tofu* (see 2001 or subsequent editions). Shurtleff's interests and work were different from those of William Brandemuhl in several important ways: (1) He spoke very good Japanese. (2) His initial focus was almost entirely on tofu, although he later wrote a book about miso. (3) He was just as interested as Brandemuhl in describing accurately how tofu (and other soyfoods) were made in Japan, but primarily with the intent of transferring this technology to the United States and other parts of the world. To this end he was deeply interested in choosing names for soyfoods and equipment that would help them take root in their hew homes. On 13 June 1978 Shurtleff and Aoyagi, after being married, moved from Japan to live in the United States. For the rest of his life

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Shurtleff did research on and wrote books about soyfoods, and simultaneously worked to introduce them to the United States. By late 1999 soyfoods had become important foods in the USA; soy sauce, soymilk and tofu had become mainstream foods.

13278. Sol Cuisine. 2013. Sol Cuisine: Your natural source for healthy, vegetarian foods since 1980 (Portfolio). 3249 Lenworth Drive, Mississauga, Ontario, Canada L4X 2G6. 22 inserts. 30.5 x 22.8 cm. [Eng; Fre]

• ***Summary:*** This portfolio (sent by Lorraine Guardino of Sol Cuisine) contains 20 inserts describing Sol Cuisine's current Canadian products, retail and foodservice.

The glossy cover is printed with dark blue, orange and beige on white. On the inside left is one sheet (glossy color, 28 x 21.5 cm, in English and French) for each of the company's current retail products. On the front left third of each sheet (printed with dark blue ink on an orange background) is a checklist of that product's most important specifications. For example–for Organic BBQ Tofu Ribs: Vegetarian / vegan. Wheat free. Gluten free. Organic. Trans fat free. Source of iron. Source of calcium. Only 100 calories. 8 grams of protein. A box at the bottom gives company contact information. On the right two thirds (printed with dark blue on white fading into a blue sky above) is the product name written large and a one-sentence description of the product above, with a color photo of the package below. Across the bottom are four certification logos. The artistic design is excellent. On the rear left two-thirds of each sheet are: Preparation instructions. Exact ingredients. Package and shipping information. Nutrition facts. At the right top is a color photo of the prepared dish. and below that (blue on orange) is a statement about the company and its mission.

The retail inserts are titled: Add protein and profit to your line-up: From a trusted source since 1980 (1 page overview of 9 products; Front in English, back in French). The retail products are: Organic BBQ Tofu Ribs. Almond Grain Burger. Sweet Curry Vegetable Burger. Mushroom Rice Burger. Spicy Black Bean Burger. Organic Veggie Crumbles. Veggie Breakfast Patties. Original Burger. Organic Falafel. Firm Tofu.

On the inside right is one sheet (glossy color, 28 x 21.5 cm, in English and French) for each of the company's current foodservice products. The layout and design of each sheet is similar to the retail sheets. The foodservice inserts are titled: Add protein and profit to your line-up: From a trusted source since 1980 (1 page overview of 8 frozen products, 1 refrigerated product, and 2 dry products; in English only). "All Sol Cuisine products are Vegan / Vegetarian, Trans Fat Free, Kosher and Halal." The weight of each product ranges from 3.6 kg (9 lb; Veggie Dog) to 7 kg (15.4 lb; Firm Tofu). The frozen products are: Almond Grain Veggie Burger. Meatless Burger. Mushroom Rice Burger. Veggie Sol Dog 7 Inch [made with tofu]. Organic Sol Grounds (Organic Veggie Grounds). Veggie Breakfast Patties. Falafel. T-Ribz (Organic BBQ Tofu Strips). The one refrigerated product is Organic Firm Tofu (A best seller since 1980). The two dry products are: Veggie Burger Mix. Texturized Vegetable Protein. Address: Mississauga, Ontario, Canada. Phone: 905-502-8500.

13279. Sol Cuisine. 2013. Sol Cuisine: Your natural source for healthy, vegetarian foods since 1980 (Portfolio). 3249 Lenworth Drive, Mississauga, Ontario, Canada L4X 2G6. 10 inserts. 30.5 x 22.8 cm. [Eng]

• ***Summary:*** This portfolio (sent by Lorraine Guardino of Sol Cuisine) contains 10 inserts describing Sol Cuisine's current U.S. products, which are sold only retail (none are sold to foodservice).

The glossy cover is printed with dark blue, orange and beige on white. On the inside left are the following two leaflets (glossy color, single sided, 28 x 21.5 cm): (1) Sol Cuisine SKU ranking in the USA: 1. Spicy Black Bean Burger. 2. Mushroom Rice Burger. 3. Veggie Breakfast Patties. 4. Original Burger. 5. Almond Grain Burger. 6. Original Falafel with Sauce. 7. Original BBQ Tofu Ribs. 8. Organic Veggie Crumbles.

(2) Sol bean anatomy. Like the diagram showing where the various cuts on a cow come from, but instead on a green soybean pod, where each "cut" is one of Sol Cuisine's products.

On the inside right is one sheet (glossy color, 28 x 21.5 cm.) for each of the company's current retail products. On the front left third of each sheet (printed with dark blue ink on an orange background) is a checklist of that product's most important specifications. For example–for Organic BBQ Tofu Ribs: Vegetarian / vegan. Wheat free. Gluten free. Organic. Source of calcium. Only 130 calories. 9 grams of protein. A box at the bottom gives company contact information. On the right two thirds (printed with dark blue on white fading into a blue sky above) is the product name written large and a one-sentence description of the product above, with a color photo of the package below. Across the bottom are five certification logos, including the Non GMO Project. The artistic design is excellent. On the rear left two-thirds of each sheet are: Preparation instructions. Exact ingredients. Package and shipping information. Nutrition facts. At the right top is a color photo of the prepared dish. and below that (blue on orange) is a statement about the company and its mission. The retail inserts are titled: Add protein and profit to your line-up: From a trusted source since 1980 (1 page overview of 8 products). The retail products are: Organic BBQ Tofu Ribs. Almond Grain Burger. Mushroom Rice Burger. Spicy Black Bean Burger. Organic Veggie Crumbles. Veggie Breakfast Patties. Original Burger. Address: Mississauga, Ontario, Canada. Phone: 905-502-8500.

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13280. Spots at front of book: Tofu and tofu products 3000.
• ***Summary:*** (a) An early White Wave Tofu label (1978). (b) Traditional hand-turned stone mill. (c-d) Galactina flavored tofu sold in sausage shapes. (e) T-Nugget (baked tofu cubes). (f) Wo Chong Fresh Soy Bean Cakes. (g) Morinaga Revolutionary Tofu (ca. 1988). (h) Chef lifting tofu from blotter. (i) Cubes of fresh tofu. (j) Cubes of tofu deep fried in breaded batter. (k) Silken tofu and cubes on a wooden cutting board. (l) Inari-zushi. (m) Tofu squares in a sauce with veggies. (n) Grilled slabs of tofu with miso topping. (o) Cake of silken tofu in a blue bowl. (p) Grilled tofu kebabs. (q) A kit for making tofu at home. (r) Tofu cheesecake with whipped tofu topping. (s) Pan-fried tofu slices. (t) Typical cakes of regular tofu. (u) Cubes of deep fried tofu with a dipping sauce. (v) Chinese style pressed tofu. (w) Cubes marinated and baked tofu. (x) Guindon. 1985. Cartoon in Detroit Free Press. "I not only did the sewing. I made the cloth from soybeans."

13281. Spots at front of book: Tofu. 3000.
• ***Summary:*** (1) View using the "Google Ngram Viewer" of the relative frequency of appearance in books digitized by Google, from 1800 to 2000 of the three case-sensitive terms "tofu" (the most frequent), "bean curd," and "soybean curd" (never widely used).

Note the rapid rise of the word "tofu" starting in the late 1970s.

13282. *SoyaScan Notes.* 2013. Soyfoods historical research and writing wish list (Overview). Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1. Early history of Chinese soyfoods companies and products in America and Europe. Especially Chinese tofu manufacturers in San Francisco and Los Angeles from 1850 to 1910.

2. Statistics on soyfoods in China during the 1980s.

3. The Swedish trading mission in Canton during the 1700s and 1800s and its work with soy sauce.

4. A lengthy, scholarly history (with an extensive bibliography) of soybeans and soyfoods in China written by a Chinese.

5. A lengthy, scholarly history (with an extensive bibliography) of soybeans and soyfoods in Japan written by a Japanese.

6. A lengthy, scholarly history (with an extensive bibliography) of soybeans and soyfoods in Korea written by a Korean.

7. A history of the health foods industry in America, 1930-1980.

8. A book on mochi or how mochi came to the West, with a clear chronology of commercial mochi manufacturers in the western world.

9. A scholarly history (with an extensive bibliography) of each of the following soyfoods in Japan, written by a Japanese with a long-term involvement in the field: natto, miso, shoyu, tofu.

10. Explain why Linnaeus stated in *Hortus Cliffortianus* (1737, p. 499) that the soy bean was grown in the colony of Virginia in North America.

11. A lengthy, scholarly history (with a good bibliography) of Chinese growing and processing soybeans in California. They must have grown them between 1849 and 1899! (13 Sept. 1991)

12. Visit the best libraries and centers in Germany for doing research on soybeans and soyfoods (See #37465) and try to get missing old documents.

13. Try to document the statement that the soybean was used as a coffee substitute during the Civil War in the USA (1861-1865).

14. Use the Coker family archives in South Carolina to write a history of the company's pioneering work with the soybean.

15. A history of early experimental gardens such as those that the Portuguese developed on the Cape Verde Islands, the British at Kew, Nairobi, Singapore, and the colony of Georgia (the Trustees' Garden of Georgia, a government experimental farm at Savannah, laid out in 1733), the Spanish (under Cortez / Cortés) in today's Mexico, etc. Did soybeans appear in any of them? When did they first appear in each?

16. Learn much more about Korean natto. Did it exist in Korea before Korea became a Japanese colony? Try to find some references, as in early studies of food in Korea. How widely was it made and used? Try to find some estimates of annual production. How was it served? What was its distribution in Korea in 1900? 1950? 2000?

17. A scholarly biography of Clifford E. Clinton of Los Angeles.

13283. *SoyaScan Notes.* 2013. Soyfoods scientific research wish list (Overview). Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1. How to get vitamin B-12 into tempeh, ideally by inoculation with an organism. 2. What degree of grinding of whole soybeans gives the maximum extraction of soluble protein? Of soluble fat? Of both combined. How does this relate to the type of filtration system? 3. How does flatulence in vegetarians compare with that of non-vegetarians, on average. 4. Research on the ability of tofu to lower blood cholesterol in humans (parallel to that done by Sirtori and Carroll on isolated soy proteins).

13284. *SoyaScan Notes.* 2013. Commercial soyfoods products wish list (Overview). Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1. Organic, non-GE soy protein isolates (2002/03). 2. A very low calorie soy beverage for weight

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loss in hospitals. Must be able to be used as a sole source of nutrition. 3. More smoked tofu in America.

4. Meatless pepperoni, sausage shaped, for use atop a meatless pizza. 5. Natural shoyu brewed in America, ideally as part of a joint venture with a Japanese shoyu company. 6. A vegetarian Worcestershire sauce, with no anchovies (John Troy developed "The Wizard's Worcestershire Sauce" for Joel Dee's Premier Japan line in about 1995; it was vegetarian).

7. A low-calorie, low-fat tofu. Fat and calorie content should be at least 30% lower than that made from whole soybeans. The easiest way to make this product would be to run soymilk made from whole soybeans through a decanting centrifuge (like a cream separator) to remove the desired amount of fat, just like the dairy industry does to make low-fat or non-fat milk. There is a big potential market for such a product since 1% fat milk has now passed low-fat milk (2%) as the best-seller in American supermarkets (11 Sept. 1991). 8. Bland soymilk base (11 July 1997). Presently no company (including International ProSoya Corp. of Canada, Pacific Foods of Oregon, and Ted Nordquist dba TAN Industries, Inc. etc.) offers this product.

9. A soy-based kefir made from authentic kefir grains/ cultures plus FOS (fructooligosaccharides), a dietary fiber derived from chicory roots. FOS feeds and increases the level of "good guy bifidobacteria by up to five times in the gastrointestinal tract, and boosts the body's absorption of calcium and other minerals by up to 50 percent." See article in *Ag Innovation News* (April 1999, p. 3, 14).

13285. *SoyaScan Notes.* 2013. Soyfoods market surveys or services wish list (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1. A magazine about soyfoods, published in the USA. The soyfood industry's number one need! 2. Someone to organize a bi-annual international soyfoods conference of the type Richard Leviton used to organize. 3. A survey on why people don't use tofu: (A) Have they ever tasted it? I don't like the taste. It has no flavor. Its disgusting, slimy, floats in water. Can't locate any to buy. Don't know how to use it–need recipes. I tasted it once and it was sour, or I didn't like it. (B) If they have never tasted tofu: I've heard bad things about it and don't want to try it. 4. A survey on who is eating tofu, and why. Demographics. 5. People to organize state or regional soyfoods associations where people can meet once a year at little cost to discuss common problems/needs. 6. A magazine like the original Soyfoods magazine, now that the Soya Newsletter is largely defunct (12 Sept. 1991). 7. Reactivation of the Soyfoods Clipping Service (12 Sept. 1991).

13286. *SoyaScan Notes.* 2013. Soyfoods success stories in developing countries (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Public sector with outside funding: 1. Sri Lanka, Thriposha program (Cereal-soy blends, started 1976. Thriposha itself started in 1973). 2. Mexico (Chihuahua) program selling PADSA, Soyaven / Soyavena, Albachisa, and Almesa (Cereal-soy blends, 1978-80). 3. Thailand, ASEAN full-fat soy flour project (1978). 4. Guatemala, Plenty Soy Dairy (Tofu, soymilk, soy ice cream, 1980)

Private sector, largely self sufficient: 1. Uganda, Africa Basic Foods (Dr. D.W. Harrison. Roasted whole soy flour, cereal soy blends, 1966-69). 2. India. Ruchi's Products (TVP, 1980).

13287. *SoyaScan Notes.* 2013. The best libraries for Asian-American studies in California (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Mr. Seizo Oka of San Francisco, whose life work is writing a history of Japanese in America, has built an excellent library of documents on this subject. These archives have many early documents including America's best collection of early Japanese-American City Directories. Mr. Oka used to work for Bank of Tokyo, renamed Bank of California, and his project was part of the California First Bank History Project. The bank provided him with financial support. But they withdrew their support in late 1989, and on 15 Dec. 1989 the library had to be closed. But, with community support, it was reopened in Dec. 1990 in a new room at the same location: History Archives of the Japanese Cultural & Community Center, 1840 Sutter St., #206, San Francisco, CA 94115.

The second library is the Japanese-American Library, located at 1619 Sutter St, on Octavia & Sutter on the entire ground floor (1,500 square feet) of Hinode Towers (P.O. Box 590598, San Francisco, CA 94159. Phone: 415-567-5006). The director, Karl Matsushita, a graduate of UCLA in his mid- to late-40s, has collected for 20 years. Founded in 1969 (at the time of student demands for Ethnic Studies Programs) by Karl and a group named Center for Japanese-American Studies from Ethnic Studies Program, it became independent from the group in 1985. The library has at least 10,000 documents, lots in boxes, mostly post-war. They have no early city directories. The pre-war material is mostly in English. They have little or no information on soyfoods. They are planning to computerize the library to make it compatible with the University of California at Berkeley, Stanford, and Harvard-Yenching libraries. In the meantime they are typing 3x5 catalog cards for their documents.

Two libraries at the University of California have excellent, large collection of documents, many very early and many archival, on Chinese and Japanese in America. The Bancroft Library focuses on the far western USA. The Asian American Studies Library is more nationwide in scope. Its holdings include monographs, serials, theses and dissertations, conference papers, student research papers, and non-print media. It is the best source of Chinese-American

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documents in California. Many documents came from the Chinese Historical Society in San Francisco. Unfortunately no one on the staff can read or speak Japanese none of their Japanese-language documents can be cataloged.

A major library is found at the Asian-American Studies Center at UCLA; it is complemented by the East Asian Library at UCLA, which has mostly Asian-language materials. Hosokawa (1969) notes that "the Japanese American Citizens League, a nationwide organization of fewer than 25,000 members, launched in 1962 what was called the Japanese American Research Project. Funds were contributed by members and other interested persons and $100,000 presented to the University of California at Los Angeles. UCLA in turn undertook to seek out and preserve documentary materials and gather and analyze information relating to the Japanese Americans. Despite its modest scale this research project proved to be of sufficient academic and sociological interest that the Carnegie Corporation and the National Institute of Mental Health, a federal agency, provided grants for detailed studies into specific contributions by Japanese Americans to the American way of life." A number of independent papers, both popular and scholarly, have resulted from this project.

Another interesting group, which has no library, is the Center for Japanese-American Studies.

13288. *SoyaScan Notes.* 2013. The kosher dietary laws, kashruth, and pareve/parve (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Historically there has been a strong interest in soyfoods (especially soy ice creams, yogurts, cheeses, soymilk, and tofu) from Jews who follow the laws of kosher. *Webster's Dictionary* defines kosher (a Yiddish word derived from the Hebrew *kasher* meaning fit or proper, and first used in 1851) as "1: sanctioned by Jewish law; esp. ritually fit for use (kosher meat). b: selling or serving food ritually fit according to Jewish law (a kosher restaurant). The verb "to kosher" (first used in 1871) means "to make kosher."

"The kosher laws are derived from the 'Book of Leviticus' in the *Torah,* and are expounded upon in the volume of the Talmud (Oral Law) titled *Chulin.* Yet the teaching of kosher is touched upon in all 60 volumes of the Talmud.

"Kashruth, the Hebrew term meaning 'fitness,' itself derives from the term 'kosher.' Kashruth refers to the Jewish dietary laws; most Orthodox Jews observe kashruth.

"The kosher dietary laws divide all foods into three types: from the flesh (fleshig), from milk (milchig), and neither flesh/meat nor milk (parev). From this latter Yiddish term 'parev' derive the terms pareve and parve, both pronounced 'parv,' and used interchangeably. They are Jewish cookery or dietary terms meaning (1) 'neutral' or (2) made without milk or meat or their derivatives. Eggs and seafood are both pareve. A pareve food can be eaten with either milk or meat. Many soy ice creams are labeled 'kosher and parve' or 'kosher parve.'

"The laws of kosher state, among other things, that one cannot consume meat and milk products at the same meal. Hence, orthodox Jews do not consume ice cream after a meal that contains meat." Perhaps the most widely observed kosher law is not to eat pig/pork. After eating meat, according to Jewish dietary laws, one should wait for 6 hours before consuming dairy (milchig) products. But one can consume dairy products and then have meat products after 30 minutes. The difference is based on the fact that meat takes longer to digest. For this reason, at least in Israel, more emphasis is placed on developing meatlike products than on dairylike, to bypass the 6-hour restriction. Meat substitutes are much more popular in Israel than dairylike products. The government has encouraged development of meatlike products. Yet there seem to be many opportunities for production of dairylike products on kibbutzim or moshavim.

In the USA, major kosher certifiers include: (1) Union of Orthodox Jewish Congregations of America, Kashruth Div., 45 West 36th St., New York, NY 10018. Tel. 212-564-8330. Rabbi Reese and Rabbi Menach. Members: 3100. Publications: Keeping Posted: Bimonthly, Kosher Directory of Products and Services. Highly respected. O-U mark. (2) Kosher Supervision Services, 354 Fifth St., Hackensack, New Jersey 07601. Tel. 201-342-7400. Chuff K mark. (3) OK Laboratories, P.O. Box 218, Brooklyn, NY 11204. Tel. 718-851-6428. Rabbi Bernard Levy. Circle K mark.

Several important Hebrew or Yiddish words related to kosher: A "heksher" (pronounced HEK-shur) is the kosher mark. "OU is the most highly respected kosher heksher." A "mashghiach" (pronounced mush-JEE-ak) is the person who inspects a food facility before giving approval.

13289. *SoyaScan Notes.* 2013. Europe's biggest international food fairs / shows and expositions: ANUGA, SIAL, Helfex, and CIBUS (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** ANUGA and SIAL are held in Cologne (Germany) and Paris (France) respectively on alternating years in October. Each fair lasts for about 6 days, and tickets cost about $20. Food people and companies come from all over the world to exhibit and see the latest in all kinds of foods and food equipment. ANUGA is held on odd numbered years (1987, 1989, 1991, etc.) and SIAL on even numbered years (1986, 1988, 1990).

ANUGA (pronounced uh-NEW-guh) stands for *Allgemeine Nahrungs und Genussmittel Ausstellung* ("General exhibition of food and food adjuncts {stimulants / enjoyables"}). Billed as the "World Food Market–Consuma–Gastroma–Tecnica," it is held at the Cologne Messe (Exhibition Center) and is sponsored / produced by Messe und Ausstellungs Ges. mbH, P.O. Box 210760, D-5000 Cologne, West Germany. Phone: 221-8210. The first

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ANUGA fair was held in 1929. Statistics at ANUGA in 1986 were mind-boggling: 200,000 visitors; 5,201 companies exhibiting, from 86 different countries; and what seemed like 50 miles of exhibit space (actually 227,000 square meters).

SIAL (pronounced see-AL) stands for "Salon International de l'Alimentation," and is also called the 'International Food and Dairy Exhibition'. The first SIAL was held in Nov. 1964. The permanent address of SIAL is 39 rue de la Bienfaisance, 75008 Paris.

The 'SIAL d'Or' (also called 'Golden SIAL' or Food Oscar') gold medal awards, first presented in Oct. 1986, are given for the best new food products in each food category at the AIDA-SIAL International competition judged in Paris in June. The Oscars are a bi-annual competition between 16 nations, including Canada, Great Britain, Italy and the USA. Each country presents products in 7 food and beverage categories: Grocery, alcoholic drinks, non-alcoholic drinks, dairy, deep-frozen, meat / poultry and delicatessen. The retail trade in each country nominates the representative products. At least one soy product, So Good, a soymilk produced by Sanitarium Foods in Australia, has been awarded the Golden SIAL.

Helfex, the International Health Food Trade Exhibition and Convention, is much smaller than the two fairs mentioned above and its scope is much more limited. Held biannually in the spring in the United Kingdom on even numbered years, it is sponsored by the British Health Food Manufacturers Association and the British Health Food Trade Association. The Foreign Agricultural Service (FAS) of the USDA typically has a large pavilion featuring booths representing U.S. health / natural food manufacturers. In 1988 at least 8,000 visitors came to Helfex from 25 countries. About 600 exhibitors were there and the U.S. Pavilion was the biggest booth at the entire show. About 88% of the natural foods products at Helfex '88 came from the U.K. The first Helfex was held on 17-19 March 1974 at the Bloomsbury Centre Hotel in London. The tenth Helfex was held on 8-9 April 1990 in Birmingham, England; over 200 companies exhibited in Birmingham. For more information contact the British Health Food Trade Assoc., Angel Court, High Street, Godalming, Surrey, GU7 1DT, England. Phone: 0483-426450. Fax: 0483-426921.

CIBUS (pronounced CHI-bus), the biggest food fair in Italy, is held in Parma in about May each year.

13290. *SoyaScan Notes.* 2013. Chronology of Soyfoods Center: The work of William Shurtleff and Akiko Aoyagi. Compiled by William Shurtleff of Soyinfo Center.
• ***Summary:*** 1. Introducing soyfoods to the West: Popular books (1972 Oct.–1979 July).

The Book of Tofu:

1972 Oct. 22–First visit to San-gen-ya tofu shop in Tokyo. Mr. Toshio Arai begins to teach William Shurtleff the traditional art of making tofu.

1972 Dec. 22–Meet Nahum Stiskin of Autumn Press. Start to write tofu booklet.

1973 Jan. 13–Sign contract for *Book of Tofu* with Autumn Press.

1973 March 2–Visit Sasa-no-yuki tofu restaurant in Tokyo.

1975 Dec. 12–*The Book of Tofu** published by Autumn Press.

* = Book illustrated by Akiko Aoyagi.

1978 Dec. 22–*The Book of Tofu** published by Ballantine Books in a mass-market pocketbook edition that retails for $2.95.

The Book of Miso

1974 Feb/March–Study miso and shoyu in Japan on trip with Bob Gerner, head of Westbrae Natural Foods.

1974 May 7–Start to write *The Book of Miso,* table of contents.

1975 April–Autumn Press accepts idea of publishing *The Book of Miso.* Contract signed Aug. 18.

1976 Sept. 23–*The Book of Miso** published by Autumn Press.

1976 Sept. 29–1977 Feb. 3–Tofu & Miso America Tour. We do 70 public programs, many TV and radio interviews, drive our van 15,000 miles in 17 weeks.

The Book of Tempeh

1977 May–To Indonesia for one month of tempeh research.

1978 Feb. 27–Sign contract with Harper & Row.

1979 July 14–*The Book of Tempeh** published by Harper & Row.

2. Working to build a soyfoods industry in the Western world (1977 April–present)

1977 April 5–Establish Takai Tofu and Soymilk Equipment Co.

1977 Aug. 16–First Takai catalog of tofu and soymilk equipment published.

1977 Aug. 16–*Miso Production** published by Soyfoods Center–the first book we self-published.

1978 July 28-30–The Soycrafters' Association of North America is founded in Ann Arbor, Michigan. William Shurtleff helps to organize the inaugural meeting, is a founding member, and a member of the first board of directors.

1978–Soyfoods Center starts to develop a mailing list (typed so as to fit on pressure sensitive labels) of all people who have purchased books or contacted us.

1979 July 15–*Tofu and Soymilk Production** published by Soyfoods Center.

1979 July–The first issue of *Soycraft* magazine is published by Richard Leviton, director of Soycrafters' Association in Massachusetts. Each mailing is based on the use of Soyfood Center's mailing list–free of charge.

1980 March 10–*Tempeh Production** published by Soyfoods Center.

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1980 Sept.-Dec.–Our mailing list of about 5,000 names and addresses, divided into 70 coded categories, is computerized by Parallel Procedures in San Francisco. This was done primarily to help Richard Leviton of *Soycraft* magazine.

1981 Dec.–There are now 10,900 names on our computerized Soyfoods mailing list, rising to 13,800 names by May 1982.

3. Documenting the history of soybeans and soyfoods (1980 Oct.–present)

1980 Sept. 10–Start to build what we hope will become a large library at Soyfoods Center with regular trips to the University of California at Berkeley library system.

1980 Oct. 22–Start writing *History of Soybeans and Soyfoods.*

1984 June 1–History book manuscript is now completely in our word processor: 2,500+ pages, 70+ chapters.

1984 June 21–Soyfood Center's annual summer intern program begins. Irene Yen, a Stanford student starting her senior year, is our first summer intern.

1984 July 17–*History of Tempeh published*–our first history book.

4. Studying the burgeoning soyfoods industry and market (1982 Sept.–1985 Feb.)

1982 May 16–*Soyfoods Directory and Databook* (1st edition) published. Renamed *Soyfoods Industry and Market: Directory and Databook* on 26 Feb. 1983. 3rd edition.

1982 Sept. 10–*Soyfoods Labels, Posters, and Other Graphics* published.

1984 Feb. 25–*Soymilk Industry and Market* published.

1985 Feb. 22–*Tofutti and Other Soy Ice Creams* published.

1990 May 8–*Tofu Industry and Market in Europe* published.

1990 July 17–*Soymilk Industry and Market in Europe* published.

1994 Jan.–*Soyfoods Industry and Market: Bibliography and Sourcebook* published.

5. Foreign language editions of our books are published (1980 -)

1980 July–*Das Miso Buch** (hardcover and paperback) published by Ahorn Verlag (Wolfgang and Gabriella Furth-Kuby) in Germany.

1981 Aug.–*Das Tofu Buch** (hardcover) published by Ahorn Verlag in Germany.

1988 Nov.–*Das Tempeh Buch** (hardcover) published by Ahorn Verlag in Germany–6 years after the project started.

1988 Nov.–New German pocketbook editions of *Das Tofu Buch* and *Das Miso Buch* (paperback) published by Goldmann Verlag.

6. Developing a computerized information center (1980 Dec.–present).

1980 Dec. 12–Mailing lists of Soyfoods Center and Soyfoods magazine merged and computerized by Parallel Procedures in San Francisco. 5,500 names in 50 categories.

1983 Sept. 28–Install first computer at Soyfoods Center, IBM-PC with 20 MB hard disk and word processing software to use for writing our book on *History of Soybeans and Soyfoods.*

1985 May 9–Install Revelation database manager software for developing a computerized bibliographic database on soya.

1985 July 31–Finish keying all 6,677 file cards (3x5 inch) into our computerized database. Our library is now computerized.

1985 Aug. 30–Our computerized database, containing 9,500 bibliographic records, is now available for use by the public.

1986 Sept. 1-16–The first of many trips to do library research at the USDA National Agricultural Library, Library of Congress, and National Library of Medicine–America's three national libraries, all located in and about Washington, DC.

1987 July 6–Start entering Commercial Soy Products into our database.

1987 Oct. 11–*Bibliography of Soymilk, from 1578 to 1987: With 1,584 References* published–our first bibliography.

1987 Oct. 19–Coin the name SoyaScan, start using it to refer to our computerized database, and apply for a registered trademark, which we are issued on 19 July 1988.

1993 Feb.–Install a Novell 5-user network to link our various computers.

1995 Feb. 11–We enter the 50,000th record into our SoyaScan database.

1997 Nov. 24–We enter the 55,000th record into our SoyaScan database.

7. Current status of computerized information–2000 January 1

SoyaScan database now contains 59,440 records from 1100 B.C. to the present, including 48,318 published documents, 12,683 commercial soy products, 4,628 original interviews and overviews, and 41,584 unpublished archival documents.

More than 75% of all SoyaScan records have a summary/abstract averaging 143 words in length.

More than 26,000 records (44% of the total) are for documents published before 1970.

Thirty five major books in the series Bibliographies and Sourcebooks on Soya, produced from the SoyaScan database, are now available, published by Soyfoods Center.

Soyfoods Center Library owns about 54,000 documents, almost all of which have a record in the SoyaScan database.

SoyaScan Directory now contains the name, address, and phone number of 17,300 people and organizations worldwide actively involved with soyfoods and soybeans. Each entry is coded to show the type of activity, e.g. 2A =

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Tofu manufacturers.

8. Collecting and Publishing Information on Vegetarianism and Other Non-Soy Food Products that can Replace Animal Products.

1984 Oct. 31–Create our first vegetarian keyword (subject heading) VegeAnim = Vegetarian Diets and Animal Rights.

1988 Feb. 21–*Amazake and Amazake Frozen Desserts: Industry and Market in North America* published. Updated bibliographic supplement published in March 1995.

1992 Oct.–Start actively collecting information specifically on vegetarianism and veganism, and entering it into our new VegeScan database.

1992 March 4–*Bibliography of Vegetarianism: 1,755 References from A.D. 1170 to 1992, Extensively Annotated* published (360 p. large format, preliminary edition).

1992 June 12–*Sourcebook on Wheat Gluten Foods and Seitan* published. Expanded edition published in Jan. 1994.

2000 Jan. 1–VegeScan database now contains 5,500 bibliographic records on vegetarianism and veganism from 238 B.C. to the present.

Best selling books from Soyfoods Center (English-language editions only, as of Jan. 2000).

The Book of Tofu–557,000 copies sold.

The Book of Miso–115,900 copies sold.

The Book of Tempeh–47,950 copies sold.

Tofu & Soymilk Production–5,020 copies sold.

Other–9,200 copies sold.

Total–775,070 copies sold. Address: Lafayette, California. Phone: 925-283-2991.

13291. *SoyaScan Notes.* 2013. Translations of documents on soya from Asian languages to English, wish list (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1. Translate from Chinese: C.N. Li, comp. 1958. Dou-lei [*Varieties of beans*]. This book contains every known quotation about soybeans published in China from 1100 B.C. to recent times–100 pages total on soybeans. It is a treasury of key historical information that has never been translated into English.

2. Translate from Japanese: Wataru Kawamura. 1958. *Miso enkakushi* [*History of miso*]. 817 p. 22 cm. The definitive book on this subject. Pages 187-213 list all early Japanese books mentioning miso, with a summary of what each says.

13292. *SoyaScan Notes.* 2013. The visionary work of Henry Ford and his researchers with soyfoods–then and now: Popularized the use of soybeans as foods in America (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Before Henry Ford began his pioneering work with soybeans in the early 1930s, most American consumers and farmers thought their only use was as feed for animals. Ford and his researchers and chefs played a major role in developing a remarkable variety of tasty and nutritious American-style foods from soybeans, and in publicizing these foods and their health benefits nationwide.

Prior to 1934 (according to records in the SoyaScan database) only about 188 commercial soyfood products had been introduced in America. Of these, 78 had been launched in the Hawaiian Islands, so only 110 had been introduced on the American mainland. Of these 110, at least 46 were made by Asian-American companies primarily for Asian-Americans (such as Chinese-Americans, Japanese-Americans, etc.). Thus only 70 products were made by Caucasian-American companies, and, of these, 27 products were made by Seventh-day Adventist companies and sold mostly to other Seventh-day Adventists. In short, between 1766-1767 (When Samuel Bowen launched America's first two commercial soy products–Soy-based Vermicelli Noodles and Bowen's Patent Soy [Sauce]) and 1934, only 43 commercial soy products had been introduced by Caucasian-American companies, not including Seventh-day Adventists.

Henry Ford's ideas about introducing American-style soyfoods took their first clear form on August 13, 1934, when he presented an all-soy gala dinner banquet for the American media at the immensely popular Ford Exhibit in the Century of Progress World's Fair in Chicago, Illinois. Note first that he chose a world-class event to introduce the little-known Cinderella crop. Now listen to the names of dishes on the menu: "Tomato juice seasoned with soy bean sauce. Salted soy beans. Celery stuffed with soy bean cheese [tofu]. Puree of soy bean. Soy bean cracker. Soy bean croquettes with tomato sauce. Buttered green soy beans. Pineapple ring with soy bean cheese [tofu] and soy bean dressing. Soy bean bread with soy bean relish. Soy bean biscuit with soy bean butter. Apple pie (soy bean crust). Cocoa with soy bean milk. Soy bean coffee. Assorted soy bean cookies. Soy bean cakes. Assorted soy bean candy."

This menu represented a fresh, new vision of soyfoods in America! Note the creative use of tofu in a pineapple ring and as a celery stuffing, and of soymilk with cocoa.

But this was just the beginning. By Aug. 1935 Ford was serving soy ice cream for dessert at VIP and press luncheons held at the Ford Engineering Laboratory. In about 1936 Ford's Edison Institute published a 19-page booklet titled "Recipes for Soy Bean Foods," which contained 58 innovative American-style preparations including: Soy bran bread. Cinnamon buns. Muffins (for diabetic patients). Waffles (with soy flour). Scalloped green soy beans. Omelette (with tofu). Salad soy bean sprouts. Gingerbread. Honey soy bean ice box cookies. Macaroons. Coconut balls (with chopped soynuts). Lady fingers. Soy bean chocolate bars. Apple sauce cake. Doughnuts. Soy bean custard (with soymilk).

In 1938, when Ford researcher Bob Smith invented a new and greatly improved type of soymilk (based on

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soy protein isolates), Ford and his researchers focused on developing new dairylike products based on this soymilk, including a non-dairy whipped cream, and an improved soy ice cream. The soymilk itself was widely served at Ford institutions in and around Dearborn, Michigan.

Indeed a strong case can be made that Henry Ford and his coworkers played the leading pioneer role in developing American-style soyfoods and introducing them in a big way to America. In so doing, they set the stage for the rapid rise of soyfoods consumption among typical Americans that began in a small way during World War II, and in a big way starting in the 1970s and continuing into the 1990s.

13293. *SoyaScan Notes.* 2013. The visionary work of Henry Ford and his researchers with soyfoods–then and now: Pioneered soy ice cream (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Starting in the mid-1970s, soy ice cream has become quite popular and widely available in America. Ice Bean, made by The Farm Food Co. in San Rafael, California, was launched in 1976, soon achieved nationwide distribution at natural- and health food stores, and is till on the market. Tofutti–the best-selling soy ice cream of all time–was introduced by David Mintz at his Kosher Jewish Deli, Mintz's Buffet, in 1981. By 1982 it was sold throughout New York City, and in 1983 Mintz established a corporation named Tofu Time Inc. to sell stock to the public and market Tofutti nationwide. Sales of Tofutti skyrocketed to $9 million in 1984, then to a record $17.1 million in 1985. By the summer of 1985 at least 26 brands of soy ice cream (many with "Tofu" on the label) were on the market in America. Today soy ice creams are sold throughout America at virtually all natural- and health food stores and at many supermarkets. By early 1993 at least 208 commercial soy ice cream products had been launched worldwide, including 127 in the USA. Henry Ford was a pioneer in developing soy ice cream. In the early 1930s Ford researchers Robert Boyer and Edsel Ruddiman developed an experimental soy ice cream at Greenfield Village. It was based on fresh tofu curds and soy protein isolates. Chef Jan Willemse claimed (in 1992) to have served vanilla and honey flavored soy ice cream to Henry Ford in his private dining room in late 1934. By Aug. 1935 Ford was serving soy ice cream for dessert at VIP and press luncheons held at the Ford Engineering Laboratory. By Sept. 1942 a soymilk plant at Ford's George Washington Carver Laboratory in Dearborn was producing 150 gallons of soymilk a day. Soon part of this soymilk was being used to make soy ice cream, which was served at the Ford cafeterias and the Henry Ford Hospital in Detroit, Michigan. In 1951 Bob Rich of Rich Products in Buffalo, New York, launched Chil-Zert, America's first commercial soy ice cream. He got the idea from Henry Ford's Carver Laboratory and, like the Lab, made his ice cream from isolated soy proteins.

13294. *SoyaScan Notes.* 2013. When soy-related terms first appear in the *Reader's Guide to Periodical Literature* (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** The Reader's Guide to Periodical Literature began publication in 1894. Soybeans first appear as a subject heading in the April 1949–March 1952 issue. Information on soybeans and soyfoods is found under the following subject headings: Central Soya Company. Coffee substitutes. Cookery–soybeans. Cookery–vegetables. Diesel fuels (from 1979-1980). Food substitutes. Lecithin. Soybeans (divided into: Cost, cultivation, diseases and pests, drying, export-import trade, harvesting, hybrids, marketing, prices, seed, seeding (planting), yield; with See also: cookery–vegetables). Multipurpose Food (from 1949). Plant proteins. Root tubercles. Soybean industry. Soybean products (with See also: okara, tempeh, tofu). Tempeh (from 1976-1977). Tofu (from 1977-1978). Tofutti/Tofutti Brands Inc. (from 1984-1985). Vegetarianism.

13295. *SoyaScan Notes.* 2013. Chronology of soymilk worldwide–1500 A.D. to 1949. Part I. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1500 A.D.–The earliest known written reference to soymilk appears in China in a poem titled "Ode to Tofu," written by Su Ping

1665–Soymilk is first mentioned by a Westerner, Domingo Fernández de Navarrete, in his book *A Collection of Voyages and Travels.* Navarrete served as a Dominican missionary in China.

1790–Soymilk is mentioned by Juan de Loureiro in his book *The Flora of Cochin China.* Loureiro was a Portuguese Jesuit missionary who lived in what is now Vietnam. Note that each of these and many other early references mentioned soymilk as part of the process for making tofu.

1866–Soymilk is first discussed as a drink in its own right by the Frenchman Paul Champion, who traveled in China. In a French-language article he stated that the Chinese had taken their cups to tofu shops to get hot soymilk, which they drank for breakfast.

1896 June–Soymilk is first referred to in the United States by Henry Trimble in the *American Journal of Pharmacy.*

1909–The first soy-based infant formulas and soymilk made from full-fat soy flour are developed in the United States by John Ruhräh, a pediatrician. He reports his results in the *Archives of Pediatrics* (July 1909).

1910–The world's first soy dairy, named *Caséo-Sojaïne,* is founded by Li Yu-ying, a Chinese citizen, biologist and engineer, at 46-48 Rue Denis Papin, Les Vallées, Colombes (near Asnières), a few miles northwest of Paris. In December 1910 he applies for the world's first soymilk patents (British Patents No. 30,275 and 30,351). The first patent is titled "Vegetable milk and its derivatives." He is issued both

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patents in Feb. 1912.

1913 June 13 Li Yu-ying is issued the first U.S. soymilk patent (No. 1,064,841), titled "Method of manufacturing products from soja." He filed the application on 10 Oct. 1911.

1917–Soymilk is being produced commercially in the U.S. by J.A. Chard Soy Products in New York City.

1929 Nov.–T.A. Van Gundy, founder of La Sierra Industries in Arlington, California, launches La Sierra Soy Milk, and becomes the first Seventh-day Adventist worldwide to make soymilk commercially. The product was canned and the beany flavor removed by live steam processing.

1931–Madison Foods of Madison, Tennessee, introduces Madison Soy Milk–the world's earliest known soymilk to be fortified with calcium and the second commercial soymilk product made by Seventh-day Adventists in the USA. Madison Foods is a company run by students and faculty within Madison College, a pioneering work/study school.

1936 Jan.–Dr. Harry W. Miller and his son, Willis, start making Vetose Soya Milk, sold in natural or chocolate flavors in sterilized half pint or quart bottles at their Vetose Nutritional Laboratories in Shanghai, China. Dr. Miller is a Seventh-day Adventist physician, a student of Dr. John Harvey Kellogg, and a medical missionary living in China. The world's first "soy dairy," this company also made soy ice cream and Acidophilus Vetose (a cultured soya milk)–both launched in Jan. 1936. But Japan was invading China. Within months after the soy-milk business began booming, a Japanese bomb blew up the soy dairy.

1936 June–Sobee, the world's earliest known branded soy-based infant formula, is launched by the American Soya Products Corp. of Evansville, Indiana.

1939 autumn–Dr. Harry W. Miller, forced by the war in China to return to the USA, starts making soymilk at Mt. Vernon, Ohio, in a large brick plant which he and coworkers built from the ground up. The first two products were canned liquid soymilk (made in a pressure cooker and fortified with vitamins and minerals) and malted soymilk (Soy-A-Malt). Pressure from the powerful U.S. dairy industry and the USDA convinced Miller not to call his product 'soymilk,' so he latinized the name to Soya Lac. This term was first used in late 1939 for Miller's first American soymilk.

1940 March–K.S. Lo, founder and managing director of the Hong Kong Soya Bean Products Co. Ltd. starts to make soymilk in Hong Kong. His product, originally named Vita Milk (*Wai-ta-nai* in Chinese) was fortified with calcium, cod-liver oil, and vitamins, and sold in milk bottles, primarily as a nutritious, affordable beverage for refugees. In June 1940 the product was renamed Sunspot, and in 1953 it was renamed Vitasoy. Continued.

13296. *SoyaScan Notes.* 2013. Chronology of tofu worldwide–965 A.D. to 1929. Part I. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 965 A.D.–Tofu is first mentioned in China in a document, the *Qing Yilu* (Wade-Giles: *Ch'ing I Lu*) [Anecdotes, Simple and Exotic], by Tao Ku. It states: "In the daily market were several catties of doufu. People of the region called doufu the 'vice mayor's mutton.'" It goes on to tell the story of a vice mayor named Jishu, who was so poor that he couldn't afford to buy mutton. Instead he bought a few pieces of tofu every day and ate them as a side dish with rice. Soon people in the area came to call tofu the "vice mayor's mutton." The story implies that tofu was widely consumed in China in those days and that it was less expensive than mutton.

1183 A.D.–Tofu is first mentioned in Japan in the diary of Hiroshige NAKAOMI, a Shinto priest of the shrine at Nara; the tofu was used as an offering at the shrine's altar.

1489–The word "tofu" is first written in Japan with the characters used today.

1603–The word "tofu" is first mentioned in a European-language (Portuguese) document, *Vocabulario da lingoa de Iapam...* [*Vocabulary of the language of Japan*], the earliest dictionary of the Japanese language compiled by Europeans (Jesuits living in Nagasaki, Japan). Tofu is referred to as *Cabe, Tôfu,* or *Taufu.*

1613–The word tofu is first referred to (though indirectly) for the second time by a Westerner, Captain John Saris, in the log of his trip to Japan. He wrote "Of Cheese [probably tofu] they haue plentie. Butter they make none, neither will they eate any Milke, because they hold it to bee as bloud [blood], nor tame beasts." This is the earliest English-language document that mentions tofu in connection with Japan.

1665–Tofu is first mentioned specifically by a Westerner, Domingo Fernández de Navarrete, in his book *A Collection of Voyages and Travels.* Navarrete, who served as a Dominican missionary in China, wrote: "Before I proceed to the next chapter, because I forgot it in the first book, I will here briefly mention the most usual, common and cheap sort of food all *China* abounds in, and which all men in that empire eat, from the emperor to the meanest *Chinese,* the emperor and great men as a dainty, the common sort as necessary sustenance. It is call'd *teu fu,* that is, paste of kidney-beans. I did not see how they made it. They draw the milk out of the kidney-beans, and turning it, make great cakes of it like cheeses, as big as a large sieve, and five or six fingers thick. All the mass is as white as the very snow, to look to nothing can be finer. It is eaten raw, but generally boil'd and dressed with herbs, fish, and other things. Alone it is insipid, but very good so dressed and excellent fry'd in butter. They have it also dry'd and smok'd, and mix'd with caraway-seeds, which is best of all. It is incredible what vast quantities of it are consum'd in *China,* and very hard to conceive there should be such abundance of kidney-beans. That *Chinese* who has *teu fu,* herbs and rice, needs no other

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sustenance to work; and I think there is no body but has it, because they may have a pound (which is above twenty ounces) of it any where for a half-penny. It is a great help in case of want, and is good for carriage. It has one good quality, which is, that it causes the different airs and seasons, which in that vast region vary much, to make no alteration in the body, and therefore they that travel from one province to another make use of it. *Teu fu* is one of the most remarkable things in *China,* there are many will leave pullets for it. If I am not deceiv'd, the *Chineses* of *Manila* [Philippines] make it, but no *European* eats it, which is perhaps because they have not tasted it, no more than they do fritters fry'd in oil of *Ajonjoli* ([sesame seed] a very small seed they have in *Spain* and *India,* which we have not) which the *Chineses* make in that city and is an extraordinary dainty."

1704–Friar Domingo Navarrete's book is published in English. This is the earliest English-language document that mentions tofu in connection with China.

1770 Jan. 3–James Flint in Capringe writes Benjamin Franklin in London (in response to an inquiry from Franklin) a detailed description of how the "Chinese convert Callivances into Towfu" (soybeans into tofu).

1770 Jan. 11–The earliest document seen in which an American mentions tofu is a letter written by the famous Benjamin Franklin (who was in London) to John Bartram in Philadelphia, Pennsylvania. He sent Bartram some soybeans (which he called "Chinese caravances") and with them he sent "Father Navarrete's account of the universal use of a cheese made of them in China, which so excited my curiosity, that I caused enquiry to be made of Mr. [James] Flint, who lived many years there, in what manner the cheese was made, and I send you his answer. I have since learned that some runnings of salt (I suppose runnet) is put into water, when the meal is in it, to turn it to curds."

1821–The second earliest reference seen to tofu in America, and the first to be published in the USA, appeared when A.F.M. Willich of Philadelphia mentioned it in *The Domestic Encyclopedia.* Speaking of soybeans (which he called "the seeds of the Chinese plant *Dolichos soja"*), he wrote: These *seeds* are used in China and Japan as food; they are made into a kind of jelly or curd, which is esteemed very nutritious, and which is rendered palatable by seasonings of different kinds."

1870 Dec.–The term "Bean curd" is first used by Emil V. Bretschneider, writing in English in the *Chinese Recorder and Missionary Journal* (Foochow, p. 173). He said: "Bean-curd is one of the most important articles of food in China." Then he gave an accurate description of how it was made.

1880–Tofu is first made in Europe by Paillieux, in France, for the Society for Acclimatization (but not on a commercial scale).

1878–The earliest tofu company in the USA, Wo Sing & Co., is in business at 708½ Dupont St. in San Francisco, making both fermented and regular tofu.

1895–Hirata & Co. in Sacramento, California, the earliest known Japanese-American company in the USA, starts making tofu.

1896 June–Tofu first appears in print in an American scientific journal (*American Journal of Pharmacy*), in an article by Henry Trimble, a pharmacist, titled "Recent Literature on the Soja Bean."

1906–Quong Hop & Co., the oldest existing tofu maker in America today, starts making tofu in San Francisco, California.

1910–Europe's first commercial soyfoods manufacturer, named *Caséo-Sojaïne,* is founded by Li Yu-ying, a Chinese citizen, biologist and engineer, at 46-48 Rue Denis Papin, Les Vallées, Colombes (near Asnières), a few miles northwest of Paris. By May 1911 he was making and selling tofu, and by August 1911 he had added smoked tofu, pressed tofu sheets, fermented tofu cheese (in Gruyere, Roquefort, and Camembert flavors), and soymilk.

1923–The two oldest existing Japanese-American tofu companies (House Foods & Yamauchi Inc. of Los Angeles and Aala Tofu Co. of Honolulu) are founded in Hawaii. They both began as H. Iwanaga Daufu at 1031 Aala St. in Honolulu. In 1926 the company was renamed Shoshiro Kanehori Tofu, and in 1937 Haruko Uyeda Tofu, still at the same address. In about 1939 the company was purchased by Mr. and Mrs. Shokin Yamauchi, who later renamed it Aala Tofu Co. Their son, Shoan Yamauchi, made tofu at the family company until 1946, when he went to Los Angeles, purchased the Hinode Tofu Co., and began making tofu there in 1947. After becoming Matsuda-Hinode Tofu Co. in 1963, the company was renamed House Foods & Yamauchi Inc. in 1983.

1929 Nov.–T.A. Van Gundy, a Seventh-day Adventist and founder of La Sierra Industries in Arlington, California (near Riverside), becomes the first Westerner to make tofu commercially when he introduces La Sierra Soya Cheese. This tofu was canned and pimiento was added to prevent graying after canning. Continued.

13297. *SoyaScan Notes.* 2013. Chronology of tofu worldwide–1930 to present. Part II. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1930s early–Azumaya Tofu Seizo-sho (later renamed Azumaya Co.) starts making tofu, *yaki-dofu* (grilled tofu), and *ganmodoki* (fried tofu patties) in San Francisco at 1636 Post St. between Buchanan and Laguna streets. The company is owned by Mr. Teranishi, who may have started it as early as the early 1920s. In Feb. 1937 it was sold to George and Jack Mizono, and their mother and father (Saichi Mizono).

1932, Dec.–Madison Foods, part of Madison College in Madison, Tennessee, was making Soy Cheese, then by 1939 they had launched Cheze-O-Soy (seasoned tofu), and by 1940 they were making a canned tofu bologna named Yum.

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1934–By this year Loma Linda Food Co. (Adventist) in Loma Linda, California, was making Loma Linda Vege-Cheese (canned tofu with pimiento).

1942 Sept.–Dr. Harry Miller, a Seventh-day Adventist doctor who had worked for many years in China as a medical missionary, begins making Miller's Soya Cheese (tofu) at Mt. Vernon, Ohio.

1944 Sept.–Butler Food Co. in Cedar Lake, Michigan, introduces Butler's Soynut Cheese. Note that the first five Caucasian-run tofu companies in the Western World were all founded and run by Seventh-day Adventists. Note also that each of these five Seventh-day Adventist tofu products used the word "cheese" in the name and that each was canned. 1957 Aug.–Shizuka Hayashi, head of the Japanese-American Soybean Institute in Tokyo, publishes (in *Soybean Digest*) the earliest English-language statistics on tofu in Japan. "There are approximately 45,000 tofu manufacturers in Japan, of which about 23,000 are members of the Tofu Association. There is one large factory in Osaka, the largest in Japan, which consumes 2 tons of soybeans a day." In 1957 Japan will use somewhere between 160,000 and 308,000 tons of soybeans to make tofu.

1958–The world's first packaged tofu is sold in Los Angeles, California, by Matsuda Hinode Tofu Co. Mr. Shoan Yamauchi, owner, conceived of the idea of putting individual cakes of tofu each in a plastic bag with water, sealing the bag with a heat sealer, placing the bag in a stiff paper deli carton with a wire handle, then folding over the top. The process was labor intensive. This happened at about the same time that a letter from journalist George Yoshinaga had led the city to pass a new regulation requiring tofu to be packaged in individual containers.

1958–Tofu is first sold in a U.S. supermarket–Boy's Market supermarket chain (which had about 12 stores at the time) in Los Angeles. The tofu was sold in individual packages (see above) and made by Matsuda Hinode Tofu Co., whose owner, Mr. Shoan Yamauchi was responsible for this major innovation, and for seeing the mainstream potential of tofu.

1965–The Library of Congress establishes the subject heading "Tofu" as the official name for that food in cataloging books for libraries across America. However, in the mid-1970's disputes arose there about the proper form of romanization of that term. The dispute was resolved by the decision to use the common English term "Bean Curd" instead.

1966–Tofu is first packaged in plastic trays/tubs, the type so widely used today. Again, Mr. Yamauchi conceived of the idea. He went to the Sealright Company in Los Angeles that made Sealright trays and asked them to make a waterproof plastic tray for his tofu. Mr. Yamauchi created three specific early innovations in tray packaging: (1) A very deep tray, holding 26-28 ounces; (2) A method for heat sealing a plastic film to the flange of a tray which had cold water flooding over the flange; (3) High-speed sealing machines to pack and seal the tofu in his plant.

1975 March–Alec Evans, owner of first of the new breed of Caucasian-run tofu shops, starts to make "Tofu" in Corvallis, Oregon. His Welcome Home Bakery and Tofu Shop is the sixth Caucasian-run tofu company in America.

1975 Dec.–*The Book of Tofu,* by Shurtleff and Aoyagi, is published by Autumn Press. This book, which had sold about 550,000 copies by 1997, played a major role in introducing tofu to the Western World.

1977 Aug.–Takai Tofu & Soymilk Equipment Co. publishes its first English-language equipment catalog, which helps many American and European tofu shops to get started.

1977 Sept.–White Wave, owned by Steve Demos, starts making tofu at 1738 Pearl St., in Boulder, Colorado.

1977–Morinaga Milk Industry Co., Ltd. in Japan introduces the world's first aseptically packaged tofu in a Tetra Brik carton. It is named "Morinaga brand Tofu. Soybean Curd." In 1978 the name was changed to "Morinaga brand Ever-Fresh Silken Tofu."

1977–Swan Foods Corporation, owned by Robert Brooks and Mary Pung, starts making "Tofu–Organic" at The Soybeanery, 5758½ Bird Rd., Miami, Florida. This is the first tofu in the Western World labeled "Organic." Swan Foods is also the first American company to make a wide variety of soyfoods, and the first to open a soy deli–which had a take-out menu.

1978 April–Nasoya Foods, owned by John Paino and Bob Bergwall, starts making Nasoya Organic Tofu (water pack) at Mechanic Street Exit, Leominster, Massachusetts.

1978 Dec.–*The Book of Tofu,* by Shurtleff and Aoyagi, is published by Ballantine Books in a mass-market edition that retails for $2.95.

1979 July–*Tofu & Soymilk Production,* by Shurtleff and Aoyagi, is published by Soyfoods Center in California. This book is used to start hundreds of tofu manufacturing companies throughout the Western World and in some Third World countries.

1982 April–There are 242 tofu manufacturers in the Western World, including 173 in the United States.

1985 June–The Library of Congress decides to change its subject heading from "Bean curd" back to "Tofu." This, perhaps more than any other single thing, makes the word tofu "official."

1983–House Food Industrial Co., Ltd. of Japan purchases 50% ownership in Yamauchi Enterprises (formerly Hinode Tofu Co., owned by Mr. Shoan Yamauchi) in Los Angeles. The company is renamed House Foods & Yamauchi, Inc.

1989 Dec.–Sixty-five books (each more than 48 pages long) on tofu have been published in the Western World since 1970. Each one has the word "tofu" or its equivalent in the title. Forty of these books were published in the United States, 6 in Canada, 5 in Switzerland, 5 in Japan (but

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written in English for sale primarily outside of Japan), 3 in West Germany, 3 in France (but 2 of these were published simultaneously and primarily in Quebec, Canada), 2 in England, and 1 each in Italy, Sweden, and Brazil.

1990 Aug. 3–Hong Kong Soya Bean Products Co. Ltd. (makers of Vitasoy) acquires Nasoya Foods of Leominster, Massachusetts.

1993 June–Vitasoy purchases Azumaya Inc. (America's largest tofu manufacturer, and the low-price leader) in California for an estimated $4-$5 million.

1993–House Foods Corp. of Japan purchases the remaining 50% of House Foods & Yamauchi, Inc. from Mr. Shoan Yamauchi. The new company is renamed House Foods American Corporation.

1997 March 12–House Foods America Corporation holds the opening ceremony for America's largest tofu factory, in Garden Grove, California; the company closes its tofu plant in central Los Angeles.

13298. *SoyaScan Notes.* 2013. Chronology of Vietnam (formerly divided by Colonial France into Tonkin and Annam in the north and Cochin-China in the south). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** From its beginnings as a distinct nation, Vietnam, which shares its northern border with two provinces of southern China (Yunnan and Guangxi) has been strongly influenced by China. China ruled Vietnam for most of the period from 207 BC to AD 939. 111 BC–The Chinese Han dynasty conquered Nam Viet, a kingdom in what is now northern Vietnam. The northern part of Vietnam was made a province of China in the 1st century BC. During these ten centuries, China introduced such things as Confucianism, Buddhism (later; and its vegetarianism and vegetarian cuisine), architecture, writing, administrative methods–and probably soybeans and soyfoods (such as jiang {*tuong*}, soy sauce, tofu, yuba, etc.), chopsticks, the wok, the art of deep-frying, noodles, and the custom of communal meals at restaurants. Vietnam remained a tributary state to China for much of its history.

From this point until the 1700s, the history of Vietnam remains unclear and controversial–depending heavily on who is writing it.

From about the 7th century until 1832 the kingdom of Champa controlled much of what is today central and south Vietnam. To its north lay Dai Viet (today's north Vietnam), and to its west lay Angkor and the Khmer empire.

From AD 939 to 1407 there were six successive Vietnamese dynasties–Ngo, Dinh, Early Le, Ly, Tran, and Ho.

The fourth and final Chinese domination (during the Ming Dynasty in China) lasted from 1407 to 1427; in the latter year the Vietnamese handed the Ming occupying army a sound defeat. The Chinese conquered what is today north Vietnam; it was named Annam and its capital was Hanoi. South of Annam was Champa.

The next major dynasty in Vietnam was the Le dynasty (1428-1788), which lasted 360 years. Then came the Tay Son dynasty (1778-1802), and the Nguyen Dynasty (1802-1945, with its capital in Hue in central Vietnam).

In 1802 Nguyen Anh united the country and called it Vietnam.

The era of European colonialism began in the 1800s. The French, seeking recompense in empire after the loss of Alsace-Lorraine at the end of the Franco-Prussian War (1870-71), moved into Indochina and ruled with an iron hand–while also bringing French culture, food and cuisine (café au lait, French bread, milk, butter, yogurt, etc.) to Vietnamese elites. Conquest by France began in 1858 and ended in 1884 with the protectorates of Tonkin and Annam in the north and center, respectively, and the colony of Cochin-China in the south.

1940-1945–Japan controlled Vietnam during World War II. Occupied by Japan, nationalist aspirations grew stronger. A number of groups formed the Vietminh (Independence) League, headed by Ho Chi Minh, Communist guerilla leader, and his brilliant general Vo Nguen Giap.

The Empire of Vietnam was a short-lived puppet state of Imperial Japan governing the whole of Vietnam between March 11 and August 23, 1945; its capital was in Hue.

1945 Aug.–The Vietminh forced out Bao Dai, former emperor of Annam and head of a Japanese-sponsored regime. In 1945 Ho Chi Min proclaimed the establishment of the Democratic Republic of Vietnam in Hanoi 1946-1954–France, seeking to reestablish colonial control, battled communist and nationalist forces, but was finally defeated at Dienbienphu on 8 May 1954.

1954 June 4–North Vietnam declares independence from France. 1954 July 21–Cease fire signed in Geneva divided country into north and south along the 17th parallel. Some 900,000 North Vietnamese fled to South Vietnam. 1954 Dec. 29–South Vietnam declares independence from France.

1963–U.S. intervention in Vietnam begins under President John F. Kennedy. 1963 Nov. 2–Ngo Dinh Diem, the first president of South Vietnam, is assassinated in a Saigon suburb; he is replaced with a military junta. 1963 Nov. 22–President Kennedy is assassinated in Dallas, Texas; Lyndon Johnson becomes president. 1964 Aug.–The USA enters the war and begins air strikes against North Vietnam. 1965–First U.S. ground combat troops deployed in South Vietnam. 1969 April–U.S. troop strength peaks at 543,400, then gradual withdrawal of troops begins.

1973 Jan. 27–A cease-fire agreement is signed in Paris by the USA, North and South Vietnamese governments, and the Vietcong–but the agreement was never implemented. Also on Jan. 27 U.S. Secretary of Defense Melvin Laird announced the end of the military draft because no more U.S. troops would be needed since, he believed, the Vietnam War was now over. Note 1. The real end of the war did not

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come until April 1975, more than two years later! Note 2. The decision to end the U.S. military draft–and to change thereafter to an all-volunteer military–was made by one non-elected official, without public debate, and for the wrong reason. Note 3. The U.S. started withdrawing its troops from Vietnam soon after signing this cease-fire and finished two months later. In this way they extracted themselves from a terrible war and tried to save face without admitting defeat or surrendering; but they then left their allies, the South Vietnamese, to try to finish the war alone. Of course the U.S. knew they would lose–which they did in April 1975.

1973 March–The last U.S. forces leave Vietnam. 1975 early–Massive numbers of North Vietnamese troops, aided by tanks, launch attacks against the remaining South Vietnamese outposts in the Central Highlands. Government retreats turned into a rout. 1975 April 29–The fall of Saigon and of South Vietnam. The South Vietnamese regime and military surrenders to the Vietcong. The last Americans flee Saigon in a helicopter from the top of the U.S. embassy. America lost the war, if not militarily, at least psychologically and culturally. U.S. combat deaths: 47,369.

1976 July 2–Vietnam is officially reunited by the Communists, with Hanoi as the capital. The first national assembly of both parts of the country meets. The North Vietnam flag, anthem, emblem, and currency are used in the newly unified nation.

1985–Vietnam starts to reduce central control of the economy and introduce some free-market economic reforms. By 1987 many of the old revolutionary followers of Ho Chi Minh were removed from office.

1994 Feb. 3–U.S. announces the end of a 19-year embargo on trade with Vietnam–citing Vietnamese cooperation in returning remains of U.S. soldiers killed in the Vietnam War. 1995 July 11–U.S. extends full diplomatic recognition to Vietnam. Also this year Vietnam joins the Association of Southeast Asian Nations (ASEAN). 1997 May–First U.S. ambassador since the war, Pete Peterson, arrives in Vietnam.

2006–The USA has become Vietnam's top export market, with annual trade over $6 billion. 2006 June 5–The two countries agreed to strengthen defense ties. 2006 June 27–Communists reputed to be economic reformers became president and prime minister.

13299. *SoyaScan Notes.* 2013. Definition of teriyaki and teriyaki sauce (Overview). Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** Etymology: Formed from the Japanese verbs *teru* "to shine or be glossy or bright" and *yaku* "to grill or broil" (traditionally over charcoal or coals, using a hibachi, a small, usually round charcoal brazier).

Teriyaki, a Japanese appetizer, is said to have originated in Japan during the Edo period (1600-1867; see *The History and Culture of Japanese Food,* by Naomichi Ishige, 2001, p. 116; he does not cite his source). The word "teriyaki" originally referred to fish (or occasionally poultry), cut into small pieces, marinated in a Mirin-Shoyu sauce, skewered on bamboo skewers, grilled on the hibachi, and basted / brushed occasionally with the sauce; the mirin was considered the key to the glossy appearance. Note: Mirin is sweetened sake for cooking or seasoning. Shoyu is regular Japanese-style soy sauce.

As the recipe became Westernized in the early 1950s, it was transformed; the mirin was often omitted, garlic (ideally fresh, crushed), and a small amount of sweetener (such as sugar or pineapple juice) were added, and chunks or thin strips of beef were often used in place of fish. The teriyaki sauce was used initially as a marinade, then later in the cooking process for basting while grilling.

Although teriyaki originated in Japan, it came to the United States largely from Hawaii in the early 1950s, and was soon viewed by Americans as an Hawaiian recipe and dish. American versions may skewer chunks of fruit (such as pineapple) or vegetables (green or red bell peppers) alternatively with chunks of meat. Vegetarian versions usually use pressed firm tofu or seitan in place of meat. Address: Soyfoods Center.

13300. *SoyaScan Questions.* 2013. Questions about Swan Foods, Robert Brooks, and Mary Pung of Miami, Florida. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1. What year and month did the company start making soy products? 2. What was the first product they made? 3. What year and month did they run their first ad in *Alternatives* magazine in Miami? What library owns early issues of this magazine? How can we contact the publisher, Chik Shank? 4. When and where did they run other ads in magazines? 5. Try to assign a year and month to each commercial product they made.

6. When did they start experimenting with a vacuum-packaging machine for packing tofu. 7. Did they ever sell vacuum-packed tofu? 8. What year and month did the company stop making soy products? (Probably Dec. 1978).

9. In late 1976, Mary Pung flew in to attend one of the programs on our Tofu & Miso America tour. Where was that program? She invited us to come to Florida. Did that invitation have anything to do with our trip to Florida on Dec. 27-28, 1976?

10. What is the full name of Mary's son?–His first name is Aslan. Where is he now? What is his date of birth? 11. When and where was Mary born? Social Security number? 12. Who owned Swan Foods? Only Robert Brooks? Robert and Mary? Any other people? 13. On what exact date did Robert commit suicide? Try to find an obituary, article, then death record. 14. Why did Robert move from New York to Florida?

15. When, where, and how did Robert first meet Mary Pung? 16. What caused Mary and Robert to break up,

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and her to start drinking and to end up as homeless and living on the streets? 17. Are any of Robert's or Mary's parents, siblings, or close friends still alive? How can they be contacted? Tatiana, Debbie Curin (305-667-7692–she developed recipes with Mary Pung), Mark Lewis (of High Falls Realty in New York), Robert's father (he owned Mid-Hudson Liquor in Poughkeepsie, New York), Roberts brother (the attorney who was given custody of Aslan). 18. Try to get some newspaper articles from Nov. 1978 about the huge 3-day Hans Jiyanti festival in Kissimmee, the capital of Osceola County, Florida, held in honor of Guru Maraji and his father, Hans. Some 10,000 people attended.

13301. *SoyaScan Questions.* 2013. Questions about Swan Gardens, Inc., Dick McIntyre, and Jocelyn, of Montana and Florida. Florida. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** 1. When and where was Dick McIntyre born? Try for a birth certificate.

2. What was Jocelyn's maiden name? When and where was she born?

3. When and where were they married?

4. When did they move to St. Ignatius, Montana?

5. When did they buy land in St. Ignatius, Montana? Try for a land deed.

13302. *SoyaScan Questions.* 2013. Questions about the history of yuba. Compiled by William Shurtleff of Soyinfo Center.

• ***Summary:*** How could the Chinese have chosen such an apparently meaningless word as *doufu pi* ("bean curd skin") to refer to yuba? Today, yuba is not part of the process for making tofu (or soymilk). Yuba would seem to be more accurately described as "soymilk skin" rather than as "tofu skin." But could there be some long-lost connection between making yuba and making tofu in ancient China? A number of documents describe this connection. However Dr. H.T. Huang (personal communication, 25 Feb. 2010), an expert on the history of food in China, says: "The names of these products were probably coined by illiterate artisans, so I wouldn't worry about their lack of logic or elegance."

Look in early indigenous language documents for the earliest reference to yuba in countries surrounding China where yuba is made or used today, such as Vietnam, Indonesia, Philippines, Cambodia, Thailand, etc.

An asterisk (*) at the end of the record means that SOYFOODS CENTER does not own that document.
A plus after eng (eng+) means that SOYFOODS CENTER has done a partial or complete translation into English of that document.
An asterisk in a listing of number of references [23* ref] means that most of these references are not about soybeans or soyfoods.

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Africa–Comoros, Federal Islamic Republic of the. *Isles Comores* in French. Also called Comoro Islands. Includes the islands of Great Comoro (*Grande Comore*), Anjouan, Mayotte {a French Overseas Territorial Collective since 1976}, and Mohéli. 8919

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Africa–Introduction of Soy Products to. This document contains the earliest date seen for soybean products in a certain African country. Soybeans as such had not yet been reported by that date in this country. 1988

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Allis-Chalmers Manufacturing Co. (Milwaukee, Wisconsin). Made Farm Equipment (Tractors, Combines) and Soybean Processing Equipment (Driers, Rolling and Flaking Mills, Solvent Extraction Units). 2612

Almond Butter or Almond Paste. 477, 1029, 1094, 1236, 1508, 2215, 2713, 3347, 3769, 4374, 4563, 5188, 5699, 6770, 8337, 8379, 9413, 9755, 10276, 11058, 11157, 12244, 12507, 12614

Almond Milk and Cream. See also: Almonds Used to Flavor Soymilk, Rice Milk, etc. 313, 664, 984, 985, 1173, 1236, 1269, 1291, 1307, 1308, 1441, 1507, 1869, 1970, 2021, 2243, 2284, 2435, 2519, 2539, 2589, 2695, 3048, 3243, 3252, 3622, 5391, 6436, 8465, 9483, 9589, 9616, 9931, 10334, 10447, 10574, 10874, 10876, 11054, 11157, 11237, 12018, 12019, 12359, 12362, 12851

Almond Oil. 274, 338, 434, 480, 985, 1572, 7704

Almonds Used to Flavor Commercial Soymilk, Soy Ice Cream, Soy Cheese, Amazake, Rice Milk, or Other Commercial Non-Dairy Products. 2947, 4173, 4769, 4793, 4930, 5201, 5312, 5533, 5693, 5817, 6151, 6175, 6462, 6619, 6631, 6632, 6633, 6734, 6764, 6769, 6912, 6914, 6924, 6926, 6959, 6961, 6987, 6990, 7010, 7049, 7065, 7090, 7110, 7123, 7233, 7251, 7388, 7484, 7601, 7756, 7767, 7895, 7950, 8022, 8125, 8127, 8225, 8337, 8510, 9038, 9111, 9755, 9812, 10134, 10824, 11844, 12055

Almonds (*Prunus dulcis* syn. *P. amygdalus*)–Especially Origin and Early History of the Almond. Including Almond Bread, Almond Meal, and Almonds Seasoned with Soy Sauce / Tamari. 53, 172, 185, 219, 229, 283, 350, 359, 366, 390, 421, 434, 478, 826, 946, 950, 997, 998, 1172, 1342, 1497, 1508, 1572, 1652, 2243, 2538, 3347, 4173, 5188, 5699, 7251, 7514, 7817, 7823, 8107, 8275, 12359, 12363, 12365, 12505

Alpro (Wevelgem, Belgium), Including the Provamel and Belsoy Brands Sold in Health Foods Stores. 6279, 6287, 6290, 6497, 6516, 6687, 6886, 6932, 7682, 7803, 7888, 7893, 8008, 8150, 8395, 8452, 8493, 8676, 8730, 8760, 9001, 9015, 9078, 9107, 9191, 9202, 9472, 9482, 9491, 9501, 9533, 9568, 9604, 9605, 9705, 9712, 9816, 9922, 10034, 10095, 10456, 10457, 10530, 10812, 11165, 11604, 12003, 12814, 13024, 13139

Alternative medicine. *See* Medicine–Alternative

Aluminum in Soybeans and Soyfoods. 5401, 10620, 10948, 12061

Aluminum in the Diet and Cooking Utensils–Problems. Soy Is Not Mentioned. 1572, 1774, 1967, 2441, 3147, 4869, 7733, 8856

Amaranth, Grown for Grain / Seed (*Amaranthus hypochondriacus, A. caudatus,* and *A. cruentus.* Genus formerly spelled *Amarantus*). 3314, 4048, 4254, 4854, 6578, 7823, 8144, 8217, 8285, 8935, 9963, 10009, 10191, 10226, 10276, 10488, 10932, 11002, 11058, 11108, 11853, 12018, 12507, 12851

Amazake. *See* Rice Milk (Non-Dairy)

American Lecithin Corp. (Incorporated 1930), American Lecithin Company (Re-incorporated 1934-35), and Joseph Eichberg, President of Both. 1643, 1845

American Milling Co. *See* Allied Mills, Inc.

American Miso Co. (Rutherfordton, North Carolina). 4745, 5001, 5570, 5768, 6955, 6977, 7069, 7266, 7542, 7906, 7927, 8192, 8491, 9796, 10057, 10148, 10226, 10539, 10889, 11340, 11441, 12263

American Natural Snacks (St. Augustine, Florida). 7388, 7463, 7518, 7549, 7627, 7687, 7906, 8211, 8248, 8458, 8564, 8816, 8868, 8993, 9034, 9596, 9719, 9813, 9890, 10075, 10104, 10181, 10226, 10238, 10316, 10447, 10468, 10494, 10574, 10575, 10576, 10578, 10609, 10873, 10876, 10905, 11170, 11237, 11250, 11534, 11588, 11872

American Philosophical Society (Philadelphia). *See* Franklin, Benjamin

American Soy Products (Michigan). *See* Natural Foods Distributors and Manufacturers in the USA–Eden Foods

American Soy Products (Saline, Michigan). Started Nov. 1986. 7719, 8452, 9248, 9920, 10118, 10120, 11325, 13182

American Soybean Association (ASA)–Activities in the United States and Canada, and General Information (Headquarters in St. Louis, Missouri. Established 3 Sept. 1920. Named National Soybean Growers' Association until 1925). 1262, 1319, 1643, 1774, 1787, 2409, 2537, 2594, 2832, 3353, 3356, 3558, 4063, 4659, 4723, 4979, 4980, 4981, 4982, 4983, 6333, 6766, 7395, 8047, 8197, 9415, 11999, 12149, 13137

American Soybean Association (ASA)–Activities, Offices, and Influence Worldwide (General). 2234, 5722, 8197

American Soybean Association (ASA)–Activities, Offices, and Influence in Africa. 13108

American Soybean Association (ASA)–Activities, Offices, and Influence in Asia. 2217, 2234, 2235, 2236, 2240, 2244, 2266, 2269, 2291, 2293, 2318, 2326, 2330, 2335, 2355, 2361, 2365, 2372, 2381, 2413, 2416, 2419, 2425, 2444, 2468, 2487, 2512, 2565, 2596, 2601, 2648, 2675, 2712, 2714, 2719, 3054, 3767, 4837, 5591, 5887, 6102, 6103, 6225, 6232, 6272, 6350, 6589, 6695, 7349, 7365, 7497, 8044, 8159, 8267, 8793, 9164, 9435, 9620, 9662, 9739, 10005, 10210, 10545, 11132, 11226, 11580, 11761, 11995, 12150, 12152, 12253, 12552, 12665, 12804, 12870, 13108, 13116, 13128, 13189

American Soybean Association (ASA)–Activities, Offices, and Influence in Europe (Western and Eastern). 5722, 6274, 6279, 6649, 6687, 6886, 6957, 8749, 9477, 11165, 12680

American Soybean Association (ASA)–Activities, Offices, and Influence in Latin America. 9033, 12012, 12448, 12475

American Soybean Association (ASA)–Checkoff Programs (Legislated / Mandatory Funding. State Programs Starting in North

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Carolina in Sept. 1966, National Programs–SPARC–Starting in 1989-1991), and State Promotion Boards (Research & Promotion Councils). 5722, 5887, 8101, 8197, 10114, 10559, 10775, 10798, 10817, 10931, 11429, 11821, 12332, 12337, 12597

American Soybean Association (ASA)–Funding and Fundraising Before Checkoff Program or 1971. Voluntary or from USDA (FAS or ARS). 2240, 2266, 2291, 2293, 2296, 2330, 2372, 2512

American Soybean Association (ASA)–Japanese-American Soybean Institute (JASI). 2236, 2240, 2244, 2264, 2269, 2296, 2315, 2326, 2335, 2355, 2358, 2361, 2365, 2372, 2381, 2413, 2415, 2416, 2425, 2444, 2468, 2487, 2565, 2596, 2648, 2675, 2712, 2719, 6590, 11226, 13297

American Soybean Association (ASA)–Meetings / Conventions (Annual) and Meeting Sites. 1341, 1926, 2537, 2928

American Soybean Association (ASA)–Members and Membership Statistics. 9415

American Soybean Association (ASA)–New State Soybean Associations (Starting with Minnesota in 1962). 7278

American Soybean Association (ASA)–Officers, Directors (Board), and Special Committees. 1380, 2419

American Soybean Association (ASA)–Periodicals, Including Soybean Digest, Proceedings of the American Soybean Assoc., Soybean Blue Book, Soya Bluebook, Late News, etc. 2024, 2269, 2354, 2409, 2594, 7572, 8838, 9346, 11282

American Soybean Association (ASA)–Soybean Council of America (June 1956-1969). Replaced by American Soybean Institute (Est. 11 July 1969). 2365, 2434, 2512, 2679

American Soybean Association (ASA)–State Soybean Associations and Boards (Starting with Minnesota in 1962). 7123, 7278, 7569, 7590, 7861, 8101, 8575, 8701, 8737, 8977, 9415, 9848, 10429, 10532, 10546, 10559, 10577, 10775, 10798, 10799, 10817, 10829, 10844, 10870, 10931, 10936, 11001, 11055, 11068, 11099, 11163, 11165, 11270, 11283, 11309, 11333, 11340, 11389, 11429, 11557, 11595, 11602, 11610, 11831, 11943, 12087, 12227, 12276, 12318, 12332, 12540, 12675, 12683, 12842, 13038

American Soybean Association (ASA)–State Soybean Associations and United Soybean Board–Activities Related to Food Uses of Soybeans / Soyfoods, or Soy Nutrition, in the United States (Not Including Soy Oil or Edible Oil Products). 1573, 1643, 1725, 1726, 1787, 1847, 1926, 1974, 2024, 2409, 2419, 2594, 2928, 3363, 3764, 7192, 7569, 7590, 7664, 8047, 8101, 8102, 8103, 8575, 8670, 8701, 8849, 8977, 9176, 9415, 9848, 10295, 10364, 10387, 10425, 10429, 10532, 10533, 10544, 10546, 10559, 10577, 10697, 10775, 10798, 10799, 10817, 10829, 10844, 10870, 10892, 10931, 10936, 10982, 10984, 10985, 10986, 11001, 11055, 11068, 11070, 11099, 11105, 11163, 11165, 11194, 11253, 11270, 11273, 11274, 11275, 11282, 11283, 11309, 11333, 11334, 11340, 11349, 11389, 11500, 11557, 11595, 11602, 11610, 11639, 11694, 11712, 11749, 11780, 11821, 11831, 11943, 11970, 12087, 12201, 12220, 12227, 12228, 12248, 12276, 12318, 12326, 12332, 12337, 12339, 12342, 12348, 12405, 12436, 12535, 12540, 12568, 12569, 12572, 12578, 12594, 12596, 12597, 12667, 12758, 12820, 12888, 12903, 13095, 13106, 13225

American Soybean Association (ASA)–Strayer. *See* Strayer Family of Iowa

American Soybean Association (ASA)–United Soybean Board (USB, Established 1991, Chesterfield, Missouri). 10114, 10295, 10387, 10429, 10532, 10533, 10697, 10745, 10984, 10985, 10986, 11070, 11132, 11142, 11165, 11167, 11226, 11253, 11429, 11500, 11639, 11694, 11712, 11749, 11821, 11970, 12201, 12248, 12276, 12326, 12332, 12342, 12348, 12436, 12572, 12594, 12666, 12667, 12758, 12820, 12888, 12903, 13106, 13225

American Soybean Association (ASA) or United Soybean Board–Activities Related to Food Uses of Soybeans / Soyfoods, or Soy Nutrition, Outside the United States (Not Including Soy Oil). 1979, 2217, 2234, 2235, 2236, 2291, 2326, 2330, 2335, 2355, 2361, 2365, 2381, 2413, 2416, 2425, 2444, 2468, 2487, 2512, 2565, 2601, 2648, 2675, 2712, 2714, 5722, 5887, 6272, 6274, 6279, 6287, 6589, 6649, 6687, 6695, 6701, 6886, 6932, 6957, 7349, 7497, 8044, 8159, 8749, 8793, 9033, 9101, 9164, 9477, 9620, 9662, 10005, 10136, 10210, 10261, 10545, 10691, 11272, 12012, 12471, 12505, 12552

American Vegetarian Society. *See* Vegetarianism–Vegetarian Societies in North America–American Vegetarian Society (1850-1862?)

Amino Acids and Amino Acid Composition and Content. See also Nutrition–Protein Quality; Soy Sauce, HVP Type. 984, 1086, 1359, 1575, 1594, 1622, 1628, 1642, 1848, 1975, 2082, 2102, 2119, 2185, 2202, 2229, 2250, 2273, 2302, 2306, 2307, 2336, 2337, 2344, 2345, 2380, 2410, 2417, 2425, 2441, 2492, 2629, 2653, 2681, 2683, 2691, 2942, 2958, 2961, 2971, 2976, 2977, 3019, 3023, 3039, 3091, 3112, 3255, 3291, 3293, 3302, 3362, 3431, 3661, 3833, 3945, 3992, 4206, 4440, 4567, 5402, 5479, 5821, 5974, 6069, 6130, 6332, 6436, 6598, 6697, 6837, 6851, 7032, 7215, 7718, 7802, 7807, 7819, 8197, 8206, 8293, 8294, 8368, 8375, 8766, 8872, 9053, 9062, 9077, 9139, 9215, 9341, 9411, 9589, 9942, 9963, 10091, 10171, 10267, 10310, 10327, 10357, 10948, 10951, 10985, 11008, 11313, 11402, 11719, 12352, 12548, 12638

Anatomy, soybean. *See* Soybean–Morphology, Structure, and Anatomy

Anderson International Corp. (Cleveland, Ohio). Manufacturer of Expellers for Soybean Crushing and Extrusion Cooking Equipment. Formerly V.D. Anderson Co. and Anderson IBEC. 608, 1189, 1379

Andreas Family of Minnesota and Iowa–Incl. Reuben Peter Andreas, and his sons Albert, Glenn, Dwayne (1918-), and Lowell Andreas (1922-). 2408, 9922, 11402

Ang-kak or angkak. *See* Koji, Red Rice

Ang-kak. *See* Koji, Red Rice

Animal Rights / Liberation. Avoidance of Exploitation of Animals by Humans. 3196, 5405, 6448, 9897, 10589, 12374, 12787

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Animal Welfare (Including Protection and Cruel Treatment of Animals). See also: Animal Rights. 401, 503, 1237, 5914, 6939, 8205, 11655, 11680

Animal Welfare and Animal Rights–Documents Published before 1900. 401, 503

Animal welfare. *See* Vivisection

Antinutritional Factors (General). See also: Allergens, Estrogens, Goitrogens, Hemagglutinins (Lectins), Trypsin / Protease Inhibitors. See also: Phytic Acid. 2582, 2978, 3039, 3241, 3255, 3360, 3978, 4063, 5378, 5889, 6523, 7634, 8197, 8872, 8953, 9036, 9889, 10422, 10577, 11180, 11252, 11471

Antioxidants and Antioxidant / Antioxidative Activity (Especially in Soybeans and Soyfoods). 1725, 3255, 5375, 10573, 10774, 10824, 10948, 11134, 11170, 11248, 11285, 11313, 11496, 11672, 11725, 11754, 11758, 12058, 12094, 12180, 12248

Antivitamin Activity and Antivitamins (Substances in Raw Soybeans Which Can Destroy Vitamins A, B-12, D, E, and K). 4861, 5021

Appliances. *See* Blender, Juicer

Appropriate Foods, Inc. (Brooklyn, New York). Founded by Robert Werz and David Sibek in Nov. 1980. Incl. Tempeh Brothers and Soy Source. 5758, 6112, 6113, 6114, 6593, 6594, 6595, 6596, 6597, 6638, 6688, 6689, 6690, 6944, 7020, 7211, 7906, 8046, 8136, 8144, 8279, 8285, 8956, 9925

APV Systems, Soya Technology Division. Named Danish Turnkey Dairies Ltd., Soya Technology Division until 1987 (Aarhus, Denmark; DTD / STS). 6080, 6085, 6098, 6225, 6287, 6313, 6497, 6687, 6759, 6886, 7225, 7492, 7973, 8063, 8104, 8178, 8180, 8181, 8493, 8528, 8607, 8813, 8874, 8972, 9001, 9035, 9062, 9252, 9291, 9419, 9472, 9484, 9491, 9533, 9565, 9922, 9952, 10127, 10256, 10390

Aquaculture. *See* Fish or Crustaceans (e.g. Shrimp) Fed Soybean Meal Using Aquaculture or Mariculture

Archaeology and Archaeological Discoveries of Soybeans or Soyfoods. 1, 2590, 3291, 3440, 3643, 6838, 8223, 8403, 9629, 9763, 10007, 10281, 10500, 11012, 11047, 12256

Archer Daniels Midland Co. (ADM) (Decatur, Illinois; Minneapolis, Minnesota until 1969). 1643, 1787, 1790, 1845, 2249, 2409, 2476, 2684, 2865, 2976, 3161, 3253, 3272, 3353, 3395, 3615, 3954, 3958, 4063, 4557, 5293, 5501, 5548, 5656, 5835, 6028, 6279, 6287, 6290, 6484, 6516, 6529, 6609, 6610, 6687, 6749, 6833, 6974, 6992, 7098, 7264, 7336, 7350, 7353, 7464, 7597, 7701, 7771, 7772, 7803, 7808, 7985, 8031, 8180, 8181, 8222, 8240, 8456, 8634, 8694, 8770, 9148, 9206, 9226, 9231, 9280, 9452, 9469, 9474, 9491, 9501, 9513, 9514, 9521, 9522, 9533, 9550, 9559, 9602, 9603, 9623, 9650, 9705, 9709, 9712, 9713, 9816, 9897, 9922, 9923, 9939, 9972, 10081, 10129, 10381, 10456, 10457, 10530, 10537, 10690, 10691, 10692, 10864, 10873, 10874, 10892, 10924, 10992, 10996, 11105, 11122, 11159, 11165, 11185, 11340, 11402, 11429, 11480, 11521, 11566, 11610, 11650, 11756, 11764, 11812, 11821, 11830, 11947, 12003, 12029, 12057, 12143, 12275, 12276, 12307, 12348, 12569, 12594, 12595, 12597, 12683, 12712, 12726, 12757, 12840, 12914, 12970, 13061, 13094, 13142, 13212, 13213, 13263, 13297

Argentina. *See* Latin America, South America–Argentina

Arkady, British. *See* British Arkady Co. Ltd.

Arkansas Grain Corp. *See* Riceland Foods

Arlington Experimental Farm. *See* United States Department of Agriculture (USDA)–Arlington Experimental Farm

Arrowhead Mills (Hereford, Deaf Smith County, Texas). Established in Aug. 1960 by Frank Ford. Including Arrowhead Distributing. 3043, 3147, 3203, 3243, 3347, 3748, 4102, 4434, 5523, 6857, 8810, 9098, 10650, 10651, 10761, 10932, 11171, 11282, 11697

Asahimatsu Shokuhin (Japan). 3301, 4549, 5221, 5456, 5568, 6225, 7608, 9545

Asgrow (Des Moines, Iowa). Incl. Associated Seed Growers, Inc. Acquired in Feb. 1997 by Monsanto Co. from Empresas La Moderna, S.A. (ELM). 10994, 11521, 11569, 12003

Asia (General, Including East, Southeast, South, Middle East, and Central). 1775, 6839, 7019, 7153, 9471, 10161, 10442, 10496, 10499, 10502, 10504, 10520, 10851, 10973, 11095, 11261, 11566, 11655, 11718, 11791, 11793, 11812, 11881, 11947

Asia, Central (General). 252, 914, 12759

Asia, Central–Kazakhstan / Kazakstan (Formerly Kazakh SSR, a Central Asian Soviet Republic from 1917 to Dec. 1991). 12759

Asia, Central–Tajikistan (Formerly Tadzhik SSR, a Central Asian Soviet Republic from 1917 to Dec. 1991. Also spelled Tadzhikistan). 12759, 12800

Asia, Central–Turkistan / Turkestan. Its Western Part (Russian Turkestan or West Turkestan) late 1800s to 1924. Its Eastern Part (Chinese Turkestan, Kashgaria, or East Turkestan) 1700s to ca. 1884, when it Became Sinkiang. 787, 1130, 1775

Asia, Central–Turkmenistan (Formerly Turkmen SSR, a Central Asian Soviet Republic from 1917 to Dec. 1991). 12759, 12800, 12821

Asia, Central–Uzbekistan (Formerly Uzbek SSR, a Central Asian Soviet Republic from 1917 to Dec. 1991). 11010, 12621, 12759, 12800

Asia, East (General). 63, 64, 527, 716, 829, 920, 921, 951, 995, 1186, 1437, 1488, 1545, 1568, 1737, 1843, 1961, 1979, 2041, 2324, 2333, 2409, 2428, 2523, 2681, 2753, 2794, 2852, 2942, 2961, 2979, 3015, 3206, 3460, 3478, 3508, 3973, 4766, 4863, 5112, 5225, 5368, 5525, 5563, 5566, 6425, 6432, 6525, 6687, 6693, 6932, 6957, 7064, 7339, 8247, 8360, 8391, 8673, 8907, 9132, 9167, 9384, 9616,

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10025, 10026, 10081, 10374, 10391, 10680, 10985, 11786, 11854, 12013, 12015, 12092, 12502, 12938, 13068, 13154

Asia, East–China (People's Republic of China; Including Tibet. Zhonghua Renmin Gonghe Guo). 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 21, 22, 23, 26, 28, 29, 30, 35, 41, 44, 51, 52, 53, 54, 58, 60, 62, 63, 64, 67, 69, 72, 73, 74, 76, 77, 78, 79, 81, 83, 86, 87, 88, 91, 94, 95, 97, 99, 102, 103, 104, 105, 106, 107, 109, 111, 113, 115, 116, 124, 125, 126, 127, 132, 133, 134, 137, 140, 141, 142, 143, 144, 145, 147, 148, 149, 151, 152, 153, 155, 156, 159, 160, 161, 163, 164, 165, 167, 168, 169, 170, 171, 172, 174, 181, 182, 183, 184, 185, 186, 187, 188, 189, 191, 192, 195, 196, 198, 199, 200, 202, 204, 205, 208, 210, 211, 213, 218, 219, 221, 224, 225, 228, 229, 231, 233, 234, 235, 237, 239, 242, 243, 245, 246, 249, 250, 252, 253, 255, 258, 259, 263, 265, 267, 268, 269, 270, 271, 274, 275, 276, 277, 278, 279, 280, 282, 283, 294, 296, 299, 301, 302, 303, 304, 307, 308, 312, 313, 326, 328, 330, 331, 336, 337, 338, 339, 340, 351, 352, 353, 354, 357, 361, 365, 371, 373, 375, 377, 378, 379, 380, 381, 384, 387, 388, 391, 392, 394, 398, 400, 401, 404, 406, 408, 410, 411, 416, 419, 420, 424, 425, 427, 429, 430, 435, 437, 438, 442, 443, 445, 447, 449, 451, 452, 453, 454, 456, 466, 471, 474, 475, 485, 489, 493, 494, 495, 496, 497, 499, 500, 503, 507, 508, 509, 515, 516, 533, 534, 537, 538, 544, 562, 566, 576, 578, 581, 583, 584, 598, 599, 602, 606, 607, 609, 614, 619, 652, 653, 654, 661, 663, 666, 669, 670, 671, 673, 676, 678, 680, 682, 683, 684, 686, 696, 697, 700, 701, 707, 710, 711, 712, 715, 716, 717, 718, 720, 725, 726, 728, 734, 736, 738, 774, 775, 782, 784, 786, 787, 788, 794, 814, 815, 825, 826, 851, 855, 857, 859, 860, 861, 867, 868, 873, 909, 911, 913, 914, 924, 926, 931, 935, 939, 941, 942, 950, 964, 966, 967, 968, 969, 970, 972, 974, 975, 978, 979, 981, 983, 984, 985, 992, 994, 999, 1000, 1001, 1005, 1008, 1015, 1018, 1020, 1025, 1028, 1035, 1036, 1037, 1038, 1051, 1052, 1054, 1057, 1058, 1059, 1067, 1068, 1076, 1080, 1081, 1087, 1092, 1094, 1096, 1102, 1104, 1106, 1107, 1108, 1110, 1112, 1117, 1119, 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Asia, South–India (Bharat, Including Sikkim, and Andaman and Nicobar Islands). 91, 102, 106, 107, 124, 133, 134, 141, 145, 151, 172, 177, 189, 196, 198, 199, 211, 220, 239, 252, 258, 268, 270, 271, 284, 296, 301, 302, 304, 305, 312, 330, 331, 339, 353, 354, 363, 364, 387, 392, 425, 429, 434, 449, 451, 472, 474, 477, 496, 516, 561, 598, 606, 616, 619, 620, 653, 664, 673, 681, 684, 716, 718, 723, 768, 774, 778, 784, 787, 788, 790, 824, 904, 909, 914, 949, 984, 1001, 1031, 1060, 1067, 1130, 1152, 1156, 1157, 1174, 1184, 1308, 1310, 1437, 1503, 1513, 1575, 1579, 1593, 1635, 1643, 1645, 1666, 1712, 1713, 1715, 1775, 1829, 1837, 1844, 1848, 1994, 1999, 2006, 2012, 2035, 2049, 2056, 2059, 2104, 2114, 2115, 2117, 2132, 2186, 2188, 2216, 2228, 2229, 2249, 2253, 2263, 2318, 2333, 2342, 2348, 2349, 2364, 2400, 2407, 2410, 2428, 2479, 2502, 2582, 2603, 2653, 2677, 2679, 2736, 2737, 2764, 2797, 2852, 2855, 2862, 2863, 2900, 2915, 2923, 2938, 2942, 2961, 2978, 3014, 3070, 3092, 3104, 3415, 3425, 3456, 3458, 3462, 3558, 3799, 3945, 3978, 3984, 3996, 4009, 4013, 4148, 4158, 4261, 4384, 4591, 4761, 4839, 4896, 5110, 5267, 5368, 5403, 5437, 5515, 5525, 5586, 5598, 5620, 5679, 5710, 5711, 5803, 5889, 5914, 6028, 6029, 6043, 6232, 6269, 6318, 6414, 6436, 6497, 6507, 6515, 6568, 6621, 6638, 6650, 6710, 6711, 6716, 6908, 6971, 7002, 7020, 7050, 7057, 7064, 7097, 7128, 7133, 7174, 7180, 7186, 7187, 7222, 7227, 7323, 7341, 7342, 7363, 7372, 7380, 7405, 7466, 7467, 7478, 7479, 7492, 7527, 7562, 7563, 7572, 7607, 7616, 7620, 7636, 7661, 7669, 7766, 7801, 7876, 8038, 8087, 8088, 8111, 8159, 8180, 8181, 8197, 8244, 8267, 8276, 8280, 8359, 8395, 8657, 8671, 8674, 8677, 8678, 8679, 8683, 8686, 8687, 8688, 8693, 8790, 8791, 8813, 8815, 8845, 8888, 8909, 8928, 8971, 8976, 8981, 8983, 9010, 9035, 9062, 9074, 9091, 9125, 9175, 9249, 9330, 9387, 9433, 9550, 9553, 9595, 9626, 9677, 9678, 9691, 9833, 9876, 9887, 9894, 9896, 9905, 9948, 9952, 9955, 10004, 10086, 10087, 10126, 10136, 10161, 10193, 10227, 10287, 10315, 10325, 10331, 10366, 10496, 10499, 10522, 10563, 10764, 10897, 10942, 10987, 11020, 11050, 11096, 11130, 11147, 11337, 11397, 11401, 11435, 11471, 11490, 11536, 11560, 11561, 11627, 11648, 11705, 11719, 11746, 11761, 11793, 11796, 11856, 11864, 11883, 11884, 11887, 11891, 11900, 11904, 11912, 11921, 11928, 11935, 11936, 11941, 11944, 11946, 11977, 12014, 12070, 12134, 12158, 12187, 12202, 12234, 12253, 12269, 12319, 12390, 12454, 12471, 12505, 12552, 12628, 12665, 12733, 12734, 12759, 12766, 12804, 12846, 12870, 12886, 12892, 12908, 12909, 12911, 12912, 12913, 12931, 12951, 13017, 13041, 13048, 13054, 13068, 13080, 13082, 13084, 13099, 13103, 13107, 13108, 13109, 13110, 13111, 13112, 13114, 13115, 13116, 13117, 13118, 13119, 13120, 13121, 13122, 13123, 13124, 13127, 13128, 13129, 13130, 13131, 13133, 13134, 13209, 13214, 13218, 13219, 13254, 13286

Asia, South–India, Northeast / North-East. The Contiguous Seven Sister States and Sikkim–Which are Ethnically Distinct. The States are Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, and Tripura. 312, 363, 434, 606, 619, 684, 768, 824, 1310, 1645, 1713, 1775, 2253, 9175, 11147, 12846, 12931

Asia, South–India. Work of the Indian Agricultural Research Institute (IARI, New Delhi) with Soyabeans in India. Established in 1905 as the Imperial Agricultural Research Institute (Pusa Samastipur, and Bihar). 2348, 2479

Asia, South–India. Work of the Indian Council of Agricultural Research (ICAR), the All-India Research Project on Soyabean (ICAR, Uttar Pradesh), and the National Research Centre for Soybean (ICAR, Madhya Pradesh)–with Soyabeans in India. 2132, 2764, 2938, 3558, 4009, 5620, 6232, 6515, 7227, 7372, 7405, 7466, 7467, 7620, 8671, 8981, 9249, 9387, 9433, 9595, 10004, 10496, 10942, 11864, 12187, 12234, 13054, 13118

Asia, South–India. Work of the Indian Institute of Science (Bangalore) with Soyabeans in India. 1994, 2006, 2012, 2049, 2056, 2059, 2132, 2186, 2228, 2603, 2679, 2900

Asia, South–Introduction of Soybeans to. Earliest document seen concerning soybeans in a certain South Asian country. 270

Asia, South–Introduction of Soybeans to. Earliest document seen concerning the cultivation of soybeans in a certain South Asian

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country. 270, 824

Asia, South–Introduction of Soybeans to. This document contains the earliest date seen for soybeans in a certain South Asian country. 270

Asia, South–Nepal, Kingdom of. 199, 363, 787, 824, 1645, 1713, 2699, 2849, 2973, 3115, 3462, 3489, 3859, 3996, 4013, 4591, 5045, 5554, 5556, 5612, 5670, 6083, 6329, 6568, 6921, 7323, 7607, 7691, 7801, 8382, 8390, 9175, 9327, 9553, 9955, 10200, 10228, 10374, 10502, 10747, 10841, 11147, 11854, 12253, 12425, 12606, 12797, 12798, 12846, 13041, 13054, 13107, 13108, 13111, 13114, 13124, 13127, 13128, 13130, 13133, 13272

Asia, South–Pakistan, Islamic Republic of (Part of British India until 1947. Divided into West Pakistan and East Pakistan 1947-1971, when East Pakistan Became Independent as Bangladesh). 270, 312, 768, 778, 1645, 1713, 2228, 2354, 2852, 3238, 4591, 5437, 7323, 7607, 7609, 9175, 11854, 13094, 13107, 13108, 13130, 13133

Asia, South–Soybean Production, Area and Stocks–Statistics, Trends, and Analyses. 1713, 2253, 2479, 3859, 4009, 5219, 6043, 6983, 7572, 8382, 9879, 10496, 10502, 11129, 11130, 11734, 11912, 12846, 12908, 12931

Asia, South–Sri Lanka, Democratic Socialist Republic of (Ceylon before 22 May 1972. Serendib was the ancient Arabic name). 124, 265, 268, 304, 330, 425, 474, 516, 684, 711, 778, 922, 1025, 1319, 1645, 1662, 1715, 1775, 2128, 2737, 2855, 3021, 3460, 3462, 3489, 3538, 3786, 3831, 3832, 3890, 4013, 4261, 4510, 4520, 4577, 4591, 4649, 4699, 4773, 4839, 4885, 4984, 5026, 5045, 5051, 5109, 5203, 5219, 5268, 5353, 5502, 5525, 5526, 5546, 5578, 5651, 5675, 5676, 5740, 5771, 5772, 5801, 5802, 5803, 5823, 6045, 6060, 6087, 6232, 6261, 6298, 6470, 6497, 6501, 6502, 6507, 6638, 6645, 6844, 6898, 6965, 6983, 6998, 7020, 7044, 7071, 7323, 7426, 8094, 8095, 8130, 8162, 8247, 8301, 8346, 8381, 8395, 8571, 8644, 8792, 9125, 9175, 9489, 9873, 9879, 9896, 9955, 11057, 11267, 11669, 11754, 11793, 13041, 13054, 13107, 13108, 13133, 13286

Asia, Southeast (General). 89, 124, 133, 616, 620, 701, 992, 1714, 1737, 1843, 2400, 2465, 2899, 3460, 4298, 4464, 5101, 5437, 5525, 6232, 6693, 7064, 9053, 9862, 10210, 11196, 12026

Asia, Southeast–Brunei (State of Brunei Darussalam; Part of British Borneo before 1984). 2465, 5437, 9955

Asia, Southeast–Cambodia, Kingdom of (Kampuchea from 1979 to the 1980s; Also Khmer Republic). 233, 565, 575, 578, 579, 664, 666, 716, 982, 1030, 1034, 1130, 1645, 1775, 2024, 2167, 2465, 3973, 4830, 11757, 11854, 12739, 13091, 13249, 13302

Asia, Southeast–Indonesia (Netherland(s) Indies, Netherlands East Indies, or Dutch East Indies before 1945) (Including Islands of Java, Borneo, Celebes, Lesser Sunda, Moluccas, New Guinea [West Irian], and Sumatra). 2, 89, 95, 124, 133, 138, 140, 145, 177, 183, 198, 199, 239, 268, 304, 331, 357, 359, 382, 383, 392, 396, 398, 406, 443, 456, 463, 464, 466, 479, 482, 490, 498, 500, 502, 527, 606, 607, 613, 666, 684, 696, 697, 711, 713, 716, 777, 788, 790, 831, 855, 857, 860, 938, 964, 1025, 1033, 1067, 1121, 1130, 1152, 1158, 1174, 1186, 1199, 1235, 1249, 1304, 1319, 1357, 1380, 1454, 1455, 1471, 1473, 1513, 1535, 1565, 1568, 1593, 1598, 1645, 1666, 1712, 1714, 1715, 1737, 1739, 1768, 1836, 1837, 1838, 2015, 2024, 2035, 2072, 2108, 2111, 2112, 2114, 2115, 2117, 2188, 2229, 2241, 2257, 2307, 2308, 2333, 2334, 2380, 2383, 2384, 2428, 2465, 2491, 2511, 2557, 2559, 2560, 2561, 2567, 2597, 2603, 2663, 2667, 2684, 2696, 2717, 2792, 2859, 2864, 2899, 2900, 2942, 2956, 2973, 2977, 3013, 3045, 3118, 3126, 3161, 3214, 3352, 3357, 3358, 3382, 3408, 3436, 3438, 3444, 3453, 3456, 3460, 3462, 3464, 3465, 3473, 3497, 3508, 3580, 3627, 3636, 3715, 3924, 3973, 4006, 4013, 4018, 4127, 4128, 4183, 4352, 4448, 4464, 4518, 4591, 4759, 4817, 4839, 4910, 4979, 4980, 4981, 4982, 4983, 5087, 5136, 5211, 5377, 5390, 5437, 5469, 5525, 6064, 6240, 6350, 6483, 6497, 6501, 6522, 6532, 6538, 6569, 6580, 6589, 6638, 6695, 6700, 6727, 6806, 6821, 6825, 6835, 6850, 6858, 6957, 6971, 6995, 7020, 7274, 7320, 7323, 7355, 7497, 7553, 7572, 7581, 7607, 7738, 7802, 7804, 7805, 7821, 7910, 7943, 8044, 8197, 8391, 8395, 8396, 8793, 8907, 8919, 9086, 9101, 9272, 9284, 9326, 9435, 9475, 9619, 9620, 9623, 9624, 9640, 9759, 9761, 9775, 9799, 9833, 9981, 10025, 10026, 10305, 10374, 10522, 10542, 10545, 10614, 10822, 10963, 11132, 11135, 11138, 11146, 11351, 11401, 11405, 11520, 11558, 11786, 11793, 11851, 11854, 11899, 12014, 12018, 12026, 12027, 12034, 12179, 12198, 12245, 12289, 12319, 12320, 12502, 12510, 12703, 12764, 12790, 12811, 12851, 12859, 12908, 12932, 12933, 12944, 12965, 12984, 12990, 13043, 13063, 13065, 13093, 13189, 13241, 13242, 13290, 13302

Asia, Southeast–Indonesia–Indonesian Restaurants Outside Indonesia, or Soy Ingredients Used in Indonesian-Style Recipes, Food Products, or Dishes Outside Indonesia. 2717, 2771, 2792, 2899, 2956, 3302, 3588, 4894, 5059, 5282, 5377, 5399, 6643

Asia, Southeast–Indonesia–Soybean Production, Area and Stocks–Statistics, Trends, and Analyses. 831, 1170, 1174, 1357, 1712, 11734

Asia, Southeast–Indonesians overseas. *See* Indonesians Overseas, Especially Work with Soy

Asia, Southeast–Introduction of Soy Products to. Earliest document seen concerning soybean products in a certain Southeast Asian country. Soybeans as such have not yet been reported in this country. 2

Asia, Southeast–Introduction of Soybeans to. Earliest document seen concerning soybeans in a certain Southeast Asian country. 74, 95, 268, 577, 653, 2465

Asia, Southeast–Introduction of Soybeans to. Earliest document seen concerning the cultivation of soybeans in a certain Southeast Asian country. 95, 268, 577, 716, 1010

Asia, Southeast–Introduction of Soybeans to. This document contains the earliest date seen for soybeans in a certain Southeast Asian country. 74, 95, 268, 575, 577, 653, 2465

Asia, Southeast–Introduction of Soybeans to. This document contains the earliest date seen for the cultivation of soybeans in a certain Southeast Asian country. 95, 268, 577, 716, 1010

Asia, Southeast–Laos. 481, 577, 788, 814, 938, 982, 1030, 1034,

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1130, 1645, 1825, 2167, 4830, 11854, 12018, 12851

Asia, Southeast–Malaysia, Federation of (Including East Malaysia Composed of Sarawak and Sabah. British Borneo or North Borneo from about 1881 to 1963). Federation of Malaya before 1963. 200, 268, 304, 330, 392, 442, 652, 723, 1130, 1152, 1184, 1454, 1593, 1645, 1739, 1775, 1837, 1852, 2271, 2451, 2465, 2597, 2663, 2744, 2792, 2899, 2956, 3045, 3370, 3430, 3460, 3462, 3497, 3664, 3973, 4013, 4423, 4464, 4759, 5437, 5458, 5525, 6315, 6497, 6498, 6536, 6538, 6543, 6589, 6621, 6695, 6696, 6700, 6806, 6835, 6957, 7174, 7335, 7572, 7607, 7626, 8212, 8391, 8395, 8596, 8793, 9082, 9101, 9136, 9330, 9553, 9620, 9849, 10025, 10026, 10261, 10542, 10674, 10822, 10835, 10863, 10934, 10963, 11136, 11641, 11793, 11854, 12026, 12251, 12795, 12814, 12908, 12932, 12933, 13039, 13050

Asia, Southeast–Myanmar / Burma. Officially Union of Myanmar. 233, 270, 312, 363, 425, 606, 684, 768, 778, 1102, 1152, 1645, 1713, 1775, 2114, 2115, 2465, 2663, 2942, 3462, 4013, 7607, 12025, 12026, 12027, 12257, 12606, 13131

Asia, Southeast–Philippines, Republic of the. 74, 91, 268, 304, 461, 737, 780, 794, 938, 1009, 1010, 1130, 1152, 1158, 1174, 1251, 1260, 1266, 1307, 1329, 1330, 1437, 1472, 1477, 1495, 1593, 1634, 1645, 1750, 1771, 1775, 1826, 1829, 1837, 1928, 2035, 2048, 2057, 2114, 2115, 2180, 2188, 2229, 2239, 2308, 2411, 2437, 2438, 2484, 2598, 2603, 2628, 2663, 2731, 2752, 2777, 2842, 2898, 3040, 3045, 3100, 3214, 3375, 3460, 3462, 3489, 3497, 3635, 3659, 3686, 3973, 4006, 4013, 4059, 4408, 4448, 4759, 4800, 4836, 5099, 5437, 5508, 5525, 5628, 5825, 5886, 6118, 6121, 6127, 6497, 6507, 6663, 6695, 6835, 6957, 7092, 7505, 7572, 7607, 7758, 7796, 7957, 8395, 8793, 8929, 9101, 9561, 9581, 9620, 9623, 9682, 9955, 10025, 10026, 10260, 10499, 10521, 10545, 10822, 10963, 11076, 11144, 11148, 11261, 11361, 11793, 11854, 12595, 12814, 12861, 12901, 13223, 13275, 13296

Asia, Southeast–Singapore (Part of the Straits Settlements [British] from 1826 to 1946). 198, 496, 652, 653, 723, 726, 1010, 1319, 1430, 1593, 1775, 2449, 2451, 2454, 2456, 2457, 2461, 2465, 2597, 2612, 2663, 2792, 2899, 2956, 3462, 3497, 3652, 3973, 4013, 4446, 4464, 5317, 5437, 5458, 5563, 6225, 6263, 6414, 6497, 6498, 6536, 6538, 6543, 6589, 6695, 6696, 6700, 6835, 7260, 7323, 7335, 7365, 7497, 7638, 7973, 7983, 8063, 8104, 8180, 8181, 8185, 8212, 8391, 8395, 8493, 8528, 8596, 8793, 9101, 9248, 9435, 9553, 9561, 9620, 9623, 9667, 9739, 10025, 10026, 10061, 10261, 10542, 10567, 10568, 10668, 10674, 10678, 10682, 10683, 10821, 10835, 10934, 11061, 11131, 11166, 11182, 11473, 11618, 11767, 11773, 11793, 11854, 12026, 12592, 12593, 12595, 12814, 12998, 13039, 13045, 13282

Asia, Southeast–Soybean Production, Area and Stocks–Statistics, Trends, and Analyses. 1472, 1477, 1568, 2024, 3497, 10499, 11734

Asia, Southeast–Thailand–Thai Restaurants or Grocery Stores Outside Thailand, or Soy Ingredients Used in Thai-Style Recipes, Food Products, or Dishes outside Thailand. 2466, 2687, 3795, 4721, 5263, 11306, 11930

Asia, Southeast–Thailand, Kingdom of (Siam before 1939). 268, 304, 790, 1172, 1437, 1593, 1635, 1645, 1775, 2024, 2047, 2114, 2115, 2188, 2229, 2308, 2465, 2603, 2663, 2683, 2792, 2899, 2942, 2956, 2973, 3372, 3375, 3380, 3383, 3460, 3462, 3497, 3973, 4006, 4008, 4013, 4448, 4464, 4591, 4750, 5005, 5136, 5368, 5437, 5525, 5563, 5612, 5628, 6069, 6102, 6497, 6498, 6526, 6543, 6589, 6591, 6598, 6695, 6835, 6839, 7323, 7423, 7497, 7607, 8188, 8395, 8657, 8793, 8982, 9101, 9163, 9167, 9327, 9343, 9553, 9955, 10025, 10026, 10071, 10164, 10261, 10542, 10822, 10934, 10963, 11076, 11132, 11147, 11261, 11306, 11550, 11556, 11754, 11793, 11854, 12026, 12362, 12510, 12521, 12528, 12529, 12533, 12606, 12734, 12791, 12814, 12916, 13017, 13054, 13067, 13068, 13091, 13276, 13286, 13302

Asia, Southeast–Timor-Leste (East Timor). 1568, 5437

Asia, Southeast–Trade (Imports or Exports) of Soybeans, Soy Oil, and / or Soybean Meal–Statistics. See also Trade (International). 1186, 6538, 6700, 8596, 9620, 12990

Asia, Southeast–Vietnam–Vietnamese Restaurants or Grocery Stores Outside Vietnam, or Soy Ingredients Used in Vietnamese-Style Recipes, Food Products, or Dishes outside Vietnam. 3973, 8391, 9343, 10013, 11306, 12316, 12503, 12614, 12629, 12791, 12829, 12857

Asia, Southeast–Vietnam / Viet Nam, Socialist Republic of (North and South) (Divided by French into Tonkin, Annam, and Cochinchine from 1887-1945). 113, 117, 239, 268, 304, 315, 330, 331, 373, 375, 396, 419, 436, 445, 526, 538, 543, 564, 565, 575, 577, 578, 579, 600, 606, 609, 613, 656, 664, 666, 674, 684, 716, 721, 727, 732, 782, 788, 814, 815, 823, 860, 871, 938, 982, 1030, 1034, 1130, 1152, 1155, 1170, 1564, 1625, 1645, 1649, 1665, 1710, 1715, 1739, 1775, 1825, 1837, 1863, 1959, 2090, 2114, 2115, 2147, 2167, 2334, 2465, 2546, 2667, 2800, 2838, 2850, 2864, 2873, 2923, 2989, 3045, 3251, 3460, 3462, 4006, 4013, 4299, 4830, 5220, 5266, 5279, 5525, 6069, 6497, 6663, 6694, 7128, 8395, 8596, 8711, 8750, 9624, 9762, 9971, 10025, 10026, 10044, 10071, 10240, 10283, 10510, 10520, 11299, 11308, 11351, 11560, 11571, 11792, 12814, 12982, 12991, 13050, 13090, 13091, 13092, 13224, 13295, 13298, 13302

Asia, Southeast–Vietnamese overseas. *See* Vietnamese Overseas, Especially Work with Soy

Asia, Transcaucasia (Presently Armenia, Azerbaijan, and Georgia. Formerly Transcaucasian Soviet Republics from about 1917 to Dec. 1991). 471, 1837

Asia, Transcaucasia–Georgia, Republic of (Formerly Georgian SSR, a Transcaucasian Soviet Republic from 1921 to Dec. 1991). 9895, 12759

Asian Vegetable Research and Development Center (AVRDC, Taiwan). 3314, 3948, 4479, 6855, 7323, 8382

Asparagus bean. *See* Yard-Long Bean or Asparagus Bean

Aspergillus oryzae. *See* Koji, Miso, or Soy Sauce

Associated Seed Growers, Inc. *See* Asgrow (Des Moines, Iowa)

Auenland Tofu und Soja Produkte (Prien-Chiemsee, Germany).

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Started by Peter Wiegand in March 1982. 5105, 5240, 5493, 5494, 5495, 5496, 5497, 5498, 5499, 5529, 5597, 5928, 6032, 6346, 6433, 6749, 9126, 9148, 9193, 9462, 9532, 9562, 9575, 11903

Australasia. *See* Oceania

Australia. *See* Oceania–Australia

AVRDC (Taiwan). *See* International Soybean Programs

Azuki Bean–Etymology of These Terms and Their Cognates/ Relatives in Various Languages. 57, 217, 232, 610, 665, 1650, 2356, 2357, 2485, 2540, 4879, 7321

Azuki Bean. *Vigna angularis* (Willd.) Ohwi & H. Ohashi. Also called Adzuki, Aduki, Adsuki, Adzinki, Red Bean, Chinese Red Bean, Red Mung Bean, Small Red Bean. Japanese–Kintoki, Komame, Shôzu. Chinese–Xiaodou, Chixiaodou, Hsiao Tou [Small Bean], Ch'ih Hsiao Tou [Red Small Bean]. Former scientific names: *Phaseolus radiatus* (L.), *Dolichos angularis* (Willd.), *Phaseolus angularis* (Willd.) Wight, or *Azukia angularis* (Willd.) Ohwi. 6, 10, 19, 20, 21, 22, 26, 52, 53, 54, 57, 60, 62, 67, 79, 89, 114, 138, 153, 175, 176, 193, 201, 206, 207, 217, 232, 246, 248, 260, 289, 304, 314, 316, 327, 351, 358, 365, 368, 375, 384, 385, 387, 388, 414, 431, 437, 440, 441, 445, 466, 494, 517, 526, 533, 550, 578, 598, 605, 610, 660, 665, 674, 696, 697, 698, 717, 777, 784, 851, 859, 861, 897, 899, 901, 910, 913, 931, 974, 975, 980, 986, 1024, 1035, 1054, 1107, 1115, 1142, 1152, 1153, 1178, 1283, 1287, 1288, 1307, 1315, 1317, 1319, 1341, 1359, 1364, 1421, 1457, 1458, 1459, 1553, 1596, 1648, 1650, 1773, 1871, 1951, 1997, 2068, 2091, 2128, 2144, 2169, 2204, 2225, 2226, 2248, 2340, 2346, 2356, 2357, 2382, 2393, 2396, 2398, 2399, 2443, 2485, 2497, 2499, 2532, 2536, 2538, 2540, 2541, 2566, 2583, 2592, 2631, 2636, 2667, 2668, 2669, 2732, 2774, 2787, 2795, 2803, 2806, 2828, 2841, 2850, 2853, 2866, 2906, 2910, 2942, 2952, 2954, 2960, 2961, 3000, 3032, 3033, 3036, 3047, 3049, 3052, 3074, 3084, 3113, 3146, 3150, 3151, 3203, 3243, 3347, 3391, 3428, 3443, 3446, 3452, 3456, 3524, 3617, 3641, 3642, 3643, 3684, 3718, 3948, 3972, 3974, 4053, 4284, 4402, 4434, 4442, 4450, 4563, 4745, 4834, 4856, 4879, 4906, 5188, 5227, 5261, 5376, 5378, 5391, 5399, 5407, 5601, 5662, 5699, 5788, 5885, 5920, 5946, 6266, 6270, 6395, 6406, 6414, 6417, 6423, 6438, 6496, 6519, 6839, 6843, 6852, 6866, 6909, 6988, 7039, 7316, 7321, 7322, 7326, 7328, 7331, 7333, 7343, 7481, 7542, 7613, 7733, 7794, 7808, 7811, 7814, 7816, 7823, 7825, 7915, 8191, 8245, 8366, 8391, 8394, 8756, 8857, 8907, 8918, 8920, 9017, 9070, 9234, 9518, 9531, 9711, 9767, 9916, 9928, 9950, 10007, 10009, 10021, 10025, 10026, 10050, 10055, 10149, 10269, 10273, 10276, 10287, 10334, 10495, 10505, 10509, 10516, 10517, 10597, 10602, 10645, 10696, 10770, 10842, 10889, 10893, 11000, 11002, 11048, 11058, 11073, 11108, 11145, 11149, 11157, 11192, 11301, 11351, 11366, 11375, 11538, 11553, 11560, 11783, 11786, 11793, 11796, 11820, 11850, 11898, 12015, 12018, 12103, 12244, 12365, 12367, 12368, 12495, 12502, 12507, 12509, 12602, 12609, 12774, 12775, 12779, 12851, 12902, 12923, 12956, 13012, 13066, 13073, 13075, 13140, 13151, 13208

Azumaya, Inc. (Started Making Tofu in 1930 in San Francisco, California). Acquired by Vitasoy on 27 May 1993. 1420, 1671, 1709, 1780, 2725, 2944, 2945, 3025, 3034, 3035, 3450, 3498, 3501, 3591, 3597, 3757, 3759, 3760, 4209, 4947, 5074, 5107, 5528, 5544, 5576, 5600, 5612, 6027, 6068, 6164, 6267, 6396, 6464, 6474, 6552, 6992, 7224, 7480, 7567, 7728, 7950, 7982, 8012, 8013, 8055, 8099, 8126, 8128, 8213, 8214, 8215, 8216, 8217, 8218, 8269, 8281, 8286, 8415, 8422, 8531, 8559, 8569, 8577, 8580, 8664, 8716, 8778, 8780, 8782, 8989, 9096, 9128, 9151, 9152, 9161, 9195, 9216, 9223, 9225, 9244, 9248, 9496, 9509, 9569, 9642, 9646, 9674, 9685, 9689, 9847, 9965, 9979, 10135, 10324, 10372, 10378, 10379, 10402, 10411, 10560, 10567, 10568, 10617, 10694, 10869, 10891, 10913, 10959, 10960, 11125, 11126, 11152, 11204, 11217, 11239, 11257, 11527, 11590, 11602, 11640, 11663, 11667, 11674, 11700, 11717, 11852, 11925, 12003, 12050, 12161, 12209, 12267, 12271, 12290, 12524, 12525, 12636, 12816, 12945, 13182, 13297

Bacon or bacon bits, meatless. *See* Meat Alternatives–Meatless Bacon, Ham, Chorizo and Other Pork-related Products

Bacteria causing toxicity. *See* Toxins and Toxicity in Foods and Feeds–Microorganisms, Especially Bacteria, and that Cause Food Poisoning

Bacteria in intestines–beneficial. *See* Intestinal Flora / Bacteria

Baker, Bill (1873-1942). Health Foods Pioneer, Famous Baker, Ojai, California. 1572

Balanced Foods, Inc. (New York City, and North Bergen, New Jersey). Wholesale Distributor of Health Foods and Natural Foods. Founded in 1939 by Maurice "Doc" Shefferman, Sam and Will Reiser. Purchased in Dec. 1986 by Tree of Life. 2255, 2586, 4727

Bambarra groundnuts (*Voandzeia subterranea*). Also spelled Bambara. 177, 312, 375, 391, 434, 445, 858, 949, 1422, 2128, 2182, 2942, 2961

Barges used to transport soybeans. *See* Transportation of Soybeans or Soy Products to Market by Water Using Barges, Junks, etc

Barricini Foods (Mountain Lakes, New Jersey)–Soy Ice Cream Company. Acquired Farm Foods and Ice Bean on 31 May 1985. Sold Farm Foods to 21st Century in 1993. 6924, 6926, 6938, 6941, 6961, 6982, 6989, 7043, 7082, 7112, 7127, 7131, 7154, 7177, 7182, 7204, 7453, 7528, 7702, 7855, 7925, 7942, 7952, 8010, 8061, 8070, 8186, 8187, 8531, 8561, 8563, 8591, 8838, 9038, 9280, 9686, 10294, 10415, 12003

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Bartram, John (1699-1777) and William (1739-1823). 104, 105, 154, 584, 2110, 3058, 9673, 10257, 12699, 12765, 13296

Battle Creek Food Co. *See* Kellogg, John Harvey (M.D.)

Bean curd skin. *See* Yuba

Bean curd sticks, dried. *See* Yuba–Dried Yuba Sticks

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Bean curd. *See* Tofu

Bean paste. *See* Miso

Beef alternatives. *See* Meat Alternatives–Beef Alternatives, Including Beef Jerky, etc. See also Meatless Burgers

Bees, Honeybees (*Apis mellifera*), and Apiculture–Making Honey from Nectar in Soybean Flowers and Pollinating the Flowers. 1192, 1347

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Belleme, John. *See* American Miso Co. (Rutherfordton, North Carolina)

Benni, Benne, Benniseed. *See* Sesame Seed

Benzene / Benzine / Benzol solvents for extraction. *See* Solvents

Berczeller, Laszlo. 1112, 1128, 1129, 1267, 1282, 1290, 1294, 1357, 1437, 1440, 1473, 1483, 1491, 1543, 1551, 1643, 2041, 2290, 2323, 2680

Bible Christian Church in England and the USA, Including Rev. William Cowherd (1763-1816), Joseph Brotherton (1783-1857), William Harvey (1787-1870), Martha Harvey (1783-1861), and James Simpson (1812-1859)–all of Salford, England; and Rev. William Metcalfe (1788-1862) and Rev. Henry S. Clubb (1827-1921) of Philadelphia, Pennsylvania. 527, 11655

Bibliographies and / or Reviews of the Literature (Contains More Than 50 References or Citations). 239, 240, 241, 474, 770, 788, 914, 983, 984, 1060, 1152, 1158, 1174, 1199, 1288, 1315, 1325, 1357, 1509, 1516, 1565, 1645, 1712, 1714, 1715, 1720, 1729, 1775, 2007, 2010, 2069, 2072, 2088, 2114, 2142, 2182, 2188, 2228, 2229, 2253, 2302, 2306, 2410, 2500, 2582, 2653, 2736, 2737, 2764, 2800, 2812, 2853, 2858, 2889, 2911, 2971, 2974, 2976, 2977, 2978, 3013, 3039, 3154, 3169, 3196, 3213, 3215, 3255, 3300, 3352, 3357, 3358, 3360, 3458, 3462, 3568, 3617, 3619, 3625, 3799, 3947, 3956, 3972, 3978, 3982, 4005, 4013, 4127, 4128, 4179, 4183, 4403, 4406, 4433, 4442, 4448, 4846, 4869, 4882, 5021, 5025, 5190, 5349, 5386, 5391, 5470, 5889, 5914, 6006, 6224, 6226, 6240, 6269, 6295, 6304, 6408, 6425, 6430, 6432, 6497, 6552, 6579, 6582, 6638, 6834, 6849, 6871, 6872, 6941, 6971, 6992, 7020, 7022, 7189, 7314, 7796, 7822, 8035, 8168, 8330, 8395, 8402, 8919, 8954, 8964, 9047, 9054, 9113, 9175, 9213, 9239, 9324, 9330, 9341, 9488, 9632, 9712, 9718, 9777, 9839, 9889, 10081, 10495, 10530, 10560, 10584, 10587, 10774, 11747, 12116, 12221, 12229, 12297, 12310, 12319, 12320, 12370, 12755, 12764, 12948, 13252

Biloxi soybean variety. *See* Soybean Varieties USA–Biloxi

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Biodynamic / Bio-Dynamic Farming and Gardening (General). Closely Allied with the Natural Foods Movement. 3339, 9093, 9449, 9542, 9933, 11328, 12551

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Biological control. *See* Integrated Pest Management (IPM)

Biotechnology applied to soybeans. *See* Genetic Engineering, Transgenics, Transgenic Plants and Biotechnology / Biotech

Black Bean Paste, Sweet. *See* Sweet Black Soybean Paste (Non-Fermented). Also Called Sweet Black Bean Paste

Black Bean Sauce or Black Soybean Sauce. Occasionally Called Black Bean Paste. Traditionally Made in the Kitchen by Crushing Salted, Fermented Black Soybeans, Usually with Minced Ginger, Garlic, Chilis and/or Chinese-style Wine. Typically Not a Commercial Product or Sauce. See Also Black Soybean Jiang (a Commercial Product). 1744, 2212, 2304, 2311, 2341, 2533, 2534, 2536, 2664, 2853, 2883, 2960, 3074, 3242, 3297, 3315, 3450, 3627, 3648, 4342, 4410, 4451, 4844, 5210, 5359, 5399, 5406, 5886, 5938, 6222, 6402, 6403, 6890, 7328, 7348, 7900, 8111, 8113, 9100, 9615, 9757, 10025, 10268, 10278, 10279, 10282, 10742, 10863, 11076, 11093, 11539, 11553, 11556, 11793, 11879, 11930, 12015, 12026, 12114, 12316, 12368, 12728, 12770, 12926, 13004, 13156, 13249

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Black Gram or Urd. *Vigna mungo*. Formerly *Phaseolus mungo*. 606, 2128, 2942, 2961, 9330

Black soybean sauce. *See* Black Bean Sauce

Black soybeans. *See* Soybean Seeds–Black, Soybean Seeds–Black in Color, Soybean Seeds–Black in Color–Etymology

Black-eyed pea. *See* Cowpea–*Vigna unguiculata*

Blaw-Knox Co. (Pittsburgh, Pennsylvania). Maker of Soybean Crushing Equipment, Especially the Rotocel. 3039

Blender, Electric (Kitchen Appliance)–Including Liquefier, Liquidizer, Liquifier, Osterizer, Waring Blender, Waring Blendor, Waring Mixer, Whiz-Mix, Vitamix–Early Records Only. 1998, 2021, 2148, 2435, 2530, 2586, 2713, 2806, 2851, 2927, 3033, 3192, 3200, 3397, 3519, 3681, 3975, 4102, 4441, 5043, 5100, 5156, 5218,

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5312, 5339, 5419, 6423, 13000

Boca Burger Inc. Founded 1993. Acquired Feb. 2000 by Kraft Foods Inc. 10759, 10873, 10874, 10895, 10901, 10972, 11100, 11394, 12115, 12218

Boca Burger. *See* Kraft Foods Inc.

Bongkrek poisoning. *See* Toxins and Toxicity in Foods and Feeds–Bongkrek Poisoning Factors

Borden, Inc. (Columbus, Ohio; New York City, New York; Waterloo, Iowa; Elgin and Kankakee, Illinois). 1845, 1952, 2684, 5826, 9032

Botany–Soybean. 7, 8, 52, 53, 54, 95, 113, 117, 124, 140, 153, 183, 185, 188, 189, 233, 239, 268, 275, 276, 280, 304, 387, 443, 577, 684, 773, 788, 820, 822, 855, 857, 1033, 1152, 1153, 1311, 1357, 1361, 1475, 1509, 1645, 1648, 1649, 1710, 1712, 1737, 1749, 1775, 1798, 1837, 1932, 1964, 2002, 2041, 2069, 2149, 2190, 2631, 2800, 3251, 3625, 8954, 9063, 9346, 10347

Bowen, Samuel (1732-1777)–He Introduced the Soybean to North America in 1765. See also: (1) His Ancestors and Descendants. (2) James Flint. 7860, 10241, 11520

Boyer, Robert. *See* Ford, Henry

Brady Crop Cooker. *See* Extruders and Extrusion Cooking, Low Cost–Brady Crop Cooker

Bragg Liquid Aminos–Made from Hydrolyzed Vegetable Protein (HVP). 3238, 4102, 5355, 6666, 7704, 8208, 9711, 10276, 10744, 12927, 13067, 13181

Bragg, Paul Chappius (1895-1975) Author and Health Foods Advocate. 2040, 3071, 3238, 5355, 9589, 10276, 11058, 12507

Bran, soy. *See* Fiber, Soy

Brassica napus (L.) var. napus. *See* Canola

Brassica napus. *See* Rapeseed

Brazil. *See* Latin America, South America–Brazil

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Breeding of soybeans. *See* Genetic Engineering, Transgenics, Transgenic Plants and Biotechnology / Biotech, Variety Development and Breeding

Breeding or Evaluation of Soybeans for Seed Quality, such as Low in Trypsin Inhibitors, Lipoxygenase, Linolenic Acid, etc. 7994, 8237, 9415, 11252

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British Arkady Company Ltd. and British Arkady Holdings Ltd. (Manchester, England). Subsidiary of ADM of the USA. Including the Haldane Foods Group. 2476, 2545, 2684, 5835, 6279, 6287, 6290, 6687, 8456, 8770, 9226, 9280, 9501, 9533, 9650, 9712, 9922, 12003

British Columbia. *See* Canadian Provinces and Territories–British Columbia

Broad Bean. *Vicia faba* L., formerly *Faba vulgaris,* Mönch. Also called Faba Bean, Fava Bean, Horse Bean. Chinese–Candou ("silkworm bean"). Japanese–Soramame. German–Saubohne or Buschbohne. French–Grosse Fève, Fève de Marais, Féverole, Faverole, Gourgane. 6, 21, 51, 219, 220, 246, 252, 316, 351, 384, 387, 414, 515, 516, 606, 658, 975, 997, 1035, 1288, 1421, 1765, 1862, 1997, 2241, 2248, 2530, 2668, 2942, 2961, 3615, 3618, 3981, 4128, 4183, 6838, 8230, 8872, 10007

Brown rice. *See* Rice, Brown

Brown soybeans. *See* Soybean Seeds–Brown

Bruno Fischer GmbH (Aetorf, Germany). Sold to DE-VAU-GE on 31 Dec. 1998. 10793, 10820, 11364, 11604, 11646, 11647, 11764, 12003, 12628, 13105

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Buckeye Cotton Oil Co. *See* Procter & Gamble Co.

Buerger (Bürger), Heinrich (ca. 1806-1858)–German Pharmacist, Assistant to Von Siebold in Japan. 12245

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Bunge Corp. (White Plains, New York). Including Lauhoff Grain Co. (Danville, Illinois) since 1979. 2614, 7595, 9280, 9482, 12143, 12347, 12481, 12535, 12757, 12914, 13061, 13142, 13213, 13263

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Burke, Armand. *See* Soya Corporation of America and Dr. Armand Burke

Burlison, William Leonidas (1882-1958, Univ. of Illinois). 1380, 1979, 2330, 12677

Burma. *See* Asia, Southeast–Myanmar

Butter made from nuts or seeds. *See* Nut Butters

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Butter-beans. *See* Lima Bean

CHS Cooperatives, Including Cenex, Inc. and Harvest States Cooperatives (Which Includes Honeymead). 12143

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California. *See* United States–States–California

CanAmera Foods (Plant at Hamilton, Ontario, Canada). Includes Maple Leaf Foods. Named Central Soya of Canada Ltd. until March 1992. Named Canadian Vegetable Oil Products (CVOP; Div. of Canada Packers, Hamilton, Ontario) Before the mid-1980s. Named Canadian Vegetable Oil Processing Before 1984. 4447, 6529, 9841

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Canada–Introduction of Soybeans to. Earliest document seen concerning the cultivation of soybeans in Canada or a certain Canadian province. 1015

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Canada soy pioneers. *See* Zavitz, Charles Ambrose (1863-1942)

Canada, soyfoods associations in. *See* Soyfoods Associations in Canada

Canada. 362, 460, 652, 655, 695, 703, 772, 897, 931, 1015, 1018, 1020, 1118, 1121, 1152, 1252, 1253, 1254, 1341, 1543, 1565, 1610, 1613, 1615, 1616, 1617, 1620, 1621, 1643, 1645, 1661, 1663, 1714, 1767, 1783, 1835, 1862, 1952, 1971, 1974, 1978, 1997, 1998, 2012, 2024, 2115, 2248, 2283, 2330, 2354, 2498, 2730, 2808, 2830, 2840, 2850, 2923, 2926, 2967, 3001, 3023, 3047, 3064, 3080, 3147, 3157, 3191, 3236, 3272, 3292, 3340, 3351, 3361, 3377, 3398, 3411, 3416, 3417, 3424, 3447, 3458, 3461, 3462, 3511, 3531, 3658, 3682, 3683, 3736, 3804, 3812, 3816, 3851, 3880, 3886, 3914, 3929, 3979, 4013, 4020, 4048, 4121, 4163, 4187, 4239, 4283, 4345, 4355, 4356, 4359, 4404, 4413, 4440, 4447, 4458, 4459, 4460, 4461, 4473, 4478, 4487, 4490, 4494, 4526, 4546, 4558, 4596, 4597, 4601, 4605, 4609, 4610, 4633, 4661, 4668, 4681, 4694, 4696, 4697, 4729, 4735, 4745, 4764, 4824, 4935, 4937, 4966, 4967, 4991, 4992, 4993, 5022, 5027, 5052, 5061, 5094, 5095, 5096, 5131, 5168, 5183, 5210, 5233, 5255, 5264, 5283, 5297, 5369, 5372, 5374, 5393, 5406, 5409, 5412, 5437, 5442, 5458, 5471, 5504, 5505, 5506, 5514, 5517, 5518, 5536, 5537, 5544, 5619, 5673, 5682, 5701, 5707, 5719, 5728, 5732, 5744, 5746, 5809, 5813, 5814, 5844, 5846, 5866, 5872, 5911, 5913, 5929, 5930, 5979, 5983, 6012, 6045, 6055, 6056, 6088, 6140, 6143, 6146, 6149, 6176, 6178, 6185, 6188, 6211, 6212, 6213, 6219, 6237, 6280, 6281, 6303, 6313, 6351, 6354, 6374, 6411, 6412, 6449, 6497, 6505, 6508, 6510, 6514, 6521, 6529, 6531, 6536, 6538, 6545, 6548, 6559, 6580, 6589, 6607, 6634, 6638, 6693, 6694, 6696, 6697, 6700, 6704, 6733, 6740, 6758, 6759, 6761, 6777, 6798, 6814, 6815, 6817, 6827, 6828, 6874, 6887, 6893, 6936, 6941, 6948, 6950, 6965, 6992, 6993, 6998, 6999, 7020, 7029, 7044, 7047, 7057, 7064, 7071, 7090, 7104, 7138, 7143, 7163, 7214, 7215, 7254, 7272, 7291, 7292, 7295, 7296, 7323, 7335, 7358, 7383, 7394, 7406, 7416, 7423, 7445, 7485, 7486, 7492, 7502, 7536, 7538, 7541, 7546, 7572, 7594, 7612, 7622, 7643, 7644, 7651, 7719, 7747, 7765, 7780, 7781, 7783, 7814, 7838, 7854, 7879, 7884, 7921, 7995, 8032, 8040, 8056, 8092, 8093, 8117, 8130, 8161, 8162, 8184, 8185, 8188, 8202, 8212, 8222, 8230, 8234, 8237, 8252, 8271, 8281, 8284, 8287, 8299, 8301, 8309, 8365, 8395, 8400, 8414, 8453, 8472, 8492, 8530, 8546, 8549, 8557, 8558, 8571, 8579, 8596, 8600, 8611, 8618, 8647, 8653, 8759, 8799, 8872, 8900, 8901, 8954, 9013, 9030, 9031, 9034, 9044, 9047, 9055, 9085, 9116, 9145, 9205, 9210, 9220, 9221, 9247, 9252, 9304, 9436, 9451, 9454, 9481, 9487, 9489, 9499, 9515, 9594, 9598, 9599, 9600, 9618, 9620, 9623, 9635, 9643, 9644, 9661, 9664, 9678, 9681, 9691, 9723, 9742, 9745, 9773, 9781, 9782, 9788, 9806, 9824, 9833, 9841, 9845, 9873, 9874, 9876, 9904, 9929, 9980, 9996, 10009, 10032, 10033, 10055, 10061, 10076, 10086, 10087, 10088, 10089, 10095, 10126, 10143, 10188, 10193, 10210, 10236, 10293, 10305, 10322, 10331, 10356, 10370, 10381, 10382, 10414, 10465, 10467, 10479, 10522, 10530, 10534, 10542, 10545, 10562, 10563, 10567, 10568, 10569, 10596, 10599, 10602, 10625, 10632, 10633, 10634, 10642, 10658, 10660, 10661, 10668, 10674, 10675, 10677, 10678, 10680, 10694, 10695, 10701, 10719, 10733, 10740, 10747, 10751, 10783, 10785, 10821, 10825, 10835, 10847, 10861, 10862, 10874, 10897, 10901, 10912, 10913, 10968, 10972, 11002, 11009, 11019, 11020, 11043, 11045, 11059, 11065, 11066, 11067, 11069, 11079, 11084, 11086, 11096, 11140, 11142, 11143, 11154, 11159, 11165, 11166, 11198, 11206, 11212, 11225, 11231, 11251, 11254, 11255, 11261, 11267, 11270, 11279, 11318, 11319, 11320, 11329, 11393, 11433, 11438, 11442, 11443, 11451, 11467, 11480, 11513, 11515, 11522, 11523, 11539, 11576, 11588, 11590, 11612, 11613, 11652, 11669, 11702, 11716, 11720, 11721, 11734, 11737, 11746, 11809, 11817, 11819, 11829, 11830, 11837, 11839, 11840, 11856, 11868, 11869, 11877, 11883, 11884, 11888, 11889, 11891, 11906, 11910, 11911, 11912, 11920, 11934, 11942, 11946, 11950, 11997, 12003, 12009, 12010, 12011, 12026, 12101, 12139, 12141, 12143, 12149, 12150, 12195, 12213, 12214, 12218, 12237, 12246, 12251, 12253, 12265, 12275, 12293, 12308, 12309, 12313, 12330, 12343, 12347, 12361, 12379, 12392, 12411, 12416, 12417, 12466, 12471, 12481, 12484, 12486, 12491, 12519, 12520, 12522, 12528, 12529, 12530, 12546, 12576, 12585, 12586, 12595,

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12625, 12630, 12669, 12702, 12706, 12720, 12721, 12738, 12756, 12771, 12805, 12847, 12864, 12868, 12886, 12892, 12899, 12908, 12911, 12916, 12921, 12929, 12948, 12951, 12974, 12987, 12988, 12992, 13020, 13021, 13022, 13026, 13039, 13041, 13048, 13054, 13062, 13071, 13077, 13079, 13082, 13087, 13091, 13096, 13103, 13104, 13105, 13107, 13111, 13114, 13116, 13117, 13118, 13119, 13120, 13121, 13122, 13123, 13127, 13128, 13129, 13130, 13131, 13133, 13159, 13160, 13244, 13255, 13260, 13262, 13268, 13269, 13270, 13278, 13279, 13284, 13289, 13297

Canada. *See* Ontario Soybean Growers (Marketing Board)

Canadian Provinces and Territories–Alberta. 1565, 1978, 2926, 3023, 4447, 5022, 5728, 6374, 6505, 6798, 6814, 6815, 7814, 8453, 9598, 10356, 11480, 11513, 12908

Canadian Provinces and Territories–British Columbia. 695, 703, 772, 1252, 1253, 1254, 1615, 1616, 1617, 1620, 1621, 1767, 1971, 2283, 3047, 3147, 3292, 3340, 3361, 3377, 3398, 3411, 3416, 3424, 3447, 3531, 3886, 4239, 4735, 4824, 4937, 5022, 5168, 5233, 5471, 5701, 5719, 5809, 5872, 5979, 6012, 6140, 6185, 6354, 6411, 6510, 6827, 6828, 6936, 6941, 6948, 7047, 7291, 7292, 7295, 7296, 7445, 7541, 7747, 7780, 7781, 7814, 7838, 7879, 7921, 8309, 8365, 8557, 8558, 8900, 8901, 9044, 9210, 9252, 9304, 9436, 9487, 9594, 9599, 9600, 9664, 9681, 9742, 9773, 9781, 9806, 10033, 10356, 10569, 10596, 10625, 10677, 10694, 10733, 10861, 10913, 11045, 11084, 11225, 11254, 11255, 11318, 11319, 11320, 11438, 11480, 11513, 11539, 11669, 11721, 11840, 11868, 11869, 11883, 11888, 11889, 11891, 11934, 11997, 12218, 12265, 12330, 12347, 12416, 12417, 12481, 12519, 12528, 12529, 12530, 12630, 12720, 12805, 12899, 12974, 13026, 13159, 13260

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Canadian Provinces and Territories–Québec (Quebec). 897, 1015, 1018, 1020, 1565, 1783, 1835, 1862, 3147, 3361, 3417, 4121, 4283, 4345, 4413, 4447, 4487, 4610, 4935, 5022, 5283, 5372, 5393, 5504, 5505, 5506, 5514, 5517, 5518, 5536, 5744, 5746, 5809, 5844, 5846, 5930, 6055, 6088, 6146, 6176, 6211, 6212, 6213, 6219, 6281, 6303, 6351, 6449, 6508, 6510, 6559, 6607, 7090, 7272, 7612, 7783, 8032, 8040, 8117, 8222, 8230, 8234, 8271, 8414, 8759, 8799, 8872, 9145, 9205, 9252, 9481, 9487, 9661, 9745, 9782, 10009, 10076, 10095, 10356, 10658, 10674, 10785, 10835, 10861, 10862, 11065, 11066, 11067, 11069, 11231, 11480, 11513, 11721, 11839, 11840, 11934, 12141, 12143, 12343, 12361, 12379, 12411, 12466, 12519, 12520, 12522, 12585, 12669, 12847, 12908, 12929, 12948, 13039, 13297

Canadian Provinces and Territories–Saskatchewan. 1565, 1952, 3377, 3880, 5707, 6056, 9247, 10322, 10370, 10719, 10912, 11480, 11868, 12908

Canadian soybean varieties. *See* Soybean Varieties Canada

Canavalia ensiformis. *See* Jack Bean (*Canavalia ensiformis*)

Canavalia gladiata. *See* Sword Bean

Cancer Preventing Substances in Soybeans and Soyfoods (Such as the Isoflavones Genistein and Daidzein) and Cancer Prevention. 2901, 2934, 2935, 3440, 3829, 4349, 4370, 5480, 5924, 6417, 6665, 6830, 7695, 7791, 8141, 8423, 8615, 8630, 8758, 9025, 9303, 9422, 9471, 9889, 10062, 10090, 10166, 10291, 10345, 10432, 10439, 10442, 10524, 10525, 10556, 10573, 10577, 10584, 10614, 10617, 10639, 10673, 10687, 10774, 10792, 10797, 10824, 10836, 10851, 10854, 10857, 10928, 11097, 11121, 11159, 11165, 11313, 11785, 11900, 11986, 12029, 12248

Cancer and diet. *See* Diet and Cancer. See also–Vegetarian Diets–Medical Aspects–Cancer

Cancer or Tumor Causing / Promoting Substances in Soybeans or Soyfoods, or Experiments Showing That Soybeans or Soyfoods May Be Carcinogenic or Mutagenic. 7297, 8730, 9439, 11298, 12041

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Cancer, breast, prevention and diet. *See* Diet and Breast Cancer Prevention

Cancer, prostate, prevention and diet. *See* Diet and Prostate Cancer Prevention

Candles, Crayons, and Soybean Wax–Industrial Uses of Soy Oil as an Hydrogenated Oil. 731, 773, 782, 788, 960, 1078, 1507, 1631, 1632, 2614, 11712, 11717, 11910, 12362, 12597

Cannabis sativa. *See* Hemp

Canola (*Brassica napus* (L.) var. *napus*)–An Improved Variety of the Rape Plant or Rapeseed Having Seeds with Little or No Erucic Acid. 6514, 7979, 8596, 8719, 9211, 9266, 9267, 9487, 9588, 9676, 9704, 9963, 10020, 10447, 11173, 11256, 11343, 11496, 11633, 11734, 11872, 11970, 12579

Cantonese. *See* Asia, East–China–English-Language Documents that Contain Cantonese Romanization / Transliteration

Cape Verde. *See* Africa–Cape Verde or Cape Verde Islands (Ilhas do Cabo Verde. República de Cabo Verde)

Carbohydrates (General). See also: Starch, Dietary Fiber, and Oligosaccharides (Complex Sugars). 333, 338, 397, 402, 412, 449, 456, 498, 534, 565, 616, 667, 708, 719, 779, 1152, 1440, 1538, 2249, 2445, 2721, 2722, 3293, 3475, 7097, 7147, 7309

Carbohydrates–Dietary Fiber (Including Complex Carbohydrates, Bran, Water-Soluble and Water-Insoluble Fiber). 196, 220, 232, 242, 319, 321, 335, 342, 372, 385, 397, 398, 541, 710, 964, 1060, 1114, 1115, 1290, 1481, 1517, 3293, 3360, 3431, 3437, 3475, 3596, 3619, 5428, 6456, 6665, 8638, 8906, 9580, 9946, 10854, 10951, 10996, 11002, 11008, 11726, 12237, 13284

Carbohydrates–Effects of Dietary Carbohydrates (Especially Fiber and Saponins) on Blood Lipids (Especially Cholesterol). 3992, 6456, 9077, 10854, 11008, 12484

Carbohydrates–Glycemic Index and Glycemic Load. 10002, 12771

Cardiovascular Disease and Diet Therapy, Especially Heart Disease and Stroke, But Including Cholesterol Reduction, and Hypertension (High Blood Pressure). Soy Is Not Always Mentioned. 1117, 2519, 2698, 7347, 8906, 10556, 10827, 11008, 11088, 11165, 11524, 11901, 12058, 12097, 12102, 12291, 12534, 12579, 12586, 12927, 12928, 13067

Cargill, Inc. (Minneapolis, Minneapolis). 6287, 6665, 6687, 6992, 8634, 10850, 10996, 11429, 11604, 12143, 12595, 12840, 12916, 13212

Caribbean. *See* Latin America–Caribbean

Carque, Otto (1867-1935) Author, Pioneer, Advocate, Retailer and Manufacturer of Health Food Products and Vegetarian Products in Los Angeles. Also spelled Carqué. 1163, 1236, 1308, 1508, 1552, 1641, 1653, 1795, 12766

Cartoons or Cartoon Characters. 1629, 1727, 1962, 2008, 2670, 2925, 4027, 4086, 4316, 4341, 4453, 4755, 5157, 5550, 6396, 6776, 6878, 7113, 7682, 7734, 8143, 8754, 8908, 8937, 8975, 9011, 9790, 9859, 10207, 10310, 10323, 10462, 10523, 10752, 10819, 10986, 10990, 11123, 11257, 11494, 11694, 12071, 12088, 12404, 12543, 12954

Carver, George Washington (ca. 1864-1943, Tuskegee Inst., Alabama)–Work with Soybeans, Soyfoods, Peanuts, or Chemurgy, and the Carver Laboratory in Dearborn, Michigan. 1062, 1089, 1103, 1109, 1629, 1878, 2925, 8486, 10984, 10986, 13293

Casein and Caseinates Used with Soy in Products That Are Labeled or Advertised as "Non-Dairy" "Nondairy" or "Dairy Free". 7510, 7543, 7557, 7611, 7687, 7905, 8002, 9022, 9813

Casein or Caseinates–Problems in So-Called Non-Dairy Products. 7388, 7510, 7557, 7611, 7687, 8484, 9022, 9341, 9663, 10183, 10574, 10575

Catchup / Catsup etymology. *See* Ketchup / Catsup / Catchup–Etymology

Catering. *See* Foodservice and Institutional Feeding or Catering

Catsup or Catchup. *See* Ketchup, Catsup, Catchup, Ketchop, Ketchap, Katchup, etc. Word Mentioned in Document

Catsup. *See* Ketchup–Western-Style, Other, Ketchup, Mushroom (Mushroom Ketchup, Western-Style), Ketchup, Oyster (Oyster Ketchup, Western-Style), Ketchup, Tomato (Tomato Ketchup, Western-Style), Ketchup, Walnut (Walnut Ketchup, Western-Style)

Cattle, Bullocks, Bulls, Steers, or Cows for Beef / Meat or Unspecified Uses Fed Soybeans, Soybean Forage, or Soybean Cake or Meal as Feed. 219, 255, 312, 313, 351, 438, 447, 610, 655, 768, 790, 898, 1367, 1372, 1381, 2156, 12910

Cauldron Foods Ltd. (Bristol, England). Owned by Rayner Burgess Ltd. Member of the Hero Group. 5501, 5683, 5833, 5834, 5835, 6279, 6287, 6289, 6687, 6730, 6749, 6790, 6791, 6792, 6793, 6794, 6795, 7797, 7803, 8240, 8456, 8694, 8877, 8878, 8894, 8957, 9243, 9288, 9289, 9473, 9474, 9501, 9533, 9559, 9602, 9615, 9705, 9727, 9816, 9922, 9936, 9937, 10045, 10046, 10077, 10100, 10262, 10424, 10581, 10582, 10666, 10690, 11990, 12763

Celebrities–vegetarians. *See* Vegetarian Celebrities–Noted Personalities and Famous People

Cenex. *See* CHS Cooperatives

Central America, soyfoods movement in. *See* Soyfoods Movement in Mexico and Central America

Central America. *See* Latin America–Central America

Central Soya Co. (Fort Wayne, Indiana; Acquired in Oct. 1987 by the Ferruzzi Group in Ravenna, Italy. In 1991 became part of CSY Agri-Processing, Inc. [a holding company], operating as a member

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of the Eridania / Beghin-Say agro-industrial group, within Ferruzzi-Montedison). Acquired in Oct. 2002 by Bunge. 1845, 2302, 2684, 2858, 2977, 3039, 3330, 3623, 5011, 6665, 6992, 7597, 8047, 8634, 8737, 9047, 9264, 9280, 9411, 9487, 9604, 9623, 10691, 11165, 11429, 11566, 11610, 11821, 12003, 12143, 12276, 12481, 12726, 13294

Cereol. *See* Ferruzzi-Montedison (Italy)

Ceres (Colorado Springs, Colorado). 3147, 10116

Certification of soybean seeds. *See* Seed Certification (Soybeans)

Ceylon. *See* Asia, South–Sri Lanka

Checkoff programs (state and national). *See* American Soybean Association (ASA)–Checkoff Programs

Cheese–Non-Soy Dairy-Based Cheeses. 3628, 4555, 10587, 11012

Cheese–Non-Soy Non-Dairy Cheeses Made from Plants (Such as Peanut / Groundnut Cheese, Almond Cheese, etc.). 673, 985, 1062, 1089, 1103, 1774, 1856, 1857, 2807, 3256, 5176, 10574, 10587, 10744, 10840, 11376, 11433

Cheese, cream. *See* Soy Cream Cheese

Cheese. *See* Soy Cheese, Soy Cheese or Cheese Alternatives

Cheesecake or cream pie. *See* Soy Cheesecake or Cream Pie

Chemical / Nutritional Composition or Analysis (Of Seeds, Plants, Foods, Feeds, Nutritional Components, for Animals (Incl. Humans)). 174, 182, 196, 220, 221, 223, 232, 239, 242, 244, 258, 262, 270, 274, 283, 289, 290, 291, 300, 306, 312, 321, 322, 335, 336, 338, 339, 341, 342, 346, 349, 350, 356, 372, 385, 390, 391, 392, 395, 397, 398, 402, 405, 412, 415, 418, 429, 437, 443, 444, 449, 451, 452, 456, 463, 469, 480, 482, 495, 498, 504, 510, 511, 524, 526, 533, 534, 537, 538, 541, 544, 549, 564, 565, 575, 600, 608, 620, 658, 660, 666, 667, 668, 669, 673, 685, 686, 687, 710, 712, 713, 716, 720, 727, 733, 734, 772, 773, 779, 780, 782, 788, 790, 794, 814, 819, 822, 824, 873, 916, 917, 933, 942, 946, 964, 979, 982, 984, 985, 992, 996, 997, 1030, 1033, 1060, 1063, 1065, 1066, 1081, 1082, 1091, 1092, 1107, 1114, 1115, 1117, 1118, 1121, 1122, 1152, 1159, 1182, 1190, 1199, 1265, 1267, 1288, 1289, 1291, 1292, 1294, 1307, 1315, 1317, 1325, 1383, 1435, 1475, 1477, 1497, 1502, 1506, 1543, 1551, 1567, 1572, 1575, 1579, 1625, 1710, 1715, 1731, 1737, 1745, 1775, 1784, 1821, 1825, 1867, 1929, 1945, 1966, 2002, 2030, 2077, 2088, 2096, 2104, 2164, 2182, 2209, 2249, 2250, 2291, 2333, 2364, 2380, 2383, 2410, 2426, 2553, 2584, 2667, 2670, 2978, 3507, 3978, 4011, 4165, 4753, 4817, 4869, 6017, 6576, 6732, 6851, 7664, 8168, 8257, 8293, 8294, 8872, 9168, 10067, 10639, 10797, 11099, 11371, 11554, 11728, 11979, 12023, 12186

Chemistry and Soils, Bureau. *See* United States Department of Agriculture (USDA)–Bureau of Agricultural and Industrial Chemistry

Chemurgy, the Farm Chemurgic Movement, and the Farm Chemurgic Council (USA, 1930s to 1950s, Including Wheeler McMillen, William J. Hale, and Francis P. Garvan). 1763, 1998, 2408, 2925, 2977, 3330, 6484, 8665, 10081

Chenopodium quinoa Willd. *See* Quinoa

Chiang, soybean (from China). *See* Jiang–Chinese-Style Fermented Soybean Paste

Chiang. *See* Jiang–Early Non-Soy Paste Made with Meat of Fish in China or Japan

Chicago Board of Trade (CBOT, organized in April 1848). 1632, 7890, 10660, 10661, 10917, 11142

Chicago Vegetarian Society. *See* Vegetarianism–Vegetarian Societies in North America–Chicago Vegetarian Society (1895 -)

Chicken, meatless. *See* Meat Alternatives–Meatless Chicken, Goose, Duck, and Related Poultry Products. See also Meatless Turkey

Chickens (esp. Layers & Broilers) Fed Soybeans, Soybean Forage, or Soybean Cake or Meal as Feed. 396, 943, 1631, 1643, 3039, 4953, 5021, 7133, 10986

Chickpea / Chickpeas / Chick-Peas, Garbanzo / Garbanza Beans. *Cicer arietinum* L. Including Hummus / Hummous. 104, 179, 316, 351, 423, 477, 658, 850, 1308, 1572, 1869, 2110, 2128, 2284, 2356, 2357, 2382, 2497, 2554, 2566, 2592, 2636, 2713, 2774, 2898, 2942, 2957, 2961, 3000, 3032, 3058, 3130, 3134, 3142, 3196, 3594, 3651, 4128, 4183, 4379, 4431, 4693, 4745, 4973, 5015, 5088, 5188, 5468, 5699, 5791, 5812, 5838, 5863, 5920, 5993, 6120, 6166, 6270, 6390, 6395, 6454, 6456, 6783, 6977, 7074, 7199, 8144, 8204, 8368, 8382, 8517, 9136, 9396, 9464, 9493, 9592, 9722, 9766, 9767, 9795, 10146, 10251, 10434, 10469, 10488, 10610, 10631, 10816, 10971, 11066, 11328, 11401, 11498, 11648, 11661, 11684, 11693, 11727, 11826, 11894, 12103, 12125, 12238, 12251, 12257, 12338, 12422, 12590, 12653, 12733, 13000

Chickpea / Chickpeas / Chick-Peas, Garbanzo / Garbanza Beans. *Cicer arietinum* L. Including Hummus / Hummous. Etymology of These Terms and Their Cognates/Relatives in Various Languages. 351

Chico-San Inc. (Chico, California). Maker of Macrobiotic and Natural Foods. Founded in March 1962. 2497, 2592, 2646, 2774, 2918, 2923, 2952, 3072, 3073, 3082, 3203, 3347, 3524, 4102, 4434, 4868, 4906, 5484, 5523, 5534, 5601, 5787, 6269, 6401, 6474, 7069, 8451, 9248, 10093, 12127, 12999

Child Haven International (Headquarters: Maxville, Ontario, Canada). Founded by Fred and Bonnie Cappuccino in 1985. Homes in India, Bangladesh, Nepal and Tibet. 9691, 9876, 10086, 10089, 10126, 10563, 11883, 11884, 11891, 12253, 13041, 13054, 13082, 13087, 13107, 13111, 13114, 13119, 13120, 13122, 13123, 13124, 13127, 13128, 13129, 13131

China. *See* Asia, East–China

Chinese Medicine, Traditional, Including Heating-Cooling or Hot-

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Cold Foods and Medicines. 5, 6, 7, 8, 9, 10, 23, 26, 52, 53, 54, 60, 79, 87, 126, 142, 151, 160, 169, 275, 276, 328, 400, 494, 578, 619, 661, 673, 774, 775, 950, 1035, 1126, 1143, 1153, 1178, 1265, 1311, 1430, 1573, 1648, 2116, 2631, 3049, 6406, 7316, 9778, 10266, 10514, 11644, 11879, 11980, 12092, 13144

Chinese Overseas, Especially Work with Soy (Including Chinese from Taiwan, Hong Kong, Singapore, etc.). 95, 202, 216, 225, 273, 278, 281, 396, 403, 417, 426, 437, 439, 463, 464, 469, 470, 497, 515, 523, 547, 548, 562, 586, 661, 662, 663, 674, 683, 701, 708, 710, 714, 724, 725, 727, 728, 729, 730, 731, 732, 738, 779, 780, 782, 785, 788, 794, 814, 826, 868, 902, 932, 937, 939, 948, 960, 961, 962, 969, 970, 980, 989, 990, 991, 1012, 1014, 1018, 1023, 1024, 1031, 1057, 1126, 1127, 1154, 1184, 1186, 1264, 1266, 1276, 1292, 1314, 1322, 1323, 1324, 1369, 1374, 1383, 1393, 1433, 1438, 1442, 1472, 1500, 1515, 1593, 1634, 1640, 1654, 1658, 1682, 1767, 1776, 1793, 1819, 1826, 1845, 1930, 1960, 1972, 1981, 1987, 2003, 2009, 2013, 2026, 2028, 2061, 2070, 2124, 2129, 2141, 2201, 2203, 2212, 2243, 2246, 2248, 2249, 2250, 2251, 2252, 2283, 2288, 2316, 2420, 2445, 2465, 2478, 2480, 2546, 2568, 2599, 2640, 2660, 2663, 2682, 2689, 2701, 2702, 2721, 2722, 2744, 2808, 2829, 2839, 2850, 2908, 2912, 2947, 2948, 2949, 2960, 2998, 3028, 3037, 3059, 3142, 3144, 3145, 3155, 3166, 3232, 3257, 3308, 3310, 3364, 3372, 3400, 3413, 3445, 3462, 3498, 3553, 3611, 3617, 3619, 3645, 3682, 3683, 3728, 3770, 3809, 3823, 3844, 3846, 3847, 3848, 3871, 3893, 3914, 3932, 3933, 3936, 3966, 4001, 4002, 4003, 4004, 4013, 4017, 4051, 4052, 4054, 4057, 4131, 4151, 4186, 4330, 4392, 4393, 4394, 4396, 4415, 4448, 4512, 4557, 4609, 4633, 4692, 4729, 4811, 4812, 4813, 4814, 4815, 4816, 4824, 4858, 4905, 4950, 4991, 4992, 4993, 5036, 5050, 5070, 5083, 5116, 5122, 5152, 5201, 5202, 5206, 5212, 5220, 5239, 5260, 5290, 5337, 5388, 5406, 5412, 5474, 5479, 5500, 5586, 5599, 5629, 5639, 5646, 5647, 5652, 5653, 5654, 5701, 5704, 5708, 5739, 5845, 5862, 5872, 5882, 5883, 5884, 5975, 6012, 6119, 6120, 6121, 6173, 6180, 6276, 6367, 6429, 6444, 6459, 6471, 6475, 6476, 6490, 6537, 6542, 6545, 6641, 6646, 6664, 6671, 6702, 6703, 6728, 6749, 6761, 6777, 6788, 6789, 6819, 6827, 6828, 6876, 6913, 6994, 7072, 7143, 7184, 7295, 7296, 7300, 7328, 7348, 7367, 7416, 7424, 7429, 7494, 7516, 7544, 7545, 7603, 7621, 7665, 7710, 7747, 7770, 7780, 7781, 7793, 7805, 7833, 7854, 7868, 7894, 7995, 8289, 8312, 8429, 8556, 8567, 8572, 8601, 8611, 8614, 8711, 8753, 8777, 8805, 8844, 8900, 8901, 8959, 8960, 9030, 9055, 9075, 9113, 9141, 9181, 9182, 9214, 9247, 9248, 9340, 9451, 9454, 9474, 9475, 9496, 9500, 9627, 9671, 9673, 9708, 9762, 9826, 9828, 9959, 10001, 10010, 10011, 10084, 10123, 10153, 10154, 10162, 10227, 10230, 10252, 10380, 10409, 10431, 10615, 10629, 10646, 10668, 10712, 10732, 10742, 10751, 10788, 10791, 10862, 11026, 11196, 11240, 11298, 11302, 11318, 11319, 11322, 11327, 11338, 11345, 11455, 11482, 11502, 11503, 11543, 11608, 11642, 11687, 11712, 11776, 11802, 11840, 11844, 11857, 11863, 11895, 12055, 12076, 12077, 12078, 12079, 12080, 12121, 12148, 12235, 12242, 12302, 12381, 12555, 12795, 13046, 13051, 13156, 13287, 13292

Chinese Soybean Types and Varieties–Early, with Names. 152, 387, 466, 696, 697, 708, 950, 1036, 1178

Chinese restaurants outside China, or Chinese recipes that use soy ingredients outside China. *See* Asia, East–China–Chinese Restaurants Outside China

Chinese-style soy sauce made with a significant proportion of wheat. *See* Soy Sauce, Chinese Style. Made with a Significant

Chocolate substitute made from roasted soybeans. *See* Soy Chocolate

Cholesterol. *See* Carbohydrates–Effects of Dietary Carbohydrates (Especially Fiber and Saponins) on Blood Lipids (Especially Cholesterol), Lipids–Effects on Blood Lipids, Protein–Effects on Blood Lipids

Chou doufu. *See* Tofu, Fermented–Stinky Tofu (pinyin: Chou Doufu (W.-G. Ch'ou Toufu)

Christian Nagel Tofumanufaktur. *See* Tofumanufaktur Christian Nagel GmbH (Hamburg, Germany)

Chronology / Timeline. 20, 56, 89, 180, 446, 1286, 1478, 2097, 2627, 2646, 2736, 2737, 2804, 2890, 2941, 3114, 3195, 3209, 3281, 3394, 3589, 3637, 3640, 3653, 3838, 3981, 4359, 4360, 4764, 4881, 4950, 4956, 5221, 5253, 5270, 5813, 5814, 5824, 5937, 6313, 6314, 6469, 6611, 6758, 6759, 6760, 6775, 6861, 6904, 6909, 6983, 7225, 7226, 7239, 7240, 7480, 7683, 7728, 7818, 8281, 8282, 8769, 8905, 8958, 9618, 9955, 10281, 10429, 10445, 10678, 10683, 10793, 11270, 11465, 11506, 11521, 11559, 11764, 11783, 11997, 12060, 12154, 12164, 12206, 12218, 12245, 12256, 12347, 12398, 12399, 12441, 12442, 12481, 12522, 12525, 12652, 12680, 12711, 12727, 12762, 12765, 12840, 12916, 12950, 13024, 13033, 13047, 13088, 13105, 13139, 13165, 13177, 13182, 13194, 13199, 13215, 13282, 13290, 13295, 13296, 13297, 13298

Chufa / Chufas (*Cyperus esculentus*). Also Called Earth Almond, Tiger Nuts/Tigernut, Nut Grass, Ground Almond, Hognut, Earth Nut, Rush Nut, Zulu Nut. French: Voandzou, Souchet. German: Erdmandel. Italian: Cipero comestible. 183, 375, 390, 445, 606, 777, 1236, 1572, 12018, 12851

Chun King. 2214, 4525, 8989, 12457

Chungkook-Jang. *See* Natto, Korean-Style–Chungkook-Jang / Chung Kook Jang / Chungkuk Jang

Cicer arietinum. *See* Chickpeas or Garbanzo Beans

Civil War in USA (1861-1865). 263, 1189, 1440, 1498, 1507, 8148, 12017, 12692

Claim or Claims of Health Benefits–Usually Authorized by the U.S. Food and Drug Administration (FDA). 10864, 11429, 11725, 11764, 11766, 11804, 11821, 11901, 11956, 11959, 11960, 11961, 11971, 11976, 11985, 11997, 12005, 12029, 12038, 12039, 12041, 12053, 12056, 12057, 12058, 12068, 12071, 12093, 12098, 12099, 12111, 12122, 12218, 12276, 12309, 12729

Cleaning soybean seeds. *See* Seed Cleaning–Especially for Food or Seed Uses

Cliffrose, Green Mountain Commodities, Inter-Natural Trading, Mountain Rose, Shadowfax, and Other Small Natural Food Distributors in the United States. 3407

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Cliffrose. *See* Natural Food Distributors and Master Distributors–General and Other Smaller: Cliffrose, Shadowfax, etc.

Climate change. *See* Global Warming / Climate Change as Environmental Issues

Clubb, Henry Stephen (Rev.) (1827-1921). Vegetarian Pioneer in England and Philadelphia, USA. 527

Coconut Milk and Cream. Or Coconuts Used to Flavor Soymilk, Rice Milk, etc. 1308, 1869, 2435, 2519, 2695, 3252, 3715, 4127, 4128, 4179, 4183, 4202, 4408, 4856, 5368, 5391, 5470, 5502, 6233, 6295, 6414, 6436, 6510, 6914, 6936, 6971, 7092, 7832, 8213, 8214, 8644, 8646, 9718, 9777, 9931, 10049, 11351, 11496, 12229, 12319, 12487, 12503

Coffee–Problems with or Prohibitions against the Consumption of Coffee, Initially Because it Was Considered a Stimulant, Later Because of the Harmful Effects of Caffeine. 274, 1117, 9589, 11157, 11467, 12353

Coffee Creamer, Whitener or Lightener (Non-Dairy–Usually Contains Soy). 2976, 5876, 6894, 7538, 7682, 9197, 9341, 9916, 10167, 10875, 11098, 12091, 12164, 12362, 12664

Coffee Substitutes or Adulterants, Non-Soy–Usually Made from Roasted Cereals, Chicory, and / or Other Legumes. 183, 283, 374, 390, 402, 412, 480, 976, 984, 997, 1031, 1095, 1109, 1117, 1774, 2382, 2497, 2566, 2592, 2636, 2795, 3150, 3159, 4162, 5227, 5354, 7111, 9589, 9916, 10131, 12244

Coffee, soy. *See* Soy Coffee

Cognitive / Brain Function. Including Alzheimer's Disease. 4389, 10948, 11031, 11235, 11297, 11387, 11598, 11664, 11764, 11975, 12029, 12061, 12065, 12066, 12068, 12081, 12090, 12094, 12106, 12111, 12122, 12146, 12157, 12218

Coix lachryma-jobi. *See* Job's Tears

Color of soybean seeds. *See* Seed Color (Soybeans)–Specific Varieties), Soybean Seeds (of different colors)

Combines. Also called the Combined Harvester-Thresher in the 1920s and 1930s (Combine). 1174, 1379, 1563, 2114, 3061, 5436, 6529, 8095

Commercial Soy Products–New Products, Mostly Foods. 90, 150, 178, 216, 273, 403, 439, 484, 497, 518, 519, 520, 521, 522, 523, 530, 546, 547, 548, 551, 552, 554, 555, 569, 570, 571, 572, 573, 574, 586, 588, 590, 591, 592, 593, 594, 595, 596, 597, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 688, 689, 690, 691, 692, 693, 694, 695, 724, 729, 730, 735, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 905, 1041, 1042, 1044, 1045, 1046, 1047, 1048, 1050, 1064, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1090, 1093, 1097, 1098, 1100, 1101, 1123, 1134, 1135, 1136, 1138, 1139, 1140, 1146, 1147, 1148, 1150, 1151, 1165, 1166, 1167, 1168, 1180, 1181, 1193, 1194, 1195, 1196, 1201, 1202, 1203, 1204, 1205, 1206, 1207, 1208, 1209, 1210, 1211, 1212, 1213, 1215, 1216, 1217, 1219, 1220, 1221, 1222, 1223, 1224, 1225, 1226, 1227, 1228, 1229, 1230, 1231, 1232, 1233, 1234, 1240, 1241, 1242, 1243, 1244, 1245, 1246, 1247, 1248, 1252, 1253, 1254, 1256, 1257, 1259, 1270, 1271, 1272, 1273, 1274, 1275, 1276, 1277, 1278, 1279, 1280, 1297, 1298, 1299, 1300, 1301, 1302, 1321, 1322, 1323, 1324, 1349, 1351, 1352, 1353, 1354, 1355, 1356, 1362, 1363, 1387, 1388, 1389, 1390, 1391, 1392, 1393, 1394, 1395, 1396, 1397, 1398, 1399, 1400, 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409, 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418, 1420, 1423, 1424, 1426, 1445, 1446, 1447, 1448, 1449, 1450, 1451, 1452, 1463, 1464, 1465, 1466, 1484, 1487, 1500, 1518, 1519, 1520, 1522, 1523, 1524, 1525, 1526, 1527, 1528, 1529, 1530, 1531, 1532, 1533, 1540, 1554, 1580, 1581, 1582, 1583, 1584, 1585, 1586, 1587, 1588, 1589, 1590, 1591, 1592, 1599, 1601, 1603, 1604, 1605, 1614, 1615, 1616, 1617, 1618, 1619, 1620, 1621, 1626, 1654, 1670, 1671, 1672, 1673, 1674, 1675, 1676, 1677, 1678, 1679, 1680, 1681, 1682, 1683, 1684, 1685, 1686, 1687, 1688, 1689, 1690, 1691, 1692, 1693, 1694, 1695, 1696, 1697, 1698, 1699, 1700, 1701, 1702, 1703, 1704, 1705, 1706, 1707, 1708, 1709, 1732, 1733, 1734, 1735, 1753, 1754, 1755, 1766, 1767, 1770, 1778, 1779, 1781, 1791, 1794, 1802, 1803, 1804, 1807, 1808, 1809, 1810, 1811, 1812, 1813, 1814, 1815, 1816, 1817, 1818, 1856, 1857, 1858, 1859, 1860, 1861, 1955, 1971, 1995, 1996, 2016, 2017, 2018, 2019, 2020, 2025, 2032, 2034, 2037, 2038, 2044, 2046, 2050, 2054, 2064, 2065, 2066, 2067, 2068, 2075, 2083, 2092, 2105, 2120, 2121, 2122, 2123, 2125, 2126, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2153, 2154, 2155, 2161, 2177, 2179, 2191, 2192, 2193, 2194, 2195, 2196, 2198, 2199, 2200, 2219, 2220, 2222, 2223, 2246, 2247, 2274, 2275, 2276, 2277, 2278, 2282, 2283, 2300, 2301, 2321, 2322, 2347, 2385, 2387, 2388, 2389, 2430, 2431, 2432, 2447, 2448, 2449, 2450, 2454, 2455, 2456, 2457, 2458, 2460, 2461, 2462, 2463, 2464, 2481, 2482, 2529, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2579, 2580, 2581, 2608, 2610, 2658, 2659, 2660, 2662, 2671, 2702, 2725, 2744, 2746, 2747, 2758, 2775, 2776, 2778, 2779, 2783, 2784, 2788, 2790, 2808, 2813, 2818, 2829, 2845, 2846, 2847, 2849, 2867, 2868, 2869, 2888, 2896, 2897, 2912, 2943, 2944, 2945, 2947, 2948, 2949, 2950, 2987, 3024, 3025, 3026, 3027, 3059, 3060, 3062, 3097, 3098, 3103, 3115, 3117, 3120, 3122, 3155, 3167, 3184, 3185, 3204, 3212, 3223, 3225, 3229, 3230, 3232, 3235, 3236, 3257, 3258, 3259, 3261, 3262, 3263, 3264, 3265, 3266, 3267, 3273, 3283, 3292, 3303, 3306, 3331, 3337, 3342, 3343, 3348, 3359, 3373, 3374, 3378, 3400, 3401, 3402, 3403, 3404, 3405, 3406, 3407, 3409, 3410, 3411, 3412, 3413, 3414, 3415, 3416, 3417, 3418, 3420, 3421, 3424, 3472, 3474, 3476, 3479, 3480, 3481, 3487, 3495, 3496, 3516, 3518, 3522, 3534, 3535, 3536, 3538, 3552, 3553, 3555, 3556, 3557, 3577, 3579, 3582, 3584, 3592, 3602, 3605, 3606, 3607, 3608, 3609, 3610, 3611, 3612, 3644, 3645, 3655, 3675, 3677, 3682, 3683, 3690, 3691, 3699, 3700, 3705, 3706, 3707, 3708, 3721, 3724, 3729, 3731, 3737, 3738, 3739, 3742, 3750, 3751, 3754, 3755, 3756, 3765, 3766, 3768, 3778, 3781, 3782, 3784, 3785, 3800, 3802, 3805, 3806, 3807, 3808, 3809, 3810, 3811, 3822, 3824, 3827, 3828, 3830, 3839, 3840, 3842, 3843, 3844, 3845, 3846, 3847, 3848, 3849, 3850, 3853, 3854, 3855, 3856, 3857, 3858, 3860, 3861, 3862, 3863, 3864, 3865, 3866, 3867, 3868, 3871, 3872, 3873, 3874, 3875, 3877, 3878, 3880, 3881, 3882, 3883, 3884, 3886, 3887, 3888, 3889, 3891, 3892, 3893, 3895, 3896,

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3897, 3899, 3900, 3901, 3902, 3903, 3904, 3905, 3906, 3907, 3908, 3909, 3911, 3913, 3914, 3915, 3916, 3917, 3918, 3919, 3920, 3923, 3925, 3926, 3928, 3929, 3930, 3931, 3932, 3933, 3934, 3935, 3937, 3938, 3940, 3984, 4001, 4003, 4004, 4010, 4019, 4031, 4044, 4046, 4047, 4051, 4052, 4061, 4066, 4100, 4120, 4121, 4122, 4125, 4151, 4153, 4154, 4155, 4156, 4157, 4160, 4168, 4171, 4172, 4173, 4174, 4175, 4185, 4186, 4198, 4199, 4200, 4201, 4202, 4203, 4204, 4205, 4207, 4252, 4283, 4286, 4287, 4346, 4348, 4351, 4362, 4363, 4364, 4366, 4375, 4376, 4378, 4379, 4384, 4385, 4388, 4389, 4391, 4392, 4393, 4394, 4395, 4396, 4397, 4398, 4400, 4401, 4435, 4436, 4446, 4455, 4456, 4466, 4480, 4484, 4495, 4510, 4512, 4516, 4520, 4536, 4538, 4540, 4554, 4558, 4562, 4576, 4578, 4579, 4580, 4583, 4588, 4589, 4590, 4599, 4604, 4607, 4615, 4617, 4618, 4619, 4623, 4629, 4630, 4631, 4633, 4642, 4644, 4645, 4647, 4652, 4664, 4665, 4666, 4667, 4668, 4669, 4670, 4671, 4672, 4673, 4674, 4675, 4676, 4677, 4678, 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Cottonseed Meal and Cake (Defatted). Previously Spelled Cotton-Seed Cake. 242, 652, 653, 665, 712, 719, 732, 942, 1563, 1565, 2302, 2307, 6529, 11365, 11496

Cottonseed Oil. Previously Spelled Cotton-Seed Oil or Cotton Oil. 63, 64, 172, 196, 283, 316, 402, 412, 466, 608, 652, 665, 666, 696, 697, 712, 719, 732, 865, 872, 898, 919, 934, 963, 992, 1051, 1054, 1078, 1162, 1269, 1572, 1671, 1848, 2501, 2668, 9916, 10616, 11496

Cottonseeds / Cotton Seeds–Etymology of These Terms and Their Cognates/Relatives in English. 172, 242, 665, 719

Cottonseeds / Cottonseed. Previously Spelled Cotton Seeds / Seed. 621, 859, 943, 1507, 2202, 4159, 4612

Cover Crop, Use of Soybeans as. See also: Intercropping. 607, 1262, 2253, 2663, 4854, 11803

Cowpea / Cowpeas / Black-Eyed Peas–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 2942, 2961

Cowpea or Black-Eyed Pea. *Vigna unguiculata* (L.) Walp. Formerly spelled Cow Pea. Also called Blackeye Pea, Pea Bean, Yardlong Cowpea. Chinese: Jiangdou. Previous scientific names: *Vigna sinensis* (L.) (1890s-1970s), *Vigna catjang* (1898-1920), *Vigna Katiang* (1889). 6, 153, 180, 246, 314, 387, 388, 452, 485, 543, 606, 684, 717, 767, 777, 788, 821, 850, 985, 1001, 1035, 1091, 1152, 1157, 1359, 1421, 1503, 1765, 1771, 1773, 1783, 1867, 2128, 2182, 2942, 2961, 3162, 3956, 4128, 4183, 4953, 6529, 7405, 8636, 9136, 9879, 10097, 10505, 11793, 12018, 12851

Cows / Cattle for Dairy Milk and Butter Fed Soybeans, Soybean Forage, or Soybean Cake or Meal as Feed. 196, 254, 295, 419, 435, 438, 447, 652, 669, 675, 712, 865, 872, 943, 1066, 1152, 1631, 1645, 2156

Crayons. *See* Candles, Crayons, and Soybean Wax

Cream Cheese. *See* Soy Cream Cheese

Cream, sour, alternative. *See* Sour Cream Alternatives

Cream, soymilk. *See* Soymilk Cream

Creamer or soy cream for coffee. *See* Coffee Creamer / Whitener

Crop Rotation Using Soybean Plants for Soil Improvement. 919, 1091, 1568, 1593, 1736, 1783, 1837, 1998, 2253, 2800, 3370, 3879, 4854, 8549, 9509, 10085, 10616, 10680

Cropping Systems: Intercropping, Interplanting, or Mixed Cropping (Often Planted in Alternating Rows with Some Other Crop). 147, 616, 620, 666, 788, 790, 949, 1156, 1170, 1184, 1379, 1962, 1963, 2008, 2081, 2114, 3171, 3239, 3380, 3625, 3626, 3859, 6022, 8382, 8919, 10240

Crown Iron Works Co. (Minneapolis, Minnesota). Maker of Soybean Processing Equipment. Acquired by CPM (Formerly California Pellet Mill, Waterloo, Iowa) on 16 Aug. 2007. 8472, 12916

Cruets (Glass Bottles for Serving Soy Sauce–or Oil or Vinegar–at the Table) and Cruet Frames and Stands (of Plated Metal). Also spelled Crewets, Crewits, Creuits, Cruetts, Cruits. 1162, 1183, 13004

Crushing statistics for soybeans, and soy oil and meal production and consumption. *See* individual geographic regions (such as Asia, Europe, Latin America, United States, World, etc.) and nations within each region

Crushing, soybean–equipment manufacturers. *See* Allis-Chalmers, Anderson International Corp., Blaw-Knox Co. and Rotocel, Crown Iron Works Co., French Oil Mill Machinery Co.

Cubbison, Sophie (1890-1982), and the Cubbison Cracker Co. of Los Angeles, California. 1308, 1508

Cultural Practices, Cultivation & Agronomy (Including Crop Management, Erosion, Planting, Seedbed Preparation, Water Management / Irrigation). 22, 60, 63, 64, 164, 183, 219, 254, 255, 259, 286, 295, 312, 315, 316, 359, 364, 372, 375, 385, 391, 419, 421, 445, 464, 516, 585, 616, 657, 675, 705, 767, 772, 773, 788, 790, 820, 824, 855, 857, 933, 935, 958, 1000, 1001, 1009, 1033, 1035, 1051, 1065, 1067, 1082, 1152, 1156, 1161, 1184, 1192, 1249, 1288, 1361, 1479, 1488, 1491, 1501, 1503, 1543, 1551, 1563, 1565, 1568, 1607, 1610, 1643, 1645, 1712, 1713, 1736, 1745, 1749, 1756, 1768, 1771, 1783, 1788, 1789, 1796, 1797, 1798, 1800, 1821, 1823, 1825, 1837, 1863, 1867, 1890, 1915, 1929, 1932, 1933, 1934, 1959, 1962, 1963, 1964, 1966, 1982, 2008, 2041, 2069, 2072, 2114, 2190, 2253, 2329, 2342, 2440, 2634, 2668, 2800, 3239, 3464, 3504, 3625, 3948, 3962, 4251, 4561, 4839, 4876, 6515, 6519, 6524, 6526, 6529, 6532, 6582, 7133, 7227, 7323, 7467, 7796, 8223, 9433, 9481, 10240, 10293, 10753

Culture Media / Medium (for Growing Microorganisms)–Industrial Uses of Soybeans, as in Antibiotic / Antibiotics Industry. 1957

Cultures of nitrogen fixing bacteria for soybeans. *See* Nitrogen Fixing Cultures

Curds Made from Soymilk (Soft, Unpressed Tofu) as an End Product or Food Ingredient. In Japanese: Oboro. In Chinese: Daufu-fa, Doufu-hua, Doufu-hwa, Douhua, Toufu-hwa, Tow-foo-fah ("Bean Curd Flowers") or Doufu-nao, Fu-nao ("Bean Curd Brains"). In Filipino: Taho (Often Served as a Dessert with a Sugary Syrup). 44, 104, 115, 155, 161, 169, 200, 301, 436, 439, 442, 467, 523, 586, 711, 1009, 1025, 1152, 1155, 1288, 1312, 1316, 1495, 1640, 1712, 1826, 1960, 2012, 2035, 2048, 2294, 2309, 2437, 2513, 2664, 2744, 2949, 2959, 2985, 3024, 3059, 3064, 3099, 3177, 3213, 3214, 3215, 3218, 3225, 3246, 3400, 3419, 3462, 3543, 3581, 3593, 3626, 3664, 3676, 3683, 4005, 4006, 4179, 4258, 4285, 4380, 4423, 4633, 4773, 5021, 5141, 5352, 5470, 5508, 5701, 5772, 5803, 5872, 5883, 6098, 6099, 6226, 6295, 6702, 6894, 7006, 7295, 7755, 7796,

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8636, 8642, 8907, 8929, 9182, 9409, 9451, 9519, 9581, 9718, 9738, 9749, 9975, 10000, 10025, 10188, 10253, 10260, 10299, 10437, 10452, 10470, 10487, 10521, 10550, 10571, 10592, 10628, 10691, 10751, 10858, 11026, 11137, 11302, 11673, 11747, 11783, 11844, 12018, 12026, 12175, 12193, 12221, 12226, 12229, 12297, 12470, 12704, 12755, 12781, 12793, 12939, 12948, 13129, 13149, 13155, 13168, 13224, 13252, 13275, 13293

Cutlets, meatless. *See* Meat Alternatives–Meatless Cutlets

Cyperus esculentus. *See* Chufa. Also Called Earth Almond, Tiger Nuts, etc.

Dairy alternative, rice based. *See* Rice Milk Products–Ice Creams

Dairy alternatives (soy based). *See* Coffee Creamer / Whitener or Cream Alternative, Sour Cream Alternatives, Soy Cheese–Fermented, Soy Cheese–Non-Fermented, Soy Cheese or Cheese Alternatives, Soy Cheesecake or Cream Pie, Soy Cream Cheese, Soy Puddings, Custards, Parfaits, or Mousses, Soy Yogurt, Soymilk, Soymilk, Fermented, Soymilk, Fermented–Soy Kefir, Tofu (Soy Cheese), Whip Topping

Dairylike Non-dairy Soy-based Products, Other (Cottage Cheese, Sour Cream, and Icing). See also Non-dairy Whip Topping, Soy Ice Cream, Soy Yogurt, Soy Cheese, Cream Cheese or Cheesecakes, Coffee Creamer / Whitener or Cream, and Sour Cream. 1537, 1539, 1774, 1923, 3048, 3147, 3213, 3215, 3818, 3949, 4346, 4398, 5097, 5125, 5195, 5467, 5644, 5762, 5800, 5818, 5860, 6066, 6262, 6473, 6796, 7053, 7081, 7249, 7438, 7574, 7798, 8166, 8463, 8830, 9068, 9115, 9249, 9519, 9562, 10150, 12363, 12948

Daitokuji / Daitoku-ji natto. *See* Daitokuji Fermented Black Soybeans–from Japan

Daitokuji Fermented Black Soybeans–from Japan. In Japan called Daitokuji Natto or Daitoku-ji Natto. 2612, 2613, 2910, 2981, 3213, 3218, 3291, 3989, 5612, 7799, 12948

Dammann & Co. (San Giovanni a Teduccio {near Naples}, Italy). 565, 607, 684, 717, 914

Danshi / danchi (pinyin). *See* Fermented Black Soybeans, Unsalted or Bland

Davis, Adelle (1904-1974). Author and Health Foods Advocate. 1848, 2202, 3071, 6430, 9211, 11307

Dawa-dawa. *See* Natto–Soybean Dawa-dawa

Dawson Mills (Dawson, Minnesota) (Tri-County Soy Bean Co-operative Association until 1969) and Dawson Food Ingredients (from 1974)–Cooperative. 4726, 12143

Day-neutral soybean varieties. *See* Soybean–Physiology–Day-Neutral / Photoperiod Insensitive Soybean Varieties

Death certificates. *See* Obituaries, Eulogies, Death Certificates, and Wills

Deceptive or misleading labeling or products. *See* Unfair Practices–Including Possible Deceptive / Misleading Labeling, Advertising, etc. See also: Adulteration

Degussa. *See* Lucas Meyer GmbH (Hamburg, Germany)

Delsoy Products, Inc. (Dearborn, Michigan). Soy Protein Company. Renamed Whitehouse Products in 1963. Purchased by C.J. Christoff & Sons in 1983 (Lowell, Michigan). Renamed Chadalee Farms, Inc. 1978, 6894, 10219, 10220, 10221

Demos, Steve. *See* White Wave, Inc. (Boulder, Colorado)

Detection of soy proteins. *See* Soy Proteins–Detection

Detergents or soaps made from soy oil. *See* Soaps or Detergents

DE-VAU-GE Gesundkostwerk GmbH (Lueneburg, Germany). 6687, 6886, 7339, 8008, 8150, 8180, 8181, 8493, 8730, 8879, 8880, 8972, 9292, 9293, 9352, 9353, 9452, 9462, 9472, 9484, 9491, 9501, 9533, 9543, 9550, 9705, 9712, 9730, 9731, 9732, 9733, 9734, 9764, 9875, 9900, 9922, 10129, 10372, 10438, 10456, 10457, 10711, 10820, 11604, 11646, 11764, 12003, 12628

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Diamond, Holton W. “Rex”. 6894, 10219, 10220, 10221

Diesel Fuel, SoyDiesel, Biodiesel, or Artificial Petroleum (Made from Methyl Esters of Soybean Oil). 1199, 1645, 10740, 10745, 11496, 12283, 12481, 12797, 12798, 13272, 13294

Diet and Breast Cancer Prevention (Soy May Not Be Mentioned). 3829, 4349, 6417, 9471, 9889, 10028, 10166, 10345, 10429, 10442, 10525, 10556, 10573, 10584, 10614, 10617, 10774, 10805, 10851, 10857, 10864, 10956, 10967, 11028, 11054, 11087, 11159, 11167, 11211, 11391, 11509, 11548, 11553, 11555, 11566, 11577, 11597, 11634, 11650, 11675, 11727, 11728, 11742, 11754, 11773, 11785,

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11791, 11905, 12002, 12058, 13057, 13166

Diet and Cancer (Vegetarian Diet Is Not Mentioned; Soy May Not Be Mentioned). 2636, 5793, 8482, 8735, 8814, 8910, 9090, 9580, 10028, 10772, 11087, 11165, 11675

Diet and Prostate Cancer Prevention (Soy May Not Be Mentioned). 7791, 9025, 10028, 10345, 10429, 10432, 10439, 10525, 10573, 10584, 10617, 10774, 10805, 10857, 10864, 10891, 11087, 11121, 11270, 11285, 11548, 11552, 11566, 11577, 11634, 11725, 11726, 11727, 11728, 11738, 11742, 11754, 11820, 12058, 12097, 13035

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Diseases, plant protection from. *See* Soybean Rust

District of Columbia. *See* United States–States–District of Columbia

Documents with More Than 20 Keywords. 6, 7, 19, 20, 21, 52, 53, 54, 57, 60, 63, 64, 89, 95, 102, 107, 113, 124, 138, 151, 159, 168, 172, 176, 180, 183, 185, 188, 189, 193, 196, 200, 211, 217, 219, 220, 221, 232, 239, 242, 243, 246, 252, 255, 258, 262, 268, 269, 270, 271, 280, 283, 295, 304, 312, 314, 316, 327, 330, 331, 336, 339, 350, 351, 359, 363, 372, 373, 375, 379, 385, 387, 388, 391, 392, 396, 397, 398, 402, 410, 412, 415, 418, 419, 437, 444, 445, 446, 451, 456, 460, 463, 464, 466, 471, 477, 494, 509, 515, 526, 533, 534, 564, 565, 566, 583, 598, 606, 607, 608, 609, 613, 616, 619, 620, 621, 652, 655, 659, 663, 665, 666, 668, 673, 675, 683, 684, 686, 687, 696, 697, 701, 705, 711, 712, 716, 717, 720, 721, 727, 728, 732, 734, 738, 768, 772, 773, 774, 777, 778, 779, 782, 788, 790, 791, 814, 815, 819, 824, 826, 850, 854, 859, 860, 873, 897, 898, 906, 914, 919, 924, 932, 933, 934, 935, 937, 941, 942, 943, 944, 949, 951, 958, 960, 963, 964, 969, 972, 974, 983, 984, 985, 992, 996, 999, 1001, 1005, 1015, 1018, 1025, 1031, 1035, 1039, 1055, 1057, 1060, 1063, 1065, 1067, 1068, 1078, 1081, 1082, 1091, 1095, 1096, 1102, 1105, 1107, 1112, 1114, 1115, 1117, 1118, 1121, 1122, 1126, 1130, 1152, 1153, 1154, 1155, 1156, 1157, 1158, 1162, 1170, 1172, 1174, 1178, 1186, 1189, 1199, 1236, 1262, 1265, 1269, 1283, 1286, 1290, 1291, 1292, 1294, 1305, 1307, 1308, 1315, 1317, 1319, 1341, 1357, 1361, 1367, 1372, 1378, 1379, 1380, 1381, 1437, 1441, 1444, 1454, 1475, 1491, 1495, 1497, 1501, 1506, 1507, 1508, 1513, 1537, 1543, 1551, 1563, 1565, 1567, 1568, 1571, 1572, 1593, 1606, 1609, 1622, 1628, 1631, 1643, 1645, 1649, 1652, 1663, 1666, 1712, 1714, 1715, 1720, 1726, 1727, 1736, 1737, 1739, 1740, 1749, 1750, 1751, 1756, 1763, 1771, 1774, 1775, 1783, 1784, 1790, 1796, 1798, 1827, 1837, 1845, 1848, 1852, 1864, 1865, 1867, 1869, 1925, 1926, 1932, 1933, 1945, 1952, 1962, 1967, 1975, 1982, 1997, 1998, 2002, 2003, 2008, 2011, 2024, 2035, 2055, 2061, 2069, 2078, 2081, 2109, 2114, 2115, 2117, 2119, 2128, 2142, 2143, 2144, 2156, 2188, 2202, 2217, 2230, 2234, 2241, 2248, 2249, 2253, 2284, 2291, 2302, 2307, 2308, 2311, 2320, 2330, 2340, 2354, 2355, 2356, 2357, 2382, 2384, 2393, 2409, 2414, 2418, 2425, 2435, 2441, 2445, 2465, 2487, 2497, 2500, 2501, 2511, 2533, 2536, 2537, 2540, 2555, 2559, 2566, 2585, 2586, 2592, 2598, 2603, 2612, 2613, 2614, 2631, 2636, 2646, 2663, 2664, 2667, 2668, 2679, 2680, 2684, 2713, 2714, 2721, 2722, 2735, 2736, 2737, 2751, 2760, 2767, 2774, 2795, 2800, 2806, 2807, 2812, 2835, 2850, 2853, 2865, 2870, 2889, 2900, 2906, 2910, 2918, 2923, 2925, 2928, 2942, 2952, 2954, 2955, 2961, 2967, 2971, 2976, 2977, 2978, 2979, 2983, 3000, 3013, 3015, 3018, 3033, 3036, 3037, 3039, 3043, 3045, 3047, 3048, 3068, 3071, 3072, 3073, 3105, 3106, 3112, 3127, 3134, 3142, 3145, 3147, 3150, 3151, 3161, 3195, 3196, 3203, 3213, 3214, 3215, 3238, 3239, 3240, 3243, 3252, 3253, 3254, 3255, 3256, 3293, 3336, 3347, 3352, 3353, 3356, 3357, 3358, 3360, 3361, 3362, 3377, 3445, 3452, 3454, 3460, 3462, 3464, 3475, 3489, 3497, 3508, 3511, 3543, 3579, 3615, 3622, 3637, 3660, 3662, 3684, 3757, 3760, 3762, 3796, 3803, 3823, 3894, 3949, 3954, 3956, 3957, 3961, 3973, 3974, 3978, 3983, 4005, 4013, 4018, 4063, 4102, 4127, 4128, 4162, 4179, 4180, 4183, 4284, 4402, 4404, 4434, 4447, 4448, 4487, 4557, 4563, 4591, 4609, 4727, 4729, 4743, 4745, 4759, 4834, 4839, 4844, 4845, 4869, 4874, 4879, 4895, 4906, 4956, 4966, 4979, 4980, 4981, 4982, 4983, 5012, 5015, 5021, 5025, 5027, 5052, 5074, 5083, 5126, 5141, 5153, 5156, 5176, 5188, 5211, 5218, 5220, 5297, 5366, 5368, 5369, 5378, 5391, 5399, 5405, 5419, 5437, 5470, 5510, 5521, 5523, 5525, 5537, 5544, 5576, 5612, 5621, 5699, 5885, 5896, 5902, 5905, 5932, 5936, 5946, 5986, 6006, 6009, 6140, 6165, 6167, 6225, 6226, 6227, 6234, 6240, 6256, 6266, 6269, 6275, 6279, 6287, 6290, 6295, 6395, 6406, 6414, 6417, 6425, 6433, 6436, 6447, 6474, 6484, 6497, 6498, 6507, 6514, 6516, 6529, 6536, 6538, 6548, 6550, 6551, 6552, 6566, 6582, 6620, 6621, 6638, 6663, 6664, 6687, 6695, 6700, 6730, 6749, 6851, 6861, 6932, 6941, 6957, 6971, 6992, 7020, 7039, 7060, 7128, 7174, 7214, 7215, 7323, 7332, 7335, 7480, 7481, 7542, 7572, 7607, 7646, 7682, 7701, 7733, 7796, 7803, 7811, 7817, 7821, 7825, 7906, 7994, 8030, 8035, 8056, 8095, 8144, 8168, 8180, 8181, 8197, 8212, 8213, 8214, 8215, 8216, 8217, 8240, 8245,

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Europe, Western–United Kingdom of Great Britain and Northern Ireland (UK–Including England, Scotland, Wales, Channel Islands, Isle of Man, Gibraltar). 59, 89, 91, 104, 105, 106, 124, 127, 133, 134, 137, 140, 141, 143, 144, 145, 149, 154, 177, 183, 187, 189, 196, 208, 220, 232, 235, 239, 249, 259, 270, 272, 274, 292, 299, 303, 305, 306, 311, 312, 318, 319, 323, 324, 338, 353, 355, 356, 361, 363, 371, 373, 380, 401, 407, 420, 428, 446, 457, 458, 466, 475, 476, 480, 491, 493, 494, 500, 503, 510, 511, 513, 515, 516, 528, 561, 584, 606, 610, 616, 617, 618, 621, 652, 657, 663, 666, 669, 670, 671, 672, 673, 676, 677, 678, 682, 683, 686, 696, 697, 705, 710, 711, 712, 716, 720, 768, 769, 773, 778, 790, 791, 792, 793, 815, 819, 824, 825, 829, 859, 865, 871, 872, 875, 898, 914, 937, 942, 943, 944, 949, 966, 983, 984, 992, 997, 1001, 1010, 1025, 1035, 1054, 1057, 1061, 1102, 1112, 1113, 1118, 1152, 1161, 1162, 1170, 1186, 1199, 1237, 1269, 1285, 1287, 1290, 1296, 1337, 1357, 1475, 1488, 1512, 1515, 1536, 1543, 1557, 1565, 1593, 1613, 1643, 1645, 1712, 1714, 1715, 1837, 1840, 1930, 1931, 1998, 2090, 2098, 2128, 2142, 2145, 2190, 2206, 2208, 2209, 2210, 2211, 2241, 2271, 2317, 2382, 2434, 2476, 2483, 2484, 2497, 2501, 2545, 2549, 2555, 2582, 2592, 2632, 2633, 2647, 2658, 2663, 2680, 2684, 2702, 2753, 2756, 2767, 2792, 2797, 2813, 2835, 2852, 2899, 2923, 2956, 2976, 3014, 3049, 3058, 3117, 3128, 3144, 3145, 3196, 3267, 3459, 3765, 3925, 3955, 3957, 4409, 4555, 4713, 4745, 4839, 4847, 4859, 5152, 5157, 5206, 5293, 5348, 5378, 5399, 5437, 5501, 5521, 5548, 5671, 5683, 5712, 5829, 5830, 5833, 5834, 5835, 5889, 5900, 5908, 5917, 5918, 5920, 5935, 5945, 5955, 6009, 6063, 6171, 6279, 6287, 6289, 6290, 6292, 6404, 6431, 6433, 6497, 6531, 6606, 6609, 6610, 6635, 6687, 6698, 6700, 6730, 6749, 6790, 6791, 6792, 6793, 6794, 6795, 6876, 6897, 6941, 6974, 7091, 7098, 7106, 7107, 7126, 7128, 7174, 7264, 7265, 7271, 7307, 7308, 7317, 7328, 7336, 7343, 7344, 7353, 7552, 7553, 7571, 7577, 7587, 7588, 7642, 7682, 7744, 7771, 7772, 7775, 7797, 7800, 7803, 7808, 7813, 7832, 7845, 7846, 7880, 7907, 7908, 7909, 7920, 7943, 7984, 7985, 7986, 7987, 8001, 8008, 8039, 8075, 8180, 8181, 8222, 8240, 8283, 8292, 8296, 8297, 8313, 8324, 8352, 8395, 8396, 8456, 8515, 8572, 8592, 8672, 8694, 8707, 8756, 8770, 8803, 8857, 8858, 8875, 8877, 8878, 8887, 8894, 8921, 8922, 8939, 8957, 8970, 9001, 9006, 9086, 9093, 9145, 9148, 9175, 9206, 9226, 9231, 9243, 9280, 9288, 9289, 9331, 9332, 9338, 9345, 9397, 9404, 9452, 9469, 9473, 9474, 9475, 9477, 9482, 9488, 9491, 9501, 9512, 9513, 9514, 9521, 9522, 9533, 9543, 9548, 9550, 9559, 9602, 9603, 9607, 9615, 9650, 9658, 9705, 9709, 9713, 9727, 9758, 9762, 9816, 9827, 9833, 9849, 9897, 9899, 9908, 9909, 9922, 9923, 9934, 9936, 9937, 9938, 9939, 9972, 9973, 10045, 10046, 10056, 10061, 10077, 10078, 10082, 10100, 10129, 10159, 10190, 10257, 10262, 10267, 10271, 10334, 10343, 10381, 10424, 10456, 10457, 10522, 10530, 10537, 10567, 10568, 10575, 10581, 10582, 10591, 10615, 10659, 10666, 10690, 10691, 10711, 10714, 10717, 10721, 10722, 10734, 10788, 10811, 10848, 10979, 10992, 11123, 11167, 11258, 11270, 11436, 11588, 11650, 11655, 11679, 11713, 11746, 11764, 11888, 11920, 11942, 11990, 12003, 12057, 12060, 12118, 12149, 12243, 12262, 12304, 12322, 12366, 12385, 12435, 12468, 12493, 12512, 12556, 12607, 12608, 12631, 12689, 12701, 12763, 12795, 12831, 12863, 12940, 12971, 13157, 13175, 13193, 13271, 13289, 13295, 13296

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Europe, soyfoods associations in. *See* Soyfoods Associations in Europe

Europe, soyfoods movement in. *See* Soyfoods Movement in Europe

Evans Seed Co. (West Branch, Ogemaw County, Michigan) and Mr. Edward Ellsworth Evans (1864-1928). 566, 1663, 1783

Exercise. *See* Physical Fitness, Physical Culture, and Exercise

Expellers. *See* Soybean Crushing–Equipment–Screw Presses and Expellers

Experiment Stations, Office of. *See* United States Department of Agriculture (USDA)–Office of Experiment Stations

Experiment stations (state) in USA. *See* Agricultural Experiment Stations in the United States

Explosives Made from Glycerine–Industrial Uses of Soy Oil as a Non-Drying Oil. 773, 898, 1112, 1498, 1727, 1908, 2647

Exports. *See* Trade of Soybeans, Oil & Meal, or see Individual Soyfoods Exported

Extru-Tech, Inc. *See* Extruder / Extrusion Cooker Manufacturers–Wenger International, Inc.

Extruder / Extrusion Cooker Manufacturers–Wenger International, Inc. (Kansas City, Missouri; Sabetha, Kansas), Incl. Extru-Tech, Inc. 2559, 2684, 2900, 3623, 5586, 6275, 6687, 9033, 9896, 12143, 12595, 12726, 13212

Extruders and Extrusion Cooking, Low Cost–Brady Crop Cooker,

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Thriposha, etc. 3489, 6983, 9033, 9489, 13286

Extruders and Extrusion Cooking, Low Cost–Including Triple "F" Inc., Insta-Pro International, Soy Innovations International, and Heartland Agri Partners, LLC. 7600, 9539, 10606, 10989, 12154, 12759, 13212

Extruders and Extrusion Cooking: Low Cost Extrusion Cookers (LECs). 3321, 4557, 5126, 5211, 6275, 6766, 8790, 8792, 9896, 10785

Extruders, Extrusion Cooking, and Extrusion Cookers. See also Low Cost Extrusion Cookers (LEC / LECs). 2559, 2653, 2796, 2812, 2900, 2976, 3272, 3300, 3375, 4009, 4464, 5150, 5297, 5314, 5375, 7314, 8087, 8236, 8453, 9033, 9487, 9570, 9862, 9887, 9896, 10256, 10622, 10656, 10686, 10951, 10978, 11413, 11496, 11549, 12143, 12951, 13121

FAO. *See* United Nations (Including UNICEF, FAO, UNDP, UNESCO, and UNRRA) Work with Soy

Faba bean or fava bean. *See* Broad Bean (*Vicia faba*)

Fairchild, David (1869-1954). In 1897 founded Section of Foreign Seed and Plant Introduction. After March 1901, Renamed Office of Foreign Seed and Plant Introduction, then Office of Foreign Plant Introduction, then Division of Foreign Plant Introduction. 509, 1739, 2003, 2061

Family history. *See* Genealogy and Family History

Fantastic Foods, Inc. (Petaluma, California). 6036, 6460, 6474, 7124, 7176, 7580, 7596, 8142, 8246, 8796, 10874, 10972, 11171, 11242, 11428, 11462, 11909, 12228

Far-Mar-Co, Inc. (A Cooperative; Hutchinson, Kansas). Created on 1 June 1968 by the merger of four regional grain cooperatives including Farmers Union Cooperative Marketing Assn., which had owned the former Dannen soybean crushing plant in St. Joseph, Missouri, since Sept. 1963. Parts later sold to PMS Foods, Inc. 11429, 12143

Farm (The) (Lanark, ONT, Canada). *See* Plenty Canada

Farm (The) (Summertown, Tennessee). See also Soyfoods Companies (USA)–Farm Food Co. 3106, 3131, 3161, 3202, 3332, 3336, 3348, 3351, 3353, 3356, 3395, 3462, 3499, 3546, 3620, 3621, 3639, 3660, 3712, 3749, 3760, 3794, 3796, 3800, 3854, 3855, 3908, 3909, 3910, 3911, 3951, 3952, 3953, 3954, 3958, 3961, 3970, 3988, 4017, 4061, 4063, 4110, 4118, 4131, 4154, 4177, 4187, 4195, 4233, 4247, 4276, 4346, 4407, 4434, 4502, 4600, 4621, 4707, 4968, 5016, 5036, 5294, 5335, 5445, 5510, 5532, 5537, 5570, 5589, 5636, 5638, 5658, 5765, 5780, 5794, 5902, 5905, 5937, 5981, 6068, 6073, 6126, 6160, 6167, 6234, 6254, 6256, 6277, 6280, 6367, 6474, 6600, 6611, 6623, 6625, 6645, 6677, 6740, 6752, 6881, 6887, 6924, 6926, 6932, 6941, 6961, 6979, 6982, 6989, 6992, 7043, 7112, 7126, 7127, 7138, 7177, 7214, 7215, 7216, 7217, 7258, 7453, 7598, 7679, 8001, 8207, 8208, 8370, 8614, 8692, 8776, 8822, 8930, 8936, 9039, 9280, 9580, 9821, 9924, 9925, 9931, 10021, 10080, 10205, 10393, 10440, 10515, 10595, 10602, 10611, 10669, 10733, 10738, 10744, 10974, 11002, 11045, 11046, 11098, 11103, 11234, 11249, 11256, 11283, 11491, 11497, 11515, 11539, 11576, 11617, 11782, 11811, 11898, 11948, 11981, 12019, 12063, 12165, 12237, 12263, 12363, 12395, 12398, 12399, 12402, 12422, 12577, 12879

Farm Food Co. (San Rafael, then San Francisco, California), Farm Foods, and Farm Soy Dairy (Summertown, Tennessee). Div. of Hain Food Group (Uniondale, New York). Merged with Barricini Foods on 31 May 1985. Acquired by 21st Century Foods from Barracini Foods in mid-1993. 3336, 3348, 3353, 3356, 3483, 3499, 3639, 3660, 3854, 3855, 3908, 3909, 3910, 3911, 3951, 3952, 3953, 3954, 3958, 3961, 3970, 4061, 4110, 4131, 4177, 4195, 4247, 4346, 4434, 4502, 4600, 4968, 5016, 5036, 5532, 5589, 5636, 5658, 5902, 5937, 6068, 6126, 6160, 6167, 6234, 6254, 6256, 6280, 6474, 6600, 6611, 6625, 6677, 6924, 6926, 6932, 6941, 6961, 6982, 6989, 7043, 7127, 7138, 7177, 7214, 7215, 7217, 7258, 7453, 7855, 7942, 8010, 8056, 8061, 8070, 8186, 8559, 8561, 8563, 8591, 9148, 9280, 9686, 10294, 10415, 10555, 10574, 10876, 10972, 10974, 11497, 12003, 12402, 13293

Farm machinery. *See* Tractors

Farmers Union Grain Terminal Association (GTA). Established in 1938 in St. Paul, Minnesota. 2612

Farming and gardening, biodynamic. *See* Biodynamic / Bio-Dynamic Farming and Gardening (General)

Farmland Industries, Inc. Named Consumers Cooperative Association from 1934 to 1 Sept. 1966. Declared Bankruptcy in May 2002. 12143

Fasting–Abstaining from All Food and Nourishment, Consuming Only Water. 1117, 1774, 2636, 3148, 3970, 8856, 11537, 12976

Fasting–Abstaining from Most Food and Nourishment, Consuming Only Juice, Tea, etc., or Skipping One or More Meals a Day. 10971

Fasting pioneers. *See* Ehret, Arnold

Fatty Acids for Non-Drying or Drying Applications (As in Hot-Melt Glues or the Curing Component of Epoxy Glues)–Industrial Uses of Soy Oil. 1199, 11496

Fearn, Dr. Charles E. (-1949), and Fearn Soya Foods / Fearn Natural Foods. 1643, 1845, 2232, 2320, 2957, 2983, 3105, 3203, 3332, 3347, 3349, 4063, 4102, 4557, 6283, 6423, 7214

Feeds–Efficiency of Animals in Converting Feeds into Human Foods. 2889, 3169, 3213, 3215, 3352, 3357, 3358, 4128, 4183, 5606, 6226, 6971, 9930, 11747, 12297, 12319, 12755, 12764, 12948, 13252

Feeds–Soybeans, soybean forage, or soy products fed to various types of animals. *See* The type of animal–chickens, pigs, cows, horses, etc.

Feeds / Forage from Soybean Plants–Hay (Whole Dried Soybean Plants, Foliage and Immature Seed Included). 244, 255, 271, 304, 312, 335, 418, 419, 425, 435, 438, 460, 616, 675, 687, 768, 772,

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773, 788, 819, 914, 919, 958, 1010, 1018, 1055, 1121, 1122, 1152, 1156, 1199, 1262, 1367, 1372, 1749, 1783, 1962, 1975, 2008, 2114, 2156, 2409, 2979, 3957, 11496

Feeds / Forage from Soybean Plants–Pasture, Grazing or Foraging. 330, 460, 675, 684, 772, 1152, 1156, 1262, 1367, 1372, 1381, 1501, 1513, 1542, 1543, 1551, 1565, 1622, 1645, 1666, 1714, 1749, 1837, 1933, 1962, 2008

Feeds / Forage from Soybean Plants–Pastures & Grazing–Hogging Down / Off, Pasturing Down, Grazing Down, Lambing Down / Off, and Sheeping-Down / Off. 675, 684, 1152, 1367, 1372, 1507, 1513, 2156

Feeds / Forage from Soybean Plants–Silage / Ensilage Made in a Silo. 239, 244, 255, 418, 423, 438, 460, 616, 620, 675, 772, 773, 914, 958, 1055, 1152, 1156, 1262, 1367, 1372, 1379, 1381, 1501, 1513, 1542, 1543, 1551, 1565, 1645, 1663, 1666, 1714, 1749, 1771, 1783, 1837, 1929, 1933, 1962, 2008, 2156, 2209, 2647, 2729

Feeds / Forage from Soybean Plants–Soilage and Soiling (Green Crops Cut for Feeding Confined Animals). 675, 958, 1152, 1367, 1372, 1381, 1513, 1565, 1622, 1783, 2156

Feeds / Forage from Soybean Plants–Straw (Stems of Whole Dried Soybean Plants). Also Fertilizing Value, Other Uses, Yields, and Chemical Composition. 221, 244, 252, 270, 271, 283, 295, 316, 351, 418, 421, 460, 687, 723, 726, 788, 914, 919, 958, 1156, 1367, 1372, 1379, 1381, 1565, 1749, 1783, 1962, 2008, 2156, 2209

Feeds / Forage from Soybean Plants or Full-Fat Seeds (Including Forage, Fodder {Green Plants}, or Ground Seeds). 5, 6, 19, 22, 60, 62, 63, 64, 164, 196, 217, 242, 243, 246, 254, 258, 259, 262, 263, 265, 279, 280, 303, 308, 328, 331, 342, 360, 363, 392, 396, 447, 515, 516, 526, 566, 575, 577, 598, 606, 609, 613, 652, 661, 664, 666, 669, 673, 686, 712, 767, 778, 790, 822, 862, 920, 935, 937, 938, 942, 951, 952, 974, 982, 983, 984, 1001, 1003, 1039, 1063, 1081, 1091, 1105, 1118, 1130, 1170, 1305, 1313, 1350, 1361, 1422, 1444, 1475, 1491, 1497, 1503, 1573, 1609, 1649, 1710, 1712, 1715, 1745, 1842, 1875, 1890, 1934, 1945, 2002, 2055, 2115, 2348, 2663, 3239, 3962, 5022, 8382, 8453, 8754, 9490

Feeds Made from Soybean Meal (Defatted). 148, 219, 259, 312, 425, 606, 616, 652, 655, 657, 677, 687, 705, 772, 773, 788, 865, 866, 872, 898, 942, 951, 952, 1066, 1096, 1102, 1170, 1293, 1305, 1381, 1491, 1631, 1649, 1663, 1796, 1797, 1933, 2113, 2156, 2297, 2342, 2355, 2501, 2542, 2751, 2767, 2889, 2977, 3166, 3169, 3196, 3497, 4056, 4132, 4845, 4953, 5566, 5606, 7349, 7365, 7467, 7957, 7994, 8035, 8382, 9063, 9258, 9346, 9539, 9930, 10347, 11593

Feeds, Other Types (Okara, Calf Milk Replacers, Soybean Hulls, etc.). 1107, 3957, 5328, 6290

Feminization. *See* Reproduction / Reproductive, Fertility, or Feminization Problems

Fermented Black Soybean Extract (*Shizhi / Shih Chih*), and Fermented Black Soybean Sauce (Mandarin: Shiyou / Shih-yu. Cantonese: Shi-yau / Si-yau / Seow. Japanese: Kuki-jiru). See also Black Bean Sauce. 7, 8, 19, 21, 51, 78, 158, 161, 172, 192, 205, 210, 384, 576, 1057, 1268, 1997, 2248, 2304, 3974, 5399, 5612, 7316, 9100, 11502, 12015, 12256

Fermented Black Soybean Production–How to Make Fermented Black Soybeans on a Commercial Scale. 53, 1771, 3291, 6444

Fermented Black Soybeans–Etymology of This Term and Its Cognates / Relatives in Various Languages. 127, 160, 161, 186, 205, 442, 456, 860, 1066, 1178, 1315, 1370, 1492, 1597, 1771, 2035, 2109, 2116, 2399, 2530, 2752, 2910, 2960, 3252, 3575, 5025, 5942, 6405, 8403, 12015, 12780

Fermented Black Soybeans–Whole Soybeans Fermented with Salt–Also called Fermented Black Beans, Salted Black Beans, Salty Black Beans, Black Fermented Beans, Black Beans, Black Bean Sauce, Black Bean and Ginger Sauce, Chinese Black Beans, Preserved Black Beans or Preserved Chinese Black Beans. In Chinese (Mandarin): Shi, Doushi, or Douchi (pinyin), Tou-shih, Toushih, or Tou-ch'ih (Wade-Giles). Cantonese: Dow see, Dow si, Dow-si, Dowsi, or Do shih. In Japan: Hamanatto, Daitokuji Natto, Shiokara Natto, or Tera Natto. In the Philippines: Tausi or Taosi / Tao-si. In Malaysia or Thailand: Tao si. In Indonesia: Tao dji, Tao-dji, or Tao-djie. 5, 7, 8, 9, 19, 20, 21, 23, 45, 51, 52, 53, 54, 58, 60, 78, 79, 88, 89, 94, 97, 115, 126, 127, 152, 158, 160, 161, 172, 186, 192, 200, 205, 210, 219, 239, 241, 262, 287, 294, 304, 310, 373, 375, 384, 392, 400, 411, 442, 445, 456, 464, 500, 576, 581, 770, 774, 788, 815, 860, 967, 968, 1035, 1057, 1066, 1122, 1152, 1153, 1157, 1178, 1199, 1235, 1236, 1268, 1304, 1311, 1315, 1361, 1370, 1454, 1455, 1492, 1495, 1508, 1597, 1645, 1648, 1712, 1744, 1748, 1771, 1863, 1931, 1997, 2035, 2045, 2072, 2074, 2077, 2078, 2081, 2109, 2116, 2117, 2142, 2180, 2201, 2203, 2212, 2218, 2239, 2248, 2256, 2288, 2291, 2304, 2311, 2329, 2341, 2384, 2397, 2399, 2414, 2418, 2426, 2437, 2438, 2443, 2530, 2533, 2534, 2535, 2536, 2582, 2583, 2598, 2612, 2613, 2614, 2628, 2631, 2664, 2668, 2669, 2731, 2732, 2733, 2736, 2737, 2752, 2792, 2812, 2853, 2883, 2902, 2910, 2911, 2914, 2956, 2960, 2973, 2977, 2978, 2981, 3018, 3039, 3040, 3045, 3049, 3074, 3083, 3089, 3109, 3116, 3144, 3145, 3152, 3213, 3215, 3218, 3240, 3242, 3252, 3288, 3291, 3293, 3297, 3299, 3313, 3315, 3344, 3345, 3364, 3428, 3442, 3443, 3445, 3446, 3450, 3459, 3460, 3462, 3475, 3508, 3562, 3575, 3615, 3617, 3627, 3642, 3643, 3648, 3664, 3666, 3673, 3826, 3955, 3973, 3974, 3978, 3981, 3989, 4005, 4342, 4404, 4410, 4415, 4423, 4432, 4447, 4448, 4451, 4750, 4759, 4844, 4845, 4851, 4855, 4874, 4895, 4958, 5025, 5052, 5083, 5092, 5204, 5210, 5359, 5365, 5378, 5399, 5406, 5508, 5559, 5568, 5612, 5621, 5623, 5823, 5932, 5938, 5942, 6099, 6103, 6198, 6222, 6226, 6227, 6257, 6402, 6403, 6405, 6406, 6431, 6444, 6537, 6551, 6620, 6695, 6839, 6840, 6851, 6853, 6866, 6890, 6909, 6957, 7066, 7311, 7316, 7322, 7328, 7342, 7348, 7793, 7796, 7799, 7900, 8111, 8113, 8168, 8403, 8479, 8642, 8905, 8907, 8929, 8982, 9100, 9101, 9167, 9326, 9327, 9561, 9581, 9615, 9757, 9928, 10001, 10007, 10025, 10026, 10093, 10260, 10268, 10276, 10278, 10279, 10282, 10422, 10499, 10517, 10742, 10863, 10889, 11012, 11048, 11058, 11076, 11093, 11108, 11229, 11306, 11351, 11395, 11412, 11495, 11502, 11539, 11543, 11553, 11556, 11641, 11747, 11786, 11793, 11851, 11879, 11930, 12014, 12015, 12018, 12026, 12092, 12114, 12179, 12221, 12238, 12246, 12256, 12297, 12316, 12330, 12346, 12360, 12368, 12376, 12502, 12507, 12602, 12606, 12609, 12670, 12671, 12690, 12728, 12755, 12761, 12770, 12774, 12779, 12780, 12781, 12851, 12923, 12924, 12926, 12948, 12958, 12960, 13004, 13010, 13068, 13075, 13156, 13208, 13223, 13249, 13252, 13255

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Fermented Black Soybeans–from The Philippines–Tau-si, Tausi, Tao-si, Taosi. 1771, 2035, 2072, 2180, 2239, 2437, 2598, 2628, 2731, 2752, 3040, 3045, 3627, 4448, 4759, 5508, 5612, 5886, 6537, 6957, 7796, 8929, 10025, 10026, 10260, 10499, 12015, 12018

Fermented Black Soybeans from Japan–Kuki. 20, 158, 770, 12761

Fermented Black Soybeans from Japan–Other Names (Tera Natto, Shiokara Natto, Jofukuji Natto). 20, 45, 3293, 6620, 6851

Fermented Black Soybeans, Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 2530, 2853, 5889, 11412

Fermented Black Soybeans, Unsalted or Bland (Soybean Koji)–Whole Soybeans Fermented without Salt in China (Danshi / Danchi in pinyin, or Tanshih, Tan-shih, or Tan-ch'ih in Wade-Giles). 53, 97, 2973, 4851, 12606

Fermented Soyfoods and Their Fermentation (General). See also: Microbiology and Bacteriology–History of Early Discoveries. 395, 422, 700, 917, 964, 1114, 1115, 1158, 1159, 2598, 2700, 2978, 3039, 3045, 3352, 3357, 3358, 3978, 4432, 4448, 5083, 6089, 6444, 7412, 7802, 7805, 8655, 8912, 11395, 12385, 12764

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Ferruzzi-Montedison (Italy). Purchased Central Soya Co. (USA) in Oct. 1987. European crushing operations renamed Cereol on 1 Jan. 1990. Cereol acquired by Bunge in April 2003. 9280, 9604, 10691, 12481

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Flint, James. Translator, Agent and Resident Administrator (Supercargo) in China of the East India Company (England) in the Late 1700s. Died 1793. Chinese Name–Hung Jen. See also: Samuel Bowen. 104, 105, 154, 584, 8699, 10257, 13296

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Glycine javanica or Glycine wightii. *See* Neonotonia wightii

Glycine soja. *See* Wild Annual Soybean

Glycine species, wild perennial. *See* Wild, Perennial Relatives of the Soybean

Goats Fed Soybeans, Soybean Forage, or Soybean Cake or Meal as Feed. 168, 246, 1491, 9095

Goitrogens / Goitrogenic Substances (Which Can Affect Thyroid Function and Cause Goiter). 23, 1848, 2128, 2441, 2629, 4258, 5021, 6425, 7795, 8636, 11797, 12122, 12353, 12657, 12941

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Golbitz, Peter. *See* Soyatech (Bar Harbor, Maine)

Government policies and programs effecting soybeans. *See* Policies and programs

Grades and grading of soybeans. *See* Seed Quality of Soybeans–Condition, Grading, and Grades (Moisture, Foreign Material, Damage, etc.)

Graham, Sylvester (1794-1851). American Health Reformer and Vegetarian (Actually Vegan) (New York). 133, 942, 1117, 1119, 1172, 2865, 7521, 8054, 9211

Grain Farmers of Ontario (GFO). *See* Ontario Soybean Growers (Canada)

Grain Processing Corporation (GPC–Muscatine, Iowa). 7034, 7190, 7597, 7600, 12143

Grainaissance, Inc. (Emeryville, California). 3824, 5758, 6234, 6597, 7906, 8070, 8567, 10783, 11499

Granose Foods Ltd. (Newport Pagnell, Buckinghamshire [Bucks.], England). Founded in 1899 under the name The International Health Association Ltd. Renamed Granose Foods Ltd. in 1926. Acquired by Haldane Foods Group in Jan. 1991. 5157, 6084, 7098, 7803, 8180, 8181, 9206, 9452, 9491, 9501, 9550, 9712, 9939

Granules, from whole soybeans. *See* Whole Soy Flakes

Granum. *See* Natural Foods Distributors and Master Distributors in the USA–Janus

Grazing green soybean plants. *See* Feeds / Forage from Soybean Plants–Pasture, Grazing or Foraging

Great Eastern Sun and Macrobiotic Wholesale Co. (North Carolina). 6597, 6955, 6977, 7069, 8192, 8452, 8491, 8673, 8788, 9248, 9950, 10061, 10226, 10630, 10889

Green Manure, Use of Soybeans as, by Plowing / Turning In / Under a Crop of Immature / Green Soybean Plants for Soil Improvement. 95, 360, 516, 561, 598, 607, 768, 778, 819, 949, 1055, 1152, 1199, 1341, 1386, 1444, 1501, 1503, 1543, 1551, 1565, 1622, 1736, 1837, 1867, 1962, 2008, 2055, 2114, 2115, 2253, 2348, 2663, 2729, 6529, 8549

Green Vegetable Soybeans (Edamamé)–Machinery or Equipment Used for Harvesting or Picking, Sorting, Cleaning, and / or Shelling, Threshing, or Depodding. 2330, 10663, 12301

Green Vegetable Soybeans–Etymology of This Term and Its Cognates / Relatives in Various Languages. 379, 860, 913, 965, 1055, 1105, 1315, 1361, 1380, 1381, 1491, 1501, 1502, 1506, 1543, 1720, 1726, 1749, 1798, 2209, 2330, 2427, 2713, 7066, 10261, 10868

Green Vegetable Soybeans–Horticulture–How to Grow as a Garden Vegetable or Commercially. 375, 445, 673, 788, 1347, 1740, 1749, 1952, 2042, 2101, 2249, 2445, 2721, 2722, 2752, 3037, 3823, 3962, 9257, 10376

Green Vegetable Soybeans–Large-Seeded Vegetable-Type or Edible Soybeans, General Information About, Not Including Use As Green Vegetable Soybeans. 2330, 2427, 2433, 2921, 3380, 3771, 6536, 6700, 6701, 6860, 8212, 8953, 9221, 9411, 9848, 10020, 10660, 10661, 10662, 10868, 11367, 11837, 11937, 12001, 12051, 12152, 12736

Green Vegetable Soybeans–Leaves of the Soybean Plant Used as Food or Medicine. Called *Huo* in Chinese. 6, 7, 52, 60, 62, 774, 1178, 1454, 1573, 2156

Green Vegetable Soybeans–Marketing of. 10931, 10957, 11252, 11623, 12162, 12240, 12315

Green Vegetable Soybeans–Soybean Seedlings or Their Leaves Served as a Tender Vegetable. Called *Doumiao* or *Tou Miao* in Chinese. 13, 52, 60, 411, 1454, 1593

Green Vegetable Soybeans–The Word Edamame (Japanese-Style, in the Pods), Usually Grown Using Vegetable-Type Soybeans–Appearance in European-Language Documents. 1315, 1506, 1606, 1828, 2144, 2320, 2523, 2612, 2613, 2666, 2681, 2806, 3146, 3213, 3215, 3462, 4743, 4879, 5083, 6620, 7451, 7825, 8239, 9167, 9862, 9928, 10015, 10127, 10425, 10656, 10663, 10697, 10810, 10902, 10936, 10957, 10963, 10986, 11076, 11093, 11102, 11252, 11260, 11313, 11323, 11333, 11496, 11513, 11581, 11595, 11712, 11724, 11726, 11727, 11740, 11817, 11830, 11874, 11901, 11957, 11962, 11976, 12015, 12039, 12052, 12054, 12056, 12058, 12071, 12087, 12092, 12105, 12113, 12114, 12119, 12123, 12155, 12162, 12174, 12205, 12218, 12220, 12238, 12240, 12263, 12301, 12310, 12315, 12323, 12332, 12373, 12400, 12424, 12472, 12476, 12535, 12560, 12575, 12594, 12597, 12638, 12651, 12660, 12675, 12683, 12709, 12717, 12743, 12758, 12766, 12768, 12820, 12821, 12832, 12834, 12835, 12842, 12853, 12860, 12883, 12903, 12948, 12950, 12972, 12989, 13011, 13106, 13225

Green Vegetable Soybeans–Vegetable-Type, Garden-Type, or Edible of Food-Grade Soybeans, General Information About, Including Use As Green Vegetable Soybeans. 1714, 1715, 1726, 1798, 1801, 1827, 1830, 1925, 1949, 1952, 1975, 2114, 2117, 2148, 2156, 2249, 2414, 2445, 2721, 3252, 3542, 7451, 8315, 9761, 10834, 10902, 12301, 12714

Green Vegetable Soybeans Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 1444, 1750, 1790, 3095, 6855, 12058

Green Vegetable Soybeans Industry and Market Statistics, Trends, and Analyses–Individual Companies. 10697

Green Vegetable Soybeans, Usually Grown Using Vegetable-Type Soybeans. 19, 152, 153, 164, 176, 231, 239, 243, 262, 271, 331, 364, 365, 367, 372, 375, 379, 391, 411, 415, 419, 431, 441, 443, 444, 445, 453, 464, 466, 494, 516, 533, 561, 566, 607, 613, 659, 664, 667, 673, 685, 696, 697, 738, 770, 774, 788, 814, 824, 850, 859, 860, 862, 898, 913, 941, 944, 949, 950, 951, 954, 958, 963, 965, 967, 968, 969, 972, 973, 976, 996, 999, 1003, 1011, 1015,

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1018, 1020, 1028, 1031, 1039, 1055, 1060, 1063, 1076, 1091, 1102, 1105, 1118, 1143, 1152, 1160, 1163, 1267, 1291, 1294, 1308, 1315, 1317, 1341, 1343, 1347, 1361, 1367, 1370, 1372, 1377, 1379, 1380, 1381, 1444, 1460, 1472, 1479, 1491, 1493, 1495, 1501, 1502, 1506, 1513, 1542, 1543, 1548, 1549, 1551, 1565, 1567, 1571, 1573, 1579, 1600, 1606, 1609, 1622, 1628, 1643, 1645, 1663, 1664, 1665, 1666, 1715, 1720, 1726, 1729, 1730, 1737, 1739, 1740, 1745, 1749, 1750, 1751, 1764, 1769, 1771, 1775, 1783, 1787, 1790, 1792, 1796, 1798, 1801, 1821, 1824, 1825, 1826, 1827, 1828, 1829, 1830, 1837, 1841, 1845, 1847, 1855, 1864, 1865, 1875, 1902, 1915, 1924, 1925, 1926, 1929, 1932, 1933, 1949, 1952, 1962, 1963, 1964, 1968, 1974, 1975, 1998, 2008, 2011, 2014, 2021, 2024, 2031, 2035, 2040, 2042, 2045, 2055, 2060, 2072, 2077, 2079, 2101, 2114, 2115, 2116, 2117, 2119, 2128, 2144, 2148, 2156, 2167, 2209, 2210, 2230, 2231, 2239, 2249, 2253, 2255, 2308, 2309, 2320, 2348, 2350, 2398, 2435, 2445, 2517, 2519, 2523, 2537, 2539, 2540, 2545, 2584, 2585, 2604, 2612, 2613, 2631, 2666, 2681, 2693, 2695, 2698, 2713, 2721, 2722, 2729, 2734, 2735, 2752, 2793, 2796, 2800, 2806, 2812, 2835, 2839, 2855, 2862, 2902, 2910, 2913, 2916, 2942, 2964, 2968, 2971, 2978, 2980, 2983, 2998, 3001, 3018, 3037, 3094, 3095, 3105, 3134, 3146, 3171, 3213, 3215, 3218, 3238, 3240, 3252, 3254, 3293, 3302, 3360, 3382, 3383, 3445, 3462, 3475, 3626, 3715, 3786, 3796, 3803, 3823, 3859, 3948, 3949, 3956, 3962, 3972, 3974, 3978, 4005, 4007, 4008, 4013, 4128, 4183, 4256, 4403, 4743, 4761, 4766, 4834, 4844, 4868, 4879, 4899, 5052, 5083, 5204, 5355, 5356, 5368, 5443, 5568, 5621, 5623, 5932, 5938, 6226, 6227, 6257, 6409, 6413, 6532, 6550, 6551, 6568, 6620, 6695, 6704, 6851, 6855, 6957, 7066, 7089, 7189, 7323, 7451, 7628, 7733, 7796, 7821, 7824, 7825, 7859, 8131, 8168, 8239, 8315, 8376, 8400, 8460, 8462, 8477, 8642, 8693, 8929, 8935, 9101, 9167, 9168, 9257, 9761, 9852, 9862, 9928, 10015, 10043, 10078, 10127, 10223, 10261, 10386, 10425, 10559, 10622, 10639, 10651, 10656, 10663, 10688, 10697, 10775, 10785, 10798, 10810, 10834, 10859, 10902, 10931, 10936, 10957, 10963, 10971, 10986, 11076, 11087, 11093, 11098, 11102, 11158, 11173, 11241, 11252, 11260, 11267, 11273, 11304, 11310, 11313, 11323, 11333, 11334, 11411, 11458, 11479, 11496, 11513, 11525, 11538, 11544, 11546, 11557, 11576, 11581, 11595, 11602, 11606, 11618, 11623, 11637, 11639, 11694, 11712, 11714, 11724, 11726, 11727, 11734, 11740, 11747, 11756, 11793, 11796, 11817, 11830, 11831, 11851, 11874, 11879, 11901, 11943, 11948, 11957, 11958, 11962, 11971, 11976, 12015, 12037, 12039, 12052, 12053, 12054, 12056, 12058, 12071, 12087, 12092, 12105, 12110, 12113, 12114, 12116, 12119, 12123, 12155, 12162, 12165, 12174, 12187, 12188, 12194, 12205, 12218, 12220, 12238, 12240, 12248, 12250, 12261, 12263, 12276, 12297, 12301, 12310, 12315, 12323, 12330, 12332, 12359, 12373, 12382, 12400, 12405, 12424, 12440, 12464, 12472, 12476, 12496, 12511, 12535, 12560, 12575, 12594, 12597, 12638, 12651, 12660, 12671, 12675, 12683, 12689, 12709, 12714, 12717, 12728, 12729, 12731, 12743, 12755, 12758, 12759, 12766, 12768, 12775, 12776, 12782, 12788, 12800, 12820, 12821, 12832, 12834, 12835, 12842, 12853, 12860, 12883, 12903, 12936, 12937, 12941, 12948, 12950, 12960, 12972, 12989, 13000, 13002, 13006, 13008, 13011, 13040, 13064, 13091, 13095, 13106, 13140, 13141, 13151, 13153, 13157, 13203, 13205, 13208, 13225, 13249, 13250, 13252, 13265, 13292

Green soybeans. *See* Soybean Seeds–Green

Griffith Laboratories (Chicago and Alsip, Illinois). 1845, 3037, 3823, 6507, 7597, 8237, 12143

Grilled tofu. *See* Tofu, Grilled. Chinese, Tofu, Grilled. Japanese-Style

Grits, roasted soy. *See* Roasted Whole Soy Flour (Kinako–Dark Roasted with Dry Heat, Full-Fat) and Grits

Groundnuts. *See* Peanut, Peanuts

Growth regulators / substances -. *See* Soybean–Growth Regulators / Substances

Guam. *See* Oceania–Guam

Gunther Products, Inc. (Galesburg, Illinois. Founded by J.K. Gunter in 1949. Started in 1950. Acquired in April 1995 by Quest International, a Unit of Unilever). 7011, 7667, 7993, 12003, 12143

HVP–Bragg Liquid Aminos. *See* Bragg Liquid Aminos

HVP type soy sauce. *See* Soy Sauce, HVP Type (Non-Fermented or Semi-Fermented)

HVP. *See* Hydrolyzed Vegetable Protein (Non-Soy), or Soy Protein–Hydrolyzed (General)

Haage & Schmidt (Erfurt, Germany). 607, 684, 914

Haberlandt soybean variety. *See* Soybean Varieties USA–Haberlandt

Haberlandt, Friedrich J. (1826-1878, *Hochschule fuer Bodenkultur,* Vienna, Austria). 220, 221, 239, 243, 252, 262, 267, 269, 283, 284, 295, 304, 305, 316, 330, 336, 345, 359, 421, 433, 565, 583, 585, 607, 609, 613, 687, 943, 945, 983, 984, 1001, 1112, 1121, 1122, 1152, 1267, 1443, 2114, 10408

Hain Celestial Group, Inc. (Uniondale, New York). Hain Food Group, Inc. before 30 May 2000. Hain Pure Food Co. since Nov. 1931. Founded in Oct. 1926 by Harold Hain as Hain Health Foods. 2320, 3203, 3336, 3388, 3961, 4102, 4131, 4195, 4434, 4600, 4693, 4968, 5270, 5532, 5589, 5658, 5902, 6126, 6160, 6256, 6924, 6926, 6932, 6941, 6961, 7043, 7127, 7177, 7453, 7611, 7855, 7942, 8061, 8070, 8186, 8458, 9084, 10181, 10415, 10555, 10574, 10874, 10876, 10972, 10974, 11521, 11615, 11639, 11739, 11764, 11830, 11959, 12003, 12218, 12347, 12481, 12595, 12628, 12748, 12766, 12838, 12840, 12887, 12916, 13011, 13160, 13290, 13293

Haldane Foods Group Ltd. (Newport Pagnell, Buckinghamshire, England). Including Regular Tofu Co., Realeat Foods, Direct Foods, Haldane Foods, Vegetarian Feasts, Vegetarian Cuisine, Genice, Unisoy, and Granose Foods Ltd. Acquired by The Hain Celestial Group in fall 2006. 3196, 5293, 5548, 6516, 6609, 6610, 6749, 6974, 7098, 7264, 7336, 7353, 7771, 7772, 7803, 7808, 7813, 8180, 8181, 8222, 8240, 8456, 8694, 8770, 9148, 9206, 9226, 9231, 9280, 9452, 9469, 9474, 9491, 9501, 9513, 9514, 9521, 9522, 9533, 9550, 9559, 9602, 9603, 9650, 9705, 9709, 9713, 9816, 9897, 9922, 9923, 9939, 9972, 10129, 10381, 10456, 10457, 10530, 10537, 10560, 10992, 12003, 12057, 12840, 12916

Hamanatto / Hamananatto. *See* Hamanatto Fermented Black

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Soybeans–from Japan

Hamanatto Fermented Black Soybeans–from Japan. In Japan called Hamanatto or (formerly) Hamananatto. 89, 1066, 1152, 1157, 1199, 1236, 1315, 1361, 1495, 1508, 1712, 2142, 2291, 2329, 2384, 2414, 2582, 2598, 2612, 2613, 2614, 2812, 2977, 3018, 3039, 3045, 3213, 3218, 3240, 3291, 3459, 3462, 3475, 3508, 3989, 4432, 4447, 4448, 4845, 4895, 5083, 5378, 5568, 5612, 6257, 6444, 6537, 6551, 6620, 6695, 6840, 6957, 7342, 8479, 9167, 9327, 9928, 10093, 10889, 11108, 11229, 11412, 11851, 12246, 12671, 12948, 12960

Hansa Muehle AG. *See* Oelmuehle Hamburg AG (Hamburg, Germany)

Harrison, D.W. (M.D.), and Africa Basic Foods (Uganda). 2767, 2775, 4956, 6275, 9388, 13286

Hartz (Jacob) Seed Co. (Stuttgart, Arkansas). Founded by Jacob Hartz, Sr. (1888-1963) in 1942. Continued by Jake Hartz, Jr. (1920-). Acquired by Monsanto in April 1983. Headquarters at Des Moines, Iowa, since Jan. 1998. 3061, 5458, 7142, 8232, 9075, 9280, 9509, 10210, 10660, 10661, 10868, 10934, 11200, 11410, 11569, 11608, 11609, 11851

Harvesting and Threshing Soybeans (Including Use of Chemical Defoliation and Defoliants to Facilitate Harvesting). 239, 464, 565, 652, 655, 675, 705, 711, 768, 772, 773, 778, 788, 822, 958, 1000, 1018, 1025, 1035, 1051, 1055, 1121, 1122, 1152, 1156, 1174, 1361, 1379, 1380, 1543, 1551, 1565, 1649, 1663, 1783, 1796, 1797, 1837, 1867, 1890, 1929, 1932, 1933, 1998, 2035, 2114, 2440, 2634, 2800, 3239, 3464, 3625, 3962, 4332, 5030, 5436, 7342, 7803, 8095, 8919, 9411, 10261, 10529, 10583, 13294

Harvey's Sauce / Harvey Sauce (Soy Sauce Was Long a Major Ingredient). 3124

Hauser, Gayelord (1895-1984). Health foods pioneer, author, and lecturer in Los Angeles, California. 1628, 1924, 1961, 2021, 2029, 2865, 9211

Hawaii. *See* United States–States–Hawaii

Hay, soybean. *See* Feeds / Forage from Soybean Plants–Hay

Hayes Ashdod Ltd. (renamed Solbar Hatzor Ltd. in April 1987) and Hayes General Technology (Israel). 6687, 10691, 12726

Healing arts, alternative. *See* Medicine–Alternative

Health–Domestic science. *See* Domestic Science / Home Economics Movement in the United States

Health Foods–Manufacturers. 1236, 1332, 1345, 1484, 1485, 1486, 1487, 1517, 1544, 1561, 1643, 1653, 1669, 1766, 1784, 1785, 1786, 1791, 1845, 1864, 1865, 1970, 1988, 1998, 1999, 2282, 2320, 2430, 3142, 9550, 11548

Health Foods Distributors and Wholesalers–General and Other (1890s to 1960s). 2255, 2586, 2870

Health Foods Industry–Trade Associations–Natural Products Association (NPA). Named National Nutritional Foods Association (NNFA) from 1970 until 15 July 2006. Founded in 1937 as the National Health Foods Association by Anthony Berhalter of Chicago. Renamed NNFA in 1970. 5640, 6234, 12840

Health Foods Movement and Industry in United Kingdom. 706, 2545, 7744, 9452, 9550, 9923

Health Foods Movement and Industry in the United States–General (Started in the 1890s by Seventh-day Adventists). 339, 899, 1441, 1476, 1742, 2009, 2039, 2215, 2230, 2255, 2320, 2441, 2586, 2865, 2873, 2990, 3036, 4298, 4434, 5024, 5096, 5369, 5684, 6215, 6267, 9476, 11112, 11263, 11397, 11435, 11746, 11921, 11935, 11936, 11941, 12049, 12058, 12065, 12204, 13078

Health Foods Restaurants, Cafeterias, and Cafés / Cafes (1890s to 1960s). 1486, 12390, 12766

Health Foods Stores / Shops (mostly USA)–Early (1877 to 1970s). 1572, 1643, 1784, 1786, 1845, 1898, 1954, 1967, 1970, 1998, 1999, 2232, 2537, 2545, 2587, 2998, 3000, 3142, 3200, 3323, 3447, 4637, 5161, 6430, 6567, 9211, 9463, 9589, 10607, 11239, 11401, 11595, 12766

Health Foods, Inc. (Des Plaines, Illinois). Wholesale Distributor of Health Foods and Natural Foods. Founded in 1936 by Samuel Middell. 4727

Health Valley (Los Angeles, then Montebello, California). Acquired by Natural Nutrition Group. Acquired by Hain Food Group of Uniondale, New York, on 18 May 1999. 2912, 3487, 3488, 4434, 4966, 6037, 6743, 7954, 8056, 8192, 9034, 9633, 12217, 12480, 12838

Health and Dietary / Food Reform Movements, especially from 1830 to the 1930s. 2308, 2411, 2865, 5209, 6236, 6269, 6275, 8054, 8906, 9463, 9476

Health claims. *See* Claim or Claims of Health Benefits–Usually Authorized by the FDA

Health food companies in England. *See* Pitman Health Food Company

Health foods distributors and wholesalers. *See* Balanced Foods, Inc. (New York City, and New Jersey), Health Foods, Inc. (Illinois), Kahan & Lessin Co. (California), Landstrom Co. (California)

Health foods manufacturers. *See* Baker, Bill, Cubbison, Sophie, El Molino Mills

Health foods movement in Los Angeles, California. *See* Baker, Bill, Bragg, Paul Chappius, Carque, Otto, Cubbison, Sophie, Davis, Adelle, El Molino Mills, Hauser, Gayelord

Heart disease and diet. *See* Cardiovascular Disease, Especially Heart Disease and Stroke

Hemagglutinins (Lectins or Soyin) (Proteins Which Agglutinate

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Red Blood Cells). 2492, 3254, 3360, 5021, 6425, 10422, 10948

Hemp Oil or Hempseed Oil (from the seeds of *Cannabis sativa*). 4, 19, 21, 151, 187, 283, 304, 316, 420, 434, 442, 466, 696, 697, 1104, 1178, 1478, 2633

Hemp (*Cannabis sativa*)–Used as a Source of Fiber for Textiles or Paper, Protein (Edestin), or Seeds (*Asanomi*). Includes Marijuana / Marihuana. See Also Hemp Oil or Hempseed Oil. Does NOT include Wild Hemp (*Sesbania macrocarpa*) or Sunn Hemp (*Crotolaria juncea*) or Manila hemp (*Musa textilis,* a species of plantain). 22, 60, 72, 151, 165, 185, 187, 188, 207, 217, 224, 304, 351, 361, 388, 390, 420, 434, 466, 578, 665, 696, 697, 717, 816, 1117, 1288, 1315, 1344, 1359, 1421, 1497, 2000, 2079, 2302, 2474, 2668, 2925, 2942, 3643, 3949, 4404, 8403, 8905, 8920, 9761, 10840, 11012, 11169, 11358, 11433, 11588, 11838, 12018, 12019, 12347, 12422, 12851, 12914, 13061, 13142, 13213, 13263

Henselwerk GmbH (Magstadt near Stuttgart, Germany). 6346, 6687, 8240, 8273, 9357, 9358, 9359, 9360, 9459, 9462, 9466, 9495, 9575, 9793, 9900, 11646

Herbicides. *See* Weeds–Control and Herbicide Use

Heuschen-Schrouff B.V. (Landgraaf, Netherlands), Including Its Subsidiary SoFine Foods (The Latter Acquired by Vandemoortele Group on 23 June 2006). 2570, 6259, 6649, 6687, 6730, 6749, 7105, 8150, 8222, 8240, 8327, 9086, 9107, 9353, 9375, 9452, 9462, 9475, 9478, 9479, 9480, 9532, 9535, 9543, 9559, 9705, 9712, 9816, 9900, 9902, 9960, 10233, 10438, 10457, 10604, 10754, 11187, 11188, 11189, 12628, 12814

Hexane. *See* Solvents

Higashimaru. *See* Soy Sauce Companies (Asia)

Higeta. *See* Soy Sauce Companies (Asia)

Hinoichi / Hinode, House Foods & Yamauchi Inc. *See* House Foods America Corporation (Los Angeles, California)

Historical–Documents (Published After 1923) About Soybeans or Soyfoods Before 1900. 1067, 2400, 2668, 4876, 6315, 6838, 8699, 10269, 10500, 10842, 10843, 12221, 12222, 12223, 12224, 12225, 12226, 12256, 12761, 12821

Historical–Documents about Food Uses of Soybeans in the USA before 1900. 104, 105, 134, 149, 263, 354, 403, 410, 415, 418, 437, 439, 444, 584

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Historical–Documents on Soybeans or Soyfoods Published from 1900 to 1923. 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885,

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886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000, 1001, 1002, 1003, 1004, 1005, 1006, 1007, 1008, 1009, 1010, 1011, 1012, 1013, 1014, 1015, 1016, 1017, 1018, 1019, 1020, 1021, 1022, 1023, 1024, 1025, 1026, 1027, 1028, 1029, 1030, 1031, 1032, 1033, 1034, 1035, 1036, 1037, 1038, 1039, 1040, 1041, 1042, 1043, 1044, 1045, 1046, 1047, 1048, 1049, 1050, 1051, 1052, 1053, 1054, 1055, 1056, 1057, 1058, 1059, 1060, 1061, 1063, 1064, 1065, 1066, 1067, 1068, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1076, 1078, 1079, 1080, 1081, 1082, 1083, 1084, 1085, 1086, 1087, 1088, 1090, 1091, 1092, 1093, 1094, 1095, 1096, 1097, 1098, 1099, 1100, 1101, 1102, 1103, 1104, 1105, 1106, 1107, 1108, 1110, 1111, 1112, 1113, 1114, 1115, 1116, 1117, 1118, 1119, 1120, 1121, 1122, 1123, 1124, 1125, 1126, 1127, 1128, 1129, 1130, 1131, 1132, 1133, 1134, 1135, 1136, 1137, 1138, 1139, 1140, 1141, 1142, 1143, 1144, 1145, 1146, 1147, 1148, 1149, 1150, 1151, 1152, 1153, 1154, 1155, 1156, 1157, 1158, 1159, 1160, 1161, 1162, 1163, 1164, 1165, 1166, 1167, 1168, 1169, 1170, 1171, 1172, 1173, 1174, 1175, 1176, 1177, 1178

Historical–Earliest Commercial Product Seen of a Particular Type or Made in a Particular Geographic Area. 216, 403, 484, 518, 520, 522, 552, 554, 597, 633, 730, 753, 835, 1167, 1168, 1202, 1252, 1349, 1390, 1484, 1766, 1767, 2283, 2849, 2896, 3120, 3185, 3229, 3273, 3343, 3479, 3535, 3556, 3579, 3610, 3721, 3751, 3932, 4384, 4687, 4728, 4809, 4827, 4938, 5041, 5198, 5292, 5341, 5545, 5732, 5827, 5856, 6152, 6205, 6239, 6656, 6763, 6764, 6797, 6811, 6817, 6826, 6948, 7245, 7269, 7388, 7475, 7886, 8799, 8892, 9285, 9300, 9783, 9891, 9947, 10109, 10619, 10633, 10865, 10958, 11277, 11776, 11859, 12800

Historical–Earliest Document Seen Containing a Particular Word, Term, or Phrase. 17, 32, 52, 55, 57, 59, 102, 104, 105, 107, 110, 124, 134, 145, 163, 168, 172, 176, 183, 185, 189, 193, 196, 200, 203, 205, 219, 239, 242, 263, 271, 280, 292, 308, 312, 314, 327, 339, 342, 351, 363, 364, 385, 387, 392, 397, 406, 410, 415, 437, 451, 453, 456, 463, 510, 511, 526, 533, 541, 561, 566, 603, 608, 613, 619, 662, 665, 666, 668, 683, 684, 700, 721, 728, 738, 860, 898, 913, 919, 924, 965, 972, 984, 992, 993, 996, 1018, 1081, 1088, 1089, 1091, 1096, 1112, 1117, 1118, 1152, 1155, 1172, 1186, 1236, 1265, 1266, 1307, 1315, 1338, 1378, 1380, 1473, 1494, 1495, 1502, 1505, 1506, 1507, 1537, 1538, 1543, 1565, 1639, 1643, 1648, 1650, 1665, 1720, 1740, 1749, 1750, 1776, 1798, 1801, 1820, 1902, 1925, 1952, 1961, 1968, 1990, 1998, 2005, 2027, 2036, 2101, 2119, 2158, 2168, 2173, 2180, 2234, 2239, 2284, 2364, 2380, 2477, 2531, 2567, 2586, 2667, 2713, 2795, 2813, 2855, 2916, 2921, 2942, 2961, 3018, 3039, 3075, 3105, 3106, 3131, 3144, 3145, 3161, 3213, 3215, 3254, 3314, 3377, 3447, 3450, 3594, 3658, 3670, 3697, 3719, 3736, 3813, 3945, 4000, 4002, 4179, 4518, 4550, 4559, 4960, 5141, 5470, 5519, 5902, 5929, 6295, 6395, 6514, 6592, 6733, 6735, 6763, 6932, 6935, 7032, 7363, 7554, 7636, 7983, 8677, 8935, 9078, 9718, 9973, 10300, 10325, 12229, 12948, 13000

Historical–Earliest Document Seen That Mentions a Particular Soybean Variety. 824, 919, 942, 1265, 1726, 1783, 1827, 1982, 9220

Historical–Earliest Document Seen of a Particular Type. 91, 194, 1319, 1727, 4316, 6985, 7383, 10286, 10310, 11247

Historical–Earliest Document Seen on a Particular Geographical Area–a Nation / Country, U.S. State, Canadian Province, or Continent. 74, 95, 104, 113, 159, 183, 196, 219, 233, 243, 245, 268, 270, 304, 354, 391, 419, 451, 484, 509, 552, 554, 572, 575, 577, 597, 621, 652, 653, 716, 790, 819, 835, 898, 914, 933, 1015, 1035, 1082, 1130, 1202, 1252, 1390, 1543, 1607, 1645, 1932, 1982, 1988, 2115, 2288, 2465, 2849, 3185, 3273, 3343, 3479, 3751, 4687, 4728, 4809, 4827, 4938, 5341, 5856, 6152, 6797, 6811, 6817, 6826, 8892, 9285, 9300, 9783, 9947, 10619, 10633, 10865, 10958, 10987, 11277, 11859

Historical–Earliest Document Seen on a Particular Subject. 3, 4, 6, 17, 21, 32, 33, 44, 53, 54, 55, 57, 58, 60, 63, 64, 66, 73, 74, 78, 89, 95, 105, 132, 133, 134, 138, 159, 161, 168, 174, 176, 182, 183, 185, 194, 196, 220, 239, 242, 254, 259, 339, 367, 368, 374, 391, 392, 398, 409, 415, 418, 422, 460, 465, 466, 479, 491, 501, 509, 515, 527, 532, 541, 598, 613, 654, 655, 662, 672, 675, 683, 686, 696, 697, 701, 711, 714, 727, 728, 731, 773, 779, 831, 897, 946, 969, 974, 996, 1025, 1060, 1107, 1166, 1186, 1286, 1378, 1435, 1444, 1454, 1461, 1469, 1537, 1539, 1544, 1562, 1571, 1572, 1606, 1652, 1667, 1727, 1744, 1767, 1771, 1784, 1845, 1869, 1968, 1981, 1997, 2124, 2132, 2188, 2217, 2253, 2283, 2307, 2326, 2330, 2346, 2356, 2358, 2362, 2414, 2415, 2435, 2566, 2570, 2593, 2597, 2614, 2684, 2795, 2900, 2912, 2955, 3052, 3071, 3072, 3106, 3188, 3195, 3196, 3273, 3336, 3352, 3353, 3356, 3357, 3358, 3366, 3462, 3474, 3480, 3488, 3515, 3535, 3557, 3579, 3584, 3585, 3586, 3608, 3611, 3682, 3699, 3702, 3729, 3813, 3829, 3897, 3936, 4022, 4048, 4049, 4126, 4179, 4189, 4262, 4397, 4516, 4555, 4609, 4611, 4635, 4788, 5153, 5220, 5240, 5437, 5470, 5501, 5662, 5758, 5805, 6159, 6193, 6205, 6248, 6260, 6287, 6295, 6581, 6687, 6726, 6938, 6941, 6948, 7005, 7021, 7057, 7068, 7160, 7336, 7972, 8233, 8240, 8473, 9189, 9224, 9718, 9791, 10454, 10894, 12046, 12229

Historical–Earliest Document Seen on a Particular Subject. 4, 7, 8, 33, 55, 130, 162, 168, 170, 198, 216, 219, 225, 232, 240, 244, 318, 376, 380, 398, 401, 414, 471, 477, 479, 488, 503, 526, 564, 565, 655, 664, 708, 780, 826, 934, 969, 1031, 1040, 1056, 1060, 1065, 1083, 1105, 1130, 1163, 1170, 1283, 1420, 1434, 1442, 1454, 1494, 1501, 1541, 1609, 1709, 1714, 1775, 2264, 2358, 2533, 2541, 2559, 2922, 2939, 2985, 3071, 3206, 3288, 3486, 3519, 3610, 3659, 4015, 4020, 4809, 5911, 7066, 9973, 10100, 10254, 10991, 11776, 12922, 13296

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12943, 12950, 13139, 13199

History–Chronology. *See* Chronology / Timeline

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History of the Soybean–Myths and Early Errors Concerning Its History. 35, 170, 351, 392, 1035, 1081, 1714, 1852, 2062, 2116, 4345, 10532

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International soybean programs. *See* Asian Vegetable R&D Center (AVRDC, Taiwan), INTSOY–International Soybean Program (Univ. of Illinois, Urbana, Illinois), International Institute of Agriculture (IIA) (Rome), International Institute of Tropical Agriculture (IITA) (Ibadan, Nigeria), United Nations (Including UNICEF, FAO, UNDP, UNESCO, and UNRRA) Work with Soy, *Institut de Recherches Agronomiques Tropicales* (IRAT–Tropical Institute of Agronomic

Internet. *See* Websites or Information on the World Wide Web

Internment / relocation camps in the United States. *See* Japanese the the United States–Work with Soy in Internment / Relocation Camps during World War II

Intestinal Flora / Bacteria and Toxemia–Incl. Changing and Reforming (*L. Acidophilus, Bifidus, L. Bulgaricus* etc.). 1307, 1378, 1494, 2441, 3440, 3945, 4861, 9814, 10617, 11154

INTSOY–International Soybean Program (Univ. of Illinois, Urbana, Illinois). Founded July 1973. 3164, 4048, 4063, 4163, 4273, 4370, 4557, 4591, 4854, 4885, 4985, 5211, 5219, 6232, 7395, 8197, 8232, 8381, 8382, 8790, 8792, 8919, 9539, 9656, 9862, 9887, 10256, 10606, 10686, 11083, 11596, 11803, 13212

Introduction of Soybeans (as to a Nation, State, or Region, with P.I. Numbers for the USA) and Selection. 20, 95, 113, 159, 165, 183, 185, 196, 221, 239, 258, 259, 270, 271, 312, 363, 391, 419, 435, 437, 438, 449, 453, 509, 566, 607, 609, 684, 686, 715, 767, 790, 819, 823, 824, 898, 974, 1009, 1010, 1015, 1055, 1065, 1082, 1112, 1152, 1435, 1543, 1551, 1645, 1736, 1739, 1749, 1756, 1830, 1837, 1932, 1982, 2115, 2143, 3127, 6909, 7165, 9221, 9851

Introduction of foreign plants to the USA. *See* United States Department of Agriculture (USDA)–Section of Foreign Seed and Plant Introduction

Inyu. *See* Soy Sauce–Taiwanese Black Bean Sauce (*Inyu*)

Iodine number. *See* Soy Oil Constants–Iodine Number

Iowa State University / College (Ames, Iowa), and Univ. of Iowa (Iowa City). 2686, 4063, 4557, 5211, 5433, 6162, 6180, 6393, 6489, 6528, 6674, 6849, 7014, 7600, 7668, 7720, 7822, 7859, 7885, 8449, 8475, 8665, 9847, 9896, 9963, 9985, 10081, 10112, 10410, 10423, 10639, 10661, 10822, 10829, 10850, 10963, 11182, 11183, 11214, 11340, 11803, 11817, 11905, 12184, 12464, 13166

IRAT. *See Institut de Recherches Agronomiques Tropicales* (IRAT)

Iowa. *See* United States–States–Iowa

Iron Availability, Absorption, and Content of Soybean Foods and Feeds. 1482, 1765, 4369, 5407, 7733, 9201, 9557, 9912

Island Spring, Inc. (Vashon, Washington). 3351, 3353, 3361, 3366, 3373, 3374, 3394, 3397, 3492, 3493, 3495, 3545, 3548, 3731, 3733, 3838, 3915, 3916, 4074, 4120, 4188, 4253, 4259, 4280, 4340, 4344, 4359, 4484, 4487, 4493, 4502, 4515, 4517, 4518, 4561, 4582, 4593, 4606, 4611, 4624, 4627, 4645, 4650, 4764, 4796, 4797, 4898, 4966, 4968, 4969, 5040, 5074, 5107, 5126, 5129, 5169, 5181, 5187, 5236, 5244, 5247, 5270, 5422, 5435, 5438, 5476, 5491, 5539, 5544, 5565, 5576, 5585, 5594, 5612, 5657, 5813, 5855, 5950, 6011, 6046, 6131, 6132, 6133, 6552, 6566, 6580, 6638, 6681, 6941, 6991, 6992, 7020, 7059, 7065, 7197, 7198, 7397, 7431, 7473, 7500, 7581, 7593, 7601, 7692, 7699, 7725, 7727, 7728, 7864, 7991, 8125, 8178, 8180, 8181, 8182, 8233, 8250, 8251, 8493, 8494, 8528, 8554, 8576, 8607, 8989, 9001, 9034, 9040, 9074, 9087, 9148, 9177, 9194, 9410, 9416, 9418, 9419, 9509, 9685, 9817, 9965, 10411, 10530, 10983, 11256, 11497, 11498, 11661, 11687, 12290, 12300, 12452, 12469, 12523, 12590, 12653, 12712, 12715, 13171, 13174, 13177, 13191

Isoflavone or Phytoestrogen Content of Soyfoods, Soy-based Products, Soy Ingredients, and Soybean Varieties (Esp. Genistein, Daidzein, and Glycitein). 5021, 5433, 9408, 10442, 10617, 10639, 10651, 10770, 10797, 11214, 11291, 11618, 11905, 11923, 12355, 12462, 13166

Isoflavones (Soy) Industry and Market Statistics, Trends, and Analyses–Individual Companies. 10864, 11122, 11429, 11521, 11566, 11725, 11756

Isoflavones in soybeans and soyfoods. *See* Estrogens, Incl. Genistein, Daidzein, etc.

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Isoflavones. *See* Estrogens (in Plants–Phytoestrogens, Especially in Soybeans and Soyfoods), Including Isoflavones (Including Genistein, Daidzein, Glycetein, Coumestrol, Genistin, and Daidzin)

Isolated soy proteins. *See* Soy Proteins–Isolates

Israel. *See* Asia, Middle East–Israel and Judaism

Ito San soybean variety. *See* Soybean Varieties USA–Ito San

Itona (Wigan, Lancashire, England). Maker of Soymilk, Soymilk Products, Soynuts, and Meat Alternatives. 3196, 6687, 7265, 9501, 9712

Ivory Coast. *See* Africa–Côte d'Ivoire

Jack Bean. *Canavalia ensiformis* (L.) D.C. Also Called Sword Bean (Erroneously; it is *Canavalia gladiata*) and Horse Bean (Rarely). Chinese–Daodou (pinyin); formerly Tao-tou (Wade-Giles). 21, 62, 338, 387, 414, 2128, 2668, 2942, 2961, 4128, 4183, 7802

Jang–Korean-Style Fermented Soybean Paste. Includes Doenjang / Toenjang / Doen Jang / Daen Chang (Soybean Miso), and Kochujang / Koch'ujang / Gochujang / Kochu Jang / Ko Chu Jang / Kochu Chang (Red-Pepper and Soybean Paste). 459, 974, 2000, 2079, 2325, 2679, 2787, 2977, 3095, 3213, 3240, 3352, 3358, 3376, 3508, 3662, 4404, 5025, 5046, 5368, 6240, 6414, 6496, 6519, 7333, 7334, 8168, 8392, 8920, 9102, 9167, 10258, 10508, 10639, 11792, 12013, 12015, 12320, 12367, 12504, 12600, 12711, 12764, 12784, 12939, 12979, 13009, 13012, 13016, 13155

Janus Natural Foods (Seattle, Washington). And Granum. 3072, 3073, 3147, 3353, 3356, 4180, 10061

Japan–Shokuhin Sogo Kenkyujo. *See* National Food Research Institute (NFRI) (Tsukuba, Ibaraki-ken, Japan)

Japan. *See* Asia, East–Japan

Japanese Overseas, Especially Work with Soy or Macrobiotics. 217, 388, 403, 458, 484, 518, 519, 520, 521, 522, 530, 532, 539, 546, 551, 552, 554, 555, 556, 569, 570, 571, 572, 573, 574, 582, 587, 588, 590, 591, 592, 593, 594, 595, 596, 597, 604, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 652, 659, 688, 689, 690, 691, 692, 693, 694, 695, 703, 733, 735, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 816, 827, 828, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 854, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 900, 902, 903, 905, 906, 907, 908, 912, 929, 930, 1002, 1016, 1017, 1032, 1040, 1041, 1042, 1043, 1044, 1045, 1046, 1047, 1048, 1050, 1056, 1064, 1069, 1070, 1071, 1072, 1073, 1074, 1075, 1079, 1085, 1090, 1093, 1097, 1098, 1099, 1100, 1101, 1123, 1124, 1134, 1135, 1136, 1138, 1139, 1140, 1144, 1146, 1147, 1148, 1149, 1150, 1151, 1166, 1167, 1168, 1175, 1179, 1180, 1181, 1193, 1194, 1195, 1196, 1199, 1201, 1202, 1203, 1204, 1205, 1206, 1207, 1208, 1209, 1210, 1211, 1212, 1213, 1214, 1215, 1216, 1217, 1218, 1219, 1220, 1221, 1222, 1223, 1224, 1225, 1226, 1227, 1228, 1229, 1230, 1231, 1232, 1233, 1234, 1240, 1241, 1242, 1243, 1244, 1245, 1246, 1247, 1248, 1252, 1253, 1254, 1255, 1256, 1257, 1259, 1264, 1270, 1271, 1272, 1273, 1274, 1275, 1277, 1278, 1279, 1280, 1297, 1298, 1299, 1300, 1301, 1302, 1306, 1314, 1321, 1326, 1339, 1351, 1352, 1353, 1354, 1355, 1356, 1358, 1360, 1362, 1363, 1369, 1387, 1388, 1389, 1390, 1391, 1392, 1394, 1395, 1396, 1397, 1398, 1399, 1400, 1401, 1402, 1403, 1404, 1405, 1406, 1407, 1408, 1409, 1410, 1411, 1412, 1413, 1414, 1415, 1416, 1417, 1418, 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6270, 6287, 6308, 6309, 6312, 6334, 6347, 6348, 6351, 6355, 6396, 6408, 6417, 6464, 6474, 6488, 6513, 6552, 6566, 6718, 6731, 6749, 6752, 6762, 6820, 6873, 6930, 6992, 7000, 7016, 7017, 7039, 7125, 7128, 7161, 7200, 7208, 7255, 7267, 7268, 7298, 7326, 7329, 7370, 7382, 7418, 7422, 7451, 7458, 7472, 7476, 7481, 7499, 7515, 7539, 7547, 7567, 7570, 7579, 7580, 7587, 7625, 7688, 7693, 7739, 7811, 7812, 7818, 7865, 7945, 7950, 7958, 7982, 7996, 8005, 8013, 8014, 8030, 8034, 8071, 8092, 8114, 8126, 8128, 8157, 8173, 8192, 8206, 8252, 8254, 8255, 8263, 8268, 8269, 8286, 8295, 8305, 8310, 8328, 8415, 8422, 8455, 8461, 8467, 8479, 8494, 8496, 8497, 8505, 8519, 8524, 8536, 8538, 8546, 8561, 8563, 8577, 8580, 8591, 8593, 8639, 8648, 8650, 8661, 8663, 8684, 8685, 8703, 8709, 8726, 8727, 8739, 8761, 8769, 8777, 8778, 8780, 8781, 8782, 8783, 8785, 8804, 8808, 8810, 8811, 8812, 8824, 8825, 8826, 8837, 8850, 8860, 8861, 8871, 8924, 8925, 8926, 8963, 8986, 9027, 9045, 9053, 9090, 9092, 9098, 9103, 9120, 9122, 9128, 9131, 9150, 9151, 9152, 9172, 9173, 9188, 9192, 9195, 9205, 9217, 9219, 9222, 9223, 9224, 9225, 9238, 9244, 9245, 9246, 9248, 9250, 9254, 9255, 9275, 9279, 9336, 9347, 9381, 9385, 9389, 9390, 9391, 9392, 9397, 9400, 9437, 9453, 9456, 9470, 9502, 9505, 9506, 9530, 9563, 9564, 9565, 9586, 9590, 9609, 9621, 9636, 9646, 9649, 9668, 9673, 9674, 9682, 9683, 9684, 9689, 9692, 9706, 9708, 9714, 9715, 9720, 9762, 9785, 9791, 9792, 9796, 9798, 9800, 9801, 9816, 9819, 9829, 9844, 9846, 9847, 9854, 9856, 9857, 9869, 9899, 9914, 9919, 9931, 9935, 9950, 9956, 9978, 9979, 9985, 10051, 10061, 10066, 10071, 10072, 10074, 10083, 10093, 10095, 10115, 10116, 10117, 10119, 10122, 10132, 10148, 10149, 10169, 10184, 10192, 10198, 10218, 10231, 10232, 10235, 10274, 10308, 10338, 10361, 10363, 10372, 10378, 10379, 10380, 10389, 10399, 10410, 10418, 10419, 10446, 10449, 10450, 10466, 10505, 10509, 10528, 10530, 10548, 10608, 10615, 10631, 10640, 10650, 10663, 10671, 10678, 10687, 10688, 10762, 10788, 10800, 10809, 10816, 10818, 10841, 10886, 10893, 10910, 10925, 10926, 10927, 10952, 10953, 10965, 11000, 11003, 11011, 11073, 11101, 11110, 11116, 11126, 11141, 11149, 11152, 11153, 11158, 11174, 11181, 11192, 11201, 11202, 11203, 11209, 11210, 11245, 11266, 11276, 11298, 11339, 11344, 11345, 11347, 11348, 11353, 11355, 11357, 11360, 11370, 11383, 11391, 11403, 11415, 11431, 11455, 11464, 11465, 11472, 11502, 11511, 11512, 11521, 11527, 11540, 11571, 11572, 11582, 11599, 11611, 11642, 11672, 11673, 11689, 11691, 11697, 11698, 11703, 11704, 11706, 11708, 11711, 11712, 11717, 11722, 11729, 11730, 11731, 11736, 11741, 11799, 11820, 11823, 11824, 11845, 11846, 11850, 11863, 11878, 11908, 11940, 11945, 11952, 11958, 11973, 11975, 11982, 12021, 12038, 12047, 12058, 12061, 12065, 12098, 12122, 12123, 12127, 12132, 12136, 12159, 12168, 12176, 12188, 12190, 12206, 12208, 12209, 12261, 12274, 12293, 12299, 12301, 12312, 12315, 12331, 12345, 12391, 12428, 12444, 12447, 12474, 12481, 12527, 12539, 12587, 12605, 12626, 12632, 12639, 12674, 12683, 12716, 12733, 12735, 12746, 12750, 12796, 12818, 12819, 12866, 12877, 12889, 12890, 12896, 12901, 12964, 12967, 12968, 12969, 12974, 12999, 13033, 13040, 13059, 13088, 13089, 13126, 13138, 13161, 13167, 13173, 13178, 13182, 13186, 13188, 13287, 13292

Japanese Soybean Types and Varieties–Early, with Names. 183, 217, 239, 242, 246, 268, 280, 304, 316, 351, 372, 387, 446, 463, 509, 583, 607, 609, 619, 999, 1115, 1152, 1331, 1606, 1609, 1726, 1827, 2444

Japanese and Japanese-Americans in the USA–Directories. *See* Directories–Japanese and Japanese-Americans in the USA

Japanese in the United States–Work with Soy in Internment / Relocation Camps during World War II. 1846, 1849, 1850, 1851, 1853, 1854, 1872, 1873, 1874, 1876, 1877, 1879, 1880, 1881, 1882, 1883, 1884, 1885, 1886, 1887, 1888, 1889, 1891, 1892, 1893, 1895, 1896, 1897, 1900, 1903, 1904, 1905, 1906, 1907, 1910, 1911, 1912, 1913, 1914, 1916, 1917, 1918, 1919, 1920, 1921, 1922, 1935, 1936, 1937, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1947, 1948, 1950, 1953, 1973, 1977, 1983, 1984, 1985, 1986, 1993, 9195, 10074, 10519, 11383, 12819, 13059, 13182

Japanese restaurants outside Japan, or Japanese recipes that use soy ingredients outside Japan. *See* Asia, East–Japan–Japanese Restaurants or Grocery Stores Outside Japan

Jerky, Soy. Including Jerky-Flavored Soy Products. See also: Tofu, Flavored / Seasoned and Baked, Grilled, Braised or Roasted. 4179, 4585, 4834, 5039, 5125, 5470, 5905, 6295, 7269, 8587, 8744, 8755, 9183, 9718, 10373, 12125, 12229, 12395

Jerky, tofu. *See* Tofu, Flavored / Seasoned and Baked, Broiled, Grilled, Braised or Roasted

Jiang (Chinese-Style Fermented Soybean Paste), Made with a Significant Proportion of Wheat or Barley. 21, 88, 1178

Jiang–Chinese-Style Fermented Soybean Paste / Miso (Soybean Jiang {doujiang} or Chiang / Tou Chiang [Wade-Giles]). Includes *Tuong* from Indochina, Tao-Tjiung and Tao-Tjiong from Indonesia. 3, 5, 6, 7, 8, 17, 19, 20, 21, 23, 51, 52, 53, 54, 60, 63, 64, 78, 79, 88, 97, 126, 127, 142, 161, 172, 185, 188, 205, 231, 267, 373, 384, 400, 411, 442, 477, 526, 528, 543, 564, 579, 602, 666, 711, 716, 782, 788, 815, 824, 911, 914, 950, 981, 982, 1023, 1025, 1028, 1030, 1033, 1035, 1091, 1102, 1112, 1178, 1288, 1305, 1311, 1312, 1357, 1431, 1437, 1460, 1645, 1648, 1665, 1710, 1931, 2041, 2081, 2088, 2109, 2182, 2212, 2218, 2398, 2533, 2538, 2664, 2667, 2668, 2732, 2733, 2760, 2800, 2914, 2937, 2960, 3053, 3074, 3083, 3109, 3116, 3214, 3291, 3308, 3313, 3344, 3345, 3643, 3665, 3713, 3974, 4451, 4851, 4876, 4958, 5266, 5279, 5378, 5559, 6198, 6838, 7316, 7328, 7794, 8177, 8905, 8907, 10007, 10013, 10520, 11012, 11412, 11567, 11851, 11980, 12221, 12256, 12346, 12431, 12761, 12774, 12775, 12960, 13091, 13144, 13249

Jiang–Early Non-Soy Pase Made with Meat or Fish in China or Japan. 200, 3981

Job's Tears (*Coix lachryma-jobi;* formerly *Coix lacryma*). Called *Hatomugi* or *Hato Mugi* in Japanese, and Adlay in South Asia. Sometimes mistakenly called "Pearl Barley" (Since it is unrelated to Barley). 138, 151, 185, 188, 304, 388, 466, 543, 696, 697, 1153, 1497, 3643, 7542, 8452, 10276, 11058, 11108, 11850, 12015, 12507

Johnson Family of Stryker, Williams County, Ohio. Including (1) Edward Franklin "E.F. Soybean" Johnson (1889-1961) of Johnson Seed Farms (Stryker, Ohio), Delphos Grain and Soya Processing Co. (Ohio), and Ralston Purina Company (Missouri); (2) Elmer Solomon Johnson (1879-1920); (3) Perhaps E.C. Johnson and Hon. Solomon Johnson (1850-1918). 1563

Jonathan P.V.B.A. (Kapellen, Belgium). 3474, 3477, 3565, 3820,

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3965, 4578, 4919, 5071, 5521, 5535, 5969, 6009, 6287, 6730, 6749, 7481, 7509, 7992, 8057, 8058, 8059, 8060, 8513, 8514, 8676, 8889, 8890, 8891, 8938, 9107, 9202, 9280, 9480, 9504, 9533, 9559, 9705, 9712, 10071, 10095, 10096, 10132, 10147, 12003

Juicer–Etymology of This Term and Its Cognates / Relatives in Various Languages. 12455

Juicer, Electric or Manual (Kitchen Appliance / Utensil)–Early Records Only. 4102, 4162, 5152, 11307, 11506, 11564, 11693, 11798, 11958, 12455, 12766

Kaempfer, Engelbert (1651-1716)–German physician and traveler. 102, 107, 113, 117, 124, 180, 220, 239, 275, 276, 340, 375, 445, 474, 673, 684, 720, 1152, 1175, 1593, 5112

Kahan & Lessin Co. (Los Angeles then Compton, California). Wholesale Distributor of Health Foods and Natural Foods. Formed in 1945 by Merger of Two Companies Founded in 1932 and 1935 Respectively. 2586, 2870, 4727

Kanjang / Ganjang–Korean-Style Fermented Soy Sauce. Also spelled Kan Jang / Gan Jang. 459, 974, 2000, 2060, 2079, 2325, 2418, 2930, 3095, 3121, 3352, 3358, 3376, 3460, 3462, 3662, 4404, 4448, 5046, 5437, 5821, 6240, 6496, 6519, 6537, 6957, 7333, 7334, 8168, 8392, 8920, 9102, 10258, 10508, 11457, 11786, 11793, 12246, 12320, 12367, 12502, 12504, 12600, 12764, 12784, 12979, 13006, 13012, 13155

Kecap manis. *See* Soy Sauce, Indonesian Sweet, Kecap Manis / Ketjap Manis

Kecap, Kechap, Ketjap, Ketchup. *See* Soy Sauce, Indonesian Style or from the Dutch East Indies (Kecap, Kécap, Kechap, Ketjap, Kétjap)

Kefir / Kephir (Made From Dairy / Cow's Milk). 10164, 12682

Kefir, soy. *See* Soymilk, Fermented–Soy Kefir

Kellogg Co. (breakfast cereals; Battle Creek, Michigan). *See* Kellogg, Will Keith,... Kellogg Company

Kellogg, John Harvey (M.D.) (1852-1943), Sanitas Nut Food Co. and Battle Creek Food Co. (Battle Creek, Michigan). Battle Creek Foods Was Acquired by Worthington Foods in 1960. 374, 389, 409, 488, 501, 699, 1057, 1080, 1094, 1106, 1117, 1118, 1119, 1160, 1172, 1173, 1307, 1378, 1494, 1606, 1643, 1653, 1845, 1956, 2061, 2147, 2851, 2865, 2870, 2928, 3330, 4726, 4979, 4980, 4981, 4982, 4983, 4989, 5015, 5369, 6507, 7312, 9211, 10587, 10873, 11718, 12060, 12692, 12766, 12852, 13177, 13295

Kellogg, Will Keith, Kellogg's Toasted Corn Flake Co. Later Kellogg Company (of breakfast cereal fame; Battle Creek, Michigan). 9740, 10158, 11960, 11985, 11997, 12003, 12041, 12405, 12563, 12712, 12748

Kerry Ingredients (Formerly the Kerry Group). Purchased Plants from Solnuts B.V. (Tilburg, The Netherlands; and Hudson, Iowa) in Jan. 2002. Name Changed to Nutriant (Jan. 2002 to 2006), Then Changed Back to Kerry. 12218, 12347, 12481

Ketchup–Western-Style, Other, Such as Anchovy-, Apple-, Cockle-, Cockle & Mussel-, Cucumber-, English-, Grape-, Lemon-, Lobster-, Mussel-, Pontac- or Pontack-, Pudding-, Sea-, Shallot-, Tartarian-, White-, Windermere-, Wolfram-, etc. 7174

Ketchup / Catsup / Catchup–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 192, 200, 475, 777, 2664, 3428, 4759, 7174, 12018, 12851, 12859

Ketchup and Soy Sauce, relationship. *See* Soy Sauce and Ketchup: Key Records Concerning the Relationship between the Two

Ketchup, Catsup, Catchup, Ketchop, Ketchap, Katchup, Kitjap, etc. Word Mentioned in Document. 143, 192, 200, 238, 331, 359, 383, 392, 456, 463, 464, 475, 477, 601, 713, 777, 788, 831, 860, 1015, 1174, 1454, 1471, 1473, 1645, 1658, 2015, 2111, 2257, 2380, 2384, 2536, 2557, 2598, 2664, 2667, 2792, 2864, 2899, 2956, 2966, 2977, 2998, 3001, 3045, 3118, 3124, 3126, 3382, 3428, 3444, 3460, 3462, 3464, 3465, 3508, 3627, 3981, 4013, 4128, 4183, 4759, 5378, 5399, 6840, 6957, 6995, 7174, 7553, 7802, 7821, 8907, 8929, 9078, 9086, 9107, 9167, 9272, 9326, 9475, 9561, 9761, 9981, 10022, 11048, 11351, 11792, 12015, 12018, 12511, 12851, 12859

Ketchup, Mushroom (Mushroom Ketchup, Western-Style), or Ketchup in which Mushrooms are the Main Ingredient. 238, 477, 777, 7174, 12018, 12851

Ketchup, Oyster (Oyster Ketchup, Western-Style), or Ketchup in which Oysters are the Main Ingredient. 7174, 12018

Ketchup, Tomato (Tomato / Tomata Ketchup, Western-Style), or Ketchup in which Tomatoes are the Main Ingredient. 477, 777, 1015, 2536, 2864, 3428, 7174, 8907, 11793, 12018, 12851

Ketchup, Walnut (Walnut Ketchup, Western-Style), or Ketchup in which Walnuts are the Main Ingredient. 7174

Ketjap manis. *See* Soy Sauce, Indonesian Sweet, Kecap Manis / Ketjap Manis

Kibun. *See* Soymilk Companies (Asia)

Kidney / Renal Function. 1117, 8009, 8355, 8766, 9209, 11162

Kikkoman Corporation (Tokyo, Walworth, Wisconsin; and Worldwide). Incl. Noda Shoyu Co. and Kikkoman International Inc., and Kikkoman Shoyu Co. 180, 242, 289, 388, 446, 482, 510, 511, 532, 659, 873, 1159, 1286, 1287, 1319, 1320, 1365, 1553, 1612, 2078, 2097, 2287, 2305, 2311, 2320, 2340, 2532, 2541, 2614, 2727, 2736, 2737, 2749, 2770, 2804, 2805, 2806, 2823, 2854, 2967, 3068, 3072, 3073, 3084, 3113, 3344, 3353, 3356, 3358, 3428, 3450, 3657, 3736, 3744, 4553, 4557, 4721, 4743, 4845, 4879, 4914, 5012, 5267, 5269, 5388, 5437, 5612, 5649, 5942, 6205, 6225, 6308, 6312, 6408, 6416, 6490, 6663, 6665, 6930, 7114, 7145, 7200, 7201, 7267, 7268, 7348, 7382, 7588, 7634, 7635, 7691, 7707, 7724, 7858, 8095, 8126, 8524, 8525, 8526, 8546, 8580, 8585, 8841, 8989, 9053, 9151, 9181, 9232, 9248, 9257, 9343, 9451, 9561, 9674, 9899, 9943, 9956, 9965, 10014, 10241, 10374, 10446, 10530, 10617, 10691, 10891,

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11126, 11306, 11351, 11412, 11480, 11642, 11786, 11852, 12143, 12316, 12502, 12566, 12639, 12761, 12774, 12838, 13176, 13182

Kinako. *See* Roasted Whole Soy Flour (Kinako–Dark Roasted with Dry Heat, Full-Fat) and Grits

Kinema (Whole Soybeans Fermented with *Bacillus subtilis* strains from Eastern Nepal, Darjeeling Hills, Sikkim, and South Bhutan). Occasionally spelled Kenima. Close relatives are from Northeast India are: *Aakhone, Akhoni, Akhuni* (Nagaland), *Bekang* (Mizoram), *Hawaijar* (Manipur), *Peruyyan* (Arunachal Pradesh), *Tungrymbai* (Meghalaya). 2812, 2973, 3859, 5556, 5612, 5621, 5670, 5932, 6083, 6568, 7341, 8390, 10374, 10502, 11147, 12246, 12606, 12846

King, Paul and Gail. *See* Soy Daily (The)

Kiribati. *See* Oceania

Kloss, Jethro (1863-1946) and his Book *Back to Eden*. 1534, 1537, 1539, 1643, 1774, 3137, 3138, 3244, 5369, 5370, 5665, 5905, 8176, 8856, 11625, 12692

Kloss, Jethro. *See* Seventh-day Adventists–Cookbooks and Their Authors

Koji (Cereal Grains {Especially Rice or Barley} and / or Soybeans Fermented with a Mold, Especially *Aspergillus oryzae*) or Koji Starter. Chinese *Qu* / Pinyin or Ch'ü / Wade-Giles. 20, 52, 53, 54, 57, 63, 64, 66, 84, 176, 193, 201, 207, 232, 242, 269, 289, 293, 314, 316, 322, 327, 350, 385, 388, 390, 395, 422, 431, 456, 463, 464, 482, 526, 579, 583, 658, 660, 687, 700, 716, 727, 814, 822, 853, 873, 983, 984, 996, 1035, 1064, 1067, 1144, 1158, 1159, 1325, 1457, 1458, 1506, 1612, 1649, 1715, 1737, 1780, 1805, 1829, 1854, 1863, 1871, 2054, 2078, 2167, 2169, 2204, 2249, 2291, 2305, 2328, 2384, 2391, 2469, 2555, 2557, 2598, 2613, 2631, 2635, 2667, 2700, 2770, 2812, 2952, 2973, 3013, 3031, 3042, 3068, 3082, 3146, 3293, 3338, 3339, 3347, 3352, 3357, 3358, 3452, 3475, 3494, 3508, 3684, 3838, 3981, 4008, 4019, 4183, 4188, 4247, 4450, 4474, 4576, 4727, 4745, 4757, 4841, 4906, 5012, 5025, 5124, 5267, 5279, 5378, 5437, 5521, 5534, 5601, 5759, 5986, 5991, 6009, 6240, 6266, 6270, 6273, 6395, 6408, 6478, 6682, 6836, 6841, 6909, 6980, 6981, 7362, 7378, 7412, 7542, 7897, 8095, 8163, 8451, 8479, 8491, 8630, 8762, 9015, 9018, 9078, 9327, 9631, 9906, 9919, 10009, 10015, 10030, 10149, 10152, 10164, 10228, 10276, 10374, 10516, 10702, 10762, 10889, 10926, 10927, 11012, 11058, 11081, 11324, 11412, 11460, 11679, 11776, 11850, 11851, 11853, 12018, 12026, 12127, 12140, 12221, 12244, 12246, 12320, 12507, 12509, 12512, 12682, 12722, 12761, 12764, 12778, 12851, 12960, 12974, 12999

Koji Production–How to Make Koji on a Commercial Scale. 3352

Koji, Homemade–How to Make at Home or on a Laboratory or Community Scale, by Hand. 3352

Koji, Red Rice. (Also Called Fermented Red Rice, Ang-Kak / Angkak, Hongzao or Hong Qu / Hongqu in Chinese / Pinyin, Hung Ch'ü in Chinese / Wade-Giles, or Beni-Koji in Japanese). Made with the Mold *Monascus purpureus* Went, and Used as a Natural Red Coloring Agent (as with Fermented Tofu). 3, 21, 23, 51, 63, 64, 78, 111, 239, 340, 494, 680, 1035, 1037, 1981, 2048, 2166, 2180, 2256, 2536, 2553, 2598, 2628, 2700, 2703, 2733, 2960, 3214, 3220, 3583, 4006, 4448, 4836, 4844, 4949, 5365, 6304, 6414, 6512, 6866, 6953, 6964, 9327, 10025, 10026, 10517, 11218, 11556, 12221, 12246, 12368, 12369, 13223

Koji, Soybean (Soybeans Fermented with a Mold, Especially *Aspergillus oryzae*), Such as Miso-dama or Meju. 20, 21, 52, 53, 97, 464, 1286, 2334, 2598, 3183, 3352, 3358, 3465, 3643, 3662, 4404, 4448, 5025, 6851, 7333, 7334, 10016, 10258, 10508, 12246, 12367, 12600, 12979

Konggaru. *See* Roasted Whole Soy Flour in Korea–K'onggaru / K'ongaru / Konggaru / Konggomul / Kong Ka Ru (Roasted with Dry Heat, Full-Fat)

Korea. *See* Asia, East–Korea

Korean-style fermented soy sauce. *See* Kanjang–Korean-Style Fermented Soy Sauce

Korean-style fermented soybean paste. *See* Jang–Korean-Style Fermented Soybean Paste

Korean-style miso, etymology of. *See* Miso, Korean-Style

Korean-style natto, etymology. *See* Natto, Korean- Style

Korean-style natto. *See* Natto, Korean-Style–Chungkook-Jang / Chung Kook Jang / Chungkuk Jang

Korean-style recipes, soyfoods used in. *See* Asia, East–Korea–Soy Ingredients Used in Korean-Style Recipes

Koreans Overseas, Especially Work with Soy. 1995, 3403, 3495, 3644, 3778, 3831, 3868, 3897, 3905, 3907, 3929, 4160, 4286, 4343, 4425, 4460, 4592, 4593, 4607, 4609, 4611, 4683, 4969, 5074, 5152, 5268, 5526, 5530, 5695, 5705, 5957, 6178, 6234, 6362, 6363, 6658, 6803, 6804, 7114, 7123, 7462, 7550, 7569, 7590, 7809, 7870, 7871, 8022, 8101, 8182, 8235, 8243, 8279, 8512, 8585, 8712, 8713, 8777, 8839, 8851, 8852, 8989, 9030, 9031, 9155, 9248, 9297, 9509, 9780, 9805, 9817, 9896, 9965, 10099, 10153, 10167, 10182, 10348, 10411, 10646, 10894, 10911, 10997, 11018, 11124, 11232, 11266, 11281, 11340, 11345, 11404, 11422, 11454, 11455, 11457, 11605, 11625, 11731, 11841, 12133, 12412, 12413, 12414, 12415, 12564, 12582, 12588, 12589, 12621, 12628, 12652, 12654, 12655, 12680, 12707, 12711, 12712, 12713, 12741, 12759, 12797, 12798, 12803, 12869, 12946, 12966, 13078, 13272, 13273, 13274, 13287

Kosher / Kashrus, Pareve / Parve / Parevine–Regulations or Laws. See also: Kosher Products (Commercial). 3637, 4419, 4563, 4572, 4584, 4635, 4729, 4963, 5131, 5153, 5156, 5182, 5194, 5218, 5376, 5419, 5537, 5849, 7041, 7055, 7249, 7476, 7501, 7666, 7683, 7939, 8010, 8015, 8024, 8269, 8543, 8579, 8784, 8818, 9000, 9026, 9070, 9129, 9177, 9247, 9840, 10537, 10631, 10947, 10949, 11208, 11227, 11385, 11461, 13288, 13293

Kosher Products (Commercial). 2945, 3418, 3827, 4366, 4536, 4554, 4558, 4579, 4808, 4826, 5104, 5171, 5195, 5324, 5530, 5533, 5582, 5652, 5659, 5698, 5723, 5726, 5727, 5776, 5837, 5851, 5853,

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5870, 6285, 6338, 6339, 6462, 6617, 6619, 6631, 6639, 6678, 6782, 6783, 6784, 6913, 6987, 7038, 7123, 7151, 7205, 7242, 7358, 7387, 7410, 7416, 7488, 7521, 7680, 7754, 7886, 7891, 7892, 7950, 8124, 8127, 8138, 8166, 8167, 8260, 8261, 8306, 8463, 8510, 8553, 8590, 8624, 8626, 8652, 8802, 8851, 8868, 8902, 8962, 9135, 9197, 9266, 9267, 9269, 9299, 9511, 9653, 9693, 9694, 9695, 9696, 9697, 9698, 9699, 9709, 9713, 9807, 9982, 10110, 10177, 10209, 10289, 10301, 10336, 10352, 10353, 10426, 10449, 10558, 10636, 10637, 10804, 10878, 10937, 10938, 10961, 11005, 11021, 11022, 11119, 11197, 11284, 11331, 11527, 11534, 11700, 11925, 12048, 12200, 12266, 12267, 12433, 12636, 12641

Kraft Foods Inc. (Work with Soy). Including Anderson Clayton, Boca Burger, and Balance Bar. 4371, 4557, 4985, 5794, 6495, 6563, 6625, 6741, 6910, 6931, 6941, 7045, 7086, 7167, 7191, 7384, 7950, 8149, 8291, 8524, 8577, 8972, 8989, 9336, 9576, 9577, 10574, 10858, 10882, 12091, 12115, 12143, 12218

Kudzu or Kuzu (*Pueraria montana* var. *lobata.* Formerly *Pueraria lobata, Pueraria thunbergiana, Pachyrhizus thunbergianus, Dolichos lobatus*). For Rhodesian Kudzu Vine see *Neonotonia wightii.* See also Tropical Kudzu or Puero (*Pueraria phaseoloides*). 138, 185, 188, 189, 207, 211, 217, 226, 232, 268, 292, 304, 316, 322, 341, 351, 375, 387, 440, 445, 533, 858, 1153, 1311, 1366, 1497, 2382, 2497, 2566, 2592, 2636, 2774, 2795, 2803, 2850, 2910, 2918, 2952, 2953, 2954, 2968, 3033, 3049, 3082, 3147, 3150, 3338, 3347, 3353, 3355, 3356, 3452, 3524, 3568, 3573, 3698, 3841, 4247, 4284, 4402, 4434, 4435, 4436, 4474, 4745, 4757, 4879, 4906, 5227, 5601, 5885, 5946, 6273, 6406, 6753, 6980, 7316, 7542, 7811, 8213, 8245, 8676, 9518, 9777, 9906, 10009, 10198, 10276, 10329, 10597, 10696, 10890, 10893, 11048, 11058, 11108, 11149, 11157, 11192, 11304, 11820, 11850, 11853, 11898, 11979, 12018, 12507, 12851, 13081

Kuki. *See* Fermented Black Soybeans from Japan–Kuki

Kushi, Michio and Aveline–Their Life and Work with Macrobiotics, and Organizations They Founded or Inspired. 2646, 2795, 2935, 3066, 3068, 3072, 3353, 3392, 3524, 3579, 3776, 3869, 3934, 4284, 4598, 4745, 5265, 5440, 5441, 5484, 5521, 5523, 5630, 5787, 5793, 5807, 5916, 5986, 6269, 6417, 6752, 7016, 7039, 7069, 7128, 7326, 7422, 7481, 7812, 8030, 8505, 8768, 8769, 8810, 9248, 9563, 9692, 9919, 10061, 10071, 10093, 10095, 10115, 10116, 10117, 10119, 10122, 10132, 10149, 10198, 10338, 10380, 10466, 10631, 10788, 10809, 10893, 11000, 11011, 11073, 11149, 11174, 11192, 11472, 11691, 11722, 11799, 11820, 11850, 11952, 11958, 12176, 12190, 12391, 12626, 12733, 12999, 13126, 13138, 13182, 13186

Kuzu. *See* Kudzu or Kuzu (*Pueraria...*)

Kyoto Food Corp. USA (Terre Haute, Indiana). 7956, 9189, 9217, 9222, 9224, 9250, 9385, 9389, 9456, 9530, 9609, 9683, 9715, 9792, 9819, 9829, 9956, 10184, 10816, 10818, 10886, 10917, 11110

La Choy Food Products, Inc.–LaChoy Brand–Purchased in Sept. 1943 by Beatrice Creamery Co. 1631, 1956, 4947, 6969, 8989, 9248

La Sierra Industries (La Sierra, California). *See* Van Gundy, Theodore A., and La Sierra Industries

Lablab purpureus or Lablab bean. *See* Hyacinth Bean

Lactose Intolerance or Lactase Deficiency. 4546, 4603, 6743, 6989, 8466, 10873, 11012, 11253, 11577

Lager, Mildred (Los Angeles, California). 1572, 1652, 1784, 1864, 1865, 1898, 1998, 1999, 2009, 2215, 2230, 2537, 2585, 2587, 2735, 10160, 12766, 12976

Land O'Lakes, Inc. 8473, 10183, 12143

Landstrom Co. (San Francisco, California). Wholesale Distributor of Health Foods and Natural Foods. Founded in 1931 by Wesley Landstrom. 4727

Large-seeded soybeans. *See* Green Vegetable Soybeans–Large-Seeded Vegetable-Type or Edible Soybeans

Latin America (General). 1806, 1962, 3462, 3804, 4697, 5027, 5525, 5913, 6432, 6497, 6638, 7020, 8395, 9132, 11727, 12012

Latin America–Caribbean–Antigua and Barbuda (Including Redonda). 1645, 6874, 6999

Latin America–Caribbean–Barbados. 1645, 9762, 9948, 11267

Latin America–Caribbean–Bermuda (A British Dependent Territory). 1645

Latin America–Caribbean–British Dependent Territories–Anguilla, Cayman Islands, British Virgin Islands, Montserrat, Turks and Caicos Islands. See also: Bermuda. 1645

Latin America–Caribbean–Cuba. 1065, 1105, 1152, 1337, 1372, 1381, 1483, 1542, 1631, 1645, 3251, 6999, 9762, 10732, 11272, 11302, 12481

Latin America–Caribbean–Dominica. 6733, 6740, 6817, 6874, 6887, 6950, 6982, 6999, 7044, 7215, 8112, 8161, 8600, 9948, 10039, 10325, 10529, 11057, 11267

Latin America–Caribbean–Dominican Republic (Santo Domingo or San Domingo before 1844). 1645, 3462, 4013, 6965, 7044, 10781, 10958, 11177, 11272, 11354

Latin America–Caribbean–French Overseas Departments–Guadeloupe, and Martinique (French West Indies). Guadeloupe (consisting of two large islands–Basse-Terre and Grande-Terre) administers 5 smaller dependencies–Marie-Galante, Les Saintes, La Désirade, St.-Barthélemy, and St. Martin (shared with Netherlands Antilles). 1645, 8919, 9947, 10325

Latin America–Caribbean–Haiti. 3462, 4013, 11267

Latin America–Caribbean–Introduction of Soybeans to or Dissemination of Soybeans from. Other or general information and leads concerning the Caribbean. 9762

Latin America–Caribbean–Introduction of Soybeans to. This

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document contains the earliest date seen for soybeans in a certain Caribbean country. 3251

Latin America–Caribbean–Introduction of Soybeans to. This document contains the earliest date seen for the cultivation of soybeans in a certain Caribbean country. 3251

Latin America–Caribbean–Jamaica. 1645, 2229, 2603, 3462, 4013, 5437, 6703, 6709, 6874, 6965, 6999, 7044, 7121, 7215, 7383, 7643, 8112, 8161, 8361, 8600, 9539, 9762, 9948, 10480, 10529, 11057, 11155, 11229, 11267, 12147

Latin America–Caribbean–Lesser Antilles–Virgin Islands (Including British Virgin Islands and Virgin Islands of the United States–St. Croix, St. John, and St. Thomas), Leeward Islands (Anguilla, Antigua and Barbuda [Including Redonda], Dominica, Guadeloupe, Montserrat, Saint Kitts [formerly Saint Christopher] and Nevis), Windward Islands (Barbados, Grenada, Martinique, St. Lucia, St. Vincent and the Grenadines, Trinidad and Tobago), and Netherlands Dependencies (Including Aruba, Curaçao or Curacao, and Bonaire off Venezuela, and Saba, St. Eustatius, and southern St. Martin / Maarten in the Lesser Antilles). Note–Guadeloupe and Martinique and the five dependencies of Guadeloupe, which are French Overseas Departments in the Lesser Antilles, are also called the French West Indies, French Antilles, or Antilles françaises. 1645, 3462, 4013, 4938, 4979, 4980, 4981, 4982, 4983, 5437, 5747, 5856, 6172, 6733, 6740, 6817, 6874, 6950, 6982, 6999, 7044, 7163, 7215, 7367, 7383, 7460, 7524, 7538, 8161, 8579, 8600, 8854, 8919, 9300, 9539, 9762, 9947, 9948, 9990, 10039, 10325, 10529, 10781, 10958, 10976, 11057, 11177, 11267, 11354, 11626, 11669, 11678, 12350, 12380, 12793

Latin America–Caribbean–Puerto Rico, Commonwealth of (A Self-Governing Part of the USA; Named Porto Rico until 1932). 1055, 1182, 1645, 1666, 2923, 4163, 4687, 6481, 9571, 10534, 10859, 11269, 11606, 11817, 12091

Latin America–Caribbean–Saint Lucia. 6874, 6950, 6999, 7044, 7163, 7215, 7383, 8112, 8600, 9300, 10325, 10529, 10976, 11267, 11626, 11669

Latin America–Caribbean–Saint Vincent and the Grenadines. 6874, 9948, 10529, 11267

Latin America–Caribbean–Soybean Production, Area and Stocks–Statistics, Trends, and Analyses. 7044

Latin America–Caribbean–Trinidad and Tobago. 1645, 3462, 4013, 4979, 4980, 4981, 4982, 4983, 5437, 5856, 6172, 6733, 7367, 7460, 7524, 8854, 9539, 9762, 9990, 11678, 12380, 12793

Latin America–Caribbean–Virgin Islands of the United States–St. Thomas, St. John, and St. Croix (Danish West Indies before Jan. 1917). 4938, 5747, 7538, 8579, 12350

Latin America–Caribbean or West Indies (General). 387, 1102, 6427, 6887, 9116, 10061, 11272, 11782

Latin America–Central America (General). Includes Mexico and Mesoamerica. 2188, 7064, 9862, 11272, 11410

Latin America–Central America–Belize (Named British Honduras from 1840 to about 1975, Belize before 1840). 1645, 3489, 7648, 8000, 8148, 8258, 9539, 9948, 10102, 10332, 11057, 11280, 12063

Latin America–Central America–Costa Rica. 1645, 1982, 3462, 3489, 4013, 5437, 8923, 9033, 9550, 10061, 11272, 11502, 11503, 11517, 11642, 11802, 12312, 12334, 12335, 12595

Latin America–Central America–El Salvador. 1645, 2188, 5437, 9519, 9520, 9966, 10064, 10065, 10332, 11272, 11292

Latin America–Central America–Guatemala. 1645, 2188, 3238, 3489, 3951, 4048, 4049, 4158, 4187, 4254, 4462, 4480, 4496, 4681, 4854, 4933, 5255, 5437, 5796, 5911, 5929, 6427, 6623, 6645, 6999, 7076, 7215, 7217, 7254, 7643, 8093, 8241, 8373, 8600, 9033, 9850, 9874, 9948, 10298, 10332, 10375, 10382, 10529, 10611, 10652, 10718, 10940, 10968, 10974, 10980, 10981, 11057, 11267, 11272, 11280, 11612, 11782, 12650, 12744, 12951, 13017, 13019, 13020, 13021, 13022, 13083, 13286

Latin America–Central America–Honduras. 1982, 2008, 3462, 3489, 4013, 5437, 10753

Latin America–Central America–Introduction of Soybeans to. Earliest document seen concerning soybeans in a certain Central American country. 1645, 1982

Latin America–Central America–Introduction of Soybeans to. Earliest document seen concerning soybeans or soyfoods in connection with (but not yet in) a certain Central American country. 1501

Latin America–Central America–Introduction of Soybeans to. Earliest document seen concerning the cultivation of soybeans in a certain Central American country. 1607, 1645, 1982

Latin America–Central America–Introduction of Soybeans to. This document contains the earliest date seen for soybeans in a certain Central American country. 1607, 1982

Latin America–Central America–Introduction of Soybeans to. This document contains the earliest date seen for the cultivation of soybeans in a certain Central American country. 1607, 1982

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Li Yü-ying (Li Yu-ying; Courtesy Name: Li Shizeng (pinyin), Li Shih-tseng (W.-G.); Chinese Soyfoods Pioneer in France; born 1881 in Peking, died 1973 in Taipei, Taiwan) and Usine de la Caséo-Sojaïne (Les Vallées, Colombes (near Asnières), a few miles northwest of Paris, and China). 515, 562, 602, 661, 662, 663, 666, 674, 683, 701, 708, 709, 710, 714, 716, 721, 724, 725, 727, 728, 729, 730, 731, 732, 737, 738, 779, 782, 785, 788, 814, 826, 860, 868, 914, 916, 919, 932, 937, 939, 948, 960, 961, 980, 982, 983, 984, 985, 994, 998, 1001, 1030, 1057, 1068, 1121, 1122, 1130, 1152, 1265, 1291, 1294, 1343, 1459, 1491, 1499, 1509, 1645, 1777, 1945, 2013, 2026, 2027, 2028, 2030, 2147, 2207, 2249, 2405, 2546, 3143, 4860, 4881, 5220, 5669, 5895, 6749, 8222, 8312, 8401, 8753, 8948, 10008, 10742, 12060, 12441, 13046, 13047, 13170, 13295, 13296

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3463, 3472, 3487, 3488, 3499, 3502, 3513, 3520, 3524, 3579, 3693, 3742, 3757, 3760, 3784, 3871, 3873, 3913, 4000, 4012, 4054, 4061, 4124, 4153, 4198, 4337, 4346, 4352, 4363, 4364, 4426, 4427, 4428, 4429, 4430, 4434, 4557, 4563, 4567, 4636, 4654, 4664, 4684, 4695, 4704, 4792, 4793, 4795, 4802, 4966, 4968, 4972, 5015, 5016, 5039, 5044, 5050, 5091, 5123, 5125, 5153, 5173, 5235, 5309, 5310, 5311, 5337, 5343, 5344, 5364, 5451, 5452, 5453, 5547, 5599, 5600, 5625, 5639, 5752, 5757, 5784, 5826, 5865, 5882, 5883, 5884, 5960, 5971, 5973, 5998, 6050, 6053, 6105, 6140, 6160, 6164, 6204, 6215, 6256, 6285, 6311, 6334, 6347, 6348, 6430, 6451, 6463, 6479, 6566, 6577, 6588, 6589, 6731, 6734, 6773, 6796, 6925, 6947, 7017, 7037, 7088, 7125, 7140, 7141, 7143, 7148, 7161, 7208, 7247, 7300, 7315, 7370, 7404, 7417, 7458, 7472, 7494, 7499, 7501, 7515, 7526, 7539, 7545, 7547, 7554, 7570, 7579, 7625, 7645, 7683, 7688, 7693, 7694, 7718, 7719, 7721, 7734, 7739, 7811, 7818, 7865, 7895, 7944, 7945, 7996, 8018, 8034, 8043, 8050, 8054, 8126, 8133, 8157, 8173, 8206, 8216, 8227, 8243, 8252, 8254, 8255, 8277, 8288, 8289, 8295, 8310, 8328, 8415, 8419, 8445, 8455, 8467, 8479, 8497, 8498, 8512, 8519, 8539, 8545, 8546, 8583, 8586, 8593, 8630, 8639, 8648, 8684, 8685, 8690, 8691, 8712, 8713, 8725, 8726, 8727, 8736, 8739, 8744, 8745, 8761, 8769, 8777, 8778, 8780, 8781, 8782, 8783, 8785, 8788, 8804, 8808, 8810, 8811, 8824, 8825, 8826, 8837, 8839, 8859, 8860, 8861, 8871, 8924, 8925, 8926, 8950, 8959, 8961, 8963, 8967, 8970, 8986, 8991, 9045, 9053, 9070, 9073, 9090, 9092, 9096, 9103, 9120, 9122, 9128, 9149, 9150, 9165, 9172, 9173, 9188, 9195, 9219, 9223, 9229, 9238, 9239, 9246, 9248, 9254, 9275, 9280, 9336, 9392, 9400, 9413, 9418, 9437, 9453, 9499, 9502, 9505, 9509, 9511, 9565, 9582, 9583, 9584, 9590, 9621, 9636, 9646, 9649, 9668, 9671, 9673, 9674, 9689, 9708, 9749, 9800, 9835, 9846, 10051, 10083, 10123, 10130, 10135, 10139, 10162, 10169, 10192, 10202, 10203, 10231, 10232, 10274, 10308, 10361, 10363, 10396, 10416, 10418, 10419, 10446, 10449, 10450, 10497, 10528, 10539, 10548, 10574, 10608, 10671, 10687, 10688, 10694, 10739, 10774, 10791, 10800, 10855, 10882, 10911, 10925, 10952, 10953, 11003, 11018, 11094, 11116, 11124, 11141, 11152, 11153, 11157, 11158, 11172, 11199, 11201, 11202, 11203, 11209, 11210, 11217, 11220, 11221, 11222, 11223, 11245, 11266, 11276, 11298, 11345, 11353, 11355, 11357, 11368, 11385, 11391, 11415, 11422, 11431, 11455, 11464, 11465, 11470, 11502, 11503, 11511, 11512, 11521, 11540, 11582, 11586, 11599, 11611, 11642, 11672, 11689, 11693, 11694, 11698, 11703, 11704, 11706, 11708, 11711, 11712, 11715, 11717, 11729, 11730, 11731, 11738, 11773, 11806, 11823, 11824, 11845, 11846, 11908, 11940, 11945, 11973, 11982, 12021, 12039, 12047, 12050, 12060, 12068, 12071, 12098, 12122, 12123, 12136, 12168, 12206, 12209, 12274, 12296, 12299, 12301, 12312, 12334, 12345, 12349, 12381, 12444, 12447, 12452, 12474, 12539, 12555, 12582, 12584, 12587, 12605, 12632, 12684, 12716, 12735, 12829, 13033, 13167, 13282, 13287, 13296, 13297

Low cost extrusion cookers. *See* Extruders and Extrusion Cooking: Low Cost Extrusion Cookers (LECs)

Low-cost extrusion cookers. *See* Extruders and Extrusion Cooking, Extruders and Extrusion Cooking, Low Cost

Lubricants, Lubricating Agents, and Axle Grease for Carts–Industrial Uses of Soy Oil as a Non-Drying Oil. 655, 711, 824, 898, 941, 951, 963, 1005, 1025, 1039, 1078, 1112, 1178, 1357, 1571, 1593, 1631, 2739, 10740, 11136

Lucas Meyer GmbH (Hamburg, Germany). Founded 1973. Acquired Oct. 2000 by Degussa of Germany. 6687, 10691

Lucerne / lucern. *See* Alfalfa or Lucerne

Lukoskie, Luke. *See* Island Spring, Inc. (Vashon, Washington)

Lupins or Lupin (Also spelled Lupine, Lupines, Lupinseed; *Lupinus albus, L. angustifolius, L. luteus, L. mutabilis*). 196, 220, 232, 252, 283, 305, 316, 338, 351, 385, 390, 421, 480, 673, 773, 858, 984, 1182, 4128, 4183, 10125, 10276, 10794, 10795, 11058, 11646, 12018, 12507, 12851

Lust, Benedict (1872-1945), Louise Stroebel Lust (1868-1925; his wife) and Louis Lust. Pioneers in Naturopathy in the United States (New York City; "Yungborn," Butler, New Jersey; Tangerine, Florida). 12692

Lysinoalanine (LAL)–An Unusual, Toxic Amino Acid Created by Severe Alkali Processing of Food Proteins (As in Spun Protein Fibers). 3360, 5021, 6425, 8249

MSG (Monosodium Glutamate, the Sodium Salt of Glutamic Acid). 1473, 1725, 1791, 2078, 2081, 2142, 2213, 2249, 2335, 2355, 2384, 2397, 2425, 2437, 2443, 2515, 2533, 2538, 2628, 2669, 2714, 2792, 2806, 2853, 2865, 2898, 2899, 2956, 2962, 3072, 3446, 3623, 4656, 5302, 5406, 5942, 6902, 6966, 7204, 7548, 8199, 8630, 8907, 9053, 9704, 10636, 10637, 10649, 10837, 11530, 11963

Macao / Macau. *See* Asia, East–Macao / Macau (Portuguese Colony)

Machinery (Agricultural), Implements, Equipment, and Mechanization (Binders, Cultivators, Cutters, Harvesters, Mowers, Pickers, Planters, Reapers, Separators, Thrashers, or Threshers). See also: Combines and Tractors. 788, 957, 958, 1018, 1156, 1962, 2008, 2061, 9433

Machinery, farm. *See* Combines

Macrobiotic Cookbooks. 2356, 2357, 2382, 2497, 2566, 2592, 2636, 2774, 2795, 2841, 2850, 2866, 2906, 2918, 2923, 2952, 2953, 2954, 2955, 2967, 3031, 3032, 3033, 3042, 3108, 3112, 3147, 3150, 3196, 3213, 3215, 3352, 3357, 3358, 3392, 3718, 3869, 3943, 3983, 4005, 4284, 4402, 4406, 4407, 4431, 4434, 4745, 4874, 4906, 5072, 5162, 5168, 5225, 5252, 5788, 5807, 5885, 5903, 6063, 6226, 6395, 6417, 6438, 6988, 7039, 7308, 7326, 7385, 7542, 7795, 7812, 7816, 8030, 8366, 8375, 8394, 8642, 8890, 8930, 9017, 9039, 9234, 9320, 9518, 9768, 10009, 10050, 10276, 10448, 10522, 10781, 10918, 11002, 11058, 11157, 11375, 11722, 11747, 11781, 11785, 11853, 11963, 12297, 12507, 12755, 12764, 12902, 12917, 12948, 13252

Macrobiotics–Criticisms of its Dietary Philosophy and Practice. 3071, 4407, 6269

Macrobiotics. *See* Aihara, Herman and Cornellia–Their Life and Work, Kushi, Michio and Aveline–Their Life and Work, Muramoto, Noboru–His Life and Work, Ohsawa, George and Lima

Macrobiotics. See also: George Ohsawa, Michio and Aveline Kushi, Herman and Cornellia Aihara. 2356, 2357, 2382, 2497, 2566, 2592,

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2636, 2646, 2758, 2774, 2795, 2841, 2850, 2866, 2867, 2870, 2877, 2888, 2896, 2906, 2918, 2922, 2923, 2935, 2940, 2952, 2953, 2954, 2955, 2967, 3015, 3031, 3032, 3033, 3042, 3052, 3066, 3068, 3071, 3072, 3073, 3082, 3098, 3103, 3108, 3112, 3147, 3150, 3167, 3191, 3196, 3205, 3212, 3213, 3215, 3234, 3239, 3339, 3347, 3352, 3357, 3358, 3392, 3398, 3474, 3484, 3490, 3494, 3503, 3524, 3541, 3549, 3551, 3555, 3565, 3577, 3578, 3579, 3654, 3668, 3688, 3698, 3699, 3718, 3769, 3776, 3782, 3811, 3820, 3822, 3824, 3850, 3869, 3917, 3934, 3935, 3943, 3965, 3983, 4005, 4015, 4019, 4030, 4062, 4126, 4182, 4284, 4327, 4388, 4402, 4406, 4407, 4412, 4431, 4434, 4436, 4452, 4562, 4578, 4598, 4667, 4745, 4787, 4827, 4874, 4883, 4906, 4919, 5041, 5042, 5055, 5071, 5072, 5126, 5152, 5162, 5168, 5206, 5225, 5227, 5252, 5265, 5417, 5421, 5440, 5441, 5484, 5510, 5511, 5521, 5523, 5527, 5531, 5534, 5535, 5541, 5545, 5592, 5601, 5630, 5692, 5769, 5783, 5787, 5788, 5793, 5805, 5807, 5819, 5836, 5885, 5903, 5916, 5922, 5969, 5982, 5986, 5990, 6009, 6020, 6038, 6063, 6140, 6165, 6226, 6266, 6268, 6269, 6270, 6288, 6290, 6292, 6337, 6395, 6401, 6417, 6433, 6438, 6441, 6467, 6493, 6497, 6516, 6637, 6642, 6648, 6730, 6746, 6752, 6753, 6799, 6812, 6826, 6845, 6846, 6928, 6955, 6959, 6977, 6988, 7016, 7039, 7069, 7075, 7099, 7111, 7128, 7129, 7137, 7255, 7308, 7326, 7362, 7367, 7378, 7385, 7422, 7427, 7432, 7481, 7509, 7542, 7586, 7719, 7764, 7795, 7812, 7816, 7958, 7992, 8025, 8030, 8057, 8058, 8059, 8060, 8191, 8192, 8213, 8245, 8266, 8271, 8366, 8375, 8394, 8395, 8418, 8451, 8452, 8466, 8491, 8505, 8513, 8514, 8564, 8570, 8614, 8631, 8642, 8760, 8762, 8768, 8769, 8788, 8810, 8817, 8889, 8890, 8891, 8930, 8935, 8938, 8958, 9015, 9017, 9029, 9039, 9078, 9086, 9093, 9119, 9154, 9192, 9202, 9207, 9234, 9248, 9280, 9285, 9320, 9368, 9369, 9370, 9412, 9480, 9504, 9518, 9533, 9548, 9549, 9559, 9562, 9563, 9573, 9575, 9604, 9606, 9652, 9692, 9705, 9768, 9877, 9897, 9899, 9919, 9928, 9950, 9964, 10009, 10048, 10050, 10055, 10061, 10068, 10071, 10093, 10095, 10096, 10115, 10116, 10117, 10118, 10119, 10120, 10121, 10122, 10132, 10147, 10149, 10150, 10152, 10198, 10226, 10276, 10284, 10325, 10329, 10338, 10354, 10380, 10392, 10448, 10464, 10466, 10522, 10597, 10615, 10630, 10631, 10644, 10659, 10696, 10731, 10781, 10787, 10788, 10809, 10846, 10881, 10889, 10893, 10918, 10932, 10958, 10964, 10989, 11000, 11002, 11011, 11058, 11073, 11101, 11107, 11108, 11149, 11157, 11162, 11174, 11192, 11277, 11366, 11375, 11472, 11606, 11607, 11614, 11616, 11642, 11644, 11654, 11691, 11709, 11710, 11722, 11747, 11754, 11781, 11785, 11799, 11805, 11820, 11850, 11853, 11863, 11958, 11963, 12003, 12127, 12176, 12297, 12347, 12349, 12383, 12391, 12458, 12507, 12516, 12628, 12708, 12715, 12733, 12755, 12764, 12867, 12902, 12917, 12948, 12956, 12999, 13034, 13075, 13081, 13098, 13126, 13138, 13151, 13181, 13182, 13186, 13217, 13252

Mad-cow disease (BSE). *See* Vegetarianism–Transmissible Spongiform Encephalopathies (Transmissible Brain Diseases)

Madison Foods and Madison College (Madison, Tennessee). Madison Foods (Then a Subsidiary of Nutritional Corp.) Was Acquired by Worthington Foods in Aug. 1964. 1332, 1333, 1338, 1342, 1345, 1346, 1441, 1443, 1467, 1484, 1486, 1487, 1517, 1561, 1567, 1594, 1624, 1642, 1643, 1659, 1667, 1669, 1721, 1766, 1784, 1785, 1786, 1791, 1799, 1822, 1845, 1864, 1865, 1908, 1915, 1967, 1970, 1988, 1991, 1998, 1999, 2062, 2080, 2084, 2087, 2103, 2150, 2249, 2282, 2284, 2320, 2403, 2430, 2445, 2551, 2579, 2610, 2656, 2721, 2722, 2772, 2807, 2928, 3037, 3050, 3051, 3142, 3256, 3823, 4956, 4989, 5003, 6718, 10241, 13059, 13060, 13295, 13297

Maggi (Kempthal / Kemptal, Switzerland). 350, 504, 583, 720, 984, 1290, 1294, 2109, 2203, 2248, 8730

Mainland Express (Spring Park, Minnesota). Div. of Goods, Inc. Named Tofu, Inc. and Eastern Foods, Inc., Minneapolis, Minnesota, from 1978 to March 1989. 3897, 3907, 4592, 5074, 5544, 5705, 5957, 6658, 6659, 6660, 6661, 6875, 7114, 7123, 7154, 7192, 7225, 7257, 7278, 7462, 7528, 7569, 7590, 7748, 7870, 7871, 7875, 8022, 8061, 8070, 8101, 8197, 8235, 8575, 8585, 8670, 8737, 9155, 9170, 9171, 10182, 10560

Maize. *See* Corn / Maize

Malnutrition Matters (Ottawa, Ontario, Canada). Non-Profit Organization. Founded in 2000 by Frank Daller and Brian Herrigan. 11883, 12595, 12886, 12951, 12994, 13017, 13027, 13048, 13054, 13082, 13087, 13107, 13114, 13116, 13117, 13127, 13128, 13129, 13131

Malnutrition, hunger, famine, and food shortages. *See* Hunger, Malnutrition, Famine, Food Shortages, and Mortality

Mame-maki. *See* Roasted / Parched Soybeans (*Irimame*)

Mammoth Yellow soybean variety. *See* Soybean Varieties USA–Mammoth Yellow

Manchu soybean variety. *See* Soybean Varieties USA–Manchu

Manchuria. *See* Asia, East–Manchuria

Manna Foods, Inc. (Scarborough, Ontario, Canada). 3361, 6412, 10055, 10381

Manna Natural Foods (Amsterdam, The Netherlands). Named Stichting Natuurvoeding Amsterdam until 1982. Absorbed by Akwarius Almere in 1987. 3555, 3892, 4452, 5339, 5340, 5521, 5648, 5869, 6009, 6020, 6076, 6274, 6287, 6288, 6327, 6433, 6730, 6749, 6810, 7511, 7757, 8222, 9015, 9078, 9086, 9093, 9107, 9121, 9148, 9449, 9477, 9478, 9712, 9897

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Maple Leaf Foods. *See* CanAmera Foods (Hamilton, Ontario, Canada)

Maple Leaf Monarch or Maple Leaf Mills. *See* ADM Agri-Industries Ltd. (Windsor, Ontario, Canada)

Margarine–Etymology of This Term and Its Cognates / Relatives in Various Languages. 2477

Margarine Made with Soy Oil. 616, 705, 711, 712, 716, 772, 862, 898, 914, 932, 936, 997, 1005, 1018, 1025, 1199, 1495, 1571, 1664, 1902, 1954, 2441, 2719, 2857, 2913, 3039, 3447, 4102, 4775, 5058,

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5846, 6000, 7223, 7572, 8056, 10273, 10295, 10948, 10984, 10985, 11055, 11173, 11241, 11496, 11560, 11576, 11577, 11604, 11734, 11874, 12183, 12190, 12487, 12511

Margarine Made without Soy Oil. 338, 374, 402, 412, 478, 480, 535, 875, 1109, 1141, 6250

Margarine. 945, 996, 1015, 1022, 1078, 1152, 1162, 1269, 1294, 1488, 1549, 1622, 1623, 1631, 1645, 1725, 1728, 1750, 1751, 1790, 1796, 1797, 1845, 1915, 1949, 1958, 1998, 2024, 2042, 2057, 2062, 2230, 2249, 2290, 2365, 2425, 2445, 2477, 2487, 2498, 2501, 2586, 2712, 2721, 2722, 2739, 2979, 3036, 3037, 3201, 3203, 3255, 3809, 3823, 3947, 4643, 4856, 5405, 5644, 5665, 6018, 6041, 6290, 6514, 6521, 6597, 6621, 7016, 7238, 7682, 7803, 7808, 7832, 8035, 8168, 8457, 8486, 8493, 8638, 8972, 9063, 9247, 9616, 9818, 9849, 9922, 9928, 10034, 10127, 10223, 10347, 10544, 10546, 10657, 10692, 10875, 10986, 11163, 11553, 11633, 11749, 11754, 12017, 12018, 12248, 12586, 12708, 12851

Market statistics on soybean production. *See* Soybean Production and Trade–Industry and Market Statistics,

Market statistics. *See* the specific product concerned, e.g. Tofu Industry and Market Statistics

Market studies. *See* Industry and Market Analyses

Marketing–Soyfoods and Soyfood Products. 2764, 3063, 4479, 4898, 5126, 5127, 6008, 6170, 6801, 6995, 7009, 7022, 7081, 7134, 7605, 7633, 7686, 7696, 7855, 7938, 8044, 8090, 8136, 8149, 9164, 9460, 9568, 10210, 12658

Marketing Soybeans, Market Development, and Economics (Including Futures Markets, Hedging, and Mathematical Models). 919, 1013, 1189, 1261, 1632, 2236, 2240, 2318, 2451, 2465, 2493, 2498, 2512, 2602, 2719, 2751, 2760, 2764, 2978, 3014, 3464, 3497, 3948, 3978, 4494, 5722, 6303, 6524, 6529, 6531, 6696, 7405, 7821, 7890, 8197, 8212, 8299, 8447, 8530, 8549, 8571, 8581, 8596, 9272, 9415, 9611, 9623, 10085, 10112, 10236, 10465, 10542, 10545, 10660, 10661, 10674, 10675, 10810, 10822, 10829, 10850, 11019, 11410, 11734, 11912, 12073, 13234

Marketing of soyfoods. *See* Individual foods, e.g., Tofu–Marketing of

Marketing soybeans. *See* Chicago Board of Trade

Marusan-Ai. *See* Soymilk Companies (Asia)

Massachusetts. *See* United States–States–Massachusetts

Maturity groups. *See* Soybean–Physiology and Biochemistry–Maturity Groups

Mauritius. *See* Africa–Mauritius (Ile Maurice)

McCay, Clive M. and Jeanette (Cornell Univ.). 1902, 1908, 1956, 1975, 2163, 2435, 2537, 3048, 3134, 6443, 12060

McCoy, Frank (thrived 1923-1940). Health Foods Author, Lecturer and Radio Personality, and Drugless Physician. 1318, 1436, 1439, 12976

Meal or cake, soybean. *See* Soybean Meal

Meals for Millions Foundation (Los Angeles, California), Multi-Purpose Food (MPF), and Freedom from Hunger. 2163, 2175, 2249, 2333, 2410, 2445, 2476, 2653, 2721, 2880, 2971, 2978, 3021, 3037, 3489, 3823, 3978, 4557, 6275, 6436, 6711, 6983, 12143, 13282, 13294

Meals, vegetarian or vegan, served at institutions. *See* Vegetarianism–Vegetarian or Vegan Meals Served at Institutions

Meat Alternatives–Beef Alternatives, Including Meatless Beef Jerky, Chili Con Carne, Goulash, Lasagna, Meat Balls, Mince, Mincemeat, Sloppy Joes, Spaghetti Sauce, Steak, Veal, etc. See also Meatless Burgers. 1484, 1501, 1856, 2579, 2795, 4179, 4585, 4834, 4943, 5029, 5078, 5125, 5251, 5461, 5470, 5843, 5905, 6044, 6154, 6295, 6322, 6376, 6385, 6824, 7078, 7173, 7244, 7269, 7409, 7417, 7443, 7578, 7843, 7922, 8246, 8365, 8587, 8744, 8755, 8895, 8940, 8952, 9067, 9162, 9183, 9287, 9584, 9653, 9654, 9679, 9694, 9718, 9836, 9908, 9998, 10068, 10165, 10177, 10189, 10373, 10482, 10592, 10603, 10722, 10767, 10954, 10961, 11059, 11771, 12062, 12125, 12142, 12160, 12229, 12395, 12409, 12589, 12634

Meat Alternatives–Commercial Products (Meatlike Meatless Meat, Poultry, or Fish / Seafood Analogs. See Also Meat Extenders). 4003, 4019, 4205, 4538, 4583, 4812, 4813, 4816, 5055, 5327, 5344, 5463, 5471, 5541, 5645, 5723, 5819, 5873, 6002, 6067, 6182, 6203, 6230, 6302, 6337, 6358, 6360, 6361, 6612, 6613, 6815, 6817, 6826, 6901, 6928, 6975, 7046, 7140, 7157, 7172, 7263, 7415, 7545, 7576, 7746, 7757, 7768, 7769, 7781, 7850, 7867, 7868, 7924, 7933, 7963, 7964, 7979, 8053, 8107, 8171, 8333, 8346, 8348, 8357, 8429, 8505, 8631, 8851, 8864, 8886, 8900, 8941, 8947, 9268, 9285, 9288, 9294, 9304, 9306, 9316, 9362, 9363, 9368, 9593, 9613, 9695, 9732, 9743, 9892, 9939, 9947

Meat Alternatives–Documents About (Meatlike Meatless Meat, Poultry, or Fish / Seafood Analogs. See Also Meat Extenders). 1018, 1467, 1652, 1758, 1785, 1864, 1865, 1902, 1968, 1998, 2009, 2023, 2230, 2555, 2585, 2690, 2735, 2795, 2900, 3254, 3323, 3429, 3526, 3653, 3949, 4071, 4214, 4635, 5025, 5769, 5843, 5903, 5998, 6010, 6209, 6586, 6630, 7078, 7312, 7469, 7474, 7542, 7556, 7596, 7597, 7617, 7704, 7968, 8015, 8030, 8047, 8176, 8186, 8191, 8236, 8245, 8271, 8301, 8448, 8456, 8464, 8500, 8622, 8644, 8754, 8769, 8788, 8807, 8810, 8817, 8972, 8979, 8987, 9006, 9015, 9026, 9033, 9034, 9098, 9119, 9121, 9129, 9143, 9154, 9207, 9417, 9566, 9865, 10073, 10096, 10181, 10328, 10354, 10355, 10437, 10644, 10697, 10874, 10875, 12029

Meat Alternatives–General and Other Meatless Meatlike Products. See Also Meat Extenders. 771, 1540, 1857, 2255, 2282, 2403, 3518, 3632, 5204, 5460, 7323, 8047, 8322, 9429, 9512, 9756, 11112, 11174, 11334, 11448, 12089, 12163, 12308, 12354, 12535, 12579, 12586, 12691, 12737, 12794, 12815, 12827, 12887, 12941, 12961

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11813, 11880, 12005, 12099, 12342, 12344, 12354, 12436, 12572, 12667, 12758, 12794

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Meat Alternatives–Meatless Sausages (Including Frankfurters, Hot Dogs, Wieners, Salami, Pepperoni, Breakfast Pork Sausage, etc.). See Also Meat Extenders. 21, 714, 779, 788, 961, 1292, 1461, 1572, 1576, 1652, 1791, 2306, 2308, 2403, 2775, 2802, 2807, 2898, 2957, 2964, 3106, 3142, 3161, 3243, 3336, 3664, 3769, 3800, 3806, 3954, 3961, 3995, 3997, 3998, 3999, 4016, 4041, 4060, 4162, 4194, 4276, 4348, 4372, 4374, 4385, 4441, 4500, 4527, 4531, 4609, 4610, 4693, 4707, 4725, 4729, 4752, 4869, 4874, 4917, 4990, 5077, 5129, 5134, 5135, 5156, 5176, 5218, 5259, 5296, 5342, 5362, 5419, 5434, 5465,

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5476, 5512, 5640, 5659, 5678, 5684, 5774, 5830, 5854, 5863, 5864, 5905, 5953, 5999, 6000, 6165, 6167, 6192, 6212, 6257, 6377, 6411, 6539, 6557, 6558, 6608, 6634, 6673, 6837, 6916, 6948, 6966, 6969, 7098, 7126, 7136, 7150, 7162, 7202, 7221, 7256, 7413, 7445, 7525, 7548, 7564, 7573, 7704, 7711, 7722, 7741, 7786, 7800, 7803, 7808, 7932, 7941, 7995, 8001, 8042, 8056, 8098, 8102, 8106, 8161, 8199, 8200, 8209, 8213, 8214, 8215, 8217, 8221, 8248, 8341, 8347, 8365, 8406, 8448, 8492, 8529, 8534, 8535, 8543, 8551, 8552, 8578, 8587, 8603, 8616, 8622, 8637, 8735, 8751, 8763, 8788, 8806, 8828, 8863, 8880, 8966, 8970, 8978, 8984, 8989, 9001, 9005, 9008, 9009, 9011, 9034, 9039, 9048, 9071, 9088, 9106, 9107, 9109, 9126, 9129, 9135, 9166, 9194, 9206, 9216, 9283, 9289, 9307, 9357, 9359, 9426, 9428, 9431, 9452, 9464, 9470, 9472, 9567, 9568, 9575, 9585, 9594, 9597, 9600, 9633, 9658, 9664, 9666, 9693, 9731, 9777, 9796, 9885, 9916, 9925, 9937, 10039, 10045, 10064, 10124, 10129, 10137, 10145, 10156, 10165, 10181, 10213, 10217, 10226, 10242, 10253, 10254, 10276, 10335, 10339, 10343, 10356, 10391, 10405, 10406, 10415, 10455, 10555, 10569, 10581, 10594, 10625, 10639, 10657, 10664, 10666, 10677, 10711, 10755, 10779, 10780, 10783, 10812, 10871, 10895, 10898, 10899, 10900, 10901, 10904, 10941, 10960, 10972, 11038, 11058, 11063, 11082, 11098, 11160, 11177, 11206, 11213, 11218, 11222, 11254, 11255, 11265, 11295, 11312, 11346, 11356, 11382, 11398, 11434, 11445, 11458, 11476, 11577, 11615, 11646, 11659, 11694, 11726, 11727, 11742, 11867, 11917, 12059, 12115, 12130, 12248, 12359, 12366, 12396, 12405, 12507, 12547, 12554, 12683, 12996, 13229, 13230, 13278, 13279, 13284

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Meat Alternatives–Quorn (Based on Mycoprotein). See Also Meat Extenders. 10591, 12591, 12628, 12763, 12868

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Meat Alternatives or Substitutes, Meatless or Meatlike Products–Etymology of This Term and Its Cognates / Relatives in Various Languages. 339, 825, 1495, 1746, 2163, 2713, 3314, 3471, 12580, 12709, 13000

Meat Products Extended with Soy Protein, or Meat Extenders (Marketed as Such). 254, 258, 295, 402, 412, 415, 478, 714, 1357, 1631, 1720, 1749, 2024, 2555, 3088, 3466, 3502, 3513, 3525, 3623, 3653, 3723, 4328, 4399, 4889, 5009, 5562, 5565, 5581, 5594, 6206, 6404, 6574, 7046, 7597, 7656, 7897, 8047, 8145, 8607, 8667, 8737, 8775, 8779, 8871, 8972, 9033, 9066, 9138, 9185, 9349, 9411, 9415, 9418, 9445, 9951, 10260, 10649, 10837, 10904, 11013, 11429, 12137, 12427

Meat alternatives companies. *See* Turtle Island Foods, Inc. (Hood River, Oregon. Maker of Tofurky and Tempeh), Yves Veggie Cuisine (Vancouver, BC, Canada)

Meat alternatives makers. *See* Tivall (Tivol)

Meatless burgers. *See* Vegetarian / Meatless Burgers

Media–Earliest Articles on Soy in Major Magazines and Newspapers. 405, 972, 2272, 3274, 3295, 3660, 3727, 3876, 4110, 4354, 4717, 5483, 5627, 6482

Media, Popular Articles on Soyfoods in Europe, or Related to Europeans in Asia. 405, 510, 682, 865, 872, 4640, 4641, 4660, 4997, 5071, 5072, 5159, 5163, 5315, 5421, 5485, 5566, 5602, 5618, 5643, 5671, 5766, 5843, 5989, 6052, 6116, 6344, 6516, 6606, 6771, 6884, 7098, 7469, 7470, 7481, 7681, 9482

Media, Popular Articles on Soyfoods in the USA, Canada, or Related to North Americans in Asia. 969, 972, 1012, 1377, 1537, 1636, 1875, 2640, 2839, 2870, 2922, 2929, 2939, 2940, 2985, 2998, 3075, 3099, 3107, 3173, 3192, 3193, 3194, 3200, 3205, 3210, 3211, 3269, 3271, 3274, 3275, 3278, 3282, 3286, 3288, 3295, 3299, 3305, 3309, 3311, 3314, 3318, 3322, 3323, 3326, 3328, 3329, 3334, 3335, 3341, 3350, 3354, 3365, 3367, 3368, 3369, 3371, 3379, 3381, 3385, 3386, 3471, 3473, 3482, 3485, 3490, 3491, 3492, 3498, 3502, 3505, 3509, 3510, 3512, 3513, 3514, 3515, 3526, 3533, 3549, 3570, 3574, 3590, 3656, 3658, 3660, 3681, 3687, 3693, 3696, 3712, 3723, 3749, 3774, 3776, 3783, 3791, 3803, 3813, 3819, 3851, 3876, 3995, 3997, 3998, 4007, 4015, 4016, 4017, 4018, 4020, 4023, 4024, 4034, 4039, 4041, 4054, 4062, 4065, 4067, 4072, 4086, 4087, 4098, 4103, 4107, 4129, 4134, 4136, 4158, 4169, 4176, 4177, 4213, 4214, 4218, 4246, 4256, 4257, 4273, 4285, 4299, 4326, 4327, 4328, 4329, 4330, 4344, 4349, 4350, 4354, 4355, 4369, 4370, 4371, 4373, 4453, 4460, 4465, 4477, 4485, 4491, 4505, 4508, 4519, 4524, 4530, 4551, 4552, 4567, 4570, 4573, 4575, 4582, 4585, 4621, 4635, 4638, 4648, 4653, 4654, 4662, 4707, 4717, 4722, 4723, 4725, 4729, 4732, 4737, 4746, 4755, 4756, 4758, 4767, 4880, 5024, 5073, 5079, 5080, 5091, 5097, 5100, 5111, 5118, 5130, 5153, 5154, 5156, 5158, 5159, 5161, 5162, 5164, 5167, 5168, 5175, 5182, 5185, 5193, 5196, 5205, 5212, 5218, 5225, 5226, 5236, 5237, 5252, 5274, 5284, 5297, 5335, 5415, 5419, 5465, 5477, 5483, 5516, 5537, 5538, 5550, 5551, 5552, 5568, 5571, 5593, 5609, 5631, 5635, 5672, 5680, 5731, 5756, 5760, 5764, 5768, 5769, 5775, 5780, 5794, 5962, 5967, 5977, 5981, 5992, 6019, 6027, 6039, 6049, 6050, 6054, 6061, 6071, 6073, 6078, 6091, 6094, 6129, 6191, 6207, 6208, 6215, 6223, 6228, 6256, 6257, 6262, 6267, 6456, 6466, 6479, 6482, 6541, 6562, 6567, 6572, 6578, 6588, 6589, 6591, 6592, 6601, 6625, 6629, 6654, 6712, 6717, 6735, 6737, 6739, 6746, 6750, 6922, 6935, 7001, 7055, 7108, 7148, 7176, 7182, 7369, 7499, 7526, 7539, 7570, 7637, 7689, 7863, 7865, 7873, 7944, 7945, 8018, 8037, 8046, 8047, 8048, 8050, 8080, 8095, 8421, 8424, 8455, 8498, 8523, 8586, 8628, 8712, 8736, 8839, 9052, 9124, 9467, 9471, 9722, 9970, 10345, 10407, 10413, 10573, 10598, 10819, 10845, 10866, 10922, 10923, 11087, 11088, 11121, 11211, 11241, 11262, 11263, 11416, 11638, 11653, 11740, 11754, 11755, 11901, 11929, 11976, 12088, 12162, 12423, 12543, 12707

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Medical aspects of soybeans. *See* Cancer or Tumor Causing / Promoting Substances in Soybeans or, Cognitive / Brain Function. Including Alzheimer's Disease, Diabetes and Diabetic Diets, Kidney / Renal Function, Menopause–Relief of Its Unpleasant Symptoms, Osteoporosis, Bone and Skeletal Health

Medical aspects of vegetarian diets. *See* Vegetarian Diets–Medical Aspects

Medicine–Alternative–Incl. Acupuncture, Chiropractic, Drugless Doctors, Herbal Therapy, Holistic / Wholistic Medicine, Homeopathy, Natural Hygiene, Natural Medicine, Naturopathy, Preventive / Preventative Medicine,. 578, 1236, 1869, 2076, 2411, 2636, 2713, 3140, 3377, 3945, 5152, 5793, 6406, 6575, 6577, 6701, 7315, 7795, 7814, 8054, 8375, 8376, 9229, 9659, 10788, 10809, 10973, 11085, 11616, 11644, 11820, 13000

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Mei Dou Za / Mei-Tou-Cha / Meitauza. *See* Tempeh, Okara

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Mesoamerica. *See* Latin America–Central America

Messina, Mark (PhD) and Virginia (MPH, RD) (Nutrition Matters, Inc., Port Townsend, Washington state). World's leading expert on soy nutrition. 9882, 9889, 10062, 10114, 10218, 10226, 10291, 10360, 10362, 10429, 10525, 10556, 10577, 10584, 10697, 10774, 10797, 10829, 10864, 10892, 10956, 11042, 11057, 11068, 11081, 11098, 11099, 11159, 11162, 11165, 11167, 11180, 11185, 11270, 11340, 11414, 11510, 11546, 11566, 11567, 11568, 11598, 11650, 11664, 11718, 11764, 11907, 12068, 12165, 12228, 12347, 12481, 12595, 12708, 12840, 12941, 12970, 13094, 13141

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Mexico. *See* Latin America, Central America–Mexico

Meyer, Frank N. (1875-1918). USDA Plant Explorer in Asia. 471, 566, 607, 609, 613, 787, 867, 924, 926, 935, 942, 969, 970, 975, 1031, 1080, 1112, 1125, 1127, 1155, 1156, 1739, 1740, 2003, 2061, 6512, 11560, 12060

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MicroSoy Corporation (Jefferson, Iowa; Osaka, Japan). Formerly Nichii Co. and MYCAL Corp. 4788, 6343, 7448, 8021, 9027, 9252, 9337, 9390, 9391, 9498, 9506, 9684, 9801, 9816, 9844, 9847, 9854, 9856, 9857, 9914, 9963, 9978, 9979, 9985, 10226, 10235, 10301, 10399, 10410, 10449, 10929, 11340, 11610, 12683, 12866, 13212

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Microscopic analysis and microscopy. *See* Soybean–Morphology, Structure, and Anatomy of the Plant and Its Seeds as Determined by Microscopy or Microscopic Examination

Middle America. *See* Latin America–Central America; and Latin America–Caribbean or West Indies, Latin America, Central America, and Latin America, Caribbean or West Indies

Midwest Natural Foods Distributors, Inc. (Ann Arbor, Michigan). 3203, 3204, 3788, 4041, 4102, 6969, 10055

Migros & Conserves Estavayer (Estavayer-le-Lac, Switzerland). 6038, 6287, 6291, 6599, 6723, 6724, 6725, 6749, 6758, 7033, 7226, 7325, 7399, 7504, 7631, 7753, 7988, 8273, 8317, 8621, 8629, 9037, 9533, 9541, 9546, 9554, 9712, 9728

Miles Laboratories. *See* Worthington Foods, Inc. (Worthington, Ohio)

Milk–Problems with Cow's Milk as a Food, Incl. Use of Bovine Growth Hormone, Price Regulation, etc. (See also: Soymilk). 2441, 3812, 6743, 7461, 8302, 9976, 10187, 10300

Milk, Non-Dairy, Non-Soy Milks and Creams Made from Nuts,

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Grains, Seeds, or Legumes, Such as Brazil Nuts, Cashews, Coconuts, Filberts, Hazelnuts, Hemp Seeds, Pecans, Pine Nuts, Pumpkin Seeds, Sunflower Seeds, Walnuts, etc. See also: Almond Milk, Amazake / Rice Milk, Peanut / Groundnut Milk, Sesame Milk. 313, 477, 664, 706, 984, 985, 1062, 1089, 1095, 1103, 1109, 1117, 1173, 1236, 1307, 1308, 1454, 1652, 1747, 1765, 1774, 1878, 1970, 2021, 2228, 2284, 2382, 2497, 2519, 2589, 2592, 2713, 2795, 2983, 3048, 3243, 3252, 3256, 3622, 3659, 3983, 4407, 4643, 4856, 5447, 5515, 5679, 5680, 5866, 5892, 6406, 6436, 6523, 7275, 8379, 9483, 9589, 9616, 9931, 10125, 10214, 10334, 10447, 10574, 10744, 10840, 11496, 11588, 13000

Milk, almond. *See* Almond Milk and Cream. Also–Almonds Used to Flavor Soymilk, Rice Milk, etc.

Milk, coconut / cocoanut. *See* Coconut Milk and Cream

Milk, peanut. *See* Peanut Milk

Milk, rice. *See* Rice Milk (Non-Dairy)

Milk, sesame. *See* Sesame Milk

Milk, soy. *See* Soymilk

Miller, Harry W. (M.D.) (1879-1977) and International Nutrition Laboratory (Mt. Vernon, Ohio). 1606, 1732, 1794, 1801, 1845, 1958, 1990, 1998, 2014, 2057, 2083, 2196, 2249, 2308, 2319, 2365, 2411, 2418, 2445, 2537, 2585, 2603, 2721, 2735, 2767, 2928, 3050, 3051, 3168, 3172, 3195, 3213, 3215, 3281, 3389, 4005, 4106, 4179, 4557, 4740, 4878, 4979, 4980, 4981, 4982, 4983, 5209, 5470, 5824, 6145, 6226, 6295, 6497, 6507, 7312, 8176, 8395, 9601, 9718, 10085, 11312, 11747, 12229, 12297, 12755, 12948, 13252, 13295, 13297

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Minerals in a vegetarian diet. *See* Vegetarian Diets–Nutrition / Nutritional Aspects–Minerals

Minerals. *See* Aluminum in Soybeans and Soyfoods, Aluminum in the Diet and Cooking Utensils–Problems. Soy Is Not Mentioned, Calcium Availability, Absorption, and Content of Soy

Minnesota. *See* United States–States–Minnesota

Miso (Japanese-style Soybean Paste). See also: Jiang–for Chinese-style Miso. Jang–for Korean-style Miso. And Taucho, Tauceo, Tau Chiow, Taoco, Tao-Tjo, Taotjo, Taocho, or Taoetjo for Indonesian-style Miso (Soybean Chiang, or Jiang [pinyin]). 9, 20, 49, 50, 55, 56, 57, 66, 70, 75, 85, 86, 87, 89, 94, 114, 118, 124, 125, 130, 138, 140, 145, 158, 160, 166, 175, 176, 177, 179, 180, 183, 193, 199, 201, 207, 215, 217, 220, 226, 227, 230, 232, 233, 238, 239, 240, 241, 242, 246, 248, 252, 255, 260, 262, 263, 266, 268, 269, 270, 271, 275, 276, 280, 282, 283, 284, 285, 288, 293, 304, 305, 306, 309, 312, 314, 316, 320, 322, 325, 327, 335, 336, 340, 349, 350, 351, 362, 363, 364, 367, 370, 375, 378, 379, 383, 385, 388, 390, 391, 393, 394, 395, 397, 399, 410, 415, 418, 419, 422, 425, 428, 431, 432, 433, 435, 437, 443, 444, 445, 446, 447, 451, 452, 457, 460, 482, 483, 486, 495, 510, 511, 512, 513, 516, 532, 533, 534, 537, 556, 558, 563, 565, 582, 583, 585, 598, 600, 604, 605, 606, 607, 608, 613, 652, 655, 656, 658, 659, 660, 665, 668, 672, 676, 677, 678, 682, 684, 685, 686, 687, 698, 700, 701, 705, 720, 734, 737, 769, 770, 773, 777, 789, 820, 822, 824, 850, 852, 853, 854, 860, 863, 864, 873, 897, 899, 906, 909, 910, 911, 914, 916, 917, 923, 925, 927, 931, 934, 942, 943, 945, 951, 952, 954, 957, 963, 967, 968, 969, 970, 973, 976, 977, 983, 984, 985, 986, 992, 996, 999, 1032, 1039, 1040, 1043, 1060, 1064, 1067, 1068, 1078, 1079, 1088, 1095, 1096, 1099, 1102, 1111, 1112, 1114, 1115, 1124, 1137, 1141, 1144, 1149, 1152, 1153, 1157, 1158, 1170, 1172, 1174, 1179, 1182, 1189, 1198, 1199, 1214, 1236, 1255, 1261, 1283, 1286, 1287, 1291, 1292, 1294, 1295, 1305, 1306, 1310, 1315, 1317, 1319, 1326, 1331, 1341, 1358, 1361, 1365, 1367, 1372, 1378, 1379, 1380, 1386, 1425, 1435, 1437, 1444, 1453, 1455, 1462, 1475, 1479, 1483, 1490, 1491, 1495, 1497, 1503, 1505, 1506, 1508, 1510, 1511, 1513, 1521, 1553, 1556, 1595, 1596, 1602, 1612, 1636, 1643, 1645, 1649, 1650, 1655, 1657, 1665, 1712, 1713, 1715, 1717, 1729, 1737, 1752, 1771, 1775, 1778, 1780, 1798, 1805, 1806, 1821, 1825, 1828, 1834, 1842, 1863, 1870, 1880, 1929, 1939, 1940, 1941, 1945, 1951, 1959, 1963, 1979, 1980, 1989, 2002, 2015, 2016, 2033, 2035, 2045, 2055, 2063, 2078, 2088, 2089, 2091, 2097, 2102, 2106, 2113, 2115, 2131, 2142, 2145, 2149, 2152, 2166, 2167, 2174, 2180, 2182, 2209, 2210, 2217, 2218, 2225, 2226, 2229, 2234, 2240, 2244, 2264, 2266, 2267, 2268, 2269, 2270, 2285, 2290, 2291, 2293, 2296, 2297, 2299, 2305, 2307, 2309, 2311, 2315, 2318, 2320, 2326, 2328, 2329, 2330, 2333, 2334, 2335, 2339, 2351, 2353, 2355, 2356, 2357, 2361, 2362, 2372, 2382, 2384, 2390, 2391, 2393, 2398, 2408, 2409, 2410, 2414, 2415, 2418, 2424, 2425, 2426, 2428, 2429, 2442, 2467, 2475, 2477, 2480, 2485, 2487, 2488, 2489, 2490, 2497, 2499, 2500, 2501, 2509, 2511, 2515, 2517, 2523, 2531, 2532, 2540, 2541, 2544, 2552, 2555, 2558, 2563, 2566, 2578, 2583, 2584, 2590, 2591, 2592, 2596, 2598, 2602, 2603, 2611, 2612, 2613, 2614, 2627, 2628, 2629, 2630, 2631, 2636, 2643, 2646, 2648, 2653, 2665, 2666, 2675, 2679, 2680, 2681, 2684, 2686, 2690, 2697, 2700, 2705, 2708, 2709, 2714, 2719, 2720, 2730, 2734, 2736, 2737, 2751, 2753, 2761, 2769, 2770, 2774, 2795, 2796, 2803, 2804, 2805, 2806, 2810, 2812, 2813, 2828, 2832, 2837, 2850, 2852, 2861, 2865, 2866, 2870, 2872, 2877, 2889, 2901, 2902, 2906, 2907, 2910, 2911, 2918, 2923, 2928, 2929, 2931, 2932, 2935, 2942, 2952, 2953, 2954, 2955, 2961, 2962, 2966, 2967, 2968, 2971, 2973, 2974, 2975, 2977, 2978, 2979, 2981, 2983, 2991, 2998, 3000, 3001, 3006, 3009, 3013, 3015, 3018, 3019, 3031, 3032, 3033, 3036, 3039, 3040, 3043, 3045, 3047, 3052, 3061, 3063, 3067, 3068, 3069, 3071, 3072, 3073, 3082, 3091, 3112, 3125, 3128, 3132, 3133, 3134, 3136, 3139, 3140, 3144, 3145, 3146, 3147, 3150, 3151, 3152, 3154, 3156, 3159, 3173, 3195, 3196, 3200, 3205, 3206, 3213, 3215, 3240, 3242, 3243, 3247, 3248, 3253, 3269, 3279, 3282, 3286, 3288, 3291, 3293, 3299, 3309, 3334, 3335, 3339, 3340, 3347, 3351, 3352, 3353, 3355, 3356, 3357, 3358, 3360, 3361, 3368, 3369, 3371, 3377, 3379, 3380, 3384, 3385, 3387, 3392, 3398, 3404, 3426, 3427, 3432, 3434, 3435, 3439, 3440, 3445, 3449, 3451, 3452, 3456, 3459, 3460, 3461, 3462, 3465, 3469, 3470, 3471, 3473, 3475, 3478, 3482, 3484, 3485, 3490, 3491, 3508, 3509, 3511, 3524, 3531, 3537, 3541, 3551, 3558, 3561, 3566, 3569, 3573, 3578, 3617, 3622, 3623, 3629, 3633, 3638, 3641, 3654, 3657, 3664, 3668, 3670, 3672, 3684, 3685, 3687, 3688, 3698, 3702,

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Miso products companies (USA). *See* Wizard's Cauldron, Ltd. (Cedar Grove, North Carolina)

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Miso, Korean-Style–Etymology of This Term and Its Cognates / Relatives in Various Languages. 2079, 2325, 2679, 3213, 3662, 7333, 9102, 12015

Miso, Non-Soy Relatives (Such as Modern Chickpea Miso, Oat Miso, Etc.). 3352, 3357, 3358, 3659, 5025, 6240, 6523, 6977, 9493, 12320, 12764

Miso, Used as an Ingredient in Commercial Products. 3579, 3784, 3785, 3824, 4171, 4175, 4388, 4394, 4538, 4631, 4818, 5054, 5165, 5318, 5322, 5339, 5340, 5852, 5996, 6184, 6202, 6205, 6339, 6452, 6688, 6690, 6784, 7021, 7051, 7069, 7158, 7205, 7266, 7735, 7919, 8219, 8246, 8333, 8345, 8509, 8787, 8990, 9204, 9205, 9310, 9379, 9695, 9744, 9998, 10002, 10003, 10066, 10289, 10488, 10750, 10777, 10824, 10828, 11350, 12583, 12589

Miso, early non-soy paste made with meat and fish in China or Japan. *See* Jiang–Early Non-Soy

Miso, soybean–Chinese-Style. *See* Jiang–Chinese-Style Fermented Soybean Paste

Miso, soybean–Korean-style. *See* Jang–Korean-Style Fermented Soybean Paste

Missouri. *See* United States–States–Missouri

Mitoku–Natural Foods Exporter and Distributor (Tokyo, Japan). 2646, 2867, 3072, 3073, 3347, 3550, 4576, 5523, 6762, 6826, 6955, 8491, 8564, 8673, 9093, 9441, 9563, 9897, 9950, 10061, 10198, 10329, 10392, 10464, 10720, 10881, 11011, 12999

Mitsui & Co., Ltd. (Mitsui Bussan Kaisha, Japanese Trading Co., founded 1876). 621, 652, 666, 966, 1712, 6855, 8212, 10825, 10829, 10850

Miyako Oriental Foods (Baldwin Park, California). 3684, 3784, 4563, 7315, 8163, 8479, 8491, 8570, 9070, 9248, 10127, 10325, 10539, 12999, 13182

Mizono family. *See* Azumaya, Inc. (San Francisco, California)

Mochi. *See* Rice-Based Foods–Mochi

Molasses, soy. *See* Soy Molasses or Soy Solubles

Moldavia. *See* Europe, Eastern–Moldova

Monosodium glutamate. *See* MSG

Monsanto Co. (St. Louis, Missouri) and its HybriTech Seed International subsidiary. Acquired Jacob Hartz Seed Co. in April 1983. Acquired Asgrow in April Feb. 1997. Merged with Pharmacia

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& Upjohn on 31 March 2000 and was renamed Pharmacia Corp. 7142, 8232, 8499, 9075, 9280, 9411, 10660, 10661, 10868, 10934, 11165, 11170, 11200, 11270, 11325, 11340, 11396, 11400, 11420, 11520, 11521, 11569, 11608, 11609, 11610, 11639, 11725, 11764, 11820, 11851, 11906, 11997, 12003, 12217, 12218, 12480, 12838, 13264

Morinaga Nutritional Foods, Inc., and Morinaga Nyûgyô (Torrance, California, and Tokyo, Japan). 2593, 2818, 3229, 3327, 3393, 3394, 3507, 3601, 3602, 3701, 3838, 3922, 3923, 4000, 4552, 4636, 4658, 4887, 4893, 5023, 5126, 5157, 5163, 5270, 5408, 5439, 5482, 5624, 5628, 5782, 5826, 5850, 5970, 6053, 6058, 6084, 6155, 6167, 6225, 6250, 6355, 6492, 6635, 6663, 6762, 6813, 6932, 7017, 7096, 7098, 7125, 7129, 7161, 7208, 7225, 7418, 7493, 7499, 7515, 7539, 7570, 7588, 7625, 7645, 7718, 7721, 7728, 7798, 7803, 7813, 7818, 7865, 7915, 7934, 7945, 7996, 8005, 8034, 8043, 8050, 8055, 8126, 8206, 8227, 8252, 8254, 8255, 8263, 8268, 8278, 8281, 8288, 8295, 8305, 8415, 8416, 8430, 8455, 8461, 8467, 8479, 8494, 8496, 8497, 8498, 8519, 8524, 8527, 8531, 8538, 8546, 8547, 8559, 8561, 8563, 8577, 8586, 8591, 8592, 8593, 8639, 8648, 8663, 8684, 8685, 8695, 8725, 8726, 8727, 8739, 8761, 8767, 8788, 8804, 8808, 8811, 8812, 8824, 8825, 8826, 8829, 8837, 8840, 8859, 8860, 8861, 8865, 8871, 8910, 8924, 8925, 8926, 8950, 8961, 8963, 8986, 8989, 8991, 9045, 9053, 9090, 9092, 9096, 9103, 9120, 9122, 9128, 9131, 9140, 9149, 9150, 9151, 9153, 9160, 9161, 9172, 9173, 9186, 9188, 9208, 9216, 9219, 9223, 9238, 9239, 9246, 9248, 9254, 9255, 9275, 9321, 9336, 9384, 9392, 9400, 9437, 9438, 9450, 9453, 9499, 9502, 9505, 9561, 9565, 9590, 9608, 9621, 9622, 9636, 9642, 9646, 9649, 9674, 9740, 9746, 9773, 9800, 9846, 9965, 9979, 10051, 10083, 10130, 10135, 10139, 10169, 10182, 10192, 10202, 10218, 10226, 10231, 10232, 10234, 10274, 10308, 10324, 10356, 10361, 10363, 10384, 10402, 10418, 10419, 10442, 10446, 10449, 10450, 10453, 10528, 10530, 10535, 10536, 10548, 10608, 10640, 10671, 10687, 10688, 10692, 10800, 10803, 10855, 10864, 10869, 10924, 10952, 10953, 11003, 11078, 11087, 11103, 11126, 11141, 11152, 11153, 11158, 11165, 11171, 11181, 11185, 11199, 11216, 11217, 11234, 11245, 11339, 11347, 11348, 11370, 11391, 11415, 11431, 11444, 11446, 11448, 11480, 11482, 11511, 11512, 11518, 11521, 11582, 11599, 11665, 11698, 11729, 11730, 11815, 11821, 11823, 11824, 11908, 11932, 11933, 11982, 12038, 12047, 12098, 12159, 12168, 12188, 12274, 12290, 12300, 12331, 12345, 12381, 12395, 12428, 12474, 12486, 12527, 12539, 12540, 12553, 12587, 12632, 12706, 12716, 12750, 12773, 12789, 12796, 12855, 12945, 13157, 13182, 13257, 13280, 13297

Morphology, soybean. *See* Soybean–Morphology, Structure, Anatomy, Soybean–Morphology, Structure, and Anatomy

Morse, W.J., on expedition to East Asia. *See* Tofu Dorsett-Morse Expedition to East Asia (1929-1931)

Morse, William Joseph (1884-1959, USDA Soybean Expert). 684, 942, 943, 944, 975, 1031, 1049, 1057, 1063, 1068, 1080, 1105, 1118, 1152, 1154, 1155, 1156, 1157, 1173, 1174, 1262, 1265, 1309, 1319, 1320, 1331, 1334, 1335, 1336, 1340, 1341, 1348, 1350, 1364, 1365, 1366, 1367, 1371, 1372, 1375, 1376, 1379, 1380, 1381, 1382, 1385, 1386, 1431, 1432, 1434, 1437, 1443, 1444, 1475, 1507, 1513, 1542, 1573, 1606, 1609, 1643, 1666, 1714, 1726, 1739, 1740, 1827, 1852, 1867, 1926, 1974, 1979, 2003, 2011, 2031, 2055, 2061, 2114, 2115, 2116, 2117, 2127, 2156, 2249, 2445, 2500, 2537, 2721, 4659, 5143, 5144, 5145, 6432, 6520, 10986, 11560, 12060

Motion Pictures or References to Motion Pictures. Also called Movies, Films, or Documentaries. 1380, 2269, 3072

Mottled, speckled, or spotted soybeans. *See* Soybean Seeds–Mottled

Mountain People's Warehouse (Nevada City, California). Founded in 1976. 9817, 10352, 11072, 11615, 12327, 12422

Movies or films. *See* Motion Pictures

Mucuna pruriens. *See* Velvet Bean

Mull-Soy. *See* Borden Inc.

Mung Bean / Mungbean and Mung Bean Sprouts. *Vigna radiata* L. Formerly *Phaseolus aureus.* Also called Green Gram. Chinese (Mandarin)–Lüdou. Chinese (Cantonese)–Dau Ngah / Dow Ngaah. Japanese–Moyashi. Indonesian: Kacang / katjang + hijau / ijo / hidjau. German–Buschbohne. French–Haricot Mungo. 5, 19, 21, 22, 52, 53, 62, 102, 107, 153, 165, 186, 213, 373, 387, 414, 464, 466, 494, 543, 547, 606, 610, 652, 666, 696, 697, 717, 736, 859, 897, 935, 962, 974, 975, 981, 990, 1035, 1058, 1086, 1107, 1118, 1121, 1122, 1130, 1153, 1156, 1157, 1173, 1178, 1288, 1328, 1334, 1348, 1359, 1376, 1382, 1384, 1421, 1433, 1454, 1459, 1460, 1559, 1713, 1730, 1744, 1765, 1771, 1829, 1863, 1869, 1880, 1886, 1931, 2078, 2114, 2128, 2156, 2182, 2223, 2250, 2252, 2256, 2304, 2341, 2346, 2363, 2399, 2418, 2437, 2441, 2473, 2523, 2664, 2668, 2669, 2681, 2732, 2771, 2787, 2800, 2828, 2853, 2880, 2918, 2942, 2954, 2961, 2967, 2973, 2989, 3100, 3134, 3145, 3151, 3196, 3199, 3310, 3314, 3425, 3438, 3443, 3446, 3450, 3454, 3460, 3531, 3615, 3618, 3650, 3666, 3667, 3898, 3939, 3943, 3961, 3974, 3975, 3983, 4128, 4183, 4298, 4409, 4415, 4564, 4844, 4868, 4872, 5188, 5270, 5282, 5359, 5368, 5390, 5449, 5512, 5615, 5629, 5662, 5682, 5699, 5730, 5827, 5886, 5920, 5938, 6098, 6279, 6395, 6414, 6496, 6643, 6649, 6728, 6780, 6804, 6831, 6832, 6837, 6839, 6843, 6853, 6870, 7317, 7333, 7348, 7405, 7522, 7550, 7589, 7603, 7665, 7794, 7827, 7836, 8240, 8368, 8392, 8415, 8555, 8572, 8704, 8920, 9064, 9095, 9136, 9207, 9326, 9343, 9421, 9458, 9464, 9531, 9759, 9767, 9859, 9897, 9899, 10025, 10026, 10153, 10163, 10325, 10348, 10505, 10730, 11269, 11302, 11306, 11321, 11356, 11605, 11757, 11793, 11979, 12014, 12017, 12018, 12025, 12026, 12035, 12103, 12262, 12367, 12368, 12455, 12492, 12503, 12510, 12662, 12770, 12774, 12779, 12814, 12851, 12877, 12933, 13006, 13208

Muramoto, Noboru–His Life and Work with Macrobiotics, Organizations He Founded, and Commercial Products He Made or Inspired. 3015, 3052, 3524, 3654, 3688, 3776, 3796, 4019, 4188, 5289, 5759, 6269, 6270, 7128, 8564, 8653, 8810, 9248, 10055

Mushroom ketchup. *See* Ketchup, Mushroom (Mushroom Ketchup, Western-Style)

Muso Shokuhin–Natural Foods Exporter and Distributor (Osaka, Japan). 2646, 3072, 3073, 3347, 4434, 5523, 5787, 6269, 6549, 6977, 7128, 7511, 7719, 9015, 9078, 9093, 9121, 9248, 9477, 9518, 9897, 9899, 10055, 10093, 10118, 10120, 10122, 10881, 11107

Mycoprotein used in meal alternatives. *See* Meat Alternatives–

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Quorn (Based on Mycoprotein)

Myths of soybean history–debunking / dispelling. *See* History of the Soybean–Myths and Early Errors Concerning Its History

Names for soybeans–Fanciful. *See* Soybean Terminology and Nomenclature–Fanciful Terms and Names

Naphtha solvents for extraction. *See* Solvents

Nasoya Foods, Inc. (Leominster, Massachusetts). Subsidiary of Vitasoy Since Aug. 1990. 3699, 3700, 3760, 3818, 3827, 3828, 3838, 4044, 4164, 4366, 4487, 4502, 4601, 4611, 4754, 4804, 4966, 5074, 5107, 5154, 5195, 5229, 5270, 5323, 5324, 5374, 5519, 5544, 5576, 5612, 5634, 5723, 5758, 5813, 5814, 5822, 5851, 6014, 6037, 6147, 6148, 6161, 6168, 6234, 6241, 6356, 6374, 6375, 6468, 6474, 6552, 6597, 6636, 6664, 6672, 6735, 6753, 6816, 6892, 6944, 6977, 6992, 7091, 7096, 7132, 7176, 7205, 7276, 7351, 7410, 7433, 7586, 7597, 7615, 7680, 7708, 7728, 7760, 7904, 7906, 7961, 7962, 7963, 7964, 7965, 7993, 7997, 8020, 8031, 8055, 8056, 8065, 8071, 8115, 8121, 8144, 8186, 8192, 8272, 8300, 8416, 8426, 8433, 8451, 8454, 8491, 8520, 8521, 8545, 8553, 8563, 8569, 8570, 8583, 8591, 8595, 8664, 8745, 8746, 8747, 8748, 8873, 8989, 9001, 9034, 9040, 9124, 9148, 9151, 9153, 9156, 9157, 9177, 9256, 9275, 9393, 9398, 9401, 9402, 9450, 9479, 9484, 9496, 9499, 9558, 9567, 9569, 9627, 9642, 9644, 9649, 9667, 9674, 9685, 9803, 9913, 9926, 9950, 9956, 9965, 9979, 10055, 10057, 10103, 10107, 10117, 10127, 10135, 10140, 10155, 10172, 10242, 10372, 10378, 10390, 10398, 10402, 10411, 10567, 10568, 10607, 10617, 10631, 10693, 10694, 10803, 10832, 10891, 10893, 10913, 11104, 11105, 11109, 11111, 11128, 11176, 11191, 11192, 11204, 11217, 11239, 11246, 11247, 11331, 11445, 11447, 11450, 11480, 11502, 11521, 11587, 11589, 11590, 11602, 11621, 11639, 11666, 11683, 11686, 11717, 11732, 11815, 11830, 11852, 11949, 11955, 11983, 11984, 11988, 12003, 12056, 12057, 12074, 12138, 12161, 12208, 12209, 12230, 12231, 12290, 12298, 12300, 12302, 12418, 12430, 12477, 12514, 12525, 12637, 12806, 12837, 12873, 12900, 12945, 12951, 12973, 12998, 12999, 13045, 13165, 13266, 13297

National Agricultural Library (USDA, NAL, Beltsville, Maryland). 11905, 13166, 13290

National Center for Agricultural Utilization Research (NCAUR) (USDA-ARS) (Peoria, Illinois). Named Northern Regional Research Laboratory prior to July 1976. Named Northern Regional Research Center prior to 28 Dec. 1991. 2007, 2010, 2078, 2079, 2081, 2089, 2146, 2166, 2172, 2178, 2266, 2267, 2268, 2270, 2291, 2293, 2296, 2297, 2299, 2302, 2303, 2330, 2351, 2353, 2362, 2376, 2377, 2378, 2384, 2408, 2414, 2418, 2419, 2424, 2428, 2492, 2493, 2501, 2511, 2515, 2553, 2555, 2559, 2598, 2602, 2678, 2682, 2767, 2768, 2769, 2770, 2796, 2872, 2886, 2891, 2917, 2976, 2978, 2986, 3039, 3077, 3170, 3255, 3353, 3356, 3462, 3500, 3533, 3792, 3957, 3978, 4013, 4056, 4063, 4072, 4090, 4096, 4097, 4103, 4106, 4163, 4432, 4448, 4487, 4626, 4954, 5083, 5114, 5119, 5126, 5193, 5211, 5302, 5479, 5887, 6011, 6089, 6180, 6234, 6444, 6483, 6512, 6520, 6537, 6668, 7214, 7805, 7833, 7894, 8035, 8288, 8360, 8570, 8665, 8912, 9215, 9675, 10081, 10445, 12143, 12151

National Food Research Institute (NFRI) (Tsukuba, Ibaraki-ken, Japan). 2085, 2172, 2183, 2184, 2293, 2294, 2296, 2299, 2328, 2332, 2334, 2336, 2337, 2344, 2345, 2351, 2362, 2366, 2367, 2368, 2369, 2370, 2371, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2404, 2406, 2416, 2419, 2444, 2452, 2453, 2505, 2506, 2507, 2508, 2513, 2547, 2555, 2562, 2595, 2637, 2638, 2643, 2685, 2692, 2710, 2716, 2740, 2743, 2750, 2762, 2770, 2791, 2815, 2816, 2817, 2822, 2874, 2878, 2879, 2881, 2885, 2911, 2919, 2920, 2931, 2974, 2991, 3019, 3022, 3063, 3101, 3154, 3165, 3178, 3179, 3289, 3290, 3291, 3307, 3735, 3752, 3753, 4011, 4255, 4331, 4332, 4521, 4537, 5030, 5436, 5509, 6017, 6530, 6602, 6603, 6732, 7193, 7194, 7195, 7196, 7209, 8257, 8471, 8508, 9127, 9723, 9949, 10346, 10835, 11183, 12196

National Nutritional Foods Association (NNFA). *See* Health Foods Industry–Trade Associations–National Nutritional Foods Association (NNFA)

National Oilseed Processors Assoc. (NOPA) (National Soybean Oil Manufacturers Association from May 1930 to 1935; National Soybean Processors Assoc. [NSPA] from June 1936 to Aug. 1989. Washington, DC. Including Soy Flour Assoc. [1936-1949], Soya Food Research Council [1936], and Soybean Nutritional Research Council [1937]). 1998, 2039, 3039, 6520, 7572, 9415

National Soybean Crop Improvement Council. Organized March 1948. 4063

Natto (Whole Soybeans Fermented with *Bacillus natto*). 20, 33, 57, 70, 82, 84, 87, 89, 118, 157, 166, 176, 179, 180, 193, 201, 227, 314, 325, 327, 397, 410, 415, 418, 422, 431, 433, 444, 446, 452, 456, 460, 482, 495, 510, 511, 512, 533, 537, 558, 563, 564, 583, 606, 608, 613, 652, 655, 666, 668, 685, 700, 705, 716, 734, 737, 770, 773, 777, 788, 850, 853, 860, 863, 904, 914, 916, 917, 942, 943, 951, 952, 954, 957, 963, 969, 970, 972, 976, 977, 983, 984, 985, 992, 996, 999, 1005, 1039, 1091, 1102, 1114, 1115, 1121, 1122, 1152, 1157, 1158, 1170, 1174, 1198, 1199, 1236, 1263, 1283, 1286, 1291, 1292, 1294, 1310, 1315, 1319, 1334, 1335, 1341, 1357, 1361, 1365, 1380, 1425, 1457, 1458, 1475, 1491, 1495, 1497, 1506, 1508, 1556, 1648, 1649, 1712, 1715, 1775, 1778, 1780, 1806, 1821, 1825, 1842, 1863, 1871, 1929, 1945, 1963, 1992, 2088, 2091, 2113, 2127, 2142, 2145, 2167, 2169, 2182, 2187, 2204, 2218, 2245, 2290, 2291, 2307, 2309, 2326, 2328, 2329, 2333, 2335, 2336, 2344, 2355, 2362, 2384, 2391, 2392, 2393, 2409, 2410, 2414, 2415, 2425, 2442, 2475, 2499, 2500, 2509, 2515, 2522, 2523, 2531, 2540, 2549, 2552, 2558, 2571, 2578, 2582, 2584, 2590, 2591, 2598, 2603, 2611, 2612, 2613, 2614, 2629, 2630, 2637, 2643, 2648, 2653, 2657, 2665, 2666, 2667, 2679, 2680, 2681, 2684, 2690, 2714, 2716, 2730, 2750, 2753, 2770, 2796, 2804, 2806, 2812, 2828, 2837, 2850, 2852, 2861, 2901, 2910, 2911, 2931, 2932, 2942, 2955, 2961, 2968, 2971, 2973, 2974, 2977, 2978, 2979, 2991, 3013, 3018, 3019, 3039, 3045, 3047, 3061, 3066, 3069, 3112, 3139, 3146, 3206, 3213, 3215, 3218, 3237, 3240, 3255, 3291, 3293, 3352, 3357, 3358, 3360, 3439, 3440, 3449, 3452, 3459, 3462, 3475, 3508, 3511, 3520, 3561, 3633, 3654, 3657, 3662, 3672, 3685, 3688, 3702, 3736, 3764, 3776, 3803, 3859, 3956, 3957, 3978, 3989, 4005, 4007, 4008, 4011, 4013, 4070, 4284, 4331, 4332, 4402, 4403, 4442, 4447, 4450, 4452, 4513, 4521, 4626, 4657, 4716, 4739, 4743, 4745, 4750, 4766, 4841, 4845, 4865, 4869, 4895, 4952, 5012, 5013, 5025, 5030, 5040, 5052, 5072, 5083, 5143, 5204, 5302, 5314, 5350, 5351, 5378, 5385, 5401, 5436, 5440, 5458, 5478, 5521, 5545, 5556, 5561, 5568, 5600, 5612, 5621, 5670, 5673, 5759, 5787, 5793, 5821, 5827, 5885, 5889, 5916, 5926, 5932, 5946, 5964, 5966, 5986, 5991, 6009, 6017, 6018, 6079, 6082, 6083, 6089, 6130, 6210, 6221,

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6225, 6226, 6234, 6240, 6248, 6257, 6270, 6303, 6409, 6413, 6415, 6417, 6436, 6438, 6444, 6483, 6512, 6514, 6524, 6530, 6536, 6537, 6538, 6551, 6568, 6590, 6620, 6693, 6695, 6697, 6700, 6704, 6732, 6839, 6841, 6851, 6861, 6867, 6909, 6920, 6952, 6957, 6981, 6992, 7039, 7066, 7077, 7089, 7091, 7142, 7189, 7308, 7323, 7326, 7333, 7335, 7341, 7342, 7362, 7412, 7449, 7517, 7522, 7542, 7607, 7613, 7617, 7634, 7659, 7660, 7694, 7701, 7733, 7765, 7795, 7799, 7811, 7916, 7940, 7994, 8146, 8147, 8168, 8188, 8212, 8232, 8256, 8315, 8389, 8390, 8410, 8411, 8413, 8479, 8505, 8596, 8642, 8653, 8666, 8850, 8875, 8935, 8954, 9060, 9063, 9102, 9154, 9164, 9167, 9176, 9248, 9258, 9327, 9346, 9415, 9487, 9545, 9557, 9623, 9631, 9640, 9723, 9761, 9788, 9858, 9867, 9889, 9912, 9919, 9928, 9949, 9964, 9974, 10009, 10015, 10017, 10026, 10030, 10048, 10061, 10079, 10081, 10094, 10112, 10151, 10164, 10210, 10224, 10236, 10258, 10269, 10276, 10293, 10347, 10374, 10414, 10465, 10502, 10505, 10511, 10516, 10524, 10530, 10532, 10533, 10542, 10597, 10645, 10661, 10746, 10753, 10774, 10785, 10786, 10792, 10809, 10810, 10822, 10825, 10829, 10834, 10835, 10842, 10843, 10850, 10868, 10926, 10927, 10934, 10936, 10948, 10957, 10963, 10979, 10986, 10994, 11000, 11019, 11043, 11048, 11054, 11058, 11081, 11098, 11108, 11134, 11147, 11156, 11200, 11229, 11243, 11252, 11276, 11291, 11304, 11313, 11323, 11324, 11325, 11333, 11345, 11395, 11410, 11412, 11496, 11502, 11513, 11525, 11542, 11554, 11576, 11580, 11595, 11602, 11608, 11609, 11626, 11727, 11747, 11785, 11793, 11817, 11820, 11831, 11837, 11850, 11851, 11898, 11922, 11950, 11963, 11995, 12015, 12018, 12028, 12032, 12087, 12112, 12113, 12116, 12165, 12178, 12185, 12196, 12203, 12213, 12218, 12220, 12246, 12250, 12256, 12264, 12276, 12297, 12310, 12314, 12320, 12353, 12366, 12370, 12375, 12376, 12377, 12385, 12449, 12496, 12507, 12510, 12511, 12546, 12550, 12568, 12606, 12611, 12630, 12670, 12671, 12682, 12700, 12755, 12764, 12777, 12788, 12846, 12848, 12851, 12853, 12856, 12861, 12862, 12878, 12883, 12908, 12939, 12948, 12949, 12956, 12960, 12983, 13035, 13039, 13076, 13081, 13088, 13089, 13096, 13140, 13155, 13166, 13176, 13181, 13182, 13194, 13208, 13210, 13250, 13252, 13256, 13265, 13282

Natto–Etymology of This Term and Its Cognates / Relatives in Various Languages. 33, 57, 84, 118, 176, 456, 564, 668, 1170, 1199, 1335, 1506, 2770, 3213, 3215, 3662, 3859, 4750, 5556, 6568, 7066, 7077, 7333, 9102, 9248, 12939, 12948, 12949

Natto–Soybean Dawadawa (From West Africa). Also called Dawadawa, Dadawa, Daddawa, Iru, Local Maggi, Ogiri, Soumbala / Soumbara / Sumbala, or Tonou. 904, 2549, 2598, 2812, 3956, 7077, 7189, 10786, 11395, 11626, 12028, 12983

Natto Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 227, 2355, 2415, 2425, 2552, 2591, 2611, 2648, 2657, 2714, 2770, 2931, 3511, 3633, 3657, 6700, 6861, 6992, 7659, 7660, 7940, 7994, 8146, 8147, 8188, 8212, 8315, 9487, 9723, 9949, 10094, 10112, 10151, 10210, 10530, 10822, 10825, 10835, 12185, 12213, 12606, 12856

Natto Industry and Market Statistics, Trends, and Analyses–Individual Companies. 2571, 6248, 9545, 10835, 11323

Natto Production–How to Make Natto on a Commercial Scale. 410, 415, 1506, 2770, 3206

Natto enzymes. *See* Subtilisin, a Strong Proteolytic Enzyme from Natto (Whole Soybeans Fermented with *Bacillus natto*)

Natto from Nepal. *See* Kinema

Natto from Thailand. *See* Thua-nao

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Natto, Hamana. *See* Hamanatto Fermented Black Soybeans–from Japan

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Peter Henderson & Co. (New York City). Founded 1847. 360, 386, 773

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Phytochemicals in soybeans and soyfoods. *See* Cancer Preventing Substances in Soybeans and Soyfoods

Phytoestrogen content. *See* Isoflavone or Phytoestrogen Content of Soyfoods, Soy Ingredients, and Soybean Varieties

Phytoestrogens (Estrogens in Plants, Especially in Soybeans and Soyfoods), Including Isoflavones (Including Genistein, Daidzein, Glycetein, Coumestrol, Genistin, and Daidzin), Lignans, and Coumestans. 2221, 3360, 4861, 5021, 5433, 6364, 6425, 6843, 7768, 8019, 8067, 8718, 9408, 9471, 9589, 9889, 9942, 9954, 10062, 10166, 10270, 10345, 10432, 10442, 10525, 10533, 10556, 10572, 10573, 10577, 10584, 10602, 10617, 10639, 10651, 10669, 10681, 10687, 10739, 10740, 10770, 10774, 10797, 10805, 10823, 10824, 10829, 10836, 10851, 10857, 10864, 10887, 10891, 10904, 10919, 10921, 10928, 10934, 10944, 10955, 10956, 10967, 10972, 11002, 11008, 11031, 11042, 11054, 11060, 11085, 11087, 11098, 11102, 11118, 11122, 11152, 11154, 11157, 11159, 11165, 11167, 11173, 11178, 11180, 11194, 11211, 11214, 11227, 11228, 11235, 11241, 11258, 11262, 11263, 11270, 11285, 11291, 11298, 11309, 11313, 11314, 11323, 11336, 11359, 11370, 11384, 11387, 11390, 11391, 11392, 11396, 11429, 11458, 11479, 11498, 11509, 11521, 11548, 11555, 11566, 11594, 11595, 11597, 11598, 11618, 11632, 11634, 11644, 11650, 11657, 11675, 11682, 11694, 11724, 11725, 11727, 11728, 11734, 11742, 11754, 11756, 11764, 11791, 11797, 11820, 11901, 11905, 11909, 11917, 11923, 11947, 11962, 11963, 11975, 11976, 11979, 11985, 12006, 12029, 12032, 12041, 12058, 12061, 12065, 12068, 12087, 12090, 12092, 12094, 12095, 12097, 12106, 12111, 12122, 12129, 12153, 12155, 12162, 12163, 12188, 12203, 12240, 12248, 12250, 12262, 12267, 12276, 12353, 12355, 12362, 12411, 12462, 12488, 12511, 12550, 12557, 12590, 12636, 12638, 12642, 12657, 12660, 12685, 12696, 12725, 12726, 12771, 12777, 12853, 12909, 12941, 12970, 13035, 13094, 13166, 13232, 13235

Pigeon Pea, Pigeonpea or Red Gram. *Cajanus cajan* (L.) Millspaugh. Formerly *Cytisus cajan*. 543, 1454, 2942, 2961, 4128, 4183, 7802

Pigs, Hogs, Swine, Sows, Boars, Gilts, or Shoats / Shotes Fed Soybeans, Soybean Forage, or Soybean Cake or Meal as Feed to Make Pork. 63, 64, 271, 342, 447, 466, 526, 669, 675, 684, 696, 697, 981, 1081, 1121, 1122, 1152, 1327, 1367, 1372, 1381, 1782, 2668, 4876, 6703

Piima. *See* Soymilk, Fermented

Pillsbury Feed Mills and Pillsbury Co. (Minneapolis, Minnesota). 8499, 8596, 8818, 8989, 9216, 9776, 9965, 10395, 10864, 10873, 10874, 11461

Pioneer Hi-Bred International, Inc. (Des Moines, Iowa). 10660, 10829, 10994, 11521, 11569, 11580, 11725, 11997, 12040, 12574

Piper, Charles Vancouver (1867-1926, USDA). 607, 684, 717, 824, 913, 924, 942, 943, 944, 974, 1152, 1154, 1155, 1156, 1157, 1262, 1714, 2061, 2500, 5143, 11560

Pitman Health Food Company (Birmingham, England). Including Pitman Stores. Factory renamed Vitaland in about 1930. 706

Plamil Foods Ltd. (Folkestone, Kent, England) and The Plantmilk Society. Named Plantmilk Ltd. until 1972. 2835, 3105, 6497, 6932, 7307, 7343, 7803, 7808, 9501, 9705, 9712, 9922, 10129, 12493

Plant Industry, Bureau of. *See* United States Department of Agriculture (USDA)–Bureau of Plant Industry

Plant Protection from Diseases, Pests and Other Types of Injury (General). 1055, 1091, 1121, 1122, 1501, 1568, 1798, 1929, 1933, 2041, 2069, 2072, 2978, 3171, 3978, 6515, 7227

Plantmilk Ltd. *See* Plamil Foods Ltd.

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Plastics (Including Molded Plastic Parts, Plastic Film, Disposable Eating Utensils and Tableware–From Spoons to Plates, and Packaging Materials)–Industrial Uses of Soy Proteins. 683, 721, 727, 728, 791, 829, 830, 898, 1114, 1115, 1162, 1550, 1571, 1637, 1750, 1763, 1775, 1782, 1842, 1852, 1934, 1998, 2003, 2925, 2977, 3949, 4726, 6484, 8095, 9963, 10081, 10740, 10986

Plastics, plasticizers and resins. *See* Resins, Plastics, and Plasticizers (Such as Epoxidized Soy Oil–ESO)

Plenty (The Farm, Summertown, Tennessee). After Sept. 1983 see Plenty Canada and Plenty USA. 3106, 3951, 3954, 4048, 4049, 4158, 4187, 4254, 4462, 4480, 4496, 4591, 4681, 4854, 5636, 5796, 5929, 6427, 7215, 10974, 13020, 13021, 13022

Plenty Canada and The Farm in Canada (Lanark, Ontario, Canada). 4048, 4187, 4480, 4681, 5255, 5911, 5929, 6239, 6280, 6645, 6733, 6817, 6874, 6887, 6950, 6965, 6999, 7044, 7071, 7163, 7215, 7254, 7383, 7643, 7644, 8093, 8130, 8161, 8162, 8241, 8301, 8373, 8571, 8600, 9047, 9125, 9143, 9873, 9874, 10968, 11267, 11612, 11669, 13020, 13021

Plenty International (Summertown, Tennessee). Starting 1981. Also called Plenty USA 1983-1997. 5911, 6280, 6645, 6709, 6887, 6982, 6999, 7215, 8000, 8036, 8112, 8148, 8161, 8241, 8258, 9850, 9948, 10097, 10102, 10199, 10315, 10332, 10375, 10529, 10611, 10652, 10940, 10968, 10975, 10976, 10980, 10981, 10989, 11057, 11249, 11280, 11612, 11625, 11626, 12063, 12475, 12561, 12650, 12740, 12744, 13019, 13083, 13286

Plums (salted / pickled), plum products, and the Japanese plum tree (*Prunus mumé*).. *See* Umeboshi

Policies and Programs, Government, Effecting Soybean Production, Marketing, Prices, Subsidies, Support Prices, or Trade. 2425, 5502, 6519, 6531, 7994, 9981, 10240, 10260, 10283, 10545

Pollination, Soybean (Self-Pollination, Cross-Pollination, etc.). 613, 684, 824, 1347, 3253, 12574

Population Growth (Human) and Related Problems (Including Poverty) Worldwide. 1644, 3384, 3478, 9650, 10583, 11761

Pork, meatless. *See* Meat Alternatives–Meatless Bacon, Ham, Chorizo and Other Pork-related Products

Poultry fed soybeans. *See* Chickens, or Turkeys, or Geese & Ducks, Chickens, or Turkeys, or Geese, Ducks, Pheasants, etc.

Poultry, meatless. *See* Meat Alternatives–- Meatless Chicken, Goose, Duck, and Related Poultry Products. See also Meatless Turkey

Poverty, world. *See* Population Growth (Human) and Related Problems (Including Poverty)

Price of Soy Sauce, Worcestershire Sauce, or Early So-Called Ketchup (Which Was Usually Indonesian Soy Sauce). 134, 143, 172, 198, 367, 380, 463, 532, 598, 929, 1653, 2802, 3082, 3684, 4374, 5601, 5699, 6266, 8676, 8965, 9078, 9107, 9207, 9561, 9950, 10696, 11149, 11366, 11382

Price of Soybeans, Soybean Seeds, and Soybean Products–Except Sauces (Which See). 76, 182, 211, 244, 330, 360, 394, 414, 468, 515, 524, 610, 620, 979, 997, 1013, 1061, 1143, 1267, 2354, 6249, 6821, 7572, 8572, 8634, 9284, 9624, 12352, 12757, 12914, 13061, 13142, 13213, 13263

Primitive Human Diets. 1163, 2441, 2793

ProSoya–Including ProSoya Inc. (Ontario, Canada), and ProSoya Corporation (Heuvelton, New York. No longer in Business), ProSoya UK Ltd. (ProSoya PLC) (Livingston, Scotland). Pacific ProSoya Foods, International ProSoya Corp. (IPC–British Columbia). 7002, 7057, 7492, 8088, 8472, 9000, 9678, 9691, 9876, 10086, 10087, 10088, 10089, 10126, 10143, 10193, 10315, 10322, 10331, 10370, 10467, 10562, 10563, 10656, 10658, 10674, 10701, 10719, 10897, 11020, 11096, 11225, 11340, 11615, 11652, 11737, 11746, 11809, 11856, 11859, 11868, 11869, 11883, 11884, 11888, 11889, 11891, 11920, 11942, 11946, 11997, 12100, 12253, 12313, 12471, 12573, 12805, 12885, 12886, 12892, 12911, 12913, 12916, 13017, 13041, 13054, 13103, 13104, 13107, 13109, 13110, 13111, 13112, 13114, 13116, 13117, 13118, 13119, 13120, 13121, 13122, 13123, 13124, 13127, 13128, 13129, 13130, 13284

Problems, urban, worldwide. *See* Urban Problems Worldwide

Procter & Gamble Co. (Cincinnati, Ohio). Including the Buckeye Cotton Oil Co. 1567, 1751, 4159, 6484, 12559, 12655

Production of soybeans. *See* Soybean Production

Products, soy, commercial (mostly foods). *See* Commercial Soy Products–New Products

Protease inhibitors. *See* Trypsin / Protease Inhibitors

Protection of soybeans from diseases. *See* Diseases of soybeans

Protection of soybeans. *See* Insects–Pest Control. See also: Integrated Pest Management, Nematodes–Disease Control, Pesticides (General), Rodents and Birds–Pest Control–Especially Rabbits and Woodchucks

Protein–Early and Basic Research. 196, 232, 242, 312, 319, 333, 335, 342, 346, 359, 402, 405, 412, 437, 490, 540, 1084, 1114, 1115, 1152, 1164, 1172, 1190, 1473, 1505, 1836, 2113, 2184, 2211, 2392, 2424, 2522, 2684, 2712, 2924, 2978, 3444, 3693, 3978, 4442, 4635, 4853, 5606, 5976, 6238, 6537, 6835, 6971, 7309, 8858, 9174, 9930, 12319

Protein–Effects of Dietary Protein (Especially Soy Protein) on Blood Lipids (Especially Cholesterol). 3448, 3992, 5011, 7309, 7729, 8153, 8858, 10171, 10556, 10792, 10914, 10915, 10916, 10922, 10923, 10967, 10972, 11078, 11088, 11102, 11115, 12044, 12484, 13283

Protein Quality, and Supplementation / Complementarity to Increase Protein Quality of Mixed Foods or Feeds. See also Nutrition–Protein Amino Acids and Amino Acid Composition.

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1118, 1239, 1267, 1325, 1359, 1384, 1490, 1575, 1627, 1820, 1848, 1975, 2049, 2082, 2201, 2202, 2228, 2250, 2302, 2383, 2410, 2417, 2441, 2511, 2514, 2523, 2558, 2681, 2683, 2691, 2889, 2971, 3000, 3023, 3106, 3112, 3162, 3169, 3255, 3293, 3302, 3360, 3429, 3431, 3661, 3833, 3894, 3945, 4206, 4365, 4567, 4736, 5272, 5391, 5427, 5479, 5821, 5897, 5936, 6436, 6598, 6837, 7807, 7819, 8636, 9062, 9411, 9864, 10327, 11162, 11963

Protein Resources and Shortages, and the "World Protein Crisis / Gap / Problem" of 1950-1979. 2188, 2665, 3352, 3355, 3357, 3358, 3803, 4007, 5025, 7342, 12764

Protein Technologies International (PTI) (St. Louis, Missouri. Established on 1 July 1987 as a Wholly-Owned Subsidiary of Ralston Purina Co.) Sold to DuPont on 3 Dec. 1997. 8457, 8638, 9114, 10051, 10138, 10449, 10530, 10617, 10691, 10921, 11154, 11165, 11180, 11211, 11396, 11400, 11521, 11566, 11650, 11725, 11761, 11764, 11766, 11821, 11959, 11985, 12003, 12068, 12102, 12250, 12276, 12292, 12552, 12706, 13297

Protein products, soy. *See* Soy Protein Products

Protein quantity and quality in vegetarian diets. *See* Vegetarian Diets–Nutritional Aspects–Protein Quantity and Quality

Protein sources, alternative, from plants. *See* Amaranth, Azuki Bean, Bambarra groundnuts, Chufa (*Cyperus esculentus*) or Earth Almonds, Leaf Proteins, Lupins or Lupin, Microbial Proteins (Non-Photosynthetic), Peanut & Peanut Butter, Peanuts & Peanut Butter, Quinoa, Single Cell Proteins (Non-Photosynthetic), Sunflower Seeds, Wheat Gluten & Seitan, Winged Bean

Protein supplementation / complementarity to increase protein quality. *See* Nutrition–Protein Quality

Psophocarpus tetragonolobus. *See* Winged Bean

Public Law 480 (Food for Peace Program. Formally–Agricultural Trade Development and Assistance Act of 1954). 2354, 2428, 2488, 2489, 2501, 2511, 2678, 2703, 2759, 2791, 2886, 2977, 3092, 3462, 3996, 7572, 9675, 10445

Puddings. *See* Soy Puddings, Custards, Parfaits, or Mousses (Usually made from Soymilk

Pueraria. *See* Kudzu or Kuzu

Pulmuone Co., Ltd. (founded May 1984 in Korea). Incl. Pulmuone U.S.A., Inc. (founded Jan. 1991, South Gate, California). The Latter Merged with Wildwood Harvest Foods, Inc. in July 2004 to form POM Wildwood, which was soon renamed Pulmuone Wildwood, Inc. Brands include Soga. 10894, 10911, 11018, 11124, 11232, 11266, 11281, 11340, 11404, 11422, 11841, 12133, 12290, 12412, 12413, 12414, 12415, 12564, 12582, 12588, 12589, 12628, 12652, 12654, 12655, 12680, 12711, 12712, 12713, 12797, 12798, 12799, 12803, 12869, 12946, 13132, 13160, 13266, 13272, 13273, 13274

Pure & Simple. *See* Well (The), Pure & Simple

Pure Food Movement–USA (1870s to ca. 1906. Championed by Dr. Harvey Wiley). 1236

Quality and grades of soybean seed. *See* Seed Quality of Soybeans–Condition, Grading, and Grades (Moisture, Foreign Material, Damage, etc.)

Quinoa (*Chenopodium quinoa* Willd.). Also spelled Quinua. 375, 445, 543, 1307, 4254, 4854, 6436, 7823, 8089, 8217, 8245, 8285, 8452, 8935, 9054, 10009, 10276, 10646, 10932, 11002, 11046, 11048, 11058, 11108, 11495, 11759, 12018, 12019, 12238, 12365, 12507, 12851

Quong Hop & Co. (San Francisco, California). 497, 547, 548, 2124, 2311, 2320, 2840, 2940, 2947, 2948, 2949, 3028, 3232, 3281, 3340, 3477, 3498, 3501, 3553, 3579, 3582, 3589, 3760, 3930, 3931, 3932, 3933, 4001, 4002, 4003, 4004, 4054, 4057, 4184, 4195, 4359, 4392, 4393, 4617, 4647, 4764, 4811, 4812, 4813, 4814, 4815, 4816, 4923, 4950, 4966, 4968, 5074, 5107, 5201, 5202, 5212, 5270, 5337, 5455, 5540, 5544, 5576, 5612, 5637, 5646, 5647, 5794, 5813, 5845, 5862, 5867, 6004, 6027, 6068, 6167, 6234, 6256, 6267, 6309, 6313, 6326, 6367, 6370, 6429, 6480, 6497, 6542, 6552, 6638, 6646, 6671, 6672, 6712, 6713, 6819, 6971, 6992, 6993, 7020, 7184, 7290, 7435, 7436, 7437, 7438, 7439, 7767, 7768, 7769, 7770, 8055, 8070, 8136, 8216, 8285, 8334, 8335, 8336, 8337, 8395, 8511, 8545, 8556, 8601, 8769, 8796, 8989, 9034, 9112, 9137, 9148, 9340, 9416, 9610, 9673, 9689, 9796, 9817, 9828, 9965, 9979, 10070, 10226, 10372, 10410, 11126, 11213, 11332, 11350, 11405, 11515, 11649, 11684, 11687, 11857, 12060, 12076, 12077, 12078, 12079, 12080, 12121, 12290, 12300, 12319, 12457, 12524, 13051, 13052, 13101, 13139, 13272, 13296

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Québec. *See* Canadian Provinces and Territories–Québec

Rabbits as pests. *See* Rodent and Birds–Pest Control–Especially Rabbits and Woodchucks

Railroad / railway / rail used to transport soybeans. *See* Transportation of Soybeans or Soy Products to Market by Railroad

Railroads / Railways and Special Trains and/or Exhibit Cars Used to Promote Soybeans and Soybean Production. 1606, 1998

Ralston Purina Co. (St. Louis, Missouri). Including Protein Technologies International, a Wholly Owned Subsidiary from 1 July 1987 to 3 Dec. 1997. 1563, 1643, 2060, 3330, 3623, 5302, 6287, 6484, 6507, 6626, 6687, 6894, 6992, 7597, 8031, 8457, 8493, 8555, 8638, 8772, 8795, 8838, 9114, 10051, 10138, 10449, 10530, 10617, 10691, 10914, 10921, 10994, 11154, 11159, 11165, 11180, 11211, 11396, 11400, 11521, 11725, 12003, 12143, 12347, 13297

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Rapeseed or the rape plant. *See* Canola

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Rapeseed, the Rape Plant (*Brassica napus*), or Colza. See also Canola. 63, 64, 159, 170, 172, 242, 361, 421, 423, 486, 494, 534, 598, 660, 665, 666, 711, 824, 859, 981, 1036, 1051, 1141, 1143, 1170, 1286, 1288, 1421, 2241, 2487, 2591, 2668, 2714, 2760, 2804, 3978, 5946, 7572, 9176, 11734, 12757, 12914, 13061, 13142, 13213, 13263

Raw / uncooked / unfired food foods and diet. *See* Vegetarianism–Raw / Uncooked / Unfired Foods and Diet

Recipes. *See* Cookery

Red rice koji. *See* Koji, Red Rice

Red soybeans. *See* Soybean Seeds–Red

Reference Books and Other Reference Resources. 289, 3146, 9063, 10347, 10518

Regional Soybean Industrial Products Laboratory (Urbana, Illinois). *See* U.S. Regional Soybean Industrial Products Laboratory (Urbana, Illinois). Founded April 1936)

Regulations or Laws Concerning Foods (Use, Processing, or Labeling), Especially Soyfoods and Food Uses of Soybeans. 367, 1096, 2493, 3229, 3814, 4893, 5180, 6507, 6510, 6545, 6584, 6941, 7031, 7146, 7493, 7522, 7531, 7677, 7682, 7688, 8300, 8415, 8502, 8630, 8778, 8783, 8855, 9033, 9071, 9128, 9131, 9159, 9160, 9184, 9185, 9186, 9213, 9271, 9403, 9492, 10103, 10183, 10621, 13220

Regulations or laws concerning foods (Use, processing, or labeling). *See* Kosher / Kashrus, Pareve / Parve / Parevine Regulations Products (Commercial), Kosher Products (Commercial)

Release or Curing Agents for Concrete or Asphalt, Industrial Solvents, Hydraulic Fluids, Asphalt Sealants, and Other Minor or General–Industrial Uses of Soy Oil as a Non-Drying Oil. 220, 773, 942, 1111, 2156, 10626, 10740, 13294

Religious aspects of vegetarianism. *See* Vegetarianism–Religious Aspects

Rella Good Cheese Co. (Santa Rosa, California). Named Brightsong Tofu from June 1978 to June 1980; Redwood Valley Soyfoods Unlimited from June 1980 to June 1982; Brightsong Light Foods from June 1982 to June 1987; Rose International until 1990; Sharon's Finest until Oct. 1997. 3729, 4487, 4618, 4619, 4693, 4748, 4756, 4926, 4930, 4966, 4974, 4975, 4976, 4977, 4986, 5014, 5106, 5111, 5129, 5137, 5174, 5256, 5292, 5333, 5457, 5466, 5467, 5468, 5476, 5507, 5537, 5693, 5737, 5761, 5762, 5763, 5790, 5809, 5816, 5817, 5818, 5863, 5905, 6070, 6165, 6195, 6234, 6309, 6340, 6458, 6550, 6631, 6713, 6742, 6786, 6941, 6986, 7005, 7006, 7116, 7118, 7119, 7152, 7177, 7219, 7230, 7366, 7452, 7468, 7543, 7630, 7647, 7732, 7872, 7914, 7966, 7967, 7999, 8006, 8031, 8056, 8061, 8100, 8142, 8164, 8165, 8166, 8167, 8186, 8201, 8278, 8416, 8531, 8573, 8574, 8769, 8968, 8993, 9034, 9158, 9262, 9379, 9404, 9440, 9686, 9707, 9784, 10052, 10053, 10069, 10075, 10173, 10175, 10184, 10226, 10343, 10447, 10530, 10574, 10575, 10586, 10587, 10596, 10607, 10840, 10874, 10876, 10972, 11169, 11170, 11237, 11250, 11358, 11376, 11433, 11448, 11452, 11480, 11584, 11588, 11613, 11643, 11692, 11707, 11838, 12347

Reproduction / Reproductive, Fertility, or Feminization Problems in Animals Caused by Phytoestrogens, Isoflavones, or Unknown Causes. 10823, 10956, 11657, 12970, 13094

Republic of China (ROC). *See* Asia, East–Taiwan

Research & Development Centers. *See* Cornell University (Ithaca, New York), and New York State Agric. Exp. Station, Illinois, University of (Urbana-Champaign, Illinois). Soyfoods, Iowa State University / College (Ames, Iowa), and Univ. of Iowa (Iowa City), National Center for Agricultural Utilization Research (NCAUR) (USDA-ARS) (Peoria, Illinois), National Food Research Institute (NFRI) (Tsukuba, Ibaraki-ken, Japan), U.S. Regional Soybean Industrial Products Laboratory (Urbana, Illinois). Founded April 1936)

Research on Soybeans. 221, 2104, 3376, 3382, 4839, 5101, 6519, 6524, 6532, 7467, 8223, 8919, 9729, 11520, 11912, 12040, 12293

Resins, Plastics, and Plasticizers (Such as Epoxidized Soy Oil–ESO)–Industrial Uses of Soy Oil as a Drying Oil. 2925, 8982, 11136

Restaurants or cafeterias, vegetarian or vegan. *See* Vegetarian or Vegan Restaurants

Restaurants or delis, new, soyfoods. *See* Soyfoods Restaurants, New

Restaurants or delis, soyfoods. *See* Soyfoods Movement–Soyfoods Restaurants

Restaurants, Chinese, outside China, or Chinese recipes that use soy ingredients outside China. *See* Asia, East–China–Chinese Restaurants Outside China

Restaurants, Indonesian, outside Indonesia, or Indonesian recipes that use soy ingredients outside Indonesia. *See* Asia, Southeast–Indonesia–Indonesian Restaurants Outside Indonesia

Restaurants, Japanese, outside Japan, or Japanese recipes that use soy ingredients outside Japan. *See* Asia, East–Japan–Japanese Restaurants or Grocery Stores Outside Japan

Restaurants, Thai, outside Thailand, or Thai recipes that use soy ingredients outside Thailand. *See* Asia, Southeast–Thailand–Thai Restaurants or Grocery Stores Outside Thailand

Restaurants, Vietnamese, outside Vietnam, or Vietnamese recipes that use soy ingredients outside Vietnam. *See* Asia, Southeast–Vietnam–Vietnamese Restaurants or Grocery Stores Outside Vietnam

Restaurants, cafeterias, and cafés, health food. *See* Health Foods Restaurants, Cafeterias, and Cafés / Cafes (1890s to 1960s)

Restaurants, natural foods. *See* Natural Foods Restaurants in the United States

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Reunion. *See* Africa–Reunion (Réunion is a Department of France)

Reverse osmosis. *See* Membrane Technology Processes

Reviews of the literature. *See* Bibliographies and / or Reviews of the Literature

Rhizobium bacteria. *See* Soybean Production–Nitrogen Fixation

Rice Milk (Including Amazake) and Related Rice-Based Products (Some Made from Koji)–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 55, 57, 176, 1096, 2106, 6395, 10254, 10325

Rice Milk (Non-Dairy)–Amazake, Made with Rice Koji in the Traditional Way (Without Adding Commercial Enzymes). Also called Rice Milk or Rice Drink. 55, 57, 63, 64, 66, 85, 166, 176, 193, 201, 242, 269, 314, 327, 431, 659, 770, 901, 1096, 1283, 1315, 1457, 1556, 2106, 2309, 2340, 2391, 2393, 2517, 2590, 2667, 2795, 2861, 2906, 2952, 3031, 3042, 3071, 3072, 3073, 3147, 3150, 3293, 3352, 3357, 3358, 3475, 4019, 4126, 4284, 4402, 4450, 4743, 4745, 4841, 5025, 5124, 5440, 5758, 5759, 5769, 5783, 5885, 5916, 5946, 6077, 6234, 6266, 6395, 6406, 6597, 6682, 6841, 6959, 7039, 7326, 7459, 7542, 7799, 7906, 8245, 8366, 8451, 8479, 8676, 8817, 8823, 9015, 9018, 9056, 9078, 9154, 9234, 9324, 9518, 9631, 9767, 9919, 9928, 10009, 10030, 10061, 10079, 10149, 10152, 10164, 10224, 10254, 10276, 10325, 10329, 10516, 10597, 10862, 10890, 10893, 11081, 11108, 11149, 11192, 11324, 11375, 11395, 11651, 11692, 11820, 11850, 11853, 12217, 12282, 12480, 12682, 12720, 12761, 12764, 12768, 12838, 12902, 12917, 12999, 13140, 13159, 13290

Rice Milk (Non-Dairy)–Made with Commercial Enzymes, or a Mixture of Commercial Enzymes and Rice Koji. 10462, 10741, 10783, 10862, 10873, 10874, 10875, 10893, 11002, 11170, 11208, 11237, 11461

Rice Milk (Non-Dairy). 12359, 12363, 12365

Rice Milk Companies. *See* Grainaissance, Inc. (Emeryville, California)

Rice Milk Products–Ice Creams (Non-Dairy). 6941, 7043, 7221, 7427, 8163, 8451, 9348, 9413, 9614, 9686, 9934

Rice Milk Products–Puddings, Custards, Pies, Pastries, and Cookies (Non-Dairy). 3031, 3042, 4019, 4402, 7542, 7906, 9711, 10631, 10783

Rice Syrup and Yinnies (Called Mizuamé or Amé in Japan). 203, 242, 1283, 2667, 3347, 4434, 4906, 5601, 6955, 7205, 7410, 7476, 7542, 7789, 7895, 7933, 7978, 8199, 8246, 8433, 8451, 8452, 8551, 8553, 8956, 9100, 9316, 9518, 9555, 9599, 9614, 9742, 9756, 9813, 9916, 9928, 9992, 10110, 10111, 10149, 10294, 10493, 10564, 10569, 10597, 10631, 10741, 10960, 11035, 11108, 11213, 11350, 11366, 11373, 11682, 11739

Rice Vermicelli, Including Lock-Soy. 144, 172, 777

Rice koji. *See* Koji

Rice wine. *See* Sake

Rice, Brown. Also Called Whole Grain Rice or Hulled But Unpolished Rice. 527, 1236, 1508, 1774, 1961, 2255, 2382, 2497, 2592, 2636, 2646, 2795, 2870, 2923, 2928, 2952, 2983, 3000, 3015, 3031, 3073, 3134, 3150, 3156, 3159, 3213, 3347, 3427, 3484, 3579, 3594, 3651, 3668, 3684, 3782, 3824, 3935, 3969, 3997, 4019, 4179, 4388, 4434, 4563, 4735, 4745, 4756, 4883, 4897, 4906, 4944, 4967, 5015, 5054, 5160, 5165, 5243, 5534, 5601, 5605, 5608, 5783, 5787, 5791, 5852, 5874, 5880, 5936, 5986, 6004, 6112, 6166, 6182, 6268, 6323, 6389, 6417, 6423, 6454, 6460, 6474, 6516, 6550, 6642, 6843, 6984, 7039, 7069, 7422, 7481, 7542, 7660, 7719, 7786, 7815, 7827, 7955, 8144, 8245, 8375, 8451, 8544, 8694, 8719, 8768, 8769, 8787, 8863, 8864, 8952, 8958, 8965, 8990, 9078, 9100, 9299, 9308, 9331, 9413, 9518, 9563, 9589, 9643, 9664, 9711, 9734, 9802, 9899, 9910, 9916, 10050, 10076, 10119, 10198, 10339, 10469, 10597, 10600, 10741, 10744, 10889, 10988, 11073, 11108, 11157, 11232, 11307, 11366, 11372, 11382, 11405, 11468, 11515, 11553, 11583, 11614, 11679, 11691, 11739, 11754, 11799, 11805, 11847, 11853, 11863, 11872, 11879, 12132, 12174, 12176, 12228, 12349, 12363, 12390, 12403, 12426, 12437, 12661, 12728, 12734, 12917, 12948, 12999, 13066, 13085, 13138, 13159

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Rice-Based Foods–Rice Cakes (Round Western-Style Cakes of Puffed Rice, About 4 Inches in Diameter and ½ Inch Thick). 3347, 4906, 5523, 5534, 5601, 5787, 8823, 8868, 9299, 9570, 10149, 10276, 10597, 10881, 11058, 12507, 12999, 13080, 13084

Riceland Foods (Named Arkansas Grain Corp. before Sept. 1970). 10868, 10934, 11609

Rich Products Corporation (Buffalo, New York). 6894, 10219, 10220, 10221, 12147, 13293

Roads or highways used to transport soybeans. *See* Transportation of Soybeans or Soy Products to Market by Roads or Highways

Roasted / Parched Soybeans (*Irimame*) Used in the Bean-Scattering (*Mame-Maki*) Ceremony at Setsubun (Lunar New Year) in Japan.

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84, 327, 365, 431, 441, 1434, 1493, 1553, 1738, 1870, 2127, 2393, 2666, 3041, 3213, 3218, 6620, 6957, 8095, 12948

Roasted Soy Flour–Etymology of This Term and Its Cognates / Relatives in Various Languages. 176, 363, 996, 1283, 1341, 1461, 2144, 2855, 2942, 2961, 2971, 3462, 3662, 3719, 5443, 8168, 9107, 10963, 11793

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Roasted Whole Soy Flour (Kinako), Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 5366

Roasted Whole Soy Flour / Powder in China–Dou-fen / Tou-fen (Roasted with Dry Heat, Full-Fat). 1178, 5083, 6444, 6537, 6957, 8168, 9101, 11411, 11851

Roasted Whole Soy Flour / Powder in Korea–K'onggaru / K'ongaru / Konggaru / Konggomul / Kong Ka Ru (Roasted with Dry Heat, Full-Fat). 3462, 3662, 4013, 4404, 5046, 8168, 11793, 11851, 12367, 12979

Roasted Whole Soy Flour / Powder or Grits in Indonesia–Bubuk Kedele / Bubuk Kedelai (Roasted with Dry Heat, Full-Fat). 1454, 3462, 3715, 4013, 4128, 11411, 11851

Roberts, F.G. *See* Soy Products of Australia Pty. Ltd.

Rodale Press (Emmaus, Pennsylvania). 2441, 2839, 2929, 2939, 3107, 3109, 3282, 3288, 3314, 3353, 3356, 3361, 3505, 3510, 3533, 3980, 3997, 4098, 4349, 4350, 4370, 4405, 4487, 4499, 5024, 5100, 5102, 5252, 5404, 5407, 5510, 5635, 6244, 6550, 6551, 6578, 6842, 8476, 9145, 9672, 9865, 9935, 10836, 10891, 11087, 11211, 12560

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Rosewood Products Inc. and Tofu International Ltd. (Ann Arbor, Michigan, from 1987). Founded as The Soy Plant in Ann Arbor. Started in Jan. 1977. An Early Tofu Cooperative, Worker Owned and Operated. 3477, 3480, 3534, 3586, 3589, 3595, 3660, 3679, 3690, 3691, 3717, 3722, 3726, 3732, 3737, 3738, 3739, 3740, 3743, 3747, 3748, 3757, 3759, 3760, 3762, 3780, 3784, 3785, 3788, 3806, 3807, 3808, 3809, 3810, 3811, 3813, 3830, 3838, 3903, 3995, 3999, 4010, 4017, 4018, 4028, 4041, 4060, 4063, 4125, 4130, 4162, 4194, 4231, 4243, 4300, 4329, 4372, 4394, 4416, 4454, 4471, 4481, 4500, 4502, 4538, 4557, 4568, 4601, 4623, 4629, 4630, 4631, 4729, 4819, 4820, 4889, 4934, 4960, 4961, 5034, 5036, 5107, 5122, 5126, 5184, 5228, 5232, 5258, 5270, 5336, 5450, 5487, 5512, 5537, 5544, 5579, 5584, 5634, 5681, 5753, 5780, 5804, 5809, 5814, 5959, 6026, 6086, 6097, 6110, 6192, 6216, 6305, 6316, 6369, 6376, 6377, 6455, 6546, 6557, 6558, 6651, 6736, 6776, 6969, 7079, 7223, 7862, 7878, 7899, 7941, 7981, 8281, 8570, 8614, 9046, 9200, 9212, 9252, 9643, 9881, 10154, 10186, 10539, 10816, 10818, 11419, 11670, 11802, 12145, 12176, 12259, 12398, 12399, 12516, 13177, 13267

Ross & Rowe (Yelkin Lecithin, New York City). 9650

Royal Wessanen NV Co. *See* Tree of Life (St. Augustine, Florida)

Royal Wessanen, NV. *See* Wessanen (Royal) NV

Rubber Substitutes or Artificial / Synthetic Rubber (Factice)–Industrial Uses of Soy Oil as a Drying Oil. 716, 731, 782, 791, 862, 898, 932, 936, 951, 960, 963, 983, 984, 1039, 1078, 1114, 1115, 1571, 1593, 1613, 1631, 1632, 1645, 1727, 1852, 1902, 1998, 2739

Ruchi Soya Industries Ltd. (RSIL; Indore, Madhya Pradesh, and Mumbai, India). 5586, 10978, 12505, 12552, 13286

Russia. *See* Europe, Eastern–Russia

Russo-Japanese War (1904-1905)–Soybeans and Soyfoods. 491, 527, 558, 563, 620, 671, 672, 676, 677, 696, 711, 773, 981, 984, 1174, 1186, 1286, 1431

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Ryukyu Islands. *See* Okinawa

Safety concerns about soy in human diets. *See* Concerns about the Safety, Toxicity, or Health Benefits of Soy in Human Diets

Saishikomi. *See* Soy Sauce–Saishikomi

Sake–Rice Wine. In Japanese also spelled Saké, Saki, Sakki, Sacke, Sackee, Saque. In Chinese spelled Jiu (pinyin) or Chiu (Wade-Giles). 20, 50, 54, 57, 66, 89, 166, 176, 180, 193, 232, 242, 248, 288, 293, 314, 322, 327, 367, 395, 446, 494, 583, 770, 953, 1056, 1078, 1088, 1283, 1286, 1287, 1315, 1341, 1566, 2106, 2541, 2910, 3776, 5946, 11796, 12301

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Samoa. *See* Oceania–Samoa

San Jirushi Corp., and San-J International (Kuwana, Japan; and Richmond, Virginia). Purchased in Nov. 2005 by Yamasa Corporation. 4182, 4434, 6068, 6167, 6234, 6241, 6309, 6326, 6474, 6497, 7580, 8192, 8395, 8788, 8850, 9098, 9248, 9796, 9935, 9950, 10066, 10148, 10650, 11697, 13182

Sandoz AG (Basel, Switzerland). Merged with Ciba-Geigy in March 1996 to Become Novartis. 2545, 2684, 2835, 5220, 5521, 5613, 5648, 5669, 6009, 6092, 6249, 6279, 6287, 6433, 6499, 6500, 6513, 6705, 6730, 6749, 6972, 7236, 7364, 7482, 7483, 7682, 7958, 7968, 7969, 7970, 8082, 8240, 8516, 8603, 8760, 8764, 8831, 8932, 8966, 8970, 9001, 9002, 9003, 9004, 9005, 9006, 9048, 9049, 9050, 9192, 9196, 9202, 9296, 9397, 9405, 9455, 9470, 9535, 9604, 9680, 9716, 9720, 9864, 10031, 10530, 10684, 10796, 10811, 10812, 10834, 10954, 11521, 11725, 12003

Sanitarium Health Food Company (Wahroonga, NSW, Australia). In 2002 they acquired SoyaWorld of British Columbia, Canada. 2807, 5108, 5209, 8116, 9501, 9550, 9553, 9922, 10456, 10881, 11396, 11548, 12218, 12867, 12871, 12899, 13289

Sanitation and spoilage of food. *See* Microbiological Problems (Food Spoilage, Sanitation, and Contamination)

Saponins (Bitter Carbohydrates / Glucosides That Cause Foaming). 1497, 2128, 2231, 2511, 3360, 3992, 5011, 5021, 6364, 8019, 8067, 8615, 9077, 9656, 9954, 10062, 10774, 10857, 10967, 11313

Sauce, soy nugget. *See* Fermented Black Soybean Extract

Sausages, meatless. *See* Meat Alternatives–Meatless Sausages

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Scotland. *See* Europe, Western–Scotland (Part of United Kingdom)

Screw presses. *See* Soybean Crushing–Equipment–Screw Presses and Expellers

Sea Vegetables–Imports, Exports, International Trade. 698, 910

Sea Vegetables or Edible Seaweeds, Often Used with Soyfoods. 23, 115, 138, 167, 172, 195, 207, 217, 232, 242, 248, 279, 283, 288, 292, 313, 316, 322, 351, 358, 365, 448, 455, 466, 469, 487, 512, 528, 533, 553, 558, 578, 606, 696, 697, 713, 736, 897, 899, 910, 923, 925, 985, 986, 1088, 1117, 1153, 1175, 1308, 1315, 1341, 1506, 1567, 1628, 1650, 1653, 1722, 1724, 1740, 1771, 1774, 1848, 1869, 1924, 2021, 2097, 2131, 2213, 2226, 2243, 2288, 2340, 2356, 2357, 2382, 2393, 2441, 2474, 2485, 2497, 2538, 2540, 2566, 2586, 2592, 2611, 2613, 2657, 2667, 2713, 2737, 2758, 2774, 2795, 2797, 2803, 2804, 2806, 2835, 2839, 2870, 2888, 2906, 2910, 2914, 2918, 2923, 2942, 2952, 2953, 2954, 2961, 2968, 2983, 2987, 3032, 3033, 3036, 3043, 3046, 3066, 3074, 3103, 3105, 3113, 3144, 3145, 3150, 3151, 3208, 3213, 3215, 3242, 3243, 3247, 3313, 3325, 3338, 3347, 3352, 3353, 3355, 3356, 3357, 3358, 3387, 3412, 3432, 3445, 3451, 3452, 3460, 3484, 3543, 3549, 3565, 3594, 3663, 3667, 3684, 3718, 3727, 3731, 3797, 3825, 3894, 3943, 3965, 3976, 4131, 4175, 4179, 4200, 4247, 4272, 4284, 4380, 4402, 4406, 4434, 4463, 4474, 4500, 4563, 4576, 4630, 4716, 4745, 4757, 4793, 4819, 4833, 4844, 4862, 4863, 4869, 4874, 4879, 4906, 4944, 4951, 5188, 5227, 5261, 5269, 5299, 5336, 5349, 5362, 5366, 5368, 5376, 5386, 5391, 5401, 5439, 5457, 5470, 5568, 5573, 5601, 5699, 5745, 5832, 5873, 5874, 5879, 5885, 5896, 5916, 5922, 5936, 5946, 5974, 6020, 6113, 6166, 6174, 6175, 6205, 6230, 6266, 6273, 6295, 6308, 6312, 6379, 6388, 6389, 6406, 6407, 6414, 6417, 6419, 6430, 6438, 6474, 6496, 6551, 6637, 6841, 6843, 6857, 6867, 6879, 6928, 6930, 6972, 6980, 6988, 7039, 7051, 7100, 7111, 7130, 7251, 7304, 7306, 7308, 7329, 7330, 7391, 7476, 7509, 7513, 7542, 7558, 7576, 7623, 7639, 7660, 7707, 7724, 7749, 7795, 7811, 7816, 7817, 7842, 7895, 7906, 7974, 8030, 8084, 8107, 8109, 8138, 8180, 8181, 8191, 8213, 8215, 8245, 8285, 8304, 8314, 8328, 8394, 8466, 8483, 8512, 8517, 8631, 8632, 8675, 8715, 8756, 8787, 8800, 8868, 8907, 8985, 9015, 9017, 9018, 9021, 9029, 9039, 9070, 9078, 9099, 9104, 9105, 9133, 9154, 9234, 9290, 9294, 9379, 9465, 9507, 9518, 9576, 9580, 9584, 9589, 9605, 9631, 9643, 9711, 9718, 9731, 9732, 9744, 9753, 9766, 9767, 9777, 9906, 9911, 9916, 9928, 9931, 9950, 10009, 10012, 10041, 10050, 10066, 10079, 10115, 10122, 10131, 10147, 10149, 10164, 10168, 10254, 10258, 10269, 10276, 10325, 10329, 10334, 10350, 10404, 10447, 10466, 10488, 10508, 10594, 10597, 10602, 10647, 10720, 10744, 10749, 10752, 10889, 10932, 11000, 11002, 11034, 11058, 11073, 11081, 11108, 11149, 11157, 11228, 11299, 11304, 11322, 11335, 11366, 11375, 11378, 11495, 11525, 11526, 11538, 11553, 11619, 11633, 11677, 11679, 11695, 11781, 11785, 11796, 11797, 11820, 11839, 11850, 11898, 12015, 12018, 12019, 12103, 12229, 12237, 12238, 12265, 12301, 12313, 12333, 12353, 12363, 12365, 12395, 12500, 12507, 12560, 12583, 12604, 12620, 12652, 12682, 12684, 12734, 12764, 12851, 12902, 12922, 12941, 12948, 13000, 13081

Seafood, meatless. *See* Meat Alternatives–Meatless Fish, Shellfish, and Other Seafood-like Products

Seaweeds, edible. *See* Sea Vegetables

Second Generation Soyfood Products. 4016, 4179, 4441, 5344, 5470, 6167, 6295, 7162, 7887, 8001, 9718, 10138, 12229, 12299

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Seed Cleaning–Especially for Food or Seed Planting Uses. 53, 711, 721, 727, 738, 814, 1057, 1156, 1750, 2217, 2234, 2291, 2670, 3061, 4326, 8623, 9712, 10674, 10680, 11014, 11111, 11569

Seed Color (Soybeans)–Gives the Color of Seed (and Often Hilum) for Various Specific Varieties. See also: Soybean Seeds of Different Colors. 183, 246, 280, 304, 316, 351, 372, 387, 609, 616, 619, 684, 974, 999, 1121, 1130, 1143, 1265, 1609, 1663, 1714, 1726, 1783, 2114, 2117, 2330, 2444, 4009, 10682

Seed Companies and Seedsmen, Early Soybean, Worldwide (Especially Before 1925)–Including Siebold & Co., Vilmorin-Andrieux, Wood & Sons, Haage & Schmidt, Dammann & Co., Peter Henderson, Thorburn & Co., Mark W. Johnson, Johnson &

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Stokes, Harry N. Hammond, Burpee, E.E. Evans, Funk Bros. Seed Co. 163, 164, 165, 243, 255, 258, 268, 286, 304, 336, 360, 386, 509, 565, 566, 607, 609, 613, 673, 684, 773, 914, 1001, 1118, 1189, 1606, 1663, 1666, 1756, 2027

Seed Germination or Viability–Not Including Soy Sprouts. 443, 773, 788, 857, 1010, 1033, 1091, 1170, 1713, 12197

Seed Quality of Soybeans–Condition, Grading, and Grades (Moisture, Foreign Material, Damage, etc.). 1199, 1376, 1998, 2024, 2217, 2234, 2235, 2291, 2315, 2330, 2351, 2451, 2978, 2979, 3978, 4332, 4537, 4839, 5030, 7349, 8197, 8596, 10112, 10414, 10662, 10674, 11019

Seed Quality, Composition, and Component / Value-Based Pricing (Percentage and Quality of Protein, Oil, Fatty Acids, etc.). 3511, 4865, 8083, 8185, 8197, 8447, 9411, 9415, 9481, 10414, 10829, 11443

Seed Treatment with Chemicals (Usually Protectant Fungicides) for Protection. (For Treatment with Nitrogen-Fixing Bacteria see–Soybean Production–Nitrogen Fixation & Inoculation). 3376, 10753

Seed Weight / Size (Soybeans)–Weight of 100 Seeds / Grains in Grams, or Number of Seeds Per Pound or Per Kilogram, and Agronomic Significance of Seed Weight. 239, 494, 565, 616, 824, 1143, 1157, 1714, 1726, 2079, 2117, 2330, 2444, 2686, 3380, 4009, 6017, 6180, 7994, 8953, 9220, 9221, 10210, 10661, 10682, 10835, 11367, 11442, 11937, 12178, 12186, 12714

Seed and plant introduction to the USA. *See* United States Department of Agriculture (USDA)–United States Department of Agriculture (USDA)–Section of Foreign Seed and Plant Introduction

Seed companies–Thompson. *See* Thompson (W.G.) & Sons Limited, Blenheim, Ontario, Canada

Seed companies, soybean. *See* Asgrow (Des Moines, Iowa), Dammann & Co. (San Giovanni a Teduccio {near Naples}, Italy), DuPont (E.I. Du Pont de Nemours & Co., Inc.) (Wilmington, Delaware), Evans Seed Co. (West Branch, Ogemaw County, Michigan) and Mr. Edward Ellsworth Evans (1864-1928), Funk Brothers Seed Co. (Bloomington, Illinois), Haage & Schmidt (Erfurt, Germany), Hartz (Jacob) Seed Co. (Stuttgart, Arkansas), Monsanto Co. (St. Louis, Missouri), Northrup King Co., Peter Henderson & Co. (New York City), Pioneer Hi-Bred International, Inc. (Des Moines, Iowa), Vilmorin-Andrieux & Co. (France), Wannamaker (John E.) (St. Matthews, South Carolina), Wing Seed Co. (Mechanicsburg, Champaign County, Ohio)

Seed quality development in soybeans. *See* Breeding or Evaluation of Soybeans for Seed Quality, such as Low in Trypsin Inhibitors, Lipoxygenase, Linolenic Acid, etc.

Seed, Food or Feed Composition–High-Speed Measurement Techniques, such as Near Infrared Reflectance (NIR) or Transmitance (NIT) Anlysis and Spectrophotometry. 8197, 10829, 11443

Seedlings, soybean. *See* Green Vegetable Soybeans–Soybean Seedlings or Their Leaves Served as a Tender Vegetable. Called *Doumiao* in Chinese

Seeds, soybean–Variety development and breeding of soybeans. *See* Variety Development and Breeding

Seitan. *See* Wheat Gluten Made into Seitan

Sensory evaluation. *See* Taste Panel, Taste Test Results, or Sensory / Organoleptic Evaluation

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Seventh-day Adventist writings or products (especially early) related to dietary fiber. *See* Fiber–Seventh-day Adventist Writings or Products

Seventh-day Adventist writings or products (especially early) related to peanut butter. *See* Peanut Butter–Seventh-day Adventist Writings or Products

Seventh-day Adventists–Adventist Small Food Companies in the USA. Including Butler Food Products, Cedar Lake Foods, Hilkrest / Hillcrest, Lange Foods, Millstone Foods, Texas Protein Sales. See also: Battle Creek Foods, Loma Linda Foods, La Sierra Industries, Madison Foods, or Sovex Natural Foods (Fully Life Inc.). 1606, 1856, 1857, 1954, 1955, 4434, 5176, 6218, 9230, 13297

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Seventh-day Adventists. *See* Fuller Life Inc., Harrison, D.W. (M.D.), and Africa Basic Foods (Uganda), Kellogg, John Harvey (M.D.) (1852-1943), Sanitas Nut Food Co. and Battle Creek Food Co., Kellogg, Will Keith,... Kellogg Co., Kloss, Jethro (1863-1946) and his Book *Back to Eden*, Loma Linda Foods (Riverside, California), Loma Linda University (Loma Linda, California), Madison Foods and Madison College (Madison, Tennessee), Miller, Harry W. (M.D.) (1879-1977), Van Gundy, Theodore A., and La Sierra Industries (La Sierra, California), White, Ellen G (1827-1915), Worthington Foods, Inc. (Worthington, Ohio)

Shadowfax. *See* Natural Food Distributors and Master Distributors–General and Other Smaller: Cliffrose, Shadowfax, etc.

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Showa Shoyu Brewing Co. (Glendale, Arizona). Maker of Marusho Shoyu. Founded by John Tadano in about 1942. 1562, 2073, 13182

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South River Miso Co. (Conway, Massachusetts). Including Ohio Miso Co. 3353, 3356, 3361, 3776, 4047, 4188, 5001, 5986, 8537, 8630, 10539, 10696, 12347, 12951

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Soy Cheese–Fermented, Western Style, That Melts. May Contain Casein (Cow's Milk Protein). 683, 779, 826, 3008, 3106, 3161, 3652, 3954, 3982, 4179, 4981, 5340, 7083, 7649, 8023, 8025, 8179, 8564, 8570, 8664, 8710, 8773, 9330, 9577, 10220, 10267, 10587, 11136, 11375, 11413, 12902

Soy Cheese–Non-Fermented, Western Style, That Melts. Typically Made with Tofu or Isolated Soy Proteins. Usually Contains Casein (A Protein from Cow's Milk). 2767, 3064, 5140, 6209, 6296, 7041, 7343, 7388, 7463, 7510, 7518, 7543, 7549, 7557, 7611, 7627, 7677, 7886, 7906, 7914, 7923, 7972, 7990, 8031, 8074, 8084, 8100, 8201, 8211, 8420, 8458, 8499, 8542, 8551, 8561, 8562, 8564, 8573, 8968, 9034, 9037, 9046, 9051, 9067, 9084, 9379, 9404, 9440, 9442, 9443, 9555, 9577, 9578, 9587, 9596, 9655, 9676, 9784, 9807, 9808, 9941, 9968, 10052, 10053, 10069, 10075, 10104, 10138, 10173, 10181, 10194, 10238, 10302, 10316, 10321, 10330, 10415, 10468, 10494, 10555, 10564, 10576, 10586, 10587, 10588, 10609, 10807, 10905, 10949, 10977, 10999, 11169, 11208, 11332, 11343, 11358, 11378, 11409, 11433, 11452, 11461, 11477, 11478, 11584, 11588, 11613, 11619, 11620, 11622, 11643, 11692, 11838, 11872, 12072, 12350

Soy Cheese Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 4555, 7682, 8278, 8458, 8466, 9023, 9911, 10574, 10575, 10578, 10873, 10876, 11250, 11584, 11588

Soy Cheese Industry and Market Statistics, Trends, and Analyses–Individual Companies. 8201, 8499, 8573, 9576, 9807, 10138, 10175, 10574, 10575, 11169, 11409, 11584, 11588

Soy Cheese or Cheese Alternatives–General, Western Style, That Melts. Often Contains Casein (Cow's Milk Protein). 515, 728, 1537, 2812, 3149, 3353, 3356, 4848, 5176, 5652, 5876, 6484, 6497, 6579, 7219, 7237, 7350, 7461, 7466, 7682, 7687, 7701, 7736, 7810, 7823, 7922, 7925, 7966, 7973, 8056, 8070, 8220, 8248, 8278, 8395, 8428, 8466, 8525, 8649, 8673, 8806, 8850, 8874, 8935, 8956, 8987, 8989, 8993, 9002, 9039, 9058, 9216, 9236, 9237, 9267, 9341, 9370, 9419, 9424, 9483, 9492, 9519, 9576, 9585, 9606, 9610, 9659, 9719, 9767, 9890, 9894, 9911, 9916, 9952, 9965, 9975, 10028, 10127, 10129, 10131, 10183, 10190, 10209, 10271, 10273, 10334, 10356, 10386, 10391, 10405, 10406, 10438, 10442, 10447, 10454, 10462, 10574, 10575, 10578, 10587, 10602, 10607, 10621, 10622, 10744, 10778, 10783, 10792, 10859, 10862, 10873, 10874, 10875, 10876, 10898, 10899, 10936, 10972, 11002, 11048, 11098, 11121, 11134, 11148, 11162, 11173, 11222, 11229, 11237, 11250, 11313, 11324, 11333, 11334, 11398, 11480, 11513, 11548, 11576, 11577, 11595, 11597, 11610, 11618, 11625, 11639, 11652, 11694, 11699, 11714, 11726, 11727, 11742, 11754, 11759, 11811, 11821, 11830, 11874, 11962, 12023, 12059, 12071, 12087, 12160, 12237, 12248, 12310, 12330, 12347, 12353, 12359, 12362, 12363, 12365, 12405, 12496, 12683, 12684, 12691, 13288

Soy Cheese or Cream Cheese, Used as an Ingredient in Second Generation Commercial Products Such as Entrees, Pizza, etc. 7922, 8096, 8199, 8211, 9180, 9228, 9555, 9582, 9583, 9587, 9588, 9654, 9655, 9802, 9813, 9853, 9941, 10189, 10316, 10396, 10415, 10555, 10564, 10566, 10587, 11021, 11022, 12433

Soy Cheesecake or Cream Pie, Usually Made with Tofu. 1869, 2009, 2284, 2758, 2888, 2896, 3042, 3097, 3103, 3106, 3147, 3161, 3213, 3215, 3274, 3336, 3418, 3425, 3549, 3594, 3605, 3630, 3637, 3661, 3681, 3703, 3704, 3724, 3727, 3760, 3787, 3807, 3819, 3833, 3836, 3894, 3954, 3961, 3997, 4074, 4162, 4179, 4194, 4195, 4201, 4246, 4330, 4351, 4355, 4406, 4421, 4475, 4477, 4487, 4500, 4509, 4519, 4527, 4531, 4568, 4600, 4609, 4634, 4635, 4693, 4698, 4725, 4729, 4731, 4732, 4756, 4769, 4775, 4783, 4793, 4805, 4829, 4842, 4871, 4889, 4951, 4974, 4985, 4988, 5019, 5043, 5078, 5097, 5125, 5146, 5156, 5168, 5182, 5192, 5197, 5208, 5218, 5225, 5252, 5284, 5299, 5373, 5405, 5419, 5457, 5470, 5476, 5503, 5532, 5577, 5581, 5589, 5627, 5644, 5703, 5706, 5768, 5863, 5864, 5866, 5874, 5892, 5905, 5949, 5959, 6049, 6156, 6166, 6167, 6191, 6219, 6244, 6259, 6267, 6289, 6295, 6316, 6406, 6423, 6463, 6600, 6618, 6635, 6649, 6722, 6768, 6769, 6897, 6912, 6989, 7013, 7041, 7096, 7215, 7249, 7331, 7476, 7477, 7566, 7568, 7717, 7798, 7832, 7936, 7955, 8015, 8138, 8201, 8206, 8213, 8215, 8218, 8231, 8378, 8458, 8467, 8476, 8521, 8548, 8624, 8633, 8646, 8682, 8685, 8692, 8816, 8823, 8913, 8962, 9032, 9229, 9483, 9511, 9616, 9690, 9700, 9712, 9718, 9777, 9818, 9916, 9931, 9996, 10056, 10119, 10120, 10121, 10149, 10150, 10226, 10343, 10425, 10598, 10600, 10608, 10630, 10631, 10659, 10688, 10741, 10744, 10773, 10915, 11014, 11221, 11222, 11328, 11394, 11430, 11455, 11465, 11472, 11563, 11565, 11647, 11672, 11676, 11689, 11699, 11708, 11711, 11726, 11807, 11863, 11943, 12041, 12183, 12229, 12262, 12330, 12332, 12362, 12398, 12422, 12948

Soy Chocolate (Toasted Soy Flour) (Also includes use of non-roasted Soy Flour or Soymilk in Making Chocolate). 252, 254, 295, 731, 782, 788, 790, 860, 898, 916, 917, 932, 936, 944, 960, 961, 983, 984, 1095, 1121, 1122, 1170, 1294, 1361, 1491, 1543, 1551, 1628, 1631, 1649, 1715, 1720, 1756, 1775, 1789, 1823, 1869, 1924, 2022, 2026, 2042, 2209, 2210, 2239, 2327, 5443

Soy Coffee (Roasted Soy Flour)–Etymology of This Term and Its Cognates / Relatives in Various Languages. 183, 374, 668, 790, 961, 972, 1170, 1736, 2119, 3719, 3730

Soy Coffee–Made from Roasted Soy Flour or Ground Roasted Soybeans. 183, 221, 239, 241, 252, 254, 258, 264, 271, 277, 295, 303, 306, 331, 338, 379, 390, 415, 418, 423, 427, 444, 447, 480, 504, 564, 589, 600, 602, 613, 619, 621, 668, 673, 675, 680, 681, 684, 685, 701, 720, 723, 726, 731, 738, 768, 773, 777, 778, 782, 788, 790, 821, 858, 860, 862, 898, 915, 916, 917, 920, 921, 932, 936, 944, 945, 949, 951, 958, 960, 961, 963, 971, 972, 976, 983, 984, 992, 996, 997, 1001, 1004, 1005, 1022, 1031, 1060, 1063, 1065, 1076, 1078, 1095, 1102, 1121, 1122, 1152, 1156, 1170, 1186, 1189, 1236, 1267, 1294, 1310, 1337, 1347, 1361, 1367, 1372, 1422, 1434, 1440, 1441, 1461, 1475, 1485, 1491, 1495, 1498, 1501, 1507, 1513, 1537, 1539, 1542, 1543, 1544, 1547, 1549, 1551, 1563, 1571, 1572, 1575, 1576, 1593, 1610, 1613, 1624, 1628, 1629, 1632, 1643, 1645, 1649, 1652, 1653, 1662, 1663, 1667, 1669, 1710, 1715, 1720, 1721, 1727, 1736, 1737, 1741, 1750, 1763, 1771, 1774, 1775, 1782, 1784, 1785, 1789, 1790, 1796, 1797, 1799, 1800, 1821, 1823, 1825, 1833, 1842, 1845, 1852, 1875, 1890, 1902, 1915, 1924, 1925, 1926, 1929, 1945, 1959, 1963, 1964, 1967, 1988, 1991, 1998, 2022, 2024, 2031, 2035, 2042, 2047, 2062, 2087, 2103, 2119, 2150, 2156, 2209, 2210, 2230, 2239, 2320, 2403, 2519, 2537, 2551, 2663, 2713, 2734, 2851, 2855, 3106, 3161, 3221, 3447, 3462, 3546, 3590, 3614, 3719, 3730, 3812, 3859, 3949, 3954, 3961, 4013, 4029, 4831, 4842, 4981, 5015, 5052, 5204, 5370, 5378, 5443, 5561, 5612, 5621, 5665, 5902, 5932, 6043, 6582, 7166, 7332, 7796, 7957, 8093, 8400, 8462, 8486,

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8822, 8916, 8929, 8965, 9338, 9581, 9818, 10064, 10131, 10223, 10260, 10499, 10529, 10654, 10786, 11229, 11547, 12597, 12879, 13000, 13048, 13083, 13282, 13294

Soy Cream Cheese–Etymology of This Term and Its Cognates / Relatives in Various Languages. 1537, 1774

Soy Cream Cheese, Usually Made of Tofu or Soy Yogurt. 1537, 1539, 1774, 2284, 2306, 2432, 2976, 3042, 3161, 3594, 3628, 3681, 3687, 3777, 3818, 3961, 4005, 4159, 4179, 4963, 5141, 5192, 5373, 5405, 5470, 5949, 6049, 6133, 6226, 6295, 7021, 7582, 7649, 7904, 8069, 8201, 8215, 8218, 8219, 8261, 8306, 8458, 8548, 8564, 8570, 8633, 8642, 8806, 8823, 8832, 8868, 8875, 9015, 9023, 9034, 9078, 9266, 9583, 9711, 9718, 9931, 9940, 10056, 10167, 10226, 10331, 10396, 10447, 10494, 10574, 10575, 10576, 10587, 10596, 10692, 10744, 11005, 11021, 11022, 11170, 11173, 11284, 11376, 11553, 11647, 11695, 11747, 11847, 11962, 12085, 12086, 12183, 12229, 12297, 12362, 12363, 12396, 12433, 12511, 12580, 12596, 12619, 12734, 12755, 12805, 13252

Soy Daily (The)–Online E-zine published by Paul & Gail King (Nov. 2000 -). 12046, 12283, 12595, 12677, 13194

Soy Flour–Imports, Exports, International Trade. 9116

Soy Flour–Whole or Full-fat. 5, 6, 29, 54, 76, 151, 159, 170, 172, 198, 219, 249, 254, 279, 283, 295, 301, 302, 330, 331, 346, 350, 359, 373, 391, 402, 412, 419, 435, 447, 488, 504, 509, 524, 565, 578, 589, 733, 1082, 1112, 1128, 1267, 1282, 1290, 1294, 1325, 1357, 1436, 1437, 1440, 1473, 1483, 1491, 1502, 1543, 1551, 1610, 1622, 1632, 1643, 1664, 1712, 1721, 1801, 1833, 1908, 1975, 2005, 2041, 2042, 2088, 2142, 2143, 2163, 2253, 2290, 2320, 2323, 2343, 2350, 2409, 2514, 2537, 2545, 2555, 2559, 2589, 2603, 2653, 2665, 2679, 2684, 2693, 2768, 2855, 2900, 2907, 2965, 2979, 3000, 3013, 3077, 3127, 3132, 3134, 3140, 3148, 3213, 3215, 3240, 3255, 3321, 3362, 3454, 3462, 3489, 3504, 3671, 3885, 3909, 3910, 3956, 3972, 3996, 4128, 4183, 4447, 4464, 4577, 4736, 4766, 4981, 5005, 5052, 5108, 5188, 5378, 5405, 5502, 5586, 5621, 5699, 5932, 6436, 6498, 6516, 6517, 6657, 6835, 6837, 6839, 6859, 6906, 6983, 7071, 7133, 7189, 7214, 7215, 7332, 7343, 7466, 7467, 7733, 7893, 8035, 8066, 8072, 8083, 8671, 8679, 8792, 8965, 8981, 9033, 9167, 9360, 9433, 9487, 9489, 9887, 9951, 10004, 10064, 10098, 10256, 10425, 10532, 10533, 10656, 10813, 10951, 10971, 10979, 10986, 10996, 10997, 11038, 11229, 11374, 11536, 11549, 12142, 12234, 12546, 12552, 12578, 12846, 12853, 12941, 12948, 13286, 13295

Soy Flour Equipment. 2559

Soy Flour Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 2142, 2555, 2684, 2796, 5005, 5061, 5297, 6992, 9116, 9487, 9492, 9951, 10260, 10530, 11253

Soy Flour Industry and Market Statistics, Trends, and Analyses–Individual Companies or Products. 10530, 10997

Soy Flour or Defatted Soybean Meal in Cereal-Soy Blends, with Emphasis on Dry Products Used in Third World Countries (such as CSM, WSB, etc.). 1024, 2142, 2232, 2318, 2675, 2971, 2977, 2978, 3252, 3321, 3360, 3454, 3462, 3978, 4013, 4885, 6436, 6906, 6983, 6992, 7342, 7600, 8168, 8786, 8981, 9489, 9539, 9841, 9887, 10530, 11147, 11229, 13060, 13286

Soy Flour, Defatted or Partially Defatted, Used as an Ingredient in Second Generation Commercial Products Such as Baked Goods, Pasta, etc. 1791, 5078, 5191, 5815, 5993, 5996, 7171, 8967, 9292, 9599, 9752, 9835, 9875, 9939, 10209, 10369, 10824, 11531, 12668

Soy Flour, Grits and Flakes (Usually Defatted)–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 172, 301, 373, 402, 412, 613, 652, 973, 1998, 2119, 2239

Soy Flour, Grits, Meal, Powder, or Flakes–For Food Use (Usually Defatted or Low-Fat). See also Soy Flour–Whole or Full-fat. 213, 224, 343, 345, 383, 457, 504, 536, 609, 612, 613, 616, 617, 620, 621, 652, 655, 657, 658, 661, 662, 663, 664, 667, 671, 673, 675, 680, 685, 686, 705, 707, 708, 711, 713, 716, 721, 723, 725, 726, 727, 728, 731, 732, 733, 738, 767, 769, 772, 773, 779, 786, 788, 790, 791, 814, 815, 819, 822, 824, 825, 850, 859, 860, 861, 862, 864, 866, 868, 873, 874, 898, 911, 914, 916, 917, 919, 920, 921, 922, 932, 936, 937, 941, 944, 945, 951, 954, 957, 958, 960, 961, 963, 965, 966, 967, 968, 972, 973, 975, 976, 977, 982, 983, 984, 990, 992, 993, 996, 1000, 1001, 1002, 1004, 1015, 1018, 1022, 1025, 1028, 1031, 1034, 1039, 1040, 1049, 1054, 1055, 1060, 1063, 1067, 1076, 1078, 1081, 1082, 1086, 1091, 1095, 1096, 1102, 1104, 1105, 1113, 1117, 1121, 1122, 1126, 1129, 1152, 1154, 1156, 1157, 1161, 1163, 1170, 1184, 1186, 1189, 1192, 1199, 1236, 1262, 1263, 1266, 1290, 1293, 1294, 1296, 1305, 1308, 1309, 1317, 1319, 1343, 1364, 1367, 1370, 1372, 1378, 1379, 1381, 1431, 1436, 1441, 1461, 1467, 1469, 1472, 1475, 1477, 1479, 1488, 1489, 1495, 1496, 1497, 1498, 1499, 1501, 1502, 1507, 1508, 1517, 1536, 1542, 1543, 1544, 1545, 1550, 1551, 1552, 1561, 1563, 1565, 1567, 1568, 1572, 1575, 1576, 1577, 1579, 1600, 1607, 1608, 1610, 1613, 1622, 1624, 1626, 1628, 1629, 1631, 1635, 1637, 1638, 1639, 1641, 1643, 1645, 1649, 1652, 1653, 1662, 1663, 1664, 1666, 1710, 1712, 1714, 1720, 1723, 1725, 1726, 1727, 1728, 1729, 1730, 1731, 1736, 1737, 1741, 1742, 1745, 1749, 1750, 1751, 1756, 1758, 1762, 1763, 1769, 1771, 1774, 1775, 1782, 1783, 1785, 1789, 1790, 1795, 1796, 1797, 1798, 1800, 1821, 1823, 1825, 1826, 1827, 1829, 1833, 1835, 1837, 1841, 1842, 1845, 1848, 1852, 1863, 1864, 1865, 1867, 1868, 1869, 1875, 1894, 1902, 1915, 1924, 1925, 1926, 1929, 1931, 1932, 1933, 1934, 1945, 1949, 1952, 1956, 1958, 1959, 1960, 1961, 1962, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1982, 1991, 1998, 2001, 2008, 2011, 2013, 2021, 2022, 2024, 2026, 2027, 2028, 2029, 2031, 2033, 2039, 2040, 2047, 2055, 2062, 2069, 2085, 2089, 2100, 2104, 2108, 2112, 2113, 2114, 2117, 2119, 2128, 2129, 2132, 2142, 2150, 2156, 2158, 2163, 2173, 2175, 2182, 2188, 2202, 2209, 2215, 2230, 2231, 2232, 2234, 2239, 2249, 2250, 2253, 2255, 2273, 2284, 2302, 2303, 2306, 2307, 2308, 2342, 2346, 2348, 2349, 2353, 2354, 2364, 2365, 2372, 2401, 2403, 2410, 2414, 2428, 2435, 2445, 2476, 2477, 2479, 2487, 2488, 2489, 2493, 2498, 2511, 2519, 2539, 2545, 2557, 2559, 2565, 2585, 2587, 2589, 2597, 2604, 2613, 2631, 2647, 2653, 2669, 2675, 2679, 2680, 2684, 2693, 2695, 2698, 2713, 2721, 2722, 2729, 2730, 2735, 2751, 2764, 2767, 2796, 2802, 2807, 2812, 2825, 2835, 2850, 2851, 2854, 2857, 2862, 2863, 2880, 2884, 2889, 2898, 2906, 2913, 2921, 2925, 2929, 2938, 2957, 2958, 2962, 2963, 2964, 2965, 2967, 2971, 2976, 2978, 2979, 2983, 2998, 3000, 3001, 3006, 3013, 3018, 3019, 3021, 3033, 3036, 3037, 3039, 3042, 3043, 3048, 3055, 3069, 3094, 3105, 3106, 3125, 3128, 3130, 3131, 3134, 3137, 3138, 3148, 3150, 3156, 3161, 3162, 3164, 3169, 3189, 3201, 3203, 3213, 3215, 3226, 3239, 3241, 3243, 3244, 3249, 3252, 3254, 3255, 3256, 3299, 3302,

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3321, 3332, 3349, 3360, 3370, 3375, 3376, 3425, 3430, 3431, 3432, 3434, 3435, 3441, 3447, 3462, 3464, 3466, 3489, 3497, 3546, 3590, 3614, 3615, 3620, 3625, 3634, 3638, 3651, 3653, 3664, 3676, 3684, 3803, 3812, 3823, 3943, 3946, 3949, 3950, 3951, 3952, 3954, 3957, 3961, 3962, 3963, 3965, 3969, 3978, 3980, 3992, 3994, 4005, 4007, 4009, 4013, 4017, 4037, 4056, 4102, 4131, 4132, 4148, 4365, 4431, 4434, 4439, 4447, 4557, 4574, 4577, 4591, 4643, 4649, 4659, 4766, 4834, 4839, 4842, 4845, 4847, 4850, 4856, 4857, 4864, 4868, 4869, 4874, 4885, 5011, 5013, 5015, 5021, 5024, 5036, 5052, 5058, 5080, 5083, 5144, 5176, 5204, 5211, 5227, 5297, 5328, 5329, 5334, 5349, 5365, 5369, 5370, 5378, 5391, 5399, 5403, 5443, 5561, 5576, 5578, 5586, 5606, 5612, 5621, 5673, 5802, 5889, 5896, 5901, 5902, 5908, 5920, 5932, 5936, 5968, 5982, 6006, 6043, 6063, 6069, 6098, 6101, 6102, 6103, 6226, 6227, 6252, 6261, 6275, 6404, 6410, 6423, 6425, 6432, 6514, 6515, 6525, 6550, 6552, 6561, 6582, 6695, 6748, 6797, 6840, 6842, 6852, 6881, 6887, 6898, 6957, 6992, 6999, 7016, 7089, 7091, 7122, 7163, 7180, 7227, 7307, 7309, 7317, 7323, 7331, 7333, 7335, 7341, 7342, 7346, 7349, 7372, 7383, 7385, 7395, 7396, 7405, 7406, 7466, 7467, 7478, 7558, 7562, 7572, 7600, 7620, 7626, 7628, 7646, 7701, 7718, 7733, 7796, 7803, 7808, 7817, 7829, 7832, 7834, 7876, 7893, 8035, 8063, 8083, 8093, 8159, 8162, 8168, 8190, 8197, 8247, 8248, 8257, 8267, 8322, 8376, 8381, 8389, 8393, 8399, 8400, 8462, 8465, 8472, 8634, 8636, 8641, 8642, 8674, 8679, 8683, 8686, 8693, 8701, 8707, 8754, 8775, 8790, 8791, 8822, 8850, 8856, 8858, 8888, 8916, 8918, 8923, 8929, 8981, 9000, 9010, 9015, 9033, 9039, 9063, 9078, 9107, 9113, 9116, 9175, 9249, 9257, 9270, 9295, 9330, 9341, 9346, 9433, 9471, 9483, 9487, 9489, 9492, 9508, 9557, 9616, 9659, 9747, 9760, 9767, 9770, 9772, 9776, 9777, 9850, 9858, 9885, 9886, 9887, 9912, 9930, 10028, 10055, 10076, 10078, 10093, 10142, 10147, 10256, 10260, 10268, 10276, 10281, 10315, 10334, 10347, 10364, 10375, 10386, 10422, 10425, 10431, 10442, 10497, 10505, 10522, 10529, 10530, 10532, 10533, 10546, 10556, 10559, 10584, 10602, 10606, 10639, 10651, 10652, 10692, 10703, 10742, 10745, 10753, 10770, 10774, 10775, 10792, 10797, 10798, 10817, 10844, 10854, 10857, 10870, 10898, 10899, 10914, 10919, 10923, 10931, 10934, 10936, 10963, 10971, 10972, 10978, 10979, 10984, 10985, 10986, 11001, 11002, 11048, 11049, 11051, 11055, 11057, 11058, 11068, 11088, 11097, 11098, 11099, 11102, 11122, 11129, 11130, 11155, 11162, 11163, 11214, 11219, 11222, 11224, 11229, 11241, 11243, 11253, 11273, 11274, 11275, 11282, 11283, 11301, 11309, 11313, 11333, 11334, 11362, 11374, 11387, 11392, 11393, 11398, 11411, 11414, 11429, 11458, 11479, 11495, 11496, 11513, 11524, 11544, 11546, 11547, 11548, 11549, 11557, 11561, 11576, 11577, 11595, 11602, 11628, 11639, 11643, 11652, 11694, 11714, 11719, 11726, 11727, 11734, 11737, 11747, 11756, 11775, 11782, 11791, 11797, 11804, 11831, 11858, 11863, 11864, 11874, 11897, 11900, 11943, 11962, 11963, 11986, 11995, 12001, 12019, 12028, 12037, 12052, 12053, 12087, 12112, 12116, 12143, 12154, 12163, 12179, 12183, 12202, 12220, 12227, 12228, 12238, 12239, 12248, 12250, 12276, 12297, 12310, 12314, 12318, 12330, 12332, 12363, 12383, 12400, 12402, 12465, 12482, 12487, 12496, 12500, 12505, 12507, 12511, 12517, 12526, 12534, 12535, 12552, 12578, 12580, 12596, 12597, 12666, 12671, 12683, 12691, 12709, 12728, 12740, 12743, 12749, 12755, 12757, 12766, 12774, 12777, 12800, 12802, 12804, 12820, 12883, 12903, 12923, 12925, 12948, 12976, 13000, 13022, 13059, 13083, 13106, 13107, 13108, 13115, 13142, 13201, 13205, 13212, 13225, 13252, 13256, 13265, 13292

Soy Flour, Grits, and Flakes–Enzyme Active (Whole / Full-Fat, Unheated). 2680, 2684, 2976, 5005, 5108, 6498, 6517, 9167, 10813, 10824, 10951, 10996, 11496, 11734

Soy Flour, Grits, and Flakes–Use in Brewing Beer, Such as ADM Pro-zyme Flakes and Soybean Brew Flakes. 2142, 2156, 2976

Soy Flour, Textured (Including TVP, Textured Vegetable Protein). 2698, 2862, 2900, 2979, 3161, 3255, 3302, 3336, 3395, 3429, 3620, 3653, 3803, 3910, 3953, 3958, 3961, 3994, 4007, 4009, 4407, 4434, 4440, 4733, 4839, 4857, 5036, 5052, 5061, 5125, 5166, 5176, 5235, 5297, 5314, 5344, 5349, 5358, 5561, 5581, 5586, 5623, 5640, 5794, 5833, 5834, 5835, 5890, 5902, 5999, 6028, 6227, 6290, 6291, 6421, 6447, 6507, 6516, 6561, 6606, 6665, 6790, 6792, 7050, 7098, 7099, 7106, 7133, 7187, 7307, 7309, 7318, 7321, 7324, 7350, 7415, 7478, 7517, 7548, 7701, 7717, 7803, 7808, 7893, 8047, 8094, 8247, 8322, 8370, 8393, 8419, 8444, 8456, 8641, 8707, 8756, 8779, 8822, 8878, 8935, 8981, 9033, 9102, 9107, 9288, 9295, 9332, 9360, 9460, 9479, 9487, 9489, 9490, 9603, 9643, 9650, 9659, 9721, 9776, 9884, 9897, 9951, 10009, 10034, 10076, 10078, 10098, 10142, 10146, 10161, 10209, 10260, 10325, 10386, 10393, 10409, 10425, 10431, 10454, 10496, 10525, 10603, 10726, 10733, 10972, 11015, 11045, 11046, 11099, 11100, 11103, 11134, 11234, 11334, 11361, 11389, 11510, 11581, 11652, 11699, 11769, 11770, 11900, 11951, 11976, 12019, 12194, 12199, 12218, 12318, 12359, 12395, 12415, 12476, 12493, 12505, 12535, 12580, 12691, 12709, 12726, 12930, 12941, 12942, 13116, 13121, 13148, 13203, 13206, 13255, 13286

Soy Flour, Whole or Full-fat–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 4577

Soy Ice Cream (General–Usually Non-Dairy). 996, 1018, 1133, 1440, 1467, 1495, 1537, 1539, 1549, 1652, 1667, 1720, 1725, 1731, 1750, 1774, 1790, 1826, 1845, 1869, 1952, 1978, 1994, 1998, 2021, 2047, 2057, 2142, 2173, 2249, 2302, 2303, 2306, 2308, 2319, 2435, 2445, 2483, 2537, 2586, 2695, 2713, 2721, 2722, 2739, 2811, 2812, 2850, 2855, 2862, 2976, 3039, 3092, 3105, 3106, 3131, 3161, 3213, 3215, 3243, 3244, 3323, 3336, 3353, 3540, 3543, 3546, 3623, 3630, 3660, 3670, 3671, 3687, 3731, 3749, 3777, 3799, 3808, 3947, 3953, 3954, 3958, 3961, 3995, 3996, 3999, 4005, 4018, 4048, 4074, 4114, 4131, 4158, 4179, 4187, 4190, 4195, 4349, 4373, 4374, 4419, 4462, 4496, 4519, 4527, 4544, 4584, 4600, 4611, 4617, 4635, 4681, 4693, 4719, 4729, 4756, 4878, 4926, 4963, 4968, 4979, 4980, 4981, 4982, 4983, 5016, 5039, 5093, 5104, 5108, 5125, 5126, 5131, 5132, 5153, 5156, 5167, 5170, 5182, 5185, 5193, 5194, 5203, 5218, 5247, 5369, 5419, 5459, 5470, 5476, 5532, 5533, 5537, 5563, 5581, 5582, 5589, 5625, 5636, 5637, 5658, 5665, 5719, 5731, 5765, 5772, 5796, 5801, 5815, 5824, 5832, 5902, 5905, 5911, 5929, 5945, 5949, 5987, 6008, 6012, 6054, 6087, 6126, 6129, 6151, 6160, 6167, 6170, 6223, 6225, 6226, 6233, 6236, 6240, 6256, 6271, 6284, 6295, 6300, 6432, 6451, 6462, 6474, 6482, 6484, 6495, 6497, 6511, 6527, 6535, 6539, 6544, 6547, 6548, 6552, 6562, 6563, 6566, 6573, 6587, 6592, 6606, 6618, 6619, 6625, 6629, 6631, 6632, 6664, 6671, 6672, 6677, 6678, 6684, 6685, 6703, 6709, 6713, 6717, 6718, 6733, 6735, 6740, 6741, 6743, 6751, 6757, 6759, 6763, 6764, 6766, 6767, 6786, 6801, 6817, 6833, 6842, 6861, 6888, 6894, 6895, 6899, 6903, 6905, 6910, 6914, 6922, 6923, 6924, 6926, 6929, 6931, 6932, 6936, 6938, 6941, 6961, 6973, 6974, 6982, 6987, 6989, 6990, 6991, 6992, 6996, 7001, 7004, 7005, 7007, 7009, 7010, 7028, 7032, 7034, 7035, 7043, 7045, 7049, 7055, 7058, 7059, 7065, 7070, 7071, 7080, 7081, 7082, 7086, 7088, 7090, 7099, 7108, 7109, 7110, 7114, 7115, 7118, 7121, 7123, 7126, 7127, 7130, 7131, 7134, 7135, 7138, 7144, 7154, 7156, 7167, 7168, 7175,

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7176, 7177, 7181, 7182, 7188, 7191, 7192, 7204, 7214, 7216, 7217, 7218, 7220, 7221, 7223, 7225, 7228, 7230, 7233, 7238, 7242, 7249, 7278, 7288, 7336, 7343, 7350, 7372, 7381, 7383, 7384, 7389, 7393, 7399, 7402, 7403, 7405, 7427, 7430, 7453, 7462, 7464, 7468, 7471, 7478, 7480, 7486, 7488, 7497, 7498, 7501, 7506, 7512, 7520, 7521, 7528, 7535, 7538, 7540, 7541, 7556, 7568, 7569, 7571, 7573, 7590, 7595, 7597, 7600, 7605, 7624, 7630, 7631, 7633, 7638, 7639, 7643, 7651, 7682, 7683, 7684, 7696, 7699, 7701, 7731, 7743, 7744, 7748, 7798, 7800, 7810, 7828, 7832, 7855, 7857, 7861, 7863, 7866, 7869, 7875, 7891, 7892, 7926, 7938, 7942, 7951, 7952, 7966, 7973, 7988, 7989, 7999, 8001, 8007, 8010, 8015, 8022, 8024, 8038, 8056, 8061, 8081, 8083, 8091, 8093, 8098, 8101, 8102, 8125, 8129, 8138, 8143, 8149, 8159, 8161, 8164, 8176, 8186, 8191, 8197, 8214, 8217, 8221, 8235, 8241, 8248, 8258, 8260, 8264, 8266, 8267, 8278, 8284, 8290, 8301, 8331, 8372, 8378, 8395, 8419, 8440, 8456, 8457, 8466, 8499, 8500, 8523, 8525, 8531, 8543, 8566, 8575, 8579, 8623, 8633, 8635, 8637, 8642, 8667, 8670, 8680, 8682, 8701, 8737, 8756, 8818, 8822, 8856, 8916, 8921, 8929, 8935, 8987, 8989, 8995, 9000, 9008, 9032, 9038, 9058, 9062, 9063, 9089, 9137, 9143, 9155, 9171, 9247, 9280, 9300, 9341, 9346, 9398, 9415, 9469, 9484, 9491, 9492, 9513, 9514, 9535, 9553, 9568, 9602, 9607, 9610, 9614, 9650, 9662, 9683, 9686, 9701, 9709, 9713, 9718, 9727, 9773, 9782, 9821, 9850, 9856, 9862, 9865, 9873, 9874, 9883, 9893, 9898, 9916, 9917, 9922, 9931, 9934, 9959, 9965, 9972, 10039, 10056, 10110, 10129, 10136, 10159, 10167, 10168, 10219, 10220, 10221, 10223, 10226, 10271, 10273, 10276, 10288, 10322, 10336, 10347, 10375, 10381, 10382, 10391, 10442, 10518, 10522, 10529, 10530, 10537, 10594, 10606, 10613, 10619, 10643, 10644, 10652, 10658, 10692, 10701, 10844, 10873, 10874, 10875, 10876, 10878, 10898, 10899, 10936, 10937, 10938, 10968, 10974, 10978, 10980, 10981, 10984, 10987, 10989, 11058, 11098, 11148, 11155, 11170, 11229, 11280, 11333, 11396, 11398, 11413, 11424, 11425, 11454, 11465, 11474, 11475, 11476, 11480, 11513, 11547, 11548, 11576, 11595, 11596, 11612, 11694, 11704, 11711, 11727, 11742, 11746, 11747, 11759, 11864, 11868, 11942, 11991, 12003, 12087, 12175, 12183, 12204, 12229, 12238, 12248, 12262, 12275, 12297, 12308, 12310, 12312, 12320, 12362, 12363, 12487, 12507, 12511, 12638, 12641, 12650, 12657, 12733, 12734, 12744, 12755, 12786, 12794, 12820, 12845, 12903, 12948, 13000, 13020, 13021, 13022, 13106, 13109, 13110, 13149, 13225, 13239, 13244, 13252, 13286, 13288, 13290, 13293, 13294

Soy Ice Cream–Etymology of This Term and Its Cognates / Relatives in Various Languages. 996, 1133, 1731, 1978, 1998, 2173, 3213, 3215, 5182, 5902, 6592, 6764, 6931, 6932, 6941, 7001, 7032, 12948

Soy Ice Cream–Non-Soy Non-Dairy Relatives (As Made from Amazake, Fruit Juices, Peanuts, Field Peas, etc.). 985, 1062, 1109, 1652, 2713, 6631, 6941, 7043, 7221, 7423, 7427, 7622, 8163, 8451, 9348, 9413, 9614, 9686, 9934, 10149, 10462, 10840, 10876, 11170, 13000

Soy Ice Cream Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 6743, 6941, 7177, 7221, 7230, 7731, 7951, 7989, 8061, 8523, 9346, 9686, 10530, 10537, 10873, 10876, 12005

Soy Ice Cream Industry and Market Statistics, Trends, and Analyses–Individual Companies. 5093, 5153, 5582, 6012, 6160, 6284, 6482, 6566, 6625, 6629, 6941, 6982, 7177, 7191, 7230, 7462, 7501, 7568, 7683, 7696, 8061, 8081, 8091, 8093, 8149, 8235, 8284, 8543, 8579, 8633, 8682, 8818, 9155, 9686, 10159, 10375, 10530

Soy Molasses or Soy Solubles–A By-Product of Making Soy Protein Concentrate Using the Aqueous Alcohol Wash Process. Rich in Isoflavones. 11122, 11947, 12726

Soy Oil–Etymology of This Term and Its Cognates / Relatives in Various Languages. 6, 52, 159, 168, 172, 185, 189, 196, 211, 239, 252, 379, 608, 772, 791, 919, 1507, 1736, 1798, 9415

Soy Oil Constants–Iodine Number / Value. 410, 608, 616, 720, 992, 1005, 1469, 1477, 1666, 1830, 3039

Soy Oil Constants. Includes Index of Refreaction, Refreactive Index, Solidification Point (*Erstarrungspunkt*), Specific Gravity. See also Iodine Number. 410, 608, 1005, 11496

Soy Oil as a Commodity, Product, or Ingredient for Food Use (in Cookery or Foods). Its Manufacture, Refining, Trade, and Use. See Also: Industrial Uses of Soy Oil, and Nutrition: Lipids. 4, 6, 7, 8, 52, 54, 60, 63, 64, 73, 76, 79, 126, 142, 152, 159, 160, 165, 168, 172, 182, 185, 187, 188, 189, 196, 211, 219, 220, 224, 231, 239, 240, 246, 252, 258, 259, 262, 265, 268, 269, 270, 271, 282, 303, 304, 305, 306, 312, 313, 316, 328, 330, 331, 340, 345, 353, 354, 363, 364, 366, 370, 373, 375, 378, 379, 380, 384, 387, 392, 400, 410, 411, 419, 421, 423, 425, 427, 429, 430, 434, 435, 445, 447, 453, 466, 468, 471, 474, 494, 500, 509, 516, 533, 543, 561, 564, 577, 579, 589, 598, 600, 602, 606, 608, 609, 610, 613, 614, 616, 619, 620, 621, 651, 652, 653, 655, 657, 662, 663, 665, 666, 669, 670, 675, 686, 687, 696, 697, 705, 707, 709, 710, 711, 712, 713, 715, 716, 718, 719, 720, 723, 725, 726, 728, 732, 738, 768, 772, 773, 774, 778, 784, 786, 788, 790, 791, 814, 815, 819, 823, 824, 859, 860, 861, 862, 866, 873, 898, 906, 911, 914, 915, 916, 919, 920, 921, 924, 931, 934, 935, 937, 941, 942, 943, 949, 950, 951, 952, 958, 959, 963, 966, 972, 974, 975, 981, 982, 983, 984, 992, 994, 995, 996, 998, 999, 1005, 1010, 1015, 1018, 1022, 1025, 1028, 1030, 1031, 1035, 1036, 1039, 1051, 1054, 1058, 1059, 1063, 1067, 1076, 1078, 1081, 1082, 1086, 1092, 1096, 1102, 1104, 1105, 1106, 1111, 1114, 1115, 1121, 1122, 1126, 1141, 1143, 1152, 1153, 1156, 1157, 1161, 1162, 1169, 1170, 1174, 1186, 1189, 1190, 1197, 1236, 1262, 1282, 1286, 1288, 1291, 1292, 1293, 1294, 1296, 1305, 1308, 1315, 1319, 1325, 1337, 1341, 1343, 1344, 1357, 1367, 1370, 1372, 1379, 1381, 1430, 1434, 1444, 1459, 1460, 1469, 1472, 1475, 1477, 1478, 1489, 1491, 1498, 1499, 1501, 1507, 1509, 1513, 1536, 1542, 1543, 1544, 1551, 1563, 1565, 1568, 1571, 1572, 1573, 1576, 1579, 1607, 1625, 1626, 1631, 1636, 1643, 1648, 1649, 1652, 1653, 1663, 1666, 1710, 1711, 1712, 1714, 1715, 1721, 1725, 1727, 1728, 1729, 1736, 1737, 1741, 1742, 1745, 1749, 1756, 1774, 1775, 1782, 1783, 1790, 1798, 1821, 1837, 1843, 1848, 1852, 1867, 1875, 1932, 1933, 1934, 1945, 1949, 1962, 1963, 1968, 1997, 1998, 2002, 2008, 2011, 2022, 2031, 2033, 2042, 2045, 2055, 2069, 2078, 2081, 2097, 2113, 2115, 2117, 2119, 2129, 2167, 2202, 2209, 2210, 2241, 2248, 2249, 2253, 2290, 2302, 2320, 2326, 2329, 2346, 2350, 2353, 2355, 2409, 2418, 2425, 2445, 2451, 2465, 2476, 2477, 2487, 2498, 2501, 2525, 2542, 2544, 2563, 2631, 2632, 2633, 2648, 2661, 2663, 2664, 2668, 2712, 2721, 2722, 2734, 2739, 2751, 2767, 2796, 2799, 2800, 2810, 2857, 2902, 2909, 2962, 2977, 2978, 2979, 3003, 3013, 3018, 3036, 3037, 3039, 3042, 3049, 3156, 3164, 3201, 3213, 3215, 3237, 3239, 3370, 3447, 3497, 3590, 3603, 3617, 3623, 3662, 3823, 3956, 3978,

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3981, 3996, 4005, 4513, 4620, 4723, 4839, 4852, 4865, 4876, 4953, 5052, 5131, 5150, 5179, 5182, 5204, 5211, 5297, 5350, 5582, 5591, 5722, 5926, 6018, 6198, 6225, 6226, 6406, 6484, 6515, 6517, 6523, 6524, 6526, 6532, 6547, 6548, 6701, 6717, 6727, 6840, 6842, 6860, 6861, 6909, 6992, 7089, 7133, 7180, 7186, 7187, 7222, 7309, 7313, 7323, 7332, 7335, 7341, 7349, 7372, 7393, 7405, 7466, 7467, 7590, 7595, 7609, 7620, 7623, 7628, 7643, 7646, 7659, 7661, 7664, 7701, 7706, 7796, 7803, 7859, 7885, 7886, 7914, 7994, 8029, 8035, 8063, 8074, 8077, 8120, 8168, 8197, 8201, 8212, 8248, 8264, 8368, 8369, 8382, 8389, 8403, 8449, 8457, 8458, 8493, 8596, 8638, 8641, 8642, 8679, 8707, 8734, 8749, 8754, 8791, 8847, 8935, 8981, 8982, 9010, 9063, 9116, 9175, 9258, 9309, 9346, 9415, 9487, 9492, 9539, 9767, 9776, 9887, 10078, 10098, 10236, 10256, 10261, 10266, 10273, 10347, 10386, 10422, 10425, 10496, 10522, 10544, 10546, 10559, 10583, 10602, 10656, 10936, 10971, 10978, 10979, 10984, 10986, 11002, 11048, 11055, 11136, 11200, 11253, 11333, 11480, 11496, 11549, 11719, 11747, 11863, 11970, 12163, 12165, 12239, 12248, 12297, 12318, 12330, 12500, 12505, 12683, 12691, 12755, 12778, 12853, 12888, 12948, 12951, 13115, 13187, 13252, 13265

Soy Plant (The) (Ann Arbor, Michigan). *See* Rosewood Products Inc. (Ann Arbor)

Soy Products of Australia Pty. Ltd. (Bayswater, Victoria, Australia). Formerly F.G. Roberts Health Food Products (Melbourne). 1635, 1727, 5108

Soy Protein Concentrates, Textured. 3272, 6507, 6665, 9341, 9460, 9650, 9877, 10068, 10339, 10421, 10558, 10618, 10691, 10959, 11103, 11234, 11346, 11496, 11553, 12395, 12555, 12726

Soy Protein Council (Food Protein Council from 1971 to Dec. 1981). 4037, 4163, 6514, 11429, 12276

Soy Protein Isolates, Concentrates, or Textured Soy Protein Products–Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 2555, 2858, 3255, 3497, 3653, 5052, 5061, 5179, 5297, 5314, 5586, 6507, 6701, 6932, 6992, 7094, 8290, 8638, 8989, 9033, 9487, 9951, 10183, 10210, 10530, 10691, 10873, 11880, 12003, 12163, 12185

Soy Protein Isolates, Concentrates, or Textured Soy Protein Products–Industry and Market Statistics, Trends, and Analyses–Individual Companies. 5176, 5560, 6992, 7312, 8047, 8444, 9576, 9650, 10530, 11396, 11402, 11521, 11725

Soy Protein Isolates, Textured (For Food Use Only, Including Spun Soy Protein Fibers or Soy Isolate Gels). See also: Industrial Uses of Soy Proteins–Fibers (Artificial Wool Made from Spun Soy Protein Fibers). 2665, 2680, 2690, 2699, 2740, 2900, 2931, 2971, 2976, 3037, 3039, 3189, 3213, 3215, 3255, 3272, 3300, 3623, 3653, 3823, 3957, 3972, 4726, 6218, 6425, 6507, 6935, 7312, 7314, 8047, 8641, 9028, 9460, 9776, 10256, 10951, 11413, 11496, 11719, 12948

Soy Protein Products (General, or Modern Products). See also: Nutrition–Protein, Protein Quality, and Amino Acid Composition. 683, 707, 866, 1121, 1122, 1291, 1294, 1835, 1852, 2175, 2184, 2302, 2307, 2414, 2483, 2488, 2489, 2510, 2518, 2547, 2555, 2726, 2740, 2762, 2768, 2812, 2825, 2885, 2931, 2962, 2976, 2977, 2978, 2986, 3022, 3063, 3125, 3132, 3142, 3154, 3170, 3178, 3179, 3239, 3255, 3304, 3330, 3497, 3500, 3664, 3674, 3957, 3978, 4403, 5027, 5057, 5150, 5179, 5302, 5576, 5612, 5734, 5933, 6006, 6287, 6425, 6529, 6552, 6573, 6620, 6665, 6748, 6957, 6992, 7089, 7091, 7094, 7133, 7153, 7332, 7395, 7444, 7522, 7628, 7796, 7861, 7879, 7989, 8009, 8035, 8457, 8638, 8886, 9023, 9033, 9357, 9415, 9600, 9731, 9732, 9949, 10530, 10895, 10951, 10984, 11253, 11429, 11553, 11880, 12143, 12228, 12250, 12597

Soy Protein and Proteins–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 199, 232, 333, 335, 346, 355, 359, 565, 721, 819, 1975, 2320, 2410

Soy Proteins–Concentrates–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 2414

Soy Proteins–Concentrates. 2414, 2555, 2665, 2680, 2740, 2764, 2796, 2862, 2971, 2978, 2979, 3037, 3039, 3070, 3189, 3213, 3215, 3255, 3360, 3458, 3461, 3653, 3823, 3972, 3978, 4766, 5011, 5021, 5052, 5061, 5204, 5297, 5314, 6413, 6425, 6507, 6574, 6582, 6701, 6932, 7122, 7133, 7180, 7187, 7350, 7393, 7406, 7478, 7597, 7614, 7620, 7628, 7733, 7796, 7893, 8168, 8211, 8248, 8419, 8464, 8634, 9102, 9341, 9411, 9482, 9508, 9776, 9862, 9867, 9951, 10256, 10260, 10422, 10442, 10532, 10533, 10639, 10658, 10774, 10849, 10868, 10873, 10919, 10934, 10936, 10951, 10971, 10979, 10986, 11098, 11136, 11159, 11229, 11313, 11333, 11429, 11513, 11542, 11576, 11595, 11719, 11756, 11791, 11947, 11962, 12041, 12087, 12143, 12163, 12165, 12202, 12218, 12220, 12310, 12481, 12555, 12726, 12948, 13265

Soy Proteins–Detection When Added to Other Food Products (Such as Meat or Dairy Products, Wheat Flour or Baked Goods). 1565, 2976

Soy Proteins–Hydrolyzed and Hydrolysates (General), as in Flavourings, HVP, Cosmetics, Personal Care Products, Predigested Milk Replacers, etc. 8992

Soy Proteins–Isolates–Enzyme-Modified Soy Protein with Whipping / Foaming Properties Used to Replace Egg Albumen, and Early Related Whipping / Aerating Agents or Products. 1998, 2024, 2142, 2306, 2680, 2921, 2962, 2976, 6507, 7667, 10951, 12143

Soy Proteins–Isolates–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 791, 1622, 1998, 2410

Soy Proteins–Isolates, for Food Use. See also: Isolates, for Industrial (Non-Food) Use. 721, 728, 1114, 1115, 1152, 1611, 1821, 2142, 2172, 2249, 2291, 2302, 2303, 2306, 2409, 2410, 2414, 2511, 2537, 2547, 2555, 2653, 2665, 2740, 2764, 2796, 2858, 2862, 2884, 2900, 2911, 2971, 2976, 2978, 2979, 3013, 3018, 3037, 3039, 3132, 3238, 3239, 3240, 3241, 3255, 3349, 3360, 3434, 3458, 3459, 3461, 3623, 3653, 3823, 3972, 3978, 3992, 4101, 4447, 4617, 5011, 5021, 5052, 5061, 5204, 5297, 5314, 5355, 5399, 5433, 5560, 5582, 5621, 5623, 5656, 5797, 5798, 5876, 5932, 6169, 6186, 6252, 6271, 6279, 6290, 6368, 6425, 6436, 6451, 6484, 6497, 6507, 6547, 6548, 6574, 6579, 6582, 6608, 6619, 6626, 6631, 6632, 6678, 6701, 6734, 6764, 6871, 6894, 6910, 6914, 6922, 6924, 6926, 6929, 6932, 6941, 6987, 7005, 7009, 7034, 7049, 7070, 7089, 7099, 7101, 7110, 7116, 7122, 7133, 7136, 7153, 7180, 7187, 7190, 7207, 7242, 7243, 7262, 7309, 7318, 7350, 7372, 7393, 7408, 7427, 7430, 7464, 7466, 7467, 7478,

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7480, 7488, 7521, 7548, 7572, 7590, 7597, 7620, 7630, 7733, 7796, 7855, 7870, 7871, 7886, 7891, 7892, 7893, 7895, 7902, 7905, 7953, 7972, 8022, 8138, 8164, 8168, 8199, 8209, 8248, 8249, 8254, 8260, 8290, 8306, 8393, 8395, 8419, 8420, 8492, 8493, 8494, 8519, 8551, 8555, 8641, 8707, 8737, 8772, 8795, 8826, 8828, 8916, 8935, 8992, 9023, 9034, 9102, 9114, 9135, 9172, 9309, 9341, 9411, 9424, 9487, 9501, 9508, 9537, 9541, 9546, 9552, 9554, 9575, 9576, 9577, 9604, 9650, 9659, 9693, 9776, 9862, 9867, 9982, 10051, 10082, 10110, 10183, 10218, 10256, 10260, 10261, 10299, 10336, 10339, 10343, 10422, 10442, 10449, 10482, 10522, 10530, 10532, 10533, 10537, 10558, 10569, 10618, 10639, 10658, 10674, 10677, 10774, 10824, 10868, 10873, 10878, 10881, 10885, 10934, 10936, 10937, 10938, 10951, 10960, 10971, 10979, 10983, 10984, 10986, 11001, 11005, 11008, 11021, 11022, 11068, 11088, 11097, 11098, 11136, 11154, 11159, 11173, 11208, 11213, 11214, 11229, 11243, 11254, 11255, 11273, 11309, 11313, 11333, 11343, 11347, 11370, 11378, 11387, 11392, 11396, 11400, 11402, 11409, 11429, 11496, 11498, 11513, 11521, 11530, 11542, 11547, 11576, 11581, 11595, 11597, 11602, 11619, 11633, 11657, 11661, 11677, 11695, 11725, 11726, 11734, 11742, 11756, 11761, 11764, 11791, 11831, 11888, 11901, 11925, 11962, 11963, 11976, 11981, 11989, 12003, 12087, 12111, 12112, 12116, 12143, 12163, 12165, 12181, 12188, 12202, 12218, 12220, 12250, 12266, 12276, 12292, 12310, 12314, 12353, 12363, 12383, 12433, 12526, 12535, 12539, 12547, 12552, 12559, 12580, 12590, 12606, 12614, 12630, 12641, 12653, 12671, 12683, 12706, 12709, 12726, 12743, 12800, 12853, 12861, 12862, 12883, 12916, 12946, 12994, 13017, 13027, 13034, 13061, 13074, 13142, 13203, 13213, 13263, 13265, 13284, 13292, 13293, 13297

Soy Proteins–Isolates, for Industrial (Non-Food) Use. See also: Isolates, for Food Use. 721, 727, 728, 814, 1114, 1115, 1645, 2555, 6484, 6507, 6894, 9650, 10183

Soy Proteins–Properties (Including Types {Globulins, Glycinin, Beta- and Gamma-Conglycinin} Protein Fractions and Subunits, Sedimentation Coefficients, Nitrogen Solubility, and Rheology). 232, 242, 271, 284, 293, 305, 308, 316, 319, 342, 346, 351, 352, 372, 374, 392, 398, 399, 533, 814, 873, 935, 964, 1114, 1115, 1143, 1359, 1538, 1622, 2045, 2417, 2444, 2513, 2685, 2710, 2716, 2759, 2762, 2881, 2885, 2886, 2902, 2921, 2976, 2978, 2979, 3022, 3101, 3178, 3179, 3255, 3300, 3554, 3676, 3735, 3978, 4408, 4772, 4835, 6418, 6425, 6576, 6579, 6674, 8168, 8188, 8475, 9411, 9942, 9944, 10014, 10346, 10662, 10747, 10951, 10996, 11086, 11137, 11442, 11719, 11784, 11837, 12214, 12992

Soy Proteins–Textured Isolates–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 4726

Soy Proteins–Used as an Ingredient in or for Early Second Generation Commercial Food or Beverage Products. 10677, 11254, 11255, 12684

Soy Proteins, Textured (General). 2671, 2807, 2818, 2978, 2986, 3044, 3048, 3156, 3191, 3239, 3360, 3468, 3497, 3694, 3710, 3796, 3978, 3979, 4549, 4766, 5433, 5586, 5623, 6516, 6532, 6574, 6673, 7314, 7350, 7803, 8168, 8248, 8290, 8989, 9167, 9341, 9469, 9743, 9776, 9965, 10138, 10256, 10364, 10429, 10559, 10625, 11088, 11100, 11136, 11171, 11244, 11273, 11392, 11414, 11428, 11462, 11480, 11557, 12103, 12163, 12248, 12250, 12552, 12561, 12683

Soy Puddings, Custards, Parfaits, or Mousses (Usually made from Soymilk or Tofu). See also Soy Yogurt–Not Fermented. 969, 1018, 1031, 1081, 1126, 1154, 1162, 1357, 1377, 1491, 1495, 1561, 1567, 1624, 1643, 1652, 1720, 1751, 1774, 1845, 1869, 1970, 1998, 2021, 2232, 2306, 2343, 2393, 2485, 2586, 2693, 2889, 2949, 2957, 2965, 3073, 3144, 3145, 3147, 3213, 3214, 3215, 3225, 3256, 3452, 3460, 3594, 3630, 3670, 3712, 3777, 3894, 3949, 3971, 4179, 4286, 4380, 4385, 4554, 4609, 4769, 4778, 4805, 4823, 4889, 4916, 4917, 4930, 4972, 5043, 5085, 5097, 5100, 5106, 5186, 5224, 5272, 5308, 5312, 5368, 5376, 5383, 5470, 5599, 5614, 5677, 5701, 5704, 5761, 5790, 5797, 5817, 5866, 5874, 5883, 5905, 5936, 5946, 6063, 6071, 6112, 6113, 6124, 6169, 6174, 6295, 6317, 6340, 6368, 6414, 6458, 6463, 6516, 6517, 6618, 6661, 6695, 6941, 7013, 7081, 7143, 7249, 7251, 7335, 7387, 7542, 7561, 7663, 7675, 7693, 7717, 7803, 7817, 7832, 7872, 7906, 7971, 8038, 8116, 8124, 8180, 8181, 8206, 8231, 8252, 8314, 8321, 8444, 8467, 8510, 8517, 8626, 8646, 8676, 8857, 8913, 8929, 8933, 8945, 8970, 8989, 9001, 9041, 9078, 9107, 9229, 9472, 9483, 9508, 9511, 9589, 9590, 9670, 9690, 9711, 9712, 9718, 9749, 9777, 9814, 9815, 10056, 10070, 10101, 10120, 10175, 10334, 10370, 10457, 10669, 10741, 10783, 10809, 10874, 10935, 10939, 10952, 10953, 10978, 11003, 11087, 11141, 11170, 11245, 11359, 11394, 11455, 11512, 11513, 11541, 11559, 11579, 11604, 11690, 11711, 11726, 11740, 11759, 11788, 11797, 11814, 11840, 11853, 11858, 11879, 11880, 11911, 11959, 12175, 12183, 12229, 12362, 12948, 13292

Soy Sauce (Including Shoyu and Worcestershire Sauce)–Imports, Exports, International Trade. 89, 134, 141, 143, 149, 151, 172, 180, 189, 198, 220, 272, 281, 361, 369, 383, 392, 396, 598, 652, 654, 665, 672, 686, 720, 768, 873, 918, 1031, 1096, 1111, 1112, 1178, 1430, 2035, 2736, 2737, 2813, 5437, 5807, 7787, 7801, 8762, 8788, 9015, 9053, 9078, 9116, 9121, 9248, 9464, 9475, 9561, 9899, 10329

Soy Sauce (Including Shoyu), Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 88, 536, 1981, 2015, 2955, 3112, 3121, 3183, 5889, 6240, 10508, 12367

Soy Sauce (Including Shoyu). See Also Tamari, Teriyaki Sauce, and Traditional Worcestershire Sauce. 5, 17, 20, 21, 22, 51, 52, 53, 54, 55, 56, 57, 61, 66, 70, 78, 84, 85, 86, 87, 88, 89, 97, 102, 106, 107, 113, 115, 116, 117, 118, 124, 127, 130, 132, 133, 134, 137, 138, 140, 141, 143, 144, 145, 149, 151, 152, 161, 168, 169, 170, 172, 176, 177, 180, 183, 186, 187, 189, 191, 192, 193, 196, 198, 199, 200, 201, 205, 206, 207, 208, 210, 214, 217, 220, 222, 224, 226, 227, 230, 232, 236, 238, 239, 240, 241, 242, 243, 245, 246, 248, 250, 251, 252, 255, 258, 260, 262, 263, 264, 267, 268, 269, 271, 272, 277, 279, 280, 281, 282, 283, 284, 285, 287, 288, 289, 290, 292, 293, 294, 298, 302, 303, 304, 305, 307, 309, 310, 312, 313, 314, 315, 316, 321, 322, 327, 331, 333, 334, 335, 336, 340, 341, 343, 345, 349, 351, 352, 354, 358, 359, 361, 362, 363, 364, 365, 367, 369, 370, 373, 375, 377, 378, 379, 380, 383, 384, 385, 387, 388, 390, 391, 392, 394, 395, 396, 398, 399, 406, 410, 414, 415, 418, 419, 420, 421, 422, 425, 428, 429, 431, 432, 433, 434, 435, 437, 440, 441, 442, 443, 444, 445, 446, 447, 448, 450, 451, 452, 456, 459, 460, 463, 464, 465, 472, 475, 476, 477, 482, 483, 485, 486, 487, 488, 494, 495, 496, 502, 504, 510, 511, 512, 516, 526, 527, 528, 532, 533, 534, 536, 537, 553, 556, 558, 561, 563, 564, 565, 576, 578, 579, 581, 582, 583, 585, 598, 599, 600, 601, 602, 604, 606, 607, 608, 613, 614, 615, 652, 653, 654, 655, 656, 658,

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659, 660, 661, 662, 663, 665, 666, 667, 668, 671, 672, 673, 675, 676, 677, 678, 680, 682, 685, 686, 687, 698, 700, 703, 705, 706, 707, 711, 712, 713, 714, 716, 719, 720, 721, 722, 723, 726, 727, 728, 731, 734, 736, 737, 768, 769, 770, 771, 773, 774, 777, 778, 779, 781, 782, 788, 789, 790, 791, 794, 814, 815, 819, 820, 822, 824, 831, 850, 852, 853, 854, 855, 857, 858, 859, 860, 861, 862, 863, 864, 866, 873, 874, 897, 898, 901, 904, 906, 909, 910, 911, 913, 914, 916, 917, 918, 920, 924, 926, 927, 929, 931, 932, 933, 936, 937, 939, 941, 943, 949, 951, 952, 954, 957, 958, 960, 961, 962, 963, 964, 969, 970, 971, 973, 976, 977, 981, 982, 983, 984, 985, 986, 991, 992, 994, 996, 999, 1000, 1003, 1009, 1010, 1011, 1014, 1015, 1018, 1020, 1022, 1025, 1028, 1030, 1031, 1032, 1033, 1035, 1036, 1037, 1039, 1040, 1049, 1051, 1054, 1056, 1057, 1058, 1059, 1067, 1068, 1078, 1080, 1081, 1088, 1091, 1095, 1096, 1102, 1103, 1104, 1105, 1106, 1111, 1112, 1114, 1115, 1117, 1118, 1121, 1125, 1126, 1127, 1131, 1132, 1137, 1141, 1144, 1152, 1153, 1156, 1157, 1158, 1159, 1161, 1162, 1163, 1170, 1172, 1173, 1174, 1175, 1176, 1178, 1182, 1183, 1185, 1187, 1188, 1189, 1191, 1192, 1199, 1235, 1236, 1251, 1261, 1262, 1263, 1264, 1266, 1268, 1283, 1286, 1287, 1291, 1292, 1293, 1294, 1295, 1304, 1305, 1307, 1308, 1309, 1310, 1312, 1314, 1315, 1317, 1319, 1320, 1325, 1331, 1334, 1335, 1336, 1341, 1343, 1347, 1350, 1357, 1361, 1365, 1367, 1369, 1370, 1372, 1374, 1375, 1378, 1379, 1380, 1381, 1382, 1386, 1422, 1430, 1431, 1432, 1433, 1434, 1435, 1436, 1437, 1438, 1440, 1441, 1442, 1444, 1454, 1455, 1457, 1458, 1460, 1471, 1473, 1475, 1476, 1477, 1478, 1479, 1483, 1488, 1491, 1492, 1495, 1496, 1497, 1499, 1501, 1502, 1503, 1506, 1508, 1511, 1513, 1515, 1537, 1539, 1541, 1542, 1543, 1549, 1551, 1552, 1553, 1556, 1562, 1563, 1564, 1565, 1566, 1567, 1571, 1572, 1573, 1577, 1579, 1593, 1596, 1597, 1607, 1612, 1613, 1623, 1625, 1631, 1634, 1640, 1641, 1643, 1645, 1648, 1649, 1650, 1652, 1653, 1657, 1658, 1661, 1663, 1665, 1710, 1711, 1712, 1713, 1715, 1716, 1723, 1725, 1736, 1737, 1739, 1740, 1742, 1746, 1756, 1762, 1768, 1771, 1773, 1774, 1775, 1782, 1789, 1790, 1792, 1795, 1798, 1801, 1819, 1821, 1823, 1825, 1828, 1829, 1833, 1836, 1837, 1841, 1842, 1845, 1849, 1852, 1854, 1863, 1867, 1869, 1871, 1880, 1881, 1882, 1903, 1904, 1905, 1925, 1926, 1929, 1930, 1931, 1933, 1940, 1945, 1951, 1959, 1960, 1962, 1963, 1966, 1967, 1968, 1972, 1974, 1975, 1980, 1981, 1997, 1998, 2000, 2002, 2003, 2008, 2011, 2015, 2021, 2024, 2026, 2027, 2030, 2031, 2033, 2035, 2040, 2041, 2042, 2048, 2053, 2055, 2060, 2061, 2070, 2071, 2072, 2073, 2074, 2076, 2078, 2079, 2081, 2086, 2087, 2088, 2089, 2091, 2096, 2097, 2102, 2106, 2107, 2108, 2109, 2111, 2112, 2113, 2115, 2119, 2127, 2128, 2129, 2131, 2142, 2144, 2145, 2150, 2156, 2157, 2165, 2166, 2167, 2169, 2180, 2182, 2187, 2189, 2203, 2204, 2205, 2209, 2210, 2212, 2213, 2214, 2215, 2217, 2218, 2225, 2226, 2227, 2230, 2233, 2234, 2237, 2238, 2239, 2240, 2241, 2242, 2244, 2248, 2249, 2252, 2253, 2257, 2261, 2262, 2264, 2265, 2269, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2298, 2299, 2304, 2305, 2309, 2311, 2316, 2318, 2320, 2325, 2326, 2328, 2329, 2331, 2334, 2335, 2339, 2340, 2341, 2346, 2354, 2355, 2356, 2357, 2361, 2372, 2380, 2382, 2384, 2390, 2391, 2393, 2394, 2396, 2397, 2398, 2399, 2409, 2410, 2414, 2415, 2418, 2422, 2423, 2425, 2437, 2438, 2439, 2440, 2442, 2443, 2445, 2451, 2465, 2466, 2469, 2474, 2475, 2476, 2477, 2478, 2480, 2485, 2486, 2487, 2497, 2498, 2500, 2511, 2515, 2517, 2521, 2523, 2530, 2531, 2532, 2533, 2534, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2544, 2545, 2552, 2555, 2557, 2560, 2561, 2563, 2564, 2565, 2566, 2578, 2582, 2585, 2590, 2591, 2592, 2598, 2599, 2601, 2602, 2606, 2611, 2612, 2613, 2614, 2628, 2631, 2634, 2635, 2636, 2641, 2643, 2644, 2645, 2646, 2647, 2648, 2652, 2653, 2655, 2663, 2664, 2666, 2667, 2668, 2669, 2674, 2675, 2679, 2680, 2684, 2688, 2696, 2700, 2701, 2703, 2707, 2708, 2709, 2711, 2714, 2717, 2719, 2720, 2721, 2722, 2724, 2730, 2732, 2733, 2734, 2735, 2736, 2737, 2739, 2740, 2748, 2749, 2751, 2753, 2754, 2756, 2760, 2764, 2770, 2771, 2774, 2787, 2792, 2795, 2796, 2800, 2802, 2803, 2804, 2805, 2806, 2807, 2809, 2810, 2812, 2813, 2819, 2823, 2824, 2828, 2832, 2837, 2840, 2850, 2852, 2853, 2854, 2859, 2860, 2861, 2864, 2866, 2877, 2889, 2899, 2905, 2906, 2908, 2910, 2911, 2913, 2914, 2918, 2923, 2929, 2930, 2931, 2932, 2935, 2937, 2942, 2951, 2952, 2953, 2954, 2955, 2956, 2957, 2960, 2961, 2962, 2963, 2966, 2967, 2968, 2973, 2974, 2977, 2978, 2979, 2983, 2986, 2988, 2989, 2991, 2993, 2995, 2997, 2998, 2999, 3000, 3001, 3002, 3003, 3004, 3006, 3009, 3010, 3011, 3012, 3013, 3014, 3015, 3018, 3019, 3032, 3033, 3036, 3037, 3039, 3040, 3043, 3045, 3047, 3049, 3052, 3053, 3055, 3065, 3067, 3068, 3071, 3072, 3073, 3082, 3084, 3091, 3095, 3099, 3100, 3108, 3112, 3113, 3116, 3118, 3121, 3124, 3125, 3126, 3139, 3140, 3144, 3145, 3146, 3147, 3150, 3151, 3154, 3159, 3160, 3171, 3174, 3183, 3196, 3201, 3203, 3205, 3206, 3213, 3215, 3217, 3239, 3240, 3242, 3243, 3247, 3248, 3252, 3253, 3255, 3287, 3291, 3293, 3308, 3313, 3315, 3319, 3325, 3344, 3346, 3347, 3352, 3353, 3355, 3356, 3357, 3358, 3370, 3380, 3382, 3383, 3399, 3426, 3428, 3430, 3432, 3434, 3436, 3438, 3439, 3441, 3443, 3444, 3445, 3446, 3447, 3449, 3450, 3451, 3452, 3453, 3454, 3456, 3459, 3460, 3461, 3462, 3463, 3464, 3465, 3478, 3497, 3502, 3508, 3513, 3524, 3561, 3566, 3568, 3571, 3573, 3575, 3578, 3588, 3590, 3614, 3615, 3617, 3623, 3626, 3627, 3631, 3632, 3633, 3638, 3641, 3642, 3647, 3651, 3652, 3657, 3662, 3664, 3684, 3688, 3702, 3712, 3714, 3744, 3764, 3776, 3796, 3797, 3803, 3816, 3823, 3825, 3859, 3946, 3947, 3948, 3960, 3963, 3966, 3969, 3972, 3973, 3974, 3976, 3978, 3983, 3996, 4007, 4008, 4013, 4027, 4037, 4067, 4070, 4077, 4099, 4101, 4104, 4127, 4128, 4179, 4183, 4195, 4216, 4256, 4284, 4299, 4327, 4365, 4374, 4402, 4403, 4404, 4406, 4407, 4410, 4412, 4415, 4423, 4431, 4432, 4433, 4434, 4435, 4436, 4439, 4447, 4448, 4450, 4451, 4452, 4464, 4513, 4528, 4529, 4533, 4541, 4553, 4557, 4563, 4574, 4576, 4626, 4643, 4656, 4716, 4718, 4721, 4733, 4743, 4745, 4750, 4759, 4766, 4817, 4837, 4841, 4842, 4844, 4845, 4846, 4850, 4852, 4855, 4862, 4863, 4864, 4868, 4869, 4870, 4874, 4875, 4876, 4879, 4885, 4894, 4895, 4906, 4946, 4947, 4952, 4953, 4954, 4958, 5012, 5013, 5024, 5025, 5027, 5046, 5052, 5059, 5061, 5064, 5071, 5080, 5083, 5143, 5155, 5156, 5159, 5166, 5176, 5188, 5204, 5205, 5211, 5218, 5227, 5261, 5266, 5269, 5279, 5291, 5297, 5314, 5319, 5321, 5322, 5326, 5328, 5329, 5349, 5350, 5359, 5368, 5377, 5378, 5385, 5388, 5390, 5391, 5399, 5400, 5405, 5406, 5407, 5419, 5421, 5433, 5437, 5439, 5440, 5441, 5470, 5474, 5481, 5484, 5508, 5521, 5522, 5523, 5534, 5561, 5566, 5568, 5576, 5595, 5601, 5605, 5612, 5621, 5699, 5734, 5759, 5783, 5787, 5788, 5793, 5794, 5807, 5886, 5889, 5892, 5896, 5899, 5905, 5915, 5916, 5922, 5932, 5935, 5936, 5938, 5942, 5945, 5964, 5969, 5974, 5984, 6006, 6009, 6018, 6020, 6029, 6043, 6053, 6063, 6089, 6099, 6101, 6106, 6130, 6198, 6205, 6210, 6225, 6227, 6236, 6240, 6262, 6266, 6269, 6270, 6286, 6295, 6308, 6312, 6394, 6395, 6399, 6401, 6402, 6403, 6405, 6406, 6407, 6408, 6409, 6413, 6414, 6416, 6417, 6419, 6421, 6425, 6430, 6438, 6444, 6448, 6474, 6496, 6501, 6516, 6519, 6524, 6526, 6530, 6532, 6536, 6537, 6538, 6550, 6552, 6620, 6637, 6643, 6663, 6664, 6692, 6694, 6695, 6699, 6700, 6719, 6766, 6775, 6781, 6785, 6806, 6834, 6835, 6836, 6839, 6840, 6841, 6842, 6843, 6844, 6851, 6852, 6860, 6861, 6866, 6870, 6909, 6920, 6921, 6928, 6930, 6932, 6957, 6988, 6992, 6995, 7039, 7089, 7091, 7094, 7099, 7100, 7111, 7122, 7128, 7174, 7183, 7199, 7223, 7239, 7261, 7267, 7268, 7306, 7308, 7310, 7315, 7316, 7322, 7323, 7326, 7328, 7330, 7332, 7333, 7334, 7338, 7339, 7342, 7344, 7346, 7348, 7349, 7362, 7379, 7385, 7412, 7424, 7481, 7517, 7542, 7572,

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7577, 7580, 7596, 7613, 7614, 7617, 7621, 7626, 7628, 7634, 7635, 7646, 7664, 7691, 7701, 7707, 7724, 7733, 7754, 7787, 7795, 7796, 7801, 7802, 7803, 7805, 7808, 7811, 7814, 7816, 7817, 7819, 7821, 7824, 7825, 7830, 7841, 7860, 7888, 7893, 7910, 7957, 7974, 7989, 8030, 8063, 8095, 8111, 8113, 8131, 8144, 8168, 8191, 8192, 8208, 8213, 8228, 8229, 8242, 8245, 8248, 8264, 8279, 8366, 8377, 8389, 8390, 8391, 8392, 8399, 8403, 8407, 8421, 8457, 8460, 8462, 8495, 8501, 8512, 8525, 8526, 8529, 8580, 8596, 8630, 8638, 8641, 8653, 8673, 8676, 8699, 8707, 8724, 8729, 8730, 8733, 8740, 8749, 8762, 8788, 8793, 8850, 8853, 8875, 8899, 8905, 8907, 8911, 8912, 8918, 8920, 8929, 8930, 8935, 8954, 8965, 8972, 8987, 8989, 9015, 9017, 9018, 9026, 9039, 9043, 9053, 9054, 9063, 9070, 9078, 9086, 9089, 9093, 9098, 9101, 9102, 9107, 9116, 9121, 9147, 9167, 9169, 9207, 9232, 9234, 9248, 9257, 9258, 9272, 9286, 9320, 9324, 9326, 9327, 9332, 9343, 9346, 9396, 9408, 9413, 9423, 9435, 9451, 9458, 9464, 9475, 9483, 9487, 9492, 9500, 9516, 9518, 9528, 9533, 9561, 9563, 9581, 9584, 9587, 9603, 9610, 9616, 9619, 9631, 9659, 9711, 9718, 9723, 9734, 9747, 9761, 9763, 9766, 9767, 9770, 9777, 9796, 9849, 9852, 9861, 9885, 9889, 9897, 9899, 9911, 9916, 9928, 9931, 9935, 9949, 9950, 9965, 9981, 9984, 10009, 10011, 10012, 10013, 10014, 10015, 10016, 10017, 10022, 10023, 10025, 10026, 10030, 10034, 10044, 10061, 10076, 10078, 10079, 10081, 10093, 10095, 10112, 10118, 10131, 10138, 10148, 10164, 10168, 10198, 10210, 10224, 10226, 10228, 10255, 10256, 10258, 10260, 10261, 10271, 10276, 10278, 10279, 10280, 10281, 10282, 10305, 10329, 10333, 10343, 10347, 10356, 10386, 10431, 10436, 10442, 10445, 10469, 10479, 10497, 10499, 10505, 10508, 10509, 10516, 10517, 10520, 10522, 10530, 10532, 10533, 10544, 10552, 10583, 10597, 10600, 10602, 10622, 10650, 10691, 10696, 10742, 10751, 10753, 10764, 10774, 10792, 10806, 10825, 10826, 10829, 10835, 10842, 10850, 10868, 10881, 10883, 10889, 10890, 10893, 10932, 10934, 10936, 10963, 10979, 10984, 10986, 10992, 11002, 11012, 11030, 11041, 11048, 11052, 11055, 11058, 11061, 11073, 11081, 11084, 11090, 11098, 11101, 11102, 11108, 11129, 11134, 11136, 11149, 11192, 11212, 11218, 11222, 11226, 11229, 11243, 11256, 11291, 11300, 11304, 11306, 11313, 11323, 11333, 11351, 11366, 11382, 11394, 11412, 11440, 11465, 11480, 11496, 11502, 11513, 11541, 11542, 11543, 11545, 11546, 11547, 11548, 11550, 11553, 11554, 11556, 11558, 11567, 11568, 11576, 11577, 11581, 11595, 11602, 11637, 11648, 11679, 11688, 11694, 11697, 11699, 11719, 11726, 11727, 11734, 11759, 11761, 11781, 11786, 11791, 11792, 11793, 11796, 11820, 11831, 11850, 11851, 11854, 11858, 11879, 11898, 11935, 11948, 11950, 11962, 11963, 11995, 12014, 12015, 12018, 12022, 12025, 12026, 12037, 12052, 12067, 12087, 12092, 12095, 12109, 12112, 12127, 12142, 12163, 12165, 12179, 12185, 12192, 12205, 12213, 12218, 12221, 12228, 12229, 12236, 12237, 12238, 12239, 12241, 12244, 12245, 12246, 12248, 12249, 12256, 12262, 12276, 12280, 12301, 12310, 12314, 12316, 12318, 12320, 12323, 12338, 12346, 12360, 12363, 12365, 12366, 12367, 12368, 12369, 12370, 12372, 12376, 12385, 12401, 12425, 12429, 12448, 12454, 12455, 12461, 12472, 12479, 12497, 12498, 12500, 12502, 12503, 12504, 12507, 12510, 12511, 12512, 12513, 12524, 12541, 12555, 12566, 12600, 12606, 12609, 12610, 12614, 12615, 12647, 12670, 12671, 12681, 12682, 12688, 12689, 12691, 12703, 12725, 12728, 12734, 12759, 12761, 12764, 12768, 12769, 12772, 12773, 12774, 12775, 12776, 12777, 12778, 12783, 12784, 12788, 12791, 12800, 12817, 12821, 12833, 12851, 12853, 12857, 12859, 12860, 12861, 12862, 12875, 12877, 12878, 12917, 12923, 12924, 12932, 12933, 12938, 12960, 12979, 12982, 12988, 13004, 13006, 13007, 13012, 13016, 13018, 13065, 13067, 13068, 13070, 13073, 13075, 13076, 13079, 13081, 13091, 13093, 13102, 13140, 13151, 13154, 13155, 13166, 13181, 13182, 13189, 13198, 13201, 13204, 13208, 13249, 13250, 13258, 13262, 13265, 13282, 13284, 13290, 13299

Soy Sauce–Saishikomi Shoyu (Twice-Brewed). 2737, 5012, 5612

Soy Sauce–Taiwanese Black Bean Sauce (*Inyu*), Made from Black Soybean Koji. A Type of Fermented Black Soybean Sauce. 716

Soy Sauce Companies (Asia)–Important Japanese Shoyu Manufacturers Other Than Kikkoman and Yamasa–Higashimaru, Marukin, Choshi, Higeta. 56, 89, 180, 446, 465, 909, 1553, 2311, 2614, 2737, 4875, 6408, 6663, 9561

Soy Sauce Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 134, 141, 149, 180, 227, 367, 380, 388, 395, 419, 516, 598, 873, 917, 984, 1031, 1183, 1287, 1444, 2115, 2217, 2264, 2355, 2361, 2393, 2415, 2425, 2552, 2555, 2591, 2611, 2648, 2714, 2787, 2931, 3009, 3010, 3095, 3118, 3462, 3464, 3465, 3633, 3657, 3662, 4327, 4845, 5012, 5052, 5061, 5297, 6089, 6210, 6408, 6700, 6861, 6992, 6995, 7664, 8724, 8853, 8989, 9043, 9053, 9098, 9102, 9116, 9346, 9435, 9487, 9492, 9610, 9619, 9723, 9885, 9911, 9949, 9981, 9984, 10112, 10138, 10168, 10210, 10530, 10650, 10825, 11697, 12185

Soy Sauce Industry and Market Statistics, Trends, and Analyses–Individual Companies. 2078, 4327, 5437, 6408, 6663, 6992, 8525, 9053, 10530

Soy Sauce Production–How to Make Soy Sauce on a Commercial Scale. 293, 873, 1159, 2142, 4765, 5010

Soy Sauce and Ketchup: Key Records Concerning the Relationship between the Two. 143, 200, 601, 12018

Soy Sauce and Shoyu–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 17, 54, 55, 57, 97, 107, 115, 116, 124, 140, 172, 176, 183, 189, 192, 193, 198, 200, 201, 205, 206, 207, 208, 210, 217, 239, 242, 246, 255, 289, 293, 304, 314, 395, 442, 459, 565, 668, 707, 711, 791, 794, 897, 914, 962, 964, 1105, 1268, 1325, 1736, 1841, 1931, 1997, 2119, 2304, 2341, 2396, 2486, 2533, 2664, 2792, 2899, 3445, 3465, 3575, 4374, 4946, 5984, 6806, 6870, 8392, 9248, 11793, 12014, 12025, 12784, 12932, 12933

Soy Sauce, Chinese Style, Made with a Significant Proportion of Wheat or Barley. 54, 88, 97, 198, 224, 269, 304, 331, 380, 384, 494, 794, 1058, 1178

Soy Sauce, HVP Type (Non-Fermented or Semi-Fermented, Made with Acid-Hydrolyzed Vegetable Protein; an Amino Acid Seasoning Solution Rich in Glutamic Acid). Also Called Pejoratively Chemical Soy Sauce. 720, 1286, 1290, 1294, 1652, 1725, 1757, 2097, 2109, 2203, 2248, 2533, 3154, 3213, 3657, 5012, 5621, 6210, 6665, 6666, 6969, 7704, 7733, 7801, 8208, 8730, 9107, 9248, 9584, 9711, 10276, 10744, 11058, 11412, 11496, 11963, 12087, 12310, 12368, 12507, 12524, 12960, 13067

Soy Sauce, Indonesian Style–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 2380, 2792, 3460

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Soy Sauce, Indonesian Style or from the Dutch East Indies (Kecap, Kécap, Kechap, Ketjap, Kétjap). See also Ketchup / Catsup. 239, 304, 331, 359, 398, 456, 463, 464, 475, 502, 527, 713, 788, 831, 860, 964, 1174, 1235, 1263, 1304, 1454, 1455, 1471, 1473, 1593, 1645, 1715, 1737, 1768, 1863, 2015, 2072, 2108, 2111, 2112, 2257, 2380, 2384, 2557, 2560, 2561, 2598, 2663, 2667, 2696, 2717, 2730, 2771, 2792, 2899, 2956, 2977, 3045, 3118, 3126, 3240, 3382, 3438, 3444, 3460, 3462, 3464, 3465, 3508, 3588, 3627, 4013, 4128, 4183, 4448, 4759, 4817, 5321, 5378, 5399, 6532, 6537, 6643, 6719, 6840, 6957, 6995, 7174, 7553, 7802, 7821, 8907, 9078, 9086, 9107, 9167, 9272, 9326, 9475, 9561, 9761, 9981, 11048, 11351, 12014, 12015, 12018, 12246, 12511, 12851, 13093

Soy Sauce, Indonesian Sweet, Kecap Manis / Ketjap Manis. Indonesian Sweet Thick Spicy Soy Sauce / Indonesian Thick Sweet Soy Sauce. 2380, 2717, 2792, 2859, 2864, 2899, 3045, 3126, 3460, 3588, 3973, 4127, 4128, 4894, 5059, 5377, 5390, 5399, 6414, 6643, 6839, 7174, 8391, 8907, 9078, 9107, 9475, 9561, 10025, 10026, 11041, 11048, 11061, 11351, 11550, 11786, 11792, 11793, 11854, 12015, 12376, 12502, 12510, 12511, 12859, 13093

Soy Sauce, Non-Soy Relatives. 414

Soy Sauce, Pale (*Shiro Shoyu*). Made in the Mikawa region of Central Japan near Nagoya. *Shiro* Means White in Japanese. 5012, 5612, 7825

Soy Sauce, Used as an Ingredient in Commercial Products. 150, 1791, 1794, 3495, 3579, 3606, 3607, 3608, 3609, 3610, 3691, 3738, 3742, 3811, 3824, 3932, 4001, 4171, 4175, 4198, 4200, 4203, 4205, 4364, 4379, 4388, 4400, 4401, 4588, 4618, 4631, 4777, 4782, 4812, 4822, 4824, 4923, 4943, 4944, 4962, 4996, 5054, 5165, 5198, 5318, 5325, 5336, 5342, 5343, 5347, 5424, 5463, 5466, 5471, 5535, 5640, 5645, 5660, 5678, 5723, 5763, 5776, 5799, 5816, 5833, 5834, 5835, 5857, 5859, 5861, 5871, 5873, 5993, 5999, 6040, 6067, 6092, 6138, 6148, 6154, 6183, 6230, 6285, 6296, 6297, 6338, 6339, 6357, 6358, 6366, 6370, 6376, 6377, 6388, 6389, 6390, 6471, 6475, 6476, 6499, 6554, 6571, 6593, 6616, 6617, 6639, 6673, 6690, 6691, 6782, 6783, 6784, 6790, 6792, 6809, 6824, 6829, 6880, 6901, 6942, 6958, 6972, 6975, 7046, 7047, 7051, 7069, 7106, 7141, 7170, 7172, 7197, 7212, 7213, 7289, 7354, 7371, 7375, 7386, 7417, 7436, 7482, 7483, 7509, 7548, 7555, 7576, 7715, 7752, 7768, 7769, 7782, 7789, 7847, 7850, 7852, 7867, 7870, 7871, 7879, 7924, 7964, 7969, 7974, 7979, 7985, 7986, 7987, 8028, 8097, 8106, 8107, 8167, 8169, 8199, 8228, 8246, 8334, 8335, 8345, 8362, 8409, 8429, 8551, 8604, 8631, 8632, 8755, 8764, 8787, 8789, 8819, 8831, 8851, 8863, 8864, 8877, 8878, 8879, 8895, 8900, 8901, 8947, 8990, 9016, 9050, 9088, 9099, 9100, 9104, 9110, 9112, 9205, 9304, 9316, 9317, 9350, 9356, 9358, 9405, 9521, 9584, 9587, 9591, 9600, 9615, 9633, 9653, 9654, 9655, 9666, 9693, 9694, 9695, 9696, 9721, 9730, 9733, 9734, 9742, 9751, 9756, 9834, 9892, 9947, 9986, 9998, 10059, 10170, 10177, 10318, 10353, 10373, 10443, 10472, 10727, 10756, 10777, 10983, 11030, 11434, 12007, 12077, 12123, 12124, 12231, 12271, 12490, 12521, 12528, 12648, 12649, 12767

Soy Sprouts (Sprouted or Germinated Soybeans) for Food Use. 5, 6, 7, 8, 9, 17, 21, 51, 52, 54, 62, 138, 142, 152, 189, 219, 301, 303, 382, 387, 390, 400, 410, 417, 426, 453, 459, 466, 523, 547, 602, 609, 613, 619, 652, 662, 680, 701, 709, 718, 774, 788, 823, 850, 868, 914, 917, 924, 935, 937, 950, 969, 974, 975, 996, 1018, 1031, 1035, 1058, 1065, 1080, 1081, 1092, 1102, 1105, 1106, 1107, 1112, 1117, 1118, 1121, 1122, 1125, 1126, 1127, 1130, 1152, 1153, 1154, 1156, 1157, 1170, 1173, 1178, 1186, 1199, 1235, 1236, 1284, 1291, 1294, 1296, 1307, 1308, 1311, 1313, 1316, 1317, 1319, 1330, 1347, 1348, 1350, 1361, 1367, 1370, 1372, 1375, 1380, 1381, 1382, 1385, 1454, 1455, 1460, 1475, 1495, 1496, 1502, 1508, 1513, 1537, 1542, 1543, 1550, 1551, 1552, 1559, 1561, 1563, 1567, 1573, 1579, 1593, 1600, 1626, 1628, 1631, 1640, 1641, 1643, 1648, 1649, 1652, 1664, 1666, 1710, 1711, 1712, 1724, 1725, 1726, 1730, 1737, 1749, 1751, 1761, 1765, 1771, 1774, 1775, 1782, 1783, 1789, 1790, 1792, 1795, 1796, 1797, 1798, 1799, 1823, 1824, 1827, 1829, 1841, 1842, 1855, 1863, 1864, 1865, 1902, 1908, 1924, 1925, 1926, 1933, 1945, 1949, 1951, 1952, 1956, 1959, 1960, 1961, 1962, 1963, 1964, 1967, 1968, 1975, 1998, 2001, 2005, 2008, 2011, 2013, 2014, 2015, 2021, 2022, 2024, 2028, 2031, 2040, 2042, 2045, 2060, 2062, 2072, 2077, 2078, 2079, 2081, 2089, 2101, 2109, 2116, 2117, 2119, 2127, 2128, 2129, 2150, 2156, 2163, 2186, 2210, 2230, 2232, 2239, 2241, 2249, 2250, 2253, 2284, 2308, 2323, 2325, 2329, 2349, 2354, 2360, 2384, 2399, 2409, 2414, 2418, 2435, 2437, 2441, 2443, 2445, 2477, 2480, 2498, 2519, 2523, 2533, 2537, 2539, 2540, 2542, 2544, 2582, 2585, 2586, 2594, 2612, 2613, 2614, 2631, 2663, 2664, 2666, 2669, 2679, 2681, 2693, 2695, 2713, 2721, 2722, 2732, 2734, 2735, 2751, 2753, 2761, 2764, 2787, 2796, 2800, 2810, 2812, 2835, 2852, 2853, 2880, 2902, 2911, 2913, 2923, 2938, 2942, 2961, 2963, 2967, 2971, 2976, 2978, 2979, 3000, 3018, 3037, 3049, 3065, 3068, 3094, 3095, 3105, 3109, 3121, 3124, 3128, 3132, 3134, 3142, 3148, 3151, 3156, 3201, 3213, 3215, 3218, 3237, 3238, 3239, 3240, 3242, 3243, 3244, 3253, 3254, 3276, 3293, 3299, 3302, 3313, 3314, 3370, 3376, 3382, 3426, 3430, 3431, 3432, 3434, 3438, 3445, 3446, 3447, 3452, 3454, 3459, 3460, 3462, 3464, 3475, 3508, 3517, 3531, 3533, 3615, 3622, 3626, 3636, 3641, 3652, 3659, 3662, 3663, 3664, 3666, 3719, 3730, 3786, 3796, 3803, 3823, 3859, 3936, 3939, 3945, 3946, 3948, 3950, 3955, 3956, 3961, 3962, 3972, 3974, 3978, 3994, 4005, 4007, 4008, 4013, 4029, 4101, 4127, 4128, 4183, 4256, 4328, 4331, 4370, 4403, 4404, 4409, 4410, 4423, 4431, 4433, 4434, 4440, 4449, 4499, 4574, 4593, 4745, 4759, 4766, 4836, 4842, 4844, 4845, 4847, 4851, 4868, 5024, 5027, 5036, 5052, 5083, 5144, 5159, 5190, 5204, 5297, 5349, 5355, 5357, 5359, 5368, 5369, 5370, 5399, 5407, 5421, 5427, 5433, 5443, 5542, 5561, 5566, 5568, 5612, 5621, 5629, 5673, 5682, 5695, 5730, 5821, 5901, 5905, 5920, 5932, 5938, 6043, 6098, 6130, 6198, 6225, 6226, 6227, 6236, 6272, 6299, 6395, 6403, 6405, 6406, 6409, 6413, 6414, 6428, 6444, 6496, 6519, 6526, 6532, 6536, 6537, 6538, 6550, 6551, 6552, 6598, 6620, 6693, 6695, 6700, 6806, 6818, 6831, 6839, 6840, 6842, 6851, 6852, 6853, 6957, 6979, 7064, 7066, 7089, 7091, 7142, 7189, 7309, 7310, 7316, 7317, 7323, 7332, 7333, 7340, 7343, 7346, 7348, 7446, 7487, 7522, 7550, 7628, 7646, 7720, 7796, 7805, 7809, 7821, 7823, 7824, 7832, 7836, 7859, 7884, 7888, 7893, 7957, 8026, 8123, 8159, 8168, 8208, 8315, 8389, 8392, 8399, 8400, 8403, 8449, 8460, 8615, 8642, 8707, 8734, 8749, 8756, 8773, 8805, 8856, 8889, 8899, 8907, 8916, 8918, 8965, 8982, 9033, 9039, 9101, 9102, 9141, 9160, 9167, 9168, 9176, 9207, 9257, 9258, 9286, 9326, 9327, 9367, 9408, 9421, 9446, 9447, 9487, 9560, 9561, 9581, 9620, 9711, 9723, 9747, 9760, 9761, 9763, 9770, 9774, 9778, 9885, 9947, 9966, 9995, 10012, 10022, 10023, 10025, 10026, 10043, 10072, 10098, 10106, 10153, 10228, 10260, 10261, 10267, 10273, 10281, 10333, 10348, 10409, 10431, 10436, 10499, 10504, 10508, 10545, 10583, 10656, 10732, 10745, 10785, 10789, 10810, 10823, 10835, 10868, 10901, 10934, 10957, 11062, 11067, 11167, 11200, 11229, 11301, 11302, 11313, 11321, 11333, 11337, 11365, 11411, 11429, 11451, 11453,

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11457, 11496, 11513, 11525, 11542, 11544, 11547, 11554, 11560, 11566, 11576, 11581, 11595, 11602, 11608, 11618, 11727, 11734, 11741, 11747, 11793, 11796, 11817, 11831, 11837, 11851, 11854, 11858, 11879, 11950, 11979, 11995, 12015, 12018, 12022, 12025, 12026, 12032, 12035, 12039, 12060, 12087, 12220, 12221, 12238, 12239, 12248, 12250, 12254, 12276, 12297, 12310, 12330, 12334, 12346, 12367, 12368, 12369, 12376, 12425, 12448, 12465, 12500, 12504, 12511, 12513, 12517, 12518, 12550, 12600, 12642, 12652, 12662, 12670, 12671, 12711, 12755, 12759, 12774, 12778, 12781, 12784, 12851, 12853, 12923, 12933, 12939, 12948, 12950, 12960, 12966, 12979, 13000, 13006, 13012, 13016, 13102, 13105, 13161, 13199, 13201, 13208, 13250, 13252, 13256, 13292

Soy Sprouts–Etymology of This Term and Its Cognates / Relatives in Various Languages. 21, 138, 189, 301, 400, 410, 417, 662, 774, 917, 924, 1018, 1031, 1065, 1105, 1107, 1112, 1170, 1199, 1313, 1372, 1643, 1798, 2072, 2119, 2477, 2810, 2853, 3254, 3974, 6098, 6806, 9966, 12368, 12513, 12933, 13199

Soy Sprouts Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 2787, 3095, 3464, 3662, 5052, 5297, 9487, 9620, 10545

Soy Sprouts Production–How to Grow Soy Sprouts on a Commercial Scale. 1382, 2613

Soy Sprouts, Homemade–How to Grow at Home or on a Laboratory Scale, by Hand. 1236, 1640, 1730, 1925, 1952, 1961, 1975, 2156, 2441, 4256, 4440, 4449, 5421, 7823, 12035

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Soybean Seeds–Green in Color. Used as Food, Beverage, Feed, or Medicine, or Their Nutritional Value. 351, 494, 613, 899, 1265, 1317, 1330, 1341, 2964

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Soybean Seeds–Red in Color. 6, 7, 221, 246, 252, 268, 280, 304, 316, 351, 566, 619, 673, 701, 999, 1082

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Soybean crushers (Canada). *See* ADM Agri-Industries Ltd. (Windsor, Ontario, Canada), CanAmera Foods (Hamilton, Ontario, Canada), Victory Soya Mills Ltd. (Toronto, Ontario)

Soybean crushers (Europe). *See* Ferruzzi-Montedison (Italy), Noblee & Thoerl GmbH (Hamburg, Germany), Oelmuehle Hamburg AG (Hamburg, Germany), Vandemoortele N.V. (Izegem, Netherlands)

Soybean crushers (USA), Cooperative. *See* Ag Processing Inc a cooperative (AGP), CHS Cooperatives, Including Cenex, Inc. and Harvest States Cooperatives (Which Includes Honeymead), Dawson Mills (Dawson, Minnesota), Far-Mar-Co, Inc., Farmers Union Grain Terminal Association (GTA), Farmland Industries, Inc., Honeymead (Mankato, Minnesota), Land O'Lakes, Inc., Riceland Foods (Named Arkansas Grain Corp. before Sept. 1970)

Soybean crushers (USA), Early. *See* Elizabeth City Oil and Fertilizer Co. (Elizabeth City, North Carolina; 1915)

Soybean crushers (USA). *See* Allied Mills, Inc., Archer Daniels Midland Co. (ADM) (Decatur, Illinois), Bunge Corp. (White Plains, New York), Cargill, Inc. (Minneapolis, Minneapolis), Central Soya Co. (Fort Wayne, Indiana), Lauhoff Grain Co. (Danville, Illinois), Pillsbury Feed Mills and Pillsbury Co. (Minneapolis, Minnesota), Procter & Gamble Co. (Cincinnati, Ohio). Including the Buckeye Cotton Oil Co., Ralston Purina Co. (St. Louis, Missouri), Shellabarger Grain Co. / Shellabarger Soybean Mills (Decatur, Illinois), Spencer Kellogg & Sons, Inc. (Buffalo, New York), Staley (A.E.) Manufacturing Co. (Decatur,, Swift & Co. (Illinois)

Soybean crushing–solvents. *See* Solvents

Soybean koji. *See* Koji, Soybean

Soybean meal pellets. *See* Pellets Made from Soybean Meal

Soybean oil constants. *See* Soy Oil Constants

Soybean oil. *See* Soy Oil

Soybean paste. *See* Miso

Soybean pellets. *See* Pellets Made from Soybean Meal

Soybean processing. *See* Soybean Crushing

Soybean production–Costs. *See* Cost of Producing Soybeans

Soybean production–Farm Machinery. *See* Tractors

Soybean production–Farm equipment. *See* Machinery (Agricultural), Implements, Equipment, and Mechanization

Soybean production–Farm machinery. *See* Combines

Soybean production–Marketing. *See* Chicago Board of Trade (CBOT), Marketing Soybeans, Railroads / Railways and Special Trains and/or Exhibit Cars Used to Promote Soybeans and Soybean Production

Soybean production–Nitrogen Fixation and Inoculation. *See* Nitragin Inoculant and The Nitragin Company

Soybean production–Plant protection. *See* Diseases (Bacterial, Fungal, and Viral / Virus), Insects–Pest Control. See also: Integrated Pest Management, Integrated Pest Management (IPM) and Biological Control, Nematodes–Disease Control, Pesticides (General), Weeds–Control and Herbicide Use

Soybean production–Research. *See* Research on Soybeans

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Soybean production and the soil. *See* Soil Science

Soybean production in tropical and subtropical countries. *See* Tropical and Subtropical Countries, Soybean Production in (Mostly in

Soybean production, organic. *See* Organic Soybean Production

Soybean production. *See*–Fertilizers and Plant Nutrition, Cover Crop, Use of Soybean as. See also: Intercropping, Crop Rotation of Soybean Plants for Soil Improvement, Cropping Systems: Intercropping, Interplanting, or Mixed Cropping, Cultural Practices, Green Manure, Harvesting and Threshing, Identity Preserved / Preservation, Organically Grown Soybeans, Plant Protection from Diseases, Pests and Other Types of Injury (General), Policies and Programs, Government, Price of Soybeans, Soybean Seeds and Soybean Products–Except Sauces (Which See), Seed Germination or Viability–Not Including Soy Sprouts, Seed Quality, Seed Treatment, Soybean Variety Development and Breeding–New Soybean Varieties in the USA, Yield Statistics, Soybean

Soybeans, black. *See* Soybean Seeds–Black in Color

Soybeans, ground (used as food). *See* Whole Dry Soybeans

Soybeans, whole dry (used unprocessed as food). *See* Whole Dry Soybeans

Soybeans, wild. *See* Wild Soybeans (General)

Soyco Foods. *See* Galaxy Nutritional Foods, Inc. (Orlando, Florida)

Soyfood products, commercial. *See* Commercial Soy Products–New Products

Soyfoods (General Food Uses of Soybeans). 716, 988, 989, 1023, 1024, 1479, 1631, 1638, 1742, 1751, 1756, 1801, 1828, 1845, 1952, 1963, 1968, 2029, 2164, 2354, 2469, 2523, 2561, 2578, 2585, 2612, 2613, 2614, 2635, 2657, 2681, 2716, 2735, 2740, 2750, 2764, 2770, 2941, 2968, 3018, 3114, 3156, 3209, 3240, 3249, 3282, 3299, 3394, 3434, 3458, 3470, 3512, 3589, 3646, 3662, 3663, 3664, 3792, 3838, 4070, 4106, 4115, 4272, 4337, 4359, 4360, 4574, 4621, 4649, 4661, 4733, 4761, 4764, 4845, 4877, 4885, 4895, 5006, 5026, 5065, 5083, 5166, 5226, 5270, 5274, 5404, 5420, 5478, 5571, 5588, 5596, 5607, 5621, 5672, 5684, 5687, 5754, 5794, 5802, 5813, 5814, 5921, 5932, 5965, 6232, 6235, 6257, 6313, 6314, 6444, 6446, 6564, 6654, 6672, 6687, 6692, 6695, 6747, 6758, 6759, 6760, 6766, 6852, 6867, 6903, 6935, 6992, 7022, 7089, 7223, 7225, 7226, 7228, 7572, 7728, 7791, 8056, 8168, 8281, 8282, 8299, 8355, 8465, 8481, 8665, 8671, 8686, 8693, 8850, 8918, 8923, 9063, 9227, 9303, 9330, 9334, 9482, 9516, 9548, 9549, 9672, 9764, 9776, 9949, 10044, 10063, 10078, 10090, 10127, 10129, 10136, 10138, 10167, 10291, 10295, 10334, 10347, 10360, 10374, 10386, 10422, 10425, 10442, 10639, 10675, 10729, 10731, 10792, 10829, 10844, 10850, 10906, 10918, 10934, 10944, 10950, 10963, 10970, 11001, 11045, 11048, 11051, 11057, 11060, 11089, 11097, 11098, 11115, 11132, 11136, 11173, 11199, 11205, 11229, 11243, 11248, 11260, 11282, 11304, 11309, 11313, 11334, 11359, 11388, 11389, 11392, 11413, 11448, 11491, 11522, 11542, 11546, 11553, 11554, 11557, 11561, 11563, 11565, 11574, 11576, 11577, 11578, 11581, 11617, 11625, 11626, 11636, 11637, 11638, 11653, 11699, 11714, 11718, 11720, 11728, 11740, 11743, 11758, 11768, 11781, 11795, 11797, 11811, 11820, 11851, 11858, 11874, 11876, 11912, 11919, 11943, 11958, 11959, 11960, 11962, 11971, 11976, 11981, 11986, 12013, 12037, 12039, 12052, 12053, 12063, 12087, 12095, 12103, 12105, 12112, 12114, 12142, 12149, 12155, 12160, 12162, 12163, 12165, 12183, 12194, 12196, 12227, 12228, 12234, 12240, 12252, 12275, 12276, 12283, 12296, 12310, 12314, 12318, 12323, 12330, 12366, 12389, 12398, 12399, 12405, 12422, 12430, 12472, 12476, 12482, 12485, 12487, 12500, 12505, 12511, 12517, 12518, 12535, 12569, 12577, 12580, 12595, 12597, 12614, 12638, 12660, 12683, 12691, 12709, 12728, 12743, 12757, 12786, 12850, 12853, 12861, 12883, 12914, 12920, 12941, 12960, 13038, 13061, 13062, 13141, 13142, 13205, 13206, 13213, 13263, 13277, 13282, 13283, 13284, 13285, 13287, 13291

Soyfoods Association of North America (SANA). Founded 29 June 1978. 3637, 3702, 3717, 3726, 3732, 3736, 3740, 3743, 3747, 3748, 3757, 3759, 3760, 3762, 3779, 3780, 3796, 3813, 3851, 3986, 4018, 4054, 4063, 4091, 4130, 4133, 4136, 4137, 4163, 4166, 4167, 4182, 4195, 4210, 4218, 4247, 4340, 4347, 4350, 4368, 4371, 4377, 4465, 4487, 4490, 4497, 4502, 4503, 4557, 4587, 4597, 4650, 4662, 4985, 4987, 4988, 5027, 5035, 5052, 5113, 5114, 5126, 5127, 5147, 5169, 5181, 5187, 5196, 5225, 5244, 5247, 5252, 5253, 5284, 5297, 5338, 5510, 5539, 5587, 5724, 5784, 5963, 5972, 5973, 6033, 6068, 6139, 6255, 6271, 6278, 6474, 6535, 6654, 6676, 6766, 6922, 6962, 6973, 6997, 7001, 7168, 7179, 7188, 7480, 7585, 7591, 7604, 7998, 8003, 8186, 8214, 8291, 8300, 8439, 8461, 8527, 8531, 8559, 8561, 8563, 8573, 8591, 8614, 8643, 8795, 8838, 8987, 9020, 9034, 9149, 9151, 9158, 9386, 9392, 9403, 9416, 9450, 9453, 9502, 9535, 9608, 9642, 10057, 10114, 10226, 10362, 10364, 10387, 10425, 10429, 10692, 10892, 10898, 10899, 10946, 11105, 11340, 11562, 11610, 11639, 11686, 11701, 11765, 11766, 11804, 11812, 11813, 11830, 11959, 11998, 12219, 12398, 12453, 12456, 12794, 13285

Soyfoods Associations in Canada (Soyfoods Canada). 12275, 12308, 12519, 12520, 12522, 13039, 13062

Soyfoods Associations in Europe. 7160, 7877, 7887, 7888, 7893, 7894, 7988, 8001, 8008, 9012, 9196, 9270, 9463, 9482, 9532, 9534, 9575, 9658, 9720, 9953, 10264, 10390, 10812, 10872, 11165

Soyfoods Center. *See* Soyinfo Center (Lafayette, California)

Soyfoods Industry and Market Statistics, Trends, and Analyses–By Geographical Region. Includes per capita consumption of soybeans. 2487, 2563, 2740, 2751, 2760, 2768, 3464, 4490, 4501, 4557, 4587, 4700, 4727, 5027, 5052, 5179, 5204, 5297, 5576, 5612, 5672, 6006, 6091, 6129, 6139, 6214, 6227, 6256, 6399, 6552, 6566, 6654, 6664, 6695, 6766, 7022, 7027, 7130, 7228, 7444, 7497, 7503, 7639, 7643, 7659, 7889, 7893, 7951, 7971, 7989, 7994, 7998, 8063, 8129, 8186, 8188, 8212, 8247, 8278, 8290, 8291, 8419, 8469, 8634, 8638, 8673, 8724, 8733, 8793, 8848, 8853, 8987, 9002, 9033, 9043, 9063, 9079, 9098, 9101, 9102, 9164, 9192, 9211, 9240, 9262, 9384, 9460, 9463, 9476, 9482, 9487, 9489, 9537, 9550, 9603, 9620, 9624, 9658, 9672, 9707, 9723, 9759, 9799, 9865, 9885, 9911, 9949, 9974, 9981, 10168, 10210, 10347, 10504, 10522, 10622, 10650, 10694, 10697, 10822, 10825, 10898, 10899, 10934, 10946, 10963, 11004, 11089, 11562, 11594, 11646, 11697, 11701, 11702, 11765, 11812, 11880, 11958, 11976, 11985, 11998, 12005, 12057, 12065, 12099, 12185,

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12219, 12342, 12344, 12348, 12354, 12436, 12572, 12595, 12667, 12748, 12758, 12794, 12860, 13011, 13029, 13062, 13289

Soyfoods Industry and Market Statistics, Trends, and Analyses–Individual Companies. 2744, 5745, 6237, 8445, 8509, 8573, 8587, 9006, 9056, 9076, 9226, 9469, 9648, 9935, 10070, 10796, 11668, 11680, 11833, 11958

Soyfoods Movement–Periodicals, Including Soycraft, Soyfoods, Soya Foods, Soya Newsletter, Soya International, Soyfoods Canada Newsletter, etc. 3660, 3698, 3702, 3736, 3876, 4015, 4054, 4133, 4137, 4218, 4247, 4340, 4349, 4371, 4621, 5187, 6068, 6214, 6268, 6274, 6279, 7027, 7591, 7888, 7929, 7971, 8643, 8776, 9145, 9477, 10429, 11734, 11836, 13285, 13290

Soyfoods Movement–Soyfoods Restaurants or Delis. 2789, 3336, 3569, 3604, 3722, 3834, 3837, 4014, 4017, 4104, 4105, 4131, 4162, 4182, 4194, 4329, 4399, 4491, 4500, 4514, 4526, 4531, 4535, 4584, 4600, 4609, 4654, 4693, 4729, 4748, 4756, 4763, 4767, 4775, 4831, 4951, 4963, 4986, 4999, 5014, 5027, 5036, 5052, 5091, 5111, 5131, 5146, 5177, 5186, 5204, 5208, 5238, 5282, 5321, 5379, 5457, 5507, 5532, 5537, 5538, 5570, 5576, 5593, 5603, 5608, 5611, 5612, 5615, 5636, 5637, 5638, 5644, 5647, 5838, 5840, 5846, 5863, 5864, 5866, 5874, 5877, 5878, 5892, 5937, 5949, 6013, 6015, 6042, 6140, 6256, 6335, 6386, 6550, 6605, 6611, 6630, 6655, 6662, 6666, 6713, 6773, 6882, 6917, 6992, 7202, 7270, 7359, 7498, 7704, 8018, 8243, 8289, 8445, 8500, 8512, 8532, 8650, 8689, 8708, 8715, 8720, 9348, 9690, 9798, 10038, 10498, 10530, 12460, 12734

Soyfoods Movement in Europe. 3283, 3555, 3820, 4425, 4640, 4919, 5055, 5067, 5082, 5141, 5159, 5220, 5240, 5358, 5384, 5417, 5421, 5445, 5482, 5521, 5527, 5548, 5557, 5566, 5592, 5597, 5648, 5669, 5682, 5781, 5795, 5808, 5810, 5843, 5869, 5897, 5898, 5902, 5928, 5955, 6009, 6020, 6023, 6024, 6028, 6032, 6038, 6074, 6076, 6214, 6249, 6260, 6274, 6279, 6287, 6288, 6289, 6290, 6291, 6292, 6317, 6433, 6497, 6513, 6525, 6534, 6682, 6687, 6730, 6886, 6945, 6946, 6957, 6979, 7027, 7153, 7160, 7325, 7332, 7364, 7470, 7631, 7744, 7888, 7893, 7988, 8008, 8240, 8395, 8814, 8970, 9001, 9003, 9004, 9005, 9006, 9012, 9086, 9093, 9094, 9121, 9126, 9192, 9196, 9270, 9452, 9455, 9460, 9462, 9463, 9468, 9470, 9477, 9478, 9479, 9480, 9482, 9529, 9532, 9534, 9535, 9537, 9543, 9550, 9559, 9575, 9658, 9705, 9720, 9793, 9816, 9842, 9897, 9899, 9900, 9919, 9922, 9951, 10264, 10380, 10392, 10438, 10615, 10811, 10812, 11165

Soyfoods Movement in Mexico and Central America. 3489, 3719, 3730, 3951, 4029, 4048, 4049, 4158, 4187, 4254, 4462, 4480, 4496, 4681, 4854, 4896, 4909, 5126, 5252, 5255, 5427, 5443, 5488, 5621, 5667, 5796, 5911, 5929, 5982, 6427, 6623, 6645, 6999, 7076, 7215, 7217, 7254, 7643, 8000, 8036, 8093, 8148, 8241, 8258, 8373, 8600, 8765, 9519, 9520, 9523, 9556, 9850, 9874, 9948, 9966, 10064, 10097, 10102, 10298, 10332, 10375, 10529, 10611, 10619, 10652, 10718, 10940, 10968, 10974, 10980, 10981, 10989, 11057, 11265, 11267, 11280, 11292, 11337, 11515, 11612, 11782, 12063, 12140, 12475, 12561, 12650, 12740, 12744, 13019, 13020, 13021, 13022, 13286

Soyfoods Movement in North America (USA & Canada, General). 3195, 3336, 3353, 3356, 3527, 3658, 3747, 3749, 3757, 3762, 3796, 3994, 3998, 4015, 4017, 4018, 4054, 4063, 4166, 4178, 4327, 4347, 4350, 4405, 4477, 4485, 4486, 4487, 4493, 4502, 4582, 4609, 4622, 4727, 4737, 4832, 4926, 4970, 4987, 5016, 5035, 5039, 5048, 5113, 5114, 5127, 5142, 5158, 5175, 5179, 5187, 5226, 5245, 5272, 5284, 5414, 5492, 5569, 5570, 5607, 5630, 5636, 5642, 5649, 5650, 5658, 5719, 5752, 5754, 5755, 5757, 5768, 5809, 5939, 5973, 6039, 6061, 6091, 6139, 6167, 6234, 6235, 6241, 6255, 6268, 6326, 6469, 6542, 6664, 6746, 6775, 6836, 6904, 7099, 7102, 7214, 7215, 7216, 7217, 7239, 8136, 8591, 8867, 9034, 9969, 10436, 11705, 12398, 12422, 12452, 12453, 12454, 12455, 12456, 12457, 12461, 12463, 13062

Soyfoods Movement in South America. 4674, 4953, 5126, 7128, 7362, 7517, 7882, 9089, 9174, 11205, 11676, 11863

Soyfoods Restaurants or Delis, New. 2789, 3336, 3569, 3604, 3722, 3834, 4514, 4535, 4584, 4600, 4748, 4775, 5146, 5177, 5846, 5949, 6042, 6605, 6773, 8243, 8289, 8500, 8512, 8650, 8720, 9348, 9690, 9798, 10038, 10498

Soyfoods Unlimited, Inc. (San Leandro, California). Founded by John, Valerie, and Gary Robertson. Began Making Tempeh on 15 Feb. 1981. Acquired by White Wave on 1 Dec. 1987. 4556, 4557, 4988, 5181, 5425, 5455, 5476, 5516, 5768, 6006, 6037, 6234, 6638, 6672, 6993, 7690, 8004, 8217, 8285, 8605, 9280, 9925, 10341, 10343

Soyfoods companies (Asia). *See* Yeo Hiap Seng Ltd. (Singapore and Malaysia) and Affiliates

Soyfoods companies (Canada). *See* Nutrisoya, Inc. (Quebec), Yves Veggie Cuisine (Vancouver, BC, Canada)

Soyfoods companies (England). *See* Itona

Soyfoods companies (Europe). *See* , Albert's Tofuhaus (Lautersheim, Germany), British Arkady Company Ltd. (Manchester, England), Bruno Fischer GmbH (Aetorf, Germany), Galactina S.A. (Belp, Switzerland), Haldane Foods Group Ltd. (Newport Pagnell, Buckinghamshire, England), Henselwerk GmbH (Magstadt near Stuttgart, Germany), Huegli Naehrmittel A.G. (Steinach-Arbon, Switzerland), Innoval / Sojalpe, Jonathan P.V.B.A. (Kapellen, Belgium), Life Food GmbH (Freiburg, Germany). Taifun brand, Lima N.V. / Lima Foods (Sint-Martens-Latem, Belgium; and Mezin, France), Manna Natural Foods (Amsterdam, The Netherlands), Migros & Conserves Estavayer (Estavayer-le-Lac, Switzerland), Sojinal / Biosoja (Formerly Cacoja), Soya Health Foods Ltd. (Manchester, England), Soyana (Zurich, Switzerland), Tofutown.com (Wiesbaum / Vulkaneifel, Germany), Triballat (Noyal-sur-Vilaine, France). Makers of Sojasun, Valsoia S.p.A. (Bologna, Italy)

Soyfoods companies (USA). *See* Farm Food Co. (San Rafael, then San Francisco, California), Farm Foods, and Farm Soy Dairy, Galaxy Nutritional Foods, Inc. and its Soyco Foods Div. (Orlando, Florida), GeniSoy Products Co. (Fairfield, California), Hain Celestial Group, Inc. (Uniondale, New York), Lightlife Foods, Inc. (Turners Falls, Massachusetts), Rella Good Cheese Co. (Santa Rosa, California). Previously Brightsong Tofu, SunRich Food Group (Hope, Minnesota), Swan Food Corp. (Miami, Florida), White Wave, Inc. (Boulder, Colorado)

Soyfoods movement. *See* Farm (The) (Summertown, Tennessee),

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Plenty (The Farm, Summertown, Tennessee), Plenty Canada and The Farm in Canada (Lanark, Ontario, Canada), Plenty International (Summertown, Tennessee), Rodale Press (Emmaus, Pennsylvania), Soy Daily (The), Soyatech (Bar Harbor, Maine), Soyfoods Association of North America (SANA), Soyfoods Restaurants or Delis, New

Soyfoods restaurants or delis. *See* Soyfoods Movement–Soyfoods Restaurants or Delis

Soyinfo Center (Lafayette, California). Named Soyfoods Center until 1 Jan. 2007. Founded by William and Akiko Shurtleff. 2774, 2927, 2985, 3054, 3072, 3073, 3075, 3076, 3085, 3159, 3168, 3172, 3173, 3192, 3193, 3194, 3195, 3200, 3205, 3210, 3211, 3213, 3214, 3215, 3216, 3217, 3219, 3220, 3221, 3222, 3234, 3252, 3269, 3270, 3271, 3274, 3275, 3277, 3278, 3280, 3281, 3282, 3286, 3288, 3295, 3296, 3298, 3305, 3309, 3311, 3320, 3322, 3323, 3326, 3327, 3328, 3329, 3334, 3335, 3338, 3340, 3341, 3347, 3350, 3351, 3352, 3353, 3354, 3355, 3356, 3357, 3358, 3359, 3361, 3363, 3365, 3367, 3368, 3369, 3371, 3377, 3379, 3381, 3384, 3385, 3386, 3389, 3390, 3392, 3398, 3427, 3469, 3470, 3471, 3473, 3478, 3482, 3485, 3490, 3491, 3492, 3494, 3498, 3499, 3509, 3510, 3512, 3514, 3526, 3527, 3537, 3539, 3540, 3543, 3544, 3550, 3560, 3568, 3570, 3573, 3574, 3576, 3614, 3629, 3637, 3639, 3656, 3659, 3660, 3670, 3684, 3686, 3697, 3698, 3701, 3702, 3712, 3717, 3726, 3733, 3736, 3743, 3747, 3757, 3758, 3759, 3760, 3761, 3764, 3767, 3773, 3780, 3783, 3791, 3794, 3796, 3797, 3803, 3804, 3813, 3815, 3818, 3841, 3876, 3921, 3922, 3936, 3960, 3970, 3980, 3983, 3985, 3986, 3988, 3997, 4005, 4006, 4007, 4018, 4020, 4023, 4029, 4039, 4040, 4041, 4057, 4058, 4060, 4065, 4068, 4077, 4091, 4092, 4119, 4124, 4127, 4128, 4129, 4133, 4136, 4163, 4167, 4177, 4178, 4179, 4180, 4181, 4182, 4183, 4184, 4188, 4191, 4195, 4210, 4213, 4214, 4216, 4247, 4253, 4259, 4273, 4318, 4324, 4330, 4340, 4344, 4350, 4352, 4368, 4371, 4377, 4387, 4421, 4422, 4443, 4459, 4460, 4465, 4471, 4474, 4485, 4487, 4490, 4497, 4501, 4502, 4503, 4509, 4518, 4519, 4534, 4542, 4543, 4548, 4550, 4551, 4552, 4557, 4559, 4566, 4569, 4570, 4575, 4582, 4585, 4586, 4587, 4594, 4597, 4608, 4610, 4616, 4621, 4622, 4634, 4635, 4638, 4639, 4648, 4658, 4662, 4697, 4698, 4700, 4707, 4715, 4717, 4719, 4722, 4727, 4734, 4737, 4749, 4755, 4756, 4757, 4758, 4805, 4833, 4880, 4896, 4900, 4950, 4979, 4980, 4981, 4982, 4983, 4985, 5006, 5025, 5027, 5033, 5045, 5052, 5061, 5074, 5097, 5102, 5107, 5113, 5141, 5142, 5143, 5144, 5145, 5154, 5156, 5157, 5161, 5162, 5167, 5172, 5176, 5179, 5181, 5185, 5187, 5196, 5204, 5209, 5211, 5217, 5218, 5220, 5226, 5236, 5237, 5248, 5252, 5295, 5297, 5331, 5335, 5338, 5364, 5372, 5393, 5394, 5397, 5413, 5418, 5419, 5455, 5469, 5470, 5482, 5510, 5525, 5531, 5538, 5544, 5547, 5566, 5576, 5606, 5611, 5612, 5643, 5648, 5649, 5650, 5651, 5672, 5734, 5749, 5755, 5780, 5794, 5935, 5937, 5941, 5968, 5972, 5978, 5981, 6006, 6009, 6027, 6033, 6043, 6045, 6046, 6047, 6080, 6081, 6085, 6091, 6098, 6099, 6100, 6101, 6102, 6103, 6106, 6108, 6129, 6139, 6155, 6163, 6167, 6217, 6225, 6226, 6227, 6229, 6232, 6240, 6241, 6255, 6267, 6269, 6270, 6271, 6273, 6275, 6295, 6306, 6333, 6399, 6400, 6430, 6432, 6433, 6455, 6469, 6497, 6498, 6507, 6535, 6552, 6561, 6564, 6580, 6611, 6627, 6628, 6638, 6651, 6653, 6654, 6682, 6715, 6735, 6746, 6752, 6766, 6775, 6864, 6865, 6892, 6904, 6935, 6941, 6950, 6971, 6973, 6980, 6981, 6983, 6992, 6993, 6997, 6998, 7020, 7022, 7024, 7057, 7079, 7128, 7168, 7174, 7217, 7228, 7239, 7240, 7363, 7393, 7395, 7480, 7581, 7586, 7588, 7648, 7662, 7679, 7683, 7734, 7889, 7998, 8047, 8095, 8144, 8184, 8191, 8213, 8214, 8215, 8216, 8217, 8218, 8242, 8291, 8299, 8395, 8396, 8419, 8434, 8435, 8469, 8481, 8515, 8523, 8534, 8570, 8591, 8614, 8642, 8643, 8653, 8658, 8771, 8795, 8814, 8848, 8916, 8964, 8994, 9001, 9008, 9030, 9042, 9043, 9047, 9063, 9086, 9119, 9124, 9158, 9175, 9192, 9213, 9225, 9239, 9334, 9386, 9488, 9537, 9559, 9575, 9673, 9682, 9705, 9712, 9718, 9789, 9820, 9906, 9919, 9924, 9928, 9930, 9970, 10024, 10113, 10119, 10167, 10198, 10226, 10241, 10320, 10338, 10347, 10382, 10391, 10392, 10441, 10474, 10530, 10539, 10540, 10560, 10587, 10615, 10660, 10665, 10674, 10675, 10685, 10697, 10713, 10809, 10820, 10917, 10918, 10919, 10969, 10970, 10995, 11010, 11090, 11106, 11118, 11155, 11196, 11238, 11270, 11307, 11323, 11337, 11340, 11349, 11359, 11361, 11392, 11398, 11423, 11429, 11449, 11454, 11464, 11465, 11488, 11502, 11537, 11560, 11653, 11655, 11691, 11717, 11718, 11740, 11747, 11799, 11800, 11801, 11802, 11805, 11836, 11863, 11865, 11886, 11922, 11927, 12143, 12208, 12217, 12229, 12297, 12319, 12320, 12402, 12406, 12441, 12453, 12470, 12480, 12522, 12541, 12558, 12613, 12616, 12626, 12643, 12658, 12680, 12715, 12755, 12764, 12838, 12874, 12893, 12894, 12948, 13058, 13081, 13117, 13122, 13127, 13137, 13182, 13183, 13194, 13199, 13234, 13252, 13290, 13297

Soyland Farm. *See* Fouts Family of Indiana

Soymilk–Etymology of This Term and Its Cognates / Relatives in Various Languages. 74, 77, 155, 174, 182, 203, 258, 336, 379, 392, 397, 398, 406, 415, 435, 451, 452, 495, 537, 541, 553, 562, 613, 616, 668, 683, 734, 772, 790, 816, 860, 919, 961, 995, 996, 1031, 1383, 1736, 1741, 2253, 3106, 3498, 6497, 6510, 6843, 7682, 8082, 8395, 9063, 9187, 10347

Soymilk–Imports, Exports, International Trade. 2308

Soymilk–Marketing of. 1544, 1576, 3271, 3661, 3833, 4616, 6309, 6474, 8556, 8601, 8987, 10235, 11231, 12217, 12480, 12838

Soymilk Companies (Asia)–Kibun, Marusan-Ai, Mitsubishi, Meiji, and Saniku Shokuhin in Japan. 2928, 4740, 4878, 5023, 5098, 5115, 5563, 5624, 5824, 5826, 6225, 6234, 6497, 6498, 6734, 6955, 7058, 7492, 7719, 7916, 8038, 8045, 8212, 8395, 8452, 8594, 8656, 9248, 9411, 9601, 9701

Soymilk Cream (Rich, Thick Soymilk to Be Used Like Cream). See also: Non-Dairy Creamer. 662, 1095, 1174, 1561, 1567, 1652, 1774, 1929, 9519, 10129

Soymilk Equipment Companies (Europe). *See* APV Systems, Soya Technology Division. Formerly named Danish Turnkey Dairies Ltd., Alfa-Laval (Lund, Sweden), Tetra Pak International (Lund, Sweden)

Soymilk Equipment. 683, 738, 826, 6101, 6497, 6621, 6653, 7492, 7973, 8063, 8104, 8180, 8181, 8395, 8472, 8493, 8494, 8607, 8972, 8997, 9418, 9678, 9691, 9876, 10086, 10088, 10089, 10126, 10331, 10370, 10467, 10562, 10563, 10658, 10701, 10897, 11020, 11809, 12552, 13054, 13103, 13104, 13107, 13108, 13109, 13110, 13111, 13112, 13114, 13116, 13117, 13118, 13119, 13120, 13121

Soymilk Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 2597, 3653, 3662, 5052, 5061, 5098, 5179, 5297, 5576, 5612, 5624, 6006, 6124, 6155, 6289, 6309, 6497, 6513, 6543, 6552, 6695, 6700, 6701, 6743, 6855, 6861, 6886, 6992, 7099,

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7226, 7238, 7503, 7634, 7639, 7660, 7664, 7682, 7821, 7951, 7958, 7989, 8008, 8098, 8129, 8180, 8181, 8212, 8221, 8290, 8315, 8395, 8452, 8466, 8724, 8853, 9002, 9019, 9098, 9102, 9323, 9460, 9472, 9482, 9487, 9491, 9492, 9501, 9509, 9552, 9610, 9620, 9658, 9672, 9816, 9833, 9911, 9922, 9953, 10005, 10138, 10530, 10536, 10650, 10811, 10812, 10825, 10873, 10874, 10875, 10876, 10881, 10898, 10899, 10946, 11094, 11159, 11215, 11237, 11253, 11423, 11515, 11590, 11615, 11697, 11739, 11813, 11868, 11880, 11884, 11888, 11889, 11955, 11965, 11970, 11985, 12005, 12099, 12107, 12185, 12217, 12228, 12282, 12342, 12344, 12348, 12406, 12436, 12451, 12480, 12572, 12667, 12758, 12794, 12838, 13124

Soymilk Industry and Market Statistics, Trends, and Analyses–Larger Companies. 2555, 2603, 2684, 3709, 4352, 4607, 5458, 5576, 5612, 6290, 6291, 6497, 6498, 6734, 6886, 6992, 7312, 7471, 7719, 7744, 7895, 7958, 8082, 8087, 8116, 8154, 8180, 8181, 8212, 8395, 8452, 8493, 8596, 8607, 8623, 8700, 8744, 8775, 8791, 8803, 8845, 8869, 8972, 9001, 9003, 9004, 9005, 9098, 9251, 9252, 9270, 9280, 9419, 9452, 9472, 9501, 9509, 9533, 9540, 9553, 9610, 9627, 9642, 9644, 9648, 9649, 9677, 9689, 9705, 9820, 9922, 10095, 10456, 10457, 10530, 10536, 10567, 10650, 10812, 10835, 10858, 10874, 10875, 10885, 10913, 10987, 11009, 11151, 11198, 11450, 11590, 11604, 11615, 11645, 11697, 11737, 11816, 11868, 11889, 11955, 11965, 12003, 12170, 12217, 12406, 12480, 12837, 12838, 12900, 12973, 12998, 13045

Soymilk Industry and Market Statistics, Trends, and Analyses–Smaller Companies. 3131, 4609, 4966, 6982, 7600, 8093, 8161, 8661, 8711, 8984, 9000, 9661, 9921, 9951, 10366

Soymilk Made from Sprouted / Germinated Soybeans. 2186

Soymilk Production–How to Make Soymilk on a Commercial Scale. 3543, 4059, 4179, 5470, 6295, 7217, 9718, 9994, 11175, 11529, 11719, 12229

Soymilk Standards or Standard of Identity. 10114

Soymilk and tofu in India. *See* Child Haven International (Maxville, Ontario, Canada)

Soymilk companies (Canada). *See* Malnutrition Matters, ProSoya, SoyaWorld, Inc. (Near Vancouver, British Columbia, Canada)

Soymilk companies (England). *See* Itona

Soymilk companies (Europe and Africa). *See* Actimonde S.A. (Agrolactor system)

Soymilk companies (Europe). *See* Alpro (Wevelgem, Belgium), Plamil Foods Ltd. (Folkestone, Kent, England) and The Plantmilk Society, Unisoy Milk 'n' By-Products (Stockport, Cheshire, England)

Soymilk companies (USA). *See* American Soy Products (Saline, Michigan), Pacific Foods of Oregon, Inc. (Tualatin, Oregon), Vitasoy, WholeSoy & Co. (subsidiary of TAN Industries, Inc., California)

Soymilk curds. *See* Curds Made from Soymilk

Soymilk fed (or not fed) to infants in China. *See* Infants or Recently-Weaned Children Fed (or Not Fed) Soymilk in China

Soymilk in Second Generation Products, Documents About. 7058, 8163

Soymilk shakes. *See* Shakes

Soymilk, Concentrated or Condensed (Canned, Bottled, or Bulk). Also Called Soybase or Soy Base. 541, 553, 683, 731, 779, 781, 788, 791, 826, 960, 982, 996, 1057, 1291, 1294, 1491, 1495, 1501, 1622, 1731, 2147, 2343, 2667, 3077, 3213, 3256, 3543, 4005, 4179, 5470, 6295, 6621, 7808, 7983, 8493, 8623, 8869, 9004, 9419, 9553, 9616, 9718, 9820, 10159, 10858, 11682, 11739, 11888, 11892, 12229, 12805, 13136

Soymilk, Fermented–Etymology of This Term and Its Cognates / Relatives in Various Languages. 2441

Soymilk, Fermented–Soy Kefir. 683, 707, 779, 788, 826, 1800, 1945, 2598, 3347, 3543, 3628, 4005, 4179, 4419, 5470, 5612, 6295, 6841, 8567, 9018, 9631, 9718, 10744, 11170, 12229, 13284

Soymilk, Fermented–Unusual Fermented Dairy Products (Such as Viili or Piima) that Can Also Be Made from Soymilk. See also: Soy Yogurt–Fermented and Soy Cheese–Fermented. 3628

Soymilk, Fermented, in Liquid or Viscous Form (Basic Research, Acidophilus Soymilk or Soy Acidophilus Milk, Soy Viili, Buttermilk, Koumiss, Lassi, Piima, etc.). See also: Soy Yogurt, Soy Cheese, and Soy Kefir. 662, 680, 683, 707, 721, 727, 728, 738, 777, 779, 814, 826, 875, 946, 960, 964, 982, 996, 1026, 1152, 1289, 1291, 1294, 1491, 1494, 1567, 1639, 1720, 1774, 1775, 1782, 1796, 1800, 1821, 1862, 1967, 2014, 2061, 2147, 2150, 2342, 2441, 2487, 2489, 2511, 2585, 2593, 2713, 2735, 3106, 3114, 3131, 3161, 3206, 3213, 3215, 3244, 3254, 3372, 3394, 3422, 3466, 3581, 3594, 3622, 3657, 3661, 3703, 3704, 3787, 3833, 3838, 3954, 3956, 4179, 4659, 4725, 4764, 4845, 4878, 4979, 4980, 4981, 4982, 4983, 5012, 5052, 5074, 5110, 5124, 5204, 5369, 5403, 5470, 5612, 5621, 5824, 5876, 5932, 6226, 6295, 7189, 7214, 7240, 7654, 7701, 7702, 7728, 7834, 7916, 8160, 8256, 8642, 8856, 9063, 9191, 9330, 9712, 9718, 10267, 10331, 10347, 10422, 10505, 10515, 10992, 11413, 11747, 11851, 12148, 12229, 12246, 12297, 12517, 12628, 12682, 12755, 12911, 12913, 12948, 12959, 12960, 13000, 13058, 13219, 13252, 13295

Soymilk, Homemade–How to Make at Home or on a Laboratory or Community Scale, by Hand or with a Soymilk Maker / Machine. 946, 996, 1236, 1286, 1730, 2399, 2435, 2530, 2745, 2855, 2863, 2933, 2955, 3213, 3215, 3362, 3614, 3622, 3798, 3885, 4005, 5141, 5366, 6226, 7317, 7646, 7794, 8642, 10670, 11747, 11847, 12035, 12297, 12362, 12755, 12948, 13252

Soymilk, Soy Drinks / Beverages, Soy-Based Infant Formulas, and Nogs (Liquid, Non-Fermented). Note–For Soymilk Products See Tofu, Yuba, Shakes, Soy Ice Cream, Soy Yogurt, and Soy Cheese or Cheese Alternatives. 44, 45, 67, 74, 77, 91, 123, 155, 174, 181, 182, 203, 207, 258, 330, 331, 336, 346, 355, 356, 362, 370, 377, 378, 379, 383, 392, 396, 397, 398, 405, 406, 410, 415, 418, 419, 428,

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435, 437, 444, 451, 452, 464, 471, 495, 515, 537, 540, 541, 553, 561, 562, 602, 603, 612, 613, 616, 620, 656, 657, 661, 662, 663, 664, 666, 668, 674, 675, 680, 681, 683, 701, 707, 708, 709, 710, 711, 712, 715, 721, 723, 725, 726, 727, 728, 731, 732, 734, 738, 767, 768, 772, 777, 778, 779, 781, 783, 785, 786, 788, 790, 791, 792, 793, 814, 816, 819, 825, 826, 830, 850, 858, 860, 862, 865, 867, 868, 869, 870, 871, 872, 873, 875, 898, 914, 915, 916, 917, 919, 920, 921, 922, 928, 932, 933, 934, 936, 937, 939, 944, 945, 946, 949, 950, 951, 952, 954, 955, 958, 960, 961, 963, 964, 965, 967, 969, 970, 972, 973, 976, 982, 983, 984, 985, 987, 992, 993, 994, 995, 996, 997, 998, 1000, 1001, 1002, 1003, 1007, 1011, 1015, 1018, 1020, 1022, 1023, 1025, 1026, 1029, 1031, 1035, 1039, 1049, 1053, 1054, 1055, 1057, 1060, 1061, 1063, 1065, 1066, 1067, 1076, 1078, 1080, 1081, 1082, 1086, 1091, 1092, 1094, 1095, 1096, 1102, 1104, 1105, 1112, 1113, 1117, 1118, 1121, 1122, 1126, 1128, 1129, 1152, 1156, 1157, 1160, 1162, 1163, 1169, 1170, 1171, 1173, 1174, 1178, 1182, 1183, 1186, 1189, 1191, 1192, 1197, 1198, 1199, 1236, 1237, 1263, 1265, 1266, 1267, 1269, 1283, 1284, 1286, 1289, 1290, 1291, 1292, 1294, 1296, 1305, 1307, 1308, 1310, 1315, 1317, 1319, 1325, 1327, 1332, 1333, 1337, 1343, 1344, 1347, 1357, 1361, 1364, 1367, 1370, 1372, 1377, 1378, 1379, 1381, 1382, 1383, 1430, 1435, 1436, 1437, 1440, 1441, 1460, 1461, 1467, 1468, 1469, 1472, 1473, 1477, 1480, 1482, 1483, 1485, 1488, 1489, 1491, 1493, 1494, 1495, 1497, 1498, 1499, 1501, 1502, 1506, 1507, 1508, 1509, 1513, 1516, 1534, 1536, 1537, 1539, 1541, 1542, 1543, 1544, 1545, 1546, 1547, 1549, 1550, 1551, 1552, 1556, 1561, 1564, 1567, 1568, 1569, 1571, 1572, 1573, 1575, 1576, 1577, 1578, 1579, 1593, 1600, 1606, 1607, 1608, 1610, 1613, 1622, 1623, 1625, 1626, 1628, 1629, 1631, 1632, 1634, 1635, 1637, 1638, 1639, 1641, 1643, 1645, 1649, 1652, 1653, 1659, 1662, 1663, 1664, 1665, 1666, 1667, 1668, 1669, 1710, 1712, 1714, 1715, 1718, 1720, 1721, 1725, 1727, 1728, 1729, 1730, 1731, 1732, 1736, 1737, 1741, 1742, 1745, 1746, 1747, 1749, 1750, 1751, 1756, 1763, 1769, 1771, 1774, 1775, 1782, 1783, 1784, 1785, 1787, 1789, 1790, 1792, 1795, 1796, 1797, 1798, 1799, 1800, 1801, 1821, 1823, 1824, 1825, 1826, 1827, 1829, 1833, 1837, 1841, 1842, 1845, 1847, 1855, 1863, 1864, 1865, 1867, 1868, 1869, 1875, 1890, 1898, 1902, 1914, 1915, 1922, 1923, 1924, 1925, 1926, 1929, 1931, 1932, 1933, 1934, 1945, 1946, 1949, 1952, 1957, 1958, 1959, 1961, 1962, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1975, 1978, 1982, 1989, 1990, 1991, 1994, 1998, 1999, 2001, 2002, 2005, 2006, 2007, 2008, 2010, 2011, 2012, 2013, 2014, 2015, 2021, 2022, 2024, 2026, 2027, 2028, 2029, 2030, 2033, 2035, 2040, 2042, 2045, 2047, 2049, 2056, 2057, 2059, 2061, 2062, 2069, 2076, 2078, 2079, 2081, 2082, 2087, 2088, 2089, 2094, 2101, 2103, 2104, 2108, 2113, 2114, 2117, 2119, 2128, 2129, 2130, 2132, 2142, 2143, 2145, 2147, 2148, 2150, 2156, 2158, 2164, 2167, 2173, 2175, 2176, 2181, 2182, 2188, 2204, 2206, 2208, 2209, 2228, 2229, 2230, 2231, 2239, 2241, 2249, 2250, 2252, 2253, 2255, 2258, 2273, 2284, 2290, 2291, 2295, 2306, 2308, 2309, 2311, 2312, 2313, 2319, 2324, 2327, 2329, 2336, 2337, 2342, 2343, 2345, 2346, 2348, 2350, 2354, 2364, 2365, 2376, 2377, 2378, 2384, 2390, 2399, 2401, 2409, 2410, 2411, 2414, 2417, 2418, 2421, 2425, 2426, 2428, 2429, 2435, 2439, 2441, 2444, 2445, 2465, 2475, 2477, 2479, 2483, 2484, 2487, 2488, 2489, 2493, 2498, 2501, 2507, 2508, 2510, 2514, 2515, 2518, 2519, 2520, 2525, 2530, 2531, 2537, 2539, 2542, 2544, 2545, 2546, 2547, 2551, 2555, 2559, 2566, 2567, 2585, 2586, 2587, 2589, 2593, 2603, 2604, 2609, 2613, 2631, 2647, 2653, 2656, 2661, 2663, 2665, 2666, 2667, 2679, 2684, 2685, 2691, 2693, 2695, 2713, 2721, 2722, 2727, 2729, 2730, 2732, 2733, 2735, 2739, 2740, 2744, 2751, 2752, 2753, 2760, 2761, 2764, 2767, 2772, 2796, 2799, 2800, 2811, 2812, 2835, 2836, 2851, 2852, 2855, 2857, 2862, 2863, 2866, 2898, 2900, 2902, 2909, 2911, 2915, 2916, 2928, 2930, 2933, 2936, 2938, 2941, 2942, 2947, 2955, 2961, 2962, 2965, 2971, 2976, 2977, 2978, 2979, 2980, 2983, 2986, 2998, 3001, 3013, 3018, 3023, 3033, 3037, 3039, 3042, 3043, 3048, 3050, 3051, 3064, 3065, 3066, 3068, 3069, 3070, 3071, 3072, 3073, 3074, 3077, 3081, 3084, 3091, 3092, 3094, 3104, 3105, 3106, 3109, 3114, 3125, 3127, 3129, 3130, 3131, 3132, 3134, 3137, 3138, 3140, 3146, 3148, 3149, 3154, 3156, 3157, 3159, 3161, 3162, 3164, 3166, 3168, 3172, 3181, 3196, 3203, 3204, 3206, 3209, 3210, 3214, 3215, 3216, 3218, 3225, 3238, 3239, 3240, 3241, 3243, 3244, 3249, 3252, 3253, 3254, 3256, 3271, 3289, 3290, 3293, 3321, 3336, 3360, 3362, 3372, 3375, 3376, 3389, 3394, 3395, 3422, 3425, 3432, 3438, 3444, 3445, 3447, 3449, 3454, 3459, 3461, 3462, 3464, 3466, 3475, 3476, 3489, 3497, 3498, 3500, 3504, 3506, 3508, 3534, 3536, 3540, 3543, 3544, 3546, 3569, 3585, 3589, 3590, 3594, 3595, 3614, 3615, 3617, 3620, 3621, 3622, 3626, 3639, 3640, 3651, 3652, 3653, 3660, 3661, 3662, 3664, 3670, 3683, 3687, 3700, 3703, 3704, 3709, 3713, 3719, 3730, 3732, 3736, 3741, 3747, 3749, 3760, 3761, 3764, 3765, 3769, 3771, 3783, 3786, 3787, 3788, 3794, 3798, 3799, 3801, 3803, 3804, 3812, 3823, 3833, 3838, 3851, 3859, 3885, 3894, 3913, 3915, 3943, 3949, 3954, 3956, 3957, 3958, 3960, 3961, 3962, 3963, 3977, 3978, 3980, 3981, 3983, 3995, 3996, 3999, 4005, 4007, 4009, 4013, 4017, 4018, 4026, 4027, 4029, 4032, 4037, 4041, 4048, 4058, 4059, 4060, 4068, 4074, 4102, 4114, 4123, 4124, 4128, 4129, 4131, 4148, 4152, 4158, 4162, 4164, 4179, 4183, 4187, 4190, 4196, 4247, 4254, 4256, 4261, 4318, 4331, 4332, 4343, 4352, 4359, 4360, 4368, 4369, 4372, 4373, 4396, 4403, 4404, 4405, 4407, 4408, 4413, 4419, 4420, 4423, 4426, 4427, 4428, 4433, 4434, 4435, 4436, 4440, 4447, 4460, 4462, 4464, 4471, 4488, 4496, 4500, 4504, 4515, 4527, 4531, 4539, 4546, 4574, 4577, 4582, 4591, 4600, 4606, 4607, 4609, 4611, 4615, 4616, 4626, 4659, 4661, 4662, 4669, 4681, 4693, 4697, 4736, 4738, 4740, 4761, 4764, 4766, 4775, 4781, 4783, 4786, 4797, 4802, 4811, 4827, 4837, 4839, 4842, 4844, 4847, 4852, 4854, 4856, 4864, 4868, 4869, 4877, 4878, 4882, 4885, 4895, 4899, 4902, 4909, 4934, 4950, 4951, 4956, 4966, 4967, 4968, 4972, 4979, 4980, 4981, 4982, 4983, 5005, 5012, 5015, 5021, 5023, 5024, 5027, 5052, 5077, 5080, 5083, 5088, 5093, 5098, 5101, 5102, 5108, 5110, 5111, 5115, 5126, 5131, 5134, 5135, 5136, 5141, 5143, 5144, 5145, 5148, 5156, 5157, 5159, 5179, 5182, 5186, 5190, 5203, 5204, 5207, 5208, 5209, 5211, 5212, 5218, 5220, 5227, 5232, 5267, 5270, 5272, 5296, 5297, 5302, 5335, 5348, 5349, 5350, 5355, 5356, 5366, 5368, 5369, 5370, 5391, 5399, 5403, 5404, 5405, 5407, 5419, 5427, 5432, 5443, 5444, 5457, 5458, 5470, 5473, 5476, 5480, 5481, 5488, 5502, 5508, 5509, 5512, 5515, 5521, 5526, 5530, 5532, 5548, 5561, 5563, 5566, 5568, 5572, 5576, 5579, 5586, 5598, 5599, 5605, 5608, 5612, 5615, 5621, 5624, 5628, 5636, 5638, 5639, 5665, 5670, 5672, 5679, 5680, 5695, 5734, 5745, 5758, 5774, 5801, 5813, 5824, 5825, 5826, 5838, 5841, 5848, 5863, 5866, 5876, 5878, 5889, 5895, 5896, 5898, 5902, 5905, 5908, 5911, 5916, 5917, 5926, 5929, 5932, 5938, 5943, 5947, 5949, 5956, 5965, 6006, 6009, 6017, 6020, 6037, 6043, 6052, 6060, 6063, 6069, 6074, 6079, 6080, 6081, 6084, 6085, 6087, 6098, 6099, 6102, 6103, 6124, 6125, 6129, 6130, 6132, 6155, 6165, 6166, 6167, 6171, 6198, 6218, 6225, 6226, 6227, 6229, 6232, 6234, 6237, 6239, 6241, 6255, 6256, 6263, 6272, 6275, 6287, 6289, 6290, 6291, 6295, 6305, 6309, 6313, 6314, 6316, 6364, 6395, 6405, 6406, 6409, 6413, 6415, 6417, 6427, 6430, 6432, 6433, 6434, 6436, 6444, 6447, 6448, 6451, 6474, 6481, 6484, 6489, 6492, 6497, 6498, 6502, 6510, 6512, 6513, 6514, 6515, 6516, 6517, 6520, 6524, 6525, 6530, 6536, 6537, 6538, 6543, 6544, 6545, 6550, 6552, 6557, 6558, 6559, 6568, 6597, 6598, 6606, 6620, 6623, 6634, 6642, 6645, 6648, 6650, 6652, 6657, 6660, 6666, 6667, 6671, 6675, 6687, 6693, 6694,

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7635, 7638, 7639, 7646, 7660, 7661, 7664, 7669, 7682, 7693, 7694, 7699, 7701, 7717, 7719, 7726, 7728, 7733, 7737, 7744, 7755, 7759, 7763, 7767, 7794, 7796, 7800, 7803, 7805, 7807, 7808, 7810, 7816, 7821, 7822, 7823, 7824, 7826, 7827, 7832, 7855, 7857, 7861, 7876, 7877, 7887, 7888, 7893, 7894, 7895, 7899, 7901, 7906, 7916, 7951, 7953, 7958, 7966, 7971, 7983, 7989, 8000, 8008, 8021, 8024, 8026, 8030, 8035, 8036, 8038, 8046, 8056, 8082, 8087, 8088, 8089, 8092, 8093, 8094, 8098, 8116, 8121, 8129, 8134, 8144, 8148, 8150, 8154, 8158, 8159, 8161, 8168, 8172, 8176, 8184, 8186, 8188, 8192, 8197, 8213, 8214, 8215, 8216, 8217, 8218, 8221, 8232, 8241, 8242, 8245, 8247, 8248, 8249, 8252, 8258, 8262, 8264, 8265, 8266, 8267, 8278, 8281, 8282, 8286, 8287, 8290, 8293, 8302, 8308, 8315, 8321, 8328, 8346, 8353, 8355, 8376, 8377, 8379, 8381, 8382, 8389, 8392, 8395, 8396, 8397, 8399, 8400, 8413, 8416, 8419, 8421, 8428, 8446, 8451, 8452, 8457, 8460, 8462, 8466, 8473, 8478, 8480, 8484, 8485, 8486, 8493, 8496, 8517, 8528, 8530, 8531, 8549, 8556, 8567, 8572, 8587, 8591, 8601, 8614, 8615, 8621, 8623, 8636, 8638, 8641, 8642, 8644, 8650, 8651, 8656, 8661, 8673, 8676, 8700, 8707, 8711, 8721, 8724, 8729, 8730, 8733, 8744, 8754, 8756, 8760, 8766, 8775, 8779, 8786, 8788, 8791, 8792, 8793, 8803, 8813, 8815, 8822, 8823, 8845, 8850, 8853, 8856, 8857, 8858, 8869, 8870, 8875, 8888, 8905, 8907, 8916, 8918, 8919, 8921, 8923, 8928, 8929, 8935, 8942, 8943, 8944, 8948, 8954, 8960, 8965, 8972, 8982, 8983, 8984, 8987, 8992, 9000, 9001, 9002, 9003, 9004, 9005, 9015, 9019, 9022, 9027, 9029, 9031, 9036, 9039, 9054, 9062, 9063, 9071, 9077, 9078, 9079, 9082, 9085, 9089, 9091, 9095, 9098, 9101, 9102, 9107, 9131, 9164, 9167, 9168, 9169, 9175, 9176, 9187, 9192, 9193, 9196, 9199, 9202, 9207, 9215, 9216, 9220, 9221, 9234, 9247, 9248, 9251, 9252, 9258, 9270, 9271, 9291, 9295, 9300, 9322, 9323, 9324, 9325, 9327, 9329, 9330, 9331, 9332, 9334, 9338, 9341, 9346, 9388, 9390, 9391, 9403, 9408, 9411, 9412, 9417, 9419, 9423, 9452, 9458, 9460, 9471, 9472, 9476, 9482, 9483, 9484, 9487, 9488, 9490, 9491, 9492, 9501, 9508, 9509, 9510, 9515, 9516, 9518, 9533, 9539, 9540, 9547, 9552, 9553, 9568, 9573, 9574, 9581, 9585, 9589, 9601, 9605, 9606, 9607, 9610, 9616, 9618, 9620, 9635, 9639, 9642, 9643, 9644, 9650, 9658, 9659, 9661, 9663, 9667, 9670, 9672, 9677, 9682, 9689, 9691, 9701, 9705, 9706, 9712, 9714, 9716, 9718, 9723, 9729, 9735, 9737, 9746, 9747, 9749, 9750, 9760, 9761, 9763, 9764, 9767, 9770, 9773, 9777, 9779, 9787, 9796, 9801, 9820, 9826, 9827, 9832, 9833, 9839, 9849, 9850, 9858, 9861, 9862, 9865, 9874, 9876, 9885, 9886, 9889, 9893, 9896, 9898, 9907, 9911, 9916, 9918, 9920, 9921, 9922, 9923, 9924, 9928, 9931, 9932, 9934, 9942, 9946, 9948, 9951, 9952, 9953, 9955, 9963, 9966, 9975, 9980, 9994, 10001, 10004, 10005, 10012, 10014, 10022, 10026, 10028, 10031, 10034, 10039, 10044, 10057, 10064, 10078, 10081, 10086, 10087, 10088, 10089, 10095, 10097, 10098, 10101, 10102, 10112, 10114, 10118, 10120, 10126, 10128, 10129, 10131, 10132, 10136, 10138, 10143, 10147, 10154, 10161, 10167, 10168, 10176, 10180, 10186, 10193, 10199, 10205, 10210, 10215, 10218, 10219, 10220, 10221, 10223, 10226, 10228, 10230, 10235, 10240, 10242, 10255, 10256, 10260, 10261, 10264, 10268, 10271, 10273, 10281, 10283, 10285, 10287, 10288, 10297, 10298, 10305, 10314, 10315, 10322, 10331, 10332, 10334, 10345, 10347, 10356, 10360, 10364, 10366, 10370, 10372, 10375, 10381, 10382, 10386, 10409, 10410, 10411, 10422, 10425, 10429, 10430, 10434, 10436, 10438, 10442, 10444, 10456, 10457, 10463, 10467, 10470, 10474, 10478, 10479, 10496, 10497, 10499, 10502, 10505, 10515, 10518, 10520, 10521, 10522, 10529, 10530, 10532, 10533, 10535, 10536, 10537, 10542, 10544, 10545, 10559, 10562, 10563, 10567, 10568, 10571, 10577, 10579, 10583, 10584, 10594, 10595, 10597, 10602, 10606, 10613, 10615, 10616, 10617, 10619, 10620, 10621, 10622, 10639, 10641, 10646, 10650, 10652, 10654, 10656, 10658, 10662, 10668, 10672, 10674, 10680, 10686, 10689, 10692, 10698, 10701, 10718, 10719, 10728, 10729, 10730, 10732, 10733, 10738, 10739, 10741, 10742, 10744, 10747, 10751, 10753, 10774, 10775, 10781, 10783, 10785, 10786, 10788, 10792, 10796, 10797, 10798, 10802, 10809, 10812, 10821, 10823, 10825, 10826, 10827, 10838, 10844, 10854, 10857, 10858, 10859, 10861, 10862, 10864, 10868, 10873, 10874, 10875, 10876, 10881, 10885, 10890, 10893, 10897, 10898, 10899, 10913, 10914, 10919, 10921, 10929, 10934, 10936, 10941, 10947, 10948, 10958, 10963, 10968, 10971, 10972, 10973, 10974, 10978, 10979, 10981, 10984, 10986, 10987, 10989, 11001, 11002, 11008, 11009, 11012, 11020, 11033, 11042, 11045, 11048, 11051, 11054, 11057, 11065, 11066, 11067, 11068, 11069, 11072, 11077, 11078, 11084, 11085, 11086, 11087, 11088, 11089, 11090, 11094, 11096, 11097, 11098, 11099, 11100, 11102, 11109, 11118, 11120, 11130, 11132, 11134, 11136, 11144, 11145, 11147, 11148, 11149, 11150, 11151, 11155, 11159, 11162, 11163, 11170, 11173, 11175, 11178, 11182, 11183, 11192, 11193, 11194, 11196, 11198, 11211, 11212, 11214, 11215, 11219, 11222, 11225, 11229, 11230, 11231, 11237, 11239, 11241, 11243, 11248, 11252, 11253, 11263, 11264, 11265, 11270, 11272, 11273, 11274, 11282, 11283, 11291, 11300, 11301, 11302, 11307, 11309, 11310, 11312, 11313, 11323, 11325, 11333, 11334, 11337, 11354, 11359, 11362, 11365, 11367, 11374, 11384, 11387, 11389, 11390, 11392, 11394, 11396, 11398, 11401, 11402, 11411, 11414, 11418, 11421, 11425, 11429, 11442, 11443, 11450, 11451, 11467, 11471, 11473, 11475, 11476, 11480, 11492, 11495, 11496, 11509, 11510, 11513, 11521, 11522, 11524, 11525, 11529, 11533, 11539, 11541, 11542, 11543, 11546, 11547, 11548, 11549, 11553, 11557, 11561, 11566, 11568, 11570, 11571, 11574, 11576, 11577, 11579, 11581, 11594, 11595, 11596, 11597, 11602, 11604, 11608, 11614, 11615, 11618, 11623, 11626, 11627, 11635, 11636, 11637, 11638, 11639, 11642, 11645, 11648, 11651, 11652, 11667, 11668, 11676, 11682, 11690, 11692, 11693, 11694, 11697, 11699, 11711, 11712, 11714, 11719, 11720, 11722, 11726, 11727, 11734, 11735, 11737, 11739, 11742, 11743, 11746, 11747, 11748, 11750, 11754, 11756, 11757, 11758, 11759, 11761, 11764, 11766, 11767, 11774, 11775, 11781, 11782, 11785, 11787, 11788, 11791, 11793, 11796, 11797, 11804, 11809, 11810, 11811, 11814, 11816, 11821, 11830, 11831, 11834, 11835, 11837, 11839, 11847, 11851, 11853, 11854, 11856, 11858, 11859, 11862, 11863, 11864, 11868, 11869, 11871, 11879, 11880, 11883, 11884, 11888, 11889, 11891, 11892, 11893, 11894, 11900, 11901, 11902, 11919, 11923, 11935, 11936, 11937, 11942, 11943, 11946, 11948, 11950, 11956, 11958, 11959, 11960, 11961, 11962, 11963, 11964, 11965, 11970, 11971, 11976, 11977, 11986, 11991, 11995, 11997, 12006, 12012, 12018, 12019, 12022,

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Soymilk, Spray-Dried or Powdered, Used as an Ingredient in Non-Beverage Commercial Products Such as Ice Creams, Yogurts, Cheeses, Desserts, or Entrees. 3026, 5076, 7917, 7918, 7959

Soymilk, Spray-Dried or Powdered. 662, 716, 738, 779, 788, 826, 875, 1121, 1122, 1152, 1174, 1290, 1291, 1294, 1441, 1475, 1491, 1495, 1499, 1543, 1551, 1606, 1622, 1720, 1741, 1958, 2057, 2163, 2188, 2232, 2284, 2323, 2333, 2380, 2383, 2416, 2505, 2555, 2559, 2567, 2589, 2684, 2713, 2765, 2900, 2976, 2983, 3036, 3048, 3076, 3077, 3130, 3243, 3332, 3425, 3462, 3652, 3671, 3909, 3947, 4284, 4383, 4643, 4878, 5012, 5051, 5108, 5349, 5502, 5824, 5825, 6190, 6290, 6314, 6423, 6436, 6517, 6835, 7238, 7471, 7614, 7706, 7785, 7810, 7813, 7815, 7837, 7905, 8002, 8065, 8066, 8068, 8073, 8217, 8772, 9279, 9501, 9540, 9620, 9712, 9767, 9923, 9952, 10209, 10215, 10226, 10260, 10423, 10537, 10575, 10691, 10813, 10888, 10947, 10951, 10957, 10987, 10996, 11064, 11098, 11103, 11150, 11151, 11172, 11173, 11227, 11234, 11252, 11290, 11588, 11623, 11734, 11761, 12142, 12395, 12429, 12757, 12800, 12914, 13000, 13061, 13142, 13213, 13263

Soymilk, Used as an Ingredient in Non-Beverage Commercial Products Such as Ice Creams, Yogurts, Cheeses, Desserts, or Entrees. 3738, 3739, 3781, 4204, 4579, 4580, 4630, 4778, 4813, 4814, 4820, 5292, 5336, 5500, 5659, 5677, 5975, 6000, 6639, 6770, 7023, 7371, 7509, 7514, 7606, 7710, 8314, 8357, 8463, 8514, 8945, 9625, 10475, 10749, 10750, 11633, 11677, 12411

Soymilk. *See* Calf, Lamb, or Pig Milk Replacers

Soynut Butter (Soynuts / Roasted Soybeans Ground to a Paste Resembling Peanut Butter; May Also Be Made from (Roasted) Soy Flour Mixed with a Little Oil). 1461, 1537, 1544, 1572, 1576, 1652, 1664, 1751, 1775, 1847, 1864, 1865, 1952, 1998, 2230, 2435, 2537, 2695, 2713, 2767, 2913, 2976, 3161, 3221, 3590, 3812, 3949, 3963, 4764, 5015, 5037, 5297, 5612, 5621, 5623, 5932, 6109, 6275, 7600, 8190, 9167, 9886, 10223, 10917, 10951, 11115, 11159, 11229, 11333, 11576, 11595, 11653, 11694, 11714, 11958, 11962, 12003, 12052, 12053, 12087, 12139, 12228, 12238, 12240, 12248, 12310, 12395, 12487, 12496, 12540, 12594, 12597, 12638, 12683, 12687, 12728, 13000, 13003

Soynut Butter–Etymology of This Term and Its Cognates / Relatives in Various Languages. 1461, 1544, 1751, 1775, 1952, 9886

Soynut Butter, Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 3221

Soynut companies (Europe & USA). *See* Solnuts B.V. (Tilburg, The Netherlands; and Hudson, Iowa). Including Edible Soy Products

Soynut companies (USA). *See* Sycamore Creek Co. (Mason, Michigan). Before 1993, INARI, Ltd.

Soynuts (Oil Roasted or Dry Roasted / Toasted). See Also *Irimame* Used in Bean-Scattering (*Mame-Maki*) Ceremony at Setsubun (Lunar New Year) in Japan and Parched Soybeans. 6, 7, 8, 9, 20, 84, 117, 126, 152, 309, 327, 363, 465, 471, 687, 782, 821, 850, 934, 935, 951, 954, 972, 996, 1031, 1060, 1065, 1091, 1118, 1127, 1152, 1170, 1319, 1334, 1341, 1367, 1372, 1378, 1380, 1460, 1461, 1493, 1495, 1496, 1501, 1513, 1540, 1543, 1545, 1546, 1547, 1549, 1551, 1563, 1564, 1567, 1571, 1572, 1579, 1628, 1643, 1652, 1664, 1665, 1666, 1730, 1737, 1742, 1745, 1750, 1751, 1775, 1827, 1829, 1848, 1864, 1865, 1875, 1890, 1925, 1945, 1952, 1955, 1956, 1963, 1964, 1968, 1974, 1975, 1998, 2021, 2022, 2024, 2035, 2039, 2062, 2072, 2079, 2081, 2114, 2117, 2148, 2158, 2209, 2210, 2230, 2231, 2249, 2253, 2304, 2325, 2327, 2393, 2399, 2418, 2435, 2479, 2585, 2604, 2631, 2666, 2693, 2699, 2713, 2735, 2761, 2774, 2812, 2835, 2866, 2905, 2907, 2916, 2929, 2952, 2957, 2963, 2967, 2983, 2998, 3001, 3041, 3043, 3105, 3106, 3152, 3156, 3159, 3161, 3189, 3203, 3213, 3215, 3218, 3240, 3252, 3254, 3256, 3299, 3302, 3432, 3447, 3454, 3462, 3558, 3590, 3617, 3620, 3662, 3715, 3719, 3727, 3730, 3747, 3803, 3859, 3949, 3954, 3956, 3961, 3962, 3972, 3983, 4005, 4008, 4009, 4013, 4029, 4037, 4102, 4128, 4183, 4256, 4434, 4557, 4574, 4577, 4736, 4761, 4834, 4842, 4847, 4856, 4869, 5015, 5024, 5027, 5052, 5120, 5145, 5188, 5203, 5204, 5297, 5356, 5366, 5368, 5403, 5443, 5481, 5554, 5556, 5576, 5612, 5621, 5623, 5670, 5673, 5734, 5788, 5902, 5932, 5936, 5938, 6006, 6063, 6225, 6226, 6257, 6275,

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6410, 6423, 6484, 6532, 6552, 6695, 6842, 6860, 6898, 6909, 6935, 6957, 6969, 6992, 7066, 7089, 7189, 7309, 7323, 7332, 7494, 7572, 7600, 7617, 7628, 7701, 7728, 7733, 7859, 7876, 8036, 8148, 8159, 8190, 8248, 8282, 8290, 8376, 8381, 8382, 8400, 8457, 8460, 8462, 8486, 8638, 8686, 8693, 8702, 8733, 8822, 8853, 8923, 8928, 8935, 8965, 9004, 9015, 9078, 9107, 9167, 9335, 9415, 9482, 9487, 9510, 9640, 9858, 9873, 9889, 9966, 10136, 10138, 10223, 10273, 10381, 10429, 10442, 10529, 10530, 10532, 10533, 10544, 10556, 10572, 10639, 10650, 10797, 10857, 10934, 10936, 10976, 10984, 11099, 11147, 11162, 11185, 11211, 11229, 11243, 11273, 11291, 11301, 11310, 11313, 11323, 11333, 11334, 11389, 11392, 11411, 11414, 11458, 11496, 11509, 11510, 11513, 11546, 11547, 11561, 11563, 11565, 11581, 11602, 11626, 11697, 11699, 11714, 11727, 11734, 11737, 11747, 11756, 11791, 11831, 11837, 11900, 11907, 11962, 11971, 11972, 11976, 11995, 12037, 12039, 12053, 12087, 12110, 12112, 12118, 12142, 12154, 12155, 12162, 12238, 12248, 12276, 12297, 12314, 12323, 12343, 12382, 12383, 12400, 12476, 12487, 12494, 12496, 12499, 12511, 12515, 12552, 12575, 12580, 12597, 12638, 12660, 12671, 12683, 12688, 12691, 12709, 12728, 12729, 12743, 12755, 12772, 12786, 12800, 12804, 12820, 12832, 12835, 12853, 12903, 12923, 12941, 12948, 12979, 13000, 13060, 13094, 13106, 13107, 13108, 13109, 13115, 13124, 13205, 13206, 13225, 13252

Soynuts–Etymology of This Term and Its Cognates / Relatives in Various Languages. 6, 309, 327, 782, 850, 934, 1065, 1501, 1543, 1564, 1665, 1750, 1775, 1952, 2158, 3719, 9078

Soynuts Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 5027, 5052, 5297, 6992, 8190, 9487, 10530, 12342, 12436, 12572, 12667, 12758

Soynuts Industry and Market Statistics, Trends, and Analyses–Individual Companies. 5120, 6992, 7494, 8190, 8702, 10530

Space Travel or NASA Bioregenerative Life Support Systems. 5572, 5605, 10043, 10656, 11374, 11395, 11563, 11565, 11570, 11651, 11681, 12849

Spectrophotometry. *See* Seed Composition–High-Speed Measurement Techniques, such as Near Infrared Reflectance (NIR) Anlysis and Spectrophotometry

Spencer Kellogg & Sons, Inc. (Buffalo, New York). 1845, 2354

Spillers Premier Products Ltd. (Puckeridge, Ware, Hertfordshire, England). Including Soya Foods Ltd [Named Soya Flour Manufacturing Co. Ltd. (1929-42), and Soya Foods Ltd. (1933)]. And incorporating British Soya Products (1932). 1491, 1502, 1643, 1712, 2545, 2684, 7307, 7343, 10691

Spongiform encephalopathies (brain diseases; TSE and BSE). *See* Vegetarianism–Transmissible Spongiform Encephalopathies (Brain Diseases)

Sprouted soybeans used to make soymilk. *See* Soymilk Made from Sprouted / Germinated Soybeans

Sprouts, Non-Soy. See also Soy Sprouts. 1878, 2870, 3594, 3650, 3961, 4012, 4406, 4420, 5382, 5512, 5615, 6722, 7522, 7823, 9095, 9859, 10072, 11605, 11979, 12455

Sprouts. *See* Soy Sprouts

Spun soy protein fibers. *See* Soy Proteins–Textured Soy Protein Isolates

Sri Lanka. *See* Asia, South–Sri Lanka

Staley (A.E.) Manufacturing Co. (Decatur, Illinois; Acquired by Tate & Lyle PLC in June 1988). 1189, 1541, 1643, 1763, 1845, 2680, 3353, 4063, 4557, 6290, 6665, 6687, 6992, 7004, 7011, 7597, 7667, 7993, 12003, 12143

Standardization of nomenclature of soybean varieties. *See* Nomenclature of Soybean Varieties–Standardization of and Confusion

Standards for soyfoods. *See* Individual foods, e.g., Tofu Standards

Standards, Applied to Soybeans or Soy Products. 2024, 2217, 2234, 2978, 2979, 3978, 4839, 5180, 5576, 5612, 5630, 6006, 6552, 6957, 6992, 7134, 7349, 7604, 8168, 8300, 9012, 9270, 10530

Starch (Its Presence or Absence, Especially in Soybean Seeds). 196, 242, 258, 293, 346, 359, 392, 524, 1190

Starter culture for tempeh. *See* Tempeh Starter Culture, Spores, or Inoculum

Statistics on crushing of soybeans, soy oil and meal production and consumption. *See* individual geographic regions (such as Asia, Europe, Latin America, United States, World, etc.) and nations within each region

Statistics on soybean production, area and stocks. *See* individual geographic regions (such as Asia, Europe, Latin America, United States, etc.) and nations within each region

Statistics on soybean production. *See* Soybean Production and Trade–Industry and Market Statistics,

Statistics on soybean yields. *See* Yield Statistics, Soybean

Statistics. *See* Industry and Market Analyses and Statistics, the specific product concerned, e.g. Tofu Industry and Market Statistics

Stephens, Arran and Ratana. *See* Lifestream Natural Foods Ltd. and Nature's Path (BC, Canada)

Sterols or Steroid Hormones in Soybeans (Phytosterols–Including Beta-Sitosterol, Campesterol, and Stigmasterol from Which Steroids Such as Progesterone, Hydrocortisone, and Cortisone Can Be Made). 2511, 7316, 7733, 10062, 12307

Stinky tofu, etymology. *See* Tofu, Fermented–Stinky Tofu (*Chou Doufu*). Etymology of This Term

Stinky tofu. *See* Tofu, Fermented–Stinky Tofu (*Chou Doufu*). Etymology of This Term

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Storage of Seeds, Viability and Life-Span During Storage or Storability, and Drying of Soybeans. 466, 696, 697, 773, 919, 1055, 1091, 1152, 1199, 1361, 1568, 1796, 1837, 1929, 2069, 2114, 2751, 2800, 3254, 3625, 3962, 4009, 4332, 4537, 4839, 5030, 5436, 5509, 7342, 7803, 8919, 9384, 9411, 9994, 10529, 12211, 13294

Stow Mills, Inc. Including Llama Toucan & Crow (Brattleboro, Vermont), and Lama Trading Co. 3347, 3353, 3356, 3532, 3670, 3680, 3699, 3749, 3778, 4180, 4218, 4509, 4767, 5870, 6811, 8099, 8622, 8649, 9114, 9924, 10289, 10352, 10761, 11615, 11814, 12147

Straw, soybean. *See* Feeds / Forage from Soybean Plants–Straw

Strayer Family of Iowa–Incl. George Strayer (1910-1981; executive officer of the American Soybean Association 1940-1967), His Father Bert Strayer (1880-1941), and His Nephew Dennis Strayer (born 1938). 1998, 2217, 2234, 2235, 2249, 2416, 2419, 2512, 2832, 3353, 3771, 4063, 4487, 4557, 5120, 10829, 11226

Subtilisin, a Strong Proteolytic Enzyme from Natto (Whole Soybeans Fermented with *Bacillus natto*). 12606

Sufu. *See* Tofu, Fermented

Sugars, complex, such as raffinose, stachyose, and verbacose. *See* Oligosaccharides

Sukiyaki–Famous Japanese Recipe and Dish. Its Basic Ingredients Include Tofu (Usually Grilled) and Soy Sauce. 1056, 1088, 1264, 1368, 1470, 1553, 1566, 1596, 1661, 1716, 2079, 2091, 2107, 2144, 2152, 2157, 2165, 2189, 2205, 2213, 2226, 2233, 2237, 2238, 2242, 2265, 2287, 2289, 2292, 2298, 2309, 2311, 2339, 2340, 2346, 2356, 2357, 2382, 2393, 2394, 2472, 2474, 2478, 2485, 2497, 2504, 2540, 2541, 2586, 2592, 2599, 2601, 2606, 2641, 2644, 2645, 2649, 2651, 2652, 2654, 2655, 2674, 2676, 2688, 2707, 2718, 2720, 2734, 2748, 2755, 2756, 2757, 2766, 2801, 2803, 2806, 2819, 2823, 2824, 2827, 2830, 2831, 2834, 2837, 2866, 2882, 2889, 2898, 2982, 2988, 2993, 2997, 2999, 3002, 3034, 3076, 3128, 3136, 3151, 3163, 3213, 3215, 3217, 3287, 3426, 3641, 3647, 3816, 3977, 4021, 4231, 4595, 4842, 4946, 6424, 7268, 7811, 8126, 8239, 8526, 9195, 9880, 12370, 12479

SunOpta, Inc. (Toronto, Ontario, Canada). Formerly SunRich Food Group (Hope, Minnesota). Formerly Minnesota Waxy Corn Growers Export Inc., Minnesota Edamame, Jameson-Williams Co. Acquired by Stake Technology Ltd. (Norval, Ontario, Canada) in July 1999, Stake changes its name to SunOpta on 31 Oct. 2003. 8473, 9877, 10697, 10810, 10902, 10957, 11150, 11151, 11252, 11340, 11588, 11623, 11628, 11686, 11830, 11892, 11957, 11997, 12154, 12277, 12278, 12327, 12347, 12473, 12916, 13017

SunRich Food Group (Hope, Minnesota). *See* SunOpta, Inc.

Sunflower Oil / Sunflowerseed Oil / Sunoil. 2302, 2441, 4578, 5604, 7572, 7992, 9767, 12579

Sunflower Seeds and Sunflowers (*Helianthus annuus*)–Including Sunflowerseed Oil, Cake, and Meal. Once called the Heliotrope, Heliotropion, and Heliotropium. 60, 165, 859, 942, 992, 1066, 1152, 1998, 2128, 2307, 2417, 2435, 2712, 2713, 2870, 2889, 2913, 2942, 2961, 3134, 3347, 3386, 3485, 3778, 3788, 3805, 3978, 4010, 4102, 4374, 4434, 4563, 4578, 4643, 4925, 4968, 5188, 5515, 5604, 5644, 5679, 5699, 6065, 6236, 6266, 6283, 6436, 6499, 6832, 7203, 7344, 7572, 7823, 7980, 7992, 8214, 8215, 8245, 8379, 8575, 8696, 9070, 9107, 9176, 9289, 9458, 9616, 9767, 9908, 9909, 10049, 10214, 10588, 10680, 10823, 11328, 11487, 11496, 11499, 11588, 11734, 12349, 12547, 12579, 12757, 12914, 13000, 13061, 13142, 13213, 13263

Sunrise Markets Inc. (Vancouver, BC, Canada). 1767, 2283, 4824, 6827, 6828, 7295, 7296, 7780, 7781, 8900, 8901, 9773, 10033, 10356, 10596, 10861, 11318, 11319, 11320, 11840, 11888, 11889, 11997, 12218, 12275, 12416, 12417, 12481, 12519, 12528, 12529, 12530, 12899, 13026, 13062, 13260

Sunsoy Products Ltd. *See* Victory Soya Mills Ltd.

Sustainable Development and Growth, Including Low-Input Sustainable Agriculture (LISA), Renewable Energy Resources (Solar, Wind), Steady State Economics, and Voluntary Simplicity Worldwide. 9079, 10092, 10205, 11483, 11625, 11798, 12168, 12395

Suzuki Shoten (Suzuki & Co.). *See* Hohnen Oil Co., Ltd. (Tokyo, Japan)

Swan Food Corp. (Miami, Florida). Started in 1977 by Robert Brooks and Mary Pung. 3477, 3594, 3605, 3606, 3607, 3608, 3609, 3610, 3611, 3661, 3703, 3704, 3705, 3706, 3707, 3708, 3717, 3727, 3757, 3760, 3787, 3833, 3894, 3938, 5135, 5510, 6165, 10203, 10206, 10436, 11564, 11605, 11614, 13297, 13300

Swan Gardens Inc. and Soya Kaas Inc. (St. Ignatius, Montana; Atlanta, Georgia). Founded by Richard and Jocelyn McIntyre. 3273, 3724, 3768, 4287, 4466, 4825, 4826, 5074, 5107, 5120, 5134, 5270, 5504, 5505, 5513, 5544, 5659, 5660, 5814, 6048, 6165, 6597, 6616, 6617, 6829, 7388, 7463, 7518, 7549, 7627, 7687, 7728, 7906, 8055, 8056, 8211, 8248, 8271, 8416, 8458, 8531, 8545, 8564, 8569, 8806, 8816, 8868, 8956, 8993, 9001, 9034, 9148, 9596, 9719, 9813, 9890, 9979, 10075, 10104, 10181, 10203, 10204, 10226, 10238, 10316, 10447, 10468, 10494, 10574, 10575, 10576, 10578, 10587, 10609, 10873, 10874, 10876, 10905, 11170, 11237, 11250, 11534, 11564, 11588, 11605, 11872, 12349, 12350, 13301

Swedenborg, Emanuel (1688-1772). Swedish Scientist, Philosopher, Religious Writer and Vegetarian for 20 Years. 12692

Sweet Black Soybean Paste (Non-Fermented). Also Called Black Bean Paste or Sweet Black Bean Paste. Like Sweet Red / Azuki Bean Paste (*An*), But Made with Black Soybeans. May Be Used As a Filling for Chinese Cakes / Pastries. 2536, 3089, 7794, 11793

Sweet Oil. 1127, 1495, 3638

Swift & Co. (Chicago, Champaign, and Oak Brook, Illinois). 1845, 3039, 3330, 12143

Sword Bean. *Canavalia gladiata* (Jacq.) D.C. Also Known as the

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Knife Bean, Saber Bean. 246

Sycamore Creek Co. (Mason, Michigan). Before 1993, INARI, Ltd.–International Nutrition and Resources Inc. Purchased by W.G. Thompson & Sons Ltd. of Canada, Jan. 1999. 3558, 4550, 4557, 4559, 6314, 6969, 7600, 8190, 9280, 10917, 11837, 12003

Syngenta AG (based in Basel, Switzerland)–Formed in Nov. 2000 by the Merger of Novartis Agribusiness (formed in March 1996 by the Merger of Sandoz AG and Ciba-Geigy; both based in Basel, Switzerland) and Zeneca Agrochemicals. 11521, 11725, 12627

Tadano, John. *See* Showa Shoyu Brewing Co. (Glendale, Arizona). Founded by John Tadano

Tahini or tahina or tahin. *See* Sesame Butter

Taifun-Produkte (Freiburg, Germany). *See* Life Food GmbH

Taiwan. *See* Asia, East–Taiwan

Taiwanese black bean sauce. *See* Soy Sauce–Taiwanese Black Bean Sauce (*Inyu*)

Takamine, Jokichi (1854-1922; Introduced Koji, Commercial Microbial Enzyme Production, and Taka-Diastase to the USA). He Also Isolated Adrenalin / Adrenaline. Donated Famous Japanese Cherry Trees to Washington, DC. 1056, 1538

Tamari, Including Real Tamari (Soy Sauce Which Contains Little or No Wheat) or the Macrobiotic Word Tamari Meaning Traditional Shoyu. 20, 49, 56, 57, 89, 388, 431, 1199, 1292, 1294, 2382, 2391, 2469, 2497, 2566, 2592, 2598, 2635, 2666, 2737, 2774, 2795, 2813, 2860, 2923, 2929, 2935, 2953, 2955, 2957, 2962, 2967, 2973, 2983, 2998, 3001, 3006, 3013, 3015, 3032, 3033, 3039, 3043, 3071, 3072, 3082, 3112, 3134, 3147, 3205, 3217, 3243, 3248, 3291, 3319, 3347, 3352, 3357, 3358, 3431, 3432, 3435, 3441, 3524, 3566, 3579, 3608, 3630, 3650, 3654, 3668, 3684, 3688, 3718, 3894, 3947, 3960, 3969, 3972, 3983, 4102, 4182, 4284, 4365, 4374, 4401, 4402, 4412, 4431, 4434, 4435, 4436, 4563, 4745, 4842, 4846, 4850, 4863, 4864, 4868, 4873, 4874, 4879, 4884, 4943, 4962, 5012, 5024, 5025, 5071, 5072, 5166, 5188, 5227, 5232, 5265, 5297, 5349, 5378, 5388, 5391, 5399, 5405, 5421, 5440, 5484, 5521, 5523, 5534, 5566, 5601, 5612, 5615, 5621, 5640, 5699, 5734, 5759, 5787, 5807, 5838, 5932, 5936, 5945, 6020, 6063, 6167, 6230, 6240, 6266, 6286, 6394, 6395, 6406, 6407, 6417, 6421, 6499, 6516, 6666, 6834, 6836, 6840, 6841, 6842, 6909, 6988, 7039, 7099, 7111, 7199, 7310, 7315, 7326, 7331, 7385, 7386, 7542, 7577, 7580, 7733, 7768, 7782, 7817, 7825, 7924, 7987, 8033, 8054, 8144, 8191, 8192, 8208, 8213, 8214, 8215, 8245, 8389, 8495, 8673, 8676, 8724, 8729, 8788, 8907, 8911, 8930, 8935, 8965, 9017, 9018, 9039, 9054, 9070, 9078, 9107, 9207, 9248, 9257, 9320, 9324, 9332, 9482, 9516, 9518, 9563, 9610, 9631, 9659, 9711, 9766, 9767, 9777, 9796, 9889, 9897, 9899, 9911, 9916, 9931, 9935, 9950, 10009, 10016, 10017, 10026, 10030, 10034, 10059, 10095, 10118, 10131, 10164, 10168, 10198, 10224, 10276, 10343, 10576, 10597, 10696, 10744, 10764, 10824, 10881, 10883, 10936, 10990, 11002, 11011, 11048, 11058, 11073, 11101, 11108, 11113, 11162, 11222, 11271, 11301, 11333, 11351, 11382, 11401, 11445, 11539, 11553, 11595, 11602, 11699, 11726, 11759, 11786, 11791, 11793, 11831, 11850, 11962, 11963, 12015, 12037, 12087, 12237, 12241, 12276, 12320, 12353, 12363, 12365, 12376, 12382, 12476, 12500, 12502, 12507, 12511, 12512, 12604, 12614, 12649, 12728, 12761, 12764, 12769, 12773, 12777, 12858, 12861, 12867, 12917, 12925, 12927, 12928, 12938, 13003, 13007, 13067, 13073, 13075, 13081, 13151, 13153, 13154, 13168, 13181, 13208

Tamari, Tamari Shoyu, and Tamari Soy Sauce–Etymology of These Terms and Their Cognates / Relatives in Various Languages. 57, 388, 2566, 3072

Tanshi, Tan-shih, or Tan-ch'ih (Wade-Giles). *See* Fermented Black Soybeans, Unsalted or Bland

Taosi or tao-si or tausi or tau-si. *See* Fermented Black Soybeans–from The Philippines

Tariffs, duties, embargoes. *See* Trade Policies (International) Concerning Soybeans, Soy Products, or Soyfoods–Tariffs, Duties, Embargoes, Moratoriums, and Other Trade Barriers or Subsidies

Taste Panel, Taste Test Results, or Sensory / Organoleptic Evaluation of the Quality of Foods and Beverages. 2368, 2379, 2567, 2976, 3486, 7654, 8019, 9075, 9737, 10181, 10698, 10972, 11206, 12439

Tauco–Indonesian-Style Fermented Soybean Paste. Also Spelled Taucho, Tauceo, Tau Chiow, Taoco, Tao-Tjo, Taotjo, Taocho, Taoetjo. 398, 406, 456, 463, 464, 498, 831, 855, 857, 964, 1033, 1174, 1235, 1304, 1454, 1455, 1471, 1473, 1645, 2015, 2072, 2108, 2111, 2112, 2257, 2380, 2383, 2557, 2598, 2663, 2667, 2696, 2859, 2977, 3118, 3240, 3352, 3358, 3382, 3444, 3460, 3464, 3508, 3627, 4128, 4183, 4448, 4759, 4817, 5025, 5378, 6240, 6532, 7553, 7821, 7910, 9167, 9272, 9326, 9435, 9475, 9561, 10545, 11558, 11935, 12014, 12320, 12764

Taxonomy. *See* Soybean–Taxonomy

Tempeh (Spelled *Témpé* in Malay-Indonesian). 359, 382, 398, 406, 456, 463, 464, 479, 498, 713, 831, 855, 857, 964, 1033, 1174, 1235, 1304, 1319, 1454, 1455, 1471, 1473, 1593, 1598, 1645, 1768, 1836, 2015, 2036, 2072, 2111, 2112, 2128, 2175, 2188, 2206, 2211, 2229, 2241, 2257, 2307, 2333, 2334, 2380, 2383, 2384, 2409, 2410, 2414, 2424, 2428, 2440, 2476, 2488, 2489, 2501, 2511, 2515, 2531, 2549, 2557, 2559, 2560, 2561, 2582, 2594, 2597, 2598, 2603, 2634, 2653, 2663, 2665, 2667, 2679, 2680, 2684, 2690, 2696, 2700, 2726, 2730, 2739, 2752, 2764, 2768, 2794, 2796, 2810, 2812, 2859, 2880, 2900, 2911, 2916, 2942, 2961, 2971, 2973, 2977, 2978, 2979, 2980, 3013, 3018, 3039, 3045, 3091, 3118, 3126, 3132, 3134, 3161, 3202, 3206, 3210, 3213, 3215, 3240, 3253, 3254, 3255, 3271, 3288, 3302, 3336, 3338, 3339, 3353, 3355, 3356, 3360, 3372, 3382, 3433, 3436, 3438, 3444, 3449, 3453, 3459, 3462, 3464, 3473, 3478, 3508, 3515, 3533, 3540, 3546, 3580, 3584, 3625, 3636, 3637, 3652, 3660, 3664, 3670, 3684, 3687, 3690, 3726, 3732, 3733, 3736, 3749, 3764, 3768, 3769, 3783, 3794, 3796, 3798, 3803, 3851, 3910, 3928, 3945, 3951, 3953, 3957, 3961, 3962, 3972, 3978, 3980, 3983, 3985, 3995, 3999, 4005, 4007, 4013, 4014, 4017, 4018, 4020, 4037, 4040, 4041, 4046, 4058, 4060, 4062, 4074, 4077, 4091, 4103, 4120, 4127, 4128, 4130, 4149, 4162, 4166, 4178, 4182, 4183, 4189, 4210, 4213, 4214, 4218, 4236, 4247, 4253, 4260, 4272, 4273, 4280, 4284, 4311, 4344, 4347, 4349, 4369, 4372, 4374, 4403, 4432, 4434, 4440, 4447, 4448, 4452, 4471,

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12883, 12902, 12904, 12908, 12916, 12922, 12923, 12925, 12930, 12936, 12937, 12938, 12941, 12944, 12948, 12952, 12953, 12960, 12965, 12970, 12984, 12990, 13001, 13002, 13003, 13007, 13020, 13021, 13022, 13032, 13034, 13042, 13043, 13063, 13064, 13065, 13066, 13067, 13069, 13071, 13073, 13075, 13080, 13084, 13093, 13145, 13147, 13148, 13151, 13153, 13154, 13159, 13160, 13163, 13166, 13175, 13181, 13189, 13201, 13202, 13203, 13204, 13209, 13214, 13218, 13219, 13239, 13241, 13242, 13252, 13255, 13265, 13283, 13290, 13294

Tempeh–Etymology of This Term and Its Cognates / Relatives in Various Languages. 359, 406, 456, 1454, 1645, 2531, 3206, 5159, 6638, 7020

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Tempeh Production–How to Make Tempeh on a Commercial Scale. 456, 3580, 4127

Tempeh Starter Culture, Spores, or Inoculum (Called *Ragi Tempe* or *Usar* in Indonesia). 3202, 3533, 3910, 3961, 4127, 4128, 4247, 4518, 4556, 4576, 4957, 5124, 6971

Tempeh companies (Canada). *See* Noble Bean (Ontario, Canada)

Tempeh companies (USA). *See* Appropriate Foods, Inc. (Brooklyn, New York), Soyfoods Unlimited, Inc. (San Leandro, California)

Tempeh companies. *See* Turtle Island Foods, Inc. (Hood River, Oregon. Maker of Tofurky and Tempeh)

Tempeh in Second Generation Products, Documents About. 3636, 4127, 4128, 4183, 4518, 5512, 5637, 6672, 7581, 8144, 8715, 10137, 11256, 11989

Tempeh, Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 3202, 4127, 4556, 6235, 6395, 7039, 7362, 8465

Tempeh, Non-Soy Relatives–Onchom (Oncom, Ontjom)–A cake of Peanut Presscake or Okara (Oncom Tahu) Fermented with *Neurospora* (*Monilia sitophila = Oidium lupuli*) molds. 398, 464, 479, 498, 831, 964, 1235, 1304, 1454, 1455, 1645, 2111, 2334, 2380, 2383, 2384, 2511, 2598, 2942, 2977, 3013, 3240, 3382, 3436, 3438, 3444, 3462, 3464, 3636, 4127, 4128, 4183, 6835, 7691, 7738, 7821, 8390, 9167, 9981, 10026, 12018, 12385, 12851, 12984

Tempeh, Non-Soy Relatives–Other Substrates Such as Winged Beans, Lupins, Velvet Beans, Brown Rice, Cassava, etc. 2942, 3659, 4127, 4128, 4183, 5447, 5990, 6523, 6971, 7802, 9761, 12319

Tempeh, Non-Soy Relatives–Tempeh Bongkrek–A Cake of Fermented Coconut Presscake or Grated Coconut. 398, 456, 479, 498, 2334, 2598, 3438, 4128, 4183, 7802, 9063, 10347

Tempeh, Okara (Okara Tempeh), Incl. Mei Dou Za, Mei-Tou-Cha, Meitauza from China, and Tempe Gembus (from Central and Eastern Java). 2003, 2598, 3045, 3202, 3438, 3462, 3580, 3798, 4013, 4128, 4518, 5134, 5296, 5378, 6004, 6048, 6165, 6623, 6840, 7216, 7802, 8367, 9071, 10056, 12630

Tempeh, Used as an Ingredient in Second Generation Commercial Products Such as Entrees, etc. 4538, 4645, 4923, 5336, 5540, 6148, 6181, 6183, 6216, 6370, 6376, 6377, 6829, 7047, 7157, 7232, 7283, 7301, 7435, 7436, 7852, 7979, 8078, 8304, 8337, 8509, 8864, 9067, 9112, 9822, 10049, 10983, 11498

Tempehworks. *See* Lightlife Foods, Inc.

Temperance movement (abstaining from alcohol) and vegetarianism. *See* Vegetarianism and the Temperance Movement Worldwide

Teranatto or Tera-Natto. *See* Fermented Black Soybeans from Japan–Other Names

Teriyaki Sauce and Teriyaki (Soy Sauce is the Main Sauce Ingredient). 431, 910, 2144, 2242, 2261, 2309, 2311, 2485, 2540, 2541, 2564, 2645, 2674, 2688, 2707, 2720, 2748, 2754, 2766, 2803, 2806, 2905, 2966, 3002, 3099, 3151, 3163, 3218, 3287, 3450, 3452, 3528, 3642, 3973, 4005, 4057, 4179, 4195, 4450, 4585, 4663, 4743, 4812, 4869, 4873, 4879, 4952, 4962, 5205, 5400, 5442, 5470, 5510, 5549, 5935, 5936, 5964, 6067, 6295, 6358, 6416, 6474, 6506, 6647, 6839, 6975, 7199, 7221, 7310, 7596, 7789, 7819, 7825, 7964, 8217, 8362, 8391, 8429, 8529, 8851, 8900, 8947, 9026, 9110, 9112, 9205, 9232, 9521, 9561, 9591, 9616, 9718, 9742, 9757, 9777, 9817, 9834, 9950, 10025, 10226, 10318, 10405, 10406, 10436, 10509, 10727, 10756, 10936, 11157, 11168, 11333, 11465, 11543, 11595, 11602, 11717, 11726, 11740, 11791, 11793, 11826, 11831, 11858, 11879, 11894, 11963, 11991, 12007, 12015, 12077, 12087, 12124, 12229, 12230, 12231, 12241, 12244, 12271, 12276, 12343, 12357, 12370, 12403, 12429, 12490, 12495, 12648, 12681, 12725, 12741, 12767, 12776, 12792, 12867, 12868, 12918, 12923, 12925, 12935, 12937, 13085, 13208, 13299

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Terminology for soybeans–Fanciful. *See* Soybean–Terminology and Nomenclature–Fanciful Terms and Names

Tetra Pak International (Lund, Sweden). 2684, 4658, 5548, 5624, 6263, 6290, 6291, 6309, 6497, 6543, 6932, 7719, 8082, 8087, 8180, 8181, 8192, 8252, 8305, 8451, 8485, 8493, 8494, 8496, 8497, 8546,

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Textiles made from spun soy protein fibers. *See* Fibers (Artificial Wool or Textiles Made from Spun Soy Protein Fibers, Including Azlon, Soylon, and Soy Silk / Soysilk)

Textured soy flours. *See* Soy Flours, Textured (Including TVP, Textured Vegetable Protein)

Textured soy protein concentrates. *See* Soy Protein Concentrates, Textured

Textured soy protein isolates. *See* Soy Protein Isolates, Textured (For Food Use Only). Including Spun Fibers

Textured soy proteins. *See* Soy Proteins, Textured

Thai restaurants outside Japan, or Thai recipes that use soy ingredients outside Thailand. *See* Asia, Southeast–Thailand–Thai Restaurants Grocery Stores Outside Thailand

Therapeutic uses / aspects of soybeans, general. *See* Medical / Medicinal-Therapeutic Uses / Aspects, General

Third World / Developing Nations. 1837, 2128, 3458, 4839, 4877, 5525, 6507, 9539, 13286

Thompsons Limited. Before Jan. 2004 named Thompson (W.G.) & Sons Limited, Blenheim, Ontario, Canada. Before 1963 W.G. Thompson. Founded in 1924 by Wesley G. "Tommy" Thompson. 9487, 10680, 10695, 11019, 11442, 11837, 12003, 12149, 12275

Thua-nao / Tua Nao (Whole Fermented Soybeans From Thailand). 2812, 4008, 4750, 5612, 5621, 5932, 6551, 9327, 10374, 11147, 12510, 12606

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Tibet. *See* Asia, East–Tibet and Tibetans Outside Tibet

Tillage practices. *See* Soybean Cultural Practices–No Till Farming

Timeline. *See* Chronology / Timeline

Timor-Leste (East Timor). *See* Asia, Southeast–Timor-Leste (East Timor)

Tivall (Tivol), Maker of Meat Alternatives (Ashrat, Israel). 9098, 9206, 10644, 12595, 12628

TKW (Germany). *See* Tofukost-Werk GmbH

Tocopherols. *See* Vitamins E (Tocopherols)

Tofu (Also Called Soybean Curd or Bean Curd until about 1975-1985). See also Tofu–Fermented, Soy Ice Creams, Soy Yogurts, and Cheesecake, Which Often Use Tofu as a Major Ingredient. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 67, 69, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 82, 83, 84, 85, 86, 89, 91, 94, 95, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 109, 110, 111, 112, 113, 114, 116, 117, 118, 123, 124, 125, 126, 127, 128, 130, 132, 133, 134, 135, 137, 138, 140, 141, 142, 143, 144, 145, 147, 148, 149, 151, 152, 153, 154, 155, 156, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 179, 180, 181, 182, 183, 184, 185, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 418, 419, 420, 421, 422, 423, 424, 425, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 524, 525, 526, 527, 528, 529, 530, 531, 532, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 705, 706, 707, 708, 709, 710, 711, 712, 714, 715, 716, 717, 718, 719, 720, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 819, 820, 821, 822, 823, 824, 825, 826, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 855, 857, 858, 859, 860, 861, 862,

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Tofu companies (Canada). *See* Sunrise Markets Inc. (Vancouver, BC, Canada), Victor Food Products, Ltd. (Scarborough, Ontario, Canada)

Tofu companies (Europe). *See* Auenland Tofu und Soja Produkte (Prien-Chiemsee, Germany), Cauldron Foods Ltd. (Bristol, England), Heuschen-Schrouff B.V. (Landgraaf, Netherlands), Sojadoc (Clermond-Ferrand, France), Sojarei Vollwertkost GmbH (Traiskirchen, near Vienna, Austria). Formerly Sojarei Ebner-Prosl, Soyastern Naturkost GmbH / Dorstener Tofu Produktions GmbH (Dorsten, Germany), Tofukost-Werk TKW GmbH (Wadersloh, Germany), Tofumanufaktur Christian Nagel GmbH (Hamburg, Germany), Tofurei Svadesha Naturkost Produkte GmbH (Munich, Germany). Including Byodo Naturkost

Tofu companies (USA). *See* Azumaya, Inc. (San Francisco, California), Global Protein Foods (Valley Cottage, New York). And Parent Company, Kyoto Tanpaku K.K. of Kyoto, Japan, House Foods America Corporation (Los Angeles, California), Island Spring, Inc. (Vashon, Washington), Kyoto Food Corp. USA (Terre Haute, Indiana), Legume, Inc. (Fairfield, New Jersey), Mainland Express (Spring Park, Minnesota), Morinaga Nutritional Foods, Inc., and Morinaga Nyûgyô (Torrance, California, and Tokyo, Japan), Nasoya Foods, Inc. (Leominster, Massachusetts). Subsidiary of Vitasoy, Northern Soy, Inc. (Rochester, New York), Ota Tofu Co. (Portland, Oregon. Founded in 1911), Pulmuone U.S.A., Inc. (South Gate, California), Quong Hop & Co. (San Francisco, California), Rosewood Products Inc. (Ann Arbor, Michigan), Simply Natural, Inc. (Philadelphia, Pennsylvania), Swan Gardens Inc. and Soya Kaas Inc. (Atlanta, Georgia), Tofu Shop (The) (Telluride, Colorado, and Arcata, California) and Tofu Shop Specialty Foods Inc., Tomsun Foods, Inc. (Greenfield, Massachusetts; Port Washington, New York, Wildwood Harvest, Inc.

Tofu curds. *See* Curds Made from Soymilk

Tofu in Second Generation Products, Documents About. 779, 3149, 3213, 3215, 3365, 3493, 3594, 3661, 3703, 3704, 3769, 3777, 3787, 3833, 4162, 4194, 4195, 4252, 4527, 4848, 4967, 5014, 5016, 5027, 5039, 5125, 5134, 5135, 5192, 5235, 5243, 5284, 5380, 5457, 5459, 5469, 5475, 5476, 5503, 5560, 5636, 5647, 5672, 5684, 5758, 5768, 5786, 5892, 5925, 5967, 5987, 5995, 6010, 6030, 6039, 6160, 6165, 6166, 6167, 6168, 6234, 6256, 6265, 6326, 6368, 6429, 6465, 6468, 6474, 6491, 6518, 6586, 6597, 6604, 6646, 6664, 6669, 6671, 6672, 6677, 6680, 6683, 6686, 6717, 6721, 6735, 6737, 6738, 6739, 6754, 6755, 6807, 6819, 6865, 6875, 6935, 6968, 6996, 7041, 7059, 7131, 7176, 7191, 7207, 7221, 7327, 7366, 7400, 7413, 7419, 7440, 7476, 7477, 7496, 7508, 7532, 7535, 7564, 7573, 7580, 7591, 7592, 7596, 7599, 7615, 7640, 7654, 7656, 7658, 7663, 7666, 7671, 7699, 7702, 7705, 7711, 7731, 7732, 7828, 7872, 7915, 7932, 7939, 7941, 7949, 7972, 8023, 8025, 8031, 8042, 8051, 8055, 8070, 8098, 8103, 8144, 8145, 8161, 8196, 8213, 8214, 8215, 8216, 8217, 8218, 8221, 8253, 8270, 8435, 8492, 8495, 8554, 8570, 8578, 8680, 8707, 8714, 8715, 8735, 8746, 8769, 8774, 8796, 8955, 8984, 8994, 9009, 9040, 9051, 9056, 9071, 9129, 9240, 9256, 9260, 9352, 9448, 9470, 9478, 9510, 9648, 10107, 10150, 10185, 10288, 10412, 10479, 10483, 10484, 10594, 10625, 10630, 10631, 10700, 10736, 10748, 10830, 10837, 10871, 10895, 10949, 11160, 11169, 11176, 11185, 11208, 11246, 11256, 11343, 11447, 11461, 11721, 11732, 11934, 11989, 12230, 12298, 12401, 12403, 12486, 12737, 12767, 12815, 12942, 12948, 13078

Tofu, Braised, Grilled Broiled, or Roasted (*Jian-doufu* in Chinese). Chinese-Style, Prepared in the Kitchen or at Home. 19, 267, 1870, 3648, 3974, 5116, 5160, 5750, 5872, 5984, 6031, 6220, 6222, 6245, 6890, 7900, 9414, 10157, 10279, 11930, 12036, 12369, 12435, 13056, 13068

Tofu, Criticism of, Making Fun of, or Image Problems. 169, 609, 795, 1061, 1507, 1623, 3727, 4018, 4316, 4341, 4356, 4453, 4477, 4526, 4720, 4742, 4955, 5100, 5213, 5242, 5550, 5923, 6065, 6090, 6191, 6592, 6878, 6893, 7113, 7532, 7700, 7728, 8017, 8098, 8143, 8282, 8416, 8443, 8937, 8975, 8979, 8991, 8999, 9011, 9026, 9090, 9140, 9157, 9386, 9437, 9688, 9740, 9790, 9859, 10024, 10036, 10155, 10207, 10303, 10313, 10324, 10349, 10407, 10523, 10688, 10752, 10819, 10904, 10906, 10915, 10919, 10920, 10928, 10950, 11087, 11123, 11126, 11127, 11221, 11222, 11263, 11357, 11398,

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11455, 11483, 11488, 11653, 11957, 11976, 12058, 12088, 12204, 12323, 12332, 12423, 12543, 12638, 12786, 12806, 13055, 13285

Tofu, Fermented (Also Called *Doufu-ru, Toufu-ru, Furu, Fuyu, Tahuri, Tahuli, Tajure, Tao-hu-yi,* or Sufu), Production–How to Make Fermented Tofu Commercially. 6478, 9327, 10702

Tofu, Fermented (Also Called *Doufu-ru, Toufu-ru, Furu, Fuyu, Tahuri, Tahuli, Tajure, Tao-hu-yi,* or Sufu). See also *Tofu-yo*. 52, 58, 78, 97, 111, 115, 155, 159, 162, 164, 169, 216, 225, 228, 231, 239, 241, 262, 264, 273, 277, 278, 281, 298, 326, 331, 332, 340, 373, 375, 397, 416, 436, 445, 471, 494, 497, 499, 515, 540, 547, 548, 562, 602, 615, 674, 683, 700, 701, 721, 725, 727, 728, 779, 780, 788, 814, 815, 826, 871, 942, 969, 980, 985, 991, 997, 1009, 1014, 1021, 1023, 1031, 1035, 1037, 1057, 1066, 1076, 1083, 1108, 1112, 1152, 1155, 1158, 1199, 1268, 1284, 1317, 1319, 1328, 1343, 1370, 1454, 1460, 1478, 1495, 1496, 1501, 1571, 1596, 1634, 1643, 1645, 1658, 1710, 1741, 1744, 1748, 1759, 1763, 1771, 1792, 1826, 1863, 1866, 1928, 1931, 1959, 1960, 1965, 1972, 1981, 2003, 2011, 2035, 2048, 2077, 2078, 2081, 2086, 2089, 2099, 2107, 2109, 2124, 2128, 2165, 2166, 2168, 2180, 2201, 2203, 2251, 2256, 2291, 2304, 2311, 2320, 2341, 2344, 2390, 2396, 2397, 2399, 2418, 2422, 2426, 2437, 2438, 2443, 2451, 2480, 2533, 2534, 2535, 2536, 2538, 2553, 2582, 2598, 2612, 2628, 2664, 2669, 2700, 2701, 2703, 2724, 2730, 2731, 2732, 2733, 2741, 2800, 2812, 2836, 2840, 2853, 2908, 2911, 2914, 2966, 2978, 2986, 3013, 3018, 3039, 3040, 3045, 3047, 3067, 3068, 3084, 3109, 3124, 3144, 3145, 3206, 3213, 3214, 3215, 3219, 3220, 3224, 3240, 3242, 3253, 3288, 3299, 3313, 3372, 3395, 3400, 3442, 3445, 3450, 3462, 3508, 3543, 3559, 3583, 3615, 3626, 3642, 3713, 3784, 3826, 3936, 3957, 3966, 3974, 3978, 3981, 3989, 4005, 4006, 4013, 4057, 4106, 4179, 4184, 4285, 4404, 4407, 4409, 4410, 4415, 4423, 4432, 4447, 4448, 4451, 4750, 4766, 4811, 4844, 4845, 4855, 4858, 4895, 4899, 4914, 4949, 4958, 5012, 5052, 5083, 5092, 5141, 5204, 5212, 5340, 5348, 5359, 5365, 5368, 5378, 5399, 5470, 5501, 5508, 5612, 5621, 5804, 5825, 5845, 5888, 5889, 5891, 5896, 5932, 5938, 5942, 5981, 5985, 5986, 6098, 6099, 6101, 6130, 6198, 6222, 6226, 6227, 6279, 6295, 6304, 6402, 6403, 6405, 6413, 6414, 6430, 6444, 6452, 6478, 6517, 6537, 6542, 6551, 6565, 6569, 6574, 6579, 6591, 6620, 6684, 6695, 6840, 6866, 6932, 6953, 6957, 6964, 6967, 6992, 7184, 7240, 7314, 7328, 7348, 7412, 7517, 7609, 7614, 7617, 7628, 7733, 7735, 7796, 7806, 7809, 7813, 7824, 7901, 8168, 8177, 8324, 8389, 8398, 8564, 8642, 8740, 8875, 8905, 8907, 8912, 9101, 9167, 9322, 9327, 9408, 9421, 9557, 9581, 9630, 9673, 9712, 9718, 9737, 9761, 9828, 9899, 9912, 10013, 10025, 10026, 10043, 10240, 10256, 10260, 10283, 10325, 10422, 10445, 10499, 10505, 10510, 10517, 10520, 10530, 10542, 10639, 10702, 10728, 10734, 10742, 10789, 10863, 10963, 11061, 11062, 11093, 11114, 11136, 11375, 11412, 11525, 11539, 11542, 11550, 11556, 11618, 11641, 11747, 11776, 11783, 11786, 11793, 11851, 12015, 12018, 12026, 12035, 12109, 12190, 12221, 12229, 12238, 12246, 12260, 12297, 12304, 12323, 12351, 12352, 12364, 12368, 12369, 12371, 12376, 12385, 12431, 12450, 12468, 12470, 12502, 12510, 12615, 12662, 12671, 12693, 12698, 12755, 12770, 12778, 12851, 12861, 12874, 12880, 12902, 12923, 12948, 12960, 12966, 12982, 12985, 13004, 13010, 13068, 13090, 13091, 13139, 13156, 13166, 13195, 13223, 13249, 13252, 13296

Tofu, Fermented–Etymology of This Term and Its Cognates / Relatives in Various Languages. 58, 78, 162, 281, 326, 373, 494, 499, 515, 615, 683, 728, 780, 980, 1031, 1037, 1108, 1155, 1199, 1501, 1634, 1744, 1960, 2003, 2011, 2035, 2048, 2077, 2107, 2109, 2128, 2165, 2166, 2180, 2201, 2311, 2418, 2553, 2598, 2703, 2733, 2840, 3084, 3145, 3219, 3508, 3543, 3583, 4005, 4006, 6413, 10734

Tofu, Fermented–Imports, Exports, International Trade. 162, 1057, 1495

Tofu, Fermented–Stinky Tofu (pinyin: Chou Doufu (W.-G. Ch'ou Toufu). Also Called, Stinking, Smelly or Redolent Tofu / Bean Curd). 78, 155, 373, 1328, 1460, 1478, 1866, 2077, 2582, 2836, 3214, 3220, 3626, 4184, 4285, 4895, 5889, 5896, 5938, 6517, 7806, 7824, 8905, 10728, 11783, 11793, 12018, 12371, 12431, 12470, 12693, 12770, 12851, 12985, 13004

Tofu, Fermented–Stinky Tofu (*Chou Doufu*). Etymology of This Term and Its Cognates / Relatives in Various Languages. 373, 1460, 1478, 2836, 3626, 4184, 5896, 6517, 10728, 11783, 12985

Tofu, Fermented–Tofuyo from Okinawa, Japan (Made with Red Rice {*Beni-Koji*} Containing *Monascus purpureus*). 6304, 6478, 6569, 6591, 6714, 6953, 6964, 8398, 9630, 10702, 12190, 12861, 13164

Tofu, Firm (Chinese-Style). 56, 89, 123, 169, 330, 456, 467, 523, 586, 711, 713, 724, 911, 1108, 1155, 1201, 1235, 1268, 1288, 1304, 1328, 1375, 1382, 1455, 1460, 1499, 1500, 1556, 1671, 1765, 2025, 2072, 2099, 2256, 2426, 2481, 2553, 2598, 2660, 2703, 3024, 3025, 3040, 3084, 3099, 3120, 3219, 3225, 3374, 3400, 3480, 3496, 3543, 3557, 3591, 3609, 3666, 3691, 3699, 3784, 3802, 3843, 3916, 3936, 3937, 3971, 4005, 4006, 4179, 4184, 4359, 4389, 4392, 4396, 4419, 4420, 4466, 4604, 4664, 4768, 4789, 5048, 5050, 5130, 5141, 5280, 5304, 5331, 5359, 5377, 5382, 5383, 5400, 5415, 5476, 5525, 5530, 5575, 5600, 5621, 5632, 5683, 5695, 5708, 5872, 5932, 5948, 5956, 5994, 6098, 6106, 6164, 6190, 6198, 6199, 6238, 6243, 6291, 6297, 6304, 6334, 6362, 6363, 6367, 6513, 6702, 6839, 6964, 6982, 7021, 7038, 7098, 7143, 7198, 7348, 7370, 7377, 7429, 7447, 7495, 7516, 7533, 7545, 7603, 7610, 7699, 7775, 7796, 7804, 7813, 7825, 7846, 8033, 8077, 8126, 8213, 8216, 8224, 8246, 8254, 8321, 8324, 8353, 8426, 8494, 8570, 8598, 8607, 8756, 8851, 8905, 8924, 8925, 8959, 9056, 9148, 9172, 9218, 9223, 9400, 9417, 9499, 9505, 9609, 9636, 9715, 9745, 9757, 9777, 9778, 9846, 9889, 9954, 9956, 9985, 10001, 10013, 10084, 10093, 10154, 10169, 10197, 10227, 10252, 10288, 10300, 10319, 10388, 10409, 10410, 10411, 10505, 10515, 10546, 10556, 10596, 10598, 10633, 10669, 10678, 10728, 10734, 10774, 10789, 10821, 10845, 10931, 10940, 10945, 11008, 11062, 11077, 11087, 11091, 11110, 11186, 11230, 11256, 11264, 11276, 11283, 11306, 11316, 11375, 11392, 11412, 11419, 11493, 11527, 11541, 11545, 11550, 11556, 11582, 11624, 11678, 11803, 11808, 11824, 11826, 11862, 11874, 11879, 11982, 12018, 12035, 12038, 12053, 12056, 12098, 12109, 12136, 12200, 12228, 12238, 12246, 12267, 12279, 12304, 12322, 12351, 12367, 12416, 12429, 12470, 12496, 12515, 12516, 12527, 12529, 12536, 12600, 12607, 12610, 12614, 12626, 12636, 12648, 12716, 12725, 12729, 12754, 12773, 12789, 12791, 12792, 12793, 12857, 12874, 12885, 12896, 12923, 12927, 12945, 12953, 12960, 12982, 13004, 13007, 13013, 13016, 13025, 13067, 13068, 13070, 13133, 13140, 13151, 13157, 13185, 13203, 13208, 13240, 13255, 13266, 13275, 13278, 13299

Tofu, Five-Spice Pressed (*Wu-hsiang Toufukan / Wuxiang*

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Doufugan). 155, 169, 1107, 1155, 2426, 2664, 3213, 3214, 3215, 3445, 3932, 3974, 4001, 4006, 4179, 4396, 4844, 5326, 5470, 5522, 5884, 5942, 5984, 6295, 6341, 6702, 7300, 7322, 7450, 7769, 8429, 8756, 9340, 9718, 9826, 10001, 10026, 10252, 10517, 10791, 11495, 11851, 12018, 12035, 12079, 12221, 12229, 12304, 12364, 12368, 12404, 12470, 12754, 12791, 12948, 12985, 13004, 13266

Tofu, Flavored / Seasoned / Marinated and Baked, Broiled, Grilled, Braised, or Roasted. Including Tofu Jerky and Savory Baked Tofu. 431, 1766, 2072, 3207, 3608, 3661, 3691, 3703, 3769, 3833, 3894, 4001, 4002, 4179, 4374, 4376, 4396, 4560, 4585, 4588, 4745, 4756, 4790, 4811, 4812, 4824, 5135, 5337, 5463, 5470, 5499, 5504, 5653, 5660, 5723, 5774, 5776, 5871, 5873, 5884, 6067, 6165, 6203, 6212, 6295, 6358, 6366, 6434, 6539, 6554, 6558, 6613, 6617, 6691, 6782, 6823, 6975, 7030, 7261, 7300, 7379, 7768, 7769, 7789, 7817, 7826, 7857, 7867, 7933, 7974, 8215, 8271, 8405, 8407, 8429, 8544, 8587, 8691, 8755, 8851, 8900, 8943, 8947, 9080, 9100, 9183, 9294, 9316, 9317, 9340, 9591, 9671, 9690, 9718, 9756, 9826, 9892, 10039, 10154, 10226, 10318, 10368, 10373, 10385, 10514, 10647, 10648, 10716, 10757, 10784, 10807, 11035, 11098, 11119, 11120, 11127, 11328, 11330, 11469, 11615, 11693, 11742, 11759, 11763, 11777, 11815, 11833, 11834, 11857, 11965, 12055, 12077, 12079, 12124, 12145, 12151, 12229, 12230, 12231, 12232, 12271, 12292, 12303, 12357, 12419, 12521, 12532, 12570, 12571, 12588, 12589, 12649, 12681, 12720, 12724, 12756, 12767, 12798, 12810, 12826, 12916, 13040, 13060, 13085, 13271

Tofu, Flavored, Seasoned, or Marinated, but not Baked, Broiled, Grilled, Braised, or Roasted. Including most Five-Spice Pressed Tofu (*wu-hsiang toufukan / wuxiang doufugan*). 16, 116, 155, 169, 1107, 1155, 1187, 1766, 2426, 2541, 3213, 3214, 3215, 3445, 3495, 3556, 3609, 3830, 3918, 3932, 3974, 4006, 4205, 4396, 4398, 4583, 4618, 4619, 4812, 4824, 4844, 4917, 5348, 5471, 5723, 5727, 5774, 5828, 5875, 5942, 5984, 6195, 6209, 6297, 6300, 6358, 6394, 6554, 6702, 6810, 6823, 6928, 6975, 7008, 7030, 7137, 7250, 7261, 7291, 7322, 7631, 7749, 7784, 7810, 7850, 7947, 7961, 7962, 7964, 7987, 8032, 8204, 8213, 8228, 8229, 8283, 8317, 8362, 8406, 8407, 8429, 8520, 8525, 8558, 8731, 8756, 8801, 8819, 8830, 8851, 8877, 8882, 8900, 8939, 9067, 9108, 9294, 9304, 9350, 9358, 9364, 9426, 9436, 9485, 9533, 9546, 9565, 9591, 9592, 9736, 9745, 9751, 9826, 9997, 10001, 10026, 10041, 10047, 10059, 10084, 10141, 10225, 10230, 10252, 10311, 10314, 10368, 10406, 10466, 10483, 10517, 10582, 10610, 10612, 10638, 10705, 10714, 10716, 10717, 10756, 10791, 10804, 10874, 11006, 11030, 11120, 11173, 11187, 11286, 11316, 11382, 11495, 11601, 11654, 11690, 11770, 11813, 11851, 11951, 12018, 12035, 12048, 12055, 12079, 12166, 12199, 12200, 12221, 12304, 12313, 12357, 12364, 12368, 12404, 12470, 12490, 12532, 12588, 12589, 12646, 12649, 12732, 12754, 12767, 12791, 12796, 12895, 12948, 12960, 12985, 13004, 13026, 13085, 13266, 13297

Tofu, Fried (Especially Deep-Fried Tofu Pouches, Puffs, Cutlets, or Burgers; Agé or Aburagé, Aburaagé, Usu-agé, Atsu-agé or Nama-agé, Ganmodoki or Ganmo, Hiryôzu / Hiryozu). 4, 19, 57, 84, 123, 150, 155, 169, 174, 176, 178, 180, 193, 194, 197, 209, 269, 313, 314, 326, 327, 333, 431, 437, 439, 505, 510, 511, 517, 533, 534, 550, 581, 789, 854, 897, 901, 910, 985, 996, 1013, 1018, 1035, 1036, 1049, 1064, 1088, 1096, 1097, 1142, 1146, 1152, 1155, 1176, 1177, 1187, 1199, 1211, 1215, 1228, 1232, 1249, 1250, 1269, 1283, 1292, 1315, 1321, 1363, 1364, 1366, 1376, 1382, 1387, 1437, 1443, 1457, 1458, 1495, 1500, 1506, 1511, 1519, 1523, 1559, 1640, 1646, 1650, 1651, 1671, 1709, 1712, 1764, 1765, 1767, 1773, 1778, 1784, 1828, 1870, 1871, 1899, 1944, 1951, 1960, 1971, 1979, 1989, 1996, 1997, 2019, 2034, 2037, 2050, 2064, 2068, 2073, 2091, 2126, 2131, 2138, 2144, 2154, 2169, 2204, 2223, 2224, 2226, 2248, 2274, 2280, 2281, 2291, 2309, 2331, 2336, 2340, 2344, 2355, 2356, 2357, 2384, 2391, 2393, 2395, 2396, 2397, 2399, 2404, 2406, 2409, 2412, 2425, 2427, 2429, 2436, 2485, 2486, 2497, 2517, 2530, 2540, 2541, 2547, 2552, 2566, 2588, 2611, 2612, 2613, 2614, 2617, 2618, 2619, 2620, 2621, 2622, 2639, 2640, 2657, 2664, 2666, 2667, 2694, 2704, 2706, 2712, 2714, 2730, 2734, 2740, 2747, 2765, 2770, 2776, 2779, 2782, 2784, 2788, 2790, 2792, 2803, 2806, 2820, 2828, 2850, 2871, 2876, 2890, 2899, 2906, 2911, 2916, 2918, 2928, 2931, 2935, 2945, 2952, 2954, 2955, 2959, 2975, 2976, 2979, 2980, 2985, 3002, 3013, 3015, 3018, 3019, 3024, 3027, 3031, 3032, 3047, 3068, 3072, 3073, 3075, 3078, 3099, 3101, 3102, 3110, 3111, 3112, 3113, 3120, 3122, 3136, 3145, 3150, 3151, 3154, 3174, 3175, 3192, 3208, 3213, 3215, 3217, 3218, 3234, 3235, 3242, 3254, 3293, 3297, 3307, 3315, 3328, 3336, 3365, 3385, 3391, 3394, 3400, 3412, 3428, 3443, 3445, 3446, 3450, 3452, 3460, 3462, 3475, 3498, 3502, 3508, 3510, 3520, 3526, 3528, 3540, 3543, 3546, 3561, 3567, 3597, 3603, 3612, 3627, 3637, 3639, 3649, 3657, 3662, 3663, 3667, 3669, 3670, 3687, 3709, 3714, 3735, 3749, 3777, 3784, 3795, 3816, 3894, 3904, 3922, 3931, 3936, 3939, 3942, 3956, 3973, 3974, 3987, 3993, 4001, 4002, 4003, 4004, 4005, 4006, 4018, 4054, 4057, 4087, 4162, 4179, 4190, 4195, 4226, 4284, 4285, 4298, 4299, 4331, 4335, 4355, 4359, 4393, 4396, 4402, 4403, 4406, 4410, 4415, 4419, 4423, 4424, 4450, 4457, 4458, 4463, 4465, 4468, 4469, 4519, 4522, 4527, 4531, 4535, 4570, 4584, 4585, 4595, 4634, 4655, 4663, 4715, 4717, 4741, 4743, 4745, 4761, 4805, 4811, 4813, 4816, 4834, 4841, 4844, 4845, 4852, 4856, 4867, 4871, 4879, 4894, 4946, 4948, 4950, 4958, 4972, 5004, 5012, 5059, 5066, 5069, 5097, 5128, 5133, 5141, 5146, 5152, 5156, 5157, 5163, 5208, 5214, 5216, 5218, 5246, 5263, 5268, 5269, 5272, 5279, 5293, 5305, 5348, 5350, 5359, 5361, 5365, 5368, 5378, 5389, 5395, 5419, 5449, 5452, 5453, 5456, 5460, 5470, 5476, 5477, 5478, 5486, 5497, 5500, 5510, 5520, 5521, 5525, 5535, 5537, 5548, 5551, 5561, 5595, 5597, 5600, 5603, 5612, 5621, 5623, 5633, 5637, 5646, 5654, 5686, 5701, 5792, 5804, 5827, 5833, 5834, 5835, 5838, 5840, 5862, 5864, 5866, 5885, 5899, 5932, 5936, 5941, 5943, 5945, 5946, 5947, 5949, 5971, 5975, 5985, 5993, 5998, 6018, 6036, 6065, 6080, 6085, 6092, 6098, 6101, 6105, 6106, 6129, 6130, 6164, 6196, 6198, 6210, 6226, 6246, 6248, 6249, 6251, 6268, 6279, 6289, 6290, 6292, 6295, 6299, 6300, 6308, 6310, 6312, 6317, 6323, 6351, 6370, 6403, 6405, 6409, 6413, 6414, 6416, 6424, 6448, 6461, 6463, 6468, 6482, 6486, 6499, 6506, 6513, 6525, 6551, 6555, 6574, 6602, 6603, 6610, 6614, 6620, 6625, 6633, 6635, 6636, 6643, 6682, 6707, 6722, 6726, 6773, 6790, 6792, 6805, 6815, 6820, 6832, 6851, 6853, 6854, 6861, 6866, 6867, 6885, 6889, 6896, 6897, 6913, 6958, 6972, 6989, 6996, 7036, 7039, 7047, 7059, 7072, 7076, 7081, 7106, 7139, 7143, 7151, 7170, 7189, 7195, 7196, 7197, 7202, 7203, 7206, 7216, 7236, 7296, 7300, 7306, 7310, 7322, 7336, 7338, 7339, 7348, 7352, 7353, 7354, 7375, 7377, 7378, 7386, 7390, 7407, 7414, 7435, 7448, 7450, 7465, 7481, 7513, 7544, 7545, 7550, 7580, 7594, 7606, 7608, 7613, 7614, 7659, 7665, 7699, 7709, 7710, 7713, 7724, 7733, 7739, 7746, 7749, 7754, 7755, 7761, 7771, 7781, 7799, 7803, 7811, 7813, 7825, 7830, 7841, 7846, 7847, 7850, 7853, 7879, 7880, 7897, 7911, 7919, 7928, 7939, 7947, 7949, 7976, 7987, 8018, 8038, 8043, 8076, 8113, 8146, 8148, 8150, 8171, 8221, 8222, 8228, 8229, 8231, 8238, 8244, 8249, 8296, 8310, 8316, 8321, 8322, 8323, 8327, 8333, 8336, 8342, 8358, 8362, 8384, 8398, 8399, 8503, 8507, 8508, 8532, 8541, 8543, 8549, 8555, 8560, 8582, 8587, 8607, 8610, 8616, 8632, 8642, 8645, 8661, 8666, 8668, 8694, 8708,

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8719, 8721, 8732, 8756, 8796, 8807, 8830, 8831, 8843, 8852, 8878, 8882, 8884, 8885, 8889, 8903, 8915, 8927, 8929, 8932, 8933, 8959, 8970, 8988, 8989, 8996, 9001, 9005, 9006, 9021, 9044, 9071, 9099, 9101, 9112, 9126, 9144, 9146, 9147, 9154, 9157, 9161, 9168, 9181, 9195, 9199, 9205, 9218, 9273, 9278, 9281, 9285, 9294, 9308, 9326, 9338, 9343, 9347, 9389, 9397, 9425, 9426, 9458, 9461, 9464, 9465, 9470, 9473, 9486, 9521, 9527, 9533, 9538, 9545, 9546, 9552, 9554, 9562, 9572, 9605, 9650, 9690, 9706, 9712, 9718, 9725, 9742, 9749, 9761, 9773, 9778, 9785, 9791, 9792, 9794, 9796, 9804, 9817, 9826, 9830, 9834, 9842, 9860, 9869, 9877, 9880, 9888, 9916, 9919, 9928, 9938, 9945, 9956, 9965, 9999, 10013, 10014, 10015, 10017, 10018, 10019, 10025, 10026, 10035, 10041, 10046, 10048, 10056, 10077, 10094, 10101, 10112, 10146, 10151, 10154, 10170, 10179, 10186, 10226, 10230, 10245, 10252, 10256, 10258, 10263, 10269, 10279, 10280, 10289, 10334, 10350, 10356, 10382, 10411, 10470, 10483, 10484, 10505, 10509, 10516, 10517, 10552, 10570, 10589, 10615, 10645, 10678, 10683, 10710, 10714, 10716, 10717, 10734, 10779, 10781, 10784, 10786, 10821, 10825, 10835, 10842, 10843, 10923, 10926, 10927, 10963, 11026, 11061, 11127, 11236, 11276, 11308, 11323, 11345, 11424, 11463, 11465, 11502, 11525, 11533, 11535, 11550, 11553, 11554, 11556, 11559, 11571, 11624, 11636, 11640, 11650, 11673, 11693, 11700, 11747, 11786, 11792, 11793, 11796, 11800, 11822, 11851, 11894, 11898, 11930, 11939, 11945, 12015, 12018, 12021, 12026, 12032, 12078, 12079, 12113, 12123, 12136, 12175, 12221, 12229, 12233, 12236, 12238, 12241, 12254, 12264, 12279, 12289, 12297, 12299, 12301, 12322, 12323, 12330, 12343, 12366, 12368, 12369, 12370, 12371, 12376, 12377, 12429, 12431, 12434, 12470, 12497, 12502, 12506, 12510, 12511, 12541, 12556, 12603, 12604, 12607, 12609, 12647, 12676, 12690, 12696, 12700, 12704, 12735, 12741, 12754, 12755, 12761, 12770, 12776, 12781, 12785, 12788, 12791, 12792, 12793, 12851, 12857, 12862, 12895, 12896, 12923, 12933, 12948, 12979, 12982, 12985, 12995, 13068, 13076, 13089, 13090, 13102, 13140, 13151, 13162, 13196, 13207, 13208, 13216, 13224, 13252, 13266, 13276, 13280, 13297

Tofu, Fried or Deep-Fried–Etymology of This Term and Its Cognates / Relatives in Various Languages. 176, 193, 197, 209, 314, 510, 534, 581, 901, 910, 1036, 1142, 1187, 1250, 1315, 1364, 1366, 1651, 1951, 1960, 1997, 2091, 2144, 2204, 2224, 2340, 2395, 2399, 2436, 2613, 2640, 2666, 2765, 2770, 2918, 3015, 3073, 3099, 3213, 3215, 3218, 3443, 3446, 3627, 3939, 4002, 4005, 4743, 4879, 6080, 6101, 6889, 7799, 9278, 9326, 10263, 10517, 11061, 12254, 12370, 12506, 12603, 12676, 12785, 12985, 13140

Tofu, Fried, Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 5366, 8316

Tofu, Fried, Used as an Ingredient in Commercial Soyfood Products. 150, 4538, 7354, 7779, 8349

Tofu, Frozen or Dried-Frozen–Etymology of This Term and Its Cognates / Relatives in Various Languages. 66, 78, 232, 242, 270, 288, 290, 292, 306, 316, 352, 368, 391, 397, 409, 456, 507, 510, 655, 668, 687, 711, 873, 1315, 1341, 1364, 1505, 2144, 2172, 2204, 2623, 2666, 2677, 2765, 3068, 3072, 3146, 3206, 3213, 3214, 3452, 4895, 6620, 7338, 7511, 7825, 9198, 10018, 10734, 11052, 11525

Tofu, Frozen or Dried-Frozen, Used as an Ingredient in Commercial Soyfood Products. 6205, 6294, 7051, 8345, 9998, 10066, 10777, 12583

Tofu, Frozen, Dried-frozen, or Dried Whole (Not Powdered). 49, 56, 65, 66, 68, 70, 78, 81, 87, 88, 92, 93, 96, 97, 108, 110, 111, 115, 116, 119, 121, 122, 129, 131, 136, 139, 146, 157, 176, 193, 232, 239, 240, 242, 269, 270, 281, 282, 283, 288, 289, 290, 292, 306, 316, 350, 352, 368, 377, 378, 385, 388, 391, 397, 405, 409, 410, 415, 418, 429, 433, 444, 446, 449, 451, 456, 463, 467, 469, 504, 506, 507, 510, 511, 533, 534, 536, 559, 583, 598, 652, 655, 668, 686, 687, 707, 711, 737, 816, 819, 829, 854, 860, 873, 911, 984, 985, 996, 1025, 1066, 1068, 1076, 1078, 1084, 1091, 1096, 1131, 1152, 1155, 1174, 1198, 1199, 1283, 1286, 1288, 1292, 1294, 1305, 1315, 1327, 1334, 1341, 1364, 1366, 1457, 1458, 1460, 1495, 1499, 1505, 1627, 1712, 1720, 1729, 1757, 1832, 1871, 1901, 2011, 2058, 2113, 2144, 2169, 2172, 2178, 2183, 2185, 2197, 2204, 2221, 2258, 2259, 2281, 2285, 2288, 2291, 2315, 2320, 2322, 2326, 2328, 2335, 2336, 2338, 2344, 2352, 2355, 2358, 2361, 2372, 2384, 2393, 2409, 2414, 2415, 2425, 2447, 2475, 2485, 2487, 2490, 2499, 2511, 2530, 2550, 2558, 2605, 2611, 2612, 2613, 2614, 2615, 2616, 2623, 2624, 2625, 2637, 2638, 2643, 2648, 2650, 2666, 2667, 2670, 2672, 2675, 2677, 2678, 2684, 2714, 2716, 2728, 2730, 2740, 2742, 2750, 2757, 2759, 2763, 2765, 2770, 2773, 2774, 2780, 2781, 2785, 2804, 2811, 2839, 2853, 2867, 2869, 2881, 2886, 2894, 2900, 2911, 2918, 2931, 2951, 2953, 2970, 2976, 2979, 2985, 3013, 3018, 3019, 3030, 3032, 3047, 3068, 3072, 3073, 3078, 3087, 3113, 3146, 3150, 3153, 3154, 3165, 3203, 3206, 3208, 3213, 3214, 3215, 3217, 3218, 3221, 3222, 3228, 3237, 3254, 3255, 3260, 3272, 3293, 3301, 3391, 3396, 3439, 3448, 3452, 3457, 3462, 3468, 3472, 3475, 3506, 3508, 3511, 3543, 3633, 3657, 3663, 3694, 3710, 3735, 3741, 3870, 3894, 3971, 3974, 3979, 4005, 4006, 4070, 4077, 4179, 4216, 4226, 4284, 4292, 4330, 4402, 4403, 4405, 4410, 4424, 4434, 4450, 4513, 4523, 4541, 4549, 4761, 4844, 4845, 4879, 4889, 4895, 4949, 4964, 5012, 5078, 5099, 5126, 5141, 5156, 5191, 5198, 5202, 5217, 5218, 5221, 5269, 5285, 5314, 5343, 5349, 5350, 5352, 5366, 5367, 5371, 5375, 5389, 5395, 5402, 5419, 5429, 5456, 5461, 5470, 5525, 5567, 5568, 5612, 5621, 5740, 5804, 5821, 5847, 5885, 5909, 5926, 5932, 5946, 5962, 5981, 5996, 6002, 6041, 6107, 6130, 6141, 6206, 6226, 6253, 6279, 6295, 6308, 6312, 6320, 6336, 6349, 6410, 6413, 6424, 6516, 6524, 6525, 6530, 6551, 6620, 6758, 6772, 6799, 6837, 6851, 6861, 6862, 6867, 6928, 6951, 6955, 6967, 7273, 7314, 7330, 7331, 7338, 7377, 7407, 7507, 7511, 7598, 7608, 7613, 7724, 7733, 7754, 7758, 7763, 7764, 7775, 7793, 7811, 7813, 7825, 7830, 8095, 8139, 8153, 8245, 8248, 8316, 8386, 8398, 8520, 8596, 8642, 8644, 8734, 8736, 8893, 8921, 8927, 9014, 9015, 9026, 9071, 9078, 9137, 9167, 9198, 9330, 9331, 9347, 9483, 9507, 9511, 9518, 9545, 9616, 9617, 9642, 9718, 9723, 9744, 9767, 9931, 9945, 9949, 9950, 10014, 10018, 10019, 10025, 10026, 10036, 10100, 10112, 10198, 10256, 10279, 10334, 10350, 10505, 10518, 10570, 10696, 10734, 10760, 10774, 10816, 10825, 10889, 10893, 10963, 11000, 11052, 11098, 11149, 11192, 11212, 11243, 11303, 11310, 11311, 11398, 11440, 11482, 11525, 11545, 11553, 11554, 11559, 11581, 11747, 11796, 11851, 11855, 11952, 12011, 12015, 12018, 12032, 12049, 12190, 12221, 12229, 12238, 12247, 12254, 12263, 12280, 12297, 12299, 12381, 12429, 12485, 12496, 12497, 12506, 12515, 12595, 12606, 12607, 12694, 12704, 12755, 12776, 12862, 12923, 12948, 12985, 13007, 13140, 13150, 13151, 13152, 13224, 13250, 13252

Tofu, Frozen, Homemade–How to Make at Home or on a Laboratory or Community Scale, by Hand. 3213, 3222, 8316

Tofu, Grilled, Braised, Broiled, or Roasted (*Yaki-dôfu* in Japanese).

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A Japanese-Style Commercial Product. 84, 89, 118, 194, 267, 388, 431, 505, 517, 660, 1078, 1187, 1364, 1457, 1458, 1709, 1870, 1871, 2144, 2169, 2204, 2272, 2320, 2321, 2340, 2384, 2393, 2540, 2541, 2600, 2613, 2617, 2619, 2620, 2621, 2622, 2666, 2734, 2746, 2870, 2910, 2942, 2975, 2985, 3024, 3055, 3083, 3146, 3150, 3151, 3207, 3213, 3215, 3217, 3218, 3293, 3323, 3397, 3452, 3462, 3475, 3502, 3543, 3569, 3639, 3812, 3904, 3939, 4005, 4162, 4179, 4285, 4450, 4455, 4743, 4745, 4844, 4879, 5141, 5395, 5452, 5463, 5470, 5525, 5600, 5612, 5621, 5723, 5821, 5823, 5838, 5872, 5875, 5932, 5938, 5946, 6164, 6246, 6295, 6395, 6424, 6468, 6474, 6551, 6560, 6620, 6837, 6851, 6867, 7003, 7306, 7352, 7377, 7379, 7495, 7799, 7811, 7825, 7911, 7933, 8033, 8820, 9060, 9100, 9144, 9146, 9157, 9195, 9218, 9278, 9281, 9285, 9316, 9343, 9383, 9718, 9756, 9757, 9777, 9880, 9919, 10013, 10015, 10018, 10019, 10025, 10026, 10056, 10082, 10129, 10350, 10413, 10514, 10706, 10757, 10774, 10855, 11102, 11127, 11164, 11276, 11310, 11417, 11495, 11559, 11673, 11693, 11726, 11760, 11786, 11793, 11796, 11822, 11851, 11894, 11898, 12015, 12018, 12166, 12229, 12251, 12254, 12323, 12368, 12409, 12429, 12502, 12588, 12589, 12600, 12614, 12646, 12647, 12649, 12666, 12681, 12701, 12728, 12732, 12788, 12887, 12936, 12948, 12982, 13006, 13013, 13016, 13050, 13067, 13140, 13280, 13297

Tofu, Grilled, Broiled, Braised, or Roasted–Etymology of This Term and Its Cognates / Relatives in Various Languages. 388, 517, 1187, 1458, 1566, 2144, 2600, 2666, 2870, 2910, 3150, 3207, 3974, 4745, 7003, 11726

Tofu, Homemade–How to Make at Home or on a Laboratory or Community Scale, by Hand. 53, 536, 996, 1122, 1236, 1286, 1711, 2009, 2040, 2272, 2284, 2360, 2427, 2435, 2439, 2530, 2682, 2698, 2713, 2745, 2855, 2859, 2863, 2907, 2918, 2923, 2955, 2965, 2967, 3043, 3045, 3046, 3107, 3112, 3136, 3150, 3151, 3159, 3183, 3192, 3195, 3200, 3213, 3215, 3252, 3268, 3269, 3274, 3319, 3327, 3332, 3338, 3353, 3354, 3356, 3427, 3431, 3435, 3441, 3456, 3505, 3506, 3523, 3570, 3574, 3576, 3619, 3622, 3658, 3684, 3876, 3942, 3970, 4005, 4134, 4284, 4318, 4648, 4725, 4745, 5033, 5064, 5082, 5101, 5141, 5335, 5352, 5366, 5378, 5404, 5510, 5578, 5658, 5740, 5781, 5795, 5889, 5893, 5903, 5935, 5945, 5988, 5992, 6038, 6104, 6415, 6601, 6837, 6854, 6937, 7039, 7618, 7792, 7878, 8386, 8656, 8814, 8999, 9247, 9554, 9774, 9827, 9985, 10015, 10380, 10615, 10670, 11081, 11107, 11108, 11156, 11238, 11607, 11802, 11847, 11850, 12362, 12386, 12522, 12585, 12793

Tofu, Non-Soy Relatives (Such as Winged Bean Tofu or Peanut Tofu). 52, 53, 54, 153, 319, 464, 775, 1062, 1089, 1103, 1107, 1109, 1862, 1878, 2333, 3180, 3659, 3852, 4159, 4612, 4853, 5447, 5944, 6056, 6059, 6064, 6523, 6591, 7275, 7423, 7622, 7912, 8230, 8872, 8914, 9136, 10125, 10214, 10794, 10795, 10840, 11438, 12779

Tofu, Pressed, Chinese-Style (*Toufukan / Doufugan / Dougan*). 78, 88, 99, 115, 151, 155, 161, 169, 186, 229, 326, 357, 382, 417, 426, 431, 436, 456, 467, 540, 602, 711, 729, 911, 1031, 1036, 1037, 1107, 1155, 1268, 1304, 1312, 1317, 1328, 1370, 1375, 1382, 1454, 1460, 1656, 1741, 1764, 1765, 1775, 1792, 1960, 1981, 2015, 2028, 2077, 2099, 2178, 2249, 2251, 2256, 2426, 2455, 2469, 2853, 2914, 2927, 2960, 3024, 3059, 3079, 3084, 3214, 3215, 3220, 3313, 3314, 3332, 3400, 3401, 3411, 3428, 3442, 3462, 3518, 3583, 3612, 3666, 3691, 3744, 3765, 3916, 3930, 3932, 3958, 3981, 3987, 3990, 4001, 4006, 4035, 4179, 4184, 4285, 4330, 4335, 4423, 4619, 4626, 4669, 4836, 4858, 4895, 5337, 5359, 5525, 5558, 5590, 5626, 5872, 5942, 5948, 5956, 5985, 6098, 6101, 6198, 6328, 6341, 6403, 6405, 6434, 6525, 6551, 6553, 6554, 6788, 6839, 6853, 6854, 7097, 7215, 7300, 7377, 7429, 7544, 7824, 7913, 7921, 8353, 8416, 8429, 8546, 8756, 8794, 9168, 9200, 9277, 9364, 9562, 9778, 9881, 9931, 10001, 10025, 10076, 10084, 10186, 10230, 10267, 10470, 10478, 10479, 10541, 10646, 10670, 10728, 10734, 10742, 10789, 10846, 11062, 11127, 11322, 11532, 11533, 11556, 11581, 11618, 11688, 11801, 11851, 11879, 12018, 12026, 12109, 12205, 12221, 12224, 12246, 12352, 12368, 12470, 12499, 12555, 12775, 12778, 12781, 12791, 12886, 12933, 12985, 13004, 13070, 13162, 13208, 13216, 13224, 13280, 13296

Tofu, Silken (Kinugoshi)–Etymology of This Term and Its Cognates / Relatives in Various Languages. 18, 90, 2619, 2942, 3213, 3452, 3508, 3543, 4005, 4413, 7818, 9561, 9728, 12948, 13162

Tofu, Silken (Kinugoshi). Made without Separation of Curds and Whey. 18, 90, 120, 2369, 2377, 2378, 2404, 2406, 2595, 2619, 2740, 2783, 2879, 2942, 2944, 2961, 2985, 3024, 3026, 3046, 3070, 3073, 3076, 3099, 3146, 3213, 3214, 3215, 3218, 3229, 3266, 3293, 3312, 3393, 3399, 3452, 3462, 3475, 3498, 3507, 3508, 3543, 3591, 3601, 3602, 3622, 3639, 3701, 3916, 3922, 3923, 3936, 3974, 3983, 4000, 4005, 4006, 4013, 4179, 4396, 4413, 4446, 4552, 4609, 4633, 4636, 4658, 4753, 4879, 4887, 4893, 4895, 4972, 5012, 5076, 5103, 5141, 5157, 5163, 5180, 5359, 5364, 5401, 5408, 5439, 5452, 5456, 5470, 5525, 5548, 5549, 5568, 5600, 5612, 5621, 5686, 5782, 5821, 5844, 5850, 5865, 5932, 5947, 5960, 5970, 5971, 5991, 6058, 6164, 6190, 6246, 6262, 6295, 6345, 6353, 6355, 6363, 6434, 6492, 6551, 6609, 6620, 6635, 6675, 6731, 6813, 6839, 6851, 6932, 6967, 7017, 7096, 7098, 7101, 7117, 7125, 7145, 7161, 7193, 7201, 7208, 7225, 7243, 7247, 7255, 7267, 7268, 7306, 7307, 7317, 7338, 7370, 7377, 7382, 7404, 7418, 7426, 7458, 7493, 7499, 7515, 7533, 7539, 7570, 7588, 7616, 7625, 7645, 7663, 7676, 7718, 7721, 7728, 7760, 7798, 7803, 7811, 7813, 7818, 7825, 7858, 7865, 7907, 7908, 7909, 7911, 7913, 7915, 7934, 7945, 7950, 7956, 7959, 7996, 8005, 8012, 8034, 8043, 8050, 8055, 8056, 8072, 8092, 8126, 8128, 8206, 8227, 8238, 8251, 8252, 8254, 8255, 8257, 8263, 8268, 8281, 8288, 8295, 8305, 8329, 8372, 8397, 8398, 8416, 8430, 8455, 8461, 8467, 8497, 8498, 8518, 8519, 8524, 8527, 8538, 8545, 8546, 8547, 8560, 8580, 8586, 8592, 8593, 8639, 8645, 8648, 8656, 8661, 8663, 8664, 8684, 8685, 8695, 8725, 8726, 8727, 8739, 8761, 8767, 8804, 8808, 8811, 8812, 8824, 8825, 8826, 8829, 8837, 8840, 8841, 8844, 8859, 8860, 8861, 8865, 8868, 8871, 8881, 8910, 8924, 8925, 8926, 8931, 8950, 8961, 8963, 8986, 8989, 8991, 9045, 9053, 9090, 9092, 9096, 9103, 9120, 9122, 9128, 9140, 9149, 9150, 9153, 9160, 9161, 9172, 9173, 9186, 9188, 9195, 9208, 9219, 9223, 9238, 9239, 9246, 9248, 9254, 9255, 9275, 9321, 9336, 9347, 9361, 9384, 9392, 9400, 9423, 9437, 9438, 9450, 9462, 9502, 9505, 9522, 9554, 9557, 9561, 9565, 9572, 9590, 9608, 9621, 9622, 9636, 9646, 9649, 9674, 9682, 9718, 9722, 9728, 9746, 9749, 9757, 9765, 9773, 9791, 9800, 9846, 9893, 9912, 9916, 9929, 9936, 9943, 9954, 9956, 10009, 10025, 10051, 10083, 10107, 10112, 10130, 10139, 10169, 10192, 10202, 10212, 10218, 10231, 10232, 10234, 10243, 10256, 10274, 10287, 10308, 10361, 10363, 10384, 10398, 10402, 10418, 10419, 10425, 10446, 10449, 10450, 10453, 10515, 10528, 10546, 10548, 10560, 10608, 10617, 10640, 10669, 10671, 10678, 10683, 10687, 10688, 10700, 10713, 10741, 10773, 10774, 10800, 10802, 10803, 10821, 10831, 10852, 10855, 10891, 10903, 10910, 10913, 10924, 10952, 10953, 10963, 11001, 11003, 11026, 11087, 11102, 11103, 11126, 11141, 11152, 11153,

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11163, 11164, 11168, 11170, 11181, 11191, 11199, 11216, 11217, 11234, 11241, 11245, 11257, 11261, 11276, 11278, 11283, 11302, 11322, 11331, 11339, 11344, 11345, 11347, 11348, 11351, 11370, 11389, 11391, 11404, 11415, 11431, 11440, 11469, 11482, 11495, 11511, 11512, 11518, 11541, 11553, 11577, 11579, 11582, 11587, 11588, 11597, 11599, 11638, 11639, 11640, 11648, 11651, 11663, 11665, 11674, 11683, 11698, 11726, 11729, 11730, 11740, 11759, 11786, 11796, 11800, 11823, 11824, 11826, 11851, 11879, 11908, 11982, 11983, 11984, 11988, 12018, 12019, 12033, 12035, 12038, 12047, 12098, 12110, 12136, 12159, 12168, 12188, 12214, 12229, 12238, 12249, 12254, 12274, 12280, 12304, 12322, 12323, 12331, 12336, 12340, 12343, 12345, 12355, 12365, 12376, 12381, 12393, 12405, 12412, 12413, 12428, 12429, 12434, 12450, 12470, 12474, 12487, 12492, 12496, 12497, 12502, 12510, 12512, 12515, 12527, 12539, 12553, 12587, 12604, 12607, 12614, 12632, 12687, 12691, 12694, 12704, 12707, 12716, 12727, 12728, 12750, 12754, 12762, 12770, 12773, 12788, 12789, 12793, 12796, 12845, 12858, 12923, 12927, 12928, 12937, 12941, 12945, 12948, 12952, 12960, 12982, 13003, 13007, 13014, 13050, 13067, 13068, 13095, 13136, 13140, 13143, 13145, 13146, 13148, 13153, 13157, 13162, 13174, 13203, 13205, 13208, 13224, 13240, 13251, 13255, 13266, 13275, 13280, 13297

Tofu, Smoked–Etymology of This Term and Its Cognates / Relatives in Various Languages. 91, 871, 1107, 2077, 3213, 4179, 12221

Tofu, Smoked. 74, 78, 88, 91, 109, 115, 155, 169, 515, 562, 663, 721, 725, 727, 730, 779, 788, 814, 871, 985, 1031, 1063, 1076, 1107, 1112, 1121, 1122, 1131, 1155, 1156, 1292, 1305, 1317, 1328, 1499, 1501, 1540, 1577, 1622, 1623, 1653, 1720, 1741, 1746, 1763, 1959, 1960, 2077, 2128, 2421, 2484, 2519, 2554, 2565, 2807, 2898, 3018, 3120, 3213, 3734, 4100, 4179, 4958, 5348, 5470, 5525, 6295, 6379, 6571, 6607, 6779, 6787, 6793, 6794, 6879, 6897, 6928, 6942, 7171, 7203, 7303, 7304, 7378, 7614, 7717, 7742, 7757, 7772, 7777, 7778, 7782, 7784, 7842, 7920, 7969, 7992, 8053, 8097, 8110, 8150, 8222, 8240, 8272, 8283, 8296, 8324, 8327, 8698, 8719, 8732, 8755, 8756, 8788, 8801, 8851, 8882, 8921, 8932, 8957, 8965, 8970, 8996, 9001, 9007, 9078, 9105, 9107, 9109, 9110, 9133, 9183, 9268, 9274, 9282, 9285, 9314, 9331, 9332, 9447, 9458, 9464, 9507, 9512, 9548, 9562, 9592, 9637, 9641, 9712, 9718, 9736, 9778, 9842, 9919, 9931, 9937, 9962, 9995, 9999, 10041, 10059, 10076, 10174, 10254, 10299, 10309, 10318, 10325, 10334, 10466, 10479, 10491, 10648, 10727, 10734, 10748, 10750, 10754, 10776, 10794, 10801, 10806, 10808, 10833, 10896, 11027, 11034, 11038, 11098, 11127, 11186, 11187, 11188, 11218, 11264, 11317, 11335, 11366, 11376, 11526, 11541, 11553, 11584, 11613, 11619, 11624, 11654, 11660, 11661, 11688, 11744, 11745, 11750, 11760, 11813, 11815, 11832, 11852, 11917, 11967, 11968, 11974, 12018, 12026, 12059, 12078, 12080, 12117, 12119, 12125, 12147, 12151, 12160, 12221, 12229, 12232, 12238, 12279, 12284, 12303, 12304, 12322, 12351, 12352, 12355, 12364, 12388, 12391, 12429, 12489, 12490, 12499, 12607, 12610, 12622, 12653, 12664, 12728, 12770, 12826, 12863, 12881, 12884, 12923, 12940, 12948, 12985, 13102, 13113, 13143, 13151, 13157, 13162, 13224, 13229, 13255, 13271, 13284, 13296

Tofu, Spray-dried or Powdered, Used as an Ingredient in Second Generation Commercial Products Such as Ice Creams, Beverages, etc. 7005, 7156, 7430, 7468, 7630, 7837, 7881, 7905, 7946, 8002, 8100, 8127, 8164, 8331, 8550, 8722, 8985, 8995, 9022, 9197, 9299, 9377, 9383, 9440, 9614, 9917, 10194, 10369, 10558, 10824, 10959, 11677, 11695

Tofu, Spray-dried or Powdered. 721, 3284, 3312, 3671, 4138, 5402, 5632, 5916, 6190, 6252, 6535, 6899, 6929, 6973, 7004, 7006, 7007, 7011, 7034, 7056, 7062, 7070, 7073, 7147, 7168, 7190, 7237, 7396, 7453, 7471, 7520, 7597, 7667, 7706, 7930, 7966, 7993, 7997, 8031, 8073, 8083, 8135, 8664, 8736, 9000, 9015, 9078, 9269, 9270, 9569, 9686, 9842, 9923, 10142, 10209, 10423, 10518, 10575, 10618, 10751, 10888, 10947, 10957, 10996, 10997, 11108, 11115, 11150, 11151, 11227, 11588, 11623, 11628, 11633, 11643, 11850, 13187

Tofu, Used as an Ingredient in Second Generation Commercial Products Such as Dressings, Entrees, Ice Creams, etc. 1484, 1709, 1732, 1791, 1794, 1856, 1857, 2282, 2430, 2432, 2579, 2671, 2758, 2775, 2888, 2896, 2912, 3097, 3098, 3103, 3120, 3418, 3495, 3518, 3553, 3579, 3605, 3606, 3607, 3608, 3609, 3610, 3612, 3705, 3706, 3707, 3708, 3721, 3724, 3738, 3742, 3778, 3782, 3784, 3785, 3805, 3807, 3809, 3824, 3827, 3828, 3904, 3908, 3918, 3919, 3935, 3938, 4001, 4003, 4004, 4044, 4051, 4052, 4061, 4100, 4125, 4151, 4171, 4173, 4175, 4198, 4199, 4200, 4201, 4202, 4203, 4204, 4205, 4346, 4351, 4363, 4364, 4366, 4379, 4385, 4388, 4391, 4394, 4397, 4398, 4400, 4554, 4578, 4579, 4580, 4583, 4588, 4590, 4618, 4619, 4623, 4629, 4652, 4669, 4730, 4731, 4752, 4769, 4776, 4777, 4778, 4779, 4782, 4784, 4785, 4790, 4793, 4794, 4798, 4812, 4813, 4814, 4815, 4816, 4818, 4822, 4823, 4888, 4924, 4925, 4927, 4930, 4943, 4944, 4962, 4973, 4974, 4975, 4976, 4977, 4990, 4991, 4992, 4993, 4996, 5017, 5018, 5019, 5020, 5029, 5042, 5044, 5054, 5069, 5070, 5078, 5084, 5085, 5103, 5104, 5106, 5123, 5132, 5151, 5165, 5174, 5178, 5191, 5195, 5197, 5198, 5199, 5200, 5201, 5202, 5250, 5251, 5256, 5259, 5292, 5293, 5296, 5299, 5308, 5309, 5310, 5311, 5312, 5327, 5339, 5340, 5342, 5343, 5344, 5346, 5379, 5424, 5460, 5461, 5463, 5466, 5467, 5468, 5471, 5493, 5494, 5495, 5496, 5497, 5499, 5500, 5506, 5533, 5535, 5567, 5577, 5582, 5640, 5645, 5646, 5653, 5660, 5661, 5663, 5677, 5678, 5693, 5703, 5706, 5723, 5726, 5745, 5761, 5762, 5763, 5770, 5776, 5790, 5799, 5800, 5815, 5816, 5817, 5818, 5822, 5830, 5832, 5833, 5834, 5835, 5852, 5854, 5857, 5858, 5859, 5860, 5861, 5862, 5871, 5873, 5875, 5880, 5881, 5882, 5955, 5975, 5996, 5999, 6000, 6001, 6002, 6040, 6041, 6044, 6066, 6067, 6092, 6096, 6112, 6113, 6114, 6131, 6133, 6138, 6141, 6142, 6151, 6154, 6156, 6174, 6175, 6182, 6183, 6186, 6194, 6196, 6199, 6200, 6201, 6202, 6203, 6212, 6213, 6230, 6233, 6259, 6282, 6285, 6296, 6297, 6299, 6300, 6320, 6321, 6322, 6323, 6324, 6325, 6327, 6330, 6331, 6338, 6339, 6340, 6351, 6354, 6357, 6358, 6360, 6361, 6366, 6370, 6378, 6379, 6391, 6392, 6394, 6449, 6452, 6457, 6458, 6461, 6462, 6471, 6472, 6473, 6475, 6476, 6477, 6499, 6540, 6554, 6555, 6556, 6571, 6593, 6594, 6595, 6596, 6608, 6610, 6613, 6614, 6615, 6616, 6617, 6619, 6622, 6631, 6636, 6639, 6658, 6659, 6661, 6673, 6678, 6688, 6689, 6690, 6691, 6707, 6723, 6724, 6725, 6726, 6729, 6744, 6763, 6764, 6768, 6769, 6770, 6778, 6779, 6780, 6782, 6783, 6784, 6787, 6790, 6792, 6794, 6795, 6796, 6809, 6811, 6824, 6832, 6873, 6879, 6880, 6896, 6897, 6901, 6910, 6912, 6914, 6924, 6925, 6926, 6928, 6933, 6934, 6936, 6942, 6943, 6944, 6947, 6948, 6958, 6961, 6966, 6972, 6974, 6975, 6987, 6990, 6991, 7009, 7010, 7012, 7015, 7021, 7023, 7033, 7045, 7046, 7047, 7049, 7053, 7054, 7065, 7069, 7074, 7076, 7090, 7103, 7106, 7107, 7109, 7110, 7124, 7135, 7136, 7137, 7138, 7139, 7140, 7141, 7151, 7152, 7155, 7157, 7158, 7159, 7167, 7169, 7170, 7172, 7173, 7197, 7203, 7205, 7206, 7210, 7211, 7212, 7213, 7229, 7232, 7233, 7236, 7242, 7243, 7244, 7246, 7248, 7250, 7251, 7256, 7263, 7266, 7269, 7271, 7277, 7279, 7281, 7282,

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7283, 7284, 7285, 7286, 7288, 7289, 7291, 7295, 7299, 7304, 7305, 7353, 7371, 7373, 7374, 7375, 7376, 7378, 7379, 7384, 7386, 7387, 7388, 7389, 7390, 7410, 7414, 7415, 7417, 7428, 7431, 7434, 7435, 7437, 7438, 7441, 7443, 7445, 7482, 7483, 7484, 7486, 7488, 7489, 7490, 7504, 7506, 7509, 7510, 7513, 7514, 7518, 7521, 7523, 7543, 7548, 7551, 7552, 7555, 7557, 7571, 7574, 7576, 7578, 7582, 7583, 7584, 7601, 7603, 7606, 7611, 7649, 7651, 7672, 7673, 7674, 7675, 7676, 7678, 7680, 7684, 7685, 7703, 7709, 7710, 7713, 7715, 7716, 7743, 7747, 7749, 7751, 7752, 7754, 7756, 7761, 7768, 7769, 7771, 7777, 7778, 7780, 7782, 7784, 7786, 7789, 7838, 7840, 7843, 7845, 7846, 7847, 7848, 7849, 7850, 7851, 7852, 7866, 7867, 7868, 7869, 7870, 7871, 7879, 7880, 7886, 7891, 7892, 7896, 7904, 7917, 7918, 7919, 7922, 7924, 7933, 7947, 7948, 7950, 7953, 7954, 7961, 7962, 7963, 7964, 7970, 7974, 7975, 7976, 7978, 7985, 7986, 7987, 7990, 7991, 7992, 7995, 8007, 8020, 8022, 8027, 8028, 8039, 8041, 8052, 8053, 8057, 8058, 8059, 8069, 8074, 8075, 8076, 8096, 8097, 8105, 8106, 8107, 8124, 8125, 8137, 8138, 8162, 8165, 8166, 8167, 8169, 8170, 8171, 8187, 8193, 8194, 8195, 8198, 8199, 8200, 8203, 8204, 8209, 8219, 8220, 8224, 8225, 8226, 8228, 8244, 8246, 8250, 8260, 8261, 8292, 8296, 8297, 8304, 8306, 8313, 8314, 8317, 8318, 8320, 8325, 8327, 8333, 8334, 8335, 8336, 8338, 8341, 8342, 8344, 8346, 8347, 8348, 8350, 8351, 8352, 8354, 8357, 8358, 8362, 8364, 8365, 8409, 8427, 8429, 8433, 8463, 8474, 8503, 8509, 8510, 8513, 8514, 8518, 8540, 8541, 8542, 8544, 8551, 8553, 8557, 8562, 8589, 8590, 8595, 8603, 8604, 8624, 8626, 8629, 8631, 8632, 8640, 8649, 8652, 8654, 8672, 8681, 8690, 8691, 8697, 8698, 8719, 8731, 8732, 8755, 8763, 8764, 8787, 8789, 8798, 8800, 8801, 8819, 8820, 8828, 8830, 8831, 8832, 8835, 8851, 8852, 8863, 8864, 8866, 8868, 8873, 8876, 8877, 8878, 8879, 8880, 8882, 8885, 8886, 8889, 8891, 8892, 8894, 8895, 8896, 8897, 8900, 8901, 8902, 8903, 8938, 8940, 8941, 8946, 8947, 8962, 8966, 8968, 8988, 8990, 8996, 9016, 9021, 9038, 9044, 9046, 9048, 9049, 9050, 9064, 9065, 9067, 9068, 9069, 9080, 9084, 9087, 9088, 9097, 9099, 9100, 9104, 9105, 9108, 9109, 9110, 9111, 9112, 9115, 9133, 9134, 9135, 9138, 9162, 9166, 9178, 9179, 9180, 9183, 9203, 9204, 9205, 9210, 9228, 9230, 9236, 9237, 9266, 9267, 9268, 9273, 9282, 9283, 9285, 9287, 9288, 9289, 9292, 9293, 9294, 9296, 9301, 9304, 9306, 9307, 9308, 9309, 9310, 9311, 9312, 9313, 9314, 9315, 9316, 9317, 9318, 9319, 9350, 9354, 9355, 9356, 9357, 9358, 9359, 9362, 9363, 9364, 9365, 9368, 9370, 9371, 9372, 9373, 9374, 9375, 9376, 9378, 9379, 9382, 9404, 9405, 9406, 9425, 9427, 9428, 9429, 9430, 9431, 9432, 9442, 9445, 9485, 9512, 9513, 9514, 9520, 9521, 9524, 9525, 9527, 9555, 9558, 9578, 9582, 9583, 9584, 9587, 9588, 9592, 9593, 9596, 9599, 9600, 9615, 9625, 9633, 9634, 9637, 9638, 9652, 9653, 9654, 9655, 9664, 9666, 9676, 9679, 9680, 9681, 9693, 9694, 9697, 9698, 9700, 9704, 9709, 9713, 9719, 9721, 9727, 9730, 9731, 9732, 9733, 9734, 9736, 9738, 9742, 9743, 9748, 9751, 9753, 9754, 9755, 9756, 9782, 9784, 9794, 9802, 9804, 9805, 9807, 9808, 9810, 9811, 9812, 9825, 9834, 9836, 9853, 9863, 9872, 9875, 9890, 9892, 9908, 9909, 9910, 9913, 9915, 9937, 9938, 9939, 9941, 9947, 9962, 9967, 9968, 9972, 9982, 9986, 9987, 9991, 9992, 9997, 9999, 10000, 10002, 10003, 10045, 10046, 10048, 10049, 10052, 10053, 10068, 10069, 10099, 10108, 10109, 10110, 10111, 10123, 10134, 10144, 10162, 10165, 10173, 10177, 10189, 10191, 10195, 10201, 10208, 10213, 10238, 10244, 10246, 10247, 10249, 10250, 10251, 10253, 10289, 10294, 10299, 10307, 10316, 10318, 10321, 10330, 10335, 10336, 10353, 10365, 10373, 10385, 10396, 10403, 10404, 10415, 10417, 10426, 10427, 10443, 10455, 10466, 10468, 10471, 10472, 10473, 10475, 10476, 10477, 10482, 10485, 10486, 10487, 10488, 10489, 10490, 10491, 10492, 10493, 10506, 10531, 10543, 10555, 10561, 10564, 10565, 10566, 10569, 10581, 10582, 10585, 10586, 10588, 10590, 10592, 10601, 10603, 10605, 10609, 10610, 10612, 10636, 10637, 10638, 10647, 10648, 10649, 10666, 10677, 10699, 10707, 10709, 10711, 10716, 10717, 10721, 10722, 10724, 10725, 10727, 10749, 10750, 10754, 10755, 10756, 10757, 10758, 10765, 10766, 10767, 10768, 10769, 10776, 10778, 10779, 10780, 10791, 10801, 10808, 10828, 10833, 10839, 10878, 10896, 10937, 10938, 10941, 10954, 10983, 10999, 11005, 11006, 11013, 11015, 11016, 11017, 11021, 11022, 11027, 11030, 11034, 11035, 11059, 11063, 11071, 11080, 11139, 11177, 11197, 11213, 11254, 11255, 11284, 11290, 11295, 11296, 11318, 11319, 11331, 11332, 11335, 11350, 11363, 11373, 11378, 11409, 11417, 11427, 11432, 11434, 11452, 11469, 11477, 11478, 11498, 11526, 11530, 11534, 11535, 11619, 11620, 11633, 11661, 11733, 11744, 11745, 11769, 11770, 11771, 11777, 11778, 11913, 11914, 11915, 11917, 11951, 11966, 11969, 11988, 12008, 12042, 12062, 12072, 12077, 12078, 12082, 12083, 12085, 12086, 12117, 12121, 12124, 12125, 12137, 12140, 12169, 12199, 12231, 12232, 12266, 12271, 12294, 12329, 12331, 12356, 12358, 12396, 12407, 12410, 12418, 12428, 12433, 12489, 12490, 12521, 12528, 12529, 12531, 12532, 12533, 12547, 12554, 12576, 12581, 12587, 12589, 12590, 12591, 12619, 12620, 12633, 12634, 12641, 12645, 12646, 12648, 12649, 12653, 12668, 12681, 12684, 12702, 12723, 12796, 12809, 12810, 12823, 12824, 12825, 12826, 12827, 12836, 12884, 12895, 12918, 12946, 12961, 12978, 12996, 12997, 13044, 13085, 13086, 13180, 13229, 13230

Tofu, baked or broiled at flavored / seasoned/marinated. *See* Tofu, Flavored/Seasoned/Marinated and Baked, Broiled, Grilled, Braised, or Roasted

Tofukost-Werk TKW GmbH (Wadersloh, Germany). 6581, 6749, 7023, 7339, 7685, 7975, 7976, 8076, 8077, 8137, 8226, 8240, 8357, 8807, 9061, 9382, 9459, 9461, 9462, 9495, 9900, 10590, 11646

Tofumanufaktur Christian Nagel GmbH (Hamburg, Germany). Previously Christian Nagel Tofumanufaktur from 1984 to 1 Jan. 1989. 6656, 6749, 6896, 6958, 7352, 7576, 8052, 8053, 8222, 8273, 8309, 9012, 9268, 9274, 9281, 9282, 9290, 9495, 9507, 9529, 9900, 9901, 10762, 11380, 11528, 11646, 12309, 12628, 13193

Tofurei Svadesha Naturkost Produkte GmbH (Munich, Germany). Including Byodo Naturkost. 4397, 4398, 5029, 5521, 6009, 6749, 6879, 6880, 6979, 7120, 7373, 7374, 7375, 7376, 7847, 7848, 7849, 7850, 7851, 7852, 8240, 8730, 9012, 9242, 9350, 9351, 9380, 9465, 9468, 9493, 9495, 9532, 9538, 9562, 9774, 9855, 9900, 9901, 11646

Tofutown.com (formerly Viana Naturkost GmbH) and Bernd Drosihn (Wiesbaum / Vulkaneifel, Germany). 5805, 6726, 7008, 8240, 8272, 8273, 9311, 9312, 9313, 9314, 9315, 9457, 9461, 9493, 9494, 9495, 9497, 9527, 9534, 9753, 9754, 9755, 9855, 9900, 9901, 9902, 10041, 10222, 10438, 10469, 10488, 10489, 10490, 10491, 10549, 10561, 10588, 10724, 10725, 10762, 10806, 10814, 10815, 10839, 11038, 11063, 11187, 11358, 11382, 11420, 11646, 12284, 12309, 12388, 12627, 12628, 12635, 12664, 12673, 12678, 12827, 12962, 13105, 13113, 13238, 13246

Tofutti Brands, Inc. (Cranford, New Jersey)–Soy Ice Cream Company. Mintz's Buffet Until Jan. 1982. 4584, 4635, 4729, 4963, 5093, 5104, 5131, 5132, 5153, 5156, 5170, 5182, 5185, 5193, 5194,

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5218, 5379, 5419, 5533, 5537, 5582, 5731, 5849, 5987, 6008, 6170, 6223, 6233, 6252, 6271, 6451, 6462, 6474, 6482, 6511, 6544, 6547, 6548, 6562, 6563, 6566, 6592, 6619, 6625, 6629, 6631, 6664, 6672, 6677, 6678, 6684, 6713, 6735, 6743, 6751, 6757, 6766, 6801, 6816, 6905, 6922, 6923, 6931, 6932, 6941, 7028, 7032, 7043, 7055, 7081, 7082, 7088, 7099, 7115, 7131, 7144, 7154, 7175, 7177, 7181, 7182, 7191, 7220, 7228, 7230, 7393, 7402, 7419, 7427, 7462, 7480, 7488, 7501, 7512, 7521, 7528, 7538, 7556, 7568, 7605, 7624, 7633, 7666, 7683, 7696, 7723, 7748, 7828, 7855, 7861, 7891, 7892, 7942, 7951, 7952, 8015, 8024, 8056, 8061, 8138, 8143, 8201, 8260, 8261, 8278, 8306, 8439, 8457, 8458, 8523, 8543, 8548, 8566, 8579, 8633, 8637, 8652, 8682, 8818, 8902, 8916, 8955, 8989, 9000, 9132, 9137, 9398, 9491, 9568, 9683, 9686, 9856, 9883, 9934, 9965, 9982, 10110, 10167, 10226, 10336, 10442, 10447, 10537, 10587, 10630, 10692, 10873, 10874, 10876, 10878, 10937, 10938, 11005, 11021, 11022, 11170, 11197, 11284, 11465, 11480, 11704, 11711, 12266, 12275, 12312, 12362, 12641, 13290, 13293, 13294

Tolstoy, Leo (1828-1910). Vegetarian Pioneer in Russia. Also known as Count Lev Nikolayevich Tolstoy / Lyeff Nikolaevitch Tolstoi. 706, 1163, 5405, 5914

Tomato ketchup. *See* Ketchup, Tomato (Tomato Ketchup, Western-Style)

Tomsun Foods, Inc. (Greenfield, Massachusetts; Port Washington, New York. Named New England Soy Dairy from 1978-1983). 3353, 3356, 3476, 3501, 3515, 3519, 3532, 3540, 3547, 3589, 3616, 3630, 3637, 3660, 3670, 3680, 3687, 3692, 3696, 3709, 3712, 3716, 3717, 3747, 3748, 3749, 3757, 3758, 3760, 3762, 3774, 3777, 3780, 3781, 3801, 3802, 3813, 3819, 3838, 3879, 3926, 3971, 3986, 3997, 3998, 4022, 4024, 4025, 4034, 4042, 4043, 4045, 4054, 4055, 4071, 4072, 4075, 4086, 4087, 4103, 4111, 4114, 4116, 4123, 4124, 4129, 4133, 4136, 4137, 4139, 4140, 4149, 4161, 4163, 4164, 4169, 4177, 4182, 4189, 4190, 4192, 4193, 4210, 4218, 4219, 4242, 4251, 4252, 4257, 4325, 4326, 4330, 4347, 4349, 4350, 4352, 4359, 4361, 4371, 4373, 4377, 4382, 4390, 4419, 4420, 4421, 4422, 4434, 4443, 4465, 4467, 4468, 4469, 4470, 4472, 4477, 4483, 4487, 4488, 4489, 4491, 4498, 4501, 4502, 4509, 4544, 4545, 4552, 4565, 4581, 4603, 4611, 4615, 4625, 4635, 4704, 4714, 4724, 4746, 4762, 4764, 4767, 4769, 4807, 4890, 4892, 4916, 4955, 4966, 4967, 4970, 4998, 5001, 5007, 5009, 5031, 5032, 5035, 5060, 5074, 5090, 5107, 5153, 5171, 5215, 5224, 5230, 5248, 5253, 5270, 5325, 5326, 5332, 5374, 5381, 5382, 5383, 5416, 5420, 5425, 5440, 5516, 5522, 5525, 5538, 5544, 5576, 5612, 5655, 5726, 5727, 5749, 5767, 5768, 5813, 5814, 5853, 6037, 6039, 6046, 6068, 6160, 6161, 6231, 6234, 6238, 6241, 6243, 6256, 6258, 6313, 6314, 6319, 6326, 6359, 6372, 6373, 6375, 6509, 6541, 6550, 6552, 6588, 6664, 6672, 6677, 6679, 6746, 6758, 6765, 6766, 6931, 6935, 6949, 6992, 7096, 7139, 7225, 7243, 7294, 7368, 7398, 7400, 7401, 7419, 7450, 7480, 7496, 7532, 7561, 7566, 7586, 7599, 7615, 7658, 7663, 7686, 7705, 7728, 7737, 7906, 7925, 7928, 7939, 7951, 7999, 8003, 8010, 8011, 8013, 8016, 8031, 8049, 8051, 8055, 8090, 8099, 8103, 8108, 8117, 8118, 8119, 8120, 8155, 8170, 8186, 8214, 8278, 8286, 8307, 8414, 8416, 8439, 8448, 8481, 8493, 8494, 8533, 8537, 8567, 8569, 8578, 8583, 8614, 8622, 8645, 8664, 8706, 8716, 8745, 8776, 8951, 8974, 8989, 9001, 9034, 9097, 9114, 9132, 9147, 9152, 9153, 9157, 9252, 9567, 9569, 9924, 9925, 9926, 9965, 10560, 10907, 11659, 12135, 13031, 13177

Tonga. *See* Oceania

Touchi or tou ch'i. *See* Fermented Black Soybeans

Toxins and Toxicity in Foods and Feeds (General). 655, 1774, 3241, 5401, 6521, 11153

Toxins and Toxicity in Foods and Feeds–Aflatoxins (Caused by certain strains of *Aspergillus flavus* and *A. parasiticus* molds). 2684, 3255, 4750, 4954, 9071, 10445

Toxins and Toxicity in Foods and Feeds–Bongkrek Poisoning, Caused by Either Bongkrek Acid or Toxoflavin Produced in Some Coconut Tempeh by the Aerobic Bacteria *Pseudomonas cocovenenans*. 398, 456, 479, 2334, 2598, 4128, 4183

Toxins and Toxicity in Foods and Feeds–Microorganisms, Especially Bacteria (Such as *Escherichia coli, Salmonella, Clostridium botulinum*), that Cause Food Poisoning. See also: Aflatoxins (produced by molds) and Bongkrek Poisoning (produced in coconut by bacteria). 376, 2171, 4488, 5422, 5435, 5438, 5491, 5657, 5855, 6011, 6014, 6034, 6037, 6161, 6264, 6584, 6668, 6699, 7093, 7146, 7231, 7272, 7461, 7480, 7493, 7522, 7934, 8288, 8302, 8430, 8502, 8772, 8980, 9096, 9103, 9128, 9149, 9151, 9153, 9159, 9160, 9186, 9194, 9208, 9216, 9223, 9239, 9243, 9265, 9386, 9393, 9395, 9403, 9450, 10103, 10229, 10337, 10905, 10924, 11268, 11269, 11453, 13052

Tractors. 1057, 1379

Trade (International–Imports, Exports) of Soybeans, Soy Oil, and / or Soybean Meal. See also Trade–Tariffs and Duties. 211, 269, 271, 359, 365, 387, 388, 394, 421, 446, 464, 466, 468, 485, 491, 492, 500, 515, 524, 533, 561, 579, 610, 614, 617, 620, 621, 652, 654, 655, 663, 665, 666, 669, 670, 671, 672, 676, 678, 682, 686, 696, 697, 705, 710, 711, 712, 716, 719, 725, 732, 767, 768, 772, 773, 778, 780, 784, 790, 794, 831, 852, 857, 858, 859, 865, 872, 898, 909, 914, 919, 927, 931, 932, 935, 941, 942, 943, 949, 958, 959, 966, 981, 982, 983, 984, 992, 997, 1001, 1025, 1026, 1028, 1031, 1033, 1051, 1054, 1063, 1091, 1096, 1104, 1105, 1111, 1114, 1121, 1122, 1152, 1156, 1157, 1162, 1170, 1174, 1178, 1186, 1189, 1199, 1267, 1269, 1315, 1344, 1357, 1361, 1370, 1380, 1430, 1431, 1444, 1459, 1471, 1473, 1513, 1565, 1568, 1593, 1610, 1613, 1643, 1645, 1649, 1710, 1712, 1714, 1805, 1837, 1843, 1980, 2002, 2035, 2060, 2072, 2102, 2115, 2217, 2234, 2240, 2244, 2290, 2291, 2315, 2326, 2353, 2362, 2465, 2487, 2498, 2511, 2563, 2591, 2611, 2684, 2708, 2751, 2760, 2767, 2800, 2804, 3005, 3009, 3012, 3061, 3091, 3095, 3162, 3462, 3497, 3511, 3561, 3633, 3996, 4835, 5087, 5220, 5314, 5421, 5566, 5673, 5722, 6290, 6514, 6515, 6519, 6526, 6529, 6531, 6532, 6536, 6538, 6559, 6589, 6621, 6695, 6696, 6700, 6704, 6727, 6995, 7060, 7365, 7426, 7467, 7572, 7796, 7884, 7910, 7957, 7994, 8095, 8121, 8175, 8185, 8188, 8197, 8212, 8223, 8449, 8493, 8523, 8525, 8565, 8581, 8596, 8612, 8634, 8665, 8791, 8793, 8953, 8981, 9116, 9384, 9411, 9415, 9435, 9449, 9487, 9528, 9611, 9618, 9620, 9623, 9624, 9759, 9974, 9981, 10112, 10118, 10236, 10260, 10293, 10381, 10465, 10522, 10542, 10545, 10599, 10616, 10785, 11079, 11084, 11226, 11719, 11734, 11906, 12026, 12213, 12334, 12347, 12392, 12449, 12625, 12627, 12738, 12908, 12990, 13037

Trade Policies (International) Concerning Soybeans, Soy Products, or Soyfoods–Tariffs, Duties, Embargoes, Moratoriums, and Other

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Trade Barriers or Subsidies. 621, 652, 719, 732, 914, 918, 932, 942, 966, 984, 1096, 1430, 1980, 2804, 3003, 3004, 3005, 3007, 3009, 3010, 3011, 3012, 3014, 4513, 7166, 9116, 9487, 9620, 10112, 10835, 10861, 13298

Trade of Soyfoods (Import and Export, not Including Soy Oil or Soybean Meal, but Including Lecithin and Margarine) or Soyfoods Manufacturing Equipment. See also: Soy Sauce–Imports, Exports. Miso–Imports, Exports. 89, 134, 141, 149, 151, 172, 180, 189, 198, 220, 361, 392, 396, 420, 494, 497, 548, 598, 652, 654, 665, 672, 686, 720, 768, 774, 873, 944, 1031, 1096, 1111, 1112, 1178, 1430, 2124, 2142, 2321, 2322, 2684, 2734, 2736, 2737, 2813, 3347, 3602, 3814, 4000, 4327, 4540, 4893, 5068, 5070, 5074, 5076, 5285, 5318, 5358, 5437, 5504, 5505, 5807, 5847, 6061, 6096, 6266, 6497, 6734, 6762, 6799, 6960, 7051, 7098, 7105, 7161, 7175, 7200, 7201, 7271, 7354, 7454, 7494, 7511, 7552, 7764, 7785, 7787, 7818, 7896, 8030, 8041, 8075, 8098, 8116, 8126, 8235, 8254, 8255, 8271, 8292, 8297, 8395, 8415, 8452, 8479, 8480, 8519, 8543, 8545, 8546, 8580, 8585, 8600, 8654, 8673, 8711, 8727, 8762, 8788, 8805, 8824, 8826, 8870, 8895, 9015, 9029, 9030, 9033, 9053, 9078, 9093, 9116, 9121, 9141, 9172, 9176, 9248, 9270, 9336, 9376, 9391, 9404, 9449, 9452, 9460, 9464, 9470, 9475, 9478, 9479, 9480, 9542, 9544, 9548, 9549, 9552, 9561, 9644, 9650, 9747, 9897, 9899, 10329, 10446, 10537

Trade statistics, Central America. *See* Latin America–Central America–Trade (Imports or Exports) of Soybeans, Soy Oil, and / or Soybean Meal–Statistics

Trade statistics, East Asia. *See* Asia, East–Trade (Imports or Exports) of Soybeans, Soy Oil, and / or Soybean Meal–Statistics

Trade statistics, Indonesia. *See* Indonesia–Trade (Imports or Exports) of Soybeans, Soy Oil, and / or Soybean Meal–Statistics

Trade statistics, Southeast Asia. *See* Asia, Southeast–Trade (Imports or Exports) of Soybeans, Soy Oil, and / or Soybean Meal–Statistics

Trade statistics, Western Europe. *See* Europe, Western–Trade (Imports or Exports) of Soybeans, Soy Oil, and / or Soybean Meal–Statistics

Trains, special. *See* Railroads / Railways and Special Trains and/or Exhibit Cars Used to Promote Soybeans and Soybean Production

Trall, Russell Thacher (1812-1877). American Health Reformer and Vegetarian (New York). 8054

Trans Fatty Acids. 10532, 10533, 10948, 11253, 11754, 11970

Transcaucasia. *See* Asia, Transcaucasia (Presently Armenia, Azerbaijan, and Georgia)

Transportation of Soybeans or Soy Products to Market by Railroad / Railway / Rail within a Particular Country or Region. See also Railroads / Railways and Special Trains Used to Promote Soybeans and Soybean Production. 466, 621, 696, 697, 859, 919, 1063, 1174, 1199, 1344, 2011, 2055, 2115, 8953, 9418

Transportation of Soybeans or Soy Products to Market by Roads or Highways Using Trucks, Carts, etc. within a Particular Country or Region. 259, 466, 468, 696, 697, 1156, 1199, 1341, 1344, 1379, 1380, 2114, 9144, 9146, 12176, 12350

Transportation of Soybeans or Soy Products to Market by Water (Rivers, Lakes) Using Junks, Barges, etc. within a Particular Country or Region. 159, 168, 211, 235, 268, 313, 466, 468, 696, 697, 942, 1156, 2613, 2751

Treatment of seeds. *See* Seed Treatment with Chemicals (Usually Fungicides) for Protection

Tree of Life (St. Augustine, Florida). Purchased in Dec. 1985 by Netherlands-based Royal Wessanen NV Co. 3147, 3833, 4180, 4727, 4826, 5513, 5776, 6037, 6068, 6160, 6165, 6256, 7244, 8458, 8497, 8569, 9211, 9216, 9248, 9649, 9813, 10051, 10055, 10061, 10075, 10204, 10301, 10352, 10410, 10442, 10449, 10576, 10873, 10876, 10905, 11006, 11237, 11615, 11660, 11693, 11832, 11953, 11968, 12147, 12347, 12350

Tri-County Soy Bean Co-operative Association. *See* Dawson Mills

Triballat (Noyal-sur-Vilaine, France). Makers of Sojasun; and its Affiliate Bonneterre (Rungis Cedex, France). 6249, 6287, 7101, 8760, 8775, 9002, 9006, 9192, 9196, 9199, 9202, 9291, 9472, 9482, 9508, 9533, 9705, 9712, 9720, 9864, 9934, 10129, 11165

Triple “F” and Insta-Pro. *See* Extruders and Extrusion Cooking, Low Cost–Including Triple “F”

Tropical and Subtropical Countries, Soybean Production in (Mostly in the Third World / developing countries). 391, 858, 949, 1361, 1488, 2440, 2634, 3459, 3625

Troy, John. *See* Miso Products Companies (USA)–Wizard’s Cauldron Ltd. (Cedar Grove, North Carolina)

Trucks or Carts used to transport soybeans. *See* Transportation of Soybeans or Soy Products to Market by Roads or Highways

Trypsin / Protease / Proteinase Inhibitors. 2410, 2492, 2653, 2971, 3254, 3255, 3360, 3548, 4026, 4056, 4328, 4349, 4370, 4861, 5021, 5345, 5378, 5480, 6417, 6425, 6623, 6871, 7638, 7695, 8141, 8232, 8237, 8393, 8872, 8874, 9889, 10062, 10267, 10422, 10680, 10739, 10740, 10774, 10857, 10948, 10951, 11180, 11252, 11313, 11496, 11549, 11719, 11963, 12187, 12248

Turkey, meatless. *See* Meat Alternatives–Meatless Turkey

Turkey. *See* Asia, Middle East–Turkey

Turkeys Fed Soybeans, Soybean Forage, or Soybean Cake or Meal as Feed. 1643

Turkistan / Turkestan. *See* Asia, Central–Turkistan / Turkestan

Turtle Island Foods, Inc. (Hood River, Oregon. Maker of Tofurky and Tempeh). 4556, 5414, 5814, 9034, 9509, 9787, 9796, 10167, 10226, 10342, 10635, 10782, 10783, 10874, 10983, 10990, 10991, 11256, 11340, 11405, 11423, 11480, 11487, 11498, 11499, 11505, 11515, 11661, 11669, 11680, 11753, 11755, 11851, 11899, 11969,

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11987, 11989, 12125, 12401, 12461, 12547, 12554, 12576, 12581, 12590, 12591, 12595, 12628, 12653, 12868, 12893, 13034, 13071, 13160, 13180, 13192, 13230, 13231

Tuvalu. *See* Oceania

TVP. *See* Soy Flours, Textured (Including TVP, Textured Vegetable Protein)

Ultrafiltration. *See* Membrane Technology Processes

Umeboshi (Salt Plums)–Etymology of This Term and Its Cognates / Relatives in Various Languages. 176, 292, 1315, 5782

Umeboshi or ume-boshi (Japanese salt plums / pickled plums), Plum Products, and the Japanese Plum Tree (*Prunus mumé*) from whose fruit they are made. 176, 261, 292, 304, 1153, 1283, 1315, 1650, 1722, 2106, 2382, 2393, 2497, 2592, 2636, 2657, 2667, 2774, 2795, 2806, 2850, 2910, 3015, 3036, 3071, 3082, 3313, 3347, 3452, 3615, 3631, 3822, 3894, 4284, 4434, 4563, 4745, 4906, 5188, 5227, 5601, 5699, 5782, 7542, 7660, 7694, 7817, 8109, 8191, 8213, 9070, 9518, 9928, 10148, 10149, 10198, 10239, 10276, 10325, 10597, 10744, 10889, 11058, 11108, 11157, 11781, 11796, 11820, 11850, 11898, 12015, 12018, 12049, 12507, 12851, 13081

Uncommon Fermented Soyfoods–Etymology of This Term and Its Cognates / Relatives in Various Languages. 3021

Unfair Practices–Allegations of Unfair Trade, Regulation, Production, or Labor Practices. 6035

Unfair Practices–Including Possible Deceptive / Misleading Labeling, Advertising, etc. See also: Adulteration. 338, 402, 412, 515, 5797, 5798, 6169, 6271, 6368, 6451, 6544, 6757, 6905, 6922, 6987, 7015, 7041, 7090, 7242, 7480, 7512, 7538, 7543, 7549, 7556, 7568, 7677, 7687, 7736, 7905, 7914, 8024, 8277, 8564, 9022, 9033, 9185, 9266, 9575, 9587, 9655, 9813, 10190, 10680, 11409, 11667, 12123, 12247

Unilever Corp., Lever Brothers Co., Unimills B.V. (Netherlands), and Margarine Union. 675, 711, 773, 898, 1025, 1091, 3330, 5722, 6290, 6529, 6687, 8972, 9336, 9546, 9793, 10691, 12003, 12143

Unisoy Milk 'n' By-Products (Stockport, Cheshire, England). 7336, 9501, 9705, 9816, 9922, 9923, 10537, 12003

United Kingdom, health foods movement and industry. *See* Health Foods Movement and Industry in United Kingdom

United Kingdom. *See* Europe, Western–United Kingdom

United Nations (Including UNICEF, FAO, UNDP, UNESCO, and UNRRA) Work with Soy. 2088, 2142, 2175, 2182, 2188, 2333, 2334, 2350, 2383, 2488, 2489, 2501, 2511, 2515, 2559, 2567, 2582, 2597, 2603, 2665, 2679, 2684, 2767, 2769, 2770, 2800, 2900, 2942, 2961, 3050, 3051, 3068, 3070, 3462, 3545, 3558, 3625, 3859, 4048, 4158, 4510, 4681, 4839, 4854, 5101, 5580, 5889, 6275, 7943, 8421, 8609, 8919, 9327, 9762, 9799, 9896, 10012, 10256, 10315, 10374, 10568, 10654, 10822, 10976, 11132, 11312, 11626, 12143

United Natural Foods, Inc. (UNFI, Auburn, Washington state). Formed in 1995. Includes Mountain People's Warehouse (Nevada City, California), Cornucopia Natural Foods (Connecticut) and Stow Mills (Vermont and New Hampshire), Rainbow Natural Foods, Albert's Organics, and Hershey Imports Co. 3347, 3353, 3356, 3532, 3670, 3680, 3699, 3749, 3778, 4180, 4218, 4378, 4509, 4767, 5870, 6811, 8099, 8622, 8649, 9114, 9817, 9924, 10289, 10352, 10761, 11072, 11615, 11814, 12147, 12327, 12422, 12766

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United States Department of Agriculture (USDA)–Bureau of Agricultural and Industrial Chemistry (1943-1953). Including Bureau of Agricultural Chemistry and Engineering (1938-1943), Bureau of Chemistry and Soils (1927-1938), and Bureau of Chemistry (1901-1927). Transferred to the Agricultural Research Service (ARS) in 1953. 873, 991, 1012, 1083, 1086, 1158, 1159, 1236, 1643, 2007, 2081, 12017

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Vegetarian Diets–Medical Aspects–Skeletal System Including Calcium, Teeth and Osteoporosis. 8858, 9165, 9779, 11162, 11548, 11581, 11727

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Vegetarianism–Evidence from Comparative Anatomy and Physiology. 401, 503, 706, 985, 1057

Vegetarianism–Fruitarianism–Concerning a Fruitarian or Frugivorous Diet Consisting of Fruits, Nuts, and Seeds (Such as Cereal Grains or Legumes). Includes a Vegan Diet or Lifestyle Free of All Animal Products. 469, 2877, 4407, 12402

Vegetarianism–Historical Documents Published before 1900. 33, 81, 114, 120, 131, 136, 374, 389, 401, 503

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Vegetarianism–Transmissible Spongiform Encephalopathies (TSE, Brain Diseases), Including Prions, "Mad-Cow Disease," Bovine Spongiform Encephalopathy (BSE), Creutzfeldt-Jakob Disease (CJD), Scrapie, etc. 11123

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Vegetarianism–Veganism–Concerning a Plant-Based or Vegan Diet and Lifestyle Free of All Animal Products, Including Dairy Products, Eggs, and in Some Cases Honey and Leather. 33, 167, 469, 660, 706, 1292, 1378, 1784, 2009, 2797, 2877, 3071, 3131, 3161, 3336, 3353, 3356, 3362, 3885, 3958, 4369, 4407, 4505, 4511, 4831, 4882, 5445, 5605, 5644, 5665, 5680, 5905, 6163, 6236, 6426, 6467, 6575, 6577, 6655, 6752, 6872, 7126, 7646, 7687, 7886, 8189, 8262, 8721, 8836, 8858, 8934, 9031, 9348, 9413, 9501, 9517, 9580, 9603, 9659, 9910, 9973, 10056, 10127, 10138, 10187, 10190, 10197, 10296, 10339, 10447, 10574, 10575, 10579, 10585, 10655, 10700, 10760, 10773, 10777, 10852, 10874, 10875, 10915, 10943, 10949, 10974, 11046, 11076, 11103, 11162, 11167, 11169, 11234, 11278, 11376, 11395, 11430, 11468, 11493, 11494, 11499, 11502, 11510, 11553, 11563, 11576, 11581, 11614, 11625, 11642, 11759, 11782, 11787, 11987, 11991, 12082, 12083, 12113, 12116, 12237, 12244, 12356, 12362, 12374, 12383, 12395, 12498, 12684, 12737, 12787, 12854, 12858, 12902, 12930, 12938, 12978, 13002, 13042,

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Vegetarianism: Meat / Flesh Food Consumption–Statistics, Problems (Such as Diseases in or Caused by Flesh Foods), or Trends in Documents Not About Vegetarianism. See Also: Vegetarianism–Spongiform Encephalopathies /Diseases. 969, 1057, 8302, 9928, 10028, 11268

Velvet Bean. *Mucuna pruriens* (L.) DC. Formerly: *Mucuna utilis.* Formerly called Banana Bean (Rarely) or Velvetbean. 1454, 2128, 2942, 2961, 4128, 4183, 7802, 9761

Vereenigde Ost-Indische Compagnie. *See* Dutch East India Company

Vestro Foods, Inc. *See* Westbrae Natural Foods

Viability and life-span of soybean seeds. *See* Storage of Seeds

Viana Naturkost GmbH. *See* Tofutown.com

Victor Food Products, Ltd. (Scarborough, Ontario, Canada). Founded by Stephen Yu in 1978. 3682, 3683, 4460, 4609, 4633, 4966, 4967, 4991, 4992, 4993, 5374, 5412, 5442, 5544, 5809, 6497, 6510, 6545, 6761, 6777, 7029, 7143, 7358, 7416, 7854, 8611, 8618, 9055, 9247, 9451, 9454, 10861

Victory Soya Mills Ltd. (Toronto, Ontario, Canada. Started in Nov. 1944 as Victory Mills Ltd. Named Sunsoy Products Ltd. from 1936 to 1945. Renamed Victory Mills, Ltd. from 1945 to 1954. Owned by (Subsidiary of) Canadian Breweries Ltd., then by Procter & Gamble from 1954, then by Central Soya Co. from 1985). 4447, 6529, 9047, 9487, 9623, 9841, 13077

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Vietnamese restaurants outside Vietnam, or Vietnamese recipes that use soy ingredients outside Vietnam. *See* Asia, Southeast–Vietnam–Vietnamese Restaurants Grocery Stores Outside Vietnam

Vigna mungo. *See* Black gram or urd

Vigna sesquipedalis. *See* Yard-Long Bean or Asparagus Bean

Vigna unguiculata or V. sinensis. *See* Cowpea or Black-Eyed Pea

Viili. *See* Soymilk, Fermented

Vilmorin-Andrieux & Co. (France). In 1975 Vilmorin joined the Limagrain Group (*Groupe Limagrain*) and is now officially named Vilmorin s.a. 163, 164, 165, 243, 255, 258, 268, 286, 304, 336, 565, 607, 673, 684, 914, 1001, 1756, 2027

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Vitamins B-12 (Cyanocobalamin, Cobalamins). 2160, 2229, 2307, 2835, 3106, 3910, 3954, 4369, 4407, 4440, 4861, 5021, 5295, 5391, 5407, 5816, 7733, 8002, 8715, 8743, 8858, 9201, 9659, 9675, 9924, 11510, 11810, 11963, 11983, 12353, 13283

Vitamins E (Tocopherols, Natural Powerful Antioxidant). 1435, 5021, 7668, 8375, 8641, 8858, 10573, 11085, 11162, 11313, 11559, 12651

Vitamins K (Coagulant, Needed for Normal Clotting of the Blood; Fat Soluble). 8858, 9201, 10273, 11162

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Vitamins in a vegetarian diet. *See* Vegetarian Diets–Nutrition / Nutritional Aspects–Vitamins

Vitamins. *See* Antivitamin Activity and Antivitamins

Vitasoy International Holdings Ltd. (Hong Kong Soya Bean Products Co. Ltd. before 24 Sept. 1990), and Vitasoy (USA) Inc., (Brisbane, California–south of San Francisco). Including Nasoya Foods (from Aug. 1990) and Azumaya Inc. (from May 1993). Founded by K.S. Lo (Lived 1910 to 1995), in Hong Kong. Started in March 1940. 2057, 2128, 2365, 2417, 2555, 2603, 2684, 3008, 3064, 3213, 3215, 3280, 3281, 3543, 4005, 4179, 4979, 4980, 4981, 4982, 4983, 5470, 6046, 6068, 6225, 6226, 6229, 6281, 6295, 6309, 6474, 6497, 6498, 6664, 6694, 6743, 7099, 8003, 8056, 8121, 8212, 8300, 8395, 8452, 8480, 8559, 8561, 8563, 8591, 8596, 8642, 8788, 9280, 9334, 9451, 9487, 9496, 9610, 9627, 9642, 9644, 9649, 9667, 9718, 9796, 9820, 9913, 10127, 10129, 10135, 10226, 10356, 10372, 10378, 10390, 10530, 10567, 10568, 10627, 10693, 10694, 10803, 10835, 10874, 10876, 10891, 10892, 10913, 10929, 10959, 10960, 10961, 10962, 11009, 11078, 11105, 11128, 11159, 11170, 11176, 11191, 11198, 11215, 11217, 11237, 11239, 11257, 11331, 11340, 11447, 11450, 11480, 11521, 11590, 11602, 11610, 11615, 11639, 11640, 11663, 11666, 11667, 11674, 11686, 11700, 11704, 11717, 11747, 11830, 11925, 11949, 11955, 11983, 12003, 12074, 12138, 12161, 12217, 12229, 12230, 12231, 12271, 12297, 12298, 12302, 12480, 12514, 12525, 12637, 12659, 12755, 12837, 12838, 12900, 12948, 12973, 12998, 13045, 13074, 13165, 13243, 13252, 13295, 13297

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Voandzeia subterranea or Voandzou. *See* Bambarra groundnuts

WISHH (World Initiative for Soy in Human Health), and World Soy Foundation (WSF). Projects of the American Soybean Association (ASA). 12471, 12883, 12886, 12951, 12994, 13017

Walnut Acres (Penns Creek, Pensylvania). Grower of Organic Foods. Miller of Stone-Ground Flours and Cereals. Seller (in Store and by Mail Order) of Natural Foods. Founded about 1946-1949 by Paul and Betty Keene. 2202, 3147, 3243, 4868, 5523, 6412, 10093, 10860

Walnut ketchup. *See* Ketchup, Walnut (Walnut Ketchup, Western-Style)

Wannamaker (John E.) (St. Matthews, South Carolina). 2330

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War, Civil, USA. *See* Civil War in USA (1861-1865)

War, Russo-Japanese. *See* Russo-Japanese War (1904-1905)–Soybeans and Soyfoods

War, Sino-Japanese. *See* Sino-Japanese War (1894-1895)–Soybeans and Soyfoods

War, world. *See* World War I–Soybeans and Soyfoods, World War II–Soybeans and Soyfoods

Waste Management, Treatment, and Disposal. See also: Environmental Issues and Concerns. 3077, 3438, 8236, 8614, 8706, 9131, 9685

Water Issues and Vegetarianism. 2889, 4874, 9976, 10310

Water Use, Misuse, and Scarcity–Environmental Issues. 9976, 12943

Waterproof goods or cloth. *See* Linoleum, Floor Coverings, Oilcloth, and Waterproof Goods

Websites or Information on the World Wide Web or Internet. 10454, 10466, 10921, 10936, 10945, 10948, 10983, 11108, 11142, 11163, 11170, 11246, 11256, 11281, 11328, 11333, 11334, 11391, 11429, 11433, 11445, 11450, 11513, 11520, 11563, 11565, 11595, 11601, 11633, 11638, 11663, 11665, 11666, 11667, 11668, 11677, 11695, 11700, 11729, 11734, 11764, 11808, 11810, 11823, 11831, 11832, 11855, 11865, 11886, 11905, 11925, 11939, 11943, 11948, 11979, 11999, 12029, 12030, 12063, 12087, 12111, 12122, 12142, 12153, 12168, 12212, 12215, 12218, 12248, 12255, 12267, 12276, 12283, 12313, 12324, 12327, 12362, 12429, 12430, 12444, 12449, 12511, 12514, 12525, 12553, 12583, 12590, 12595, 12597, 12617, 12627, 12628, 12652, 12663, 12664, 12673, 12677, 12678, 12680, 12692, 12698, 12706, 12708, 12711, 12713, 12720, 12721, 12725, 12737, 12740, 12748, 12759, 12762, 12794, 12807, 12815, 12822, 12840, 12845, 13166

Wedge presses. *See* Soybean Crushing–Equipment–Wedge Presses

Weeds–Control and Herbicide Use. 219, 312, 464, 935, 1067, 1156, 1645, 2114, 2800, 4326, 4839, 6022, 6519, 8453, 8549, 8919, 9220, 9481, 10240, 11569, 11593, 12218

Weight of soybean seeds. *See* Seed Weight / Size (Soybeans)–Weight of 100 Seeds in Grams, or Number of Seeds Per Pound

Well (The), Pure & Simple, and New Age Distributing Co. (San Jose, California). 3072, 3073, 3147, 3347, 5441

Wenger International Inc. *See* Extruder / Extrusion Cooker Manufacturers–Wenger International Inc.

Wessanen (Royal), NV Co. (Based in the Netherlands). Acquired Tree of Life in Dec. 1985 and Balanced Foods in Dec. 1986. 6687, 10576

Westbrae Natural Foods, Inc. (Berkeley, California). Founded in Feb. 1971 by Bob Gerner. Later in Carson. Subsidiary of Vestro Foods, Inc. Acquired by the Hain Food Group of Uniondale, New York, 14 Oct. 1997. 2646, 3072, 3073, 3184, 3195, 3279, 3281, 3327, 3337, 3499, 3563, 3629, 3684, 3692, 3720, 3784, 3970, 4180, 4401, 4540, 4563, 4934, 5188, 5512, 5699, 6167, 6474, 6734, 7051, 7069, 7176, 7315, 7580, 7787, 7895, 7978, 8452, 8480, 8559, 8561, 8563, 8591, 8673, 8788, 8838, 9070, 9248, 9280, 9585, 9610, 9689, 9796, 10061, 10167, 10356, 10372, 10381, 10530, 10536, 10864, 10874, 10876, 10892, 10893, 10972, 11094, 11151, 11170, 11192,

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11282, 11340, 11480, 11521, 11615, 11639, 11739, 11764, 11830, 11959, 12003, 12217, 12282, 12405, 12480, 12639, 12838

Western Samoa. *See* Oceania–Samoa

Wheat Gluten–Historical Documents Published before 1900. 7, 10, 11, 15, 18, 19, 21, 26, 51, 88, 99, 114, 115, 138, 169, 274, 285, 316, 330, 338, 339, 346, 351, 366, 374, 389, 402, 412, 419, 440, 2631

Wheat Gluten Made into Seitan (Including Wheatmeat, Tan Pups, and Tan Pops). 2795, 2850, 2918, 2952, 2954, 3032, 3112, 3128, 3150, 3484, 3565, 3668, 3776, 3811, 3869, 3965, 4284, 4402, 4412, 4434, 4452, 4531, 4745, 4874, 5071, 5227, 5258, 5521, 5541, 5603, 5758, 5769, 5783, 5819, 5885, 5916, 5922, 6009, 6020, 6077, 6166, 6196, 6279, 6292, 6302, 6337, 6395, 6406, 6612, 6655, 6826, 6928, 6988, 7046, 7293, 7308, 7326, 7332, 7469, 7481, 7542, 7617, 7730, 7749, 7812, 7906, 8030, 8056, 8060, 8191, 8245, 8413, 8445, 8582, 8631, 8676, 8756, 8769, 8810, 8817, 8867, 8890, 8911, 9015, 9078, 9107, 9119, 9121, 9154, 9207, 9274, 9285, 9348, 9368, 9380, 9478, 9566, 9604, 9605, 9606, 9613, 9665, 9670, 9711, 9757, 9766, 9831, 9916, 9919, 9947, 9950, 10009, 10038, 10041, 10071, 10073, 10076, 10095, 10096, 10115, 10116, 10120, 10132, 10146, 10147, 10149, 10152, 10165, 10224, 10245, 10254, 10276, 10325, 10340, 10344, 10405, 10406, 10454, 10462, 10472, 10495, 10597, 10602, 10615, 10697, 10731, 10744, 10748, 10807, 10809, 10846, 10873, 10874, 10882, 10883, 10890, 10912, 10932, 10988, 11002, 11011, 11038, 11048, 11058, 11103, 11108, 11145, 11186, 11187, 11218, 11234, 11236, 11295, 11301, 11324, 11366, 11375, 11380, 11382, 11468, 11487, 11491, 11494, 11505, 11537, 11539, 11553, 11563, 11565, 11570, 11616, 11617, 11629, 11651, 11654, 11681, 11709, 11750, 11759, 11760, 11763, 11779, 11785, 11811, 11820, 11991, 11992, 12043, 12059, 12069, 12103, 12244, 12333, 12359, 12362, 12363, 12379, 12391, 12395, 12408, 12422, 12432, 12495, 12507, 12577, 12602, 12679, 12687, 12689, 12695, 12733, 12734, 12769, 12789, 12807, 12839, 12868, 12887, 12902, 12904, 12916, 12917, 12922, 12923, 12927, 12930, 12936, 12938, 12954, 12955, 12999, 13002, 13003, 13007, 13042, 13066, 13067, 13069, 13071, 13073, 13081, 13138, 13145, 13148, 13151, 13153, 13154, 13160, 13163, 13198, 13204, 13208, 13255, 13290, 13299

Wheat Gluten and Seitan Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 5314, 8030, 10340

Wheat Gluten and Seitan Industry and Market Statistics, Trends, and Analyses–Individual Companies. 5783, 8030, 8810, 9119, 9285, 9605, 9606, 10076, 10344

Wheat Gluten or Seitan–Etymology of These Terms and Their Cognates/Relatives in Various Languages. 2795, 3150, 7331, 7730, 10882

Wheat Gluten, Homemade–How to Make at Home or on a Laboratory Scale, by Hand. 7322

Wheat Gluten. Chinese–Pinyin: Mianjin / Mian-jin. Wade-Giles: Mienchin / Mien-chin. 7, 10, 11, 15, 16, 18, 19, 21, 26, 51, 88, 99, 114, 115, 138, 169, 274, 285, 316, 330, 338, 339, 346, 351, 366, 374, 388, 389, 402, 412, 419, 440, 448, 478, 535, 553, 558, 602, 708, 771, 772, 814, 1117, 1153, 1178, 1283, 1317, 1430, 1484, 1497, 1506, 1567, 1572, 1622, 1631, 1648, 1652, 1653, 1725, 1732, 1774, 1791, 1801, 1869, 1991, 1997, 1998, 2021, 2076, 2087, 2230, 2248, 2249, 2282, 2308, 2309, 2401, 2403, 2435, 2485, 2519, 2579, 2586, 2589, 2598, 2631, 2667, 2671, 2695, 2713, 2801, 2802, 2806, 2807, 2853, 2898, 2906, 2910, 2928, 2954, 2958, 2964, 2983, 3000, 3032, 3036, 3049, 3055, 3128, 3130, 3131, 3150, 3151, 3154, 3161, 3224, 3243, 3256, 3313, 3325, 3330, 3432, 3445, 3446, 3452, 3454, 3619, 3961, 3972, 4256, 4413, 4726, 4790, 4844, 4879, 4956, 5003, 5015, 5078, 5176, 5191, 5291, 5314, 5366, 5368, 5369, 5391, 5890, 5900, 5902, 5942, 5946, 6074, 6385, 6414, 6438, 6447, 6948, 7322, 7331, 7409, 7445, 7548, 7587, 7608, 7613, 7671, 7730, 7824, 7825, 8056, 8176, 8587, 8763, 8822, 8879, 9088, 9202, 9341, 9518, 9582, 9588, 9599, 9600, 9616, 9633, 9653, 9654, 9666, 9695, 9731, 9732, 9743, 9744, 9910, 9928, 9931, 10009, 10066, 10117, 10325, 10353, 10393, 10421, 10569, 10603, 10655, 10656, 10677, 10680, 10736, 10743, 10849, 10882, 10889, 10960, 10983, 11046, 11103, 11110, 11119, 11161, 11177, 11190, 11206, 11213, 11234, 11254, 11255, 11286, 11287, 11314, 11315, 11346, 11354, 11375, 11381, 11440, 11494, 11498, 11499, 11556, 11615, 11661, 11755, 11771, 11850, 11898, 11969, 11986, 12015, 12018, 12019, 12089, 12125, 12225, 12263, 12359, 12395, 12547, 12555, 12590, 12620, 12628, 12653, 12851, 12902, 12996, 12997, 13000, 13081, 13290

Wheat used in Chinese-style soy sauce. *See* Soy Sauce, Chinese Style, Made with a Significant Proportion of Wheat or Barley

Whip Topping (Non-Dairy–Resembles Whipped Cream but Contains No Soy Protein). 10183, 10209, 11170

Whip Topping (Non-Dairy–Resembles Whipped Cream or Whipping Cream and Contains Soy Protein). 1978, 2009, 2024, 2142, 2284, 2306, 2586, 2680, 2713, 2976, 3033, 3072, 3073, 3130, 3131, 3161, 3213, 3215, 3336, 3687, 3812, 4179, 5470, 5680, 5901, 6295, 6435, 6635, 6894, 7800, 9229, 9341, 9718, 9777, 10219, 10220, 10221, 10669, 10875, 11333, 11602, 11831, 12008, 12087, 12229, 12276, 12948, 13000, 13292

Whipping or foaming in soy proteins. *See* Soy Proteins–Isolates–Enzyme-Modified Soy Protein Isolates with Whipping / Foaming Properties Used to Replace Egg Albumen

White Wave, Inc. (Boulder, Colorado). Founded in Sept. 1977 by Steve Demos. Including Soyfoods Unlimited. Owned by Dean Foods Co. since 8 May 2002. 3477, 3556, 3557, 3589, 3637, 3747, 3748, 3757, 3759, 3760, 3762, 3769, 3780, 3813, 3838, 3941, 4162, 4179, 4199, 4200, 4201, 4202, 4203, 4204, 4205, 4260, 4311, 4329, 4374, 4375, 4376, 4500, 4502, 4518, 4551, 4556, 4557, 4611, 4729, 4829, 4966, 4967, 4968, 5074, 5107, 5113, 5126, 5165, 5181, 5196, 5252, 5270, 5425, 5455, 5470, 5476, 5544, 5576, 5612, 5637, 5768, 5813, 6006, 6095, 6234, 6241, 6295, 6387, 6474, 6527, 6539, 6552, 6638, 6664, 6914, 6941, 6971, 6976, 6992, 6993, 7020, 7091, 7110, 7226, 7302, 7580, 7690, 7728, 7938, 8004, 8055, 8070, 8149, 8213, 8214, 8215, 8216, 8217, 8218, 8285, 8412, 8440, 8511, 8529, 8531, 8540, 8545, 8605, 8673, 8742, 8743, 8796, 8802, 8806, 8842, 8968, 8989, 9001, 9034, 9058, 9087, 9088, 9115, 9129, 9148, 9156, 9177, 9191, 9216, 9252, 9280, 9283, 9410, 9416, 9418, 9544, 9568, 9595, 9626, 9666, 9677, 9718, 9815, 9866, 9892, 9910, 9935, 9965, 9968, 9979, 10069, 10070, 10104, 10111, 10114, 10127, 10133, 10144, 10145, 10156, 10167, 10177, 10226, 10242, 10286, 10301, 10302, 10304, 10310, 10311, 10323, 10339, 10340, 10341, 10342, 10343, 10352, 10353, 10354, 10355, 10362, 10371, 10372, 10383, 10402,

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10405, 10406, 10410, 10420, 10447, 10449, 10455, 10459, 10460, 10461, 10462, 10530, 10534, 10538, 10560, 10574, 10578, 10593, 10607, 10649, 10662, 10664, 10697, 10771, 10807, 10858, 10859, 10873, 10874, 10882, 10884, 10921, 10929, 10943, 10972, 10992, 11072, 11092, 11109, 11117, 11119, 11120, 11170, 11174, 11215, 11217, 11250, 11270, 11398, 11405, 11423, 11429, 11483, 11484, 11485, 11488, 11489, 11497, 11498, 11515, 11588, 11610, 11615, 11645, 11668, 11705, 11717, 11739, 11742, 11763, 11811, 11814, 11815, 11816, 11830, 11833, 11834, 11852, 11861, 11862, 11892, 11895, 11954, 11959, 11960, 11965, 11997, 12003, 12070, 12107, 12120, 12126, 12144, 12147, 12151, 12164, 12176, 12217, 12218, 12229, 12232, 12258, 12282, 12290, 12292, 12300, 12319, 12347, 12406, 12419, 12430, 12443, 12455, 12480, 12481, 12535, 12549, 12559, 12584, 12590, 12594, 12639, 12649, 12673, 12719, 12724, 12748, 12766, 12773, 12805, 12822, 12838, 12840, 12852, 12868, 12887, 12916, 12945, 12951, 13011, 13036, 13037, 13074, 13094, 13139, 13160, 13244, 13245, 13297

White soybeans. *See* Soybean Seeds–White

White, Ellen G. (1827-1915). Co-Founder of Seventh-day Adventist Church. 2284, 4834, 10028, 11655

Whitehouse Products, Inc. *See* Delsoy Products, Inc.

Whole Dry Soybean Flakes. *See* Microsoy Corp., Formerly Nichii Company

Whole Dry Soybeans (Used Unprocessed as Food). 113, 117, 152, 176, 193, 221, 239, 262, 314, 316, 327, 351, 375, 411, 437, 445, 466, 500, 526, 533, 609, 613, 652, 664, 675, 696, 697, 711, 733, 774, 777, 782, 788, 850, 863, 864, 874, 933, 942, 956, 958, 960, 965, 970, 971, 972, 973, 976, 992, 996, 1000, 1003, 1011, 1015, 1020, 1025, 1031, 1039, 1063, 1065, 1094, 1095, 1102, 1105, 1107, 1118, 1132, 1143, 1152, 1154, 1172, 1173, 1184, 1236, 1263, 1291, 1294, 1305, 1307, 1317, 1319, 1325, 1330, 1333, 1341, 1364, 1367, 1372, 1377, 1379, 1381, 1461, 1472, 1479, 1495, 1501, 1502, 1508, 1511, 1543, 1544, 1545, 1546, 1547, 1551, 1552, 1559, 1561, 1567, 1575, 1576, 1579, 1593, 1600, 1609, 1628, 1641, 1645, 1652, 1663, 1730, 1742, 1745, 1749, 1751, 1758, 1761, 1765, 1769, 1775, 1790, 1791, 1795, 1805, 1824, 1837, 1842, 1852, 1856, 1857, 1890, 1924, 1926, 1929, 1932, 1934, 1945, 1949, 1952, 1955, 1956, 1961, 1963, 1967, 1968, 1969, 1982, 1989, 1998, 2001, 2014, 2021, 2031, 2033, 2035, 2040, 2077, 2096, 2101, 2114, 2148, 2150, 2156, 2158, 2163, 2167, 2173, 2182, 2201, 2206, 2226, 2230, 2231, 2239, 2249, 2253, 2255, 2273, 2284, 2291, 2320, 2325, 2344, 2346, 2350, 2382, 2392, 2425, 2435, 2445, 2479, 2497, 2519, 2540, 2552, 2565, 2566, 2584, 2585, 2589, 2592, 2604, 2663, 2667, 2693, 2695, 2697, 2698, 2713, 2721, 2722, 2735, 2753, 2761, 2774, 2801, 2802, 2807, 2835, 2850, 2854, 2855, 2860, 2862, 2863, 2889, 2905, 2906, 2907, 2925, 2929, 2952, 2953, 2957, 2963, 2964, 2965, 2967, 2968, 2983, 2998, 3000, 3001, 3031, 3037, 3043, 3048, 3052, 3055, 3091, 3094, 3105, 3106, 3108, 3128, 3130, 3133, 3134, 3150, 3156, 3161, 3169, 3201, 3213, 3215, 3218, 3237, 3238, 3243, 3248, 3252, 3253, 3254, 3256, 3299, 3302, 3347, 3362, 3425, 3426, 3427, 3429, 3431, 3432, 3433, 3435, 3447, 3456, 3464, 3546, 3566, 3590, 3620, 3622, 3634, 3641, 3652, 3715, 3718, 3803, 3823, 3859, 3885, 3910, 3946, 3947, 3949, 3950, 3954, 3955, 3960, 3961, 3963, 3969, 3976, 3983, 4005, 4007, 4008, 4013, 4029, 4284, 4365, 4369, 4403, 4439, 4440, 4549, 4577, 4600, 4761, 4833, 4834, 4839, 4842, 4844, 4847, 4850, 4856, 4857, 4863, 4868, 4882, 5011, 5037, 5052, 5080, 5108, 5204, 5355, 5366, 5387, 5391, 5400, 5403, 5405, 5532, 5561, 5606, 5623, 5673, 5788, 5901, 5946, 5974, 6017, 6043, 6210, 6225, 6226, 6227, 6266, 6286, 6409, 6410, 6417, 6423, 6426, 6438, 6447, 6448, 6516, 6521, 6524, 6529, 6536, 6550, 6561, 6568, 6830, 6837, 6840, 6842, 6852, 6859, 6867, 6869, 6872, 6898, 7039, 7066, 7089, 7310, 7313, 7332, 7337, 7343, 7393, 7502, 7628, 7646, 7733, 7796, 7800, 7807, 7815, 7819, 7821, 7876, 8123, 8131, 8159, 8208, 8247, 8315, 8376, 8379, 8393, 8400, 8414, 8460, 8462, 8465, 8641, 8642, 8653, 8687, 8754, 8822, 8906, 8907, 8913, 8916, 8918, 8923, 8929, 8981, 9033, 9102, 9107, 9167, 9168, 9257, 9272, 9329, 9330, 9335, 9423, 9659, 9747, 9760, 9766, 9767, 9770, 9858, 9930, 9940, 9966, 10004, 10022, 10078, 10098, 10106, 10281, 10295, 10386, 10559, 10570, 10775, 10890, 10936, 10972, 11001, 11046, 11099, 11241, 11244, 11303, 11304, 11333, 11334, 11389, 11392, 11510, 11513, 11525, 11538, 11541, 11542, 11544, 11549, 11557, 11581, 11595, 11602, 11637, 11727, 11747, 11756, 11761, 11831, 11858, 11976, 12052, 12087, 12110, 12165, 12239, 12248, 12250, 12276, 12277, 12278, 12297, 12310, 12330, 12465, 12505, 12561, 12683, 12755, 12781, 12925, 12948, 12950, 12979, 13000, 13016, 13250, 13252

Whole Dry Soybeans–Etymology of This Term and Its Cognates / Relatives in Various Languages. 176, 494, 1730, 1993

Whole Dry Soybeans Cooked with Plenty of Water for a Long Time to Make Soybean Congee or Gruel. 3, 16, 19, 22, 774, 12346

Whole Dry Soybeans for Food Uses–Industry and Market Statistics, Trends, and Analyses–By Geographical Region. 1031, 9498

Whole Dry Soybeans for Food Uses–Industry and Market Statistics, Trends, and Analyses–Individual Companies. 9337, 9391, 9506, 9844

Whole Dry Soybeans, Ground or Mashed to a Paste After Boiling, or Ground Raw with Water to a Fresh Puree or Slurry (Including Japanese Gô). 336, 863, 1338, 1549, 1567, 1869, 1952, 1975, 1993, 2076, 2211, 2383, 2693, 2807, 2913, 3130, 3162, 3213, 3215, 3252, 3454, 3662, 3956, 4005, 4029, 4433, 4643, 5141, 5443, 5488, 5623, 5938, 6226, 7189, 8396, 8636, 9143, 9858, 11143, 11549, 11607, 11747, 12297, 12755, 12948, 12950, 13252

Whole Soy Flakes (Flaked Soybeans), Grits, Granules, or Textured Products, Made from Whole Dry Soybeans (Not Defatted). See Also: Soy Flour: Whole or Full-fat. 3043, 4788, 5899, 5936, 6343, 7448, 7608, 8021, 8472, 8965, 8981, 9027, 9337, 9390, 9391, 9489, 9498, 9506, 9684, 9801, 9816, 9847, 9854, 9856, 9857, 9914, 9978, 9979, 9985, 10235, 10399, 10410, 10785, 11411, 12683, 12866

WholeSoy & Co. (subsidiary of TAN Industries, Inc.), Modesto WholeSoy Co. (California), and Aros Sojaprodukter (Örsundsbro, then Enkoeping, Sweden; Founded by Ted Nordquist. Started Feb. 1981). 3195, 3281, 3283, 3294, 3339, 4343, 4425, 4640, 4641, 4660, 4957, 4997, 5053, 5163, 5303, 5315, 5384, 5439, 5449, 5482, 5618, 5648, 5810, 5828, 6009, 6433, 6682, 6687, 6730, 6749, 6886, 7947, 7948, 7949, 8493, 8494, 8496, 8528, 8814, 9148, 9162, 9542, 9705, 9712, 9820, 9898, 10159, 10858, 11454, 11615, 11645, 11682, 11693, 11739, 11814, 11894, 11895, 12091, 12313, 12805, 12852, 13058, 13078, 13136, 13197, 13244, 13284

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Wholesome and Hearty Foods, Inc. *See* Gardenburger, Inc.

Wild Annual Soybean (*Glycine soja* Siebold & Zuccarini, formerly named *G. ussuriensis* Regel & Maack, and *G. angustifolia* Miquel). 138, 312, 363, 391, 429, 607, 619, 684, 935, 2114, 10007

Wild Soybeans (General). 1311, 1317, 3459

Wild, Perennial Relatives of the Soybean–Glycine Species (*Glycine albicans, G. aphyonota, G. arenaria, G. argyrea, G. canescens, G. clandestina, G. curvata, G. cyrtoloba, G. falcata, G. gracei, G. hirticaulis, G. lactovirens, G. latifolia, G. latrobeana, G. montis-douglas, G. mycrophylla, G. peratosa, G. pindanica, G. G. rubiginosa, G. stenophita, G. syndetika, G. tabacina, G. pullenii tomentella*) (Former Names and Synonyms Include *G. sericea, and G. tomentosa*). 312, 684, 9761, 11520

Wild, perennial relatives of the soybean. *See* Neonotonia wightii

Wildwood Harvest Foods, Inc. Formed on 24 Aug. 2001 by the merger of Wildwood Natural Foods, Inc. (Santa Cruz and Fairfax, California; started Nov. 1977) and Midwest Harvest, Inc. (Grinnell, Iowa; started Jan. 1999). 3285, 3579, 3589, 3782, 3800, 3824, 4019, 4388, 4495, 4534, 4557, 4652, 4685, 4710, 4738, 4764, 4897, 4922, 4943, 4944, 4967, 4978, 4996, 5054, 5073, 5084, 5085, 5105, 5138, 5139, 5165, 5178, 5207, 5240, 5243, 5262, 5270, 5346, 5347, 5597, 5630, 5791, 5809, 5868, 5879, 5880, 5881, 5928, 6166, 6181, 6182, 6183, 6184, 6309, 6388, 6389, 6390, 6391, 6392, 6397, 6446, 6454, 6550, 6749, 6891, 6918, 6919, 6959, 6984, 6985, 7052, 7069, 7301, 7390, 7391, 7422, 7788, 7789, 7933, 7979, 7980, 8078, 8136, 8142, 8171, 8362, 8363, 8436, 8445, 8587, 8708, 8715, 8768, 8769, 8787, 8789, 8810, 8903, 8904, 8945, 8946, 8947, 8958, 9056, 9058, 9076, 9117, 9126, 9144, 9146, 9156, 9183, 9193, 9252, 9261, 9316, 9317, 9395, 9396, 9416, 9610, 9647, 9670, 9756, 9830, 9895, 10196, 10259, 10342, 10354, 10355, 10410, 10458, 10492, 10493, 10574, 10635, 10726, 10727, 10755, 10756, 10757, 10758, 10782, 10783, 10784, 10790, 10808, 11035, 11036, 11037, 11071, 11126, 11215, 11326, 11439, 11515, 11535, 11610, 11624, 11649, 11682, 11684, 11687, 11691, 11692, 11693, 11707, 11739, 11772, 11777, 11778, 11803, 11808, 11863, 11886, 11892, 11893, 11894, 11895, 12006, 12091, 12124, 12137, 12151, 12217, 12255, 12279, 12282, 12290, 12300, 12317, 12324, 12325, 12327, 12328, 12347, 12420, 12421, 12480, 12521, 12549, 12569, 12628, 12639, 12648, 12654, 12655, 12672, 12680, 12712, 12713, 12797, 12798, 12805, 12838, 12852, 12869, 12872, 12945, 12946, 13037, 13132, 13160, 13192, 13224, 13237, 13244, 13245, 13272

Wildwood Natural Foods, Inc. *See* Wildwood Harvest, Inc.

Wiley, Harvey Washington (1884-1930). Father of the Pure Food and Drug Act and the Meat Inspection Act (1906) and of the U.S. Food and Drug Administration. 1236, 1567, 12017

Wilson soybean variety. *See* Soybean Varieties USA–Mammoth Yellow

Wing Seed Co. (Mechanicsburg, Champaign County, Ohio). Founded 1909. Including Joseph Elwyn Wing (1861-1915), Charles Bullard Wing (1878-1949), and David Grant Wing (1896-1984). 958

Winged Bean (*Psophocarpus tetragonolobus*) (Also Called Four-Angled Bean, Goa Bean, Goabean, Asparagus Bean, Asparagus Pea, Segidilla, Seguidilla or Seguidillas Bean, Square Podded Pea, Square Podded Crimson Pea, *Botor tetragonoloba, Dolichos-,* or *Lotus tetragonolobus,* Pois Carré, Kecipir or Ketjeper, Calamismis or Kalamismis). 113, 183, 391, 658, 858, 949, 1771, 2111, 2128, 2417, 2582, 2942, 2961, 3659, 3852, 4128, 4183, 4254, 4853, 4854, 5378, 5447, 6059, 6064, 6523, 7802, 8914, 9326, 10276, 11058, 12015, 12018, 12507, 12851

Wizard's Cauldron, Ltd. (Cedar Grove, North Carolina). Formerly Linden's Elfworks, then Elf Works, Ltd., then American Natural Foods. Founded by John Troy. 6977, 9950, 10002, 10003, 10148, 10239

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Yogurt, etymology. *See* Soy Yogurt

Yogurt, soy. *See* Soy Yogurt

Yuba (The Film That Forms Atop Soymilk When It Is Heated). In Chinese (Mandarin): Doufu Pi ("Tofu Skin") or Doufu Yi ("Tofu Robes," pinyin), Toufu P'i or Toufu I (Wade-Giles). English-Language Chinese Cookbooks and Restaurants: "Bean Curd Skin". 52, 86, 87, 115, 120, 128, 132, 155, 162, 169, 174, 176, 182, 193, 200, 201, 203, 207, 215, 217, 229, 238, 242, 269, 281, 289, 290, 291, 292, 310, 314, 316, 325, 327, 352, 391, 397, 415, 418, 431, 433, 436, 437, 440, 442, 444, 451, 452, 454, 456, 460, 467, 482, 495, 507, 510, 511, 533, 534, 537, 553, 558, 564, 583, 585, 600, 613, 668, 680, 685, 705, 711, 734, 737, 770, 773, 777, 814, 850, 854, 873, 874, 910, 911, 942, 969, 970, 977, 979, 994, 996, 997, 1025, 1026, 1035, 1036, 1051, 1068, 1096, 1107, 1152, 1157, 1182, 1199, 1236, 1283, 1288, 1291, 1294, 1315, 1317, 1319, 1327, 1341, 1344, 1361, 1370, 1457, 1458, 1460, 1495, 1499, 1508, 1556, 1559, 1625, 1645, 1665, 1712, 1727, 1737, 1744, 1756, 1764, 1765, 1863, 1871, 1960, 1997, 2014, 2045, 2077, 2078, 2091, 2099, 2109, 2129, 2142, 2147, 2169, 2203, 2204, 2218, 2226, 2248, 2249, 2251, 2308, 2309, 2329, 2336, 2337, 2344, 2382, 2384, 2390, 2398, 2399, 2409, 2414, 2418, 2426, 2443, 2497, 2533, 2535, 2536, 2544, 2584, 2592, 2611, 2612, 2613, 2614, 2615, 2616, 2635, 2664, 2666, 2667, 2669, 2680, 2732, 2733, 2753, 2770, 2812, 2814, 2833, 2853, 2883, 2899, 2902, 2906, 2910, 2911, 2914, 2942, 2959, 2960, 2961, 2968, 2976, 2978, 2979, 2981, 2985, 3013, 3018, 3019, 3050, 3051, 3068, 3072, 3073, 3076, 3079, 3084, 3109, 3116, 3139, 3144, 3145, 3146, 3152, 3206, 3210, 3213, 3214, 3215, 3218, 3227, 3234, 3240, 3242, 3253, 3271, 3293, 3299, 3304, 3372, 3439, 3441, 3442, 3443, 3445, 3452,

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Yuba–Dried Yuba Sticks or Rolls, and Sweet Dried Yuba–Chinese-Style. In Chinese (Mandarin): Fuzhu (pinyin; zhu = “bamboo”). Fu Chu (Wade-Giles). In Cantonese Chinese Foo Jook / Fu Jook / Joke or Tiem Jook / Tim Jook / Tiem Joke. Also: Bean Curd Sticks, Bean Curd Bamboo. 132, 137, 162, 186, 281, 298, 310, 507, 942, 1096, 1107, 1496, 1564, 1665, 1744, 1863, 1960, 2086, 2099, 2109, 2304, 2399, 2443, 2533, 2536, 2664, 2669, 2853, 3109, 3214, 3313, 3428, 3442, 3445, 3446, 3664, 3826, 3966, 3974, 3981, 4006, 4256, 4404, 4423, 4761, 4895, 4958, 5888, 5932, 5938, 5985, 6085, 6098, 6101, 6405, 6839, 7322, 7530, 7614, 9778, 10013, 10015, 10025, 10734, 11062, 11618, 11792, 11851, 12026, 12148, 12316, 12368, 12376, 12470, 12607, 12774, 12775, 12778, 12923, 12933, 12985, 13005, 13010, 13090, 13091, 13208, 13248, 13249

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Yves Fine Foods (Founded by Yves Potvin, Feb. 1985, Vancouver, BC, Canada). Renamed Yves Veggie Cuisine in 1992. Acquired by Hain Celestial Group in June 2001. 6948, 7445, 8056, 8365, 8492, 9034, 9594, 9599, 9600, 10356, 10569, 10596, 10625, 10677, 10783, 10874, 10901, 10972, 11206, 11254, 11255, 11615, 11721, 11830, 11840, 11868, 11934, 12343, 12347, 12486, 12630, 12706, 12868, 12916

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Zavitz, Charles Ambrose (1863-1942) of Ontario Agricultural College, Canada. 460, 6529

Zea mays. *See* Corn / Maize

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